Sperax B0DWF4S41B

Sperax Walking Vibration Pad User Manual

Model: Sperax Walking Vibration Pad

1. Introduction and Overview

The Sperax Walking Vibration Pad is a versatile fitness device designed for home and office use, combining walking, running, and muscle-relaxing vibration functions. Its compact and portable design allows for easy storage under furniture, making it ideal for small spaces.

Key features include a 10% manual incline for varied workouts, a quiet 2.5HP motor with a speed range of 0.2 to 3.8 MPH, and a robust 350 lb weight capacity. Users can track their progress through the integrated LED display or the dedicated Sperax Fitness App, which also allows for remote control of the device.



Image: The Sperax Walking Vibration Pad, showcasing its compact design and a user actively walking on it. An inset image demonstrates its upright storage capability.

2. Package Contents

Please check the package carefully to ensure all items are present and in good condition.

- Sperax Walking Vibration Pad Unit
- User Manual (this document)
- Power Cord
- Remote Control (batteries not included)
- Lubricant
- Tool Kit (e.g., Hex Key for adjustments)

3. Setup Guide

The Sperax Walking Vibration Pad is designed for minimal setup and is largely ready to use directly out of the box.

1. **Unpacking:** Carefully remove the walking pad from its packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the walking pad on a firm, level surface.



Image: Illustration indicating recommended usage on wooden, tile, or hard floors, and advising against carpeting or soft floors to ensure proper heat dissipation and prevent injury.

Note: It is recommended for use on hard floors (wooden, tile, hard floor) to effectively prevent the risk of injury during exercise and to better dissipate heat from the motor, increasing the life of the motor. Avoid using on carpeting or soft floors.

3. **Power Connection:** Connect the power cord to the walking pad and then plug it into a standard electrical outlet.
4. **Remote Control Setup:** Insert the required batteries (not included) into the remote control. The remote control is essential for operating the walking pad.
5. **Initial Lubrication:** Before first use, or if the belt feels dry, apply the provided lubricant to the running belt as per the maintenance section.

4. Operating Instructions

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

4.1 Powering On/Off

- To power on, press the power button on the walking pad or the remote control.
- To power off, press and hold the power button until the display turns off.

4.2 Speed Control (Walking/Running Mode)

- Use the '+' and '-' buttons on the remote control or the Sperax App to adjust the speed.
- The speed range is from 0.2 MPH to 3.8 MPH.



Image: Demonstrates the multi-scenario applicability of the walking pad, showing it used for walking under a desk and for running, highlighting speed and incline capabilities.

4.3 Manual Incline Adjustment

- The walking pad features a 10% manual incline adjustment with 2 levels.
- To adjust the incline, manually lift or lower the front of the walking pad to engage the incline mechanism. Ensure it is securely locked into place before use.
- This feature simulates climbing scenarios to help burn more calories.

4.4 Vibration Function

- The device includes a vibration function for muscle relaxation.
- There are four different vibration levels. Refer to the remote control or app interface for specific controls.



Image: Illustrates various ways to use the vibration function, including strong vibration, light superposition, light vibration, and strong superposition modes for different fitness goals.

4.5 Sperax Fitness App Connectivity

- Download the "Sperax Fitness" app from your device's app store (Google Play or Apple App Store).

- Follow the in-app instructions to connect your walking pad via Bluetooth.
- The app allows you to track exercise data such as calories, speed, distance, and time. It also provides remote control functionality.



Image: Displays the Sperax Fitness App interface, showing workout tracking features and program options, with a user exercising on the walking pad.

5. Maintenance

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

5.1 Running Belt Lubrication

- Apply the provided lubricant under the running belt every few months, or as needed based on usage.
- To lubricate, lift the edge of the belt and apply a small amount of lubricant directly onto the deck.
- Run the walking pad at a low speed for a few minutes to distribute the lubricant evenly.

5.2 Running Belt Adjustment

- If the running belt shifts to one side or feels loose, it may need adjustment.
- Use the hex key from the tool kit to turn the adjustment bolts at the rear of the walking pad.
- Turn the bolt on the side the belt is drifting towards clockwise to move it back to the center. Turn the opposite bolt counter-clockwise if needed.
- Adjust in small increments (quarter turns) and test the belt after each adjustment until it runs centrally.

5.3 Cleaning

- Wipe down the walking pad with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the surface.

6. Troubleshooting

If you encounter issues with your Sperax Walking Vibration Pad, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not securely plugged in; power outlet issue.	Ensure power cord is fully inserted. Test the outlet with another device.
Belt is slipping or hesitating.	Insufficient lubrication; belt too loose.	Apply lubricant as per maintenance section. Adjust belt tension.
Belt is drifting to one side.	Belt alignment issue.	Adjust belt alignment using the hex key as described in maintenance.
Unusual noise during operation.	Lack of lubrication; loose components; foreign object.	Lubricate the belt. Check for any loose screws or objects under the belt. If noise persists, contact customer support.
Remote control not responding.	Dead batteries; remote not paired.	Replace batteries. Ensure remote is pointed at the receiver. Re-pair if necessary (refer to specific pairing instructions in the full manual if available).
Sperax App not connecting.	Bluetooth off; app permissions; device not discoverable.	Ensure Bluetooth is enabled on your device. Check app permissions. Restart both the walking pad and your mobile device.

7. Product Specifications

Specification	Value
Model	Sperax Walking Vibration Pad
Product Dimensions (L x W x H)	112.5 x 57.3 x 9.5 cm (44.3 x 22.56 x 3.74 inches)
Item Weight	14.06 kg (38 lbs)

Specification	Value
Maximum Weight Capacity	350 lbs
Motor Horsepower	2.5 HP
Speed Range	0.2 - 3.8 MPH
Maximum Incline Percentage	10% (Manual, 2 levels)
Vibration Levels	4 levels
Noise Level	Below 45 dB (at high speeds)
Display Type	LED
Material	Acrylonitrile Butadiene Styrene (ABS)
Included Components	User Manual, Power Cord, Remote Control, Lubricant, Tool Kit



Image: Visual representation of the walking pad's dimensions (44.3 inches length, 22.5 inches width, 3.7 inches height) and its space-saving storage options, including upright against a wall or under a sofa.

8. Warranty and Support

For information regarding warranty coverage, terms, and conditions, please refer to the warranty card included with your product or visit the official Sperax website.

If you require technical assistance, have questions about product operation, or need to report a defect, please contact Sperax Customer Support. Contact details can typically be found on the product packaging, the official website, or within the included documentation.

Manufacturer: Xiamen Renhe Sports Equipment Co.,Ltd

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