



* Assembly Guide & Warranty Card Included

ES900 TREADMILL OWNER'S MANUAL



IMPORTANT:

All Products shown are prototype. Actual product delivered may vary.
Product specifications, features & software are subject to change without notice.
For the most up to date owner's manual please visit www.truefitness.com.

Revision 102813

ES900 TREADMILL OWNERS MANUAL

Frank Trulaske, founder and CEO of TRUE, has had the same simple philosophy of delivering superior products, service and support for over 30 years. Today, TRUE is the global leader in premium cardio equipment for the commercial and residential markets. Our goal is to be the leader in technology, innovation, performance, safety and style. TRUE has received many awards for its commercial and retail product over the years and remains the benchmark for the industry. Fitness facilities and consumers invest in TRUE products for their durable commercial platforms used in all its cardio products, both commercial and residential alike.

The proud manufacturing tradition of quality and the culture of innovation at TRUE have given rise to a full line of truly extraordinary treadmills, indoor cycles and elliptical cross-trainers. As a result, people all over the world are benefiting from the TRUE experience. Innovation across the full product line has made TRUE successful and is a trademark of the TRUE heritage. TRUE's patented Heart Rate Control® technology is just one of the remarkable ways we deliver simple and superior performance every user can enjoy, and most importantly, use to achieve personal health and fitness goals.

TRUE strives to perfect biomechanically correct and orthopedically comfortable, functional products. Whether it be the mesh seat in the recumbent bike, the Soft Step® in the elliptical cross-trainers or the Soft System® in our treadmills, we deliver the best.

At the heart of our success is the relentless and systematic life testing of both our products and their components. We have dedicated employees who understand our philosophy is to deliver the best products in the world.

Our goal is not to sell the most cardio products in the world, but to deliver the world's best premium equipment for our customers' health and fitness solutions.

To own a TRUE machine is to be part of an exclusive fitness community that delivers results – your results.

Thank you for becoming a part of the TRUE experience.

TRANSCEND ALL OTHERS!

ES900 TREADMILL OWNERS MANUAL

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CHAPTER 1: SAFETY INSTRUCTIONS








IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE SAFETY INSTRUCTIONS


This treadmill is intended for in-home use only; do not use this treadmill in a commercial or institutional setting. Doing so may void the expressed warranty.


-  WARNING: All EXERCISERS MUST READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL.
-  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: Equipment should be immediately taken out of use if it fails to work properly or when a warning is presented electronically.

TRUE STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year. Additionally, TRUE recommends consulting a fitness professional on the correct use of this product. If at any time while exercising the user experiences faintness, dizziness, pain or shortness of breath, he or she must stop immediately.

-  WARNING: To reduce the risk of electrical shock, always unplug this TRUE product before cleaning or attempting any maintenance activity. Do not handle the plug with wet hands.
-  WARNING: To reduce the risk of burns, fire, electric shock or injury, it is imperative to connect each product to a properly grounded 110V electrical outlet. A risk of electrical shock may result from improper connection of the equipment's grounding conductor. Check with a qualified electrician if you are unsure about proper grounding techniques. Do not modify the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Your TRUE Fitness product must be properly grounded to reduce risk of shock if the treadmill malfunctions. Your treadmill is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. A temporary adapter cannot be used to connect this plug to a two-pole receptacle in North America. If a properly grounded 15 amp outlet is not available, a qualified electrician must install one.
-  WARNING: Do not move the equipment by lifting the console. Do not use the console as a handlebar during a workout.
-  WARNING: This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.
-  WARNING: Keep equipment stable on flat ground.
-  WARNING: Replace warning labels that may be worn, damaged or missing
-  WARNING: Replace any non-working or damaged components; remove the unit from service until repair is performed.

CHAPTER 1: SAFETY INSTRUCTIONS

-  WARNING: To reduce the risk of burns, fire and electric shock or injury to persons, follow these instructions:
- This appliance should never be left unattended when plugged in.
 - Do not use any type of extension cord with this product.
 - Unplug it from the outlet when not in use and before any servicing.
 - Do not operate the equipment while being covered with a blanket, plastic, or anything that insulates or stops airflow.

-  WARNING: Risk of personal injury-crushing hazard when treadmill is in operation - Keep feet, hands, and fingers away from moving parts.

CAUTION:

- Health related injuries may result from incorrect or excessive use of exercise equipment.
- Do not use typing or web surfing features at excessive speeds. Always stabilize yourself by holding a stationary handle when using typing or web surfing features. (Varies by console option)
- Do not use the contact heart rate grips as a handlebar during a workout.
- Any changes or modifications to this equipment could void the product warranty.
- To disconnect, turn power OFF at the ON/OFF switch if applicable, then remove plug from electrical outlet.
- Never operate a TRUE product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact TRUE Customer Service for a replacement.
- Use a TRUE AC power cord or AC/DC adapter only.
*Note the plug configuration for the power adapter may vary by country.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord along the side or under the treadmill.
- If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.
- Do not use this product outdoors, near water, while wet, or in areas of high humidity including extreme temperature changes
- Never operate a TRUE product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact TRUE Customer Service.
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use this product in bare feet. Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into or underneath the unit, or tip it on its side during operation.

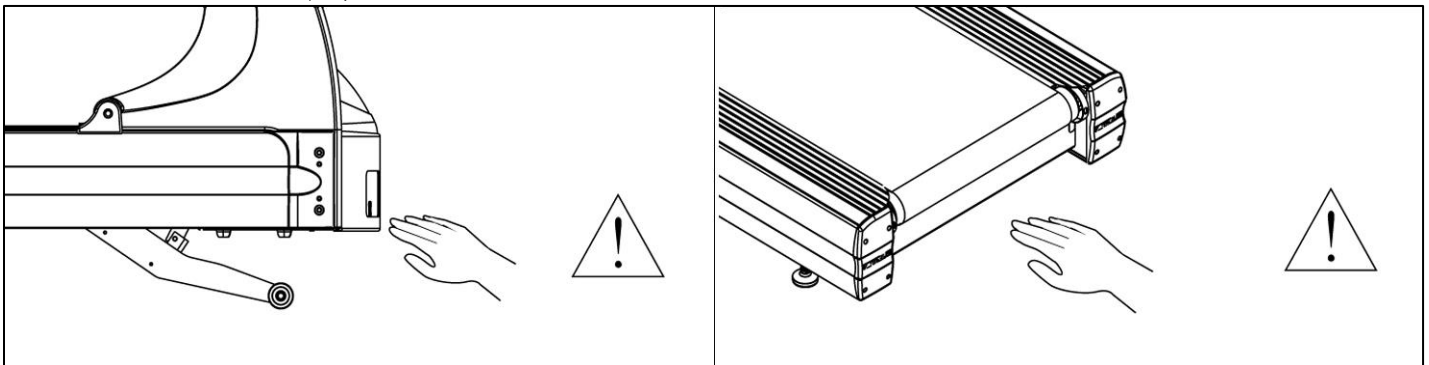
CHAPTER 1: SAFETY INSTRUCTIONS

⚠ CAUTION (CONTINUED):

- Use correct ergonomic positioning while running on treadmill.
- Do not allow animals on or near the equipment while in operation.
- Use the side handrails whenever additional stability is required. In case of emergency, such as tripping, the side handrails should be grabbed and the user should place his/her feet on the side platforms. The front handlebars should be used to grasp the heart rate sensors or to rest the hand on while operating the activity zone keys, but not for stability, emergency, or continuous use.
- Do not exceed maximum user weight of 400 lbs (181 kg).
- Do not use if you have a cold or fever.
- When using this exercise machine, basic precautions should always be followed.
- Use this equipment only for its intended use as described in this manual.
- Do not use attachments not recommended by the manufacturer.
- Allow only trained personnel to service this equipment.
- Avoid the possibility of bystanders being struck or caught between moving parts by making sure that they are out of reach of the equipment while it is in motion.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- Allow only one person at a time on the equipment while it's operating.
- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- To avoid injury stand on the side rails before starting the treadmill.
- Avoid exiting treadmill while leaving the tread belt in motion.
- Never walk or jog backwards on the treadmill.

⚠ CAUTION:

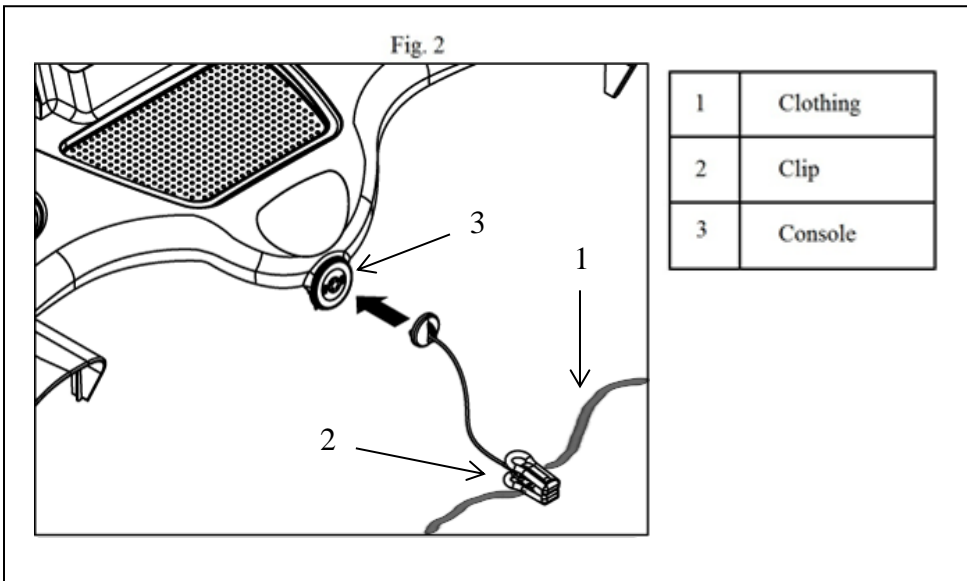
- To avoid serious injury, do not touch the incline rack while the treadmill is in use.
- To avoid serious injury, do not touch the belt while the treadmill is in use.



CHAPTER 1: SAFETY INSTRUCTIONS

USE OF SAFETY KEY (E-STOP):

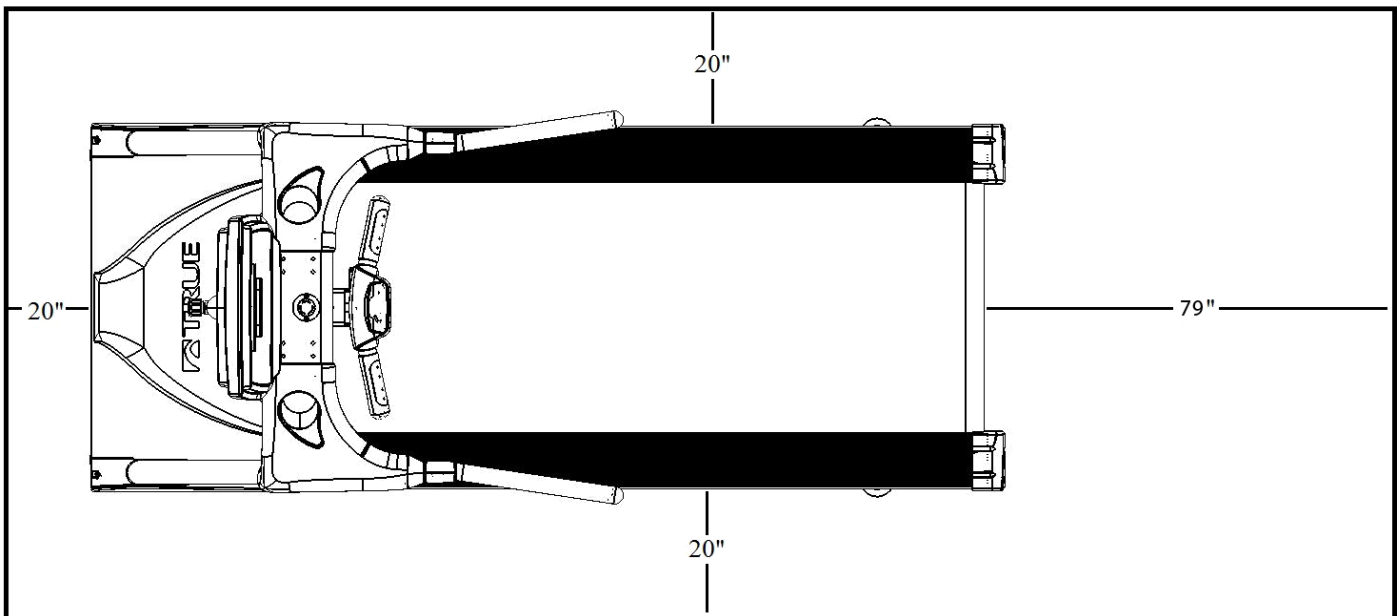
- Attach the safety clip to your clothing before each workout and when treadmill is in use. (See Fig 2)
- Attach the magnetic key to the treadmill console assembly



SPACE REQUIREMENTS:

TRUE's recommendation is to leave a minimum of 20" (0.5m) on each side of the treadmill and a 79" (2 m) safety zone at the rear of the treadmill. (See Fig 1)

Fig. 1



CHAPTER 1: SAFETY INSTRUCTIONS

GROUNDING INSTRUCTIONS:

This product must be grounded, if it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This 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.

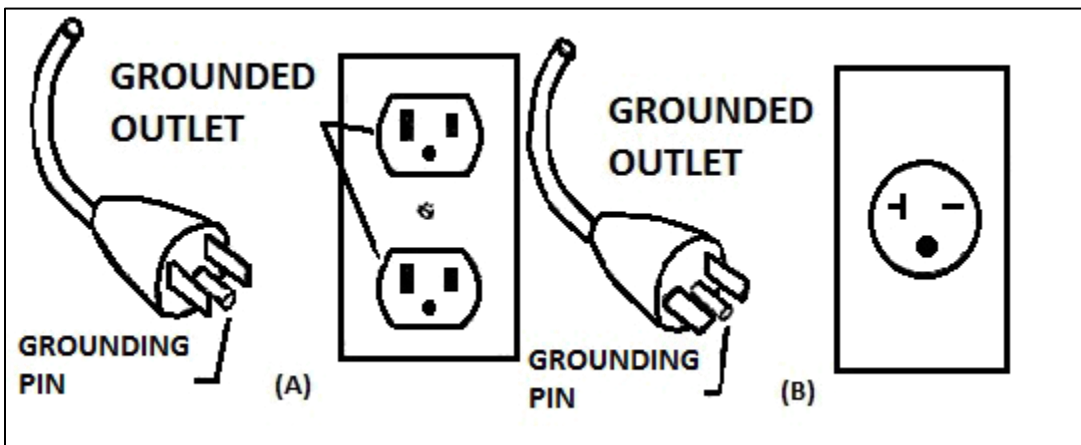
GROUNDING INSTRUCTIONS (CONTINUED):

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 product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician
- Do not remove the motor cover or you may risk injury due to electric shock

- The 120-V model is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in figure A. Make sure the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

- The 230-V model is for use on a circuit having a nominal rating more than 120-V and is factory-equipped with a specific electric cord and has a grounding plug that looks like the plug illustrated in figure B. Make sure that the product is connected to an outlet having the same configuration as the plug in Figure B. No adaptor should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.



CHAPTER 1: SAFETY INSTRUCTIONS

POWER REQUIREMENTS FOR **TRUE** PRODUCTS

Information Sheet 2010

NOTE: Read and understand all instructions on this sheet and in the Owner's manual before plugging any TRUE power cord into an electrical outlet. This information sheet will help you identify the voltage and cords you need where you live and will outline requirements for:

- Grounded, dedicated lines
- Voltage
- Power cords
- Power adapters
- Extension cords

!DANGER: Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the equipment is properly grounded or installed on a dedicated line. Seek a qualified electrician to perform any modifications to the cord or plug. TRUE is not responsible for injuries or damages as a result of cord or plug modification.

!CAUTION: Place cords away from heat (such as baseboards). Use care to arrange any cord so it doesn't become an obstacle.

Extension Cords

Do not use an extension cord to supply power to any TRUE product.

Grounded, Dedicated Line

TRUE equipment must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. TRUE cords (except for cycle adapters) have 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 where you live. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet. Do not use a GFCI outlet or GFCI circuit breaker. A dedicated line will assure that adequate power is available for safe operation over the life of your TRUE Product.

Voltage

Voltage required for your unit is located on the serial number decal (usually on the front of the unit). Depending on where you live voltage requirements differ.

For example, in the United States some TRUE treadmills require a circuit rated 115 VAC, 60 Hz and 20 amps. See Figure 1. However, a home typically has 15 amp outlets. In this case, contact an electrician to install a 20 amp dedicated line prior to use. See Figure 2.

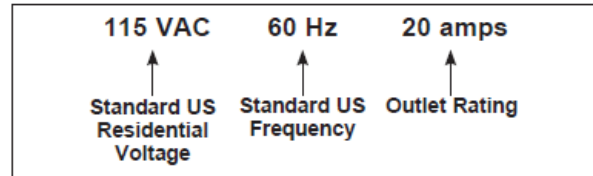


Figure 1

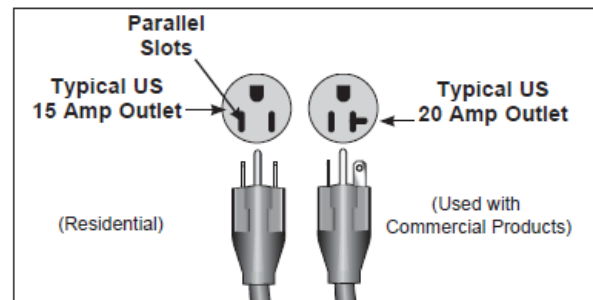


Figure 2

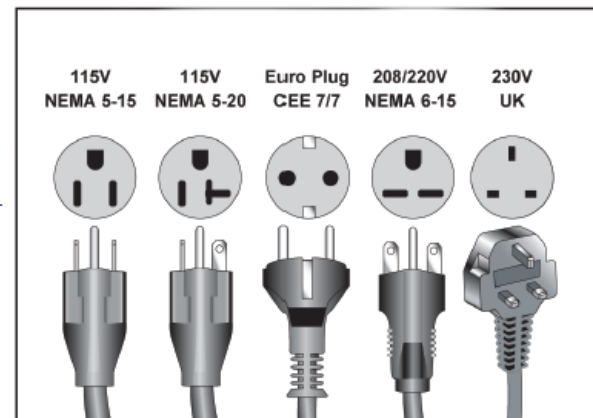


Figure 3

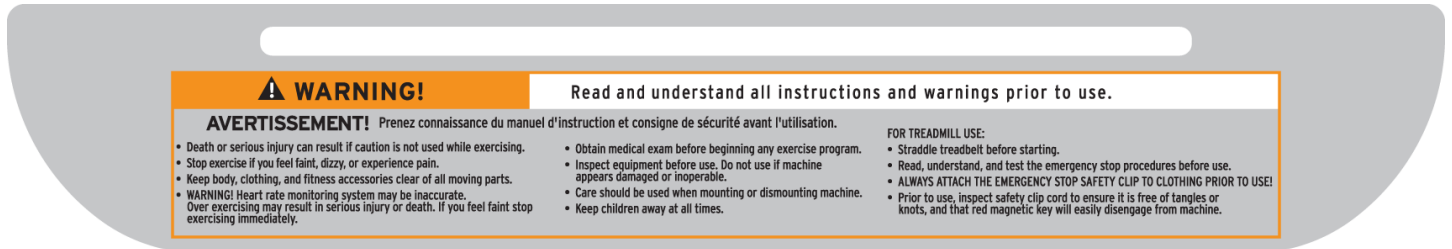
CHAPTER 1: SAFETY INSTRUCTIONS

WARNING DECALS:



WARNING: Replace warning labels that may be worn, damaged or missing

To replace any worn or missing warning decals contact TRUE FITNESS by visiting www.truefitness.com or contact customer service at 800-883-8783.



TRUE
TRUE FITNESS TECHNOLOGY, INC.
ST LOUIS, MISSOURI 63366

Model No.
TES900-4

Serial No./Date Code
13-TES900001A

Rating: 120V, 60 Hz, 12A

ETL LISTED US
CONFORMS TO ANSI/UL
STD. 1647
CERTIFIED TO CAN/CSA
STD. C22.2 NO.68

Intertek
3135202

Intertek Testing Services Taiwan Ltd.

MADE IN TAIWAN

COMPLIANCES:

This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit www.truefitness.com

CHAPTER 2: ASSEMBLY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

- **Read and understand all instructions and warnings prior to use.**
- Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- Obtain proper instruction prior to use.
- This treadmill is intended for light commercial use only.
- Inspect the treadmill for incorrect, worn, or loose components and do not use until corrected, replaced, or tightened prior to use.
- Do not wear loose or dangling clothing while using the treadmill.
- Care should be used when mounting or dismounting the treadmill.
- Read, understand, and test the emergency stop procedures before use.
- Disconnect all power before servicing the treadmill.
- Do not exceed maximum user weight of 400 lbs.
- Keep the top side of the moving surface clean and dry.
- Keep children and animals away.
- Use caution when moving and assembling treadmill.
- All exercise equipment is potentially hazardous. If attention is not paid to the conditions of equipment usage, death, or serious injury could occur.
- Save these instructions.

Basic Guidelines for Setting Up Your Treadmill:

After removing the treadmill from the packaging, place your treadmill on a clean, level surface. Make sure the electrical cord easily reaches a grounded three-pronged outlet and has enough slack to allow the deck to incline without tightening the cord. Do not allow the treadmill assembly to rest on the cord.

Important Electrical Requirements – 120V:

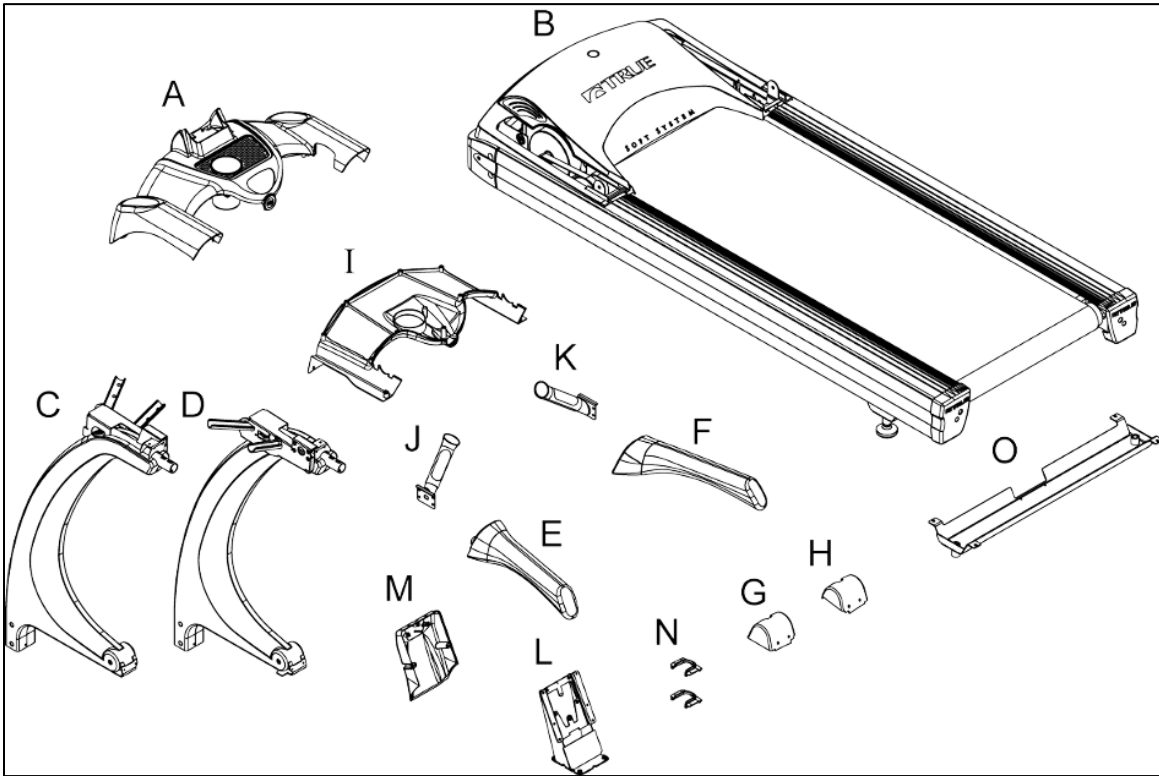
Your TRUE treadmill requires a dedicated 120 volt, alternating current (AC), 20 amp grounded outlet circuit. This means nothing else can be plugged into the same circuit. Most power circuits are rated for this 120V AC 20 amp requirement, but you must ensure the treadmill does not share the circuit with anything else.

Danger: Do not use an extension cord or ungrounded outlet:

The ground helps prevent electrical damage to your treadmill and enhances your safety by helping to prevent shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill if it will not fit the outlet. Have a proper outlet installed by a qualified electrician.

CHAPTER 2: ASSEMBLY INSTRUCTIONS

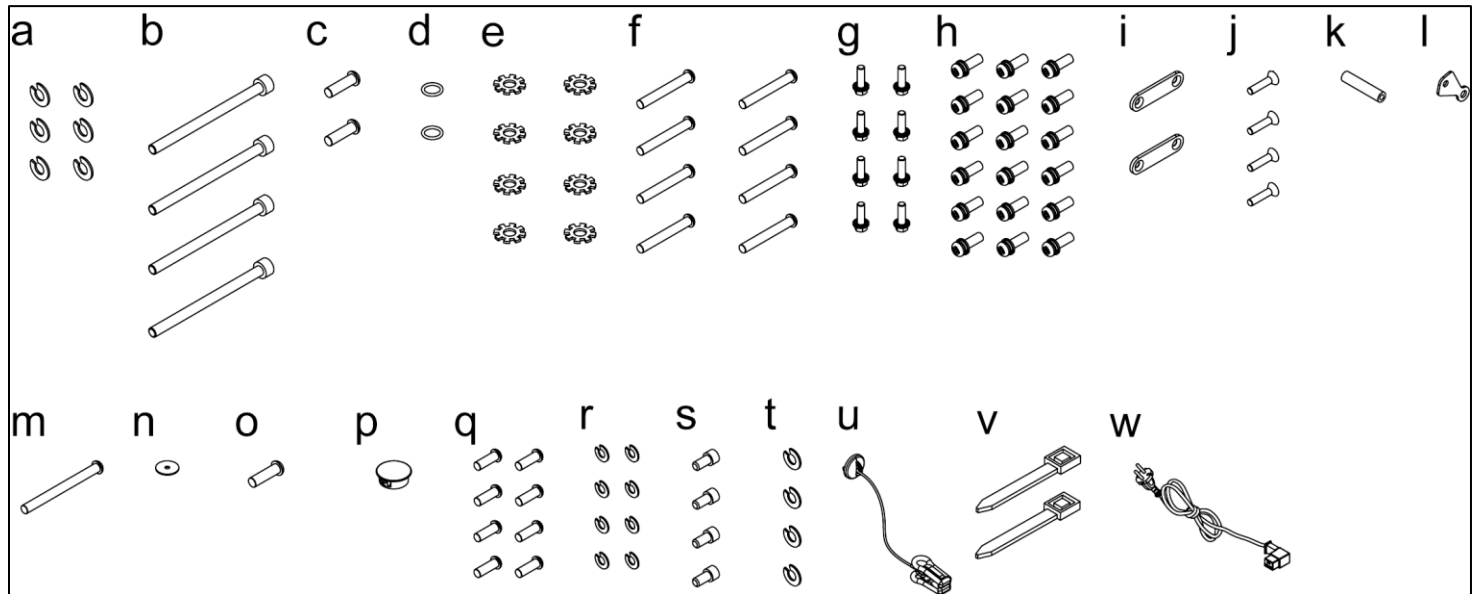
PRE-ASSEMBLY CHECK LIST:



<u>Item</u>	<u>Description</u>	<u>Qty</u>
A	Console Rack	1
B	Frame	1
C	Pedestal - Left	1
D	Pedestal - Right	1
E	Handrail - Left	1
F	Handrail - Right	1
G	Pivot Trim Cover - Left	1
H	Pivot Trim Cover - Right	1
I	Lower Console Rack Cover	1
J	Hand Grip Assembly - Left	1
K	Hand Grip Assembly - Right	1
L	Console Mast	1
M	Rear Console Cover	1
N	Hand Grip Base Cover	2
O	Decline Foot	1

CHAPTER 2: ASSEMBLY INSTRUCTIONS

PRE-ASSEMBLY CHECK LIST (CONTINUED):



<u>Item</u>	<u>Description</u>	<u>Qty</u>
a	Spring washer 3/8"	6
b	Bolt 3/8"-16x140mm	4
c	Bolt 3/8"-16x20mm	2
d	O ring	2
e	Outer tooth washer M8	8
f	Truss hex screw 5/16"-24x38mm	8
g	Screw 1/4"-20x20mm	8
h	Round Philips screw M4xP0.7x12	18
i	Pivot Trim Cover Plate	2
j	Screw #10-32x15mm	4
k	Spacer	1
l	Power Cord Retainer	1

<u>Item</u>	<u>Description</u>	<u>Qty</u>
m	Round Philips screw M5xP0.8x60	1
n	Washer Ø6xØ19x1.5t	1
o	Screw M5xP0.8x20	1
p	Motor Cover Plug	1
q	Screw 1/4"-20UNF x 16mm	8
r	Spring washer 1/4"	8
s	Bolt 5/16"-24x16mm	4
t	Spring washer M8	4
u	Safety Key	1
v	Wire Ties	2
w	Power cord	1

Tools Required (not included):

- 15/16, 7/8, 7/16 and 1/2 inch Open End Wrenches
- Long Nose Pliers
- 3/16 and 7/32 inch hex keys
- 7/16 inch socket with extension and ratchet
- #2 Phillips Screwdriver

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS:

⚠ CAUTION:

- Use caution when assembling treadmill. Unpacking and assembling of this treadmill is a two person task.
- Remove all treadmill components from packaging.

Step 1 Remove Motor Cover:

- a) Remove the screw (o) and washer (n) from the motor cover and set to the side.
- b) Remove the motor cover from the treadmill frame (B)

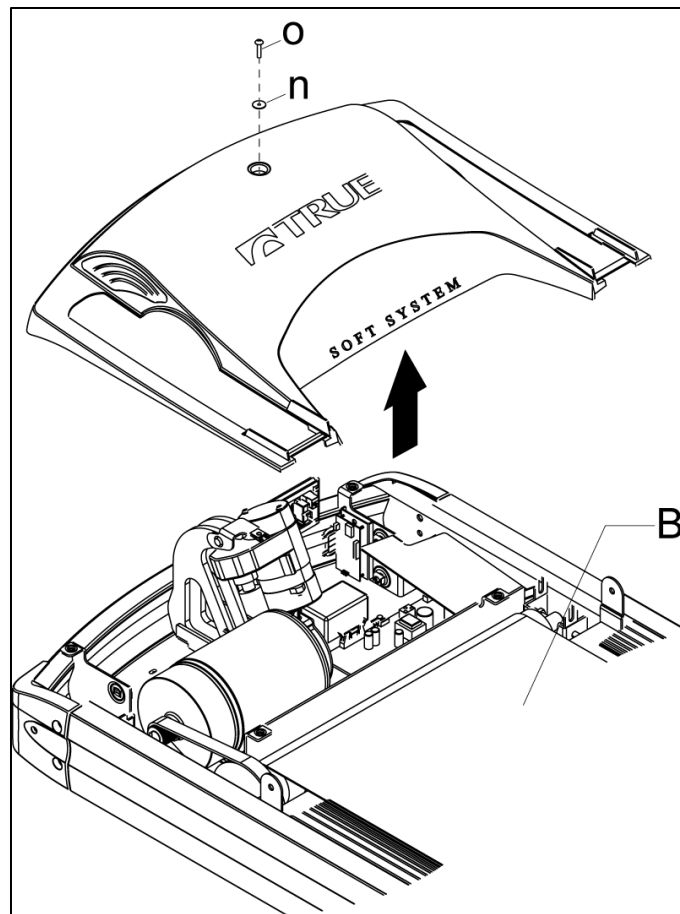


Fig. 1

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 2 Pedestal Installation:

- a) Place a section of cardboard onto right straddle cover as shown in Fig 2-1. Remove twist tie from cable bundle.
- b) Install Pedestal – R (D) into Frame (B) rotated down as shown in Fig. 2. This position will help prevent cable damage.
- c) Using 7/32 inch hex key, install Bolt 3/8-16 UNC x 3/4 (c) and Washer 3/8 – Split (a) into pivot of Pedestal – R but do not tighten yet.
- d) Insert Pedestal – L (C) into Frame as shown in Fig. 2 with bolt (c) and washer (a) but do not tighten yet.

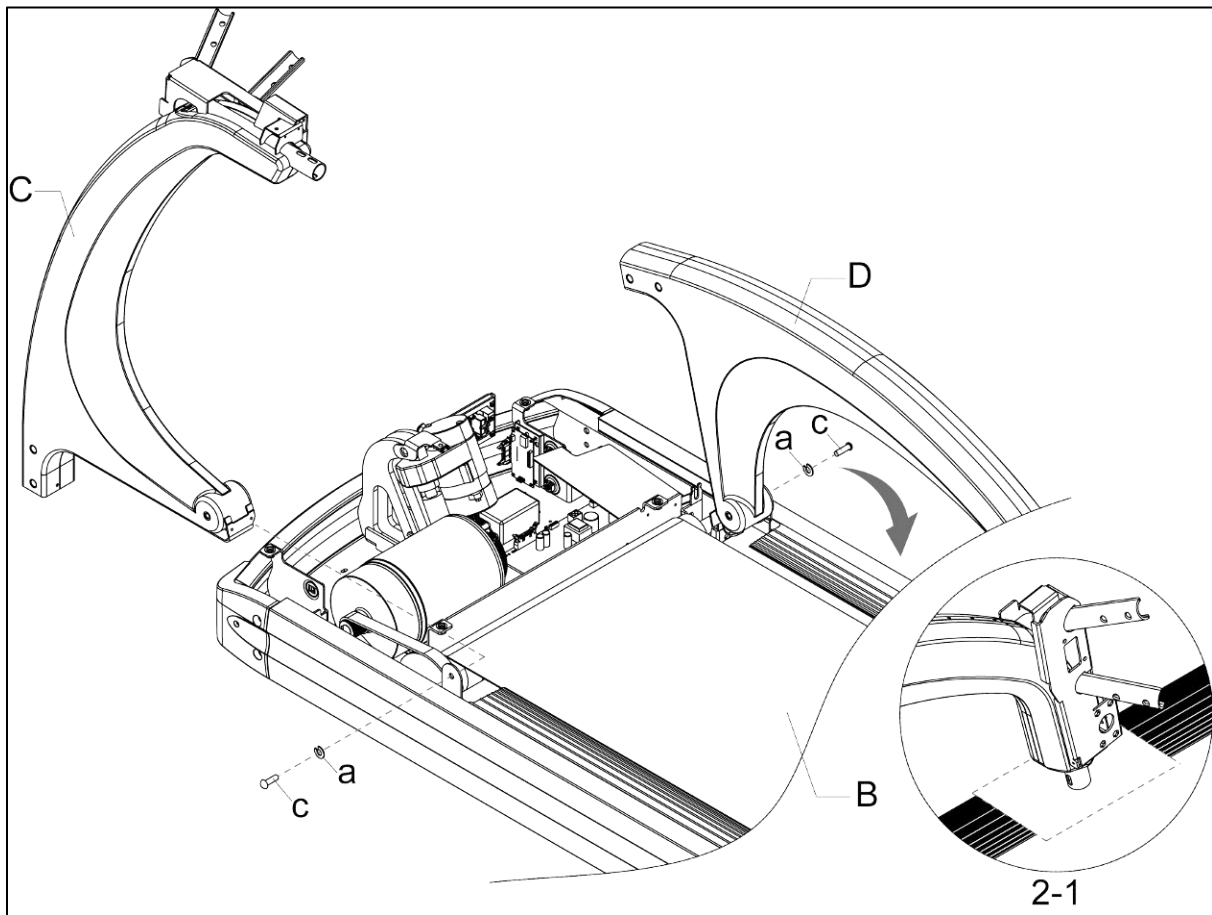


Fig. 2

⚠ CAUTION:

Pedestals can pivot until secured in front. Do not grab top of pedestal.

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Important Display Specification:

Verify on customer product order what type of display will be installed on this treadmill.

Listed below are the four display options for this series of treadmill.

Find the correct Display Option for assembly and follow frame cable routing (step 3) directions for either section **3-2A** or **3-2B** and for console cable connections (step 12) follow section **12A** or **12B**

Transcend <u>16" Touchscreen</u> Step 3-2A Step 12A	Transcend <u>10" Touchscreen</u> Step 3-2A Step 12A	Escalate <u>15" TFT</u> Step 3-2A Step 12A	Escalate <u>9" TFT</u> Step 3-2B Step 12B
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NOTE: Cables will be labeled near their connector with identifying names such as those listed in **BOLD TEXT** throughout these instructions. Also listed in these instructions are the cable part numbers (KDCA-“xx”), which are called out in each step.

NOTE: See **TES900 Treadmill Frame Cable Connection Table** below for the cable connections summary.

TES900 Treadmill Cable Frame Connections				
Pedestal Cable or Power Supply	15" LCD with Touchscreen	15" TFT non Touchscreen	10" LCD with Touchscreen	9" TFT no Touchscreen
CNTRL CABLE	YES	YES	YES	YES
COAX CABLE	YES	YES	YES	YES
AUXILIARY POWER SUPPLY	REQUIRED - SHIPPED WITH DISPLAY CONSOLE. CUSTOMER INSTALLS	REQUIRED - SHIPPED WITH DISPLAY CONSOLE. CUSTOMER INSTALLS	REQUIRED - SHIPPED WITH DISPLAY CONSOLE. CUSTOMER INSTALLS	NA
COMM CABLE	YES	YES	YES	YES
CNTRL to AUXPS	NO	NO	NO	YES
TCPS POWER CORD to AUXPS	YES	YES	YES	NO
YES = MAKE CABLE CONNECTION NO = DO NOT CONNECT NA = NOT APPLICABLE				

NOTE: Reference **Wiring Schematic** and **Frame Cable Routing Diagram** contained in these assembly instructions. You may remove from packet to aid in assembly but if you remove we recommend you retain these diagrams with the instructions for future reference.

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 3-1 Frame Cable Connections:

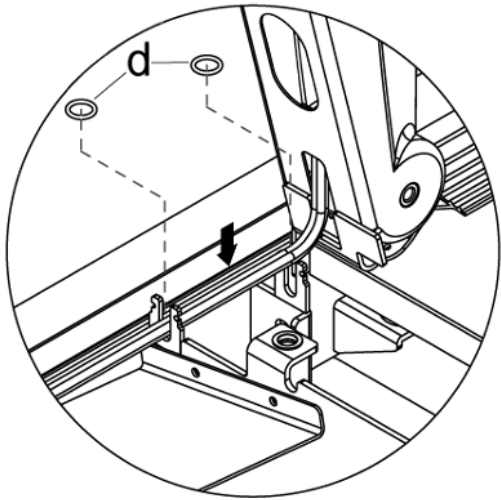


Fig 3-1-1

- a) Route the cables exiting from Pedestal – R into cable restraints and secure with two O-rings (d) as shown in Fig. 3-1-1 to the left. Eliminate any slack in cables to ensure they are not pinched when pedestals are upright.

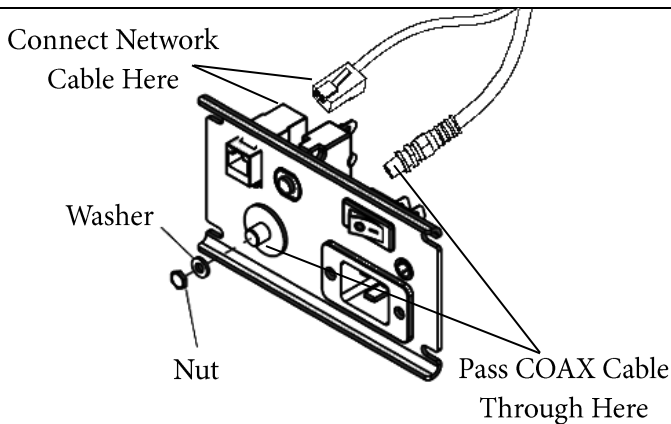


Fig 3-1-2

- b) Route the COAX Cable and Network Cable to the front of the treadmill frame.
- c) Connect the network cable to the network jack on the power plate as shown in Fig 3-1-2
- d) Remove nut and washer from front of COAX Cable as shown in figure 3-1-2
- e) Pass front of COAX Cable through hole in electrical panel and install washer and tighten nut using 1/2 inch open end wrench on nut and long nose pliers on connector portion of cable.

NOTE: Torque specification for tightening all COAX connections is 1.8 ft-lb

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

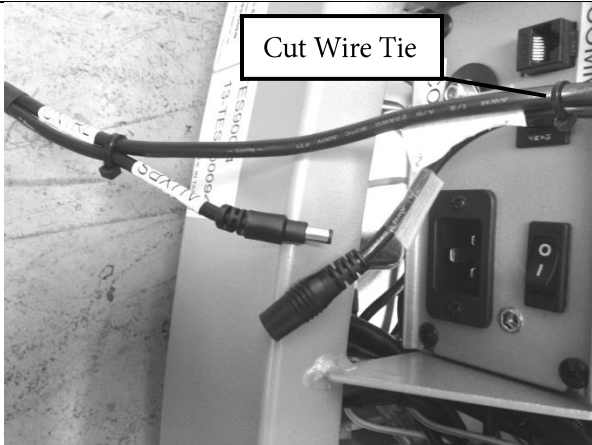
Step 3-2A Frame Cable Connections:

*TOUCHSCREEN CONSOLES & 15" TFT CONSOLES ONLY



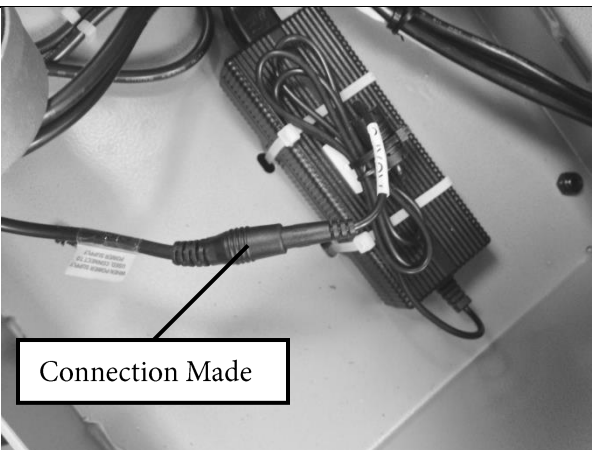
Picture 3-2A-1

- a) Place Auxiliary Power Supply (included in console box), in motor area floor location shown in picture 3-2A-1
- b) Connect TCPS Power Supply AC connector (large connector w/ 3 pins) into Auxiliary Power Supply as shown in picture. Make sure connector is fully inserted.
- c) Secure Auxiliary Power Supply to floor using the supplied wire ties.



Picture 3-2A-2

- d) Separate the AUXPS cables that are attached to the CTRL cable and cut the wire tie holding the female end of the AUXPS cable to the CTRL cable as shown in picture 3-2A-2



Picture 3-2A-3

- e) Connect the female end of the AUXPS Cable coming from Pedestal to AUXPS Power Supply Cable. See picture 3-2A-3

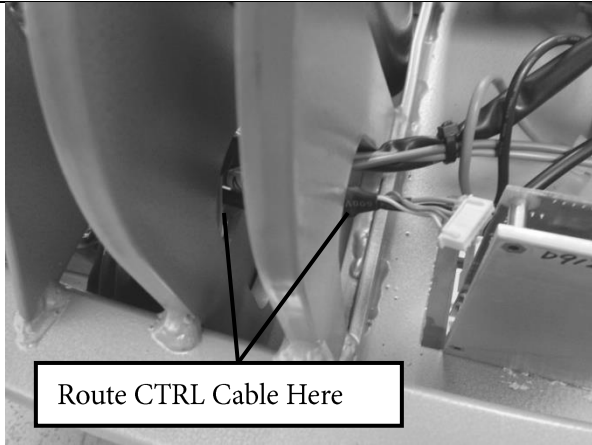
NOTE: The male end of the AUXPS cable wire tied to the CNTRL cable is not used for this installation.

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

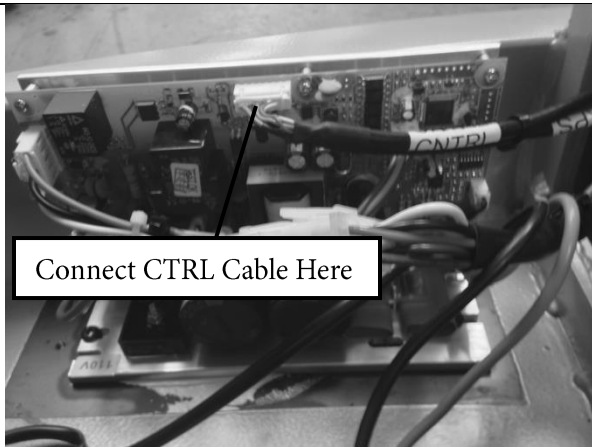
Step 3-2A Frame Cable Connections (continued):

*TOUCHSCREEN CONSOLES & 15" TFT CONSOLES ONLY



3-2A-4

- f) Route the CTRL cable through the cutouts in both incline tower plates as shown in Picture 3-2A-4.



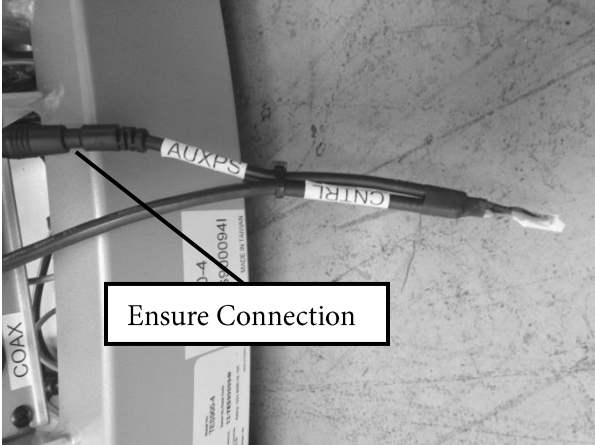
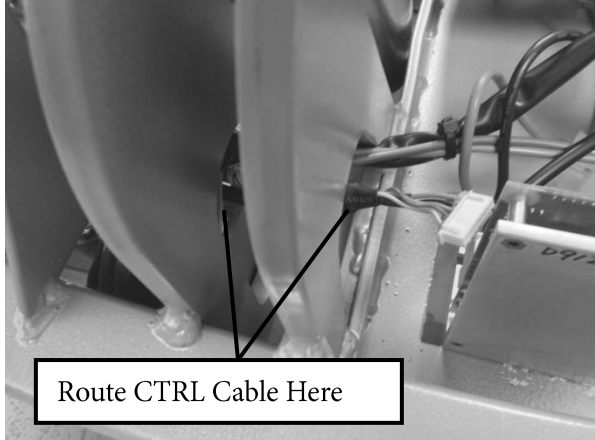
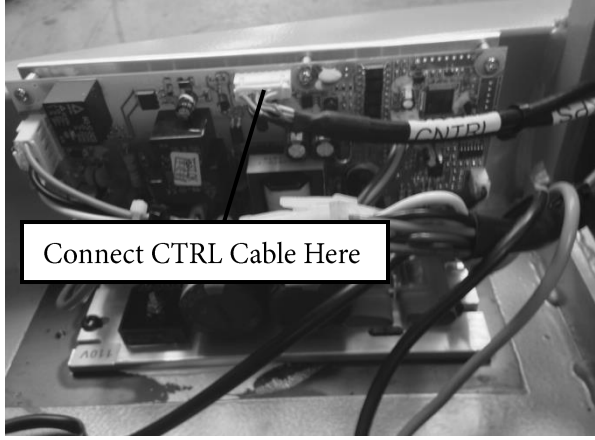
3-2A-5

- g) Connect the CNTRL cable to the lower control board as shown in picture 3-2A-5.

CHAPTER 2: ASSEMBLY INSTRUCTIONS

Step 3-2B Frame Cable Connections:

***9" TFT CONSOLES ONLY**

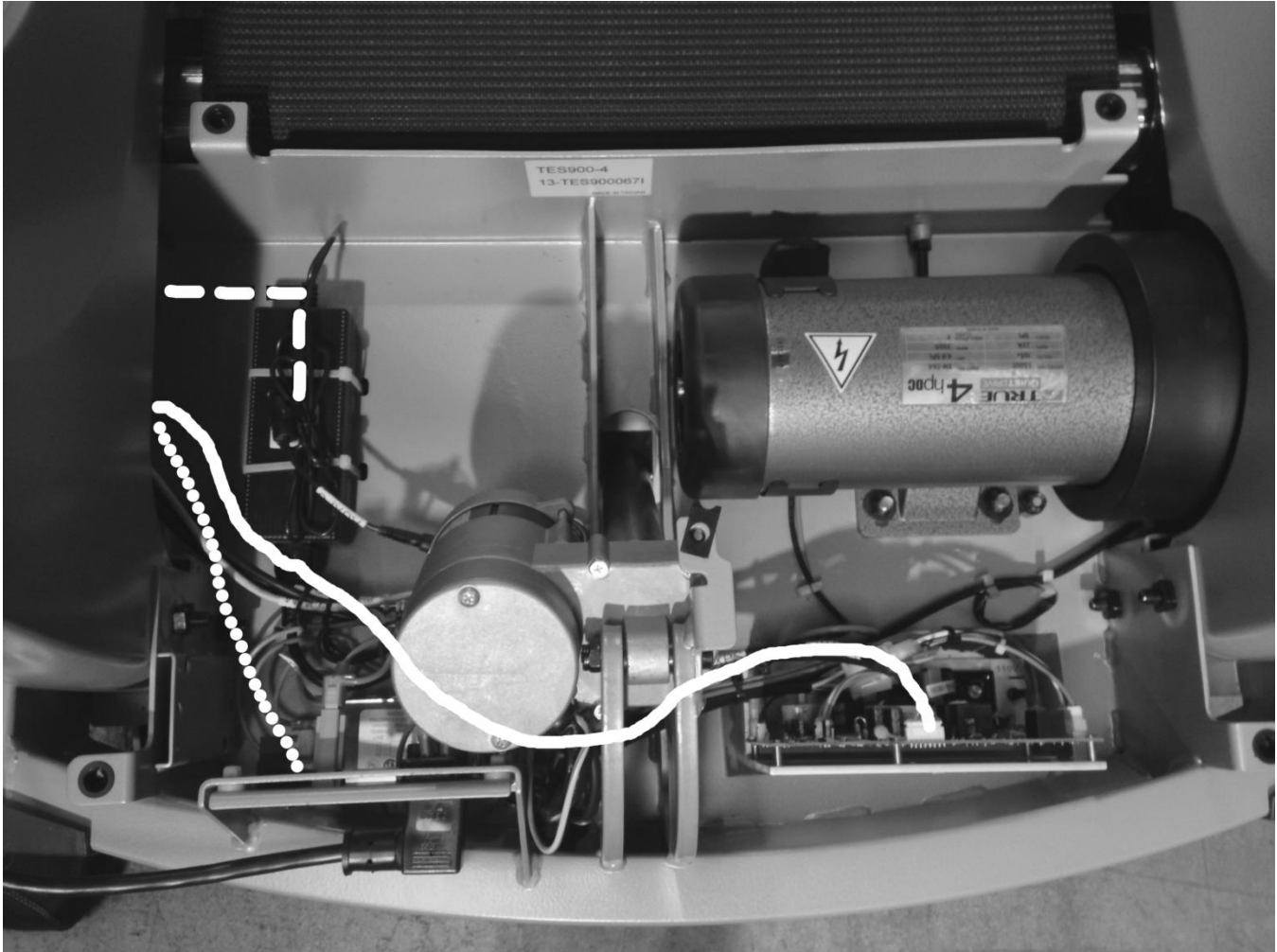
 <p>3-2B-1</p>	<p>a) Ensure the AUXPS cables that are attached to the CTRL cable are firmly connected as shown in picture 3-2B-1.</p>
 <p>3-2B-2</p>	<p>b) Route the CTRL cable through the cutouts in both incline tower plates as shown in Picture 3-2B-2.</p>
 <p>3-2B-3</p>	<p>c) Connect the CNTRL cable to the lower control board as shown in picture 3-2B-3.</p>

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Frame Cable Routing Diagram:

Once all parts of step 3 are complete, the treadmill frame wiring should resemble the diagram below.

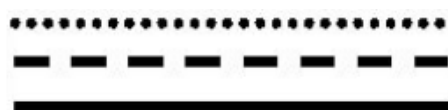


Touchscreen & 15" TFT Console

COAX & Network Cable

AUXPS

CNRL Cable



9" TFT Console:

COAX & Network Cable

N/A

AUXPS/ CNRL Cable bundle

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 4 Pedestal Hardware and Motor Cover:

- a) Rotate Pedestal – R (D) upright as shown in Fig 4.
- b) Using 5/16 inch hex key, install, but **do not tighten**, two per side of Bolt 3/8-16 UNC x 5-1/2 (b) and Washer 3/8 Split (a) into front of Frame as shown in Fig. 4.

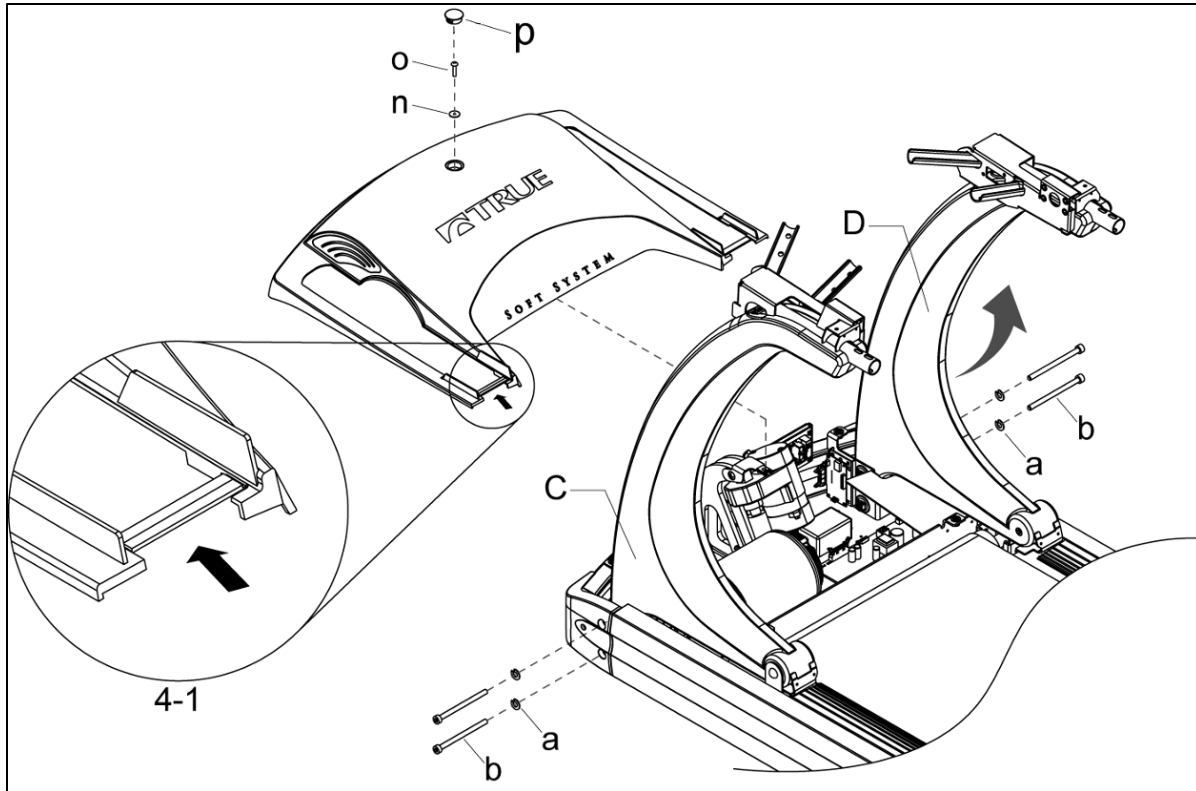


Fig. 4

- c) Remove ribs (right and left side) on Motor Cover as indicated by arrow in Fig. 4-1. Discard tabs.
NOTE: Hold inner portion of motor cover shown on right side of Fig. 4-1. Wiggle left side up and down until tab breaks on right side. Then grasp tab and wiggle until it breaks free. Repeat for right side of motor cover.
- d) Install Motor Cover using hardware; flat washer (n), screw (o), and then Cap – Motor Cover (p).

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 5 Hand Grip Assemblies:

- a. Connect the wires coming from the bottom of the hand grip assemblies (J, K) to the corresponding wires located in the pedestal arms (D, C) as shown in figure 5-1.
- b. Secure the hand grip assemblies (J, K) to the pedestal arms (D, C) with four screws (q) and four spring washers (r) on each side.

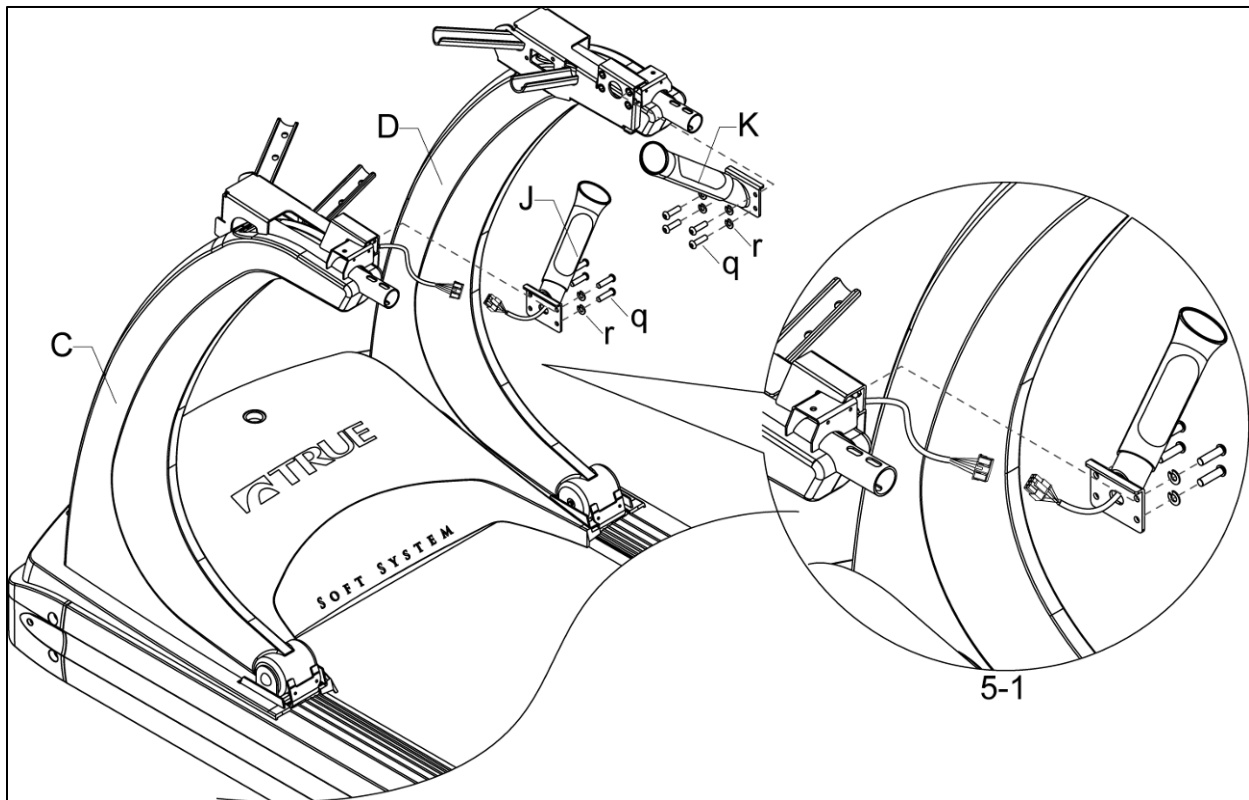


Fig. 5

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 6 Console Rack and Secure Pedestals:

- a) Install Console Rack (A) onto Pedestals R & L by resting Console Rack tubing on top of Pedestal tubing cradles.
NOTE: Force may need to be applied to the inside of the pedestals (C, D). Spreading the pedestals apart helps to ensure accurate console rack placement.
CAUTION: Do not pinch cabling during this step.
- b) Install 2 screws (h) under each side of the console rack (A) but do not tighten.
- c) Using 3/16 inch hex key, install, but do not tighten, eight Bolts 5/16-24 UNF x 1-1/2 (e) and external tooth washers M8 (d) through Pedestal tubing nest and into Console Rack. You may need to align Pedestal and Console Rack to install first bolt on right and left side.
- d) Tighten 4 screws (h) from STEP 6b.
- e) Tighten 8 bolts (f) from STEP 6c.
- f) Tighten 2 bolts from STEP 2, Bolt 3/8-16 UNC x 3/4 (c) at pivot point of Pedestal.
- g) Tighten 4 bolts from STEP 4, Bolt 3/8-16 UNC x 4-1/2 (b) at front of frame.

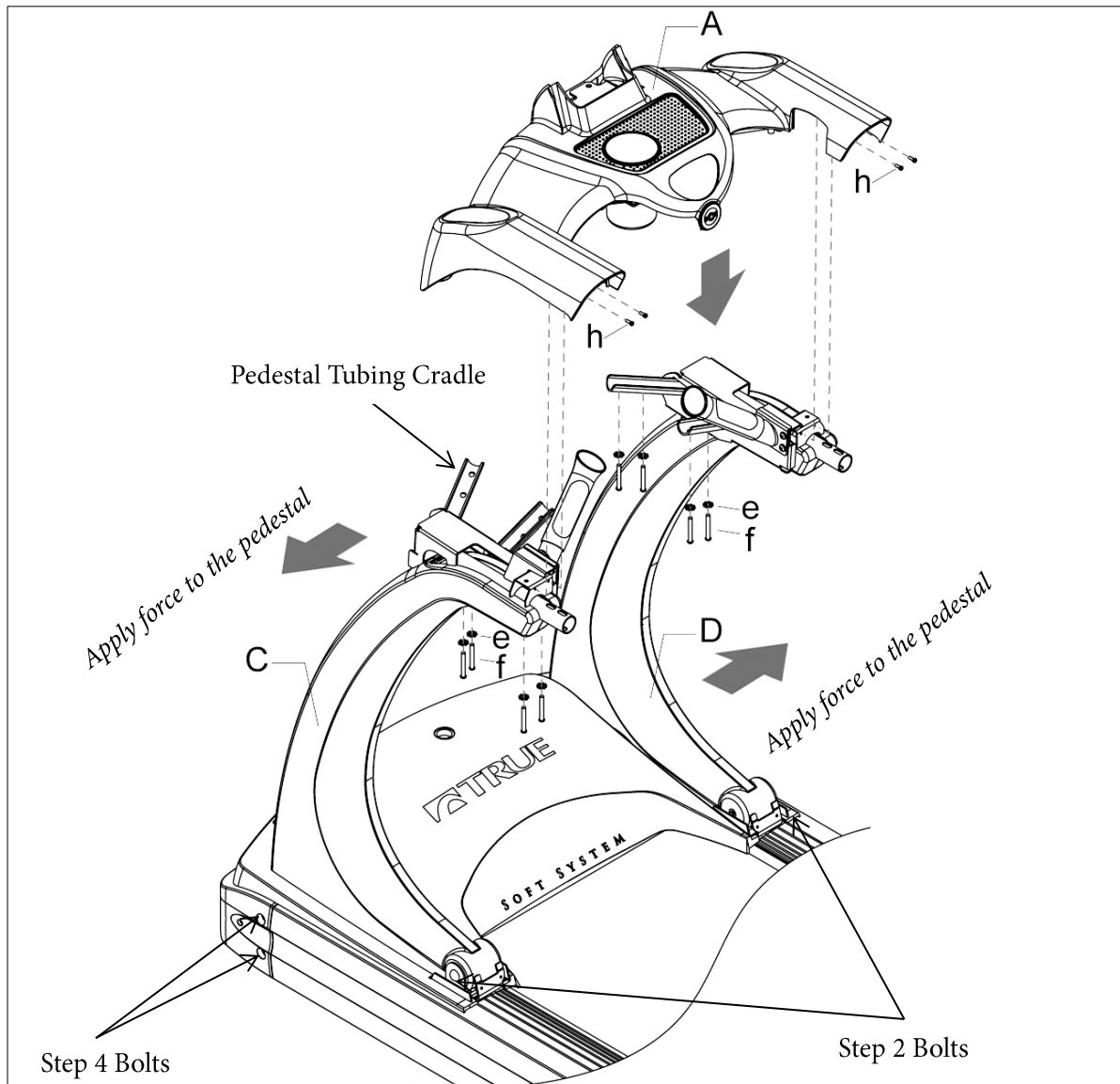


Fig. 6

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 7 Console Mast:

- a) Insert the console mast (L) into the console rack and secure it with 4 screws (s) and 4 spring washers (t), but do not tighten the screws completely until they have all been installed.

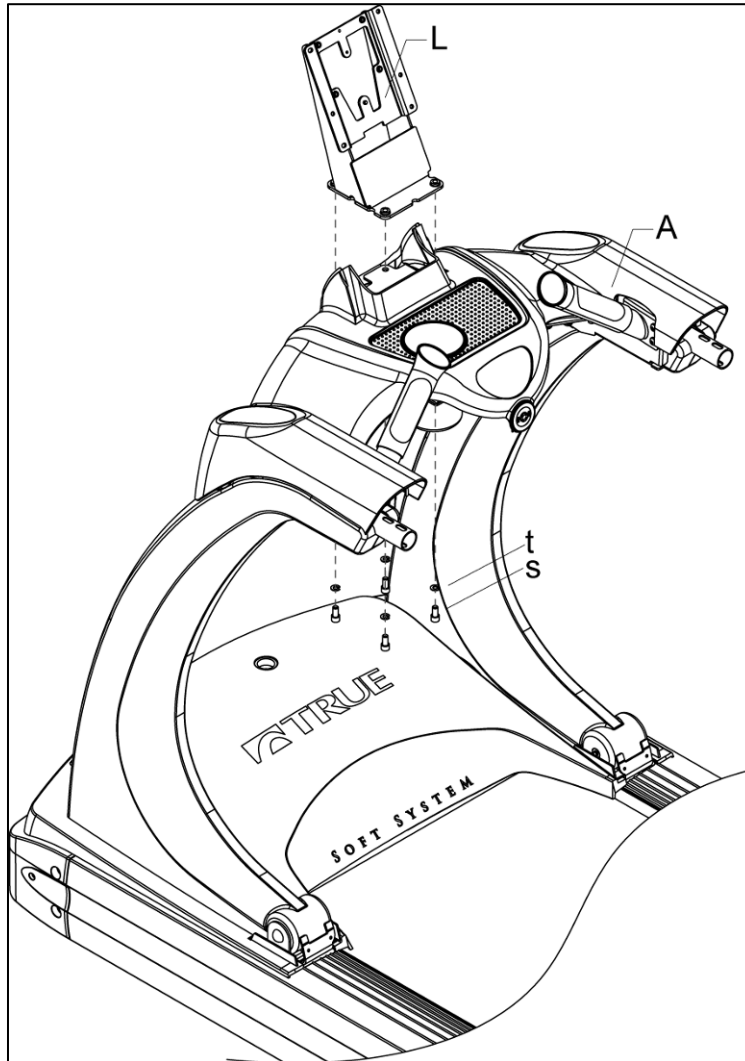


Fig. 7

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 8 Console Rack Cable Connections and Lower Cover Installation:

- a. Connect all wires from the right pedestal arm to the wires from the upper console rack cover (A) as shown in figure 9-1 (all cables will be connected regardless of console option).
*Do not over torque the coax TV cable.
- b. Fit all cables securely into the underside of the upper console rack cover (A).
- c. Install the hand grip base covers (N) into the upper console rack cover (A).
- d. Install the lower console rack cover (I) using eight screws (h), but do not tighten completely.
- e. Adjust the placement of the hand grip base covers to ensure the correct fit while taking care not to pinch any wires
- f. Tighten the screws (h).

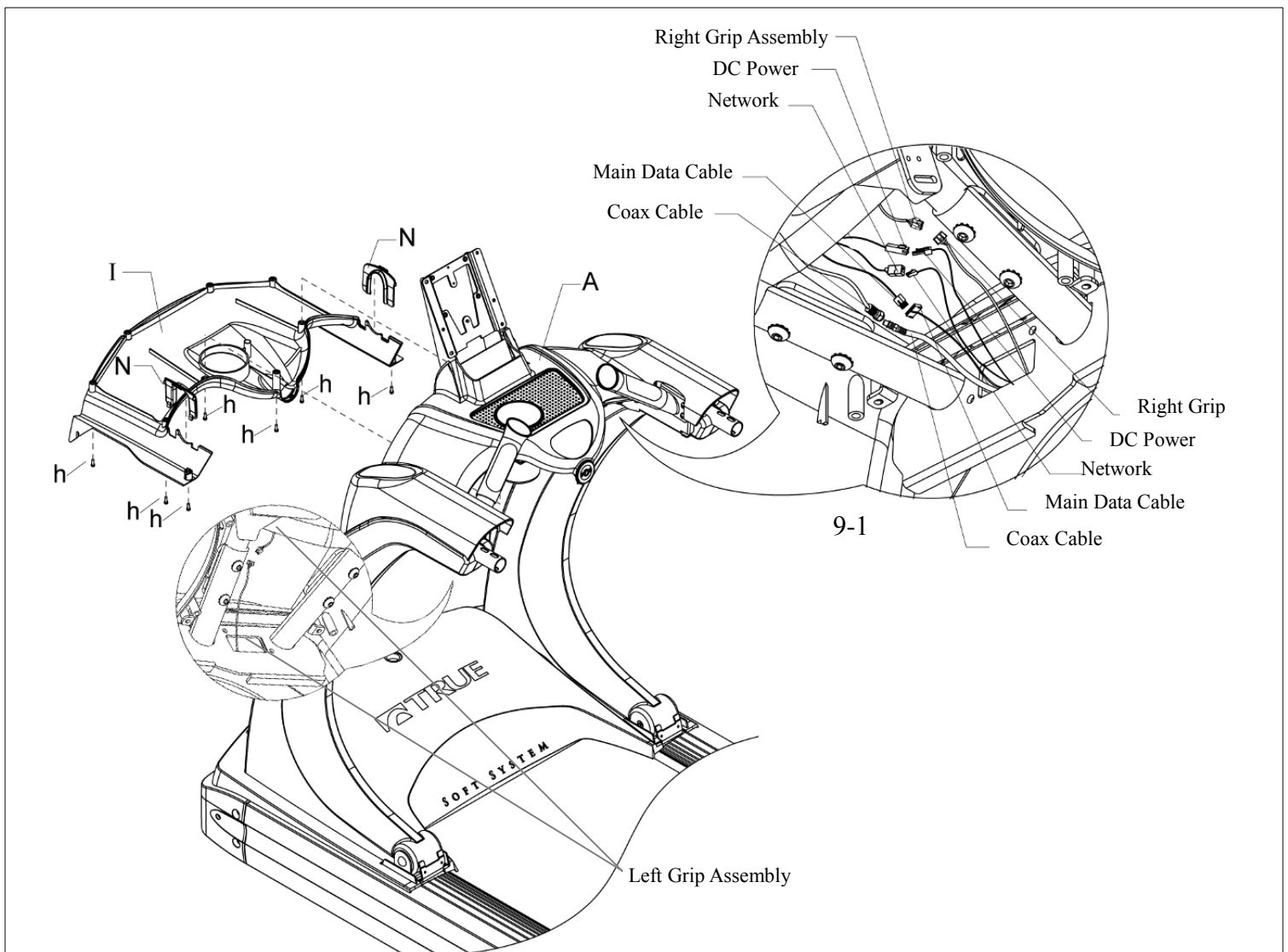


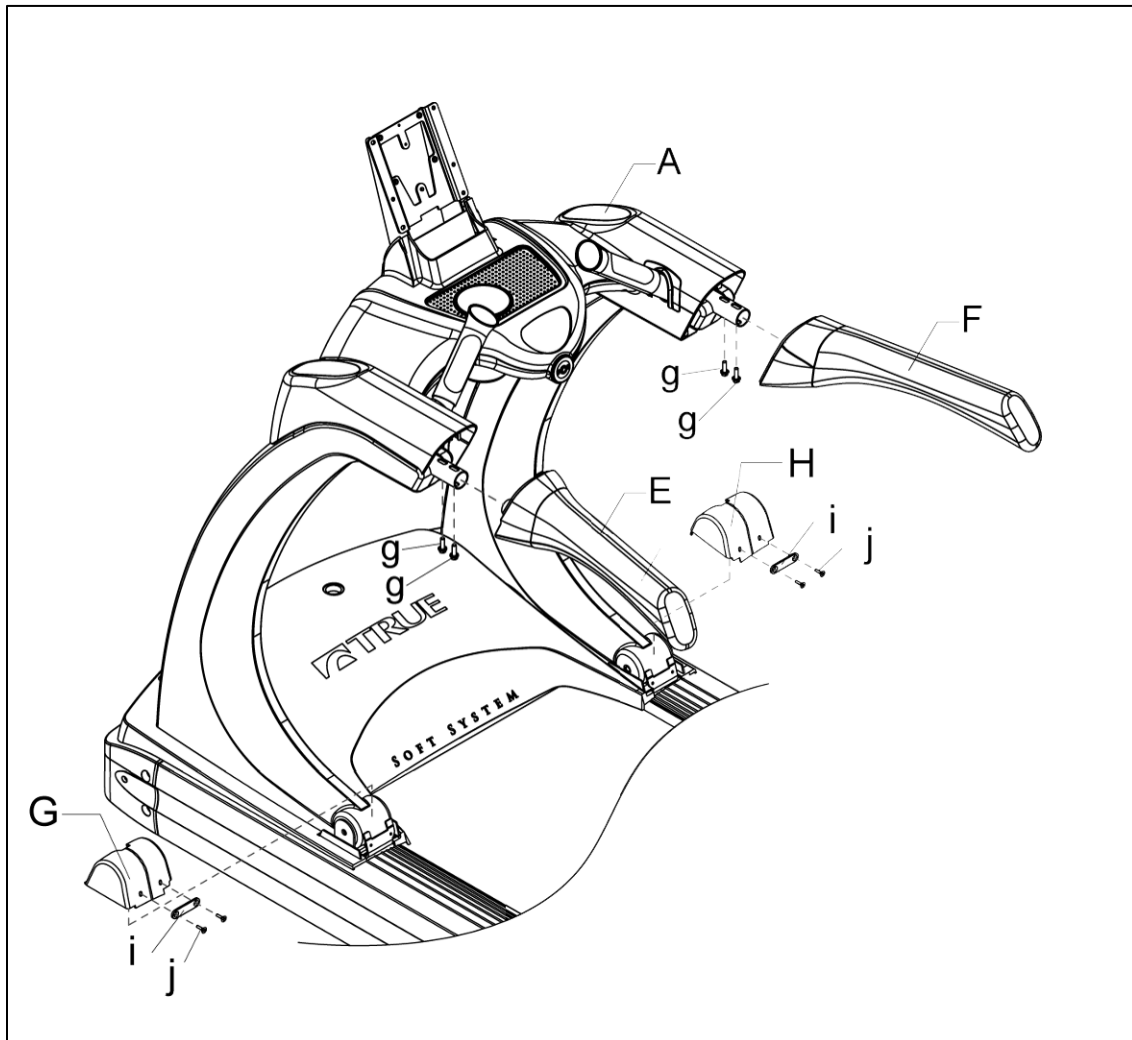
Fig. 8

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 9 Handrail & Pivot Trim Installation:

- a) Insert Handrails (E, F) into Pedestals by slightly rotating Handrail and pushing front rubber lip of Handrail under the Pedestal plastic.
- b) Secure Handrails with bolts (g, 2 per side).



- c) Install Pivot Trim Left & Right (G, H) onto Frame as shown in Fig. 9. Insert front tab of Pivot Trim into Motor Cover side piece and then rotate down to cover pivot. Secure with Strap – Pedestal Trim (i) and two Screws 10-32 (j) using #2 Phillips screwdriver.

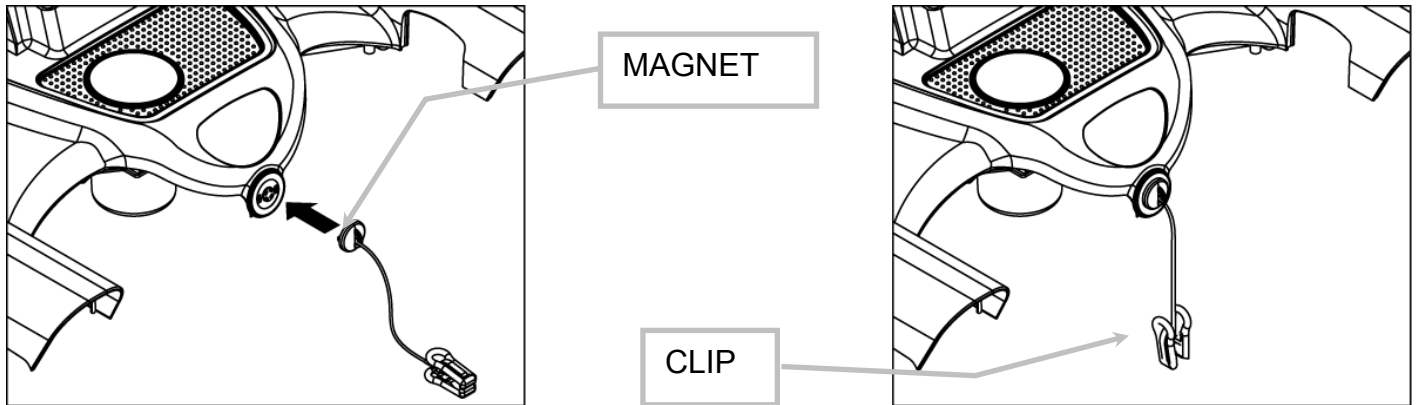
CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 10 Safety Key:

- a) Safety key and attachment cord are wrapped around plate during shipping.
- b) Unwind safety key and cord from plate.
- c) Attach Safety Key magnet to front of console rack as shown below.
- d) Attach Safety Key clip to plate located on Console Rack (when not working out).
- e) Attach clip to clothing at the beginning of any workout.

CAUTION: Read treadmill Owner's Manual before attempting any workout



CHAPTER 2: ASSEMBLY INSTRUCTIONS

Step 11 Decline Foot Assembly Installation & Leveling:

- a) Position cardboard from packaging next to side of base unit.
- b) **Using 2 people**, tilt treadmill on one side so that cardboard protects side of unit.
- c) While one person holds treadmill securely in place, the other person must unscrew both rear leveling feet. Place to side for later use. See Fig. 1.
- d) Install two leveling feet on decline foot assembly, with leveling foot with extra jam nut to be placed on the shorter post of decline foot assembly. See Fig 2.
- e) Install Decline Foot Assembly onto existing foot mounts of treadmill frame. Align two grooves in Decline Foot Assembly with two grooves in treadmill frame bottom. They should both be on the left side of the base unit. Ensure that you leave approximately 1/4 inch gap between the jam nut and the base of the decline foot on the right side of the pedestal. See Fig. 3.
- f) Secure with four 1/4-20 x 3/4 hex head bolts included in kit.
- g) **Using 2 people**, carefully tilt treadmill upright.



Fig 1

Fig 2

Fig 3

- h) Ensure treadmill incline rack wheels and rear feet are resting on the floor and not on cardboard, packaging, etc.
- i) Using a 15/16 inch open end wrench, loosen nut A on Right Rear Foot (only side adjustable). Fig. 12-2
- j) Using a level or estimating by sight, turn section B of foot clockwise, or counter-clockwise, using a 7/8 inch open end wrench to level the rear of treadmill.
- k) Tighten nut A until it is secured against bottom of treadmill.

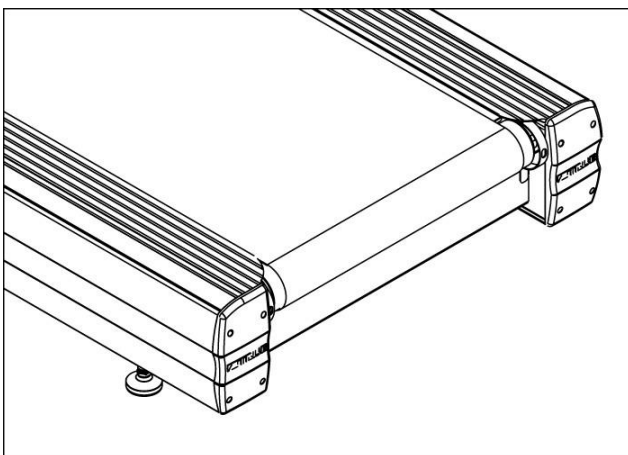


Fig. 12-1

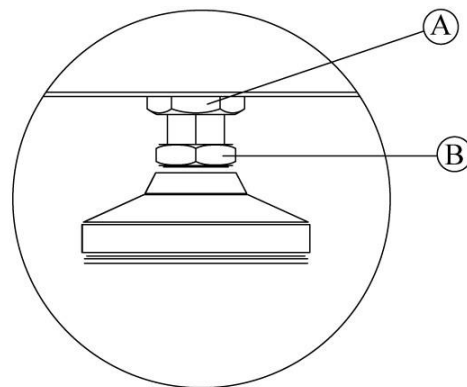


Fig. 12-2

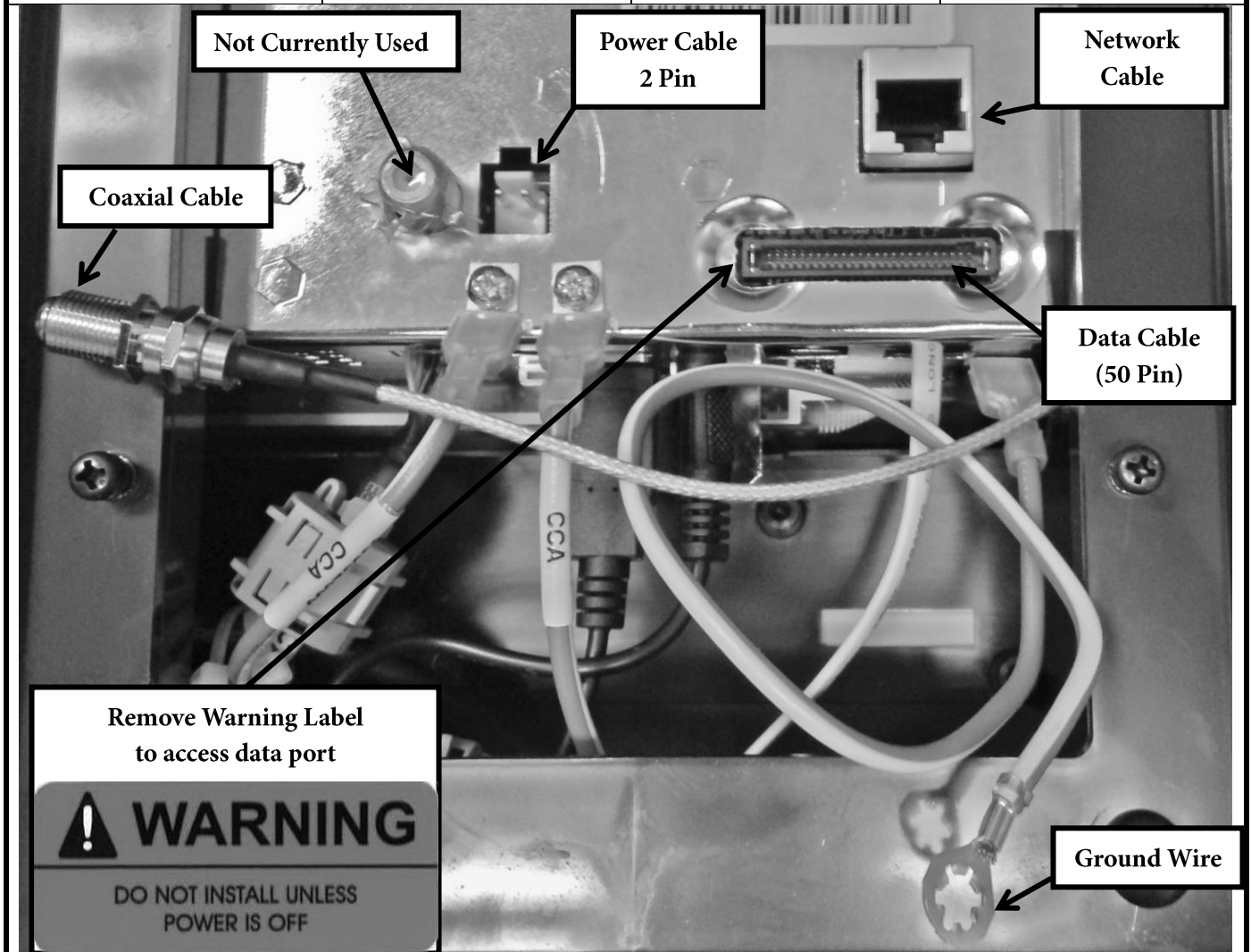
NOTE: The protective film covering the frame sides and front can be removed at this time.

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step #12A Console Cable Connections:

*Follow Step 12A if installing a touchscreen console or 15" TFT console. For other consoles, proceed to Step 12B.



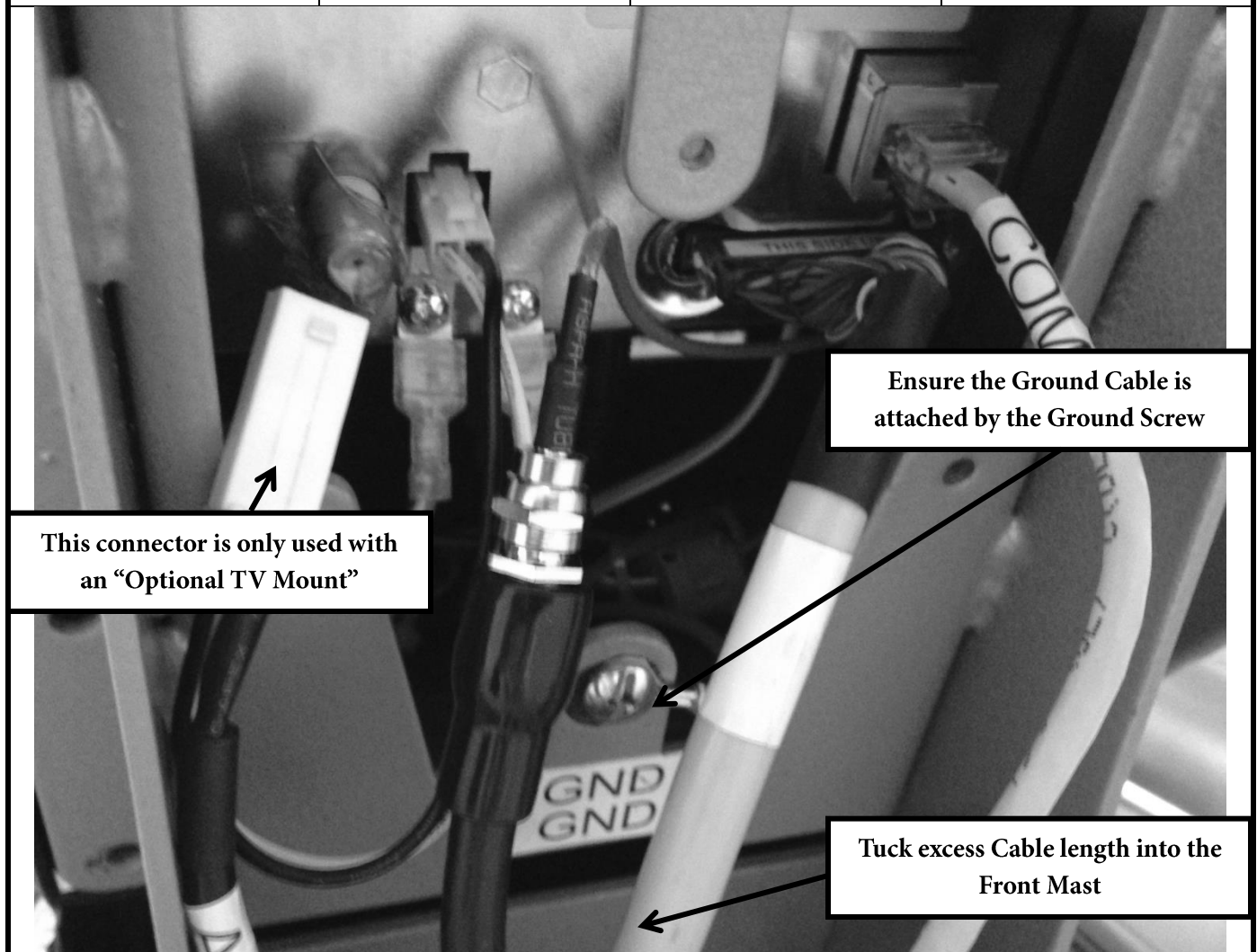
NOTE: Ethernet & Coaxial cable connections are not available on the 9" TFT Consoles
The Ethernet Port on the 15" TFT Console is non-functioning
All Ground Wires Must be connected

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step #12A Console Cable Connections (continued):

*Follow Step 12A if installing a touchscreen console or 15" TFT console. For other consoles, proceed to Step 12B.



NOTE: Ethernet & Coaxial cable connections are not available on the 9" TFT Consoles
The Ethernet Port on the 15" TFT Console is non-functioning
All Ground Wires Must be connected

CHAPTER 2: ASSEMBLY INSTRUCTIONS

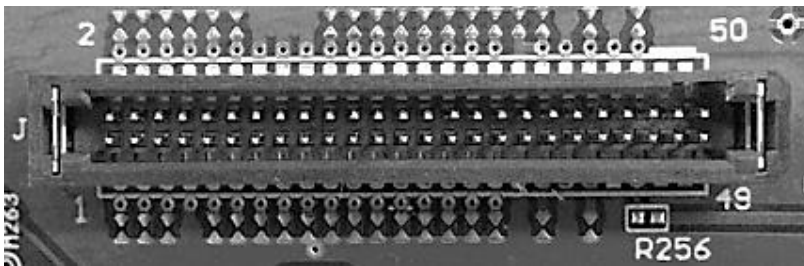
TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 12B Console Cable Connections:

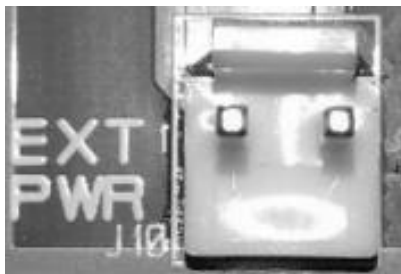
*Follow Step 12B if installing a 9" TFT console or an LED console. For other consoles, return to Step 12A.



9" TFT Console



Connect Data Cable (50-pin)



Connect Power Cable (2-pin)

NOTE: Ethernet & Coaxial cable connections are not available on the 9" TFT Consoles
All Ground Wires Must be connected

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 13Rear Console Cover Installation:

Once Console is installed, using a Phillips screwdriver, install Rear Console Cover (M) with 3 screws (g)

CAUTION: Make sure cabling is NOT pinched during installation.

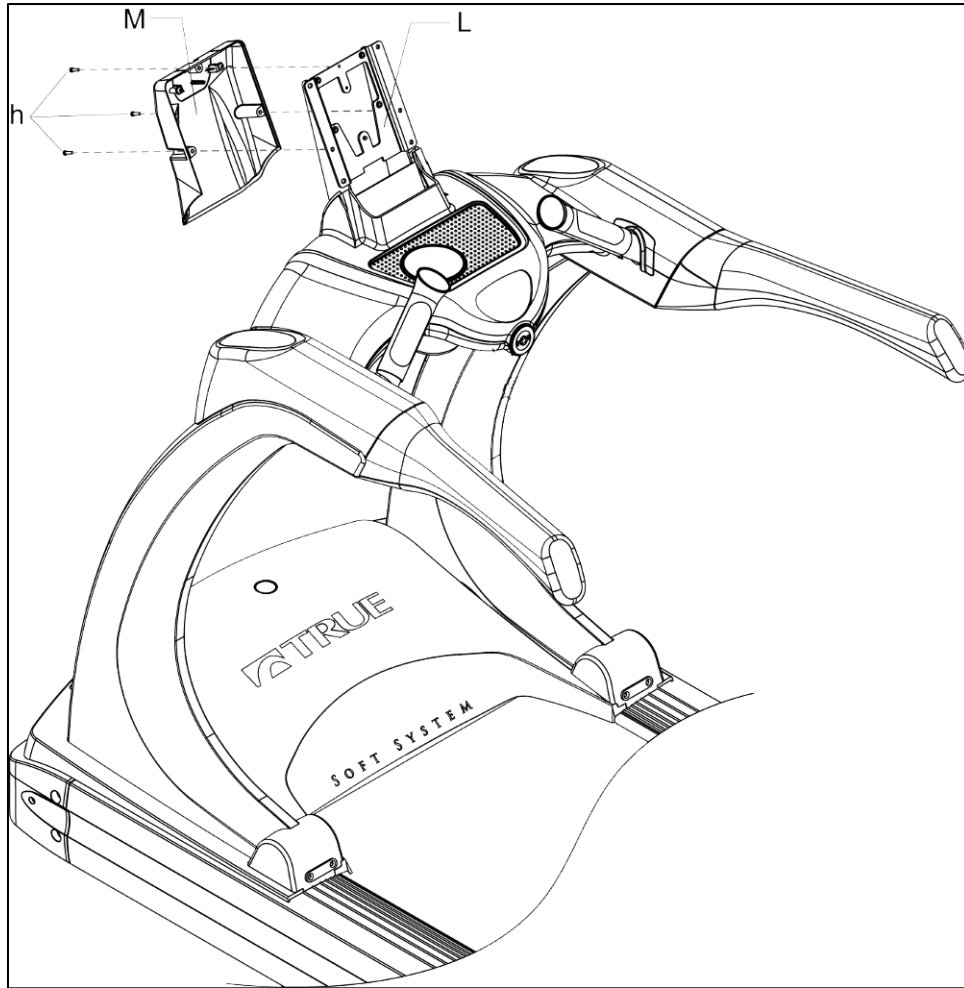


Fig. 13

CHAPTER 2: ASSEMBLY INSTRUCTIONS

TREADMILL ASSEMBLY STEPS (CONTINUED):

Step 14 Power Cord Installation:

- a) Insert Power Cord into Power Inlet receptacle of front electrical panel of treadmill. See Fig. 14-1 for location.
- b) b. Install Spacer (k), Retainer - Power Cord (l), and screw (m) as shown in Fig. 14-1 but do not tighten.
- c) c. Rotate power cord retainer down and tighten screw to push retainer up against Power Cord.

See Fig. 14-1.

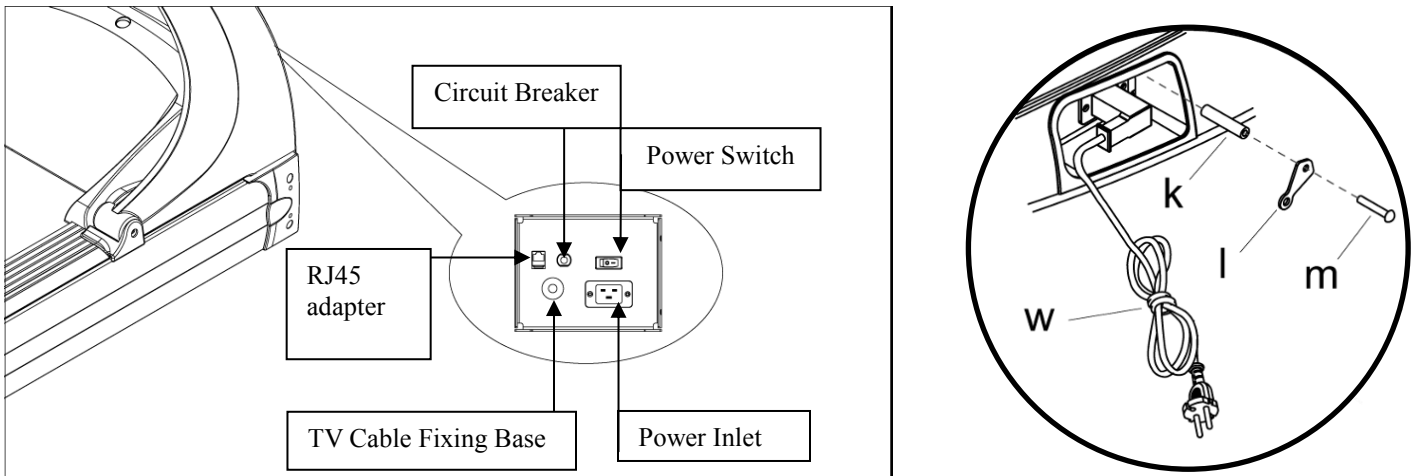
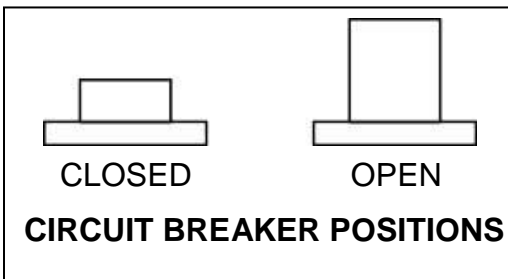


Fig. 14-1: ES900 Treadmill Front Electrical Panel

POWER SWITCH: 1 = ON, 0 = OFF

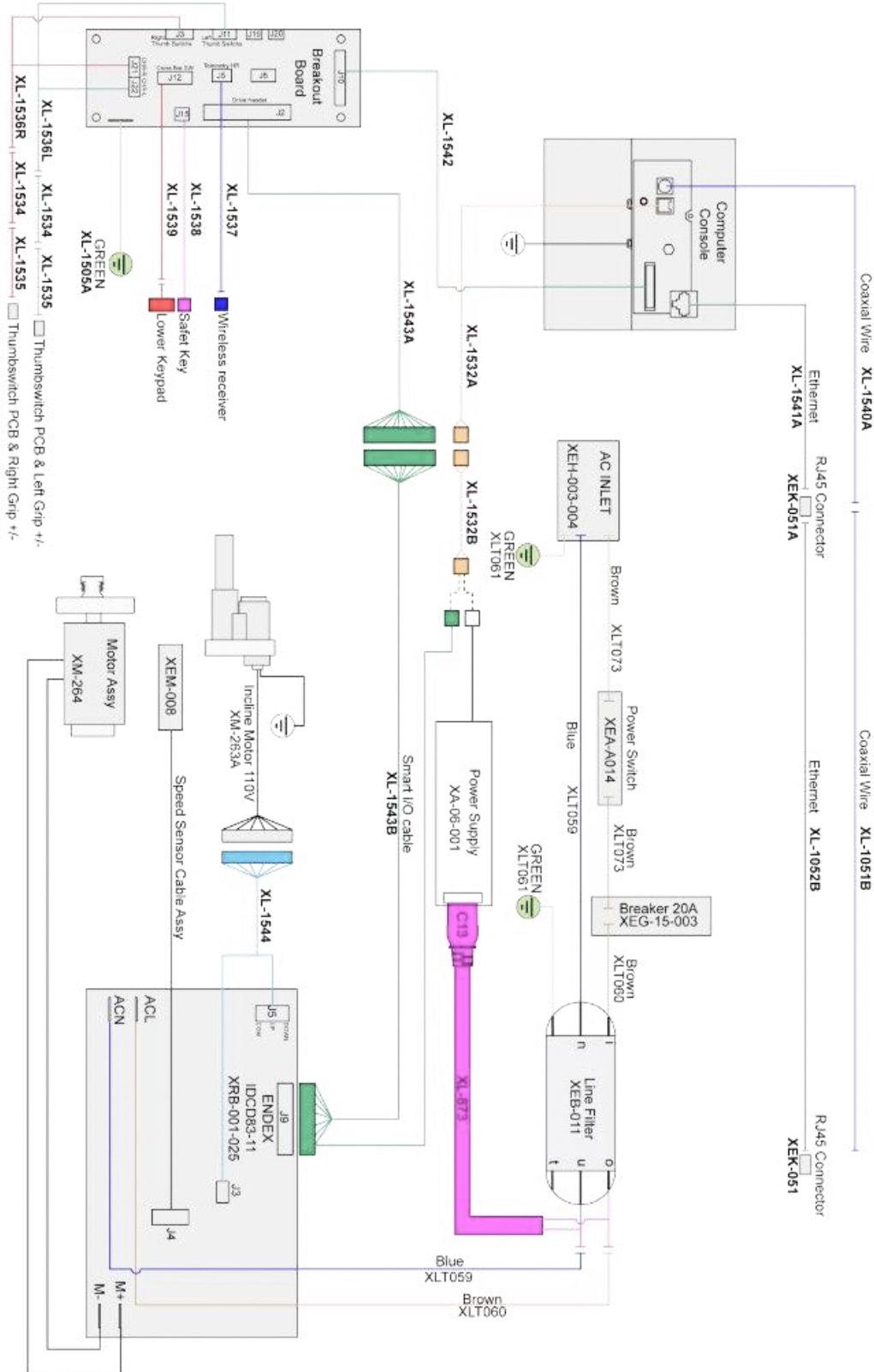
CIRCUIT BREAKER: In the event the current drawn by the treadmill exceeds a specified threshold value, the Circuit Breaker will operate; the button will pop out, and open the circuit. If this should occur, please wait 10 minutes and then reset the Circuit Breaker by pressing the button in on Circuit Breaker. If it does not reset, or the Circuit Breaker operates again, please contact True Fitness Service department at 1-800-883-8783.



CHAPTER 2: ASSEMBLY INSTRUCTIONS

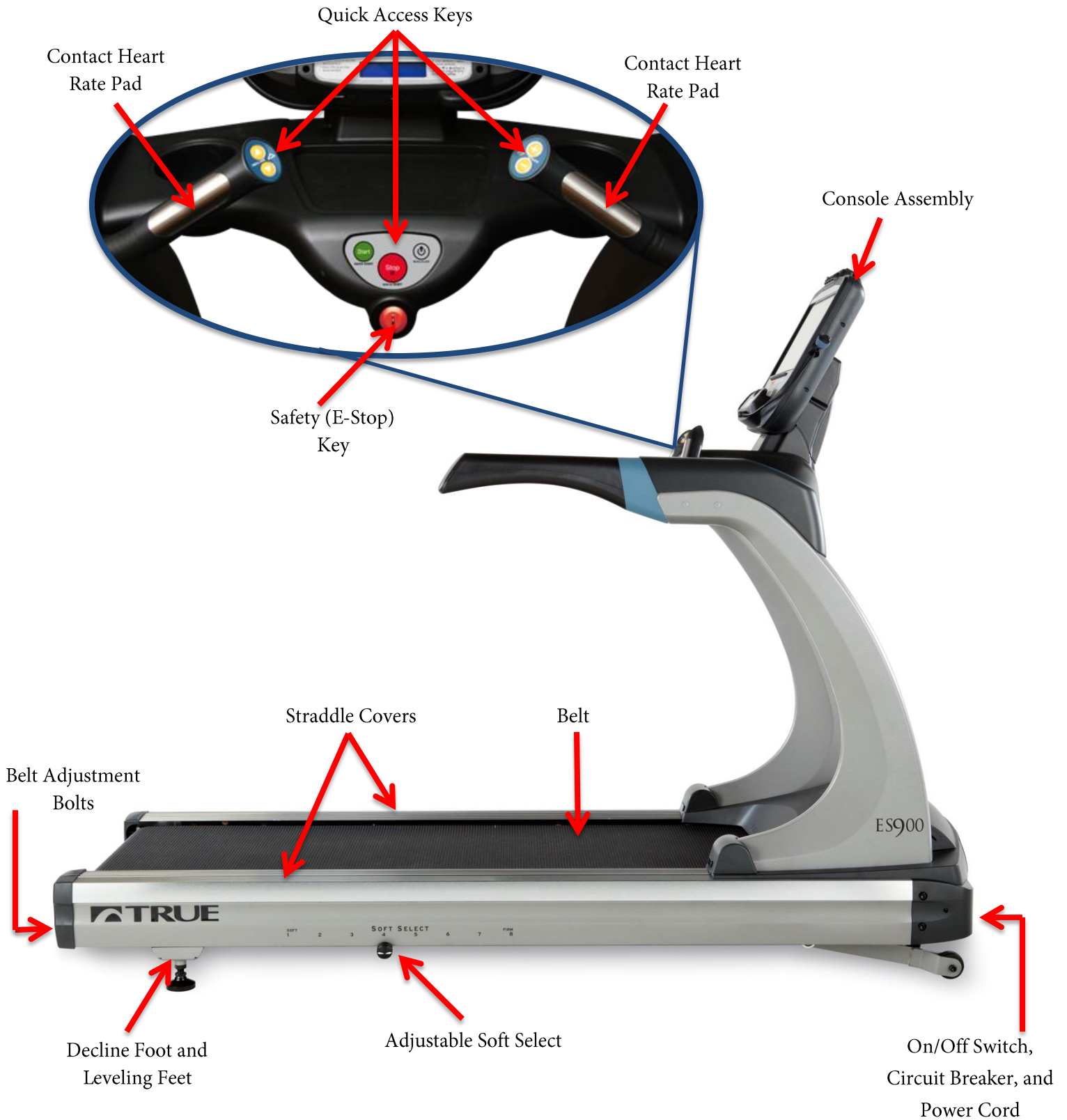
TREADMILL ASSEMBLY STEPS (CONTINUED): Wiring Schematic:

TRUE TES900 Wiring Diagram



CHAPTER 3: PRODUCT OVERVIEW

TREADMILL OVERVIEW:



CHAPTER 3: PRODUCT OVERVIEW

TREADMILL OVERVIEW (CONTINUED):

Console Assembly:

The console allows the user to set up a workout program and control the treadmill during a workout (For console overview and operation instructions refer to chapter 4).

Quick Access Keys:

Allows the user to quickly start, stop and wake the treadmill or make fast, convenient adjustments to the incline level or speed of the treadmill.

Contact Heart Rate Pads:

Allows the user to check their heart rate without wearing a wireless chest strap.

*For increased safety and accuracy this feature should only be used when the belt speed is below 4 mph.

Safety (E-Stop) Key:

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.

*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.

Belt:

The moving surface of the treadmill on which the user walks or runs.

Straddle Covers:

Stationary covers on either side of the belt, which allows the user to safely straddle the belt during startup or in the event of an emergency.

Belt Adjustment Bolts:

An adjustment system that allows the users to adjust the belt tracking and tension as needed.

On/Off Switch:

Allows users or faculty to turn the power on or off to the treadmill.

Circuit Breaker:

A safety device designed to protect the treadmill from excessive electrical current.

Power Cord:

Delivers power from the wall outlet to the treadmill.

Decline Foot and Leveling Feet:

The decline foot allows the treadmill to decline so the user can enjoy the benefits of a downhill workout. The leveling feet are an adjustable system used to aid in the leveling the treadmill.

Adjustable Soft Select:

Allows users to "personalize" the walking surface from soft to firm or anywhere in between.

CHAPTER 4: PROGRAMING & OPERATION

▲ CAUTION:

The safety key must be in place on the treadmill console, and should be attached to the user's clothing. The treadmill will not operate if the safety key is not attached to the console.

HEART RATE MONITORING:

This treadmill can monitor a user's heart rate using either a Polar® compatible chest strap or the metal grips on the hand rails (called contact heart rate or CHR pads). A chest strap transmits the user's heart rate to the treadmill via radio, and the CHR pads connect to a special computer circuit to extract the user's heart rate.

Chest Strap Heart Rate Monitoring:

Although this treadmill functions fine without using the heart rate monitoring feature, this kind of monitoring gives valuable feedback on the user's effort level. Chest strap monitoring also allows users to use Heart Rate Control, the most advanced exercise control system available.

When users wear a Polar® compatible transmitter strap, the treadmill will display the user's heart rate as a digital beats-per-minute (bpm) readout.

The transmitter 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.

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.



A Note on Chest Strap Heart Rate Monitoring:

The chest strap produces a radio signal that the treadmill reads and registers as the user's heart rate. The accuracy of a reading may be affected when outside interference is present.

Contact Heart Rate (CHR):

The CHR system will let the user monitor their heart rate without wearing a chest strap. When using the CHR system users should gently grasp the CHR pads with both hands. Within 30 seconds, the user's heart rate should be displayed as a digital bpm readout (during the first 30 seconds the system is analyzing and locking in the user's heart rate). Users should exercise with smooth body motions and breathe regularly. It is best to avoid talking while using the CHR system, as talking will cause unrepresentative heart rate spikes of 5 to 10 bpm. To ensure an accurate reading, the user's hands should be clean, free of both dirt and hand lotions.

*For increased safety and accuracy the CHR system should only be used at speeds of 4 mph or lower (CHR readings are less accurate due to large muscle movements above this speed).

A Note on CHR Accuracy:

CHR monitoring may be less accurate than chest strap monitoring since the heart rate signals are much stronger at the chest. When using a HRC workout, it is best to use a chest strap because of the stronger and more accurate readings.

▲ CAUTION:

Do not use the contact heart rate grips as a handlebar during a workout.

CHAPTER 4: PROGRAMING & OPERATION

HEART RATE CONTROL (HRC):

Introduction:

You are now the owner of the most sophisticated Heart Rate Control treadmill available. TRUE HRC is unique and patented. It accommodates users from rehabilitation to world class athletes, and all those in between. TRUE HRC allows users to do a completely hands free heart rate controlled workout using speed, incline or both. By training at a specific target heart rate, users can exercise at a more efficient cardiovascular level.

The TRUE HRC system is unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, and time, prior to beginning the HRC workout. As users approach their target heart rate, the treadmill's computer automatically takes over and changes the speed and/or incline automatically to keep users near their target heart rate. This allows for a completely "hands free" workout.

*A Polar® compatible heart rate monitoring chest strap should be worn during HRC workouts. For increased safety and accuracy, contact heart rate monitoring is not recommended for HRC workouts.

Target Heart Rate:

TRUE's heart rate control (HRC) workouts let the treadmill monitor relative exercise intensity by way of the user's heart rate, then automatically adjust the speed and incline to keep the user at their target heart rate and thus their desired exercise intensity. Heart rate is a good measure of the body's exercise stress level. It reflects differences in physical condition, fatigue, the comfort of the workout environment, even diet and emotional state. Users should compare their heart rate with how they feel to ensure safety and comfort.

Consult a physician to determine target heart rate:

Using heart rate to control a workout takes the guesswork out of the workout settings. 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 for several workouts in the manual mode while monitoring 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 select the maximum speed and maximum incline required for reaching their target heart rate.

Warm Up:

At the beginning of an HRC workout, the treadmill is in full Manual Control mode. Users should gradually increase the workout intensity to slowly raise their heart rate to within 10 beats per minute (bpm) of their target heart rate. The treadmill will operate as if in manual mode during the warm up stage. Users control both speed and incline. The user may only increase speed and incline to the present maximum values entered. It is important that the user starts at a low level of perceived exertion and gradually increase the workout intensity over several minutes until they approach their target heart rate. This allows the body to adapt to the workout. Increasing the workout intensity gradually will allow the user to enter the heart rate control stage without overshooting their target, keeping their heart rate within a few bpm of their target.

*Warming up too fast may cause the user to overshoot their target. If this occurs it may take several minutes before the computer software can control their heart rate. Users may overshoot and undershoot for several minutes until control is achieved.

CHAPTER 4: PROGRAMING & OPERATION

HEART RATE CONTROL (CONTINUED):

Heart Rate Control Stage:




The treadmill takes control of speed and incline, keeping the user's heart rate within a few bpm of their target. When using the Interval HRC Workout, the treadmill alternates between work and rest intervals.

Cool-Down:

At the end of the workout time or distance, the treadmill reduces the workout intensity by half and goes back into Manual Control mode, where users directly control their cool-down.

PROGRAM DESCRIPTIONS:

Available programs vary depending on the console option selected. Please refer to the chart to the below for assistance in determining which programs are available on this unit.

Console Options	**	*
 Transcend ¹⁶	YES	YES
 Transcend ¹⁰	YES	YES
 Escalate ⁹	YES	

CHAPTER 4: PROGRAMING & OPERATION

PROGRAM DESCRIPTIONS (CONTINUED):

Quick Start: **

A workout in which the user controls all settings. The workout continues until it is ended by the user.

Manual: **

Users enter their weight, workout time or distance. The user controls both the SPEED and INCLINE of the treadmill throughout the workout.

Hill Intervals: **

Hill Intervals makes changes to the INCLINE in 2-minute segments with the SPEED remaining constant. Users can make adjustments to the SPEED during the workout. SPEED changes are permanent; INCLINE changes affect the current 2-minute segment only.

Rolling Hills: **

Series of gradually increasing and decreasing INCLINE changes that simulate rolling hills. Users can make adjustments to the SPEED during the workout. SPEED changes are permanent; INCLINE changes affect the current segment only.

Single Hill: **

INCLINE increases to a maximum at the mid-point of the workout, then decreases to the finish. Users can make adjustments to the SPEED during the workout. SPEED changes are permanent; INCLINE changes affect the current segment only.

Weight Loss Hills: **

2-minute WALKING interval segments with INCLINE alternating between hills and a nearly flat landscape. Users can make adjustments to the SPEED during the workout. SPEED changes are permanent; INCLINE changes affect the current segment only.

Glute Buster: **

A changing INCLINE profile simulates hilly terrain to promote intense glute muscle use. Users can make adjustments to the SPEED during the workout. SPEED changes are permanent; INCLINE changes affect the current segment only.

Calorie Goal: **

This workout allows users to choose the number of calories they wish to burn within a specified workout time. The treadmill will control SPEED and INCLINE within the limits set by the user to attain this goal.

Cardio Challenge: **

SPEED and INCLINE increase to a maximum at the mid-point of the workout, then decrease to the finish. INCLINE and SPEED changes affect the current segment only.

CHAPTER 4: PROGRAMING & OPERATION

PROGRAM DESCRIPTIONS (CONTINUED):

Walk and Run Intervals: **

Uses SPEED to create WALKING then RUNNING intervals in 1-minute segments. Users can make adjustments to the INCLINE during the workout. INCLINE changes are permanent; SPEED changes affect the current 1-minute segment only.

Speed Intervals: **

Walking or running speed intervals that are in 1-minute segments. Users can make adjustments to the INCLINE during the workout. INCLINE changes are permanent; SPEED changes affect the current 1-minute segment only.

Speed Ramp: **

Speed increases to a maximum at the mid-point of the workout, then decreases to the finish. Users can make adjustments to the INCLINE during the workout. INCLINE changes are permanent; SPEED changes affect the current segment only.

Leg Shaper: **

SPEED changes in this workout to emphasize the leg muscles with added intensity. Users can make adjustments to the INCLINE during the workout. INCLINE changes are permanent; SPEED changes affect the current segment only.

Distance Workouts: **

Choose any one of our 4 common distance workouts - 5k, 10k, 2 mile or 4 mile. The user controls both the SPEED and INCLINE of the treadmill throughout the workout.

Saved Workouts: **

Access to previously saved manual workouts.

Custom Speed: *

Set up custom SPEED intervals. Up to 30 easy to adjust segments allow users to customize any speed profile.

Custom Incline: *

Build a custom INCLINE profile using up to 30 segments. A user friendly setup screen allows users to create any hill or incline profile.

Custom Ultra: **

If users are having trouble finding a workout that fits their specific needs, try setting up the Custom Ultra! This completely customizable workout setup allows both SPEED and INCLINE control in up to 30 segments.

HRC Cruise Control: **

While in any program, Cruise Control will allow the user to set current heart rate as target heart rate by pressing a single button. The Cruise Control program takes control of SPEED and INCLINE to maintain the users target Heart Rate. If Beats per Minute exceeds the target by more than 12 BPM the workout will end and Cool Down will begin.

CHAPTER 4: PROGRAMING & OPERATION

PROGRAM DESCRIPTIONS (CONTINUED):

HRC Target: **

Users choose their target heart rate. The treadmill begins in MANUAL control – The user should gradually increase the workout intensity until heart rate is within 10 bpm of their target. At this point, the treadmill takes over to control speed and incline to maintain heart rate within a few beats of the user’s target.

HRC Weight Loss: **

Based on age, this is a heart rate controlled workout at 65% of the user’s maximum heart rate. This creates efficient fat burning without overtraining. The treadmill begins in MANUAL control –The user should gradually increase the workout intensity until their heart rate is within 10 bpm of their target. At this point, the treadmill takes over to control speed and incline to maintain heart rate within a few beats of the user’s target.

HRC Aerobic: **

Based on age, this is a heart rate controlled workout at 80% of the user’s maximum heart rate. This keeps the user in the optimum aerobic training range to improve cardio fitness. The treadmill begins in MANUAL control - gradually increase the workout intensity until the user’s heart rate is within 10 bpm of their target. At this point, the treadmill takes over to control speed and incline to maintain heart rate within a few beats of the user’s target.

HRC Intervals: **

Intervals of WORK and REST determined by target heart rate. The treadmill begins in MANUAL control – Users should gradually increase their workout intensity until their heart rate is within 10 bpm of their target. At this point, the treadmill takes over to control speed and incline to maintain the user’s HR within a few beats of their target. The rest segment will reduce to 65% intensity of work segment.

Custom HRC Intervals: *

Set up a custom heart rate interval. Specify WORK and REST targets and let the treadmill make all the adjustments. The treadmill begins in MANUAL control - gradually increase the workout intensity until heart rate is within 10 bpm of the user’s target. At this point, the treadmill takes over to control speed and incline to get the user’s heart rate within a few beats of their target.

HRC Distance Workouts: *

4 popular fixed distance workouts (5k, 10k, 2 miles and 4miles) that put the treadmill in control of pace by selecting the user’s target heart rate. The treadmill begins in MANUAL control - The user should gradually increase the workout intensity until heart rate is within 10 bpm of their target. At this point, the treadmill takes over to control speed and incline to maintain heart rate within a few beats of the user’s target.

Fitness Test: **

A fitness test uses heart rate to estimate the user’s VO2 max. The test increases SPEED and INCLINE gradually every minute and ends at the point where the user’s heart rate reaches 85% of the maximum for their age.

CHAPTER 4: PROGRAMING & OPERATION

PROGRAM DESCRIPTIONS (CONTINUED):

Air Force fitness Test: *

1.5-mile running test measured against age and gender calculations. Users can make adjustments to the SPEED during the workout.

Navy Fitness Test: *

1.5-mile running test measured against age and gender calculations. Users can make adjustments to the SPEED during the workout.

Army Fitness Test: *

2-mile running test measured against age and gender calculations. Users can make adjustments to the SPEED during the workout.

Marines Fitness Test: *

3-mile running test measured against age and gender calculations. Users can make adjustments to the SPEED during the workout.

CHAPTER 4: PROGRAMING & OPERATION

VIRTUAL ACTIVE VIDEOS: *

*Content is provided by Virtual Active™ and is subject to change without notice.

Indoor Cycling Group World Tour Northern Italy:

Northern Italy is a cyclist's dream, where stunning views meet tough terrain. The rugged cliffs along Italy's largest lake, Lago di Garda are just a short ride away from the idyllic small town of Pregasina, and the rural mountain passes of Gampenjoch are as beautiful as they are treacherous. Enjoy one advanced hill climb, and one endurance-focused ride with mixed terrain.

Destinations Include:

- Sentiero Ponale, Lago di Garda, Veneto
- Pregasina, Lago di Garda, Veneto
- Località Viote, Lago di Garda, Trento
- Ötztal Alps, Bolzano-Bozen
- Penser Joch, Bolzano, South Tyrol
- Gampenjoch, Bolzano, South Tyrol



Chicago Run:

Explore the tall buildings and wide public parks of this Midwestern metropolis. From the sculpture gardens of Millennium Park, to the shores of Lake Michigan, to the shops that line the Magnificent Mile, the Windy City boasts spectacular sights. The guided workout is speed-focused, and includes two challenging sprints.

Destinations Include:

- Grant Park
- The Magnificent Mile
- Lake Michigan
- Chicago River Walk



Germany Run:

Run the Rhineland, from the thick forests of Thuringia to the Gothic spires of Nuremburg. This lively mix of urban and natural courses includes a jaunt past the waterfalls that decorate the Wimbachklamm gorge and a visit to Munich's bustling plaza, Marienplatz, in the heart of Bavaria. The guided workout alternates speed challenges and recovery intervals.

Destinations Include:

- Thuringian Forest, Thuringia
- Berchtesgaden National Park, Bavaria
- Berchtesgadener Land, Bavaria
- Munich, Bavaria
- Nuremburg, Bavaria



CHAPTER 4: PROGRAMING & OPERATION

VIRTUAL ACTIVE VIDEOS (CONTINUED):

American Southwest 2 Run:

Return to the crimson cliffs of the Southwest. Scale Angel's Landing in Zion National Park in Utah, surf "The Wave" in Arizona, and go all-in, with a sprint down the fabulous Las Vegas Strip in Nevada. The guided workout begins with a quick build and maintains a strong pace throughout.

Destinations Include:

- Zion National Park, Utah
- Vermilion Cliffs National Monument, Utah
- Vermilion Cliffs National Monument, Arizona
- Las Vegas, Nevada



Wild California Run:

Explore California's Sierra Nevada mountain range, home to the awe-inspiring domes and waterfalls of Yosemite National Park, and General Sherman, the world's largest tree. The guided workout starts with a challenging climb to the top of Morro Rock, before relaxing into a moderately difficult finish.

Destinations Include:

- Sequoia National Park, California
- Yosemite National Park, California
- Sequoia National Forest, California



Trinity Mountains Hike:

The northwestern corner of California is home to the Shasta-Trinity Mountains, a rugged region of remote beaches, and thunderous herds of Roosevelt elk. Marvel at the magnificent giant sequoias on the Boy Scout Tree Trail and climb to the eerie edge of Devil's Punch Bowl. The guided workout is front-loaded with climbs and back-loaded with speed.

Destinations Include:

- Siskiyou Wilderness
- Jedidiah Smith Redwoods State Park
- Castle Crags State Park
- Prairie Creek Redwoods State Park
- Prairie Creek Redwoods State Park
- Shasta-Trinity National Forest



CHAPTER 4A: TRANSCEND OPERATION

TRANSCEND OVERVIEW:



CHAPTER 4A: TRANSCEND OPERATION

CONSOLE OVERVIEW (CONTINUED):

Touchscreen Display:

A capacitive touchscreen used for workout control and feature navigation.

30 Pin iPod® Connector:

Standard 30 pin iPod connector used to connect an iPod to the console.

Headphone Jack:

Standard 3.5mm audio jack used to connect headphones to the console during media playback.

USB Jack:

Allows users to export workout data to an external USB drive or update the console software.

Auxiliary LCD Display:

Displays workout data that can be easily viewed regardless of which mode is displayed on the Touchscreen Display.

*Available on the 16" model only.

Reading Rack:

This ledge on the console can be used to hold a book, magazine, e-reader, or tablet computer during a workout.

Cooling Fan:

Integrated fan that delivers a cooling flow of air during a workout.

Warning Decal:

Important safety information for users to review prior to using the equipment.

CHAPTER 4A: TRANSCEND OPERATION

TOUCHSCREEN INTRODUCTION:

The Transcend Console utilizes a fully integrated capacitive touch screen display and a multi-screen interface to provide a state of the art and user friendly workout.






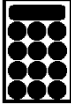






Capacitive touchscreen technology relies on the conductive properties of the human body to detect when and where on the display the user is touching. Because of this, capacitive touchscreens are highly responsive and do not require pressure to register a touch.

TOUCHSCREEN NAVIGATION:

TRUE recommends that users familiarize themselves with the different screens to ensure that they are safely taking advantage of all of the features that this equipment has to offer.

Icon Character Map

This console uses several icons to provide users with a simplified and visually appealing workout experience. The character map below is a quick reference of commonly used icons:

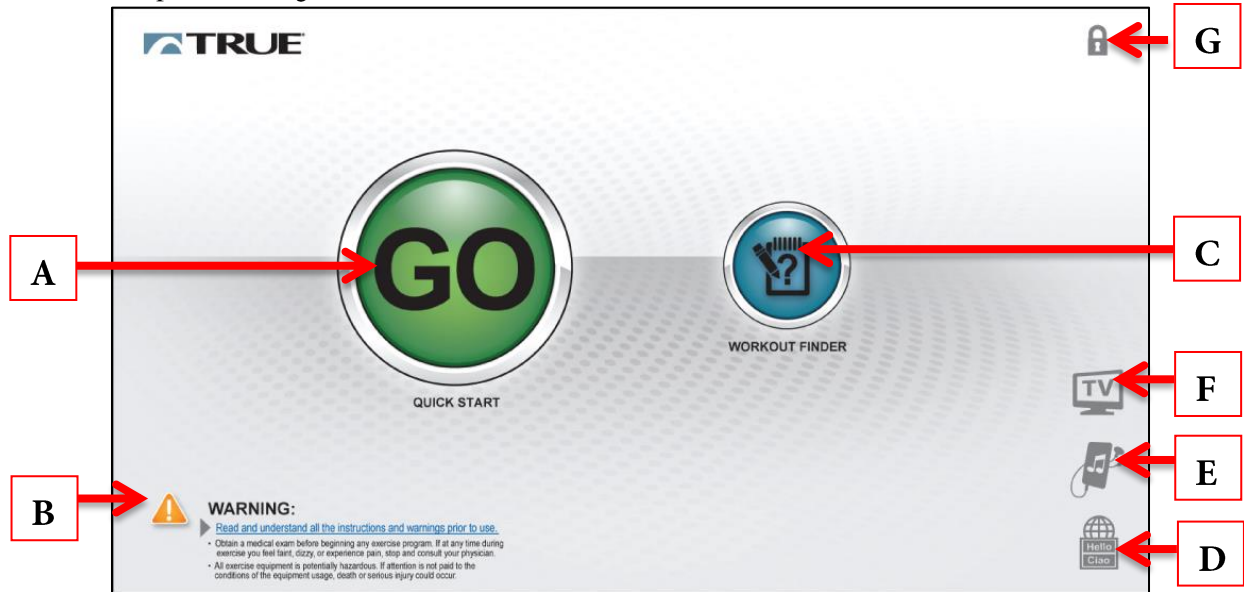
	Incline		Speed
	Cool Down		Toolbox
	Fan Icon		Keypad
	Screen Toggle		Home
	iPod®		Virtual Active®
	TV		NetPulse®

CHAPTER 4A: TRANSCEND OPERATION

TOUCHSCREEN NAVIGATION (CONTINUED):

Home Screen:

The Home Screen is displayed on the console when there is no workout in progress. From this screen the user is able to select from various options to begin a workout or view media.



A) Quick Start

Starts a Quick Start workout in which the user controls all settings. The workout continues until it is ended by the user.

B) Safety Instructions

Displays a list of safety instructions for users to review prior to beginning a workout.

C) Workout Finder

Displays preset workouts categorized by goal focus categories.

D) Language Options

Allows users to choose between 12 language options.

E) iPod®

Displays the iPod interface without starting a workout.

F) TV

Displays TV interface without starting a workout.

G) Screen Lock

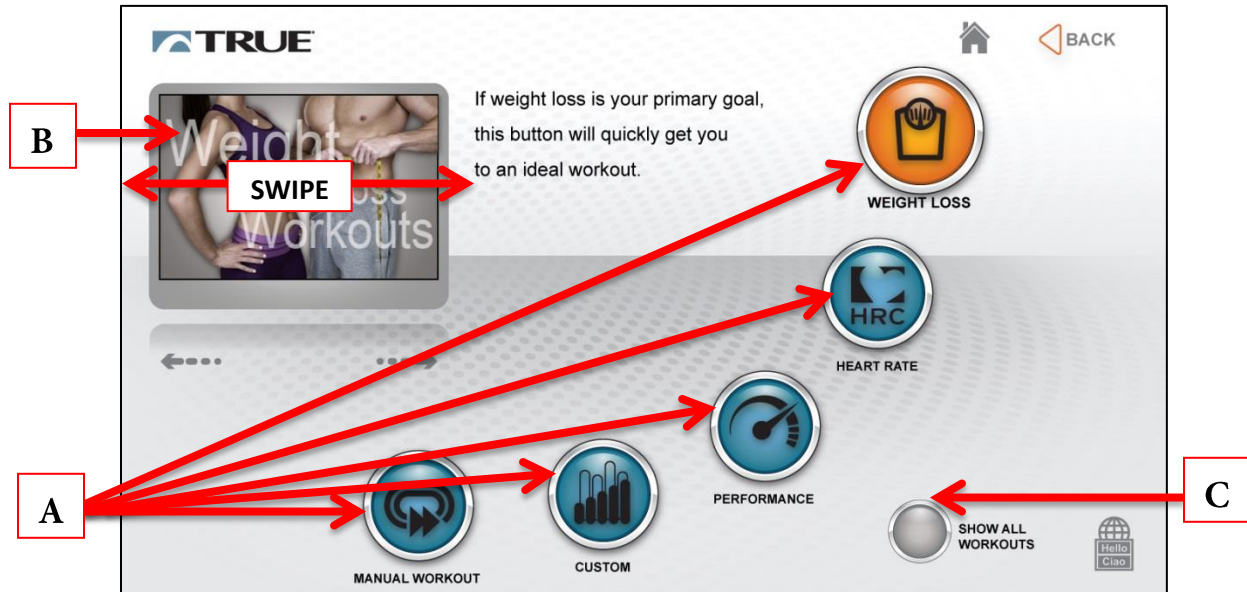
When the screen lock is held for 3 seconds, the touchscreen display will lock for 20 seconds to allow for cleaning.

CHAPTER 4A: TRANSCEND OPERATION

TOUCHSCREEN NAVIGATION (CONTINUED):

Selecting a Preset Workout:

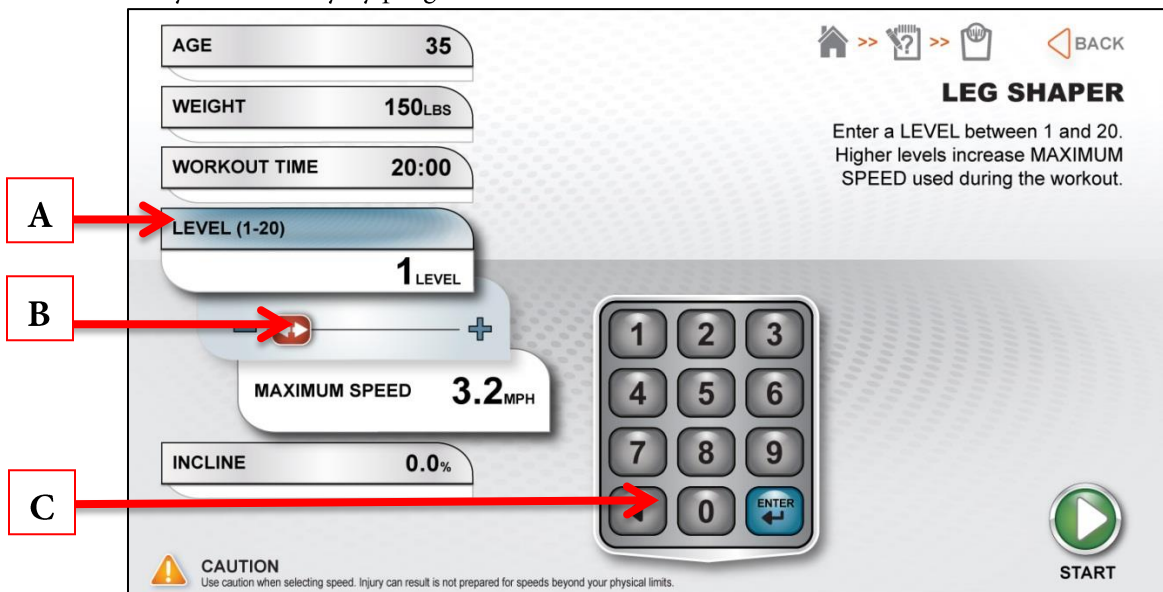
Preset workouts are accessed by touching the Workout Finder Button on the home screen. Workouts are organized into 5 categories. To view the workouts in a category simply touch a Category Selection button (A) or swipe through categories in the category preview window (B). Workouts can also be viewed in an uncategorized list by touching Show All Workouts button (C).



Workout Data Entry Screens:

Workout data entry screens allow the user to input their personal information or workout goals prior to beginning a preset workout. To set a value, touch the heading (A) of the value and adjust the slider (B) to the desired setting or manually enter a value using the keypad (C).

*Workout Data Entry Screens vary by program selection.

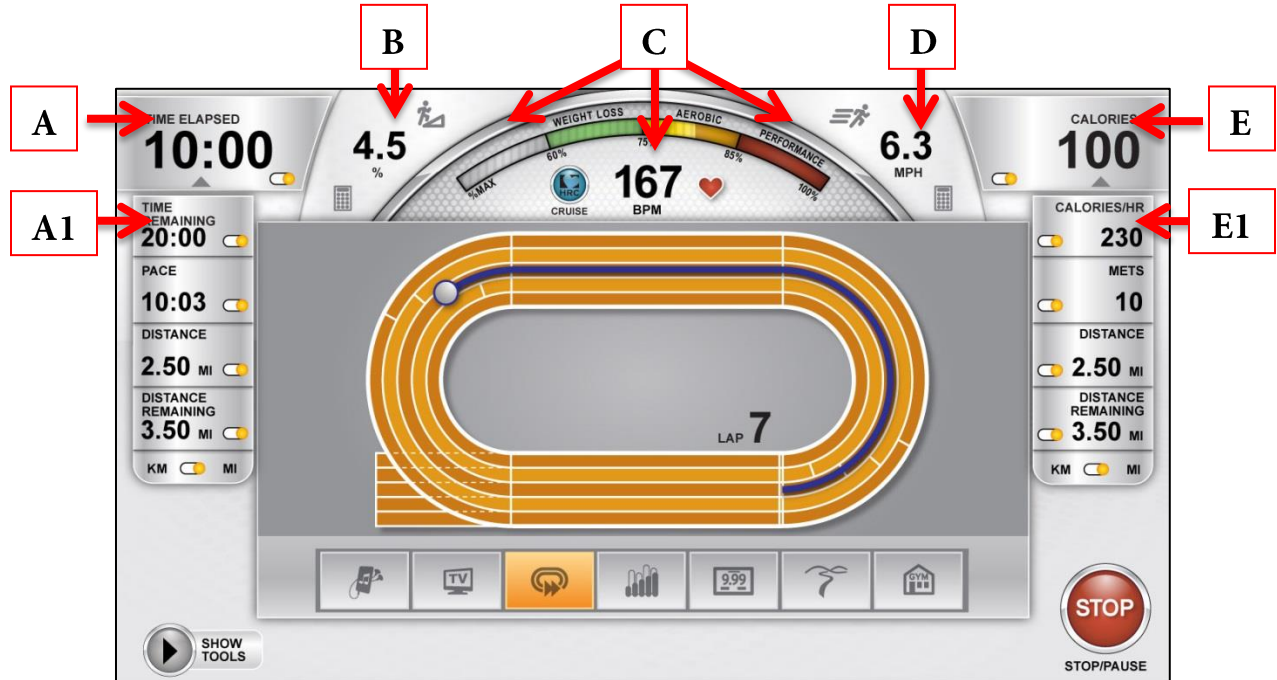


CHAPTER 4A: TRANSCEND OPERATION

TOUCHSCREEN NAVIGATION (CONTINUED):

Workout View Screens:

During any workout a Workout View Screen will be displayed to give the user a comprehensive visual overview of their current workout data.



A) Custom Data Display #1:

This display will toggle between data points throughout the workout. To select which data points are displayed, press the arrow below the Data Display to open the Selection Toolbox (A1)

B) Incline:

Displays the current incline level.

C) Heart Rate Information:

When the user is wearing a heart rate chest strap or utilizing the contact heart rate system, their heart rate will be displayed in beats per minute (bpm) and in the graphic meter. The graphic meter is based on age and will gauge the user's approximate heart rate within 3 target levels; Weight Loss, Aerobic or Performance.

D) Speed:

Displays the current speed of the treadmill belt.

E) Custom Data Display #2:

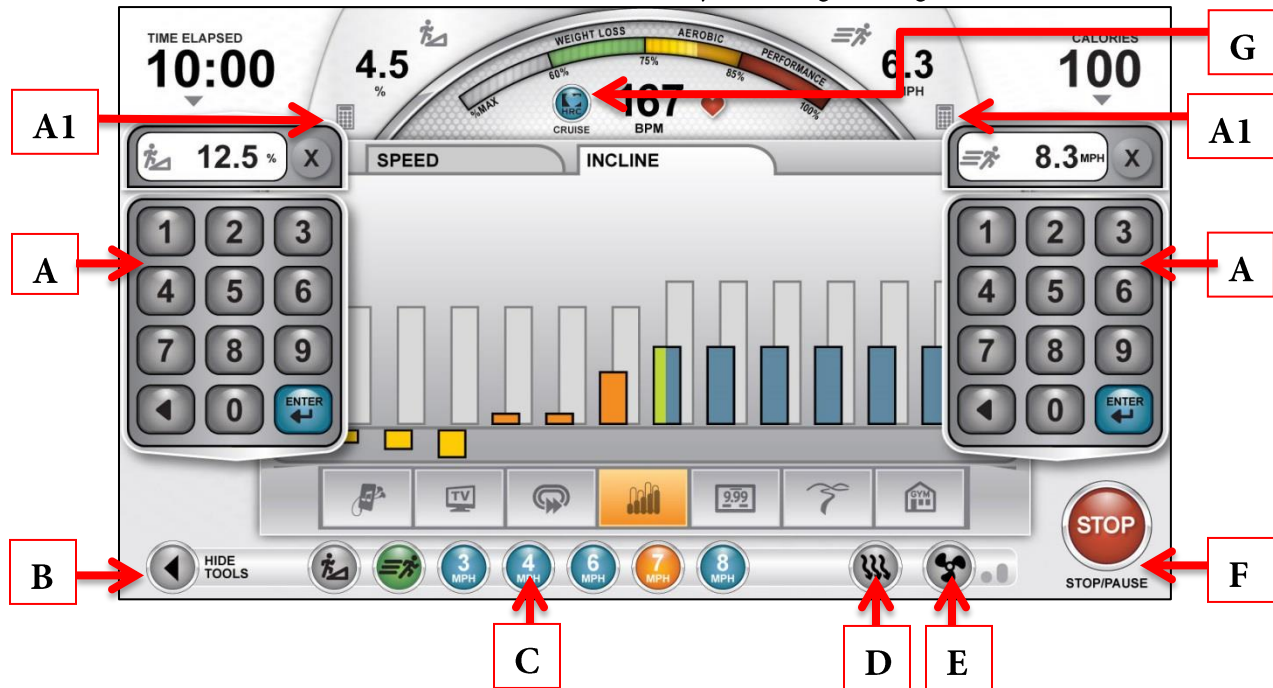
This display will toggle between data points throughout the workout. To select which data points are displayed, press the arrow below the Data Display to open the Selection Toolbox (E1)

CHAPTER 4A: TRANSCEND OPERATION

TOUCHSCREEN NAVIGATION (CONTINUED):

Workout View Screen Controls:

The Workout View Screens contain controls that allow users to adjust settings during their workout



A) Incline/Speed Adjustment Keypads:

These keypads allow the user to input a manual speed or inline adjustments. Touching the Keypad Icons (A1) will open these keypads

C) Quick Keys:

These keys are displayed by touching the Show/Hide button (B) and allow the user to quickly switch between preset speeds or incline levels.

D) Cool Down:

This button is displayed by touching the Show/Hide Tools button (B) and allows the user to end their current workout with a two minute low intensity cool down period. When Cool Down is activated the unit is in manual mode and the user directly controls all settings.

E) Fan On/Off:

This button is displayed by touching the Show/Hide Tools button (B) and turns the cooling fan on or off.

F) Stop:

Stops or pauses the current workout.

G) HRC Cruise Control:

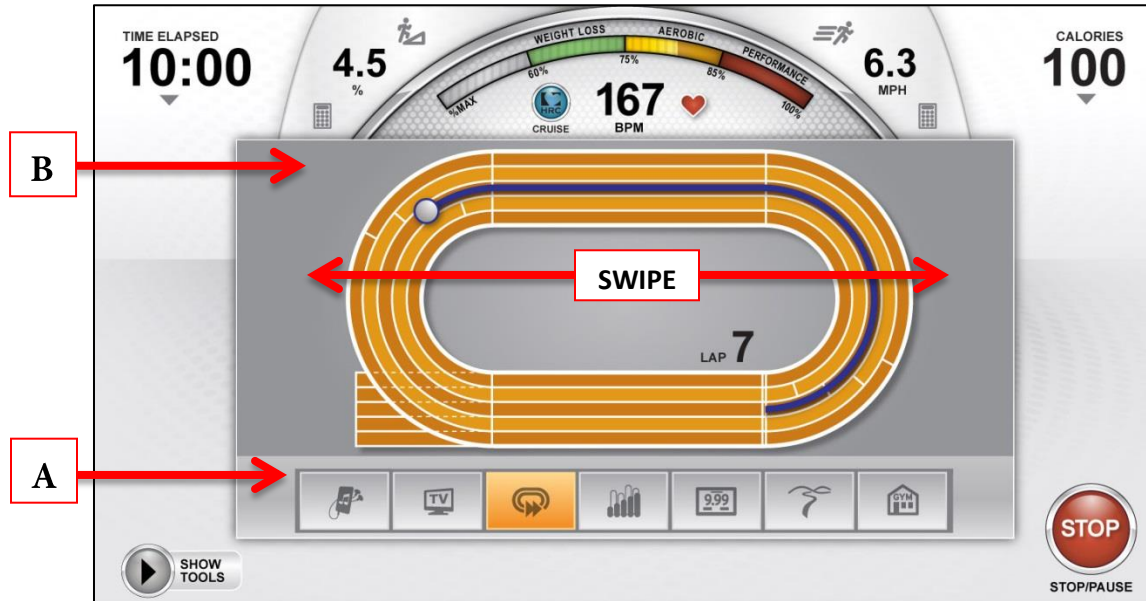
Engages Heart Rate Control to allow the equipment to maintain the user's current heart rate through automatic speed and incline adjustments (when the user is utilizing heart rate monitoring).

CHAPTER 4A: TRANSCEND OPERATION

TOUCHSCREEN NAVIGATION (CONTINUED):

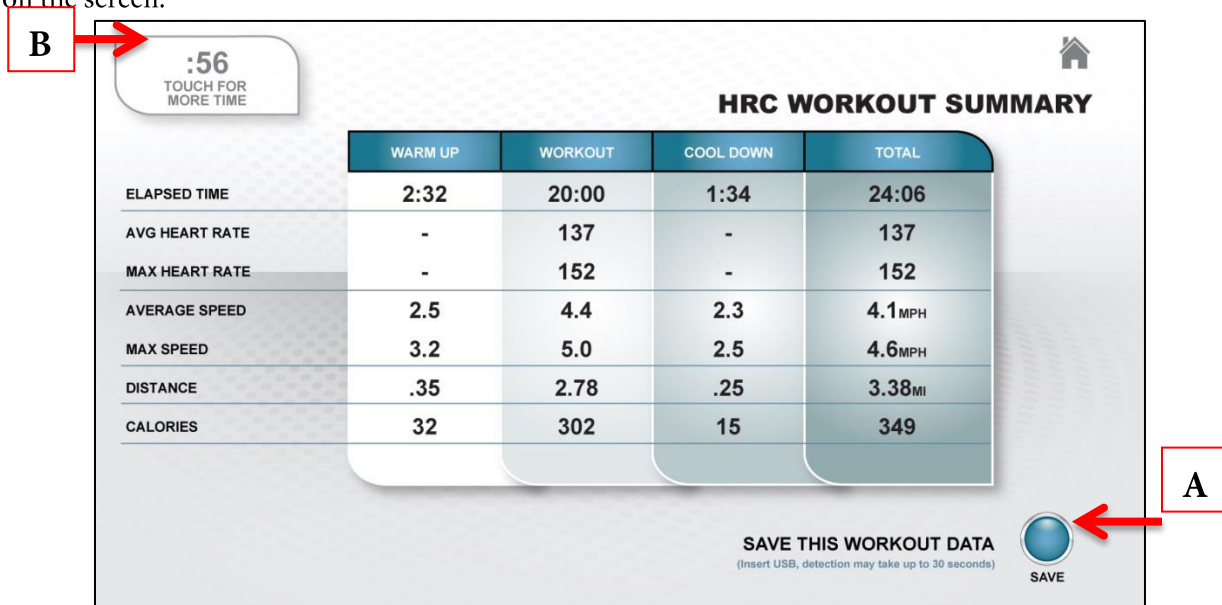
Switching Between Workout View Screens:

There are several Workout Data Screens available to choose from. To switch between screens the user can touch the button selector (A) for the specific Workout Data Screen they wish to use or simply swipe their finger across the main display window (B) to scroll through the available screens.



Workout Summary Screen:

At the end of a workout the Summary Screen will display an overview of the workout data. The workout data can be exported to another device by inserting a USB drive into the console's USB port and touching the Save button (A). By default the Workout Summary Screen will be displayed for one minute. If the user requires more time to view the summary or to save the workout to a USB device, they can touch the timer (B) to extend the time that the summary remains on the screen.



CHAPTER 4A: TRANSCEND OPERATION

IPOD® INTEGRATION:

The Transcend console has an advanced iPod® Integration feature which allows a user to connect their iPod® to the console via the 30 pin connector located on the front of the console. Once connected, the user can control the functions of their iPod® through the user friendly touchscreen interface.



A) Volume Controls:

Increases, Decreases or Mutes the audio volume from the iPod®.

B) Navigation Buttons:

Allows the user to Play, Pause or Skip media and navigate the iPod® menu.

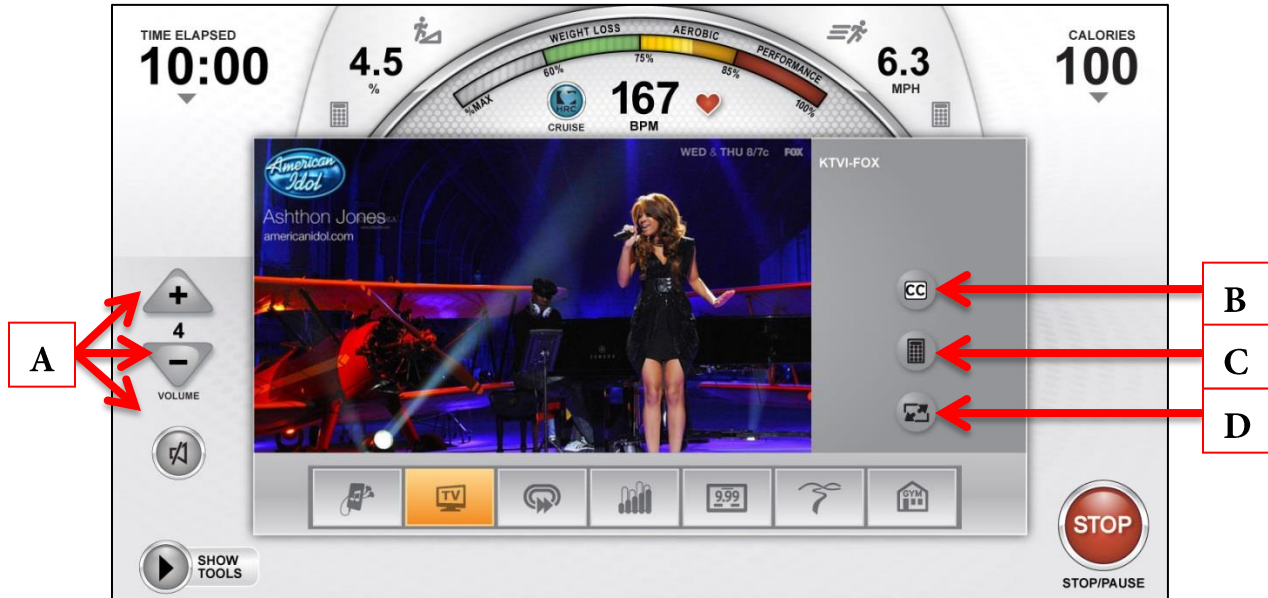
C) Menu Button:

When pressed, the menu button will return to the previous iPod® menu

CHAPTER 4A: TRANSCEND OPERATION

TV CONTROLS:

This console has an integrated HDTV Tuner which allows the user to watch live programming in crisp, clear high Definition. The TV controls are built in to a Workout View Screen to allow the user to monitor their workout while enjoying their favorite shows.



A) Volume Controls:

Increases, Decreases or Mutes the audio volume from the TV program.

B) Closed Captioning

Toggles the closed captioning on or off.

*This button will only be visible when the program displayed supports closed captioning.

C) Channel Keypad

Displays the channels that are currently available for viewing.

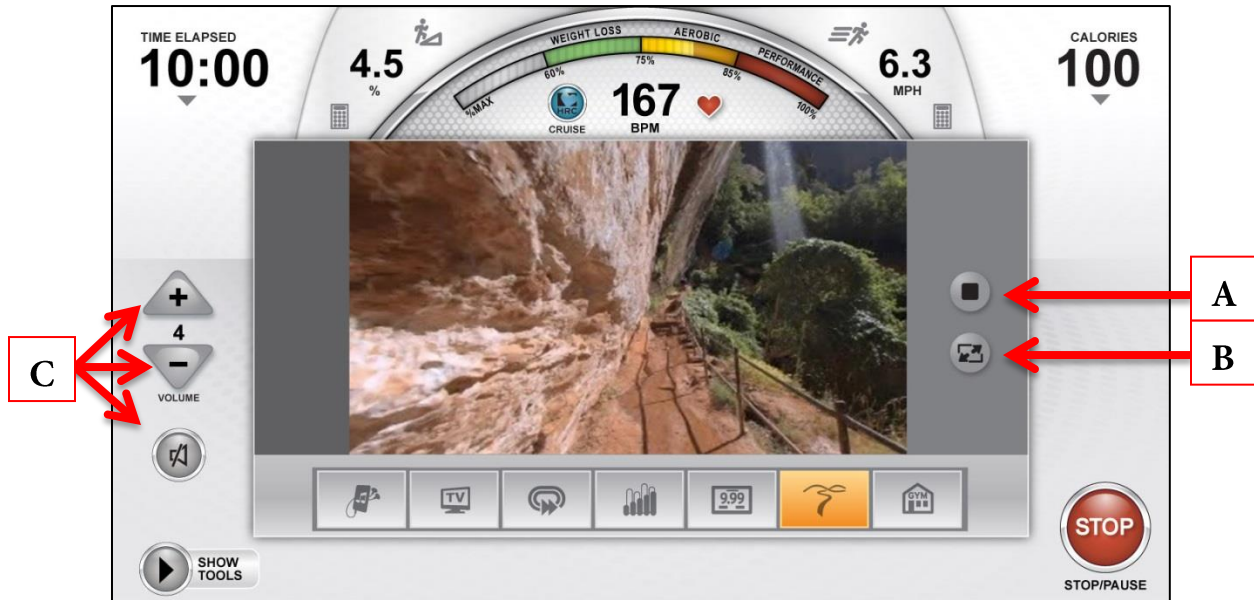
D) Screen Toggle:

Allows the user to switch back and forth between full screen and regular mode.

CHAPTER 4A: TRANSCEND OPERATION

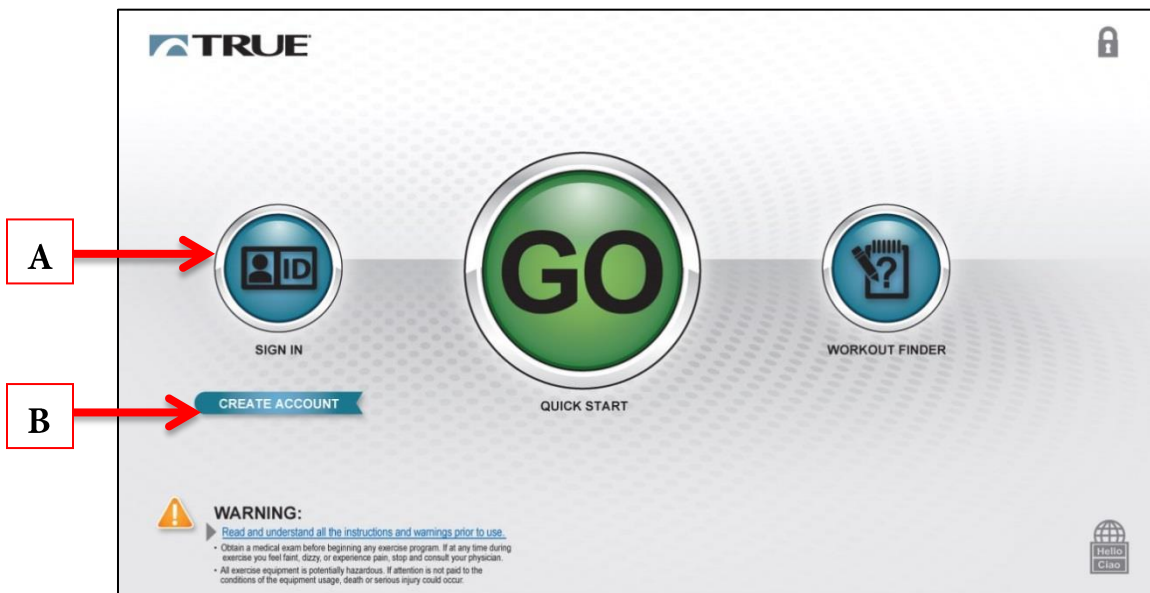
VIRTUAL ACTIVE®:

Virtual Active® provides users with a scenic, first-person video to enhance a workout. Audio from TV and iPod® sources can be combined with this feature for a truly unique workout. Additionally, The Workout View Screen controls and displays are still available when using this feature in standard mode. The video can be stopped, without ending the workout, at any time by touching the Stop Button (A). To display the video in full screen mode, simply touch the Screen Toggle Button (B). Audio Volume (C) can also be adjusted.



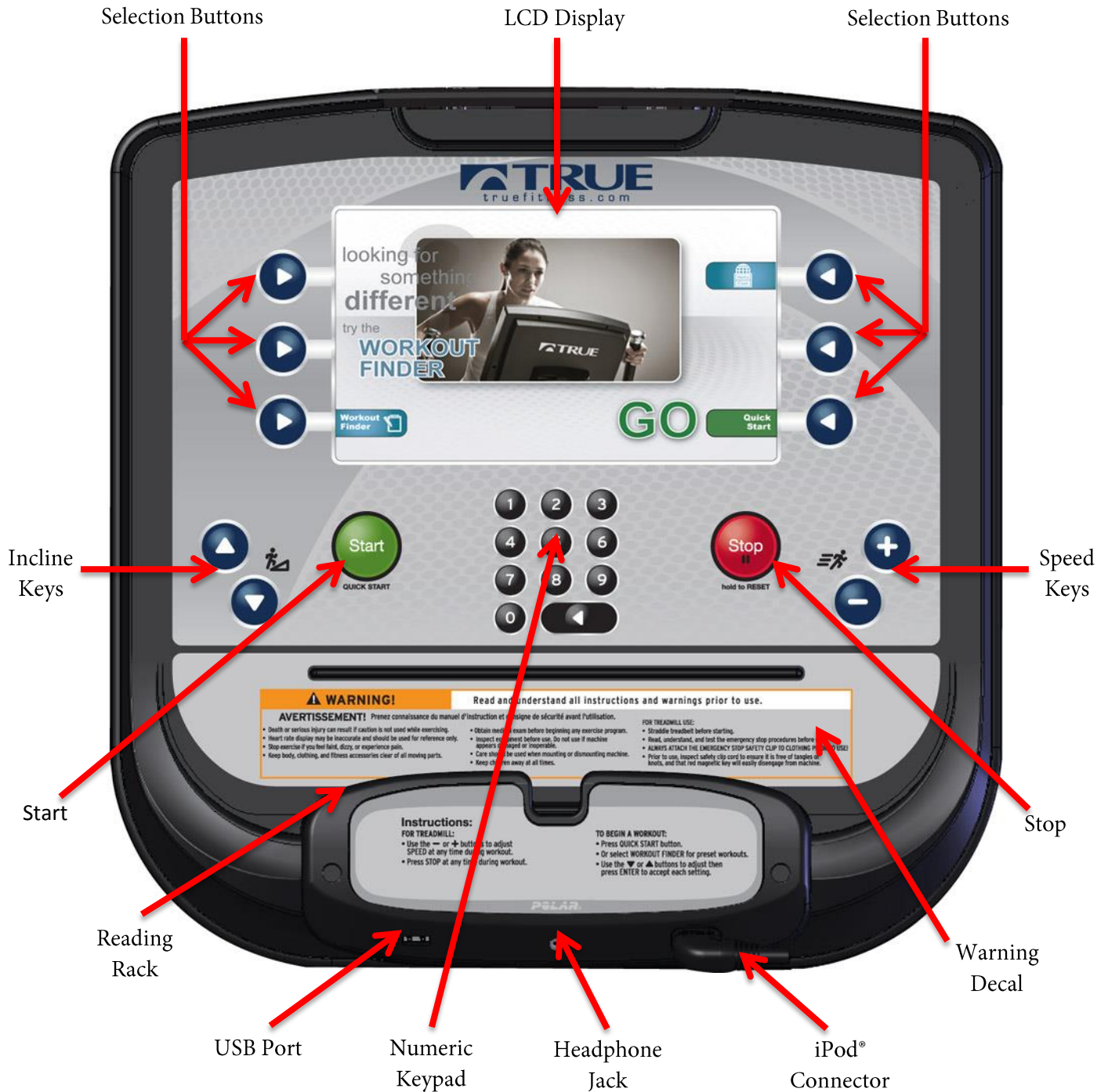
NETPULSE®:

Netpulse® is a digital fitness solution that enables personalized goal setting, activity-based social feeds, workout tracking, data management, and on demand content. Netpulse® works with 3rd party tracking apps and devices, along with a mobile app and web portal for capturing all of the user's data. Users that wish to utilize Netpulse® content should press the Sign in Button (A) on the home screen and enter their ID. If the user does not have a Netpulse® ID, they can create one by pressing the Create Account button (B) and following the onscreen instructions.



CHAPTER 4B: ESCALATE⁹ OPERATION

ESCALATE⁹ OVERVIEW:



CHAPTER 4B: ESCALATE⁹ OPERATION

ESCALATE⁹ OVERVIEW (CONTINUED):

LCD Display:

Used to monitor or control a work out and feature navigation.

Selection Keys:

Used to navigate menus and make selections via the LCD Display.

Incline Keys:

Manually increases or decreases the incline of the treadmill.

Start:

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

Reading Rack:

A ledge on the console can be used to hold a book, magazine, e-reader, or tablet computer during a workout.

USB Port:

Allows users to export workout data to an external USB drive or update the console software.

Numeric Keypad:

A small panel of keys on the console that allow the user to quickly enter numeric data.

Headphone Jack:

Standard 3.5mm audio jack used to connect headphones to the console during media playback.

iPod[®] Connector:

Standard 30 pin iPod connector used to connect an iPod to the console.

Warning Decal:

Important safety information for users to review prior to using the equipment.

Stop:

Stops/Pauses a workout. Press and hold this key for five seconds to reset the unit.

Speed Keys:

Manually increases or decreases the speed of the belt.

CHAPTER 4B: ESCALATE⁹ OPERATION

CONSOLE NAVIGATION:

Home Screen:

The Home Screen is displayed on the console when there is no workout in progress. From this screen the user is able to select from various options to begin a workout.



A) Workout Finder

Displays preset workout selections by category

B) Quick Start

Starts a Quick Start workout in which the user controls all settings until the workout is ended by the user.

C) Language Options

Allows users to choose between 12 language options.

CHAPTER 4B: ESCALATE⁹ OPERATION

CONSOLE NAVIGATION (CONTINUED):

Selecting a Preset Workout:

Preset workouts are accessed by selecting Workout Finder from the home screen. To view the workouts in a category, select the category (A) by using the Scroll Selection Buttons (B) and then press the Next Selection Button (C).

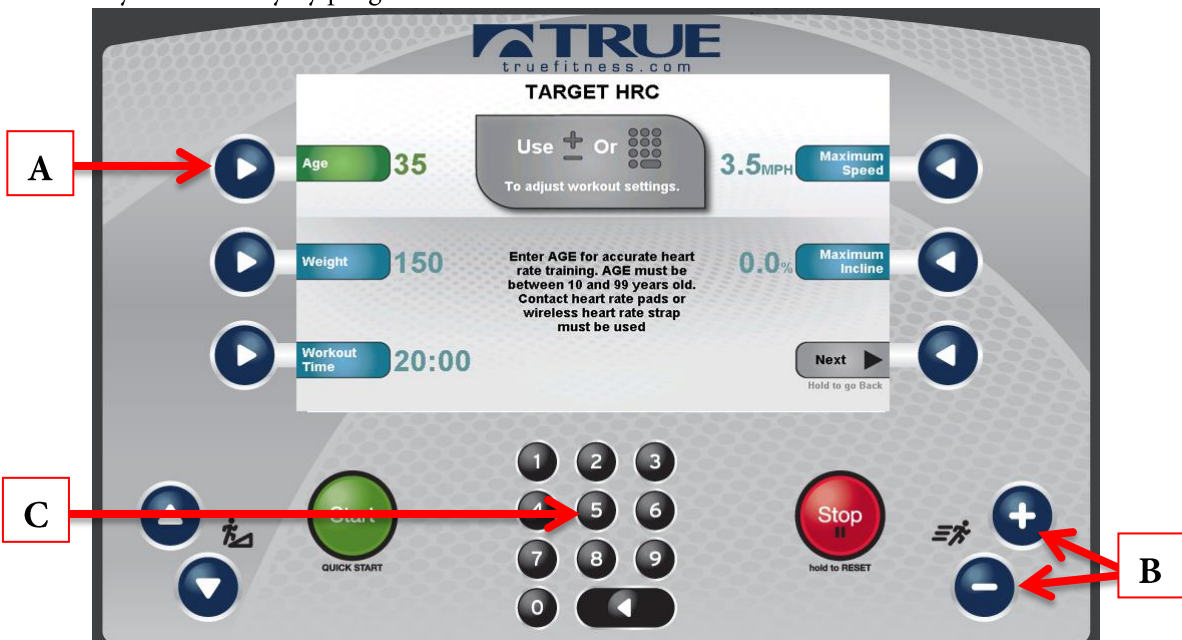
*Press and hold the Next Selection Button to return to the previous screen.



Workout Data Entry Screens:

These screens allow users to input their personal information or workout goals prior to beginning a workout. To set a value, press the Selection Button for the value you wish to change (A) and use the + and - keys (B) to adjust the value to the desired setting. Users may also manually enter a value using the Numeric Keypad (C).

*Workout Data Entry Screens vary by program selection.

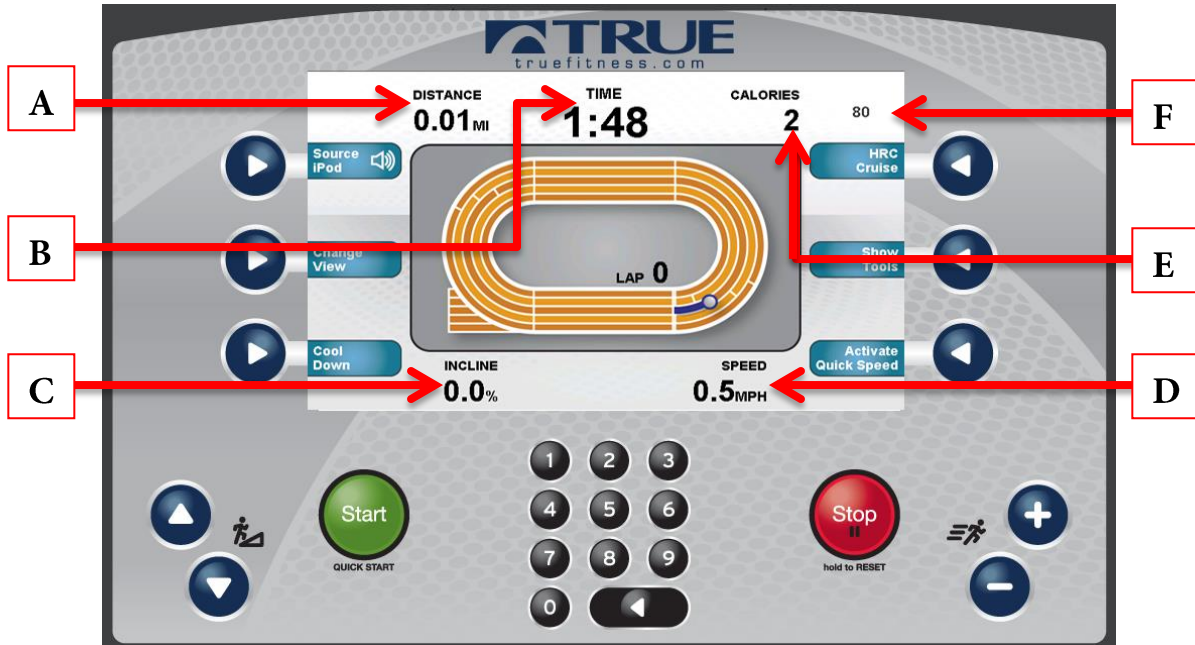


CHAPTER 4B: ESCALATE⁹ OPERATION

CONSOLE NAVIGATION (CONTINUED):

Workout Data Screens:

During any workout a Workout Data Screen will be displayed to give the user a comprehensive visual overview of their current workout data.



A) Custom Data Display #1:

By Default, this display will show the distance for the current workout. Users can also choose custom data points to be seen in this display.

*See Workout Data Screen Controls; F) Show Tools section.

B) Time:

Displays the time elapsed for the current workout.

C) Incline:

Shows the current incline of the treadmill.

D) Speed:

Shows the current speed of the treadmill belt.

E) Custom Data Display #2:

By Default, this display will show the calorie count for the current workout. Users can also choose custom data points to be seen in this display.

*See Workout Data Screen Controls; F) Show Tools section.

F) Heart Rate:

Shows the user's heart rate in a digital beats per minute (bpm) readout.

CHAPTER 4B: ESCALATE⁹ OPERATION

CONSOLE NAVIGATION (CONTINUED):

Workout Data Screen Controls:

The Workout Data Screens contain various controls that allow users to adjust workout settings and to customize their overall workout experience. These controls are accessed by pressing the Selection Button for the control they wish to use.



A) Change View:

Switches between the available Workout Data Screens

B) Cool Down:

Pressing this button allows the user to end their current workout with a two minute low intensity cool down period. When Cool Down is activated the unit is in manual mode and the user directly controls all settings.

C) HRC Cruise:

Engages Heart Rate Control to allow the equipment to maintain the user's current heart rate through automatic speed and incline adjustments (when the user is utilizing heart rate monitoring).

CHAPTER 4B: ESCALATE⁹ OPERATION

CONSOLE NAVIGATION (CONTINUED):

D) Source:

Toggles between available audio sources which include; iPod® (when connected via the 30 pin iPod connector), TV (if your console is equipped with a Broadcast Vision receiver), and FM radio. When an audio source is selected the user is given control over volume (A), and channel adjustments (B).



E) Activate Quick Speed:

When the Activate Quick Speed Selection Button is pressed, various preset speeds will appear. Pressing one of the Speed Selection Buttons (A) will allow the user to quickly and conveniently switch to that preset speed. To return to the Workout Data Screen press the Exit Quick Speed Selection Button (B)



CHAPTER 4B: ESCALATE⁹ OPERATION

CONSOLE NAVIGATION (CONTINUED):

F) Show Tools:

Pressing the Show Tools Selection Button (A) will display various options. Pressing the Change Data Selection Button (C) will toggle the data points in Custom Data Display 1(1) between distance and pace. The data in custom data display 2 (2) will toggle between calories and METs. Pressing the Scroll Data Selection button (B) will allow the Custom Data Displays to automatically toggle between data. Pressing the Unit Selection Button (D) will change the units displayed between English and Metric.



Workout Summary Screen:

At the end of a workout the Summary Screen will display an overview of the workout data. The workout data can be exported to another device by inserting a USB drive into the console's USB port and pressing the Save Selection Button (A) or to return to the home screen press the Home Selection Button (B)



CHAPTER 5: CARE & MAINTENANCE

CARE & MAINTENANCE:

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the treadmill as described here could void the TRUE Fitness Warranty. To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning or performing any maintenance tasks.

Inspection:

TRUE Fitness is not responsible for performing or scheduling regular maintenance or inspections. Users should inspect the treadmill daily. Check for worn, frayed or missing safety lanyards. Replace missing or worn safety lanyards immediately. Do not exercise on the treadmill without attaching the safety clip to your clothing. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If any of these are noticed, obtain service. Do not attempt to use the treadmill until proper service has been performed or damaged parts have been replaced.

Important:

If you determine that the treadmill needs service, make sure that the treadmill cannot be used inadvertently. Turn the unit off, and then unplug the power cord from its power source. Remove the magnetic safety key and safety clip and store it in a safe place. Make sure other users know that the treadmill needs service.

*To order parts or to contact a TRUE Authorized Service representative, please visit www.truefitness.com.

CLEANING THE EQUIPMENT:

After Each Use:

- Use GymWipes™ Antibacterial wipes or spray a solution of 30 parts water to 1 part mild detergent to dampen a soft cloth and wipe all exposed surfaces.
- Use a LCD/screen cleaner or spray a solution of 1 part 91% isopropyl alcohol and 1 part water to dampen a soft cloth and wipe the surface of the console. This helps remove fingerprints, dust, and dirt

Weekly:

- Vacuum any dust or dirt that might have accumulated under or around the treadmill, any motor cover vents and under the straddle covers. Clogged air vents can prevent adequate cooling to the drive motor, incline motor, and motor control board causing a shortened life.
- Check for proper running belt alignment and tension. If running belt adjustment is required see sections RUNNING BELT ALIGNMENT: and TENSIONING THE RUNNING BELT: below.

CAUTION:

Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the TRUE Fitness Warranty. Never pour water or spray liquids on any part of the treadmill. Allow the treadmill to dry completely before using. Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the running belt. Do not clean directly underneath the treadbelt. Most of the working mechanisms are protected inside the motor cover and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit's running belt, staging platforms, and internal mechanisms must be as clean as possible.

CHAPTER 5: CARE & MAINTENANCE

RUNNING BELT ALIGNMENT:

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call the TRUE Service Department.

⚠ CAUTION:

Special care must be taken when aligning the running belt. Turn off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

⚠ CAUTION:

If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the STOP key. Contact the TRUE Service Department. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should be centered on the running deck. If the belt drifts off center, you must make adjustments.

Important:

Failure to align the belt may cause the belt to tear or fray, which may not be covered under the TRUE Fitness Warranty. To stop the running belt, press the STOP key. Turn the treadmill off.

⚠ CAUTION:

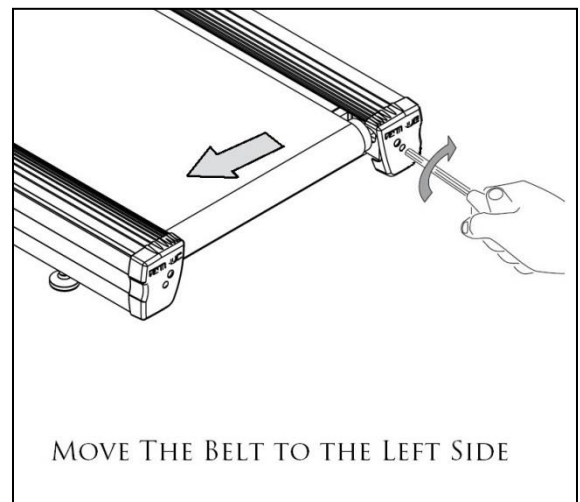
For your safety, use the power switch to turn off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

⚠ CAUTION:

Do not turn the adjusting bolt more than ¼ turn at a time. Over tightening the bolt can damage the treadmill. If you are unsure how to adjust the running belt, call the TRUE Service Department

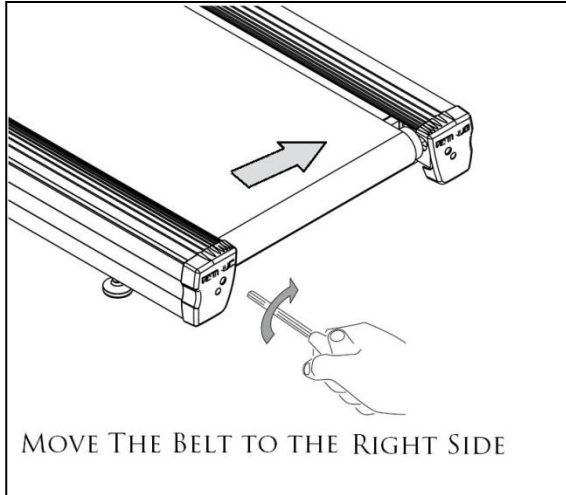
If the running belt is too far to the right side:

- Locate the belt adjustment bolts in the rear end caps of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display).
- Using the appropriate size Allen wrench or socket turn the RIGHT adjustment bolt clockwise ¼ turn.
- Turn the treadmill on and start the belt a 3mph keeping off the unit.
- Allow 2 minutes for the belt to adjust itself.
- Repeat the above steps if additional adjustment is necessary.



CHAPTER 5: CARE & MAINTENANCE

RUNNING BELT ALIGNMENT (CONTINUED):



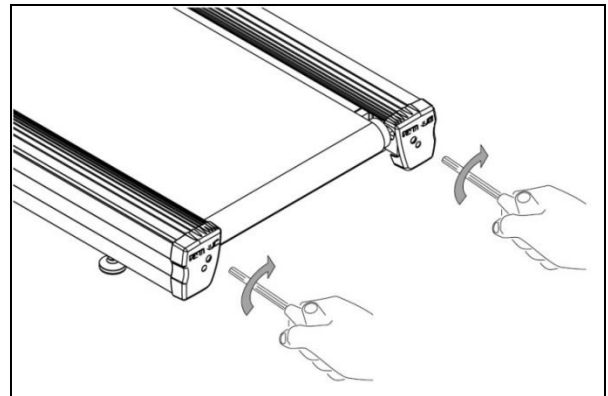
If the running belt is too far to the left side:

- Locate the belt adjustment bolts in the rear end caps of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display).
- Using the appropriate size Allen wrench or socket turn the LEFT adjustment bolt clockwise $\frac{1}{4}$ turn.
- Turn the treadmill on and start the belt a 3mph keeping off the unit.
- Allow 2 minutes for the belt to adjust itself.
- Repeat the above steps if additional adjustment is necessary.

TENSIONING THE RUNNING BELT:

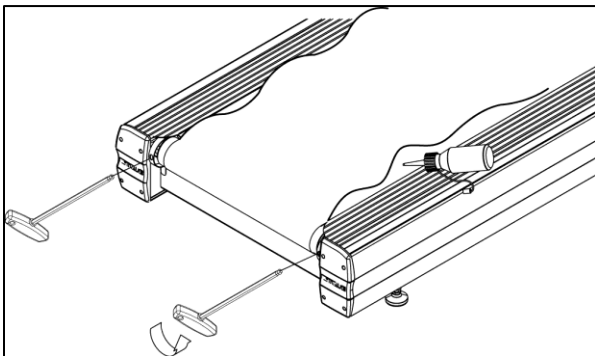
If there is a slipping or jerking sensation when running on the treadmill, the running belt may require tightening. In most cases the belt has stretched from use. Tensioning the belt takes a few simple adjustments. If you are unsure about this procedure, call the TRUE Service Department.

- Locate the belt adjustment bolts in the rear end caps of the treadmill.
- Using the appropriate size Allen wrench or socket turn BOTH adjustment bolts clockwise $\frac{1}{4}$ turn.
- Turn the treadmill on and start the belt and check if the slipping continues. Repeat the above steps if additional adjustment is necessary.



TREADMILL LUBRICATION:

For in-home use over 20 hours per week, TRUE recommends lubricating every three months. For average in-home use of the treadmill, TRUE recommends lubrication under the tread belt once per year.



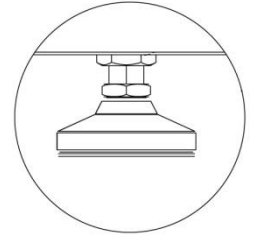
- Loosen the belt adjustment bolts in the rear end caps.
- Lift the belt and apply the lubricant to the center of the deck.
- Center and re-tension the belt using the directions above.
- Walk on the treadmill at 2MPH for about 60 seconds to spread the lubricant evenly through the belt and deck.

*Please contact your dealer or visit www.truefitness.com to obtain the proper lubricants.

CHAPTER 5: CARE & MAINTENANCE

LEVELING THE TREADMILL:

The treadmill has adjustable rear leveling feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but may not completely compensate for extremely uneven surfaces.



OTHER SCHEDULED PREVENTIVE MAINTENANCE:

TRUE recommends that quarterly scheduled maintenance to be performed by a qualified service technician. Please contact your dealer or visit www.truefitness.com to contact a TRUE local authorized service technician.

Scheduled Preventive Maintenance:

- Record time, distance and hours from the console.
- Check error log in console.
- Check running belt and drive belt tension and tracking.
- Remove the motor cover and vacuum any debris out of the drive motor, speed sensor cage, motor control board and heat sink motor compartment.
- Move treadmill and vacuum underneath.
- Lubricate elevation pivot points including rear stabilizing feet and the lift motor screw.
- Lubricate walking belt and deck.
- Inspect all fasteners.
- Inspect all electrical connections.
- Inspect all components for abnormal or premature wear.

▲ CAUTION:

Use only TRUE Fitness certified service providers.

LONG TERM STORAGE:

When the treadmill is not in use for any length of time, turn it off. Make sure that the power cord is unplugged from the power source and is positioned so that it will not become damaged or interfere with people or other equipment.

Storing the Chest Strap:

Store the chest strap in a place where it remains free of dust and dirt such as, in a closet or drawer. Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C). To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

CHAPTER 6: CUSTOMER SERVICE

CONTACTING SERVICE:

TRUE Fitness recommends that you gather the serial number, model number, and a brief description of the reason for the request. After information has been gathered you may choose to contact your selling dealer or local service company to set an appointment. (If you are not familiar with who is in your area, you may visit our website at www.truefitness.com and use our dealer locator to obtain the contact information for the closest dealer).

You may also contact TRUE Fitness' customer support team by calling 800.883.8783 or e-mailing us at service@truefitness.com Monday – Friday during normal business hours.

TRUE FITNESS SERVICE DEPARTMENT

865 HOFF ROAD

ST. LOUIS, MO 63366

1.800.883.8783

HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST

E-MAIL: service@truefitness.com

CONTACTING SALES:

Interested in TRUE Product? Please contact us with any sales or product inquiries so that we may direct you to the appropriate sales representative to answer your questions.

TRUE FITNESS HOME OFFICE

865 HOFF ROAD

ST. LOUIS, MO 63366

1.800.426.6570

HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST

E-MAIL: sales@truefitness.com

CHAPTER 6: CUSTOMER SERVICE

REPORTING FREIGHT OR PARTS DAMAGE:

Unfortunately sometimes materials can be damaged during shipment, if materials are damaged during shipment, Please follow the guidelines below to determine the appropriate process for you to follow in case of damages.

Severe Damage:

Obvious damage to external packaging / internal product. Please **refuse** the shipment and it will be returned to TRUE Fitness by the carrier. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal business hours to notify us that the shipment has been refused. Once we have received the damaged shipment, a replacement shipment will be sent to you. Only refuse the damaged piece if the shipment is multiple boxes.

Slight Damage:

The box may have minimal damages and you are not sure if the actual product is damaged or not. You **must** sign the bill of lading as damaged when accepting the shipment. Once you have opened the box and you have determined something is indeed damaged please gather the serial number, model number, description and photos of damages. Please make sure the photos include the damage product as well as the damaged box the product arrived in. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal business hours.

Concealed Damage:

You may receive a shipment that looks intact and discover once the box has been opened that there are hidden damages. Please notify the carrier **immediately**. We will not be able to file a claim if the carrier is not notified in a timely manner. Once you have called the carrier you will need to gather the serial number, model number, description and photos of damages. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal business hours.

CHAPTER 7: ADDITIONAL INFORMATION

BASIC TROUBLESHOOTING GUIDE:

The following are common questions that are asked. For all other inquiries we would ask that you call your local dealer/service provider in your area for support.

Q. What does it mean when my panel displays no lights?

A. Check the following:

- Verify you are receiving power to your outlet by using an alternative device.
- It could mean that your unit is not plugged in.
- You will need to check the toggle switch on the front base of the unit to make sure it is in the ON position.
- You can check to see if your circuit breaker switch on your unit has been tripped. If so, you can reset it and the lights should reappear on your display. If it will not reset, you will need to call your local dealer or service provider to set up a service call.

Q. The display shows an error code or has odd characters.

A. If your display has any error messages on it TRUE Fitness recommends that you contact your local dealer or service provider to arrange a service call. The error codes are there for your protection and we do not recommend that you continue using the unit without consulting a professional.

Q. Is there any maintenance that I need to do to my treadmill?

A. TRUE Fitness encourages our customers to set themselves up with a preventative maintenance contract. These can be provided through your dealer or local service provider.

Q. How do I arrange for a service or preventative maintenance appointment?

A. TRUE Fitness recommends that you gather both serial numbers (from console and base), model number, and a brief description of the reason for the request before contacting anyone. Once that information has been gathered you may contact your selling dealer or local service company to set an appointment. (If you are not familiar with who is in your area, you may visit our website at www.truefitness.com and use our dealer locator to obtain the contact information for the closest dealer in your area.)

You may also contact TRUE Fitness' customer support team by calling 800.883.8783 or e-mailing us at service@truefitness.com Monday – Friday during normal business hours with any further questions or comments.

CHAPTER 7: ADDITIONAL INFORMATION

ADVANCED TROUBLESHOOTING GUIDE:

Malfunction	Possible Cause	Corrective Action
No Power	Unit turned off	Verify the On/Off switch is at the ON position
	Damaged power cord	Replace power cord
	Power cord not fully seated in socket	Inspect power connection at the unit and outlet
	No power at outlet	Using a voltmeter verify power at outlet
	Tripped circuit breaker	The location of the circuit breaker is next to the On/Off switch. Verify the circuit breaker is not open. If the breaker is open reset.
Unit resets or pauses randomly	Damaged power cord	Replace power cord
	Power cord not fully seated in socket	Inspect power connection at the unit and outlet
	Safety e-stop key not fully engaged	Re-engage the safety/e-stop key to the console
	Insufficient power	Verify output voltage from 20A outlet with a voltmeter
	Error code is displayed on console	Contact True Fitness Customer Service Department
	Pinched or loose main communication cable	Contact True Fitness Customer Service Department
	No User Present displayed on screen	User weight must be over 90lbs. Verify No User Present settings in console.
Walking belt is off center	Uneven floor	Adjust treadmill with rear leveling feet. See Chapter 5: Running Belt Alignment
	Adjust belt tracking	See Chapter 5: Centering the Running Belt
Walking belt hesitates or slips when stepping	Adjust belt tension	See Chapter 5: Tensioning the Running Belt
	Lubricate running belt	See Chapter 5: Treadmill Lubrication

CHAPTER 7: ADDITIONAL INFORMATION

ADVANCED TROUBLESHOOTING GUIDE (CONTINUED):

Malfunction	Possible Cause	Corrective Action
Rubbing sound from treadmill when in operation	Walking belt is rubbing a straddle cover	Adjust belt tracking. See Chapter 5: Centering the Running Belt
	Foreign object may be stuck under walking belt	Inspect under the unit. Remove and object that may be under the unit.
	Foreign object may be stuck in motor compartment	Contact True Fitness Customer Service Department
	Roller bearings may be damaged	Contact True Fitness Customer Service Department
	Drive motor may be damaged	Contact True Fitness Customer Service Department
	Drive belt may be misaligned	Contact True Fitness Customer Service Department
Heart rate is displaying erratically or not displaying	Transmitter belt contacts are not making good contact with the skin	Re-adjust the transmitter belt so that it is in full contact with the skin
	Contacts on the transmitter belt are not moist	Moisten the contacts on the transmitter belt
	Transmitter belt is not within 3 feet (1 meter) of the heart rate receiver	Adjust your position on the belt so that you are within 3 foot (1 meter) of the console
	The battery inside the transmitter belt is depleted	replace the transmitter belt with a compatible transmitter belt
	Another user wearing a compatible transmitter strap is within 3 foot (1 meter) of the unit	Move the units so that there is more space in-between units

CHAPTER 7: ADDITIONAL INFORMATION

ADVANCED TROUBLESHOOTING GUIDE (CONTINUED):

Malfunction	Possible Cause	Corrective Action
Heart rate is displaying erratically or not displaying (continued)	Environmental interference from high voltage power lines	Move the unit to another position within the room or move the cause of the interference until heart rate reading are stable. If the probable source of interference is plugged into the same outlet move the suspect source to another outlet.
	Environmental interference from computers	
	Environmental interference from motor driven appliances	
	Environmental interference from cell or cordless phone	
	Environmental interference from Wi-Fi router	

*This troubleshooting guide is intended to assist in diagnostics only and is not all inclusive. Technical specifications, error codes and programming are subject to change without notice. TRUE accepts no liability for any damage or loss suffered by persons whom rely wholly or in part on any description or statement contained within this manual. Please visit www.truefitness.com to obtain the most recent version of all manuals and contact the TRUE Service Department at 800-883-8783 for assistance with troubleshooting and diagnostics.

CHAPTER 7: ADDITIONAL INFORMATION

TRUE RESIDENTIAL



Premium Fitness Equipment Since 1981



The TRUE ES900 treadmill is the answer to premium fitness equipment for your home. The ES900 offers superior durability, performance and innovation. Special touches, like the aluminum straddle covers, make the ES900 stylish enough for any room in your house. The TRUE ES900 is designed to be the best, for those who demand the best. With multiple console options, you can customize the treadmill to meet your family's fitness and wellness needs.



ES900

CHAPTER 7: ADDITIONAL INFORMATION



TRUE[®] RESIDENTIAL

ES900
TREADMILL

TECHNICAL SPECIFICATIONS	Power Source	110V/15A
	Cord Length	8' (2.4M)
	Drive Motor	4 HP DC Quiet Drive
	Reversible Deck	Standard
	Belt	Orthopedic
	Impact System	True Soft Select (adjustable)
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Speed Range	0.5 to 12.0 MPH (0.8 to 19.3 km/H)
	Incline/Decline Range	-3% to 15%
	Quick Access Control	Speed, Incline, Start and Stop on Quick Access Point
	Handrail Design	Extended Handrails with Molded Rubber, Moisture Resistant Grips
	Straddle Cover Design	Aluminum
	Contact Heart Rate Monitoring	Standard
	Wireless Heart Rate Monitoring	Polar [®] Compatible
AVAILABLE CONSOLES	Transcend ⁶ , Transcend ⁹ , Escalate ⁵ , Escalate ⁹	
SAFETY	Safety Clip	Standard
	Extended Handrails	Standard
	Large Straddle Covers	Standard
REGULATORY APPROVALS	ETL UL1647, CSA	
EXTRAS	Accessories	Water Bottle Holder (2), Accessory Tray, Over Molded Reading Rack/Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	82"L x 33.8"W (208 cm x 86 cm)
	Running Surface	60"L x 22"W (152 cm x 56 cm)
	Machine Weight	430 lbs. (195 kg)
	Maximum User Weight	400 lbs. (181 kg)
	Step-Up Height	9" (23 cm)
	Portability	2 Front Transport Wheels
WARRANTY	Warranty Type	Residential
	Frame	Lifetime
	Motor	Lifetime
	Parts	10 Years (Transcend Consoles & Escalate ⁵ are 5 Years)
	Labor	2 Years

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.



iPod is a trademark of Apple Inc., registered in the U.S. and other countries.
"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

CHAPTER 7: ADDITIONAL INFORMATION



RESIDENTIAL LIMITED WARRANTY ES900 TREADMILLS

Save time and register online!
Activate Multiple Warranties at truefitness.com.

All TRUE® Fitness products are distributed by TRUE and are warranted to the original registered Product purchaser and the parts of the TRUE product (the “Product”) listed below, under normal use and service, shall be free of manufacturing defects in workmanship and materials only for the period of time beginning from the original date of purchase set forth below:

Frame*	Lifetime
Drive Motor	Lifetime
Parts	
Transcend Touchscreen Escalate®	5 Years
Electrical	5 Years
Wear Items	10 Years
Cosmetics	10 Years
Labor	6 Months
Parts	2 Years
Motor	2 Years
Cosmetics	6 Months
iPod® Connectivity	
Headphone Jack, Connector & USB Port	90 Days Parts, No Labor

Frame

The frame is warranted for defects in material and workmanship for as long as the original purchaser owns the Product. The frame is warranted for labor and freight (for parts shipped from TRUE) for two years from date of purchase. *This limited warranty on the structural frame does not include paint or coatings.

Drive Motor

The treadmill drive motor is warranted for defects in material and workmanship for the life of the product with a two year labor warranty. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in owner’s manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

Parts

The treadmill electrical parts and wear items are warranted for defects in material and workmanship for ten years with two years labor warranty. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in owner’s manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance. This limited warranty will apply to but may not be limited to the treadmill elevation motor, upper control board, deck, running belt and drive belt. *TRUE Fitness shall not warrant the performance of the heart rate system on its products, as the heart rate system performance varies, based on user’s physiology, age, method of use and other factors. *This limited warranty shall not apply to Software version upgrades.

Cosmetics

The treadmill cosmetic parts are warranted for defects in material and workmanship for six months with labor warranty to match the parts warranty period. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in owner’s manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance. This limited warranty will apply to but may not be limited to paint/coatings, covers/caps, badges, overlays, safety key and straddle covers.

iPod Connectivity: iPod Connectivity elements; headphone jack, connector and USB Port are warranted for defects in material and workmanship for 90 days with no labor warranty.

Labor

Labor is covered for a period of two years from the date of purchase unless otherwise expressed within this limited warranty as long as a TRUE authorized service provider performs the service. Service that requires over 50 miles of travel may be subject to additional charges. Reasonable and necessary maintenance includes proper lubrication of the running deck and tread belt area as specified in the owner’s manual. Failure to maintain proper lubrication of the Product will void this Limited Warranty.

NOTE: Warranty valid for USA and Canada only.

NOTE: Failure to register this product will result in no servicing or authorization of parts to be shipped.

NOTE: Buying after-market products from a 3rd party will result in voided warranty.

NOTE: This product is intended for Residential use. If this product will not be used in this particular setting, please contact TRUE as its warranty is void.

CHAPTER 7: ADDITIONAL INFORMATION



RESIDENTIAL LIMITED WARRANTY ES900 TREADMILLS

Save time and register online!

Activate Multiple Warranties at truefitness.com.

Claims Procedure: TRUE Limited Warranty service may be obtained by contacting the authorized TRUE dealer from whom the Product was purchased. If the dealer from whom the Product was purchased is no longer an authorized TRUE dealer, then TRUE Limited Warranty service may be obtained by contacting TRUE directly at:

TRUE Fitness, Service Department
865 Hoff Road, St. Louis, MO 63366
1-800-883-8783, (Hours of operation 8:30am - 5:00 pm CST)

The above Limited Warranty is subject to and will be in accordance with the conditions set forth below:

1. This Limited Warranty can be processed only if the Warranty Registration Form is completed on-line; or if the attached form is filled in, signed by the original purchaser and mailed to TRUE within 30 days of purchaser's receipt of this Product. The serial number must be intact on the Product for this Limited Warranty to be valid.
2. This Limited Warranty applies to the product only while the Product remains in the possession of the original purchaser and is not transferable.
3. This Limited Warranty becomes VALID ONLY if the Product is initially assembled/installed by a TRUE authorized dealer/technician (if anyone other than a TRUE authorized dealer/technician initially assembles and installs the Product, this Limited Warranty will be void unless the written authorization of TRUE is first obtained).
4. This Limited Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance (as referenced in the owner's manual.)
5. This Limited Warranty applies only to the cost of repair or replacement of parts and does not include labor (beyond the above warranty period), transportation, service, return and freight charges associated therewith expressly specified herein.
6. This Limited Warranty shall not apply to: Service calls to correct installation of the equipment or instruction to owners on how to use the equipment; or any labor costs incurred beyond the applicable labor warranty period.
7. This Limited Warranty is in lieu of all warranties, express or implied, and in lieu of all other obligations or liabilities on the part of TRUE, under no circumstances shall TRUE be liable by virtue of this Limited Warranty or otherwise from damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential losses, damages or expenses in connection with exercise products.

Any implied warranty is limited in duration to the time period covered by the Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, or the exclusion may not apply to you. This Limited Warranty grants you specific legal rights and you may also have other rights, which vary from state to state.

NOTE TO AUTHORIZED WARRANTY LABOR PROVIDERS:

Warranty labor reimbursement or warranty parts rights may not be transferred to, reassigned to, a third party without the express written consent of TRUE. Even jobbing out warranty labor requires TRUE's written approval.

truefitness.com / 800.426.6570 / 1.636.272.7100

PLEASE RETAIN THIS PORTION FOR YOUR RECORDS

SERIAL NUMBERS:

Your TRUE treadmill comes with two serial numbers; one on the base and one on the display console (see diagram below). The serial number on the base is on the lower portion of the treadmill directly adjacent to the power inlet. The console serial number is located on the bottom right side of each console. Please write down your serial numbers below and keep for your records.

Write in Your Serial Number Here:

CONSOLE SERIAL NUMBER:

BASE SERIAL NUMBER:



TRUE
TRUE FITNESS TECHNOLOGY, INC.
ST. LOUIS, MISSOURI 63366



CONFORMS TO ANSI/UL
STD. 1647
CERTIFIED TO CAN/CSA
STD. C22.2 NO.68

Intertek Testing Services Taiwan Ltd.

Model No.
TES900-4

Serial No./Date Code
13-TES900001A

Rating: 120V, 50/60 Hz, 15A

MADE IN TAIWAN

CHAPTER 7: ADDITIONAL INFORMATION



RESIDENTIAL LIMITED WARRANTY ES900 TREADMILLS

Thank you for purchasing a TRUE product. To validate the TRUE product warranty the fast and easy way, please go on-line now to www.truefitness.com and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to TRUE Fitness within 30 days from the date of equipment installation.

To mail your warranty information, please fill in the information below and mail to: Service Dept., TRUE Fitness, 865 Hoff Road, St. Louis, MO 63366 (or save postage and register online at www.truefitness.com)

Residential Warranty Registration

Model Type: Treadmill Elliptical Bike

Other _____

Date of Purchase _____

Purchased From (dealer name) _____

First Name _____

Last Name _____

Address _____

City _____ State _____ ZIP _____

Email Address _____

Phone _____

1. Where did you first learn about TRUE?
 a. Dealer b. Website
 c. Referral d. Gym/Club
 e. Current Customer f. Other _____

2. The primary user(s) is:
 a. Male b. Female
 c. Both

3. Do you currently belong to a health club?
 a. Yes b. No

4. Your age group:
 a. Under 25 b. 25-35
 c. 36-45 d. 46-55
 e. 56-65 f. 65+

5. What was the primary reason you bought a TRUE product? (Check only one)
 a. Design/Appearance b. Dealer
 c. Price d. Ease of Operation
 e. Quality of Construction f. Size
 g. Reputation h. Warranty
 i. Friend/Family Recommendation

6. Do you plan to purchase more fitness equipment in the next 6-12 months?
 Yes No

7. If you answered "yes" to question 6, what type do you plan to purchase?
 a. Treadmill b. Elliptical
 c. Stationary Bike d. Free Weights
 e. Gym c. Other _____

8. What is your annual household income? (Optional)
 a. Under \$50,000
 b. \$50,000 - \$75,000
 c. \$75,000 - \$100,000
 d. \$100,000 - \$150,000
 e. \$150,000+

9. You are a valued customer of TRUE and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain:

**PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW.
REQUIRED FOR WARRANTY REGISTRATION:**

CONSOLE SERIAL NUMBER:

BASE SERIAL NUMBER: