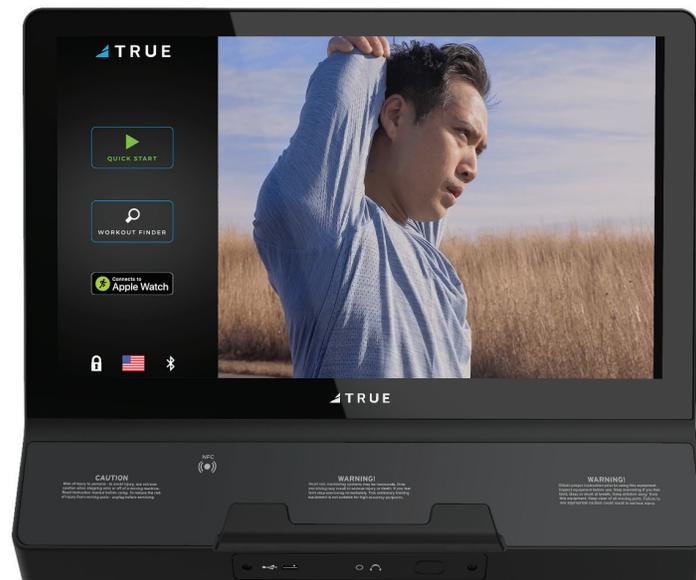# ENVISION II 16" & 22" TOUCHSCREEN CONSOLES

Envision II 16" Console

Envision II 22" Console

MODEL C5T16/C5T22
(MAN-C5T16/C5T22 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/

هام!
جميع المنتجات المعروضة هي النموذج. قد تختلف المنتج الفعلي يتم تسليمها.مواصفات المنتج، والميزات والبرامج قابلة للتغيير دون إشعار.
لمعظم ما يصل حتى الآن دليل المالك يرجى زيارة www.truefitness.com /support/user-manuals/
للمستندات في لغات إضافية، يرجى زيارة https://truefitness.com/support/user-manuals/

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 inquires 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, (│) means that the machine power is **ON** and (◎) means the machine power is **OFF**.

ON

OFF
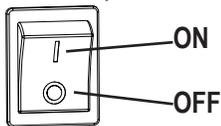
- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact TRUE product support.

- 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.
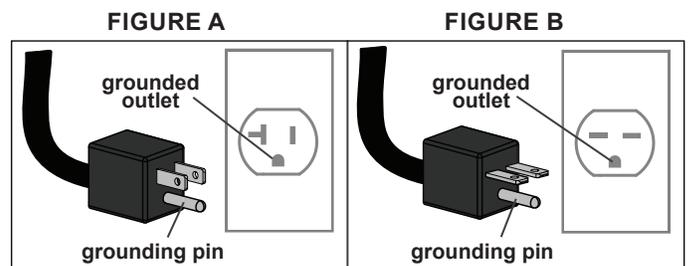
DEDICATED LINE

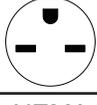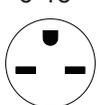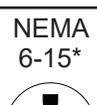Refer to the base manual for dedicated line information.

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.
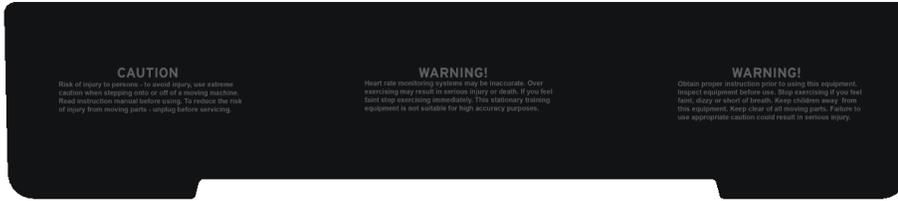

FIGURE A
grounded outlet
grounding pin

FIGURE B
grounded outlet
grounding pin

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.
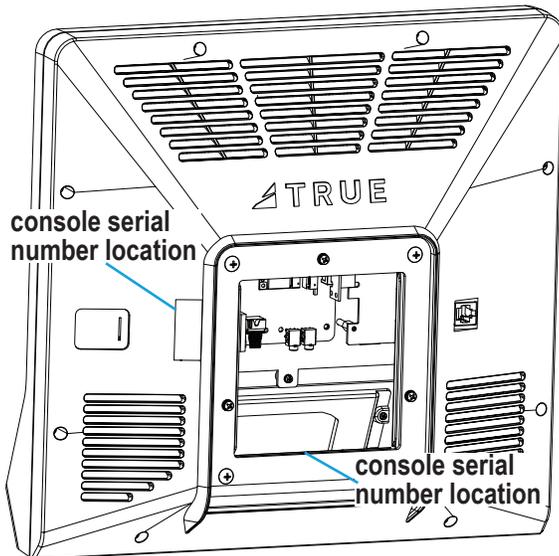

| CAUTION | WARNING! | WARNING! |
| Risk of injury to persons - to avoid injury, use extreme caution when stepping onto or off of a moving machine. Read instruction manual before using. To reduce the risk of injury from moving parts - unplug before servicing. | Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. This stationary training equipment is not suitable for high accuracy purposes. | Obtain proper instruction prior to using this equipment. Inspect equipment before use. Stop exercising if you feel faint, dizzy or short of breath. Keep children away from this equipment. Keep clear of all moving parts. Failure to use appropriate caution could result in serious injury. |

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.

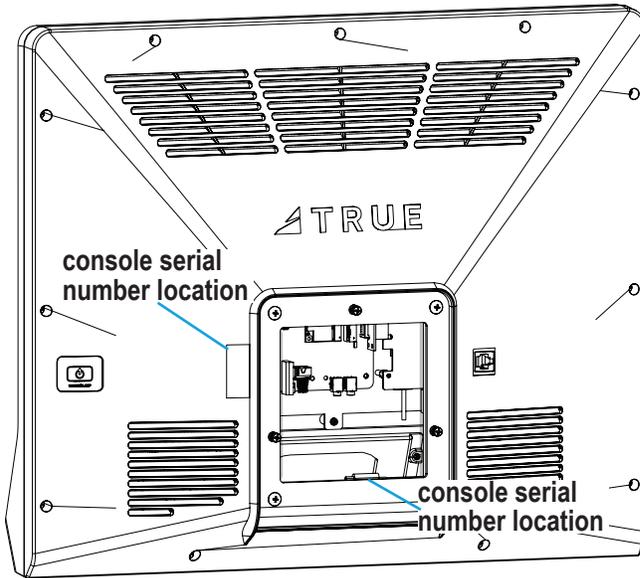**NOTE:** Refer to the base owner's manual for the base serial number.

console serial number location

console serial number location

23-000000X

S/N: ‖‖‖‖‖‖‖‖‖‖‖‖‖‖‖‖‖
       23-000000X

MDL: ‖‖‖‖‖‖‖‖‖‖‖‖
       C5T16

WARNING AND INTENDED USE LABELS CONTINUED

console serial
number location

console serial
number location

23-000000X

S/N: |||||||||||||||||||||||||||||||
        23-000000X

MDL: |||||||||||||||||||||
        C5T22

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	C5T16	CONSOLE, UCIV, COMMERCIAL 16"TS	1
2	C5T22	CONSOLE, UCIV, COMMERCIAL 22"TS	1
3	MAN-C5T16-C5T22	MANUAL, C5T16 & C5T22	1
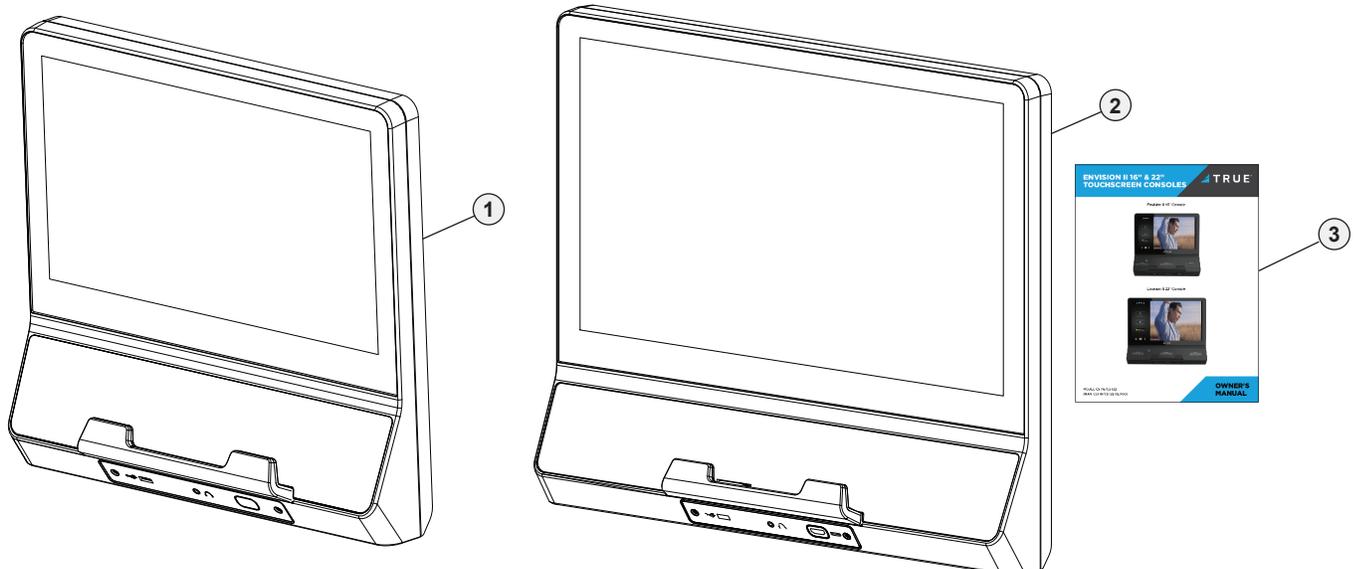
ASSEMBLY STEPS

STEP 1—INSTALL AUXILIARY POWER SUPPLY

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

The Envision II 16" and 22" consoles require 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.

Console

00567700

00567800
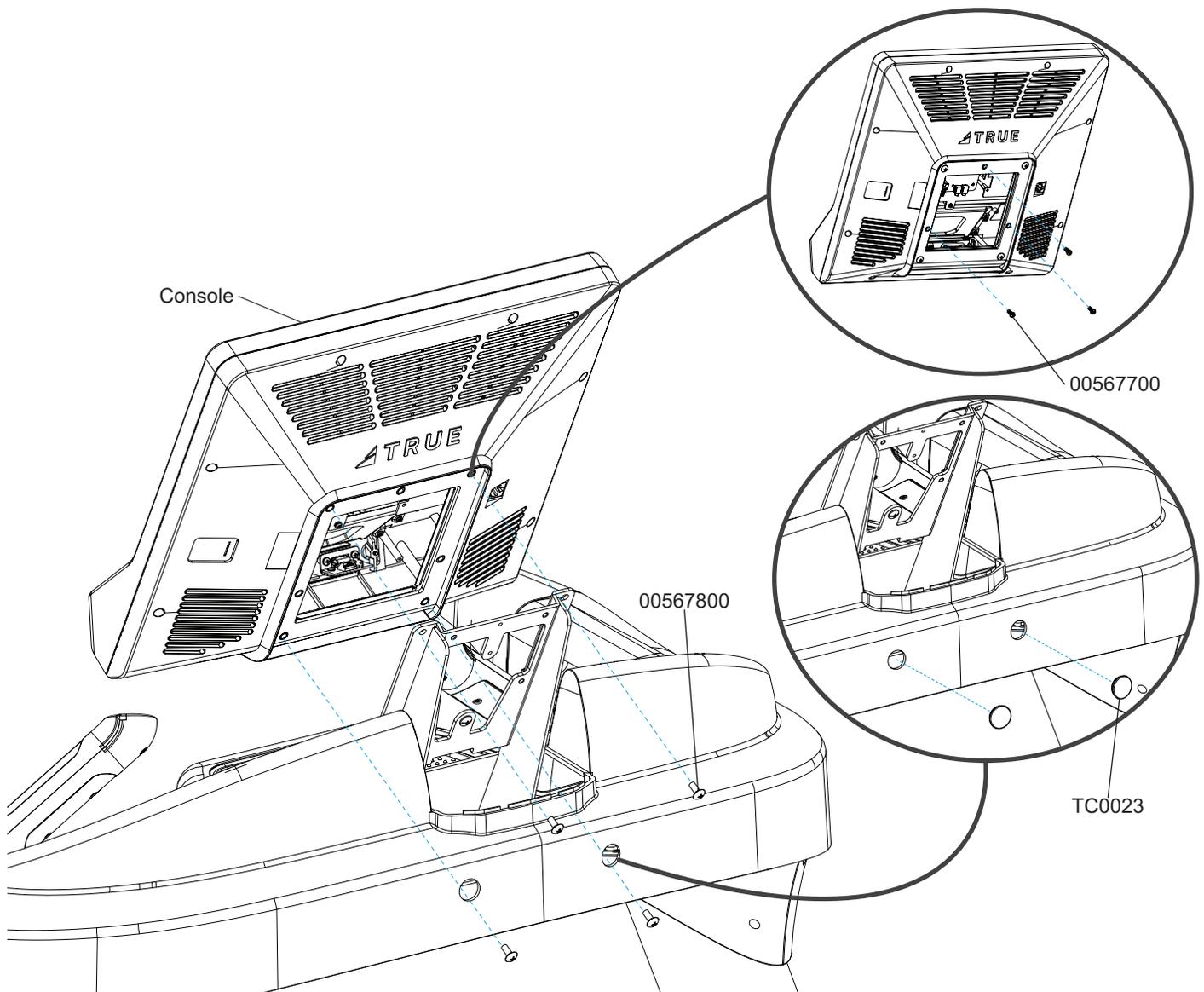
TC0023

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, Coaxial Cable, USB Data Cable, Safety Key Cable, Ethernet Communication Cable, and Ground Wire Ring Terminal.Tuck the CSAFE cable (F) 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: Ensure the rubber boot is positioned over the coaxial cable connection point after making the connection.

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.
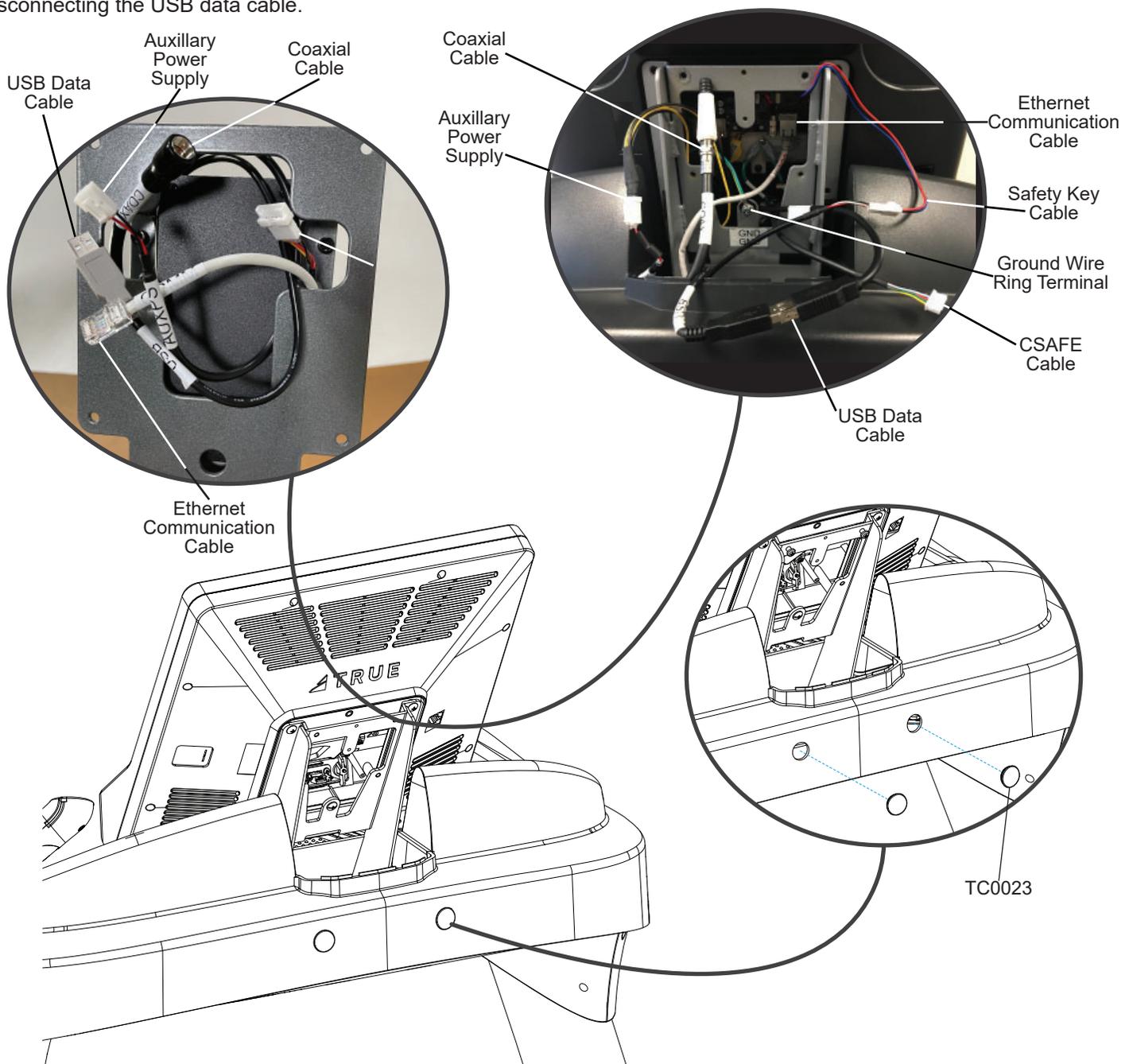
STEP 4—ATTACH REAR CONSOLE COVER

Tools Used in this Step	
#2 Phillips Screwdriver	

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.

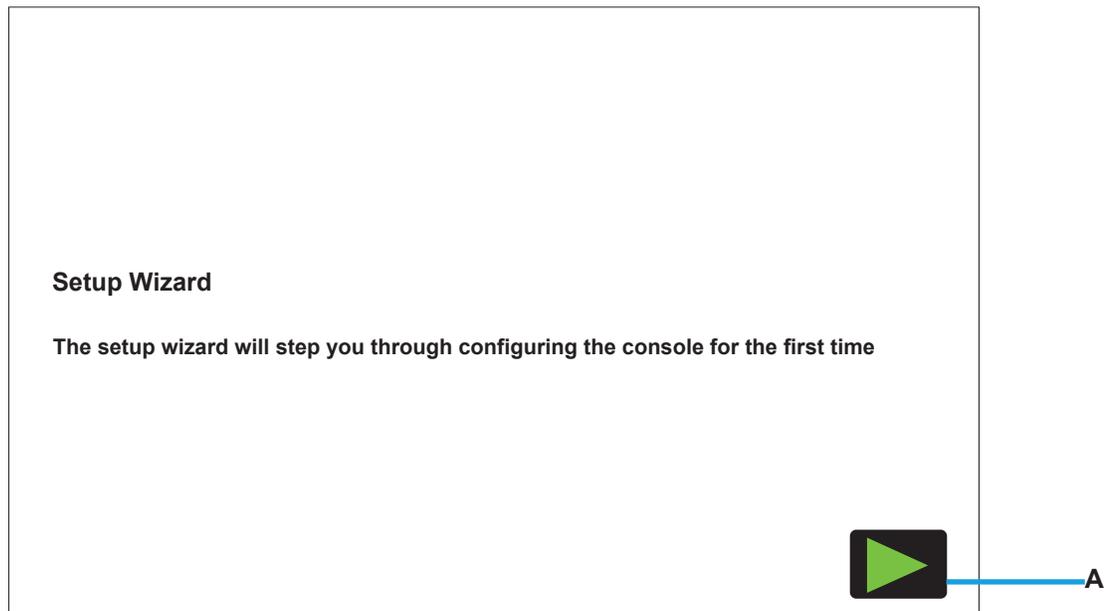**NOTE:** Refer to the base owner's manual for more detailed instructions.

Rear Console Cover
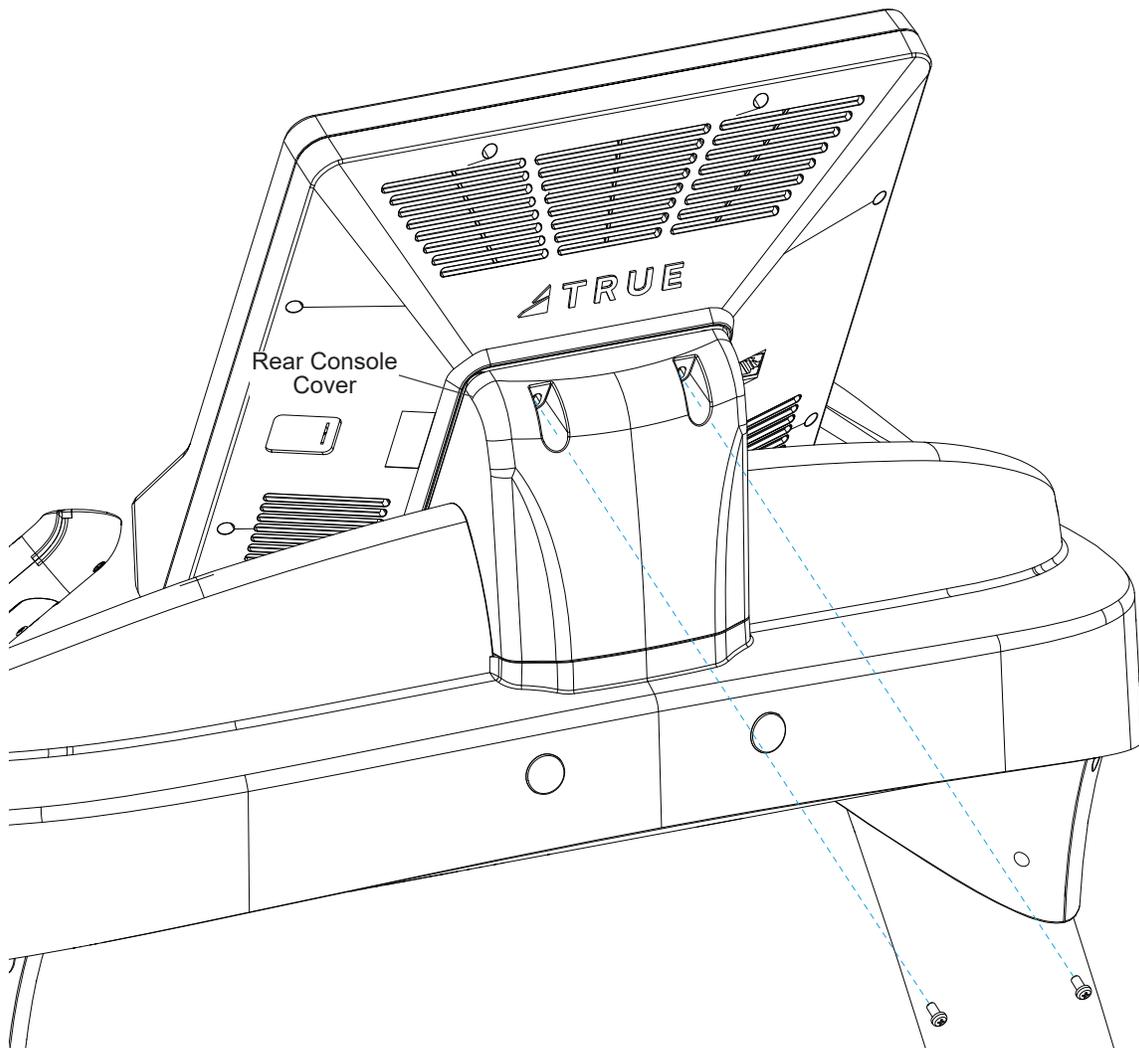
STEP 5—CONFIGURE THE MACHINE

PART	DESCRIPTION	QTY
N/A	CONSOLE	1

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

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

Setup Wizard

The setup wizard will step you through configuring the console for the first time

A

STEP 6—NETWORK SETUP

PART	DESCRIPTION	QTY
N/A	CONSOLE	1

In the Setup Wizard, select **SETUP CONNECTION (A)** and follow the on-screen prompts to connect to a network. To enable web browsing during a workout, select **WEB BROWSER ENABLED (B)** and enter the default homepage in the Homepage field.

STEP 7—TV SETUP

PART	DESCRIPTION	QTY
N/A	CONSOLE	1

In the Setup Wizard, select **BEGIN CHANNEL SCAN (A)** and follow the on-screen prompts to complete the TV channel scan. **EXPORT SCAN TO USB (B)** will export TV channel scan settings to an external USB drive connected to the console. **IMPORT SCAN FROM USB (C)** will import TV channel scan settings from an external USB drive connected to the console. Select **IPTV (D)** to enable IPTV and the console will automatically search for IPTV channels.

NOTE: The Envision touchscreen console is capable of displaying IPTV content, but many IPTV providers require the use of a proprietary set-top box.

NOTE: The TV icon will not appear in the Workout View Screen menu until the TV setup steps are complete.
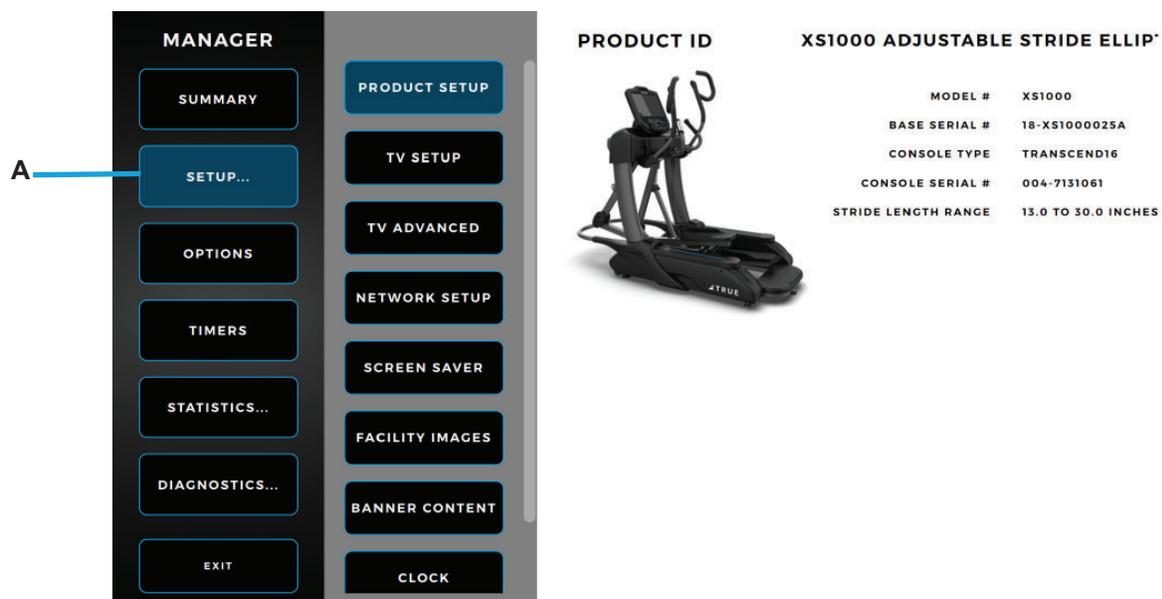
STEP 8—CALIBRATE THE MACHINE

PART	DESCRIPTION	QTY
N/A	CONSOLE	1

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

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

STEP 8—CALIBRATE THE MACHINE CONTINUED

3. Under Calibration, press **RUN** to begin calibration.

   NOTE: Calibration is required depending on the base unit.

4. Once calibration is complete, turn the power off on the machine for 30 seconds.

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

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

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 16" and Envision II 22" touchscreen consoles utilize a fully integrated capacitive touch screen display and a multi-screen interface to provide a state of the art and user friendly workout.
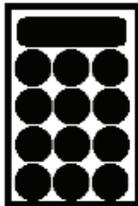
Capacitive touchscreen technology relies on the conductive properties of the human body to detect when and where on the display the user is touching. Because of this, capacitive touchscreens are highly responsive and do not require pressure to register a touch.

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.

|	
Screen Toggle	Options
Audio Device	Keypad
TV	Home
Speed	

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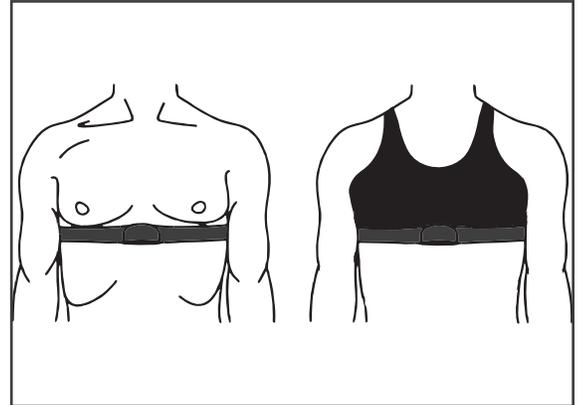
NOTE: The chest strap produces a radio signal that the treadmill reads and registers as the user's heart rate. The accuracy of a reading may be affected when outside interference is present.

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, 10Kk 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 16" & 22" TOUCHSCREEN CONSOLES

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. Apple Watch Connectivity

Pair an Apple Watch with an Apple GymKit-enabled TRUE cardio machine to accurately and efficiently track your cardio workouts.

E. Bluetooth

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

F. Language Options

Enables users to choose between 12 language options.

G. 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

Monuments

For the Alpine Runner only, the user can select from custom workouts based on international monuments such as the Gateway Arch, Eiffel Tower, and Mount Everest. These custom workouts are based on the height of each monument displaying the current height traveled in real time (A) and total height (B) with the workout automatically ending once the user has reached the top of the monument. The user determines their individual climbing pace by manually entering the incline and speed levels, which determines their projected finish time (C).
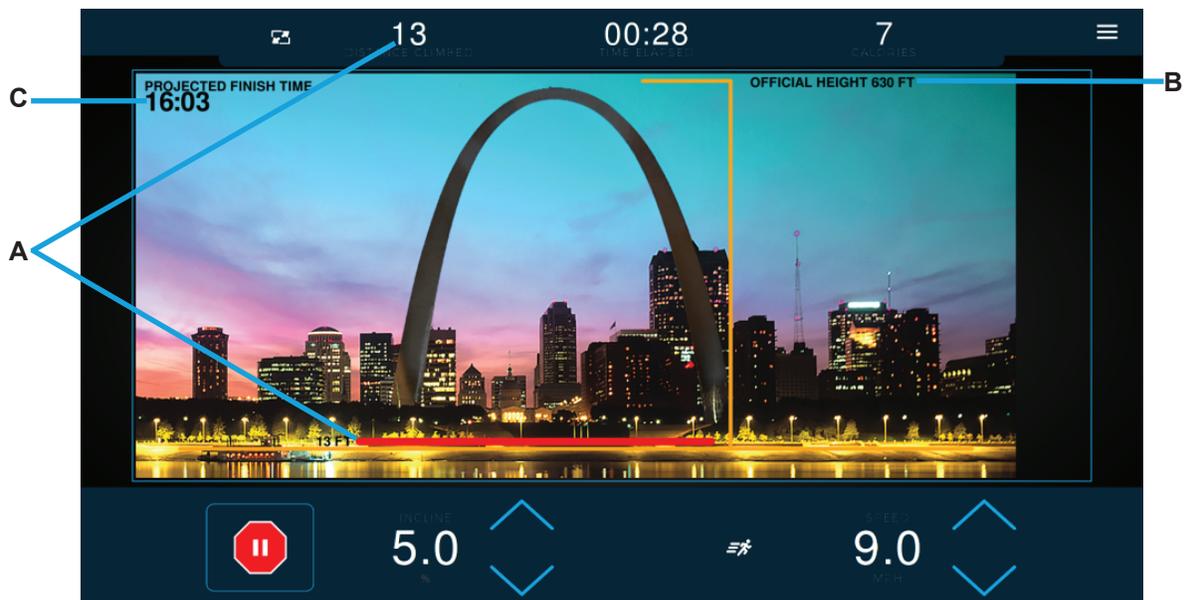
CONSOLE NAVIGATION CONTINUED

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, except the grey arrow that displays a description of the workout.

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

NOTE: To return to the default screen where all workouts are listed, deselect the workout category highlighted in red.

CONSOLE NAVIGATION CONTINUED

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 **Heart Rate Monitor (C)** to pair a Bluetooth-enabled heart rate device with the console to wirelessly monitor heart rate data. Pressing **Save** (not shown) enables the user to save on-screen workout parameters for future workouts selectable from the Workout Finder main menu by selecting Saved Workouts. Select the **green arrow** (D) 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: Save is enabled by selecting **Save Workout Enabled** in the Options menu in Maintenance Mode.

NOTE: Workout Data Entry Screens vary by program selection.
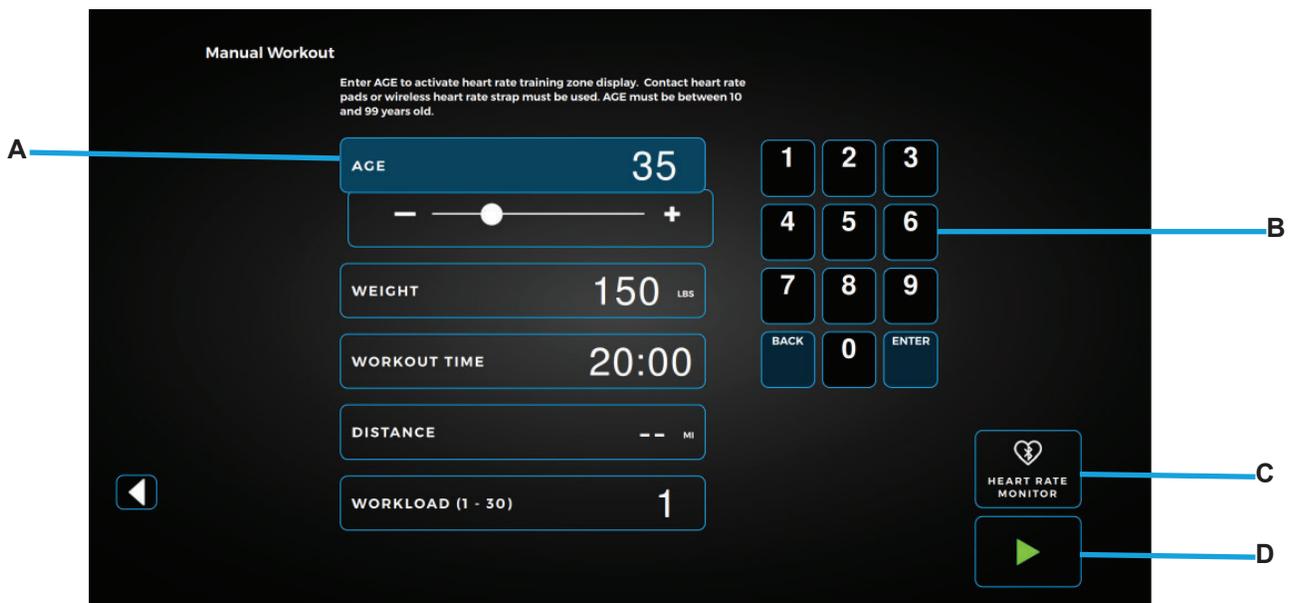
CONSOLE NAVIGATION CONTINUED

Cardio360 Workout Screen

Available only on the XS1000, XC900, and XC400, the Cardio360 workout screen provides the user with prerecorded video clips and corresponding instructional text prompts cycling through the various segments of a Cardio360 workout. Each Cardio360 workout segment has a time length displayed in the bottom, right corner. Note: The selected Cardio360 workout (Cardio360, Cardio360 Video, or Cardio360 Custom) determines the order, frequency and length of time for each Cardio360 workout segment.
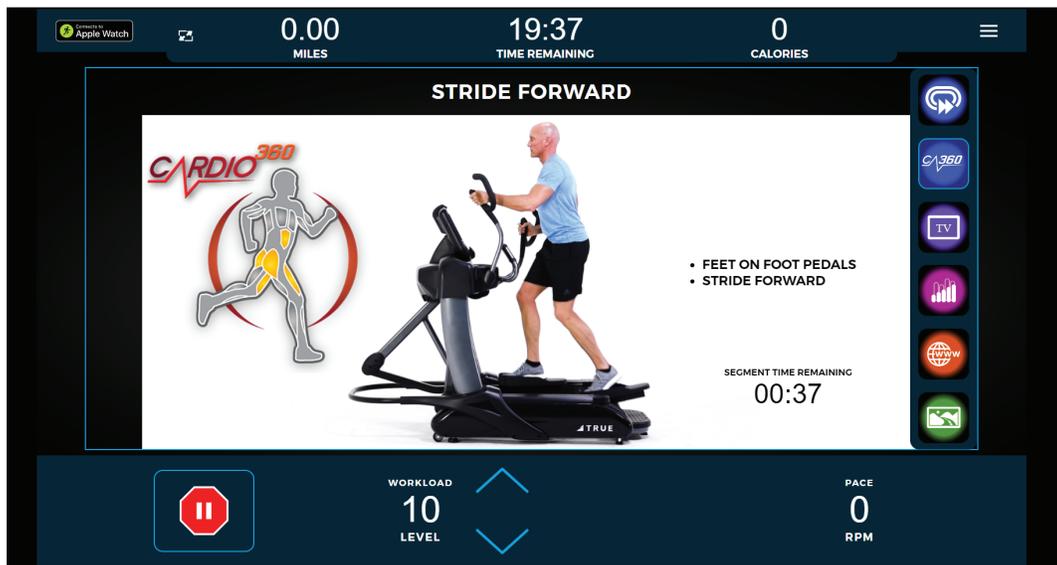
CONSOLE NAVIGATION CONTINUED

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.
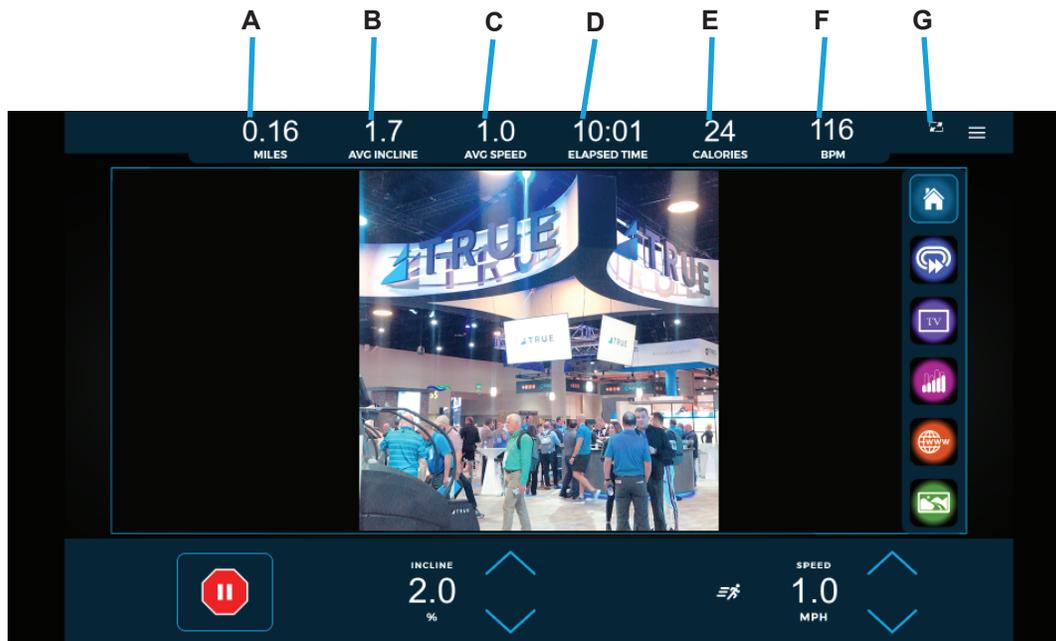
A. Distance

Displays the current distance traveled.

B. Incline

Displays the average incline level.

C. Average Speed

Displays the average speed since the start of the workout.

D. Time Elapsed

Displays the time elapsed since the start of the workout.

E. Calories

Displays the estimated total amount of calories burned since the start of the workout.

F. 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.

G. Workout Data Menu

This menu will toggle between data points (six total with a minimum of one) available during a workout. To select which data points are displayed, press the icon identified to open the pop-out window and make the desired selections. Touch anywhere within the pop-out window to minimize it.

NOTE: The above image displays a sampling of available data points.

CONSOLE NAVIGATION CONTINUED

Workout Data Menu

The Workout Data menu displays workout data metrics during a workout.
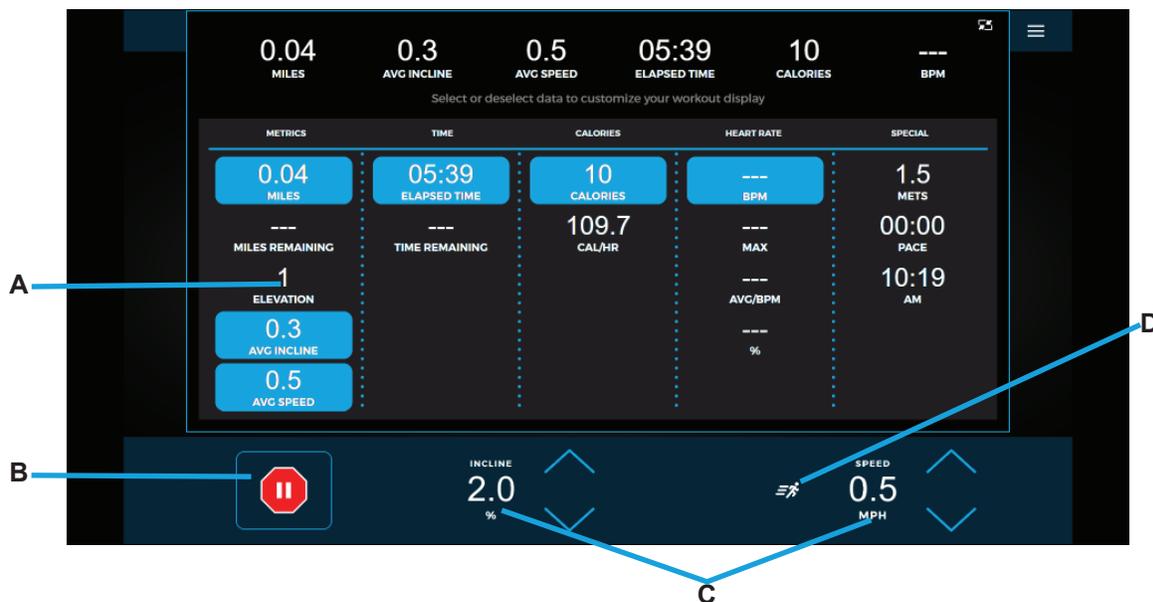
A. Workout Data Menu

The Workout Data menu enables the user to make selections on what workout data appears in the main workout screen. To select which data points are displayed, press the selection to highlight it in red and enable it to appear on the top toolbar. The default data points displayed are distance, time, and calories, with a minimum display requirement of one data point and maximum display number of six data points.

NOTE: Available workout data fields will vary based on the base unit attached and the workout selected.

B. Stop

Stops or pauses the current workout.

C. Quick Touch Incline/Speed Keys

These keys allow the user to quickly adjust the incline levels in increments of 0.5% and speed in increments of 0.5 mph. To manually enter a speed or incline increment, press the corresponding numerical readout and a numeric keypad 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.

CONSOLE NAVIGATION CONTINUED

Options Menu

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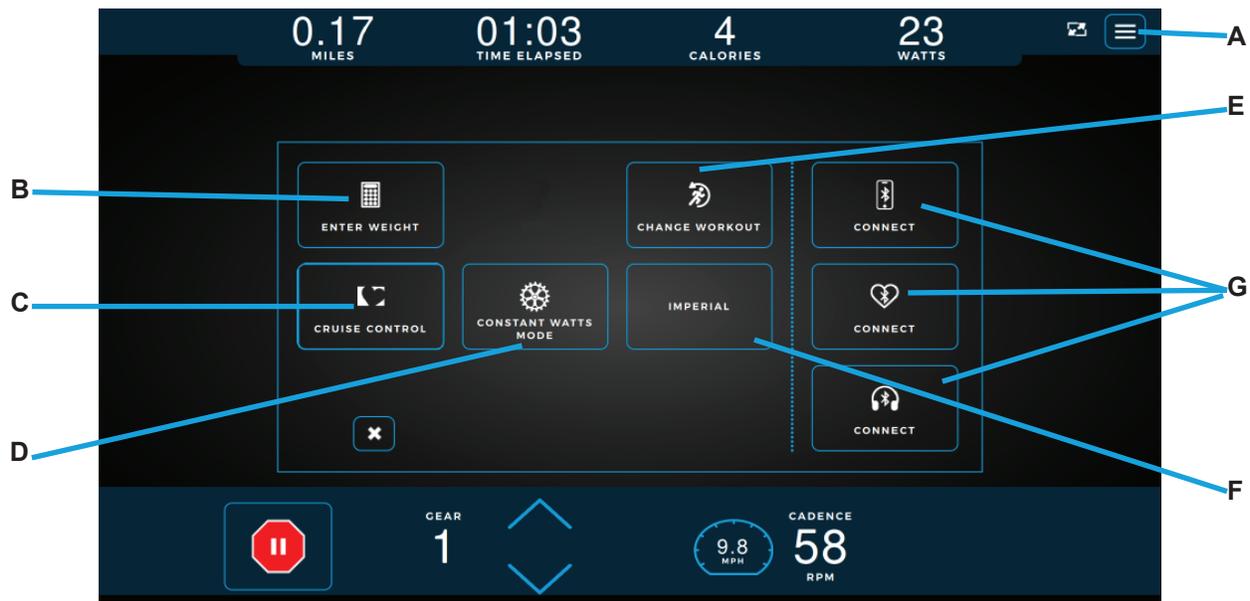
A. Options Menu

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. Enter Weight

Enables the user to update their weight.

NOTE: If the user is logged into their User Profile on an Envision touchscreen console, then the user weight autofills based on the weight data entered by the user in their User Profile.

C. 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.

D. Constant Watts Mode/Autostride

Enables the user to switch the resistance to constant torque. Workouts that control watts will always stay in Constant Watts mode. All other workouts will start out in Constant Torque mode with the ability to switch in and out of Constant Watts mode. Autostride automatically adjusts the stride length based on the user's speed during the workout.

NOTE: Constant Watts mode is only available on the RC400, RC900, UC400, and UC900.

NOTE: Autostride is only available on the XS1000.

E. Change Workout

Enables the user to change their current workout parameters such as time, intensity, and level of the workout.

F. Units

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

G. Bluetooth Connectivity

Allows the user to pair Bluetooth wireless technology enabled devices with the Envision touchscreen console such as audio devices, heart rate monitors, and headphone devices.

CONSOLE NAVIGATION CONTINUED

Change Workout

The Change Workout screen (A) enables the user to update their workout parameters such as time, intensity, and level of workout and then return to the main screen of the current workout with all previous workout data intact.

NOTE: The workout parameters for certain preset workouts such as Quick Start and Fitness Tests are unable to be updated once the workout has begun.

A
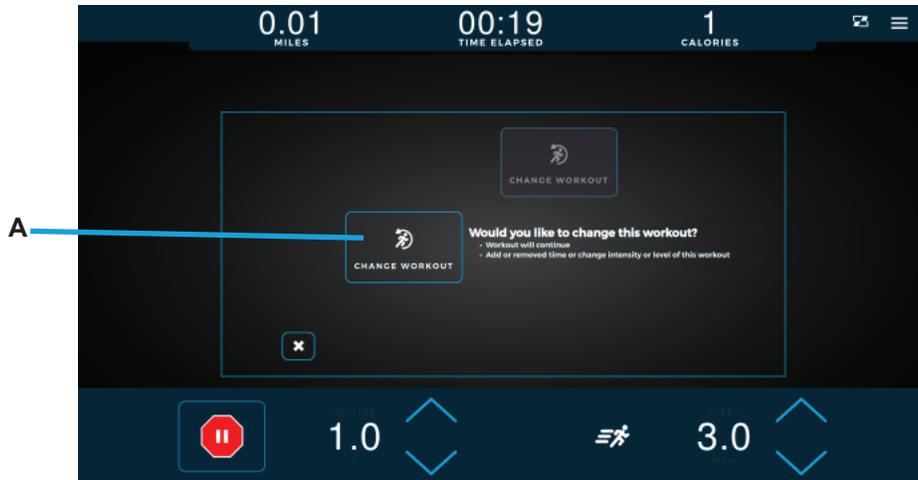
Bluetooth Connectivity

The Bluetooth connectivity screen (A) displays the Bluetooth wireless technology enabled devices available for pairing with the Envision II 16" and Envision II 22" consoles. Follow the on-screen prompts on the consoles 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 16" or Envision II 22" 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
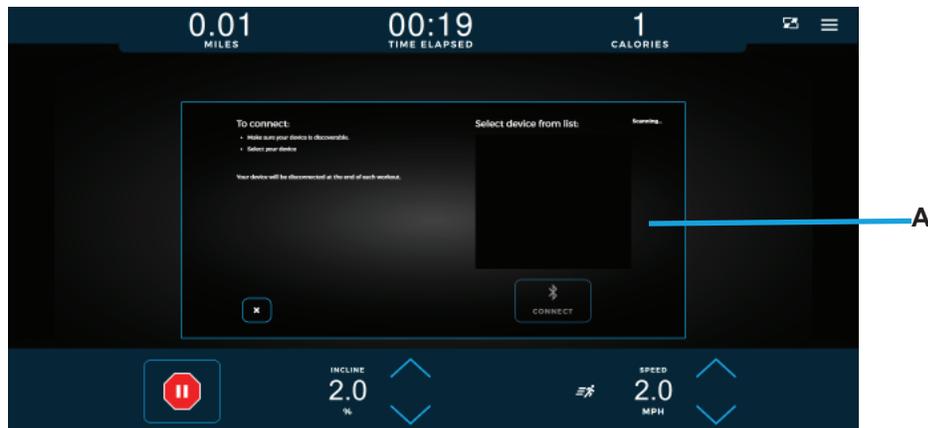
WALK/RUN TRACK

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.
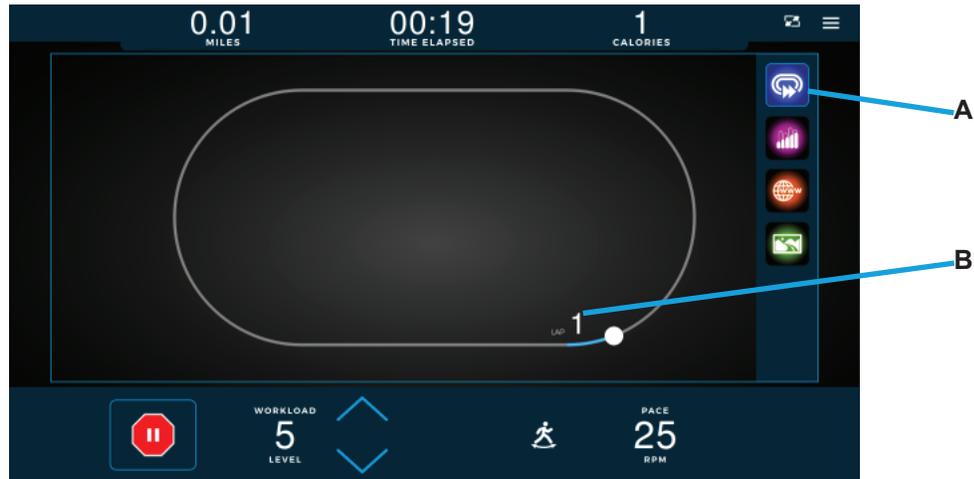
A. Walk/Run Track

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.

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. Select the Bar Graph icon (B) to navigate to the screen shown below.

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.
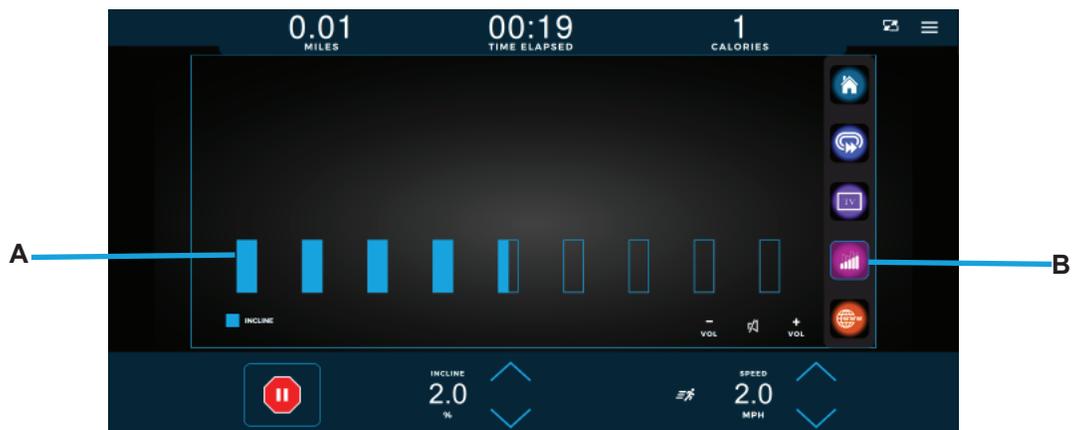
TV CONTROLS

TV Controls

This console enables the user to watch live TV programming in crisp, clear high definition. The TV controls are built in to a workout view screen to allow the user to monitor their workout while enjoying their favorite shows.

A. Channel List

Scroll through the list of available channels.

B. Volume Controls

Increases or decreases the audio volume from the TV program.

C. Closed Captioning

Toggles the closed captioning on or off.

D. Mute

Mutes the audio volume from the TV program.

E. Screen Toggle

Allows the user to switch back and forth between full screen and regular mode.

F. TV Screen

Select this icon to navigate to the TV home screen.

NOTE: For Broadcast Vision CAB System-enabled devices, the left side menu will update to include channel selector buttons and Closed Captioning (C) will be replaced with a keypad for entering a channel number along with containing the Closed Captioning (C) button.

WEB BROWSER

Web Browser

When enabled, the integrated web browser allows users to catch up on breaking news, watch sports highlights, check email, and connect with their friends on social media. Having this feature built into a Workout Data Screen allows users to easily multi task.
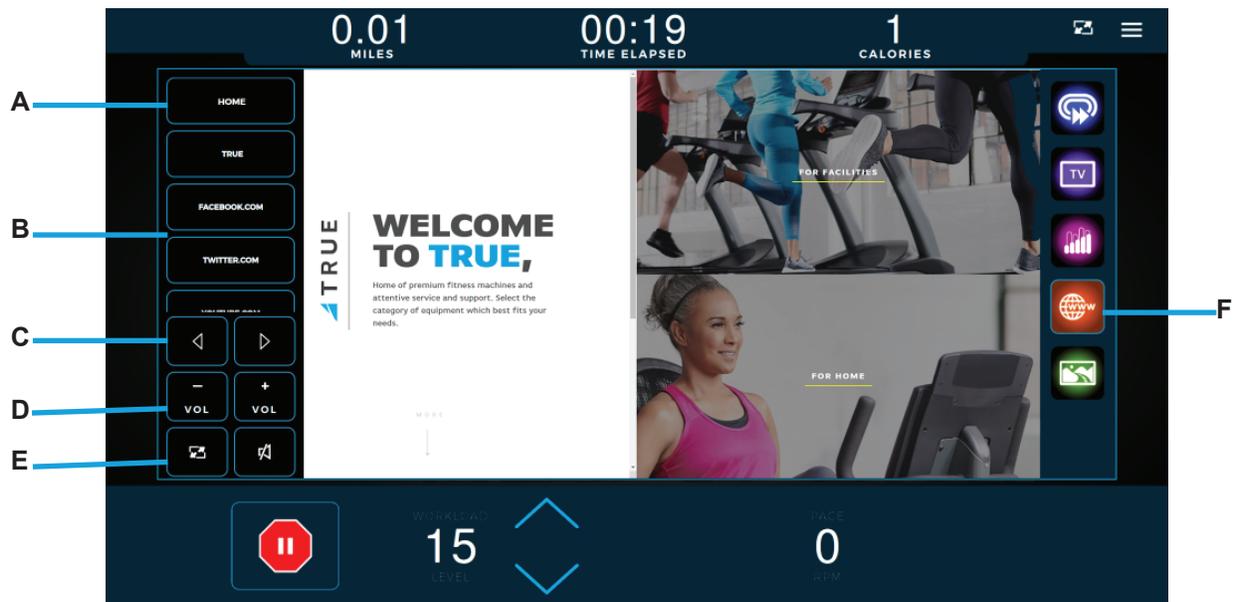
A. Home

Displays the web browser's home page.

NOTE: See the Advanced Console Options section for instructions on setting the default homepage.

B. Website Links List

Scroll through the list of popular websites with easy navigation during the workout.

C. Navigation

Move forward or backward to the previously displayed page.

D. Volume

Enables the user to adjust the volume of audio generated from the console.

E. Screen Toggle

Allows the user to switch back and forth between full screen and regular mode.

F. Web Browser Icon

Select this icon to navigate to the web browser page.

OUTSIDE INTERACTIVE VIDEOS

Outside Interactive Videos

Outside Interactive© provides users with a scenic, first-person video to enhance their workout. Scroll through the list of available videos (A) to make your selection. To display the video in full screen mode, select the Screen Toggle button (B). Current incline and speed workout selections will appear in full screen mode. Select the Videos icon (C) to navigate to the video screen.

NOTE: Content is provided by Outside Interactive© and is subject to change without notice.

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 five 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.
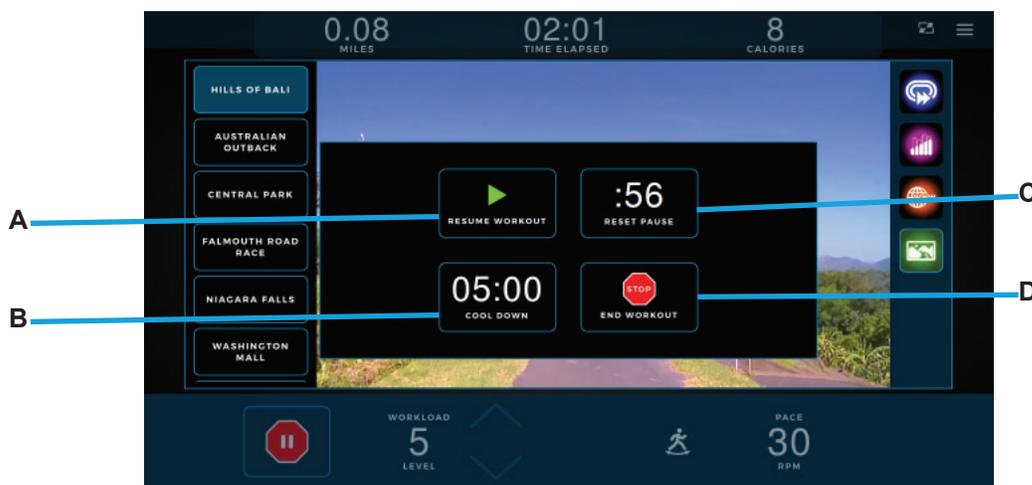
Workout Summary

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.

TV Cabling Requirements for TRUE Equipment

For live television on TRUE equipment, a coaxial cable must be run to the machine. All cabling internal to the TRUE equipment will be supplied by TRUE. All other cabling necessary to run from a TV or internet source to the TRUE cardio product must be provided by the facility.

TV Cabling Requirements

The following TV tuners used in the United States are compatible with TRUE touchscreen consoles:

- NTSC (analog uncoded) old air broadcast, and uncoded cable TV
- ATSC (digital un-oded) used in current over-the-air broadcasts, and some un-coded cable TV
- QAM (digital cable) used in current un-oded and coded cable TV

The following signal types are supported by TRUE touchscreen consoles:

- Digital: CQAM, ATSC, DVB-C, DVB-T,DVB-T2, ISDB-T, DMBT
- Analog: NTSC-M, PAL-B, PAL-G, PAL-H, PAL-I, PAL-D, PAL-K, SECAM-B, SECAM-C, SECAM-D, SECAM-G, SECAM-L, SECAM-K
- Signal must be delivered to the equipment unencrypted.
- Coaxial cable must be a quad shielded RG6 cable with an F-Type compression fitting.
- Digital signal strength delivered to the equipment: -5dBmV to +10dBmV with a target of +5dBmV
- Analog signal strength delivered to the equipment: 0dBmV to +12dBmV with a target of +6dBmV
- Splitters or taps are acceptable for distributing signal, provided that the signal strength delivered to the equipment meets the required levels.
- Confirm with your TV provider that the signal strength at each machine is adequate.

Some cable TV companies offer a basic package that does not require a set-top box – the signal can be picked up with any cable-ready TV. This type of service works best with TRUE touchscreen consoles as it utilizes either NTCS or ATCS/QAM Clear. The uncoded signal lets the facility simply connect the coax cable (RG6) to the connector on the TRUE equipment and scan for channels.

Many cable companies, as well as all satellite (DirecTV, Dish Network, etc.) and internet protocol TV (U-Verse, Verizon, etc.) utilize an encrypted signal to their set-top box will convert the encrypted signal to either NTCS or ATCS/QAM Clear for viewing on the customer's TV.

SAMPLES OF CONNECTIVITY PORTS ON TRUE PRODUCTS
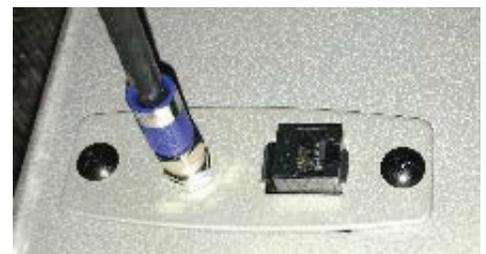
TV SOLUTION OPTIONS

TV Solution Options

There are multiple options for presenting TV signal with TRUE equipment. Here are some options available to your facility.

Set Top Boxes

With this solution, a small set-top box must be installed near each individual piece of TRUE cardio equipment. Your cable company would provide the set-top box. The user would change channels with the remote control, which must be kept near the unit.

Console Adapter Box (C.A.B.) Installation

A console adapter component redirects TV commands from a TRUE console to a set-top box without using a remote control. With this solution, a separate component is installed onto the TRUE console. When a user presses a channel command on the console, the device sends that command directly to the set-top box that is sending TV signal to that machine. Users on the TRUE equipment will use the channel buttons on the consoles as normal to select their channel.

Includes CAB, 10' IR emitter cable and necessary cables to control (STB) set top box next to cardio equipment or far away. If STB is located far from cardio equipment, customer is responsible for installing unused cat5 or cat6 cable from STB to cardio equipment.

- Enables cardio-console control of ANY cable, satellite or IPTV set-top box. The set-top box can be located next to the cardio equipment or remotely located, back in an A/V closet for instance.
- The CAB is small enough (3" x 1.5" x .75") that it can be hidden on the back of the TV, under the console or in a raceway system.
- The CAB keeps the set top boxes awake so they don't go into sleep mode.
- The CAB allows you to use integrated controls to control set top boxes on popular cardio equipment brands.
- The CAB is plug-n-play and does not need to learn IR commands. Unlike some wireless devices that need to learn IR
commands in the field, the CAB is preprogrammed prior to shipping and can be easily updated on-site if required.

Satellite Head End System

With a head end system, a rack is installed in an AV closet. A selection of set-top-boxes is placed on the rack with each box set to a specific channel. The encrypted signal is decrypted and set to the selected channel by each set-top box. This can be digital or analog, depending on the set-top box used. A modulator device takes the signal from all of the boxes and combines it into one, allowing you to send it out to every screen in the facility.

IPTV

Another option available for TRUE touchscreen equipment to receive TV signal is an IPTV solution. This requires your facility to have an IP head-end system (example below) in place.

TV signal is then distributed to each console via a Cat5e or Cat6 Ethernet cable with an RJ45 connector and run back to the IPTV head end system. The user controls the TV via on-screen channel control on each individual connected console.

# INTERNET REQUIREMENTS

Internet Requirements

The TRUE touchscreen platform supports a wireless internet connection - both wired and wireless internet connections.

If you would like to connect your TRUE equipment to the internet, you will need at least 1.5Mbps download speed. That amount of bandwidth will allow for any number of TRUE consoles to connect to the internet.

Wireless Internet Requirements

• A router/gateway and wireless access points must be installed.

Wired Internet Requirements

• A router/gateway must be installed

• Wired connections require a CAT5e or CAT6 cable with RJ45 fittings.

• Bandwidth: TRUE requires 1.5Mb/s download speed for every four consoles.

• A switch capable of receiving an internet feed from the media gateway and distributing it to all TRUE consoles must be installed.
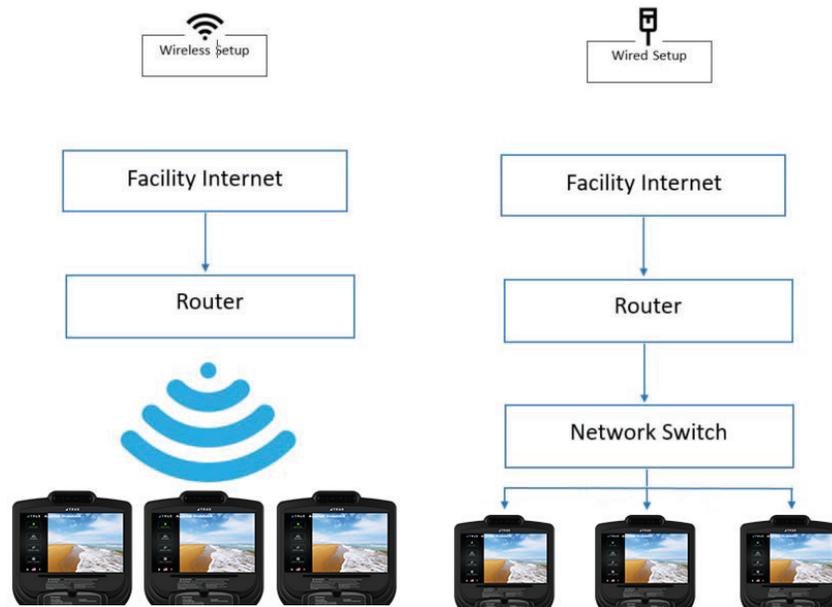
MAINTENANCE MODE

Maintenance Mode

To enter Maintenance Mode, press and hold the **TRUE** logo (A) in the upper left corner of the home screen until the Maintenance Mode passcode entry pop-up screen (B) appears. Enter code "10101" to enter Maintenance Mode.
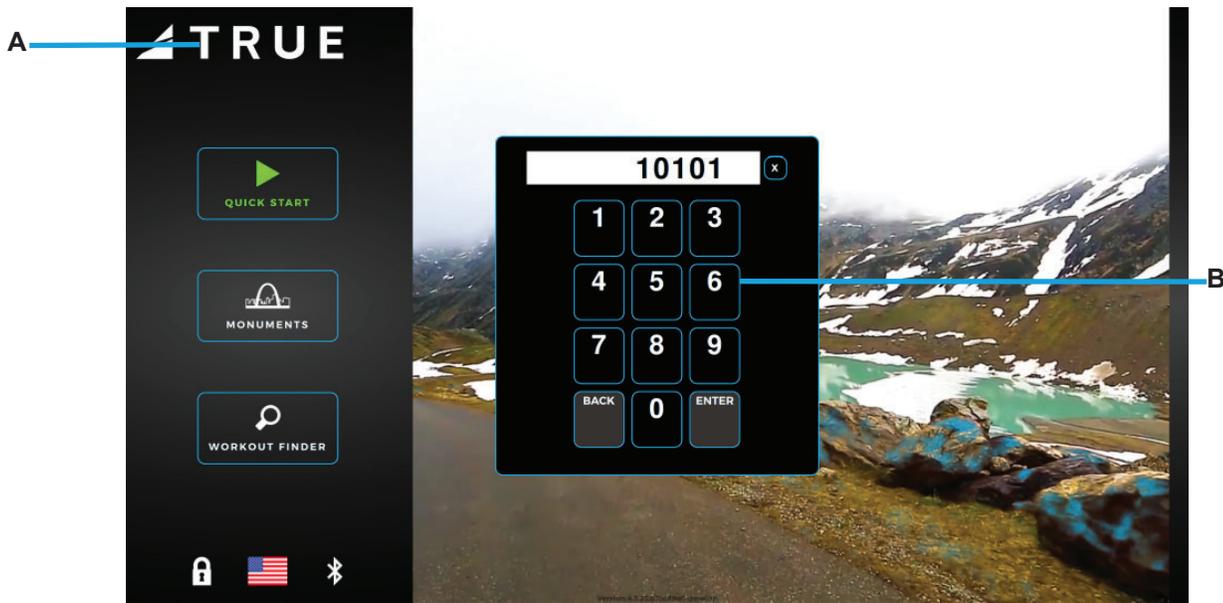
MAINTENANCE MODE CONTINUED

Summary Screen

The Summary Screen will be the first screen displayed after entering service mode. This screen will give a general overview of the unit's setup.

MANAGER

- SUMMARY
- SETUP...
- OPTIONS
- TIMERS
- STATISTICS...
- DIAGNOSTICS...
- EXIT

SUMMARY

Serial: 004-7130279   Version: 4.1.5 / 01

PRODUCT MODEL	TC900 TREADMILL	A
SERIAL NUMBER	004-7130279	B
MACHINE SERIAL NUMBER	16-TC950PL03K	
TUNER TYPE	H975	C
SOFTWARE VERSION	4.1.5.g08642ac-develop	D
NUCLEUS FIRMWARE VERSION	1.29.0a17	
PRODUCT VERSION	01	
BIOS VERSION	F2 K8	
SYSTEM SOFTWARE SUM	baf898b6e3f99d9b9a9b2734225e29ce	E
LOWERBOARD INFO	Click to show	F

A. Product Model

The model number that the console is currently configured to.

B. Serial/Machine Serial Number

The serial number of the console and serial number of the base unit respectively.

C. Tuner Type

The type of TV tuner installed in the console.

D. Software Version / Nucleus Firmware Version / Product Version / Bios

The current versions of software and firmware that are installed on the console.

E. System Software Sum

Displays OS data that is used in the production of the console.

F. Lowerboard Info

Displays the model name and version number of the Lowerboard.

MAINTENANCE MODE CONTINUED

Setup Menu

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

A. Product Setup

The Product Setup screen allows users to view the current console configuration. To view the console configuration, select **PRODUCT SETUP**.

NOTE: If the optional decline kit is installed, select **YES, DECLINE** to enable decline functionality. A power cycle will be required to complete the process.

B. TV Setup

The Envision touchscreen console displays live TV programming via an integrated HDTV tuner or IPTV internet protocol if connected to the Internet. Importing and exporting TV setup data can also be done via the TV Setup menu.

C. TV Advanced

The TV Advanced Menu enables users to fine tune their TV settings by editing channel names, adding analog channels, and removing channels.

D. Network Setup

The Network Setup screen displays the current network information for the console. This screen also allows users to setup wired or wireless internet connection and enable web browsing.

E. Screen Saver

Users can upload .JPG and .PNG image files to the console for use as custom screen savers. Images saved as .JPG or .PNG files and placed on a USB drive in a folder named "screen saver" (case sensitive) are selectable in this screen for use. Screen saver time, dim display time, and sleep timer (backlight off) are available customization options in this screen.

Setup Menu

F. Facility Images

The console supports customizable facility images to help promote specials, events, or endorse a brand. Images saved as .JPG or .PNG files and placed on a USB drive in a folder named "facility" (case sensitive) are selectable in this screen for use.

G. Banner Content

On the Home screen, users can upload .mov media files to replace the default Home Screen video that appear. Media files saved as .mpg, .mpeg, .avi, or .mp4 files and placed on a USB drive in a folder named "attract" (case sensitive) are selectable in this screen for use.

NOTE: Only one video or image file in that folder can be used.

H. Clock

Setting up the clock ensures all workout data exported by the user is correctly labeled. Correct time is also important for troubleshooting purposes when viewing the system's error log.

I. C.A.B. Setup

This console is compatible with the Broadcast Vision CAB System. These options should remain inactive unless the system has been purchased through Broadcast Vision. Please refer to the instructions that accompanied the CAB system for setup instructions.

MAINTENANCE MODE CONTINUED

TV Setup Sub-Menu

Select **BEGIN CHANNEL SCAN (A)** and follow the on-screen prompts to complete the TV channel scan. **EXPORT SCAN TO USB (B)** will export TV channel scan settings to an external USB drive connected to the console. **IMPORT SCAN FROM USB (C)** will import TV channel scan settings from an external USB drive connected to the console. Select **IPTV (D)** to enable IPTV and the console will automatically search for IPTV channels.

NOTE: The Envision touchscreen console is capable of displaying IPTV content, but many IPTV providers require the use of a proprietary set-top box.

NOTE: The TV icon will not appear in the Workout View Screen menu until the TV setup steps are complete.

TV Advanced Sub-Menu

To add a TV channel, select **ADD ANALOG CHANNEL (A)** and enter the corresponding channel data. To delete a channel, select the channel from the available channels and then select **DELETE CHANNEL** to delete it. Pressing **SELECT MULTIPLE CHANNELS** (not shown) enables users to delete multiple selected channels at once. To change the channel name from the default name of "Service #," select the corresponding TV icon and edit the name. The on-screen keyboard will appear when the channel name is editable.
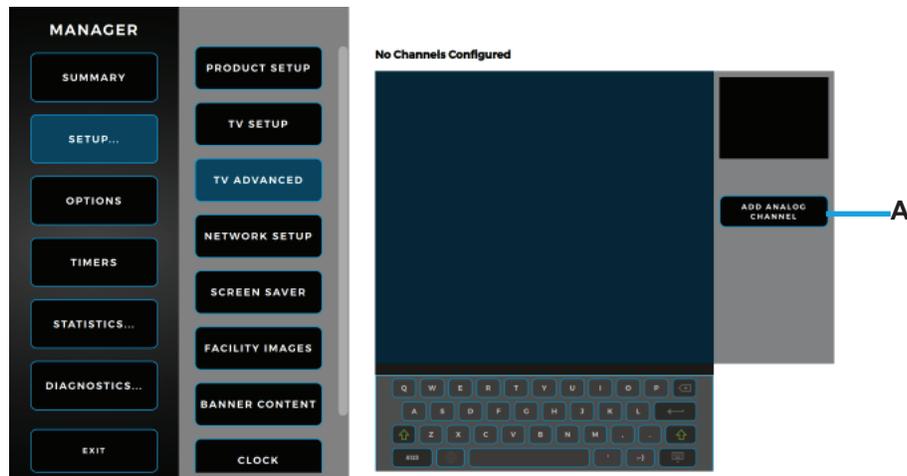
MAINTENANCE MODE CONTINUED

Network Setup Sub-Menu

The Network Setup sub-menu displays the current network information for the console. To connect to a network, select **SETUP CONNECTION (A)** and follow the on-screen prompts to connect. To enable web browsing during a workout, select **WEB BROWSER ENABLED (B)** and enter the default homepage in the Homepage field.
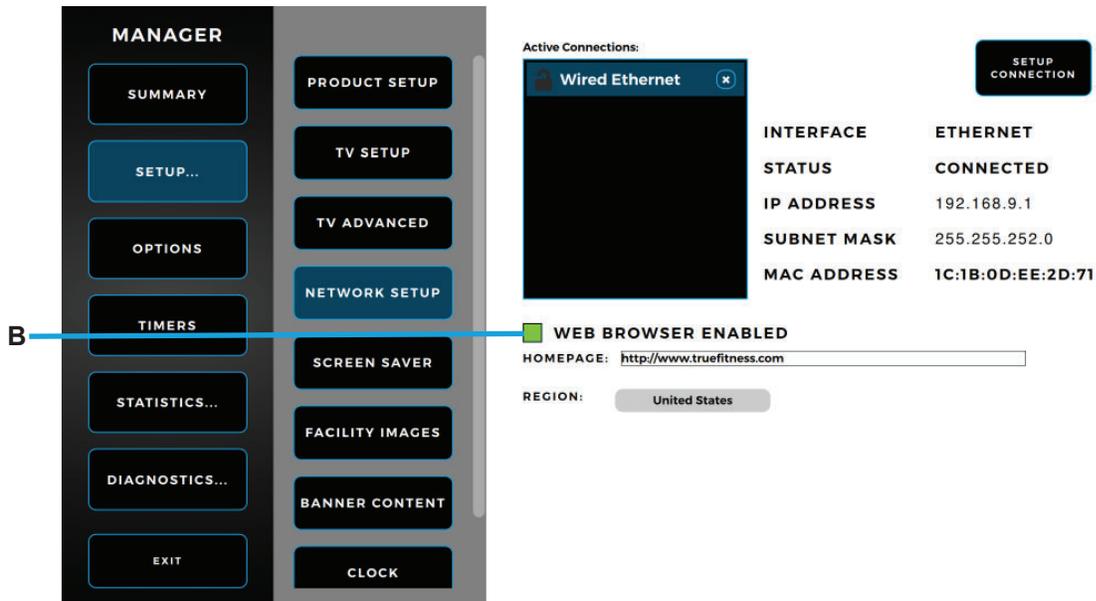
Options Menu

The Options menu is accessed by selecting **OPTIONS** on the Main menu. The Options menu provides various customization options such as adjusting the LCD brightness and setting the default language.
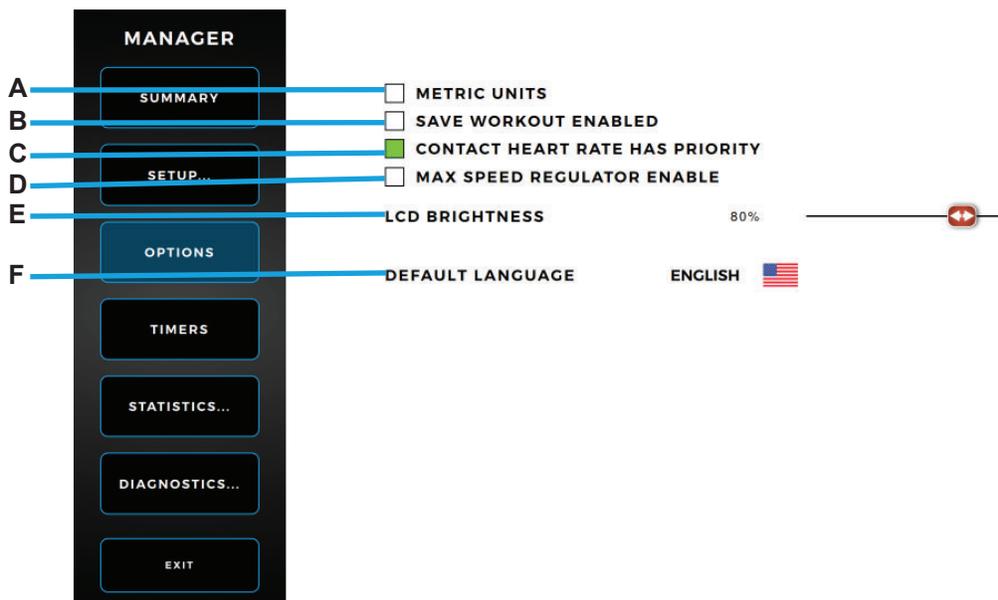
MAINTENANCE MODE CONTINUED

A. Metric Units

Allows the user to set metric units for the console.

B. Saved Workout Enabled

Allows the user to enable saved workouts in a retail setting.

C. Contact Heart Rate Has Priority

Sets heart rate grips to be displayed instead of wireless if both are present.

D. Max Speed Regulator Enabled

Allows the user to set a maximum speed for the machine.

E. LCD Brightness

Allows the user to adjust the console's LCD brightness.

F. Default Language

Allows the user to set the console's default language.

G. Max Incline Regulator Enabled (Not Pictured)

Allows the user to set a maximum incline for the machine.

NOTE: Max Incline Regulator is only available on treadmill base units.

H. eGym Workouts Enabled (Not Pictured)

Allows the console to support the eGym service with NFC-equipped consoles. When enabled, the user must go back to the home screen and re-enter maintenance mode for the eGym registration page to be displayed in the Options menu.

Timers Menu

The Timers menu is accessed by selecting **TIMERS** on the Main menu. The Timers menu enables users to adjust various timer settings throughout the console menus such as post-workout cooldown time and maximum workout time.
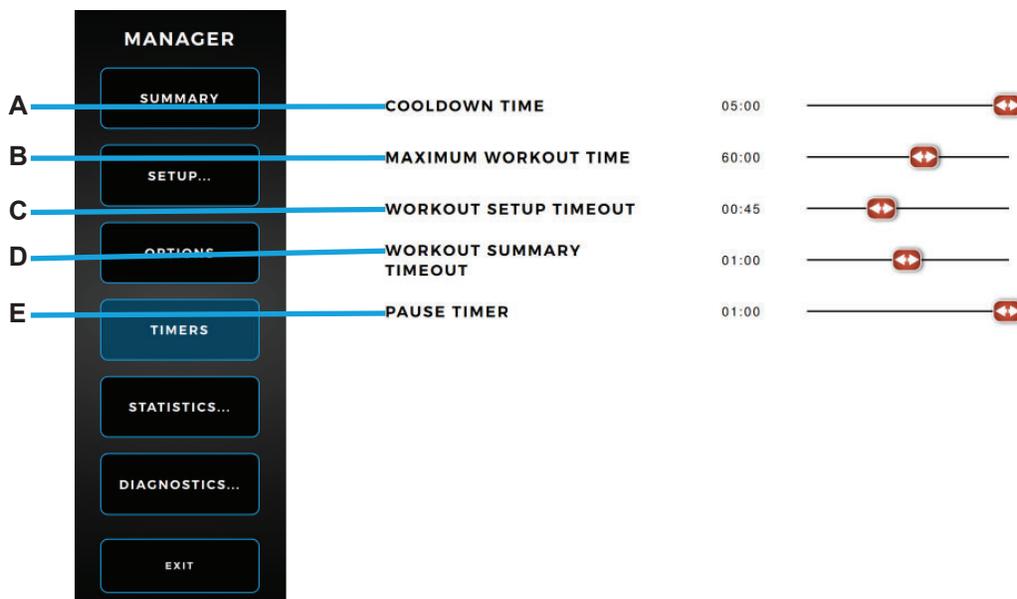
MAINTENANCE MODE CONTINUED

A. Cooldown Time

Adjusts the time it takes for the machine to cool down.

B. Maximum Workout Enabled

Adjusts the machine's maximum workout time.

C. Workout Setup Timeout

Adjusts the length of the workout setup timeout.

D. Workout Summary Timer

Adjusts the length of the workout summary timer.

E. Pause Timer

Adjusts the length of the pause timer.

F. User Present Detection (Not Pictured)

Allows the console to detect if a person is walking on the belt.

NOTE: User Present Detection is only available on treadmill base units.

G. User Present Detection Timer 1 (Not Pictured)

Adjusts the length of the user present detection timer.

H. User Present Detection Timer 2 (Not Pictured)

Adjusts the length of the user present detection timer.

Statistics Screen

The Statistics menu is accessed by selecting **STATISTICS** on the Main menu. The Statistics menu provides statistical data about belt motor usage.

NOTE: The specific statistics shown below will vary based on the base unit attached.
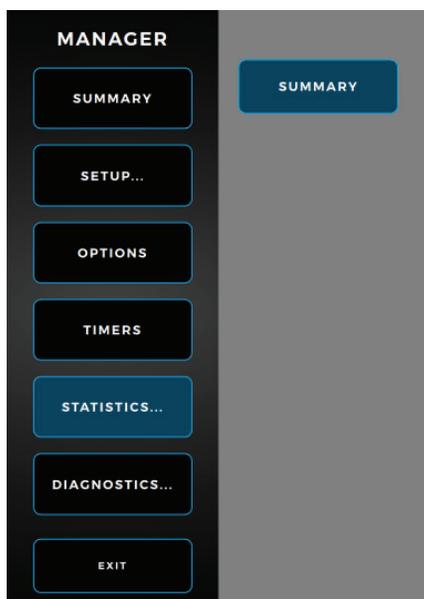
MAINTENANCE MODE CONTINUED

Diagnostics Menu

The Diagnostics menu is accessed by selecting **DIAGNOSTICS** on the Main menu. The Diagnostics menu enables users to perform various diagnostics on the console to aid in identifying errors and performance issues.
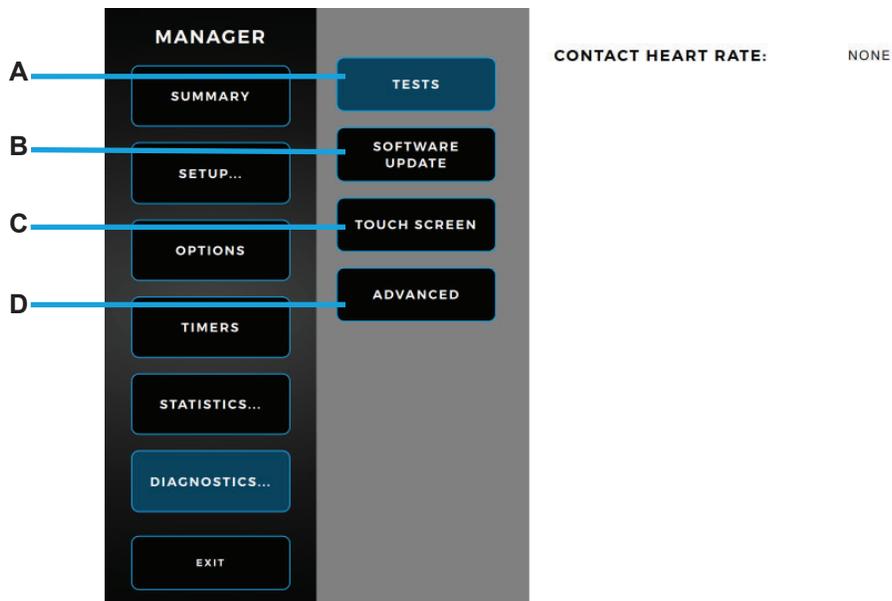
A. Tests

The user may perform tests to diagnose any console or base unit errors.

B. Software/Firmware Updates

TRUE may periodically release software and firmware 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 and firmware updates.

NOTE: Instructions for how to update the software and firmware are available on the TRUE customer portal: https://portal.truefitness.com.

C. Touch Screen

Touch input calibration for the console touch screen is performed in the Touch Screen menu. Select **CALIBRATE** on the Touch Screen menu and follow the on-screen prompts to calibrate the touch input using a stylus or finger.

D. Advanced

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.

MAINTENANCE MODE CONTINUED

Advanced Menu

The Advanced menu is accessed by selecting **ADVANCED** under DIAGNOSTICS. 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.

Zero RPM Timeout

Enables zero RPM pausing for brake or generator units.

NOTE: This option is enabled by default.

Show Stimulus Area

A software debug tool that shows all touchable areas in red.

Send Diagnostics Reports to TRUE

A legacy diagnostic option that's no longer functional.

NOTE: This option is enabled by default.

Disable Buzzer

Disables the buzzer while navigation the console.

EN957 Mode

Enables a mode for certification testing.

Logging Enabled

Enables additional application debug logs.

USB Logging Enabled

Enables additional USB debug logs.

Display Images M.E.

Disables female media on the console for Middle East customers.

Remote Access Enabled

Allows the console to be accessible for remote debugging.

Scroll Lock on Line Graph

Legacy setting for debugging graph performance.

Show Cursor

Enables the mouse cursor to appear on the console display.

HDTV Frame Smoothing

Legacy TV setting to help improve performance. Blends frames to appear smoother if frames drop.

NOTE: This option is enabled by default.

TV Acceleration (Restart Needed)

Legacy TV setting to help improve performance. Enables hardware acceleration

TV Drop Late Frames (Restart Needed)

Legacy TV setting to help improve performance. Drops frames if they take too long to appear.

Enables Line Graphs and HRC Workout

Switches the graph workout view from bar graphs to line graphs.

Always Show Navigation Bar

Enables the navigation bar to always appear on the console display. If disabled, it will fade away until the screen is touched.

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 combinations themes as shown below.
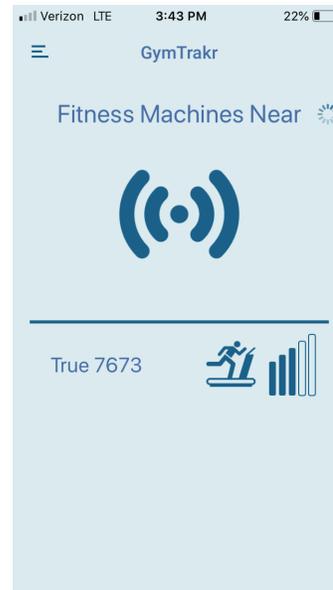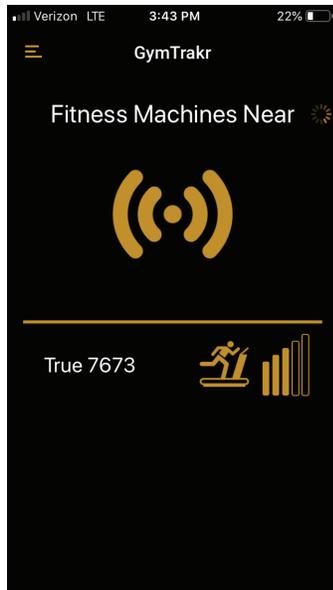
Settings Screen

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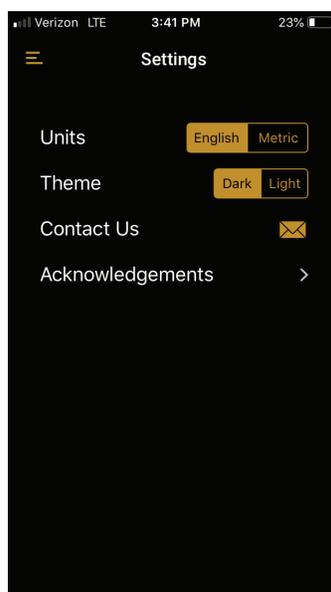
GYMTRAKR APPLICATION CONTINUED

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.
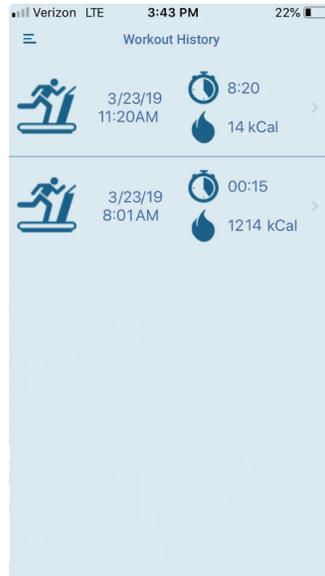
Workout Screen

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.
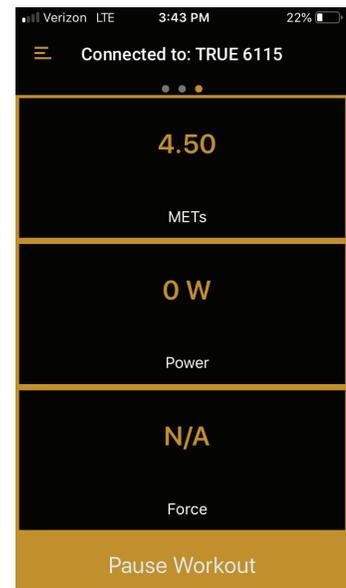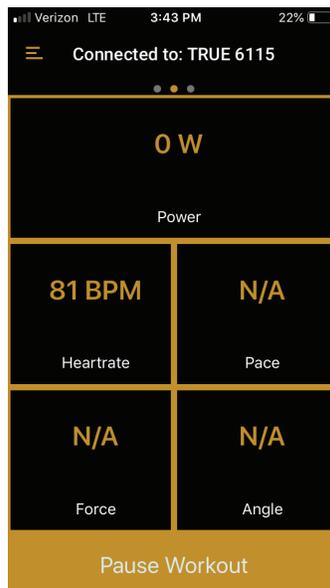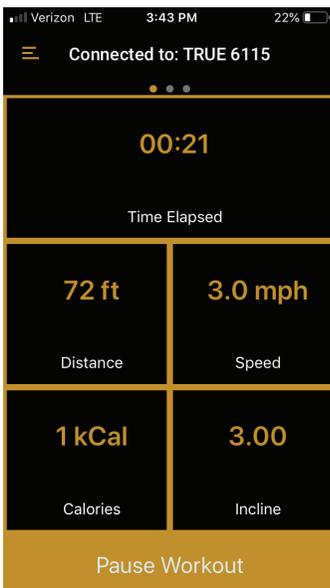
GYMTRAKR APPLICATION CONTINUED

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.
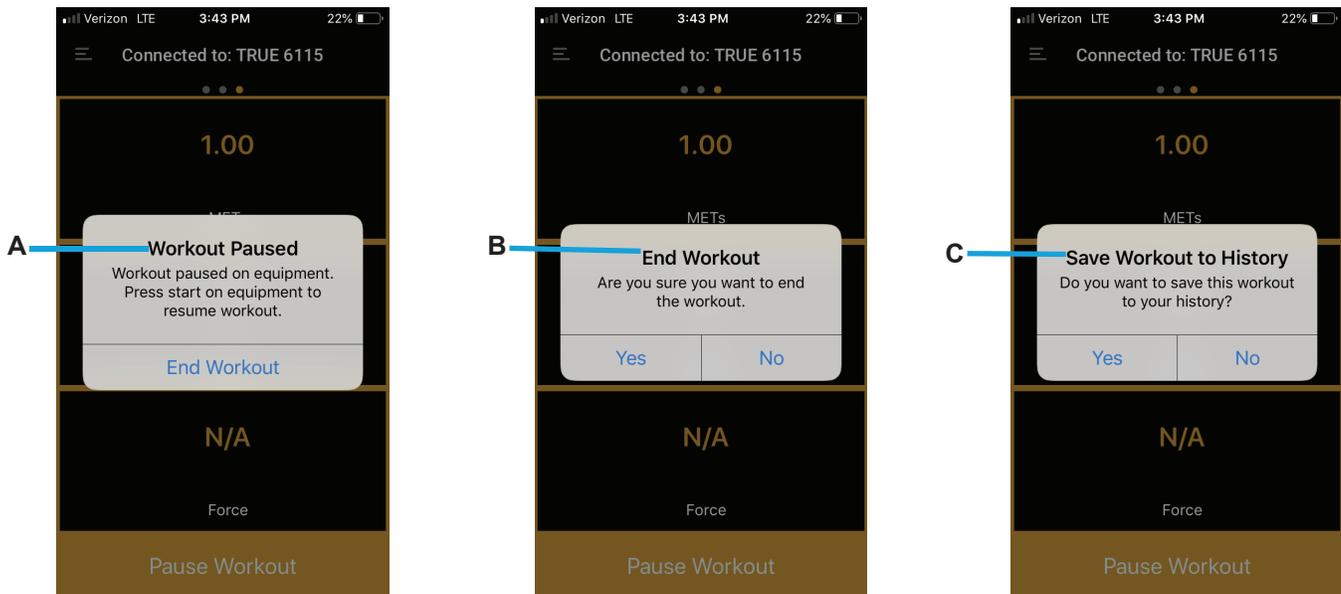
A. Workout Paused

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

Inquiries 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 16" or Envision II 22" touchscreen consoles via Bluetooth to ensure all workout data is synced with the Zwift application.

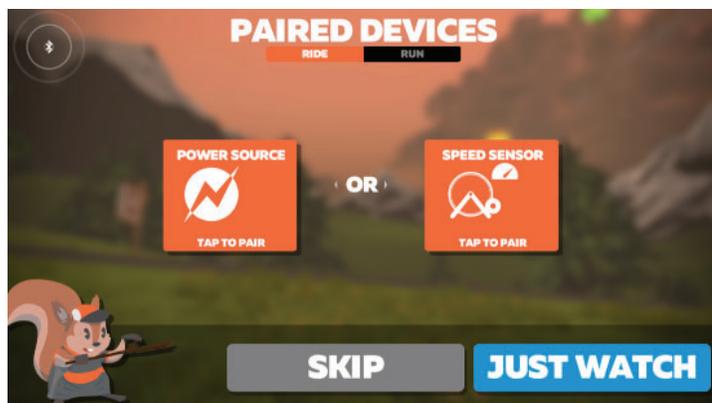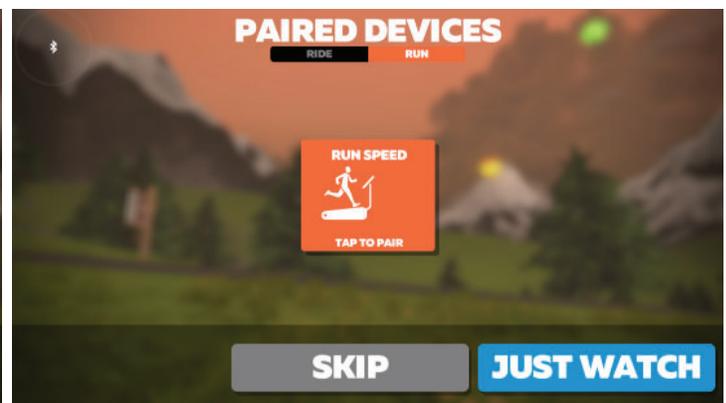**NOTE:** For more information on the Zwift application, refer to their website: https://zwift.com/
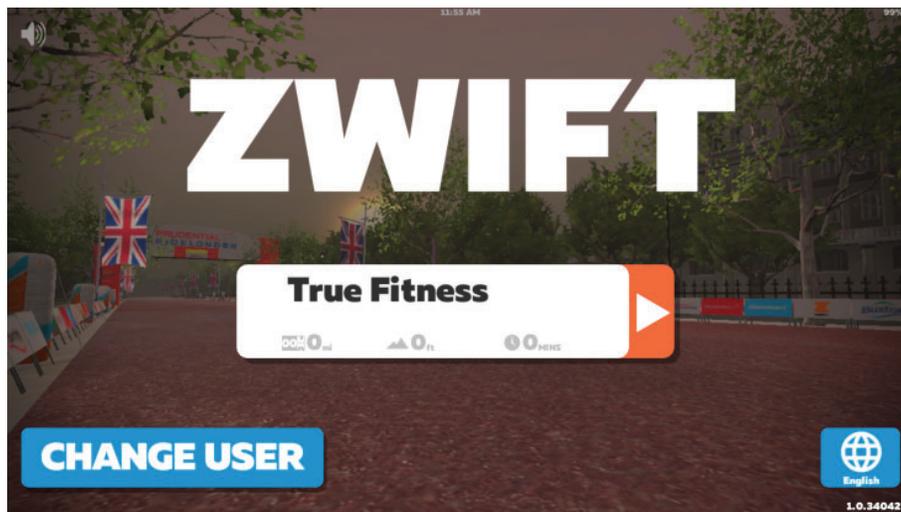
Device Pairing

Pair your smartphone or tablet with the Envision II 16" or 22" touchscreen consoles via Bluetooth.
NOTE: Select **Ride** or **Run** based on the intended workout.

Ride

Run

TRUE®
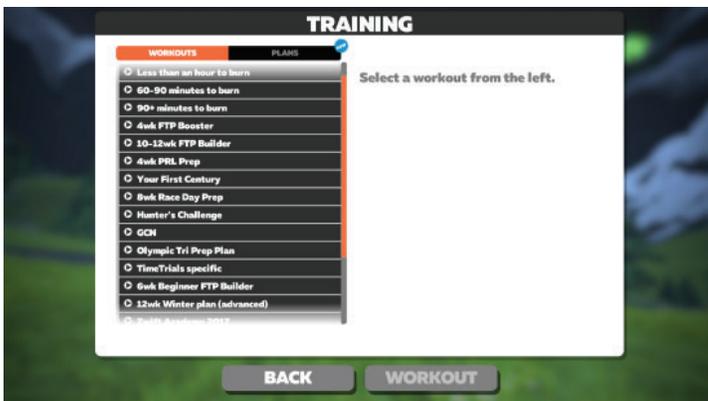
ZWIFT APPLICATION CONTINUED

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).
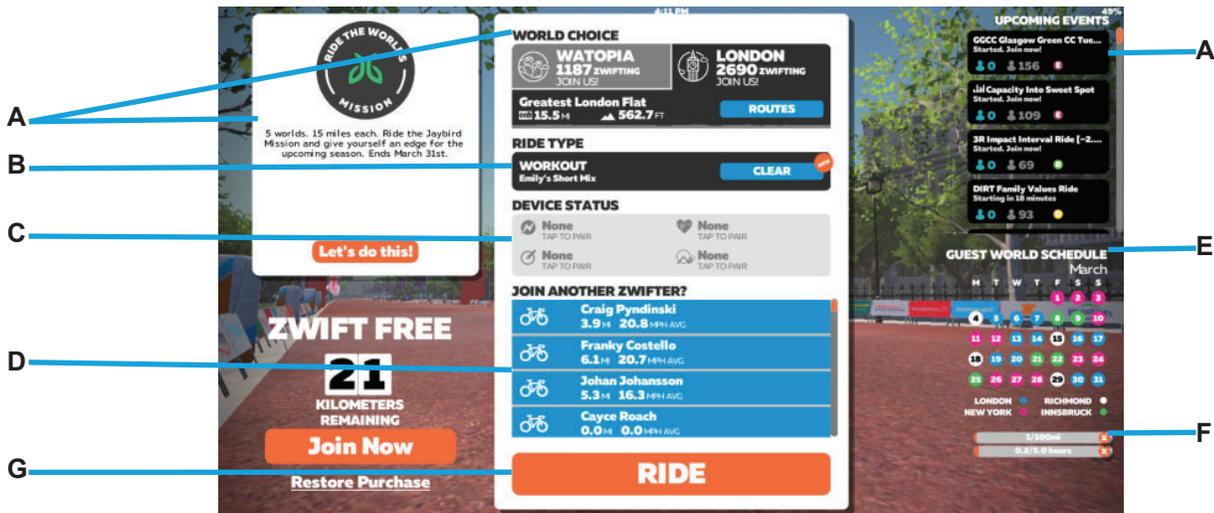

Training Menu

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
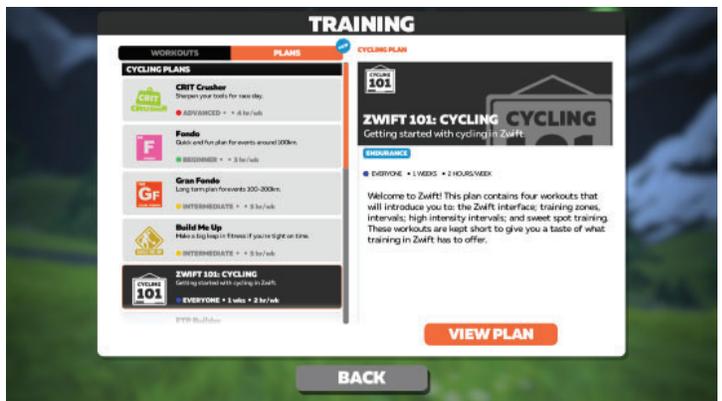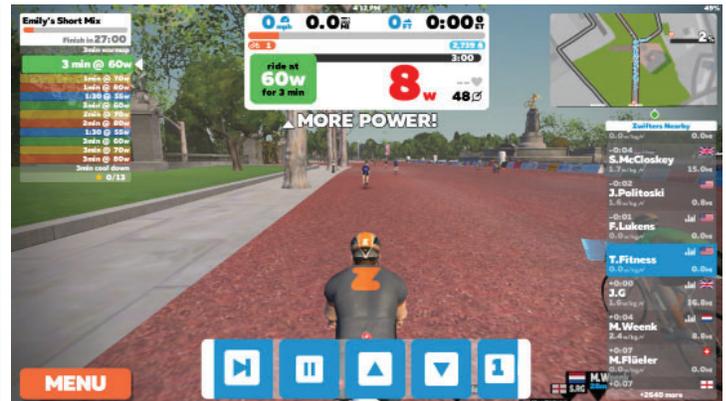
ZWIFT APPLICATION CONTINUED

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.
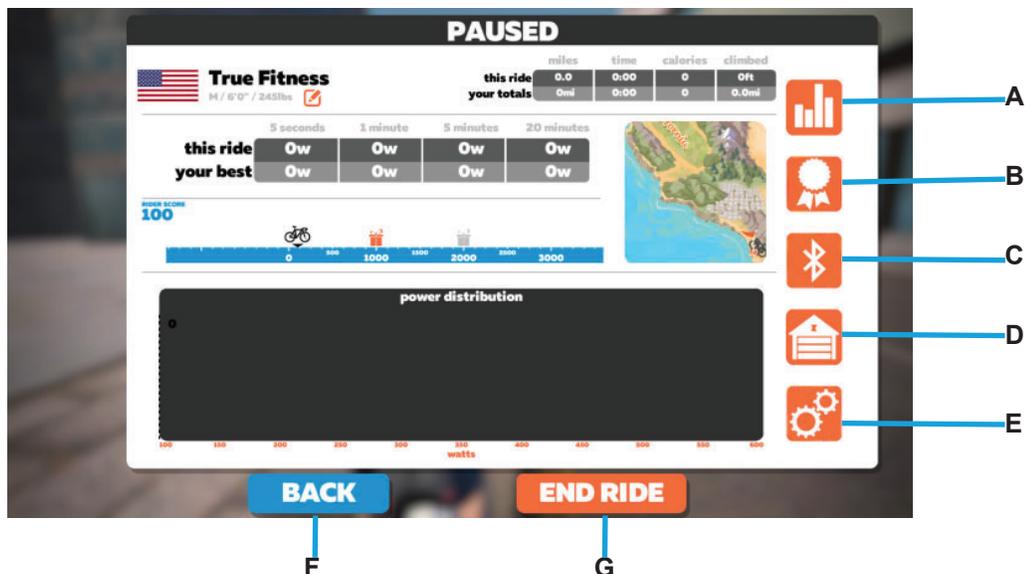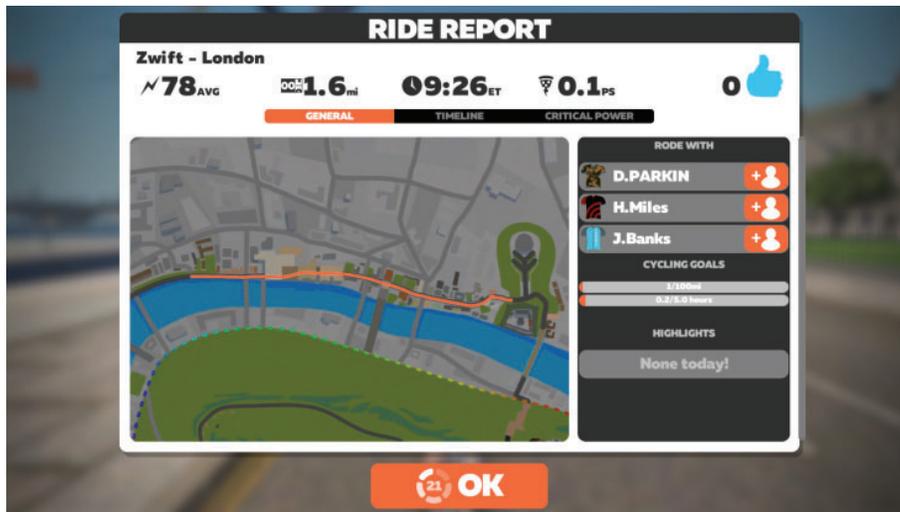
Workouts

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.
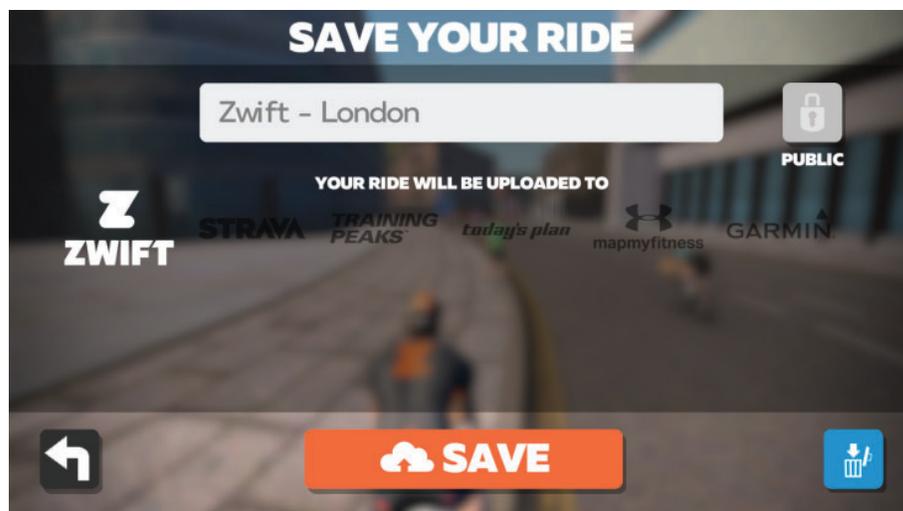
APPLE GYMKIT© TECHNOLOGY

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 16" and Envision II 22" 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 16" or Envision II 22" 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 16" or Envision II 22" console is an optional upgrade.

WIRELESS CHARGING TECHNOLOGY

Wireless Charging

For mobile devices capable of wireless charging, the Envision II 16" or Envision II 22" consoles can wirelessly charge those devices.

Simply place the mobile device within the wireless charging boundary box on the reading rack and the Envision II 16" or Envision II 22" 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 16" or Envision II 22" 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 16" or Envision II 22" console is an optional upgrade.

WARRANTY

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

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