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> Goplus 2-in-1 Folding Treadmill User Manual - Model Treadmill

Goplus Treadmill

Goplus 2-in-1 Folding Treadmill User Manual

Model: Treadmill | Brand: Goplus

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating this treadmill, please read all instructions carefully. Keep this manual for future reference. Improper use can lead to serious injury or equipment damage.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clearance around the treadmill (at least 2 feet on sides, 6 feet at rear).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate exercise clothing and athletic shoes.
- Use the safety key at all times. Attach the clip to your clothing.
- Consult a physician before starting any exercise program.

2. PRODUCT OVERVIEW AND FEATURES

The Goplus 2-in-1 Folding Treadmill offers versatile exercise options for both walking and running, designed for home and office use. It features a compact, foldable design for easy storage.

Wide & Non-Slip Running Belt

Provides safe and comfortable exercise experience


5-Layer
Running Belt


8 Shock
Absorbers


Max Load
265 LBS



Image: The treadmill shown in its upright running mode (0.6-7.5 mph) and folded-down walking mode (0.6-2.5 mph) under a desk.

Key Features:

- **2-in-1 Design:** Functions as an under-desk walking pad (0.6-2.5 mph) and a traditional running treadmill (0.6-7.5 mph).
- **Powerful & Quiet Motor:** Equipped with a 2.25HP motor for smooth operation without excessive noise, suitable for home or office environments.
- **Foldable & Portable:** Easily folds to a compact 5-inch thickness for storage under a sofa or bed. Built-in transport wheels facilitate movement.
- **Advanced Running Belt:** Features a 39.3" x 16" 5-layer running belt with 8 shock absorbers for comfortable exercise and knee protection. Supports up to 265 lbs.
- **Smart Control:** Control via remote control or the official GYMAX APP, offering training courses, personal plans, data records, and real-time rankings.
- **LED Display:** Provides real-time data including time, speed, distance, and calories burned.
- **Integrated Features:** Includes a mobile phone holder, Bluetooth speaker, and adjustable foot pads.



Image: Illustration highlighting the 5-layer running belt, 8 shock absorbers, and knee protection feature of the treadmill.



Well-Made Details

<p>0123456789012345678 0123456789012345678 0123456789012345678</p> <p>Mobile Phone Holder</p>	<p>Adjustable Foot Pads (2° Inclination)</p>	<p>Bluetooth Speaker</p>	<p>Emergency Safety Lock</p>

Image: A detailed view showing the mobile phone holder, adjustable foot pads, built-in Bluetooth speaker, and the emergency safety lock clip.

3. SETUP AND ASSEMBLY

The Goplus 2-in-1 Folding Treadmill is designed for installation-free setup. Follow these steps to prepare

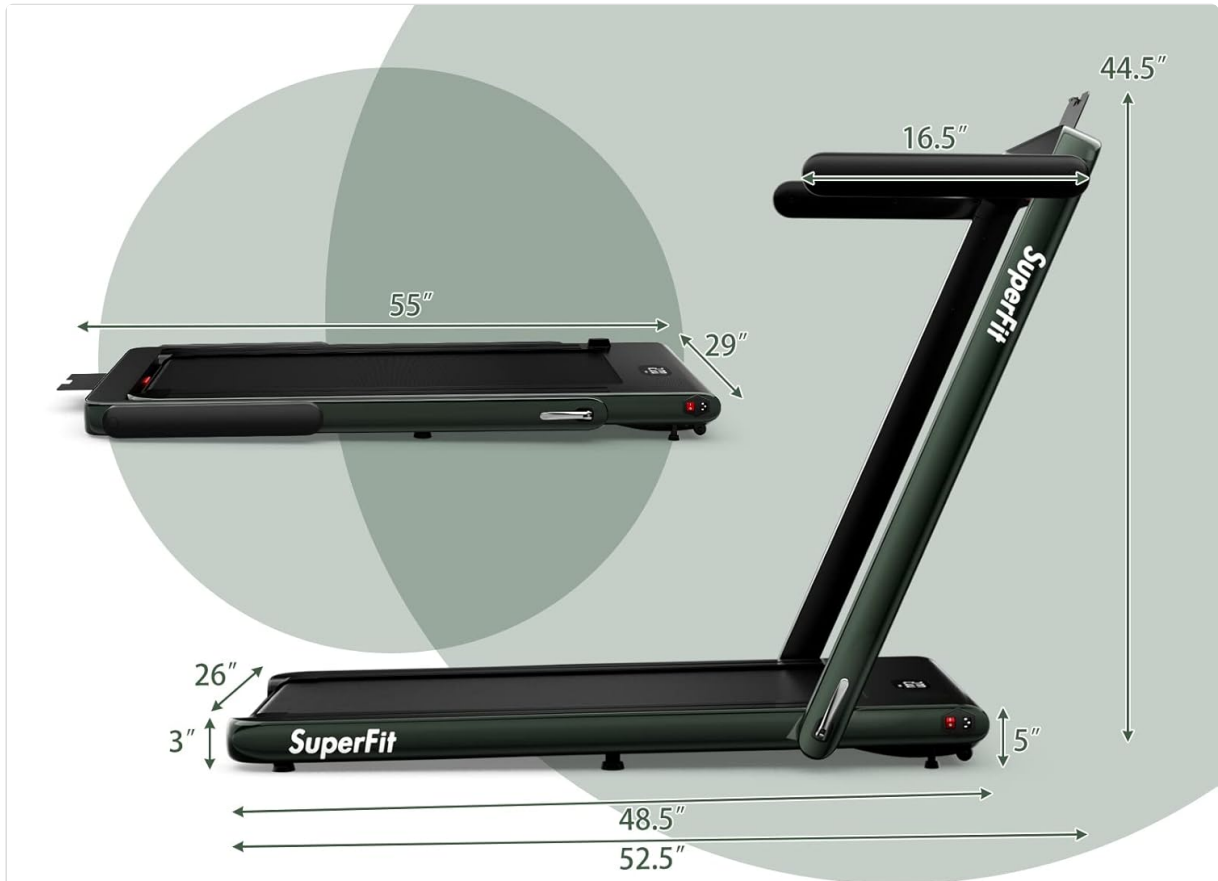
your treadmill for use.

Unpacking and Placement:

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface, ensuring sufficient space around it for safe operation.

Unfolding the Treadmill:

1. For running mode, gently lift the handlebar until it locks into the upright position.
2. For walking mode, ensure the handlebar is folded down and secured.



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 visual guide demonstrating how to rotate the handlebar and lock the handrail for folding, along with an image of the built-in transport wheels and the treadmill stored under a bed.

Connecting Power:

1. Plug the power cord into a standard 110V AC outlet.
2. Ensure the power switch on the treadmill is in the 'ON' position.

Safety Key:

Attach the safety key to the designated area on the treadmill console and clip the other end to your

clothing. The treadmill will not operate without the safety key in place.

Package Includes



Image: An illustration of the package contents, including the remote control, safety key, power cord, lubricant, tools, and user manual.

4. OPERATING INSTRUCTIONS

This section details how to operate your Goplus 2-in-1 Folding Treadmill using the remote control and the GYMAX APP.

Remote Control Operation:

The remote control allows you to start/stop the treadmill and adjust speed. (Note: 1xCR2032 button battery is required for the remote control, not included).

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

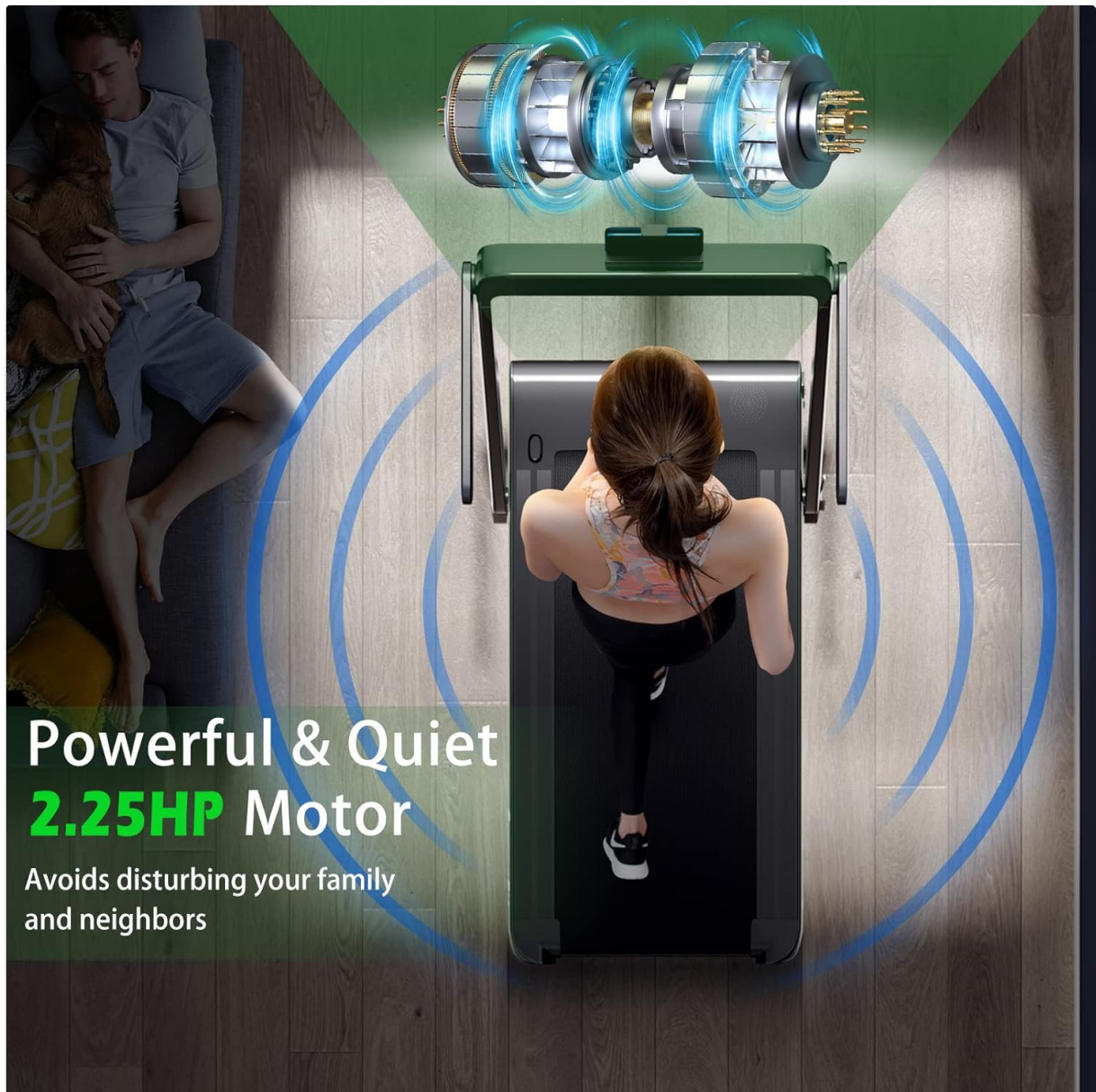


Image: A close-up of the treadmill's LED display showing workout metrics (Time, Speed, Distance, Calories) and an illustration of the remote control with its Start/Stop, Speed + and Speed - buttons.

LED Display:

The integrated LED display shows your workout data in real-time:

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

APP Control (GYMAX APP):

Enhance your workout experience by connecting to the official 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. The APP provides access to various functions including: training courses, personal sports plans, exercise data records, real-time sports ranking, and a dynamic community.

Exercise with People Worldwide

Via the official APP of GYMAX

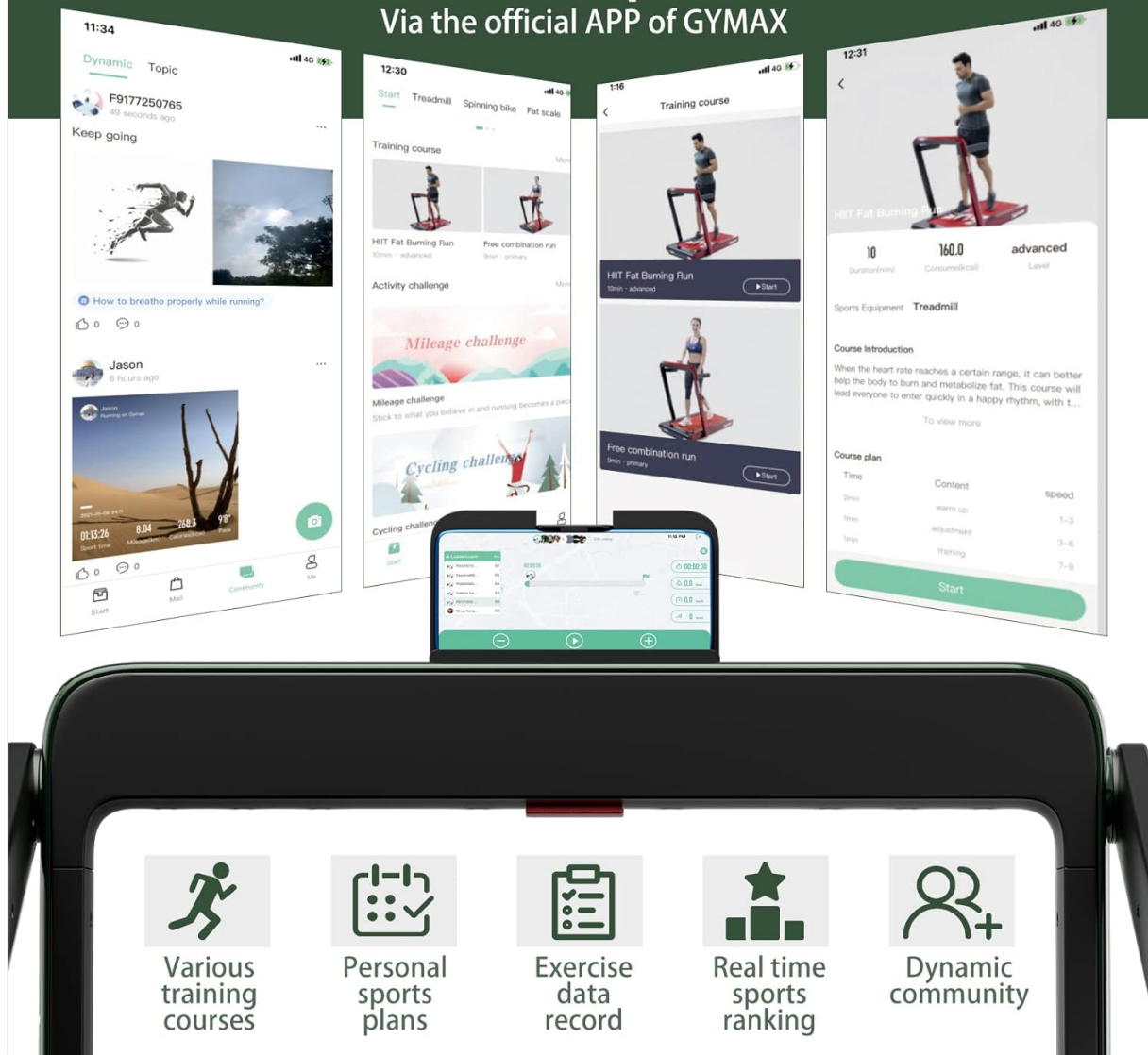


Image: Multiple smartphone screens displaying the GYMAX app interface, showcasing features like dynamic topics, training courses, personal sports plans, exercise data records, real-time sports ranking, and community interaction.

5. MAINTENANCE

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

Cleaning:

- After each use, wipe down the console and other surfaces with a damp cloth. Avoid abrasive cleaners.
- Periodically vacuum underneath the treadmill to prevent dust buildup.

Lubrication:

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the included lubricant and instructions for proper application. Typically, lubrication is needed every few months depending on usage.

6. TROUBLESHOOTING

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

Treadmill Does Not Start:

- Ensure the power cord is securely plugged into a working outlet.
- Check that the power switch is in the 'ON' position.
- Verify that the safety key is correctly placed on the console.
- Check the remote control battery (CR2032).

Running Belt Slips or Stops:

- The running belt may require lubrication. Refer to the maintenance section.
- The belt tension may need adjustment. Consult the full user manual for detailed instructions on belt adjustment.

Unusual Noises:

- Ensure all bolts and screws are tightened.
- Check for any foreign objects under the running belt.
- If the noise persists, contact customer support.

7. SPECIFICATIONS

Detailed technical specifications for the Goplus 2-in-1 Folding Treadmill.

Specification	Value
Brand	Goplus
Model Name	Treadmill
Product Dimensions (D x W x H)	52.5" x 29" x 44.5"
Folded Size	55" x 29" x 5"
Material	Acrylonitrile Butadiene Styrene (ABS), Metal
Maximum Speed	7.5 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Horsepower	2.25 HP
Running Area (Deck Length x Width)	39.3" x 16"
Maximum Weight Recommendation	265 Pounds
Power Source	Corded Electric (AC 110V 60Hz)
Assembly Required	No
Metrics Measured	Distance, Calories Burned

8. WARRANTY AND SUPPORT

Warranty Information:

This Goplus Treadmill comes with a **3-month warranty** from the date of purchase. Please retain your proof of purchase for warranty claims. The warranty covers manufacturing defects under normal use.

Customer Support:

For any questions, technical assistance, or warranty claims, please contact Goplus customer support. Refer to the contact information provided with your purchase documentation or visit the official Goplus website for support details.