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› [Goplus](#) /

› [Goplus 2-in-1 Folding Treadmill \(Model: B07ZRNQ74K\) User Manual](#)

## Goplus B07ZRNQ74K

# Goplus 2-in-1 Folding Treadmill User Manual

Model: B07ZRNQ74K

## INTRODUCTION

Thank you for choosing the Goplus 2-in-1 Folding Treadmill. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

## IMPORTANT SAFETY INSTRUCTIONS

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clearance around the treadmill during operation.
- Keep children and pets away from the treadmill while it is in use.
- Use the safety key at all times. Attach the clip to your clothing to ensure the treadmill stops immediately in case of an emergency.
- Do not use the treadmill if you feel dizzy, unwell, or experience any pain. Consult a physician before starting any new exercise program.
- Ensure the power cord is not damaged and is properly connected to a suitable electrical outlet.
- Do not attempt to service the treadmill yourself. Contact qualified personnel for repairs.

## WHAT'S IN THE BOX

Verify that all components are present upon unpacking:

- 1x 2-in-1 Treadmill
- 1x Remote Control
- 1x Phone Holder
- 1x Safety Key
- 1x Power Cord

## SETUP

The Goplus 2-in-1 Folding Treadmill is designed for minimal assembly. It arrives largely pre-assembled.

### Unpacking and Placement

- Carefully remove the treadmill from its packaging.
- Place the treadmill on a level surface. For optimal performance and stability, a hard floor is recommended. If placing on carpet, ensure the carpet is firm and does not impede the treadmill's movement or stability.

## Attaching the Phone Holder

- Locate the phone holder and the provided screws.
- Align the phone holder with the designated slots on the handrail.
- Secure the holder by screwing it into place.

## Power Connection

- Connect the power cord to the treadmill's power input.
- Plug the power cord into a standard 110V electrical outlet.
- Turn on the main power switch, usually located near the power cord input.



Figure 1: The Goplus 2-in-1 Folding Treadmill can be used in both running and walking modes.

This image shows the treadmill in two configurations: running mode with the handle raised, and walking mode with the handle folded down. The running mode supports speeds from 0.6 MPH to 7.5 MPH, while the walking mode supports speeds from 0.6 MPH to 2.5 MPH.

## OPERATING MODES

The Goplus 2-in-1 Folding Treadmill offers two distinct operating modes:

### 1. Running Mode (Handrail Raised)

- When the handrail is in the upright position, the treadmill operates in running mode.
- In this mode, the maximum speed available is 7.5 MPH.
- Ensure the handrail is securely locked in place before beginning your workout.

### 2. Walking Mode (Handrail Folded)

- When the handrail is folded down, the treadmill functions as an under-desk walking machine.
- The maximum speed in walking mode is 2.5 MPH.
- This mode is ideal for light exercise while working or engaging in other activities.



Figure 2: Running mode with the handrail raised.

This image illustrates a user actively running on the treadmill with the handrail in its upright position, indicating the running mode is engaged.



Figure 3: Walking mode with the handrail folded down.

This image shows a user walking on the treadmill while it is positioned under a desk, with the handrail folded down, demonstrating its use as an under-desk walking machine.

## CONTROLS AND DISPLAY

### Remote Control

- The treadmill is primarily controlled via the included remote control.
- Use the remote to start/stop the treadmill and adjust the speed.
- *Note: Batteries for the remote control are not included.*

### APP Control (Gymax App)

- Connect your smartphone to the treadmill via Bluetooth.
- Download the Gymax App to control the treadmill, track exercise data, and access various training courses.
- The app allows for speed adjustments and monitoring of your workout progress.
- To disconnect Bluetooth, touch and hold the "-" button on the treadmill for 30 seconds.

### LED Display

- The integrated LED display shows key workout metrics: time, speed, distance, and calories burned.
- This allows for real-time monitoring of your exercise data.



Figure 4: LED display and Bluetooth connectivity.

This image highlights the LED display panel of the treadmill, showing workout metrics like time, speed, distance, and

calories. It also indicates the treadmill's Bluetooth connectivity feature for app control and music playback.

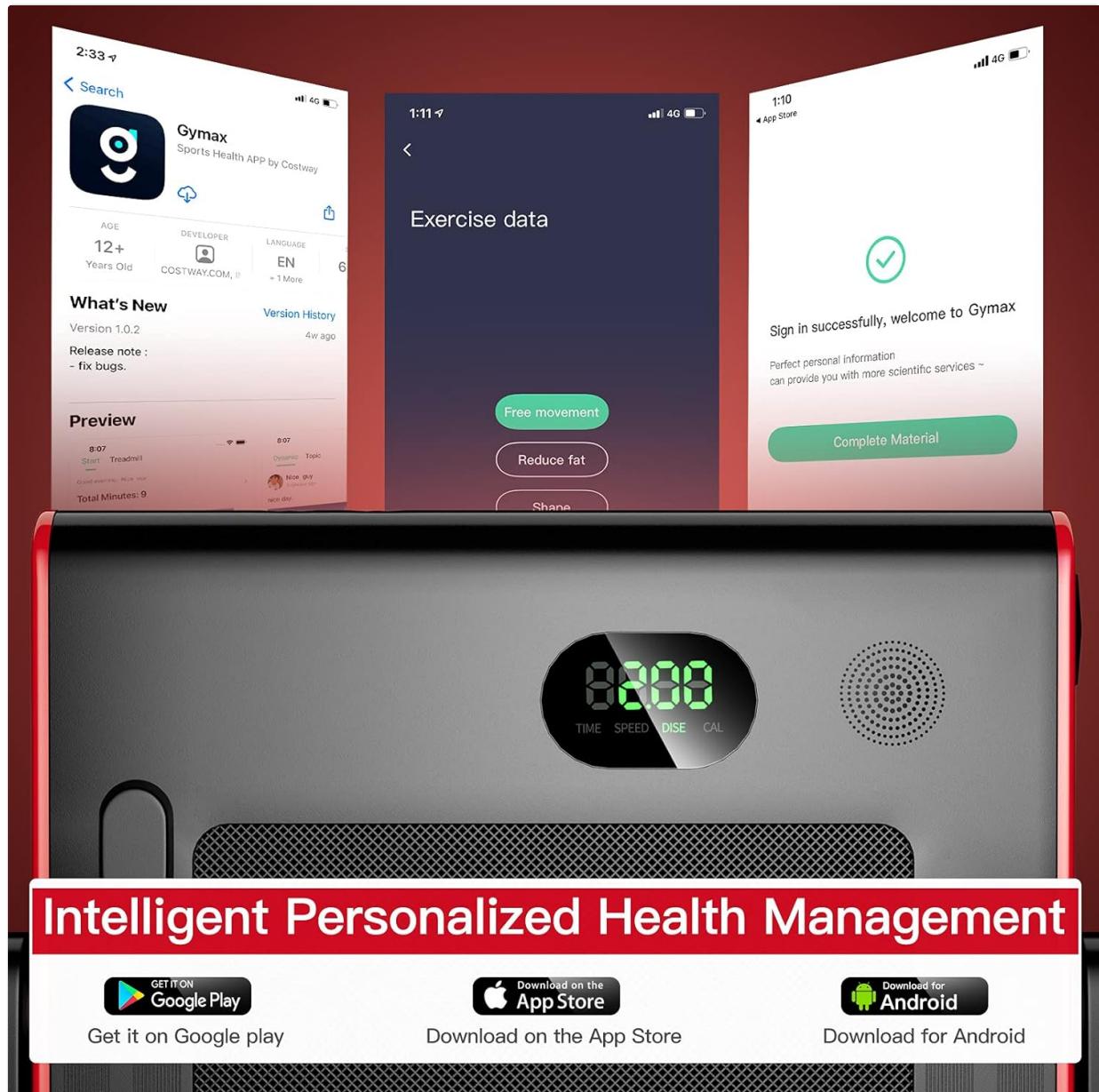


Figure 5: Gymax App for intelligent health management.

This image displays screenshots of the Gymax mobile application, illustrating its features for tracking exercise data, managing personal sports plans, and engaging with a dynamic community.

## STORAGE AND PORTABILITY

The treadmill features a compact, foldable design and built-in transport wheels for easy movement and storage.

- To fold the handrail down, unlatch the locking mechanism at the base of the handrail.
- Gently lower the handrail until it rests flat against the treadmill deck.
- Utilize the transport wheels located at the front of the treadmill to move it to your desired storage location.
- The folded size is approximately 55" x 29" x 5" (L x W x H), allowing it to be stored under a bed or sofa.

# Toilless Full Folding for Convenient Storage

Make the most of your home space and does not affect the home appearance



Figure 6: Folding the treadmill for storage.

This image demonstrates the full folding capability of the treadmill, showing how the handrail can be lowered to create a compact unit for convenient storage under furniture or against a wall.

## MAINTENANCE

### Lubrication

- The running belt requires periodic lubrication with special methyl silicone oil.
- Frequency of lubrication depends on usage:
  - 1 hour or less per week: Lubricate once every 6 months.
  - Less than 3 hours per week: Lubricate once every 3 months.
  - 3-6 hours per week: Lubricate once every 2 months.
  - More than 6 hours per week: Lubricate once a month.
- Do not over-lubricate. More lubricant is not necessarily better.
- Proper lubrication is crucial for extending the lifespan of the treadmill.

### Running Belt Adjustment

- Over time, the running belt may deviate to the left or right due to consistent use.

- To correct this, use the provided hex driver to adjust the screws at the rear of the treadmill.
- Turn the screw clockwise or counter-clockwise based on the direction the belt needs to be adjusted. Refer to the manual's diagrams for specific instructions.



Figure 7: Multi-layer running belt.

This image details the five-layer construction of the treadmill's running belt, highlighting its wear-resistant surface, sound insulation, high-strength support, shock-absorbing, and compression layers designed for comfort and safety.

## TROUBLESHOOTING

### Error Messages

- If an error message appears on the display, ensure the safety key is properly engaged. The treadmill will not operate without the safety key in place.
- Check all connections, including the power cord and any app connections.

### Treadmill Not Starting

- Verify the power switch is on and the power cord is securely plugged into a working outlet.
- Ensure the safety key is correctly inserted and the clip is attached to your clothing.
- Check the remote control batteries.

## Belt Deviation

- If the running belt is not centered, follow the instructions in the Maintenance section for belt adjustment.

## SPECIFICATIONS

Feature	Detail
Brand	Goplus
Model Name	Treadmill
Product Dimensions	52.5"D x 29"W x 44.5"H
Item Weight	69.5 Pounds
Material	Steel, ABS
Maximum Speed	7.5 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Horsepower	2.25 Horsepower
Maximum Weight Recommendation	265 Pounds
Running Area (Deck Length x Width)	39.3 Inches x 16 Inches
Folded Size	55" x 29" x 5" (L x W x H)
Display Type	LED
Connectivity Technology	Bluetooth
Power Source	Corded Electric
Metrics Measured	Distance, Time, Speed, Calories Burned

## WARRANTY AND SUPPORT

### Warranty Information

This Goplus treadmill comes with a 3-month warranty. Please retain your proof of purchase for any warranty claims.

### Customer Support

For technical assistance, parts replacement, or any questions regarding your Goplus 2-in-1 Folding Treadmill, please contact GoplusUS customer support. Refer to your purchase documentation or the Goplus website for contact details.

## OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video 1: Goplus 2-in-1 Folding Treadmill Overview.

This official video from GoplusUS provides a visual overview of the 2-in-1 Folding Treadmill, demonstrating its features, dual modes (walking and running), and ease of storage.

