

## IMPREMEY TM105

# Impremey Folding Treadmill User Manual

Model: TM105

Brand: IMPREMEY

## 1. INTRODUCTION

Welcome to the Impremey Folding Treadmill user manual. This guide provides essential information for the safe and effective operation, setup, and maintenance of your new TM105 treadmill. Designed for home use, this treadmill features a powerful 3.5HP motor, 0-15% auto incline, a spacious 50" x 19" running area, and advanced Heart Rate Control (HRC) technology for optimized workouts.



Figure 1.1: Impremey TM105 Folding Treadmill in operation.

## 2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the treadmill. Failure to follow these instructions may result in injury or damage to the product.

- Always ensure the safety key is properly inserted before starting the treadmill.
- Keep children and pets away from the treadmill during operation.
- Maintain a clear area of at least 6 feet behind and 2 feet on each side of the treadmill.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.

- The maximum user weight capacity for this treadmill is 350 lbs.
- Always hold the handrails when starting or stopping the treadmill.

## 3. SETUP AND ASSEMBLY

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Your Impremey TM105 treadmill arrives approximately 80% pre-assembled. Follow these steps to complete the setup:

1. Carefully remove all components from the packaging.
2. Attach the uprights to the main base of the treadmill, securing them with the provided hardware.
3. Connect the console cables from the uprights to the main console unit. Ensure all connections are secure.
4. Mount the console onto the uprights and fasten it with the remaining screws.
5. Attach any protective covers or accessories as indicated in the quick start guide.

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Video 3.1: Step-by-step assembly guide for the Impremey TM105 Treadmill. This video demonstrates how to connect the main components and secure them for safe operation.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Basic Controls

The Impremey TM105 features an intuitive control panel for easy operation.

# ULTRA-LARGE SCREEN SHOW

## HRC Direct Access Key

HRC  
135BPM

HRC  
150BPM

HRC  
CARDIO

HRC  
WORKOUT



Figure 4.1: The treadmill's control panel, featuring an LED display, quick access keys for speed and incline, and workout program buttons.

- **START Button:** Press to begin your workout. The treadmill will start at a low speed and gradually increase.
- **STOP Button:** Press to immediately stop the treadmill.
- **Speed Adjustment:** Use the + and - buttons to adjust speed incrementally. Quick speed keys (e.g., 3 MPH, 6 MPH) are also available for direct selection.
- **Incline Adjustment:** Use the **INCLINE UP** and **DOWN** buttons to change the incline percentage. Quick incline keys (e.g., 3%, 6%) allow for rapid adjustments.

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Video 4.2: Demonstration of the Impremey TM105 electric treadmill in operation, showcasing its speed and incline adjustment capabilities during a user's workout.

## 4.2 Heart Rate Control (HRC) Training

The innovative ImpTech HRC workout system helps you achieve optimal results by maintaining your heart rate within a target zone. The treadmill intelligently adjusts speed automatically for an optimized HRC workout.

## HRC (Heart Rate Control)

The Key to achieve the best result is to maintain the proper HR. Run by HR



Easy Start



Smartly Help You Achieve Proper HR and Maintain it by Adjusting Speed Automatically

Figure 4.3: Visual representation of the HRC system, demonstrating how the treadmill adjusts speed to keep your heart rate within the desired range for effective training.

# Real-Time Monitoring Heart Rate Armband

- 1 Power on to Auto Bluetooth Connect
- 2 Professional Use in Sports
- 3 More Accurate HR



Figure 4.4: The included heart rate monitor armband, which connects via Bluetooth to provide real-time heart rate data for HRC workouts.

- **Heart Rate Monitor Armband:** Power on the armband; it will automatically connect to the treadmill via Bluetooth.
- **HRC Programs:** Use the dedicated HRC direct access keys (e.g., 150BPM, CARDIO, WORKOUT) on the console to select pre-set HRC programs.

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Video 4.5: This video demonstrates the Heart Rate Control (HRC) feature and auto-incline function of the Impremey treadmill, showing how it adapts to your workout needs.

## 4.3 Smart App Connectivity

Enhance your workout experience by connecting your treadmill to popular fitness applications via Bluetooth.



Figure 4.6: The treadmill console is designed to accommodate a tablet, allowing seamless integration with smart apps like Kinomap, Fitshow, and Zwift for interactive and engaging workouts.

Refer to your chosen app's instructions for specific connection procedures. The treadmill supports Bluetooth connectivity for apps such as Kinompa, Fitshow, and Zwift.

## 5. MAINTENANCE

Regular maintenance is crucial for the longevity and optimal performance of your treadmill.

- **Lubrication:** The treadmill features a convenient lubrication hole. Apply silicone lubricant to the running deck every 3 months or after 50 hours of use, whichever comes first.
- **Cleaning:** Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Do not use abrasive cleaners.
- **Running Belt Adjustment:** Periodically check the running belt for proper tension and alignment. Adjust if the belt slips or drifts to one side. Refer to the full manual for detailed adjustment instructions.



Figure 5.1: The quiet and powerful 3.5 HP brushless motor, designed for durability and smooth operation.

## 6. 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

Problem	Possible Cause	Solution
Treadmill does not start	Safety key not in place or power cord disconnected.	Ensure the safety key is properly inserted into the console. Check that the power cord is securely plugged into both the treadmill and a working outlet.
Running belt slips or hesitates	Running belt is too loose or requires lubrication.	Adjust the running belt tension. Apply silicone lubricant to the running deck as per maintenance instructions.
Unusual noise during operation	Loose components or motor issues.	Check all visible bolts and screws for tightness. If the noise persists, contact customer support.

## 7. PRODUCT SPECIFICATIONS

- **Brand:** IMPREMEY
- **Model:** TM105 (HRC Series Treadmill)
- **Motor:** 3.5 Horsepower (Peak)
- **Speed Range:** 0.6 - 11 Miles per Hour
- **Incline:** 0-15% Auto Electric Incline
- **Running Area:** 50" x 19" (Ultra Large)
- **Maximum User Weight:** 350 Pounds
- **Product Dimensions (Unfolded):** 68"D x 31"W x 55"H
- **Folded Size:** 69" L x 29" W x 13" H
- **Item Weight:** 145 Pounds
- **Special Features:** Heart Rate Monitor Armband, Heart Rate Control Workout, Lubrication hole, Bluetooth Connectivity, Heavy Duty construction.
- **Display Type:** LED
- **Number of Programs:** 69
- **Connectivity Technology:** Bluetooth

# ULTRA-LARGE DECK & 15% AUTO INCLINES



Speed: 0-11 mph



Weight Limit: 350 lbs



Running Belt: 50"x19"



Motor Incline: 0-15%



Motor Power: 3.5HP



Figure 7.1: Overview of the treadmill's ultra-large running deck and overall dimensions, highlighting its robust design and auto-incline capability.

# Foldable to Save Space

Safe Drop System



Figure 7.2: The treadmill's folding mechanism, illustrating its compact storage size and ease of movement.

## 8. WARRANTY AND SUPPORT

**Warranty:** Each Impremey TM105 treadmill includes a 20-year structural frame warranty and 360 days warranty for other parts and components. Replacement or refund options are available for quality issues.

**Return Policy:** A 30-day refund/replacement policy is available for this product.

For any questions, technical assistance, or warranty claims, please contact Impremey customer support through the retailer's platform or the official brand website.