

## Sperax Sperax 3-in-1 Vibrating Walking Pad (Model: B0FH536J6V)

# Sperax 3-in-1 Vibrating Walking Pad User Manual

MODEL: B0FH536J6V

Brand: Sperax

## 1. INTRODUCTION

Welcome to the user manual for your new Sperax 3-in-1 Vibrating Walking Pad. This versatile and compact fitness device is designed to help you maintain an active lifestyle whether at home or in the office. It combines walking, running, and vibration modes to provide a comprehensive workout experience. Please read this manual thoroughly before operating the device to ensure safe and optimal performance.

## 2. SAFETY INFORMATION

Always prioritize safety when using any fitness equipment. Failure to follow these instructions may result in injury or damage to the product.

- Ensure the walking pad is placed on a firm, level surface. Avoid soft surfaces like thick carpets, as this can impede motor heat dissipation and affect performance.
- Keep children and pets away from the device during operation.
- Do not exceed the maximum weight capacity of 120 kg (264 lbs).
- Always wear appropriate athletic footwear.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Unplug the walking pad from the power outlet when not in use or before cleaning and maintenance.
- Do not use the device if the power cord is damaged.
- Keep hands and feet clear of all moving parts.

## 3. PRODUCT OVERVIEW

### 3.1 Components

The Sperax 3-in-1 Vibrating Walking Pad package includes the following:

- Sperax 3-in-1 Vibrating Walking Pad
- Remote Control
- L-Shaped Wrench
- Power Cord
- User Manual



Figure 3.1: Sperax 3-in-1 Vibrating Walking Pad in typical usage scenarios.



Figure 3.2: LED Display and Remote Control for the Sperax Walking Pad.

## 3.2 Key Features

- **4-in-1 Vibration Mode:** Enhances workout efficiency, improves circulation, and relieves muscle tension. Features four vibration levels from gentle to strong.
- **Powerful and Quiet Motor:** Operates at less than 60 decibels, making it suitable for home or office use without disturbance.
- **Fitness Data Tracking:** Bright LED display and Sperax Fitness App compatibility allow monitoring of time, speed, distance, and step count.
- **Adjustable Speed:** Supports speeds from 0.3 to 6 km/h (0.18 to 3.7 mph).
- **Space-Saving Design:** Weighs only 10 kg (22 lbs) and measures 988\*528\*89 mm (39.29\*20.47\*3.5 inches), allowing for easy storage under desks, beds, or sofas.
- **High Load Capacity:** Supports a maximum user weight of 120 kg (264 lbs).

# SPERAX TAPIS DE MARCHÉ VIBRANT

Détendez vos muscles après l'entraînement



## VIBRATION LÉGÈRE

Vibration à haute fréquence légère



## VIBRATION FORTE

Vibration à haute fréquence forte



## VIBRATION LÉGÈRE AVEC BALANCE

Vibration à haute fréquence légère + petite balance



## VIBRATION FORTE AVEC BALANCE

Vibration à haute fréquence forte + grande balance

Figure 3.3: Illustration of the 4-in-1 Vibration Modes.





Figure 3.4: Space-saving design and easy storage options.

## 4. SETUP

The Sperax 3-in-1 Vibrating Walking Pad requires minimal setup.

1. **Unpack:** Carefully remove the walking pad and all accessories from the packaging.
2. **Placement:** Choose a flat, stable surface for the walking pad. Hard floors (parquet, tile, hard ground) are recommended for optimal safety and heat dissipation. Avoid placing it on thick carpets or soft surfaces.
3. **Power Connection:** Connect the power cord to the walking pad's power input port and then plug it into a standard electrical outlet.
4. **Remote Control:** Ensure the remote control has batteries installed (if not pre-installed).

## Bureau et entraînement ne s'excluent pas l'un l'autre

Brûlure efficace des graisses possible également à la maison !



Figure 4.1: Recommended floor types for optimal performance and safety.

## 5. OPERATING INSTRUCTIONS

### 5.1 Powering On/Off

- To power on, ensure the walking pad is plugged in and press the power button on the remote control. The LED display will light up.
- To power off, press the power button on the remote control again.

### 5.2 Using the Remote Control

The remote control allows you to manage all functions of the walking pad.

- **Start/Stop:** Press to begin or end your workout.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed. The speed range is 0.3 to 6 km/h.
- **Mode Selection:** Cycle through different modes (e.g., walking, running, vibration modes).

- **Vibration Control:** Specific buttons may be available to adjust the intensity of the vibration mode.

### 5.3 Understanding the LED Display

The LED display provides real-time workout data:

- **Time:** Duration of your workout.
- **Speed:** Current speed in km/h.
- **Distance:** Total distance covered.
- **Steps:** Number of steps taken.

### 5.4 Sperax Fitness App Connection

For enhanced tracking and workout programs, download the Sperax Fitness App from your device's app store.

1. **Download:** Search for "Sperax Fitness" in the App Store (iOS) or Google Play Store (Android).
2. **Pairing:** Enable Bluetooth on your smartphone. Open the Sperax Fitness App and follow the on-screen instructions to pair with your walking pad.
3. **Features:** The app allows you to view detailed workout history, set goals, participate in challenges, and potentially control the walking pad from your phone.



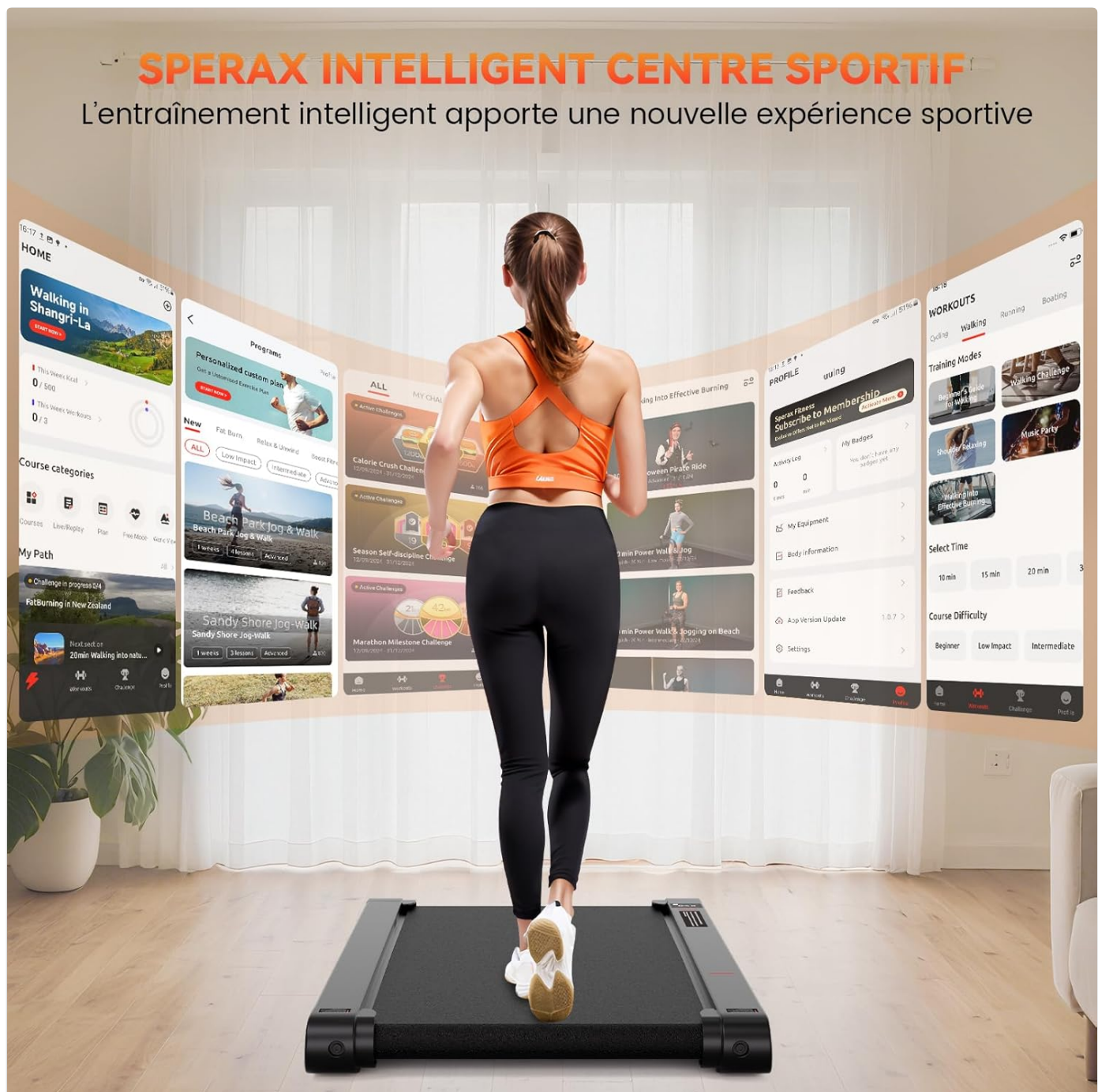


Figure 5.1: Sperax Fitness App interface for intelligent sports tracking.

## 6. MAINTENANCE

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

- **Cleaning:** Wipe down the walking pad with a damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the device is unplugged before cleaning.
- **Belt Lubrication:** The walking belt may require lubrication periodically to ensure smooth operation and reduce friction. Refer to the specific instructions in the included user manual for lubrication frequency and procedure. Use only silicone-based treadmill lubricant.
- **Belt Adjustment:** If the walking belt starts to slip or drift to one side, it may need adjustment. Use the L-shaped wrench provided to adjust the tension bolts at the rear of the walking pad. Adjust in small increments (quarter turns) until the belt is centered and properly tensioned.

## 7. TROUBLESHOOTING



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

Problem	Possible Cause	Solution
Walking pad does not power on.	Not plugged in; power switch off; remote control battery low.	Ensure power cord is securely plugged into the wall and the device. Check the main power switch (if any). Replace remote control batteries.
Belt slips or hesitates.	Belt too loose; insufficient lubrication.	Adjust belt tension using the L-shaped wrench. Apply silicone lubricant under the belt as per maintenance instructions.
Belt drifts to one side.	Belt alignment issue.	Adjust belt alignment using the L-shaped wrench. Turn the bolt on the side the belt is drifting towards clockwise, or the opposite side counter-clockwise, in small increments until centered.
Unusual noise during operation.	Loose parts; motor issue; belt friction.	Check for any loose screws or components. Lubricate the belt if needed. If noise persists, contact customer support.
Remote control not responding.	Low battery; not paired; interference.	Replace remote control batteries. Ensure the remote is pointed towards the walking pad's receiver. Re-pair if necessary (refer to specific pairing instructions in the included manual).

If the problem persists after attempting these solutions, please contact Sperax customer support.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Sperax
Model	B0FH536J6V
Color	Black
Material Type	Acrylonitrile Butadiene Styrene (ABS)
Product Dimensions (L x W x H)	98.8 x 52.8 x 8.9 cm (39.29 x 20.47 x 3.5 inches)
Item Weight	10 kg (22 lbs)
Maximum Speed	6 km/h (3.7 mph)
Maximum Power	400 Watt
Maximum Weight Recommendation	120 kg (264 lbs)
Noise Level	Less than 60 dB
Included Components	Power Cord, Remote Control, L-Shaped Wrench, User Manual



Figure 8.1: Product Dimensions.

## 9. WARRANTY AND SUPPORT

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Sperax provides a limited warranty for this product. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, troubleshooting assistance, or warranty claims, please contact Sperax customer service through the contact information provided in your product documentation or on the official Sperax website.

**Customer Service Contact:** Please refer to the contact details provided in your product packaging or visit the official Sperax website for support.