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Goimu TML0484-BK

Goimu TML0484-BK 3-in-1 Foldable Treadmill User Manual

Model: TML0484-BK | Brand: Goimu

1. INTRODUCTION

This manual provides essential instructions for the safe and efficient operation, maintenance, and troubleshooting of your Goimu TML0484-BK 3-in-1 Foldable Treadmill. Please read this manual thoroughly before initial use and retain it for future reference.



Image: The Goimu TML0484-BK 3-in-1 Foldable Treadmill, featuring a black running belt and a blue handle bar, designed for home and office use.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill. Goimu assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a level surface.
- Keep children and pets away from the treadmill during operation.
- Ensure the safety key is properly attached before starting.
- Wear appropriate exercise clothing and footwear.
- Do not use the treadmill if you feel dizzy, faint, or experience pain.
- Unplug the treadmill when not in use or before cleaning/maintenance.
- Maximum user weight: 285 lbs.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged. If any parts are missing or damaged, contact customer support.

- Goimu TML0484-BK Treadmill Unit

- Remote Control
- Safety Key
- Power Cord
- Lubricating Oil
- Tools for assembly (e.g., Allen wrench)
- Phone/Tablet Holder
- User Manual (this document)

4. SETUP

The Goimu TML0484-BK treadmill comes largely pre-assembled. Follow these steps for quick setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging. It is recommended to have two people for lifting due to its weight.
2. **Placement:** Position the treadmill on a flat, stable surface with adequate clearance around it.
3. **Handle Bar Installation (if applicable):**
 - Locate the handle bar and the securing knobs/screws.
 - Lift the handle bar into the upright position.
 - Tighten the securing knobs/screws at the base of the handle bar to lock it in place.
 - *Note: The handle bar provides additional support and is required for higher speed modes.*
4. **Phone/Tablet Holder Attachment:**
 - Attach the phone/tablet holder to the designated slot on the handle bar using the provided tools (e.g., Allen wrench).
5. **Power Connection:**
 - Plug the power cord into the treadmill's power input.
 - Plug the other end of the power cord into a grounded wall outlet.
 - Turn on the main power switch, usually located near the power input.
6. **Safety Key:** Attach the safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.

5. OPERATING INSTRUCTIONS

Your Goimu treadmill offers multiple modes and control options.

5.1 Control Methods

- **Remote Control:** Use the included remote to start/stop, adjust speed, and switch modes. The remote is magnetic for convenient storage on the treadmill.
- **Touchscreen Display:** The integrated LED display allows for direct control of speed and monitoring of workout data.

5.2 Starting a Workout

1. Ensure the treadmill is plugged in and the main power switch is on.
2. Attach the safety key to the console.
3. Step onto the treadmill belt.

4. Press the Power button on the remote control or the Start/Pause button on the touchscreen. The display will count down (e.g., 3-2-1) before the belt starts moving.
5. Adjust the speed using the '+' or '-' buttons on the remote, or the up/down arrows on the touchscreen.

5.3 Speed Modes

The treadmill supports three distinct speed ranges:

- **Leisure Mode:** 0.6 - 2 MPH (walking)
- **Walking Mode:** 0.6 - 3.7 MPH (brisk walking)
- **Running Mode:** 3.7 - 7.5 MPH (jogging/running, requires handle bar to be up)

Use the 'M' button on the remote or the Mode button on the touchscreen to cycle through available modes or preset speeds (e.g., 2, 3, 4 MPH quick buttons on remote).

5.4 Display Information

The intelligent LED display cycles every 5 seconds to show:

- Time elapsed
- Distance covered
- Calories burned
- Steps taken
- Current speed

To reset workout data, press the designated reset button on the touchscreen (usually the far left button).

5.5 Stopping a Workout

To stop the treadmill, press the Power button on the remote or the Start/Pause button on the touchscreen. The belt will gradually slow down and stop. In case of emergency, pull the safety key to immediately stop the treadmill.

5.6 Incline Adjustment (Manual)

This model features a manual incline adjustment. To adjust the incline:

1. Ensure the treadmill is off and unplugged.
2. Locate the adjustable legs at the rear of the treadmill.
3. Remove the securing pin from the current position.
4. Lift the rear of the treadmill to the desired incline level.
5. Insert the securing pin into the appropriate higher hole to lock the incline.
6. Repeat for both sides to ensure stability.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

6.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the console and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners.
- Periodically vacuum under the treadmill to prevent dust buildup.

6.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricating oil.

1. Unplug the treadmill.
2. Loosen the belt tension by turning the rear roller bolts counter-clockwise (usually 2-3 turns).
3. Lift the edge of the running belt and apply a small amount of lubricant evenly to the center of the deck.
4. Tighten the rear roller bolts clockwise until the belt is taut but not overly tight.
5. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for a few minutes to distribute the lubricant.
6. Refer to the specific instructions in the included manual for frequency of lubrication.

6.3 Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment.

- **Centering the Belt:** If the belt drifts to the left, turn the left rear roller bolt clockwise a quarter turn. If it drifts to the right, turn the right rear roller bolt clockwise a quarter turn. Run the treadmill for a few minutes and re-adjust if necessary.
- **Tightening the Belt:** If the belt slips during use, turn both rear roller bolts clockwise a quarter turn simultaneously. Test and repeat if necessary. Do not over-tighten.

7. TROUBLESHOOTING

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord unplugged, main switch off, safety key not in place.	Check power connection, turn on main switch, ensure safety key is inserted.
Running belt slips.	Belt too loose, insufficient lubrication.	Tighten the running belt (see 6.3), lubricate the belt (see 6.2).
Running belt drifts to one side.	Belt alignment issue.	Adjust the running belt (see 6.3).
Unusual noise during operation.	Loose parts, lack of lubrication, foreign object.	Check for loose screws, lubricate the belt, inspect for foreign objects. If noise persists, contact customer support.

8. SPECIFICATIONS

- **Brand:** Goimu
- **Model Name:** TML0484-BK
- **Product Dimensions:** 54.72"D x 24.41"W x 5.71"H
- **Material:** Alloy Steel
- **Maximum Speed:** 7.5 Miles per Hour
- **Minimum Speed:** 0.6 Miles per Hour

- **Maximum Horsepower:** 2.5 Horsepower
- **Maximum Weight Recommendation:** 285 Pounds
- **Special Feature:** Foldable, Wheeled
- **Display Type:** LCD
- **Power Source:** Electric
- **Included Components:** Remote Control
- **Metrics Measured:** Speed, Time, Distance, Calories, Steps
- **Assembly Required:** No (minimal setup)

9. WARRANTY AND CUSTOMER SUPPORT

Goimu provides a **1-year post-purchase warranty policy** for this product. For any concerns, technical assistance, or warranty claims, please contact Goimu's 24-hour customer service team.

Customer satisfaction is our greatest pursuit. You can find contact information on the official Goimu website or through your purchase platform.