

# XFW8110 HALF RACK

 TRUE FITNESS



SCAN FOR UP-TO-DATE  
OWNER'S MANUAL

MODEL XFW8110  
(MAN-XFW8110 REV00)

**OWNER'S  
MANUAL**



## **IMPORTANT—PLEASE READ**

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/services-support/user-manuals/>**

## **CONTACTING OUR SUPPORT TEAM**

To contact TRUE for any of your pre or post installation questions, please call our toll-free numbers Monday - Friday 8:30am - 5:00pm (CST):

- Commercial Direct Customers and Corporate Accounts | 800.868.8783
- Retail Customers and Distributors | 800.883.8783

Or email us:

- Commercial Direct Customers and Corporate Accounts | [service.direct@truefitness.com](mailto:service.direct@truefitness.com)
- Retail Customers and Distributors | [service@truefitness.com](mailto:service@truefitness.com)
- Service International | [int.service@truefitness.com](mailto:int.service@truefitness.com)

When contacting TRUE, please have the following information ready:

- Serial Number of Unit
- Contact Information—Full Name, Email, and Phone Number
- Address of Facility or Residence
- Detailed Description Regarding Symptom of the Unit (along with pictures or video if applicable)

**NOTE:** Authorized service providers, dealers, and distributors may also use TRUE's online resource | [portal.truefitness.com](http://portal.truefitness.com).

## **CONTACTING OUR SALES TEAM**

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

- Phone | 800.426.6570
- Email | [sales@truefitness.com](mailto:sales@truefitness.com)
- Hours | 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](mailto:service@truefitness.com) | 800.883.8783) or TRUE sales support ([sales@truefitness.com](mailto: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](mailto:service@truefitness.com) | 800.883.8783) or TRUE sales support ([sales@truefitness.com](mailto:sales@truefitness.com) | 800.426.6570) Monday-Friday during normal business hours.



## TABLE OF CONTENTS

### SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS.....	5
GENERAL CARE AND MAINTENANCE.....	7
COMMERCIAL MAINTENANCE SCHEDULE.....	8
COMPLIANCES.....	8
DIMENSIONS AND WEIGHTS.....	9
LABEL LOCATIONS.....	10
WARNING AND INTENDED USE LABELS.....	10

### ASSEMBLY INSTRUCTIONS

PREASSEMBLY CHECKLIST.....	12
ASSEMBLY STEPS.....	15

### PREVENTATIVE MAINTENANCE

DAILY INSPECTION AND MAINTENANCE.....	23
WEEKLY INSPECTION AND MAINTENANCE.....	23
OTHER SCHEDULED PREVENTATIVE MAINTENANCE.....	23
CLEANING THE EQUIPMENT.....	24

### WARRANTY INFORMATION

COMMERCIAL WARRANTY.....	25
WARRANTY DETAILS.....	26
WARRANTY REGISTRATION .....	27

## **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 50 mm bore (1.9”).
  - Do not exceed the maximum weight capacity of the machine. Maximum plate size is 45 lbs (20 kg).

## 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 lbs (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 more information on disassembling any assembly materials 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:
  - 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.
- Check the function of your machine WEEKLY by verifying the following:
  - Nuts, Bolts, and Fasteners: check tightness weekly. If any hardware has become loose, retighten it, use Loctite® Threadlocker 242, or both.
  - Frames and Lifting Arms: Inspect weekly for integrity and function. Replace any component at first signs of wear. Use only TRUE supplied components.
- 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.

- 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 and chrome parts.
- 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.
- Exercise instruction labels—clean with soap and water as needed.
- 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](mailto:service@truefitness.com) | 800.883.8783).



## COMMERCIAL MAINTENANCE SCHEDULE

Commercial Maintenance Schedule					
	Daily	Weekly	Monthly	6 Months	Annually
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 accessory bars and handles.		X			
Inspect all safety and instructional decals.	X				
Clean and polish frame.	X				
Clean and polish chrome.	X				

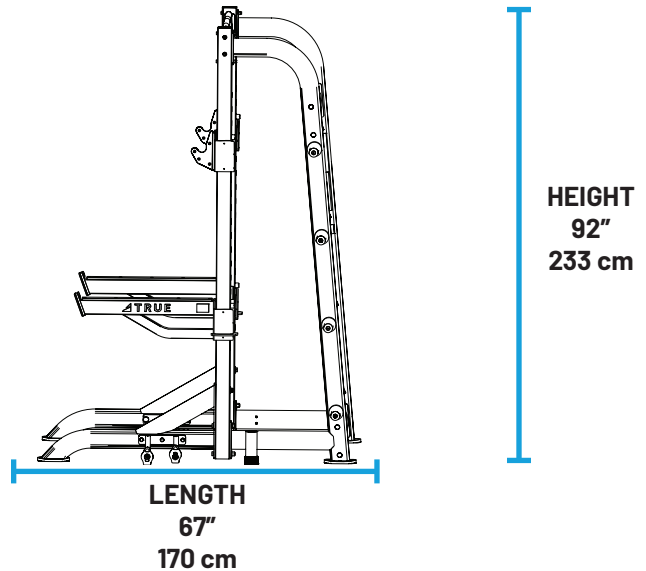
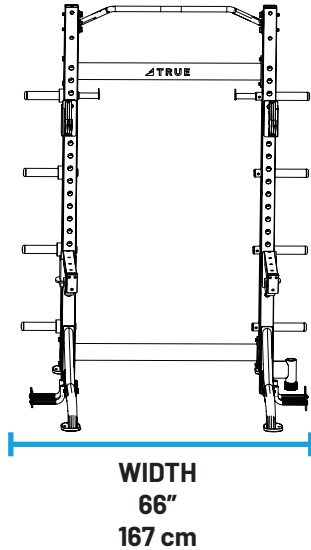
## COMPLIANCES

This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit [www.truefitness.com](http://www.truefitness.com).



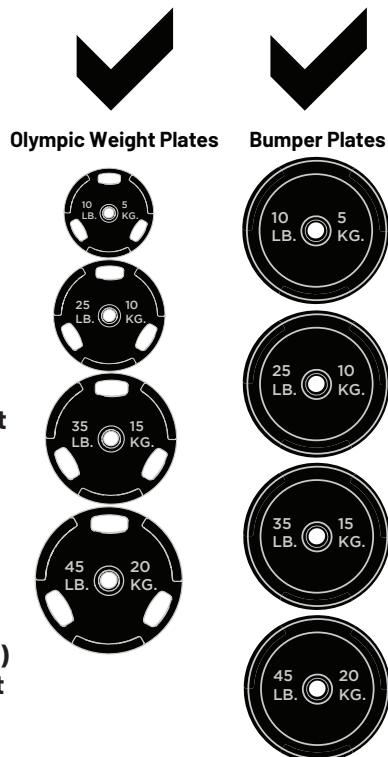
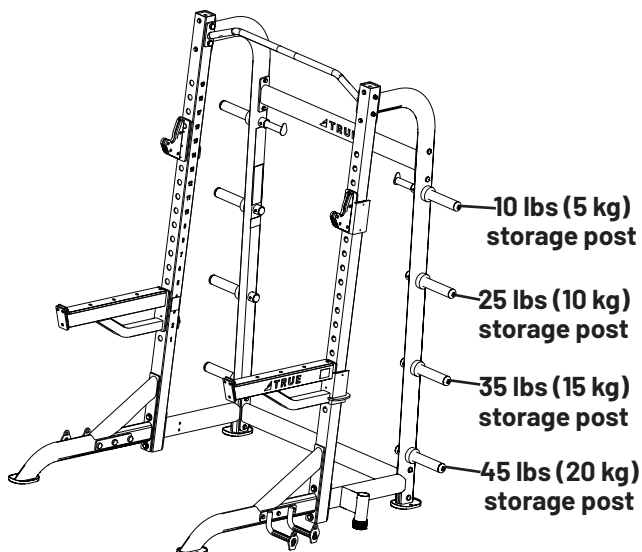
## DIMENSIONS AND WEIGHTS

- ASSEMBLED DIMENSIONS (W X L X H)**  
66" x 67" x 92" / 167 cm x 170 cm x 233 cm



- PRODUCT WEIGHT**  
345 lbs / 157 kg
- MAXIMUM USER WEIGHT**  
300 lbs / 136 kg
- MAXIMUM LOAD (USER WEIGHT + WEIGHT PLATES)**  
500 lbs / 227 kg

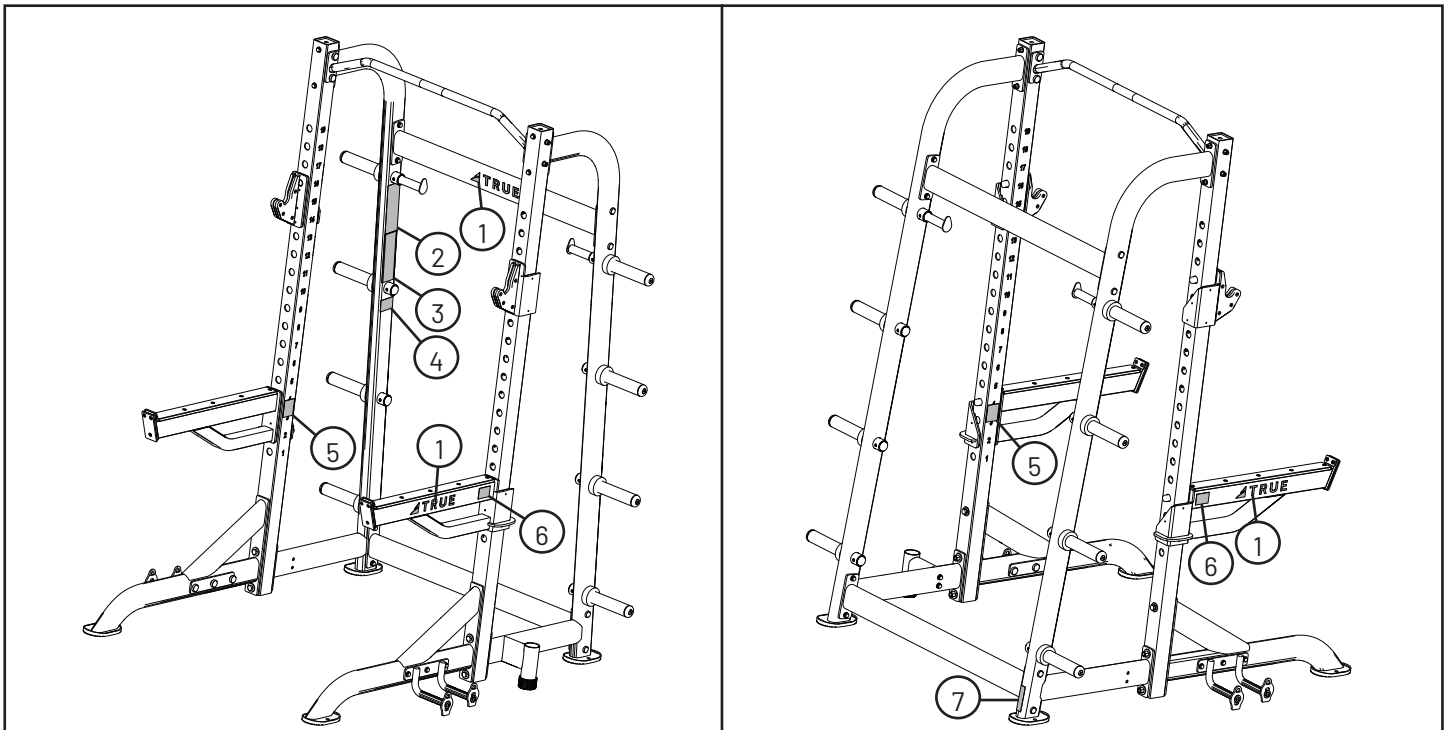
POST CAPACITY		
Number of Storage Posts	Max Weight Plates Per Storage Post	Total Weight Plates Allowed
8	4	32



**IMPORTANT!** Storage posts are 50 mm in diameter, designed to accommodate olympic weight plates and bumper plates with center hole diameters of 50 mm. Spacing between the storage posts will accommodate both olympic weight plates and bumper plates.

## LABEL LOCATIONS

Item	Part#	Description	Qty
1	LBL-LOG-010BK	LABEL, TRUE LOGO WHITE 10 IN	3
2	LBL-WRN-0010	LABEL, XFW GENERAL WARNING	1
3	LBL-PR-XFW81	LABEL, INTENDED USE	1
4	LBL-WRN-0019	LABEL, WARNING RESISTANCE BANDS	1
5	LBL-WRN-0014A	LABEL, SQUAT LONG BAR STOP HEIGHT	2
6	LBL-WRN-0021	LABEL, WARNING USE SPOTTER & STOP CATCHES	2
7	SL-XFW8110-35	LABEL, SERIAL NUMBER	1

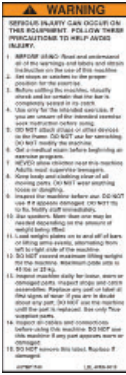


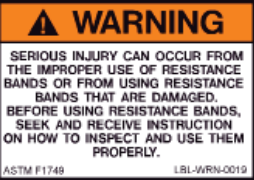




## WARNING AND INTENDED USE LABELS

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

To replace any worn or missing decals contact TRUE product support (service@truefitness.com | 800.883.8783).

Part# and Description	Image
LBL-PR-XFW81(Intended Use)	<p><b>XFW-8100 Half Rack</b></p> <ol style="list-style-type: none"> <li>This unit is intended to support Olympic bars in multiple positions facilitating press, squat, row or dead lift exercises.</li> <li>The long bar stops must be used when performing squat or pressing movements. Adjust their position based on the exercise, user size and range desired. When doing squats DO NOT allow thighs to drop below parallel with the floor - adjust long bar stops accordingly. DO NOT place long bar stops lower than indicated position on the machine when doing squats. BE CERTAIN that the retention pins on the long bar stops are fully engaged.</li> <li>Adjust the upper bar catches into a comfortable position for the exercise. BE CERTAIN that the retention pins is fully engaged.</li> <li>Load/unload plates evenly onto the bar placing or removing one plate from one side and then the other.</li> <li>Spotters must be used when using this rack. More than one spotter may be required depending on the amount of weight being lifted.</li> <li>Return the bar to the bar catches in a controlled manner. Be certain that the bar is fully engaged in the bar catches before releasing the load and exiting the machine.</li> <li>DO NOT stand on this rack when doing exercises.</li> <li>DO NOT exceed the bar load limit of 500 pounds (227 kg). Maximum user weight of 500 pounds (227 kg) for chin up station.</li> </ol>

Part# and Description	Image
LBL-WRN-0010 (General Warning)	
SL-XFW8110-35 (Serial Number)	
LBL-WRN-0014A (Long Bar Stop Height)	
LBL-WRN-0019 (Resistance Bands)	
LBL-WRN-0021 (Spotter and Stop Catches)	
LBL-LOG-010BK (Logo)	

## ASSEMBLY INSTRUCTIONS



**NOTE:** Supplemental video available on YouTube: <https://www.youtube.com/@TRUEFitnessservicevids>

### PREASSEMBLY CHECKLIST

#### ⚠ CAUTION:



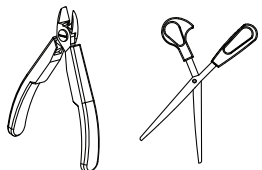
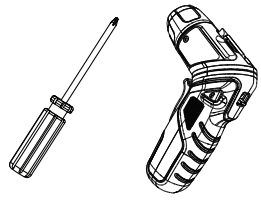

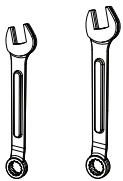

Use caution when assembling this product.  
Unpacking and assembling this product requires two or more people.

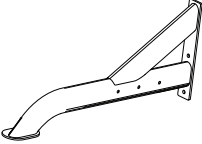
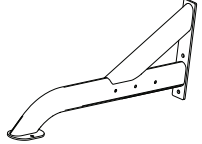
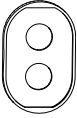


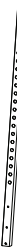
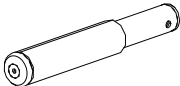



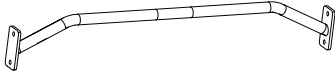
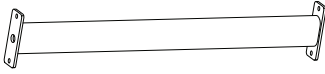

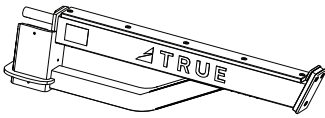
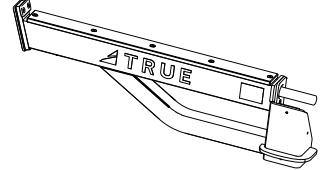



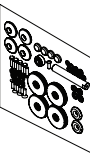

Use caution when unpacking this product. Avoid damage to the product.  
**DO NOT** use a box cutter. **DO NOT** slice into the packaging.

### VERIFY BOX CONTENTS

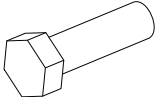
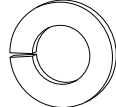
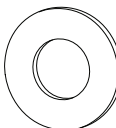
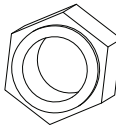
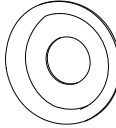
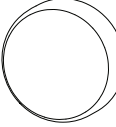
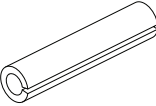
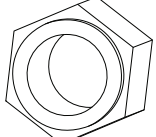
**IMPORTANT!** Please verify all box contents. If you have questions, or if there are any missing parts, contact product support ([service@truefitness.com](mailto:service@truefitness.com) | 800.883.8783).

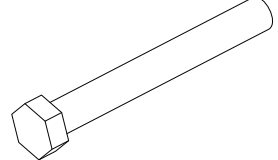
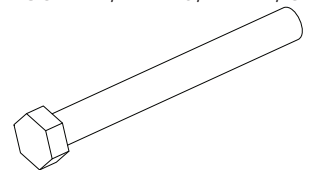
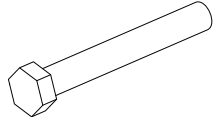
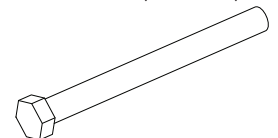
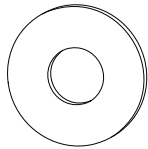
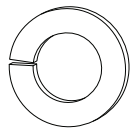
TOOLS NEEDED FOR ASSEMBLY	
Wire Cutters or Scissors (used in unboxing the machine)	
#2 Phillips Screwdriver or Electric Screwdriver (both are optional in unboxing the machine)	
9/16" and 3/4" Socket Wrench	
9/16" and 3/4" Wrench	
Step Ladder (Highly Recommended)	

BOX CONTENTS		
Item	Image	Qty
Left Front Frame		1
Right Front Frame		1
Double Oval Foot		4
Left Rear Frame		1
Right Rear Frame		1
Adjustment Column		2
Weight Horn		8
Round Bumper		8

BOX CONTENTS		
Item	Image	Qty
Chin Up Bar		1
Cross Brace		1
Cross Brace with Label		1
Left Stop Bar		1
Right Stop Bar		1
Left Bar Catch		1
Right Bar Catch		1
Olympic Bar Holder		1
Hardware pack		1
Manual		1



### HARDWARE PACK CONTENTS

XFW8110 HARDWARE PACK		
ITEM	DESCRIPTION	QTY
C 446LP	HHS, 3/8"-16, 1-1/4", LOCKING PATCH 	8
C 749	LOCK WASHER, 3/8", ZP 	10
C 754C	WASHER, FLAT, 3/8" USS 	26
C 742	LOCK NUT, 3/8"-16 NYL INS 	8
C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT 	4
C 955BK	CAP, PLASTIC, BOLT CAP, BLACK 	4
D-871A	PIN, 3/8" X 1-3/4" ROLL PIN, SLOTTED 	8
C 743	LOCK NUT, 1/2"-13, NYL INS 	4

XFW8110 HARDWARE PACK		
ITEM	DESCRIPTION	QTY
C 476	HH SCREW, 1/2"-13, 4" 	2
C 480A	HH SCREW, 1/2"-13, 4-1/2", GR8 	4
C 451	HH SCREW, 3/8"-16, 2-3/4" 	2
C 455	HH SCREW, 3/8"-16, 4" 	8
C 755	WASHER, FLAT, 1/2" USS 	10
C 750	LOCK WASHER, 1/2", ZP 	2

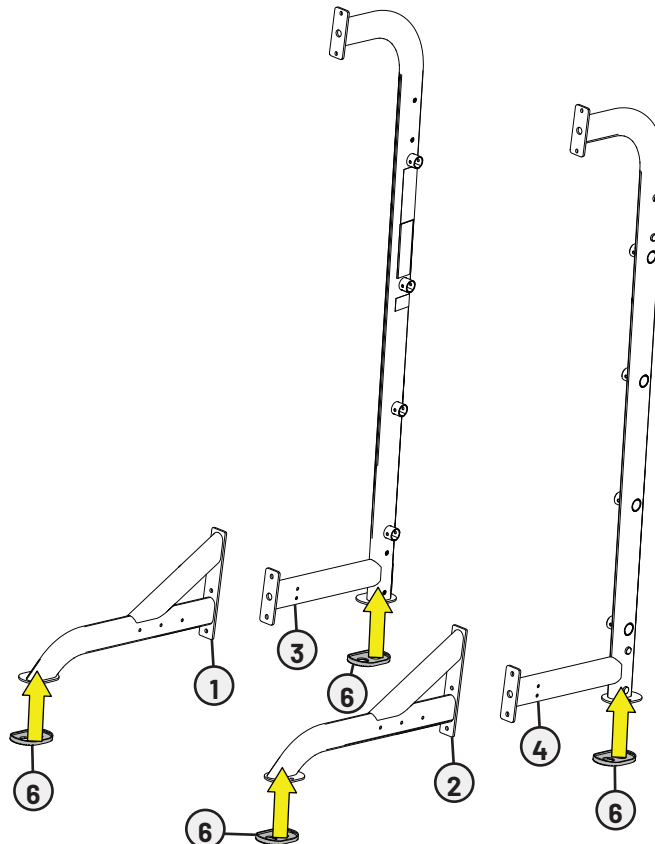
## ASSEMBLY STEPS

### STEP 1—ASSEMBLE THE LEFT AND RIGHT FRAMES

Tools Used in this Step	
9/16" and 3/4" Socket Wrench	
9/16" and 3/4" Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	XFW81-LFF00-35	WELDMENT, LEFT FRONT FRAME, MATTE BLACK	1
2	XFW81-RFF00-35	RIGHT FRONT FRAME WELDMENT, MATTE BLACK	1
3	XFW81-LRF00X-35	ASSEMBLY, LEFT REAR FRAME, MATTE BLACK	1
4	XFW81-RRF00X-35	ASSEMBLY, RIGHT REAR FRAME, MATTE BLACK	1
5	XFW81-CLM000X-35	ADJ COLUMN ASSEMBLY, MATTE BLACK	1
6	SF0003	FOOT, DOUBLE OVAL, 62 X 102	4
7	C 480A	HH SCREW, 1/2"-13, 4-1/2", GR8	4
8	C 755	WASHER, FLAT, 1/2" USS	10
9	C 743	LOCK NUT, 1/2"-13, NYL INS	4
10	C 476	HH SCREW, 1/2"-13, 4"	2
11	C 750	LOCK WASHER, 1/2", ZP	2
12	C 455	HH SCREW, 3/8"-16, 4"	4
13	C 754C	WASHER, FLAT, 3/8" USS	8
14	C 742	LOCK NUT, 3/8"-16 NYL INS	4

A. Attach the 4 double oval feet to the left and right front and rear frame assemblies.

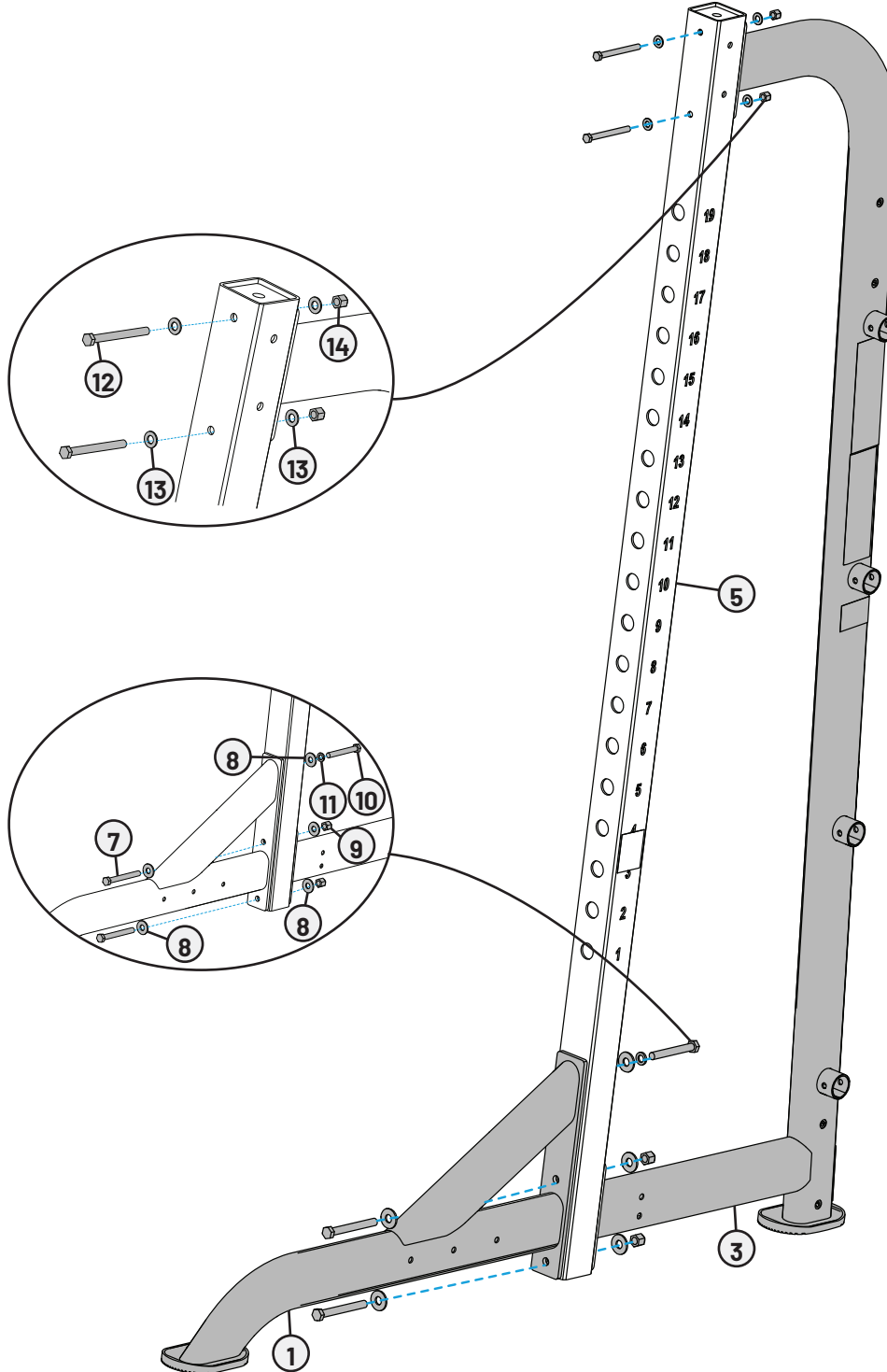


## STEP 1—ASSEMBLE THE LEFT AND RIGHT FRAMES CONTINUED

- B. Using a 3/4" socket wrench and open end wrench, attach the left and right front frame and rear frame assemblies to the bottom of the adjustment columns using 3 hex head screws, 1 lock washer, 5 flat washers, and 2 lock nuts on each side.
- C. Using a 9/16" socket wrench and open end wrench, attach the left and right rear frame assemblies to the top of the adjustment columns using 2 hex head screws, 4 flat washers, and 2 lock nuts on each side.



**IMPORTANT! DO NOT fully tighten hardware until Step 2 (Attach Cross Braces and Chin Up Bar to the Rear Frame Assemblies).**

**NOTE:** For example purposes, the left front and rear frame assemblies are shown below.



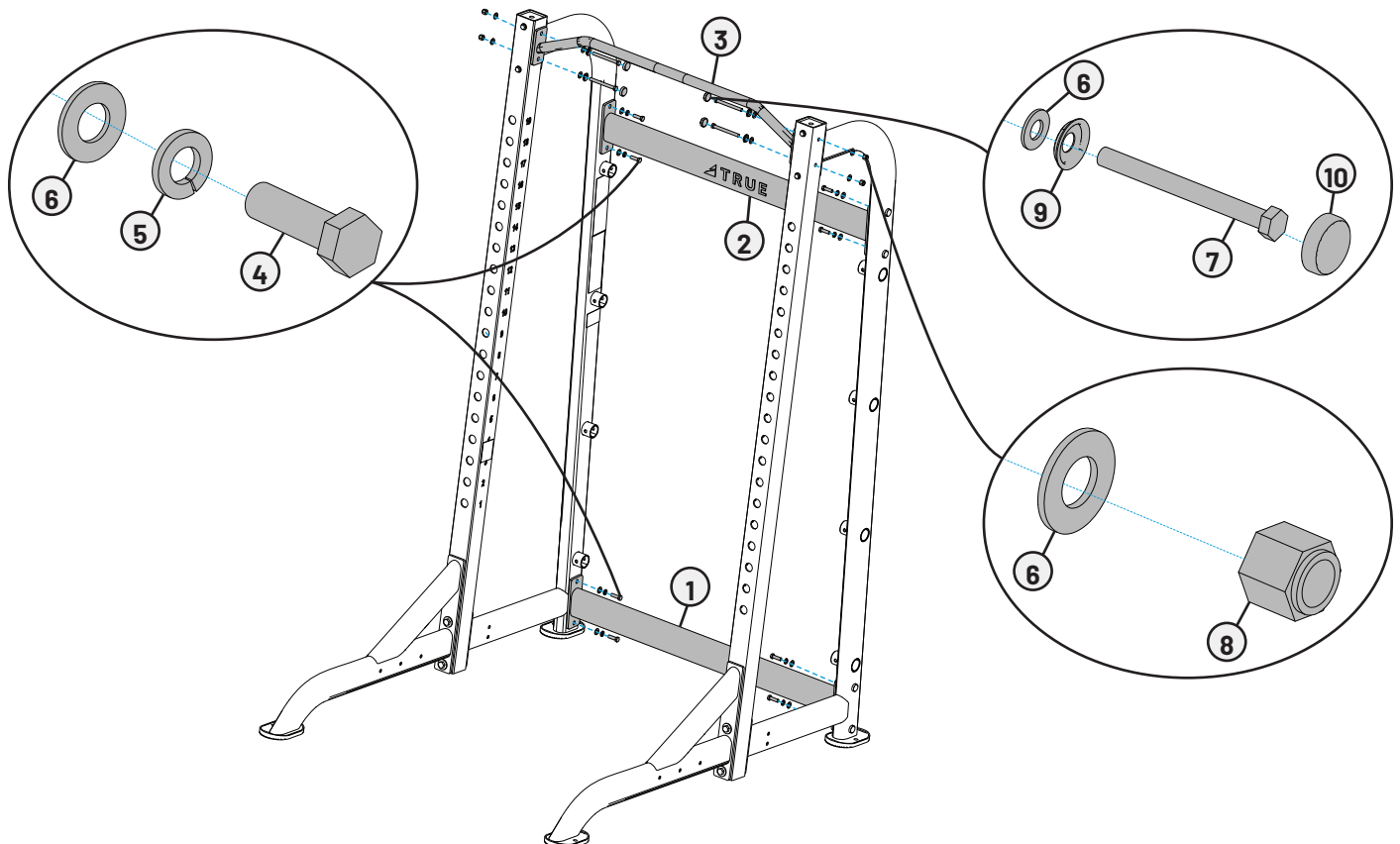


## STEP 2—ATTACH CROSS BRACES AND CHIN UP BAR TO THE REAR FRAME ASSEMBLIES

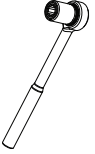

Tools Used in this Step	
9/16" Socket Wrench	
9/16" Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	XFW81-CBR000-35	WELDMENT, CROSS BRACE FRAME, MATTE BLACK	1
2	XFW81-CBR000X-35	ASSEMBLY, CROSS BRACE FRAME, MATTE BLACK	1
3	XFW81-CBR100	WELDMENT, CHIN UP BAR	1
4	C 446LP	HHS, 3/8"-16, 1-1/4", LOCKING PATCH	8
5	C 749	LOCK WASHER, 3/8", ZP	8
6	C 754C	WASHER, FLAT, 3/8" USS	16
7	C 455	HH SCREW, 3/8"-16, 4"	4
8	C 742	LOCK NUT, 3/8"-16 NYL INS	4
9	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	4
10	C 955BK	CAP, PLASTIC, BOLT CAP, BLACK	4

- Align the left and right base frame assemblies.
- Using a 9/16" socket wrench, attach the lower cross brace to the left and right rear frame assemblies using 4 hex head screws, 4 lock washers, and 4 flat washers.
- Using a 9/16" socket wrench, attach the upper cross brace to the left and right rear frame assemblies using 4 hex head screws, 4 lock washers, and 4 flat washers.
- Using a 9/16" socket wrench and open end wrench, attach the chin up bar to the adjustment columns using 4 hex head screws, 4 lock nuts, 4 base washers, 8 flat washers, and 4 plastic caps.
- Fully tighten all hardware.



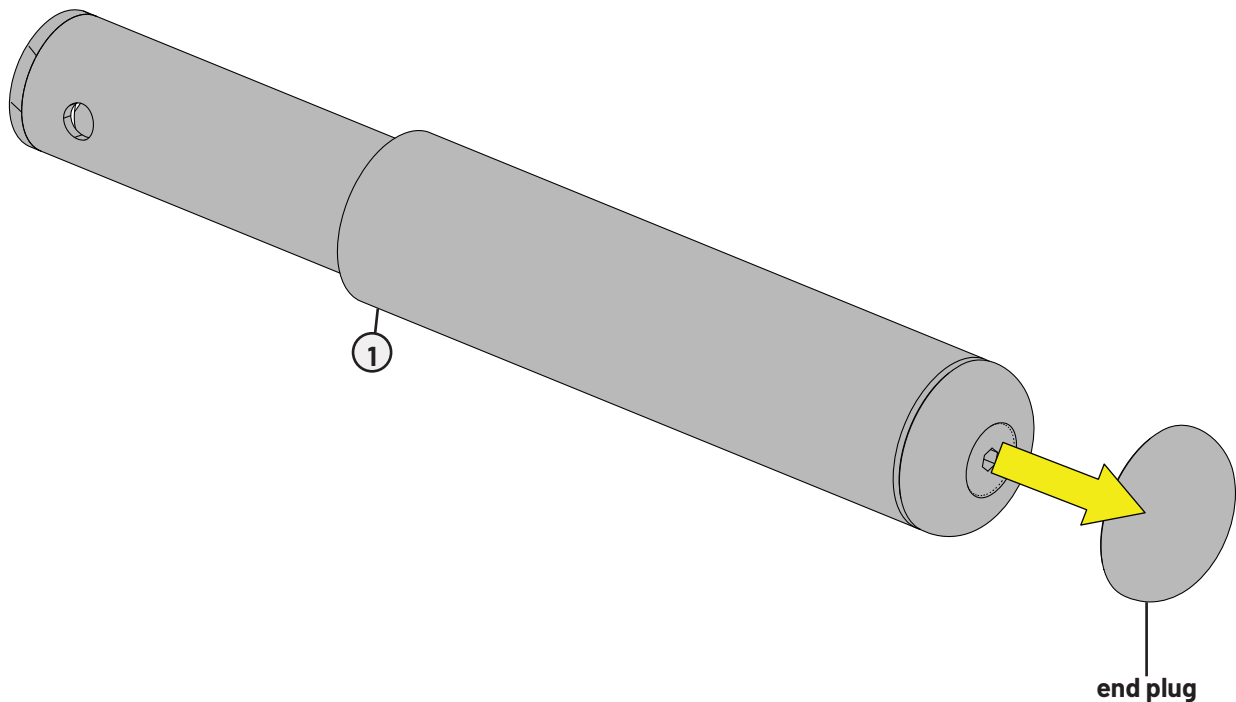
### STEP 3—ATTACH BAND PEG KIT (OPTIONAL) AND WEIGHT HORNS

Tools Used in this Step	
9/16" Socket Wrench	
9/16" Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	XFW79-WH010X	SUBASSEMBLY, WEIGHT HORN	8
2	XFT-HRK-RRNG	BUMPER, ROUND, 1-1/2" ID X 3" OD X 1"	8
3	XFW81-BP100-35	WELDMENT, BAND STORAGE POST, MATTE BLACK	1
4	XFW81-BP000X-35	ASSEMBLY, LOWER BAND PEG, MATTE BLACK	2
5	XFW81-BP001-35	PLATE, LOWER BAND PEG	2
6	D-871A	PIN, 3/8" X 1-3/4" ROLL PIN, SLOTTED	8
7	C-452	HH SCREW, 3/8"-16, 3"	6
8	C 754C	WASHER, FLAT, 3/8" USS	12
9	C 766A	LOCK NUT, 3/8"-16, NYL INS JAM NUT	6
10	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	6
11	C 955BK	CAP, PLASTIC, BOLT CAP, BLACK	6

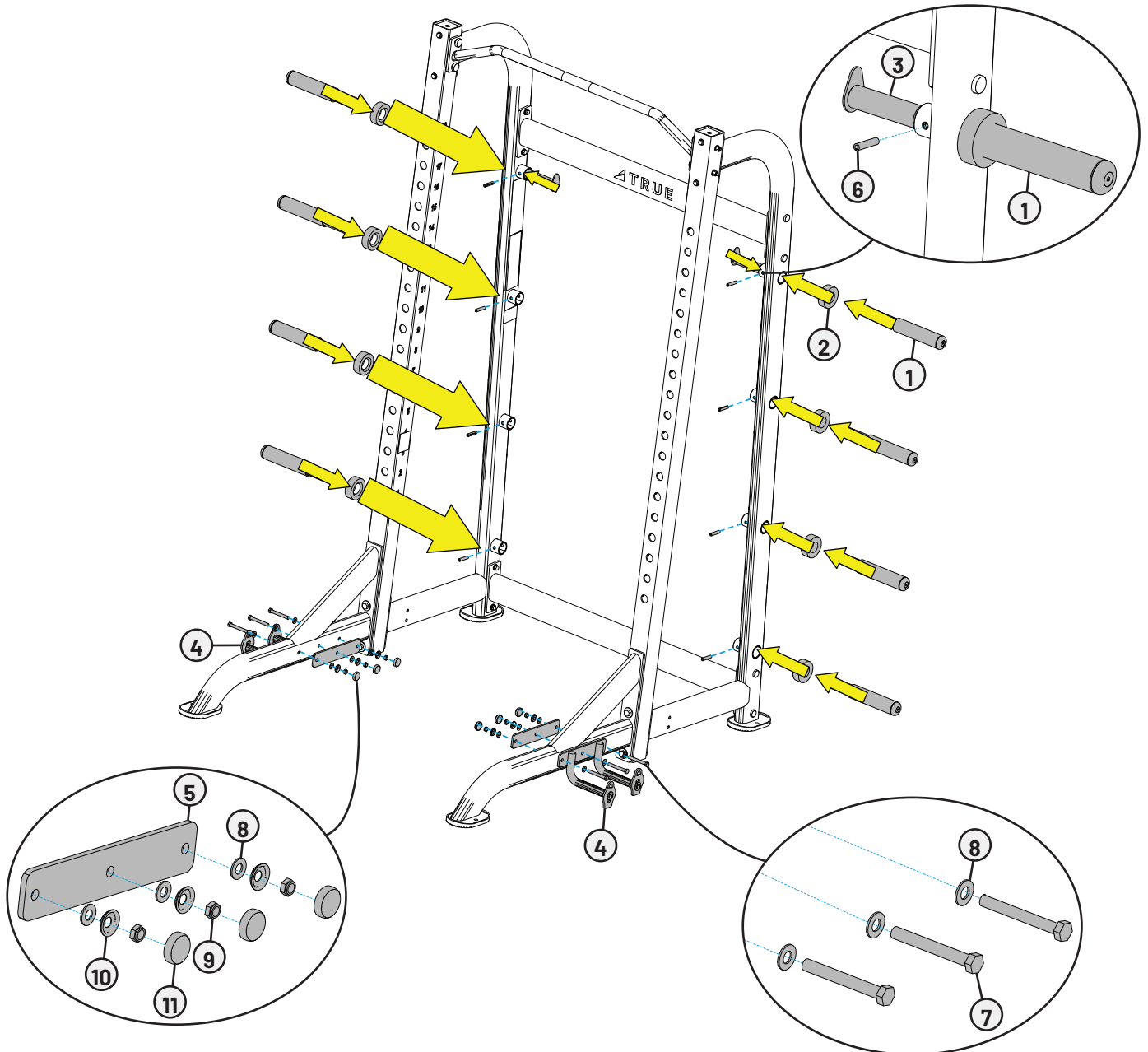
**IMPORTANT! If you have purchased the optional band peg kit (XFW8100-BP-35), install it now.**

A. Remove the plastic end plugs from 2 of the weight storage posts.




### STEP 3—ATTACH BAND PEG KIT (OPTIONAL) AND WEIGHT HORNS CONTINUED

- B. Slide 2 weight horns and 2 round bumpers into the left and right rear frame assemblies and slide the 2 band storage posts into the weight horns.
- C. Attach the 2 band storage posts to the weight horns using 2 slotted roll pins.
- D. Attach the remaining weight horns using 3 round bumpers and 3 slotted roll pins on each side.
- E. Using a 9/16" socket wrench and open end wrench, attach the lower band pegs and lower band peg plates to the left and right front frames using 3 hex head screws, 6 flat washers, 3 lock nuts, 3 base washers, and 3 plastic caps on each side.



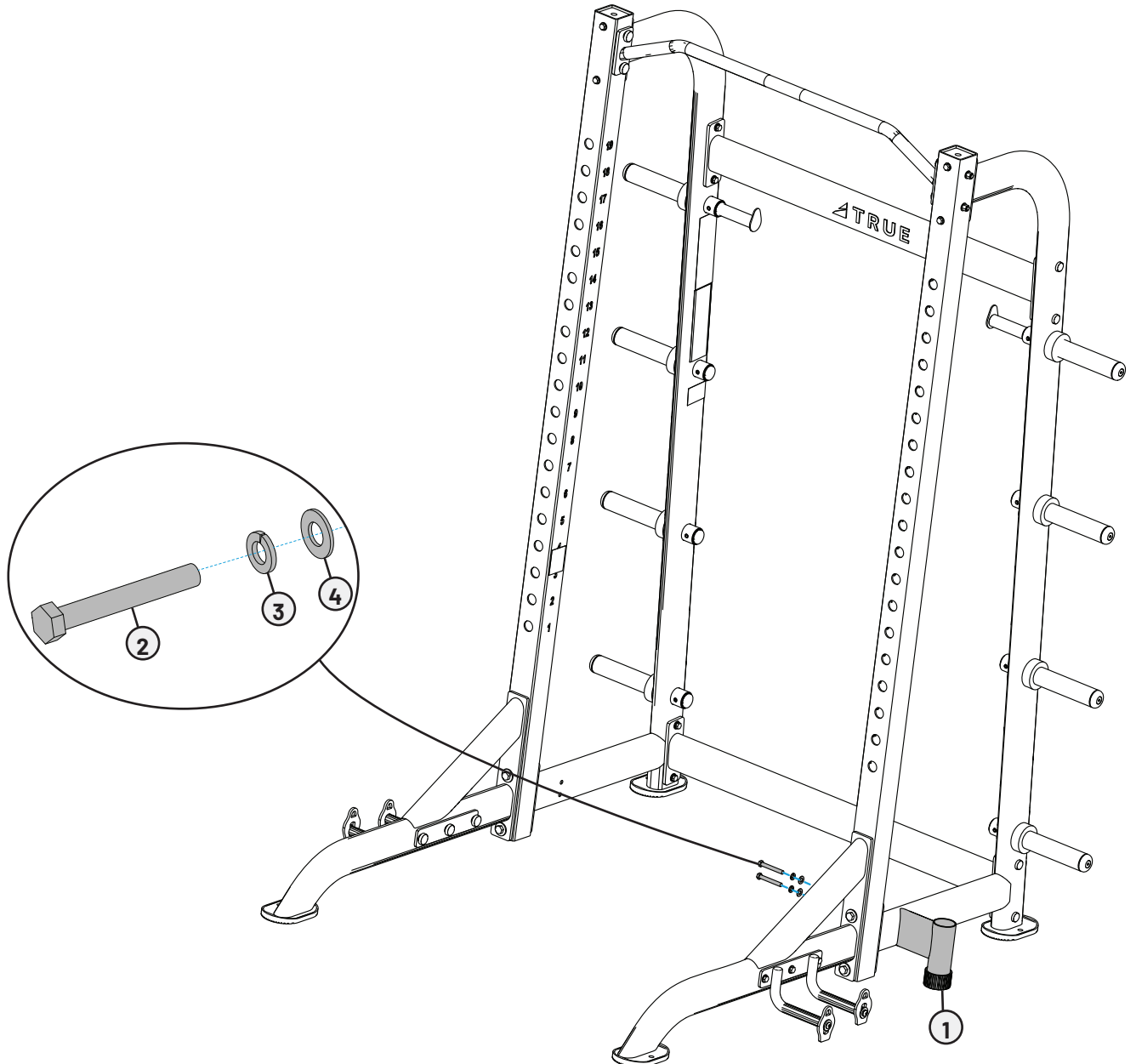
## STEP 4—ATTACH OLYMPIC BAR HOLDER

Tools Used in this Step	
9/16" Socket Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	XFW81-OBH000X-35	ASSEMBLY, OLYMPIC BAR HOLDER, MATTE BLACK	1
2	C 451	HH SCREW, 3/8"-16, 2-3/4"	2
3	C 749	LOCK WASHER, 3/8", ZP	2
4	C 754C	WASHER, FLAT, 3/8" USS	2

Using a 9/16" socket wrench, attach the olympic bar holder to the right rear frame assembly using 2 hex head screws, 2 lock washers, and 2 flat washers.

**NOTE:** The olympic bar holder can be placed on either the outer left/right or inner left/right of the base frame.



## STEP 5—ATTACH LONG STOP BAR ASSEMBLIES AND BAR CATCH ASSEMBLIES

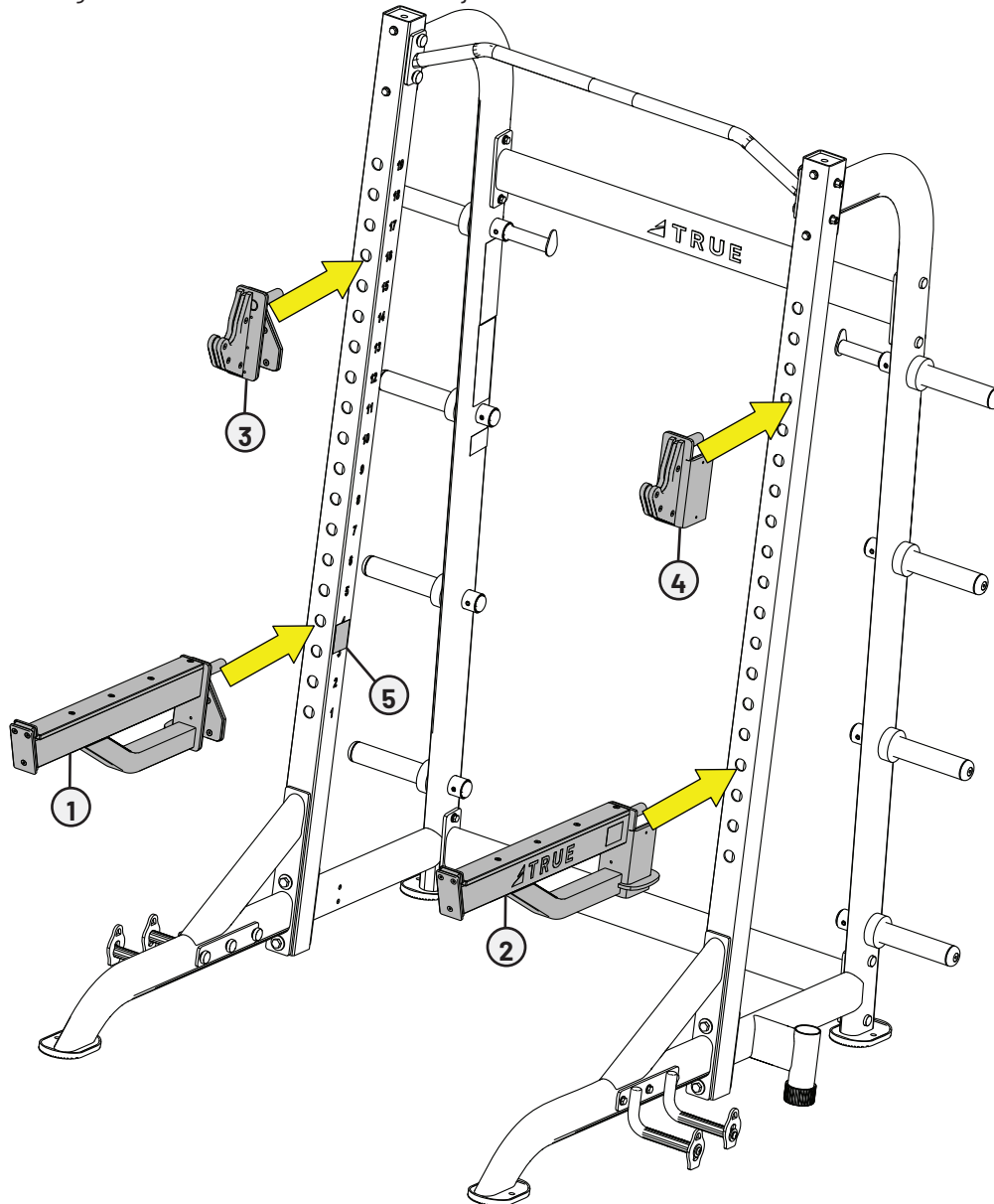
Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	XFW81-HK100LX-35	ASSEMBLY, LEFT LONG STOP BAR	1
2	XFW81-HK100RX-35	ASSEMBLY, RIGHT LONG BAR STOP	1
3	XFW81-HK150LX-35	ASSEMBLY, LEFT BAR CATCH	1
4	XFW81-HK150RX-35	ASSEMBLY, RIGHT BAR CATCH	1
5	LBL-WRN-0014A	LABEL, SQUAT LONG BAR STOP HEIGHT	2

A. Attach the left and right long stop bars to the adjustment columns.

**⚠ CAUTION:** To reduce the risk of serious spinal injury, DO NOT place the long stop bars below the level indicated on the warning labels (LBL-WRN-0014A).

**IMPORTANT!** The long stop bars must be used at all times when using the machine.

B. Attach the left and right bar catch assemblies to the adjustment columns.



## OPTIONAL STEP 6—ANCHOR THE MACHINE TO THE FLOOR

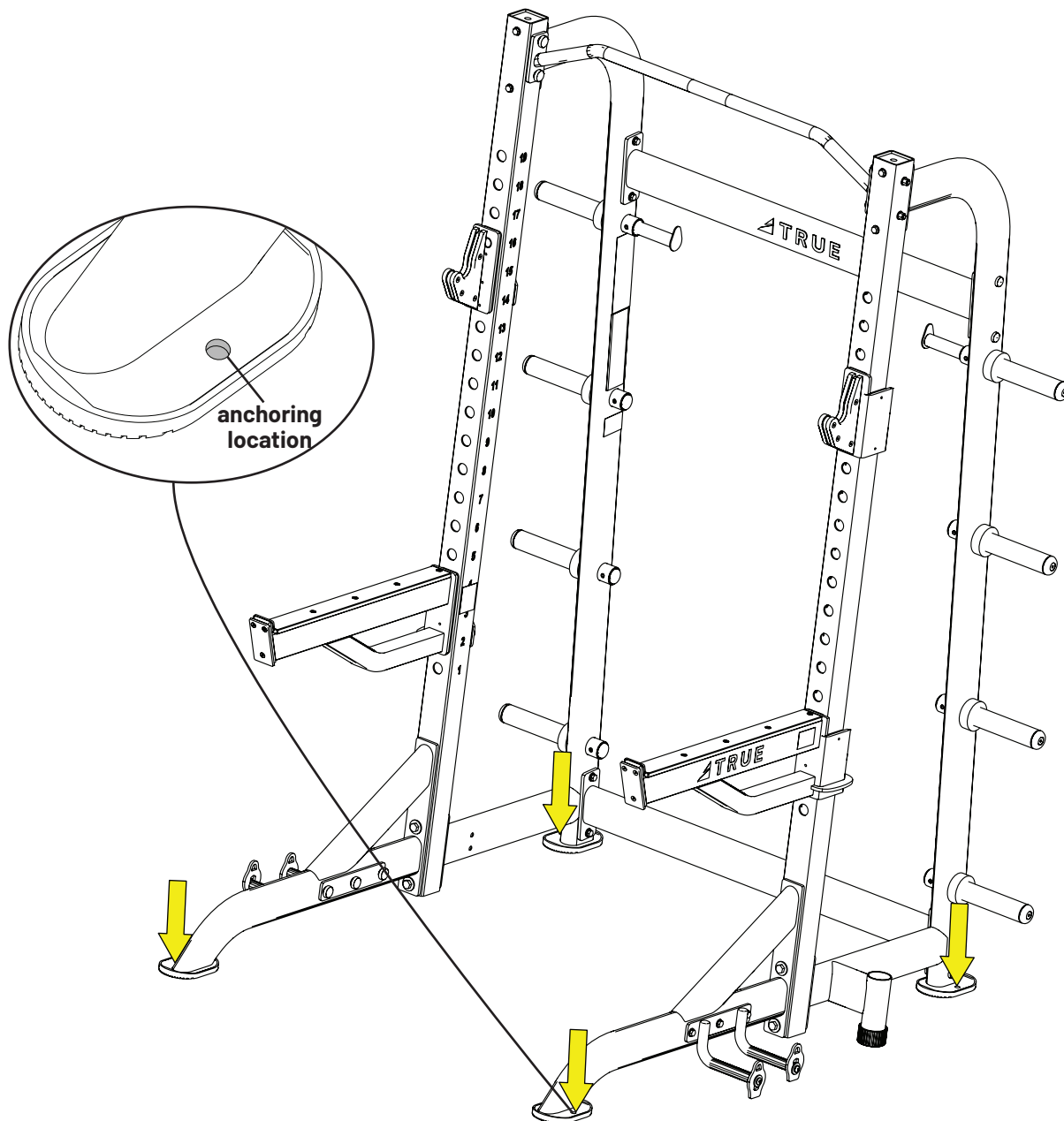
**IMPORTANT!** TRUE strongly recommends that all equipment be anchored to the floor to prevent movement and increase stability.

**IMPORTANT!** 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 kg) for each position.

**IMPORTANT!** 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.

**IMPORTANT!** All anchoring locations must be used when anchoring the equipment to the floor.



## 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 for cleanliness. Wipe and dry the frame and chrome. (See cleaning the equipment.)
- Inspect all safety and instructional decals.
- Verify that rubber hand grips are intact and secure.
- Verify that anti-skid foot grips are intact and secure.

## 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.

- 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](http://www.truefitness.com) to contact a local TRUE authorized service technician.



## CLEANING THE EQUIPMENT

### Daily Cleaning

Wipe all machines with a water dampened cloth and dry completely. This includes painted parts, chrome plated parts, and plastic parts. 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.

### Heavy Duty Cleaning

- Chromed Adjustment Tubes—Wipe away dust and dirt before applying a Teflon spray lubricant. TRUE recommends using Tri-Flow™ or a similar brand.
- 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.
- 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.

**⚠ 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](http://www.truefitness.com).



## WARRANTY INFORMATION

**ATTENTION OWNER'S:** To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

### COMMERCIAL WARRANTY

<b>CARDIO</b>				
WARRANTY ITEM	VAPOR, APEX	GRAVITY PLUS	GRAVITY	ADX, RO, SURGE
Frame*	7 Years (with registration)	7 Years (with registration)	7 Years (with registration)	5 Years (with registration)
Parts	3 Years	3 Years	3 Years	3 Years
Consoles	3 Years	3 Years	3 Years	2 Years
Labor**	2 Years (with registration)	2 Years (with registration)	1 Year (with registration)	1 Year (with registration)
Wear Items***	180 Days	180 Days	180 Days	90 Days

<b>STRENGTH</b>	
WARRANTY ITEM	PALLADIUM, FUSE XL, FORCE, FITNESS LINE, ATLAS, XFT, XFW, MP, SM, FT, FS
Frame*	10 Years (with registration)
Parts	5 Years
Cables and Linear Bearings	1 Year
Labor**	1 Year (with registration)
Wear Items***	90 Days

<b>FLEXIBILITY</b>	
WARRANTY ITEM	STRETCH
Parts	1 Year
Wear Items***	90 Days

**Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.**

\*Frame is the serialized base of the unit and does not include paint or coatings. Frame warranty will equal that of parts warranty unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.

\*\*Labor warranty is available for equipment located within United States. TRUE Fitness equipment is automatically covered under a 6-month Limited Labor Warranty. This 6-month Limited Labor Warranty begins from the date of purchase shown by a valid receipt. If a valid receipt is not available, the 6-month Limited Labor Warranty period begins from the date of manufacture on the originally purchased equipment.

\*\*\*Wear Items include: batteries, covers, caps, badges, paint, pedal straps, toe clips, elliptical pedal inserts, foot pads, Coax/TV, HDMI, USB, mirroring or Ethernet connections, and safety key.

See *Warranty Details for product registration requirements, terms, conditions, and complete coverage details.*



**ATTENTION OWNER'S:** To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

## WARRANTY DETAILS

All TRUE Fitness products are distributed by TRUE and are warranted to the original product purchaser and the parts of the TRUE product (the "Product") listed below. During the applicable Warranty Period, the Product, under normal use and service, shall be free of manufacturing defects in workmanship and materials.

### NOTE:

- Standard shipping is included with warranty part replacement.
- Shipping for warranty frame or replacement is included for the period of three years from the original date of purchase.

### All Warranty Items are "LIMITED"

- 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, failure to provide reasonable and necessary maintenance, software version upgrades, compatibility with third party/aftermarket hardware, software, applications, or websites.
- 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 or countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
- 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.
- This limited warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
- The remedies described herein are your sole and exclusive remedies and TRUE's entire liability for any breach of this limited warranty.
- No one is authorized to change, modify, or extend the terms of this limited warranty.
- 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.
- This limited warranty applies to the product only while the product remains in the possession of the original purchaser and is not transferable.
- 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).
- The "Warranty Period" for this limited warranty shall be for the duration forth in the applicable charts, beginning from the date of original purchase; provided, however, except to the extent prohibited by applicable law, the "Warranty Period" shall only be six months for labor (from the date of original purchase) unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.
- All serial numbers must be intact on the Product for this limited warranty to be valid.
- Installation or download of any 3rd party or after-market products will result in voided warranty. This includes, but is not limited to, electrical and mechanical parts, software, or applications.
- TRUE will ship to an 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.
- Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
- This limited warranty does not apply to the performance of the heart rate accuracy will not be warranted as performance varies, based on user's physiology, age, method of use, and other external factors.

**ATTENTION OWNER'S:** To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

## WARRANTY REGISTRATION

Thank you for purchasing a TRUE product!

To ensure you get the most out of your purchase and receive the full benefits of our warranty, **you must register your product within 45 days of purchaser's receipt of this product.**

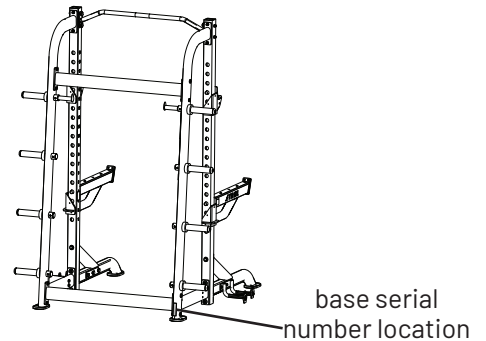
How to register your product:

- **Online:**  
Simply visit our website at [truefitness.com](http://truefitness.com) and register your product warranty in one simple step.
- **QR Code:**  
Scan the QR code below with your smartphone to be taken directly to the registration page.



- **By Mail:**  
Complete the information below and mail to:  
TRUE Product Support  
865 Hoff Road  
St. Louis, MO 63366

**PLEASE RETAIN THIS PORTION FOR YOUR RECORDS  
BASE SERIAL NUMBER:**



### 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

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St. Louis, MO 63366

TRUEFITNESS.COM

