

FLEXISPOT GP018

FlexiSpot GP018 Walking Pad Treadmill User Manual

Model: GP018

1. INTRODUCTION

Thank you for choosing the FlexiSpot GP018 Walking Pad Treadmill. This portable electric running machine is designed for both home and office use, offering a convenient way to integrate physical activity into your daily routine. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your device. Please read it thoroughly before initial use and retain it for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always follow basic precautions when using this appliance, including the following:

- Read all instructions in this manual before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clear space around it.
- Ensure the power cord is not damaged and is properly connected to a grounded outlet.
- Do not exceed the maximum user weight capacity of 120 kg (265 lbs).
- Wear appropriate athletic footwear during use.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- This basic model does not feature a safety handrail or emergency stop cord. Exercise caution during use.

3. PACKAGE CONTENTS

Carefully unpack your FlexiSpot GP018 Walking Pad Treadmill and ensure all items are present:

- FlexiSpot GP018 Walking Pad Treadmill
- Power Cord
- Remote Control

- User Manual (this document)

Durable 3A Packaging

– Shock-Resistant and Transport-Safe



Image: The FlexiSpot GP018 Walking Pad Treadmill shown in its durable 3A packaging, indicating shock-resistant and transport-safe design.

4. PRODUCT OVERVIEW

The FlexiSpot GP018 Walking Pad Treadmill is designed for convenience and effective exercise. Key features include:

- **Running Belt:** Features a 5-layer non-slip running belt for enhanced safety and durability.
- **Shock Absorption:** Equipped with 6 silicone shock absorbers to minimize impact on knees and joints.
- **LED Display:** A clear, multifunctional LED display tracks speed, time, distance, and calories burned.
- **Remote Control:** Allows for effortless adjustments to speed and mode during your workout.
- **Motor:** A powerful, ultra-quiet motor operates at less than 45 dB, ensuring a discreet workout experience.
- **Compact Design:** Measures 117 × 52 × 10 cm and weighs 16 kg, making it easy to store and move.
- **Workout Area:** Provides a 100 × 40 cm workout surface.
- **Portability:** Two built-in front rollers facilitate easy movement and storage under furniture.



Image: A user exercising on the FlexiSpot GP018 Walking Pad Treadmill, with the remote control visible. Another image shows the treadmill positioned under a standing desk.

Clear **LED** Display



Time



Distance



Speed



Calories



Image: A close-up view of the FlexiSpot GP018 Walking Pad Treadmill's LED display, showing indicators for Time, Distance, Speed, and Calories.

5. SETUP

Follow these steps to set up your FlexiSpot GP018 Walking Pad Treadmill:

1. **Unpack:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is at least 0.5 meters (20 inches) of clear space on all sides and 2 meters (79 inches) at the rear for safety.
3. **Power Connection:** Connect the power cord to the treadmill's power input port, then plug the other end into a standard grounded electrical outlet.
4. **Initial Check:** Before stepping on, ensure the treadmill is stable and the power cord is securely connected.

6. OPERATING INSTRUCTIONS

Your FlexiSpot GP018 Walking Pad Treadmill is operated using the included remote control.

6.1 Remote Control Functions



Image: A close-up of the FlexiSpot GP018 Walking Pad Treadmill's remote control, showing buttons for power, speed adjustment, and mode selection.

- **Power Button:** Press to turn the treadmill on or off.
- **Speed Up (+):** Increases the walking speed.
- **Speed Down (-):** Decreases the walking speed.
- **Mode Button:** Toggles between different display modes (e.g., showing time, distance, calories).
- **Start/Stop Button:** Initiates or pauses the treadmill operation.

6.2 Starting a Workout

1. Ensure the treadmill is plugged in and the power switch (if present) is on.
2. Press the Power button on the remote control to activate the treadmill.
3. Step onto the walking belt.
4. Press the Start button on the remote control. The treadmill will typically start at a low speed.
5. Use the Speed Up (+) and Speed Down (-) buttons to adjust your desired walking speed (range: 1-6 km/h).

6.3 Understanding the LED Display

The integrated LED display provides real-time feedback on your workout:

- **TIME:** Displays the duration of your current workout.
- **DISTANCE:** Shows the total distance covered during your workout.
- **SPEED:** Indicates your current walking speed in kilometers per hour (km/h).
- **CALORIES:** Estimates the number of calories burned during your workout.

6.4 Two Mode Options

The FlexiSpot GP018 offers two distinct modes to suit your activity level:

- **Walk Mode:** Speed range of 3-6 km/h, suitable for brisk walking or light jogging.
- **Work Mode:** Speed range of 1-3 km/h, ideal for walking while working at a standing desk or performing other light activities.

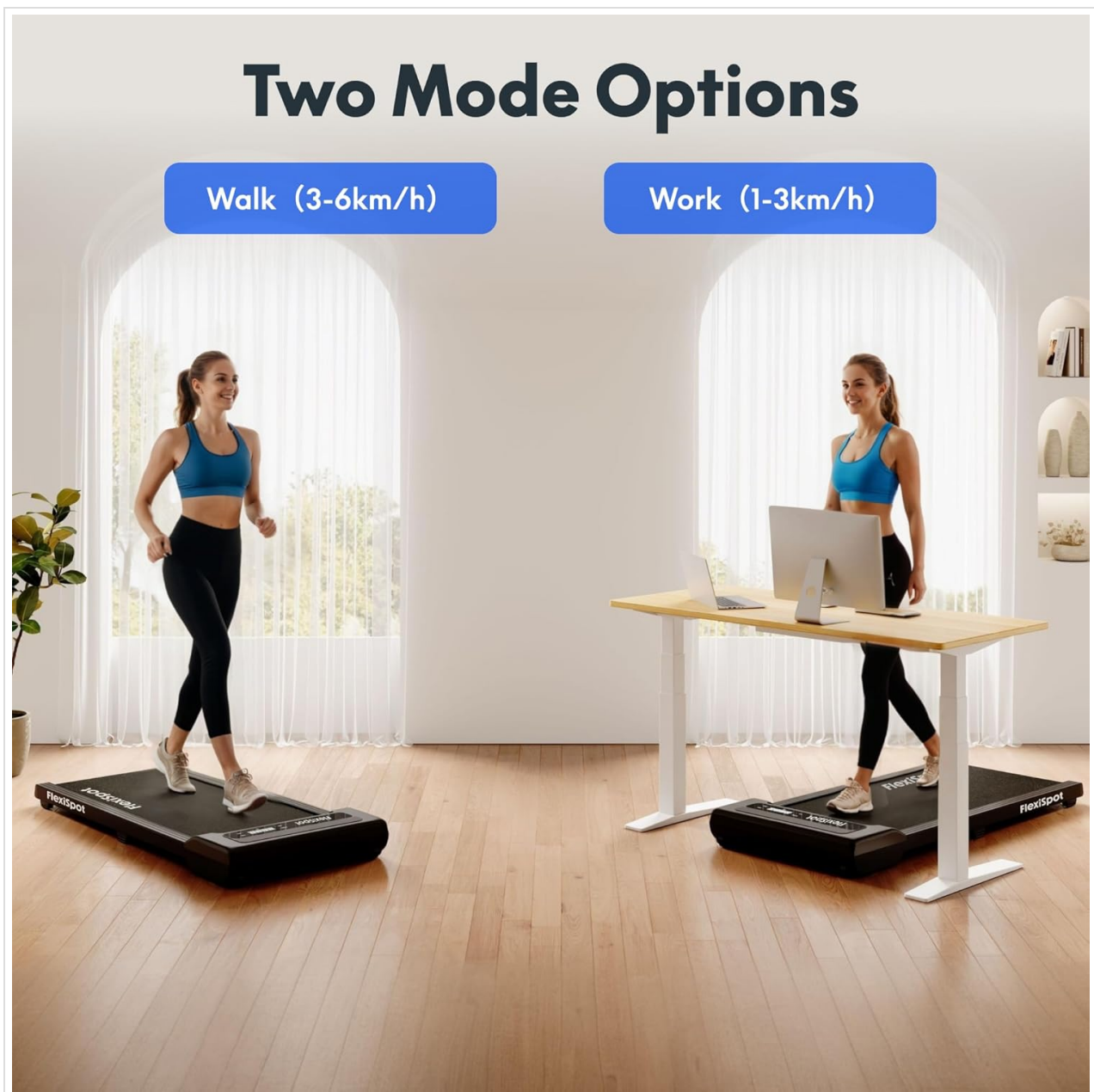


Image: An illustration showing the two mode options for the FlexiSpot GP018 Walking Pad Treadmill: 'Walk' mode (3-6 km/h) with a person walking briskly, and 'Work' mode (1-3 km/h) with a person walking slowly at a standing desk.

7. MAINTENANCE

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

7.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the treadmill's surface with a soft, damp cloth. Avoid using abrasive cleaners or solvents.
- Regularly clean the area around the motor cover to prevent dust accumulation.

7.2 Lubrication

The walking belt requires periodic lubrication to reduce friction and extend its lifespan. A bottle of lubricant is included with your purchase.



Image: An illustration highlighting the low-noise motor of the FlexiSpot GP018 Walking Pad Treadmill and indicating the inclusion of one bottle of lubricant.

- Refer to the specific instructions provided in the separate lubrication guide (if included) or the full user manual for the correct application procedure and frequency.
- Generally, apply a small amount of silicone lubricant under the walking belt every few months, depending

on usage.

7.3 Belt Adjustment

Over time, the walking belt may become misaligned or loose. Refer to the full user manual for detailed instructions on how to:

- **Center the Belt:** If the belt drifts to one side.
- **Adjust Belt Tension:** If the belt slips during use.

8. TROUBLESHOOTING

If you encounter issues with your FlexiSpot GP018 Walking Pad Treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; outlet not functioning.	Ensure power cord is securely plugged into both the treadmill and a working grounded outlet. Check circuit breaker.
Walking belt slips during use.	Belt tension is too loose.	Adjust the walking belt tension according to the instructions in the full user manual.
Walking belt is off-center.	Belt alignment issue.	Adjust the walking belt alignment according to the instructions in the full user manual.
Unusual noise from the treadmill.	Lack of lubrication; loose components; foreign object.	Lubricate the walking belt. Check for and remove any obstructions. Ensure all visible screws are tightened.
Remote control not responding.	Dead batteries; remote out of range.	Replace remote control batteries. Ensure you are within effective range of the treadmill's receiver.

If these solutions do not resolve the issue, please contact FlexiSpot customer service for further assistance.

9. SPECIFICATIONS

Feature	Specification
Model	GP018
Product Dimensions (L x W x H)	117 x 52 x 10 cm (46.1 x 20.5 x 3.9 inches)
Item Weight	16.2 kg (35.7 lbs)
Colour	Matte Black
Display Type	LED

Feature	Specification
Frame Material	Alloy Steel
Running Belt Material	Polyvinyl Chloride (PVC)
Motor Horsepower	2.5 Horsepower
Meter Displays	Speed, Distance, Time, Calories Burned
Power Source	Corded Electric
Special Features	Compact Design, LED Display, Portable, Remote Control, Shock Absorbent
Maximum Speed	6 Kilometers per Hour
Maximum User Weight	120 kg (265 lbs)
Included Components	Power Cord, Remote Control, User Manual

10. WARRANTY AND SUPPORT

FlexiSpot is committed to providing quality products and comprehensive after-sales support. For detailed warranty information, product registration, or technical assistance, please visit the official FlexiSpot website or contact their customer service department directly. Contact information can typically be found on the FlexiSpot website or on the product packaging.