ESCALATE9 CONSOLE OWNER'S MANUAL

Console Manual SKU #: MAN-CNTFT9-19

Model #: 9" TFT

Revision 013119

ESCALATE⁹ CONSOLE OWNER'S MANUAL

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A MESSAGE TO OUR CUSTOMERS

Frank Trulaske began TRUE Fitness® over thirty-five year ago with the simple philosophy of delivering superior fitness products, service, and support. Today, TRUE is the global leader in premium fitness equipment for the commercial and residential markets. Our goal is to be the leader in technology, innovation, performance, safety and style. TRUE has received many awards for its product over the years and remains the benchmark for the industry. Fitness facilities and consumers invest in TRUE products for their durable commercial platforms used in all its products, both commercial and residential alike.

The proud manufacturing tradition of quality and the culture of innovation at TRUE have given rise to a full line of extraordinary cardio and strength equipment. As a result, people all over the world are benefiting from the TRUE experience. Innovation across the full product line has made TRUE successful and is a trademark of the TRUE heritage. TRUE's patented Heart Rate Control technology is just one of the remarkable ways we deliver simple and superior performance every user can enjoy, and most importantly, use to achieve personal health and fitness goals.

At the heart of our success is the relentless and systematic life testing of both our products and their components. We have dedicated employees who understand our philosophy is to deliver the best products in the world.

Our goal is to deliver the world's best premium equipment for our customers' health and fitness solutions.

ESCALATE[9] CONSOLE OWNER'S MANUAL

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CHAPTER 1: SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE SAFETY 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.

WARNING: ALL EXERCISERS MUST READ ALL INSTRUCTIONS BEFORE USING THE EQUIPMENT.

WARNING: Heart rate monitoring systems may be inaccurate for some individuals. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

WARNING: Equipment should be immediately taken out of use if it fails to work properly or when a warning is presented electronically.

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. If at any time while exercising the user experiences faintness, dizziness, pain or shortness of breath, he or she must stop immediately.

WARNING: To reduce the risk of electrical shock, always unplug this TRUE product before cleaning or attempting any maintenance activity. Do not handle the plug with wet hands.

WARNING: To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded 110V electrical outlet. A risk of electrical shock may result from improper connection of the equipment's grounding conductor. Check with a qualified electrician if you are unsure about proper ground techniques. Do not modify the plug provided wiht this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Your TRUE Fitness product must be properly grounded to reduce risk of shock if the equipment malfunctions. Your equipment is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. A temporary adapter cannot be used to connect this plug to a two-pole receptacle in North America. If a properly grounded 15 amp outlet is not available, a qualified electrician must install one.

WARNING: Do not move the equipment by lifting the console. Do not use the console as a handlebar during a workout.

WARNING: This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.

WARNING: Keep equipment stable on flat ground.

CHAPTER 1: SAFETY INSTRUCTIONS

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

WARNING: Replace any non-working or damaged components, remove the unit from service until repair is performed.

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

- This appliance should never be left unattended when plugged in.
- Do not use any type of extension cord with this product.
- Unplug it from the outlet when not in use and before any servicing.
- Do not operate the equipment while being covered with a blanket, plastic, or anything that insulates or stops airflow.

WARNING: Risk of personal injury-crushing hazard when equipment is in operation - Keep feet, hands, and fingers away from moving parts.

CAUTION:

- Health related injuries may result from incorrect or excessive use of exercise equipment.
- Do not use typing or web surfing features at excessive speeds. Always stabilize yourself by holding a stationary handle when using typing or web surfing features. (Varies by console option)
- Do not use the contact heart rate grips as a handlebar during a workout.
- Any changes or modifications to this equipment could void the product warranty.
- To disconnect, turn power OFF at the ON/OFF switch if applicable, then remove plug from electrical outlet.
- 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. Contact TRUE Customer Service for a replacement.
- Use a TRUE AC power cord or AC/DC adapter only.
  * Note the plug configuration for the power adapter may vary by country.
- 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.
- 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.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.
- Do not use this product outdoors, near water, while wet, or in areas of high humidity including extreme temperature changes.
- Never operate a TRUE product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- When mounting the treadmill, ensure the treadmill belt is not running and then proceed with one step at a time to maintain balance using the handrails as needed.
- 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.

CHAPTER 1: SAFETY INSTRUCTIONS

⚠ CAUTION:

- Health related injuries may result from incorrect or excessive use of exercise equipment.
- 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 Customer Service.
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- 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.
- Do not reach into or underneath the unit, or tip it on its side during operation.
- Use correct ergonomic positioning while running on equipment.
- Do not allow animals on or near the equipment while in operation.
- Use the side handrails whenever additional stability is required. In case of emergency, such as tripping, the side handrails should be grabbed and the user should place his/her feet on the side platforms. The front handlebars should be used to grasp the heart rate sensors or to rest the hand on while operating the activity zone keys, but not for stability, emergency, or continuous use.
- Do not exceed maximum user weight of 400 lbs (181 kg).
- Do not use if you have a cold or fever.
- 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 use attachments not recommended by the manufacturer.
- Allow only trained personnel to service this equipment.
- 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.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- Allow only one person at a time on the equipment while it's operating.
- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- To avoid injury stand on the side rails before starting the equipment.
- Avoid exiting equipment while leaving the tread belt in motion.
- Never walk or jog backwards on the equipment.
- Do not change the incline of the equipment by placing objects under it.
- 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 operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- See Grounding Instructions.
- On the machine power switch, the "1" means that the machine power is switched "ON" and the "0" means the machine power is switched "OFF".
- Before servicing the motor area or removing the motor cover, please contact TRUE service.
- Do not place hand near the running belt when the unit is in operation.
- To avoid serious injury, remove and store the power cord when the machine is not in use.
- Noise emission under load is higher than without load.
- A-weighted emission sound pressure level at the trainer's ear: 67dBA.

CHAPTER 1: SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

- **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 youfeel faint, dizzy, or experience pain, stop and consult your physician.
- Obtain proper instruction prior to use.
- This unit is intended for commercial use only.
- Inspect the unit for incorrect, worn, or loose components and do not use until corrected, replaced,or tightened prior to use.
- Do not wear loose or dangling clothing while using the unit.
- Care should be used when mounting or dismounting the unit.
- Read, understand, and test the emergency stop procedures before use.
- Disconnect all power before servicing the unit.
- Do not exceed maximum user weight of 400 lbs.
- 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 ofequipment usage, death, or serious injury could occur.
- Save these instructions.

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.

Important Electrical Requirements – 120V:

Your TRUE equipment requires a dedicated 120 volt, alternating current (AC), 20 amp grounded outlet circuit. This means nothing else can be plugged into the same circuit. Most power circuits are rated for this 120V AC 20 amp requirement, but you must ensure the equipment does not share the circuit with anything else.

Important Electrical Requirements – 220V:

Your TRUE equipment requires a dedicated 230 volt, alternating current (AC), 15 amp grounded outlet circuit. This means nothing else can be plugged into the same circuit. Most power circuits are rated for this 230V AC 15 amp requirement, but you must ensure the equipment does not share the circuit with anything else.

⚠ 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.

CHAPTER 2: PRODUCT OVERVIEW

ESCALATE[9] OVERVIEW:

Treadmill Version:

Bike/Elliptical Version:

CHAPTER 2: PRODUCT OVERVIEW

ESCALATE[9] OVERVIEW:

TFT Display:
Used to monitor or control a work out and feature navigation.

Selection Buttons:
Used to navigate menus and make selections via the TFT Display.

Incline Keys:
Manually increases or decreases the incline of the treadmill. Note: Workload will replace incline for the bike and elliptical.

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

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

USB Port:
Allows users to export workout data to an external USB drive or update the console software. Note: Confirm charging capability with your electronic device as not all electronic devices are chargeable on the Escalate[9] console.

Numeric Keypad:
A small panel of keys on the console that allow the user to quickly enter numeric data.

Headphone Jack:
Standard 3.5mm audio jack used to connect headphones to the console during media playback.

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

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

Speed Keys (Treadmill only):
Manually increases or decreases the speed of the belt.

Cardio 360 Quickstart (Elliptical only):
Starts a 20 minute Cardio 360™ workout where the user controls the workout intensity.

⚠ CAUTION:

The safety key must be in place on the machine, and should be attached to the user's clothing.

HEART RATE MONITORING:

The machine can monitor a user's heart rate using either a Polar® compatible chest strap or the metal grips on the hand rails (called contact heart rate or CHR pads). A chest strap transmits the user's heart rate to the machine via a radio signal, and the CHR pads connect to a special computer circuit to extract the user's heart rate.

Chest Strap Heart Rate Monitoring:

Although this machine functions fine without using the heart rate monitoring feature, this kind of monitoring gives valuable feedback on the user's effort level. Chest strap monitoring also enables users to use Heart Rate Control (HRC), 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.
The transmitter strap should be worn directly against the user's skin, about 1-2 inches below the pectoral muscles/breast line. Women should be careful to place the transmitter below their bra line.

Initially the transmission signal for heart rate may be erratic or non-existent. Some moisture is necessary between the strap and the user's skin for proper transmission. Sweat from exercise works best, but ordinary tap water may be used prior to the workout if desired.

A Note on Chest Strap Heart Rate Monitoring:

The chest strap produces a radio signal that the machine 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).

A Note on CHR Accuracy:

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):

Introduction:

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

The TRUE HRC system is unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, and time, prior to starting the HRC workout. As users approach their target heart rate, the machine's computer automatically takes over and changes the speed and/or incline automatically to keep them near their target heart rate. This enables 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 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 Target 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 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 bpm of their target heart rate. The machine 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 enables the body to adapt to the workout. Increasing the workout intensity gradually will enable the user to enter the HRC 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:

Heart Rate Controlled workouts take 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 machine alternates between work and rest intervals.

Cooldown:

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 cooldown.

WORKOUT PROGRAM DESCRIPTIONS:

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

Cardio 360™ Quick Start: (Only Available on the XS1000, XC400, & XC900)
Get right into a pre-set 20-minute workout designed to shape and tone every major muscle group.

Manual:
Users enter their weight, workout time or distance. The user controls both the SPEED and INCLINE of the machine throughout the workout.

Hill Intervals:
Hill Intervals makes changes to the INCLINE in 2-minute segments with the SPEED remaining constant.

Rolling Hills:
Series of gradually increasing and decreasing INCLINE changes that simulate rolling hills.

Single Hill:
INCLINE increases to a maximum at the mid-point of the workout, then decreases to the finish.

Random Hills:
An INCLINE profile that changes to simulate random hills. The INCLINE adjusts at any time during the workout to increase or decrease the intensity of the hills.

Glute Buster:
A changing INCLINE profile simulates hilly terrain to promote intense glute muscle use. Users can make adjustments to the SPEED during the workout.

Calorie Goal:
This workout enables users to choose the number of calories they wish to burn within a specified workout time. The machine will control SPEED and INCLINE within the limits set by the user to attain this goal.

Cardio Challenge:
SPEED and INCLINE increase to a maximum at the mid-point of the workout, then decrease to the finish.

Auto Stride: (Only Available on the XS1000)
The Auto Stride program will automatically adjust the stride length based on the user's speed during your workout. The stride length will automatically increase as the user increases their speed, and automatically decrease the stride length as you slow down.

Stride Intervals: (Only Available on the XS1000)
Users set their own alternating 1 minute work and rest stride lengths; from short stepping to a long stride motion and everything in between.

Pace Intervals: (Only Available on the XS1000, XC400/900, RC400/900, and UC400/900)
This workout suggests PACE (RPM) intervals in 1-minute segments. The PACE SETTER shows the target pace along with the user's actual pace (RPM) throughout the workout.

Pace Ramp: (Only Available on the XC400/900, UC400/900, & RC400/900)
This workout suggests PACE (RPM) increases to a maximum at the mid-point of the workout, then decreases to the finish. The PACE SETTER shows the user's target pace throughout the workout.

WORKOUT PROGRAM DESCRIPTIONS:

Leg Shaper: (Only Available on the XS1000, XC400/900, RC400/900, and UC400/900)

A workout that suggests PACE changes to work the leg muscles with added intensity. Reverse stride occasionally for an added challenge.

Distance Workouts:

Choose any one of our four common distance workouts: 5k****, 10k****, 2 mile***, or 4 mile***. The user controls both the SPEED and INCLINE of the machine throughout the workout.

Saved Workouts:

Access to previously saved custom workouts.

Custom Ultra:

If users are having trouble finding a workout that fits their specific needs, try setting up the Custom Ultra! This completely customizable workout enables both SPEED and INCLINE control in up to 30 segments.

HRC Cruise Control:

While in any program, Cruise Control enables the user to set the current heart rate as the Target Heart Rate by pressing a single button. The Cruise Control program takes control of SPEED and INCLINE to maintain the user's Target Heart Rate. If bpm exceeds the target heart rate by more than 12 bpm, then the workout will end and Cool Down will begin.

HRC Target:

Users choose their target heart rate. The machine begins in MANUAL control – The user should gradually increase the workout intensity until heart rate is within 10 bpm of their target. At this point, the machine takes over to control SPEED and INCLINE to maintain heart rate within a few beats of the user's target.

HRC Weight Loss:

Based on age, this is a heart-rate controlled workout at 65% of the user's maximum heart rate. This creates efficient fat burning without overtraining. The machine begins in MANUAL control –The user should gradually increase the workout intensity until their heart rate is within 10 bpm of their target. At this point, the machine takes over to control SPEED and INCLINE to maintain heart rate within a few beats of the user's target.

HRC Aerobic:

Based on age, this is a heart-rate controlled workout at 80% of the user's maximum heart rate. This keeps the user in the optimum aerobic training range to improve cardio fitness. The machine begins in MANUAL control - gradually increase the workout intensity until the user's heart rate is within 10 bpm of their target. At this point, the machine takes over to control SPEED and INCLINE to maintain heart rate within a few beats of the user's target.

HRC Intervals:

Intervals of WORK and REST determined by target heart rate. The machine begins in MANUAL control – Users should gradually increase their workout intensity until their heart rate is within 10 bpm of their target. At this point, the machine takes over to control SPEED and INCLINE to maintain the user's heart rate within a few beats of their target. The rest segment will reduce to 65% intensity of work segment.

Fitness Test:

A fitness test uses heart rate to estimate the user's VO2 max. The test increases SPEED and INCLINE gradually every minute and ends at the point where the user's heart rate reaches 85% of the maximum for their age.

WORKOUT PROGRAM DESCRIPTIONS:

Monument Workouts: (Only Available on the TI0000)

Intensify your workout by traveling the world and climbing some famous monuments. You will be able to track your progress as you climb to the top of the St. Louis Arch, Eiffel Tower, Mt. Everest, Mt. Rainier or Kilimanjaro. Your output from the machine will display your percentage of completion of stairs to the top of the monument, or percentage of completion of elevation to the top of the mountain, whichever is applicable.

Cardio 360™: (Only Available on the XS1000, XC400, & XC900)

If users are looking for variety to make their cardio workout fly, try this random cycle of Cardio360 exercises for a great total-body workout.

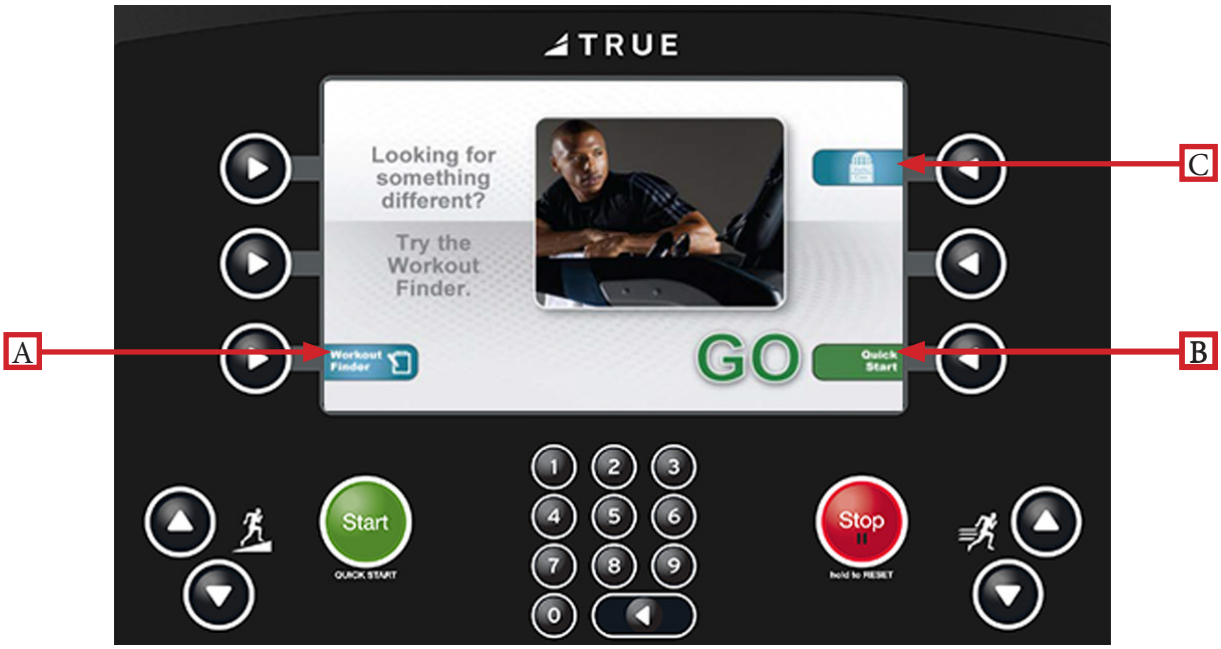
Cardio 360™ Custom: (Only Available on the XS1000, XC400, & XC900)

Users can modify and maximize their workout to its fullest potential. Cardio360 Custom lets users build a personalized routine, choosing their favorite Cardio360™ motions and lengths of time. Then save their set-up for next time.

CONSOLE NAVIGATION:

Home Screen:

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



A) Workout Finder:

Displays preset workout selections by category

B) Quick Start:

Starts a Quick Start workout in which the user controls all settings until the workout is ended by the user.

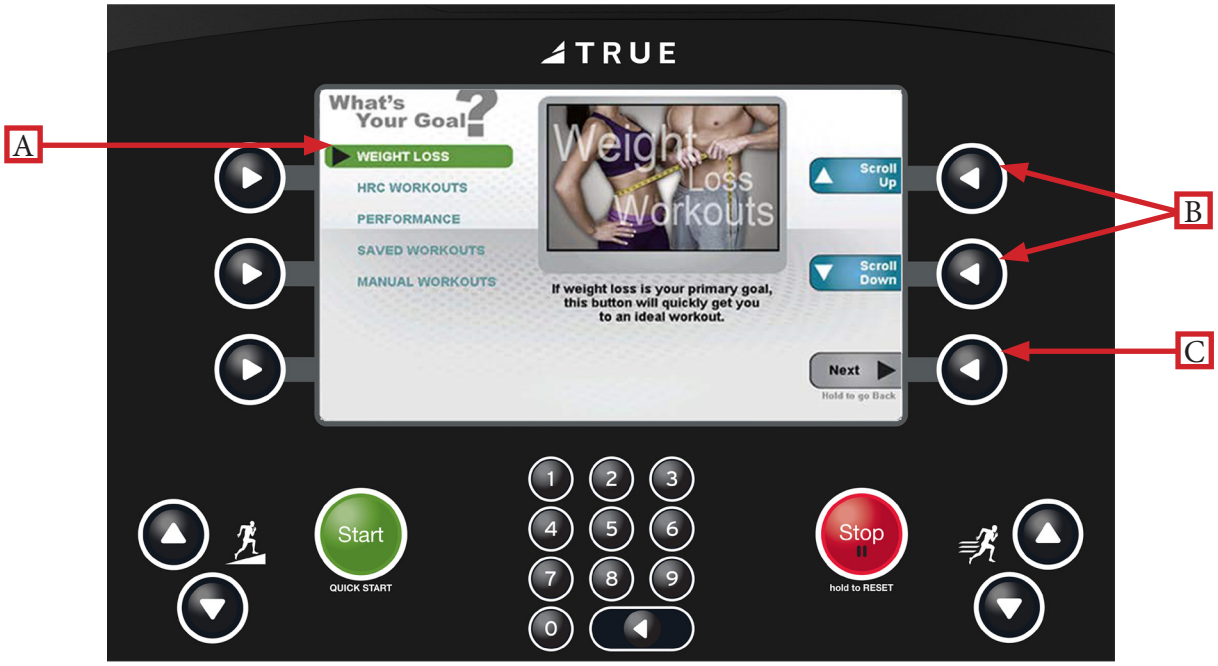
C) Language Options:

Allows users to choose between 12 language options.

CONSOLE NAVIGATION:

Selecting a Preset Workout:

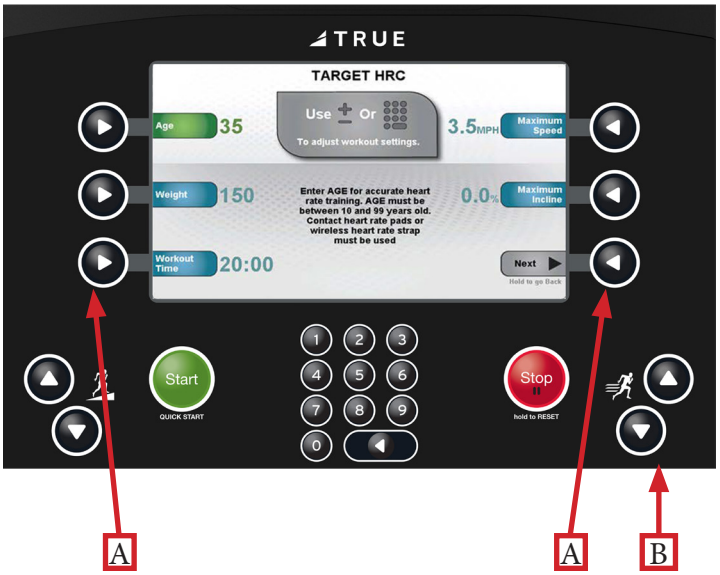
Preset workouts are accessed by selecting Workout Finder from the home screen. To view the workouts in a category, select the category (**A**) by using the Scroll Selection Buttons (**B**) and then press the Next Selection Button (**C**).
*Press and hold the Next selection button to return to the previous screen.



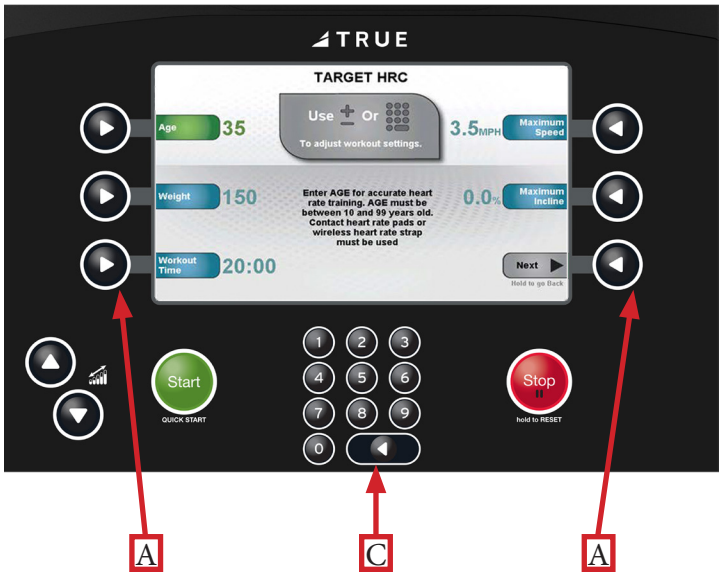
Workout Data Entry Screens:

These screens allow users to input their personal information or workout goals prior to beginning a workout. To set a value for treadmills, press the specific Selection Button (**A**) and use the Speed keys (**B**) to adjust the value to the desired setting. For bikes and ellipticals, use the numeric keypad (**C**) to manually enter a value.
*Workout Data Entry Screens vary by program selection.

Treadmill:



Bike and Elliptical:

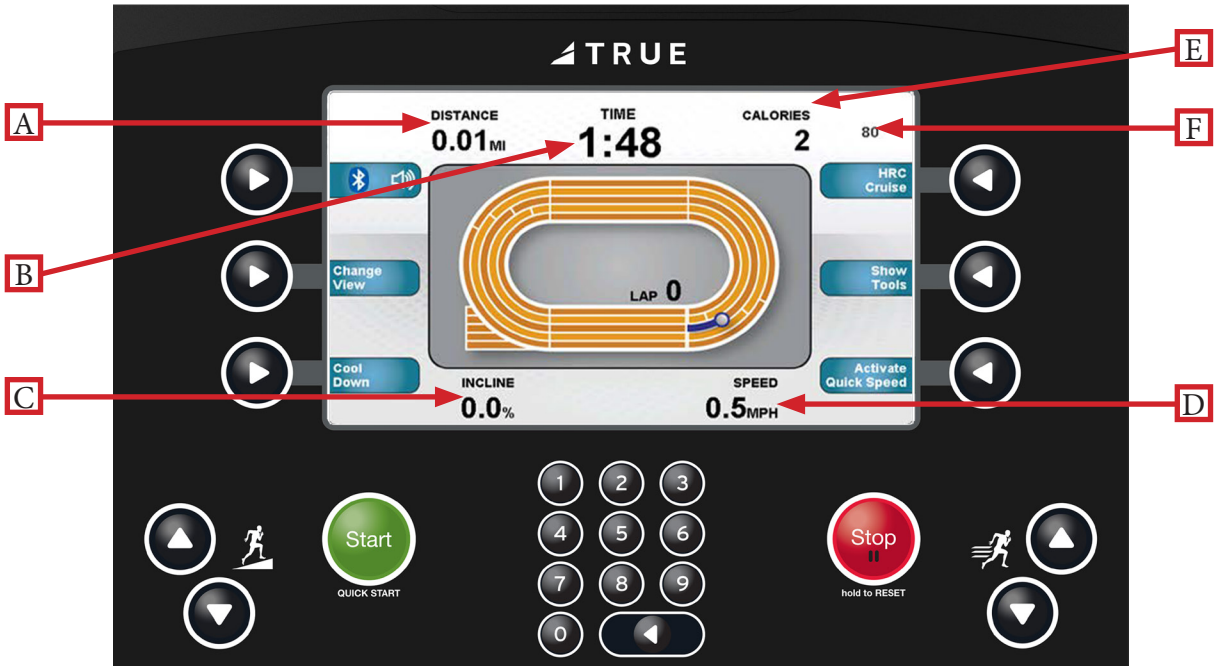


CHAPTER 4: ESCALATE⁹ OPERATION

CONSOLE NAVIGATION:

Workout Data Screens:

During any workout a Workout Data Screen will be displayed to give the user a comprehensive visual overview of their current workout data.



A) Custom Data Display #1:

By Default, this display will show the distance for the current workout. Users can also choose custom data points to be seen in this display.

*See Workout Data Screen Controls; F) Show Tools section.

B) Time:

Displays the time elapsed for the current workout.

C) Incline:

Shows the current incline of the treadmill.

D) Speed:

Shows the current speed of the treadmill belt.

E) Custom Data Display #2:

By Default, this display will show the calorie count for the current workout. Users can also choose custom data points to be seen in this display.

*See Workout Data Screen Controls; F) Show Tools section.

F) Heart Rate:

Shows the user's heart rate in a digital beats per minute (bpm) readout.

CONSOLE NAVIGATION:

Workout Data Screen Controls:

The Workout Data Screens contain various controls that allow users to adjust workout settings and to customize their overall workout experience. These controls are accessed by pressing the Selection Button for the control they wish to use.

A) Change View:

Switches between the available Workout Data Screens

B) Cool Down:

Pressing this button allows the user to end their current workout with a two minute low intensity cool down period. When Cool Down is activated the unit is in manual mode and the user directly controls all settings.

C) HRC Cruise:

Engages Heart Rate Control to allow the equipment to maintain the user's current heart rate through automatic speed and incline adjustments (when the user is utilizing heart rate monitoring).

CONSOLE NAVIGATION:

D) Source:

Toggles between available audio sources which include; Bluetooth Audio, TV* and FM radio*. When an audio source is selected the user is given control over volume (**A**), and channel adjustments (**B**). To pair a Bluetooth audio device, select the console name (**C**) from the list of available sources on your device.
*TV and FM Radio require the optional Broadcast Vision receiver.

E) Activate Speed:

When the Activate Speed Selection button is pressed, various preset speeds will appear. Pressing one of the Speed Selection buttons (**A**) will allow the user to quickly and conveniently switch to that preset speed. Pressing the selection button (**B**) again, will display the Quick Incline Buttons. To return to the Workout Data Screen press the Selection Button (**B**) a third time.

CONSOLE NAVIGATION:

F) Show Tools:

Pressing the Show Tools Selection Button (**A**) will display various options. Pressing the Change Data Selection Button (**C**) will toggle the data points in Custom Data Display 1(**1**) between distance and pace. The data in custom data display 2 (**2**) will toggle between calories and METs. Pressing the Scroll Data Selection button (**B**) will allow the Custom Data Displays to automatically toggle between data. To pair a Bluetooth heartrate strap, press the Bluetooth heartrate button (**D**) and select the desired strap from the list. Pressing the Unit Selection Button (**E**) will change the units displayed between English and Metric.

Workout Summary Screen:

At the end of a workout the Summary Screen will display an overview of the workout data. The workout data can be exported to a USB drive by inserting it into the console's USB port and pressing the Save Selection Button (**A**) or the data can be saved to the TRUE Fitness app via Bluetooth by following the instructions at the bottom of the screen. To return to the home screen, press the Home Selection Button (**B**).

ADVANCED CONSOLE FUNCTIONS:

Entering Service Mode:

Entering Service Mode can be completed by pressing and holding the upper left selection button (**A**) for 3-5 seconds or until the "Workout Finder" icon (**B**) blinks. When the "Workout Finder" icon blinks, release and hold the "Workout Finder" selection button (**C**) until the service screen displays.

Service Menu:

The first screen displayed after entering service mode is the Service Menu. From this menu technicians can access all of the service mode features by selecting different categories. To select a category use the scroll selection buttons (**A**) to highlight a category (**B**). Once a category has been selected, press the enter selection button (**C**) to Confirm the selection.

ADVANCED CONSOLE FUNCTIONS:

Summary Screen:

The Summary Screen provides an overview of the unit's current settings (values cannot be changed in this screen).

A) Product Model:

The model number that the console is currently configured to.

B) Software Version:

The current version of software that is installed on the console.

C) Units:

Displays the units the console is currently using as default (U.S. or Metric).

D) Max Speed:

The maximum speed the unit is able to reach.

E) Min Speed:

The minimum Speed the unit is able to maintain.

F) Max Incline:

The maximum percentage that the unit can be inclined.

G) Min Incline:

The minimum percentage that the unit can be inclined.

H) Max User Weight:

The amount of user weight that the unit can support.

ADVANCED CONSOLE FUNCTIONS:

Utilities Menu:

The utilities menu contains multiple screens that allow the technician to change various console settings. Settings are broken down in to three categories. To adjust settings, highlight a category (**A**) by using the scroll selection buttons (**B**) and pressing the enter selection button (**C**) to confirm the selection.

Utilities Menu—Product Setup:

Displays the model configuration information.

Utilities Menu—Software Update:

TRUE may periodically release software updates to ensure users enjoy the best workout experience available. Due to the complex nature of this procedure, it is recommended that any software update be completed by a TRUE certified service professional.

CHAPTER 4: ESCALATE[9] OPERATION

ADVANCED CONSOLE FUNCTIONS:

Utilities Menu - B-Vision Setup:

When equipped with the optional Broadcast Vision receiver, the Escalate[9] console is capable of playing audio wirelessly from video sources that are equipped with a Broadcast Vision compatible wireless transmitter. To configure this feature, follow the steps below.

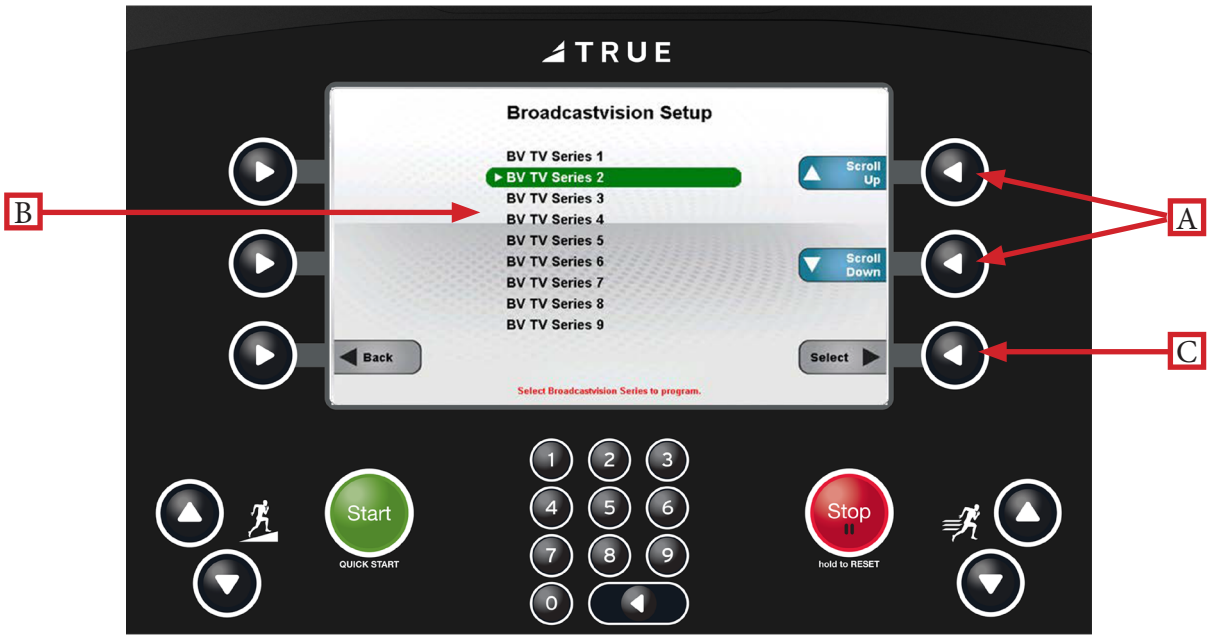
* Before beginning these steps, ensure that the audio source is connected to the wireless transmitter and both the source and the transmitter are powered on.

1. Use the Scroll Selection Buttons (**A**) to highlight the desired transmitter series from the list (BV TV SERIES 1-9) (**B**).

Broadcast Vision Transmitters	BV TV SERIES 2
Mye© and Fantaay© Transmitters	BV TV SERIES 4
Cardio Theatre© LCS Transmitters	BV TV SERIES 8
Cardio Theatre© xTV Transmitters	BV TV SERIES 9

NOTE: The Escalate[9] console is designed to work with Broadcast Vision transmitters. There may be compatibility issues if a non-Broadcast Vision transmitter is used.

2. Press the Select selection button (**C**) to confirm the BV TV SERIES selection.



ADVANCED CONSOLE FUNCTIONS:

Utilities Menu - B-Vision Setup (continued):

3. Plug headphones into the headphone jack on the console and wear them for the remaining steps.
4. Use the Channel Selection Buttons (**D**) to scroll through the available channels.
5. When audio is clearly heard on a channel, push the Save Selection Button (**E**) to save the channel.

NOTE: The order in which the channels are saved determines the order that they are displayed in standard user mode.

6. Repeat steps 4 and 5 for each additional audio source.
7. If a channel needs to be removed, use the Channel Selection Buttons (**D**) to scroll to the channel and press the Unsave Selection button (**F**)
8. Once all desired channels are saved, press the Exit Selection Button (**G**) to exit the BV-Setup.

* During the channel setup, the + and – Incline/Workload Keys (**H**) can be used to adjust the volume level.

Treadmill:

Bike and Elliptical:

ADVANCED CONSOLE FUNCTIONS:

Options Menu:

The options menu contains 12 Settings with various options available for each. For a complete list of settings and options, please refer to the table on the next page. To navigate the options menu, use the scroll selection buttons (**A**) to highlight the option to be changed (**B**) and use the speed keys (**C**) or incline keys (**D**) to adjust the options. Once the changes are complete, press the back selection button (**E**) and the changes will be automatically saved.

Treadmill:

Bike and Elliptical:

Language:

Select a default Language for the unit. All settings and workout data will be displayed in that language.

Units:

Choose how the workout data is displayed by default.

Save Workout:

Turns the saved workout feature on or off.

Heart Rate Priority:

Determines the order in which the unit reads heart rate data.

Cooldown:

Adjusts the length of the cooldown time at the end of a workout.

ADVANCED CONSOLE FUNCTIONS:

Options Menu (continued):

Sleep Mode Time:

The amount of idle time before entering sleep mode. By choosing the "Off" setting, the unit will remain powered.

Decline Foot Installed:

Toggle this field "YES" to enable the optional decline foot kit if installed. Note: This field is set to "NO" as default.

Max Workout Time:

This setting will limit the amount of time that all workouts can last. By choosing the "Off" setting, the time will be unlimited (this setting does not apply to manual workouts or distance workouts).

Finder Timeout:

Choose how long the Workout Finder remains on the screen without any user interaction. By choosing off, the Workout finder will stay open until closed by a user.

Setup Timeout:

Choose how long the workout data entry screen will remain on the display without any user interaction. By choosing the "off" setting, the data entry screen will be displayed until closed by a user.

Summary Timeout:

Determines the amount of time the Workout Summary Screen will remain on the display. By choosing the "Off" setting, the summary will be displayed until ended by a user.

Pause Time:

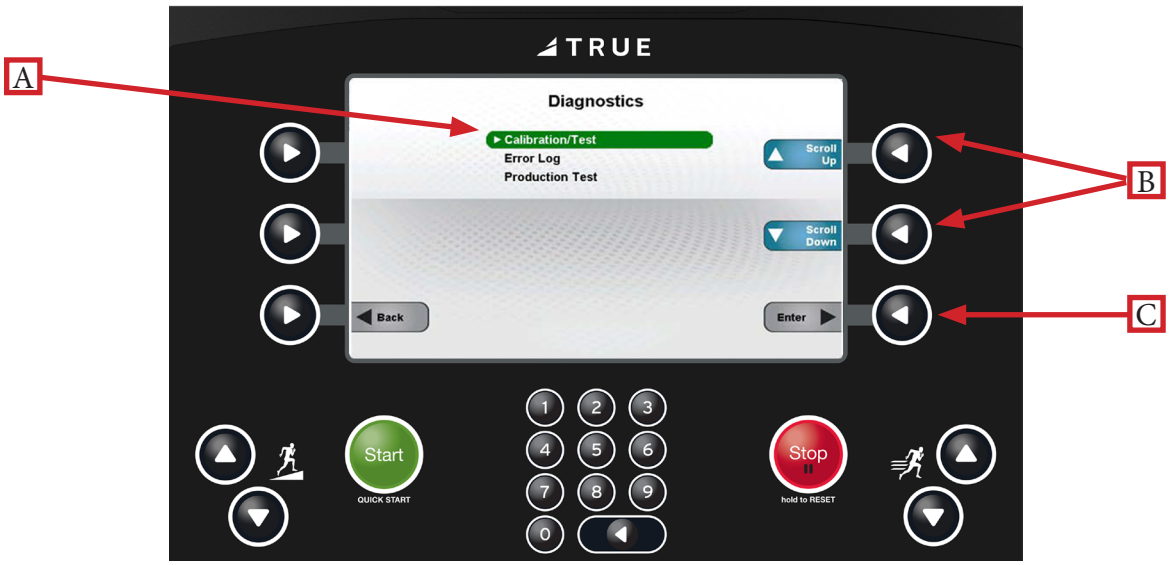
This setting will limit the amount of time that a workout can be paused before it automatically ends. By choosing the "Off" option, the unit will remain paused until the user resumes or ends the workout.

Factory Defaults:

Resets all settings in the options menu to factory defaults.

Diagnostics Menu:

The diagnostics menu contains tools used to help diagnose errors and performance issues. The tools are broken down into three categories. To use a tool, highlight a category (**A**) by using the scroll selection buttons (**B**) and pressing the enter selection button (**C**) to confirm the selection.



ADVANCED CONSOLE FUNCTIONS:

Diagnostics Menu - Calibration/Test:

This menu contains tools for testing and verifying treadmill operation.

A) Key Test:

When a key is pressed on the console "NONE" will change to indicate which key is being pressed. In the event of a stuck key, the key that is being engaged will display (the selection buttons are excluded from this test).

B) Telemetry HR:

Use a wireless heart rate strap or simulator to test if the unit is receiving wireless heart rate data. If there is a reading displayed without the use of a heart rate strap or simulator, there is outside interference from another source.

C) Contact HR:

Ensures the unit is receiving the data by displaying the user's heart rate when the contact heart rate pads are gripped.

D) Speed/Incline Cal:

Speed/Incline Cal (calibration) is selected by default in this menu. To run a calibration, press the enter selection button (**E**) and then follow the on screen instructions.

⚠ 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.

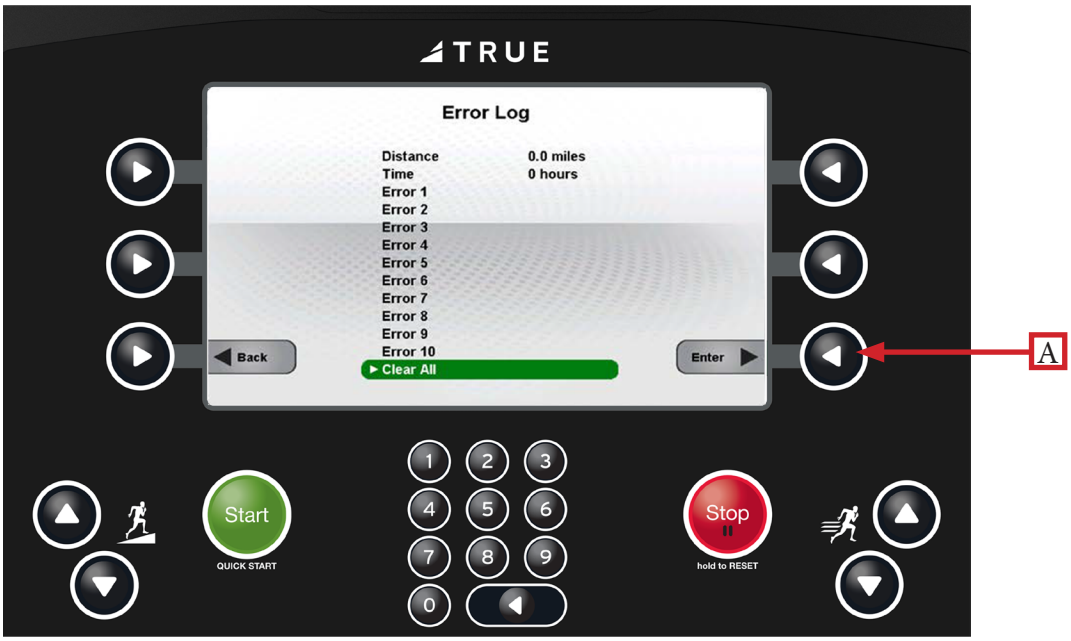
Production Test:

The production test screen is used during the production process and is not used for service or troubleshooting.

ADVANCED CONSOLE FUNCTIONS:

Diagnostics Menu - 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. This console is capable of storing the ten most recent errors. The error log can be cleared by pressing the enter selection button (**A**), but it is not recommended.



Statistics:

The statistics menu displays an overview of the treadmill's running data. The overview includes distance, time, average speed, maximum speed, manual program count, preset program count, and apple device connections. These statistics can be exported to a connected USB drive by using the scroll selection buttons (**A**) to highlight the USB Export option (**B**)and pressing the enter selection button (**C**). The data can be cleared by selecting Clr Dist/Time/Spd (**D**) or Clr Man/Prog/Apple (**E**), but it is not recommended.

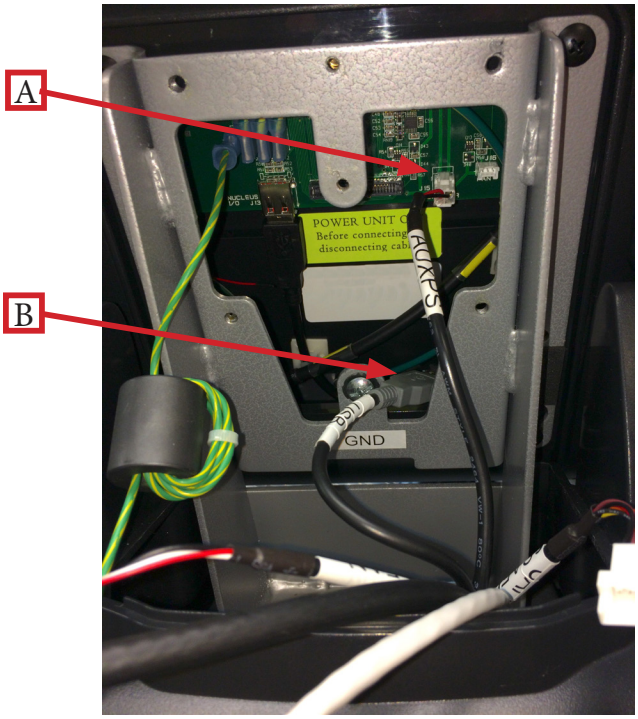
CONSOLE ASSEMBLY:

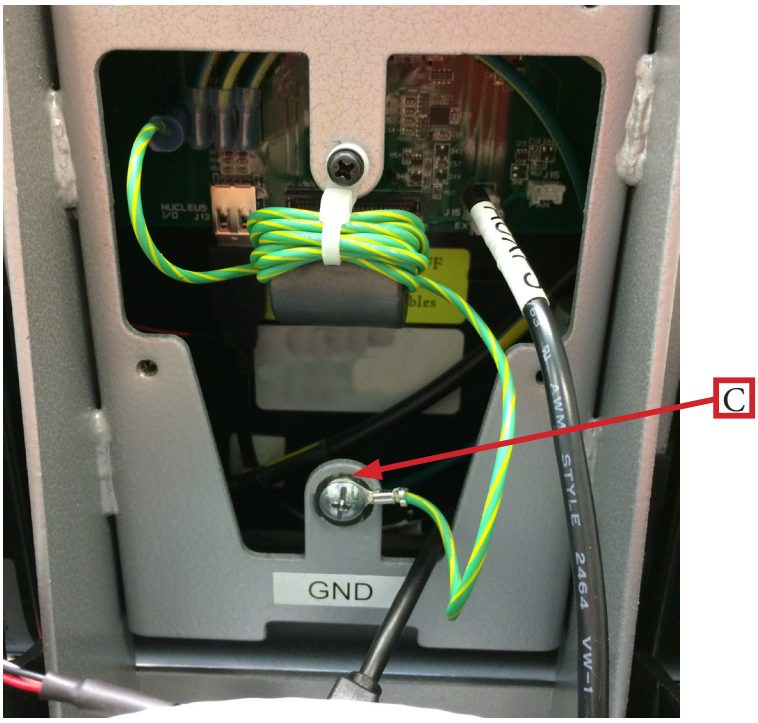
Console Wire Connections:

Connect the Auxillary Power Supply (**A**), USB Data Cable (**B**), and Ground Wire Ring Terminal (**C**) as shown below. Tuck the Coaxial, COMM, Fan, and CSAFE cables and any excess cord length inside the pedestal.

Note: Ensure the rubber boot is positioned over the coaxial cable connection point.

Note: Refer to the respective unit manual included with your unit for console mast and rear console cover assembly.





CHAPTER 5: CUSTOMER SERVICE

CONTACTING SERVICE:

TRUE Fitness recommends that you gather the serial number, model number, and a brief description of the reason for the request. After information has been gathered you may choose to contact your selling dealer or local service company to set an appointment. (If you are not familiar with who is in your area, you may visit our website at www.truefitness.com and use our dealer locator to obtain the contact information for the closest dealer).

You may also contact TRUE Fitness' customer support team by calling 800.883.8783 or e-mailing us at service@truefitness.com Monday – Friday during normal business hours.

TRUE FITNESS SERVICE DEPARTMENT
865 HOFF ROAD
ST. LOUIS, MO 63366
1.800.883.8783
HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST
E-MAIL: service@truefitness.com

CONTACTING SALES:

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

TRUE FITNESS HOME OFFICE
865 HOFF ROAD
ST. LOUIS, MO 63366
1.800.426.6570
HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST
E-MAIL: sales@truefitness.com

CHAPTER 5: CUSTOMER SERVICE

REPORTING FREIGHT 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 in case of damages.

Severe Damage:

Obvious damage to external packaging / internal product. Please **refuse** the shipment and it will be returned to TRUE Fitness by the carrier. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team 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. Only refuse the damaged piece if the shipment is multiple boxes.

Slight Damage:

The box may have minimal damages and you are not sure if the actual product is damaged or not. 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 and photos of damages. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal business hours.

Concealed Damage:

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**. We 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 and photos of damages. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal business hours.

WARRANTY:

NOTICE

For unit and console warranty information, refer to the Warranty Information chapter in the unit manual.