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Goplus Superfit Folding Treadmill

Goplus Superfit 2-in-1 Under Desk Treadmill User Manual

Model: Superfit Folding Treadmill

1. INTRODUCTION

This manual provides essential information for the safe and effective operation, assembly, and maintenance of your Goplus Superfit 2-in-1 Under Desk Treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

The Goplus Superfit Treadmill offers versatile exercise options, functioning as both a traditional running treadmill and an under-desk walking pad. Its compact, foldable design makes it suitable for various home and office environments.



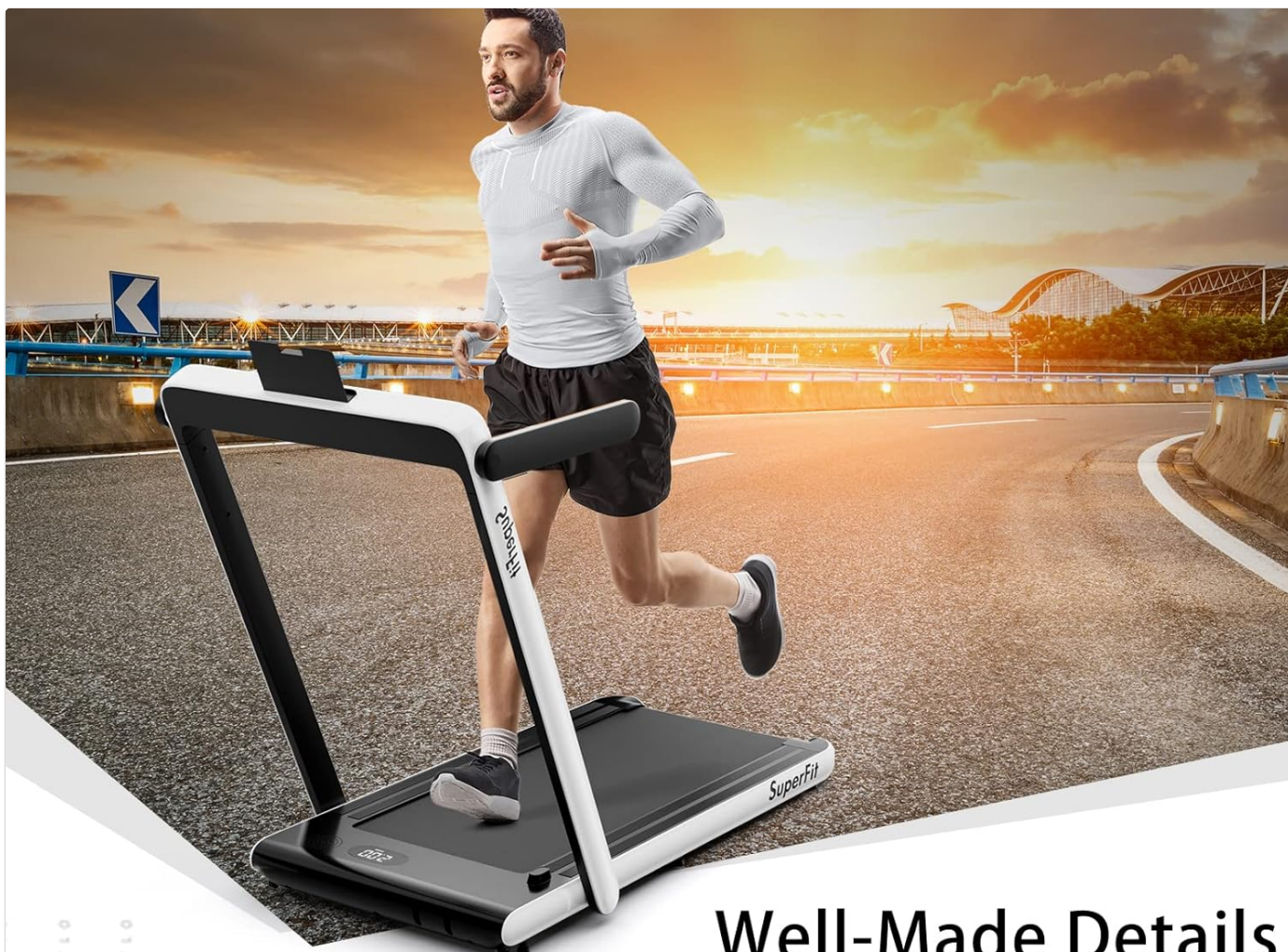
Image 1: The Goplus Superfit 2-in-1 Under Desk Treadmill, showcasing its dual functionality for running and under-desk walking, alongside its remote control.

2. SAFETY INFORMATION

To ensure safe operation, please adhere to the following guidelines:

- Always consult with a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface, away from water and heat sources.
- Ensure adequate clear space (at least 2 meters behind and 0.6 meters on each side) around the treadmill during use.
- Do not allow children or pets near the treadmill while it is in operation.
- Wear appropriate athletic footwear and clothing.

- Use the emergency safety key/clip at all times. Attach the clip to your clothing. In case of an emergency, pulling the clip will immediately stop the treadmill.
- Do not step on or off the treadmill while the belt is moving.
- Maximum user weight capacity is 265 lbs (120 kg). Do not exceed this limit.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.



Well-Made Details

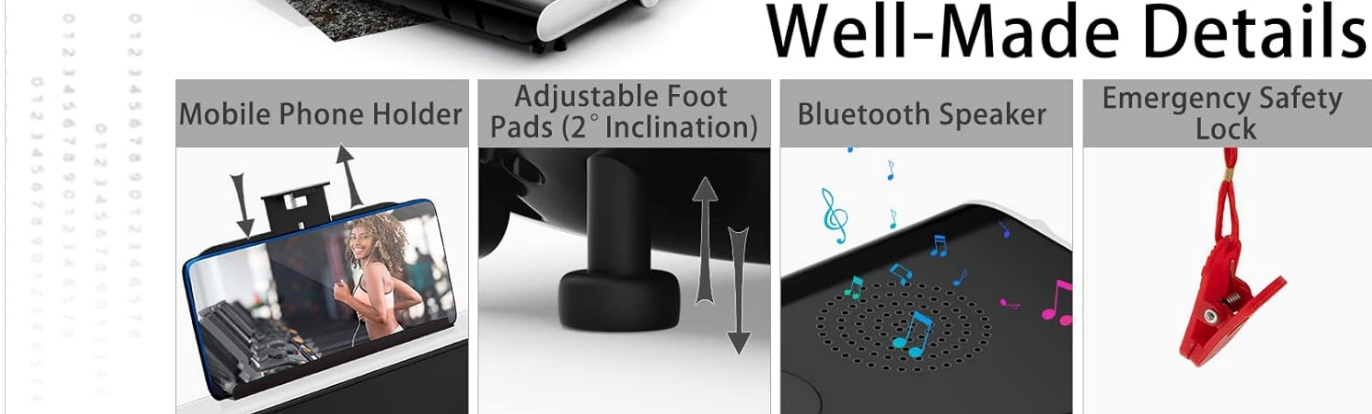


Image 2: Key safety and convenience features including the emergency safety lock, mobile phone holder, adjustable foot pads, and Bluetooth speaker.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- 1 x 2-in-1 Folding Treadmill
- 1 x Remote Control (Battery Not Included)
- 1 x User Manual

4. ASSEMBLY AND SETUP

The Goplus Superfit Treadmill is designed for minimal assembly. Follow these steps:

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Placement:** Position the treadmill on a firm, level surface.
3. **Unfolding (for Running Mode):** If the handrail is folded, rotate the handlebar upwards until it locks into the upright position. Ensure it is securely latched.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet (AC-110V/60Hz).
5. **Remote Control:** Insert batteries (not included) into the remote control.



Image 3: Visual guide for folding the treadmill for storage, highlighting the handlebar rotation, locking mechanism, and built-in transport wheels.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

Connect the power cord. The LED display will illuminate. To turn off, unplug the unit.

5.2 Operating Modes and Speed Adjustment

The treadmill features two primary operating modes:

- **Walking Mode (Under Desk):** When the handrail is folded down, the treadmill operates in walking mode with a speed range of 0.6-2.5 mph.
- **Running Mode:** When the handrail is in the upright position, the treadmill operates in running mode with a speed range of 0.6-7.5 mph.

Adjust speed using the remote control's speed buttons.



Image 4: Illustrates the two operational modes: running mode with the handrail up and walking mode for under-desk use.

5.3 Remote Control

The included remote control allows you to start/stop the treadmill and adjust the speed. Ensure the remote has working batteries.

5.4 LED Display

The integrated LED display provides real-time workout data:

- **Time:** Duration of your workout.
- **Speed:** Current speed in miles per hour (MPH).
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.



Image 5: Details of the LED display and remote control functions for monitoring and adjusting workout parameters.

5.5 Smart APP (GYMAX) Connectivity

Enhance your workout experience by connecting to the GYMAX app:

1. Download the GYMAX app from your device's app store.
2. Follow the in-app instructions to pair your treadmill via Bluetooth.
3. Access features such as training courses, personal sports plans, exercise data records, real-time sports rankings, and a dynamic community.

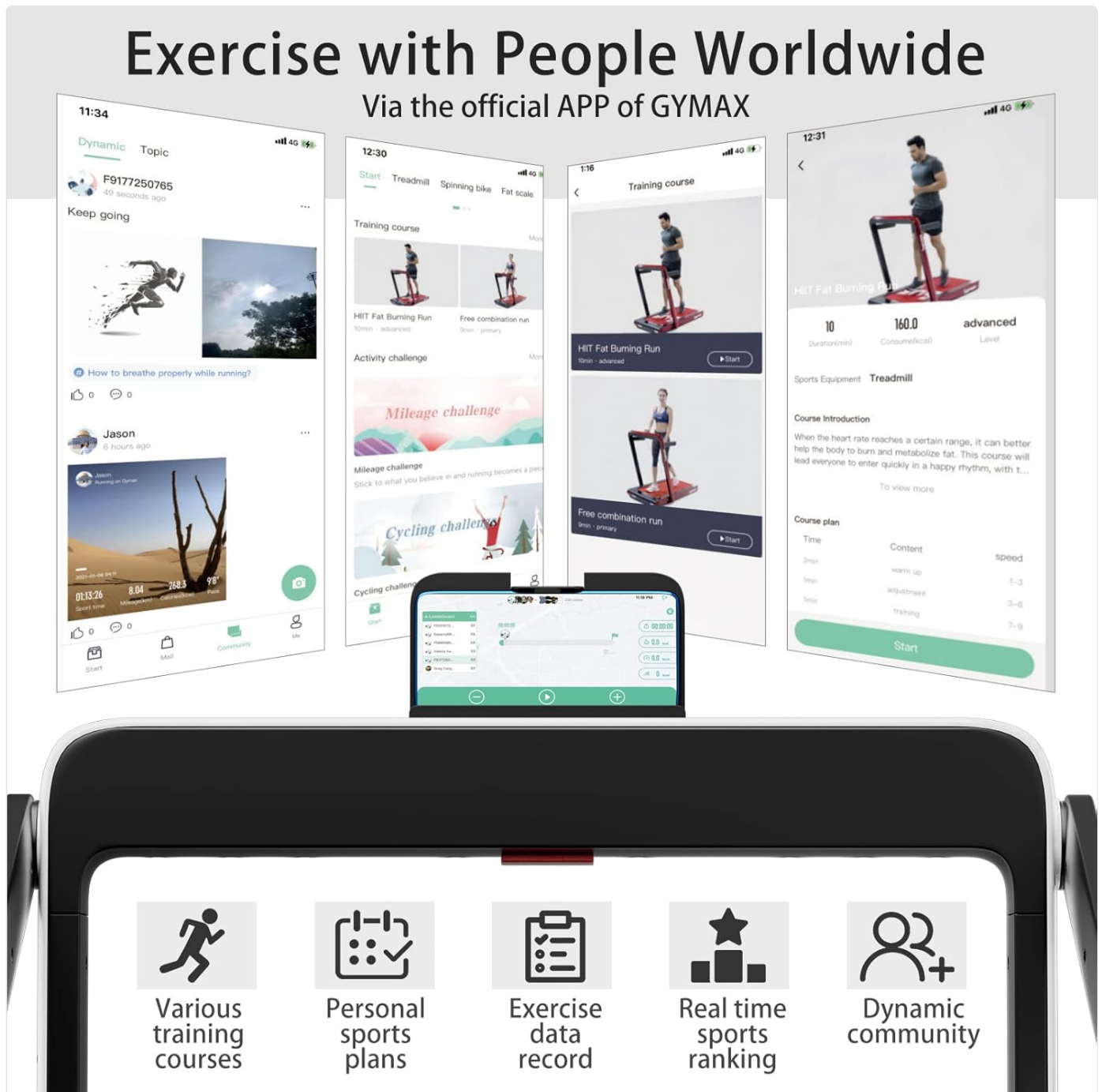


Image 6: Overview of the GYMAX app interface and its functionalities for enhanced workout tracking and community engagement.

5.6 Bluetooth Speaker

The treadmill includes a built-in Bluetooth speaker. Pair your mobile device to enjoy audio during your workout.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** Lubricate the running belt every 3-6 months or after 50 hours of use, whichever comes first. Use

100% silicone lubricant. Lift the edge of the belt and apply a small amount to the center of the deck.

- **Belt Adjustment:** If the running belt shifts to one side or slips, adjust it using the hex key provided (if applicable) according to the instructions in the full user manual.
- **Inspection:** Periodically check all bolts and nuts for tightness.



Image 7: Highlights the durable 5-layer running belt and shock absorption system designed for user comfort and knee protection.

7. TROUBLESHOOTING

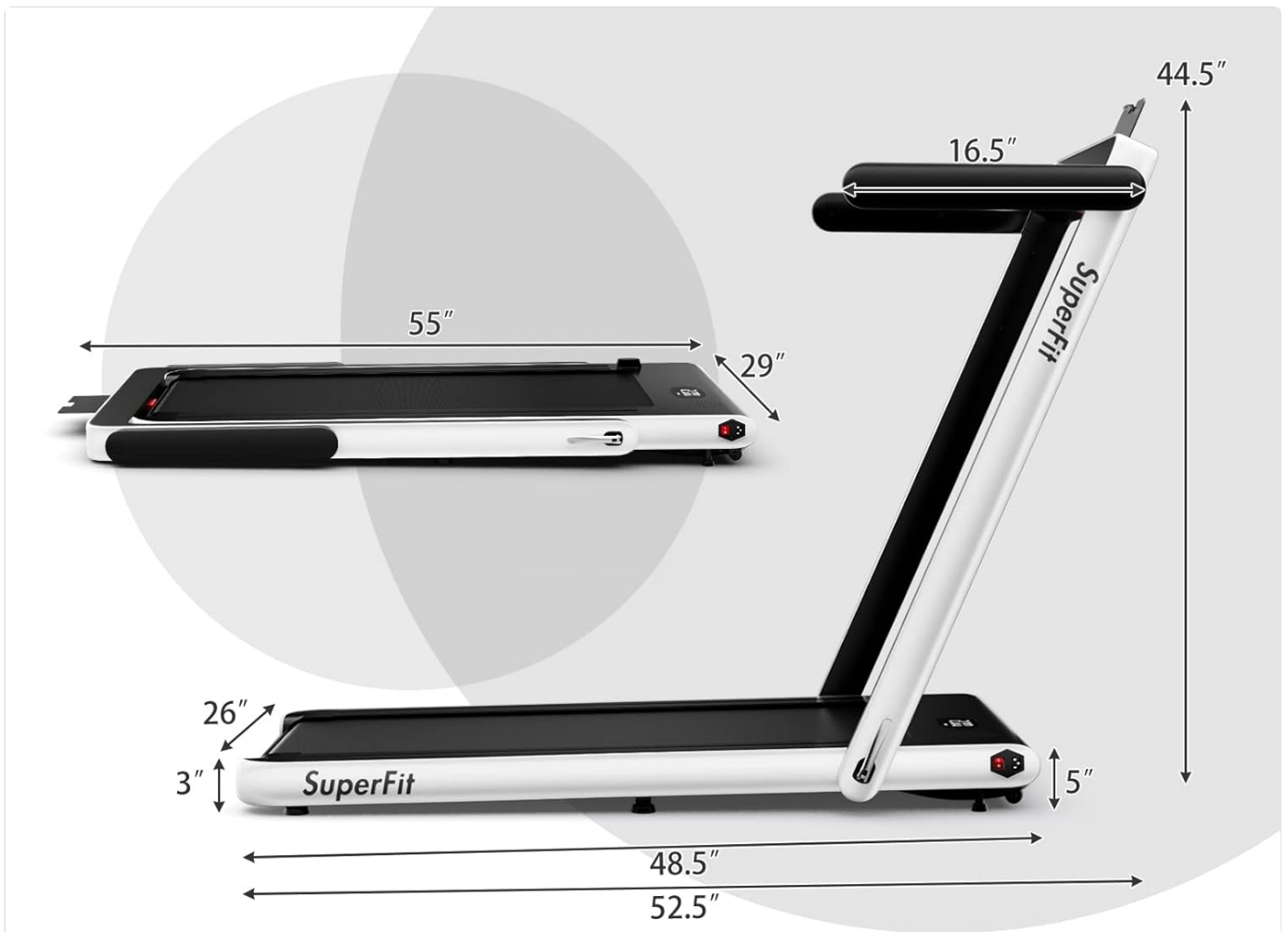
If you encounter issues, refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|-----------------------------|--|---|
| Treadmill does not power on | Power cord not plugged in; circuit breaker tripped; emergency safety key not in place. | Ensure power cord is securely plugged in. Check household circuit breaker. Ensure emergency safety key is correctly inserted. |

| Problem | Possible Cause | Solution |
|--------------------------------------|---|--|
| Running belt slips or stops abruptly | Belt too loose; motor overload; worn belt. | Adjust belt tension (refer to full manual). Reduce user weight or speed. Contact customer support if belt is worn. |
| Unusual noise during operation | Loose components; lack of lubrication; motor issue. | Check and tighten all visible bolts. Lubricate the running belt. If noise persists, contact customer support. |
| Remote control not responding | Dead batteries; remote out of range; interference. | Replace remote control batteries. Ensure you are within range of the treadmill. Remove any obstructions. |

8. SPECIFICATIONS

| Feature | Detail |
|--------------------|--|
| Overall Dimensions | 52.5" x 29" x 44.5" (L x W x H) |
| Folding Dimensions | 55" x 29" x 5" (L x W x H) |
| Running Area | 39.3" x 16" (L x W) |
| Motor Power | 2.25 HP |
| Speed Range | 0.6-7.5 MPH |
| Voltage | AC-110V/60Hz |
| Max Load | 265 lbs |
| Net Weight | 73 lbs |
| Material | Metal, ABS |
| Display Type | LED |
| Special Features | Foldable, Bluetooth Speaker, Smart APP Compatibility |



| | | |
|--------------|-------------|--------------|
| Voltage | Max Load | Running Area |
| AC 110V 60Hz | 265 lbs | 39.3" x 16" |
| Speed Range | Motor Power | Net Weight |
| 0.6-7.5 MPH | 2.25 HP | 73 lbs |

Image 8: Comprehensive dimensions and technical specifications of the treadmill.



Image 9: Illustrates the powerful yet quiet 2.25HP motor, designed for minimal disturbance during use.

9. WARRANTY AND SUPPORT

Goplus products are designed for quality and durability. For warranty information or technical support, please refer to the documentation included with your purchase or visit the official Goplus website. You may also contact the seller, GoplusCA, directly through their Amazon store for assistance.

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