



MODELS: CRO-T10A-Q37 | CRO-T10A-Q47 | CRO-T10A-XR6 MAN-CRO-T10A

IMPORTANT-PLEASE READ

All products shown are prototype. Actual product delivered may vary. Product specifications, features, and software are subject to change without notice.

For the most up-to-date version of this manual, please see our website: https://shop.truefitness.com/services-support/user-manuals/

CONTACTING OUR SUPPORT TEAM

To contact TRUE for any of your pre or post installation questions, please call our toll-free numbers Monday - Friday 8:30am - 5:00pm (CST):

- Commercial Direct Customers and Corporate Accounts | 800.868.8783
- Retail Customers and Distributors | 800.883.8783

Or email us:

- Commercial Direct Customers and Corporate Accounts | service.direct@truefitness.com
- Retail Customers and Distributors | service@truefitness.com
- Service International | int.service@truefitness.com

When contacting TRUE, please have the following information ready:

- · Serial Number of Unit
- Contact Information—Full Name, Email, and Phone Number
- · Address of Facility or Residence
- Detailed Description Regarding Symptom of the Unit (along with pictures or video if applicable)

NOTE: Authorized service providers, dealers, and distributors may also use TRUE's online resource | portal.truefitness.com.

CONTACTING OUR SALES TEAM

Interested in owning more TRUE products? Please contact us with any product inquires so that we may direct you to the appropriate sales representative to help answer your questions.

- Phone I 800.426.6570
- Email | sales@truefitness.com
- Hours | Monday Friday 8:30am 5:00pm (CST)



REPORTING FREIGHT CLAIMS 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.

Severe Damage—Obvious damage to external packaging and internal product.

Please refuse the shipment and it will be returned to TRUE by the carrier. Contact TRUE product support by calling 800.883.8783 or sales support 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. If the shipment comes in multiple boxes, only refuse boxes with damage.

Slight Damage—Minimal damage to external packaging with unknown internal damage to product.

If the shipment has minimal damages and you are not sure if the actual product is damaged, 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 of damage, and photos of damage. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact TRUE product support (service@truefitness.com | 800.883.8783) or TRUE sales support (sales@truefitness.com | 800.426.6570) Monday-Friday during normal business hours.

Concealed Damage—No damage to external packaging but internal damage to product.

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. TRUE 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 of damage, and photos of damage. Contact TRUE product support (service@truefitness.com | 800.883.8783) or TRUE sales support (sales@truefitness.com | 800.426.6570) Monday-Friday during normal business hours.

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SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS

This equipment intended for in-home use only. Do not use this product in any commercial, rental, school or institutional setting.

- 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 unit is intended for in-home use only.
- Indoor use only. Do not use outdoors.
- Inspect the unit for incorrect, worn, or loose components and do not use until corrected, replaced, or tightened prior to use.
- Do not wear loose or dangling clothing while using the unit.
- Care should be used when mounting or dismounting the unit.
- Read, understand, and test the emergency stop procedures before use.
- Disconnect all power before servicing the unit.
- Do not exceed maximum user weight of 300 lbs / 136 kg.
- Keep the top side of the moving surface clean and dry.
- · Keep children and animals away.
- Use caution when moving and assembling unit.
- All exercise equipment is potentially hazardous. If attention is not paid to the conditions of equipment usage, death, or serious injury could occur.

See the base owner's manual and assembly quide for additional product specific cautions and warnings.

POWER REQUIREMENTS

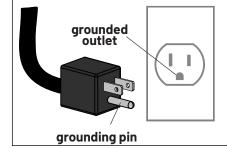
Read and understand all instructions before plugging any TRUE power cord into an electrical outlet.

GROUNDING INSTRUCTIONS

This product must be grounded. If the product malfunctions or breakdowns, 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.

ADANGER:

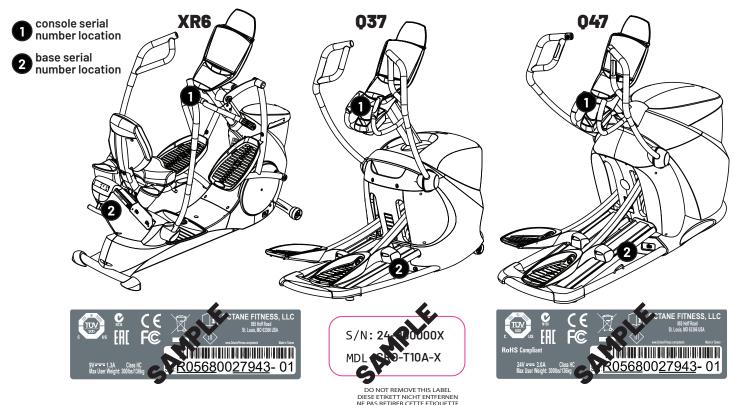
- Improper connection of the equipment grounding conductor can result in risk of electrical shock.
- Check with a qualified electrician or service provider if you are in doubt as to whether the equipment is properly grounded or installed on a dedicated line.
- Seek a qualified electrician to perform any modifications to the cord or plug. TRUE is not responsible for injuries or damages as a result of cord or plug modification.
- To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded 110V or 220V electrical outlet. The 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.
- Some TRUE products require a circuit rated 110V, 60 Hz, and 20 amps. In the United States, most residential homes have circuits rated 110V, 60 Hz, and 15 amps. If your unit requires a 20 amp outlet, contact an electrician to install a dedicated 20 amp circuit prior to use.
- 110 Volt—This model is for use on a nominal 110V circuit and has a grounding plug that looks like the plug illustrated to the right. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



WARNING DECALS

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

To replace any worn or missing decals contact TRUE product support (service@truefitness.com | 800.883.8783).





CAUTION

VORSICHT

Bewegliche Teile. Kinder, Haustiere, Hände und Füße während des Gebrauches entfernt halten.

ATTENTION

mains et les peids pendant l'utilisation.

COMPLIANCES

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



ASSEMBLY INSTRUCTIONS



NOTE: Supplemental video available: @TRUEFitnessservicevids

PREASSEMBLY CHECKLIST

BASIC GUIDELINES FOR SETTING UP THE EQUIPMENT

After removing the equipment from the packaging, place the equipment on a clean, level surface. Make sure the electrical cord easily reaches a grounded three-pronged outlet.

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

ACAUTION:



Use caution when assembling the equipment.

Unpacking and assembling of this product is a two person task.



Use caution when unpacking this product. Avoid damage to the product.

DO NOT use a box cutter. DO NOT slice into the packaging.

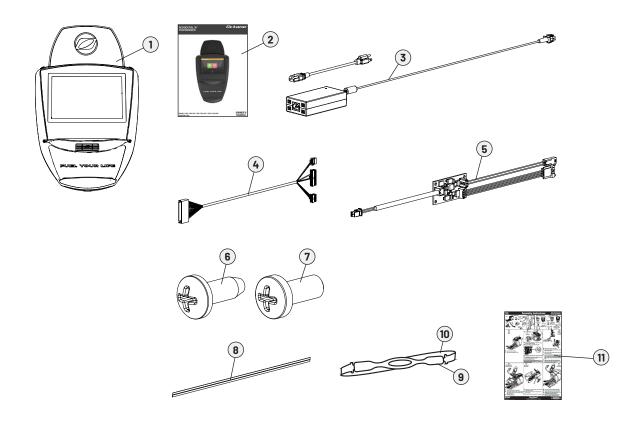
TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
#2 Phillips Screwdriver		NO

VERIFY BOX CONTENTS

IMPORTANT! Please verify box contents. If you have questions, or if there are any missing parts, contact product support (service@truefitness.com|800.883.8783).

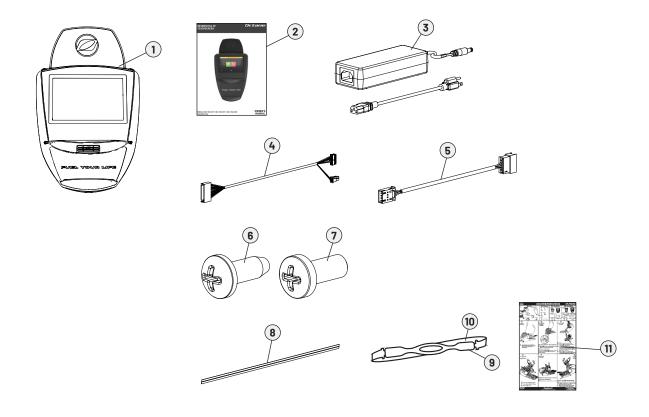
BOX CONTENTS FOR Q47

ITEM	PART NUMBER	DESCRIPTION	ОТY
1	CRO-T10A-Q47	CONSOLE, 10" TOUCH RETAIL FOR OCTANE ELLIPTICALS	1
2	MAN-CRO-T10A	MANUAL, 10" TOUCH CONSOLE FOR OCTANE RETAIL ELLIPTICALS	1
3	109949-001	ASSEMBLY, SWITCHING POWER SUPPLY, CE, GS, ROHS	1
4	00700055	CABLE ASSEMBLY, CONSOLE, Q47	1
5	00700061	CABLE ASSEMBLY, PCB, OCTANE STEP DOWN MODULE, Q47	1
6	100429-001	SCREW, M4.8 X 1.6 X 13 TYPE B, TYPE 1 CROSS RECESS PAN HEAD, ST BZ	4
7	100554-001	SCREW, M5 X 0.8 X 12, PAN HEAD, TYPE 1 C	1
8	00286900	WIRE TWIST, VINYL-7" LENGTH	1
9	00567001	HRC - POLAR CHEST STRAP TRANSMITTER T34	1
10	00567002	HRC - POLAR CHEST STRAP ELASTIC BAND	1
11	107949-001	Q47 BASE ASSEMBLY INSTRUCTIONS	1



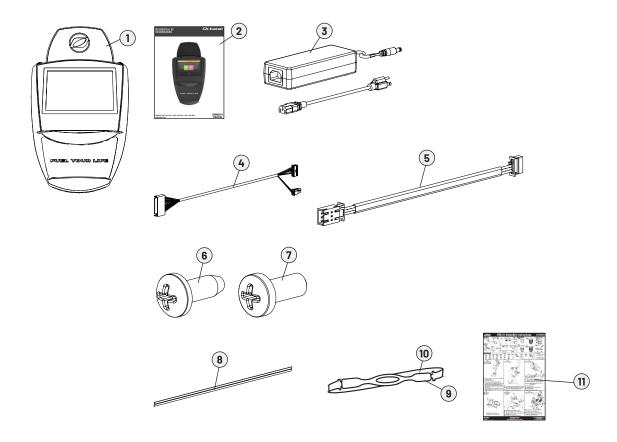
BOX CONTENTS FOR Q37

ITEM	PART NUMBER	DESCRIPTION	QTY
1	CRO-T10A-Q37	CONSOLE, 10" TOUCH RETAIL FOR OCTANE ELLIPTICALS	1
2	MAN-CRO-T10A	MANUAL, 10" TOUCH CONSOLE FOR OCTANE RETAIL ELLIPTICALS	1
3	00597600	ADAPTER, POWER, FUYUANG 12V 3A	1
4	00700056	CABLE ASSEMBLY, CONSOLE, Q37-XR6	1
5	00700058	CABLE ASSEMBLY, CONSOLE HEART RATE, Q37	1
6	100429-001	SCREW, M4.8 X 1.6 X 13 TYPE B, TYPE 1 CROSS RECESS PAN HEAD, ST BZ	4
7	100554-001	SCREW, M5 X 0.8 X 12, PAN HEAD, TYPE 1 C	1
8	00286900	WIRE TWIST, VINYL-7" LENGTH	1
9	00567001	HRC - POLAR CHEST STRAP TRANSMITTER T34	1
10	00567002	HRC - POLAR CHEST STRAP ELASTIC BAND	1
11	107966-001	Q37 BASE ASSEMBLY INSTRUCTIONS	1



BOX CONTENTS FOR XR6

ITEM	PART NUMBER	DESCRIPTION	ОТY
1	CRO-T10A-XR6	CONSOLE, 10" TOUCH RETAIL FOR OCTANE ELLIPTICALS	1
2	MAN-CRO-T10A	MANUAL, 10" TOUCH CONSOLE FOR OCTANE RETAIL ELLIPTICALS	1
3	00597600	ADAPTER, POWER, FUYUANG 12V 3A	1
4	00700056	CABLE ASSEMBLY, CONSOLE, Q37-XR6	1
5	00700057	CABLE ASSEMBLY, CONSOLE HEART RATE, XR6	1
6	100429-001	SCREW, M4.8 X 1.6 X 13 TYPE B, TYPE 1 CROSS RECESS PAN HEAD, ST BZ	4
7	100554-001	SCREW, M5 X 0.8 X 12, PAN HEAD, TYPE 1 C	1
8	00286900	WIRE TWIST, VINYL-7" LENGTH	1
9	00567001	HRC - POLAR CHEST STRAP TRANSMITTER T34	1
10	00567002	HRC - POLAR CHEST STRAP ELASTIC BAND	1
11	8030320	XR6 BASE ASSEMBLY INSTRUCTIONS	1



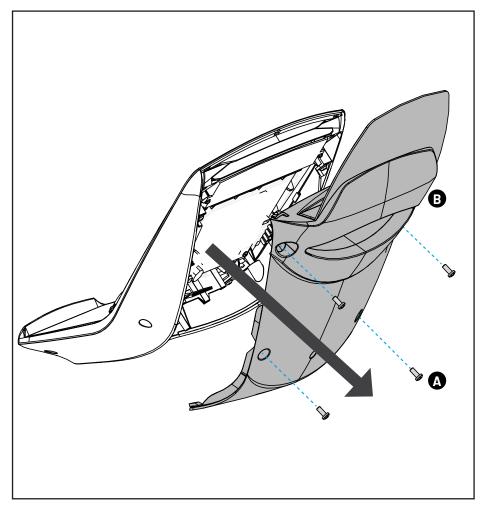


ASSEMBLY STEPS

Step 1—Remove and Set Aside the Console Rear Cover

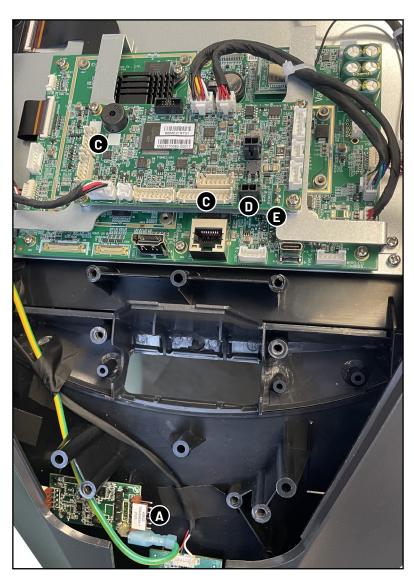
Tools Used in this Step		
#2 Phillips Screwdriver		

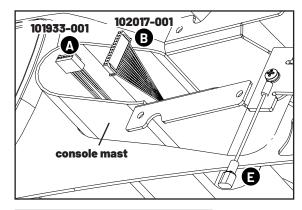
- A. Using a #2 Phillips screwdriver, remove and set aside the four screws (100554-001) securing the console rear cover.
- B. Remove and set aside the console rear cover.



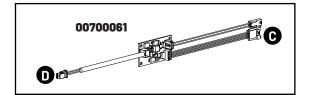
Step 2-Make Cable Connections (Q47)

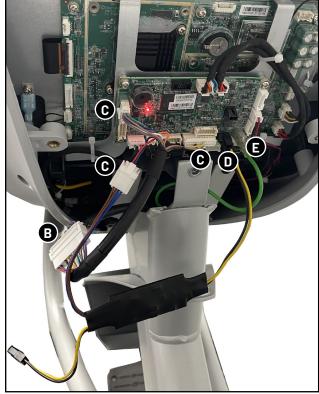
- A. Connect the heart rate cable coming from the mast (101933-001) to the heart rate board on the console.
- B. Connect the base cable coming from the mast (102017-001) to the base cable (00700055).
- C. Connect the other end of the base cable (00700055) to the button control and I/O ports on the console and the also connect the (00700055) to the step down cable (00700061).
- D. Connect the step down cable (00700061) into the power port on the console.
- E. Connect the ground cable from the mast (100890-001) to the spade on the console.





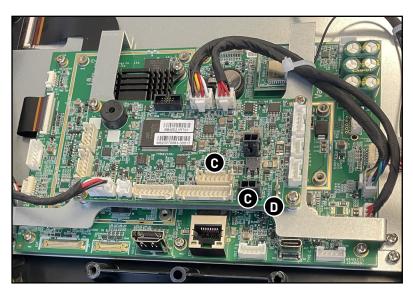


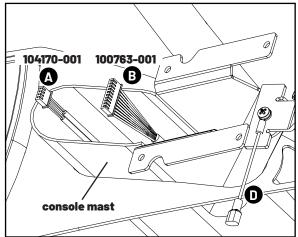


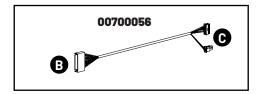


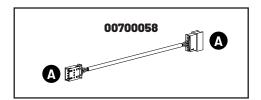
Step 2—Make Cable Connections (Q37)

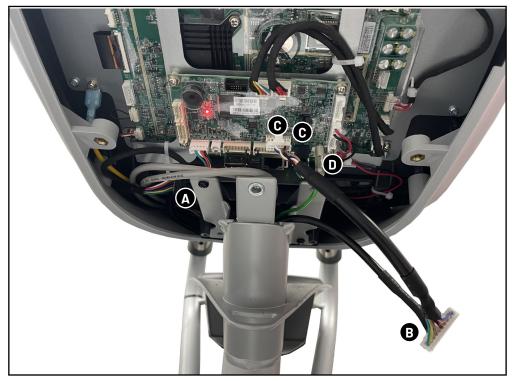
- A. Connect the heart rate cable coming from the mast (104170-001) to the heart rate cable (00700058) and connect the other end of the heart rate cable (00700058) to the heart rate cable coming from the console.
- B. Connect the base cable coming from the mast (100763-001) to the base cable (00700056).
- C. Connect the other end of the base cable (00700056) to the I/O port and power port on the console.
- D. Connect the ground cable from the mast (100890-001) to the spade on the console.





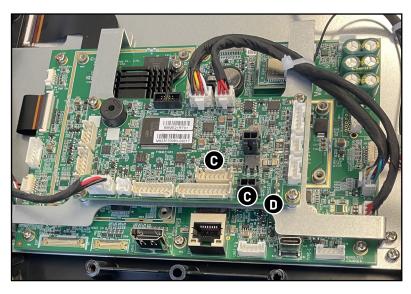


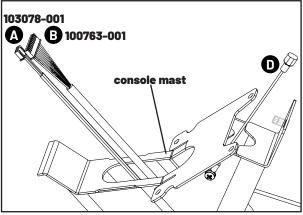


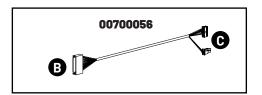


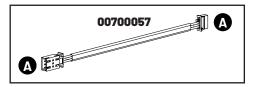
Step 2-Make Cable Connections (XR6)

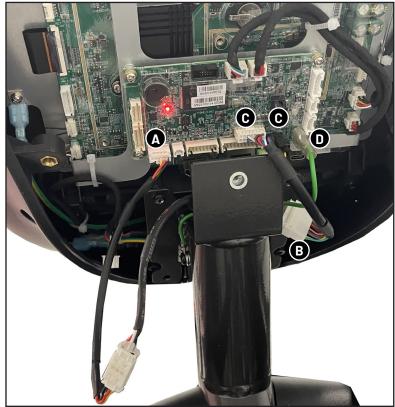
- A. Connect the heart rate cable coming from the mast (103078-001) to the heart rate cable (00700057) and connect the other end of the heart rate cable (00700057) to the heart rate port on the console.
- B. Connect the base cable coming from the mast (100763-001) to the base cable (00700056).
- C. Connect the other end of the base cable (00700056) to the I/O port and power port on the console.
- D. Connect the ground cable from the mast (100890-001) to the spade on the console.









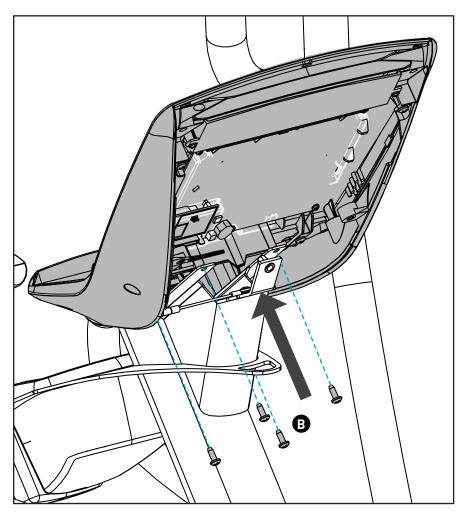




Step 3—Attach Console to Mast

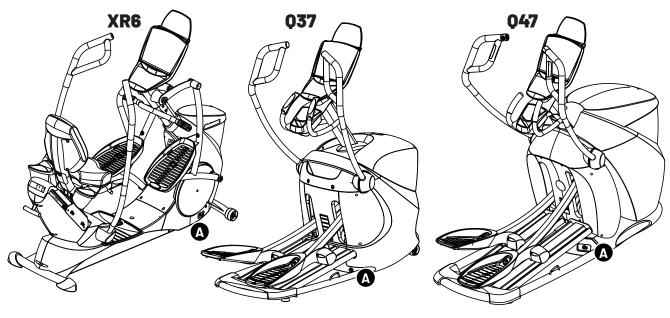
Tools Used in this Step	
#2 Phillips Screwdriver	

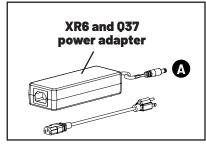
- A. Carefully tuck all cables inside the mast so they do not get pinched.
- B. Using a #2 Phillips screwdriver, secure the console to the mast using four screws (100429-001).

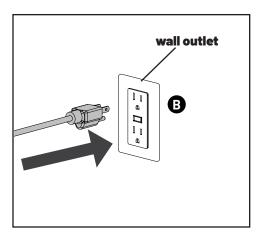


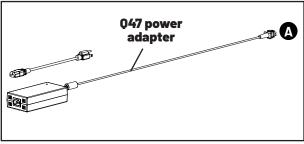
Step 4—Connect the Power Adapter

- A. Connect the power adapter to the base.
- B. Connect the power to the wall outlet.
- C. Verify the console powers up.













Step 5—Configure the Console with the Base

To configure the console with the base:

After attaching the console to the base, follow the onscreen prompts in the **SETUP WIZARD** to configure the console with the correct base model. Press the next arrow to continue.



OR

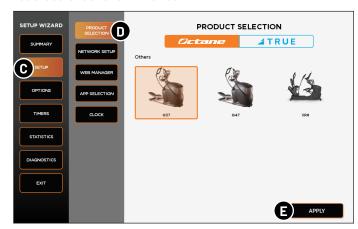
- A. Press and hold the **Octane** logo in the upper left corner of the home screen until the passcode entry pop-up screen appears.
- B. Enter code "20173" to enter Technician Mode.

NOTE: Configuration is only available in Technician Mode.



- C. In the main menu, select **SETUP**.
- D. Under **SETUP**, select **PRODUCT SELECTION**.
- E. Under **PRODUCT SELECTION**, select the correct base model, and then press **APPLY** to save your selection.

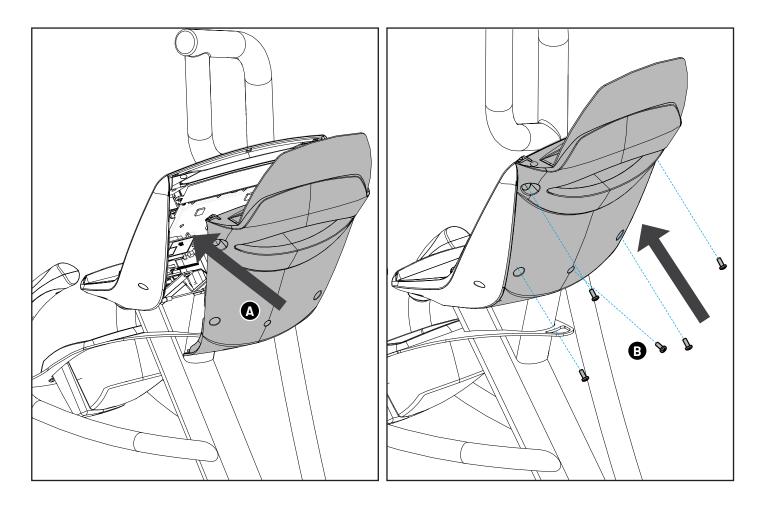
NOTE: Misconfiguration of the console may cause damage to the unit and void the manufacturer warranty. If necessary, please contact product support at 800.883.8783 for assistance.



Step 6-Attach Console Rear Cover

Tools Used in this Step	
#2 Phillips Screwdriver	

- A. Press the console rear cover into place.
- B. Using a #2 Phillips screwdriver, attach the rear console cover using five screws (100554-001).





CONSOLE FEATURES

FEATURES OVERVIEW

The vibrant, high-definition 10" touchscreen console seamlessly combines performance and connectivity to exceed the expectations of users. This console offers a library of engaging workouts and options, allowing users to stay connected while staying focused on their fitness goals. Compatible with Octane XR6, Q37, and Q47 cardio equipment.

- · Vibrant Screen with State-of-the-Art UI
- User-Friendly Interface
- Built-In Workout Programs
- Bluetooth Compatible
- Wireless Mirroring
- Reading Rack



TOUCHSCREEN ICON DESCRIPTIONS

ICON*	DESCRIPTION
	Start
П	Pause/Stop
X	Back
	Enter
$oxed{+}$	Up
	Down
lack	Home
	Options
<	Back

ICON*	DESCRIPTION	
	DESCRIPTION	
K N	Full Screen	
ע א	1 411 001 6611	
צע	Screen Toggle	
1 K	, ,	
	Playlist	
<u>^</u>	Mirroring	
*	Bluetooth	
G	Screen Lock	
	Language Options	
Digital Keypad		
Expand		

^{*}Icons vary by model.



WORKOUT INFORMATION BY BASE MODEL

WORKOUT PROGRAMS	XR6/Q37/Q47
30:30	•
CALORIE GOAL	•
CARDIO CHALLENGE	•
DISTANCE GOAL	•
DISTANCE WORKOUTS	•
DRAW YOUR OWN WORKOUT	•
HILL INTERVALS	•
HIIT BOOST*‡	•
HRC CRUISE CONTROL*	•
LEG SHAPER	•
MANUAL	•
MMA	•
PACER WORKOUT	•
QUICK START	•
ROLLING HILLS	•
SINGLE HILL	•
TARGET HRC**	•
TIME GOAL	•
VIRTUAL VIEWS	•

^{*}Modes within a workout.

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

HIIT BOOST	XR6	Q37	Q47
ARM BLASTER	ı	•	•
CHEST PRESS	•	ı	ı
GLUTE KICKER	_	•	_
LEG PRESS	•	_	_
SMART STRIDE	_	_	•
X MODE*	•	•	•

^{*}X MODE challenges vary by model.

X MODE	XR6	Q37	047
FAST	•	•	•
REVERSE	•	•	•
LEGS ONLY	•	•	•
PUSH ARMS	•	•	•
PULL ARMS	•	•	•
LEAN BACK	_	_	•
SLOW	_	•	•
NARROW GRIP	•	_	_
WIDE GRIP	•	_	_

[‡]HIIT boosters vary by model.

^{**} The TRUE Heart Rate Control (HRC) workouts are unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, maximum resistance, and time, prior to beginning the HRC workout. As users approach their target heart rate, the console automatically takes over and changes the workload automatically to keep users near their target heart rate. This allows for a completely "hands free" workout.

WORKOUT PROGRAM DESCRIPTIONS

WORKOUT PROGRAMS	WORKOUT PROGRAM DESCRIPTION		
30:30	This challenging program provides a simple test of fitness level of 5 sets of 30-second sprint and recovery intervals. For each set, the program monitors heart rate and calculates the average minimum and average maximum heart rates and the average number of beats the heart rate recovers between sprint intervals. Heart rate recovery is a relative indicator of fitness level; a higher number indicates a more rapid heart rate recovery and therefore represents a relatively better level of fitness.		
CALORIE GOAL	This workout allows you to choose the settings that will achieve your calorie goal.		
CARDIO CHALLENGE	Resistance increases to a maximum at the mid-point of the workout, then decrease to the finish. Setting changes affect the current segment only.		
DISTANCE GOAL	Set up your own workout to a distance goal.		
DISTANCE WORKOUTS	Choose a set distance of 5K, 10K, or Half Marathon.		
DRAW YOUR OWN WORKOUT	Use this custom tool to design your own incline or workload segments or select a preset profile to customize.		
HILL INTERVALS	Hill intervals are in 2-minute segments with increased workload to simulate hills.		
HIIT BOOST*‡	You must be in a workout to activate a HIIT booster. HIIT boosters allow you to customize your interval training to maximize your workout. HIIT boosters are product dependent.		
HRC CRUISE CONTROL*	You must be in a workout to activate HRC Cruise Control. While in any program, cruise control enables you to set the current heart rate as the target heart rate by pressing a single button. The cruise control program takes control of the settings to maintain your target heart rate. If Beets Per Minute (BPM) exceeds the target heart rate by more than 12 BPM, then the workout will end and cool down will begin.		
LEG SHAPER	A workout with setting changes to work the leg muscles with added intensity.		
MANUAL	Set up your own workout to a time or distance limit.		
ММА	Mixed Martial Arts (MMA) — Take on your toughest opponent yet! Battle it out in 5-minute rounds that include five alternating 'fight' and 'recover' intervals of various lengths. The harder you punch with your arms, the harder the machine 'fights back' with increased resistance. This great workout gets your heart and your fists pumping.		
PACER WORKOUT	This is a workout where the user sets a distance and a desired time to complete that distance. An average pace to achieve that time and distance is computed and an additional pacer dot is displayed on the track/course view based on the desired pace.		
QUICK START	A workout in which you control all settings. The workout continues until you end it.		
ROLLING HILLS	A series of increasing and decreasing workload changes that simulate rolling hills. Adjust your settings at any time during the workout to increase or decrease intensity of the hills.		
SINGLE HILL	Workload increases to a maximum at the midpoint of the workout, then decreases to the finish to simulate one big hill.		
TARGET HRC**	Choose your target heart rate. The workout begins in manual control, gradually increase workload until heart rate is within 10 BPM at your target. At this point, the machine takes control of workload to maintain your heart rate within a few beats of the target.		
TIME GOAL	Set up your own workout to a time goal.		
VIRTUAL VIEWS	Shows a virtual video on the workout display.		

^{*}Modes within a workout. | ‡HIIT boosters vary by model.

NOTE: A Bluetooth or Polar[®] compatible heart rate monitoring chest strap should be worn during HRC workouts. For increased safety and accuracy, contact heart rate monitoring is not recommended for HRC workouts.

^{**} The TRUE Heart Rate Control (HRC) workouts are unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, maximum resistance, and time, prior to beginning the HRC workout. As users approach their target heart rate, the console automatically takes over and changes the workload automatically to keep users near their target heart rate. This allows for a completely "hands free" workout.



WORKOUT PROGRAM DESCRIPTIONS

HIIT BOOST	DESCRIPTION
ARM BLASTER	Arm blaster integrates cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every other minute, resistance increases 10 levels from your thencurrent level (or to the maximum resistance of 30) for a muscle-building, 10-repetition set as you transfer the workload from your lower body to your upper body. During the arm blaster rep countdown, the level of resistance can be changed by pressing the level (• / •) buttons.
CHEST PRESS	A unique workout booster designed to build endurance, strength and muscle tone in your upper body. Chest press integrates cardio sessions with strength sessions focused on the chest, arms, and back. The cardio session follows the selected program profile. For each chest press interval, the resistance level increases 10 levels (or to the maximum resistance of 30) for a muscle-building, 10-repetition set as you place your feet on the stationary foot pegs and transfer the workload from lower body to upper body. During the chest press set, the level of resistance can be changed by pressing the level (\(\(\leq \) \(\righta \)) buttons.
GLUTE KICKER	Glute kicker is focused on your glutes, hips, and thighs. It uses four modes: Reverse, Squat, Fast, and Lean Back. Glute kicker sessions last for one minute, with a one-minute recovery period. During the glute kicker session, the level of resistance can be changed by pressing the level (▲/▼) buttons.
LEG PRESS	An aggressive routine to help you build strength and power in your leg muscles. Leg press integrates cardio sessions with strength sessions focused on the legs. The cardio session follows the selected program profile. For each leg press interval, resistance increases 10 levels (or to the maximum resistance of 30) for a muscle-building, 15-repetition set as you place your hands on the stationary handlebars and transfer the workload to the lower body. During the leg press set, the level of resistance can be changed by pressing the level (\(\(\Lambda \) \(/ \(\righta \) \) buttons.
SMART STRIDE	Smart stride on the Q47 automatically replicates natural movement by analyzing and measuring your pace and direction and intuitively adjusting stride length in 1-inch (2-centimeter) increments from 18 inches (46.5 cm) to 26 inches (66 cm). Press and the machine will analyze your speed and make the appropriate adjustments as your pace or direction changes.
X MODE*	The x mode feature works in any program; simply push the button to activate. When x mode is active, one to four x mode LED combinations will instruct you what to do. The sequence is randomly generated so you never know what is coming next. To activate x mode, simply push the x mode button while in any program. To turn x mode off, push the button again. In its original (out-of-the-box) configuration, each x mode session lasts for one minute. The countdown timer displays how much time until your next x mode interval or how much time is left in your x mode interval. Once you complete the instruction, you have a one-minute period where you do your normal routine (according to the program you are using). After this one-minute period, you will automatically get your next x mode routine.

^{*}X MODE challenges vary by model.

X MODE	DESCRIPTION
FAST	Pick up the pace—we recommend 50-60 Revolutions Per Minute (RPM), but you should find your own comfort level.
REVERSE	Pedal backwards to change the muscle focus on your entire lower body.
LEGS ONLY	Either hold the stationary handlebars or naturally swing your arms.
PUSH ARMS	Focus on pushing with your arms to work your chest and triceps.
PULL ARMS	Focus on pulling with your arms to work your biceps and lats.
LEAN BACK	Grab the stationary handlebars and lean slightly backwards. This changes the muscle focus to your lower body. You will feel this in your quadriceps.
SLOW	Slow down to 30-40 RPM to allow yourself to recover.
NARROW GRIP	Grasp the multigrip handlebars on the low inside edge to give your triceps and chest muscles a workout.
WIDE GRIP	Grasp the multigrip handlebars high on the outside and feel it in your shoulders, chest, and back.

WORKOUT SETTINGS-VALUES-RANGES

Setting	Standard Values*	Minimum Value	Maximum Value
Workout Time Level Stride** Age Weight** Calories Interval Time Interval Level How Many Intervals Target Heart Rate Watts (Work)	30:00 1 21"(52cm) 40 150 lbs (68 kg) 150 00:30 1 3 (220 - Age)* %; varies by program 125	1:00 1 18" (46.5cm) 15 70 lbs (32 kg) 1 00:15 1 2 80 20	99:00 20 26" (66cm) 99 300 lbs (136 kg) 1000 99:45 30 6 (220 - Age)

^{*}Standard program values are used if no values are entered within 4 seconds of prompts. **Values vary by model.



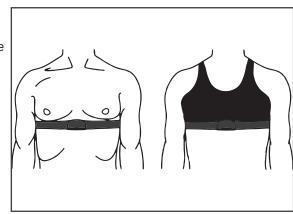
HEART RATE INFORMATION

HEART RATE MONITORING

TRUE cardio equipment can monitor a user's heart rate using a Polar* 5kHz compatible chest strap or the metal grips on the hand rails (called contact heart rate or CHR pads). The chest strap transmits the user's heart rate to the console via radio, and the console reads the user's heart rate.

Chest Strap Heart Rate Monitoring

Although TRUE cardio equipment functions fine without using the heart rate monitoring feature, this kind of monitoring gives valuable feedback on the user's effort level. Using 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 machine will display the user's heart rate as a digital beats-per-minute (bpm) readout. A chest strap should be worn directly against the user's skin, about 1-2 inches below the pectoral muscles/breast line. Women should be careful to place the transmitter below their bra line. All transmitters should be worn in accordance with the manufacturer's documentation. Initially the transmission signal for heart rate may be erratic or non-existent. Some moisture is necessary between the strap and the user's skin for proper transmission. Sweat from exercise works best, but ordinary tap water may be used prior to the workout if desired.



NOTE: The chest strap produces a radio signal that the console 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.

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

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

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

HEART RATE CONTROL (HRC)

You are now the owner of the most sophisticated Heart Rate Control (HRC) cardio 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 hands-free heart rate controlled workout using speed, incline, and/or resistance. By training at a specific target heart rate, users can exercise at a more efficient cardiovascular level.

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

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

Target Heart Rate

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

Consult a Physician to Determine 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 machine for several workouts in the manual mode while monitoring heart rate. Users should compare their heart rate with how they feel to ensure safety and comfort. After users have spent some time learning how their heart responds to different levels of speed and incline, they will have a better understanding of how to select the maximum speed and maximum incline and maximum resistance required for reaching their target heart rate.

Warm Up

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

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

Cool Down

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

CONSOLE NAVIGATION

HOME SCREEN

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



A. Quick Start

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

B. Workouts

Displays a list of the preprogrammed workouts that are available on this machine.

C. Screen Lock

When the screen lock is held for three seconds, the touch screen display will lock for 20 seconds to enable cleaning.

D. Language Options

Enables users to choose between 12 language options.

E. Bluetooth

Allows users to pair their Bluetooth devices prior to beginning a workout.

F. Wireless Mirroring

Allows users to mirror content from their personal devices directly onto the console for a premium level of personal entertainment and viewing (Android compatible).

G. User Profiles

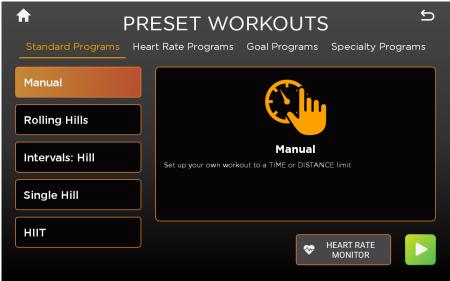
Custom profiles used to store a user's age, weight, and saved workouts.

SELECTING A PRESET WORKOUT

Preset workouts are accessed by selecting **WORKOUTS** from the home screen. The user may select from specific workout categories listed on the top of the screen to view a subset of all available workouts such as heart rate programs. To begin a workout, swipe through the workout list and press anywhere within the workout bounding box to select it. Press the next arrow to continue.

NOTE: The images below may differ slightly depending on the base.





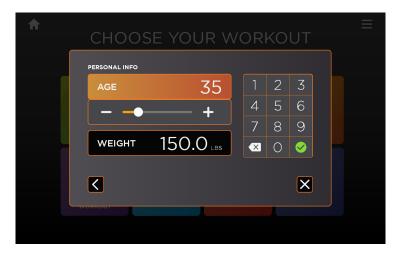


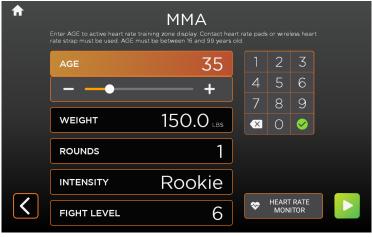
ENTERING WORKOUT DATA

Workout data entry screens allow users to input their personal information or workout goals prior to beginning a workout. To set a value, select the value and manually enter a value using the keypad. Select **HEART RATE MONITOR** to pair a Bluetooth-enabled heart rate device with the console to wirelessly monitor heart rate data. Pressing **SAVE** enables the user to save onscreen workout parameters to a user profile for future workouts. Select the next arrow to begin the workout.

NOTES:

- Selecting the checkmark
 on the keypad after entering a value will save the value in that item and then automatically select the next item in the list.
- The workout data entry screens vary by base unit and program selection.



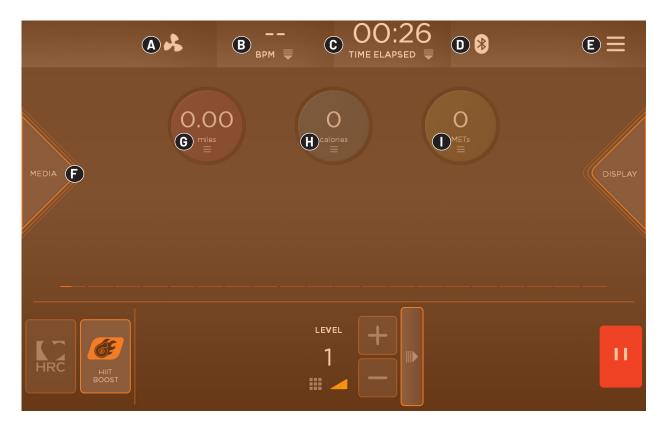




WORKOUT DATA SCREENS

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

NOTE: The images below may differ slightly depending on the base.



A. Fan

The fan initiates a cool breeze to help keep the user comfortable as they workout. Adjust the air vent to direct the flow. Pressing the fan will turn it on and off and adjust the speed.

B. Heart Rate

When the user is wearing a heart rate chest strap or utilizing the contact heart rate system, their heart rate will be displayed in bpm (beats per minute). Pressing the drop down shows additional options (BPM, AVG HR, % MAX HR).

C. Time

Displays the current duration of the workout. Pressing the drop down shows additional options for time (TIME REMAINING, TIME ELAPSED, PACE).

D. Bluetooth

Allows users to pair their Bluetooth devices prior to beginning a workout.

E. Options

This menu allows the user to change their personal info, change units from metric to imperial, adjust the volume and brightness, and connect to Bluetooth.

F. Media

Allows the user to access the console's apps.

G. Distance

Displays the current distance traveled in miles, feet, or kilometers. The user can tap the circle for additional selections.

H. Calories

Displays the estimated total amount of calories burned since the start of the workout. The user can tap the circle for additional selections.

I. Mets

Displays the estimated total amount of METs burned since the start of the workout. The user can tap the circle for additional selections.

WORKOUT DATA SCREENS CONTINUED



J. Display

Allows the user to change the workout view to track view, graph view, HIIT view, or virtual.

K. HRC

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

L. HIIT Boost

Allows the user to add motivation and variety to boost their workout. Depending on the base, users can choose between XMODE, ArmBlaster, Glutekicker, Leg Press, and ChestPress.

M. Quick Touch Keys

These keys allow the user to quickly adjust the levels or stride (depending on the base). To manually enter a value, press the corresponding numerical readout and a numeric keypad will appear to enter your selection.

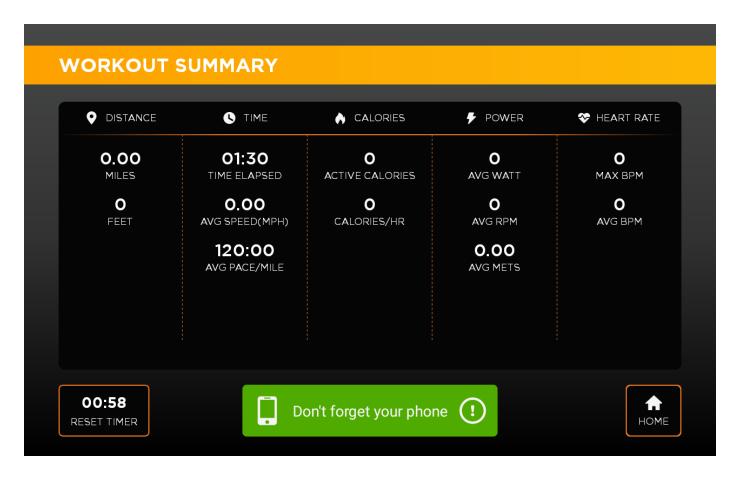
N. Stop

Stops or pauses the current workout.

ENDING A WORKOUT

At the end of a workout the **WORKOUT SUMMARY** screen will display an overview of the workout data. The workout data can be exported to another device through the Bluetooth connection. Return to the home screen by tapping the **HOME** icon.

NOTE: The image below may differ slightly depending on the base.

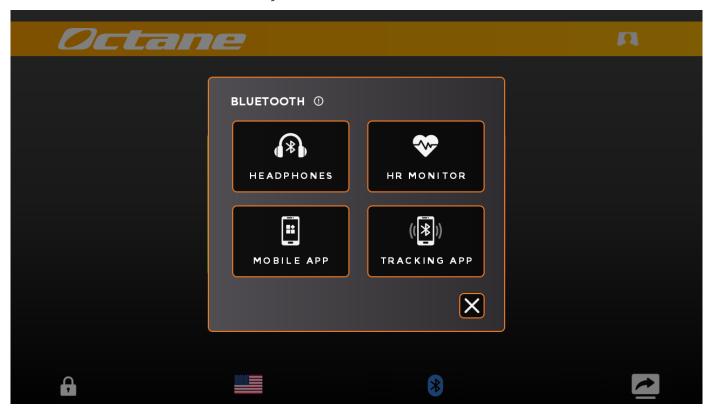




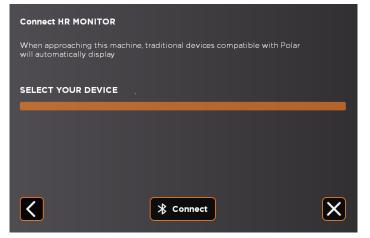
BLUETOOTH CONNECTIVITY

The Bluetooth connectivity screen displays the devices available for pairing with the console. Follow the on-screen prompts on the console and the Bluetooth device to complete the pairing process. Once the pairing process is complete, the audio screen will appear where the user can navigate playable audio menus, mute and adjust volume, pause, advance, or replay tracks, and unpair the console and Bluetooth device.

NOTE: The Bluetooth connectivity screen can be accessed from the home screen to pair your Bluetooth wireless technology enabled devices with the console before starting a workout.

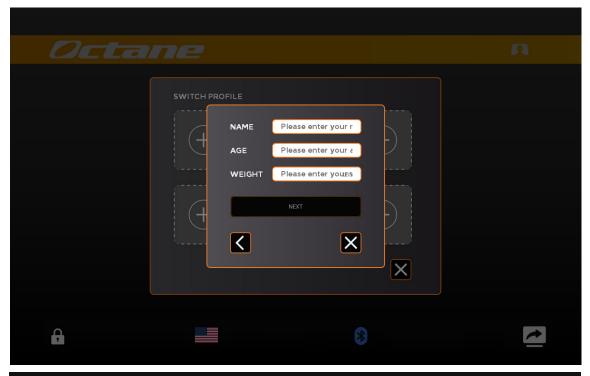






USER PROFILES AND PERSONALIZATION

You can create up to six user profiles for use on this machine. To create or edit a user profile, just tap the user profile icon on the home screen and follow the prompts to create, edit, or switch a user and view personalization selections.



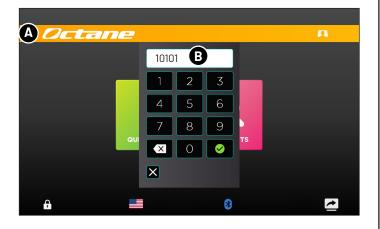




ADVANCED CONSOLE FUNCTIONS

MANAGER MODE

- A. To enter Manager Mode, press and hold the **Octane** logo in the upper left corner of the home screen until the passcode entry pop-up screen appears.
- B. Enter code "10101" to enter Manager Mode.



TECHNICIAN MODE

- A. To enter Technician Mode, press and hold the **Octane** logo in the upper left corner of the home screen until the passcode entry pop-up screen appears.
- B. Enter code "20173" to enter Technician Mode.



NOTE: Configuration is only available in Technician Mode.

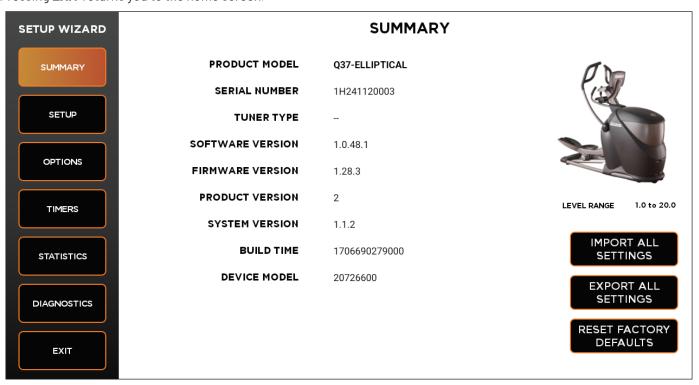
SUMMARY

The **SUMMARY** screen will be the first screen displayed after entering into advanced console functions.

This screen gives you a general overview of the unit's setup and allows you to verify the correct base is configured to the console. It also informs you of the current software and firmware versions installed on the console.

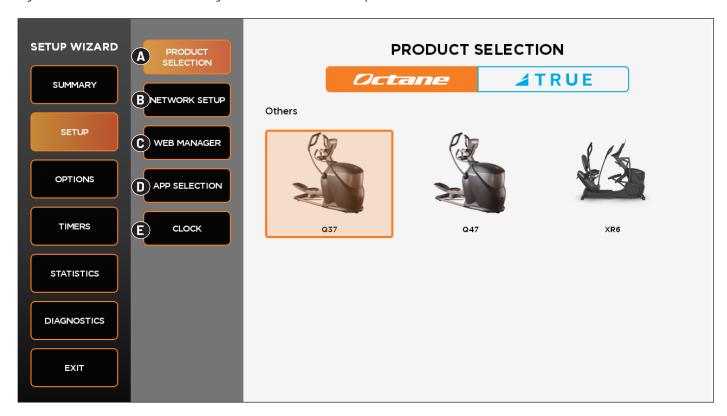
If there is an issue with your machine this screen provides important data you will need to provide to TRUE product support.

Pressing **EXIT** returns you to the home screen.



SETUP

The setup menu is accessed by selecting **SETUP** from the main menu choices. The setup menu is separated into subcategories and enables users to configure the console and set up various functions of the unit.



A. Product Selection

This screen allows users to view the current console configuration.

NOTE: Configuration is only available in Technician Mode.

B. Network Setup

This screen displays the current network information for the console. This screen also allows users to setup the internet connection and enable web browsing.

C. Web Manager

Allows the user to enable web browsing during a workout. To enable web browsing, enter the default homepage in the HOMEPAGE field and setup QUICK LINKS.

D. App Selection

Allows the user to add or remove installed apps from the console display.

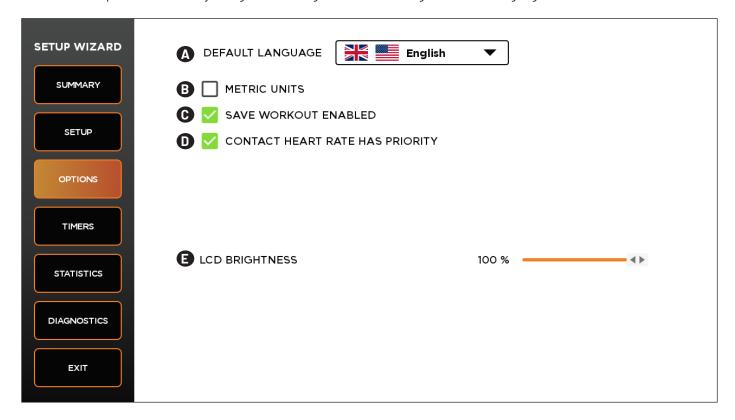
E. Clock

Setting up the clock ensures all workout data exported by the user is correctly labeled. Correct time is also important for troubleshooting purposes when viewing the system's error log.



OPTIONS

The options menu is accessed by selecting **OPTIONS** from the main menu choices. The options menu provides various customization options such as adjusting the LCD brightness and setting the default language.



A. Default Language

Allows the user to set the console's default language.

B. Metric Units

Allows the user to set metric units for the console.

C. Save Workout Enabled

Allows the user to save workout data.

D. Contact Heart Rate Has Priority

Sets heart rate grips to be displayed instead of wireless if both are present.

E. LCD Brightness

Allows the user to adjust the console's LCD brightness.

TIMERS

The timers menu is accessed by selecting **TIMERS** from the main menu choices. The timers menu enables users to adjust various timer settings throughout the console menus such as post-workout cool down time and maximum workout time.



A. Cool Down Time

Adjusts the time it takes for the machine to cool down.

B. Maximum Workout

Adjusts the machine's maximum workout time.

C. Workout Setup Timeout

Adjusts the length of the workout setup timeout.

D. Workout Summary Timeout

Adjusts the length of the workout summary timeout.

E. Pause Time

Adjusts the length of the pause timer.

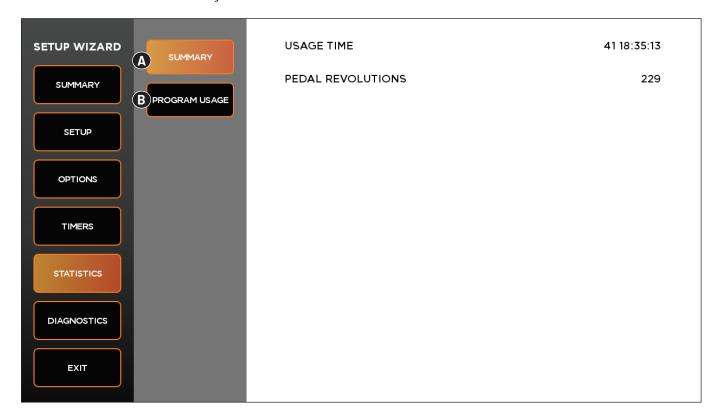
F. Menu Timeout

This timer closes out of the back end menu and brings the user back to the homepage.



STATISTICS

The statistics menu is accessed by selecting **STATISTICS** from the main menu choices. The statistics menu provides statistical data about machine usage.



A. Summary

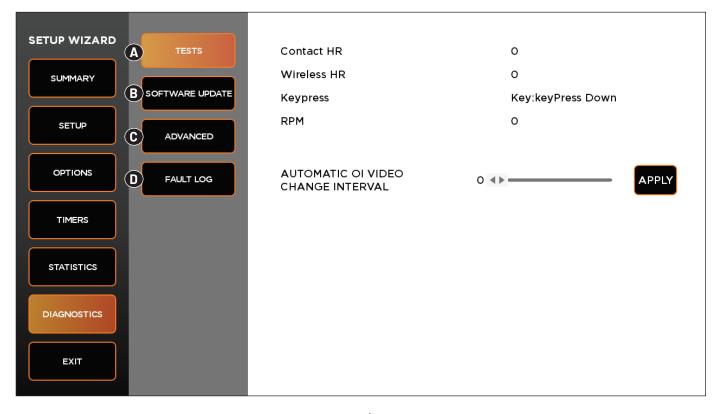
Displays both the USAGE TIME and PEDAL REVOLUTIONS. The usage time is the total time the machine has been in use. The pedal revolutions is the distance put on the machine.

B. Program Usage

Displays all the programs available on the machine and how many times it was chosen.

DIAGNOSTICS

The diagnostics menu is accessed by selecting **DIAGNOSTICS** from the main menu choices. The diagnostics menu enables users to perform various diagnostics on the console to aid in identifying errors and performance issues.



A. Tests

The user may perform tests to diagnose any console or base unit errors.

NOTE: This menu is only available in Technician Mode.

B. Software Update

This screen gives you access to the information and controls you need to verify or update the software and firmware loaded on the machine.

TRUE may periodically release software and firmware updates to enhance the workout experience. Due to the complex nature of this procedure, it is recommended that a TRUE certified service professional performs any software and firmware updates.

C. Advanced

The advanced menu contains multiple tools that are used in the production of the console and for demonstration purposes:

- Demo Run Screen*—Decouples the console from the machine, allowing it to be demoed as a standalone console.
- Send Diagnostics Reports to TRUE*—Sends diagnostics reports to TRUE.

- **Disable Buzzer**—Disables the buzzer while navigation the console.
- Logging Enabled—Enables additional application debug logs.
- Remote Access Enabled*—Allows the console to be accessible for remote debugging.
- **Show Cursor***—Enables the mouse cursor to appear on the console display.
- **Energy Saving Timer Enabled***—Enables the machine's ERP mode.

*These settings are only available in Technician Mode. It is recommended to use the default settings.

D. Fault Log

Displays any fault codes that the console encounters.

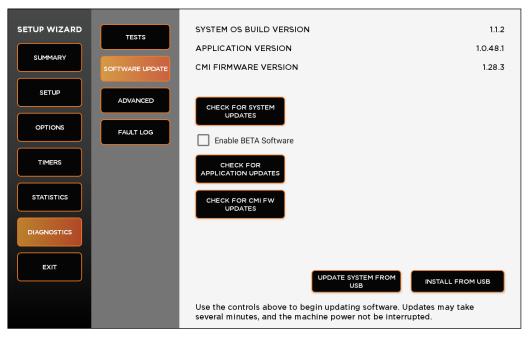


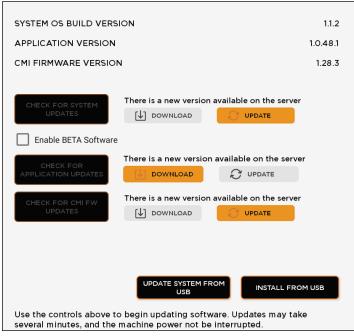
ABOUT SOFTWARE UPDATES

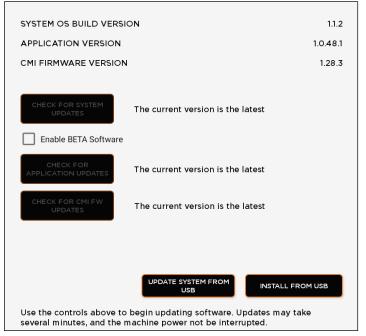
TRUE may periodically release software and firmware updates to enhance the workout experience. Due to the complex nature of this procedure, it is recommended that a TRUE certified service professional performs any software and firmware updates.

To verify that your console has the latest software/firmware, and to perform any updates, you must be in **DIAGNOSTICS** and then **SOFTWARE UPDATE**.

- A. Press **CHECK FOR UPDATES** to verify your versions are the latest.
- B. If any versions need to be updated, the screen displays **There is a new version available on the server**.
- C. Pressing **UPDATE** starts the update to the console.
- D. When the update is complete, the console displays The current version is the latest.
- E. Press **EXIT** to power cycle the machine and return to the home screen.







WARRANTY

IN HOME RESIDENTIAL LIMITED WARRANTY

Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

See the base manual or visit the TRUE website for the warranty duration for this product.

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 specified period of time.

NOTE:

- Standard shipping is included with warranty part replacement.
- Shipping for warranty frame or replacement is included for the period of three years from the original date of purchase.

All Warranty Items are "LIMITED"

- 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, failure to provide reasonable and necessary maintenance, software version upgrades, compatibility with third party/aftermarket hardware, software, applications, or websites.
- TRUE's liability shall under no circumstances exceed the actual amount paid by you for the product, nor shall TRUE under any circumstances be liable for any consequential, incidental, special or punitive damages or losses, whether direct or indirect.
- Some states or countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
- TRUE will neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall TRUE be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental, or consequential damages arising out of the use of or inability to use this Product.
- This limited warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.

- The remedies described herein are your sole and exclusive remedies and TRUE's entire liability for any breach of this limited warranty.
- No one is authorized to change, modify, or extend the terms of this limited warranty.
- This limited warranty is in lieu of all other warranties of any kind either expressed or including but not limited to implied warranties of merchant.
- This limited warranty applies to the product only while the product remains in the possession of the original purchaser and is not transferable.
- 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).
- This limited warranty can be processed only if the warranty registration form is completed on-line; or if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE within 30 days of purchaser's receipt of this Product.
- All serial numbers must be intact on the Product for this limited warranty to be valid.
- Installation or download of any 3rd party or aftermarket products will result in voided warranty.
 This includes, but is not limited to, electrical and mechanical parts, software, or applications.
- TRUE will ship to an authorized service provider any new or rebuilt replacement part or component, or at our option, replace or refund the Product.
- Replacement parts are warranted for the remaining portion of the original warranty period.
- Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
- This limited warranty does not apply to the performance of the heart rate accuracy will not be warranted as performance varies, based on user's physiology, age, method of use, and other eternal factors.



WARRANTY REGISTRATION

Thank you for purchasing a TRUE product!

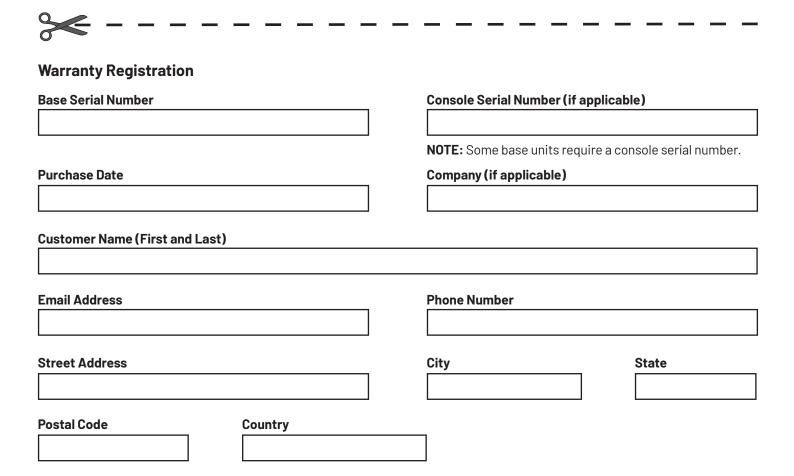
To validate your product warranty, you must register your product within 30 days of purchaser's receipt of this product.

To register your product:

- Go online to: https://shop.truefitness.com/resources/warranty/ OR
- Complete the information below and mail to: TRUE Product Support 865 Hoff Road St. Louis, MO 63366

PLEASE RETAIN THIS PORTION FOR YOUR RECORDS BASE SERIAL NUMBER:
CONSOLE SERIAL NUMBER:





CONTACT US service@truefitness.com 1.800.883.8783

> 865 Hoff Road St. Louis, MO 63366

TRUEFITNESS.COM

