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## SportPlus SP-TM-1100-iE

# SportPlus Walking Pad SP-TM-1100-iE Instruction Manual

Model: SP-TM-1100-iE

## 1. IMPORTANT SAFETY INFORMATION

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Before operating your SportPlus Walking Pad, please read and understand all safety instructions. Keep this manual for future reference.

- Ensure the walking pad is placed on a flat, stable surface.
- Maintain a clear area of at least 0.5 meters around the walking pad during use.
- The maximum user weight capacity is 120 kg. Do not exceed this limit.
- Keep children and pets away from the walking pad during operation.
- Always wear appropriate athletic footwear when using the device.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Unplug the walking pad from the power outlet when not in use or before cleaning and maintenance.

## 2. PRODUCT OVERVIEW

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The SportPlus Walking Pad SP-TM-1100-iE is designed for effective walking and light jogging at home or in an office environment. It features a quiet motor, compact design, and app connectivity for an enhanced user experience.



Image: The SportPlus Walking Pad SP-TM-1100-iE in a home setting, demonstrating its sleek design and user-friendly operation.

## Key Features:

- **Quiet DC Motor:** 0.5 HP motor with low noise levels (40-60 dB).
- **Speed Range:** Adjustable from 0.8 to 6 km/h in 0.1 km/h increments.
- **LED Display:** Shows training time, speed, distance, calorie consumption, and step count.
- **App Connectivity:** Compatible with fitness apps like Kinomap and BitGym.
- **Compact Design:** Easy to store with transport wheels and a slim profile (12 cm height).
- **Anti-slip Tread:** Provides a secure walking surface.
- **Remote Control:** For convenient speed adjustments.

## 3. SETUP AND ASSEMBLY

The SportPlus Walking Pad comes pre-assembled, requiring minimal setup before first use.

1. **Unpacking:** Carefully remove the walking pad from its packaging.

2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is adequate space around the device for safe operation.
3. **Power Connection:** Connect the power cord to the walking pad and then to a suitable electrical outlet.
4. **Leveling:** If the floor is uneven, use the integrated leveling feet to stabilize the walking pad.



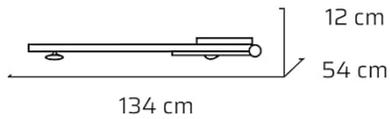
Image: Detail of the leveling feet and transport wheels, designed for easy adjustment and mobility.

5. **Remote Control:** Insert the provided battery into the remote control.

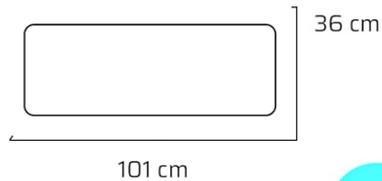
## Storage:

The walking pad is designed for compact storage. Utilize the transport wheels to easily move the device. It can be stored upright against a wall or horizontally under furniture.

**ULTRA KOMPAKT,**  
fits into even the smallest corner!



**ASSEMBLY  
DIMENSION**



**SURFACE**

**ANTI  
SLIP**



Image: The walking pad stored vertically, highlighting its ultra-compact design suitable for small spaces.

## 4. OPERATING INSTRUCTIONS

Follow these steps to begin your workout with the SportPlus Walking Pad.

1. **Power On:** Plug in the walking pad and press the power button on the device or remote control. The LED display will illuminate.
2. **Start Walking:** Step onto the walking belt.
3. **Adjust Speed:** Use the remote control to increase or decrease the walking speed. The speed can be adjusted from 0.8 km/h to 6 km/h in 0.1 km/h increments.



Image: The remote control and LED display in action, showing real-time training data and the app connectivity feature.

4. **Monitor Progress:** The integrated LED display provides real-time data including:

- Training Time
- Current Speed
- Distance Covered
- Estimated Calorie Consumption
- Number of Steps

5. **App Connectivity:** For extended features and tracking, connect your walking pad to compatible fitness apps such as Kinomap or BitGym via Bluetooth. Refer to the app's instructions for pairing.

6. **Ending Workout:** To stop the walking pad, press the stop button on the remote control or the device. Step off the belt once it has come to a complete stop.

### Walking Modes:

The walking pad supports various walking intensities to suit your fitness goals:

- **Promenade Mode:** 0.8 to 2.5 km/h (up to 6000 steps/hour) - Ideal for light activity.
- **Normal Walking 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 more intense walking or light jogging.

**YOUR GOALS ARE ACHIEVABLE**  
One hour a day is enough!

**PROMENADE MODE**  
0,8 to 2,5 KM/H  
up to **6000** steps/hour

**NORMAL WALKING MODE**  
2,5 to 4,5 KM/H  
up to **7500** steps/hour

**LATE WALK MODE**  
4,5 to 6 KM/H  
up to **10000** steps/hour

**SUITABLE FOR HOME OFFICES!**

Image: A user demonstrating the walking pad's suitability for home offices, with an overlay explaining the different walking modes and their corresponding speeds and step counts.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your SportPlus Walking Pad.

- **Cleaning:** Wipe down the walking pad with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Lubrication:** The walking belt requires periodic lubrication to reduce friction and extend its lifespan. Apply silicone oil (provided or recommended by SportPlus) under the walking belt as per the instructions in the separate lubrication guide. Frequency depends on usage, typically every 3-6 months.
- **Belt Alignment:** If the walking belt starts to drift to one side, it may need adjustment. Use the provided Allen key to turn the adjustment bolts at the rear of the walking pad. Turn the bolt clockwise to move the belt to the right, and counter-clockwise to move it to the left. Make small adjustments (quarter turns) and test the belt after each adjustment until it runs centrally.
- **Storage:** When not in use for extended periods, store the walking pad in a clean, dry place, away from direct sunlight

and extreme temperatures.

## 6. TROUBLESHOOTING

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If you encounter any issues with your SportPlus Walking Pad, refer to the following common solutions.

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not properly connected; power outlet issue; remote control battery low.	Check power cord connection. Test the outlet with another device. Replace remote control battery.
Walking belt slips or hesitates.	Belt requires lubrication; belt tension is too loose.	Lubricate the walking belt (refer to maintenance section). Adjust belt tension (consult support if unsure).
Walking belt drifts to one side.	Belt alignment issue.	Adjust belt alignment using the rear adjustment bolts (refer to maintenance section).
Unusual noise during operation.	Loose components; foreign object under the belt; motor issue.	Inspect for loose parts. Carefully check under the belt for obstructions. If noise persists, contact customer support.
Remote control unresponsive.	Low battery; interference; remote control malfunction.	Replace remote control battery. Ensure no obstructions between remote and walking pad. If issue persists, contact customer support.

If the problem persists after attempting these solutions, please contact SportPlus customer support.

## 7. SPECIFICATIONS

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Detailed technical specifications for the SportPlus Walking Pad SP-TM-1100-iE.

<b>Model Number</b>	SP-TM-1100-iE
<b>Brand</b>	SportPlus
<b>Color</b>	Grey (App-compatible version)
<b>Motor Power</b>	0.5 HP DC Motor (350W)
<b>Speed Range</b>	0.8 - 6 km/h (adjustable in 0.1 km/h increments)
<b>Maximum User Weight</b>	120 kg
<b>Product Dimensions (L x W x H)</b>	134 x 54 x 12 cm
<b>Walking Surface Dimensions (L x W)</b>	101 x 36 cm
<b>Product Weight</b>	25 kg
<b>Display Type</b>	LED (10 cm)

<b>Display Metrics</b>	Distance, Time, Speed, Calories Burned, Steps
<b>Connectivity</b>	App compatible (Kinomap, BitGym)
<b>Power Source</b>	Corded Electric
<b>Included Components</b>	Walking pad, Remote control unit



Image: Visual representation of the walking pad's dimensions, showing its compact form factor.



Image: Infographic detailing the quiet high-performance motor (350W DC, 40-60 dB), maximum user weight (120 kg), and benefits for endurance and leg training.

## 8. WARRANTY AND SUPPORT

SportPlus is committed to providing high-quality and durable sports equipment.

- **Warranty:** For specific warranty details, please refer to the warranty card included with your product or visit the official SportPlus website.
- **Customer Service:** Should you have any questions or require assistance, our service team in Hamburg is available to help.
- **Spare Parts:** SportPlus maintains a constant stock of wear and spare parts to ensure the durability and longevity of your device.

Contact information for support can typically be found on the SportPlus website or in the product packaging.

