Sparnod Fitness STH-3060

Sparnod Fitness STH-3060 Smart Multi-Function Walking Pad Treadmill User Manual

Model: STH-3060

Brand: Sparnod Fitness

1. Introduction

The Sparnod Fitness STH-3060 2-in-1 Foldable Treadmill is designed to provide a comfortable and effective exercise experience at home or in the office. This versatile machine allows you to burn calories and maintain a healthy lifestyle with its innovative, space-saving design. It functions as both a walking pad for under-desk use and a traditional treadmill for running, offering flexibility for various fitness routines.



The Sparnod Fitness STH-3060 Treadmill shown in both walking pad and running configurations.

2. Safety Information

Please read all safety instructions carefully before using the treadmill to ensure safe operation and prevent injury.

- **Voltage Protection:** Electrical treadmills can be damaged by voltage fluctuations. Using a voltage stabilizer is highly recommended, especially if voltage instability is common in your area, to protect the motor and electronic components.
- **Regular Lubrication:** To ensure smooth performance and extend the lifespan of the motor, lubricate the treadmill regularly as instructed in the maintenance section.
- **Maximum User Weight:** The maximum recommended user weight for this treadmill is 110 kg. For optimal safety and machine longevity, it is advisable to choose a treadmill with a capacity at least 20 kg greater than your actual weight, as impact weight increases significantly during running.
- **Safety Key:** Always use the safety key during operation. Attach the clip to your clothing. In case of an emergency, the safety key will detach, immediately stopping the treadmill.
- **Clearance:** Ensure adequate clear space around the treadmill during operation.

- **Children and Pets:** Keep children and pets away from the treadmill during operation.

3. Product Components

Familiarize yourself with the main parts of your Sparnod Fitness STH-3060 Treadmill:



Key components of the treadmill, including the LED display, handle bar, safety key, phone/tablet holder, Bluetooth speaker, and running belt.

- **Phone/Tablet Holder:** Securely holds your device during workouts.
- **LED Display:** Shows workout data such as speed, time, distance, and calories.
- **Safety Key:** Essential safety feature to immediately stop the treadmill.
- **Handle Bar:** Provides support and stability during use.
- **Bluetooth Speaker:** Allows audio playback from connected devices.
- **Remote Control:** Wireless control for speed and other functions.
- **Dual Display:** Provides comprehensive workout feedback.
- **Foldable Design:** Allows for compact storage.
- **Running Belt:** The surface on which you walk or run.

4. Setup

4.1 Unpacking and Initial Placement

Your Sparnod Fitness STH-3060 Treadmill comes 100% pre-installed, requiring no assembly. Simply unpack the unit, place it on a flat, stable surface, and plug it into a power outlet.

4.2 Folding and Unfolding

The treadmill features a foldable design for easy storage and conversion between walking pad and running modes.



The treadmill can be folded completely flat for convenient storage under a bed or desk.

- **To Unfold (Running Mode):** Carefully lift the handrail until it locks into the upright position. Ensure it is securely locked before use.
- **To Fold (Walking Pad Mode/Storage):** Release the locking mechanism for the handrail and gently lower it until it lies flat against the running deck. This converts the unit into a compact walking pad suitable for under-desk use or storage.

Transport wheels are integrated for easy movement of the folded treadmill.

5. Operating Instructions

5.1 Power On/Off

Connect the power cord to a suitable electrical outlet. Press the 'On/Off' button on the console or remote control to power on the treadmill.

5.2 Modes and Speed Adjustment

The treadmill operates in two primary modes depending on the handrail position:



The treadmill supports both walking and running modes with different speed capabilities.

- **Walking Pad Mode (Handrail Folded):** In this configuration, the maximum speed is 6 km/h (0.8-6 km/h range). This mode is ideal for walking while working or light exercise.
- **Running Mode (Handrail Unfolded):** With the handrail upright, the treadmill supports speeds up to 12 km/h (0.8-12 km/h range), suitable for jogging and running.

Adjust speed using the 'Speed Up' and 'Speed Down' buttons on the console or remote control. The treadmill also features 12 preset programs (P1-P12) for varied workouts.

5.3 Display Functions

The wide LED screen with backlit touch buttons provides real-time feedback on your workout. The digital LED display shows:

- **Distance:** Total distance covered during your session.
- **Speed:** Current speed of the running belt.
- **Time:** Duration of your workout.
- **Calories Burned:** Estimated calories expended.

5.4 Using the Remote Control

The wireless remote control allows convenient adjustment of speed and other functions without reaching for the console.



The treadmill comes with a wireless remote control for easy operation.

Use the '+' and '-' buttons to increase or decrease speed. Refer to the remote's markings for additional functions.

5.5 Bluetooth Speakers and Mobile Holder

Connect your smartphone or other Bluetooth-enabled device to the treadmill's integrated speakers for audio playback during your workout. The mobile holder provides a secure place for your device.

6. Maintenance

6.1 Lubrication

Regular lubrication of the running belt is crucial for optimal performance and longevity. Refer to the included user manual for specific lubrication intervals and procedures. Use only recommended treadmill lubricant.

6.2 Running Belt Care

The treadmill features a 7-layer anti-skid running belt designed for shock absorption, noise reduction, and cushioning for your joints and muscles.



The 7-layer anti-skid running belt provides comfort and durability.

- Keep the running belt clean and free of debris.
- Periodically check the belt tension and alignment. Adjust if necessary according to the full user manual.

7. Troubleshooting

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

- **Treadmill Not Powering On:** Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet. Check the main power switch on the treadmill (if present) and the circuit breaker.
- **Belt Slippage:** If the running belt slips during use, it may need tension adjustment. Refer to the detailed user manual for instructions on how to properly tension the belt.
- **Unusual Noises:** Strange noises can indicate a need for lubrication or a loose component. Stop the treadmill and inspect for any visible issues. Lubricate the belt if due.
- **Display Not Working:** Check all connections to the display. If the issue persists, contact customer support.

For more complex issues or if troubleshooting steps do not resolve the problem, please contact Sparnod Fitness customer support.

8. Specifications

Feature	Detail
Brand	Sparnod Fitness
Model Number	STH-3060
Product Type	Treadmill / Walking Pad
Color	Grey
Product Dimensions (D x W x H)	129 cm x 79 cm x 112 cm
Item Weight	33 Kilograms
Motor Power (Continuous)	2.25 HP
Motor Power (Peak)	4 HP
Speed Range (Walking Pad Mode)	0.8 - 6 km/h
Speed Range (Running Mode)	0.8 - 12 km/h
Maximum User Weight	110 Kilograms
Running Surface (L x W)	105 cm x 40 cm
Display Type	LED (2 inch screen size)
Meter Type	Distance, Speed, Time, Calories Burned
Number of Programs	12
Special Features	Foldable, Portable, Bluetooth Speakers, Remote Control, Mobile Holder, Safety Key
Frame Material	Alloy Steel
Materials	Aluminum
Assembly Required	No (100% Pre-installed)
Power Source	Corded Electric
Country of Origin	China

9. Warranty and Support

9.1 Warranty Information

Sparnod Fitness provides the following warranty for the STH-3060 Treadmill:

- **Frame:** Lifetime warranty.
- **Motor and Other Parts:** One-year warranty against manufacturing defects and parts failures.

The warranty does not cover routine maintenance, periodic servicing, or damage resulting from normal wear and tear. For complete warranty terms and conditions, please refer to the full user manual included with your product.

9.2 Customer Support

For any queries, technical assistance, or warranty claims, please contact Sparnod Fitness customer care:



Contact details for Sparnod Fitness customer support in various regions.

UAE: +971 50 564 9102 | customercare@sparnodfitness.ae

KSA: +966 57 055 0288 | support@sparnodfitness.sa

INDIA: +91 70459 36850 | customercare@sparnodfitness.in

Customer service is available Monday - Saturday, 9 AM to 6 PM.