



# Fuse XL-0400 Inner/Outer Thigh



Model # FUSE XL-0400  
Revision 012225

## OWNER'S MANUAL

**IMPORTANT:**

All products shown are prototype. Actual product delivered may vary.  
Product specifications, features & software are subject to change without notice.  
For the most up-to-date owner's manual please visit [www.truefitness.com](http://www.truefitness.com).  
For documents in additional languages please visit <https://truefitness.com/support/user-manuals/>

**IMPORTANTE:**

Todos los productos mostrados son prototipos. La realidad el producto suministrado puede diferir.  
Especificaciones de productos, características y software están sujetas a cambios sin previo aviso.  
Para la más actualizada de este manual del propietario, por favor visite [www.truefitness.com](http://www.truefitness.com)  
Para los documentos en otros idiomas, por favor visite <https://truefitness.com/support/user-manuals/>

**IMPORTANT:** Tous les produits présentés sont prototype. Le produit réel livré peut varier. Spécifications du produit, caractéristiques et logiciels sont sujettes à modification sans préavis. Pour la plus à jour le manuel du propriétaire s'il vous plaît visitez [www.truefitness.com](http://www.truefitness.com). Pour documents dans des langues supplémentaires, veuillez <https://truefitness.com/support/user-manuals/> de visite

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

ماہ:

اھم یلست یل عفل جتنملا فلتخت دق. جذومنلا یھ ضرور عمل تاجتنملا عیج.  
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**WICHTIG:** Alle hier gezeigten Produkte sind Prototypen. Das tatsächliche Produkt ausgeliefert wird, kann variieren. Produkt-Spezifikationen, Funktionen und Software können sich ohne vorherige Ankündigung ändern. In den meisten Fällen bis zu Bedienungsanleitung Bisher besuchen Sie bitte [www.truefitness.com](http://www.truefitness.com). Für Dokumente in weiteren Sprachen finden Sie unter <https://truefitness.com/support/user-manuals/>

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

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

## A MESSAGE TO OUR CUSTOMERS

Frank Trulaske began TRUE Fitness® over thirty-five years ago with the simple philosophy of delivering superior fitness products, service, and support. Today, TRUE is the global leader in premium fitness equipment for the commercial and residential markets. Our goal is to be the leader in technology, innovation, performance, safety and style. TRUE has received many awards for its product over the years and remains the benchmark for the industry. Fitness facilities and consumers invest in TRUE products for their durable commercial platforms used in all its products, both commercial and residential alike.

The proud manufacturing tradition of quality and the culture of innovation at TRUE have given rise to a full line of extraordinary cardio and strength equipment. As a result, people all over the world are benefiting from the TRUE experience. Innovation across the full product line has made TRUE successful and is a trademark of the TRUE heritage. TRUE's patented Heart Rate Control technology is just one of the remarkable ways we deliver simple and superior performance every user can enjoy, and most importantly, use to achieve personal health and fitness goals.

At the heart of our success is the relentless and systematic life testing of both our products and their components. We have dedicated employees who understand our philosophy is to deliver the best products in the world.

Our goal is to deliver the world's best premium equipment for our customers' health and fitness solutions.

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## CHAPTER 1: SAFETY INSTRUCTIONS

### FACILITY AND USER SAFETY PRECAUTIONS

1. Review and understand all of the warning labels affixed to this machine and on the facility safety sign.
2. Be certain that the machine operation is understood before it is used. Refer to the instructional procedure label affixed to the machine.
3. Make sure all users are properly trained on how to use this equipment. If this machine is being used in a commercial setting, end users may not have access to this owners manual. It is the responsibility of the facility to instruct users as to the proper usage of the equipment as well as making them aware of potential hazards. Maximum user weight is 300 lbs (136 kg) unless otherwise stated in the manual.
4. Use each machine only for the intended exercise. Do not allow anyone to invent exercises not included on the instructional procedure label or the intended use Label.
5. Do not modify the machine.
6. This equipment meets industry safety standards for stability when used for the intended exercise. Do not allow straps, resistance bands or other means to be attached to the framework of this machine to perform stretching or body weight exercises. This can result in machine instability and lead to serious crushing injuries.
7. Keep children away from this equipment. Adults should closely supervise use by teenagers.
8. It is recommended that users receive a thorough medical exam before commencing an exercise program. All medical issues should be reviewed to ensure that weight training will not aggravate preexisting medical conditions.
9. If the machine appears damaged or inoperable, contact a facility staff member to place an “OUT OF ORDER, DO NOT USE” sign on the machine until it is repaired. Only use TRUE supplied replacement components to service this machine.
10. Instruct users not to wear loose or dangling clothes or have headphone wires hanging when using this equipment.
11. Do not attempt to free any jammed assemblies by yourself as this may cause injury.
12. On Plate Loaded and Free Weight machines:
  - a. 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.
  - b. Instruct users to load weight plates evenly and carefully to avoid tipping equipment and crushing injuries.
  - c. 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.
  - d. This equipment is designed for standard olympic size weight plates with a 50mm bore (1.9”).
  - e. Do not exceed the maximum weight capacity of the machine. Maximum plate size is 45 lbs. (20 kg.).
13. On Selectorized and Cable equipped machines:
  - a. Do not allow users to perform any exercise by holding the end of the cable and/or the cable end fitting. Use only appropriate handles or attachments properly connected to the cable end.
  - b. Do not high-pin or double-pin the weight stack. Do not allow the machine to be used if the top plate or weight stack is pinned in a raised position. Use an assistant and carefully return the machine to the proper position with the cap plate resting on the top weight. Inspect the entire length of the cable to ensure that it is properly seated in all of the pulley grooves.
  - c. Do not allow the use of weight plates or dumbbells to be used as a means to add additional weight to the weight stacks. Use only the TRUE adder weight system specifically designed for the machine.

## CHAPTER 1: SAFETY INSTRUCTIONS

### INSTALLATION SAFETY PRECAUTIONS

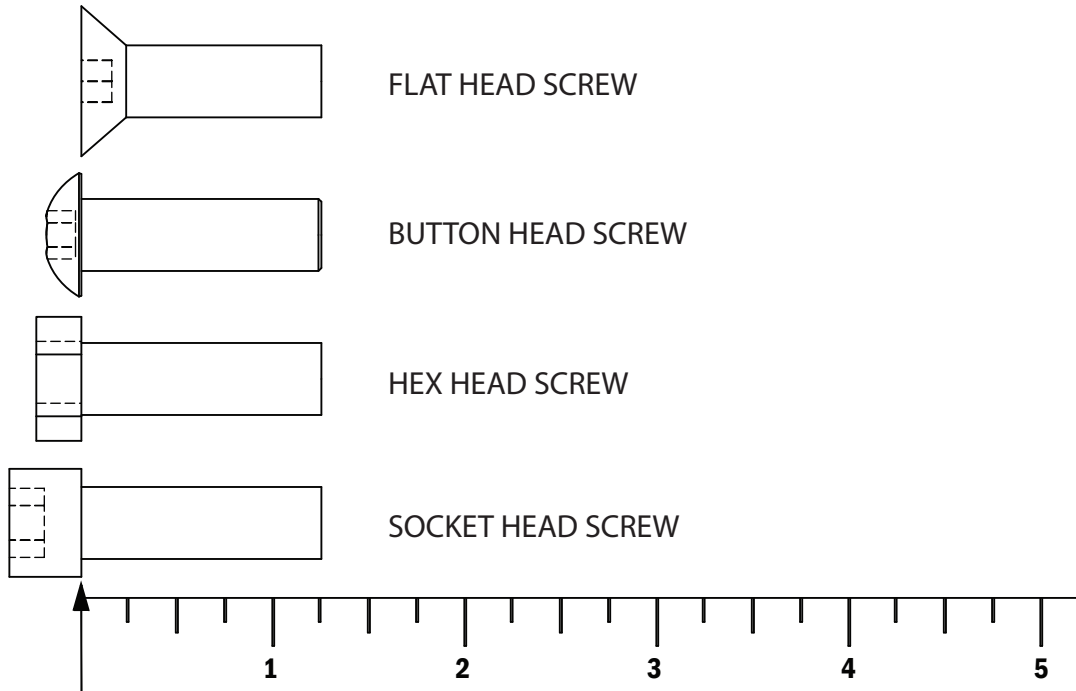
1. Read this installation manual entirely before assembling this equipment.
2. Verify that there is adequate space surrounding this piece of equipment for safe access and operation. Installation must meet ADA requirements for accessibility.
3. Install this piece of equipment on a solid level surface that does not deviate more than 1/8" over a 10' distance (or as defined and required by local building and architectural codes.)
4. TRUE strongly recommends that all equipment be anchored to the floor to prevent movement and increase stability.
  - Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.
  - Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lb (110 kg) for each position.
  - When attaching the machine to the floor, if there is a gap between the machine foot and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.
  - Anchoring holes are provided on the feet of the frame. All anchoring locations must be used when anchoring the equipment to the floor.
5. DO NOT install any fitness equipment near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components.
6. Be sure all hardware is tight before using this machine.
7. Some assembly materials may come preassembled in the carton. Refer to Chapter 2: Assembly Guide for instructions on disassembling assembly materials where appropriate before beginning assembly.

### MAINTENANCE SAFETY PRECAUTIONS

1. Refer to the maintenance schedule table in this manual for when to perform maintenance.
2. Check the function of your machine DAILY by verifying the following:
  - If equipped with cables, inspect cables and end fittings for any signs of wear. Replace if worn, frayed, or damaged with TRUE replacement components.
  - Verify that all adjustments are possible and carried out with ease. Make sure that each adjustment pin inserts completely into each position without binding.
  - Verify that safety catches and stops are in proper working order and engaged.
  - Verify that the exercise is performed smoothly, free of noise, and/or binding.
  - If equipped with a weight stack, verify that the proper weight selector pin is in place.
3. Check the function of your machine WEEKLY by verifying the following:
  - Nuts, Bolts, and Fasteners: check tightness weekly. If any hardware has become loose, retighten 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.
4. Replace any warning label at the first sign of wear. Labels and the facility safety sign may be obtained from TRUE.

## CHAPTER 1: SAFETY INSTRUCTIONS

### BOLT LENGTH MEASURING GUIDE



## CHAPTER 1: SAFETY INSTRUCTIONS

### IMPORTANT

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

1. Cables (If equipped): inspect end fittings daily for wear. Inspect the entire length of the cable weekly. Replace cables at the first sign of wear and on an annual basis. If the cable tension has been adjusted, be certain that the cable nut is tight.
2. Nuts, Bolts, and Fasteners: check tightness weekly. If any hardware has become loose, retighten and/or use Loctite™ brand Threadlocker 242. Be sure all hardware is tight before using the machine.
3. Safety Catches: inspect catches, stop rods and their associated fasteners weekly. Tighten any loose hardware and replace any components at first signs of wear.
4. Frames: sweat, disinfecting sprays and spills can lead to corrosion which may lead to premature failure of components. Wipe all machines down with a damp cloth and dry completely each day. This includes painted parts, chrome parts and upholstered pads.
5. 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.
6. Weight stack enclosures (shrouds)(If Equipped): wipe down with a damp cloth as needed.
7. Exercise instruction labels: clean with soap and water as needed.
8. Guide rods (If equipped): wipe all dirt and dust from the guide rods before applying a light application of Tri-Flow™ or other teflon spray lubricant. Spray the Tri-Flow™ on a rag and then wipe the guide rods with the rag. DO NOT use oil lubricants such as WD-40. Caution: Tri-Flow™ will stain carpet and clothing.
9. Bronze bushings: check monthly for signs of wear and replace as needed.
10. Linear Bearing Shafts: wipe any accumulation of dust or other contaminants from the shafts on a weekly basis. Apply a thin layer of a Teflon® (PTFE) grease on a weekly basis. TRUE recommends Magnalube® brand.
11. When replacing any component, use only TRUE supplied parts.
12. 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 Fitness Technology at (800)883-8783 or [service@truefitness.com](mailto:service@truefitness.com).

## CHAPTER 1: SAFETY INSTRUCTIONS

### COMMERICAL MAINTENANCE SCHEDULE

	DAILY	WEEKLY	MONTHLY	6 MONTHS	ANNUALLY
INSPECT: Cables for wear, tension, and proper connection if equipped.	X				
INSPECT: All nuts and bolts and tighten if needed.		X			
INSPECT: All anti-slip surfaces and replace as needed.		X			
INSPECT: All adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys if equipped.	X				
INSPECT: All accessory bars and handles.		X			
INSPECT: All safety and instructional decals.	X				
INSPECT: All weight stack shields if equipped.	X				
CLEAN: Guide rods and lubricate with a teflon lubricant if equipped.			X		
CLEAN: Upholstery	X				
LUBRICATE: Pivot bearings and linear bearings.				X	
REPLACE: Cables if equipped.					X

## CHAPTER 2: ASSEMBLY GUIDE

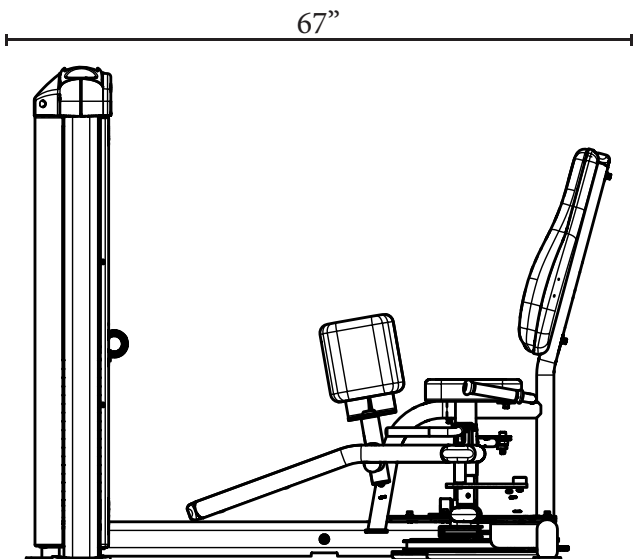
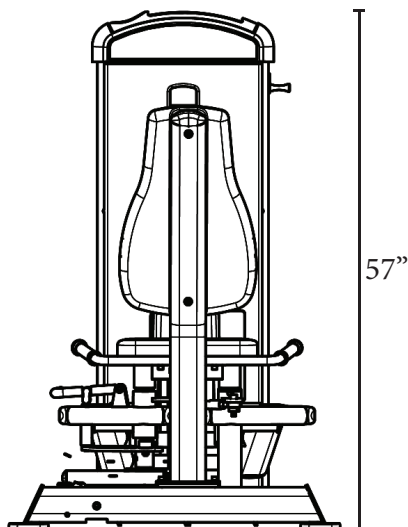
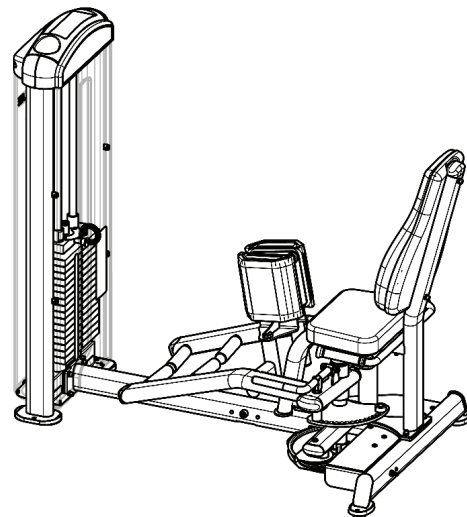
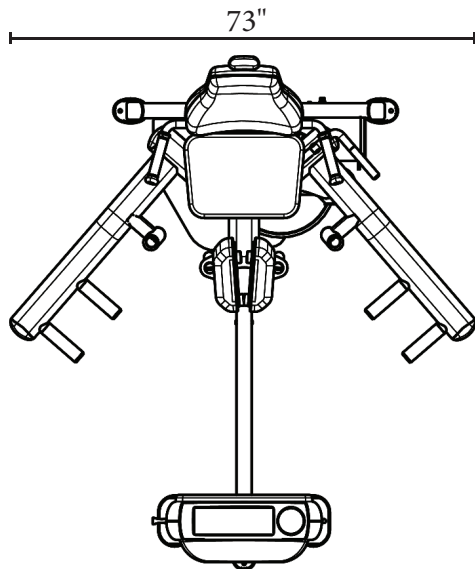


NOTE: Supplemental video available on vimeo.com: <https://vimeo.com/834530629>

### MACHINE SPECIFICATIONS:

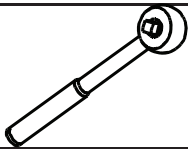

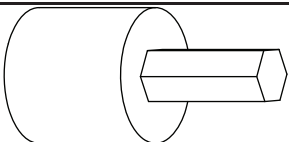
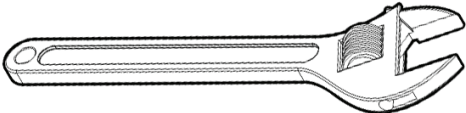
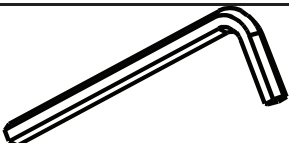
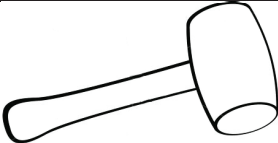

#### Features

- Standard weight stack: 10-170 lb. (4.5-77 kg.) with 10 lb. weight plate increments.
- Optional weight stack: 10-250 lb. (4.5-113 kg.) with 15 lb. weight plate increments.
- 17 vertical position adjustments
- Weight of assembled machine: 561 lb. (255 kg.) with 170 lb. weight stack; 641 lb. (291kg.) with 250 lb. optional weight stack.
- Floor loading:
  - For standard 170 lb. stack it is 33 lb/ft<sup>2</sup> (159 kg/m<sup>2</sup>)
  - For optional 250 lb. stack it is 37 lb/ft<sup>2</sup> (182 kg/m<sup>2</sup>)



## CHAPTER 2: ASSEMBLY GUIDE

### REQUIRED TOOLS:

	Ratchet Handle
	9/16" Socket
	8 mm Hex Bit Socket
	Adjustable Wrench (1" Maximum Jaw Capacity)
	Allen Wrench (supplied): <ul style="list-style-type: none"> <li>• 4 mm</li> <li>• 8 mm</li> </ul>
	Rubber Mallet
	Phillips Head Screw Driver



# INNER / OUTER THIGH

FUSE XL • FUSE-0400

1. Read all warning labels on machine.
2. Do not try to use or fix machine that appears damaged or inoperable.
3. DO NOT use if weights are pinned in elevated position. Seek assistance from staff.
4. Always select light resistance when using machine for first time.



INNER STARTING

**INNER THIGH / HIP ADDUCTION**

1. Place thigh pads against inside of leg just above the knee.
2. Adjust legs to desired starting position.
3. Grasp handles and slowly bring legs together.
4. Return to initial position and repeat.



OUTER STARTING

**OUTER THIGH / HIP ABDUCTION**

1. Place thigh pads against outside of leg just above the knee.
2. Adjust legs to desired starting position.
3. Grasp handles and slowly move legs apart as far as comfortable.
4. Return to initial position and repeat.

LBL-PR-FU204BK

### COMPLIANCES:

This equipment complies with all fitness product standards. For a complete list of compliances, please visit [www.TrueFitness.com](http://www.TrueFitness.com).



## CHAPTER 2: ASSEMBLY GUIDE

### LABELS:

Weight Stack Label:  
LBL-WS-FU170-FU250BK

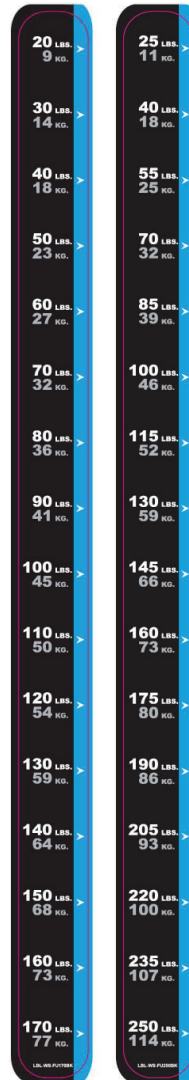
 **WARNING**

**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO HELP AVOID INJURY.**

- BEFORE USING: Read and understand all of the warnings and obtain instruction on the use of this machine. DO NOT modify the machine.
- Get a medical exam before beginning an exercise program.
- Keep body and clothing clear of all moving parts. DO NOT wear anything loose or dangling.
- Inspect the machine before use. DO NOT use if it appears damaged. DO NOT try to fix any machine. Notify staff immediately.
- INSPECT MACHINE DAILY for loose, worn or damaged parts. Replace any part or label at first signs of wear. Inspect all cables and their connections closeley. If you are in doubt about any part, DO NOT use the machine until the part is replaced.
- Inspect all cables and connections before using the machine. DO NOT use this machine if any part appears worn or damaged.
- Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
- NEVER pin weights or top plate into an elevated position. DO NOT use the machine if found in this condition. DO NOT try to fix. Seek assistance.
- Use only the incremental weights supplied by the manufacturer. DO NOT use dumbbells or other means to add resistance to machine.
- NEVER allow children near this machine. Supervise teenagers.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

MAINTENANCE SCHEDULE	
Check the integrity and function of the following items. Replace all worn components immediately.	
Cables:	DAILY
• Check tension, end fittings, and coating.	X
• Check weight stack locking nut.	X
• Replace cables annually.	X
Upholstery:	WEEKLY
• Wipe down and dry.	X
• Clean and condition.	X
Frame:	
• Wipe down and with damp cloth and dry.	X
• DO NOT leave parts damp. Polish/Wax	X
Chrome:	
• Wipe down with damp cloth and dry.	X
• DO NOT leave parts damp. Polish/Wax	X
Nuts/Bolts	
• Check Tightness.	X
Guide Rods:	
• Clean and lubricate.	X
Seat Sleeves:	
• Clean and lubricate.	X
Adjustments/Locking Pins/Knobs	
Weight Stack Pin	X
Warning/Instruction Labels	X
Springs	X
Anti-Skid	X
Hand Grips	X

For recommended maintenance products refer to the owner's manual or TRUE'S Web site [www.truefitness.com](http://www.truefitness.com)  
1-800-426-6570    ASTM F1749    S 630FUSE






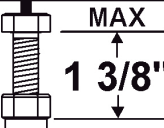
**FITNESS TECHNOLOGY, INC.**  
865 HOFF ROAD, O'FALLON, MISSOURI, 63366 USA

Model No.  
**FUSE XL-0400**

Serial No./Date Code  
**16-FUS0400021**

 **WARNING**

**MAXIMUM Height Under Nut to Bolt Head. MAKE SURE locking nut is tight.**



P/N B2141B    ASTM F1749

 **WARNING**

**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE CABLES AND THEIR ATTACHMENT COMPONENTS ARE NOT INSPECTED OFTEN. REPLACE AT FIRST SIGNS OF WEAR.**

ASTMF1749    B2051

 **WARNING**

**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE PIN IS NOT COMPLETELY INSERTED BEFORE USE.**

P/N B2065    ASTM F1749

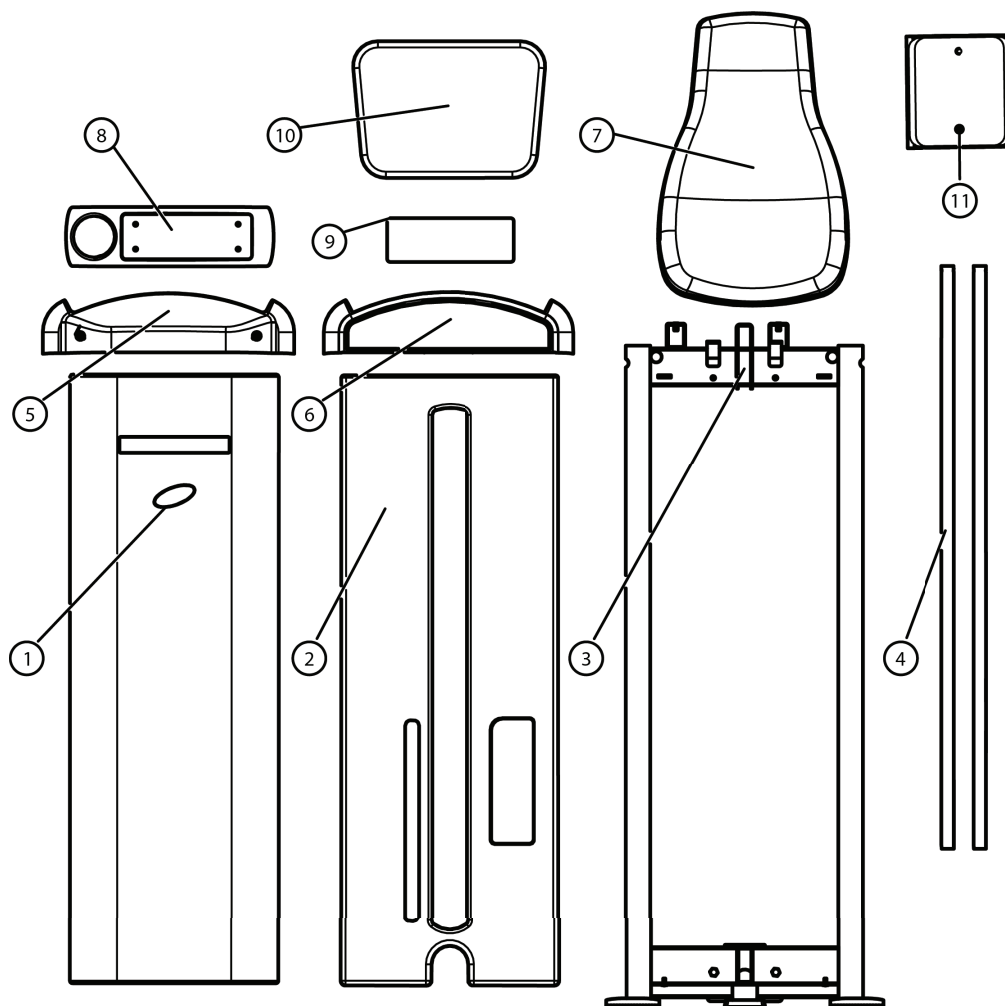
## CHAPTER 2: ASSEMBLY GUIDE

### PREASSEMBLY CHECKLIST:

#### Carton One Contents

Note: Hardware item numbers on the tooling card may not match the hardware item numbers shown in the owner's manual.

Item	Part Number	Description	Quantity
1	FUS-00RS101XBK	REAR SHROUD	1
2	FUS-00FS101XBK	FRONT SHROUD	1
3	FUS-00UP500XBK	UPRIGHT ASSEMBLY	1
4	FUS-00GR001	GUIDE ROD	2
5	FUS-00TC002BK	BACK TOP CAP	1
6	FUS-04TC001XBK	FRONT TOP CAP	1
7	9005BPD000XBK	BACK PAD	1
8	FUS-00TC004BK	TOP CAP	1
9	FUS-00MT001	TOP CAP PAD	1
10	LPPAD04000XBK	SEAT PAD	1
11	PAD-TH001-00XBK	THIGH PAD	1



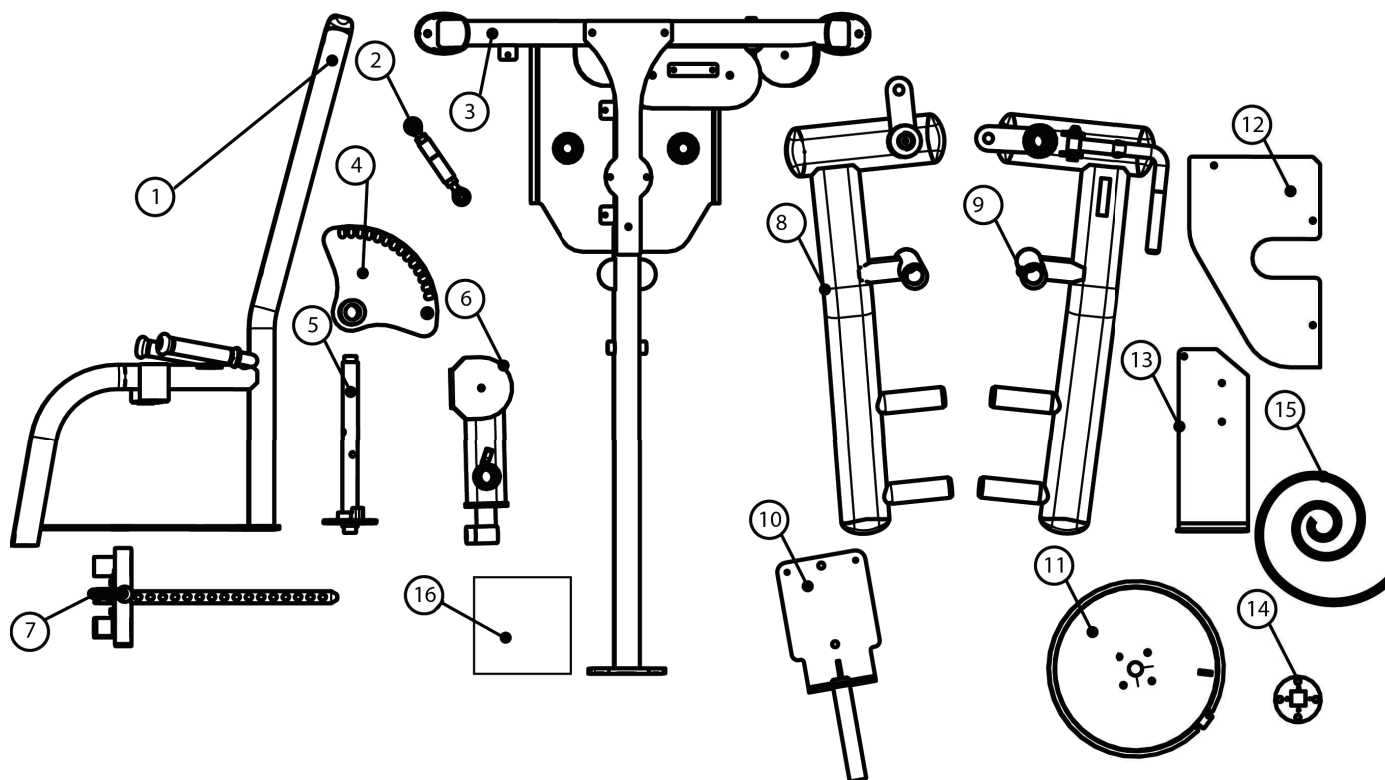
## CHAPTER 2: ASSEMBLY GUIDE

### PREASSEMBLY CHECKLIST:

#### Carton Two Contents

Note: Hardware item numbers on the tooling card may not match the hardware item numbers shown in the owner's manual.

Item	Part Number	Description	Quantity
1	TRXL2-04MF650XBK	SEAT FRAME ASSY	1
2	TRXL2-04CL000XBK	THIGH ARM LINKAGE	1
3	TRXL2-04MF600XBK	MAIN FRAME	1
4	FS52-ADJ-100XBK	LEG ADJUSTMENT PLATE	1
5	TRXL2-04AX000BK	LEFT LEG AXLE	1
6	TRXL2-04PA800XBK	PULLEY PIVOT ARM	1
7	FUS-00TP016XBK	16 WT TOP PLATE	1
8	TRXL2-04PA700XBK	RIGHT THIGH ARM ASSY	1
9	TRXL2-04PA600XBK	LEFT THIGH ARM ASSY	1
10	TRXL2-04PA400XBK	THIGH PAD ASSEMBLY	2
11	TRXL2-04CAM00BK	CAM PULLEY WELDMENT	1
12	TRXL2-04CV015BK	RIGHT FRAME COVER	1
13	TRXL2-04CV100BK	LEFT FRAME COVER	1
14	TRXL2-04SP510BK	MAIN FRAME STOP ASSY	1
15	TRXL2-04CB000X	CABLE	1
16	7XL2-0400HW	FUSE 400 HARDWARE PACK	1



## CHAPTER 2: ASSEMBLY GUIDE

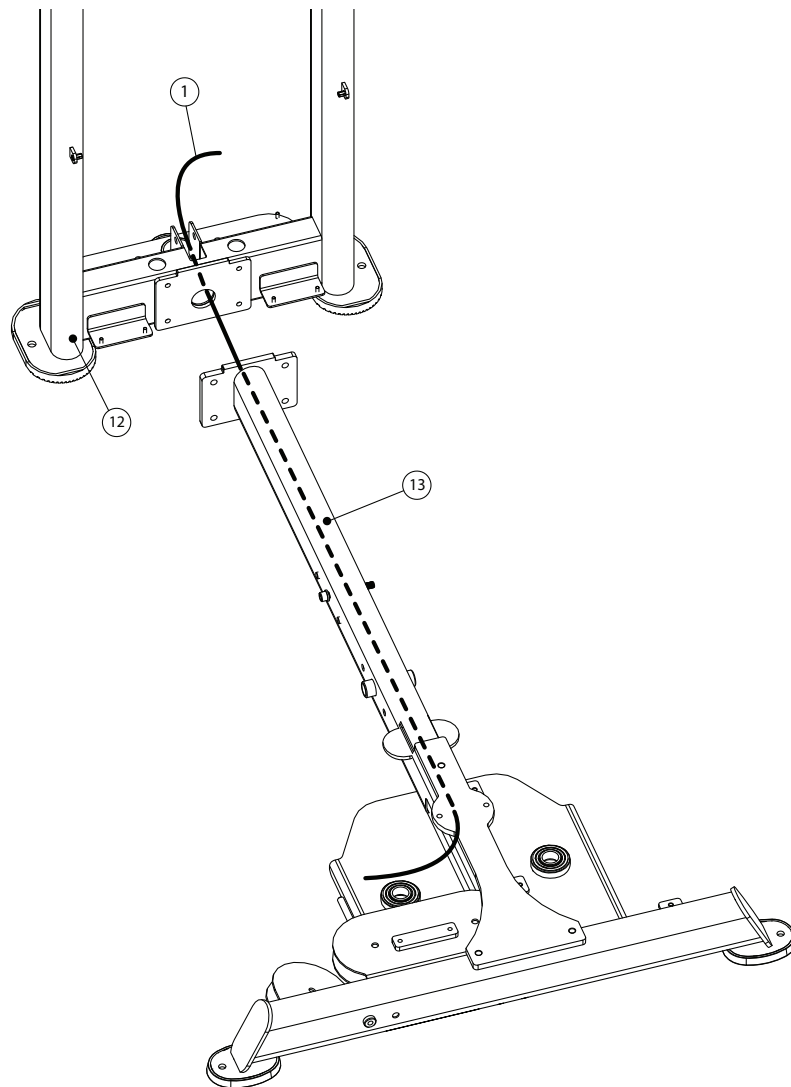
### ASSEMBLY STEPS:

#### Step 1A (Main Frame):

Route the weight stack cable through the main frame and upright using a wire puller.

Item	Part Number	Description	Quantity
1	TRXL2-04CB000X	CABLE	1
12	FUS-00UP500XBK	UPRIGHT ASSEMBLY	1
13	TRXL2-04MF600XBK	MAIN FRAME	1

Note: Secure weight stack cable ends to ensure no tripping hazards until machine is fully assembled.



## CHAPTER 2: ASSEMBLY GUIDE

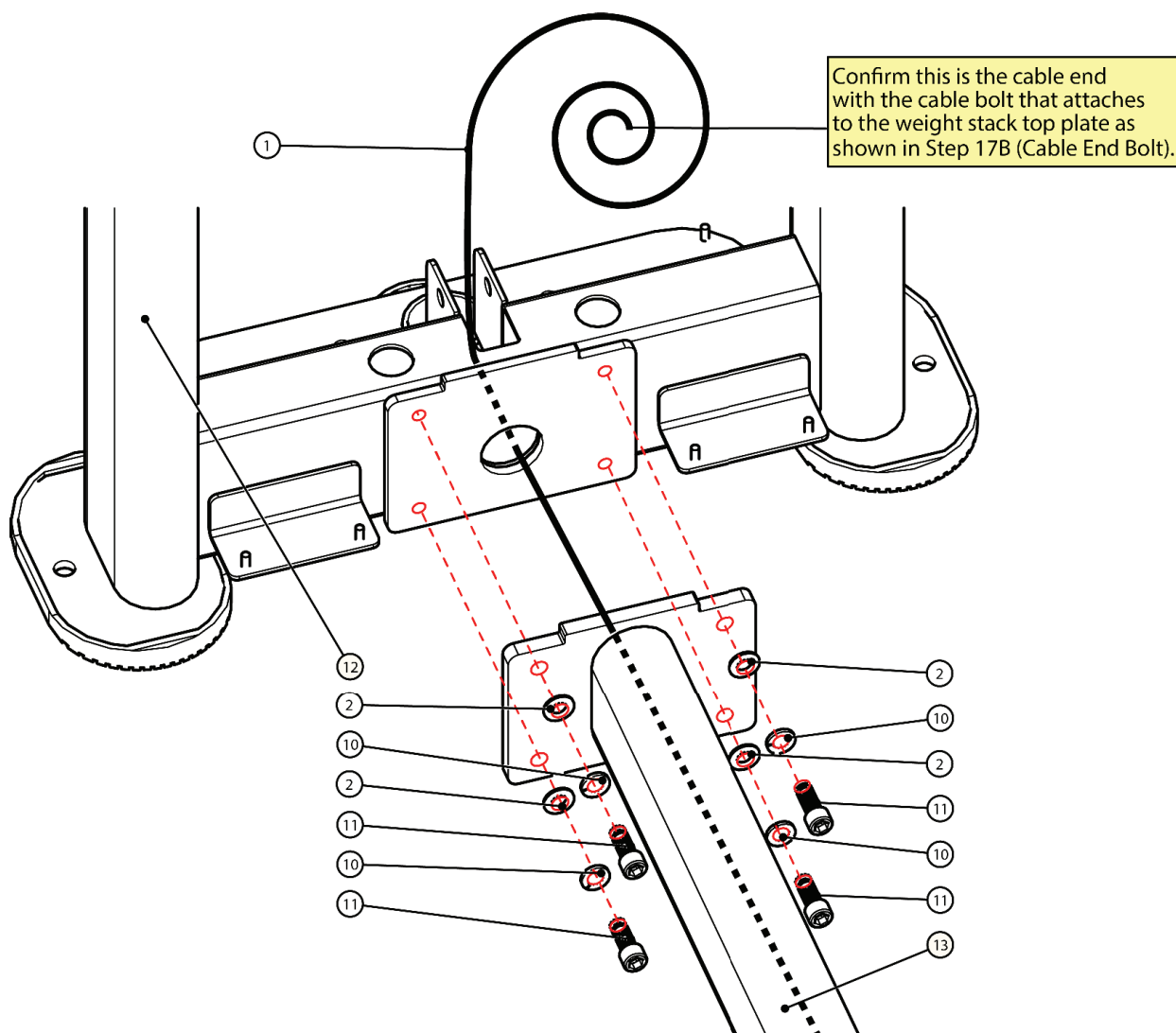
### ASSEMBLY STEPS:

#### Step 1B (Main Frame):

Assemble the main frame and upright assembly using the identified hardware.

Note: Do not fully tighten main frame and upright assembly hardware until step 19B (Front and Back Shrouds).

Item	Part Number	Description	Quantity
1	TRXL2-04CB000X	CABLE	1
2	C 754C	FLAT WASHER 3/8"	4
10	C 749	LOCK WASHER 3/8"	4
11	C 623	SH BOLT, 3/8"-16, 1"	4
12	FUS-00UP500XBK	UPRIGHT ASSEMBLY	1
13	TRXL2-04MF600XBK	MAIN FRAME	1



## CHAPTER 2: ASSEMBLY GUIDE

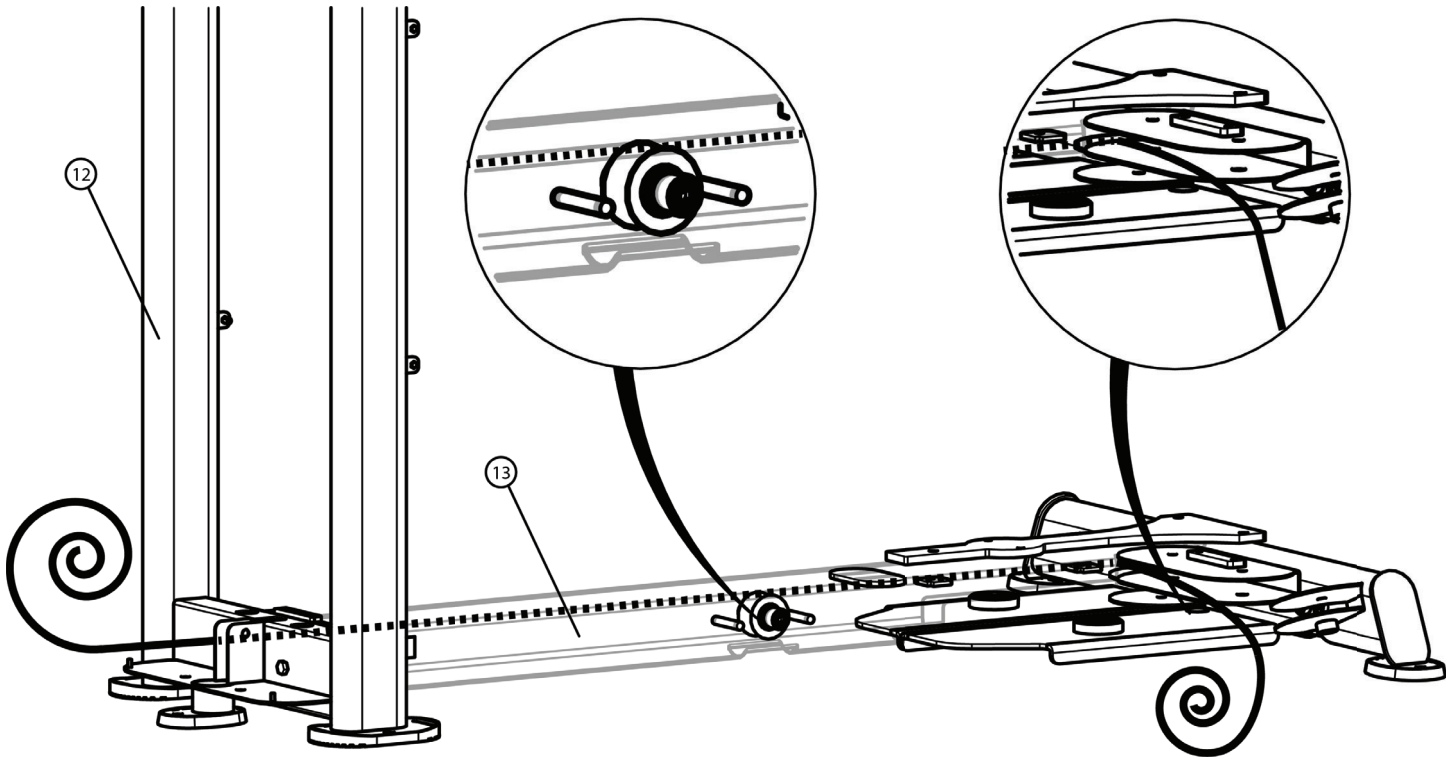
### ASSEMBLY STEPS:

#### Step 1C (Main Frame):

Route the cable as shown ensuring the cable is seated above the pulley in the pulley groove.

Item	Part Number	Description	Quantity
12	FUS-00UP500XBK	UPRIGHT ASSEMBLY	1
13	TRXL2-04MF600XBK	MAIN FRAME	1

Note: The pulley wheel shown below is preassembled to the main frame and must be temporarily removed to route the cable above it.



## CHAPTER 2: ASSEMBLY GUIDE

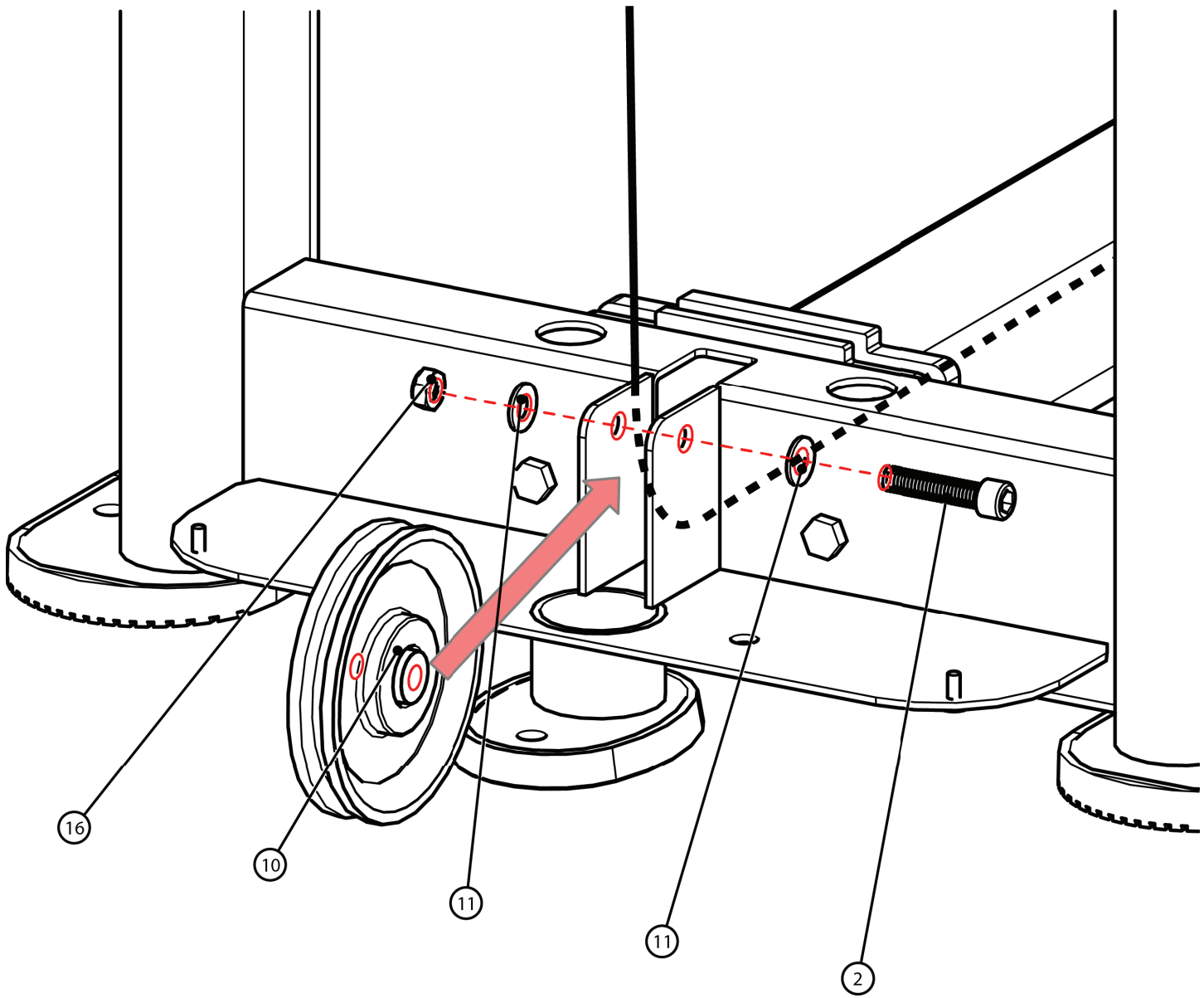
### ASSEMBLY STEPS:

#### Step 2 (Pulley Assembly):

Assemble the pulley using the hardware identified as shown below.

Before tightening the pulley hardware, make sure that the cable is seated in the pulley groove.

Item	Part Number	Description	Quantity
2	C 626	SH BOLT, 3/8"-16, 1-3/4"	1
10	B 900	PULLEY, 4-1/2"	1
11	C 754C	FLAT WASHER 3/8"	2
16	C 766A	LOCK NUT, 3/8"-16	1





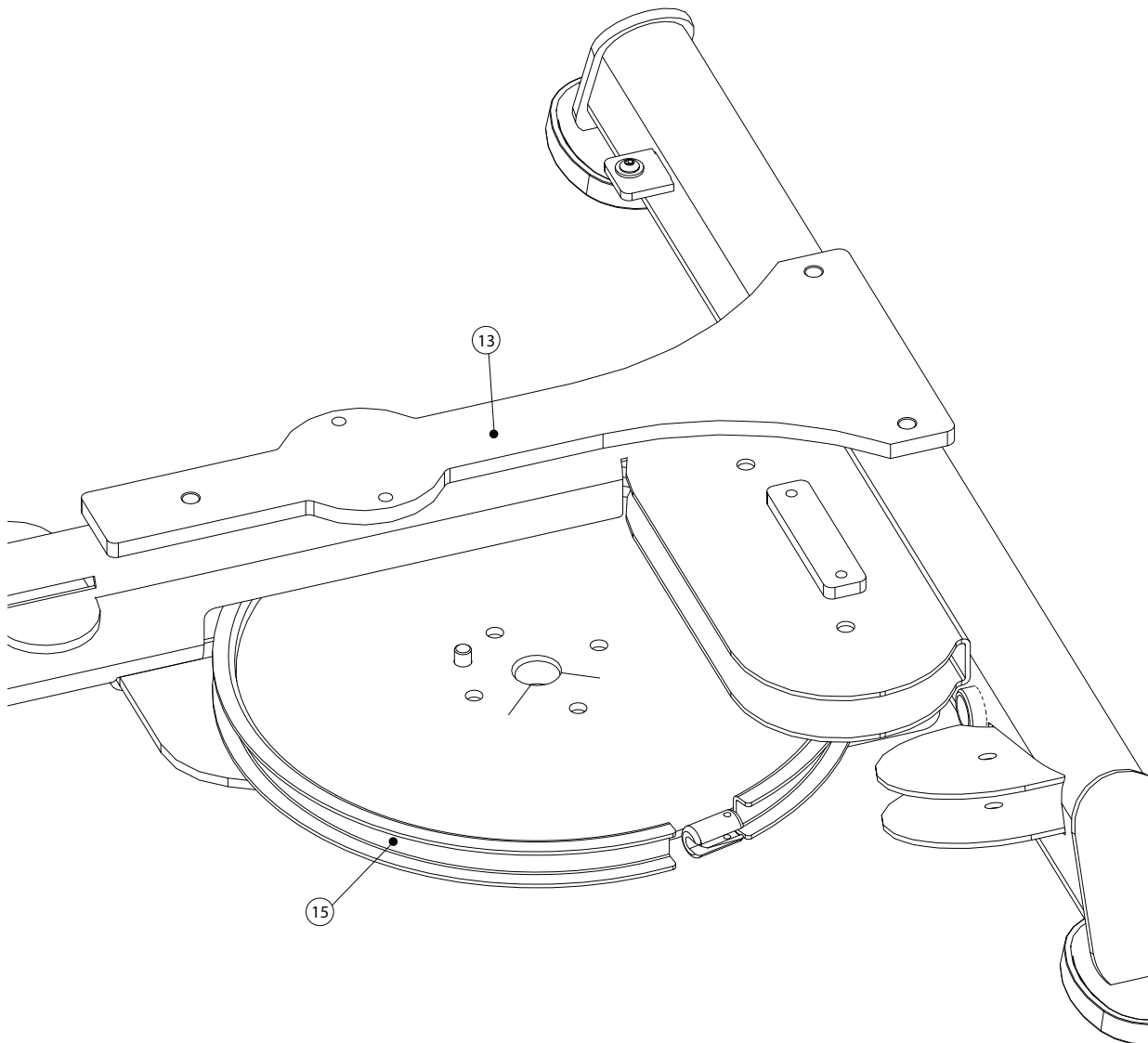
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 3A (Left Thigh Arm Assembly):

Place the cam pulley weldment in the correct position on the main frame.

Item	Part Number	Description	Quantity
13	TRXL2-04MF600XBK	MAIN FRAME	1
15	TRXL2-04CAM00BK	CAM PULLEY WELDMENT	1



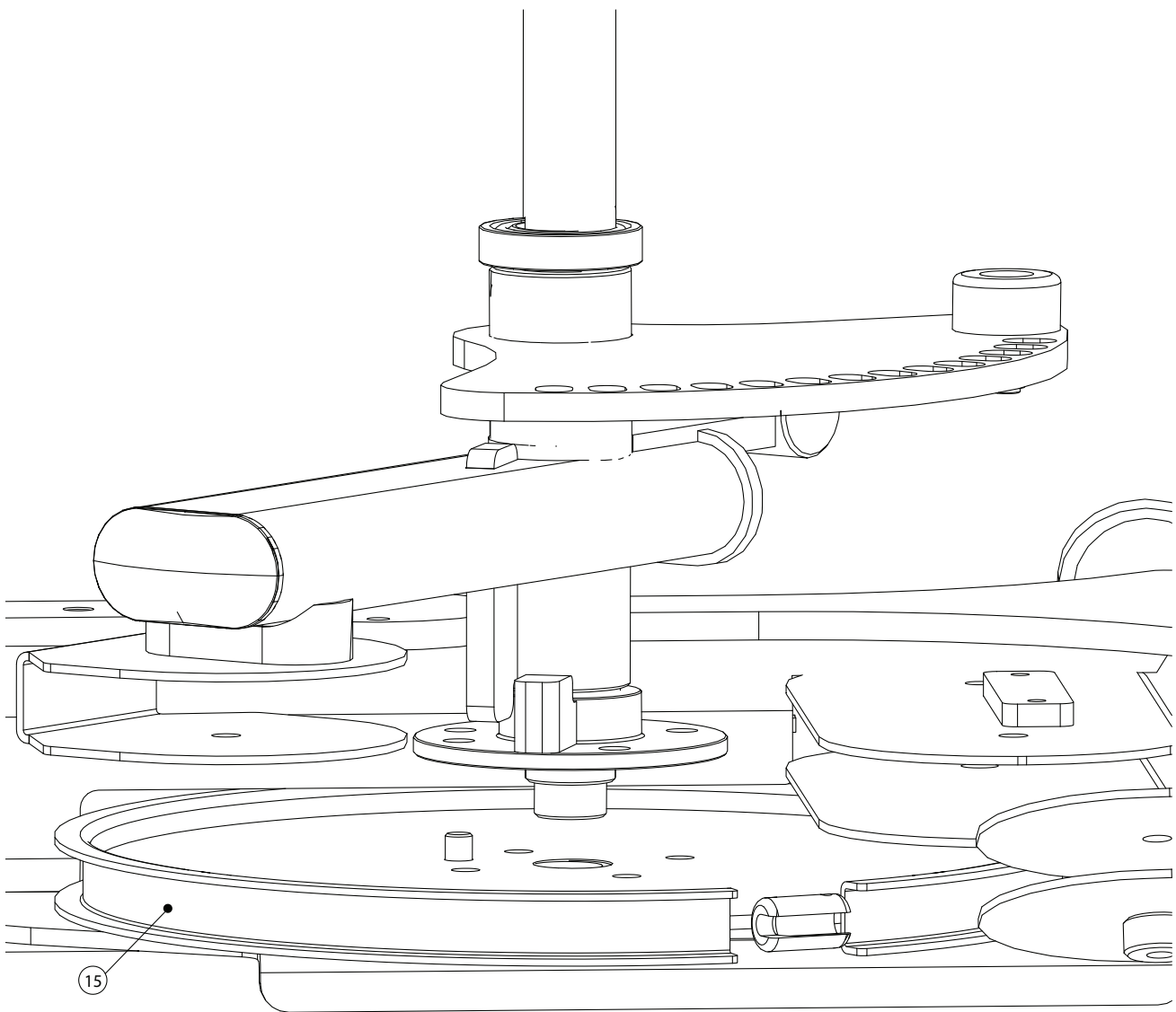
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 3B (Left Thigh Arm Assembly):

Align the hardware holes on the left leg axle with the cam pulley weldment.

Item	Part Number	Description	Quantity
15	TRXL2-04CAM00BK	CAM PULLEY WELDMENT	1



## CHAPTER 2: ASSEMBLY GUIDE

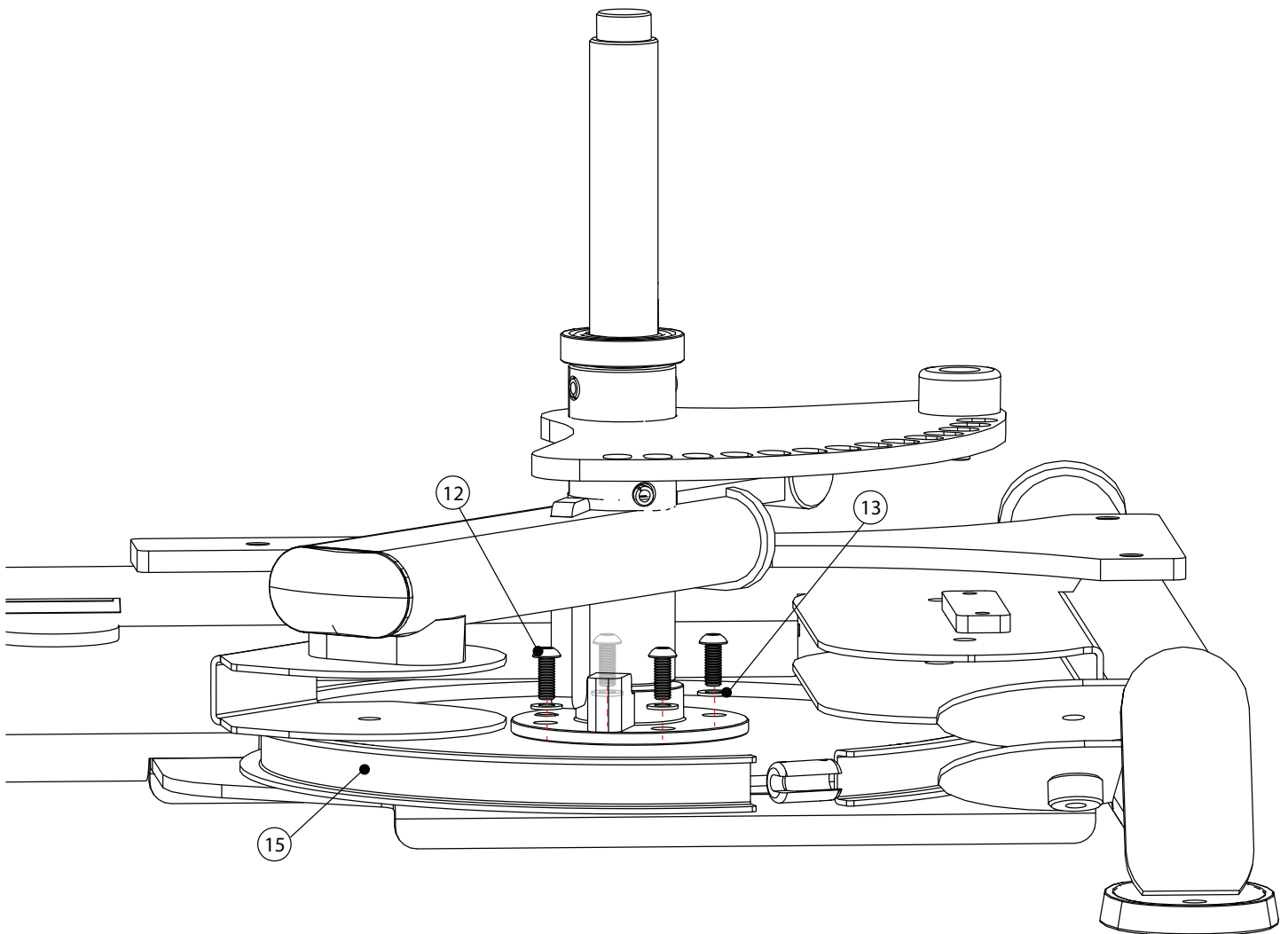
### ASSEMBLY STEPS:

#### Step 3C (Left Thigh Arm Assembly):

Secure the cam pulley weldment to the main frame using the identified hardware.

Note: Refer to Step 3D (Left Thigh Arm Assembly) for overall orientation of the items shown below.

Item	Part Number	Description	Quantity
12	C 678	SH BUTTON BOLT 3/8"-16 X 1"	4
13	C 754C	FLAT WASHER 3/8"	4
15	TRXL2-04CAM00BK	CAM PULLEY WELDMENT	1



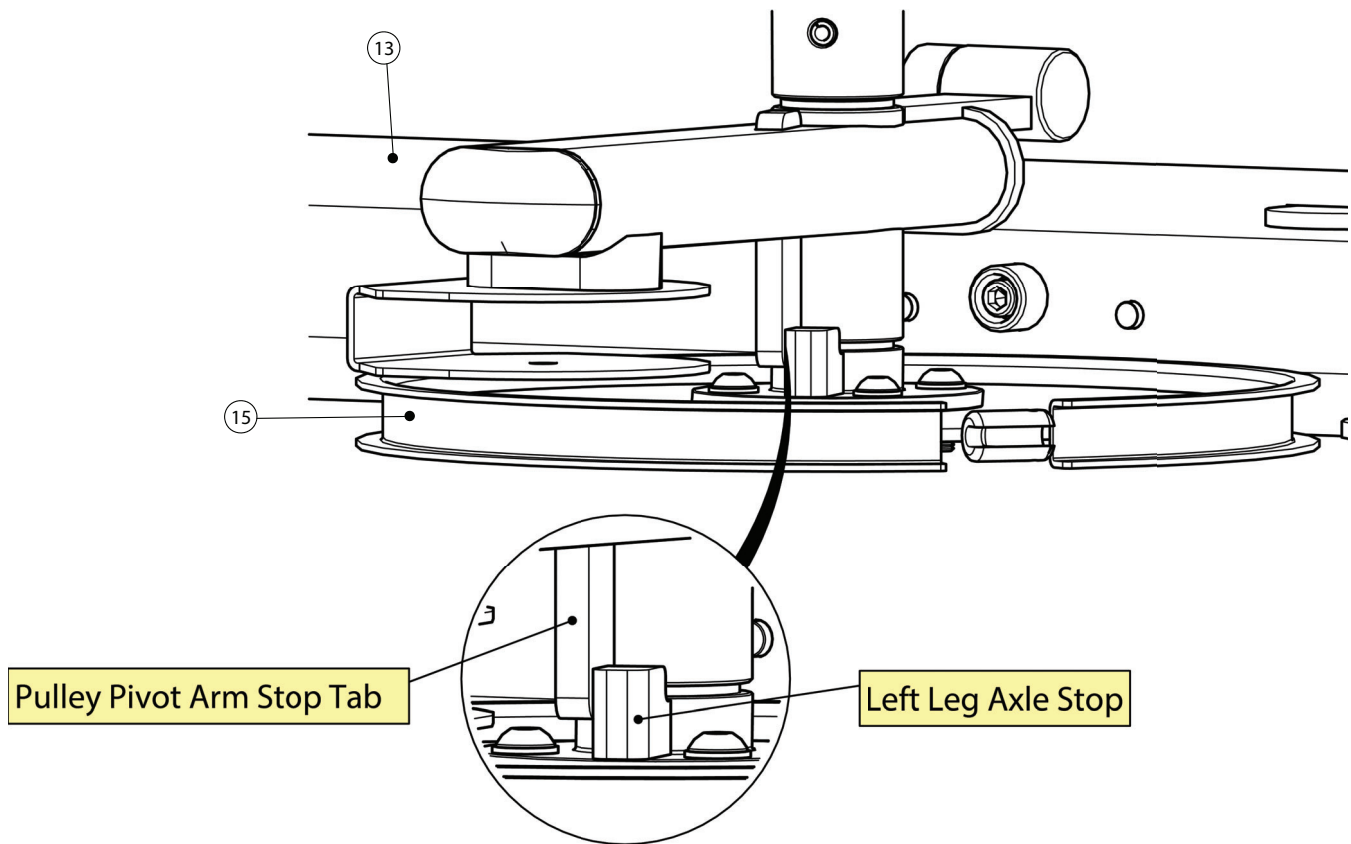
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 3D (Left Thigh Arm Assembly):

Note: Ensure the orientation of the pulley pivot arm stop tab and cam pulley weldment stop as shown below.

Item	Part Number	Description	Quantity
13	TRXL2-04MF600XBK	MAIN FRAME	1
15	TRXL2-04CAM00BK	CAM PULLEY WELDMENT	1



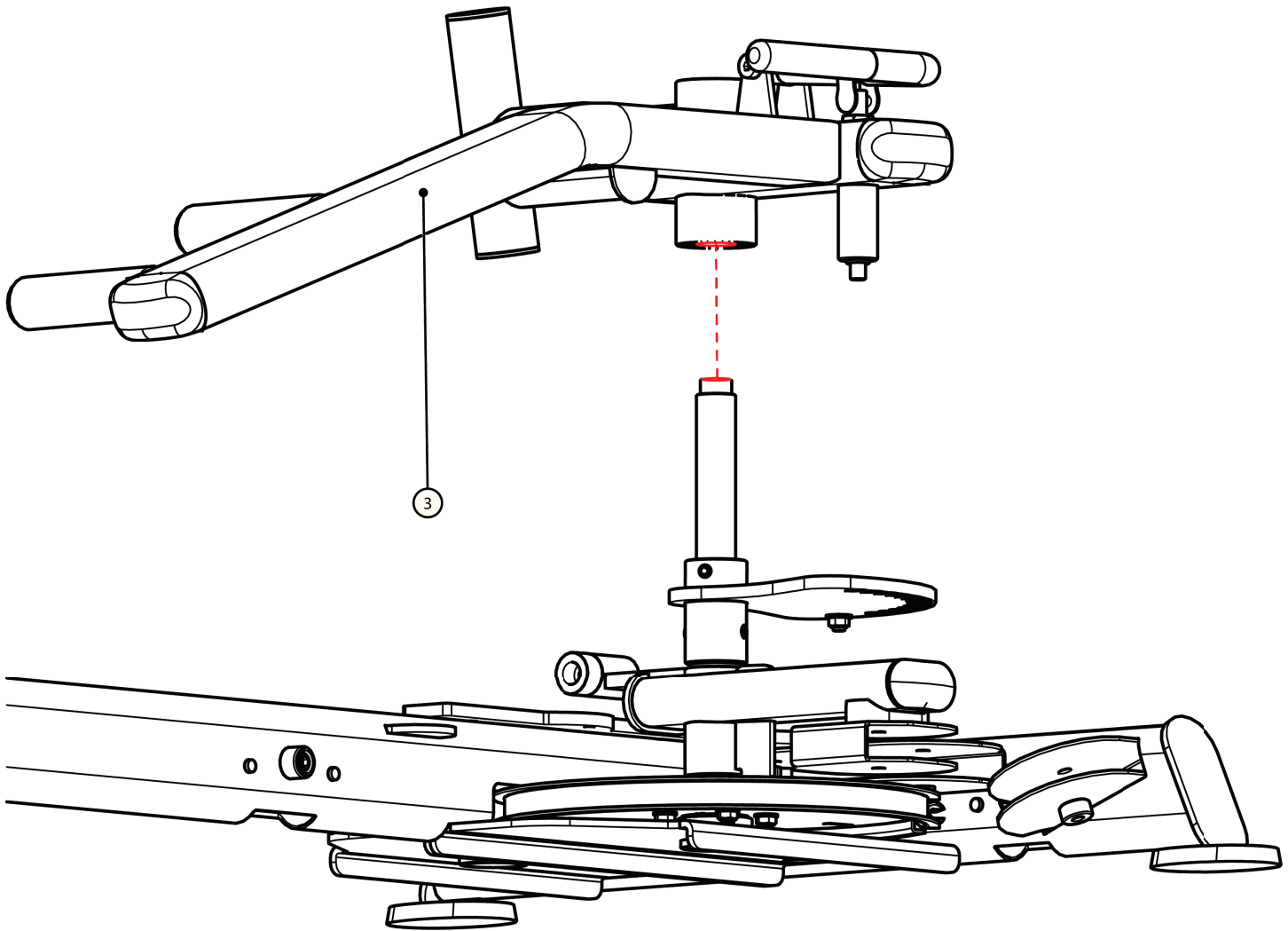
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 3E (Left Thigh Arm Assembly):

Place the axle housing of the left thigh arm assembly over the left leg axle as shown below.

Item	Part Number	Description	Quantity
3	TRXL2-04PA600XBK	LEFT THIGH ARM ASSY	1



## CHAPTER 2: ASSEMBLY GUIDE

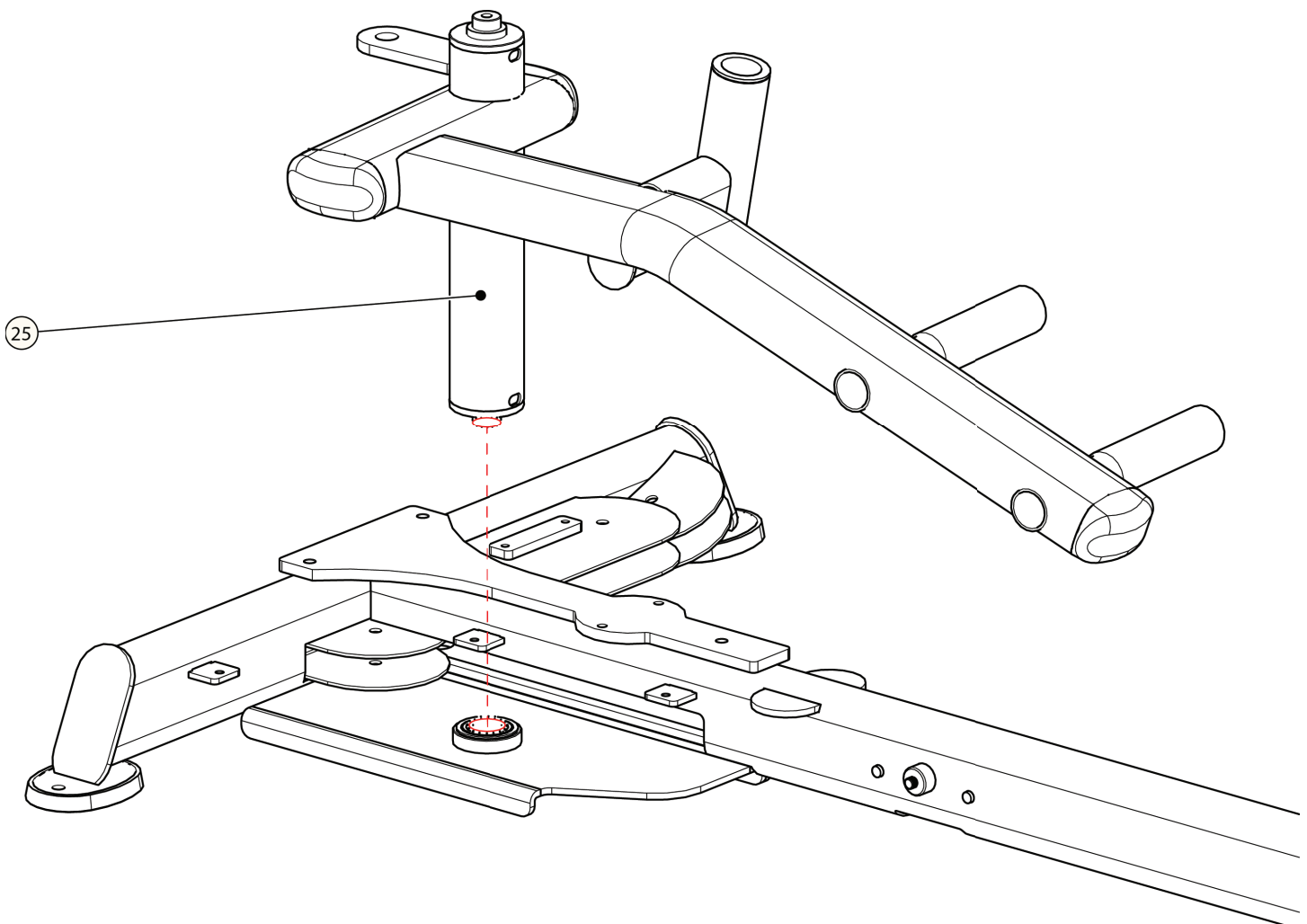
### ASSEMBLY STEPS:

#### Step 4 (Right Thigh Arm Assembly):

Position the right thigh arm assembly over the lower, right frame cover as shown below.

Item	Part Number	Description	Quantity
25	TRXL2-04PA700XBK	RIGHT THIGH ARM ASSY	1

Note: Assembly items from Step 3 (Left Thigh Arm Assembly) through Step 4B (Left Thigh Arm Assembly) not shown for clarity in this assembly step.



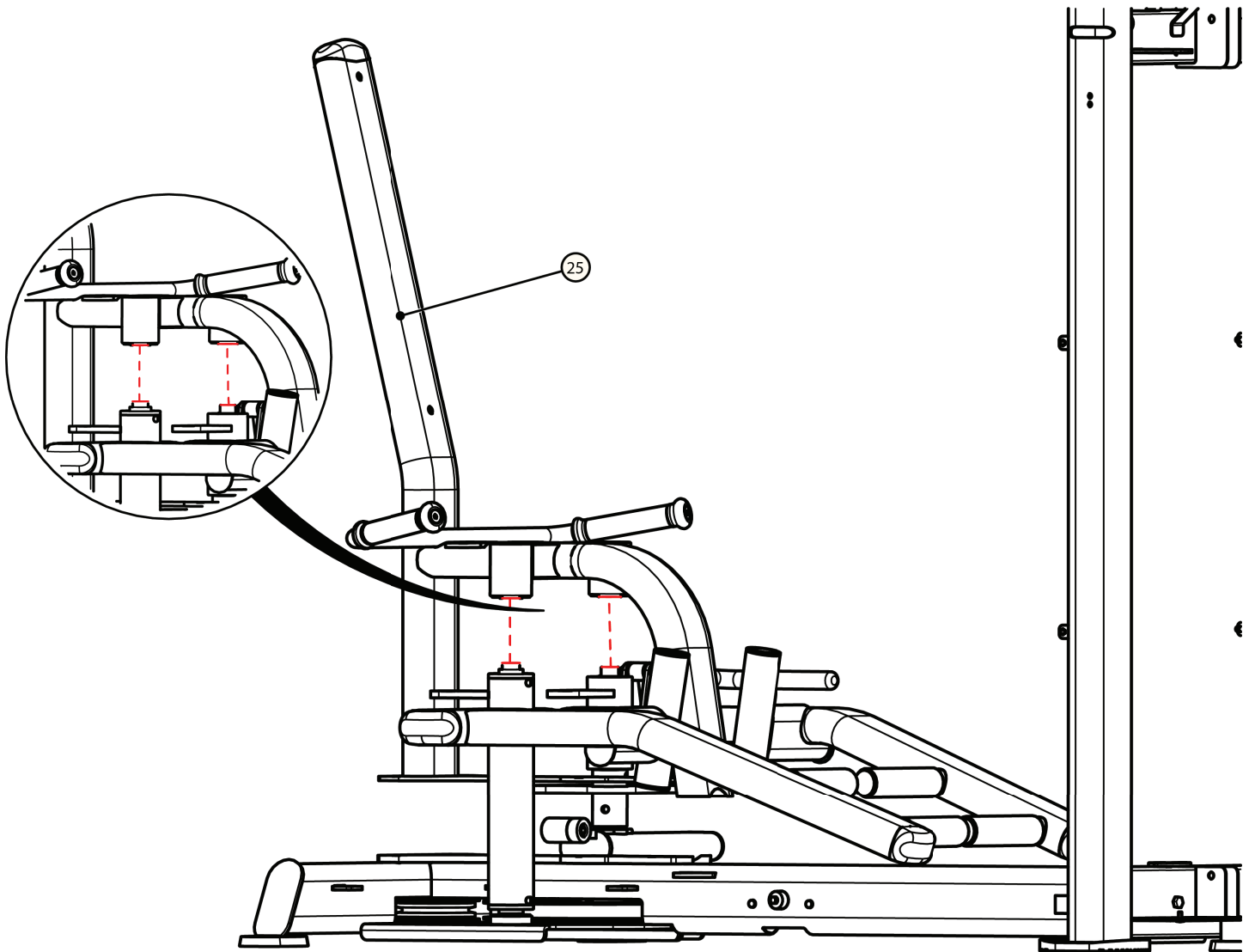
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 5A (Seat Frame Assembly):

Position the seat frame assembly over the left and right thigh arm assemblies and main frame as shown below.

Item	Part Number	Description	Quantity
25	TRXL2-04MF650XBK	SEAT MAIN FRAME ASSY	1





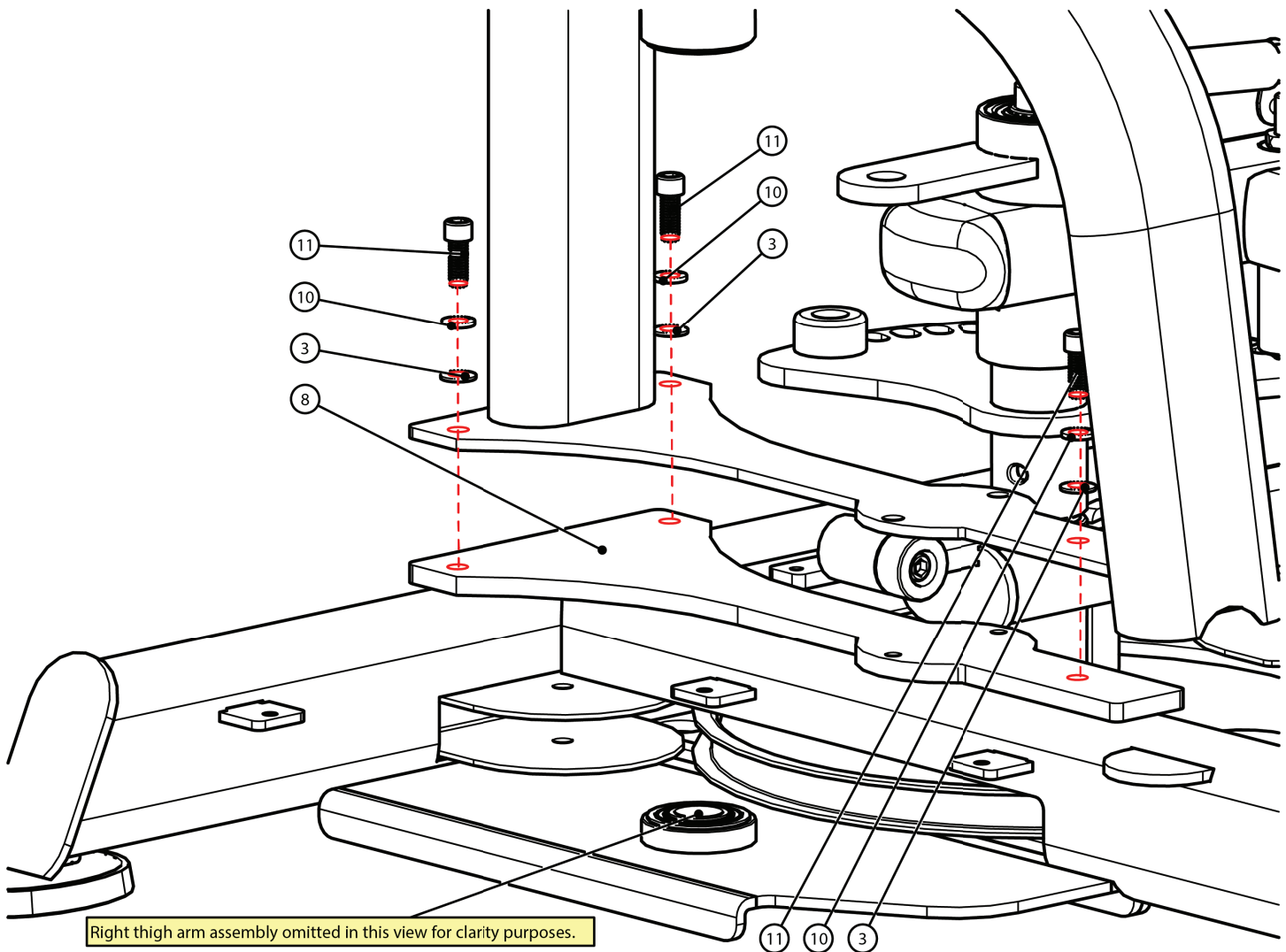
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 5B (Seat Frame Assembly):

Align the bracket holes on the seat frame assembly and main frame and assemble using the identified hardware.

Item	Part Number	Description	Quantity
3	C 754C	FLAT WASHER 3/8"	3
8	TRXL2-04MF603BK	MAIN FRAME	1
10	C 749	LOCK WASHER 3/8"	3
11	C 623	SH BOLT, 3/8"-16, 1"	3



## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

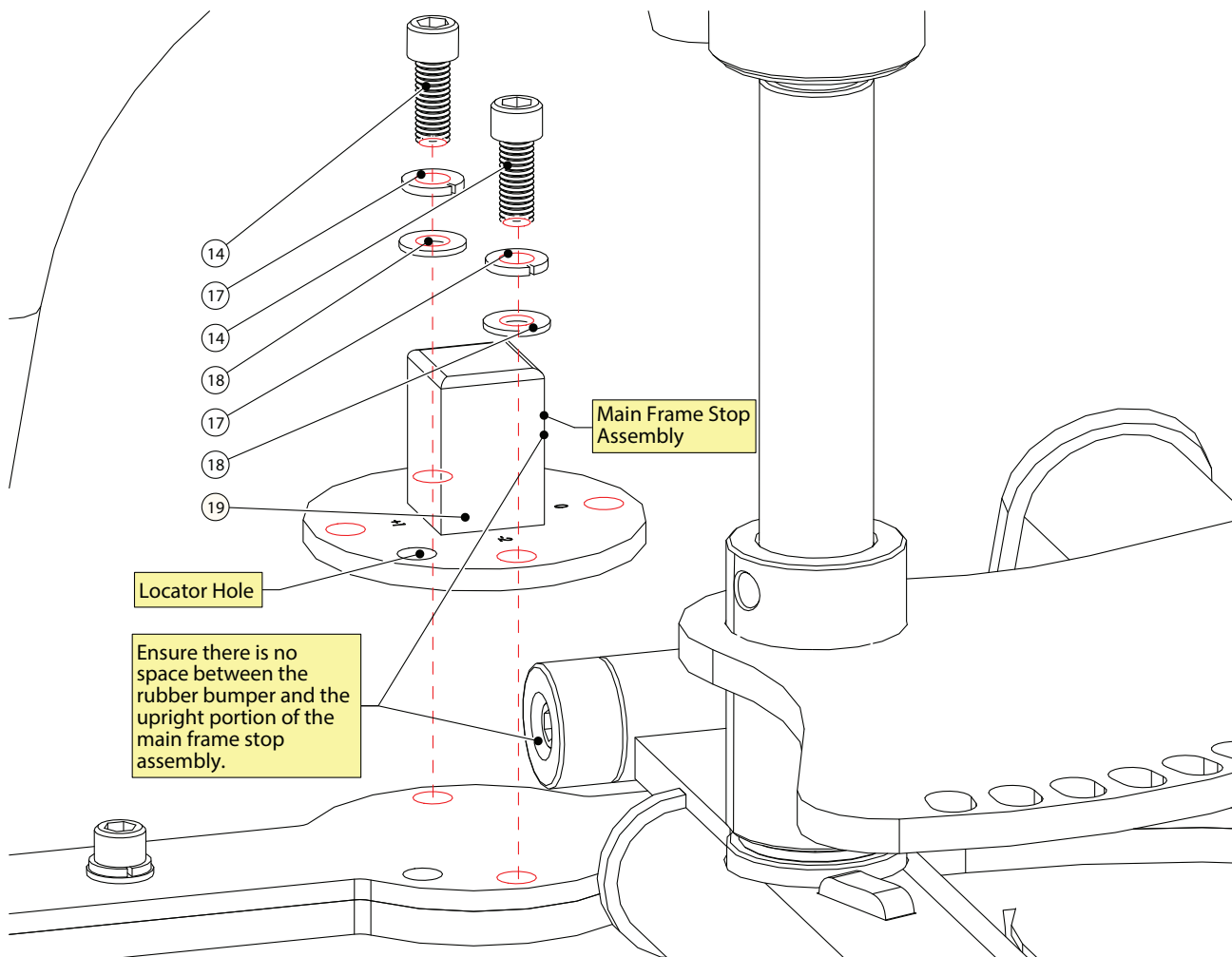
#### Step 5C (Main Frame Stop Assembly):

Assemble the main frame stop assembly to the main frame using the identified hardware as shown below.

**IMPORTANT!** To adjust the alignment of the arms using the main frame stop assembly, refer to Thigh Arms Alignment on page 44.

**Note:** The initial orientation for securing the main frame stop assembly to the main frame is determined by the locator hole's position relative to the user's seated position in the machine as shown below.

Item	Part Number	Description	Quantity
14	C 623	SH BOLT, 3/8"-16, 1"	2
17	C 749	LOCK WASHER 3/8"	2
18	C 754C	FLAT WASHER 3/8"	2
19	TRXL2-04SP510BK	MAIN FRAME STOP ASSY	1



## CHAPTER 2: ASSEMBLY GUIDE

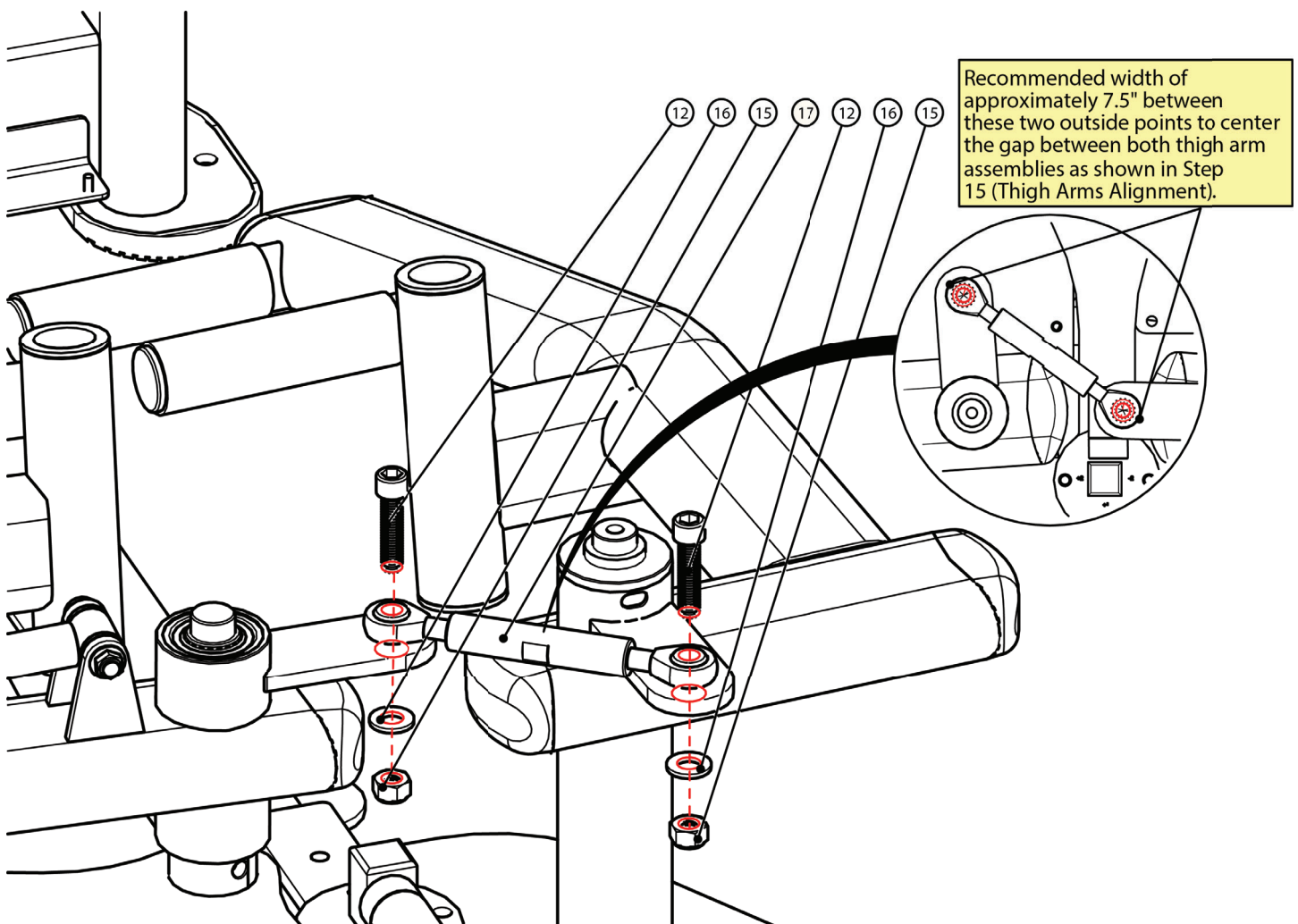
### ASSEMBLY STEPS:

#### Step 6 (Turnbuckle):

Adjust each eye-hook end of the turnbuckle to achieve an overall turnbuckle length of approximately 7½". This will determine the resting position of both thigh arm assemblies.

Item	Part Number	Description	Quantity
12	C1088	SH BOLT M12 X 50mm	2
15	SD0097	NYLON LOCK NUT, M12	2
16	C1089	FLAT WASHER, 13mm ID x 26mm OD	2
17	TRXL2-04CL000XBK	TURNBUCKLE	1

Secure the turnbuckle to the left and right thigh arm assemblies using the identified hardware.



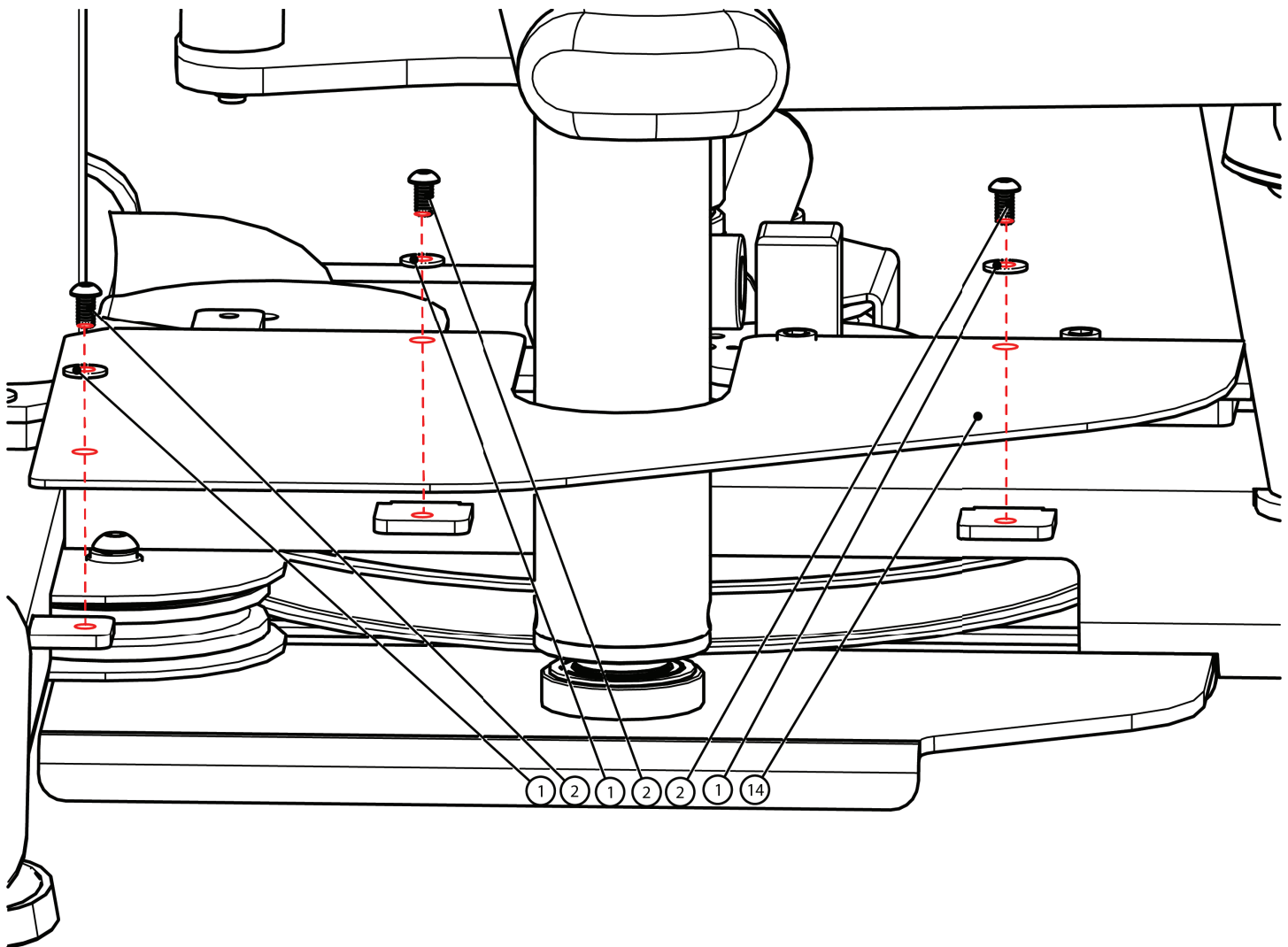
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 7A (Right Frame Cover Assembly):

Assemble the right frame cover assembly to the main frame using the identified hardware.

Item	Part Number	Description	Quantity
1	C 752	FLAT WASHER 1/4"	3
2	C 675D	SH BUTTON BOLT, 1/4"-20, 1/2"	3
14	TRXL2-04CV015BK	RIGHT FRAME COVER ASSY	1



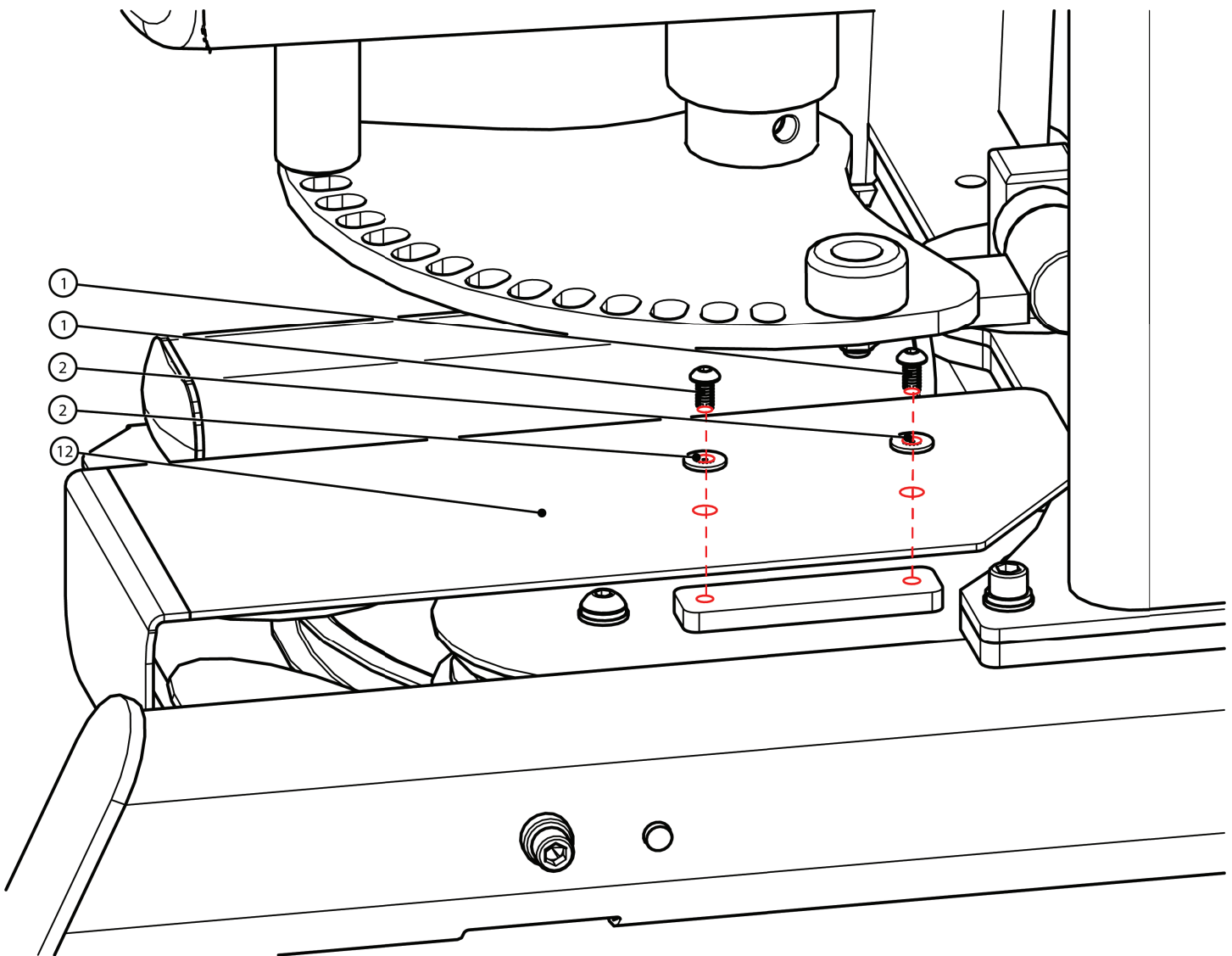
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 7B (Left Frame Cover Assembly):

Assemble the left frame cover assembly to the main frame using the identified hardware.

Item	Part Number	Description	Quantity
1	C 675D	SH BUTTON BOLT, 1/4"-20, 1/2"	2
2	C 752	FLAT WASHER 1/4"	2
12	TRXL2-04CV005BK	LEFT FRAME COVER ASSY	1



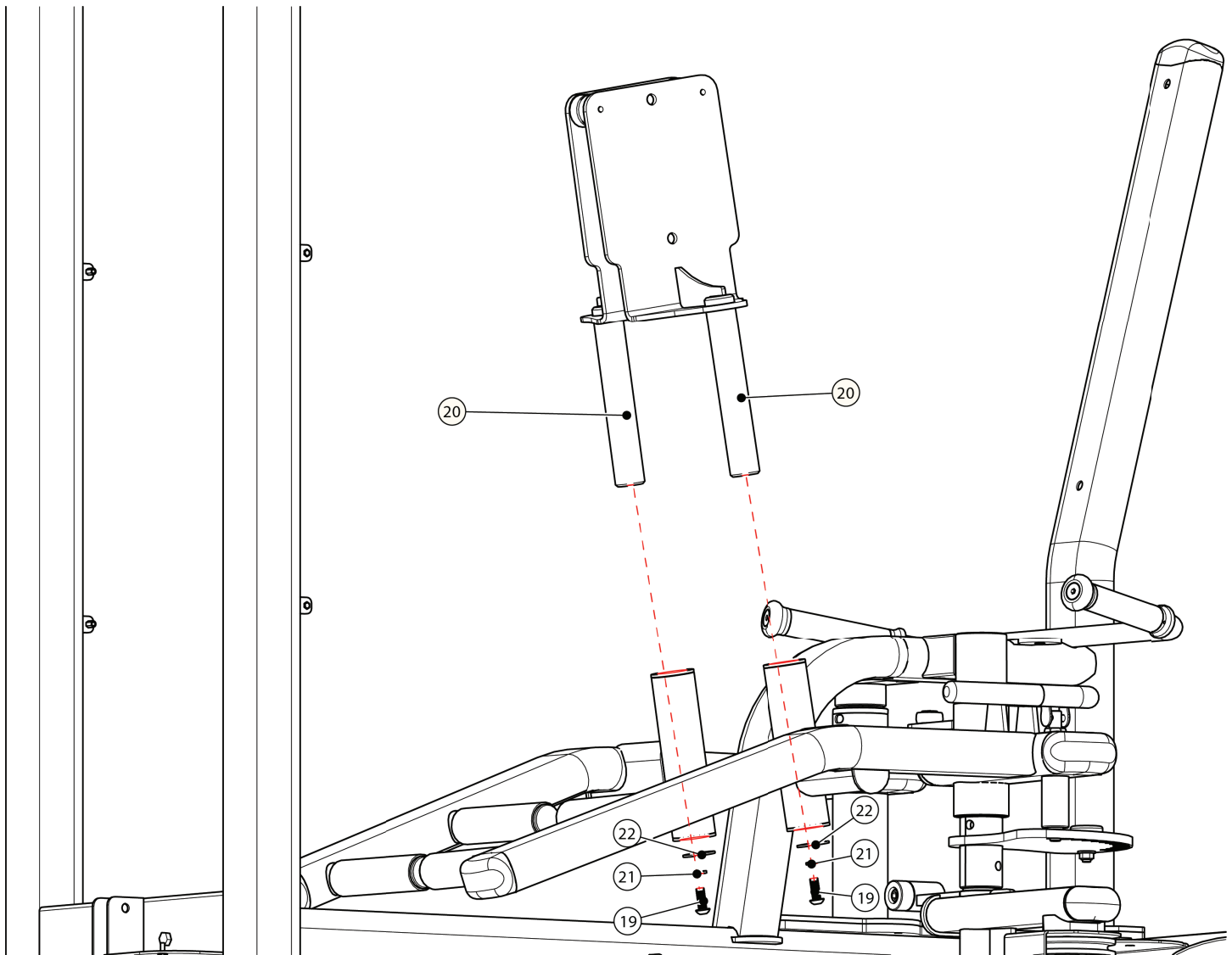
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 8 (Thigh Pad Assembly):

Align the thigh pad assembly shafts with the left and right thigh arm assembly housings and assemble using the identified hardware.

Item	Part Number	Description	Quantity
19	C 678	SH BUTTON BOLT, 3/8" - 16, 1"	2
20	TRXL2-04PA400XBK	THIGH PAD ASSY	2
21	C 749	LOCK WASHER 3/8"	2
22	C 962	FLAT WASHER, M10.5 X 38mm	2



## CHAPTER 2: ASSEMBLY GUIDE

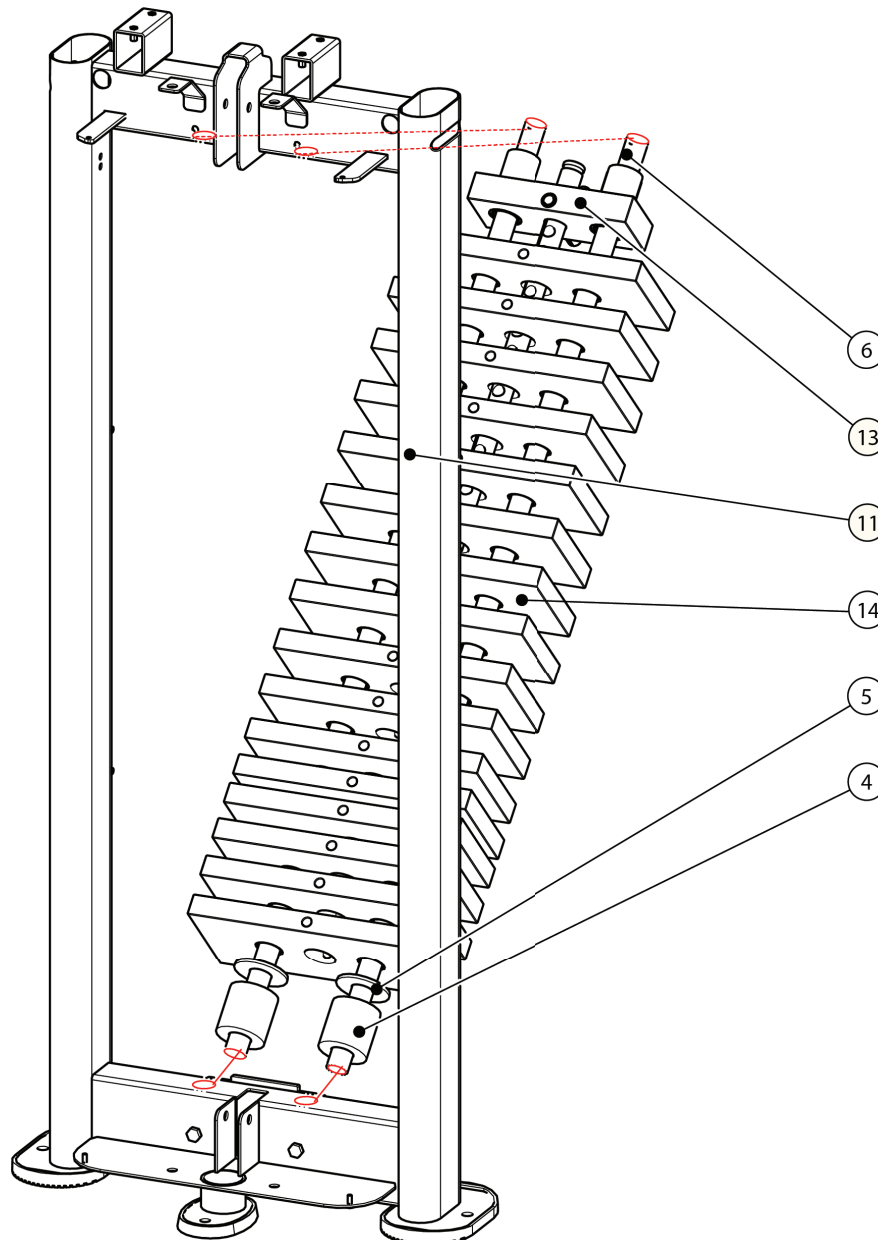
### ASSEMBLY STEPS:

#### Step 9A (Upright Assembly):

Insert the guide rods into the designated holes in the upright assembly.

Place the weight bumper, flat washer, weight plates, and weight top plate on to the guide rods in the order shown below.

Item	Part Number	Description	Quantity
4	FUS-00WB001	RUBBER BUMPER	2
5	C 757A	WEIGHT STACK SPACER	2
6	FUS-00GR001	GUIDE ROD	2
11	FUS-00UP500XBK	UPRIGHT ASSY	1
13	FUS-00TP016XBK	16 WT TOP PLATE	1
14	S 501	WEIGHT PLATE	16





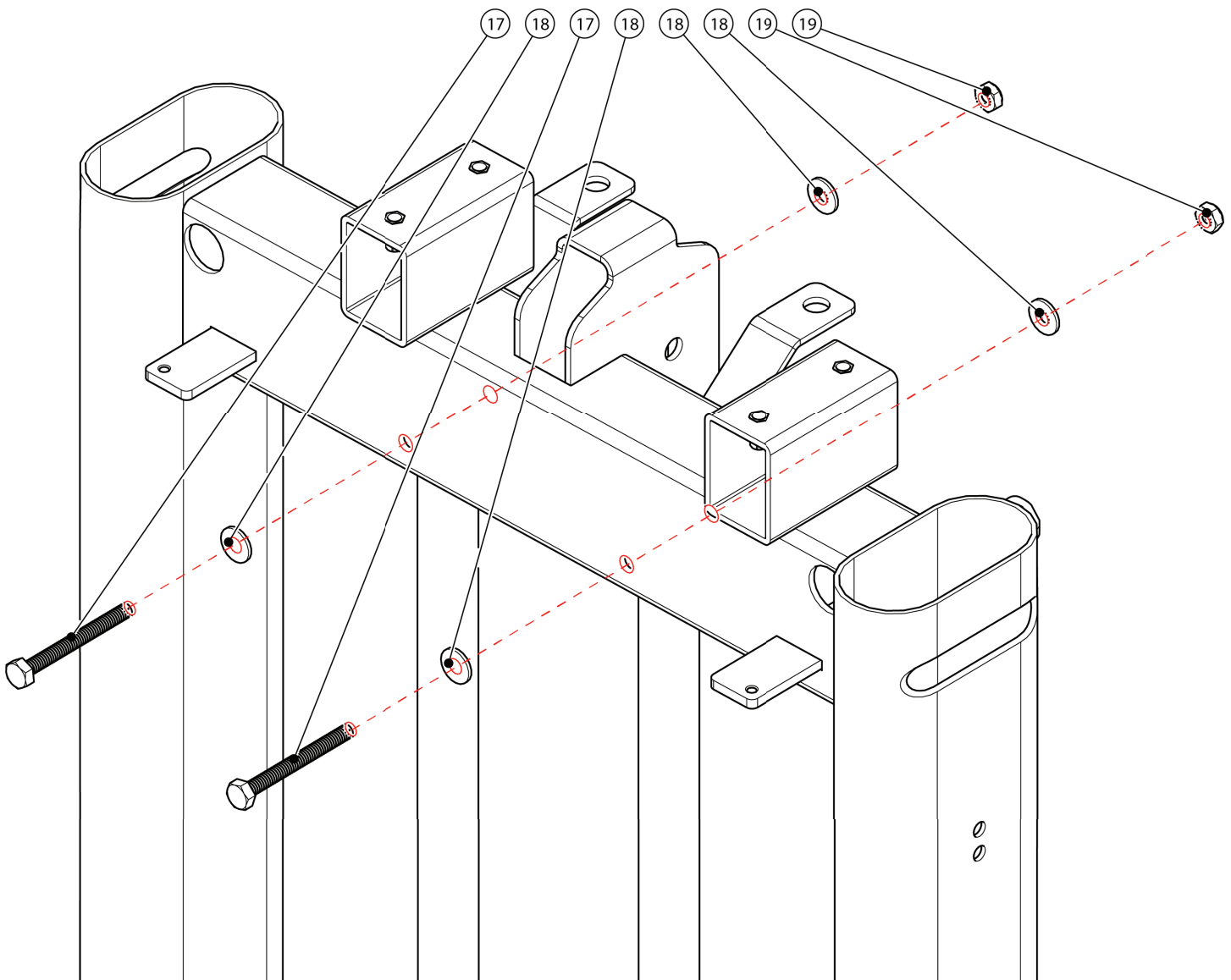
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 9B (Guide Rods):

Secure the guide rods to the upright assembly using the identified hardware as shown below.

Item	Part Number	Description	Quantity
17	C 417	HH BOLT, 1/4"-20, 2-1/2"	2
18	C 752	FLAT WASHER 1/4"	4
19	C 740	NYLON LOCK NUT, 1/4"-20	2



## CHAPTER 2: ASSEMBLY GUIDE

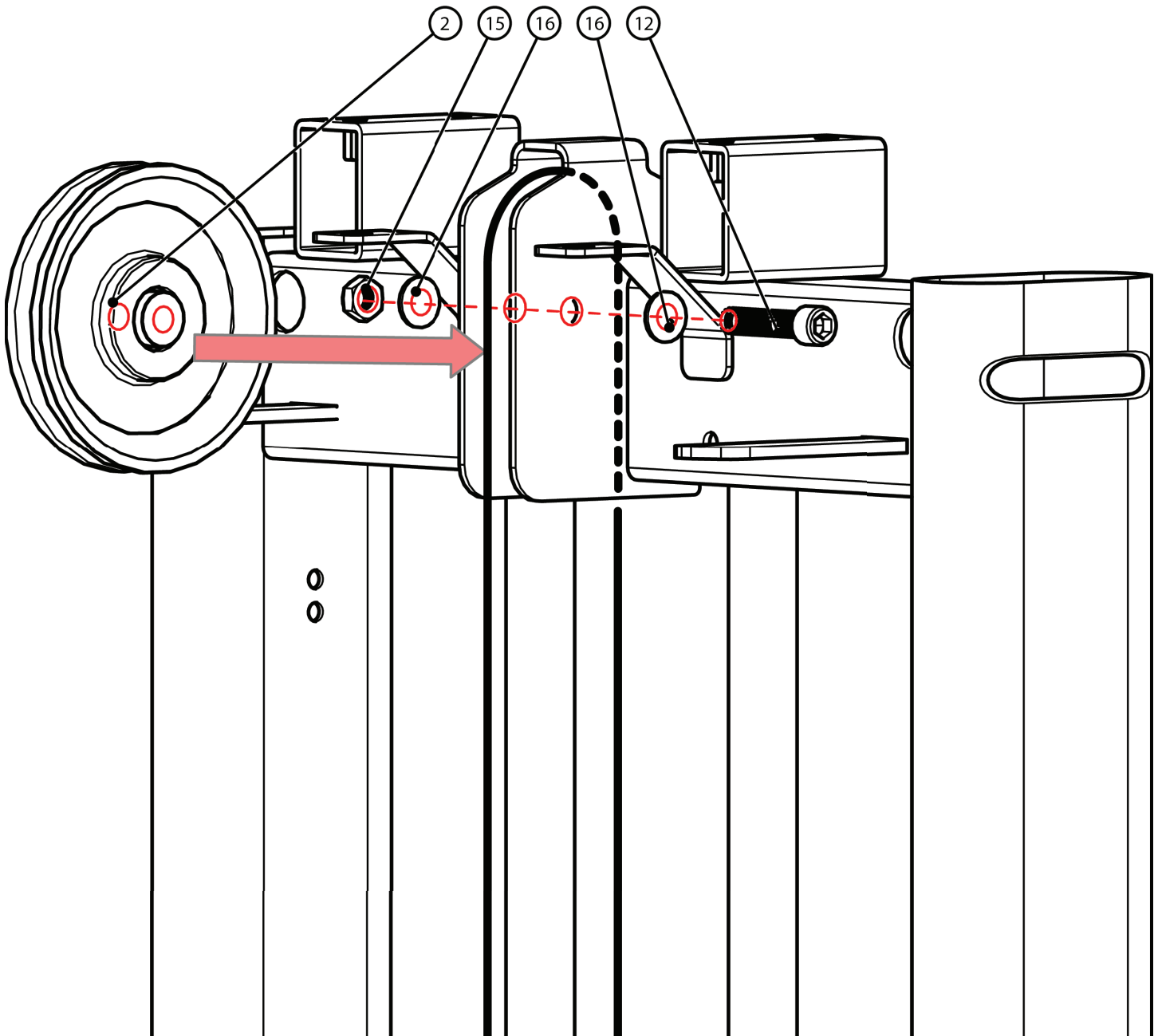
### ASSEMBLY STEPS:

#### Step 10A (Pulley Assembly):

Assemble the pulley using the hardware identified as shown below.

Before tightening the pulley hardware, make sure that the cable is seated in the pulley groove.

Item	Part Number	Description	Quantity
2	B 900	PULLEY, 4-1/2"	1
12	C 626	SH BOLT, 3/8"-16, 1-3/4"	1
15	C 766A	LOCK NUT, 3/8"-16	1
16	C 754C	FLAT WASHER 3/8"	2

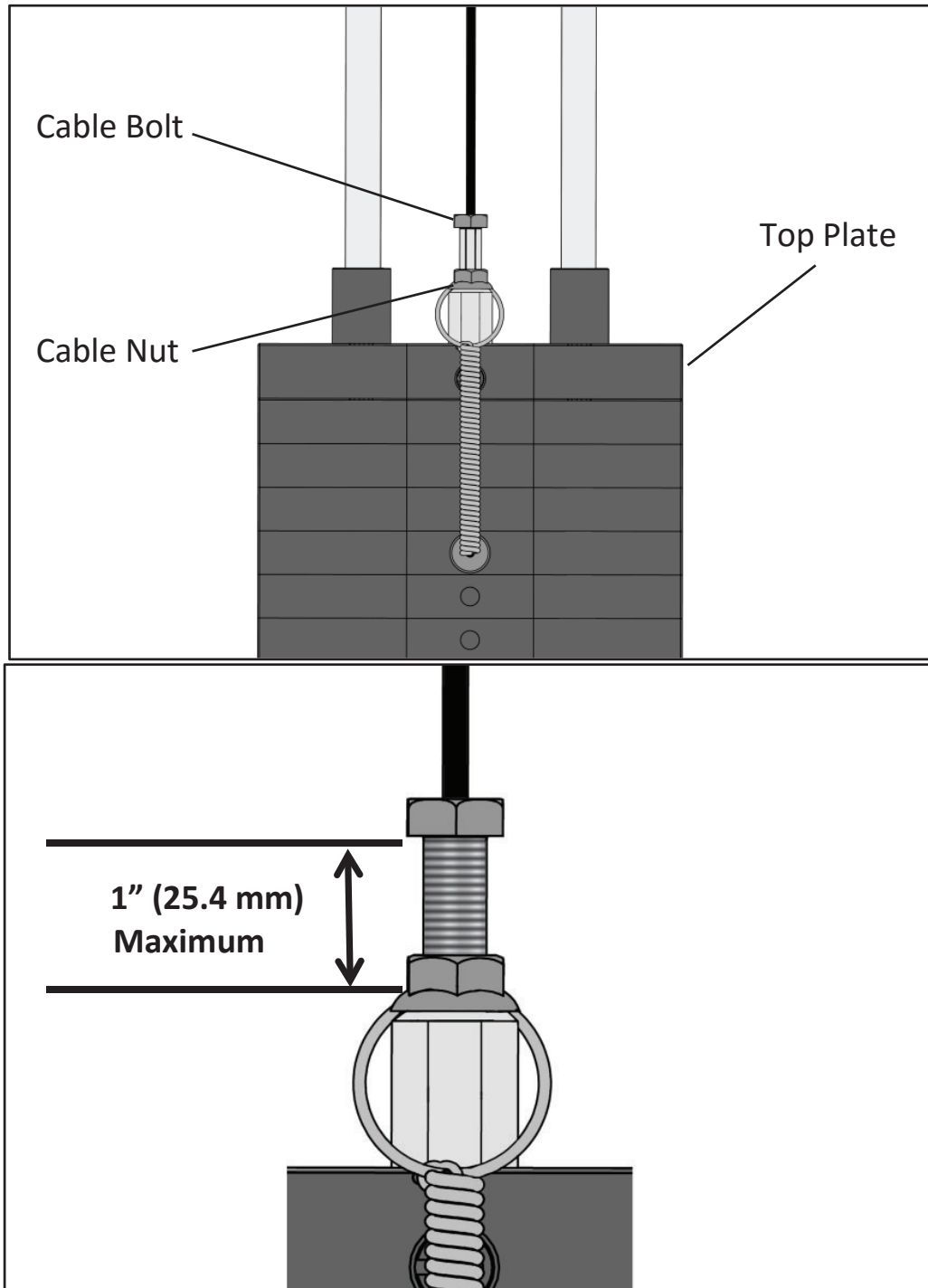


## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 10B (Cable End Bolt):

Secure the cable bolt to the weight stack top plate as shown below. Refer to page 57 “Cable Tension” in Chapter 3: Care & Maintenance for additional information on this step.



## CHAPTER 2: ASSEMBLY GUIDE

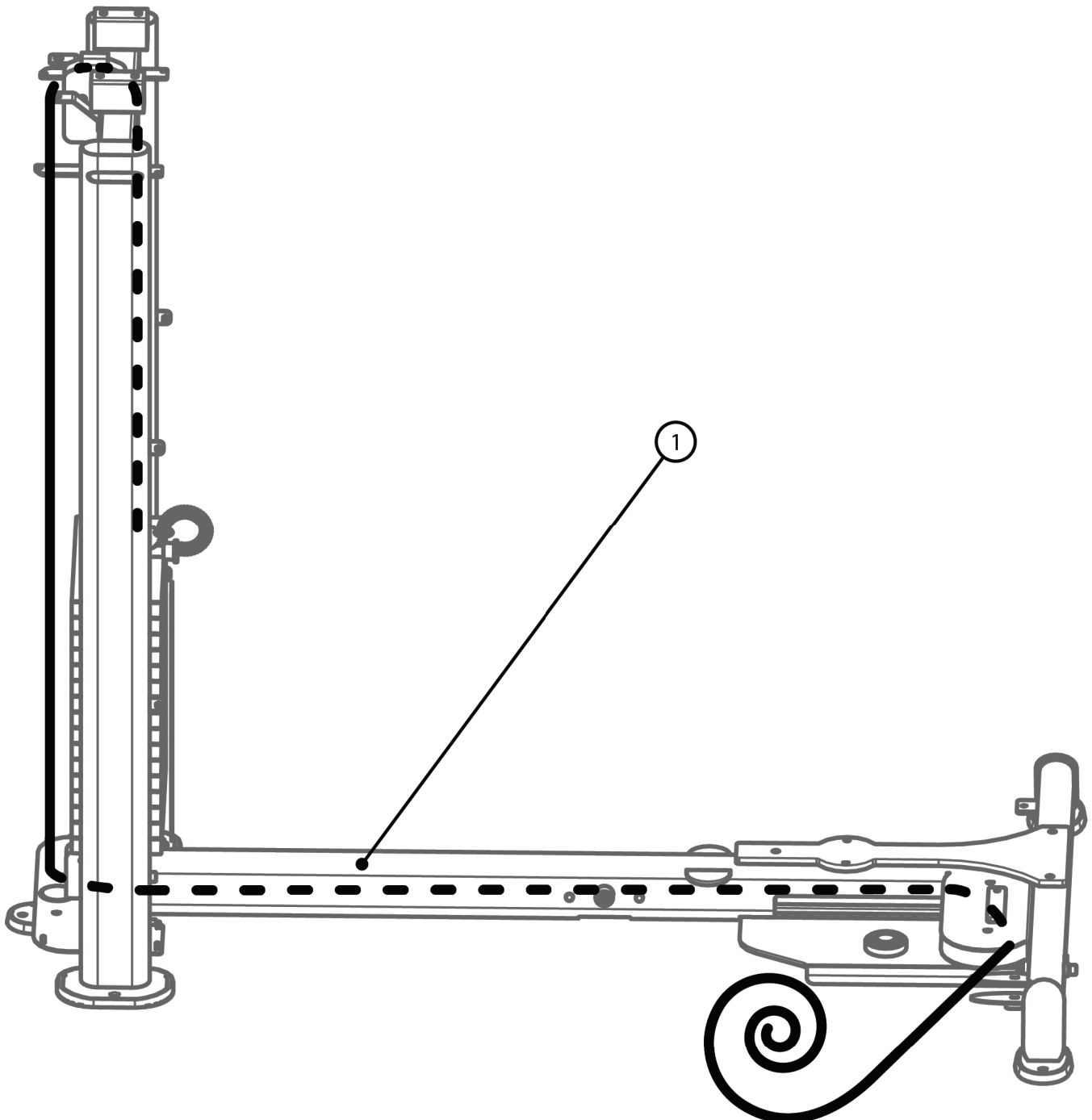
### ASSEMBLY STEPS:

#### Step 11A (Cable Routing):

Route the cable as shown below.

<u>Item</u>	<u>Part Number</u>	<u>Description</u>	<u>Quantity</u>
1	TRXL2-04CB000X	CABLE	1

Note: The image below is a general reference for overall cable routing.



## CHAPTER 2: ASSEMBLY GUIDE

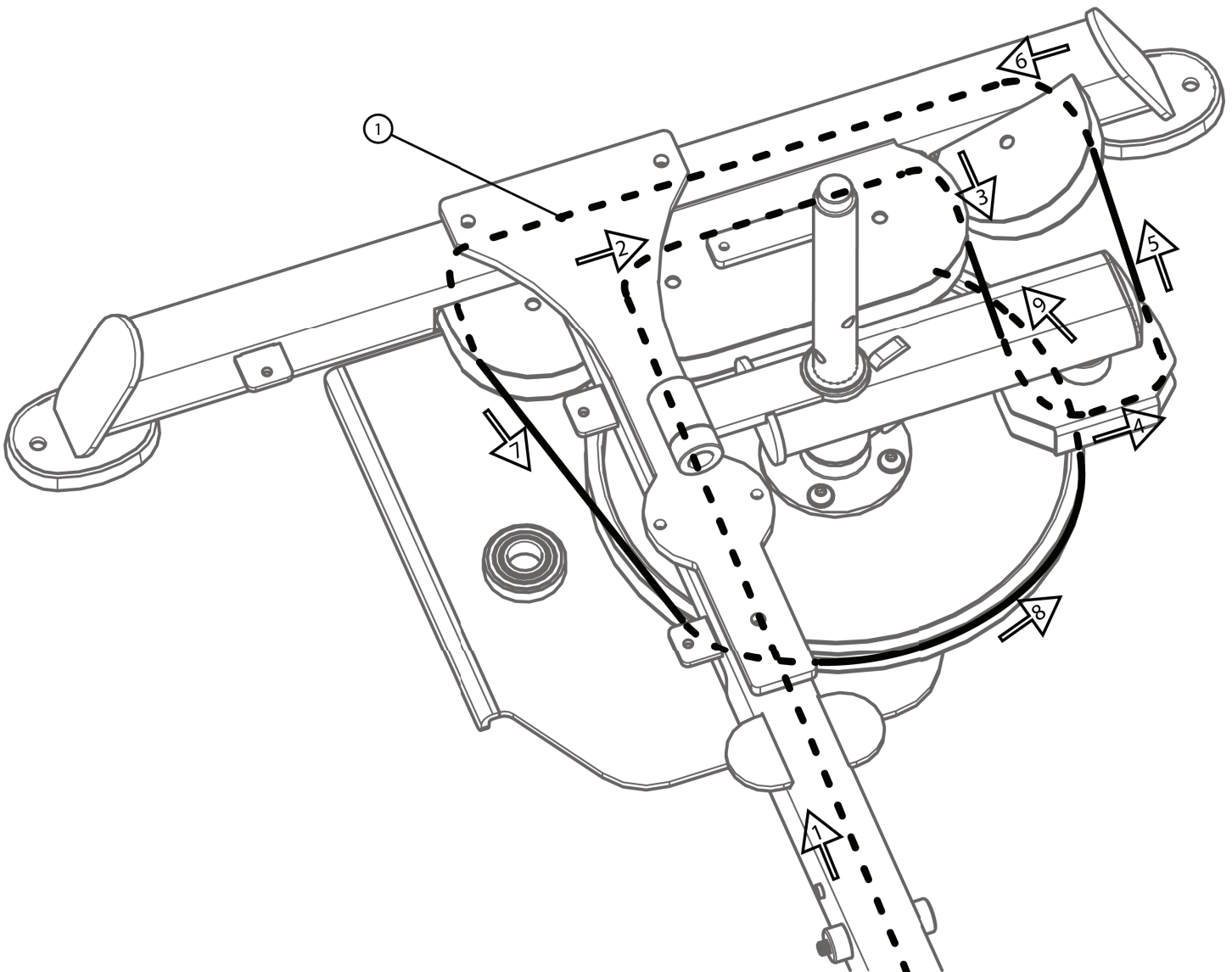
### ASSEMBLY STEPS:

#### Step 11B (Cable Routing):

Route the cable as shown below.

Item	Part Number	Description	Quantity
1	TRXL2-04CB000X	CABLE	1

Note: The image below is a general reference for overall cable routing.



## CHAPTER 2: ASSEMBLY GUIDE

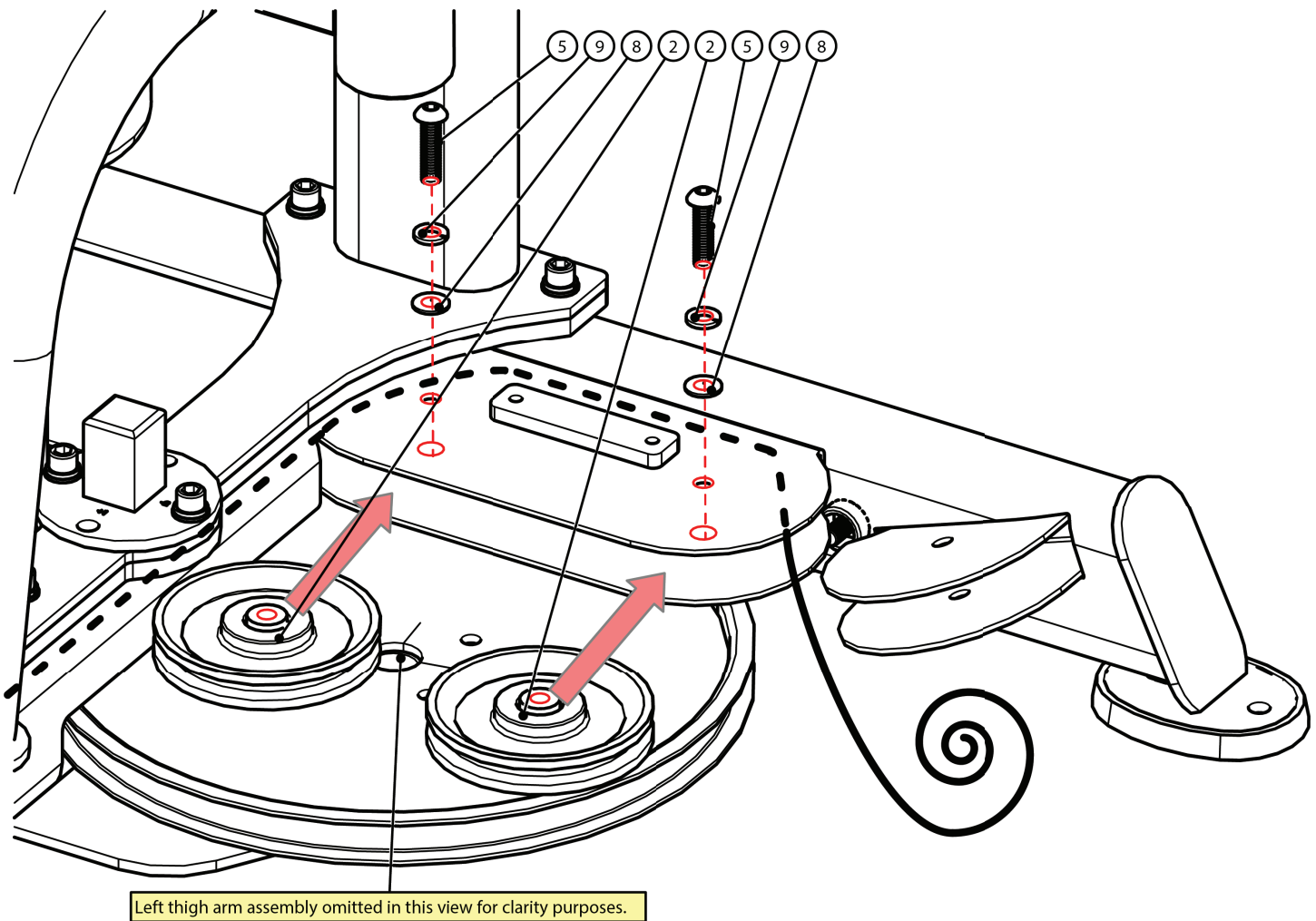
### ASSEMBLY STEPS:

#### Step 12 (Pulley Assembly):

Assemble the pulleys using the hardware identified as shown below.

Before tightening the pulley hardware, make sure that the cable is seated in the pulley groove.

Item	Part Number	Description	Quantity
2	B 900	PULLEY, 4-1/2"	3
5	C1086	SH BUTTON BOLT, 3/8"-16, 1-3/4"	2
8	C 754C	FLAT WASHER 3/8"	3
9	C 749	LOCK WASHER 3/8"	3



## CHAPTER 2: ASSEMBLY GUIDE

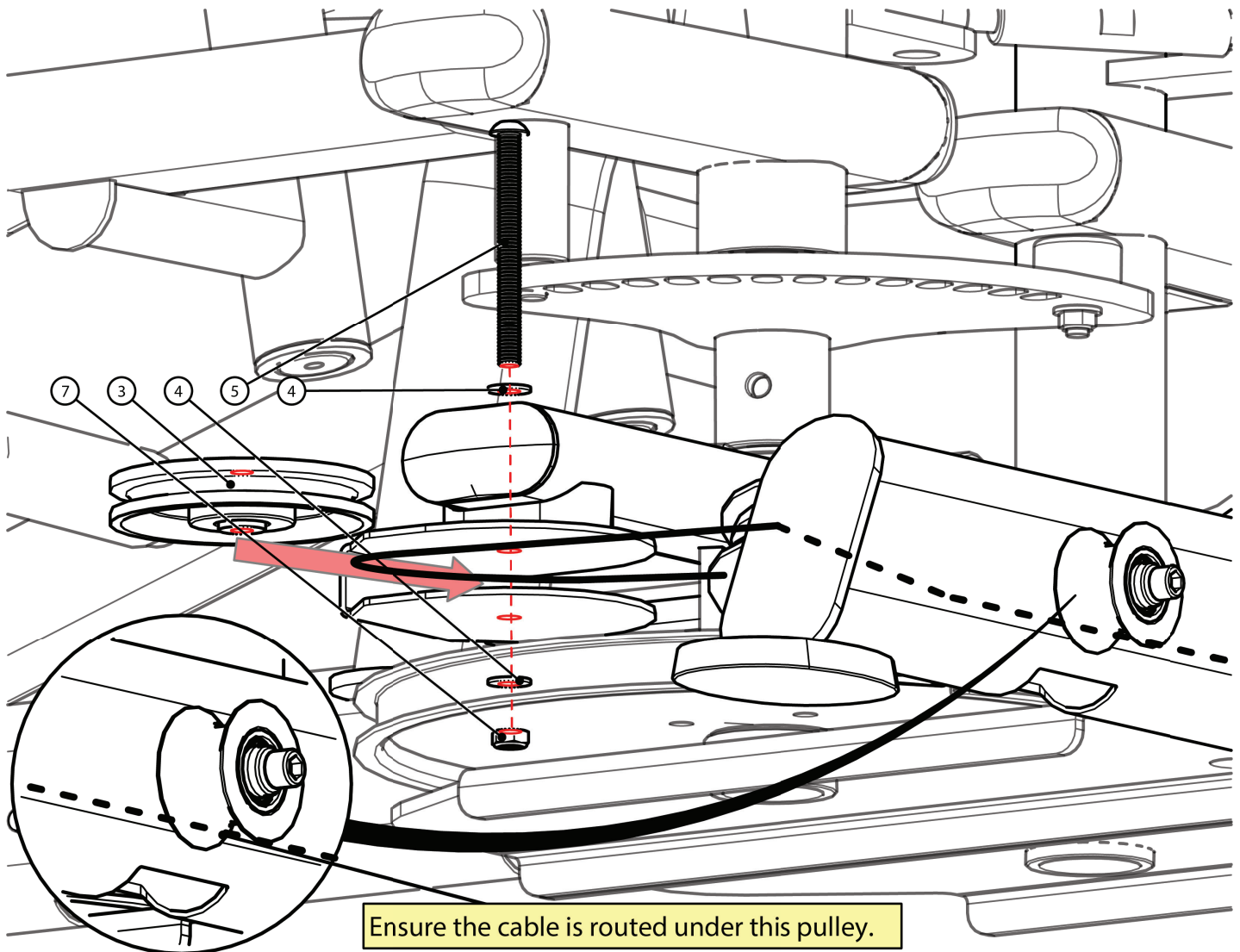
### ASSEMBLY STEPS:

#### Step 13 (Pulley Assembly):

Assemble the pulley using the hardware identified as shown below.

Before tightening the pulley hardware, make sure that the cable is seated in the pulley groove.

Item	Part Number	Description	Quantity
3	B 900	PULLEY, 4-1/2"	1
4	C 754C	FLAT WASHER 3/8"	2
5	C1087	SH BUTTON BOLT 3/8"-16 X 4"	1
7	C 766A	NYLON LOCK NUT, 3/8"-16	1





## CHAPTER 2: ASSEMBLY GUIDE

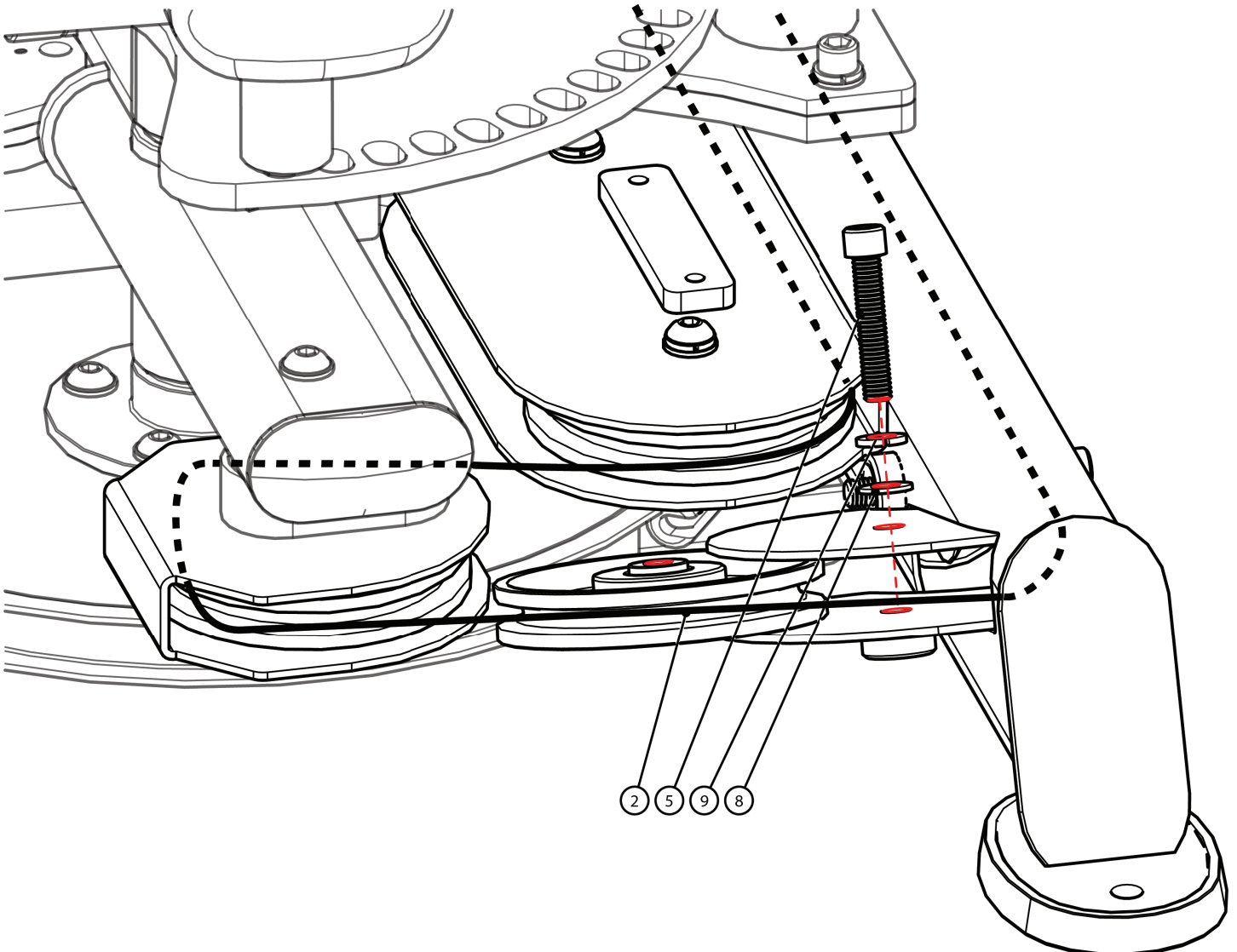
### ASSEMBLY STEPS:

#### Step 14 (Pulley Assembly):

Assemble the pulley using the hardware identified as shown below.

Before tightening the pulley hardware, make sure that the cable is seated in the pulley groove.

Item	Part Number	Description	Quantity
2	B 900	PULLEY, 4-1/2"	1
5	C 627	SH BOLT 3/8"-16 X 2"	1
8	C 754C	FLAT WASHER 3/8"	1
9	C 749	LOCK WASHER 3/8"	1





## CHAPTER 2: ASSEMBLY GUIDE

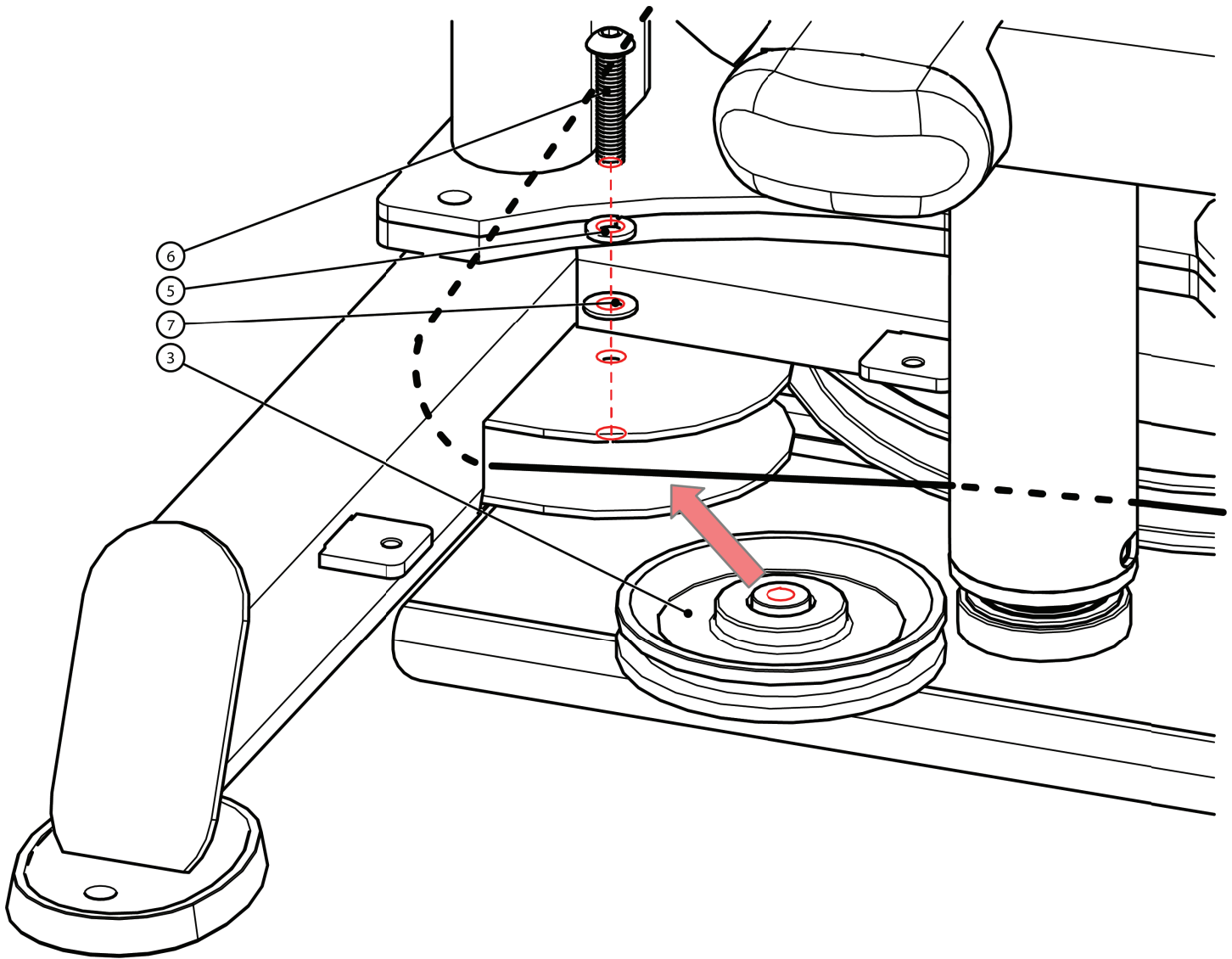
### ASSEMBLY STEPS:

#### Step 15 (Pulley Assembly):

Assemble the pulley using the hardware identified as shown below.

Before tightening the pulley hardware, make sure that the cable is seated in the pulley groove.

Item	Part Number	Description	Quantity
3	B 900	PULLEY, 4-1/2"	1
5	C 749	LOCK WASHER 3/8"	1
6	C1086	SH BUTTON BOLT, 3/8"-16, 1-3/4"	1
7	C 754C	FLAT WASHER 3/8"	1



## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

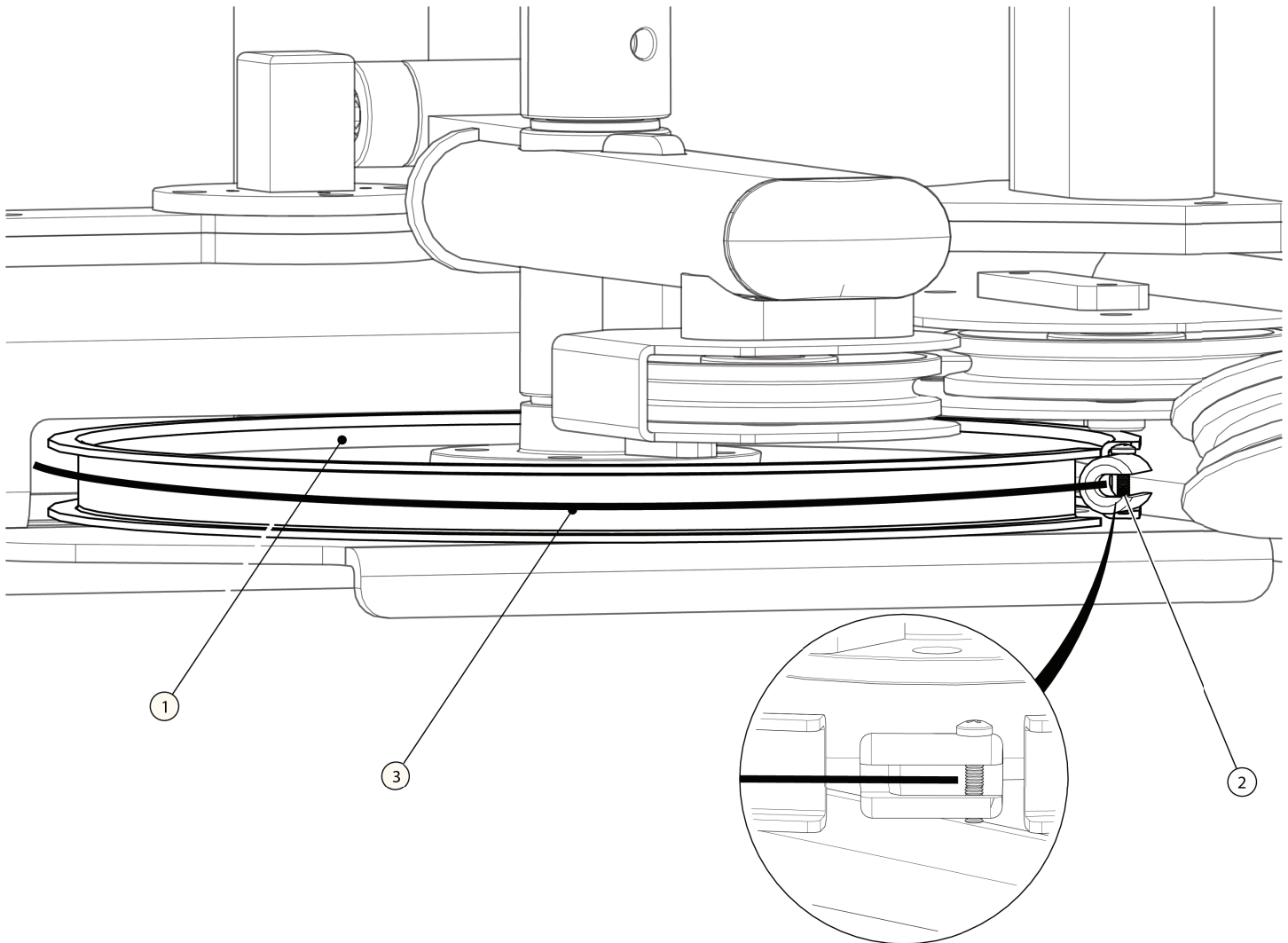
#### Step 16 (Cable Routing):

Remove the preassembled cam pulley weldment screw.

Slide the cable end through the housing shown below.

Item	Part Number	Description	Quantity
1	TRXL2-04CAM00BK	CAM PULLEY WELDMENT	1
2	C1013	M4 X 20mm PHMS	1
3	TRXL2-04CB000X	CABLE	1

Secure the cam pulley weldment screw to the original hole to lock the cable end in place.



## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

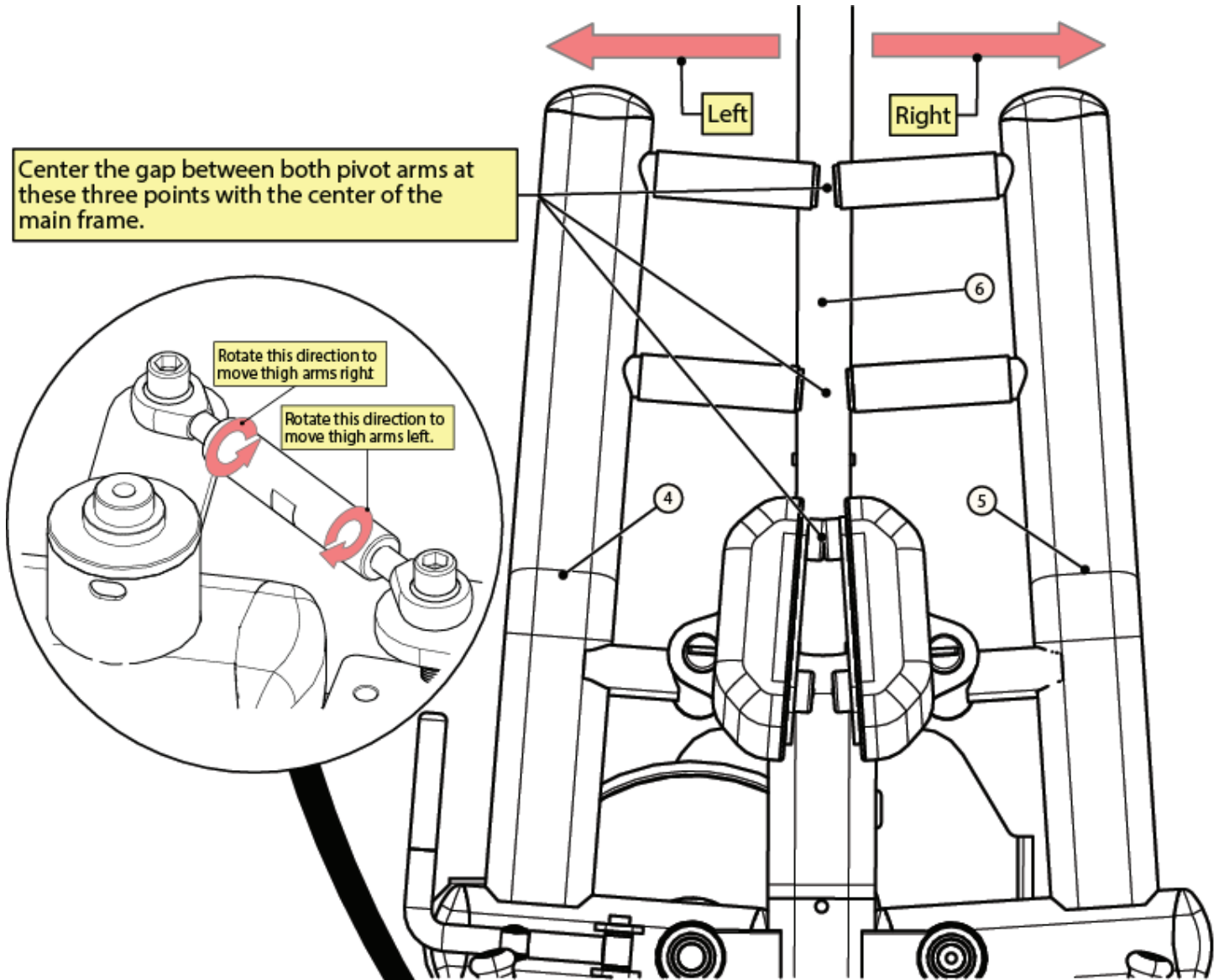
#### Step 17A (Thigh Arms Alignment):

Orient the left and right thigh arm assemblies as shown below.

Adjust the turnbuckle shaft to center the gaps between the thigh arm assemblies with the center of the main frame.

Item	Part Number	Description	Quantity
4	TRXL2-04PA600XBK	LEFT THIGH ARM ASSY	1
5	TRXL2-04PA700XBK	RIGHT THIGH ARM ASSY	1
6	TRXL2-04MF600XBK	MAIN FRAME	1

Note: There are four possible orientations for the main frame stop assembly.



## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 17B (Thigh Arms Alignment):

If you need to adjust the alignment of the arms, remove the hardware from the main frame stop assembly and rotate it. For example, if the arms are too close together, you should change the orientation to -2.

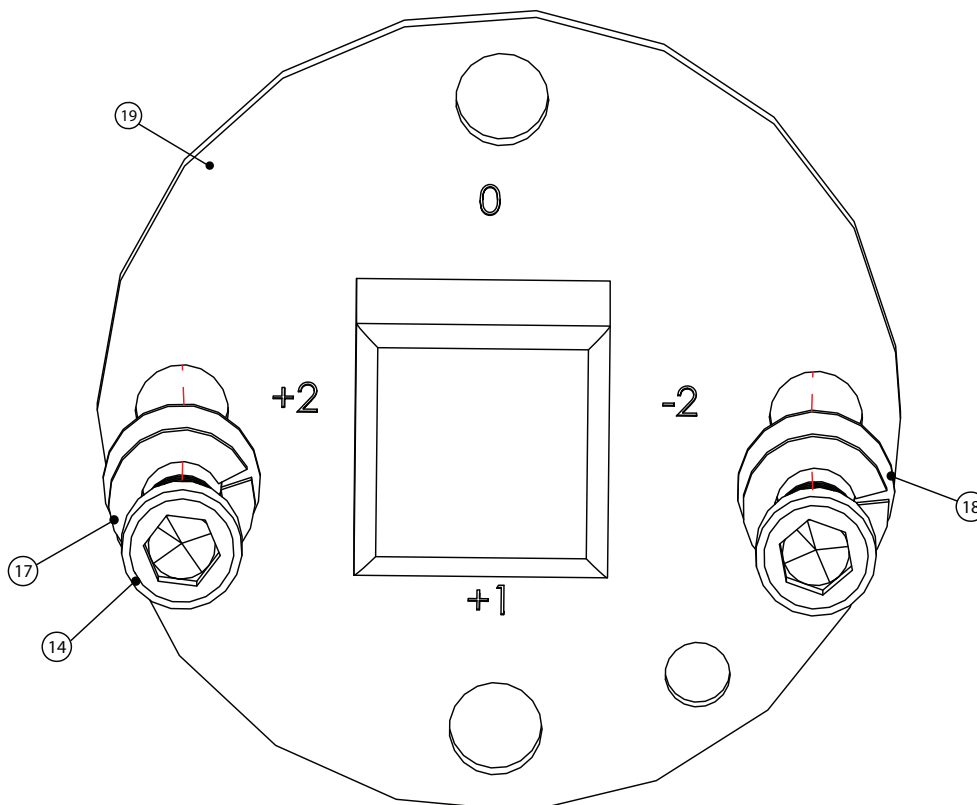
Item	Part Number	Description	Quantity
14	C 623	SH BOLT, 3/8"-16, 1"	2
17	C 749	LOCK WASHER 3/8"	2
18	C 754C	FLAT WASHER 3/8"	2
19	TRXL2-04SP510BK	MAIN FRAME STOP ASSY	1

After rotating the main frame stop assembly to the desired orientation, reattach the hardware.

Note: The standard orientation is at 0.

Note: -2 is on the user's right side, while +2 is on the user's left side.

Note: The numbers shown below are not displayed on the main frame stop assembly.



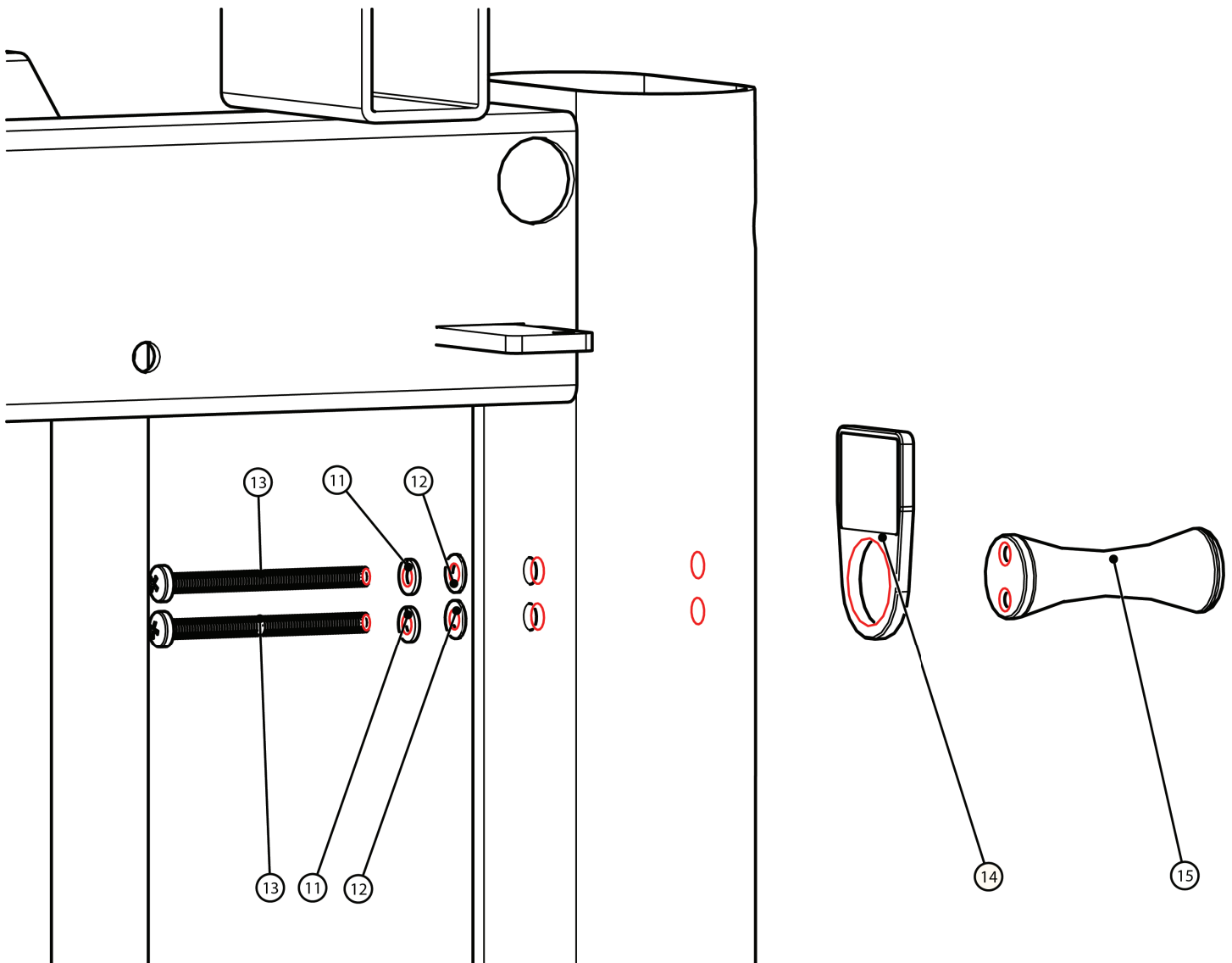
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 18A (Towel Rod):

Secure the towel rod to the upright assembly using the identified hardware.

Item	Part Number	Description	Quantity
11	C1007	M5 LOCK WASHER	2
12	C1006	M5 FLAT WASHER	2
13	C1005	M5 x 60mm PHMS	2
14	FUS-00RD001X	ROD COVER	1
15	FUS-00RD002	TOWEL ROD	1



## CHAPTER 2: ASSEMBLY GUIDE

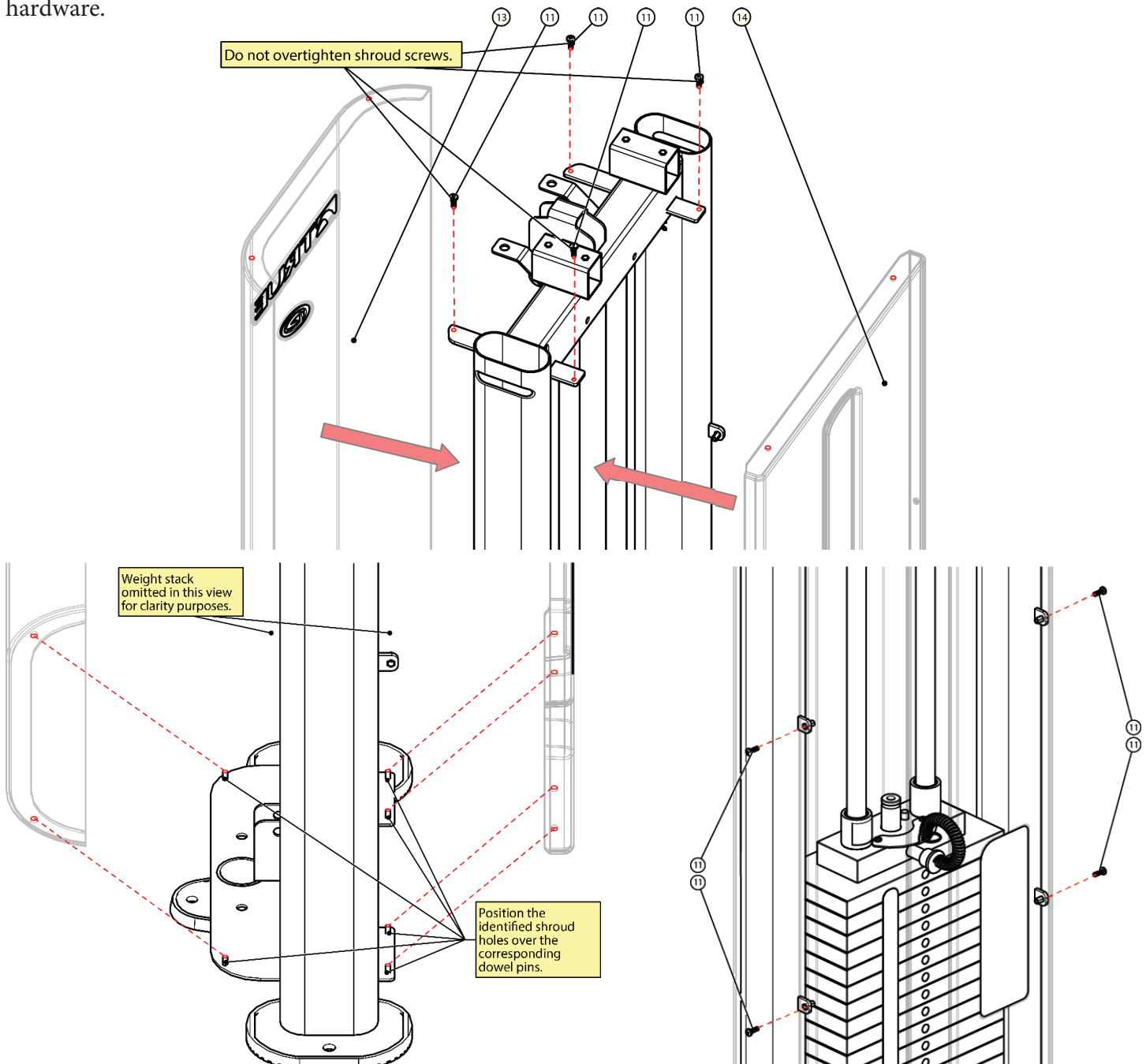
### ASSEMBLY STEPS:

#### Step 18B (Front and Back Shrouds):

Fully tighten all main frame and upright assembly hardware.

Secure the front and rear shrouds to the upright assembly using the identified hardware.

Item	Part Number	Description	Quantity
11	C 1003	M5 x 15mm PHMS	8
13	FUS-00RS101XBK	REAR SHROUD	1
14	FUS-00FS101XBK	FRONT SHROUD	1



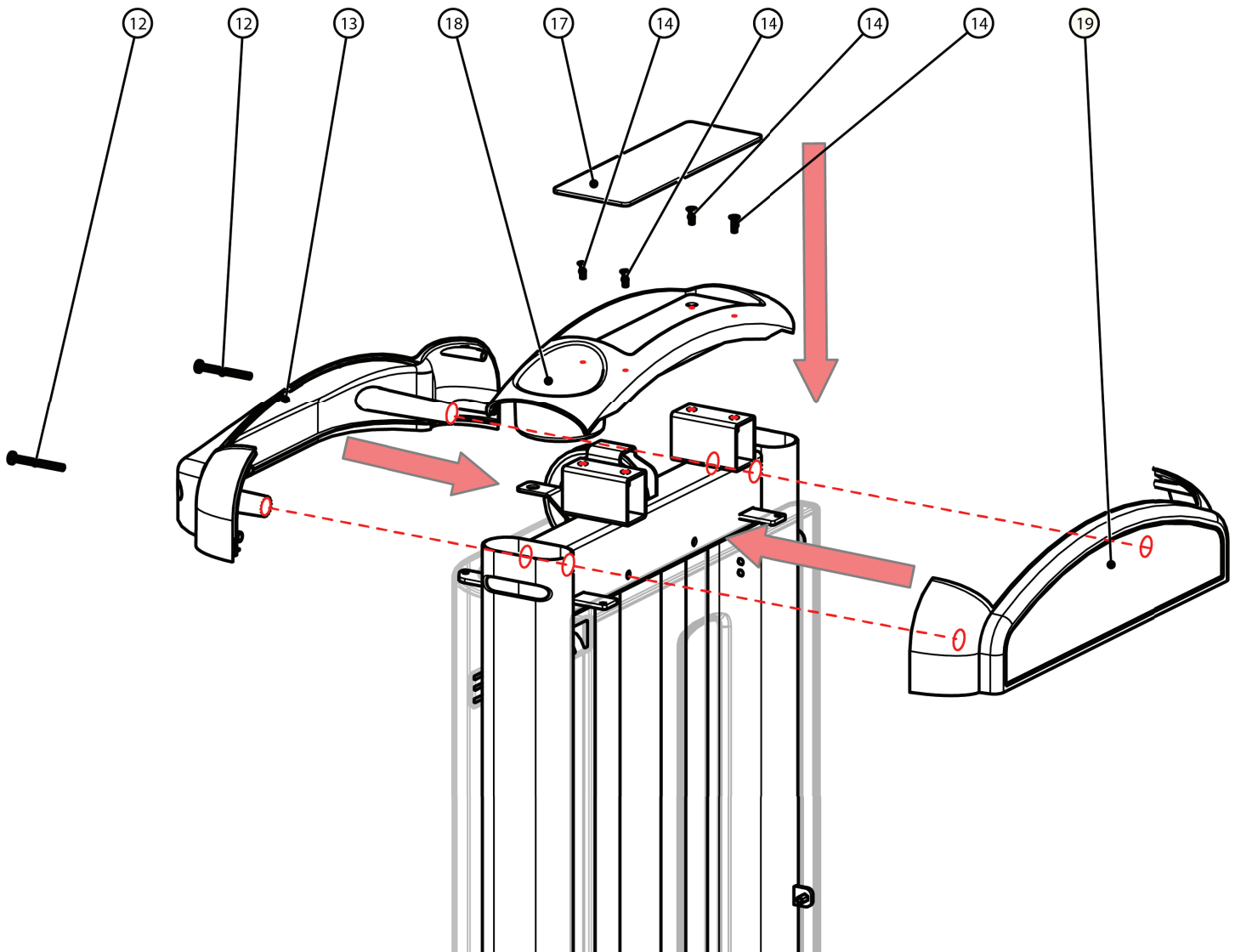
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 19 (Top Cap):

Secure the top cap and then the front and rear top caps to the upright assembly using the identified hardware.

Item	Part Number	Description	Quantity
12	C1004	M6 x 60mm PHMS	2
13	FUS-00TC002BK	REAR TOP CAP	1
14	C1002	M5 x 16mm FHMS	4
17	FUS-00MT001BK	TOP CAP PAD	1
18	FUS-00TC004BK	TOP CAP	1
19	FUS-04TC001XBK	FRONT TOP CAP	1



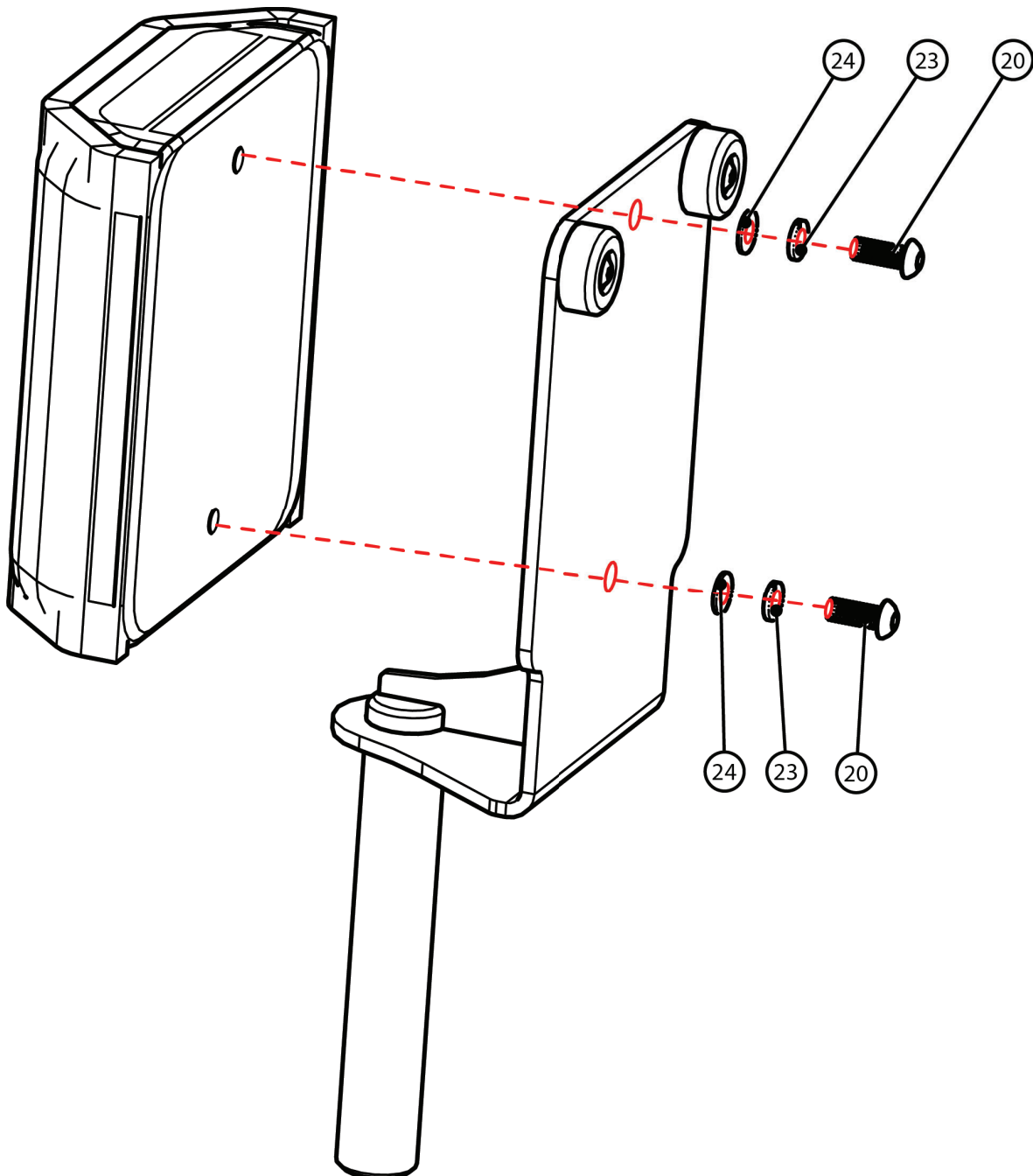
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 20 (Thigh Pad Assembly):

Secure the thigh pad to the thigh pad assembly using the identified hardware.

Item	Part Number	Description	Quantity
20	C 678	SH BUTTON BOLT, 3/8"-16, 1"	2
23	C 749	LOCK WASHER 3/8"	2
24	C 754C	FLAT WASHER 3/8"	2





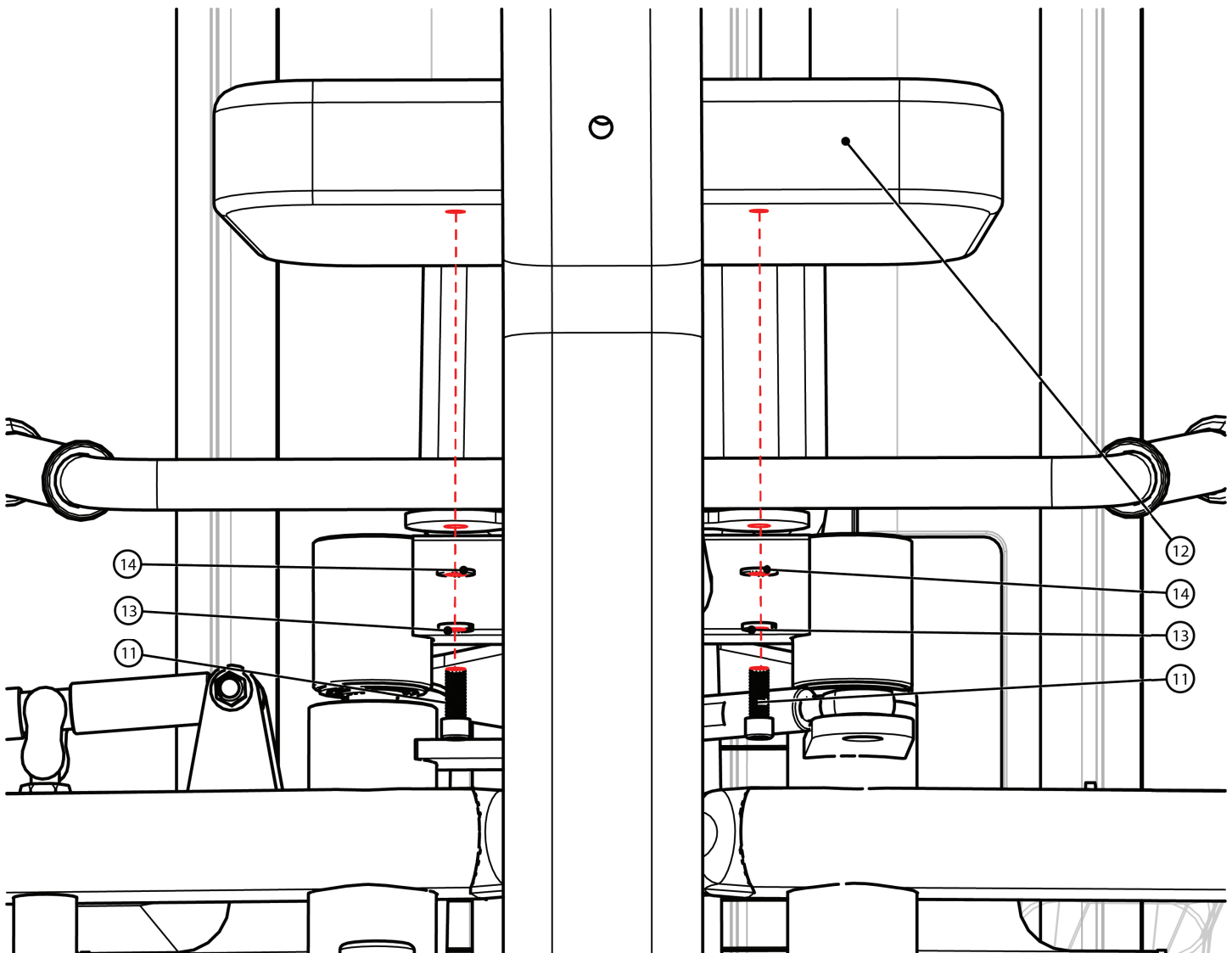
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 21A (Seat Pad Assembly):

Secure the seat pad to the seat frame assembly using the identified hardware.

Item	Part Number	Description	Quantity
11	C 624	SH BOLT, 3/8"-16, 1-1/4"	2
12	LPPAD04000XBK	SEAT PAD	1
13	C 749	LOCK WASHER 3/8"	2
14	C 754C	FLAT WASHER 3/8"	2



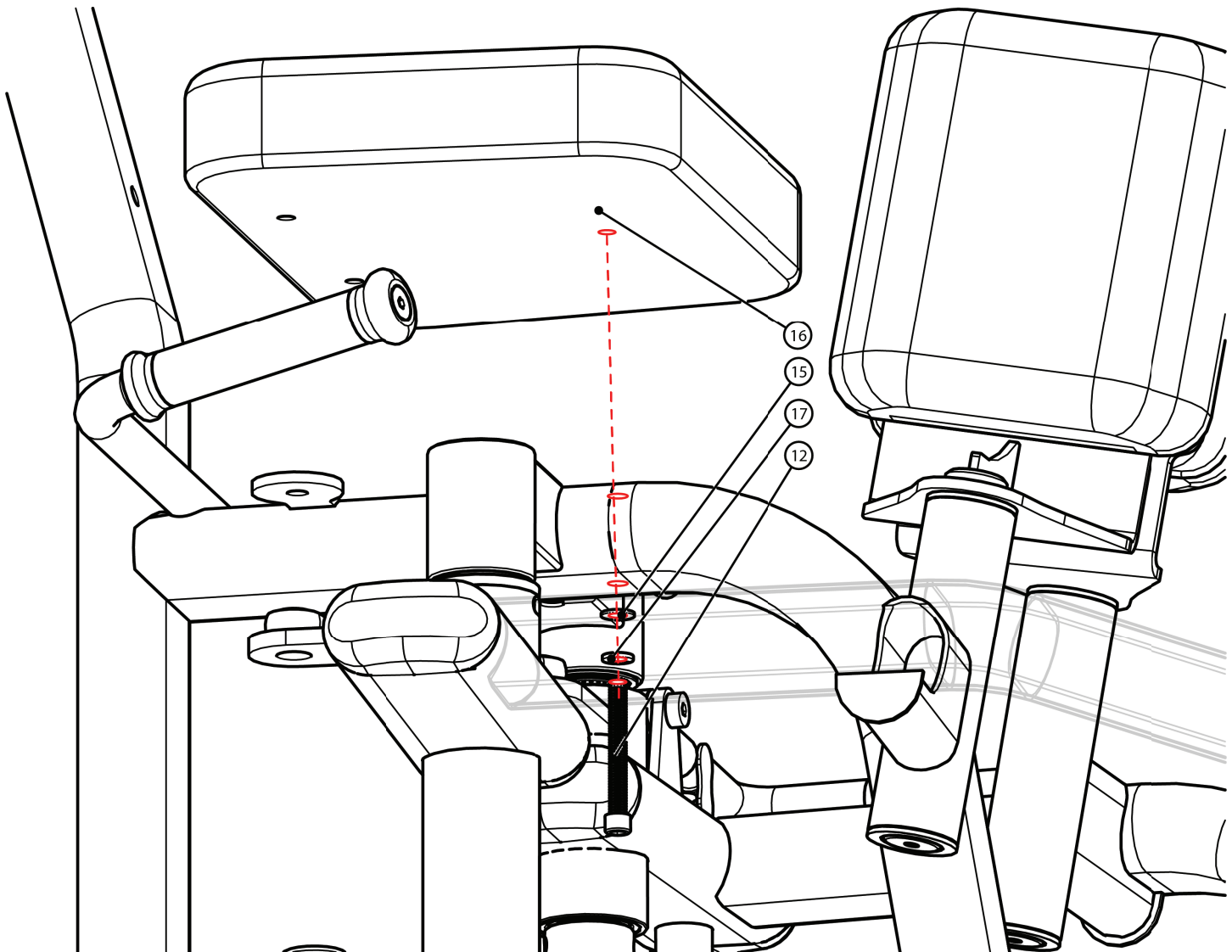
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 21B (Seat Pad Assembly):

Secure the seat pad to the seat frame assembly using the identified hardware.

Item	Part Number	Description	Quantity
12	C 631	SH BOLT, 3/8"-16, 3"	1
15	C 754C	FLAT WASHER 3/8"	1
16	LPPAD04000XBK	SEAT PAD	1
17	C 749	LOCK WASHER 3/8"	1



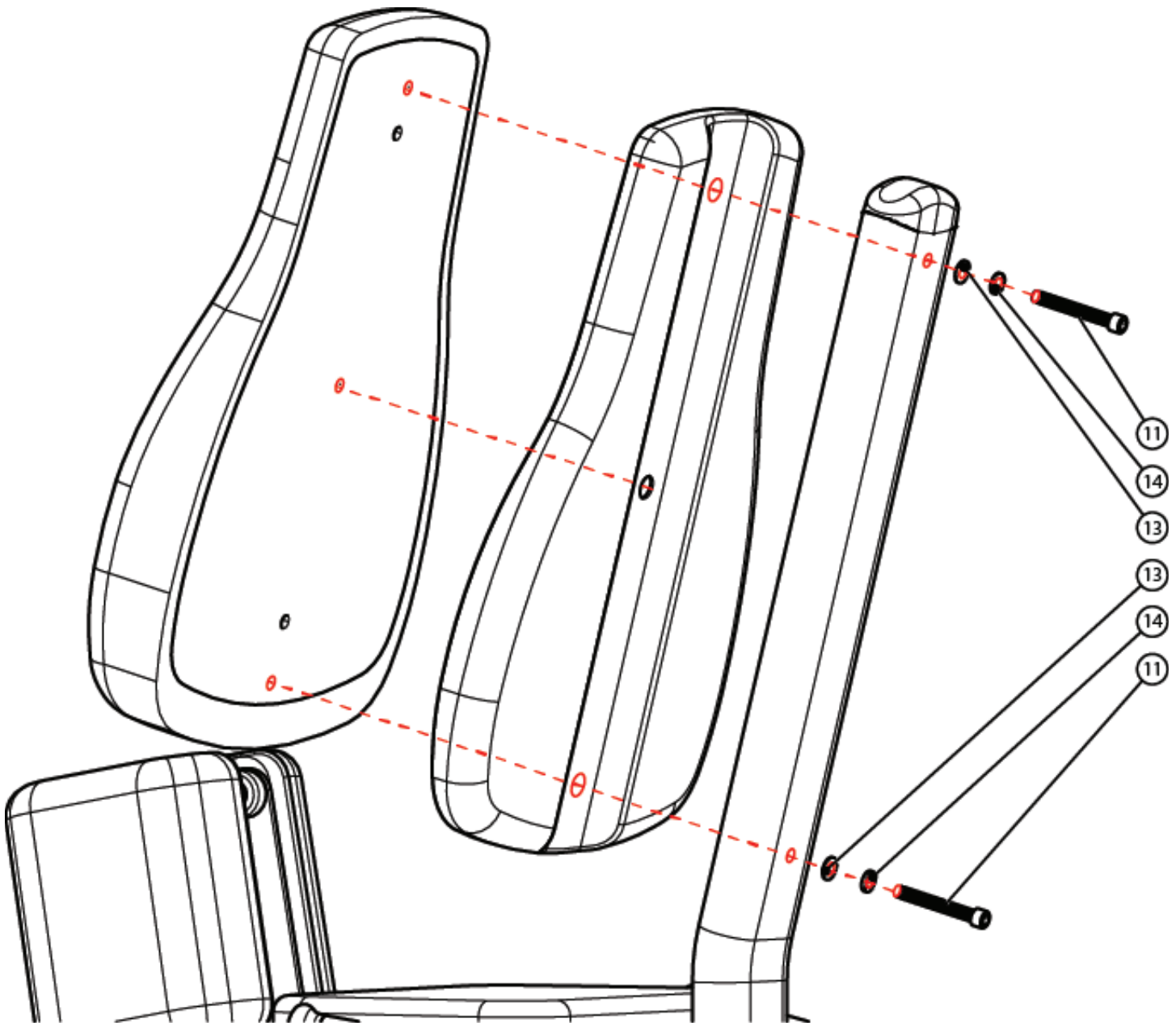
## CHAPTER 2: ASSEMBLY GUIDE

### ASSEMBLY STEPS:

#### Step 22 (Back Pad Assembly):

Secure the back pad to the seat frame assembly using the identified hardware.

Item	Part Number	Description	Quantity
11	C 631	SH BOLT, 3/8"-16, 3"	2
13	C 754C	FLAT WASHER 3/8"	2
14	C 749	LOCK WASHER 3/8"	2



## CHAPTER 3: CARE & MAINTENANCE

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

### DAILY INSPECTION & 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 Fitness is not responsible for performing or scheduling regular maintenance or inspections.

- Inspect cables for wear, tension, and proper connection (as described in the cable inspection section below) if equipped.
- Inspect all adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys if equipped.
- Inspect all safety and instructional decals.
- Inspect all weight stack shields if equipped.
- Verify that rubber hand grips are intact and secure.
- Verify that anti-skid foot grips are intact and secure.
- Verify that the weight stack selector pin is attached with the coiled lanyard to the top plate if equipped.

### WEEKLY INSPECTION & 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 Fitness is not responsible for performing or scheduling regular maintenance or inspections.

- Check entire length of cable & end fittings for any signs of wear if equipped. Replace immediately as required. (Refer to Daily Maintenance Section).
- Verify that a minimum of 1/2 inch (12.7mm) of the threaded portion of the cable bolt is threaded into the top plate and that the nut is tight if equipped with a cable. (See Cable Inspection & Maintenance Section).
- Perform a function test by placing the selector pin in the top plate and cycling the machine through the intended motion if equipped with a cable. Verify that the machine operates smoothly without binding. Select a moderate weight and repeat.
- Verify that each pulley rotates freely when performing the exercise if equipped with pulleys. A pulley that does not rotate will cause extreme cable wear and could lead to cable failure. Determine cause and remedy immediately.
- Verify that the adjustment pop pins retract easily and fully engage (when released) into each adjustment disc hole/slot. The pop pins are spring loaded so they should return to the engaged position when you release the knob.
- Verify that the adjustment pin disengages and engages freely when actuating the adjustment mechanism. Be sure that the adjustment pin inserts fully into the adjustment disc.
- Verify that all hardware is tight and that associated frame members are secure. Apply a few small drops of a thread locking compound such as Loctite on any loose bolts.
- Inspect frame for integrity and function. Replace any components at the first sign of wear with only TRUE supplied parts.

## CHAPTER 3: CARE & MAINTENANCE

### OTHER SCHEDULED PREVENTIVE 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.

#### Monthly:

Clean guide rods and lubricate with a Teflon grease if equipped with guide rods.

#### Every 6 months:

Lubricate pivot bearing and linear bearings with lithium grease.

### CLEANING THE EQUIPMENT:

#### Daily Cleaning:

Wipe all machines with a water dampened cloth and dry completely. This includes painted parts, chrome plated parts (except guide rods), plastic parts, and upholstered pads. It is important not to leave parts damp. This will increase the potential for corrosion to occur.

#### CAUTION:

Certain anti-bacterial cleaners and other harsh cleaning agents can induce corrosion on the machine components. These solutions can also dry out and cause cracking and splitting on the upholstery.

#### Heavy Duty Cleaning:

- **Guide Rods (If Equipped)**—Clean and lubricate with a Teflon Spray. Be sure to coat the entire guide rod. Spraying lubricant into the cap plate bushings is also recommended. **Chromed Adjustment Tubes:** Wipe away dust and dirt before applying a Teflon spray lubricant. TRUE Fitness recommends using TriFlow or a similar brand.
- **Linear Bearings**—Clean the linear shaft and lubricate (as required) with Teflon based grease. Keeping linear bearings clean and lubricated is critical to long life and good performance.
- **Painted Frames**—If you have scuff marks, grease or a heavy dirt buildup on frame components, start with a mild soap solution or a diluted solution of a product such as Simple Green with a dilution of 32:1. If you cannot remove the marks using those methods, use a car polish/cleaner. **DO NOT** use solvents such as lacquer thinner, mineral spirits or acetone. For deeper scuff marks, use an automobile finish rubbing compound.
- **Upholstery**—For heavy duty cleaning, use a mild soap solution. This method should be sufficient in the majority of instances. In severe stain cases, you can use a solution of 5-10% household bleach diluted with water. Be sure to test an inconspicuous area first. **DO NOT** use chemical cleaners on the vinyl upholstery. You can also use a lanolin based hand cleaner to clean your upholstery. Wipe off after cleaning with a damp cloth and thoroughly dry. **Plastic Parts:** use a mild soap solution to clean dirt and grease marks. **Labels:** use a mild soap solution to clean dirt and grease marks. **Shrouds:** use a mild soap solution to clean dirt and grease marks.

#### CAUTION:

Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the TRUE Fitness 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)








## CHAPTER 3: CARE & MAINTENANCE

### CABLE INSPECTION & MAINTENANCE:

One of the most critical areas that require frequent inspection on any weight machine is the cable or belt system that lifts the weight stack if the machine is equipped with those items. Sudden failure of a worn cable can, in some instances, result in injury to the user. It is the responsibility of the facility to inspect the cables frequently. Cables are components that wear over time. This means that the more often a piece of equipment is used, the greater the likelihood that cable wear will occur. This holds true for equipment made by any manufacturer and applies to urethane belts as well as wire rope cables. Listed below are the areas of the cable that require inspection. \*TRUE Fitness recommends that all cables be replaced on an annual basis to maintain the safety of all users.

#### Cable Wear:

Inspect all cables for any signs of wear. Pay close attention to the cable in the area of the end fittings and attachment points. Inspect the areas around the pulleys and/or cams. Shown below are examples of cables that exhibit signs of potential failure. If any of these conditions are apparent, the machine should immediately be taken out of service and repaired. Be sure to use only cables supplied by TRUE Fitness. DO NOT use cables that have fittings attached with hand-crimp tools.

<p>Twisted Cable (Zig-Zag Pattern)</p> 	<p>Break in the Cable Cover</p> 
<p>Break or Bend in the Cable</p> 	<p>Tear in the Cable Cover</p> 
<p>Stretched Cable Covering</p> 	<p>Crimp Connector Dislodged</p> <div style="display: flex; align-items: center; justify-content: space-around;"> <div style="text-align: center;"> <p>Bad</p>  </div> <div style="text-align: center;"> <p>Good</p>  </div> </div>



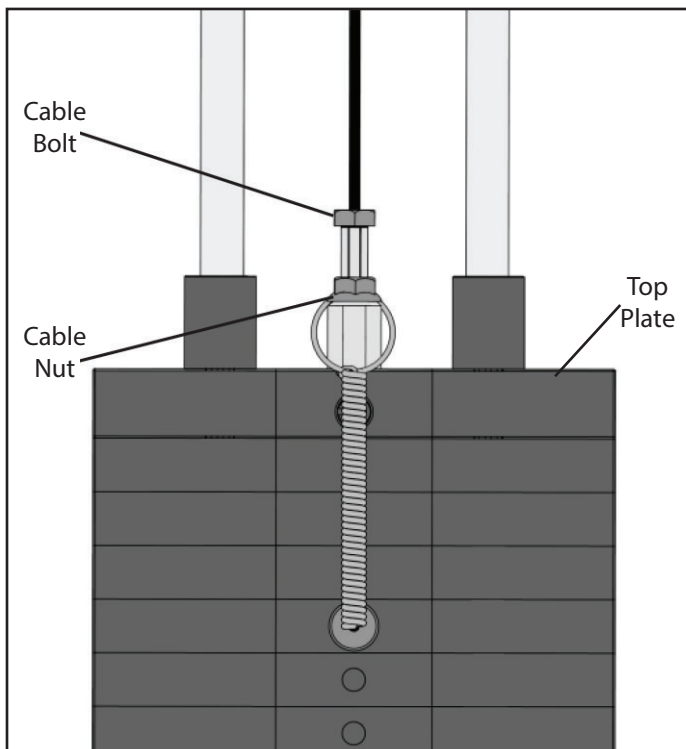
## CHAPTER 3: CARE & MAINTENANCE

### CABLE INSPECTION & MAINTENANCE:

#### Cable Tension:

Ensure that the cables are adjusted to remove any slack using the threaded end fittings. These are normally located at the weight stack connection. Depending upon the machine, there may be multiple threaded fitting on multiple cables. You can determine if there is too much slack by performing the exercise. As you start to move a load arm or handle, the weight stack should lift immediately. If not, the cable tension needs to be adjusted.

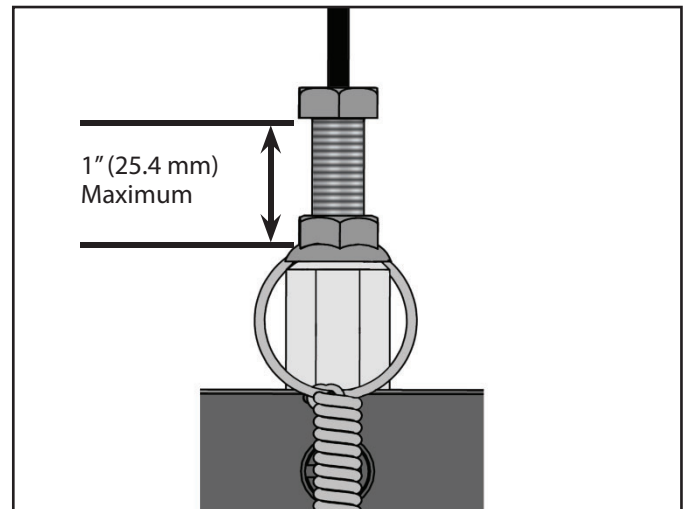
To adjust the cable tension, loosen the cable nut that is located on the cable bolt connected to the top plate. Tighten the cable bolt until the top plate is barely lifted off of the first weight plate and then re-tighten the cable nut.



#### ! CAUTION:

A minimum of 1/2 inch (12.7mm) of the threaded portion of the cable bolt must be threaded into the top plate.

\*No more than 1 inch (25.4 mm) of the threaded portion of the cable bolt should be visible.



#### Handle Fittings (if applicable):

Inspect the cable fittings where any handles are attached to the end of the cable. The fittings supplied with this machine are load rated snap-links. Ensure that the snap-link opens and closes easily and is fully engaged when closed. Replace the snap-link as needed.



## CHAPTER 4: CUSTOMER SERVICE

### CONTACTING SERVICE:

TRUE Fitness recommends that you gather the serial number, model number, and a brief description of the reason for the request. After information has been gathered you may choose to contact your selling dealer or local service company to set an appointment. (If you are not familiar with who is in your area, you may visit our website at [www.truefitness.com](http://www.truefitness.com) and use our dealer locator to obtain the contact information for the closest dealer).

You may also contact TRUE Fitness' customer support team by calling 800-883-8783 or emailing us at [service@truefitness.com](mailto:service@truefitness.com) Monday — Friday during normal hours of operation.

TRUE FITNESS SERVICE DEPARTMENT  
865 HOFF ROAD  
ST. LOUIS, MO 63366  
1.800.883.8783  
HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST  
E-MAIL: [service@truefitness.com](mailto:service@truefitness.com)

### CONTACTING SALES:

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

TRUE FITNESS HOME OFFICE  
865 HOFF ROAD  
ST. LOUIS, MO 63366  
1.800.426.6570  
HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST  
E-MAIL: [sales@truefitness.com](mailto:sales@truefitness.com)



## CHAPTER 4: CUSTOMER SERVICE

### REPORTING FREIGHT 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 in case of damages.

#### Severe Damage:

Obvious damage to external packaging / internal product. Please refuse the shipment and it will be returned to TRUE Fitness by the carrier. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal hours of operation to notify us that the shipment has been refused. Once we have received the damaged shipment, a replacement shipment will be sent to you. Only refuse the damaged piece if the shipment is multiple boxes.

#### Slight Damage:

The box may have minimal damages and you are not sure if the actual product is damaged or not. 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 and photos of damages. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal hours of operation.

#### Concealed Damage:

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. We 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 and photos of damages. Contact the TRUE Fitness customer support team by calling 800.883.8783 or sales support team by calling 800.426.6570 Monday-Friday during normal hours of operation.

## CHAPTER 5: ADDITIONAL INFORMATION

Save Time and Register Online!  
Activate Multiple Warranties at [truefitness.com](http://truefitness.com)

All TRUE® Fitness products are distributed by TRUE and are warranted to the original registered product purchaser and the parts of the TRUE product (the "Product") listed below, under normal use and service, shall be free of manufacturing defects in workmanship and materials only for the period of time beginning from the original date of purchase set forth below:

<b>Frame*</b>	<b>10 Years</b>
<b>Parts</b>	
<b>Bearings, Bushings, and Weight Plates</b>	<b>5 Years</b>
<b>Guide Rods and Pulleys</b>	<b>5 Years</b>
<b>Cables and Belts</b>	<b>1 Year</b>
<b>Cosmetics, Coatings, Grips, and Upholstery</b>	<b>3 Months</b>
<b>Labor</b>	
<b>Frame</b>	<b>1 Year</b>
<b>Bearings, Bushings, Weight Plates</b>	<b>1 Year</b>
<b>Guide Rods and Pulleys</b>	<b>1 Year</b>
<b>Cables and Belts</b>	<b>1 Year</b>
<b>Cosmetics, Coatings, Grips, and Upholstery</b>	<b>3 Months</b>

NOTE: Warranty valid for USA and Canada only.  
NOTE: Failure to register this product will result in no servicing or authorization of parts to be shipped.  
NOTE: Buying after-market products from a 3rd party will result in voided warranty.  
NOTE: This product is intended for Commercial use. If this product will not be used in this particular setting, please contact TRUE as is warranty is void.

**Frame:** The frame is warranted for defects in material and workmanship for a 10 years. The frame is warranted for labor and freight (for parts shipped from TRUE) for one year from date of purchase. \* This limited warranty on structural frame does not include paint or coatings.

**Parts:** The Fuse Strength Line's mechanical parts are warranted for defects in material and workmanship for five years with one year labor warranty. Cables and belts are warranted for defects in material and workmanship for one year with one year labor warranty. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

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

**Labor:** Labor is covered for a period of one year from the date of purchase unless otherwise expressed within this limited warranty as long as a TRUE authorized service provider performs the service. Service that requires over 50 miles of travel may be subject to additional charges. Reasonable and necessary maintenance guidelines can be found in the owner's manual.

**Claims Procedure:** TRUE Limited Warranty service may be obtained by contacting the authorized TRUE dealer from whom the Product was purchased. If the dealer from whom the Product was purchased is no longer an authorized TRUE dealer, then TRUE Limited Warranty service may be obtained by contacting TRUE directly using the following contact information:

TRUE Fitness, Service Department  
865 Hoff Road, St. Louis, MO 63366  
1.800.883.8783  
Hours of operation 8:30am - 5:00 pm CST

## CHAPTER 5: ADDITIONAL INFORMATION

Save Time and Register Online!  
Activate Multiple Warranties at [truefitness.com](http://truefitness.com)

The above Limited Warranty is subject to and will be in accordance with the conditions set forth below:

**1. THIS LIMITED WARRANTY GIVES YOU SPECIAL LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.**

2. This Limited Warranty can be processed only if the Warranty Registration Form is completed online, or if the attached form is filled in, signed by the original purchaser, and mailed to TRUE within 30 days of purchaser's receipt of this Product. The serial number must be intact on the Product for this Limited Warranty to be valid.

3. This Limited Warranty applies to the product only while the Product remains in the possession of the original purchaser and is not transferable

4. 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).

5. This Limited Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance (as referenced in the owner's manual.)

6. This Limited Warranty applies only to the cost of repair or replacement of parts and does not include labor (beyond the above warranty period), transportation, service, return and freight charges associated therewith except as expressly specified herein.

7. This Limited Warranty shall not apply to: Service calls to correct installation of the equipment or instruction to owners on how to use the equipment; or any labor costs incurred beyond the applicable labor warranty period.

8. This Limited Warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.

9. **ANY IMPLIED WARRANTY, INCLUDING WITHOUT LIMITATION THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION AND REMEDY TO THE TIME PERIOD COVERED BY THE LIMITED WARRANTY. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.**

10. **THE REMEDIES DESCRIBED ABOVE ARE YOUR SOLE AND EXCLUSIVE REMEDIES AND TRUE'S ENTIRE LIABILITY**

**FOR ANY BREACH OF THIS LIMITED WARRANTY. TRUE'S LIABILITY SHALL UNDER NO CIRCUMSTANCES EXCEED THE ACTUAL AMOUNT PAID BY YOU FOR THE PRODUCT, NOR SHALL TRUE UNDER ANY CIRCUMSTANCES BE LIABLE FOR ANY CONSEQUENTIAL, INCIDENTAL, SPECIAL, OR PUNITIVE DAMAGES OR LOSSES, WHETHER DIRECT OR INDIRECT. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.**

**NOTE TO AUTHORIZED WARRANTY LABOR PROVIDERS:**

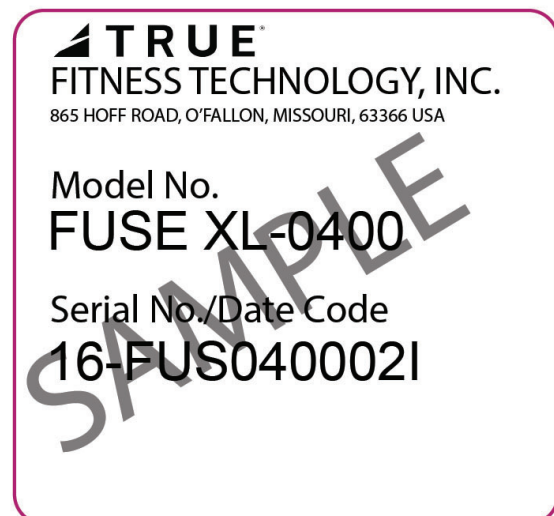
Warranty labor reimbursement or warranty parts rights may not be transferred to, reassigned to, a third party without the express written consent of TRUE. Even jobbing out warranty labor requires TRUE's written approval.

**FUSE STRENGTH LINE SERIAL NUMBER:**

The Fuse 0400 comes with one serial number on the base of the machine. Please write down your serial number below and keep for your records.

**SERIAL NUMBER:**

**SAMPLE SERIAL NUMBER STICKER:**



Keep this page for your records

## CHAPTER 5: ADDITIONAL INFORMATION

Thank you for purchasing a TRUE product. To validate the TRUE product warranty the fast and easy way, please go on-line now to [truefitness.com/support](http://truefitness.com/support) and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to TRUE Fitness within 30 days from the date of equipment installation.

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

### Commercial Warranty Registration

**PLEASE PROVIDE YOUR SERIAL NUMBER BELOW.  
REQUIRED FOR WARRANTY REGISTRATION:**

**SERIAL NUMBER:**

Model Type \_\_\_\_\_

Date of Purchase \_\_\_\_\_

Your Company Name \_\_\_\_\_

Contact First Name \_\_\_\_\_

Contact Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email Address \_\_\_\_\_ Website \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

1. Where did you first learn about TRUE?

- ☐ a. Dealer ☐ b. Website  
☐ c. Advertisement ☐ d. Referral  
☐ e. Current Customer ☐ f. Other \_\_\_\_\_

2. Why did you purchase a TRUE product?

- ☐ a. Design/Appearance ☐ b. Dealer Suggestion  
☐ c. Price/Value ☐ d. Quality Construction  
☐ e. Performance ☐ f. TRUE Reputation  
☐ g. Other \_\_\_\_\_

3. Please indicate your type of facility:

- ☐ a. Apartment/Condo ☐ b. Corporate Fitness Center  
☐ c. Municipality ☐ d. Health Club/Gym/Spa  
☐ e. Hotel/Resort ☐ f. Military Base  
☐ g. Student Rec Center ☐ h. Other \_\_\_\_\_

4. What other types of equipment does your company own?

- ☐ a. Treadmill Brand \_\_\_\_\_  
☐ b. Bike Brand \_\_\_\_\_  
☐ c. Elliptical Brand \_\_\_\_\_  
☐ d. Free Weights/Gym Brand \_\_\_\_\_

5. How many people use your facility on a daily basis?

- ☐ a. <25 ☐ b. 25-75  
☐ c. 76-150 ☐ d. 150+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?

- ☐ Yes ☐ No

7. If you answered "yes" to question 6, what type do you plan to purchase?

- ☐ a. Treadmill ☐ b. Elliptical  
☐ c. Stationary Bike ☐ d. Free Weights  
☐ e. Gym ☐ f. Other \_\_\_\_\_

8. Would you recommend TRUE to other club owners?

- ☐ Yes ☐ No

9. You are a valued TRUE customer and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain: