RESIDENTIAL LCD CONSOLES FOR TREADMILLS

TRUE FITNESS



TPS LCD CONSOLE SHOWN

SCAN FOR UP-TO-DATE OWNER'S MANUAL

SCAN FOR ASSEMBLY VIDEO

MODEL C4RL AND C4RL-TR2
MAN-C4RL/C4RL-TR2 REV06

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/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 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.

CONTACTING OUR SALES TEAM

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

- Phone | 800.426.6570
- Email | sales@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.

TRUE FITNESS

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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 in-home 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.
- 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.

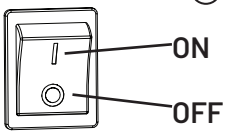
See the base owner's manual and assembly guide for additional product specific cautions and warnings.

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

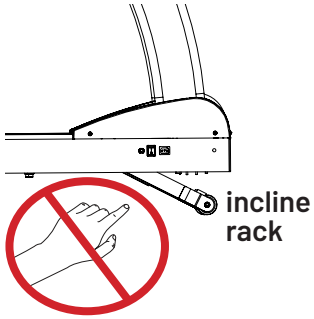
WARNING: To reduce the risk of burns, fire, and electric shock or injury to persons, follow these instructions:

- Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Health related injuries may result from incorrect or excessive use of exercise equipment.
- TRUE STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year. Additionally, TRUE recommends consulting a fitness professional on the correct use of this product.
- Equipment should be immediately taken out of use if it fails to work properly or when a warning is presented electronically.
- When using this exercise machine, basic precautions should always be followed.
- Use this equipment only for its intended use as described in this manual.
- Do not move the equipment by lifting the console. Do not use the console as a handlebar during a workout.
- This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.
- Keep equipment stable on flat ground.
- Risk of personal injury-crushing hazard when equipment is in operation. Keep feet, hands, and fingers away from moving parts.
- Replace warning labels that may be worn, damaged, or missing.
- Replace any non-working or damaged components, remove the unit from service until repair is performed.
- Do not operate the equipment while being covered with a blanket, pillow, plastic, or anything that insulates or stops airflow. Keep air openings free of lint, hair or any obstructing material.
- To avoid serious injury, remove and store the power cord when the machine is not in use.
- This appliance should never be left unattended when plugged in.
- Do not use any type of extension cord with this product.
- Never operate a TRUE product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water.
- Use a TRUE AC power cord or AC/DC adapter only.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord along the side or under the equipment.

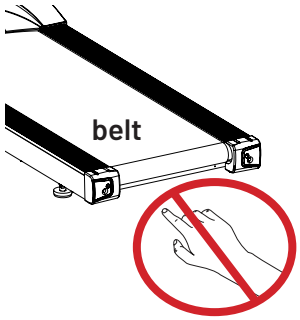
- If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- This product must be connected to a properly grounded electrical outlet.
- To disconnect, turn power OFF at the ON/OFF switch if applicable, then remove plug from electrical outlet. On the machine power switch, (|) means that the machine power is **ON** and (O) means the machine power is **OFF**.



- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact TRUE product support.
- Any changes or modifications to this equipment could void the product warranty.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Do not use this product outdoors, near water, while wet, or in areas of high humidity including extreme temperature changes.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.
- This equipment is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instruction concerning use of the equipment by a person responsible for their safety.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- Wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use this product in bare feet. Keep all loose clothing, shoelaces and towels away from moving parts.
- To avoid injury, attach the safety clip to clothing before use.
- When mounting the treadmill, ensure the treadmill belt is not running.
- Use handlebars to maintain balance when mounting and dismounting the treadmill and for additional stability while exercising.
- To avoid injury, stand on the side rails before starting the equipment.
- While the treadmill is in use, proceed at a speed that the user can safely maintain with the ability to immediately engage the safety key to stop the treadmill belt if necessary.
- Avoid the possibility of bystanders being struck or caught between moving parts by making sure that they are out of reach of the equipment while it is in motion.
- Do not use typing or web surfing features at excessive speeds. Always stabilize yourself when using typing or web surfing features. (Varies by console option.)
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Always follow the console instructions for proper operation.
- Do not use the contact heart rate grips as a handlebar during a workout.
- Avoid exiting equipment while leaving the tread belt in motion.
- Never walk or jog backwards on the equipment.
- Allow only one person at a time on the equipment while it's operating.
- Do not allow animals on or near the equipment while in operation.
- To avoid serious injury, do not touch the incline rack while the equipment is in use.



- To avoid serious injury, do not touch the belt while the equipment is in use.



- Do not reach into or underneath the unit, or tip it on its side during operation.
- Do not use if you have a cold or fever.
- Do not change the incline of the equipment by placing objects under it.
- Do not use attachments not recommended by the manufacturer.
- Allow only trained personnel to service this equipment.
- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- Do not remove the motor cover or you may risk injury due to electric shock. Please contact TRUE product support if the motor area needs servicing.
- Noise emission under load is higher than without load. A-weighted emission sound pressure level at the trainer's ear: 67 dBA.

POWER REQUIREMENTS

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

DEDICATED LINE

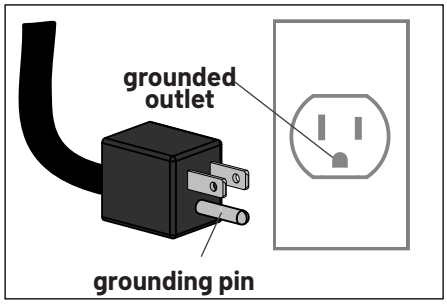
This product requires a dedicated line. A dedicated line assures that adequate power is available for safe operation over the life of your TRUE product.

GROUNDING INSTRUCTIONS

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

⚠ DANGER:

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



Power Information						
Model	**Line Voltage (V)**	**Frequency (Hz)**	**Rated Current (Amps)**	**Number of Units per Circuit**	**Plug/Outlet***	**Max Power Dissipation (Watt)**
TR2-0A-35/TPS1001-35/3001-35/8001-35	110	50/60Hz	15	Dedicated 1	NEMA 5-15 	1230

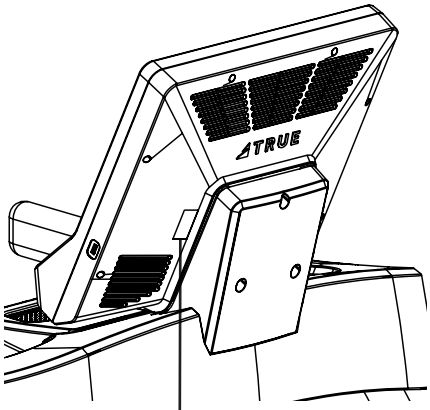
*The plug configuration for the power adapter may vary by country.

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WARNING DECALS

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

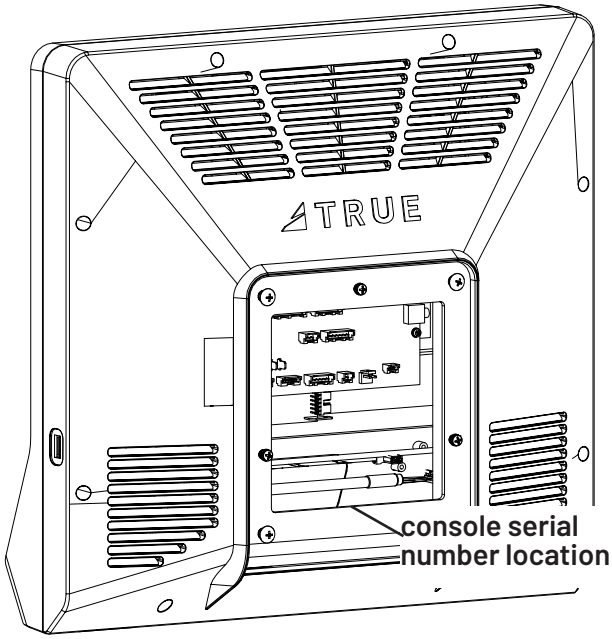
To replace any worn or missing decals contact TRUE product support (service@truefitness.com | 800.883.8783).



console serial number location

24-000000X

24-000000X



console serial number location

S/N: 24-000000X
MDL: C4RL
SAMPLE

S/N: 24-000000X
MDL: C4RL-TR2
SAMPLE

WARNING DECALS



COMPLIANCES

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

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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. Make sure the electrical cord easily reaches a grounded three-pronged outlet.

DANGER: Do not use an extension cord or ungrounded outlet. The ground helps prevent electrical damage to your equipment and enhances your safety by helping to prevent shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the equipment is properly grounded. Do not modify the plug provided with the unit if it will not fit the outlet. Have a proper outlet installed by a qualified electrician.

CAUTION:



Use caution when assembling the equipment.
Unpacking and assembling of 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.

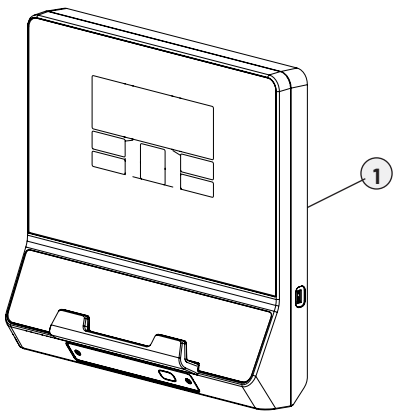
VERIFY BOX CONTENTS

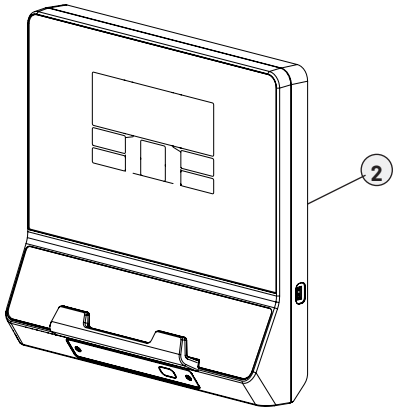
IMPORTANT! Please verify box contents. If you have questions, or if there are any missing parts, contact product support (service@truefitness.com | 800.883.8783).

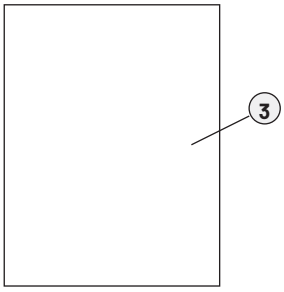
BOX CONTENTS

ITEM	PART NUMBER	DESCRIPTION	QTY
1	C4RL	CONSOLE, UCIV, RETAIL LCD FOR TPS	1
2	C4RL-TR2	CONSOLE, UCIV, RETAIL LCD FOR Z500	1
2	MAN-C4RL FOR TREADMILL	MANUAL, C4RL AND C4RL-TR2	1

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
#2 Phillips Screwdriver		NO







ASSEMBLY STEPS

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

Step 1—Attach Console to Mast

Tools Used in this Step	
#2 Phillips Screwdriver	

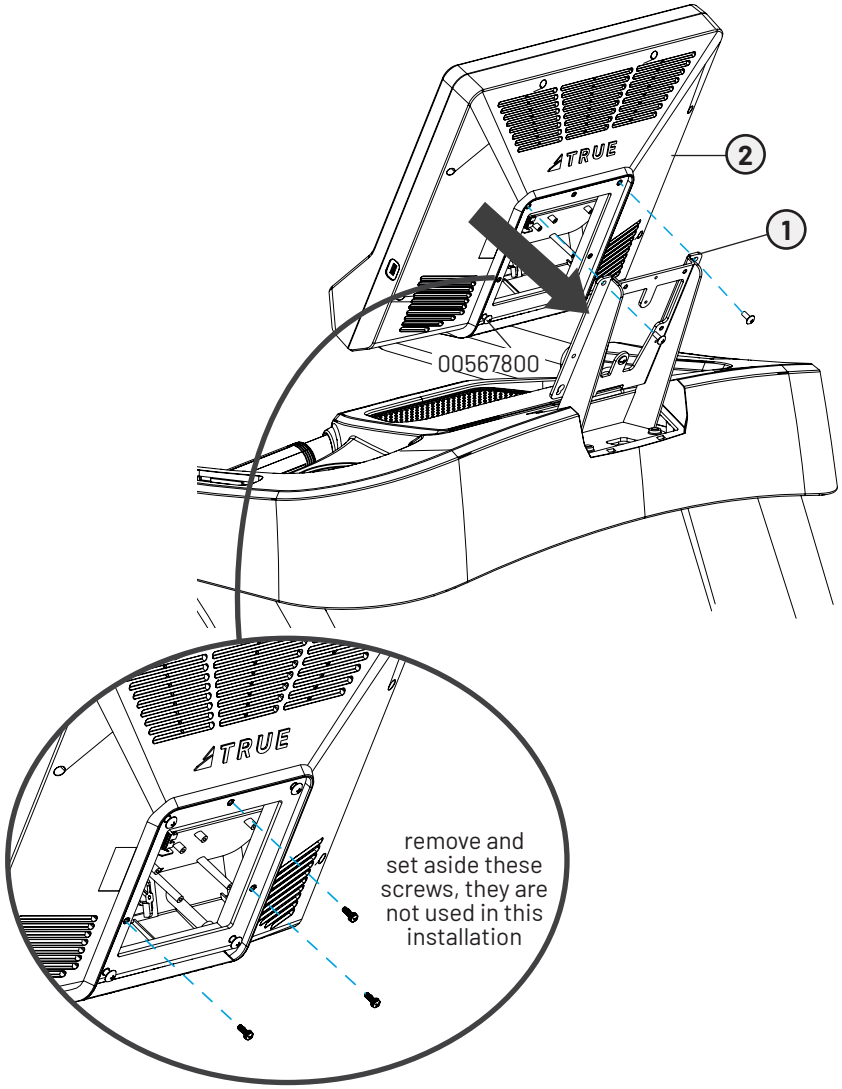
Parts Used in this Step			
Item	**Part**	**Description**	**Qty**
1	N/A	CONSOLE MAST ASSEMBLY	1
2	N/A	CONSOLE	1

Using a #2 Phillips screwdriver, secure the console to the console mast using the hardware preassembled to the console (00567800 // SCREW, M5-.8X12 COMBO PHILLIPS/COMMON TRUSS HEAD - ACG BLACK // QTY 4).

NOTE: If the console also has three screws (00567700 // SCREW, M4-.7 X 12 PPHMS SEMS // QTY 3) preassembled, remove and set aside these screws. They are not used in this installation.

NOTE: Loosen but do not remove the bottom two preassembled screws (00567800), those slide into the keyhole slots on the console mast.

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



Step 2—Make Cable Connections

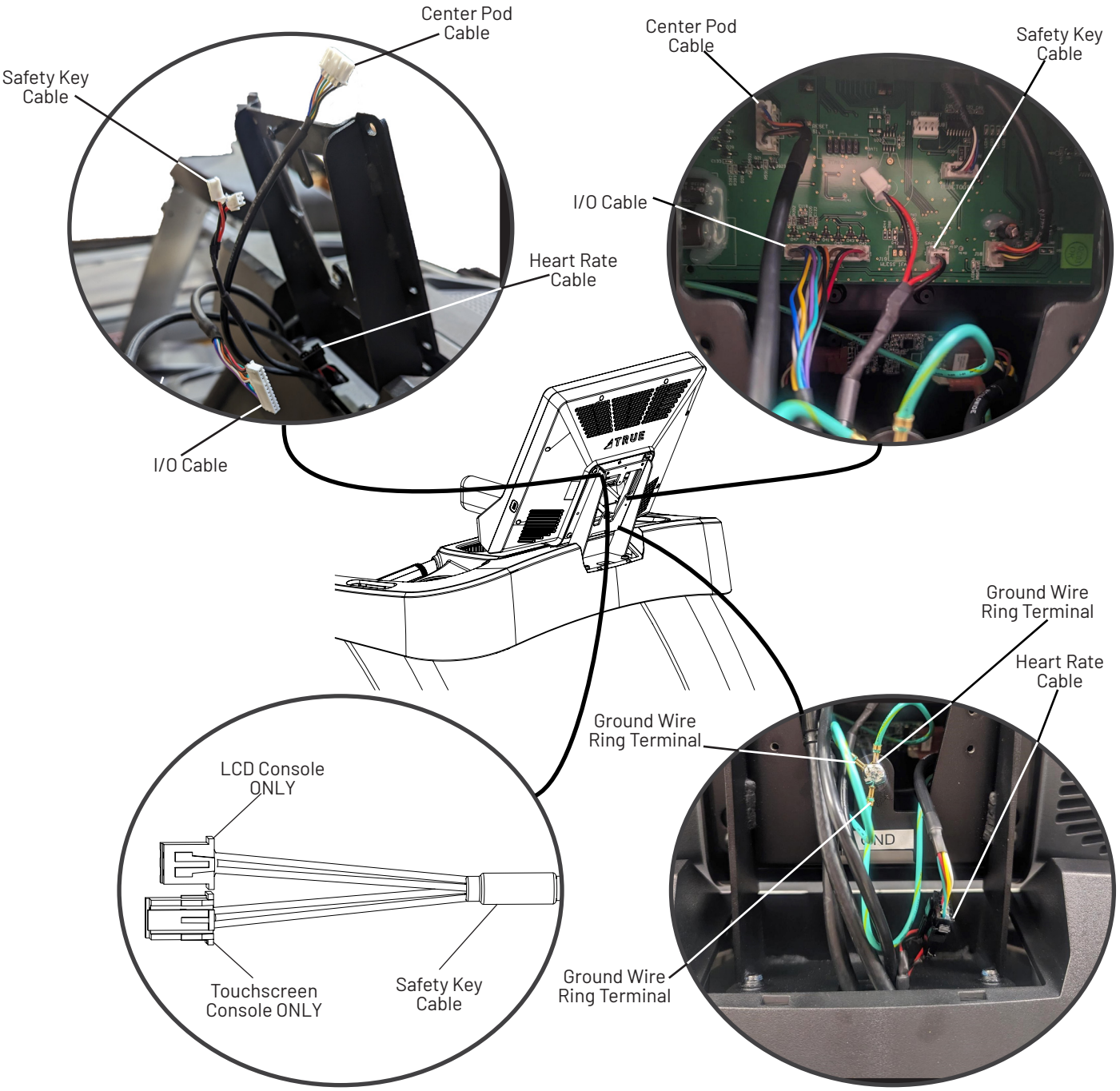
Example shown below—see the base assembly instructions for how to attach the console to the console mast for your base.

A. Connect the I/O cable, center pod cable, contact heart rate cable, and safety key cable to their respective ports on the console control board.

NOTE: The shorter safety key connector pictured below is only used for the LCD console. The longer connector will not be used.

B. Connect the three ground wire ring terminals to the preinstalled, grounded screw on the console mast, ensuring the grounded screw secures the ground wire ring terminals to the front console mast. Ensure all ground wire rings are connected.

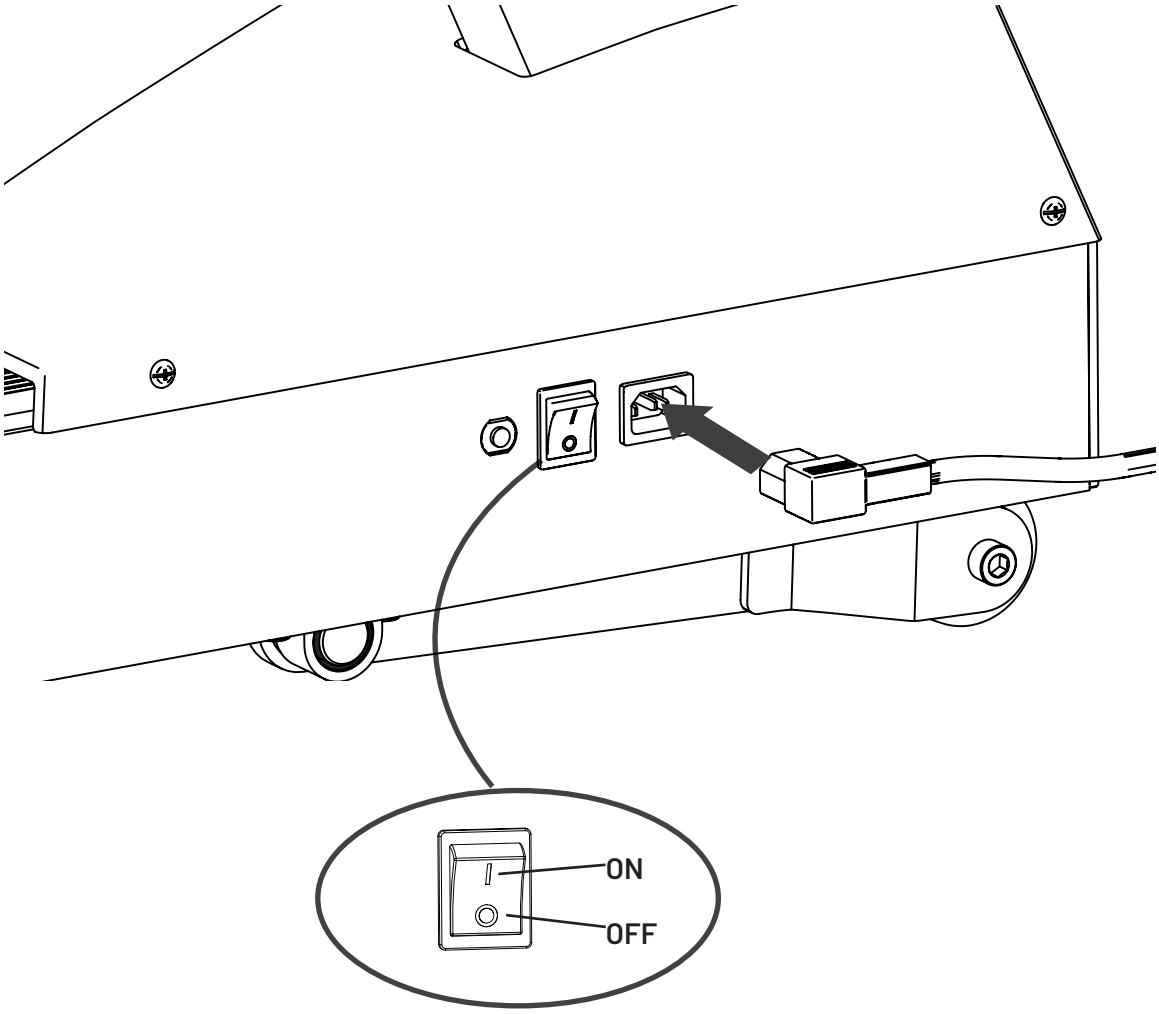
NOTE: Coaxial cable connections are not available on the LCD console at this time.



Step 3—Connect Power Cord

Example shown below—see the base assembly instructions for how to attach the power cord to the base.

A. Connect the power cord into the power inlet and then power on the treadmill.
B. Verify the console powers up.



Step 4—Configure and Calibrate the Machine

IMPORTANT! See Utility Functions on page 33 for instructions on product setup and calibration.

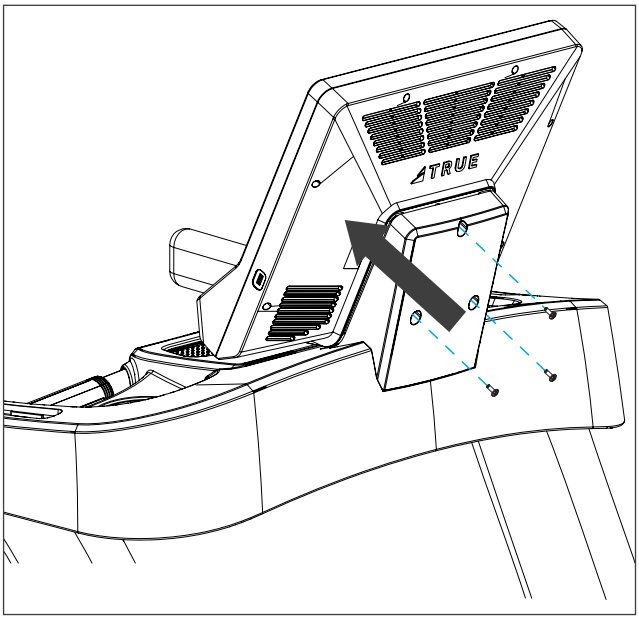
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Step 5—Attach Rear Console Cover

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

Tools Used in this Step	
#2 Phillips Screwdriver	

Using a #2 Phillips screwdriver, secure the rear console cover to the console mast using the screws provided with the base.



CONSOLE FEATURES

FEATURES OVERVIEW

A. Five Data Points for Detailed Workout Feedback
B. Quick-Access Incline and Speed Keys
C. Quick-Access Workout Program Keys (programs vary by model)
D. Manually Adjust Speed or Incline
E. Reading Rack

C4RL- LCD FOR TPS



C4RL-TR2 - LCD FOR Z500



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LCD ICON DESCRIPTIONS

ICON*	DESCRIPTION
	Start
	Stop
ENTER	Enter
	Up
	Down
	Incline

ICON*	DESCRIPTION
	Speed
	Preset Workouts
	HRC Cruise Control
	Workout Data

*Icons vary by model.

DEDICATED DATA POINTS

TIME ● **DISTANCE** ● **INCLINE** ● **SPEED** ●
HEART RATE ●

- TIME—The amount of time remaining in the workout.
- DISTANCE—An estimate of how far the user has traveled.
- INCLINE—The angle at which the running surface is elevated.
- SPEED—The speed of the belt.
- HEART RATE—Beats per minute display of the user's heart rate when the user is using heart rate monitoring.

WORKOUTS AND LCD INFORMATION BY BASE MODEL

TPS LCD



TPS LCD	
LCD CONSOLE SKU	C4RL
OVERLAY PART #	00730200
OVERLAY DESCRIPTION	OVERLAY, UCIV, RETAIL LCD
BASE MODELS	TPS1001-35 TPS3001-35 TPS8001-35
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	MANUAL ROLLING HILLS HILL INTERVALS CARDIO CHALLENGE WALK AND RUN INTERVALS SPEED RAMP 5K WORKOUT 10K WORKOUT HALF MARATHON
WORKOUT DATA	WORKOUT DATA
HRC CRUISE CONTROL*	HRC CRUISE CONTROL*

*Mode within a workout.

NOTE: Preset workouts vary based on model—your display may vary from what is listed above.

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WORKOUTS AND LCD INFORMATION BY BASE MODEL

Z500 LCD



Z500 LCD	
LCD CONSOLE SKU	C4RL-TR2
OVERLAY PART #	00731900
OVERLAY DESCRIPTION	OVERLAY, UCIV, RETAIL LCD, TR2-0A-35
BASE MODELS	TR2-0A-35
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	MANUAL ROLLING HILLS HILL INTERVALS CARDIO CHALLENGE WALK AND RUN INTERVALS SPEED RAMP 5K WORKOUT 10K WORKOUT HALF MARATHON
HRC CRUISE CONTROL*	HRC CRUISE CONTROL*

*Mode within a workout.

NOTE: Preset workouts vary based on model—your display may vary from what is listed above.

WORKOUT PROGRAM DESCRIPTIONS

WORKOUT PROGRAMS	WORKOUT PROGRAM DESCRIPTION
QUICK START	A workout in which you control all settings. The workout continues until you end it.
MANUAL	Set up your own workout to a time or distance limit.
ROLLING HILLS	A series of increasing and decreasing workload changes that simulate rolling hills. Adjust your settings at any time during the workout to increase or decrease intensity of the hills.
HILL INTERVALS	Hill intervals are divided in work and rest segments. The set resistance/level is what determines work and rest. This workout will start with a two-minute rest segment then change to a two-minute work segment and will continue this cycle to the end of the workout.
CARDIO CHALLENGE	Speed and incline increase to a maximum at the mid-point of the workout, then decrease to the finish. Incline and speed changes affect the current segment only.
WALK AND RUN INTERVALS	Walking then running intervals in one minute segments. Incline changes are permanent; speed changes affect the current segment only.
SPEED RAMP	Speed increases to a maximum at the mid-point of the workout, then decreases to the finish. Speed changes affect the current segment only. Incline changes are permanent.
5K WORKOUT	A popular distance run. Users choose their speed and the workout will end at 5 kilometers (3.1 miles). The user can control both the SPEED and INCLINE of the treadmill throughout the run.
10K WORKOUT	A challenging distance run. Users choose their speed and the workout will end at 10 kilometers (6.2 miles). The user can control both the SPEED and INCLINE of the treadmill throughout the run.
HALF MARATHON	A very challenging distance run. Users choose their speed and the workout will end at 21 kilometers (13.1 miles). The user can control both the SPEED and INCLINE of the treadmill throughout the run.
HRC CRUISE CONTROL*	You must be in a workout to activate HRC Cruise Control. While in any program, cruise control enables you to set the current heart rate as the target heart rate by pressing a single button. The cruise control program takes control of the settings to maintain your target heart rate. If Beats Per Minute (BPM) exceeds the target heart rate by more than 12 BPM, then the workout will end and cool down will begin.

*Modes within a workout.

**The TRUE Heart Rate Control (HRC) workouts are unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, maximum resistance, and time, prior to beginning the HRC workout. As users approach their target heart rate, the console automatically takes over and changes the workload automatically to keep users near their target heart rate. This allows for a completely "hands free" workout.

NOTE: A Polar® compatible heart rate monitoring chest strap should be worn during HRC workouts. For increased safety and accuracy, contact heart rate monitoring is not recommended for HRC workouts.

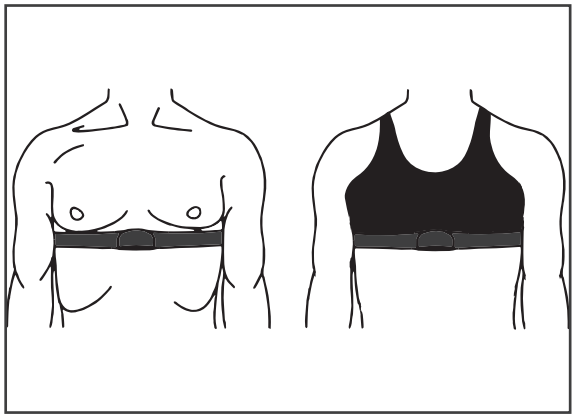
HEART RATE INFORMATION

HEART RATE MONITORING

TRUE cardio equipment can monitor a user's heart rate using a Polar* 5kHz compatible chest strap or the metal grips on the hand rails (called contact heart rate or CHR pads). The chest strap transmits the user's heart rate to the console via radio, and the console reads the user's heart rate.

Chest Strap Heart Rate Monitoring

Although TRUE 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 chest strap monitoring also allows users to use Heart Rate Control, the most advanced exercise control system available. When users wear a Polar® compatible transmitter strap,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. All 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.

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

HEART RATE CONTROL (HRC)

You are now the owner of the most sophisticated Heart Rate Control (HRC) cardio equipment available. TRUE HRC is unique and patented. It accommodates users from rehabilitation to world class athletes, and all those in between. TRUE HRC allows users to do a completely hands-free heart rate controlled workout using speed, incline, and/or resistance. By training at a specific target heart rate, users can exercise at a more efficient cardiovascular level.

The TRUE HRC system is unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, maximum resistance, and time, prior to beginning the HRC workout. As users approach their target heart rate, the console automatically takes over and changes the workload automatically to keep users near their target heart rate. This allows for a completely "hands-free" workout.

NOTE: A Polar® compatible heart rate monitoring chest strap should be worn during HRC workouts. For increased safety and accuracy, contact heart rate monitoring is not recommended for HRC workouts.

Target Heart Rate

TRUE's Heart Rate Control (HRC) workouts let the machine monitor relative exercise intensity by way of the user's heart rate, then automatically adjust the speed and incline to keep the user at their target heart rate and thus their desired exercise intensity. Heart rate is a good measure of the body's exercise stress level. It reflects differences in physical condition, fatigue, the comfort of the workout environment, even diet and emotional state. Users should compare their heart rate with how they feel to ensure safety and comfort.

Consult a Physician to Determine Heart Rate

Using heart rate to control a workout takes the guesswork out of the workout settings. Consult a physician before using heart rate controlled workouts for advice on selecting a target heart rate range. Also, it is important to use the 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 incline, they will have a better understanding of how to select the maximum speed and maximum incline and maximum resistance required for reaching their target heart rate.

Warm Up

At the beginning of an HRC workout, the machine is in full Manual Control mode. Users should gradually increase the workout intensity to slowly raise their heart rate to within 10 beats per minute (bpm) of their target heart rate. The machine will operate as if in manual mode during the warm up stage. Users control both speed, incline, and resistance. The user may only increase speed, incline, and resistance to the present maximum values entered. It is important that the user starts at a low level of perceived exertion and gradually increase the workout intensity over several minutes until they approach their target heart rate. This allows the body to adapt to the workout. Increasing the workout intensity gradually will allow the user to enter the Heart Rate Control stage without overshooting their target, keeping their heart rate within a few bpm of their target.

NOTE: Warming up too fast may cause the user to overshoot their target. If this occurs it may take several minutes before the computer software can control their heart rate. Users may overshoot and undershoot for several minutes until control is achieved.

Heart Rate Control Stage

The machine takes control of speed, incline, and resistance, keeping the user's heart rate within a few bpm of their target. When using the Interval HRC Workout, the machine alternates between work and rest intervals.

Cool Down

At the end of the workout time or distance, the machine reduces the workout intensity by half and goes back into manual control mode, where users directly control their cool down.

CONSOLE NAVIGATION

HOME SCREEN

Home Screen

The Home Screen is displayed on the console when the machine first comes on or is reset by pressing **STOP II** when there is no workout in progress. There are two possible Home Screens: one with **User Profiles** turned on and one with **User Profiles** turned off. New machines are delivered with **User Profiles** turned off.



Home Screen with **User Profiles** Turned On

Starting from the Home Screen with **User Profiles** turned on, the user is able to select from various options using the **QUICK START** ▶ button, the **Menu Navigation** buttons, the **Workout Finder** button, the **Cruise Control (HRC)** button, and/or the **Workout Data** button to do the following:

A. Begin a Quick Start workout.
B. Select a preset workout.
C. Input any required preworkout data.
D. Begin and control a selected workout form the console.
E. Create a User Profile (four possible User Profiles).
F. Select an existing User Profile.
G. Edit a previously created User Profile.
H. Display and start a previously created workout.
I. Setup Cruise Target HRC for a selected User Profile.
J. Initiate a Bluetooth session with a smart phone using apps like GymTrakr to capture the workout data from the current workout session to the phone wirelessly.

   NOTE: Bluetooth is only offered for the TPS LCD console.

K. Stop and reset the machine.



Home Screen with **User Profiles** Turned Off

Starting from the Home Screen with **User Profiles** turned off, the user is able to select from various options using the **QUICK START** ▶ button, the **Menu Navigation** buttons, the **Workout Finder** button, the **Cruise Control (HRC)** button, and/or the **Workout Data** button to do the following:

A. Begin a Quick Start workout.
B. Select a preset workout.
C. Setup Cruise Target HRC workout.
D. Initiate a Bluetooth session with a smart phone using apps like GymTrakr to capture the workout data from the current workout session to the phone wirelessly.

NOTE: Bluetooth is only offered for the TPS LCD console.

SELECTING AND STARTING A WORKOUT

Selecting and Starting a Workout

To begin a workout, press **QUICK START** ▶ (A). Press **Workout Finder** (C) to access new, preset workouts. The **Console Display** (B) shows a visual representation of the workout format. When additional user data is required, use the **Menu Navigation** buttons (D) to select/modify the data field. When the data field displays the correct value, press **ENTER** (E) to accept it. After all data is accepted, the workout will begin. Press **STOP II** (F) to end a workout at any time.

NOTE: The lower panel and quick access keys only apply to the TPS LCD console.



Lower Panel



Quick Access Keys
(Double as numeric increment keys for workout data entry.)

Workout Data Entry Screens

These screens allow users to input their personal information or workout goals prior to beginning a workout. To set a value, use the **incline up ▲ and down ▼** buttons or the **+ and - speed** buttons on the lower panel (next to the **STOP II** button) or the **up and down Menu Navigation buttons** on the console to increase or decrease the number value. Once the desired value has been reached, press **ENTER** on the console to accept the setting and move to the next entry screen.

NOTE: The information required through Workout Data Entry Screens varies by workout program selection.

NOTE: The lower panel only applies to the TPS LCD console.

Age Adjustment Entry Screen



Set Age number value

Weight Adjustment Entry Screen



Set Weight number value

WORKOUT DATA SCREEN



A. Distance Display

Displays the current Distance traveled (in miles), measured from the beginning of the workout up to the present instant.

B. Incline Display

Displays the current level of incline as a percentage up from level. The incline level can be changed by pressing the **incline up ▲ and down ▼** buttons or by selecting a specific **Quick Incline** button (i.e. 3%; 5%; 7%; 9% or 12%).

C. HR Display/HRC Cruise Control Display

Displays monitored Heart Rate during a workout. Also part of HRC Cruise Control, which allows the equipment to maintain the user's current heart rate during the workout through automatic speed and incline adjustments (when the user is utilizing heart rate monitoring).

D. Time Display

Displays the time elapsed since the start of the workout. Time stops incrementing if **STOP II** is pressed to pause the workout and resumes if the workout is restarted in less than 30 seconds.

E. Speed Display

Displays the current treadmill speed (mph). The speed can be changed by pressing the **+ and - speed** buttons or by selecting a specific **Quick Speed** button (i.e. 3 mph, 4 mph, 6 mph, 7 mph, or 8 mph).

F. Main Console Workout Display

Displays Workout Data and Workout Graphics, which allows the user to monitor and adjust the workout as it happens.

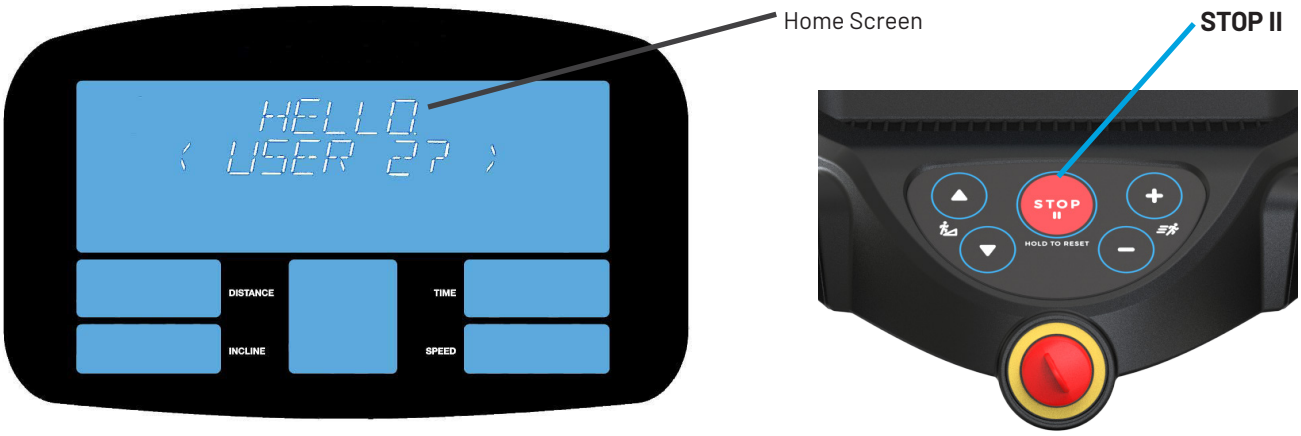
USER PROFILES

Creating a New User Profile

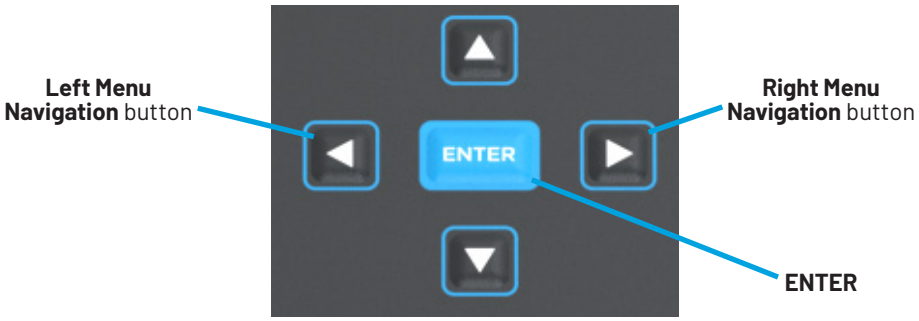
To create a new user profile, do the following:

A. Display the Home (HELLO greeting) Screen (if it is not displayed, hold **STOP II** on the console or lower panel until it appears). USER 1? will be displayed by default. For the following example, USER 2? is used:

NOTE: The lower panel only applies to the TPS LCD console.

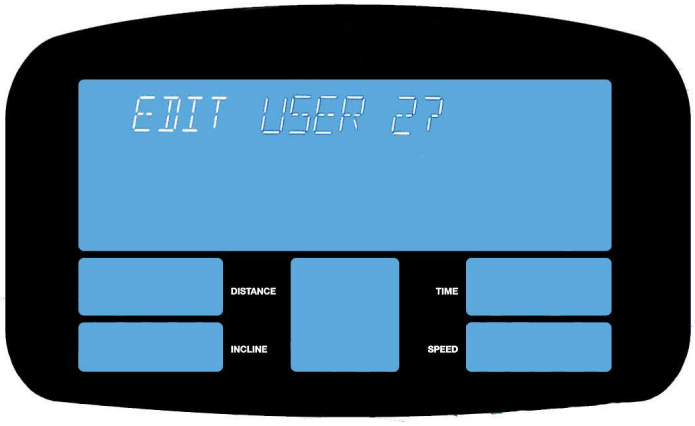


B. Use the **left and right Menu Navigation** buttons to select one of the four profiles available.



C. Once the desired user number is displayed, push and hold **ENTER** on the console until the EDIT USER(#) screen appears.

NOTE: The number of user profiles is limited to four.



USER PROFILES

D. Push and hold the **up and down Menu Navigation** buttons on the console to enter the user name, one character at a time. Use the **right and left Menu Navigation** buttons to move to the next character position or back to a previous letter in the name.



E. When the name has been entered correctly, press **ENTER** on the console to accept it and move to the next entry screen.

F. Repeat these steps, using the **up and down Menu Navigation** buttons on the console to increase or decrease the required number values (Example: the age and weight entries in the screens above). Once the correct value is displayed, always accept the entry by pressing **ENTER**.

G. When the last profile data has been accepted, the unit will indicate that the user's profile data is SAVED with the following screen.



H. It will then display a screen asking the user to choose a workout (see the next section, **Creating and Managing a Workout**).

Editing an Existing User Profile

A. Display the User Profile to be edited by following steps 1 and 2 in **Creating a New User Profile** (above).

B. Press and hold **ENTER** on the console.

C. The EDIT (PROFILE NAME) screen will appear.

D. Follow Steps 4 through 8 in **Creating a New User Profile** (above) to edit the data in the User profile.

CREATING AND MANAGING A WORKOUT

Beginning a Quick Start Workout

A. Bring up a pre-existing User Profile on the Console Display (C).

B. Press **QUICK START** ▶ (G).

C. A ¼ mile, manual (track) workout will come up, count down from 3 and start at 0 incline and .5 mph speed. The user will have total control over the speed and incline during the workout.



CREATING AND MANAGING A WORKOUT

Setting Up and Starting a New, Preset Workout



A. Bring up a pre-existing User Profile on the Console Display (C).

B. Press **ENTER** (B) and use the **right** (M) **and left (O) Menu Navigation** buttons to scroll to NEW WORKOUT? (C).

C. Press **Workout Finder** (I) on the console to scroll through the nine preset workout options available:

- Manual
- Hill Intervals
- Rolling Hills
- Cardio Challenge
- Walk and Run Intervals
- Speed Ramp
- 5k Workout
- 10k Workout
- Half Marathon

D. When the desired workout is displayed, press **ENTER** (B) on the console to select it.

E. The next several screens may ask for preworkout setup data (preset data) such as age, weight, desired workout time, incline level, distance and/or speed. Setup each requested parameter using the **up** (L) **and down** (N) **Menu Navigation** buttons on the lower panel and then press **ENTER** (B) to accept it.

F. The last screen will ask to save this workout to the selected User Profile. Press **ENTER** (B).

G. The next screen will ask which of the five Workout Preset Data Storage Areas does the user want this workout to be saved to (each User Profile has five Workout Preset Data Storage Areas available).

NOTE: Saving new workout preset data into a Workout Data Storage Area that already has workout preset data stored in it will overwrite the existing data with the new data. The old data will be lost.

H. Choose the Workout Data Storage Area desired by pressing the **up** (L) **and down** (N) **Menu Navigation** buttons.

I. When the desired storage area is displayed, press **ENTER** (B) to select it. The screen will say WORKOUT SAVED (C).

J. After a brief pause, a countdown from 3 will commence and the selected workout will begin.

CREATING AND MANAGING A WORKOUT

Starting One of the Five Previously Saved Workouts Under a Selected User Profile

A. Bring up a pre-existing User Profile on the Console Display (C).

B. Press **ENTER** (B) on the console.

C. A screen will appear that says LAST WORKOUT? (C) and L1 will show in the **HR Detector** (P) display box.

D. Press the **right** (M) **Menu Navigation** button once.

E. The screen will display the first of five workouts saved under the selected User Profile. S1 (S=Saved workout) will appear in the center **HR Detector** (P) display box.

F. Press the **up** (L) **Menu Navigation** button repeatedly to page through the five Workout Data Storage areas. The S# in the **HR Detector** (P) display box will cycle from S1 through S5 and the workouts shown on the **Console Display** (C) will reflect what workout is saved in each Workout Preset Data Storage area.

G. When the desired workout comes up, press **ENTER** (B) to select it.

H. After a brief pause, a countdown from 3 will commence and the selected workout will begin.



CREATING AND MANAGING A WORKOUT

Starting One of the Ten Previous Workouts Automatically Captured from all User Profiles

NOTE: The treadmill automatically stores the last ten workouts performed on it in a "stack" designated as **L** (L=Last Workout). Each time a new workout is ran, it is saved into storage area L1 and all of the other stored workouts move up in the stack by one position. So, every time a new workout is added in L1, the oldest stored workout in L10 is erased.

A. Bring up a pre-existing User Profile on the Console Display (C).

B. Press **ENTER** (B) on the console.

C. A screen will appear that says LAST WORKOUT? (C) and L1 will show in the **HR Detector** (P) display box.

D. Press the **up** (L) **Menu Navigation** button repeatedly to page through the ten Last Workout Data Storage areas. The L# in the **HR Detector** (P) display box will cycle from L1 through L10 and the workouts shown on the Console Display will reflect what workout is saved in each Last Workout Preset Data Storage area.

E. When the desired workout comes up, press **ENTER** (B) to select it.

F. After a brief pause, a countdown from 3 will commence and the selected workout will begin.



Cruise Control (HRC) Workouts

The TRUE Heart Rate Control (HRC) workouts are unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, and time, prior to beginning the HRC workout. As users approach their target heart rate, the treadmill's computer automatically takes over and changes the speed and/or incline automatically to keep users near their target heart rate. This allows for a completely "hands free" workout.

*A Bluetooth or Polar® compatible heart rate monitoring chest strap should be worn during HRC workouts. For increased safety and accuracy, contact heart rate monitoring is not recommended for HRC workouts.

CREATING AND MANAGING A WORKOUT

Setting Up the Target Heart Rate Control Workout

TRUE's heart rate control (HRC) workouts let the treadmill monitor relative exercise intensity by way of the user's heart rate, then automatically adjusts the speed and incline to keep the user at their target heart rate and thus their desired exercise intensity. Heart rate is a good measure of the body's exercise stress level. It reflects differences in physical condition, fatigue, the comfort of the workout environment, even diet and emotional state. Users should compare their heart rate with how they feel to ensure safety and comfort.

A. Start at the Home Screen on the **Console Display** (C).

B. Press **HRC** (J) on the console. A screen will display showing TARGET HRC (C).

C. Choose Target HRC and then press **ENTER** (B) on the console. A series of set-up screens will be displayed. They will require the following data entries:

- Age
- Weight
- Time (workout duration)
- Target Heart Rate
- Maximum Speed
- Maximum Incline

D. The next screen will ask which of the five Workout Preset Data Storage Areas does the user want this workout to be saved to (each User Profile has five Workout Preset Data Storage Areas available).

NOTE: Saving new workout preset data into a Workout Data Storage Area that already has workout preset data stored in it will overwrite the existing data with the new data. The old data will be lost.

E. Choose the Workout Data Storage Area desired by pressing the **up** (L) **and down** (N) **Menu Navigation** buttons.

F. When the desired storage area is displayed, press **ENTER** (B) to select it. The screen will say WORKOUT SAVED (C).

G. Make sure whichever heart monitoring method to be used (Bluetooth or Polar® compatible heart rate monitoring chest strap or direct contact) is in place.

H. After a brief pause, a countdown from 3 will commence and the HRC workout will begin.



CREATING AND MANAGING A WORKOUT

Warm Up

At the beginning of an HRC workout, the treadmill is in full Manual Control mode. Users should gradually increase the workout intensity to slowly raise their heart rate to within 10 beats per minute (bpm) of their target heart rate. The treadmill will operate as if in manual mode during the warm up stage. Users control both speed and incline. The user may only increase speed and incline to the present maximum values entered. It is important that the user starts at a low level of perceived exertion and gradually increase the workout intensity over several minutes until they approach their target heart rate. This allows the body to adapt to the workout. Increasing the workout intensity gradually will allow the user to enter the heart rate control stage without overshooting their target, keeping their heart rate within a few bpm of their target.

NOTE: The information required through Workout Data Entry Screens varies by workout program selection.

Heart Rate Control Stage

The treadmill takes control of speed and incline, keeping the user's heart rate within a few bpm of their target. When using the Interval HRC Workout, the treadmill alternates between work and rest intervals.

Cooldown

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

HRC Workout Summary

Once the workout is complete, a Workout Summary will be displayed.

Workout Summary

NOTE: At the end of every workout, whether it ends normally or ends by being stopped by the user before completion, a series of Workout Summary screens will be displayed and will cycle three times. These screens could include Time; Average Heart Rate; Maximum Heart Rate; Average Speed; Maximum Speed; Average Incline; Maximum Incline; Distance and Calories burned. There are two ways to capture this data. One is to write it down as it is displayed. The other is to transfer it to a smartphone through a Bluetooth application.

NOTE: Bluetooth is only offered for the TPS LCD console.

Using a Bluetooth Application

A. If a user owns a smartphone, there are mobile applications from TRUE and other sources (i.e. GymTrakr).

B. Press **Workout Data** (K) on the console. The screen will say BLUETOOTH ID (C) and a four digit pairing code number.

C. Use the app to pair the mobile device to the treadmill (this process varies by mobile application).

D. Press **QUICK START** ▶ (G) or begin a previously saved workout.

E. After ending a workout, the Workout Summary data will be uploaded automatically through a Bluetooth transmission from the treadmill and stored by the app on the smartphone.

Write it down

A. Each Workout Summary screen (C) displays its data for two seconds and all of the screens are shown three times in a repeating cycle.

B. Have a pen and pad ready to write down the Workout Summary data.



UTILITY FUNCTIONS

Utilities Options Menu - Maintenance Mode

Product setup under maintenance mode allows the user (or, preferably, a certified technician) to adjust the model configuration and setup.

To enter maintenance mode:

A. Remove and replace the safety key (A) or power off/on allowing time for the base unit to initialize and display the home screen.

B. Press and hold incline up ▲ (B) until it beeps for a second time (3-5 seconds) and then release.

C. Press and hold **ENTER** (C) until it beeps for a second time (3-5 seconds) and MAINTENANCE MODE (D) appears on the console display.

D. Press **ENTER** (C) again and DIAGNOSTICS (D) appears.

E. Use the incline up ▲ (B) and down ▼ (E) to scroll through the available options: DIAGNOSTICS, CONFIGURATION, and CALIBRATION. To select an option press **ENTER** (C).

F. Use the speed up ▲ (F) and down ▼ (G) to make adjustments and press **QUICK START** ▶ (H) to save the changes. Once finished, press **STOP II** (I) to navigate back through the menu options or return to the home screen.

G. Once all changes are complete, remove and replace the safety key (A) allowing the base unit to initialize. All changes will be saved upon returning to back to the home screen.



There are three sub menus located within the maintenance mode main menu:

- Diagnostics
- Configuration
- Calibration

UTILITY FUNCTIONS

Diagnostics

- **Total Time**

  The amount of time that the machine has run since the last reset.
- **Total Distance**

  The number of miles that the belt has moved since the last reset.
- **Average Speed**

  The overall speed that the belt has averaged since the last reset.
- **Units**

  Determines how the workout data is displayed (English or Metric) by default.
- **Sleep**

  The amount of time the unit can be idle before entering sleep mode. By choosing the **Off** setting, the unit will remain powered on indefinitely.
- **Max Time**

  This time will not allow for a program to be set longer than the setting.
- **Cooldown**

  Adjusts the length of the cooldown time at the end of a workout.
- **Pause (On or Off)**

  Limits the amount of time that a workout can be paused until the user resumes or ends the workout.
- **Incline Disabled (On or Off)**

  INCL DISABLED OFF is the default. Using the speed up ▲ or down ▼ you can change the value to **ON**.
  Press **QUICK START** ▶ to save the selection. Power-cycle the machine to exit maintenance mode.
- **Error Log**

  Error codes are an important part of troubleshooting any issues with the treadmill. Any time an error occurs it is entered into the error log for review by a service professional. (Example: Fault Indicator 1 - Incline Stall). This console is capable of storing the ten most recent errors. The speed up ▲ and down ▼ allow a user to page through them.
- **User Profiles (On or Off)**

  Enables or disables the custom user profile feature.

  NOTE: Turning **User Profiles** off, saving the setting and then turning it back on and saving it again will clear off all user profile data and saved workouts (both **L** and **S** type) on the machine. This is, in effect, the master data reset.

Configuration

Gives access to the Model Number, specification for maximum speed and incline percentage, overall time the machine has run and distance the belt has moved, the cooldown duration setting, the Heart Rate Controls Test, the Keys Test, the Display Test and the EPROM Test.

UTILITY FUNCTIONS

Utilities Options Menu - Units

Users can change how the workout data is displayed (English or Metric) in the diagnostics menu, under Units.

To change units:

A. Remove and replace the safety key (A) or power off/on allowing time for the base unit to initialize and display the home screen.

B. Press and hold incline up ▲ (B) until it beeps for a second time (3-5 seconds) and then release.

C. Press and hold **ENTER** (C) until it beeps for a second time (3-5 seconds) and MAINTENANCE MODE (D) appears on the console display.

D. Press **ENTER** (C) again and DIAGNOSTICS (D) appears. Press **ENTER** (C) again**.**

E. Use the incline up ▲ (B) and down ▼ (E) to scroll through the available options. When UNITS (D) appears use the speed up ▲ (F) and down ▼ (G) to toggle between ENGLISH and METRIC and press **QUICK START** ▶ (H) to save the changes. Once finished, press and hold **STOP II** (I) to navigate back through the menu options and return to the home screen.

F. Once all changes are complete, remove and replace the safety key (A) allowing the base unit to initialize. All changes will be saved upon returning to back to the home screen.



UTILITY FUNCTIONS

Utilities Options Menu - EPROM Test

Users can verify the console software version in the configuration menu, under EPROM Test.

To verify console software version:

A. Remove and replace the safety key (A) or power off/on allowing time for the base unit to initialize and display the home screen.

B. Press and hold incline up ▲ (B) until it beeps for a second time (3-5 seconds) and then release.

C. Press and hold **ENTER** (C) until it beeps for a second time (3-5 seconds) and MAINTENANCE MODE (D) appears on the console display.

D. Press **ENTER** (C) again and DIAGNOSTICS (D) appears.

E. Use the incline up ▲ (B) and down ▼ (E) to scroll through the available options: DIAGNOSTICS, CONFIGURATION, and CALIBRATION. When CONFIGURATION (D) appears press **ENTER** (C).

F. Use the incline up ▲ (B) and down ▼ (E) to scroll through the available options. When EPROM TEST (D) appears press **QUICK START** ▶ (H). The software version will appear on the console display.

G. Once finished, press and hold **STOP II** (I) to navigate back through the menu options and return to the home screen.



UTILITY FUNCTIONS

IMPORTANT! CALIBRATION IS REQUIRED AFTER THE CONSOLE IS INSTALLED TO THE BASE.

NOTE: Users must select the correct base in configuration prior to calibration.

To enter configuration:

A. Remove and replace the safety key (A) or power off/on allowing time for the base unit to initialize and display the home screen.

B. Press and hold incline up ▲ (B) until it beeps for a second time (3-5 seconds) and then release.

C. Press and hold **ENTER** (C) until it beeps for a second time (3-5 seconds) and MAINTENANCE MODE (D) appears on the console display.

D. Press **ENTER** (C) again and DIAGNOSTICS (D) appears.

E. Use the incline up ▲ (B) and down ▼ (E) to scroll through the available options. When CONFIGURATION (D) appears press **ENTER** (C).

F. Use the incline up ▲ (B) and down ▼ (E) to scroll through the available options. When a base model number appears press **ENTER** (C).

G. Use the speed up ▲ (F) and down ▼ (IG to select the correct base model and press **QUICK START** ▶ (H) to save the changes.

H. Remove and replace the safety key (A) allowing the base unit to initialize. Turn the power off on the treadmill and wait 30 seconds before restarting and continuing on to calibration.

To enter calibration:

A. Press **STOP II** (I) and CONFIGURATION (D) appears.

B. Use the incline up ▲ (B) and down ▼ (E) to scroll through the available options. When CALIBRATION (D) appears press **ENTER** (C).

C. Press **QUICK START** ▶ (H) to start the calibration process.

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

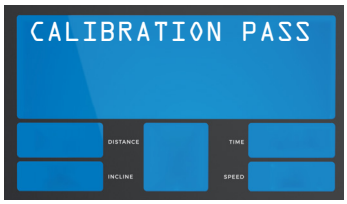
- Calibration can take up to two minutes to complete.
- Do not stand on the treadmill during the calibration procedure.
- Verify that the machine is free of all parts and tools.
- Keep children and animals at a safe distance.

D. The treadmill will begin adding PWM to achieve a target speed of 0.5 mph, 6.0 mph, and 12.0 mph (0.8 to 19.3 km/h). During the speed calibration the treadmill will also set the incline range from 0% to 15%.





E. The console will display **CALIBRATION PASS** or a fault code if one is detected.



F. Once finished, press and hold **STOP II** (I) to navigate back through the menu options and return to the home screen.

G. Remove and replace the safety key (A) allowing the base unit to initialize.

H. Once calibration is complete, turn the power off on the treadmill wait 30 seconds before restarting.

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.

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 eternal factors.

TRUE FITNESS

WARRANTY REGISTRATION

Thank you for purchasing a TRUE product!

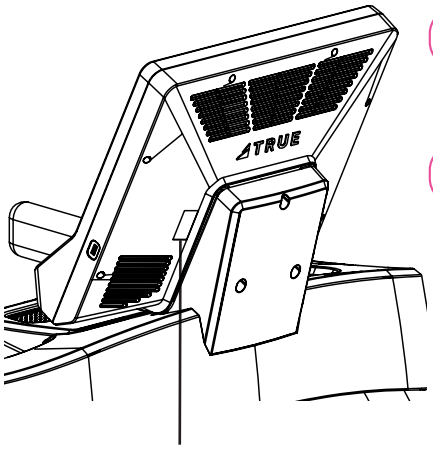
To validate your product warranty, you must register your product within 30 days of purchaser's receipt of this product.

To register your product:

- Go online to:
  https://shop.truefitness.com/resources/warranty/

  OR
- Complete the information below and mail to:
  TRUE Product Support
  1 Glazer Way,
  St. Charles, MO 63301

PLEASE RETAIN THIS PORTION FOR YOUR RECORDS
BASE SERIAL NUMBER:
CONSOLE SERIAL NUMBER:



24-000000X

24-000000X

console serial number location

Warranty Registration

Base Serial Number

Console Serial Number (if applicable)

NOTE: Some base units require a console serial number.

Purchase Date

Company (if applicable)

Customer Name (First and Last)

Email Address

Phone Number

Street Address

City

State

Postal Code

Country

TRUE FITNESS

CONTACT US
service@truefitness.com
1.800.883.8783

Office: 1 Glazer Way, St. Charles, MO 63301
Shipping: 3831 Mueller Rd, St. Charles, MO 63301

TRUEFITNESS.COM

MAN-C4RL/C4RL-TR2 Owner's Manual, Assembly Guide, and Warranty Card
REV06
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