



## TRUE® Z500 Treadmill

Compact Design, Maximum Performance.



## Meet the TRUE Z500 Treadmill

Experience top-tier fitness and quality with the TRUE Z500 Treadmill. Designed with a compact footprint, it fits seamlessly into any home, giving you the luxury of a commercial-grade workout.

### Compact Design, Maximum Performance

Despite its small footprint, the TRUE Z500 delivers exceptional performance. Its space-saving design makes it ideal for any room in your home, allowing you to enjoy the benefits of a full-featured treadmill without compromising on space.

### Engineered for Excellence

Built with commercial-grade components, the TRUE Z500 delivers a health club-quality experience in the comfort of your home. Its durable construction ensures you can count on years of reliable performance.

### Comfort Your Body Will Appreciate

The TRUE Z500 features the innovative FITX System, offering a bio-mechanically correct running surface. Neoprene shock absorbers at the front of the deck cushion each foot strike, while the firmer back deck provides a solid base for powerful push-offs, ensuring a comfortable yet effective workout.

### Achieve More with Every Workout

Maximize your fitness results with TRUE's HRC Cruise Control™. Simply set your target heart rate, and the TRUE Z500 will gradually adjust speed and incline to keep you in the optimal zone for maximum results. With one-touch controls, staying on track has never been easier.



## Z500 TREADMILL

TECHNICAL SPECIFICATIONS	<b>Power Source</b>	120v/15A
	<b>Cord Length</b>	10' / 3 M
	<b>Impact System</b>	TRUE FITX (Foot Impact Transfer) System
	<b>Belt</b>	Standard
	<b>Roller Diameter</b>	2.5" / 7.62 cm
	<b>Frame Construction</b>	Robotically Welded Heavy-Gauge Steel
	<b>Speed Range</b>	0.5 MPH to 12 MPH / 0.8 KPH to 19.3 KPH
	<b>Incline Range</b>	0% to 15%
	<b>Quick Access Control</b>	Quick Touch Speed & Quick Touch Incline Keys
	<b>Handrail Design</b>	Industrial
	<b>Straddle Cover</b>	Heavy-Duty Plastic
	<b>Contact Heart Rate Monitoring</b>	Standard
	SAFETY	<b>Safety Clip</b>
REGULATORY APPROVALS		ETL UL 1647, CSA, FCC
EXTRAS	<b>Accessories</b>	Water Bottle Holder (2), Device Ledge
	<b>Heart Rate Strap</b>	Not included, Polar T34 recommended
PHYSICAL SPECIFICATIONS	<b>Footprint</b>	72" L x 27" W x 57" H / 864 cm x 324 cm x 684 cm
	<b>Running Surface</b>	54" L x 20" W / 138 cm x 51 cm
	<b>Machine Weight</b>	249.1 lbs. / 113 kg
	<b>Shipping Weight</b>	264.6 lbs. / 120 kg
	<b>Maximum User Weight</b>	350 lbs. / 159 kg
	<b>Step-Up Height</b>	6" / 15.24 cm
	<b>Portability</b>	Two (2) Front Transport Wheels
WARRANTY	<b>Warranty Type</b>	Residential
	<b>Frame</b>	Lifetime
	<b>Motor</b>	15 Years
	<b>Parts</b>	5 Years

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

## CONSOLE

8.5" LCD

CONNECTIVITY	<b>Wireless Heart Rate Monitoring</b>	Polar® Compatible
	<b>Reading Rack/ Tablet Holder</b>	Standard
	<b>Workouts</b>	Manual, Hill Intervals, Rolling Hills, Half Marathon, Target HRC, Cardio Challenge, Walk and Run Intervals, Speed Ramp, 5K, 10K, Saved Workouts - if activated
	<b>Saved Workouts</b>	Console Saves Last Ten (10) Workouts
SERVICE	<b>User Profiles</b>	Four (4) user profiles with up to five (5) saved workouts - if activated
	<b>Software Update Via USB</b>	Standard
	<b>Self Diagnostics</b>	Standard
POWER CONSERVATION	<b>Sleep Mode</b>	Standard
LANGUAGES		English



### 8.5" LCD

- Quick keys, connectivity, and challenging programs
- Up to four (4) user profiles

