

Sperax Sp-ca-01

Sperax Walking Vibration Pad User Manual

Model: SP-CA-01 | Brand: Sperax

1. INTRODUCTION

The Sperax Walking Vibration Pad is a versatile 4-in-1 fitness device designed for home use, offering walking, running, work exercise, and vibration modes. Its compact and quiet design makes it suitable for various living spaces, allowing users to integrate physical activity seamlessly into their daily routines. This manual provides essential information for safe operation, setup, maintenance, and troubleshooting.



Figure 1.1: Sperax Walking Vibration Pad in operation, highlighting its compact design and app connectivity.

2. SAFETY INFORMATION

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

- **Weight Capacity:** Do not exceed the maximum user weight of 265 lbs (120 kg).
- **Placement:** Place the walking pad on a firm, level surface. Recommended for use on wooden, tile, or hard floors. Avoid carpeting or soft floors to prevent motor overheating and potential damage.
- **Clearance:** Maintain adequate clear space around the walking pad during operation.
- **Power Source:** Use only the provided power cord and connect to a grounded outlet.
- **Children and Pets:** Keep children and pets away from the walking pad during operation.

- **Medical Conditions:** Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure.



Figure 2.1: Proper floor surface for the walking pad. Hard surfaces are recommended for optimal performance and motor longevity.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- User Manual x1
- Power Cord x1
- L-Shaped Wrench x1
- Remote Control x1
- Lubricant x1 (for belt maintenance)

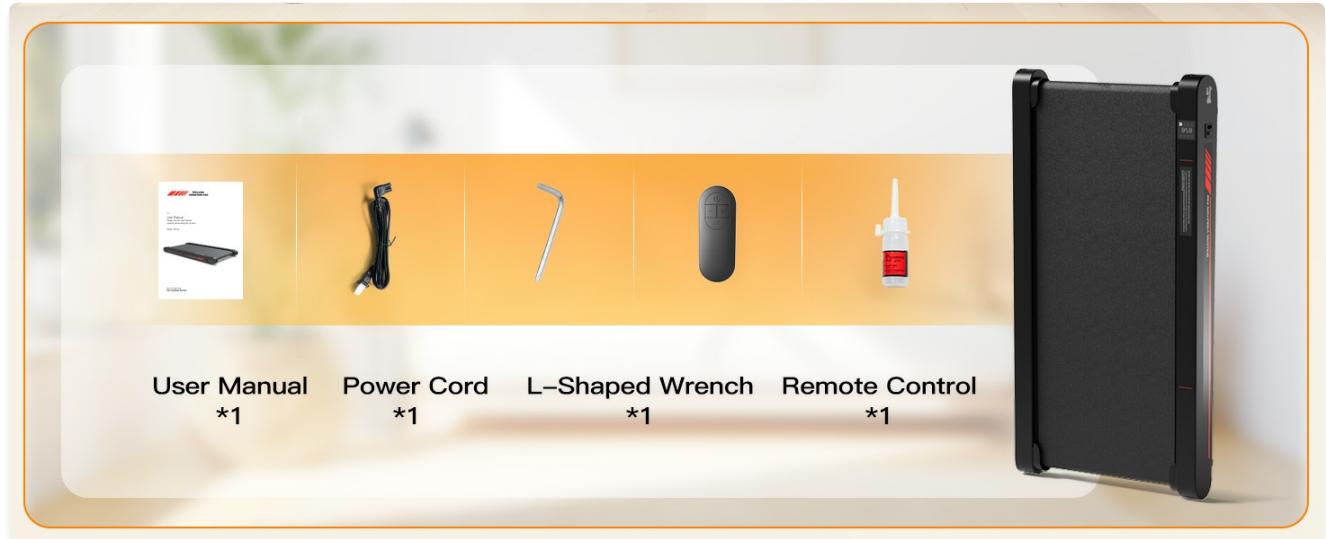


Figure 3.1: Included components in the Sperax Walking Vibration Pad package.

4. SETUP

The Sperax Walking Vibration Pad comes largely pre-assembled, requiring minimal setup before first use.

1. **Unpack:** Carefully remove the walking pad and all accessories from the packaging.
2. **Placement:** Place the walking pad on a hard, flat, and stable surface, ensuring sufficient clear space around it for safe operation. Refer to Section 2 for floor recommendations.
3. **Power Connection:** Connect the power cord to the walking pad's power input and then plug it into a standard electrical outlet.
4. **Initial Check:** Before stepping on, turn on the walking pad using the remote control to ensure it powers on correctly and the belt moves smoothly.

LED Display & Remote/APP Control



Figure 4.1: Initial placement of the walking pad.

5. OPERATING INSTRUCTIONS

The Sperax Walking Vibration Pad offers multiple modes and control options for a customized workout experience.

5.1 Power On/Off and Basic Control

- **Power On:** Press the power button on the remote control or the main unit. The LED display will illuminate.
- **Start/Stop:** Use the start/stop button on the remote to begin or pause your workout.
- **Speed Adjustment:** Use the speed +/- buttons on the remote to adjust the walking speed. The speed range is 0.2-3.8 MPH.

5.2 LED Display and Remote/APP Control

The integrated LED display shows key workout metrics such as time, speed, distance, and calories burned. The device can be controlled via the included remote or the Sperax Fitness APP.

2.5HP Powerful & Quiet Motor



Figure 5.1: LED Display, Remote, and APP Control interface.

5.3 4-in-1 Modes

The walking pad supports four distinct modes to cater to different fitness needs:

- **Walking Mode:** Speed range 0.2-2.5 MPH. Ideal for light exercise or daily steps.
- **Running Mode:** Speed range 2.5-3.8 MPH. Suitable for a more intense cardio workout.
- **Work Exercise Mode:** Speed range 0.2-1.5 MPH. Designed for use while working at a standing desk.
- **Vibration Mode:** Offers 4 adjustable vibration levels for enhanced muscle relaxation and circulation.



Figure 5.2: Illustration of the 4-in-1 functionality.

5.4 Vibration Modes

The unique vibration feature helps improve circulation, relieve muscle tension, and enhance workout effectiveness. There are four distinct vibration modes:

- **Light Vibration Mode:** Perfect for meditation or body stretching.
- **Strong Vibration Mode:** Activates muscles throughout the body.
- **Light Superposition Mode:** Helps relax hands and legs.
- **Strong Superposition Mode:** Aims for better body shaping and enhanced metabolism.

5-Layer Shock-Absorbing Running Belt



- ① Wear-resistant surface
- ② Noise reduction layer
- ③ High-strength reinforced layer
- ④ EVA shock absorption layer
- ⑤ High-strength support layer

Figure 5.3: Detailed explanation of the vibration modes.

6. MAINTENANCE

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

6.1 Lubrication

The walking belt requires periodic lubrication to reduce friction and ensure smooth operation. Use the provided lubricant or a silicone-based treadmill lubricant.

1. Turn off and unplug the walking pad.
2. Lift the edge of the walking belt on one side.
3. Apply a small amount of lubricant in a Z-pattern directly onto the deck under the belt.
4. Repeat on the other side.

5. Plug in the walking pad and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant evenly.

Frequency: Lubricate every 3-6 months, or after approximately 50 hours of use, depending on usage frequency.

6.2 Cleaning

Wipe down the walking pad regularly with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners or solvents.

6.3 Belt Adjustment

If the walking belt feels like it is slipping or is off-center, it may need adjustment. Use the L-shaped wrench provided.

- **Centering:** If the belt drifts to one side, turn the corresponding rear roller bolt clockwise in small increments (e.g., a quarter turn) until the belt centers. If it drifts to the other side, turn the opposite bolt clockwise.
- **Tension:** If the belt slips, turn both rear roller bolts clockwise in small, equal increments to increase tension. Do not overtighten.

Run the walking pad at a low speed after each adjustment to check the belt's position and tension.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your Sperax Walking Vibration Pad.

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not connected; power outlet issue; main switch off.	Ensure power cord is securely plugged in. Check if the outlet is working. Verify the main power switch on the unit is ON.
Belt slips or hesitates during use.	Belt tension too loose; insufficient lubrication.	Adjust belt tension (refer to Section 6.3). Apply lubricant to the belt (refer to Section 6.1).
Belt is off-center.	Belt alignment issue.	Adjust belt alignment (refer to Section 6.3).
Unusual noise during operation (excluding vibration mode).	Loose components; motor issue; belt friction.	Check for any loose screws and tighten them. Ensure proper lubrication. If noise persists, contact customer support.
Remote control not responding.	Battery low/dead; remote not paired.	Replace remote control batteries. Refer to the quick start guide for remote pairing instructions if applicable.

8. SPECIFICATIONS

Feature	Specification
Model	SP-CA-01

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Brand	Sperax
Product Dimensions	98.8D x 52.8W x 8.9H cm (39 x 21 x 3.5 inches)
Item Weight	10 kg (22 lbs)
Maximum User Weight	265 lbs (120 kg)
Motor Horsepower	2.5 HP
Speed Range	0.2 - 3.8 MPH
Noise Level	Less than 45 dB
Frame Material	Acrylonitrile Butadiene Styrene (ABS)
Display Metrics	Time, Speed, Distance, Calories Burned
Special Features	Portable, 4-in-1 Modes (Walking, Running, Work, Vibration), Remote Control, APP Connectivity

9. WARRANTY AND SUPPORT

Sperax is committed to providing high-quality fitness equipment. For warranty information, technical support, or any inquiries regarding your Sperax Walking Vibration Pad, please contact Sperax customer service through the official website or your point of purchase. Please have your model number (SP-CA-01) and purchase date ready when contacting support.

For more information about Sperax and its products, visit the official Sperax store:[Sperax Store on Amazon](#).



Figure 9.1: Sperax Brand Information.

