

## Sperax RM-06

# Sperax Walking Vibration Pad Treadmill RM-06 Instruction Manual

Model: RM-06

## 1. INTRODUCTION

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Thank you for choosing the Sperax Walking Vibration Pad Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before operation and retain it for future reference.

## 2. SAFETY INFORMATION

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To ensure your safety and prolong the life of your treadmill, please observe the following precautions:

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clearance around the treadmill during operation.
- Keep children and pets away from the treadmill while it is in use.
- Wear appropriate athletic footwear.
- Use the safety key at all times. Attach it to your clothing before starting your workout.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.

## 3. WHAT'S IN THE BOX

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Verify that all components are present upon unpacking:

- Sperax Walking Vibration Pad Treadmill
- Remote Control
- User Manual
- Safety Key
- Power Cord
- Tool Kit



Image: All components included in the package, such as the treadmill, remote control, user manual, safety key, power cord, and tool kit.

## 4. SETUP

The Sperax Treadmill is designed for quick and easy setup, arriving 95% pre-assembled.

### 4.1 Unfolding the Treadmill

1. Carefully lift the handle bars from their folded position.
2. Secure the handle bars in the upright position using the provided knobs/screws.
3. Ensure all locking mechanisms are engaged before use.

## Compact & Foldable Treadmill

Space Saving and Easy Storage



Image: A woman demonstrating the unfolding process of the compact and foldable Sperax treadmill, showing it transitioning from a flat storage position to an upright, ready-to-use state.

### 4.2 Connecting Power

1. Plug the power cord into the treadmill's power input.
2. Plug the other end of the power cord into a grounded electrical outlet.
3. Turn on the main power switch, usually located near the power cord input.

Video: A demonstration of the Sperax Walking Pad Vibration Treadmill, showcasing its folding mechanism, remote control operation, and automatic incline feature. The video highlights the ease of setup and use.

## 5. OPERATING INSTRUCTIONS

Your Sperax Treadmill offers various modes and controls for a customized workout experience.

### 5.1 Remote Control Functions

The included remote control allows you to manage speed, incline, and start/stop functions. (Note: Remote control does not include batteries.)

- **Power Button:** Starts and stops the treadmill.
- **Speed +/-:** Adjusts the walking/running speed (0.3-7.5 mph).

- **Incline +/-:** Adjusts the automatic incline level (0-10%).



Image: A user interacting with the remote control to adjust settings on the Sperax treadmill, which features an LED display showing speed, distance, time, steps, and incline.

## 5.2 Automatic Incline (0-10%)

The treadmill features 10 adjustable auto-incline levels, allowing you to simulate uphill walking or jogging for increased calorie burn and varied workouts. Adjust the incline using the remote control.



Image: Visual representation of the treadmill's 4-in-1 modes, including walking, jogging, and running, with a focus on the 0-10% auto-incline feature that helps burn more calories.

### 5.3 4-in-1 Vibration Modes

Engage the vibration function to target muscles and aid in post-workout recovery. The treadmill offers four distinct vibration modes, each running for 5 minutes automatically:

- **Light Vibration Mode:** Ideal for meditation and body stretching.
- **Strong Vibration Mode:** Activates muscles throughout the body.
- **Light Superposition Mode:** Helps relax hands and legs.
- **Strong Superposition Mode:** Promotes better shape and enhanced metabolism.

# Walking Vibration Pads

For your different fitness needs

## Light Vibration Mode

Perfect for meditation, body stretching



## Strong Vibration Mode

Activating muscles throughout the body



## Light Superposition Mode

Relax your hands and legs



## Strong Superposition Mode

Get a better shape and enhanced metabolism



Image: A woman showcasing the four distinct walking vibration pad modes: Light Vibration, Strong Vibration, Light Superposition, and Strong Superposition, each designed for different fitness needs.

## 5.4 App Connectivity

Connect your treadmill to the dedicated app via Bluetooth for enhanced tracking and control. The app allows you to monitor your progress, access workout courses, and manage basic treadmill functions.



Image: A user interacting with a smartphone app that connects to the treadmill, displaying various workout programs and tracking options. The image highlights the dual connection methods: remote control and app.

## 6. FEATURES OVERVIEW

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The Sperax Walking Vibration Pad Treadmill is equipped with several features to enhance your workout experience:

- **10-Level Auto Incline (0-10%):** Easily adjust workout intensity to boost calorie burn and simulate diverse terrains.
- **Clear LED Display:** Track real-time data including speed, distance, time, steps, and incline.
- **Durable Anti-Slip Belt & Stable Frame:** Provides comfortable exercise and reduces impact on knees and joints.
- **750W Continuous Motor:** Offers quiet operation and supports speeds from 0.3 to 7.5 mph for walking, jogging, and running.
- **4-in-1 Vibration Modes:** Multi-functional tool for fitness, recovery, and relaxation.
- **Heavy Duty Capacity:** Supports up to 265 lbs (standard) / 350 lbs (max) for stable use.
- **Foldable Design:** Space-saving design allows for easy storage against walls, under beds, or in small corners.



Image: An internal view highlighting the 750W powerful and quiet servo motor, along with the treadmill's 265 lbs weight capacity, emphasizing its durable design.

## 7. MAINTENANCE

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Regular maintenance ensures optimal performance and longevity of your treadmill.

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** Lubricate the running belt every few months or as indicated by usage. Refer to the tool kit for lubricant and instructions.
- **Belt Tension:** Periodically check and adjust the running belt tension to prevent slipping or excessive wear.
- **Storage:** When not in use, fold the treadmill and store it in a dry, safe place away from direct sunlight.

## 8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start	Power cord unplugged, safety key not in place, power switch off.	Check power connection, ensure safety key is inserted, turn on power switch.
Running belt slips	Belt tension too loose.	Adjust belt tension according to the user manual.
Unusual noise during operation	Loose parts, lack of lubrication.	Inspect for loose parts and tighten. Lubricate the running belt.

For issues not listed here or if problems persist, please contact Sperax customer support.

## 9. SPECIFICATIONS

Detailed technical specifications for the Sperax Walking Vibration Pad Treadmill RM-06:

Feature	Detail
Brand	Sperax
Model Name	RM-06
Product Dimensions	44.29"D x 22.57"W x 3.74"H
Folded Size	44.29 x 22.57 x 3.74 inches
Material	Acrylonitrile Butadiene Styrene (ABS)
Maximum Speed	7.5 Miles per Hour
Minimum Speed	0.3 Miles per Hour
Maximum Horsepower	1500 Watts
Maximum Incline Percentage	10% (10 levels)
Maximum Weight Recommendation	350 Pounds (265 lbs standard daily use)
Display	LED
Metrics Measured	Distance, Incline, Speed, Time, Steps
Power Source	Corded Electric
Assembly Required	No (95% pre-assembled)

## 10. WARRANTY AND SUPPORT

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For warranty information, product support, or to purchase replacement parts, please contact Sperax customer service through the retailer where the product was purchased or visit the official Sperax website.