

ENVISION II 9" TOUCHSCREEN CONSOLE

 TRUE®



MODEL C4T9
(MAN-C4T9 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/>

اماه

اهمى ست يلعفلما جتنملا فلتخت دق . جذومنلا يه ضرور عملما تاجت عملما عىم ج
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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.

NOTE: Refer to the base owner's manual for the complete list of safety instructions pertaining to the machine.

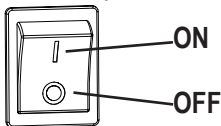
- Read and understand all instructions and warnings prior to use.
- Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- Obtain proper instruction prior to use.
- This unit is intended 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.
- 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.

⚠ 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.

⚠ 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.
- 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.
- Use a TRUE AC power cord or AC/DC adapter only.
- 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.
- To disconnect, turn power OFF at the ON/OFF switch if applicable, then remove plug from electrical outlet. On the machine power switch, (I) means that the machine power is **ON** and (O) means the machine power is **OFF**.



- 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.
- 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.
- 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.
- 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.
- To avoid injury, attach the safety clip to clothing before use.
- Use handlebars 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.
- 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.
- Do not change the incline of the equipment by placing objects under it.
- 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.
- Noise emission under load is higher than without load. A-weighted emission sound pressure level at the trainer's ear: 67 dBA.

POWER REQUIREMENTS

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

DEDICATED LINE

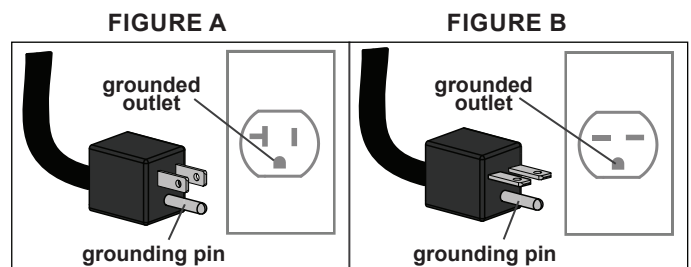
Refer to the base manual for dedicated line information.

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.



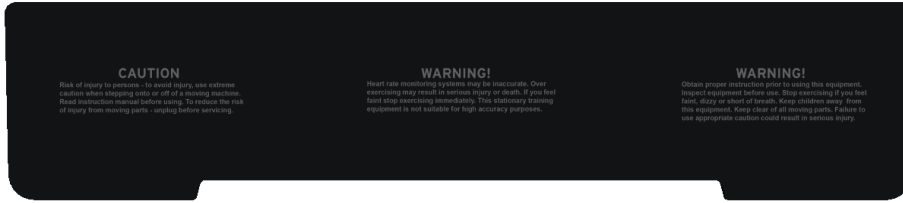
POWER REQUIREMENTS CONTINUED

Power Information						
Model	Line Voltage (V)	Frequency (Hz)	Rated Current (Amps)	Number of Units per Circuit	Plug/Outlet*	Max Power Dissipation (Watt)
TC400/TC650/ TC900/TI1000/ ST1000	110	50/60Hz	20	Dedicated 1	NEMA 5-20 	1650
	220	50/60Hz	15	Dedicated 1	NEMA 6-15* 	1650
UC400/UC900/ RC400/RC900	110	50/60Hz	20	Up to 5 bikes per circuit—DO NOT exceed	NEMA 5-20 	350 watts per bike equipped with an Envision II 16" or ShowRunner II console
	220	50/60Hz	15	Up to 5 bikes per circuit—DO NOT exceed	NEMA 6-15* 	350 watts per bike equipped with an Envision II 16" or ShowRunner II console
XC400/XC900	110	50/60Hz	20	Up to 5 ellipticals per circuit—DO NOT exceed	NEMA 5-20 	350 watts per elliptical equipped with an Envision II 16" or ShowRunner II console
	220	50/60Hz	15	Up to 5 ellipticals per circuit—DO NOT exceed	NEMA 6-15* 	350 watts per elliptical equipped with an Envision II 16" or ShowRunner II console
XS1000/VC900	110	50/60Hz	20	Up to 3 machines per circuit—DO NOT exceed	NEMA 5-20 	550 watts per machine
	220	50/60Hz	15	Up to 3 machines per circuit—DO NOT exceed	NEMA 6-15* 	550 watts per machine

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

WARNING AND INTENDED USE LABELS

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

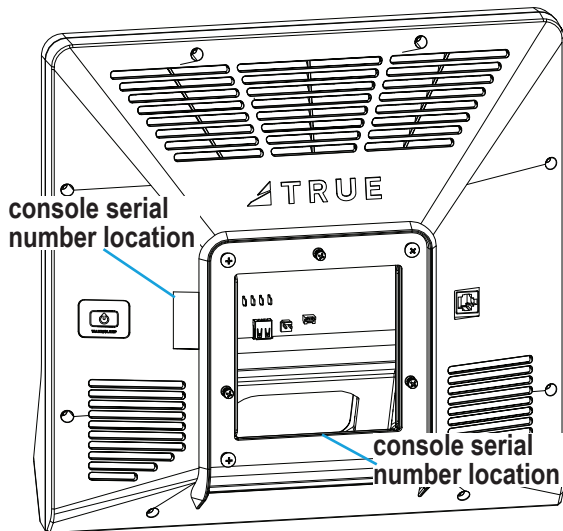


To replace any worn or missing warning labels, locate the serial number for your product, and then contact TRUE product support:

- www.truefitness.com
- 800.883.8783
- service@truefitness.com

NOTE: Additional console serial number located at the bottom of the console.

NOTE: See the base owner's manual for the base serial number.



23-000000X

S/N: 
23-000000X

MDL: 
C4T9

COMPLIANCES



This equipment complies with all applicable codes and regulations. For a complete list of compliances, please see regulatory approvals on truefitness.com.

ASSEMBLY INSTRUCTIONS

PREASSEMBLY CHECKLIST

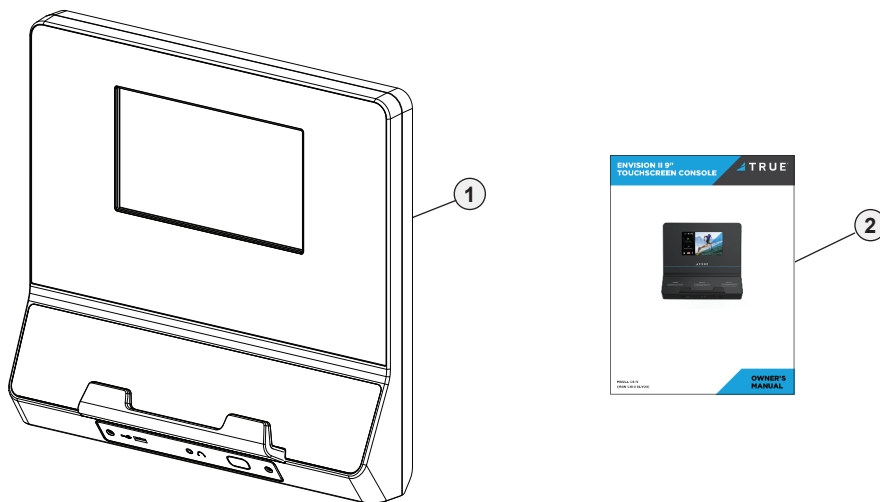
VERIFY BOX CONTENTS

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

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
#2 Phillips Screwdriver		NO
Plastic Pry		NO

BOX CONTENTS

ITEM	PART NUMBER	DESCRIPTION	QTY
1	C4T9	CONSOLE, UCIV, COMMERCIAL 9"TS	1
2	MAN-C4T9	MANUAL, C4T9	1



ASSEMBLY STEPS

STEP 1—INSTALL AUXILIARY POWER SUPPLY

PART	DESCRIPTION	QTY
00560402	POWER CORD, FUYANG	1
00595500	POWER SUPPLY, FUYANG 12V 6A	1

The Envision II 9" console requires the optional power supply. Refer to the base owner's manual for instructions on how to attach it.

STEP 2—ATTACH CONSOLE TO CONSOLE MAST

TOOL NEEDED	
#2 Phillips Screwdriver	
Plastic Pry	

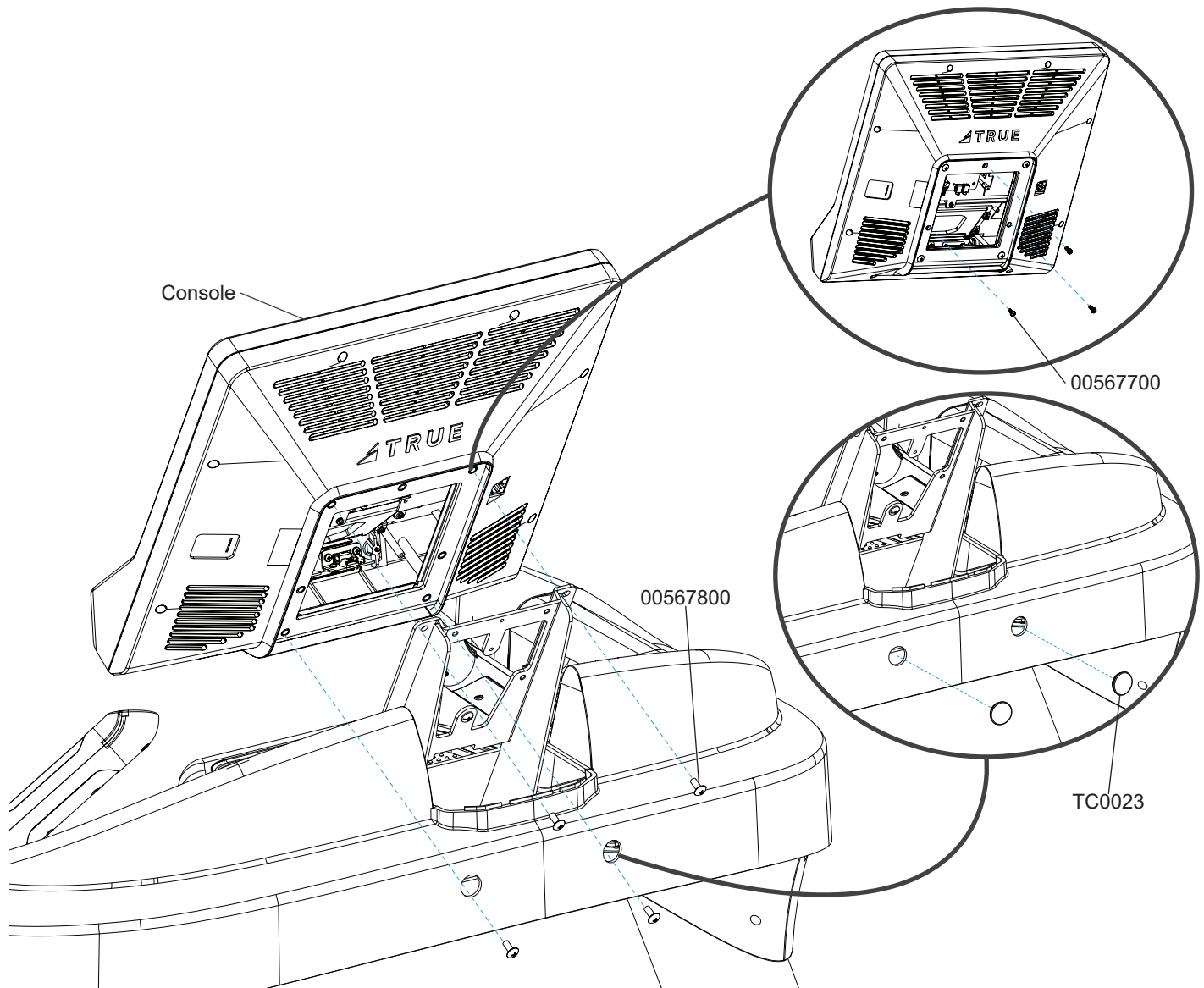
PART	DESCRIPTION	QTY
N/A	CONSOLE	1
TC0023	BOLT COVER	2

Using a #2 Phillips screwdriver, secure the console to the console mast using the hardware preassembled to the console (00567800 // SCREW, M5-.8X12 COMBO PHILLIPS/Common TRUSS HEAD - ACG BLACK // QTY 4).

NOTE: Using a plastic pry tool, remove the two bolt covers (TC0023) from the base to access the lower set of screws on the console. This step doesn't apply to all base models.

NOTE: If the console also has three screws (00567700 // SCREW, M4-.7 X 12 PPHMS SEMS // QTY 3) preassembled, remove and set aside these screws. They are not used in this installation.

NOTE: Refer to the base owner's manual for more detailed instructions.

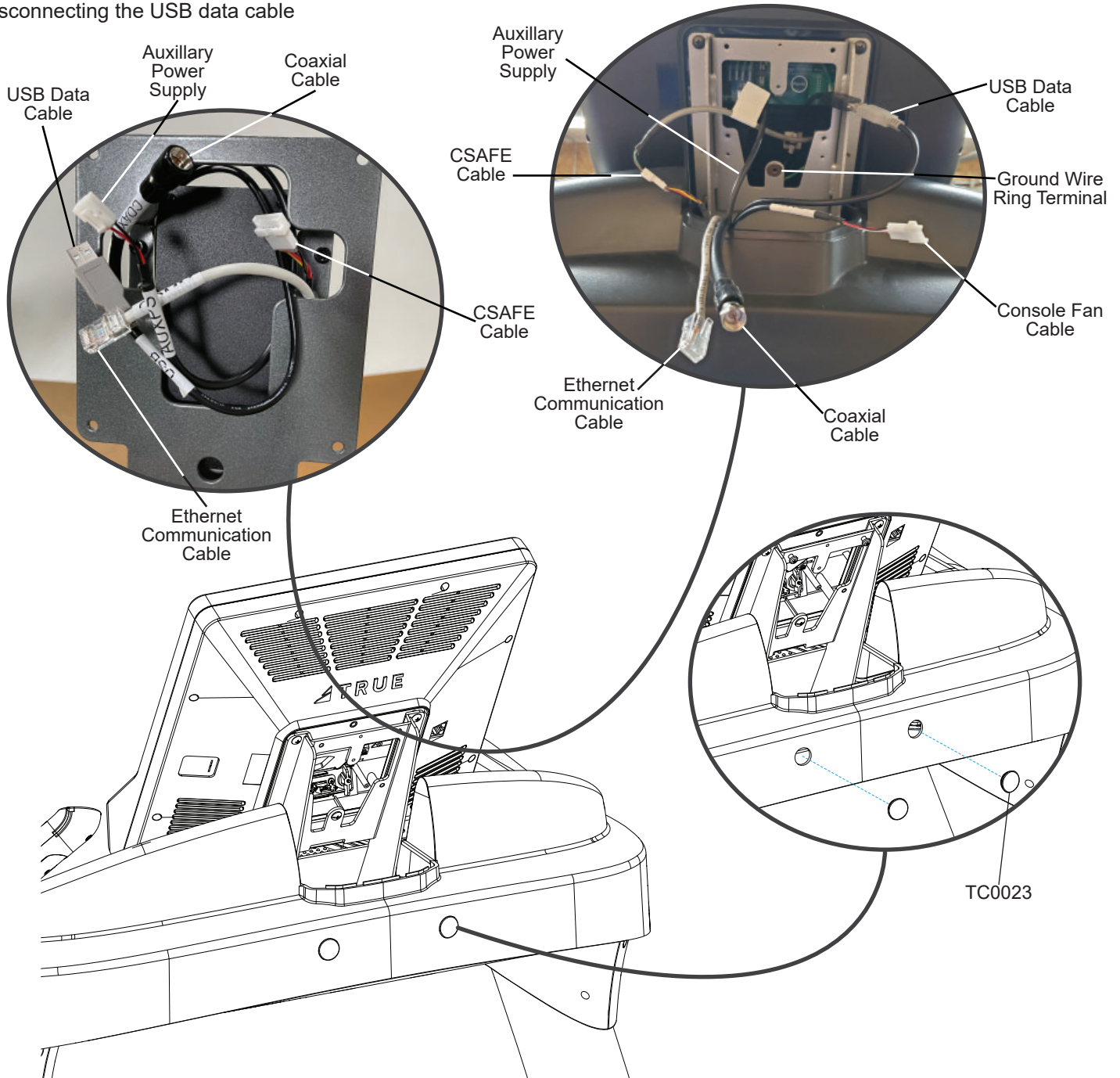


STEP 3—MAKE CONSOLE CABLE CONNECTIONS


Part	Description	Qty
TC0023	BOLT COVER	2

1. Reattach the 2 bolt covers to the base.
NOTE: This step doesn't apply to all base models.
2. Connect the Auxillary Power Supply, USB Data cable, and Ground Wire Ring Terminal. Tuck the CSAFE cable, Coaxial cable, Console Fan cable, Ethernet Communication cable, and any excess cord length inside the console.
3. Connect the ground wire ring terminal to the preinstalled grounded screw on the console mast, ensuring the grounded screw secures the ground wire ring terminal to the front console mast. Ensure the ground wire ring is connected.

NOTE: Before connecting the power source and mounting the console to the unit, connect the USB data cable. When removing the console from the base unit, power down the console and remove it from the console mast before disconnecting the USB data cable



STEP 4—ATTACH REAR CONSOLE COVER

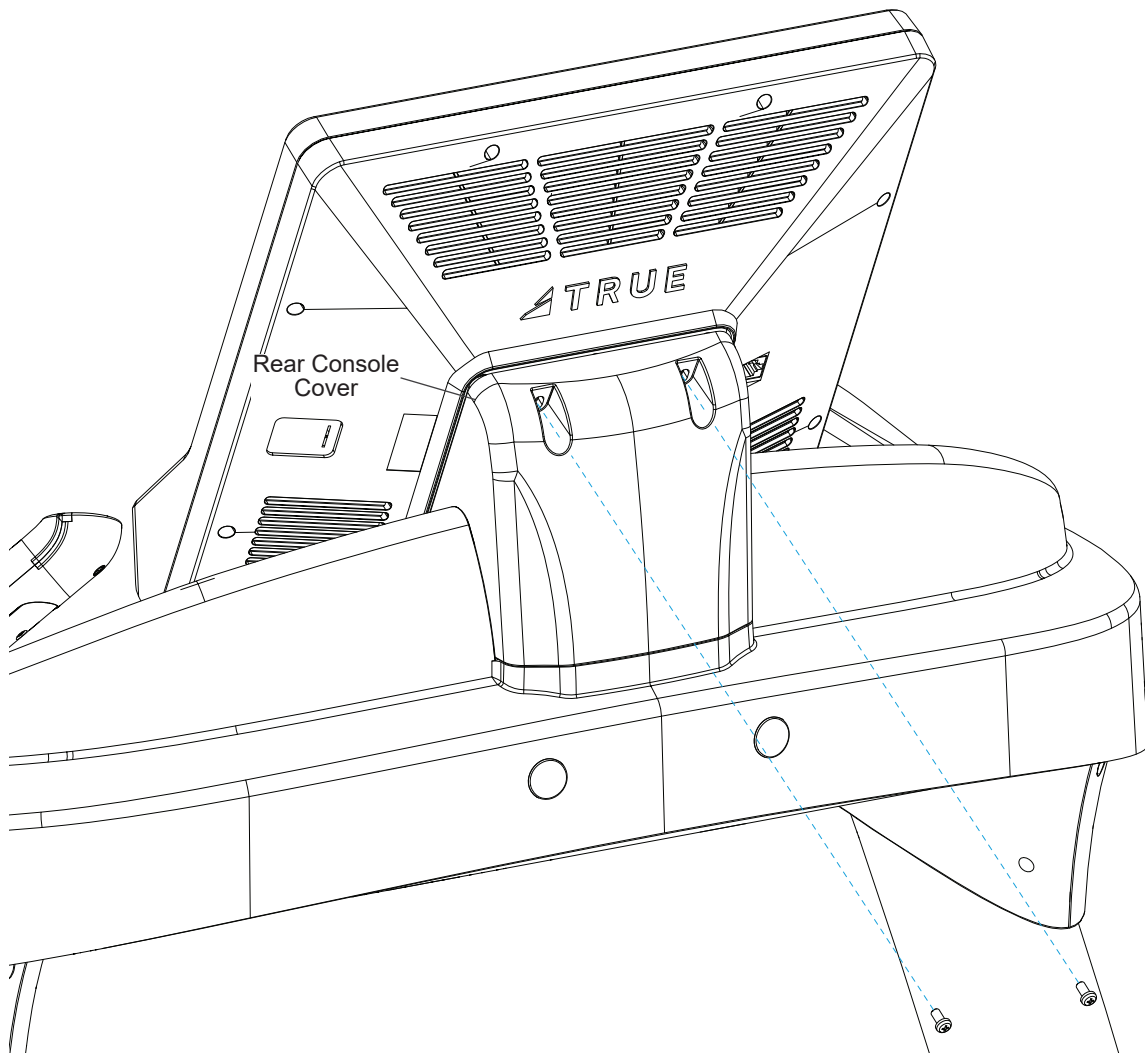
Tools Used in this Step	
#2 Phillips Screwdriver	

Part	Description	Qty
N/A	REAR CONSOLE COVER	1

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

NOTE: Covers and screws will vary based on the base model.

NOTE: Refer to the base owner's manual for more detailed instructions.



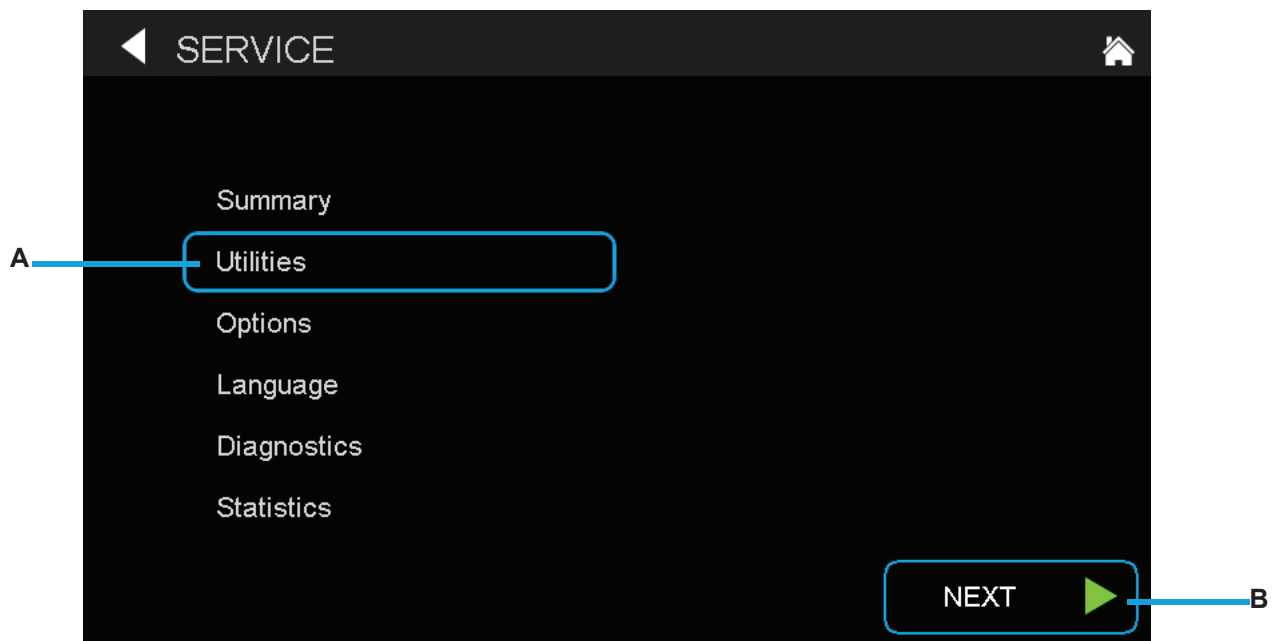
STEP 5—CONFIGURE THE MACHINE

PART	DESCRIPTION	QTY
N/A	CONSOLE	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
- 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).



- 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.



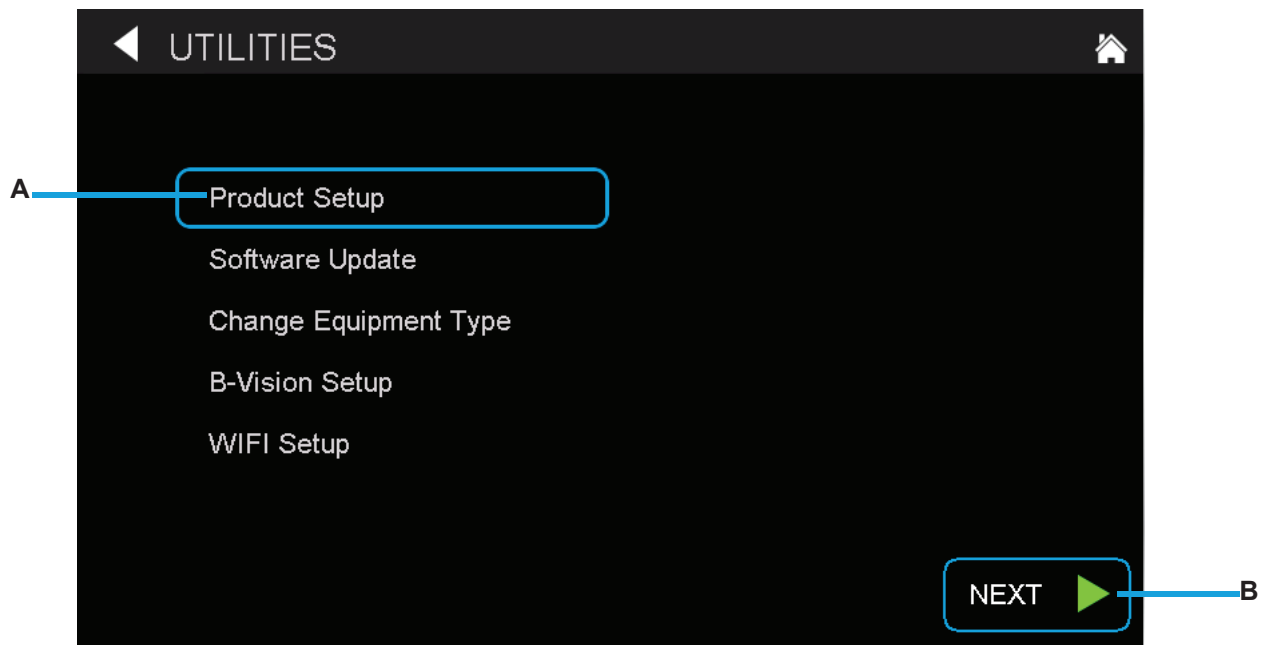
STEP 5—CONFIGURE THE MACHINE CONTINUED

3. Under Utilities ,select **Product Setup** (A). Press **NEXT** (B) to continue.
4. The user must then follow the on-screen prompts in the Product Setup menu to configure the console with the correct base model.

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.

NOTE: The user must repeat this sequence when switching the console to a different base unit whether the same type of base unit (treadmill to treadmill) or different type of base unit (treadmill to elliptical).

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



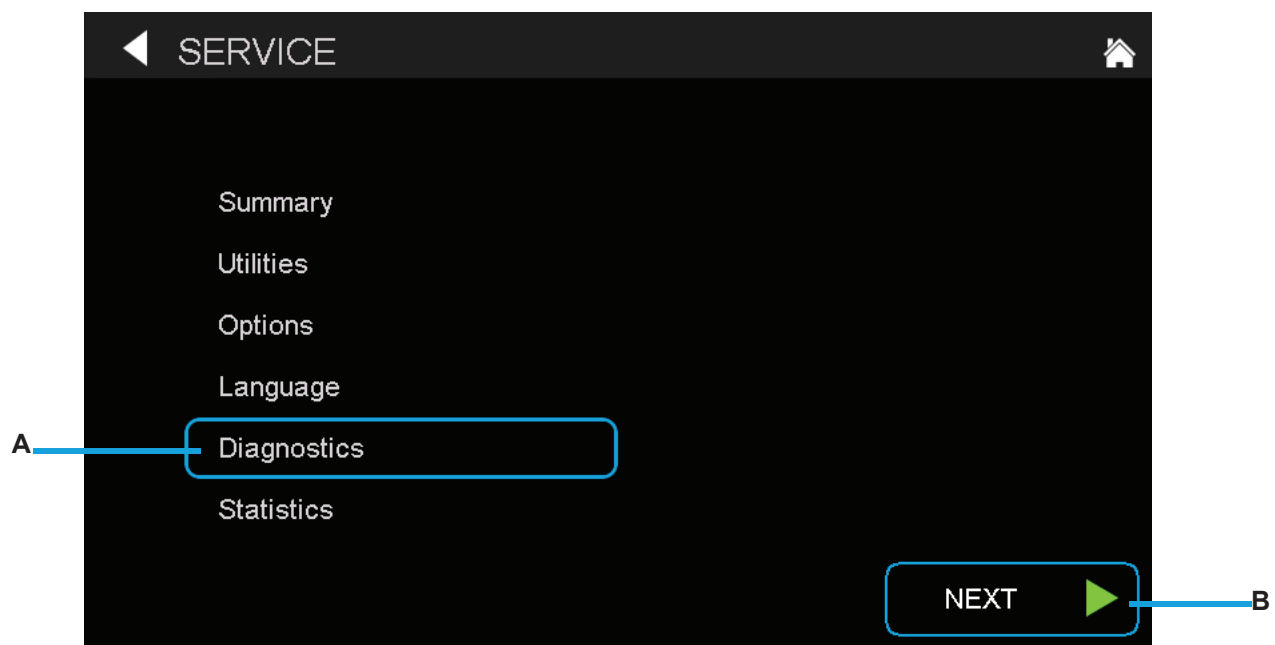
STEP 6—CALIBRATE THE MACHINE

PART	DESCRIPTION	QTY
N/A	CONSOLE	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).

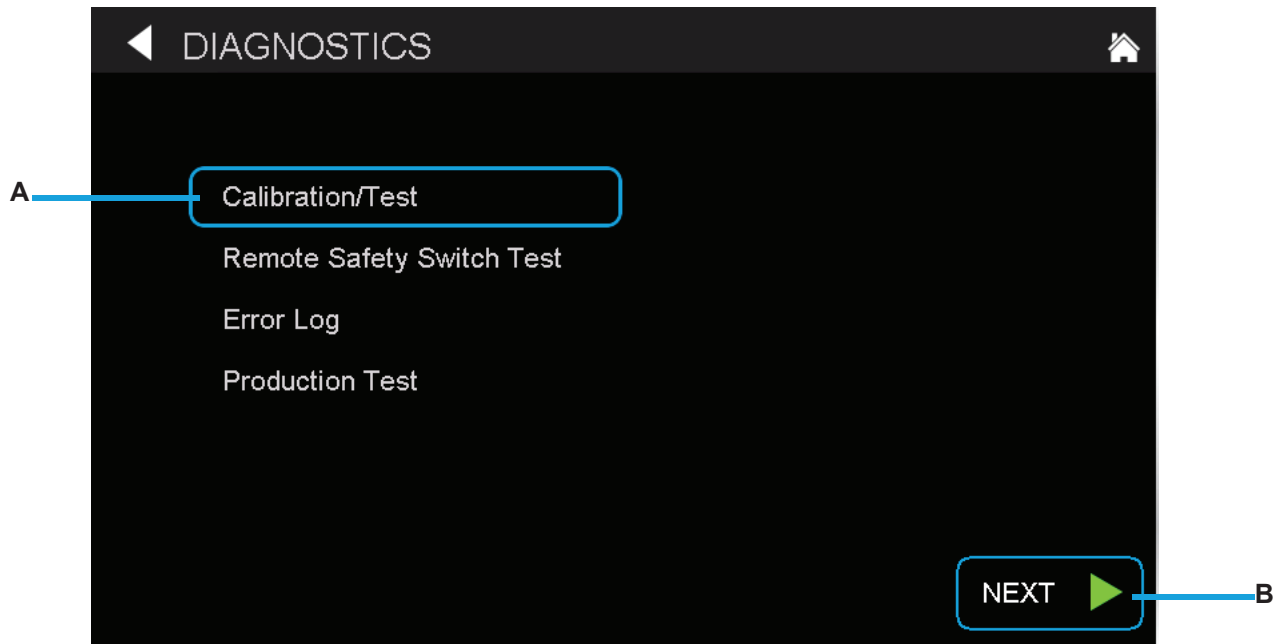


- The first screen displayed after entering Service Mode is the Service menu. In the Service Menu, select **Diagnostics** (A) to highlight it. Press **NEXT** (B) to continue.



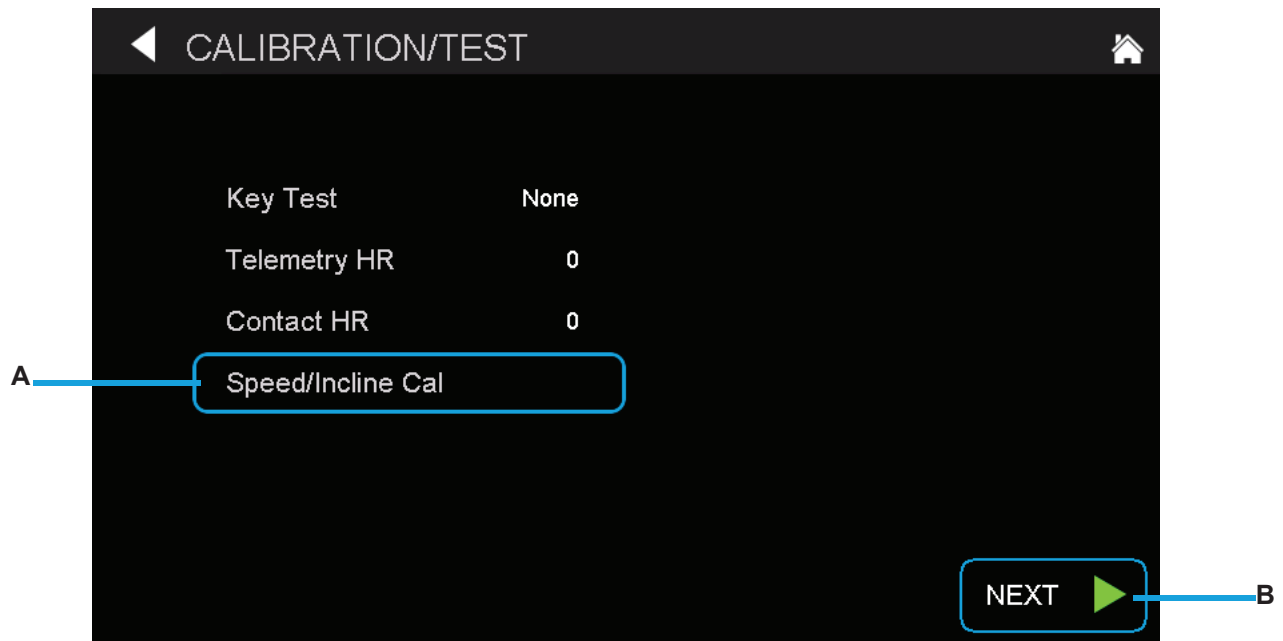
STEP 6—CALIBRATE THE MACHINE CONTINUED

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



- Under Calibration/Test, select **Speed/Incline Cal** (A) to highlight it. Press **NEXT** (B) to continue.

NOTE: The image below may differ slightly based on the base unit used.



STEP 6—CALIBRATE THE MACHINE CONTINUED

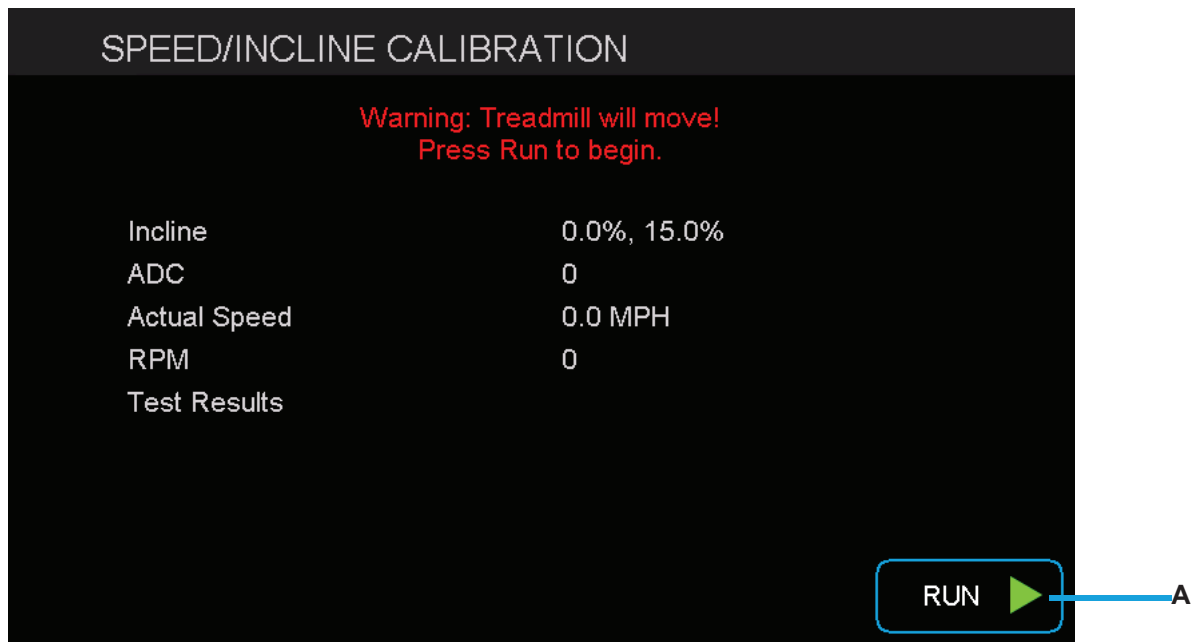
5. Under Speed/Incline Calibration, press **Run (A)** to begin calibration.

NOTE: Calibration is required depending on the base unit.

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.



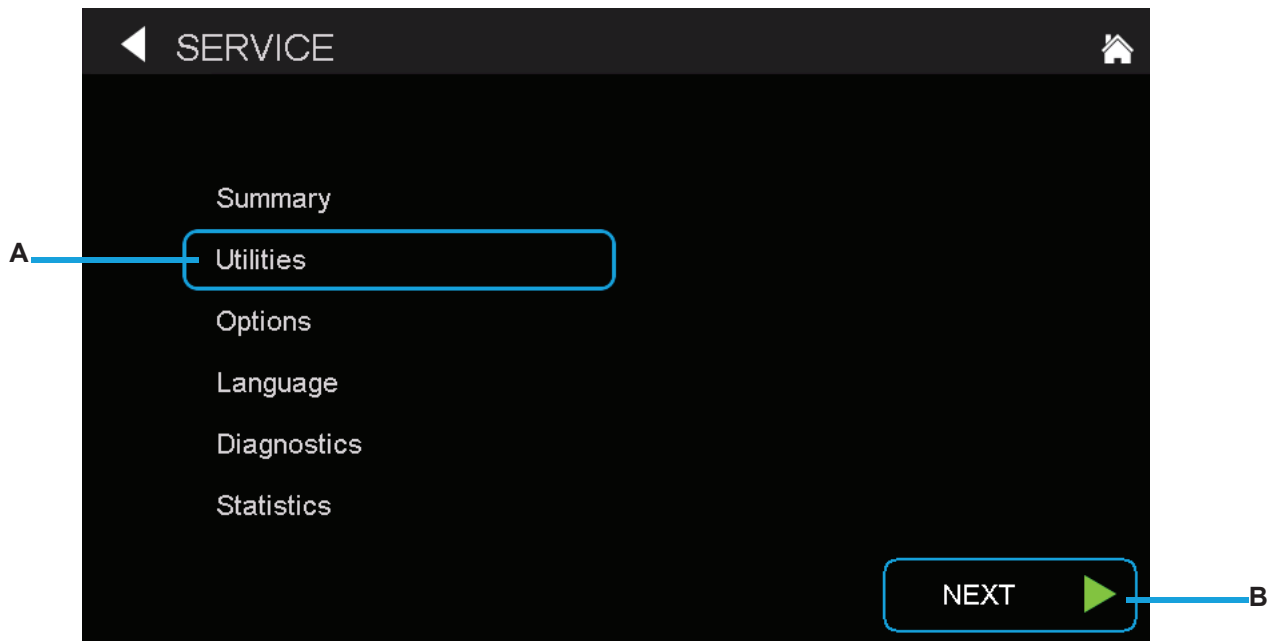
STEP 7—BROADCASTVISION TV SETUP

PART	DESCRIPTION	QTY
N/A	CONSOLE	1

1. Note the number of TVs visible in the facility room that the audio setup will be programmed in.
2. 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).

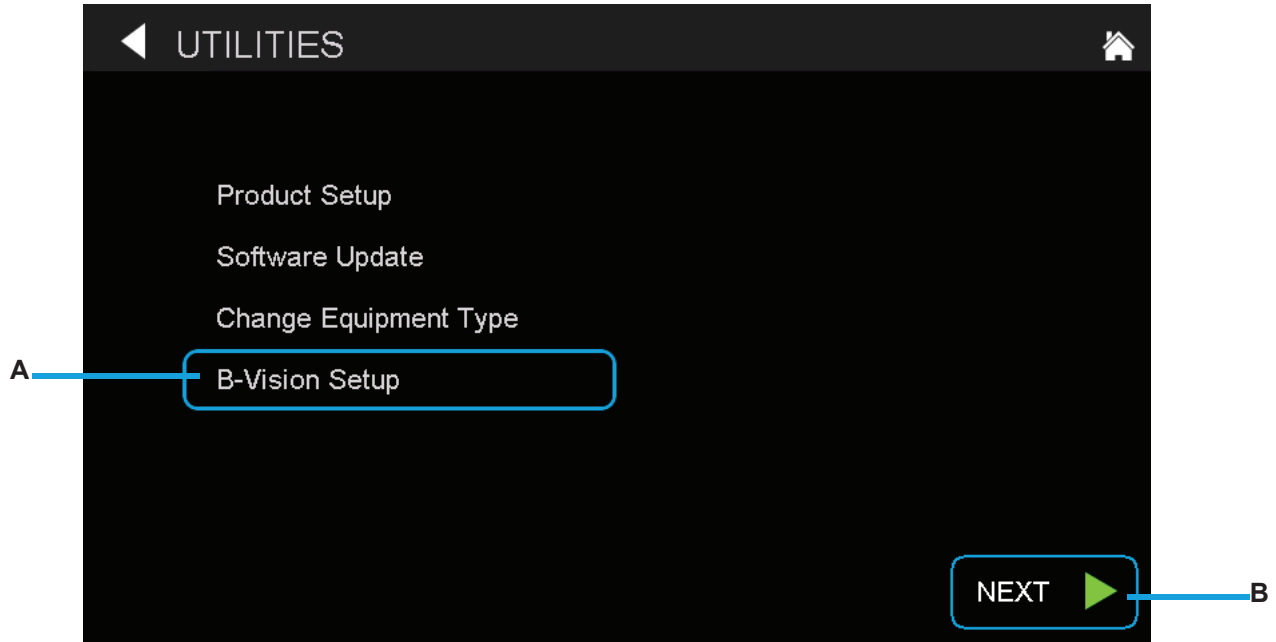


3. In the Service Menu, select **Utilities** (A) to highlight it. Press **NEXT** (B) to continue.

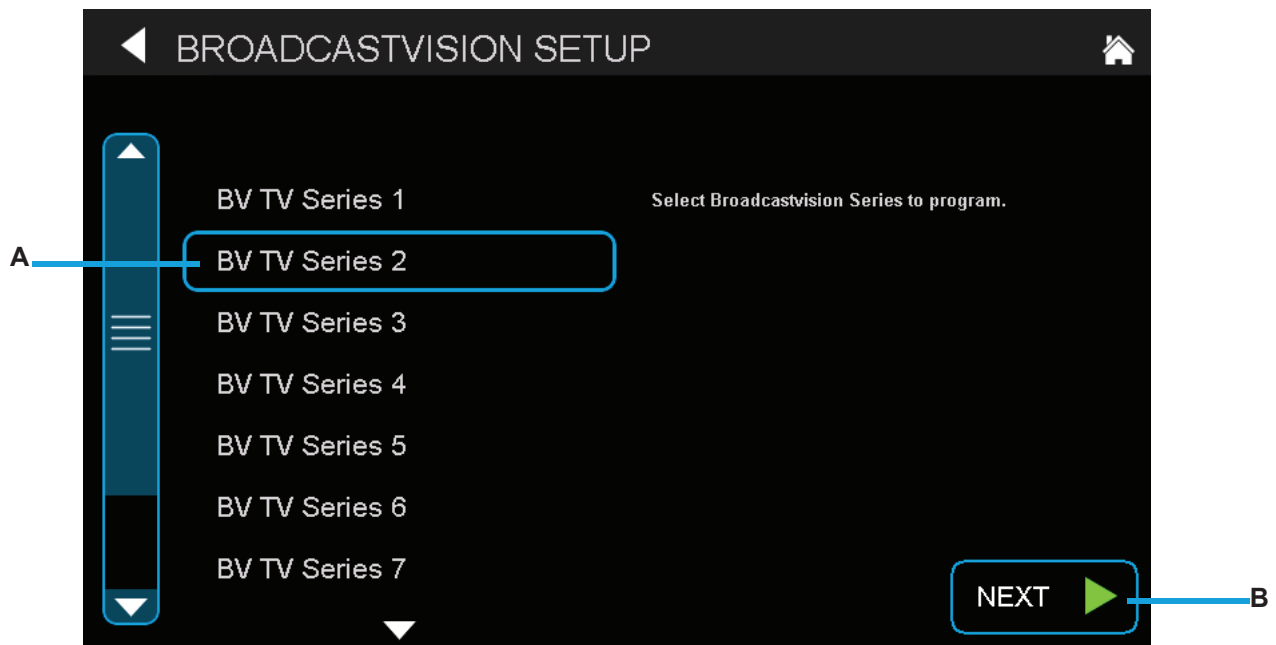


STEP 7—BROADCASTVISION TV SETUP CONTINUED

- Under Utilities, select **B-Vision Setup** (A) to highlight it. Press **NEXT** (B) to continue.



- Under Broadcastvision Setup, select **BV TV Series 2** (A) to highlight it. Press **NEXT** (B) to continue.



STEP 7—BROADCASTVISION TV SETUP CONTINUED

6. Scroll through the channels until you hear audio. Press **Save** (A) to register valid channels.

NOTE: These displays are optimally designed to work with Broadcastvision transmitters, which should be part of this wireless installation. If non-Broadcastvision transmitters are being used, one should try at this point of these instructions to press **4** to LOAD BY SERIES 4 for Mye©/Fantaay© transmitters or press **8** to LOAD BV SERIES 8 for Cardio Theatre © LCS transmitters or press **9** to LOAD BV SERIES 9 for Cardio Theatre © xTV transmitters. This may allow for reception under these circumstances.



CONSOLE OVERVIEW



Touchscreen Display

A capacitive touchscreen used for workout control and feature navigation.

USB Port

Allows users to charge a mobile device, or update the console software.

Numeric Keypad

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

Headphone Jack

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

Warning Label

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

Stop

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

Tablet Holder

An adjustable mount designed to hold mobile devices during a workout.

PROGRAMMING AND OPERATION

TOUCHSCREEN INTRODUCTION

The Envision II 9" touchscreen console utilizes a fully integrated capacitive touch screen display and a multi-screen interface to provide a state of the art and user friendly workout.



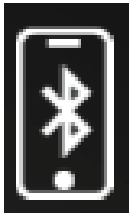
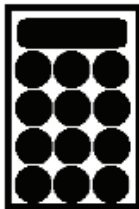



Capacitive touchscreen technology relies on the conductive properties of the human body to detect when and where on the display the user is touching. Because of this, capacitive touchscreens are highly responsive and do not require pressure to register a touch.

TOUCHSCREEN NAVIGATION

TRUE recommends that users familiarize themselves with the different screens to ensure that they are safely taking advantage of all of the features that this equipment has to offer.

Icon Character Map

This console uses several icons to provide users with a simplified and visually appealing workout experience. The character map below is a quick reference of commonly used icons.

 <p>Screen Toggle</p>	 <p>Options</p>
 <p>Bluetooth Connection</p>	 <p>Keypad</p>
 <p>Audio Device</p>	 <p>Home</p>
 <p>Speed</p>	

⚠ CAUTION: The safety key must be in place on the machine console, and should be attached to the user's clothing. The machine will not operate if the safety key is not attached to the console.

HEART RATE MONITORING

This machine can monitor a user's heart rate using a Polar* 5kHz compatible chest strap, a Bluetooth heart rate transmitter or the metal grips on the hand rails (called contact heart rate or CHR pads). Bluetooth transmitters and chest straps transmit the user's heart rate to the treadmill via radio, and the CHR pads connect to a special computer circuit to extract the user's heart rate.

Chest Strap and Bluetooth 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. Using chest strap or Bluetooth monitoring also allows users to use Heart Rate Control, the most advanced exercise control system available. When users wear a Polar® compatible transmitter strap or a Bluetooth transmitter, the treadmill will display the user's heart rate as a digital beats-per-minute (bpm) readout. A chest 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. *Bluetooth transmitters should be worn in accordance with the manufacturer's documentation. 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.

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

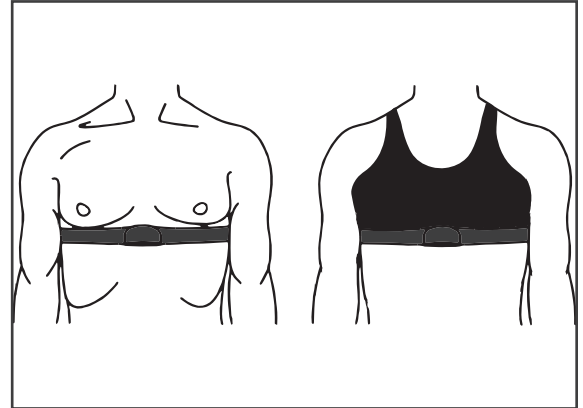
Contact Heart Rate (CHR)

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).

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

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



HEART RATE CONTROL (HRC)

You are now the owner of the most sophisticated Heart Rate Control (HRC) treadmill available. TRUE HRC is unique and patented. It accommodates users from rehabilitation to world class athletes, and all those in between. TRUE HRC allows 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 beginning the HRC workout. As users approach their target heart rate, the treadmill's computer automatically takes over and changes the speed and/or incline automatically to keep users near their target heart rate. This allows for a completely "hands-free" workout.

NOTE: A Bluetooth or 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 Heart Rate Control (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 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 treadmill 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 treadmill is in full Manual Control mode. Users should gradually increase the workout intensity to slowly raise their heart rate to within 10 beats per minute (bpm) of their target heart rate. The treadmill 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 allows the body to adapt to the workout. Increasing the workout intensity gradually will allow the user to enter the Heart Rate Control 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

The treadmill takes 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 treadmill alternates between work and rest intervals.

Cooldown

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

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 preset 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 treadmill throughout the workout.

Hill Intervals

Hill Intervals are in two minute segments with the speed remaining constant. Speed changes are permanent; incline changes affect the current two minute segment only.

Rolling Hills

A 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. Incline changes affect the current segment only. Speed changes are permanent.

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.

Weight Loss Hills

Two minute walking interval segments with incline alternating between hills and a nearly flat landscape. Speed changes are permanent; Incline changes affect the current segment only.

Glute Buster

A changing incline profile focuses on intense glute muscle use.

Calorie Goal

This workout allows users to choose a speed, incline and workout time combination that will achieve their calorie goal.

Cardio Challenge

Speed and incline increase to a maximum at the mid-point of the workout, then decrease to the finish. Incline and speed changes affect the current segment only.

Auto Stride (Only Available on the XS1000)

Speed and incline increase to a maximum at the mid-point of the workout, then decrease to the finish. Incline and speed changes affect the current segment only.

Stride Intervals (Only Available on the XS1000)

Users set their own alternating one minute work and rest stride lengths. This includes short stepping to a long stride motion and everything in between.

Pace Intervals (Only Available on the XS1000, XC400/900, RC400/900, and UC400/900)

This workout suggests pace (RPM) intervals in one minute segments. The pace setter shows the target pace along with the user's actual pace (RPM) throughout the workout.

PROGRAM DESCRIPTIONS CONTINUED

Pace Ramp (Only Available on the XC400/900, UC400/900, & RC400/900)

This workout suggests pace (RPM) increases to a maximum at the mid-point of the workout, then decreases to the finish. The pace setter shows the user's target pace throughout the workout.

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

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

Distance Workouts

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

Saved Workouts

Access to previously saved manual workouts.

Custom Incline

Build a custom incline profile using up to 30 segments. A user-friendly setup screen enables users to create any hill or incline profile.

Custom Ultra

This completely customizable workout setup allows both speed and incline control in up to 30 segments.

HRC Cruise Control

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

Target HRC

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 treadmill takes over to control speed and incline to maintain heart rate within a few beats of the user's target.

Weight Loss HRC

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

Aerobic HRC

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

Intervals HRC

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

PROGRAM DESCRIPTIONS CONTINUED

Custom HRC Intervals

Set up a custom heart rate interval. Specify work and rest targets and let the machine make all the adjustments. The workout begins in MANUAL control - users should gradually increase the workout intensity until the heart rate is within 10 bpm of the user's target heart rate. At this point, the machine takes control to keep the current heart rate within a few bpm of the target heart rate.

HRC Distance Workouts

Four popular fixed distance workouts (5k, 10K, 2 mile, and 4 mile) that put the machine in control of maintaining the user's target heart rate. The workout begins in MANUAL control – users should gradually increase the workout intensity until the heart rate is within 10 bpm of the user's target heart rate. At this point, the machine takes control.

Monument Workouts (Only Available on the TI1000)

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

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

A random cycle of Cardio360™ exercises for users looking to vary their workouts.

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

Our traditional Cardio360™, total-body workout program with video demonstrations of each exercise so users can easily follow along.

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

Lets users build a personalized routine, choosing their favorite Cardio360™ motions and lengths of time, and save their set-up for next time.

Speed Intervals (Only Available on the VC900, TI1000, TC650/900, & TC400)

Speed intervals are divided into work and rest segments. The set level is what determines work and rest speed. This workout will start with a two-minute rest segment, then change to a two-minute work segment, and it will continue this cycle to the end of the workout.

Fat Burn (Only Available on the VC900)

Speed increases to various points to deliver an intense workout.

Gerkin Test (Only Available on the TI1000, TC650/900, & TC400)

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

Firefighter Workout (Only Available on the VC900)

A workout where the user goes a set speed for a set amount of time.

Floors (Only Available on the VC900)

Predetermined distance workout. This workout will only run the selected workout distance of 20, 50, or 100 floors.

ENVISION II 9" TOUCHSCREEN CONSOLE

CONSOLE NAVIGATION

Home Screen

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



A. Quick Start

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

B. Monuments (Only available on the TI1000)

Displays a list of five preset workouts based on international monuments. Monument workouts are only available on the Alpine Runner. For Cardio360 products, the Cardio360™ workout icon will display.

C. Workout Finder

Displays a list of the preprogrammed workouts that are available on this treadmill.

D. Bluetooth

Allows users to pair their Bluetooth devices prior to beginning a workout.

E. Language Options

Enables users to choose between 12 language options.

F. Screen Lock

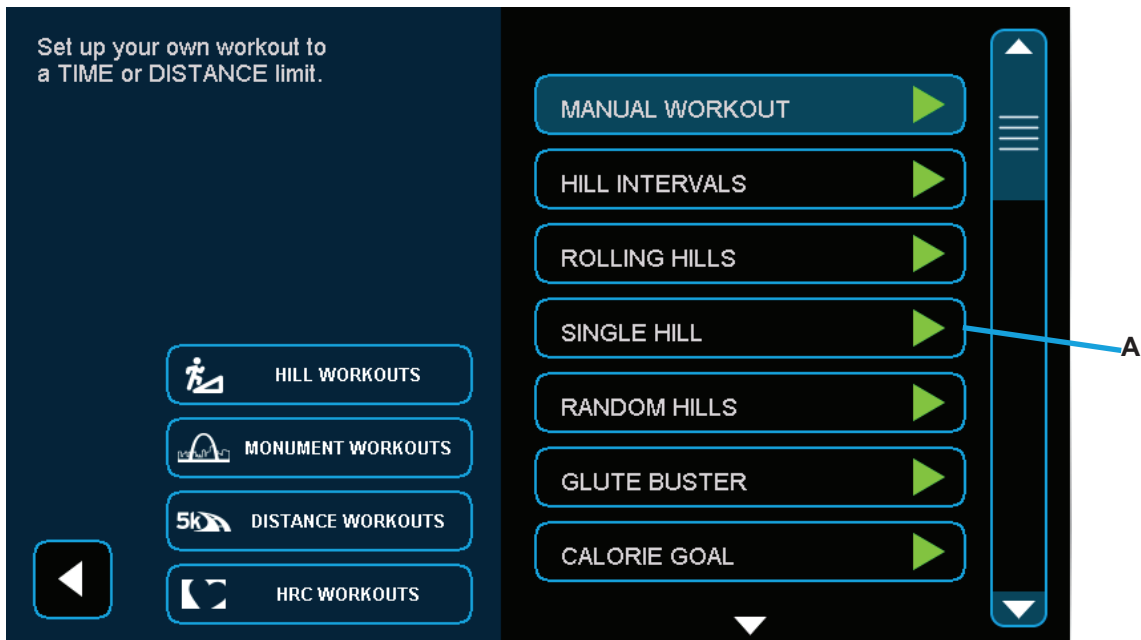
When the screen lock is held for three seconds, the touch screen display will lock for 20 seconds to enable cleaning.

CONSOLE NAVIGATION CONTINUED

Selecting a Preset Workout

Preset workouts are accessed by selecting **WORKOUT FINDER** from the Home Screen. All available workouts are listed as a default on the right side of the screen, but the user may select from specific workout categories listed on the left side of the screen to view a subset of all available workouts such as HRC workouts. To begin a workout, swipe through the workout list (A) and press anywhere within the workout bounding box to proceed.

NOTE: The image below may differ slightly based on the base unit used.

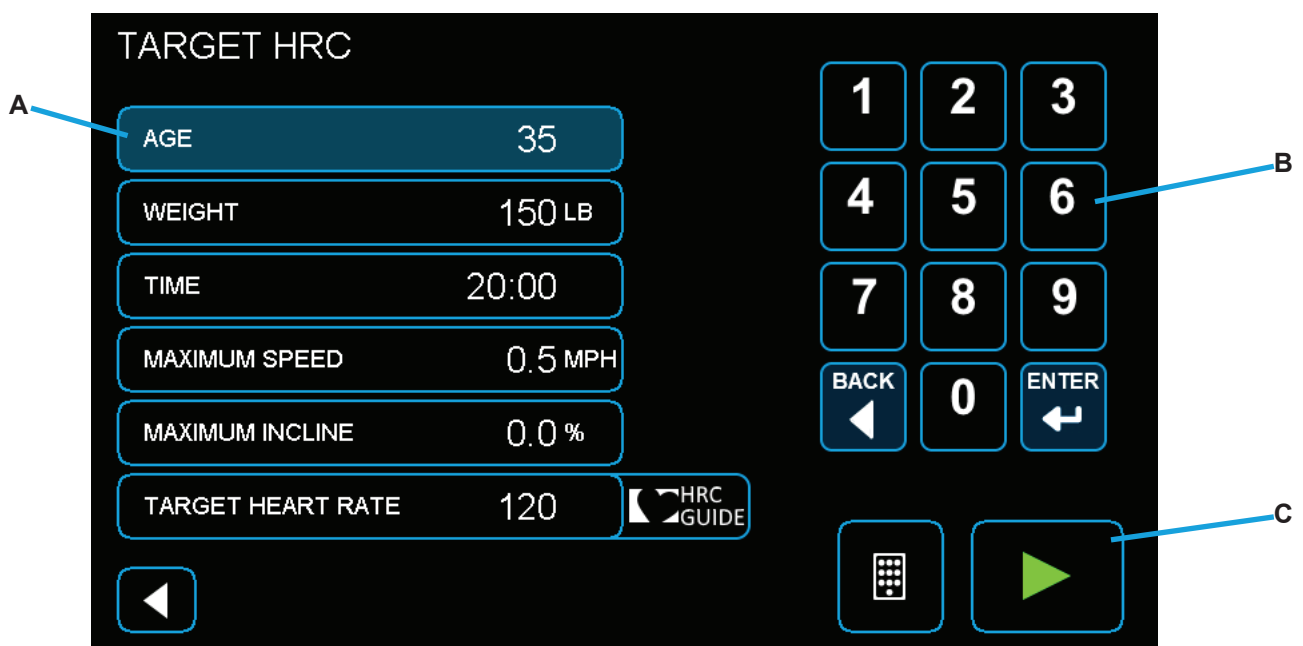


Workout Data Entry Screens

These screens allow users to input their personal information or workout goals prior to beginning a workout. To set a value, select the **heading** (A) of the value and manually enter a value using the **keypad** (B). Select the **green arrow** (C) to begin the workout.

NOTE: Selecting enter on the keypad after entering a value will save the value in that item and then automatically select the next item in the list.

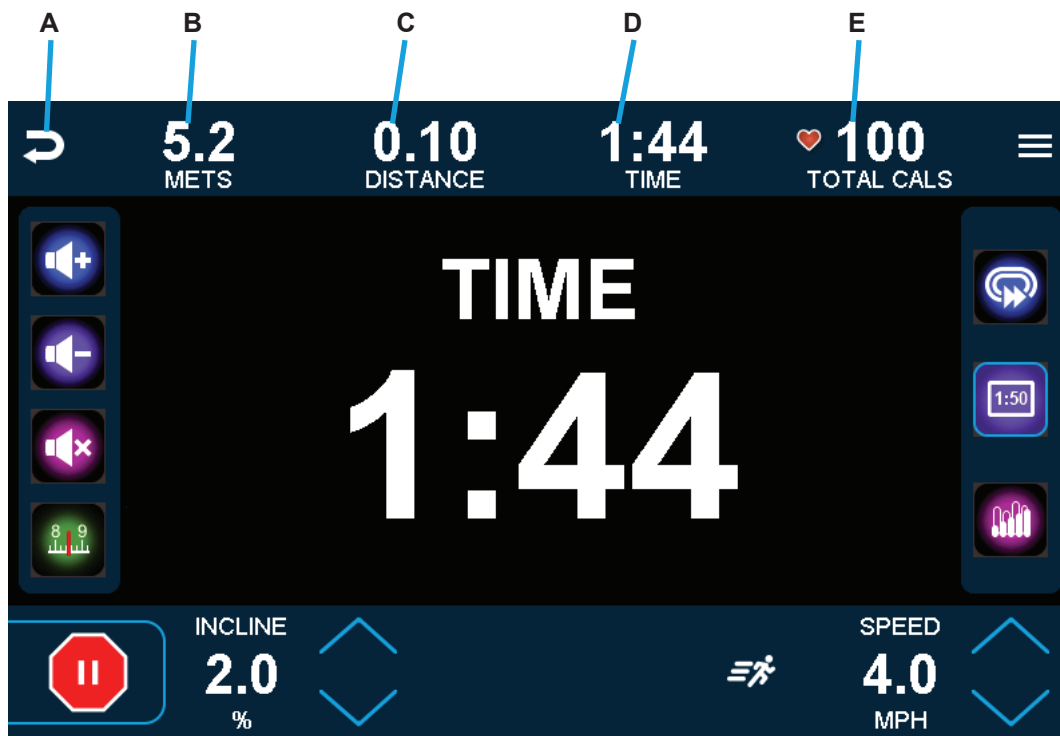
NOTE: Workout Data Entry Screens vary by program selection.



CONSOLE NAVIGATION CONTINUED

Workout Data Screens

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



A. Workout Views Toolbar Cycle

Cycle through three preset toolbar menus of workout data also shown in the Workout Data Menu.

B. METS

Displays the current METS expenditure based on current speed and incline workout settings.

C. Distance

Displays the current distance traveled.

D. Time Elapsed

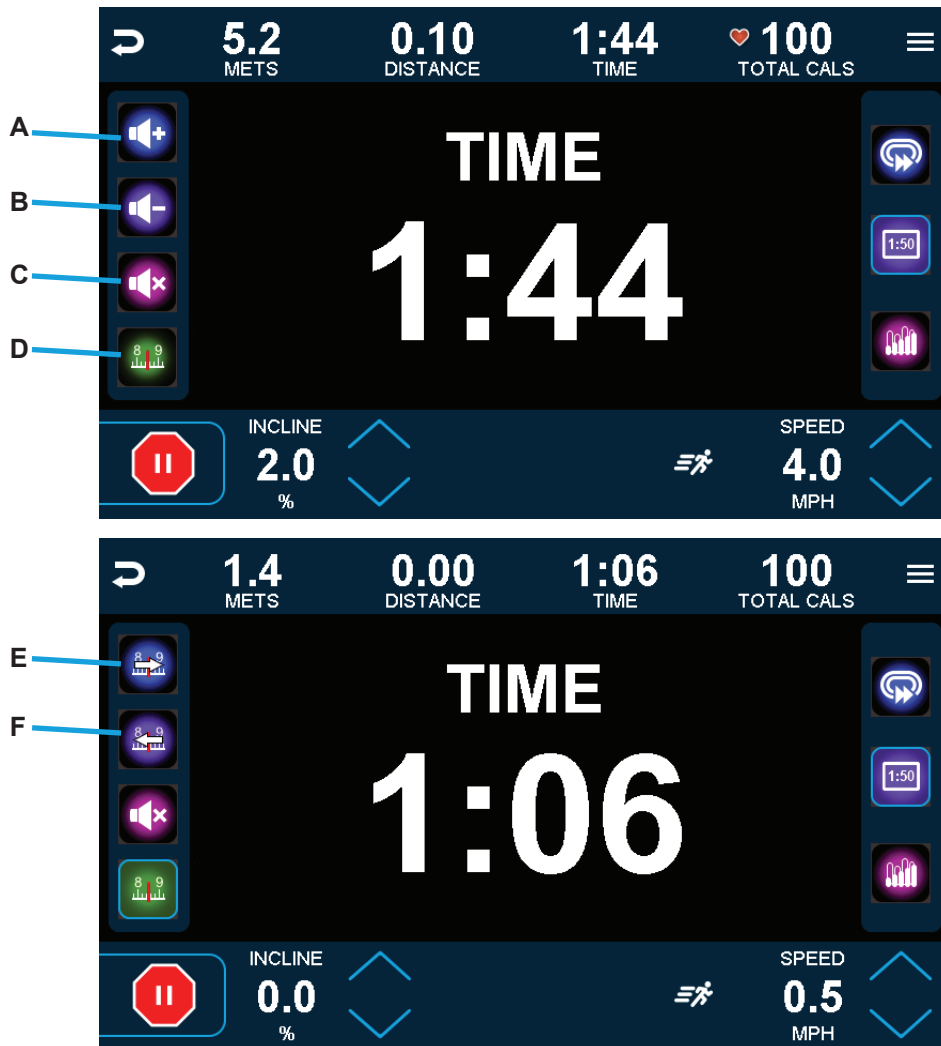
Displays the time elapsed since the start of the workout.

E. Heart Rate Information

When the user is wearing a heart rate chest strap or utilizing the Contact Heart Rate system, their heart rate will be displayed in bpm (beats per minute).

NOTE: If heart rate is not selected to display in the Workout Data menu, it will automatically display while heart rate data is available in addition to deselecting the last non-heart rate data value to display heart rate if six data values have already been selected. If heart rate is selected to display in the Workout Data menu, it will continuously display the selected heart rate data value.

CONSOLE NAVIGATION CONTINUED



A. Volume Up

Increases the volume one level at a time.

B. Volume Down

Decrease the volume one level at a time.

C. Mute Volume

Instantly sets the volume to zero.

D. Broadcastvision Channel Selector

Enables the user to select a channel from the available channels on a preconfigured Broadcastvision Series transmitter.

E. Broadcastvision Channel Up

Navigates up one channel on the preconfigured Broadcastvision Series transmitter.

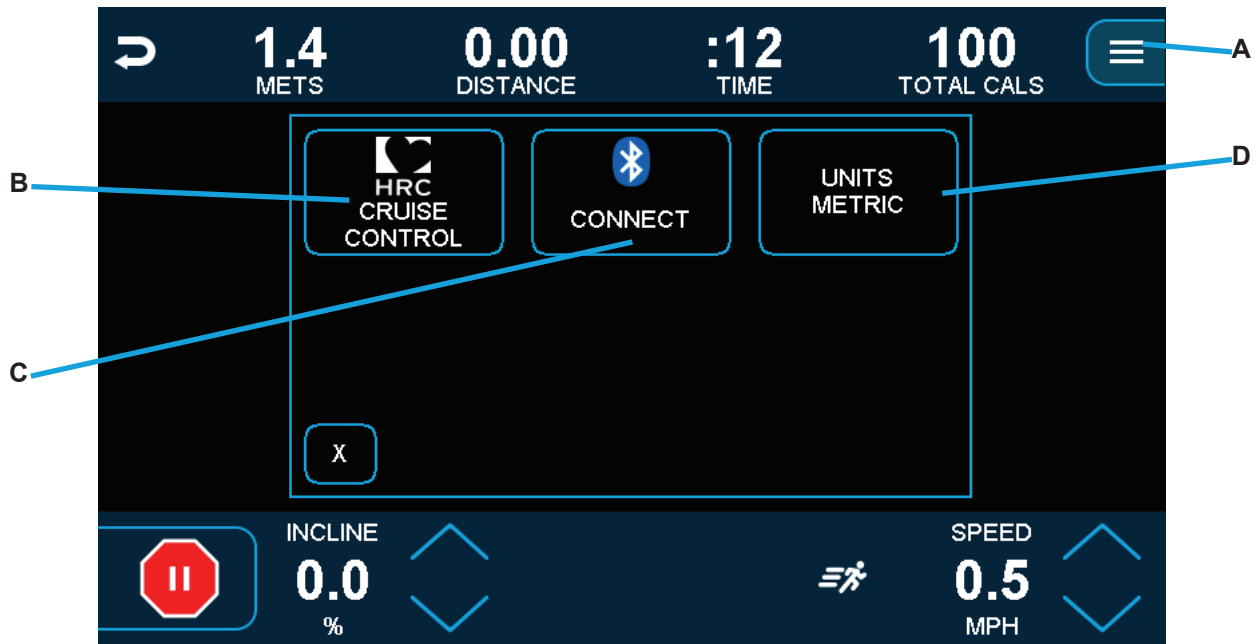
F. Broadcastvision Channel Down

Navigates down one channel on the preconfigured Broadcastvision Series transmitter.

CONSOLE NAVIGATION CONTINUED

Options Menu

The Options menu contains controls that allow users to adjust settings during their workout.



A. Options Menu

The Options menu enables users to customize their workout experience such as enabling a Heart Rate Control (HRC) Cruise Control workout, and pairing Bluetooth wireless technology enabled devices with the console.

B. Heart Rate Cruise Control

Sets the current heart rate as the target heart rate with the machine adjusting incline/workload and speed to maintain that target heart rate.

C. Bluetooth Connectivity

Allows the user to pair Bluetooth wireless technology enabled devices with the Envision II 9" console such as audio devices, heart rate monitors, the GymTrakr® app, and the Zwift® app.

D. Units

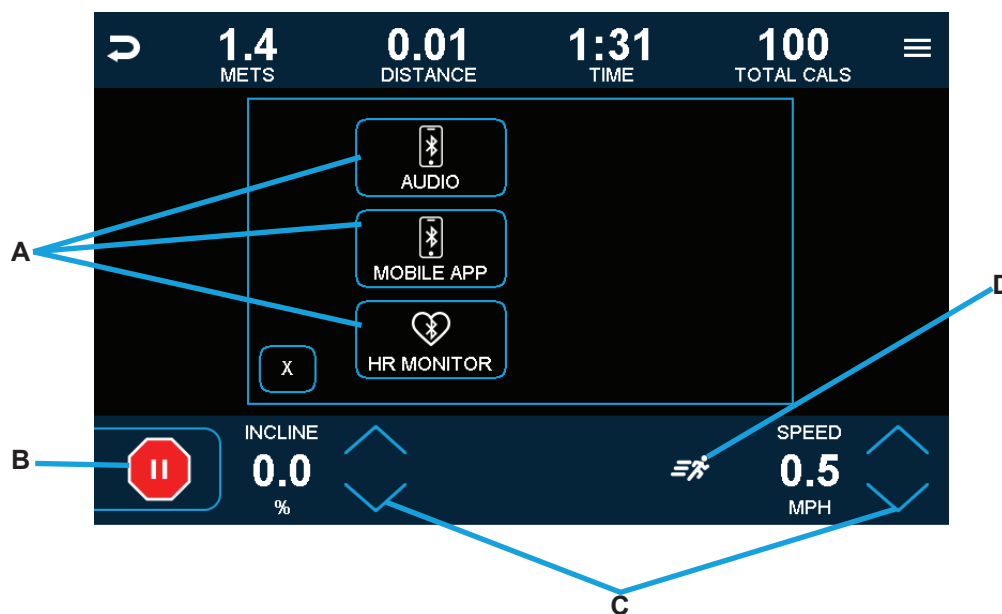
Enables the user to switch between metric and imperial (US) units of measurement displayed on the screen.

CONSOLE NAVIGATION CONTINUED

Bluetooth Connectivity

The Bluetooth connectivity screen displays the Bluetooth wireless technology enabled devices available for pairing with the Envision II 9" console. Follow the on-screen prompts on the Envision II 9" console and the Bluetooth device to complete the pairing process. Once the pairing process is complete, the audio screen will appear where the user can navigate playable audio menus, mute and adjust volume, pause, advance, or replay tracks, and unpair the Envision II 9" console and Bluetooth device.

NOTE: The Bluetooth connectivity screen can also be accessed from the console home screen to pair your Bluetooth wireless technology enabled devices with the console before starting a workout.



A. Bluetooth Connectivity Screen

The Bluetooth connectivity screen displays the Bluetooth wireless technology enabled devices available for pairing with the Envision II 9" console.

B. Stop

Stops or pauses the current workout.

C. Quick Touch Incline/Speed Keys

These keys enable the user to quickly adjust the incline levels in increments of 0.5% and speed in increments of 0.5 mph. To manually enter a speed or incline increment, press the corresponding numerical readout and a numerical pad will appear to enter your selection.

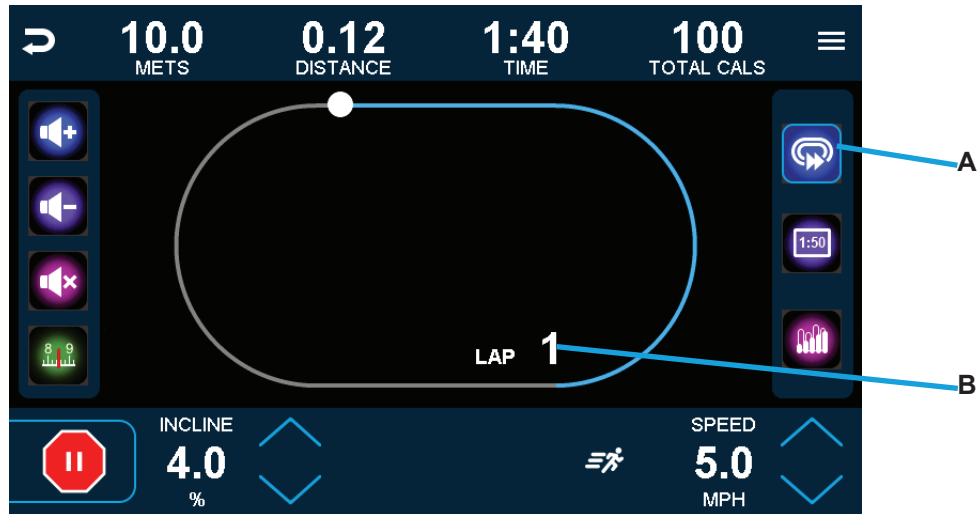
NOTE: To select between preset speed increments, press the **runner icon** (D). This icon may vary in appearance and functionality across products. Speed presets are 3, 5, and 7 mph respectively.

NOTE: For non-treadmill base units, the incline data field will display WORKLOAD measured in levels of resistance from 1-30 and the SPEED data field will display PACE measured in revolutions-per-minute (rpm). For the UC400, UC900, RC400, and RC900 models engaged in a Pace workout, the Pacesetter option will display next to the PACE data field providing a target pace for the user based on the type of Pace workout selected.

WALK/RUN TRACK

Walk/Run Track

The Walk/Run Track screen displays a virtual track with a progress dot representing the user walking and/or running around the track.



A. Walk/Run Track

Displays a virtual track with a progress dot representing the user walking and/or running around the track.

B. Lap Count

Displays a counter for the number of laps the user has completed around the virtual track.

TIME SCREEN

Time Screen

The Time screen (A) displays the elapsed time for the current workout.

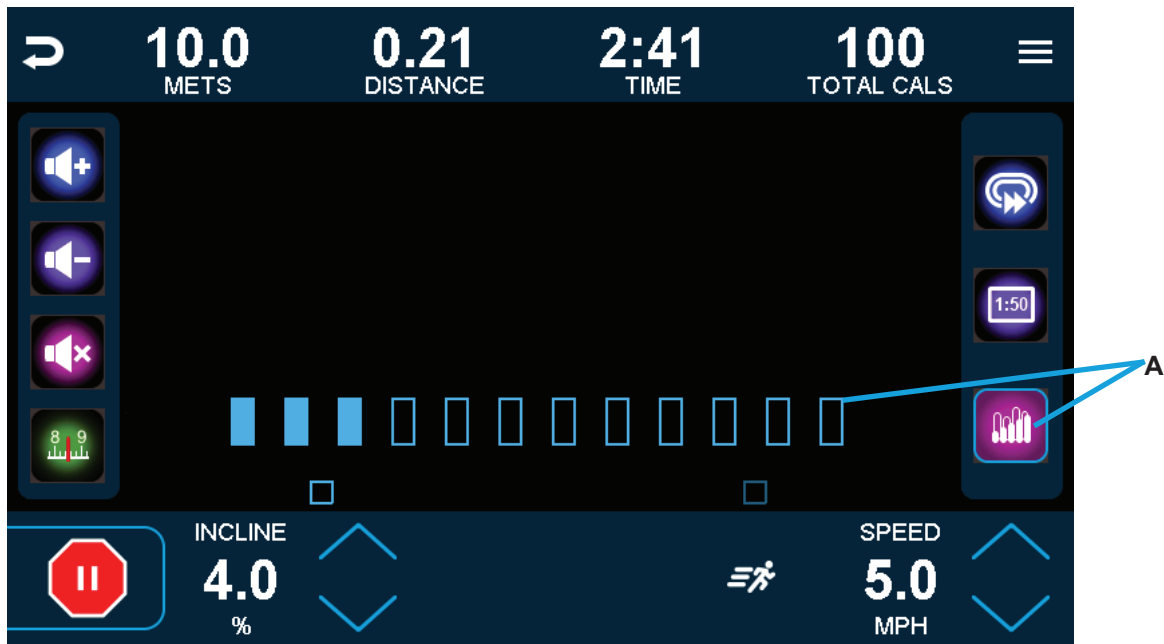


INCLINE/SPEED GRAPH

Incline/Speed Graph

The Incline/Speed screen (A) provides a real-time graphical display of the user's current workout incline or speed data based on the type of workout selected. A horizontal progress bar driven by preset time increments tracks the progress through the current graph bar.

NOTE: Incline and speed will both be displayed for certain workouts such as Custom Ultra. Incline and speed will be replaced with workload and pace for non-treadmill base units.



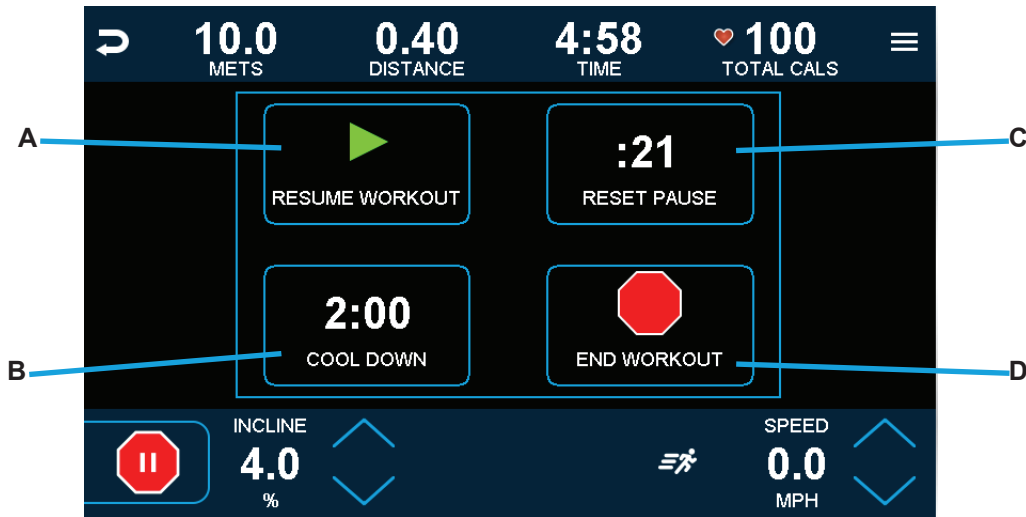
IDLE SCREEN

Idle Screen

During a workout when the user becomes idle or presses **Stop** on the bottom toolbar, the Idle screen shown below will appear, prompting the user to resume their workout (A), start a two minute, low intensity cooldown (B) with the workout ending after that time, reset the Idle Screen Timer (C) to 30 seconds while the user makes their selection, or end the current workout (D) and proceed to the Workout Summary screen.

NOTE: During the cooldown sequence, the unit is in manual mode where the user directly controls all settings such as speed and incline.

NOTE: The Idle Screen will disable the Resume Workout, Cool Down, and Reset Pause until the belt and incline motors cease movement.

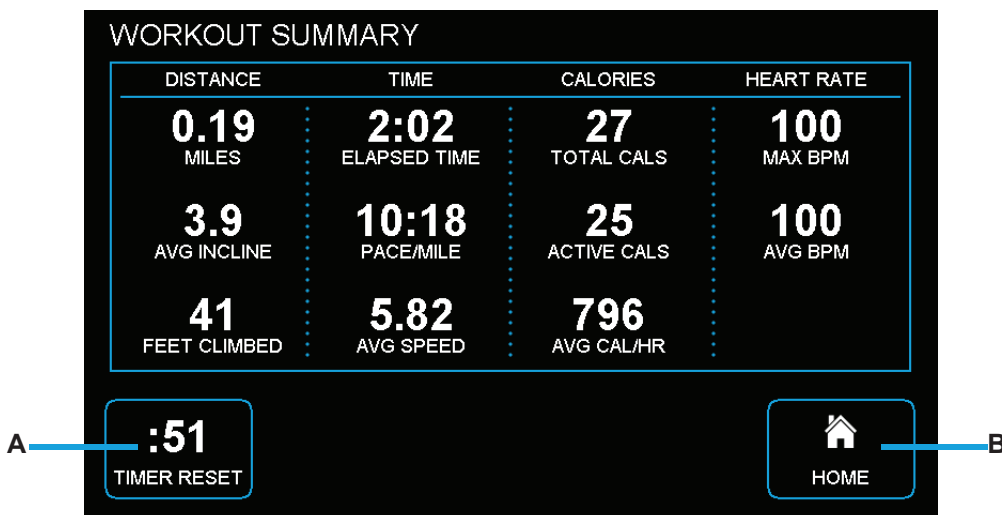


WORKOUT SUMMARY

Workout Summary

At the end of a workout the Workout Summary screen will display an overview of the workout data. If the user requires more time to view the workout summary, they can press **RESET TIMER** (A) to reset the timer back to one minute. Press **HOME** (B) to return to the home screen before the Reset Timer reaches zero seconds.

NOTE: For fitness test workouts, the Workout Summary screen will display additional data such as a fitness test score.



BROADCASTVISION TV PRESET PROGRAMMING

TV Programming

1. Note the number of TVs visible in the facility room that the audio setup will be programmed in.
2. To enter Service Mode, press and hold the **TRUE** logo in the upper left corner of the home screen. When the word **TRUE** begins to flash, release the logo and press and hold the lower right corner of the screen.
3. In the Service Menu, select **Utilities** to highlight it. Press **NEXT** to continue.
4. Under Utilities, select **B-Vision Setup** to highlight it. Press **NEXT** to continue.
5. Under Broadcastvision Setup, select **BV TV Series 2** to highlight it. Press **NEXT** to continue.
6. Scroll through the channels until you hear audio. Press **Save** to register valid channels.

NOTE: These displays are optimally designed to work with Broadcastvision transmitters, which should be part of this wireless installation. If non-Broadcastvision transmitters are being used, one should try at this point of these instructions to press **4** to LOAD BY SERIES 4 for Mye©/Fantaay© transmitters or press **8** to LOAD BV SERIES 8 for Cardio Theatre © LCS transmitters or press **9** to LOAD BV SERIES 9 for Cardio Theatre © xTV transmitters. This may allow for reception under these circumstances.

SERVICE MODE

Entering 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).

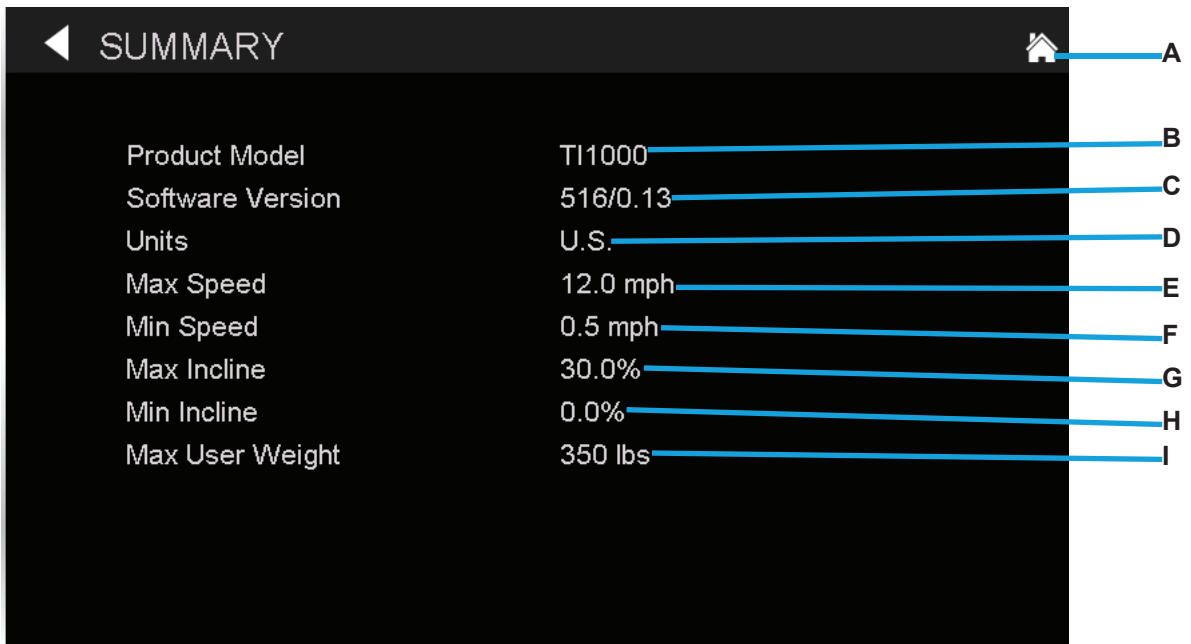


SERVICE MODE

Summary Screen

The Summary screen provides an overview of the unit's current settings, including Product Model, Software Version, Units, Maximum Speed, Maximum Incline, Minimum Incline, and Maximum User Weight.

NOTE: Values cannot be changed in this screen.



A. Home Screen

Navigates the user to the Home screen.

B. Product Model

The model number that the console is currently configured to.

C. Software Version

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

D. Units

Displays the selected unit of measurement whether US or metric.

E. Max Speed

Displays the maximum speed the user can travel on the base unit.

F. Min Speed

Displays the minimum speed the user must travel on the base unit.

G. Max Incline

Displays the maximum incline the user can set the base unit to.

H. Min Incline

Displays the minimum incline the user must set the base unit to.

I. Max User Weight

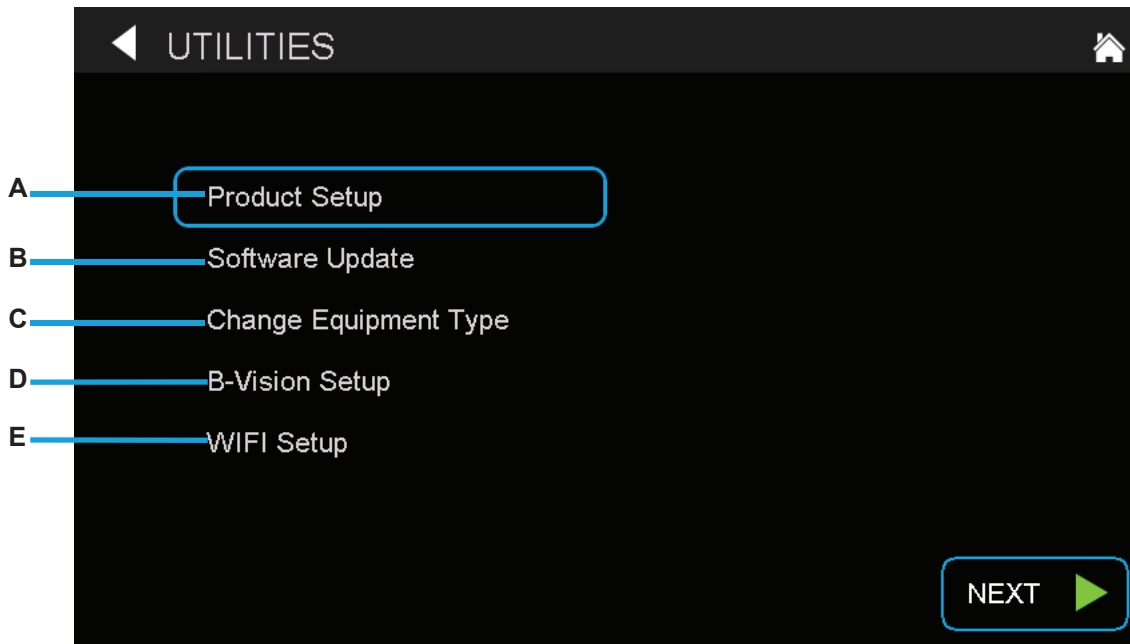
Displays the maximum user weight for use with the machine.

SERVICE MODE CONTINUED

Utilities Menu

The Utilities menu is accessed by selecting **Utilities** on the Service menu. The Setup menu is separated into sub-categories and enables users to configure the console and set up various functions of the unit.

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.



A. Product Setup

When attaching the console to the base unit, the user must follow the on-screen prompts in the Product Setup menu to configure the console with the base model.

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.

NOTE: The user must repeat this sequence when switching the console to a different base unit whether the same type of base unit (treadmill to treadmill) or different type of base unit (treadmill to elliptical).

B. Software Update

TRUE may periodically release software updates to enhance the workout experience. Due to the complex nature of this procedure, it is recommended that a TRUE certified service professional performs any software updates.

C. Change Equipment Type

Enables the user to change the equipment type if switching the console from a different base unit. Follow the on-screen prompts to complete the process.

D. B-Vision Setup

Displays the Broadcastvision's Setup screen where the user can select the appropriate **BV TV Series** from one to nine and then all channels emanating audio while adjusting the volume. Select **Save** or **Unsave** to save or not save your Broadcastvision configuration.

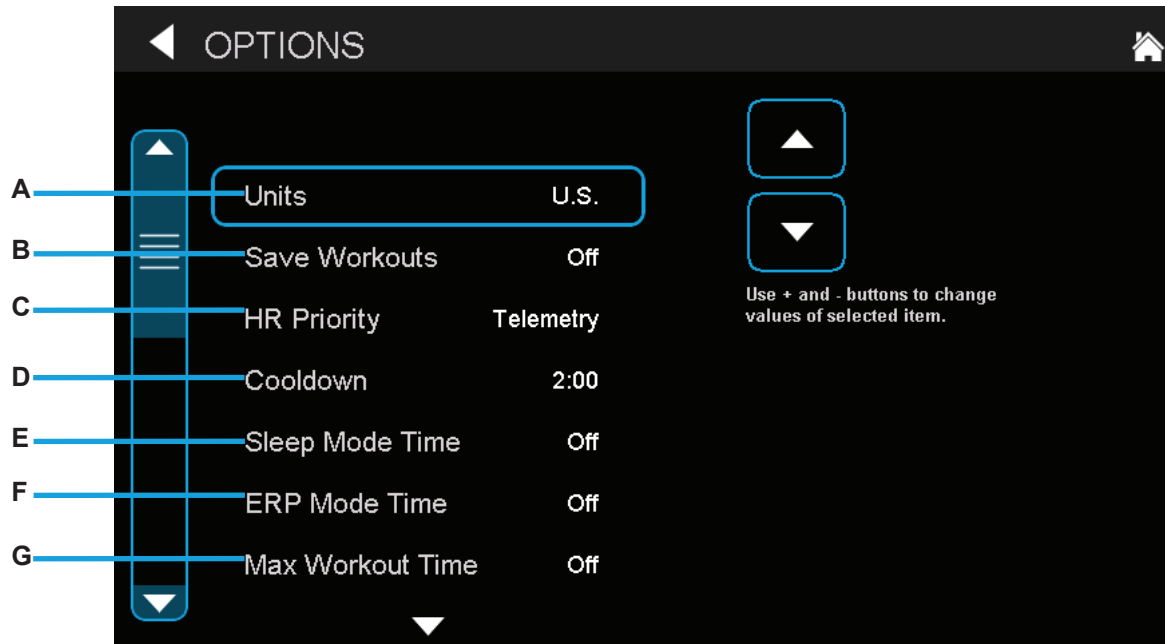
E. WiFi Setup

Connect to a WiFi network to remotely update the console software. Note: This sub-menu is reserved for future use/enhancements.

SERVICE MODE CONTINUED

Options Menu

The Options menu is accessed by selecting **Options** on the Main menu. The Options menu provides various customization options.



A. Units

Enables the user to switch between metric and imperial (US) units of measurement displayed on the screen.

B. Save Workouts

Enables the user to preconfigure saved workouts.

C. HR Priority

Toggle between telemetry or contact heart rate grips for heart rate tracking priority.

D. Cooldown

Set the length of the cooldown timer.

E. Sleep Mode Time

Sets the countdown timer for when Sleep Mode is activated from last touch or from wake.

F. ERP Mode Time

Set the idle countdown timer for when ERP mode activates.

G. Max Workout Time

Set the maximum workout time length to 30, 45, or 60 minutes.

H. Finder Timeout (Not Pictured)

Set the timeout for Workout Finder to 30, 45, or 60 seconds.

I. Setup Timeout (Not Pictured)

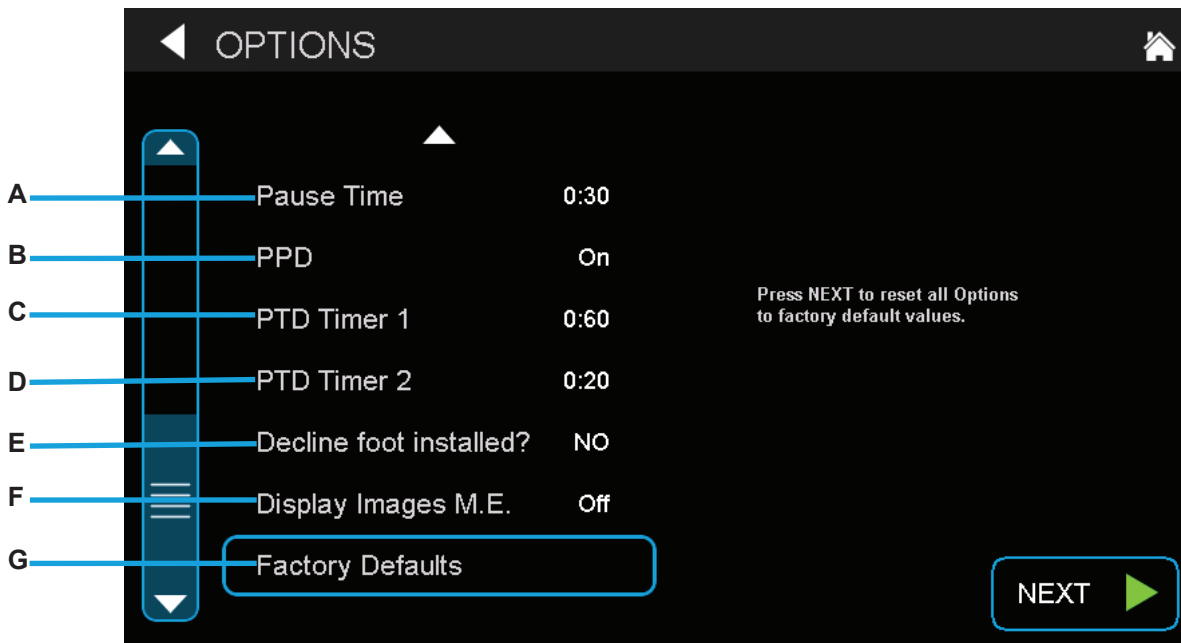
Set the timeout for Workout Setup to 30, 45, or 60 seconds.

J. Summary Timeout (Not Pictured)

Set the timeout for Workout Summary to 30, 45, or 60 seconds.

SERVICE MODE CONTINUED

Options Menu



A. Pause Time

Set the timeout for Pause Time in the Idle Screen to 30, 45, or 60 seconds.

B. Person Present Detection (PPD)

Toggles Person Present Detection to on or off.

C. PPD Timer 1

During a workout, set the countdown timer for when the Idle screen will appear.

D. PPD Timer 2

In the Idle screen, set the countdown timer for when the Workout Summary screen will appear.

E. Decline foot installed?

Toggles on or off indicating if the optional decline foot is installed on the base unit.

F. Display Images M.E.

Enable or disable modesty mode.

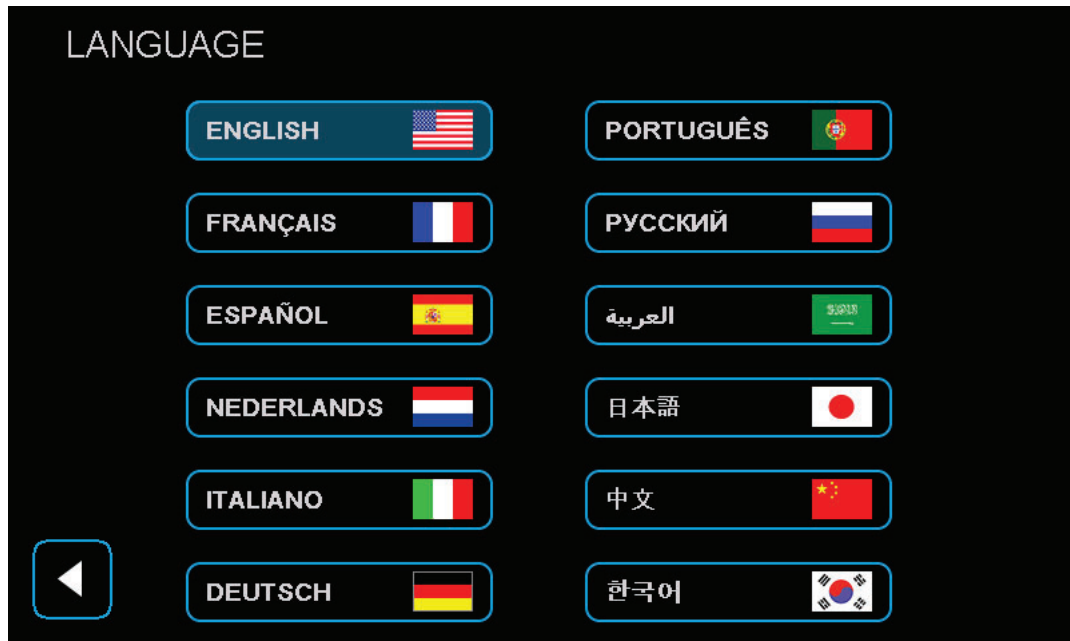
G. Factory Defaults

Restore the Envision II 9" console to factory defaults.

SERVICE MODE CONTINUED

Language

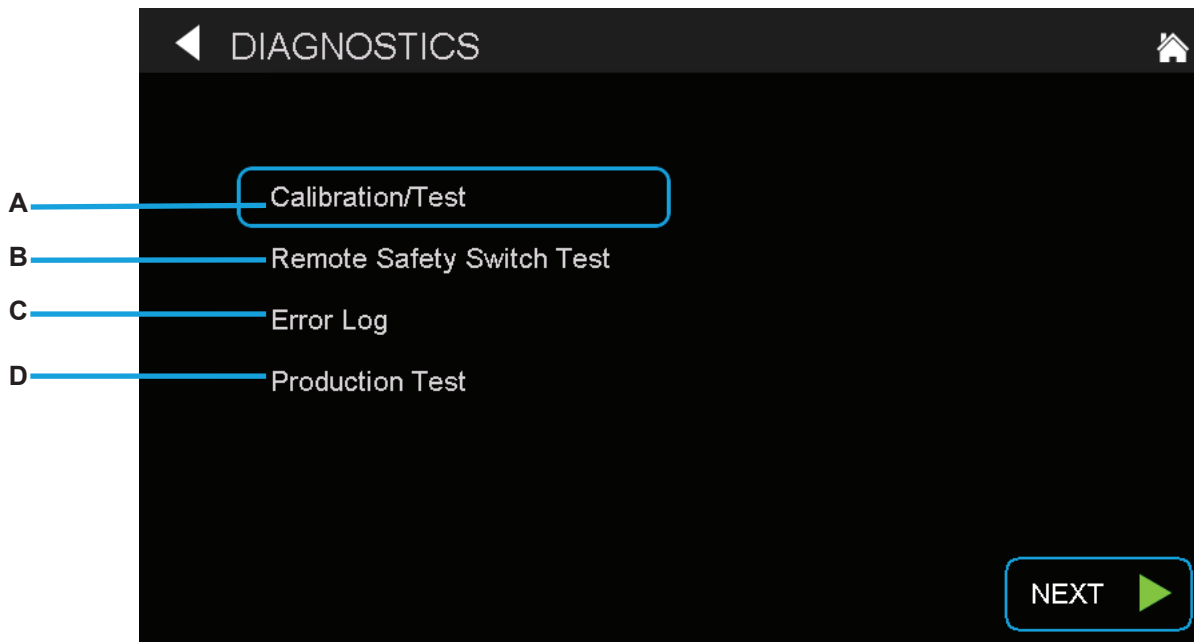
The Language menu enables the selection of a language for the Envision 9 console from the 12 available languages.



SERVICE MODE CONTINUED

Diagnostics Menu

The Diagnostics menu provides advanced functions for the Envision II 9" console.



A. Calibration/Test

Enables the user to calibrate and test the console.

⚠ 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.

B. Remote Safety Switch Test

Test the functionality of the remote safety switch to confirm correct operation.

C. Error Log

View all error and fault codes.

NOTE: Selecting **Clear All** will clear all error and fault codes from the error log.

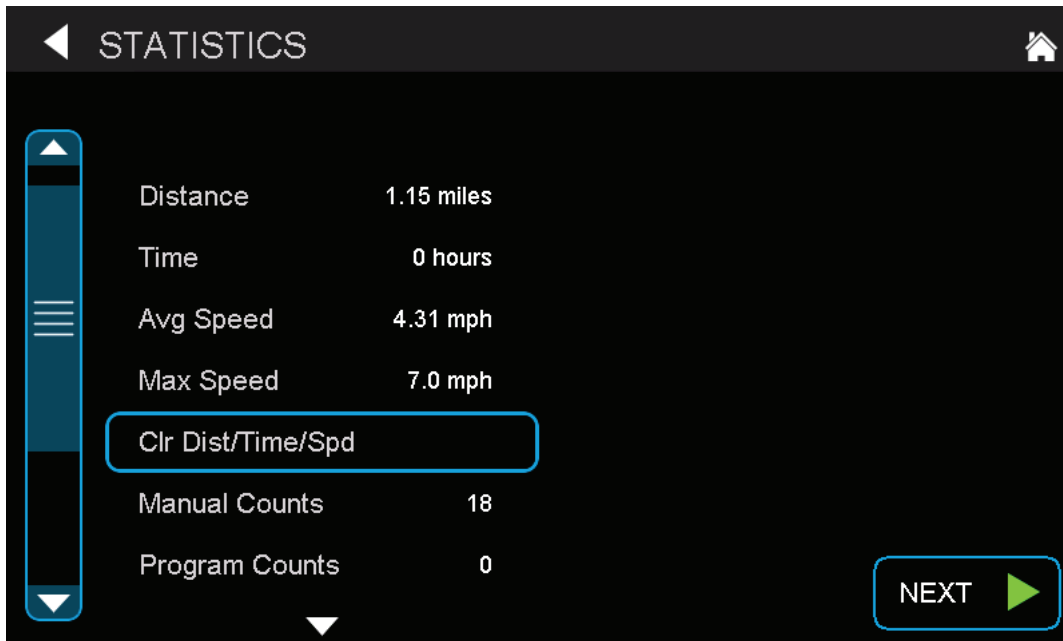
D. Production Test

The Advanced menu contains multiple tools that are used in the production of the console and for demonstration purposes. It is recommended to leave these settings in their default positions.

SERVICE MODE CONTINUED

Statistics Menu

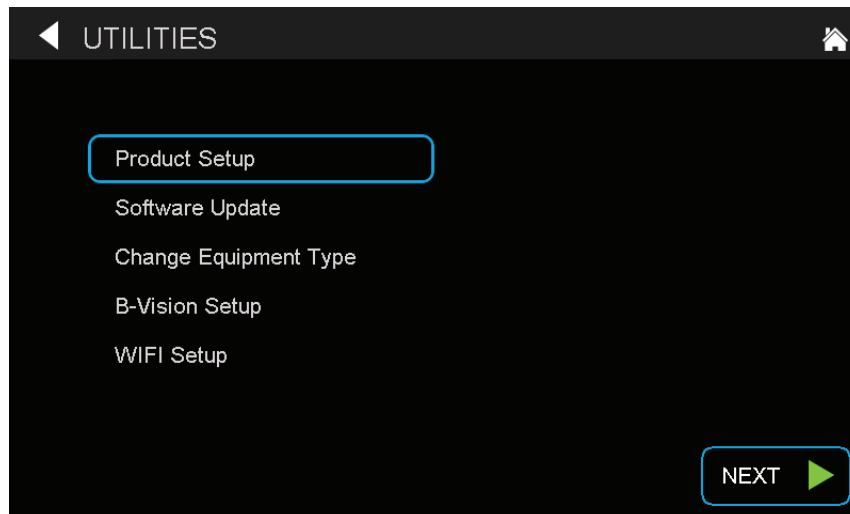
The Statistics Menu provides statistical data about the console and base unit with the ability to clear all statistics in addition to enabling the user to export all statistics by pressing **USB Export**.



SERVICE MODE CONTINUED

Transferring Envision II 9” to same type base unit

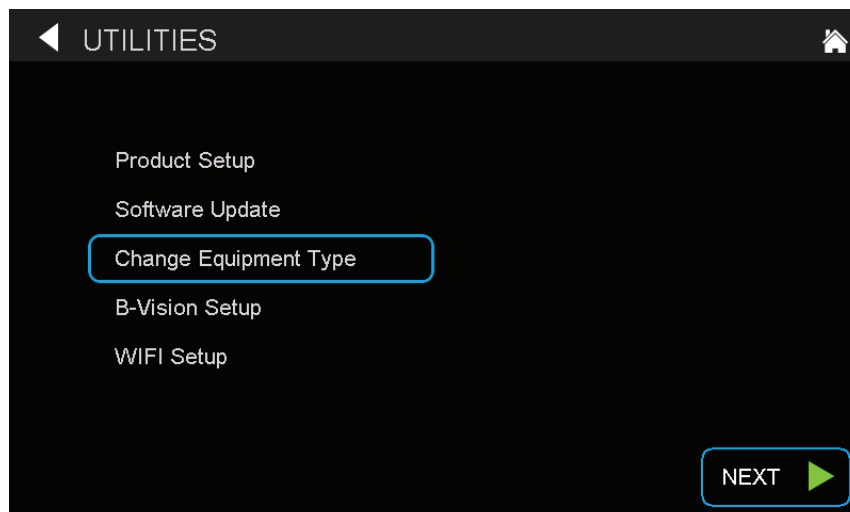
When transferring the Envision II 9” console to a same base unit type (e.g. treadmill to treadmill), the Envision II 9” console must be configured to the correct base unit model (T11000, TC900, TC400, etc.). Within Service Mode, navigate from Utilities to Product Setup and follow the on-screen prompts to select the correct base unit model along with other pertinent information such as language and unit of measurement.



Transferring Envision II 9” to different type base unit

When transferring the Envision II 9” console to a different base unit type (e.g. treadmill to bike), the new base unit type must be selected in the Change Equipment Type menu. Follow the on-screen prompts to make the new base unit type selection.

NOTE: Selecting the base unit model via the Product Setup menu is not necessary for this process as the Change Equipment Type menu will automatically select the correct base unit model. To update pertinent information such as language and unit of measurement, refer to their respective sub menus (language is updated via the Language sub menu and unit of measurement is updated via the Options sub menu).

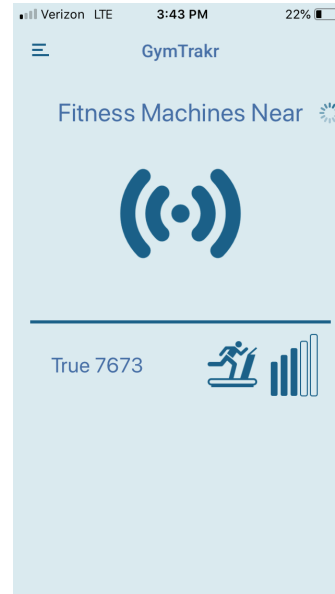
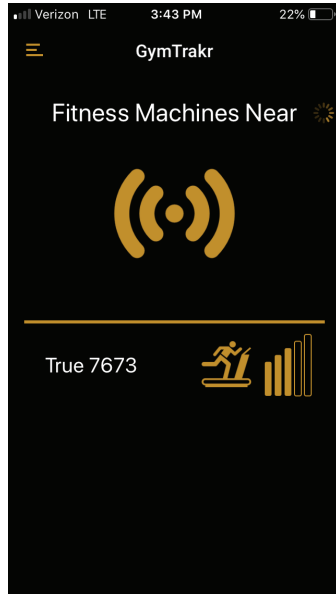


GYMTRAKR APPLICATION

Home Screen

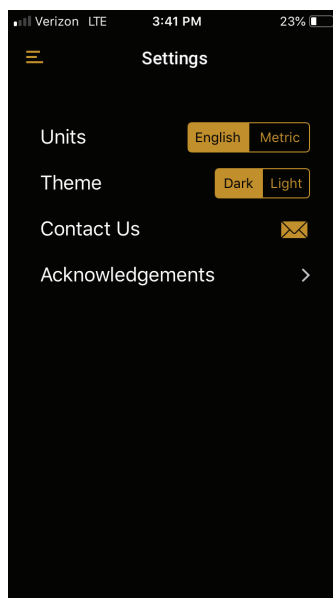
The GymTrakr® application Home screen displays all available machines for pairing with the application via Bluetooth.

NOTE: The GymTrakr application offers two color combination themes as shown below.



Settings Screen

The Settings screen enables the user to adjust the unit of measurement, toggle between color combination themes, contact the application developer, and view acknowledgments.

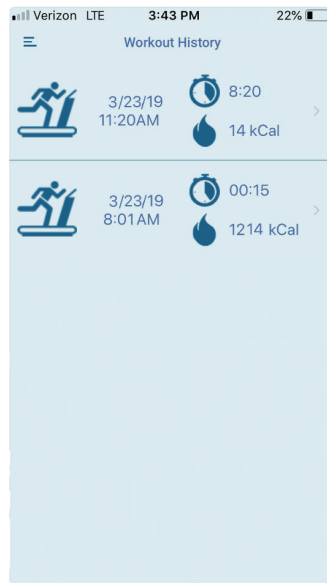


GYMTRAKR APPLICATION CONTINUED

Workout History Screen

The Workout History screen displays all previously saved workout data.

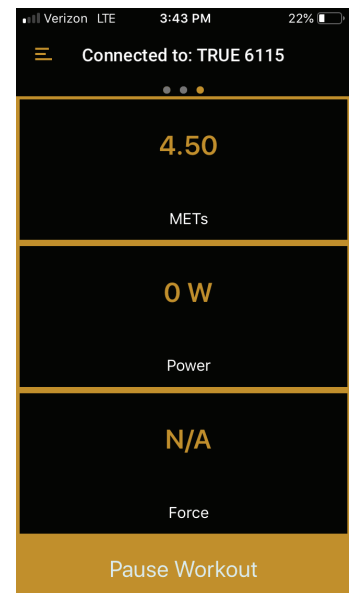
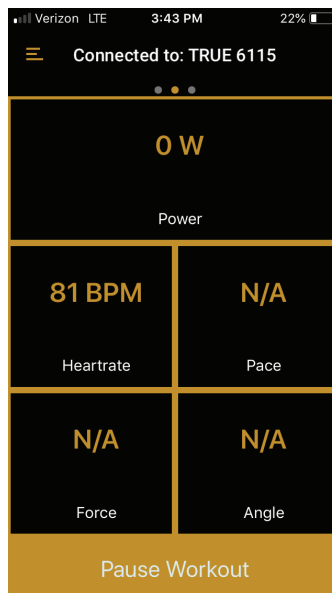
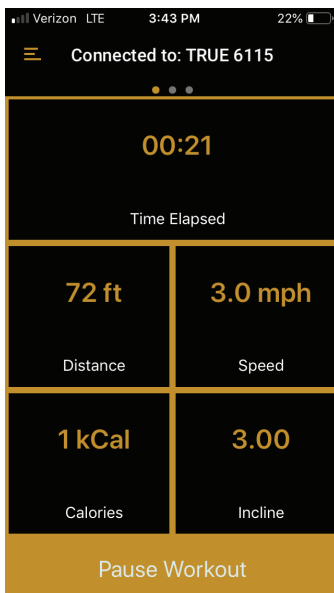
NOTE: The user must select **Yes** in the Save Workout to History pop-up screen when prompted at the end of a workout for the workout data to be saved and viewable in the Workout History screen.



Workout Screen

The Workout screen displays various real-time workout metrics via three fully customizable screens.

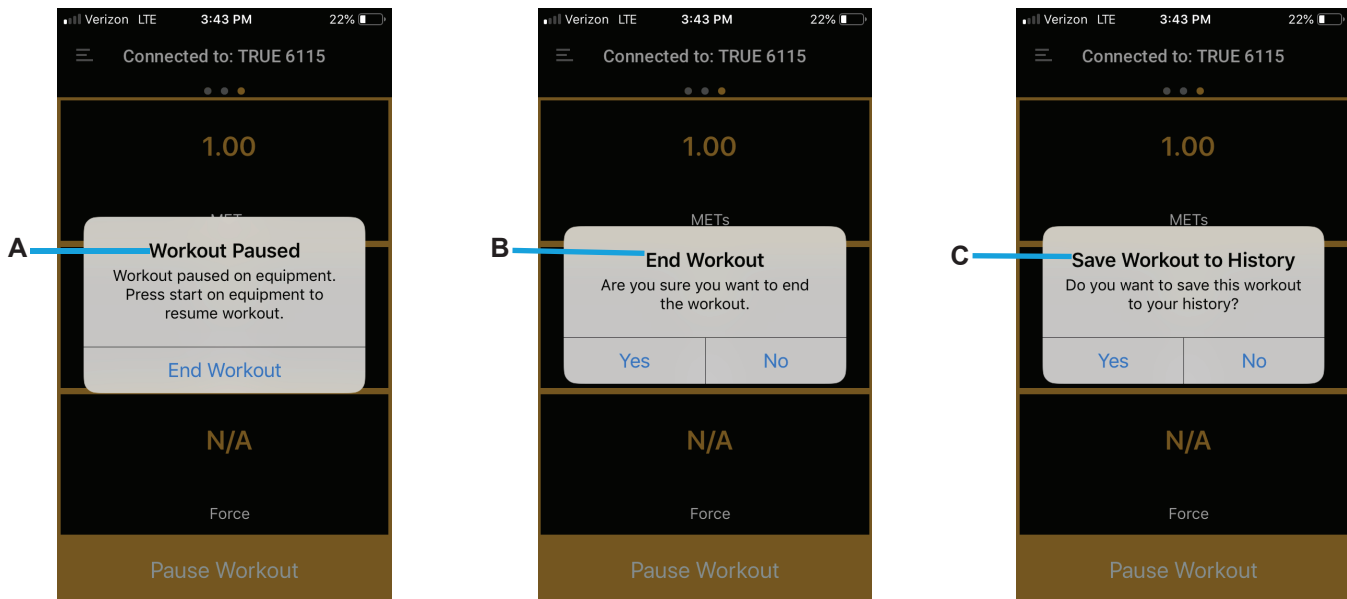
NOTE: Selecting any workout data field on the below three screens displays a pop-up sub menu where the user can select from a list of various workout metrics to display in that specific workout data field.



GYMTRAKR APPLICATION CONTINUED

Workout Paused, End Workout, and Save Workout to History Pop-Up Windows

At the conclusion of a workout, the user is presented with three pop-up windows: Workout Paused, End Workout, and Save Workout to History.



A. Workout Paused

Notifies the user the workout has been paused on the equipment with the option to end data tracking of the current workout.

B. End Workout

Confirms the user does want to end data tracking of the current workout.

C. Save Workout to History

Inquires if the user wants to save the current workout data where it can be reviewed in the Workout History screen.

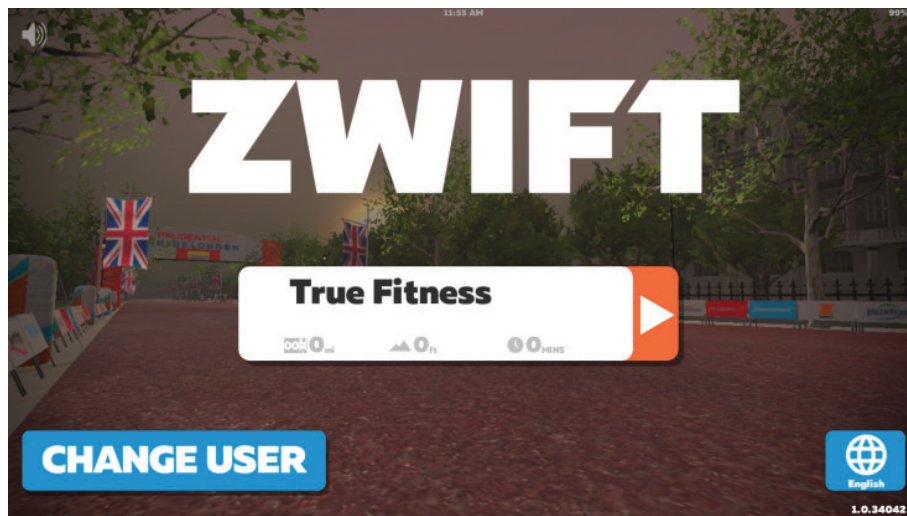
ZWIFT APPLICATION

Login Menu

The Zwift© application Login menu enables the user to select a profile in addition to selecting a language.

NOTE: Confirm your smartphone or tablet is paired with the Envision II 9" touchscreen console via Bluetooth to ensure all workout data is synced with the Zwift application.

NOTE: For more information on the Zwift application, refer to their website: <https://zwift.com/>

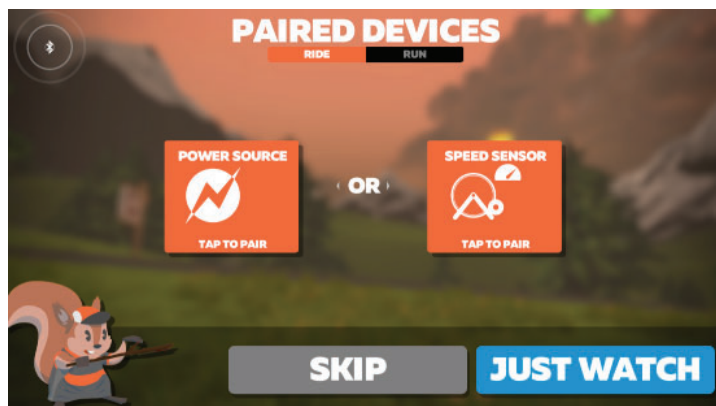


Device Pairing

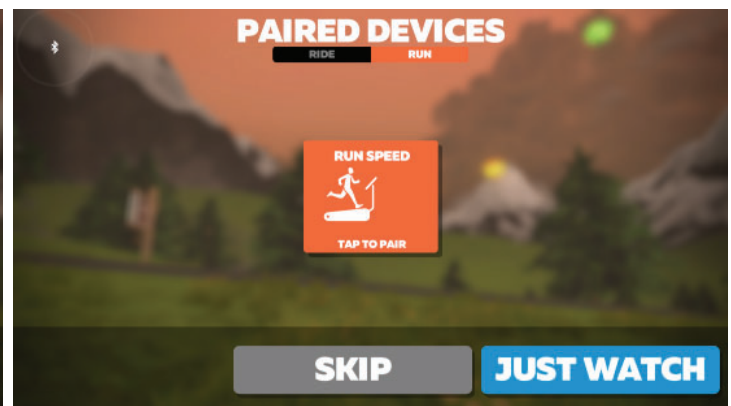
Pair your smartphone or tablet with the Envision16 with Compass touchscreen console via Bluetooth.

NOTE: Select **Ride** or **Run** based on the intended workout.

Ride



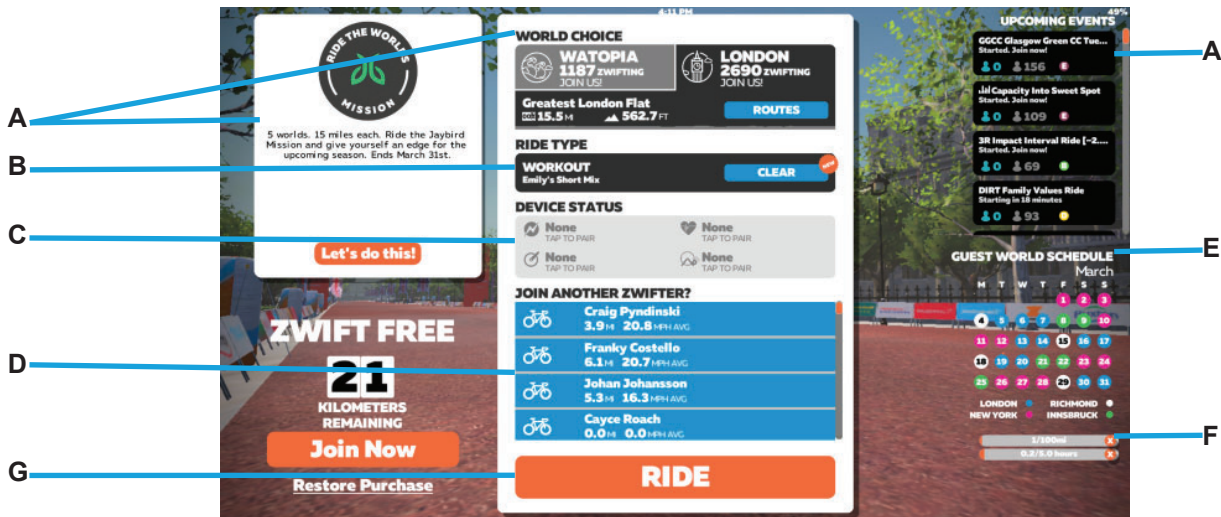
Run



ZWIFT APPLICATION CONTINUED

Home Menu

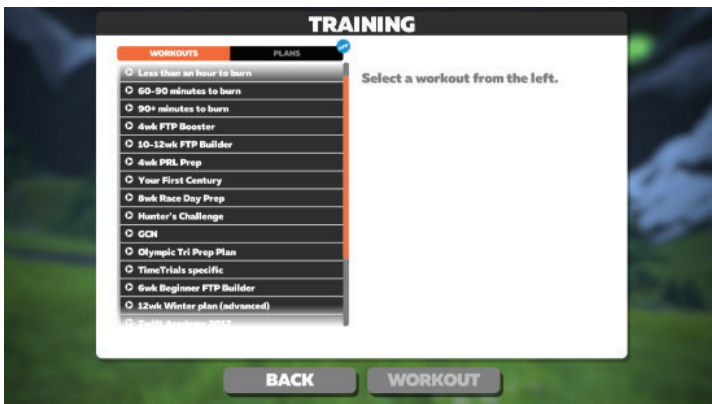
The Home menu displays special in-app events (A), available workouts (B), device pairing options (C), the ability to join other users in their current workout (D), the guest world schedule (E), current challenges selected by the user (F), and the option to begin a workout based on selected parameters (G).



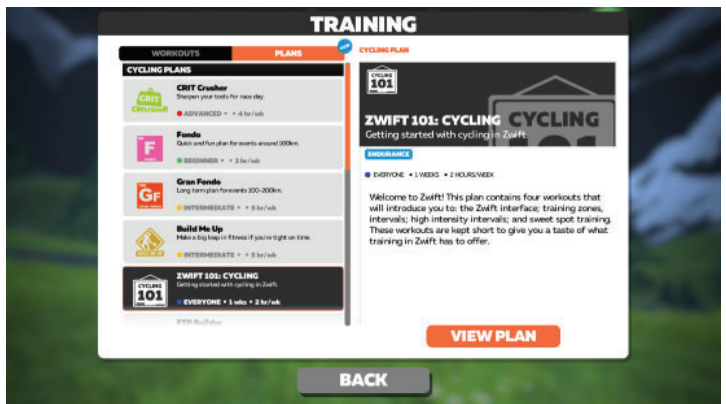
Training Menu

Selecting a workout from the Home menu navigates the user to the Training menu. The Training menu contains the Workouts and Plans tabs. The Workouts tab provides multiple, predetermined workouts categorized under meaningful sub menus. The Plans tab provides customized workout plans for all types of fitness enthusiasts.

Workouts Selection



Plans Selection



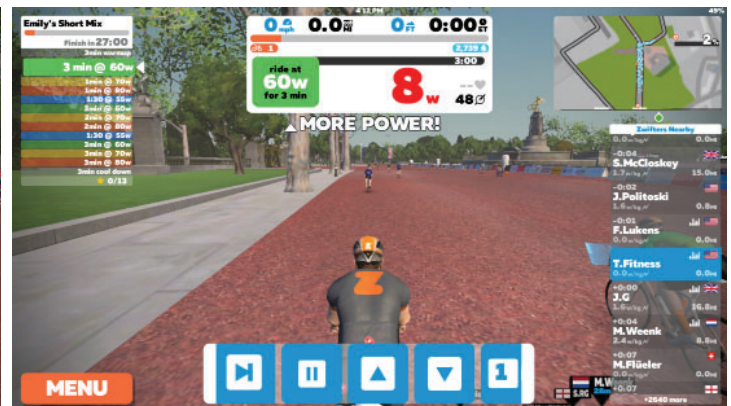
ZWIFT APPLICATION CONTINUED

Workout Screen

After configuring workout parameters and selecting **Ride** on the Home menu, the workout will begin. The appearance of the workout user interface will display either the Workouts or Plans screen based on the user selecting from the Workouts or Plans tabs in the Training menu.

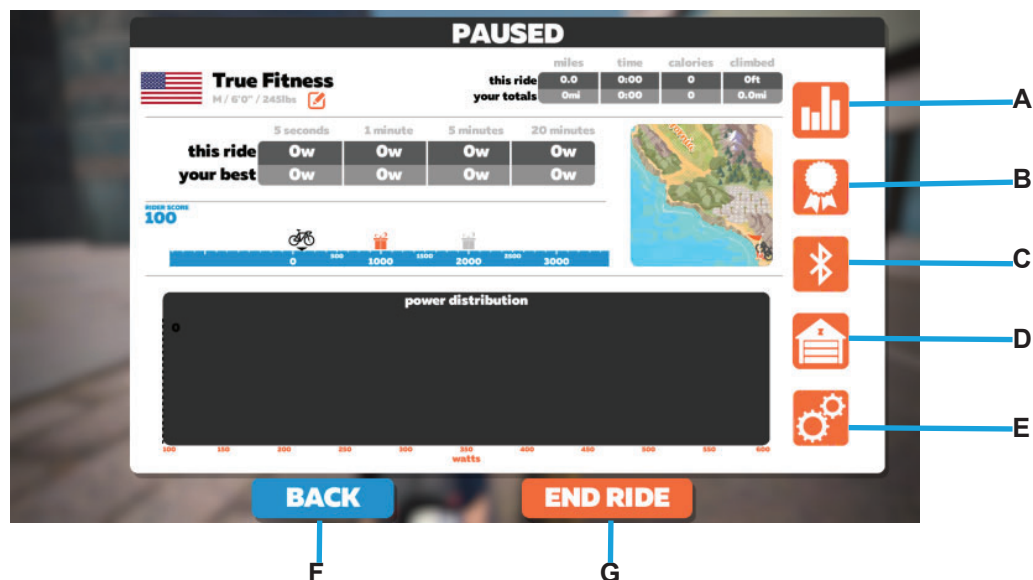
Workouts

Plans



Workout Pause Screen

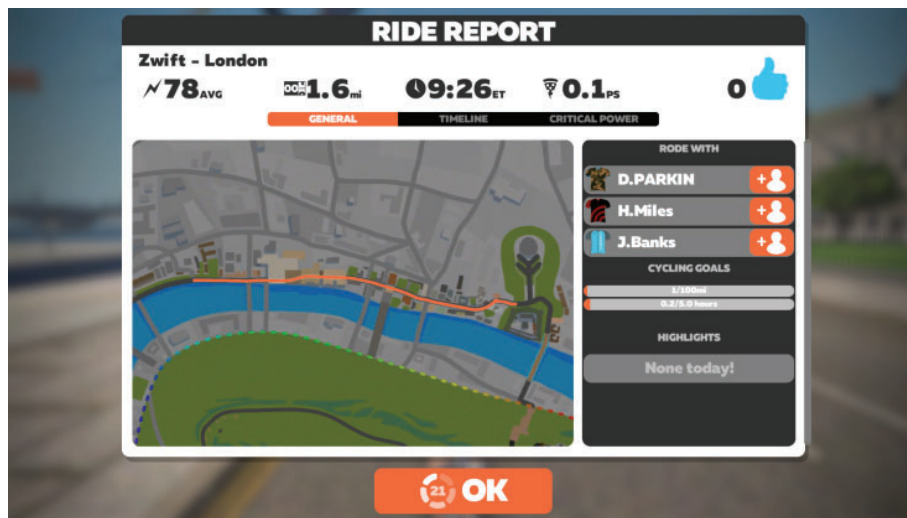
Selecting **Menu** from the Workout screen will navigate the user to the Workout Pause screen. This screen displays current workout data in addition to the follow sub-menus: Training Menu (A), Badges (B), Device Pairing (C), User Customization (D), and Settings (E). Additionally, the user can navigate back to the Workout Screen (F) or end the current workout (G).



ZWIFT APPLICATION CONTINUED

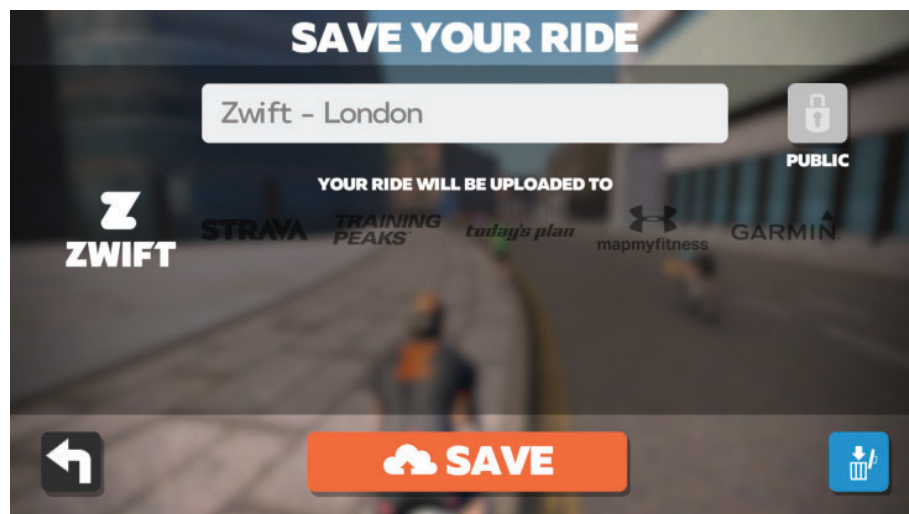
Ride Report Screen

The Ride Report screen displays post-workout data such as route traveled and distance traveled.



Save Your Ride

The Save Your Ride screen enables the user to save the workout data to the list of fitness applications listed below with the option to navigate back to the Workout Pause screen or discard current workout data.



APPLE GYMKIT® TECHNOLOGY

Pairing

Accurately and efficiently track your cardio workouts by pairing an Apple Watch with the following Apple GymKit-enabled TRUE cardio machines:

- TI1000
- TC900
- TC650
- TC400
- TE900
- UC900
- UC400
- RC900
- RC400
- XC900
- XC400
- XS1000
- VC900

NOTE: The Bluetooth module is separate from the NFC (Near Field Communications) module containing the Apple GymKit functionality as they are housed in different locations within the Envision II 9" consoles. Therefore, an Apple Watch paired via the NFC module and a Bluetooth-enabled device (i.e. mobile device or wireless earbuds) paired via the Bluetooth module all on the same Envision II 9" console can function at the same time.

For more information on Apple GymKit functionality including pairing based on your Apple Watch operating system version, refer to the following link: [Use gym equipment with Apple Watch.](#)

NOTE: Apple GymKit functionality on the Envision II 9" console is an optional upgrade.

WIRELESS CHARGING TECHNOLOGY

Wireless Charging

For mobile devices capable of wireless charging, the Envision II 9" console can wirelessly charge those devices.

Simply place the mobile device within the wireless charging boundary box on the reading rack and the Envision II 9" console will automatically charge the mobile device.

Contact the mobile device manufacturer for details regarding wireless charging capability on a particular mobile device.

NOTE: Wirelessly charging a mobile device will not interrupt Bluetooth connectivity or Wi-Fi connectivity. For example, the Envision II 9" console will wirelessly charge an iPhone® positioned within the wireless charging boundary box on the reading rack while maintaining the ability to connect to the iPhone via Bluetooth.

NOTE: Wireless charging capability on the Envision II 9" console is an optional upgrade.

WARRANTY

NOTICE

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

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



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