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## Goplus 2-in-1 Folding Treadmill

# Goplus 2-in-1 Folding Treadmill User Manual

Brand: Goplus | Model: 2-in-1 Folding Treadmill (Superfit)

### 1. INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your Goplus 2-in-1 Folding Treadmill. This innovative fitness equipment offers dual functionality, serving as both a walking pad and a traditional running treadmill, designed for home and office use.

Please read this manual thoroughly before using the treadmill and retain it for future reference.

### 2. SAFETY INFORMATION

Your safety is paramount. Adhere to all warnings and instructions to prevent injury or damage to the equipment.

- Always place the treadmill on a flat, stable surface. Ensure adequate clearance around the unit.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear.
- Use the emergency stop safety key at all times. Attach it to your clothing before starting your workout.
- Do not use the treadmill if it is damaged or malfunctioning.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

### 3. PRODUCT FEATURES

The Goplus 2-in-1 Folding Treadmill is equipped with several features to enhance your exercise experience:

- **2-in-1 Design:** Functions as a walking pad (riser folded, 0.6-2.5 MPH) and a running treadmill (handrail raised, 0.6-7.5 MPH).
- **Powerful 2.25HP Motor:** Provides quiet and efficient operation for walking and jogging.
- **Multi-layer Running Belt:** Features a 5-layer non-slip texture belt (39.3" x 16") for shock absorption and

muscle protection.

- **LED Display:** Clearly shows time, speed, distance, and calories burned.
- **Bluetooth Connectivity:** Connect your phone to play music through the integrated speakers.
- **Remote Control:** Adjust speed and stop instantly (batteries not included).
- **APP Control (Gymax):** Download the Gymax app from your device's app store. Pair your treadmill with the app to track exercise data, access personalized workout plans, and engage with a fitness community.
- **Foldable Design:** Compact and easy to store with built-in transport wheels.
- **Device Holder:** Conveniently place your phone or tablet for entertainment during workouts.

## Up to Date 2 in 1 Treadmill

Meet Your Different Needs and Perfect for Multiple Occasions



The image is a promotional graphic for a treadmill. It is split into two vertical panels. The top section is a black banner with white text. Below the banner, the left panel shows a woman in a pink sports top and grey leggings running on a black treadmill. The handrails are raised. The right panel shows the same woman walking on the same treadmill, but the handrails are folded down. The treadmill has 'SuperFit' written on the handrail. The background of the left panel is dark with a glowing mechanical diagram of the treadmill's motor and rollers. The background of the right panel is a plain light grey.

**Running Mode**  
0.6MPH-7.5MPH

**Walking Mode**  
0.6MPH-2.5MPH

Figure 3.1: The Goplus 2-in-1 Folding Treadmill demonstrating its running mode (with handrail up) and walking mode (with handrail folded down).

# High-tech & High density Texture Running Belt

Specially designed with a high-density texture belt that absorbs shock for premium comfort with non-slip feature for maximum safety

1. Wear Resistant Surface
2. Sound Insulation Layer
3. High Strength Support Layer
4. Shock Absorbing Layer
5. Compression Layer



**Toughness Shock Absorption**

**Multilayer Damping**

**Springback to Boost**

Figure 3.2: Detailed view of the high-tech, high-density 5-layer running belt designed for shock absorption and comfort.



Figure 3.3: The integrated LED display provides real-time workout metrics including time, speed, distance, and calories, along with a Bluetooth connection indicator.

## 4. SETUP

The GoPlus 2-in-1 Folding Treadmill is designed for installation-free setup, allowing you to use it right out of the box.

### 4.1 Unfolding and Placement

1. Remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface. Ensure there is at least 2 feet of clear space on all sides and 6 feet at the rear for safety.
3. To raise the handrail for running mode, pull the lever located at the base of the handrail supports and lift the handrail into position until it locks securely.
4. To fold the handrail for walking mode or storage, pull the lever and gently lower the handrail.

## 4.2 Power Connection

- Connect the power cord to the treadmill's power input and then to a grounded electrical outlet.
- Turn on the main power switch, usually located near the power cord input.



Figure 4.1: The treadmill's full folding capability allows for convenient storage under furniture or against a wall.

## 5. OPERATING INSTRUCTIONS

### 5.1 Powering On and Initial Use

1. Ensure the treadmill is plugged in and the main power switch is ON.
2. Attach the emergency stop safety key to the designated slot on the treadmill and clip the other end to your clothing. The treadmill will not operate without the safety key in place.
3. Use the remote control to press the power button to activate the treadmill. The LED display will light up.

4. Press the 'Start/Stop' button on the remote or the treadmill console to begin. The belt will start moving at a low speed.

## 5.2 Adjusting Speed

- Use the '+' and '-' buttons on the remote control to increase or decrease the speed.
- In walking mode (handrail folded), the speed range is 0.6 MPH to 2.5 MPH.
- In running mode (handrail raised), the speed range is 0.6 MPH to 7.5 MPH.
- The speed unit can be switched between miles and kilometers via the APP.

## 5.3 Using the LED Display

The LED display cycles through various metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current speed of the treadmill belt.
- **DISTANCE:** Total distance covered during the workout.
- **CALORIES:** Estimated calories burned.

## 5.4 Bluetooth and APP Control

- **Bluetooth Speaker:** Connect your smartphone or tablet via Bluetooth to the treadmill to play music through its integrated speakers. To disconnect Bluetooth, press and hold the '-' button on the remote for 30 seconds.
- **Gymax APP:** Download the Gymax app from your device's app store. Pair your treadmill with the app to track exercise data, access personalized workout plans, and engage with a fitness community.
- **Device Holder:** Utilize the built-in holder on the handrail to secure your phone or tablet while exercising.

Your browser does not support the video tag.

*Video 5.1: Official Goplus video demonstrating the 2-in-1 Folding Treadmill's features and operation, including folding and usage modes.*

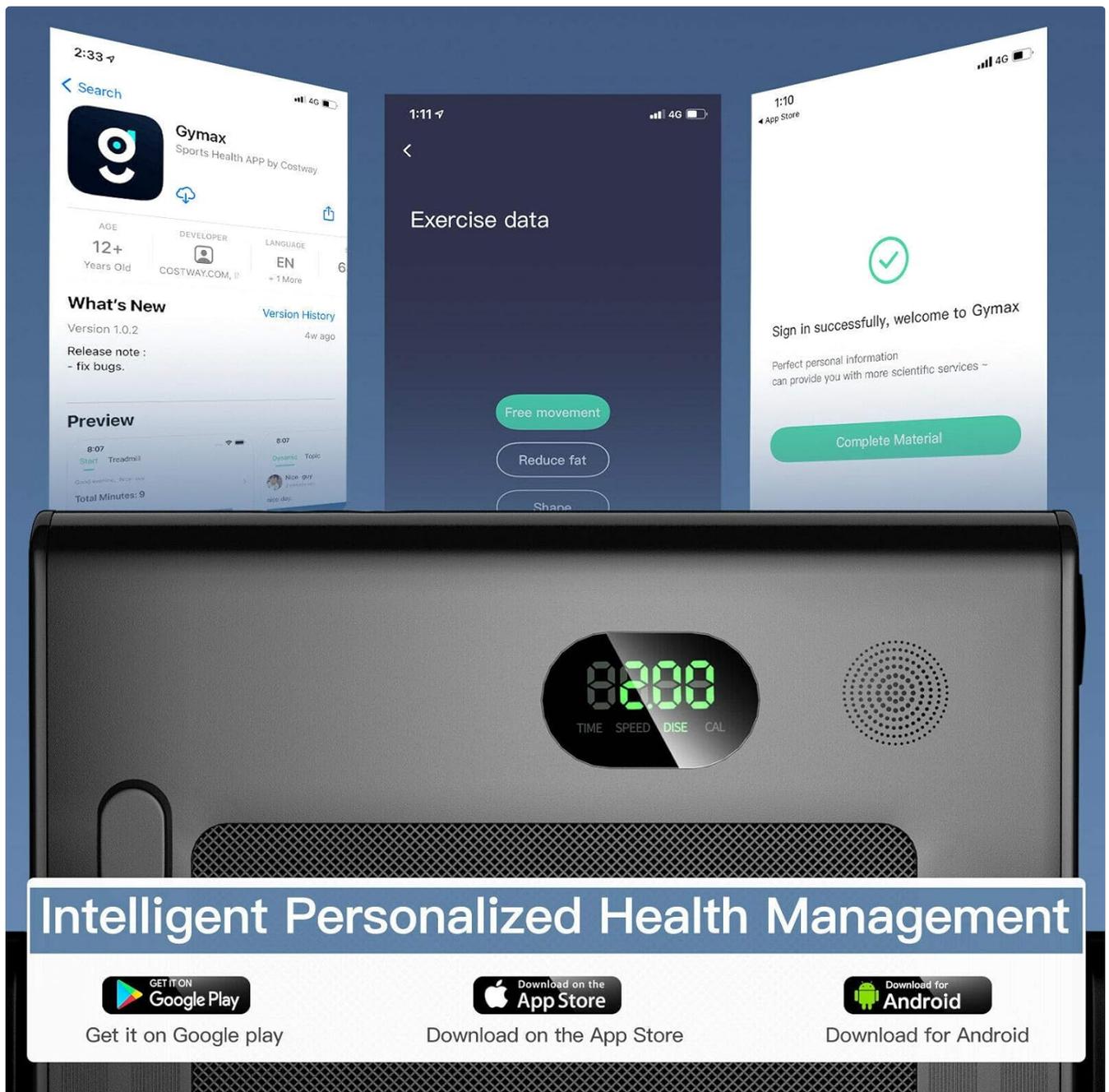


Figure 5.1: The Gymax app provides intelligent personalized health management, including exercise data records and various training courses.

## 6. MAINTENANCE

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

- **Lubrication:** The running belt requires periodic lubrication. Refer to the included user manual for specific instructions and recommended lubricant. Ensure the belt is adequately lubricated, especially upon initial setup, as it may be non-functional as delivered without it.
- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners.
- **Belt Adjustment:** If the running belt deviates to one side, it may need adjustment. Consult the detailed user manual for instructions on how to properly adjust the belt tension and alignment.
- **Storage:** When not in use, fold the treadmill and store it in a dry, safe place. The built-in wheels facilitate easy movement.

## 7. TROUBLESHOOTING

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

- **Treadmill Not Starting:**
  - Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet.
  - Verify the main power switch is in the 'ON' position.
  - Confirm the emergency stop safety key is correctly inserted into its slot. The treadmill will not operate without it.
  - Check if the remote control batteries need replacement (batteries not included with product).
- **Unusual Noise/Vibration:**
  - Ensure the treadmill is on a flat, stable surface.
  - Check the running belt for proper lubrication and alignment. Adjust if necessary (refer to Maintenance section).
  - Verify all bolts and connections are secure.
- **Remote Control Issues:**
  - The treadmill relies heavily on the remote control for operation. Keep it in a safe place.
  - Replace batteries if the remote is unresponsive.

For persistent issues, please contact Goplus customer support.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Goplus
Model Name	2-in-1 Folding Treadmill (Superfit)
Color	Black
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" x 16"

<b>Display Type</b>	LED
<b>Connectivity Technology</b>	Bluetooth
<b>Included Components</b>	Remote Control, Power Cord, User Manual
<b>Assembly Required</b>	No



<b>Color</b>	
<b>Power</b>	2.25HP
<b>Sound</b>	< 60db
<b>Load Bearing</b>	265Lbs
<b>Shock Absorption</b>	Multilayer Rebound Damping
<b>Running Area</b>	16inch x 39.3inch
<b>Walking Speed</b>	0.6MPH-2.5MPH
<b>Running Speed</b>	0.6MPH-7.5MPH
<b>Remote Control</b>	Yes

Figure 8.1: Visual representation of the treadmill's dimensions and key specifications.

## 9. WARRANTY AND SUPPORT

The Goplus 2-in-1 Folding Treadmill comes with a **3-month warranty**. For any product-related inquiries, technical support, or warranty claims, please refer to the contact information provided in your included user manual or visit the official Goplus website.

Additional protection plans may be available for purchase from retailers.

