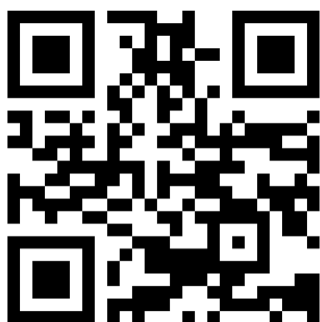


RESIDENTIAL LED CONSOLE FOR BIKES AND ELLIPTICALS

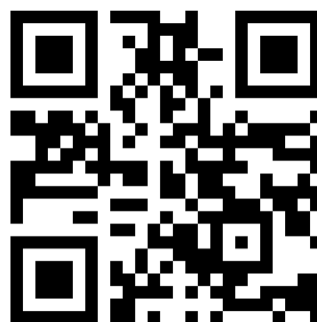
 **TRUE FITNESS**



BIKE LED CONSOLE SHOWN



SCAN FOR UP-TO-DATE
OWNER'S MANUAL



SCAN FOR
ASSEMBLY VIDEO

**MODELS C4RLBK, C4RLAE, C4RLEL
MAN-C4RL FOR BIKES AND ELLIPTICALS REV05**

**OWNER'S
MANUAL**



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 inquiries so that we may direct you to the appropriate sales representative to help answer your questions.

- Phone | 800.426.6570
- Email | sales@truefitness.com

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

SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS.....	5
POWER REQUIREMENTS.....	5
WARNING DECALS.....	6
COMPLIANCES.....	6

ASSEMBLY INSTRUCTIONS

PREASSEMBLY CHECKLIST.....	7
ASSEMBLY STEPS.....	8

CONSOLE FEATURES

FEATURES OVERVIEW.....	12
LED ICON DESCRIPTIONS.....	13
DEDICATED DATA POINTS.....	13
WORKOUTS AND LED INFORMATION BY BASE MODEL.....	14
WORKOUT PROGRAM DESCRIPTIONS.....	17

HEART RATE INFORMATION

HEART RATE MONITORING.....	18
HEART RATE CONTROL (HRC).....	19

CONSOLE NAVIGATION

SELECTING AND STARTING A WORKOUT.....	20
ENDING A WORKOUT.....	21
ADVANCED CONSOLE FUNCTIONS.....	22

WARRANTY INFORMATION

LIMITED WARRANTY.....	24
WARRANTY REGISTRATION	25

SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS

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

- Read and understand all instructions and warnings prior to use.
- Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- Obtain proper instruction prior to use.
- This unit is intended for in-home use only.
- For indoor use only.
- Inspect the unit for incorrect, worn, or loose components and do not use until corrected, replaced, or tightened prior to use.
- Do not wear loose or dangling clothing while using the unit.
- Care should be used when mounting or dismounting the unit.
- Read, understand, and test the emergency stop procedures before use.
- Disconnect all power before servicing the unit.
- Do not exceed maximum user weight of 350 lbs / 159 kg.
- Keep the top side of the moving surface clean and dry.
- Keep children and animals away.
- Use caution when moving and assembling unit.
- All exercise equipment is potentially hazardous. If attention is not paid to the conditions of equipment usage, death, or serious injury could occur.

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

POWER REQUIREMENTS

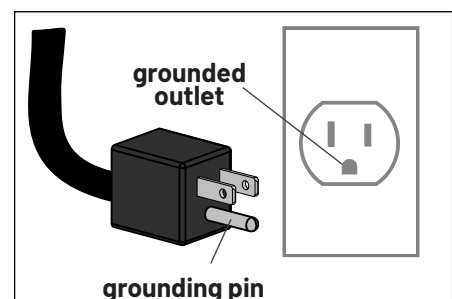
Read and understand all instructions before plugging any TRUE power cord into an electrical outlet.

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:

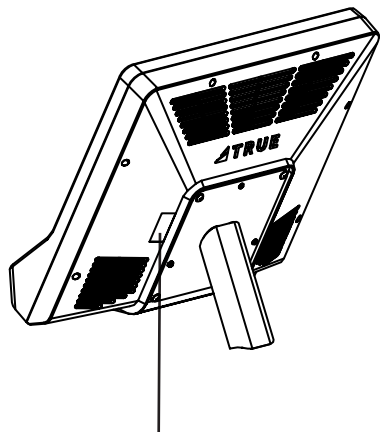
- Improper connection of the equipment grounding conductor can result in risk of electrical shock.
- Check with a qualified electrician or service provider if you are in doubt as to whether the equipment is properly grounded or installed on a dedicated line.
- Seek a qualified electrician to perform 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 to the right. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



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

S/N: 24-000000X

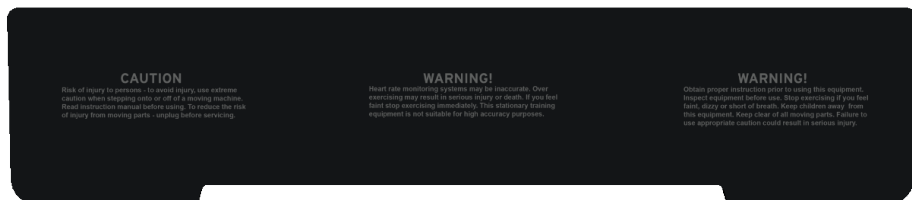
MDL: C4RLBKB

S/N: 24-000000X

MDL: C4RLAEB

S/N: 24-000000X

MDL: C4RLELB



COMPLIANCES

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

ASSEMBLY INSTRUCTIONS



NOTE: Supplemental video available [@TRUEFitnessservicevids](https://www.truefitness.com/servicevids).

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.



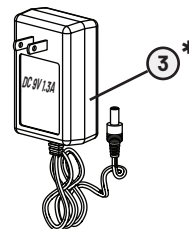
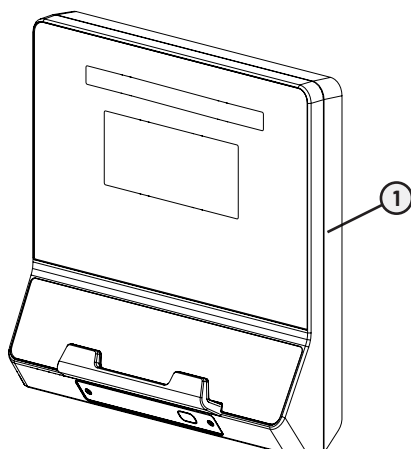
Use caution when unpacking this product. Avoid damage to the product.
DO NOT use a box cutter. DO NOT slice into the packaging.

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	TOOLS NEEDED FOR ASSEMBLY	INCLUDED IN BOX
1	C4RLBK or C4RLEL or C4RLAE	CONSOLE, UCIV, RETAIL LCD FOR BIKES AND ELLIPTICALS	1	#2 Phillips Screwdriver 	NO
2	MAN-C4RL FOR BIKES AND ELLIPTICALS	MANUAL, C4RL FOR BIKES AND ELLIPTICALS	1		
3*	XM0138A	POWER ADAPTER SWITCHING - 9V 1.3A	1		



***NOTE:** The 9V 1.3A power adapter is only included with the C4RLBK and C4RLEL consoles.

ASSEMBLY STEPS

Step 1—Make Cable Connections

A. Connect the console and base cables:

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

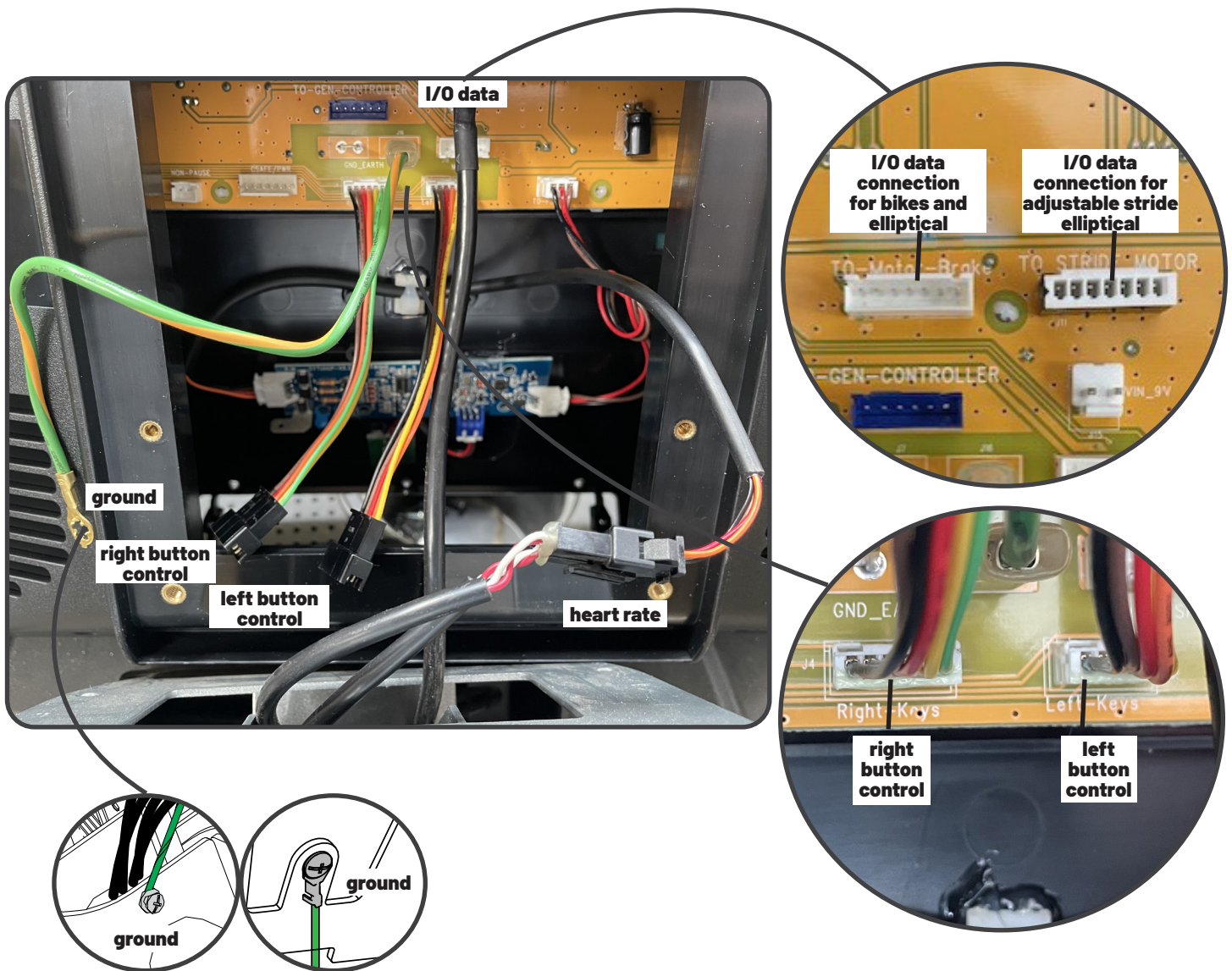
NOTE: The I/O data connection varies by product. The **TO STRIDE MOTOR** port is for the adjustable stride elliptical only.

- ground (use the screw on the console mast to attach the ground cable)

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 cables.

NOTE: If coaxial or network cables are present, tuck them down the console mast. They are not used.

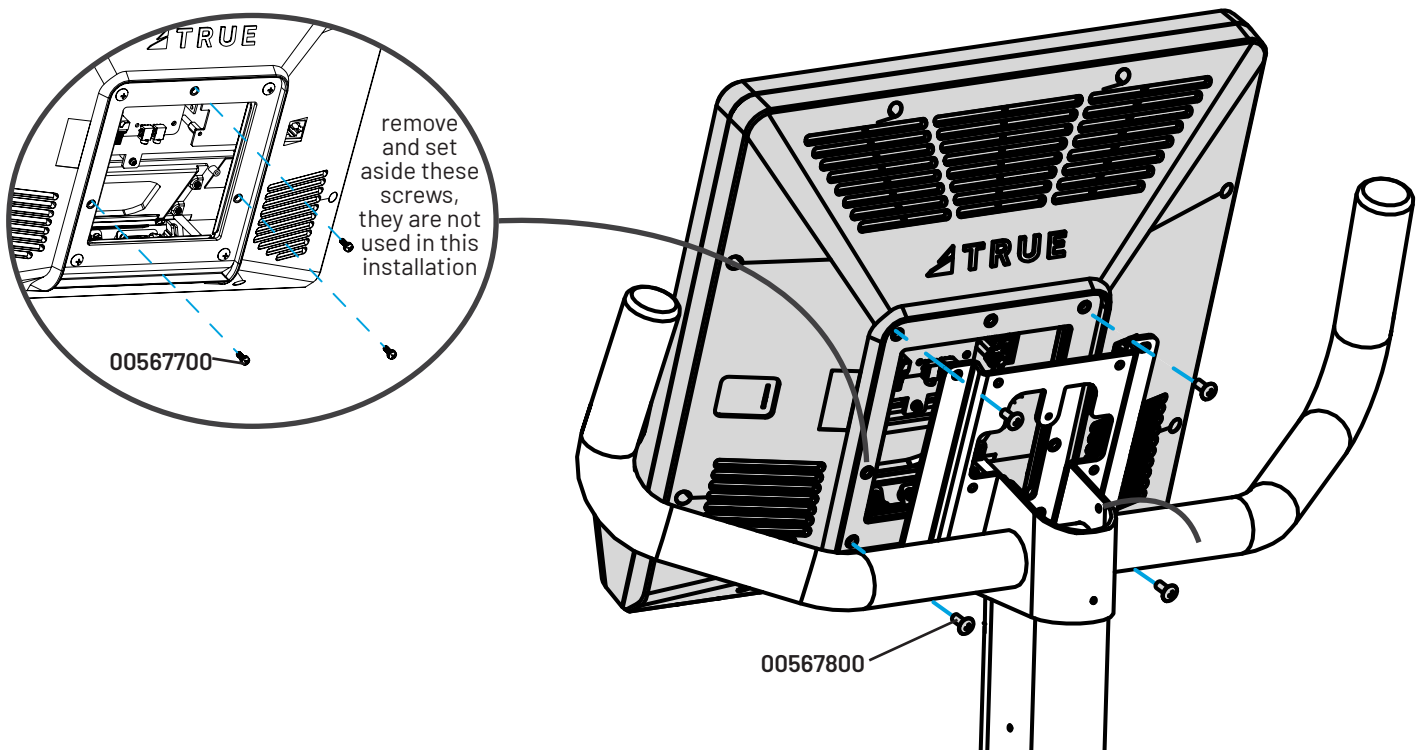


Step 2—Attach Console to Mast

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	

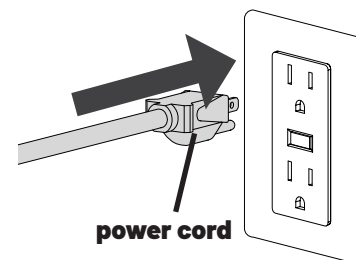
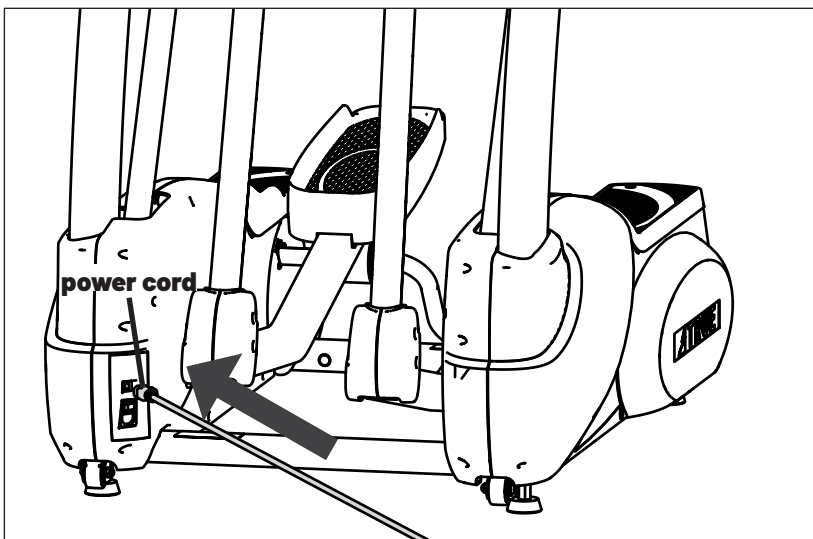
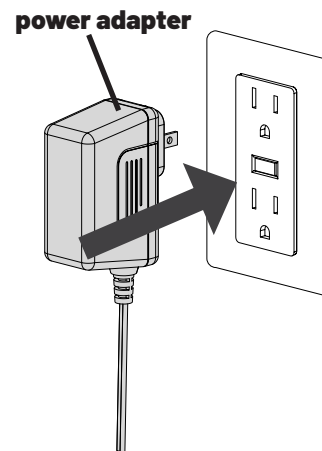
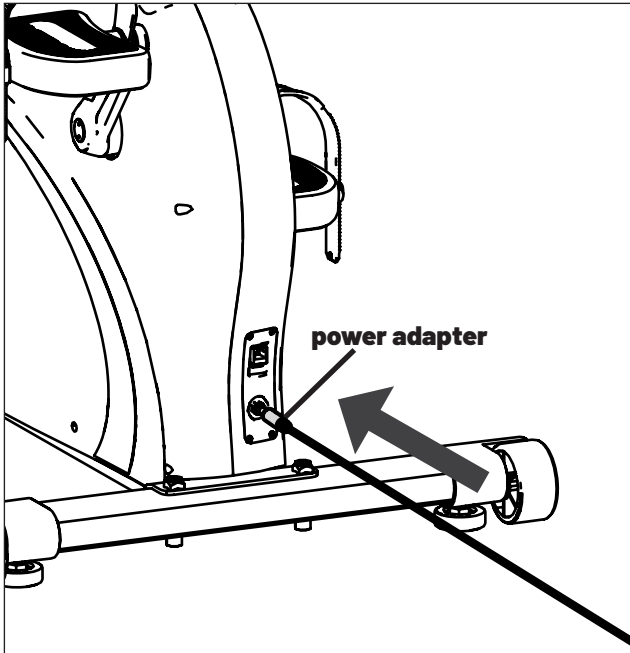
- A. If the console has three screws (00567700 // SCREW, M4-.7 X 12 PPHMS SEMS) preassembled, remove and set aside these screws. They are not used in the installation. Remove and set aside the four screws (00567800 // SCREW, M5-.8X12 COMBO PHILLIPS/COMMON TRUSS HEAD - ACG BLACK) preassembled to the console.
- B. Using a #2 Phillips screwdriver, secure the console to the console mast using the four screws (00567800).



Step 3—Connect Power

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

- A. Connect the power adapter or power cord to the base and wall outlet.
- B. Verify the console powers up.

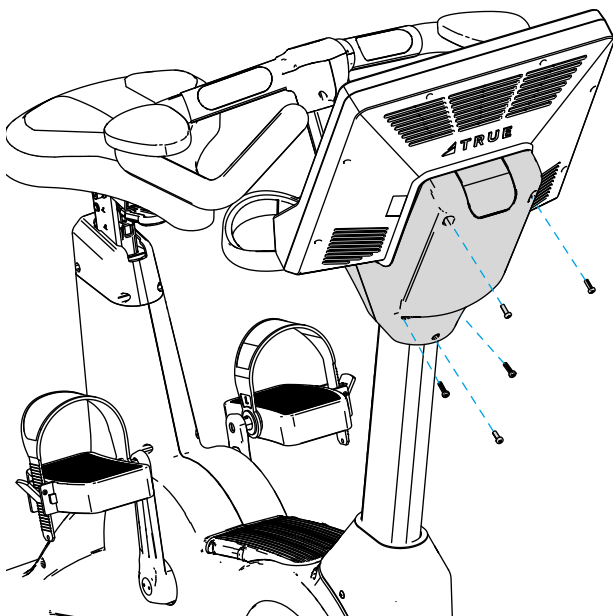


Step 4—Attach Console Rear Cover

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, attach the rear console cover to the front mast using the screws provided with the base.



CONSOLE FEATURES

FEATURES OVERVIEW

- A. Eight Data Points for Detailed Workout Feedback
- B. Quick-Access Workout Program Keys (programs vary by model)
- C. Manually Adjust Resistance or Stride (adjustments vary by model)
- D. Reading Rack

C4RLBK - LED FOR BIKES



C4RLAE - LED FOR ADJUSTABLE STRIDE ELLIPTICAL



C4RLEL - LED FOR ELLIPTICALS



LED ICON DESCRIPTIONS

ICON*	DESCRIPTION
	Start
ENTER	Enter/Hold to Reset
	Up
	Down
	Stride/Auto Stride
	Resistance/Workload/ Level

ICON*	DESCRIPTION
	Preset Workouts
	Target HRC
	HRC Cruise Control
	Cardio 360
	Change Display

*Icons vary by model.

DEDICATED DATA POINTS

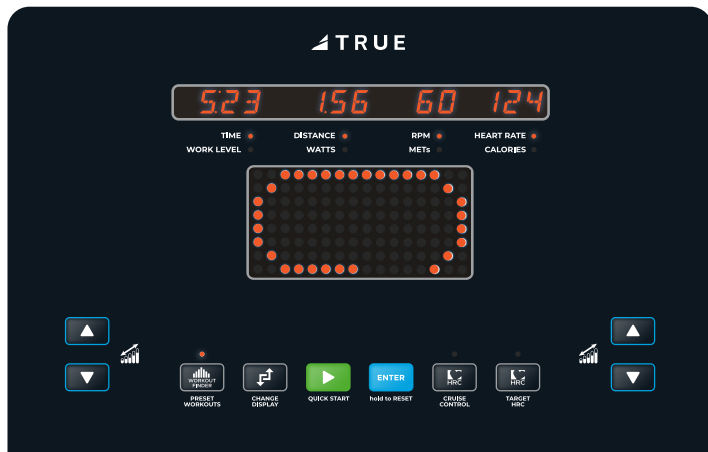
TIME ● DISTANCE ● RPM ● HEART RATE ●
 WORK LEVEL ● WATTS ● METs ● CALORIES ●

During a workout you can press the “change display” icon to toggle between the data points being displayed:

- **TIME**—The amount of time remaining in the workout.
- **WORK LEVEL**—The current workload level.
- **DISTANCE**—An estimate of how far the user has traveled.
- **WATTS**—The amount of mechanical power the unit is receiving from the user.
- **RPM**—The user’s pedal cadence.
- **METs**—The user’s metabolic equivalent.
- **HEART RATE**—Beats per minute display of the user’s heart rate when the user is using heart rate monitoring.
- **CALORIES**—An estimate of the calories burned. The estimate does not include the user’s basal metabolic rate.

WORKOUTS AND LED INFORMATION BY BASE MODEL

BIKE LED



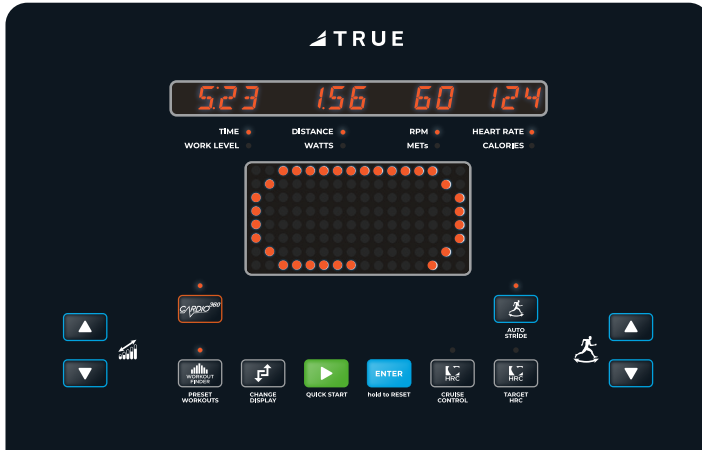
BIKE LED	
LED CONSOLE SKU	C4RLBK
OVERLAY PART #	MRC1002B
OVERLAY DESCRIPTION	OVERLAY, RETAIL, LED, BIKE
BASE MODELS	RR1-0A UR1-0A
OVERLAY WORKOUT KEYS	WORKOUTS
QUICK START	QUICK START
PRESET WORKOUTS	MANUAL ROLLING HILLS SINGLE HILL RANDOM HILLS HILL INTERVALS CALORIE GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC
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.

WORKOUTS AND LED INFORMATION BY BASE MODEL

ADJUSTABLE STRIDE ELLIPTICAL LED



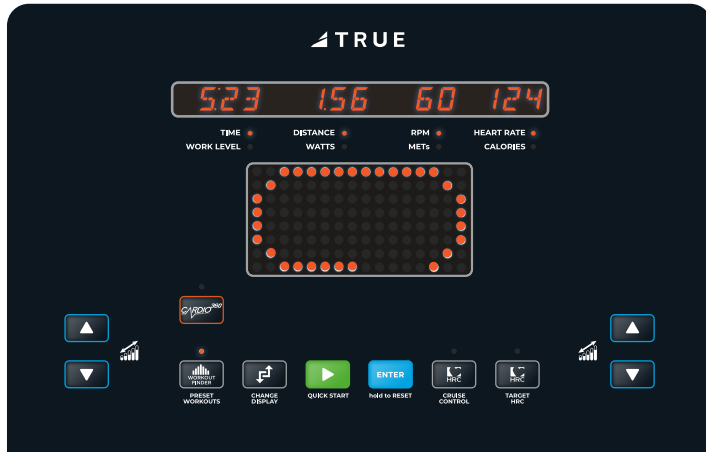
ELLIPTICAL LED	
LED CONSOLE SKU	C4RLAE
OVERLAY PART #	MRC1002AS
OVERLAY DESCRIPTION	OVERLAY, RETAIL, LED, ADJUSTABLE ELLIPTICAL
BASE MODELS	XR1-SA
OVERLAY WORKOUT KEYS	WORKOUTS
CARDIO 360	CARDIO 360
QUICK START	QUICK START
PRESET WORKOUTS	MANUAL ROLLING HILLS SINGLE HILL RANDOM HILLS HILL INTERVALS CALORIE GOAL DISTANCE GOAL CARDIO 360 ARM SCULPTOR CARDIO 360 LEG SHAPER
AUTO STRIDE*	AUTO STRIDE*
TARGET HRC	TARGET HRC
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.

WORKOUTS AND LED INFORMATION BY BASE MODEL

ELLIPTICAL LED



ELLIPTICAL LED	
LED CONSOLE SKU	C4RLEL
OVERLAY PART #	MRC1002E
OVERLAY DESCRIPTION	OVERLAY, RETAIL, LED, ELLIPTICAL
BASE MODELS	XR1-0A
OVERLAY WORKOUT KEYS	WORKOUTS
CARDIO 360	CARDIO 360
QUICK START	QUICK START
PRESET WORKOUTS	MANUAL ROLLING HILLS SINGLE HILL RANDOM HILLS HILL INTERVALS CALORIE GOAL DISTANCE GOAL CARDIO 360 ARM SCULPTOR CARDIO 360 LEG SHAPER
TARGET HRC	TARGET HRC
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
CARDIO 360	Cardio 360 coaches you through a dynamic total-body workout.
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.
SINGLE HILL	Workload increases to a maximum at the midpoint of the workout, then decreases to the finish to simulate one big hill.
RANDOM HILLS	A workload profile that changes to simulate random hills. Adjust the resistance or level at any time during the workout to increase or decrease the 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.
CALORIE GOAL	This workout allows you to choose the number of calories you wish to burn within a specified workout time. The machine will control the workload needed to attain this goal. If the entered calorie goal exceeds the ability of the machine to attain within the workout time, the user will be re-prompted to either reduce your calorie goal or increase your workout time.
DISTANCE GOAL	Predetermined distance workout. This workout will only run the selected workout distance of 5K, 10K, 2mi or 4mi.
CARDIO 360 ARM SCULPTOR	Users challenge their upper body and core in this 10-minute, 3-motion program, and follow along at their own intensity.
CARDIO 360 LEG SHAPER	Users tighten and tone their legs and glutes, changing resistance on the fly.
AUTO STRIDE*	This program will automatically adjust the stride length based on the user's speed during the workout. The stride length will automatically increase as the user increases their speed, and automatically decrease the stride length as the user slows down.
TARGET HRC**	Choose your target heart rate. The workout begins in manual control, gradually increase workload until heart rate is within 10 BPM at your target. At this point, the machine takes control of workload to maintain your heart rate within a few beats of the target.
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.

NOTE: Workouts vary based on model—the programs included with your console may vary from what is listed above.

*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.

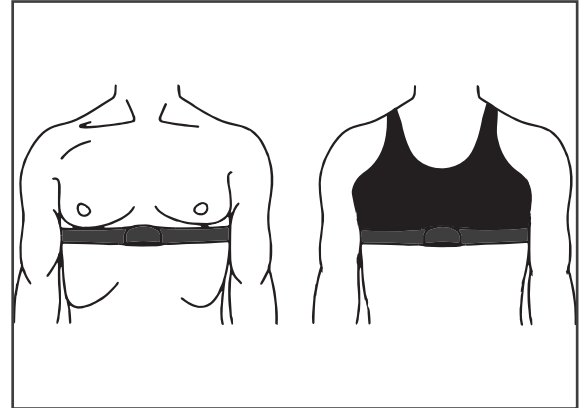
HEART RATE INFORMATION

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

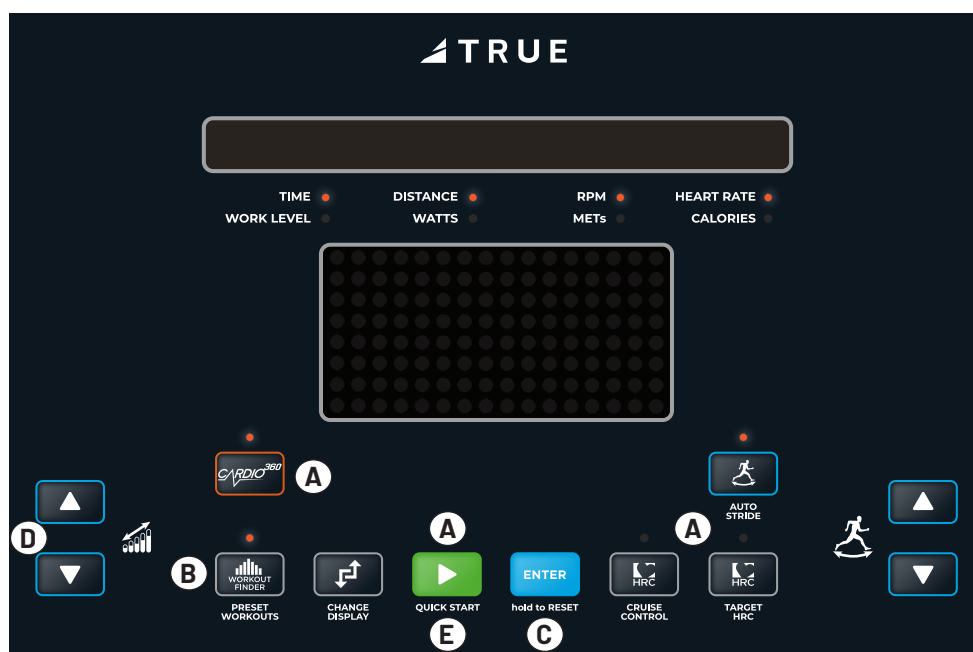
At the end of the workout time or distance, the machine reduces the workout intensity by half and goes back into manual control mode, where users directly control their cool down.

CONSOLE NAVIGATION

SELECTING AND STARTING A WORKOUT

To select and start a workout:

1. Press a quick-access workout program key (A) or press the workout finder (B) to scroll through the preset workout options.
2. When your desired workout is displayed, press **ENTER** (C) to select it.
3. Use the resistance up down arrows (D) to adjust the user workout data* values.
4. When the desired workout data value is achieved, press **ENTER** (C) to move to the next value.
5. When all the workout values are as you want them, press **START** (E) to begin the workout.



ADJUSTABLE STRIDE ELLIPTICAL LED CONSOLE SHOWN

*User workout data values vary based on model.

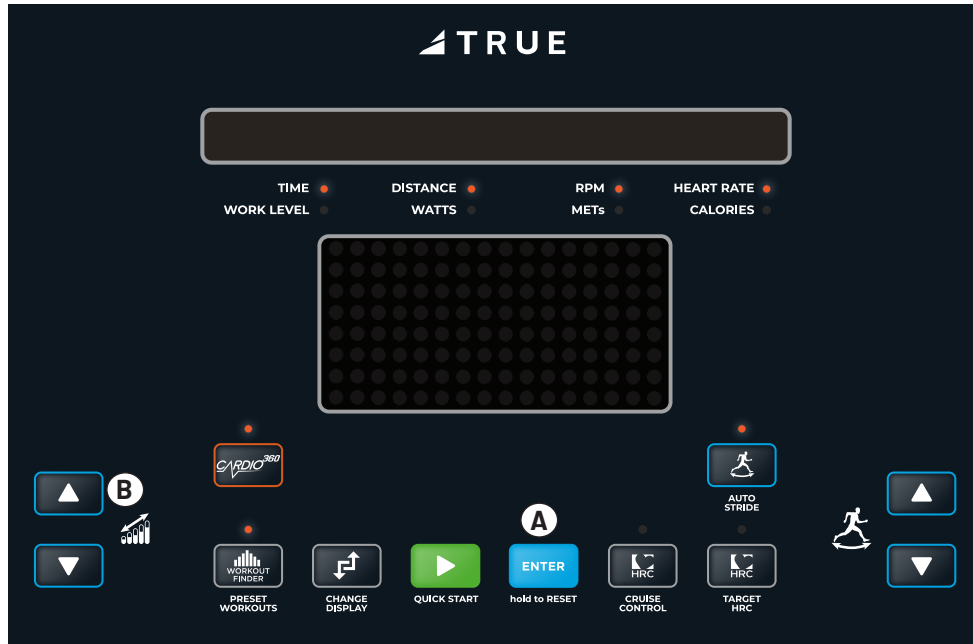
Standard ranges are as follows:

- Age (default 35) Adjustable from 10-99
- Weight (default 150) Adjustable from 50-350
- Workout Time (default 20:00) Adjustable from 5-99
- Calorie Goal (default 90) Adjustable from 50-999
- Target Heart Rate (default 80) Adjustable HR 70-200
- Workload/Resistance (default Level 1) Adjustable from 1-20 or 1-30

ENDING A WORKOUT

Once the workout has ended, the console will display a workout summary containing the following information: Time, Average Heart Rate, Max Heart Rate, Average RPM, Max RPM, Distance, and Calories. To clear the workout summary and return to the Home Screen, press and hold **ENTER** (A).

NOTE: You can end any workout at anytime by pressing and holding **ENTER** (A).



ADJUSTABLE STRIDE ELLIPTICAL LED CONSOLE SHOWN

ADVANCED CONSOLE FUNCTIONS

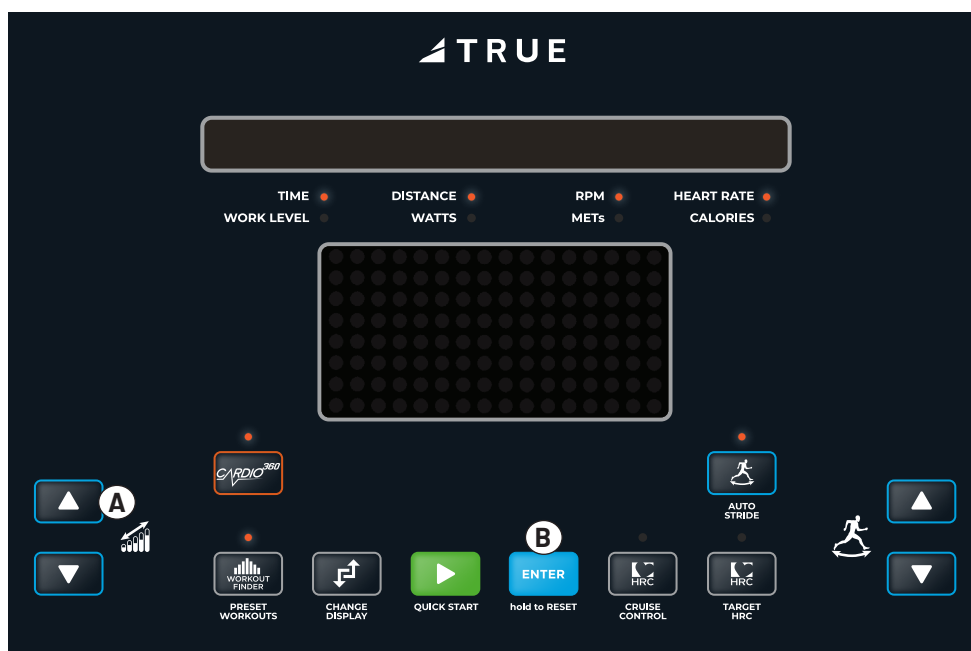
Product setup under maintenance mode allows the user (or, preferably, a certified technician) to adjust the model configuration and setup.

⚠ WARNING:

Misconfiguration of the console may cause damage to the unit and void the manufacturer warranty. If necessary, please contact TRUE product support: 800.883.8783 for assistance.

To enter and navigate through maintenance mode:

1. With the console powered on, press and hold the resistance up arrow (A) until the console beeps, continue to hold the resistance up arrow and also press **ENTER** (B).
2. Use the resistance up or down arrows (A) to choose between **SETUP** or **SERVICE**.
3. Press **ENTER** (B) to select **SETUP** or **SERVICE**.
4. Use the resistance up or down arrows (A) to scroll through the available options.
5. Press **ENTER** (B) to select an option.
6. Use the resistance up or down arrows (A) to change the option settings.
7. Press **ENTER** (B) to save the option setting.
8. Use the resistance up or down arrows to scroll to the end of the options list and then press and hold **ENTER** (B) to exit.



ADJUSTABLE STRIDE ELLIPTICAL LED CONSOLE SHOWN

SETUP OPTIONS

OPTION	OPTION SETTINGS
PAUSE	OFF 30 sec 5 minutes 30 minutes (Default)
SLEEP	The time without use after which the console will go dim OFF. 15 minutes 30 minutes (Default) 45 minutes 60 minutes
UNITS	English (Default) Metric
SET MAX TIME	This time will not allow for a program to be set longer than the setting. 30 minutes (default) adjustable from 5-99
SET TIME	This time will change the default to all preset program time. 30 minutes (default) adjustable from 5-99
SET WEIGHT	150 (default) adjustable from 50-350
SHOW WATTS ON	Turning this off will change displayed watts to displayed Mets in the message center. ON (Default) OFF
SOUND ON	On (Default) OFF

SERVICE INFORMATION

DIAGNOSTIC DISPLAYED	DESCRIPTION
MODEL # SW V	Base model number and console software version
TOTAL TIME	Total machine hours
TOTAL DISTANCE	Total machine pedal revolutions
LED DISPLAY TEST	Lights up all LEDs
KEY TEST	Displays the key name/function when pressed
HR TEST	Tests heart rate function
TEST RPM	Tests RPM function
TEST BRAKE	Tests brake function (resistance will run through range)
TEST STRIDE	Tests stride function (stride will run through range)

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 45 days of purchaser's receipt of this Product.
- All serial numbers must be intact on the Product for this limited warranty to be valid.
- Installation or download of any 3rd party or after-market products will result in voided warranty. This includes, but is not limited to, electrical and mechanical parts, software, or applications.
- TRUE will ship to an authorized service provider any new or rebuilt replacement part or component, or at our option, replace or refund the Product.
- Replacement parts are warranted for the remaining portion of the original warranty period.
- Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
- This limited warranty does not apply to the performance of the heart rate accuracy will not be warranted as performance varies, based on user's physiology, age, method of use, and other external factors.

WARRANTY REGISTRATION

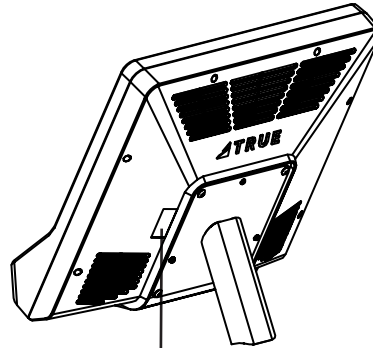
Thank you for purchasing a TRUE product!

To validate your product warranty, you must register your product within 45 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:



console serial
number location

S/N: 24-000000X
MDL: C4RLBKB

S/N: 24-000000X
MDL: C4RLAEB

S/N: 24-000000X
MDL: C4RLELB



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



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](https://www.truefitness.com)

