**Sperax RM-01**

# Sperax RM-01 Walking Treadmill Pad User Manual

Model: RM-01 | Brand: Sperax

## 1. INTRODUCTION

The Sperax RM-01 Walking Treadmill Pad is a versatile 3-in-1 fitness solution designed for home and office use. It combines walking, under-desk running, and vibration modes to support various fitness routines. Featuring a 400W low-noise motor and a compact design, it offers a convenient way to stay active.
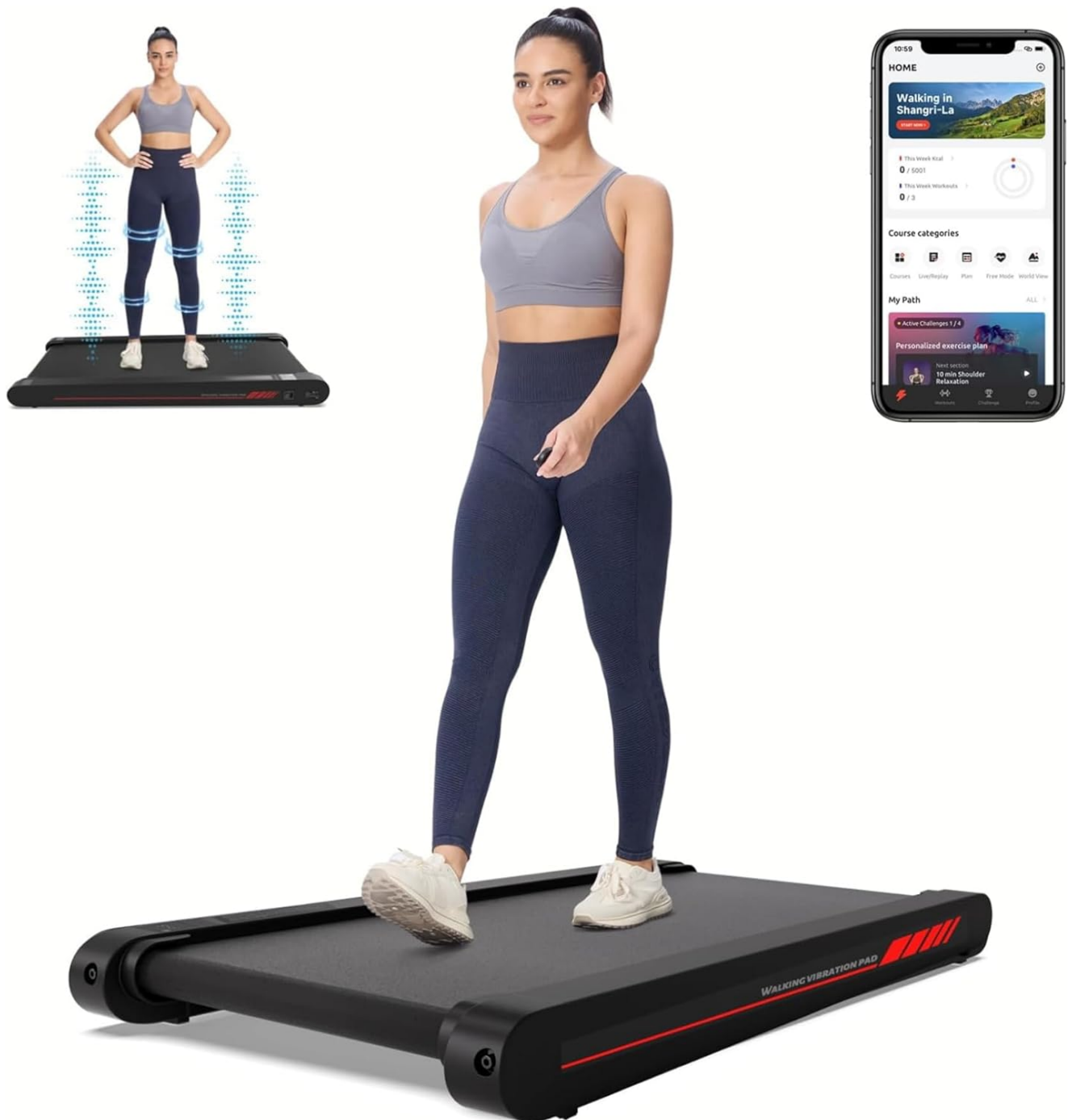
Figure 1: Sperax RM-01 Walking Treadmill Pad in operation.

## 2. IMPORTANT SAFETY INFORMATION

- Always read the user manual thoroughly before operation.
- Ensure the treadmill is placed on a hard, flat surface. **Do not use on carpet or soft floors** to prevent motor overheating and potential injury.
- Maintain a clear area of at least 20 inches around the treadmill during use.
- Wear appropriate athletic footwear.
- Keep children and pets away from the treadmill during operation.
- Unplug the treadmill when not in use or before cleaning/maintenance.

Figure 2: Recommended floor types for safe operation.

## 3. Package Contents

Verify that all items are present in the package:

- Sperax RM-01 Walking Treadmill Pad (1 unit)
- Remote Control (1 unit)
- Power Cord (1 unit)
- User Manual (1 unit)
- Lubrication Oil (1 bottle)
- L-Shaped Wrench (1 unit)

Figure 3: All items included in the Sperax RM-01 package.

## 4. SETUP

1. **Unboxing:** Carefully remove the treadmill from its packaging. The unit comes pre-assembled.
2. **Placement:** Place the treadmill on a hard, level surface. Avoid carpets or soft flooring to ensure proper heat dissipation and prevent motor damage.
3. **Power Connection:** Connect the power cord to the treadmill's power input and then to a grounded electrical outlet.
4. **Remote Control:** Insert two AAA batteries (not included) into the remote control.

Figure 4: The compact design allows for easy storage and portability.

## 5. OPERATING INSTRUCTIONS

### 5.1 Power On/Off

- Flip the main power switch located on the front of the treadmill to the 'ON' position. The LED display will illuminate.
- Press the 'ON/OFF' button on the remote control to activate the treadmill.
- To turn off, press the 'ON/OFF' button on the remote control, then flip the main power switch to 'OFF'.

### 5.2 Walking/Running Mode

- Once powered on, the treadmill will start at a low speed.
- Use the '+' and '-' buttons on the remote control to adjust the speed. The speed ranges from 0.2 MPH to 3.8 MPH.
- The LED display will show real-time metrics including speed, time, distance, and calories burned.

## 5.3 Vibration Mode

- Press the 'M' button on the remote control to activate the vibration mode.

- There are four vibration intensity levels (Light Vibration, Strong Vibration, Light Superposition, Strong Superposition).

- For optimal experience, stand within the designated vibration massage area (between the two red lines on the treadmill).

- The vibration massage will automatically shut off after 5 minutes. Please wait for 10 minutes before reactivating.



Figure 5: The 3-in-1 functionality of the Sperax RM-01.

Figure 6: Explore four invigorating vibration modes.

### 5.4 Sperax Fitness App

- Download the 'Sperax Fitness' app by scanning the QR code in the manual or searching on the App Store/Google Play.
- The app provides real-time monitoring of calories burned, speed, time, and distance.
- Customize and enhance your home workout routine with personalized training plans and simulated outdoor sports.
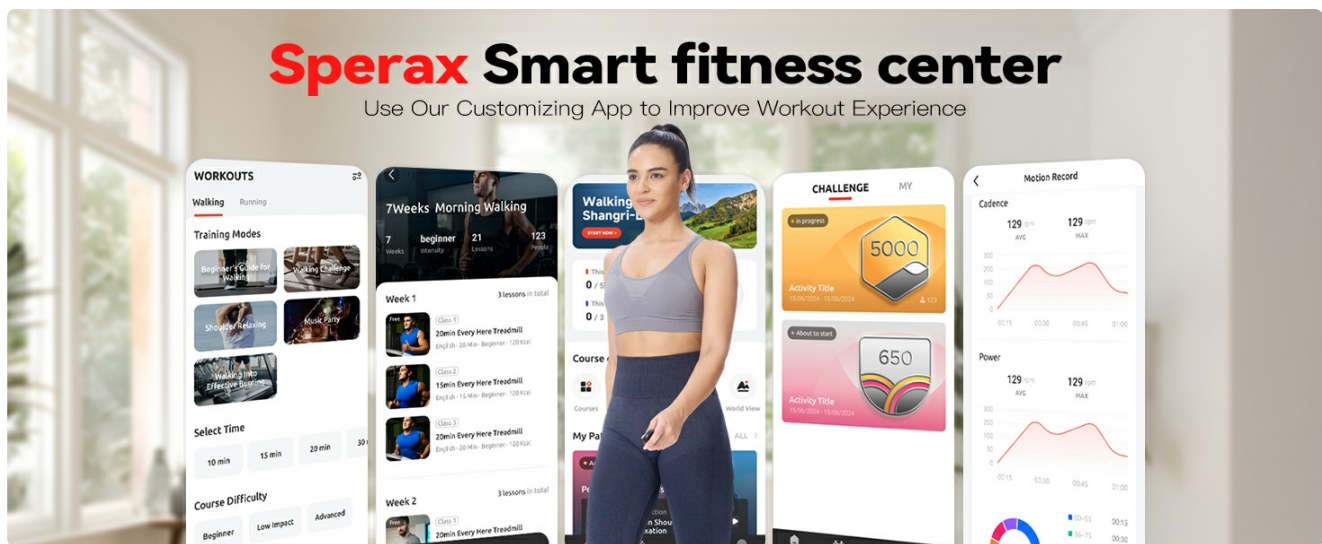
Figure 7: Sperax Fitness App interface for tracking and customizing workouts.

# 6. Maintenance

## 6.1 Cleaning

- Use a mild cleaner applied to a cotton cloth. Do not spray directly on the running belt or use acidic cleaners.
- Clean the device's surface only. Do not clean under the running belt.
- Stains usually accumulate at the tail end. Simply wipe this area clean.

## 6.2 Lubrication

Regular lubrication is crucial for smooth operation and extending the treadmill's lifespan. Use the provided lubrication oil.

| Usage Time / Lubrication Frequency | < 3 hrs/week | 3-5 hrs/week | > 5 hrs/week |
|---|---|---|---|
| Frequency | Every 6 months | Every 3 months | Every month |

1. Power off & unplug the device.
2. Tilt the device to the side and gently lift the edge of the belt.
3. Apply lubrication oil to the side and repeat the above process before laying down the device.
4. Walk around on the device for 1-2 minutes at speed 1 MPH for full absorption.

## 6.3 Running Belt Adjustment

If the running belt drifts or becomes loose, use the provided L-shaped wrench to adjust the hexagonal screws on the rear end cap.

- **If belt drifts to the left:** At the left end, turn the screw clockwise by 1/4 turn at a time.
- **If belt drifts to the right:** At the right end, turn the screw clockwise by 1/4 turn at a time.
- **If loose belt:** Turn both ends clockwise by 1/2 turn at a time.
- After adjustment, run the treadmill for 1-2 minutes at 2 MPH to verify the effect and adjust again if needed.

**Attention:** Over-tightening the running belt may damage the motor and cause abnormal operation. Do not touch the screws on the front end cap.

# 7. TROUBLESHOOTING

- **Treadmill not powering on:** Check if the power cord is securely plugged into both the treadmill and the outlet. Ensure the main power switch is in the 'ON' position and remote control batteries are functional.

- **Belt not moving smoothly or making noise:** Refer to the lubrication and running belt adjustment sections (6.2 and 6.3). Ensure the treadmill is on a hard, flat surface.

- **Remote control not responding:** Check and replace the AAA batteries in the remote control. Ensure there are no obstructions between the remote and the treadmill.

# 8. SPECIFICATIONS

| Feature | Detail |
|---|---|
| Brand | Sperax |
| Model | RM-01 |
| Product Dimensions | 39"D x 21"W x 3.5"H |
| Item Weight | 22 Pounds |
| Motor | 400 Watts (2.5 HP) |
| Maximum Speed | 3.8 Miles per Hour |
| Minimum Speed | 0.1 Miles per Hour |
| Maximum Weight Recommendation | 350 Pounds (recommended 265 pounds) |
| Deck Length | 39 Inches |
| Deck Width | 15.4 Inches |
| Display Type | LED |
| Power Source | Corded Electric |
| Connectivity Technology | Power cord (App connectivity via Bluetooth) |
| Material | Alloy Steel Frame, 5-layer Running Belt |
| Special Feature | Lightweight, 3-in-1 Functionality (Walking, Under Desk, Vibration) |

Figure 8: Sperax RM-01 Walking Treadmill Pad dimensions.



Figure 9: Motor specifications and benefits.

Figure 10: The 5-layer running belt construction.

## 9. WARRANTY & SUPPORT

The product information indicates that there is **NO** specific warranty description provided. For any product inquiries, technical support, or assistance, please contact Sperax customer service through their official channels or the retailer where the product was purchased.

**Related Documents - RM-01**

| | |
|---|---|
|  | [Sperax RM-01 Walking Vibration Pad User Manual](#)<br>Comprehensive user manual for the Sperax RM-01 Walking Vibration Pad, covering specifications, features, operation, safety guidelines, maintenance, and troubleshooting. |
|  | [Sperax RM-01 Walking Vibration Pad User Manual](#)<br>Comprehensive user manual for the Sperax RM-01 Walking Vibration Pad, detailing specifications, operation, safety guidelines, maintenance, and troubleshooting for this home fitness device. |
|  | [Sperax VP-02 Vertical Vibration Exercise Plate User Manual | Features, Operation, Safety](#)<br>Comprehensive user manual for the Sperax VP-02 Vertical Vibration Exercise Plate. Learn about specifications, operation, safety precautions, maintenance, and troubleshooting for your fitness equipment. |
|  | [Sperax BIKE Product Manual - YS-BA3, SPX-DC001, YS-BA5](#)<br>Comprehensive product manual for the Sperax BIKE, including product parameters, safety instructions, installation guide, usage instructions for the LED display and companion app, and guidance on adjusting the bike and proper riding posture. Covers models YS-BA3, SPX-DC001, and YS-BA5. |