

Contents [[hide](#)]

- [1 Sperax RM-02 Walking Vibration Pad](#)
- [2 Specifications](#)
- [3 Product & Accessories](#)
- [4 LED Display](#)
- [5 Remote Controller](#)
- [6 How to Use](#)
- [7 Safety Guidelines](#)
- [8 Maintenance and Care](#)
- [9 Troubleshooting](#)
- [10 APP User Manual](#)
- [11 FCC Compliance Statement](#)
- [12 Frequently Asked Questions](#)
- [13 Documents / Resources](#)
 - [13.1 References](#)

Sperax

Sperax RM-02 Walking Vibration Pad



Warning

Do not touch electrical components with wet hands or feet: Ensure your hands and feet are dry before operating the device. Avoid touching switches, power plugs, or outlets to prevent the risk of electric shock.

- Ensure proper grounding: Before use, plug the device into a grounded outlet that meets safety standards for safe operation.
- Stop if you feel unwell: If you experience dizziness, difficulty breathing, or any other discomfort, stop using the device immediately and seek medical attention.
- Avoid contact with moving parts: Keep clothing, hair, hands, and feet away from moving parts to prevent injury or accidents.

Danger

Do not use if the device is damaged: If you notice any signs of damage to the power cord, plug, or outlet, stop using the device immediately to prevent electric shock or accidental injury.

Disconnect power after use: Always unplug the device after each use to avoid potential safety hazards from prolonged power supply.

Welcome

Thank you for choosing the RM-02 Walking Vibration Pad.

This device perfectly combines walking exercise with vibration functionality, allowing you to enjoy professional-grade walking workouts at home. After your workout, the soothing vibration helps relieve muscle fatigue, providing a comfortable recovery experience,

Specifications

- Product Name Walking Vibration Pad
- Model RM-02
- Product Size 1125*573*95mm
- Running Area 420*1050mm
- Speed 0.2~3.8 mph(0.3~6km/h)
- Vibration Modes 4 Modes
- Suitable Age 8 60 years old

Incline Mechanism 2 Levels, Manual Adjustment

- Maximum Incline 10%
- Walking Vibration Pad
- G.W. 38 lbs (17 kg)
- N.W. 31 lbs (14 kg)
- Standard Bearing Capacity 265 lbs (120 kg)
- Ultimate Bearing Capacity 350 lbs {150 kg}
- Power 400W
- Peak Power 1000W
- Voltage 120V
- Frequency 60 Hz

It is not recommended to use over standard bearing capacity.

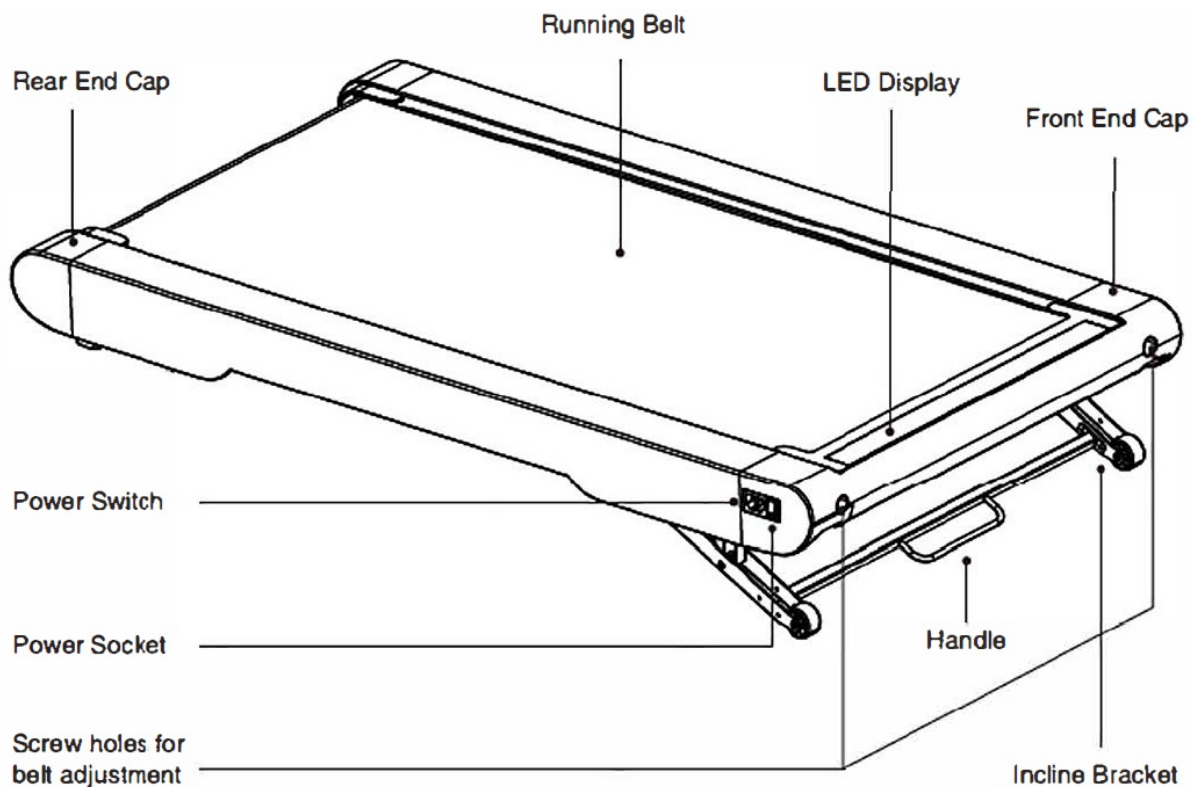
Dear User,

Thank you once again for choosing our treadmill! We use a spliced design for the running belt to ensure greater durability and ease of maintenance, Due to the characteristics of materials from different batches, there may be striped color differences at the splice. This is a normal phenomenon and does not affect the product's performance.

Rest assured that all running belts are made from new materials and undergo strict quality inspections. We are committed to providing you with high quality products and services. If you have any questions or need support, please feel free to contact us.

Product & Accessories

Product



Accessories



User Manual



Power Cord



Wrench



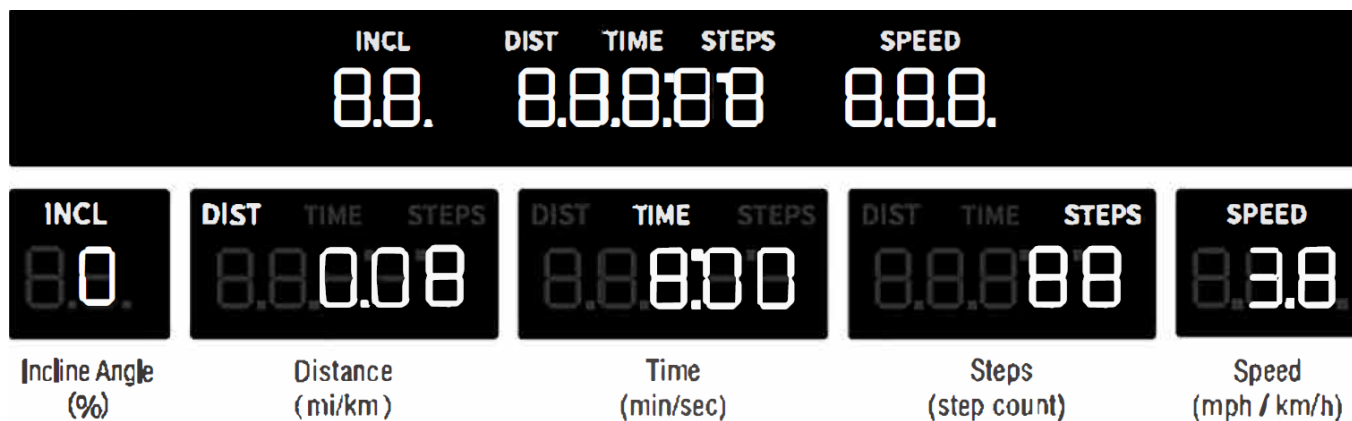
Remote Controller



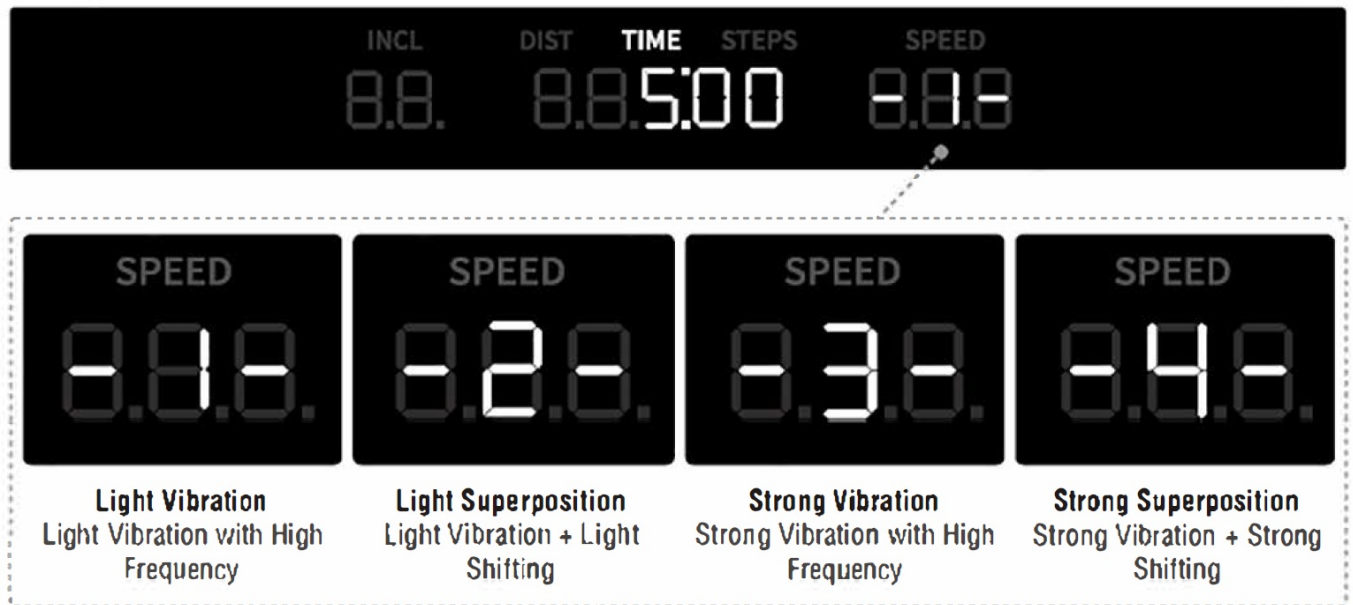
Lubricant

LED Display

Walking Mode



Vibration Mode

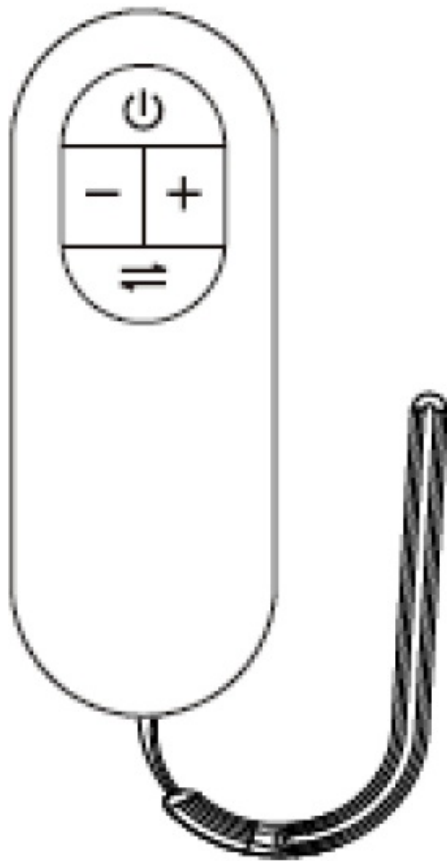


WARNING

1. The vibration will auto-stop after 5min, during which the mode is adjustable.
2. Let the device rest for at least 10 minutes before re-enabling the vibration mode. You can still use the walking mode while the device rests.

Remote Controller

Button Guide



Start/ Stop

Walking Mode

- – Slow Down
- + Speed Up

Vibration Massage Mode



Start | Mode Changing



Note:

AAA Battery'2 {Battery Not Included)

Pairing remote control

The existing remote control has been pre-paired. Follow below to re-pair with a new one if needed.

1. Power off the device,
2. Long press any button on the remote control and power on the device simultaneously.
3. When the screen shows “· 1 “, release the buttons to complete pairing. {The numbers correspond to the four key codes 1, 2, 3, 4 on the remote control.)



4. If pairing fails or an abnormal number appears, repeat the steps above. If the problem persists, please contact customer service for assistance.

How to Use

Walking Mode

Start

1. Plug in and power on the device, then wait for the auto-check to finish.
2. Press [⏻] on the controller to start.

Stop

Press [⏻], the walking pad will gradually decelerate to a stop. The workout data will automatically reset after 1 minute.

Speed Up

Press the [+] button to increase speed by 0.1 mph(0.1km/h) with each press. Hold the [+] button to rapidly increase speed up to 3.8 mph (6km/h).

Slow Down

Press the [-] button on the remote to decrease speed by 0.1 mph(0.1km/h) per press. Hold the [-] button to quickly reduce speed down to the minimum of 0.2 mph(0.3km/h).

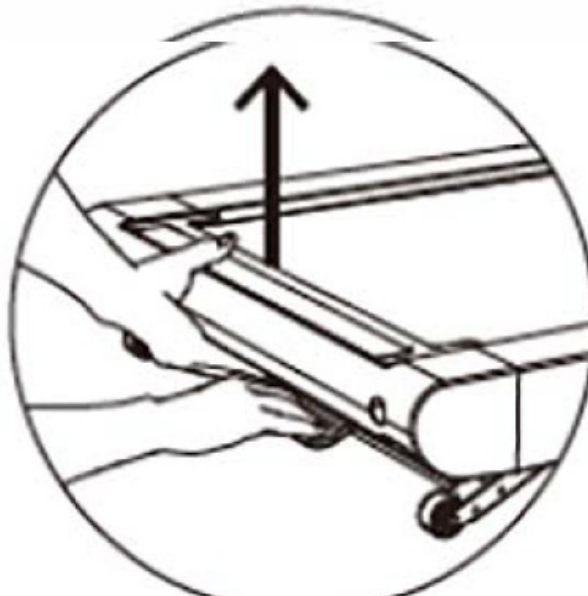
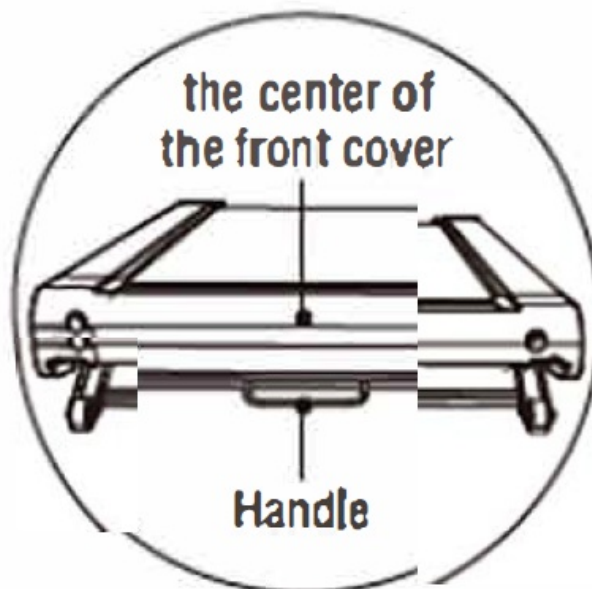
Manual Incline

Adjustment Guide

WARNING

1. Adjust the device only when it is completely stopped.
2. Use the handle to adjust the incline, keeping fingers away from the moving parts of the incline adjustment mechanism to prevent pinching injuries.

Caution: When adjusting the incline, lift gently to avoid lifting past the intended position, causing the incline support to reset.





5% incline

ode the center of the die, lower, and it upwards until you hear a “click,”

Panel: INCL [5].



10% incline

Keep holding on the handle, lift further until the second “click.”

Panel: INCL [10].



To reset

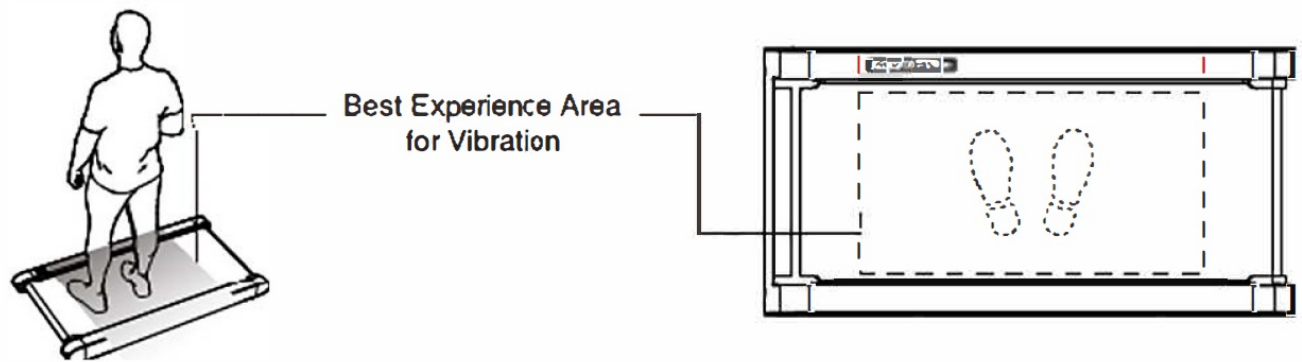
Hold on the handle, fully lift, then lower.

Panel: INCL [0].

Vibration Modes

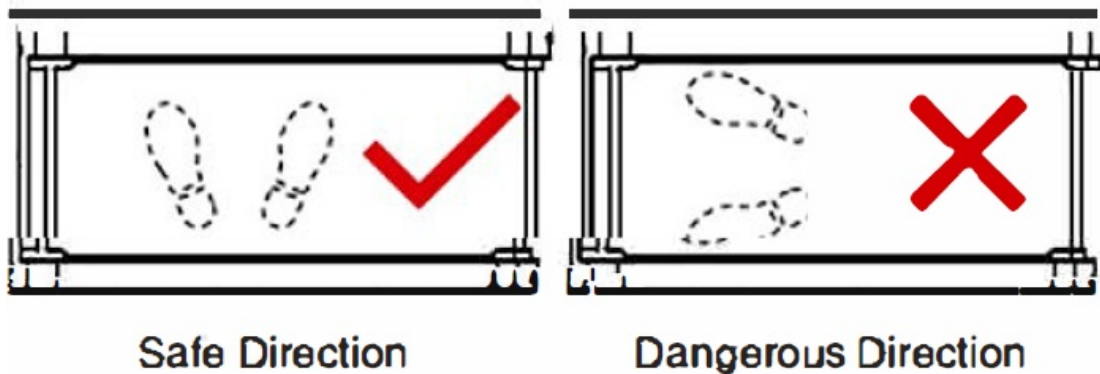
The treadmill incline **MUST** be at 0% before activating vibration mode.

1. Start the vibration: In standby mode, press [F] on the remote control,
2. Operating Time: 5 minutes per session, during which vibration modes can be switched freely.
3. Switch Vibration Modes: Press [F] to switch between the 4 modes.
4. Cooling Time: Ensure the device rests for at least 10 minutes before using the vibration mode again.
5. Best Experience Area: Please stand within the designated area for the best vibration experience.



WARNING

1. Before starting the vibration mode, please ensure you hold a handrail or nearby support to maintain balance.
2. Stand naturally in the safe direction as below before starting the vibration mode.



Safety Guidelines

Safety Placement and Environmental Requirements

- **Flat Surface:** Place the device on a flat, stable surface to prevent tipping or movement during use.
- **Clear Space:** Ensure there is at least 50 cm around the device for safe access and operation, avoiding any obstructions that could lead to accidents.

Motion area

A vacant place >0.6m

- **Suitable Environment:** Ensure the environment is well-ventilated and away from areas that are damp, excessively hot, dusty, or contain flammable materials.
- **Personal Preparation and Precautions**

- **Wear Appropriate Attire:** Wearing non-slip shoes and comfortable clothing can help prevent falls and ensure comfort during exercise.
- **Consult a Doctor:** Before starting any exercise regimen, it's important to consult with a healthcare professional to ensure that the activity is suitable for your health condition.
- **Gradual Progression:** Start at a low speed and gradually increase the speed or duration to avoid overexertion.
- **Maintain Balance:** Especially for treadmills without handrails, always pay attention to maintaining body balance, use core strength to stabilize your body, and avoid sudden changes in speed or direction that could lead to falls.
- **Operational Standards**
- **Proper Use:** Understand and follow the correct usage of the device to avoid injuries. This includes setting the appropriate speed.
- **Proper Start and Stop:** Follow the instructions to start and stop the walking pad correctly, avoiding sudden acceleration or deceleration. When stopping, gradually slow down to a halt to prevent sudden stops that may cause instability.
- **Keep Fingers Away from End Covers and Rollers:** Never insert fingers into these areas while using the device to prevent pinching injuries or other dangers.
- **Never Stand on End Covers or Rollers:** Under no circumstances should body weight be applied to these parts to avoid damage to the equipment or safety hazards.
- **Wear Athletic Shoes During Training:** For your safety, always wear appropriate athletic footwear while using the equipment to ensure better support and protection.
- **Weight Limit:** The maximum weight capacity of this equipment is 265 lbs(120 kg). Users exceeding this weight are advised not to use the equipment to avoid compromising its performance or causing potential hazards.
- **Health Monitoring and Response**
- **Monitor Health:** Keep track of any changes in your health status or symptoms that may indicate the need to adjust or stop the exercise.
- **Rest:** Ensure adequate rest and recovery time, especially if you have health conditions that may affect your ability to recover from physical activity.
- **Cleaning and Maintenance**
- **Regular Cleaning:** Wipe the surface and walking belt with a soft, damp cloth or a special cleaning agent. Avoid using corrosive cleaning agents or directly washing the equipment with water. Always ensure the power is disconnected before cleaning to prevent electric shock.

- **Inspection and Maintenance:** Regularly check whether the screws, belts, motor, and other parts of the device are loose or worn out. Repair or replace any faulty parts promptly. Additionally, keep the surrounding environment of the device clean to ensure safe operation.
- **Special Population Precautions**
Pregnant Women, Postoperative Patients, and Individuals with Special Medical Conditions: Please consult with a doctor or healthcare professional before using the device to ensure the safety of your exercise.
- **Children and Pets:** Ensure that children use the device under adult supervision, and keep pets away to prevent accidents.
- By following these safety guidelines, you will be able to use the device more safely and effectively.

Maintenance and Care

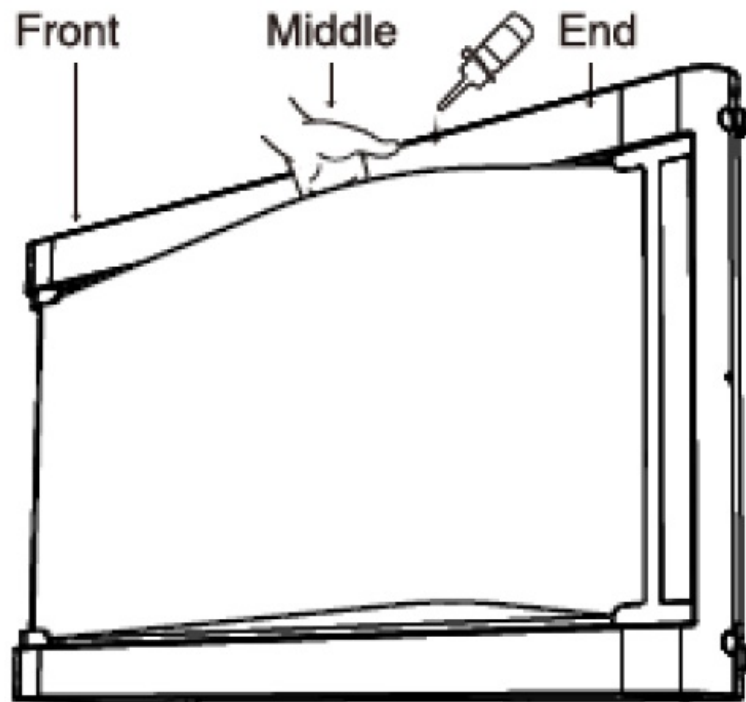
Cleaning

- **Apply Mild Cleaner:** Use a mild cleaner applied to a cotton cloth. Do not spray directly on the running belt or use acidic cleaners.
- **Surface Cleaning:** Clean the device's surface only. Do not clean under the running belt.
- **Stain Removal:** Stains usually accumulate at the tail end. Simply wipe this area clean.

Lubrication

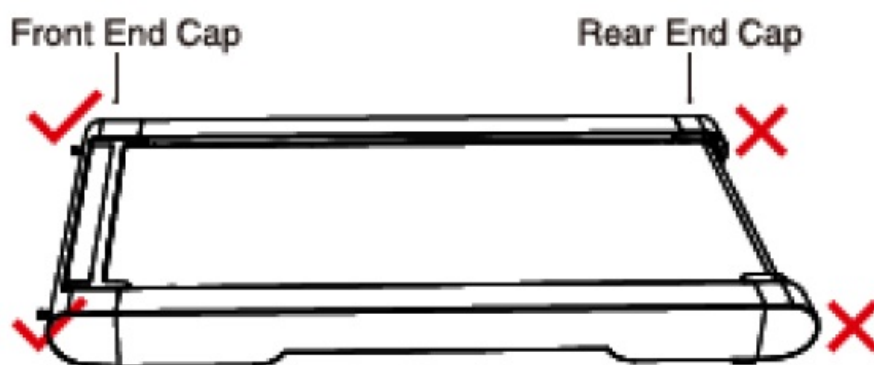
Using Time / Lubrication Frequency

< 3 hr/vteek	3-5 hr/week	> 5 hr/week
Every 6 months	Every 3 months,	Every month



1. Power off & unplug.
2. Tilt the device to the side and gently lift the edge of the belt.
3. Apply about 2ml of lubricant evenly to the front, middle, and back of the belt, letting it flow to the other side.
4. Flip to the other side & repeat the above process before laying down the device.
5. Walk around on the device for 1-2 min at speed 1 mph (2km/h) for full absorption.

Running Belt Adjustment



WARNING

1. Only adjust the hexagonal screws on the rear end cap to correct the belt; do not touch the screws on the front end cap-
2. Over-tightening the running belt may damage the motor and cause abnormal

operation.

3. Make sure to run the device for 1-2 minutes to verify the effect and adjust again if needed.

Set the speed at 2 mph(3km/h)

- **If drift to the left**

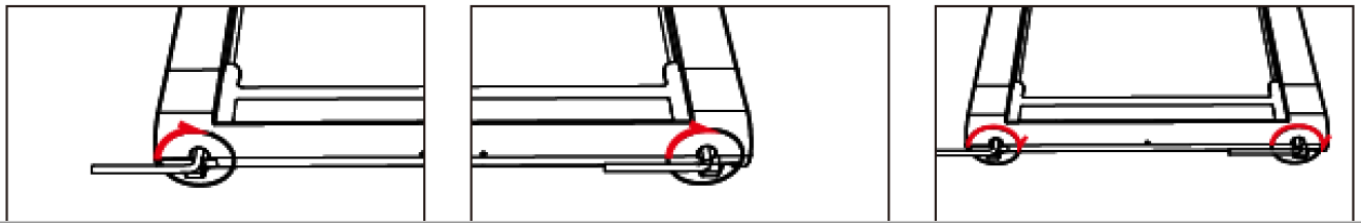
At the left end turn the screw clockwise by 1/4 turn at a time.

- **If drift to the right**

At the right end, turn the screw clockwise i by 1/4 turn at a time.

- **If loose belt**

Screw both ends clockwise by 1 /2 turn at a time.



Troubleshooting

Cod e	Meaning	Solution	Possible Spare Parts Needed
E01	Phase-FailureProtection	Contact Customer Service	
E02	1PMOverheat	Standby Cooling	Check/ReplacetheConlroller Fan n Check/ReplacetheController
EOJ	Motor Overheat	Power Off to Cool Oown	Check theRunningBelt (to lubricate) Check/ReplacetheMotorFan Ch eck/ReplacetheMotor

E04	Auto-checkFailure		
E05	No Vibration		
E06	EncoderFailure	Contact Customer Service	
E07	Surge Protection		
E08	Overcurrent Protection		

APP User Manual

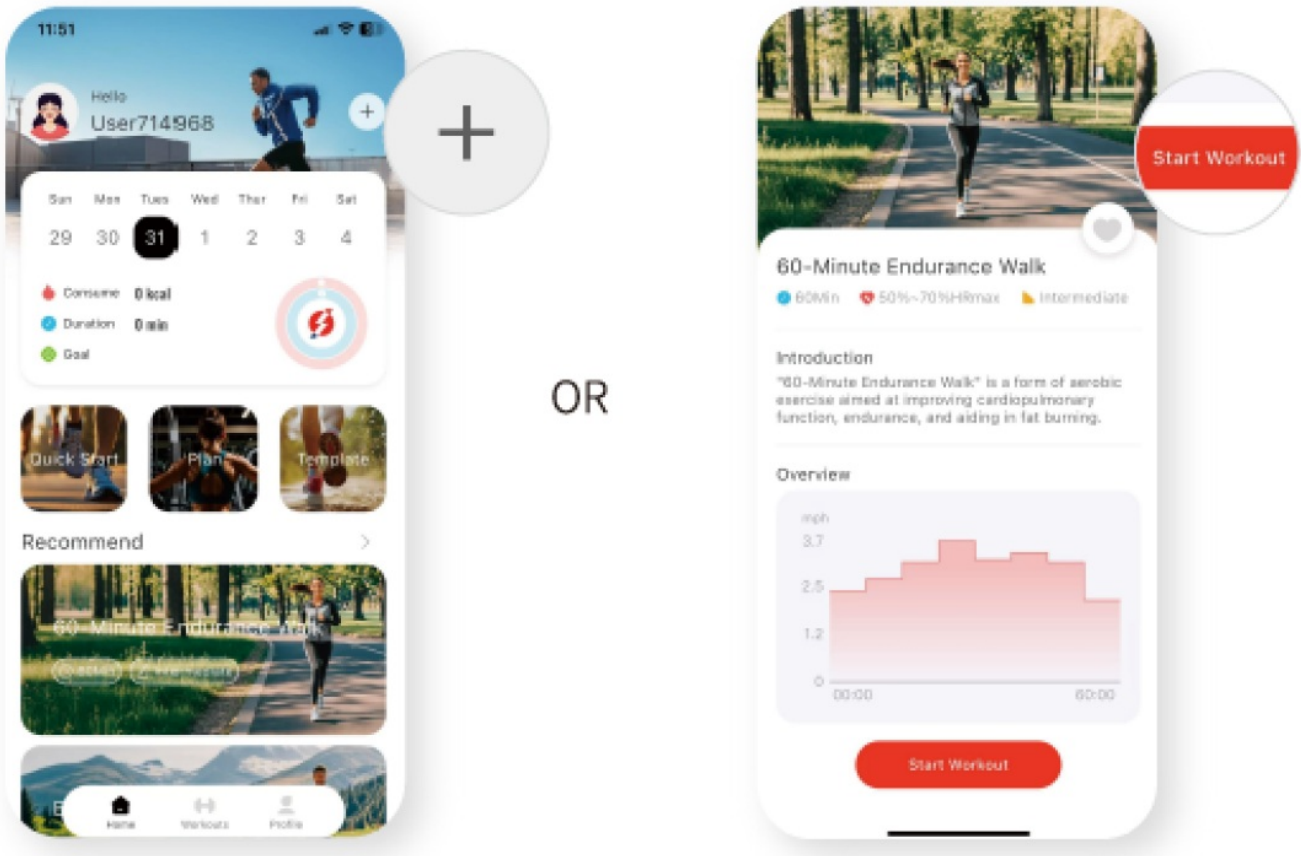


Scan The QR Code
Download **Sperax** APP



Connect the Device

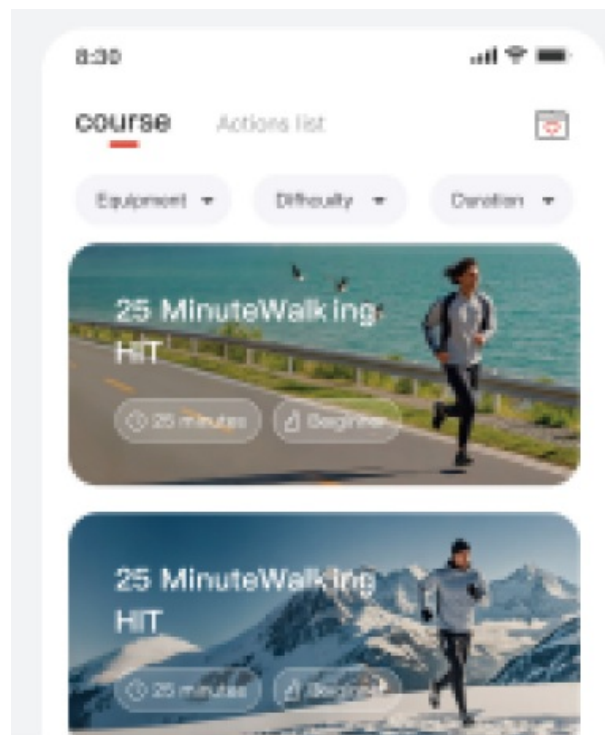
- Please make sure that the Bluetooth of the mobile phone/tablet is turned on.
- When using for the first time, click the 1 + J in the upper right corner of the Home J or enter the course and connect the device according to the interface prompts,



- After that, just step on the device and then click the sports mode or course of the APP to automatically connect,
- The device does not support multiple mobile phones connected at the same time. Please confirm that no other users are connected to the device before use.
- The device will be disconnected after 5-10 minutes of Inactivity.

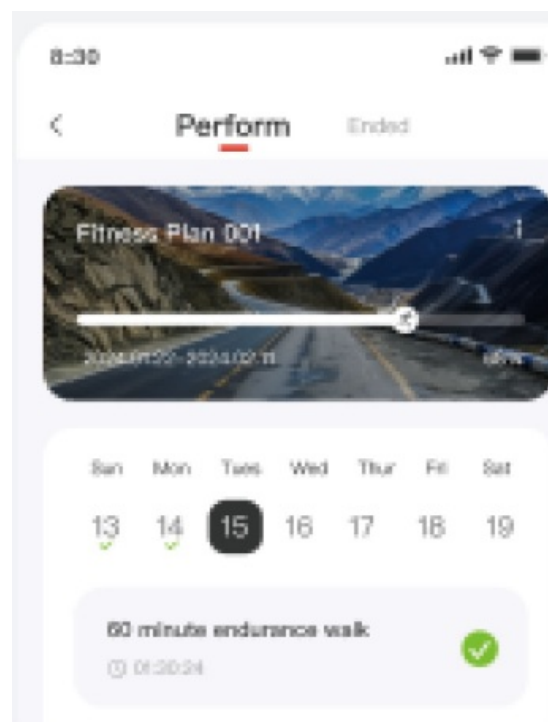
Multi-Courses

Whether it is self-weight training, yoga courses or endurance sports, find the most suitable project for you in our extensive course library,



Personalized Training Plan

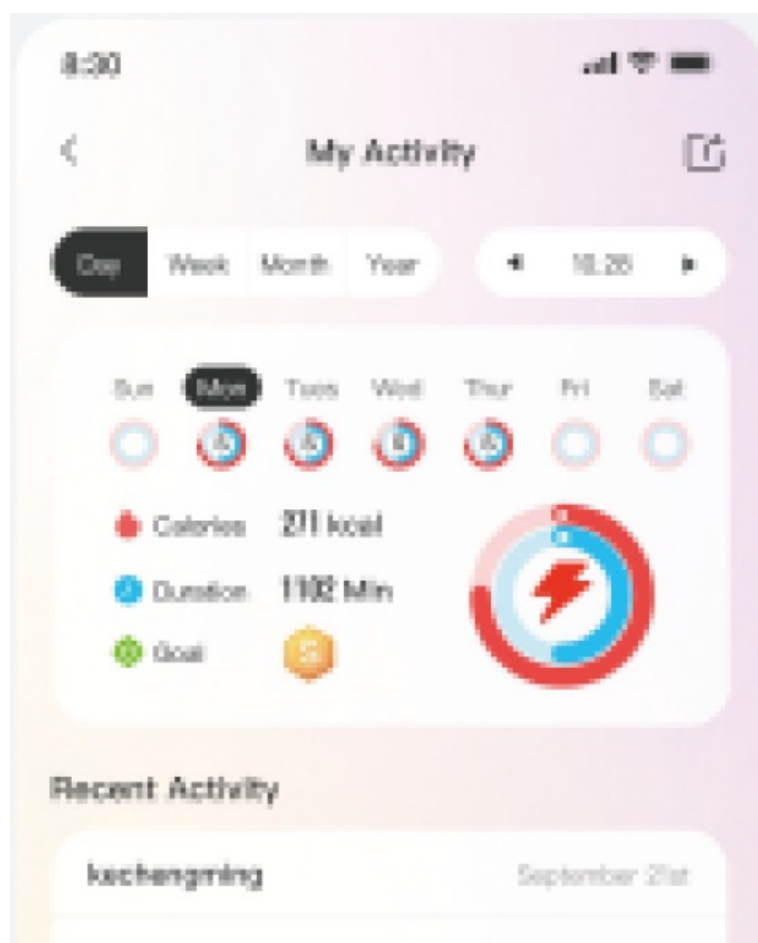
Based on the training purpose and physical data, tailor-made the training plan only belongs to you.





Deep Exercise Data

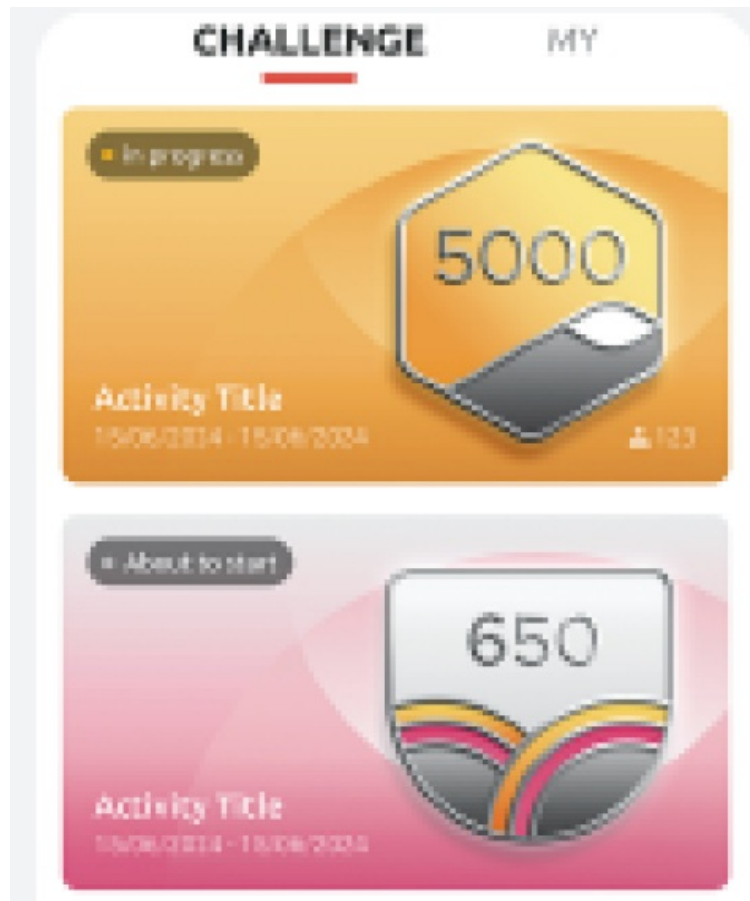
Accurately track each exercise data, and record exercise calorie consumption, power, mileage, speed, etc.



Challenge Events

Join the exciting challenge and compete with the vibrant community on the same stage,

so as to turn solo sports into exciting competitions.



Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC Compliance Statement

This device complies with Part 15 of the FCC Rules, Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference

to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

- CAUTION -To Reduce The Risk Of Injury From Moving Parts – Unplug Before Servicing.
- WARNING – To Reduce the Risk of Electric Shock – Unplug Before Cleaning or Servicing.
- RISK OF INJURY TO PERSONS – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
- WARNING – Risk of personal injury – Keep children under the age of 13 away from machine.

ISED RSS Warning:

This device complies with Innovation, Science and Economic Development Canada licence -exempt RSS standard (s).

ISED RF exposure statement:

This equipment complies with ISED radiation exposure limits set forth for an uncontrolled environment. The device has been evaluated to meet general RF exposure requirement.

Frequently Asked Questions

- **Q: What should I do if the device causes interference with my radio or television reception?**

A: If interference occurs, try turning the equipment off and on.

If the issue persists, follow the corrective measures outlined in the User Manual.


- **Q: Is there a weight limit for users of the Walking Vibration Pad?**

A: Yes, the standard bearing capacity is 265 lbs (120 kg), and the ultimate bearing capacity is 350 lbs (150 kg). Do not exceed these limits to ensure safe usage.

- **Q: How many vibration modes are available on the device?**

A: The Walking Vibration Pad offers four vibration modes for users to choose from during their workouts.

Documents / Resources

	Sperax RM-02 Walking Vibration Pad [pdf] User Manual 2BH4T-RM-S02, 2BH4TRMS02, RM-02 Walking Vibration Pad, RM-02, Walking Vibration Pad, Vibration Pad, Pad
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References

- [User Manual](#)

■ Sperax

◆ 2BH4T-RM-S02, 2BH4TRMS02, Pad, RM-02, RM-02 Walking Vibration Pad, Sperax, Vibration Pad, Walking Vibration Pad

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