TRUE®

IGNITE HIIT CONSOLE OWNER'S MANUAL

TC900, TC650, and TE900 Ignite HIIT console version

TI1000 Ignite HIIT console version

Console Manual SKU #: MAN-CLED-HIT-19

Model #: Ignite HIIT

Revision # 010320

IGNITE CONSOLE OWNER'S MANUAL

IMPORTANT:
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IGNITE CONSOLE OWNER'S MANUAL

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.

IGNITE 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 the maximum user weight for the respective base unit as specified in the corresponding unit manual.
- 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.
- 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.

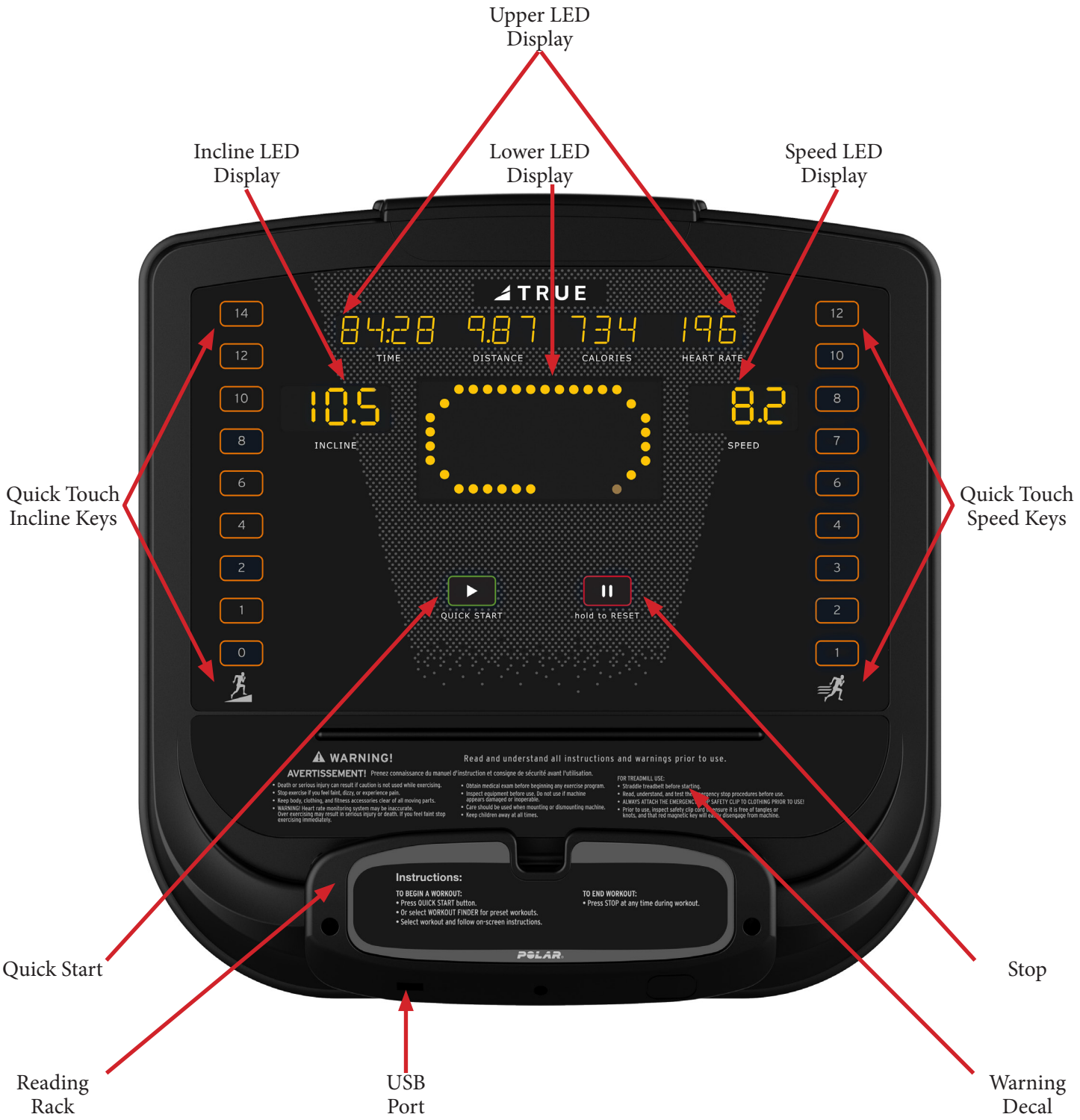
⚠ DANGER: Do not use an extension cord or ungrounded outlet:

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

IGNITE OVERVIEW:

Note: The TI1000 Alpine Runner version of the Ignite HIIT console has Quick Touch Incline Key increments of 0, 1, 3, 5, 10, 15, 20, 25, and 30 percent.



CHAPTER 2: PRODUCT OVERVIEW

IGNITE OVERVIEW:

Upper LED Display:
Shows the current workout data; Time, Distance, Calories and Heart Rate.

Lower LED Display:
Displays the workout profile of the current program.

Speed and Incline LED Displays:
These displays show the current incline and speed of the unit.

Quick Touch Speed and Incline Keys:
These keys allow the user to quickly adjust the INCLINE levels in increments of 0.5% and SPEED in increments of 0.5 mph. To manually enter a speed or incline increment, press the corresponding numerical readout and a numerical pad will appear to enter your selection.

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

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

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 Ignite console.

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

WORKOUT PROGRAM DESCRIPTIONS:

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

*Note: The user can adjust Speed and Incline manually via the Quick Access Keys on the Contact Heart Rate Pads or incrementally via the Quick Touch Speed and Incline keys on the Ignite console.

⚠ 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.

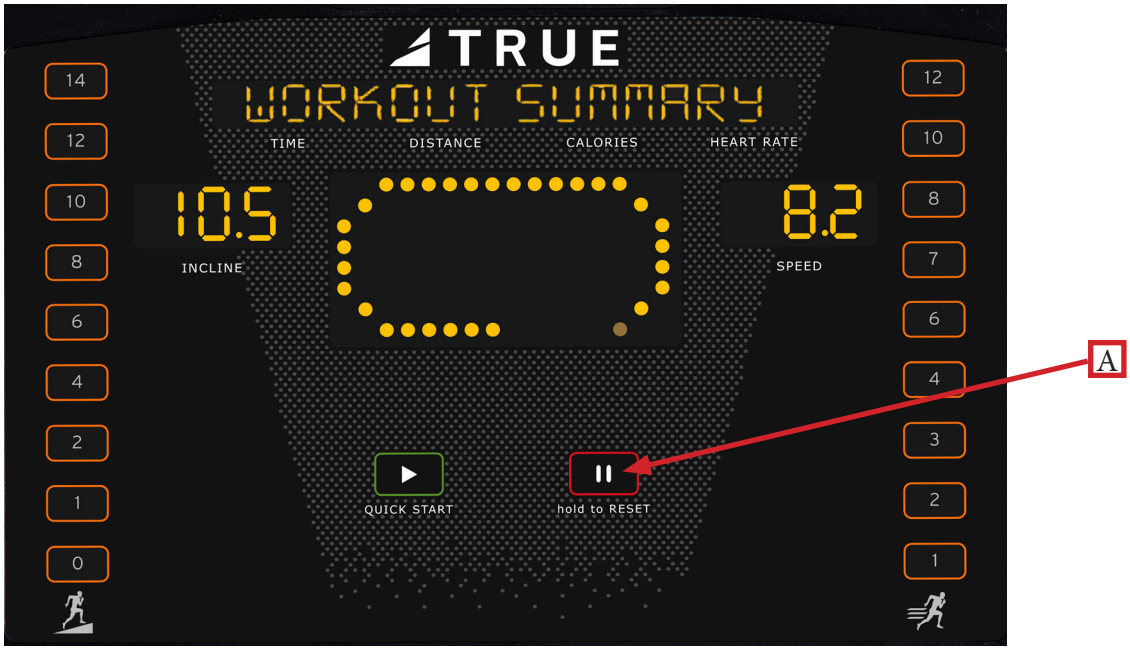
⚠ CAUTION:
Do not use the contact heart rate grips as a handlebar during a workout.

CHAPTER 4: IGNITE OPERATION

CONSOLE NAVIGATION:

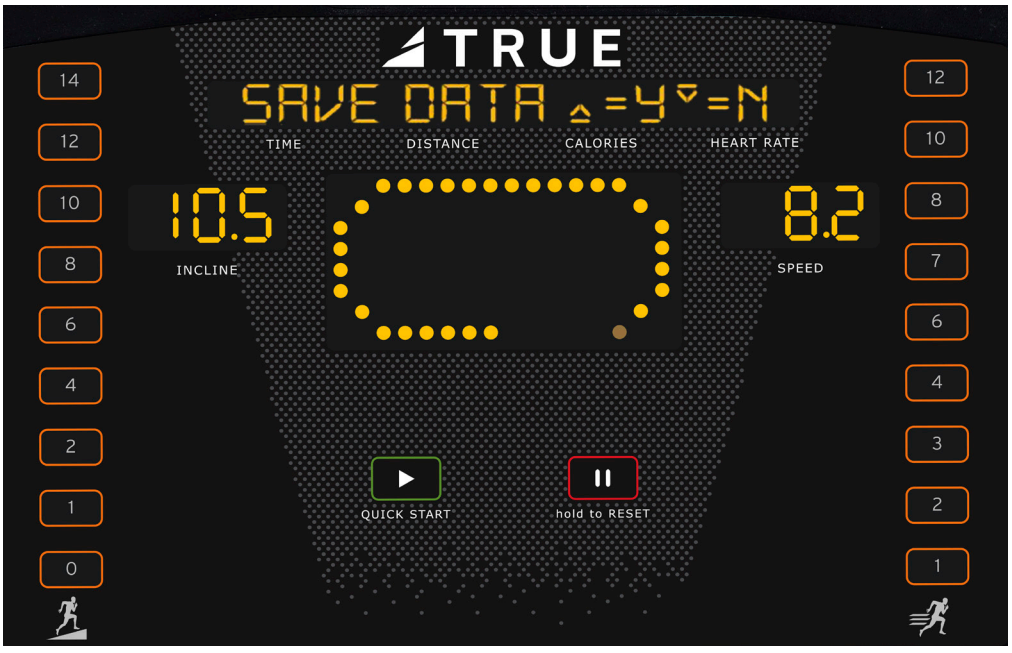
Workout Summary:

Workouts can be ended by pressing the Stop (A) button. Once a workout has ended, the console will display a Workout Summary, which will give the user an overview of their workout data including Time, Average Heart Rate, Max Heart Rate, Average Speed, Max Speed, Distance, and Calories. To clear the Workout Summary and return to the Home screen, press the Stop (A) button.



Exporting Workout Data to a USB Drive:

The Ignite console gives users the ability to export their workout data to a USB drive. When this option is enabled, the screen below will appear before the Workout Summary screen. To export the data, insert a USB drive into the console's USB port and press the Up Incline Key on left contact heart rate grip. To skip exporting the data, press the Down Incline Key on the left contact heart rate grip and the Workout Summary screen will display.

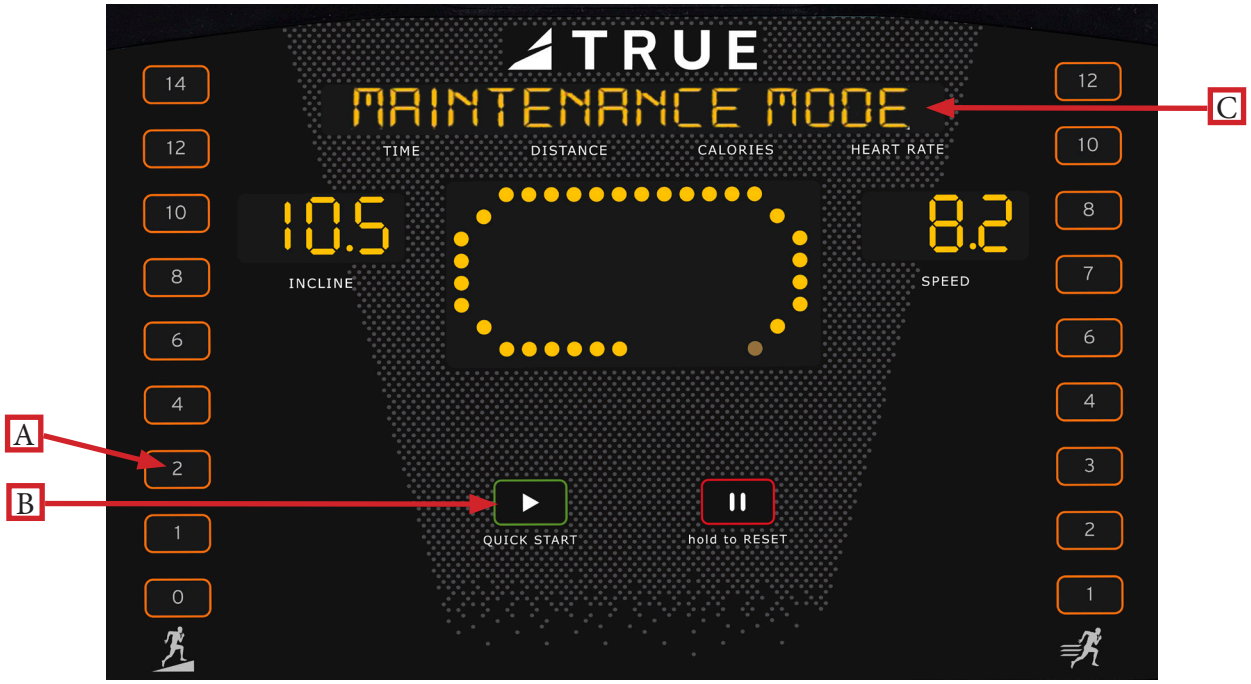


CHAPTER 4: IGNITE OPERATION

ADVANCED CONSOLE FUNCTIONS:

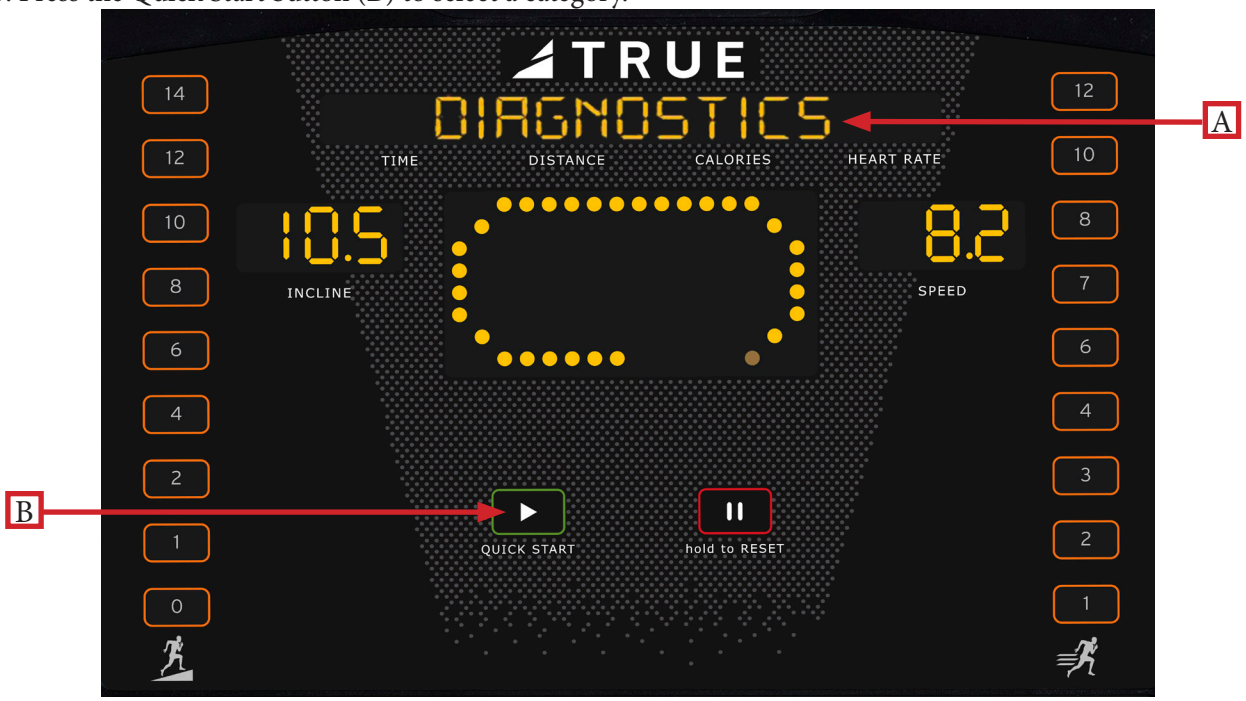
Entering Maintenance Mode:

Hold the Two Percent Incline Button (**A**) for approximately three seconds until the unit beeps. Next, hold the Quick Start button (**B**) for approximately three seconds until the unit beeps. When the Upper LED Display (**C**) reads "Maintenance Mode", press the Quick Start button (**B**) to enter Maintenance Mode.



Maintenance Mode Navigation:

Maintenance Mode is divided into the following three categories: Diagnostics, Calibration, and Configuration. Scroll through the categories shown in the Upper LED Display (**A**) using the Up and Down Incline Keys on the left contact heart rate grip. Press the Quick Start button (**B**) to select a category.

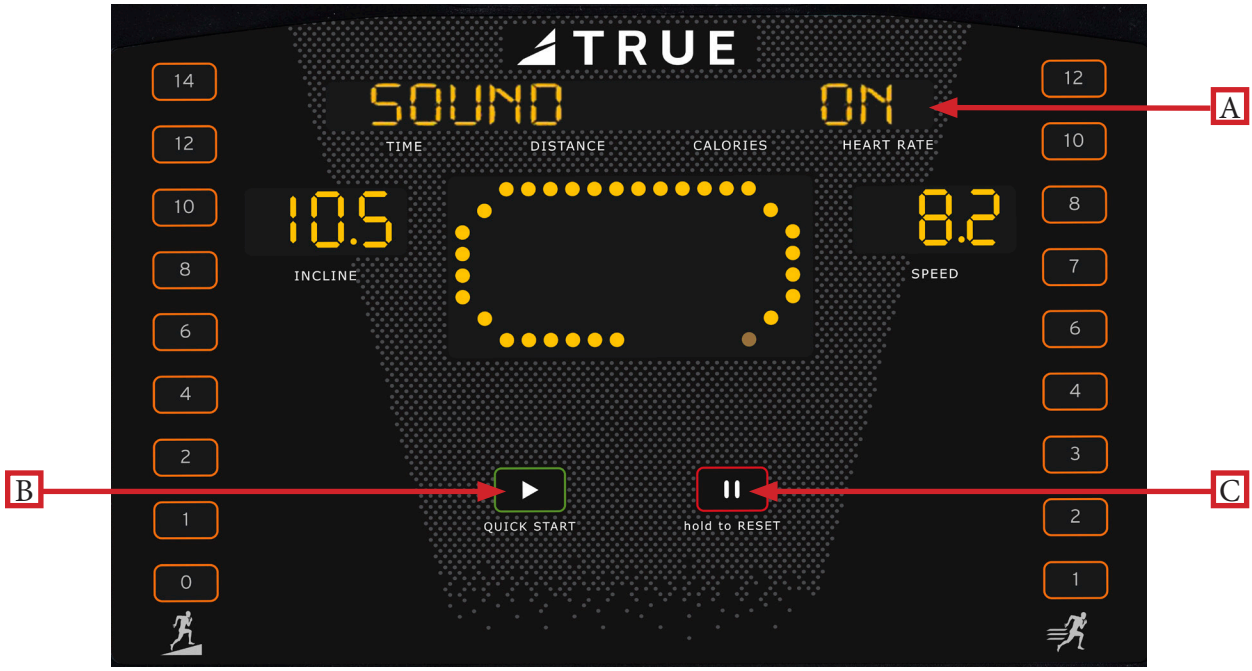


CHAPTER 4: IGNITE OPERATION

ADVANCED CONSOLE FUNCTIONS:

Maintenance Mode Navigation:

Naviagte through the Diagnostics, Calibration, and Configuration submenus using the Up and Down Incline Keys on the left contact heart rate grip. Select a category shown in the Upper LED Display (**A**) using the Quick Start button (**B**). Update any category setting using the + and - Speed Keys on the right contact heart rate grip. Press the Quick Start button (**B**) to save any updated category settings (Note: Updated category settings will default to their original settings unless saved by pressing the Quick Start button). Exit any submenu by presssing the Stop button (**C**) once to return to the previous parent screen (Note: To exit Maintenance Mode, return to the Maintenance Mode parent screen and then hold the Stop button (**C**) for approximately three seconds or cycle the safety key position from engaged to disengaged.)



CALIBRATION:

Calibration will conduct a basic test of the drive and incline systems to ensure that they are operating as intended. Calibration may also be used by technicians to troubleshoot system faults.

⚠ 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.

Calibration Steps:

- Enter Maintenance Mode.
- Use the UP & DOWN Incline buttons to scroll through the options until “Calibration” is displayed on the Upper LED Display.
- Press the Quick Start button to enter Calibration Mode and then press again to begin the Calibration.
- After the Calibration is complete, cycle the safety key position from engaged to disengaged to return to the main workout menu.

CHAPTER 4: IGNITE OPERATION

ADVANCED CONSOLE FUNCTIONS:

Diagnostics Menu:

The diagnostics menu contains various settings as well as tools used to help diagnose errors and performance issues.

Title	Description
Belt Hours:	Displays an accumulative count of the total number of hours the unit has been used.
Sound:	Toggles the sound on or off.
Default Weight:	Allows users to change the default weight that appears when beginning a program.
Max Time:	Limits the amount of time that all workouts can last (does not apply to quick start, manual or distance workouts).
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.
PPD (person present detection)	When Person Present Detection is enabled the treadmill will pause if it does not detect a normal amp draw which would be indicative of the weight of the user on the treadbelt.
PPD Timer 1/Timer 2 (AC drive systems only):	Timer 1 will set the amount of time before the console displays a PPD Notification and Timer 2 will set the amount of time that the notification is displayed before the treadbelt is stopped.
Cooldown:	Adjusts the length of the cooldown time at the end of a workout.
ERP Wake:	Advanced power saving options.
Sleep:	The amount of time the unit can be idle before entering sleep mode.
USB Save:	Enables or disables workout data exporting via the console's USB port.
Units:	Changes between English and Metric units.
Average Speed:	Will calculate the average speed used using the total hours and total miles collected in the other options.
Belt Distance:	The total distance in miles that the belt has traveled.
Fault Log:	Displays a list of the last 5 faults that occurred. If multiple faults have been recorded press the + or - keys to scroll through the list. If no faults have been recorded, the console will display "Log Empty."

CHAPTER 4: IGNITE OPERATION

ADVANCED CONSOLE FUNCTIONS:

Configuration Menu:

⚠ WARNING:

Misconfiguration of the console may cause damage to the unit and void the manufacturer warranty. If necessary, please contact TRUE Fitness Technical Support at 800-883-8783 for assistance.

Title	Description
Model:	Displays the model on which the console is installed.
Display Test:	Test Screens that Illuminate the LED's in the console display to ensure proper function.
Key Test:	Shows a description for any buttons that are pressed. In the event of a stuck key, the key that is being engaged will display.
HR Test:	**Telemetry** - 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.
	Contact - Ensures the unit is receiving the data by displaying the user's heart rate when the contact heart rate pads are gripped.
Cooldown:	Adjusts the length of the cooldown time at the end of a workout.
Belt Distance:	The total distance in miles that the belt has traveled.
Belt Hours:	Displays an accumulative count of the total number of hours the unit has been used.
Max Grade:	The maximum percentage that the unit can be inclined.
Max Speed:	The maximum speed the unit is able to reach.
EPROM Test:	Displays the current version of software installed on the console.
Decline Option:	Toggles the decline option on or off provided the optional decline kit is installed. (Note: Refer to the respective unit manual for availability of the optional decline kit on the unit.)

CHAPTER 4: IGNITE OPERATION

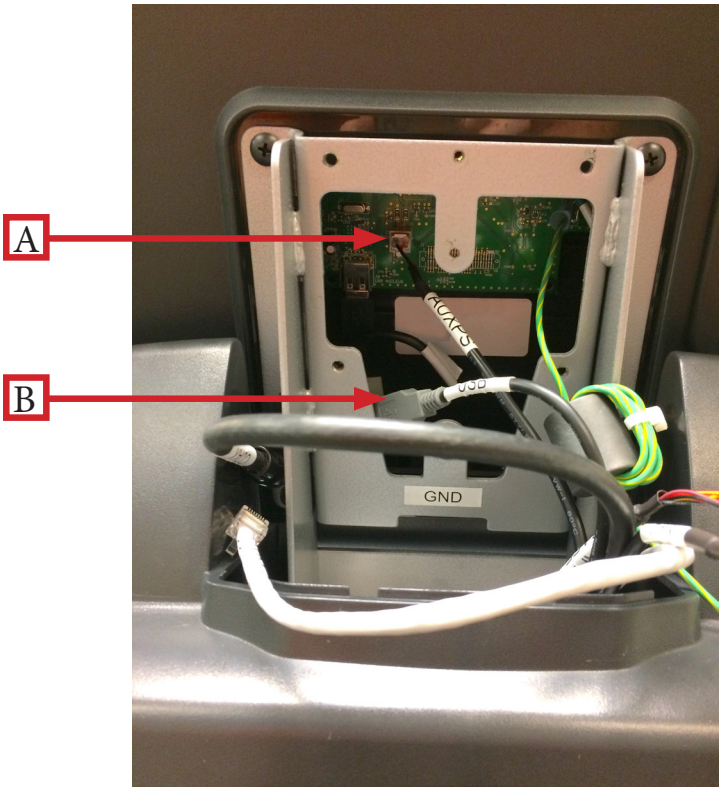
CONSOLE ASSEMBLY:

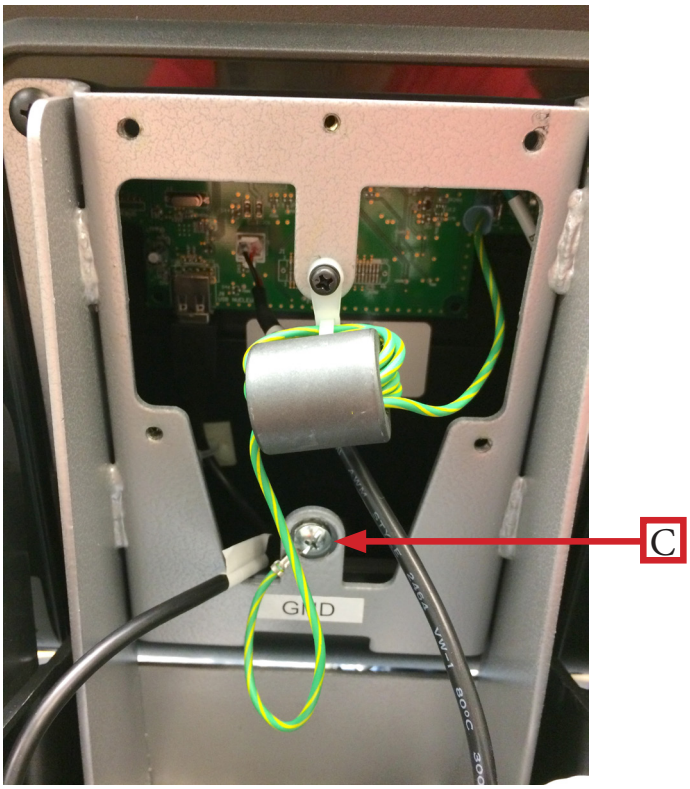
Console Wire Connections:

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.