



Premium Fitness Equipment Since 1981



If you are looking to bring your fitness routine home, but space is an issue, look no further than the TRUE Z5.4 treadmill. Voted Runner's World's "Plushiest Ride" the TRUE Z5.4 treadmill offers the known TRUE quality in one of the most space efficient home treadmills on the market. Designed to fit into your lifestyle without overtaking it, these machines offer not only a small footprint and low step-up height, but a proven belt and deck combination, further enhanced by TRUE's Soft Select system.



Z5.4

**TECHNICAL SPECIFICATIONS**

Power Source	110V/15A
Cord Length	8' (2.4M)
Drive Motor	3 HP DC
Belt	Orthopedic
Impact System	True Soft Select (adjustable)
Frame Construction	Robotically Welded Heavy-Gauge Steel
Speed Range	0.5 to 12.0 MPH (0.8 to 19.3 km/H)
Incline/Decline Range	0% to 12%
Handrail Design	Protective Dipped
Straddle Cover Design	Aluminum
Contact Heart Rate Monitoring	Standard
Wireless Heart Rate Monitoring	Polar® Compatible

CONSOLE

Display	Dual Window Custom LCD
Programs	10
Saved Workouts	2
HRC Cruise Control	Standard
Quick Speed Keys	Standard

SAFETY

Safety Clip	Standard
Large Straddle Covers	Standard

REGULATORY APPROVALS

ETL UL1647, CSA, FCC

EXTRAS**Accessories** Water Bottle Holder (2), Accessory Tray, Reading Rack**PHYSICAL SPECIFICATIONS**

Footprint	68"L x 30"W (172 cm x 76 cm)
Running Surface	54"L x 22"W (137 cm x 56 cm)
Machine Weight	278 lbs. (126 kg)
Maximum User Weight	400 lbs. (181 kg)
Step-Up Height	5.5" (14 cm)
Portability	2 Front Transport Wheels

WARRANTY

Warranty Type	Residential
Frame	Lifetime
Motor	30 Years
Parts	10 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.