



TRUE® Z500 Treadmill

Compact Design, Maximum Performance.



Meet the TRUE Z500 Treadmill

Experience top-tier fitness and quality with the TRUE Z500 Treadmill. Designed with a compact footprint, it fits seamlessly into any home, giving you the luxury of a commercial-grade workout.

Compact Design, Maximum Performance

Despite its small footprint, the TRUE Z500 delivers exceptional performance. Its space-saving design makes it ideal for any room in your home, allowing you to enjoy the benefits of a full-featured treadmill without compromising on space.

Engineered for Excellence

Built with commercial-grade components, the TRUE Z500 delivers a health club-quality experience in the comfort of your home. Its durable construction ensures you can count on years of reliable performance.

Comfort Your Body Will Appreciate

The TRUE Z500 features the innovative FITX System, offering a bio-mechanically correct running surface. Neoprene shock absorbers at the front of the deck cushion each foot strike, while the firmer back deck provides a solid base for powerful push-offs, ensuring a comfortable yet effective workout.

Achieve More with Every Workout

Maximize your fitness results with TRUE's HRC Cruise Control™. Simply set your target heart rate, and the TRUE Z500 will gradually adjust speed and incline to keep you in the optimal zone for maximum results. With one-touch controls, staying on track has never been easier.



TRUE FITX System
decreases impact and
stress on your joints

Z500 TREADMILL

TECHNICAL SPECIFICATIONS

Power Source	120v/15A
Cord Length	10' / 3 M
Impact System	TRUE FITX (Foot Impact Transfer) System
Belt	Standard
Roller Diameter	2.5" / 7.62 cm
Frame Construction	Robotically Welded Heavy-Gauge Steel
Speed Range	0.5 MPH to 12 MPH / 0.8 KPH to 19.3 KPH
Incline Range	0% to 15%
Quick Access Control	Quick Touch Speed & Quick Touch Incline Keys
Handrail Design	Industrial
Straddle Cover	Heavy-Duty Plastic
Contact Heart Rate Monitoring	Standard

SAFETY	Safety Clip	Standard
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REGULATORY APPROVALS	ETL UL 1647, CSA, FCC	
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EXTRAS	Accessories	Water Bottle Holder (2), Device Ledge
	Heart Rate Strap	Not included, Polar T34 recommended

PHYSICAL SPECIFICATIONS	Footprint	72" L x 27" W x 57" H / 864 cm x 324 cm x 684 cm
	Running Surface	54" L x 20" W / 138 cm x 51 cm
	Machine Weight	249.1 lbs. / 113 kg
	Shipping Weight	264.6 lbs. / 120 kg
	Maximum User Weight	350 lbs. / 159 kg
	Step-Up Height	6" / 15.24 cm
	Portability	Two (2) Front Transport Wheels

WARRANTY	Warranty Type	Residential
	Frame	25 Years
	Motor	15 Years
	Parts	5 Years
	Console	5 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.

CONSOLE

8.5" LCD

CONNECTIVITY	Wireless Heart Rate Monitoring	Polar® Compatible
	Reading Rack/ Tablet Holder	Standard
	Workouts	Manual, Hill Intervals, Rolling Hills, Half Marathon, Target HRC, Cardio Challenge, Walk and Run Intervals, Speed Ramp, 5K, 10K, Saved Workouts - if activated
	Saved Workouts	Console Saves Last Ten (10) Workouts
	User Profiles	Four (4) user profiles with up to five (5) saved workouts - if activated
SERVICE	Software Update Via USB	Standard
	Self Diagnostics	Standard
POWER CONSERVATION	Sleep Mode	Standard
LANGUAGES	English	



8.5" LCD

- Quick keys, connectivity, and challenging programs
- Up to four (4) user profiles

