Bifanuo
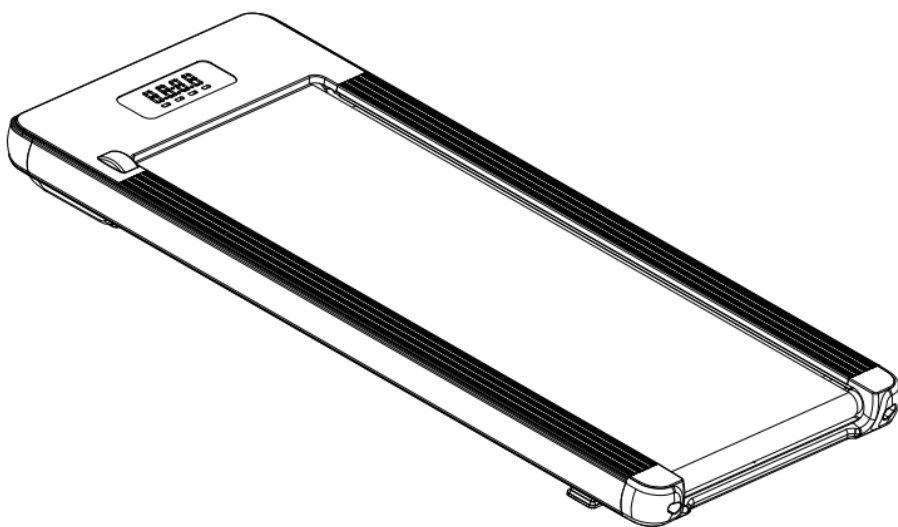
TM006

Instruction manual

READ MANUAL BEFORE OPERATING

Contact Us!

Contact our friendly customer service department for help first.

E-mail

bfafter@126.com

WARNINGS

IMPORTANT SAFETY INSTRUCTIONS

• When using an electrical appliance, basic precautions should always be followed, including the following:

• Read all instructions before using (this appliance).

• DANGER – To reduce the risk of electric shock:

1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

• **WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use,

and before putting on or taking off parts.

2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

3) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

4) Use this appliance only for its intended use as described in this manual.

Do not use attachments not recommended by the manufacturer.

5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or

damaged, or dropped into water. Return the appliance to a service center for examination and repair.

6) Do not carry this appliance by supply cord or use cord as a handle.

7) Keep the cord away from heated surfaces.

8) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

9) Never drop or insert any object into any opening.

10) Do not use outdoors.

11) Do not operate where aerosol (spray) products are being used or where

oxygen is being administered.

12) To disconnect, turn all controls to the off position, then remove plug from outlet.

13) WARNING: Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

14) This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of

experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance

by a person responsible for their safety. Keep children under the age of 13 away from this machine.

15) WARNING :

Do not use the appliance in close proximity to loose clothing or jewelry. Keep long hair away from the appliance while in

use. For Household/Residential Use Only

16) CAUTION :Risk of Injury to Persons .To Avoid Injury, use extreme caution when stepping onto or off of a moving belt .

17) WARNING – Risk of personal injury – Keep children under the age of 13 away from machine.

WARNINGS

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least

resistance for electric current to reduce the risk of electric shock.

This product is equipped with a cord having an equipment grounding conductor and a grounding plug.

The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all

local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock.

Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.

Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed

by a qualified electrician. For a grounded, cord-connected product rated less than 15A and intended for use on a nominal

110-V supply circuit, the instructions in either (1) or (2):

1) This product is for use on a nominal 110-V circuit, and has a grounding plug that looks like the plug illustrated in sketch

A in Figure 86.1. A temporary adapter that looks like the adapter illustrated in sketches B and C may be used to connect

this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available. The temporary adapter

should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician.

The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as

a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

2) This product is for use on a nominal 110-V circuit and has a grounding plug that looks like the plug illustrated in sketch

A in Figure 86.1. Make sure that the product is connected to an outlet having the same configuration as the plug.

No adapter should be used with this product.

### Figure 86.1
Grounding Methods
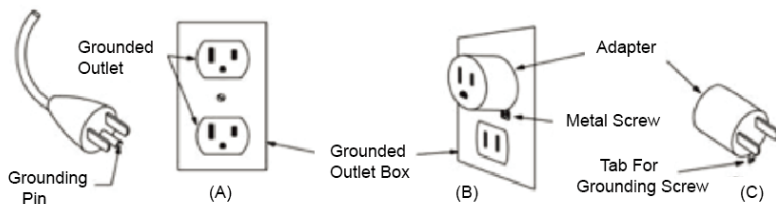
WARNINGS

• Read, understand, and carefully follow all warnings, instructions, and procedures on treadmill and in this instruction manual before using.

• Inspect treadmill for incorrect, worn, or loose components and then correct, replace, or tighten prior to use.

• Care should be used when mounting or dismounting the treadmill.

• Read, understand, and test the emergency stop procedures before use.

• Read and review all warning labels. Call Customer Service (see Warranty section) to obtain replacements if needed.

• Do not exceed weight capacity: 264 lbs (100 kg).

• The safety and integrity designed into the machine can only be maintained when treadmill is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately or the treadmill removed from service until the repair is made. Only manufacturer-supplied or -approved components shall be used to maintain and repair the treadmill.

• BEFORE starting any fitness or strength program, consult with your physician or health official. This will ensure that you engage in the proper strength or fitness program for your age and physical condition.

• Before using the treadmill answer these questions:

Have you been sick recently? Have you had prolonged dizziness recently?

Have you been out of breath for no reason recently?   Have you have had chest pain recently?

Do you currently have any injuries preventing you from exercise? Are you pregnant?

Do you have any conditions or reasons you should NOT exercise?

Are you over 35 years old and physically inactive?

• IF YOU ANSWER "YES" TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD SEEK FURTHER ADVICE FROM YOUR DOCTOR PRIOR TO EXERCISING.

• Do not use treadmill in a moist environment. Always make sure there is adequate air circulation.

• Use treadmill on smooth, level surface only.

• Do not place any objects on treadmill. Do not get treadmill wet.

• Leave about 3 ft (1 m) of room in front of and on either side of treadmill. Leave about 6 ft (2 m) of room behind treadmill.

• Always wear suitable exercise clothing and gear. Do not wear clothing that may be caught or hooked onto parts of treadmill. Keep hair away from moving parts

• Always wear shoes when using treadmill. Do not use treadmill barefoot.

• Keep out of reach of children under the age of 13. Use adult supervision when operating around children.

• Always unplug treadmill when not in use or when storing.

• Do not leave treadmill running for extended periods of time as it could cause damage to motor or controller and speed up the wear and aging of bearings, running belts, and running boards.

• Keep power cord away from moving objects and extreme temperatures. Do not allow power cord to be bent or crushed, such as under a door, to avoid damage to the cord.

Do not attempt to service the treadmill beyond what is instructed in this manual as this could cause serious injury and void warranty. Call customer service if problem occurs.

• Do not have more than one person using treadmill at once.

• If you feel faint, unwell, or have physical discomfort, discontinue use immediately and consult a doctor. Always inspect treadmill before each and every use. If unit appears damaged in any way, discontinue use.

• For personal, home use only.

• Do not jump on treadmill.

• Do not use or store in places exposed to direct sunlight or in high temperatures.

• Do not use if power cord or plug appear damaged or if socket is loose.

• Power plug must be reliably grounded and the outlet must have a dedicated

circuit to avoid sharing with other electrical equipment.

• Be mindful of surroundings when using treadmill.

• Do not spray or spill water on treadmill to avoid electrical shock or fire.

• Do not lift or move treadmill using handlebars as this will damage unit.

• Do not use unit without handlebars erected as this could cause injury.

• Keep batteries out of reach of children.

• Do not mix old and new batteries.

• Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni- Cd, Ni-Mh, etc.) batteries.

• Do not expose batteries to extreme heat.

• Please recycle old batteries. Do not dispose with other household waste.

TREADMILL DIGRAM

Rear cover
Rear cover
Antiskid Border
Running Belt
Motor Cover
Cushion
Power plug
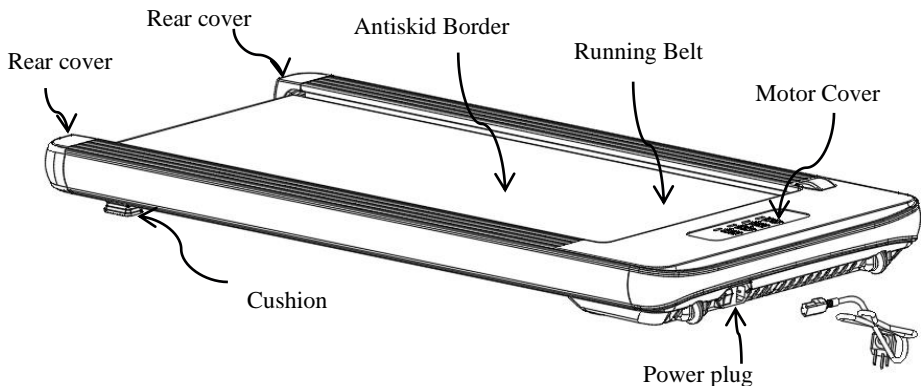
TECHNICAL SPECIFICATIONS

Voltage	AC 110V 50-60Hz
Rated power	2.25 HP
Speed	0.6-4 MPH
Product size	49x22.1x4.26 inch
Running area	37.8x16.1 inch
Max user's weight	220LBS
Usage Class	HC

PART LIST

Picture	Part name	Qty
	Treadmill	1
	Manual	1
	T Wrench	1
	Power plug	1
	Remote control	1
	Lubrication(Silicone oil)	1

OPERATION INSTUCTION

Please check all the accessories after carton opened . Please inform us if some accessories missing .
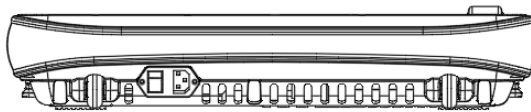
Step 1 ：

Please take out the treadmill and lay flat on ground as picture 1 shown. Insert the power plug into the frame socket.
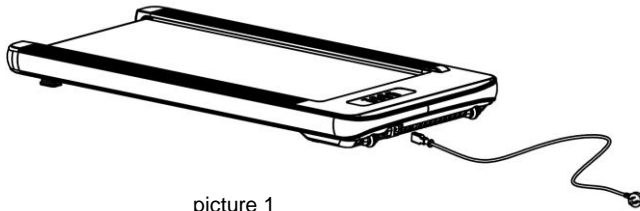
picture 1

2.Power Switch on /off ：

Make sure the power supply is normal ,connect the power plug to the machine . Open the Power Switch on , the light will

be turn on .You will sound a tick and the display of also light up at same time
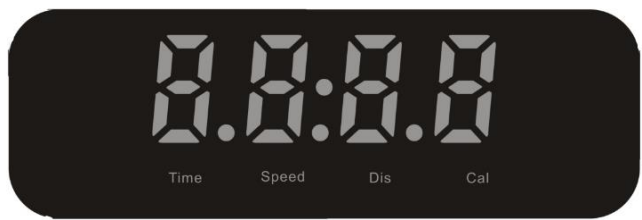
3.Treadmill movement :

As shown in the figure , ,the tail of the treadmill can be lifted up and down with both hands ,which is suitable for

short-distance movement in the room   .
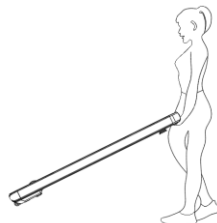
FUNCTION INSTUCTION

1. LED DISPLAY

◆ Time，Speed，Distance，Calorie，display in a cycle every 6 second and shown

　in a same windows

Display and Set range：
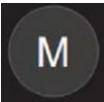
Function	Display range	Mode default	Prog default	Set range
Speed	0.6MPH—4.0MPH	0.6	--------	0.6MPH—4.0MPH
Time	5:00—99:59	30:00	30:00	5:00---99:00
Dist	0.00MP—99.9MP	1.00MP	--------	0.5MP—99.5MP
Cal	0Kcl—990Kcl	50Kcl	--------	10Kcl—995Kcl

2.Remote Control Operation

Remote control matching method:

1. When running a treadmill for the first time, first turn on the power of the running machine;

2. Wait for the power-on display to end within 20 seconds，long press the remote control "—" key，release the key when the display panel begins to blink，the display panel blinks twice、the buzzer sounded twice，means complete pairing。（Please follow this operation once if the remote control is invalid）

	Start key/Stop key: The treadmill runs at its lowest or default speed after 3 seconds; Press this key while moving, The treadmill slowed to a stop.　(Motion data retention under constant power)
	Back count mode select key: Select key for back count mode in standby state. The selection order is: Time count back 30 minutes—The distance is one kilometer —Heat pour meter 50KCL, then return to the main menu
	Speed addition and subtraction adjustment key: The speed can be adjusted when moving. You can adjust parameters when you stop（ Remote control matching function）
	Program selector key: Manual mode P1-- P12 loop
	Data clearing: When the treadmill stops running, press this key to clear the exercise data
	Mute key: Press this button to turn on/off the prompt tone.

3.System operation

Quick -Start / Stop （manual mode）：

Press the Start/stop button to start treadmill ,the treadmill start running with a lower speed after 3 second countdown.

Press Speed+/- button to adjust the speed .If you want to stop running , press Start/Stop button .

4.Mode ：

Press Mode Key ,select Time, Dist, Cal and the window will show the default then press the Speed+/- button to set the

value you desired. Press the Start/stop button to start treadmill ,the treadmill start running with a lower speed after 3

second countdown. If you want to stop running , press the Speed - Button to 0 level , the treadmill will stop slowly .

5.Program ：

When the treadmill is in waiting state, press PROG key to select program mode P1--P12, you can refer to below detail

data of program list . The window will show the default   then press the Speed+/- button to set the value you desired.

Press the Start/stop button to start treadmill ,the treadmill start running with a lower speed after 3 second countdown.

When the program running over , the treadmill will stop slowly   .

Detail data of program list:

P1	Level	1	2	3	4	5	6	7	8	9	10
	Speed	1.2	2.5	3.7	4	3.7	2.5	3.7	4	3.7	1.2
P2	Level	1	2	3	4	5	6	7	8	9	10
	Speed	0.6	1.2	1.8	2.5	3.7	4.3	2.5	1.8	1.2	0.6
P3	Level	1	2	3	4	5	6	7	8	9	10
	Speed	1.2	2.5	4	3.1	3.7	4.3	3.7	4	3.1	1.8
P4	Level	1	2	3	4	5	6	7	8	9	10
	Speed	0.6	1.2	3.7	1.2	3.7	1.2	3.7	2.5	3.7	1.2
P5	Level	1	2	3	4	5	6	7	8	9	10
	Speed	0.6	1.8	3.1	1.8	3.1	3.7	4	3.1	1.8	1.2
P6	Level	1	2	3	4	5	6	7	8	9	10
	Speed	1.2	3.7	4	4.3	4	4.3	4	4.3	3.1	1.2
P7	Level	1	2	3	4	5	6	7	8	9	10
	Speed	1.2	2.5	1.2	2.5	3.7	4	3.7	2.5	1.2	0.6
P8	Level	1	2	3	4	5	6	7	8	9	10
	Speed	0.6	3.1	4	3.1	4	3.7	4	3.1	1.8	1.2
P9	Level	1	2	3	4	5	6	7	8	9	10
	Speed	1.2	2.5	2.5	2.5	3.7	3.7	2.5	3.7	2.5	0.6
P10	Level	1	2	3	4	5	6	7	8	9	10
	Speed	1.2	1.8	1.2	2.5	1.2	3.1	2.5	3.1	2.5	1.2

◆ All treadmills have motor belt adjustment before delivery and after installation, but after a period of use, loosening

and slipping may occur, which is mainly adjusted by users themselves.

◆ Adjustment steps：①.Rotate the adjusting bolt counterclockwise with a wrench

②.The adjustment range shall be subject to the belt load without skid

DAILY MAINTANCE

Manual Refueling

Running board lubrication- Silicone oil has been provided (White Bottle) .The treadmill is brand-new and has been

pre-factory lubricated. Lubrication is not necessary directly after purchase. Lubrication needs constant maintenance

regular after purchase. The friction between the running board and running belt has a great effect on the treadmills' life.

So please lubricate your machine regular (every one month).

The steps are as follows:

Step 1. Please unplug power supply for the treadmill and loosen the belt

    (belt tension screws located at the end of the treadmill).

Step 2. After loosening the screws, lift up the running belt and clean in-between the running board. Squeeze the small

white bottle of SILICONE oil which was supplied with your purchase and wipe it evenly across the board.

Step 3. Plug power supply and run the treadmill for 1 minute and the oil spread itself evenly , then to use the treadmill .
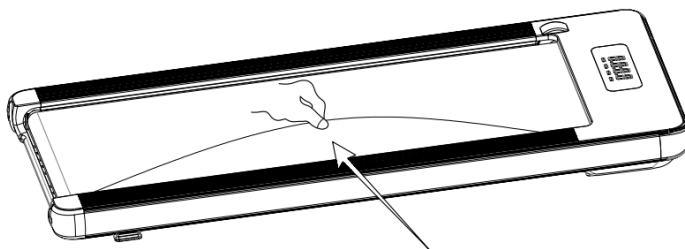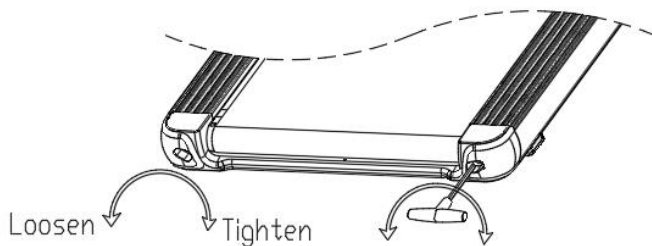

Running belt adjustment
How to adjust the running belt?

1)Insert the 6 mm inner hexagonal wrench into the adjusting screw on the left side of the running belt and rotate the

wrench clockwise for 1/4 turns to adjust the rear roller to tighten the running belt.

2)Repeat step 1 to adjust the right screw. It must be determined that the adjustment screw rotates the same distance so

that the rear roller is adjusted parallel to the frame.

3)Repeat steps 1 and 2 until the running belt does not slip. Note: The running belt can't be adjusted too tightly, which will

break the running belt and increase the pressure of the front and rear rollers, causing problems such as roller bearing

damage and abnormal noise. If you want to reduce the tension of the running belt, turn the wrench counterclockwise.

Note that the left and right sides are rotated to the same distance.

Loosen   Tighten

Adjust the running belt to the middle position

When you are using the treadmill , if the two feet are not the same force when walking, the pressure on the running belt is unbalanced and the running belt is off center. This deviation is normal. When no one is on the running belt, it will return to the center. If it does not return to the center, you will need to adjust the belt back to the center.

How to adjust the running belt to the middle?

1)Move the treadmill to no-load operation and adjust the speed to 3.7MPH .

2)Observe the distance from the running belt to the left and right border. If left deviation, use inner hexagonal wrench, rotate the left 1/4 screw clockwise. If right deviation, use inner hexagonal wrench and turn the 1/4 screw on the right side clockwise. If the running belt is still not in the middle, repeat the above action until it is adjusted to the middle.

3)After adjusting the running belt to the middle, adjust the speed to 4.0MPH and observe the deviation of the running belt and whether there is slipping during running. If there is a deviation, repeat the running step.

4)warning! Do not over tighten the rollers! This will cause permanent bearing damage. If the above steps are not effective, you need to tighten the running belt again.

Analyzing and eliminating malfunction

|	Malfunction code	Reasons	Solution
1	E02	Hall detection reported an error.	1. Detect Hall wire terminals; 2, change the horse; 3. Change the control.
2	E03	Overcurrent error reported.	1. Change the control.
3	E04	An overvoltage error is reported.	1, detect the external input voltage; 2, change the control.
4	E05	Undervoltage error reported.	1, detect the external input voltage; 2, change the control.
5	E06	Overload error reported.	1, detect whether the running resistance is abnormal; 2, change the horse; 3. Change the control.
6	E08	Lower control overheating error.	1, detect whether the running resistance is abnormal; 2, change the control.
7	E11	UVW three wire simultaneously open circuit error.	1. Detect whether the motor line is abnormal; 2. Replace the motor line.
8	E12	The lower control cannot receive the relay signal.	1. Change the control.
9	E13	Relay cannot receive electronic watch signal error.	1. Detect whether the communication line is abnormal; 2, replace the control; 3. Change the table.

Exercise guide

PLEASE NOTE:

Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45

or individuals with pre-existing health problems. The pulse sensors are not medical devices(This treadmill not include

Pulse sensors , you can purchase pulse sensors by other channels) . Various factors, including the user's movement,

may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining

heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to

success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and

how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your

muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your

heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up

Increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.
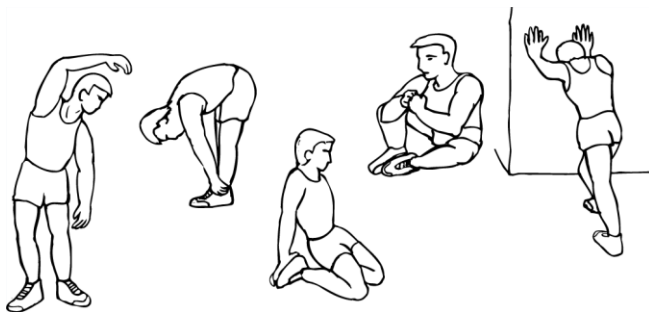
Training zone Exercise

After warming up, increase the intensity to your desired exercise program.

Be sure to maintain your Intensity for maximum performance.

Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute.

Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help

prevent post-exercise problems.
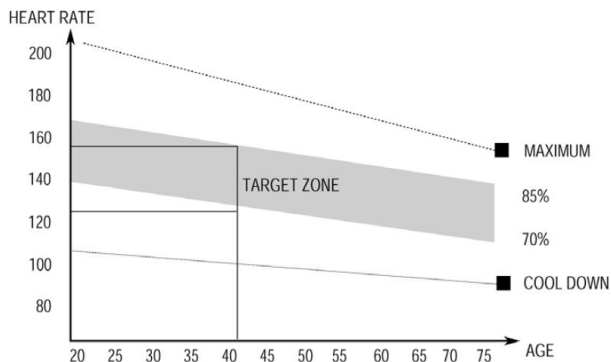
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

  REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work the more calories you

will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.