TRUE®
SHOWRUNNER™
CONSOLE
OWNER'S MANUAL

Console Manual SKU #: MAN-C4P

Model #: Showrunner

Revision 061721

SHOWRUNNER CONSOLE

IMPORTANT:

All products shown are prototype. Actual product delivered may vary.

Product specifications, features & software are subject to change without notice.

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SHOWRUNNER CONSOLE
<u>A MESSAGE TO OUR CUSTOMERS</u>

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

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

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

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

SHOWRUNNER CONSOLE
TABLE OF CONTENTS:

CHAPTER 1: SAFETY INSTRUCTIONS
<u>IMPORTANT SAFETY INSTRUCTIONS</u>
<u>SAVE THESE SAFETY INSTRUCTIONS</u>

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

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

⚠ WARNING: Heart rate monitoring systems may be inaccurate for some individuals. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

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

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

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

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

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

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

⚠ WARNING: Keep equipment stable on flat ground.

CHAPTER 1: SAFETY INSTRUCTIONS

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

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

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

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

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

⚠️ **CAUTION:**

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

CHAPTER 1: SAFETY INSTRUCTIONS

⚠ CAUTION:

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

IMPORTANT SAFETY INSTRUCTIONS

- **Read and understand all instructions and warnings prior to use.**
- Obtain a medical exam before beginning any exercise program. If at any time during exercise youfeel faint, dizzy, or experience pain, stop and consult your physician.
- Obtain proper instruction prior to use.
- This unit is intended for commercial use only.
- Inspect the unit for incorrect, worn, or loose components and do not use until corrected, replaced,or tightened prior to use.
- Do not wear loose or dangling clothing while using the unit.
- Care should be used when mounting or dismounting the unit.
- Read, understand, and test the emergency stop procedures before use.
- Disconnect all power before servicing the unit.
- Do not exceed maximum user weight of 400 lbs.
- Keep the top side of the moving surface clean and dry.
- Keep children and animals away.
- Use caution when moving and assembling unit.
- All exercise equipment is potentially hazardous. If attention is not paid to the conditions ofequipment usage, death, or serious injury could occur.
- Save these instructions.

Basic Guidelines for Setting Up the Equipment:

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

Important Electrical Requirements – 120V:

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

Important Electrical Requirements – 220V:

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

⚠ DANGER: Do not use an extension cord or ungrounded outlet:

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

SHOWRUNNER OVERVIEW:

Bluetooth Selection Button

Closed Captioning

Workout Finder Button

View Button

USB Port

Headphone Jack

HDMI Mirroring Port

Reading Rack

Warning Decal

CHAPTER 2: PRODUCT OVERVIEW

SHOWRUNNER OVERVIEW:

Workout Finder Button:
Displays the three available workouts available on the Showrunner console (Quick Start, Rolling Hills, and Intervals).

View Button:
Displays the three available viewing options for the Showrunner console.

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

USB Port:
Used to update console software and charge devices. Note: Confirm charging capability with your electronic device as not all electronic devices are chargeable on the Showrunner console.

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

Closed Captioning:
Toggles the closed captioning on or off while in Watch TV mode via the View button.

HDMI Mirroring Port:
Used to connect and project the screen of an Apple© or Android© device to the Showrunner console.

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

Bluetooth Selection Button:
Enables the following Bluetooth pairing options with the Showrunner console:
- Workout tracking application on a Bluetooth wireless technology enabled mobile device or tablet
- Bluetooth wireless technology enabled HR monitoring device
- Bluetooth wireless technology enabled headphones

Note: Only one of each type of Bluetooth-enabled devices can be paired with the Showrunner console at a time. (e.g. The user can pair a workout tracking application, Bluetooth-enabled heart rate monitor, and Bluetooth-enabled headphones all at the same time to one Bluetooth-enabled device.

CHAPTER 3: PROGRAMMING & OPERATION

⚠ **CAUTION:**

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

HEART RATE MONITORING:

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

Chest Strap Heart Rate Monitoring:

Although this machine functions fine without using the heart rate monitoring feature, this kind of monitoring gives valuable feedback on the user's effort level.

When users wear a Polar® compatible transmitter strap, the machine will display the user's heart rate as a digital beats-per-minute (bpm) readout. The transmitter strap should be worn directly against the user's skin, about 1-2 inches below the pectoral muscles/breast line. Women should be careful to place the transmitter below their bra line.

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

A Note on Chest Strap Heart Rate Monitoring:

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

Contact Heart Rate (CHR):

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

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

A Note on CHR Accuracy:

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

⚠ **CAUTION:**

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

CHAPTER 3: PROGRAMMING & OPERATION
WORKOUT PROGRAM DESCRIPTIONS:

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

Intervals:
Intervals makes changes to the Incline or Resistance in two minute segments while all other settings remain constant.

Rolling Hills:
Series of gradually increasing and decreasing Incline or Resistance changes that simulate rolling hills while all other settings remain constant.

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 or view media. Select the Quick Start or the Workout Finder buttons to begin a workout.

Note: To pair an Apple Watch© with the Showrunner console, press the Enter button to select the Apple Watch icon on the bottom right of the Home screen and follow the on-screen instrucitons.
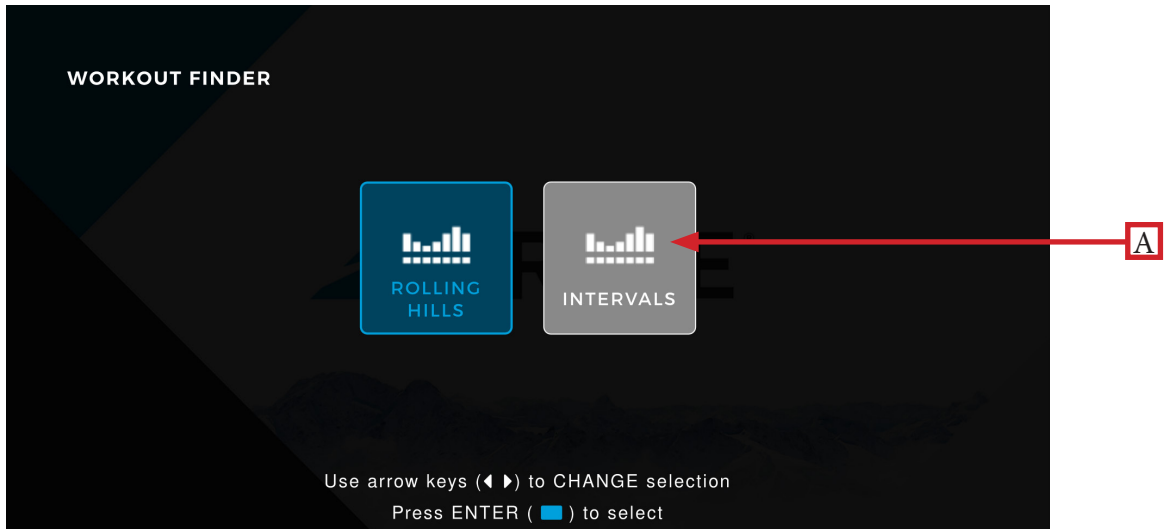
CHAPTER 4: SHOWRUNNER CONSOLE
CONSOLE NAVIGATION:

Selecting a Preset Workout:
Preset workouts are accessed by selecting the Workout Finder button. To begin a workout, select from the available workouts (**A**) and select the Enter button to navigate to the Workout Data Entry screen.

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

WORKOUT FINDER

ROLLING HILLS   INTERVALS

A

Use arrow keys (◀ ▶) to CHANGE selection
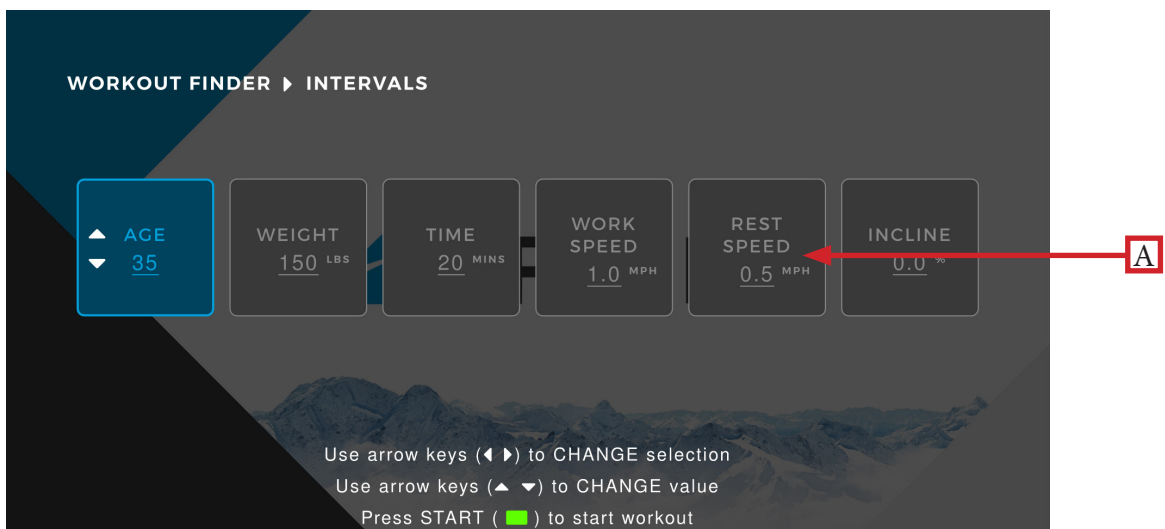Press ENTER (▮) to select

Workout Data Entry Screen:
The Workout Data Entry screen enables the user to input workout parameters specific to the selected workout and the user prior to beginning the workout. To set a value, select the data box (**A**) and input a value. Select the Start button on the console overlay to begin the workout.

Note: The Workout Data Entry screen may vary based on the workout selection and base unit attached.

Note: The Showrunner console does not contain Saved Workouts. Therefore, workout parameters are not saved and must be reentered before starting a new workout.

WORKOUT FINDER ▶ INTERVALS

| ▲ AGE ▼ 35 | WEIGHT 150 LBS | TIME 20 MINS | WORK SPEED 1.0 MPH | REST SPEED 0.5 MPH | INCLINE 0.0 % |

A

Use arrow keys (◀ ▶) to CHANGE selection
Use arrow keys (▲ ▼) to CHANGE value
Press START (▮) to start workout

CHAPTER 4: SHOWRUNNER CONSOLE

CONSOLE NAVIGATION:

Workout View Screens:

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

Note: The Showrunner console will display Stride as a fourth data set when mounted on the XS1000.

A) Incline (TI1000, TE900, TC950, TC650, and TC400 only) or Workload:

Displays levels of incline from -3% - 15% (30% max incline for TI1000) or resitance from 1-30.

B) Distance or Floors(VC900 only):

Displays the total distance traversed or number of floors climbed since the start of the workout.

C) Time Elapsed:

Displays the time elapsed since the start of the workout.

D) Calories:

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

E) Heart Rate Information:

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

F) Speed (TI1000, TC900/650/400, & TE900), Pace (UC900/400, RC900/400, XS1000, & XC900/400), or SPM: Steps Per Minute (VC900):

Dispalys the current speed adjustable in increments of 0.5 mph. For the UC900/400, RC900/400, XS1000, and XC900/400, Pace will appear instead dispalying the current workout pace measured in revolutions per minute (RPM). For the VC900, SPM will appear instead dispalying the current number of steps the user is climbing per minute. Note: The Quick Touch keys can adjust these data sets as well.
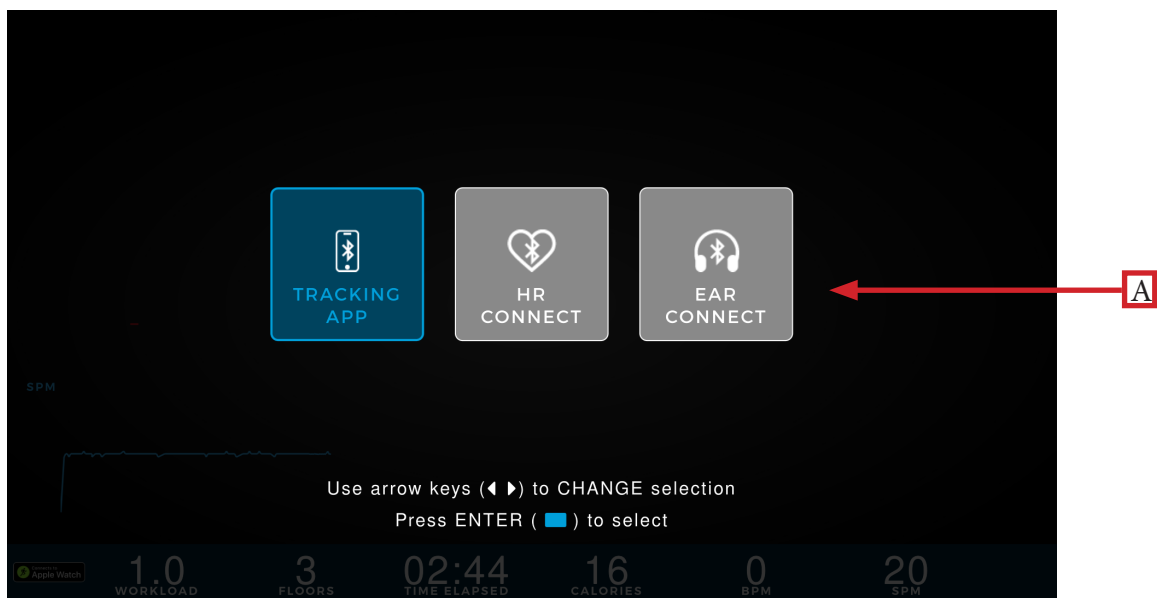
CHAPTER 4: SHOWRUNNER CONSOLE

CONSOLE NAVIGATION:

Bluetooth Connectivity:

Select the Bluetooth button on the Showrunner console overlay to navigate to the Bluetooth connectivity screen **(A).** Select from one of the three Bluetooth Connectivity sub-menus to display the Bluetooth wireless technology enabled devices available for pairing with the Showrunner console. Follow the on-screen prompts on the Showrunner console and the Bluetooth device to complete the pairing process.

Note: Some, but not all, Bluetooth connection combinations are possible. (i.e. A workout tracking application on a mobile device, a Bluetooth-enabled heart rate strap, and Bluetooth-enabled headphones streaming audio from the Watch TV screen are possible at the same. However, a mobile device can not stream music to the Showrunner console and either track workout data in an appplication or pair Bluetooth-enabled headphones to the Showrunner console at the same time .)

View Screen:

The View button located on the Showrunner console overlay populates the following three screen options: Graph View, Watch TV, and Mirror Device.
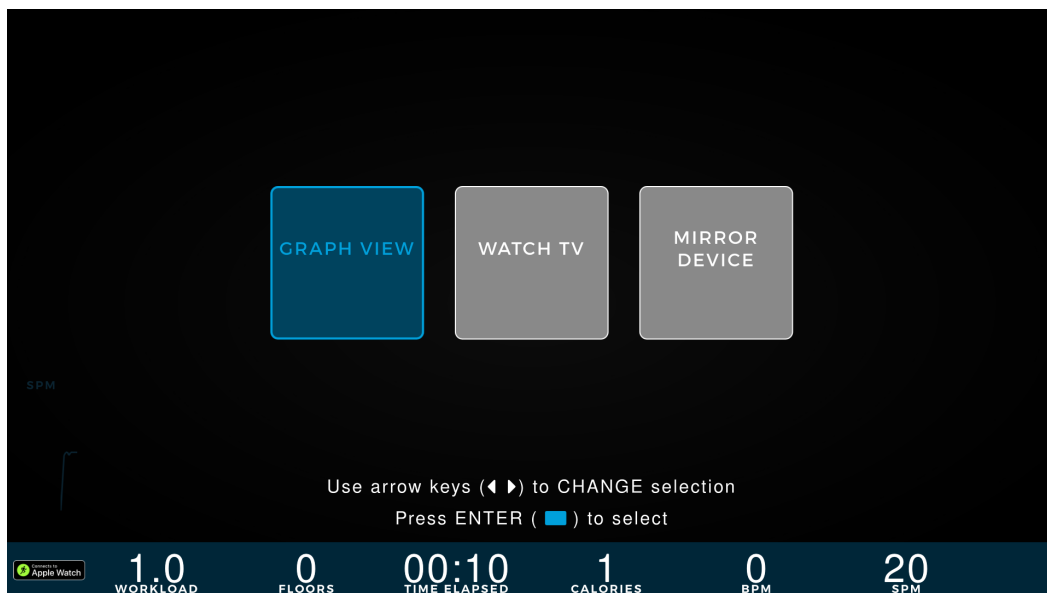
CONSOLE NAVIGATION:

Graph View:

The Graph View screen displays a line graph tracking workout progress calculated using the two workout data sets displayed based on base unit. (e.g. Workload and SPM for the VC900)


Mirror Device:

The Mirror Device screen enables the user to mirror the content from their mobile device or tablet directly to the Showrunner console screen via a conversion cable connected to the HDMI port on the bottom right of the console reading rack. For Apple© devices, a HDMI to lightening conversion cable is required for mirroring. For Android© devices, a HDMI to USBc conversion cable is required for mirroring. If a conversion cable is not connected to the HDMI port, then the Mirror Device screen will not populate and advise the user to connect a conversion cable.

Note: The conversion cable is not included with the Showrunner console and must be provided by the user.

Note: This functionality is only available for Apple© and Android© devices at this time.

Note: Not all applications or phones may be supported by this feature.
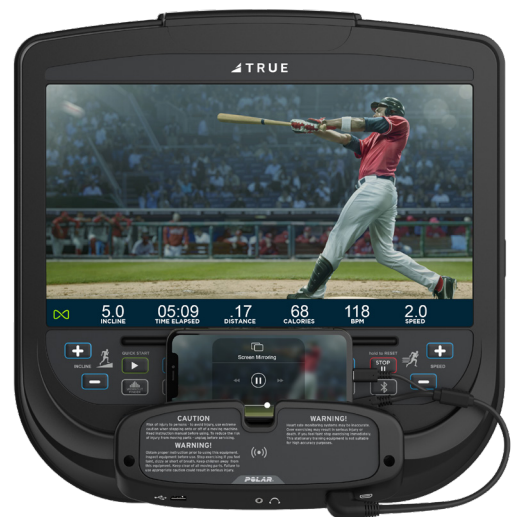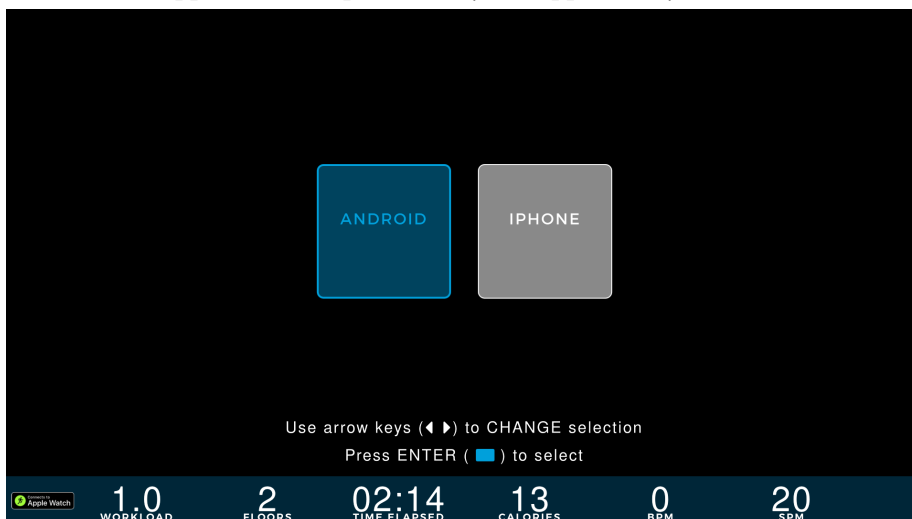
CHAPTER 4: SHOWRUNNER CONSOLE

CONSOLE NAVIGATION:

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) Screen Toggle:
Allows the user to toggle between full screen and letter box mode.

CHAPTER 4: SHOWRUNNER CONSOLE

IDLE SCREEN:

During a workout when the user becomes idle or presses the Stop button on the bottom toolbar, the Idle screen shown below will appear prompting the user to resume their workout **(A)**, reset the Idle Screen Timer **(B)** to 60 seconds while the user makes their selection, start a five minute, low intensity cooldown **(C)** with the workout ending after that time, 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, Reset Pause, and Cool Down buttons until the base unit ceases movement.
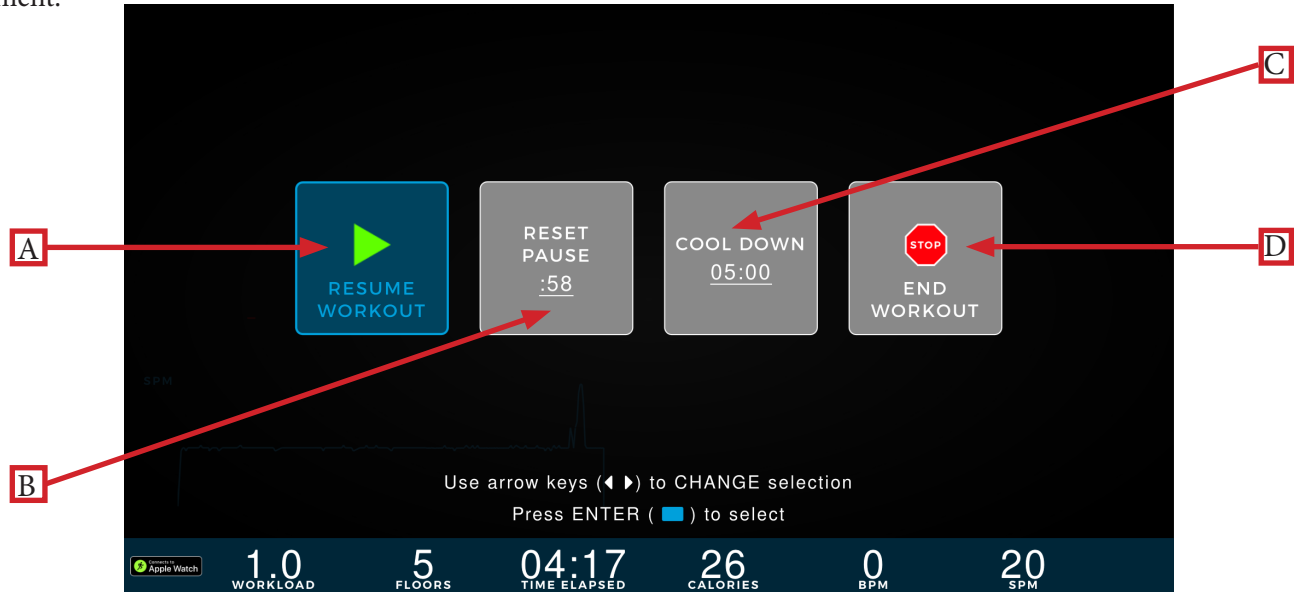
WORKOUT SUMMARY:

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 the Enter button **(A)** to reset the timer back to one minute.

Note: Selecting the Back button or Stop/Pause button will return the user to the Home screen. All other buttons will reset the Workout Summary timer.
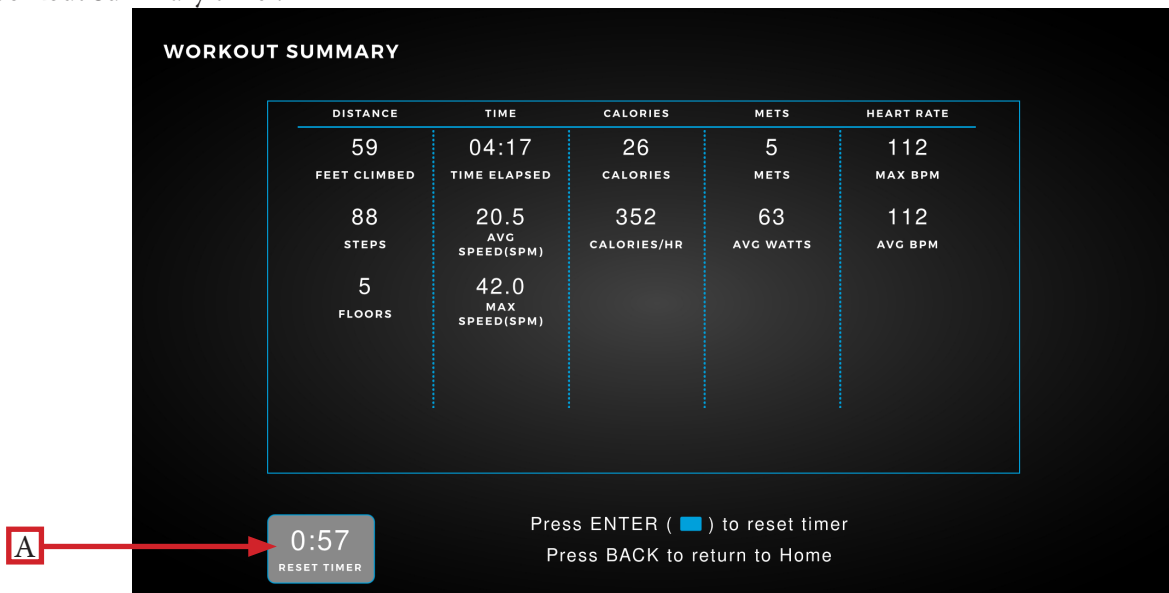
CHAPTER 4: SHOWRUNNER CONSOLE
TV CABLING REQUIREMENTS FOR TRUE FITNESS EQUIPMENT:

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

<u>TV Cabling Requirements:</u>
The following TV tuners used in the United States are compatible with TRUE Fitness touchscreen consoles:
- NTSC (analog un-coded) old air broadcast, and un-coded cable TV
- ATSC (digital un-coded) used in current over-the-air broadcasts, and some un-coded cable TV
- QAM (digital cable) used in current un-coded and coded cable TV

The following signal types are supported by TRUE Fitness 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 Fitness touchscreen consoles as it utilizes either NTCS or ATCS/QAM Clear. The un-coded signal lets the facility simply connect the coax cable (RG6) to the connector on the TRUE Fitness 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 for TRUE Fitness Equipment:

There are multiple options for presenting TV signal with TRUE Fitness 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 Fitness console to a set-top box without using a remote control. With this solution, a separate component is installed onto the TRUE Fitness 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 Fitness 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 or satellite 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 pre-programmed prior to shipping and can be easily updated onsite 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.

CHAPTER 4: SHOWRUNNER CONSOLE
INTERNET REQUIREMENTS:

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

If you would like to connect your TRUE Fitness 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 Fitness 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.
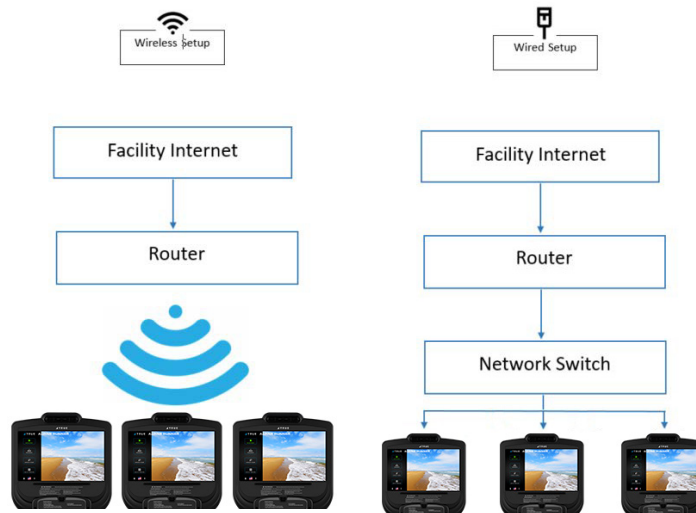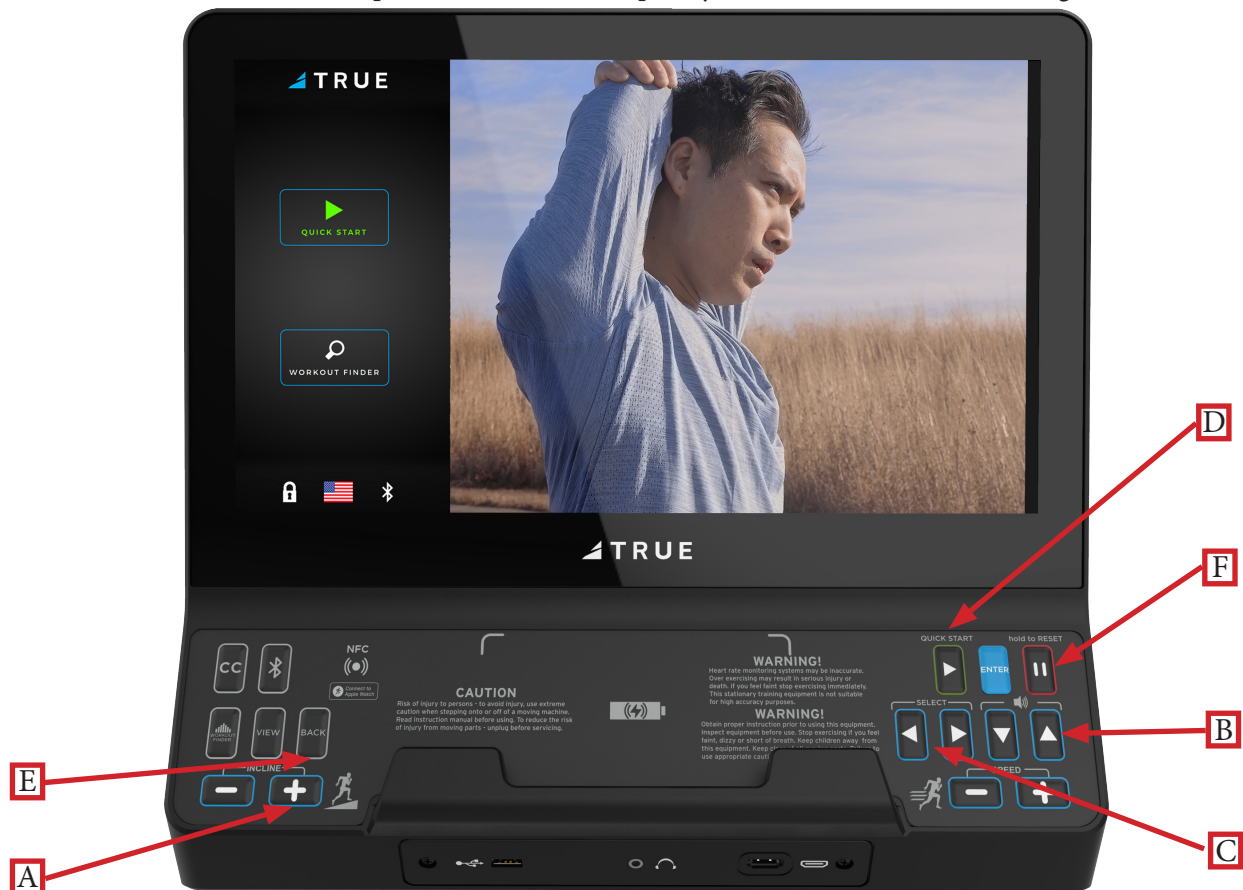
CHAPTER 4: SHOWRUNNER CONSOLE MAINTENANCE MENUS:

Entering Maintenance Mode:

To enter Maintenance Mode, press and hold the Incline "+" button (**A**) located on the left side of the console overlay until the TRUE logo flashes. Next, press the Enter button to navigate to the Maintenance Menu home screen.

After navigating to the Maintenance Menu home screen, the following console overlay buttons will assist with navigation:

- *Vertical arrow buttons* (**B**): Navigate the vertical stack of main menus and sub-menus.

- *Horizontal arrow buttons* (**C**): Press the right horizontal arrow button to navigate from a main menu to a sub-menu or a sub-menu to the amendable data with that sub-menu. Press the left horizontal arrow button to navigate to the parent-level menu, exit a data set within a sub-menu, or completely exit Maintenance Mode if on the Maintenance Menu home screen. Additionally, the left and right horizontal arrow buttons can update the amendable data with any menu.

- *Enter button* (**D**): Press the Enter button to navigate to a sub-menu within the currently highlighted main menu or to the amendable data within that sub-menu. Additionally, the Enter button can be used to select a button or checkbox within a sub-menu.

- *Back button* (**E**): Press the Back button to navigate to the parent-level menu, close pop-ups if within a sub-menu data set, or completely exit Maintenance Mode if on the Maintenance Menu home screen.

- *Stop/Pause button* (**F**): Press the Stop/Pause button to completely exit the Mainteance Mode regardless of the screen.
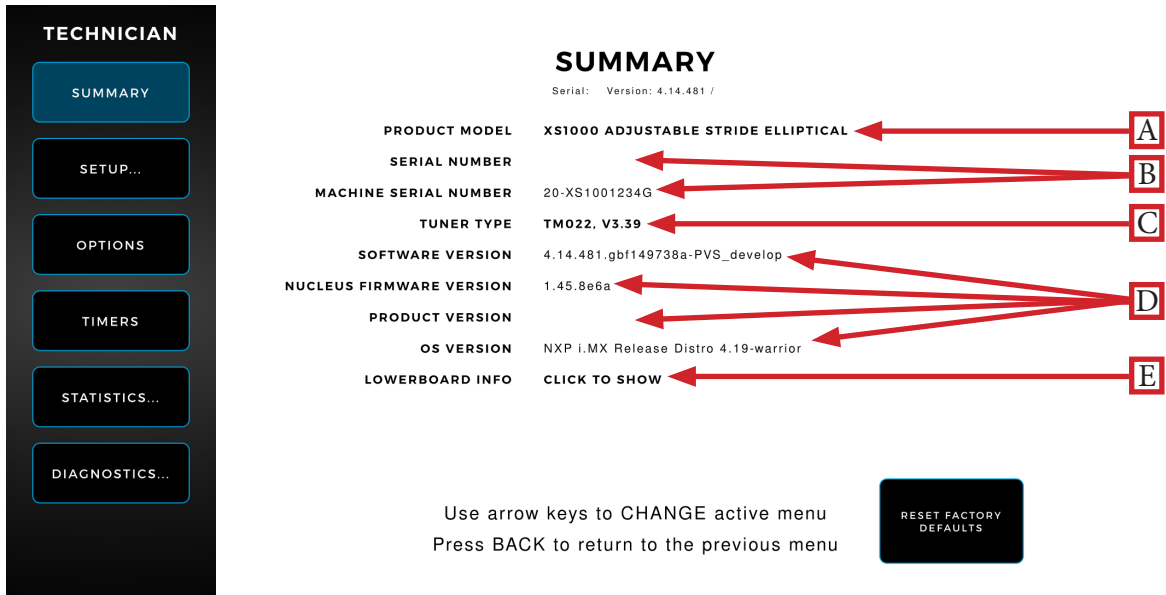
CHAPTER 4: SHOWRUNNER CONSOLE MAINTENANCE MENUS:

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.

A) Product Model:

The model number that the console is currently configured to.

B) Console Serial/Base Unit 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.
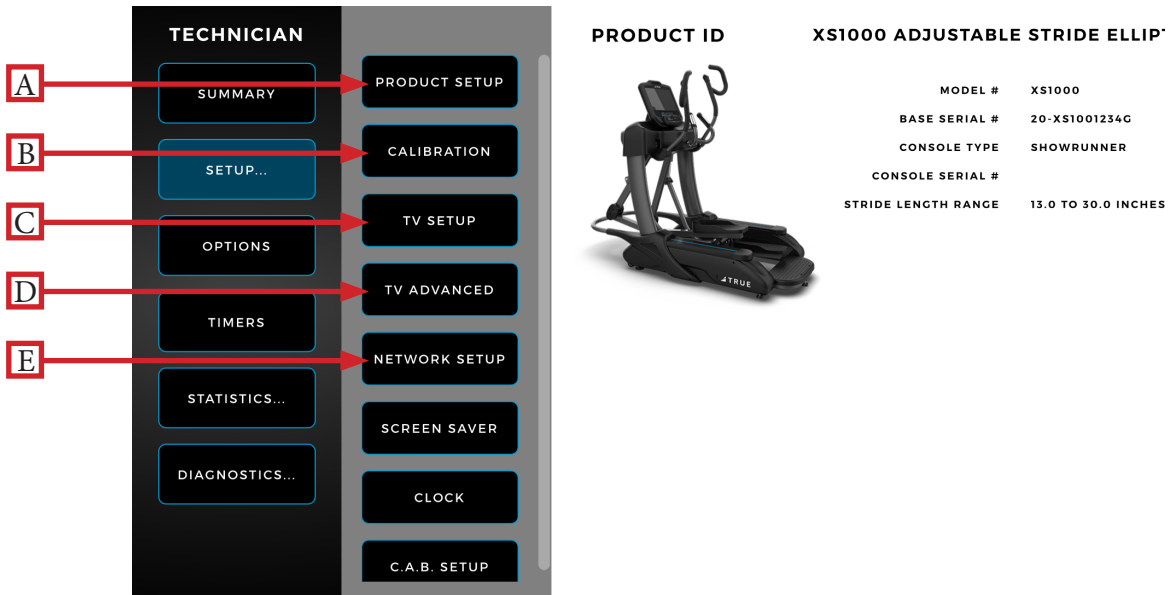
E) Lowerboard Info:

Displays the model name and version number of the Lowerboard.

CHAPTER 4: SHOWRUNNER CONSOLE MAINTENANCE MENUS:

Setup Menu:

The Setup menu is accessed by selecting the Setup button 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 enables users to view the current console configuration. To view the console configuration, select the Product Setup button. 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) Calibration:

The Calibration screen will calibrate the incline motor to ensure proprer incline functionality during use. Note: During calibration, the treadmill will cycle through the full speed and incline ranges rendering it unusable until calibration is complete. Note: Do not stand on the base unit during the calibration process. Calibration only applies to all treadmills and the XS1000.

C) TV Setup:

The Showrunner console displays live TV programming via an integrated HDTV tuner. Importing and exporting TV setup data can also be done via the TV Setup menu.

D) TV Advanced:

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

Note: Channel names can only be edited via a connected USB keyboard.

E) 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.
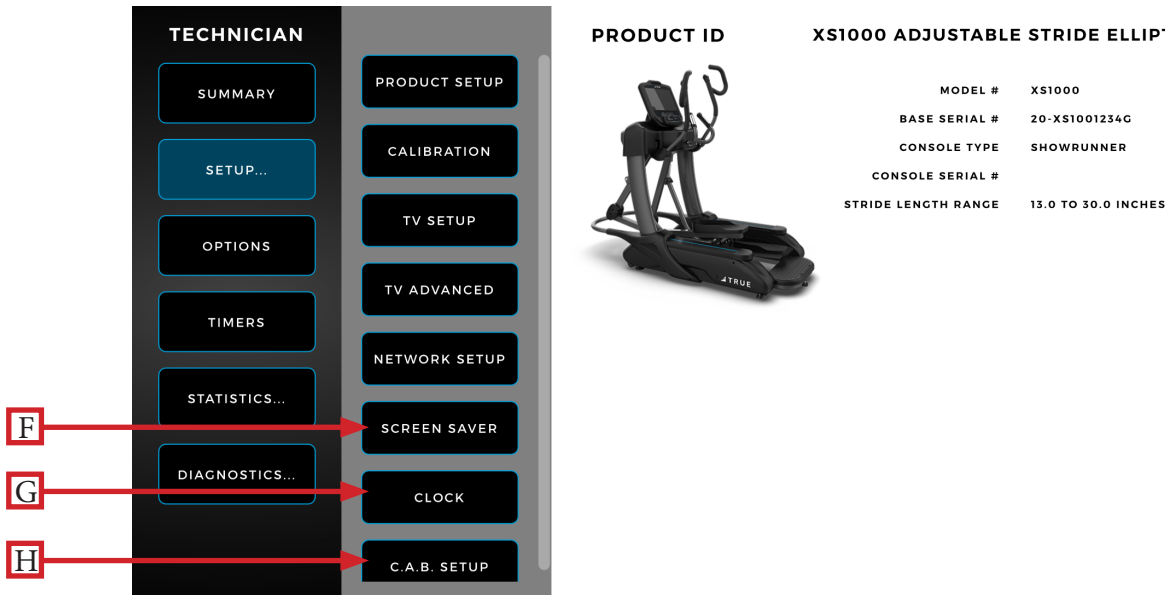
CHAPTER 4: SHOWRUNNER CONSOLE MAINTENANCE MENUS:

Setup Menu:

The Setup menu is accessed by selecting the Setup button 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.

F) 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.

G) 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.

H) 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.
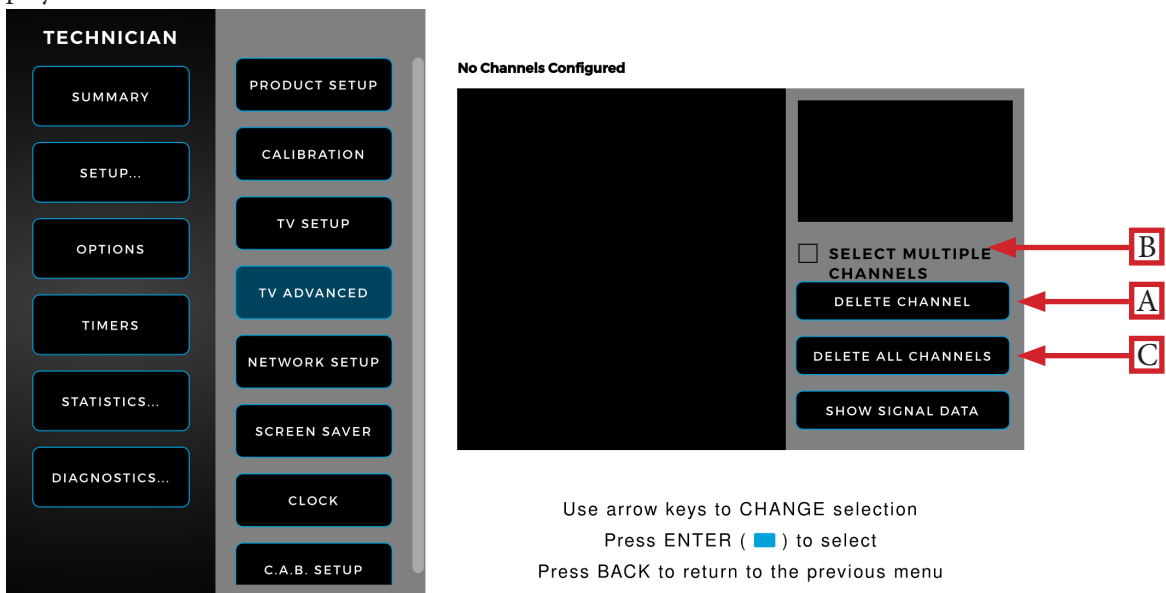
CHAPTER 4: SHOWRUNNER CONSOLE MAINTENANCE MENUS:

TV Setup Sub-Menu:

Select the Begin Channel Scan (**A**) button and follow the on-screen prompts to complete the TV channel scan. The Export Scan to USB (**B**) button will export TV channel scan settings to an external USB drive connected to the console. The Import Scan from USB (**C**) button will import TV channel scan settings from an external USB drive connected to the console.
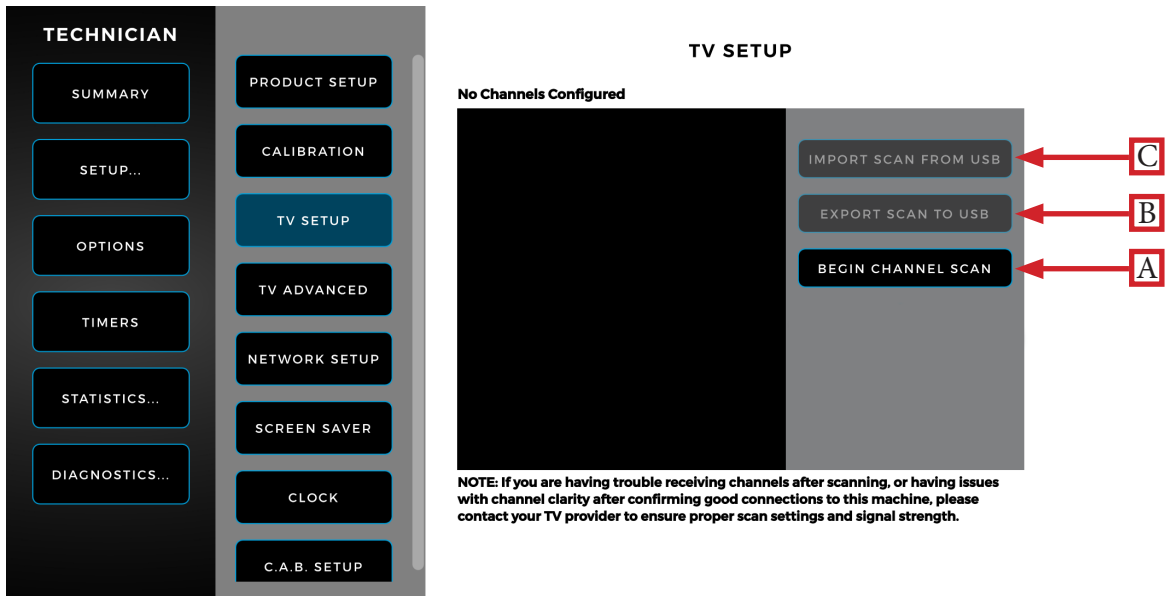
TV Advanced Sub-Menu:

To delete a channel, select the channel from the available channels and then select the Delete Channel button (**A**) to delete. To delete multiple channels at once, first select the Select Multiple Channels checkbox (**B**) to select the channels to be deleted and then select the Delete Channel button (**A**) to delete all selected channels. The Delete All Channels button (**C**) will delete all displayed channels.
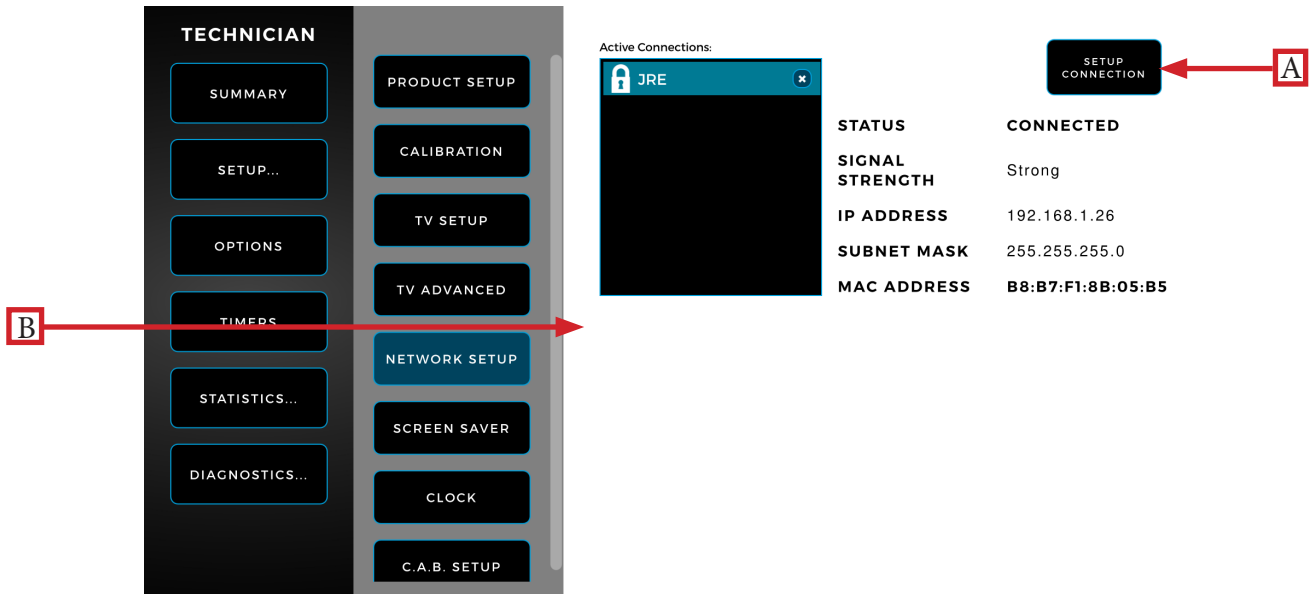
CHAPTER 4: SHOWRUNNER CONSOLE MAINTENANCE MENUS:
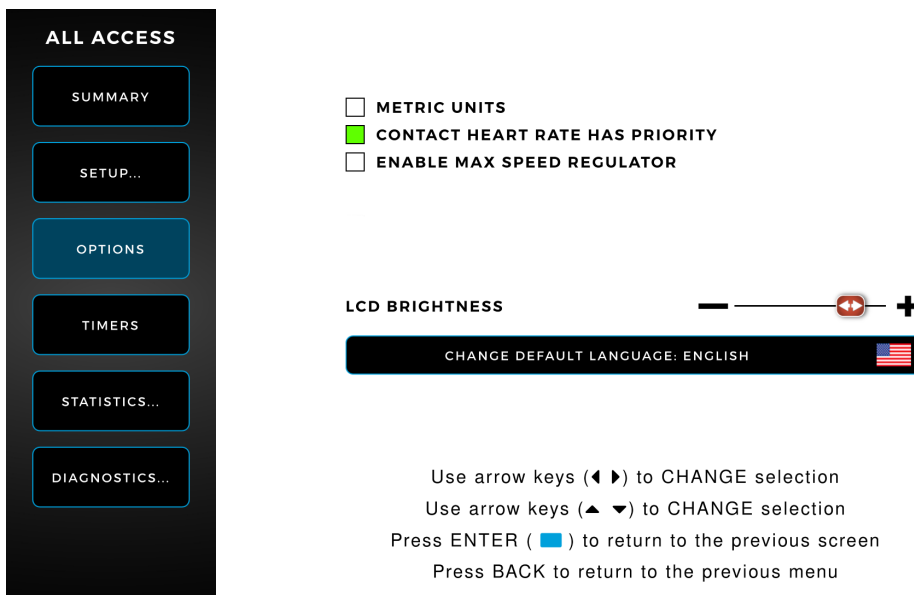
Network Setup Sub-Menu:

The Network Setup sub-menu displays the current network information for the console. To connect to a network, select the Setup Connection button (**A**) and follow the on-screen prompts to connect.

TECHNICIAN

SUMMARY

SETUP...

OPTIONS

TIMERS

STATISTICS...

DIAGNOSTICS...

PRODUCT SETUP

CALIBRATION

TV SETUP

TV ADVANCED

NETWORK SETUP

SCREEN SAVER

CLOCK

C.A.B. SETUP

B

Active Connections:

🔒 JRE ✕

STATUS	CONNECTED
SIGNAL STRENGTH	Strong
IP ADDRESS	192.168.1.26
SUBNET MASK	255.255.255.0
MAC ADDRESS	B8:B7:F1:8B:05:B5

SETUP CONNECTION ← A

Options Menu:

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

ALL ACCESS

SUMMARY

SETUP...

OPTIONS

TIMERS

STATISTICS...

DIAGNOSTICS...

☐ METRIC UNITS
☑ CONTACT HEART RATE HAS PRIORITY
☐ ENABLE MAX SPEED REGULATOR

LCD BRIGHTNESS — ———⬌— +

CHANGE DEFAULT LANGUAGE: ENGLISH 🇺🇸

Use arrow keys (◄ ►) to CHANGE selection
Use arrow keys (▲ ▼) to CHANGE selection
Press ENTER (▪) to return to the previous screen
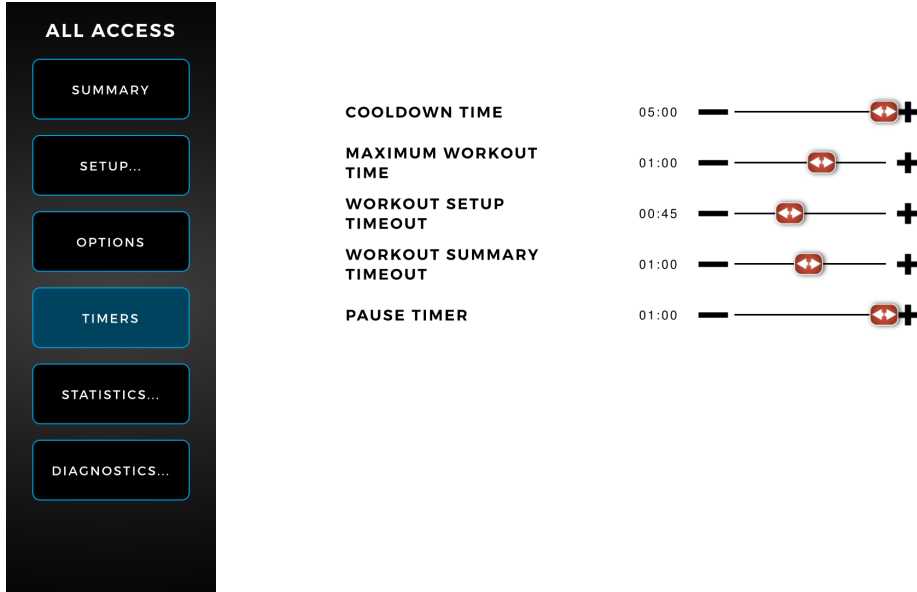Press BACK to return to the previous menu

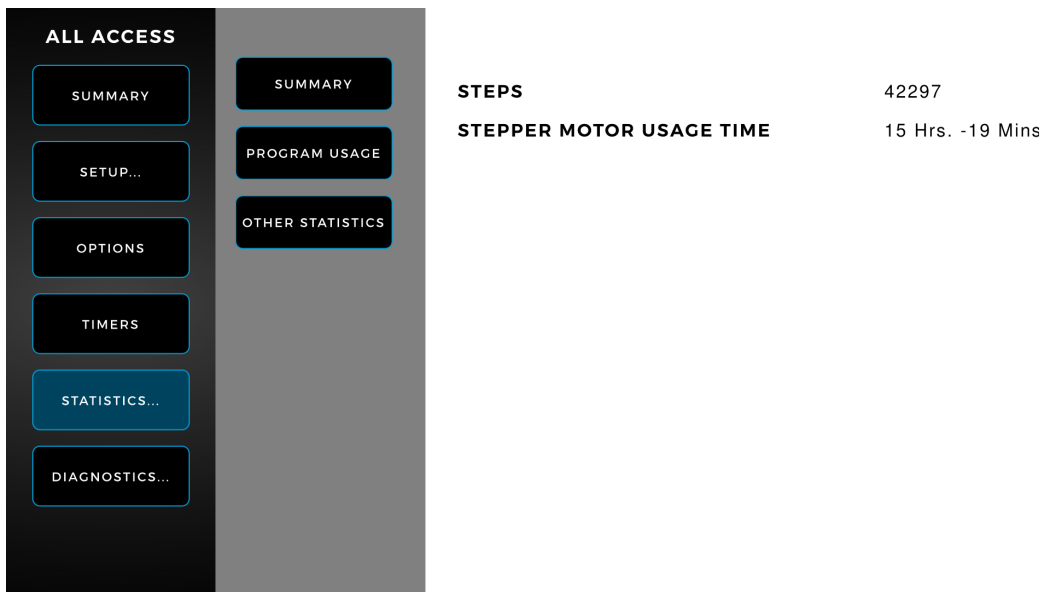# CHAPTER 4: SHOWRUNNER CONSOLE MAINTENANCE MENUS:

Timers Menu:

The Timers menu is accessed by selecting the Timers button 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.

ALL ACCESS		
SUMMARY	COOLDOWN TIME	05:00
SETUP...	MAXIMUM WORKOUT TIME	01:00
OPTIONS	WORKOUT SETUP TIMEOUT	00:45
TIMERS	WORKOUT SUMMARY TIMEOUT	01:00
STATISTICS...	PAUSE TIMER	01:00
DIAGNOSTICS...		

Statistics Screen:

The Statistics menu is accessed by selecting the Statistics button on the Main menu. The Statistics menu provides statistical data about workout statistics, motor usage, and other statistics.

Note: The specific statistics shown below will vary based on the base unit attached.

| ALL ACCESS			
SUMMARY	SUMMARY	STEPS	42297
SETUP...	PROGRAM USAGE	STEPPER MOTOR USAGE TIME	15 Hrs. -19 Mins
OPTIONS	OTHER STATISTICS		
TIMERS			
STATISTICS...			
DIAGNOSTICS...			

CHAPTER 4: SHOWRUNNER CONSOLE MAINTENANCE MENUS:

Diagnostics Menu:

The Diagnostics menu is accessed by selecting the Diagnostics button on the Main menu. The Diagnostics menu enables users to perform various diagnositcs on the console to aid in identifying errors and performance issues.
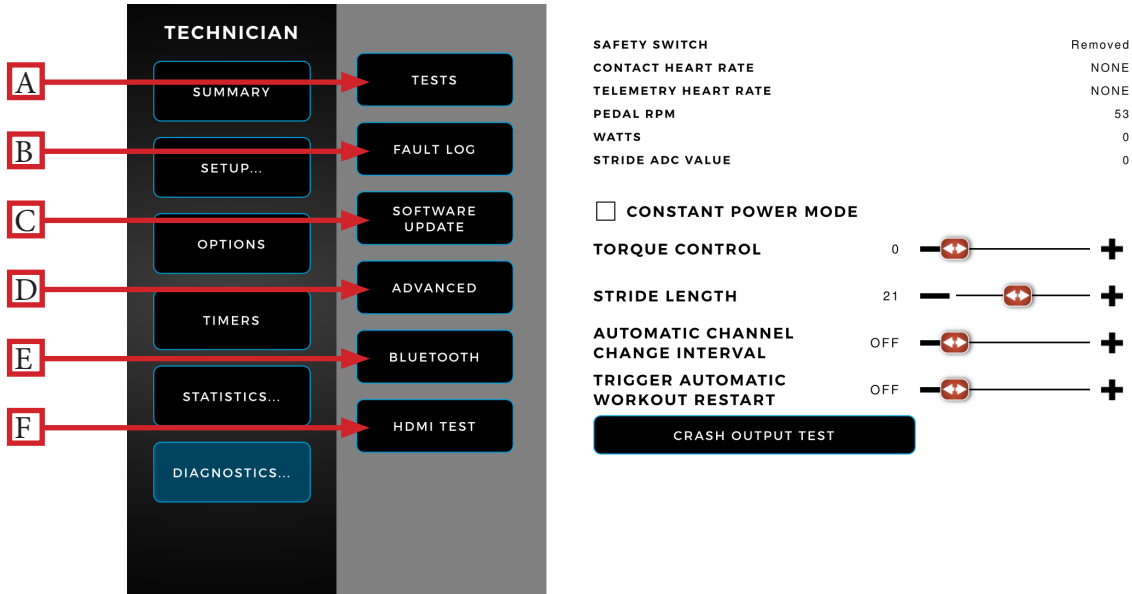
A) Tests:

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

B) Fault Log:

Displays a list of all error and fault codes.

C) Software/Nucleus Updates:

TRUE may periodically release software and Nucleus 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 Nucleus updates.

D) Advanced:

Displays a list of advanced settings to view and update.

E) Bluetooth:

Enables the user to diagnose any issues with the Bluetooth functionality on the Showrunner console.

F) HDMI Test:

Enables the user to view connected devices to each HDMI port for diagnosing cable connection issues with the TV, set-top box, and mirroring cables.

CHAPTER 4: SHOWRUNNER CONSOLE

APPLE GYMKIT TECHNOLOGY:

Pairing:
Accurately and effeciently 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
- XL1000
- 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 Showrunner console. Therefore, an Apple Watch paired via the NFC module and a Bluetooth-enabled device (i.e. celluar device or wireless earbuds) paired via the Bluetooth module all on the same Showrunner 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 Showrunner console is an optional upgrade.

WIRELESS CHARGING TECHNOLOGY:

Wireless Charging:
For mobile devices capable of wireless charging, the Showrunner console can wirelessly charge those devices.

Simply place the mobile device within the wireless charging boundary box on the reading rack and the Showrunner 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 Showrunner 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: Wirelessly charging a mobile device will not interrupt the screen mirroring of a mobile device to the Showrunner console connected via a HDMI to lightening conversion cable for iPhone or HDMI to USBc conversion cable for Android.

CONSOLE ASSEMBLY:

Console Wire Connections:

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

Note: Ensure the rubber boot is positioned over the coaxial cable connection point after making the connection (**B**).

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

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 from the console mast before disconnecting the USB data cable.
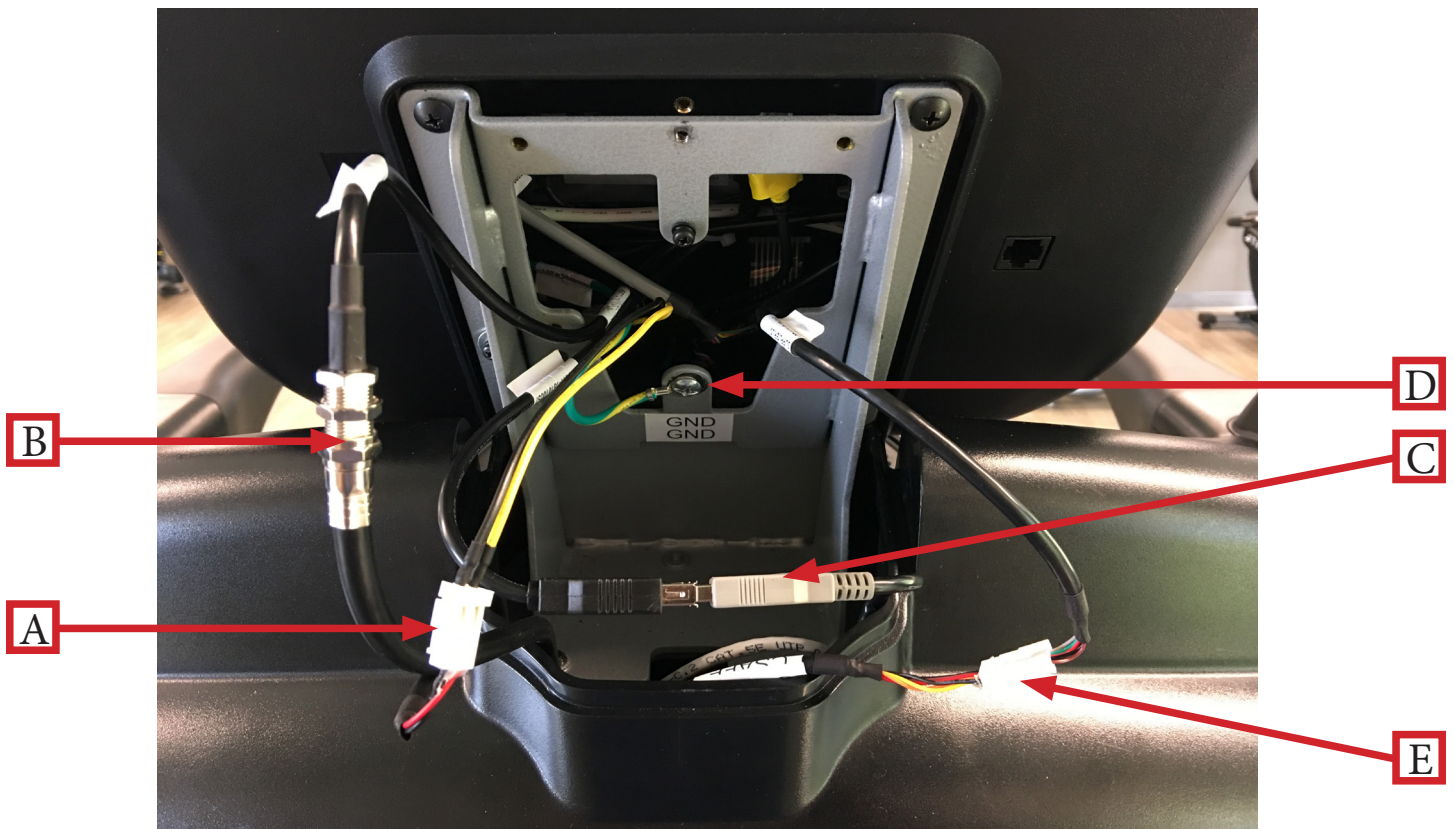
CHAPTER 5: CUSTOMER SERVICE

CONTACTING SERVICE:

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

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

TRUE FITNESS SERVICE DEPARTMENT
865 HOFF ROAD
ST. LOUIS, MO 63366
1.800.883.8783
HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST
E-MAIL: service@truefitness.com

CONTACTING SALES:

Interested in TRUE Products? Please contact us with any sales or product inquires so that we may direct you to the

appropriate sales representative to answer your questions.

TRUE FITNESS HOME OFFICE
865 HOFF ROAD
ST. LOUIS, MO 63366
1.800.426.6570
HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST
E-MAIL: sales@truefitness.com

CHAPTER 5: CUSTOMER SERVICE

REPORTING FREIGHT OR PARTS DAMAGE:

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

Severe Damage:

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

Slight Damage:

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

Concealed Damage:

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

WARRANTY:

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