Sperax Treadmill

Sperax Walking Pad Instruction Manual

Model: Treadmill

1. INTRODUCTION

The Sperax Walking Pad is a versatile 2-in-1 under desk treadmill designed for both walking and light running. Its compact and quiet operation makes it ideal for home and office environments, allowing users to integrate physical activity into their daily routines without disruption. This manual provides essential information for safe operation, setup, maintenance, and troubleshooting.

Image: The Sperax Walking Pad, demonstrating its use for both running and walking.

2. SAFETY INFORMATION

Please read all safety instructions carefully before using the Sperax Walking Pad. Failure to follow these instructions may result in injury or damage to the product.

- **Placement:** Place the treadmill on a flat, stable surface. Ensure adequate clear space around the unit (at least 2 feet on all sides).
- **Power Source:** Use only a grounded electrical outlet with the correct voltage. Do not use extension cords.
- **User Weight Limit:** Do not exceed the maximum weight capacity of 320 pounds (approximately 145 kg).
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Emergency Stop:** Familiarize yourself with the emergency stop function.
- **Maintenance:** Unplug the treadmill before cleaning or performing any maintenance.

- **Storage:** Store the treadmill in a dry, safe place away from moisture and extreme temperatures.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- Sperax Walking Pad x 1
- Remote Control x 1
- L-Shaped Wrench x 1
- Power Cord x 1
- User Manual x 1
- Lubrication Oil (small bottle) x 1

Image: Supporting tools and components included with the Sperax Walking Pad.

4. SETUP

The Sperax Walking Pad requires minimal assembly and is designed for quick setup.

1. **Unpacking:** Carefully remove the walking pad and all accessories from the packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation and movement.
3. **Power Connection:** Connect the power cord to the treadmill's power input port, then plug the other end into a grounded electrical outlet.
4. **Initial Check:** Before first use, ensure the running belt is centered and free of any obstructions.

5. OPERATING INSTRUCTIONS

The Sperax Walking Pad is controlled via the included remote control and features an integrated LED display.

5.1 Remote Control Functions

The remote control allows you to power on/off the treadmill, adjust speed, and select modes.
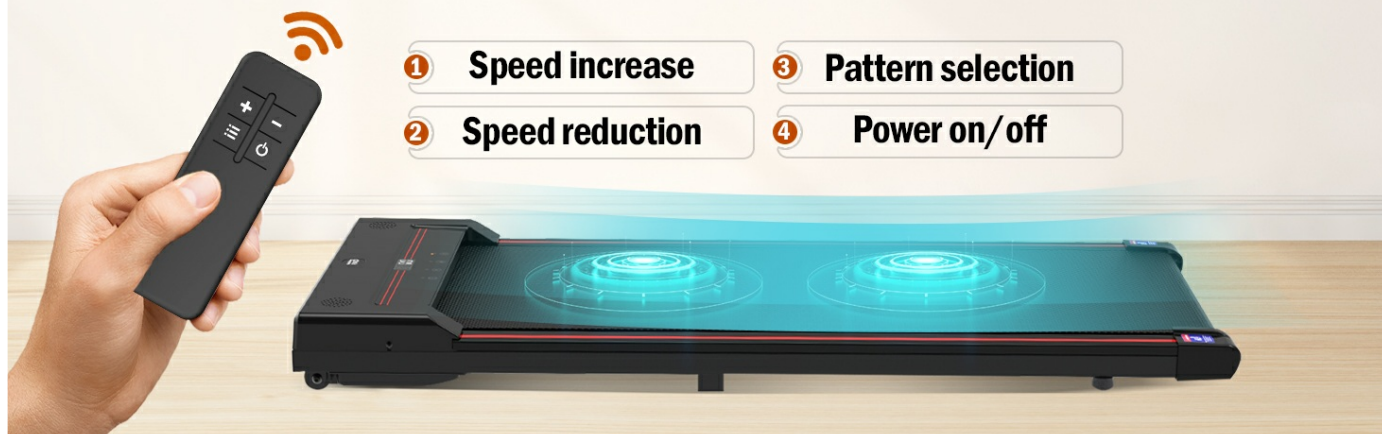
Image: Remote control and its functions for the Sperax Walking Pad.

- **Power On/Off:** Press the power button to turn the treadmill on or off.
- **Speed Adjustment:** Use the '+' button to increase speed and '-' button to decrease speed. The treadmill supports speeds from 0.6 MPH to 3.8 MPH.
- **Mode Selection:** The remote may include a button for pattern selection, allowing you to switch between different exercise modes if available.

5.2 LED Display

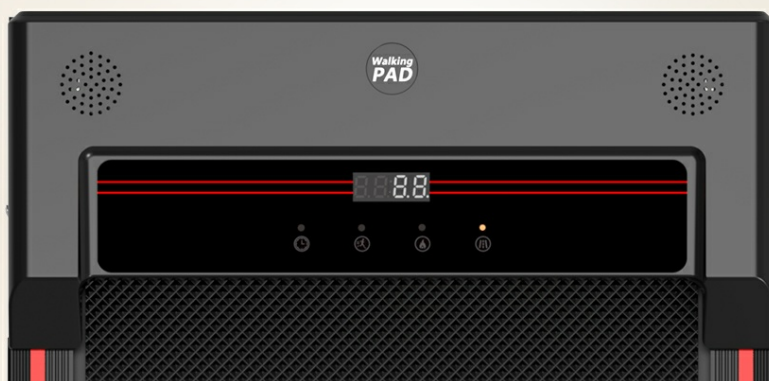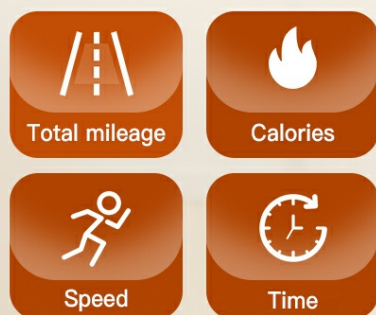The integrated LED screen displays real-time exercise data.

Image: Multi-function LED display tracking training data.

- **Speed:** Current walking/running speed.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

5.3 Exercise Modes

The Sperax Walking Pad supports various modes to suit your activity level:

Image: Visual representation of Running, Walking, and Working modes.

- **Running Mode:** 2.5 - 3.8 MPH (for brisk walking or light jogging).
- **Walking Mode:** 0.6 - 2.5 MPH (for general walking).
- **Working Mode:** 0.6 - 1.5 MPH (ideal for use under a standing desk).

6. MAINTENANCE

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

6.1 Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Use the provided lubrication oil.

Image: Instructions for adding roller skid agent (lubrication) to the running belt.

1. **Frequency:** Lubricate the belt every 3-6 months, or after approximately 100 hours of use, depending on usage.
2. **Procedure:**
   - Unplug the treadmill from the power outlet.
   - Gently lift one side of the running belt.
   - Apply a small amount of silicone lubricant (provided) in a Z-pattern on the deck under the belt.
   - Repeat on the other side.

- Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant evenly.

6.2 Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment.

Image: Adjusting the running belt using the provided L-shaped wrench.

1. **Centering the Belt:**

   - Start the treadmill at a low speed (e.g., 1 MPH).
   - If the belt is too far to the right, turn the right adjustment bolt (at the rear of the treadmill) clockwise a quarter turn using the L-shaped wrench.
   - If the belt is too far to the left, turn the left adjustment bolt clockwise a quarter turn.
   - Allow the treadmill to run for a few minutes and observe the belt's position. Repeat adjustments as needed until the belt is centered.

2. **Tightening the Belt (if slipping):**

   - If the belt slips during use, turn both left and right adjustment bolts clockwise a quarter turn simultaneously.
   - Test the belt by walking on it. Repeat adjustments until slipping stops. Do not overtighten.

6.3 Cleaning

Wipe down the treadmill regularly with a damp cloth. Do not use abrasive cleaners or solvents.

7. TROUBLESHOOTING

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; power outlet issue; remote control battery low.	Ensure power cord is securely plugged in. Test the outlet with another device. Replace remote control batteries.
Running belt slips.	Belt too loose; insufficient lubrication.	Adjust belt tension (see Section 6.2). Apply lubrication oil (see Section 6.1).

Problem	Possible Cause	Solution
Running belt shifts to one side.	Belt out of alignment.	Adjust belt alignment (see Section 6.2).
Unusual noise during operation.	Lack of lubrication; loose components; foreign object.	Lubricate the belt. Check for and tighten any loose screws. Inspect for foreign objects under the belt.
Remote control not responding.	Low battery; remote not paired.	Replace remote control batteries. Refer to the remote control pairing instructions in the quick start guide if applicable.

8. SPECIFICATIONS

Key technical specifications for the Sperax Walking Pad:

- **Model:** Treadmill
- **Motor:** 2.5 HP
- **Speed Range:** 0.6 - 3.8 MPH
- **Maximum Weight Capacity:** 320 lbs (approx. 145 kg)
- **Running Belt Area:** 16.54" x 41.34" (approx. 42 cm x 105 cm)
- **Product Dimensions:** 115 x 50 x 12 cm (approx. 45.28 x 19.69 x 4.72 inches)
- **Item Weight:** 19 kg (approx. 41.89 lbs)
- **Material:** Alloy Steel
- **Display Type:** LED
- **Special Features:** Portable, Compact Design, Quiet Operation

Image: Key specifications highlighting the motor power and weight capacity.

9. STORAGE

The Sperax Walking Pad is designed for easy storage due to its compact and portable nature.

Image: Easy to move and store, showing compact dimensions and storage options.

- **Transport Wheels:** The treadmill is equipped with transport wheels for easy relocation. Tilt the unit and roll it to your desired storage location.
- **Compact Design:** Its slim profile allows it to be stored upright against a wall, under a bed, or under a sofa, saving space.
- **Environment:** Store in a dry, cool place, away from direct sunlight and extreme temperatures.

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your purchase documentation or visit the official Sperax website. Keep your purchase receipt as proof of purchase for warranty claims.
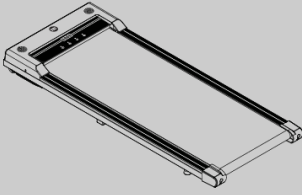
Manufacturer: Sperax

Date First Available: November 3, 2023

Documents - Sperax – Treadmill

HOME USE TREADMILL

MODEL NO.: XM-Q1

INSTRUCTION

Thank you very much for purchasing our product.
Please read this instruction carefully before using and keep the instruction in the proper place.

[XM-Q1 Home Use Treadmill User Manual and Maintenance Guide](#)
Comprehensive user manual for the XM-Q1 Home Use Treadmill, covering daily maintenance, troubleshooting, technical specifications, assembly instructions, function descriptions, safety precautions, exercise advice, and warranty information. lang:en score:22 filesize: 16.14 M page_count: 10 document date: 2023-08-10