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## Sperax RM-05

# Sperax Walking Vibration Pad Instruction Manual

Brand: Sperax | Model: RM-05

### INTRODUCTION

Welcome to the Sperax Walking Vibration Pad user manual. This guide provides comprehensive instructions for setting up, operating, and maintaining your new fitness equipment. Designed for home and office use, this versatile 4-in-1 machine combines walking, running, and vibration plate functionalities to support your health and wellness goals. Please read this manual thoroughly before first use to ensure safe and optimal performance.

### SETUP GUIDE

#### Unboxing and Initial Placement

Carefully remove all components from the packaging. Ensure all accessories are present before discarding packaging materials. Place the walking pad on a flat, stable, and hard surface. Avoid soft surfaces like thick carpets, as this can impede motor heat dissipation and affect performance.



Image: The Sperax Walking Vibration Pad, showcasing its compact design.

## Power Connection

Locate the power input port on the side of the walking pad. Connect the provided power cable to the port and then plug the other end into a standard electrical outlet. Ensure the power switch on the unit is in the 'ON' position.



Image: Close-up of the LED display and power input on the walking pad.

## OPERATING INSTRUCTIONS

### Basic Operation with Remote Control

Your Sperax Walking Vibration Pad is controlled via a wireless remote. Insert two AAA batteries (not included) into the remote control. The LED display on the walking pad will show current speed, time, and calories burned.

- **Power On/Off:** Press the power button on the remote to turn the unit on or off.
- **Adjust Speed:** Use the '+' and '-' buttons to increase or decrease the walking/running speed. The speed ranges from 0.2 to 3.8 Miles per Hour (MPH).
- **Mode Selection:** The remote also allows you to switch between different exercise modes, including walking, running, and various vibration settings.

### Multiple Exercise Modes

The Sperax Walking Vibration Pad offers diverse workout options:

- **Walking/Running Mode:** Adjust speed to your preference for a gentle walk or a brisk jog. The symmetrical design provides a wider running belt area for comfort and safety.
- **Vibration Mode:** Activate the vibration function for an added dimension to your workout. There are 4 adjustable vibration levels to choose from, designed to induce muscle contraction and activation, aiding in calorie burning and circulation.

# 3-IN-1 WALKING MACHINE

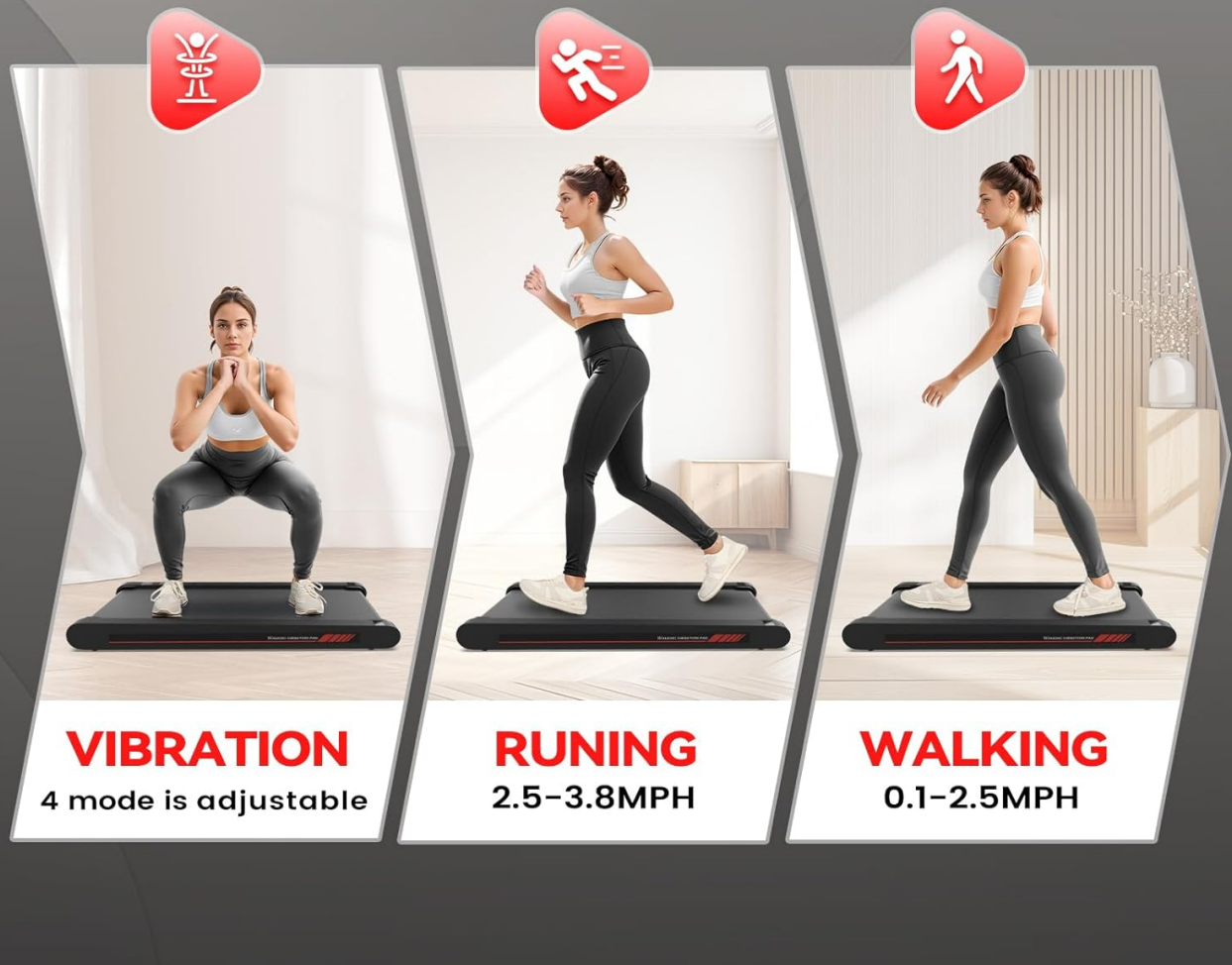


Image: Visual representation of the three primary modes: Vibration, Running, and Walking.



# VIBRATION FITNESS MACHINE

Get the body of your dreams



## LIGHT VIBRATION MODE

Perfect for meditation, body stretching



## STRONG VIBRATION MODE

Waking muscles throughout the body



## LIGHT SUPERPOSITION MODE

Relax your hands and legs



## STRONG SUPERPOSITION MODE

Get a better shape and enhanced metabolism

Image: Detailed view of the four adjustable vibration modes for varied intensity.

## MAINTENANCE

### Lubrication

Regular lubrication of the running belt is crucial for maintaining smooth operation and extending the lifespan of your treadmill. The frequency of lubrication depends on usage:

- **Less than 3 hours/week:** Lubricate every 6 months.
- **3-5 hours/week:** Lubricate every 3 months.
- **More than 5 hours/week:** Lubricate every month.

To lubricate, power off and unplug the device. Gently lift the edge of the belt and apply the provided lubrication oil between the belt and the base. Repeat on the other side. Run the device at 1-2 MPH for 1-2 minutes to ensure even spread.

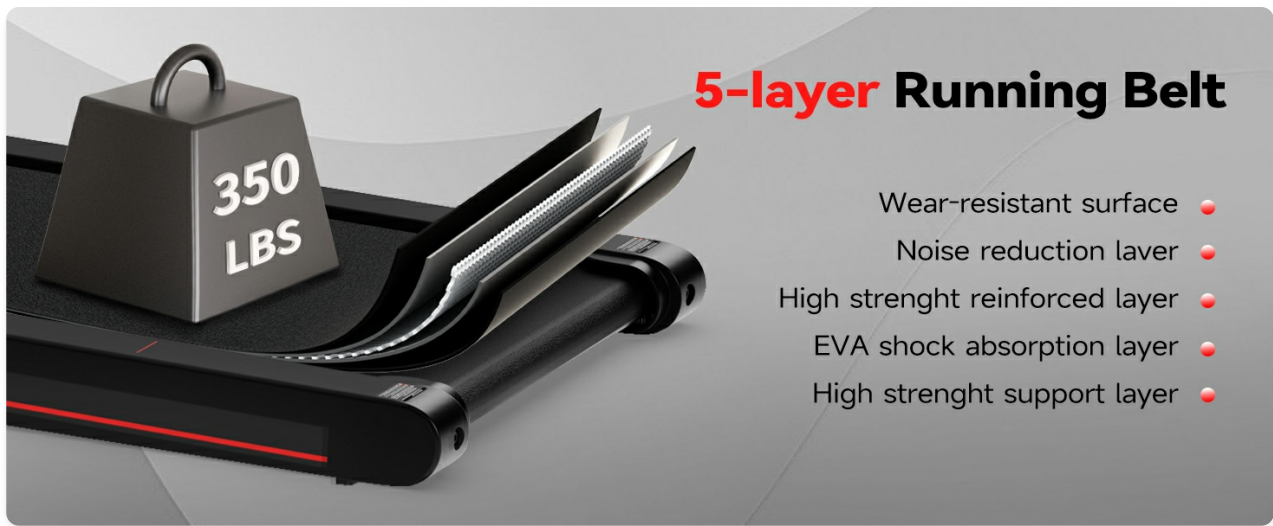


Image: Visual guide for applying lubrication oil to the running belt.

## Running Belt Adjustment

If the running belt drifts to one side or becomes loose, it may need adjustment. Use the provided Allen wrench to adjust the hexagonal screws on the rear end cap. Turning left loosens the belt, and turning right tightens it. Adjust gradually and test the belt by running the treadmill for 1-2 minutes after each adjustment.

## TROUBLESHOOTING

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

- **No Power:** Ensure the power cable is securely plugged into both the unit and the wall outlet. Check if the power switch is in the 'ON' position.
- **Remote Not Responding:** Verify that the AAA batteries in the remote control are correctly inserted and have sufficient charge.
- **Unusual Noise:** Check if the running belt requires lubrication (refer to Maintenance section). Ensure the unit is on a flat, hard surface.
- **Belt Slipping/Drifting:** Adjust the running belt tension as described in the Maintenance section.

For persistent issues not resolved by these steps, please contact customer support.

## PRODUCT SPECIFICATIONS



Feature	Detail
Brand	Sperax
Model Name	RM-05
Product Dimensions	39"D x 21"W x 3.5"H
Item Weight	22 Pounds

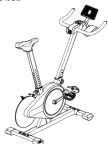
Maximum Weight Recommendation	350 Pounds
Maximum Speed	3.8 Miles per Hour
Minimum Speed	0.2 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Material	Acrylonitrile Butadiene Styrene (ABS) / Metal
Display Type	LED
Assembly Required	No

## WARRANTY AND CUSTOMER SUPPORT

Please note that no explicit warranty description is provided in the product specifications. For any questions, concerns, or assistance with your Sperax Walking Vibration Pad, please contact the seller directly via e-mail. We are committed to providing a satisfactory solution for all our customers.

## Related Documents - RM-05

 <p>The image shows the cover of the Sperax RM-01 Walking Vibration Pad User Manual. It features the Sperax logo at the top, followed by the title 'User Manual' and a QR code at the bottom.</p>	<p><a href="#">Sperax RM-01 Walking Vibration Pad User Manual</a></p> <p>Comprehensive user manual for the Sperax RM-01 Walking Vibration Pad, covering specifications, features, operation, safety guidelines, maintenance, and troubleshooting.</p>
 <p>The image shows the cover of the Sperax RM-01 Walking Vibration Pad User Manual. It features the Sperax logo at the top, followed by the title 'User Manual' and a QR code at the bottom.</p>	<p><a href="#">Sperax RM-01 Walking Vibration Pad User Manual</a></p> <p>Comprehensive user manual for the Sperax RM-01 Walking Vibration Pad, detailing specifications, operation, safety guidelines, maintenance, and troubleshooting for this home fitness device.</p>
<p><a href="#">Preview</a></p>	<p><a href="#">Sperax VP-02 Vertical Vibration Exercise Plate User Manual   Features, Operation, Safety</a></p> <p>Comprehensive user manual for the Sperax VP-02 Vertical Vibration Exercise Plate. Learn about specifications, operation, safety precautions, maintenance, and troubleshooting for your fitness equipment.</p>



Sperax BIKE  
Product Manual

[Sperax BIKE Product Manual - YS-BA3, SPX-DC001, YS-BA5](#)

Comprehensive product manual for the Sperax BIKE, including product parameters, safety instructions, installation guide, usage instructions for the LED display and companion app, and guidance on adjusting the bike and proper riding posture. Covers models YS-BA3, SPX-DC001, and YS-BA5.