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› Sperax Walking Pad Treadmill User Manual

Sperax Walking Pad

Sperax Walking Pad Treadmill User Manual

Model: Walking Pad

1. INTRODUCTION

Thank you for choosing the Sperax Walking Pad Treadmill. This portable and versatile fitness equipment is designed to help you integrate physical activity into your daily routine, whether at home or under a standing desk. Featuring a manual incline, a powerful yet quiet motor, and multiple exercise modes, it offers a convenient way to stay active. Please read this manual thoroughly before operation to ensure safe and effective use.

2. SAFETY INFORMATION

Your safety is paramount. Adhere to the following guidelines to prevent injury or damage to the equipment:

- Always read the entire user manual before operating the treadmill.
- Ensure the area around the treadmill is clear of obstructions before and during use.
- Wear appropriate athletic footwear.
- The maximum user weight capacity for this treadmill is 300 LBS (approximately 136 kg). Do not exceed this limit.
- Keep children and pets away from the treadmill during operation.
- If you feel dizzy, nauseous, or experience any pain, stop exercising immediately.
- Always unplug the treadmill when not in use or before cleaning/maintenance.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- Treadmill Base
- User Manual
- Assembly Hardware

- Power Cord
- Warranty Documentation
- Motor Housing
- Remote Control
- Rubber Pad (x2)
- L-type Wrench
- Lubricant



The package includes the treadmill base, user manual, assembly hardware, power cord, warranty documentation, motor housing, remote control, two rubber pads, an L-type wrench, and lubricant for maintenance.

4. SETUP & ASSEMBLY

The Sperax Walking Pad requires minimal assembly. Follow these general steps:

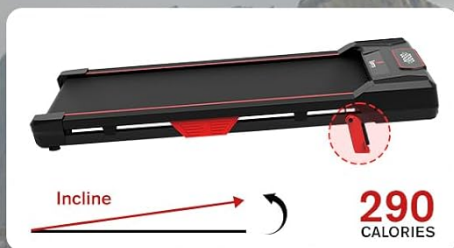
1. **Unboxing:** Carefully remove all components from the packaging.
2. **Placement:** Place the treadmill on a flat, stable surface. Ensure there is adequate space around the unit for safe operation.
3. **Power Connection:** Connect the power cord to the treadmill and then to a grounded electrical outlet.
4. **Manual Incline Adjustment:** This model features a manual incline. To adjust, lift the rear of the treadmill and secure the incline support legs into the desired position. Ensure both sides are evenly set.
5. **Initial Check:** Before first use, ensure all connections are secure and the running belt is centered.



The Sperax Walking Pad Treadmill features a manual incline for enhanced workout intensity. Its compact design allows for use under a desk or in small spaces.

Manual Incline to Slope up

More Fat-burning



Sperax Walking pad

5% Incline



Ordinary Treadmill

No Incline



The manual 5% incline feature significantly increases calorie expenditure, making workouts more effective compared to a flat treadmill.

5. OPERATING INSTRUCTIONS

The Sperax Walking Pad is controlled via a remote control and features an intuitive LED display.

5.1 Remote Control Functions

The included remote control allows you to manage the treadmill's functions:

- **Start/Stop/Pause Button:** Initiates, pauses, or stops the treadmill.
- **Speed + Button:** Increases the speed.
- **Speed - Button:** Decreases the speed.
- **Speed 2 Button:** Sets speed to 2 mph (preset).
- **Speed 4 Button:** Sets speed to 4 mph (preset).

5.2 LED Display

The LED display provides real-time workout data:

- **Time:** Displays the duration of your workout.
- **Distance:** Shows the distance covered.
- **Calories:** Estimates calories burned.
- **Speed:** Indicates the current speed.



The intuitive LED display provides real-time feedback on your workout metrics, while the included remote control allows for easy adjustment of settings.

5.3 Exercise Modes

The treadmill supports various modes to suit your fitness needs:

- **Working Mode (0.6-1.5 mph):** Ideal for use under a standing desk, allowing for light activity while working.
- **Walking Mode (0.6-2.5 mph):** Suitable for casual walking.

- **Running Mode (2.5-4.0 mph):** For higher intensity cardio workouts.
- **Climbing Mode (0.6-4.0 mph with Incline):** Engages more muscles and burns more calories by utilizing the manual incline.

4 in 1 Walking Pad



This walking pad offers four distinct modes to suit various activities: Climbing (with incline), Working (under a desk), Walking, and Running, providing versatile exercise options.

This video provides a comprehensive demonstration of the Sperax Walking Pad, showcasing its compact design, ease of movement, remote control functionality, different exercise modes, powerful motor, shock-absorbing construction for joint protection, and the manual incline feature for a more intense workout.

6. FEATURES

The Sperax Walking Pad is engineered with several key features for performance and convenience:

- **Powerful 2.5HP Motor:** Provides consistent performance for walking and light running, operating quietly at less than 45 decibels.

- **300 LBS Weight Capacity:** Built with a sturdy alloy steel frame to support a maximum user weight of 300 pounds.
- **5-Layer Running Belt:** Designed for durability and comfort, featuring anti-slip, wear, traction, shock absorption, and high-strength support layers to protect your joints.
- **Space-Saving & Easy Move:** Its compact dimensions (107 x 51 x 11.5 cm) and integrated pulleys allow for easy storage under furniture or against a wall.

Powerful 2.5HP Quite Motor



WEIGHT CAPACITY
300LBS



LOW NOISE
<45DB



SPEED
0.6-4.0MPH



Equipped with a robust 2.5 horsepower motor, the walking pad supports users up to 300 pounds, operates quietly below 45 decibels, and offers a speed range of 0.6 to 4.0 miles per hour.



Designed for convenience, the walking pad is compact (42.1 inches long, 20 inches wide, 4.5 inches high) and features built-in pulleys for effortless movement and storage.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions in your included user manual for the correct lubrication procedure and frequency. Lubricant is provided in the package.
- **Belt Tension & Alignment:** Check the running belt tension and alignment regularly. If the belt feels loose or drifts to one side, adjust it according to the instructions in the full user manual using the L-type wrench.
- **Storage:** When not in use, store the treadmill in a dry, cool place, away from direct sunlight and moisture. Its compact design allows for vertical or horizontal storage.

8. TROUBLESHOOTING

If you encounter any issues with your Sperax Walking Pad, refer to the following common troubleshooting tips. For detailed solutions, consult the comprehensive user manual provided with your product.

- **Treadmill Not Turning On:** Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet. Check the power switch on the treadmill.
- **Belt Slipping:** The running belt may need tension adjustment or lubrication. Refer to the maintenance section or the full manual for instructions.
- **Unusual Noises:** Check for any loose parts or foreign objects under the belt. Lubrication may also be required.
- **Display Not Working:** Ensure the power connection is stable. If the issue persists, contact customer support.

If problems persist after attempting these solutions, please contact Sperax customer support for assistance.

9. SPECIFICATIONS

Feature	Specification
Model Number	Walking Pad
Product Dimensions	107 x 51 x 11.5 cm (42.1 x 20 x 4.5 inches)
Item Weight	19.7 kg (43.4 lbs)
Maximum Weight Capacity	300 LBS (136 kg)
Horsepower	2.5 HP
Speed Range	0.6 - 4.0 mph
Display Type	LCD (Time, Distance, Calories, Speed)
Frame Material	Alloy Steel
Special Features	Manual Incline, Low Noise (<45dB), Portable, 5-Layer Running Belt
Power Source	Corded Electric
Assembly Required	Yes

10. WARRANTY AND SUPPORT

The Sperax Walking Pad Treadmill comes with a manufacturer's warranty. Please refer to the warranty documentation included in your package for details regarding coverage, terms, and conditions. For technical support, troubleshooting assistance, or to inquire about replacement parts, please contact Sperax customer service

through the contact information provided in your warranty documentation or on the official Sperax website.