

TRUE

T9 TOUCHSCREEN CONSOLE OWNER'S MANUAL



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T9 TOUCHSCREEN CONSOLE OWNER'S MANUAL

A MESSAGE TO OUR CUSTOMERS

Frank Trulaske began TRUE Fitness® over thirty-five year ago with the simple philosophy of delivering superior fitness products, service, and support. Today, TRUE is the global leader in premium fitness 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 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 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 extraordinary cardio and strength equipment. 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.

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 to deliver the world's best premium equipment for our customers' health and fitness solutions.

T9 TOUCHSCREEN CONSOLE OWNER'S MANUAL

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CHAPTER 1: SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS **SAVE THESE SAFETY INSTRUCTIONS**

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

 **WARNING:** ALL EXERCISERS MUST READ ALL INSTRUCTIONS BEFORE USING THE EQUIPMENT.

 **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 ground 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 equipment malfunctions. Your equipment 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.

CHAPTER 1: SAFETY INSTRUCTIONS

 **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.

 **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.

 **WARNING:** Risk of personal injury-crushing hazard when equipment is in operation - Keep feet, hands, and fingers away from moving parts.

 **CAUTION:**

- Health related injuries may result from incorrect or excessive use of exercise equipment.
- 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)
- 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, turn power OFF at the ON/OFF switch if applicable, then remove plug from electrical outlet.
- Never operate a TRUE product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact TRUE Customer Service for a replacement.
- Use a TRUE AC power cord or AC/DC adapter only.
 - * Note the plug configuration for the power adapter may vary by country.
- 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 equipment.
- If the electrical 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 of 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.
- When mounting the treadmill, ensure the treadmill belt is not running and then proceed with one step at a time to maintain balance using the handrails as needed.
- While the treadmill is in use, proceed at a speed that the user can safely maintain with the ability to immediately engage the safety key to stop the treadmill belt if necessary.

CHAPTER 1: SAFETY INSTRUCTIONS

CAUTION:

- Health related injuries may result from incorrect or excessive use of exercise equipment.
- 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.
- Use correct ergonomic positioning while running on equipment.
- Do not allow animals on or near the equipment while in operation.
- Use the side handrails whenever additional stability is required. In case of emergency, such as tripping, the side handrails should be grabbed and the user should place his/her feet on the side platforms. The front handlebars should be used to grasp the heart rate sensors or to rest the hand on while operating the activity zone keys, but not for stability, emergency, or continuous use.
- Do not exceed maximum user weight of 400 lbs (181 kg).
- Do not use if you have a cold or fever.
- When using this exercise machine, basic precautions should always be followed.
- Use this equipment 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 equipment while it is in motion.
- 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.
- Allow only one person at a time on the equipment while it's operating.
- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- To avoid injury stand on the side rails before starting the equipment.
- Avoid exiting equipment while leaving the tread belt in motion.
- Never walk or jog backwards on the equipment.
- Do not change the incline of the equipment by placing objects under it.
- To avoid serious injury, do not touch the incline rack while the equipment is in use.
- To avoid serious injury, do not touch the belt while the equipment is in use.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- See Grounding Instructions.
- On the machine power switch, the "1" means that the machine power is switched "ON" and the "0" means the machine power is switched "OFF".
- Before servicing the motor area or removing the motor cover, please contact TRUE service.
- Do not place hand near the running belt when the unit is in operation.
- To avoid serious injury, remove and store the power cord when the machine is not in use.
- Noise emission under load is higher than without load.
- A-weighted emission sound pressure level at the trainer's ear: 67dBA.

CHAPTER 1: SAFETY 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 unit is intended for commercial use only.
- 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 400 lbs.
- 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.
- Save these instructions.

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.

Important Electrical Requirements – 120V:

Your TRUE equipment requires a dedicated 120 volt, alternating current (AC), 20 amp grounded outlet circuit. This means nothing else can be plugged into the same circuit. Most power circuits are rated for this 120V AC 20 amp requirement, but you must ensure the equipment does not share the circuit with anything else.

Important Electrical Requirements – 220V:

Your TRUE equipment requires a dedicated 230 volt, alternating current (AC), 15 amp grounded outlet circuit. This means nothing else can be plugged into the same circuit. Most power circuits are rated for this 230V AC 15 amp requirement, but you must ensure the equipment does not share the circuit with anything else.



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.

CHAPTER 2: PRODUCT OVERVIEW

T9 TOUCHSCREEN CONSOLE OVERVIEW:



CHAPTER 2: PRODUCT OVERVIEW

T9 TOUCHSCREEN CONSOLE OVERVIEW:

Touchscreen Display:

A capacitive touchscreen used for workout control and feature navigation.

Reading Rack:

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

TOUCHSCREEN INTRODUCTION:

The T9 touchscreen console utilizes a fully integrated capacitive touch screen display and a multi-screen interface to provide a state of the art and user friendly workout.

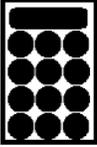
Capacitive touchscreen technology relies on the conductive properties of the human body to detect when and where on the display the user is touching. Because of this, capacitive touchscreens are highly responsive and do not require pressure to register a touch.

TOUCHSCREEN NAVIGATION:

TRUE recommends that users familiarize themselves with the different screens to ensure that they are safely taking advantage of all of the features that this equipment has to offer.

Icon Character Map

This console uses several icons to provide users with a simplified and visually appealing workout experience. The character map below is a quick reference of commonly used icons:

 Incline	 Speed
 Cool Down	 Toolbox
 Fan Icon	 Keypad
 Screen Toggle	 Home
 Audio Device	 TV

CHAPTER 3: PROGRAMMING & OPERATION

CAUTION:

The safety key must be in place on the machine, and should be attached to the user's clothing.

HEART RATE MONITORING:

The machine 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 machine via a radio signal, and the CHR pads connect to a special computer circuit to extract the user's heart rate.

Chest Strap Heart Rate Monitoring:

Although this machine 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 enables users to use Heart Rate Control (HRC), 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.

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 machine 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).

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. When using a HRC workout, it is best to use a chest strap because of the stronger and more accurate readings.

CAUTION:

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

CHAPTER 3: PROGRAMMING & OPERATION

HEART RATE CONTROL (HRC):

Introduction:

You are now the owner of the most sophisticated Heart Rate Control (HRC) workout technology available. TRUE HRC is unique and patented. It accommodates users from rehabilitation to world class athletes, and all those in between. TRUE HRC enables users to do a completely hands-free heart rate controlled workout using speed, incline, or both. 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, and time, prior to starting the HRC workout. As users approach their target heart rate, the machine's computer automatically takes over and changes the speed and/or incline automatically to keep them near their target heart rate. This enables 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 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 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 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 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 bpm of their target heart rate. The machine will operate as if in manual mode during the warm up stage. Users control both speed and incline. The user may only increase speed and incline 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 enables the body to adapt to the workout. Increasing the workout intensity gradually will enable the user to enter the HRC 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:

Heart Rate Controlled workouts take control of speed and incline, 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.

Cooldown:

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 cooldown.

CHAPTER 3: PROGRAMMING & OPERATION

WORKOUT 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 enter their weight, workout time or distance. The user controls both the SPEED and INCLINE of the machine throughout the workout.

Hill Intervals:

Hill Intervals makes changes to the INCLINE in 2-minute segments with the SPEED remaining constant.

Rolling Hills:

Series of gradually increasing and decreasing INCLINE changes that simulate rolling hills.

Single Hill:

INCLINE increases to a maximum at the mid-point of the workout, then decreases to the finish.

Random Hills:

An INCLINE profile that changes to simulate random hills. The INCLINE adjusts at any time during the workout to increase or decrease the intensity of the hills.

Glute Buster:

A changing INCLINE profile simulates hilly terrain to promote intense glute muscle use. Users can make adjustments to the SPEED during the workout.

Calorie Goal:

This workout enables users to choose the number of calories they wish to burn within a specified workout time. The machine will control SPEED and INCLINE within the limits set by the user to attain this goal.

Cardio Challenge:

SPEED and INCLINE increase to a maximum at the mid-point of the workout, then decrease to the finish.

Pace Intervals:

This workout suggests PACE (RPM) intervals in 1-minute segments. The PACE SETTER shows the target pace along with the user's actual pace (RPM) throughout the workout.

Pace Ramp:

This workout suggests PACE (RPM) increases to a maximum at the mid-point of the workout, then decreases to the finish. The PACE SETTER shows the user's target pace throughout the workout.

Leg Shaper:

A workout that suggests PACE changes to work the leg muscles with added intensity. Reverse stride occasionally for an added challenge.

Distance Workouts:

Choose any one of our four common distance workouts: 5k****, 10k****, 2 mile***, or 4 mile***. The user controls both the SPEED and INCLINE of the machine throughout the workout.

Saved Workouts:

Access to previously saved custom workouts.

Cardio 360™:

A random cycle of Cardio 360™ exercises for a great total-body workout.

Cardio 360™ Quick Start:

Get right into a pre-set 20-minute workout designed to shape and tone every major muscle group.

CHAPTER 3: PROGRAMMING & OPERATION

WORKOUT PROGRAM DESCRIPTIONS:

Custom Pace:

Users set up their own speed intervals. Easy to change setup screens allow users to customize any PACE SETTER (RPM) profile to add variation to their cardio session.

Custom Ultra:

If users are having trouble finding a workout that fits their specific needs, try setting up the Custom Ultra! This completely customizable workout setup enables WORKLOAD and PACE SETTER interval control as well as the ability to control interval time.

HRC Cruise Control:

While in any program, Cruise Control enables the user to set the current heart rate as the Target Heart Rate by pressing a single button. The Cruise Control program takes control of SPEED and INCLINE to maintain the user's Target Heart Rate. If bpm exceeds the target heart rate by more than 12 bpm, then the workout will end and Cool Down will begin.

HRC Target:

Users choose their target heart rate. The machine begins in MANUAL control – The user should gradually increase the workout intensity until heart rate is within 10 bpm of their target. At this point, the machine takes over to control SPEED and INCLINE to maintain heart rate within a few beats of the user's target.

HRC Weight Loss:

Based on age, this is a heart-rate controlled workout at 65% of the user's maximum heart rate. This creates efficient fat burning without overtraining. The machine begins in MANUAL control –The user should gradually increase the workout intensity until their heart rate is within 10 bpm of their target. At this point, the machine takes over to control SPEED and INCLINE to maintain heart rate within a few beats of the user's target.

HRC Aerobic:

Based on age, this is a heart-rate controlled workout at 80% of the user's maximum heart rate. This keeps the user in the optimum aerobic training range to improve cardio fitness. The machine begins in MANUAL control - gradually increase the workout intensity until the user's heart rate is within 10 bpm of their target. At this point, the machine takes over to control SPEED and INCLINE to maintain heart rate within a few beats of the user's target.

HRC Intervals:

Intervals of WORK and REST determined by target heart rate. The machine begins in MANUAL control – Users should gradually increase their workout intensity until their heart rate is within 10 bpm of their target. At this point, the machine takes over to control SPEED and INCLINE to maintain the user's heart rate within a few beats of their target. The rest segment will reduce to 65% intensity of work segment.

Fitness Test:

A fitness test uses heart rate to estimate the user's VO2 max. The test increases SPEED and INCLINE gradually every minute and ends at the point where the user's heart rate reaches 85% of the maximum for their age.

Bike Mode Workouts:

These workouts simulate riding a 21-speed road bike. The resistance changes to constant torque against the pedals and calculates speed for a more realistic biking experience.

Cardio 360™ Arm Sculptor:

Users challenge their upper body and core in this 10-minute, 3-motion program, and follow along at their own intensity.

Cardio 360™ Leg Shaper:

Users tighten and tone their legs and glutes, changing resistance on the fly.

Cardio 360™ Custom:

Users can modify and maximize their workout to its fullest potential. Cardio 360™ Custom lets users build a personalized routine, choosing their favorite Cardio 360™ motions and lengths of time. Then save their set-up for next time.

CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

TOUCHSCREEN 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 where the user controls all settings until the workout is ended.

B) Workout Finder

Displays preset workouts categorized by goal focus categories.

C) Last 10 Workouts

Displays the last ten (10) workouts (latest first) for the user to select. Shows the type of workout and the time duration set up for it.

D) New User

Allows the user to set up or edit a personal profile for use during a workout. Records user Name, Age and Weight. It also gives the new user the option of selecting a Saved Workout, finding a new workout or connecting (pairing) to an external device such as a Mobile App., Heart Rate Monitor or Music Player.

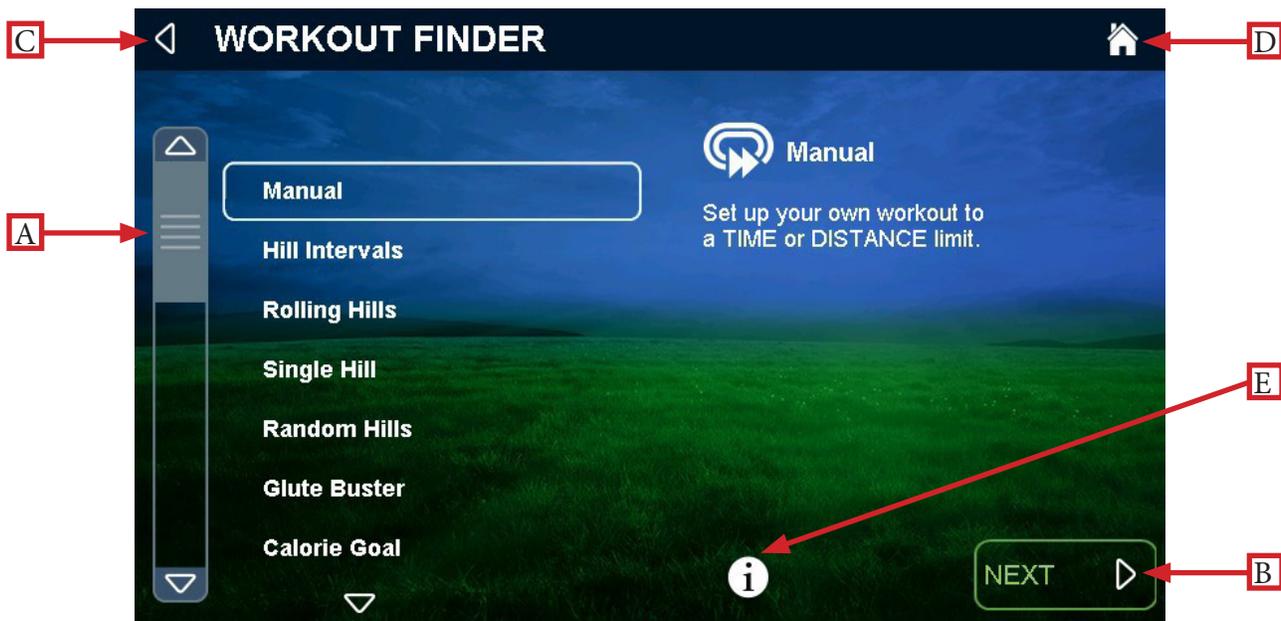
CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

TOUCHSCREEN NAVIGATION:

Selecting a Preset Workout:

Access preset workouts by touching Workout Finder on the home screen. View the workouts by using the scroll bar (A) to sweep up and down the selection list, highlight the desired workout, and touch Next (B) to select it.

Touching the “i” (E) button will display a menu that allows the user to highlight related types of workouts in the list. Note: Touch the back arrow (C) to return to the previous screen. Touch the “Home” (D) icon to return to the Home screen.



Workout Data Entry Screen:

This screen allows users to input their personal information or workout goals prior to beginning a workout. To set a value, touch and highlight the value you wish to change (A) touch the Keypad button (B) to display the keypad and type in the desired value on the keypad.

Note: Workout Data Entry Screens vary by program selection.



CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

TOUCHSCREEN NAVIGATION:

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.



A) Calories / METS Display:

During the workout, this display will alternately show the calories burned and the METS (Metabolic Equivalent) calculation up to the current moment of the workout.

B) Distance:

Displays the virtual distance traveled up to the current moment of the workout.

C) Time/Remaining:

During the workout, this display will alternately show the time elapsed in the workout and the time remaining before the workout ends. (Note: This field will not populate during a Quick Start or Manual workout.)

D) Heart Rate:

Shows the user's heart rate in a digital beats per minute (BPM) readout.

E) Level:

Displays the resistance of the pedals in terms of pedaling up an incline. Touching the "-" and "+" buttons allows the user to decrease or increase the resistance.

F) RPM (Revolutions Per Minute):

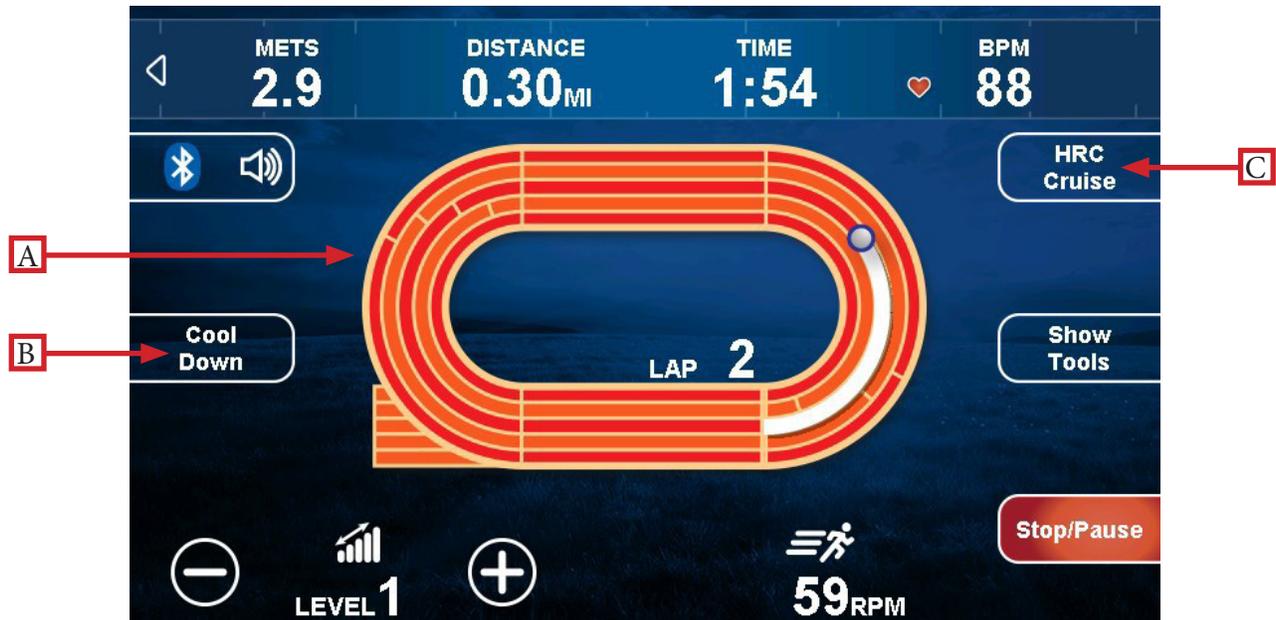
Shows the speed the user is maintaining in terms of the number of revolutions of the pedals per minute.

CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

TOUCHSCREEN NAVIGATION:

Workout Data Screen Controls:

The Workout Data Screens contain various controls that allow users to adjust workout settings and to customize their overall workout experience.



A) Change View:

There are three Workout Data Screen views available. Switch between the screens by touching the center of the display.



B) Cool Down:

Touching this button allows the user to end their current workout with a two minute low intensity cool down period. When Cool Down is activated the unit is in manual mode and the user directly controls all settings.

C) HRC Cruise Control:

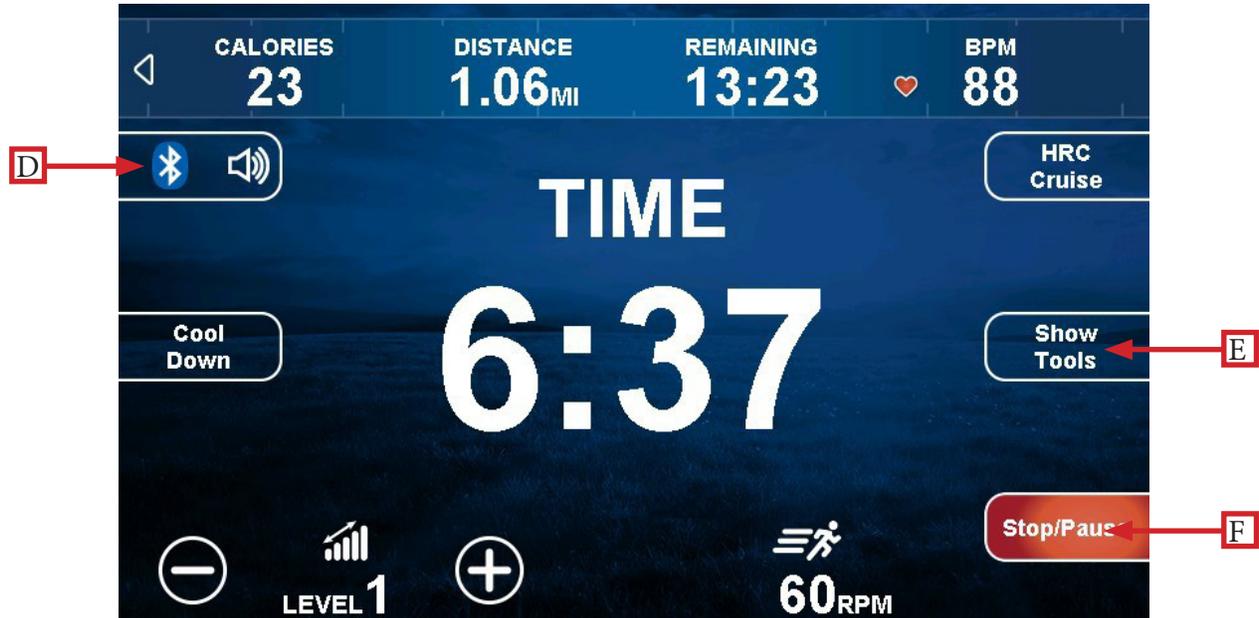
Engages Heart Rate Control to allow the equipment to maintain the user's current heart rate through automatic workload adjustments (when the user is utilizing heart rate monitoring).

CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

TOUCHSCREEN NAVIGATION:

D) Source:

For Bluetooth Audio and to pair a mobile device with the console name on the screen. The user is given control over volume adjustments, mute, and channel navigation.



E) Show Tools:

Touching the “Show Tools” button (A) will display various options. Touching “Bike Mode” (1) toggles it on, display the MPH dial (2) and simulates riding a 21-speed (3) road bike. The resistance changes to constant torque against the pedals and calculates speed (4) for a more realistic biking experience. Touching the “+” and “-” keys (3) will change the simulated gears. Touching the KPH / MPH Button (5) will toggle between having all values displayed as English or Metric units. Touching the “Heart Rate Workout Data” (6) button allows the user to choose the type of Bluetooth Heart Rate device.



CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

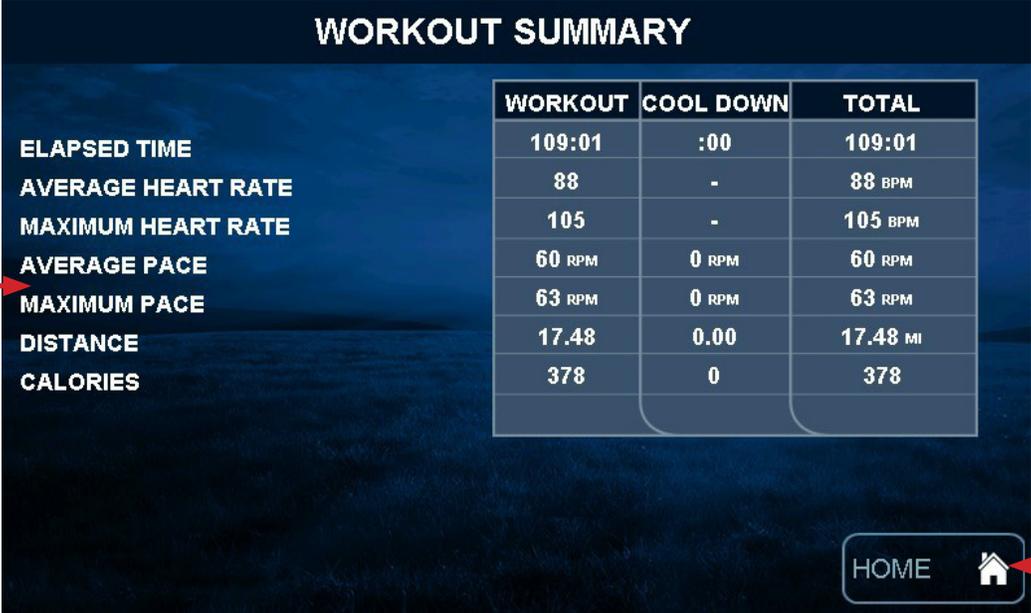
TOUCHSCREEN NAVIGATION:

F) Stop/Pause:

The “Stop/Pause” button allows the user to pause the current workout or stop it altogether and begin a two minute cooldown.

Workout Summary Screen:

At the end of a workout the Summary Screen will display an overview of the workout data (A). The workout data can be exported to another device through the Bluetooth connection. Return to the Home Screen by touching “Home” (B).



The screenshot displays the "WORKOUT SUMMARY" screen. On the left, a list of metrics is shown, with a red box labeled 'A' pointing to the "AVERAGE PACE" metric. On the right, a table summarizes the data for the workout, cool down, and total. At the bottom right, a "HOME" button with a house icon is shown, with a red box labeled 'B' pointing to it.

	WORKOUT	COOL DOWN	TOTAL
ELAPSED TIME	109:01	:00	109:01
AVERAGE HEART RATE	88	-	88 BPM
MAXIMUM HEART RATE	105	-	105 BPM
AVERAGE PACE	60 RPM	0 RPM	60 RPM
MAXIMUM PACE	63 RPM	0 RPM	63 RPM
DISTANCE	17.48	0.00	17.48 MI
CALORIES	378	0	378

CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

ADVANCED CONSOLE FUNCTIONS:

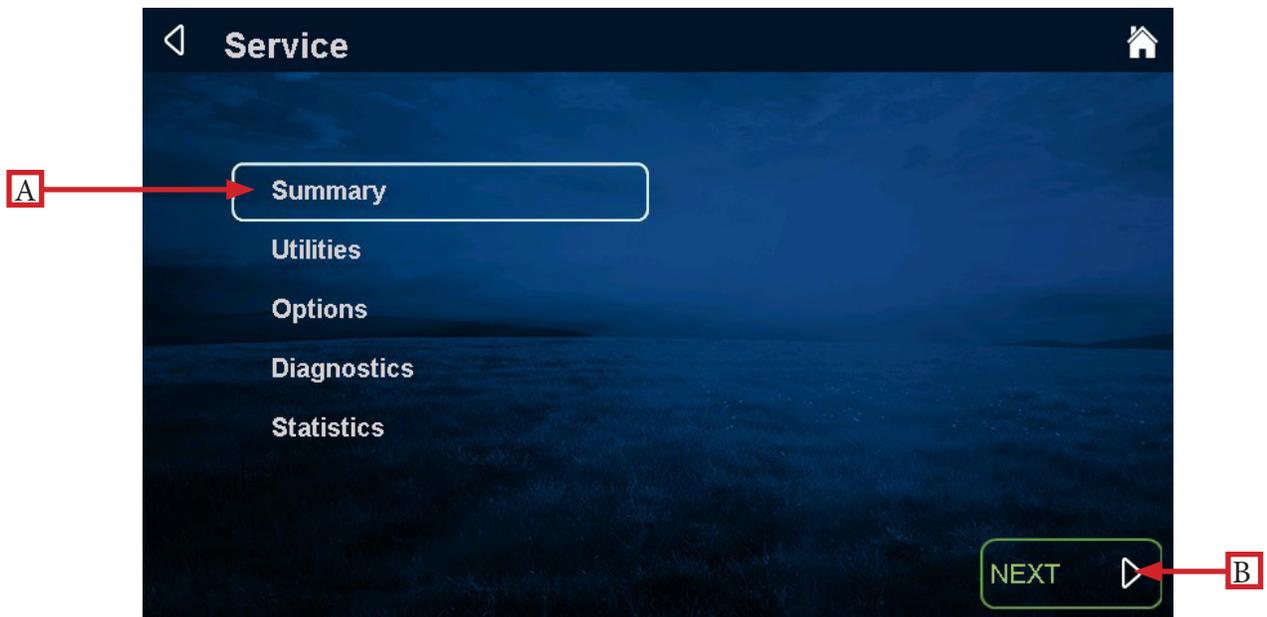
Entering Service Mode:

Entering Service Mode can be completed by touching and holding the upper left section of the screen (A) for 3-5 seconds or until the TRUE logo begins to blink. Next, hold the “Workout Finder” icon (B) until the “Service” screen displays.



Service Menu:

The first screen displayed after entering service mode is the Service Menu. From this menu technicians can access all of the service mode features by selecting different categories. Touch an item to highlight a category (A) then select the “Next” button (B).



CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

ADVANCED CONSOLE FUNCTIONS:

Summary Screen:

The Summary Screen provides an overview of the unit's current settings (values cannot be changed in this screen).



A) Product Model:

The model number that the console is currently configured to.

B) Software Version:

The current version of software that is installed on the console.

C) Units:

Displays the units the console is currently using as default (U.S. or Metric).

D) Max Watts:

Displays the maximum power the unit is capable of producing.

E) Max User Weight:

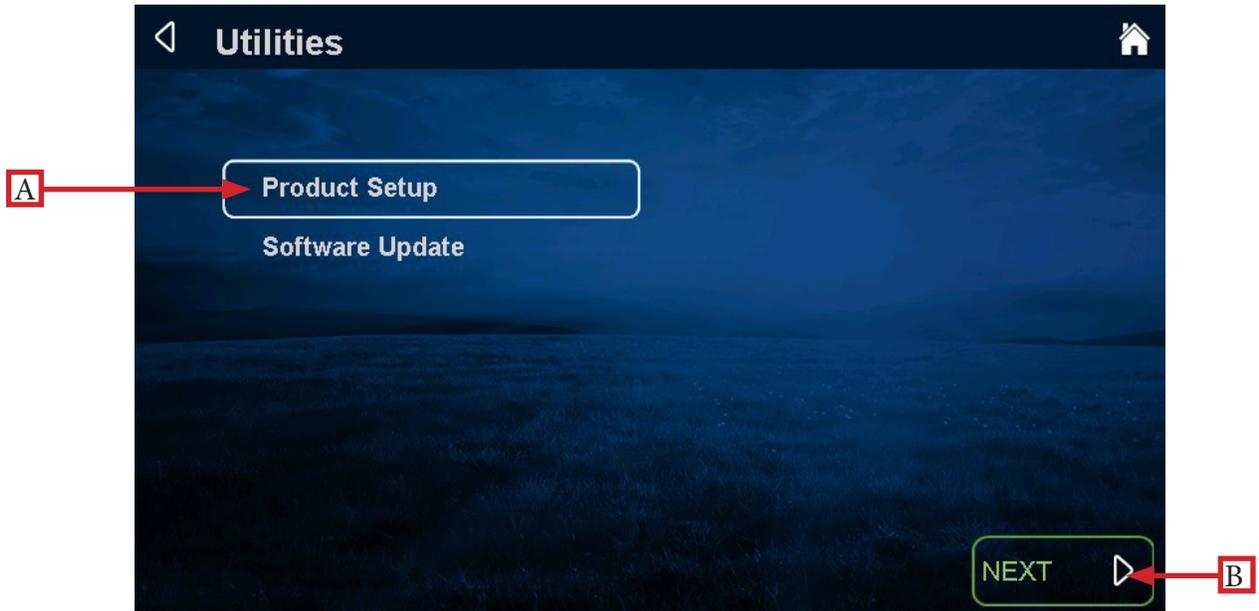
The amount of user weight that the unit can support.

CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

ADVANCED CONSOLE FUNCTIONS:

Utilities Menu:

The utilities menu contains multiple screens that allow the technician to change various console settings. Settings are broken down into two categories - “Product Setup” and “Software Setup”. To adjust settings, touch and highlight a category (A) and then touch the “Next” button (B) to start the process.

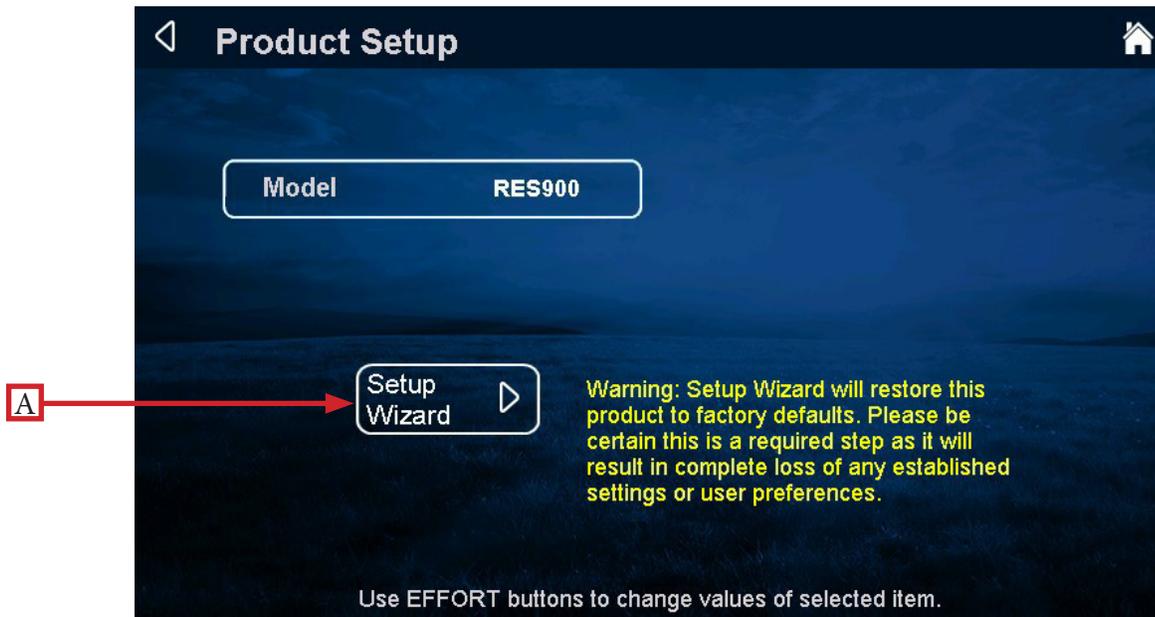


Utilities Menu - Product Setup:

The product setup screen allows for adjustments to be made to the model configuration, TRUE’s recommendation is to only use the Setup Wizard to adjust these attributes. After touching the Setup Wizard Selection button (A), simply follow the on screen instructions to complete the setup procedure.

WARNING:

Misconfiguration of the console may cause damage to the unit and void the manufacturer warranty. If necessary, please contact TRUE Fitness Technical Support at 800-883-8783 for assistance.



CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

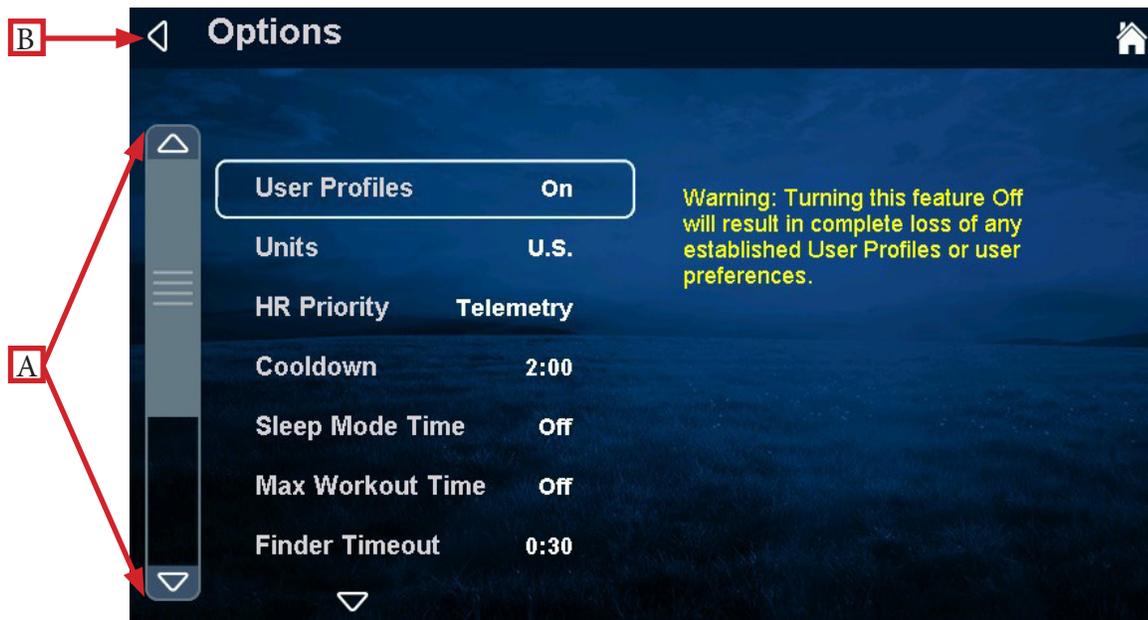
ADVANCED CONSOLE FUNCTIONS:

Utilities Menu - Software Update:

TRUE may periodically release software updates to ensure users enjoy the best workout experience available. Due to the complex nature of this procedure, it is recommended that any software update be completed by a TRUE certified service professional.

Options Menu:

The options menu contains 13 Settings with various options available for each. To navigate the options menu, use the scroll selection buttons (A) to highlight the option to be changed and use the Workload keys to adjust the options. Once the changes are complete, press the back selection button (B) and the changes will be automatically saved.



Language:

Select a default Language for the unit. All settings and workout data will be displayed in that language.

Units:

Choose how the workout data is displayed by default.

Save Workout:

Turns the saved workout feature on or off.

Heart Rate Priority:

Determines the order in which the unit reads heart rate data.

Cooldown:

Adjusts the length of the cooldown time at the end of a workout.

Sleep Mode Time:

The amount of time the unit can be idle before entering sleep mode. By choosing the “Off” setting, the unit will remain powered.

CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

ADVANCED CONSOLE FUNCTIONS:

Options Menu:

Max Workout Time:

This setting will limit the amount of time that all workouts can last. By choosing the “Off” setting, the time will be unlimited (this setting does not apply to manual workouts or distance workouts).

Finder Timeout:

Choose how long the Workout Finder remains on the screen without any user interaction. By choosing off, the Workout finder will stay open until closed by a user.

Setup Timeout:

Choose how long the workout data entry screen will remain on the display without any user interaction. By choosing the “off” setting, the data entry screen will be displayed until closed by a user

Summary Timeout:

Determines the amount of time the Workout Summary Screen will remain on the display. By choosing the “Off” setting, the summary will be displayed until ended by a user.

Pause Time:

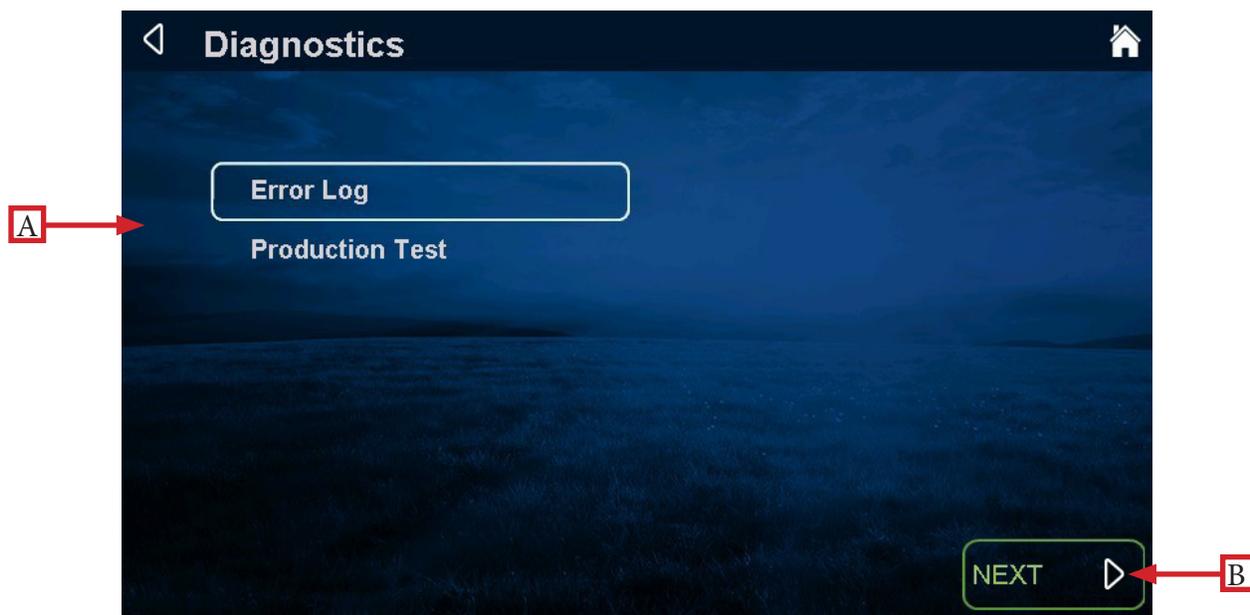
This setting will limit the amount of time that a workout can be paused before it automatically ends. By choosing the “Off” option, the unit will remain paused until the user resumes or ends the workout.

Factory Defaults:

Resets all settings in the options menu to factory defaults.

Diagnostics Menu:

The diagnostics menu contains tools used to help diagnose errors and performance issues. The tools are broken down into three categories. To use a tool, highlight a category (A) by using the scroll selection buttons and pressing the enter selection button (B) to confirm the selection.



CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

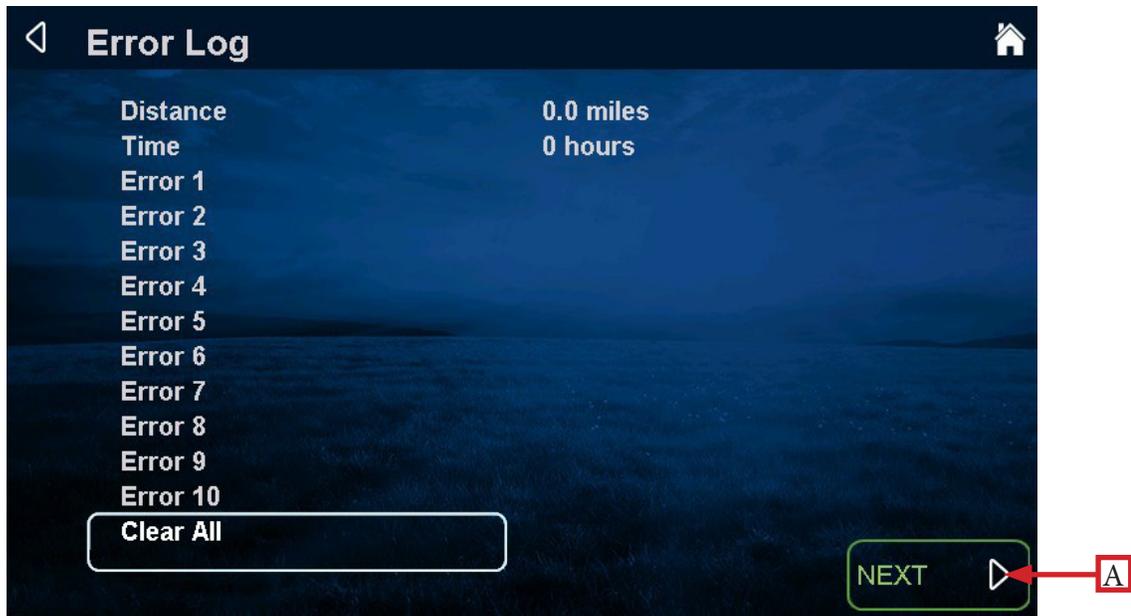
ADVANCED CONSOLE FUNCTIONS:

Diagnostics Menu - Calibration/Test & Production Test:

These menus are currently not used on bikes or ellipticals.

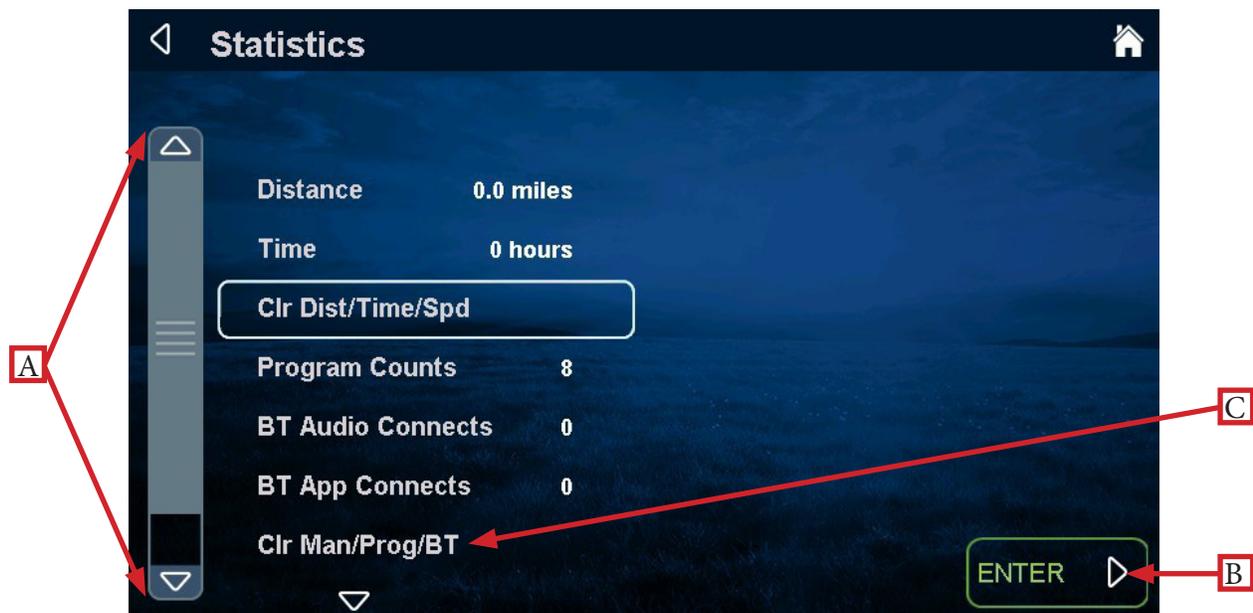
Diagnostics Menu - Error Log:

Error codes are an important part of troubleshooting any issues with the unit. Any time an error occurs it is entered into the error log for review by a service professional. This console is capable of storing the ten most recent errors. The error log can be cleared by pressing the Next button (A), but it is not recommended.



Statistics:

An overview that includes distance, time, manual program count, preset program count, and apple device connections. These statistics can be exported to a connected USB drive by using the scroll selection buttons (A) to highlight the USB Export option and selecting the Enter button (B). The data can be cleared by selecting Clr Man/Prog/BT (C), but it is not recommended.



CHAPTER 4: T9 TOUCHSCREEN CONSOLE OPERATION

CONSOLE ASSEMBLY:

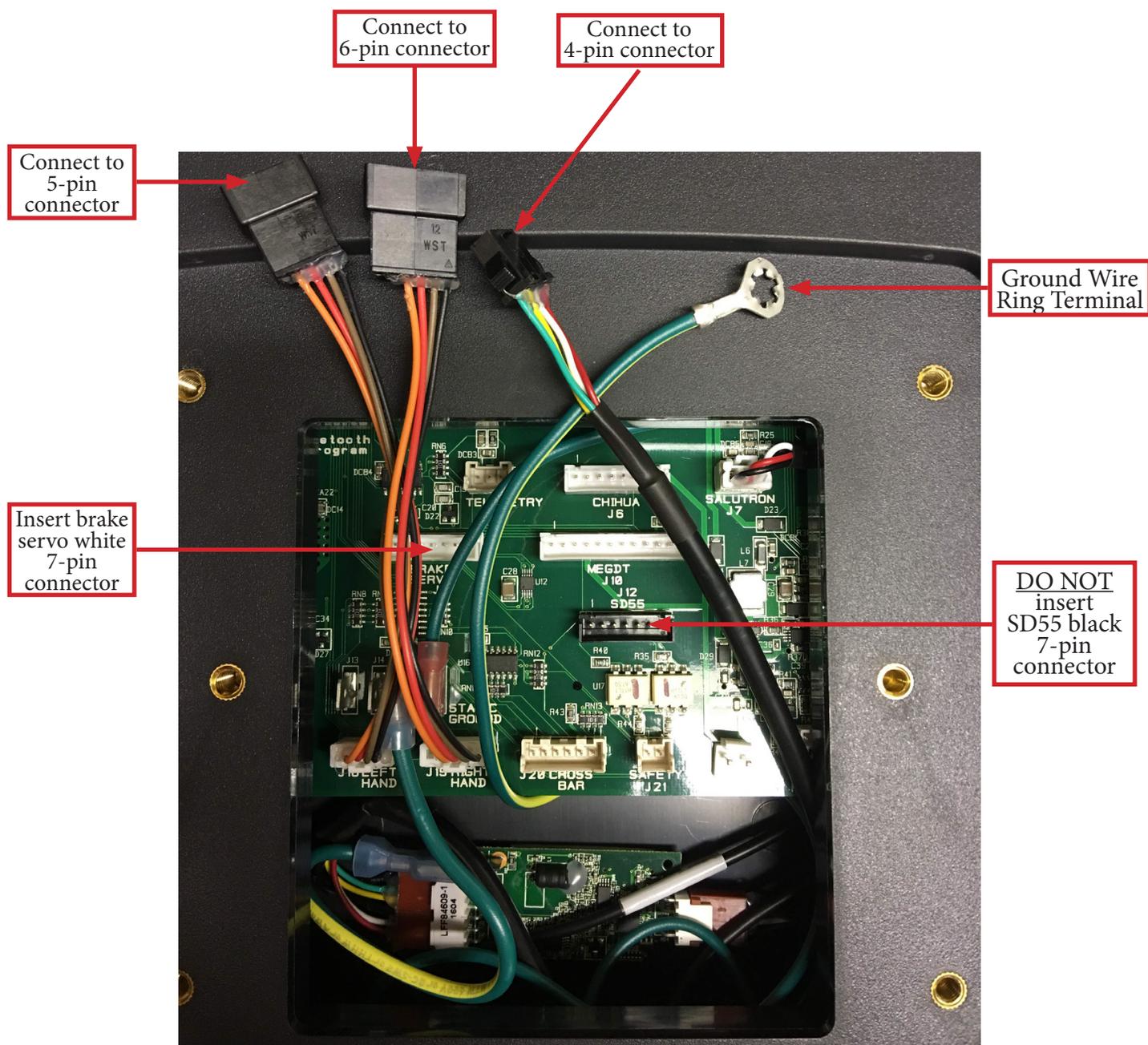
Console Wire Connections:

Connect the 4-pin, 6-pin, 5-pin, and brake servo white 7-pin connectors to the corresponding front mast cables as shown below. Connect the ground wire ring terminal to the pre-installed, grounded screw on the front console mast ensuring the grounded screw secures the ground wire ring terminal to the front console mast. Ensure all ground wires are connected.

Note: Refer to the respective unit manual included with your unit for console mast and rear console cover assembly.

Note: The T9 touchscreen console requires the provided 12V, 3A power adaptor to operate.

Note: Ethernet cable connection is not available on the T9 touchscreen console.



CHAPTER 5: 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 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 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

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

CHAPTER 5: 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.

WARRANTY:

NOTICE

For unit and console warranty information, refer to the Warranty Information chapter in the unit manual.