



VAPOR SURGE CYCLE BIKE

OWNER'S MANUAL AND ASSEMBLY GUIDE

IMPORTANT—PLEASE READ

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 version of this manual, please see our website: <https://truefitness.com/services-support/user-manuals/>

CONTACTING OUR SUPPORT TEAM

To contact TRUE for any of your pre or post installation questions, please call our toll-free numbers Monday – Friday 8:30am – 5:00pm (CST):

- Commercial Direct Customers and Corporate Accounts | 800.868.8783
- Retail Customers and Distributors | 800.883.8783

Or email us:

- Commercial Direct Customers and Corporate Accounts | service.direct@truefitness.com
- Retail Customers and Distributors | service@truefitness.com
- Service International | int.service@truefitness.com

When contacting TRUE, please have the following information ready:

- Serial Number of Unit
- Contact Information—Full Name, Email, and Phone Number
- Address of Facility or Residence
- Detailed Description Regarding Symptom of the Unit (along with pictures or video if applicable)

NOTE: Authorized service providers, dealers, and distributors may also use TRUE's online resource | portal.truefitness.com.

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.

- Phone | 800.426.6570
- Email | sales@truefitness.com
- Hours | 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 | 800.883.8783) or TRUE sales support (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 | 800.883.8783) or TRUE sales support (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 is intended for a commercial or institutional setting. This owner's manual should be accessible to all personal trainers, faculty, and members.

- 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. Usage class: SC.
- This unit is intended for indoor 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 350 lbs / 160 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.

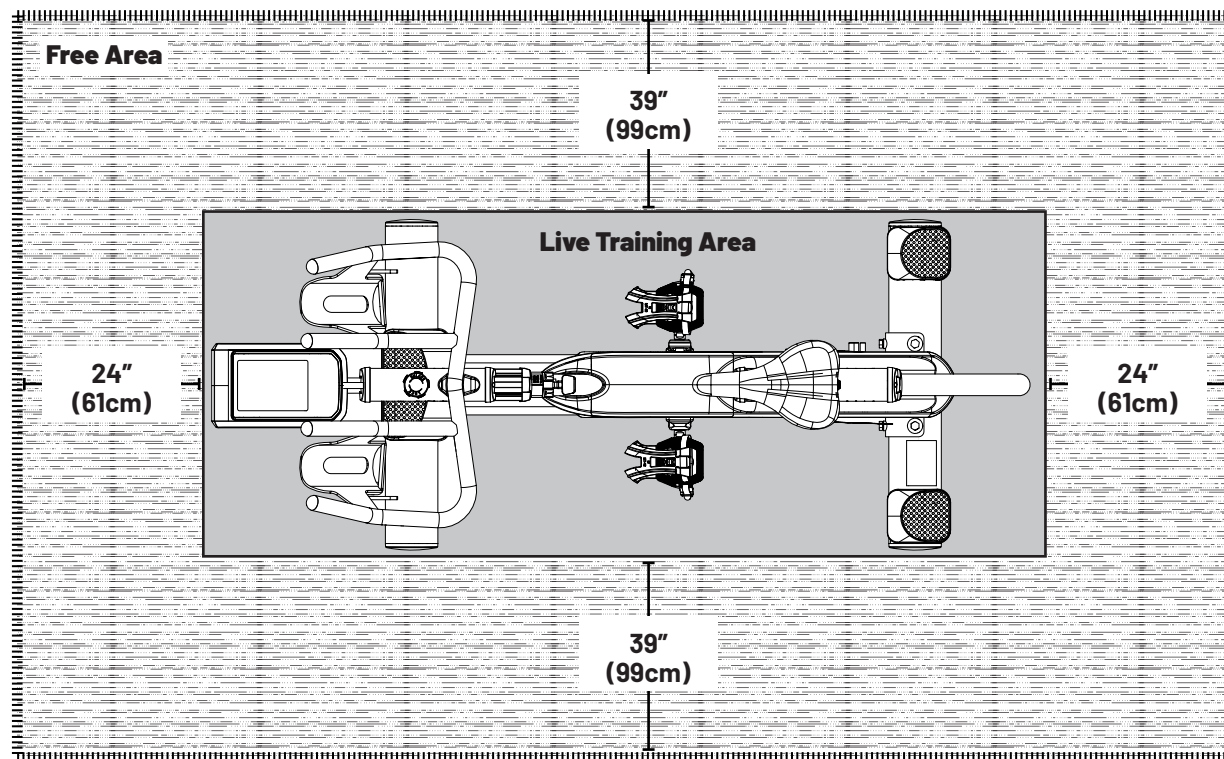
⚠ WARNING: To reduce the risk of burns, fire, and electric shock or injury to persons, follow these instructions:

- 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.
- This stationary training equipment is not suitable for high accuracy purposes.
- 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.
- 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.
- 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.

- Wear shoes with rubber or high traction soles. Do not use shoes with heels, or leather soles. 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.
- When pedaling the equipment, foot straps must be used to help prevent serious injury or death.
- Ensure the flywheel is free from any obstructions that would hinder mechanical movement. Maintain a safe distance between the flywheel and all body parts (e.g. fingers) and clothing to help prevent serious injury.
- The seat mount assembly must always meet the minimum insertion depth notated on the shaft to help prevent serious injury or death.
- Use upper exercise arms to maintain balance when mounting and dismounting the machine and for additional stability while exercising.
- 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.
- Always ensure that all adjustment devices are fully retracted or secured in their proper position before starting to use the equipment.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Avoid exiting the bike while the pedals are still in motion.
- The braking system is speed-independent.
- 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.
- Use correct ergonomic positioning while operating this 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.
- 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.
- 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.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.
- Cleaning and user maintenance shall not be made by children without supervision.
- 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.
- This bike is self-generated and does not require the use of an electrical outlet with the LCD console.
- The batteries within self-generated equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.
- Speed and power specifications determined during testing for this product exist within a range of plus or minus ten percent of the stated values.

SPACE REQUIREMENTS

TRUE recommends leaving a minimum of 24" (61cm) at the front and rear of the equipment and 39" (99cm) on each side of the equipment. Keep all sides away from the wall or obstructions. The free area also includes the area for emergency dismount. Where equipment is positioned adjacent to each other, the value of the free area may be shared.



SPECIFICATIONS

- **DIMENSIONS (L X W X H)**
59" x 24" x 44" (150cm x 61cm x 112cm)
- **MACHINE WEIGHT**
112.5 lbs / 51 kg
- **MAXIMUM USER WEIGHT**
350 lbs / 160 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 | 800.883.8783).



NOTE: The two numbers before the “-” refers to the year of manufacturing.

SURGE

P/N 8100720



P/N 00709000

COMPLIANCES

This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit www.truefitness.com.

PROPER USE

PROPER TRAINING POSITION

- Once seated, users should place their feet on the pedals (A).
- When pedaling, the user should be able to extend their legs fully while pedaling; if users do not have enough room to fully extend their legs, they should adjust their seat position (B) until their legs are able to comfortably extend. Additionally, if users legs feel overly stretched when they're extended, the seat needs a lower adjustment.
- During a workout, the user's hands must grasp the handlebars (C).
- To brake during a workout, toggle down the red brake lever (D) located on the handlebar mount assembly.

ENTRY AND EXIT SAFETY

To Enter:


- Enter the machine from either side and sit on the seat.
- Grip the upper exercise arms or stationary handlebars.
- Place both feet on the pedals.

To Exit:

- Stop pedaling by slowing leg motion.
- Confirm the workout has ended and the console has returned to the home screen
- Ensure the pedals have come to a complete stop.
- While firmly grasping the handlebars to maintain balance, slowly slide your body off the seat and feet from the pedals to transition to a standing position free from the bike.
- Exit the machine from either side.



ASSEMBLY INSTRUCTIONS

 **NOTE:** Supplemental video available [@TRUEFitnessservicevids](#).

PREASSEMBLY CHECKLIST

BASIC GUIDELINES FOR SETTING UP THE EQUIPMENT

After removing the equipment from the packaging, place the equipment on a clean, level surface.

CAUTION:



Use caution when assembling this product.
Unpacking and assembling this product 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.



Avoid damage to the product.
NEVER use an electric screwdriver to fasten the plastic shroud pieces.

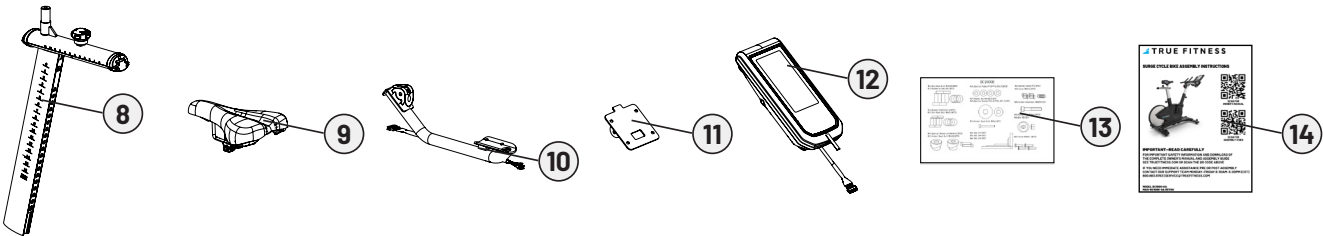
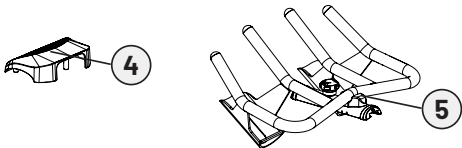
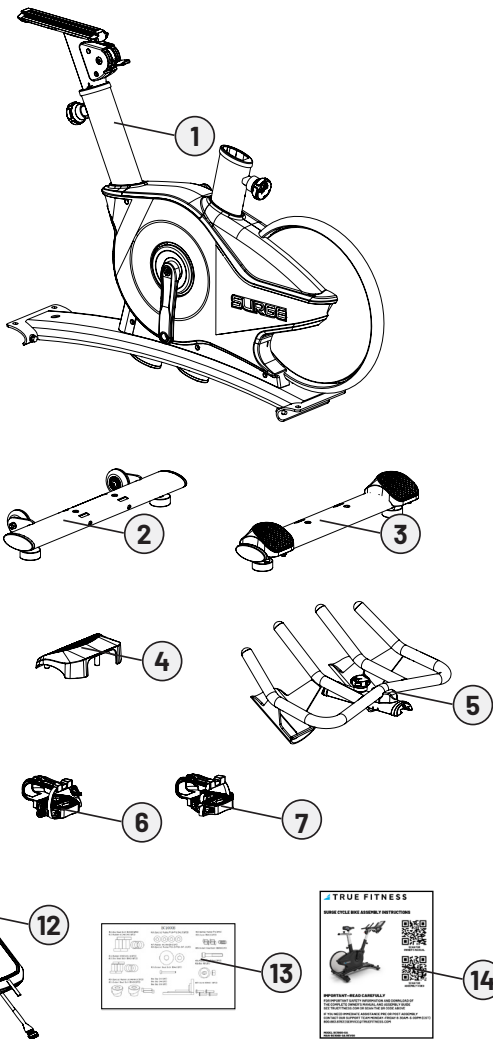
VERIFY BOX CONTENTS

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

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
3mm, 4mm, and 6mm Allen Wrenches		YES
13mm (qty 2), 15mm, and 16mm Wrenches		NO
#2 Phillips Screwdriver		NO



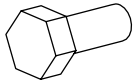
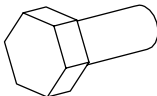

BOX CONTENTS


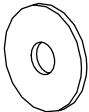
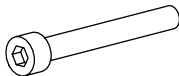

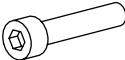
ITEM	PART NUMBER	DESCRIPTION	QTY
1	BC10100	MAINFRAME ASSEMBLY	1
2	BC10200	FRONT STABILIZER ASSEMBLY	1
3	BC10300	REAR STABILIZER ASSEMBLY	1
4	BC10220	FRONT COVER ASSEMBLY	1
5	BC10420	HANDLEBAR ASSEMBLY	1
6	BC1013014R	RIGHT PEDAL	1
7	BC1013014L	LEFT PEDAL	1
8	BC10510	SEAT FRAME ASSEMBLY	1
9	BC10520	SEAT PAD	1
10	BC10610	CONSOLE ARM ASSEMBLY	1
11	BC10620	CONSOLE BRACKET	1
12	8100726	CONSOLE	1
13	BC1000HW	HARDWARE PACK, BC1000	1
14	MAN-BC1000-0A	MANUAL, BC1000	1

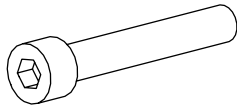


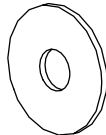




HARDWARE PACK CONTENTS

BC1000HW Hardware Pack

ITEM	DESCRIPTION	QTY
BC1011019	WASHER, CURVED, 18 X 8.5 X 6.5MM 	4
BC1011002	WASHER, CURVED, 23.5 X 10.5 X 7.1MM 	1
C2000	HHS, M8 X 20MM, SS 	4
C 507A	HHS, M10 X 25MM, SS 	4
C1093C	WASHER, FLAT, M8, SS 	4



ITEM	DESCRIPTION	QTY
C 997A	WASHER, FLAT, M10, SS 	4
CC-36-011B	WASHER, FLAT, M6 X 23MM OD, BLK ZP 	1
C2002	SHCS, M5X40MM, BLK ZP 	1
BC10230	WASHER, CURVED, 16 X 6 X 11MM 	2
C2003	SHCS, M5X25MM, BLK ZP 	2

ITEM	DESCRIPTION	QTY
SM0025A	SHCS, M8 X 50MM, BLK ZP 	1
SD0077	WASHER, LOCK M6 BLK ZP 	4
SM0033A	LOCK NUT, M8, NYL INS JAM NUT BLK ZP 	1
C1093B	WASHER, FLAT, M8 X 28MM OD, BLK ZP 	2
C1301A	BHCS, M6 X 12MM, BLK ZP 	4
C1003A	PHCS, M5 X 15MM, BLK ZP 	4

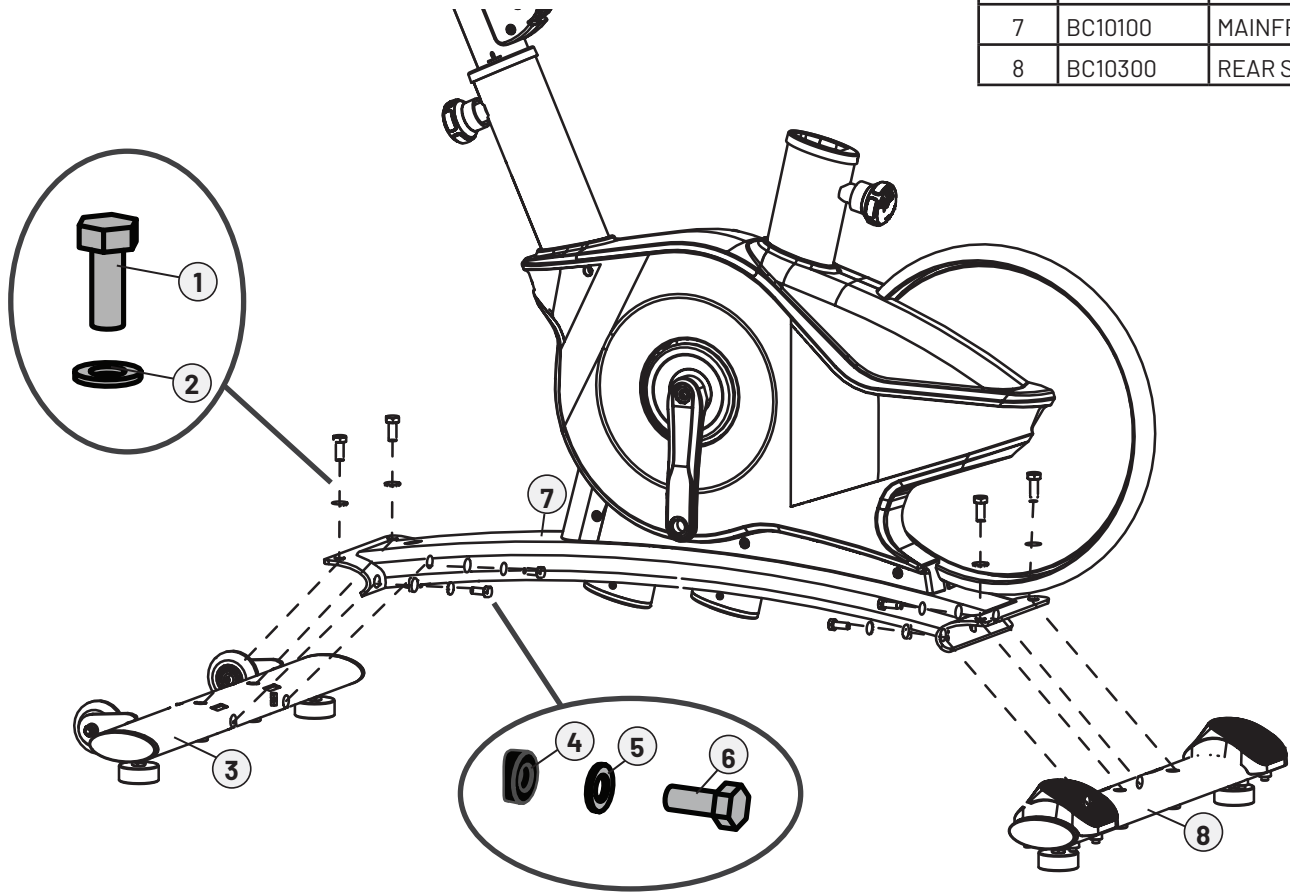
ASSEMBLY STEPS

Step 1—Attach Front and Rear Stabilizer Assemblies

- A. Line up the front and rear stabilizer assemblies with the mainframe assembly.
- B. To help with alignment, insert and finger tight all fasteners. DO NOT fully tighten yet.
- C. Once all fasteners are finger tight:
 - Use a 16mm wrench to fully tighten the M10 bolts.
 - Use a 13mm wrench to fully tighten the M8 bolts.


Tools Used in this Step	
16mm Wrench	
13mm Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	C 507A	HHS, M10 X 25MM, SS	4
2	C 997	WASHER, FLAT, M10, SS	4
3	BC10200	FRONT STABILIZER ASSEMBLY	1
4	BC1011019	WASHER, CURVED, 18 X 8.5 X 6.5MM	4
5	C1093C	WASHER, FLAT, M8, SS	4
6	C2000	HHS, M8 X 20MM, SS	4
7	BC10100	MAINFRAME ASSEMBLY	1
8	BC10300	REAR STABILIZER ASSEMBLY	1

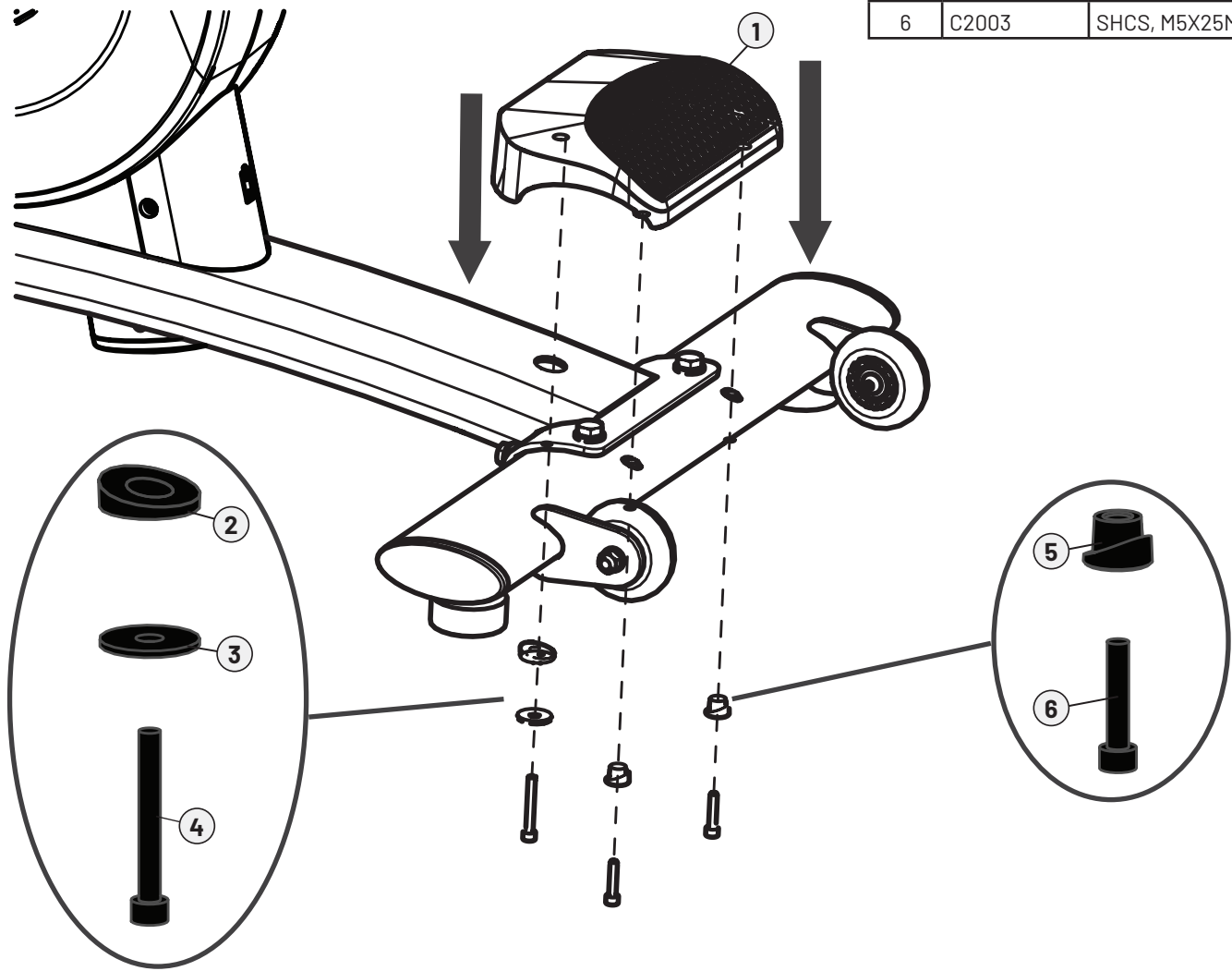


Step 2—Attach Front Cover Assembly

- A. Line up the front cover assembly with the front stabilizer assembly.
- B. To help with alignment, insert and finger tight all fasteners. DO NOT fully tighten yet.
- C. Once all fasteners are finger tight: use a 4mm allen wrench to fully tighten the M5 screws.

Tools Used in this Step	
4mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	BC10220	FRONT COVER ASSEMBLY	1
2	BC1011002	WASHER, CURVED, 23.5 X 10.5 X 7.1MM	1
3	CC-36-011B	WASHER, FLAT, M6 X 23MM OD, BLK ZP	1
4	C2002	SHCS, M5X40MM, BLK ZP	1
5	BC10230	WASHER, CURVED, 16 X 6 X 11MM	2
6	C2003	SHCS, M5X25MM, BLK ZP	2




Step 3—Attach Right and Left Pedals

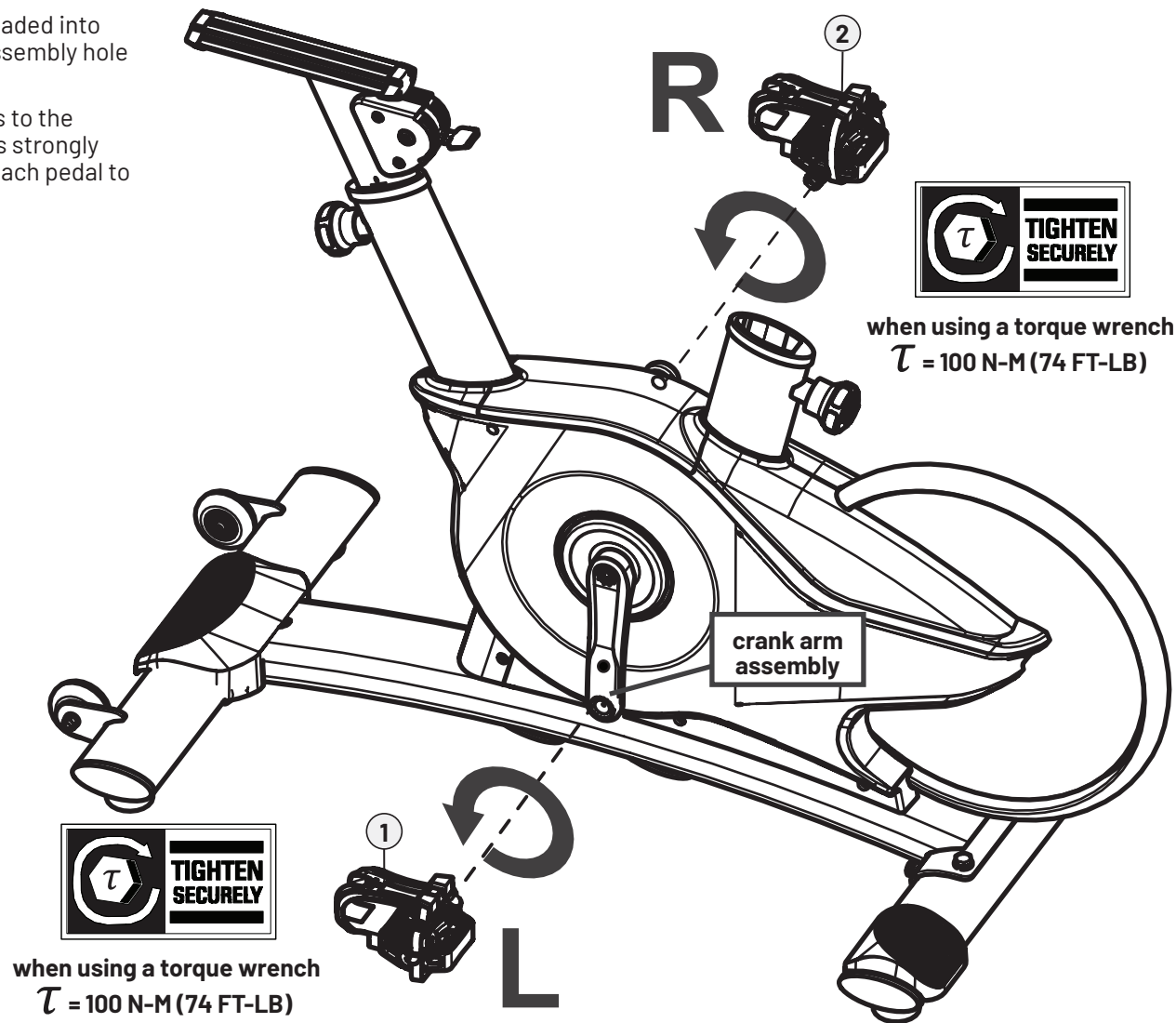
- A. Attach the left and right pedals to the left and right crank arm assemblies by lining up the pedal threads inside the corresponding holes on the crank arm assemblies.

NOTE:

- The left pedal is threaded into the left crank arm assembly hole counter-clockwise.
 - The right pedal is threaded into the right crank arm assembly hole clockwise.
- B. Securely fasten the pedals to the crank arm assemblies. It is strongly recommended to torque each pedal to 100 N-M (74 FT-LB).


Tools Used in this Step	
15mm Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	BC1013014L	LEFT PEDAL	1
2	BC1013014R	RIGHT PEDAL	1

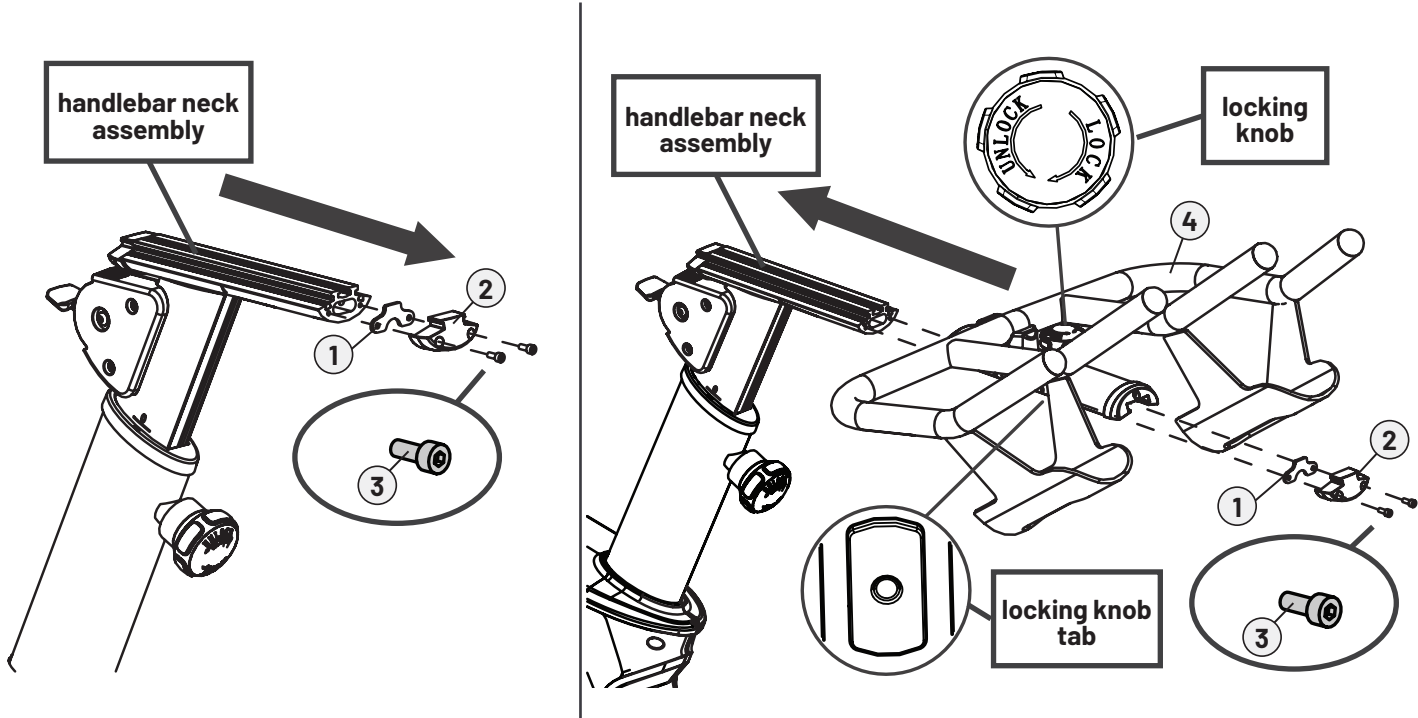


Step 4—Attach Handlebar Assembly

- A. Use a 3mm allen wrench to remove and set aside the M4 screws, lower end cap, and slide bracket from the handlebar neck assembly.
- B. Rotate the locking knob counter-clockwise to the unlocked position and make sure the locking knob tab is parallel to the handlebar neck assembly.
- C. Pull up on the locking knob as you slide the handlebar assembly onto the handlebar neck assembly.
- D. Rotate the locking knob clockwise to the locked position.
- E. Use a 3mm allen wrench to reattach the slide bracket, lower end cap, and M4 screws to the handlebar neck assembly.


Tools Used in this Step	
3mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	BC1041020	SLIDE BRACKET	1
2	BC1041030	LOWER END CAP	1
3	C2004	SHCS, M4 X 10MM, SS	2
4	BC10420	HANDLEBAR ASSEMBLY	1

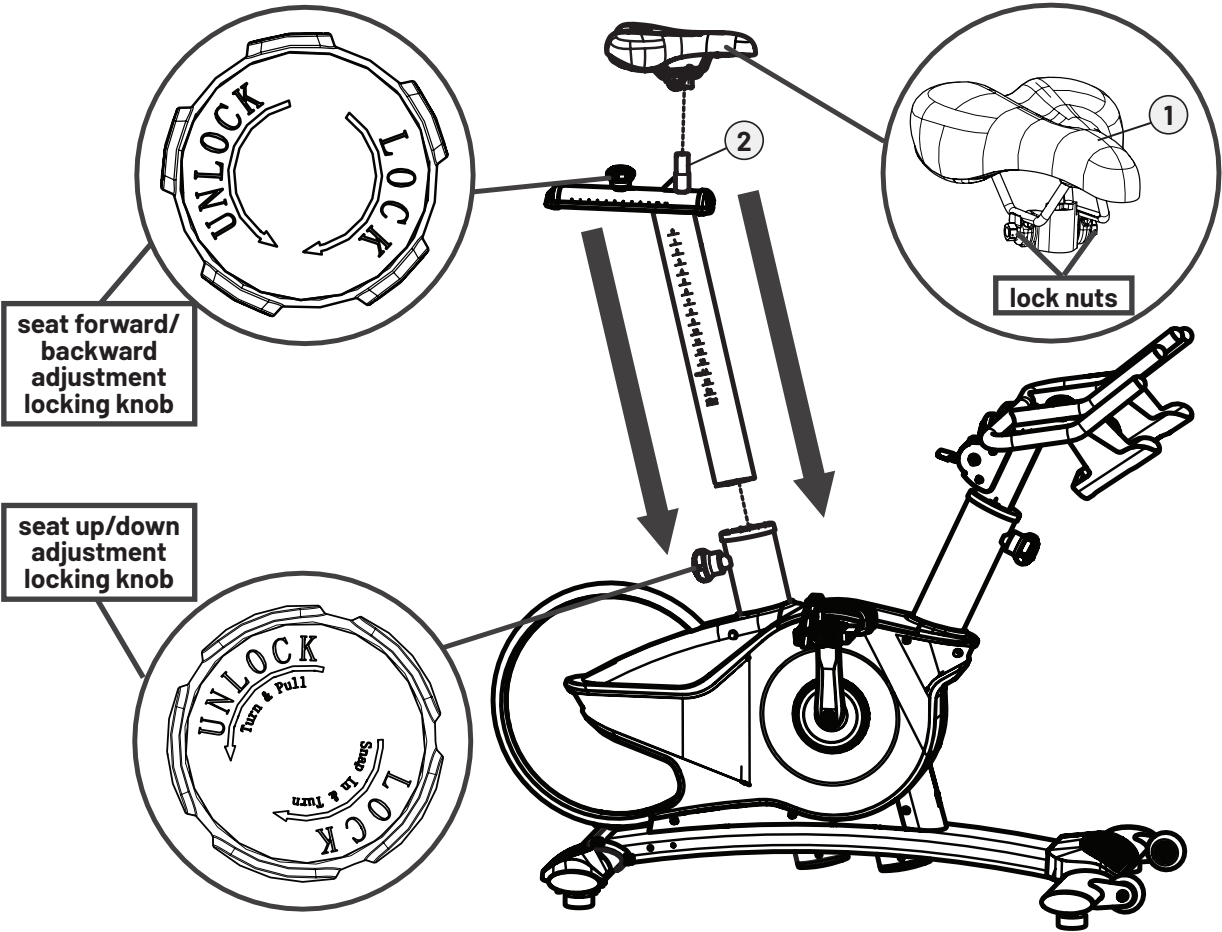


Step 5—Attach Seat

- A. Turn and pull the seat up/down adjustment locking knob out to slide the seat frame assembly into the mainframe assembly.
- B. Slide the seat frame assembly into the mainframe assembly.
- C. Release the seat up/down adjustment locking knob after achieving the desired seat height. Verify the locking pin is fully seated in the tube of the lower seat frame assembly.
- D. Place the seat pad onto the seat frame assembly as shown below. Secure the seat pad in place using the two lock nuts.
- E. Turn and pull the seat forward/backward adjustment locking knob to adjust the position of the seat.
- F. Release the seat forward/backward adjustment locking knob after achieving the desired seat placement. Verify the locking pin is fully seated in the tube of the upper seat frame assembly.



Tools Used in this Step	
13mm Wrench (Qty 2)	

Parts Used in this Step			
Item	Part	Description	Qty
1	BC10520	SEAT PAD	1
2	BC10510	SEAT FRAME ASSEMBLY	1

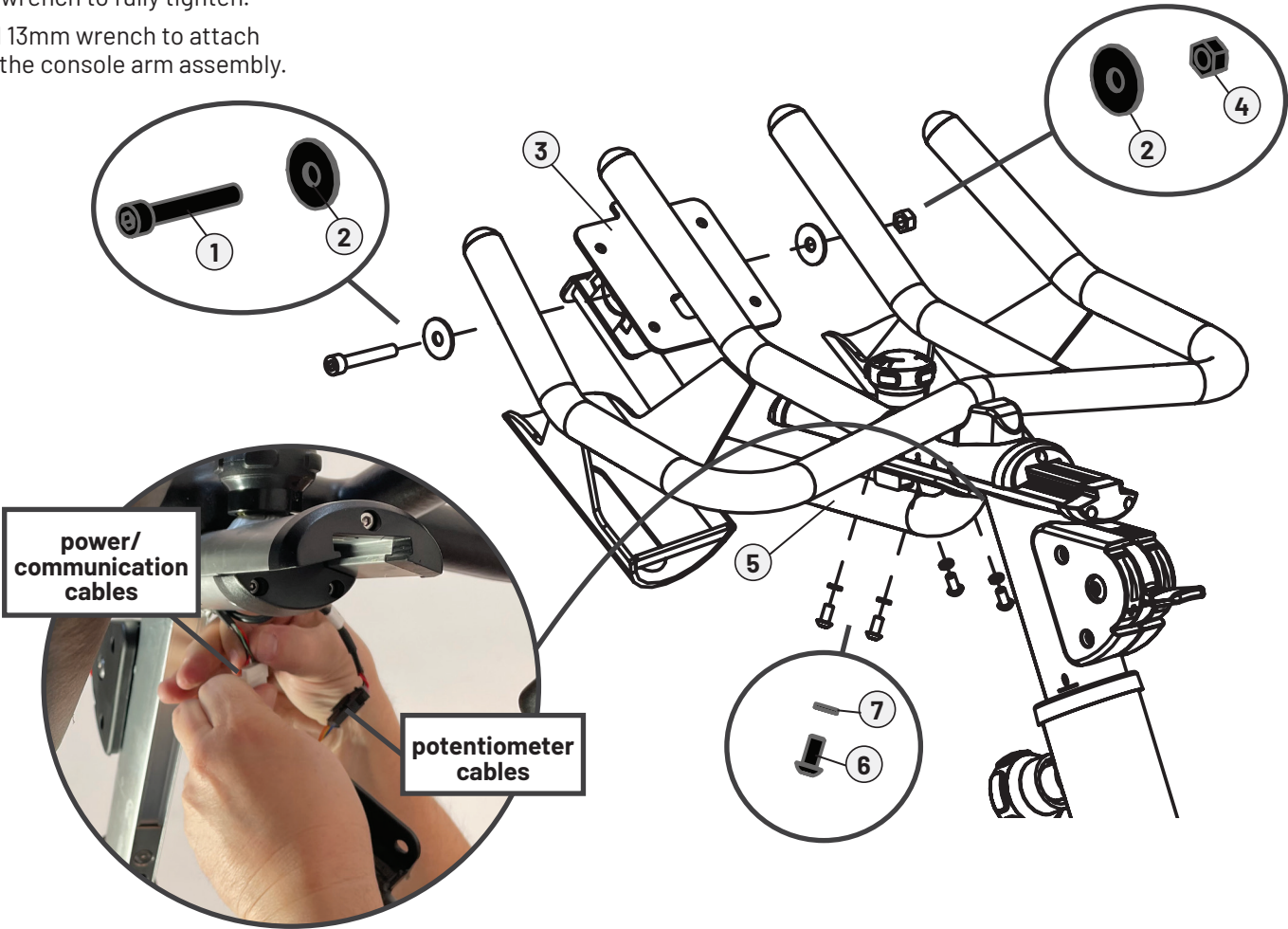


Step 6—Attach Console Bracket and Arm Assembly

- A. Connect the cables from the console arm assembly to the cables from the handlebar neck assembly:
- Black 3-pin potentiometer cables (BC10003 and BC10005)
 - White 7-pin power/communication cables (BC10003 and BC10005)
- B. Carefully tuck the cables into the handlebar neck assembly so they do not get pinched.
- C. Finger tight the four M6 screws/washers to attach the console arm assembly to the handlebar neck assembly. When all four screws are seated, use a 4mm wrench to fully tighten.
- D. Use a 6mm wrench and 13mm wrench to attach the console bracket to the console arm assembly.

Tools Used in this Step	
4mm and 6mm Allen Wrench	
13mm Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM0025A	SHCS, M8 X 50MM, BLK ZP	1
2	C1093C	WASHER, FLAT, M8, SS	2
3	BC10620	CONSOLE BRACKET	1
4	SM0033A	LOCK NUT, M8, NYL INS JAM NUT BLK ZP	1
5	BC10610	CONSOLE ARM ASSEMBLY	1
6	C1301A	BHCS, M6 X 12MM, BLK ZP	4
7	SD0077	WASHER, LOCK M6 BLK ZP	4



Step 7—Attach Console

- A. Connect the cable from the console to the cable from the console arm assembly: 10-pin power/communication cable (BC100014 and BC10003).
- B. Carefully tuck cable inside the console arm assembly so it does not get pinched.
- C. Seat the tab on the console bracket inside the notch on the console.
- D. Use a #2 Phillips screwdriver to attach the console to the console bracket.

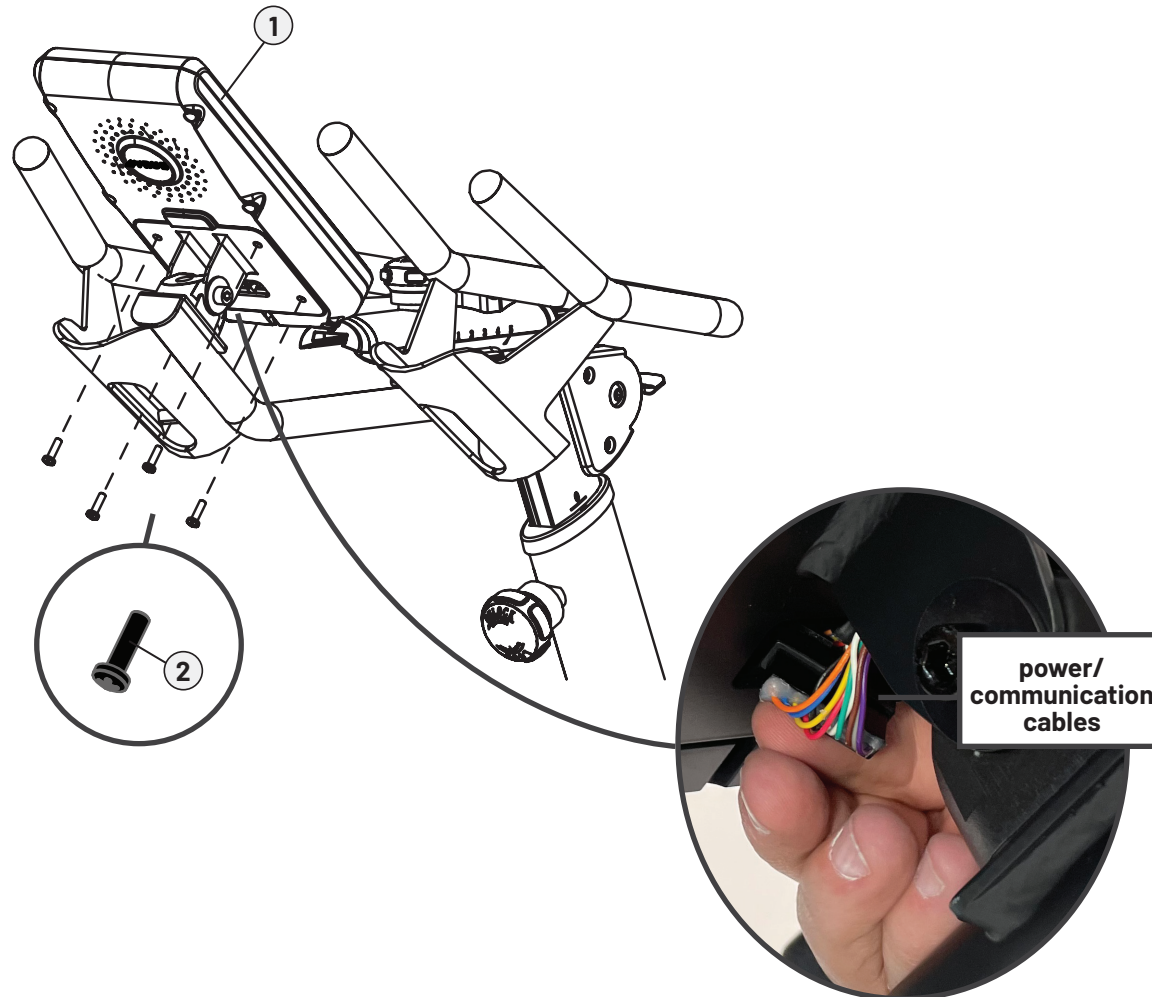
Tools Used in this Step

#2 Phillips
Screwdriver



Parts Used in this Step

Item	Part	Description	Qty
1	8100726	CONSOLE	1
2	C10003A	PHCS, M5 X 15MM, BLK ZP	4



Step 8—Level the Bike

⚠ CAUTION:

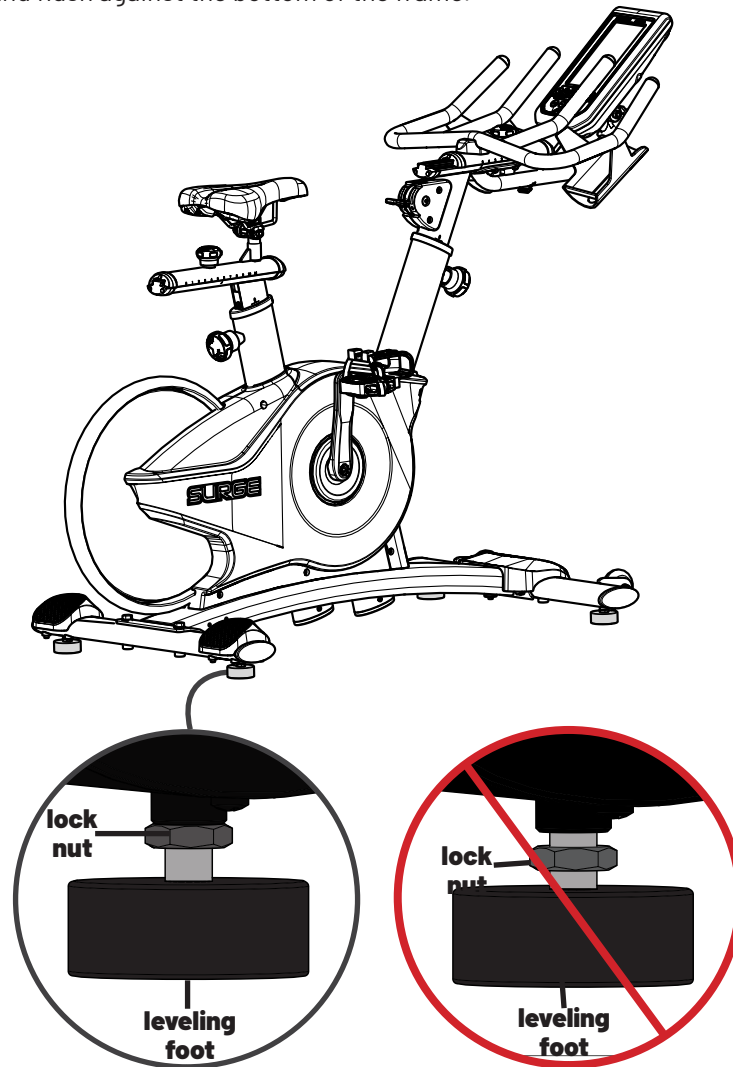
Prevent potential damage to the machine and injury to the user. This unit is equipped with four leveling feet. Make sure that the bike is level at all times. If the bike is placed on a uneven surface, adjusting the leveling feet can help, but may not completely compensate for extremely uneven surfaces. Bikes that are not level can cause damage to the machine and possible injuries for the user.

Once the machine has been moved to it's designated location:

A. Adjust all four 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.

B. Verify all four lock nuts are securely tightened and flush against the bottom of the frame.



Step 9—Configure Console Settings

If desired, you can enter into the console software management functions to adjust the Club (user) settings so they best suit your environment.

To access and navigate the console software management functions:

- A. Press and hold both the TIME (+) and TIME (-) keys for three seconds, or until you hear a bell.
- B. Use the (+) key to scroll through the club setting described below.
- C. Press ENTER to show the details of a function or make a change to a user setting.
- D. To exit, press PAUSE CLEAR until the console resets.

Club Setting	Description
CLUB UNIT	Unit of Measurement —Press ENTER and then TIME (+) or TIME (-) to scroll between miles and kilometers. Press ENTER to save selection.
CLUB BELL	Bell Volume —Sets the decibel level of the bell that provides signals during workouts. The options are Off, 1 (softest), 2 or 3 (loudest), and the default value is 3. Press ENTER, then TIME (+) or TIME (-) keys to scroll through the options. Press PAUSE CLEAR once to save your selection and step back to scrolling mode.
CLUB Brit	Brightness —Sets the brightness of the display. The default value is 100. Press ENTER, then use the TIME (+) or TIME (-) keys to increase or decrease the brightness, in 5% increments. Press PAUSE CLEAR once to save your selection and step back to scrolling mode.



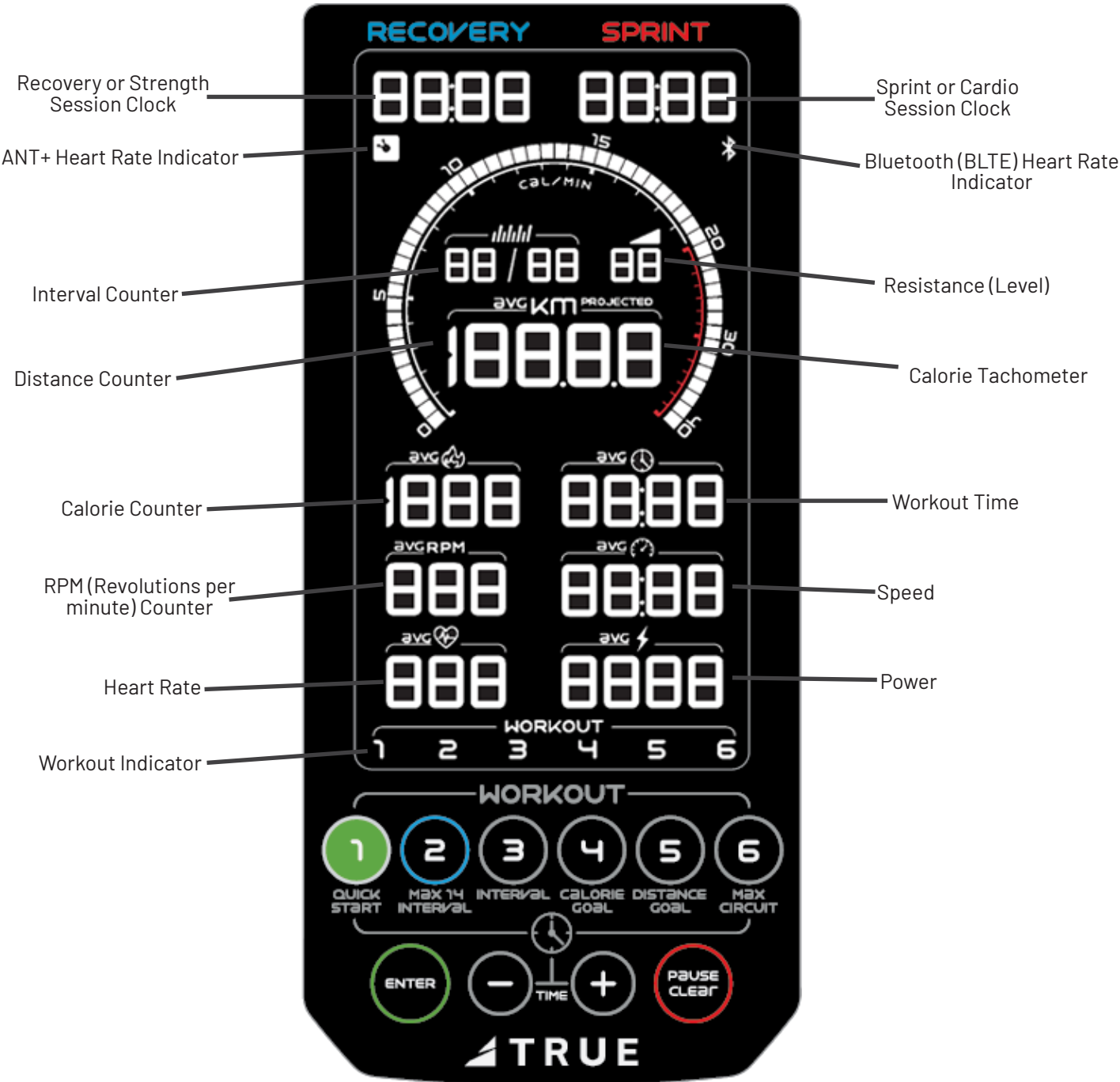
PRODUCT FEATURES

BASE OVERVIEW

- A. Seat**
A place for users to sit during a workout.
- B. Handlebars**
A place for users to put their hands during a workout and helps provide balance.
- C. Console**
Allows the user to set up a workout program and control the bike during a workout.
- D. Seat Adjustment Knobs**
Allows adjustment to the vertical and horizontal positions of the seat to fit the size of the user.
- E. Bottle Holders**
Holds average size drink bottles for convenient use during a workout.
- F. Handlebar Adjustment Knobs**
Allows adjustment to the vertical and horizontal positions of the handlebar to fit the size of the user.
- G. Pedals**
Moving part of the bike that provides resistance to the lower body during a workout.
- H. Leveling Feet**
An adjustable system used to aid in the leveling of the bike.
- I. Resistance Lever**
Allows the user to adjust the resistance level during the workout.



CONSOLE FEATURES



Recovery or Strength Session Clock

Counts down the time, in minutes and seconds, for the current recovery interval in the MAX 14 INTERVAL or Interval program. For MAX 14 INTERVAL, recovery intervals are 80 seconds (0:80). For the Interval program, the default value is 30 seconds (0:30) and may be adjusted using the TIME (+ / -) keypad buttons to any value between 0:05 and 9:55, in 5-second increments. Press ENTER to save selections.

ANT+

When lit, this icon indicates that ANT+™ wireless communications is active and detecting signal from the optional wireless heart rate chest strap.

Interval Counter

Displays your progress in an interval program by indicating the current interval number and the total number of intervals in the program. For example, 04/08 indicates that you are currently in the 4th interval of a total of 8 intervals.

When setting up the Interval program, use the TIME (+ / -) keypad buttons when the second set of digits is flashing to set your desired number of intervals, then press ENTER to save the default or adjusted value. The default value for intervals is 00/08 (8 interval rounds); you may program up to 99 rounds.

Distance Counter

This counter displays an estimate of the total distance (in miles/kilometers) “traveled” during the workout, counting up.

When setting up the Distance Goal program, the default distance goal is 5 miles (8 km). Use the TIME (-) and (+) keypad button to set a goal between 0.1 and 199.9 (in increments of 0.1). Press ENTER to save the default or adjusted value.

Calorie Counter

This counter dynamically displays an estimate of total calories burned during the workout. Average (avg) calories/per minute is displayed during cool down following a programmed workout.

When setting up the Calorie Goal program, the default calorie goal is 50. Use the TIME (-) keypad button to set a goal between 5 and 45 (in increments of 5), or use the Time (+) keypad button to set a goal between 55 and 1999 (in increments of 50). Press ENTER to save the default or adjusted value.

RPM (RPM Counter)

This counter displays RPM during a workout. Average (avg) RPM is displayed during cool down following a programmed workout.

Heart Rate

This section displays your approximate current heart rate in beats per minute (BPM). Average (avg) heart rate and peak heart rate, in beats per minute, are displayed during cool down following a programmed workout.

NOTE: For heart rate data to be displayed here, you must be wearing a compatible wireless heart rate transmitter, and either the ANT+ or Bluetooth connectivity indicator must be illuminated.

⚠ WARNING: Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed is an approximation and should be used for reference only.

Workout Indicator

The illuminated number corresponds to the workout selected by pressing a button on the keypad.

The available workouts are the following:

- Quick Start (simple program without programming options; also initiates if you begin pedaling without pressing a button)
- MAX 14 INTERVAL (pre-set interval program)
- Interval (custom interval program)
- Calorie Goal
- Distance Goal
- MAX CIRCUIT (instructor-led group training)

Sprint Session Clock

Counts down the time, in minutes and seconds, for the current sprint interval in the MAX 14 INTERVAL, Interval, or MAX CIRCUIT program. For MAX 14 INTERVAL, sprint intervals are 25 seconds (0:25). For the Interval program, the default value is 30 seconds (0:30) and may be adjusted using the TIME (+ / -) keypad buttons to any value between 0:05 and 9:55, in five second increments. Press ENTER to save selections.

Bluetooth (BLTE) Indicator

When lit, this icon indicates that Bluetooth® wireless communications is active and detecting a signal from a heart rate monitor, tablet, or other device or app.

Resistance (Level)

Displays the Resistance Level (1-20), where 1 is the lowest resistance level and 20 is the highest. Use the resistance adjustment lever below the console to increase or decrease your resistance level.

Calorie Tachometer

The calorie tachometer is the centerpiece of the LCD, giving you real-time feedback regarding your calories/minute burn rate, the peak calories/minute point of your workout, and a "peak range" at +/- 20% of your peak point. During interval programs, this peak range of illuminated segments on the tachometer indicates your target range surrounding your peak point.

Workout Time

Displays total workout time, counting up from 0:00. The timer goes up to 99 minutes:59 seconds, then the display rolls over to hours:minutes.

In the MAX 14 INTERVAL program, the default workout time is 14 minutes. Use the TIME (+ / -) keypad to select 3.5, 7, 21, or 28 minutes. Press ENTER to save the selected value.

Speed

Displays your speed in miles per hour or kilometers per hour. Average speed is displayed during cool down following a programmed workout.

NOTE: The numeric value displayed for speed is an approximation based on the real-time workout data of the user.

Power

Displays the current estimate of power you are producing, in watts. Average estimated watts per minute (avg) and total estimated watts are displayed during cool down following a programmed workout.

NOTE: The numeric value displayed for Power is an approximation based on the real-time workout data of the user.

Workout Summary

During a cool down phase after the completion of a programmed workout (MAX 14 INTERVAL, Interval, Calorie Goal, or Distance Goal), the following fields are displayed on the LCD. (Where two values are listed, the values alternate on the display in two second intervals.)

- Peak calorie/minute achieved
- Total distance
- Average calories/minute and total calories
- Average RPM
- Average Speed
- Average heart rate and peak heart rate (if using a wireless heart rate monitor)
- Average estimated watts/minute and total estimated watts.

KEYPAD BUTTONS



QUICK START

The easiest way for you to start your workout is to begin pedaling, or press the QUICK START button, initiating a simple workout without intervals or a defined duration. The workout timer counts up from 00:00. You may change the level of resistance using the resistance lever.

If you do not press any keypad button within six seconds after the console first becomes active (such as when you first step on the machine and move the pedals), then you will automatically enter the QUICK START program.

MAX 14 INTERVAL

Press MAX 14 INTERVAL then press ENTER to begin a High Intensity Interval Training (HIIT) program with a pre-programmed duration and pre-set sprint and recovery intervals of 25 and 80 seconds, respectively. The default program lasts 14 minutes; press enter when the Time flashes "14" to select this option.

You may choose a longer or shorter workout by pressing the TIME (+) or (-) button when the time value is flashing during setup. Options are 3.5 minutes, 7 minutes, 14 minutes (default), 21 minutes, or 28 minutes. Press ENTER to save your selection. The interval durations remain the same but the total number of intervals increases or decreases according to the total time selected for the workout.

INTERVAL

1. Press Interval then press ENTER to program a custom interval program.
2. Program the sprint session time by pressing ENTER to accept the default value of 0:30, or press the TIME (+) or (-) buttons to select a time between 0:05 to 9:55 and then press ENTER.
3. Program the recovery session time by pressing ENTER to accept the default value of 0:30, or press the TIME (+) or (-) buttons to select a time between 0:05 to 9:55 and then press ENTER.
4. Program the number of interval rounds by pressing ENTER to accept the default value of 00/08, or press the TIME (+) or (-) buttons to select a number of rounds between 01 and 99, then press ENTER.
5. Enter weight by pressing ENTER to accept the default value of 150 lbs. (68 kg) and press ENTER to continue, or use the TIME (+) or (-) buttons to change the value to any weight between 70 and 350 pounds (30 and 160 kilograms) and press ENTER to save the adjusted value.

CALORIE GOAL

1. Press CALORIE GOAL, and then press ENTER to quickly enter a program with a duration that you choose.
2. Program the workout duration by pressing Enter to accept the default value of 30:00, or press the TIME (+) or (-) buttons to select a time between 1:00 to 99:00 and then press ENTER. The default value is 30:00.
3. Enter your weight by pressing ENTER twice to accept the default value of 150 lbs. (68 kg), or use the TIME (+ / -) buttons to change the value to any weight between 70 and 350 pounds (30 and 160 kilograms).

DISTANCE GOAL

Press DISTANCE GOAL, and then program the distance goal by pressing Enter to accept the default value of 5 miles (8 km), or press the TIME (+) or (-) buttons to select a distance between 0.1 - 199.0 in 0.1 increments and then press Enter.

MAX CIRCUIT

Quickly begin an instructor-led program with other users and without defined interval times or a set duration. Simply press MAX CIRCUIT and get started. You (and your instructor) fully control the intervals as you work together on and off the machine.

PAUSE CLEAR

Press once to pause your workout. Pause time is displayed in the Workout Time field, counting down. Or, if you stop pedaling for 2 seconds or more during a workout, the unit will automatically begin a pause phase. In either case, simply press a key (other than QUICK START or MAX CIRCUIT) or start pedaling to resume your workout.

When in PAUSE mode, if you wish to begin a QUICK START or MAX CIRCUIT program, press the appropriate program key to begin.

When programming a workout, press PAUSE CLEAR if you make a mistake and wish to start over. The console returns to the beginning of the workout set-up process.

Press the PAUSE CLEAR button twice within two seconds at any time during set-up or a workout to reset the console.

TIME

Press the (+) or (-) to increase or decrease the time of your workout, in 1 minute increments. The standard workout time is 30:00. Press the TIME button during the workout to add time to the workout (QUICK START and MAX CIRCUIT excluded). The maximum time is 99:00.

ENTER

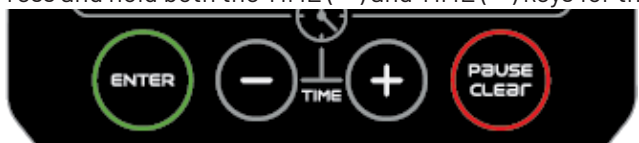
Press ENTER after pressing a keypad program button and after changing values when programming a workout or changing workout time.

SOFTWARE MANAGEMENT

The console software includes management functions to help you make the most of your experience, including simple diagnostics to help with troubleshooting and club (user) settings that may be customized to suit your environment.

To access and navigate these functions:

- A. Press and hold both the TIME (+) and TIME (-) keys for three seconds, or until you hear a bell.



- B. Use the (+) key to scroll through the diagnostics and club setting described below.
- C. Press ENTER to show the details of a function, to make a change to a user setting, or to run a diagnostic test.
- D. To exit diagnostics, press PAUSE CLEAR until the console resets.

Should you encounter errors or have questions regarding diagnostics, please contact product support (service@truefitness.com | 800.883.8783) for assistance.

Available options may vary depending upon your software version.

Code	Type	Description
diaG nost 1	Diagnostic	Firmware —The firmware version, model and console serial number information. Firmware version number is displayed in the middle of the screen. Model number is displayed in the lower right. The console serial number is displayed across the lower part of the screen (across several fields). Boot code version is displayed in the lower left. Press PAUSE CLEAR twice to step back to scrolling mode.
diaG nost 2	Diagnostic	LCD Display Test —Initiates a sequential illumination of all individual segments of the LCD. Press PAUSE CLEAR twice to step back to scrolling mode.
diaG nost 3	Diagnostic	Keypad Test —Press ENTER, then press each of the 10 keypad buttons. The name or number of the pressed button shows on the display and the key counter increments by 1. When all 10 keys have been successfully tested, "PASS" appears in the display. Press PAUSE CLEAR twice to step back to scrolling mode.
diaG nost 4	Diagnostic	Radio Board Communications —The console sends test data to the lower board; "PASS" appears in the display if return data is received. Radio firmware version and heart rate are displayed in the lower right and lower left part of the screen. Press PAUSE CLEAR twice to step back to scrolling mode.
diaG nost 5	Diagnostic	Resistance Level —Move the resistance level all the way forward and back. Level number is displayed in the Level field, strokes in the middle, and ADC value and RPM in the lower half of the screen. If ADC is too high or too low, an error displays in the lower half of the screen.
diaG nost 6	Diagnostic	Battery —Installed battery and generator volts values are displayed in the lower part of the screen. Battery state shows near the bottom of the screen; if it is blank or reads "chrg" (charging), the battery is good.

Code	Type	Description
CLUB UNIT	Club Setting	Unit of Measurement —Press ENTER and then TIME (+) or TIME (-) to scroll between miles and kilometers. Press ENTER to save selection.
CLUB BELL	Club Setting	Bell Volume —Sets the decibel level of the bell that provides signals during workouts. The options are Off, 1 (softest), 2 or 3 (loudest), and the default value is 3. Press ENTER, then TIME (+) or TIME (-) keys to scroll through the options. Press PAUSE CLEAR once to save your selection and step back to scrolling mode.
CLUB Brit	Club Setting	Brightness —Sets the brightness of the display. The default value is 100. Press ENTER, then use the TIME (+) or TIME (-) keys to increase or decrease the brightness, in 5% increments. Press PAUSE CLEAR once to save your selection and step back to scrolling mode.

Code	Type	Description
USAG U1 R	Usage	Revolutions —Displays the total number of revolutions for the unit. The data is displayed in thousands, shown vertically in two groups of three at the lower left of the screen. The display dynamically changes if you are pedaling vs. rowing. If desired, press and hold QUICK START and PAUSE CLEAR simultaneously for three seconds to reset the counter to zero. Press PAUSE CLEAR twice to step back to scrolling mode.
USAG U2 St	Usage	Total hours —Displays the total number of hours and minutes of operation for the unit. The data is shown vertically in two groups at the lower left of the screen; hours on top, minutes underneath. If desired, press and hold QUICK START and PAUSE CLEAR simultaneously for three seconds to reset the counter to zero. Press PAUSE CLEAR twice to step back to scrolling mode.

CARE AND MAINTENANCE

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the equipment as described here could void the TRUE Fitness 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 bike daily. Verify the pedals are at the correct torque specification and securely fastened. Look and listen for slipping belts, loose fasteners, unusual noises, 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 bike until proper service has been performed or damaged parts have been replaced.

IMPORTANT!

If you determine that the bike needs service, make sure that the bike cannot be used inadvertently. Make sure other users know that the bike needs service. To order parts or to contact a TRUE authorized service representative, please visit www.truefitness.com.

CLEANING THE EQUIPMENT

AFTER EACH USE

- 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.
- Use a 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**—Vacuum any dust or dirt that might have accumulated under or around the bike.

⚠ CAUTION:

Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the TRUE Fitness Warranty. Never pour water or spray liquids on any parts of the machine. Allow the machine 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.

LEVELING THE MACHINE

⚠ CAUTION:

Prevent potential damage to the machine and injury to the user. This unit is equipped with four leveling feet. Make sure that the bike is level at all times. If the bike is placed on a uneven surface, adjusting the leveling feet can help, but may not completely compensate for extremely uneven surfaces. Bikes that are not level can cause damage to the machine and possible injuries for the user.

Once the machine has been moved to its designated location:

- A. Adjust all four 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.

- B. Verify all four lock nuts are securely tightened and flush against the bottom of the frame.

PREVENTATIVE MAINTENANCE

TRUE recommends that quarterly scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit www.truefitness.com to contact a local TRUE authorized service technician.

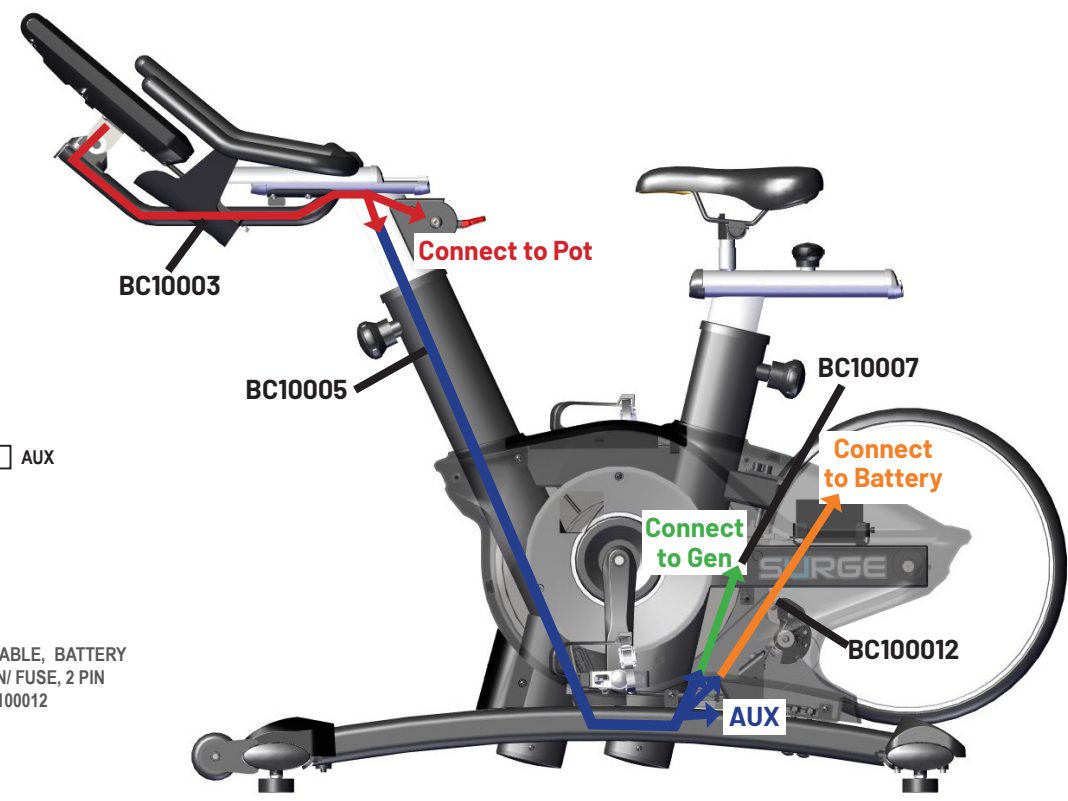
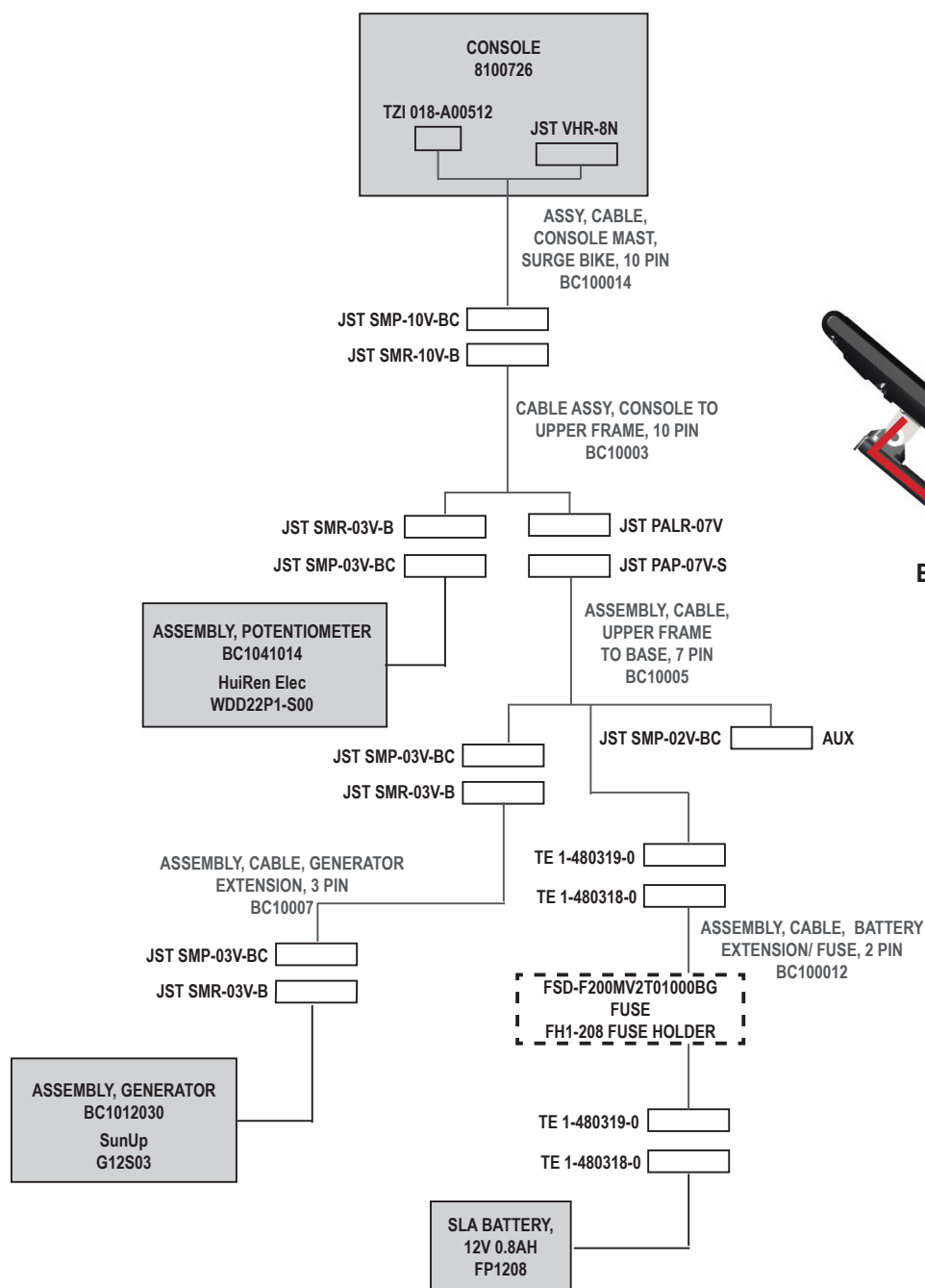
IMPORTANT! Use only TRUE Fitness certified service providers. Using non-authorized service providers could void the TRUE Warranty.

Frequency	Tasks
Daily	<ul style="list-style-type: none">• Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed cables, and any other indications that the equipment may be in need of service.• Verify the pedals are at the correct torque specification and securely fastened.• 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.• Use a 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	<ul style="list-style-type: none">• Vacuum any dust or dirt that might have accumulated under or around the machine.
Quarterly	<ul style="list-style-type: none">• Record time, distance, and hours from the console.• Check error log in console.• Remove shroud covers and vacuum any debris out of the speed sensor, control electronics and moving parts.• Move and vacuum underneath the machine.• Inspect all fasteners.• Inspect all electrical connections.• Inspect components for abnormal or premature wear.

LONG TERM STORAGE

When the bike is not in use for any length of time, ensure it is positioned so that it will not become damaged or interfere with people or other equipment.

BC1000 WIRING DIAGRAM



WARRANTY INFORMATION

COMMERCIAL WARRANTY

CARDIO				
WARRANTY ITEM	VAPOR, APEX	GRAVITY PLUS	GRAVITY	ADX, RO, SURGE
Frame*	7 Years	7 Years	7 Years	5 Years
Parts	3 Years	3 Years	3 Years	3 Years
Consoles	3 Years	3 Years	3 Years	2 Years
Labor**	2 Years	2 Years	1 Year	1 Year
Wear Items***	180 Days	180 Days	180 Days	90 Days

STRENGTH	
WARRANTY ITEM	PALLADIUM, FUSE XL, FORCE, FITNESS LINE, ATLAS, XFT, XFW, MP, SM, FT, FS
Frame*	10 Years
Parts	5 Years
Cables and Linear Bearings	1 Year
Labor**	1 Year
Wear Items***	90 Days

FLEXIBILITY	
WARRANTY ITEM	STRETCH
Parts	1 Year
Wear Items***	90 Days

Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

*Frame is the serialized base of the unit and does not include paint or coatings.

**Labor is available for equipment located within United States and Canada.

***Wear Items include: batteries, covers, caps, badges, paint, pedal straps, toe clips, elliptical pedal inserts, foot pads, Coax/TV, HDMI, USB, mirroring or Ethernet connections, and safety key.

See Warranty Details for terms, conditions, and complete coverage details.

LIMITED-USE COMMERCIAL WARRANTY*

CARDIO				
WARRANTY ITEM	VAPOR, APEX	GRAVITY PLUS	GRAVITY	LAUNCH
Frame***	7 Years	7 Years	7 Years	7 Years
Parts	5 Years	5 Years	5 Years	5 Years
Consoles	3 Years	3 Years	3 Years	3 Years
Tread Belt and Deck	5 Years	5 Years	5 Years	2 Years
Labor****	3 Years	3 Years	2 Years	1 Year
Wear Items*****	180 Days	180 Days	180 Days	90 Days

IN-HOME USE WARRANTY**

CARDIO				
WARRANTY ITEM	VAPOR, APEX	GRAVITY PLUS	GRAVITY	LAUNCH
Frame***	25 Years	25 Years	25 Years	25 Years
Motor	25 Years	25 Years	25 Years	25 Years
Parts	10 Years	12 Years	10 Years	7 Years
Consoles	3 Years	3 Years	3 Years	3 Years
Tread Belt and Deck	10 Years	10 Years	7 Years	5 Years
Labor****	2 Years	2 Years	2 Years	1 Year
Wear Items*****	180 Days	180 Days	180 Days	180 Days

TRUE Fitness may offer alternative warranties to purchasers of commercial equipment for limited-use commercial* or in-home use.** This policy ensures that customers who use commercial equipment for limited-use commercial or in-home use may receive alternative warranty coverage, provided they meet the specified requirements. It's important to note that the specific terms and conditions of the alternative warranty, as well as the eligibility criteria, may vary depending on the product and TRUE's policies at the time of purchase. Customers should review the warranty terms and contact TRUE for precise details.

*To be eligible for the alternative limited-use commercial warranty, equipment use cannot exceed 6-hours use a day or be for use in a membership, dues paying, or institutional facility.

**To be eligible for the alternative in-home use warranty, equipment must be registered to a home address and cannot be used outside of the purchaser of the equipment and their immediate family.

Customers must provide TRUE with the following within 30 days of installation of the commercial-rated equipment:

- Purchase agreement.
- Proof of professional delivery and installation.
- TRUE will register the alternative warranty for the purchaser and implement it within 90 days of receiving the required documentation if such an alternative warranty is available for the specific product.

Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

***Frame is the serialized base of the unit and does not include paint or coatings.

****Labor is available for equipment located within United States and Canada.

*****Wear Items include: batteries, covers, caps, badges, paint, pedal straps, toe clips, elliptical pedal inserts, foot pads, Coax/TV, HDMI, USB, mirroring or Ethernet connections, and safety key.

See Warranty Details for terms, conditions, and complete coverage details.

WARRANTY DETAILS

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 specified period of time.

NOTE:

- Standard shipping is included with warranty part replacement.
- Shipping for warranty frame or replacement is included for the period of three years from the original date of purchase.

All Warranty Items are "LIMITED"

- 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, failure to provide reasonable and necessary maintenance, software version upgrades, compatibility with third party/aftermarket hardware, software, applications, or websites.
- 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 or countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
- 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.
- This limited warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
- The remedies described herein are your sole and exclusive remedies and TRUE's entire liability for any breach of this limited warranty.
- No one is authorized to change, modify, or extend the terms of this limited warranty.
- 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.
- This limited warranty applies to the product only while the product remains in the possession of the original purchaser and is not transferable.
- 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).
- This limited warranty can be processed only if the warranty registration form is completed on-line; or if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE within 30 days of purchaser's receipt of this Product.
- All serial numbers must be intact on the Product for this limited warranty to be valid.
- Installation or download of any 3rd party or after-market products will result in voided warranty. This includes, but is not limited to, electrical and mechanical parts, software, or applications.
- TRUE will ship to an 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.
- Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
- This limited warranty does not apply to the performance of the heart rate accuracy will not be warranted as performance varies, based on user's physiology, age, method of use, and other external factors.

WARRANTY REGISTRATION

Thank you for purchasing a TRUE product!

For warranty terms and conditions, see the complete owner's manual and assembly guide located at truefitness.com.

To validate your product warranty, you must register your product within 30 days of purchaser's receipt of this product.

To register your product:

- Go online to:
<https://truefitness.com/services-support/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:



WARRANTY REGISTRATION

Base Serial Number

Console Serial Number

Purchase Date

Company (if applicable)

Customer Name (First and Last)

Email Address

Phone Number

Street Address

City

State

Postal Code

Country



CONTACT US
service@truefitness.com
800.883.8783

865 Hoff Road
St. Louis, MO 63366

[TRUEFITNESS.COM](https://www.truefitness.com)



MAN-BC1000-0A Owner's Manual and Assembly Guide REV00

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