Sperax RM-01

Sperax Walking Treadmill Pad (Model RM-01) Instruction Manual

INTRODUCTION

Thank you for choosing the Sperax Walking Treadmill Pad, Model RM-01. This innovative 3-in-1 device is designed to enhance your fitness routine whether you are at home or in the office. It combines walking, running, and vibration functions, all controlled via a remote or a dedicated mobile application. This manual provides essential information for safe setup, operation, maintenance, and troubleshooting to ensure you get the most out of your new fitness equipment.
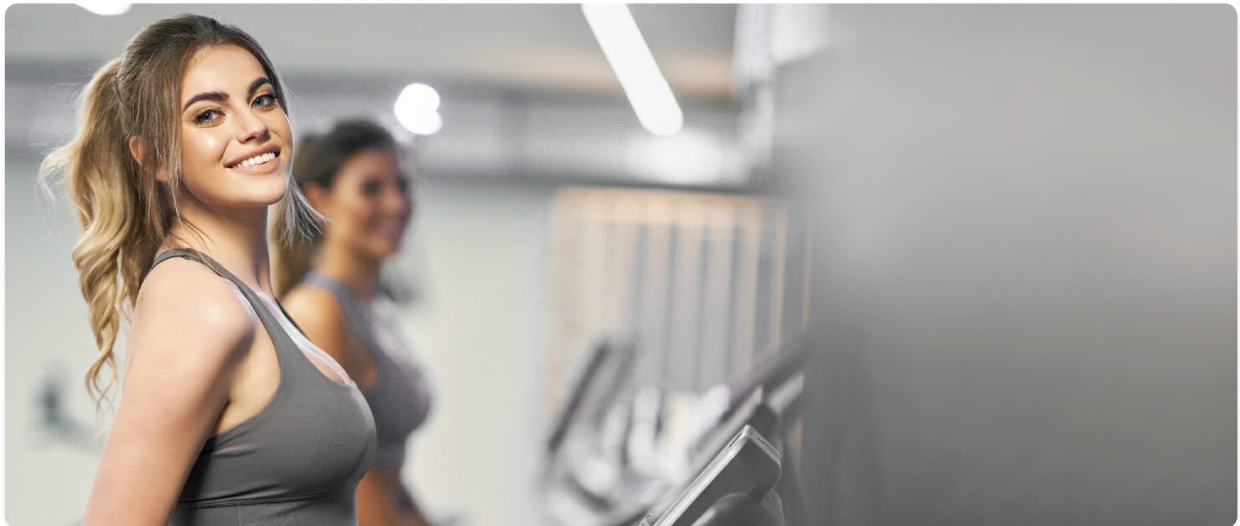

Image: The Sperax Walking Treadmill Pad in a home office setting, showcasing its compact design and integration with a mobile application and remote control for a seamless workout experience.

SAFETY INFORMATION

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

- **Placement:** Always place the treadmill on a hard, flat surface.**Do not use this treadmill on carpet**, as it can impede heat dissipation and potentially damage the motor.
- **Weight Capacity:** The recommended weight capacity is 270 pounds, with a maximum capacity of 350 pounds.

- **Operation:** Ensure the running belt is centered before each use. Adjust speed in small increments to maintain control.

- **Vibration Mode:** The vibration massage function has an automatic 5-minute timer. Allow the unit to cool for 10 minutes before reactivating the vibration mode.

- **Power:** Use only the provided power cord and ensure it is securely plugged into a grounded outlet.

Image: A visual comparison illustrating the recommended use of the treadmill on hard floors (wooden, tile) for optimal performance and safety, contrasting it with improper use on carpeting or soft floors.

PACKAGE CONTENTS

Verify that all items are present in your package:

- Sperax Walking Treadmill Pad (Model RM-01)

- Remote Control (requires 2 AAA batteries, not included)

- Power Cord

- L-Shaped Wrench

- Lubricant Oil

- User Manual

Image: A clear display of all accessories included with the Sperax Walking Treadmill Pad: remote control, user manual, power cord, L-shaped wrench, and lubricant.

SETUP

The Sperax Walking Treadmill Pad requires no assembly. Follow these steps for initial setup:

1. **Unpack:** Carefully remove the treadmill and all accessories from the packaging.

2. **Placement:** Place the treadmill on a hard, level surface. Avoid carpets or soft flooring to ensure proper heat dissipation and stability.

3. **Power Connection:** Plug the power cord into the treadmill's power port and then into a standard wall outlet.

4. **Remote Control Setup:** Insert 2 AAA batteries (not included) into the remote control. The remote is pre-paired with the treadmill.

5. **Initial Check:** Turn on the main power switch located on the treadmill. The LED display should illuminate.

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Video: A detailed look at unboxing and initial setup of the Sperax Walking Treadmill Pad, including connecting the power cord and preparing the remote control.

OPERATING INSTRUCTIONS

Remote Control Operation

The remote control allows for easy adjustment of speed and mode during your workout.

- **Power On/Off:** Use the main power switch on the treadmill. The remote's power button will turn off the treadmill and reset all data.

- **Start/Pause (Play/Pause Button):** Press this button to start the treadmill. It will initiate a 3-second countdown before starting at the minimum speed. Press again to pause your workout, retaining your current time and distance.

- **Speed Adjustment (+/- Buttons):** Use the '+' button to increase speed and the '-' button to decrease speed. Adjust in small increments for safety.

- **Mode Selection (M Button):** Press the 'M' button to cycle through displayed metrics: Time, Distance,

Calories, and Speed.

- **Vibration Mode Activation (Bottom Button):** Press the dedicated vibration button to activate the vibration function.

Image: The wireless remote control for the Sperax Walking Treadmill Pad, showing buttons for speed adjustment, mode selection, and power, alongside the LED display indicating real-time workout data.

Walking/Running Mode

The treadmill offers a speed range from 0.2 MPH to 3.8 MPH, suitable for walking and light jogging.

1. Step onto the treadmill belt.
2. Press the Play/Pause button on the remote. The treadmill will count down from 3 and begin moving.
3. Adjust your desired speed using the '+' or '-' buttons.
4. To pause your workout, press the Play/Pause button. To resume, press it again.
5. To end your workout and reset all data, press the Power button on the remote.

Vibration Mode

The integrated vibration function offers 4 adjustable levels to enhance muscle activation and calorie burning.

1. Stand on the treadmill, ensuring your feet are within the designated vibration massage zone (between the two red lines).
2. Press the dedicated vibration button on the remote to activate the vibration mode.
3. Cycle through the 4 vibration levels by pressing the vibration button repeatedly.
4. The vibration mode operates on an automatic 5-minute timer. After 5 minutes, it will automatically shut off.
5. Allow the treadmill to cool for at least 10 minutes before using the vibration mode again.

Image: An illustration detailing the four adjustable vibration modes: Light Vibration, Strong Vibration, Light Superposition, and Strong Superposition, each designed for different fitness benefits.

APP Control

Enhance your workout experience by connecting your Sperax Walking Treadmill Pad to the exclusive fitness APP.

- **Download:** Search for the 'Sperax Smart Fitness Center' APP on the App Store (iOS) or Google Play Store (Android).
- **Connect:** Follow the in-app instructions to pair your device via Bluetooth.
- **Features:** The APP provides access to unlimited original on-demand and streaming training videos led by global professionals, allowing you to track your progress, set goals, and explore various workout programs.

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Video: A demonstration of the Sperax Walking Treadmill Pad's features, highlighting its compact design, quiet operation, and the integration with the mobile application for tracking and personalized workouts.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Lubrication:** Apply the provided lubricant oil to the running belt periodically as instructed in the user manual to ensure smooth operation and reduce friction.
- **Belt Adjustment:** If the running belt drifts to one side, use the included L-shaped wrench to adjust it according to the instructions in the user manual. This ensures the belt remains centered and prevents wear.
- **Cleaning:** Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners.
- **Storage:** The treadmill is lightweight (22 lbs) and portable. It can be easily stored under a desk or bed (folded size: 19.5 x 21 x 3.5 inches).

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Video: A user review highlighting the portability and ease of storage of the Sperax Walking Treadmill Pad, demonstrating how it can be moved and stored conveniently in various home environments.

TROUBLESHOOTING

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

- **Treadmill Not Starting:** Ensure the power cord is securely plugged into both the treadmill and a working wall outlet. Check the main power switch on the treadmill is in the 'On' position.
- **Belt Drifting/Noise:** The running belt may require adjustment or lubrication. Use the provided Allen wrench to center the belt and apply lubricant as per the maintenance instructions.
- **E-7 Surge Protection Error:** This error may indicate an issue with the motor belt. Check the small belt by the motor to ensure it is properly seated on its wheel. Unplug the unit, manually adjust the belt, and then restart.
- **Remote Control Not Responding:** Ensure batteries are correctly inserted and have sufficient charge. The remote is pre-paired, but re-pairing instructions can be found in the full user manual if needed.
- **Vibration Mode Not Activating:** Ensure the treadmill has cooled for 10 minutes if it was recently used in vibration mode.

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

SPECIFICATIONS

Brand	Sperax
Model Name	Walking Vibration Pad (RM-01)
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

Motor	400W Low Noise Servo Motor (2.5 Horsepower)
Material	Acrylonitrile Butadiene Styrene (ABS), Metal Frame
Display Type	LED
Special Feature	Portable
Connectivity Technology	Power Cord, APP
Assembly Required	No

Image: The Sperax Walking Treadmill Pad showcasing its 5-layer running belt for durability and shock absorption, an LED display for tracking metrics, and emphasizing its quiet operation.

WARRANTY & SUPPORT

Sperax is committed to 100% customer satisfaction. If you have any questions or require assistance with your Walking Treadmill Pad, please contact the seller directly via email for a satisfactory solution.

- **Customer Service:** For any product-related inquiries, technical support, or warranty claims, please reach out to Sperax customer support.

- **Optional Protection Plans:** Additional protection plans, such as a 2-Year Protection Plan or Complete Protect, may be available for purchase separately. Refer to your retailer for details.