



TRUE[®]
**GOVERNMENT
AND MILITARY**



Contract Holder
Contract # 47QSM19D08NX



TRUE Fitness offers GSA pricing and other special considerations such as facility planning, preventative maintenance, and more to address your specific needs. To receive our GSA price list and service seminar schedule, please contact a sales rep at 888.521.4960 or sales@truefitness.com.



- + Stryker, Alpine Runner, Spectrum, Palisade Climber
- + 900 Series/650 Treadmill
- + Palladium Series
- + Plate Loaded
- + Functional Trainers
- + Modular Strength
- + XFW
- + TRUE Stretch®

CONSOLE OPTIONS

Add the console that adds the most value to your facility. A variety of sizes and features are available to provide the best experience for your users.



ENVISION II 22" LCD Touchscreen

A 22" high-definition touchscreen provides premium experience with full connectivity, built-in programs, and mirroring. Adjustable volume and channel controls, single-port HDMI for mirroring, and Bluetooth connectivity for audio. Only available for the Stryker Slat Treadmill



ENVISION II 16" LCD Touchscreen

A 16" high-definition touchscreen with workout programs, outside interactive videos, and integrated technology and entertainment options.



ENVISION II 9" LCD Touchscreen

Vivid 9" touchscreen console with intuitive design and programming, including TRUE's Cardio 360™, HRC Cruise Control®, and Monument Workouts.



SHOWRUNNER II 16" Integrated LCD

PVS console provides simplified personal viewing and TV entertainment via a crystal clear 16" integrated LCD screen. Adjustable volume and channel controls, single-port HDMI for mirroring, and Bluetooth connectivity for audio.



EMERGE II Orange LED

LED console designed for easy navigation with a simple and functional design. Pre-programmed workouts and quick-start meet the needs of every level user.



IGNITE II Orange LED

LED console with quick-touch speed and incline keys to add interval training into any small group training class or facility.



STRYKER SLAT TREADMILL

TRUE heritage and engineering come together to provide your facility with the TRUE Stryker Slat Treadmill.

- + Requires less maintenance; no need for tracking adjustments, waxing, or flipping deck with slat system
- + Trouble-free serviceability with adjustable, full swivel castors and easy access to motor and electronics
- + Shock-absorbing slat design provides user extra cushion where feet impact



ALPINE RUNNER INCLINE TRAINER

Climb to new heights with the ultimate in incline training. With an incline range of -3% to 30%, this range intensifies workouts like never before. Choose from a variety of programmed workouts, including TRUE's Monument Workouts. The Alpine Runner features a patented incline system engineered to reduce the load on the incline motor and reduce wear and tear.

- + Incline range of -3% to 30%
- + A cushioning system and deck built to relieve impact on joints
- + Vertical upper handgrips provide support at highest incline
- + Featuring TRUE's Monument Workouts



CARDIO 360™

A guided workout to engage the upper, core, and lower body with varying resistance.



Optional Sweat Tray Available

SPECTRUM ELLIPTICAL

The Spectrum Adjustable Stride Elliptical offers the unmatched versatility of a stepper, elliptical and runner — all in one machine. Spectrum Elliptical delivers a patented Core Drive® technology that keeps users centered and moving naturally.

- + Core Drive® System
- + Hybrid Self-Generating Brake
- + 1" Stride adjustments from 13" to 30"
- + Self-Generating Capability
- + Soft Step Cushioned Footpad

PALISADE CLIMBER

Offering a premier safety features, best-in-class serviceability and versatile ease-of-use, TRUE's Palisade Climber has been crafted to be rich in experience for exercisers and easy to maintain for your facility. Multiple console options provide customizable features, technology, and asset management capabilities for enhanced user engagement

- + More square inches per step than similar products in the industry
- + Step-up assistance
- + Double-Braking System
- + Photo-Interrupt Safety Sensor



900 SERIES

The 900 Series combines TRUE's newest technology and performance advancements with the dependable quality and low cost of ownership your facility demands.



900 TREADMILL

The C900 Treadmill combines TRUE's newest technology and performance advancements with the dependable quality and low cost of ownership your facility demands. Backed by TRUE'S premium warranty, the C900 provides runners a high-end experience with the largest running surface in the industry, a speed range up to 17 mph, and TRUE's low-impact Soft System® and HRC Heart Rate Control®. Multiple console options provide customizable features, technology, and asset management capabilities for enhanced user engagement.

- + Largest running surface in the industry
- + 17.0 MPH (27 KPH) Maximum speed with 18% Maximum incline
- + HRC Cruise Control® and Soft System® deck
- + Reversible Deck

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650 TREADMILL

With a combination of the latest technology options and the reliability of TRUE's premium warranty, the C650 treadmill provides the performance and efficiency needed for your commercial facility.

- + 15.0 MPH (24 KPH) Maximum speed
- + 15% Maximum incline
- + Reversible Deck



CARDIO 360™
A guided workout to engage the upper, core, and lower body with varying resistance.

Brushed Aluminum
Side step Design

900 ELLIPTICAL

The C900 Elliptical provides a total body workout for isolated upper-body, lower-body, and upper and lower total-body. TRUE stands alone in providing three separate positions that work the entire body: Isolated Upper-Body, Isolated Lower-Body, and Upper and Lower Total-Body

- + Core Drive® System
- + Hybrid Self-Generating Brake
- + 21" Stride Length
- + Self-Generating Capability
- + Soft Step Cushioned Footpads



900 RECUMBENT BIKE

The C900 Recumbent Bike is comfortable, smooth, quiet and durable. The small footprint allows you to maximize the space in your facility while offering the highest quality equipment available to your users. Plus, since users don't have to step over the frame to reach the seat, it's perfect for all ages.

- + Self-Generating Capability (or plug-in, depending on console)
- + Dual Stage Drive System
- + 20-600 Watts Workload Range
- + Dual Sided Pedals with Ratcheting Strap
- + Quick Access Controls
- + Optional Armrests

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900 UPRIGHT BIKE

The C900 Upright Bike is the sleekest upright bike on the market today. With an industrial design combined with TRUE's quality and durability, this bike is sure to be a favorite of your facilities' users. A low step-up height ensures the C900 is a safe and easy entry for all ages and fitness levels. Plus, the small footprint allows you to maximize the premium space in your facility.

- + Self-Generating (or plug-in, depending on console)
- + Dual-Stage Drive System
- + 3-Piece Forged Steel Crank System
- + 20-600 Watts Workload Range
- + 30 Resistance Levels

TRUE

PALLADIUM SERIES

A vision into the future, premium craftsmanship meets advanced biomechanics in TRUE's Palladium Series. Advanced functionality, comfortable touchpoints, and precise ergonomics are all packaged in a modern design.

- + Transparent acrylic or metal shrouds available. Upholstery in a wide range of colors.



SPL-0900 CHEST PRESS

Dual overhead pivots on the Palladium Series Chest Press allow handles to travel in a slight upward motion for maximum muscle recruitment while unilateral press arms converging at 25 degrees in front of the user and an adjustable back pad allow full articulation of the shoulder complex.

- + 8 position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments



SPL-1000 PEC FLY/REAR DELT

The dual function Palladium Series Pec Fly/Rear Delt features modern styling, precision biomechanics and a comfortable easy entry and exit design. Adjustment points are accessible from the seated position and engineered to accommodate a wide range of users.

- + 8 position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- + 8 position dual cams include 4 positions for Rear Deltoid and 4 positions for Pec Fly



SPL-0300 LEG PRESS

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Leg Press. The adjustable back pad and a unique-to-TRUE adjustable foot platform accommodate a wide range of users and allow multiple foot placements for added exercise variation.

+ 9 position seat assembly travels at 20 degrees and adjusts easily from the seated position



SPL-1100 LAT PULLDOWN

Featuring unilateral arms that diverge at 17.5 degrees per side, the Palladium Series Lat Pulldown allows full articulation of the shoulder complex in a comfortable, user-friendly easy entry and exit design.

+ 8 position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments



SPL-1200 SEATED ROW

Unilateral arms that diverge at 11 degrees with trailing link handles and rotating grips make the Palladium Series Seated Row the perfect choice for all users from novice to professional.

+ 8 position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments

PALLADIUM SERIES PLATE LOADED

Advanced functionality, comfortable touchpoints, and precise ergonomics are all packaged in a modern design.



PSL-0100 CHEST PRESS

The Palladium Series Plate Loaded PLS-0100 Chest Press provides unique 4 position handles that allow the user to adjust starting position and range of motion to fit their specific needs. Unilateral press arms converge at 25 degrees for maximum articulation of the shoulder and allow for a complete range of motion. Six weight posts standard.



PSL-0300 LAT PULLDOWN

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Plate Loaded PLS-0300 Lat Pulldown. Featuring unilateral arms that diverge at 17.5 degrees per side, the Palladium Series Lat Pulldown takes the user through a complete range of motion resulting in greater muscle recruitment and a more efficient workout. Four weight storage posts standard.



FUNCTIONAL TRAINERS

THE ULTIMATE IN VERSATILITY

TRUE functional trainers provide integrated accessories so exercisers can tailor their workout based on their needs.



XFT-900 FUNCTIONAL TRAINER

The premium commercial-quality XFT-900 Functional Trainer provides dozens of upper and lower body exercises, with unique vertical adjustment columns that rotate 360 degrees to allow unrestricted movement in multiple planes.

- + Vertical adjustment columns rotate 360 degrees to allow unrestricted movement in multiple planes

PALLADIUM SERIES MODULAR STRENGTH

Users of all abilities will appreciate the attention to biomechanics, comfortable touch points, and easy-to-use adjustments of the Palladium Modular Systems. Provide your users with numerous strength-training exercises while maximizing space in your facility.

+ All shown with optional front and rear shrouds



DIMENSIONS AS SHOWN:
78" Wide x 145" Deep
x 94" Tall



DIMENSIONS AS SHOWN:
170" Wide x 145" Deep x 96" Tall

TMS-4000 SINGLE MODULAR QUAD FRAME

+ 4-sided pod

A POSITION ENDS (MAX 2 MIN 1) **B** POSITION SIDES (MAX 2 MIN 1)

+ Single Adjustable Cable Column

+ Lat Pulldown

+ Biceps Curl

+ Seated Low Row

+ Triceps Extension

TMS-5000 MODULAR FRAME WITH CABLE CROSSOVER

+TMS-4000 4-Sided Pod + Cable Crossover with Adjustable Cable Columns

+ Multi-Grip Chin Bar Assemblies

+ Cable Crossover available with 170 lb/85 lb resistance
or 250 lb/125 lb resistance weight stacks

A POSITION ENDS (MAX 1 MIN 0) **B** POSITION SIDES (MAX 2 MIN 1)

+ Single Adjustable Cable Column

+ Lat Pulldown

+Biceps Curl

+ Seated Low Row

+Triceps Extension



DIMENSIONS AS SHOWN:
288" Wide x 145" Deep x 96" Tall



DIMENSIONS AS SHOWN:
218" Wide x 145" Deep x 96" Tall

TMS-6000 MODULAR FRAME WITH DUAL CABLE CROSSOVERS

- + TMS-4000 4-Sided Pod + 2x Cable Crossover
with Adjustable Cable Columns
- + 2x Multi-Grip Chin Bar Assemblies
- + Cable Crossover available with 170 lb/85 lb resistance
or 250 lb/125 lb resistance weight stacks

- A** POSITION ENDS (NONE) **B** POSITION SIDES (MAX 2 MIN 1)
- + Lat Pulldown
 - + Seated Low Row

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TMS-8000 DUAL MODULAR FRAME WITH CABLE CROSSOVER

- + 2x TMS-4000 4-Sided Pods + Cable Crossover
with Adjustable Cable Columns
- + Multi-Grip Chin Bar Assembly with Suspension Bracket
- + Cable Crossover available with 170 lb/85 lb resistance
or 250 lb/125 lb resistance weight stacks

- A** POSITION ENDS (MAX 2 MIN 0) **B** POSITION SIDES (MAX 4 MIN 2)
- + Single Adjustable Cable Column
 - + Biceps Curl
 - + Triceps Extension
 - + Lat Pulldown
 - + Seated Low Row

TRUE



DIMENSIONS AS SHOWN:
358" Wide x 145" Deep x 96" Tall



DIMENSIONS AS SHOWN:
498" Wide x 145" Deep x 96" Tall

TMS-12000 3 MODULAR FRAMES WITH DUAL CABLE CROSSOVERS

- + 3x TMS-4000 4-Sided Pod + 2x Cable Crossover with Adjustable Cable Columns
- + 2x Multi-Grip Chin Bar Assemblies with Suspension Brackets
- + Cable Crossover available with 170 lb/85 lb resistance or 250 lb/125 lb resistance weight stacks

A POSITION ENDS (MAX 2 MIN 0)

- + Single Adjustable Cable Column
- +Biceps Curl
- +Triceps Extension

B POSITION SIDES (MAX 6 MIN 3)

- + Lat Pulldown
- + Seated Low Row

TMS-16000 DUAL MODULAR FRAME WITH CABLE CROSSOVER

- + 4x TMS-4000 4-Sided Pods + 3x Cable Crossover with Adjustable Cable Columns
- + 3x Multi-Grip Chin Bar Assembly with Suspension Bracket
- + Cable Crossover available with 170 lb/85 lb resistance or 250 lb/125 lb resistance weight stacks

A POSITION ENDS (MAX 2 MIN 0)

- + Single Adjustable Cable Column
- +Biceps Curl
- +Triceps Extension

B POSITION SIDES (MAX 8 MIN 4)

- + Lat Pulldown
- + Seated Low Row

XFW

Offering modern styling, high-quality construction, and time-tested innovative designs, the XFW Line represents the best in form, function and reliability.



CENTER CATCH RAILS

Make for a 3rd rack position (Optional), shown to right.

OPTIONS

DIP STATION (max 4)

PLATE STORAGE (cannot combine with center catch rails)

SUSPENSION BRACKET (max 2)

CHIN BAR (max 4)

CORE TRAINER (max 2)

CENTER CATCH RAILS (cannot combine with plate storage)

BAND PEG KIT (pair)(max 4)

ATTACHMENT POINTS

on upper frame accommodate optional Chin Bars and Suspension Brackets.

19 VERTICAL CATCH POSITIONS

Your choice, clearly marked (1-19) in 3" increments (8 cm)

CORE TRAINER

Perfect accessory for ground based training (Optional)

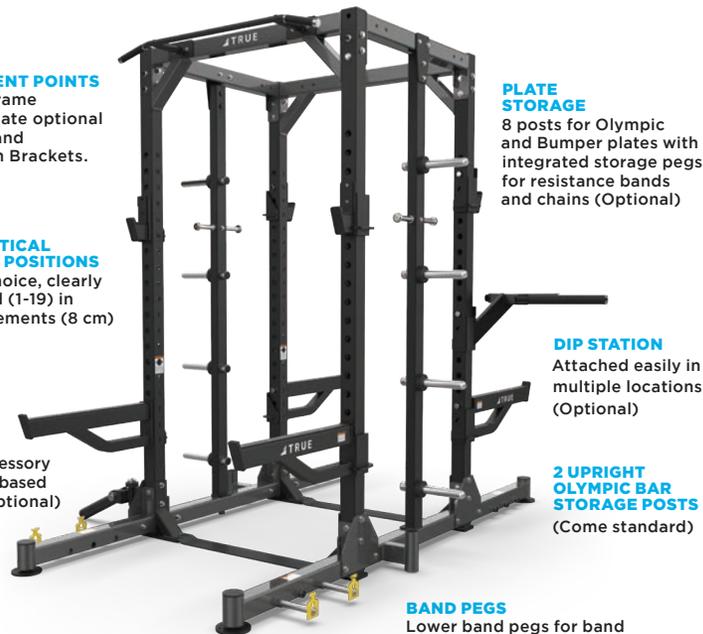


PLATE STORAGE

8 posts for Olympic and Bumper plates with integrated storage pegs for resistance bands and chains (Optional)

DIP STATION

Attached easily in multiple locations (Optional)

2 UPRIGHT OLYMPIC BAR STORAGE POSTS

(Come standard)

BAND PEGS

Lower band pegs for band resistance exercises (Optional)

XFW-8300 DUAL SIDED HALF RACK

Featuring as many as three rack stations and a number of versatile training tools, the space efficient and stylish XFW-8300 Dual Sided Half Rack is designed to accommodate multiple users and withstand the rigorous demands of heavy use athletic training environments. Construction combines 11 gauge tubing with 7 gauge uprights for maximum performance under load, while the availability of a variety of training options insures that your athletes always have the tools they need to succeed.



Weights
Not Included



Weights
Not Included

XFW-7900 POWER RACK WITH PLATE HOLDERS

The XFW-7900 Power Rack with Plate Holders uses 23 available adjustment points at 3" increments with fully adjustable bar catches and catch rails. Integrated pull-up station includes wide and narrow grip positions. 8-plate holders standard.

XFW-6800 SMITH MACHINE

The XFW-6800 Smith Machine from TRUE Fitness Technology features modern styling and high-quality commercial construction. The open frame design with elevated head clearance provides for easy access and movement of utility benches. Counterbalanced to 10 lbs (4.5 kg), the weight carriage is angled 3 degrees to accommodate the natural movement of anatomical joints during exercise. Adjustable safety stops and 8 storage posts are standard.



Weights
Not Included



XFW-7800 LEG PRESS

The XFW-7800 Leg Press features modern styling and high quality commercial construction. The high capacity weight carriage is angled 45° and includes premium grade linear bearings for optimum performance and durability. Back pad with integrated headrest easily adjusts to 7 positions. Wide footplate with calf provision offers exercise variation. Dual position carriage stops and adjustable 3-position secondary safety stops accommodate a wide range of users.

XFW-7100 SUPINE PRESS BENCH WITH PLATE HOLDERS

9 3/4" bench width allows free shoulder movement during pressing motion. Dual position chromed bar catches are replaceable. 6-plate holders standard.



XFW-4700 DUMBBELL RACK

Configured to accommodate 6, 10, 12, 16, 20, and 30 pairs of dumbbells. Trays angled at 20° to facilitate easy placement and removal of dumbbells. Floor anchor provisions in frame



XFW-5300 ABDOMINAL/ DECLINE BENCH

Back pad uses gas cylinder assist to adjust easily into 9 positions ranging from -30° to +10° in 5° increments. Includes wheels for easy moving.



XFW-7500 FLAT/INCLINE/ DECLINE BENCH

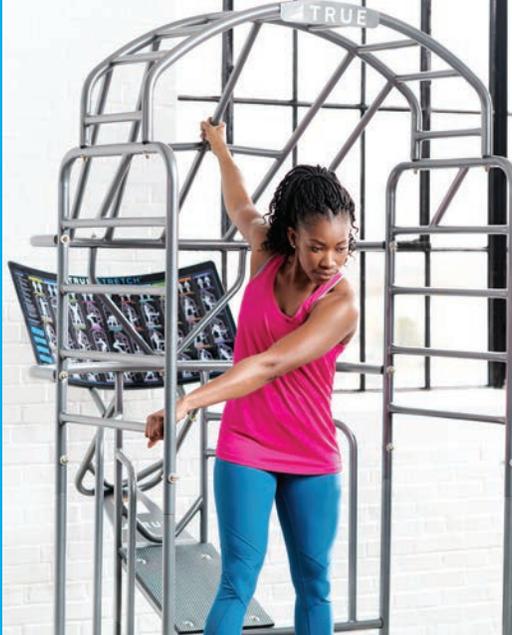
Versatile bench adjusts into 11 positions ranging from 10° decline to 85° incline. Seat pad adjusts to 3 positions to accommodate multiple exercise positions. Lifting handle and rear wheels for portability.

TRUE STRETCH®

**ENHANCES WORKOUTS
& REDUCES INJURY RISK**

The TRUE Stretch® is striking to see and radically effective to use, inspiring your users to stick to the stretching regimens that will help them reach the next level of flexibility and strength.

- + Solid steel construction
- + Space-efficient design
- + Easy-to-follow placards



Easy-to-follow **placard** shows how to properly stretch different muscle groups, improving flexibility and lessening risk of injury during their workouts.

TRUE STRETCH®

The TRUE Stretch® provides a dedicated, self-contained stretching area that allows users a safe platform for comprehensive stretching to increase flexibility while reducing risk of injury.

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GREAT LOOKING MACHINES THAT TAKE YOU FURTHER

For over three decades, **TRUE** has been dedicated to building easy-to-use commercial fitness equipment that combines innovation with dependability. **TRUE** is a global leader in premium fitness machines, offering unparalleled service and providing peace of mind to our customers at every step.



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Product and console inventory subject to availability. In a continual effort to improve our products, specifications are subject to change. Contact your sales rep for more information.



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