TRUE FITNESS

UNITE LED CONSOLE

PROGRAM GUIDE

APEX, GRAVITY, LAUNCH, AND VAPOR COMMERCIAL TREADMILL CONSOLE SHOWN

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ABOUT THE UNITE LED CONSOLES

Provide your members with an intuitive and streamlined experience with the Unite LED console. This easy-to-navigate console provides users with quick access to workouts and their stats on an icon-based interface. Compatible with all Apex, Gravity, Launch, and Vapor cardio equipment.

FEATURES

* Self-Generated
* Intuitive Navigation
* Eight Data Points for Detailed Workout Feedback
* Dedicated Message Center
* 10-Key Pin Pad for Easy Setup and Data Entry
* Quick-Access Workout Program Keys
* Reading Rack

Eight Dedicated Data Points

Manually Adjust Incline

Manually Adjust Speed

Dedicated Message Center

Bright White LEDs

10-Key Pin Pad
(use to enter user workout information or enter service access codes)

Quick-Access Workout Program Keys
(programs vary based on cardio model)

Reading Rack

USB Port (export data to an external USB drive or update the console software)

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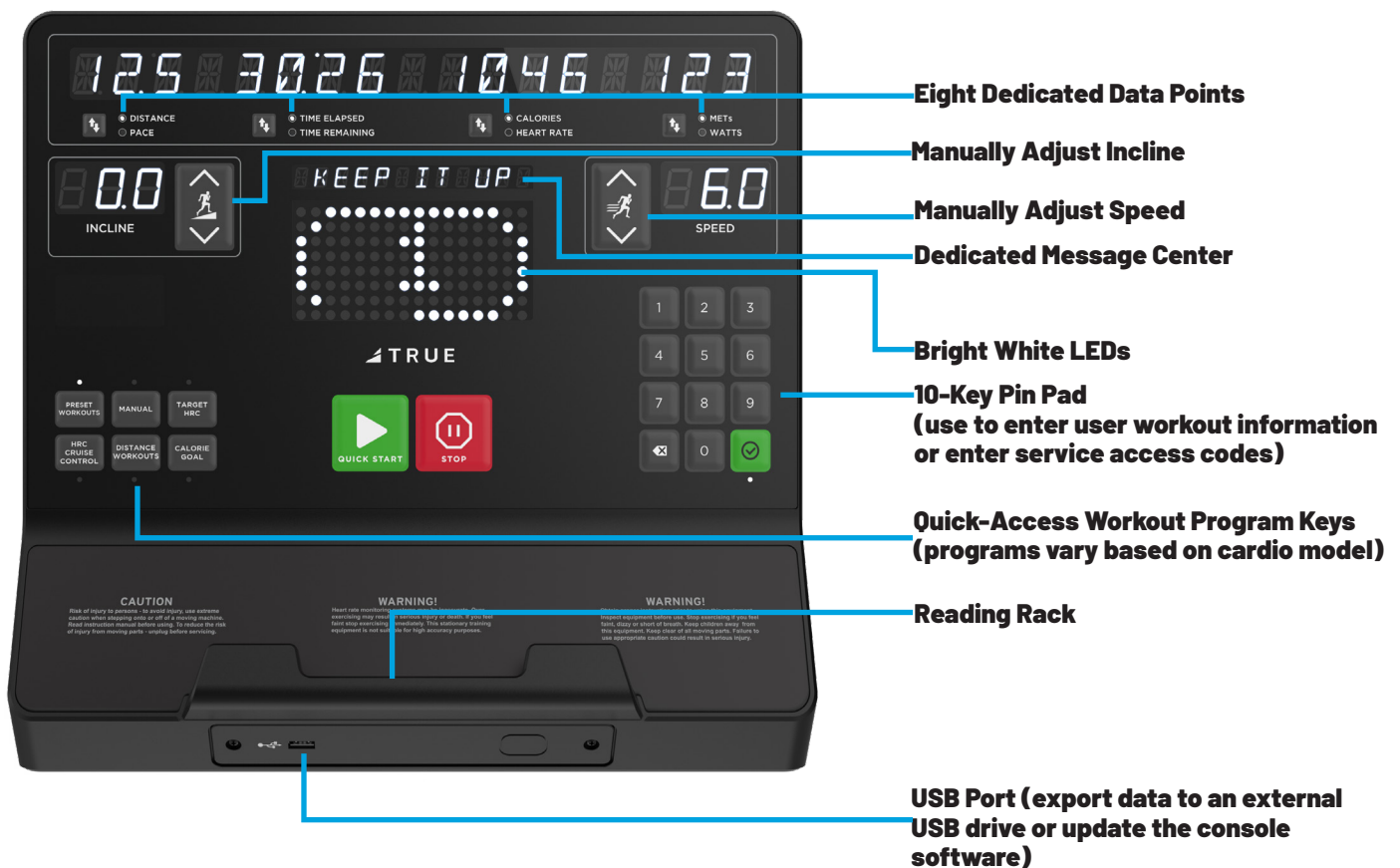
OVERLAYS

The Unite LED consoles have specific overlays to go with the Apex, Gravity, Launch, and Vapor cardio equipment. See the table below for the cardio base model and corresponding overlay. **It's very important that your base model has the correct Unite LED console/overlay installed, configured, and if necessary, calibrated.**

BASE MODEL - TREADMILLS	
ALL NEW TREADMILLS REQUIRE CONFIGURATION AND THEN CALIBRATION	**UNITE LED CONSOLE OVERLAY**
VAPOR STRYKER SLAT TREADMILL (TC1-SA) VAPOR ALPINE RUNNER (TC1-IA) APEX TREADMILL (TC1-OA) GRAVITY PLUS TREADMILL (TC2-OA) GRAVITY TREADMILL (TC3-AA) LAUNCH TREADMILL DC (TC3-DA/TC3-DB) LAUNCH V220 TREADMILL (TC3-DA-X/TC3-DB-X)	

BASE MODEL - CLIMBER	
THE CLIMBER REQUIRES CONFIGURATION	**UNITE LED CONSOLE OVERLAY**
VAPOR PALISADE CLIMBER (VC1-OA)	

BASE MODEL - ADJUSTABLE STRIDE ELLIPTICAL	
THE ADJUSTABLE STRIDE ELLIPTICAL REQUIRES CONFIGURATION AND THEN CALIBRATION	**UNITE LED CONSOLE OVERLAY**
VAPOR SPECTRUM ADJUSTABLE STRIDE ELLIPTICAL (XC1-SA)	

BASE MODEL - LATERAL X

THE LATERAL X REQUIRES CONFIGURATION	UNITE LED CONSOLE OVERLAY
VAPOR LATERAL X (XC4-LA)	

BASE MODEL - XT-ONE

THE XT-ONE REQUIRES CONFIGURATION	UNITE LED CONSOLE OVERLAY
VAPOR XT-ONE (XC4-XA)	

BASE MODEL - CROSS TRAINER

THE CROSS TRAINER REQUIRES CONFIGURATION	UNITE LED CONSOLE OVERLAY
APEX CROSS TRAINER (XC1-XA)	

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BASE MODEL - RECUMBENT ELLIPTICALS AND CROSS TRAINER	
THE RECUMBENT ELLIPTICALS AND THE CROSS TRAINER REQUIRE CONFIGURATION	**UNITE LED CONSOLE OVERLAY**
APEX RECUMBENT ELLIPTICAL (XC1-RA) GRAVITY RECUMBENT ELLIPTICAL (XC2-RA) GRAVITY CROSS TRAINER (XC2-XA)	

BASE MODEL - BIKES	
THE UPRIGHT BIKES AND RECUMBENT BIKES REQUIRE CONFIGURATION	**UNITE LED CONSOLE OVERLAY**
APEX UPRIGHT BIKE (UC1-0A) GRAVITY UPRIGHT BIKE (UC2-0A) LAUNCH UPRIGHT BIKE (UC3-0A) APEX RECUMBENT BIKE (RC1-0A/RC1-0B) GRAVITY RECUMBENT BIKE (RC2-0A/RC2-0B) LAUNCH RECUMBENT BIKE (RC3-0A/RC3-0B)	

BASE MODEL - ELLIPTICALS	
THE ELLIPTICALS REQUIRE CONFIGURATION	**UNITE LED CONSOLE OVERLAY**
APEX ELLIPTICAL (XC1-0A) GRAVITY ELLIPTICAL (XC2-0A) LAUNCH ELLIPTICAL (XC3-0A)	

BASE MODEL AND OVERLAY INFORMATION

BASE MODEL AND EQUIPMENT TYPE INFORMATION

BASE MODEL	EQUIPMENT TYPE
APEX CROSSTRAINER	ADJUSTABLE CROSS TRAINER
APEX ELLIPTICAL	ELLIPTICAL
APEX RECUMBENT BIKE	BIKE
APEX RECUMBENT ELLIPTICAL	ELLIPTICAL
APEX TREADMILL	TREADMILL
APEX UPRIGHT BIKE	BIKE
GRAVITY CROSSTRAINER	CROSS TRAINER
GRAVITY ELLIPTICAL	ELLIPTICAL
GRAVITY RECUMBENT BIKE	BIKE
GRAVITY RECUMBENT ELLIPTICAL	ELLIPTICAL
GRAVITY TREADMILL	TREADMILL
GRAVITY TREADMILL PLUS	TREADMILL
GRAVITY UPRIGHT BIKE	BIKE
LAUNCH ELLIPTICAL	ELLIPTICAL
LAUNCH RECUMBENT BIKE	BIKE
LAUNCH TREADMILL DC	TREADMILL
LAUNCH V220 TREADMILL	TREADMILL
LAUNCH UPRIGHT BIKE	BIKE
VAPOR ALPINE RUNNER	TREADMILL
VAPOR LATERAL X	ADJUSTABLE CROSS TRAINER
VAPOR PALISADE	CLIMBER
VAPOR SPECTRUM	ADJUSTABLE ELLIPTICAL
VAPOR STRYKER	TREADMILL
VAPOR XT-ONE	ADJUSTABLE CROSS TRAINER

## CONFIGURATION AND DIAGNOSTIC OPTIONS PER EQUIPMENT TYPE*

EQUIPMENT TYPE	CALIBRATION	MAX SPEED/ MAX GRADE	SPEED/ INCLINE	RPM/ SPM	WATTS	BATTERY	STATIC BRAKE	MOTOR
ADJUSTABLE CROSS TRAINER	–	–	–	•	•	•	–	•
ADJUSTABLE ELLIPTICAL	•	–	–	•	•	•	–	•
BIKE / CROSS TRAINER / ELLIPTICAL	–	–	–	•	•	•	–	–
CLIMBER	–	–	–	–	•	–	•	•
TREADMILL	•	•	•	–	•	–	•	•

*Configuration and Diagnostic options are only available by accessing the console Manager and Technician Modes. See the Unite LED Setup Guide for more information.
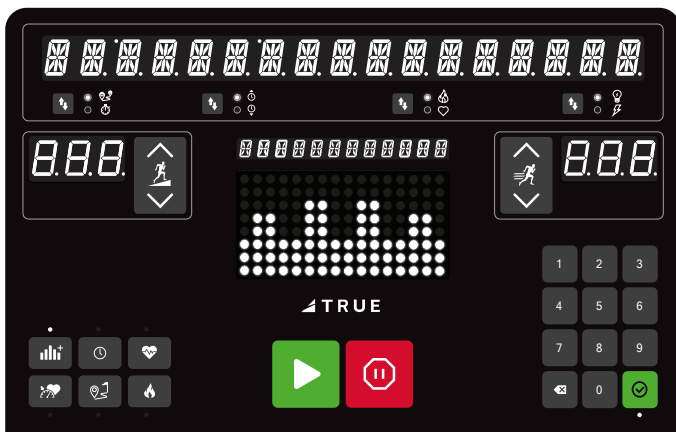
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WORKOUTS AND LED INFORMATION BY BASE MODEL

### APEX, GRAVITY, LAUNCH, AND VAPOR TREADMILL LED

DOMESTIC
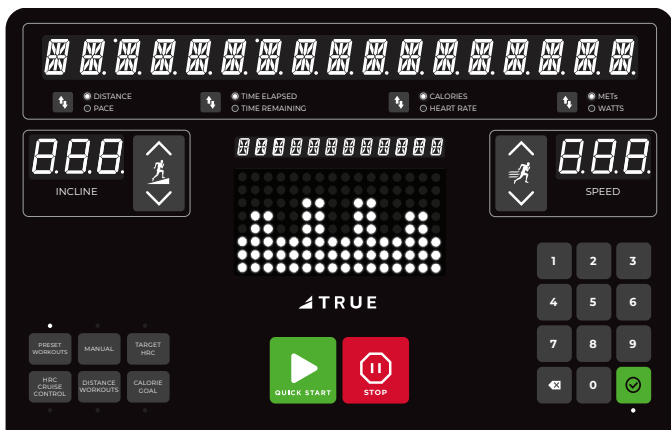
INTERNATIONAL

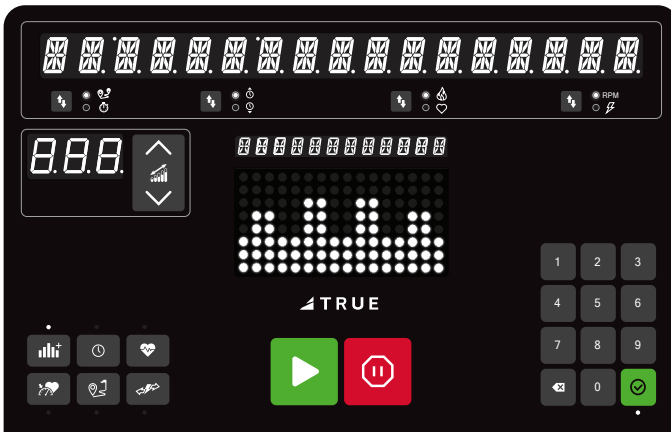| APEX, GRAVITY, LAUNCH, AND VAPOR TREADMILL LED	
LED CONSOLE SKU	CC6-LT0A CC6-LT0A-I (International)
OVERLAY PART #	00720400 00720400-010 (International)
OVERLAY DESCRIPTION	OVERLAY, LED, TRUE, TREAD
BASE MODELS	TC1-0A TC1-SA TC1-IA TC2-0A TC3-AA TC3-DA/TC3-DB TC3-DA-X/TC3-DB-X
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	CARDIO CHALLENGE GERKIN HILL INTERVALS LEG SHAPER ROLLING HILLS SINGLE HILL SPEED INTERVALS WEIGHT LOSS HILL
MANUAL	TIME GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC
HRC CRUISE CONTROL*	HRC CRUISE CONTROL*
DISTANCE WORKOUTS	5K 10K HALF MARATHON
CALORIE GOAL	CALORIE GOAL

*Mode within a workout.
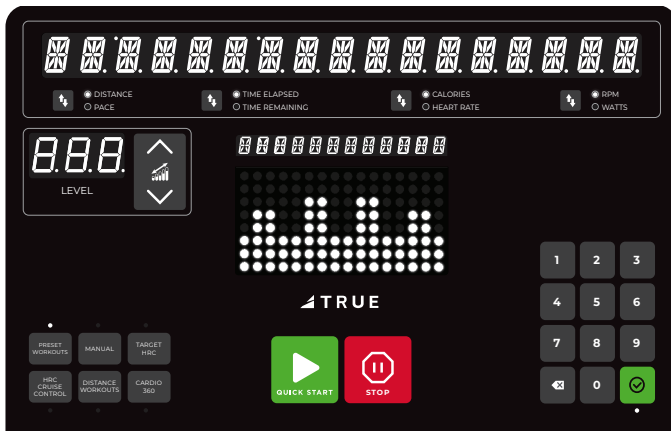
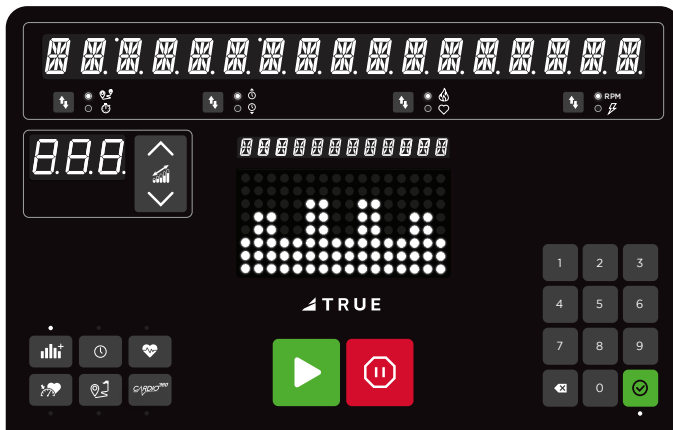# APEX, GRAVITY, AND LAUNCH BIKE LED

DOMESTIC
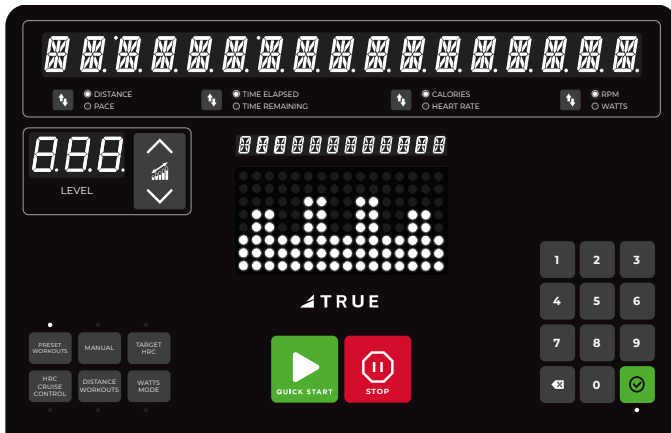
INTERNATIONAL

APEX, GRAVITY, AND LAUNCH BIKE LED	
LED CONSOLE SKU	CC6-LBKA CC6-LBKA-I (International)
OVERLAY PART #	00720500 00720500-010 (International)
OVERLAY DESCRIPTION	OVERLAY, LED, TRUE, BIKE
BASE MODELS	UC1-0A UC2-0A UC3-0A RC1-0A/RC1-0B RC2-0A/RC2-0B RC3-0A/RC3-0B
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	CALORIE GOAL CARDIO CHALLENGE HILL INTERVALS LEG SHAPER ROLLING HILLS SINGLE HILL
MANUAL	TIME GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC
HRC CRUISE CONTROL*	HRC CRUISE CONTROL*
DISTANCE WORKOUTS	5K 10K HALF MARATHON
WORK MODE*	TORQUE CONTROL (PWR/TORQUE)*

*Mode within a workout.

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APEX, GRAVITY, AND LAUNCH ELLIPTICAL LED

DOMESTIC

INTERNATIONAL

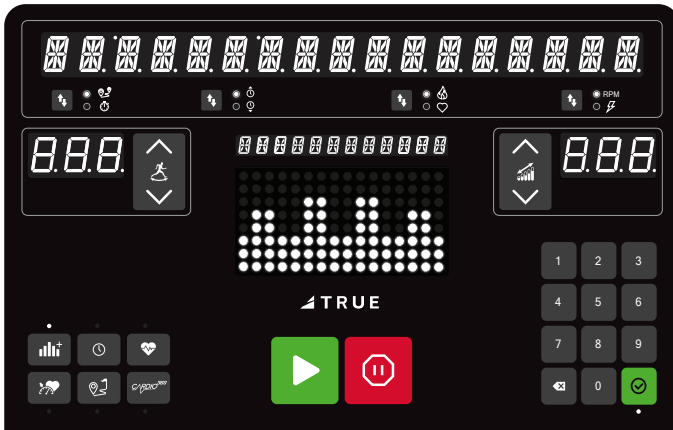| APEX, GRAVITY, AND LAUNCH ELLIPTICAL LED	
LED CONSOLE SKU	CC6-LX0A CC6-LX0A-I (International)
OVERLAY PART #	00720600 00720600-010 (International)
OVERLAY DESCRIPTION	OVERLAY, LED, TRUE, ELLIPTICAL
BASE MODELS	XC1-0A XC2-0A XC3-0A
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	CALORIE GOAL CARDIO CHALLENGE HILL INTERVALS LEG SHAPER ROLLING HILLS SINGLE HILL
MANUAL	TIME GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC
HRC CRUISE CONTROL*	HRC CRUISE CONTROL*
DISTANCE WORKOUTS	5K 10K HALF MARATHON
CARDIO 360	CARDIO 360

*Mode within a workout.

# VAPOR ADJUSTABLE STRIDE ELLIPTICAL LED

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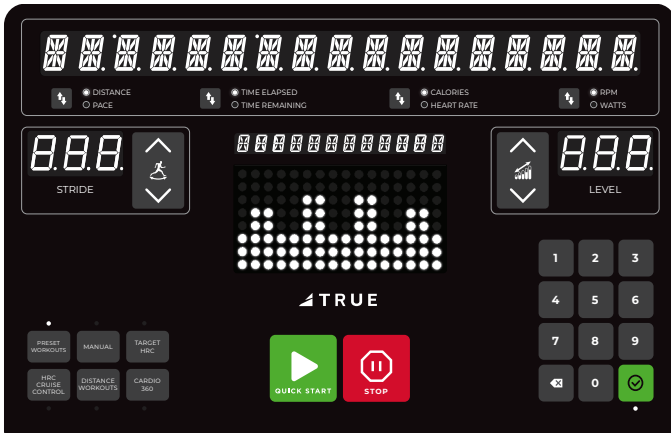
INTERNATIONAL

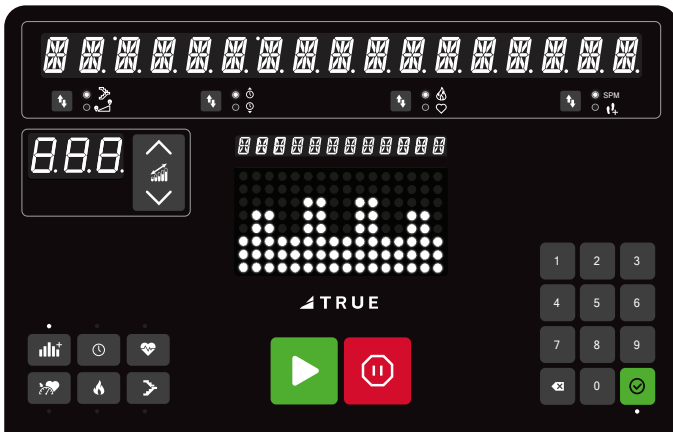| VAPOR ADJUSTABLE STRIDE ELLIPTICAL LED	
LED CONSOLE SKU	CC6-LXSA CC6-LXSA-I (International)
OVERLAY PART #	00720700 00720700-010 (International)
OVERLAY DESCRIPTION	OVERLAY, LED, TRUE, ADJUSTABLE STRIDE
BASE MODEL	XC1-SA
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	CALORIE GOAL CARDIO CHALLENGE HILL INTERVALS LEG SHAPER ROLLING HILLS SINGLE HILL
MANUAL	TIME GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC
HRC CRUISE CONTROL*	HRC CRUISE CONTROL*
DISTANCE WORKOUTS	5K 10K HALF MARATHON
CARDIO 360	CARDIO 360

*Mode within a workout.

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VAPOR CLIMBER LED

DOMESTIC
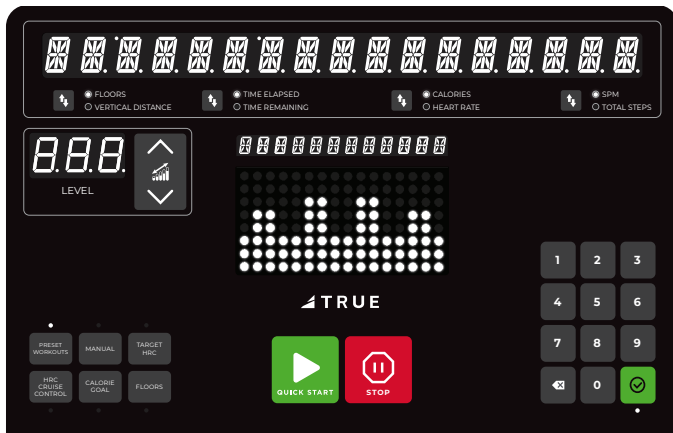
INTERNATIONAL

| VAPOR CLIMBER LED	
LED CONSOLE SKU	CC6-LV0A CC6-LV0A-I (International)
OVERLAY PART #	00720800 00720800-010 (International)
OVERLAY DESCRIPTION	OVERLAY, LED, TRUE, CLIMBER
BASE MODEL	VC1-0A
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	CARDIO CHALLENGE FAT BURN FIREFIGHTER ROLLING HILLS SPEED INTERVALS
MANUAL	TIME GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC
HRC CRUISE CONTROL*	HRC CRUISE CONTROL*
CALORIE GOAL	CALORIE GOAL
FLOORS	25 FLOORS 50 FLOORS 100 FLOORS

*Mode within a workout.

VAPOR LATERALX LED

DOMESTIC
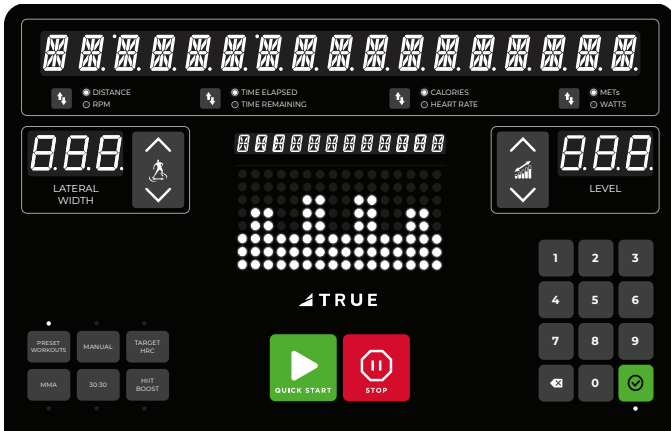
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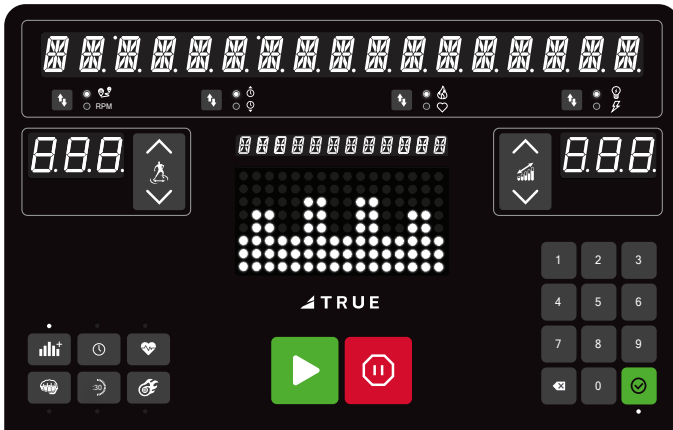
| VAPOR LATERALX LED	
LED CONSOLE SKU	CC6-L4LA CC6-L4LA-I (International)
OVERLAY PART #	20800000 20800000-010 (International)
OVERLAY DESCRIPTION	OVERLAY, LED, LATERALX
BASE MODEL	XC4-LA
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	5K 10K CALORIE GOAL CARDIO CHALLENGE HALF MARATHON HILL INTERVALS LEG SHAPER ROLLING HILLS SINGLE HILL
MANUAL	TIME GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC HRC CRUISE CONTROL*
MMA	MMA
30:30	30:30
HIIT BOOST*	THIGH TONER* QUAD POWER* X MODE*

*Mode within a workout.

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APEX AND GRAVITY RECUMBENT ELLIPTICAL LED
GRAVITY CROSS TRAINER LED

DOMESTIC
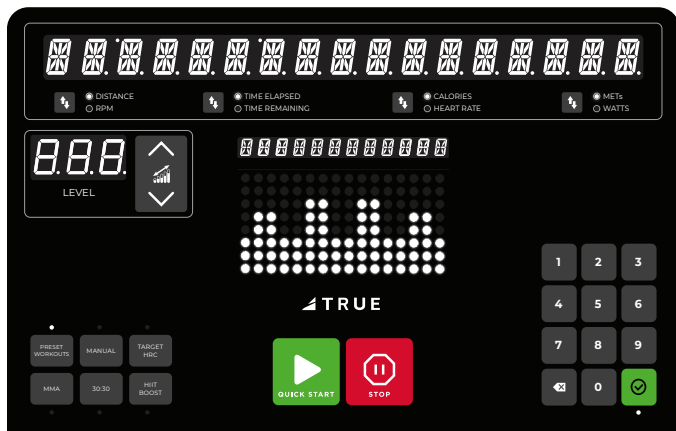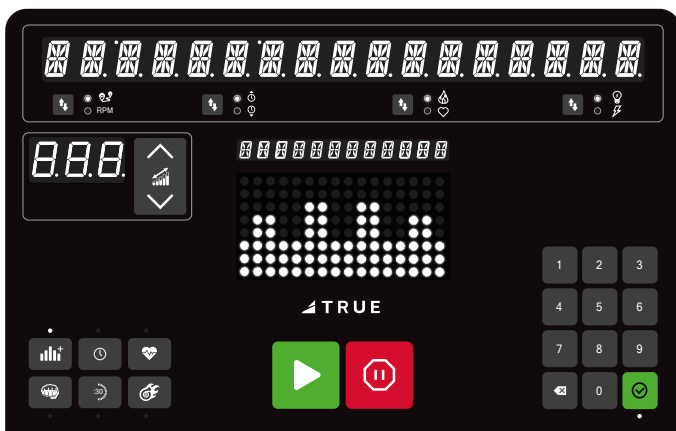
INTERNATIONAL

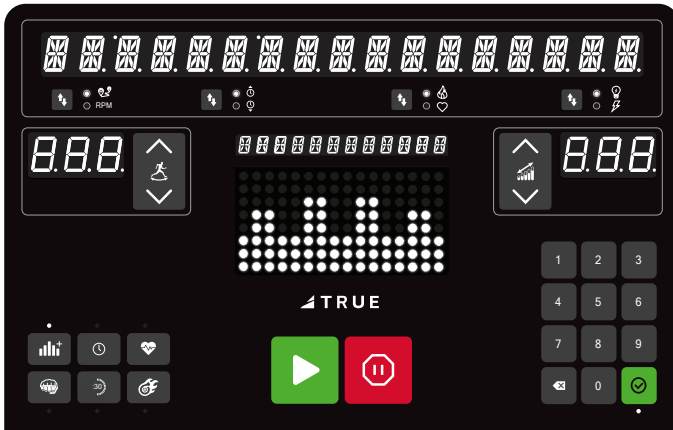| APEX AND GRAVITY RECUMBENT ELLIPTICAL LED GRAVITY CROSS TRAINER LED	
LED CONSOLE SKU	CC6-LXR2XA CC6-LXR2XA-I (International)
OVERLAY PART #	20800100 20800100-010 (International)
OVERLAY DESCRIPTION	OVERLAY, LED, RECUMBENT ELLIPTICAL AND CROSS TRAINER
BASE MODELS	XC1-RA XC2-RA XC2-XA
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	5K 10K CALORIE GOAL CARDIO CHALLENGE HALF MARATHON HILL INTERVALS LEG SHAPER ROLLING HILLS SINGLE HILL
OVERLAY WORKOUT KEYS	**WORKOUTS**
MANUAL	TIME GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC HRC CRUISE CONTROL*
MMA	MMA
30:30	30:30
HIIT BOOST RECUMBENT ELLIPTICAL*	LEG PRESS* CHEST PRESS* X MODE*
HIIT BOOST GRAVITY CROSS TRAINER*	ARM BLASTER* GLUTE KICKER* X MODE*

*Mode within a workout.

## APEX CROSS TRAINER LED

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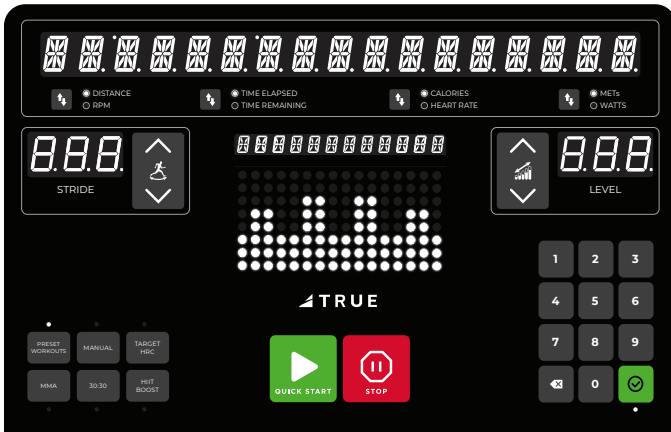
INTERNATIONAL

APEX CROSS TRAINER LED	
LED CONSOLE SKU	CC6-L1XA CC6-L1XA-I (International)
OVERLAY PART #	20800200 20800200-010 (International)
OVERLAY DESCRIPTION	OVERLAY, LED, APEX CROSS TRAINER
BASE MODEL	XC1-XA
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	5K 10K CALORIE GOAL CARDIO CHALLENGE HALF MARATHON HILL INTERVALS LEG SHAPER ROLLING HILLS SINGLE HILL
MANUAL	TIME GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC HRC CRUISE CONTROL*
MMA	MMA
30:30	30:30
HIIT BOOST*	ARM BLASTER* SMART STRIDE* X MODE*

*Mode within a workout.

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VAPOR XT-ONE LED

DOMESTIC
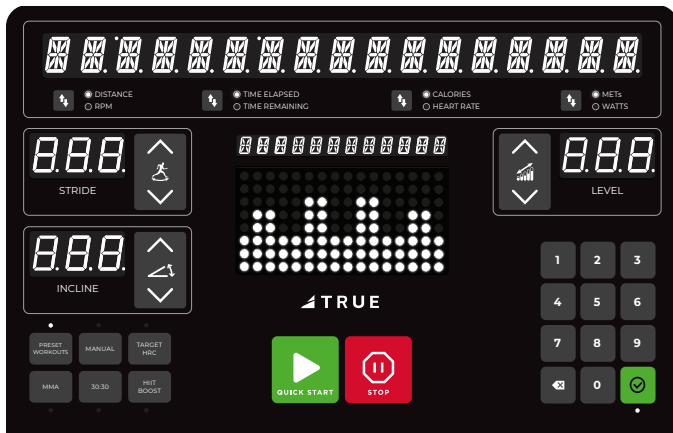
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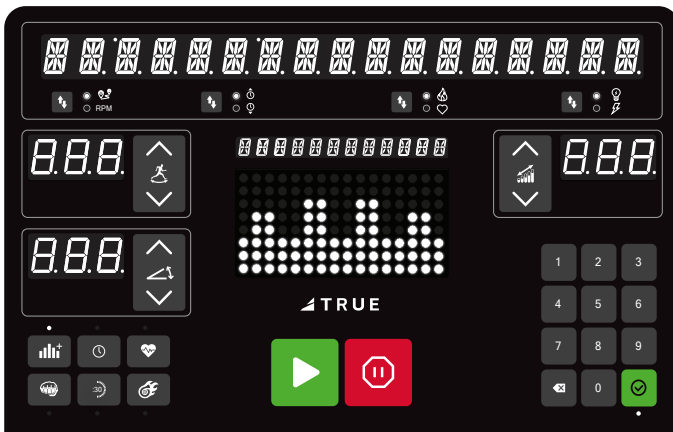
VAPOR XT-ONE LED	
LED CONSOLE SKU	CC6-L4XA CC6-L4XA-I (International)
OVERLAY PART #	20800300 20800300-010 (International)
OVERLAY DESCRIPTION	OVERLAY, LED, XT-ONE
BASE MODEL	XC4-XA
OVERLAY WORKOUT KEYS	**WORKOUTS**
QUICK START	QUICK START
PRESET WORKOUTS	5K 10K CALORIE GOAL CARDIO CHALLENGE HALF MARATHON HILL INTERVALS LEG SHAPER ROLLING HILLS SINGLE HILL
MANUAL	TIME GOAL DISTANCE GOAL
TARGET HRC	TARGET HRC HRC CRUISE CONTROL*
MMA	MMA
30:30	30:30
HIIT BOOST*	ARM BLASTER* GLUTE POWER* X MODE*

*Mode within a workout.

LED ICON DESCRIPTIONS

ICON*	DESCRIPTION
▶	Start
⏸	Pause/Stop
⌫	Back
✓	Enter
︿	Up
﹀	Down
	Incline
	Speed
	Stride
	Lateral Width
	Level
	Incline

ICON*	DESCRIPTION
	Preset Workouts
	Manual
	Target HRC
	HRC Cruise Control
	Distance Workouts
	Calorie Goal
CARDIO360	Cardio 360
	Floors
	Work Mode
	MMA
:30	30:30
	HIIT boost

ICON*	DESCRIPTION
	Toggle
	Distance
RPM	Revolutions Per Minute
	Time Elapsed
	Time Remaining
	Calories
♡	Heart Rate
	Pace
	Vertical Distance
	Total Steps
SPM	Steps Per Minute
	Floors
	Mets
	Work

*Icons vary by model.

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WORKOUT PROGRAMS BY MODEL

WORKOUT PROGRAMS	APEX, GRAVITY, LAUNCH, AND VAPOR TREADMILL	APEX, GRAVITY, AND LAUNCH BIKE	APEX, GRAVITY, AND LAUNCH ELLIPTICAL	VAPOR ADJUSTABLE STRIDE ELLIPTICAL	VAPOR CLIMBER	VAPOR LATERALX	APEX AND GRAVITY RECUMBENT ELLIPTICAL / GRAVITY CROSS TRAINER	APEX CROSS TRAINER	VAPOR XT-ONE
30:30	–	–	–	–	–	•	•	•	•
CALORIE GOAL	•	•	•	•	•	•	•	•	•
CARDIO 360	–	–	•	•	–	–	–	–	–
CARDIO CHALLENGE	•	•	•	•	•	•	•	•	•
DISTANCE GOAL	•	•	•	•	•	•	•	•	•
DISTANCE WORKOUTS	•	•	•	•	–	•	•	•	•
FAT BURN	–	–	–	–	•	–	–	–	–
FIREFIGHTER	–	–	–	–	•	–	–	–	–
FLOORS	–	–	–	–	•	–	–	–	–
GERKIN	•	–	–	–	–	–	–	–	–
HILL INTERVALS	•	•	•	•	–	•	•	•	•
HIIT BOOST*‡	–	–	–	–	–	•	•	•	•
HRC CRUISE CONTROL*	•	•	•	•	•	•	•	•	•
LEG SHAPER	•	•	•	•	–	•	•	•	•
MANUAL	•	•	•	•	•	•	•	•	•
MMA	–	–	–	–	–	•	•	•	•
QUICK START	•	•	•	•	•	•	•	•	•
ROLLING HILLS	•	•	•	•	•	•	•	•	•
SINGLE HILL	•	•	•	•	–	•	•	•	•
SPEED INTERVALS	•	–	–	–	•	–	–	–	–
TARGET HRC	•	•	•	•	•	•	•	•	•
TIME GOAL	•	•	•	•	•	•	•	•	•
WATTS (WORK) MODE*	–	•	–	–	–	–	–	–	–
WEIGHT LOSS HILL	•	–	–	–	–	–	–	–	–

*Modes within a workout.

‡HIIT boosters vary by model.

WORKOUT PROGRAMS BY MODEL

HIIT BOOST	VAPOR LATERALX	APEX AND GRAVITY RECUMBENT ELLIPTICAL	GRAVITY CROSS TRAINER	APEX CROSS TRAINER	VAPOR XT-ONE
ARM BLASTER	–	–	●	●	●
CHEST PRESS	–	●	–	–	–
GLUTE KICKER	–	–	●	–	–
GLUTE POWER	–	–	–	–	●
LEG PRESS	–	●	–	–	–
QUAD POWER	●	–	–	–	–
SMART STRIDE	–	–	–	●	–
THIGH TONER	●	–	–	–	–
X MODE*	●	●	●	●	●

*X MODE challenges vary by model.

X MODE	VAPOR LATERALX	APEX AND GRAVITY RECUMBENT ELLIPTICAL	GRAVITY CROSS TRAINER	APEX CROSS TRAINER	VAPOR XT-ONE
FAST	●	●	●	●	●
REVERSE	●	●	●	●	●
LEGS ONLY	●	●	●	●	●
PUSH ARMS	●	●	●	●	●
PULL ARMS	●	●	●	●	●
SQUAT	●	–	–	–	–
LEAN BACK	–	–	–	●	–
SLOW	–	–	●	●	●
NARROW GRIP	–	●	–	–	–
WIDE GRIP	–	●	–	–	–
SHIFT BODY	●	–	–	–	–
CENTER BODY	●	–	–	–	–

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WORKOUT PROGRAM DESCRIPTIONS

WORKOUT PROGRAMS	WORKOUT PROGRAM DESCRIPTION
30:30	This challenging program provides a simple test of fitness level of 5 sets of 30-second sprint and recovery intervals. For each set, the program monitors heart rate and calculates the average minimum and average maximum heart rates and the average number of beats the heart rate recovers between sprint intervals. Heart rate recovery is a relative indicator of fitness level; a higher number indicates a more rapid heart rate recovery and therefore represents a relatively better level of fitness.
CALORIE GOAL	This workout allows you to choose the settings that will achieve your calorie goal.
CARDIO 360	Cardio 360 coaches you through a dynamic total-body workout.
CARDIO CHALLENGE	Resistance increases to a maximum at the mid-point of the workout, then decrease to the finish. Setting changes affect the current segment only.
DISTANCE GOAL	Set up your own workout to a distance goal.
DISTANCE WORKOUTS	Choose a set distance of 5K, 10K, or Half Marathon.
FAT BURN	A changing step rate profile focuses on intense glute muscle use. The fat burn program guides your workout to maximize the percentage of calories burned from fat versus carbohydrates.
FIREFIGHTER	Get to the top! Simulate a high rise climb at 60 steps per minute, while wearing an additional 25 pounds of weight. You have a 20 second warm-up at 50 steps per minute followed by a 3 minute fitness test.
FLOORS	Choose the number of floors you want to climb: 25, 50, or 100 floors
GERKIN	A fitness test used to estimate your VO2 max. The test increases speed and incline gradually every minute and ends at the point where your heart rate reaches 85% of the maximum for your age.
HILL INTERVALS	Hill intervals are in 2-minute segments with increased workload to simulate hills.
HIIT BOOST*‡	You must be in a workout to activate a HIIT booster. HIIT boosters allow you to customize your interval training to maximize your workout. HIIT boosters are product dependent.
HRC CRUISE CONTROL*	You must be in a workout to activate HRC Cruise Control. While in any program, cruise control enables you to set the current heart rate as the target heart rate by pressing a single button. The cruise control program takes control of the settings to maintain your target heart rate. If Beets Per Minute (BPM) exceeds the target heart rate by more than 12 BPM, then the workout will end and cool down will begin.
LEG SHAPER	A workout with setting changes to work the leg muscles with added intensity.
MANUAL	Set up your own workout to a time or distance limit.
MMA	Mixed Martial Arts (MMA) — Take on your toughest opponent yet! Battle it out in 5-minute rounds that include five alternating 'fight' and 'recover' intervals of various lengths. The harder you punch with your arms, the harder the machine 'fights back' with increased resistance. This great workout gets your heart and your fists pumping.
QUICK START	A workout in which you control all settings. The workout continues until you end it.
ROLLING HILLS	A series of increasing and decreasing workload changes that simulate rolling hills. Adjust your settings at any time during the workout to increase or decrease intensity of the hills.
SINGLE HILL	Workload increases to a maximum at the midpoint of the workout, then decreases to the finish to simulate one big hill.
SPEED INTERVALS	Zero-incline walking or running intervals are in 1-minute segments. Incline changes are permanent; speed changes affect the current 1-minute segment only.
TARGET HRC**	Choose your target heart rate. The workout begins in manual control, gradually increase workload until heart rate is within 10 BPM at your target. At this point, the machine takes control of workload to maintain your heart rate within a few beats of the target.
TIME GOAL	Set up your own workout to a time goal.

WORKOUT PROGRAM DESCRIPTIONS

WORKOUT PROGRAMS	WORKOUT PROGRAM DESCRIPTION
WORK MODE*	You must be in a workout to activate torque control. Power output is measured in watts, representing the amount of power required by the machine to maintain the workload (resistance and speed) that you want to experience. The higher the workload, the more difficult the workout.
WEIGHT LOSS HILL	2-minute walking interval segments with incline alternating between hills and a nearly flat landscape. Speed changes are permanent; incline change affects the current 2-minute segment only.

*Modes within a workout.

‡HIIT boosters vary by model.

**The TRUE Heart Rate Control (HRC) workouts are unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, maximum resistance, and time, prior to beginning the HRC workout. As users approach their target heart rate, the console automatically takes over and changes the workload automatically to keep users near their target heart rate. This allows for a completely "hands free" workout.

NOTE: A Bluetooth or Polar® compatible heart rate monitoring chest strap should be worn during HRC workouts. For increased safety and accuracy, contact heart rate monitoring is not recommended for HRC workouts.

HIIT BOOST	DESCRIPTION
ARM BLASTER	Arm blaster integrates cardio sessions with strength sessions. The cardio session follows the program profile that you have selected. Every other minute, resistance increases 10 levels from your then-current level (or to the maximum resistance of 30) for a muscle-building, 10-repetition set as you transfer the workload from your lower body to your upper body. During the arm blaster rep countdown, the level of resistance can be changed by pressing the level (▲ / ▼) buttons.
CHEST PRESS	A unique workout booster designed to build endurance, strength and muscle tone in your upper body. Chest press integrates cardio sessions with strength sessions focused on the chest, arms, and back. The cardio session follows the selected program profile. For each chest press interval, the resistance level increases 10 levels (or to the maximum resistance of 30) for a muscle-building, 10-repetition set as you place your feet on the stationary foot pegs and transfer the workload from lower body to upper body. During the chest press set, the level of resistance can be changed by pressing the level (▲ / ▼) buttons.
GLUTE KICKER	Glute kicker is focused on your glutes, hips, and thighs. It uses four modes: Reverse, Squat, Fast, and Lean Back. Glute kicker sessions last for one minute, with a one-minute recovery period. During the glute kicker session, the level of resistance can be changed by pressing the level (▲ / ▼) buttons.
GLUTE POWER	Challenge your glutes with this workout booster that pushes back. The faster you go, the greater the resistance (level) and the steeper the incline. Slow down again and the resistance decreases and the incline lessens. Race up and down those 'hills' and feel the burn.
LEG PRESS	An aggressive routine to help you build strength and power in your leg muscles. Leg press integrates cardio sessions with strength sessions focused on the legs. The cardio session follows the selected program profile. For each leg press interval, resistance increases 10 levels (or to the maximum resistance of 30) for a muscle-building, 15-repetition set as you place your hands on the stationary handlebars and transfer the workload to the lower body. During the leg press set, the level of resistance can be changed by pressing the level (▲ / ▼) buttons.
QUAD POWER	Challenge your quads and glutes with this workout booster that pushes back. The faster you go, the greater the resistance (level) and the wider the lateral motion (lateral width). Slow down again and the resistance decreases and the lateral width narrows. You are in control as the lateralx responds to really work those legs.
SMART STRIDE	Smart stride automatically replicates natural movement by analyzing and measuring your pace and direction and intuitively adjusting stride length in 1-inch (2-centimeter) increments from 20 inches (51 cm) to 28 inches (67 cm). Press and the machine will analyze your speed and make the appropriate adjustments as your pace or direction changes.
THIGH TONER	Thigh toner uses varying lateral widths to firm and tone your thighs. Press during any program, then increase your speed. The faster you go, the greater the wider the lateral motion. Slow down again and the lateral width narrows.
X MODE*	The x mode feature works in any program; simply push the button to activate. When x mode is active, one to four x mode LED combinations will instruct you what to do. The sequence is randomly generated so you never know what is coming next. To activate x mode, simply push the x mode button while in any program. To turn x mode off, push the button again. In its original (out-of-the-box) configuration, each x mode session lasts for one minute. The countdown timer displays how much time until your next x mode interval or how much time is left in your x mode interval. Once you complete the instruction, you have a one-minute period where you do your normal routine (according to the program you are using). After this one-minute period, you will automatically get your next x mode routine.

*X MODE challenges vary by model.

TRUE FITNESS

WORKOUT PROGRAM DESCRIPTIONS

X MODE	DESCRIPTION
FAST	Pick up the pace—we recommend 50-60 Revolutions Per Minute (RPM), but you should find your own comfort level.
REVERSE	Pedal backwards to change the muscle focus on your entire lower body.
LEGS ONLY	Either hold the stationary handlebars or naturally swing your arms.
PUSH ARMS	Focus on pushing with your arms to work your chest and triceps.
PULL ARMS	Focus on pulling with your arms to work your biceps and lats.
SQUAT	Bend slightly at the knees as you pedal. You'll feel this one in your quadriceps and glutes in no time.
LEAN BACK	Grab the stationary handlebars and lean slightly backwards. This changes the muscle focus to your lower body. You will feel this in your quadriceps.
SLOW	Slow down to 30-40 RPM to allow yourself to recover.
NARROW GRIP	Grasp the multigrip handlebars on the low inside edge to give your triceps and chest muscles a workout.
WIDE GRIP	Grasp the multigrip handlebars high on the outside and feel it in your shoulders, chest, and back.
SHIFT BODY	Shift your whole body side to side with the lateral motion.
CENTER BODY	Keep your core centered and steady as your lower body shifts with the lateral motion.

WORKOUT SETTINGS—VALUES—RANGES

Setting	Standard Values*	Minimum Value	Maximum Value
Workout Time	30:00	1:00	99:00
Level	1	1	30
Speed**	3	0.5 mph (0.8 kph)	12 mph (19.3 kph)
Incline**	0%	0%	30%
Age	40	16	99
Weight**	150 lbs (68 kg)	70 lbs (32 kg)	400 lbs (181 kg) or 500 lbs (226.7 kg)
Calories	150	1	1000
Interval Time	00:30	00:15	99:45
Interval Level	1	1	30
How Many Intervals	3	2	6
Target Heart Rate	(220 - Age) * %; varies by program	80	(220 - Age)
Watts (Work)	125	20	900

*Standard program values are used if no values are entered within 4 seconds of prompts.
**Values vary by model.

HEART RATE INFORMATION

HEART RATE MONITORING

TRUE cardio equipment can monitor a user's heart rate using a Polar* 5kHz compatible chest strap, a Bluetooth heart rate transmitter or the metal grips on the hand rails (called contact heart rate or CHR pads). Bluetooth transmitters and chest straps transmit the user's heart rate to the console via radio, and the console reads the user's heart rate.

Chest Strap and Bluetooth Heart Rate Monitoring

Although TRUE cardio equipment functions fine without using the heart rate monitoring feature, this kind of monitoring gives valuable feedback on the user's effort level. Using chest strap or Bluetooth monitoring also allows users to use Heart Rate Control, the most advanced exercise control system available. When users wear a Polar® compatible transmitter strap or a Bluetooth transmitter, the machine will display the user's heart rate as a digital beats-per-minute (bpm) readout. A chest strap should be worn directly against the user's skin, about 1-2 inches below the pectoral muscles/breast line. Women should be careful to place the transmitter below their bra line. *Bluetooth transmitters should be worn in accordance with the manufacturer's documentation. Initially the transmission signal for heart rate may be erratic or non-existent. Some moisture is necessary between the strap and the user's skin for proper transmission. Sweat from exercise works best, but ordinary tap water may be used prior to the workout if desired.
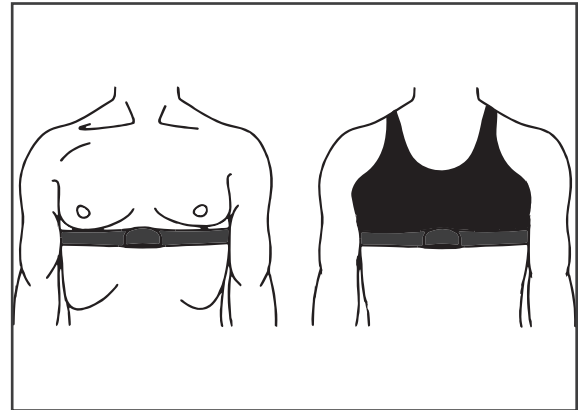
NOTE: The chest strap produces a radio signal that the console reads and registers as the user's heart rate. The accuracy of a reading may be affected when outside interference is present.

Contact Heart Rate (CHR)

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

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

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

⚠**CAUTION:** Do not use the contact heart rate grips as a handlebar during a workout.

TRUE FITNESS

HEART RATE CONTROL (HRC)

You are now the owner of the most sophisticated Heart Rate Control (HRC) cardio equipment available. TRUE HRC is unique and patented. It accommodates users from rehabilitation to world class athletes, and all those in between. TRUE HRC allows users to do a completely hands-free heart rate controlled workout using speed, incline, and/or resistance. By training at a specific target heart rate, users can exercise at a more efficient cardiovascular level.

The TRUE HRC system is unique because users must enter the key parameters of the workout; target heart rate, maximum speed, maximum incline, maximum resistance, and time, prior to beginning the HRC workout. As users approach their target heart rate, the console automatically takes over and changes the workload automatically to keep users near their target heart rate. This allows for a completely "hands-free" workout.

NOTE: A Bluetooth or Polar® compatible heart rate monitoring chest strap should be worn during HRC workouts. For increased safety and accuracy, contact heart rate monitoring is not recommended for HRC workouts.

Target Heart Rate

TRUE's Heart Rate Control (HRC) workouts let the machine monitor relative exercise intensity by way of the user's heart rate, then automatically adjust the speed and incline to keep the user at their target heart rate and thus their desired exercise intensity. Heart rate is a good measure of the body's exercise stress level. It reflects differences in physical condition, fatigue, the comfort of the workout environment, even diet and emotional state. Users should compare their heart rate with how they feel to ensure safety and comfort.

Consult a Physician to Determine Heart Rate

Using heart rate to control a workout takes the guesswork out of the workout settings. Consult a physician before using heart rate controlled workouts for advice on selecting a target heart rate range. Also, it is important to use the machine for several workouts in the manual mode while monitoring heart rate. Users should compare their heart rate with how they feel to ensure safety and comfort. After users have spent some time learning how their heart responds to different levels of speed and incline, they will have a better understanding of how to select the maximum speed and maximum incline and maximum resistance required for reaching their target heart rate.

Warm Up

At the beginning of an HRC workout, the machine is in full Manual Control mode. Users should gradually increase the workout intensity to slowly raise their heart rate to within 10 beats per minute (bpm) of their target heart rate. The machine will operate as if in manual mode during the warm up stage. Users control both speed, incline, and resistance. The user may only increase speed, incline, and resistance to the present maximum values entered. It is important that the user starts at a low level of perceived exertion and gradually increase the workout intensity over several minutes until they approach their target heart rate. This allows the body to adapt to the workout. Increasing the workout intensity gradually will allow the user to enter the Heart Rate Control stage without overshooting their target, keeping their heart rate within a few bpm of their target.

NOTE: Warming up too fast may cause the user to overshoot their target. If this occurs it may take several minutes before the computer software can control their heart rate. Users may overshoot and undershoot for several minutes until control is achieved.

Heart Rate Control Stage

The machine takes control of speed, incline, and resistance, keeping the user's heart rate within a few bpm of their target. When using the Interval HRC Workout, the machine alternates between work and rest intervals.

Cooldown

At the end of the workout time or distance, the machine reduces the workout intensity by half and goes back into manual control mode, where users directly control their cooldown.

TRUE FITNESS

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