



\*Assembly Guide & Warranty Card Included

# CS200 RECUMBENT BIKE OWNER'S MANUAL



# CS200 RECUMBENT BIKE OWNERS 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](http://www.truefitness.com).

For documents in additional languages please visit [www.truefitness.com/document-library/29/international-manuals](http://www.truefitness.com/document-library/29/international-manuals)

## IMPORTANTE:

Todos los productos mostrados son prototipos. La realidad el producto suministrado puede diferir.

Especificaciones de productos, características y software están sujetas a cambios sin previo aviso.

Para la más actualizada de este manual del propietario, por favor visite [www.truefitness.com](http://www.truefitness.com)

Para los documentos en otros idiomas, por favor visite [www.truefitness.com/document-library/29/international-manuals](http://www.truefitness.com/document-library/29/international-manuals)

## IMPORTANT:

Tous les produits présentés sont prototype. Le produit réel livré peut varier.

Spécifications du produit, caractéristiques et logiciels sont sujettes à modification sans préavis.

Pour la plus à jour le manuel du propriétaire s'il vous plaît visitez [www.truefitness.com](http://www.truefitness.com).

Pour documents dans des langues supplémentaires, veuillez [www.truefitness.com/document-library/29/international-manuals](http://www.truefitness.com/document-library/29/international-manuals) de visite

## 重要提示：

显示所有产品的原型。实际交付的产品可能有所不同

产品规格，功能和软件如有更改，恕不另行通知

迄今为止对于大多数的使用说明书，请访问[www.truefitness.com](http://www.truefitness.com)

对于其他语言的文档，请访问[www.truefitness.com/document-library/29/international-manuals](http://www.truefitness.com/document-library/29/international-manuals)

## هام:

جميع المنتجات المعروضة هي النموذج. قد تختلف المنتج الفعلي تسليمها.

مواصفات المنتج، والميزات والبرامج قابلة للتغيير دون إشعار.

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## WICHTIG:

Alle hier gezeigten Produkte sind Prototypen. Das tatsächliche Produkt ausgeliefert wird, kann variieren.

Produkt-Spezifikationen, Funktionen und Software können sich ohne vorherige Ankündigung ändern.

In den meisten Fällen bis zu Bedienungsanleitung Bisher besuchen Sie bitte [www.truefitness.com](http://www.truefitness.com).

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## BELANGRIJK:

Alle getoonde producten zijn prototype. Daadwerkelijke product geleverd kan verschillen.

Product specificaties, eigenschappen & software zijn onderhevig aan verandering zonder kennisgeving.

Voor de meest actuele handleiding van de eigenaar kunt u terecht [www.truefitness.com](http://www.truefitness.com).

Voor documenten in andere talen kunt u terecht op [www.truefitness.com/document-library/29/international-manuals](http://www.truefitness.com/document-library/29/international-manuals)

## ВАЖНО:

Все товары указаны прототипа. Фактический продукт, поставляемый могут отличаться.

Технические характеристики, **ОСОБЕННОСТИ** и программного обеспечения могут быть изменены без предварительного уведомления.

Для получения самой последней на сегодняшний день руководство по эксплуатации пожалуйста, посетите [www.truefitness.com](http://www.truefitness.com).

Для документов на другие языки, пожалуйста, посетите [www.truefitness.com/document-library/29/international-manuals](http://www.truefitness.com/document-library/29/international-manuals)

# CS200 RECUMBENT BIKE 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!**

# CS200 RECUMBENT BIKE OWNERS MANUAL

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# CHAPTER 1 SAFETY INSTRUCTIONS








## IMPORTANT SAFETY INSTRUCTIONS

### SAVE THESE SAFETY INSTRUCTIONS


This bike is intended for commercial or institutional setting. This owner's manual should be accessible to all personal trainers, staff members, and members.

-  WARNING: All EXERCISERS MUST READ ALL INSTRUCTIONS BEFORE USING THE BIKE.
-  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 bike malfunctions. Your bike 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.

## **CAUTION:**

- 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)
- Health related injuries may result from incorrect or excessive use of exercise equipment.
- 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 plug remove from electrical outlet.
- The CS200 bike is self-generated and does not require the use of an electrical outlet. Optional power supplies require 110V AC input and 9V DC 1.5Amp output for console operation only.
- Use a TRUE AC power cord or AC/DC adapter only
- Note the plug configuration for the power adapter may vary by country.
- The batteries within self-generated equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.
- 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 Bike.
- If the bike power 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 if 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.

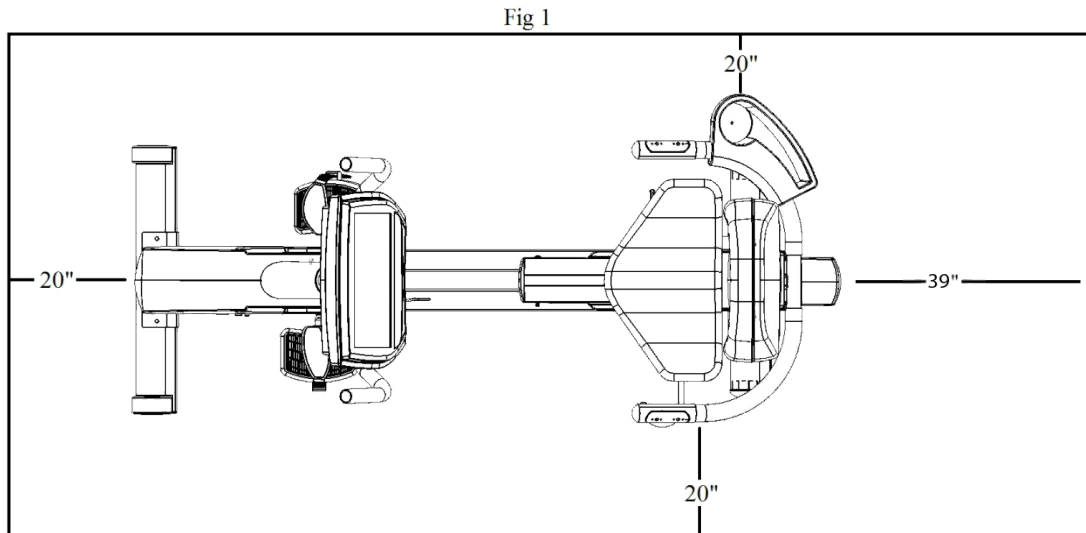
# CHAPTER 1 SAFETY INSTRUCTIONS

## ⚠ CAUTION (CONTINUED):

- Use correct ergonomic positioning while operating the bike.
- Do not allow animals on or near the equipment while in operation.
- Do not exceed maximum user weight of 350 lbs. (159 kg).
- Avoid exiting bike while the pedals are still in motion.
- Do use if you have a cold or fever.
- When using this exercise machine, basic precautions should always be followed.
- Use this bike 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 bike while it is in motion.
- Allow only one person at a time on the bike while it's operating.
- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- 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.

## SPACE REQUIREMENTS:

- TRUE's recommendation is to leave a 39" safety zone at rear of bike. The sides of the bike should be at least 20" away from the wall or obstructions. (See Fig 1)



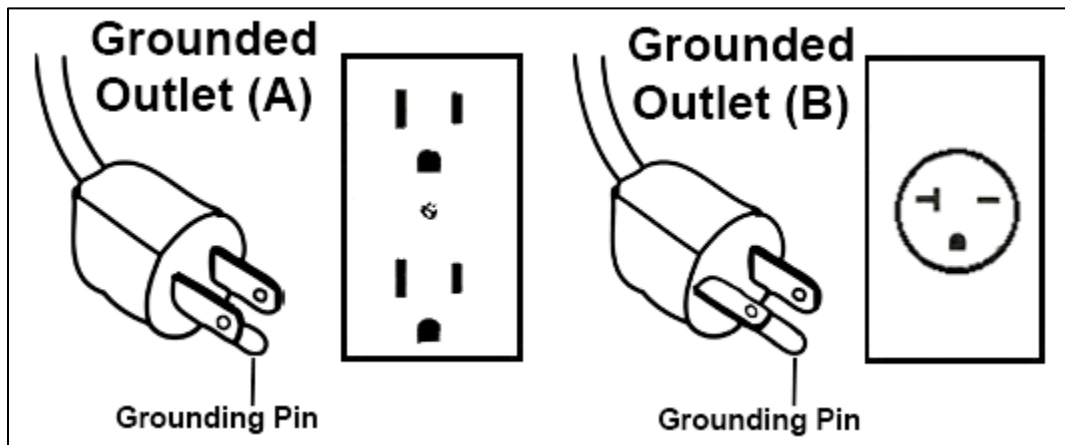
# CHAPTER 1 SAFETY INSTRUCTIONS

## 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.

### **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 any covers 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.

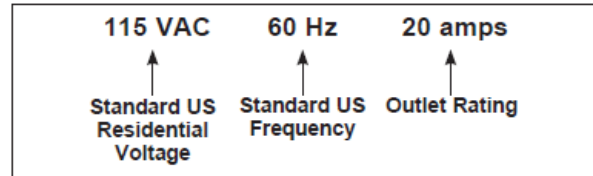


Figure 1

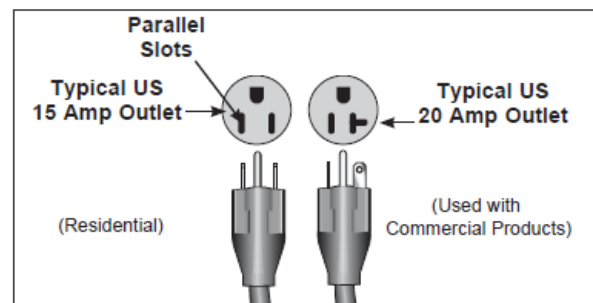


Figure 2

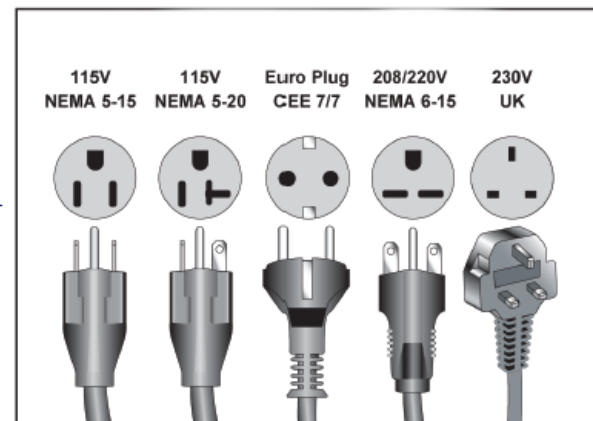

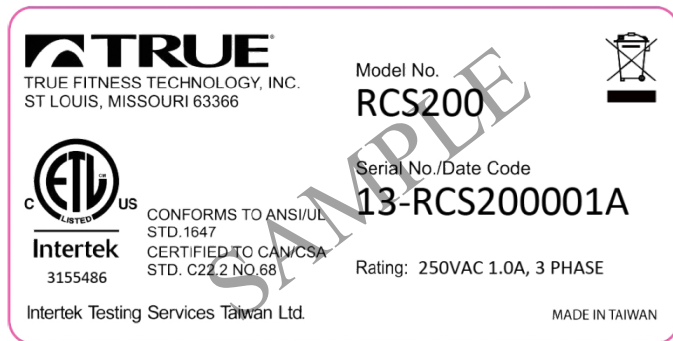
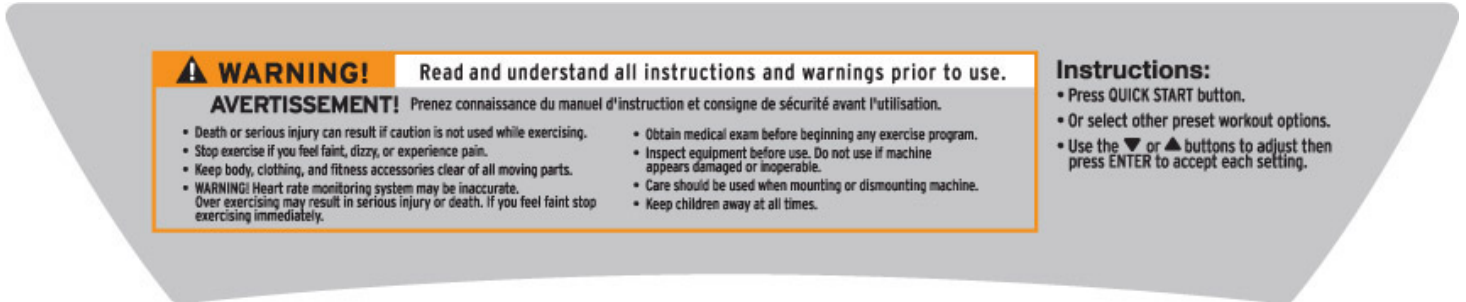


Figure 3

# 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 one of the following: [www.truefitness.com](http://www.truefitness.com) or contact customer service at 800-883-8783.



## COMPLIANCES:

This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit [www.truefitness.com](http://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 bike is intended for light commercial use only.
- Inspect the bike 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 bike.
- Care should be used when mounting or dismounting bike.
- Disconnect all power (if applicable) before servicing bike.
- Do not exceed maximum user weight of 350 lbs.
- Keep children and animals away.
- Use caution when moving and assembling bike.
- 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.
- Should you need technical assistance in assembly of your TRUE Fitness product, contact TRUE Fitness Technical Support at 1-800-883-8783.

## PRE-ASSEMBLY CHECK LIST:

### Assembly Hardware Kit:

<u>Number</u>	<u>Description</u>	<u>QTY</u>	<u>Where Used</u>
15	Flat Washer – M8	4	Mast Attachment
16	Screw – M8 x15L	4	Mast Attachment
21	Flat Washer – M8	4	Front/Rear Stabilizer
24	Screw – M8 x 20L	4	Front/Rear Stabilizer
25	Lock Washer – M8	4	Mast Attachment
28	Screw – M5 x 20L	2	Seat Latch Handle
129	Screw – M4 x 12L	6	Bottle Holder
140	Screw M6 x 15L	4	Seat Cushion
141	Flat Washer – M6	4	Seat Cushion
142	Lock Washer – M6	8	Seat Back/Handlebar
170	Screw – M6 x 55L	4	Seat Back
173	Screw – M8 x 15L	4	Handlebar

### Tools Required:

6mm Hex Key (included)
5mm Hex Key (included)
4mm Hex Key (included)
Phillips Screw Driver (included)
#15/#17 Pedal Wrench (included)
7/16 Inch Open End Wrench (qty 2) ( <b>not included</b> )

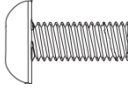
# CHAPTER 2: ASSEMBLY INSTRUCTIONS

## BIKE ASSEMBLY STEPS:

### Step 1 Front Stabilizer Bar:

- a) Using 6mm hex key attach the Front Stabilizer to the front of the bike with  
\*Install with wheels forward as shown.

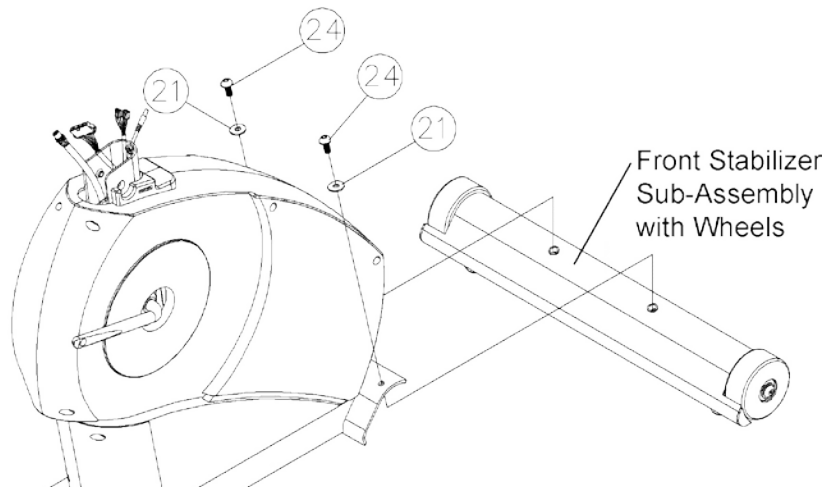
#### Hardware Required:



2 M8x20mm Screws (24)



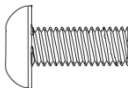
2 Flat Washers (21)



### Step 2 Rear Stabilizer Bar:

- a) Using 2 screws and 2 flat washers attach the rear stabilizer bar to the bike frame.

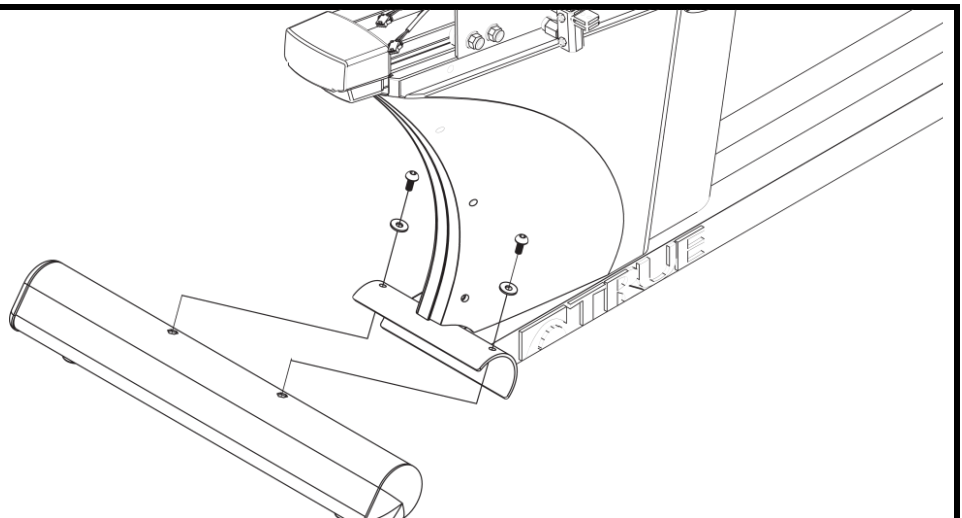
#### Hardware Required:



2 M8x20mm Screws (24)

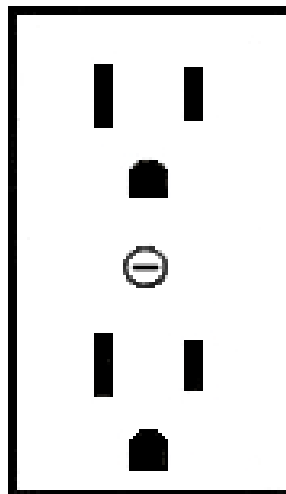


2 Flat Washers (21)



### Step 3 Determine Power Source:

The RCS200 Bike is self-generating unit and does not require an external power source. An optional power supply is available for users that require constant console power. If the optional power supply is required for this installation, follow the power supply installation steps on page 13 before proceeding to step 4. For standard self-generating installation, proceed to step 4.



# CHAPTER 2: ASSEMBLY INSTRUCTIONS

## BIKE ASSEMBLY STEPS (CONTINUED):

### Step 4 Mast Connections and Installation:

- a) Slide Mast Boot onto Mast.  
b) Connect the following electrical connections between the Mast and Mast Post:  
Post:

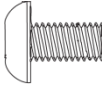
- Control cable (147)  
\*7-pin and 5-pin connectors.
- Contact Heart Rate cables (150)  
\*Two 3-pin connectors.
- Power Supply cable (214)  
\*Optional Power Supply ONLY

- c) Using 6 mm hex key assemble the Mast to the Mast post on the bike frame with four screws, four lock washers, and four flat washers.

**Do not pinch cables during assembly.**

- d) Slide Mast Boot down Mast.

#### Hardware Required:



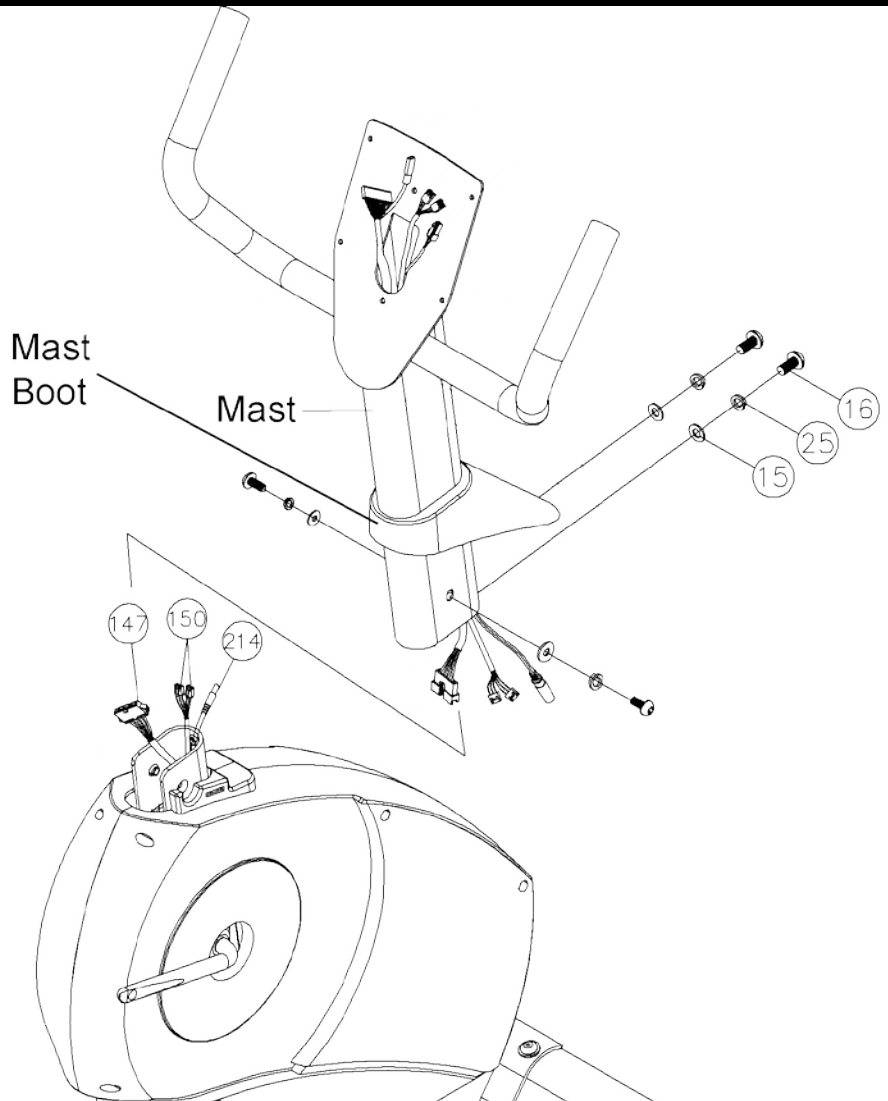
4 M8x15mm Screws (16)



4 Lock Washers (25)



4 Flat Washers (15)



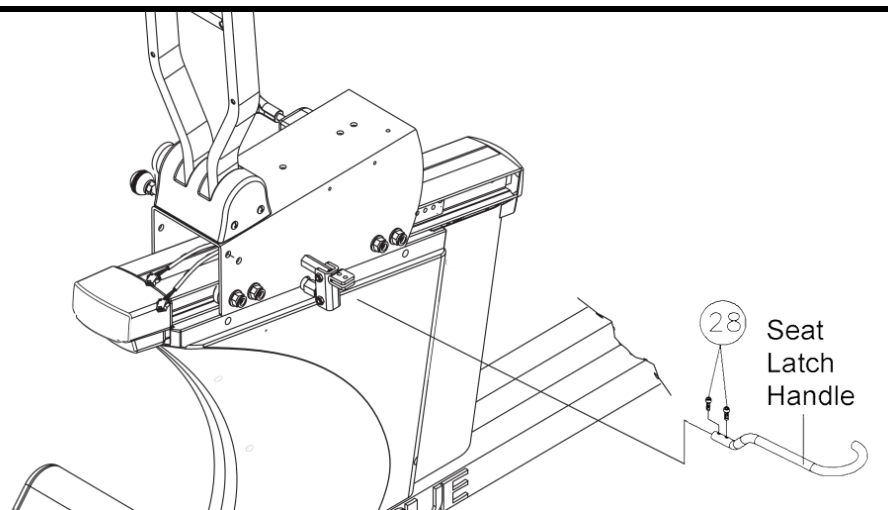
### Step 5 Attach Seat Latch Bar & Handlebar:

- a) Use two screws to attach the seat latch bar to the seat carriage.

#### Hardware Required:



2 M5x20mm Screws (28)



# CHAPTER 2: ASSEMBLY INSTRUCTIONS

## BIKE ASSEMBLY STEPS (CONTINUED):

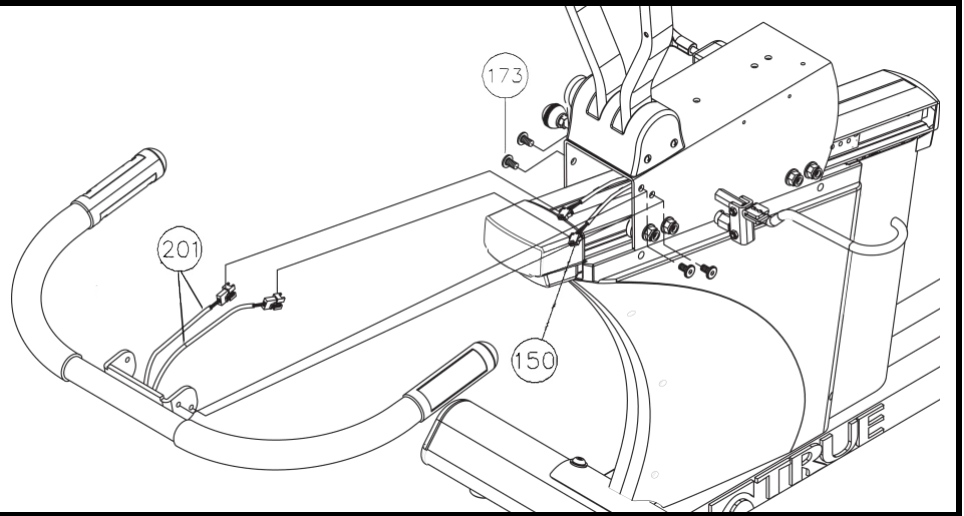
### Step 5 Attach Seat Latch Bar & Handlebar (continued):

- b) Connect the heart rate wires coming from the handlebar (201) to the corresponding wires coming from the bike frame (150).
- c) Use 4 screws (173) to connect the handlebar to the seat carriage.

#### Hardware Required:



4 M8x1.25x15 Screws (173)



### Step 6 Seat Cushion, Seat Back and Cover Installation:

- a) Use a 4 mm hex key to attach the Seat Cushion to the Seat Carriage with four screws (140), four lock washers (142), and four Flat Washers (141).
- b) Use a 5 mm hex key to assemble the Seat Back to the Seat Back Support with four Screws (170) and four Lock Washers (142).
- c) Line up posts of plastic Seat Back Cover and snap onto Seat Back.

#### Hardware Required:



4 M6x15 Screws (140)



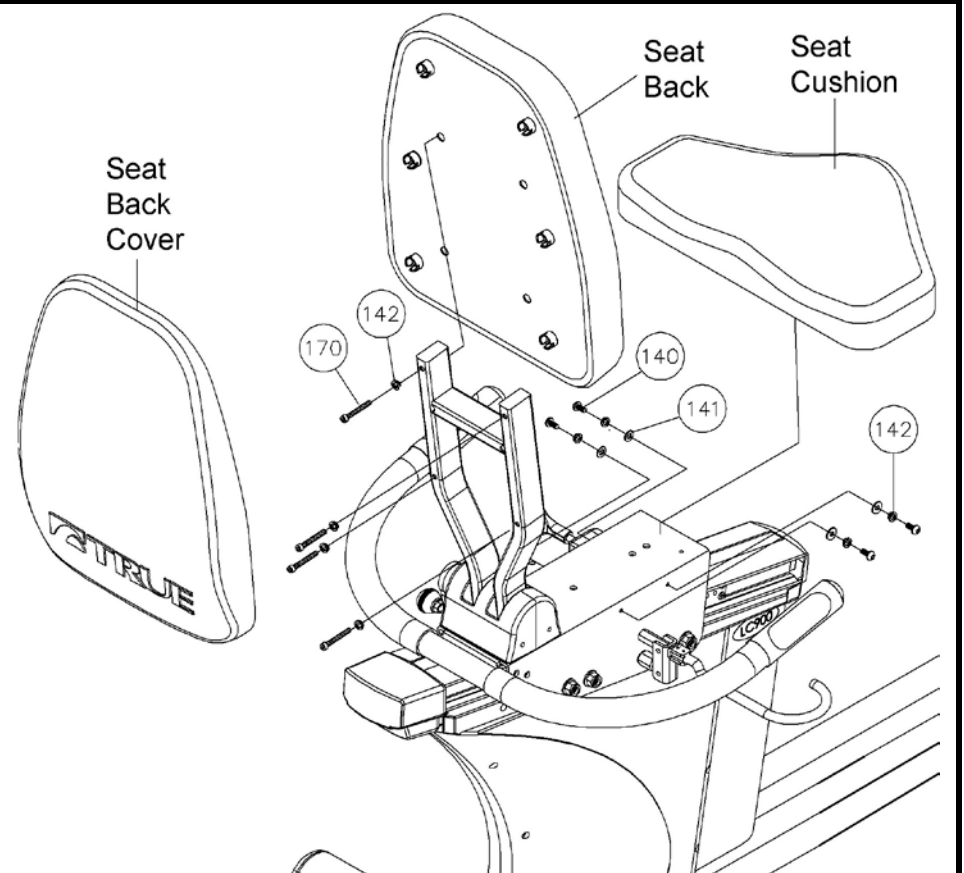
8 M6 Lock Washers (142)



4 M6 Flat Washers (141)



4 M6x55 Screws (170)





# CHAPTER 2: ASSEMBLY INSTRUCTIONS

## BIKE ASSEMBLY STEPS (CONTINUED):

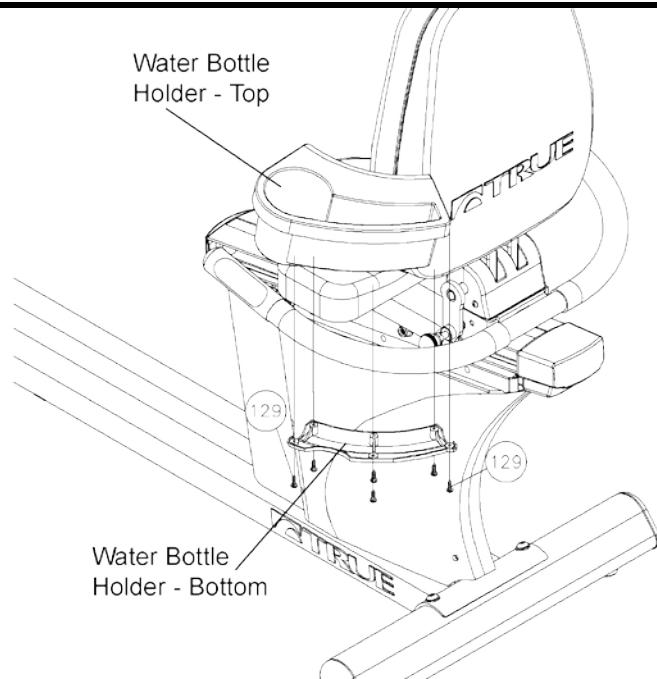
### Step 6 Bottle Holder Installation:

a) Using Phillips Screwdriver assemble the Bottle Holder top and bottom pieces to Handle Bar as shown using six screws (129).

#### Hardware Required:

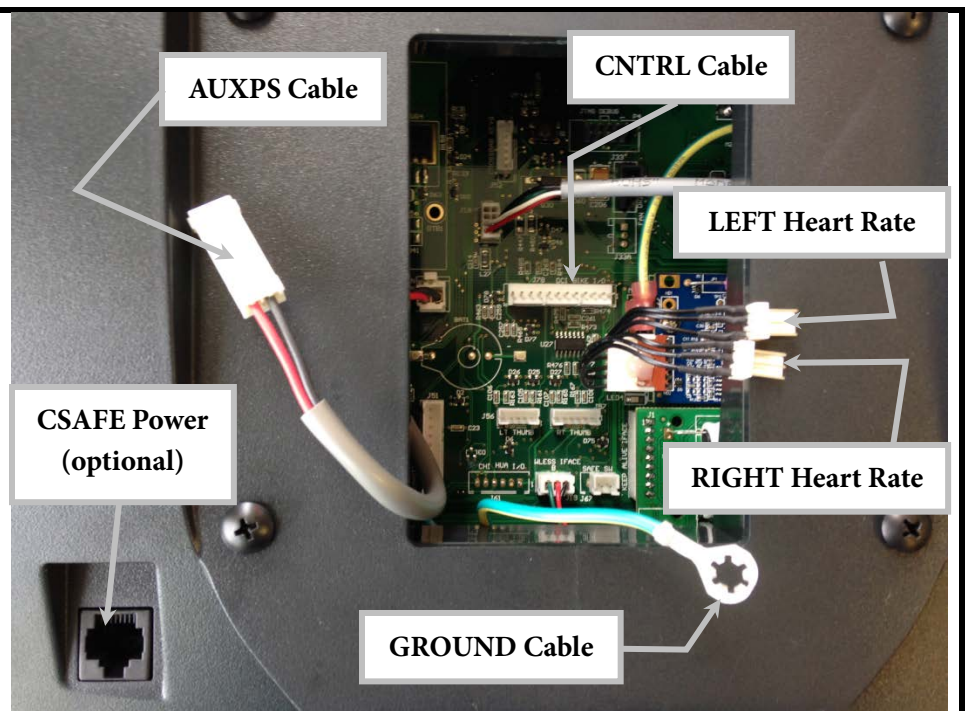


6 M4x12mm Screws (129)



### Step 7 Console Assembly:

a) Connect all wires coming from the display neck to the console as shown.



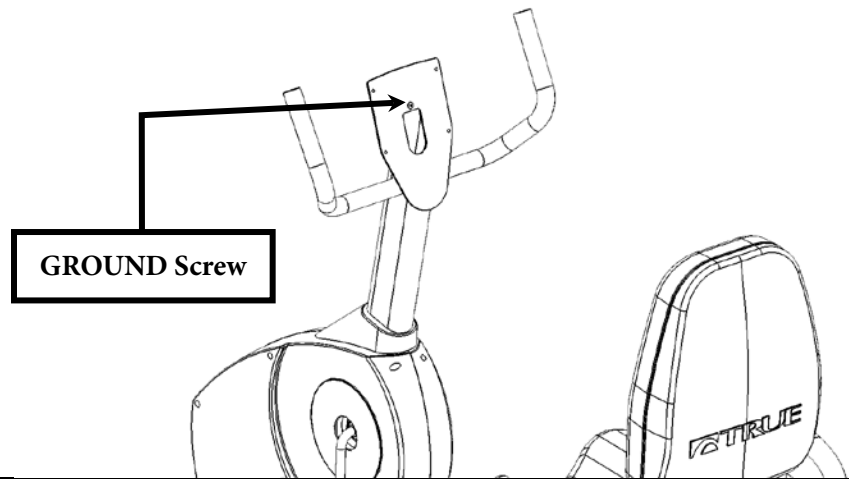
# CHAPTER 2: ASSEMBLY INSTRUCTIONS

## BIKE ASSEMBLY STEPS (CONTINUED):

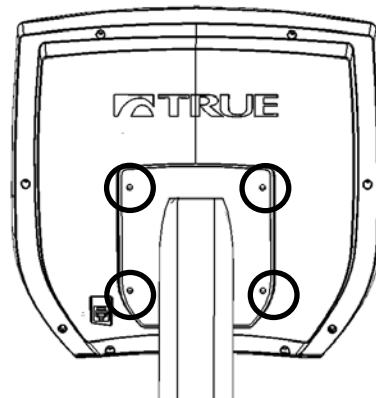
### Step 7 Console Assembly (continued):

**b)** Attach the GROUND cable to the ground screw on the display neck.

**c)** Tuck excess cable length into the display neck.



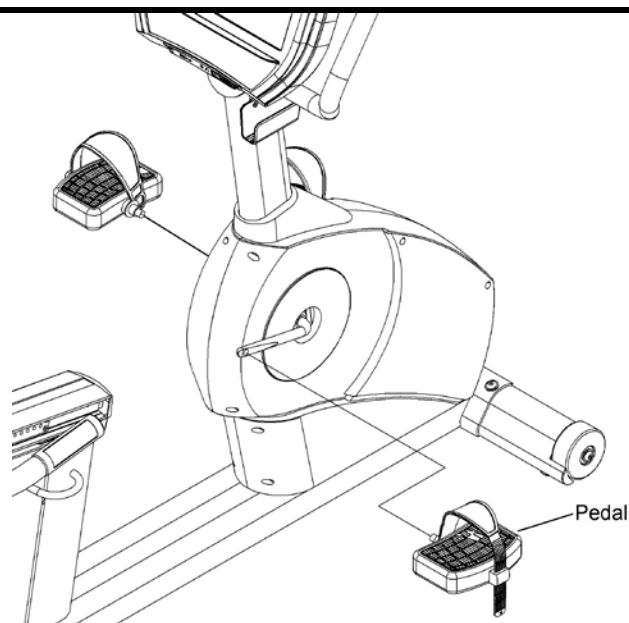
**d)** Secure the console to the display neck using the 4 screws included with the console.



### Step 8 Pedal Attachment:

**a)** Secure each pedal to the appropriate crank using a 15mm wrench.

**NOTE:** The left pedal is reverse-threaded (turn counter-clockwise to tighten)





## CHAPTER 2: ASSEMBLY INSTRUCTIONS

### BIKE ASSEMBLY STEPS (CONTINUED):

#### Optional Power Supply Installation:

**a)** Remove the Left Front Shroud by removing the seven screws attaching the Shroud.

**b)** Firmly plug Power Cord (installed from factory) into Auxiliary Power Supply.

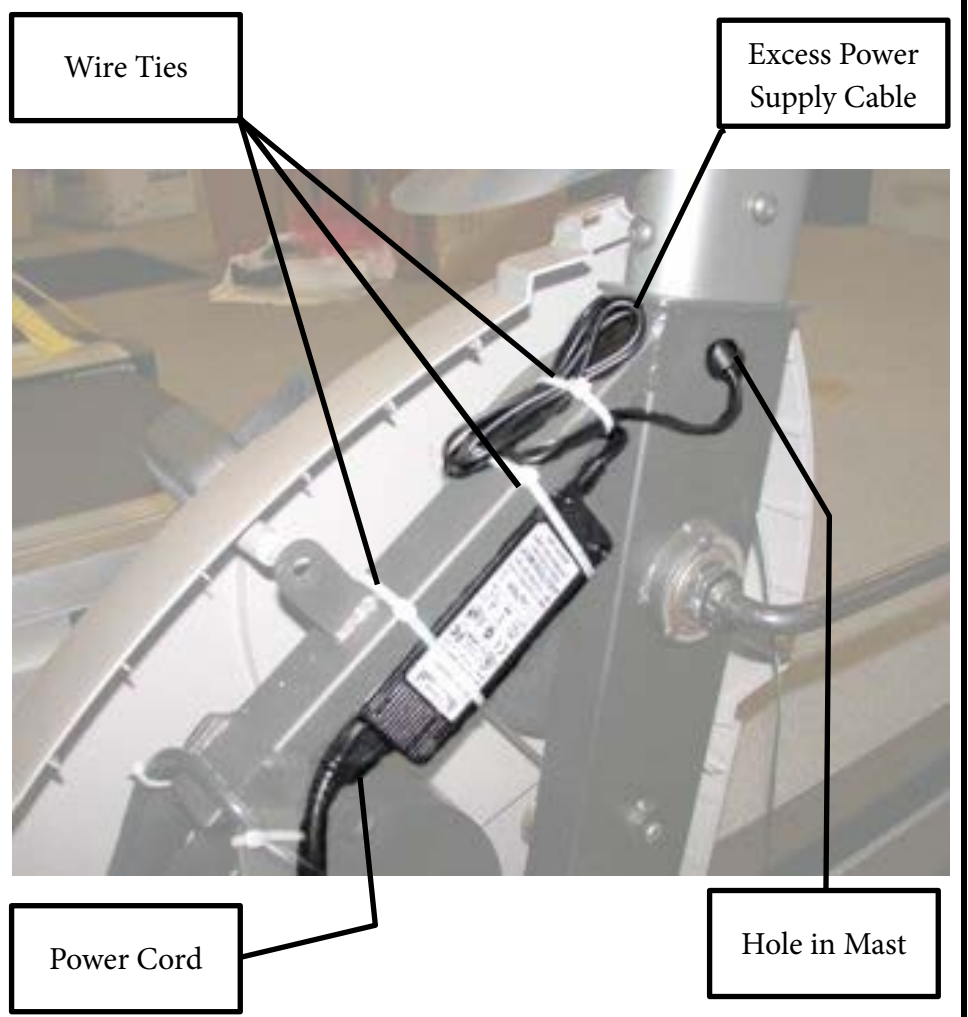
**c)** Fasten Power Supply to angled frame support as shown with two wire ties. (Power cord receptacle facing down)  
**CAUTION:** Make sure Power Supply and cables do not touch rotating brake wheel or crankshaft pulley.

**d)** Wire tie the excess Power Supply Cable to the frame as shown. Leave about 8 inches of cable exiting from wire tie.

**e)** Route Power Supply Cable through hole in mast as shown and continue to route cable out through top of mast with other cables. Cable should exit Mast the same length as other cables.

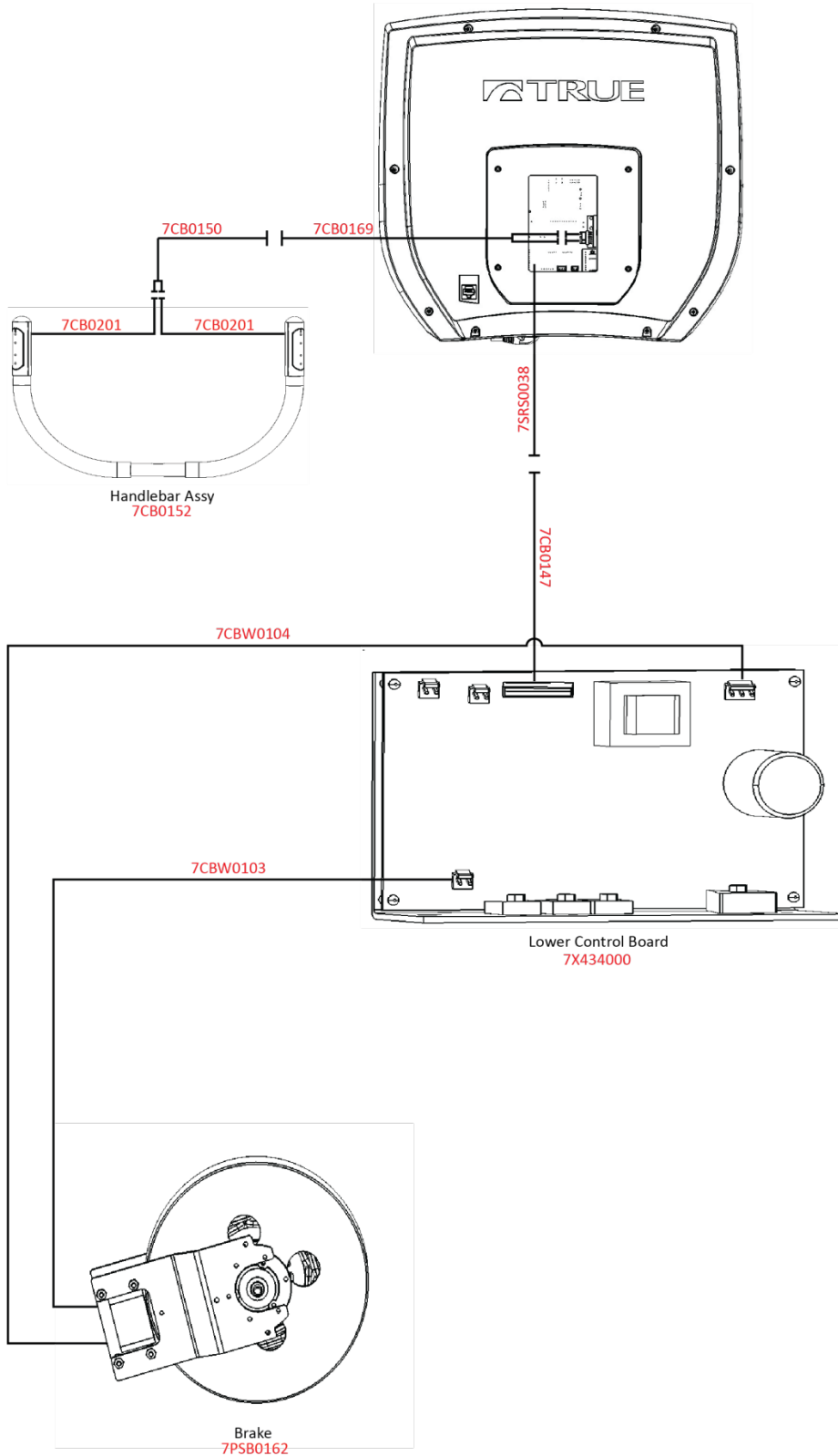
**f)** Recheck that Power Cord is secure in power supply.

**g)** Attach Left Front Shroud.



# CHAPTER 2: ASSEMBLY INSTRUCTIONS

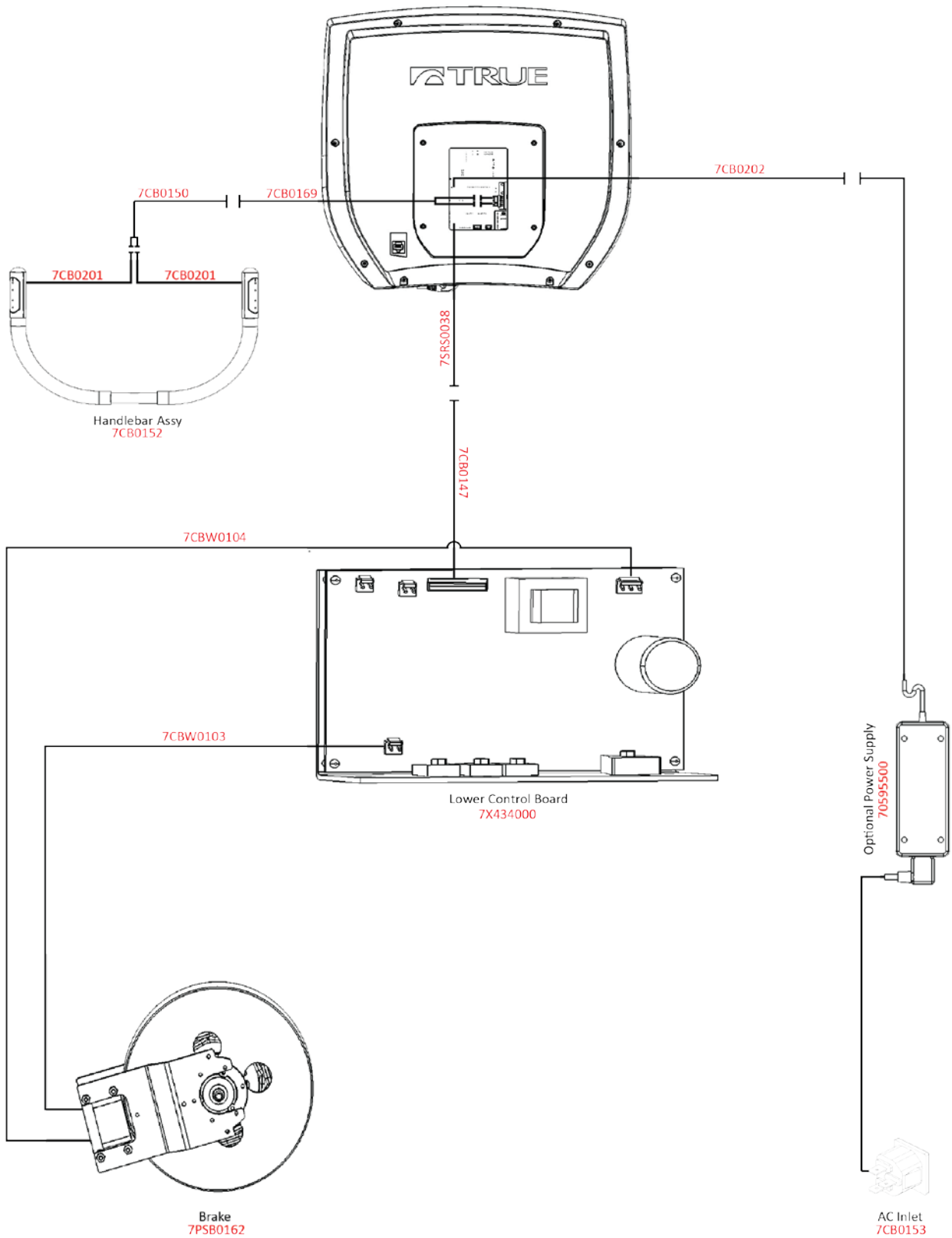
## WIRING DIAGRAMS: RCS200 Wiring Diagram Self-Generating



# CHAPTER 2: ASSEMBLY INSTRUCTIONS

## WIRING DIAGRAMS (CONTINUED):

### RCS200 Wiring Diagram w/Optional Power Supply



# CHAPTER 3: PRODUCT OVERVIEW

## BIKE OVERVIEW:



## CHAPTER 3: PRODUCT OVERVIEW

### RECUMBENT BIKE OVERVIEW (CONTINUED):

#### Console Assembly:

The console allows the user to set up a workout program and control the bike during a workout.

#### Contact Heart Rate Pads:

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

#### Seat Adjustment Handle:

Used to adjust the position of the seat to a comfortable position for the user.

#### Pedals:

Moving part of the bike that provides resistance to the lower body during a workout.

#### Leveling Feet:

An adjustable system used to aid in the leveling the bike.

#### Power Cord:

Delivers power from the wall outlet to the bike (when equipped with the optional power supply).

# CHAPTER 4: PROGRAMMING & OPERATION

## HEART RATE MONITORING:

This bike 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 bike 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 bike 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 bike 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 bike 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.

### 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.

## HEART RATE CONTROL (HRC):

### Introduction:

You are now the owner of the most sophisticated Heart Rate Control equipment 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 adjustment free heart rate controlled workout. By training at a specific target heart rate, users can exercise at a more efficient cardiovascular level.

# CHAPTER 4: PROGRAMMING & OPERATION

## HEART RATE CONTROL (CONTINUED):

The TRUE HRC system is unique because users must enter the key parameters of the workout; target heart rate, weight, age, and time, prior to beginning the HRC workout. As users approach their target heart rate, the bike's computer takes full control over the workout and changes the workout intensity automatically to keep users near their target heart rate. This allows for a completely "hands free" workout.

### Target Heart Rate:

TRUE's heart rate control (HRC) workouts let the bike monitor relative exercise intensity by way of the user's heart rate, then automatically adjust the workout intensity 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 bike 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 workout intensity levels, they will have a better understanding of how to use the bike to reach their target heart rate.

### Warm Up:

At the beginning of an HRC workout, the bike 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 bike will operate as if in manual mode during the warm up stage. Users control the workout intensity. 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.

### Heart Rate Control Stage:

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

### Cool-Down:

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

# CHAPTER 4: PROGRAMMING & OPERATION

## PROGRAM DESCRIPTIONS:

### Quick Start:

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

### Manual:

Users set up their own workout to a TIME or DISTANCE limit.

### Easy Intervals:

2-minute segments with increased WORKLOAD with a moderate change between segments.

### Sports Intervals:

2-minute segments with increased WORKLOAD with a large change between workout segments

### Rolling Hills:

A series of gradual increasing and decreasing WORKLOAD changes that simulate rolling hills. Users can adjust their LEVEL at any time during the workout to increase or decrease intensity of the hills.

### One Big Hill:

WORKLOAD increases to a maximum at the mid-point of the workout, then decreases to the finish to simulate one big hill.

### Calorie Goal:

This workout allows users to choose the number of calories they wish to burn within a specified workout time. The WORKLOAD will adjust automatically to attain this goal.

### Constant HRC:

User chooses a target heart rate and the bike will control the workout from the beginning to ensure the user reaches their target within 5 to 7 minutes.

### Interval HRC:

The user chooses both a work and rest target heart rate. The bike then alternate back and forth between those two targets.

### HRC Ultra:

This workout simulates a high-intensity workout by automatically raising the users target heart rate as they proceed through the last half of the workout.

### Interval HRC Ultra:

This workout simulates a real interval workout with progressively higher targets for each work and rest interval.



# CHAPTER 4: PROGRAMMING & OPERATION

## PROGRAM DESCRIPTIONS (CONTINUED):

### 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 WORKLOAD 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.

### Fitness Test:

A fitness test used to estimate the user's VO2 max. This is a 12 min test with four 3 min stages that increase resistance on stages 2, 3 and 4. Stage 1 is used only as a warm up.

### Custom Intervals:

The user selects work and rest segment durations and workload levels. The segments will repeat until the end of the workout time.

### Custom Workouts:

The CS200 Bikes have 3 types of custom workouts available; Scale, Fixed and Record.

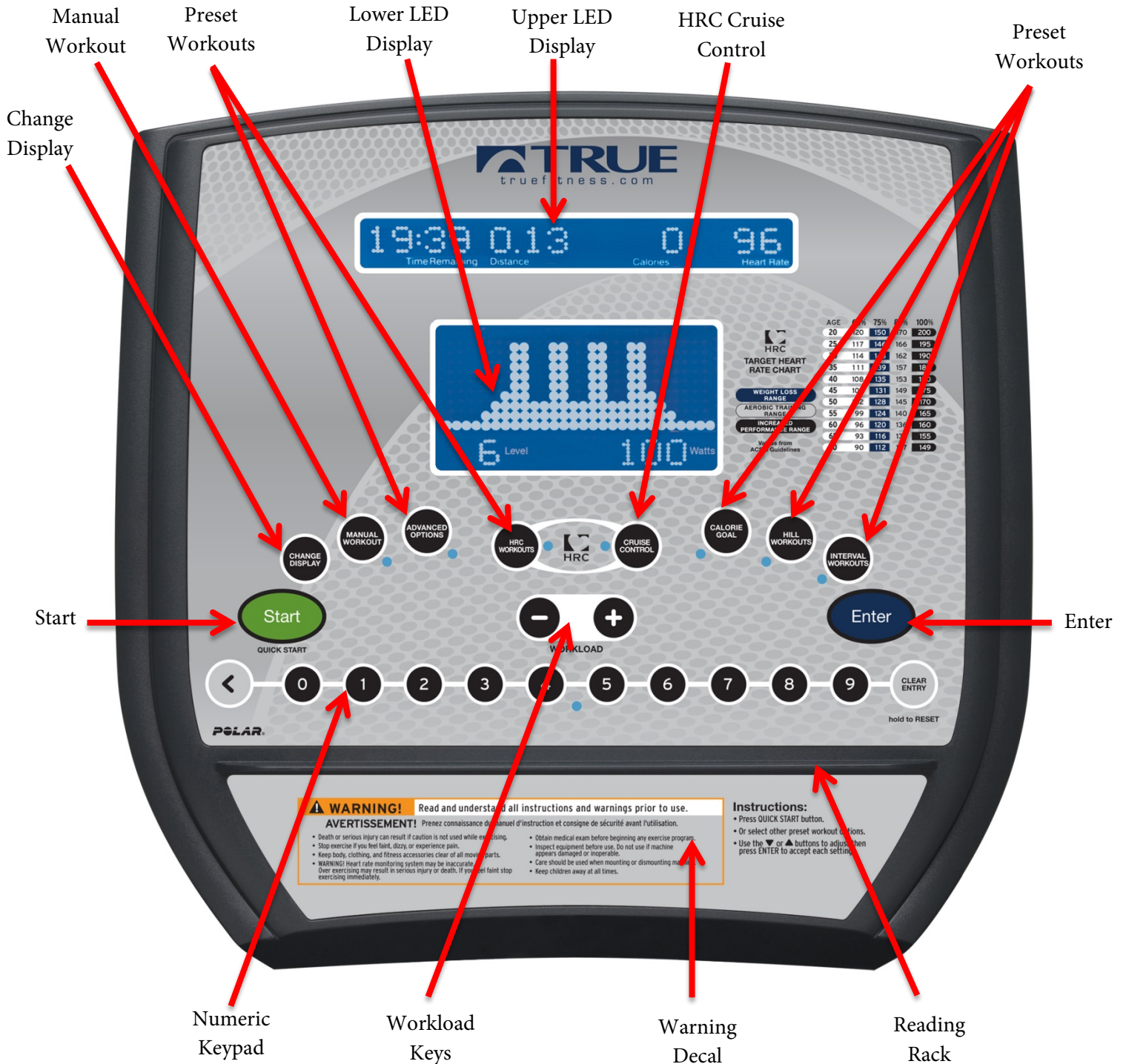
**Scale:** The user sets the workout time and the uses the workload keys to enter up to 60 segments. The bike will automatically scale the segment time to the workout time set by the user.

**Fixed:** The user sets the segment time and then uses the workload keys to enter up to 60 segments. The bike will determine the workout length by multiplying the number of segments by the user defined segment length.

**Record:** The workout begins in default manual mode and will record up to 60 segments of a user's manual workout.

# CHAPTER 4: PROGRAMMING & OPERATION

## CONSOLE OVERVIEW:



# CHAPTER 4: PROGRAMMING & OPERATION

## CONSOLE OVERVIEW (CONTINUED):

### Workload Keys:

Manually increases or decreases the workout intensity.

### Start:

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

### Change Display:

Toggles the data in the upper LED display between available options.

### Reading Rack:

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

### Warning Decal:

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

### HRC Workouts:

Displays available HRC workouts. (see program descriptions section)

### Enter:

Press this key to confirm a selection in a preset workout.

### HRC Cruise Control:

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

### Manual Workout:

Begins a manual workout. (See Program Descriptions Section)

### Numeric Keypad:

A small panel of keys on the console that allow the user to quickly enter numeric data and/or clear entries.

### Preset Workouts:

Pressing these buttons will scroll through available workouts. When the desired workout is displayed, the user must press enter to input user data and begin the workout.

### Lower LED Display:

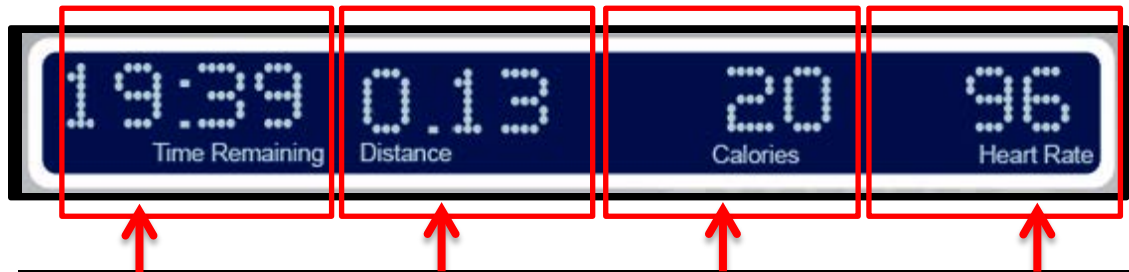
Displays the workout profile of the current program.

# CHAPTER 4: PROGRAMMING & OPERATION

## CONSOLE OVERVIEW (CONTINUED):

### Upper LED Display:

Shows the workout data of the program in progress in four value displays.

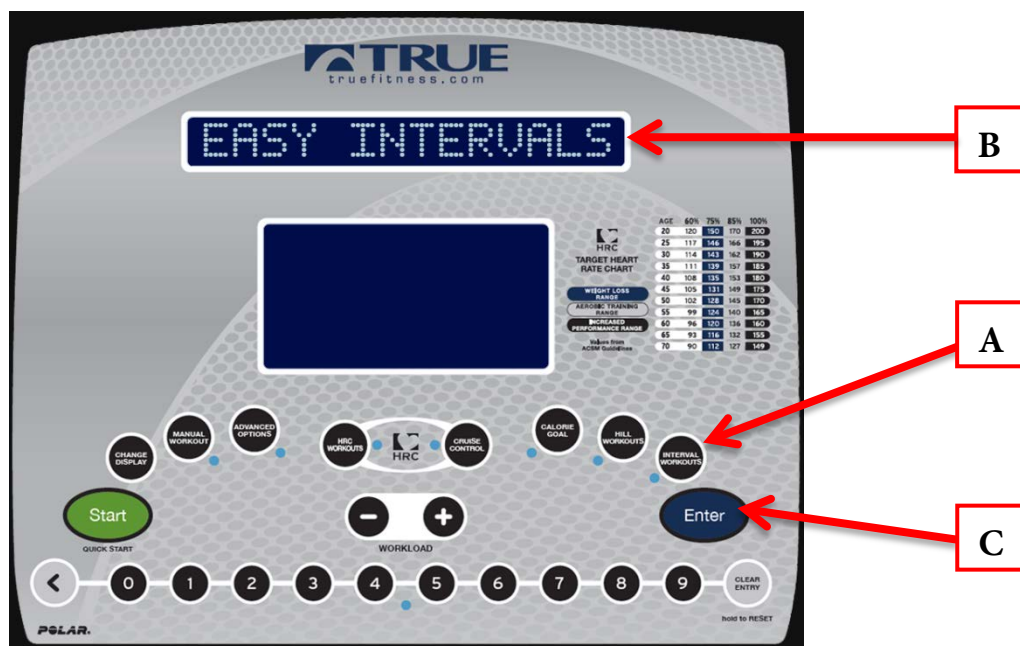


	Value Display #1	Value Display #2	Value Display #3	Value Display #4
<b>Standard Value</b>	<i>Time Remaining</i> – The amount of time remaining in the workout.	<i>Distance</i> – An estimate of how far the user has traveled.	<i>Calories</i> – an estimate of the calories burned. *The estimate does not include the user’s basal metabolic rate.	<i>Heart Rate</i> – Beats per minute display of the user’s heart rate (when using heart rate monitoring).
<b>Value When CHANGE DISPLAY Button is Pressed</b>	<i>Time Elapsed</i> – The amount of time that has passed in the workout.	<i>Watts</i> – The amount of mechanical power the unit is receiving from the user.	<i>RPM</i> – The users pedal cadence.	<i>Heart Rate</i> – Beats per minute display of the user’s heart rate (when using heart rate monitoring).

## CONSOLE NAVIGATION:

### Selecting a Preset Workout:

To begin a preset workout, press the desired workout button (A) until the program name is shown in the Upper LED Display (B) and then press the Enter button (C).

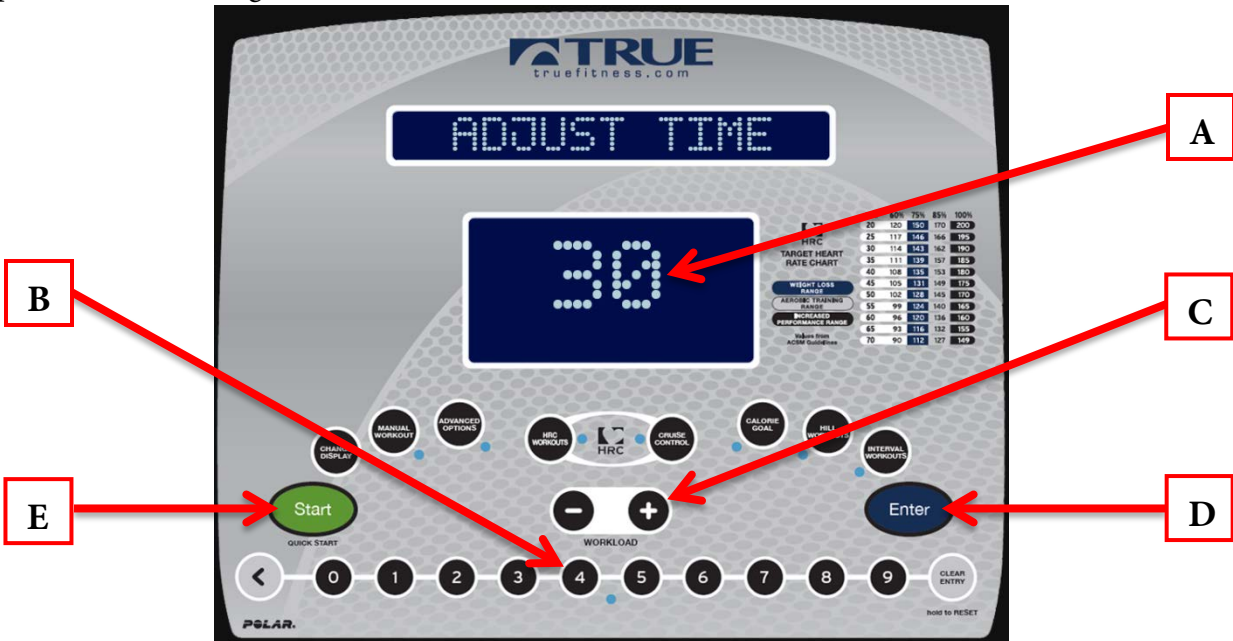


# CHAPTER 4: PROGRAMMING & OPERATION

## CONSOLE NAVIGATION (CONTINUED):

### Workout Data Entry:

Before beginning a preset workout, the console will ask the user for information in order to give more accurate workout data. To adjust the Data Value (A), use the Numeric Keypad (B) or the Up and Down Workload Keys (C). Once the desired value is displayed, press Enter (D) to move to the next Data Value. Once all data has been entered press Start (E) to begin the workout.



### Workout Summary:

Once a workout has ended the console will display a workout Summary which will give the user an overview of their workout which includes; Time, Average Heart Rate, Max Heart Rate, Average RPM, Max RPM, Distance and Calories. To Clear the Summary and return to the home screen press and hold the Clear Entry button (A).



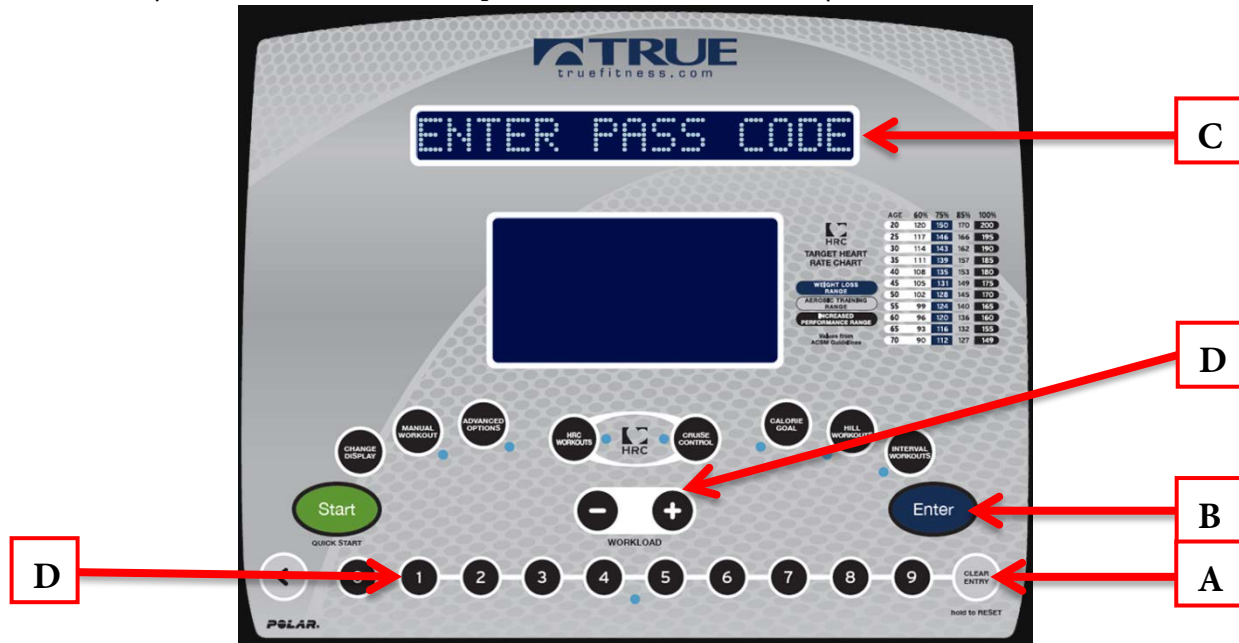


# CHAPTER 4: PROGRAMMING & OPERATION

## ADVANCED CONSOLE FUNCTIONS:

### Entering Setup Mode:

Setup mode allows the user to change the default options for the console and allow the unit to be customized to the facility in which it is installed. To enter Setup Mode, press and hold the Clear Entry button (A) until the console beeps. While continuing to hold the Clear Entry button, immediately press and hold the Enter button (B) until “ENTER PASS CODE” is displayed on the Upper LED Display (C). Use the Numeric Keypad (D) to enter 10101 and then press the Enter button (B). To scroll through the available options, press the Enter button (B). Options can be adjusted by using the workload keys (E). Once all adjustments have been made, press and hold the Clear Entry button (A) to return to the home screen.



### Setup Mode Options:

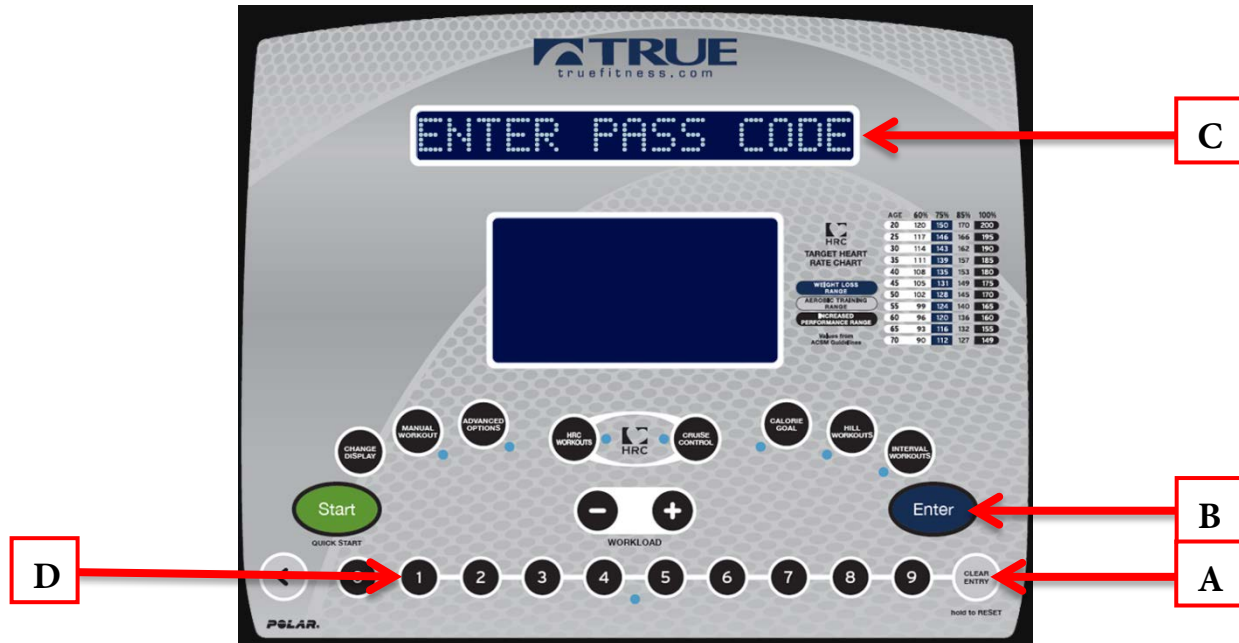
<b>Configure:</b>	Choose between English, German, French, and Spanish for the default language.
<b>Units:</b>	Choose between English Standard and Metric Units.
<b>Max Time:</b>	Limits the amount of time that all workouts can last (does not apply to quickstart, manual or distance workouts).
<b>Default Time:</b>	Sets the default workout time.
<b>Pause Time:</b>	Sets the amount of time the console can remain inactive before returning to the home screen.
<b>Pulse Priority</b>	Sets the heart rate priority to Contact or Polar wireless.
<b>Operation Mode</b>	Sets the usage environment; Normal, medical or ergo.
<b>Sound Enable:</b>	Toggles the console sound on or off.
<b>Smart Start Enable:</b>	Not used.
<b>Happy Mode:</b>	Not used.
<b>CSafe On/Off:</b>	Enables or Disables power to peripheral entertainment units.
<b>CSafe Auto:</b>	This option should remain OFF.
<b>Default Weight:</b>	Sets the default user weight.
<b>Cals Slope, Cals Offset, Power Factor:</b>	These options should be left at their default settings. Changing these setting will produced undesired changes to the unit’s functionality.

# CHAPTER 4: PROGRAMMING & OPERATION

## ADVANCED CONSOLE FUNCTIONS (CONTINUED):

### Entering Maintenance Mode:

Maintenance Mode is used to troubleshoot issues and to test console functions. To enter Maintenance Mode, press and hold the Clear Entry button (A) until the console beeps. While continuing to hold the Clear Entry button, immediately press and hold the Enter button (B) until “ENTER PASS CODE” is displayed on the Upper LED Display (C). Use the Numeric Keypad (D) to enter 20173 and then press the Enter button (B). To scroll through the available maintenance functions, press the Enter button (B). Once all maintenance functions are complete press and hold the Clear Entry button (A) to return to the home screen.



### Maintenance Mode Functions:

<b>EPROM Test:</b>	Displays the current configuration and software version of the console.
<b>Key Test:</b>	Allows the user to test key function. Pressed keys will display in the upper LCD display.
<b>Display Test:</b>	Illuminates all LCD segments to allow the user to check for faulty LCD's.
<b>Control Test:</b>	Not used.
<b>Heart Rate Test:</b>	Allows for a test of the contact and/or telemetry heart rate system.
<b>UART Test:</b>	Not used.
<b>A/D Channels:</b>	Not used.
<b>Brake/Pedal RPM:</b>	The console will display the RPM while the unit is being pedaled to ensure proper RPM feedback is being received by the console.
<b>Watchdog Test:</b>	Not used.
<b>BV Setup:</b>	Not used.

# CHAPTER 5: CARE & MAINTENANCE

## CARE & MAINTENANCE:

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the bike 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 bike daily. 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 bike until proper service has been performed or damaged parts have been replaced.

### Important:

If you determine that the bike needs service, make sure that the bike 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 bike needs service.

To order parts or to contact a TRUE Authorized Service representative, please visit [www.truefitness.com](http://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 bike or any cover vents.

\*Clogged air vents can prevent adequate cooling, causing a shortened life.

## 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 bike. Allow the bike 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.

## LUBRICATION:

Remove the pedals from the crank quarterly and lubricate the threads that attach the pedals to the cranks to prevent corrosion.

**Note:** The user's left side pedal is reverse threaded.



# CHAPTER 5: CARE & MAINTENANCE

## OTHER SCHEDULED PREVENTIVE MAINTENANCE:

TRUE recommends that yearly scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit [www.truefitness.com](http://www.truefitness.com) to contact a local TRUE authorized service technician.

### Scheduled Preventive Maintenance:

- Check error log in console.
- Remove shroud covers and vacuum any debris out of the speed sensor, control electronics and moving parts.
- Move unit and vacuum underneath.
- Check belt tension and tracking.
- Inspect all fasteners.
- Inspect all electrical connections.
- Inspect all components for abnormal or premature wear.
- Inspect and lubricate pedal threads on bike to prevent corrosion.

### CAUTION:

Use only TRUE Fitness certified service providers.

## LONG TERM STORAGE:

When the bike 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](http://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](mailto: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](mailto:service@truefitness.com)

## CONTACTING SALES:

Interested in TRUE Products? Please contact us with any sales or product inquires 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](mailto: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 damaged 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

## TROUBLESHOOTING:

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 buy 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 bike?

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](http://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 [service@truefitness.com](mailto:service@truefitness.com) Monday –Friday during normal business hours with any further questions or comments.

# CHAPTER 7: ADDITIONAL INFORMATION

**TRUE** COMMERCIAL



## Premium Fitness Equipment Since 1981

True's dedication to enabling users to live a healthier lifestyle is the premise for every one of True's designs and the CS200 recumbent bike is another gleaming example. With 24 seat positions and infinite reclining seat back positions, users of all sizes can take advantage of the CS200 recumbent bike which offers challenging resistance based programs and features such as HRC for more advanced users. The CS200 recumbent bike is the perfect balance between elegance and simplicity making it the perfect addition to any fitness center.



# CS200

# CHAPTER 7: ADDITIONAL INFORMATION



# TRUE<sup>®</sup>

# C O M M E R C I A L

## CS200 RECUMBENT

### TECHNICAL SPECIFICATIONS

**Power Source** Self-Generating

**Drive Motor** Dual Stage Drive System with Poly-V Belts

**Crank** 1-Piece Forged Steel Crank System with Sealed Bearings

**Resistance Source** Hybrid Self-Generating Brake

**Resistance Levels** 30

**Workload Range** 40 - 400 Watts

**Frame Construction** Robotically Welded Heavy-Gauge Steel

**Pedals** Dual Sided and Weighted with Integrated Ratcheting Strap

**Seat** Ergonomic Seat with 24 Position Settings

**Handlebar Design** Multi Position with Moisture Resistant Sleeves

**Contact Heart Rate Monitoring** Yes

**Wireless Heart Rate Monitoring** Polar<sup>®</sup> Compatible

### CONSOLE

**Display** LCD

**Programs** 15

**HRC Workouts** 4

**HRC Cruise Control** Standard

**TRUE Speed Fine Control** Standard

**Bike Simulation** Standard

**Fitness Test** YMCA Protocol

**CSAFE Power** Standard

**Diagnostic** Standard

### SAFETY

Reinforced Walk-Through Design

### REGULATORY APPROVALS

ETL UL1647

### EXTRAS

**Accessories** Reading Rack/Tablet Holder

### PHYSICAL SPECIFICATIONS

**Footprint** 65"L x 30"W (165 cm x 76 cm)

**Machine Weight** 164 lbs. (75 kg)

**Maximum User Weight** 350 lbs. (159 kg)

**Portability** 2 Front Transport Wheels

### WARRANTY

**Warranty Type** Commercial (non-dues paying facilities with less than 8 hours of usage per day)

**Frame** Lifetime

**Parts** 5 Years

**Labor** 1 Year

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

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# CHAPTER 7: ADDITIONAL INFORMATION



## LIGHT COMMERCIAL LIMITED WARRANTY CS200 RECUMBENT BIKE

Save Time and Register Online!  
Activate Multiple Warranties at [www.truefitness.com/support](http://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:

<b>Frame*</b>	<b>Lifetime</b>
<b>Parts</b> <b>Electrical</b> <b>Wear Items</b> <b>Cosmetics</b>	<b>5 Years</b> <b>5 Years</b> <b>6 Months</b>
<b>Labor</b> <b>Parts</b> <b>Cosmetics</b>	<b>1 Years</b> <b>6 Months</b>
<b>USB Port</b>	<b>90 Days Parts,</b> <b>No Labor</b>

**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 use in Light Commercial 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 two years from date of purchase.  
\* This limited warranty on structural frame does not include paint or coatings.

**Parts:** The recumbent bike electrical parts and wear items are warranted for defects in material and workmanship for five 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 recumbent bike 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, pedal straps and grips.

**USB Port:** The USB Port is 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 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

# CHAPTER 7: ADDITIONAL INFORMATION



## LIGHT COMMERCIAL LIMITED WARRANTY CS200 RECUMBENT BIKE

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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 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:

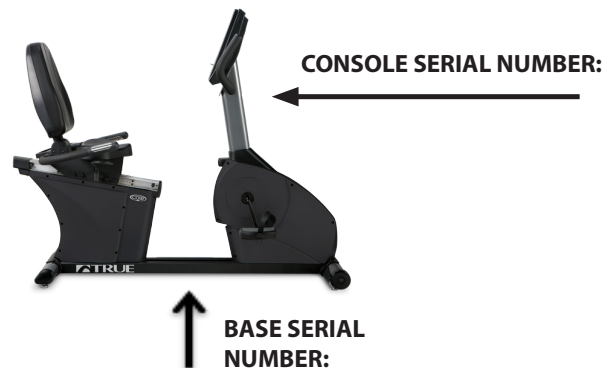
Warranty labor reimbursement or warranty parts rights may not be transferred to, reassigned to, a third party without the express written consent of TRUE. Even jobbing out warranty labor requires TRUE's written approval.

### CS200 RECUMBENT BIKE SERIAL NUMBERS:

The CS200 recumbent bike 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 located on bottom of the crossbar. 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.

### CONSOLE SERIAL NUMBER:

### BASE SERIAL NUMBER:



### SAMPLE SERIAL NUMBER STICKER:

	Model No. <b>RCS200</b>	
TRUE FITNESS TECHNOLOGY, INC. ST LOUIS, MISSOURI 63366	Serial No./Date Code <b>13-RCS200001A</b>	
	Rating: 250VAC 1.0A, 3 PHASE	
Intertek 3155486		MADE IN TAIWAN
CONFORMS TO ANSI/UL STD. 1647 CERTIFIED TO CAN/CSA STD. C22.2 NO.68		
Intertek Testing Services Taiwan Ltd.		



# CHAPTER 7: ADDITIONAL INFORMATION



## LIGHT COMMERCIAL LIMITED WARRANTY CS200 RECUMBENT BIKE

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](http://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](http://www.truefitness.com/support))

### Commercial Warranty Registration

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

**CONSOLE SERIAL NUMBER:**

**BASE SERIAL NUMBER:**

Model Type: CS200 Light Commercial Recumbent Bike

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:

[truefitness.com](http://truefitness.com) / 800.426.6570 / 1.636.272.7100