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Goimu G0605

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Model: G0605

1. PRODUCT OVERVIEW

The Goimu G0605 is a versatile 5-in-1 foldable exercise bike designed for comprehensive home fitness. It offers multiple workout modes to target various muscle groups, improve cardiovascular health, and build strength. Its compact and quiet design makes it suitable for any home environment.



Image: The Goimu G0605 5-in-1 Foldable Exercise Bike in its upright position.

Key Features:

- **5-in-1 Workout Modes:** Supports upright, semi-recumbent, and standard riding positions, along with arm resistance bands and dual leg pull cords for a full-body workout.
- **16-Level Magnetic Resistance:** Easily adjust workout intensity from light rehabilitation to muscle stabilization.
- **Comfortable Design:** Features enhanced seat cushioning, an adjustable backrest, and ergonomic handlebars.
- **Quiet Operation:** Equipped with a 5.5-pound aluminum flywheel and magnetic resistance system for smooth, silent workouts.
- **Space-Saving & Portable:** Foldable design with transport wheels for easy storage and movement.
- **Multifunction Monitor:** Tracks time, speed, distance, calories, odometer, and pulse.

2. SETUP AND ASSEMBLY

Carefully unpack all components and ensure all parts are present before beginning assembly. Refer to the included assembly guide for detailed step-by-step instructions. Most bolts are pre-installed to simplify the process.

Your browser does not support the video tag.

Video: This video demonstrates the unboxing, assembly, and initial use of the Goimu G0605 exercise bike, including how to attach the pedals and use the resistance bands.

Assembly Tips:

- Lay out all parts and identify them using the parts list in your manual.
- Ensure all connections are secure before use.
- A standard adjustable wrench may be required for some steps (not included).

3. OPERATING INSTRUCTIONS

Adjusting Seat and Position:

The Goimu G0605 offers adjustable seat height and backrest positions to accommodate various users and workout styles. To adjust the seat height, loosen the adjustment knob located on the seat post, slide the seat to the desired height, and then tighten the knob securely. The backrest can also be adjusted for comfort.



Image: Illustration of the comfortable cushion, adjustable backrest, and adjustable seat height.

Adjusting Magnetic Resistance:

The bike features 16 levels of magnetic resistance. Turn the tension control knob located on the main frame to increase or decrease the resistance. Turn clockwise for higher resistance (HIGH) and counter-clockwise for lower resistance (LOW).



Image: Close-up of the 16-level magnetic resistance tension control knob, showing settings from low to high, with suggested workout types for different resistance ranges.

Multifunction Monitor:

The integrated LCD monitor displays key workout data. Use the 'MODE' button to cycle through different display functions and 'RESET' to clear current workout data.

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays your workout duration.
- **KCAL:** Shows estimated calories burned.
- **ODO (Odometer):** Displays total accumulated distance.
- **DIS (Distance):** Shows distance covered during the current workout.
- **SPEED:** Displays current speed.
- **PULSE:** Displays heart rate when hands are placed on the pulse sensors.

MULTIFUNCTION MONITOR



SCAN



TIME



KCAL



ODO



DIS



SPEED



PULSE



High Intensity

170-190

Medium Intensity

133-152

Low Intensity

114-133

Note: Elderly people need to adjust their exercise intensity according to their own situation when exercising

Image: The multifunction monitor displaying various metrics like time, speed, calories, and pulse, with suggested heart rate zones for different intensities.

Using Workout Modes:

The bike can be configured for various exercises:

- **Upright Standard Cycling:** Traditional cycling position.
- **Semi-Recumbent Cycling:** More relaxed position with back support.
- **Arm Strength Training:** Utilize the integrated resistance bands for upper body workouts.
- **Leg Stretch/Kickback:** Use the dual leg pull cords for lower body exercises.
- **Relaxing Cycling:** A comfortable riding position for light cardio.



Image: Visual representation of the five different workout modes: Upright Standard, Arm Strength Training, Competitive Cycling, Leg Stretch, and Relaxing Cycling.

Your browser does not support the video tag.

Video: This video demonstrates various features and usage scenarios of the Goimu G0605 exercise bike, including seat adjustment, monitor display, resistance adjustment, arm strength training, and folding for storage.

Folding and Storage:

To fold the bike for storage, locate the folding pin or knob (refer to your assembly manual for exact location) and release it. Carefully fold the bike until it is in its compact state. Use the integrated transport wheels to move the folded bike to your desired storage location.

MULTIPLE DISTANCE ADJUSTMENTS



Image: Depicts the bike in Type R Recumbent, Type X Upright, and Folding states, highlighting its compact storage footprint.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Goimu G0605 exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts to ensure they are securely fastened. Tighten any loose components.
- **Lubrication:** No regular lubrication is typically required for magnetic resistance systems. Consult the full manual if you notice any unusual sounds from moving parts.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

If you encounter any issues with your Goimu G0605 exercise bike, refer to the following common troubleshooting tips:

- **Unusual Noise:** Check all bolts and connections for tightness. Ensure the bike is on a flat, stable

surface.

- **Monitor Not Displaying:** Check if the batteries are correctly installed and have sufficient charge. Replace batteries if necessary.
- **Resistance Not Changing:** Ensure the tension control cable is properly connected and not kinked.
- **Unstable Operation:** Verify that the bike is fully unfolded and all locking mechanisms are engaged. Adjust the leveling feet if present.

For issues not resolved by these steps, please contact customer support.

6. SPECIFICATIONS

Feature	Specification
Model Number	G0605
Brand	Goimu
Product Dimensions (L x W x H)	70 x 40.51 x 111 cm (27.56 x 15.95 x 43.7 inches)
Item Weight	22.9 kg (50.57 lbs)
Maximum Weight Capacity	150 kg (330 lbs)
Resistance Mechanism	Magnetic
Resistance Levels	16
Drive System	Pedals
Material	Alloy Steel
Power Source (Monitor)	Battery Powered
Maximum Height Recommendation	6.6 Feet



PRODUCT SIZE ▼



 **4'4"-6'6"**
Suitable Height

 **330 LBS**
Weight Capacity

Image: Detailed product dimensions and weight capacity information.

7. WARRANTY AND SUPPORT

Goimu stands behind the quality of its products. Your purchase includes:

- **12-Month Free Replacement Service:** For eligible parts or the entire unit.
- **Lifetime Technical Support:** Assistance with any product-related inquiries or issues.
- **US-Based Customer Service:** Our dedicated team is available to provide prompt support.

If you have any questions or require assistance, please contact our customer service team through the retailer's platform or the contact information provided in your product packaging.