



# Atlas Group Training System



Model # XFT-200 or XFT-201  
Revision 041221

## OWNER'S MANUAL

**IMPORTANT:**

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

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

For the most up-to-date owner's manual please visit [www.truefitness.com](http://www.truefitness.com).

For documents in additional languages please visit [www.truefitness.com/resources/document-library/](http://www.truefitness.com/resources/document-library/)

**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, por favor visite [www.truefitness.com](http://www.truefitness.com)

Para los documentos en otros idiomas, por favor visite [www.truefitness.com/resources/document-library/](http://www.truefitness.com/resources/document-library/)

**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 s'il vous plaît visitez [www.truefitness.com](http://www.truefitness.com). Pour documents dans des langues supplémentaires, veuillez [www.truefitness.com/resources/document-library/](http://www.truefitness.com/resources/document-library/) 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, 请访问[www.truefitness.com](http://www.truefitness.com) 对于其他语言的文档, 请访问[www.truefitness.com/resources/document-library/](http://www.truefitness.com/resources/document-library/)

**ماہ:**

اھم یلست یل عفل ا جتنملا فلتخت دق . ج ذوم نلا یھ ضرور عمل تاجتنملا عیج

راعش! نود ری ی غتلل قلاباق جماربل او تازیمل او ، جتنملا تافصاوم

[www.truefitness.com](http://www.truefitness.com) قرازی ی جری کلاملا لیلد نالا یتح لصی ام مظعمل

[www.truefitness.com/resources/document-library/](http://www.truefitness.com/resources/document-library/) قرازی ی جری ، قیفاض! تاغل یف 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 Sie bitte [www.truefitness.com](http://www.truefitness.com). Für Dokumente in weiteren Sprachen finden Sie unter [www.truefitness.com/resources/document-library/](http://www.truefitness.com/resources/document-library/)

**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 kunt u terecht [www.truefitness.com](http://www.truefitness.com). Voor documenten in andere talen kunt u terecht op [www.truefitness.com/resources/document-library/](http://www.truefitness.com/resources/document-library/)

**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 пожалуйста, посетите [www.truefitness.com](http://www.truefitness.com)  
.Для документов на другие языки, пожалуйста, посетите [www.truefitness.com/resources/document-library/](http://www.truefitness.com/resources/document-library/)

## A MESSAGE TO OUR CUSTOMERS

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

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

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

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

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## CHAPTER 1: SAFETY INSTRUCTIONS



### **FACILITY AND USER SAFETY PRECAUTIONS**

1. Review and understand all of the warning labels affixed to this machine and on the facility safety sign.
2. Be certain that the machine operation is understood before it is used. Refer to the instructional procedure label affixed to the machine.
3. 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.
4. 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.
5. Do not modify the machine.
6. 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.
7. Keep children away from this equipment. Adults should closely supervise use by teenagers.
8. 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.
9. 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.
10. Instruct users not to wear loose or dangling clothes or have headphone wires hanging when using this equipment.
11. Do not attempt to free any jammed assemblies by yourself as this may cause injury.
12. On Plate Loaded and Free Weight machines:
  - 12a. 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.
  - 12b. Instruct users to load weight plates evenly and carefully to avoid tipping equipment and crushing injuries.
  - 12c. 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

## CHAPTER 1: SAFETY INSTRUCTIONS

- 12d. This equipment is designed for standard olympic size weight plates with a 50mm bore (1.9").
- 12e. Do not exceed the maximum weight capacity of the machine. Maximum plate size is 45 lbs. (25 kg.).
13. On Selectorized and Cable equipped machines:
- 13a. 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.
- 13b. 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.
- 13c. 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

1. Read this installation manual entirely before assembling this equipment.
2. Verify that there is adequate space surrounding this piece of equipment for safe access and operation. Installation must meet ADA requirements for accessibility.
3. 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.)
4. 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.
5. 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.
6. Be sure all hardware is tight before using this machine.
7. Some assembly materials may come preassembled in the carton. Refer to Chapter 2: Assembly Guide for instructions on disassembling assembly materials where appropriate before beginning assembly.

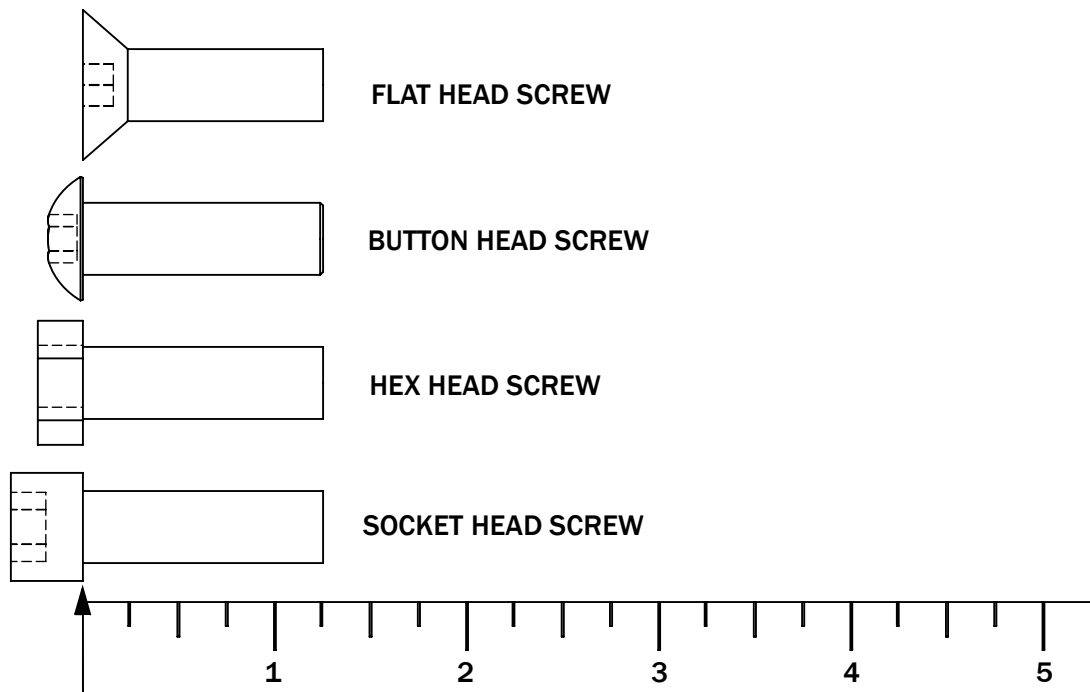
## CHAPTER 1: SAFETY INSTRUCTIONS



### **MAINTENANCE SAFETY PRECAUTIONS**

1. Refer to the maintenance schedule table in this manual for when to perform maintenance.
2. 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.
3. 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.
4. Replace any warning label at the first sign of wear. Labels and the facility safety sign may be obtained from TRUE.

### **BOLT LENGTH MEASURING GUIDE**



## CHAPTER 1: SAFETY INSTRUCTIONS



### **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.

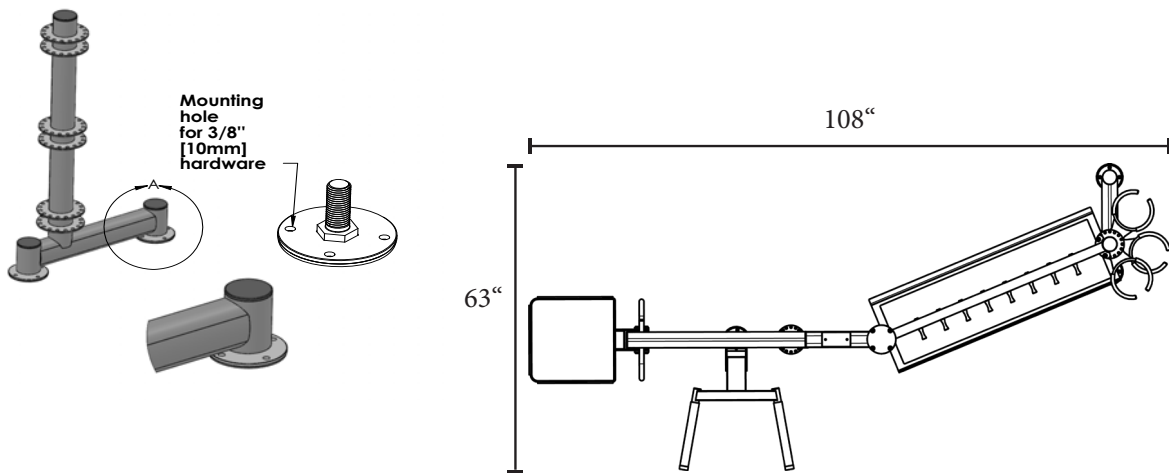
1. **Cables (If equipped):** inspect end fittings daily for wear. Inspect the entire length of the cable weekly. Replace cables at the first sign of wear and on an annual basis. If the cable tension has been adjusted, be certain that the cable nut is tight.
2. **Nuts, Bolts, and Fasteners:** check tightness weekly. If any hardware has become loose, retighten and/or use Loctite™ brand Threadlocker 242. Be sure all hardware is tight before using the machine.
3. **Safety Catches:** inspect catches, stop rods and their associated fasteners weekly. Tighten any loose hardware and replace any components at first signs of wear.
4. **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.
5. **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.
6. **Weight stack enclosures (shrouds)(If Equipped):** wipe down with a damp cloth as needed.
7. **Exercise instruction labels:** clean with soap and water as needed.
8. **Guide rods (If equipped):** wipe all dirt and dust from the guide rods before applying a light application of Tri-Flow™ or other teflon spray lubricant. Spray the Tri-Flow™ on a rag and then wipe the guide rods with the rag. **DO NOT** use oil lubricants such as WD-40. Caution: Tri-Flow™ will stain carpet and clothing.
9. **Bronze bushings:** check monthly for signs of wear and replace as needed.
10. **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® (PTFE) grease on a weekly basis. TRUE recommends Magnalube® brand.
11. **When replacing any component, use only TRUE supplied parts.**
12. **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 Fitness Technology at (800)883-8783 or [service@truefitness.com](mailto:service@truefitness.com).

## CHAPTER 1: SAFETY INSTRUCTIONS

### ANCHORING



1. Install this piece of equipment on a solid level surface that does not deviate more than 1/8" [3 mm] over a 10' [305 cm] distance (or as defined and required by local building and architectural codes).
2. Paramount strongly recommends that all equipment be anchored to the floor to prevent movement and increase stability.
3. Paramount is not responsible for the actual anchoring of equipment. Due to the wide variation of flooring on which the unit may be installed, contact a qualified contractor that is familiar with the building to determine an appropriate fastening system for your floor.
4. Use 3/8" (10 mm) diameter hardware to anchor the machine. Anchors should have a minimum tensile force of 500 pounds [227 kg] and a minimum pull out force of 220 lbs (100 kgs) for each position.
5. 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, adjust the foot down to the floor, then anchor.
6. Four anchoring holes are provided on the leveling feet as shown above. A minimum of one anchor should be used at each foot on the column assemblies as illustrated above. Install the anchors after the Paramount Zone™ has been installed and positioned in the room.
7. DO NOT allow the machine to be used if it is not sitting solidly on the floor at all leveling feet locations.

## CHAPTER 1: SAFETY INSTRUCTIONS

COMMERICAL MAINTENANCE SCHEDULE					
	DAILY	WEEKLY	MONTHLY	6 MONTHS	ANNUALLY
INSPECT: Cables for wear, tension, and proper connection if equipped.	X				
INSPECT: All nuts and bolts and tighten if needed.		X			
INSPECT: All anti-slip surfaces and replace as needed.		X			
INSPECT: All adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys if equipped.	X				
INSPECT: All accessory bars and handles.		X			
INSPECT: All safety and instructional decals.	X				
INSPECT: All weight stack shields if equipped.	X				
CLEAN: Guide rods and lubricate with a teflon lubricant if equipped.			X		
CLEAN: Upholstery	X				
LUBRICATE: Pivot bearings and linear bearings.				X	
REPLACE: Cables if equipped.					X

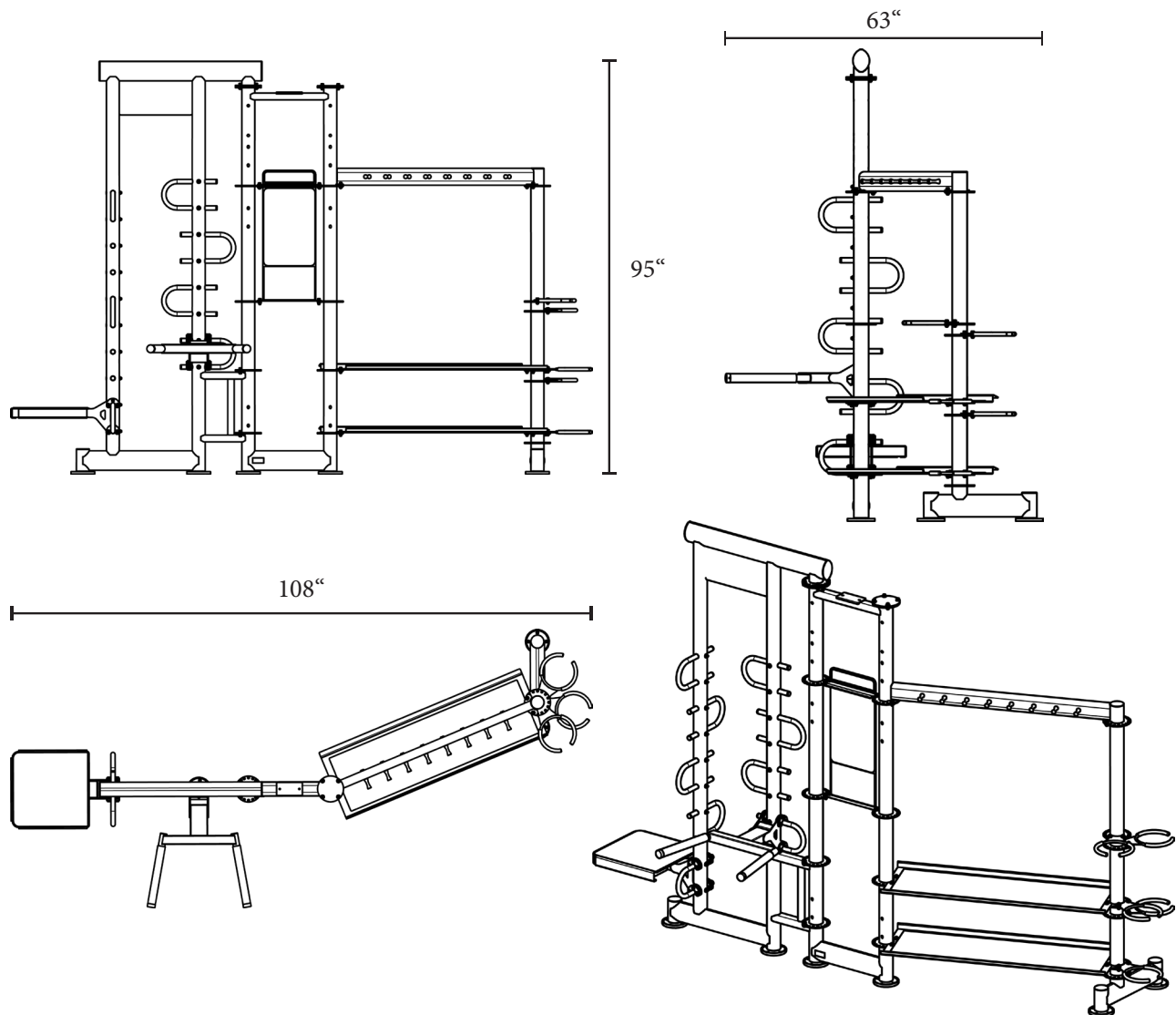
## CHAPTER 2: ASSEMBLY GUIDE

### MACHINE SPECIFICATIONS:

#### Features

- Weight of assembled machine: 493.8 lb. (223.98 kg.) for XFT-200 and 494.1 lb. (224.12 kg.) for XFT-201.
- Floor loading:
  - For machine weight without counterweights and free weights, it is 267 lb/ft<sup>2</sup> (1304 kg/m<sup>2</sup>)
- Maximum user weight is 400 lb. (182 kg.)

Note: The following dimensions do not include the required functional trainer (XFT-100, FS-100, XFT-900, FT-900, or Half Rack) attached to the center column assembly or optional attachments listed in this manual.

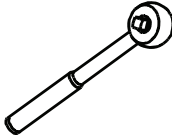

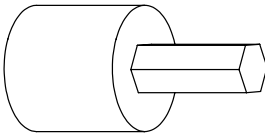
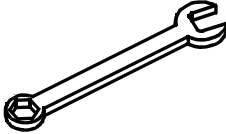
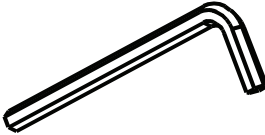




### COMPLIANCES:

This equipment complies with all fitness product standards. For a complete list of compliances, please visit [www.TrueFitness.com](http://www.TrueFitness.com).

## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED TOOLS:

	Ratchet Handle
	Socket Head <ul style="list-style-type: none"> <li>• 9/16"</li> <li>• 1/2"</li> </ul>
	Hex Bit Socket <ul style="list-style-type: none"> <li>• 5/16"</li> <li>• 1/4"</li> </ul>
	9/16" wrench and 1/2" wrench OR Open Ended wrench
	Allen wrench (supplied): <ul style="list-style-type: none"> <li>• 5/16"</li> <li>• 1/4"</li> </ul>
	Rubber Mallet
	Step Ladder

### LABELS:

# ATLAS

LOG-XFT-ATLAS




**TRUE**  
TRUE FITNESS TECHNOLOGY, INC  
865 HOFF RD, ST LOUIS MISSOURI 63366 USA  
MODEL NO: XFT200  
SERIAL NO: 18-XFT20001A



**TRUE**  
TRUE FITNESS TECHNOLOGY, INC  
865 HOFF RD, ST LOUIS MISSOURI 63366 USA  
MODEL NO: XFT201  
SERIAL NO: 18-XFT20101A



LOG-XFT-001



**WARNING**

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

- BEFORE USING: Read all warnings and get instruction on the exercise to be performed. Use only for the intended exercises. DO NOT modify the machine.
- Get a medical exam before beginning any exercise program.
- KEEP CHILDREN AWAY from this machine. Supervise the use by teenagers.
- Inspect the machine or station before use. DO NOT USE if the machine appears damaged or if there are loose components, fittings and/or hardware. DO NOT attempt to fix. Notify staff immediately.
- Unit must be attached to one of the following machines from TRUE Fitness: models FS-100, XFT-100, FT-900, XFT-900, or XFT-HRK.

- The manufacturer recommends that this machine be anchored to the floor. DO NOT use if the machine is not stable.
- This machine may have multiple users at one time. Be aware of your surroundings and allow ample space when working out. DO NOT perform exercises or movements that may injure other users.
- When doing suspension exercises, insure that your equipment is secure and inspect it according to manufacturer instructions prior to use. DO NOT use straps, bands, or connectors that are worn or frayed.
- When not in use, store Battle Rope out of the training zone to minimize tripping hazard.
- Store Core Trainer Olympic bar in its storage holder when not in use to minimize tripping hazard.
- To avoid injury from falling, perform all balance exercises away from the framework of the machine.

ASTM F1149 LBL-WRN-0017A



## CHAPTER 2: ASSEMBLY GUIDE

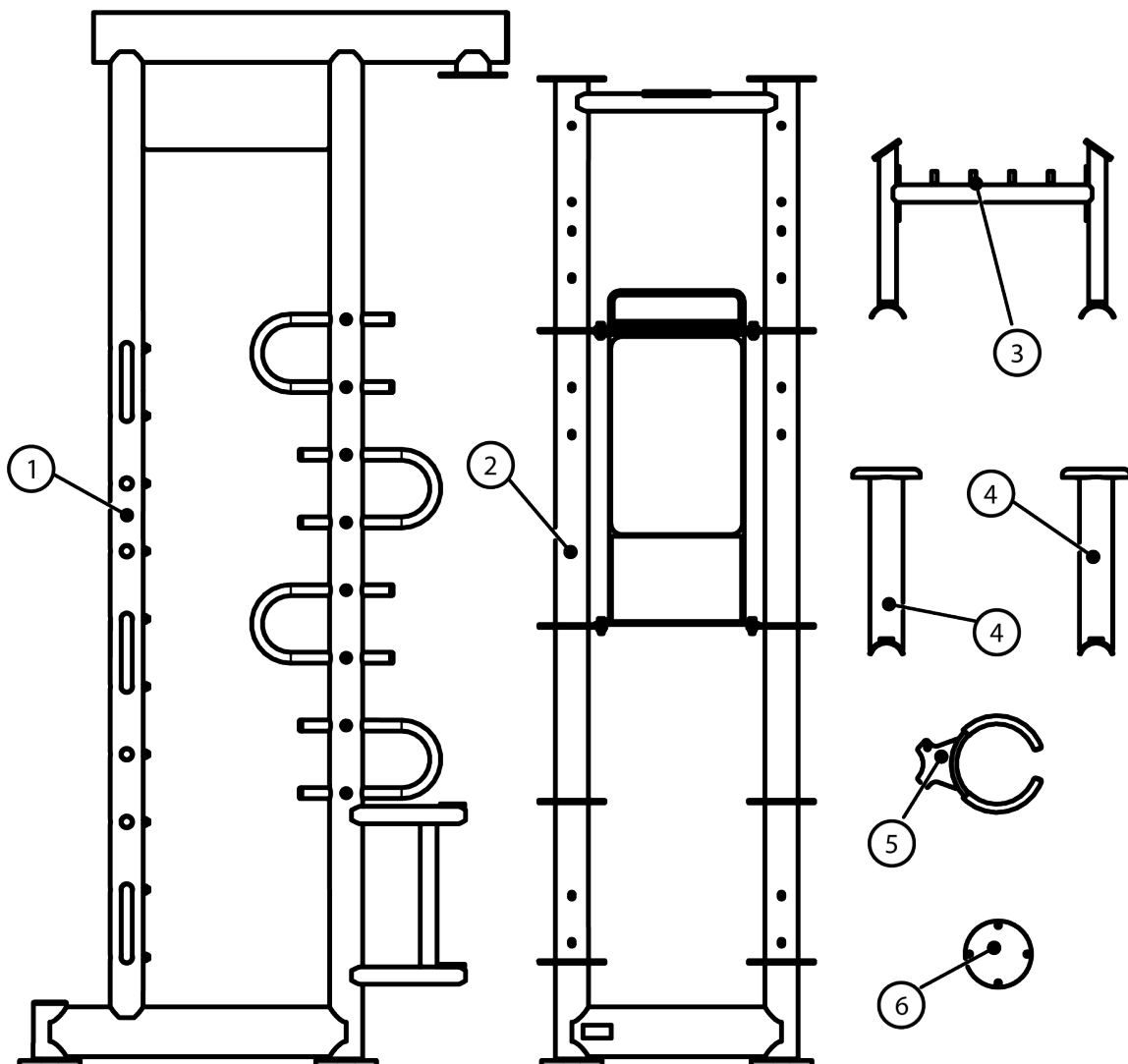
### PRE-ASSEMBLY CHECKLIST:

#### XFT-200/201 Carton One Contents

Note: Hardware item numbers on the tooling card may not match the hardware item numbers shown in the owner's manual.

Note: Either the XFT-100/FS-100 or XFT-900/FT-900 Attachment Brackets will be used based on whether you order the XFT-100, FS-100, XFT-900, or FT-900.

Item	Part Number	Description	Quantity
1	XFT200-CLM160X	Rack Station	1
2	XFT200-CLM110X	Center Column Assembly	1
3	XFT000-ATT100X	XFT-100/FS-100 Attachment Bracket	2
4	XFT000-ATT900X	XFT-900/FT-900 Attachment Bracket	2
5	XFT-MDR	Medicine Ball Ring	5
6	XFT000-CAP001	Center Column Tube Cover	1



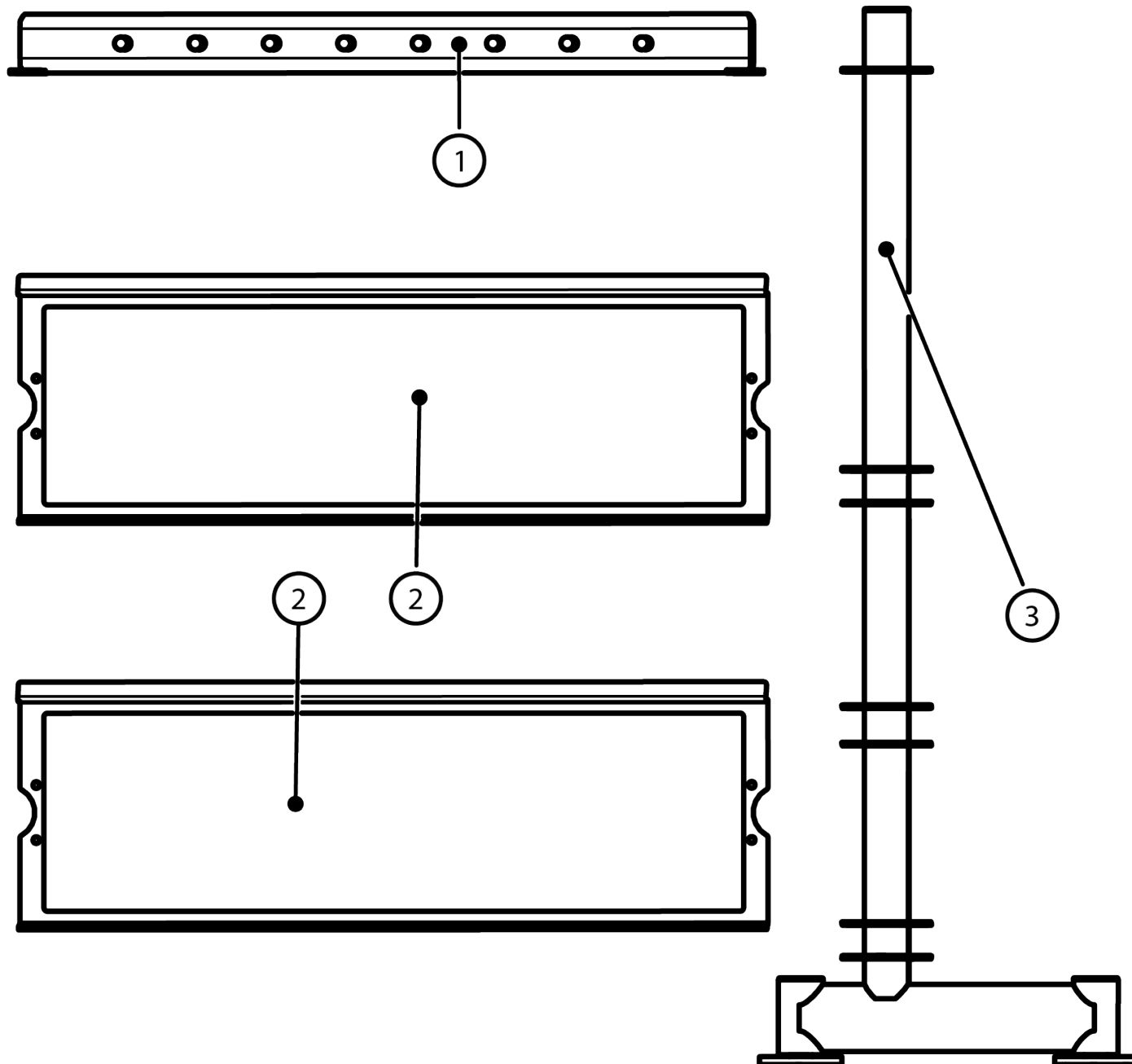
## CHAPTER 2: ASSEMBLY GUIDE

### PRE-ASSEMBLY CHECKLIST:

#### XFT-200 Carton Two Contents

Note: Hardware item numbers on the tooling card may not match the hardware item numbers shown in the owner's manual.

Item	Part Number	Description	Quantity
1	XFT000-CBR000X	Strap Rack	1
2	XFT000-KBR010X	XFT-200/201 Tray	2
3	XFT000-CLM130X	Tall End Column	1



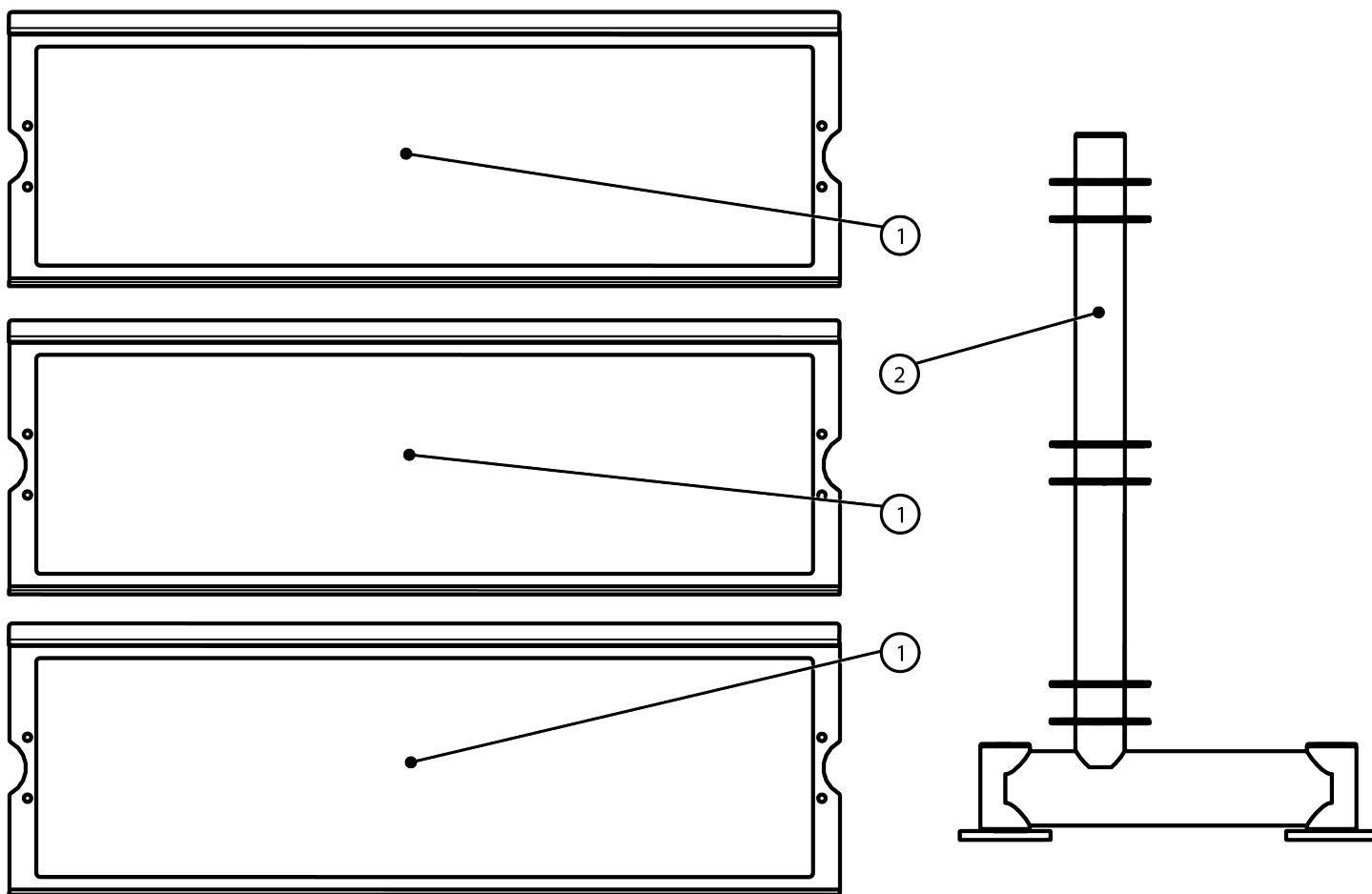
## CHAPTER 2: ASSEMBLY GUIDE

### PRE-ASSEMBLY CHECKLIST:

#### XFT-201 Carton Two Contents

Note: Hardware item numbers on the tooling card may not match the hardware item numbers shown in the owner's manual.

Item	Part Number	Description	Quantity
1	XFT000-KBR010X	XFT-200/201 Tray	3
2	XFT000-CLM120X	Short End Column	1



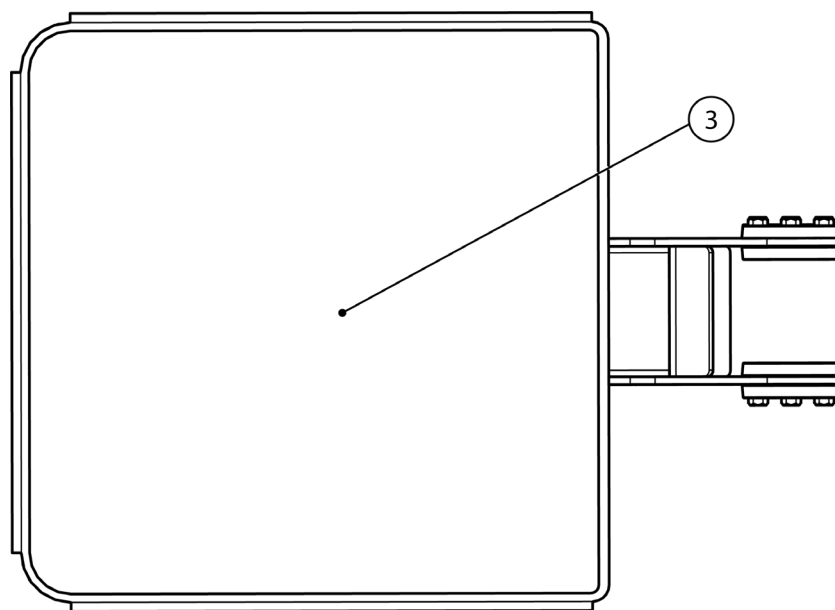
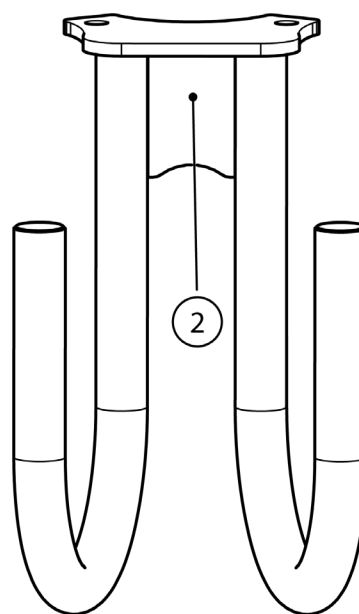
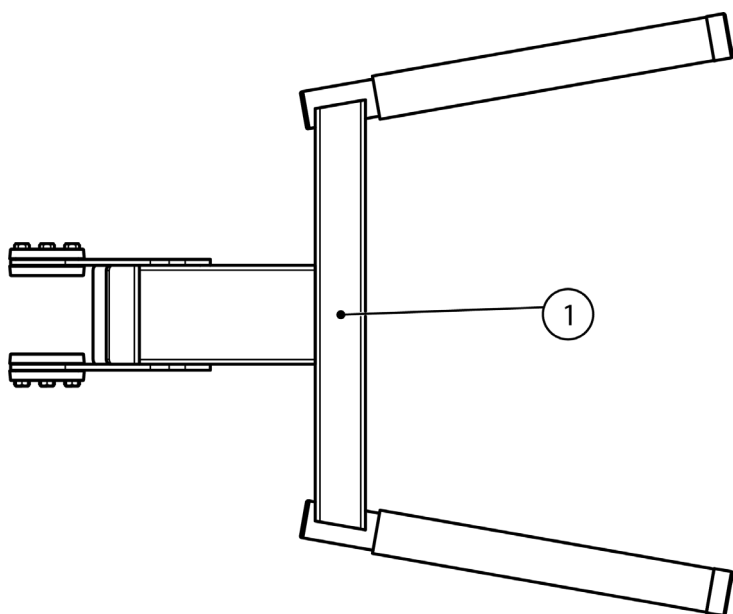
## CHAPTER 2: ASSEMBLY GUIDE

### PRE-ASSEMBLY CHECKLIST:

#### XFT-200/201 Cartons Three, Four, and Five Contents

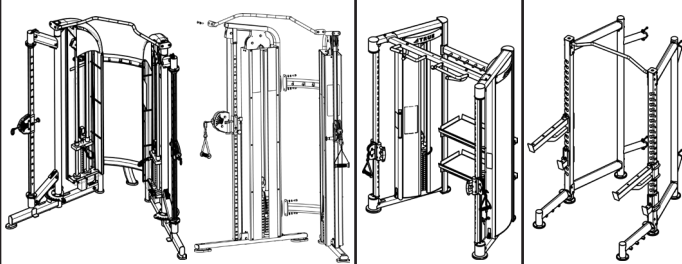
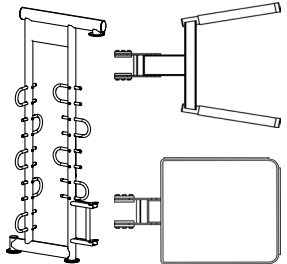
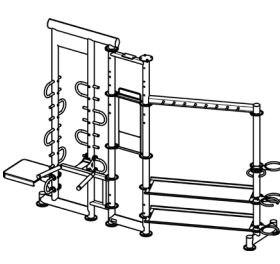
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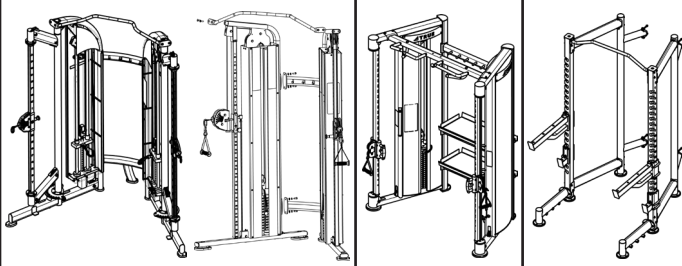
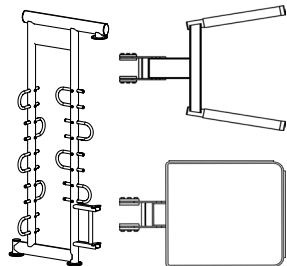
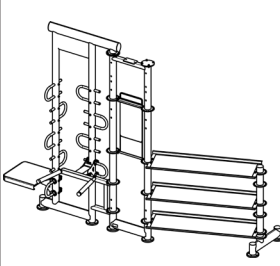
Item	Carton	Part Number	Description	Quantity
1	3	XFT-DIP	Dip Station	1
2	4	XFT-RRC	Battle Rope Hanger Assembly	1
3	5	XFT-SPL	Step Platform	1

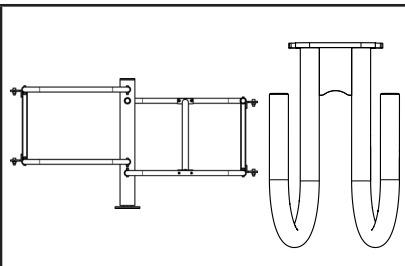
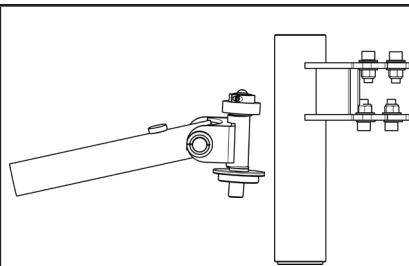
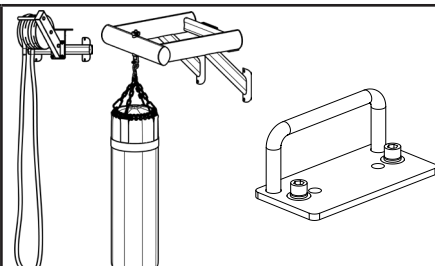


## CHAPTER 2: ASSEMBLY GUIDE

### XFT-200/201 Assembly Overview

XFT-200	Step 1			Step 2	Step 3
Illustration					
Instruction	Assemble the XFT-100, FS-100, XFT-900, FT-900 or XFT-HRK and then secure it to the Center Column Assembly.			Secure Rack Station, Step Platform, and Dip Station.	Tall End Column Configuration
Page #	17-20	21-22	23-24	25-27	28-29

XFT-201	Step 1			Step 2	Step 3
Illustration					
Instruction	Assemble XFT-100, FS-100, XFT-900, FT-900, or XFT-HRK and then secure it to the Center Column Assembly.			Secure Rack Station, Step Platform, and Dip Station.	Short End Column Configuration
Page #	17-20	21-22	23-24	25-27	30-31

Optional Attachments			
Illustration			
Instruction	Bosu Ball/Roller Rack and Battle Rope Hanger	Olympic Bar Storage and Core Trainer	Rope Flex, Heavy Bag, and Suspension Bracket
Page #	32, 35	33-34	36-38 (Only select 1 of 3)

## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

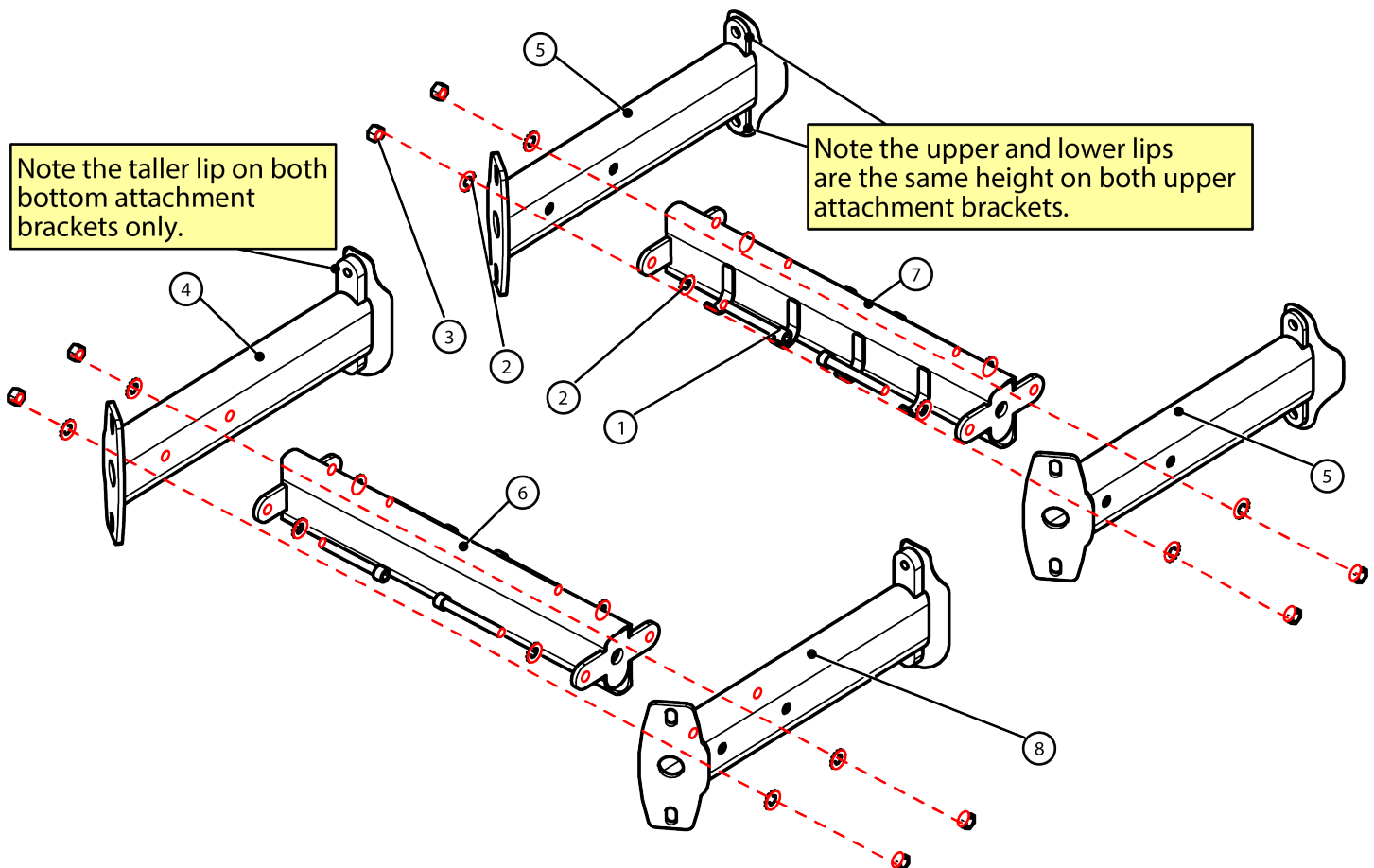
#### Step 1 (XFT-100 & FS-100 Configurations):

Assemble each attachment bracket to the connecting braces using the identified hardware.

Note: Refer to the XFT-100 owner's manual for assembly of the XFT-100 and FS-100 owner's manual for assembly of the FS-100.

Note: The XFT-100 is shown in Steps 1-2C, but the same assembly steps apply for securing the FS-100 to the XFT-200/201.

Item	Part Number	Description	Quantity
1	C 628	SHCS Screw, 3/8"-16, 2-3/4"	8
2	C 754C	Washer, Flat, 3/8"	8
3	C 766A	Lock Nut, 3/8"-16	8
4	XFT000-CBR105	Left, Lower XFT-100/FS-100 Attachment Bracket	1
5	XFT000-CBR110	Upper XFT-100/FS-100 Attachment Bracket	2
6	XFT000-CBR120	Lower XFT-100/FS-100 Cross Brace	1
7	XFT000-CBR115	Upper XFT-100/FS-100 Cross Brace	1
8	XFT000-CBR125	Right, Lower XFT-100/FS-100 Attachment Bracket	1



## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

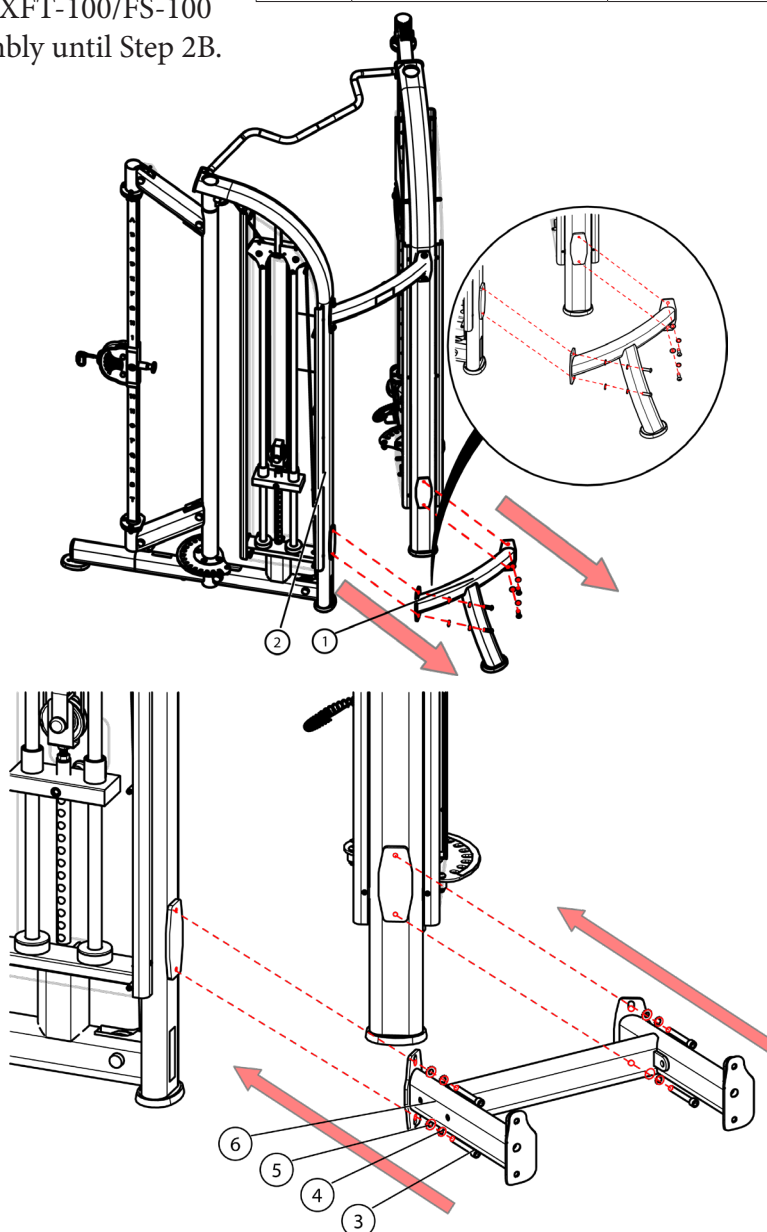
#### Step 2A (XFT-100 & FS-100 Configurations):

First, remove the XFT-100/FS-100 Lower Cross Brace Assembly as shown below.

Next, attach the Lower XFT-100/FS-100 Attachment Bracket to the XFT-100/FS-100 Assembly in the same location using the identified hardware.

Note: Do not remove the XFT-100/FS-100 Upper Cross Brace Assembly until Step 2B.

Item	Part Number	Description	Quantity
1	XFT100-CBR000X	XFT-100/FS-100 Lower Cross Brace Assembly	1
2	XFT-100A	XFT-100 Assembly	1
3	C1023	SHCS, 3/8"-16, 1"	4
4	C 749	Washer, Lock, 3/8"	4
5	C 754C	Washer, Flat, 3/8"	4
6	XFT000-ATT100X	Lower XFT-100/FS-100 Attachment Bracket	1



## CHAPTER 2: ASSEMBLY GUIDE

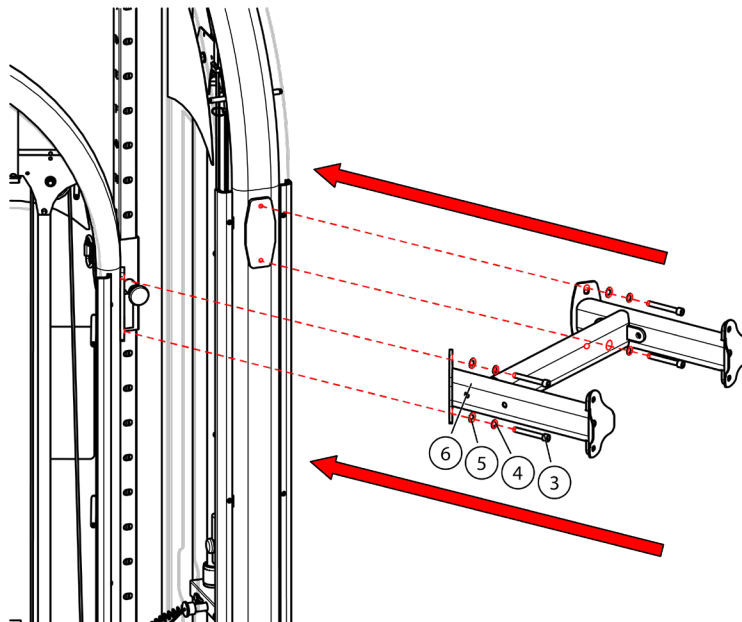
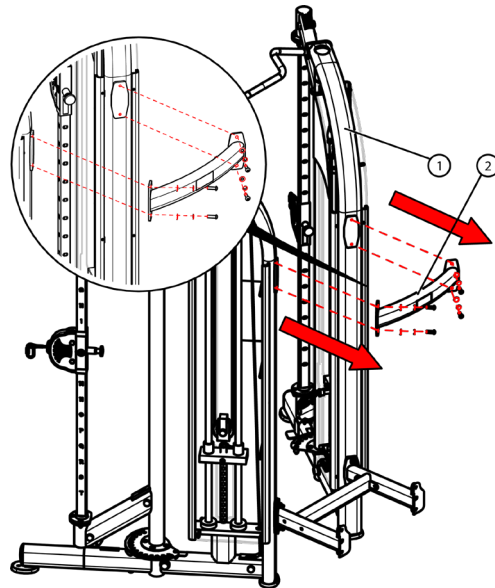
### REQUIRED ASSEMBLY STEPS:

#### Step 2B (XFT-100 & FS-100 Configurations):

First, remove the XFT-100/FS-100 Upper Cross Brace Assembly as shown below.

Next, attach the Upper XFT-100/FS-100 Attachment Bracket to the XFT-100/FS-100 Assembly in the same location using the identified hardware.

Item	Part Number	Description	Quantity
1	XFT-100A	XFT-100 Assembly	1
2	FS100-CBR100X	XFT-100/FS-100 Upper Cross Brace Assembly	1
3	C1023	SHCS, 3/8"-16, 1"	4
4	C 749	Washer, Lock, 3/8"	4
5	C 754C	Washer, Flat, 3/8"	4
6	XFT000-ATT100X	Upper XFT-100/FS-100 Attachment Bracket	1





## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

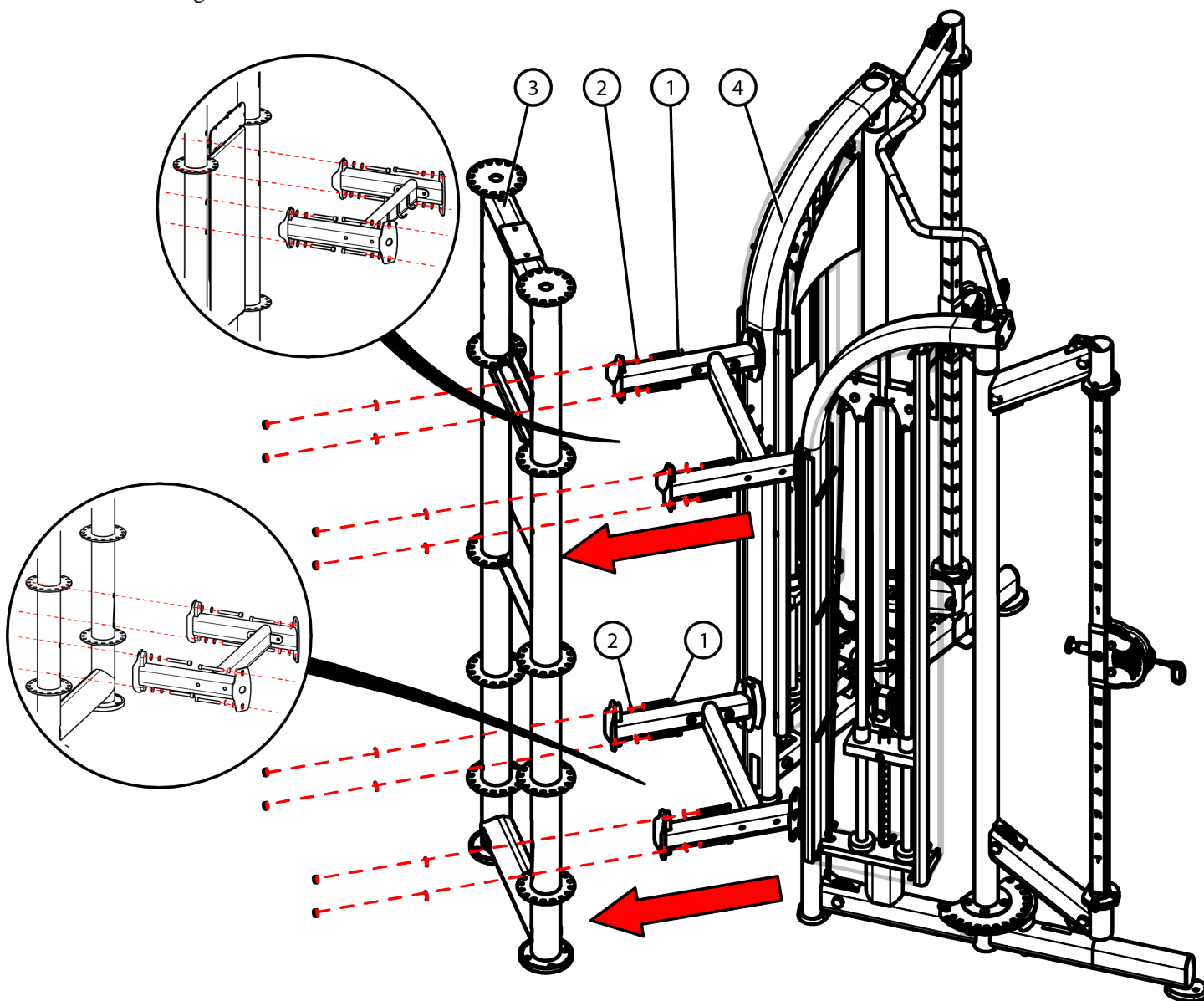
#### Step 2C (XFT-100 & FS 100 Configurations):

Attach the XFT-100/FS-100 Assembly to the Center Column Assembly using the identified hardware.

Secure all hardware from Steps 1-2C.

Confirm the XFT-100/FS-100 Assembly is level using the leveling feet located throughout the machine.

Item	Part Number	Description	Quantity
1	C 634	SHCS Screw, 3/8"-16, 4"	8
2	C 754C	Washer, Flat, 3/8"	8
3	XFT200-CLM110X	Center Column Assembly	1
4	XFT-100A	XFT-100 Assembly	1



## CHAPTER 2: ASSEMBLY GUIDE

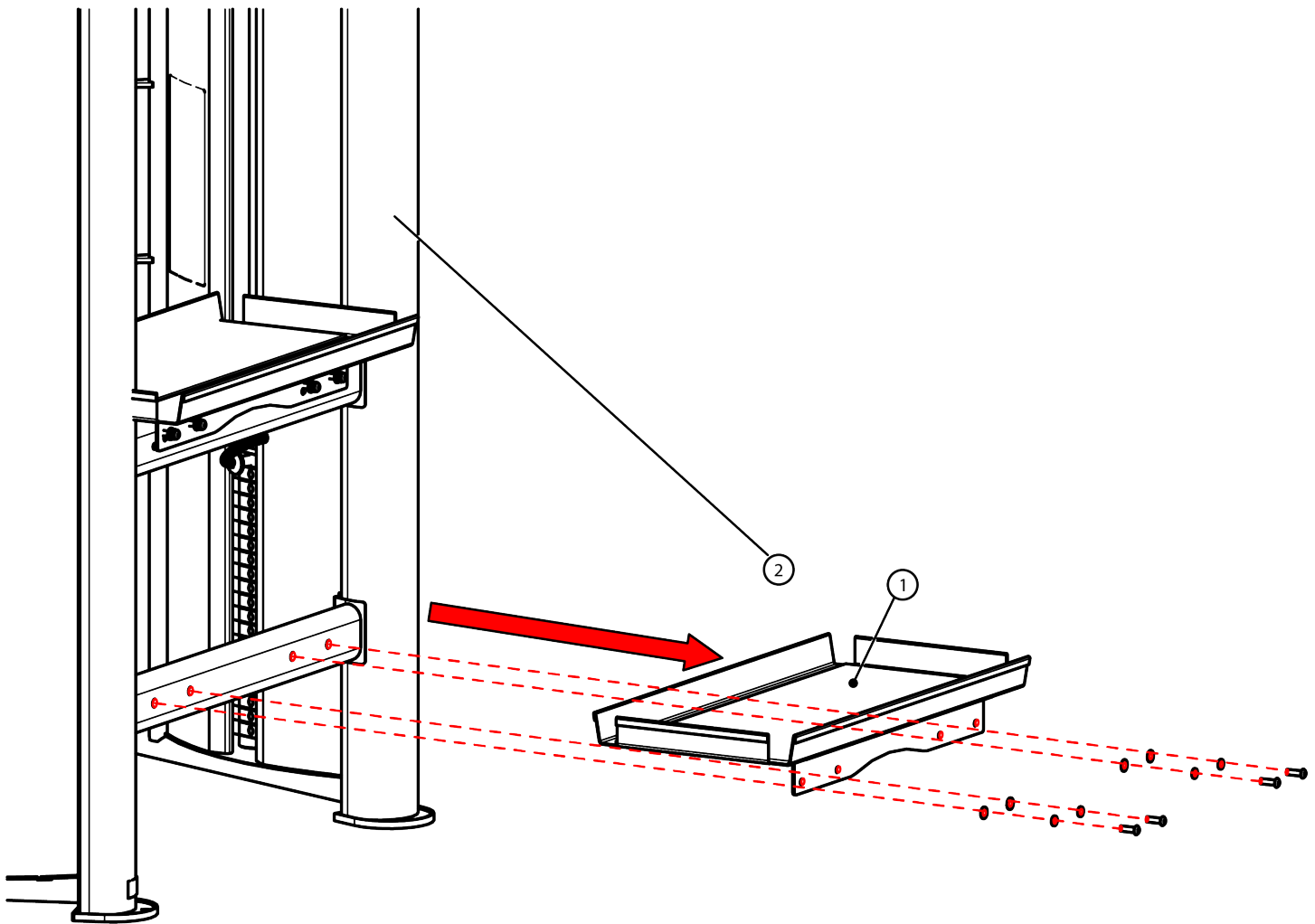
### REQUIRED ASSEMBLY STEPS:

#### Step 1 (XFT-900 & FT-900 Configurations):

If the two optional shelves shown below are assembled to the XFT-900/FT-900, then remove the bottom shelf. The top shelf can remain in place as its removal is not needed for assembly to the XFT-200/201.

Item	Part Number	Description	Quantity
1	XFT900-TRY000X	XFT-900 Tray	2
2	XFT900	XFT-900 Assembly	1

Note: Refer to the XFT-900 owner's manual for assembly of the XFT-900 and FT-900 owner's manual for assembly of the FT-900.



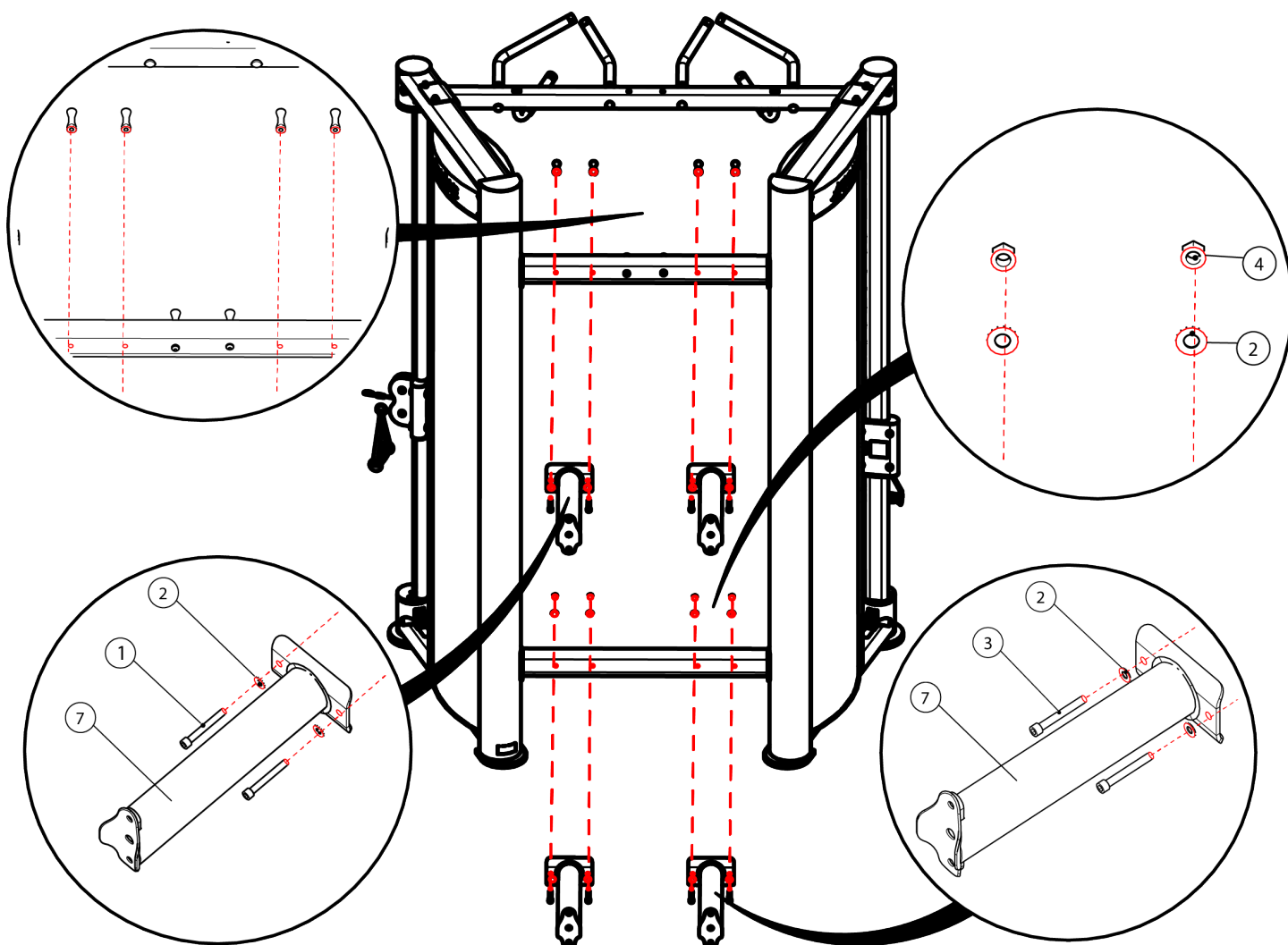
## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

#### Step 2A (XFT-900 & FT-900 Configurations):

Assemble the XFT-900 assembly to the XFT-900 Attachment Brackets using the identified hardware.

Item	Part Number	Description	Quantity
1	C 629	SHCS Screw, 3/8"-16, 2-1/2"	4
2	C 754C	Washer, Flat, 3/8"	12
3	C 631	SHCS Screw, 3/8"-16, 2-3/4"	4
4	C 766A	Lock Nut, 3/8"-16	4
7	XFT000-ATT900X	XFT-900/FT-900 Attachment Bracket	1



## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

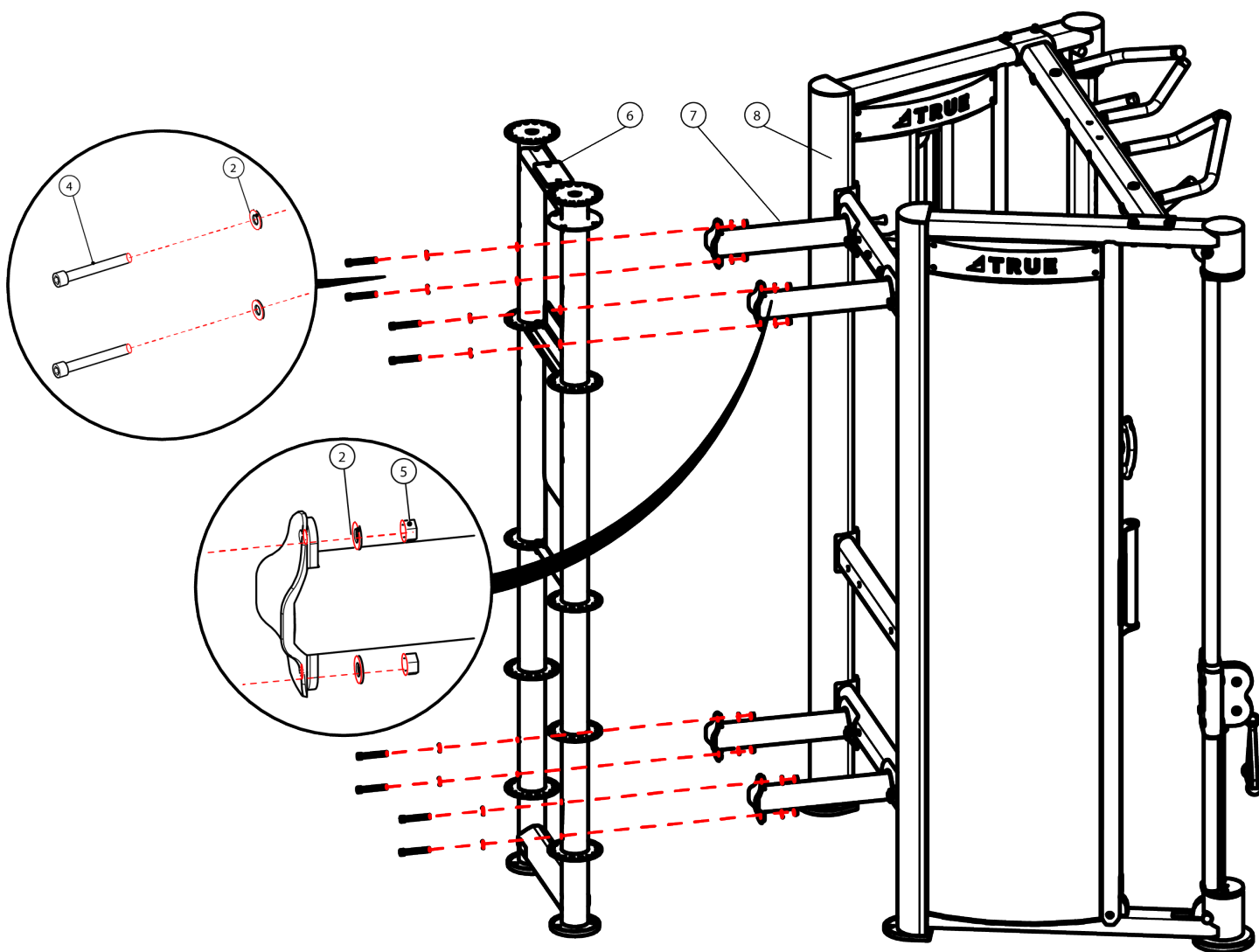
#### Step 2B (XFT-900 & FT-900 Configurations):

Assemble the XFT-900 assembly to the center column assembly using the identified hardware.

Secure all hardware from Steps 1-2B.

Confirm the XFT-900/FT-900 assembly is level using the leveling feet located throughout the machine.

Item	Part Number	Description	Quantity
2	C 754C	Washer, Flat, 3/8"	16
4	C 634	SHCS Screw, 3/8"-16, 4"	8
5	C 766A	Lock Nut, 3/8"-16	8
6	XFT200-CLM110X	Center Column Assembly	1
7	XFT000-ATT900X	XFT-900/FT-900 Attachment Bracket	1
8	XFT900	XFT-900 Assembly	1



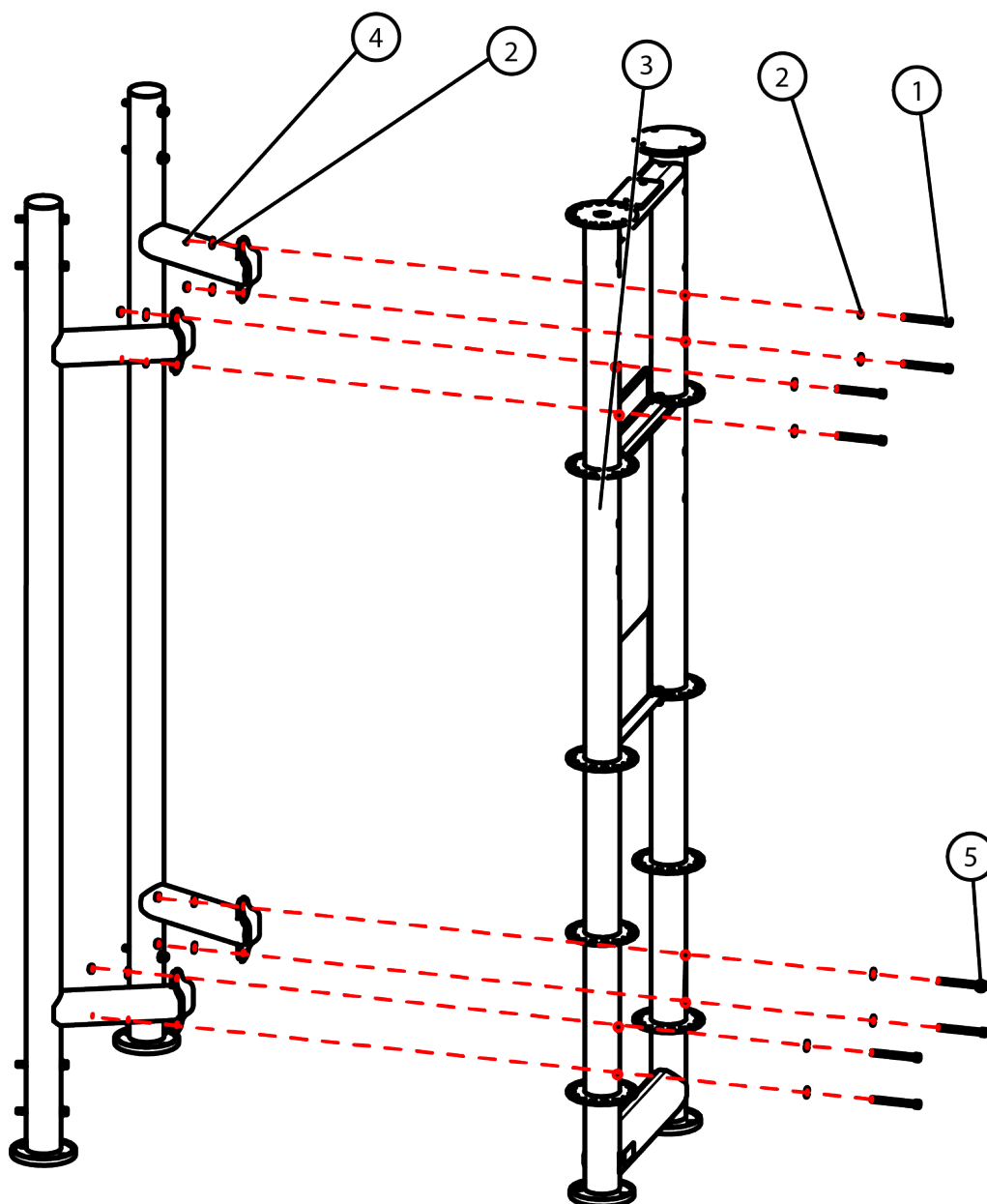
## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

#### Step 1A (XFT-HRK Configurations):

Assemble the center column assembly to the XFT-HRK sub-assembly using the identified hardware.

Item	Part Number	Description	Quantity
1	C1136	SHCS Screw, 3/8"-16, 3-3/4"	4
2	C 754C	Washer, Flat, 3/8"	4
3	XFT200-CLM110X	Center Column Assembly	1
4	C 766A	Lock Nut, 3/8"-16	8
5	C 634	SHCS Screw, 3/8"-16, 4"	4



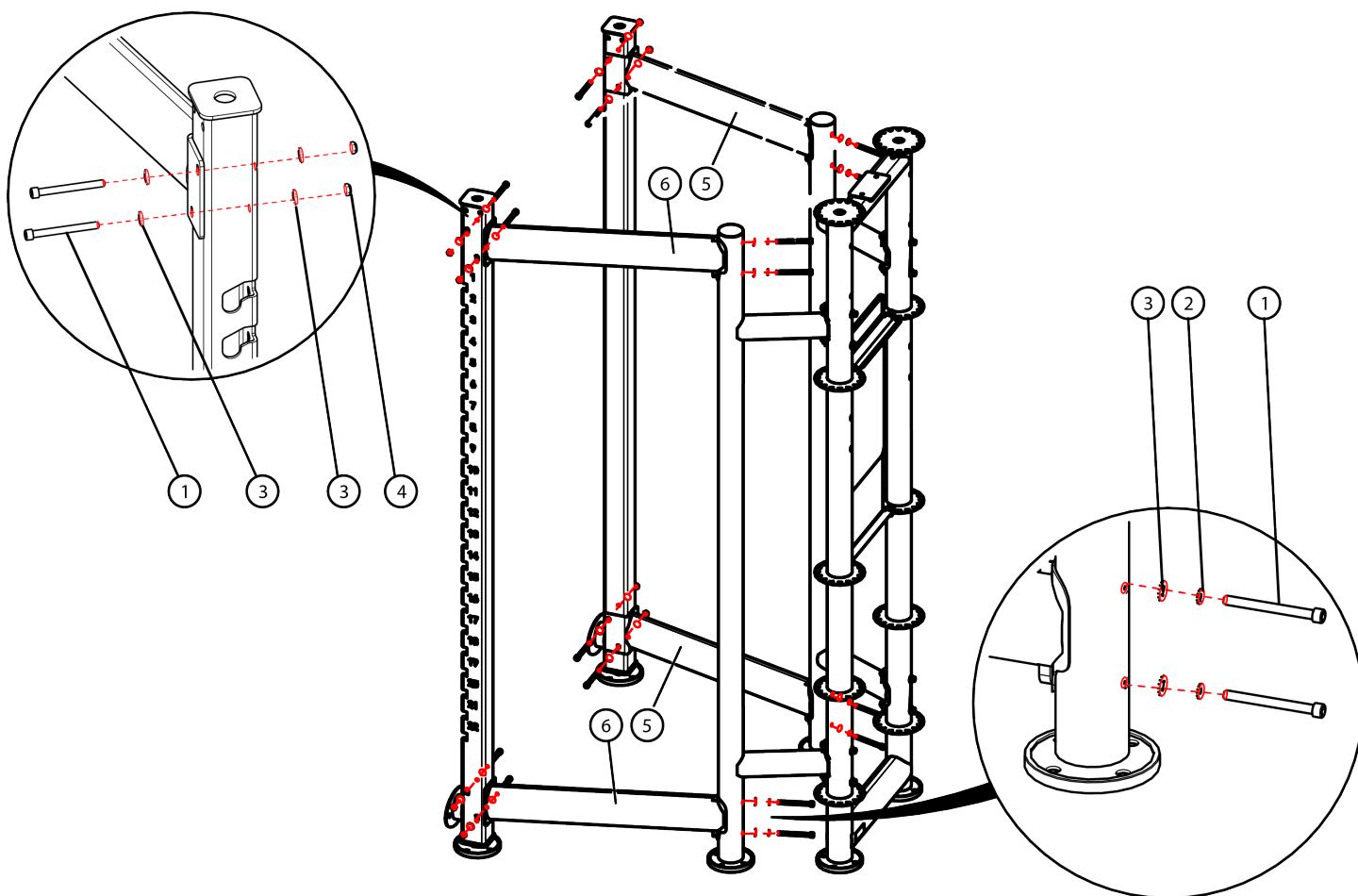
## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

#### Step 1B (XFT-HRK Configurations):

Assemble the XFT-HRK sub-assemblies using the identified hardware.

Item	Part Number	Description	Quantity
1	C 634	SHCS, 3/8"-16, 4"	16
2	C 749	Washer, Lock, 3/8"	8
3	C 754C	Washer, Flat, 3/8"	24
4	C 766A	Lock Nut, 3/8"-16	8
5	XFT-HRK-CTN2B0600	Right XFT-HRK Connecting Brace	2
6	XFT-HRK-CTN1B0600	Left XFT-HRK Connecting Brace	2



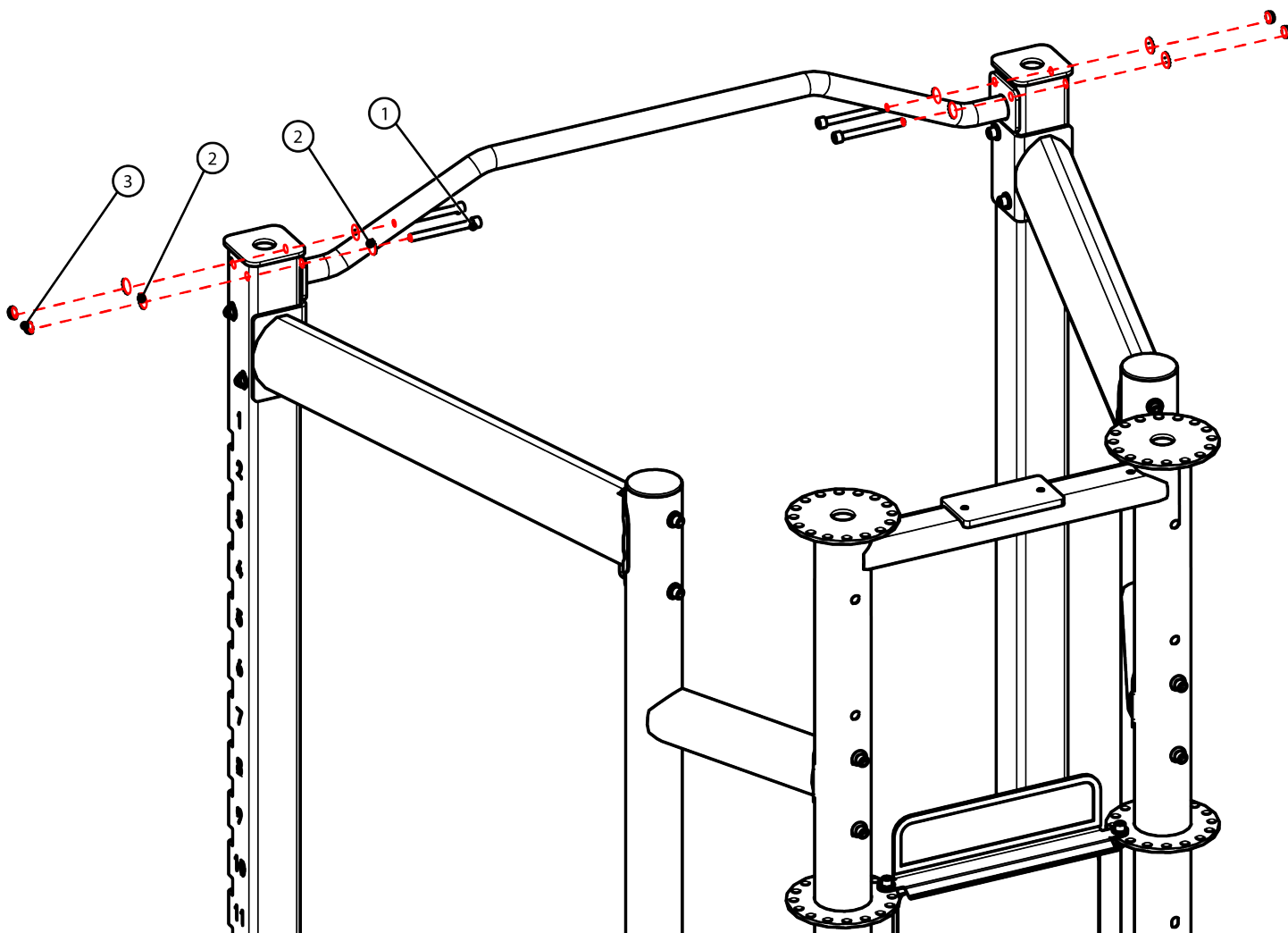
## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

#### Step 1C (XFT-HRK Configurations):

Assemble the chin-up bar to the XFT-HRK using the identified hardware.

Item	Part Number	Description	Quantity
1	C-634	SHCS, 3/8"-16, 4"	4
2	C-754C	Washer, Flat, 3/8"	8
3	C-766A	Lock Nut, 3/8"-16	4



## CHAPTER 2: ASSEMBLY GUIDE

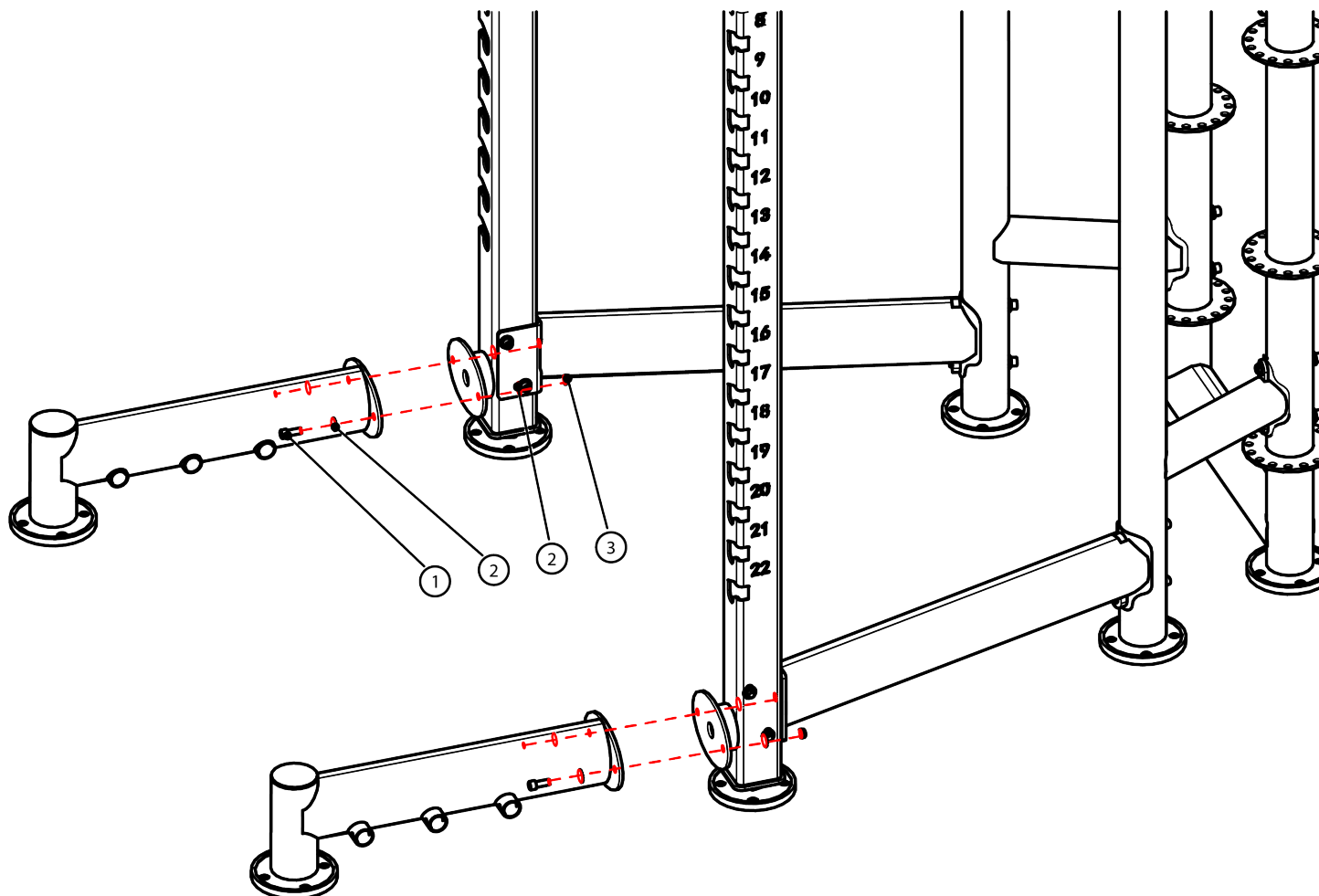
### REQUIRED ASSEMBLY STEPS:

#### Step 1D (XFT-HRK Configurations):

Assemble the chin-up bar to the XFT-HRK using the identified hardware.

Fully tighten all hardware from Steps 1A-1D.

Item	Part Number	Description	Quantity
1	C1023	SHCS, 3/8"-16, 1"	4
2	C-754C	Washer, Flat, 3/8"	8
3	C-766A	Lock Nut, 3/8"-16	4





## CHAPTER 2: ASSEMBLY GUIDE

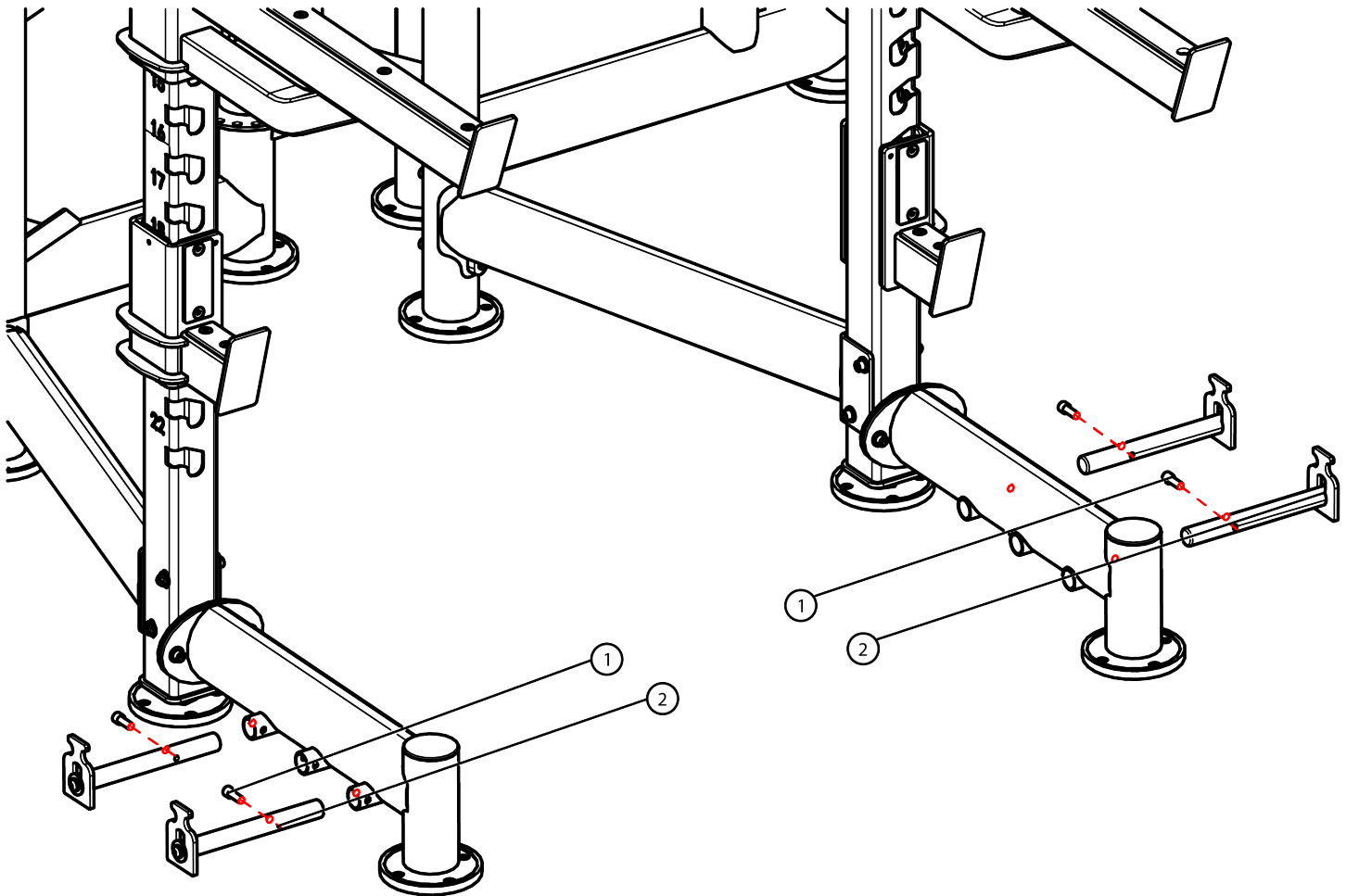
### REQUIRED ASSEMBLY STEPS:

#### Step 2 (XFT-HRK Configuration):

Assemble the optional band peg kit to the Half Rack using the identified hardware.

Item	Part Number	Description	Quantity
1	C-623	SHCS, 5/8"-18, 1-1/4"	4
2	PSXFW83-BPG	Band Peg Kit	4

Note: The band peg kit option is used only when the Half Rack option is used.



## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

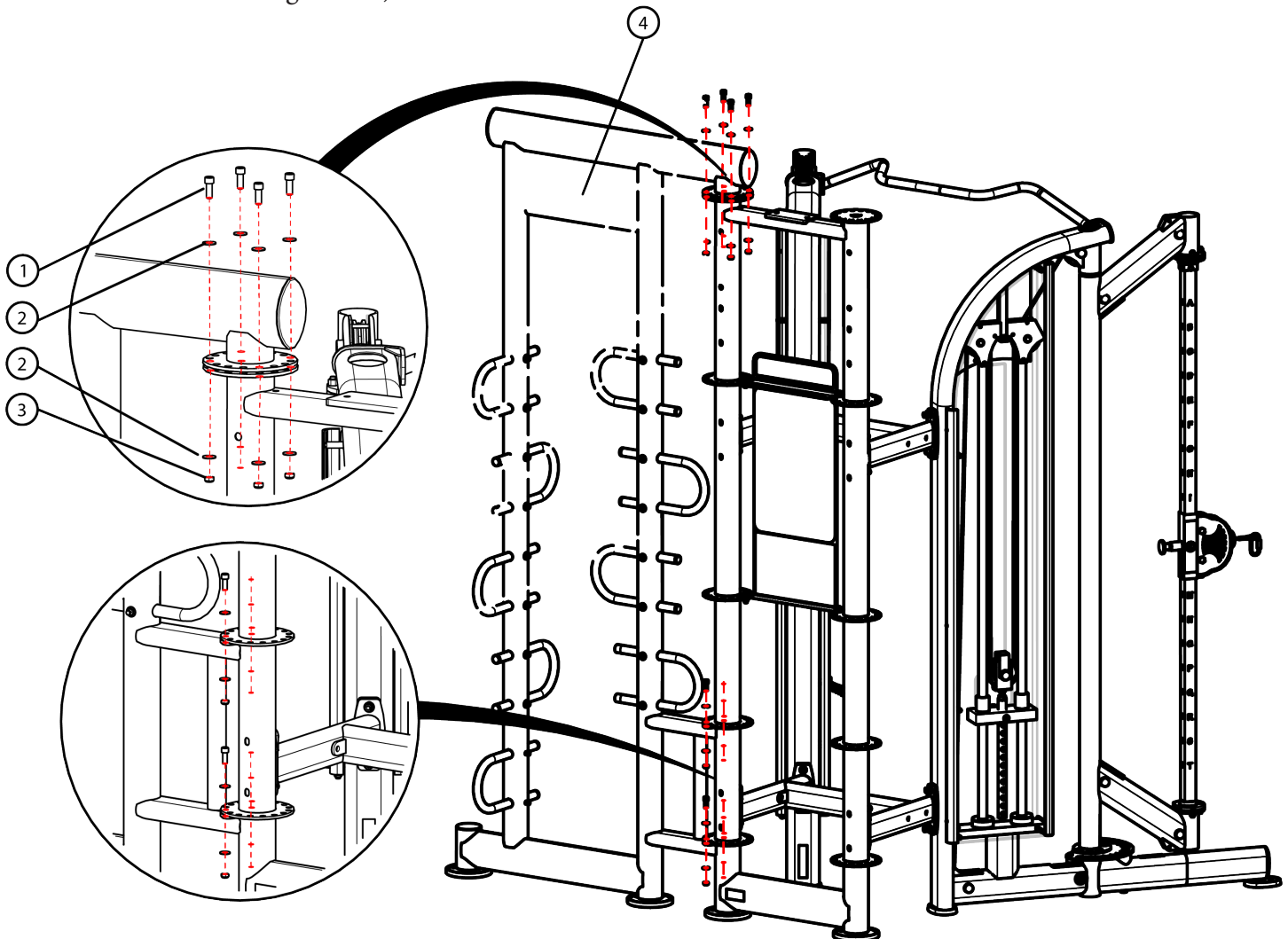
#### Step 3 (Rack Station):

Assemble the rack station to the center column assembly using the identified hardware.

Note: Shown with XFT-100, but the same assembly steps apply to the FS-100, XFT-900, FT-900, and XFT-HRK.

Note: For XFT-200 configurations, proceed to Step 4 (XFT-200 Tall Column Configuration). For XFT-201 configurations, proceed to Step 6 (XFT-201 Short Column Configuration).

Item	Part Number	Description	Quantity
1	C1023	SHCS, 3/8"-16, 1"	4
2	C-754C	Washer, Flat, 3/8"	8
3	C-766A	Lock Nut, 3/8"-16	4
4	XFT200-CLM160X	Rack Station	1



## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

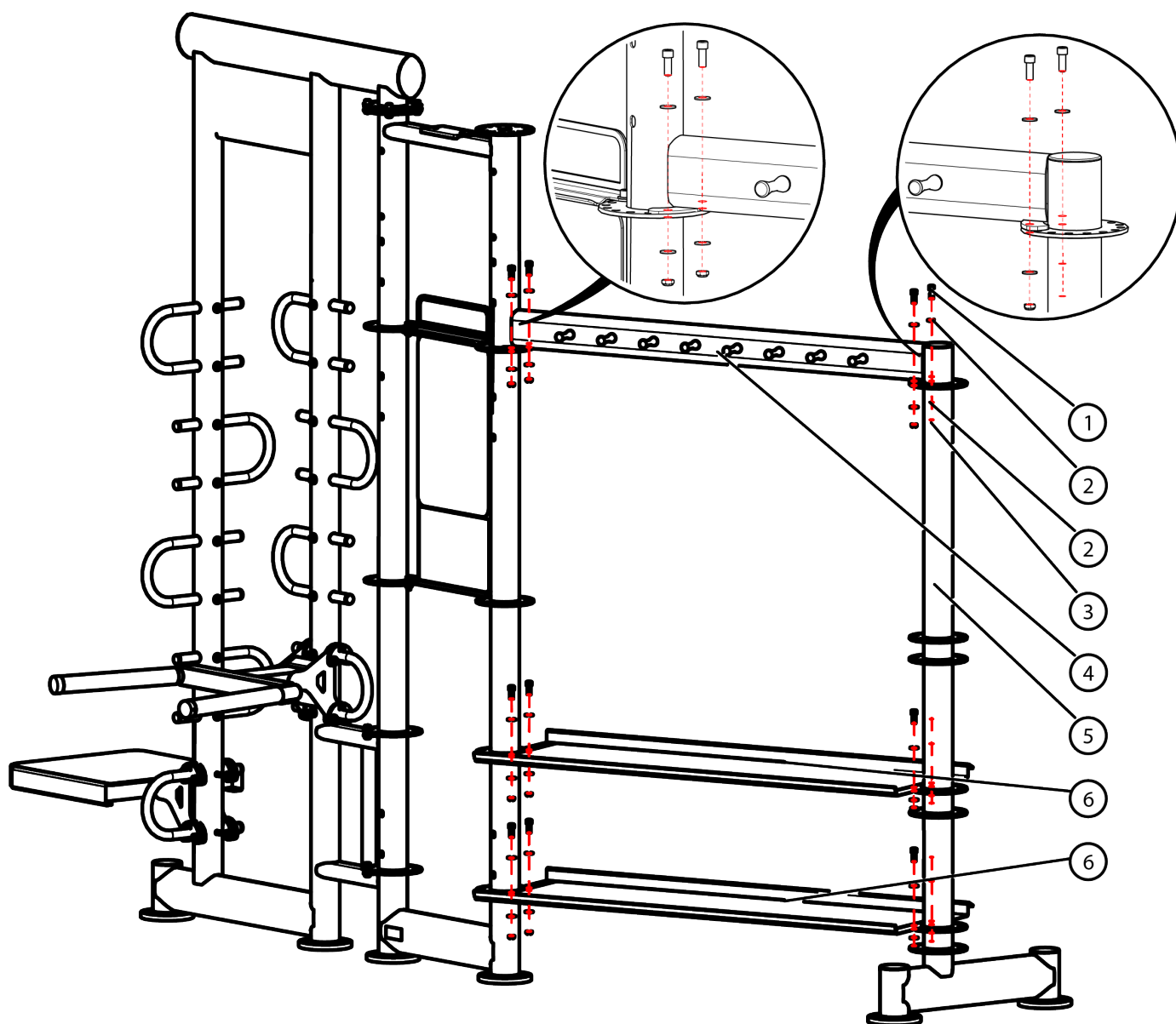
#### Step 4 (XFT-200 Tall End Column Configuration):

In order of bottom tray, top tray, and strap rack, assemble all three to the center column assembly and tall end column using the identified hardware.

Confirm the Tall End Column configuration is level using the leveling feet.

Item	Part Number	Description	Quantity
1	C1023	SHCS, 3/8"-16, 1"	12
2	C-754C	Washer, Flat, 3/8"	24
3	C-766A	Lock Nut, 3/8"-16	12
4	XFT000-CBR000X	Strap Rack	1
5	XFT000-CLM130X	Tall End Column	1
6	XFT000-KBR010X	XFT-200/201 Tray	2

Note: XFT-100/FS-100/XFT-900/FT-900/Half Rack removed for clarity in Steps 4 and 5.



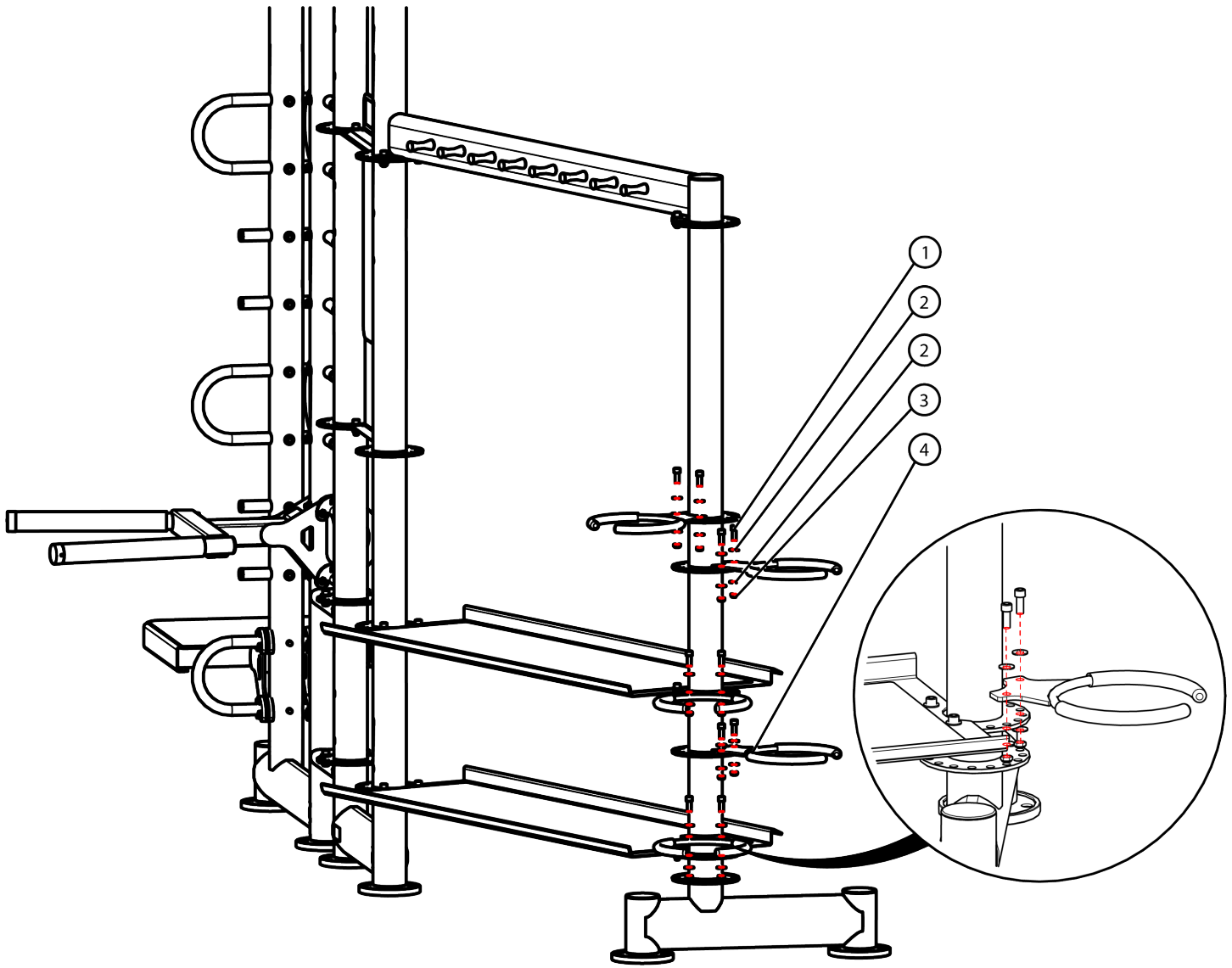
## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

#### Step 5 (XFT-200 Tall End Column Configuration):

Secure the medicine ball rings (maximum of five allowed) to the tall end column using the identified hardware.

Item	Part Number	Description	Quantity
1	C1023	SHCS, 3/8"-16, 1"	10
2	C-754C	Washer, Flat, 3/8"	20
3	C-766A	Lock Nut, 3/8"-16	10
4	XFT-MDR	Medicine Ball Ring	5



## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

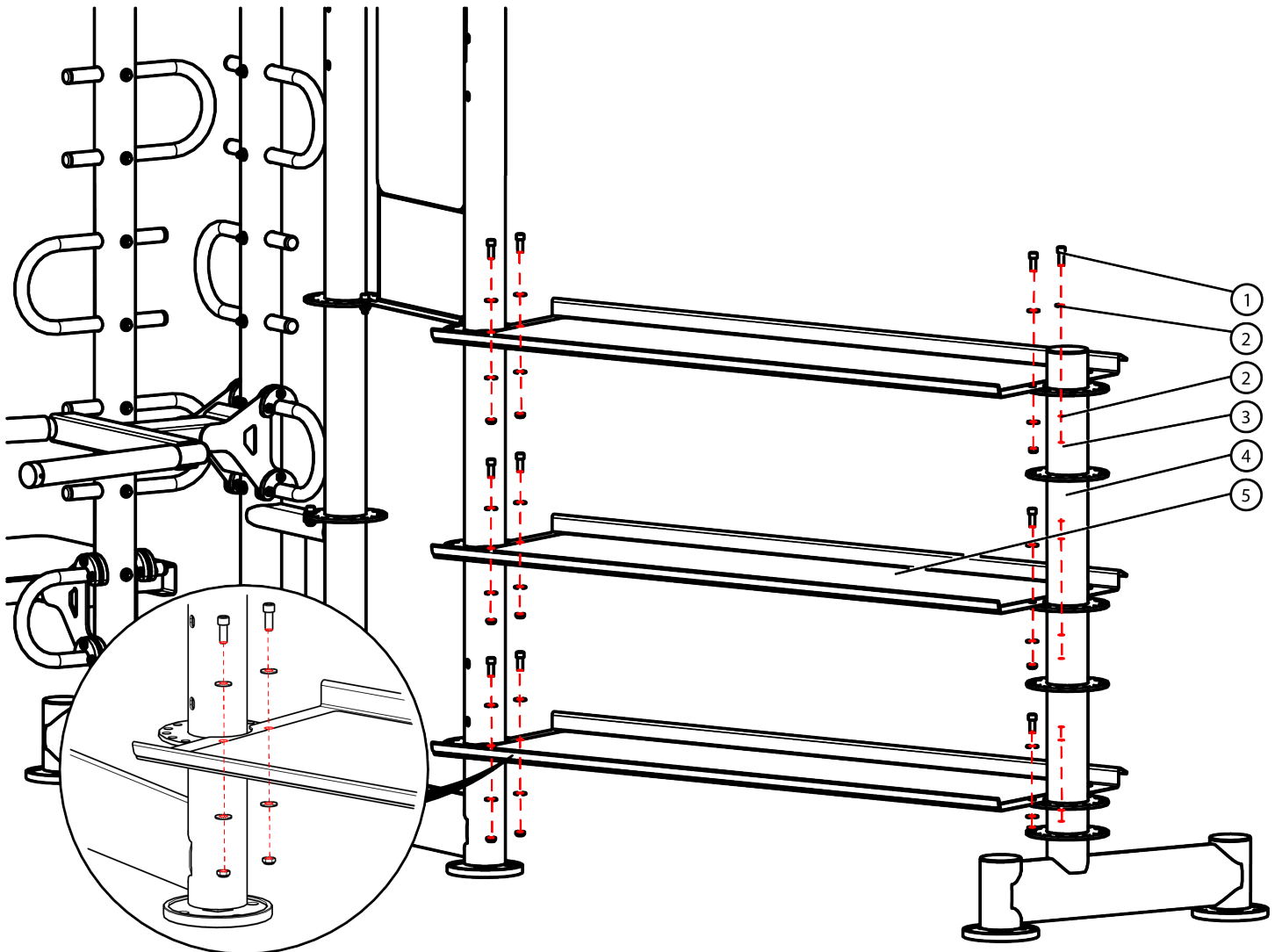
#### Step 6 (XFT-201 Short End Column Configuration):

In order of bottom tray, middle tray, and top tray, assemble all three to the center column assembly and short end column using the identified hardware.

Item	Part Number	Description	Quantity
1	C1023	SHCS, 3/8"-16, 1"	12
2	C-754C	Washer, Flat, 3/8"	24
3	C-766A	Lock Nut, 3/8"-16	12
4	XFT000-CLM120X	Short End Column	1
5	XFT000-KBR010X	XFT-200/201 Tray	3

Confirm the Short End Column configuration is level using the leveling feet.

Note: XFT-100/FS-100/XFT-900/FT-900/Half Rack removed for clarity in Steps 6 and 7.



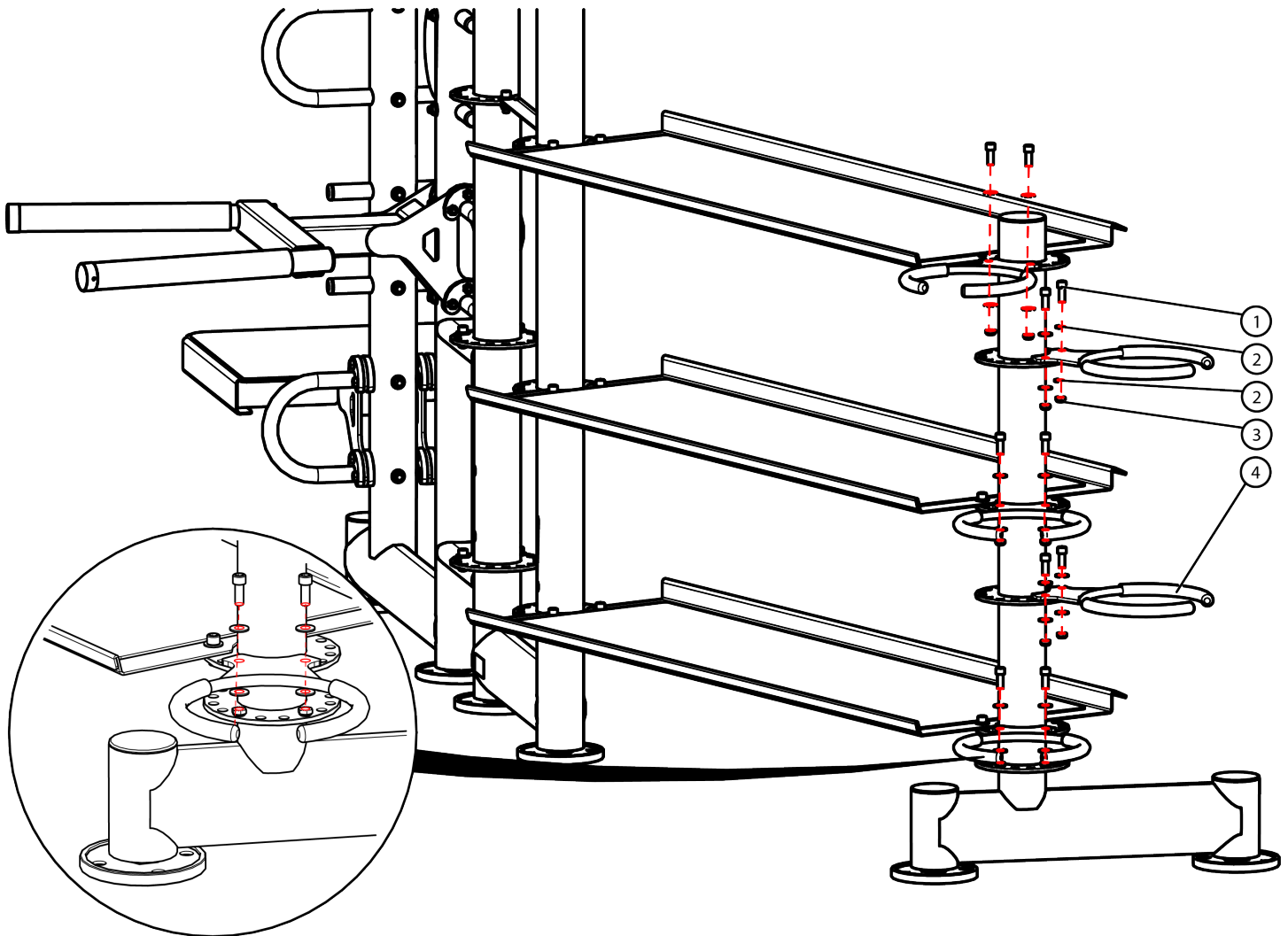
## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED ASSEMBLY STEPS:

#### Step 7 (XFT-201 Short End Column Configuration):

Secure the medicine ball rings (maximum of five allowed) to the short end column using the identified hardware.

Item	Part Number	Description	Quantity
1	C1023	SHCS, 3/8"-16, 1"	10
2	C-754C	Washer, Flat, 3/8"	20
3	C-766A	Lock Nut, 3/8"-16	10
4	XFT-MDR	Medicine Ball Ring	5



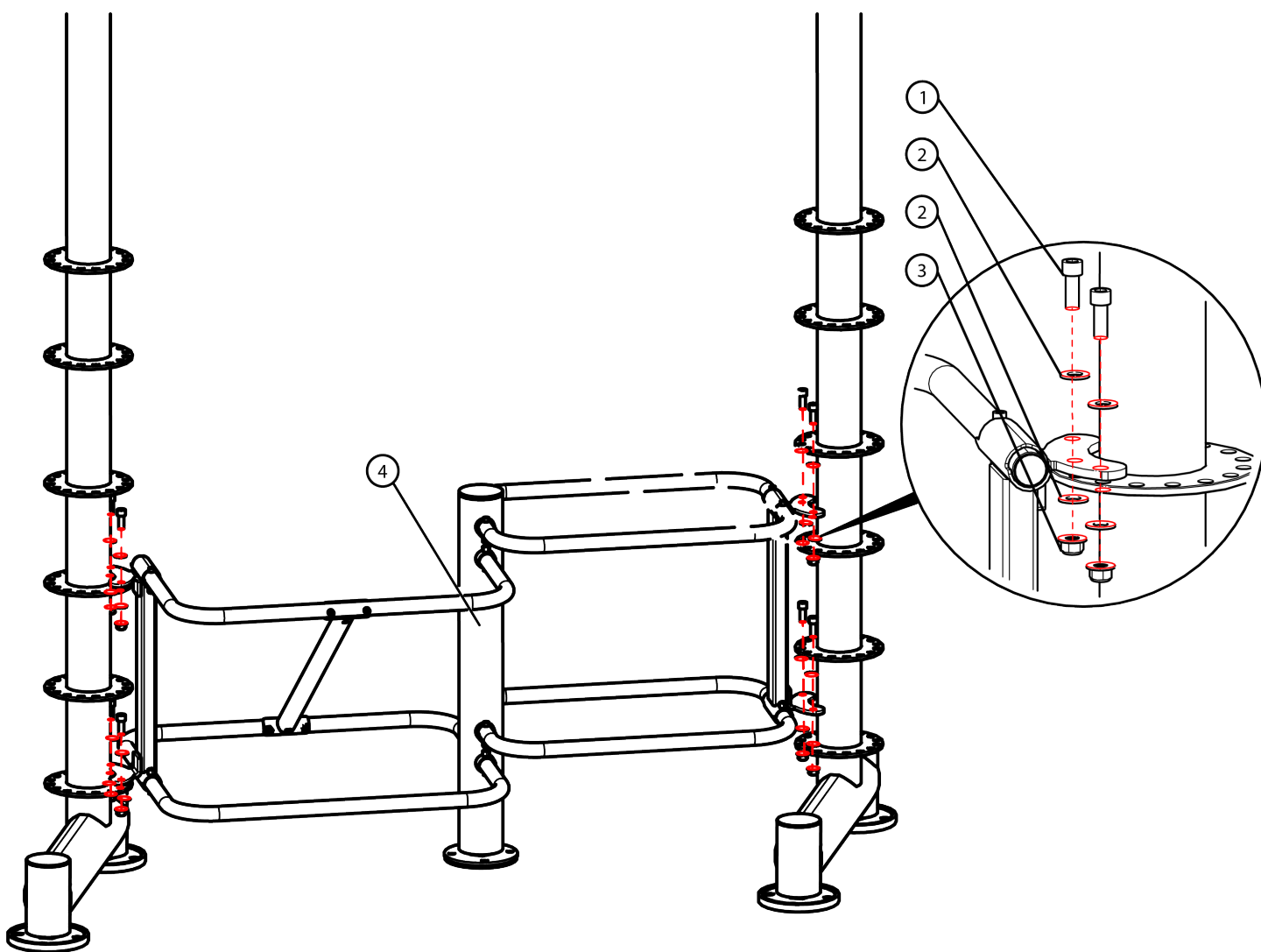
## CHAPTER 2: ASSEMBLY GUIDE

### OPTIONAL ASSEMBLY STEPS:

#### Step 8 (Bosu Ball and Roller Rack):

Secure the bosu ball/roller rack to the tall or short end column and the tall or short end column provided with the bosu ball and roller rack assembly using the identified hardware.

Item	Part Number	Description	Quantity
1	C-623	SHCS, 5/8"-18, 1-1/4"	8
2	C-754C	Washer, Flat, 3/8"	16
3	C-766A	Lock Nut, 3/8"-16	8
4	XFT000-RLR500X	Bosu Ball/Roller Rack	1



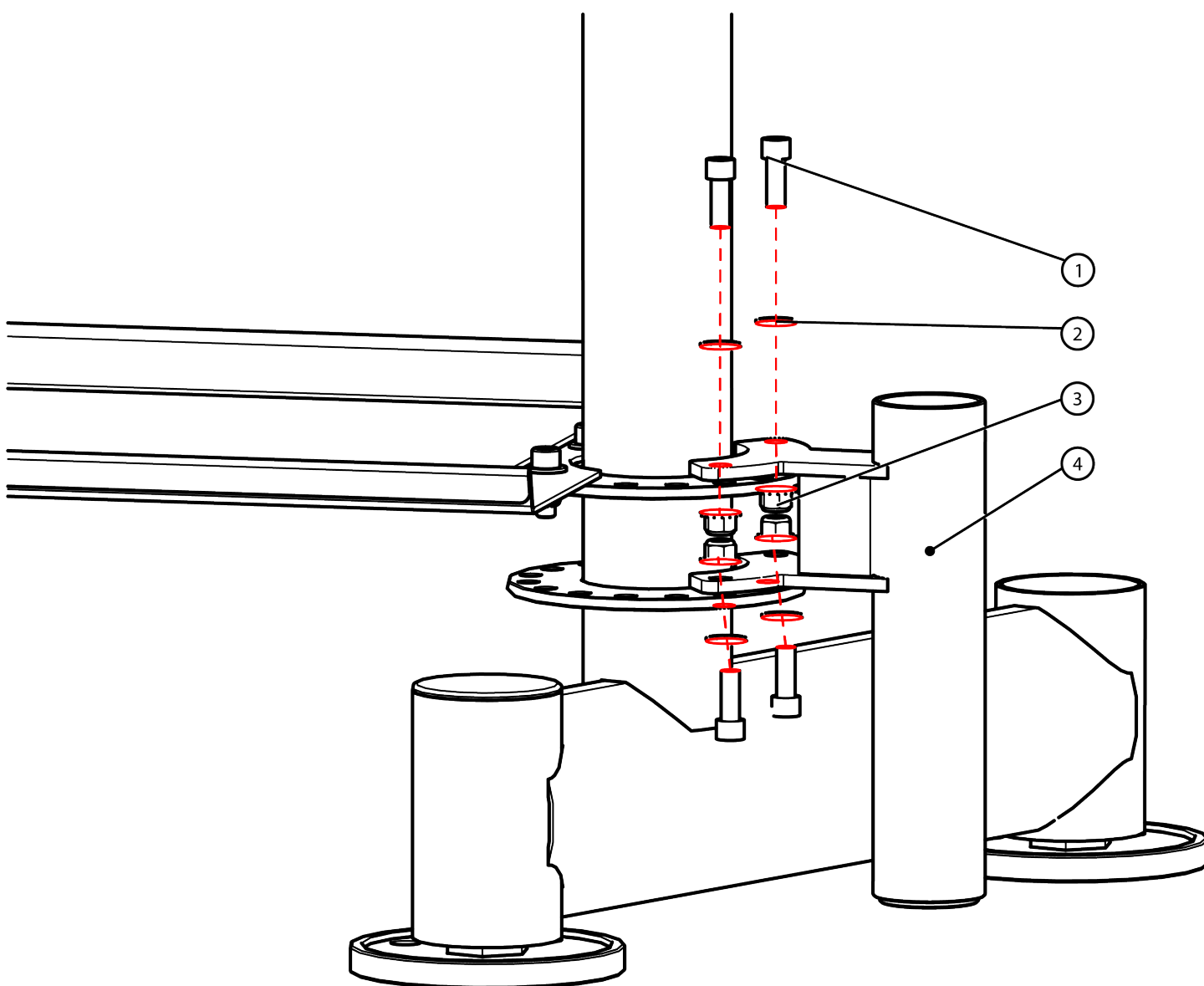
## CHAPTER 2: ASSEMBLY GUIDE

### OPTIONAL ASSEMBLY STEPS:

#### Step 9 (Olympic Bar Storage):

Secure the olympic bar storage to the end column using the identified hardware.

Item	Part Number	Description	Quantity
1	C-623	SHCS, 5/8"-18, 1-1/4"	4
2	C-754C	Washer, Flat, 3/8"	8
3	C-766A	Lock Nut, 3/8"-16	4
4	XFT-OBS	Olympic Bar Storage	1





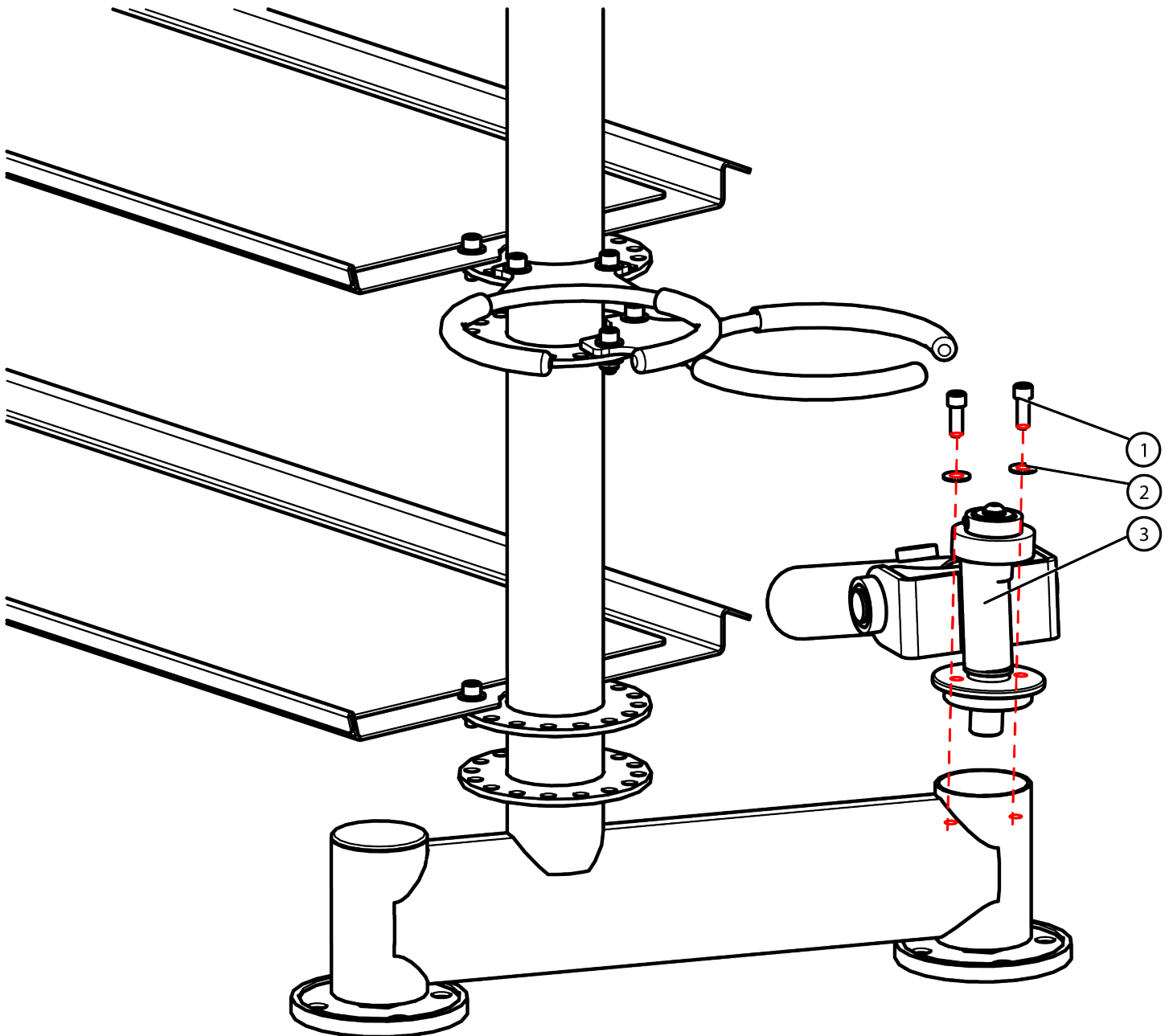
## CHAPTER 2: ASSEMBLY GUIDE

### OPTIONAL ASSEMBLY STEPS:

#### Step 10 (Core Trainer):

Secure the core trainer to the end column using the identified hardware.

Item	Part Number	Description	Quantity
1	C1012	SHCS, 3/8"-16, 2-1/4"	2
2	C-754C	Washer, Flat, 3/8"	2
3	XFT-CRTA	Core Trainer Assembly	1



## CHAPTER 2: ASSEMBLY GUIDE

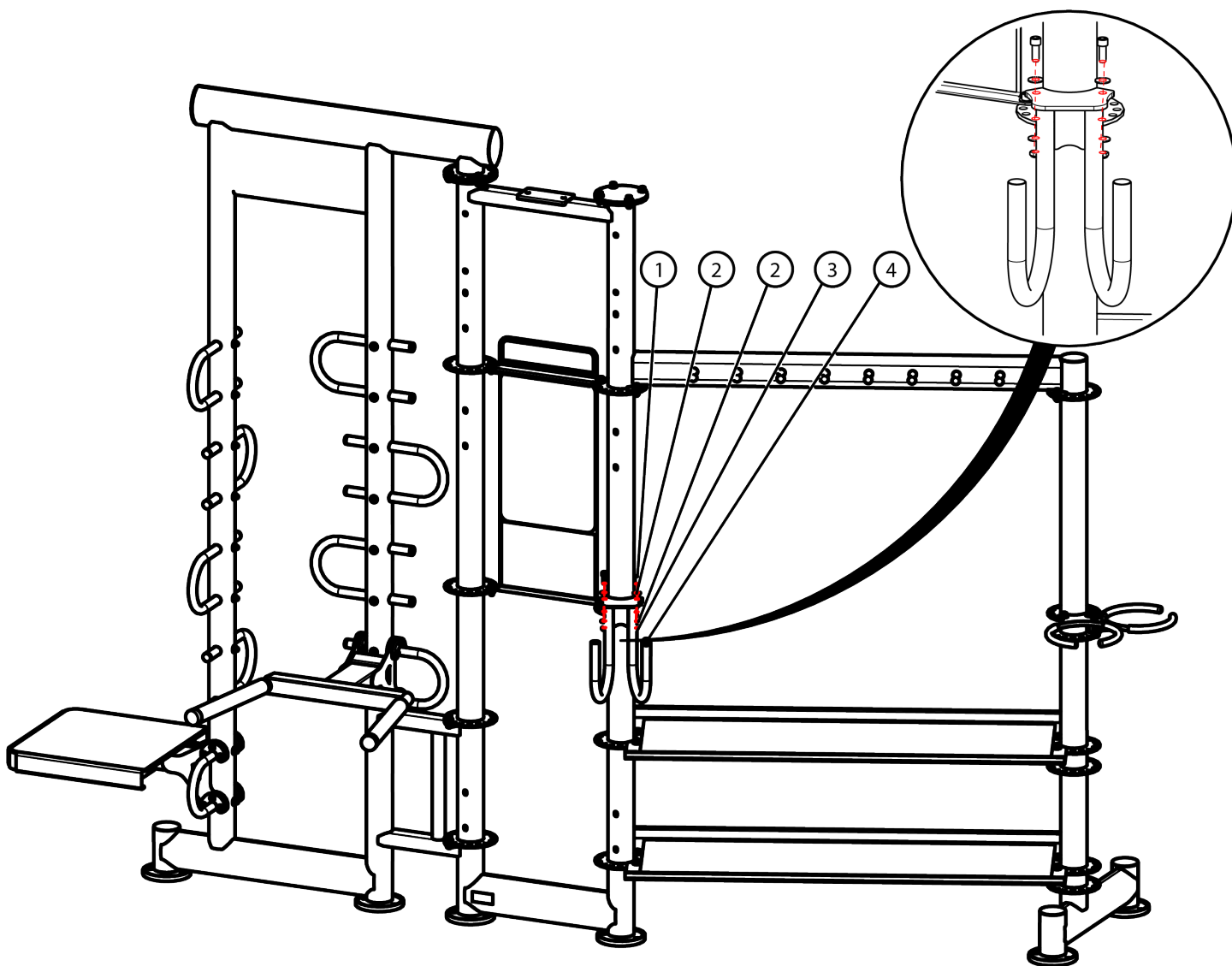
### OPTIONAL ASSEMBLY STEPS:

#### Step 11 (Battle Rope Hanger):

Secure the battle rope hanger to the end column using the identified hardware.

Note: The Battle Rope Hanger can be secured in other column mounting locations dependent on your overall XFT-200/201 configuration.

Item	Part Number	Description	Quantity
1	C1023	SHCS, 3/8"-16, 1"	2
2	C-754C	Washer, Flat, 3/8"	4
3	C-766A	Lock Nut, 3/8"-16	2
4	XFT000-RCK040X	Battle Rope Hanger Assembly	1



## CHAPTER 2: ASSEMBLY GUIDE

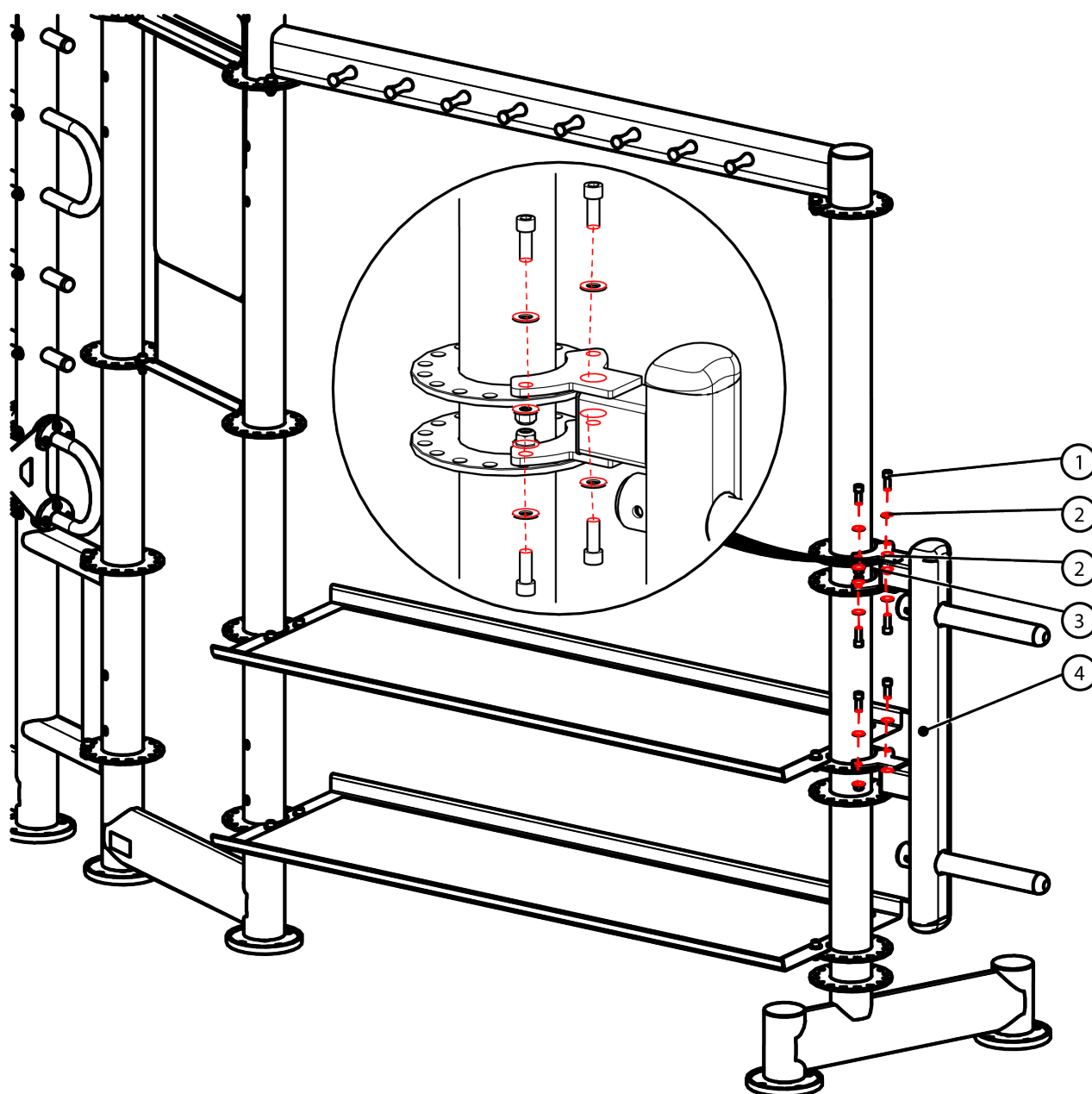
### OPTIONAL ASSEMBLY STEPS:

#### Step 12 (Weight Plate Storage Bar):

Secure the weight plate storage bar to the tall end column using the identified hardware.

Note: The short end column can also be used.

Item	Part Number	Description	Quantity
1	C-623	SHCS, 5/8"-16, 1-1/4"	6
2	C-754C	Washer, Flat, 3/8"	12
3	C-766A	Lock Nut, 3/8"-16	6
4	XFT-WPS	Weight Plate Storage	1



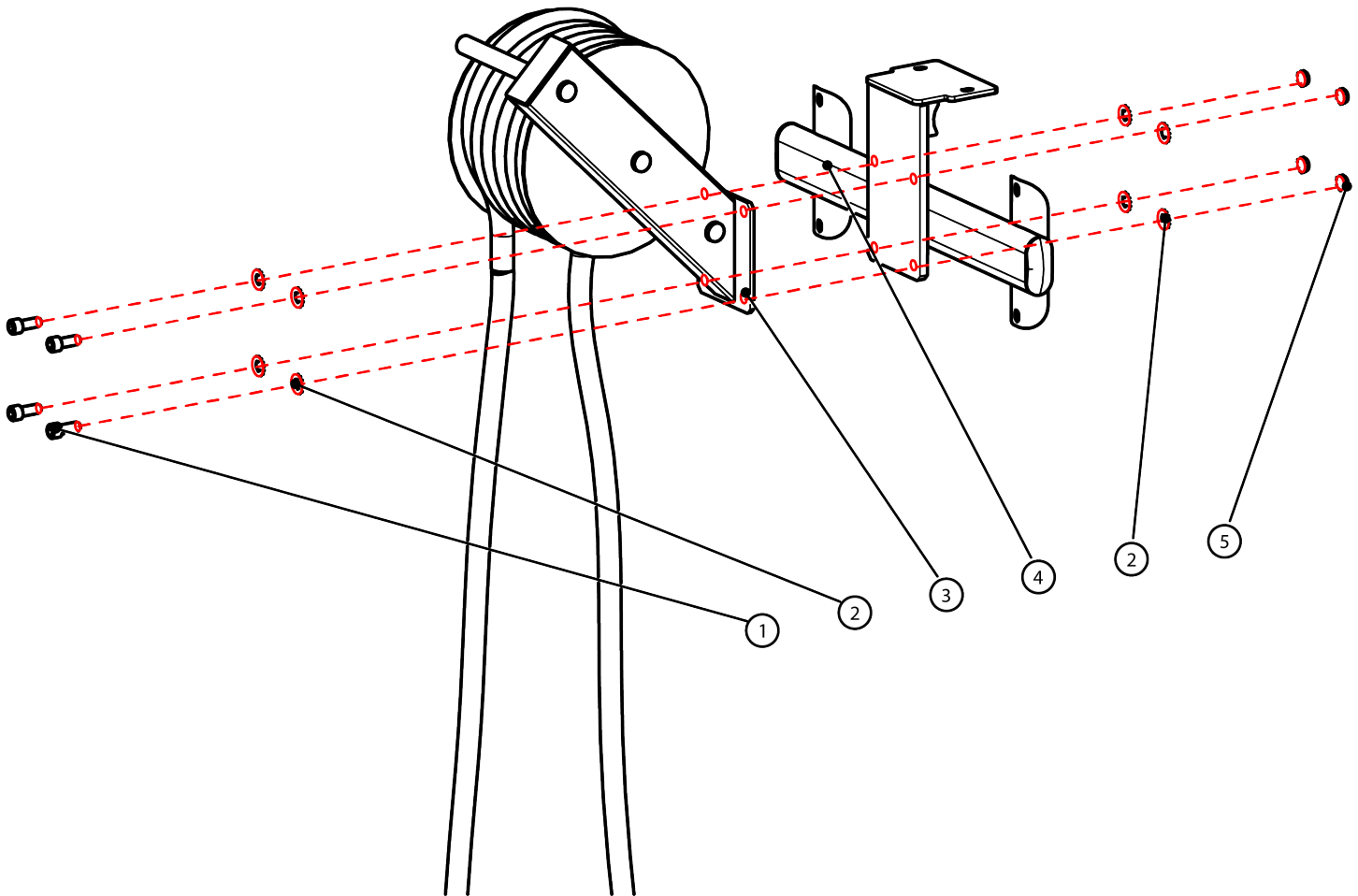
## CHAPTER 2: ASSEMBLY GUIDE

### OPTIONAL ASSEMBLY STEPS:

#### Step 13A (Rope Flex):

Secure the rope flex to the rope flex bracket using the identified hardware.

Item	Part Number	Description	Quantity
1	C1068	SHCS, 1/2"-13, 1-1/4"	4
2	C1066	Washer, Flat, 1/2"	8
3	XFT000-RPL520X	Rope Flex	1
4	XFT200-RPL501X	Rope Flex Bracket	1
5	W0220	Lock Nut, 1/2"-13	4



## CHAPTER 2: ASSEMBLY GUIDE

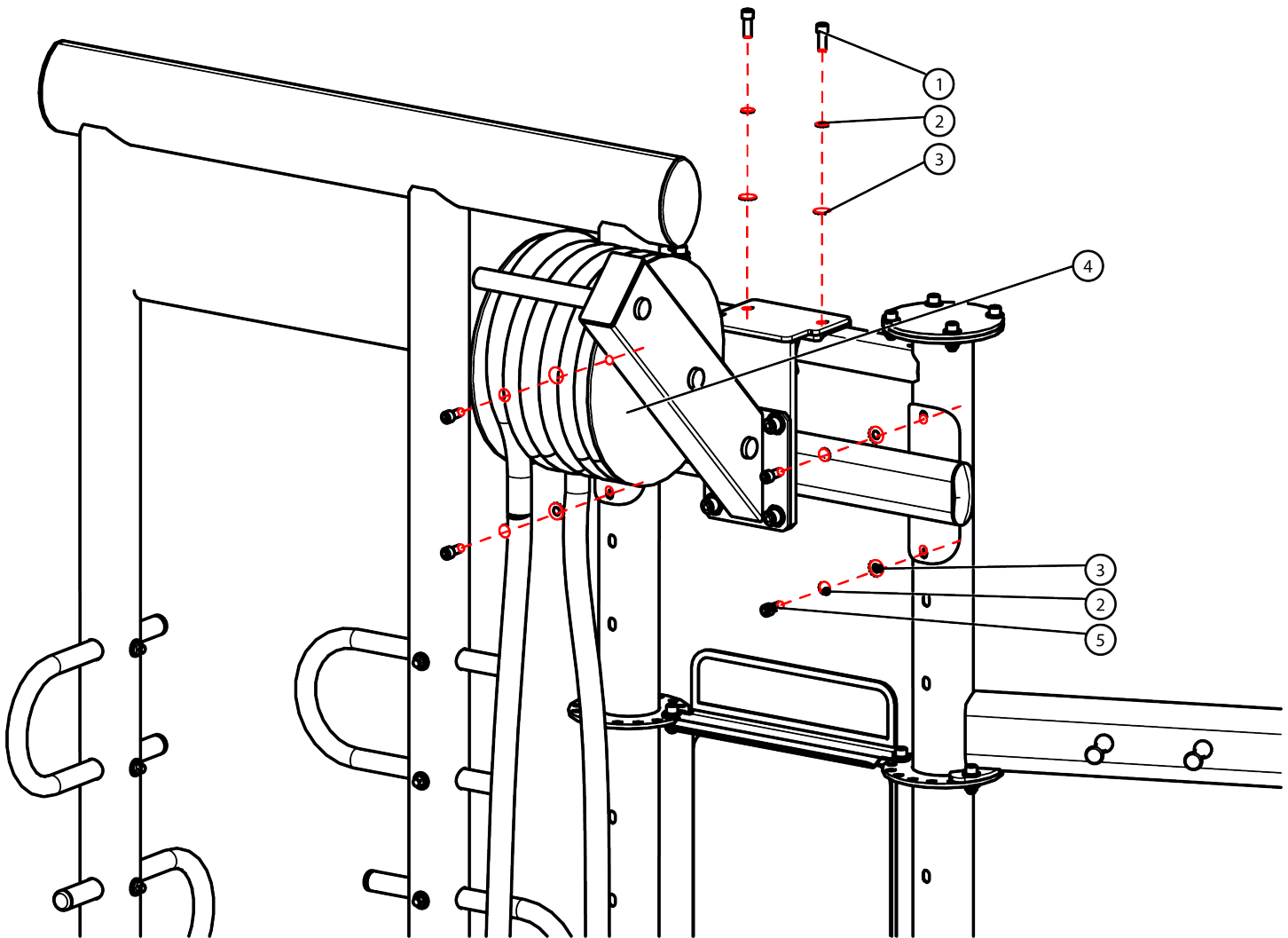
### OPTIONAL ASSEMBLY STEPS:

#### Step 13B (Rope Flex):

Secure the rope flex assembly to the center column assembly using the identified hardware.

Note: Disregard Step 13 (Heavy Bag) and Step 14 (Suspension Bracket) due to sharing the same mounting location as the Rope Flex.

Item	Part Number	Description	Quantity
1	C1023	SHCS, 3/8"-16, 1"	2
2	C-749	Washer, Lock, 3/8"	6
3	C-754C	Washer, Flat, 3/8"	6
4	XFT-RPP2	Rope Pull Assembly	1
5	C1136	SHCS, 3/8"-16, 3-3/4"	4



## CHAPTER 2: ASSEMBLY GUIDE

### OPTIONAL ASSEMBLY STEPS:

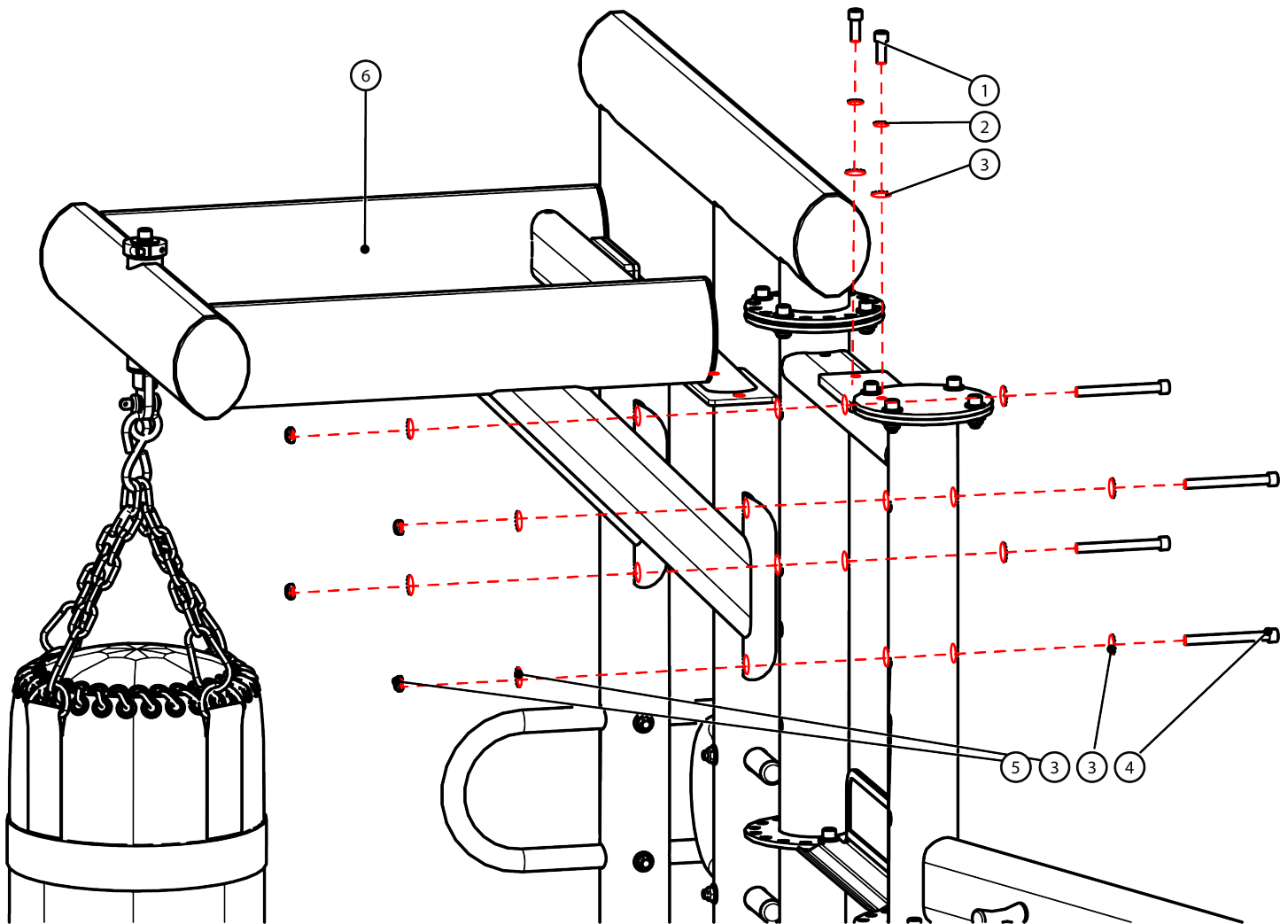
#### Step 14 (Heavy Bag):

Secure the heavy bag assembly to the center column assembly using the identified hardware.

Note: Disregard Step 12 (Rope Flex) and Step 14 (Suspension Bracket) due to sharing the same mounting location as the Heavy Bag.

Note: If a TRUE Fitness-branded heavy bag is not used, refer to that manufacturer's owner's manual for specific heavy bag assembly instructions.

Item	Part Number	Description	Quantity
1	C1023	SHCS, 3/8"-16, 1"	2
2	C-749	Washer, Lock, 3/8"	2
3	C-754C	Washer, Flat, 3/8"	10
4	C1136	SHCS, 3/8"-16, 3-3/4"	4
5	C766A	Lock Nut, 3/8"-16	4
6	XFT-HVY2	Heavy Bag Assembly	1



## CHAPTER 2: ASSEMBLY GUIDE

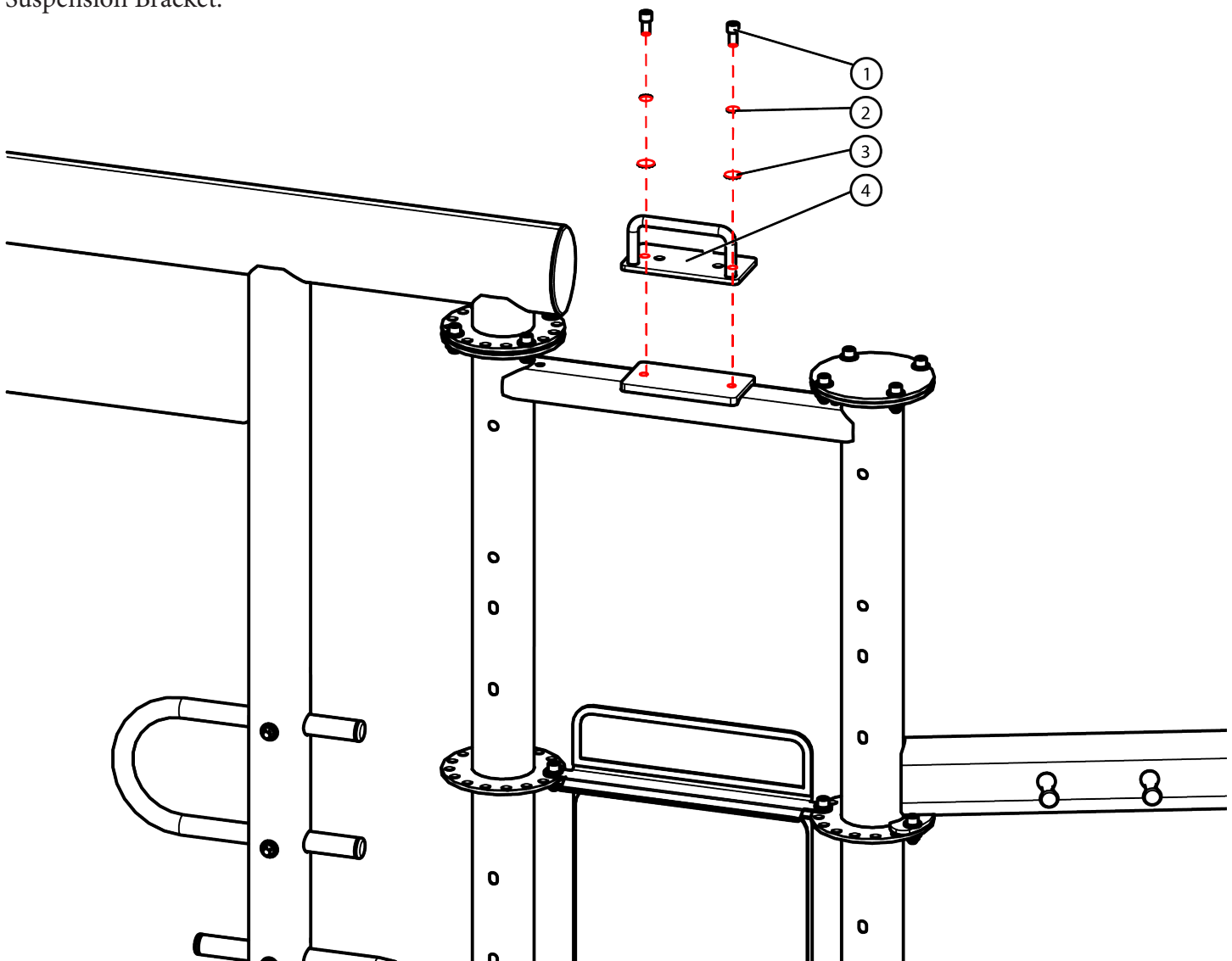
### OPTIONAL ASSEMBLY STEPS:

#### Step 15 (Suspension Bracket):

Secure the suspension bracket to the center column assembly using the identified hardware.

Note: Disregard Step 12 (Rope Flex) and Step 13 (Heavy Bag) due to sharing the same mounting location as the Suspension Bracket.

Item	Part Number	Description	Quantity
1	C-622	SHCS, 3/8"-16, 1"	2
2	C-749	Washer, Lock, 3/8"	2
3	C-754C	Washer, Flat, 3/8"	2
4	XFT-SUS	Suspension Bracket	1



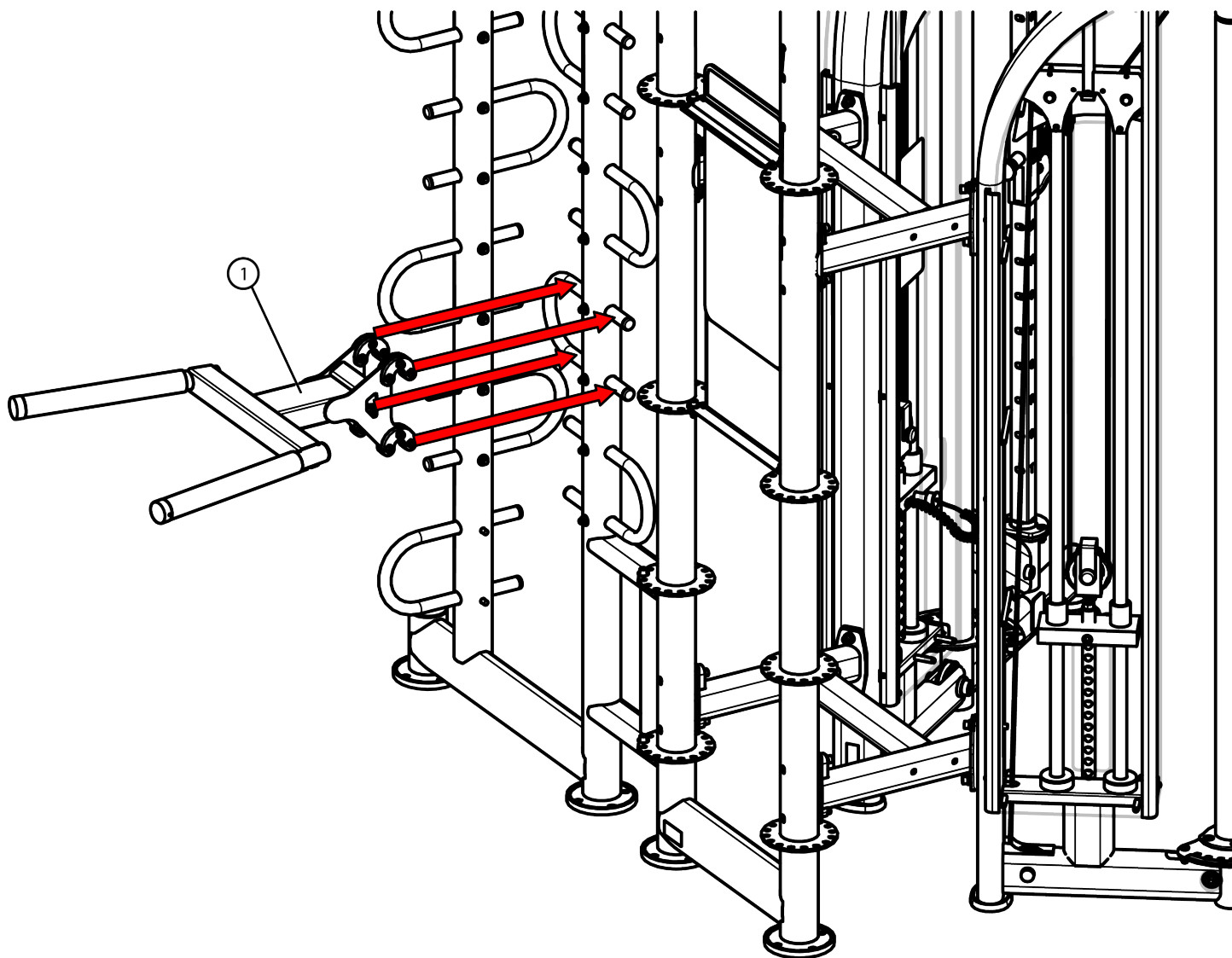
## CHAPTER 2: ASSEMBLY GUIDE

### OPTIONAL ASSEMBLY STEPS:

#### Step 16 (Dip Station):

Assemble the dip station to the rack station.

Item	Part Number	Description	Quantity
1	XFT-DIP	Dip Station	1





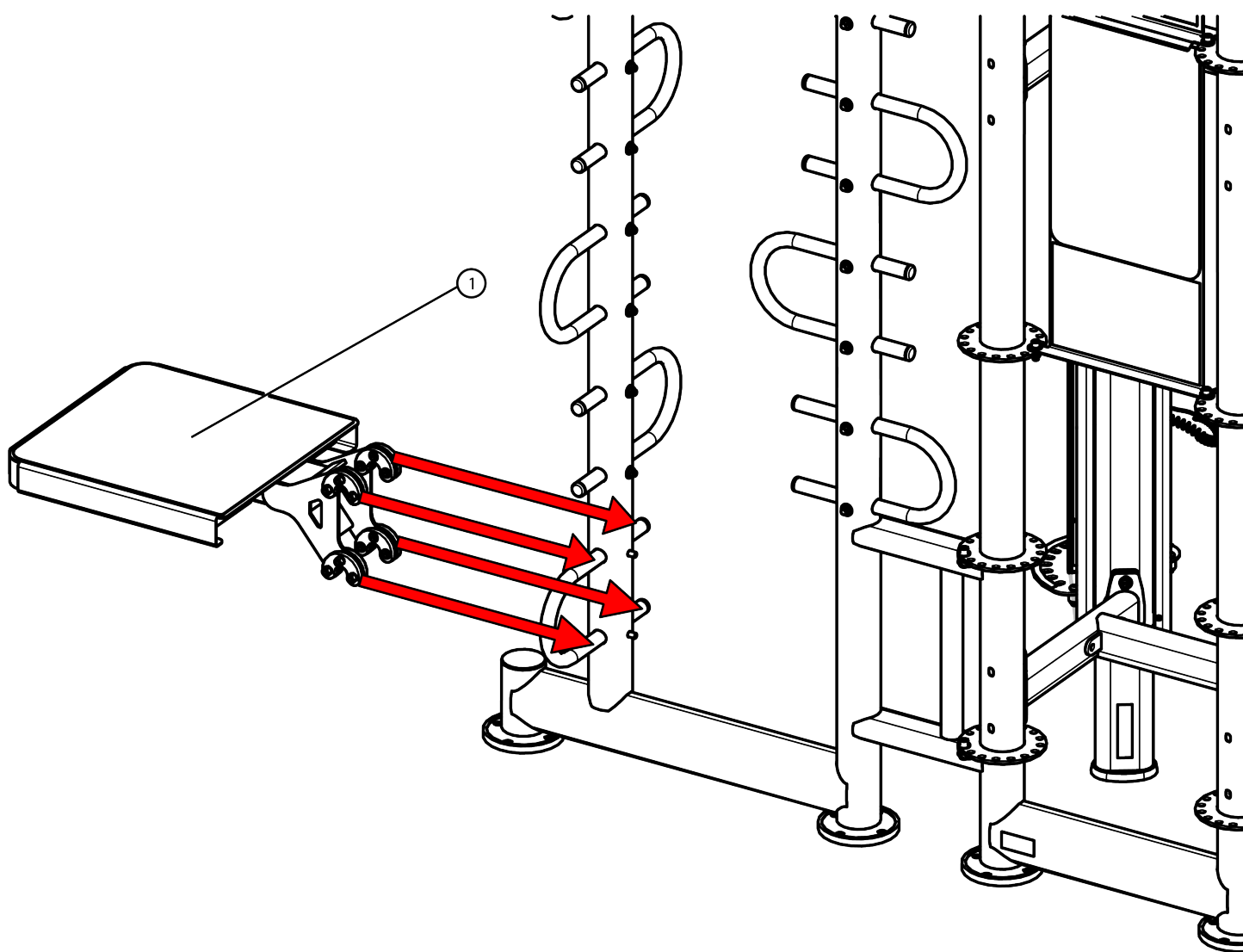
## CHAPTER 2: ASSEMBLY GUIDE

### OPTIONAL ASSEMBLY STEPS:

#### Step 17 (Step Platform):

Assemble the step platform to the rack station.

Item	Part Number	Description	Quantity
1	XFT-SPL	Step Platform	1



## CHAPTER 3: CARE & MAINTENANCE

### CARE & MAINTENANCE:

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 Instructions section of this document and the items that follow here, should be included in your maintenance program.

**IMPORTANT:** Always purchase replacement parts from TRUE Fitness. Many parts are tested and manufactured specifically for TRUE Fitness equipment. Use of unapproved parts may cause serious injury and/or void the limited warranty.

### DAILY INSPECTION & MAINTENANCE:

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each day before the equipment is subject to use. TRUE Fitness is not responsible for performing or scheduling regular maintenance or inspections.

- Inspect cables for wear, tension, and proper connection (as described in the cable inspection section below) if equipped.
- Inspect all adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys if equipped.
- Inspect all safety and instructional decals.
- Inspect all weight stack shields if equipped.
- Verify that rubber hand grips are intact and secure.
- Verify that anti-skid foot grips are intact and secure
- Verify that the weight stack selector pin is attached with the coiled lanyard to the top plate if equipped.

### WEEKLY INSPECTION & MAINTENANCE:

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each week. TRUE Fitness is not responsible for performing or scheduling regular maintenance or inspections.

- Check entire length of cable & end fittings for any signs of wear if equipped. Replace immediately as required. (Refer to Daily Maintenance Section).
- Verify that a minimum of 1/2 inch (12.7mm) of the threaded portion of the cable bolt is threaded into the top plate and that the nut is tight if equipped with a cable. (See Cable Inspection & Maintenance Section).
- Perform a function test by placing the selector pin in the top plate and cycling the machine through the intended motion if equipped with a cable. Verify that the machine operates smoothly without binding. Select a moderate weight and repeat.
- Verify that each pulley rotates freely when performing the exercise if equipped with pulleys. A pulley that does not rotate will cause extreme cable wear and could lead to cable failure. Determine cause and remedy immediately.
- Verify that the adjustment pop pins retract easily and fully engage (when released) into each adjustment disc hole/slot. The pop pins are spring loaded so they should return to the engaged position when you release the knob.
- Verify that the adjustment pin disengages and engages freely when actuating the adjustment mechanism. Be sure that the adjustment pin inserts fully into the adjustment disc.
- Verify that all hardware is tight and that associated frame members are secure. Apply a few small drops of a thread locking compound such as Loctite on any loose bolts.
- Inspect frame for integrity and function. Replace any components at the first sign of wear with only TRUE supplied parts.

## CHAPTER 3: CARE & MAINTENANCE

### OTHER SCHEDULED PREVENTIVE MAINTENANCE:

TRUE recommends that scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit [www.truefitness.com](http://www.truefitness.com) to contact a local TRUE authorized service technician.

#### Monthly:

Clean guide rods and lubricate with a Teflon grease if equipped with guide rods.

#### Every 6 months:

Lubricate pivot bearing and linear bearings with lithium grease.

### CLEANING THE EQUIPMENT:

#### Daily Cleaning:

Wipe all machines with a water dampened cloth and dry completely. This includes painted parts, chrome plated parts (except guide rods), plastic parts, and upholstered pads. It is important not to leave parts damp. This will increase the potential for corrosion to occur.

#### **⚠ CAUTION:**

Certain anti-bacterial cleaners and other harsh cleaning agents can induce corrosion on the machine components. These solutions can also dry out and cause cracking and splitting on the upholstery.

#### Heavy Duty Cleaning:

**Guide Rods (If Equipped):** Clean and lubricate with a Teflon Spray. Be sure to coat the entire guide rod. Spraying lubricant into the cap plate bushings is also recommended.

**Chromed Adjustment Tubes:** Wipe away dust and dirt before applying a Teflon spray lubricant. TRUE Fitness recommends using TriFlow or a similar brand.

**Linear Bearings:** Clean the linear shaft and lubricate (as required) with Teflon based grease. Keeping linear bearings clean and lubricated is critical to long life and good performance.

**Painted Frames:** If you have scuff marks, grease or a heavy dirt buildup on frame components, start with a mild soap solution or a diluted solution of a product such as Simple Green with a dilution of 32:1. If you cannot remove the marks using those methods, use a car polish/cleaner. DO NOT use solvents such as lacquer thinner, mineral spirits or acetone. For deeper scuff marks, use an automobile finish rubbing compound.

**Upholstery:** For heavy duty cleaning, use a mild soap solution. This method should be sufficient in the majority of instances. In severe stain cases, you can use a solution of 5-10% household bleach diluted with water. Be sure to test an inconspicuous area first. DO NOT use chemical cleaners on the vinyl upholstery. You can also use a lanolin based hand cleaner to clean your upholstery. Wipe off after cleaning with a damp cloth and thoroughly dry. Plastic Parts: use a mild soap solution to clean dirt and grease marks. Labels: use a mild soap solution to clean dirt and grease marks. Shrouds: use a mild soap solution to clean dirt and grease marks.

#### **⚠ CAUTION:**

Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the TRUE Fitness Warranty. Never pour or spray liquids on any part of the equipment. Allow the equipment to dry completely before using.

## CHAPTER 3: CARE & MAINTENANCE

### ⚠ CAUTION:

If you determine that the equipment needs service, make sure that the equipment cannot be used inadvertently and ensure other users know that the machine needs service.

\*To order parts or to contact a TRUE Authorized Service representative, please visit [www.truefitness.com](http://www.truefitness.com)

### CABLE INSPECTION & MAINTENANCE:







One of the most critical areas that require frequent inspection on any weight machine is the cable or belt system that lifts the weight stack if the machine is equipped with those items. Sudden failure of a worn cable can, in some instances, result in injury to the user. It is the responsibility of the facility to inspect the cables frequently.

Cables are components that wear over time. This means that the more often a piece of equipment is used, the greater the likelihood that cable wear will occur. This holds true for equipment made by any manufacturer and applies to urethane belts as well as wire rope cables. Listed below are the areas of the cable that require inspection.

\*TRUE Fitness recommends that all cables be replaced on an annual basis to maintain the safety of all users.

#### Cable Wear:

Inspect all cables for any signs of wear. Pay close attention to the cable in the area of the end fittings and attachment points. Inspect the areas around the pulleys and/or cams. Shown below are examples of cables that exhibit signs of potential failure. If any of these conditions are apparent, the machine should immediately be taken out of service and repaired. Be sure to use only cables supplied by TRUE Fitness. DO NOT use cables that have fittings attached with hand-crimp tools.

<b>Twisted Cable (Zig-Zag pattern):</b> 	<b>Break in the Cable Cover:</b> 
<b>Break/Bend in Cable:</b> 	<b>Tear in the Cable Cover:</b> 
<b>Stretched Cable Covering:</b> 	<b>Crimp Connector Dislodged:</b> 

## CHAPTER 3: CARE & MAINTENANCE

### Cable Tension:

Ensure that the cables are adjusted to remove any slack using the threaded end fittings. These are normally located at the weight stack connection. Depending upon the machine, there may be multiple threaded fitting on multiple cables. You can determine if there is too much slack by performing the exercise. As you start to move a load arm or handle, the weight stack should lift immediately. If not, the cable tension needs to be adjusted.

To adjust the cable tension, loosen the cable nut that is located on the cable bolt connected to the top plate. Tighten the cable bolt until the top plate is barely lifted off of the first weight plate and then re-tighten the cable nut.

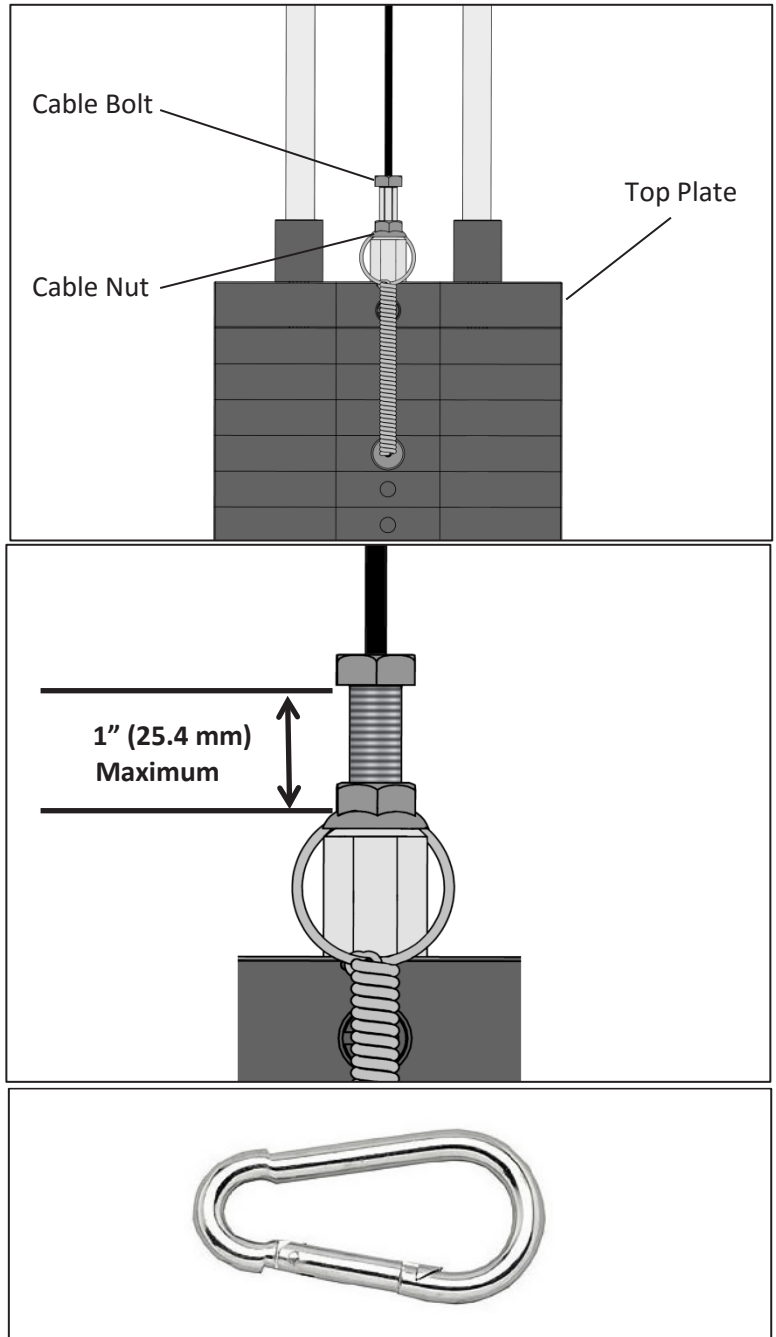
### **⚠ CAUTION:**

A minimum of 1/2 inch (12.7mm) of the threaded portion of the cable bolt must be threaded into the top plate.

\*No more than 1 inch (25.4 mm) of the threaded portion of the cable bolt should be visible.

### Handle Fittings (if applicable):

Inspect the cable fittings where any handles are attached to the end of the cable. The fittings supplied with this machine are load rated snap-links. Ensure that the snap-link opens and closes easily and is fully engaged when closed. Replace the snap-link as needed.



## CHAPTER 4: CUSTOMER SERVICE

### CONTACTING SERVICE:

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

You may also contact TRUE Fitness' customer support team by calling 800-883-8783 or emailing us at [service@truefitness.com](mailto:service@truefitness.com) Monday — Friday during normal hours of operation.

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

### CONTACTING SALES:

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

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

## CHAPTER 4: 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 hours of operation 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 hours of operation.

#### 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 hours of operation.



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:

**Parts:** The Atlas' Ropeflex structural components (excluding coatings) are warranted for defects in material and workmanship for ten years with one year labor warranty. Ropeflex Bearings and Pulleys are warranted for defects in material and workmanship for three years with one year labor warranty. Attachment Kits and all other components and accessories not mentioned elsewhere are warranted for defects in material and workmanship for one year with one year labor warranty. Ropeflex Rope is warranted for defects in material and workmanship for six months 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 owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

**Cosmetics:** The Atlas' 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 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 using the following contact information:

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

TRUE Fitness, Service Department  
865 Hoff Road, St. Louis, MO 63366  
1.800.883.8783  
Hours of operation 8:30am - 5:00 pm CST



## CHAPTER 5: WARRANTY INFORMATION

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

The above Limited Warranty is subject to and will be in accordance with the conditions set forth below:

**1. THIS LIMITED WARRANTY GIVES YOU SPECIAL LEGAL RIGHTS AND YOU MAY 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.

**ATLAS SERIAL NUMBER:**

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

**SERIAL NUMBER:**

**SAMPLE SERIAL NUMBER STICKER:**



Keep this page for your records

## CHAPTER 5: WARRANTY INFORMATION

Thank you for purchasing a TRUE product. To validate the TRUE product warranty the fast and easy way, please go on-line now to [truefitness.com/support](http://truefitness.com/support) 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.

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 [truefitness.com](http://truefitness.com))

### Commercial Warranty Registration

**PLEASE PROVIDE YOUR SERIAL NUMBER BELOW.  
REQUIRED FOR WARRANTY REGISTRATION:**

**SERIAL NUMBER:**

Model Type \_\_\_\_\_

Date of Purchase \_\_\_\_\_

Your Company Name \_\_\_\_\_

Contact First Name \_\_\_\_\_

Contact Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email Address \_\_\_\_\_ Website \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

1. Where did you first learn about TRUE?

- ☐ a. Dealer ☐ b. Website  
☐ c. Advertisement ☐ d. Referral  
☐ e. Current Customer ☐ f. Other \_\_\_\_\_

2. Why did you purchase a TRUE product?

- ☐ a. Design/Appearance ☐ b. Dealer Suggestion  
☐ c. Price/Value ☐ d. Quality Construction  
☐ e. Performance ☐ f. TRUE Reputation  
☐ g. Other \_\_\_\_\_

3. Please indicate your type of facility:

- ☐ a. Apartment/Condo ☐ b. Corporate Fitness Center  
☐ c. Municipality ☐ d. Health Club/Gym/Spa  
☐ e. Hotel/Resort ☐ f. Military Base  
☐ g. Student Rec Center ☐ h. Other \_\_\_\_\_

4. What other types of equipment does your company ly own?

- ☐ a. Treadmill Brand \_\_\_\_\_  
☐ b. Bike Brand \_\_\_\_\_  
☐ c. Elliptical Brand \_\_\_\_\_  
☐ d. Free Weights/Gym Brand \_\_\_\_\_

5. How many people use your facility on a daily basis?

- ☐ a. <25 ☐ b. 25-75  
☐ c. 76-150 ☐ d. 150+

6. Do you plan to purchase more fitness equipment  
in the next 6-12 months?

- ☐ Yes ☐ No

7. If you answered "yes" to question 6, what type do you  
plan to purchase?

- ☐ a. Treadmill ☐ b. Elliptical  
☐ c. Stationary Bike ☐ d. Free Weights  
☐ e. Gym ☐ f. Other \_\_\_\_\_

8. Would you recommend TRUE to other club owners?

- ☐ Yes ☐ No

9. You are a valued TRUE customer and your suggestions  
allow us to continually improve your experience. Is there  
anything else you would like us to know? Please explain: