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› Goplus 2.25HP Folding Treadmill SP36091US User Manual

Goplus SP36091US

Goplus 2.25HP Folding Treadmill User Manual

MODEL: SP36091US

1. Introduction

Thank you for choosing the Goplus 2.25HP Folding Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your fitness machine. Designed for home use, this portable motorized treadmill helps you maintain fitness and reduce stress. Please read this manual thoroughly before initial use and retain it for future reference.



An overview of the Goplus 2.25HP Folding Treadmill in its fully assembled, ready-to-use state, showcasing the running deck, console, and frame.

2. Important Safety Instructions

To reduce the risk of serious injury, read all instructions before using this treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a solid, level surface with at least 2 feet of clear space behind it.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught.
- Use the emergency stop key at all times. In case of emergency, pull the key to stop the treadmill immediately.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Do not attempt to service the treadmill yourself. Contact customer support for assistance.
- Maximum user weight capacity for this treadmill is 220 pounds.

3. Package Contents

Verify that all components are present before assembly. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

- 1 x Goplus 2.25HP Folding Treadmill
- 1 x Instruction Manual
- Assembly Tools (if included)

4. Setup and Assembly

Assembly is required for this treadmill. Please follow the instructions carefully. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clear, flat surface.
2. **Unfold the Treadmill:** Gently lift the console frame and unfold the running deck until it locks into place. Ensure all locking mechanisms are secure.
3. **Attach Console:** Secure the console to the uprights using the provided hardware. Connect any necessary cables as indicated in the detailed assembly diagram (refer to the included instruction manual for specific steps).
4. **Connect Power:** Once fully assembled, plug the power cord into a grounded electrical outlet.



The GoPlus treadmill shown in its upright, folded position, illustrating its compact design for storage.

5. Operating Instructions

5.1 Control Panel Overview



A detailed view of the treadmill's main control panel, showing the LED display, speed controls, program selection, mode button, and emergency stop key.

- **LED Display:** Shows Speed, Time, Distance, and Calories.
- **START Button:** Begins the treadmill operation.
- **STOP Button:** Halts the treadmill operation.
- **SPEED +/- Buttons:** Adjusts the running speed.
- **PROG (Program) Button:** Selects pre-set workout programs.
- **MODE Button:** Cycles through display modes or workout settings.
- **Emergency Stop Key:** Must be placed on the console for the treadmill to operate. Pulling it off will immediately stop the treadmill.

5.2 Starting a Workout

1. Ensure the emergency stop key is properly placed on the console and clipped to your clothing.
2. Step onto the side rails of the treadmill.

3. Press the **START** button. The treadmill will begin at a low speed.
4. Carefully step onto the running belt and begin walking.
5. Use the **SPEED +/-** buttons to adjust your desired speed.

5.3 Adjusting Incline

This treadmill features a manual incline adjustment with 3 levels, offering a maximum incline of 5%. To adjust the incline:

1. Ensure the treadmill is stopped and unplugged for safety.
2. Locate the incline adjustment pins or levers near the rear of the treadmill deck.
3. Lift the rear of the treadmill deck slightly and adjust the pins to the desired incline level. Ensure both sides are set equally and securely.
4. Lower the deck gently until it rests firmly on the adjusted pins.



A detailed view of the treadmill's manual incline adjustment mechanism, showing one of the possible incline settings.



A close-up demonstrating the range of manual incline adjustments available on the treadmill, with multiple positions visible.

5.4 Using Pre-set Programs

Press the **PROG** button to cycle through the available pre-set workout programs. Each program has varying speed and duration profiles. Refer to the detailed instruction manual for specific program descriptions.

5.5 Stopping a Workout

To stop the treadmill, press the **STOP** button. The treadmill will gradually slow down and come to a complete stop. Alternatively, pulling the emergency stop key will immediately halt the treadmill.

5.6 Folding for Storage

To fold the treadmill for compact storage, ensure it is turned off and unplugged. Lift the running deck until it locks into an upright position. The treadmill can then be easily moved using its transport wheels.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check the running belt for proper lubrication. Refer to the detailed instruction manual for specific lubrication intervals and procedures.
- **Belt Adjustment:** Ensure the running belt is centered and properly tensioned. If the belt slips or drifts to one side, consult the detailed manual for adjustment instructions.
- **Power Cord:** Regularly inspect the power cord for any damage.

7. Troubleshooting

If you encounter any issues with your treadmill, refer to the following common problems and solutions:

- **Treadmill Not Starting:** Ensure the power cord is securely plugged in, the emergency stop key is correctly placed, and the power switch is on.
- **Running Belt Slipping:** The belt may need tensioning. Refer to the maintenance section or the detailed manual for adjustment.
- **Unusual Noise:** Check for loose parts or foreign objects under the belt. If the noise persists, discontinue use and contact customer support.
- **Display Not Working:** Check power connections. If the issue persists, contact customer support.

8. Specifications

Feature	Specification
Brand	Goplus
Model Name	2.25HP Folding Treadmill Electric Portable Motorized Power Running Fitness Machine
Model Number	SP36091US
Motor Horsepower	2.25 HP
Maximum Speed	5.62 Miles per Hour
Maximum Incline	5% (3 manual levels)
Product Dimensions (LxWxH)	61"D x 28"W x 52"H
Folded Size	30.5 x 28 x 52 inches
Maximum Weight Recommendation	220 Pounds
Frame Material	Alloy Steel
Deck Material	Wood
Power Source	Electric
Display Type	LED
Metrics Measured	Distance

Assembly Required	Yes
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9. Warranty Information

This Goplus treadmill comes with a **6-month warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims. The warranty does not cover damage due to misuse, accident, unauthorized modification, or normal wear and tear.

10. Customer Support

If you have any questions, require assistance with assembly, operation, or maintenance, or need to make a warranty claim, please contact the retailer or manufacturer's customer service department. Please have your model number (SP36091US) and purchase information ready when contacting support.

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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

Answered questions about this manual

How do I order replacement parts for the Goplus SP36091US 2.25HP Folding Treadmill?

The manual for the Goplus SP36091US 2.25HP Folding Treadmill does not provide specific instructions on how to order replacement parts. However, it does state that if any parts are missing or damaged upon initial...

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