

Sportstech HSM-W06D

Sportstech sWalk Lite Walk Pad User Manual

Model: HSM-W06D

Brand: Sportstech

1. INTRODUCTION

Thank you for choosing the Sportstech sWalk Lite Walk Pad. This compact and innovative walking pad is designed to integrate seamlessly into your daily routine, whether at home or in the office. Featuring an interactive LED display and a maximum speed of 6 km/h, it offers a convenient way to stay active. This manual provides essential information for safe operation, maintenance, and optimal use of your device.



Figure 1: Sportstech sWalk Lite Walk Pad in use with a standing desk.

2. SAFETY INSTRUCTIONS

Please read all safety instructions carefully before using the Sportstech sWalk Lite Walk Pad. Failure to follow these instructions may result in injury or damage to the product.

- **Weight Limit:** Do not exceed the maximum user weight of 120 kg (265 lbs).
- **Placement:** Use the walk pad on a flat, stable surface. Ensure there is adequate clear space around the device (at least 0.5 meters on all sides).
- **Footwear:** Always wear appropriate athletic footwear while using the walk pad.
- **Children and Pets:** Keep children and pets away from the device during operation.
- **Power Cord:** Ensure the power cord is not pinched or damaged. Do not place objects on the power cord.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure before first use.
- **Supervision:** If you are new to using a walking pad, consider having someone nearby for assistance during your first few sessions.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all components are present and undamaged:

- Sportstech sWalk Lite Walk Pad
- Power Cable
- Remote Control
- User Manual (this document)
- Lubricant (for maintenance)
- Allen Key (for belt adjustment)

4. SETUP

The Sportstech sWalk Lite Walk Pad requires no assembly, making it ready for use almost immediately.

1. **Unpacking:** Carefully remove the walk pad from its packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the walk pad on a firm, level surface. Ensure it is positioned in an area with sufficient space for safe operation.
3. **Power Connection:** Connect the power cable to the walk pad's power port and then to a grounded electrical outlet.
4. **Remote Control Setup:** Open the battery compartment on the remote control and insert the provided batteries (typically CR2032). Close the compartment securely.



Figure 2: The sWalk Lite is ready for use in seconds, easily moved with its transport wheels.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

To power on the device, locate the main power switch (usually at the front or side) and flip it to the 'ON' position. The LED display will illuminate. To power off, flip the switch back to 'OFF'.

5.2 Remote Control

The walk pad is primarily controlled via the included remote control.

- **Start/Stop:** Press the central button to start or stop the belt.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed in increments of 0.1 km/h.
- **Mode Selection:** The 'MODE' button allows you to switch between different operating modes (e.g., Manual Mode, Automatic Mode, Program Mode).

5.3 Operating Modes

The sWalk Lite offers various modes to suit your workout preferences:

- **Manual Mode:** Allows you to set and maintain a constant speed using the remote control.
- **Automatic Mode:** The walk pad can adapt its speed based on your position on the belt, offering a more intuitive experience. Stepping towards the front increases speed, while stepping towards the rear decreases it.
- **Program Mode:** The device includes 4 pre-set programs for varied workouts. Refer to the display for program details.

5.4 LED Display

The interactive LED display provides real-time feedback on your workout data:

- **Time/Steps:** Displays elapsed workout time or number of steps taken.
- **Speed/Prog:** Shows current speed or active program number.
- **Distance:** Tracks the total distance covered during your session.
- **Cal./Pulse:** Estimates calories burned or displays pulse data if connected to a compatible sensor.

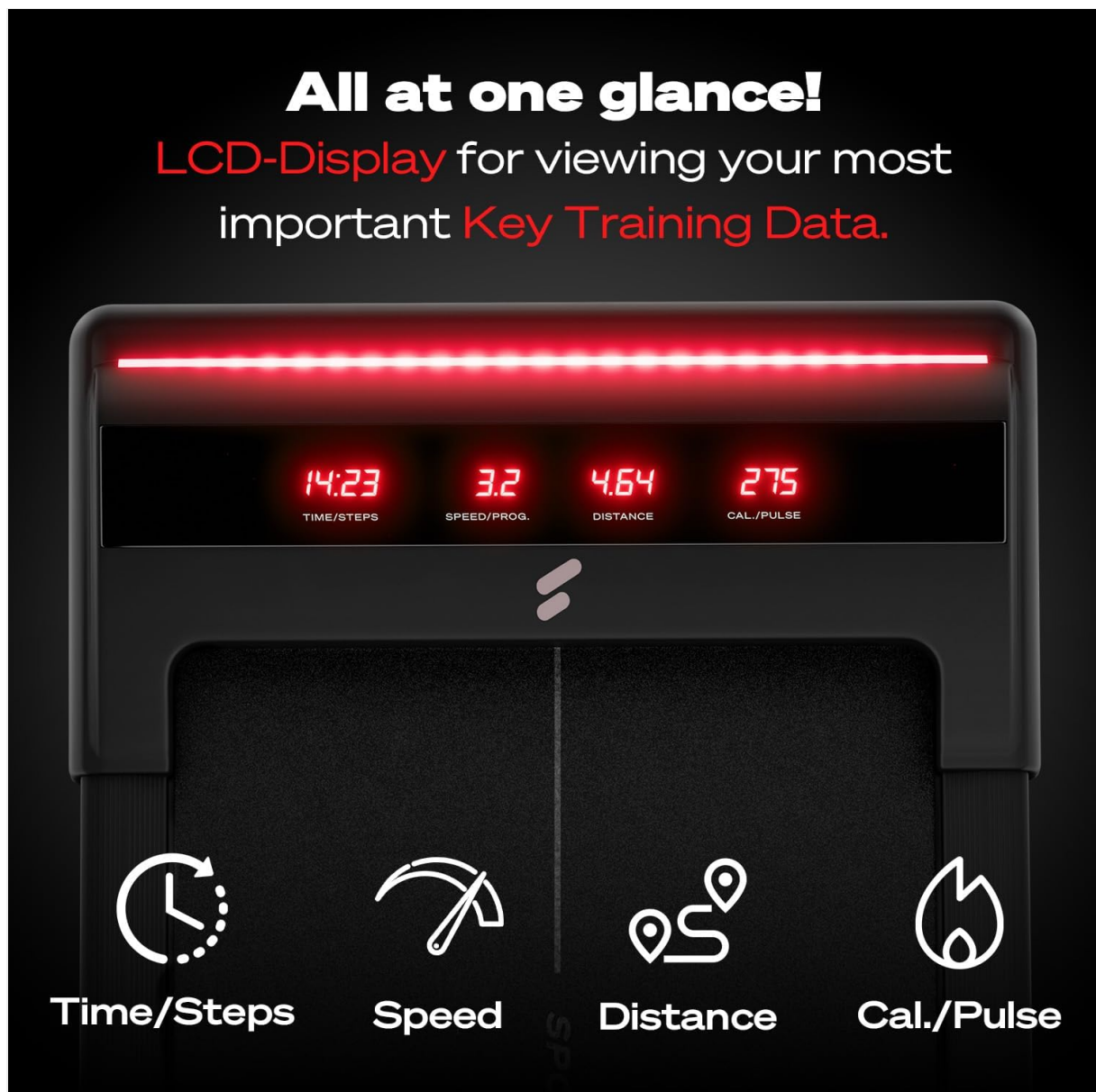


Figure 3: Interactive LED display showing key training data.

5.5 Interactive LED Lighting

The sWalk Lite features patented LED lighting that changes color based on your speed or pulse, providing visual feedback and motivation during your workout.



Figure 4: LED colors indicate speed or pulse, enhancing the workout experience.

5.6 App Connectivity

Enhance your training experience by connecting your sWalk Lite to compatible apps:

- **Sportstech Live App:** Download the Sportstech Live app to access professional trainers, community challenges, and a variety of fitness options.
- **Smartwatch Integration:** Connect your smartwatch to sync workout data with Apple Health or Google Fit for a comprehensive overview of your fitness statistics.

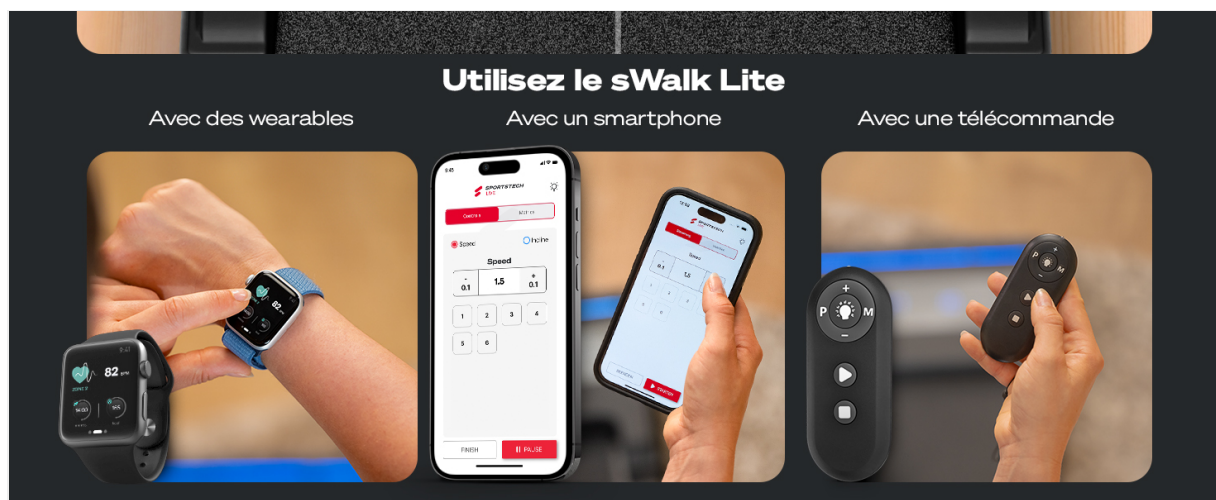


Figure 5: Control and monitor your sWalk Lite using wearables, smartphone apps, or the remote control.

5.7 Manual Incline Function

The sWalk Lite features a manual incline function, allowing you to increase workout intensity. The incline can be set to 11.5% for a more challenging walk.



Figure 6: Manual incline feature for increased workout intensity.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your walk pad.

- **Cleaning:** Wipe down the device with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Lubrication:** The running belt requires regular lubrication to reduce friction and ensure smooth operation. Apply the provided lubricant under the belt approximately every three months, or as indicated by usage.
- **Belt Adjustment:** If the running belt drifts to one side, it may need adjustment. Use the included Allen key to gently turn the adjustment bolts at the rear of the walk pad until the belt is centered. Consult the detailed instructions in the full manual for precise adjustment steps.

7. TROUBLESHOOTING

If you encounter issues with your Sportstech sWalk Lite, refer to the following common solutions:

- **Walk Pad Not Starting:** Check if the power cable is securely connected and the main power switch is in the 'ON' position. Ensure the remote control batteries are correctly inserted and charged.
- **Belt Drifting:** If the running belt is not centered, adjust it using the Allen key as described in the Maintenance section. Make small adjustments and test the belt's alignment.
- **Unusual Noise:** Ensure the walk pad is on a flat surface. If the noise persists, check for any foreign objects under the belt or contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	HSM-W06D
Color	Black
Product Dimensions (L x W x H)	109.7 x 52.1 x 10.9 cm
Weight	20.5 kg
Maximum Speed	6 km/h
Maximum User Weight	120 kg

Motor Power	1 Horsepower
Display Type	LED
Frame Material	Alloy Steel
Material Type	Plastic
Number of Programs	4
Special Features	Compact, Interactive LED, No Assembly Required

9. STORAGE

The sWalk Lite Walk Pad is designed for convenient storage due to its compact size and integrated transport wheels.

- **Folding:** The walk pad features a folding mechanism that reduces its footprint for storage.
- **Transport:** Utilize the integrated wheels to easily move the device by slightly tilting it.
- **Placement:** Store the walk pad under furniture, such as a bed or sofa, or upright against a wall to save space.



Figure 7: The sWalk Lite can be easily stored under furniture, requiring minimal space.

10. WARRANTY AND SUPPORT

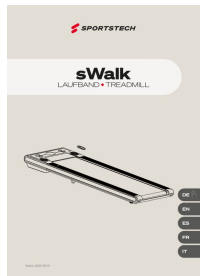
Your Sportstech sWalk Lite Walk Pad comes with a **2-year extended guarantee**, ensuring peace of mind regarding your investment.

For technical support, warranty claims, or any questions regarding your product, please contact Sportstech customer service. You can find more information and contact details on the official Sportstech website or through your purchase platform.

Visit the official Sportstech store for additional products and accessories: [Sportstech Store](#)

Related Documents - HSM-W06D

	SPORTSTECH sWalk Lite Laufband Benutzerhandbuch Umfassendes Benutzerhandbuch für das SPORTSTECH sWalk Lite Laufband, inklusive Sicherheitshinweisen, Trainingsanleitungen und Wartungstipps.
	SPORTSTECH sWalk Lite Plus Laufband: Benutzerhandbuch und Quickstart Entdecken Sie das SPORTSTECH sWalk Lite Plus Laufband mit dieser umfassenden Anleitung. Enthält wichtige Sicherheitshinweise, Aufstellanleitungen, Bedienungselemente und Trainingsprogramme für Ihr Heimtraining.
	SPORTSTECH sWalk Lite Laufband Benutzerhandbuch Umfassendes Benutzerhandbuch für das SPORTSTECH sWalk Lite Laufband. Enthält Sicherheitshinweise, Aufstellanleitungen, Bedienung, Trainingsprogramme, Fehlerbehebung und Wartungstipps.
	SPORTSTECH sWalk Laufband: Benutzerhandbuch & Trainingsanleitung Umfassendes Benutzerhandbuch für das SPORTSTECH sWalk Laufband. Erfahren Sie alles über Einrichtung, sichere Bedienung, Trainingsprogramme, Wartung und Fehlerbehebung für Ihr Heimfitnessgerät.



[SPORTSTECH sWalk Laufband Benutzerhandbuch | Anleitung & Sicherheit](#)

Umfassendes Benutzerhandbuch für das SPORTSTECH sWalk Laufband. Enthält detaillierte Anleitungen zu Aufbau, Bedienung, Sicherheitshinweisen, Trainingsprogrammen, Wartung und Fehlerbehebung für Ihr Heimfitnessgerät.



[SPORTSTECH sTread Laufband Benutzerhandbuch](#)

Umfassendes Benutzerhandbuch für das SPORTSTECH sTread Laufband, das detaillierte Anleitungen zur sicheren Installation, Bedienung, Wartung und Fehlerbehebung bietet, um das volle Potenzial des Geräts auszuschöpfen.