

SportPlus SP-TM-1006

SportPlus SP-TM-1006 Compact Treadmill User Manual

Model: SP-TM-1006

1. INTRODUCTION

Thank you for choosing the SportPlus SP-TM-1006 Compact Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use and retain this manual for future reference.

The SportPlus SP-TM-1006 is designed for home use, offering a compact solution for walking and light jogging, suitable for various environments including home offices and under standing desks.

2. SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read the following important safety instructions before using the treadmill:

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.
- Do not use the treadmill if you weigh more than 120 kg (264 lbs).
- Wear appropriate athletic footwear and clothing.
- 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/maintenance.
- Do not operate the treadmill if the power cord or plug is damaged.
- This treadmill is not compatible with external applications.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- SportPlus SP-TM-1006 Walking Pad
- Remote Control
- Power Supply Cable (European and UK plugs may be included)
- Silicone Oil for Lubrication
- Instruction Manual

4. SETUP

The SportPlus SP-TM-1006 treadmill requires minimal setup. It arrives largely pre-assembled.

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation.
3. **Power Connection:** Connect the power cable to the treadmill and then to a suitable electrical outlet.
4. **Remote Control:** Insert the provided battery into the remote control.



Figure 1: SportPlus SP-TM-1006 Compact Treadmill. This image shows the overall design of the treadmill, highlighting its compact and sleek form factor, ready for use.

5. OPERATING INSTRUCTIONS

5.1 Basic Operation

The treadmill is operated using the included remote control.

1. **Power On:** Press the power button on the remote control to turn on the treadmill. The LED display will illuminate.

2. **Start/Stop:** Press the 'Start' button on the remote to begin the walking belt movement. Press 'Stop' to halt the belt.
3. **Speed Adjustment:** Use the '+' and '-' buttons on the remote control to adjust the speed. The speed can be adjusted in increments of 0.1 km/h, ranging from 0.8 km/h to a maximum of 6 km/h.
4. **Power Off:** Press and hold the power button on the remote control to turn off the treadmill.



Figure 2: Treadmill Display and Remote Control. This image provides an overhead view of the treadmill's control panel with its LED display and the handheld remote control used for operation, including speed adjustment and start/stop functions.

5.2 Display Functions

The illuminated LED display provides real-time workout data:

- **Time:** Duration of your workout.
- **Speed:** Current walking speed in km/h.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Steps:** Number of steps taken.

5.3 Usage Modes

The treadmill supports various walking modes to suit your activity level:

- **Promenade Mode:** 0.8 to 2.5 km/h (up to 6000 steps/hour) - Ideal for light activity.
- **Normal Walk Mode:** 2.5 to 4.5 km/h (up to 7500 steps/hour) - Suitable for a brisk walk.
- **Late Walk Mode:** 4.5 to 6 km/h (up to 10000 steps/hour) - For faster walking or light jogging.



Figure 3: Treadmill in use under a standing desk. This image illustrates the treadmill's suitability for home office environments, allowing users to walk while working at a height-adjustable desk.

6. MAINTENANCE

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

6.1 Lubrication

The walking belt requires periodic lubrication with the provided silicone oil to reduce friction and wear.

1. Turn off and unplug the treadmill.
2. Lift the edge of the walking belt and apply a small amount of silicone oil directly onto the running deck, underneath the belt.

3. Repeat on both sides of the belt.
4. Plug in the treadmill and run it at a low speed (e.g., 1 km/h) for a few minutes to distribute the lubricant evenly.
5. Frequency of lubrication depends on usage; generally, every 30-50 hours of use.

6.2 Cleaning

Clean the treadmill regularly to prevent dust and debris buildup.

- Turn off and unplug the treadmill before cleaning.
- Wipe down the surfaces with a damp cloth. Do not use abrasive cleaners or solvents.
- Vacuum underneath the treadmill periodically to remove dust and lint.

6.3 Belt Adjustment

If the walking belt becomes off-center or slips, it may require adjustment. Refer to the detailed instructions in the full manual for specific steps, which typically involve using an Allen key to adjust tension bolts at the rear of the treadmill.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cable not connected, power outlet issue, main power switch off.	Check power cable connection. Ensure the power outlet is functional.
Remote control not working.	Battery depleted, remote out of range, sensor obstruction.	Replace remote control battery. Ensure remote is pointed towards the treadmill's sensor (typically at the front display). Maintain close proximity (within 30 cm).
Walking belt slips or is off-center.	Belt tension too loose, belt alignment issue.	Adjust belt tension and alignment according to the detailed instructions in the full manual.
Unusual noise during operation.	Lack of lubrication, loose components, foreign object.	Lubricate the walking belt. Check for and tighten any loose screws. Inspect for foreign objects. If the noise persists, contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	SP-TM-1006
Dimensions (L x W x H)	134 x 54 x 12 cm (52.4 x 20.9 x 3.9 inches)

Feature	Specification
Running Surface (L x W)	101 x 36 cm
Product Weight	25 kg (55 lbs)
Maximum User Weight	120 kg (264 lbs)
Material	Steel Alloy
Maximum Speed	6 km/h
Special Features	Electric with cable, LED indicator, Remote Control
Recommended Use	Walking, light jogging
Target Audience	Adult



Figure 4: Compact Treadmill Dimensions and Storage. This image illustrates the compact dimensions of the treadmill (134x54x12cm) and its ability to be stored vertically, making it suitable for small spaces.



Figure 5: Treadmill with Transport Wheels and Articulated Feet. This image highlights the integrated transport wheels for easy movement and articulated feet that help compensate for uneven floor surfaces.

9. WARRANTY AND SUPPORT

SportPlus has been producing high-quality sports equipment for 20 years. We are committed to providing durable products and excellent customer service.

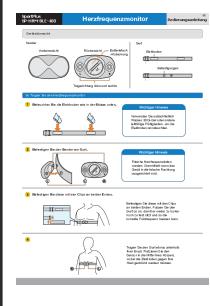
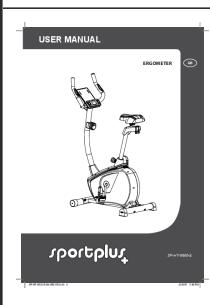
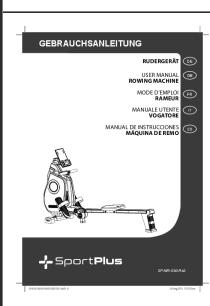
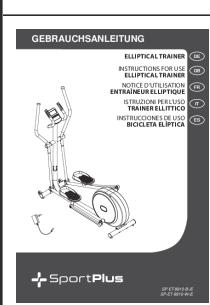
If you have any questions or require assistance, our customer service department in Hamburg will be happy to help. We maintain a stock of spare and wear parts to ensure the long-term usability and sustainability of your equipment.

For support, please visit the official SportPlus website or contact your retailer.

Contact Information:

- **Website:** www.sportplus.de (Example, please refer to your product documentation for exact contact details)
- **Email:** service@sportplus.org

Related Documents - SP-TM-1006

	<p>SportPlus SP-HRM-BLE-400 Herzfrequenzmonitor Bedienungsanleitung Bedienungsanleitung für den SportPlus SP-HRM-BLE-400 Herzfrequenz-Brustgurt, einschließlich Geräteübersicht, Anlegetechnik, Batteriewechsel, unterstützte Geräte und Kundenservice.</p>
	<p>SportPlus SP-HT-9500-E Ergometer User Manual Comprehensive user manual for the SportPlus SP-HT-9500-E Ergometer, covering technical data, safety instructions, assembly, operation, maintenance, and warranty information.</p>
	<p>SportPlus SP-MR-030-R-iE Rudergerät Bedienungsanleitung Dieses offizielle Handbuch für das SportPlus SP-MR-030-R-iE Rudergerät bietet umfassende Anleitungen zur Montage, korrekten Bedienung, wichtigen Wartung und Sicherheitshinweisen. Es wurde entwickelt, um Benutzern ein sicheres und effektives Heimtrainer-Erlebnis zu ermöglichen.</p>
	<p>SportPlus SP-ET-9910 Ellipsentrainer Bedienungsanleitung Umfassende Bedienungsanleitung für den SportPlus SP-ET-9910 Ellipsentrainer. Enthält Montageanleitungen, Sicherheitshinweise, technische Daten und Trainingsprogramme für Ihr Heimtraining.</p>
	<p>SportPlus FAN BIKE PRO Bedienungsanleitung Umfassende Bedienungsanleitung für das SportPlus FAN BIKE PRO (Modelle SP-FB-2100-B-iE, SP-FB-2100-W-iE) mit Anleitungen zur Montage, sicheren Nutzung, Wartung und Fehlerbehebung.</p>



Gebrauchsanleitung Wasserrudermaschine aus Holz

Umfassende Anleitung für die SportPlus SP-WR-1800 Holz Wasserrudermaschine, die Montage, Bedienung, Sicherheitshinweise und Wartung abdeckt.