



GymTrakr App



Start tracking your heart rate, calorie burn, and workout data for running and other cardio workouts.

Simply use your smartphone to download the **GymTrakr App** then connect the TRUE Fitness treadmill, bike, or elliptical before beginning your workout. When your workout is complete, share and review your results! GymTrakr creates .FIT files for each workout and saves them in workout history. These .FIT files can be imported directly into workout platforms such as Strava, Training Peaks, Garmin Connect, MapMyFitness, Endomondo, and Today's Plan. It's the only running app you'll ever need!

TRUE RESIDENTIAL PRODUCTS available with GymTrakr Technology:

- Performance 100 Treadmill
- Performance 300 Treadmill
- Performance 800 Treadmill
- Excel 900 Treadmill

- ES700 Recumbent Bike
- ES900 Recumbent Bike
- ES900 Upright Bike
- ES700 Elliptical

