

# M50 TREADMILL

 **TRUE**<sup>®</sup>



MODEL TM50-23  
MAN-TM50-23 REV04

**OWNER'S  
MANUAL**



**IMPORTANT!**

All products shown are prototype. Actual product delivered may vary.  
Product specifications, features, and software are subject to change without notice.

**For the most up-to-date owner's manual please visit**  
<https://shop.truefitness.com/customer-service/user-manuals/>

**IMPORTANTE!**

Todos los productos mostrados son prototipos. La realidad el producto suministrado puede diferir. Especificaciones de productos, características y software están sujetas a cambios sin previo aviso.

Para la más actualizada de este manual del propietario y para los documentos en otros idiomas, por favor visite  
<https://shop.truefitness.com/customer-service/user-manuals/>

**IMPORTANT!** Tous les produits présentés sont prototype. Le produit réel livré peut varier. Spécifications du produit, caractéristiques et logiciels sont sujettes à modification sans préavis. Pour la plus à jour le manuel du propriétaire et pour documents dans des langues supplémentaires, veuillez <https://shop.truefitness.com/customer-service/user-manuals/> de visite

**重要提示!**

显示所有产品的原型。实际交付的产品可能有所不同产品规格,功能和软件如有更改,恕不另行通知迄今为止对于大多数的使用说明书,和对于其他语言的文档,请访问<https://shop.truefitness.com/customer-service/user-manuals/>

اهمى!  
اهمى لست يلعفل جتنملا فلل تاخت دق. جذومنلا يه ضرور عمل تاجت نمل اعىم ج.  
راعش! نود رى غتلل لبلق ج اربل او تازى مل او، جتنملا تافص او م.  
<https://shop.truefitness.com/customer-service/user-manuals/> تراى زى جرى لمل لىلد نال اى تح لصى ام مظعمل  
<https://shop.truefitness.com/customer-service/user-manuals/> تراى زى جرى، ؤىفاضل تاغل يف تادن تسملل

**WICHTIG!**

Alle hier gezeigten Produkte sind Prototypen. Das tatsächliche Produkt ausgeliefert wird, kann variieren. Produkt-Spezifikationen, Funktionen und Software können sich ohne vorherige Ankündigung ändern. In den meisten Fällen bis zu Bedienungsanleitung Bisher besuchen und für Dokumente in weiteren Sprachen finden Sie unter  
<https://shop.truefitness.com/customer-service/user-manuals/>

**BELANGRIJK!**

Alle getoonde producten zijn prototype. Daadwerkelijke product geleverd kan verschillen. Product specificaties, eigenschappen & software zijn onderhevig aan verandering zonder kennisgeving. Voor de meest actuele handleiding van de eigenaar & voor documenten in andere talen kunt u terecht op  
<https://shop.truefitness.com/customer-service/user-manuals/>

**ВАЖНО!**

Все товары указаны прототипа. Фактический продукт, поставляемый могут отличаться. Технические характеристики, особенности и программного обеспечения могут быть изменены без предварительного уведомления. Для получения самой последней на сегодняшний день руководство по эксплуатации и Для документов на другие языки, пожалуйста, посетите <https://shop.truefitness.com/customer-service/user-manuals/>

## Thank You for Choosing TRUE!

Since our founding in 1981, TRUE Fitness has been guided by two core principles: Build the highest quality products and support them with superior service. Today, TRUE is the global leader in premium cardio equipment for the commercial and residential markets.

Built on decades of experience and constantly refined over time, our machines have a reputation for exceptional reliability. Our treadmills, ellipticals, and bikes face rigorous and systematic life-testing to guarantee they withstand the demands of long-term, extended use -- whether at the gym or in your home.

Thank you for becoming a part of the TRUE experience.

## Contacting Our Support Team

Before you contact TRUE, we recommend gathering the serial number, model number, and a brief description of the reason for your request. After you have all the pertinent information, we suggest you contact your selling dealer or local service company to set up an appointment. If you are not familiar with who is in your area, you can visit <https://shop.truefitness.com/store-locator/> and use our store locator to obtain the contact information for the closest dealer.

If you still need help, please contact our product support team.

Address	TRUE Fitness Attn: Product Support 865 Hoff Road St. Louis, MO 63366
Phone	800.883.8783
Email	<a href="mailto:service@truefitness.com">service@truefitness.com</a>
Hours of Operation	Monday - Friday 8:30am - 5:00pm (CST)

## Contacting Our Sales Team

Interested in owning more TRUE products? Please contact us with any product inquiries so that we may direct you to the appropriate sales representative to help answer your questions.

Address	TRUE Fitness Attn: Sales Department 865 Hoff Road St. Louis, MO 63366
Phone	800.426.6570
Email	<a href="mailto:sales@truefitness.com">sales@truefitness.com</a>
Hours of Operation	Monday - Friday 8:30am - 5:00pm (CST)

## Reporting Freight Claims 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.

### **Severe Damage—Obvious damage to external packaging and internal product.**

Please refuse the shipment and it will be returned to TRUE by the carrier. Contact TRUE product support by calling 800.883.8783 or sales support 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. If the shipment comes in multiple boxes, only refuse boxes with damage.

### **Slight Damage—Minimal damage to external packaging with unknown internal damage to product.**

If the shipment has minimal damages and you are not sure if the actual product is damaged, 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 of damage, and photos of damage. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact TRUE product support ([service@truefitness.com](mailto:service@truefitness.com) // 800.883.8783) or TRUE sales support ([sales@truefitness.com](mailto:sales@truefitness.com) // 800.426.6570) Monday-Friday during normal business hours.

### **Concealed Damage—No damage to external packaging but internal damage to product.**

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. TRUE 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 of damage, and photos of damage. Contact TRUE product support ([service@truefitness.com](mailto:service@truefitness.com) // 800.883.8783) or TRUE sales support ([sales@truefitness.com](mailto:sales@truefitness.com) // 800.426.6570) Monday-Friday during normal business hours.

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## SAFETY INSTRUCTIONS

### IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS

This equipment intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting.

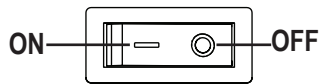
- Read and understand all instructions and warnings prior to use.
- Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- Obtain proper instruction prior to use.
- This unit is intended 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 300 lbs (136 kg).
- 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.

**⚠ DANGER:** To reduce the risk of electric shock, always unplug this product when not in use, before cleaning, or attempting any maintenance activity. Do not handle the plug with wet hands.

**⚠ WARNING:** To reduce the risk of burns, fire, and electric shock or injury to persons, follow these instructions:

- Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Health related injuries may result from incorrect or excessive use of exercise equipment.
- 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.
- Equipment should be immediately taken out of use if it fails to work properly or when a warning is presented electronically.
- 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 move the equipment by lifting the console. Do not use the console as a handlebar during a workout.
- This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).
- Keep equipment stable on flat ground.
- Risk of personal injury-crushing hazard when equipment is in operation. Keep feet, hands, and fingers away from moving parts.
- Replace warning labels that may be worn, damaged, or missing.
- Replace any non-working or damaged components, remove the unit from service until repair is performed.
- Do not operate the equipment while being covered with a blanket, pillow, plastic, or anything that insulates or stops airflow. Keep air openings free of lint, hair or any obstructing material.
- To avoid serious injury, remove and store the power cord when the machine is not in use.
- This appliance should never be left unattended when plugged in.
- Do not use any type of extension cord with this product.
- 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.
- Use a TRUE AC power cord or AC/DC adapter only.
- 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.
- This product must be connected to a properly grounded electrical outlet.
- To disconnect, turn power OFF at the ON/OFF switch if applicable, then remove plug from electrical outlet. On the machine power switch, (⏻) means that the machine power is **ON** and (⏻) means the machine power is **OFF**.

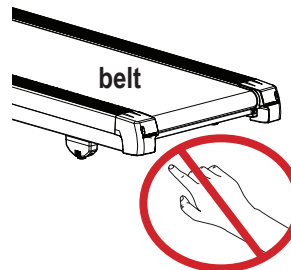


- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact TRUE product support.
- Any changes or modifications to this equipment could void the product warranty.
- 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.
- Do not use this product outdoors, near water, while wet, or in areas of high humidity including extreme temperature changes.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.
- This equipment is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instruction concerning use of the equipment by a person responsible for their safety.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- 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.
- To avoid injury, attach the safety clip to clothing before use.
- When mounting the treadmill, ensure the treadmill belt is not running.
- Use handlebars to maintain balance when mounting and dismounting the treadmill and for additional stability while exercising.
- To avoid injury, stand on the side rails before starting the equipment.

- 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.
- 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.
- Do not use typing or web surfing features at excessive speeds. Always stabilize yourself when using typing or web surfing features. (Varies by console option.)
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Always follow the console instructions for proper operation.
- Do not use the contact heart rate grips as a handlebar during a workout.
- Avoid exiting equipment while leaving the tread belt in motion.
- Never walk or jog backwards on the equipment.
- Allow only one person at a time on the equipment while it's operating.
- Do not allow animals on or near the equipment while in operation.
- 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 reach into or underneath the unit, or tip it on its side during operation.
- Do not use if you have a cold or fever.
- Do not change the incline of the equipment by placing objects under it.
- Do not use attachments not recommended by the manufacturer.
- Allow only trained personnel to service this equipment.



- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- Do not remove the motor cover or you may risk injury due to electric shock. Please contact TRUE product support if the motor area needs servicing.
- Noise emission under load is higher than without load. A-weighted emission sound pressure level at the trainer's ear: 67 dBA.

## POWER REQUIREMENTS

Read and understand all instructions before plugging any TRUE power cord into an electrical outlet.

### DEDICATED LINE

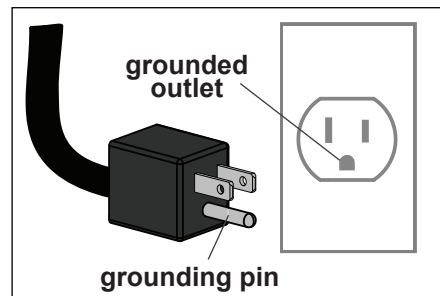
This product requires a dedicated line. A dedicated line assures that adequate power is available for safe operation over the life of your TRUE product.


### GROUNDING INSTRUCTIONS

This product must be grounded. If the product malfunctions or breakdowns, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

#### **⚠ DANGER:**

- Improper connection of the equipment grounding conductor can result in risk of electrical shock.
- Check with a qualified electrician or service provider if you are in doubt as to whether the equipment is properly grounded or installed on a dedicated line.
- Seek a qualified electrician to perform any modifications to the cord or plug. TRUE is not responsible for injuries or damages as a result of cord or plug modification.
- To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded 110V or 220V electrical outlet. The voltage required for your unit is located on the serial number decal (usually on the front of the unit). Depending on where you live voltage requirements differ.
- Some TRUE products require a circuit rated 110V, 60 Hz, and 20 amps. In the United States, most residential homes have circuits rated 110V, 60 Hz, and 15 amps. If your unit requires a 20 amp outlet, contact an electrician to install a dedicated 20 amp circuit prior to use.
- **110 Volt**—This model is for use on a nominal 110V circuit and has a grounding plug that looks like the plug illustrated below. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

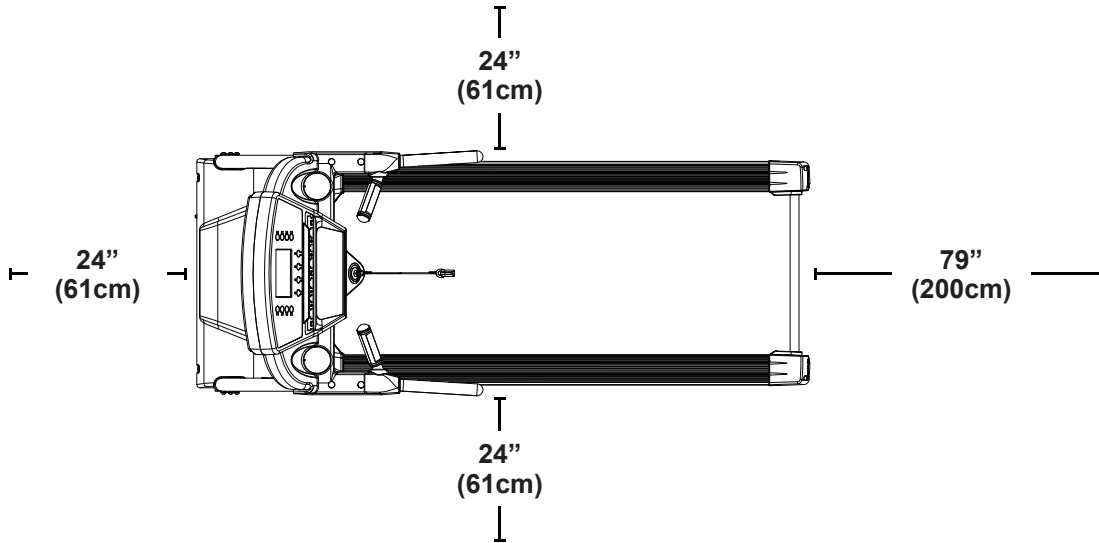


Power Information						
Model	Line Voltage (V)	Frequency (Hz)	Rated Current (Amps)	Number of Units per Circuit	Plug/Outlet*	Max Power Dissipation (Watt)
TM50-23	110	50/60Hz	15	Dedicated 1	NEMA 5-15 	1230

\*The plug configuration for the power adapter may vary by country.

## SPACE REQUIREMENTS

TRUE recommends leaving a minimum of 24" (61cm) on each side of the equipment and a 79" (200cm) safety zone at the rear of the equipment.



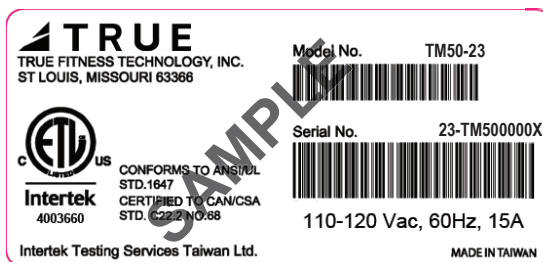
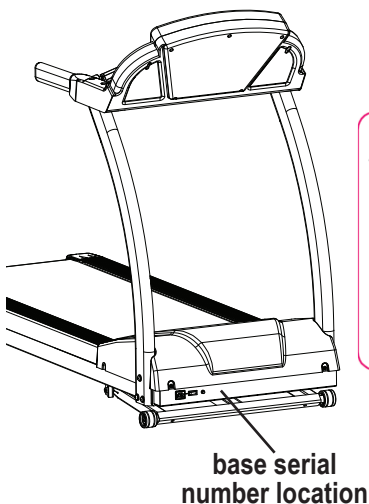
## SPECIFICATIONS

- DIMENSIONS (L X W X H)**  
 74" x 29.5" x 54" / 187 cm x 74 cm x 138 cm
- MACHINE WEIGHT**  
 220 lbs / 100 kg
- MAXIMUM USER WEIGHT**  
 300 lbs / 136 kg

## WARNING DECALS

**⚠ WARNING:** Replace warning labels that may be worn, damaged, or missing.

To replace any worn or missing decals contact TRUE product support ([service@truefitness.com](mailto:service@truefitness.com) // 800.883.8783).



**⚠ WARNING!**

Read and understand all instructions and warnings prior to use.

**AVERTISSEMENT!**  
 Prenez connaissance du manuel d'instruction et consigne de sécurité avant l'utilisation.

- Death or serious injury can result if caution is not used while exercising.
- Heart rate display may be inaccurate and should be used for reference only.
- Stop exercise if you feel faint, dizzy, or experience pain.
- Obtain medical exam before beginning any exercise program.
- Care should be used when mounting or dismounting machine.
- Keep children away at all times.

**FOR TREADMILL USE:**

- Straddle treadmill before starting.
- Read, understand, and test the emergency stop procedures before use.
- **ALWAYS ATTACH THE EMERGENCY STOP SAFETY CLIP TO CLOTHING PRIOR TO USE!**
- Prior to use, inspect safety clip cord to ensure it is free of tangles or knots, and that red magnetic key will easily disengage from machine.

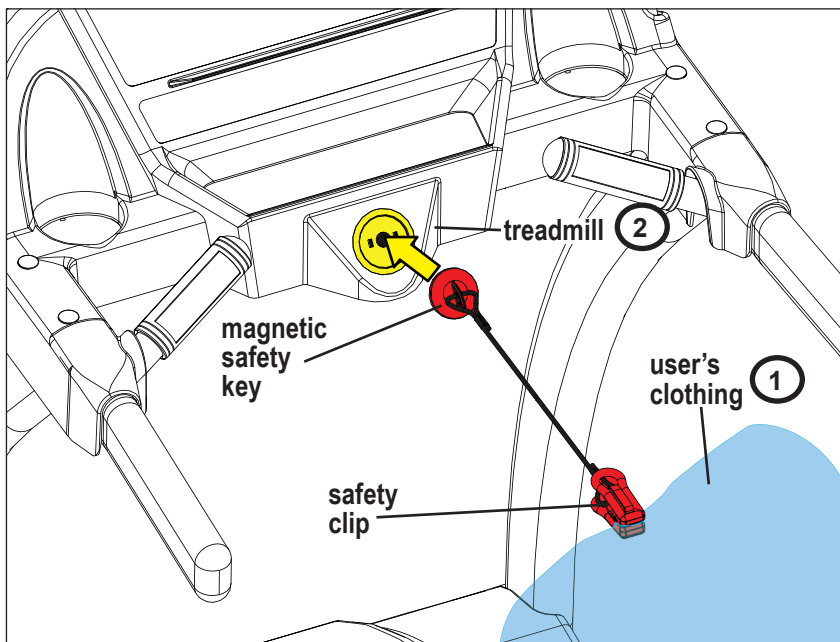
## COMPLIANCES

This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit [www.truefitness.com](http://www.truefitness.com).

## USE OF THE SAFETY KEY

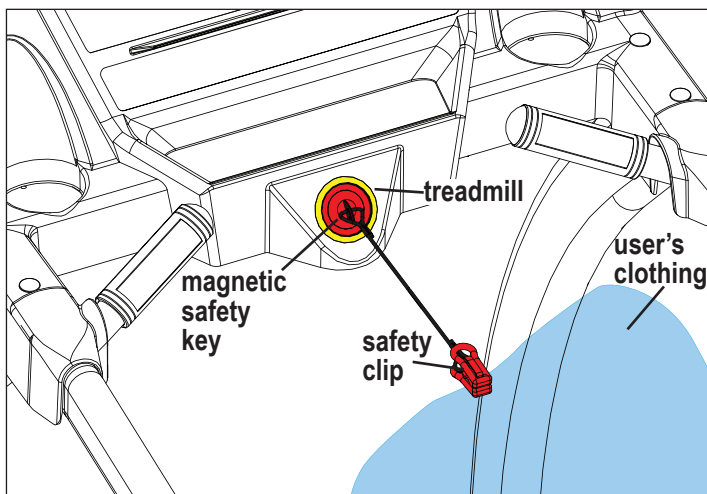
The safety key is a tethered device that attaches to the user and the treadmill. Removal of the safety key from the treadmill will stop belt motion to prevent injury if the user is unable to continue.

1. Attach the safety clip to your clothing before each workout and when treadmill is in use.
2. Attach the magnetic safety key to the treadmill.



### ⚠ CAUTION:

To prevent potential injury to the user, the safety key must be attached to the treadmill and clipped to the user. The machine will not operate if the safety key is not attached to the treadmill.



# ASSEMBLY INSTRUCTIONS

 **NOTE:** Supplemental video available on vimeo.com: <https://vimeo.com/875664923?share=copy>

## PREASSEMBLY CHECKLIST

### 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.

**⚠ 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.

### ⚠ CAUTION:



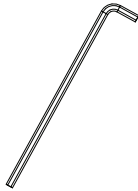
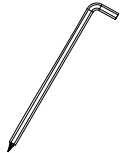
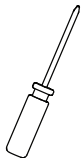
Use caution when assembling the treadmill. Unpacking and assembling of this treadmill is a two person task.


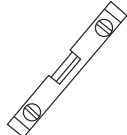


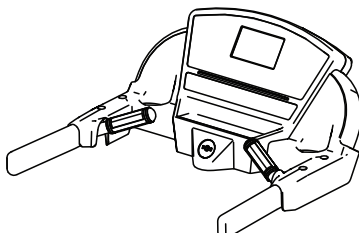
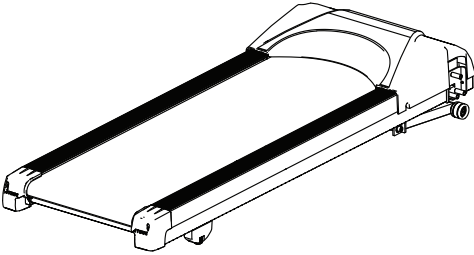


Use caution when unpacking this product. Avoid damage to the product. **DO NOT** use a box cutter. **DO NOT** slice into the packaging.

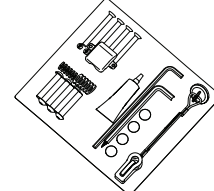

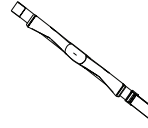
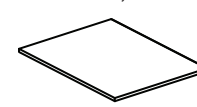
### VERIFY BOX CONTENTS

**IMPORTANT!** Please verify box contents. If you have questions, or if there are any missing parts, contact product support ([service@truefitness.com](mailto:service@truefitness.com) // 800.883.8783).

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
6mm Allen Wrench		YES
Combination 5mm Allen Wrench and Screwdriver		YES
#2 Phillips Screwdriver (recommended)		NO

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
Wire Cutters (used in unboxing the machine)		NO
Level (recommended)		NO

Box Contents		
Part	Description	Qty
N/A	ASSEMBLY, CONSOLE/HAND RAILS/ CUP HOLDERS 	1
N/A	ASSEMBLY, BASE 	1
TM0170	SUBASSEMBLY, PEDESTAL RIGHT 	1
TM0160	SUBASSEMBLY, PEDESTAL LEFT 	1

Box Contents		
Part	Description	Qty
TM1300	HARDWARE PACK 	1
PS0036A	POWER CORD, RIGHT ANGLE, PS 300CM 	1
XM0137	ASSEMBLY, POLAR CHEST STRAP, T34, XHA-T34 	1
MAN- TM50-23	MANUAL, TM50-23 	1

#### TM1300 Hardware Pack Contents

Part	Description	Qty
C1426	BHCS, M10-1.5 X 55MM, BLK	6
TM0220_001	WIRE COVER	1
TM0980	SUBASSEMBLY, SAFETY KEY	1
TM0980	SAFETY CORD	1
TM1300_003	5MM ALLEN WRENCH / SCREWDRIVER	1
TM1300_004	6MM ALLEN WRENCH	1
TM1300_005	TREAD LUBE	1
TI0056	SCREW, MACHINE M4X0.7 X 10MM BLK	2
C1417	FHCS, M8 X 75MM, BLK	4
VC90166	WASHER, FLAT, M10 X 22 OD X 2, BLK, ZP	6
TM0500_001	SCREW CAP COVER	4
C 758	LOCK WASHER, 5/16" SPLIT, ZINC	6

## ASSEMBLY STEPS

### Step 1—Attach Pedestals and Connect Cables

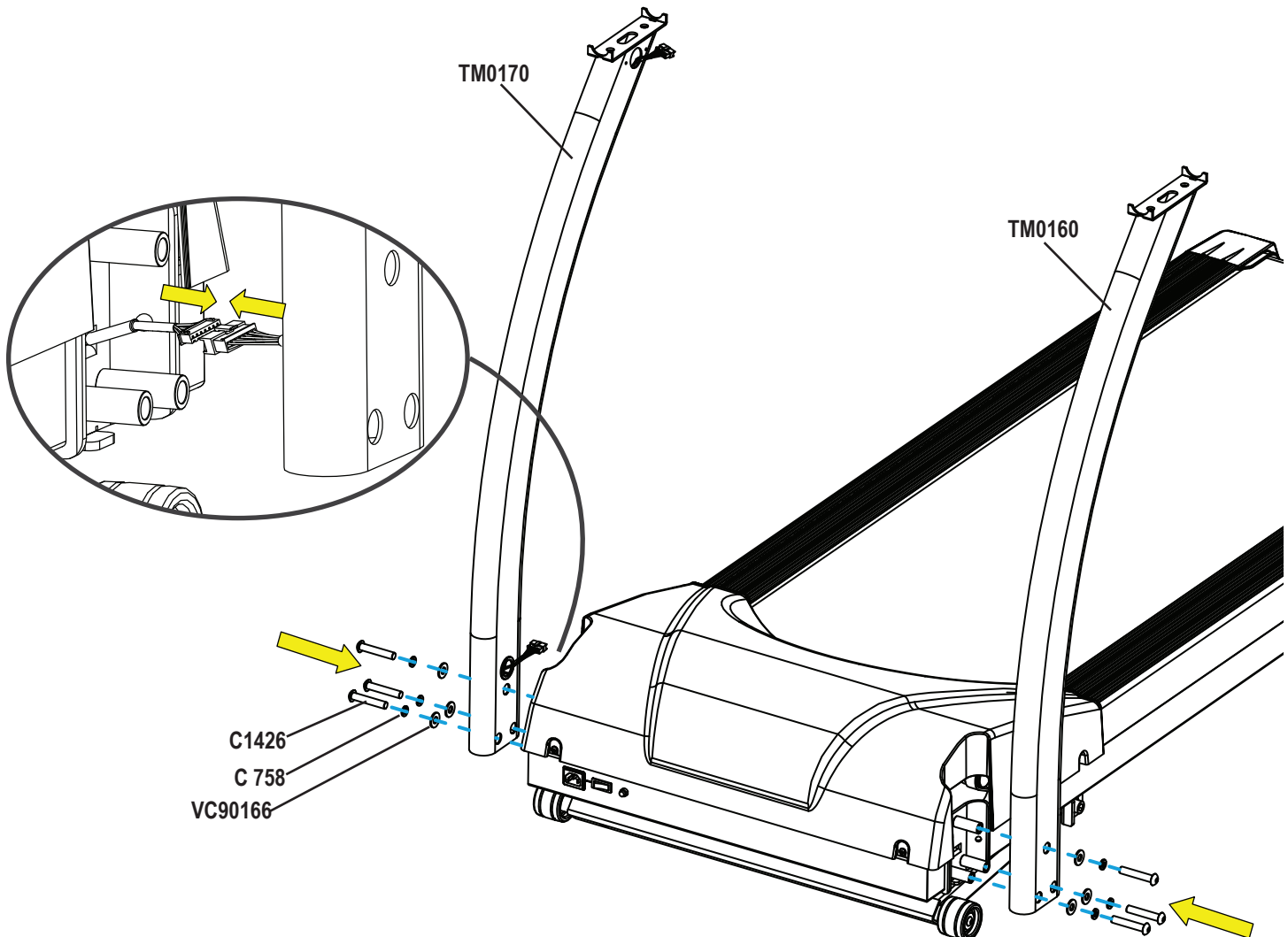
Parts and Tools Used in this Step		
Part	Description	Qty
C1426	BHCS, M10-1.5 X 55MM, BLK	6
VC90166	WASHER, FLAT, M10 X 22 OD X 2, BLK, ZP	6
C 758	LOCK WASHER, 5/16" SPLIT, ZINC	6
TM1300_004	6MM ALLEN WRENCH	1
TM0160	SUBASSEMBLY, PEDESTAL UPRIGHT- LH	1
TM0170	SUBASSEMBLY, PEDESTAL UPRIGHT WITH WIRE GROMMET- RH	1

1. Slide the left and right pedestals onto the frame.
2. Finger tighten, or use the 6mm allen wrench, to loosely attach all six button head cap screws, lock washers, and flat washers securing the pedestals to the frame.

**IMPORTANT! DO NOT fully tighten the hardware until step 4.**

3. Carefully connect the cable from the right pedestal to the cable from the frame.

**IMPORTANT! DO NOT pinch the cables. Keep all cables away from moving parts inside the machine.**

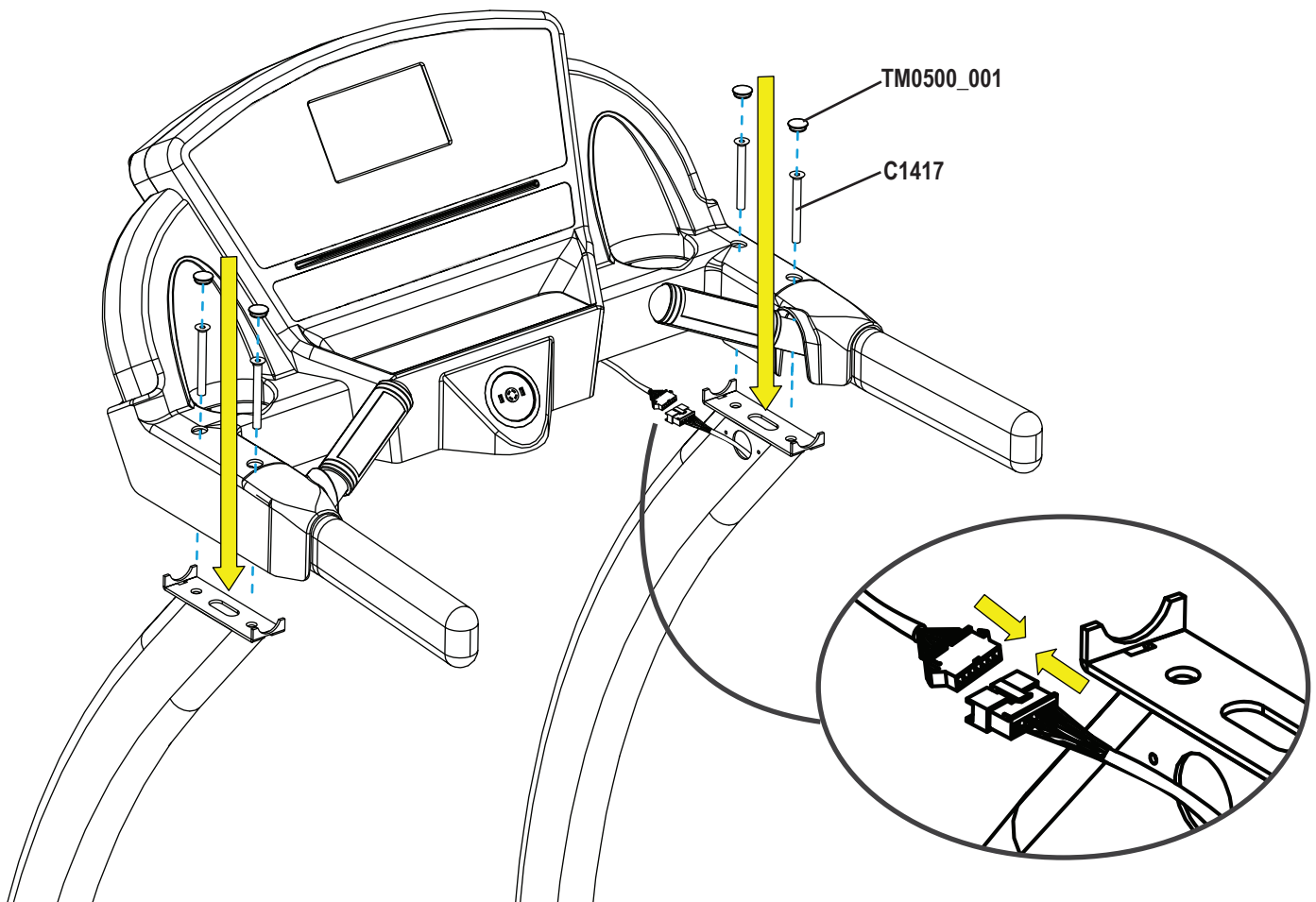


## Step 2—Attach Console Assembly and Connect Cables

Parts and Tools Used in this Step		
Part	Description	Qty
C1417	FHCS, M8 X 75MM, BLK	4
TM0500_001	SCREW CAP COVER	4
TM1300_003	5MM ALLEN WRENCH/SCREWDRIVER	1
N/A	ASSEMBLY, CONSOLE/HAND RAILS/CUP HOLDERS	1

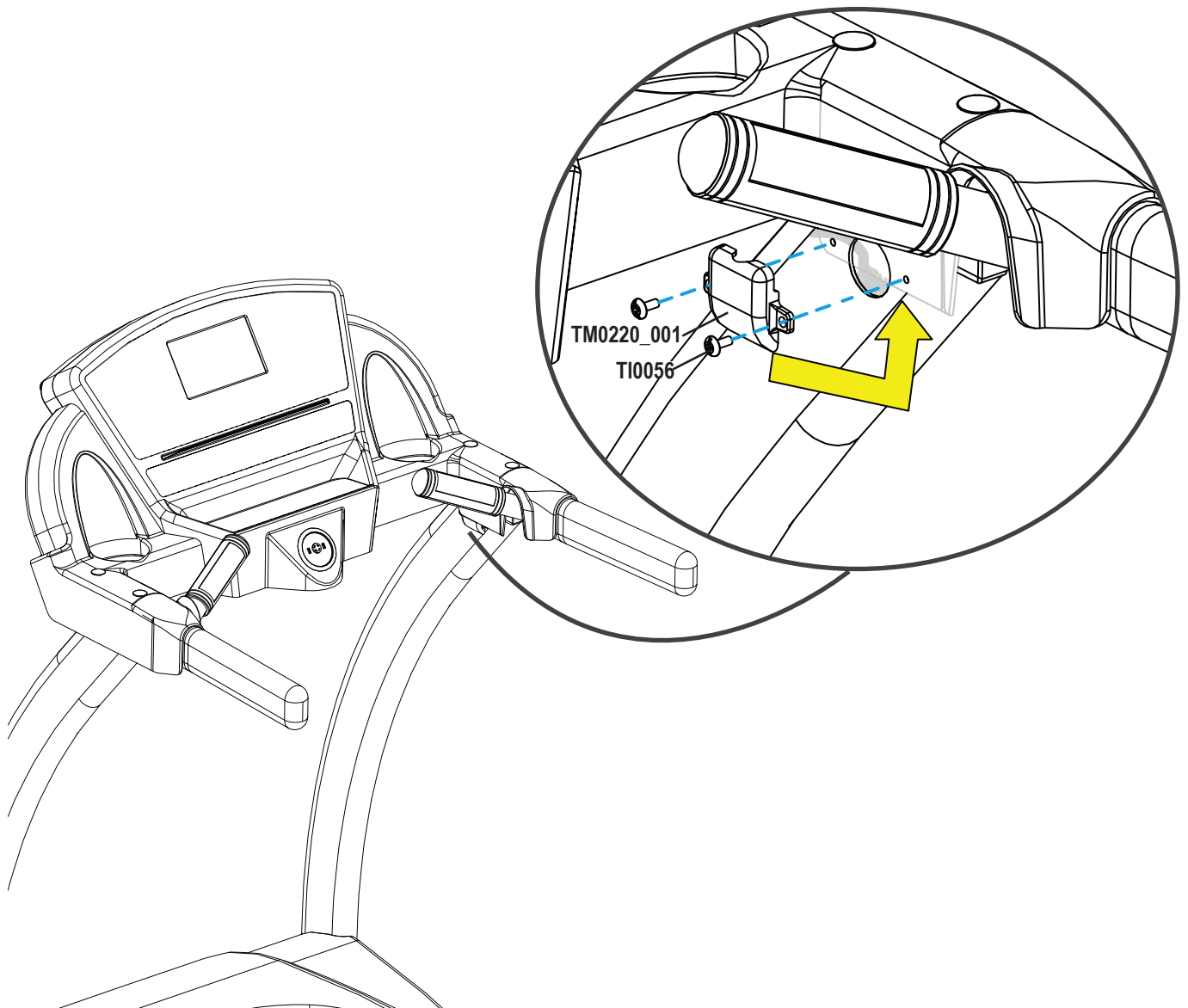
1. Remove the cable tie from the cable on the right pedestal.
2. Place the console assembly onto the left and right pedestals.
3. Loosely fasten all four flat head cap screws to attach the console assembly to the pedestals. When all four screws are in place, use a 5mm allen wrench to fully tighten.
4. Carefully connect the right pedestal and console cables.

**IMPORTANT! DO NOT pinch the cables. Tuck the excess cable length into the right pedestal.**



## Step 3—Attach Wire Cover

Parts and Tools Used in this Step		
Part	Description	Qty
TM0220_001	WIRE COVER	1
TI0056	SCREW, MACHINE M4X0.7 X 10MM BLK	2
TM1300_003	5MM ALLEN WRENCH/SCREWDRIVER	1

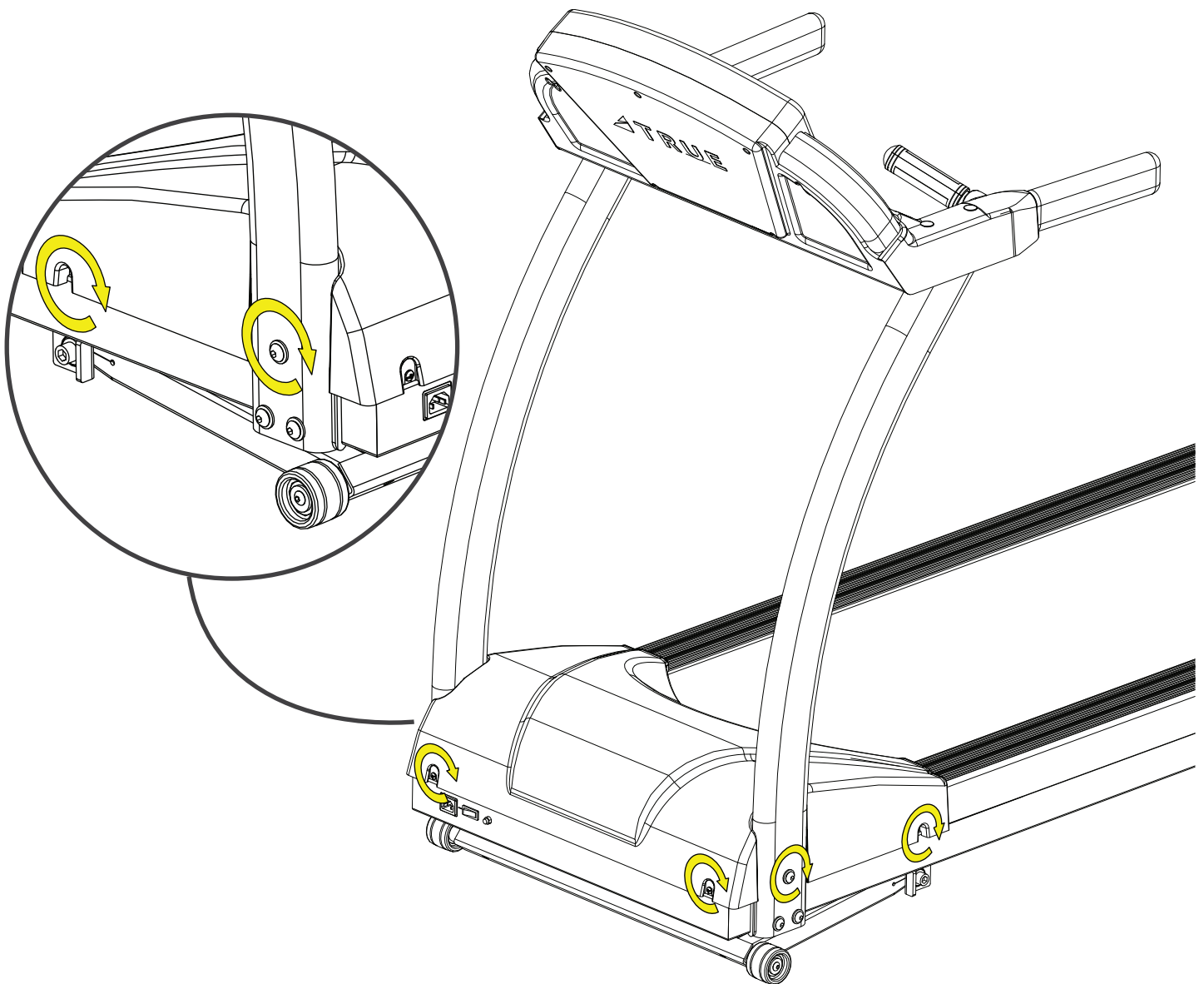




## Step 4—Tighten Hardware

Parts and Tools Used in this Step		
Part	Description	Qty
TM1300_003	5MM ALLEN WRENCH/SCREWDRIVER	1
TM1300_004	6MM ALLEN WRENCH	1

1. Fully tighten the six button head cap screws securing the left and right pedestals to the frame.
2. Fully tighten the four screws securing the motor cover to the frame.

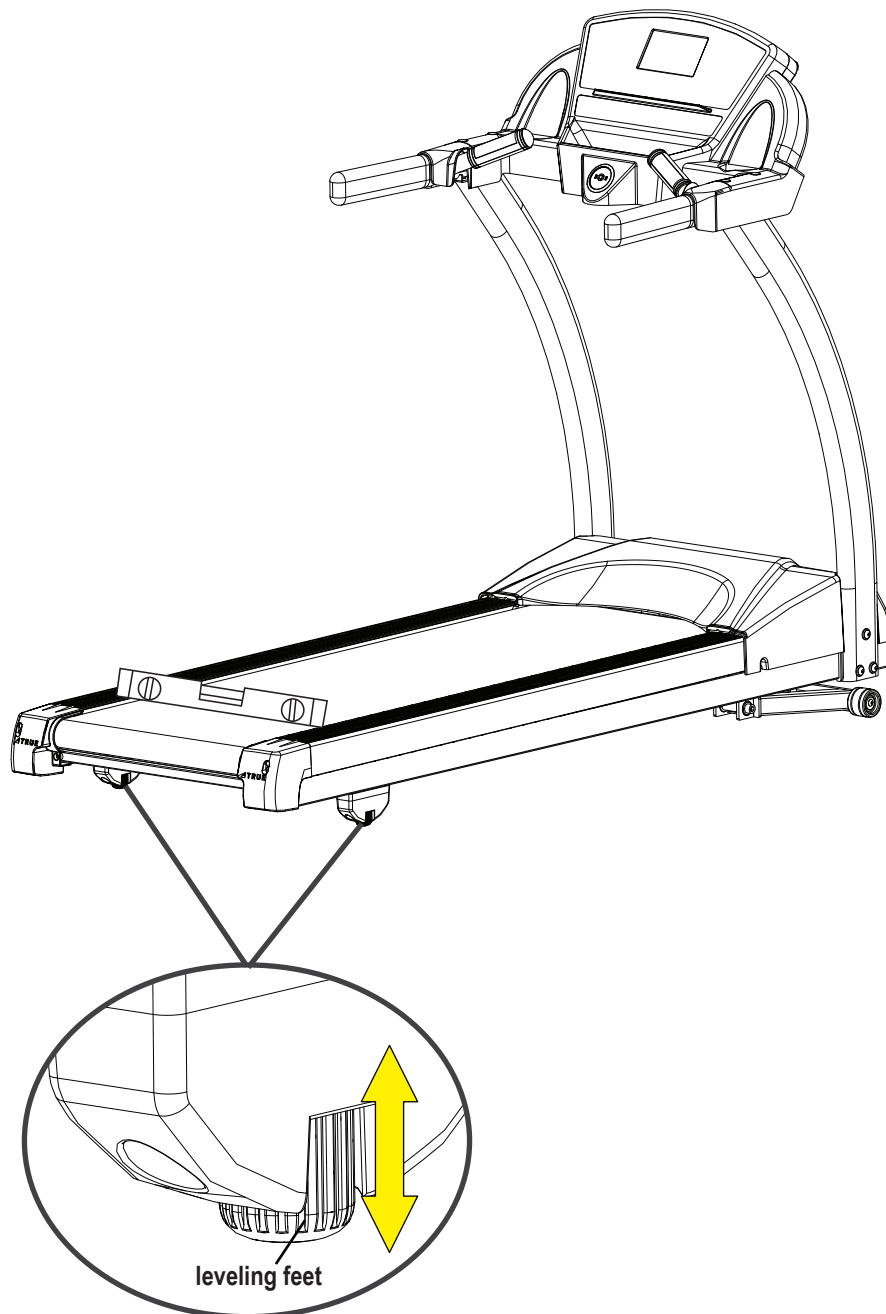


## Step 5—Level the Treadmill

1. Verify the treadmill is resting on the floor and not on any packaging materials.
2. Using a level or estimating by sight, adjust both leveling feet until they contact the floor.

### IMPORTANT!

- Do not adjust the leveling feet to such a height that they detach or unscrew from the machine.
- Always make sure that the running surface is level.
- If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but may not completely compensate for extremely uneven surfaces.



## Step 6—Attach the Safety Key and Power Cord

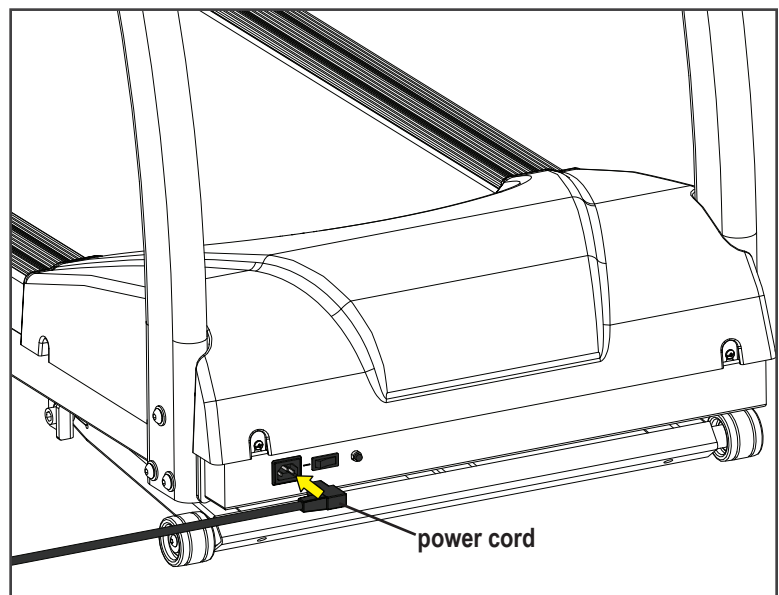
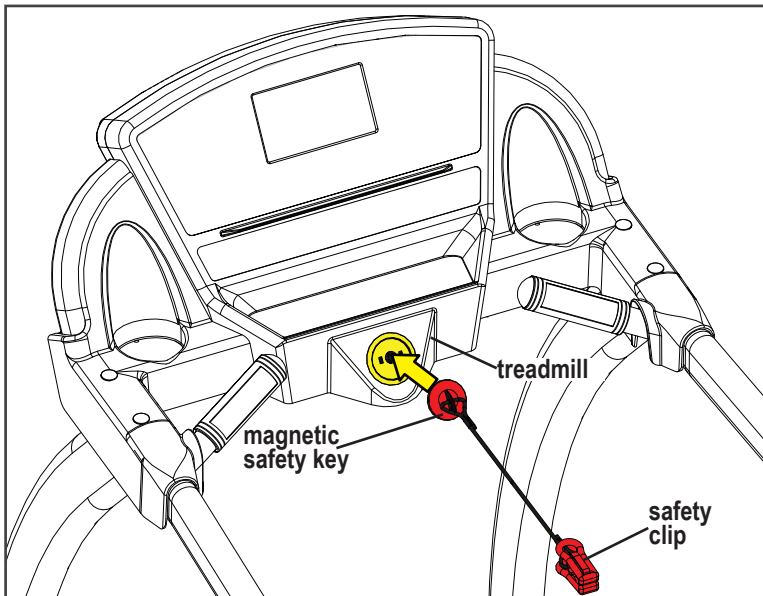
Parts and Tools Used in this Step		
Part	Description	Qty
TM0980	SUBASSEMBLY, SAFETY KEY	1
PS0036A	POWER CORD, RIGHT ANGLE, PS 300CM	1

1. Remove the safety key from the hardware kit.
2. Attach safety key magnet to front of the treadmill.

### IMPORTANT!

- Read the entire Owner's Manual before attempting any workout.
- Attach clip to user's clothing at the beginning of any workout.
- Remove safety key from treadmill after each use.

3. Connect the power cord into the power inlet.



## Step 7—Calibrate the Treadmill

**▲WARNING:** This process will take full control of the treadmill and can be dangerous if caution is not taken.

- Calibration can take up to two minutes to complete.
- Do not stand on the treadmill during the calibration procedure.
- Verify that the machine is free of all parts and tools.
- Keep children and animals at a safe distance.

### To Calibrate the Treadmill

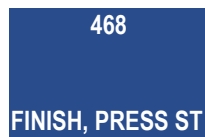
1. Remove the safety key.
2. Press and hold incline up ▲ and down ▼ for approximately 3 seconds until a beep is heard.
3. Re-insert the safety key.
4. Press **Start** to begin the incline calibration.

The console displays AUTO TUNING and runs up and down a range of numbers as it goes through the incline calibration process.

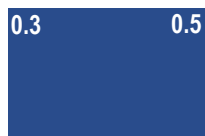
*Example of screens shown:*



When the incline calibration successfully completes, the console shows a rolling display of FINISH, PRESS START TO RUN SPEED.



5. Press **Start** to begin the speed calibration.
6. When the speed on the upper left reaches the target speed of 0.5 MPH on the upper right, press **Start**.



7. When the speed on the upper left is within 0.5 MPH of the target speed of 12.0 MPH on the upper right, press **Start** to finish.



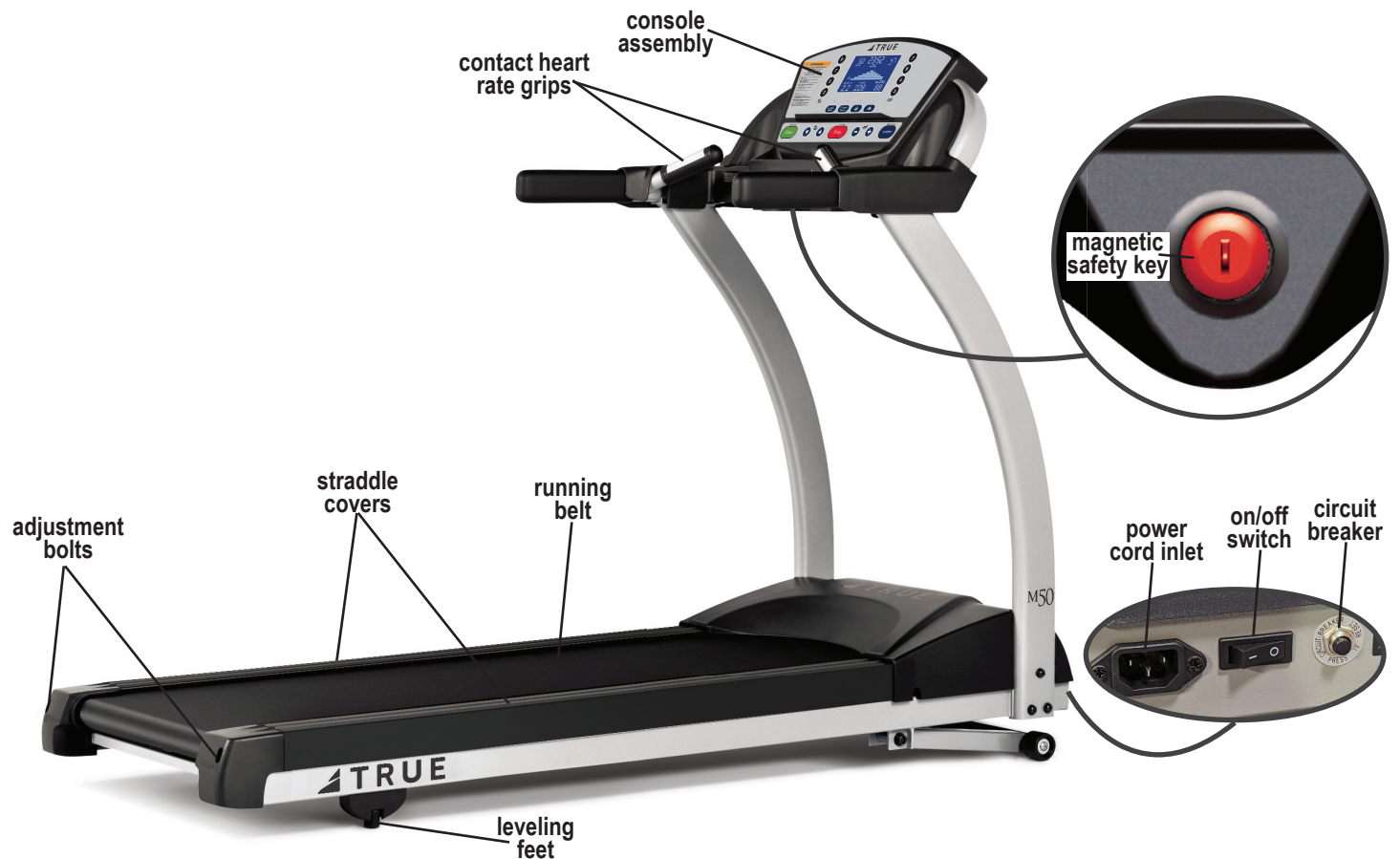
The console shows a rolling display of CALIBRATION SUCCESSFUL.



8. Remove the safety key to exit.
9. Replace the safety key to put the console back into user mode.

## PRODUCT FEATURES

### TREADMILL OVERVIEW



**Console Assembly**—The console allows the user to set up a workout program and control the treadmill during a workout.

**Contact Heart Rate Grips**—Allows the user to check their heart rate without wearing a wireless chest strap.  
**NOTE:** For increased safety and accuracy, this feature should only be used when the belt speed is below 4 mph.

**Safety Key**—A tethered safety device designed to attach to both the user and the treadmill console. Removal of the key from the console will stop belt motion to prevent injury in an emergency.

**NOTE:** The safety key must be in place on the treadmill, and should be attached to the user's clothing. The treadmill will not operate if the safety key is not attached to the treadmill.

**Running Belt**—The moving surface of the treadmill on which the user walks or runs.

**Straddle Covers**—Stationary covers on either side of the belt, which allows the user to safely straddle the belt during startup or in the event of an emergency.

**Belt Adjustment Bolts**—An adjustment system that allows the users to adjust the belt tracking and tension as needed.

**ON/OFF Switch**—Allows users to turn power on or off to the treadmill.

**Circuit Breaker**—A safety device designed to protect the treadmill from excessive electrical current.

**Power Cord Inlet**—Where the power cord plugs in to the treadmill to receive power from the wall outlet.

**Leveling Feet**—An adjustable system used to level the treadmill.

## CONSOLE OVERVIEW



**Console Display**—Used to monitor or control a workout and feature navigation.

**Workout Keys**—Allows the user to select one of the preset workouts, heart rate control workouts or custom workouts.

**Quick Incline Keys**—Use of these keys will allow the user to quickly switch between various preset incline levels with one keystroke.

**Start**—Allows the user to begin a Quick Start workout or preset workout.

**Incline Keys**—Manually increases or decreases the incline of the treadmill.

**Warning Decal**—Important safety information for users to review prior to using the equipment.

**Stop**—Stops/Pauses a workout. Press and hold this key for five seconds to reset the unit.

**Reading Rack**—A ledge on the console can be used to hold a book, magazine, e-reader, or tablet computer during a workout.

**Speed Keys**—Manually increases or decreases the speed of the belt.

**Enter**—Used to confirm a selection in a preset workout.

**Quick Speed Keys**—Use of these keys will allow the user to quickly switch between various preset speeds with one keystroke.

**HRC Cruise**—While in any program, Cruise Control will allow the user to set current heart rate as 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.

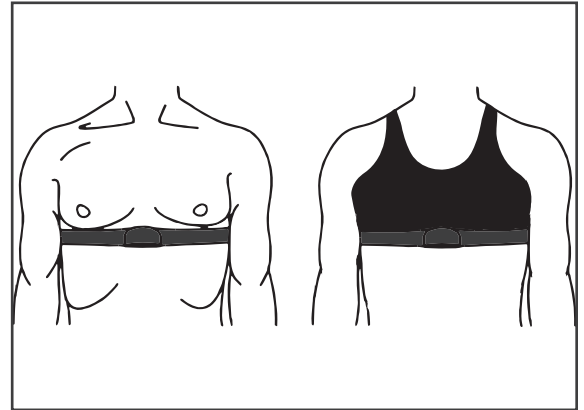
## CONSOLE PROGRAMMING AND OPERATION

### HEART RATE MONITORING

This treadmill can monitor a user's heart rate using 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 treadmill via radio, and the console reads the user's heart rate.

#### Chest Strap Heart Rate Monitoring

Although this treadmill functions fine without using the heart rate monitoring feature, this kind of monitoring gives valuable feedback on the user's effort level. Using chest strap allows users to use Heart Rate Control, the most advanced exercise control system available. When users wear a Polar® compatible transmitter strap or a Bluetooth transmitter, the treadmill will display the user's heart rate as a digital beats-per-minute (bpm) readout. A chest 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.



**NOTE:** The chest strap produces a radio signal that the treadmill 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).

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

**▲CAUTION:** Do not use the contact heart rate grips as a handlebar during a workout.

### HEART RATE CONTROL (HRC)

You are now the owner of the most sophisticated Heart Rate Control (HRC) treadmill available. TRUE HRC is unique and patented. It accommodates users from rehabilitation to world class athletes, and all those in between. TRUE HRC allows 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 beginning the HRC workout. As users approach their target heart rate, the treadmill's computer automatically takes over and changes the speed and/or incline automatically to keep users near their target heart rate. This allows 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 Heart Rate Control (HRC) workouts let the treadmill 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 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 treadmill 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 treadmill is in full Manual Control mode. Users should gradually increase the workout intensity to slowly raise their heart rate to within 10 beats per minute (bpm) of their target heart rate. The treadmill 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 allows the body to adapt to the workout. Increasing the workout intensity gradually will allow the user to enter the Heart Rate Control 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

The treadmill takes 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 treadmill alternates between work and rest intervals.

## Cool Down

At the end of the workout time or distance, the treadmill reduces the workout intensity by half and goes back into Manual Control mode, where users directly control their cooldown.

# PROGRAM DESCRIPTIONS

## Quick Start

A workout in which the user controls all settings. The workout continues until it is ended by the user.

1. Press **Start** to begin the workout.
2. Adjust speed or incline at any time by using the dedicated speed and incline keys.
3. Pause the workout by pressing the **Stop** key.

## Manual

Users enter their weight, workout time or distance. The user controls both the speed and incline of the treadmill throughout the workout.

1. Press **PRESET WORKOUTS** until MANUAL is displayed, and then press **Enter**.
2. Use + or – to adjust weight and press **Enter**.
3. Use + or – to adjust time and press **Enter**.
4. Use + or – to adjust distance and press **Enter**.
5. Use + or – to adjust speed and press **Enter**.
6. Use ▲ or ▼ to adjust incline and press **Enter**.
7. Press **Start** to begin the program.
8. Adjust speed or incline at any time by using the dedicated speed and incline keys.
9. Pause the workout by pressing the **Stop** key.



### Hill Intervals

Hill Intervals makes changes to the incline in 2-minute segments with the speed remaining constant. Users can make adjustments to the speed during the workout. Speed changes are permanent; incline changes affect the current 2-minute segment only.

1. Press **PRESET WORKOUTS** until SPEED INTERVALS is displayed, and then press **Enter**.
2. Use + or – to adjust weight and press **Enter**.
3. Use + or – to adjust time and press **Enter**.
4. Use + or – to adjust distance and press **Enter**.
5. Use + or – to adjust level\* and press **Enter**.
6. Use + or – to adjust speed and press **Enter**.
7. Press **Start** to begin the program.
8. Pause the workout by pressing the **Stop** key.

\*Levels apply to incline only in this workout. Level 1 begins at a max incline of 1.0%. Each level increases the max incline by 0.5%.

### 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. Speed changes are permanent; incline changes affect the current segment only.

1. Press **PRESET WORKOUTS** until GLUTE BUSTER is displayed, and then press **Enter**.
2. Use + or – to adjust weight and press **Enter**.
3. Use + or – to adjust time and press **Enter**.
4. Use + or – to adjust level and press **Enter**.
5. Press **Start** to begin the program.
6. Pause the workout by pressing the **Stop** key.

Level	Max Speed	Max Incline
1	2.4 mph	4.0%
2	2.8 mph	5.0%
3	3.2 mph	6.0%
4	3.6 mph	7.0%
5	4.2 mph	8.0%
6	4.6 mph	9.0%
7	5.0 mph	10.0%
8	5.4 mph	11.0%
9	6.0 mph	12.0%

### Leg Shaper

Speed changes in this workout to emphasize the leg muscles with added intensity. Users can make adjustments to the incline during the workout. Incline changes are permanent; Speed changes affect the current segment only.

1. Press **PRESET WORKOUTS** until LEG SHAPER is displayed, and then press **Enter**.
2. Use + or – to adjust weight and press **Enter**.
3. Use + or – to adjust time and press **Enter**.
4. Use + or – to adjust level and press **Enter**.
5. Press **Start** to begin the program.
6. Pause the workout by pressing the **Stop** key.

Level	Max Speed	Max Incline
1	2.6 mph	2.0%
2	2.8 mph	3.0%
3	3.0 mph	4.0%
4	3.2 mph	5.0%
5	3.4 mph	6.0%
6	3.6 mph	7.0%
7	3.8 mph	8.0%
8	4.2 mph	9.0%
9	4.4 mph	10.0%

### Cardio Challenge

Speed changes in this workout to emphasize the leg muscles with added intensity. Users can make adjustments to the incline during the workout. Incline changes are permanent; Speed changes affect the current segment only.

1. Press **PRESET WORKOUTS** until LEG SHAPER is displayed, and then press **Enter**.
2. Use + or – to adjust weight and press **Enter**.
3. Use + or – to adjust time and press **Enter**.
4. Use + or – to adjust max speed and press **Enter**.
5. Use + or – to adjust level\* and press **Enter**.
6. Press **Start** to begin the program.
7. Pause the workout by pressing the **Stop** key.
8. Pause the workout by pressing the **Stop** key.

\*Levels apply to incline only in this workout. Level 1 begins at a max incline of 4.5%. Each level increases the max incline by 0.5%.

### Speed Intervals

Walking or running speed intervals that are in 1-minute segments. Users can make adjustments to the incline during the workout. Incline changes are permanent; Speed changes affect the current 1-minute segment only.

1. Press **PRESET WORKOUTS** until SPEED INTERVALS is displayed, and then press **Enter**.
2. Use + or – to adjust weight and press **Enter**.
3. Use + or – to adjust time and press **Enter**.
4. Use + or – to adjust work speed and press **Enter**.
5. Use + or – to adjust rest speed and press **Enter**.
6. Press **Start** to begin the program.
7. Pause the workout by pressing the **Stop** key.

### Speed Ramp

Speed increases to a maximum at the mid-point of the workout, then decreases to the finish. Users can make adjustments to the incline during the workout. Incline changes are permanent; Speed changes affect the current segment only.

1. Press **PRESET WORKOUTS** until SPEED RAMP is displayed, and then press **Enter**.
2. Use + or – to adjust weight and press **Enter**.
3. Use + or – to adjust time and press **Enter**.
4. Use + or – to adjust max speed and press **Enter**.
5. Use + or – to adjust incline and press **Enter**.
6. Press **Start** to begin the program.
7. Pause the workout by pressing the **Stop** key.

### HRC Target

Users choose their target heart rate. The treadmill 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 treadmill takes over to control speed and incline to maintain heart rate within a few beats of the user's target.

1. Enter a target heart rate using the + and – keys and press **Enter**.
2. Adjust time using numeric keys or + and – keys and press **Enter**.
3. Enter maximum speed and press **Enter**.
4. Enter maximum grade and press **Enter**.
5. Press **Start** to begin the program.

## HRC Cruise Control

While in any program, cruise control will allow the user to set current heart rate as target heart rate by pressing a single button. The cruise control program takes control of speed and incline to maintain the users target heart rate. If beats per minute exceeds the target by more than 12 bpm the workout will end and cool down will begin.

## Custom Workouts 1-2

This workout is user defined. There is a range of 1-60 segments available to the user to build a workout. Each workout segment is adjustable in time from 1-10 minutes in one minute intervals.

1. Press **CUSTOM WORKOUTS** until CUSTOM WORKOUTS is displayed, and then press **Enter**.  
Segment 1 will be displayed.
2. Use + or – to adjust segment time and press **Enter**.
3. Use + or – to adjust segment speed and press **Enter**.
4. Use ▲ or ▼ to adjust segment incline and press **Enter**.  
Segment 2 will be displayed.
5. Use + or – to adjust segment time and press **Enter**.
6. Use + or – to adjust segment speed and press **Enter**.
7. Use ▲ or ▼ to adjust segment incline and press **Enter**.
8. Set up to 60 available segments in a custom workout.
9. Start a custom workout at any time by pressing the **Start** key or after all 60 segments have been set up, the display will prompt PRESS START.

## ADVANCED CONSOLE FUNCTIONS

**▲WARNING:** Misconfiguration of the console may cause damage to the unit and void the manufacturer warranty. If necessary, please contact TRUE product support ([service@truefitness.com](mailto:service@truefitness.com) // 800.883.8783) for assistance.

### Diagnostics Mode

Diagnostics mode contains several tools and information that are useful in diagnosing technical issues.

#### To Enter Diagnostics Mode

1. Remove the safety key.
2. Press and hold the + speed key and then also press and hold the – speed key until the console beeps (approximately 3 seconds).
3. Re-insert the safety key.

#### To Navigate Diagnostics Mode

1. Use the up ▲ and down ▼ incline keys to scroll through the available options.
2. Press **Enter** to make a selection.

#### Diagnostic Options

- Total Time—The total number of hours the unit has been used.
- Total Distance—The total distance the unit has run.
- Average Speed—The overall average speed at which the unit has been used.
- Unit Select—Allows you to choose between metric (kilometers per hour **KM**) and imperial units (miles per hour **MI**). Use the + and – keys to change units. Press **Start** to save your selection.
- Cooldown Time—Adjusts the length of the cooldown workout segment. The default is 2 minutes. Use the + and - keys to choose a time between 1-5 minutes. Press **Start** to save your selection.
- Error Log—Contains a list of recent error codes to assist with troubleshooting.

#### To Exit Diagnostics Mode

Power cycle the unit to exit diagnostics mode.

## Calibration Mode

Calibration mode will conduct a basic test of the drive and incline systems to ensure that they are operating as intended. Calibration may also be used by technicians to troubleshoot system errors.

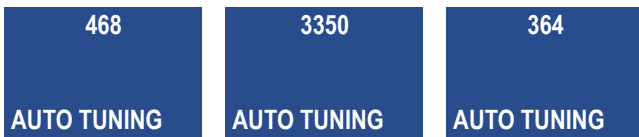
**▲WARNING:** This process will take full control of the treadmill and can be dangerous if caution is not taken.

- Calibration can take up to two minutes to complete.
- Do not stand on the treadmill during the calibration procedure.
- Verify that the machine is free of all parts and tools.
- Keep children and animals at a safe distance.

### To Calibrate the Treadmill

1. Remove the safety key.
2. Press and hold incline up ▲ and down ▼ for approximately 3 seconds until a beep is heard.
3. Re-insert the safety key.
4. Press **Start** to begin the incline calibration.  
The console displays AUTO TUNING and runs up and down a range of numbers as it goes through the incline calibration process.

*Example of screens shown:*



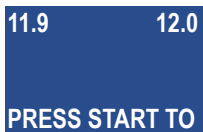
When the incline calibration successfully completes, the console shows a rolling display of FINISH, PRESS START TO RUN SPEED.



5. Press **Start** to begin the speed calibration.
6. When the speed on the upper left reaches the target speed of 0.5 MPH on the upper right, press **Start**.



7. When the speed on the upper left is within 0.5 MPH of the target speed of 12.0 MPH on the upper right, press **Start** to finish.



The console shows a rolling display of CALIBRATION SUCCESSFUL.



8. Remove the safety key to exit.
9. Replace the safety key to put the console back into user mode.

## Production Test Mode

The production test mode contains several tools used in troubleshooting.

### To Enter Production Test Mode

1. Remove the safety key.
2. Press and hold the **Stop** and **Start** keys until the console beeps (approximately 3 seconds).
3. Re-insert the safety key.
4. The console displays EPROM TEST. Press **Start** to show the software version. Press **Stop** to exit.
5. The console displays DISPLAY TEST. Press **Start** to light all the LCD's and LED's on the console. Press **Stop** to exit.
6. The console displays KEY TEST. Press **Start** to begin the test, and then press each key to test it. Press **Stop** to exit.

### To Exit Production Test Mode

Remove the safety key to exit.

## CARE AND MAINTENANCE

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the treadmill as described here could void the TRUE Warranty. To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning or performing any maintenance tasks.

### INSPECTION

TRUE is not responsible for performing or scheduling regular maintenance or inspections. Users should inspect the treadmill daily. Check for worn, frayed or missing safety lanyards. Replace missing or worn safety lanyards immediately. Do not exercise on the treadmill without attaching the safety clip to your clothing. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If any of these are noticed, obtain service. Do not attempt to use the treadmill until proper service has been performed or damaged parts have been replaced.

**IMPORTANT!** If you determine that the treadmill needs service, make sure that the treadmill cannot be used inadvertently. Turn the unit off, and then unplug the power cord from its power source. Remove the magnetic safety key and safety clip and store it in a safe place. Make sure other users know that the treadmill needs service.

To order parts or request service from a TRUE authorized service provider, please contact TRUE product support:

- [www.truefitness.com](http://www.truefitness.com)
- 800.883.8783
- [service@truefitness.com](mailto:service@truefitness.com)

### CLEANING THE EQUIPMENT

#### After Each Use

**Wipe Exposed Surfaces**—Use GymWipes™ Antibacterial wipes or spray a solution of 30 parts water to 1 part mild detergent to dampen a soft cloth and wipe all exposed surfaces.

**Wipe Console**—Use an LCD/screen cleaner or spray a solution of 1 part 91% isopropyl alcohol and 1 part water to dampen a soft cloth and wipe the surface of the console. This helps remove fingerprints, dust, and dirt.

#### Weekly

**Vacuum**—Use a vacuum to remove any dust or dirt that might have accumulated under or around the treadmill, any motor cover vents, and under the straddle covers. Clogged air vents can prevent adequate cooling to the drive motor, incline motor, and motor control board causing a shortened life.

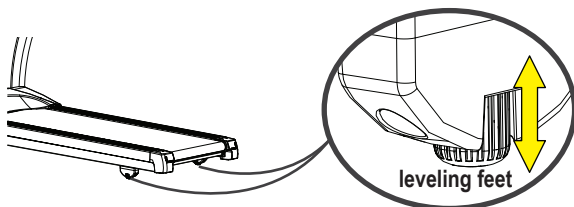
**Inspect Belt**—Check for proper running belt alignment and tension. If running belt adjustment is required, please see the following pages for how to adjust.

### ⚠ CAUTION:

Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the TRUE Warranty. Never pour water or spray liquids on any part of the treadmill. Allow the treadmill to dry completely before using. Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the running belt. Do not clean directly underneath the tread belt. Most of the working mechanisms are protected inside the motor cover and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit's running belt, staging platforms, and internal mechanisms must be as clean as possible.

### LEVELING THE TREADMILL

The treadmill has adjustable rear leveling feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but may not completely compensate for extremely uneven surfaces.



#### IMPORTANT!

- Do not adjust the leveling feet to such a height that they detach or unscrew from the machine.
- Always make sure that the running surface is level.

## RUNNING BELT ALIGNMENT

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, contact TRUE product support:

- [www.truefitness.com](http://www.truefitness.com)
- 800.883.8783
- [service@truefitness.com](mailto:service@truefitness.com)

**IMPORTANT! Damage to the running belt due to improper belt adjustments is not covered under warranty.**

### ⚠ CAUTION:

- Verify the treadmill is level before attempting any belt adjustments. An unstable unit may cause belt misalignment.
- Special care must be taken when aligning the running belt. Turn off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.
- If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the **Stop** key. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should be centered on the running deck. If the belt drifts off center, you must make adjustments.
- For your safety, use the power switch to turn off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.
- Do not turn the adjusting bolt more than  $\frac{1}{4}$  turn at a time. Over tightening the bolt can damage the treadmill and over stretch the belt.

**IMPORTANT! Failure to align the belt may cause the belt to tear or fray, which may not be covered under the TRUE Warranty.**

To stop the running belt:

1. Press the **Stop** key.
2. Turn the treadmill off.

#### If the running belt is too far to the right side:


1. Locate the right side belt adjustment bolt in the rear end cap of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display.)
2. On the right side of the machine, turn the adjustment bolt clockwise  $\frac{1}{4}$  turn.
3. Turn the treadmill on and start the belt at 3 mph (5 kph) keeping off the unit.
4. Allow 2 minutes for the belt to self adjust.

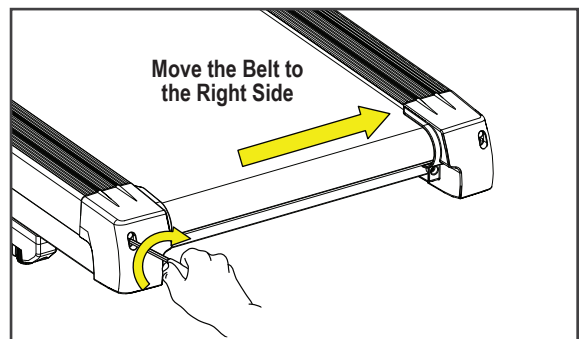
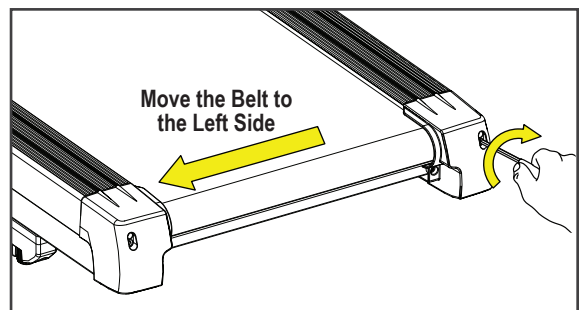
Repeat these steps if additional adjustment is necessary.

#### If the running belt is too far to the left side:

1. Locate the left side belt adjustment bolt in the rear end cap of the treadmill. (To determine left and right, stand at the rear of the treadmill and face the display.)
2. On the left side of the machine, turn the adjustment bolt clockwise  $\frac{1}{4}$  turn.
3. Turn the treadmill on and start the belt at 3 mph (5 kph) keeping off the unit.
4. Allow 2 minutes for the belt to self adjust.

Repeat these steps if additional adjustment is necessary.

Tools Used in this Procedure	
6mm Allen Wrench	



## TENSIONING THE RUNNING BELT

If there is a slipping or jerking sensation when running on the treadmill, the running belt may require tightening. In most cases the belt has stretched from use. Tensioning the belt takes a few simple adjustments. If you are unsure about this procedure, contact TRUE product support:

- [www.truefitness.com](http://www.truefitness.com)
- 800.883.8783
- [service@truefitness.com](mailto:service@truefitness.com)

**IMPORTANT! Damage to the running belt due to improper belt adjustments is not covered under warranty.**

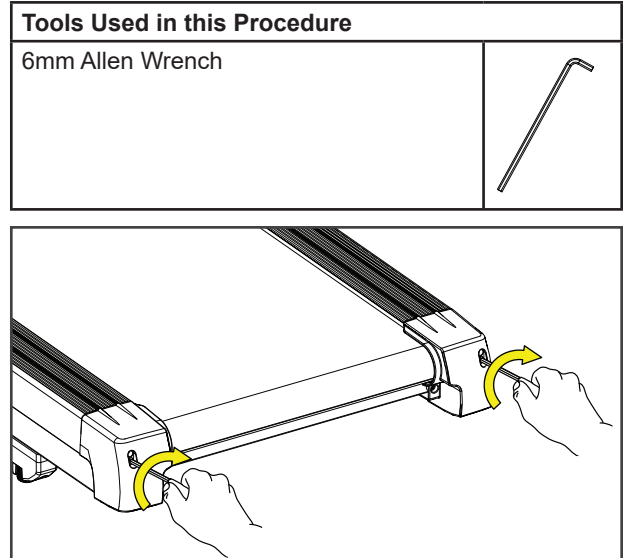
### ⚠ CAUTION:

- Verify the treadmill is level before attempting any belt adjustments. An unstable unit may cause belt misalignment.
- Special care must be taken when tensioning the running belt. Turn off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.
- For your safety, use the power switch to turn off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.
- Do not turn the adjusting bolt more than  $\frac{1}{4}$  turn at a time. Over tightening the bolt can damage the treadmill and over stretch the belt.
- If you tighten the belt and it still slips, the problem could actually be the drive belt, which is located under the motor cover and connects the motor to the front roller. If the drive belt is loose, it feels similar to the walking belt being loose. Tightening the drive belt should only be done by a trained service person, contact TRUE product support for assistance.

### To tension the running belt:

1. Press the **Stop** key.
2. Turn the treadmill off.
3. Locate the adjustment bolts in the rear end caps of the treadmill.
4. On each side of the machine, turn the adjustment bolts clockwise  $\frac{1}{4}$  turn.
5. Turn the treadmill on and start the belt at 3 mph (5 kph) keeping off the unit.
6. Allow 2 minutes for the belt to self adjust.
7. Check to see if the belt is still slipping.

Repeat these steps if additional tensioning is needed.





## LUBRICATING THE TREADMILL

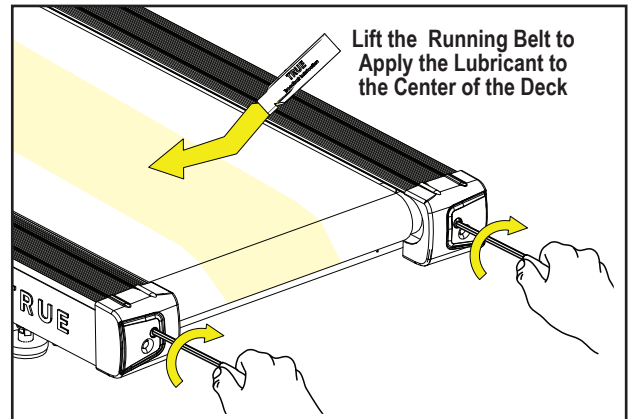
For optimal performance, TRUE recommends lubricating the treadmill running belt and deck with TRUE lubricant every 200 miles.

### To lubricate the deck and belt

1. Press the **Stop** key.
2. Turn the treadmill off.
3. Loosen the belt adjustment bolts in the rear end caps.
4. Lift the belt and apply the lubricant to the center of the deck.
5. Center the belt and re-tension.  
See Tensioning the Running Belt for instructions.
6. Walk on the treadmill at 3 mph (5 kph) for approximately one minute to spread the lubricant evenly through the belt and deck.

Please contact your dealer or TRUE product support to obtain the proper lubrication.

Items Used in this Procedure	
6mm Allen Wrench	
00349000 TRUE Treadmill Lubrication	



## SCHEDULING QUARTERLY PREVENTATIVE MAINTENANCE

TRUE recommends scheduling quarterly preventative maintenance with a qualified service provider. Please contact your dealer or visit [www.truefitness.com](http://www.truefitness.com) to contact a local TRUE authorized service provider.

### Quarterly Preventative Maintenance

- Record time, distance, and hours from the console.
- Check error log in console.
- Check running belt and drive belt tension and tracking.
- Remove the motor cover and vacuum any debris out of the drive motor, speed sensor cage, motor control board, and heat sink motor compartment.
- Move treadmill and vacuum underneath.
- Lubricate elevation pivot points including rear stabilizing feet and the lift motor screw.
- Lubricate running belt and deck.
- Inspect all fasteners.
- Inspect all electrical connections.
- Inspect all components for abnormal or premature wear.

**⚠ CAUTION:** Only use TRUE authorized service providers. Using non-authorized service providers could void the TRUE Warranty.

## LONG TERM STORAGE

When the treadmill is not in use for any length of time, turn it off. Make sure that the power cord is unplugged from the power source and is positioned so that it will not become damaged or interfere with people or other equipment.

### Cleaning and Storing the Chest Strap

Clean the chest strap using a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel. Store the chest strap in a place where it remains free of dust and dirt. Be sure to protect the chest strap from extreme temperatures. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).



## TROUBLESHOOTING

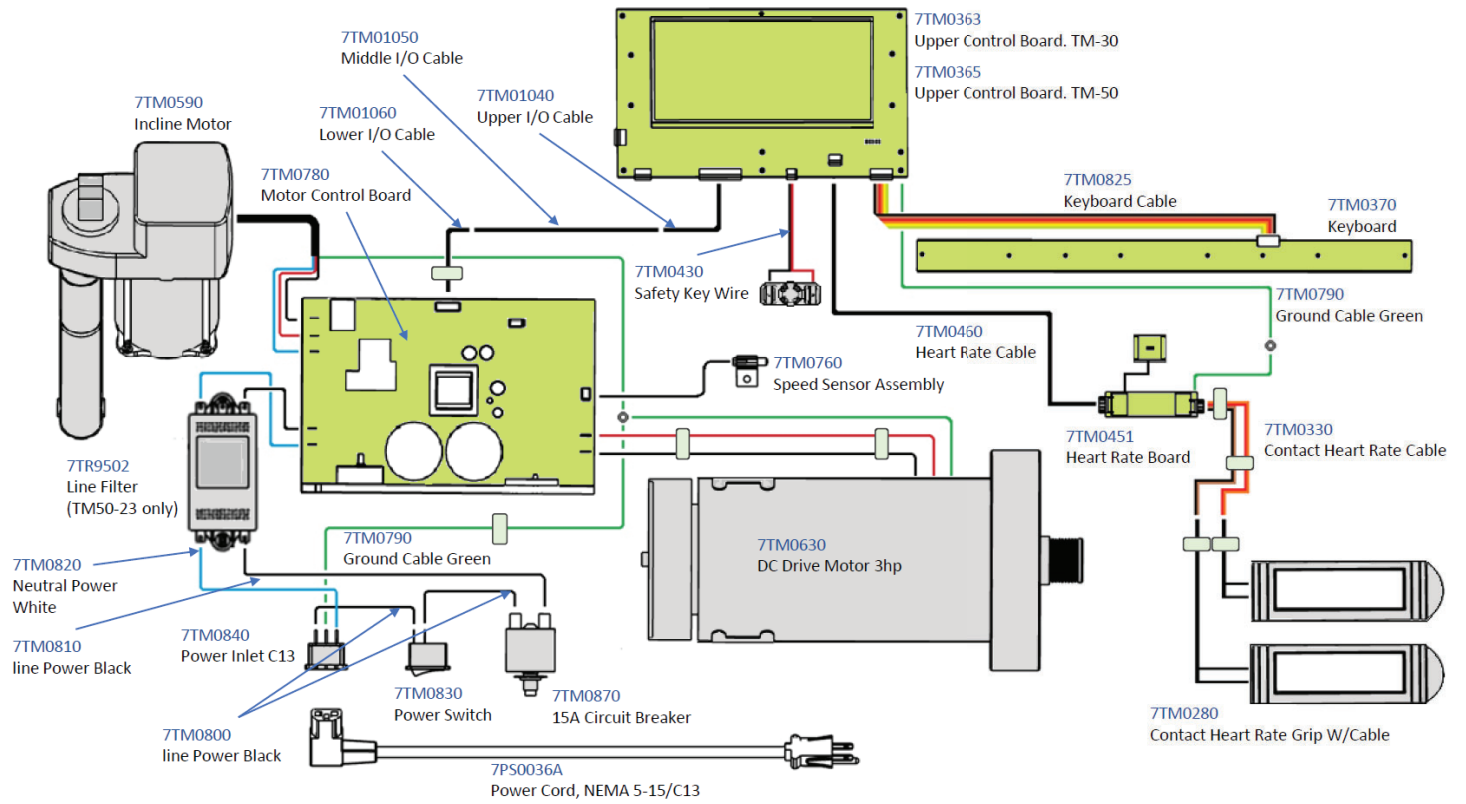
This troubleshooting information is intended to assist in diagnostics only and is not all inclusive. Technical specifications, error codes, and programming are subject to change without notice. TRUE accepts no liability for any damage or loss suffered by persons whom rely wholly or in part on any description or statement contained within this manual. Please visit [www.truefitness.com](http://www.truefitness.com) to obtain the most recent version of all manuals and contact TRUE product support (800-883-8783) for assistance with troubleshooting and diagnostics.

Malfunction	Possible Cause	Corrective Action
No power	<ul style="list-style-type: none"> <li>A. Unit turned off</li> <li>B. Damaged power cord</li> <li>C. Power cord not fully seated in socket</li> <li>D. No power at outlet</li> <li>E. Tripped circuit breaker</li> </ul>	<ul style="list-style-type: none"> <li>A. Verify the On/Off switch is at the ON position</li> <li>B. Replace power cord</li> <li>C. Inspect power connection at the unit and outlet</li> <li>D. Use a voltmeter to verify power at outlet</li> <li>E. The location of the circuit breaker is next to the On/Off switch—verify the circuit breaker is not open—if the breaker is open, reset it</li> </ul>
Unit resets or pauses randomly	<ul style="list-style-type: none"> <li>A. Damaged power cord</li> <li>B. Power cord not fully seated in socket</li> <li>C. Safety key (E-STOP) not fully engaged</li> <li>D. Insufficient power</li> <li>E. Error code is displayed on console</li> <li>F. Pinched or loose main communication cable</li> <li>G. No User Present displayed on screen</li> </ul>	<ul style="list-style-type: none"> <li>A. Replace power cord</li> <li>B. Inspect power connection at the unit and outlet</li> <li>C. Re-engage the safety key to the console</li> <li>D. Verify output voltage from 20A outlet with a voltmeter</li> <li>E. Contact TRUE product support</li> <li>F. Contact TRUE product support</li> <li>G. User weight must be over 90 lbs—verify No User Present settings in console</li> </ul>
Walking belt is off center	<ul style="list-style-type: none"> <li>A. Uneven floor</li> <li>B. Adjust belt tracking</li> </ul>	<ul style="list-style-type: none"> <li>A. Adjust the treadmill rear leveling feet</li> <li>B. See Aligning the Running Belt</li> </ul>
Walking belt hesitates or slips when stepping	<ul style="list-style-type: none"> <li>A. Adjust belt tension</li> <li>B. Lubricate running belt</li> </ul>	<ul style="list-style-type: none"> <li>A. See Tensioning the Running Belt</li> <li>B. See Lubricating the Treadmill</li> </ul>
Rubbing sound from treadmill when in operation	<ul style="list-style-type: none"> <li>A. Walking belt is rubbing a straddle cover</li> <li>B. Foreign object may be stuck under walking belt</li> <li>C. Foreign object may be stuck in motor compartment</li> <li>D. Roller bearings may be damaged</li> <li>E. Drive motor may be damaged</li> <li>F. Drive belt may be misaligned</li> </ul>	<ul style="list-style-type: none"> <li>A. See Aligning the Running Belt</li> <li>B. Inspect under the unit—remove any object that may be under the unit</li> <li>C. Contact TRUE product support</li> <li>D. Contact TRUE product support</li> <li>E. Contact TRUE product support</li> <li>F. Contact TRUE product support</li> </ul>
Heart rate displaying erratically or not displaying	<ul style="list-style-type: none"> <li>A. Transmitter belt contacts are not making good contact with the skin</li> <li>B. Contacts on the transmitter belt are not moist</li> <li>C. Transmitter belt is not within 3 feet (1 meter) of the heart rate receiver</li> <li>D. The battery inside the transmitter belt is depleted</li> <li>E. Another user wearing a compatible transmitter strap is within 3 foot (1 meter) of the unit</li> <li>F. Environmental interference from high voltage power lines, computers, motor driven appliances, cell/cordless phone, or WiFi router</li> </ul>	<ul style="list-style-type: none"> <li>A. Re-adjust the transmitter belt so that it is in full contact with the skin</li> <li>B. Moisten the contacts on the transmitter belt</li> <li>C. Adjust your position on the treadmill so that you are within 3 feet (1 meter) of the console</li> <li>D. Replace the transmitter belt with a compatible transmitter belt</li> <li>E. Move the units so that there is more space between them</li> <li>F. Move the unit to another position within the room or move the cause of the interference until heart rate reading are stable—if the probable source of interference is plugged into the same outlet move the suspect source to another outlet</li> </ul>

Error Code		Description	Cause	Corrective Action
AC-6	Open MCB driver	DC bus driver open	Fuse on LCB is open or MCB failure	<ul style="list-style-type: none"> <li>• Reboot the power</li> <li>• Replace the fuse on MCB</li> <li>• Replace MCB</li> <li>• Contact TRUE product support</li> </ul>
DC-1	Under voltage	DC Input power is lower than specification	DC bus is lower than 100V for 5 seconds	<ul style="list-style-type: none"> <li>• Reboot the power</li> <li>• If AC-6 displays after reboot, replace the fuse on MCB</li> <li>• Using a voltmeter verify AC volts at LCB during use does not drop below 100 volts AC</li> <li>• Test all electrical cables/connections for zero Ohm's</li> <li>• Contact TRUE product support</li> </ul>
DC-3	Voltage overload	Input power exceeds the maximum voltage requirement	Input voltage is greater than 142-VAC and/or DC bus is higher than 190V for 3 seconds	<ul style="list-style-type: none"> <li>• Reboot the power</li> <li>• Using a voltmeter verify AC volts at MCB during use does not exceed 129 volts AC</li> <li>• Test all electrical cables/connections for proper fit</li> <li>• Replace MCB</li> <li>• Contact TRUE product support</li> </ul>
DC-4	Current overload protection	Electrical current exceeds required current continuously	Drive motor current value is higher than 25.3A DC for 20 seconds	<ul style="list-style-type: none"> <li>• Reboot the power</li> <li>• Check I-Limit LED on MCB during use</li> <li>• Test treadmill, belt and deck may be worn</li> <li>• Lubricate running belt and deck with 8ml of TRUE Silax lubricant</li> <li>• Replace running belt and deck</li> <li>• Test drive motor</li> <li>• Replace drive motor</li> <li>• Contact TRUE product support</li> </ul>
DC-5	Over current	Electrical current exceeds maximum current requirement	Drive motor current value is higher than 25.8A DC for 0.1 seconds	<ul style="list-style-type: none"> <li>• Reboot the power</li> <li>• Check I-Limit LED on MCB during use</li> <li>• Test treadmill, belt and deck may be worn</li> <li>• Lubricate running belt and deck with 8ml of TRUE Silax lubricant</li> <li>• Replace running belt and deck</li> <li>• Test drive motor</li> <li>• Replace drive motor</li> <li>• Contact TRUE product support</li> </ul>
DC-6	MCB failure	Bus voltage could not be set in 20 seconds	Fuse on LCB has blown or MCB driver failure	<ul style="list-style-type: none"> <li>• Reboot the power</li> <li>• Replace the fuse on MCB</li> <li>• Replace MCB</li> <li>• Contact TRUE product support</li> </ul>
DC-7	IGBT short circuit protection	Hardware protection cable assembly may be damaged	MCB driver failure	<ul style="list-style-type: none"> <li>• Reboot the power</li> <li>• Replace the fuse on MCB</li> <li>• Contact TRUE product support</li> </ul>
DC-8	Emergency stop input terminal circuit protection	E-Stop signal from UCB not received by MCB	Damaged I/O cables or UCB/MCB	<ul style="list-style-type: none"> <li>• Test I/O cables for continuity or damage</li> <li>• Replace I/O cables</li> <li>• Replace MCB</li> <li>• Replace UCB</li> <li>• Contact TRUE product support</li> </ul>

Error Code		Description	Cause	Corrective Action
DC-9	High drive motor voltage	Voltage of driver motor to MCU was incorrect for 20 seconds	When speed is under 1MPH, use this judged formula for belt over speed.	<ul style="list-style-type: none"> <li>• Reboot the power</li> <li>• Using a voltmeter verify AC volts at MCB during use does not exceed 120 volts AC</li> <li>• Test all electrical cables/connections for proper fit</li> <li>• Lubricate running belt and deck with 8ml of TRUE Silax lubricant</li> <li>• Replace running belt and deck</li> <li>• Replace MCB</li> <li>• Contact TRUE product support</li> </ul>
E1	Incline out of range	Incline motor not set on correct position – A/D count value under the set A/D count Incline A/D count value exceeds high/low limited value	Auto Tune/Calibration not saved or potentiometer signal is lost	<ul style="list-style-type: none"> <li>• Reboot the power</li> <li>• Perform Auto Tune/Calibration</li> <li>• Test I/O cables for continuity or damage</li> <li>• Replace I/O cables</li> <li>• Test incline POT cable for DC volts</li> <li>• Replace incline motor</li> <li>• Contact TRUE product support</li> </ul>
E2	Belt overspeed	Running belt is 10% over target speed for 20 consecutive seconds	Speed command and the actual operating speed exceeds the range check	<ul style="list-style-type: none"> <li>• Reduce incline (may happen at 15% of incline and the user weight is more than 210 lbs or 95.25 kg)</li> <li>• Loose or intermittent RPM signal from speed sensor</li> <li>• Check speed sensor gap</li> <li>• Check for loose or slipping drive belt</li> <li>• Check front roller pulley magnet for cracks</li> <li>• Contact TRUE product support</li> </ul>
E5	RPM time out	No RPM signal input or incorrect signal input	No signal from speed sensor to MCB	<ul style="list-style-type: none"> <li>• Check speed sensor gap</li> <li>• Test speed sensor</li> <li>• Check front roller pulley magnet is in place</li> <li>• Contact TRUE product support</li> </ul>
E9	EEPROM fault	Corrupt EEPROM in upper control board	UCB driver not operating in normal parameters	<ul style="list-style-type: none"> <li>• Reset EEPROM (press and hold STOP and ENTER to reset EEPROM)</li> <li>• Replace the UCB if E9 appears on repower on</li> <li>• Contact TRUE product support</li> </ul>
UART	Communication fault	Communication delay (over 18 seconds)	UCB or MCB driver not operating in normal parameters due to ESD event or driver/cable failure	<ul style="list-style-type: none"> <li>• Check I/O cables for broken connection and/or damage</li> <li>• Replace I/O cables</li> <li>• Check the HR board and ferrites are latest version</li> <li>• Replace HR board and ferrites with latest version</li> <li>• Replace MCB and UCB</li> <li>• Contact TRUE product support</li> </ul>

## WIRING DIAGRAM



## WARRANTY INFORMATION

### Limited Warranty—Motivation TM50-23 Treadmill

SAVE TIME AND REGISTER ONLINE!

<https://shop.truefitness.com/customer-service/warranty-registration/>

**THIS PRODUCT IS INTENDED ONLY FOR USE AS DESCRIBED HEREIN AND THIS LIMITED WARRANTY IS VALID ONLY IN THE UNITED STATES AND CANADA**

All TRUE® Fitness products are distributed by TRUE and are warranted to the original registered product purchaser and the parts of the TRUE product (the “Product”) listed below, under normal use and service, shall be free of manufacturing defects in workmanship and materials only for the period of time beginning from the original date of purchase set forth below.

WARRANTY ITEM	DURATION
Frame	Lifetime*
<b>Parts</b>	
Drive Motor	25 Years
Electrical, Mechanical, and Non-Touch	5 Years
Screen Console	
Wear Items	90 Days
<b>Labor</b>	
Electrical, Mechanical, Console, Drive Motor, and Frame	1 Year
Wear Items	90 Days

#### DO NOT RETURN TO THE RETAILER

TRUE limited warranty service may be obtained by contacting the authorized TRUE dealer from whom the Product was purchased. If the dealer from whom the Product was purchased, is no longer an authorized TRUE dealer, TRUE limited warranty may be obtained by contacting TRUE Product Support:

- [service@truefitness.com](mailto:service@truefitness.com)
- 800.883.8783

Monday - Friday 8:30am - 5:00pm (CST)

#### FRAME

\*This limited warranty on the structural frame does not include paint or coatings. The frame is defined as the serialized base of the unit and does not include any parts that can be removed. Warranty applies to the value of the frame only and does not cover labor, shipping, or other costs associated with removal or replacement of the covered unit. Frame warranty shall not exceed seven years after discontinuation of specific model.

#### DRIVE MOTOR

Drive motor is warranted for defects in material and workmanship for the specified time period. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/ installation, failure to follow instructions and warnings in the owner’s manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance. Drive motor warranty shall not exceed seven years after discontinuation of specific model.

#### REASONABLE AND NECESSARY MAINTENANCE

Reasonable and necessary maintenance includes proper lubrication of the running deck and tread belt area as specified in the owner’s manual. Failure to maintain proper lubrication of the Product will void this limited warranty. Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.

#### ELECTRICAL, MECHANICAL, AND CONSOLES

This limited warranty applies to but may not be limited to the treadmill elevation motor, upper control board, deck, running belt and drive belt. TRUE shall not warrant the performance of the heart rate system on its products, as the heart rate system performance varies, based on user’s physiology, age, method of use, and other factors. This limited warranty shall not apply to software version upgrades, compatibility with third party/aftermarket hardware, software, applications, or websites.

#### WEAR ITEMS

This limited warranty applies to but may not be limited to Coax/TV, HDMI, USB, Mirroring or Ethernet connections, paint/coatings, covers/caps, badges, overlays or safety key.

#### LABOR

Labor is covered for the specified period of time from the date of purchase, unless otherwise expressed within this limited warranty as long as a TRUE authorized service provider performs the service. Service that requires over 50 miles of travel may be subject to additional charges.

SAVE TIME AND REGISTER ONLINE!

<https://shop.truefitness.com/customer-service/warranty-registration/>

**THE TRUE LIMITED WARRANTY IS SUBJECT TO AND WILL BE IN ACCORDANCE WITH THE CONDITIONS SET FORTH BELOW:**

1. This limited warranty is valid for the United States and Canada only.
2. This product is intended for specified use. If this product will not be used in the specified setting, please contact TRUE as this warranty is void, unless otherwise stated and within this warranty.
3. This limited warranty gives you specific legal rights, and your rights may vary from state to state.
4. This limited warranty is in lieu of all other warranties of any kind either expressed or including but not limited to implied warranties of merchant.
5. This limited warranty can be processed only if the warranty registration form is completed on-line; or if the attached form is filled in, signed by the original purchaser, and mailed to TRUE within 30 days of purchaser's receipt of this Product. The serial number must be intact on the Product for this limited warranty to be valid.
6. TRUE will neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall TRUE be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental, or consequential damages arising out of the use of or inability to use this Product.
7. Failure to register this product within 30 days of purchase will result in no servicing or authorization of parts to be shipped.
8. Installation or download of any 3rd party or after-market products will result in voided warranty. Includes but not limited to electrical and mechanical parts, software, or applications.
9. TRUE will ship to any authorized service provider any new or rebuilt replacement part or component, or at our option, replace or refund the Product. Replacement parts are warranted for the remaining portion of the original warranty period.
10. No one is authorized to change, modify, or extend the terms of this limited warranty.
11. This limited warranty applies to the Product only while the Product remains in the possession of the original purchaser and is not transferable.
12. This limited warranty becomes VALID ONLY if the Product is initially assembled/installed by a TRUE authorized dealer/technician (if anyone other than a TRUE authorized dealer/technician initially assembles and installs the Product, this limited warranty will be void unless the written authorization of TRUE is first obtained).
13. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/ installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance (as referenced in the owner's manual). Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
14. This limited warranty applies only to the cost of repair or replacement of parts and does not include labor (beyond the above warranty period), transportation, service, return, and freight charges associated there with except as expressly specified herein.
15. This limited warranty shall not apply to: Service calls to correct installation of the equipment or instruction to owners on how to use the equipment; or any labor costs incurred beyond the applicable labor warranty period.
16. This limited warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
17. **ANY IMPLIED WARRANTY, INCLUDING WITHOUT LIMITATION THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION AND REMEDY TO THE TIME PERIOD COVERED BY THE LIMITED WARRANTY. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.**
18. **THE REMEDIES DESCRIBED HEREIN ARE YOUR SOLE AND EXCLUSIVE REMEDIES AND TRUE'S ENTIRE LIABILITY FOR ANY BREACH OF THIS LIMITED WARRANTY. TRUE'S LIABILITY SHALL UNDER NO CIRCUMSTANCES EXCEED THE ACTUAL AMOUNT PAID BY YOU FOR THE PRODUCT, NOR SHALL TRUE UNDER ANY CIRCUMSTANCES BE LIABLE FOR ANY CONSEQUENTIAL, INCIDENTAL, SPECIAL OR PUNITIVE DAMAGES OR LOSSES, WHETHER DIRECT OR INDIRECT. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.**

**NOTE TO AUTHORIZED WARRANTY LABOR PROVIDERS**—Warranty labor reimbursement or warranty parts rights may not be transferred to, or reassigned to, a third party without the express written consent of TRUE. Even jobbing out warranty labor requires TRUE's written approval.

SAVE TIME AND REGISTER ONLINE!  
<https://shop.truefitness.com/customer-service/warranty-registration/>

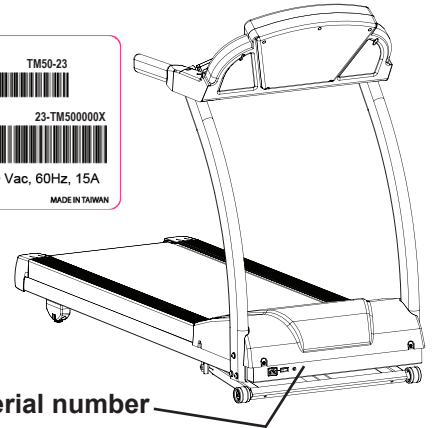
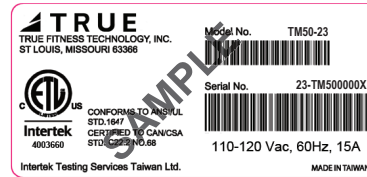
### Warranty Registration

Thank you for purchasing a TRUE product! To validate your product warranty, please register your product within 30 days of purchaser's receipt of this product.

To register your product:

- Go online to: <https://shop.truefitness.com/customer-service/warranty-registration/>  
OR
- Complete the information below and mail to: **TRUE Product Support, 865 Hoff Road, St. Louis, MO 63366**

PLEASE RETAIN THIS PORTION FOR YOUR RECORDS  
**BASE SERIAL NUMBER:**  
**CONSOLE SERIAL NUMBER (IF APPLICABLE):**



### Warranty Registration

Base Serial Number

Console Serial Number (if applicable)

**NOTE:** Some base units require a console serial number.

Purchase Date

Company (if applicable)

Customer Name (First and Last)

Email Address

Phone Number

Street Address

City

State

Postal Code

Country

T R U E F I T N E S S . C O M



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