Sperax Sperax Pro

Sperax Walking Pad Treadmill User Manual

Model: Sperax Pro
Brand: Sperax

1. INTRODUCTION

This manual provides essential information for the safe and effective operation and maintenance of your Sperax Walking Pad Treadmill. Designed for home and office use, this 3-in-1 folding treadmill offers versatile exercise modes and a compact design.

Key features include a 2.5 HP high-power motor supporting up to 340 pounds, a wider five-layer anti-slip running belt with shock absorption, an LED display for real-time exercise data, and a convenient remote control. Its portable design requires no assembly and includes transportation wheels for easy movement and storage.

Figure 1: Sperax Walking Pad Treadmill in both upright and under-desk configurations.

2. SETUP

The Sperax Walking Pad Treadmill comes pre-assembled and is ready for use directly out of the box. No complex assembly steps are required.

2.1 Unpacking and Placement

- Carefully remove the treadmill from its packaging.
- Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the unit for safe operation.
- Unfold the handle bar if you intend to use it in treadmill mode. Secure the cross fixed lock as shown in the manual.

2.2 Power Connection

- Connect the power cord to the treadmill's power input.
- Plug the power cord into a grounded 110V/60Hz electrical outlet.

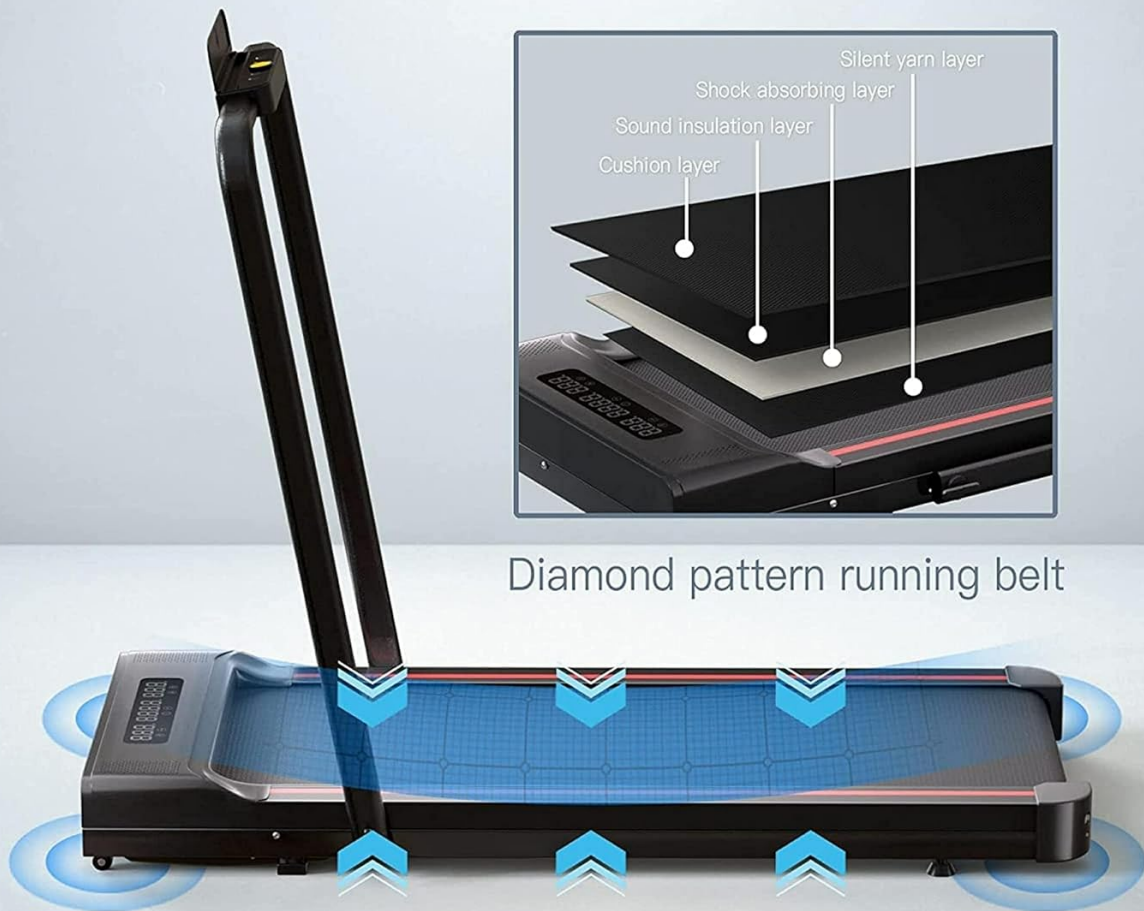- Locate the on/off switch at the base of the machine and turn it to the 'on' position.

Figure 2: Control panel and remote control for the treadmill.

3. OPERATING INSTRUCTIONS

3.1 Safety Key

Before starting the treadmill, ensure the red magnetic safety key is properly placed in its designated slot on the armrest console. For safety, it is recommended to clip the other end of the safety key to your clothing. If the safety key is dislodged during operation, the treadmill will stop immediately.

3.2 Exercise Modes and Speed Adjustment

The Sperax Walking Pad Treadmill offers three primary exercise modes:

- **Leisure Mode:** 1-3 km/h (approx. 0.6-1.8 mph)
- **Walking Mode:** 1-5 km/h (approx. 0.6-3.1 mph)
- **Running Mode:** 5-10 km/h (approx. 3.1-6.2 mph)

Speed can be adjusted using the '+' and '-' buttons on the armrest console or the remote control. The '3/6' button allows for quick switching between lower (up to 3 mph) and higher (up to 6 mph) speed ranges.

Figure 3: Visual representation of the three exercise modes.

3.3 Display and Remote Control

The integrated LED display shows real-time exercise data including distance, speed, time, and calories burned. The remote control provides convenient access to all functions, allowing you to start/stop the treadmill and adjust speed without reaching for the console.

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Video 1: Comprehensive overview of the Sperax Treadmill, including setup and control functions.

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Video 2: Demonstration of the treadmill's under-desk functionality and compact design.

4. Maintenance

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

4.1 Cleaning

- Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish.

4.2 Lubrication

The running belt requires periodic lubrication to ensure smooth operation and prevent wear. Refer to the included user manual for specific lubrication instructions and recommended lubricant type. Typically, lubrication is needed every few months depending on usage.

4.3 Belt Adjustment

If the running belt becomes misaligned or slips, it may need adjustment. Consult the detailed instructions in the main user manual for proper belt tensioning and centering procedures.

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Video 3: A user's 2-year update on the portable folding treadmill, including insights on long-term use and maintenance.

5. TROUBLESHOOTING

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

5.1 Treadmill Not Starting

- Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet.
- Verify that the main power switch at the base of the treadmill is in the 'on' position.
- Check that the safety key is correctly inserted into the console. The treadmill will not operate without it.

5.2 Abrupt Stop During Operation

If the treadmill stops suddenly, it is likely due to the safety key being dislodged. Re-insert the safety key firmly. For a controlled stop, always use the 'ON/OFF' button on the console or remote, which will gradually decrease speed to zero.

5.3 Unusual Noises

- A squeaking or grinding noise may indicate the need for belt lubrication. Refer to the Maintenance section.
- Check for any loose parts or debris under the running belt.

6. SPECIFICATIONS

Feature	Detail
Brand	Sperax
Model Name	Sperax Pro
Product Dimensions	50"D x 20.8"W x 40"H
Item Weight	51 Pounds

Material	Alloy Steel
Maximum Speed	6.2 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Weight Recommendation	280 Pounds
Display Type	LED
Included Components	User Manual

7. Warranty and Support

The Sperax Walking Pad Treadmill comes with a 2-year warranty. For any questions, technical assistance, or warranty claims, please contact Sperax customer support. High-quality products and services are Sperax's commitment. Additional protection plans may be available for purchase, offering extended coverage. Please refer to your purchase documentation for details on available plans and return policies.