



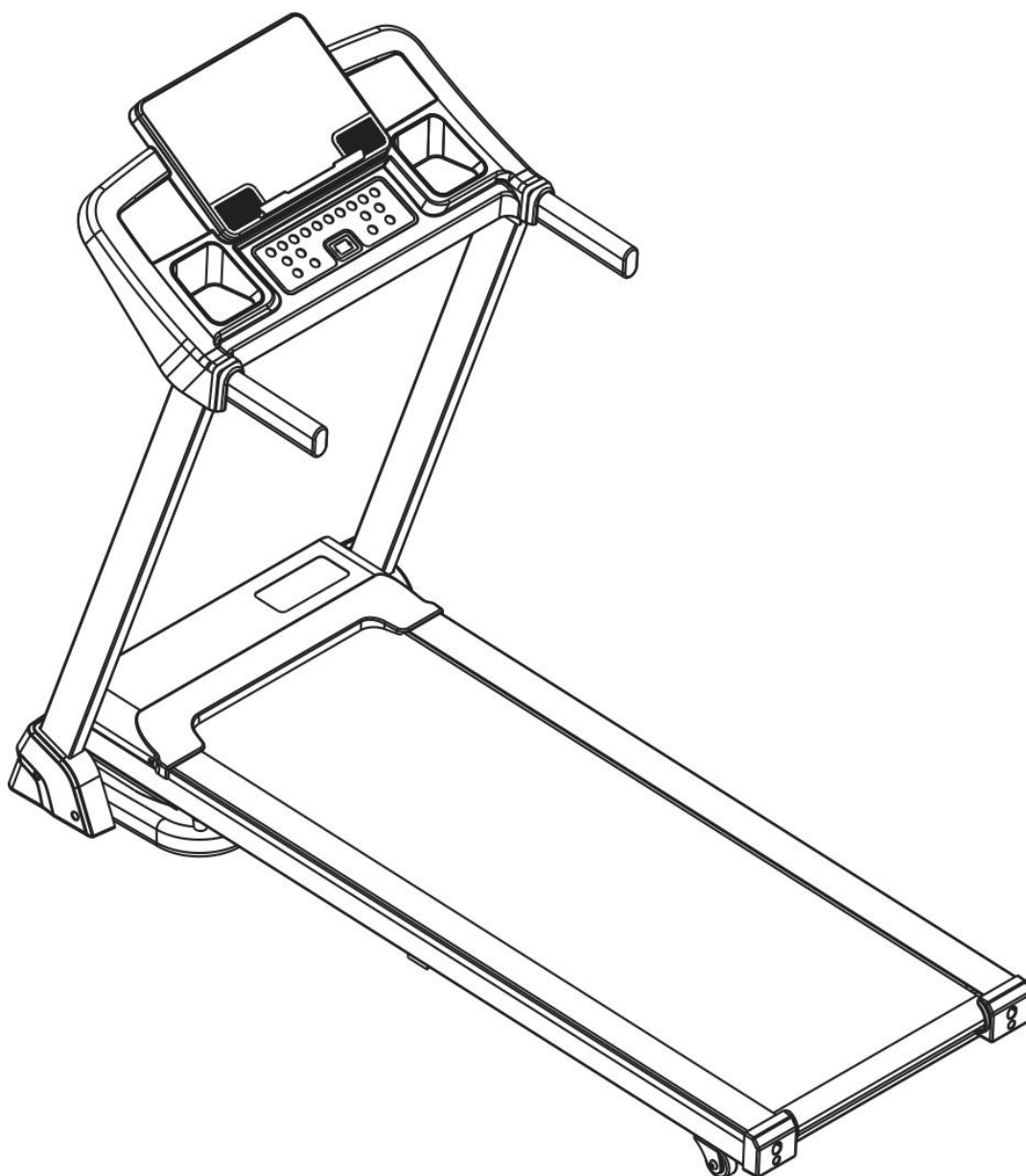
IMPREMEY

H O M E F I T N E S S



IMPREMEY
H O M E F I T N E S S

TM103 HRC TREADMILL OWNER'S MANUAL



EVEN IN LOW SPEED, THE HRC WORKOUT IS ONLY FOR JOGGING AND RUNNING, NOT FOR WALKING.

Customer service: info@impremey.com



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SAFETY CAUTION

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

Danger – To reduce the risk of electric shock:

1. Always unplug this product from the electrical outlet immediately after using and before cleaning.

Warning –Heart rate monitoring systems may be inaccurate for some individuals. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately

Warning – To reduce the risk of burns, fire, electric shock, or physical injury:

1. The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
2. Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
3. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any openings.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. If the treadmill is foldable, when user finishes using the treadmill, the elevation needs to be back to original position.
14. When user is using the treadmill, it cannot be folded at the same time.
15. Keep a safety zone of 2000mm x 1000mm away from the treadmill.
16. This machine is only intended for household use.
17. For the treadmill with folding function and electric elevation, be sure that the elevation is 0 before folding (To avoid interference of the components).
18. Stop using the treadmill if you feel faint, dizzy, or short of breath.
19. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.



SAFETY CAUTION

GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

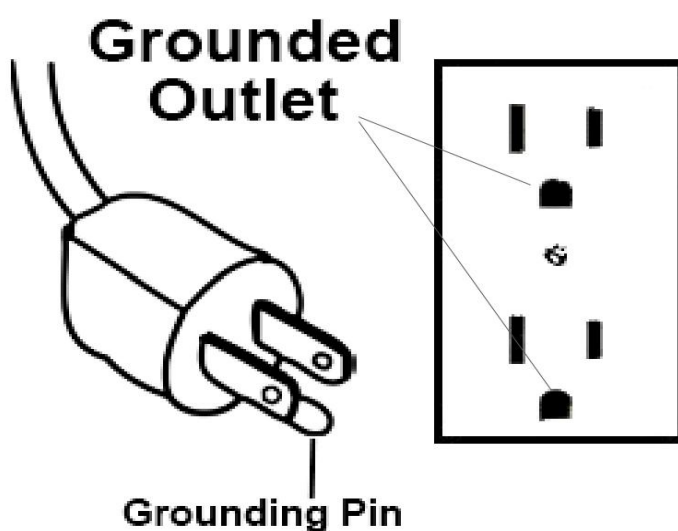
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products is for use on nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug.

There is no need to use any adapter for this product.

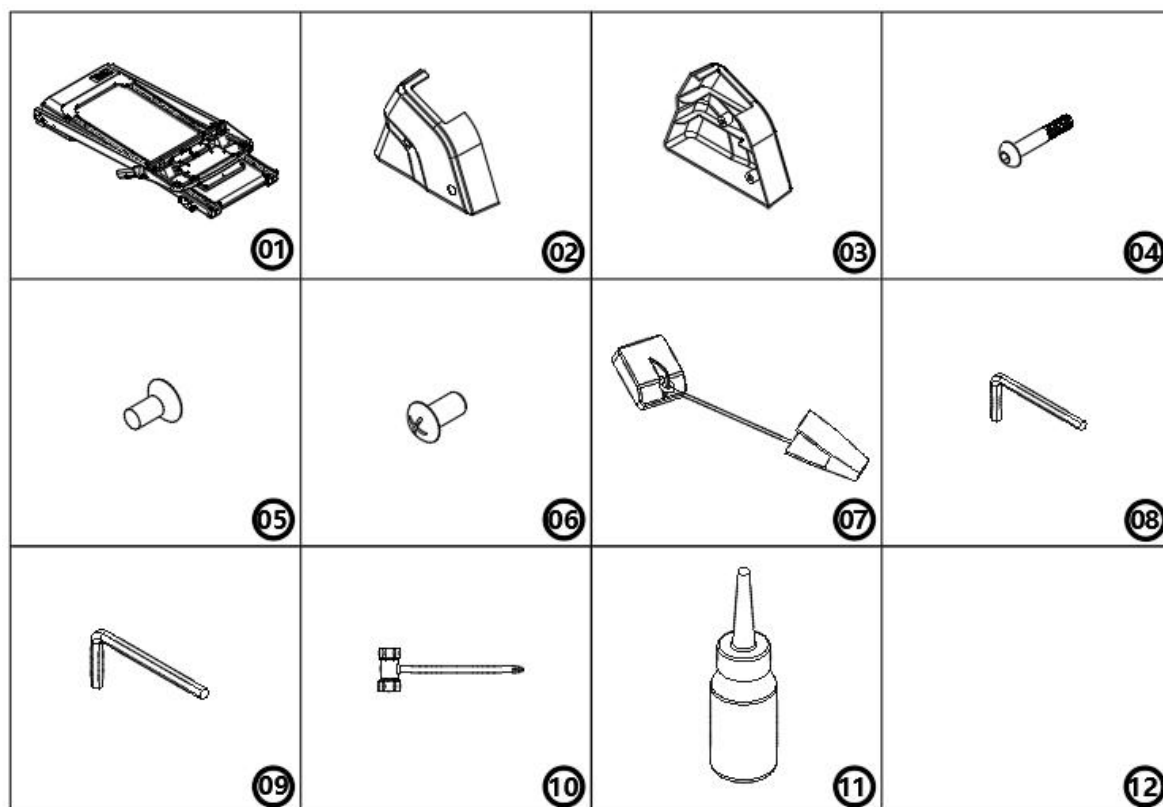
Figure
Grounding methods





ASSEMBLY INSTRUCTION

OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW



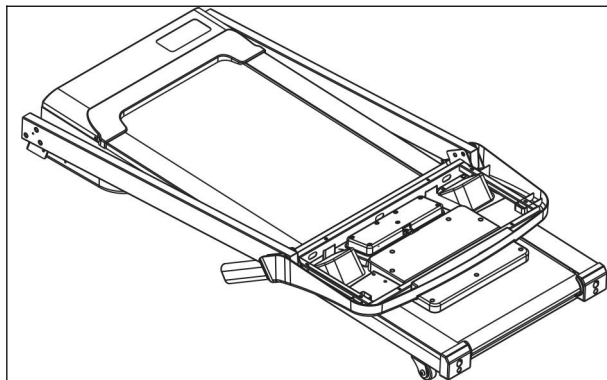
Part list

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	MAIN FRAME	1	7	SAFETY KEY	1
2	LEFT BASE COVER	1	8	WRENCH #5	1
3	RIGHT BASE COVER	1	9	WRENCH #6	1
4	BOLT M8*40MM	4	10	SCREW DRIVER	1
5	BOLT M8*15MM	2	11	LUBRICATION OIL	1
6	SCREW M5*12MM	4			



ASSEMBLY INSTRUCTION

STEP 1

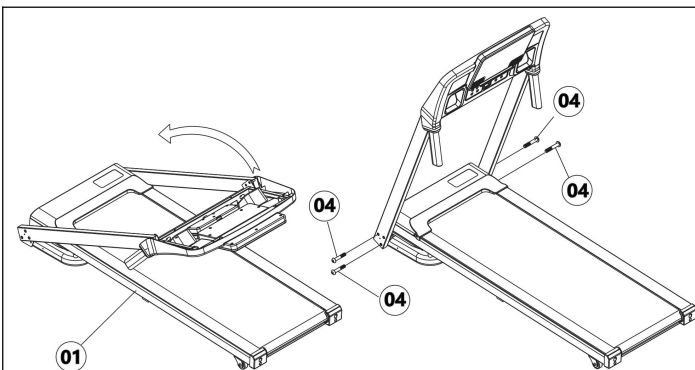


1. Please note that this treadmill need at least 2 people to finish assembly.
2. Open the carton box, and take out all the protection foam and assembly parts.
3. As the photo shows, take out the running deck from the box, lay it on the flat floor, and then cut the belt.

! DANGER!

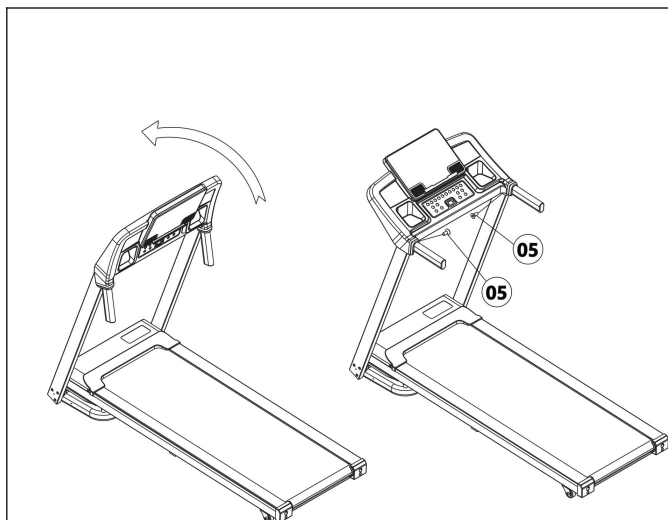
Do not cut the zip ties before moving the treadmill out from the carton!
Do not cut the zip ties until put the treadmill base on the flat floor!
Failure to do so could result in body injury!

STEP 2



1. Lift up the left upright.
2. Use the 5# wrench (08) to fasten the left upright to the left frame bracket with 2 half-round head bolt M8*40 (04)
3. Do the same for the right upright.

STEP 3

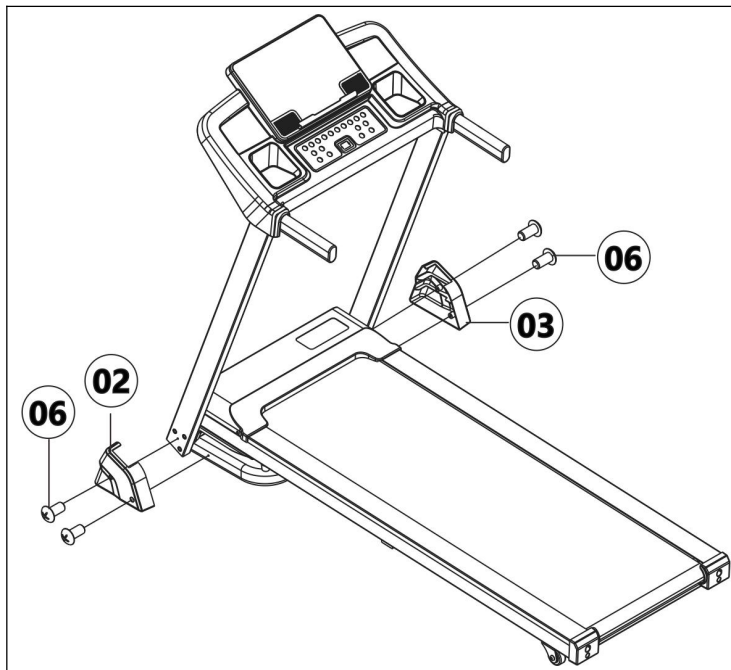


1. Turn the console by the direction as the arrow shows.
2. Use the #5 Wrench (08) to fasten the console brackets on the uprights with 2 tapping head bolts M8*15 (05) (Note: The multi-core signal cable on the console have to pass through the round hole on the right upright bracket.)



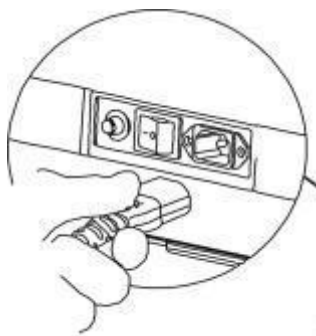
ASSEMBLY INSTRUCTION

STEP 4



Use the Screw Driver (10) to fasten the left base cover (02) to the left upright with 2 pcs M5x12 bolts (06) .
Do the same step on the right base cover(03).

STEP 5



For your safety and comfort, please check if all screws are fastened.

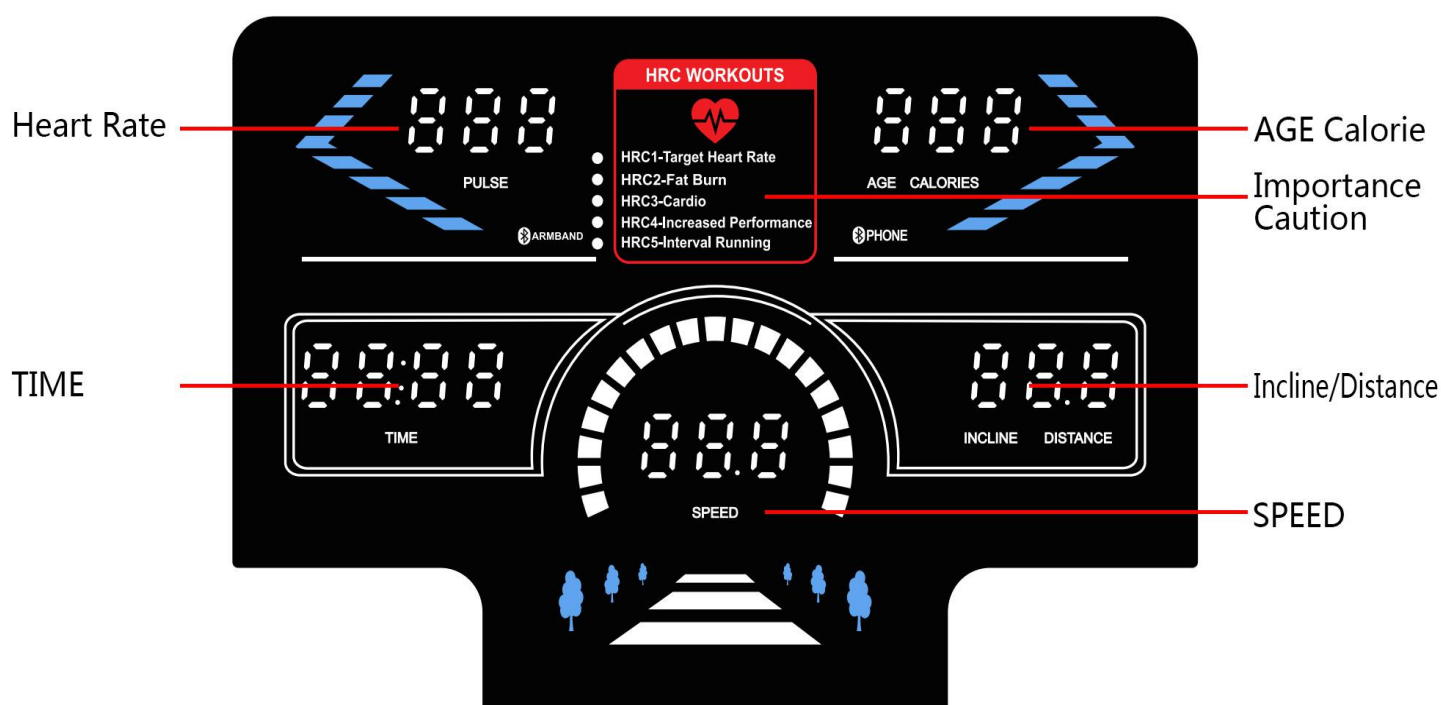
And then plug the power cord onto the power rack.



GENERAL SAFETY TIPS

- 1 A tethered safety device designed to attach to both the user and the treadmill console. Removal of the key from the console will stop belt motion to prevent injury in an emergency.
- 2 The safety key must be in place on the treadmill, and should be attached to the user's clothing. The treadmill will not operate if the safety key is not attached to the treadmill.
- 3 Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- 4 The Treadmill will start at 0.6BPH. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.
- 5 For safety, when the treadmill is running, it will stop automatically if user leaves from the running deck for over 2 minutes.

CONSOLE DISPLAY



TIME:Accumulates total workout time from 0:00 to 60:00 minutes.

HEART RATE:Allows the user to check their heart rate with wearing a Impremey heart rate monitor armband provided.

INCLINE:Displays the current deck incline from starting at level 1 to 15.

SPEED:Display the current belt speed from at 0.6mph to 11mph.

CALORIE:Accumulates calorie consumption during exercise, Max. 990 KCAL.

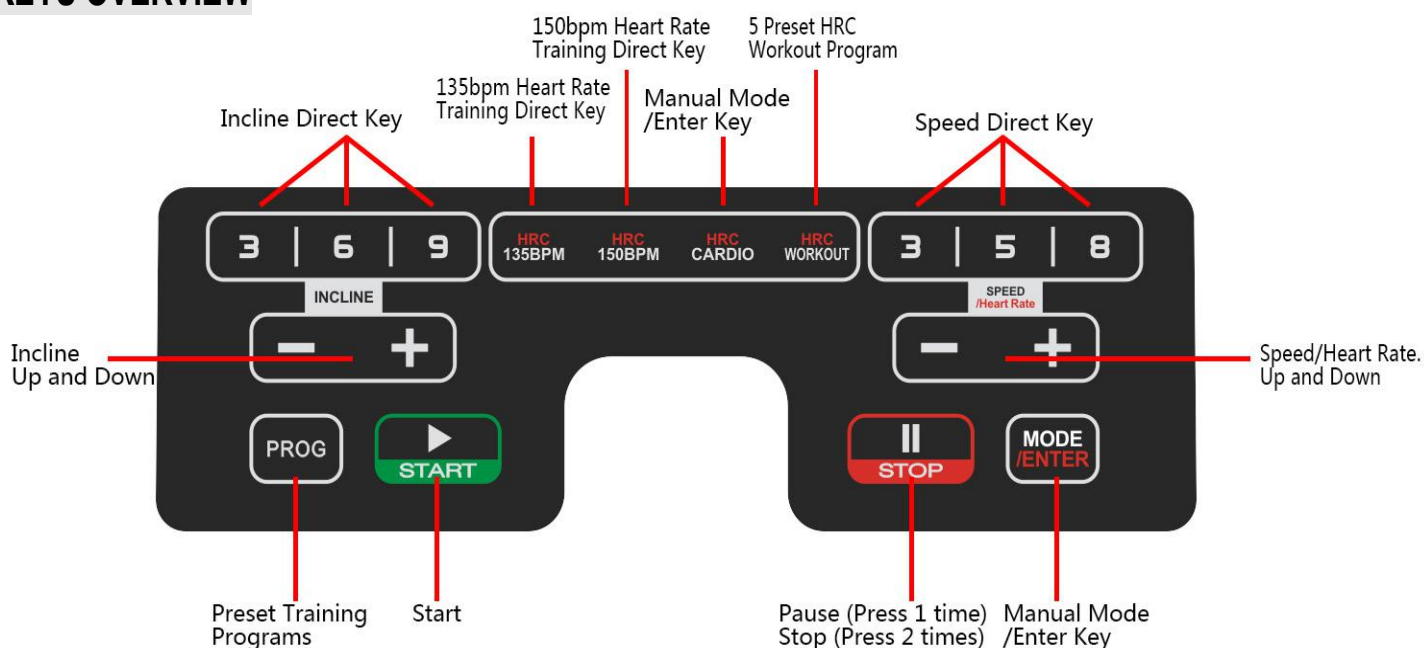
DISTANCE:Accumulates total workout distance from 0.1 to 99.0 miles by count-up. Accumulates total workout distance from 99.0 to 0.1miles by count-down.

CAUTION:It is very important safety and operating information for users before using the equipment.

HRC TRAINING HEART RATE CHART:It is very important to know what heart rate will be suitable for your training in a HRC workout.



KEYS OVERVIEW



START

Allows the user to begin a Quick Start workout or preset workout.

STOP

Pause / Stop a workout. Press 1 times for pause and 2 times for stop.

HEART RATE KEYS

Manually increases or decreases heart rate.

HEART RATE DIRECT KEYS

Use of these keys will allow the user to quickly switch between various preset heart rate in HRC training with one keystroke.

HRC WORKOUT

There are 5 preset HRC training programs available in this key, including target heart rate workout, fat burn workout, cardio training, improved performance training and HRC interval training.

INCLINE KEYS

Manually increases or decreases the incline of the treadmill from 1% to 15%.

INCLINE DIRECT KEYS

Use of these keys will allow the user to quickly switch between various preset incline levels with one keystroke.

SPEED KEYS

Manually increases or decreases the speed of the belt.

SPEED DIRECT KEYS

Use of these keys will allow the user to quickly switch between various preset speeds with one keystroke.

ENTER

It is used to confirm a selection in a preset workout.

MOD

User can use this key to set a target speed, time or calorie manually for a training.

PROG

There are 48 preset training programs available in this key from P1 to P8 with 6 different intensity levels.



INTRODUCTION

This treadmill can monitor a user's heart rate using an Impremey Bluetooth heart rate armband or Polar Bluetooth compatible chest strap and armband. Bluetooth transmitters and chest straps transmit the user's heart rate to the treadmill via radio.

Note:

- 1 The treadmill only supports Bluetooth connection, not support ANT+.
- 2 An Impremey heart rate armband is provided with the treadmill. Users should pay to buy other brand device or one more Impremey armband.
- 3 Read carefully the armband's manual before using HRC training.

CONNECTION WITH IMPREMEY HEART RATE ARMBAND

1. Power on the treadmill, and attach the Safety key on the console.
2. Turn on the armband: Press the button, the LED light will flash blue quickly until the heart rate was found, then the light will flash slowly. Red light indicates the armband is in a low battery state and needs to be charged.
3. Heart rate will display on the treadmill LED screen after connection with armband successfully.
4. Power off the armband: Press the button, the LED will flash red.

Note: the treadmill only supports Impremey and Polar Bluetooth heart rate armband or chest strap. Impremey don't suggest to using other brand's Bluetooth device.

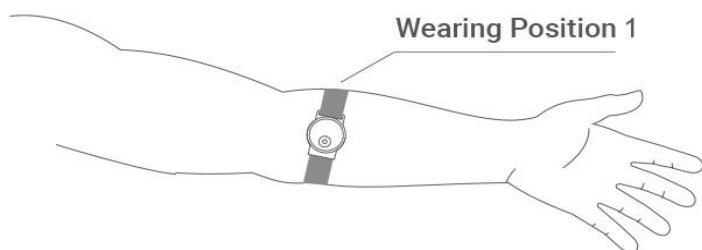
FAIL TO CONNECTION WITH ARMBAND

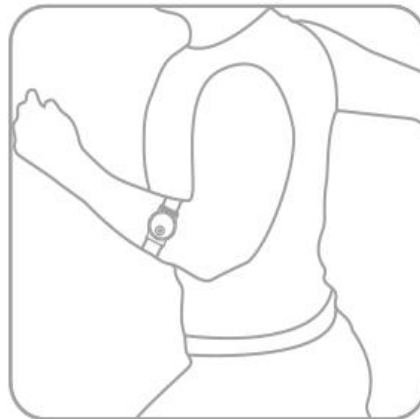
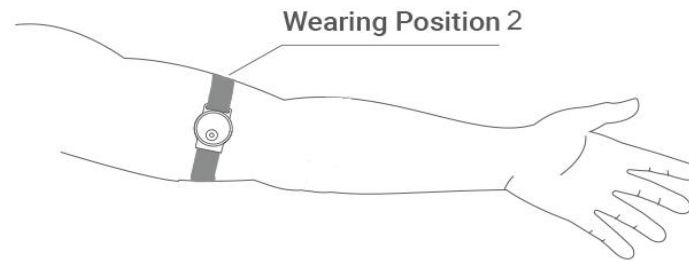
- 1 The armband don't have enough power, should be charged soon.
- 2 The armband connects to other Bluetooth fitness equipment around it within 15 meters.
- 3 The armband is compatible with some popular fitness Apps, such as Polar beat/Wahoo/Zwift and so on. You should close the connection with these Apps on your phone before use armband to connect with the treadmill.

WEAR THE HEART RATE MONITOR

1 HEART RATE MONITORING ARMBAND

Armband should be worn directly against the user's skin on the upper portion of the forearm. Sensor should be on the inside or top of forearm. It should be worn snugly enough to be immovable on your arm, and not too tight, or it will restrict arm circulation to cause wrong heart rate.





2 HEART RATE MONITORING CHEST STRAP

A chest strap should be worn directly against the user's skin, about 1-2 inches below the pectoral muscles/breast line. Women should be careful to place the transmitter below their bra line.

*Bluetooth transmitters should be worn in accordance with the manufacturer's documentation. Initially the transmission signal for heart rate may be erratic or non-existent. Some moisture is necessary between the strap and the user's skin for proper transmission. Sweat from exercise works best, but ordinary tap water may be used prior to the workout if desired.





INTRODUCTION

Impremey TM103 is the most effective training treadmill that use advanced Imptech HRC (Heart Rate Control) training system to lose fat, get stronger, faster and healthier. It is the most sophisticated and smart HRC treadmill available in the world.

Heart rate training uses your heart rate (bpm) as a guide for intensity. Instead of training at a specific speed pace, you use a heart rate monitor to train your cardio respiratory system to work at a specific intensity for a set amount of time. To get an optimum workout it is important to pace yourself. You want your heart rate at the proper level for an extended period of time. If your heart rate gets too high your activity can become counterproductive. If it is too low you are not getting any substantial health benefits.

Impremey's **Imptech** HRC training system let the treadmill monitor relative exercise intensity by way of the user's heart rate, then automatically adjust the speed to keep the user at their target heart rate (over or below 5 bpm) and thus their desired exercise intensity. Once your heart rate is over or below 5 bpm of your target, the system will smartly change the speed to maintain your heart rate to the target. It may take several minutes from the beginning speed 0.6mph to reach the target heart rate. **Imptech** HRC training is simple to be operated, the whole process is completely smart and hand-free, you just only enter age and target heart rate to start.

Impremey's HRC training has 5 programs for different user's goal, including HTC Target heart rate, fat burn training, cardio training, increased performance training and HRC interval.

IMPORTANT NOTES:

- 1 Everyone has big different heart rate while training at same speed by jogging and walking, so when at low speed, it is better jogging instead of walking for better HRC training. All HRC training is for jogging and running, not for walking.
- 2 When start a HRC workout, you should wear correctly the heart rate monitor armband or chest strap which is wireless connected with treadmill by Bluetooth only.
- 3 Compatible with Impremey or Polar Bluetooth heart rate monitoring armband and chest strap.

CONSULT A PHYSICIAN TO DETERMINE HEART RATE

Consult a physician before using heart rate controlled workouts for advice on selecting a target heart rate range. Also, it is important to use the treadmill in the normal manual mode to monitor the heart rate. Users should compare their heart rate with how they feel to ensure safety and comfort. After users have spent some time learning how their heart responds to different levels of speed and incline, they will have a better understanding of how to set their target heart rate.

HEART RATE ZONE

A heart rate zone is a specific heart rate range, measured in beats per minute, which is used for monitoring training intensity during exercise or everyday activities.

Typically, heart rate zones are calculated based on a percentage of your estimated maximum heart rate. The most widely known formula for calculating one's max heart rate is Haskell's equation: **220 – age = HR max**. This equation is not perfect, but it can still serve as a guide to get you started, **and it is**



used by many fitness devices company. Example for a 40-year-old, **HR max=220-38=182 years old.**

AGE	20	25	30	35	40	45	50	55	60	65	Goal
LIGHT 65% HR MAX	130	127	124	120	117	114	111	107	104	101	FAT BURN
MODERATE 75% HR MAX	150	146	143	139	135	131	128	124	120	116	CARDIO
HARD 85% HR MAX	170	166	162	157	153	149	145	140	136	132	INCREASED PERFORMANCE
HARD HR MAX	200	195	190	185	180	175	170	165	160	155	PEAK

50-60% of HR MAX is to improve overall health and helps recovery. This zone is for recovery and cool-down exercises.

60-70% of HR MAX is to improve basic endurance and fat burn. This zone is for longer and frequently repeated shorter exercise.

70-80% of HR MAX is to improve aerobic fitness. This zone is for moderately long exercises.

80-90% of HR MAX is to increase maximum performance capacity. This zone is for shorter exercises or intervals

90-100% of HR MAX is to develop maximum performance. This zone is for short intervals only.

START A HRC WORKOUT

IMPORTANT NOTE:

1 As user has big different heart rate while HRC training at same speed by jogging and walking, even when at low speed, it is better jogging instead of walking for better HRC training. All HRC training is for jogging and running, not for walking.

2 At the beginning of a HRC workout, User should gradually increase the workout intensity to slowly raise their heart rate for warm up.

1 HRC TARGET HEART RATE

If you would like to train at a target heart rate, this program allows you to set and keep at your target heart rate within 5 BPM by adjusting speed automatically. You can check the target heart rate chart to select your target.

STEP 1: Attach the Safety key, the treadmill then will be on start/ready status.

STEP 2: Wear correctly the heart rate armband, press the button of the armband to connect with treadmill automatically. The blue light will flash slowly, then heart rate will display on treadmill's screen.

STEP 3: Press the 'HRC WORKOUT' key to scroll through the 5 preset workout options available, select HRC-1.

STEP 4: Press 'Enter' key, then set your age by using the 'UP and Down' keys on the console, that is important pre-workout setup data.

STEP 5: Press 'Enter' key, then set your target heart rate by 'UP and Down' keys

STEP 6: Press start, a three second count-down will commence and then the selected workout will begin at the speed 0.6mph.



2 HRC FAT BURN

The fat-burning training is approximately at 60-70% of your maximum heart rate. Are you trying to lose weight? Impremey HRC Fat Burn program generates a personalized workout for maximum fat loss. In the fat-burning zone, your body taps into fat stores for energy instead of using basic sugars and carbohydrates. This results in fat loss. HRC Weight Loss can help you avoid over-training by automatically keeping you in the fat-burning zone. This zone is to improve basic endurance and fat burn. It is for longer and frequently repeated shorter exercise. 45-60 minutes each time of training at this zone is perfect.

STEP 1: Attach the Safety key, the treadmill then will be on start/ready status.

STEP 2: Wear correctly the heart rate armband, press the button of the armband to connect with treadmill automatically. The blue light will flash slowly, then heart rate will display on treadmill's screen.

STEP 3: Press the 'HRC WORKOUT' key to scroll through the 5 preset workout options available, select HRC-2.

STEP 4: Press 'Enter' key, then set your age by using the 'UP and Down' keys on the console, that is important pre-workout setup data.

STEP 5: Press 'Enter' key, to set up heart rate, it default to 65% of your maximum, you can adjust it between 60% and 70% of your maximum by using 'UP and Down' keys.

STEP 6: Press start, a three second count-down will commence and then the selected workout will begin at the speed 0.6mph.

3 HRC CARDIO

The cardio training is approximately at 70-80% of your maximum heart rate. If you are looking to improve your cardio fitness, Impremey HRC cardio training program will keep you in optimum aerobic shape. Training at this zone can be for moderately long exercises. 45-60 minutes each time of training at this zone is perfect.

STEP 1: Wear correctly the heart rate armband, press the button of the armband to connect with treadmill automatically. The blue light will flash slowly, then heart rate will display on treadmill's screen.

STEP 2: There is a direct HRC Cardio key in the console. Or press the 'HRC WORKOUT' key to scroll through the 5 preset workout options available, select HRC-3.

STEP 3: Press 'Enter' key, then set your age by using the 'UP and Down' keys on the console, that is important pre-workout setup data.

STEP 4: Press 'Enter' key, to set up heart rate, it default to 75% of your maximum, you can adjust it between 70% and 80% of your maximum by using 'UP and Down' keys.

STEP 5: Press start, a three second count-down will commence and then the selected workout will begin at the speed 0.6mph.



4 HRC INCREASED PERFORMANCE

The HRC Increased Performance training is approximately at 80-90% of your maximum heart rate. If you want to increase maximum performance capacity, this zone is good for your goal, but it is for shorter exercise or intervals.

STEP 1: Wear correctly the heart rate armband, press the button of the armband to connect with treadmill automatically. The blue light will flash slowly, then heart rate will display on treadmill's screen.

STEP 2: Press the 'HRC WORKOUT' key to scroll through the 5 preset workout options available, select HRC-4.

STEP 3: Press 'Enter' key, then set your age by using the 'UP and Down' keys on the console, that is important pre-workout setup data.

STEP 4: Press 'Enter' key, to set up heart rate, it default to 85% of your maximum, you can adjust it between 80% and 90% of your maximum by using 'UP and Down' keys.

STEP 5: Press start, a three second count-down will commence and then the selected workout will begin at the speed 0.6mph.

5 HRC INTERVAL

The **HRC Interval** training is approximately at 85-95% of your maximum heart rate. If you have interest in interval training for **developing maximum performance**, HRC Intervals will give you the ultimate personalized interval workout. Jogging then peak-hr running intervals. **The peak heart rate zone is for short intervals only.**

STEP 1: Wear correctly the heart rate armband, press the button of the armband to connect with treadmill automatically. The blue light will flash slowly, then heart rate will display on treadmill's screen.

STEP 2: Press the 'HRC WORKOUT' key to scroll through the 5 preset workout options available, select HRC-5.

STEP 3: Press 'Enter' key, then set your age by using the 'UP and Down' keys on the console, that is important pre-workout setup data.

STEP 4: Press 'Enter' key, to set up a low heart rate, it default to 65% of your maximum, you can adjust it between 60% and 70% of your maximum by using 'UP and Down' keys.

STEP 4: Then press 'Enter' key to set up the low-heart-rate running distance between 0.1 and 10 miles by using 'UP and Down' keys.

STEP 4: Then press 'Enter' key to set up a high heart rate, it default to 90% of your maximum, you can adjust it between 85% and 95% of your maximum by using 'UP and Down' keys.

STEP 4: Then press 'Enter' key to set up the high-heart-rate running distance between 0.1 and 10 miles by using 'UP and Down' keys.

STEP 5: Press start, a three second count-down will commence and then the selected workout will begin at the speed 0.6mph.

6 HRC 135BPM and 150BPM

This is HRC Target Heart Rate Direct Key. No need enter age. Just press 135BPM or 150BPM to set your target heart rate.

STEP 1: Wear correctly the heart rate armband, press the button of the armband to connect with treadmill automatically. The blue light will flash slowly, then heart rate will display on treadmill's screen.

STEP 2: Press 135BPM or 150BPM, then set your target heart rate by 'UP and Down' keys.

STEP 3: Press start, a three second count-down will commence and then it will begin at the speed 0.6mph.



GETTING STARTED

NOTES:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.
2. Plug in the power cord and turn the treadmill ON.
3. Stand on the foot rails of the treadmill.
4. Attach the safety key clip to part of your clothing.
5. Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.
6. You have two options to start your workout:

A. QUICK START

Simply press the START button to begin working out.

B. SELECT A PROGRAM

Select manual program by pressing MODE button or pressing PROGRAM buttons to enter manual program, 8 training goals or 3 user programs.

QUICK-START OPERATION

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press the START button to begin belt movement after count-down. Use the SPEED +/- or QUICK SPEED buttons to adjust the desired speed at any time during training; use the INCLINE $\wedge/\vee$ or QUICK INCLINE buttons to adjust the incline at any time during training.

STEP 3: During quick-start operation, TIME, CALORIE and DISTANCE will count up.

MANUAL PROGRAMS OPERATION

NOTES: Under this program, one of DISTANCE, CALORIE and TIME can be set count-down for your workout, the others will count up during your workout, after one count-down reach zero, program will be ended and stop the belt movement, if you need to continue, press the START button to begin belt movement after count-down.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press MODE button, the TIME window will display 30:00, press SPEED +/- button to set count-down TIME from 5:00 minutes to 99:00 minutes.

If you do not like to set TIME for count-down and pass to others, press MODE again, the DIST window will display 1.0, you can set count-down DISTANCE from 1.0KM - 99.0KM.

If you do not like to set DISTANCE for count-down and pass to others, press MODE again, the CAL. window will display 50, you can set count-down CALORIE from 20 KCAL to 990 KCAL.

STEP 3: After finishing setting count-down for your workout, press START to begin belt movement after count-down.

STEP 4: During the program you can adjust the speed and incline by pressing SPEED +/- and INCLINE $\wedge/\vee$ buttons, or QUICK SPEED and QUICK INCLINE buttons to jump directly to a setting.

STEP 5: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer.



PRESET PROGRAMS OPERATION

NOTES:

All the preset programs are made up with 18 time-based segments; the speed and incline are preset on each segment. The elapse time of 18 segments on each program will be automatically arranged according to the time you set for your workout time. There are 64 preset programs for 8 different training goals, and 8 different intensity levels on each training goals.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press PROGRAM button to scroll through the 8 training goals, and BODY FAT function. A training goal will be selected once you press PROGRAM button. After selecting a training goal, press MODE button to select a intensity from L1 to L8. After selecting a intensity, then press SPEED +/- buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, and it can be set from 5:00 to 99:00 minutes.

STEP 3: After modifying the elapsing time, press START button to accept and begin your workout.

STEP 4: During procession of program you can adjust the SPEED & INCLINE by pressing SPEED +/- and INCLINE ^/v buttons, or use QUICK SPEED and QUICK INCLINE buttons

to jump directly to a setting. However, the SPEED and INCLINE you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will process with preset values.

STEP 5: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer.

USER PROGRAM

This program is for user to edit a personal program; the speed and incline of each segment can be edited according as personal's desire. There are 18 segments on this program for user to edit workout program.

Once the program is set, it will be stored on the computer, the computer will proceed the program by pressing START/STOP button. There are totally 3 user program can be edited.

If you want to re-edit the program, just follow the steps described as bellow.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status, keep pressing PROG button until the distance window display U-1, then the TIME window display 30:00, press SPEED +/- to set the program time.

STEP 2: Press MODE button to set segment 01, press INCLINE ^/v to set incline and press SPEED +/- to set speed on this segment. After finish setting segment 01, press MODE button to set all other 2-18 segments.

STEP 3: After finish setting all 18 segments, the program will be stored, and then press START button to load this program.



CONNECT SMART PHONE BY BLUETOOTH

LISTEN TO MUSIC

STEP1: Attach the Safety key, the treadmill then will be on start/ready status.

STEP2: Go to the Bluetooth setting of the phone, search 'IMP REMEY-SONG', and then click to connect.

STEP3: After successful connection, the music in phone can be played by the speaker on the console.

Note: If you don't listen to music by the treadmill any more, you should delete the connection in Bluetooth setting of your phone.

CONNECT WITH FITNESS APPS

This treadmill can work with Fitshow fitness App, and also be compatible with some popular third-part Apps, such as Kinomap, ZWIFT and SPAX. More detail information can be available in another App's user manual.

Bluetooth Name: IMP REMEY-RUN

Note: Don't go to Bluetooth setting in your smart phone to connect with the treadmill when use fitness app. You must use Bluetooth connection function in APPs instead.

BODY FAT SCALE

This function is to estimate your body fat according to the basic information of you body condition.

This estimate is not exact and persons with medical conditions and/or a specific need for accurate body fat value should not rely on the estimations provided.

STEP 1: Press PROGRAM button repeatedly, on the "11" time pressing PROGRAM button, the TIME window will display FAT. Press MODE button to set the relative parameters: GENDER, AGE, HEIGHT and WEIGHT.

STEP 2: After entering BODY FAT function by pressing MODE button, the INCLINE window will display F1, the DIST window will display 1, it represents GENDER, press SPEED +/- button to set gender from 1 - 2, 1 represents MALE, 2 represents FEMALE. Then press MODE button to go to next step.

STEP 3: After pressing MODE button, the INCLINE window will display F2, the DIST window will display 25, it represents AGE, press SPEED +/- button to set age from 10-99. Then press MODE button to go to next step.

STEP 4: After pressing MODE button, the INCLINE window will display F3, the DIST window will display 170, it represents HEIGHT, press SPEED +/- button to set height from 100CM-200CM. Then press MODE button to go to next step.

STEP 5: After pressing MODE button, the INCLINE window will display F4, the DIST window will display 70, it represents WEIGHT, press SPEED +/- button to set weight from 20KG-150KG. Then press MODE button to go to next step.

STEP 6: After finished setting all the necessary information of your body condition, press MODE button again, the INCLINE window will then display F5, the DIST window will display "----", it means the computer start to work for calculating, then hold the pulse sensor on handrail with both of your hands, around 8 seconds after, the body fat result will be displayed on INCLINE window.

BODY FAT CHART

The result that given by body fat scale can be a reference of body condition, check your body condition according to the left chart with the result you get from the treadmill.

Body condition	Result
Fat	BMI > 30
Overweight	26 < BMI < 30
Fit	19 < BMI < 25
Thin	BMI < 19