IMPREMEY TM101

Impremey Folding Treadmill User Manual

Model: TM101 | Brand: IMPREMEY

Introduction Setup Operating Instructions Maintenance Troubleshooting Specifications Warranty & Support

1. Introduction

Welcome to the user manual for your new Impremey Folding Treadmill. This manual provides essential information for the safe and effective operation, setup, maintenance, and troubleshooting of your treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

The Impremey Folding Treadmill is designed for indoor use, offering a convenient way to perform walking, jogging, or running exercises in your home. It features a powerful 2.5HP motor, a spacious 42" x 16" running belt, 3 levels of manual incline, and 64 preset programs to help you achieve various fitness goals.



Figure 1: Impremey Folding Treadmill in its operational and folded states.

This image displays the Impremey Folding Treadmill, showcasing its compact design and how it appears both when in use and when folded for storage. The treadmill features a black frame with red accents and a user-friendly console.

2. Setup and Assembly

Your Impremey Folding Treadmill comes approximately 95% pre-assembled, significantly reducing setup time. Most users can complete the assembly process in under 15 minutes by following these steps:

1. **Unpacking:** Carefully remove all components from the packaging. It is recommended to have two people for this step due to the weight of the unit.
2. **Positioning:** Place the main frame of the treadmill on a flat, stable surface where you intend to use it. Ensure there is adequate space around the treadmill for safe operation.
3. **Unfolding:** Gently lower the running deck from its folded position. The hydraulic assist system will help in a smooth descent. Ensure the deck locks securely into place.
4. **Securing the Uprights:** Attach the console uprights to the main frame using the provided bolts and tools. Ensure all connections are tight and secure.
5. **Attaching the Console:** Mount the control console onto the uprights, connecting any necessary cables as indicated in the quick start guide.
6. **Final Checks:** Before plugging in, ensure all bolts are tightened, the running belt is centered, and the safety key slot is clear.



Figure 2: Treadmill dimensions and folded configuration.

This image illustrates the key dimensions of the Impremey Folding Treadmill in both its operational and folded states, highlighting its

compact design for space-saving storage. The strong base ensures stability during use.



Figure 3: Instructions for folding and moving the treadmill.

This image demonstrates the easy folding mechanism and the integrated transport wheels, allowing for convenient movement and storage of the treadmill. Users can gently lower the running deck and pull a knob to release it for folding.

3. Operating Instructions

Familiarize yourself with the control panel and features before beginning your workout.

3.1 Control Panel Overview



Figure 4: Treadmill control panel and display.

This image provides a top-down view of the treadmill's control panel, highlighting the large LED screen that displays speed, calorie, distance, pulse, and time. It also shows the integrated device holder and heart rate sensors on the handlebars.

- **LED Screen:** Displays time, distance, speed, calories burned, and heart rate.
- **Speed Control:** Adjust speed from 0.6 MPH to 7.5 MPH (1-12 KM/H).
- **Program Selection:** Choose from 64 preset programs across 8 modes, each with 8 intensity levels.
- **Heart Rate Monitor:** Integrated pulse sensors on the handlebars provide real-time heart rate data.
- **Device Holder:** Convenient slot for your phone, tablet, or Kindle.
- **Emergency Stop Clip:** Attach this clip to your clothing for immediate treadmill shutdown in case of an emergency.

3.2 Manual Incline Adjustment

The treadmill features 3 levels of manual incline to increase the intensity of your workout. To adjust the incline:

1. Ensure the treadmill is stopped and unplugged for safety.

2. Locate the incline adjustment pins at the rear of the treadmill deck.
3. Lift the rear of the treadmill deck slightly and adjust the pins to the desired incline level (Degree 1, 2, or 3).
4. Ensure both sides are set to the same incline level and are securely locked before use.



Figure 5: Manual incline adjustment points.

This image highlights the three manual incline levels available on the treadmill, which allow users to increase workout resistance. The incline mechanism is located at the rear of the running deck.

3.3 Running Belt and Motor

The treadmill is equipped with a 42" x 16" running belt and a quiet 2.5HP motor, providing a smooth and consistent workout experience.



Figure 6: Running belt dimensions and motor power.

This image visually represents the dimensions of the treadmill's running belt (42" x 16") and emphasizes the 2.5HP motor, capable of speeds from 0.6 to 7.5 mph, ensuring a comfortable and effective workout.

3.4 Product Overview Video

Your browser does not support the video tag.

Video 1: Impremey Treadmill TM101 Overview.

This official product video from IMPREMEY provides a comprehensive overview of the TM101 treadmill, showcasing its features, design, and ease of use. It highlights key aspects such as the folding mechanism, control panel, and overall functionality.

4. Maintenance

Regular maintenance ensures the longevity and optimal performance of your treadmill. Always unplug the treadmill before performing any maintenance.

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid using

abrasive cleaners.

- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Refer to the specific instructions in your quick start guide for the recommended lubrication schedule and procedure.
- **Belt Adjustment:** Over time, the running belt may become misaligned or loose. Instructions for centering and tensioning the belt are provided in the quick start guide to ensure smooth operation.
- **Motor Cover Cleaning:** Periodically remove the motor cover and vacuum any dust or debris that may have accumulated around the motor and electronics.

5. Troubleshooting

This section addresses common issues you might encounter with your treadmill. For problems not listed here, please contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on / Error Code 1	Power supply issue, loose connection, or faulty power board.	• Ensure the power cord is securely plugged into a working outlet and the treadmill. • Check the circuit breaker. • Verify all internal connections are secure (refer to assembly instructions). • If Error Code 1 persists, the power board may be faulty. Contact customer support for assistance.
Running belt slips or hesitates	Belt too loose or insufficient lubrication.	• Lubricate the running belt as per maintenance instructions. • Adjust belt tension (refer to quick start guide for detailed steps).
Unusual noise during operation	Loose parts, motor issue, or belt friction.	• Check all bolts and screws for tightness. • Ensure the treadmill is on a level surface. • Lubricate the running belt. If noise persists, contact customer support.

6. Specifications

Feature	Detail
Brand	IMPREMEY
Model	TM101
Product Dimensions (L x W x H)	53.5" x 26.7" x 44.8"
Folded Size (L x W x H)	46.46" x 26.77" x 47.24"
Item Weight	39 Kilograms (approx. 86 lbs)
Material	Alloy Steel, Plastic
Motor Horsepower	2.5 HP

Feature	Detail
Speed Range	0.6 - 7.5 MPH (1 - 12 KM/H)
Incline Levels	3 Manual Levels
Running Belt Dimensions	42" L x 16" W
Maximum Weight Recommendation	265 Pounds
Number of Programs	64 Preset Programs
Display Type	LED
Metrics Measured	Speed, Heart Rate, Calories Burned, Time, Distance
Power Source	Corded Electric
Assembly Required	Yes (95% pre-assembled)

7. Warranty and Support

IMPREMEY stands behind the quality of its products. Your Impremey Folding Treadmill comes with the following warranty:

- **Structural Frame:** 20-year warranty
- **Other Parts and Components:** 180 days warranty

For any issues, replacement, or refund requests, please contact IMPREMEY customer support. They are committed to providing timely assistance and solutions, including replacements or refunds without return if applicable.
You can typically find contact information for customer support on the last page of your physical manual or through the retailer's website where you purchased the product.

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