



PS100 TREADMILL OWNER'S MANUAL





Frank Trulaske, founder and CEO of TRUE®, has had the same simple philosophy of delivering superior products, service and support for over 29 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, commercial, light commercial and residential alike.

The proud manufacturing traditions of quality and the culture of innovation at TRUE has 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.

TABLE OF CONTENTS

Chapter 1: Safety Instructions.....	4
Chapter 2: Treadmill Overview.....	9
Chapter 3: Display Console.....	10
Chapter 4: Programming & Operation.....	12
Chapter 5: Care & Maintenance.....	14
Chapter 6: Troubleshooting.....	16
Chapter 7: Additional Information.....	18

IMPORTANT:

Product specifications, features & software are subject to change without notice.



CHAPTER 1: SAFETY INSTRUCTIONS



Chapter 1: Safety Instructions

Chapter 2: Treadmill Overview

Chapter 3: Display Console

Chapter 4: Programming & Operation

Chapter 5: Care & Maintenance

Chapter 6: Troubleshooting

Chapter 7: Additional Information

IMPORTANT SAFETY INSTRUCTIONS

CAUTION: Health related injuries may result from incorrect or excessive use of exercise equipment.

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. TRUE also 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.

This equipment P100 Light Commercial treadmill is intended for commercial use.

WARNING: READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL.

WARNING: Do not move the treadmill by lifting the console. Do not use the console as a handlebar during a workout.

WARNING: To reduce the risk of electrical shock, always unplug this TRUE product before cleaning or attempting any maintenance activity.

DANGER: To reduce the risk of electric shock, always unplug the treadmill before cleaning.

WARNING: To reduce the risk of burns, fire and electric shock or injury to persons, follow these instructions:

- Attach the safety clip to your clothing before each workout and treadmill is in use.
- Avoid exiting treadmill while leaving the tread belt in motion.
- Never walk or jog backwards on the treadmill.
- This equipment should never be left unattended when plugged in.
- To avoid injury stand on the straddle covers before starting the treadmill.
- Do not exceed maximum user weight as outlined in the product specification section of this manual.
- 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 operate the treadmill while being covered with a blanket, plastic, or anything that insulates or stops airflow.
- Close supervision is necessary if the treadmill is used by children, used near children. Also applies to disabled persons.
- Use this treadmill only for its intended use as described in this manual.
- Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged power cord or plug, if it is not working properly, if it has been damaged or dropped, or if it has been submerged in water. In these cases, a qualified service technician should examine this treadmill.
- Do not use the power cord as a handle for transporting.
- Do not run the power cord along the side or under the treadmill.
- Keep the power cord away from heated surfaces.
- Position this product so the power cord plug is accessible to the user.
- Never operate the equipment with the air vents blocked. Keep air vents free from clogs.
- Never drop or insert any object into any opening.
- Do not reach into or underneath the unit, or tip it on its side during 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 straddle covers. 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.
- Use indoors only.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect power cord, first turn power switch to the off position, then remove plug from outlet.
- Allow only trained personnel to service this equipment.

- Never use near water or while wet. Using this treadmill around a pool, hot tub or sauna will void the warranty.
- Avoid the possibility of bystanders being struck or caught between moving parts by making sure that they are out of reach of the treadmill while it is in operation.
- Allow only one person at a time on the treadmill while it's operating.
- Ensure that the back of the treadmill is placed at least 39" away from a wall or other obstructions.
- Ensure that the sides of the treadmill are placed at least 20" away from a wall or other obstructions.
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Do not allow animals on or near the treadmill while it's operating.
- Consult your physician before beginning any exercise program.
- Do not use if you have a cold or fever.

GROUNDING INSTRUCTIONS

WARNING: To reduce the risk of burns, fire, electric shock or injury, it is imperative to connect each product to a properly grounded 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 120 Volt/20 Amp outlet is not available, a qualified electrician must install one.

POWER REQUIREMENTS FOR TRUE PRODUCTS

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.

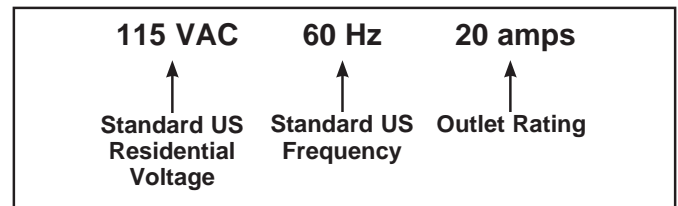


Figure 1

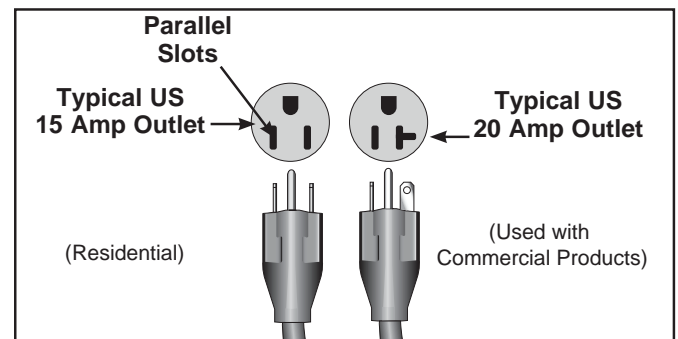


Figure 2

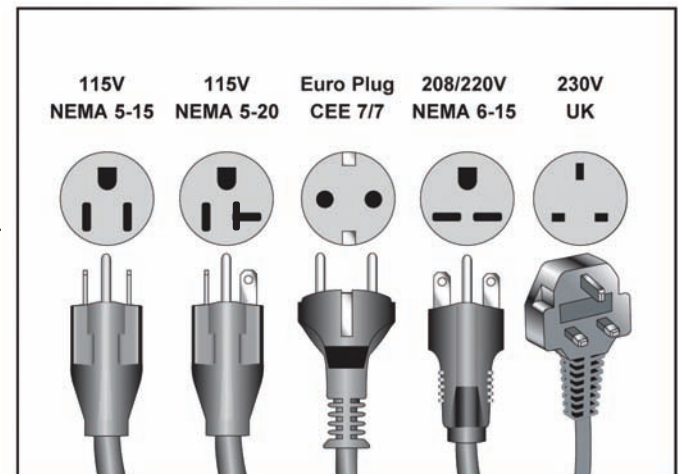


Figure 3

CHAPTER 2: TREADMILL OVERVIEW



Chapter 1: Basic Safety

Chapter 2: Treadmill Overview

Chapter 3: Display Console

Chapter 4: Programming & Operation

Chapter 5: Care & Maintenance

Chapter 6: Troubleshooting

Chapter 7: Additional Information

CHAPTER 3: DISPLAY CONSOLE



Chapter 1: Safety Instructions

Chapter 2: Treadmill Overview

Chapter 3: Display Console

Chapter 4: Programming & Operation

Chapter 5: Care & Maintenance

Chapter 6: Troubleshooting

Chapter 7: Additional Information

DISPLAY CONSOLE OPTIONS

Depending on the console that came with this treadmill, the workouts, programming and operation of the treadmill may differ. The console option available on this machine is:

7" Single Window LCD

Please refer to the information in this manual for basic operation information. For more detailed information please visit www.truefitness.com.

7" Single Window LCD



CHAPTER 4: PROGRAMMING & OPERATION



Chapter 1: Safety Instructions
Chapter 2: Treadmill Overview
Chapter 3: Display Console
Chapter 4: Programming & Operation
Chapter 5: Care & Maintenance
Chapter 6: Troubleshooting
Chapter 7: Additional Information

PROGRAMMING & OPERATION

7" LCD:

Here are a list of programming options available on your PS100 treadmill 7" LCD console. Programming and operation may differ depending on the type of console. For more information on programming and operation please visit www.truefitness.com.

Program Category:

Quick Start: Begin a manual workout by pressing START. (A manual workout is a workout where all aspects of the workout - workout time, distance, speed and incline - are decided by the user.

Pre-set Workouts

- Calorie Burn: A walking workout, where all speeds are under 4 mph.
- Hill Intervals: Walking intervals with grade alternate between hills and nearly flat.
- Speed Intervals: Zero-grade walking or running intervals are in one-minute segments.
- Speed Ramp Up: Zero-grade gradually increases speed then decreases speed, changing once per minute.
- Glute Buster: A steady pace with a ramp up in incline to the middle of the workout, then a gradual decline until the end of the workout.
- Cardio Challenge: Similar to Speed Ramp Up, except both speed and incline change throughout the workout.

HRC (Heart Rate Control) Workouts

- Time-based constant HRC: pick a target heart rate and exercise for an amount of time you select.
- Cruise Control: while in any workout, set your current heart rate as your target heart rate by pressing a single key.



CHAPTER 5: CARE & MAINTENANCE



Chapter 1: Safety Instructions
Chapter 2: Treadmill Overview
Chapter 3: Display Console
Chapter 4: Programming & Operation
Chapter 5: Care & Maintenance
Chapter 6: Troubleshooting
Chapter 7: Additional Information

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:

Inspect the treadmill daily. Look and listen for loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

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. Make sure other users know that the treadmill needs service.

CLEANING THE EQUIPMENT:

TRUE recommends the treadmill be cleaned before and after each workout. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces. This helps remove any dust or dirt.

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.

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.

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.

CHAPTER 6: TROUBLESHOOTING



Chapter 1: Safety Instructions
Chapter 2: Treadmill Overview
Chapter 3: Display Console
Chapter 4: Programming & Operation
Chapter 5: Care & Maintenance
Chapter 6: Troubleshooting
Chapter 7: Additional Information

BASIC TREADMILL 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.)

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

CHAPTER 7: ADDITIONAL INFORMATION



Chapter 1: Safety Instructions
Chapter 2: Treadmill Overview
Chapter 3: Display Console
Chapter 4: Programming & Operation
Chapter 5: Care & Maintenance
Chapter 6: Troubleshooting
<i>Chapter 7: Additional Information</i>

Save Time and Register Online!

Activate Multiple Warranties at www.truefitness.com/support

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
Motor	
Drive Motor	2 Years
Motor Controller	2 Years
Parts	
Electrical	2 Years
Wear Items	2 Years
Cosmetics	6 Months
Labor	
Parts	1 Year
Motor	1 Year
Cosmetics	6 Months

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 Light Commercial use which includes non-dues paying facilities where usage does not exceed 8 hours per day. If this product will not be used in this particular setting, please contact TRUE as this warranty is void.

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 one year from date of purchase. * This limited warranty on structural frame does not include paint or coatings.

Parts: The treadmill electrical parts and wear items are warranted for defects in material and workmanship for two years with one 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. *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 plastic covers, shrouds, caps, badges, overlays, paint, coatings, and grips.

Labor: Labor is covered for a period of one year 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 guidelines can be found in the owner's manual.

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.

Save Time and Register Online!

Activate Multiple Warranties at www.truefitness.com/support

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 there with 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.

PS100 TREADMILL SERIAL NUMBER:

The PS100 treadmill comes with one serial number on the base of the machine. This serial number is located on the motor cover above the on/off switch. Please write down your serial number below and keep for your records.

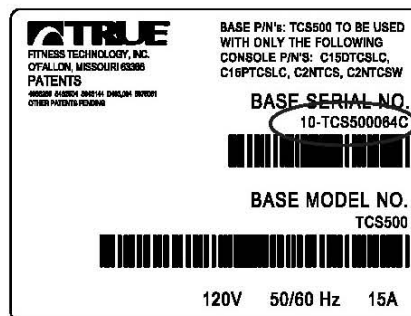
SERIAL NUMBER:

		-							



**SERIAL
NUMBER:**

SAMPLE SERIAL NUMBER STICKER:



**SAMPLE SERIAL
NUMBER:**



CHAPTER 7: ADDITIONAL INFORMATION

Thank you for purchasing a TRUE product. To validate the TRUE product warranty the fast and easy way, please go on-line now to truefitness.com/support 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.

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

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/support)



Light Commercial Warranty Registration

**PLEASE PROVIDE YOUR SERIAL NUMBER BELOW.
REQUIRED FOR WARRANTY REGISTRATION:**

BASE SERIAL NUMBER:

		-						

Model Type: PS100 Light Commercial Treadmill

Date of Purchase _____

Your Company Name _____

Contact First Name _____

Contact Last Name _____

Address _____

City _____ State _____ ZIP _____

Email Address _____ Website _____

Phone _____ Fax _____

1. Where did you first learn about TRUE?

- ☐ a. Dealer ☐ b. Website
☐ c. Advertisement ☐ d. Referral
☐ e. Current Customer ☐ f. Other _____

2. Why did you purchase a TRUE product?

- ☐ a. Design/Appearance ☐ b. Dealer Suggestion
☐ c. Price/Value ☐ d. Quality Construction
☐ e. Performance ☐ f. TRUE Reputation
☐ g. Other _____

3. Please indicate your type of facility:

- ☐ a. Apartment/Condo ☐ b. Corporate Fitness Center
☐ c. Municipality ☐ d. Health Club/Gym/Spa
☐ e. Hotel/Resort ☐ f. Military Base
☐ g. Student Rec Center ☐ h. Other _____

4. What other types of equipment does your company currently own?

- ☐ a. Treadmill Brand _____
☐ b. Bike Brand _____
☐ c. Elliptical Brand _____
☐ d. Free Weights/Gym Brand _____

5. How many people use your facility on a daily basis?

- ☐ a. <25 ☐ b. 25-75
☐ c. 76-150 ☐ d. 150+

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 ☐ f. Other _____

8. Would you recommend TRUE to other club owners?

- ☐ Yes ☐ No

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

DRIVE SYSTEM	Drive Motor	TRUE 3hp DC
	Incline Motor	Elevation Motor with 1000 lbs of Thrust
	Speed Sensor	Magnetic Reed Sensor
	Power Source	115Volt/15AmpDedicated(NEMA5-15PowerReceptacle)CordLength10' (3.0 m)
EXERCISE SURFACE	Deck	Melamine Laminated 1" Medium Density Fiberboard
	Reversible Deck	N/A
	Belt	Multi-Ply Polyester Belt with PVC Surface
	Rollers	3" Diameter Crowned Rollers
	Impact System	TRUE Soft System (neoprene shock absorbers)
	Lubrication	TRUE Proprietary Lubricant "Silax"®
FRAME	Frame	Robotically Welded Heavy-Gauge Steel
	Pedestals	Robotically Welded Heavy-Gauge Steel
	Handrails	Flared Protective Dipped Foam Handrails
	Medical Handrails	N/A
CONSOLE	Display Type	7" Single Window LCD
	iPod® Compatibility	N/A
	EntertainmentCapabilities	N/A
	Communications	N/A
	Key Type	Mechanical Hinge
	Command Keys	Express, 1 Touch Quick Speed, HRC Cruise Control®
	Data Readouts	Speed,Incline,ElapsedTime,TimeRemaining,Distance,Pace,HeartRate, Target Heart Rate, METs, Calories
	Diagnostics	YES
HEART RATE	Contact Heart Rate Monitoring	YES
	Wireless Heart Rate Monitoring	Wireless - Polar® Compatible
	HRC (Heart Rate Control)* Workouts	1 Target HRC
	HRC Cruise Control™	YES
PROGRAMMING	Workouts	10 Preset, 2 Custom
	Fitness Tests	N/A
OTHER FEATURES	Accessories	Water Bottle Holder, Key Tray
	Safety	Safety Clip Equipped, Extended Handrails, Large Straddle Covers
	Balance Bar Control Pad	N/A
	Personal Cooling System	N/A
PHYSICALSPECIFICATIONS	Footprint	82.5"L x 35.5"W (210 cm x 90 cm)
	Running Surface	60"L x 22"W (153 cm x 55 cm)
	Machine Weight / Shipping Weight	288 lbs (131 kg) / 361 lbs (164 kg)
	Maximum User Weight	350 lbs (159 kg)
	Decline Option	N/A
	Incline Range	0 to 15%
	Speed Range	0.5-12 mph (0.8-19 kph)
	Step-Up Height	6.25" (16 cm)
	Portability	Front Transport Wheels
	Regulatory Approvals	UL, CSA, CE for 220V
WARRANTY	Warranty	Frame Life, Motor 2 Yrs, Parts 2 Yrs, Labor 1 Yr

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



What Is TRUE World?

TRUE World is the way in which we hope to further engage our TRUE community. Whether you are a TRUE dealer, an owner of a piece of TRUE cardio equipment, or simply a fitness enthusiast, we hope you become part of TRUE World.

With the new Universal Console on TRUE cardio equipment, TRUE World is a place where YOU select the machine with the display YOU choose, tailoring each machine to fit your needs and budget. The new console choices range from classic to trendsetting.

Only in the TRUE WORLD can you find this new console design that not only provides a sleek, cohesive look, but also provides versatile display options for EVERY piece of equipment.

But that's just the beginning. Share what your TRUE World is online with us -- through our website www.truefitness.com/world or through our social media sites on Facebook and Twitter.

TRUE World is a community of users. Through that community of users we hope to continue the tradition of excellence that is TRUE. TRUE World is a place where tradition meets technology; where 29 years of continuous innovation and improvement produces ONE THING - the world's finest cardio equipment. Only TRUE users know - these rugged yet elegant machines are simply the smoothest, quietest, and most durable on the market.

TRUE WORLD is helping us prepare our premier cardio machines to meet the future.

This truly is just the beginning...



www.facebook.com/TRUE-fitness



www.twitter.com/truefitnesstech

CONTACT INFORMATION

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

TRUE FITNESS HOME OFFICE
865 HOFF ROAD
ST. LOUIS, MO 63366
1.800.426.6570
1.636.272.7100