

[Manuals.plus](#) /

› [Goplus](#) /

› Goplus 2-in-1 Folding Treadmill (Model B0C6KN1BMH) User Manual

Goplus B0C6KN1BMH

Goplus 2-in-1 Folding Treadmill User Manual

Model: B0C6KN1BMH

IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this treadmill. Keep this manual for future reference.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- The maximum user weight for this treadmill is 265 lbs (120 kg). Do not exceed this limit.
- Always use the emergency safety lock during operation. Attach the clip to your clothing.
- Wear appropriate athletic footwear.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

PRODUCT OVERVIEW

The Goplus 2-in-1 Folding Treadmill offers versatile exercise options for both walking and running, suitable for home and office environments. Its compact design allows for easy storage.

**0.6-7.5
MPH**

Running Mode



2-in-1 Under Desk Treadmill

For Home and Office



**0.6-2.5
MPH**

Walking Mode

Image: The Goplus 2-in-1 Folding Treadmill shown in its upright running mode (top) and folded-down walking mode (bottom). The running mode indicates a speed range of 0.6-7.5 MPH, while the walking mode indicates 0.6-2.5 MPH.

Wide & Non-Slip Running Belt

Provides safe and comfortable exercise experience


5-Layer
Running Belt


8 Shock
Absorbers


Max Load
265 LBS

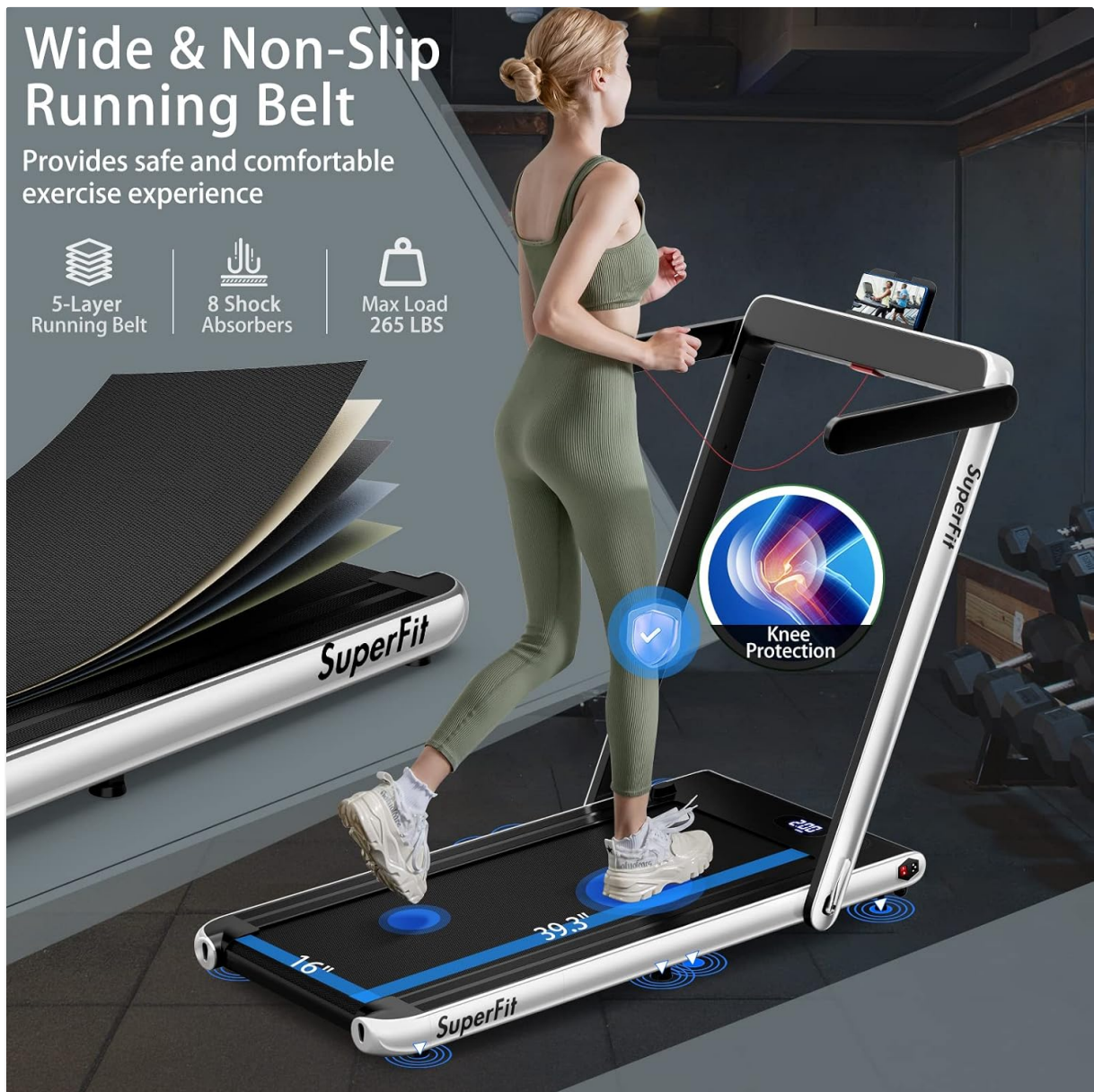


Image: A detailed view of the treadmill's running belt, highlighting its wide and non-slip surface. Icons indicate a 5-layer running belt, 8 shock absorbers, a maximum load of 265 lbs, and knee protection features. The belt dimensions are shown as 39.3 inches by 16 inches.

SETUP AND ASSEMBLY

This treadmill is designed for installation-free setup. Follow these steps for initial use:

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a level, hard surface with adequate clearance around it.
3. **Unfolding (for Running Mode):**
 - Gently lift the handlebar until it locks into the upright position.
 - Ensure the handlebar is securely locked before use.
4. **Folding (for Walking Mode/Storage):**
 - Rotate the handlebar downwards.
 - Close to lock the handrail for compact storage or walking mode.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.

100% Foldable for Space Saving



Rotate the handlebar



Close to lock the handrail



Built-in transport wheels



Thickness only 5 Inches



Image: A visual guide demonstrating how the treadmill handlebar rotates and locks for folding, reducing its thickness to 5 inches for space-saving storage under a sofa or bed. Built-in transport wheels are also shown.

OPERATING INSTRUCTIONS

Control Methods

The treadmill can be controlled via the included remote control or the GYMAX mobile application.

Remote Control Operation

The remote control allows you to start/stop the treadmill and adjust speed. It requires 1x CR2032 button battery (not included).

- **Start/Stop Button:** Press to begin or end your workout.
- **Speed + Button:** Increase the treadmill speed.
- **Speed - Button:** Decrease the treadmill speed.

LED Display & Remote Control

Convenient to monitor sport data and easy to control



Image: A close-up of the treadmill's LED display showing time, speed, distance, and calories. The remote control is also pictured with buttons for Start/Stop, Speed -, and Speed +.

Your browser does not support the video tag.

Video: Official Goplus video demonstrating the 2-in-1 functionality of the under-desk treadmill, showing both walking and running modes and how to switch between them.

GYMAX APP Control

Download the official GYMAX APP to access advanced features and track your progress.

- **Training Courses:** Access various guided workouts.
- **Personal Sports Plans:** Create and follow customized exercise routines.
- **Exercise Data Record:** Monitor your time, distance, speed, and calories burned.
- **Real-Time Sports Ranking:** Compare your performance with other users.
- **Dynamic Community:** Engage with other users and share your fitness journey.

Exercise with People Worldwide

Via the official APP of GYMAX

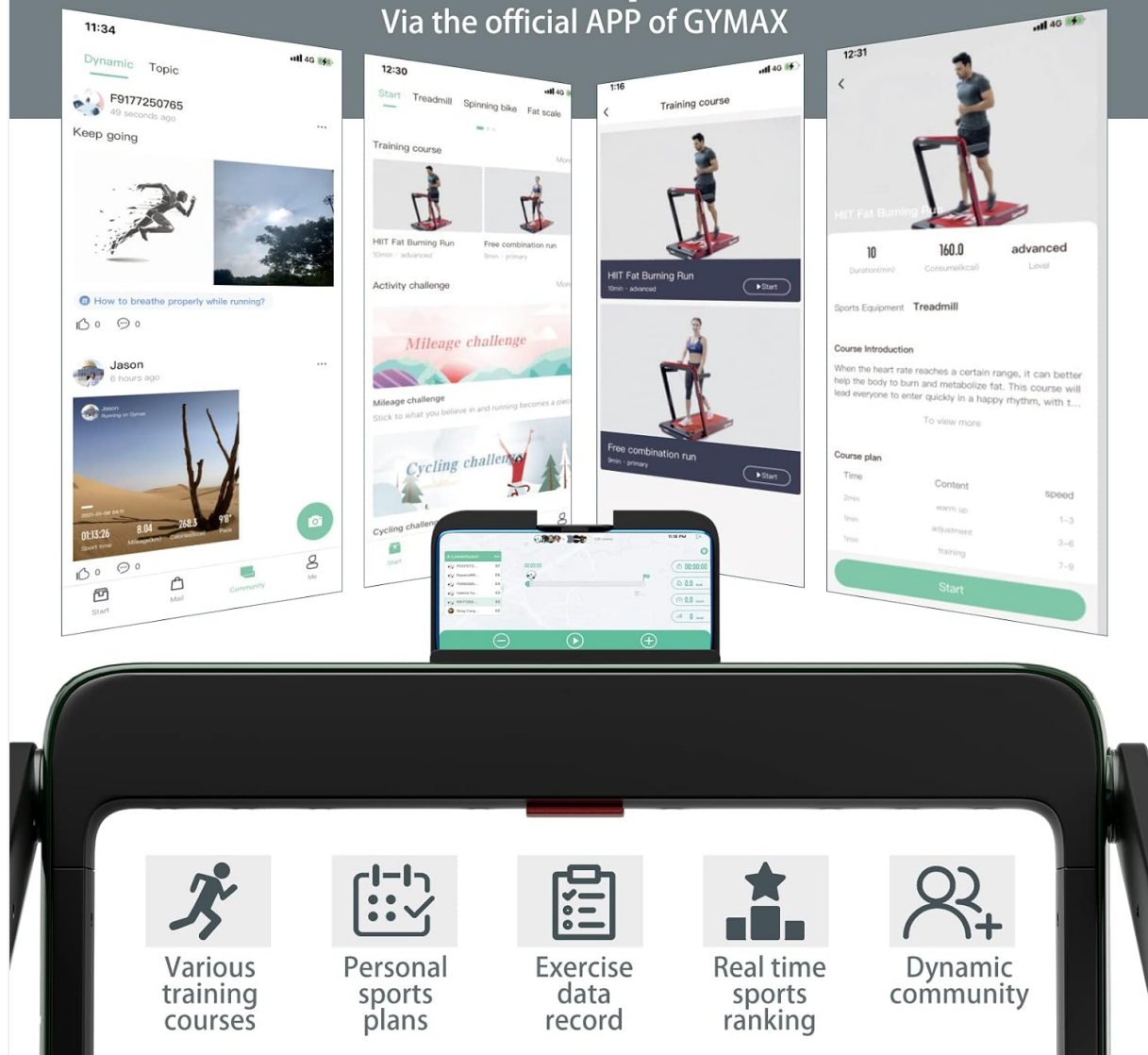


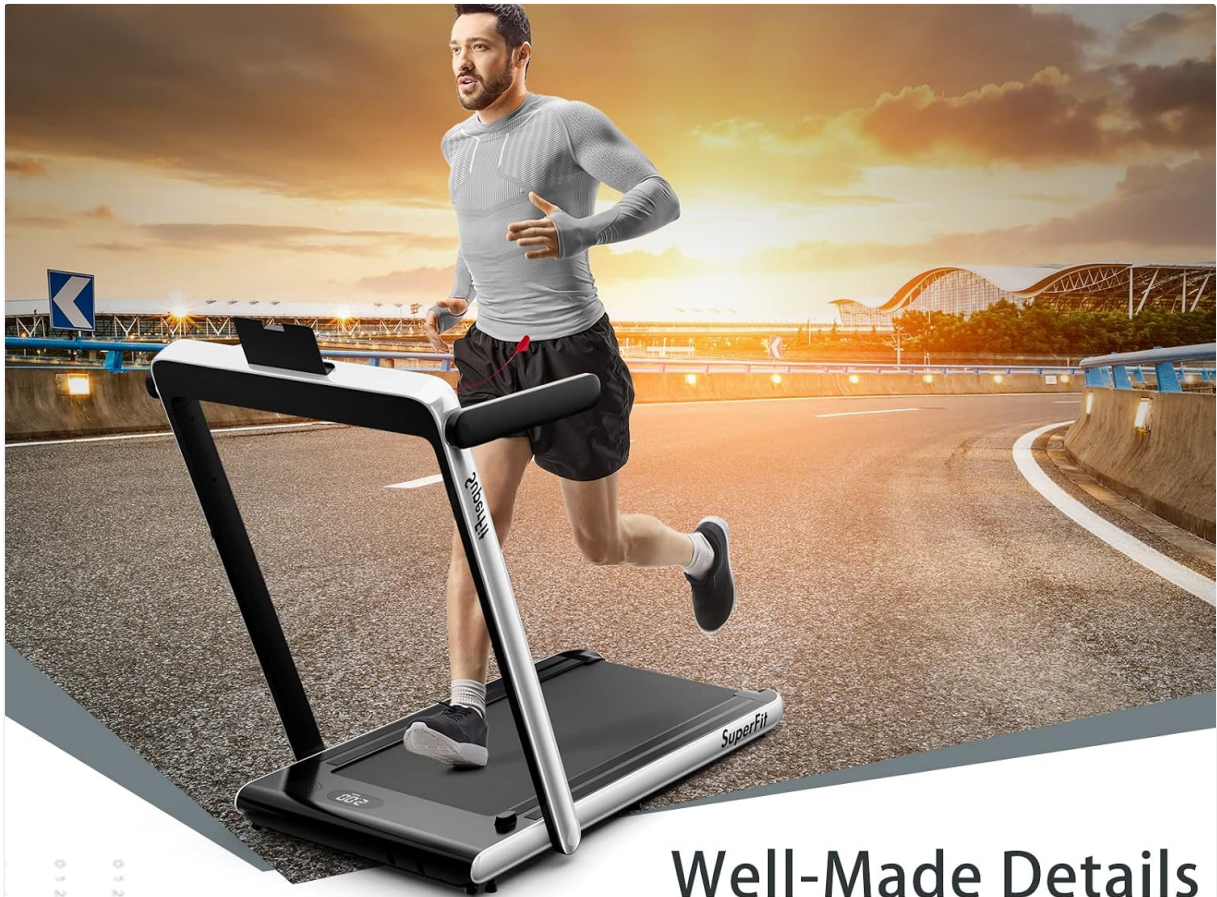
Image: Multiple smartphone screens displaying the GYMAX app interface, showcasing features like dynamic topics, training courses, mileage challenges, personal sports plans, exercise data records, real-time sports ranking, and a dynamic community.

Exercise Modes and Speed

- **Walking Mode:** 0.6 - 2.5 mph. Ideal for under-desk use or light activity.
- **Running Mode:** 0.6 - 7.5 mph. For more intense cardio workouts.

Additional Features

- **LED Display:** Shows time, speed, distance, and calories burned.
- **Mobile Phone Holder:** Conveniently place your device for entertainment or app use.
- **Bluetooth Speaker:** Connect your device to play music during your workout.
- **Adjustable Foot Pads:** For stability on uneven surfaces.
- **Emergency Safety Lock:** A crucial safety feature that immediately stops the treadmill if detached.



Well-Made Details

0123456789012345678
0123456789012345678
0123456789012345678

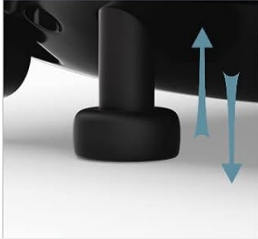
Mobile Phone Holder	Adjustable Foot Pads (2° Inclination)	Bluetooth Speaker	Emergency Safety Lock
			

Image: A collage highlighting various details of the treadmill: a mobile phone holder, adjustable foot pads (with 2° inclination), a Bluetooth speaker, and the emergency safety lock.

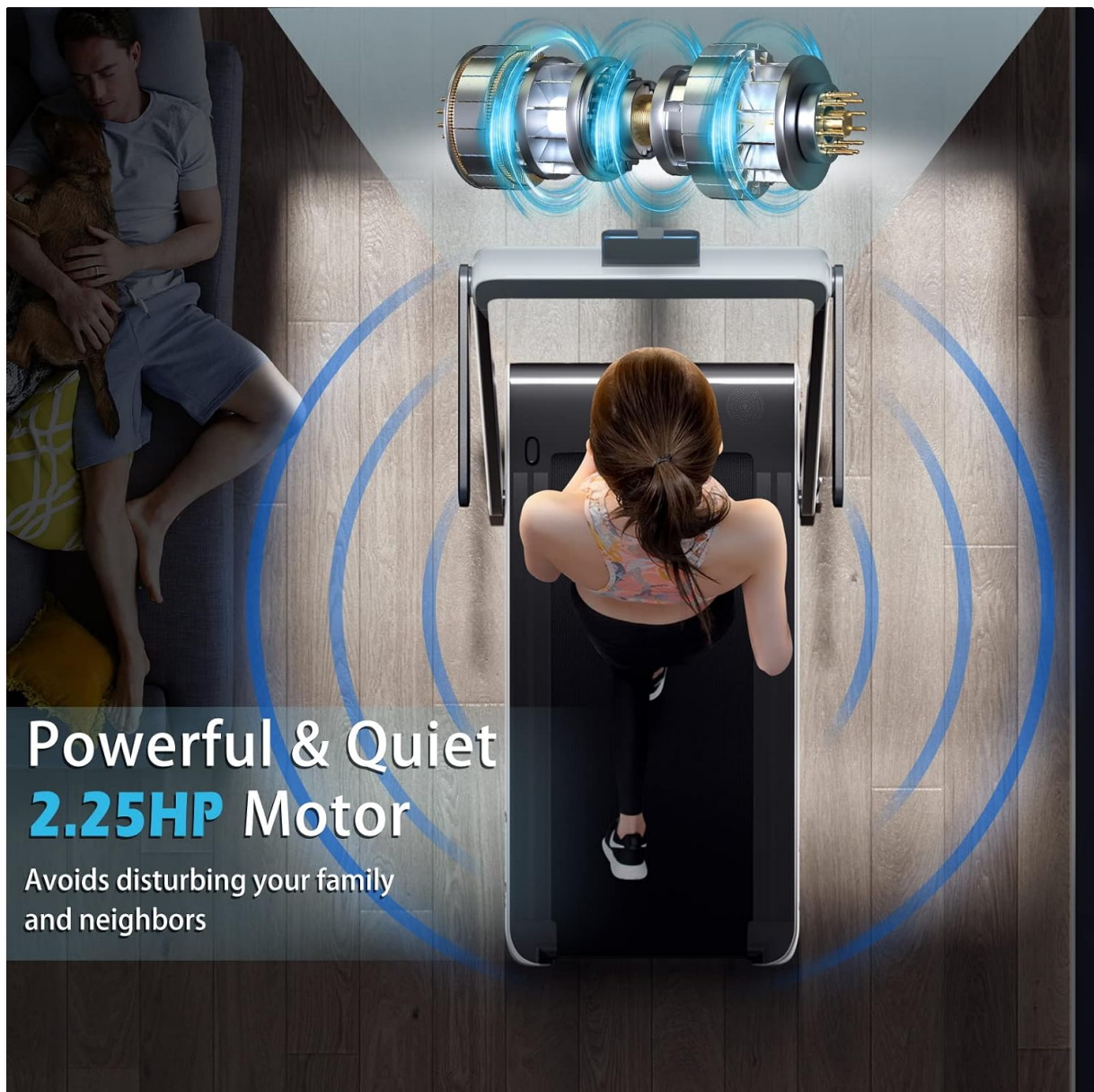


Image: An illustration emphasizing the powerful and quiet 2.25HP motor, designed to operate without disturbing others in a home or office setting.

MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Avoid abrasive cleaners.
- **Lubrication:** Periodically lubricate the running belt according to the instructions provided in the full user manual (not included in this summary). Proper lubrication reduces friction and extends belt life.
- **Belt Adjustment:** Check the running belt tension and alignment regularly. Adjust if necessary to prevent slipping or uneven wear. Refer to the full user manual for detailed adjustment procedures.
- **Storage:** When not in use, fold the treadmill and store it in a dry, clean area away from direct sunlight.

TROUBLESHOOTING

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

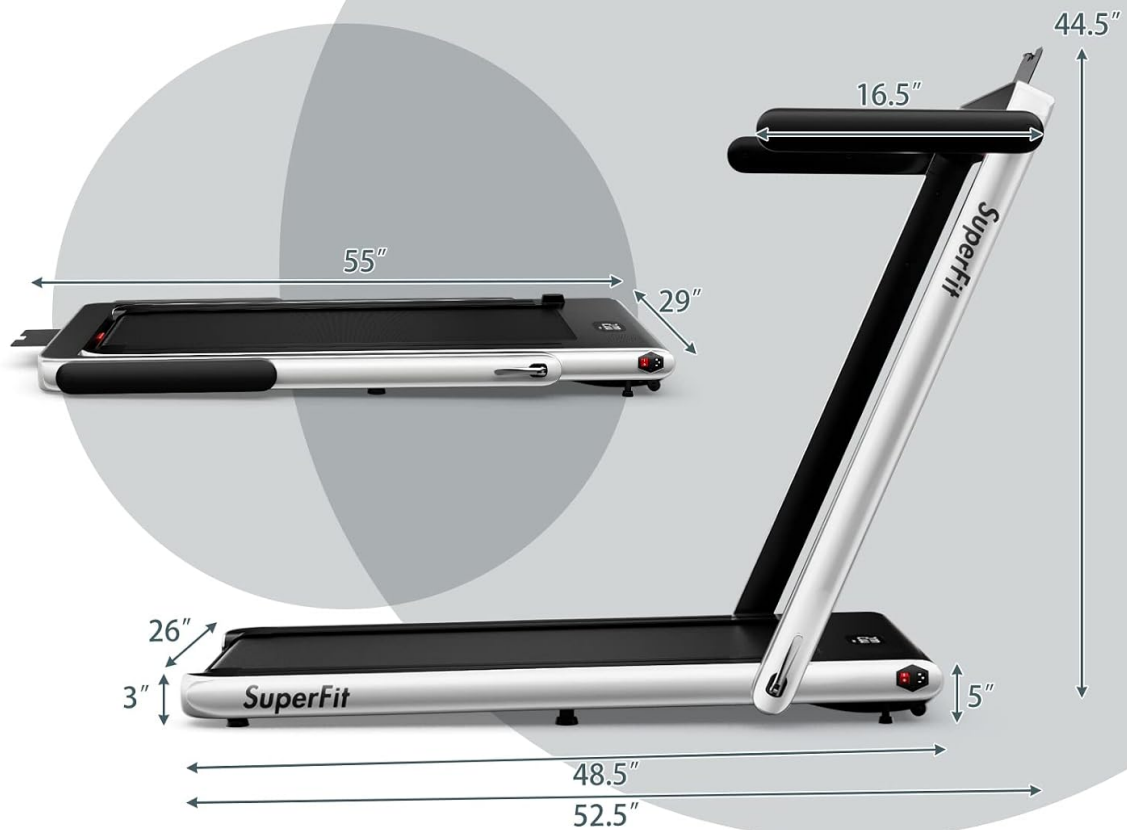
Problem	Possible Cause	Solution
---------	----------------	----------

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord unplugged, emergency safety key not in place, power switch off.	Ensure power cord is securely plugged in, attach the safety key, turn on the power switch.
Running belt slips or hesitates.	Belt too loose, belt needs lubrication.	Adjust belt tension (refer to full manual), lubricate the running belt.
Unusual noise during operation.	Loose parts, motor issue, belt friction.	Check for loose screws and tighten. If noise persists, contact customer support.
Remote control not working.	Battery drained, remote out of range.	Replace CR2032 battery. Ensure remote is pointed towards the treadmill's receiver.

For issues not listed here, please contact Goplus customer support.

SPECIFICATIONS

Brand	Goplus
Model Number	B0C6KN1BMH
Product Dimensions	52.5"D x 29"W x 44.5"H
Folded Thickness	5 inches (12.7 cm)
Item Weight	73 Pounds
Material	Metal, ABS
Motor Horsepower	2.25 HP
Walking Mode Speed	0.6 - 2.5 MPH
Running Mode Speed	0.6 - 7.5 MPH
Running Area	39.3" x 16"
Maximum Weight Recommendation	265 Pounds
Display	LED (Time, Speed, Distance, Calories)
Power Source	Corded Electric (AC 110V 60Hz)
Included Components	1 x 2-in-1 Folding Treadmill, Remote Control, User Manual



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: A technical diagram illustrating the dimensions of the treadmill in both folded and unfolded states, along with a table summarizing key specifications like voltage, max load, running area, speed range, motor power, and net weight.

WARRANTY INFORMATION

This Goplus 2-in-1 Folding Treadmill comes with a **3-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 caused by misuse, accident, unauthorized modification, or failure to follow the instructions in this manual.

CUSTOMER SUPPORT

For any questions, concerns, or technical assistance regarding your Goplus 2-in-1 Folding Treadmill, please contact Goplus customer support. Refer to the contact information provided with your purchase or visit the official Goplus website for support details. You can also visit the [Goplus Store on Amazon](#) for more information.