

XS1000 SPECTRUM ELLIPTICAL

TRUE[®]



MODEL XS1000-19
(MAN-XS1000-19 REV01)

**OWNER'S
MANUAL**

IMPORTANT!

All products shown are prototype. Actual product delivered may vary.
Product specifications, features, and software are subject to change without notice.
For the current owner's manual and documents in additional languages please visit
<https://truefitness.com/support/user-manuals/>

IMPORTANTE!

Todos los productos mostrados son prototipos. La realidad el producto suministrado puede diferir. Especificaciones de productos, características y software están sujetas a cambios sin previo aviso.
Para la más actualizada de este manual del propietario y para los documentos en otros idiomas, por favor visite
<https://truefitness.com/support/user-manuals/>

IMPORTANT! Tous les produits présentés sont prototype. Le produit réel livré peut varier. Spécifications du produit, caractéristiques et logiciels sont sujettes à modification sans préavis. Pour la plus à jour le manuel du propriétaire et pour documents dans des langues supplémentaires, veuillez <https://truefitness.com/support/user-manuals/> de visite

重要提示!

显示所有产品的原型。实际交付的产品可能有所不同产品规格,功能和软件如有更改,恕不另行通知迄今为止对于大多数的使用说明书, 和对于其他语言的文档, 请访问<https://truefitness.com/support/user-manuals/>

اہم!

اہم! سب سے پہلے یہ جان لیں کہ اصل پروڈکٹ کیسے ہوگا۔ پروڈکٹ کی تفصیلات، خصوصیات اور سافٹ ویئر بغیر کسی اطلاع کے تبدیل ہو سکتے ہیں۔
اپنے اس وقت کے پروڈکٹ کے لیے سب سے حالیہ دستاویز اور دیگر زبانوں میں دستیاب ہونے والے دستاویزات کے لیے
[www.truefitness.com /support/user-manuals/](https://truefitness.com/support/user-manuals/) پر جائیں۔
<https://truefitness.com/support/user-manuals/> پر جائیں۔

WICHTIG!

Alle hier gezeigten Produkte sind Prototypen. Das tatsächliche Produkt ausgeliefert wird, kann variieren. Produkt-Spezifikationen, Funktionen und Software können sich ohne vorherige Ankündigung ändern. In den meisten Fällen bis zu Bedienungsanleitung Bisher besuchen und für Dokumente in weiteren Sprachen finden Sie unter <https://truefitness.com/support/user-manuals/>

BELANGRIJK!

Alle getoonde producten zijn prototype. Daadwerkelijke product geleverd kan verschillen. Product specificaties, eigenschappen & software zijn onderhevig aan verandering zonder kennisgeving. Voor de meest actuele handleiding van de eigenaar & voor documenten in andere talen kunt u terecht op <https://truefitness.com/support/user-manuals/>

ВАЖНО!

Все товары указаны прототипа. Фактический продукт, поставляемый могут отличаться. Технические характеристики, особенности и программного обеспечения могут быть изменены без предварительного уведомления. Для получения самой последней на сегодняшний день руководство по эксплуатации и Для документов на другие языки, пожалуйста, посетите <https://truefitness.com/support/user-manuals/>

Thank You for Choosing TRUE!

Since its founding in 1981, TRUE Fitness has been built on two core guiding principles: Build the highest quality products and support them with superior service. Today, TRUE is the global leader in premium fitness equipment for the commercial and residential markets.

Over the years, the fitness industry has changed, new markets have sprung up, and the needs of our customers have evolved, but those principles remain constant, and we remain ever-vigilant in working to achieve them.

In keeping with our values, TRUE has always strived to equip our machines with the latest technology and safety features since the beginning, giving our customers the very best exercise experience possible while providing peace of mind.

As your dedicated partner, we will do whatever it takes to keep your facility going strong. Our experienced team provides end-to-end service, from facility planning and maintenance to providing your machines with the newest technologies. You can count on TRUE Fitness for the best service in the industry, provided by a team focused on optimizing the life of your equipment.

Contacting Our Support Team

Before you contact TRUE, we recommend gathering the serial number, model number, and a brief description of the reason for your request. After you have all the pertinent information, we suggest you contact your selling dealer or local service company to set up an appointment. If you are not familiar with who is in your area, you can visit <https://shop.truefitness.com/store-locator/> and use our store locator to obtain the contact information for the closest dealer.

If you still need help, please contact our product support team.

Address	TRUE Fitness Attn: Product Support 865 Hoff Road St. Louis, MO 63366
Phone	800.883.8783
Email	service@truefitness.com
Hours of Operation	Monday - Thursday 8:30am - 6:00pm (CST) Friday 8:30am - 5:00pm (CST)

Contacting Our Sales Team

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

Address	TRUE Fitness Attn: Sales Department 865 Hoff Road St. Louis, MO 63366
Phone	800.426.6570
Email	sales@truefitness.com
Hours of Operation	Monday - Friday 8:30am - 5:00pm (CST)

Reporting Freight Claims or Parts Damage

Unfortunately, sometimes materials can be damaged during shipment. If materials are damaged during shipment, please follow the guidelines below to determine the appropriate process for you to follow.

Severe Damage—Obvious damage to external packaging and internal product.

Please refuse the shipment and it will be returned to TRUE by the carrier. Contact TRUE product support by calling 800.883.8783 or sales support by calling 800.426.6570 Monday-Friday during normal business hours to notify us that the shipment has been refused. Once we have received the damaged shipment, a replacement shipment will be sent to you. If the shipment comes in multiple boxes, only refuse boxes with damage.

Slight Damage—Minimal damage to external packaging with unknown internal damage to product.

If the shipment has minimal damages and you are not sure if the actual product is damaged, you must sign the bill of lading as damaged when accepting the shipment. Once you have opened the box and you have determined something is indeed damaged, please gather the serial number, model number, description of damage, and photos of damage. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact TRUE product support (service@truefitness.com // 800.883.8783) or TRUE sales support (sales@truefitness.com // 800.426.6570) Monday-Friday during normal business hours.

Concealed Damage—No damage to external packaging but internal damage to product.

You may receive a shipment that looks intact and discover once the box has been opened that there are hidden damages. Please notify the carrier immediately. TRUE will not be able to file a claim if the carrier is not notified in a timely manner. Once you have called the carrier you will need to gather the serial number, model number, description of damage, and photos of damage. Contact TRUE product support (service@truefitness.com // 800.883.8783) or TRUE sales support (sales@truefitness.com // 800.426.6570) Monday-Friday during normal business hours.

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SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS

This equipment is intended for a commercial or institutional setting. This owner's manual should be accessible to all personal trainers, faculty, and members.

- Read and understand all instructions and warnings prior to use.
 - Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
 - Obtain proper instruction prior to use.
 - This unit is intended for 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 (181 kg).
 - Keep the top side of the moving surface clean and dry.
 - Keep children and animals away.
 - Use caution when moving and assembling unit.
 - All exercise equipment is potentially hazardous. If attention is not paid to the conditions of equipment usage, death, or serious injury could occur.
-

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

- Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Health related injuries may result from incorrect or excessive use of exercise equipment.
- TRUE STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year. Additionally, TRUE recommends consulting a fitness professional on the correct use of this product.
- Equipment should be immediately taken out of use if it fails to work properly or when a warning is presented electronically.
- When using this exercise machine, basic precautions should always be followed.
- Use this equipment only for its intended use as described in this manual.
- Do not move the equipment by lifting the console. Do not use the console as a handlebar during a workout.
- This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.
- Keep equipment stable on flat ground.
- Risk of personal injury-crushing hazard when equipment is in operation. Keep feet, hands, and fingers away from moving parts.
- Replace warning labels that may be worn, damaged, or missing.
- Replace any non-working or damaged components, remove the unit from service until repair is performed.
- Do not operate the equipment while being covered with a blanket, pillow, plastic, or anything that insulates or stops airflow. Keep air openings free of lint, hair or any obstructing material.
- Any changes or modifications to this equipment could void the product warranty.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Do not use this product outdoors, near water, while wet, or in areas of high humidity including extreme temperature changes.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.

- 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.
- Use upper exercise arms to maintain balance when mounting and dismounting the machine and for additional stability while exercising.
- Avoid the possibility of bystanders being struck or caught between moving parts by making sure that they are out of reach of the equipment while it is in motion.
- Do not use typing or web surfing features at excessive speeds. Always stabilize yourself when using typing or web surfing features. (Varies by console option.)
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Always follow the console instructions for proper operation.
- Use correct ergonomic positioning while operating the elliptical.
- Avoid exiting elliptical while the foot skate is still in motion.
- Do not use the contact heart rate grips as a handlebar during a workout.
- Allow only one person at a time on the equipment while it's operating.
- Do not allow animals on or near the equipment while in operation.
- Do not reach into or underneath the unit, or tip it on its side during operation.
- Do not use if you have a cold or fever.
- This equipment is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instruction concerning use of the equipment by a person responsible for their safety.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- Do not use attachments not recommended by the manufacturer.
- Allow only trained personnel to service this equipment.
- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.

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

- To disconnect, turn power OFF at the ON/OFF switch if applicable, then remove plug from electrical outlet. On the machine power switch, (⏻) means that the machine power is **ON** and (⏻) means the machine power is **OFF**.
- Use a TRUE AC power cord.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord along the side or under the equipment.
- If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- This product must be connected to a properly grounded electrical outlet.
- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact TRUE product support.
- To avoid serious injury, remove and store the power cord when the machine is not in use.
- This appliance should never be left unattended when plugged in.
- Do not use any type of extension cord with this product.
- Never operate a TRUE product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water.

⚠ WARNING: If you are connecting this machine to a power source other than 110V, you must install the required transformer before powering on the machine. The transformer installation instructions are included with the transformer.

Type	Line Voltage (V)	Frequency (Hz)	Rated Current (Amps)
Step-Down Transformer	180-260	50/60Hz	3A max

POWER REQUIREMENTS

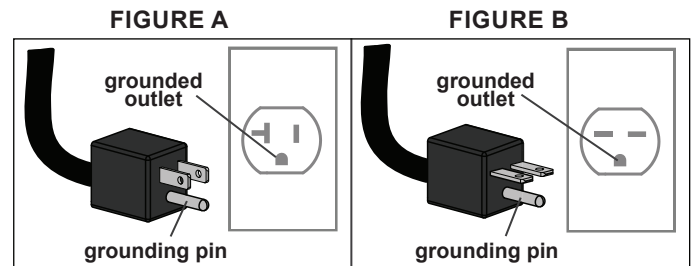
Read and understand all instructions before plugging any TRUE power cord into an electrical outlet.



GROUNDING INSTRUCTIONS

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

DANGER:

- Improper connection of the equipment grounding conductor can result in risk of electrical shock.
- Check with a qualified electrician or service provider if you are in doubt as to whether the equipment is properly grounded or installed on a dedicated line.
- Seek a qualified electrician to perform any modifications to the cord or plug. TRUE is not responsible for injuries or damages as a result of cord or plug modification.
- To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded 110V or 220V electrical outlet. The voltage required for your unit is located on the serial number decal (usually on the front of the unit). Depending on where you live voltage requirements differ.
- Some TRUE products require a circuit rated 110V, 60 Hz, and 20 amps. In the United States, most residential homes have circuits rated 110V, 60 Hz, and 15 amps. If your unit requires a 20 amp outlet, contact an electrician to install a dedicated 20 amp circuit prior to use.
- **110 Volt**—This model is for use on a nominal 110V circuit and has a grounding plug that looks like the plug illustrated in figure A. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.
- **220 Volt**—This model is for use on a circuit having a nominal rating no less than 208V and more than 240V and is factory equipped with a specific electric cord and has a grounding plug that looks like the plug illustrated in figure B. Make sure that the product is connected to an outlet having the same configuration as the plug in figure B. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.



Power Information						
Model	Line Voltage (V)	Frequency (Hz)	Rated Current (Amps)	Number of Units per Circuit	Plug/Outlet*	Max Power Dissipation (Watt)
XS1000	110	50/60Hz	20	Up to 3 ellipticals per circuit—DO NOT exceed	NEMA 5-20 	550 watts per elliptical
	220	50/60Hz	15	Up to 3 ellipticals per circuit—DO NOT exceed	NEMA 6-15* 	550 watts per elliptical

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

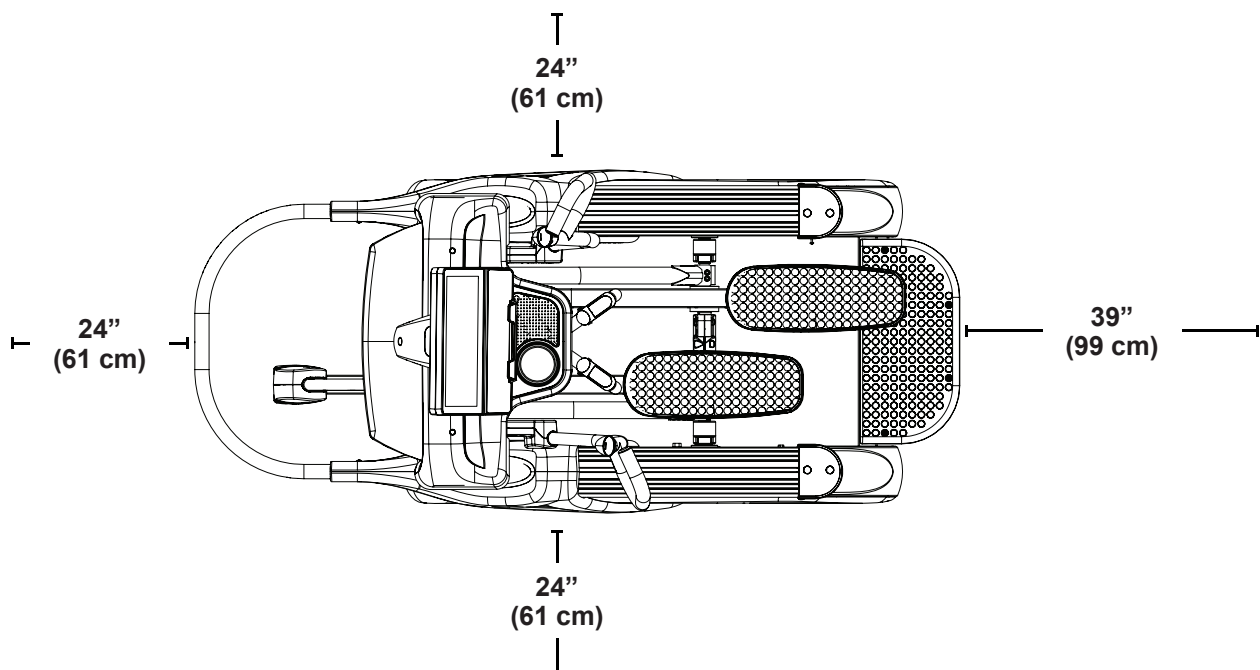
PROPER TRAINING POSITION

- Users should keep both feet on the footpads (A) during the workout.
- During a workout the user's hand should grasp the upper exercise arms (B).
- Users should remain standing throughout the workout.



SPACE REQUIREMENTS

TRUE recommends leaving a minimum of 24" (61cm) on each side of the equipment and a 39" (99 cm) safety zone at the rear of the equipment.



SPECIFICATIONS

- **DIMENSIONS (L X W)**
78" x 36" / 198 cm x 91 cm
- **PRODUCT WEIGHT**
425 lbs / 193 kg

SPECTRUM ELLIPTICAL ENTRY AND EXIT SAFETY

To Enter:

- Step up onto the rear step.
- Step up onto the side platforms.
- Grip the upper exercise arms for stability while stepping onto the lowest pedal.
- Place opposite foot onto the other pedal.

To Exit:

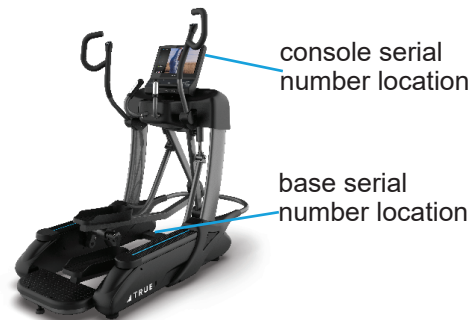
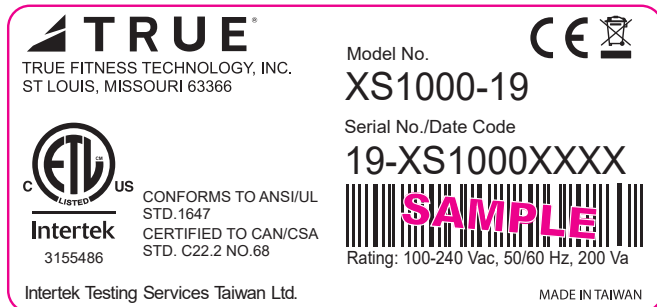
- Stop pedaling by slowing leg motion and applying slight resistance to the upper exercise arms.
- While gripping the upper exercise arms for stability, step from the highest pedal onto the side platform.
- Place the opposite foot on the other side platform.
- Step down to the rear step.

NOTE: The elliptical trainer is not equipped with a free wheel, therefore the moving parts are unable to stop immediately.

WARNING DECALS

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

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



CAUTION

Risk of injury to persons - to avoid injury, use extreme caution when stepping onto or off of a moving machine. Read instruction manual before using. To reduce the risk of injury from moving parts - unplug before servicing.

WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. This stationary training equipment is not suitable for high accuracy purposes.

WARNING!

Obtain proper instruction prior to using this equipment. Inspect equipment before use. Stop exercising if you feel faint, dizzy or short of breath. Keep children away from this equipment. Keep clear of all moving parts. Failure to use appropriate caution could result in serious injury.

COMPLIANCES

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

ASSEMBLY INSTRUCTIONS



NOTE: Supplemental video available on vimeo.com: <https://vimeo.com/880261724?share=copy>.

PREASSEMBLY CHECKLIST

BASIC GUIDELINES FOR SETTING UP THE EQUIPMENT

After removing the equipment from the packaging, place the equipment on a clean, level surface. Make sure the electrical cord easily reaches a grounded three-pronged outlet.

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

⚠ WARNING: Do not use an impact drill when assembling plastic components.

⚠ CAUTION:









- Use caution when assembling this product.
- Unpacking and assembling of this product is a two person task.
- Remove bands from packaging and pull top from pallet.
- Remove all parts from packaging. Leave machine on pallet.
- For each step use hardware in the corresponding bag.







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

VERIFY BOX CONTENTS

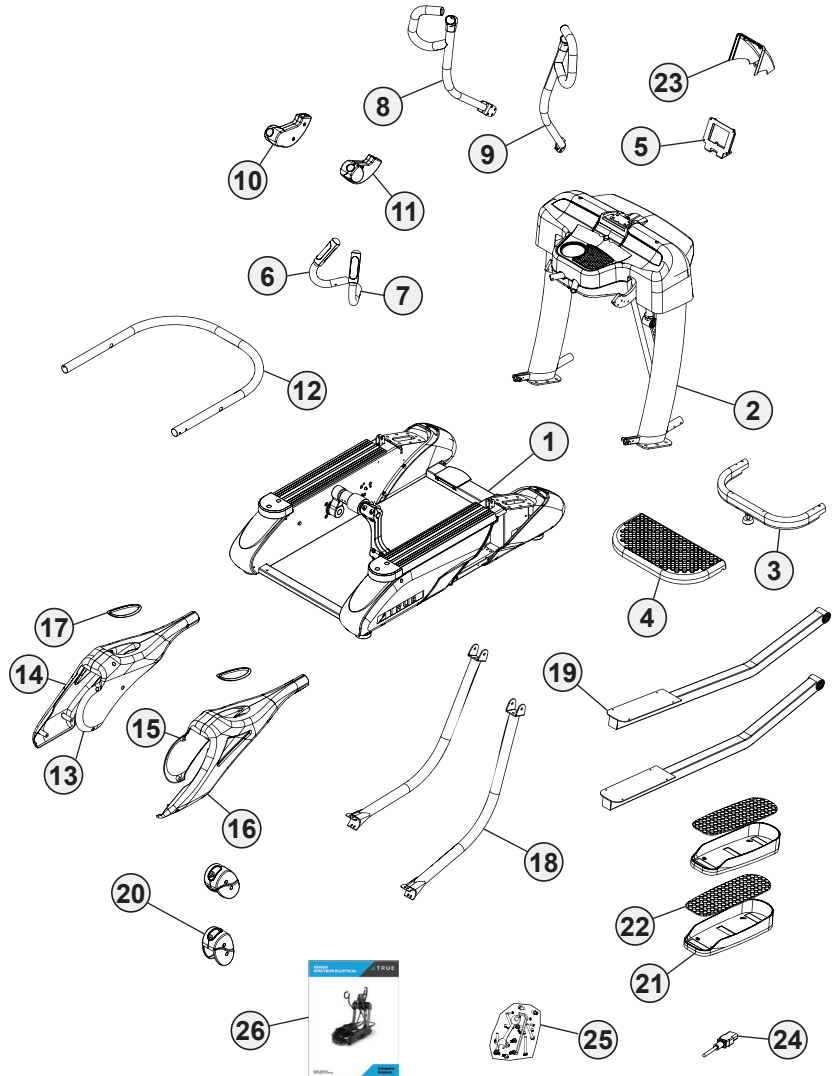
IMPORTANT! Please verify box contents. If you have questions, or if there are any missing parts, contact product support (service@truefitness.com // 800.883.8783).

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
5mm Allen Wrench		NO
6mm Allen Wrench		NO
8mm Allen Wrench		NO
17mm Wrench		NO
17mm Socket		NO
13mm Socket		NO

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
#2 Phillips Screwdriver		NO
Stubby #2 Phillips Screwdriver		NO
Wire Cutters		NO
Tape Measure		NO

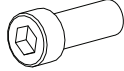
BOX CONTENTS

ITEM	DESCRIPTION	QTY
1	Base	1
2	Pedestal	1
3	Rear Step Frame	1
4	Rear Step Cover	1
5	Console Mast	1
6	Left Heart Rate Handlebar	1
7	Right Heart Rate Handlebar	1
8	Left Upper Exercise Arm	1
9	Right Upper Exercise Arm	1
10	Left Exercise Arm Cover	1
11	Right Exercise Arm Cover	1
12	Front Guard Tube	1
13	Left Inner Middle Shroud	1
14	Left Outer Middle Shroud	1
15	Right Inner Middle Shroud	1
16	Right Outer Middle Shroud	1
17	Gaskets	2
18	Drawbars	2
19	Pedal Tubes	2
20	Rocker Tube Covers	2
21	Foot Skates	2
22	Foot Pads	2
23	Rear Console Cover	1
24	Power Cord	1
25	Hardware Bag(s)	1
26	Manual	1


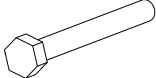


HARDWARE CONTENTS

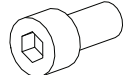
Step 1

ITEM	DESCRIPTION	QTY
XCS0096	SHCS, M10-1.5 X 20MM, LP, BLK 	12

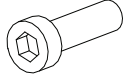


Step 2

ITEM	DESCRIPTION	QTY
TS1237	PHMS, M5-0.8 X 25MM, LP, ZP 	4
TS1241	HH, M8-1.25 X 70MM, LP, BLK 	2

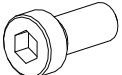
Step 4

ITEM	DESCRIPTION	QTY
XCS0097	SHCS, M8-1.25 X 16MM, LP, BLK 	4

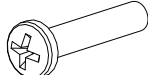

Step 5

ITEM	DESCRIPTION	QTY
TS1202	SHCS, M6-1.0 X 12MM, LP 	6
TS1201	WASHER, FLAT, 6.5MM ID X 12MM OD X 1.5MM 	6
TS1200	SPACER, PLASTIC 	6

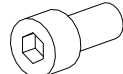
Step 6

ITEM	DESCRIPTION	QTY
TS1195	SHCS, M8-1.25 X 18MM, CNTRSK, LP, BLK 	8


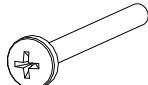

Step 7

ITEM	DESCRIPTION	QTY
TS1198	PHMS, M5-0.8 X 25MM, BLK 	4
CX0079	PHMS, M5-0.8 X 12MM, BLK 	2

Step 8

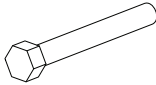


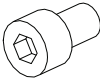

ITEM	DESCRIPTION	QTY
XCS0097	SHCS, M8-1.25 X 16MM, LP, BLK 	4

Step 9

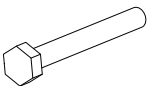

ITEM	DESCRIPTION	QTY
TS1147	PHMS, M5-0.8 X 12MM, ZP 	12
TS1214	PHMS, M5-0.8 X 50MM, BLK 	2
TS1213	WASHER, FLAT, 5MM ID X 12MM OD X 1MM W 	2

HARDWARE CONTENTS


Step 10

ITEM	DESCRIPTION	QTY
TS1177	HH, M10 X 75MM, LP 	2
TS1178	WASHER, FLAT, 10MM ID X 22MM OD X 2MM 	2
TS1179	HEX NUT, M10 	2
TS1173	SHCS, M8-1.25 X 12MM, LP 	8
TS1174	WASHER, FLAT, 8MM ID X 14MM OD X 2.25MM W 	8


Step 11

ITEM	DESCRIPTION	QTY
SX0115	HH, M10 X 81.5MM, LP 	2
SX0116	HEX NUT, M10 	2


Step 12

ITEM	DESCRIPTION	QTY
SX0004	PHMS, M5-.08 X 12MM, BLK 	8

Step 13




ITEM	DESCRIPTION	QTY
CX0091	PHMS, M6 X 12MM, BLK 	8

Step 15

ITEM	DESCRIPTION	QTY
SX0004	PHMS, M5-.08 X 12MM, BLK 	1

ASSEMBLY STEPS

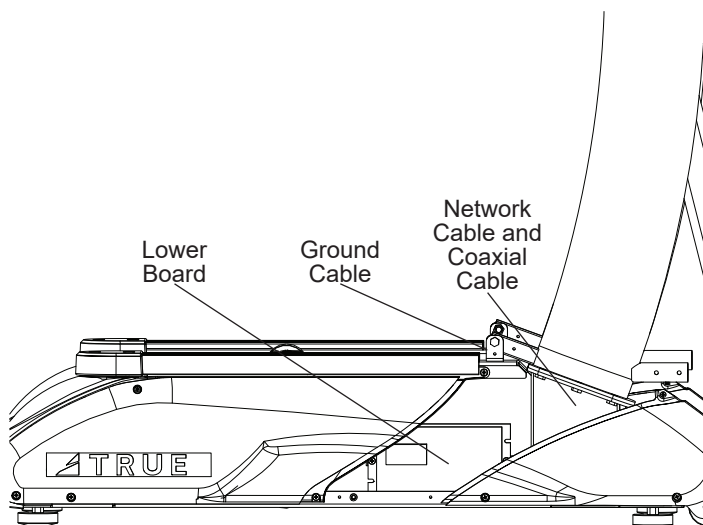
PREASSEMBLY STEP 1— MEASURE DOORWAYS

Tools Used in this Step	
17mm Socket	
17mm Wrench	
Tape Measure	

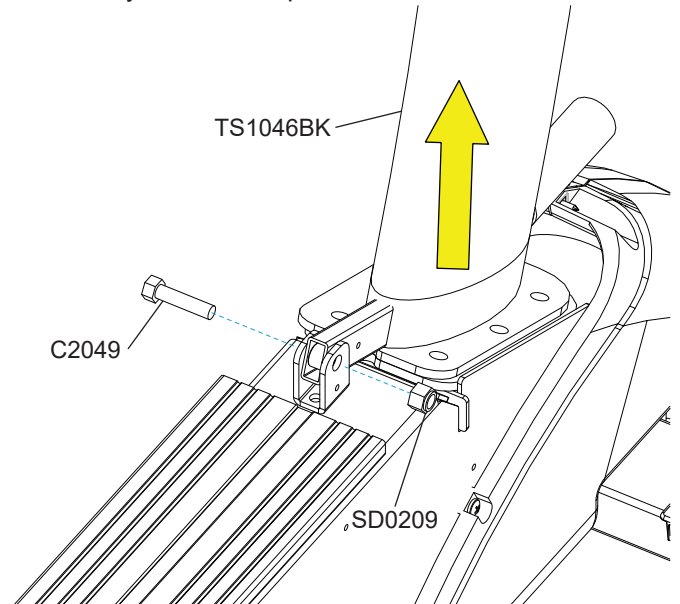
Parts Used in this Step		
PART	DESCRIPTION	QTY
TS1046BK	PEDESTAL ASSEMBLY	1
C2049	HHS, M10-1.6 X 40MM, ZP	2
SD0209	LOCK NUT, M10-1.5MM, ZP	2

NOTE: Follow these instructions if the unit needs to be moved.

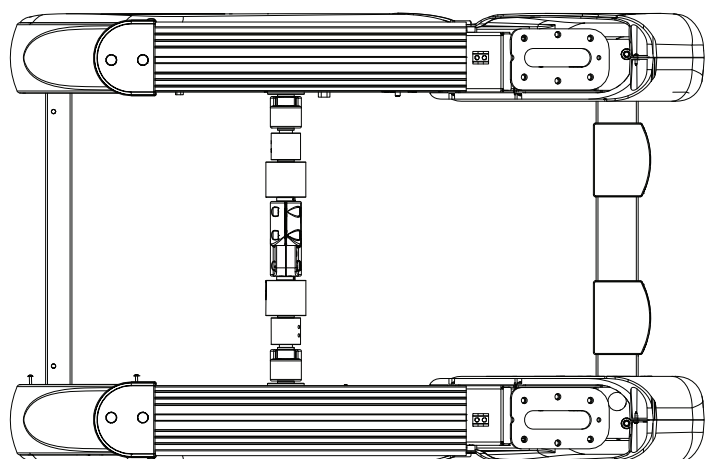
1. Using a tape measure, measure all doorways, hallways, and stairwells to make sure that the 34.5" frame can fit through them. If it will not fit, move all parts to the final location and assemble machine in that location. If the machine needs to be placed on its side, separate the pedestal from the base and keep the left side foam packaging attached to the base to help avoid damaging the plastic covers.
2. Disconnect the cables from the lower board.
3. Separate the Network cable and Coaxial cable at the base of the right pedestal.
4. Disconnect the Ground cable on the right pedestal hinge.




5. Using a 17 mm socket and wrench, remove the 2 shoulder bolts and 2 nuts from the pedestal hinges and carefully remove the pedestal from the base.



NOTE: The base can be set on its left side, but only with the attached foam packaging underneath it.

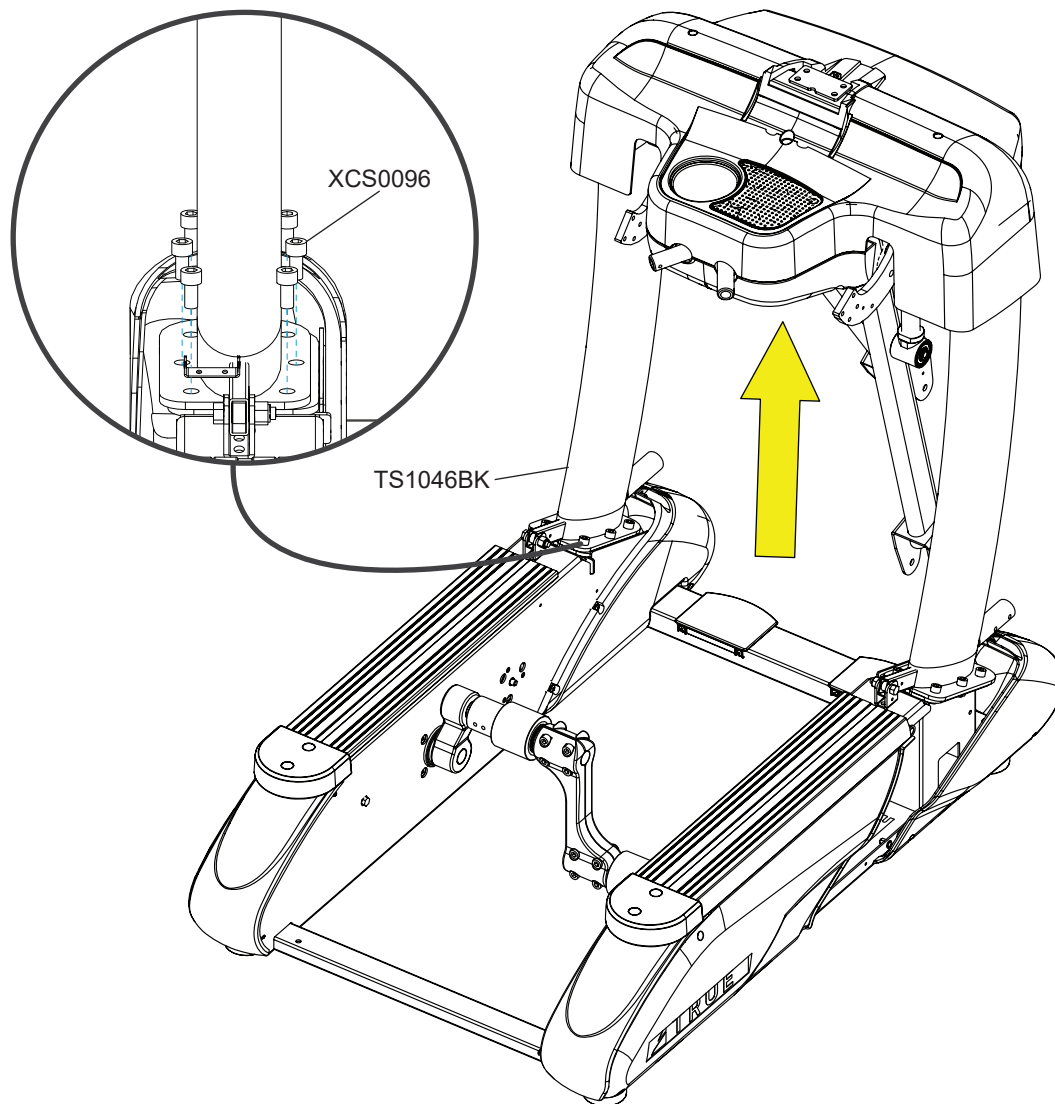


STEP 1—LIFT UP AND ATTACH PEDESTAL



Tools Used in this Step	
8mm Allen Wrench	

Parts Used in this Step		
PART	DESCRIPTION	QTY
TS1046BK	PEDESTAL ASSEMBLY	1
XCS0096	SHCS, M10-1.5 X 20MM, LP, BLK	12

1. Remove the container lid and top layer of parts and packaging.
2. Remove all loose parts and packaging materials.
3. Leave the machine base on the shipping container until Step 3.
4. Lift the pedestal into an upright position.
IMPORTANT! DO NOT pinch the cables.
5. Attach the pedestal to the base using 12 hex screws, but do not tighten.
6. Using an 8mm allen wrench, fully tighten the 12 hex screws.

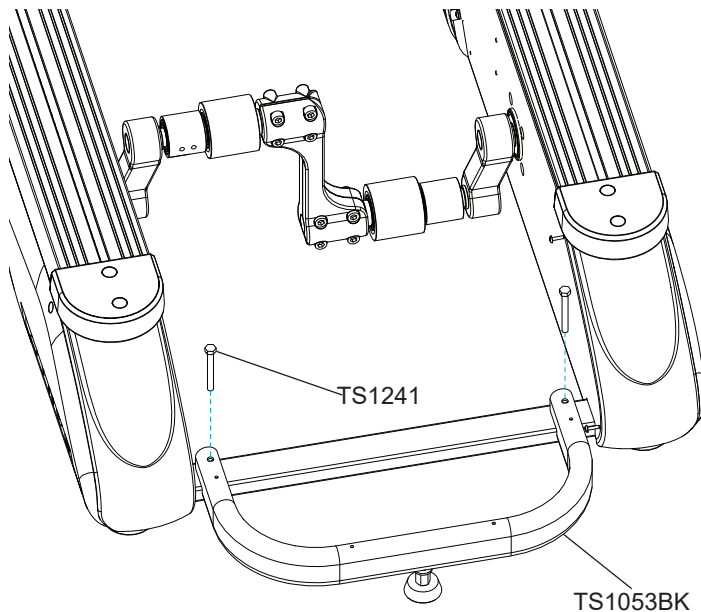


STEP 2—ATTACH REAR STEP FRAME AND COVER

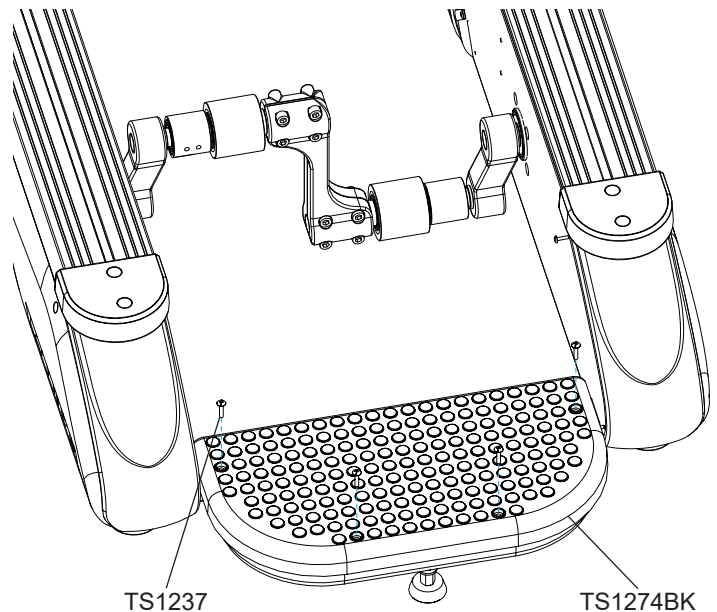
Tools Used in this Step	
13mm Socket	
#2 Phillips Screwdriver	

Parts Used in this Step		
PART	DESCRIPTION	QTY
TS1053BK	REAR STEP FRAME ASSEMBLY	1
TS1274BK	REAR STEP COVER ASSEMBLY	1
TS1241	HH, M8-1.25 X 70MM, LP, BLK	2
TS1237	PHMS, M5-0.8 X 25MM, LP, ZP	4

1. Attach the rear step frame to the base using 2 bolts, but do not tighten.
2. Using a 13 mm socket, fully tighten the 2 bolts.



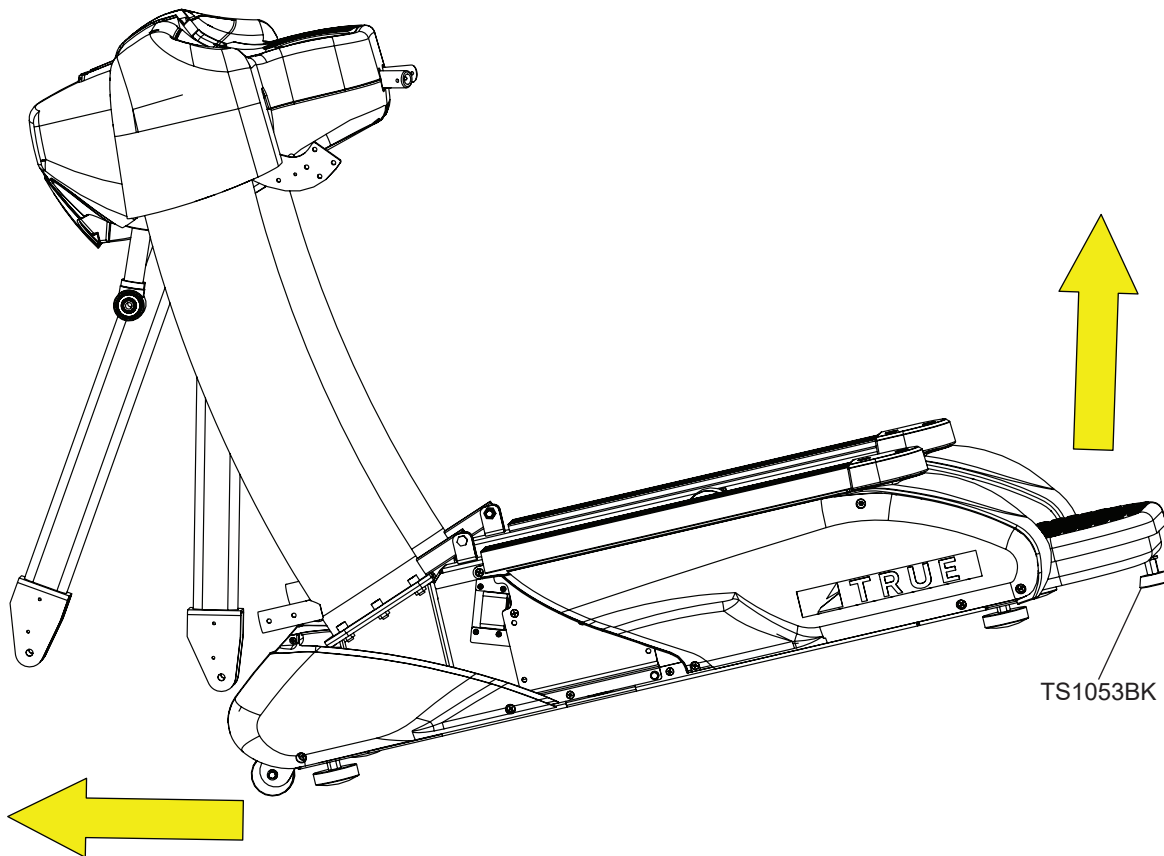
3. Attach the rear step frame cover to the rear step frame using 4 screws, but do not tighten.
4. Using a #2 Phillips screwdriver, fully tighten the 4 screws.



STEP 3—REMOVE MACHINE FROM PALLET

Parts Used in this Step		
PART	DESCRIPTION	QTY
TS1053BK	REAR STEP FRAME ASSEMBLY	1

1. Using the rear step frame, lift the unit from the rear.
NOTE: One person should hold the rear step frame while the other holds the front of the unit.
2. Carefully walk the unit forward to remove it from the pallet.



STEP 4—ROUTE CABLE AND ATTACH CONSOLE MAST

Tools Used in this Step

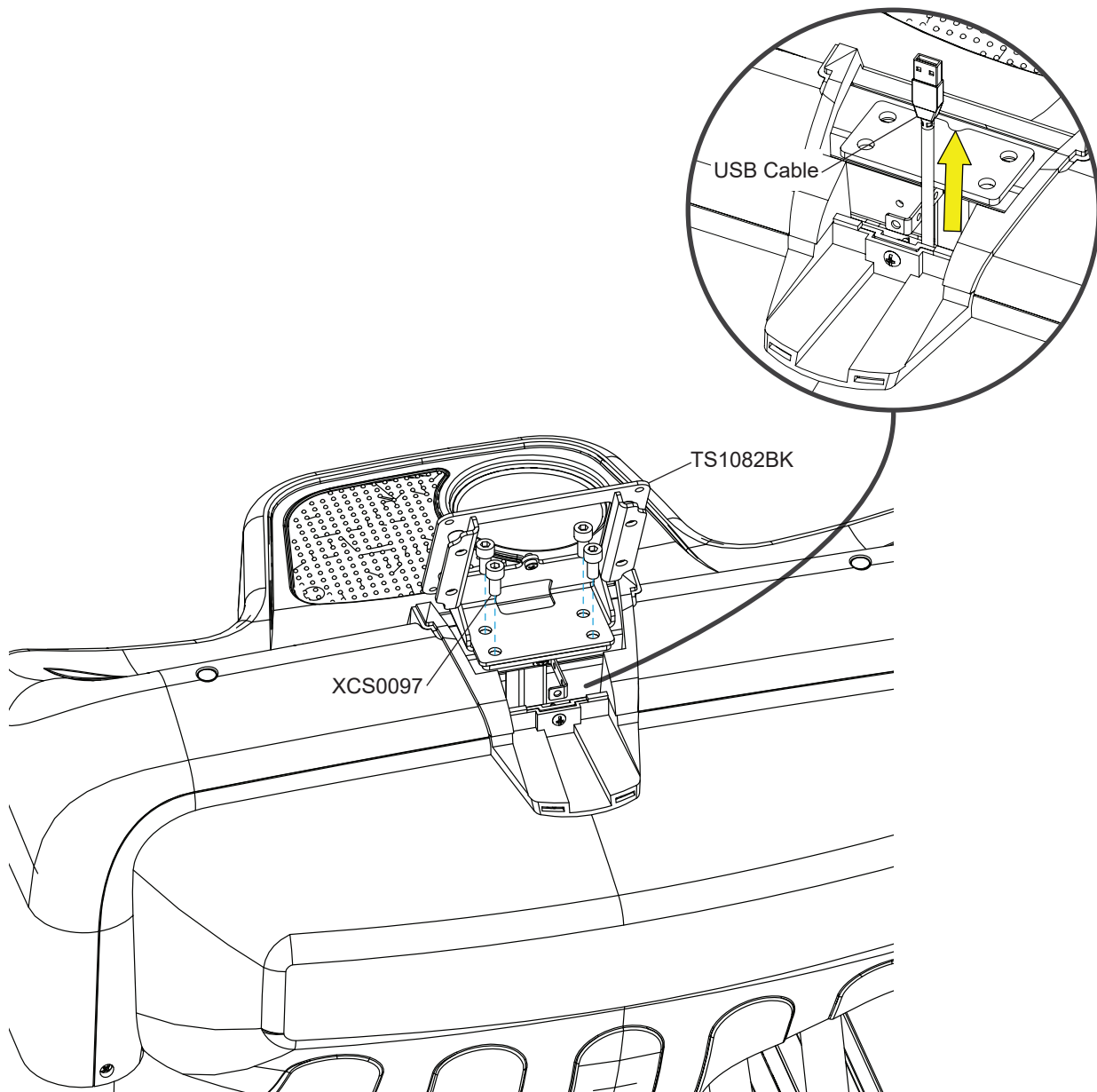
6mm Allen Wrench



Parts Used in this Step

PART	DESCRIPTION	QTY
TS1082BK	CONSOLE MAST ASSEMBLY	1
XCS0097	SHCS, M8-1.25 X 16MM, LP, BLK	4

1. Route the USB cable through the opening in the console mast towards the front of the machine.
2. Attach the console mast to the base using 4 hex screws, but do not tighten.
3. Using a 6mm allen wrench, fully tighten the 4 hex screws.



STEP 5—ATTACH HEART RATE HANDLEBARS

Tools Used in this Step

5mm Allen Wrench

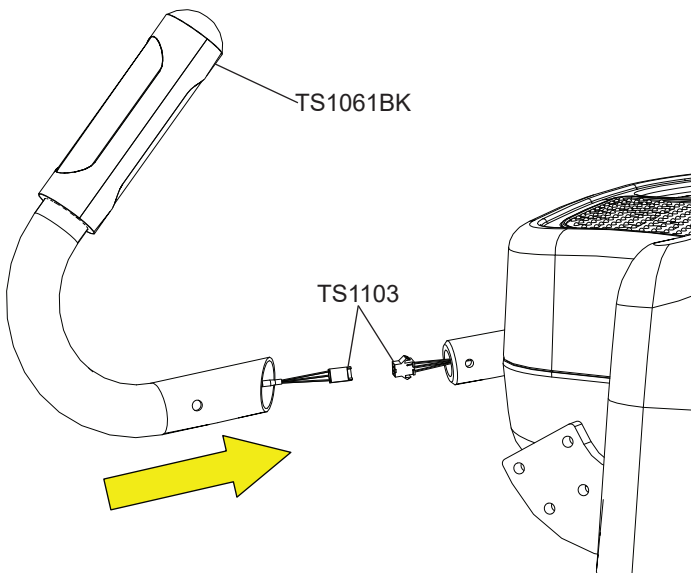


Parts Used in this Step

PART	DESCRIPTION	QTY
TS1061BK	RIGHT HANDLEBAR GRIP ASSEMBLY	1
TS1028BK	LEFT HANDLEBAR GRIP ASSEMBLY	1
TS1103	LEFT/RIGHT HR CABLE	2
TS1202	SHCS, M6-1.0 X 12MM, LP	6
TS1201	WASHER, FLAT, 6.5MM ID X 12MM OD X 1.5MM	6
TS1200	SPACER, PLASTIC	6

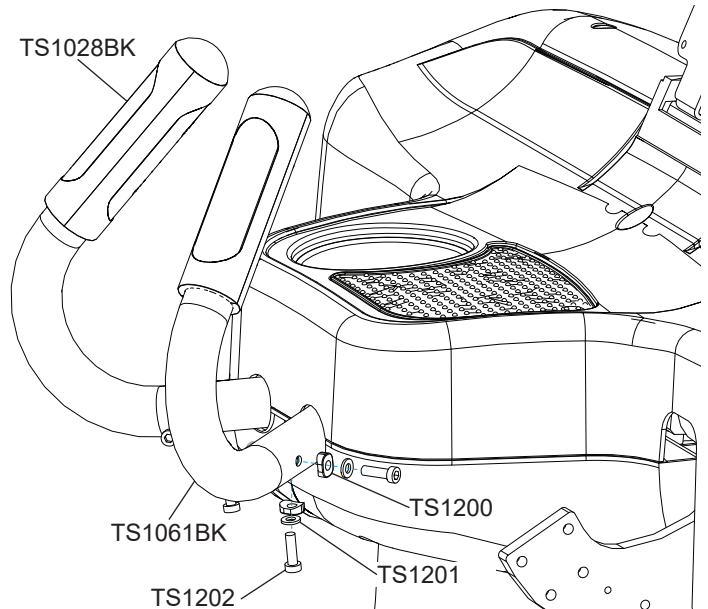
1. Connect the heart rate cables.
2. Slide the handlebars onto the pedestal and tuck the heart rate cable into the metal tube.

IMPORTANT! DO NOT pinch the cables.




3. Attach the handlebars to the pedestal using 6 hex screws, 6 flat washers, and 6 spacers, but do not tighten.
4. Using a 5mm allen wrench, fully tighten the 6 hex screws, 6 flat washers, and 6 spacers.

IMPORTANT! DO NOT overtighten the hardware.

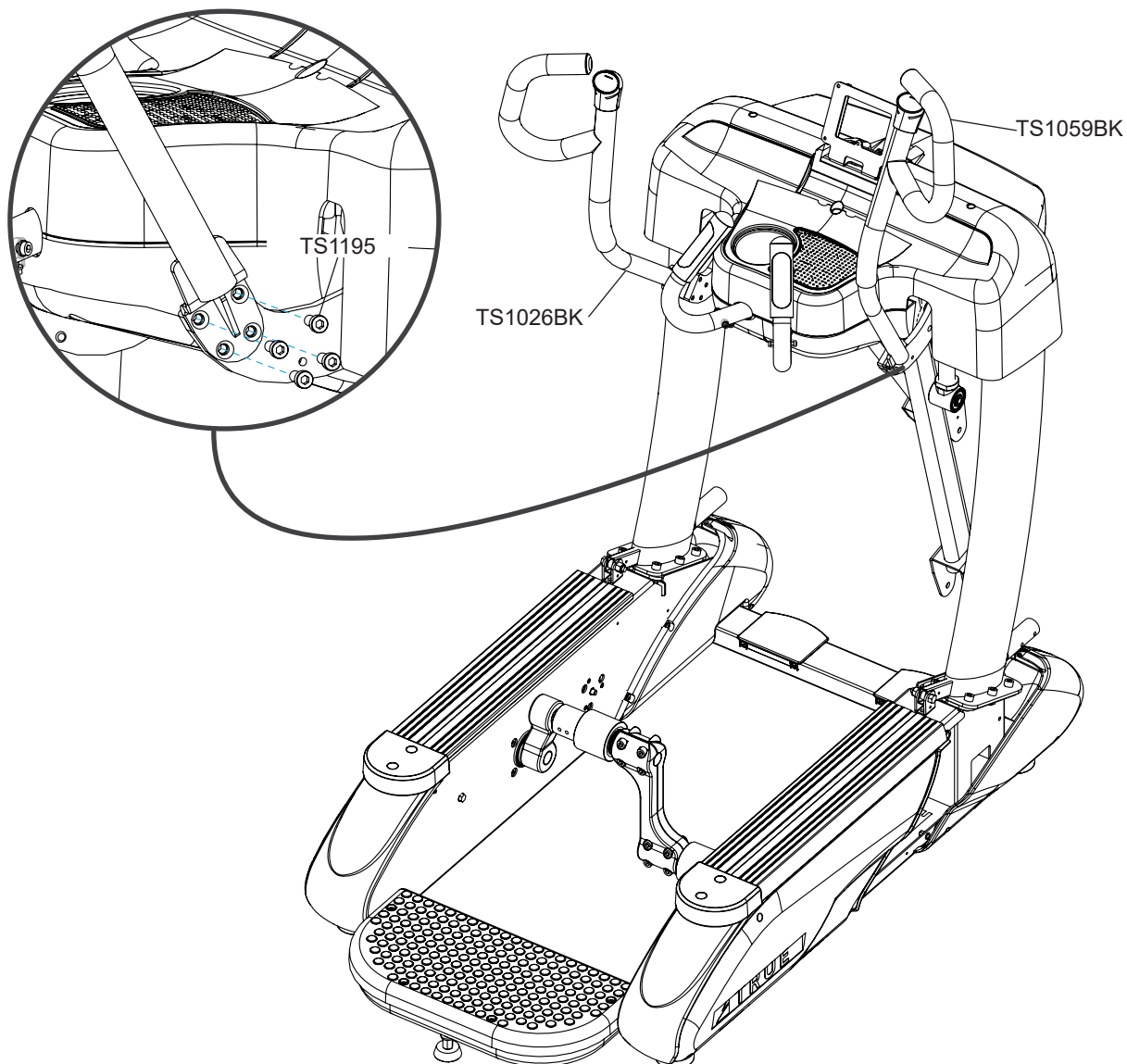


STEP 6—ATTACH UPPER EXERCISE ARMS

Tools Used in this Step	
6mm Allen Wrench	

Parts Used in this Step		
PART	DESCRIPTION	QTY
TS1059BK	RIGHT HANDLEBAR ASSEMBLY	1
TS1026BK	LEFT HANDLEBAR ASSEMBLY	1
TS1195	SHCS, M8-1.25 X 18MM, CNTRSK,LP, BLK	8

1. Attach the upper exercise arms to the base using 8 hex screws, but do not tighten.
2. Using a 6mm allen wrench, fully tighten the 8 hex screws.



STEP 7—CONNECT CABLES AND ATTACH EXERCISE ARM COVERS

Tools Used in this Step

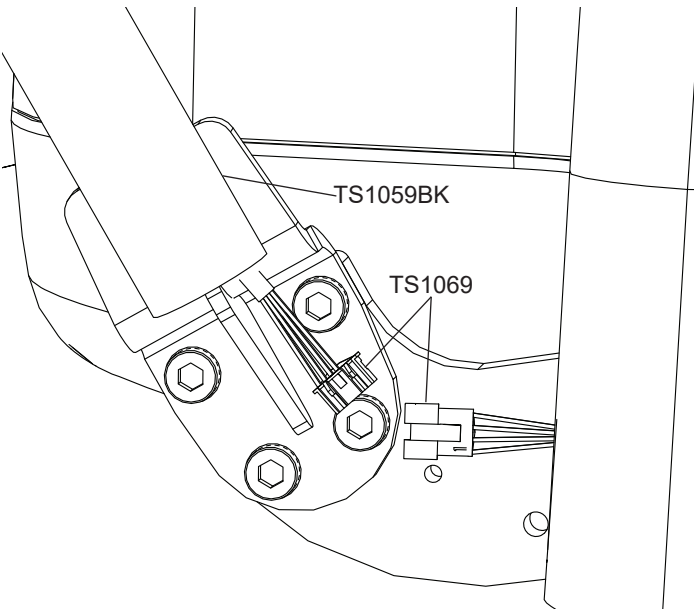
Stubby #2 Phillips
Screwdriver



Parts Used in this Step

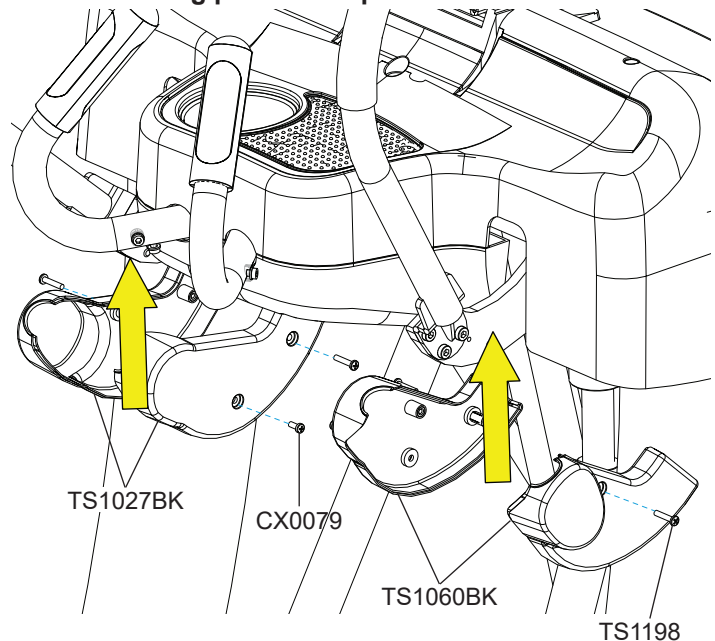
PART	DESCRIPTION	QTY
TS1059BK	RIGHT HANDLEBAR ASSEMBLY	1
TS1026BK	LEFT HANDLEBAR ASSEMBLY	1
TS1036	LEFT THUMBSWITCH/HR CABLE	1
TS1069	RIGHT THUMBSWITCH/HR WIRE	1
TS1060BK	RIGHT HANDLEBAR COVER ASSEMBLY (SET)	1
TS1027BK	LEFT HANDLEBAR COVER ASSEMBLY (SET)	1
TS1198	PHMS, M5-0.8 X 25MM, BLK	4
CX0079	PHMS, M5-0.8 X 12MM, BLK	2

1. Connect the remote access key cables at the base of the upper exercise arms.






2. Using a stubby #2 Phillips screwdriver, attach the exercise arm covers using 4 screws and 2 shorter screws.

IMPORTANT! DO NOT use an impact drill when assembling plastic components.

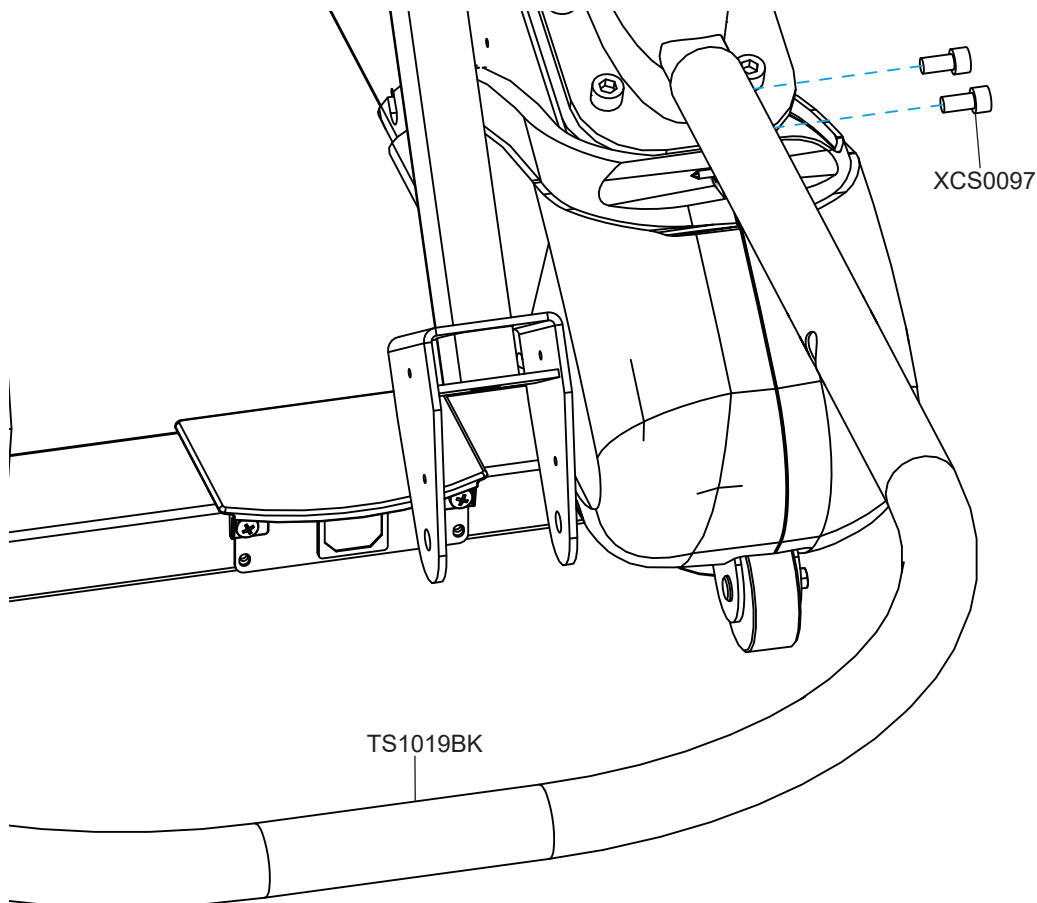


STEP 8—ATTACH FRONT GUARD TUBE

Tools Used in this Step	
6mm Allen Wrench	
#2 Phillips Screwdriver	
Wire Cutters	

Parts Used in this Step		
PART	DESCRIPTION	QTY
TS1019BK	FRONT GUARD TUBE ASSEMBLY	1
XCS0097	SHCS, M8-1.25 X 16MM, LP, BLK	4
TS1065BK	RIGHT OUTER REAR SHROUD ASSEMBLY	1
TF1000A	KIT, TRANSFORMER 220V/110V INTERNATIONAL	1
CX0501	PHMS, M5-0.8 X 12MM	4
C1413	SCREW, COARSE PLASTIC M4-0.7 X 16MM, BLK	1
C1585	PHMS, M5-0.8 X 6MM, LP, ZP	2

1. Slide the front guard tube over the posts on the front of the unit.
2. Attach the front guard tube using 4 hex screws, but do not tighten.
3. Using a 6mm allen wrench, fully tighten the 4 hex screws.



STEP 8—ATTACH FRONT GUARD TUBE CONTINUED

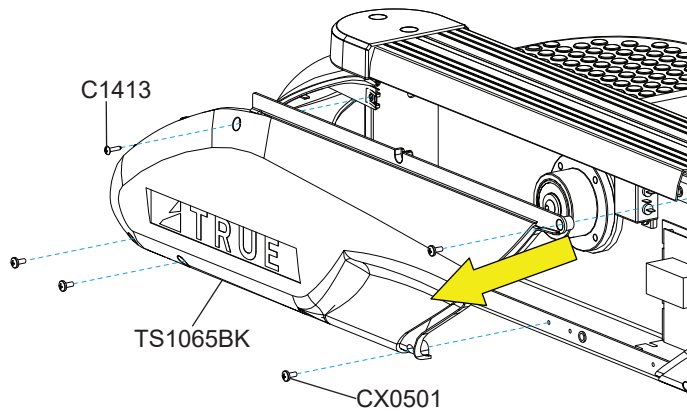


NOTE: Supplemental video available on vimeo.com: <https://vimeo.com/880289934?share=copy>.

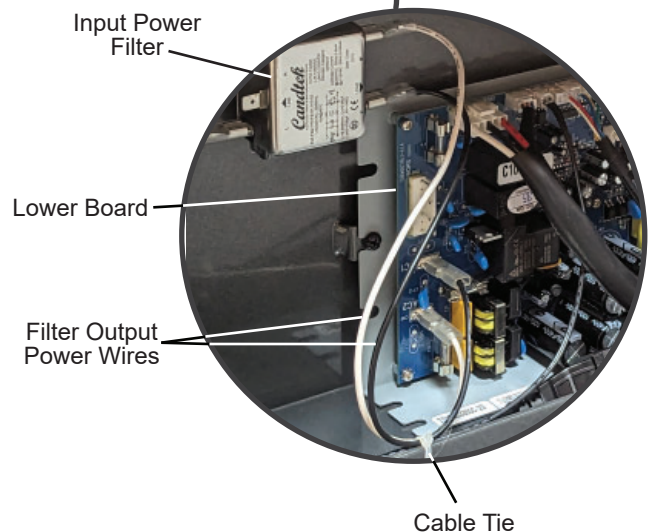
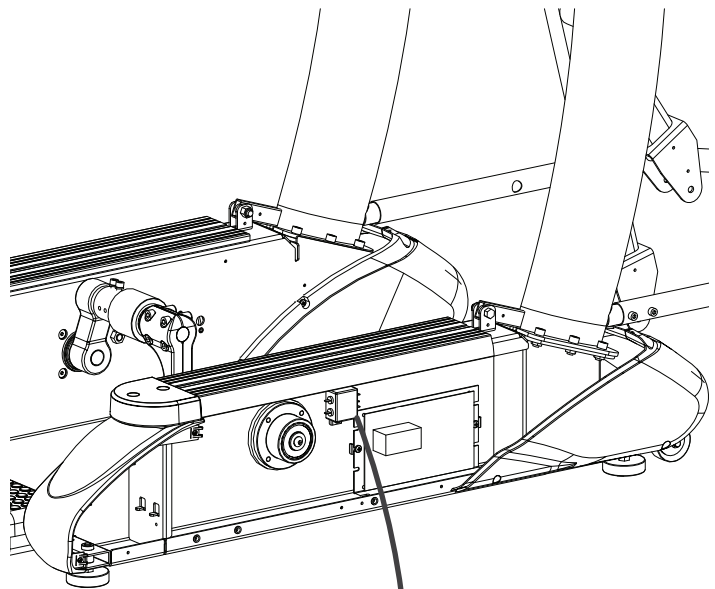
NOTE: If this unit is being connected to a power source other than 110V, install the required step-down power transformer now. The transformer instructions are included in the transformer packaging.

NOTE: Follow these instructions if your unit requires the step-down power transformer.

1. Using a #2 Philips screwdriver, remove the plastic shroud on the right side of the unit using 5 screws.

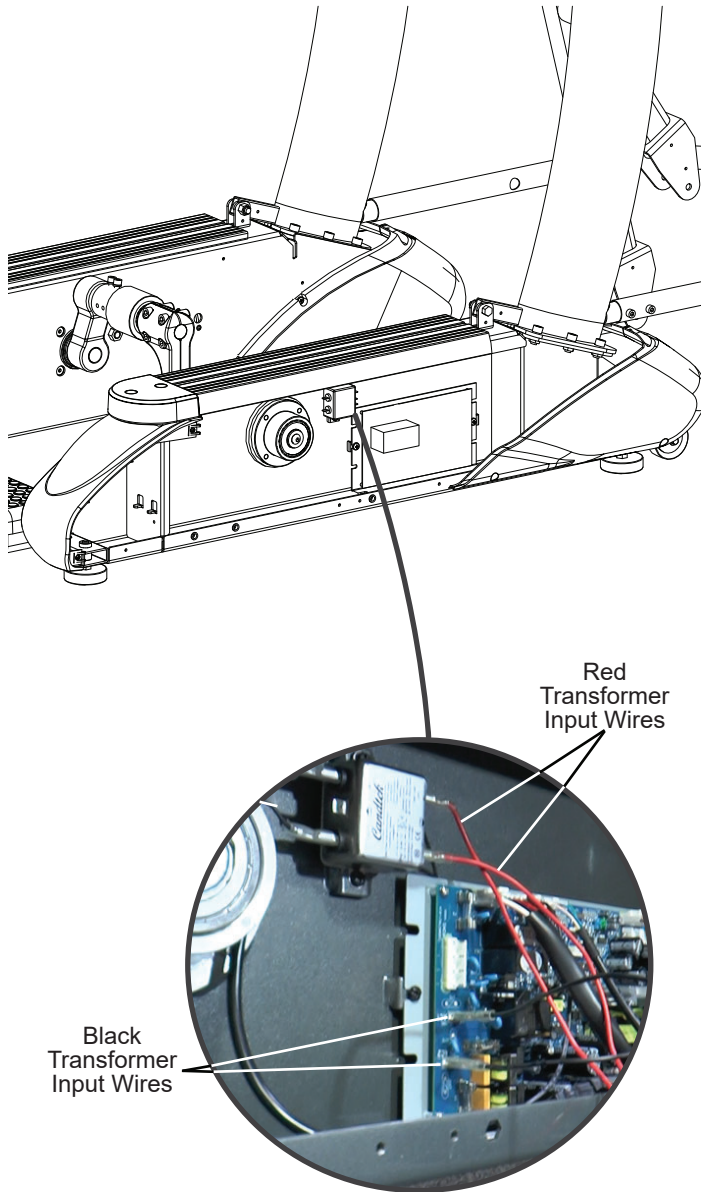


2. Using wire cutters, remove the cable tie. Disconnect and set aside the black and white filter output power wires from the input power filter and lower board.



STEP 8—ATTACH FRONT GUARD TUBE CONTINUED

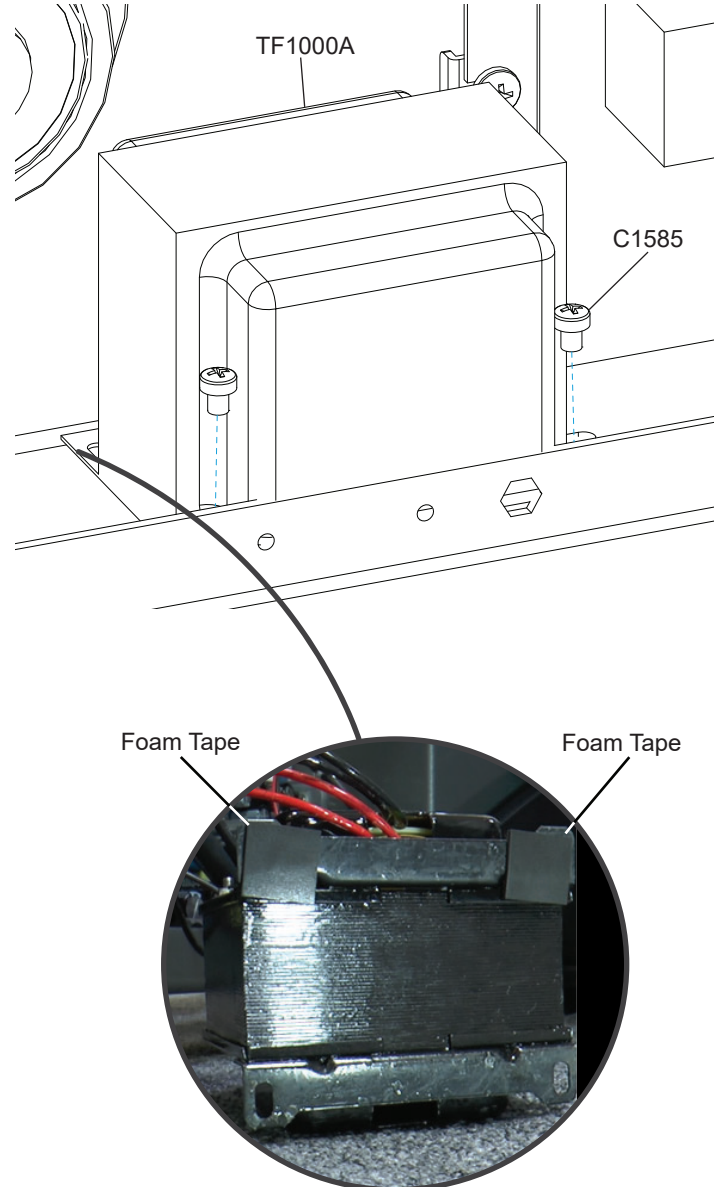
3. Connect the red transformer input wires to the load side of the input power filter. Connect the black output transformer wires to AC1 (CN5) and AC2 (CN6) on the lower board.



4. Place 2 pieces of foam tape on the bottom of the transformer covering the 2 back screw holes. Using a #2 Phillips screwdriver, attach the transformer to the base frame using 2 screws.

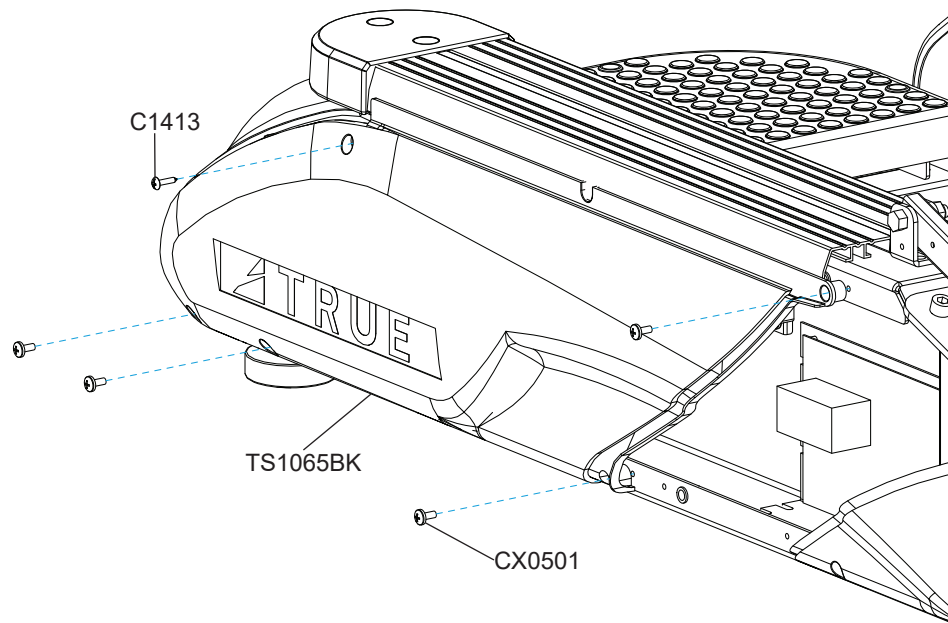
NOTE: Be sure to route the speed sensor wire underneath the front of the transformer without pinching the wire.

NOTE: Carefully secure any excess wire.



STEP 8—ATTACH FRONT GUARD TUBE CONTINUED

5. Using a #2 Phillips screwdriver, reattach the plastic shroud on the right side of the unit using the 5 screws you removed previously.



STEP 9—ATTACH INNER/OUTER MIDDLE SHROUDS ASSEMBLIES AND GASKETS

Tools Used in this Step

#2 Phillips Screwdriver

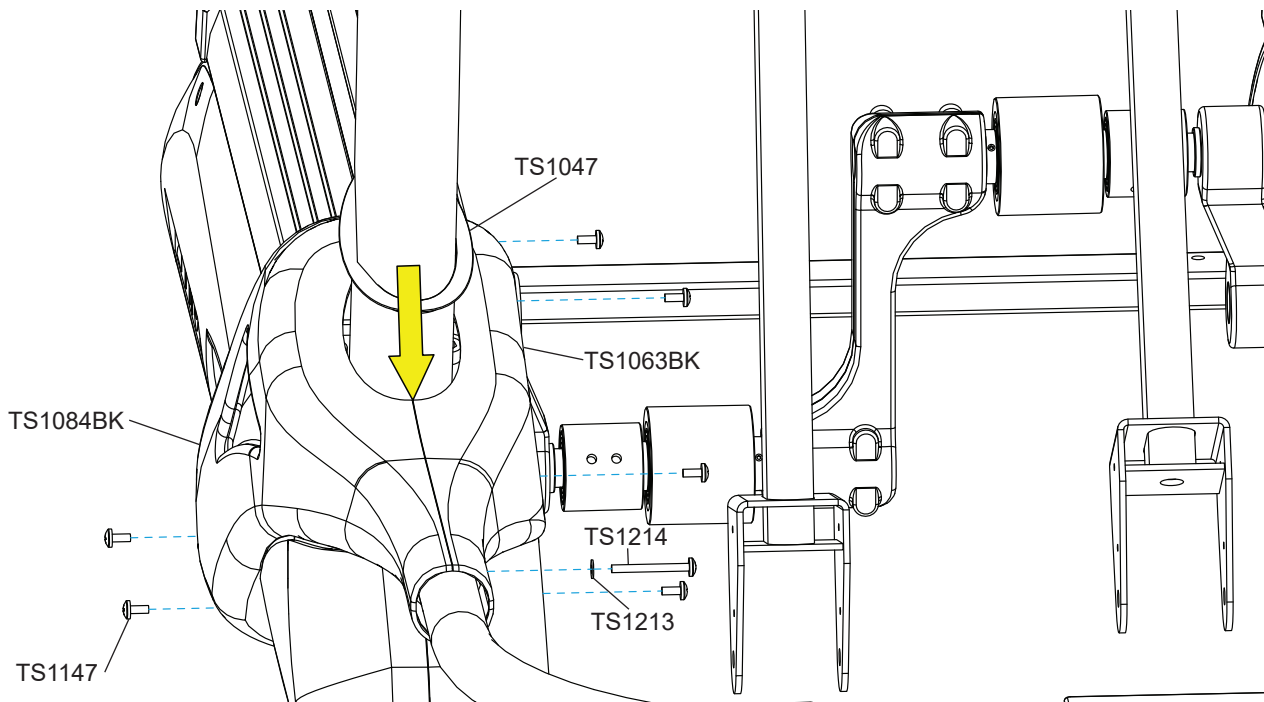


Parts Used in this Step




PART	DESCRIPTION	QTY
TS1084BK	RIGHT OUTER MIDDLE SHROUD ASSEMBLY	4
TS1063BK	RIGHT INNER MIDDLE SHROUD ASSEMBLY	1
TS1083BK	LEFT OUTER MIDDLE SHROUD ASSEMBLY	1
TS1030BK	LEFT INNER MIDDLE SHROUD ASSEMBLY	1
TS1047	PEDESTAL GASKET	2
TS1147	PHMS, M5-0.8 X 12MM, ZP	12
TS1214	PHMS, M5-0.8 X 50MM, BLK	2
TS1213	WASHER, FLAT, 5MM ID X 12MM OD X 1MM W	2

1. Using a #2 Phillips screwdriver, attach the inner and outer middle shrouds using 12 screws, 2 longer screws, and 2 flat washers.
2. Slide the black rubber gaskets down the pedestal uprights until they are flush against the chin bar covers.

IMPORTANT! DO NOT use an impact drill when assembling plastic components.

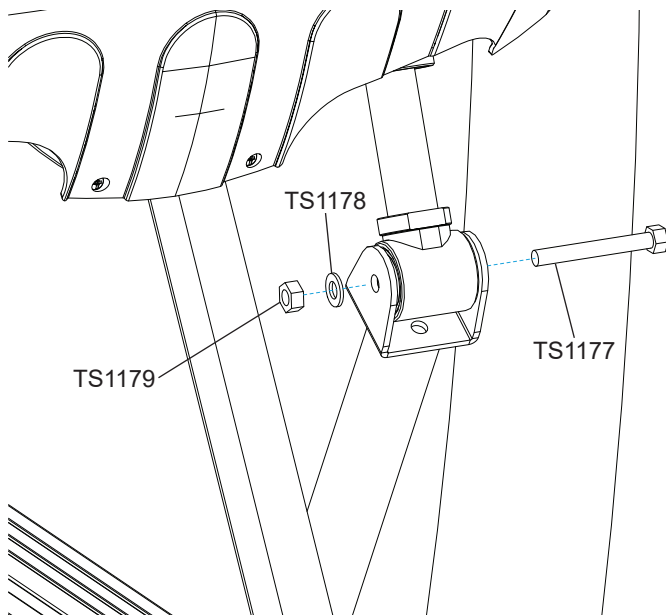


STEP 10—ATTACH DRAWBARS

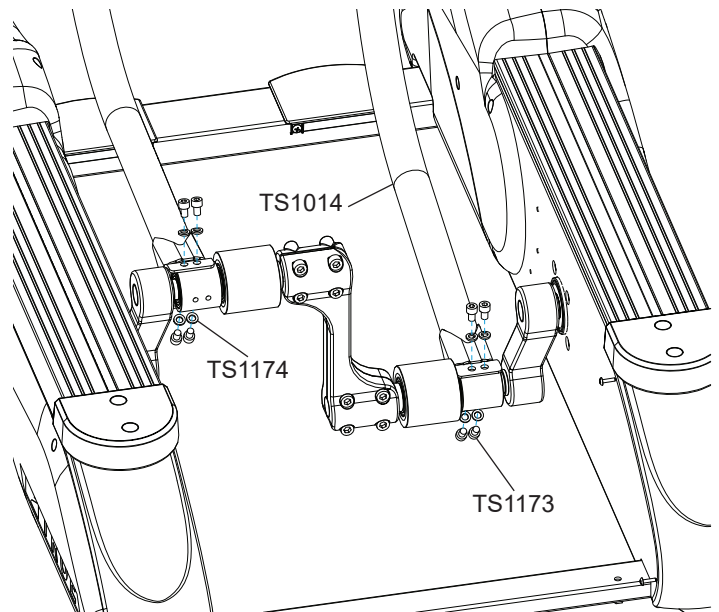
Tools Used in this Step	
6mm Allen Wrench	
17mm Socket	
17mm Wrench	

Parts Used in this Step		
PART	DESCRIPTION	QTY
TS1014	DRAWBAR ASSEMBLY	2
TS1173	SHCS, M8-1.25 X 12MM, LP	8
TS1174	WASHER, FLAT, 8MM ID X 14MM OD X 2.25MM W	8
TS1177	HH, M10 X 75MM, LP	2
TS1178	WASHER, FLAT, 10MM ID X 22MM OD X 2MM	2
TS1179	HEX NUT, M10	2



1. Attach each drawbar to its corresponding shaft using 2 bolts, 2 lock washers, and 2 hex nuts.



2. Attach the bottoms of the drawbars to the base using 8 hex screws and 8 curved washers, but do not tighten.
3. Using a 6mm allen wrench, fully tighten the 8 hex screws and 8 curved washers.
4. Using a 17mm socket and wrench, fully tighten the 2 bolts, 2 lock washers, and 2 hex nuts.

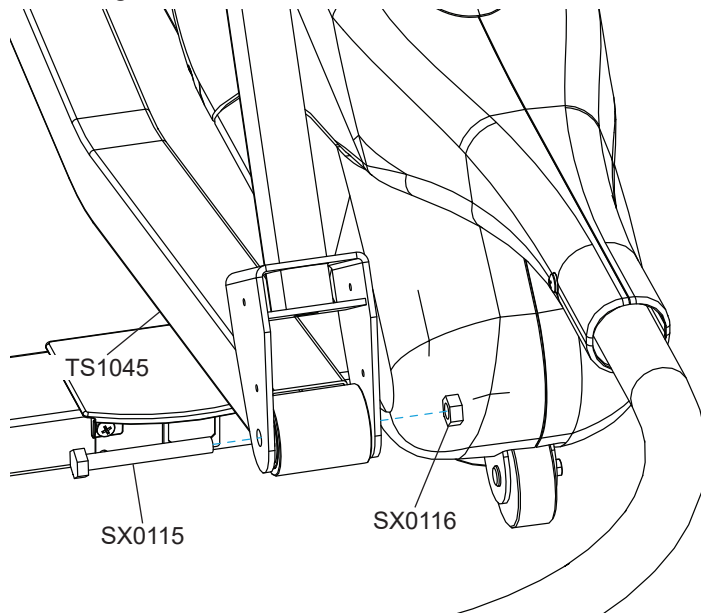


STEP 11—ATTACH PEDAL TUBES

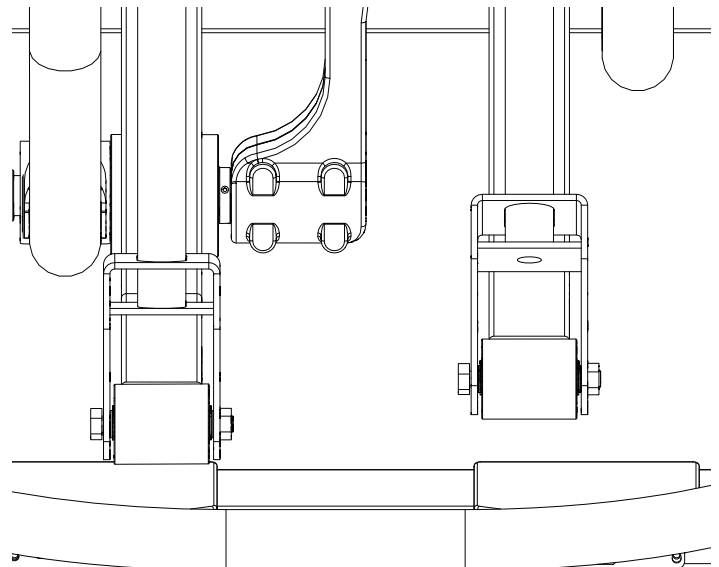
Tools Used in this Step	
17mm Socket	
17mm Wrench	

Parts Used in this Step		
PART	DESCRIPTION	QTY
TS1045	PEDAL TUBE ASSEMBLY	2
SX0115	HH, M10 X 81.5MM, LP	2
SX0116	HEX NUT, M10	2

1. Attach the pedal tubes using 2 bolts and 2 nuts, but do not tighten.



2. Ensure that the pedal tubes are centered on the crankshaft rollers.
3. Using a 17mm socket and wrench, fully tighten the 2 bolts and 2 nuts.



STEP 12—ATTACH ROCKER TUBE COVERS

Tools Used in this Step

#2 Phillips Screwdriver

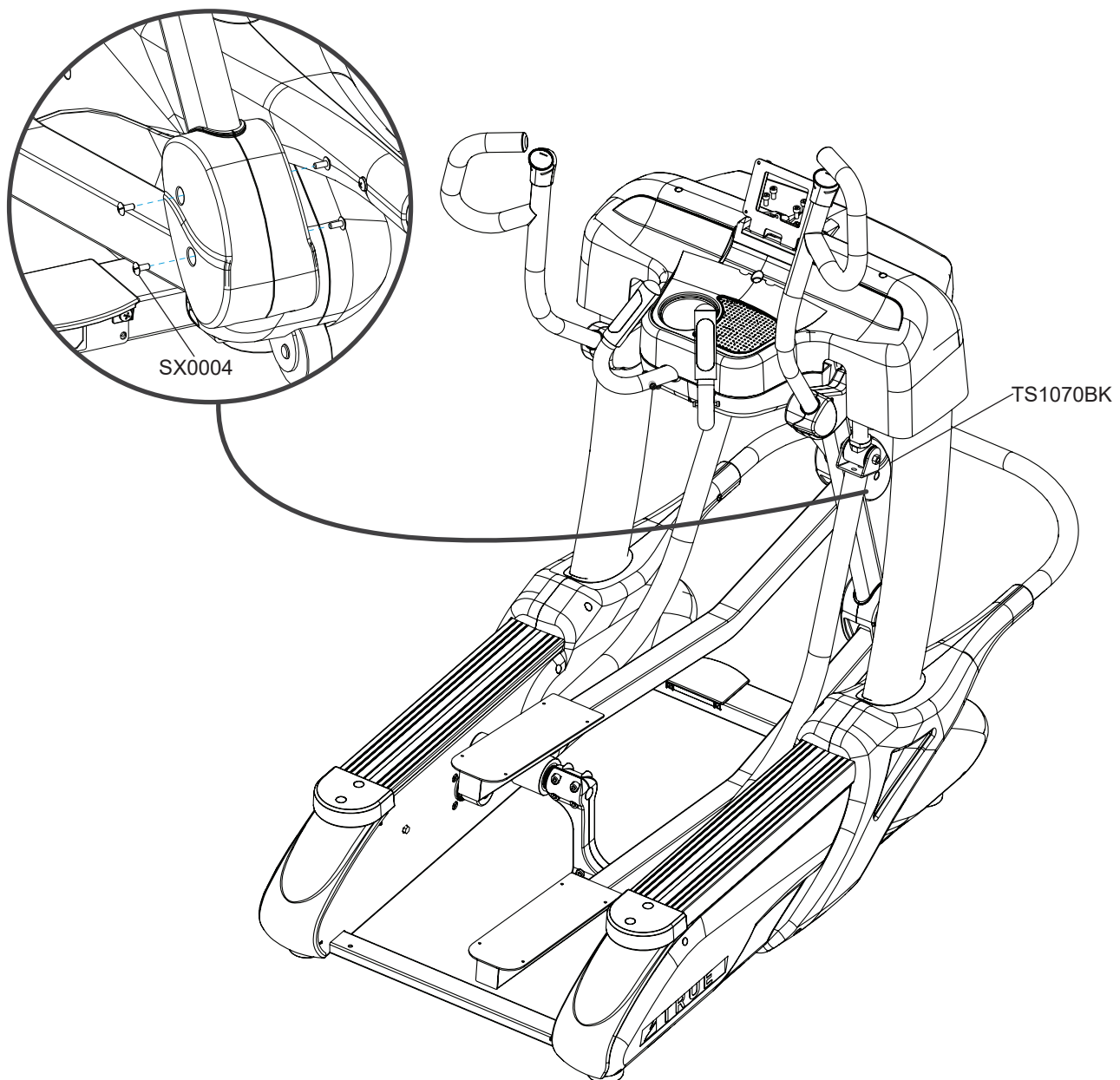


Parts Used in this Step

PART	DESCRIPTION	QTY
TS1070BK	ROCKER TUBE COVER ASSEMBLY	2
SX0004	PHMS, M5-.08 X 12MM, BLK	8

Using a #2 Phillips screwdriver, attach the rocker tube covers using 8 screws.

IMPORTANT! DO NOT use an impact drill when assembling plastic components.



STEP 13—ATTACH FOOT SKATES AND FOOT PADS

Tools Used in this Step

#2 Phillips Screwdriver

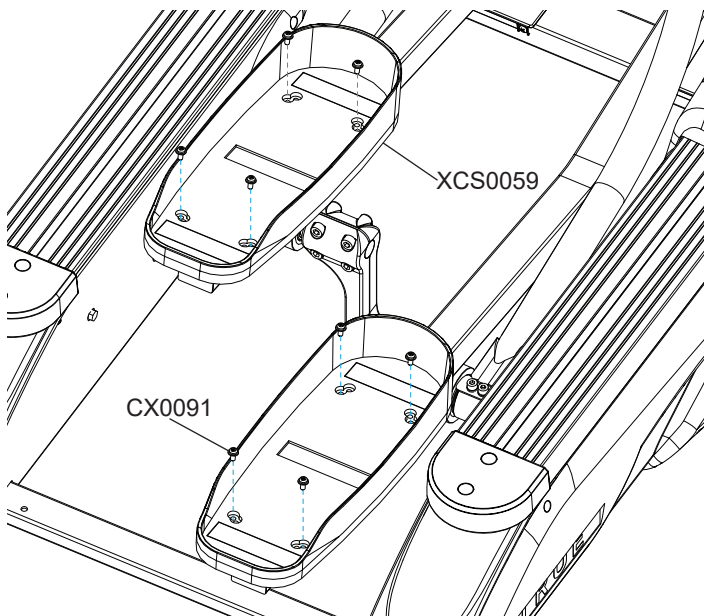


Parts Used in this Step

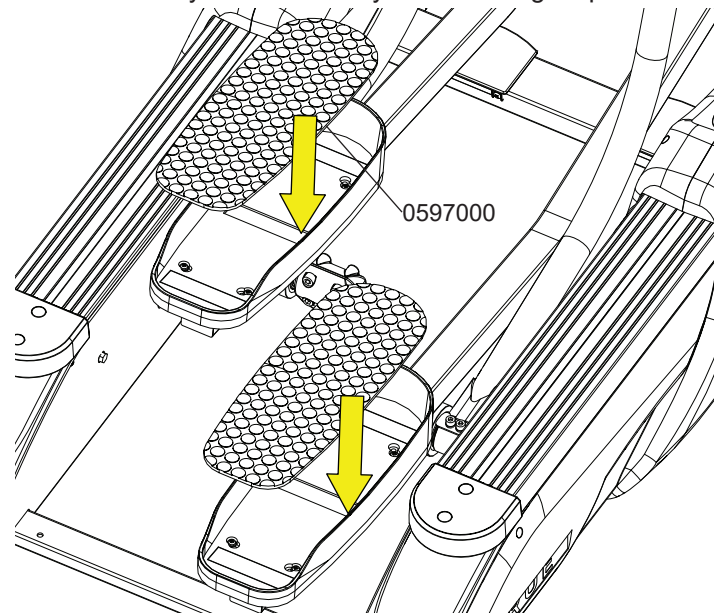
PART	DESCRIPTION	QTY
XCS0059	PLASTIC FOOT SKATE ASSEMBLY	2
0597000	FOOT PAD, MERAMEC - XCS900	2
CX0091	PHMS, M6 X 12MM, BLK	8

1. Using a #2 Phillips screwdriver, attach the foot skates to the pedal tubes using 8 screws.

IMPORTANT! DO NOT use an impact drill when assembling plastic components.



2. Insert the foot pads into the plastic foot skates and ensure they are secured by the fastening strips.



STEP 14—ATTACH CONSOLE

Tools Used in this Step

#2 Phillips Screwdriver

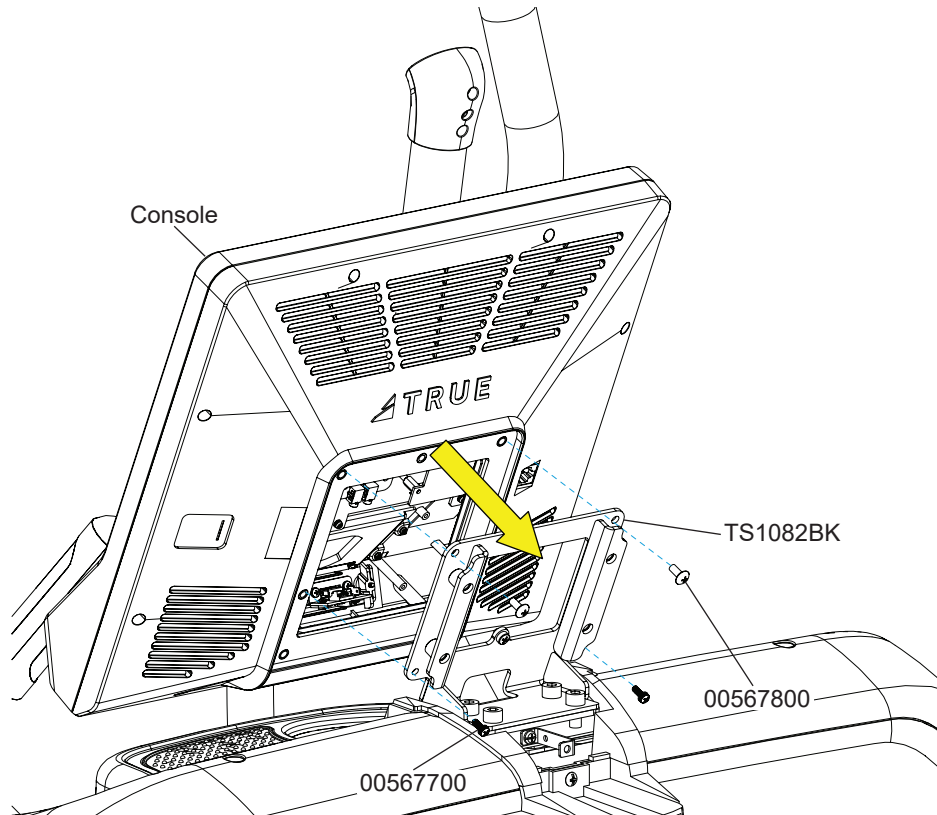


Parts Used in this Step


PART	DESCRIPTION	QTY
TS1082BK	CONSOLE MAST ASSEMBLY	1

1. Using a #2 Phillips screwdriver, remove and set aside the 7 screws preassembled to the console.
2. Using a #2 Phillips screwdriver, secure the console to the console mast using the two upper screws (00567800) and the two middle screws (00567700) preassembled to the console.
3. Connect the console cables and ensure all cables are routed inside the console mast to avoid pinching the cables.

NOTE: Console cable connections are included in the console owner's manual.

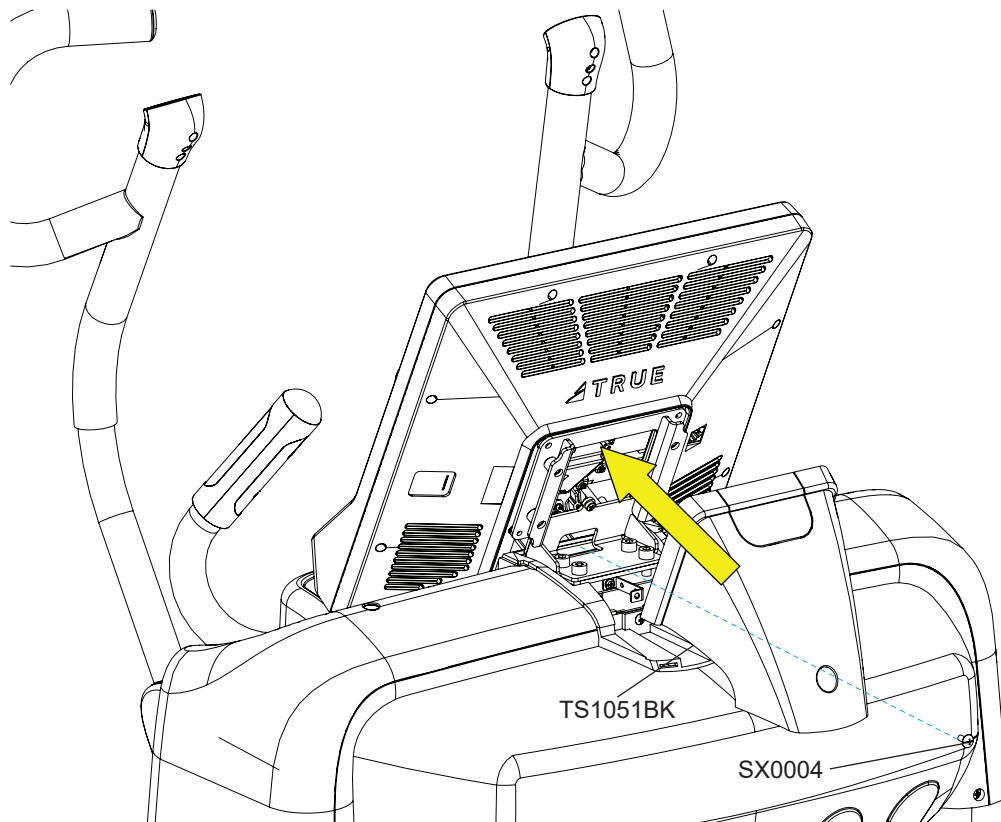


STEP 15—ATTACH REAR CONSOLE COVER

Tools Used in this Step	
#2 Phillips Screwdriver	

Parts Used in this Step		
PART	DESCRIPTION	QTY
TS1051BK	REAR CONSOLE COVER ASSEMBLY	1
SX0004	PHMS, M5-0.8 X 12MM, BLK	1

Using a #2 Phillips screwdriver, attach the rear console cover to the console mast using 1 screw.



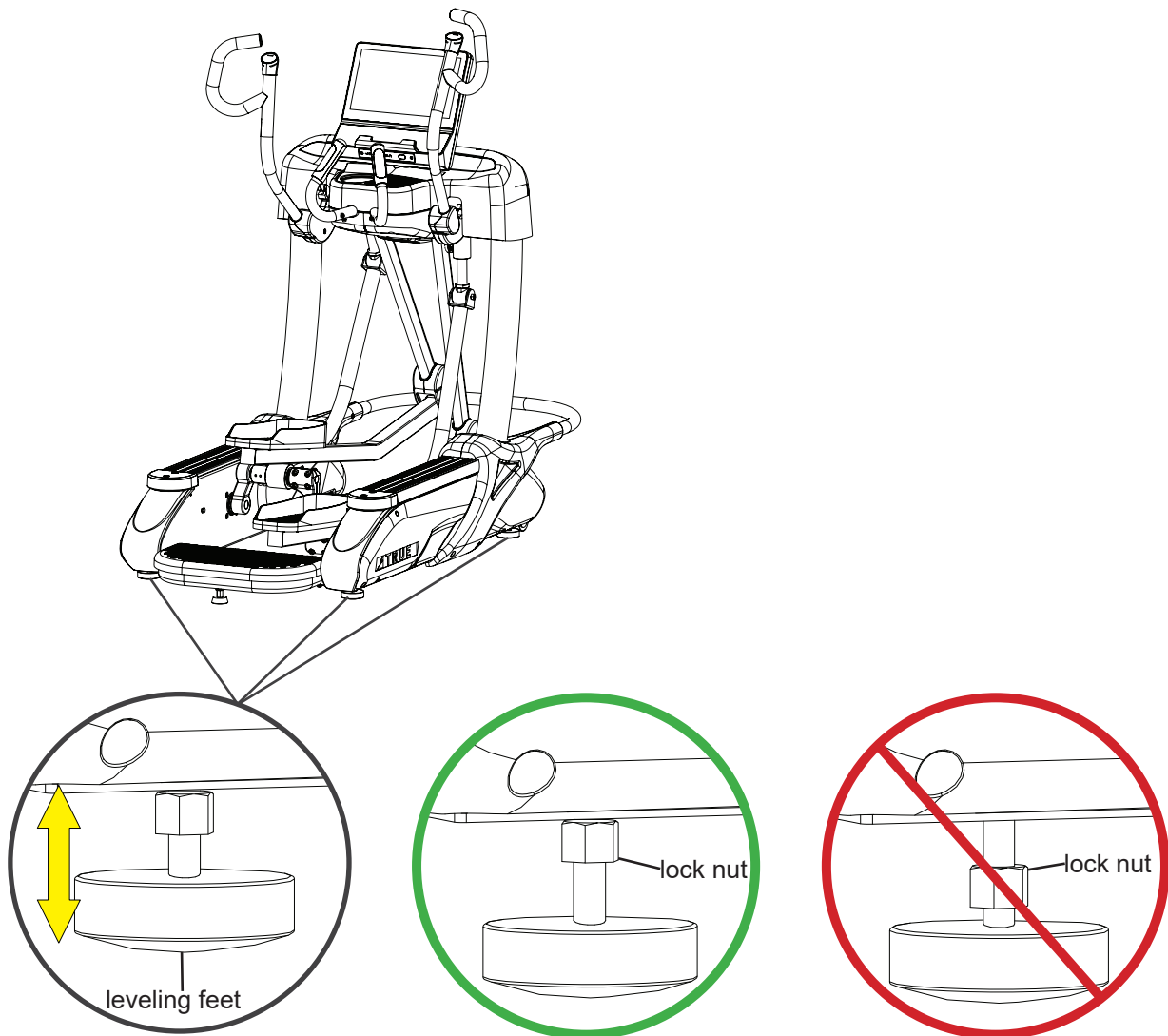
STEP 16—LEVEL THE MACHINE

Tools Used in this Procedure

17mm Wrench



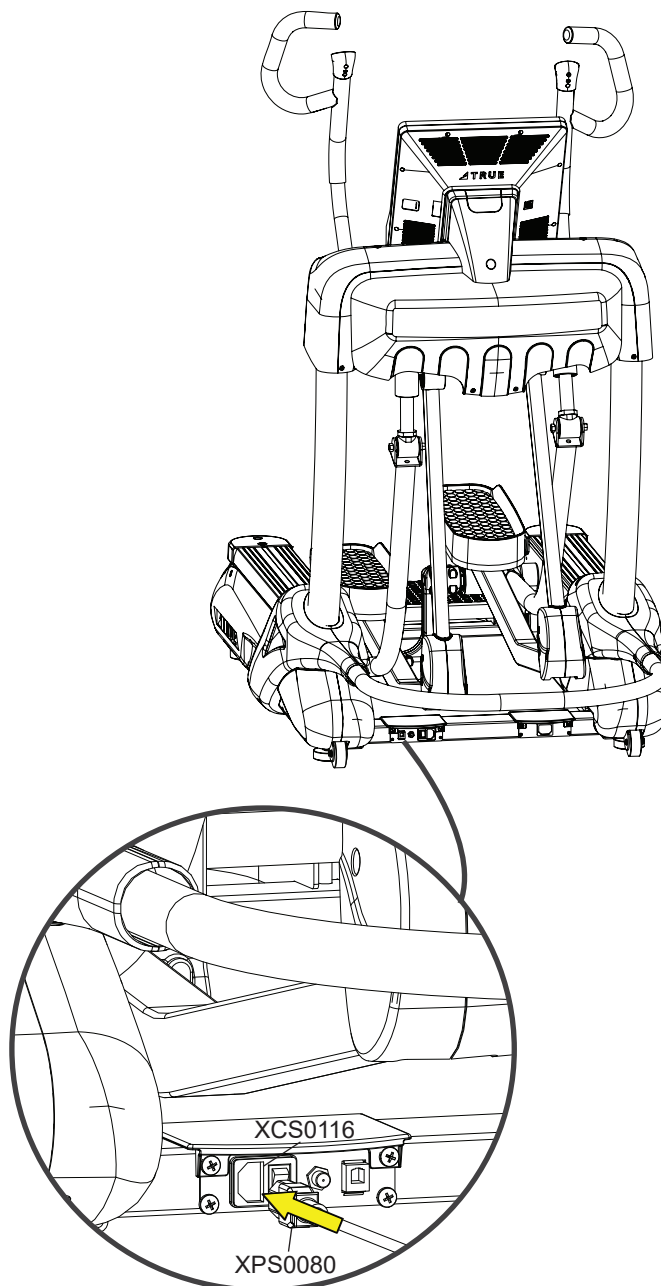
1. Using a 17mm wrench, adjust all four leveling feet until they contact the floor.
IMPORTANT! Do not adjust the leveling feet to such a height that they detach or unscrew from the machine.
2. Verify all four lock nuts are securely tightened and flush against the bottom of the frame.



STEP 17—ATTACH POWER CORD

Parts Used in this Step		
PART	DESCRIPTION	QTY
XCS0116	SUBASSEMBLY, AC SOCKET-SWITCH	1
TS1006	AC INLET	1
XPS0080	12" POWER CORD	1
X419000	CORDSET DAISY CHAIN IEC-320	1

Insert the appropriate power cord into the corresponding power inlet.



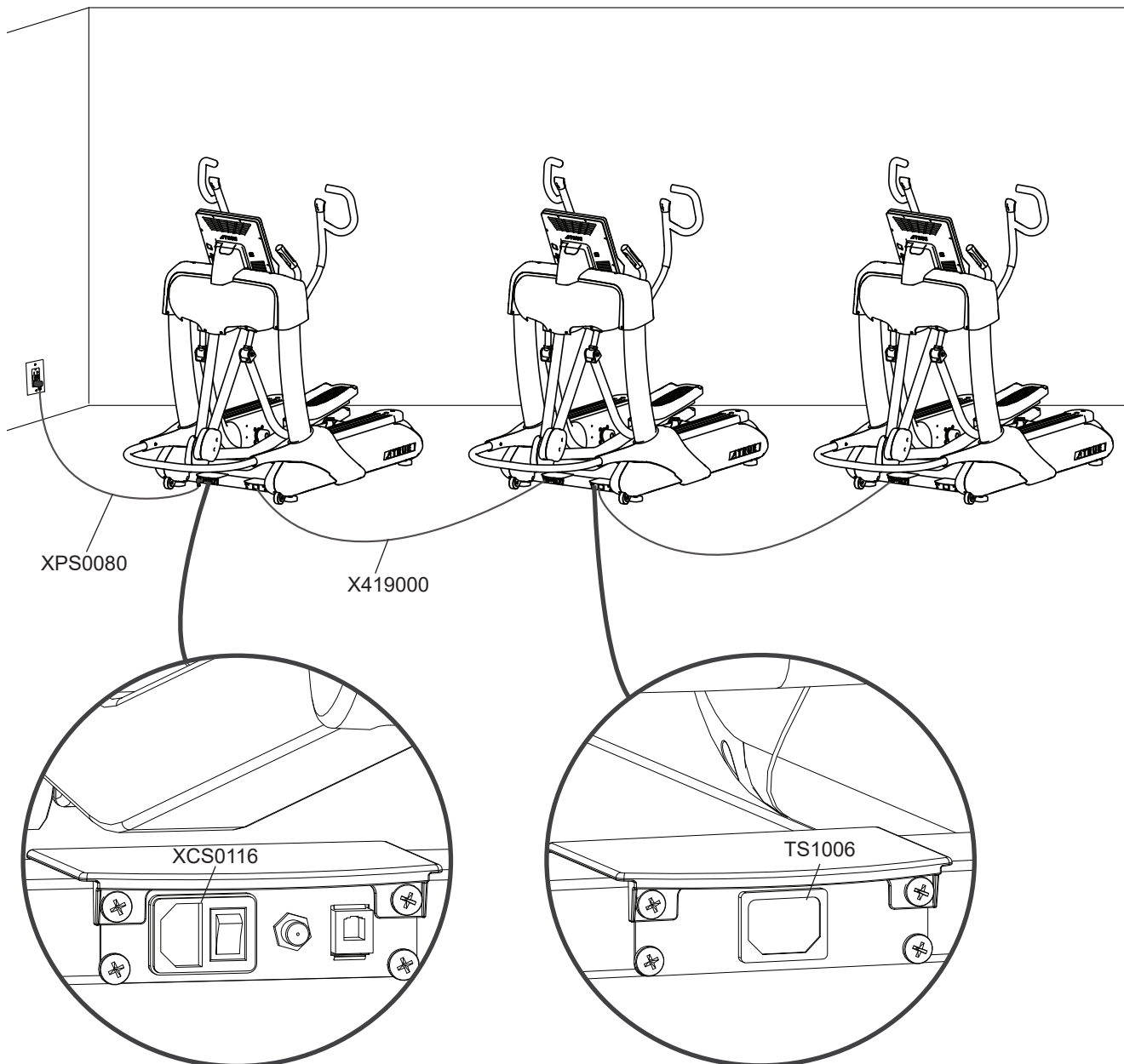
STEP 17—ATTACH POWER CORD CONTINUED



NOTE: Supplemental video available on vimeo.com: <https://vimeo.com/880942790?share=copy>.

NOTE: Follow these instructions if you need to connect up to three machines using the optional daisy chain power cord.

1. Insert the power cord into the corresponding power inlet.
2. Insert the daisy chain power cord into the corresponding daisy chain inlet.
3. Insert the opposite end of the daisy chain power cord into the corresponding power inlet on a second machine.
4. Repeat steps 2 and 3 to connect a third machine.



STEP 18—CALIBRATE THE MACHINE (ENVISION II 16"/22")

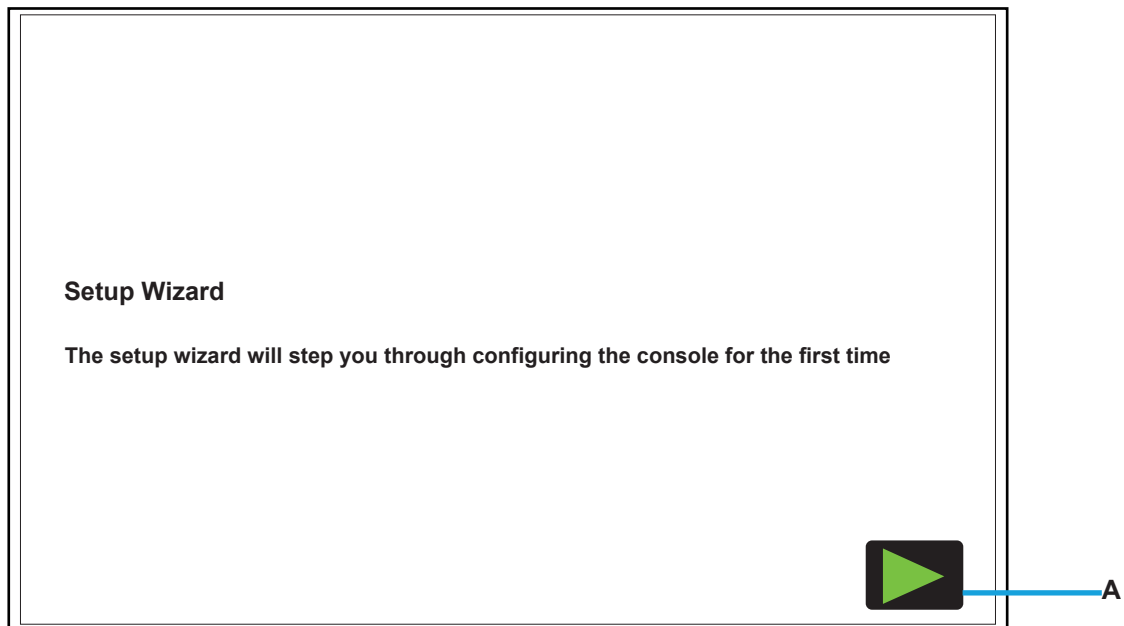
PART	DESCRIPTION	QTY
N/A	CONSOLE	1

NOTE: Follow these instructions if your unit comes with the Envision II 16" or 22" console.

To enter configuration:

After attaching the console to the base, follow the on-screen prompts in the Setup Wizard to configure the console with the correct base model. Press the green arrow (A) to continue.

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



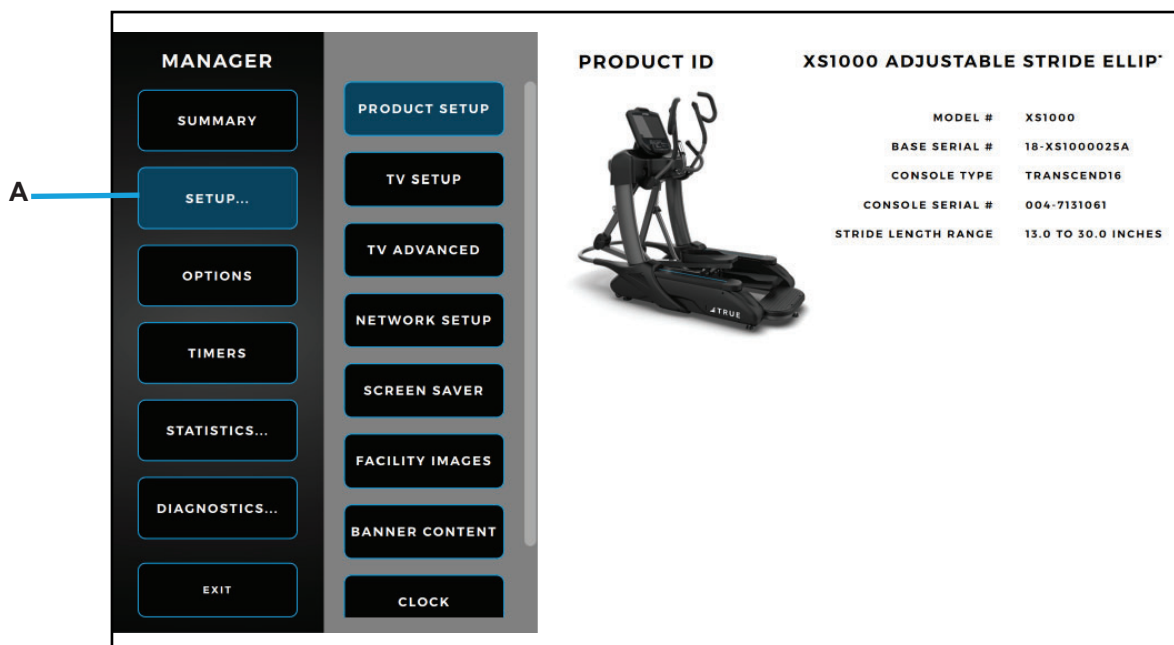
STEP 18—CALIBRATE THE MACHINE CONTINUED (ENVISION II 16"/22")

To enter calibration:

1. To enter Maintenance Mode, press and hold the **TRUE** logo (A) in the upper left corner of the home screen until the Maintenance Mode passcode entry pop-up screen (B) appears. Enter code "20173" to enter Maintenance Mode.




2. In the Main menu, select **SETUP** (A). Under SETUP, scroll down to **CALIBRATION** and select it to continue.



STEP 18—CALIBRATE THE MACHINE CONTINUED (ENVISION II 16"/22")

3. Under Calibration, press **RUN** to begin calibration.
4. Once calibration is complete, turn the power off on the machine for 30 seconds.

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

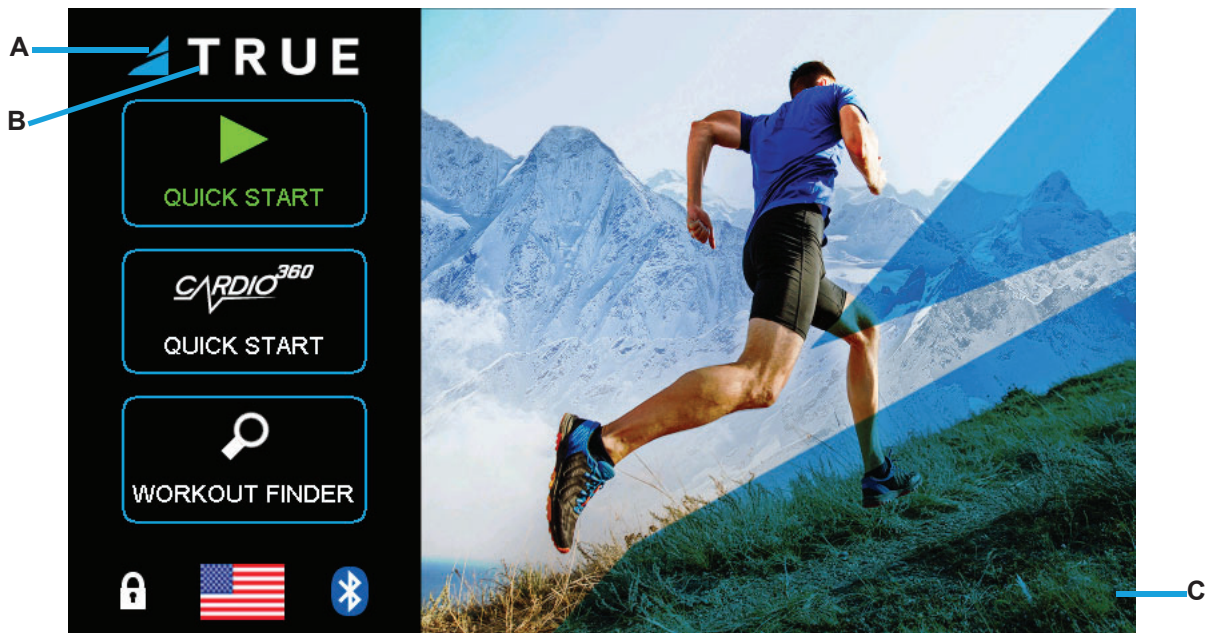
- Calibration can take up to two minutes to complete.
- Do not stand on the machine during the calibration procedure.
- Verify that the machine is free of all parts and tools.
- Keep children and animals at a safe distance.

STEP 18—CALIBRATE THE MACHINE CONTINUED (ENVISION II 9")

NOTE: Follow these instructions if your unit comes with the Envision II 9" console.

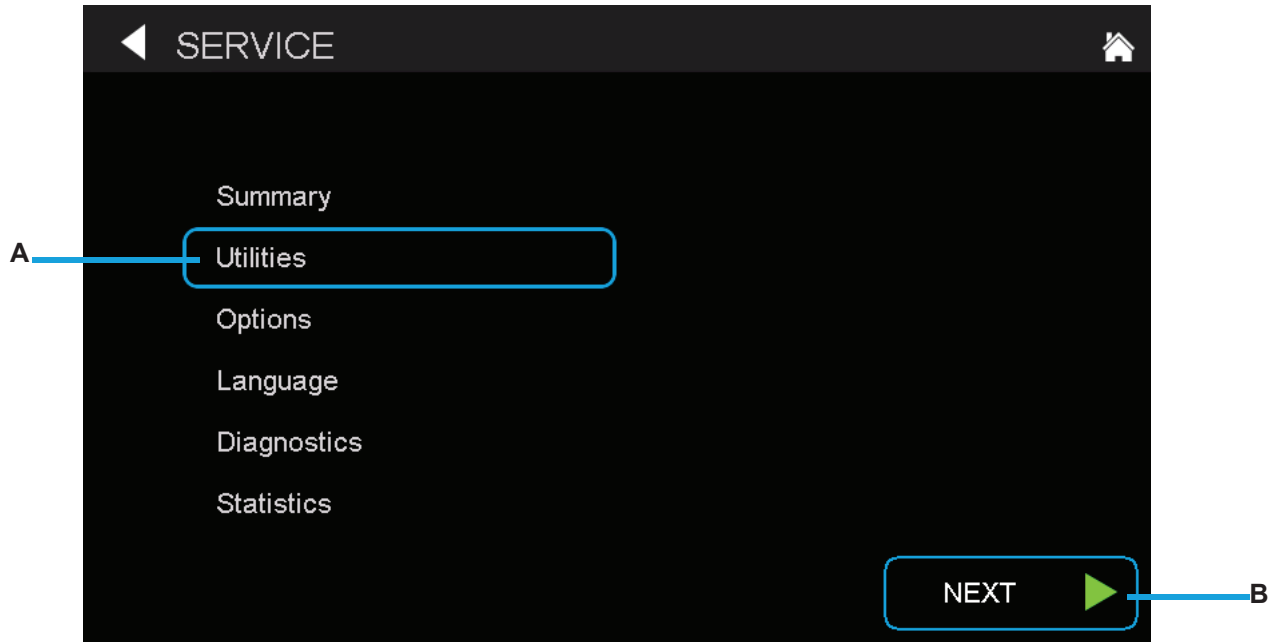
To enter configuration:

1. If you're placing the console on the machine for the first time, select the correct base model and follow the on-screen instructions to complete the procedure.
OR
1. If your machine is configured as a treadmill, press and hold the **TRUE** logo (A) in the upper left corner of the home screen to enter Service Mode. When the word **TRUE** (B) begins to flash, release the logo and press and hold the lower right corner of the screen (C).



STEP 18—CALIBRATE THE MACHINE CONTINUED (ENVISION II 9")

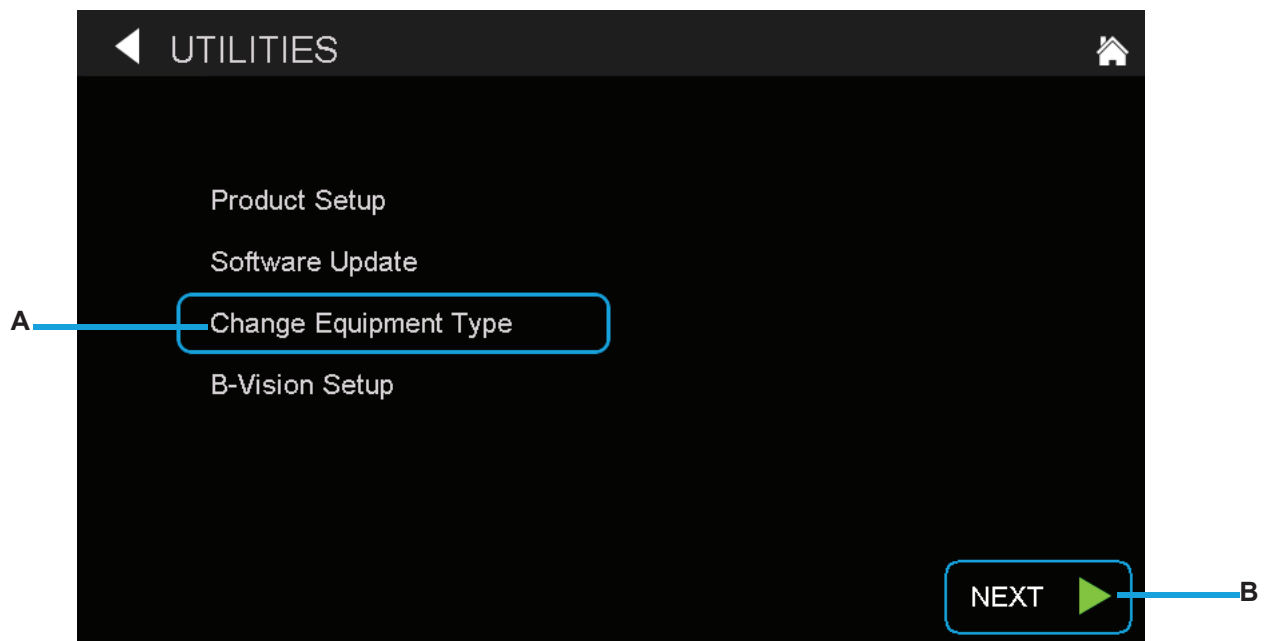
- The first screen displayed after entering Service Mode is the Service menu. In the Service Menu, select **Utilities** (A) to highlight it. Press **NEXT** (B) to continue.



- Under Utilities, select **Change Equipment Type** (A). Press **NEXT** (B) to continue.
- Under Change Equipment Type, press **SPECTRUM** twice.
- After the console restarts, follow the on-screen instructions to complete the procedure.

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

- Once configuration is complete, turn the power off on the treadmill for 30 seconds.



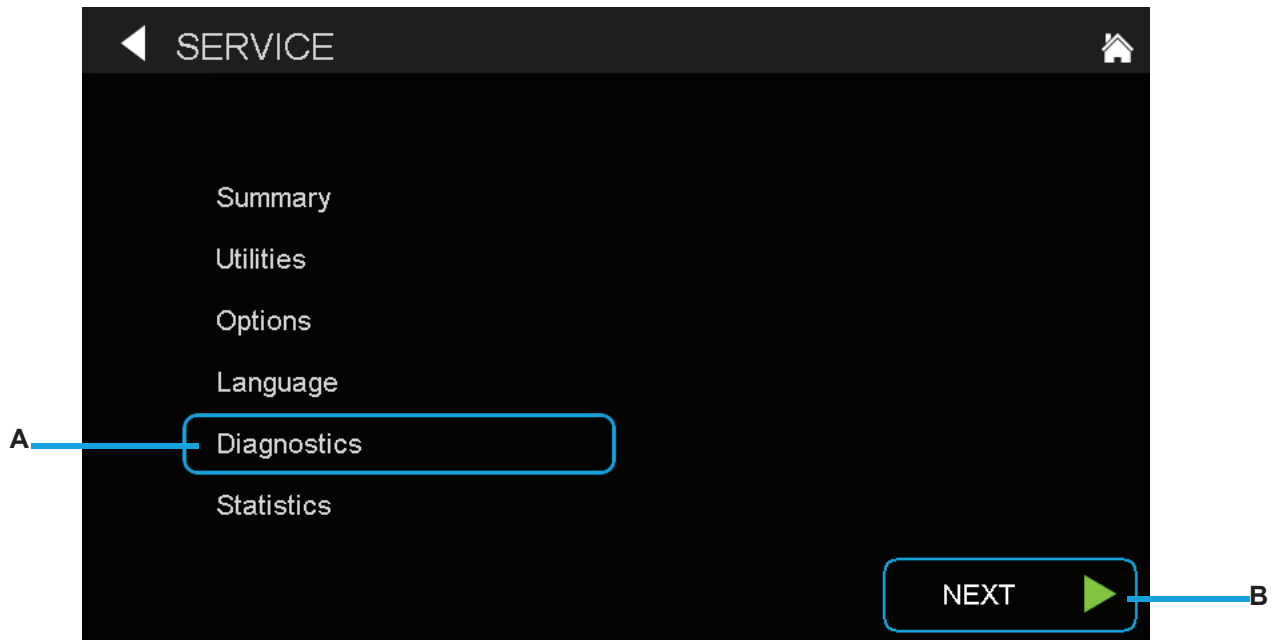
STEP 18—CALIBRATE THE MACHINE CONTINUED (ENVISION II 9")

To enter calibration:

1. To enter Service Mode, press and hold the **TRUE** logo (A) in the upper left corner of the home screen. When the word **TRUE** (B) begins to flash, release the logo and press and hold the lower right corner of the screen (C).

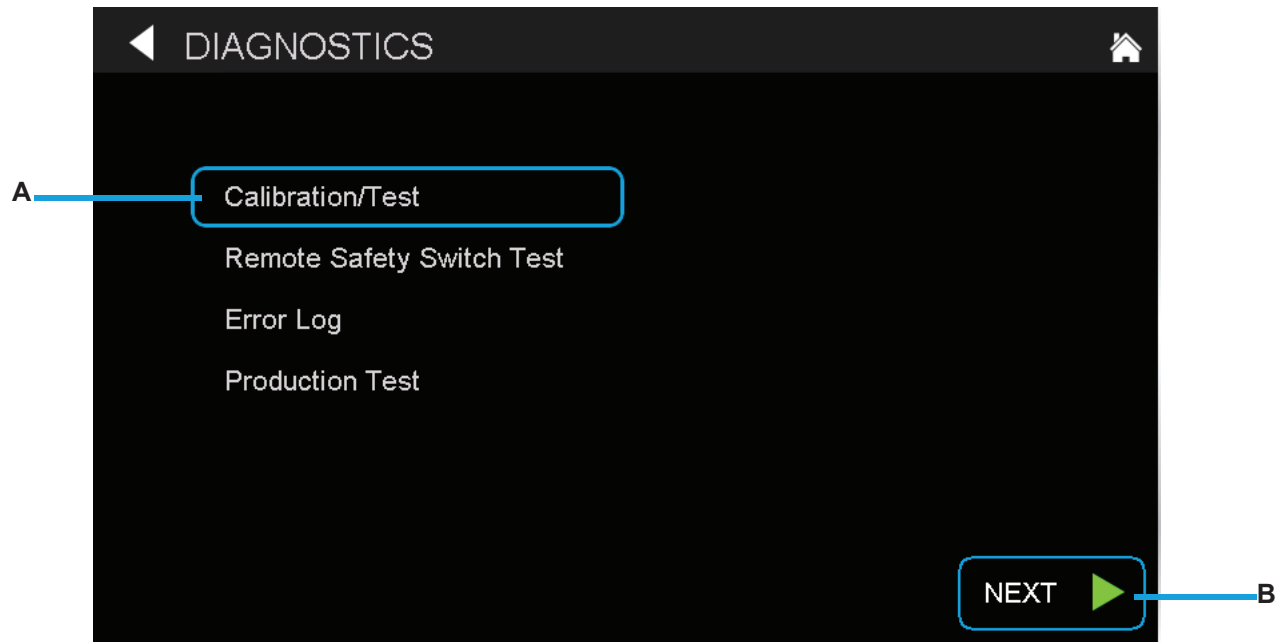


2. The first screen displayed after entering Service Mode is the Service menu. In the Service Menu, select **Diagnostics** (A) to highlight it. Press **NEXT** (B) to continue.

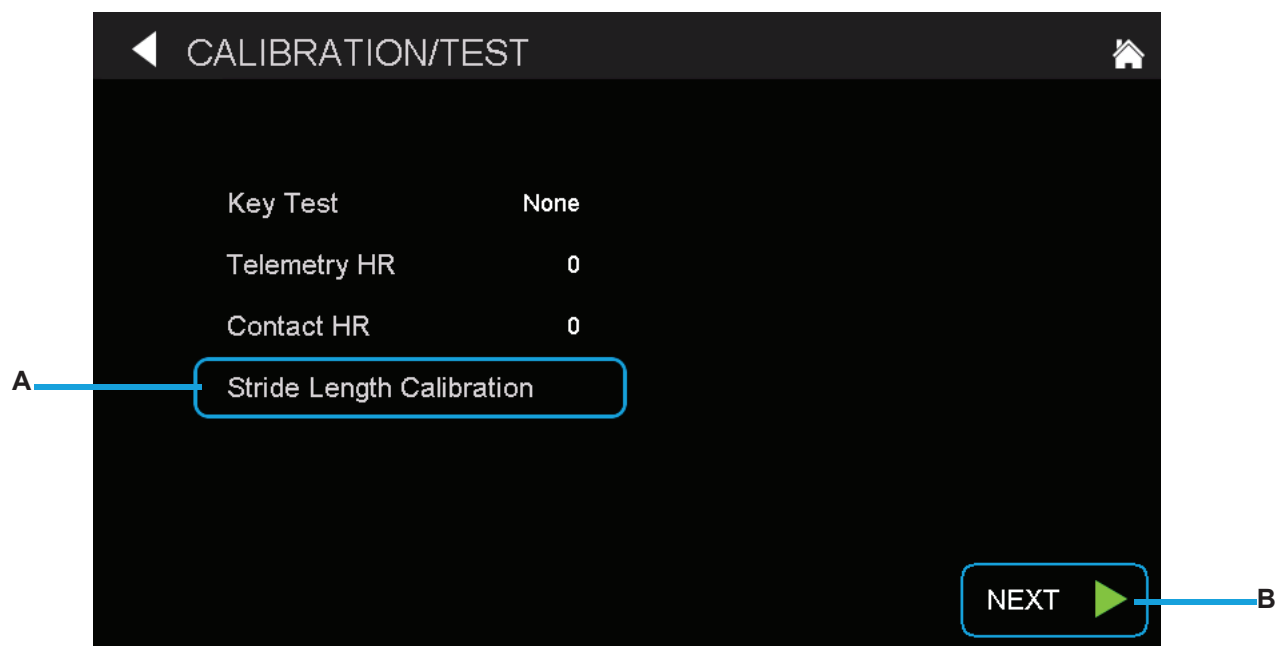


STEP 18—CALIBRATE THE MACHINE CONTINUED (ENVISION II 9")

3. Under Diagnostics, select **Calibration/Test** (A) to highlight it. Press **NEXT** (B) to continue.



4. Under Calibration/Test, select **Stride Length Calibration** (A) to highlight it. Press **NEXT** (B) to continue.

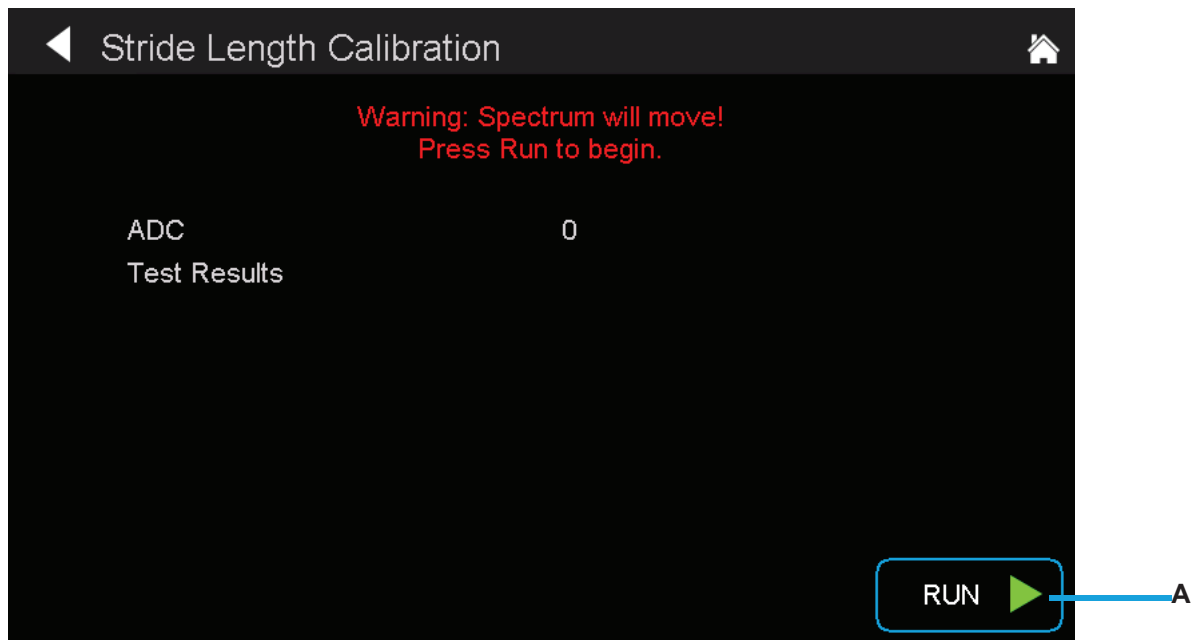


STEP 18—CALIBRATE THE MACHINE CONTINUED (ENVISION II 9")

5. Under Stride Length Calibration, press **Run** (A) to begin calibration.
6. Once calibration is complete, turn the power off on the machine for 30 seconds.

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

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



STEP 18—CALIBRATE THE MACHINE CONTINUED (EMERGE)

NOTE: Follow these instructions if your unit comes with the Emerge LED console.

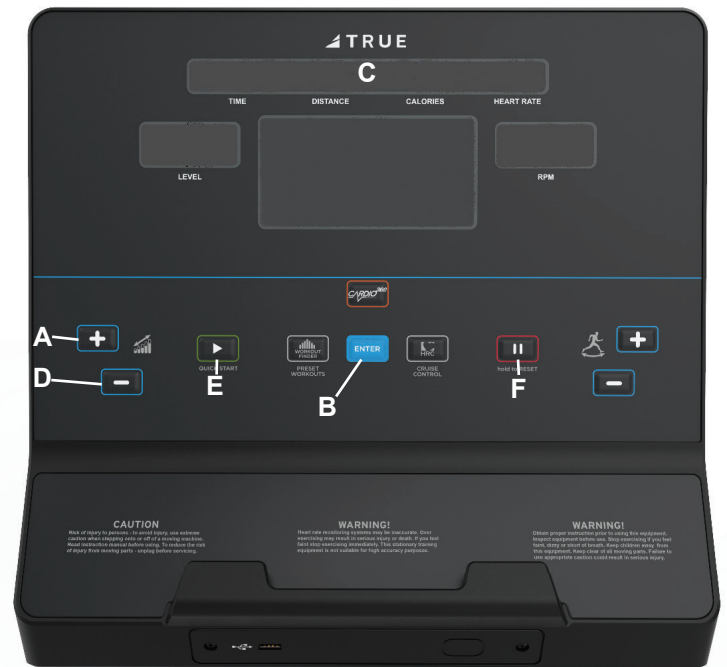
To enter calibration:

1. Power on the machine.
2. Press and hold the **+** level key (A) until it beeps for a second time (3-5 seconds) and then release.
3. Press and hold **ENTER** (B) until it beeps for a second time (3-5 seconds) and MAINTENANCE MODE (C) appears on the console display.
4. After entering Maintenance Mode, press **ENTER** (B).
5. Use the **+** (A) and **-** (D) level keys to scroll through the available options. When CALIBRATION (C) appears, press **ENTER** (B).
6. Press **QUICK START** ▶ (E) to start the calibration process.

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

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

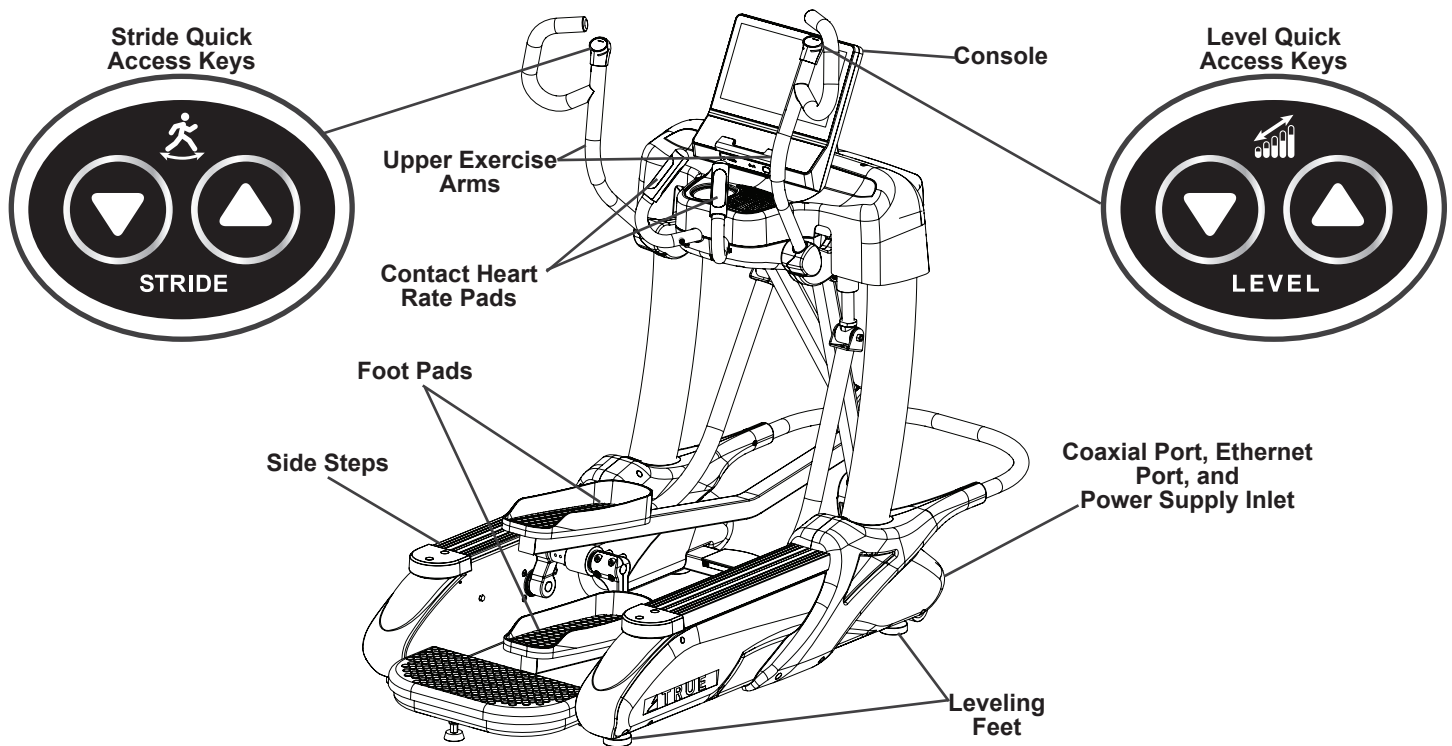
7. The console will display **CALIBRATION PASS** or a fault code if one is detected.



8. Once finished, press and hold **STOP II** (F) to navigate back through the menu options and return to the home screen.
9. Once calibration is complete, turn the power off on the treadmill for 30 seconds.

PRODUCT OVERVIEW

PRODUCT FEATURES



Console

Allows the user to set up a workout program and control the elliptical during a workout.

Upper Exercise Arms

Moving handles on the elliptical that provide resistance to the upper body during a workout.

Stride Quick Access Keys

Allows the user to make fast, convenient adjustments to the elliptical stride length.

Level Quick Access Keys

Allows the user to make fast, convenient adjustments to the workout intensity.

Contact Heart Rate Pads

Allows the user to check their heart rate without wearing a wireless chest strap.

Side Steps

The stationary steps on either side of the elliptical, which allow the user to safely straddle the footpads during startup, to isolate upper body, or in the event of an emergency.

Foot Pads

Moving pedals on the elliptical that provide resistance to the lower body during a workout.

Leveling Feet

An adjustable system used to aid in the leveling of the elliptical.

Coaxial Port

Delivers television signal to the unit.

Ethernet Port

Used to provide a network connection for compatible console options.

Power Supply Inlet

Delivers power from the wall outlet to the elliptical.

CARE AND MAINTENANCE

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the elliptical as described here could void the TRUE Fitness Warranty. To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning or performing any maintenance tasks.

INSPECTION

TRUE Fitness is not responsible for performing or scheduling regular maintenance or inspections. Users should inspect the elliptical daily. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If any of these are noticed, obtain service. Do not attempt to use the elliptical until proper service has been performed or damaged parts have been replaced.

IMPORTANT!

If you determine that the elliptical needs service, make sure that the elliptical cannot be used inadvertently. Turn the unit off, and then unplug the power cord from its power source. Make sure other users know that the elliptical needs service. To order parts or to contact a TRUE Authorized Service representative, please visit www.truefitness.com.

CLEANING THE EQUIPMENT

AFTER EACH USE:

- Use GymWipes™ Antibacterial wipes or spray a solution of 30 parts water to 1 part mild detergent to dampen a soft cloth and wipe all exposed surfaces.
- Use a LCD/screen cleaner or spray a solution of 1 part 91% isopropyl alcohol and 1 part water to dampen a soft cloth and wipe the surface of the console. This helps remove fingerprints, dust, and dirt.

WEEKLY:

- Vacuum any dust or dirt that might have accumulated under or around the elliptical. Clogged air vents can prevent adequate cooling, causing a shortened life.

CAUTION:

- Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the TRUE Fitness Warranty.
- Never pour water or spray liquids on any part of the elliptical.
- Allow the elliptical to dry completely before using.
- Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.

LEVELING THE MACHINE

⚠ CAUTION:

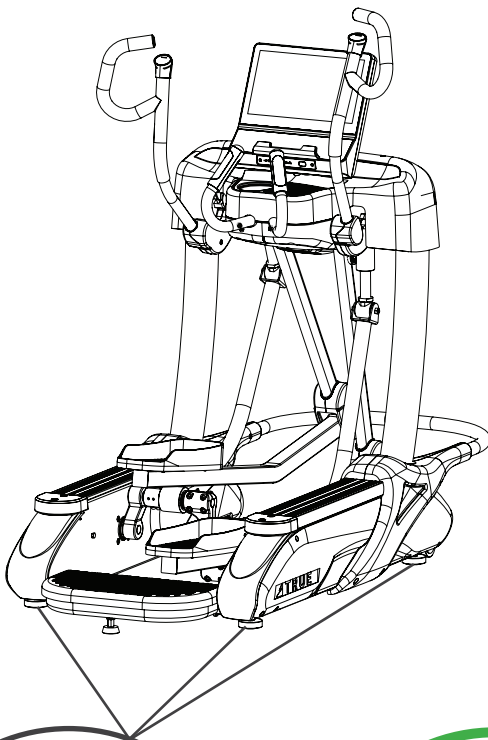
Prevent potential damage to the machine and injury to the user. This unit is equipped with four leveling feet. Make sure that the elliptical is level at all times. If the elliptical is placed on a uneven surface, adjusting the leveling feet can help, but may not completely compensate for extremely uneven surfaces. Ellipticals that are not level can cause damage to the machine and possible injuries for the user.

Once the machine has been moved to it's designated location:

1. Using a 17mm wrench, adjust all four leveling feet until they contact the floor.

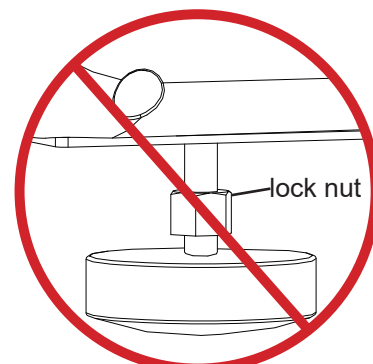
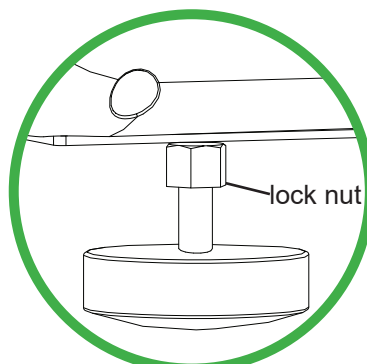
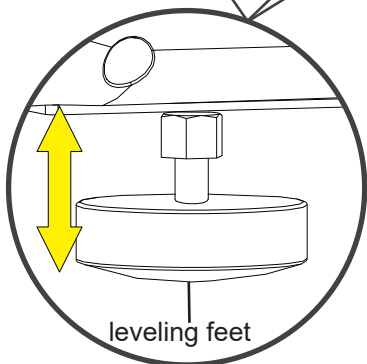
IMPORTANT! Do not adjust the leveling feet to such a height that they detach or unscrew from the machine.

2. Verify all four lock nuts are securely tightened and flush against the bottom of the frame.



Tools Used in this Procedure

17mm Wrench



PREVENTATIVE MAINTENANCE

TRUE recommends that quarterly scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit www.truefitness.com to contact a local TRUE authorized service technician.

IMPORTANT! Use only TRUE Fitness certified service providers.

Frequency	Tasks
Daily	<ul style="list-style-type: none"> Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed cables, and any other indications that the equipment may be in need of service. Use GymWipes™ Antibacterial wipes or spray a solution of 30 parts water to 1 part mild detergent to dampen a soft cloth and wipe all exposed surfaces. Use a LCD/screen cleaner or spray a solution of 1 part 91% isopropyl alcohol and 1 part water to dampen a soft cloth and wipe the surface of the console. This helps remove fingerprints, dust, and dirt.
Weekly	<ul style="list-style-type: none"> Vacuum any dust or dirt that might have accumulated under or around the elliptical.
Quarterly	<ul style="list-style-type: none"> Record time, distance, and hours from the console. Check error log in console. Remove shroud covers and vacuum any debris out of the speed sensor, control electronics and moving parts. Move unit and vacuum underneath. Inspect all fasteners. Inspect all electrical connections. Inspect components for abnormal or premature wear.

LONG TERM STORAGE

When the machine is not in use for any length of time, turn it off. Make sure that the power cord is unplugged from the power source and is positioned so that it will not become damaged or interfere with people or other equipment.

ADDITIONAL INFORMATION

TROUBLESHOOTING

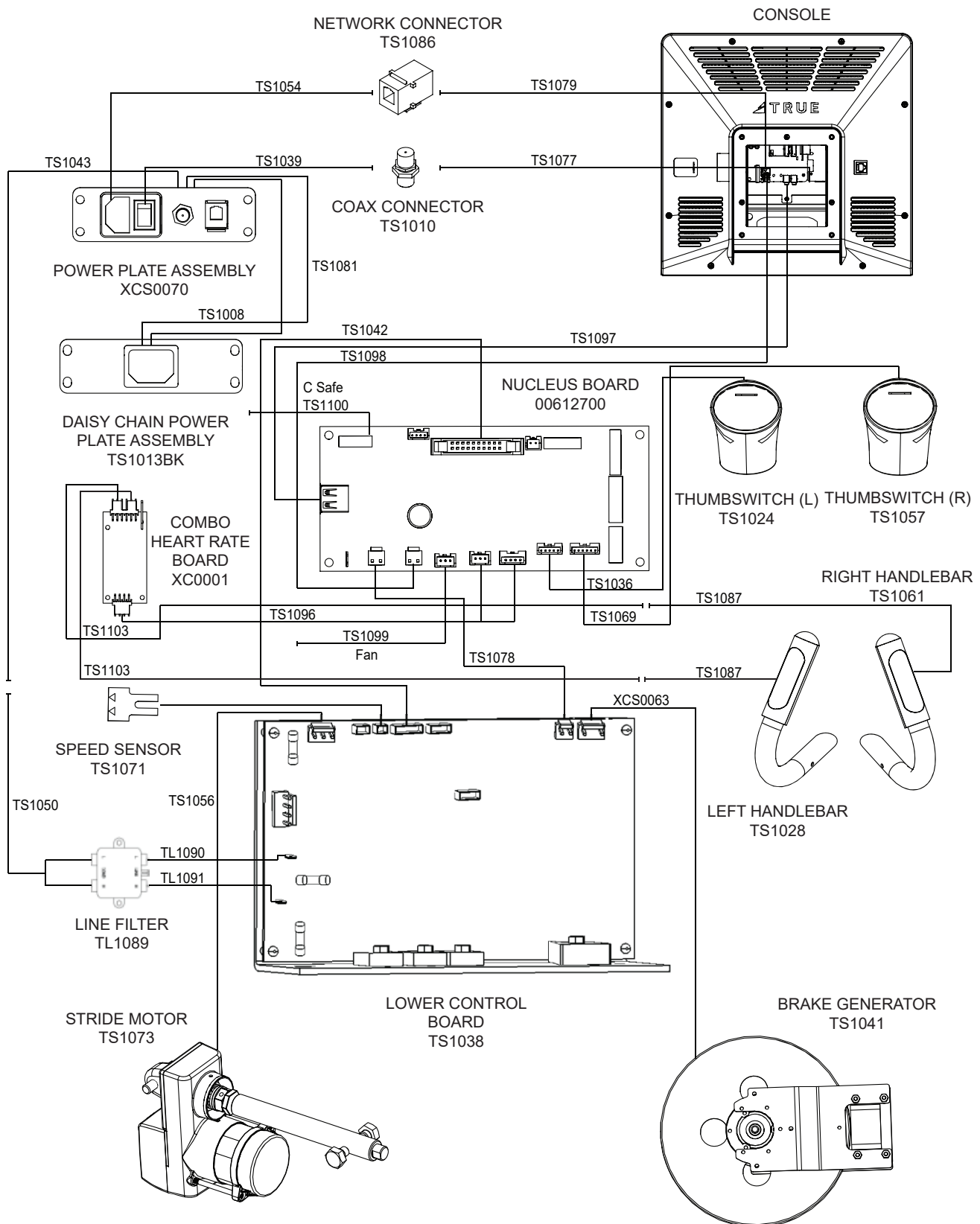
This troubleshooting guide is intended to assist in diagnostics only and is not all inclusive. Technical specifications, error codes and programming are subject to change without notice. TRUE accepts no liability for any damage or loss suffered by persons whom rely wholly or in part on any description or statement contained within this manual. Please visit www.truefitness.com to obtain the most recent version of all manuals and contact TRUE product support at 800-883-8783 for assistance with troubleshooting and diagnostics.

Malfunction	Possible Cause	Corrective Action
No Power	Unit turned off	Verify the On/Off switch is at the ON position
	Damaged power cord	Replace power cord
	Power cord not fully seated in socket	Inspect power connection at the unit and outlet
	No power at outlet	Using a voltmeter verify power at outlet
	Safety e-stop key not fully engaged	Re-engage the safety/e-stop key to the console
	Motor control board damaged	Contact TRUE Product Support
Unit resets or pauses randomly	Damaged power cord	Replace power cord
	Power cord not fully seated in socket	Inspect power connection at the unit and outlet
	Insufficient power	Verify output voltage from 20A outlet with a voltmeter
	Safety e-stop key not fully engaged	Re-engage the safety/e-stop key to the console
	Error code is displayed on console	Contact TRUE Product Support
	Pinched or loose main communication cable	
	Bad resistor (if unit shuts down or resets between level 5 and level 10)	Contact TRUE Product Support to replace resistor subassembly P/N 7VC90057
No TV displayed or low quality	Low or bad video signal	Contact video provider
		NTCS dBmV0 through 15.6 ATCS/QAM dBmV-10 through 15.5
	Loose F type connector (coaxial cable)	Inspect all connections
	Encrypted video	Obtain set top box from video provider
	Channels or format type not correct	Verify video type with provider; analog (NTCS), digital air (ATCS), digital cable (QAM)
		Rescan TV channels
	Tuner Invalid	Contact TRUE Product Support

Malfunction	Possible Cause	Corrective Action
Heart rate is displaying erratically or not displaying	Transmitter belt contacts are not making good contact with the skin	Re-adjust the transmitter belt so that it is in full contact with the skin
	Contacts on the transmitter belt are not moist	Moisten the contacts on the transmitter belt
	Transmitter belt is not within 3 feet (1 meter) of the heart rate receiver	Adjust your position on the belt so that you are within 3 feet (1 meter) of the console
	Transmitter belt is not the correct frequency or is encoded	Polar equip or compatible receiver use 4.8kHz un-encoded receiver
	The battery inside the transmitter belt is depleted	Replace the transmitter belt with a compatible transmitter belt
	Another user wearing a compatible transmitter strap is within 3 foot (1 meter) of the unit	Move the units so that there is more space in-between units
	Environmental interference from high voltage power lines	Move the unit to another position within the room or move the cause of the interference until heart rate reading are stable. If the probable source of interference is plugged into the same outlet move the suspect source to another outlet.
	Environmental interference from computers	
	Environmental interference from motor driven appliances	
	Environmental interference from cell or cordless phone	
	Environmental interference from Wi-Fi router	

Fault Code	Category	Description	Cause	Corrective Action
Fault CN00: Corrupted Console Configuration	Console	Corrupted brainboard configuration - fails integrity check	Corrupt software	Power cycle
				Re-configure console
			Firmware and software versions are not compatible	Re-install software/firmware
				Contact TRUE Product Support
Fault CN01: Internal Fault	Console	Math error - software	Console Configure Incorrectly	Power cycle
				Re-configure console
			Corrupt Software	Re-install software/firmware
				Contact TRUE Product Support
Fault CN02: Invalid Console Configuration	Console	The product configuration data has failed validation checks (incline ranges make no sense, etc.)	Console Configure Incorrectly	Power cycle
				Re-configure console
			Loose Cable	Contact TRUE Product Support
Fault CN03: Stuck Key	Console	Membrane Key stuck down/closed	Membrane key is damaged	Contact TRUE Product Support
Fault CN04: Lower Board Comm Fault (Treadmill Only)	Console	Brainboard fails to receive timely communication responses from lower board - Fault after 3 retries	Unit is configured as a treadmill	Re-configure console
Fault CN05: No Lower Control	Console	No lower board connected to console - detection wires not connected	Loose Cable	Power cycle
				Check cable connections
			Console Configured Incorrectly	Re-configure console
Fault CN06: Config Mismatch	Console	Console is configured for a product different than that to which it is connected.	Console Configure incorrectly	Power cycle
				Re-configure console
			Loose Cable	Check cable connections
Fault CN24: BB Comm Fault	Console	SBC cannot communicate with Brainboard	Console	Power cycle
				Contact TRUE Product Support
Fault CN25: Firmware Mismatch	Console	Firmware on brainboard not compatible with SBC software	Corrupt software	Power cycle
				Reconfigure Console
			Firmware and software versions are not compatible	Re-install software/firmware
				Contact TRUE Product Support
Fault X101: Stride Adjust Stall	Lower Board	Stride Motor Stall	Jammed or overheated motor	Contact TRUE Product Support
Fault X102: Stride Adjust Runaway	Lower Board	Stride Motor Runaway	Stride motor not moving as expected	Contact TRUE Product Support

XS1000 WIRING DIAGRAM



WARRANTY INFORMATION

XS1000 SPECTRUM ELLIPTICAL COMMERCIAL LIMITED WARRANTY

Save Time and Register Online!
Activate Multiple Warranties at truefitness.com

All TRUE® Fitness products are distributed by TRUE and are warranted to the original registered product purchaser and the parts of the TRUE product (the "Product") listed below, under normal use and service, shall be free of manufacturing defects in workmanship and materials only for the period of time beginning from the original date of purchase set forth below.

WARRANTY ITEM	DURATION
Frame*	Lifetime
Parts	
Electrical and Mechanical	3 Years
Consoles	3 Years
Wear Items	90 Days
Labor	
Electrical and Mechanical	3 Years
Consoles	3 Years
Wear Items	90 Days

NOTES:

- Warranty valid for USA and Canada only.
- Failure to register this product will result in no servicing or authorization of parts to be shipped.
- Buying after-market products from a 3rd party will result in voided warranty.
- This product is intended for Commercial use which includes facilities where usage is in excess of 8 hours per day. This includes all dues-paying facilities (regardless of usage) as well as many non-dues-paying facilities. If this product will not be used in this particular setting, please contact TRUE as this warranty is void.

DO NOT RETURN TO THE RETAILER

TRUE limited warranty service may be obtained by contacting the authorized TRUE dealer from whom the Product was purchased. If the dealer from whom the Product was purchased, is no longer an authorized TRUE dealer, TRUE limited warranty may be obtained by contacting TRUE Product Support:

- service@truefitness.com
- 800.883.8783

Monday - Thursday 8:30am - 6:00pm (CST)

Friday 8:30am - 5:00pm (CST)

FRAME

*This limited warranty on the structural frame does not include paint or coatings. The frame is defined as the serialized base of the unit and does not include any parts that can be removed. Warranty applies to the value of the frame only and does not cover labor, shipping, or other costs associated with removal or replacement of the covered unit. Frame warranty shall not exceed seven years after discontinuation of this specific model.

REASONABLE AND NECESSARY MAINTENANCE

Failure to perform proper maintenance as specified in the owner's manual will void this limited warranty. Proof/ receipts of necessary maintenance may be required within 30 days of requested warranty part or service.

ELECTRICAL, MECHANICAL, AND CONSOLES

This limited warranty applies to but may not be limited to the generator brake, control board, and drive belt. TRUE shall not warrant the performance of the heart rate system on its products, as the heart rate system performance varies, based on user's physiology, age, method of use, and other factors. This limited warranty shall not apply to software version upgrades, compatibility with third party/aftermarket hardware, software, applications, or websites.

WEAR ITEMS

This limited warranty applies to but may not be limited to Coax/TV, HDMI, USB, Mirroring or Ethernet connections, paint/ coatings, covers/caps, badges, overlays or safety key.

LABOR

Labor is covered for the specified period of time from the date of purchase, unless otherwise expressed within this limited warranty as long as a TRUE authorized service provider performs the service. Service that requires over 50 miles of travel may be subject to additional charges.

XS1000 SPECTRUM ELLIPTICAL RESIDENTIAL LIMITED WARRANTY

Save Time and Register Online!
Activate Multiple Warranties at truefitness.com

All TRUE® Fitness products are distributed by TRUE and are warranted to the original registered product purchaser and the parts of the TRUE product (the "Product") listed below, under normal use and service, shall be free of manufacturing defects in workmanship and materials only for the period of time beginning from the original date of purchase set forth below.

WARRANTY ITEM	DURATION
Frame*	Lifetime
Parts	
Electrical and Mechanical	10 Years
LED Consoles	10 Years
Touch Screen or PVS Consoles	3 Years
Wear Items	90 Days
Labor	
Electrical and Mechanical	1 Years
Consoles	1 Years
Wear Items	90 Days

NOTES:

- Warranty valid for USA and Canada only.
- Failure to register this product will result in no servicing or authorization of parts to be shipped.
- Buying after-market products from a 3rd party will result in voided warranty.
- This product is intended for residential use. If this product will not be used in this particular setting, please contact TRUE as this warranty is void.

DO NOT RETURN TO THE RETAILER

TRUE limited warranty service may be obtained by contacting the authorized TRUE dealer from whom the Product was purchased. If the dealer from whom the Product was purchased, is no longer an authorized TRUE dealer, TRUE limited warranty may be obtained by contacting TRUE Product Support:

- service@truefitness.com
- 800.883.8783

Monday - Thursday 8:30am - 6:00pm (CST)

Friday 8:30am - 5:00pm (CST)

FRAME

*This limited warranty on the structural frame does not include paint or coatings. The frame is defined as the serialized base of the unit and does not include any parts that can be removed. Warranty applies to the value of the frame only and does not cover labor, shipping, or other costs associated with removal or replacement of the covered unit. Frame warranty shall not exceed seven years after discontinuation of this specific model.

REASONABLE AND NECESSARY MAINTENANCE

Failure to perform proper maintenance as specified in the owner's manual will void this limited warranty. Proof/ receipts of necessary maintenance may be required within 30 days of requested warranty part or service.

ELECTRICAL, MECHANICAL, AND CONSOLES

This limited warranty applies to but may not be limited to the generator brake, control board, and drive belt. TRUE shall not warrant the performance of the heart rate system on its products, as the heart rate system performance varies, based on user's physiology, age, method of use, and other factors. This limited warranty shall not apply to software version upgrades, compatibility with third party/aftermarket hardware, software, applications, or websites.

WEAR ITEMS

This limited warranty applies to but may not be limited to Coax/TV, HDMI, USB, Mirroring or Ethernet connections, paint/ coatings, covers/caps, badges, overlays or safety key.

LABOR

Labor is covered for the specified period of time from the date of purchase, unless otherwise expressed within this limited warranty as long as a TRUE authorized service provider performs the service. Service that requires over 50 miles of travel may be subject to additional charges.

XS1000 SPECTRUM ELLIPTICAL LIMITED WARRANTY

Save Time and Register Online!
Activate Multiple Warranties at truefitness.com

THE TRUE LIMITED WARRANTY IS SUBJECT TO AND WILL BE IN ACCORDANCE WITH THE CONDITIONS SET FORTH BELOW:

1. This limited warranty is valid for the United States and Canada only.
 2. This product is intended for specified use. If this product will not be used in the specified setting, please contact TRUE as this warranty is void, unless otherwise stated and within this warranty.
 3. This limited warranty gives you specific legal rights, and your rights may vary from state to state.
 4. This limited warranty is in lieu of all other warranties of any kind either expressed or including but not limited to implied warranties of merchant.
 5. This limited warranty can be processed only if the warranty registration form is completed on-line; or if the attached form is filled in, signed by the original purchaser, and mailed to TRUE within 30 days of purchaser's receipt of this Product. The serial number must be intact on the Product for this limited warranty to be valid.
 6. TRUE will neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall TRUE be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental, or consequential damages arising out of the use of or inability to use this Product.
 7. Failure to register this product within 30 days of purchase will result in no servicing or authorization of parts to be shipped.
 8. Installation or download of any 3rd party or after-market products will result in voided warranty. Includes but not limited to electrical and mechanical parts, software, or applications.
 9. TRUE will ship to any authorized service provider any new or rebuilt replacement part or component, or at our option, replace or refund the Product. Replacement parts are warranted for the remaining portion of the original warranty period.
 10. No one is authorized to change, modify, or extend the terms of this limited warranty.
 11. This limited warranty applies to the Product only while the Product remains in the possession of the original purchaser and is not transferable.
 12. This limited warranty becomes VALID ONLY if the Product is initially assembled/installed by a TRUE authorized dealer/technician (if anyone other than a TRUE authorized dealer/technician initially assembles and installs the Product, this limited warranty will be void unless the written authorization of TRUE is first obtained).
 13. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/ installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance (as referenced in the owner's manual). Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
 14. This limited warranty applies only to the cost of repair or replacement of parts and does not include labor (beyond the above warranty period), transportation, service, return, and freight charges associated there with except as expressly specified herein.
 15. This limited warranty shall not apply to: Service calls to correct installation of the equipment or instruction to owners on how to use the equipment; or any labor costs incurred beyond the applicable labor warranty period.
 16. This limited warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
 17. **ANY IMPLIED WARRANTY, INCLUDING WITHOUT LIMITATION THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION AND REMEDY TO THE TIME PERIOD COVERED BY THE LIMITED WARRANTY. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.**
 18. **THE REMEDIES DESCRIBED HEREIN ARE YOUR SOLE AND EXCLUSIVE REMEDIES AND TRUE'S ENTIRE LIABILITY FOR ANY BREACH OF THIS LIMITED WARRANTY. TRUE'S LIABILITY SHALL UNDER NO CIRCUMSTANCES EXCEED THE ACTUAL AMOUNT PAID BY YOU FOR THE PRODUCT, NOR SHALL TRUE UNDER ANY CIRCUMSTANCES BE LIABLE FOR ANY CONSEQUENTIAL, INCIDENTAL, SPECIAL OR PUNITIVE DAMAGES OR LOSSES, WHETHER DIRECT OR INDIRECT. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.**
- NOTE TO AUTHORIZED WARRANTY LABOR PROVIDERS**—Warranty labor reimbursement or warranty parts rights may not be transferred to, or reassigned to, a third party without the express written consent of TRUE. Even jobbing out warranty labor requires TRUE's written approval.

XS1000 SPECTRUM ELLIPTICAL LIMITED WARRANTY

Save Time and Register Online!
Activate Multiple Warranties at truefitness.com

KEEP THIS PAGE FOR YOUR RECORDS

SERIAL NUMBERS:


The product comes with two serial numbers; one on the base and one on the console. The serial number on the base is under the rear stabilizer. The serial number on the console is on the right side back. Please write down your serial numbers below and keep for your records.

PLEASE RETAIN THIS PORTION FOR YOUR RECORDS


BASE SERIAL NUMBER:

CONSOLE SERIAL NUMBER:






TRUE FITNESS TECHNOLOGY, INC.
ST LOUIS, MISSOURI 63366




CONFORMS TO ANSI/UL
STD. 1647
CERTIFIED TO CAN/CSA
STD. C22.2 NO. 68

Intertek Testing Services Taiwan Ltd.



Model No.
XS1000-19

Serial No./Date Code
19-XS1000XXXX



Rating: 100-240 Vac, 50/60 Hz, 200 Va

MADE IN TAIWAN

XS1000 SPECTRUM ELLIPTICAL LIMITED WARRANTY

Save Time and Register Online!
Activate Multiple Warranties at truefitness.com

Thank you for purchasing a TRUE product. To validate the TRUE product warranty the fast and easy way, please go on-line now to truefitness.com and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to TRUE Fitness within 30 days from the date of equipment installation.

IMPORTANT! Failure to register this product will result in no servicing or authorization of parts to be shipped.

To mail your warranty information, please fill in the information below and mail to: Service Dept., TRUE Fitness, 865 Hoff Road, St. Louis, MO 63366 (or save postage and register online at www.truefitness.com).



Warranty Registration

Serial Number

Purchase Date

Company (if applicable)

Customer Name (First and Last)

Email Address

Phone Number

Street Address

City

State

Postal Code

Country

T R U E F I T N E S S . C O M



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