



10", 16", AND 22" UNITE TOUCHSCREEN CONSOLES

PROGRAM GUIDE



TABLE OF CONTENTS

ABOUT THE UNITE TOUCHSCREEN CONSOLES

FEATURES.....	3
---------------	---

ASSEMBLY AND SETUP

ATTACH THE CONSOLE TO THE BASE AND MAKE CABLE CONNECTIONS.....	4
CONFIGURE THE CORRECT BASE MODEL WITH THE CONSOLE OVERVIEW.....	5
CONSOLE NAVIGATION.....	10

BASE MODEL AND OVERLAY INFORMATION

BASE MODEL AND EQUIPMENT TYPE INFORMATION.....	30
TOUCHSCREEN ICON DESCRIPTION.....	31
WORKOUT PROGRAMS BY MODEL.....	32
WORKOUT PROGRAM DESCRIPTIONS.....	35

HEART RATE INFORMATION

HEART RATE MONITORING.....	39
HEART RATE CONTROL (HRC).....	40

WIRELESS CHARGING

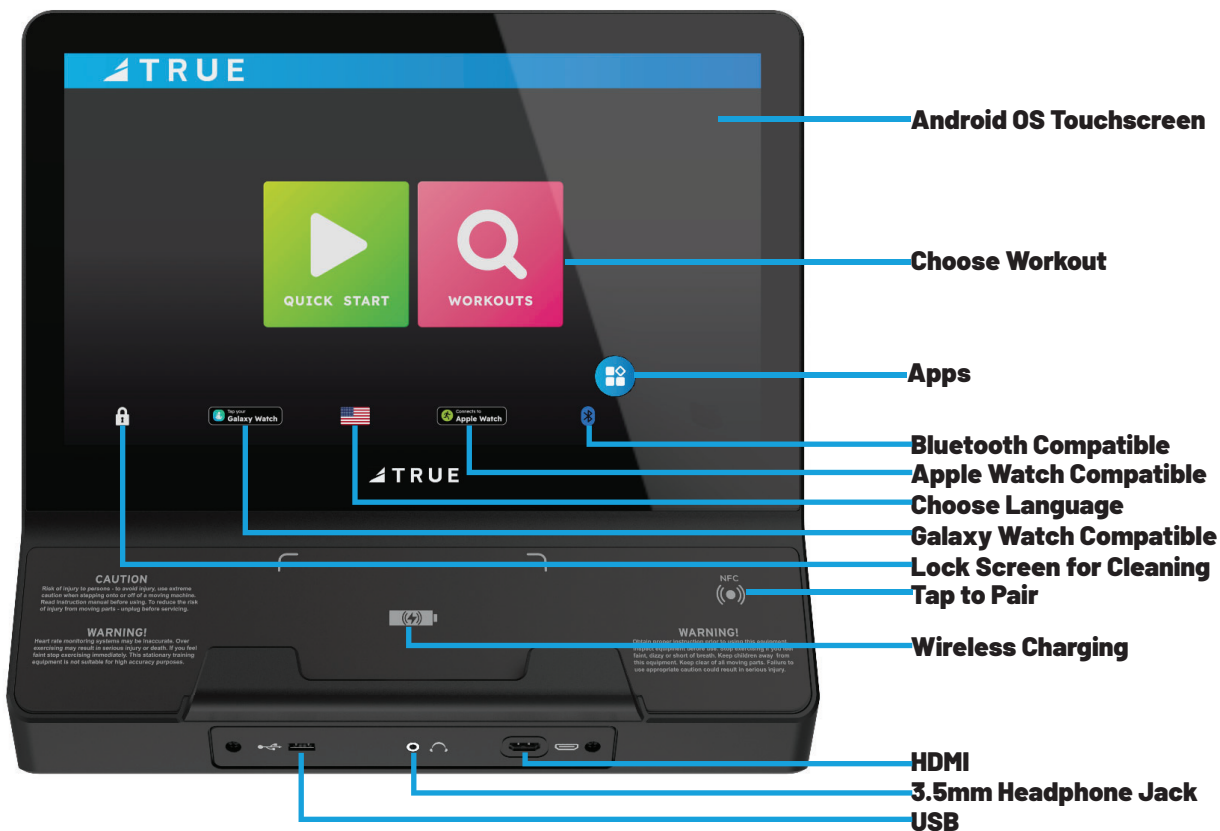
WIRELESS CHARGING.....	41
------------------------	----

ABOUT THE UNITE TOUCHSCREEN CONSOLES

The vibrant, high-definition UNITE Touchscreen consoles seamlessly combines performance, connectivity, and entertainment to exceed the expectations of your users. Offering a library of engaging workouts, wireless charging, and a variety of apps and entertainment streaming options, users can stay connected while staying focused on their fitness goals. Compatible with all Apex, Gravity, Launch, and Vapor cardio equipment.

FEATURES

- Vibrant Screen with State-of-the-Art UI
- User-Friendly Interface
- Entertainment
- Apple and Samsung Watch Connectivity
- Built-In Workout Programs
- Wireless Charging
- Bluetooth Compatible
- Reading Rack



ASSEMBLY AND SETUP

ATTACH THE CONSOLE TO THE CONSOLE MAST AND MAKE CABLE CONNECTIONS

See the base assembly instructions for how to attach the console and make the cable connections for each cardio base.

Example of cable connections and instructions shown below.

- A. If the console has three preassembled screws (00567700), remove these screws.

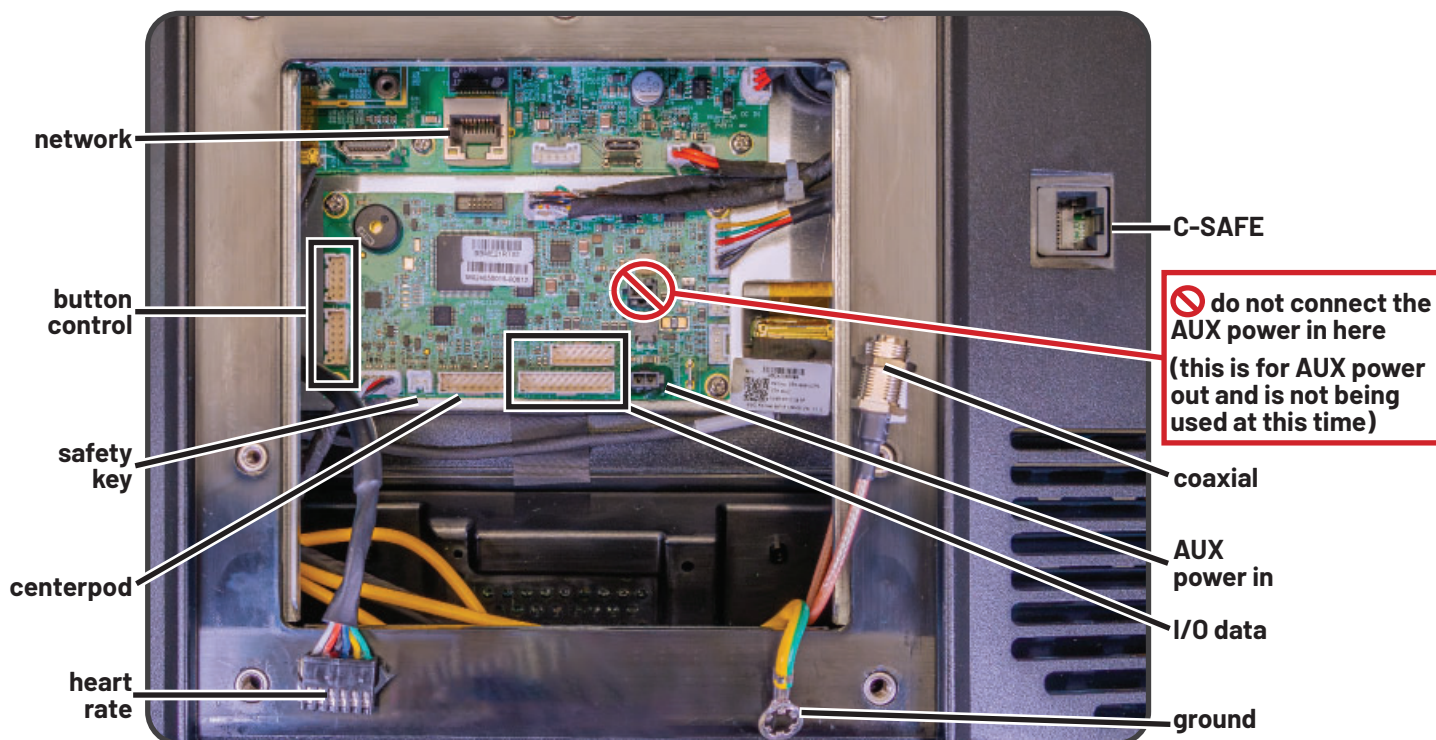
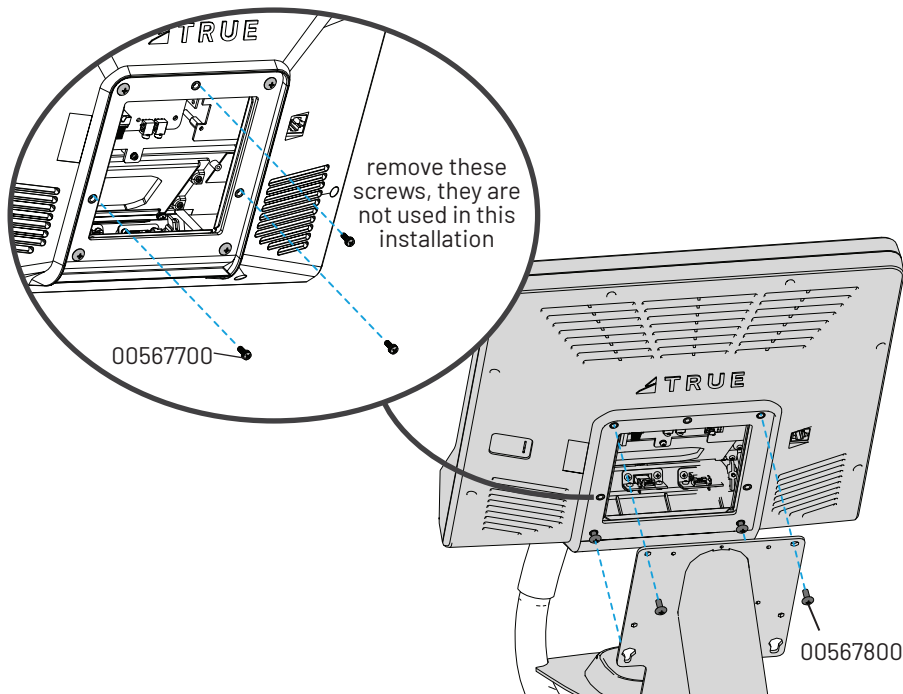
Remove and set aside the top two preassembled screws (00567800).

Slightly loosen the bottom two screws but leave them installed. **All four screws will be used to secure the console to the mast in step C.**

- B. Connect the applicable cables: coaxial, network, heart rate, button control, safety key, centerpod, I/O data, power, and ground (use the screw on the console mast to attach the ground cable from the console).

Tuck excess cable length inside the console mast to avoid pinching the cables.

- C. Using a #2 Phillips screwdriver, secure the console to the console mast using the four screws (00567800).



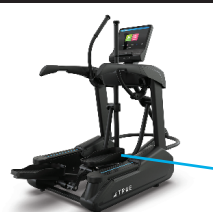

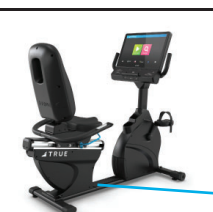

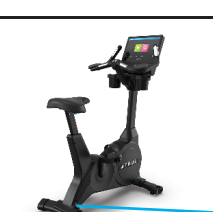
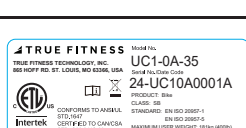





NOTE: Depending on the base and console being assembled, the cable connections will vary. Examples of the cable ports and connections are shown above. See the base assembly manual for the specific cable connections being made.













CONFIGURE THE CORRECT BASE MODEL WITH THE CONSOLE OVERVIEW













IMPORTANT—PLEASE READ!













1. All new products require configuration.
2. Refer to the serial label on the base to help you choose the correct base model for the console.
3. All new treadmills and the adjustable stride elliptical require calibration.
4. You must set the correct base model before running calibration.
5. Contact product support right away if you run into issues setting up the machine:
800.883.8783 | service@truefitness.com | Monday–Friday 8:30am–5:00pm (CST)

BASE MODEL CONFIGURATION NAME	BASE MODEL NUMBER	PRODUCT IMAGE AND SERIAL LABEL LOCATIONS	PRODUCT TYPE	REQUIRES CALIBRATION
APEX TREADMILL	TC1-0A	  <p>base serial label location</p>	TREADMILL	YES
APEX ELLIPTICAL	XC1-0A	  <p>base serial label location</p>	ELLIPTICAL	NO
APEX RECUMBENT BIKE	RC1-0A RC1-0B	  <p>base serial label location</p>	BIKE	NO
APEX UPRIGHT BIKE	UC1-0A	  <p>base serial label location</p>	BIKE	NO
APEX CROSSTRAINER	XC1-XA	  <p>base serial label location</p>	CROSS TRAINER	NO

BASE MODEL CONFIGURATION NAME	BASE MODEL NUMBER	PRODUCT IMAGE AND SERIAL LABEL LOCATIONS	PRODUCT TYPE	REQUIRES CALIBRATION
APEX RECUMBENT ELLIPTICAL	XC1-RA	 <div>TRUE FITNESS TRUE FITNESS TECHNOLOGY, INC. 885 HOFF RD. ST. LOUIS, MO 63061, USA CONFORMS TO ANSI/AIAA STD. 31.01 CERTIFIED TO CANCISA STD. C32.2-10-08 Model No. XC1-RA-35 Serial No./Chain Code 24-XC1RA0001A PRODUCT: Elliptical CLASS: SR STANDARD: EN ISO 20857-1 EN ISO 20857-2 EN ISO 20857-3 EN ISO 20857-4 EN ISO 20857-5 EN ISO 20857-6 EN ISO 20857-7 EN ISO 20857-8 EN ISO 20857-9 EN ISO 20857-10 EN ISO 20857-11 EN ISO 20857-12 EN ISO 20857-13 EN ISO 20857-14 EN ISO 20857-15 EN ISO 20857-16 EN ISO 20857-17 EN ISO 20857-18 EN ISO 20857-19 EN ISO 20857-20 EN ISO 20857-21 EN ISO 20857-22 EN ISO 20857-23 EN ISO 20857-24 EN ISO 20857-25 EN ISO 20857-26 EN ISO 20857-27 EN ISO 20857-28 EN ISO 20857-29 EN ISO 20857-30 EN ISO 20857-31 EN ISO 20857-32 EN ISO 20857-33 EN ISO 20857-34 EN ISO 20857-35 EN ISO 20857-36 EN ISO 20857-37 EN ISO 20857-38 EN ISO 20857-39 EN ISO 20857-40 EN ISO 20857-41 EN ISO 20857-42 EN ISO 20857-43 EN ISO 20857-44 EN ISO 20857-45 EN ISO 20857-46 EN ISO 20857-47 EN ISO 20857-48 EN ISO 20857-49 EN ISO 20857-50 EN ISO 20857-51 EN ISO 20857-52 EN ISO 20857-53 EN ISO 20857-54 EN ISO 20857-55 EN ISO 20857-56 EN ISO 20857-57 EN ISO 20857-58 EN ISO 20857-59 EN ISO 20857-60 EN ISO 20857-61 EN ISO 20857-62 EN ISO 20857-63 EN ISO 20857-64 EN ISO 20857-65 EN ISO 20857-66 EN ISO 20857-67 EN ISO 20857-68 EN ISO 20857-69 EN ISO 20857-70 EN ISO 20857-71 EN ISO 20857-72 EN ISO 20857-73 EN ISO 20857-74 EN ISO 20857-75 EN ISO 20857-76 EN ISO 20857-77 EN ISO 20857-78 EN ISO 20857-79 EN ISO 20857-80 EN ISO 20857-81 EN ISO 20857-82 EN ISO 20857-83 EN ISO 20857-84 EN ISO 20857-85 EN ISO 20857-86 EN ISO 20857-87 EN ISO 20857-88 EN ISO 20857-89 EN ISO 20857-90 EN ISO 20857-91 EN ISO 20857-92 EN ISO 20857-93 EN ISO 20857-94 EN ISO 20857-95 EN ISO 20857-96 EN ISO 20857-97 EN ISO 20857-98 EN ISO 20857-99 EN ISO 20857-100 EN ISO 20857-101 EN ISO 20857-102 EN ISO 20857-103 EN ISO 20857-104 EN ISO 20857-105 EN ISO 20857-106 EN ISO 20857-107 EN ISO 20857-108 EN ISO 20857-109 EN ISO 20857-110 EN ISO 20857-111 EN ISO 20857-112 EN ISO 20857-113 EN ISO 20857-114 EN ISO 20857-115 EN ISO 20857-116 EN ISO 20857-117 EN ISO 20857-118 EN ISO 20857-119 EN ISO 20857-120 EN ISO 20857-121 EN ISO 20857-122 EN ISO 20857-123 EN ISO 20857-124 EN ISO 20857-125 EN ISO 20857-126 EN ISO 20857-127 EN ISO 20857-128 EN ISO 20857-129 EN ISO 20857-130 EN ISO 20857-131 EN ISO 20857-132 EN ISO 20857-133 EN ISO 20857-134 EN ISO 20857-135 EN ISO 20857-136 EN ISO 20857-137 EN ISO 20857-138 EN ISO 20857-139 EN ISO 20857-140 EN ISO 20857-141 EN ISO 20857-142 EN ISO 20857-143 EN ISO 20857-144 EN ISO 20857-145 EN ISO 20857-146 EN ISO 20857-147 EN ISO 20857-148 EN ISO 20857-149 EN ISO 20857-150 EN ISO 20857-151 EN ISO 20857-152 EN ISO 20857-153 EN ISO 20857-154 EN ISO 20857-155 EN ISO 20857-156 EN ISO 20857-157 EN ISO 20857-158 EN ISO 20857-159 EN ISO 20857-160 EN ISO 20857-161 EN ISO 20857-162 EN ISO 20857-163 EN ISO 20857-164 EN ISO 20857-165 EN ISO 20857-166 EN ISO 20857-167 EN ISO 20857-168 EN ISO 20857-169 EN ISO 20857-170 EN ISO 20857-171 EN ISO 20857-172 EN ISO 20857-173 EN ISO 20857-174 EN ISO 20857-175 EN ISO 20857-176 EN ISO 20857-177 EN ISO 20857-178 EN ISO 20857-179 EN ISO 20857-180 EN ISO 20857-181 EN ISO 20857-182 EN ISO 20857-183 EN ISO 20857-184 EN ISO 20857-185 EN ISO 20857-186 EN ISO 20857-187 EN ISO 20857-188 EN ISO 20857-189 EN ISO 20857-190 EN ISO 20857-191 EN ISO 20857-192 EN ISO 20857-193 EN ISO 20857-194 EN ISO 20857-195 EN ISO 20857-196 EN ISO 20857-197 EN ISO 20857-198 EN ISO 20857-199 EN ISO 20857-200 EN ISO 20857-201 EN ISO 20857-202 EN ISO 20857-203 EN ISO 20857-204 EN ISO 20857-205 EN ISO 20857-206 EN ISO 20857-207 EN ISO 20857-208 EN ISO 20857-209 EN ISO 20857-210 EN ISO 20857-211 EN ISO 20857-212 EN ISO 20857-213 EN ISO 20857-214 EN ISO 20857-215 EN ISO 20857-216 EN ISO 20857-217 EN ISO 20857-218 EN ISO 20857-219 EN ISO 20857-220 EN ISO 20857-221 EN ISO 20857-222 EN ISO 20857-223 EN ISO 20857-224 EN ISO 20857-225 EN ISO 20857-226 EN ISO 20857-227 EN ISO 20857-228 EN ISO 20857-229 EN ISO 20857-230 EN ISO 20857-231 EN ISO 20857-232 EN ISO 20857-233 EN ISO 20857-234 EN ISO 20857-235 EN ISO 20857-236 EN ISO 20857-237 EN ISO 20857-238 EN ISO 20857-239 EN ISO 20857-240 EN ISO 20857-241 EN ISO 20857-242 EN ISO 20857-243 EN ISO 20857-244 EN ISO 20857-245 EN ISO 20857-246 EN ISO 20857-247 EN ISO 20857-248 EN ISO 20857-249 EN ISO 20857-250 EN ISO 20857-251 EN ISO 20857-252 EN ISO 20857-253 EN ISO 20857-254 EN ISO 20857-255 EN ISO 20857-256 EN ISO 20857-257 EN ISO 20857-258 EN ISO 20857-259 EN ISO 20857-260 EN ISO 20857-261 EN ISO 20857-262 EN ISO 20857-263 EN ISO 20857-264 EN ISO 20857-265 EN ISO 20857-266 EN ISO 20857-267 EN ISO 20857-268 EN ISO 20857-269 EN ISO 20857-270 EN ISO 20857-271 EN ISO 20857-272 EN ISO 20857-273 EN ISO 20857-274 EN ISO 20857-275 EN ISO 20857-276 EN ISO 20857-277 EN ISO 20857-278 EN ISO 20857-279 EN ISO 20857-280 EN ISO 20857-281 EN ISO 20857-282 EN ISO 20857-283 EN ISO 20857-284 EN ISO 20857-285 EN ISO 20857-286 EN ISO 20857-287 EN ISO 20857-288 EN ISO 20857-289 EN ISO 20857-290 EN ISO 20857-291 EN ISO 20857-292 EN ISO 20857-293 EN ISO 20857-294 EN ISO 20857-295 EN ISO 20857-296 EN ISO 20857-297 EN ISO 20857-298 EN ISO 20857-299 EN ISO 20857-300 EN ISO 20857-301 EN ISO 20857-302 EN ISO 20857-303 EN ISO 20857-304 EN ISO 20857-305 EN ISO 20857-306 EN ISO 20857-307 EN ISO 20857-308 EN ISO 20857-309 EN ISO 20857-310 EN ISO 20857-311 EN ISO 20857-312 EN ISO 20857-313 EN ISO 20857-314 EN ISO 20857-315 EN ISO 20857-316 EN ISO 20857-317 EN ISO 20857-318 EN ISO 20857-319 EN ISO 20857-320 EN ISO 20857-321 EN ISO 20857-322 EN ISO 20857-323 EN ISO 20857-324 EN ISO 20857-325 EN ISO 20857-326 EN ISO 20857-327 EN ISO 20857-328 EN ISO 20857-329 EN ISO 20857-330 EN ISO 20857-331 EN ISO 20857-332 EN ISO 20857-333 EN ISO 20857-334 EN ISO 20857-335 EN ISO 20857-336 EN ISO 20857-337 EN ISO 20857-338 EN ISO 20857-339 EN ISO 20857-340 EN ISO 20857-341 EN ISO 20857-342 EN ISO 20857-343 EN ISO 20857-344 EN ISO 20857-345 EN ISO 20857-346 EN ISO 20857-347 EN ISO 20857-348 EN ISO 20857-349 EN ISO 20857-350 EN ISO 20857-351 EN ISO 20857-352 EN ISO 20857-353 EN ISO 20857-354 EN ISO 20857-355 EN ISO 20857-356 EN ISO 20857-357 EN ISO 20857-358 EN ISO 20857-359 EN ISO 20857-360 EN ISO 20857-361 EN ISO 20857-362 EN ISO 20857-363 EN ISO 20857-364 EN ISO 20857-365 EN ISO 20857-366 EN ISO 20857-367 EN ISO 20857-368 EN ISO 20857-369 EN ISO 20857-370 EN ISO 20857-371 EN ISO 20857-372 EN ISO 20857-373 EN ISO 20857-374 EN ISO 20857-375 EN ISO 20857-376 EN ISO 20857-377 EN ISO 20857-378 EN ISO 20857-379 EN ISO 20857-380 EN ISO 20857-381 EN ISO 20857-382 EN ISO 20857-383 EN ISO 20857-384 EN ISO 20857-385 EN ISO 20857-386 EN ISO 20857-387 EN ISO 20857-388 EN ISO 20857-389 EN ISO 20857-390 EN ISO 20857-391 EN ISO 20857-392 EN ISO 20857-393 EN ISO 20857-394 EN ISO 20857-395 EN ISO 20857-396 EN ISO 20857-397 EN ISO 20857-398 EN ISO 20857-399 EN ISO 20857-400 EN ISO 20857-401 EN ISO 20857-402 EN ISO 20857-403 EN ISO 20857-404 EN ISO 20857-405 EN ISO 20857-406 EN ISO 20857-407 EN ISO 20857-408 EN ISO 20857-409 EN ISO 20857-410 EN ISO 20857-411 EN ISO 20857-412 EN ISO 20857-413 EN ISO 20857-414 EN ISO 20857-415 EN ISO 20857-416 EN ISO 20857-417 EN ISO 20857-418 EN ISO 20857-419 EN ISO 20857-420 EN ISO 20857-421 EN ISO 20857-422 EN ISO 20857-423 EN ISO 20857-424 EN ISO 20857-425 EN ISO 20857-426 EN ISO 20857-427 EN ISO 20857-428 EN ISO 20857-429 EN ISO 20857-430 EN ISO 20857-431 EN ISO 20857-432 EN ISO 20857-433 EN ISO 20857-434 EN ISO 20857-435 EN ISO 20857-436 EN ISO 20857-437 EN ISO 20857-438 EN ISO 20857-439 EN ISO 20857-440 EN ISO 20857-441 EN ISO 20857-442 EN ISO 20857-443 EN ISO 20857-444 EN ISO 20857-445 EN ISO 20857-446 EN ISO 20857-447 EN ISO 20857-448 EN ISO 20857-449 EN ISO 20857-450 EN ISO 20857-451 EN ISO 20857-452 EN ISO 20857-453 EN ISO 20857-454 EN ISO 20857-455 EN ISO 20857-456 EN ISO 20857-457 EN ISO 20857-458 EN ISO 20857-459 EN ISO 20857-460 EN ISO 20857-461 EN ISO 20857-462 EN ISO 20857-463 EN ISO 20857-464 EN ISO 20857-465 EN ISO 20857-466 EN ISO 20857-467 EN ISO 20857-468 EN ISO 20857-469 EN ISO 20857-470 EN ISO 20857-471 EN ISO 20857-472 EN ISO 20857-473 EN ISO 20857-474 EN ISO 20857-475 EN ISO 20857-476 EN ISO 20857-477 EN ISO 20857-478 EN ISO 20857-479 EN ISO 20857-480 EN ISO 20857-481 EN ISO 20857-482 EN ISO 20857-483 EN ISO 20857-484 EN ISO 20857-485 EN ISO 20857-486 EN ISO 20857-487 EN ISO 20857-488 EN ISO 20857-489 EN ISO 20857-490 EN ISO 20857-491 EN ISO 20857-492 EN ISO 20857-493 EN ISO 20857-494 EN ISO 20857-495 EN ISO 20857-496 EN ISO 20857-497 EN ISO 20857-498 EN ISO 20857-499 EN ISO 20857-500 EN ISO 20857-501 EN ISO 20857-502 EN ISO 20857-503 EN ISO 20857-504 EN ISO 20857-505 EN ISO 20857-506 EN ISO 20857-507 EN ISO 20857-508 EN ISO 20857-509 EN ISO 20857-510 EN ISO 20857-511 EN ISO 20857-512 EN ISO 20857-513 EN ISO 20857-514 EN ISO 20857-515 EN ISO 20857-516 EN ISO 20857-517 EN ISO 20857-518 EN ISO 20857-519 EN ISO 20857-520 EN ISO 20857-521 EN ISO 20857-522 EN ISO 20857-523 EN ISO 20857-524 EN ISO 20857-525 EN ISO 20857-526 EN ISO 20857-527 EN ISO 20857-528 EN ISO 20857-529 EN ISO 20857-530 EN ISO 20857-531 EN ISO 20857-532 EN ISO 20857-533 EN ISO 20857-534 EN ISO 20857-535 EN ISO 20857-536 EN ISO 20857-537 EN ISO 20857-538 EN ISO 20857-539 EN ISO 20857-540 EN ISO 20857-541 EN ISO 20857-542 EN ISO 20857-543 EN ISO 20857-544 EN ISO 20857-545 EN ISO 20857-546 EN ISO 20857-547 EN ISO 20857-548 EN ISO 20857-549 EN ISO 20857-550 EN ISO 20857-551 EN ISO 20857-552 EN ISO 20857-553 EN ISO 20857-554 EN ISO 20857-555 EN ISO 20857-556 EN ISO 20857-557 EN ISO 20857-558 EN ISO 20857-559 EN ISO 20857-560 EN ISO 20857-561 EN ISO 20857-562 EN ISO 20857-563 EN ISO 20857-564 EN ISO 20857-565 EN ISO 20857-566 EN ISO 20857-567 EN ISO 20857-568 EN ISO 20857-569 EN ISO 20857-570 EN ISO 20857-571 EN ISO 20857-572 EN ISO 20857-573 EN ISO 20857-574 EN ISO 20857-575 EN ISO 20857-576 EN ISO 20857-577 EN ISO 20857-578 EN ISO 20857-579 EN ISO 20857-580 EN ISO 20857-581 EN ISO 20857-582 EN ISO 20857-583 EN ISO 20857-584 EN ISO 20857-585 EN ISO 20857-586 EN ISO 20857-587 EN ISO 20857-588 EN ISO 20857-589 EN ISO 20857-590 EN ISO 20857-591 EN ISO 20857-592 EN ISO 20857-593 EN ISO 20857-594 EN ISO 20857-595 EN ISO 20857-596 EN ISO 20857-597 EN ISO 20857-598 EN ISO 20857-599 EN ISO 20857-600 EN ISO 20857-601 EN ISO 20857-602 EN ISO 20857-603 EN ISO 20857-604 EN ISO 20857-605 EN ISO 20857-606 EN ISO 20857-607 EN ISO 20857-608 EN ISO 20857-609 EN ISO 20857-610 EN ISO 20857-611 EN ISO 20857-612 EN ISO 20857-613 EN ISO 20857-614 EN ISO 20857-615 EN ISO 20857-616 EN ISO 20857-617 EN ISO 20857-618 EN ISO 20857-619 EN ISO 20857-620 EN ISO 20857-621 EN ISO 20857-622 EN ISO 20857-623 EN ISO 20857-624 EN ISO 20857-625 EN ISO 20857-626 EN ISO 20857-627 EN ISO 20857-628 EN ISO 20857-629 EN ISO 20857-630 EN ISO 20857-631 EN ISO 20857-632 EN ISO 20857-633 EN ISO 20857-634 EN ISO 20857-635 EN ISO 20857-636 EN ISO 20857-637 EN ISO 20857-638 EN ISO 20857-639 EN ISO 20857-640 EN ISO 20857-641 EN ISO 20857-642 EN ISO 20857-643 EN ISO 20857-644 EN ISO 20857-645 EN ISO 20857-646 EN ISO 20857-647 EN ISO 20857-648 EN ISO 20857-649 EN ISO 20857-650 EN ISO 20857-651 EN ISO 20857-652 EN ISO 20857-653 EN ISO 20857-654 EN ISO 20857-655 EN ISO 20857-656 EN ISO 20857-657 EN ISO 20857-658 EN ISO 20857-659 EN ISO 20857-660 EN ISO 20857-661 EN ISO 20857-662 EN ISO 20857-663 EN ISO 20857-664 EN ISO 20857-665 EN ISO 20857-666 EN ISO 20857-667 EN ISO 20857-668 EN ISO 20857-669 EN ISO 20857-670 EN ISO 20857-671 EN ISO 20857-672 EN ISO 20857-673 EN ISO 20857-674 EN ISO 20857-675 EN ISO 20857-676 EN ISO 20857-677 EN ISO 20857-678 EN ISO 20857-679 EN ISO 20857-680 EN ISO 20857-681 EN ISO 20857-682 EN ISO 20857-683 EN ISO 20857-684 EN ISO 20857-685 EN ISO 20857-686 EN ISO 20857-687 EN ISO 20857-688 EN ISO 20857-689 EN ISO 20857-690 EN ISO 20857-691 EN ISO 20857-692 EN ISO 20857-693 EN ISO 20857-694 EN ISO 20857-695 EN ISO 20857-696 EN ISO 20857-697 EN ISO 20857-698 EN ISO 20857-699 EN ISO 20857-700 EN ISO 20857-701 EN ISO 20857-702 EN ISO 20857-703 EN ISO 20857-704 EN ISO 20857-705 EN ISO 20857-706 EN ISO 20857-707 EN ISO 20857-708 EN ISO 20857-709 EN ISO 20857-710 EN ISO 20857-711 EN ISO 20857-712 EN ISO 20857-713 EN ISO 20857-714 EN ISO 20857-715 EN ISO 20857-716 EN ISO 20857-717 EN ISO 20857-718 EN ISO 20857-719 EN ISO 20857-720 EN ISO 20857-721 EN ISO 20857-722 EN ISO 20857-723 EN ISO 20857-724 EN ISO 20857-725 EN ISO 20857-726 EN ISO 20857-727 EN ISO 20857-728 EN ISO 20857-729 EN ISO 20857-730 EN ISO 20857-731 EN ISO 20857-732 EN ISO 20857-733 EN ISO 20857-734 EN ISO 20857-735 EN ISO 20857-736 EN ISO 20857-737 EN ISO 20857-738 EN ISO 20857-739 EN ISO 20857-740 EN ISO 20857-741 EN ISO 20857-742 EN ISO 20857-743 EN ISO 20857-744 EN ISO 20857-745 EN ISO 20857-746 EN ISO 20857-747 EN ISO 20857-748 EN ISO 20857-749 EN ISO 20857-750 EN ISO 20857-751 EN ISO 20857-752 EN ISO 20857-753 EN ISO 20857-754 EN ISO 20857-755 EN ISO 20857-756 EN ISO 20857-757 EN ISO 20857-758 EN ISO 20857-759 EN ISO 20857-760 EN ISO 20857-761 EN ISO 20857-762 EN ISO 20857-763 EN ISO 20857-764 EN ISO 20857-765 EN ISO 20857-766 EN ISO 20857-767 EN ISO 20857-768 EN ISO 20857-769 EN ISO 20857-770 EN ISO 20857-771 EN ISO 20857-772 EN ISO 20857-773 EN ISO 20857-774 EN ISO 20857-775 EN ISO 20857-776 EN ISO 20857-777 EN ISO 20857-778 EN ISO 20857-779 EN ISO 20857-780 EN ISO 20857-781 EN ISO 20857-782 EN ISO 20857-783 EN ISO 20857-784 EN ISO 20857-785 EN ISO 20857-786 EN ISO 20857-787 EN ISO 20857-788 EN ISO 20857-789 EN ISO 20857-790 EN ISO 20857-791 EN ISO 20857-792 EN ISO 20857-793 EN ISO 20857-794 EN ISO 20857-795 EN ISO 20857-796 EN ISO 20857-797 EN ISO 20857-798 EN ISO 20857-799 EN ISO 20857-800 EN ISO 20857-801 EN ISO 20857-802 EN ISO 20857-803 EN ISO 20857-804 EN ISO 20857-805 EN ISO 20857-806 EN ISO 20857-807 EN ISO 20857-808 EN ISO 20857-809 EN ISO 20857-810 EN ISO 20857-811 EN ISO 20857-812 EN ISO 20857-813 EN ISO 20857-814 EN ISO 20857-815 EN ISO 20857-816 EN ISO 20857-817 EN ISO 20857-818 EN ISO 20857-819 EN ISO 20857-820 EN ISO 20857-821 EN ISO 20857-822 EN ISO 20857-823 EN ISO 20857-824 EN ISO 20857-825 EN ISO 20857-826 EN ISO 20857-827 EN ISO 20857-828 EN ISO 20857-829 EN ISO 20857-830 EN ISO 20857-831 EN ISO 20857-832 EN ISO 20857-833 EN ISO 20857-834 EN ISO 20857-835 EN ISO 20857-836 EN ISO 20857-837 EN ISO 20857-838 EN ISO 20857-839 EN ISO 20857-840 EN ISO 20857-841 EN ISO 20857-842 EN ISO 20857-843 EN ISO 20857-844 EN ISO 20857-845 EN ISO 20857-846 EN ISO 20857-847 EN ISO 20857-848 EN ISO 20857-849 EN ISO 20857-850 EN ISO 20857-851 EN ISO 20857-852 EN ISO 20857-853 EN ISO 20857-854 EN ISO 20857-855 EN ISO 20857-856 EN ISO 20857-857 EN ISO 20857-858 EN ISO 20857-859 EN ISO 20857-860 EN ISO 20857-861 EN ISO 20857-862 EN ISO 20857-863 EN ISO 20857-864 EN ISO 20857-865 EN ISO 20857-866 EN ISO 20857-867 EN ISO 20857-868 EN ISO 20857-869 EN ISO 20857-870 EN ISO 20857-871 EN ISO 20857-872 EN ISO 20857-873 </div>		

BASE MODEL CONFIGURATION NAME	BASE MODEL NUMBER	PRODUCT IMAGE AND SERIAL LABEL LOCATIONS	PRODUCT TYPE	REQUIRES CALIBRATION
GRAVITY RECUMBENT ELLIPTICAL	XC2-RA	  <p>base serial label location</p>	ELLIPTICAL	NO
LAUNCH TREADMILL DC	TC3-DA TC3-DB	  <p>base serial label location</p>	TREADMILL	YES
LAUNCH V220 TREADMILL	TC3-DAX TC3-DBX	  <p>base serial label location</p>	TREADMILL	YES
LAUNCH ELLIPTICAL	XC3-0A	  <p>base serial label location</p>	ELLIPTICAL	NO
LAUNCH RECUMBENT BIKE	RC3-0A RC3-0B	  <p>base serial label location</p>	BIKE	NO
LAUNCH UPRIGHT BIKE	UC3-0A	  <p>base serial label location</p>	BIKE	NO

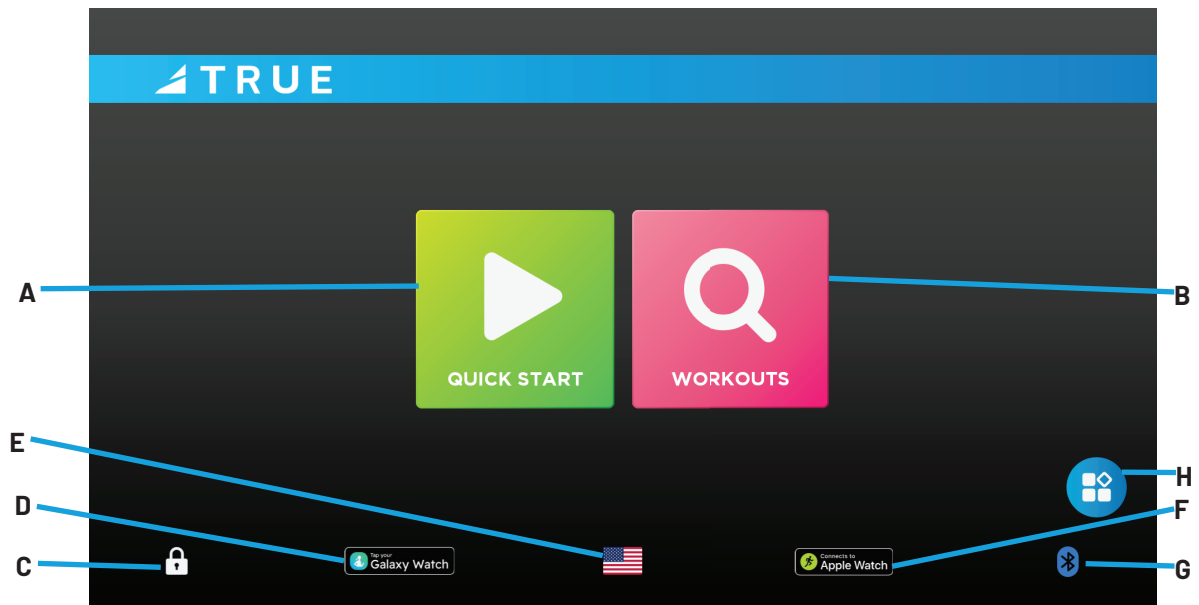
BASE MODEL CONFIGURATION NAME	BASE MODEL NUMBER	PRODUCT IMAGE AND SERIAL LABEL LOCATIONS	PRODUCT TYPE	REQUIRES CALIBRATION
VAPOR STRYKER	TC1-SA	  <p>base serial label location</p>	TREADMILL	YES
VAPOR ALPINE RUNNER	TC1-IA	  <p>base serial label location</p>	TREADMILL	YES
VAPOR PALISADE	VC1-0A	  <p>base serial label location</p>	CLIMBER	NO
VAPOR SPECTRUM	XC1-SA	  <p>base serial label location</p>	ADJUSTABLE STRIDE ELLIPTICAL	YES
VAPOR XT-ONE	XC4-XA	  <p>base serial label location</p>	CROSS TRAINER	NO
VAPOR LATERAL X	XC4-LA	  <p>base serial label location</p>	ELLIPTICAL	NO

BASE MODEL CONFIGURATION NAME	BASE MODEL NUMBER	PRODUCT IMAGE AND SERIAL LABEL LOCATIONS	PRODUCT TYPE	REQUIRES CALIBRATION
RETAIL MODELS - DO NOT USE				
RETAIL 1000	TPS1001	  <p>base serial label location</p>	TREADMILL	YES
RETAIL 3000	TPS3001	  <p>base serial label location</p>	TREADMILL	YES
RETAIL 8000	TPS8001	  <p>base serial label location</p>	TREADMILL	YES
Q47	Q47-21	  <p>base serial label location</p>	ELLIPTICAL	NO
Q37	Q37-21	  <p>base serial label location</p>	ELLIPTICAL	NO
XR6	XR6-21	  <p>base serial label location</p>	ELLIPTICAL	NO

CONSOLE NAVIGATION

HOME SCREEN

The Home Screen is displayed on the console when there is no workout in progress. From this screen the user is able to select from various options to begin a workout.



A. Quick Start

Starts a Quick Start workout in which the user controls all settings until the workout is ended by the user.

B. Workouts

Displays a list of the preprogrammed workouts that are available on this machine.

C. Screen Lock

When the screen lock is held for three seconds, the touch screen display will lock for 20 seconds to enable cleaning.

D. Galaxy Watch Connectivity

Tap to pair a Galaxy Watch with a TRUE cardio machine to accurately and efficiently track your cardio workouts.

E. Language Options

Enables users to choose between 12 language options.

F. Apple Watch Connectivity

Pair an Apple Watch with an Apple GymKit-enabled TRUE cardio machine to accurately and efficiently track your cardio workouts.


G. Bluetooth

Allows users to pair their Bluetooth devices prior to beginning a workout.

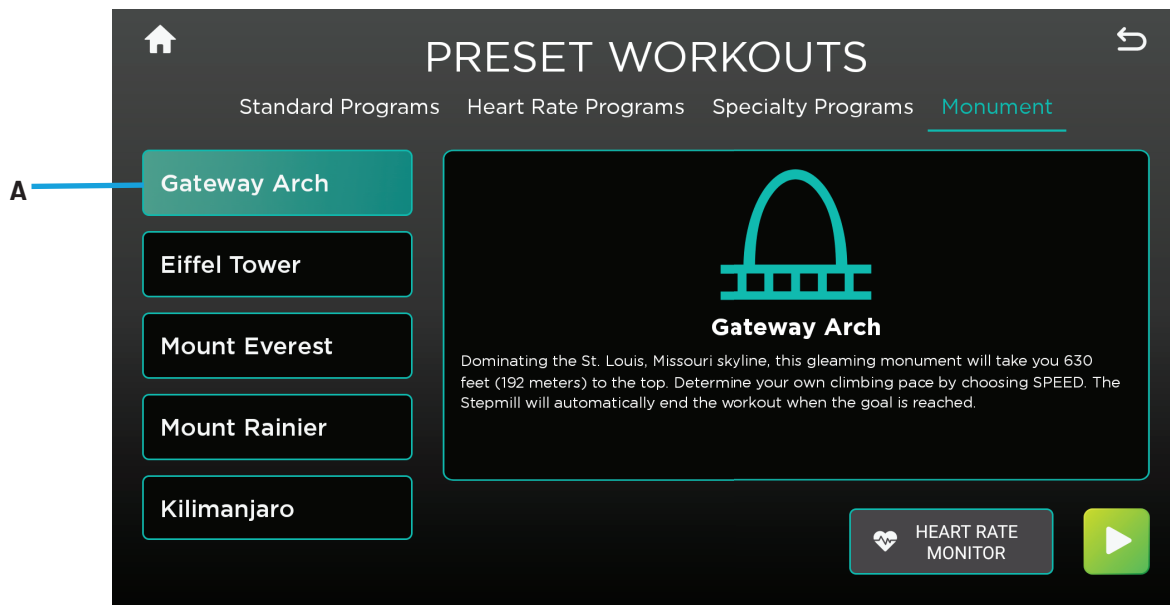
H. Apps

Allows users to access the apps installed on the console.


SELECTING A PRESET WORKOUT

Preset workouts are accessed by selecting **WORKOUTS** from the Home Screen. The user may select from specific workout categories listed on the top of the screen to view a subset of all available workouts such as heart rate programs. To begin a workout, swipe through the workout list (A) and press anywhere within the workout bounding box to select it. Press the next arrow  to continue.

NOTE: The image below may differ slightly based on the base unit used.

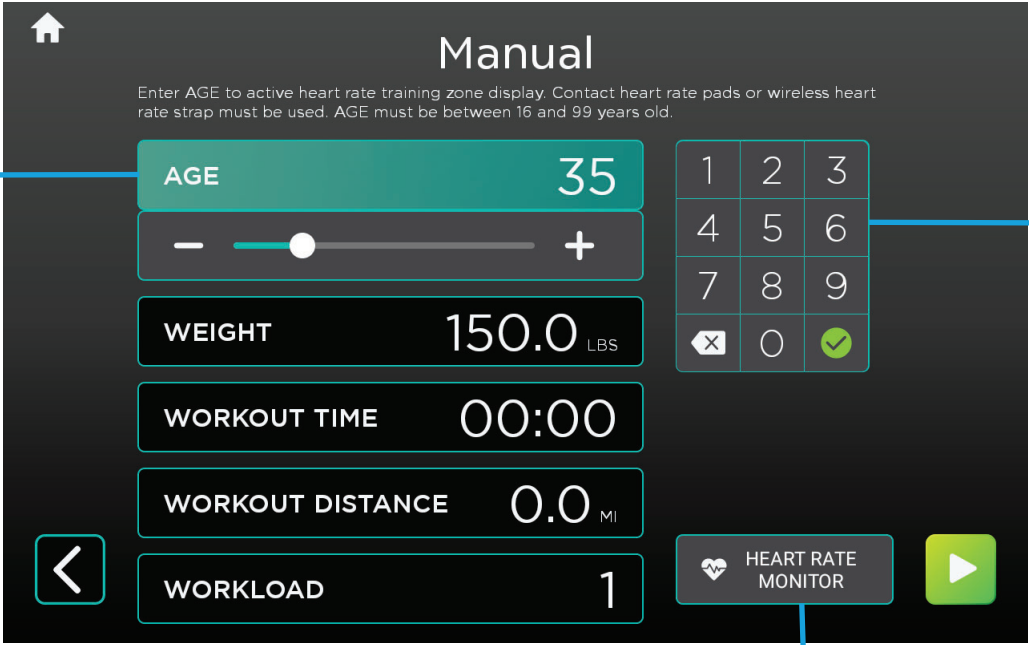


WORKOUT DATA ENTRY SCREENS

These screens allow users to input their personal information or workout goals prior to beginning a workout. To set a value, select the **heading** (A) of the value and manually enter a value using the **keypad** (B). Select **Heart Rate Monitor** (C) to pair a Bluetooth-enabled heart rate device with the console to wirelessly monitor heart rate data. Pressing **Save** (not shown) enables the user to save on-screen workout parameters for future workouts selectable from the Workout Finder main menu by selecting Saved Workouts. Select the next arrow  to begin the workout.

NOTE: Selecting the checkmark on the keypad after entering a value will save the value in that item and then automatically select the next item in the list.

NOTE: Workout Data Entry Screens vary by base unit and program selection.



The screenshot shows the 'Manual' workout data entry screen. At the top, there is a home icon and the title 'Manual'. Below the title, a note reads: 'Enter AGE to active heart rate training zone display. Contact heart rate pads or wireless heart rate strap must be used. AGE must be between 16 and 99 years old.' The screen features five input fields: 'AGE' (teal background, value 35), 'WEIGHT' (black background, value 150.0 LBS), 'WORKOUT TIME' (black background, value 00:00), 'WORKOUT DISTANCE' (black background, value 0.0 MI), and 'WORKLOAD' (black background, value 1). To the right of the 'AGE' field is a keypad with numbers 1-9, 0, and a checkmark. A blue line labeled 'A' points to the 'AGE' heading. A blue line labeled 'B' points to the keypad. A blue line labeled 'C' points to the 'HEART RATE MONITOR' button, which has a heart icon and a play button icon. A green play button icon is also visible at the bottom right of the screen.

MONUMENTS

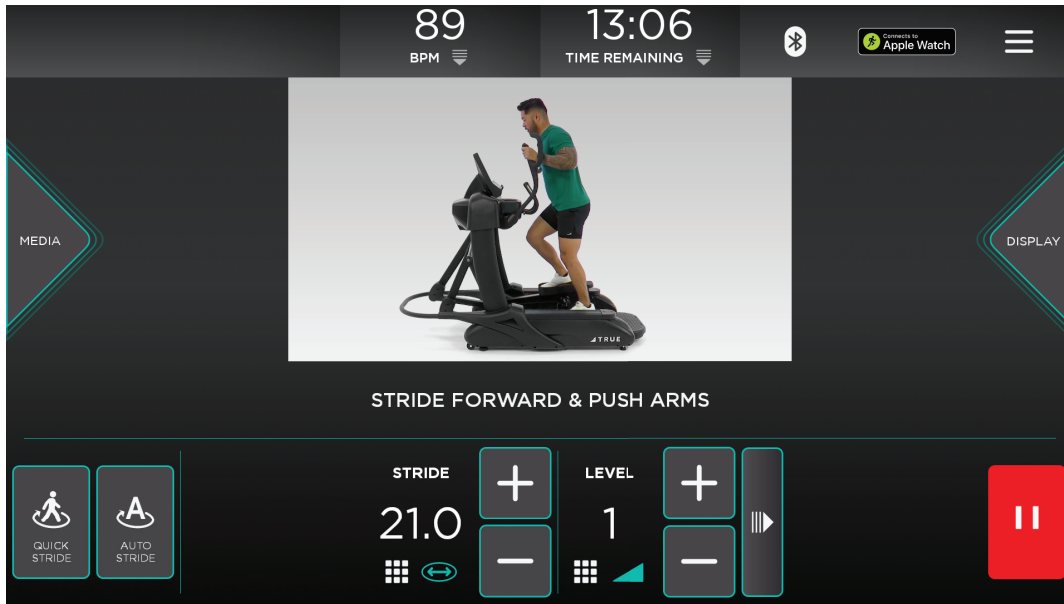
For the Vapor Alpine Runner and Vapor Stryker only, the user can select from custom workouts based on international monuments such as the Gateway Arch, Eiffel Tower, Mount Everest, Mount Rainier, and Kilimanjaro. These custom workouts are based on the height of each monument displaying the current height traveled in real time and total height (A) with the workout automatically ending once the user has reached the top of the monument. The user determines their individual climbing pace by manually entering the incline and speed levels, which determines their projected finish time (B).



CARDIO360 WORKOUT SCREEN

Available only on the Vapor Spectrum and Apex, Gravity, and Launch ellipticals, the Cardio360 workout screen provides the user with prerecorded video clips and corresponding instructional text prompts cycling through the various segments of a Cardio360 workout.

NOTE: The selected Cardio360 workout (Cardio360, Cardio360 Video, or Cardio360 Custom) determines the order, frequency and length of time for each Cardio360 workout segment



WORKOUT DATA SCREENS

During any workout a Workout Data Screen will be displayed to give the user a comprehensive visual overview of their current workout data.



A. Distance*

Displays the current distance traveled in miles, feet, or kilometers. The user can tap the circle for additional selections.

B. Calories*

Displays the estimated total amount of calories burned since the start of the workout. The user can tap the circle for additional selections.

C. METs*

Displays the estimated total amount of METs burned since the start of the workout. The user can tap the circle for additional selections.

NOTE: Users must tap the circle to change to RPMs while using a bike.

D. Heart Rate Information

When the user is wearing a heart rate chest strap or utilizing the Contact Heart Rate system, their heart rate will be displayed in bpm (beats per minute).

NOTE: If heart rate is not selected to display in the Workout Data menu, it will automatically display while heart rate data is available in addition to deselecting the last non-heart rate data value to display heart rate if six data values have already been selected. If heart rate is selected to display in the Workout Data menu, it will continuously display the selected heart rate data value.

E. Bluetooth Connectivity

Allows users to pair their Bluetooth devices prior to beginning a workout.

F. Apple Watch Connectivity

Allows the user to pair an Apple Watch with an Apple Gymkit-enabled TRUE cardio machine to accurately and efficiently track their cardio workouts.

G. Galaxy Watch Connectivity

Allows the user to pair a Galaxy Watch with a TRUE cardio machine to accurately and efficiently track their cardio workouts.

H. Options

This menu allows the user to change their personal info, access the user manual, change units from metric to imperial, adjust the volume and brightness, and connect to Bluetooth.

I. Media

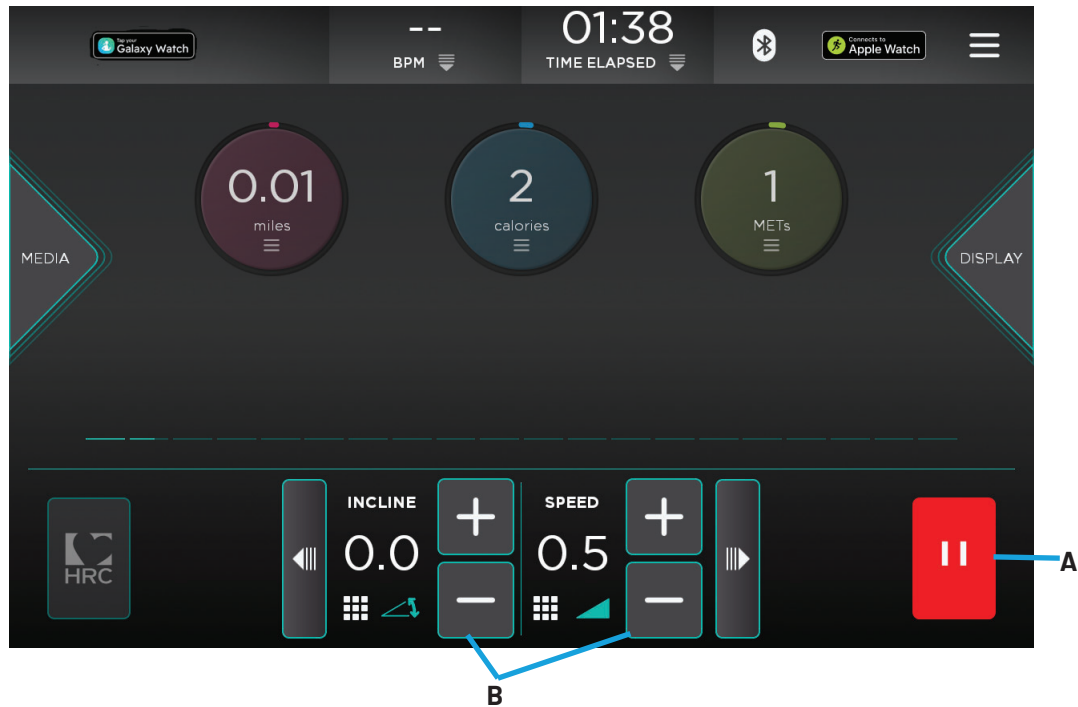
Allows the user to access the console's apps and television.

J. Display

Allows the user to change the workout view to track view, graph view, HIIT view, or virtual.

***NOTE:** Additional selections differ based on the base unit used.*

WORKOUT DATA SCREENS



A. Stop

Stops or pauses the current workout.

B. Quick Touch Speed/Incline Keys

These keys allow the user to quickly adjust the incline levels in increments of 0.5% and speed in increments of 0.5 mph. To manually enter a speed or incline increment, press the corresponding numerical readout and a numeric keypad will appear to enter your selection.

NOTE: For non-treadmill base units, the incline data field will display WORKLOAD measured in levels of resistance from 1-30 and the SPEED data field will display PACE measured in revolutions-per-minute (rpm). For the UC1-0A, UC2-0A, UC3-0A, RC1-0A, RC2-0A, and RC3-0A models engaged in a Pace workout, the Pacesetter option will display next to the PACE data field providing a target pace for the user based on the type of Pace workout selected.

OPTIONS MENU

The Options menu contains controls that allow users to adjust settings during their workout.



A. Options Menu

The Options menu enables users to customize their workout experience such as updating their personal info, and pairing Bluetooth wireless technology enabled devices with the console.

B. Personal Info

Enables the user to update their personal.

NOTE: If the user is logged into their User Profile on a UNITE touchscreen console, then the user weight autofills based on the weight data entered by the user in their User Profile.

C. User Manual

Enables the user to access the online version of the UNITE touchscreen console manual.

D. Units

Enables the user to switch between metric and imperial (US) units of measurement displayed on the screen.

E. Brightness

Enables the user to adjust the brightness on the console.

F. Volume

Enables the user to adjust the console volume.

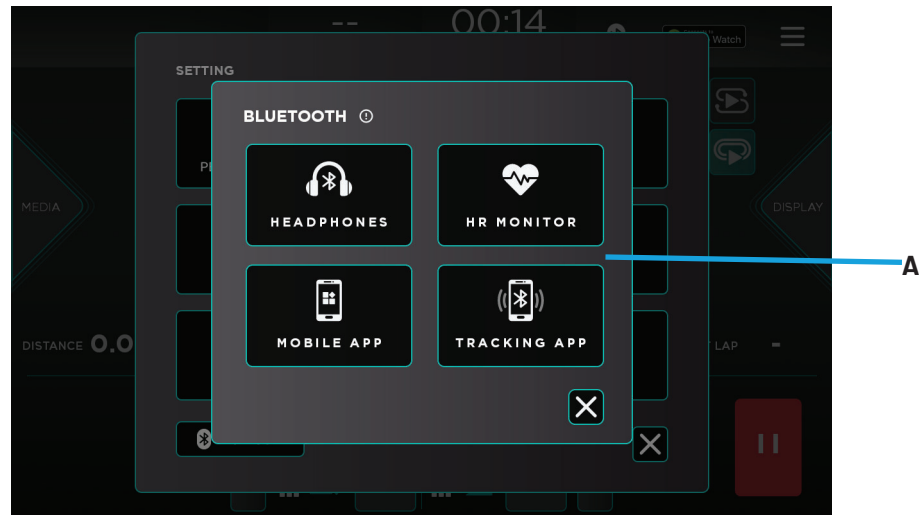
G. Bluetooth Connectivity

Allows the user to pair Bluetooth wireless technology enabled devices with the UNITE touchscreen console such as audio devices, heart rate monitors, and headphone devices.

BLUETOOTH CONNECTIVITY

The Bluetooth connectivity screen (A) displays the Bluetooth wireless technology enabled devices available for pairing with the UNITE touchscreen consoles. Follow the on-screen prompts on the console and the Bluetooth device to complete the pairing process. Once the pairing process is complete, the audio screen will appear where the user can navigate playable audio menus, mute and adjust volume, pause, advance, or replay tracks, and unpair the console and Bluetooth device.

NOTE: The Bluetooth connectivity screen can also be accessed from the console home screen to pair your Bluetooth wireless technology enabled devices with the console before starting a workout.



APPLE WATCH CONNECTIVITY

The Apple Watch connectivity screen (A) displays instructions for connecting an Apple Watch device to the console during a workout. Follow the on-screen prompts on the console and the Apple Watch device to complete the pairing process.

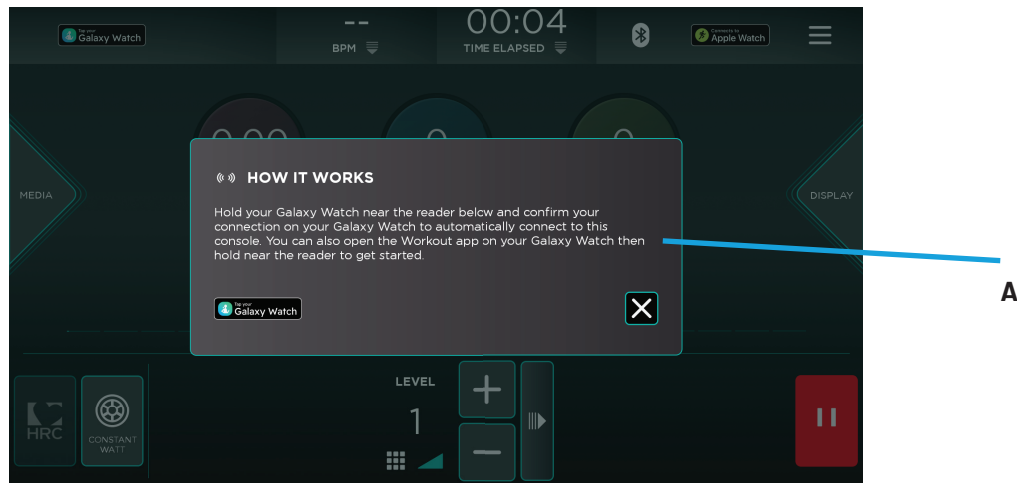
NOTE: The Apple Watch connectivity screen can also be accessed from the console home screen to pair your Apple Watch device with the console before starting a workout.



GALAXY WATCH CONNECTIVITY

The Galaxy Watch connectivity screen (A) displays instructions for connecting an Galaxy Watch device to the console during a workout. Follow the on-screen prompts on the console and the Apple Watch device to complete the pairing process.

NOTE: The Galaxy Watch connectivity screen can also be accessed from the console home screen to pair your Galaxy Watch device with the console before starting a workout.



TRACK VIEW

The Track view displays a virtual track with a progress dot representing the user walking and/or running around the track.



A. Walk/Run Track

Displays a virtual track with a progress dot representing the user walking and/or running around the track.

B. Lap Count

Displays a counter for the number of laps the user has completed around the virtual track.

GRAPH VIEW

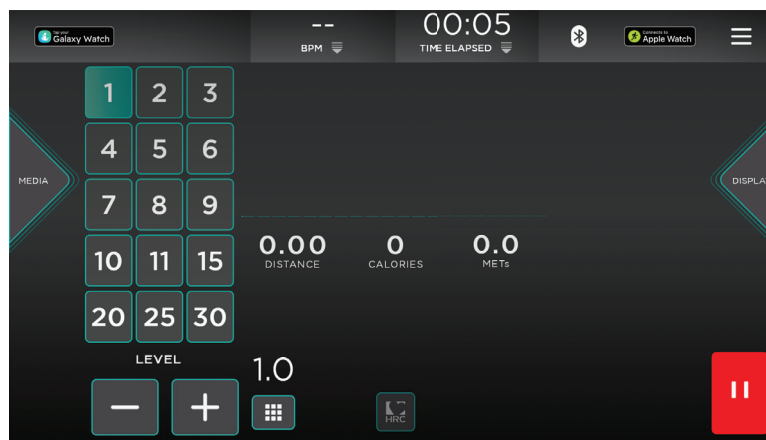
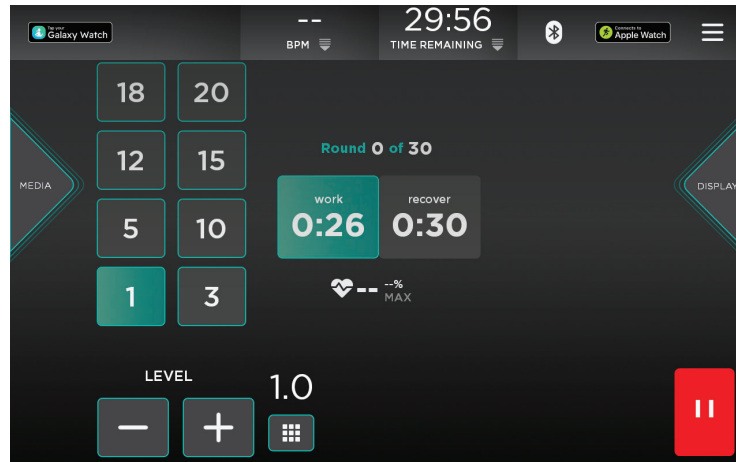
The Graph View screen (A) provides a real-time graphical display of the user's current workout incline or speed data based on the type of workout selected. A horizontal progress bar driven by preset time increments tracks the progress through the current graph bar. Select the Graph View icon in the Display menu to navigate to the screen shown below.



HIIT VIEW

The HIIT view allows the user to customize their interval training by defining their workout and recovery periods before adjusting the incline, speed, level, or stride to maximize their workout.

NOTE: The bottom image shows HIIT expanded view enabled.



TV CONTROLS

This console enables the user to watch live TV programming in crisp, clear high definition. The TV controls are built in to a workout view screen to allow the user to monitor their workout while enjoying their favorite shows. Select **TELEVISION** (A) in the Media menu to access TV programming. The user can control the audio volume of the TV program (B), mute the audio volume of the TV program (C), and toggle on or off closed captioning (D) in the Media menu.



TV CONTROLS

To begin watching TV, users must select **Coaxial** (A), **HDMI Front** (B), **HDMI Rear** (C), or **IPTV** (D) as their source.



TV CONTROLS



A. Volume

Allows the user to control the audio volume of the TV program.

B. Channel

Allows the user to change the channel.

C. Screen Toggle

Allows the user to switch back and forth between full screen and regular mode.

D. Media Menu

Select this menu to navigate to the TV home screen.

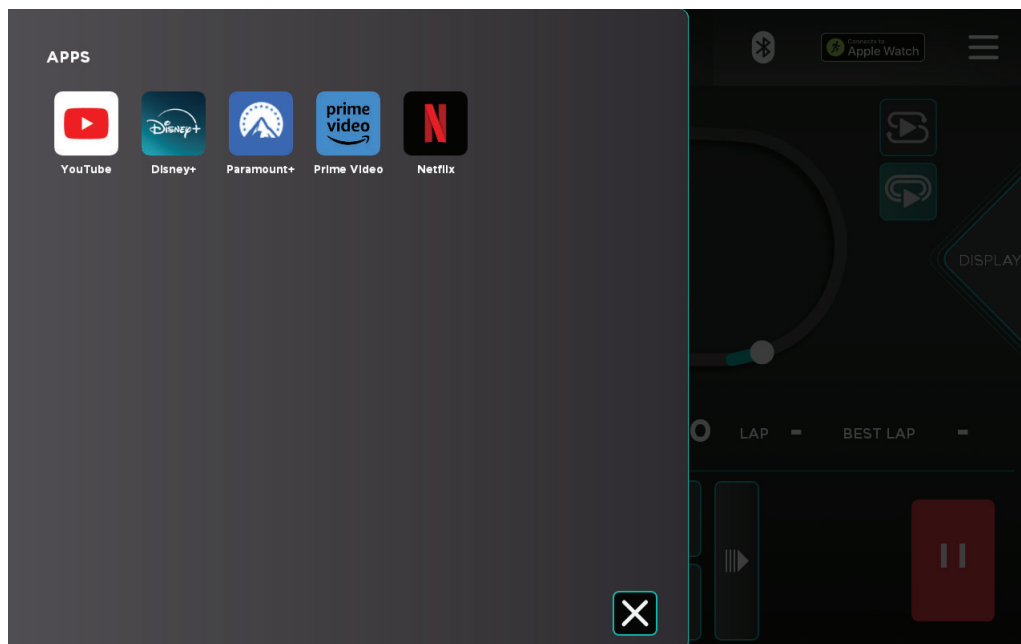
APPS

This console enables the user to access a web browser or watch their favorite online streaming apps in crisp, clear high definition. Select **APP** (A) in the Media menu to access the console's installed apps. The user can control the audio volume of the video (B), mute the audio volume of the video (C), and toggle on or off closed captioning (D) in the Media menu.



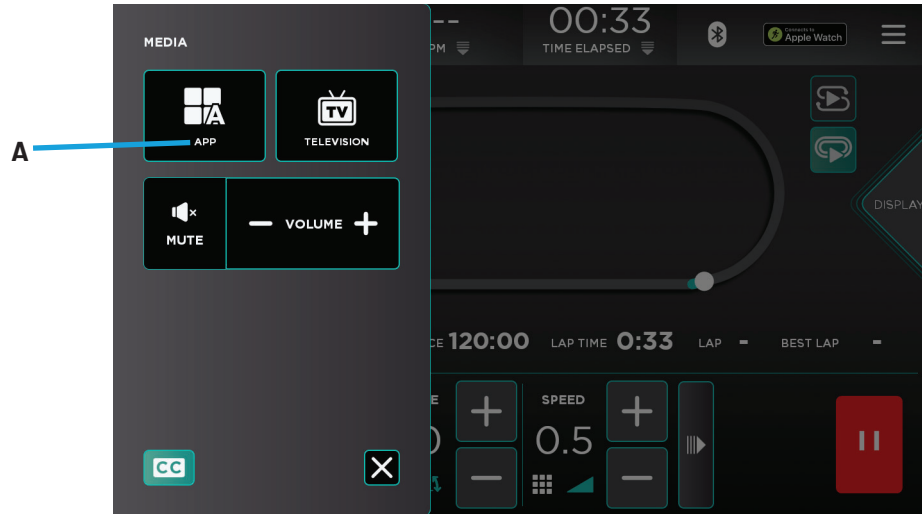
APPS

In the Apps menu, the user can select their desired app to proceed. The console will then start streaming video during the user's workout.



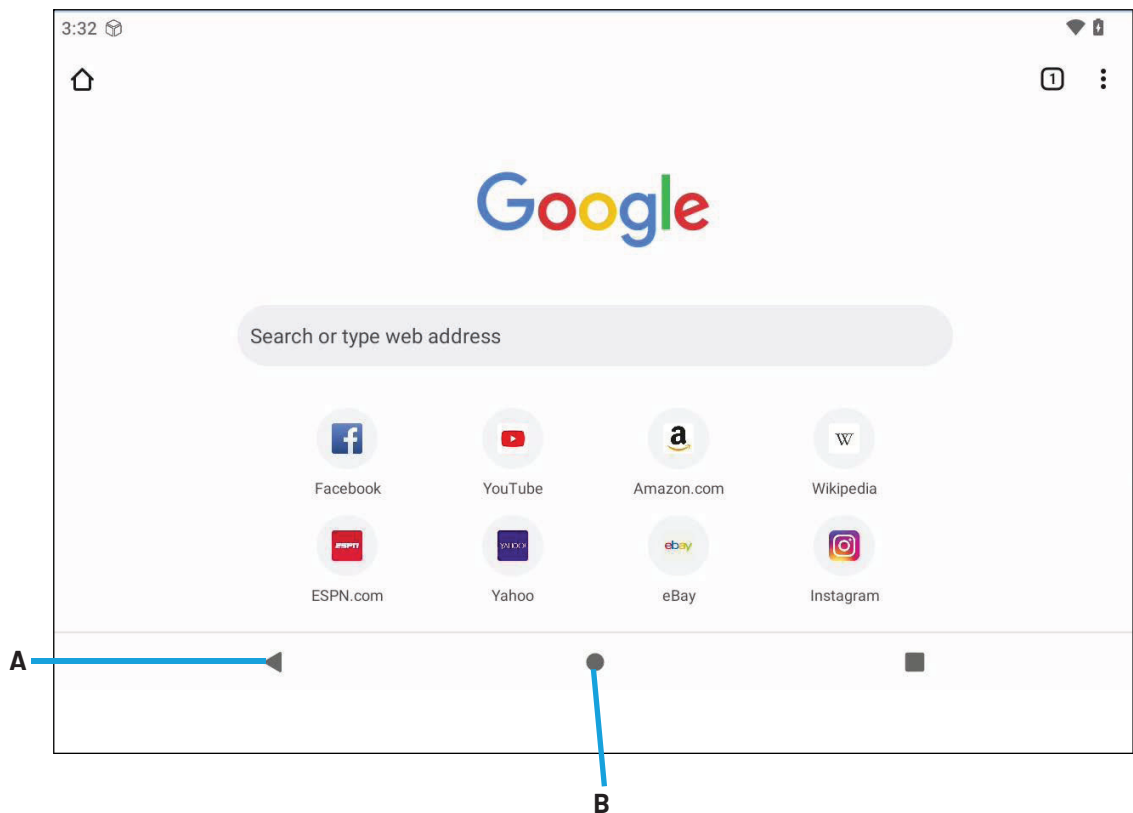
WEB BROWSER

In the Apps menu (A), the user can select the Chrome app to access the internet if it's installed. After following the on-screen prompts, select Continue to finish the web browser setup.



WEB BROWSER

In the Chrome web browser, the user can navigate to their desired websites. The user can select the Back button (A) to return to the Apps menu or the Home button (B) to access the home screen.



VIRTUAL VIEWS

Virtual Views provides users with a scenic, first-person video to enhance their workout. Select the playlist icon to scroll through the list of available videos (A) and make your selection. To display the video in full screen mode, select the full screen icon (B). Current incline and speed workout selections will appear in full screen mode. Select the Display menu (C) to navigate to the Virtual Views screen.



IDLE SCREEN

During a workout when the user becomes idle or presses Stop on the bottom toolbar, the Idle screen shown below will appear prompting the user to resume their workout (A), start a two minute, low intensity cooldown (B) with the workout ending after that time, reset the Idle Screen Timer (C) to 30 seconds while the user makes their selection, or end the current workout (D) and proceed to the Workout Summary screen.

NOTE: During the cooldown sequence, the unit is in manual mode where the user directly controls all settings such as speed, incline, and resistance.

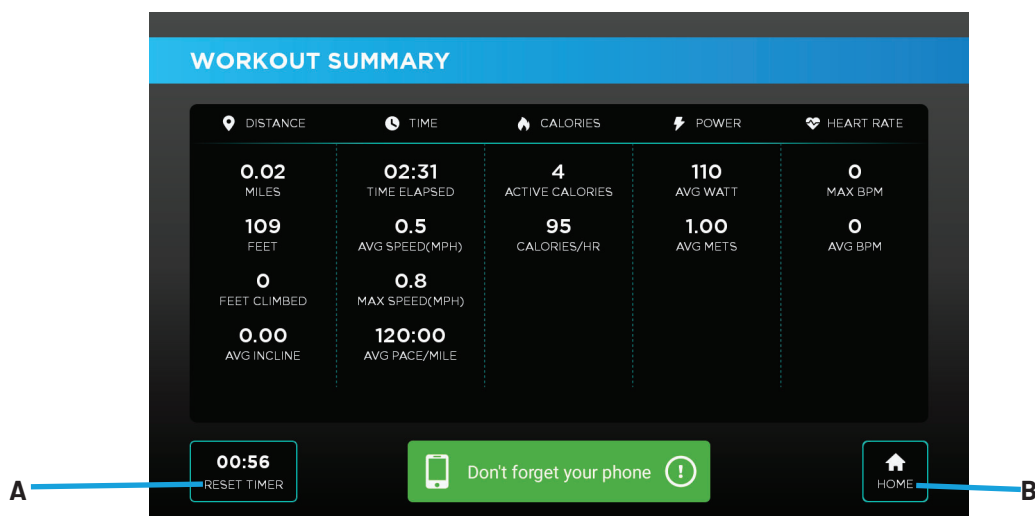
NOTE: The Idle Screen will disable the Resume Workout, Cool Down, and Reset Pause until the belt and incline motors cease movement.



WORKOUT SUMMARY

At the end of a workout the Workout Summary screen will display an overview of the workout data. If the user requires more time to view the workout summary, they can press **RESET TIMER** (A) to reset the timer back to one minute. Press **HOME** (B) to return to the home screen before the reset timer reaches zero seconds.

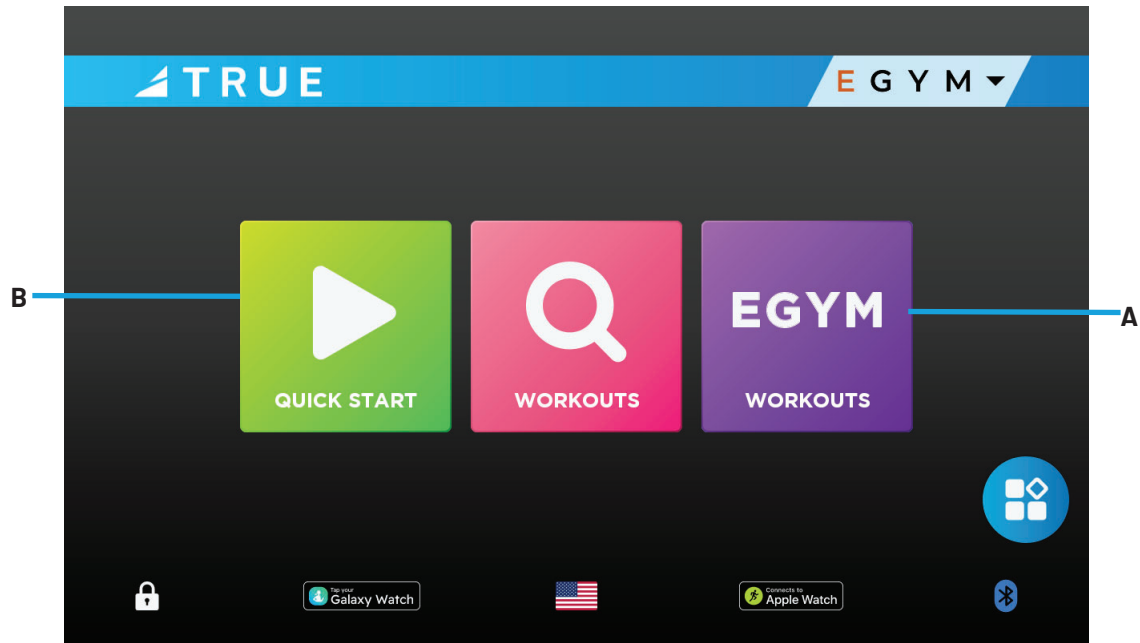
NOTE: For fitness test workouts, the Workout Summary screen will display additional data such as a fitness test score.



EGYM WORKOUTS

EGYM workouts allow the console to support the EGYM service with NFC-equipped consoles. The user can enable EGYM workouts in the Options menu and access the EGYM registration page in the Integrations menu. In order to access EGYM workouts, the user must place their RFID band on the NFC reader (it might take a few seconds to appear). After scanning RFID, EGYM workouts will appear on the home screen. The user can select **EGYM WORKOUTS (A)** if they have a trainer workout plan, otherwise they can select **QUICK START (B)**.

NOTE: EGYM workouts are only available following set up in the back end.

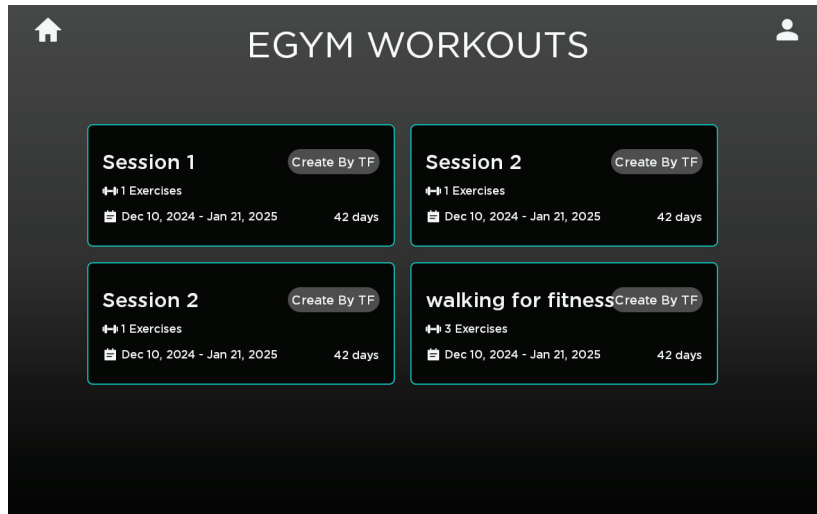


EGYM WORKOUTS


After selecting EGYM WORKOUTS, the following screens will appear for the user to select their desired EGYM workout.

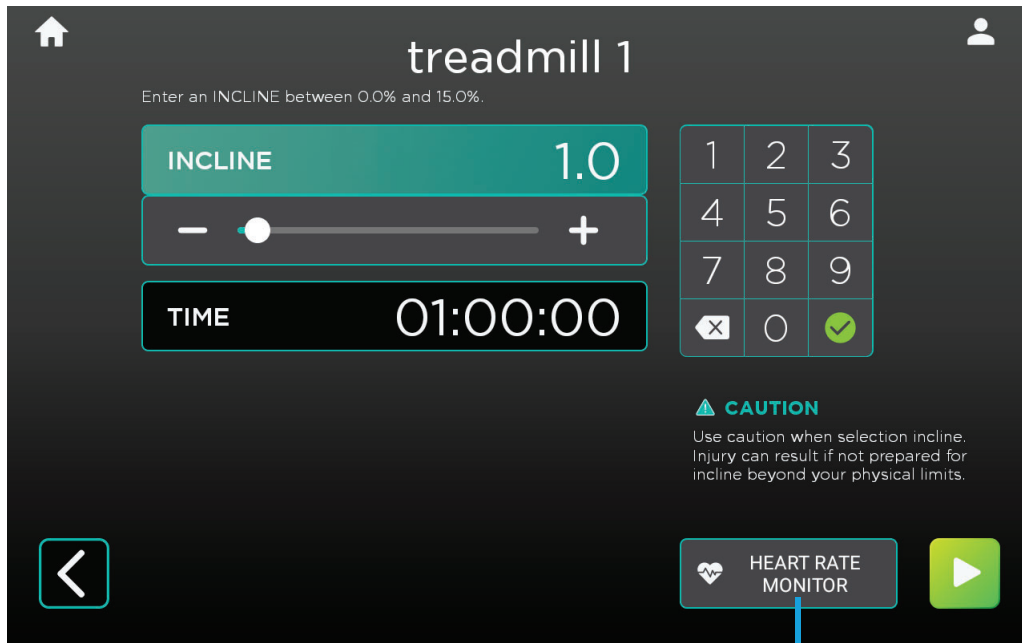
NOTE: If the user does not have a trainer plan these screens will appear blank.

NOTE: Workout details will be tracked/saved to the EGYM cloud if the user chooses EGYM Workout and signs in with their RFID band (for both training plans and quick start workouts).



EGYM WORKOUTS

On this screen the user can select **Heart Rate Monitor** (A) to pair a Bluetooth-enabled heart rate device with the console to wirelessly monitor heart rate data. After entering their personal information or workout goals, the user can select the next arrow  to begin the EGYM workout.



A

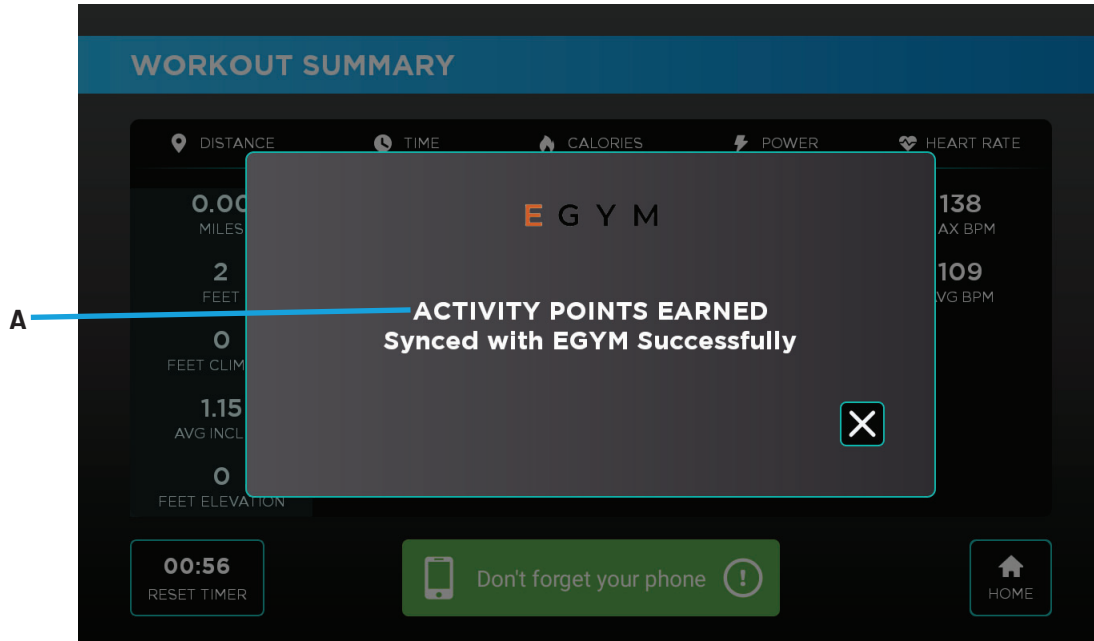
EGYM WORKOUTS

After starting the EGYM workout, the EGYM banner will display in the top left corner of the screen (A). The user can also view their user profile (B) during the workout.



EGYM WORKOUTS

After finishing the EGYM workout, a screen will appear displaying the message “ACTIVITY POINTS EARNED Synced with EGYM Successfully” (A). This indicates that the user’s activity points were successfully recorded. For example, using a treadmill corresponds to cardio points in the EGYM app.










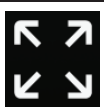









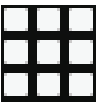


BASE MODEL AND EQUIPMENT TYPE INFORMATION

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 PLUS TREADMILL	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	•	•	•	—	•	—	•	•

TOUCHSCREEN ICON DESCRIPTIONS

ICON*	DESCRIPTION
	Start
	Pause/Stop
	Back
	Enter
	Up
	Down
	Home
	Options
	Back
	Full Screen
	Screen Toggle

ICON*	DESCRIPTION
	Playlist
	Bluetooth
	Apple Watch Connectivity
	Galaxy Watch Connectivity
	Screen Lock
	Language Options
	Digital Keypad
	Expand
	Apps

*Icons vary by model.

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	—	—	—	—	—	•	•	•	•
AIR FORCE	•	—	—	—	—	—	—	—	—
ARMY	•	—	—	—	—	—	—	—	—
CALORIE GOAL	•	•	•	•	•	•	•	•	•
CARDIO 360	—	—	•	•	—	—	—	—	—
CARDIO CHALLENGE	•	•	•	•	•	•	•	•	•
DISTANCE GOAL	•	•	•	•	•	•	•	•	•
DISTANCE WORKOUTS	•	•	•	•	—	•	•	•	•
DRAW YOUR OWN WORKOUT	•	•	•	•	•	•	•	•	•
FAT BURN	—	—	—	—	•	—	—	—	—
FIREFIGHTER	—	—	—	—	•	—	—	—	—
FLOORS	—	—	—	—	•	—	—	—	—
GERKIN	•	—	—	—	—	—	—	—	—
HILL INTERVALS	•	•	•	•	—	•	•	•	•
HIIT BOOST*†	—	—	—	—	—	•	•	•	•
HRC CRUISE CONTROL*	•	•	•	•	•	•	•	•	•
LEG SHAPER	•	•	•	•	—	•	•	•	•
MANUAL	•	•	•	•	•	•	•	•	•
MARINES	•	—	—	—	—	—	—	—	—
MMA	—	—	—	—	—	•	•	•	•
MONUMENT WORKOUT**	•	—	—	—	•	—	—	—	—
NAVY	•	—	—	—	—	—	—	—	—
PACER WORKOUT	•	•	•	•	•	•	•	•	•
PEB	•	—	—	—	—	—	—	—	—
QUICK START	•	•	•	•	•	•	•	•	•
ROLLING HILLS	•	•	•	•	•	•	•	•	•
SINGLE HILL	•	•	•	•	—	•	•	•	•
SPEED INTERVALS	•	—	—	—	•	—	—	—	—
TARGET HRC***	•	•	•	•	•	•	•	•	•
TIME GOAL	•	•	•	•	•	•	•	•	•

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
VIRTUAL VIEWS	•	•	•	•	•	•	•	•	•
WATTS MODE*	—	•	—	—	—	—	—	—	—
WEIGHT LOSS HILL	•	—	—	—	—	—	—	—	—

*Modes within a workout.

†HIIT boosters vary by model.

**Monument Workout is only applicable for the Vapor Alpine Runner and Vapor Stryker.

*** 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	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	•	—	—	—	—

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.
AIR FORCE	A 1.5 mile running test measured against age and gender calculations.
ARMY	A 2-mile running test measured against age and gender calculations.
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.
DRAW YOUR OWN WORKOUT	Use this custom tool to design your own incline or workload segments or select a preset profile to customize.
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 Beats 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.
MARINES	A 3-mile running test measured against age and gender calculations.
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.
MONUMENT WORKOUT	Intensify your workout by traveling the world and climbing some famous monuments. You will be able to track your progress as you climb to the top of the St. Louis Arch, Eiffel Tower, Mt. Everest, Mt. Rainier, or Mt. Kilimanjaro. Your output from the machine will display your percentage of completion of stairs to the top of the monument, or percentage of completion of elevation to the top of the mountain, whichever is applicable.
NAVY	A 1.5 mile running test measured against age and gender calculations.
PACER WORKOUT	This is a workout where the user sets a distance and a desired time to complete that distance. An average pace to achieve that time and distance is computed and an additional pacer dot is displayed on the track/course view based on the desired pace.

WORKOUT PROGRAMS	WORKOUT PROGRAM DESCRIPTION
PEB	A 1.5 mile running test measured against age and gender calculations.
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.
VIRTUAL VIEWS	Shows a virtual video on the workout display.
WATTS 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 watts, 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.

**Monument Workout is only applicable for the Vapor Alpine Runner and Vapor Stryker.

*** 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.

WORKOUT PROGRAM DESCRIPTIONS

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.

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	15	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 machine via radio, and the CHR pads connect to a special computer circuit to extract 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.

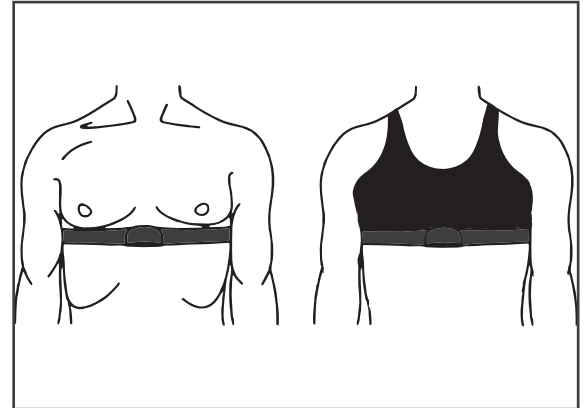
Contact Heart Rate (CHR)

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. Do not use the contact heart rate grips as a handlebar during a workout.

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



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 or both. 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, and time, prior to beginning the HRC workout. As users approach their target heart rate, the console automatically takes over and changes the speed and/or incline 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, incline, and resistance 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, incline, and resistance, they will have a better understanding of how to select the maximum speed and maximum incline 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 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.

WIRELESS CHARGING

For mobile devices capable of wireless charging, the UNITE touchscreen consoles can wirelessly charge those devices.

Simply place the mobile device within the wireless charging boundary box (A) on the reading rack and the console will automatically charge the mobile device.

Contact the mobile device manufacturer for details regarding wireless charging capability on a particular mobile device.

NOTE: Wirelessly charging a mobile device will not interrupt Bluetooth connectivity or Wi-Fi connectivity. For example, the console will wirelessly charge an iPhone® positioned within the wireless charging boundary box on the reading rack while maintaining the ability to connect to the iPhone via Bluetooth.





CONTACT US

service@truefitness.com

800.883.8783

865 Hoff Road

St. Louis, MO 63366

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



UNITE TOUCHSCREEN CONSOLE MANUAL PROGRAM GUIDE REV05

© 2025 TRUE Fitness All Rights Reserved.