TRUE RESIDENTIAL 10” AND 16” TOUCHSCREEN CONSOLES FOR BIKES AND ELLIPTICALS

TRUE FITNESS





SCAN FOR UP-TO-DATE OWNER’S MANUAL

MODELS: CR7-T10A-000/CR7-T10A-003/CR7-T16A-000/CR7-T16A-003
MANUAL FOR RESIDENTIAL BIKE AND ELLIPTICAL TOUCHSCREEN CONSOLES

OWNER’S MANUAL

TRUE FITNESS

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://shop.truefitness.com/customer-service/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 during normal business hours:

- 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.

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.

TABLE OF CONTENTS

ATTACH CONSOLE

ATTACH CONSOLE TO CONSOLE MAST....4
MAKE CABLE CONNECTIONS....5
CONNECT POWER AND ATTACH REAR COVER....6

INITIAL SETUP

POWERING ON FOR THE FIRST TIME....7
CONFIGURING THE MACHINE....8
CONNECTING TO WI-FI....9
CREATING AN ACCOUNT....10
CONNECTING TO BLUETOOTH....11
STARTING A WORKOUT....12
NAVIGATING A WORKOUT....13
ENDING A WORKOUT....15

CONSOLE FEATURES

FEATURES OVERVIEW....16
ICON DESCRIPTIONS....17
WORKOUT PROGRAM DESCRIPTIONS....19
HEART RATE MONITORING....26

CONSOLE NAVIGATION

HOME SCREEN....27
USER PROFILES AND PERSONALIZATION....28
APPLICATIONS....29
MIRRORING....30
HDMI....31
MACHINE SETTINGS....32
APP UPDATES....33
MACHINE INFORMATION....34

ADVANCED FUNCTIONS

CONFIGURATION....35
MANAGER....36

WARRANTY INFORMATION

LIMITED WARRANTY....44
WARRANTY REGISTRATION....45

TRUE FITNESS

ATTACH CONSOLE

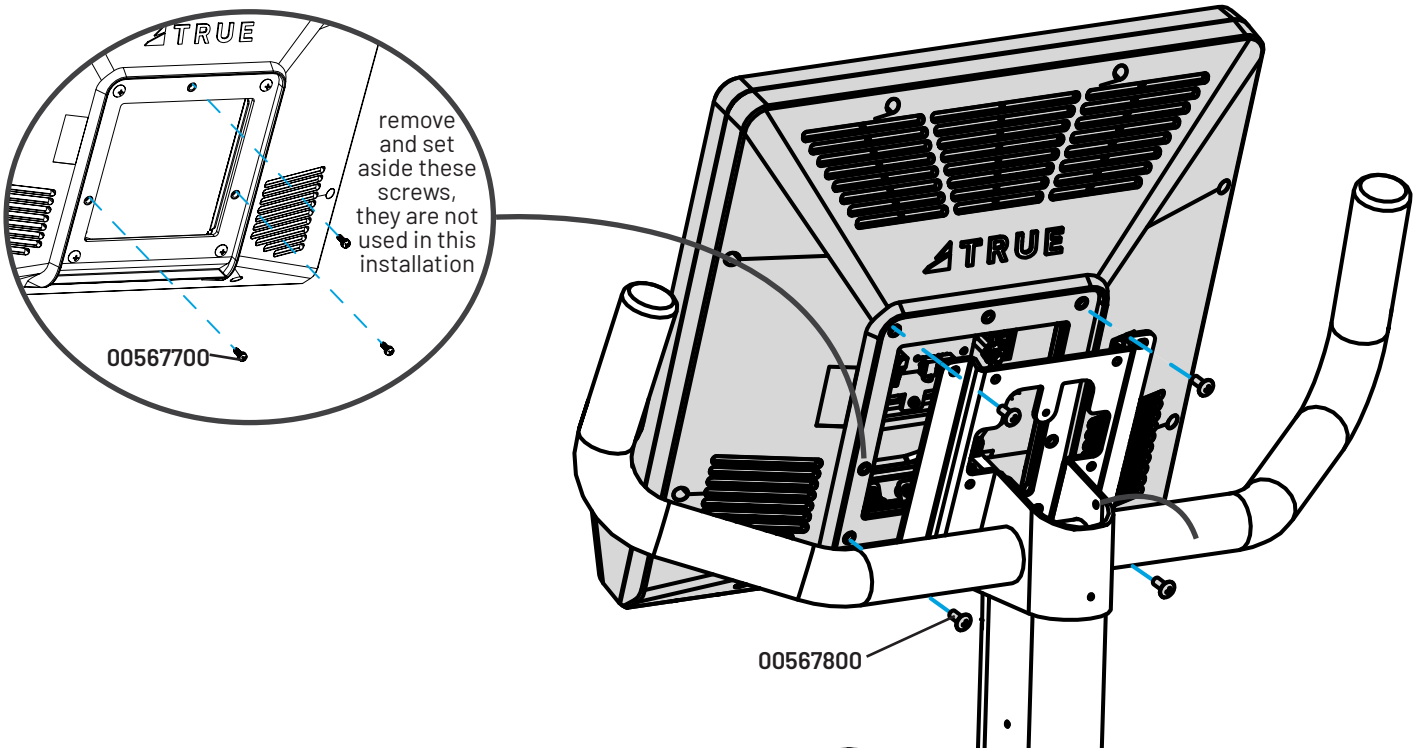
ATTACH CONSOLE TO CONSOLE MAST

Example shown below—see the base assembly instructions for how to attach the console to the console mast for your base.

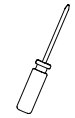
Tools Used in this Step	
#2 Phillips Screwdriver	

A. If the console has three screws (00567700 // SCREW, M4-.7 X 12 PPHMS SEMS) preassembled, remove and set aside these screws. They are not used in the installation. Remove and set aside the four screws (00567800 // SCREW, M5-.8X12 COMBO PHILLIPS/COMMON TRUSS HEAD - ACG BLACK) preassembled to the console.

B. Using a #2 Phillips screwdriver, secure the console to the console mast using the four screws (00567800).



MAKE CABLE CONNECTIONS

Tools Used in this Step	
#2 Phillips Screwdriver	

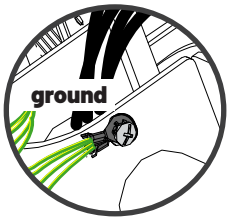
A. Connect the console and base cables:

- heart rate
- left and right button control (if applicable)
- I/O data

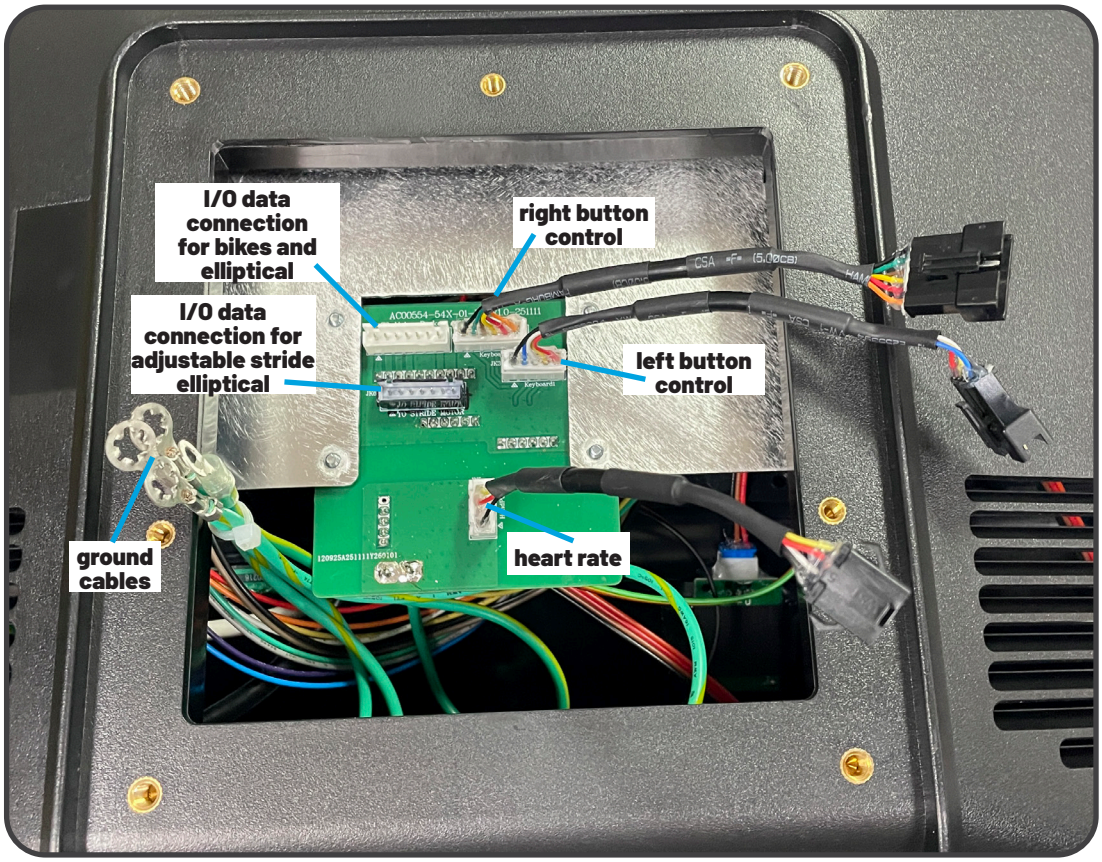
  NOTE: The I/O data connection varies by product.

  - The **TO STRIDE MOTOR** port is only for the XR1-SA performance series adjustable stride elliptical.
  - The **TO MOTOR BRAKE** is for all bikes and XM50 elliptical.
- ground (use the screw on the console mast to attach all the ground cables)

  NOTE: The location of ground screw attachment point on the console mast varies by product.



B. Ensure all cables are routed inside the console mast to avoid pinching the cables.



TRUE FITNESS

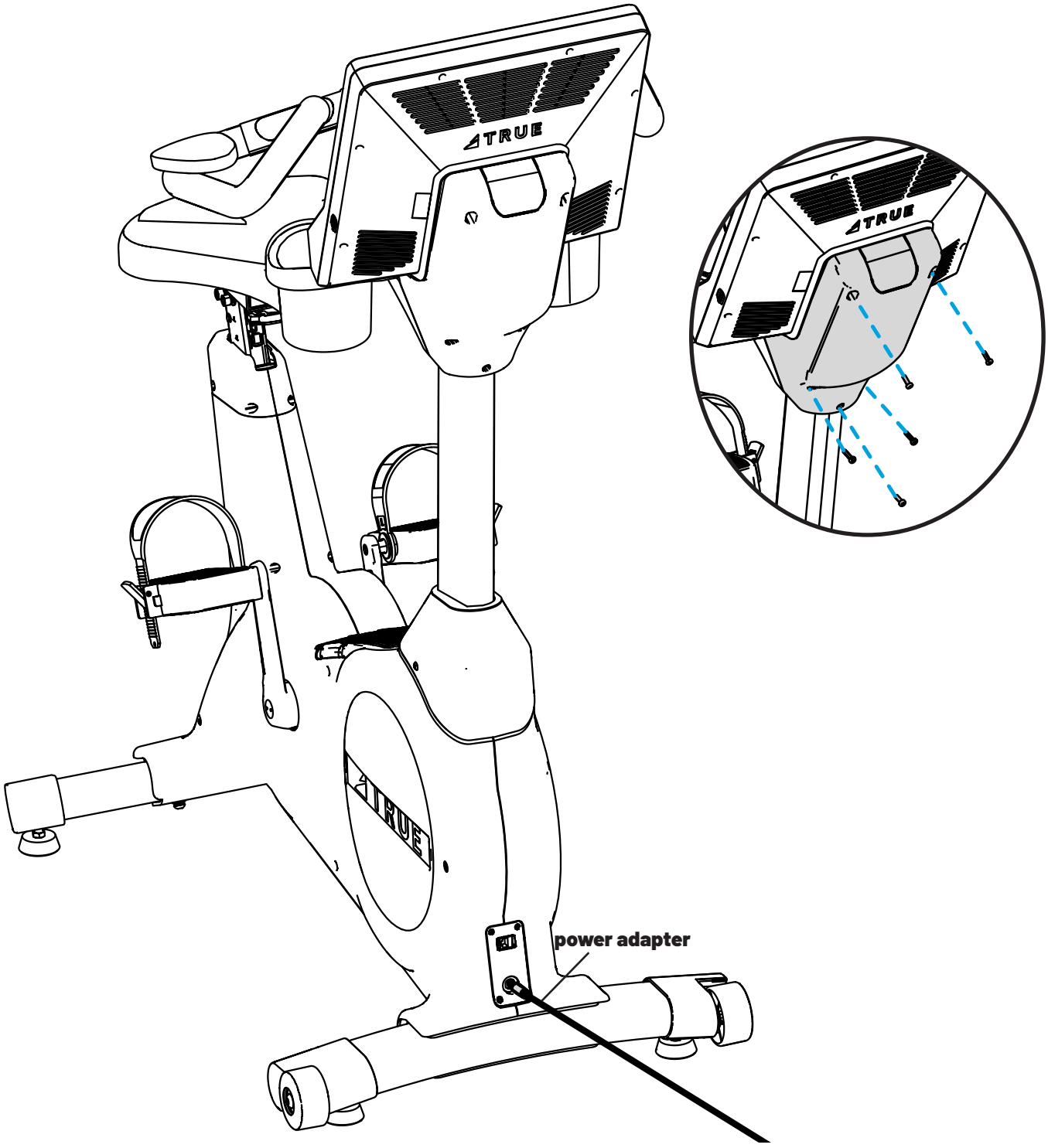
CONNECT POWER AND ATTACH REAR COVER

Tools Used in this Step	
#2 Phillips Screwdriver	

Example shown below—see the base assembly instructions for how to connect the power and attach the console rear cover.

A. Connect the power adapter into the power inlet and then power on the machine. Verify the console powers up.

B. Secure the rear console cover to the console mast.



INITIAL SETUP

POWERING ON FOR THE FIRST TIME

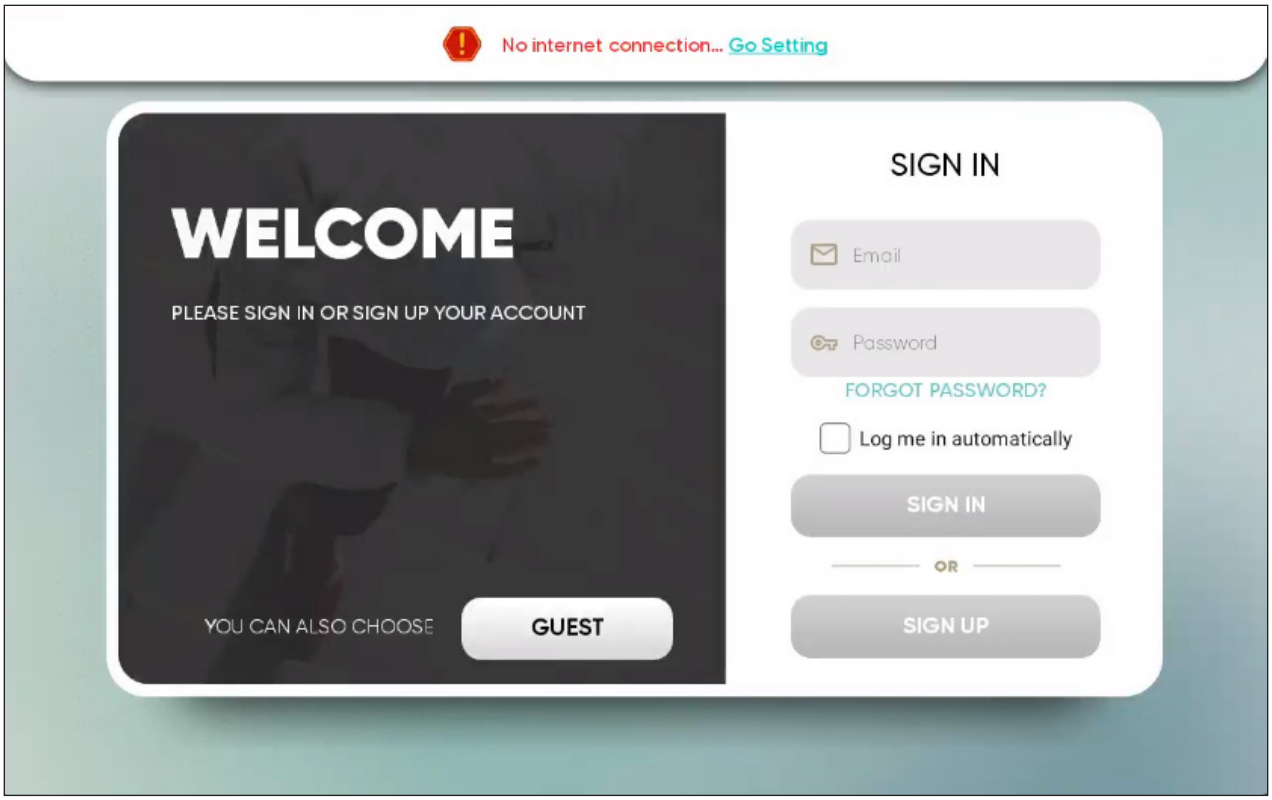
When the console is powered on, it will start to detect whether there is a network in the environment. When it is turned on for the first time, it will be in a no-network state. You can:

- Press **Go Setting** to set up the Wi-Fi (recommended).

  OR
- Press **GUEST** to go directly to the home screen. You can use the machine without an account. However, some features of the machine will not be available without an account.

NOTE: An internet connection is required to:

- Sign in or sign up for user accounts. With a user account, all features of the machine are activated.
- Use third party entertainment and media apps.
- Do software updates over the air.



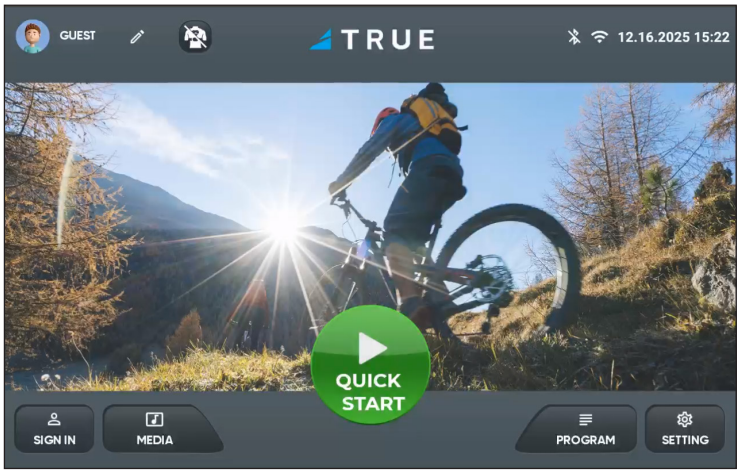
NOTE: The image above may differ from your console.

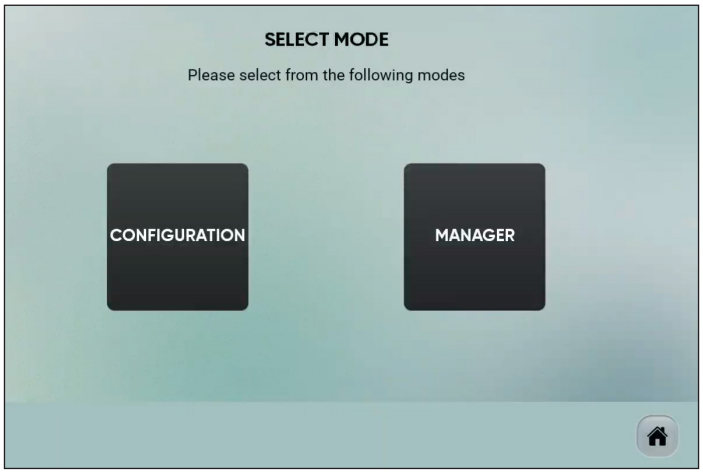
TRUE FITNESS

CONFIGURING THE MACHINE

This console works on the Perfomance Series Upright Bike, Performance Series Recumbent Bike, Performance Series Elliptical, and XM50 Ellipitcal. In order to ensure the base model and console are functioning correctly, you need to access the advanced console functions and verify the correct base has been selected on the console.

To access advanced console functions, tap the TRUE logo TRUE on the home screen 10 times. When the **SELECT MODE** screen appears, press **CONFIGURATION**.



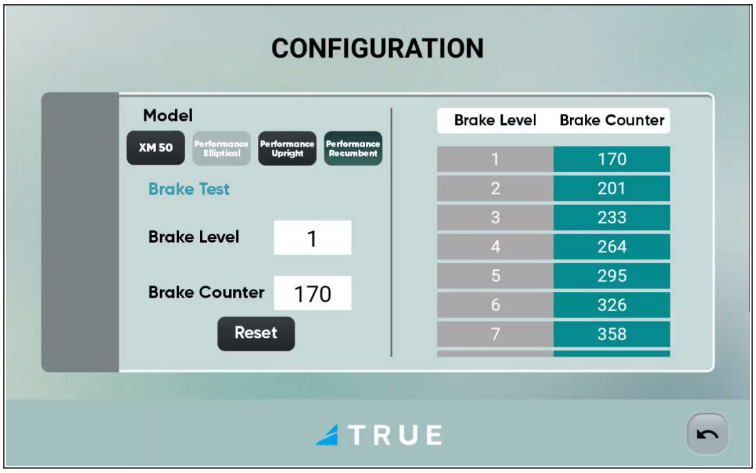


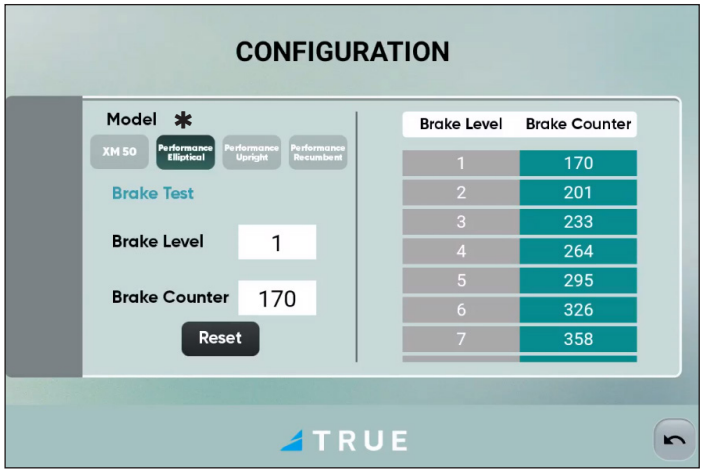
On the **CONFIGURATION** screen, choose the correct base model the console is installed on:

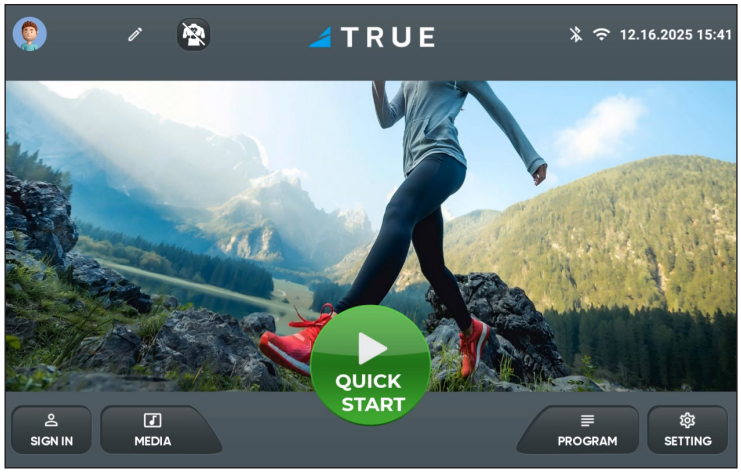
- XM50
- Performance Elliptical*
- Performance Upright
- Performance Recumbent

After choosing the correct model, the console will automatically return back to the correct home screen.

***NOTE:** The console automatically detects when it is connected to the Performance Elliptical. After verifying Performance Elliptical is selected, press return to go back to the home screen.





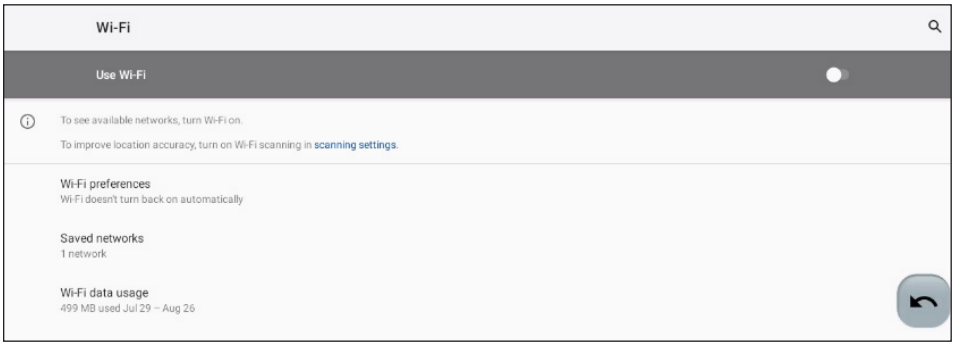


CONNECTING TO WI-FI

You can access the Wi-Fi set up screen by pressing:

- **Go Setting** Go Setting during initial console power up.
- The Wi-Fi icon .
- **SETTING➔Connection Setting➔wi-fi** wi-fi.

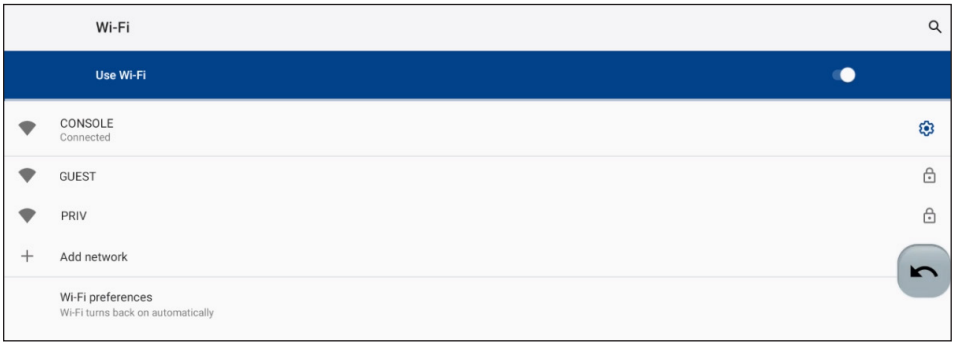
To see available networks, turn Wi-Fi on. Press the slider to use Wi-Fi .



NOTE: The image above may differ from your console.

When the **Use Wi-Fi** slider is active , the console will scan for available networks.

When Wi-Fi is active you can add a network, modify your Wi-Fi preferences, turn on scanning, view saved networks, and view data usage.



NOTE: The image above may differ from your console.

When you are done setting up the Wi-Fi connection, press the return button to go back to the home screen.

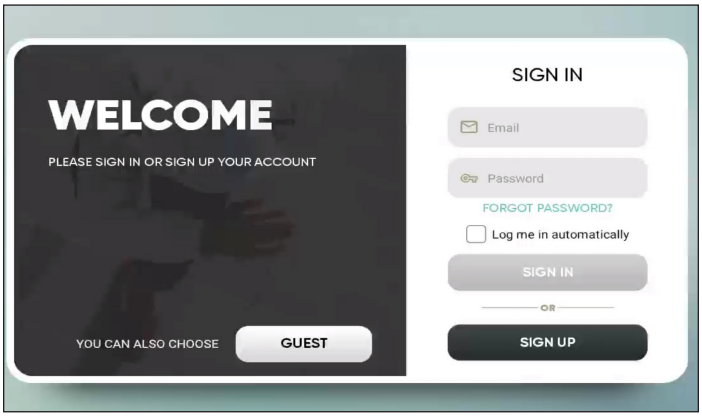
TRUE FITNESS

CREATING AN ACCOUNT

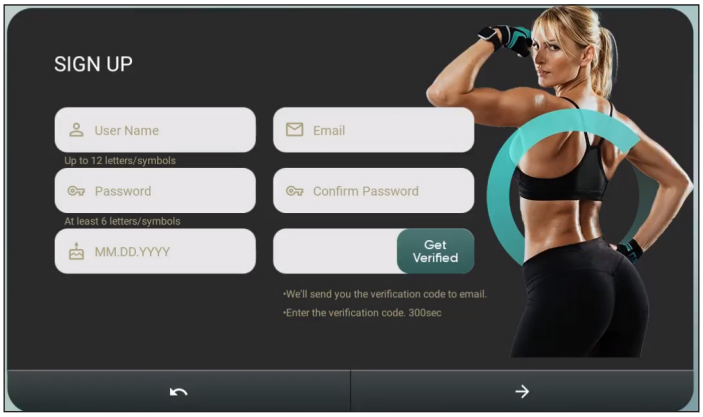
NOTE: The console needs to be connected to the internet to create a new account or access an existing account.

To create a new user account:

1. Press **SIGN UP** from the **WELCOME** screen.

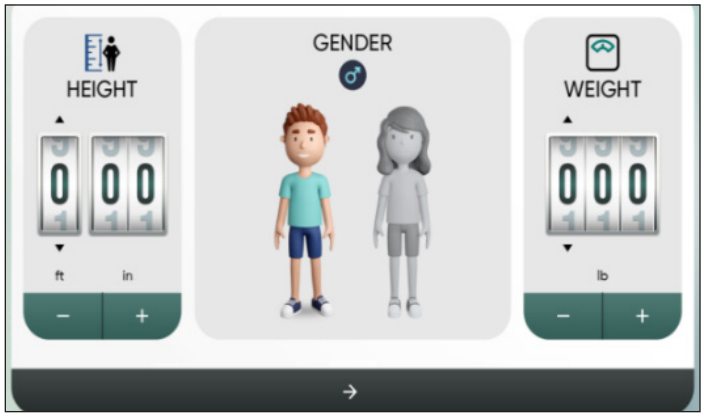


2. Fill out the information on the **SIGN UP** screen. When all the information has been entered correctly and verification is complete, press the next button → to continue.



NOTE: You must enter a valid verification code before you will be able to continue.

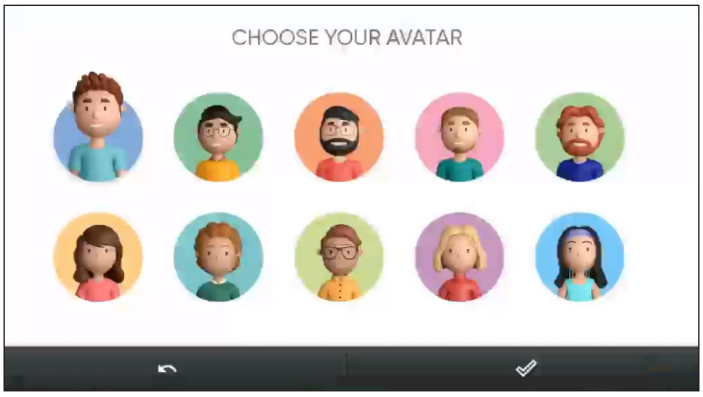
3. Using the buttons on the screen, enter the height, weight, and gender information. When all the information has been entered, press the next button → to continue.



NOTE:

- **HEIGHT**
  Default Value: 63" (160cm)
  Settable Range: 39" - 98" (100cm - 250cm)
- **WEIGHT**
  Default Value: 155lb (70kg)
  Settable Range: 44lb - 440lb (20kg - 200kg)

4. Select an avatar for your user profile, and then press the confirm button ✓.



The user account is created, and the home screen is displayed with the new user profile active.

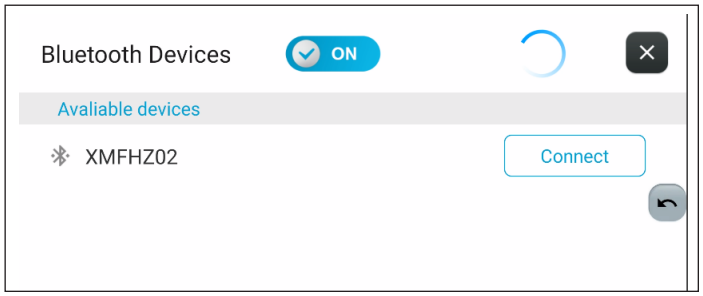
CONNECTING TO BLUETOOTH

BLUETOOTH HEART RATE

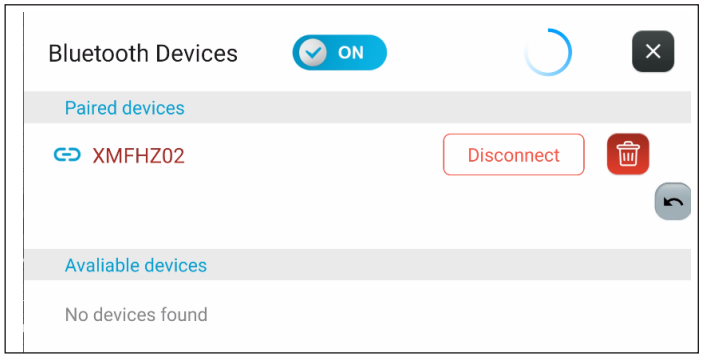
When Bluetooth is turned on, the system will automatically scan for nearby Bluetooth devices. Tap the name of the device you wish to connect to. If the pairing is successful, press Back to return to the settings page, and then press Home to return to the Idle Mode. If pairing fails, no connection will be established.

PAIRING A BLUETOOTH DEVICE

1. With the console active, press the Bluetooth icon .
   You can also access Bluetooth by pressing **SETTING➔Connection Setting➔Bluetooth** .
2. On the Bluetooth Devices screen, ensure the connection is turned on ON and the system will automatically scan the surrounding Bluetooth.
3. Activate your Bluetooth device and put it into pairing mode. Follow the instructions provided by the manufacturer to pair or connect it.
4. Once the Bluetooth device is found, the console will list it as an available device.
5. Press **Connect** Connect. The device will be connected.



6. To disconnect your device, press **Disconnect** Disconnect from the list of connected devices. To delete a paired device press the trash can .



BLUETOOTH APP CONNECTION

Kinomap

1. Register and log into the Kinomap app on your phone/ console.
2. Tap "More equipment" ➔ Fitness Equipment page.
3. Tap "+" on the top right ➔Select Treadmill and FIMS brand.
4. Tap My Treadmill ➔ Select FTMS protocol.
5. Connect to the Bluetooth name "Anplus-XXXXX."
   Once added, data on the app will sync with the console in real time.

Zwift

1. Register and log into Zwift app.
2. In the pairing screen, select Running ➔ Speed.
3. Find and connect to "Anplus-XXXXX", then tap OK.
   Once connected, speed data will sync with the console.
   If the console has not started a workout, speed and heart rate will show 0.

NOTE: The console cannot connect to Bluetooth while in Engineering Mode (Advanced Console Functions).

STARTING A WORKOUT

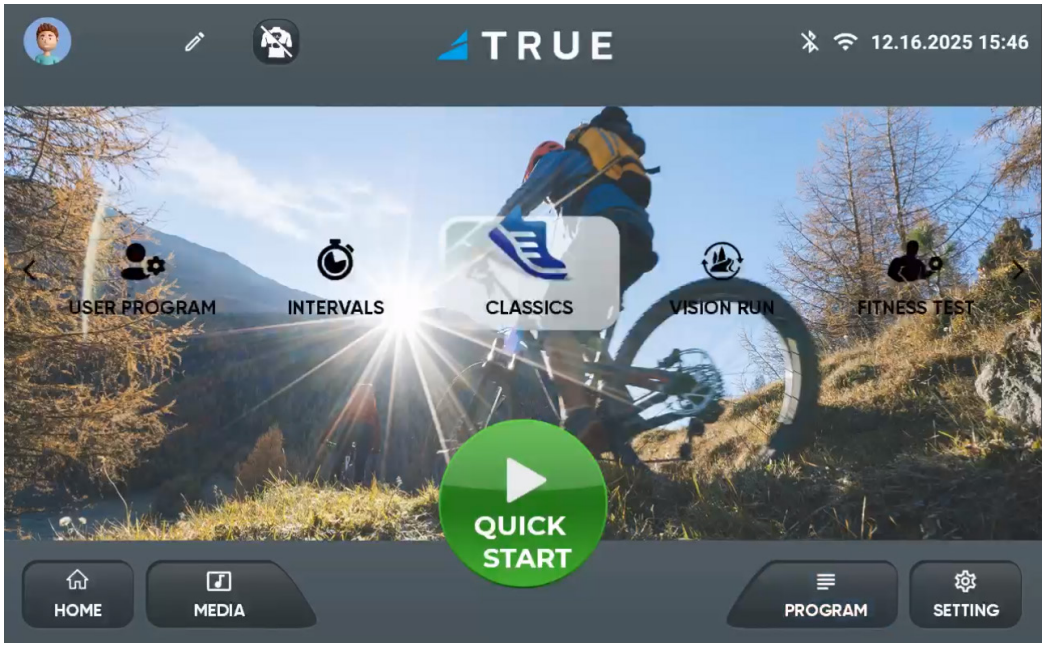
You can access workouts by pressing **QUICK START** or by pressing **PROGRAM** and choosing from one of the programs available on the console.

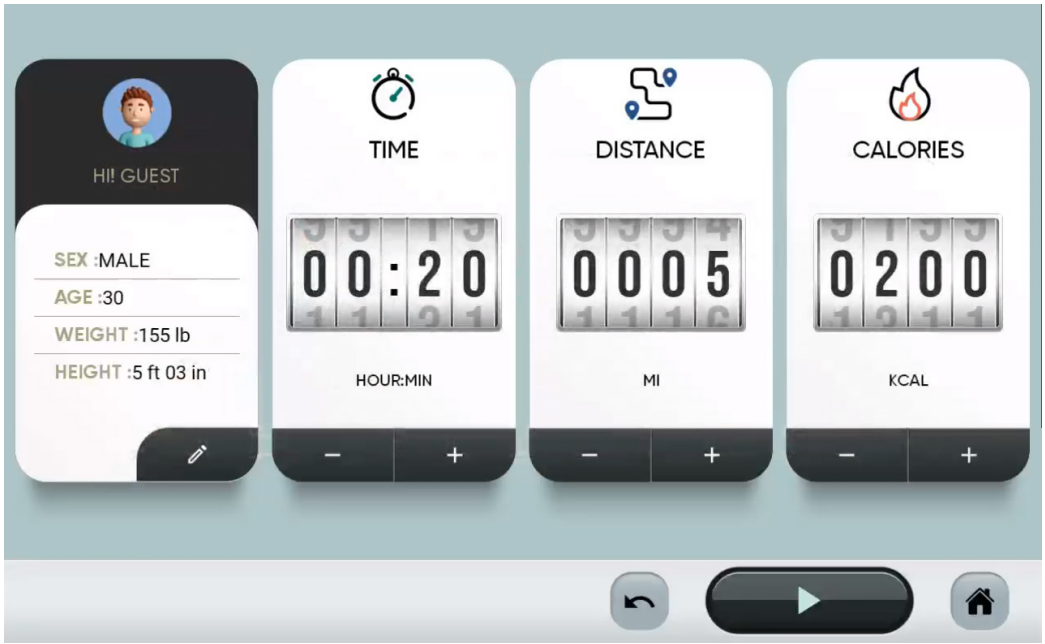
Choosing **QUICK START** will begin a workout immediately. No Warm Up or Cool Down is provided. All settings are controlled by the user.

Choosing **PROGRAM** allows you to scroll through the available categories of workouts (Classics, Vision Run, Fitness Test, Heart Rate Control (H.R.C.), User Program, and Intervals). If the workout has additional categories use the scroll buttons to see all of the categories.

Press a workout to select it and then press the **ENTER** button. If you want to use the system defaults for the program, press the start button. If you would like to edit the program defaults use the plus or minus buttons to change the parameters. If you would like to edit the user profile, click the edit pencil to make changes.

NOTE: The images shown may differ from your console.





NAVIGATING A WORKOUT

After you press start for your chosen workout, there will be a quick GO screen and then the workout begins. Some workouts have a 3 minute Warm Up before the workout begins. To directly start the workout, press **SKIP**.

MIRROR: Share the screen of your device on the console display during a workout.

APPLICATIONS: Tap to select a pre-installed application to be displayed on the screen during the workout.

HDMI: Displays the content if you have an HDMI streaming device connected to the HDMI in port on the side of the console.

WORKOUT PROFILE: The Workout Profile shows the level settings across the workout, with the workout time starting at the left and increasing to right. The active segment in the Workout Profile shows the current column of the workout.

Each Workout Profile has a Level Profile. For the Performance Series Elliptical there is also a Stride Profile.Tap on the Level or Stride Tab under the Workout Profile to switch between the Level and Stride Profile. The higher the column, the higher level or stride setting for that segment of the workout.

LAPS PROFILE: The Laps Profile shows virtual track that has an outer and an inner lap, both of which are 0.25 miles long. If the screen shows the Workout Profile, tap the Lap Profile button to change to the Lap Profile display.

BLUETOOTH: Press to open the Bluetooth screen and select an available device to connect. Select the desired device, and then tap Connect.

WI-FI: Shows if the console is connected to a Wi-Fi connection.

DISTANCE: Shows the Distance (km or mi) of the workout.

RPM: Shows the active revolutions per minute (rpm) during the workout.

TIME: Shows the time for the workout.

WATT: Shows the estimated power output. Higher watts means more effort calories burned for the workout.

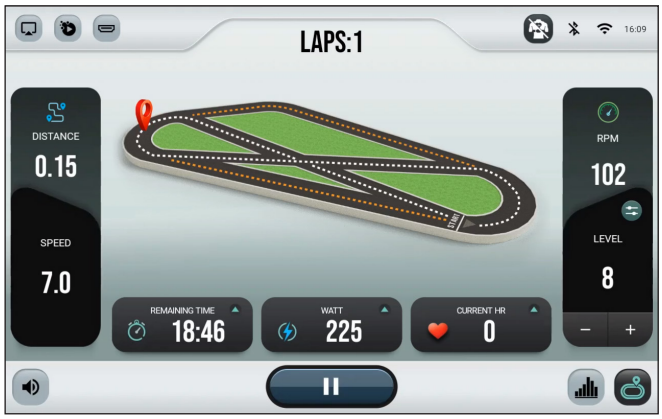
HEART RATE: Shows the current heart rate in beats per minute (bpm) for the wearer of a connected Bluetooth Heart Rate device.

Time: Elapsed Time, Target Time, or Remaining Time
Watt: METS, Calories, Calories/HR, or Watt
Heart Rate: Maximum HR, Average HR, or Current HR

NOTE: The images below may differ from your console.









TRUE FITNESS

NAVIGATING A WORKOUT CONTINUED

LEVEL: Shows the level settings.

STRIDE: For Performance Series Ellipticals only, shows the stride settings.

QUICK SELECT: Quickly choose a level setting or, for Performance Series Ellipticals only, quickly choose a stride setting.

HRC: HRC Cruise Control automatically adjusts the machine and provides feedback to ensure you maintain your target heart rate and get the most out of your session.

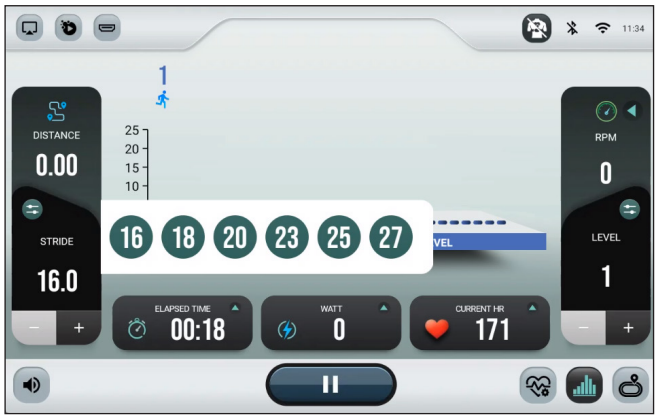
WORKOUT VOLUME: Adjust the volume for the workout with the + and - buttons.

PAUSE: Pauses an active workout bringing the running belt to a stop and the incline to 0. A pause window is displayed, with the options RESUME or FINISH.

NOTE: If a workout is paused for over 5 minutes, the workout is ended and the machine displays the workout results.

NOTE: The images below may differ from your console.







ENDING A WORKOUT

To end a workout, press the pause button , and then press **FINISH** and the workout summary screen appears.

TIME: Shows the total time of the workout.

TOTAL DISTANCE: Shows the total distance (km or mi) of the workout.

CALORIES: Shows the estimated total calories burned during the workout.

PACE (AVERAGE): Shows the average time to complete a kilometer or mile during the workout.

MAXIMUM SPEED/ELAPSED TIME: Shows the maximum speed of the running belt during the workout and when it occurred.

METS: A MET is a ratio of your workout metabolic rate relative to your resting metabolic rate. Your resting metabolic rate is 1 MET, so the displayed number of METS is the intensity level of exertion above the sitting at rest level.

LEVEL AND HEART RATE GRAPH: Graphic representation of the level throughout the entire workout, with the recorded heart rate value charted on it. Tap for more details.

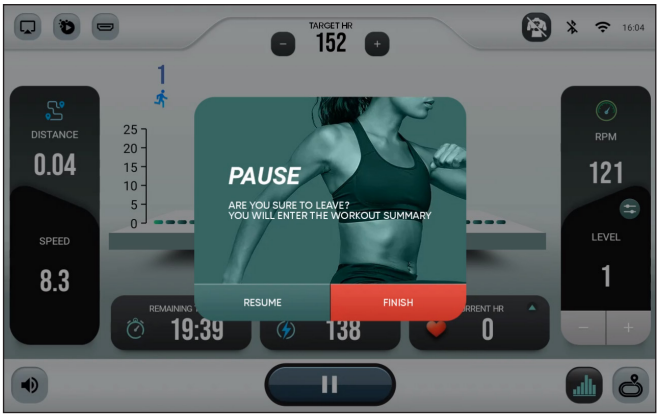
RPM AND HEART RATE GRAPH: Graphic representation of the rpms throughout the entire workout, with the recorded heart rate value charted on it. Tap for more details.

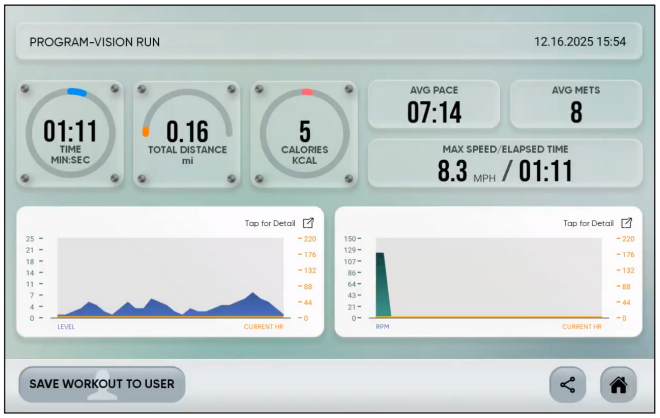
SAVE WORKOUT TO USER: Tap to save the workout.

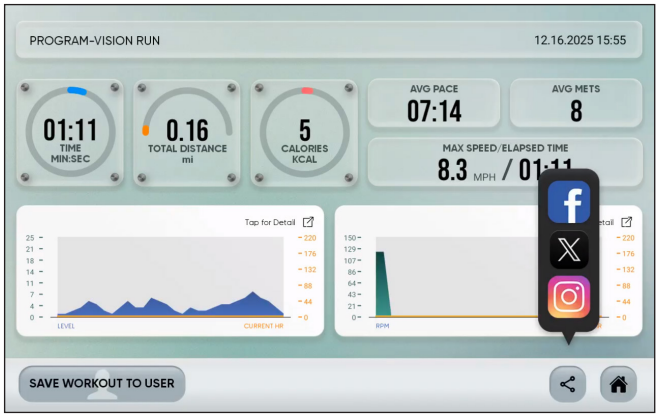
SHARE WORKOUT RESULTS: Use pre-installed applications to share your workout.

HOME: Goes to the Home or Idle screen.

NOTE: The images below may differ from your console.







TRUE FITNESS

CONSOLE FEATURES

FEATURES OVERVIEW

The TRUE 10”and 16” touchscreen consoles offer a library of engaging workouts and options, allowing users to stay connected while staying focused on their fitness goals. These user friendly, easy to navigate consoles are compatible with the TRUE Residential Bikes and Ellipticals.

Features:

- Consoles are available in the following screen sizes:
  - 10” (10.1 inches: resolution 1280 x 800)
  - 16” (15.6 inches: resolution 1920 x 1080)
- Touchscreen is multi-point capacitive touch
- Android OS
- Software updates can be done via the network (OTA) or by USB
- Bluetooth BT/BLE and Wi-Fi compatible
- FTMS compatible (GymTrakr, Zwift, Kinomap, and more)
- User’s choice of Metric or Imperial units displayed on console
- User’s choice for language displayed on console
- Mirroring from iOS or Android smart phone
- HDMI in (supports streaming devices like Roku and Fire Stick) / SD card expansion
- Heart rate detection supports contact heart rate grip, 5kHz wireless, and Bluetooth
- Backend membership management and personal exercise data cloud storage
- Virtual videos
- Third party entertainment and media apps





ICON DESCRIPTIONS

ICON	DESCRIPTION
	Home
	Close
	Check
	Return
	Enter
	Enter
	Refresh
	Custom
	Enlarge
	Down
	Up
	Arrow Down
	Arrow Up
	Arrow Left
	Arrow Right
	Next

ICON	DESCRIPTION
	Plus
	Minus
	Start
	Pause
	Switch
	Quick Setup
	Quick Start
	Sign In
	Sign Out
	Media
	Program
	Setting
	On
	Off
	Screen Brightness
	Volume

ICON	DESCRIPTION
	Beep Mode
	Sleep Mode
	Child Lock
	Connection
	App Update
	Refresh
	Auto Login
	Display Mode
	Machine Info
	Machine Setting
	Mirror
	iOS
	Android
	Draw
	Incline
	Speed

ICON	DESCRIPTION
	Calories
	Heart Rate
	Distance
	Pace
	RPM
	WATT
	METS
	Steps
	Speed or Level
	Incline or Stride
	Repetition
	Ratio
	Time
	Time Auto Set
	Time Not Set
	Time Set

TRUE FITNESS

ICON DESCRIPTIONS

ICON	DESCRIPTION
	Rest Speed
	Rest Time
	Workout Profile View
	Laps View
	Shrink Screen
	Full Screen
	Quit
	Minimize
	Application
	Facebook
	Instagram
	Twitter
	Netflix
	Disney
	Prime Video
	Youtube

ICON	DESCRIPTION
	Spotify
	HDMI
	Scan
	Avatar
	Bluetooth
	Bluetooth Off
	Wi-Fi
	Wi-Fi Off
	Wearables Off
	Connect
	Disconnect
	Connect
	Disconnect
	Connected
	Disconnected
	Delete

ICON	DESCRIPTION
	Edit or Change
	Account Data
	Personal Info
	Mail
	Password
	Birthday
	User
	Age
	Height
	Weight
	Classics
	H.R.C.
	Interval
	Marathon
	Vision Run
	User Program

ICON	DESCRIPTION
	Fitness Test
	Airforce
	Army
	Coast Guard
	Marine Corps
	Navy
	PEB
	Gerkin
	Warning
	Failed
	Passed
	Total Distance
	Total Time
	Share
	Save Workout to App
	Save Workout to User

WORKOUT PROGRAM DESCRIPTIONS

Quick Start

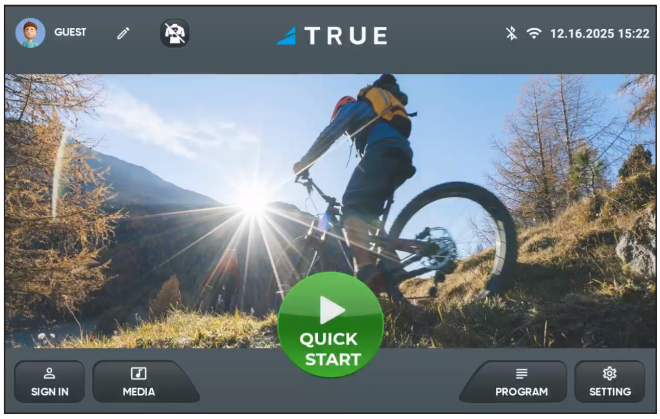
Allows the user to start exercising immediately. A Quick Start workout is an open-ended workout with speed, stride (performance series elliptical only), and level adjustments controlled by the user. There is no Warm Up or Cool Down for this workout.

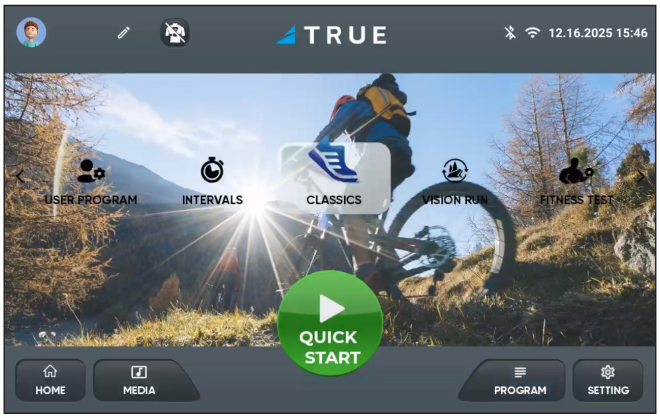
Classics

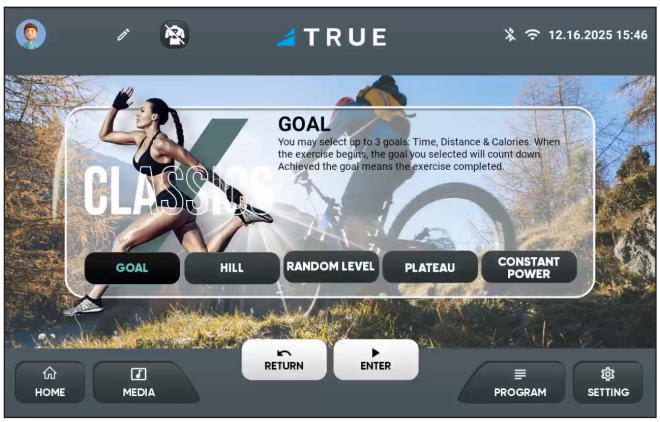
The user can choose from the following classic programs: Goal, Hill, Random Level, Plateau, and Constant Power.

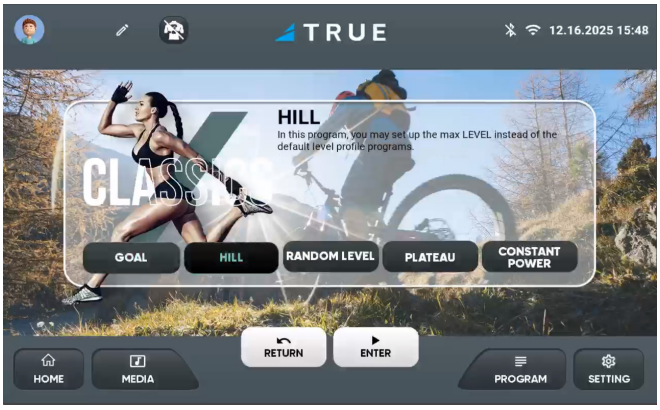
- **Classics Goal Workout:** For a Classics Goal Workout, you can adjust the Time (default is 20 minutes), Distance (default is 5 miles), or Calories (default is 200 kcal). A user can choose 1 to 3 of the Goals, and adjust them. The values for Goals will count down toward zero during the workout. All other values will count up. When a Goal is achieved, the workout ends.
- **Classics Hill Workout:** This workout has three hills. With the largest in the final third of the workout. For a Classics Hill Workout, you can adjust the Time (default is 20 minutes) and Max Level (default is 12). When the Goal is achieved, the workout ends.

NOTE: The images below may differ from your console.









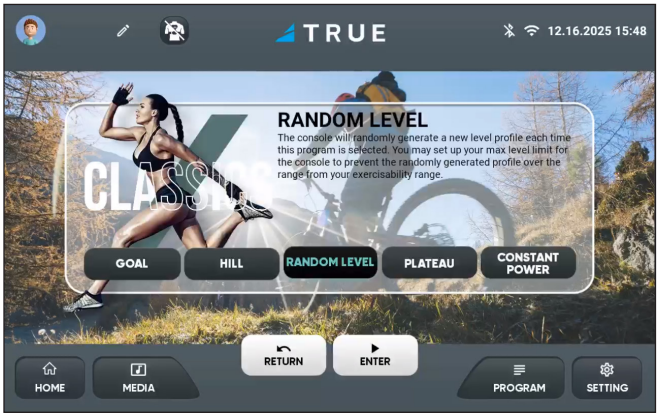
WORKOUT PROGRAM DESCRIPTIONS CONTINUED

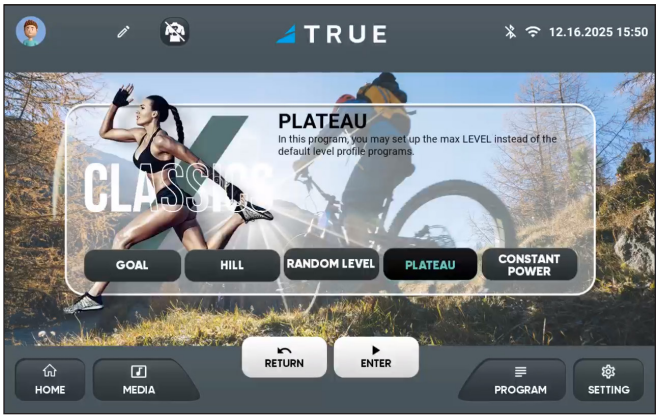
- **Classics Random Level Workout:** Using the maximum level setting, a level profile is created randomly so every workout is different than the last. For a Classics Random Level Workout, you can adjust the Time (default is 20 minutes) and the Max Level setting (default is 20). Based on the maximum level setting, a level workout profile is created. From the Preview Profile screen, you can tap on the refresh profile button for another random level profile. The Goal value will count down toward zero during the workout.

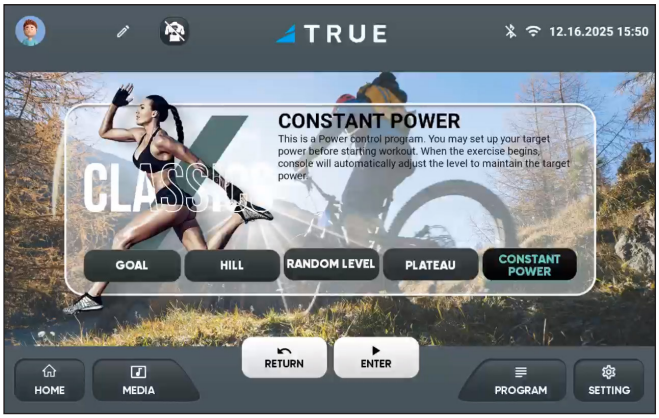
- **Classics Plateau Workout:** Using the maximum level setting, a plateau profile is created. For a Classics Plateau Workout, you can adjust the Time (default is 20 minutes) and the maximum level setting (default is 16). Based on the maximum level setting, a plateau workout profile is created; with a gradual increase at the beginning and gradual decrease at the end, with the majority of the workout at the max level.

- **Classics Constant Power Workout:** Using the target power setting, a workout is created that will maintain the target power. For a Classics Constant Power Workout, you can adjust the Time (default is 20 minutes) and the Target Power (default is 200). When the workout begins, the console will automatically adjust the level to maintain the target power.

NOTE: The images below may differ from your console.







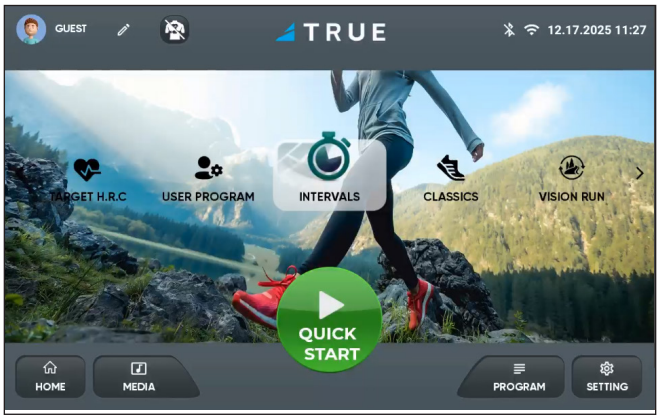
WORKOUT PROGRAM DESCRIPTIONS CONTINUED

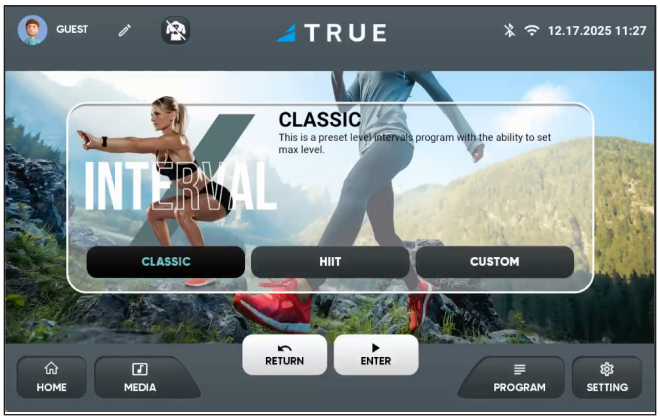
Interval

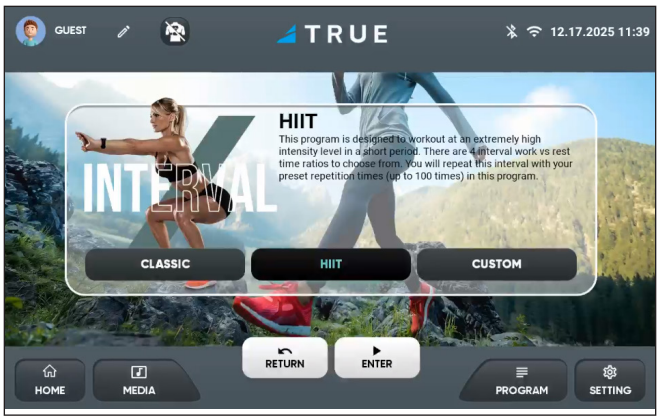
The user can choose from the following programs: Classic, HIIT (High Intensity Interval Training), or Custom Intervals.

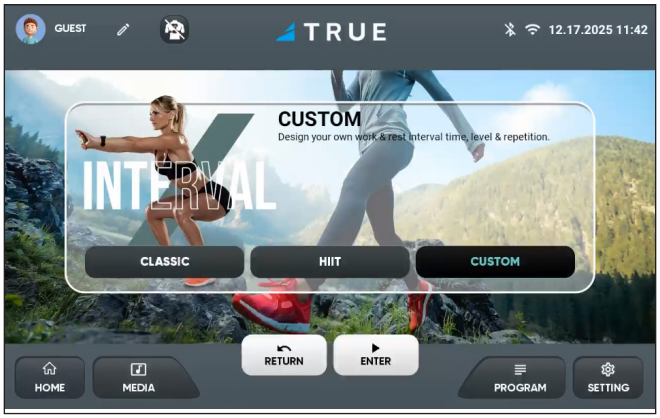
- **Intervals Classic Workout:** A preset level interval program with the ability to set the max level. You can adjust the Time (default is 10 minutes) and the Max Level (default is 10). An interval workout is then created alternating between the max level and half the max level with a gradual level increase at the beginning and gradual level decrease at the end.
- **Intervals HIIT Workout:** This program is designed to workout at an extremely high intensity level in a short period. There are 4 interval work vs rest time ratios to choose from. You will repeat this interval with your preset repetition times. You adjust the Interval Ratio (default is 10, 30 second intervals), the Workout Level (default is 8), the Rest Level (default is 2), and the number of Repetitions (default is 10).
- **Intervals Custom Workout:** An interval workout designed by you. You can adjust the Work Time (default is 1 min), Workout Level (default is 16), Rest Time (default is 30 seconds), Rest Level (default is 2), and number of Repetitions (default is 10).

NOTE: The images below may differ from your console.









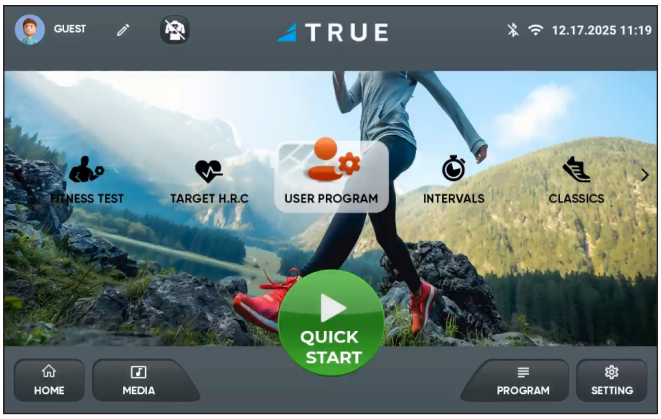
WORKOUT PROGRAM DESCRIPTIONS CONTINUED

NOTE: The images below may differ from your console.

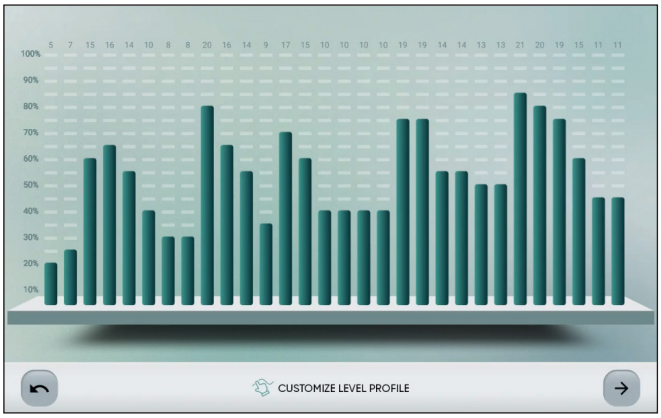
User Program

A user can choose to repeat a previously saved workout or can create a new customized workout with a simple swipe of a finger. Once created, it can easily be selected for your next workout. If signed in, the last 10 saved Custom Workouts for that Profile are displayed across the top of the screen. If signed in as a Guest user, the last 10 saved Custom Workouts by any Profile are displayed across the top of the screen. Press a Custom Workout, and the details of the saved Custom Workout are displayed. To begin the selected workout, press Start ▶. If a more focused workout is desired, then create your own Custom Workout.

To create a Custom Workout, press Custom CUSTOM. The screen will display a blank level profile. Slide your finger across the display defining the peak levels for the workout. The screen captures the motion, and fills in the level profile. To adjust a specific column of the profile, hold your finger on it and then slide your finger up or down to the desired setting. Press Next → and the screen will display the adjustable Time (default is 20 minutes). Adjust the Time value, if desired, and press Next →. The screen will then show a preview of the Workout Profile for the Level. To begin the Custom workout, press Start ▶.









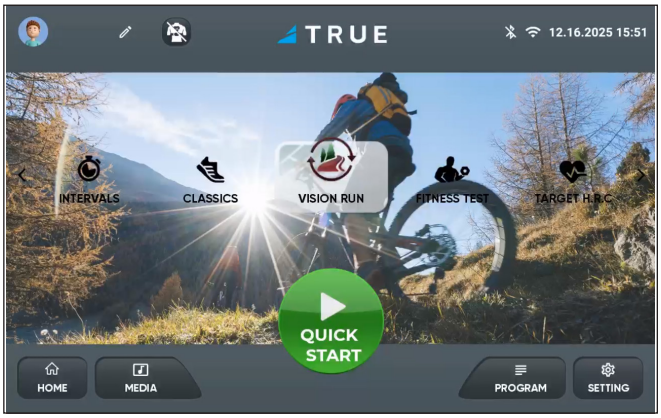
WORKOUT PROGRAM DESCRIPTIONS CONTINUED

Vision Run

In virtual reality mode, the user can exercise while watching videos of scenic routes. For each Vision Run Workout, there are 3 adjustable Goals available, Time (default is 20 minutes), Distance (default is 5 miles), or Calories (default is 200 kcal). A user can choose 1 to 3 of the Goals, and adjust them. The values for Goals will count down toward zero during the workout. All other values will count up. When a Goal is achieved, the workout ends.

Applications and Mirroring are disabled during a Vision Run Workout. Press ⛶ to go to full screen mode. Press ⛶ to go back to standard mode.

NOTE: The images below may differ from your console.







WORKOUT PROGRAM DESCRIPTIONS CONTINUED

NOTE: The images below may differ from your console.

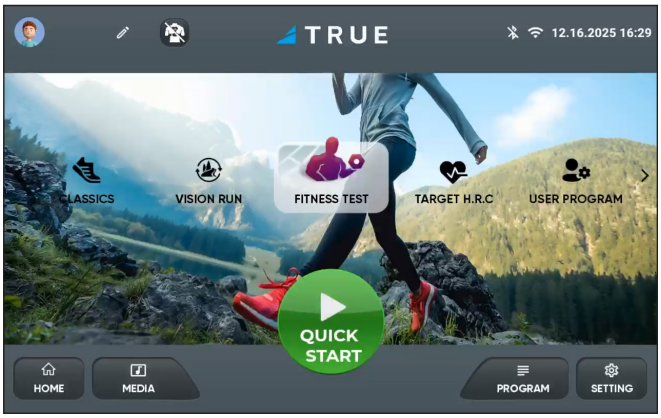
Fitness Test

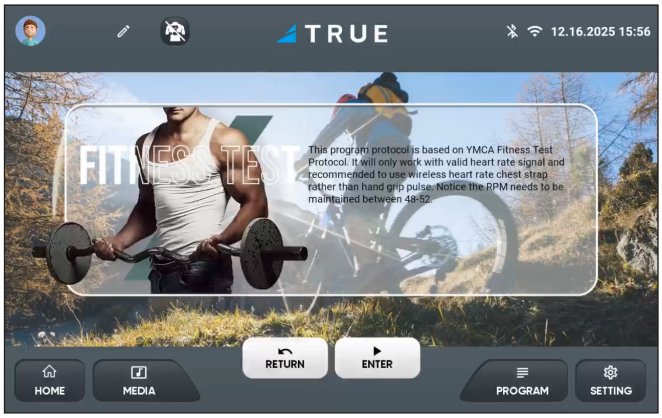
This program protocol is based on YMCA Fitness Test Protocol. It will only work with a valid heart rate signal and it is recommended that you use a wireless heart rate chest strap. The RPM must be maintained between 48-52.

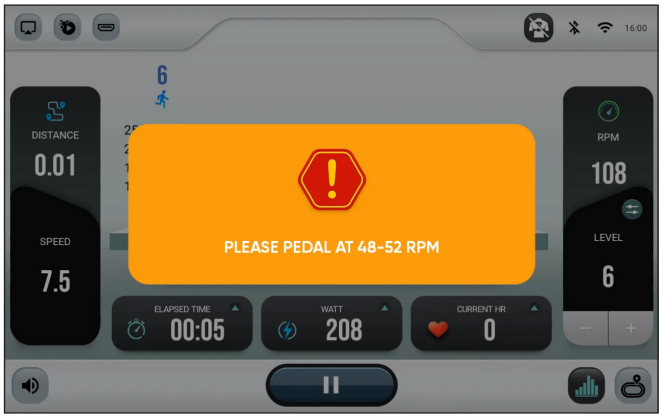
If you go too fast or too slow, you will get a please pedal at 48-52 RMP notice.

If the signal from the heart rate device is lost for 15 seconds, the Reconnect or End the Program screen will be displayed.

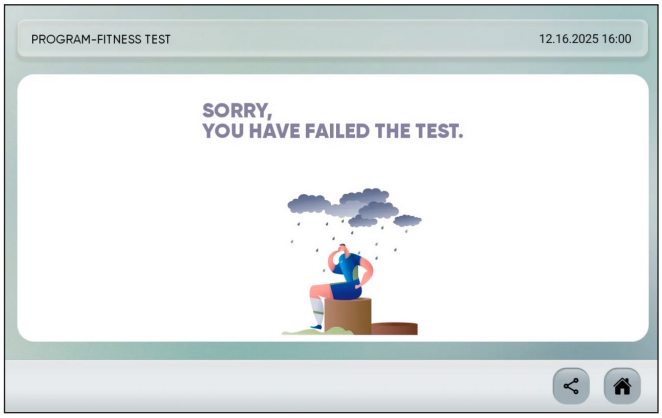
Be sure the height, gender, age, and weight are all correctly entered for your active profile. The Fitness Test is Pass or Fail, so be ready.

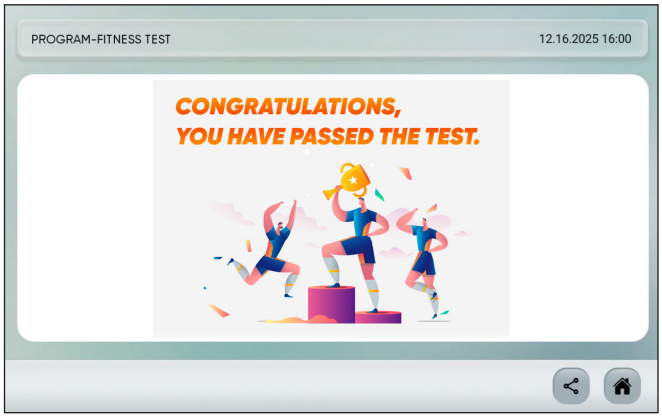












WORKOUT PROGRAM DESCRIPTIONS CONTINUED

TARGET H.R.C

There are three modes: 60%, 70%, and 80%. During a Heart Rate Control workout, speed is adjusted to keep you at your targeted heart rate.

The intensity of the workout is driven by your current heart rate. So be sure that your Heart Rate device works, the age in the profile is current, and the targeted heart rate is adjusted for you.

A Heart Rate device is required to perform a Heart Rate Control Workout. The goal of a Heart Rate Control Workout is for you to workout close to your target heart rate. If your heart rate is not close enough to the target rate, the console will ask you to adjust the intensity of your workout. These adjustments can be to speed or level. If your heart rate is still not close enough to the target rate, the console will automatically adjust the level every 10 seconds.

For a Heart Rate Control Workout, there is 1 adjustable Goal available, Time (default is 20 minutes), and the Target Heart Rate (bpm). The default Target Heart Rate is calculated using the age of the active profile. Be sure that your age is entered correctly for the active Profile. The value for the Goal will count down toward zero during the workout. All other values will count up (excluding Heart Rate). When the Goal is achieved, the workout ends.

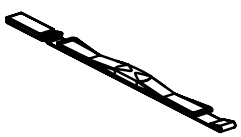
Target Heart Rate = 220 - (your age) * (the selected % value of the workout).

If the console has reduced the level to the minimum and your heart rate is +25 bpm above your maximum heart rate, the Heart Rate is too High / STOP screen will be displayed. Safely end your workout immediately. If the workout does not end after 30 seconds, and your heart rate has not reduced, the workout will be ended.

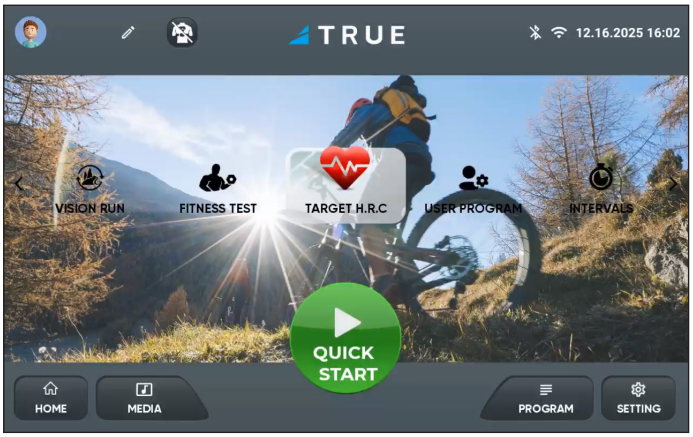
During a Heart Rate Control workout, if the signal from the heart rate device is lost for 15 seconds, the Reconnect or End the Program screen will be displayed. If the heart rate device does not reconnect after 30 seconds, the workout will be ended.

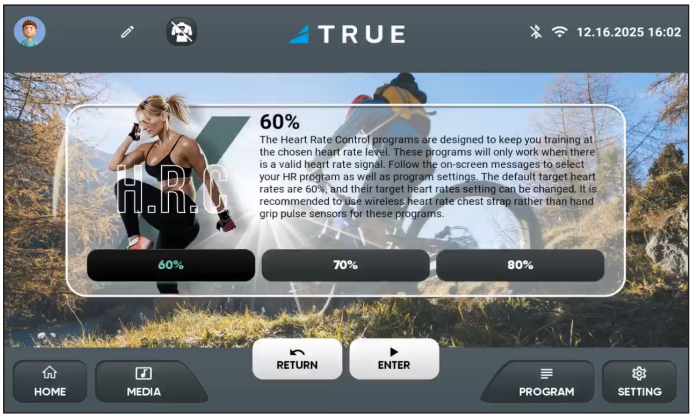
NOTE: If your Heart Rate wearable device seems to be working properly but the console has lost the connection, restart it. This may re-establish the signal between the devices.

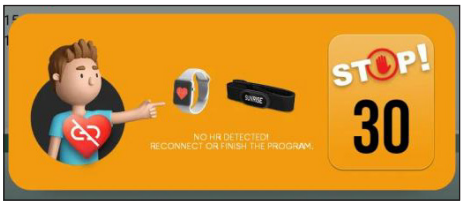
NOTE: A Polar® Chest Strap is included with your residential TRUE product. The console should automatically detect and connect to this chest strap.



NOTE: The images below may differ from your console.









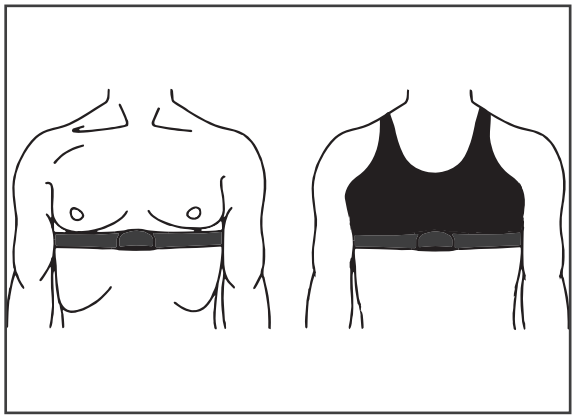


HEART RATE MONITORING

Bluetooth transmitters and chest straps transmit the user's heart rate to the machine via radio, and the CHR pads connect to a special computer circuit to extract the user's heart rate.

Chest Strap and Bluetooth Heart Rate Monitoring

Although this cardio equipment functions fine without using the heart rate monitoring feature, this kind of monitoring gives valuable feedback on the user's effort level. Using a chest strap or Bluetooth monitoring also 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 machine 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. Bluetooth transmitters should be worn in accordance with the manufacturer's documentation. 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 console 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.

Target Heart Rate

Heart Rate Control (H.R.C) workouts let the machine monitor relative exercise intensity by way of the user's heart rate, then will tell you to adjust the speed and resistance 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 machine 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 resistance, they will have a better understanding of how to select the maximum speed and maximum resistance required for reaching their target heart rate.

CONSOLE NAVIGATION

HOME SCREEN

The home screen is displayed on the console when there is no workout in progress. From this screen the user is able to select from various options to begin a workout.

NOTE: The image shown may differ from your console.



A. Sign In / Sign Out

The user can sign in to an existing account, sign up for a new account, or skip and choose to sign in as a guest. If there is not an internet connection, the user cannot sign in or sign up, but can continue as a guest.

B. Media

Allows the user to display apps, mirror from their device, or display content from an HDMI connection. If there is not an internet connection, the user will not be able to use certain apps.

C. Quick Start

Allows the user to start exercising immediately. The user manually adjusts speed and incline and must press pause to stop the workout.

D. Program

Allows the user to access the workout programs available on the console.

E. Setting

Allows the user to access connection settings, machine settings, app updates, and machine information.

F. User Profile

Current active user profile.

G. Edit Profile

Edit or create a profile that stores a user's account data and personal information.

H. Wearable

Allows you to connect to a compatible device.

I. Bluetooth

Bluetooth connected or disconnected indicator.

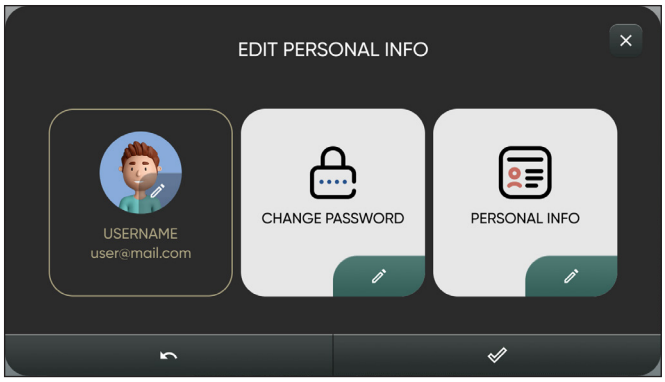
J. Wi-Fi

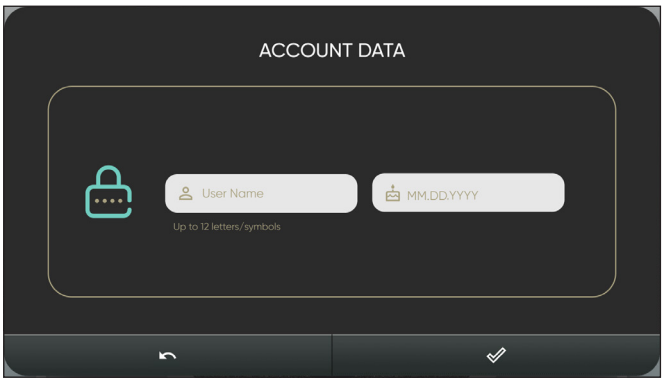
Internet connected or disconnected indicator. Pressing the icon opens the Wi-Fi screen and allows you to select from the available Wi-Fi connections and view Wi-Fi setting information.

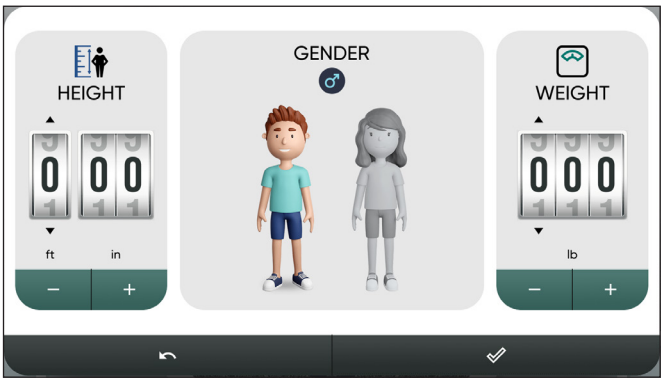
TRUE FITNESS

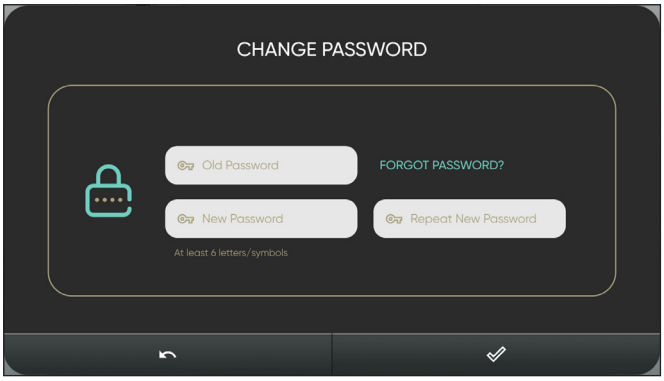
USER PROFILES AND PERSONALIZATION

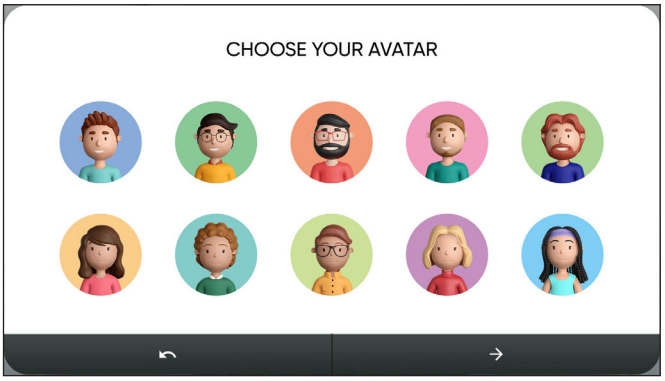
To modify a user profile, press edit on the home screen. On the **EDIT PERSONAL INFO** screen, press edit on the information you want to change. Press confirm to save the changes. Press return to exit back to the home screen.

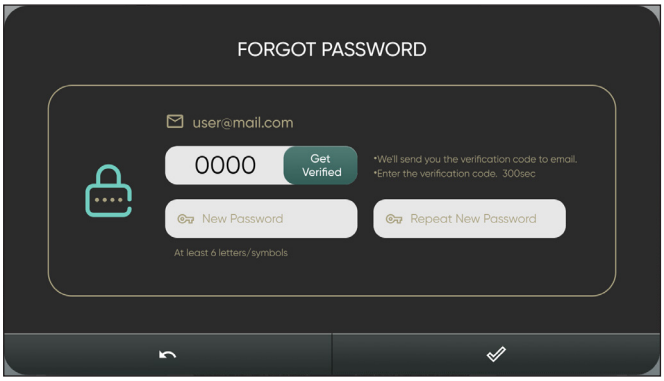








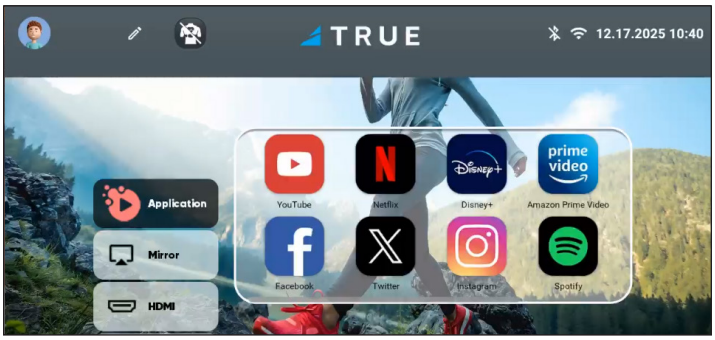




APPLICATIONS

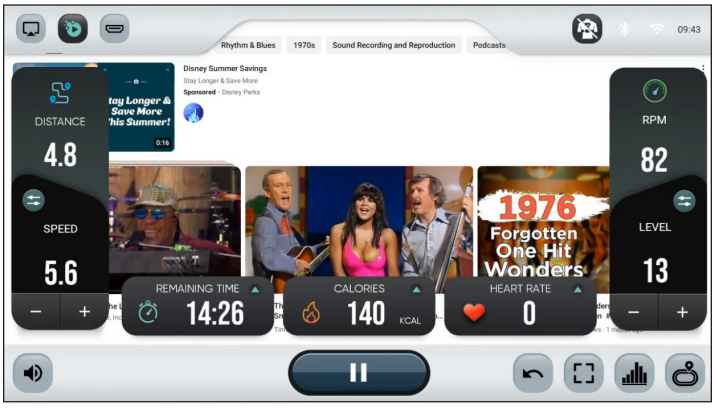
NOTE: The images shown may differ from your console.

To access an application press **MEDIA** MEDIA, press **Application**, and then press the desired application, log into your account, and enjoy it on your console.





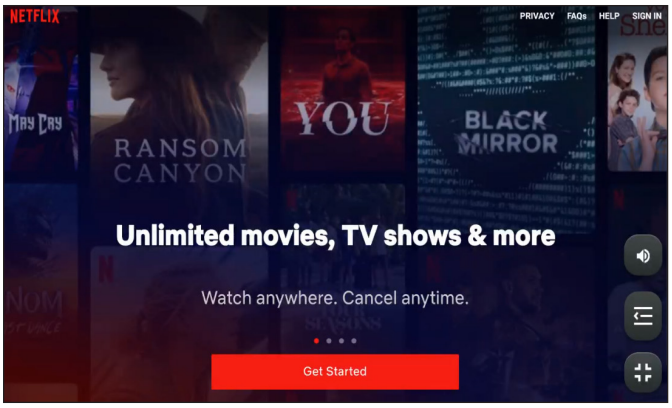
Applications can be viewed in the standard screen mode, where the application is displayed along with the machine information, or in full screen mode, where the application fully covers the display.



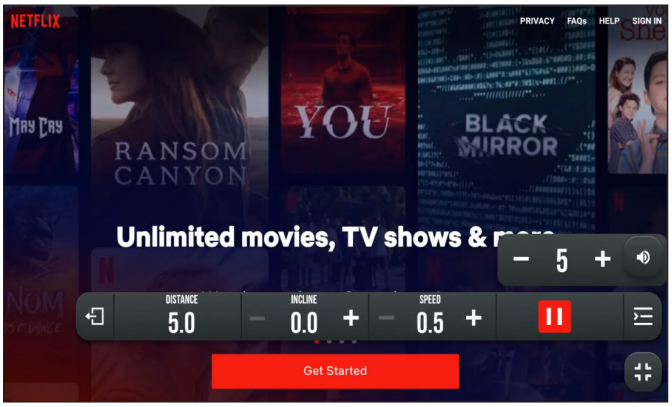
Press ⛶ to shift to full screen mode.

Press ⛶ to shift from full screen mode to standard screen mode.

Application in full screen mode in a workout.



In full screen mode you can use the controls on the lower right side ( ) to adjust the volume, view distance, change incline and speed, or press pause. Press the quit icon to leave the app and return to the regular workout screen.



TRUE FITNESS

MIRRORING

NOTE: The images shown may differ from your console.

Mirroring allows the screen of your device to be projected onto the console display. Depending on your type of device , iOS or Android, will decide how you activate the screen projection.

NOTE: The console and your device must be connected to the same Wi-Fi.

To access mirroring press **MEDIA** MEDIA, press **Mirror**, and then depending on your device, press **iOS** iOS or **Android** Android.

Follow the instructions shown on the console and your device. To stop mirroring, press "Stop Mirroring" from the device.

iOS devices: With the connected Wi-Fi matching on the iOS device and the console, press **Screen Mirroring** on the device. Select the console, **Device-XXX**, from the Screen Mirroring list, and then press **Start Mirroring**. The console will show the screen of the device.



Android devices: Be sure that the Android device and the console are connected to the same Wi-Fi. Scan the provided QR code on the screen, or search for the **ANPLUS Screen Mirroring** app in the Google Play Store and install it. Open the app and press **Start Searching**. Select the console, **Device-XXX**, from the list, and then press **Start Mirroring**. The console will show the screen of the device.



HDMI

NOTE: The images shown may differ from your console.

From the home screen, tap **MEDIA** and select **HDMI**. Once a computer or other device is connected via the HDMI port, the HDMI function will activate.



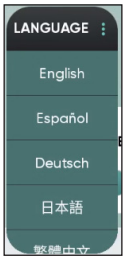
MACHINE SETTINGS

To access machine settings press **SETTING** SETTING and then press **Machine Setting** .

SCREEN BRIGHTNESS: Adjust the slider left to decrease or right to increase the SCREEN BRIGHTNESS.

VOLUME: Adjust the slider left to decrease or right to increase the Volume.

TIME AND DATE: Time has two settings which can be customized: 24 HOUR or AUTO SET. The 24 HOUR setting allows the time to be either set to 24 hours (ON) or 12 hours, AM or PM (OFF). With AUTO SET turned off, the Time and Date can be modified. To modify a value, tap and hold on the digit that you want to modify and slide your finger up (+) or down (-) until it is the desired value. To modify the Date, the AUTO SET must be set to OFF.



LANGUAGE: To view the available languages for the console, press LANGUAGE. To change to one of the available languages, press the desired language. The console shifts to the selected language.



UNIT: To change the units of measurement, press UNIT. The option for IMPERIAL or METRIC is displayed. Press the desired unit of measurement.

DISPLAY MODE: (ON) The screen will not close. (OFF) The screen will turn off.

SLEEP MODE: (ON) If there is no input for thirty minutes while on the Home or Idle screen, the machine will go into SLEEP MODE and turn off the display. Push any button to activate the display. (OFF) The displays stays on.

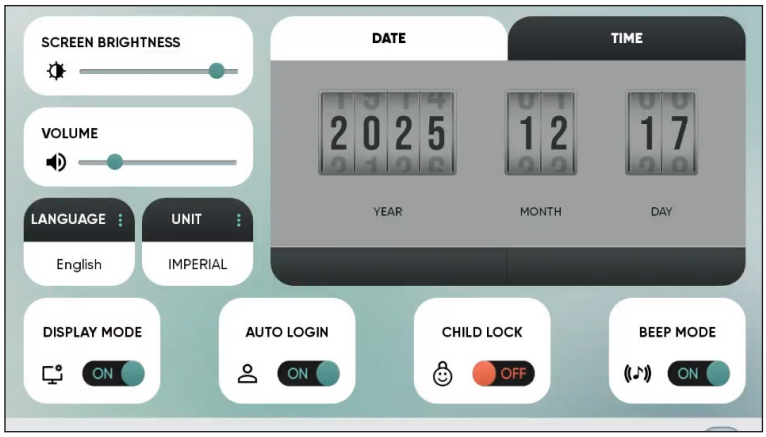
AUTO LOGIN: (ON) Provides an option on the SIGN IN screen for a user to select **Log me in automatically**.

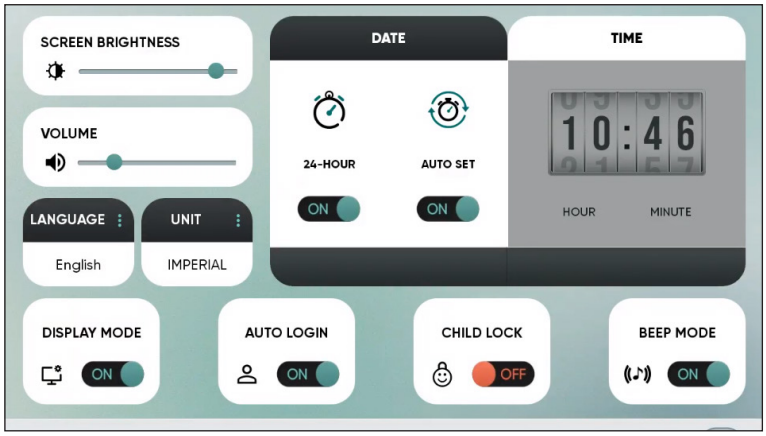
CHILD LOCK: (OFF) When Child Lock is on, if there is no input for ten minutes while on the Home or Idle screen, the machine will lock itself. A "CONSOLE LOCKED" screen is displayed. Push and hold the Stop button for three seconds to unlock the machine. Once locked, the machine must be unlocked with the Stop button. If the power is turned off and the machine restarted, it will be in locked mode.

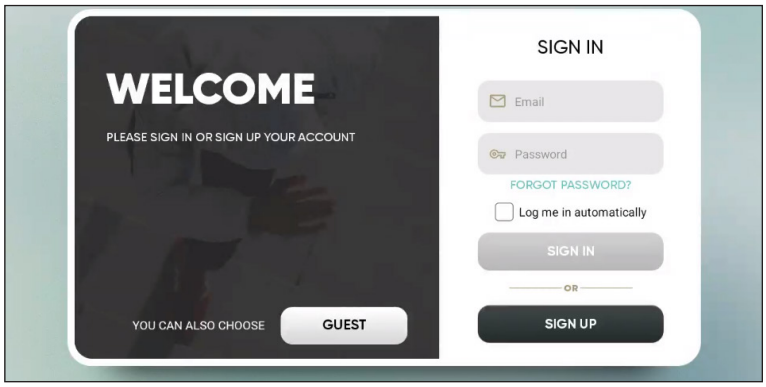
BEEP MODE: (ON) Turns on/off the sound made when a button is pushed.

RETURN: Returns to the previous screen.

NOTE: The images below may differ from your console.









APP UPDATES

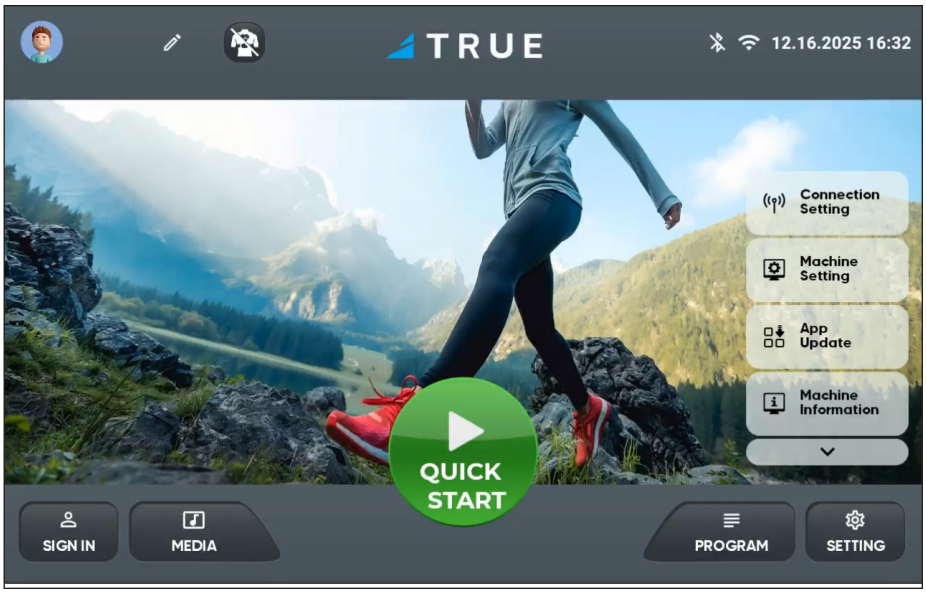
To access app updates press **SETTING** SETTING and then press **App Update** .

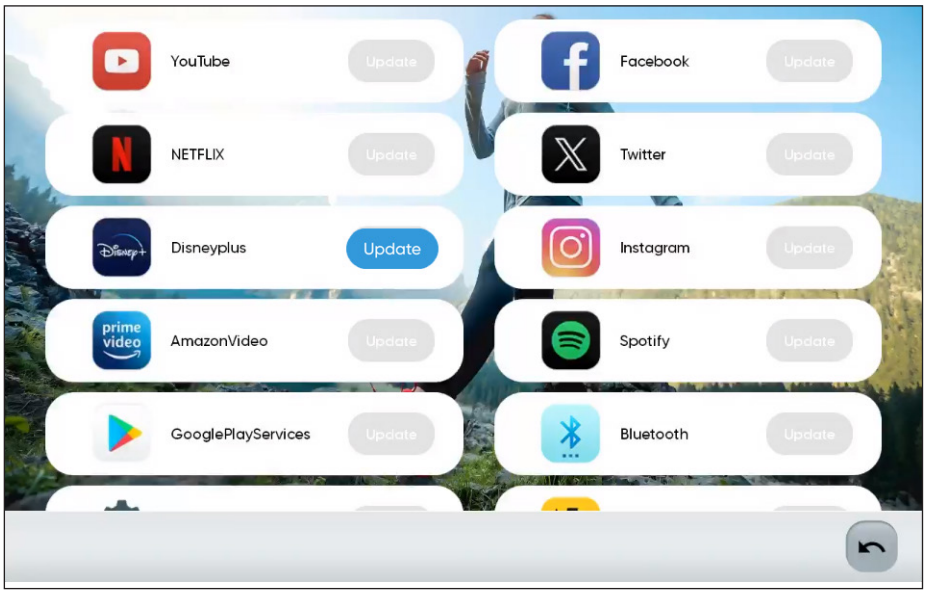
If there is an update-able app, the **Update** button Update will be highlighted, otherwise it will be disabled Update.

When an update is available and you push **Update**, the button changes to reflect the download/install status of the update. When the app is done updating, the button becomes disabled again.

Press **return** to go back to the home screen.

NOTE: The images below may differ from your console.





TRUE FITNESS

MACHINE INFORMATION

To access machine information press **SETTING** SETTING and then press **Machine Information** .

SOFTWARE VERSION: Shows the currently installed version of software.

FIRMWARE VERSION: Shows the current configuration of hardware.

SYSTEM VERSION: Shows the current version of the system.

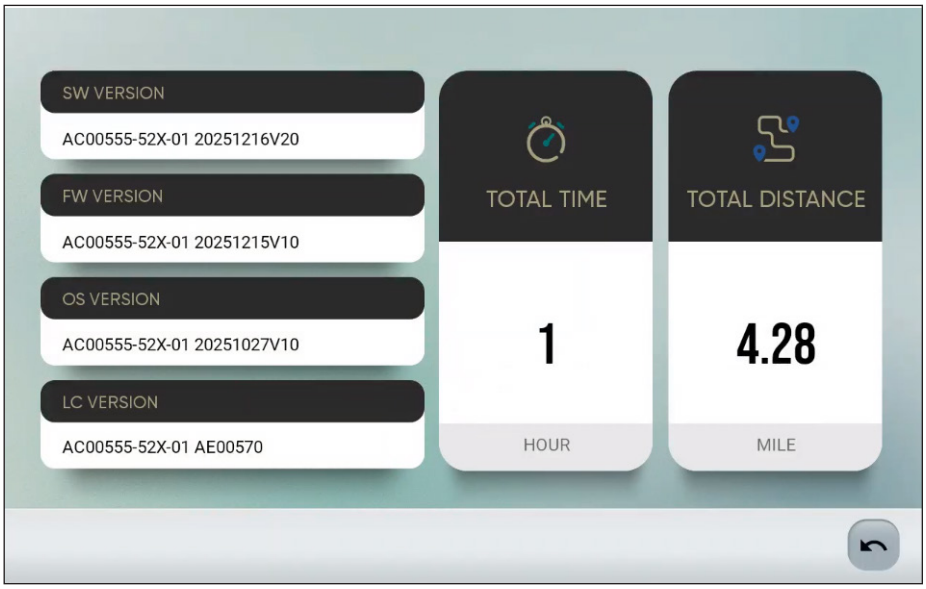
LC VERSION: Shows the current version of the Lower Control Board.

TOTAL TIME: Shows the accumulated hours that the treadmill has been used.

TOTAL DISTANCE: Shows the accumulated distance that the motor has been used (miles or kilometers).

RETURN: Returns to the previous screen.

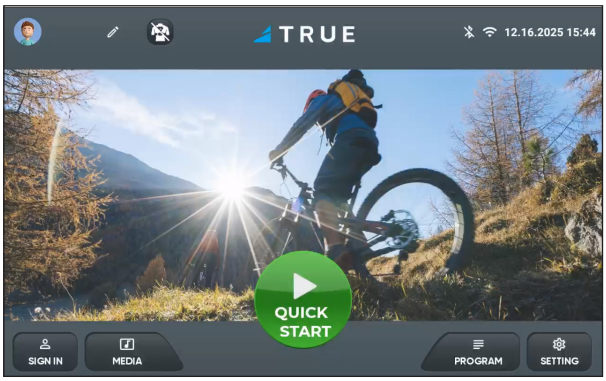
NOTE: The image below may differ from your console.

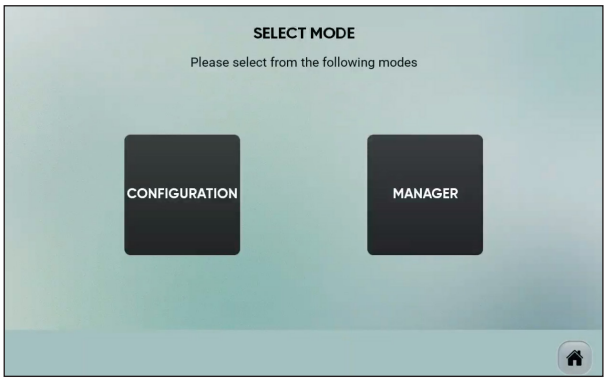


ADVANCED FUNCTIONS

To access advanced console functions, tap the TRUE logo TRUE on the home screen 10 times.

NOTE: You should only access these screens if you've been instructed to do so by TRUE Product Support.





CONGIFURATION

On the **CONFIGURATION** screen, choose the correct base model the console is installed on:

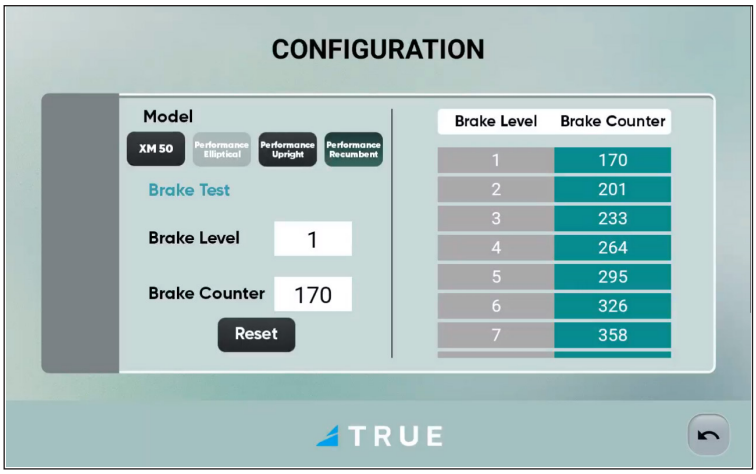
- XM50
- Performance Elliptical*
- Performance Upright
- Performance Recumbent

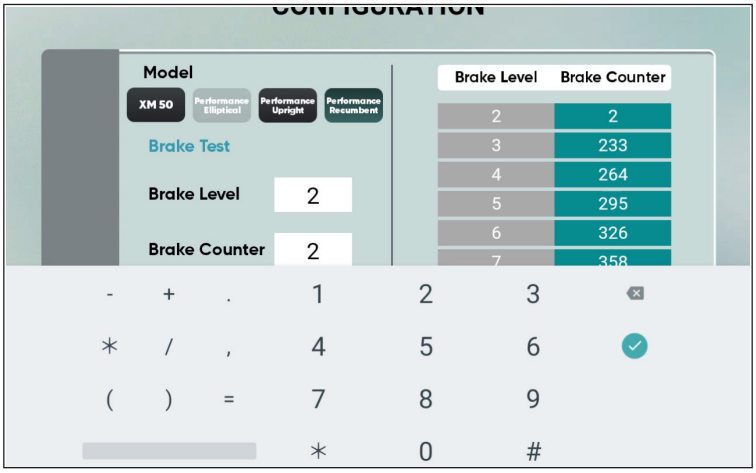
After choosing the correct model, the console will automatically return back to the correct home screen.

***NOTE:** The console automatically detects when it is connected to the Performance Elliptical. After verifying Performance Elliptical is selected, press return to go back to the home screen.

If needed, you can adjust the **Brake Level** and **Brake Counter**. Press **Reset** to return the values back to the factory defaults.

NOTE: The images below may differ from your console.





MANAGER

MANAGER mode is divided into five categories: **Setting**, **Information**, **Diagnostic**, **Update**, and **Logo**.

MANAGER➔Setting

System Reset: Return to the state where you have finished brushing the img.

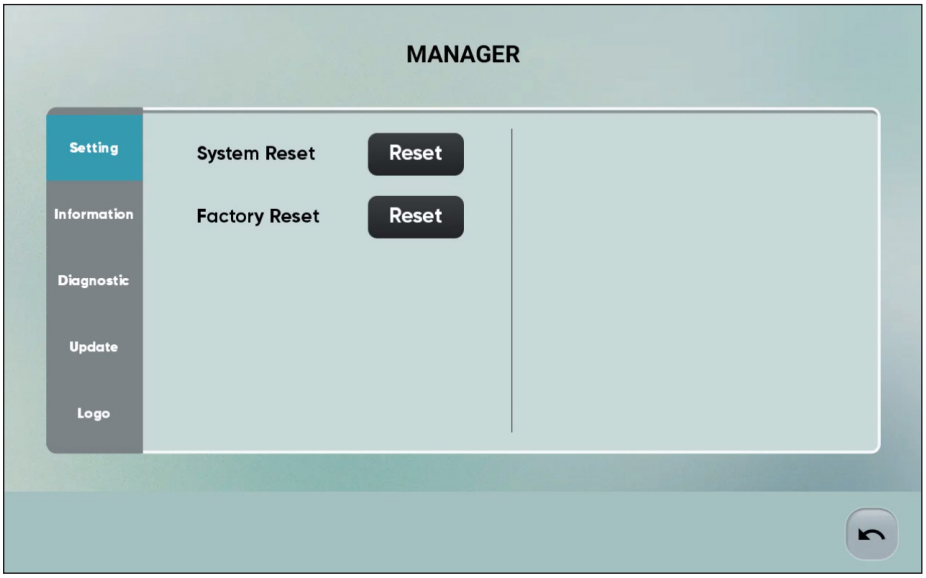
Password required.

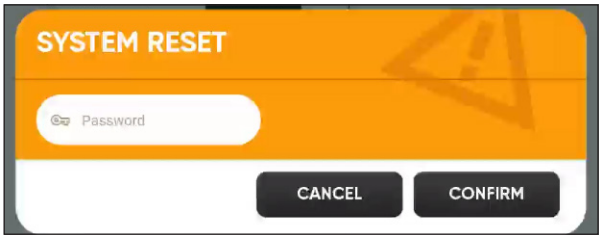
Factory Reset: Clears total distance, total time, clears error codes, restores lube to default values, logs out of all third-party accounts, clears local login user mailbox, clears exercise records in user program.

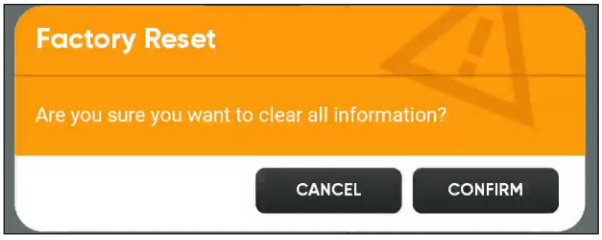
No password is required.

RETURN: Returns to the previous screen.

NOTE: The images shown may differ from your console.







MANAGER➔Information

Total Time: Displays the total accumulated usage time during exercise.

Total Distance: Displays the total accumulated mileage during exercise.

RESET: Clears total usage time and total usage mileage.

Software Ver.: Shows the currently installed version of software.

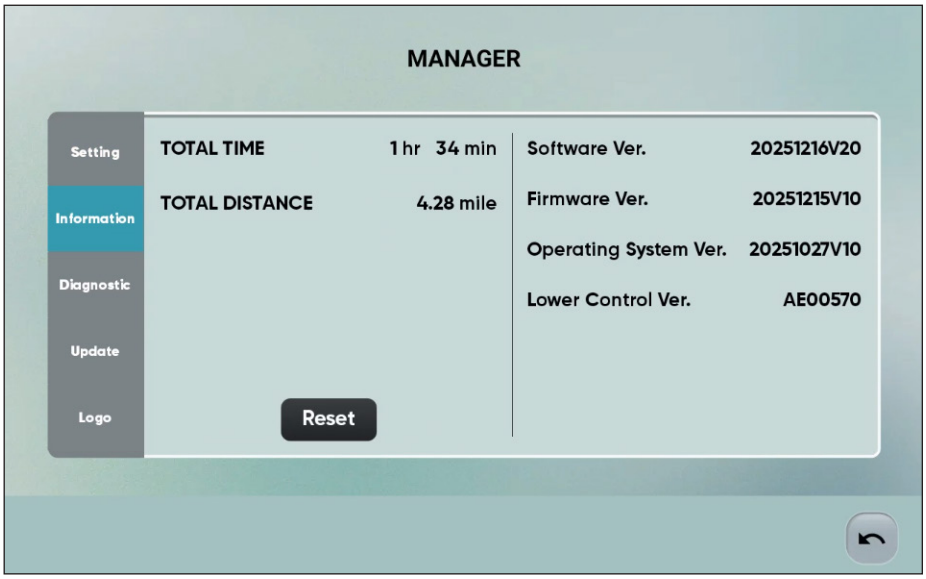
Firmware Ver.: Shows the current configuration of hardware.

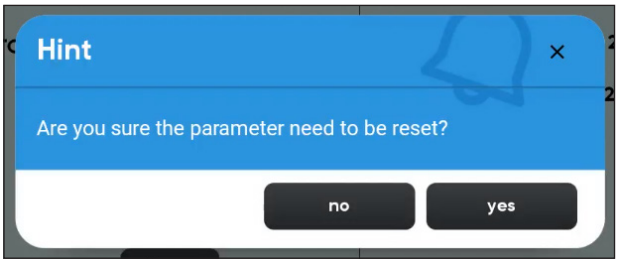
Operating System Ver.: Shows the current version of the system.

Lower Control Ver.: Shows the current version of the Lower Control Board.

RETURN: Returns to the previous screen.

NOTE: The images shown may differ from your console.





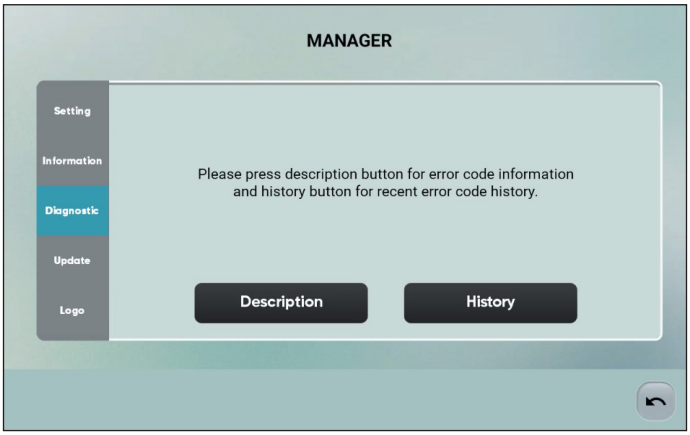
MANAGER➔Diagnostics

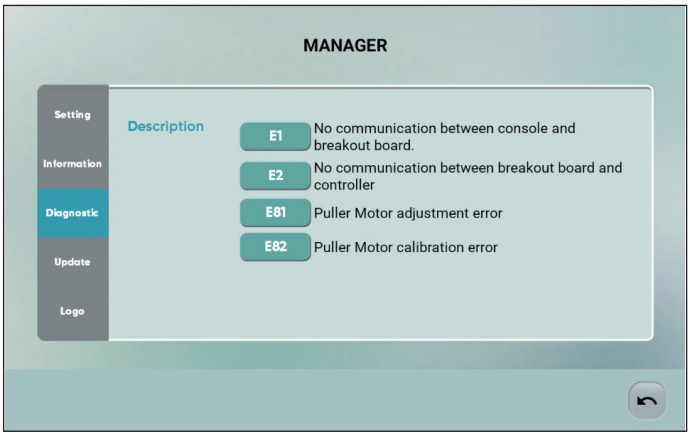
Press **DESCRIPTION** for error code information and **HISTORY** for recent error code history.

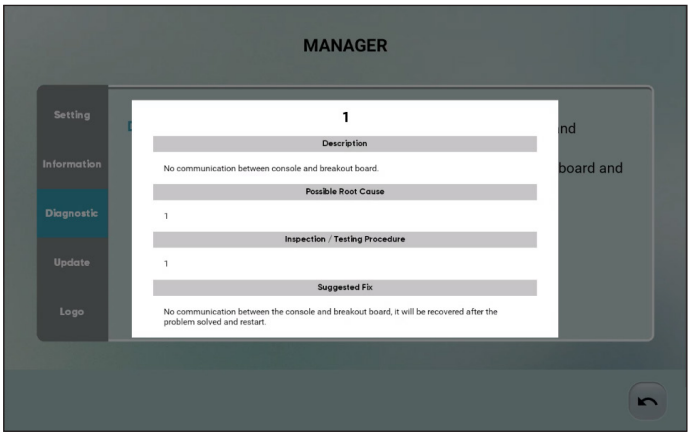
Press return to go back to the previous screen.

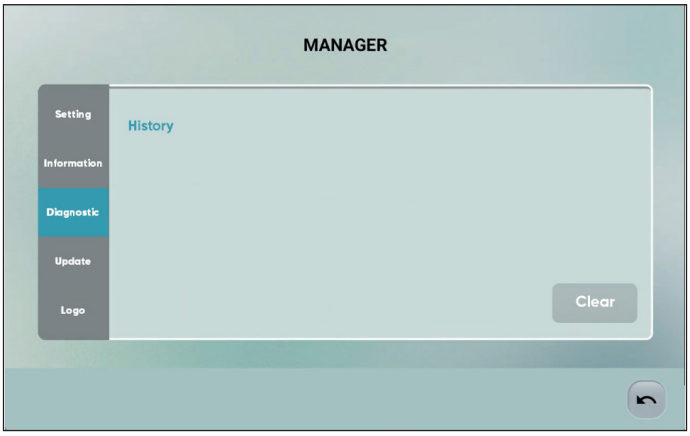
Press home to go to the home screen.

NOTE: The images shown may differ from your console.









MANAGER➔Diagnostics➔ERROR DESCRIPTIONS

XM50, Performance Upright, and Performance Recumbent		
Error Code	**Error Description**	**Corrective Action**
E1	No communication between console and breakout board	1. Check whether the console is damaged. 2. Power off for 2 minutes, then power on again.
E81	PMS motor adjustment error	1. Power off and restart the system. 2. Check whether the PMS motor cable connection is abnormal. 3. Replace the PMS motor.

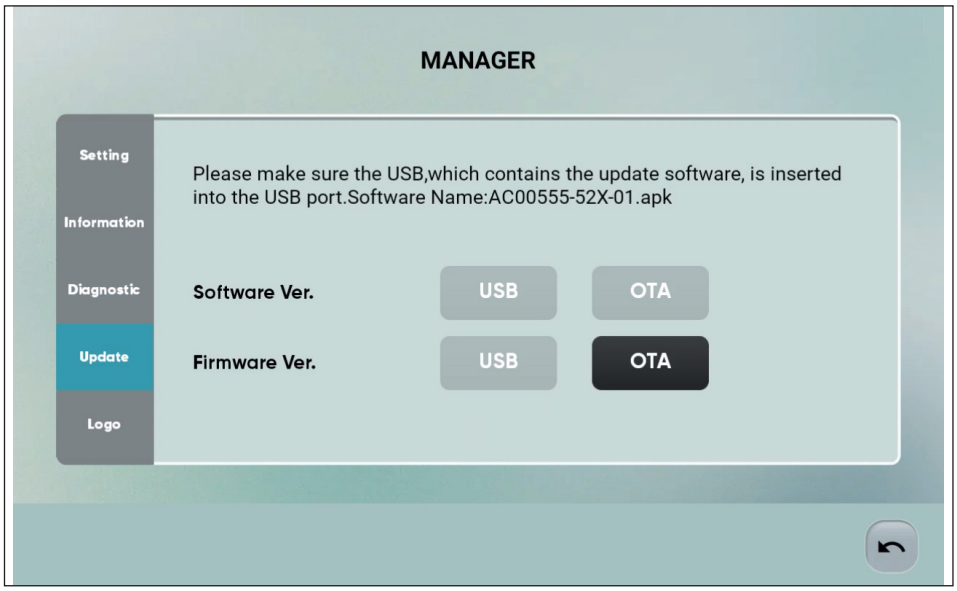
Performance Elliptical		
Error Code	**Error Description**	**Corrective Action**
E1	No communication between console and breakout board	1. Check whether the console is damaged. 2. Power off for 2 minutes, then power on again.
E2	No communication between breakout board and controller	1. Check whether the cable between the console and controller is abnormal. 2. Check whether the console is damaged. 3. Check whether the controller is abnormal.
E5	Brake motor error	1. Power off and restart the system. 2. Check whether the brake motor cable connection is abnormal. 3. Replace the brake motor.
E6	Right stride motor error	1. Check whether the right stride motor is abnormal. 2. Check the connection between the right stride motor and the controller.
E7	Left stride motor error	1. Check whether the left stride motor is abnormal. 2. Check the connection between the left stride motor and the controller.
E11	Error at the lower limit switch of the right stride motor	1. Check whether the lower limit switch of the right stride motor is damaged. 2. Check whether the lower limit switch installation is abnormal.
E12	Error at the upper limit switch of the right stride motor	1. Check whether the upper limit switch of the right stride motor is damaged. 2. Check whether the upper limit switch installation is abnormal.
E13	Error at the lower limit switch of the left stride motor	1. Check whether the lower limit switch of the left stride motor is damaged. 2. Check whether the lower limit switch installation is abnormal.
E14	Error at the upper limit switch of the left stride motor	1. Check whether the upper limit switch of the left stride motor is damaged. 2. Check whether the upper limit switch installation is abnormal.

MANAGER➔Update

The USB button will only highlight when a file is detected by USB.

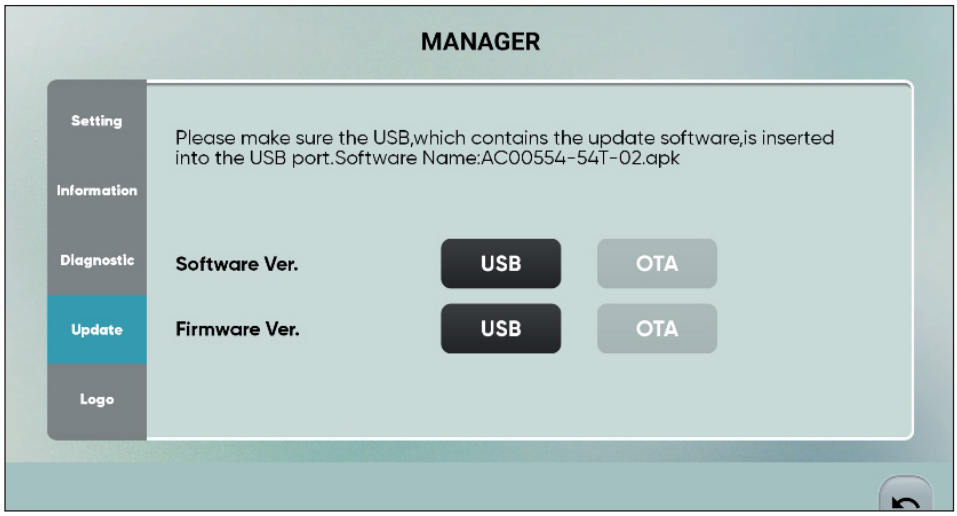
The OTA button will only highlight when OTA detects that there is a file on the server.

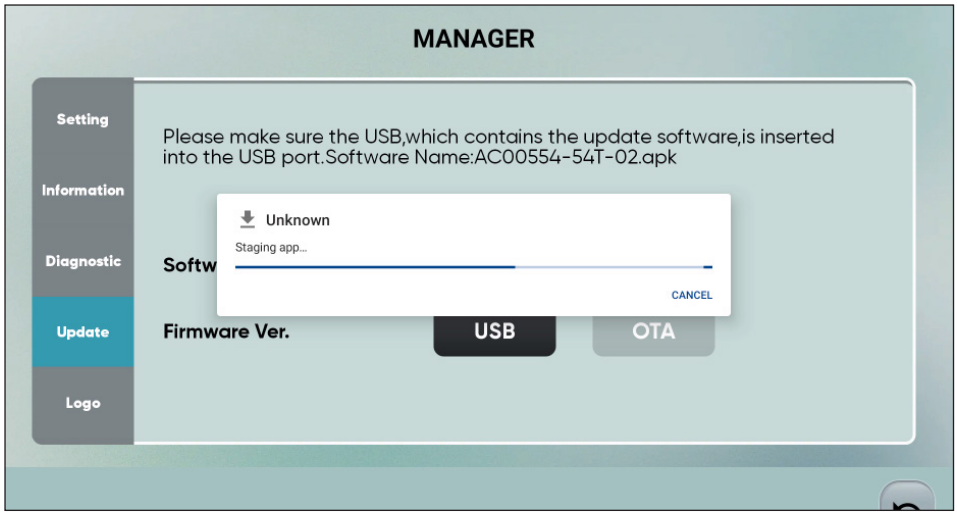
NOTE: The images shown may differ from your console.

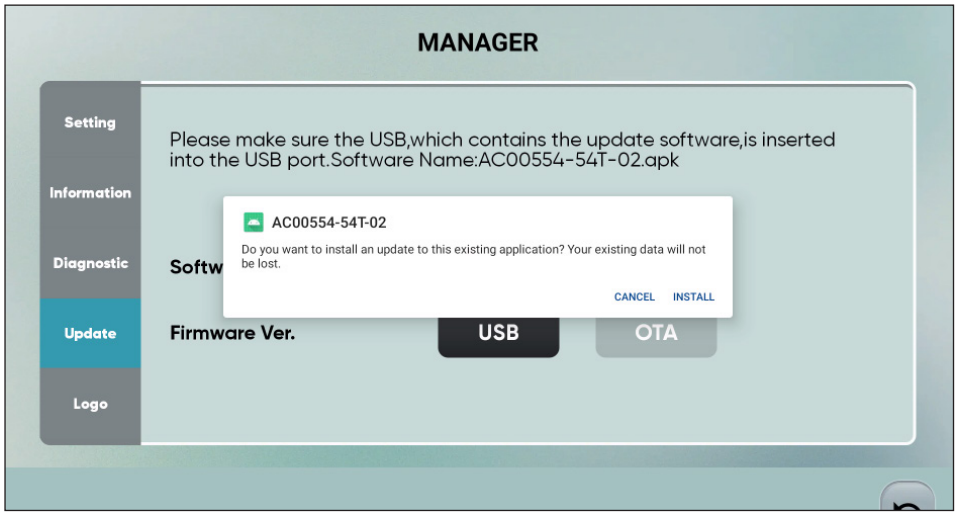


To update by USB:

1. Press **USB**.
2. The console displays a pop up window as it searches for the file...
3. To update, press **INSTALL**.
4. To update press **OPEN**.



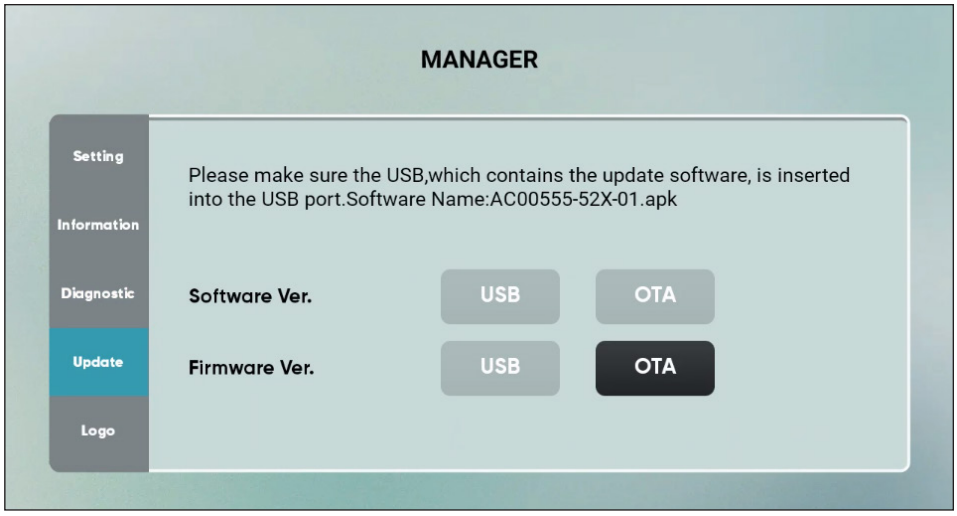


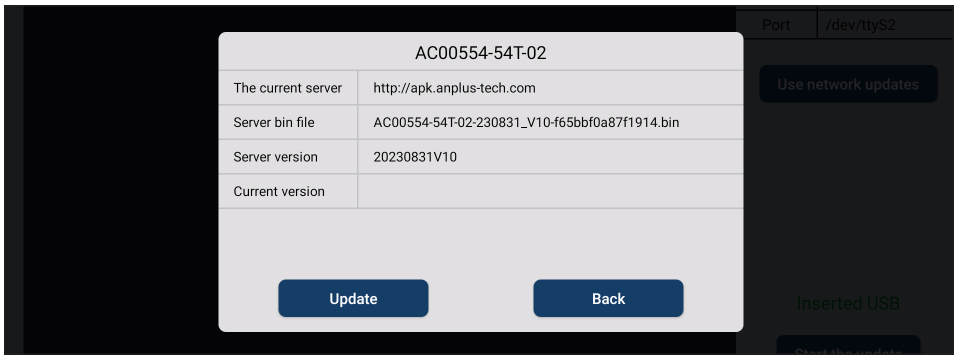


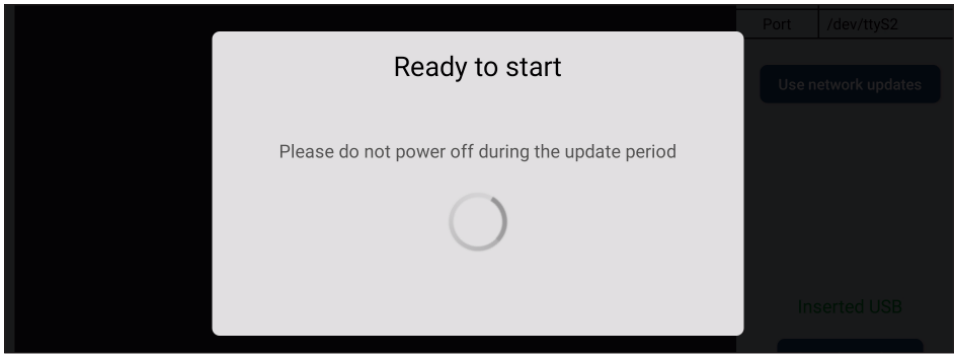


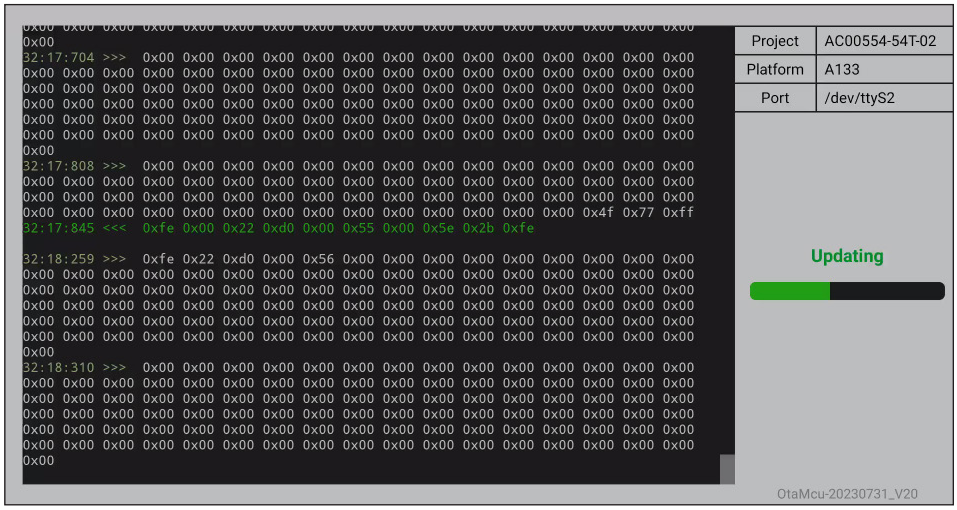
To update OTA :

1. Press **OTA**.
2. Press **Update**.
3. The console displays a series of update windows.
4. When the update is complete the console will automatically restart.









MANAGER➔Logo

If you want to update the logo shown on the home screen, change the file name to LOGO.png and save it to a USB device.

Insert the USB device into the USB port and when an update-able file is detected, the **Update Logo** button light will light up.

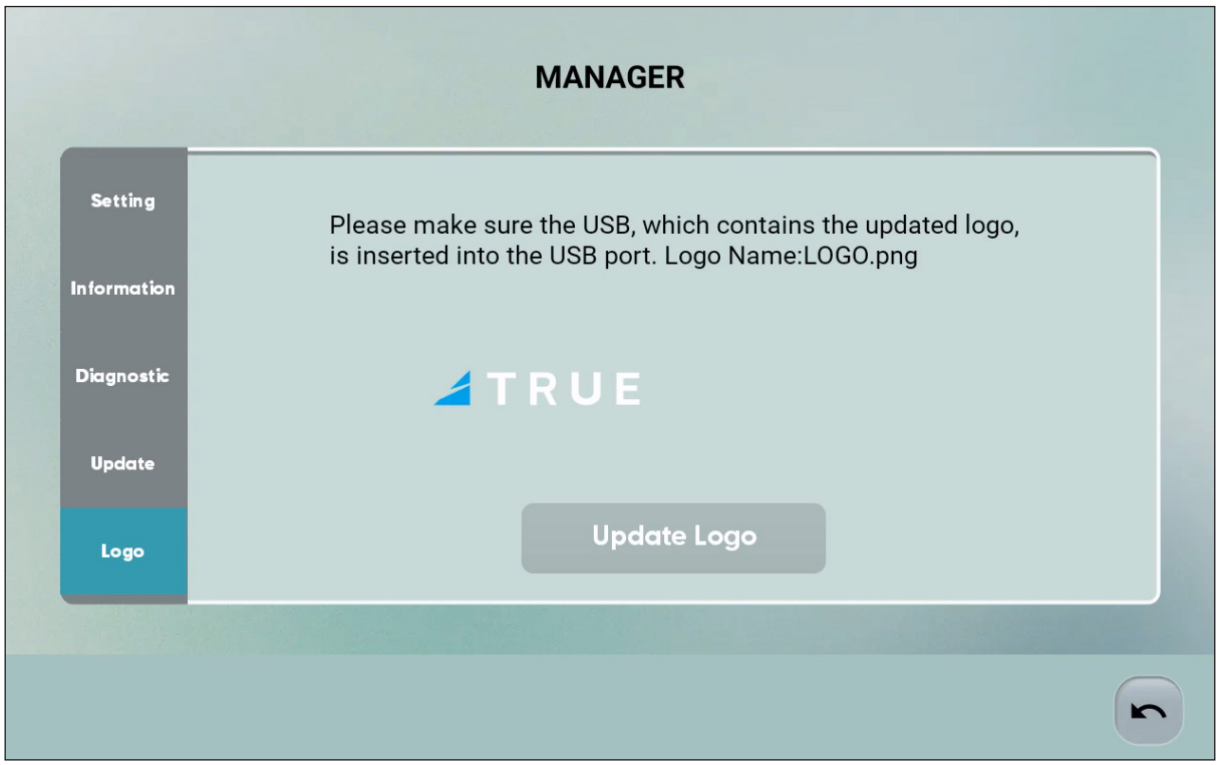
The current Logo is shown on the left.

The new Logo from the USB is shown on the right.

When you press **Update Logo**, the new logo on the right overwrites the existing logo on the left.

NOTE: After updating the logo, the console needs to stay on for 2 minutes before powering off.

NOTE: The image shown may differ from your console.



TRUE FITNESS

WARRANTY

IN HOME RESIDENTIAL LIMITED WARRANTY

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.

See the base manual or visit the TRUE website for the warranty duration for this 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. Frame warranty will equal that of parts warranty unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE. If a valid receipt is not available, the Limited Frame Warranty period begins from the date of manufacture on the originally purchased equipment.

Drive Motor warranty will equal that of parts warranty unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE. If a valid receipt is not available, the Limited Drive Motor Warranty period begins from the date of manufacture on the originally purchased equipment.

Labor warranty is available for equipment located within United States. TRUE Fitness equipment is automatically covered under a 6-month Limited Labor Warranty. This 6-month Limited Labor Warranty begins from the date of purchase shown by a valid receipt. If a valid receipt is not available, the 6-month Limited Labor Warranty period begins from the date of manufacture on the originally purchased equipment.

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.

All TRUE Fitness products are distributed by TRUE and are warranted to the original product purchaser and the parts of the TRUE product (the "Product") listed below. During the applicable Warranty Period, the Product, under normal use and service, shall be free of manufacturing defects in workmanship and materials.

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).
- The "Warranty Period" for this limited warranty shall be for the duration forth in the applicable charts, beginning from the date of original purchase; provided, however, except to the extent prohibited by applicable law, the "Warranty Period" shall only be 6-months for Labor, 5-years for Frame, 5-years for Drive Motor (from the date of original purchase) unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.
- 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.

TRUE FITNESS

WARRANTY REGISTRATION

Thank you for purchasing a TRUE product!

To ensure you get the most out of your purchase and receive the full benefits of our warranty, **you must register your product within 45 days of purchaser's receipt of this product**.

How to register your product:

- **Online:**
  Simply visit our website at truefitness.com and register your product warranty in one simple step.
- **QR Code:**
  Scan the QR code below with your smartphone to be taken directly to the registration page.
- **By Mail:**
  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:



console serial number is located on the back of the console

Warranty Registration

Base Serial Number

Console Serial Number (if applicable)

Purchase Date

Company (if applicable)

Customer Name (First and Last)

Email Address

Phone Number

Street Address

City

State

Postal Code

Country

TRUE FITNESS

CONTACT US
service@truefitness.com
1.800.883.8783

865 Hoff Road
St. Louis, MO 63366

TRUEFITNESS.COM

TRUE T10 & T16 Touchscreen Console Owner's Manual and Warranty - English
MAN-CR7-BK-EL-AE REV02
© 2026 TRUE FItness All Rights Reserved.