



# EMERGE CONSOLE OWNER'S MANUAL



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## IMPORTANT:

All products shown are prototype. Actual product delivered may vary.  
Product specifications, features & software are subject to change without notice.  
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## 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.  
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## بماھ

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# EMERGE CONSOLE OWNER'S MANUAL

## A MESSAGE TO OUR CUSTOMERS

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

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

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

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

# EMERGE CONSOLE OWNER'S MANUAL

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# CHAPTER 1: SAFETY INSTRUCTIONS

## IMPORTANT SAFETY INSTRUCTIONS SAVE THESE SAFETY INSTRUCTIONS

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

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

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

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

TRUE STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year. Additionally, TRUE recommends consulting a fitness professional on the correct use of this product. If at any time while exercising the user experiences faintness, dizziness, pain or shortness of breath, he or she must stop immediately.

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

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

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

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

 **WARNING:** Keep equipment stable on flat ground.

# CHAPTER 1: SAFETY INSTRUCTIONS



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



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



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

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



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



**CAUTION:**

- Health related injuries may result from incorrect or excessive use of exercise equipment.
- Do not use typing or web surfing features at excessive speeds. Always stabilize yourself by holding a stationary handle when using typing or web surfing features. (Varies by console option)
- Do not use the contact heart rate grips as a handlebar during a workout.
- Any changes or modifications to this equipment could void the product warranty.
- To disconnect, turn power OFF at the ON/OFF switch if applicable, then remove plug from electrical outlet.
- Never operate a TRUE product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact TRUE Customer Service for a replacement.
- Use a TRUE AC power cord or AC/DC adapter only.  
\* Note the plug configuration for the power adapter may vary by country.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord along the side or under the equipment.
- If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.
- Do not use this product outdoors, near water, while wet, or in areas of high humidity including extreme temperature changes.
- Never operate a TRUE product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- When mounting the treadmill, ensure the treadmill belt is not running and then proceed with one step at a time to maintain balance using the handrails as needed.
- While the treadmill is in use, proceed at a speed that the user can safely maintain with the ability to immediately engage the safety key to stop the treadmill belt if necessary.

# CHAPTER 1: SAFETY INSTRUCTIONS

## CAUTION:

- Health related injuries may result from incorrect or excessive use of exercise equipment.
- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact TRUE Customer Service.
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use this product in bare feet. Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into or underneath the unit, or tip it on its side during operation.
- Use correct ergonomic positioning while running on equipment.
- Do not allow animals on or near the equipment while in operation.
- Use the side handrails whenever additional stability is required. In case of emergency, such as tripping, the side handrails should be grabbed and the user should place his/her feet on the side platforms. The front handlebars should be used to grasp the heart rate sensors or to rest the hand on while operating the activity zone keys, but not for stability, emergency, or continuous use.
- Do not exceed maximum user weight of 400 lbs (181 kg).
- Do not use if you have a cold or fever.
- When using this exercise machine, basic precautions should always be followed.
- Use this equipment only for its intended use as described in this manual.
- Do not use attachments not recommended by the manufacturer.
- Allow only trained personnel to service this equipment.
- Avoid the possibility of bystanders being struck or caught between moving parts by making sure that they are out of reach of the equipment while it is in motion.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- Allow only one person at a time on the equipment while it's operating.
- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- To avoid injury stand on the side rails before starting the equipment.
- Avoid exiting equipment while leaving the tread belt in motion.
- Never walk or jog backwards on the equipment.
- Do not change the incline of the equipment by placing objects under it.
- To avoid serious injury, do not touch the incline rack while the equipment is in use.
- To avoid serious injury, do not touch the belt while the equipment is in use.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- See Grounding Instructions.
- On the machine power switch, the "1" means that the machine power is switched "ON" and the "0" means the machine power is switched "OFF".
- Before servicing the motor area or removing the motor cover, please contact TRUE service.
- Do not place hand near the running belt when the unit is in operation.
- To avoid serious injury, remove and store the power cord when the machine is not in use.
- Noise emission under load is higher than without load.
- A-weighted emission sound pressure level at the trainer's ear: 67dBA.

# CHAPTER 1: SAFETY INSTRUCTIONS

## IMPORTANT SAFETY INSTRUCTIONS

- **Read and understand all instructions and warnings prior to use.**
- Obtain a medical exam before beginning any exercise program. If at any time during exercise 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.
- 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.
- Save these instructions.

### Basic Guidelines for Setting Up the Equipment:

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

### Important Electrical Requirements – 120V:

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

### Important Electrical Requirements – 220V:

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

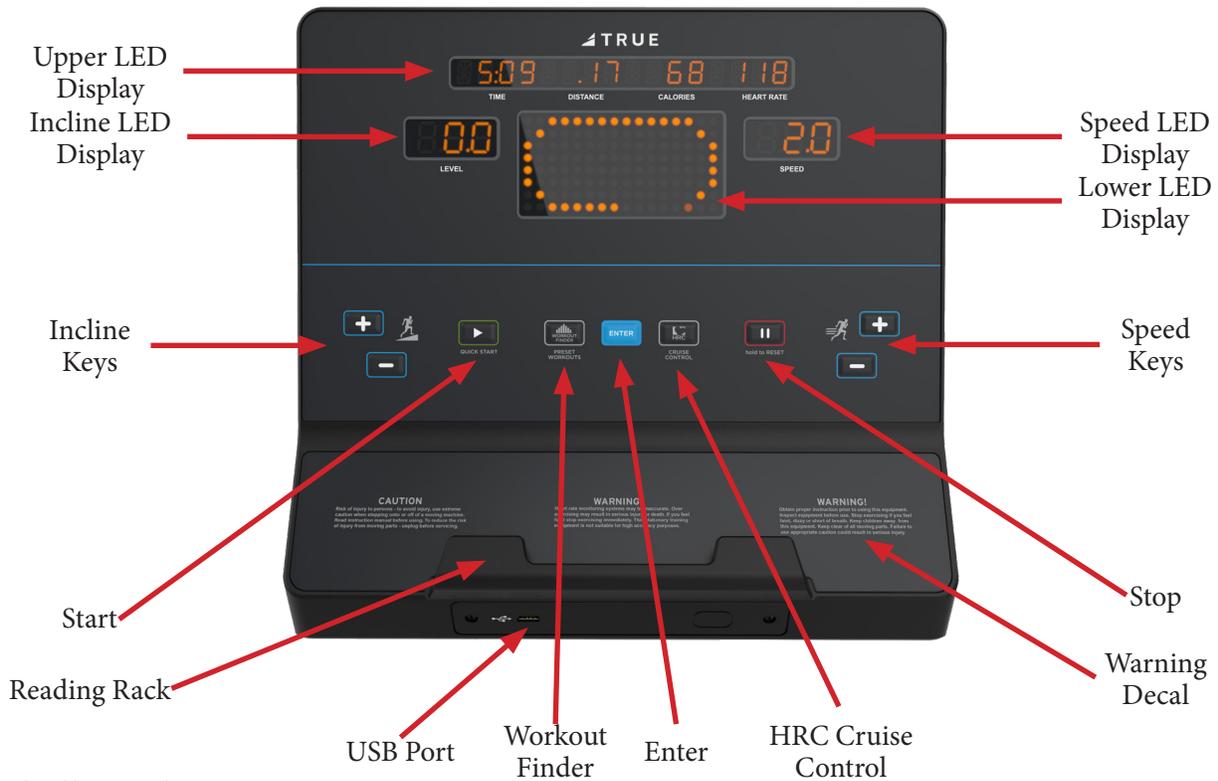
### **DANGER: Do not use an extension cord or ungrounded outlet:**

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

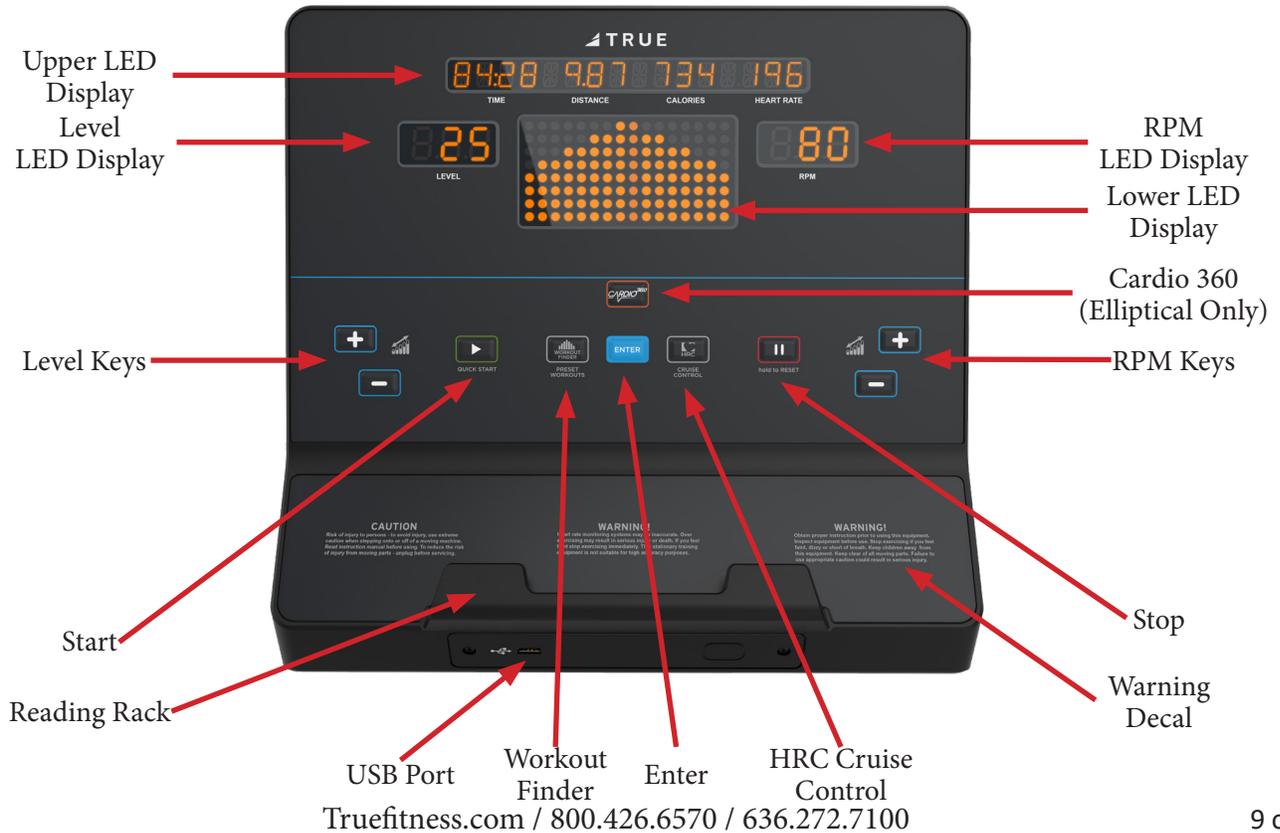
# CHAPTER 2: PRODUCT OVERVIEW

## EMERGE OVERVIEW:

### Treadmill:



### Bike and Elliptical:



# CHAPTER 2: PRODUCT OVERVIEW

## EMERGE OVERVIEW:

### Incline Keys:

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

### Start:

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

### Reading Rack:

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

### USB Port:

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

### Workout Finder:

Pressing this button scrolls through available workouts. When the desired workout is displayed, the user must press Enter to input their data and start to begin the workout.

### Enter:

Press this key to confirm a selection in a preset workout.

### HRC Cruise Control:

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

### Warning Decal:

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

### Stop:

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

### Speed Keys (Treadmill only):

Manually increases or decreases the speed of the belt.

### Speed and Incline LED Displays:

These displays show the current incline and speed of the unit. Note: Level will replace Incline and RPM will replace Speed respectively for the bike and elliptical.

### Lower LED Display:

Displays the workout profile of the current program.

### Upper LED Display:

Shows the current workout data; Time, Distance, Calories and Heart Rate.

### Cardio 360 Quickstart (Elliptical only):

Starts a 20 minute Cardio 360™ workout where the user controls the workout intensity.

## CHAPTER 3: PROGRAMMING & OPERATION

### **CAUTION:**

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

### **HEART RATE MONITORING:**

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

#### Chest Strap Heart Rate Monitoring:

Although this machine functions fine without using the heart rate monitoring feature, this kind of monitoring gives valuable feedback on the user's effort level. Chest strap monitoring also enables users to use Heart Rate Control (HRC), the most advanced exercise control system available.

When users wear a Polar® compatible transmitter strap, the machine will display the user's heart rate as a digital beats-per-minute (bpm) readout.

The transmitter strap should be worn directly against the user's skin, about 1-2 inches below the pectoral muscles/breast line. Women should be careful to place the transmitter below their bra line.

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

#### A Note on Chest Strap Heart Rate Monitoring:

The chest strap produces a radio signal that the machine reads and registers as the user's heart rate. The accuracy of a reading may be affected when outside interference is present.

#### Contact Heart Rate (CHR):

The CHR system will let the user monitor their heart rate without wearing a chest strap. When using the CHR system users should gently grasp the CHR pads with both hands. Within 30 seconds, the user's heart rate should be displayed as a digital bpm readout (during the first 30 seconds the system is analyzing and locking in the user's heart rate). Users should exercise with smooth body motions and breathe regularly. It is best to avoid talking while using the CHR system, as talking will cause unrepresentative heart rate spikes of 5 to 10 bpm. To ensure an accurate reading, the user's hands should be clean, free of both dirt and hand lotions.

Note: For increased safety and accuracy, the CHR system should only be used at speeds of 4 mph or lower (CHR readings are less accurate due to large muscle movements above this speed).

#### A Note on CHR Accuracy:

CHR monitoring may be less accurate than chest strap monitoring since the heart rate signals are much stronger at the chest. When using a HRC workout, it is best to use a chest strap because of the stronger and more accurate readings.

### **CAUTION:**

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

# CHAPTER 3: PROGRAMMING & OPERATION

## HEART RATE CONTROL (HRC):

### Introduction:

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

The TRUE HRC system is unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, and time, prior to starting the HRC workout. As users approach their target heart rate, the machine's computer automatically takes over and changes the speed and/or incline automatically to keep them near their target heart rate. This enables for a completely hands-free workout.

Note: A Polar® compatible heart rate monitoring chest strap should be worn during HRC workouts. For increased safety and accuracy, contact heart rate monitoring is not recommended for HRC workouts.

### Target Heart Rate:

TRUE's HRC workouts let the machine monitor relative exercise intensity by way of the user's heart rate, then automatically adjust the speed and incline to keep the user at their target heart rate and thus their desired exercise intensity. Heart rate is a good measure of the body's exercise stress level. It reflects differences in physical condition, fatigue, the comfort of the workout environment, even diet and emotional state. Users should compare their heart rate with how they feel to ensure safety and comfort.

### Consult a Physician to Determine Target Heart Rate:

Using heart rate to control a workout takes the guesswork out of the workout settings. Consult a physician before using heart-rate controlled workouts for advice on selecting a target heart rate range. Also, it is important to use the machine for several workouts in the manual mode while monitoring heart rate. Users should compare their heart rate with how they feel to ensure safety and comfort. After users have spent some time learning how their heart responds to different levels of speed and incline, they will have a better understanding of how to select the maximum speed and maximum incline required for reaching their target heart rate.

### Warm Up:

At the beginning of an HRC workout, the machine is in full Manual Control mode. Users should gradually increase the workout intensity to slowly raise their heart rate to within 10 bpm of their target heart rate. The machine will operate as if in manual mode during the warm up stage. Users control both speed and incline. The user may only increase speed and incline to the present maximum values entered. It is important that the user starts at a low level of perceived exertion and gradually increase the workout intensity over several minutes until they approach their target heart rate. This enables the body to adapt to the workout. Increasing the workout intensity gradually will enable the user to enter the HRC stage without overshooting their target, keeping their heart rate within a few bpm of their target.

Note: Warming up too fast may cause the user to overshoot their target. If this occurs it may take several minutes before the computer software can control their heart rate. Users may overshoot and undershoot for several minutes until control is achieved.

### Heart Rate Control Stage:

Heart Rate Controlled workouts take control of speed and incline, keeping the user's heart rate within a few bpm of their target. When using the Interval HRC Workout, the machine alternates between work and rest intervals.

### Cooldown:

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

# CHAPTER 3: PROGRAMMING & OPERATION

## WORKOUT PROGRAM DESCRIPTIONS:

### Quick Start:

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

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

Get right into a pre-set 20-minute workout designed to shape and tone every major muscle group.

### Manual:

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

### Hill Intervals:

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

### Rolling Hills:

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

### Single Hill:

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

### Random Hills:

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

### Cardio Challenge:

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

### Auto Stride: (Only Available on the XS1000)

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

### Stride Intervals: (Only Available on the XS1000)

Users set their own alternating 1 minute work and rest stride lengths; from short stepping to a long stride motion and everything in between.

### Distance Workouts:

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

### HRC Cruise Control:

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

### HRC Target:

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

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

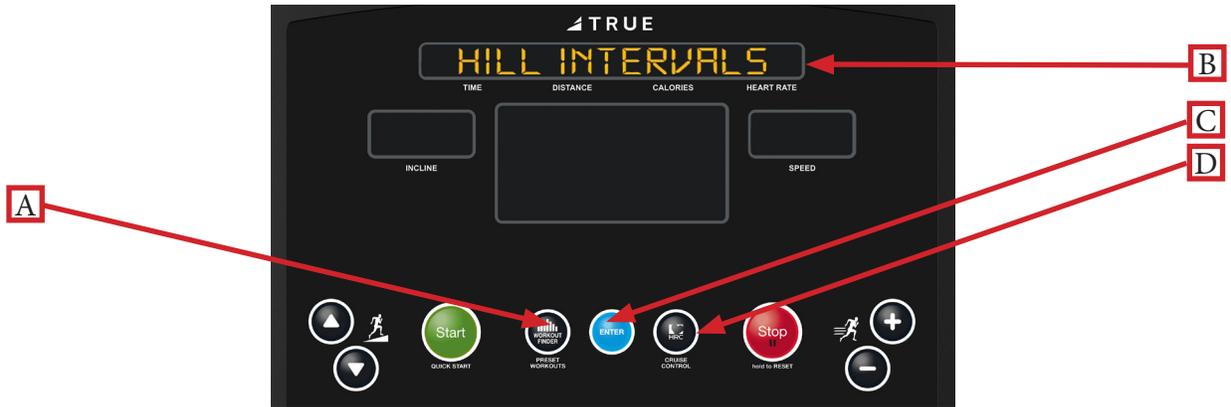
If users are looking for variety to make their cardio workout fly, try this random cycle of Cardio360 exercises for a great total-body workout.

# CONSOLE NAVIGATION:

## Selecting a Preset Workout:

To begin a preset workout, press the Workout Finder button (A) until the desired program is shown in the Upper LED Display (B) and then press the Enter button (C).

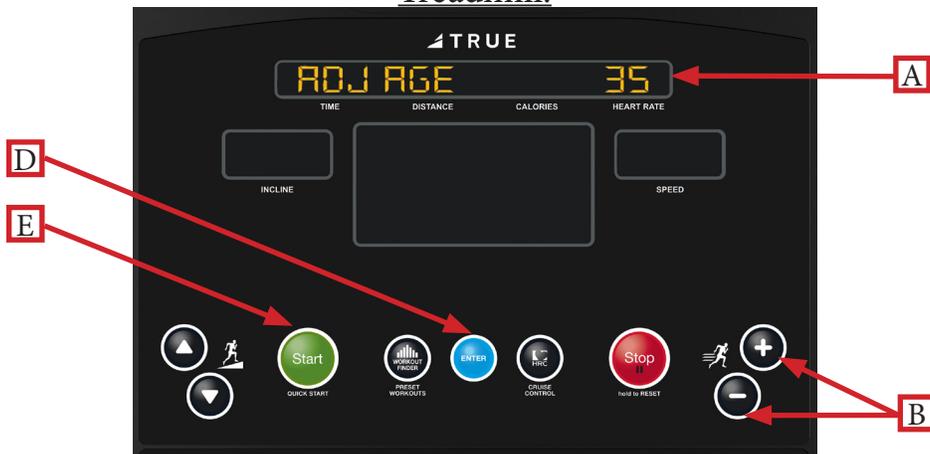
\*To begin a Target HRC Workout, press the HRC Cruise Control button (D) followed by the Enter button (C).



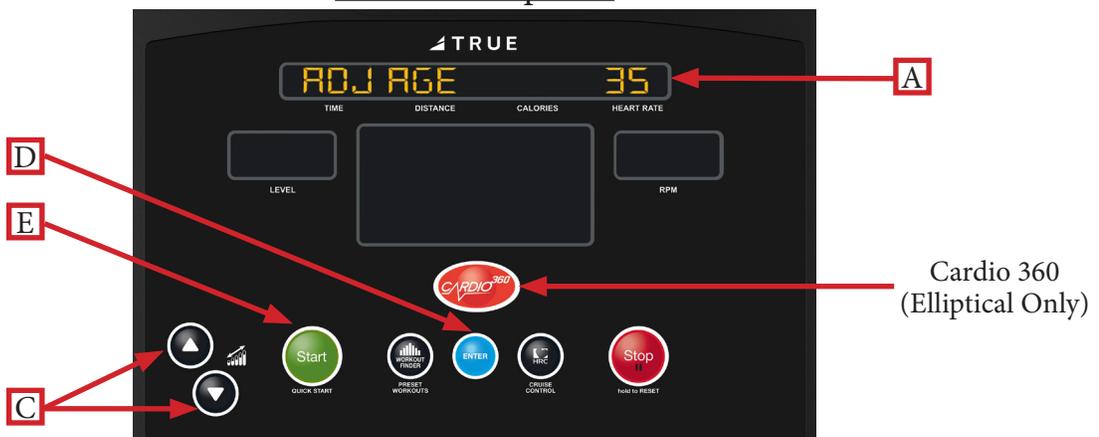
## Workout Data Entry:

Before beginning a preset workout, the console will ask the user for information in order to give more accurate workout data. To adjust the Data Value (A), use the Speed keys (B) for treadmills and Workload keys (C) for bikes and ellipticals. Once the desired value is displayed, press Enter (D) to move to the next Data Value. Once all data has been entered, press Start (E) to begin the workout.

### Treadmill:



### Bike and Elliptical:



# CHAPTER 4: EMERGE OPERATION

## CONSOLE NAVIGATION:

### Upper LED Display (VC900 Only):

During a workout on the VC900, the Emerge console rotates between three different data sets on the Upper LED Display.

For non-target HRC workouts, the following data sets will appear:

<b>Non-Target HRC Workout</b>				
Primary Data Set	TIME	FLOORS	CAL (Calories)	ACTUAL HR
Alternant Data Set	TIME	STEPS	METS	ACTUAL HR

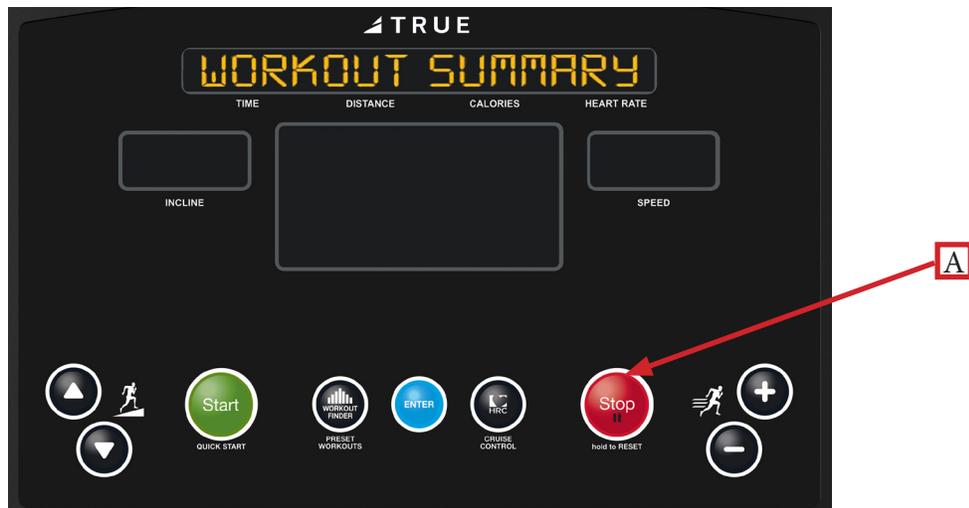
For target HRC workouts, the following data sets will appear:

<b>Target HRC Workout</b>				
Primary Data Set	TIME	FLOORS	CAL	ACTUAL HR
Alternant Data Set	TIME	STEPS	METS	TARGET HR

## CONSOLE NAVIGATION:

### Workout Summary:

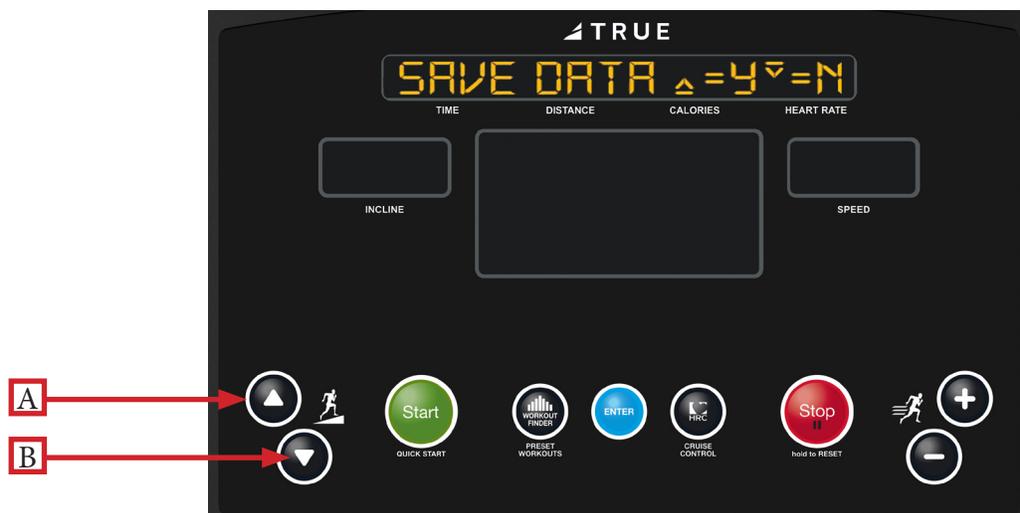
Workouts can be ended by the user pressing the Stop button (A) or by completing the time or distance in a preset workout. Once a workout has ended the console will display a workout Summary which will give the user an overview of their workout which includes; Time, Average Heart Rate, Max Heart Rate, Average Speed, Max Speed, Distance and Calories. To Clear the Summary and return to the home screen press the Stop button (A).



### Exporting Workout Data to a USB Drive:

The Emerge console gives users the ability to export their workout data to a USB drive. When this option is enabled the screen below will appear before the Workout Summary. To export the data, insert a USB drive into the console's USB port and press the Up Incline/Workload Key (A). To skip exporting the data, press the Down Incline/Workload Key (B) and the Workout Summary will be displayed without being exported.

Note: Incline applies to treadmills and Workload applies to bikes and ellipticals.

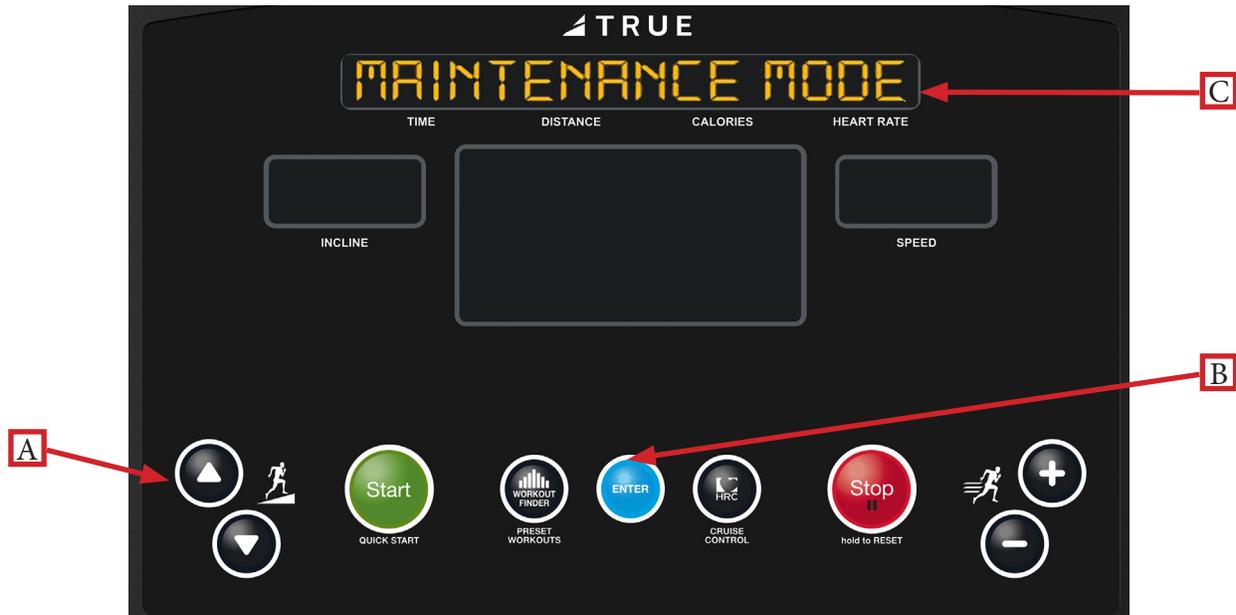


# CHAPTER 4: EMERGE OPERATION

## ADVANCED CONSOLE FUNCTIONS:

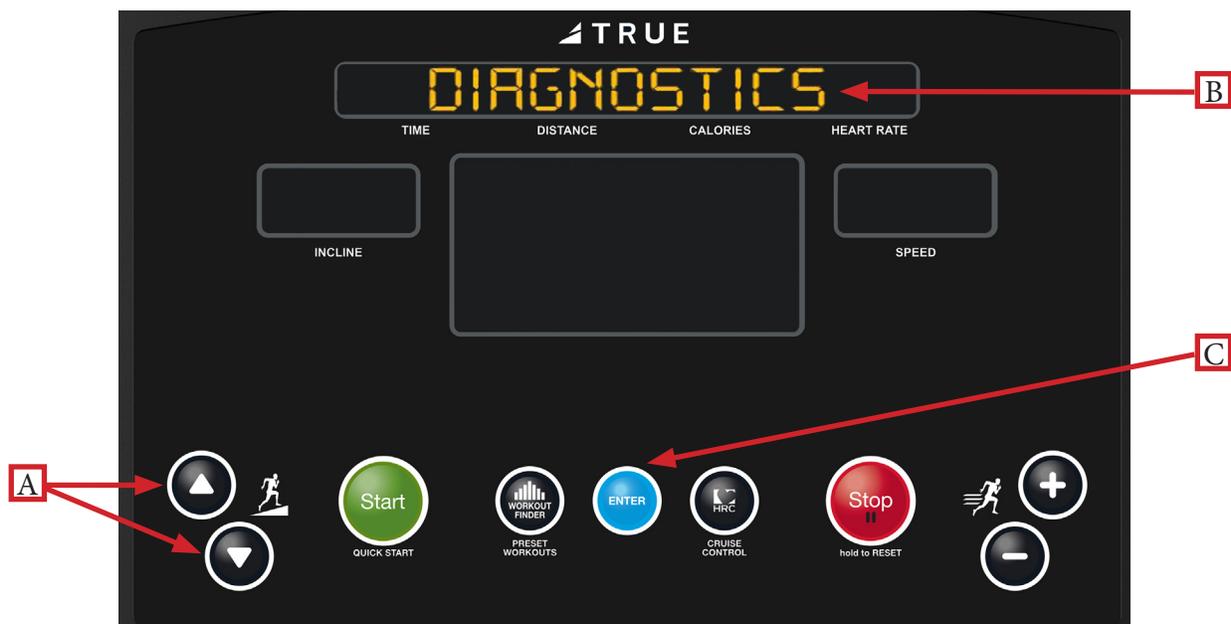
### Entering Maintenance Mode:

Press and hold the Up Incline button (A) until the unit beeps (about 3 seconds). Next, release the Up Incline key and immediately press and hold the Enter button (B) until the unit beeps again (about 3 seconds). Lastly, release the Enter button and when the Upper LED Display (C) reads “Maintenance Mode”, press the Enter button (B) to enter Maintenance mode.



### Maintenance Mode Navigation:

Maintenance Mode is divided into the following categories: Calibration, Diagnostics, and Configuration. To select a category, use the Up and Down Incline/Workload keys (A) until the category is listed in the Upper LED display (B) and then press the Enter button (C).



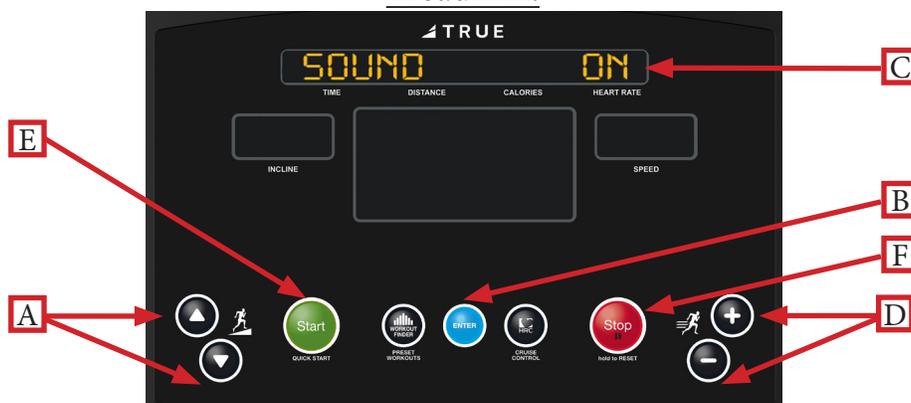
# CHAPTER 4: EMERGE OPERATION

## ADVANCED CONSOLE FUNCTIONS:

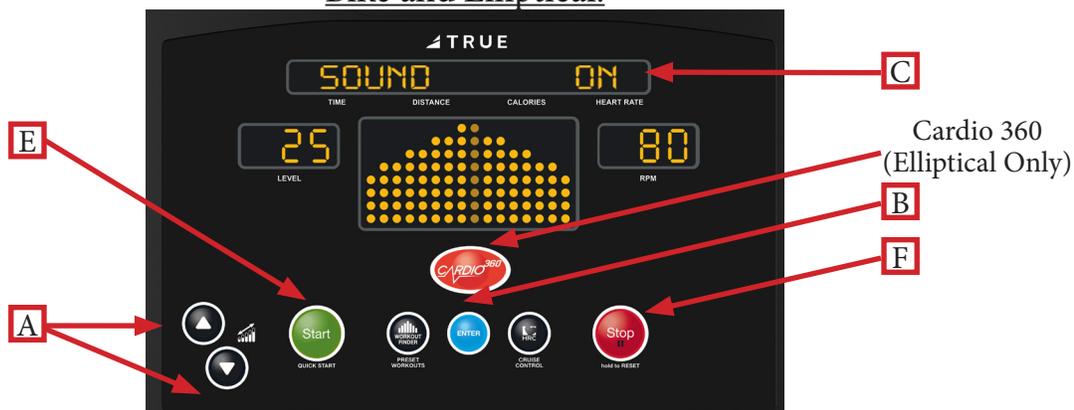
### Maintenance Mode Navigation:

Within a category, users can scroll through available options using the Up and Down Incline/Workload keys (A). Press the Enter button (B) to select a setting shown in the Upper LED Display (C) and use the Speed keys (D) to update the value (Note: For bikes and ellipticals, the Workload keys [A] are used to update the values too). After changing any setting, the Start button (E) MUST be pressed to save the changes or it will revert to the default setting. The Stop Button (F) is used as a back button in Maintenance Mode. To exit the diagnostics mode, press the Stop Button (F) repeatedly until “Maintenance Mode” is displayed on the Upper LED Display (C) and then press and hold the Stop Button (F) to reset the console or simply remove and replace the safety key.

### Treadmill:



### Bike and Elliptical:



### CALIBRATION:

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

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

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

### Calibration Steps:

1. Enter Maintenance Mode.
2. Use the UP & DOWN Incline buttons to scroll through the options until “Calibration” is displayed on the Upper LED Display.
3. Press the Enter Button to Enter Calibration Mode and then press the Start button to begin the Calibration.
4. After the Calibration is complete, remove and replace the safety key to return to the standard user mode.
5. Power cycle the machine.

# CHAPTER 4: EMERGE OPERATION

## ADVANCED CONSOLE FUNCTIONS:

### Diagnostics Menu:

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

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

## ADVANCED CONSOLE FUNCTIONS:

### Configuration Menu:

## WARNING:

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

<u>Title</u>	<u>Description</u>
<b>Model:</b>	Displays the model on which the console is installed.
<b>Display Test:</b>	Test Screens that Illuminate the LED's in the console display to ensure proper function.
<b>Key Test:</b>	Shows a description for any buttons that are pressed. In the event of a stuck key, the key that is being engaged will display.
<b>HR Test:</b>	<b>Telemetry</b> - Use a wireless heart rate strap or simulator to test if the unit is receiving wireless heart rate data. If there is a reading displayed without the use of a heart rate strap or simulator, there is outside interference from another source.
	<b>Contact</b> - Ensures the unit is receiving the data by displaying the user's heart rate when the contact heart rate pads are gripped.
<b>Cooldown:</b>	Adjusts the length of the cooldown time at the end of a workout.
<b>Total Distance:</b>	The total distance in miles that the belt has traveled.
<b>Total Time:</b>	Displays an accumulative count of the total number of hours the unit has been used.
<b>Max Grade:</b>	The maximum percentage that the unit can be inclined.
<b>Max Speed:</b>	The maximum speed the unit is able to reach.
<b>EPROM Test:</b>	Displays the current version of software installed on the console.
<b>Decl Option:</b>	Displays the current configuration of the optional decline kit.

# CHAPTER 4: EMERGE OPERATION

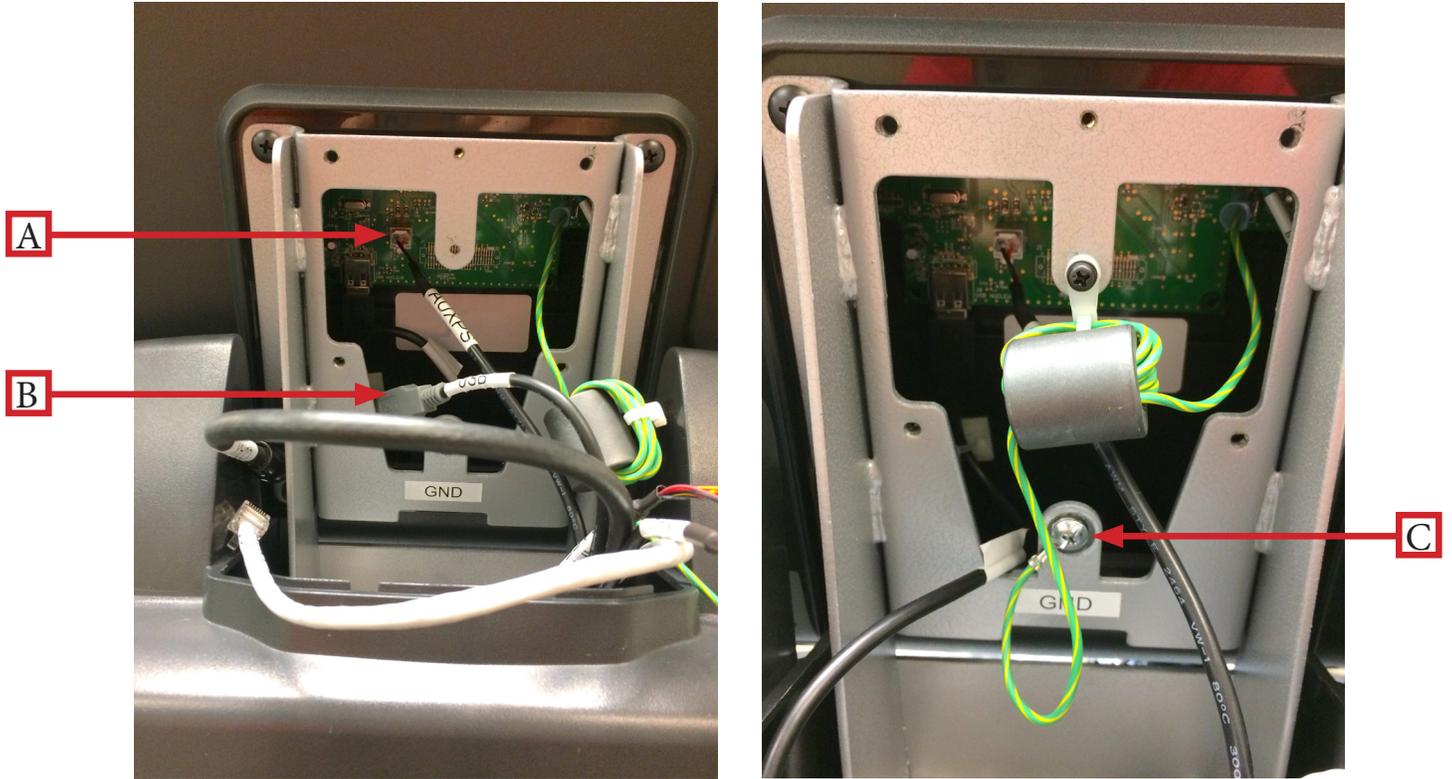
## CONSOLE ASSEMBLY:

### Console Wire Connections:

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

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

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



# CHAPTER 5: CUSTOMER SERVICE

## CONTACTING SERVICE:

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

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

### TRUE FITNESS SERVICE DEPARTMENT

865 HOFF ROAD

ST. LOUIS, MO 63366

1.800.883.8783

HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST

E-MAIL: [service@truefitness.com](mailto:service@truefitness.com)

## CONTACTING SALES:

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

### TRUE FITNESS HOME OFFICE

865 HOFF ROAD

ST. LOUIS, MO 63366

1.800.426.6570

HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST

E-MAIL: [sales@truefitness.com](mailto:sales@truefitness.com)

## CHAPTER 5: CUSTOMER SERVICE

### REPORTING FREIGHT OR PARTS DAMAGE:

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

#### Severe Damage:

Obvious damage to external packaging / internal product. Please **refuse** the shipment and it will be returned to TRUE Fitness by the carrier. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal business hours to notify us that the shipment has been refused. Once we have received the damaged shipment, a replacement shipment will be sent to you. Only refuse the damaged piece if the shipment is multiple boxes.

#### Slight Damage:

The box may have minimal damages and you are not sure if the actual product is damaged or not. You **must** sign the bill of lading as damaged when accepting the shipment. Once you have opened the box and you have determined something is indeed damaged please gather the serial number, model number, description and photos of damages. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal business hours.

#### Concealed Damage:

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

### WARRANTY:

#### NOTICE

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