

# XFW5300 ABDOMINAL/DECLINE BENCH

 TRUE<sup>®</sup>



MODEL XFW5300-19  
(MAN-XFW5300 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/>

**ماہ**

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<https://truefitness.com/support/user-manuals/> قرأى جرى ، ؤىفاض! تاغل يف تادن تسملل

**WICHTIG!**

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

**BELANGRIJK!**

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

**ВАЖНО!**

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

## Thank You for Choosing TRUE!

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

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

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

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

## Contacting Our Support Team

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

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

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

## Contacting Our Sales Team

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

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

## Reporting Freight Claims or Parts Damage

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

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

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

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

If the shipment has minimal damages and you are not sure if the actual product is damaged, you must sign the bill of lading as damaged when accepting the shipment. Once you have opened the box and you have determined something is indeed damaged, please gather the serial number, model number, description of damage, and photos of damage.

Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact TRUE product support ([service@truefitness.com](mailto:service@truefitness.com) // 800.883.8783) or TRUE sales support ([sales@truefitness.com](mailto: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](mailto:service@truefitness.com) // 800.883.8783) or TRUE sales support ([sales@truefitness.com](mailto:sales@truefitness.com) // 800.426.6570) Monday-Friday during normal business hours.

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## CHAPTER 1—SAFETY INSTRUCTIONS

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### IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS

#### FACILITY AND USER SAFETY PRECAUTIONS

- Review and understand all of the warning labels affixed to this machine and on the facility safety sign.
- Be certain that the machine operation is understood before it is used. Refer to the instructional procedure label affixed to the machine.
- Make sure all users are properly trained on how to use this equipment. If this machine is being used in a commercial setting, end users may not have access to this owners manual. It is the responsibility of the facility to instruct users as to the proper usage of the equipment as well as making them aware of potential hazards. Maximum user weight is 300 lbs (136 kg) unless otherwise stated in the manual.
- Use each machine only for the intended exercise. Do not allow anyone to invent exercises not included on the instructional procedure label or the intended use label.
- Do not modify the machine.
- This equipment meets industry safety standards for stability when used for the intended exercise. Do not allow straps, resistance bands or other means to be attached to the framework of this machine to perform stretching or body weight exercises. This can result in machine instability and lead to serious crushing injuries.
- Keep children away from this equipment. Adults should closely supervise use by teenagers.
- It is recommended that users receive a thorough medical exam before commencing an exercise program. All medical issues should be reviewed to ensure that weight training will not aggravate pre-existing medical conditions.
- If the machine appears damaged or inoperable, contact a facility staff member to place an “OUT OF ORDER, DO NOT USE” sign on the machine until it is repaired. Only use TRUE supplied replacement components to service this machine.
- Instruct users not to wear loose or dangling clothes or have headphone wires hanging when using this equipment.
- Do not attempt to free any jammed assemblies by yourself as this may cause injury.
- On Plate Loaded and Free Weight machines:
  - Use of spotter(s). Instruct users to seek the advice of the facility staff as to the appropriate use of spotters when lifting. More than one spotter may be required depending upon the amount of weight being lifted.
  - Instruct users to load weight plates evenly and carefully to avoid tipping equipment and crushing injuries.
  - If the machine is equipped with safety stops or catches, inspect them and verify their proper operation before use and make sure they are securely in place before using or exiting the machine. Be certain members are instructed on how to operate and adjust all safety mechanisms.
  - This equipment is designed for standard olympic size weight plates with a 50mm bore (1.9”).
  - Do not exceed the maximum weight capacity of the machine. Maximum plate size is 45 lbs (25 kg).
- On Selectorized and Cable equipped machines:
  - Do not allow users to perform any exercise by holding the end of the cable and/or the cable end fitting. Use only appropriate handles or attachments properly connected to the cable end.
  - Do not high-pin or double-pin the weight stack. Do not allow the machine to be used if the top plate or weight stack is pinned in a raised position. Use an assistant and carefully return the machine to the proper position with the cap plate resting on the top weight. Inspect the entire length of the cable to ensure that it is properly seated in all of the pulley grooves.
  - Do not allow the use of weight plates or dumbbells to be used as a means to add additional weight to the weight stacks. Use only the TRUE adder weight system specifically designed for the machine.

## INSTALLATION SAFETY PRECAUTIONS

- Read this installation manual entirely before assembling this equipment.
- Verify that there is adequate space surrounding this piece of equipment for safe access and operation. Installation must meet ADA requirements for accessibility.
- Install this piece of equipment on a solid level surface that does not deviate more than 1/8" over a 10' distance (or as defined and required by local building and architectural codes.)
- TRUE strongly recommends that all equipment be anchored to the floor to prevent movement and increase stability.
  - Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.
  - Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lb (110 kg) for each position.
  - When attaching the machine to the floor, if there is a gap between the machine foot and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.
  - Anchoring holes are provided on the feet of the frame. All anchoring locations must be used when anchoring the equipment to the floor.
- DO NOT install any fitness equipment near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components.
- Be sure all hardware is tight before using this machine.
- Some assembly materials may come preassembled in the carton. Refer to Chapter 2 for instructions on disassembling assembly materials where appropriate before beginning assembly.

## MAINTENANCE SAFETY PRECAUTIONS

- Refer to the maintenance schedule table in this manual for when to perform maintenance.
- Check the function of your machine DAILY by verifying the following:
  - If equipped with cables, inspect cables and end fittings for any signs of wear. Replace if worn, frayed, or damaged with TRUE replacement components.
  - Verify that all adjustments are possible and carried out with ease. Make sure that each adjustment pin inserts completely into each position without binding.
  - Verify that safety catches and stops are in proper working order and engaged.
  - Verify that the exercise is performed smoothly, free of noise, and/or binding.
  - If equipped with a weight stack, verify that the proper weight selector pin is in place.
- Check the function of your machine WEEKLY by verifying the following:
  - Nuts, Bolts, and Fasteners: check tightness weekly. If any hardware has become loose, retighten it, use Loctite™ Threadlocker 242, or both.
  - Frames and Lifting Arms: Inspect weekly for integrity and function. Replace any component at first signs of wear. Use only TRUE supplied components.
- Replace any warning label at the first sign of wear. Labels and the facility safety sign may be obtained from TRUE.



## GENERAL CARE AND MAINTENANCE

### IMPORTANT

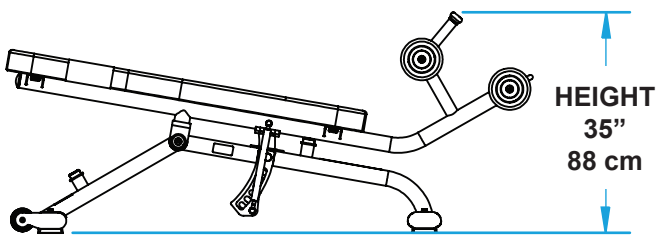
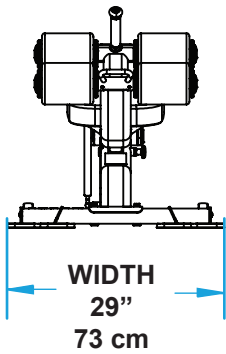
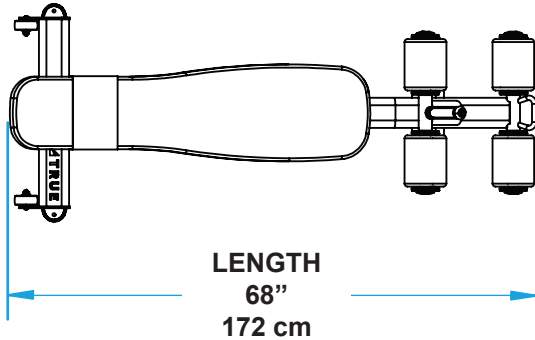
Preventative maintenance is crucial to maintaining the function and safety of this equipment. Your facility must establish written guidelines for preventative maintenance and keep written or online records of the maintenance performed on these products. As a minimum, the items presented in the SAFETY section of this document and the items that follow here, should be included in your maintenance program.

- Cables (if equipped)—inspect end fittings daily for wear. Inspect the entire length of the cable weekly. Replace cables at the first sign of wear and on an annual basis. If the cable tension has been adjusted, be certain that the cable nut is tight.
- Nuts, bolts, and fasteners—check tightness weekly. If any hardware has become loose, retighten and/or use Loctite<sup>TM</sup> brand Threadlocker 242. Be sure all hardware is tight before using the machine.
- Safety catches—inspect catches, stop rods and their associated fasteners weekly. Tighten any loose hardware and replace any components at first signs of wear.
- Frames—sweat, disinfecting sprays and spills can lead to corrosion which may lead to premature failure of components. Wipe all machines down with a damp cloth and dry completely each day. This includes painted parts, chrome parts and upholstered pads.
- Painted and chrome plated parts—use Simple Green with a dilution of 32:1 or similar cleaner for light dirt and grime. Use Turtle Wax Polishing Compound or a good car polish to remove heavier dirt and grease as well as for polishing. DO NOT use solvents, lacquer thinner, acetone or finger nail polish remover. For scuffs and marks that are not removed by the above methods use a soft scrub cleanser. Make sure all parts are dry upon completion.
- Weight stack enclosures (shrouds) (if equipped)—wipe down with a damp cloth as needed.
- Exercise instruction labels—clean with soap and water as needed.
- Guide rods (if equipped)—wipe all dirt and dust from the guide rods before applying a light application of Tri-Flow<sup>TM</sup> or other teflon spray lubricant. Spray the Tri-Flow<sup>TM</sup> on a rag and then wipe the guide rods with the rag. DO NOT use oil lubricants such as WD-40. Caution: Tri-Flow<sup>TM</sup> will stain carpet and clothing.
- Bronze bushings—check monthly for signs of wear and replace as needed.
- Linear bearing shafts—wipe any accumulation of dust or other contaminants from the shafts on a weekly basis. Apply a thin layer of a Teflon<sup>®</sup> (PTFE) grease on a weekly basis. TRUE recommends Magnalube<sup>®</sup> brand.
- When replacing any component, use only TRUE supplied parts.
- Be sure all hardware is tight before using the machine.

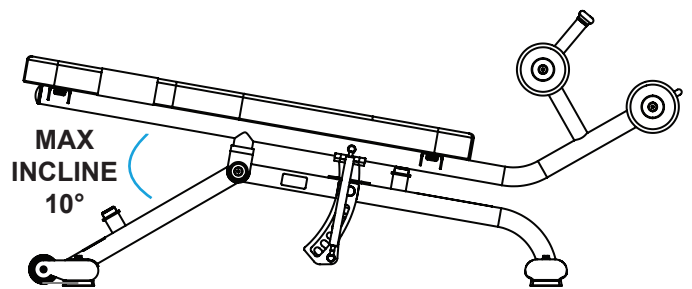
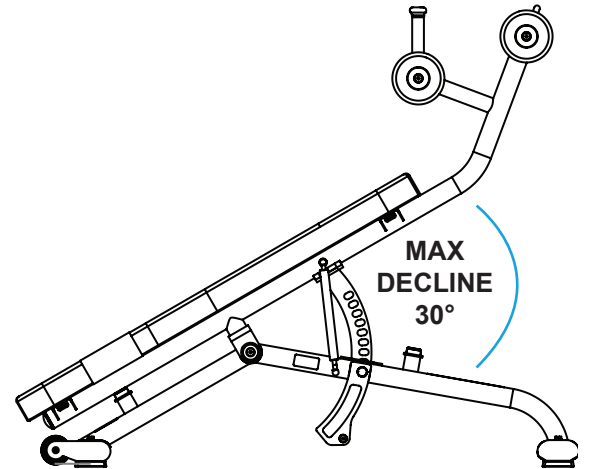
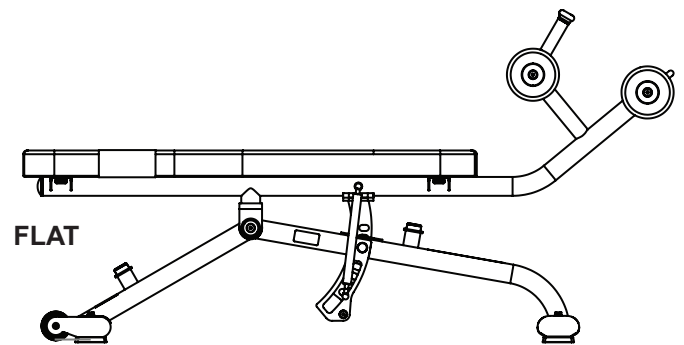
Retain these instructions for future reference. If you have any questions, do not hesitate to contact your TRUE dealer or TRUE product support ([service@truefitness.com](mailto:service@truefitness.com) // 800.883.8783).

## DIMENSIONS AND WEIGHTS

- **BOX DIMENSIONS (L X W X H)**  
68" X 30.5" X 10.2" / 173 cm x 78 cm x 26 cm
- **ASSEMBLED DIMENSIONS (L X W X H)**  
68" x 29" x 35" / 172cm x 73 cm x 88 cm



- **PRODUCT WEIGHT**  
103 lbs / 47 kg
- **MAXIMUM USER WEIGHT**  
300 lbs / 136 kg
- **ADJUSTMENTS**  
9 adjustment settings ranging from -30 degrees to 10 degrees with 5 degree increments
  - Maximum decline 30°
  - Maximum incline 10°



## WARNING AND INTENDED USE LABELS

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

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

### **XFW-5300** **Adjustable Ab Bench**

1. This bench is intended to support the user in a supine position while performing abdominal exercises in an incline, flat or decline position.
2. **DO NOT** stand on this bench when doing exercises.
3. **DO NOT** use loose weights, bands or chains with this bench.
4. **DO NOT** exceed the maximum user weight of **300 pounds [136 kg]**.

LBL-PR-XFW53

LBL-PR-XFW53



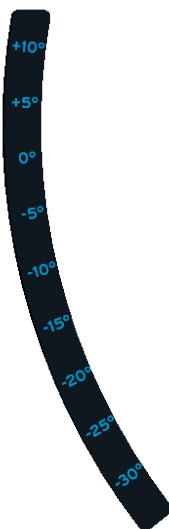
### **WARNING**

**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE PIN IS NOT COMPLETELY INSERTED BEFORE USE.**

P/N B2065

ASTM F1749

B2065



LBL-ADJ-0006BK



### **WARNING**

**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO HELP AVOID INJURY.**

1. **BEFORE USING:** Read and understand all of the warnings and labels and obtain instruction on the use of this machine.
2. Set stops or catches to the proper position for the exercise.
3. Before exiting the machine, visually check and be certain that the bar is completely seated in its catch.
4. Use only for the intended exercise. If you are unsure of the intended exercise seek instruction before using.
5. **DO NOT** attach straps or other devices to the frame. **DO NOT** use for stretching. **DO NOT** modify the machine.
6. Get a medical exam before beginning an exercise program.
7. **NEVER** allow children near this machine. Adults must supervise teenagers.
8. Keep body and clothing clear of all moving parts. **DO NOT** wear anything loose or dangling.
9. Inspect the machine before use. **DO NOT** use if it appears damaged. **DO NOT** try to fix. Notify staff immediately.
10. Use spotters. More than one may be needed depending on the amount of weight being lifted.
11. Load weight plates on to and off of bars or lifting arms evenly, alternating from left to right side of the machine.
12. **DO NOT** exceed maximum lifting weight for the machine. Maximum plate size is 45 lbs or 25 kg.
13. Inspect machine daily for loose, worn or damaged parts. Inspect stops and catch assemblies. Replace any part or label at first signs of wear. If you are in doubt about any part, **DO NOT** use the machine until the part is replaced. Use only True supplied parts.
14. Inspect all cables and connections before using this machine. **DO NOT** use this machine if any part appears worn or damaged.
15. **DO NOT** remove this label. Replace if damaged.

ASTMF1749

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LBL-WRN-0010

## CHAPTER 2—ASSEMBLY INSTRUCTIONS

### PRE-ASSEMBLY CHECKLIST

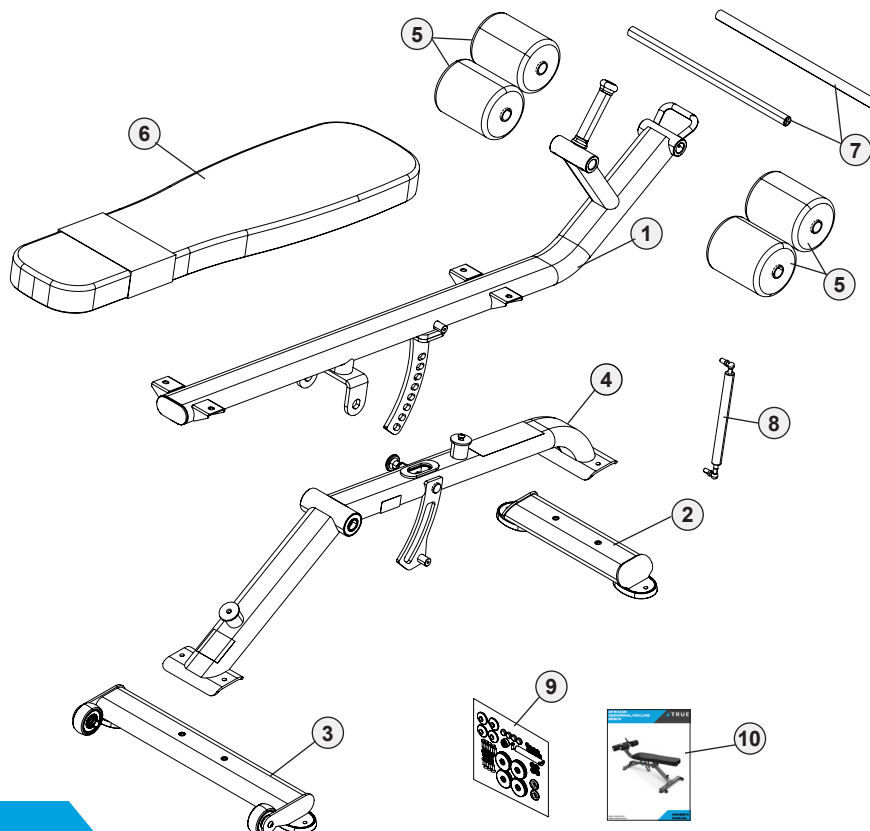
#### VERIFY BOX CONTENTS

**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](mailto:service@truefitness.com).

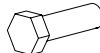








TOOL NEEDED FOR ASSEMBLY		INCLUDED IN BOX
14mm (9/16") Ratcheting Socket Wrench		NO
4mm (5/32") and 5.5mm (7/32") Allen Wrench		NO
Retaining Ring Pliers		NO

#### BOX CONTENTS

ITEM	PART NUMBER	DESCRIPTION	QTY
1	XFW53-PF000XBK	ASSEMBLY, PAD FRAME, CHARCOAL	1
2	XFW53-BF000XBK	ASSEMBLY, FOOT FRAME , CHARCOAL	1
3	XFW70-BF040XBK	ASSEMBLY, BASE FRAME W/WHEELS, CHARCOAL	1
4	XFW53-MF000XBK	MAIN FRAME ASSY, CHARCOAL	1
5	PAD-RL003-00B	ROLLER PAD, SHORT, W/VINYL	4
6	PAD-XFW53-00X	ASSEMBLY, BACK PAD (W/ FABRIC)	1
7	XFW53-PF100	WELDMENT, ANKLE PAD AXLE	2
8	QD22-480-250	GAS SPRING, 280MM / 480MM, 250N	1
9	XFW53-HW	HARDWARE PACK, XFW5300	1
10	MAN-XFW5300	MANUAL, XFW5300	1



## HARDWARE PACK CONTENTS

PART NUMBER	DESCRIPTION	QTY
C 446	HHS, 3/8"-16, 1-1/4" 	8
C 659ZP	FHCS, 3/8"-16 X 1-1/4", ZP, LOCK PATCH 	6
C 678	BH SCREW, 3/8"-16, 1" 	1
C 749	LOCK WASHER, 3/8", ZP 	8
C 754C	WASHER, FLAT, 3/8" USS 	8
C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT 	4
C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK 	4
IT70165000	ROLLER PAD END COVER, SET OF 2 	4
RPL52033700	BUMPER, 1-1/2" OD X 5/8" THK 	1
SD0092	CAP, ALUMINUM 50 X 10.5 X 8 	2
SD0104	CAP, ALUMINUM, 60*10.5*10.9 	4
XFW-5700-99	AXLE, PIVOT ARM 	1

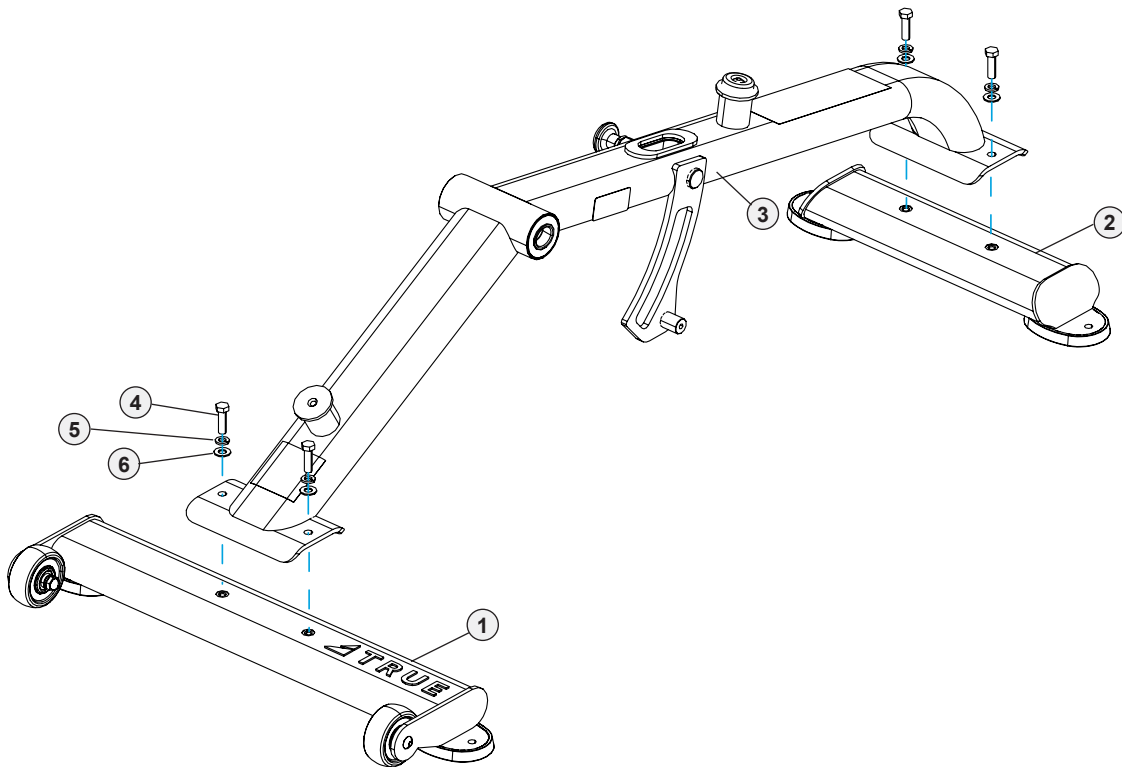
## ASSEMBLY STEPS

### STEP 1—ATTACH BASE AND FOOT FRAME TO MAIN FRAME

TOOL NEEDED	
14mm (9/16") Ratcheting Socket Wrench	

ITEM	PART	DESCRIPTION	QTY
1	XFW70-BF040XBK	ASSEMBLY, BASE FRAME W/WHEELS, CHARCOAL	1
2	XFW53-BF000XBK	ASSEMBLY, FOOT FRAME, CHARCOAL	1
3	XFW53-MF000XBK	MAIN FRAME ASSY, CHARCOAL	1
4	C 446	HHS, 3/8"-16, 1-1/4"	4
5	C 749	LOCK WASHER, 3/8", ZP	4
6	C 754C	WASHER, FLAT, 3/8" USS	4

1. To help align the frame pieces (1,2,3), hand tighten the bolts and washers (4,5,6).
2. After all the hardware (4,5,6) has been loosely fastened, use a 14mm (9/16") ratcheting socket wrench to fully tighten the frame pieces (1,2,3) together.

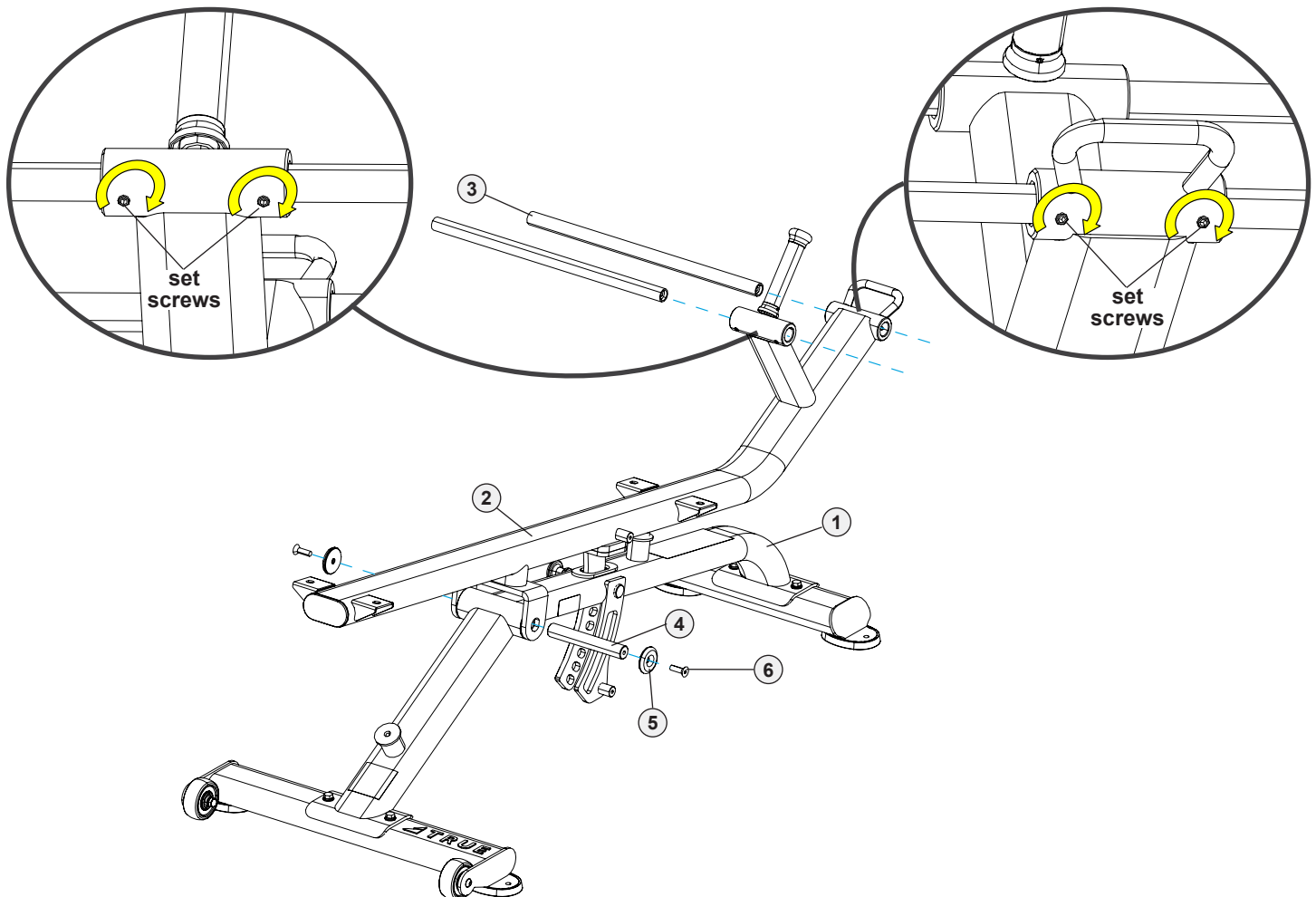


## STEP 2—ATTACH PAD FRAME TO MAIN FRAME

TOOL NEEDED	
4mm (5/32") and 5.5mm (7/32") Allen Wrench	

ITEM	PART	DESCRIPTION	QTY
1	XFW53-MF000XBK	MAIN FRAME ASSY, CHARCOAL	1
2	XFW53-PF000XBK	ASSEMBLY, PAD FRAME, CHARCOAL	1
3	XFW53-PF100	WELDMENT, ANKLE PAD AXLE	2
4	XFW-5700-99	AXLE, PIVOT ARM	1
5	SD0092	CAP, ALUMINUM 50 X 10.5 X 8	2
6	C 659ZP	FHCS, 3/8"-16 X 1-1/4", ZP, LOCK PATCH	2

1. Place the pad frame (2) onto the main frame (1).
2. Slide the pivot arm axle (4) through the pad frame (2) and main frame (1) and secure in place using screws (6) and caps (5).
3. Slide each ankle pad axle (3) into the pad frame.
4. Center each axle (3) with the pad frame (2) and then tighten the two set screws against the axle. There are two set screws per axle.



### STEP 3—ATTACH THE GAS SPRING TO THE PAD FRAME AND MAIN FRAME

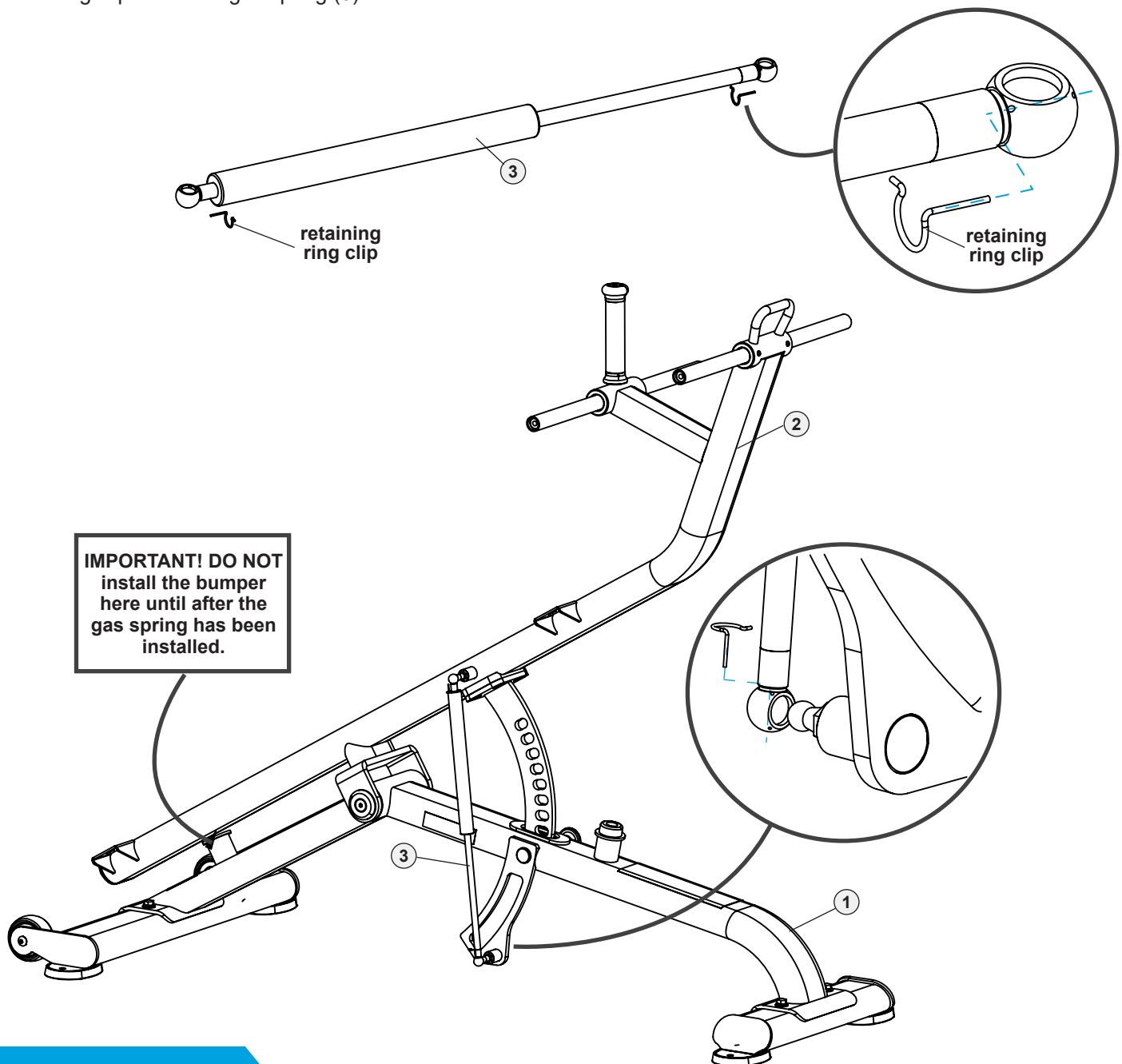
TOOL NEEDED	
Retaining Ring Pliers	

ITEM	PART	DESCRIPTION	QTY
1	XFW53-MF000XBK	MAIN FRAME ASSY, CHARCOAL	1
2	XFW53-PF000XBK	ASSEMBLY, PAD FRAME, CHARCOAL	1
3	QD22-480-250	GAS SPRING, 280MM / 480MM, 250N	1

1. Remove and set aside the retaining ring clips on the gas spring (3).

**NOTE:** To remove the clips, pry under the circular part of the clip, rotate the clip and remove.

2. Raise the pad frame (2) to the max decline position as shown below.
3. Push the gas spring sockets onto the ball fittings on both the pad frame (2) and main frame (1) and then reattach the retaining clips onto the gas spring (3).



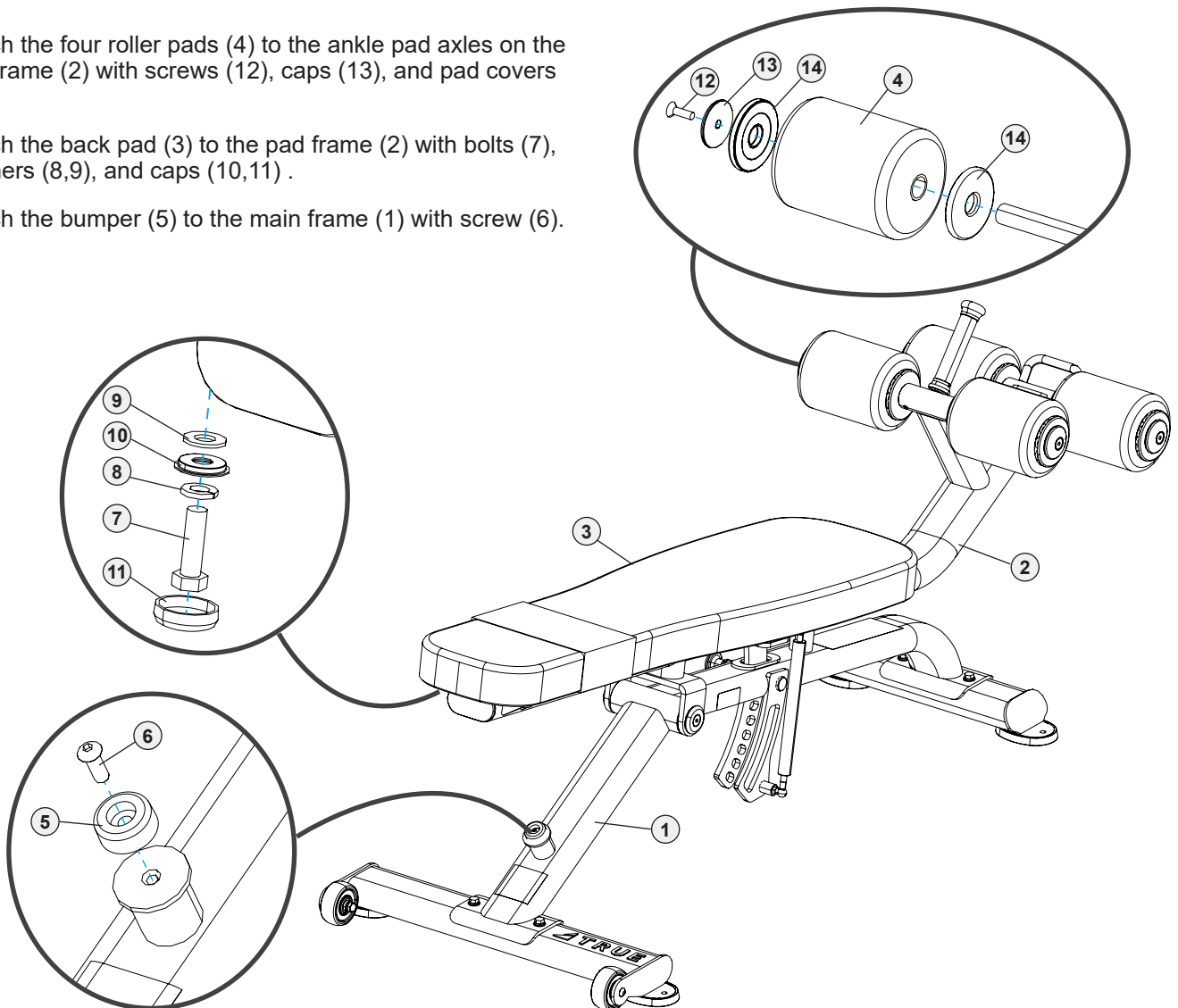


### STEP 4—ATTACH BACK AND ROLLER PADS TO PAD FRAME AND BUMPER TO MAIN FRAME

TOOL NEEDED	
14mm (9/16") Ratcheting Socket Wrench	
5.5mm (7/32") Allen Wrench	

ITEM	PART	DESCRIPTION	QTY
1	XFW53-MF000XBK	MAIN FRAME ASSY, CHARCOAL	1
2	XFW53-PF000XBK	ASSEMBLY, PAD FRAME, CHARCOAL	1
3	PAD-XFW53-00X	ASSEMBLY, BACK PAD (W/ FABRIC)	1
4	PAD-RL003-00B	ROLLER PAD, SHORT, W/VINYL	4
5	RPL52033700	BUMPER, 1-1/2" OD X 5/8" THK	1
6	C 678	BH SCREW, 3/8"-16, 1"	1
7	C 446	HHS, 3/8"-16, 1-1/4"	4
8	C 749	LOCK WASHER, 3/8", ZP	4
9	C 754C	WASHER, FLAT, 3/8" USS	4
10	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	4
11	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	4
12	C 659ZP	FHCS, 3/8"-16 X 1-1/4", ZP, LOCK PATCH	4
13	SD0104	CAP, ALUMINUM, 60*10.5*10.9	4
14	IT70165000	ROLLER PAD END COVER, SET OF 2	4

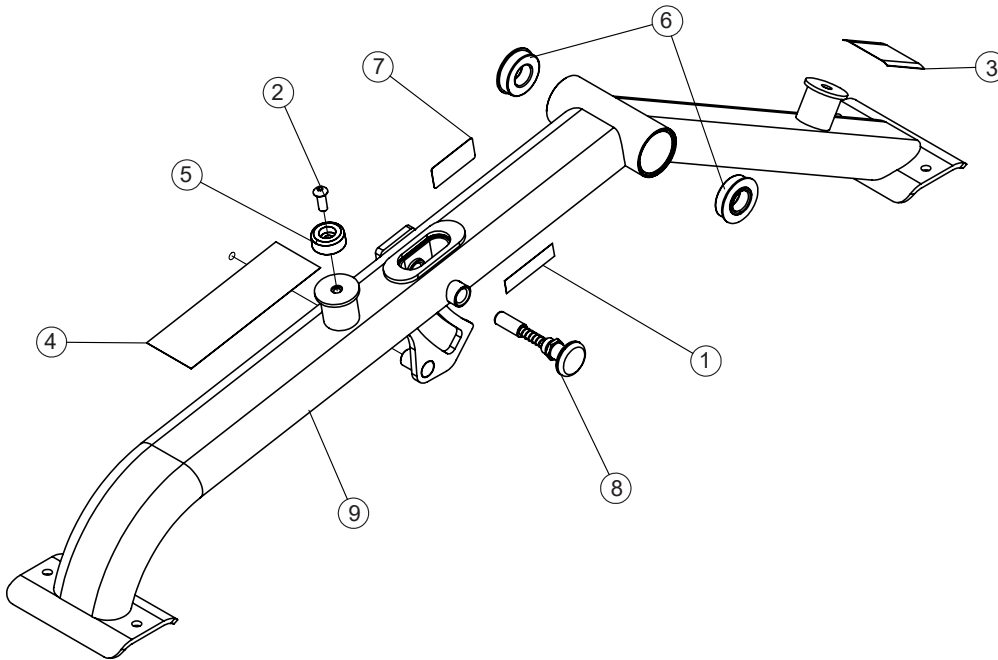
1. Attach the four roller pads (4) to the ankle pad axles on the pad frame (2) with screws (12), caps (13), and pad covers (14).
2. Attach the back pad (3) to the pad frame (2) with bolts (7), washers (8,9), and caps (10,11) .
3. Attach the bumper (5) to the main frame (1) with screw (6).



## CHAPTER 3—PARTS DIAGRAM

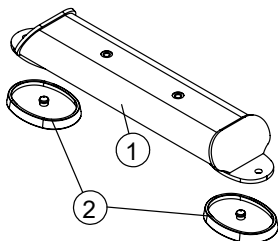
### XFW53-MF000XBK

ITEM	PART	DESCRIPTION	QTY
1	B2065	LABEL, WARNING, COMPLETELY INSERT PIN	1
2	C 678	BH SCREW, 3/8"-16, 1"	1
3	LBL-PR-XFW53	LABEL, INTENDED USE, XFW53	1
4	LBL-WRN-0010	LABEL, XFW GENERAL WARNING	1
5	RPL52033700	BUMPER, 1-1/2" OD X 5/8" THK.	1
6	SD0015	BALL BEARING, 1" ID X 2" OD, FLANGED	2
7	SL-XFW5300-19	LABEL, SERIAL, XFW5300-19	1
8	XFW-5380-00XBK	ASSEMBLY, POP PIN, BLUE	1
9	XFW53-MF000BK	WELDMENT, MAIN FRAME, CHARCOAL	1



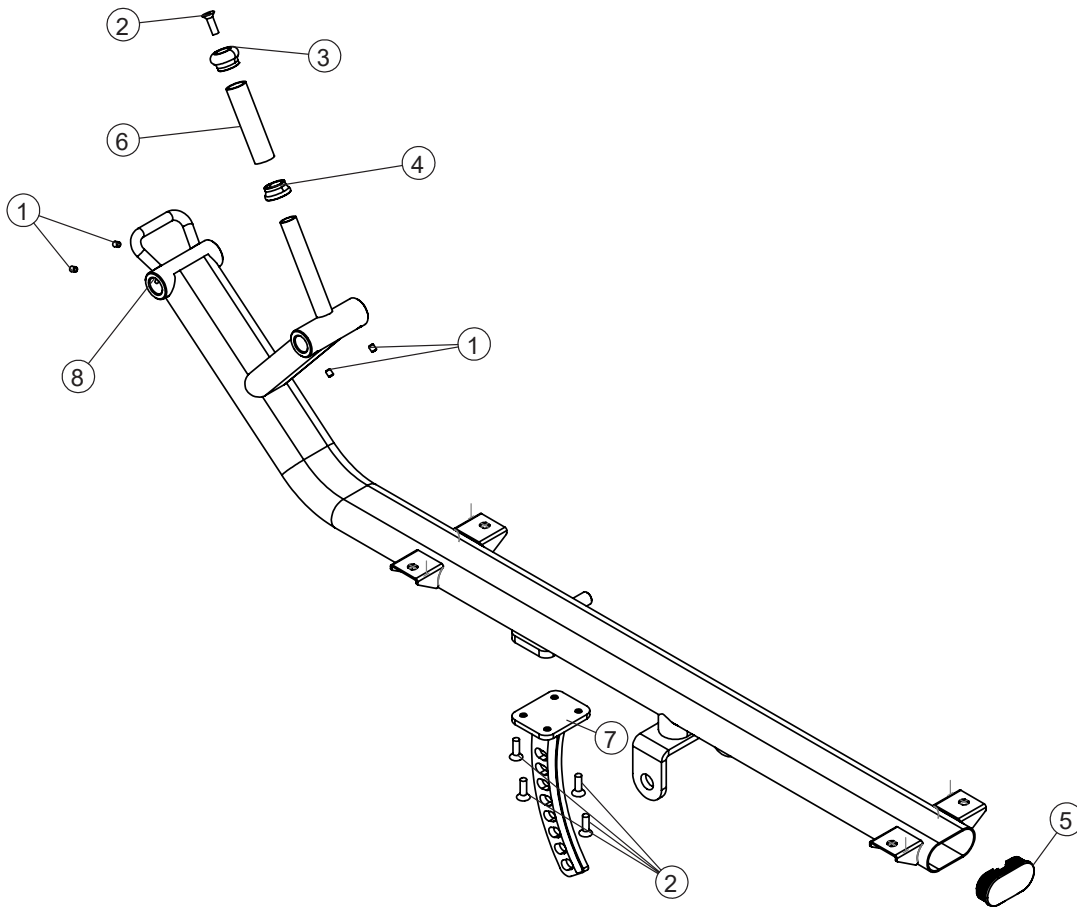
### XFW53-BF000XBK

ITEM	PART	DESCRIPTION	QTY
1	XFW53-BF000BK	WELDMENT, BASE FRAME, CHARCOAL	1
2	S 550B	PAD, FOOT, BLACK	2



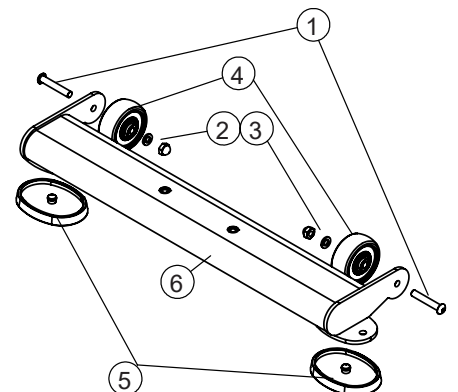
### XFW53-PF000XBK

ITEM	PART	DESCRIPTION	QTY
1	C1501	SET SCREW, M8 X 10MM LONG	4
2	C 659ZP	FHCS, 3/8"-16 X 1-1/4", ZP, LOCK PATCH	5
3	IT90102100	CAP, ALUMINUM GRIP , 1" DIAMETER	1
4	IT90102200X	ALUMINUM GRIP SLEEVE, 1" DIAMETER (W/ SET SCREWS)	1
5	SF0006	END PLUG, 50X100 RACETRACK OVAL, DOMED	1
6	XFW-5740-99	GRIP, 25M ID X 120M LONG	1
7	XFW53-ADJ000XBK	ASSEMBLY, ADJUSTMENT PLATE	1
8	XFW53-PF000BK	WELDMENT, SEAT FRAME, CHARCOAL	1



### XFW70-BF040XBK

ITEM	PART	DESCRIPTION	QTY
1	C 680SS	BHCS, 3/8"-16, 2-1/4", SS	2
2	C 737	NUT, ACORN, 3/8-16	2
3	C 749	LOCK WASHER, 3/8", ZP	2
4	D 408	WHEEL, 3" OD	2
5	S 550B	PAD, FOOT, BLACK	2
6	XFW70-BF040BK	WELDMENT, BASE FRAME WITH WHEELS, CHARCOAL	1



## CHAPTER 4—WARRANTY INFORMATION

### XFW5300 COMMERCIAL LIMITED WARRANTY

*Save Time and Register Online!*  
*Activate Multiple Warranties at [truefitness.com](http://truefitness.com)*

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

<b>Frame*</b>	<b>10 Years</b>
<b>Parts</b> <b>Bearings, Bushings, and Weight Plates</b> <b>Guide Rods and Pulleys</b> <b>Cables and Belts</b> <b>Cosmetics, Coatings, Grips, and Upholstery</b>	<b>5 Years</b> <b>5 Years</b> <b>1 Year</b> <b>3 Months</b>
<b>Labor</b> <b>Frame</b> <b>Bearings, Bushings, and Weight Plates</b> <b>Guide Rods and Pulleys</b> <b>Cables and Belts</b> <b>Cosmetics, Coatings, Grips, and Upholstery</b>	<b>1 Year</b> <b>1 Year</b> <b>1 Year</b> <b>1 Year</b> <b>3 Months</b>

#### NOTES:

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

**\*Frame:** The frame is warranted for defects in material and workmanship for a 10 years. The frame is warranted for labor and freight (for parts shipped from TRUE) for one year from date of purchase. This limited warranty on structural frame does not include paint or coatings. Frame warranty shall not exceed seven years after discontinuation of specific model.

**Parts:** The XFW Strength Line mechanical parts are warranted for defects in material and workmanship for five years with one year labor warranty. Cables and belts are warranted for defects in material and workmanship for one year with one year labor warranty. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in the owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

**Cosmetics:** The XFW Strength Line cosmetic parts, coatings, grips and upholstery are warranted for defects in material and workmanship for three months with labor warranty to match the parts warranty period. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in the owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance. This limited warranty will apply to, but may not be limited to, plastic covers, shrouds, caps, badges, overlays, paint, coatings, soft step inserts, and grips.

**Labor:** Labor is covered for a period of one year from the date of purchase unless otherwise expressed within this limited warranty as long as a TRUE authorized service provider performs the service. Service that requires over 50 miles of travel may be subject to additional charges. Reasonable and necessary maintenance guidelines can be found in the owner's manual.

**Claims Procedure:** TRUE limited warranty service may be obtained by contacting the authorized TRUE dealer from whom the Product was purchased. If the dealer from whom the Product was purchased is no longer an authorized TRUE dealer, then TRUE limited warranty service may be obtained by contacting TRUE directly at:

- [service@truefitness.com](mailto:service@truefitness.com)
- 800.883.8783

#### HOURS OF OPERATION

- Monday - Thursday 8:30am - 6:00pm (CST)
- Friday 8:30am - 5:00pm (CST)

## XFW5300 COMMERCIAL LIMITED WARRANTY

Save Time and Register Online!  
 Activate Multiple Warranties at [truefitness.com](http://truefitness.com)

### KEEP THIS PAGE FOR YOUR RECORDS

1. **THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MANY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.**
2. This Limited Warranty can be processed only if the Warranty Registration Form is completed online; or if the attached form is filled in, signed by the original purchaser and mailed to TRUE within 30 days of purchaser's receipt of this Product. The serial number must be intact on the Product for this Limited Warranty to be valid.
3. This Limited Warranty applies to the product only while the Product remains in the possession of the original purchaser and is not transferable.
4. This Limited Warranty becomes **VALID ONLY** if the Product is initially assembled/installed by a TRUE authorized dealer/ technician (if anyone other than a TRUE authorized dealer/ technician initially assembles and installs the Product, this Limited Warranty will be void unless the written authorization of TRUE is first obtained).
5. This Limited Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/ installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance (as referenced in the owner's manual.)
6. This Limited Warranty applies only to the cost of repair or replacement of parts and does not include labor (beyond the above warranty period), transportation, service, return and freight charges associated therewith except as expressly specified herein.
7. This Limited Warranty shall not apply to: Service calls to correct installation of the equipment or instruction to owners on how to use the equipment; or any labor costs incurred beyond the applicable labor warranty period.
8. This Limited Warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
9. **ANY IMPLIED WARRANTY, INCLUDING WITHOUT LIMITATION THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION AND REMEDY TO THE TIME PERIOD COVERED BY THE LIMITED WARRANTY. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.**
10. **THE REMEDIES DESCRIBED ABOVE ARE YOUR SOLE AND EXCLUSIVE REMEDIES AND TRUE'S ENTIRE LIABILITY FOR ANY BREACH OF THIS LIMITED WARRANTY. TRUE'S LIABILITY SHALL UNDER NO CIRCUMSTANCES EXCEED THE ACTUAL AMOUNT PAID BY YOU FOR THE PRODUCT, NOR SHALL TRUE UNDER ANY CIRCUMSTANCES BE LIABLE FOR ANY CONSEQUENTIAL, INCIDENTAL, SPECIAL OR PUNITIVE DAMAGES OR LOSSES, WHETHER DIRECT OR INDIRECT. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.**

**NOTE TO AUTHORIZED WARRANTY LABOR PROVIDERS:** Warranty labor reimbursement or warranty parts rights may not be transferred to, reassigned to, a third party without the express written consent of TRUE. Even jobbing out warranty labor requires TRUE's written approval.

**SERIAL NUMBER:**

The XFW5300 comes with one serial number on the base of the machine. Please write down your serial number below and keep for your records.

**PLEASE RETAIN THIS PORTION FOR YOUR RECORDS**

**SERIAL NUMBER:**



**SERIAL NUMBER EXAMPLE**



**TRUE FITNESS TECHNOLOGY, INC**  
 865 HOFF RD. ST LOUIS MISSOURI 63366 USA

MODEL NO: XFW5300-19 

SERIAL NO: 18-XFW530001A 

## XFW5300 COMMERCIAL LIMITED WARRANTY

*Save Time and Register Online!  
Activate Multiple Warranties at [truefitness.com](http://truefitness.com)*

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

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

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



### Commercial Warranty Registration

**Serial Number**

**Purchase Date**

**Company (if applicable)**

**Customer Name (First and Last)**

**Email Address**

**Phone Number**

**Street Address**

**City**

**State**

**Postal Code**

**Country**



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