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› Goplus 2.25HP Electric Folding Treadmill with Incline User Manual

Goplus US-ES-000012

Goplus 2.25HP Electric Folding Treadmill with Incline User Manual

Model: US-ES-000012

INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your Goplus 2.25HP Electric Folding Treadmill with Incline. Please read this manual thoroughly before using the treadmill to ensure proper function and to prevent injury. Keep this manual for future reference.



Image: A person running on the Goplus 2.25HP Electric Folding Treadmill, showcasing its design and functionality.

IMPORTANT SAFETY INFORMATION

Before operating this treadmill, please observe the following safety precautions:

- Always attach the safety key clip to your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the machine.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance (at least 2 feet on sides and 6 feet behind) around it.
- Wear appropriate athletic footwear and clothing.
- Consult a physician before starting any new exercise program.
- Do not use the treadmill if you feel dizzy, faint, or experience any pain.
- Ensure the power cord is not damaged and is properly plugged into a grounded electrical outlet.

- Do not attempt to service the treadmill yourself. Contact qualified personnel for repairs.
- Do not exceed the maximum user weight capacity of 220 lbs.

PACKAGE CONTENTS

Verify that all components are present in the package:

- Goplus 2.25HP Electric Folding Treadmill Unit
- User Manual (this document)
- Lubricant (for belt maintenance)
- Assembly Tools (if required)

ASSEMBLY AND SETUP

The Goplus 2.25HP Electric Folding Treadmill is designed for straightforward assembly. Follow these steps to set up your treadmill:

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Placement:** Position the treadmill on a level surface, ensuring sufficient space around the unit for safe operation and folding.
3. **Unfolding:** The treadmill features an easy folding mechanism and a soft drop system. Gently lower the running deck until it locks into place.
4. **Secure Connections:** Ensure all pre-assembled parts are securely fastened. Refer to the detailed assembly diagrams in the printed manual for specific steps.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.



Image: An exploded view diagram highlighting key features of the Goplus treadmill, such as the 5-inch LCD display, speed and heart rate handrails, 16"x47" running belt, safety key, cup holder, running belt adjuster, manual incline design, built-in transport wheels, and cushioning design.

OPERATING INSTRUCTIONS

Familiarize yourself with the treadmill's controls and functions before beginning your workout.

Control Panel and Display

The treadmill features a 5-inch Blue-Ray LCD display that shows time, distance, speed, heart rate, and calories burned. It also allows selection of various programs.



5" Blue-Ray LCD Display

Clearly show time, distance, speed, heart rate, calories and modes



With IPAD/Mobile Phone Holder

Enjoy the collision between sports and video to add fun to the sport

Image: A detailed view of the 5-inch Blue-Ray LCD display, illustrating how it clearly shows workout metrics like time, distance, speed, heart rate, and calories, along with program options.



Hand-held Heart Rate Test

Heart rate test function detects your exercise intensity and helps you find your heart rate for exercise.

Image: The Goplus treadmill with an inset showing a close-up of the hand-held heart rate test function on the handlebars, designed to detect exercise intensity.

Starting a Workout

1. **Attach Safety Key:** Clip the safety key to your clothing and insert it into the designated slot on the console. The treadmill will not operate without the safety key in place.
2. **Power On:** Press the "START" button. The treadmill will begin with a short countdown before the belt starts moving at a low speed.
3. **Adjust Speed:** Use the "SPEED +/-" buttons on the console or handrails to adjust your desired speed between 0.5 MPH and 7.5 MPH.
4. **Select Program:** The treadmill offers 12 pre-set programs (P01-P12). Press the "PROGRAM" button to cycle through and select a program.
5. **Adjust Incline:** Manually adjust the incline to one of the 3 available levels to increase workout intensity. This adjustment is typically done at the rear of the treadmill deck before starting. Ensure the treadmill is stopped and unplugged before adjusting incline.

6. **Monitor Heart Rate:** Grip the heart rate sensors on the handrails to monitor your pulse during your workout.

Stopping a Workout

1. **Normal Stop:** Press the "STOP" button on the console. The treadmill belt will gradually slow down and come to a complete stop.
2. **Emergency Stop:** Pull the safety key from its slot. The treadmill will immediately stop.

Folding and Storage

To fold the treadmill for storage:

1. Ensure the treadmill is turned off and unplugged.
2. Lift the running deck until it locks into an upright position. The soft drop system assists in this process.
3. Utilize the built-in transport wheels to move the folded treadmill to your desired storage location.



Image: The Goplus treadmill displayed in its operational, unfolded state and its compact, folded state, with key dimensions indicated for both configurations.

Media Integration

The treadmill includes a holder for your iPad or mobile phone, allowing you to enjoy media during your exercise session.



Image: A close-up of the treadmill's console area, showing a smartphone securely placed in the integrated holder, demonstrating the media integration feature.

MAINTENANCE

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

- **Lubrication:** Periodically lubricate the running belt according to the instructions provided with the lubricant. This helps reduce friction and wear.
- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners.
- **Belt Adjustment:** Check the running belt tension and alignment regularly. Adjust as needed following the instructions in the full user manual.
- **Inspection:** Routinely inspect all parts for wear or damage. If any issues are found, discontinue use and contact customer support.

TROUBLESHOOTING

If you encounter issues with your Goplus treadmill, refer to the following common solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Safety key not inserted; Power cord unplugged; Power switch off.	Ensure safety key is fully inserted. Check power cord connection and power switch.
Running belt slips or hesitates	Belt tension too loose; Belt requires lubrication.	Adjust belt tension as per manual. Apply lubricant to the running belt.
Unusual noise during operation	Loose components; Belt misalignment; Motor issue.	Check for loose bolts and tighten. Adjust belt alignment. If noise persists, contact customer support.
Display not functioning	Loose cable connection; Console malfunction.	Check all cable connections to the console. If problem persists, contact customer support.

For more detailed troubleshooting or issues not listed, please refer to the comprehensive user manual or contact Goplus customer support.

SPECIFICATIONS

Key technical specifications for the Goplus 2.25HP Electric Folding Treadmill:

Feature	Detail
Brand	Goplus
Model Number	US-ES-000012
Motor Horsepower	2.25 HP
Speed Range	0.5 - 7.5 MPH
Incline Levels	3 (Manual Adjustment)
Running Belt Dimensions	16 inches (Width) x 47 inches (Length)
Display Type	5-inch Blue-Ray LCD

Feature	Detail
Programs	12 Pre-set Programs (P01-P12)
Maximum Weight Capacity	220 lbs
Product Dimensions (Unfolded)	62"D x 26.5"W x 49.5"H
Item Weight	96.5 pounds
Material	Alloy Steel (Frame), Rubber (Belt)
Power Source	Electric (220 watts input)

WARRANTY AND SUPPORT

The Goplus 2.25HP Electric Folding Treadmill comes with a **3-month warranty**. For warranty claims, technical assistance, or replacement parts, please contact Goplus customer support. Keep your purchase receipt as proof of purchase.

For further assistance, please visit the [Goplus Store on Amazon](#).

PRODUCT OVERVIEW VIDEO

Your browser does not support the video tag.

Video: An official product video from GoplusUS demonstrating the features and usage of the Goplus 2.25HP Electric Folding Treadmill with Incline.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question