

Sperax RM-01

Sperax Walking Vibration Pad User Manual

Model: RM-01 | Brand: Sperax

INTRODUCTION

The Sperax Walking Vibration 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 provide a comprehensive workout experience. Its compact and portable design allows for easy storage and use in various settings.

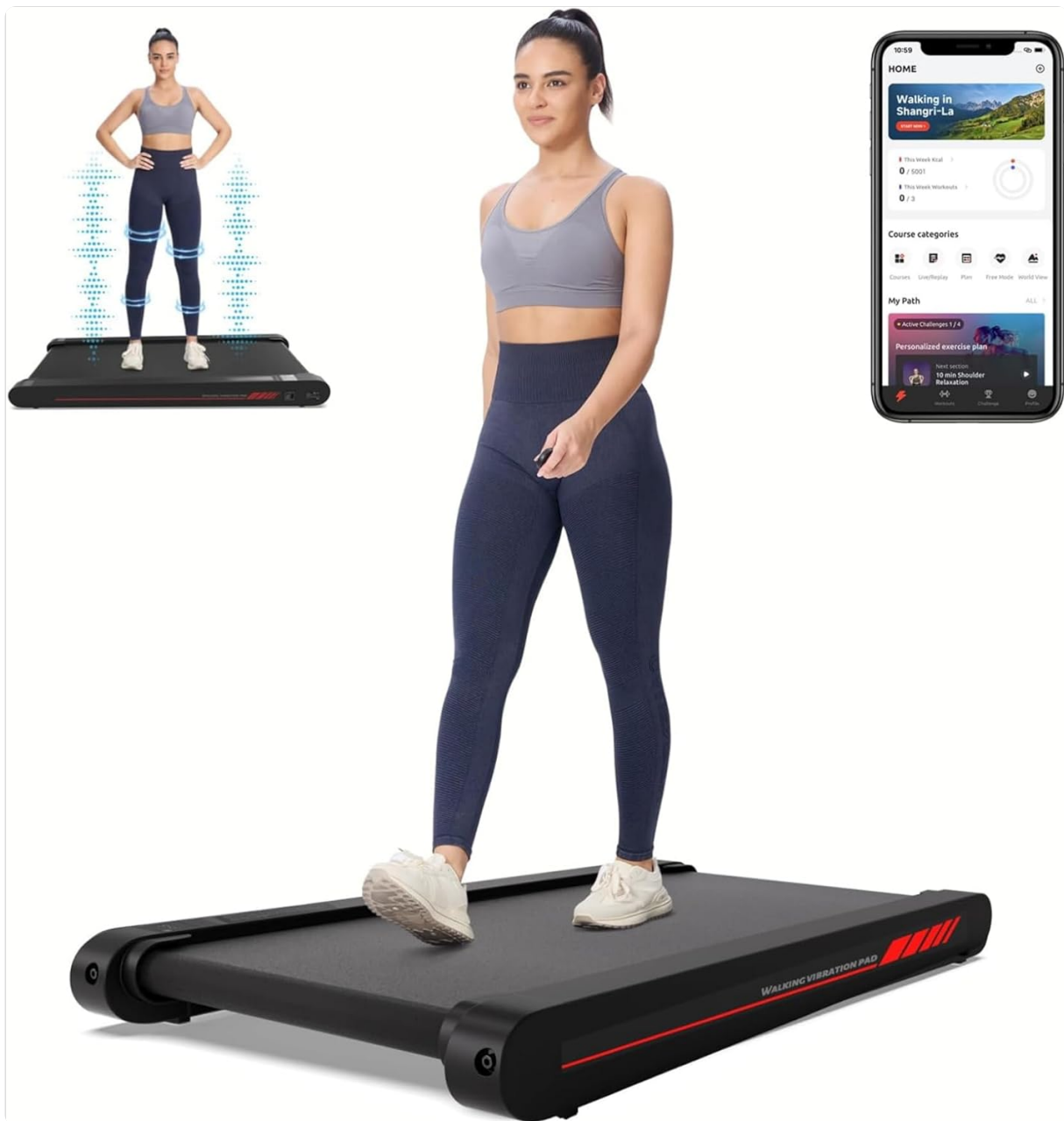


Figure 1: Sperax Walking Vibration Pad in typical use, showcasing its compact design and app connectivity.

SAFETY INFORMATION

Please read all safety instructions carefully before using the Sperax Walking Vibration Pad to ensure safe operation and prevent injury.

- Always place the treadmill on a flat, stable, and hard surface. Avoid using it on carpets or soft flooring, as this can impede motor heat dissipation and reduce product lifespan.
- Ensure adequate clear space around the treadmill during operation.
- Do not allow children or pets near the treadmill while it is in use.
- Consult a physician before starting any new exercise program.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Keep hands and feet clear of all moving parts.
- Unplug the treadmill from the power outlet when not in use or before cleaning.



Figure 2: Recommended usage on hard floors for optimal performance and safety.

PACKAGE CONTENTS

Verify that all components are present in the package:

- Sperax Walking Vibration Pad (Main Unit)
- Remote Control
- User Manual
- Power Cord
- L-Shaped Wrench (for adjustments)



Figure 3: All items included in the Sperax Walking Vibration Pad package.

SETUP

The Sperax Walking Vibration 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 unit on a firm, level, and hard surface. Ensure there is sufficient space around the treadmill for safe operation.
3. **Power Connection:** Connect the power cord to the treadmill's power input and then plug it into a standard electrical outlet.
4. **Remote Control Batteries:** Insert the required batteries into the remote control (batteries not always included, check packaging).

OPERATING INSTRUCTIONS

Modes of Operation

The Sperax Walking Vibration Pad offers three primary modes:

- **Walking Mode:** Ideal for light exercise and maintaining activity while working or relaxing. Speed range: 0.1 - 2.5 MPH.
- **Running Mode:** For more intense cardio workouts. Speed range: 2.5 - 3.8 MPH.
- **Vibration Mode:** Provides a vibration massage, suitable for muscle relaxation after a workout or for improving circulation.

VIBRATION FITNESS MACHINE

Get the body of your dreams



Figure 4: Overview of the 3-in-1 functionality.

Using the Remote Control

The included remote control allows for convenient adjustment of speed and mode during your workout.

- **Power On/Off:** Press the power button to turn the unit on or off.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the walking/running speed.
- **Mode Selection:** Specific buttons may be available to switch between walking, running, and vibration modes. Refer to the remote's markings.



Figure 5: Remote control for easy operation and real-time data display.

Sperax Fitness App

Enhance your workout experience by connecting the Sperax Walking Vibration Pad to the dedicated Sperax Fitness App. The app provides real-time tracking, personalized exercise programs, and detailed metrics.

- **Download:** Download the Sperax Fitness App from your device's app store (available on iOS and Android).
- **Pairing:** Follow the in-app instructions to pair your device via Bluetooth.
- **Features:** Track calories burned, speed, time, and distance. Access pre-programmed workouts or create custom routines.

3-IN-1 WALKING MACHINE



Vibration

4 mode is adjustable



Running

2.5–3.8MPH



Walking

0.1–2.5MPH

Figure 6: The Sperax Fitness App provides comprehensive workout tracking and customization.

Vibration Modes

The vibration function offers four intensity levels to suit your needs, from gentle relaxation to intense muscle stimulation.

- **Light Vibration Mode:** Ideal for meditation or body stretching.
- **Strong Vibration Mode:** Helps in waking up muscles throughout the body.
- **Light Superposition Mode:** Designed to relax your hands and legs.
- **Strong Superposition Mode:** Aims to improve body shape and enhance metabolism.

SERVO MOTOR INNOVATIVE DESIGN

The 2.5 horsepower, powerful servo motor enables our treadmill to deliver speeds of 0.1–3.8 MPH for a smooth and comfortable workout experience



Figure 7: Different vibration modes for varied fitness and relaxation benefits.

MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surface with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Belt Lubrication:** Periodically check the walking belt for dryness. Lubricate the belt according to the instructions in the full user manual (if provided with the product) or with a silicone-based treadmill lubricant.
- **Storage:** When not in use, store the treadmill in a cool, dry place. Its compact design allows it to be stored under a desk, bed, or sofa.

5-LAYER RUNNING BELT



8 SILICONE
Shock-Absorbers



5 LAYER
Running Belt



27 POUNDS
Fuselage weight



<45 DB
Less noise



Figure 8: The Sperax Walking Vibration Pad is easy to carry and store, weighing only 27 lbs.

TROUBLESHOOTING

If you encounter issues with your Sperax Walking Vibration Pad, refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; Power outlet malfunction.	Ensure power cord is securely plugged into both the unit and a working outlet. Check circuit breaker.
Belt stops randomly or hesitates.	Belt requires lubrication; Belt alignment issue; Overload.	Lubricate the walking belt. Check belt alignment and adjust if necessary. Ensure user weight is within limits.
Unusual noise during operation.	Loose components; Belt friction; Motor fan noise.	Check for any loose screws and tighten them. Lubricate the belt. If fan noise is persistent and loud, contact customer support.

Problem	Possible Cause	Solution
Remote control not responding.	Dead batteries; Remote not paired.	Replace remote control batteries. Refer to the full manual for remote pairing instructions.
Vibration mode overheats quickly.	Extended continuous use of vibration mode.	Allow the unit to cool down for at least 5 minutes after extended vibration use. Avoid continuous operation beyond recommended durations.

TECHNICAL SPECIFICATIONS

Feature	Detail
Brand	Sperax
Model Name	Walking Vibration Pad (RM-01)
Color	Red black
Product Dimensions (LxWxH)	39"D x 21"W x 3.5"H
Item Weight	22 Pounds
Maximum Weight Recommendation	350 Pounds
Motor Horsepower	2.5 HP
Speed Range	0.1 - 3.8 Miles per Hour
Noise Level	Below 45 dB
Display Type	LED
Connectivity	Bluetooth (for App)
Frame Material	Metal
Running Belt Layers	5-layer



Figure 9: Product dimensions for space planning.

WARRANTY AND SUPPORT

The product's warranty information states "NO" warranty description. For any product inquiries, technical assistance, or support, please visit the official Sperax store or contact their customer service directly.

Official Sperax Store: [Sperax Amazon Store](#)