



XFT-100 FUNCTIONAL TRAINER ASSEMBLY MANUAL

A MESSAGE TO OUR CUSTOMERS

Thank you for purchasing the Paramount Series XFT-100 Functional Trainer. Because of the many unique features included on the XFT-100, this manual was created to provide you with information on how to properly install and maintain your equipment. Proper maintenance will ensure that your new equipment will last for years.

For your convenience, product questions can be answered by an Authorized Dealer or by contacting the TRUE Customer Service Department at 1-800-883-8783 or Paramount Series Service at 1-800-721-2121.

*Office hours are Monday-Friday, 8:30 am - 5:00 pm CST
Or email us at service@truefitness.com or paramountservice@truefitness.com*

Thank You for your patronage.

*TRUE Fitness
865 Hoff Road O'Fallon, MO
63366*

IMPORTANT

SERIOUS INJURIES TO USERS, BYSTANDERS OR INSTALLERS CAN OCCUR IF THE INSTRUCTIONS AND WARNINGS CONTAINED IN THIS MANUAL ARE NOT FOLLOWED. TO MINIMIZE THIS RISK, READ THE MANUAL BEFORE BEGINNING THE INSTALLATION TO FAMILIARIZE YOURSELF WITH ITS CONTENTS AND THEN BE CERTAIN TO FOLLOW EACH OF THE STEPS AND PRACTICES DESCRIBED. IN ADDITION, REVIEW THE GENERAL MAINTENANCE MANUAL, FACILITY SAFETY SIGN AND OTHER DOCUMENTS THAT MAY ACCOMPANY EACH MACHINE, FOR IMPORTANT SAFETY AND MAINTENANCE TIPS. THE MANUAL HAS BEEN INCLUDED WITH YOUR MACHINE ORDER AND CAN ALSO BE DOWNLOADED FROM OUR WEBSITE AT: <http://www.truefitness.com>

PLEASE RETAIN THIS MANUAL FOR FUTURE REFERENCE.

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SAFETY



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.
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 Fitness Paramount Series 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 (one side and then the other) 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 all safety mechanisms.

- 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 Paramount Series 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 Fitness 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 lbs (110 kgs) 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.

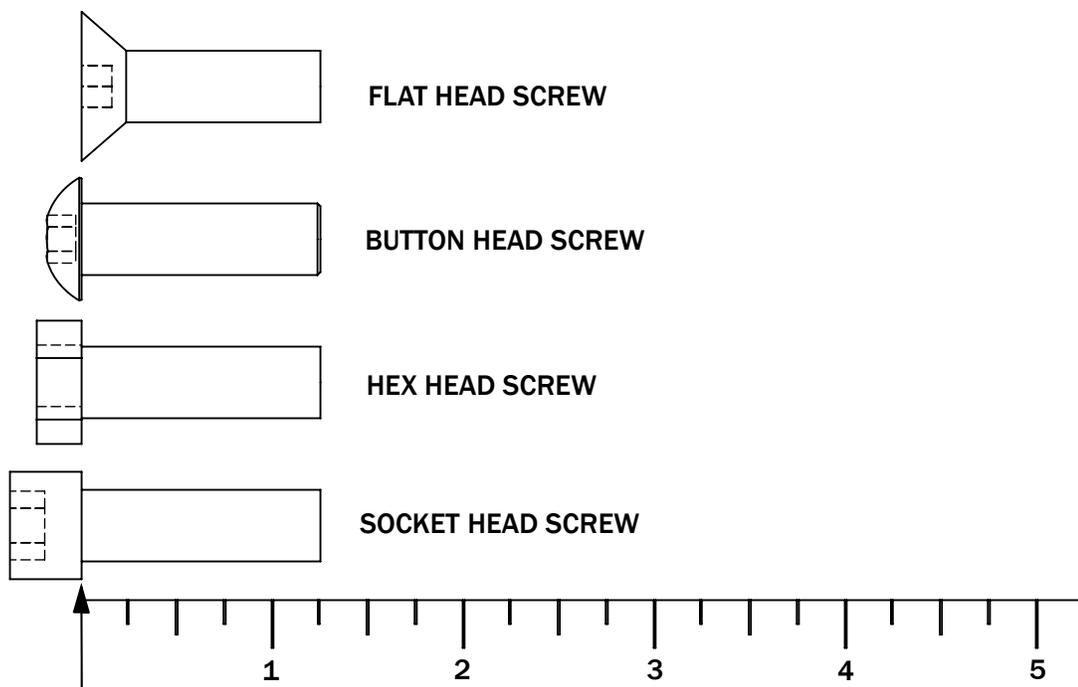
SAFETY



MAINTENANCE SAFETY PRECAUTIONS

1. Refer to Maintenance Schedule label on the machine as well as this manual for when to perform maintenance.
2. Check the function of your machine **DAILY** by verifying the following:
 - Inspect cables and end fittings for any signs of wear. Replace if worn, frayed or damaged with original Paramount Series 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 and/or use Loctite™ Threadlocker 242.
 - **Frames and Lifting Arms:** Inspect weekly for integrity and function. Replace any component at first signs of wear. Use only TRUE Fitness supplied components.
4. Replace any warning label at first sign of wear. Labels and the Facility Safety Sign may be obtained from TRUE Fitness free of charge.

BOLT LENGTH MEASURING GUIDE



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.

1. **Cables:** 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:** 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 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):** Wipe down with a damp cloth as needed.
7. **Exercise instruction labels:** Clean with soap and water as needed.
8. **Guide rods:** 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 Fitness recommends Magnalube® brand.
11. **When replacing any component, use only TRUE Fitness Paramount Series supplied parts.**
12. **Please refer to the General Maintenance Manual (part number: AM-GMM) for other important safety and maintenance information.**
13. **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 Paramount Series dealer or TRUE Fitness at (800) 883-8783 or (800)721-2121 or service@truefitness.com or paramountservice@truefitness.com

CARTON CONTENTS

CARTON 1 (XFT100-CTN1)

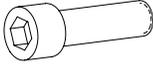
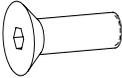
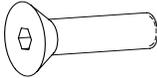
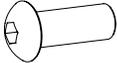
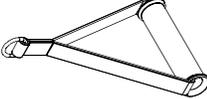
ITEM	PART NUMBER	DESCRIPTION	QTY.
1	XFT100-HFA000X	FRAME ASSEMBLY, RIGHT SIDE	1
2	XFT100-CBR000X	CROSS BRACE, LOWER	1
3	XFT100-CBR100X	CROSS BRACE, UPPER	1
4	XFT100-MFR200X	FOOT EXTENSION, RIGHT SIDE	1
5	XFT100-ADJ000X	ADJUSTMENT DISC, RIGHT	1
6	XFT100-HW	HARDWARE BOX	1

CARTON 2 (XFT100-CTN2)

ITEM	PART NUMBER	DESCRIPTION	QTY.
1	XFT100-HFA100X	FRAME ASSEMBLY, LEFT SIDE	1
2	XFT100-CBR200	CHIN UP BAR	1
3	XFT100-MFR300X	FOOT EXTENSION, LEFT SIDE	1
4	XFT100-ADJ100X	ADJUSTMENT DISC, LEFT	1

CARTON CONTENTS

HARDWARE BOX CONTENTS (XFT100-HW)

PART NUMBER		DESCRIPTION	QTY.
C 624		Socket Head Screw, 3/8"-16 x 1-1/4"	4
C 657ZP		Flat Head Screw, 3/8"-16 x 3/4", ZINC	8
C 659ZP		Flat Head Screw, 3/8"-16 x 1-1/4", ZINC	4
C 678ZP		Button Head Screw, 3/8"-16 x 1", ZINC	8
C 749		Split Lock Washer, 3/8"	12
C 754C		Flat Washer, 3/8"	16
C 766A		Lock Nut, 3/8-16, low height	8
IT90013800		End Plug, 50 x 100 Oval	2
LBL-WSEM-01065		Label, Weight Stack, 12 position, 65 lbs with 29.5 kg.	2
B1005		Carabiner, snap link	2
B1110A		Strap Handle, molded with logo	2

OPTIONAL ACCESSORY KIT

An optional accessory kit is available for your XFT-100 Functional Trainer, part #XFT-100-ACC-KIT. An assortment of handles and cable attachments are included to allow users to perform more diverse exercises and target specific muscles and movements more completely.

OPTIONAL ADDER WEIGHT KIT

An optional adder weight kit is available for this machine. The kit contains (2) 5 lb. adder weights, each of which will provide 2.5 lbs. of resistance at the handle. Part number is XFT-100-ADR.

STEP 1: ASSEMBLE ADJUSTMENT DISCS

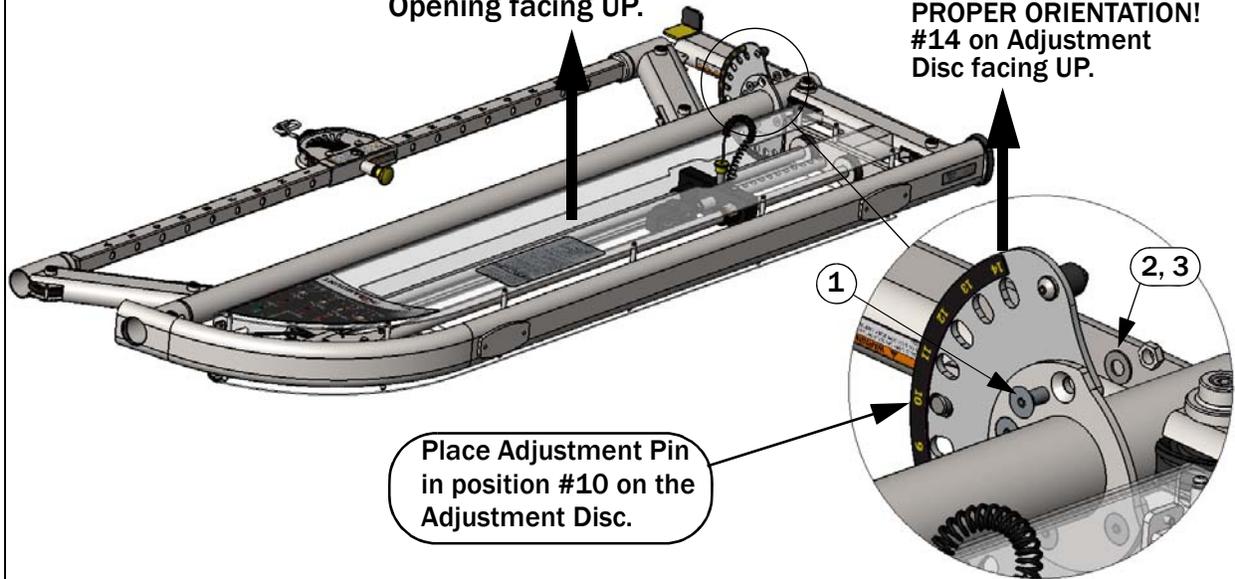
The lower adjustment discs can be assembled while the unit is still horizontal in the box. This will make it easier to handle the frame assembly when it is out of the box.

ITEM	PART #	DESCRIPTION	QTY.
1	C 657ZP	Flat Head Screw, 3/8"-16 x 3/4", ZINC	8
2	C 754C	Flat Washer, 3/8"	8
3	C 766A	Lock Nut, 3/8-16, low height	8

CARTON 1 RIGHT SIDE FRAME

PROPER ORIENTATION!
Weight Stack Shroud
Opening facing UP.

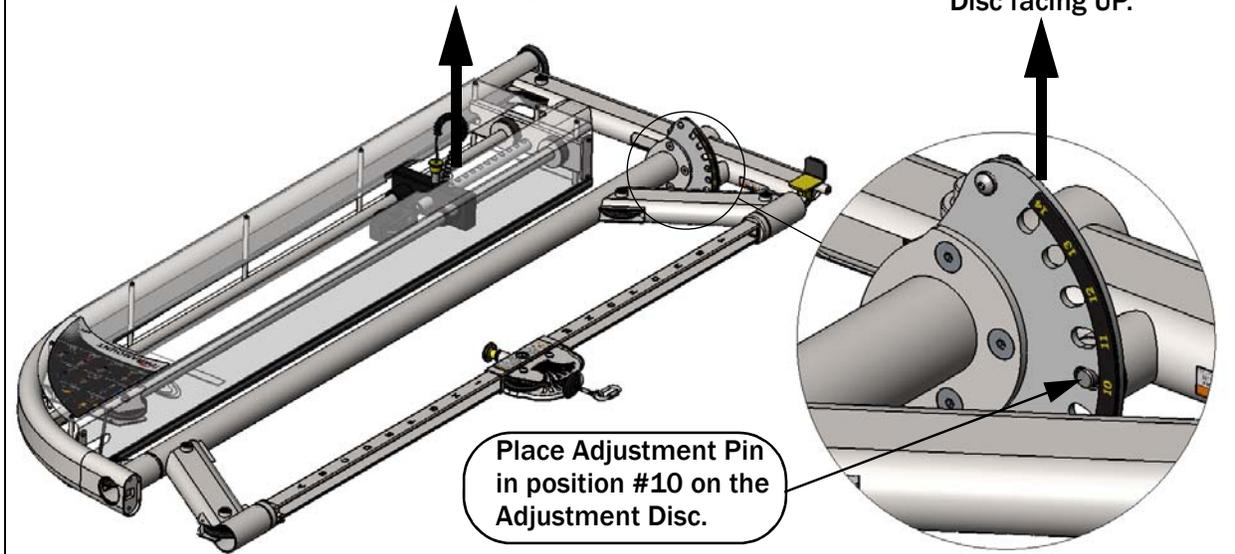
PROPER ORIENTATION!
#14 on Adjustment
Disc facing UP.



CARTON 2 LEFT SIDE FRAME

PROPER ORIENTATION!
Weight Stack Shroud
Opening facing UP.

PROPER ORIENTATION!
#14 on Adjustment
Disc facing UP.

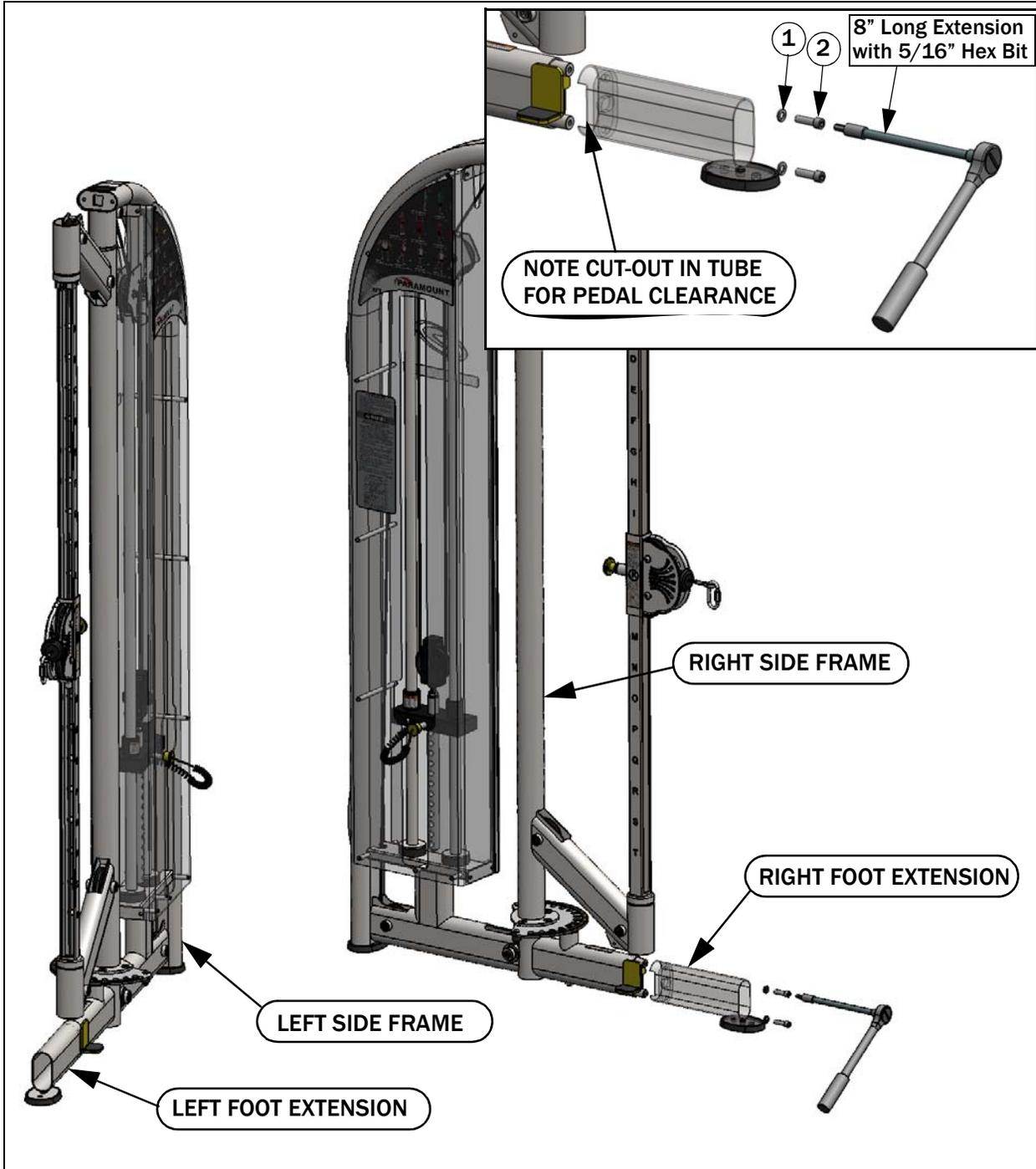


STEP 2: ASSEMBLE FOOT EXTENSIONS

1. Assemble the base frame FOOT EXTENSIONS on the Right and Left Side frames as shown.

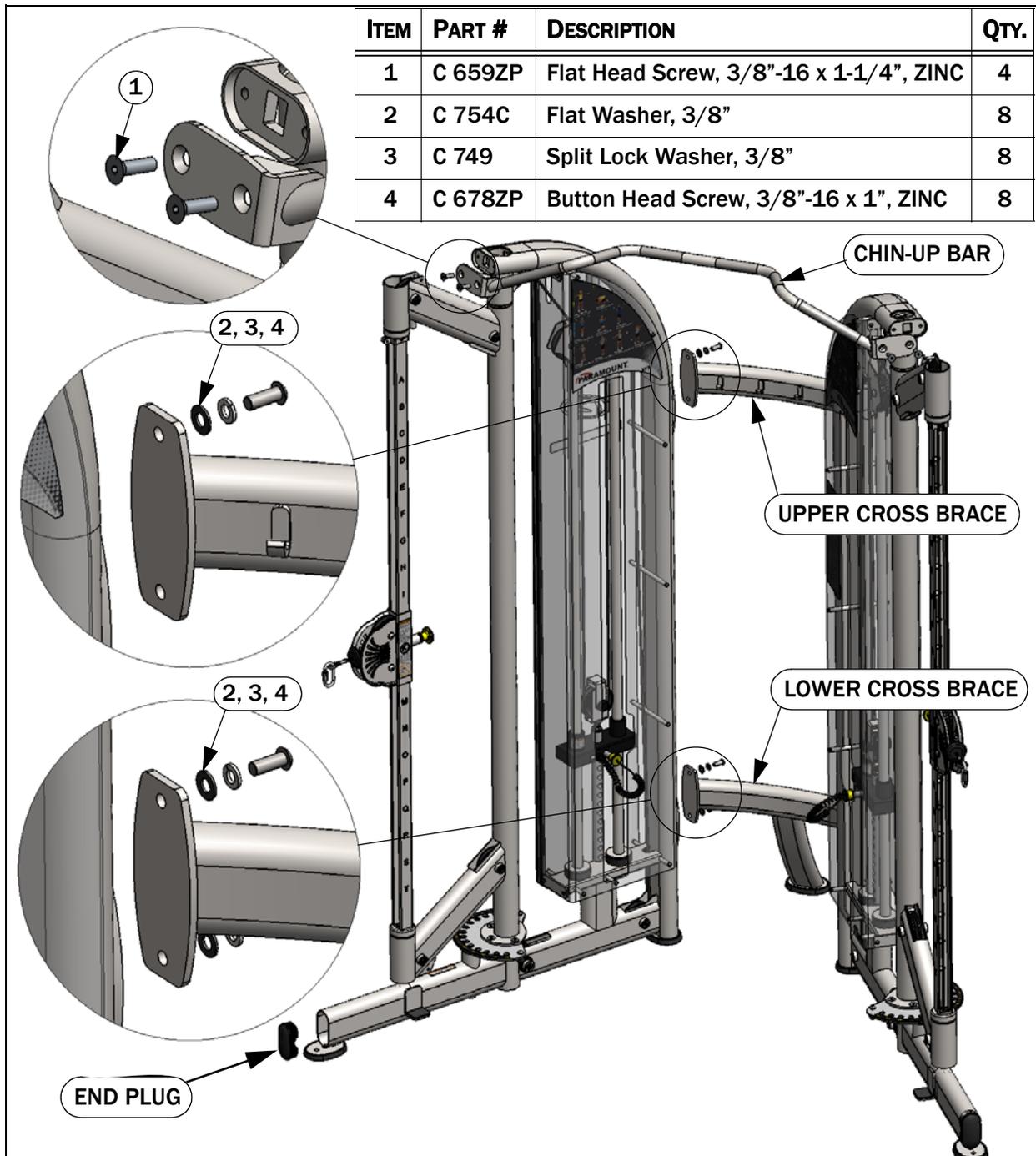
Align the edges of the tubes and fully tighten hardware.

ITEM	PART #	DESCRIPTION	QTY.
1	C 749	Split Lock Washer, 3/8"	4
2	C 624	Socket Head Screw, 3/8"-16 x 1-1/4"	4



STEP 3: ASSEMBLE THE CROSS BRACES

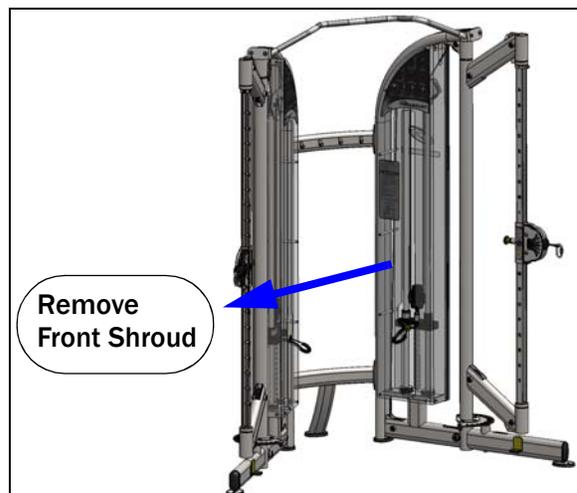
1. Assemble the upper and lower cross braces as shown. Note that the upper cross brace has accessory hooks on the front. Loosely assemble the hardware, **DO NOT TIGHTEN!**
2. Assemble the Chin-up bar and loosely assemble the hardware.
3. Verify that all (4) feet of the machine are sitting on the floor. Incrementally tighten the hardware on all of the braces and chin-up bar.
4. Assemble the end plugs into the foot extension tubes.



STEP 4: ASSEMBLE THE WEIGHT PLATES

1. The machine should be in its final position. Depending upon the space surrounding your machine, either the front or rear shrouds will need to be removed to install the weight plates. These instructions will show weight plate installation with the front shroud removed.

2. Remove the screws securing the front shrouds (12 per shroud). Lay the shroud down on a flat surface. **DO NOT STAND** it up against a wall as it can easily slide and become damaged.

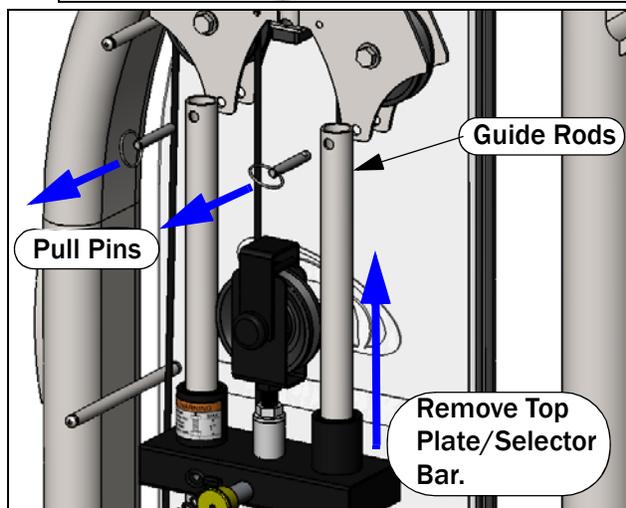


3. Pull the pins holding the guide rods in place.

4. Tilt the guide rods to the side then forward as shown.

5. Carefully slide the top plate/selector bar assembly up and off of the guide rods.

NOTE: It is not necessary to remove the pulley or cable from the top plate/selector bar assembly. Have someone hold the top plate/selector bar assembly to the side while the weight plates are installed.

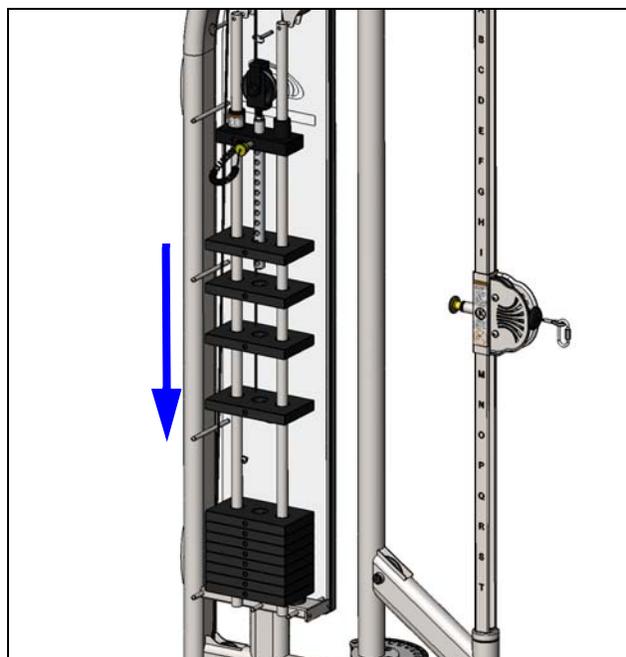


6. Install the weight plates, 12 plates per side.

7. Re-assemble the top plate/selector bar making sure that the cable is not twisted.

8. Re-attach the guide rods to the frame with the pull pins.

9. You can re-assemble the shroud now or after you attach the weight plate labels as shown on the following page.

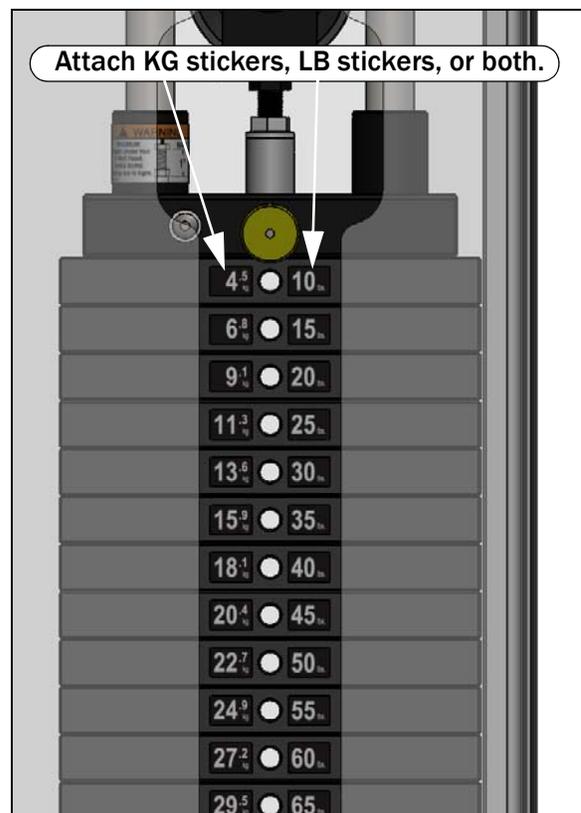
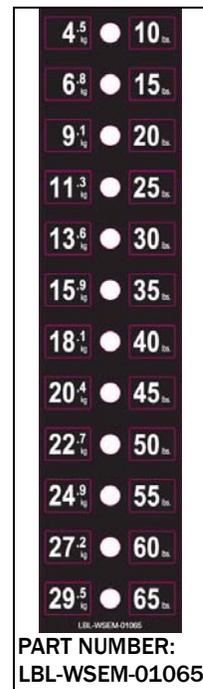


STEP 5: ATTACH THE WEIGHT STACK LABELS

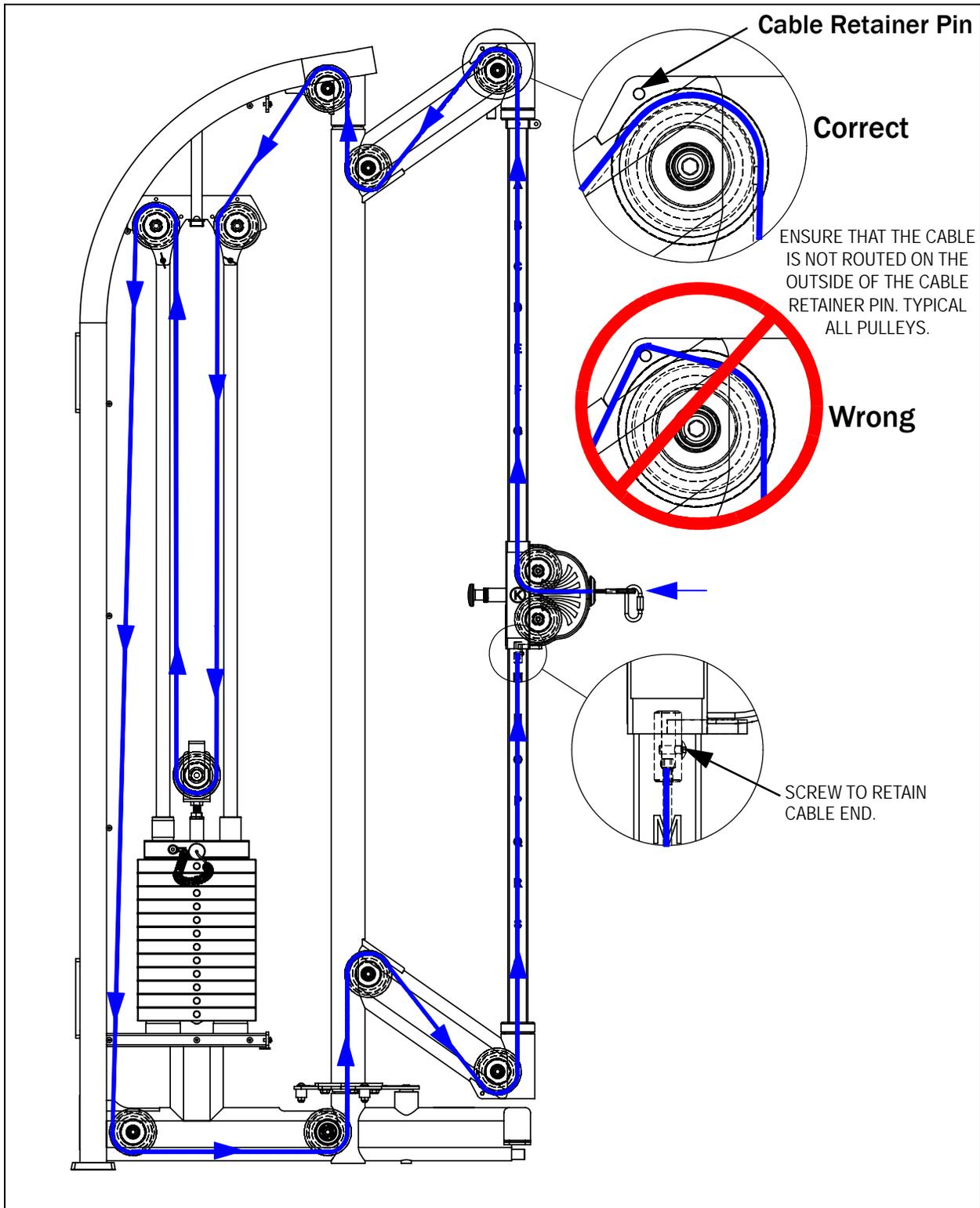
1. Verify that there are 12 weight plates installed on each stack.
2. Wipe the front surface of the weights, in the area that the label will be installed, with isopropyl alcohol. Allow to dry completely before proceeding.
3. Shown to the right is the proper weight stack label for this machine. It contains both LB and KG designations for each plate. There are (3) options for installation.
 - A) Install just the LB labels.
 - B) Install just the KG labels
 - C) Install both the LB and KG labels.

NOTE that the designations on the label for each plate are the PULL RESISTANCE at the handle and NOT the weight of the individual weight plates. See the MACHINE SPECIFICATIONS section earlier in this manual for a brief discussion on this.

4. The backing that covers the adhesive is cut in a series of vertical strips. If you just want to install the LB stickers, only remove the backing strip directly behind the area of the LB stickers. Likewise, if you intend to install the KG stickers, remove the backing directly under the KG stickers. **DO NOT REMOVE** the backing from the area behind the center section with the holes.
5. Carefully align the top hole in the label with the hole in the top weight plate, then align the bottom hole in the label with the hole in the bottom weight plate.
6. Once the label is aligned, lightly press the individual stickers into place. **DO NOT** rub the area surrounding the individual labels.
7. Carefully press each sticker with your finger as you peel away the surrounding material.
8. Once you are left with the individual stickers on each plate, press and rub the sticker firmly to the face of the plate.
9. Allow the adhesive to cure for 48 hours. **DO NOT** attempt to “test” the integrity of the labels after they have been installed.
10. The part number for the label sheet is LBL-WSEM-01065.



XFT-100 CABLE ROUTING DIAGRAM



REPLACE CABLES at the first sign of wear **OR** on an annual basis.

Part number: **XFT100-CBL000X**

MACHINE LABELS

The following are the Warning labels required for this XFT-100. If any of these labels are missing or become damaged contact TRUE Fitness. Note: these labels are not to scale.



LBL-WRN-0006

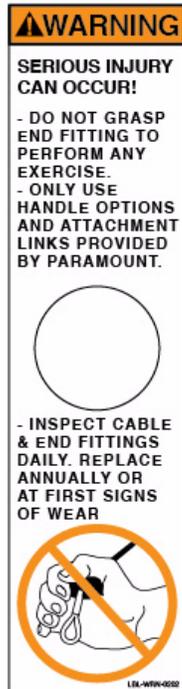


LBL-PR-XFT100AL

LBL-PR-XFT100AR



LBL-WSEM-01065
(contains LB. & KG.)



LBL-WRN-0202



LBL-WRN-0012



B2141C



B2065



LBL-WRN-XFT300

BE ALERT!

THE FITNESS EQUIPMENT IN THIS FACILITY PRESENTS HAZARDS WHICH, IF NOT AVOIDED, COULD CAUSE SERIOUS INJURY OR DEATH.

PRIOR TO USING THE EQUIPMENT, READ THE WARNING LABELS AND INSTRUCTION PLACARDS AFFIXED TO EACH MACHINE.

IF YOU ARE UNSURE ON HOW TO USE A MACHINE, SEEK THE ASSISTANCE OF OUR FLOOR PERSONNEL. WE WILL BE HAPPY TO INSTRUCT YOU ON HOW TO USE THE EQUIPMENT PROPERLY.

IMMEDIATELY REPORT ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY TO OUR FLOOR PERSONNEL SO THAT IT MAY BE EVALUATED AND SERVICED PROMPTLY.

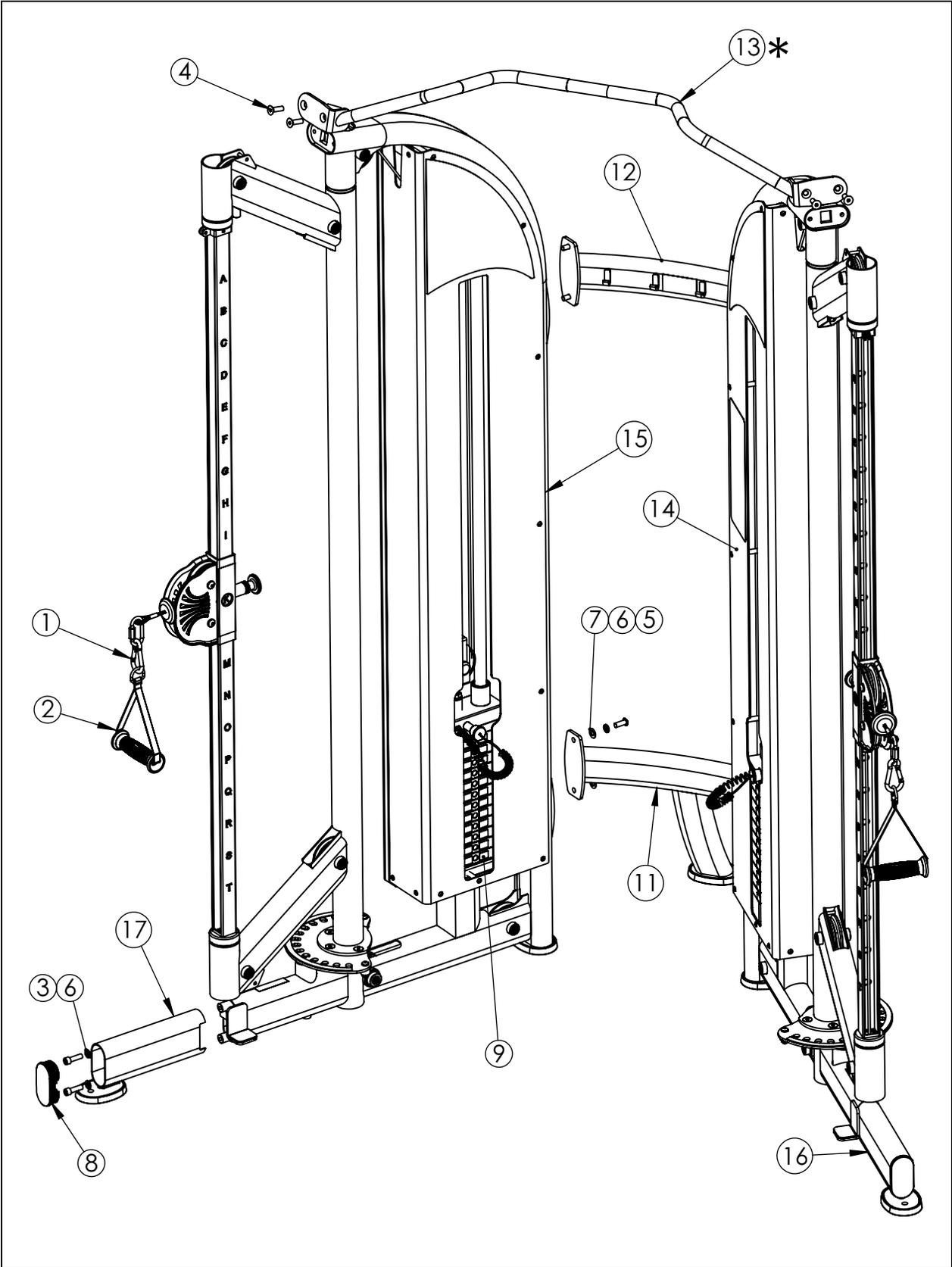
DO NOT ATTEMPT TO USE OR FIX ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY

ASTM F1749-96

If this machine is to be installed in a public use facility, ASTM F1749 requirements specify that the facility sign shown to the right is to be installed in plain view.

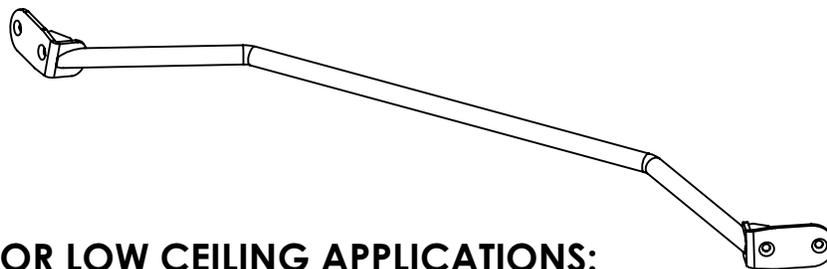
If you did not receive the facility sign with your order, you can obtain one free of charge by calling 1-800-883-8783 or 1-800-721-2121.

PARTS DIAGRAM



PARTS DIAGRAM

ITEM	PART NUMBER	DESCRIPTION	Default/QTY.
1	B1005	#2450-8 5/16" SNAP HOOK,ZINC	2
2	B1110A	HANDLE, NYLON STRAP, WITH LOGO	2
3	C-624	SH SCREW, 3/8"-16, 1-1/4"	4
4	C-659ZP	FH SCREW, 3/8"-16, 1-1/4", ZINC	4
5	C-678ZP	BH SCREW, 3/8"-16, 1", ZINC	8
6	C-749	LW, 3/8" MED, SPLIT LOCK WASHER	12
7	C-754C	FW, 3/8 SAE FLAT WASH	8
8	IT90013800	END PLUG, 50X100 RACETRACK OVAL	2
9	LBL-WSEM-01065	LABEL, WEIGHT STACK, 12 X 65LB + 29.5 KG	2
10	WEIGHT STACK	WEIGHT STACK, 10 LB. X 12 PLATES	2
11	XFT100-CBR000X	ASSEMBLY, LOWER CROSS BRACE	1
12	XFT100-CBR100X	ASSEMBLY, UPPER CROSS BRACE	1
13	XFT100-CBR200	CHIN-UP BAR	1
14	XFT100-HFA000X	ASSY, FRAME, RIGHT SIDE	1
15	XFT100-HFA100X	ASSY, FRAME, LEFT SIDE	1
16	XFT100-MFR200X	ASSY, FOOT EXTENSION, RIGHT	1
17	XFT100-MFR300X	ASSY, FOOT EXTENSION, LEFT	1



*** NOTE FOR LOW CEILING APPLICATIONS:**

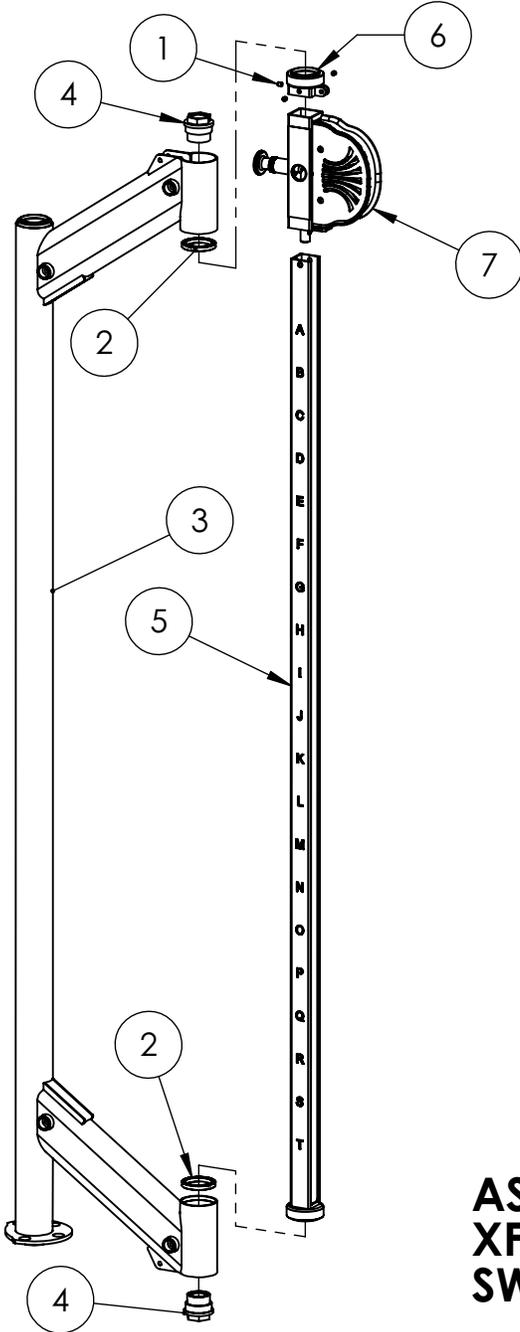
- OPTIONAL UPPER CROSS BRACE SHOWN ABOVE IS AVAILABLE TO REPLACE STANDARD CHIN-UP BAR FOR LOW CEILING APPLICATIONS. PART NUMBER: XFT100-CBR200ALT.
- MACHINE HEIGHT WITH STANDARD CHIN-UP BAR IS 87"
- MACHINE HEIGHT WITH OPTIONAL UPPER CROSS BRACE IS 83.6"

PARTS DIAGRAM

ITEM	PART NUMBER	DESCRIPTION	Default/QTY.
1	B 683	BUMPER, WEIGHT STACK, 3/4" TALL	2
2	B 901	3-1/2 PULLEY W/3/16 GRV, 1" WIDE	12
3	B2065	LABEL, WARNING, COMPLETELY INSERT PIN	1
4	b2141C	LABEL, WARNING, 1" CABLE BOLT HT.	1
5	C 737	NUT, ACORN, 3/8-16	2
6	C 885	SCREW, #4 X 1/4" LONG, SELF TAPPING	4
7	C 955	PLASTIC CAP, 3/8" BOLT, BLACK	2
8	C 955A	BASE WASHER FOR PLASTIC CAP, 3/8" BOLT	2
9	C-448	HH SCREW, 3/8"-16, 1-3/4"	2
10	C-453	HH SCREW, 3/8"-16, 2"	1
11	C-627	SH SCREW, 3/8"-16, 2"	6
12	C-630	SH SCREW, 3/8"-16, 2-3/4"	1
13	C-657ZP	FH SCREW, 3/8"-16, 3/4", ZINC	4
14	C-675E	BH SCREW, 10-32, 1/2", INRY	19
15	C-676A	BH SCREW, 5/16"-18, 1/2"	1
16	C-733B	HEX NUT, 1/2"-13, SERRATED FLANGE	1
17	C-749A	LW, 3/8" MED, SPLIT LOCK WASHER BLK	11
18	C-753C	FW, 5/16 SAE FLAT WASH	1
19	C-754C	FW, 3/8 SAE FLAT WASH	10
20	C-757	FW, 1" USS FLAT WASH	2
21	C-761A	BH SCREW, 3/8"-16, 1-3/4"	2
22	C-766A	LOCK NUT, 3/8"-16, NYL INS JAM NUT	7
23	D 317	BEARING, 61809, 45ID X 58OD X 7T	2
24	FS-SPN-000X	WEIGHT STACK SELECTOR PIN, MAGNETIC	1
25	FS51-STP-000	BUMPER, RECTANGULAR, 25 X 45 X 10T	1
26	LBL-LOG-0003	LOGO, "TRUE FITNESS"	1
27	LBL-LOG-0004	LABEL, LOGO, OVAL "T"	1
28	LBL-PR-XFT100	LABEL, PROCEDURE, RIGHT	1
29	LBL-WRN-XFT300	WARNING LABEL, XFT300	1
30	S 550B	RUBBER FOOT, WITH CENTER NIPPLE	1
31	SERIAL TAG	LABEL, SERIAL NUMBER	1
32	XFT100-ADJ000X	ASSY, ADJUSTMENT DISC, RIGHT	1
33	XFT100-ARM000X	ASSY, SWING ARM, RIGHT	1
34	XFT100-BLT001	AXLE BOLT, 1-7/16 HEX	2
35	XFT100-BSH001	BUSHING, SLEEVE, 25mm ID X 35mm LG, IGUS	1
36	XFT100-CBL000X	ASSY, CABLE	1
37	XFT100-GRD001	GUIDE ROD	2
38	XFT100-MFR000	WELDMENT, MAIN FRAME, RIGHT	1
39	XFT100-PDL000X	ASSY, PEDAL RIGHT	1
40	XFT100-PH200	WELDMENT, TOP PLATE PULLEY HOUSING	1
41	XFT100-PH300	WELDMENT, TOP PLATE VERTICAL STOP	1
42	XFT100-PIN002	PIN, LOWER ADJUSTMENT	1
43	XFT100-SHD001	SHROUD, FRONT RIGHT	1
44	XFT100-SHD002	SHROUD, REAR, RIGHT	1
45	XFT100-SHD011	EXTRUSION, SHROUD	1
46	XFT100-TPL000X	ASSY, TOP PLATE/SELECTOR BAR, 12 POSITION	1
47	XFT1002000	SPRING, 24.5MM OD X 76.2MM LG. CEN #72400	1
48	XFT1002600	PULL PIN, GUIDE ROD RETAINER	2

PARTS DIAGRAM

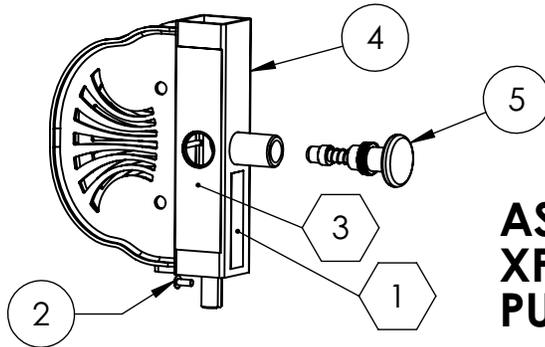
ITEM	PART NUMBER	DESCRIPTION	Default/QTY.
1	C-702D	5/16"-18 X 1/4" CUP POINT SET SCREW	3
2	D 317	BEARING, 61809, 45ID X 58OD X 7T	2
3	XFT100-ARM000	WELDMENT, PIVOT ARM, RIGHT	1
4	XFT100-BLT001	AXLE BOLT, 1-7/16 HEX	2
5	XFT100-CLM000	WELDMENT, SELECTOR COLUMN	1
6	XFT100-CLM100	WELDMENT, UPPER MOUNT, SELECTOR COLUMN	1
7	XFT100-PH000X	ASSY, PULLEY HOUSING	1



**ASSEMBLY:
XFT100-ARM000X
SWING ARM, RIGHT**

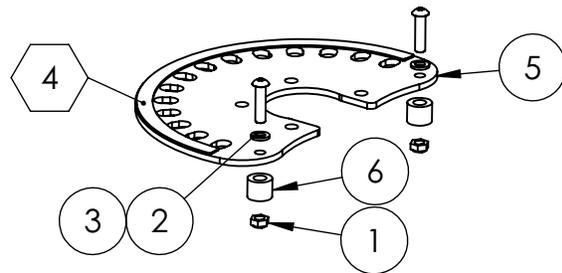
PARTS DIAGRAM

ITEM	PART NUMBER	DESCRIPTION	QTY.
1	B2065	LABEL, WARNING, COMPLETELY INSERT PIN	1
2	C-675E	BH SCREW, 10-32, 1/2", INRY	1
3	LBL-WRN-0202	LABEL, WARNING, DO NOT GRASP CABLE FITTING	2
4	XFT100-PH000	WELDMENT, PULLEY HOUSING	1
5	XFT100-PIN000X	ASSY, POP PIN	1



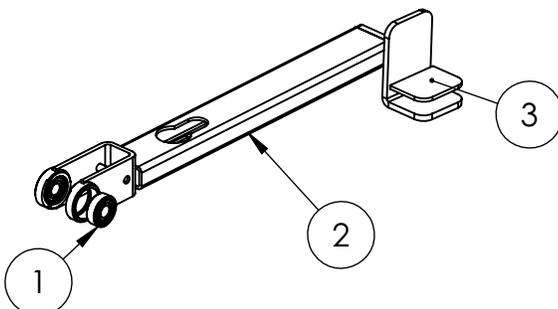
**ASSEMBLY:
XFT100-PH000X
PULLEY HOUSING**

ITEM	PART NUMBER	DESCRIPTION	QTY.
1	C 731B	LOCK NUT, 5/16"-18 NYL INS, JAM NUT	2
2	C-758	LW, 5/16" MED, SPLIT LOCK WASHER	2
3	C-978	BH SCREW, 5/16"-18, 1-1/4"	2
4	LBL-ADJ-0005R	LABEL, LOWER ADJ. DISC, LEFT	1
5	XFT100-ADJ001	ADJUSTMENT DISC	1
6	XFT100-STP001	TRAVEL STOP	2



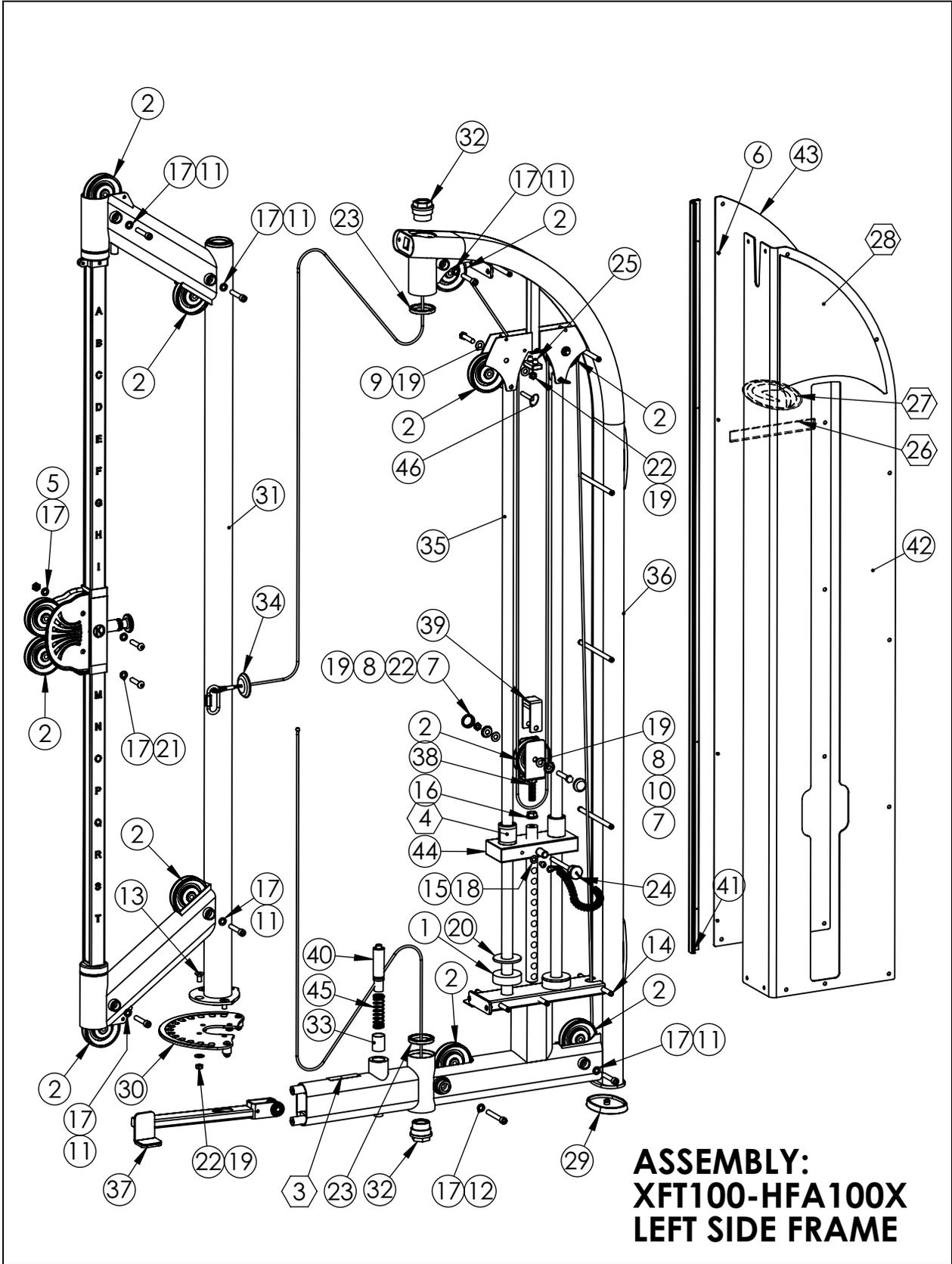
**ASSEMBLY:
XFT100-ADJ000X
ADJUSTMENT DISC, RIGHT**

ITEM	PART NUMBER	DESCRIPTION	QTY.
1	D 141	BEARING, 10MM ID X 26MM OD X 8MM T, 6000-2RS	2
2	XFT100-PDL000	WELDMENT, PEDAL, RIGHT	1
3	XFT100-PDL103	GRIP, PEDAL	1



**ASSEMBLY:
XFT100-PDL000X
PEDAL, RIGHT**

PARTS DIAGRAM



**ASSEMBLY:
XFT100-HFA100X
LEFT SIDE FRAME**

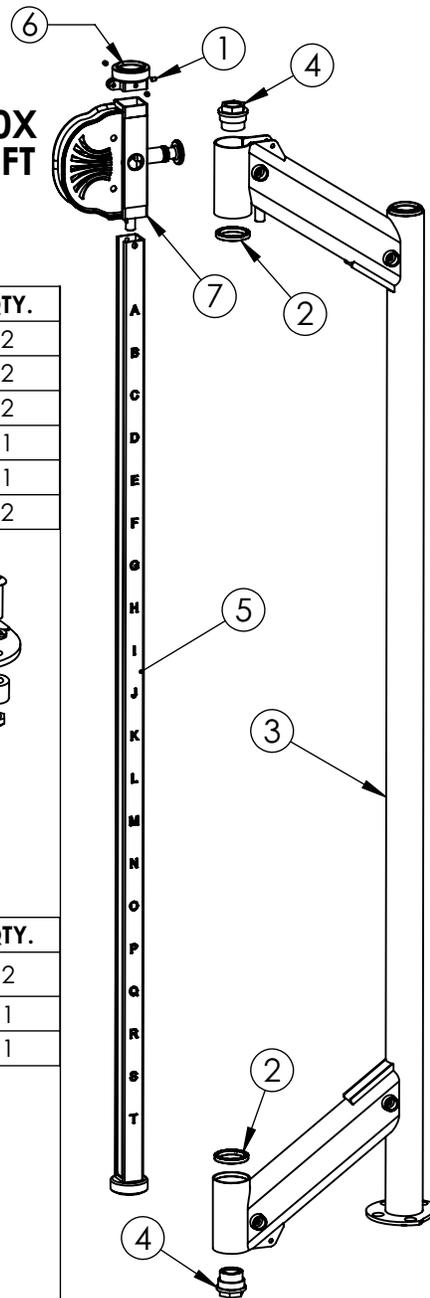
PARTS DIAGRAM

ITEM	PART NUMBER	DESCRIPTION	Default/QTY.
1	B 683	BUMPER, WEIGHT STACK, 3/4" TALL	2
2	B 901	3-1/2 PULLEY W/3/16 GRV, 1" WIDE	12
3	B2065	LABEL, WARNING, COMPLETELY INSERT PIN	1
4	b2141C	LABEL, WARNING, 1" CABLE BOLT HT.	1
5	C 737	NUT, ACORN, 3/8-16	2
6	C 885	SCREW, #4 X 1/4" LONG, SELF TAPPING	4
7	C 955	PLASTIC CAP, 3/8" BOLT, BLACK	2
8	C 955A	BASE WASHER FOR PLASTIC CAP, 3/8" BOLT	2
9	C-448	HH SCREW, 3/8"-16, 1-3/4"	2
10	C-453	HH SCREW, 3/8"-16, 2"	1
11	C-627	SH SCREW, 3/8"-16, 2"	6
12	C-630	SH SCREW, 3/8"-16, 2-3/4"	1
13	C-657ZP	FH SCREW, 3/8"-16, 3/4", ZINC	4
14	C-675E	BH SCREW, 10-32, 1/2", INRY	19
15	C-676A	BH SCREW, 5/16"-18, 1/2"	1
16	C-733B	HEX NUT, 1/2"-13, SERRATED FLANGE	1
17	C-749A	LW, 3/8" MED, SPLIT LOCK WASHER BLK	11
18	C-753C	FW, 5/16 SAE FLAT WASH	1
19	C-754C	FW, 3/8 SAE FLAT WASH	10
20	C-757	FW, 1" USS FLAT WASH	2
21	C-761A	BH SCREW, 3/8"-16, 1-3/4"	2
22	C-766A	LOCK NUT, 3/8"-16, NYL INS JAM NUT	7
23	D 317	BEARING, 61809, 45ID X 58OD X 7T	2
24	FS-SPN-000X	WEIGHT STACK SELECTOR PIN, MAGNETIC	1
25	FS51-STP-000	BUMPER, RECTANGULAR, 25 X 45 X 10T	1
26	LBL-LOG-0003	LOGO, "TRUE FITNESS"	1
27	LBL-LOG-0004	LABEL, LOGO, OVAL "T"	1
28	LBL-PR-XFT100	LABEL, PROCEDURE, LEFT	1
29	S 550B	RUBBER FOOT, WITH CENTER NIPPLE	1
30	XFT100-ADJ100X	ASSY, ADJUSTMENT DISC, LEFT	1
31	XFT100-ARM100X	ASSY, PIVOT ARM, LEFT	1
32	XFT100-BLT001	AXLE BOLT, 1-7/16 HEX	2
33	XFT100-BSH001	BUSHING, SLEEVE, 25mm ID X 35mm LG, IGUS	1
34	XFT100-CBL000X	ASSY, CABLE	1
35	XFT100-GRD001	GUIDE ROD	2
36	XFT100-MFR100	WELDMENT, MAIN FRAME, LEFT	1
37	XFT100-PDL100X	ASSY, PEDAL LEFT	1
38	XFT100-PH200	WELDMENT, TOP PLATE PULLEY HOUSING	1
39	XFT100-PH300	WELDMENT, TOP PLATE VERTICAL STOP	1
40	XFT100-PIN002	PIN, LOWER ADJUSTMENT	1
41	XFT100-SHD011	EXTRUSION, SHROUD	1
42	XFT100-SHD101	SHROUD, FRONT, LEFT	1
43	XFT100-SHD102	SHROUD, REAR, LEFT	1
44	XFT100-TPL000X	ASSY, TOP PLATE/SELECTOR BAR, 12 POSITION	1
45	XFT1002000	SPRING, 24.5MM OD X 76.2MM LG. CEN #72400	1
46	XFT1002600	PULL PIN, GUIDE ROD RETAINER	2

PARTS DIAGRAM

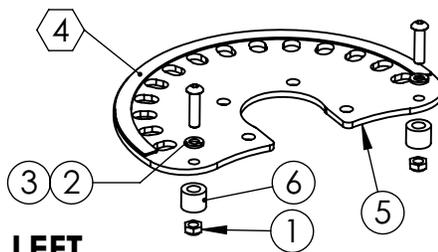
ITEM	PART NUMBER	DESCRIPTION	Default/QTY.
1	C-702D	5/16"-18 X 1/4" CUP POINT SET SCREW	3
2	D 317	BEARING, 61809, 45ID X 58OD X 7T	2
3	XFT100-ARM100	WELDMENT, PIVOT ARM, LEFT	1
4	XFT100-BLT001	AXLE BOLT, 1-7/16 HEX	2
5	XFT100-CLM000	WELDMENT, SELECTOR COLUMN	1
6	XFT100-CLM100	WELDMENT, UPPER MOUNT, SELECTOR COLUMN	1
7	XFT100-PH000X	ASSY, PULLEY HOUSING	1

ASSEMBLY: XFT100-ARM100X SWING ARM, LEFT



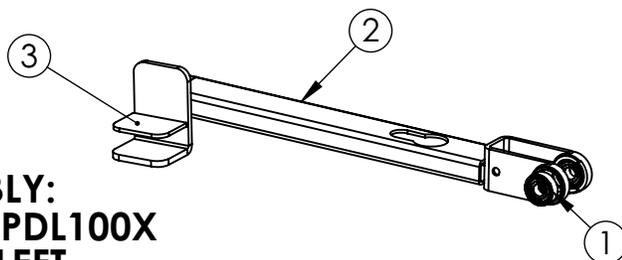
ITEM	PART NUMBER	DESCRIPTION	QTY.
1	C 731B	LOCK NUT, 5/16"-18 NYL INS, JAM NUT	2
2	C-758	LW, 5/16" MED, SPLIT LOCK WASHER	2
3	C-978	BH SCREW, 5/16"-18, 1-1/4"	2
4	LBL-ADJ-0005L	LABEL, LOWER ADJ. DISC, LEFT	1
5	XFT100-ADJ001	ADJUSTMENT DISC	1
6	XFT100-STP001	TRAVEL STOP	2

ASSEMBLY: XFT100-ADJ100X ADJUSTMENT DISC, LEFT



ITEM	PART NUMBER	DESCRIPTION	QTY.
1	D 141	BEARING, 10MM ID X 26MM OD X 8MM T, 6000-2RS	2
2	XFT100-PDL100	WELDMENT, PEDAL, LEFT	1
3	XFT100-PDL103	GRIP, PEDAL	1

ASSEMBLY: XFT100-PDL100X PEDAL, LEFT





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 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)



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 currently 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:

TRUE LIMITED WARRANTY

READ TRUE'S WARRANTY SET FORTH BELOW PRIOR TO USING TRUE PRODUCTS. BY INITIAL USE OF TRUE PRODUCT YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS. THE WARRANTY PERIODS COMMENCE ON THE INVOICE DATE OF THE ORIGINAL PURCHASE. LABOR COVERED DURING WARRANTY PERIODS REQUIRES PRIOR AUTHORIZATION OF TRUE. TRUE WARRANTS TO THE ORIGINAL BUYER OF ALL NEW EQUIPMENT PURCHASED FROM A TRUE AUTHORIZED DEALER OR FROM A TRUE AUTHORIZED MANUFACTURING CONTRACTOR THAT THESE PRODUCTS WILL BE FREE FROM DEFECTS IN MATERIAL AND WORKMANSHIP UNDER NORMAL USE AND SERVICE FOR THE FOLLOWING PERIODS AND IN THE FOLLOWING RESPECTS:

STRENGTH PRODUCTS

- TEN YEAR WARRANTY COMMERCIAL PRODUCTS – Frame Components and Welds excluding coatings
- FIVE YEAR WARRANTY - Bronze Bushings, Sealed Rotating Bearings, Pulleys, Weight plates and Guide Rods excluding coatings
- ONE YEAR WARRANTY - Cables, Linear Bearings and Shafts and all other components not mentioned elsewhere in this warranty
- 90-DAY WARRANTY - Normal wear parts including but not limited to labels, upholstered pads and grips
- ONE YEAR WARRANTY – Labor

THE SHIPPING MODE OF PARTS REPLACED UNDER WARRANTY TO BE DETERMINED BY TRUE PARTS REPLACED UNDER WARRANTY CARRY THE REMAINING ORIGINAL WARRANTY PERIOD OR 90 DAYS, WHICHEVER IS LONGER.

THIS LIMITED WARRANTY DOES NOT COVER AND NO WARRANTY IS GIVEN WITH RESPECT TO:

- Products not manufactured by TRUE or by an Authorized TRUE Manufacturing Contractor.
- Products which are altered without the express written consent of TRUE.
- Products purchased other than directly from TRUE or through a TRUE Authorized Dealer.
- Defective paint, chrome and other coatings caused by environmental conditions including but not limited to climate conditions, cleaning materials and moisture or humidity coming from HVAC systems.
- All parts including but not limited to frames with cosmetic damage. Such damage includes but is not limited to scratches and dents caused after the initial installation.
- Products not maintained in compliance with TRUE's specifications as shown in the owners' manual and on product labels.
- Products with a missing, unreadable or altered serial tag.
- Labor for components beyond their warranty coverage.
- On site service calls to solve installation errors or to provide technical training on the proper use and servicing of the equipment.

THIS WARRANTY APPLIES UNDER THE FOLLOWING CONDITIONS.

- These products have not been subjected to misuse, abuse, modifications not authorized by TRUE or any damage caused by improper handling, natural disasters, acts of God or servicing by non-Authorized Dealers. This includes but is not limited to the relocation of the product and the application of cleaning materials or lubricants not specified by TRUE.
- These products remain in possession of the original purchaser.
- Warranty claims are made within the warranty periods previously shown and that such claims occur within 30-days after the date of discovery.
- Labor coverage applies only within the United States and Canada.
- Warranties for parts and labor may vary outside the United States. Contact the TRUE Dealer within your geographic area for warranty terms.
- Maximum load capacities as specified by TRUE are not exceeded.

THE OBLIGATION OF TRUE UNDER THIS WARRANTY IS LIMITED TO REPAIRING OR REPLACING WARRANTED DEFECTIVE PARTS, AS TRUE MAY ELECT, AT TRUE'S PLANT IN ST. LOUIS, MISSOURI. PURCHASER IS RESPONSIBLE FOR ALL TRANSPORTATION AND INSURANCE COSTS ON RETURNED OR REPLACED EQUIPMENT TO AND FROM TRUE'S PLANT IN ST. LOUIS. ANY IMPLIED WARRANTY, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE AND THE IMPLIED WARRANTY OF MERCHANTABILITY, IS LIMITED TO ONE-YEAR DURATION FROM THE DATE OF DELIVERY TO THE ORIGINAL PURCHASER. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE REMEDY OF REPAIR AND REPLACEMENT IS THE EXCLUSIVE AND SOLE REMEDY OF THE PURCHASER.

TRUE SHALL NOT BE LIABLE FOR ANY SPECIAL, INCIDENTAL, CONTINGENT OR CONSEQUENTIAL DAMAGES OF ANY KIND, INCLUDING, BUT NOT LIMITED TO, DAMAGE OF LOSS OF PROPERTY OR EQUIPMENT AND LOST PROFITS AND REVENUE. 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. NO ACTION FOR BREACH OF THIS WRITTEN LIMITED WARRANTY OR AN IMPLIED WARRANTY SHALL BE COMMENCED MORE THAN ONE YEAR AFTER THE ACCRUAL OF THE CAUSE OF ACTION. THIS WRITTEN LIMITED WARRANTY IS THE COMPLETE, FINAL AND EXCLUSIVE AGREEMENT OF THE PARTIES WITH RESPECT TO THE QUALITY OR PERFORMANCE OF THE GOODS AND ANY AND ALL WARRANTIES AND REPRESENTATIONS. NO MODIFICATIONS OF THIS LIMITED WARRANTY OR WAIVER OF ITS TERMS SHALL BE BINDING ON EITHER PARTY UNLESS APPROVED IN WRITING BY AN AUTHORIZED CORPORATE OFFICER OF TRUE. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS, WHICH MAY VARY, FROM STATE TO STATE. CONTACT TRUE FITNESS TECHNOLOGY., 865 HOFF ROAD., ST. LOUIS MISSOURI 63366, FOR A LIST OF AUTHORIZED DEALERS OR BEFORE RETURNING ANY DEFECTIVE EQUIPMENT. TRUE FITNESS TECHNOLOGY. ©JULY 1, 2016.

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