

## Z5.4 TREADMILL

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 "Plushest 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.



GymTrakr App  
Connectivity and Tracking

### FEATURES

- A small footprint that fits into any home
- Quiet motors for the smoothest workout possible
- A lubricant-infused orthopedic belt for a low-impact experience on your joints
- HRC Cruise Control® that gradually adjusts speed and incline to maintain a constant target heart rate throughout your workout
- TRUE Soft Select® System offers a softer impact and firmer push

### SPECIFICATIONS

#### DIMENSIONS (L X W X H)

68" x 30" x 55" / 172 cm x 76 cm x 140 cm

#### SPEED

0.5 to 12.0 MPH / 0.8 to 19.3 km/H

#### INCLINE/DECLINE LEVELS

0% to 15%

#### PRODUCT WEIGHT

278 lbs / 126 kg

#### COLOR

Silver

TRUE Soft Select System  
(adjustable) deck offers a  
softer impact and firmer push



### CONSOLE OPTIONS



9" TOUCHSCREEN

## Z5.4 TREADMILL

TECHNICAL SPECIFICATIONS	Power Source	110V/15A
	Cord Length	8' / 2.4 M
	Belt	Lubricant Infused 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 15%
	Quick Access	Quick Touch Speed & Quick Touch Incline Keys
	Handrail Design	Protective Dipped
	Straddle Cover Design	Aluminum
	Contact Heart Rate Monitoring	Standard
	Wireless Heart Rate Monitoring	Polar Compatible
	Connectivity	App Connectivity via GEM Module prior to starting workout
CONSOLE	Display	9" Touchscreen
	Workouts	Manual, Rolling Hills, Single Hill, Weight Loss Hills, Glute Buster, Calorie Goal, Walk & Run Interval, Speed Intervals, Speed Ramp, Leg Shaper, Cardio Challenge, Target HRC, Weight Loss HRC, Aerobic HRC, Intervals HRC, 5K Workout, 10K Workout, Half Marathon, Gerkin Fitness Test, Custom Ultra, Saved Workouts- if activated
	Saved Workouts (If Activated)	Console Saves Last Ten (10) Workouts Automatically, Six (6) user profiles, up to Six (6) Saved Workouts for each profile
SAFETY	Removable Safety Clip	Standard
REGULATORY APPROVALS		ETL UL1647, CSA, FCC
EXTRAS	Accessories	Water Bottle Holder (2), Device Ledge
PHYSICAL SPECIFICATIONS	Footprint	68" L x 30" W x 55" H / 172 cm x 76 cm x 140 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	Two (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.



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