

QUICK FIT PRO

 **TRUE FITNESS**



MODEL SM1050H-19
MAN-SM1050H-19 REV00

**OWNER'S
MANUAL**



IMPORTANT—PLEASE READ

IMPORTANT!

All products shown are prototype. Actual product delivered may vary. Product specifications, features, and software are subject to change without notice.

For the most up-to-date version of this manual, please see our website:

<https://truefitness.com/support/user-manuals/>

IMPORTANTE!

Todos los productos mostrados son prototipos. La realidad el producto suministrado puede diferir. Especificaciones de productos, características y software están sujetas a cambios sin previo aviso.

Para la más actualizada de este manual del propietario y para los documentos en otros idiomas, por favor visite

<https://truefitness.com/support/user-manuals/>

IMPORTANT! Tous les produits présentés sont prototype. Le produit réel livré peut varier. Spécifications du produit, caractéristiques et logiciels sont sujettes à modification sans préavis. Pour la plus à jour le manuel du propriétaire et pour documents dans des langues supplémentaires, veuillez <https://truefitness.com/support/user-manuals/> de visite

重要提示!

显示所有产品的原型。实际交付的产品可能有所不同产品规格,功能和软件如有更改,恕不另行通知迄今为止对于大多数的使用说明书,和对于其他语言的文档,请访问<https://truefitness.com/support/user-manuals/>

إم ا ه

اهمى لست يل عفل ا جتنم ا فلتخت دق . جذومنل ا ي ه ضرور عمل ا تاجتنم ا عىم ج

راعش! نود رى غتلل قلابق جم اربل او تازى مل او ، جتنم ا تافص او م

لصى ام مظ عمل <https://truefitness.com/support/user-manuals/> قراىز ى جرى كلالمل لىلد نآل ىتح لى

<https://truefitness.com/support/user-manuals/> قراىز ى جرى ، قىفاض! تاغل ىف تادن تسملل

WICHTIG!

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

BELANGRIJK!

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

ВАЖНО!

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

THANK YOU FOR CHOOSING TRUE

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

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

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

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

CONTACTING OUR SUPPORT TEAM

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

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

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

CONTACTING OUR SALES TEAM

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

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



REPORTING FREIGHT CLAIMS OR PARTS DAMAGE

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

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

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

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

If the shipment has minimal damages and you are not sure if the actual product is damaged, you must sign the bill of lading as damaged when accepting the shipment. Once you have opened the box and you have determined something is indeed damaged, please gather the serial number, model number, description of damage, and photos of damage. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact TRUE product support (service@truefitness.com // 800.883.8783) or TRUE sales support (sales@truefitness.com // 800.426.6570) Monday-Friday during normal business hours.

Concealed Damage—No damage to external packaging but internal damage to product.

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

TABLE OF CONTENTS

SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS.....	6
GENERAL CARE AND MAINTENANCE.....	8
COMMERCIAL MAINTENANCE SCHEDULE.....	9
COMPLIANCES.....	9
DIMENSIONS AND WEIGHTS.....	10
LABEL LOCATIONS.....	11
WARNING AND INTENDED USE LABELS.....	12

ASSEMBLY INSTRUCTIONS

PREASSEMBLY CHECKLIST.....	14
ASSEMBLY STEPS.....	17

PREVENTATIVE MAINTENANCE

DAILY INSPECTION AND MAINTENANCE.....	47
WEEKLY INSPECTION AND MAINTENANCE.....	47
OTHER SCHEDULED PREVENTATIVE MAINTENANCE.....	48
CLEANING THE EQUIPMENT.....	48
CABLE INSPECTION AND MAINTENANCE.....	49
WEIGHT STACK SELECTOR PIN INSPECTION.....	52

WARRANTY INFORMATION

SM1050 LIMITED WARRANTY.....	53
------------------------------	----



SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS

FACILITY AND USER SAFETY PRECAUTIONS

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

INSTALLATION SAFETY PRECAUTIONS

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

MAINTENANCE SAFETY PRECAUTIONS

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



GENERAL CARE AND MAINTENANCE

IMPORTANT

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

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

 CAUTION: Teflon (PTFE) lubricant will stain carpet and clothing.

- Bronze bushings—check monthly for signs of wear and replace as needed.
- Linear bearing shafts—wipe any accumulation of dust or other contaminants from the shafts on a weekly basis. Apply a thin layer of a Teflon® (PTFE) grease on a weekly basis. TRUE recommends Magnalube® brand.
- When replacing any component, use only TRUE supplied parts.
- Be sure all hardware is tight before using the machine.

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

COMMERCIAL MAINTENANCE SCHEDULE

Commercial Maintenance Schedule					
	Daily	Weekly	Monthly	6 Months	Annually
Inspect cables for wear, tension, and proper connection if equipped. Replace at the first sign of wear.	X				
Inspect cable length and cable end fittings. Replace at the first sign of wear.		X			
Inspect all nuts and bolts and tighten if needed.		X			
Inspect safety catches, stop rods, and their fasteners. Replace at the first sign of wear.	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

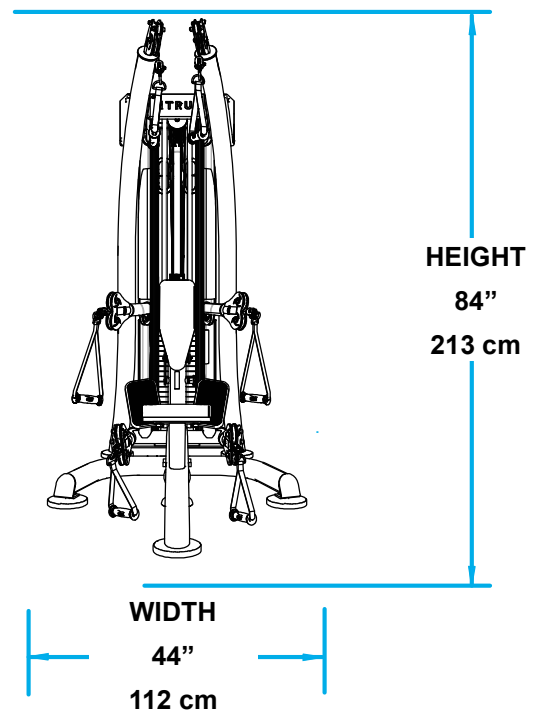
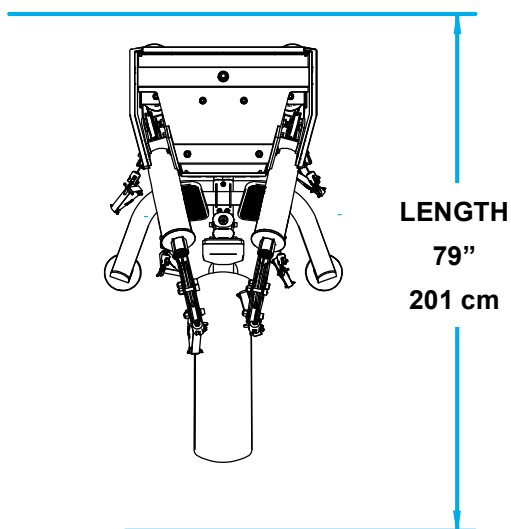
COMPLIANCES

This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit www.truefitness.com.



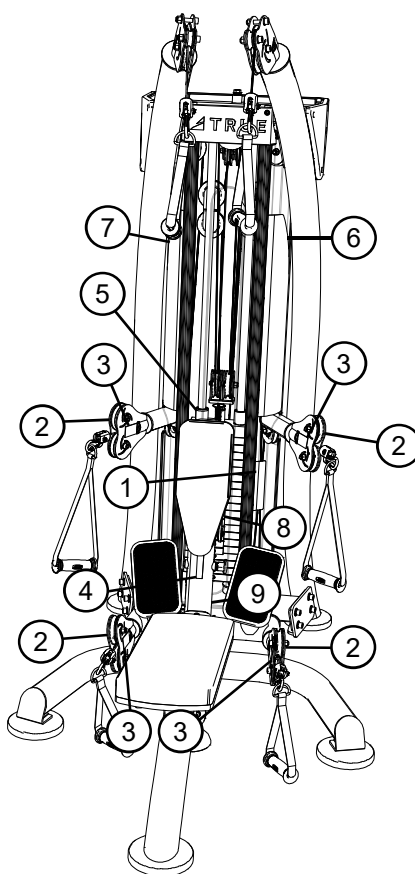
DIMENSIONS AND WEIGHTS




- **DIMENSIONS (L X W X H)**
79" x 44" x 84" / 201 cm x 112 cm x 213 cm
- **MACHINE WEIGHT**
594 lbs / 270 kg
- **MAXIMUM USER WEIGHT**
300 lbs / 136 kg
- **FLOOR LOADING**
35 lb/ft² (171 kg/m²)



LABEL LOCATIONS

Item	Part	Description	Qty
1	LBL-SM2000-003	QUICKFIT WARNING LABEL	1
2	LBL-SM2000-004A	PULLEY HOUSING WARNING LABEL A	4
3	LBL-SM2000-004B	PULLEY HOUSING WARNING LABEL B	4
4	B2065	LABEL, WARNING, COMPLETELY INSERT PIN	1
5	B2141B	LABEL, WARNING, TOP PLATE, SM1050	1
6	LBL-SM2000-001	RIGHT PROCEDURE LABEL	1
7	LBL-SM1050-002	LEFT PROCEDURE LABEL	1
8	LBL-WS-MS210	LABEL, 210 LB WEIGHT STACK	1
9	SERIAL LABEL	LABEL, SERIAL NUMBER	1



Part	Image
LBL-SM1050-002	
LBL-WS-MS210	
SERIAL LABEL	<div data-bbox="753 1220 1177 1417" style="border: 2px solid #ff00ff; border-radius: 10px; padding: 10px;">  TRUE TRUE FITNESS TECHNOLOGY, INC 865 HOFF RD, ST LOUIS MISSOURI 63366 USA MODEL NO: SM1050H-19 SERIAL NO: 24-SM10501A </div>



ASSEMBLY INSTRUCTIONS



NOTE: Supplemental video available on youtube.com: https://www.youtube.com/watch?v=FXuzFg_u4bg.

PREASSEMBLY CHECKLIST

BASIC GUIDELINES FOR SETTING UP THE EQUIPMENT

After removing the equipment from the packaging, place the equipment on a clean, level surface.

CAUTION:



Use caution when assembling the equipment.

Unpacking and assembling of this product is a two person task.

















Use caution when unpacking this product. Avoid damage to the product.

DO NOT use a box cutter. **DO NOT** slice into the packaging.

VERIFY BOX CONTENTS

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

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
16mm Socket Wrench		NO
17mm Socket Wrench		NO
4mm Allen Wrench		NO
5mm Allen Wrench		NO
6mm Allen Wrench		NO
8mm Allen Wrench		NO
10mm Allen Wrench		NO

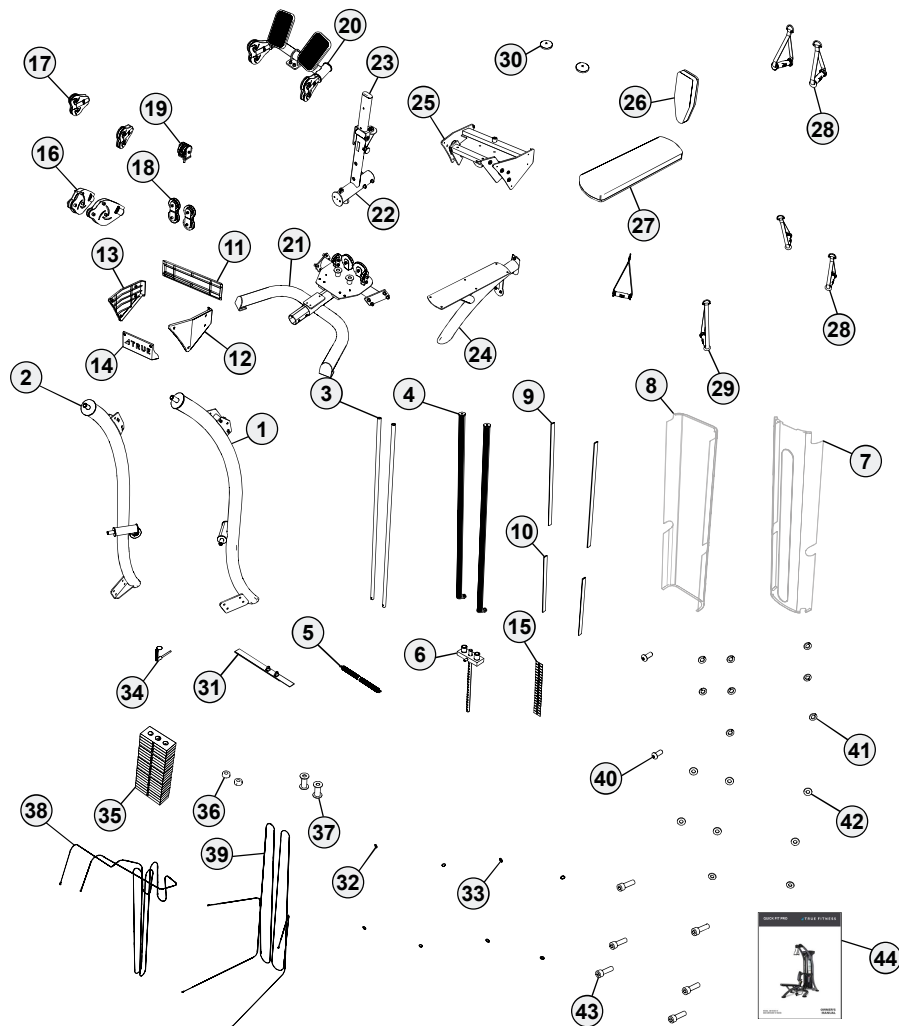
TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
19mm Wrench		NO
Wire Cutters		NO
Retaining Ring Pliers		NO
Cloth		NO
Lubricant		NO
Isopropyl Alcohol		NO
Step Ladder		NO

BOX CONTENTS

ITEM	PART NUMBER	DESCRIPTION	QTY
1	SM-1050SF400XBK	LEFT SIDE FRAME ASSEMBLY	1
2	SM-1050SF300XBK	RIGHT SIDE FRAME ASSEMBLY	1
3	SM-2000GR001	WEIGHT GUIDE ROD	2
4	SM-1050CL000BK	WELDMENT, HANDLE COLUMN	2
5	SM-2000RH000X	ROW HANDLE	1
6	SM-2000TP020X	TOP PLATE W/ SELECTOR BAR ASSEMBLY	1
7	SM-1050FS001X	FRONT SHROUD ASSEMBLY	1
8	SM-2000RS001	REAR SHROUD	1
9	SM-2000PL008	H CHANNEL 844.5MM LONG	2
10	SM-2000PL009	H CHANNEL 553mm LONG	2
11	SM-2000PL000BK	COVER, SM2000 REAR PLASTIC	1
12	SM-2000PL001	RIGHT PLASTIC	1
13	SM-2000PL002	SHROUD, UPPER	1
14	SM-2000PL003BK	COVER, SM2000 FRONT PLASTIC	1
15	LBL-WS-MS210	LABEL, 210 LB WEIGHT STACK	1
16	SM-2000PH100X	TOP PULLEY HOUSING	2
17	SM-2000PH200X	PULLEY HOUSING ASSEMBLY	2
18	SM-2000PH500X	FLOATING PULLEY HOUSING	2
19	SM-2000BR050	PULLEY HOUSING ON TOP PLATE, ASSEMBLY	1
20	SM-1050FB000XBK	FOOT PLATE FRAME ASSEMBLY	1
21	SM-1050MF000XBK	MAIN FRAME BOTTOM ASSEMBLY	1
22	SM-1050SB000XBK	SUBASSEMBLY, SEAT BACK BASE	1
23	SM-1050SB100XBK	SUBASSEMBLY, SEAT BACK FRAME	1
24	SM-1050SF000X	SEAT FRAME WELDMENT	1
25	SM-1050TF000XBK	TOP FRAME ASSEMBLY	1
26	SM-1050PD001X	SUBASSEMBLY, SM1050 SEAT BACK PAD	1
27	SM-1050PD002X	SUBASSEMBLY, SM1050 SEAT PAD UPHOLSTERED	1
28	SM-2000HD000X	SHORT HANDLE	4
29	SM-2000HD002X	LONG HANDLE	2
30	SM-2000LF000X	170MM DIA LEVELING FOOT ASSEMBLY	2
31	SM-2000TS001X	THIGH STRAP	1
32	SM-2000RR000	RETAINING RING FOR SHAFT 25MM DIA	4
33	SM-2000SP010	SPACER SLEEVE 32MM X 25.5MM X 4MM	4


BOX CONTENTS

ITEM	PART NUMBER	DESCRIPTION	QTY
34	SM-2000SP000X	SELECTOR PIN 10MM X 121MM	1
35	S 502	WEIGHT ASSEMBLY, FORCE 10 LB	20
36	SM-2000WB000	RUBBER WEIGHT BUMPER 62MM X 58MM X 26MM X 25MM	2
37	SM1050WS000BK	WEIGHT STACK SPACER	2
38	SM-2000CB001X	UPPER QUICKFIT CABLE W/ BALL ENDS	1
39	SM-2000CB002X	LOWER QUICKFIT CABLE W/ BALL ENDS	2
40	C1098	BHCS, M10 X 70MM X P1.5, ZP	2
41	SD0246	LOCK WASHER, M10, ZP	8
42	SD0243	WASHER, FLAT, M10, ZP	8
43	C1096	SHCS, M10-1.5 X 35MM	6
44	MAN-SM1050	MANUAL, SM1050	1



ASSEMBLY STEPS

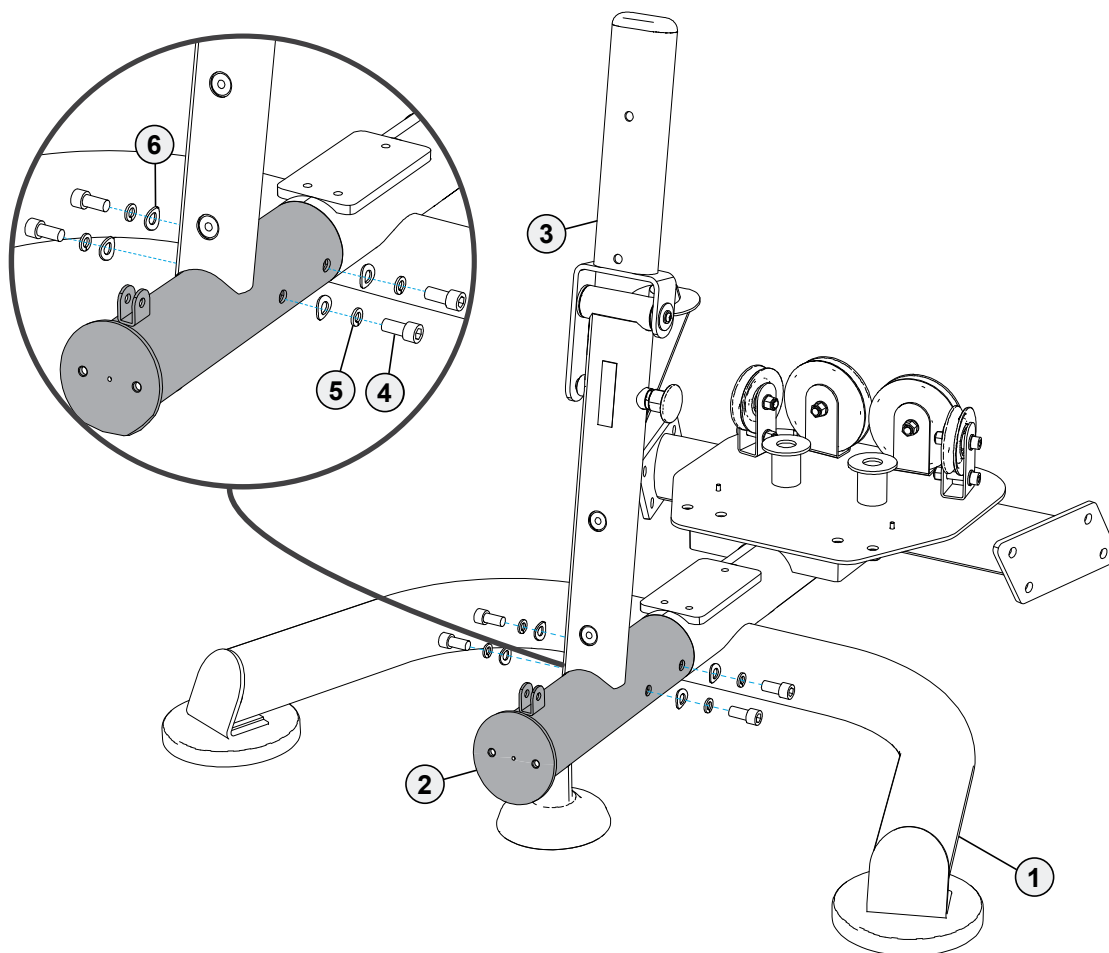
Step 1—Attach Seat Back Base Assembly to Main Frame Bottom Assembly

Tools Used in this Step	
10mm Allen Wrench	


Parts Used in this Step			
Item	Part	Description	Qty
1	SM-1050MF000XBK	MAIN FRAME BOTTOM ASSEMBLY	1
2	SM-1050SB000XBK	SUBASSEMBLY, SEAT BACK BASE	1
3	SM-1050SB100XBK	SUBASSEMBLY, SEAT BACK FRAME	1
4	C1103	SHCS, M12-1.75 X 25MM	4
5	C1094	LOCK WASHER, M12, ZP	4
6	C1092	CURVED WASHER 12.5MM ID X 24MM OD X 2MM THICK	4

- Using a 10mm allen wrench, remove and set aside the 8 hex screws, 8 lock washers, and 8 flat washers from the main frame bottom assembly.
- Using a 10mm allen wrench, remove the 4 hex screws, 4 lock washers, and 4 curved washers from the seat back base and frame assemblies.
- Using a 10 mm allen wrench, attach the seat back base and frame assemblies to the main frame bottom assembly using the 4 hex screws, 4 lock washers, and 4 curved washers you removed previously, but do not tighten.

NOTE: Do not fully tighten seat base hardware until step 4.



Step 2—Attach Side Frame Assemblies

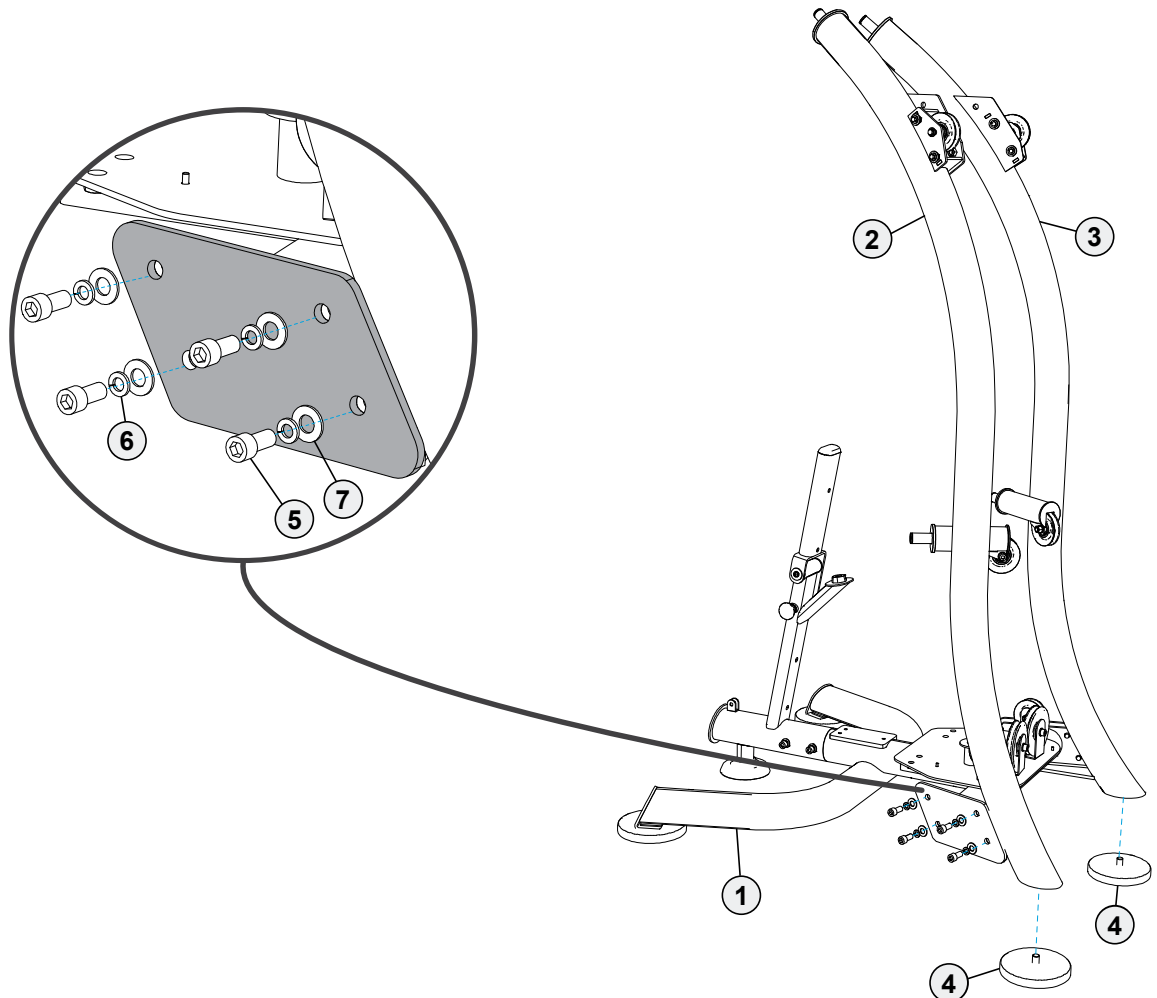
Tools Used in this Step	
10mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-1050MF000XBK	MAIN FRAME BOTTOM ASSEMBLY	1
2	SM-1050SF300XBK	RIGHT SIDE FRAME ASSEMBLY	1
3	SM-1050SF400XBK	LEFT SIDE FRAME ASSEMBLY	1
4	SM-2000LF000X	170MM DIA LEVELING FOOT ASSEMBLY	2
5	C1103	SHCS, M12-1.75 X 25MM	8
6	C1094	LOCK WASHER, M12, ZP	8
7	SD0244	WASHER, FLAT, M12, ZP	8



- A. Attach the 2 leveling feet to the left and right side frame assemblies.
- B. Using a 10mm allen wrench, attach the left and right side frame assemblies to the main frame bottom assembly using the 8 hex screws, 8 lock washers, and 8 flat washers you removed previously, but do not tighten.

NOTE: One person must hold the side frame assemblies in place while the other attaches the side frame assemblies.

NOTE: Do not fully tighten main frame hardware until step 7.



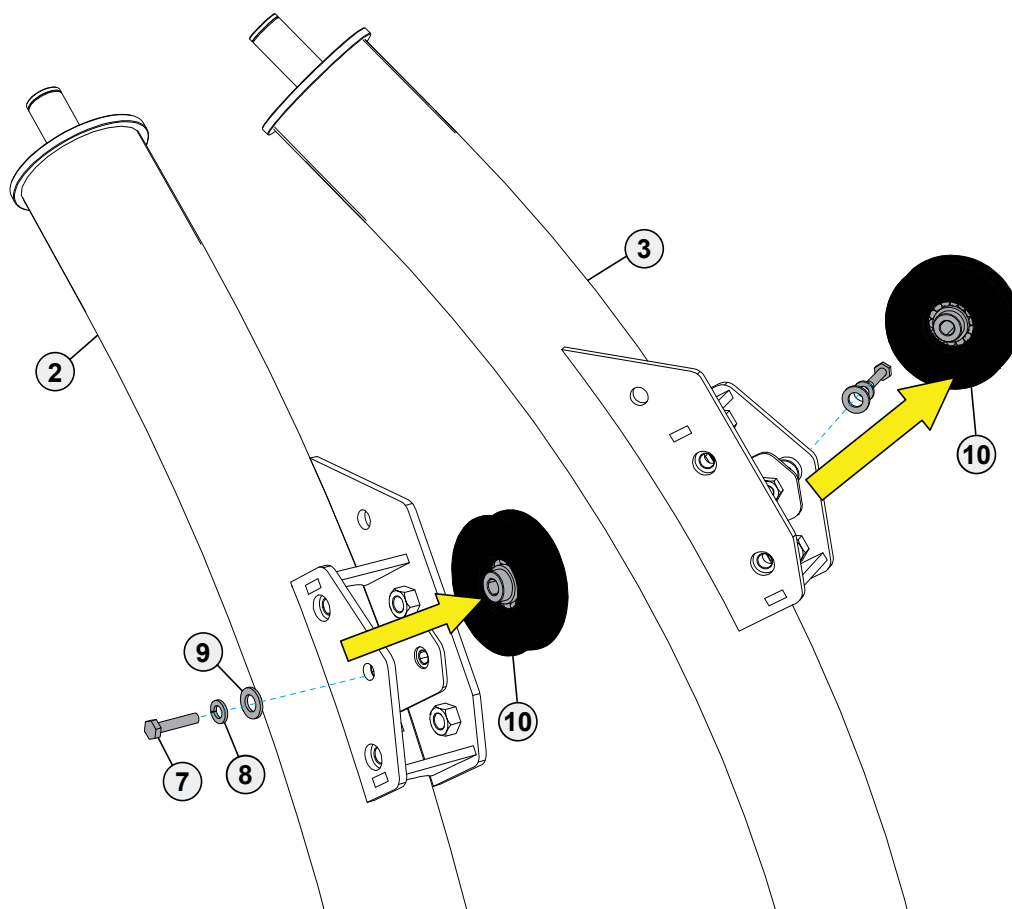
Step 3—Attach Top Frame Assembly

Tools Used in this Step	
16mm Socket Wrench	
17mm Socket Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-1050TF000XBK	TOP FRAME ASSEMBLY	1
2	SM-1050SF300XBK	RIGHT SIDE FRAME ASSEMBLY	1
3	SM-1050SF400XBK	LEFT SIDE FRAME ASSEMBLY	1
4	C1095	HHS, M12 X 30MM ZP	8
5	C1094	LOCK WASHER, M12, ZP	8
6	SD0244	WASHER, FLAT, M12, ZP	8
7	C1101	HHS, M10 X 70MM ZP	2
8	SD0246	LOCK WASHER, M10, ZP	2
9	SD0243	WASHER, FLAT, M10, ZP	2
10	SM-2000PL500	PULLEY 89MM DIA	2

- A. Using an 17mm socket wrench, remove 8 bolts, 8 lock washers, and 8 flat washers from the left and right side frame assemblies.
- B. Using a 16mm socket wrench, remove the preassembled pulley and pulley hardware from the left and right side frame assemblies using 2 bolts, 2 lock washers, and 2 flat washers. These will be reinstalled in step 10.

NOTE: Do not remove the cable pull string located under the pulley removed in this step. It will be used for cable routing in step 11.

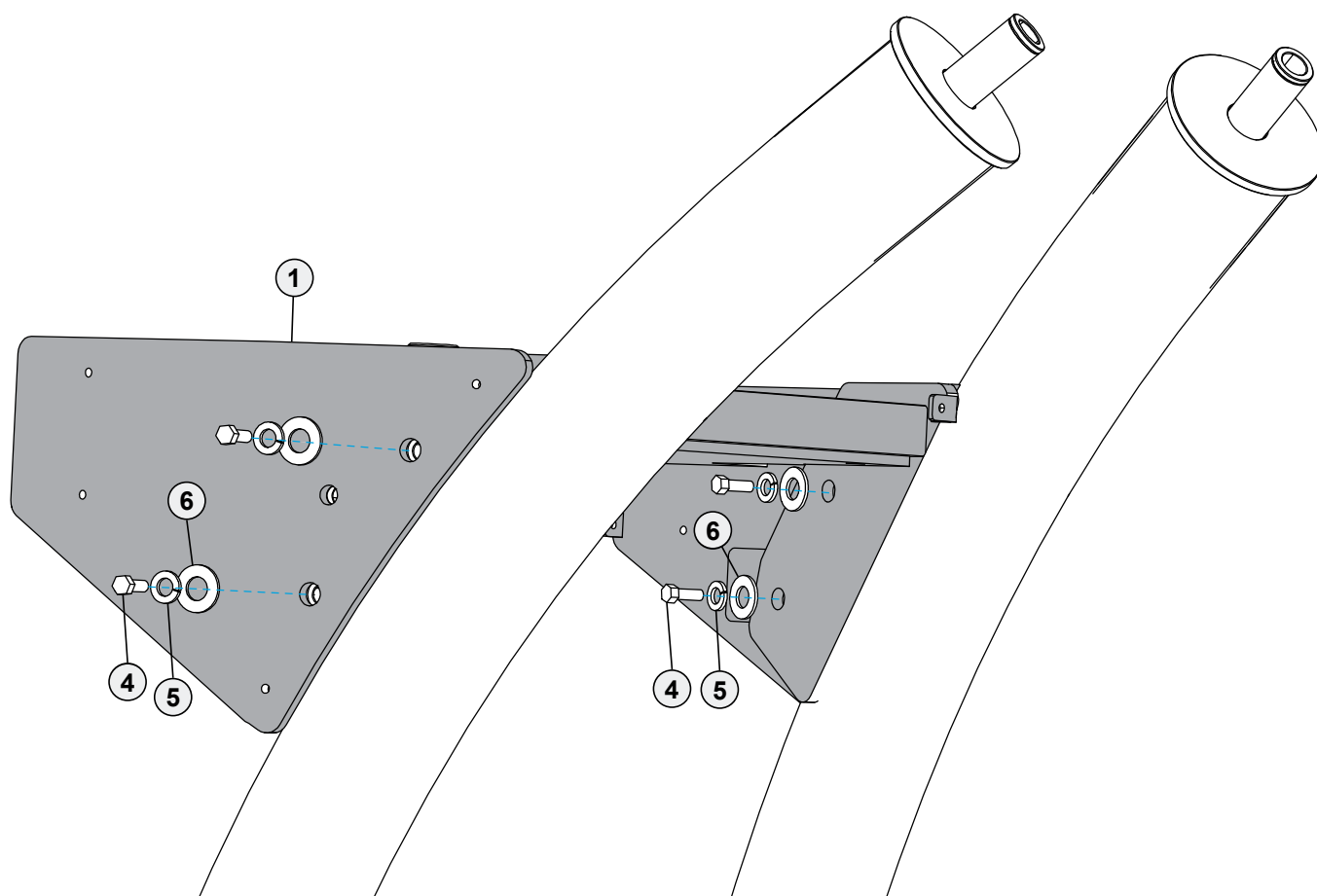


Step 3—Attach Top Frame Assembly Continued



C. Using a 17mm socket wrench, attach the top frame assembly to the left and right side frame assemblies using the 8 bolts, 8 lock washers, and 8 flat washers you removed previously, but do not tighten.

NOTE: One person must hold the side frame assemblies in place while the other attaches the top frame assembly.

NOTE: Do not fully tighten top frame hardware until step 7.

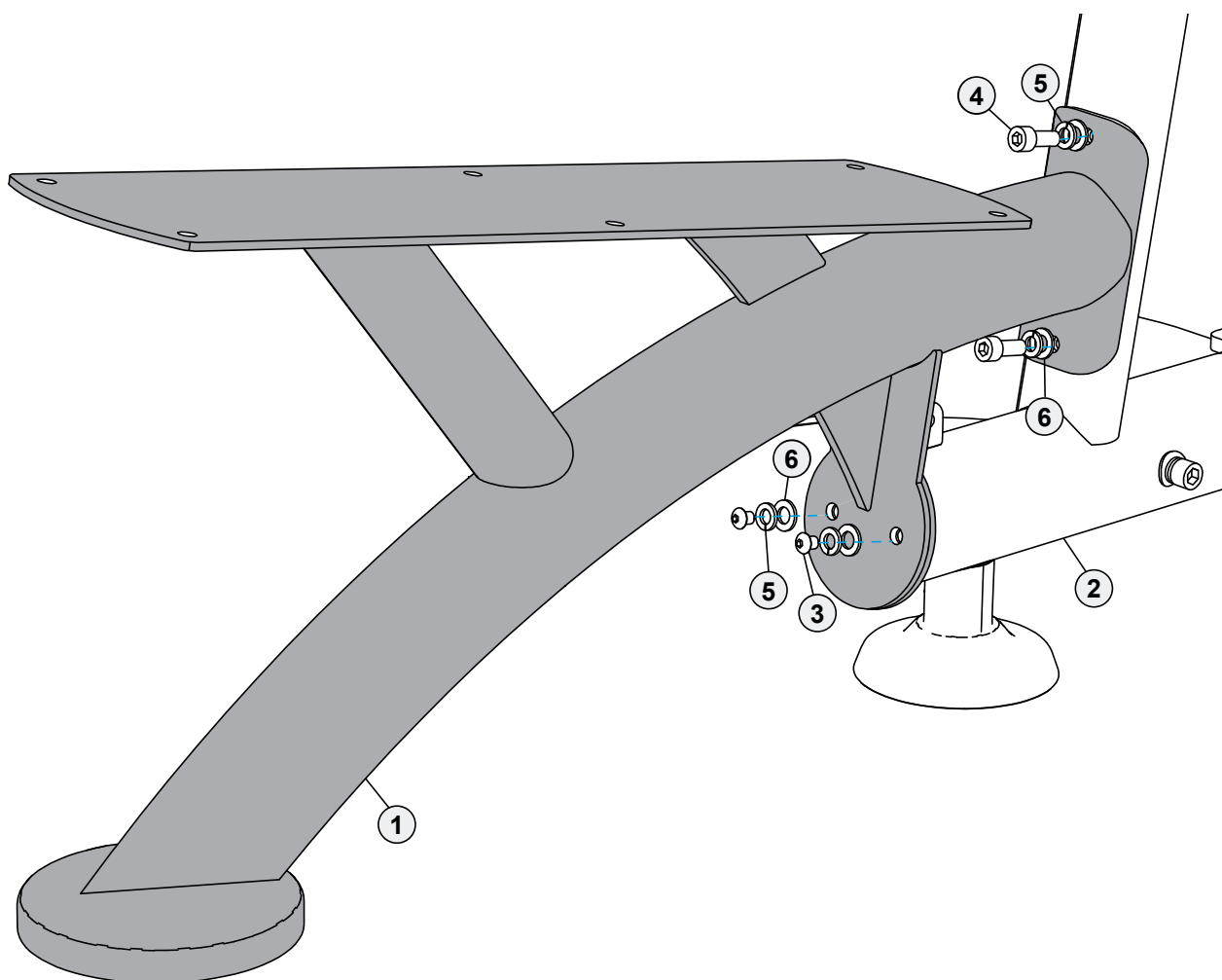


Step 4—Attach Seat Frame Weldment


Tools Used in this Step	
6mm Allen Wrench	
8mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-1050SF000X	SEAT FRAME WELDMENT	1
2	SM-1050SB000XBK	SUBASSEMBLY, SEAT BACK BASE	1
3	SD0214	BHCS, M10 X 20MM X P1.5, ZP	2
4	SD0226	SHCS, M10-1.5 X 25MM	2
5	SD0246	LOCK WASHER, M10, ZP	4
6	C1091	WASHER, FLAT, M10 X 32MM OD OVERSIZED, ZP	4

- Using a 6mm allen wrench and an 8mm allen wrench, remove the 4 hex screws, 4 lock washers, and 4 flat washers from the seat frame weldment.
- Using a 6mm allen wrench and an 8mm allen wrench, attach the seat frame weldment to the seat back base assembly using the 4 hex screws, 4 lock washers, and 4 flat washers you removed previously, but do not tighten.
- Fully tighten the seat back base and seat frame weldment hardware.



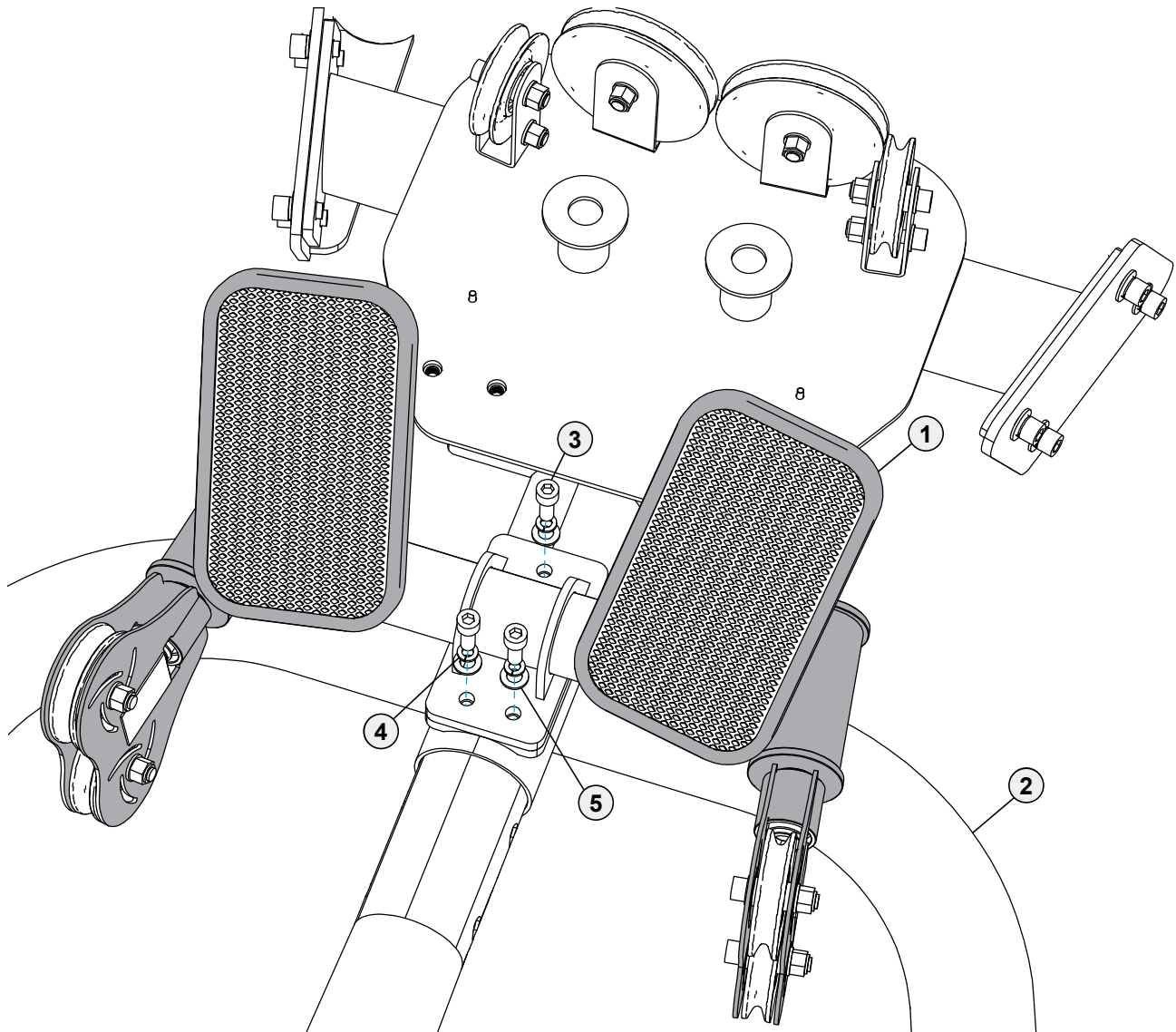
Step 5—Attach Foot Plate Frame Assembly

Tools Used in this Step	
8mm Allen Wrench	


Parts Used in this Step			
Item	Part	Description	Qty
1	SM-1050FB000XBK	FOOT PLATE FRAME ASSEMBLY	1
2	SM-1050MF000XBK	MAIN FRAME BOTTOM ASSEMBLY	1
3	SD0226	SHCS, M10-1.5 X 25MM	3
4	SD0246	LOCK WASHER, M10, ZP	3
5	SD0243	WASHER, FLAT, M10, ZP	3

- A. Using a 8mm allen wrench, removed the 3 hex screws, 3 lock washers, and 3 flat washers from the foot plate assembly.
- B. Using a 8mm allen wrench, attach the foot plate assembly to the main frame bottom assembly using the 3 hex screws, 3 lock washers, and 3 flat washers you removed previously, but do not tighten.

NOTE: Do not fully tighten foot plate frame hardware until step 7.

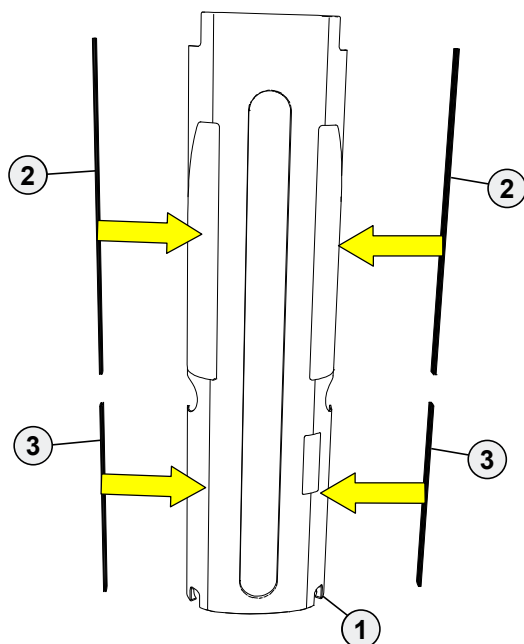


Step 6—Attach Front Shroud

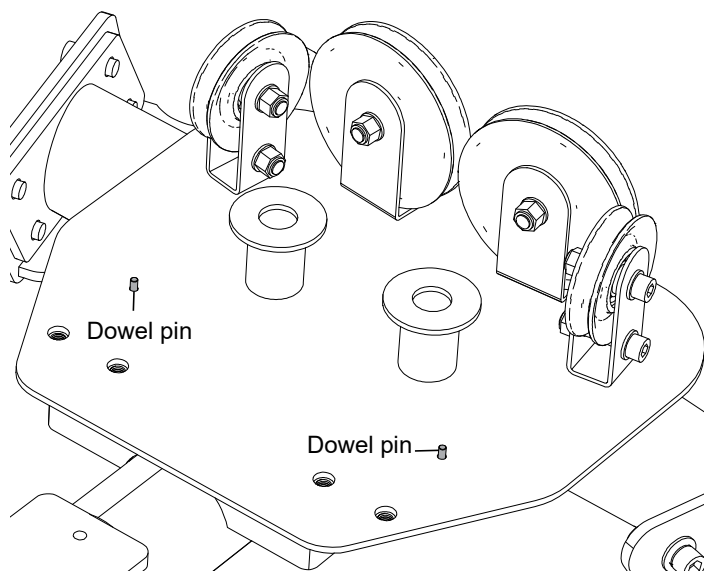
Tools Used in this Step	
4mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-1050FS001X	FRONT SHROUD ASSEMBLY	1
2	SM-2000PL008	H CHANNEL 844.5MM LONG	2
3	SM-2000PL009	H CHANNEL 553mm LONG	2
4	C1301	BHCS, M6 X 12MM, ZP	2

- A. Using a 4mm allen wrench, remove the 2 front hex screws from the top frame assembly.
- B. Slide each H channel onto the corresponding side of the front shroud.

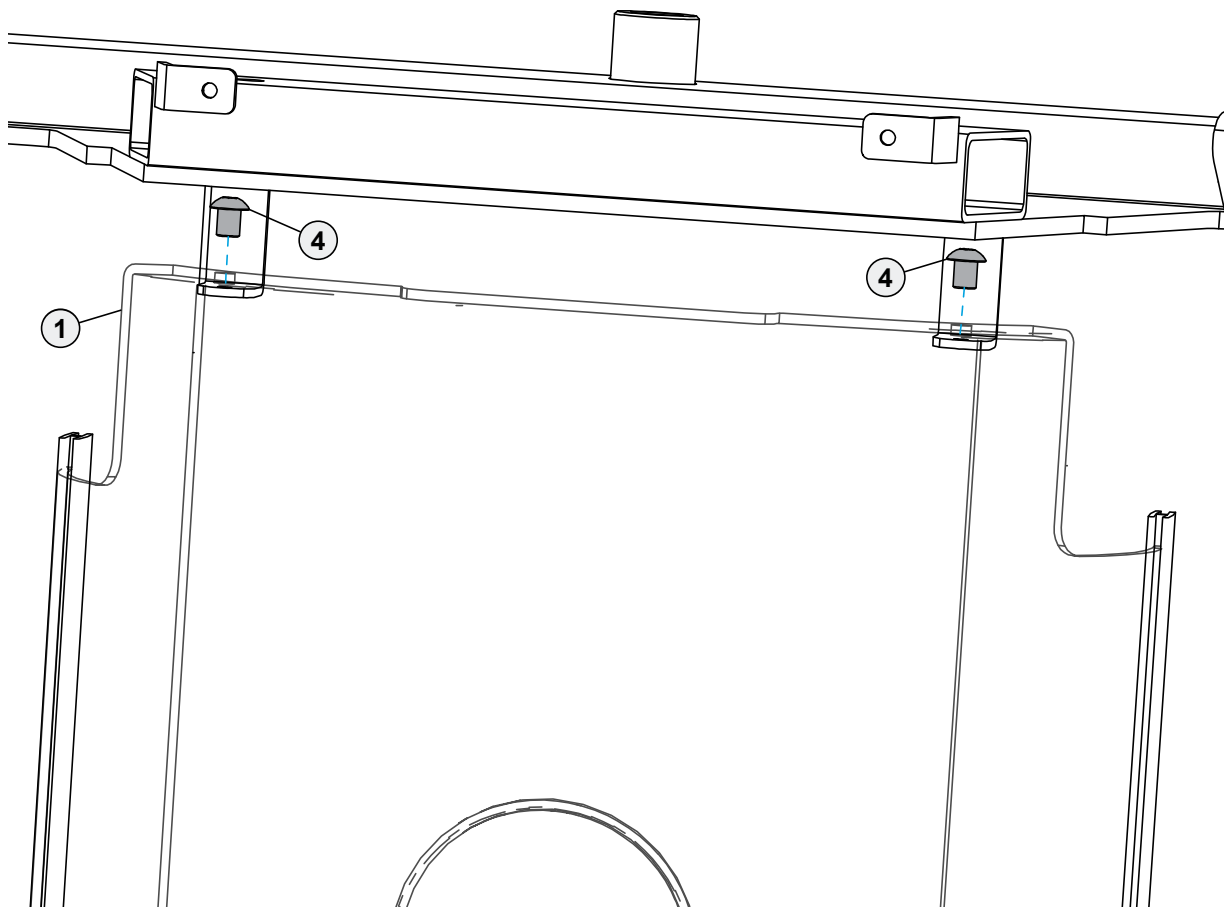


- C. Align the dowel pins on the main frame bottom assembly with the corresponding holes on the front shroud to secure it in place.




Step 6—Attach Front Shroud Continued

- D. Using a 4mm allen wrench, attach the front shroud to the main frame bottom assembly using the 2 hex screws you removed previously.

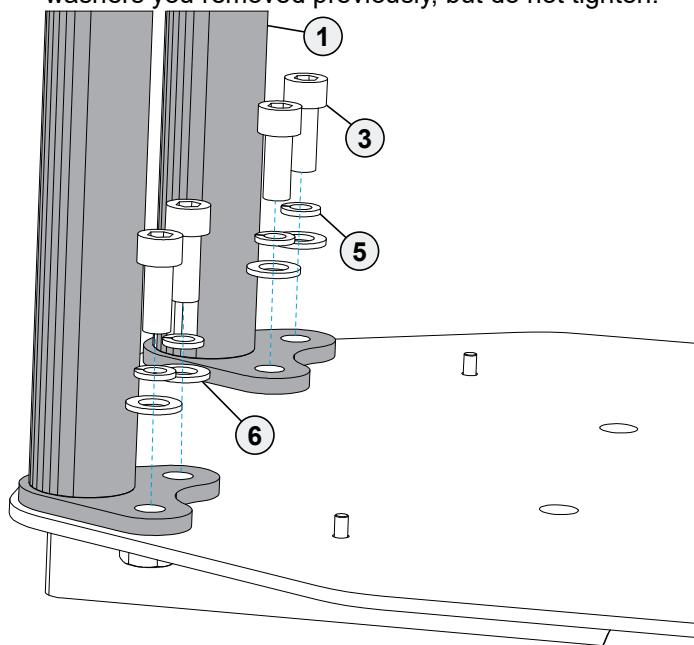


Step 7—Attach Handle Columns

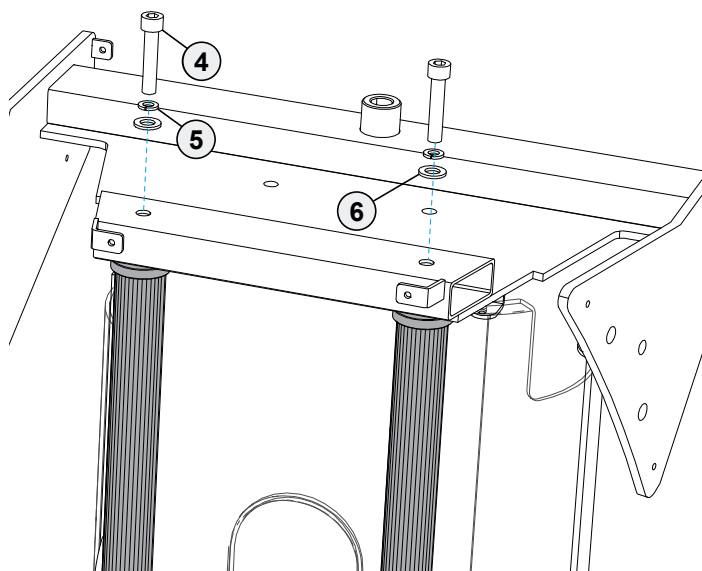
Tools Used in this Step	
8mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-1050CL000BK	WELDMENT, HANDLE COLUMN	2
2	SM-1050TF000XBK	TOP FRAME ASSEMBLY	1
3	SD0226	SHCS, M10-1.5 X 25MM	4
4	SD0225	SHCS, M10-1.5 X 50MM	2
5	SD0246	LOCK WASHER, M10, ZP	6
6	SD0243	WASHER, FLAT, M10, ZP	6





- A. Using an 8mm allen wrench, remove the 6 hex screws, 6 lock washers, and 6 flat washers from the main frame assembly and handle columns.
- B. Using an 8mm allen wrench, attach the handle columns to the main frame bottom assembly using the 4 25mm hex screws, 4 lock washers, and 4 flat washers you removed previously, but do not tighten.



- C. Using an 8mm allen wrench, attach the handle columns to the top frame assembly using the 2 50mm hex screws, 2 lock washers, and 2 flat washers you removed previously, but do not tighten.
- D. Fully tighten all main frame and top frame hardware, level the machine, and move it to the desired location.

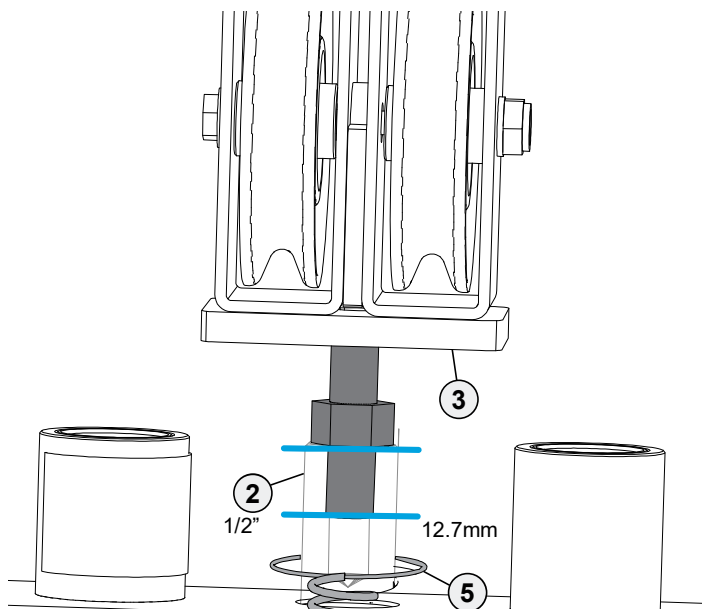


Step 8—Attach Top Plate, Pulley Housing, Guide Rods, and Weights

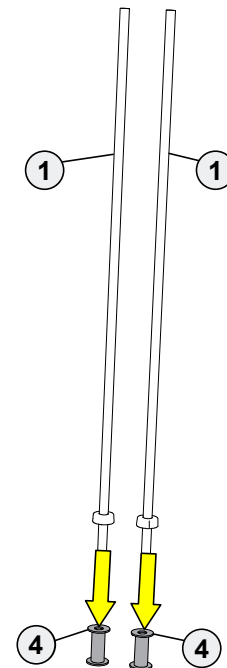
Tools Used in this Step	
Cloth	
Lubricant	
8mm Allen Wrench	
19mm Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-2000GR001	WEIGHT GUIDE ROD	2
2	SM-2000TP020X	TOP PLATE W/ SELECTOR BAR ASSEMBLY	1
3	SM-2000BR050	PULLEY HOUSING ON TOP PLATE, ASSEMBLY	1
4	SM1050WS000BK	WEIGHT STACK SPACER	2
5	SM-2000SP000X	SELECTOR PIN 10MM X 121MM	1
6	S 502	WEIGHT ASSEMBLY, FORCE 10 LB	20
7	SM-2000WB000	RUBBER WEIGHT BUMPER 62MM X 58MM X 26MM X 25MM	2
8	SM-2000GR002	GUIDE ROD TOP CAP NYLON SLEEVE	2
9	SD0226	SHCS, M10-1.5 X 25MM	2
10	SD0246	LOCK WASHER, M10, ZP	2
11	SD0243	WASHER, FLAT, M10, ZP	2

- A. Slide the selector pin in place on the top plate assembly.
- NOTE:** Ensure the selector pin metal ring is positioned around the selector bar.
- B. Using a 19mm wrench, attach the top plate pulley assembly to the weight stack top plate.
- IMPORTANT!** A minimum of 1/2" (12.7mm) of the threaded portion of the cable bolt must be threaded into the top plate. Make sure locking nut is tight.
- NOTE:** See Cable Inspection and Maintenance for additional information.
- NOTE:** Ensure the top plate decal is facing forward.



- C. Remove and set aside the 2 spacers from the guide rods.

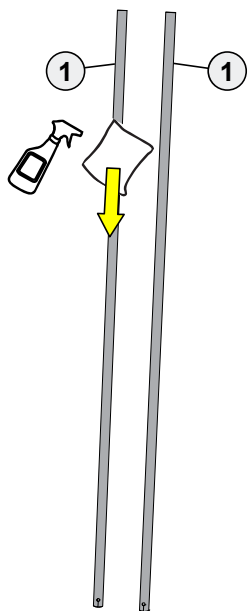


Step 8—Attach Top Plate, Pulley Housing, Guide Rods, and Weights Continued

- D. Wipe all dirt and dust from the guide rods before lightly applying a teflon (PTFE) spray lubricant. Spray the lubricant on a cloth or paper towel and use it to wipe down the guide rods.

IMPORTANT! DO NOT use oil lubricants such as WD-40.

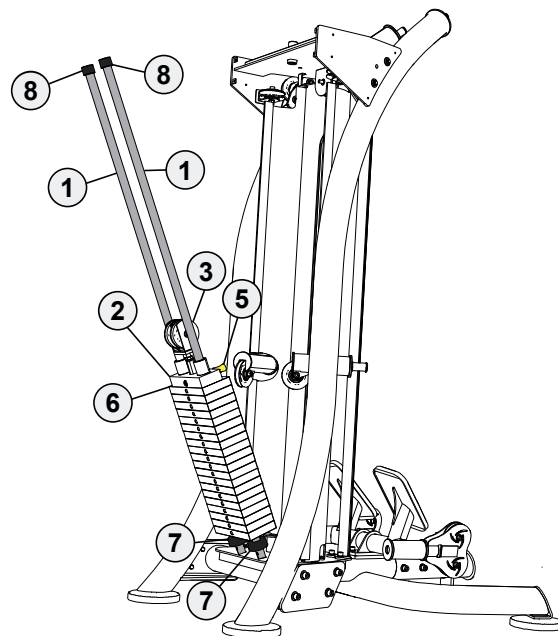
IMPORTANT! Teflon (PTFE) lubricants will stain carpet or clothing.



- E. Tilt the guide rods backwards and slide the washers, bumpers, weight plates, and top plate assembly down the guide rods.

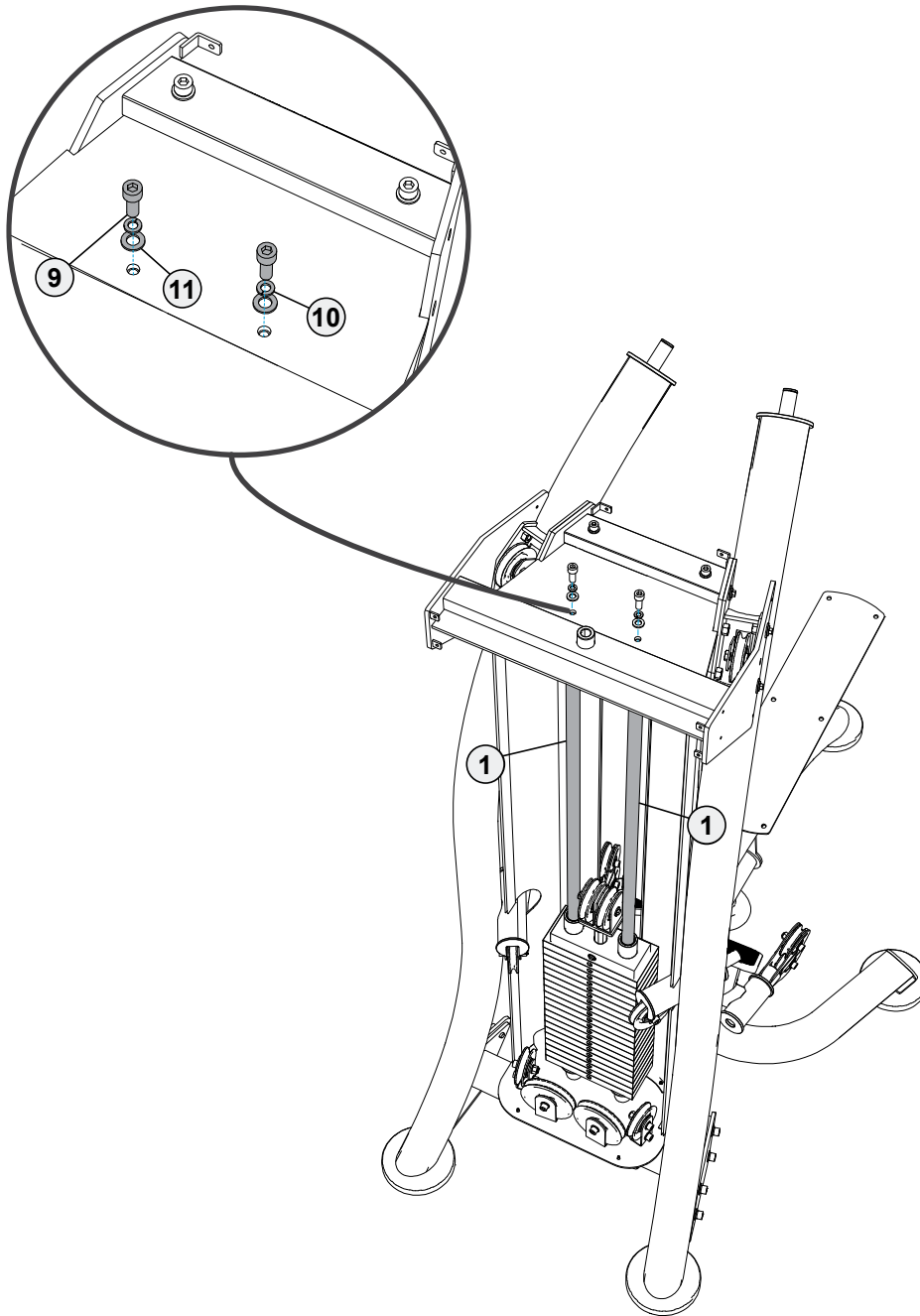
IMPORTANT! DO NOT drop the weight plates when sliding onto guide rods.

- F. Remove the 2 nylon sleeve caps from the top frame assembly and slide them onto each guide rod.





Step 8—Attach Top Plate, Pulley Housing, Guide Rods, and Weights Continued

- G. Using an 8mm allen wrench, remove the 2 hex screws, 2 lock washers, and 2 flat washers from the top frame assembly.
- H. Using an 8mm allen wrench, attach the guide rods to the top frame assembly using the 2 hex screws, 2 lock washers, and 2 flat washers you removed previously.



Step 9—Attach Weight Stack Labels

Tools Used in this Step	
Cloth	
Isopropyl Alcohol	

Parts Used in this Step			
Item	Part	Description	Qty
1	LBL-WS-MS210	LABEL, 210 LB WEIGHT STACK	1
2	S 502	WEIGHT ASSEMBLY, FORCE 10 LB	20

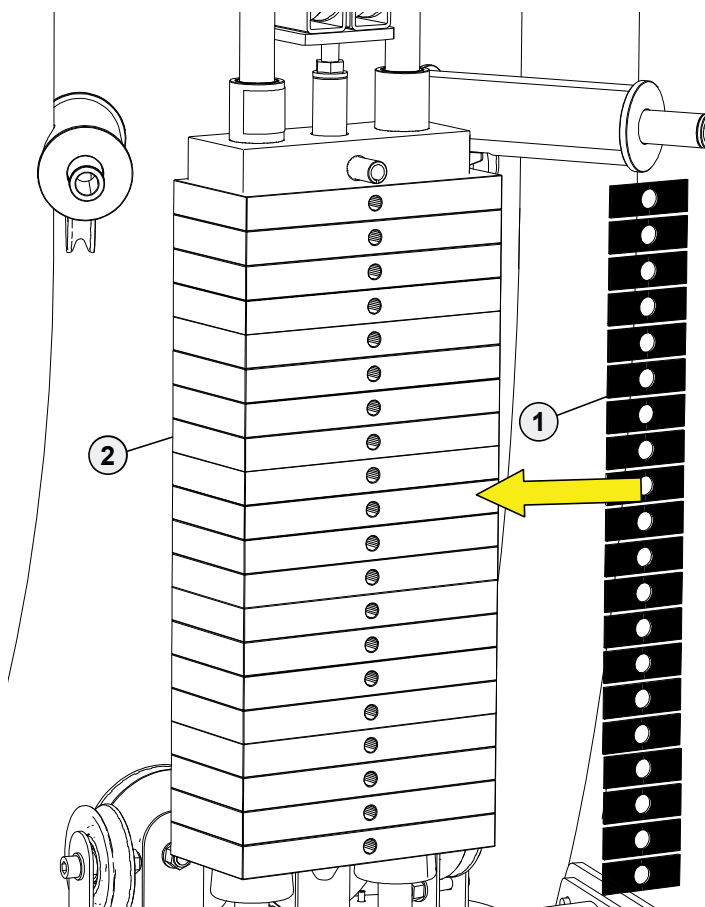
A. Wipe the front surface of the weights with isopropyl alcohol. Spray the isopropyl alcohol on a cloth or paper towel and use it to wipe down the front surface of the weights.

NOTE: Allow the weights to dry completely before proceeding.


B. After selecting the appropriate weight stack labels, peel and remove the backing from the weight stack labels. Using the selector pin retainer tube and the selector pin in the heaviest weight plate option, align the weight stack label with the plates. After applying the weight stack label for the appropriate model and weight stack option, peel and remove the front from the weight stack label, leaving the individual weight call outs for each plate.

C. Allow the adhesive to cure for 48 hours.

IMPORTANT! DO NOT test the integrity of the labels after they have been installed.

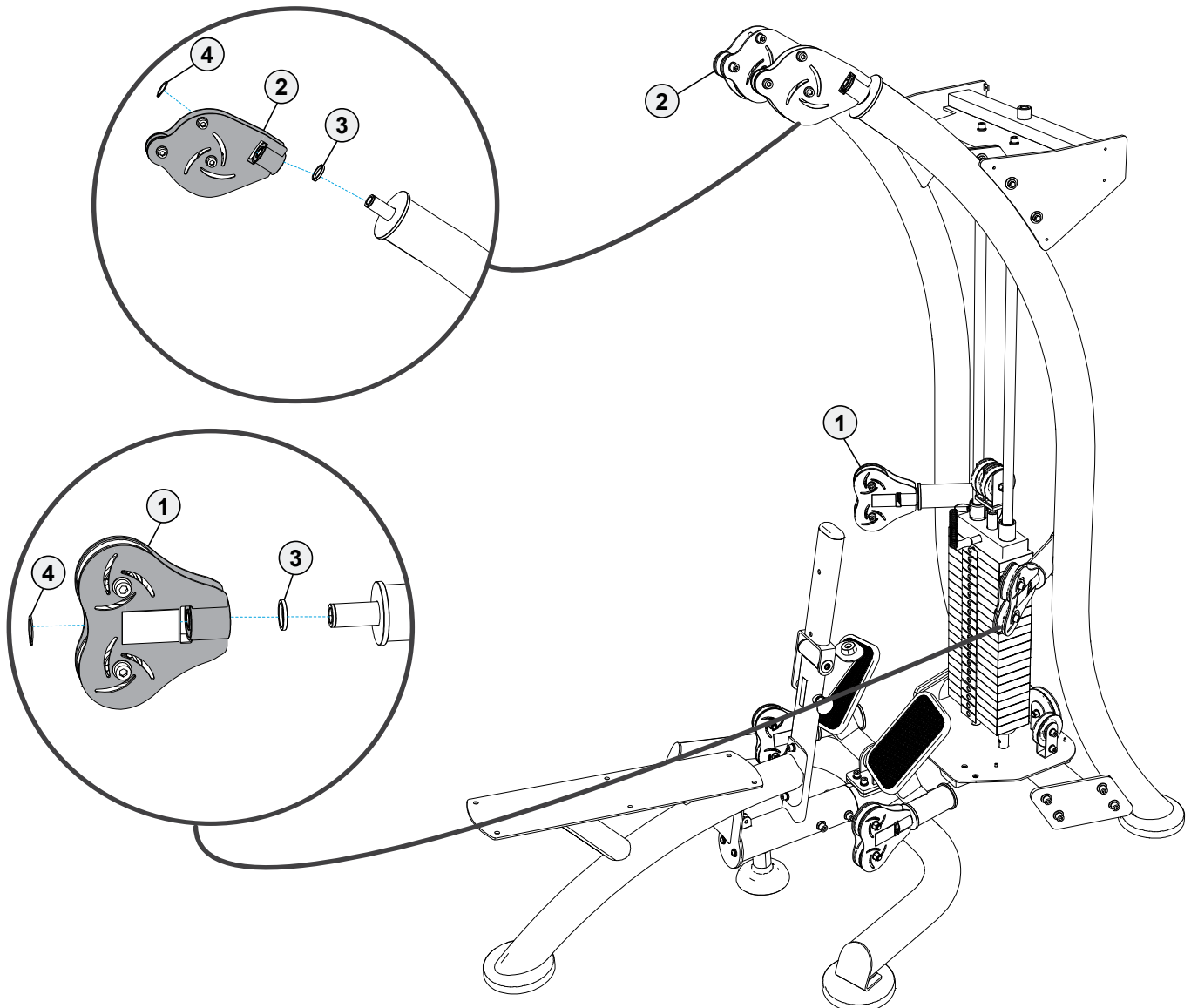


Step 10—Attach Pulley Housing





Tools Used in this Step	
Retaining Ring Pliers	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-2000PH200X	PULLEY HOUSING ASSEMBLY	2
2	SM-2000PH100X	TOP PULLEY HOUSING	2
3	SM-2000SP010	SPACER SLEEVE 32MM X 25.5MM X 4MM	4
4	SM-2000RR000	RETAINING RING FOR SHAFT 25MM DIA	4

- Slide a spacer sleeve onto the 4 shafts where a pulley housing is located.
- Route the pull strings through the pulley housing assemblies.
- Slide the pulley housing assembly over the shaft.
- Using retaining ring pliers, attach the 4 retaining rings to the designated shaft grooves through the side space of the pulley housing assemblies.



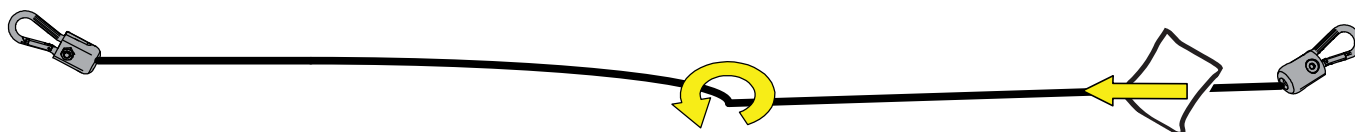
Step 11—Route Cables

Tools Used in this Step	
5mm Allen Wrench	
19mm Wrench	
16mm Socket Wrench	
Cloth	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-2000PH500X	FLOATING PULLEY HOUSING	2
2	SM-2000PH400X	ADJUSTABLE TOP PULLEY HOUSING	1
3	SM-2000CL000X	END OF CABLE LINKAGE	6
4	SM-2000CB001X	UPPER QUICKFIT CABLE W/ BALL ENDS	1
5	SM-2000CB002X	LOWER QUICKFIT CABLE W/ BALL ENDS	2
6	SM-2000PL500	PULLEY 89MM DIA	2
7	C1102	LP SHOULDER, M8-1.25 X 19MM X 20MM	6
8	SM0033	LOCK NUT, NYLON, M8, ZP	6
9	C1101	HHS, M10 X 70MM ZP	2
10	SD0246	LOCK WASHER, M10, ZP	2
11	SD0243	WASHER, FLAT, M10, ZP	2
12	B1005	CARABINER	6

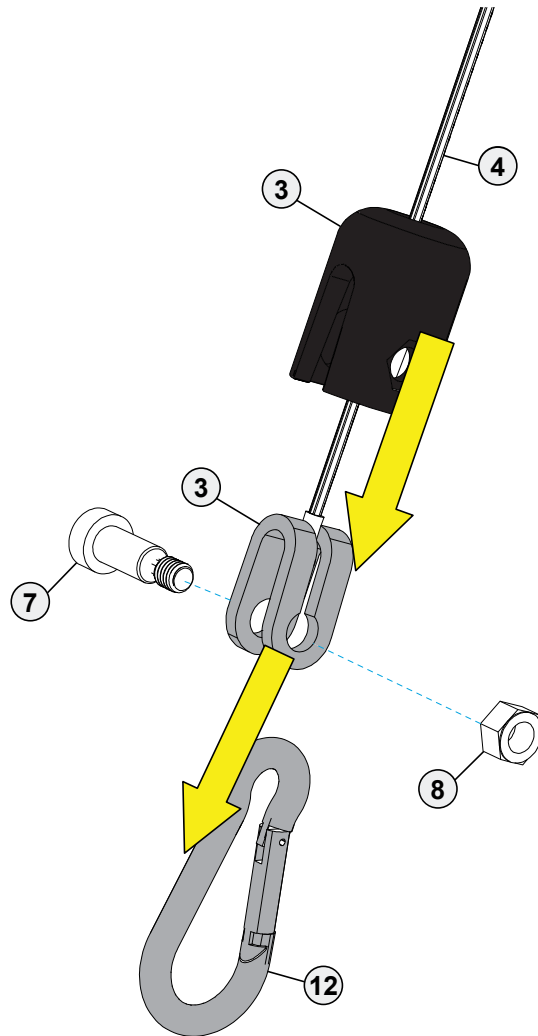
- A. Unravel the cables and lay them on the ground.
- B. Using a cloth, wipe down the cables to get twists and kinks out of them.

NOTE: One person should hold the cable ends while the other wipes down the cables.



Step 11—Route Cables Continued

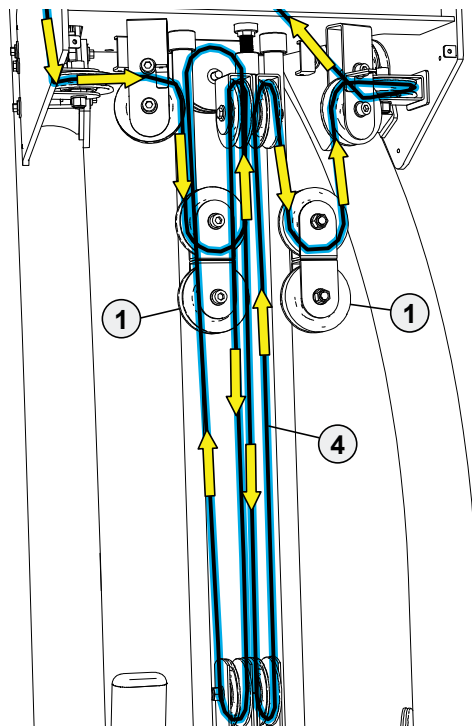
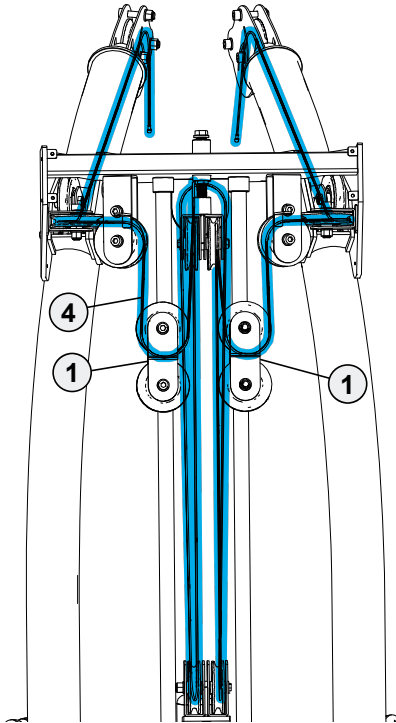
- C. Using a 5mm allen wrench, remove the 6 cable end assemblies and 6 carabiners from the cables using 6 hex screws and 6 lock nuts.



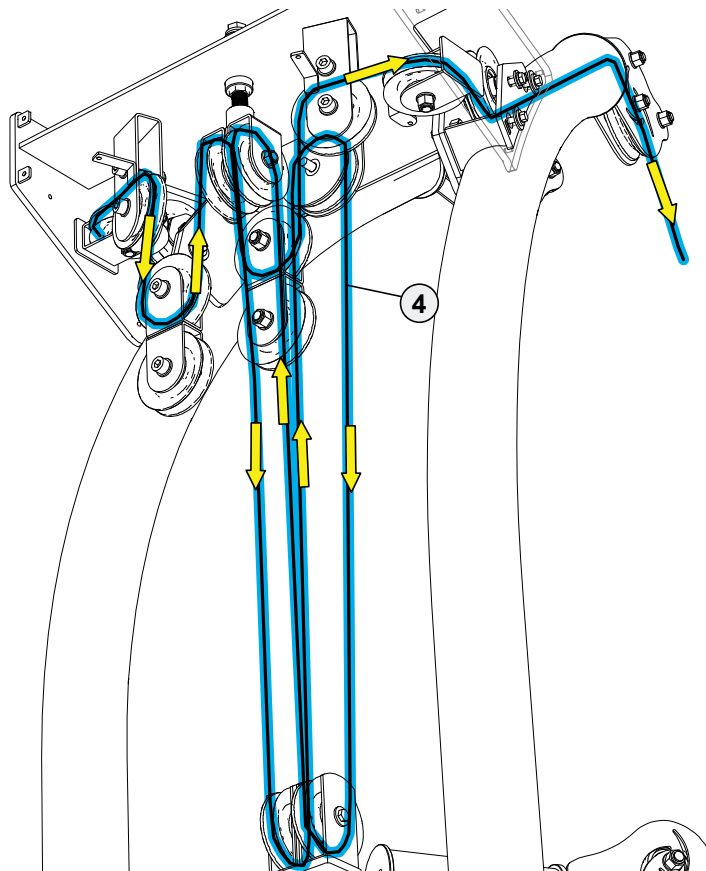
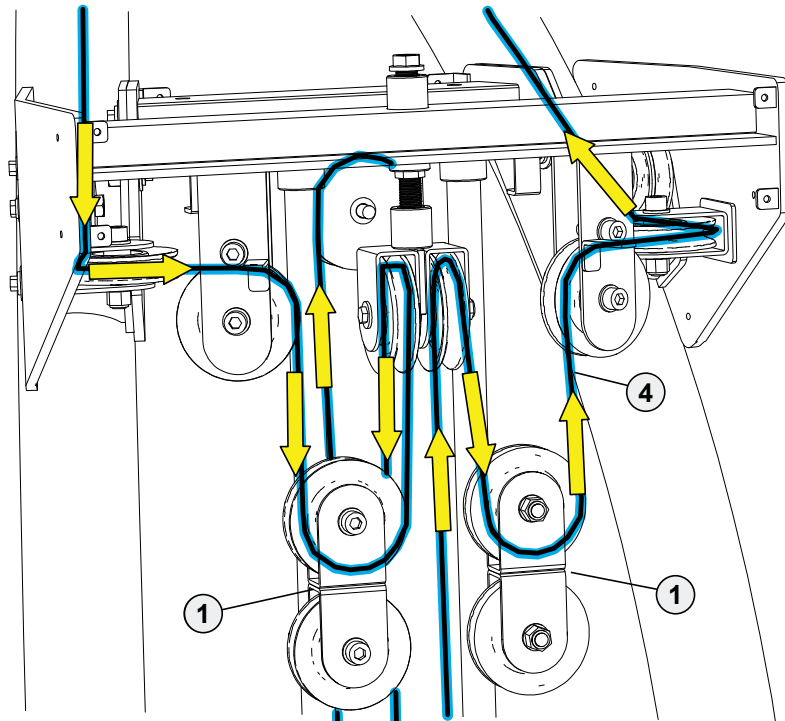
Step 11—Route Cables Continued

- D. Using the pull string and the floating pulley housing, route the upper cable.

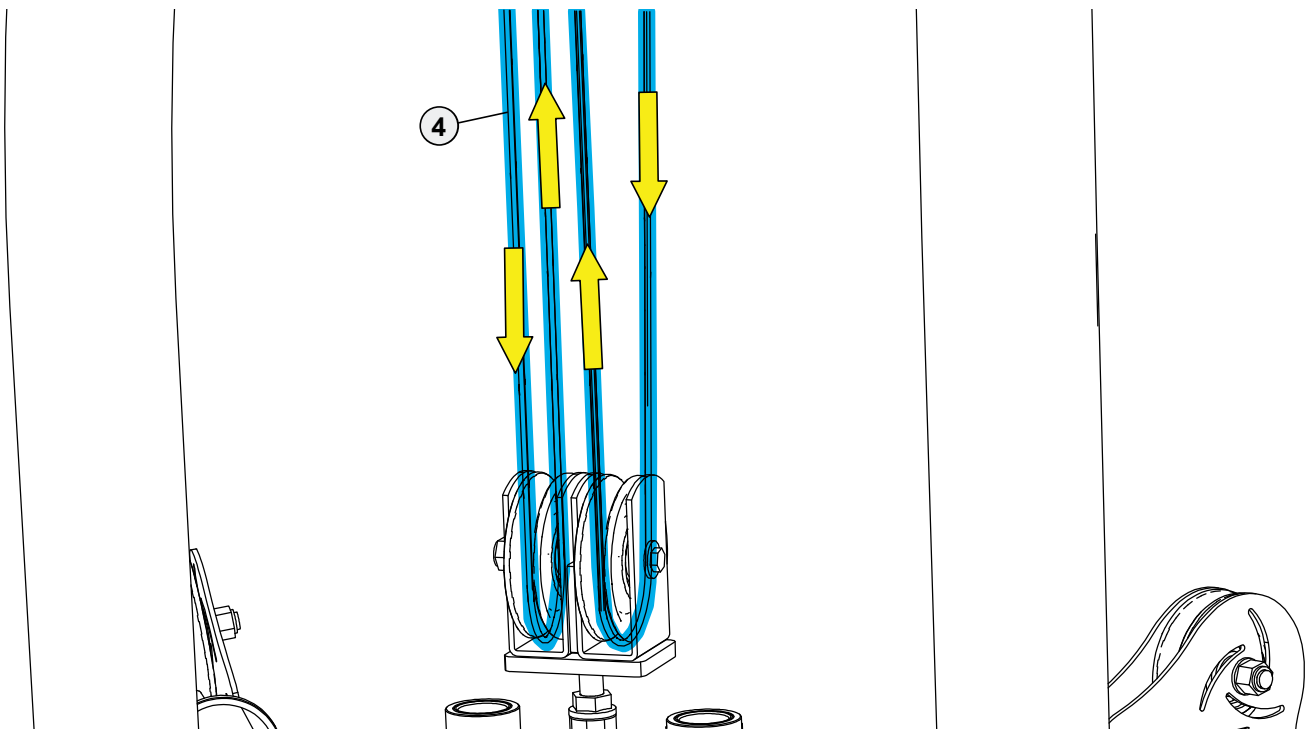
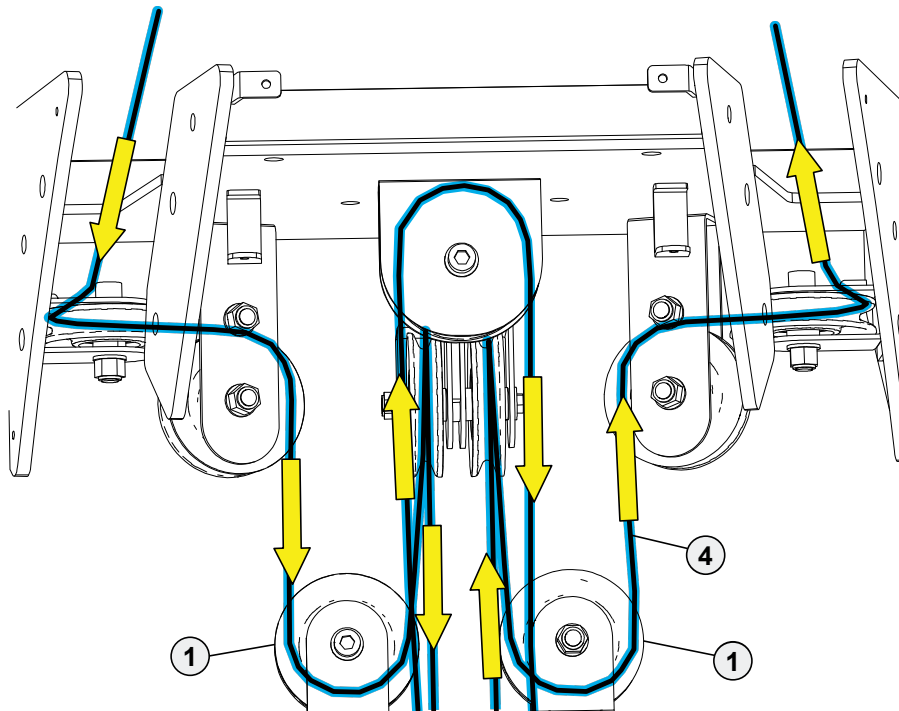
NOTE: The pull string will assist with upper cable routing ensuring the cable is seated in the side frame pulley grooves.



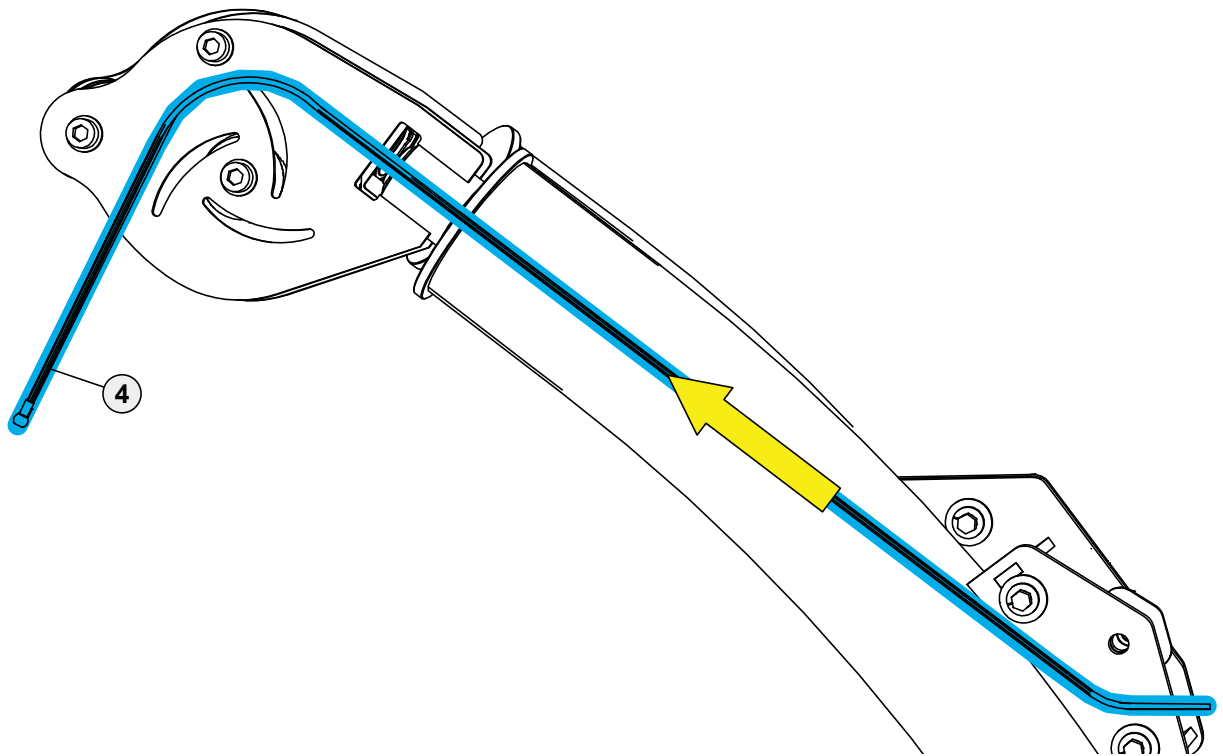
Step 11—Route Cables Continued



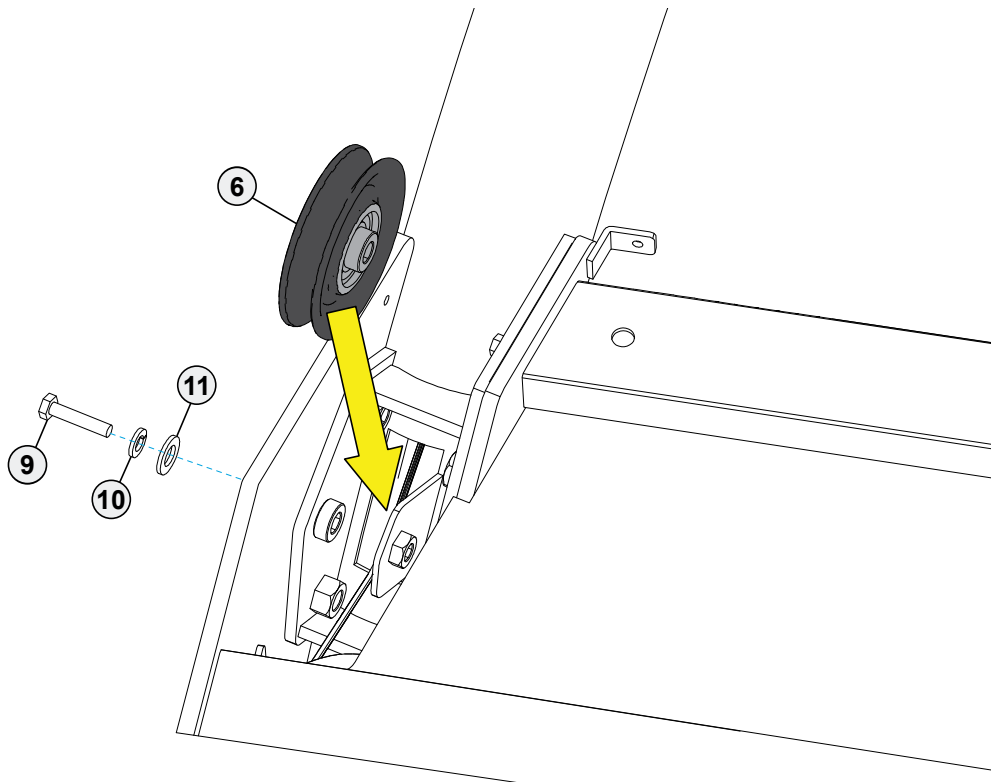
Step 11—Route Cables Continued



Step 11—Route Cables Continued



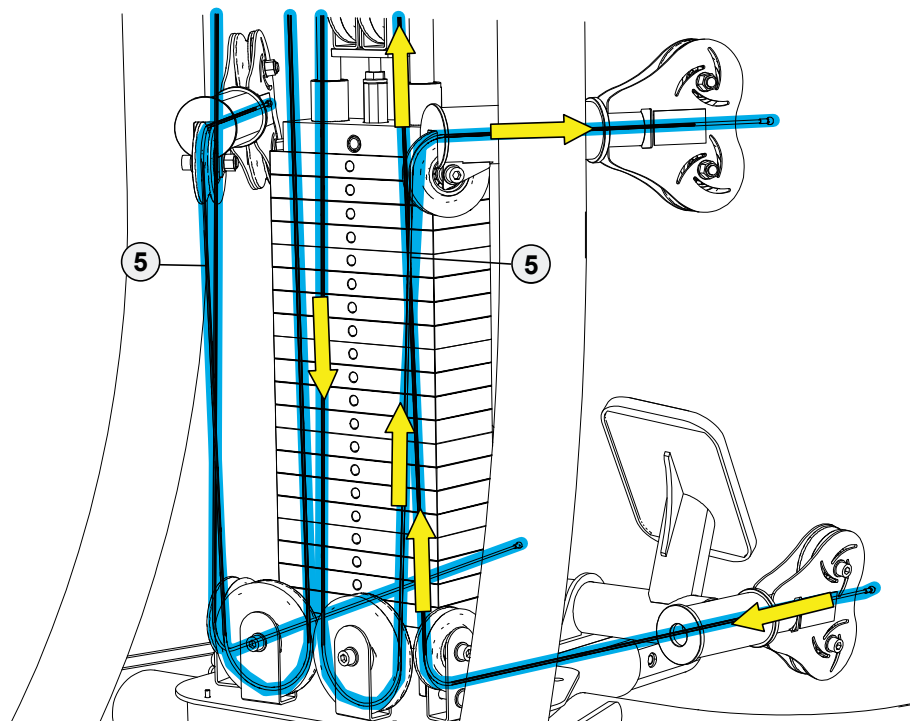
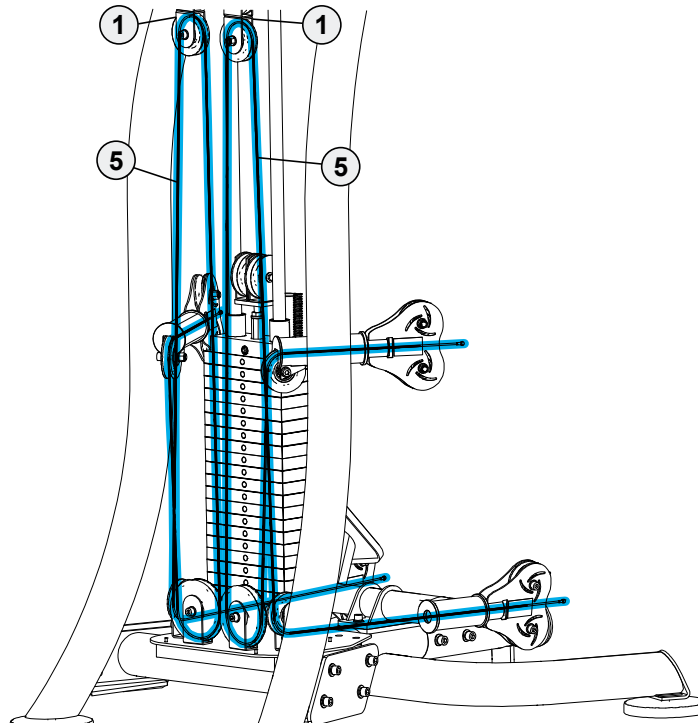
- E. Using an 16mm socket wrench, reattach the 2 side frame pulleys using the 2 bolts, 2 lock washers, and 2 flat washers you removed previously.



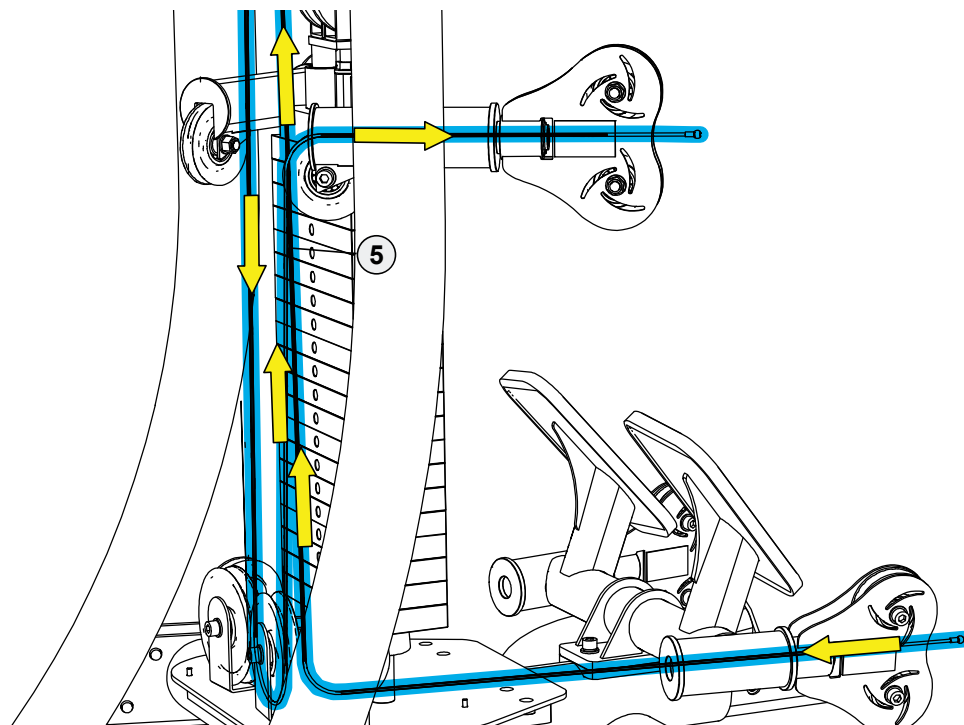
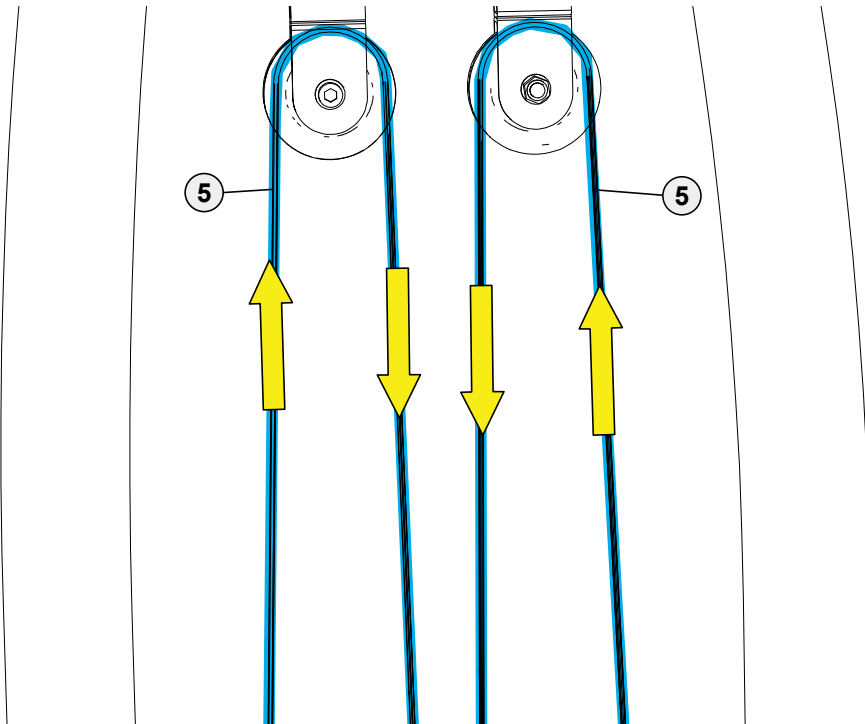
Step 11—Route Cables Continued

F. Using the pull strings and the floating pulley housing, route the lower cables.

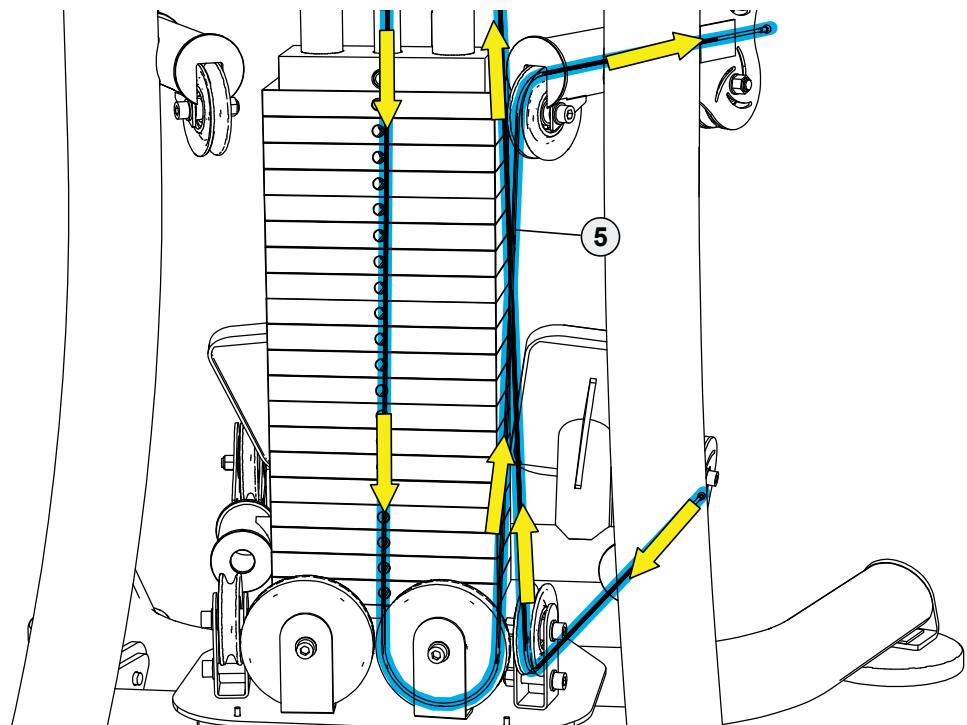
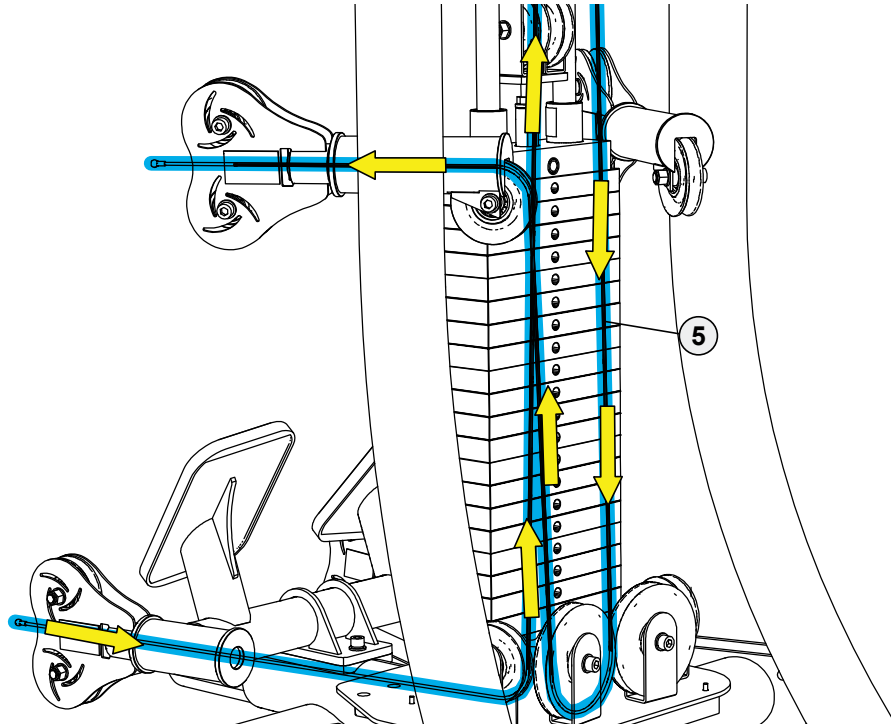
NOTE: Ensure the lower cables do not touch.



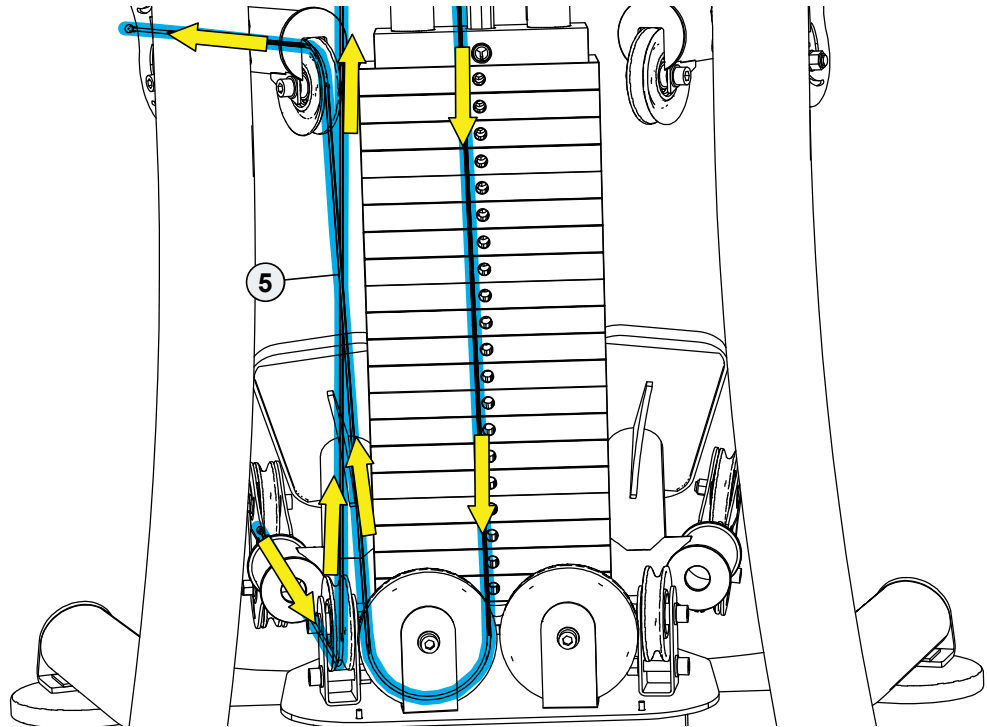
Step 11—Route Cables Continued



Step 11—Route Cables Continued



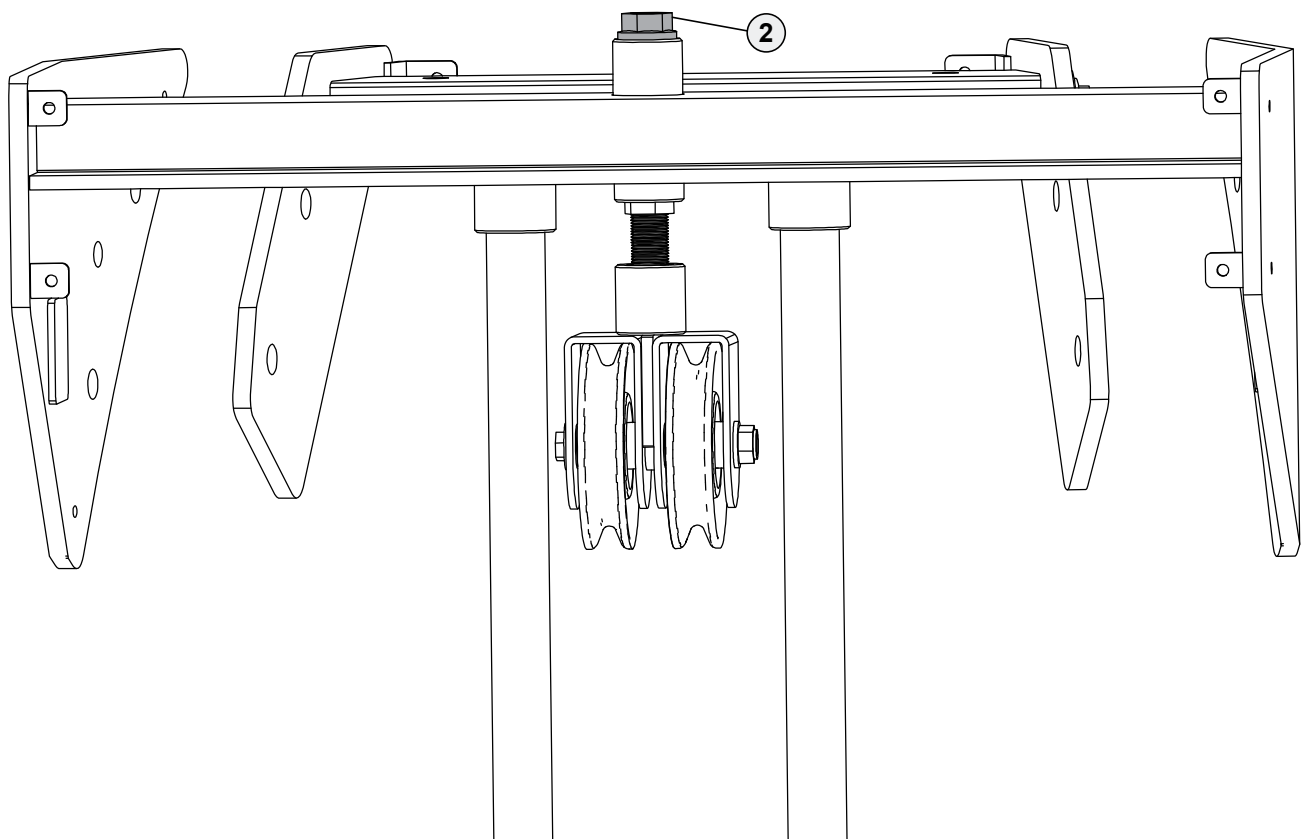
Step 11—Route Cables Continued



G. Remove the selector pin from the top plate.

H. Using a 19mm wrench, adjust the cable tensioning by tightening the locking nut on the adjustable top pulley housing.

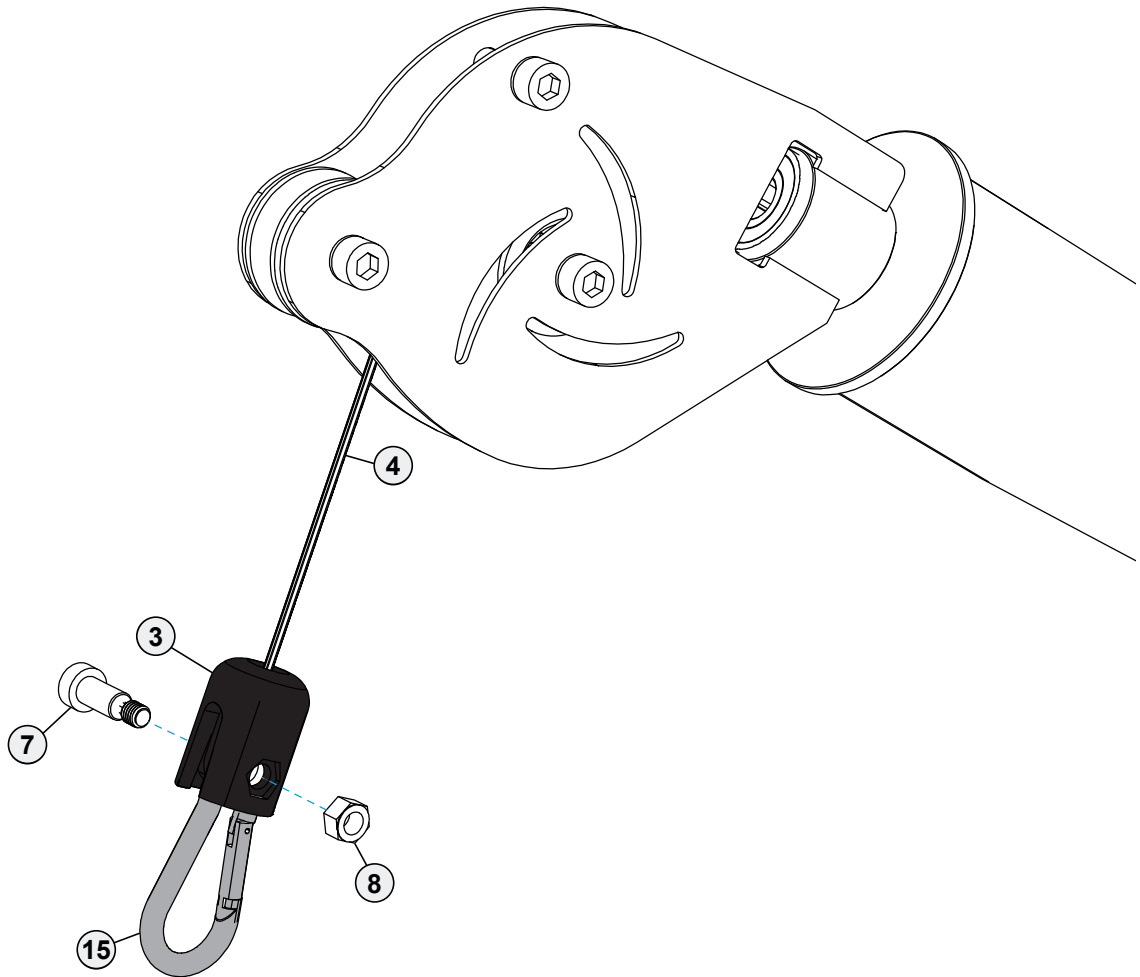
NOTE: Ensure both locking nuts are tight on the adjustable top pulley housing.




Step 11—Route Cables Continued

- I. Using a 5mm allen wrench, reattach the 6 cable end assemblies using the 6 hex screws and 6 lock nuts you removed previously.

NOTE: Ensure the carabiner on each cable end assembly is attached as shown below.

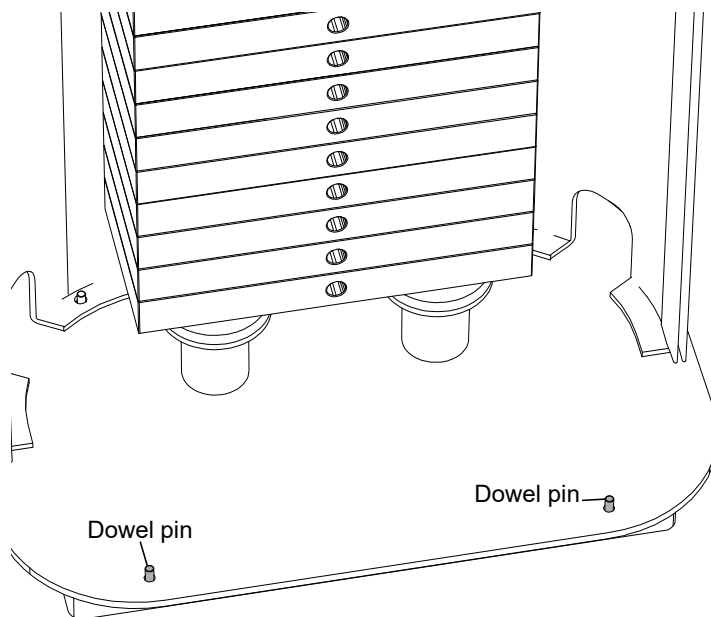


Step 12—Attach Rear Shroud

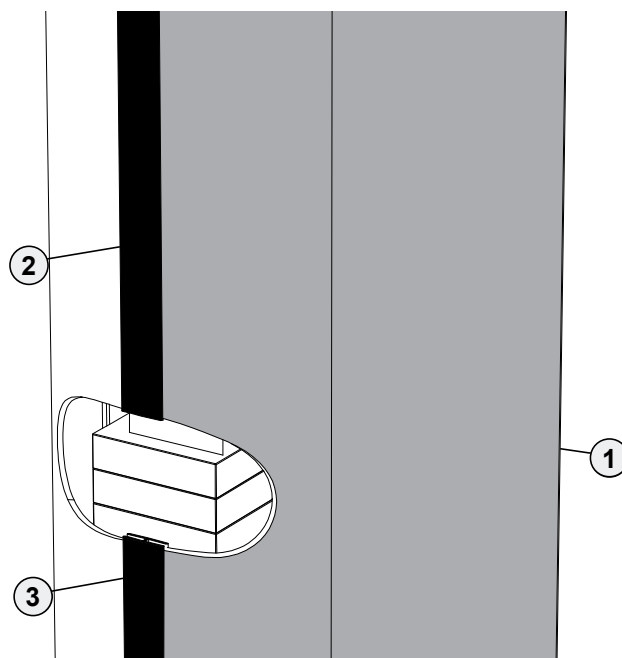
Tools Used in this Step	
4mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-2000RS001	REAR SHROUD	1
2	SM-2000PL008	H CHANNEL 844.5MM LONG	1
3	SM-2000PL009	H CHANNEL 553mm LONG	1
4	C1301	BHCS, M6 X 12MM, ZP	2

- A. Using a 4mm allen wrench, remove the 2 rear hex screws from the top frame assembly.
- B. Position the dowel pins on the main frame bottom assembly with the corresponding holes on the rear shroud.

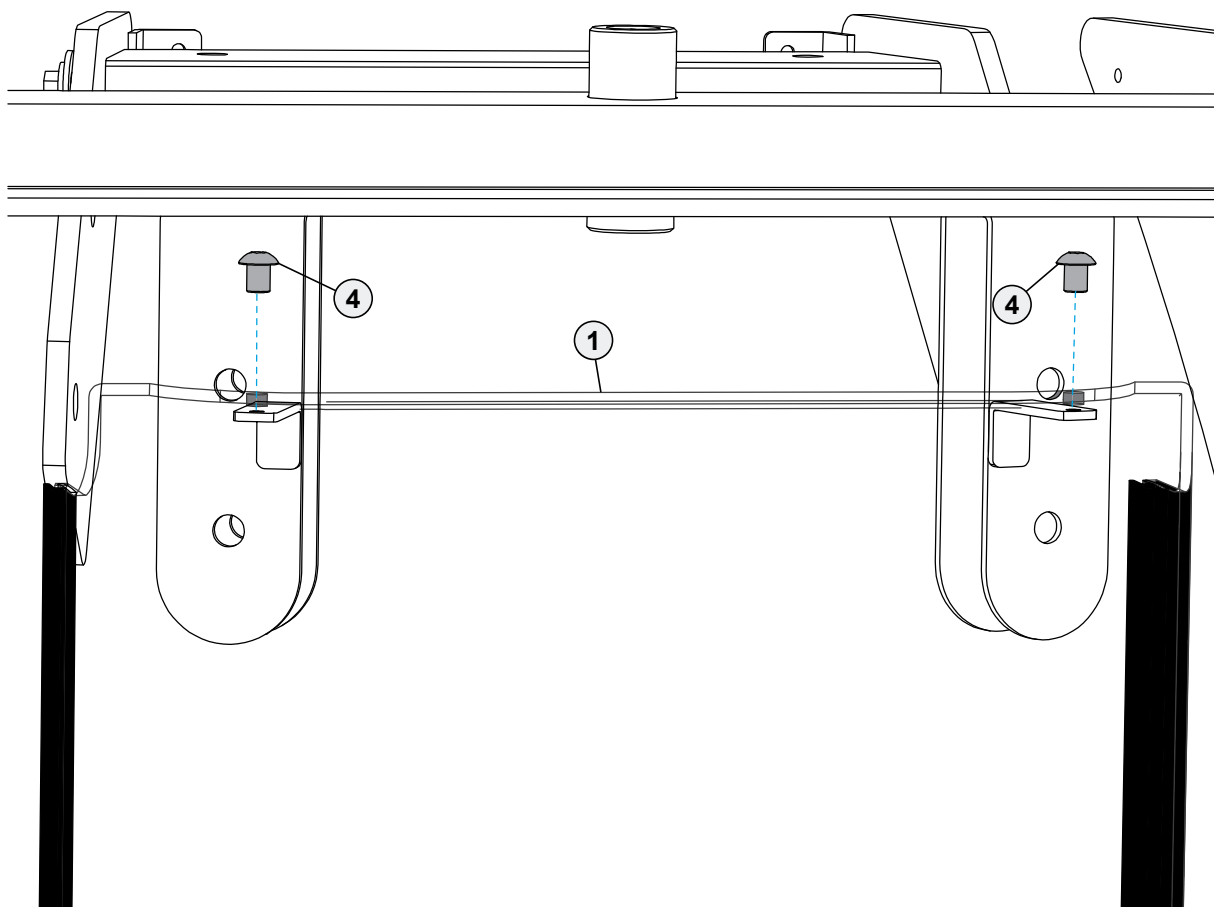


- C. Working from bottom to top, insert the back shroud sides into the H channels previously placed on the front shroud sides.




Step 12—Attach Rear Shroud Continued

- D. Using a 4mm allen wrench, attach the rear shrouds to the main frame assembly using the 4 hex screws you removed previously.



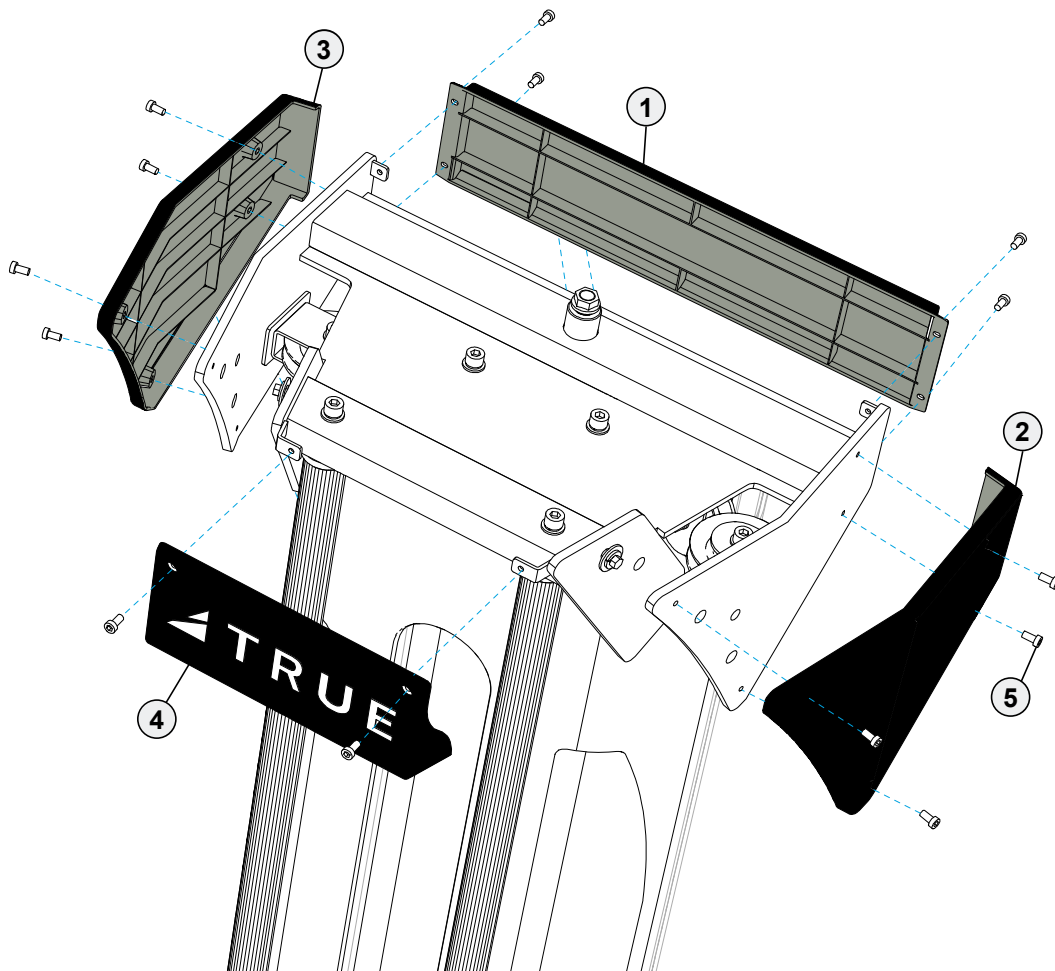
Step 13—Attach Top Frame Assembly Plastics

Tools Used in this Step	
5mm Allen Wrench	



Parts Used in this Step			
Item	Part	Description	Qty
1	SM-2000PL000BK	COVER, SM2000 REAR PLASTIC	1
2	SM-2000PL001	RIGHT PLASTIC	1
3	SM-2000PL002	SHROUD, UPPER	1
4	SM-2000PL003BK	COVER, SM2000 FRONT PLASTIC	1
5	C1099	SHCS, M6 X 12MM	14

- A. Using an 5mm allen wrench, remove the 14 screws from the top frame assembly plastics.
- B. Using a 5mm allen wrench, attach the top frame assembly plastics to the top frame assembly using the 14 screws you removed previously.

NOTE: Attach the rear top frame assembly plastic first.



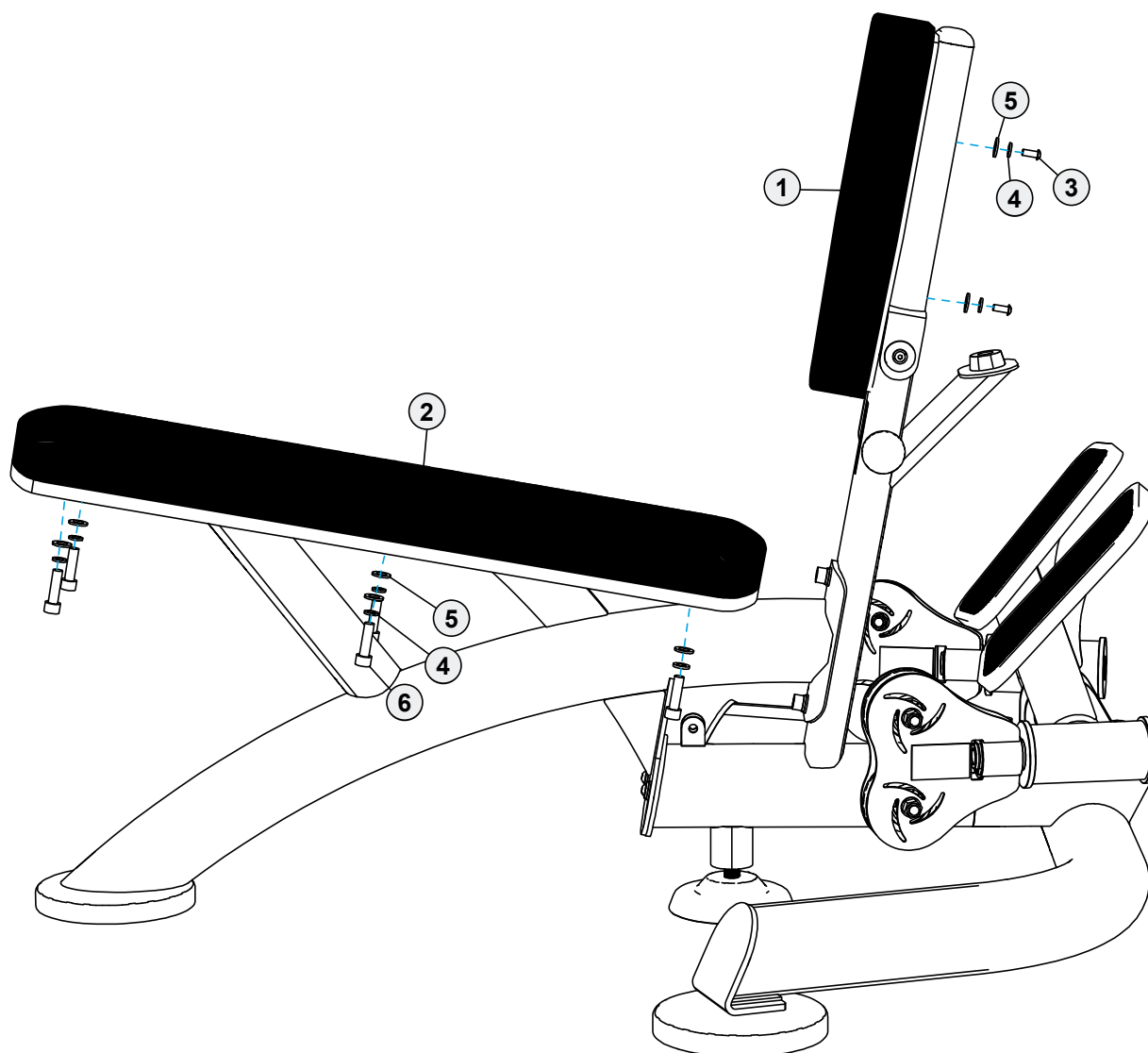
Step 14—Attach Seat Pads

Tools Used in this Step	
6mm Allen Wrench	
8mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-1050PD001X	SUBASSEMBLY, SM1050 SEAT BACK PAD	1
2	SM-1050PD002X	SUBASSEMBLY, SM1050 SEAT PAD UPHOLSTERED	1
3	C1098	BHCS, M10 X 70MM X P1.5, ZP	2
4	SD0246	LOCK WASHER, M10, ZP	8
5	SD0243	WASHER, FLAT, M10, ZP	8
6	C1096	SHCS, M10-1.5 X 35MM	6

- A. Using a 6mm allen wrench, attach the seat back pad to the seat back base assembly using 2 hex screws, 2 lock washers, and 2 flat washers.
- B. Using an 8mm allen wrench, attach the bottom seat pad to the seat frame assembly using 6 hex screws, 6 lock washers, and 6 flat washers.

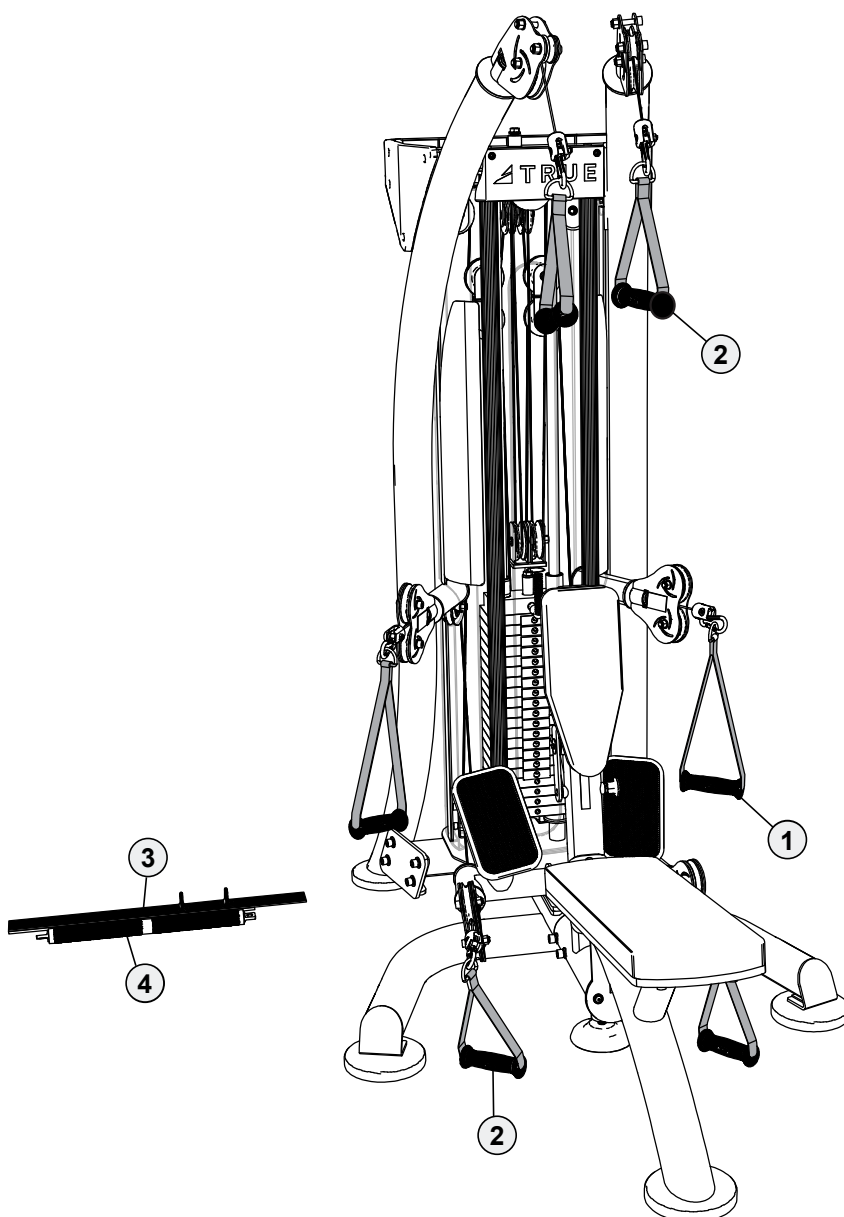
NOTE: To avoid damage to the seat pads, do not use an impact driver.



Step 15—Attach Optional Accessories

Parts Used in this Step			
Item	Part	Description	Qty
1	SM-2000HD002X	LONG HANDLE	2
2	SM-2000HD000X	SHORT HANDLE	4
3	SM-2000TS001X	THIGH STRAP	1
4	SM-2000RH000X	ROW HANDLE	1

Attached the desired optional accessories to the machine.



PREVENTATIVE 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. Many parts are tested and manufactured specifically for TRUE equipment. Use of unapproved parts may cause serious injury and/or void the limited warranty.

DAILY INSPECTION AND 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 is not responsible for performing or scheduling regular maintenance or inspections.

- Inspect cables for wear, tension, and proper connection if equipped. (See cable inspection and maintenance.)
- 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. (See weight stack selector pin inspection.)

WEEKLY INSPECTION AND 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 is not responsible for performing or scheduling regular maintenance or inspections.

- Check entire length of cable and end fittings for any signs of wear if equipped. (See cable inspection and maintenance.) Replace immediately as required.
- Verify that a minimum of ½" (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. Make sure locking nut is tight. (See cable inspection and maintenance.)
- 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. (See weight stack selector pin inspection.)
- 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.



OTHER SCHEDULED PREVENTATIVE MAINTENANCE

TRUE recommends that scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit 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.
- 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 Warranty. Never pour or spray liquids on any part of the equipment. Allow the equipment to dry completely before using.

⚠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.


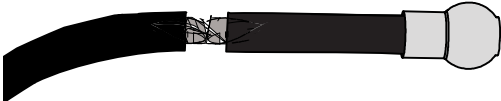



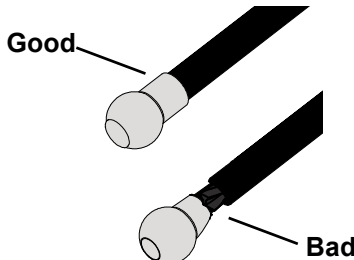
CABLE INSPECTION AND MAINTENANCE

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.

IMPORTANT! TRUE 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. **DO NOT** use cables that have fittings attached with hand-crimp tools.

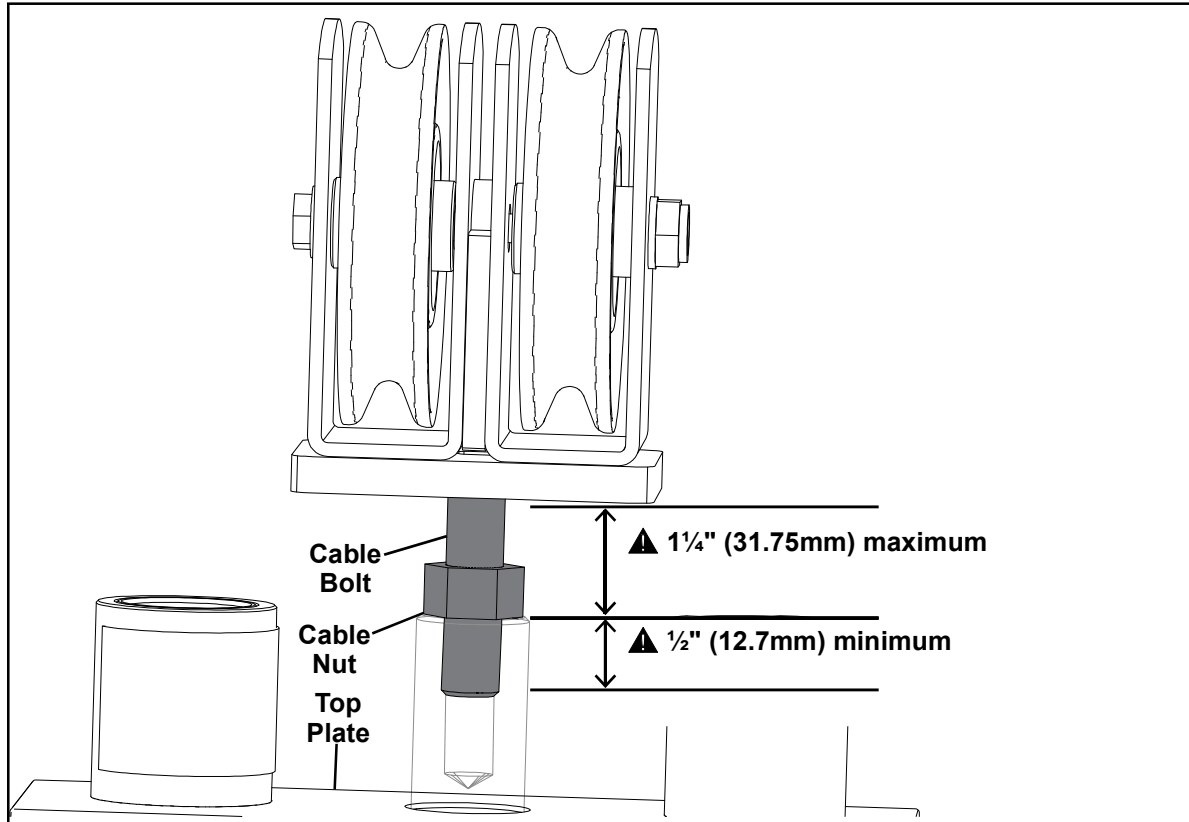
Examples of Cable Wear	
Twisted Cable (Zig-Zag Pattern) 	Break in the Cable Cover 
Break or Bend in the Cable 	Tear in the Cable Cover 
Stretched Cable Covering 	Crimp Connector Dislodged 

CABLE TENSION (IF APPLICABLE)

Ensure that the cables are adjusted to remove any slack using the threaded end fittings. These are normally located at the chrome adjustment columns. 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.

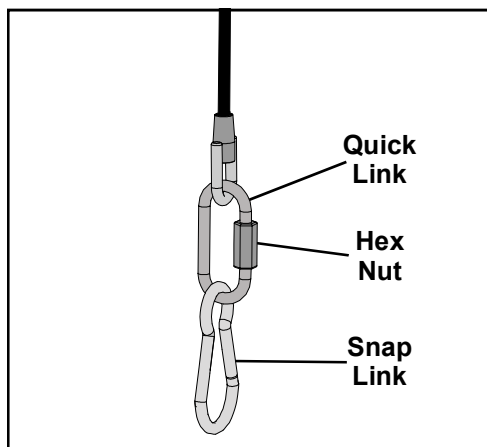
To adjust the cable tension, loosen the cable nut that is located on the cable bolt attached to the top plate. Tighten the cable bolt until the top plate is barely lifted off the first weight plate and then retighten the cable nut.

⚠CAUTION: A minimum of $\frac{1}{2}$ " (12.7mm) of the threaded portion of the cable bolt must be threaded into the cable attachment point. Maximum height from bottom of nut to bolt head is $1\frac{1}{4}$ " (31.75mm). Make sure locking nut is tight.



HANDLE FITTINGS (IF APPLICABLE)

Inspect the cable and fittings where handles are attached to the end of the cable. The fittings originally supplied with your machine are load rated snap-links and quick-links. Be sure the hex nut on the quick link is fully tightened. Be sure that the snap-link opens and closes easily and is fully engaged when closed. Replace if either are damaged.

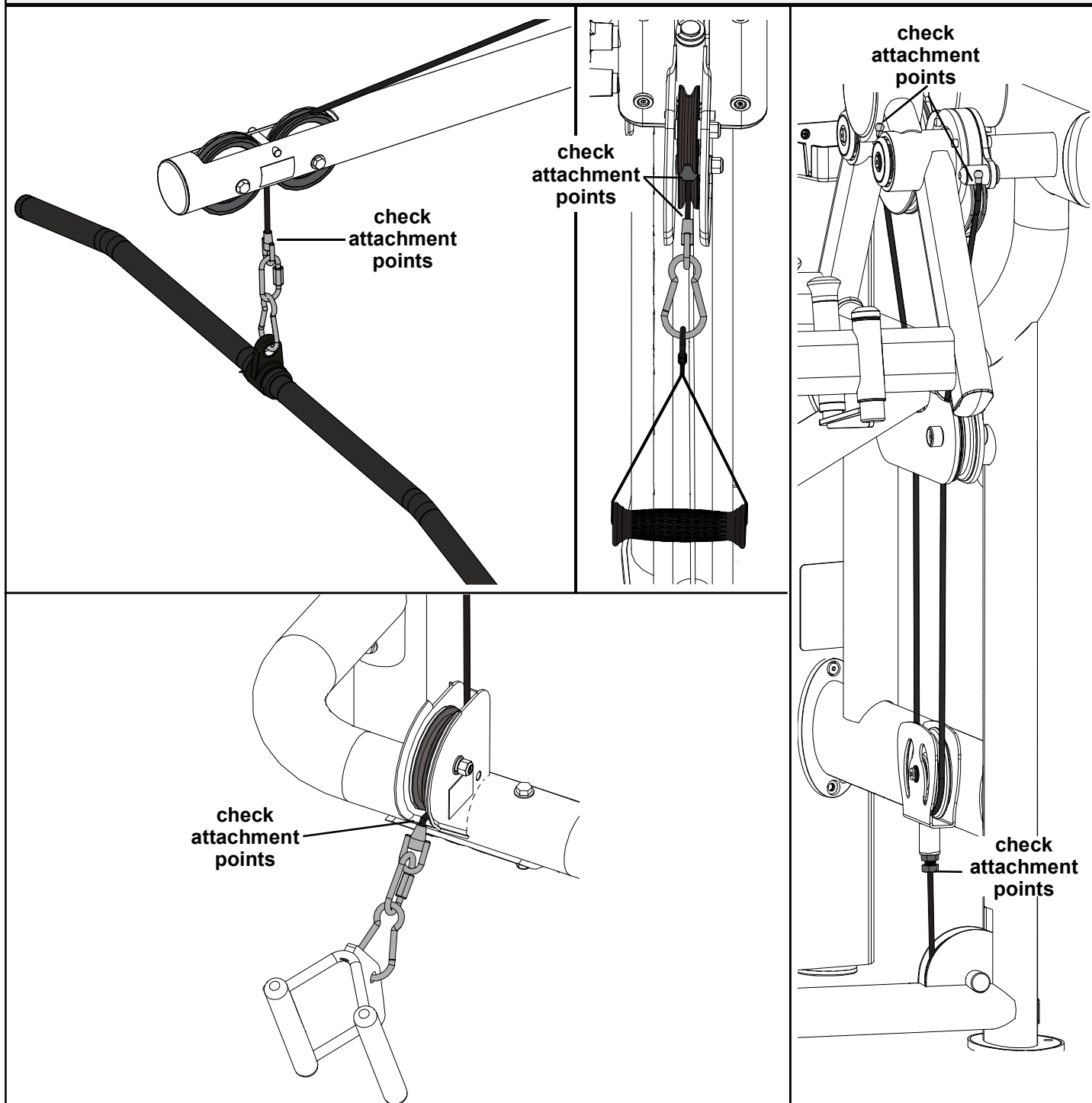


CABLE FITTING ATTACHMENTS (IF APPLICABLE)

Depending upon the machine, cable end fittings can either be securely fixed, rotate about a single axis, or can be free floating. On machines where the cable fitting is designed to rotate about a single axis, verify that the fitting rotates freely and that the hardware used to secure the cable pivot axle (most likely a pin or a bolt) is correctly fastened.

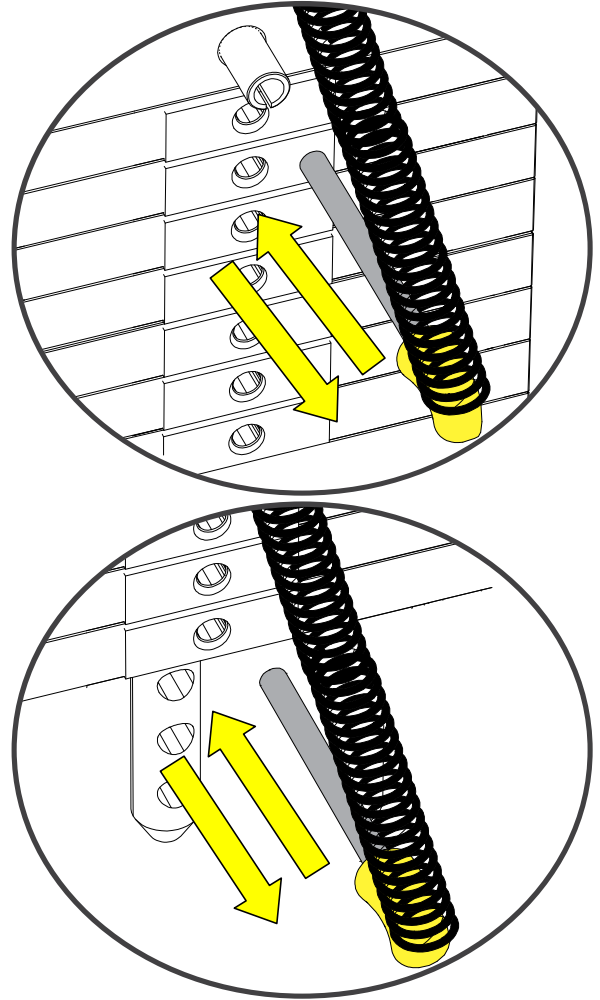
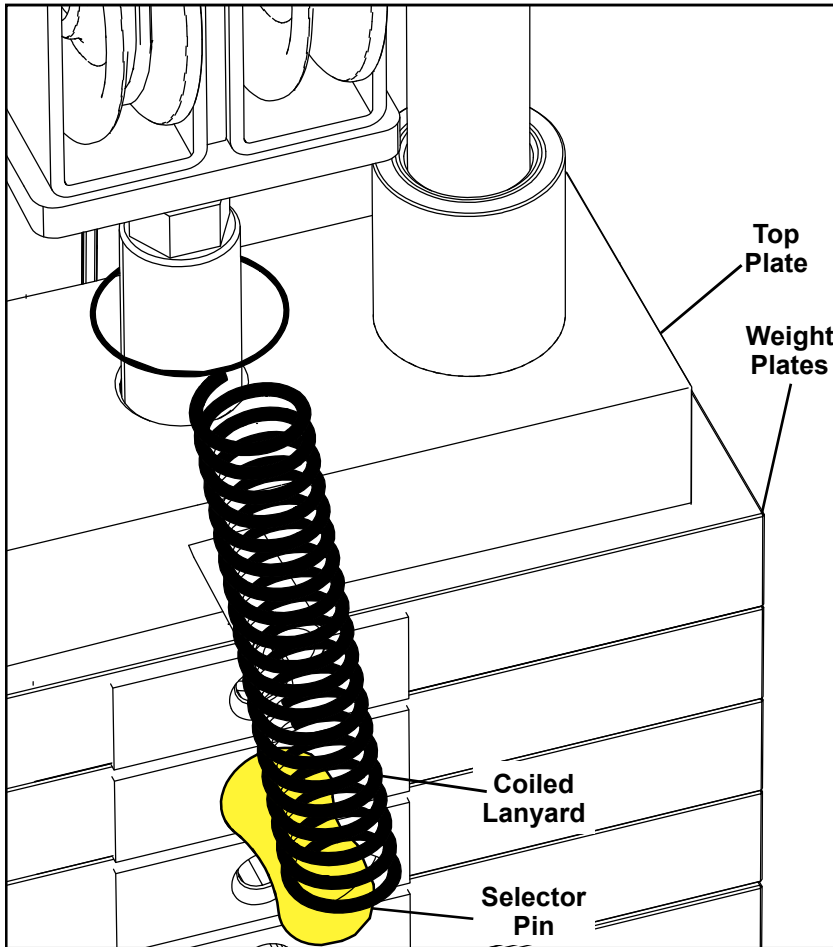
⚠CAUTION: When tightening hardware for cable fittings that are designed to rotate, make sure not to overtighten as to cause the cable fitting to bind. An occasional application of synthetic grease can be applied to the cable fitting pivot axle.

Examples of Cable Fitting Attachments



WEIGHT STACK SELECTOR PIN INSPECTION

Verify that the weight stack selector pin is attached with the coiled lanyard to the top plate (if equipped). Verify the selector pin slides in and out of each weight plate. Place the selector pin in the top plate. Cycle the machine through the intended motion. Verify that the machine operates smoothly without binding.



WARRANTY INFORMATION

SM1050 LIMITED WARRANTY

SAVE TIME AND REGISTER ONLINE!

<https://truefitness.com/support/warranty-registration/>

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.

WARRANTY ITEM	DURATION
Frame* Frame components and welds excluding coatings	10 Years
Parts Bushings, sealed rotating bearings, pulleys, weight plates and guide rods excluding coatings	5 Years
Cables, linear bearings and shafts and all other components not mentioned elsewhere in this warranty	1 Year
Wear items; normal wear parts including but not limited to labels, upholstered pads, and grips	90 Days
Labor Frame	1 Year
Parts	1 Year
Wear Items	90 Days

NOTES:

- Warranty valid for USA and Canada only.
- Failure to register this product will result in no servicing or authorization of parts to be shipped.
- Buying after-market products from a 3rd party will result in voided warranty.
- This product is intended for commercial use which includes non-dues paying facilities where usage exceeds 8 hours per day. If this product will not be used in this particular setting, please contact TRUE as this warranty is void.

DO NOT RETURN TO THE RETAILER

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, TRUE limited warranty may be obtained by contacting TRUE Product Support:

- service@truefitness.com
- 800.883.8783

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

FRAME

*This limited warranty on the structural frame does not include paint or coatings. The frame is defined as the serialized base of the unit and does not include any parts that can be removed. Warranty applies to the value of the frame only and does not cover labor, shipping, or other costs associated with removal or replacement of the covered unit. Frame warranty shall not exceed seven years after discontinuation of this specific model.

PARTS

The parts are warranted for defects in material and workmanship for five years with one year labor warranty. Cables, linear bearings and shafts, and all other components not mentioned elsewhere in this warranty have one year parts warranty and one year labor warranty. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in the owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

WEAR ITEMS

The cosmetic parts, coatings, grips and upholstery are warranted for defects in material and workmanship for 90 days with labor warranty to match the parts warranty period. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in the owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance. This limited warranty will apply to, but may not be limited to, plastic covers, shrouds, caps, badges, overlays, paint, coatings, labels, upholstered pads, and grips.

LABOR

Labor is covered for the specified period of time 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

Failure to perform proper maintenance as specified in the owner's manual will void this limited warranty. Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.



SAVE TIME AND REGISTER ONLINE!

<https://truefitness.com/support/warranty-registration/>

THE TRUE LIMITED WARRANTY IS SUBJECT TO AND WILL BE IN ACCORDANCE WITH THE CONDITIONS SET FORTH BELOW:

1. This limited warranty is valid for the United States and Canada only.
 2. This product is intended for specified use. If this product will not be used in the specified setting, please contact TRUE as this warranty is void, unless otherwise stated and within this warranty.
 3. This limited warranty gives you specific legal rights, and your rights may vary from state to state.
 4. This limited warranty is in lieu of all other warranties of any kind either expressed or including but not limited to implied warranties of merchant.
 5. This limited warranty can be processed only if the warranty registration form is completed on-line; 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.
 6. TRUE will neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall TRUE be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental, or consequential damages arising out of the use of or inability to use this Product.
 7. Failure to register this product within 30 days of purchase will result in no servicing or authorization of parts to be shipped.
 8. Installation or download of any 3rd party or after-market products will result in voided warranty. Includes but not limited to electrical and mechanical parts, software, or applications.
 9. TRUE will ship to any authorized service provider any new or rebuilt replacement part or component, or at our option, replace or refund the Product. Replacement parts are warranted for the remaining portion of the original warranty period.
 10. No one is authorized to change, modify, or extend the terms of this limited warranty.
 11. This limited warranty applies to the Product only while the Product remains in the possession of the original purchaser and is not transferable.
 12. 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).
 13. 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). Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
 14. 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 there with except as expressly specified herein.
 15. 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.
 16. This limited warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
 17. **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.**
 18. **THE REMEDIES DESCRIBED HEREIN 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, or reassigned to, a third party without the express written consent of TRUE. Even jobbing out warranty labor requires TRUE's written approval.

SAVE TIME AND REGISTER ONLINE!

<https://truefitness.com/support/warranty-registration/>

STRENGTH SERIAL NUMBER:

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

PLEASE KEEP THIS FOR YOUR RECORDS

RETAIN THIS PORTION

BASE SERIAL NUMBER:



base serial
number location



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

MODEL NO: SM1050H-19

SERIAL NO: 24-SM10501A

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 and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to TRUE Fitness within 30 days from the date of equipment installation.

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

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



Warranty Registration

Base Serial Number

Purchase Date

Company (if applicable)

Customer Name (First and Last)

Email Address

Phone Number

Street Address

City

State

Postal Code

Country



CONTACT US

service@truefitness.com

1.800.883.8783

865 Hoff Road

St. Louis, MO 63366

[TRUEFITNESS.COM](https://www.truefitness.com)

