

XFW6800 SMITH MACHINE

 TRUE FITNESS



SCAN FOR UP-TO-DATE
OWNER'S MANUAL

MODEL XFW6800
(MAN-XFW6800 REV00)

**OWNER'S
MANUAL**



IMPORTANT—PLEASE READ

All products shown are prototype. Actual product delivered may vary. Product specifications, features, and software are subject to change without notice.

For the most up-to-date version of this manual, please see our website:

<https://truefitness.com/services-support/user-manuals/>

CONTACTING OUR SUPPORT TEAM

To contact TRUE for any of your pre or post installation questions, please call our toll-free numbers Monday - Friday during normal business hours:

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

Or email us:

- Commercial Direct Customers and Corporate Accounts | service.direct@truefitness.com
- Retail Customers and Distributors | service@truefitness.com
- Service International | int.service@truefitness.com

When contacting TRUE, please have the following information ready:

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

NOTE: Authorized service providers, dealers, and distributors may also use TRUE's online resource | portal.truefitness.com.

CONTACTING OUR SALES TEAM

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

- Phone | 800.426.6570
- Email | sales@truefitness.com

REPORTING FREIGHT CLAIMS OR PARTS DAMAGE

Unfortunately, sometimes materials can be damaged during shipment. If materials are damaged during shipment, please follow the guidelines below to determine the appropriate process for you to follow.

Severe Damage—Obvious damage to external packaging and internal product.

Please refuse the shipment and it will be returned to TRUE by the carrier. Contact TRUE product support by calling 800.883.8783 or sales support by calling 800.426.6570 Monday-Friday during normal business hours to notify us that the shipment has been refused. Once we have received the damaged shipment, a replacement shipment will be sent to you. If the shipment comes in multiple boxes, only refuse boxes with damage.

Slight Damage—Minimal damage to external packaging with unknown internal damage to product.

If the shipment has minimal damages and you are not sure if the actual product is damaged, you must sign the bill of lading as damaged when accepting the shipment. Once you have opened the box and you have determined something is indeed damaged, please gather the serial number, model number, description of damage, and photos of damage. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact TRUE product support (service@truefitness.com | 800.883.8783) or TRUE sales support (sales@truefitness.com | 800.426.6570) Monday-Friday during normal business hours.

Concealed Damage—No damage to external packaging but internal damage to product.

You may receive a shipment that looks intact and discover once the box has been opened that there are hidden damages. Please notify the carrier immediately. TRUE will not be able to file a claim if the carrier is not notified in a timely manner. Once you have called the carrier you will need to gather the serial number, model number, description of damage, and photos of damage. Contact TRUE product support (service@truefitness.com | 800.883.8783) or TRUE sales support (sales@truefitness.com | 800.426.6570) Monday-Friday during normal business hours.



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SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS

FACILITY AND USER SAFETY PRECAUTIONS

- Review and understand all of the warning labels affixed to this machine and on the facility safety sign.
- Be certain that the machine operation is understood before it is used. Refer to the instructional procedure label affixed to the machine.
- Make sure all users are properly trained on how to use this equipment. If this machine is being used in a commercial setting, end users may not have access to this owners manual. It is the responsibility of the facility to instruct users as to the proper usage of the equipment as well as making them aware of potential hazards. Maximum user weight is 400 lbs / 182 kg.
- Use each machine only for the intended exercise. Do not allow anyone to invent exercises not included on the instructional procedure label or the intended use label.
- Do not modify the machine.
- This equipment meets industry safety standards for stability when used for the intended exercise. Do not allow straps, resistance bands or other means to be attached to the framework of this machine to perform stretching or body weight exercises. This can result in machine instability and lead to serious crushing injuries.
- Keep children away from this equipment. Adults should closely supervise use by teenagers.
- It is recommended that users receive a thorough medical exam before commencing an exercise program. All medical issues should be reviewed to ensure that weight training will not aggravate pre-existing medical conditions.
- If the machine appears damaged or inoperable, contact a facility staff member to place an “OUT OF ORDER, DO NOT USE” sign on the machine until it is repaired. Only use TRUE supplied replacement components to service this machine.
- Instruct users not to wear loose or dangling clothes or have headphone wires hanging when using this equipment.
- Do not attempt to free any jammed assemblies by yourself as this may cause injury.
- On Plate Loaded and Free Weight machines:
 - Use of spotter(s). Instruct users to seek the advice of the facility staff as to the appropriate use of spotters when lifting. More than one spotter may be required depending upon the amount of weight being lifted.
 - Instruct users to load weight plates evenly and carefully to avoid tipping equipment and crushing injuries.
 - If the machine is equipped with safety stops or catches, inspect them and verify their proper operation before use and make sure they are securely in place before using or exiting the machine. Be certain members are instructed on how to operate and adjust all safety mechanisms.
 - This equipment is designed for standard olympic size weight plates with a 50 mm bore (1.9”).
 - Do not exceed the maximum weight capacity of the machine. Maximum plate size is 45 lbs / 20 kg.

INSTALLATION SAFETY PRECAUTIONS

- Read this installation manual entirely before assembling this equipment.
- Verify that there is adequate space surrounding this piece of equipment for safe access and operation. Installation must meet ADA requirements for accessibility.
- Install this piece of equipment on a solid level surface that does not deviate more than 1/8" over a 10' distance (or as defined and required by local building and architectural codes).
- **DO NOT** install any fitness equipment near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components.
- **Be sure all hardware is tight before using this equipment.**
- Some assembly materials may come preassembled in the carton. Refer to the Assembly Instructions for more information on disassembling any assembly materials before beginning assembly.

EQUIPMENT INSTALLATION AND STABILITY

- TRUE Fitness designs its products to be stable when used as intended.
- Training environments vary, and TRUE Fitness cannot predict the specific conditions under which users will set up or operate our products.
- To ensure safety and optimal performance, TRUE Fitness requires that all flexibility and strength training equipment be securely anchored to a solid, level surface.
- All anchoring locations must be used when anchoring the equipment to the floor. Proper anchoring prevents instability, rocking, or tipping during use.
- Regardless of the fastener type or method used, each anchoring fastener must withstand a minimum pull-out force of 3.3 kN (750 lbs) from the floor to ensure proper stability and safety compliance.
- It is the facility's responsibility to ensure installation complies with all applicable local and regional building codes and that equipment is installed according to manufacturer guidelines.
- A licensed contractor or structural engineer should be consulted to verify that installation methods meet local building regulations and are appropriate for the specific type of flooring used.
- TRUE Fitness shall not be held liable for any injuries, damages, or equipment malfunctions resulting from failure to properly secure or bolt equipment to the floor or from improper installation practices.
- If two assembled units are linked together, both units must be anchored to the floor.

MAINTENANCE SAFETY PRECAUTIONS

- Refer to the maintenance schedule table in this manual for when to perform maintenance.
- Check the function of your machine DAILY by verifying the following:
 - 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.
- Check the function of your machine WEEKLY by verifying the following:
 - Nuts, Bolts, and Fasteners: check tightness weekly. If any hardware has become loose, retighten it, use Loctite® Threadlocker 242, or both.
 - Frames and Lifting Arms: Inspect weekly for integrity and function. Replace any component at first signs of wear. Use only TRUE supplied components.
- Replace any warning label at the first sign of wear. Labels and the facility safety sign may be obtained from TRUE.

GENERAL CARE AND MAINTENANCE

IMPORTANT

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

- 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.
- Nuts, bolts, and fasteners—check tightness weekly. If any hardware has become loose, retighten and/or use Loctite® brand Threadlocker 242. Be sure all hardware is tight before using the machine.
- Safety catches—inspect catches, stop rods and their associated fasteners. Tighten any loose hardware and replace any components at first signs of wear.
- Frames—sweat, disinfecting sprays and spills can lead to corrosion which may lead to premature failure of components. Wipe all machines down with a damp cloth and dry completely each day. This includes painted parts and chrome parts.
- Painted and chrome plated parts—use Simple Green with a dilution of 32:1 or similar cleaner for light dirt and grime. Use Turtle Wax Polishing Compound or a good car polish to remove heavier dirt and grease as well as for polishing. **DO NOT** use solvents, lacquer thinner, acetone or finger nail polish remover. For scuffs and marks that are not removed by the above methods use a soft scrub cleanser. Make sure all parts are dry upon completion.
- Exercise instruction labels—clean with soap and water as needed.
- Bronze bushings—check monthly for signs of wear and replace as needed.
- 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.

- Linear bearing shafts—wipe any accumulation of dust or other contaminants from the shafts on a weekly basis. Apply a thin layer of a Teflon® (PTFE) grease on a weekly basis. TRUE recommends Magnalube® brand.
- When replacing any component, use only TRUE supplied parts.
- Be sure all hardware is tight before using the machine.

Retain these instructions for future reference. If you have any questions, do not hesitate to contact your TRUE dealer or TRUE product support (service@truefitness.com | 800.883.8783).



COMMERCIAL MAINTENANCE SCHEDULE

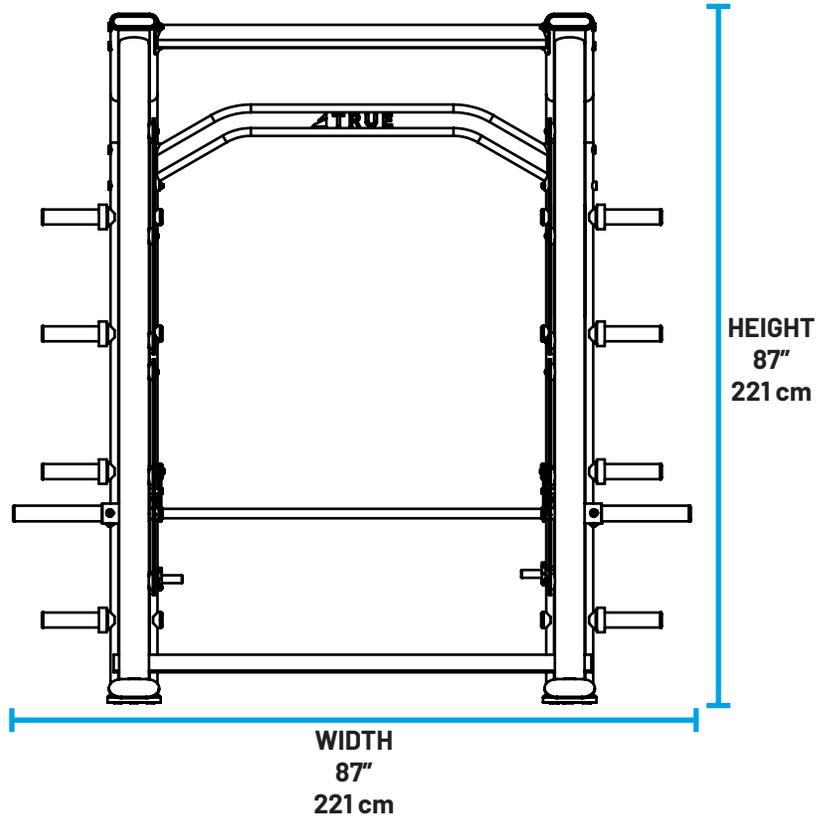
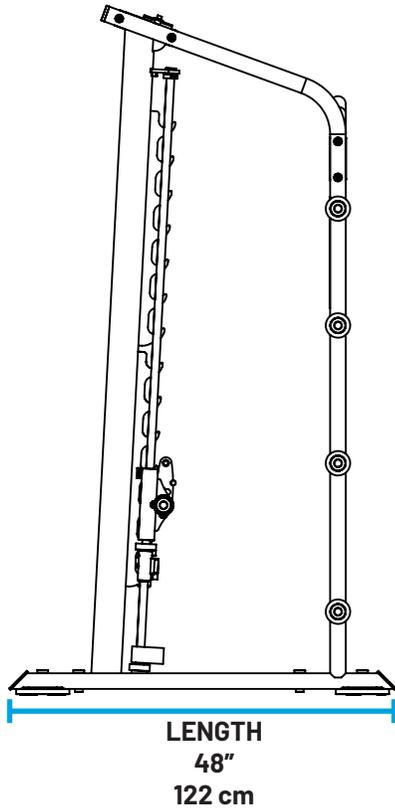
Commercial Maintenance Schedule					
	Daily	Weekly	Monthly	6 Months	Annually
Inspect cables for wear, tension, and proper connection if equipped. Replace at the first sign of wear.	X				
Inspect cable length and cable end fittings. Replace at the first sign of wear.		X			
Inspect all nuts and bolts and tighten if needed.		X			
Inspect safety catches, stop rods, and their fasteners. Replace at the first sign of wear.	X				
Clean guide rods and lubricate with a teflon lubricant if equipped.		X			
Inspect all anti-slip surfaces and replace as needed.		X			
Inspect all accessory bars and handles.		X			
Inspect all safety and instructional decals.	X				
Clean and polish frame.	X				
Clean and polish chrome.	X				
Replace cables if equipped.					X

COMPLIANCES

This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit www.truefitness.com.

DIMENSIONS AND WEIGHTS

- ASSEMBLED DIMENSIONS (L X W X H)**
 48" x 87" x 87" / 122 cm x 221 cm x 221 cm



- PRODUCT WEIGHT**
 444 lbs / 202 kg
- MAXIMUM USER WEIGHT**
 400 lbs / 182 kg
- MAXIMUM LOAD—DO NOT EXCEED**
 540 lbs / 252 kg

POST CAPACITY	
Number of Standard Storage Posts	Max Weight Plates Per Storage Post
8	5

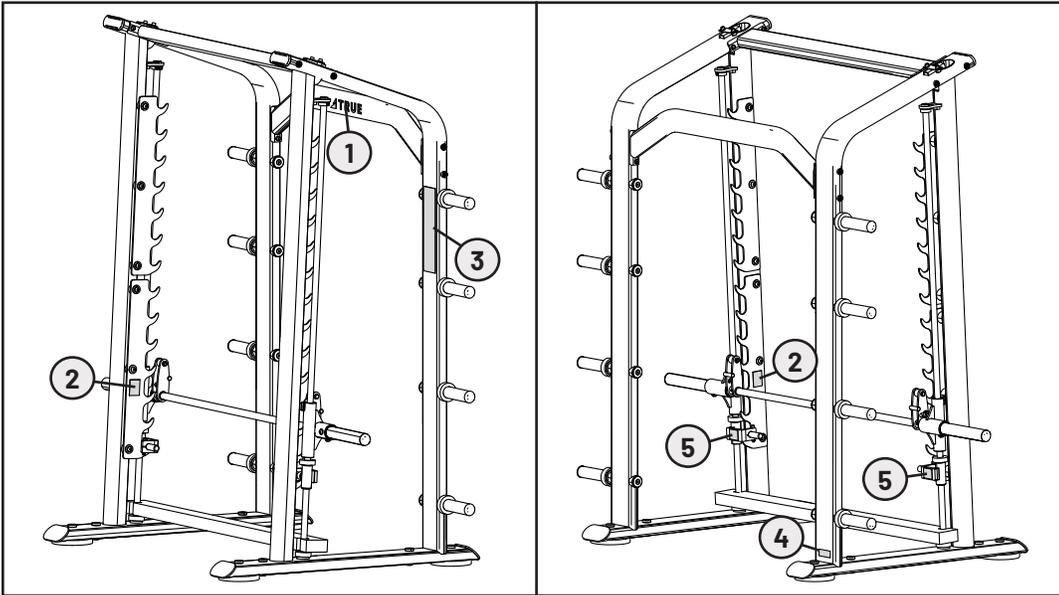
FEATURES

- Open-frame design and elevated head clearance provide for easy access and use of utility benches
- 14-position bar catch assembly allows multiple exercise movements
- Weight carriage counterbalanced to 10 lbs (4.5kg) and angled 3 degrees to accommodate natural rotation of anatomical joints during exercise
- Dual-adjustable safety stops allow users to adjust range of motion to suit their individual needs
- Eight weight storage posts standard



LABEL LOCATIONS

Item	Part#	Description	Qty
1	LBL-LOG-010BK	LABEL, 10" NEW TRUE LOGO, WHITE	1
2	LBL-WRN-0018	LABEL, WARNING FS SMITH SAFETY CATCH HEIGHT	2
3	LBL-WRN-XFW68	LABEL, WARNING	1
4	SL-XFW6800-35	LABEL, SERIAL NUMBER	1
5	B 547	LABEL, WARNING, STOP CATCHES	2



WARNING AND INTENDED USE LABELS

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

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

Part# and Description	Image
LBL-LOG-010BK (Logo)	
LBL-WRN-0018 (Warning Safety Catch)	 <p>⚠ WARNING</p> <p>TO REDUCE THE RISK OF SERIOUS SPINAL INJURY, DO NOT PLACE STOP CATCHES BELOW THIS LEVEL WHEN DOING SQUAT EXERCISES. SAFETY CATCHES MUST BE USED AT ALL TIMES WHEN USING THIS MACHINE.</p> <p>← →</p> <p>ASTM F1749 LBL-WRN-0018 9/17</p>

Part# and Description	Image
LBL-WRN-XFW68 (Warning)	<div style="border: 2px solid black; padding: 10px;"> <div style="background-color: orange; color: white; text-align: center; padding: 5px;">  WARNING </div> <p>DEATH OR SERIOUS CRIPPLING INJURY CAN OCCUR IF THE LIFTING BAR DROPS SUDDENLY. TO AVOID INJURY FOLLOW THESE PRECAUTIONS.</p> <ol style="list-style-type: none"> 1. BEFORE USING: Read all of the warnings and obtain instruction on the use of this machine. 2. BEFORE making any adjustments or changing the weight on this machine make certain that the catch rods are completely engaged in their hooks. 3. INSPECT the machine before use. DO NOT use if machine appears damaged or is not functioning properly. DO NOT attempt to fix. Seek assistance from staff. 4. DO NOT modify the machine. DO NOT use bands or chains with this machine. 5. Get a medical exam before beginning any exercise program. 6. Keep body and clothing clear of all moving parts. 7. INSPECT MACHINE DAILY for loose, worn or damaged parts. Tighten and adjust all loose parts. Inspect cables and their connections daily. Replace any part or label at first signs of wear. If you are in doubt about any part, DO NOT use the machine until the part is replaced. 8. NEVER allow children near this machine. Supervise use by teenagers. 9. ALWAYS use spotters. 10. ALWAYS set both YELLOW stop catches, following the procedure below, when using this machine. 11. Load weight onto the machine evenly. Load one weight on one side and then the other. DO NOT exceed the maximum weight of 540 lbs. (245 kg). 12. Multiple vertical lifting movements can be performed on this machine. Proper height adjustment of the yellow stop catches depends on the exercise. Adjust as follows: <ul style="list-style-type: none"> • Remove weight from the lifting bar • For squats, perform the exercise and determine the lowest comfortable position for your body. For all other exercises, perform the movement and determine the lowest point of bar travel that is comfortable without the bar contacting your body. • Position both stop catches at this point. Ensure that they are completely seated into the catch plate. 13. DO NOT REMOVE this label. Replace when worn or damaged. <p>FOR SQUATS, NEVER PLACE THE STOPS BELOW THE HEIGHT INDICATED ON THE MACHINE.</p> <p>STOP CATCHES MUST BE USED ON ALL EXERCISES INCLUDING CALF OR TOE RAISES.</p> <p>UPON COMPLETION OF THE EXERCISE, VISUALLY ENSURE THAT THE LIFTING BAR CATCH RODS ARE FULLY SEATED AND ENGAGED INTO THE HOOKS BEFORE RELEASING THE LOAD AND EXITING THE MACHINE.</p> <p style="font-size: small;">LBL-WRN-XFW68 ASTM</p> </div>

Part# and Description	Image
SL-XFW6800-35 (Serial Number)	<div style="border: 1px solid black; padding: 5px;">  <p style="font-size: x-small;">TRUE FITNESS TECHNOLOGY, INC.</p> <p style="font-size: x-small;">MODEL NO: XFW6800-35</p> <p style="font-size: x-small;">SERIAL NO: 25-XFW6800000A</p> </div>
B 547 (Warning Stop Catch)	<div style="border: 2px solid black; padding: 10px;"> <div style="background-color: orange; color: white; text-align: center; padding: 5px;">  WARNING </div> <p style="text-align: center; font-size: large;">STOP CATCHES MUST BE USED AT ALL TIMES</p> <p style="font-size: x-small;">ASTM F1749 P/N B547 9/17</p> </div>

ASSEMBLY INSTRUCTIONS



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

PREASSEMBLY CHECKLIST

⚠ CAUTION:



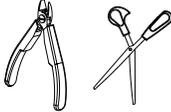
Use caution when assembling this product.
Unpacking and assembling this product requires two or more people.

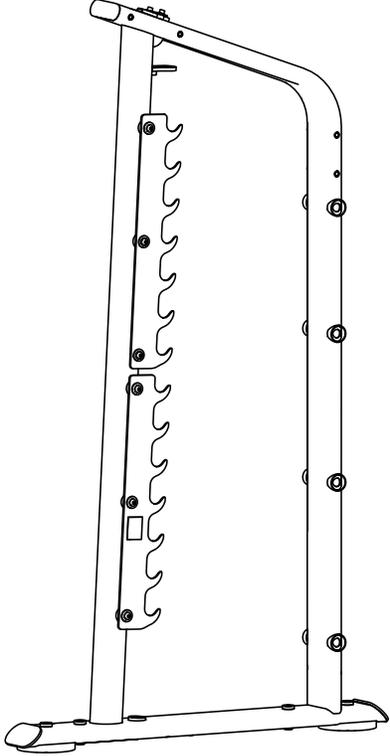


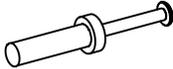
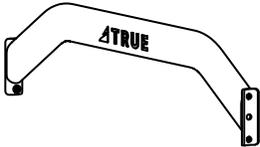
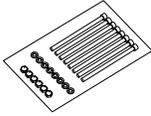
Use caution when unpacking this product. Avoid damage to the product.
DO NOT use a box cutter. **DO NOT** slice into the packaging.

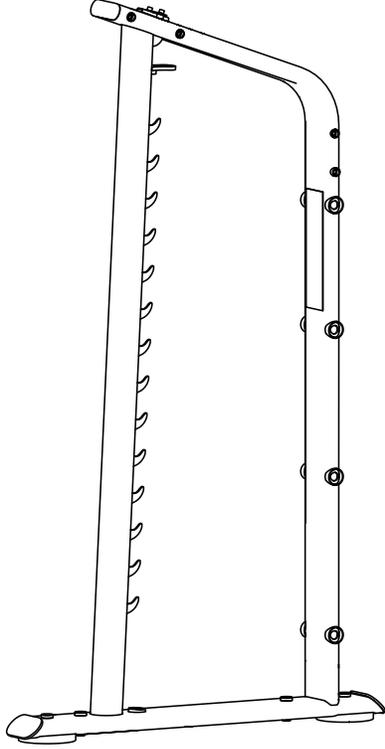
VERIFY BOX CONTENTS

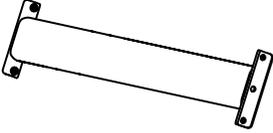
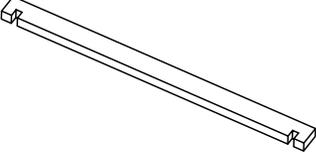
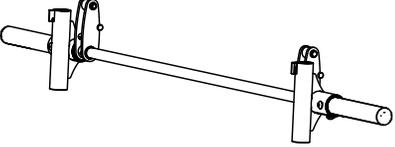
IMPORTANT! Please verify all box contents. If you have questions, or if there are any missing parts, contact product support (service@truefitness.com | 800.883.8783).

TOOLS NEEDED FOR ASSEMBLY	
Wire Cutters or Scissors (used in unboxing the machine)	
#2 Phillips Screwdriver or Electric Screwdriver (both are optional in unboxing the machine)	
7/32", 5/16", 3/16", and 1/8" Allen Wrenches or Ratchet Wrench with Socket Bits	
14mm (9/16") Socket Wrench and Box End Wrench	
Teflon® (PTFE) Grease and Clean Cloth (Magnalube® Brand Recommended)	
Level	
Step Ladder (Highly Recommended)	

CARTON 1 BOX CONTENTS (LEFT SIDE)	
Item	Qty
SUBASSEMBLY, LEFT MAIN FRAME, MATTE BLACK (XFW68-MFR-40X-35) 	1
ROD (XFW68-ROD-01) 	1

CARTON 1 BOX CONTENTS (LEFT SIDE)	
Item	Qty
SUBASSY, WEIGHT HORN (XFW68-WTH-00X) 	8
SUBASSEMBLY, SAFETY STOP LEFT SIDE (XFW68-STP-10X) 	1
SUBASSEMBLY, CENTER ASSY, MATTE BLACK (XFW68-CBR-10X-35) 	1
HARDWARE, XFW6800 (XFW68-HW) 	1
MANUAL, XFW6800 (MAN-XFW6800) 	1

CARTON 2 BOX CONTENTS (RIGHT SIDE)	
Item	Qty
<p>SUBASSEMBLY, RIGHT MAIN FRAME, MATTE BLACK (XFW68-MFR-50X-35)</p> 	1
<p>ROD (XFW68-ROD-01)</p> 	1

CARTON 2 BOX CONTENTS (RIGHT SIDE)	
Item	Qty
<p>SUBASSEMBLY, SAFETY STOP RIGHT SIDE (XFW68-STP-00X)</p> 	1
<p>WELDMENT, TOP CROSS BAR, MATTE BLACK (XFW68-CBR-00-35)</p> 	1
<p>BLOCK/SPACER, ALIGNMENT WOOD (XFW68-WOOD)</p> 	1
<p>LIFT BAR ASSEMBLY (XFW68-BAR-100X)</p> 	1

HARDWARE PACK CONTENTS

Item	Description	Qty
C 737	NUT, ACORN, 3/8-16 	6
C 749B	LOCK WASHER, 3/8", BLK ZP 	8
C1111	SHCS, 3/8"-16 X 6-1/2" 	8

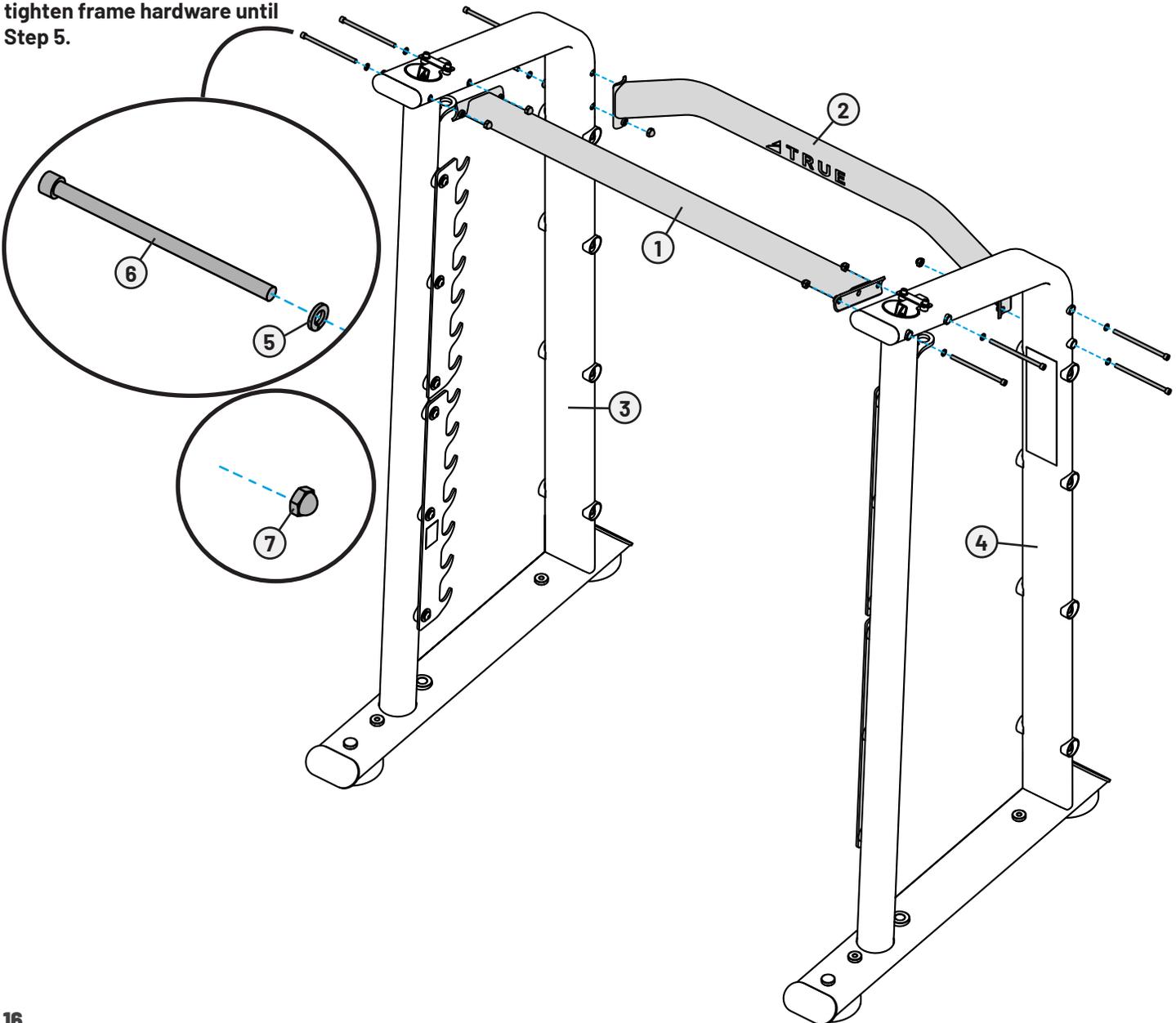
ASSEMBLY STEPS

STEP 1—ASSEMBLE THE LEFT AND RIGHT FRAMES WITH THE CENTER FRAME AND TOP CROSS BAR

Tools Used in this Step	
5/16" Allen Wrench or Socket Wrench with Bit	
14mm (9/16") Socket Wrench or Box End Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	XFW68-CBR-00-35	WELDMENT, TOP CROSS BAR, MATTE BLACK	1
2	XFW68-CBR-10X-35	SUBASSEMBLY, CENTER ASSY, MATTE BLACK	1
3	XFW68-MFR-40X-35	SUBASSEMBLY, LEFT MAIN FRAME, MATTE BLACK	1
4	XFW68-MFR-50X-35	SUBASSEMBLY, RIGHT MAIN FRAME, MATTE BLACK	1
5	C 749B	LOCK WASHER, 3/8", BLK ZP	8
6	C1111	SHCS, 3/8"-16 X 6-1/2"	8
7	C 737	NUT, ACORN, 3/8-16	6

IMPORTANT! DO NOT fully tighten frame hardware until Step 5.



STEP 2—ASSEMBLE THE GUIDE RODS, LIFT BAR, AND SAFETY STOPS

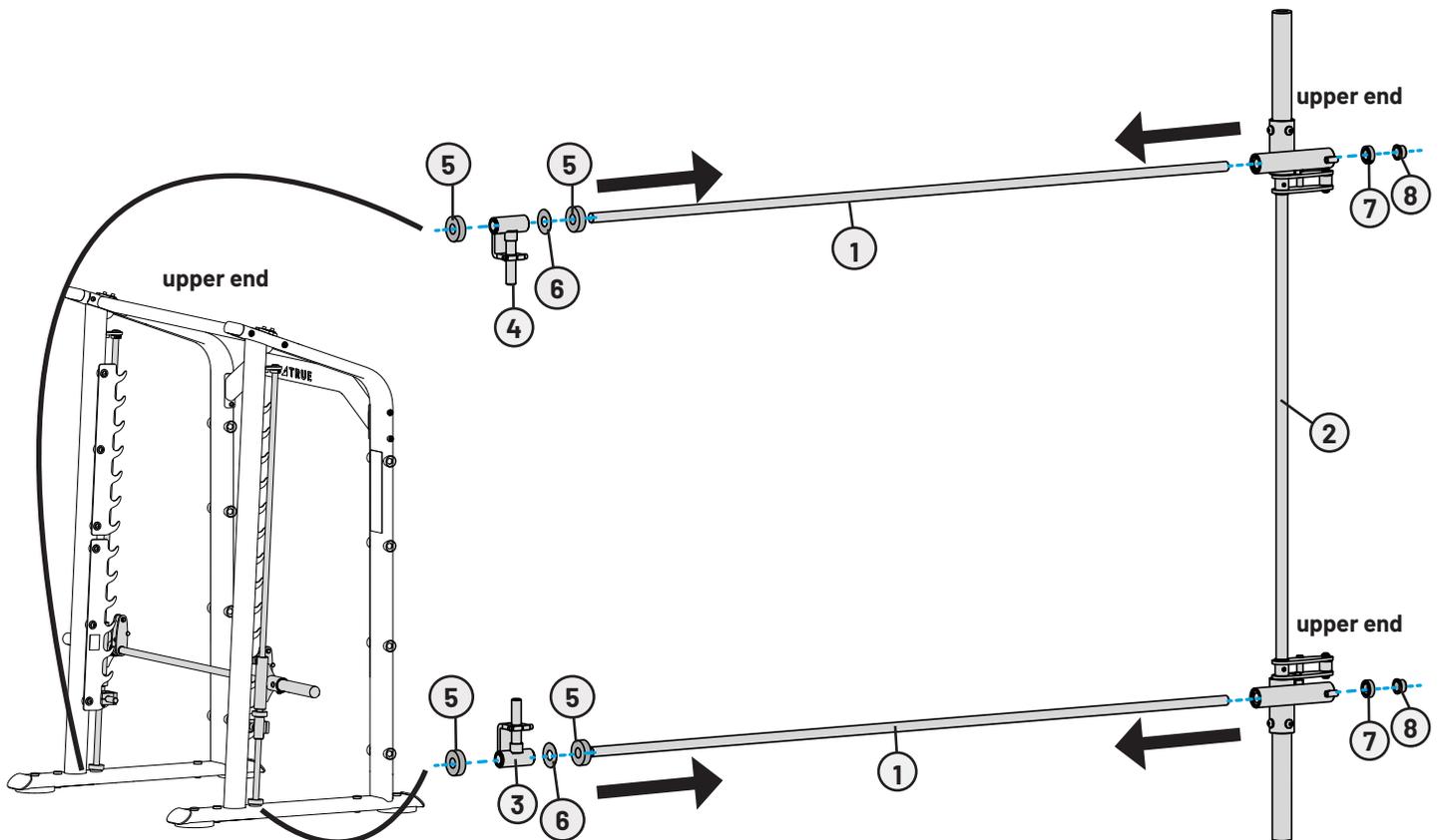
Tools Used in this Step	
Teflon® (PTFE) Grease and Clean Cloth (Magnalube® Brand Recommended)	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	XFW68-ROD-01	ROD	2
2	XFW68-BAR-100X	LIFT BAR ASSEMBLY	1
3	XFW68-STP-00X	SUBASSEMBLY, SAFETY STOP RIGHT SIDE	1
4	XFW68-STP-10X	SUBASSEMBLY, SAFETY STOP LEFT SIDE	1
5	B 683	BUMPER, WEIGHT STACK, 3/4" TALL	4
6	C1110	WASHER, FLAT, 1" ZP SPACER	2
7	D 840A	COLLAR, CLAMPING SHAFT	2
8	XFW68-BKT-01	BUSHING, STOP ROD HOLDER	2

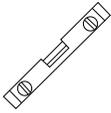
With the guide rods in the horizontal position on the ground, slide the safety stops, flat washers, weight stack bumpers, and lift bar assembly onto the guide rods in the order shown below. The clamping collars and stop rod bushings go on the upper end of the guide rods.

Carefully insert the guide rods into the items identified below to ensure free range of motion along the full length of the guide rods.

NOTE: Apply a thin layer of a Teflon® (PTFE) grease on a weekly basis to the guide rods. TRUE recommends Magnalube® brand.



STEP 3—ATTACH THE GUIDE RODS/LIFT BAR ASSEMBLY TO THE LEFT AND RIGHT FRAME ASSEMBLIES

Tools Used in this Step	
3/16" Allen Wrench or Socket Wrench with Bit	
Level	

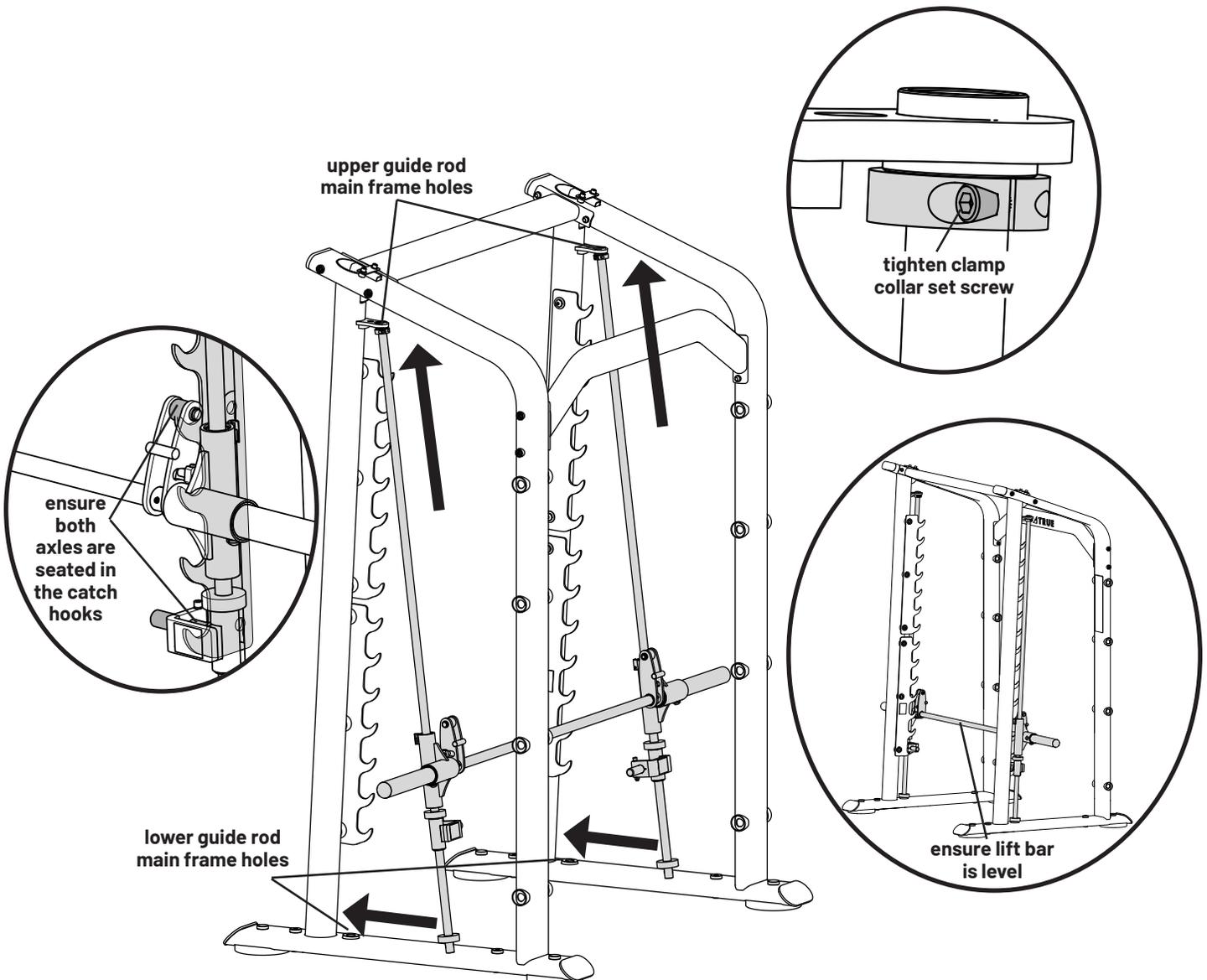
Using two people, hold the lift bar assembly in place on the guide rods, position the clamping collars onto the upper ends of both guide rods and insert the guide rods into the upper guide rod main frame holes.

Slide the clamping collars up into position as shown below and secure in place using the attached set screws.

Place the lift bar assembly and safety stop axles onto the catch hooks ensuring they are positioned in the middle of the guide rods.

NOTES:

- Ensure both guide rods are inserted into the upper guide rod main frame holes at the same time.
- Ensure the weight stack bumpers are over the lower guide rod main frame holes and insert the guide rods into the lower guide rod main frame holes at the same time.
- Confirm the lift bar assembly is level and seated in both catch hooks. Adjust the leveling feet as needed to achieve this.

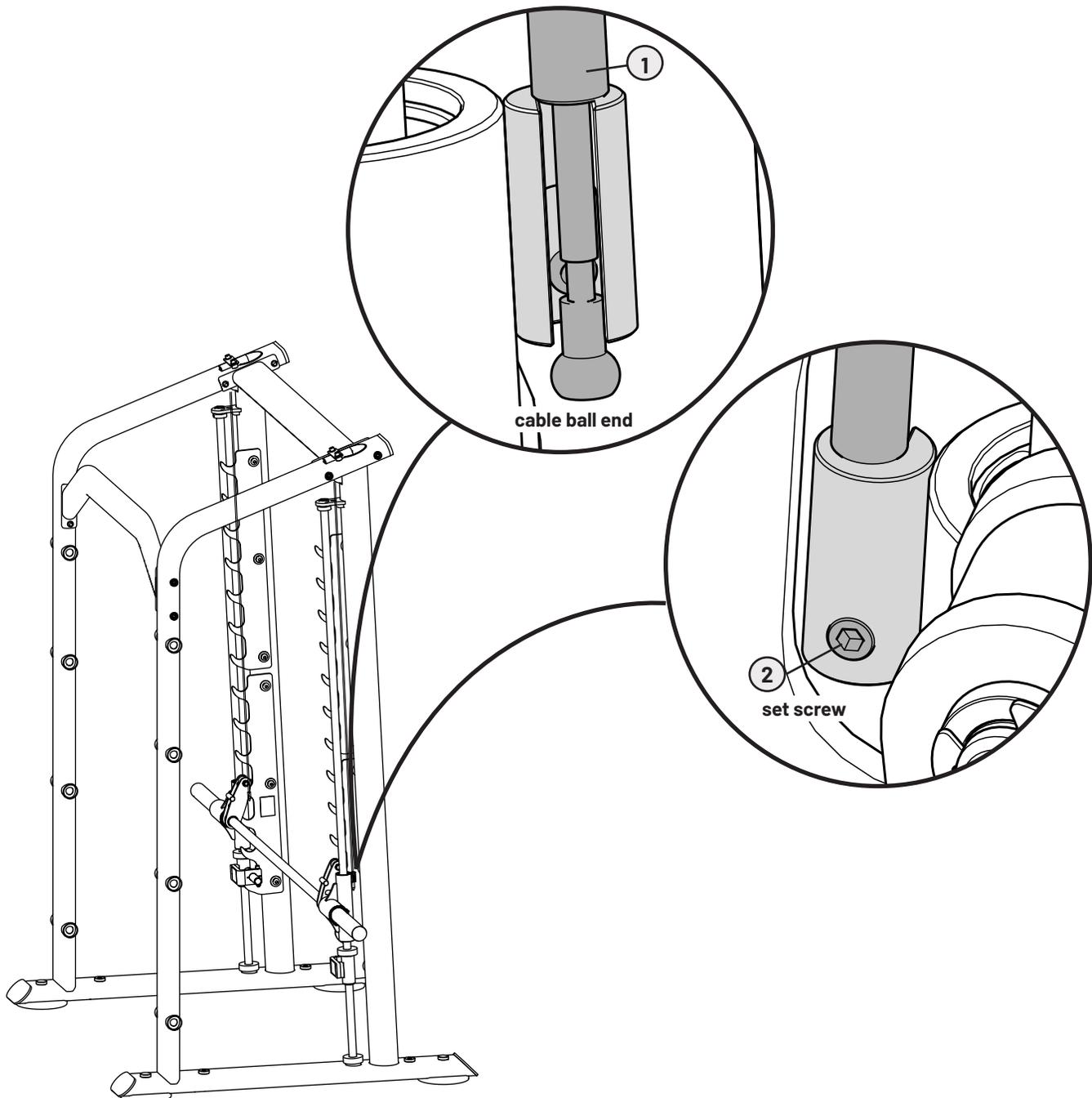


STEP 4—ATTACH THE LEFT AND RIGHT SIDE FRAME CABLES TO THE LIFT BAR ASSEMBLY

Tools Used in this Step	
1/8" Allen Wrench or Socket Wrench with Bit	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	XFW68-CBL-00X	SUBASSEMBLY, CABLE, XFW6800	2
2	C 700	CPSS, 1/4"-20 X 1/4"	2

On both sides of the machine, slide the exposed cable end into the housing on the lift bar assembly. Attach the cable ball end to the cable end. Use the set screw on lift bar assembly housing to secure the cable in place.



STEP 5—ATTACH THE WOOD SPACER AND FULLY TIGHTEN ALL FRAME HARDWARE

Tools Used in this Step

5/16" Allen Wrench
or Socket Wrench
with Bit



14mm (9/16") Socket
Wrench or Box End
Wrench



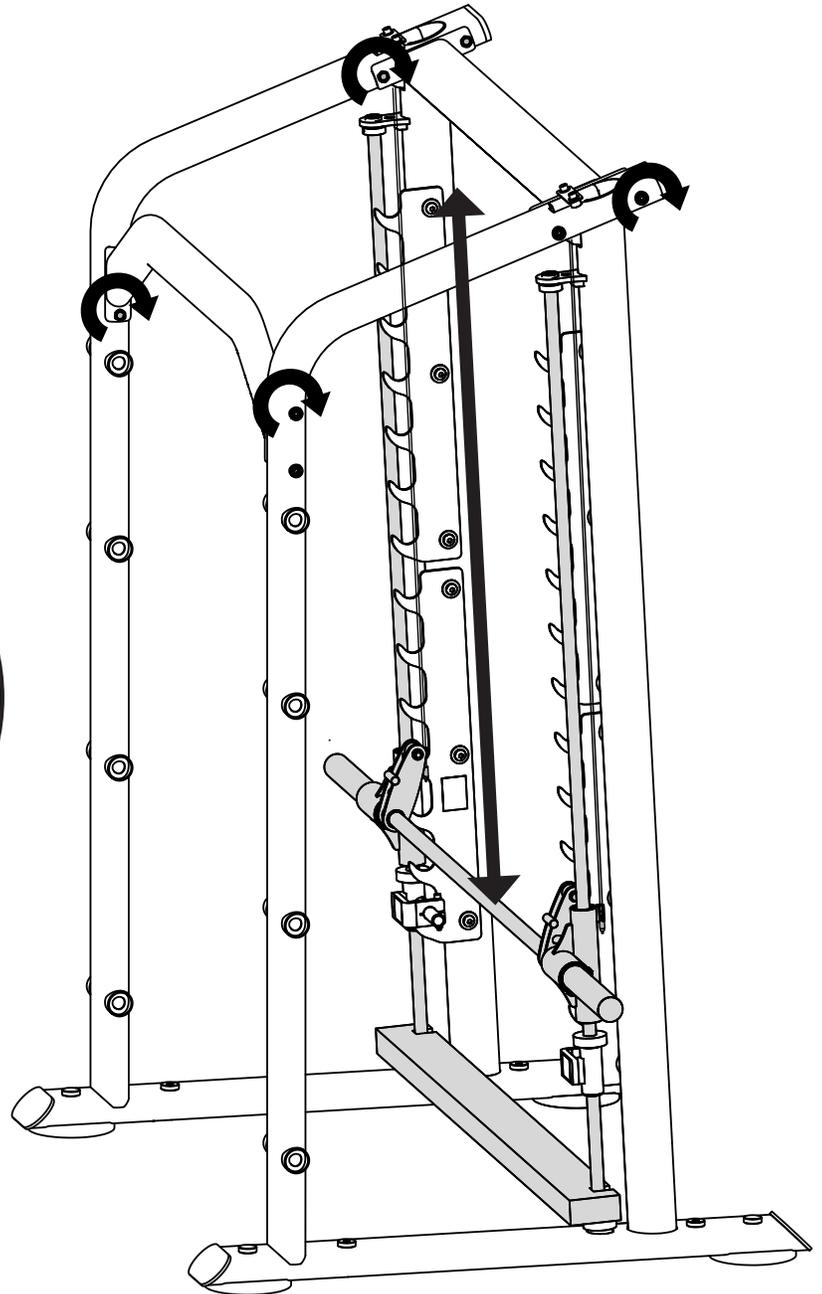
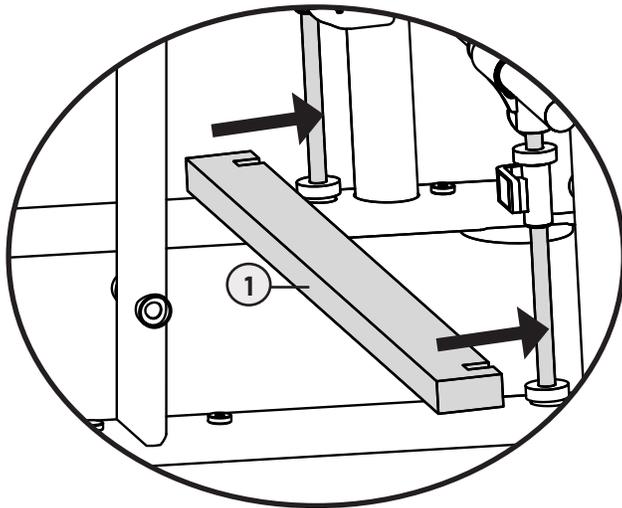
Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	XFW68-WOOD	BLOCK/SPACER, ALIGNMENT WOOD	1

Position the wood spacer as shown below onto the bottom ends of each guide rod.

Fully tighten all frame hardware after equal guide rod spacing is confirmed.

Slide the lift bar assembly the full length of the guide rods to ensure it and the counterweights attached to the opposite ends of the cables are traveling smoothly.



STEP 6—ATTACH THE STORAGE POSTS

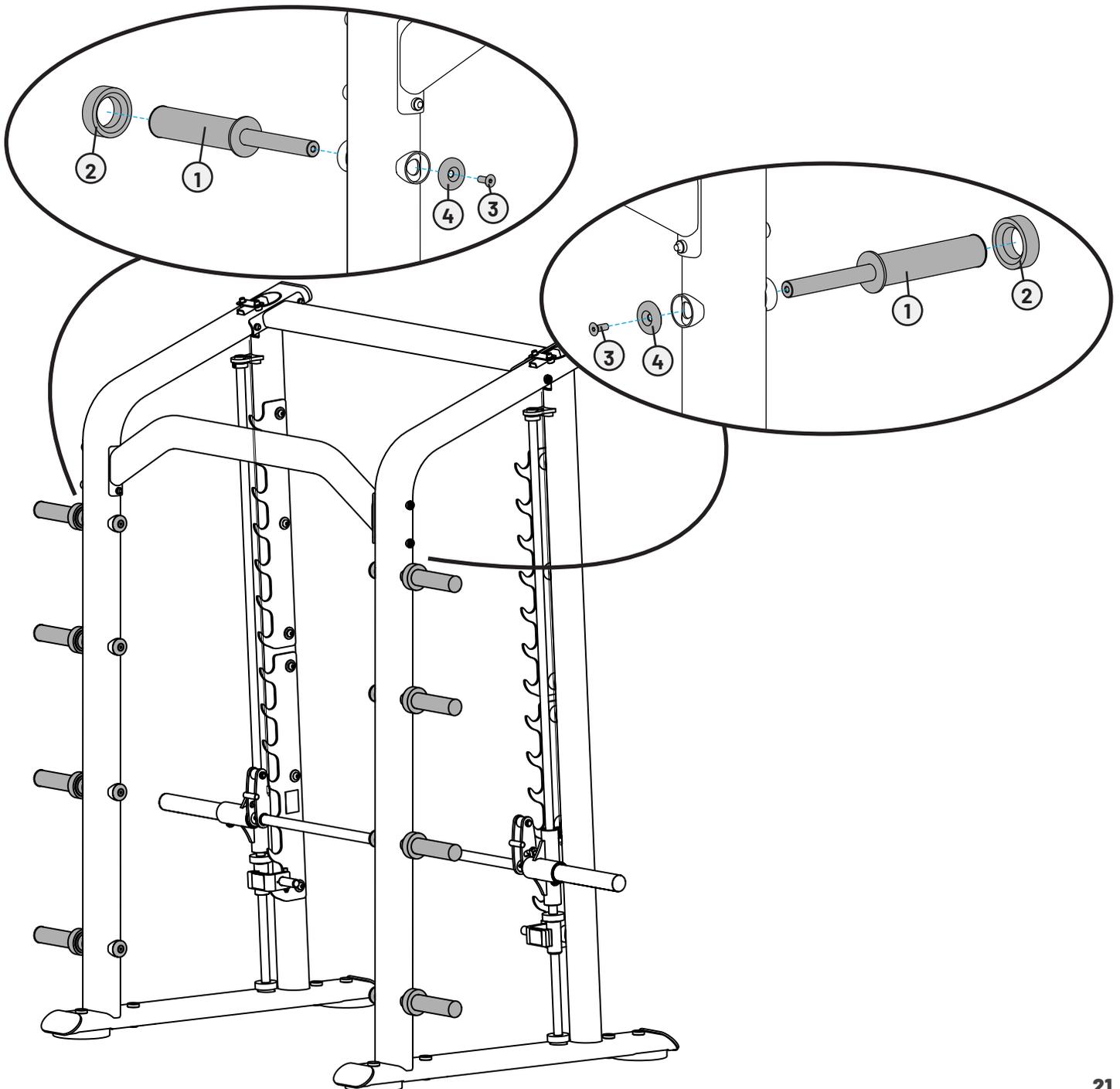
Tools Used in this Step

7/32" Allen Wrench
or Socket Wrench
with Bit



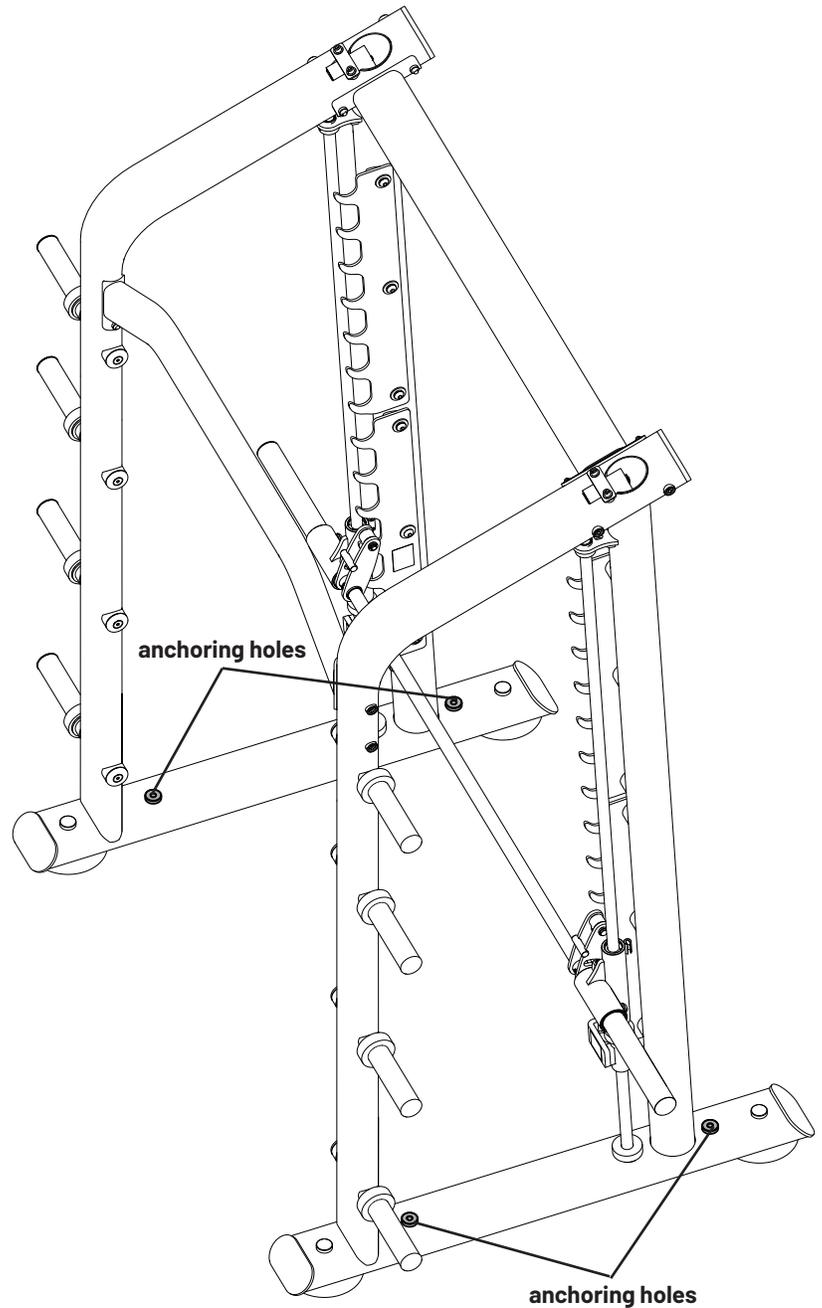
Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	XFW68-WTH-00X	SUBASSEMBLY, WEIGHT HORN	8
2	XFW68-RS-00	SLEEVE, RUBBER 78MM X 48MM X 25MM	8
3	C 658	FHCS, 3/8"-16, 1"	8
4	SD0092	CAP, ALUMINUM 50 X 10.5 X 8	8



STEP 7—ANCHOR THE MACHINE TO THE FLOOR

- TRUE Fitness designs its products to be stable when used as intended.
- Training environments vary, and TRUE Fitness cannot predict the specific conditions under which users will set up or operate our products.
- To ensure safety and optimal performance, TRUE Fitness requires that all flexibility and strength training equipment be securely anchored to a solid, level surface.
- All anchoring locations must be used when anchoring the equipment to the floor. Proper anchoring prevents instability, rocking, or tipping during use.
- Regardless of the fastener type or method used, each anchoring fastener must withstand a minimum pull-out force of 3.3 kN (750 lbs) from the floor to ensure proper stability and safety compliance.
- It is the facility's responsibility to ensure installation complies with all applicable local and regional building codes and that equipment is installed according to manufacturer guidelines.
- A licensed contractor or structural engineer should be consulted to verify that installation methods meet local building regulations and are appropriate for the specific type of flooring used.
- TRUE Fitness shall not be held liable for any injuries, damages, or equipment malfunctions resulting from failure to properly secure or bolt equipment to the floor or from improper installation practices.
- If two assembled units are linked together, both units must be anchored to the floor.



PREVENTATIVE MAINTENANCE

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

IMPORTANT! Always purchase replacement parts from TRUE. Many parts are tested and manufactured specifically for TRUE equipment. Use of unapproved parts may cause serious injury and/or void the limited warranty.

DAILY INSPECTION AND MAINTENANCE

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each day before the equipment is subject to use. TRUE is not responsible for performing or scheduling regular maintenance or inspections.

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

WEEKLY INSPECTION AND MAINTENANCE

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each week. TRUE is not responsible for performing or scheduling regular maintenance or inspections.

- Verify that all hardware is tight and that associated frame members are secure. Apply a few small drops of a thread locking compound such as Loctite® on any loose bolts.
- Inspect frame for integrity and function. Replace any components at the first sign of wear with only TRUE supplied parts.
- Clean guide rods and lubricate with a Teflon grease if equipped with guide rods.

OTHER SCHEDULED PREVENTATIVE MAINTENANCE

TRUE recommends that scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit www.truefitness.com to contact a local TRUE authorized service technician.

CLEANING THE EQUIPMENT

Daily Cleaning

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

⚠ CAUTION: Certain anti-bacterial cleaners and other harsh cleaning agents can induce corrosion on the machine components.

Heavy Duty Cleaning

- 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 recommends using Tri-Flow™ or a similar brand.
- Painted Frames—If you have scuff marks, grease or a heavy dirt buildup on frame components, start with a mild soap solution or a diluted solution of a product such as Simple Green with a dilution of 32:1. If you cannot remove the marks using those methods, use a car polish/cleaner. **DO NOT** use solvents such as lacquer thinner, mineral spirits or acetone. For deeper scuff marks, use an automobile finish rubbing compound.
- Plastic Parts—Use a mild soap solution to clean dirt and grease marks.
- Labels—Use a mild soap solution to clean dirt and grease marks.

⚠ CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the TRUE Warranty. Never pour or spray liquids on any part of the equipment. Allow the equipment to dry completely before using.

⚠ CAUTION: If you determine that the equipment needs service, make sure that the equipment cannot be used inadvertently and ensure other users know that the machine needs service.

To order parts or to contact a TRUE authorized service representative, please visit www.truefitness.com.

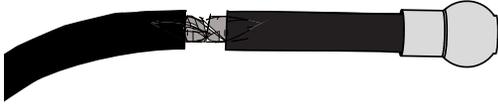
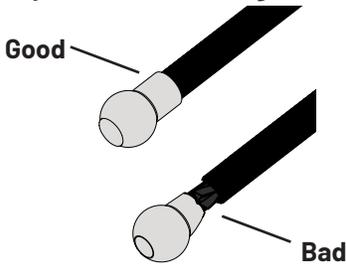
CABLE INSPECTION AND MAINTENANCE

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.

IMPORTANT! TRUE 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. **DO NOT** use cables that have fittings attached with hand-crimp tools.

Examples of Cable Wear	
<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> 

WARRANTY INFORMATION

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

COMMERCIAL WARRANTY

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

STRENGTH	
WARRANTY ITEM	PALLADIUM, FUSE XL, FORCE, FITNESS LINE, ATLAS, XFT, XFW, MP, SM, FT, FS
Frame*	10 Years (with registration)
Parts	5 Years
Cables and Linear Bearings	1 Year
Labor**	1 Year (with registration)
Wear Items***	90 Days (6 months for FORCE only)

FLEXIBILITY	
WARRANTY ITEM	STRETCH
Parts	1 Year
Wear Items***	90 Days

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

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

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

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

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



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

WARRANTY DETAILS

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

NOTE:

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

All Warranty Items are "LIMITED"

- This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/ installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, failure to provide reasonable and necessary maintenance, software version upgrades, compatibility with third party/aftermarket hardware, software, applications, or websites.
- TRUE's liability shall under no circumstances exceed the actual amount paid by you for the product, nor shall TRUE under any circumstances be liable for any consequential, incidental, special or punitive damages or losses, whether direct or indirect.
- Some states or countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
- TRUE will neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall TRUE be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental, or consequential damages arising out of the use of or inability to use this Product.
- This limited warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
- The remedies described herein are your sole and exclusive remedies and TRUE's entire liability for any breach of this limited warranty.
- No one is authorized to change, modify, or extend the terms of this limited warranty.
- This limited warranty is in lieu of all other warranties of any kind either expressed or including but not limited to implied warranties of merchant.
- This limited warranty applies to the product only while the product remains in the possession of the original purchaser and is not transferable.
- This limited warranty becomes VALID ONLY if the Product is initially assembled/installed by a TRUE authorized dealer/ technician (if anyone other than a TRUE authorized dealer/technician initially assembles and installs the Product, this limited warranty will be void unless the written authorization of TRUE is first obtained).
- The "Warranty Period" for this limited warranty shall be for the duration forth in the applicable charts, beginning from the date of original purchase; provided, however, except to the extent prohibited by applicable law, the "Warranty Period" shall only be six months for labor (from the date of original purchase) unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.
- All serial numbers must be intact on the Product for this limited warranty to be valid.
- Installation or download of any 3rd party or after-market products will result in voided warranty. This includes, but is not limited to, electrical and mechanical parts, software, or applications.
- TRUE will ship to an authorized service provider any new or rebuilt replacement part or component, or at our option, replace or refund the Product.
- Replacement parts are warranted for the remaining portion of the original warranty period.
- Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
- This limited warranty does not apply to the performance of the heart rate accuracy will not be warranted as performance varies, based on user's physiology, age, method of use, and other external factors.

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

WARRANTY REGISTRATION

Thank you for purchasing a TRUE product!

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

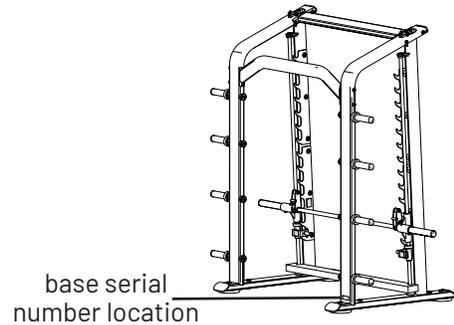
How to register your product:

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



- **By Mail:**
Complete the information below and mail to:
TRUE Product Support
1 GLAZER WAY
ST. CHARLES, MO 63301

PLEASE RETAIN THIS PORTION FOR YOUR RECORDS
BASE SERIAL NUMBER:



Warranty Registration

Base Serial Number

Purchase Date

Company (if applicable)

Customer Name (First and Last)

Email Address

Phone Number

Street Address

City

State

Postal Code

Country



CONTACT US
service@truefitness.com
1.800.883.8783

1 GLAZER WAY
ST. CHARLES, MO 63301

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

