

XFW7800 LEG PRESS

 TRUE FITNESS



SCAN FOR UP-TO-DATE
OWNER'S MANUAL

MODEL XFW7800-35
(MAN-XFW7800 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 50mm 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.
- Anchoring holes are provided on the feet of the frame. 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:
 - Verify that all adjustments are possible and carried out with ease. Make sure that each adjustment pin inserts completely into each position without binding.
 - Verify that safety catches and stops are in proper working order and engaged.
 - Verify that the exercise is performed smoothly, free of noise, and/or binding.
- Check the function of your machine WEEKLY by verifying the following:
 - Nuts, Bolts, and Fasteners: check tightness weekly. If any hardware has become loose, retighten it, use Loctite® Threadlocker 242, or both.
 - Frames and Lifting Arms: Inspect weekly for integrity and function. Replace any component at first signs of wear. Use only TRUE supplied components.
- Replace any warning label at the first sign of wear. Labels and the facility safety sign may be obtained from TRUE.

GENERAL CARE AND MAINTENANCE

IMPORTANT

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

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

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

COMMERCIAL MAINTENANCE SCHEDULE

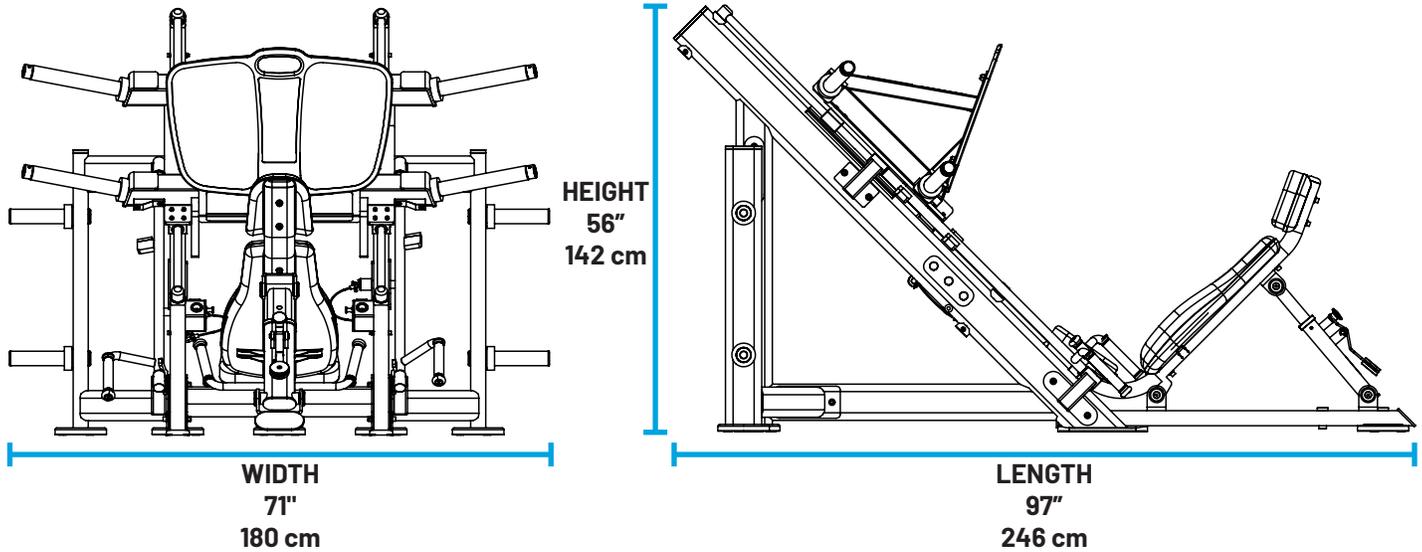
| Commercial Maintenance Schedule | | | | | |
|--|-------|--------|---------|----------|----------|
| | Daily | Weekly | Monthly | 6 Months | Annually |
| Inspect all nuts and bolts and tighten if needed. | | X | | | |
| Inspect safety catches, stop rods, and their fasteners. Replace at the first sign of wear. | X | | | | |
| Inspect all anti-slip surfaces and replace as needed. | | X | | | |
| Inspect all adjustment pins, set screws, and gas shocks if equipped. | X | | | | |
| Inspect all accessory bars and handles. | | X | | | |
| Inspect all safety and instructional decals. | X | | | | |
| Clean and condition upholstery. | X | | | | |
| Clean and polish frame. | X | | | | |
| Clean and polish chrome. | X | | | | |
| Lubricate pivot bearings and linear bearings. | | | | X | |

COMPLIANCES

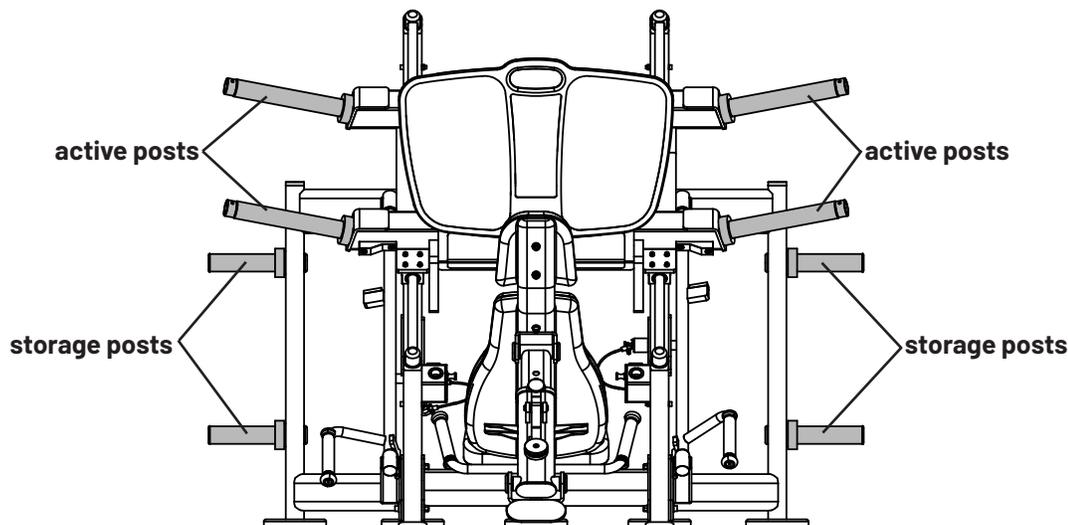
This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit www.truefitness.com.

DIMENSIONS AND WEIGHTS

- ASSEMBLED DIMENSIONS (L X W X H)**
 97" x 71" x 56" / 246 cm x 180 cm x 142 cm



- PRODUCT WEIGHT**
 608 lbs / 276 kg
- MAXIMUM USER WEIGHT**
 400 lbs / 182 kg
- MAXIMUM WEIGHT PLATE SIZE**
 45 lbs / 20 kg
- MAXIMUM LOAD (USER WEIGHT + WEIGHT PLATES)**
 1260 lbs / 573 kg

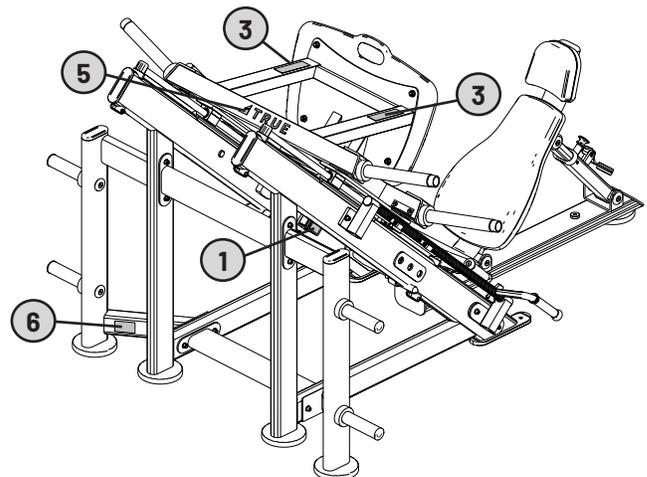
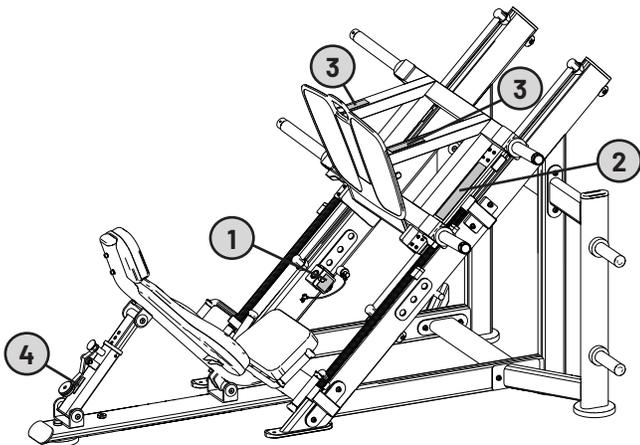


INTENDED USE

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 plates are completely engaged under the carriage.
3. **INSPECT** the machine before use. DO NOT use if the machine appears damaged or is not functioning properly. DO NOT attempt to fix. Seek assistance from staff.
4. Get a medical exam before beginning any exercise program.
5. Keep body and clothing clear of all moving parts.
6. **INSPECT MACHINE DAILY** for loose worn or damaged parts. Tighten and adjust all loose parts. 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.
7. **NEVER** allow children near this machine. Supervise use by teenagers.
8. **ALWAYS** use spotters.
9. **ALWAYS** set both stop rods when using this machine.
10. Load weight onto the machine evenly. Load one weight on one side and then the other.
DO NOT exceed the maximum weight of 1260 lbs / 573 kg.
Maximum weight plate size is 45 lb or 20kg.
11. Leg press and calf lifting movements can be performed on this machine. Adjust the seat back to a comfortable position and then determine the proper placement of the stop rods by performing the exercise with no or minimal weight and determining the lowest point of comfortable carriage travel. Insert the stop rod into the closest hole to this position.
UPON COMPLETION OF THE EXERCISE, VISUALLY ENSURE THAT THE CARRIAGE CATCH PLATES ARE VERTICAL AND IN COMPLETE CONTACT WITH THE CARRIAGE.
12. **DO NOT REMOVE** warning labels. Replace when worn or damaged.

LABEL LOCATIONS

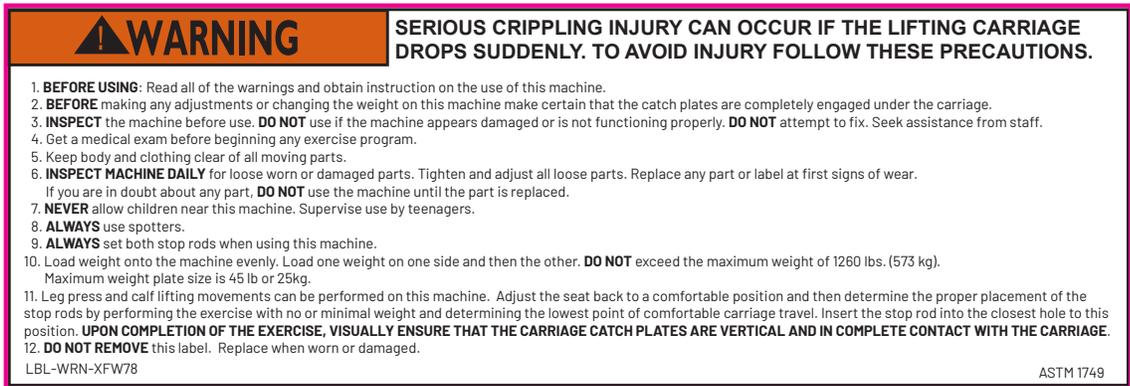
| Item | Part# | Description | Qty |
|------|---------------|---------------------------------------|-----|
| 1 | B 547 | LABEL, WARNING, STOP CATCHES | 2 |
| 2 | LBL-WRN-XFW78 | LABEL, XFW 78 WARNING | 1 |
| 3 | LBL-WRN-0007 | LABEL, WARNING, LOAD WEIGHTS EVENLY | 2 |
| 4 | B2065 | LABEL, WARNING, COMPLETELY INSERT PIN | 1 |
| 5 | LBL-LOG-010BK | LABEL, 10" NEW TRUE LOGO, WHITE | 1 |
| 6 | SL-XFW7800-35 | SERIAL STICKER, XFW7800-35 | 1 |



WARNING AND INTENDED USE LABELS

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

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

| Part# and Description | Image |
|----------------------------------|--|
| B 547 (Catch Warning) |  |
| LBL-WRN-XFW78 (Use Warning) |  |
| LBL-WRN-0007 (Load Warning) |  |
| B2065 (Pin Warning) |  |
| LBL-LOG-010BK (Logo) |  |
| SL-XFW7800-35 (Serial Number) |  |

ASSEMBLY INSTRUCTIONS



NOTE: Supplemental video available @TRUEFitnessServiceVids: <https://www.youtube.com/@TRUEFitnessServiceVids>

PREASSEMBLY CHECKLIST

⚠ CAUTION:



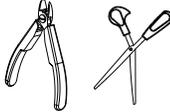
Use caution when assembling this product.
Unpacking and assembling this product requires two or more people.



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

VERIFY BOX CONTENTS

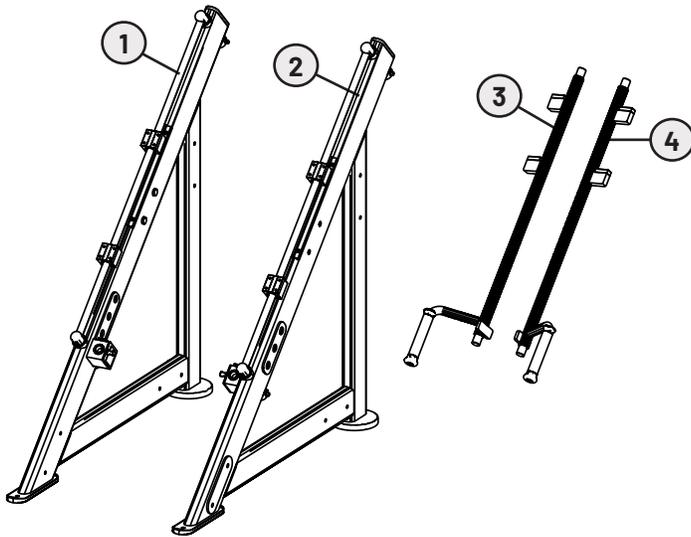
IMPORTANT! Please verify all box contents. If you have questions, or if there are any missing parts, contact product support (service@truefitness.com | 800.883.8783).

| 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) |  |
| 14mm (9/16"), 3/4" Socket Wrench and/or Box End Wrench |  |
| 3/16", 7/32", and 5/16" Allen Wrenches (or ratcheting socket wrench with hex bits - ball end recommended) |  |
| Rubber Mallet |  |
| Magnalube® Grease and Cloth (recommended) |  |

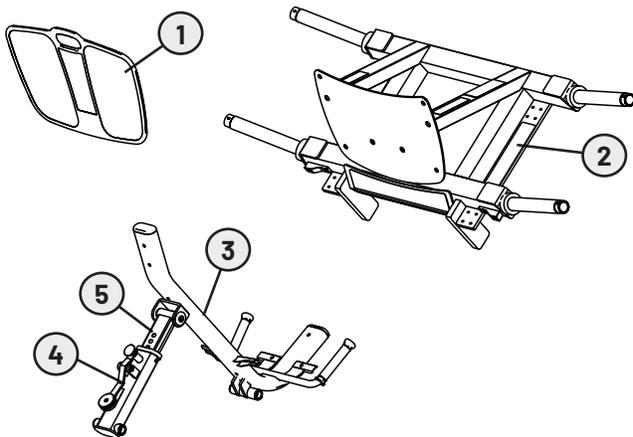


**THIS PRODUCT SHIPS IN MULTIPLE CARTONS.
ENSURE YOU HAVE ALL PARTS SHOWN BEFORE ASSEMBLING THE EQUIPMENT.**

| CARTON ONE CONTENTS | | | |
|---------------------|------------------|----------------------------|-----|
| Item | Part Number | Part Description | Qty |
| 1 | XFW78-MFR-20X-35 | ASSEMBLY, SIDE FRAME, LH | 1 |
| 2 | XFW78-MFR-00X-35 | ASSEMBLY, RIGHT SIDE FRAME | 1 |
| 3 | XFW78-CAT-10X-35 | ASSEMBLY, LEFT CATCH BAR | 1 |
| 4 | XFW78-CAT-00X-35 | ASSEMBLY, RIGHT CATCH BAR | 1 |



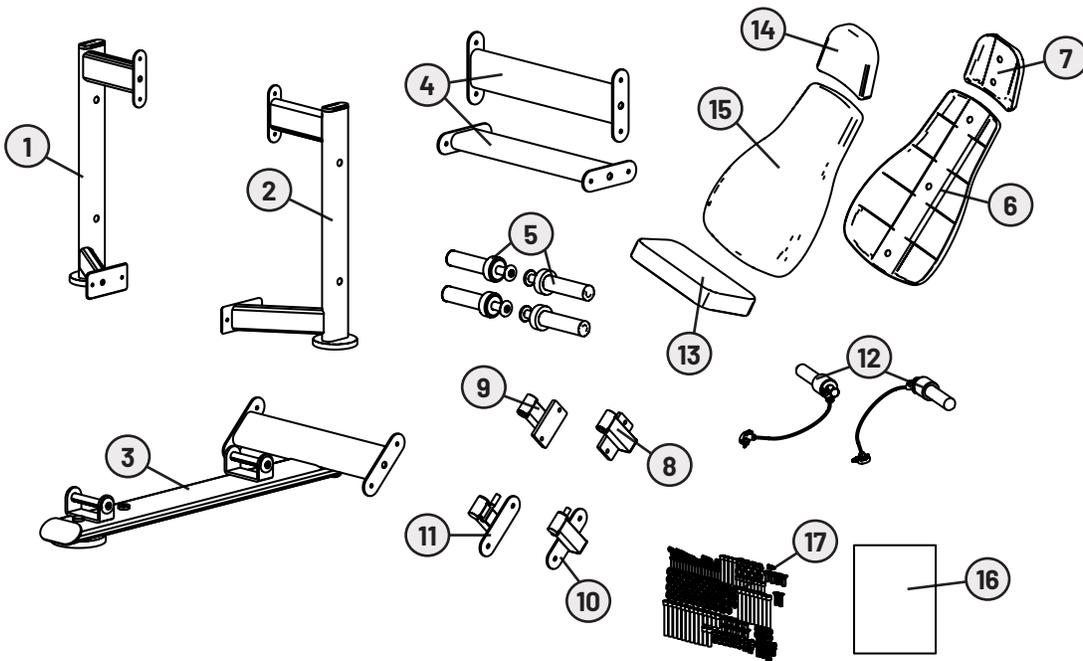
| CARTON TWO CONTENTS | | | |
|---------------------|------------------|------------------------------|-----|
| Item | Part Number | Part Description | Qty |
| 1 | S 540BK | ASSEMBLY, RUBBER FOOT PLATE | 1 |
| 2 | XFW78-PLT-00X-35 | ASSEMBLY, WEIGHT CARRIAGE | 1 |
| 3 | XFW78-SFR-20X-35 | SEAT FRAME ASSEMBLY | 1 |
| 4 | XFW78-SFR-30X-35 | ASSEMBLY, SEAT ADJ SLEEVE | 1 |
| 5 | XFW78-SFR-40X | ASSEMBLY, SEAT BACK ADJ TUBE | 1 |





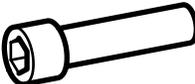
**THIS PRODUCT SHIPS IN MULTIPLE CARTONS.
ENSURE YOU HAVE ALL PARTS SHOWN BEFORE ASSEMBLING THE EQUIPMENT.**

| CARTON THREE CONTENTS | | | |
|-----------------------|------------------|---|-----|
| Item | Part Number | Part Description | Qty |
| 1 | XFW78-WTS-10X-35 | ASSEMBLY, EXTENSION FRAME, LH | 1 |
| 2 | XFW78-WTS-00X-35 | ASSEMBLY, EXTENSION FRAME, RH | 1 |
| 3 | XFW78-SFR-00X-35 | ASSEMBLY, SEAT BASE FRAME | 1 |
| 4 | XFW78-CBR-00-35 | WELDMENT, FRAME, CROSS MEMBER | 2 |
| 5 | XFW78-WTS-20X | ASSEMBLY, WEIGHT HORN | 4 |
| 6 | FUS-00PT001 | PLASTIC, BACK PAD TRAY | 1 |
| 7 | FUS-00PT002 | PLASTIC, HEAD TRAY | 1 |
| 8 | XFW78-BRC-00X-35 | ASSEMBLY, UPPER CATCH PIVOT RT | 1 |
| 9 | XFW78-BRC-10X-35 | ASSEMBLY, UPPER CATCH PIVOT, LEFT | 1 |
| 10 | XFW78-BRC-20X-35 | ASSEMBLY, LOWER CATCH PIVOT TUBE RIGHT | 1 |
| 11 | XFW78-BRC-30X-35 | ASSEMBLY, LOWER CATCH PIVOT, LEFT | 1 |
| 12 | XFW78-STP-00X | ASSEMBLY, STOP ROD | 2 |
| 13 | XFW78-PAD-10X | SUBASSEMBLY, SEAT PAD, BLACK WITH SINGLE BLACK STITCH | 1 |
| 14 | S 562XB | PAD, HEAD, BLACK WITH SINGLE BLACK STITCH | 1 |
| 15 | 9005BPD000XB | PAD, BACK, BLACK WITH SINGLE BLACK STITCH | 1 |
| 16 | MAN-XFW7800 | MANUAL, XFW7800 | 1 |
| 17 | XFW78-HW | HARDWARE PACK, XFW7800 | 1 |





**THIS PRODUCT SHIPS IN MULTIPLE CARTONS.
ENSURE YOU HAVE ALL PARTS SHOWN BEFORE ASSEMBLING THE EQUIPMENT.**

| HARDWARE PACK XFW7800 | | |
|-----------------------|---|-----|
| Part Number | Part Description | Qty |
| C1059 | SHCS, M6 X 25MM, ZP  | 16 |
| C 631 | SHCS, 3/8"-16 X 3", ZP  | 8 |
| C 632 | SHCS, 3/8"-16 X 3-1/4"  | 9 |
| C 597A | SHCS, 5/16"-18 X 2-1/2", ZP  | 4 |
| C 623 | SHCS, 3/8-16 X 1  | 4 |
| C 615 | SHCS, 5/16"-18 X 3/4", ZP  | 8 |
| C 625 | SHCS, 3/8"-16 X 1-1/2", ZP  | 2 |
| C 754C | WASHER, FLAT, 3/8" SAE, ZP  | 40 |
| C1049 | LOCK WASHER, M6 ZP  | 16 |
| C 749 | WASHER, LOCK, 3/8", ZP  | 11 |
| SD0241A | FLAT WASHER, M6, ZP  | 16 |
| C 657A | FHCS, 3/8"-16 X 3/4"  | 10 |

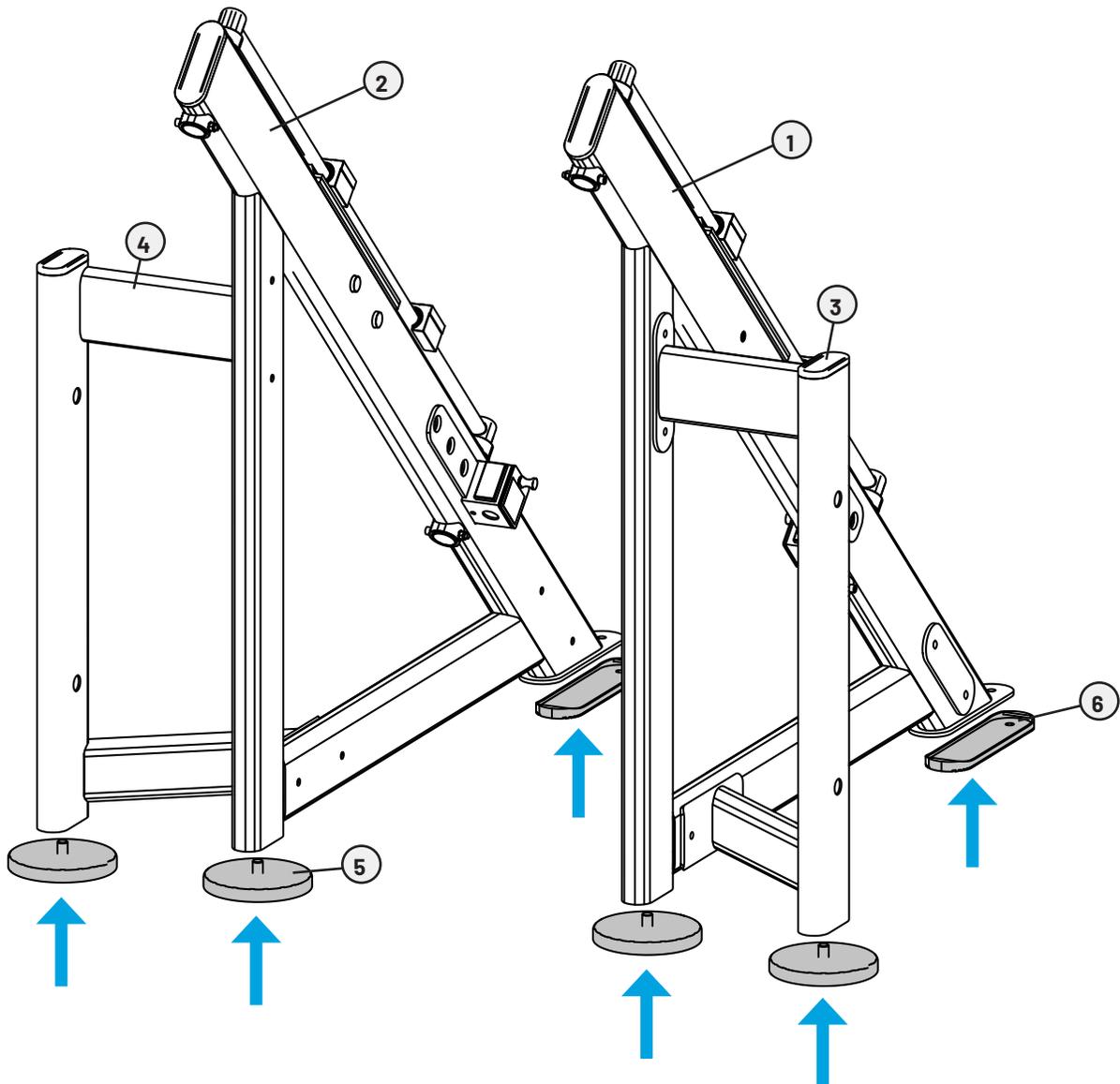
| HARDWARE PACK XFW7800 | | |
|-----------------------|---|-----|
| Part Number | Part Description | Qty |
| C1069 | FHCS, 1/4"-20 X 3/4", ZP  | 1 |
| C 658A | FHCS, 3/8"-16 X 1"  | 4 |
| C 654 | FHCS, 5/16"-18 X 1-1/4"  | 2 |
| C 766 | LOCK NUT, 1/2"-13, NYL, JAM, ZP  | 4 |
| C 742 | LOCK NUT, 3/8"-16 NYL INS  | 12 |
| C 731C | LOCK NUT, 5/16"-18, NYL  | 4 |
| C 740 | LOCK NUT, 1/4"-20 NYL INS  | 1 |
| SD0244 | WASHER, FLAT, M12, ZP  | 4 |
| XFW78-WSH-01 | WASHER, CURVED  | 8 |
| XFW78-CLP-01 | RING, C CLIP  | 2 |
| D 866 | ROLL PIN, 1/4" X 1-3/4", SLOTTED  | 4 |
| C2045 | PHMS, M4 X 8MM  | 2 |
| C2042 | PHMS, M4 X 10MM, ZP  | 2 |
| C1115 | CPSS, 8-36 X 1/8"  | 8 |

ASSEMBLY STEPS

STEP 1—FOOT PADS AND LEVELING FEET

| Parts Used in this Step | | | |
|-------------------------|------------------|-------------------------------|-----|
| ITEM | PART# | DESCRIPTION | QTY |
| 1 | XFW78-MFR-20X-35 | ASSEMBLY, SIDE FRAME, LH | 1 |
| 2 | XFW78-MFR-00X-35 | ASSEMBLY, RIGHT SIDE FRAME | 1 |
| 3 | XFW78-WTS-10X-35 | ASSEMBLY, EXTENSION FRAME, LH | 1 |
| 4 | XFW78-WTS-00X-35 | ASSEMBLY, EXTENSION FRAME, RH | 1 |
| 5 | SD0199 | FOOT, LEVELING | 4 |
| 6 | XFW78-PAD-02 | FLOOR PAD, MIDDLE | 2 |

Ensure the foot pads and leveling feet are secured to the frame pieces.



STEP 2—ASSEMBLE FRAME

Tools Used in this Step

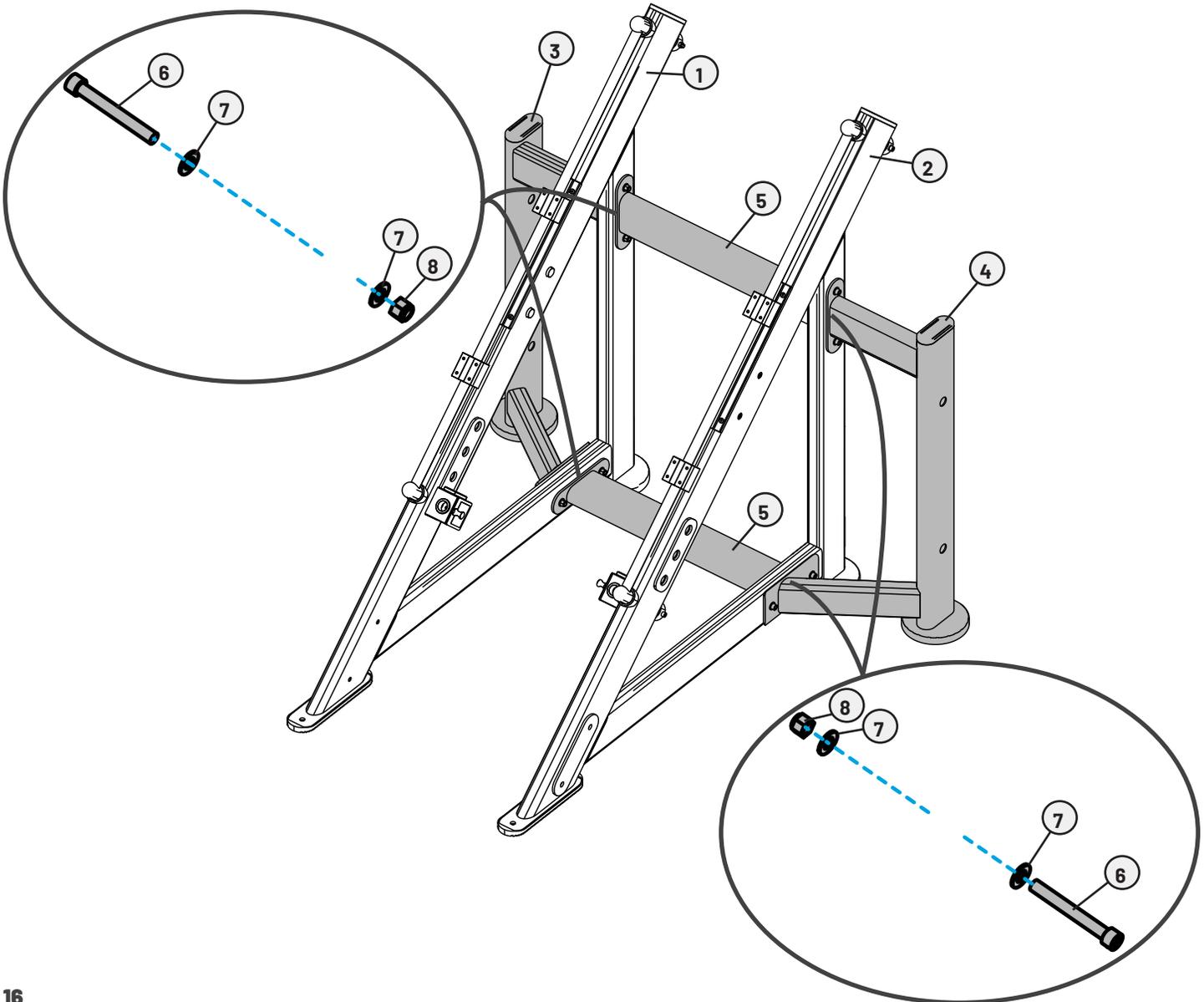
5/16" Allen Wrench
(ball end recommended)



Parts Used in this Step

| ITEM | PART# | DESCRIPTION | QTY |
|------|------------------|-------------------------------|-----|
| 1 | XFW78-MFR-20X-35 | ASSEMBLY, SIDE FRAME, LH | 1 |
| 2 | XFW78-MFR-00X-35 | ASSEMBLY, RIGHT SIDE FRAME | 1 |
| 3 | XFW78-WTS-10X-35 | ASSEMBLY, EXTENSION FRAME, LH | 1 |
| 4 | XFW78-WTS-00X-35 | ASSEMBLY, EXTENSION FRAME, RH | 1 |
| 5 | XFW78-CBR-00-35 | WELDMENT, FRAME, CROSS MEMBER | 2 |
| 6 | C 631 | SHCS, 3/8"-16 X 3", ZP | 8 |
| 7 | C 754C | WASHER, FLAT, 3/8" SAE, ZP | 16 |
| 8 | C 742 | LOCK NUT, 3/8"-16 NYL INS | 8 |

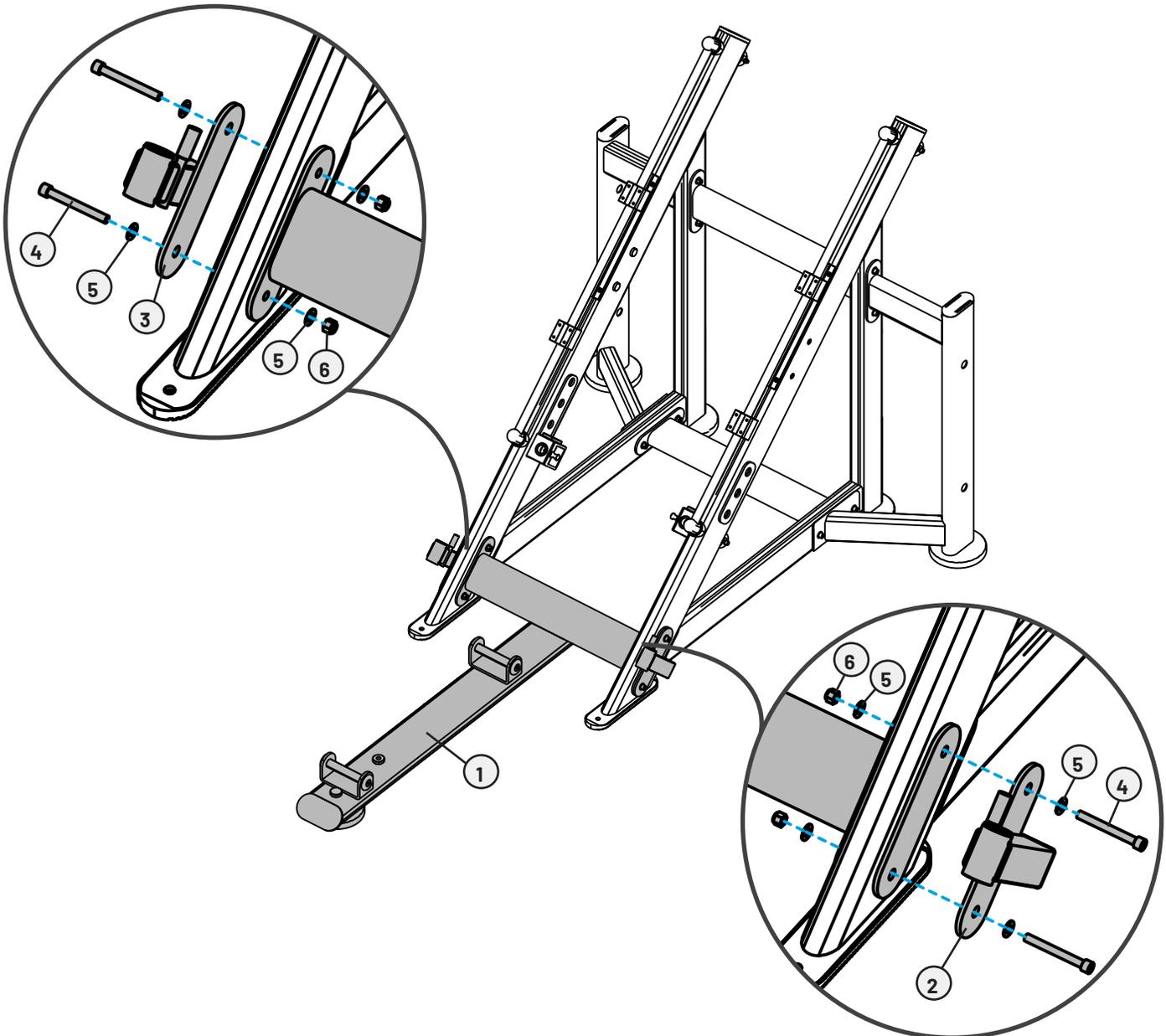
Loosely assemble the frame pieces. DO NOT fully tighten until after step 6.



STEP 3—ASSEMBLE SEAT FRAME AND LOWER CATCH PIVOTS

| Tools Used in this Step | |
|--|---|
| 5/16" Allen Wrench (ball end recommended) |  |

| Parts Used in this Step | | | |
|-------------------------|------------------|--|-----|
| ITEM | PART# | DESCRIPTION | QTY |
| 1 | XFW78-SFR-00X-35 | ASSEMBLY, SEAT BASE FRAME | 1 |
| 2 | XFW78-BRC-20X-35 | ASSEMBLY, LOWER CATCH PIVOT TUBE RIGHT | 1 |
| 3 | XFW78-BRC-30X-35 | ASSEMBLY, LOWER CATCH PIVOT, LEFT | 1 |
| 4 | C 632 | SHCS, 3/8"-16 X 3-1/4" | 4 |
| 5 | C 754C | WASHER, FLAT, 3/8" SAE, ZP | 8 |
| 6 | C 742 | LOCK NUT, 3/8"-16 NYL INS | 4 |



STEP 4—ATTACH WEIGHT HORNS (STORAGE POSTS)

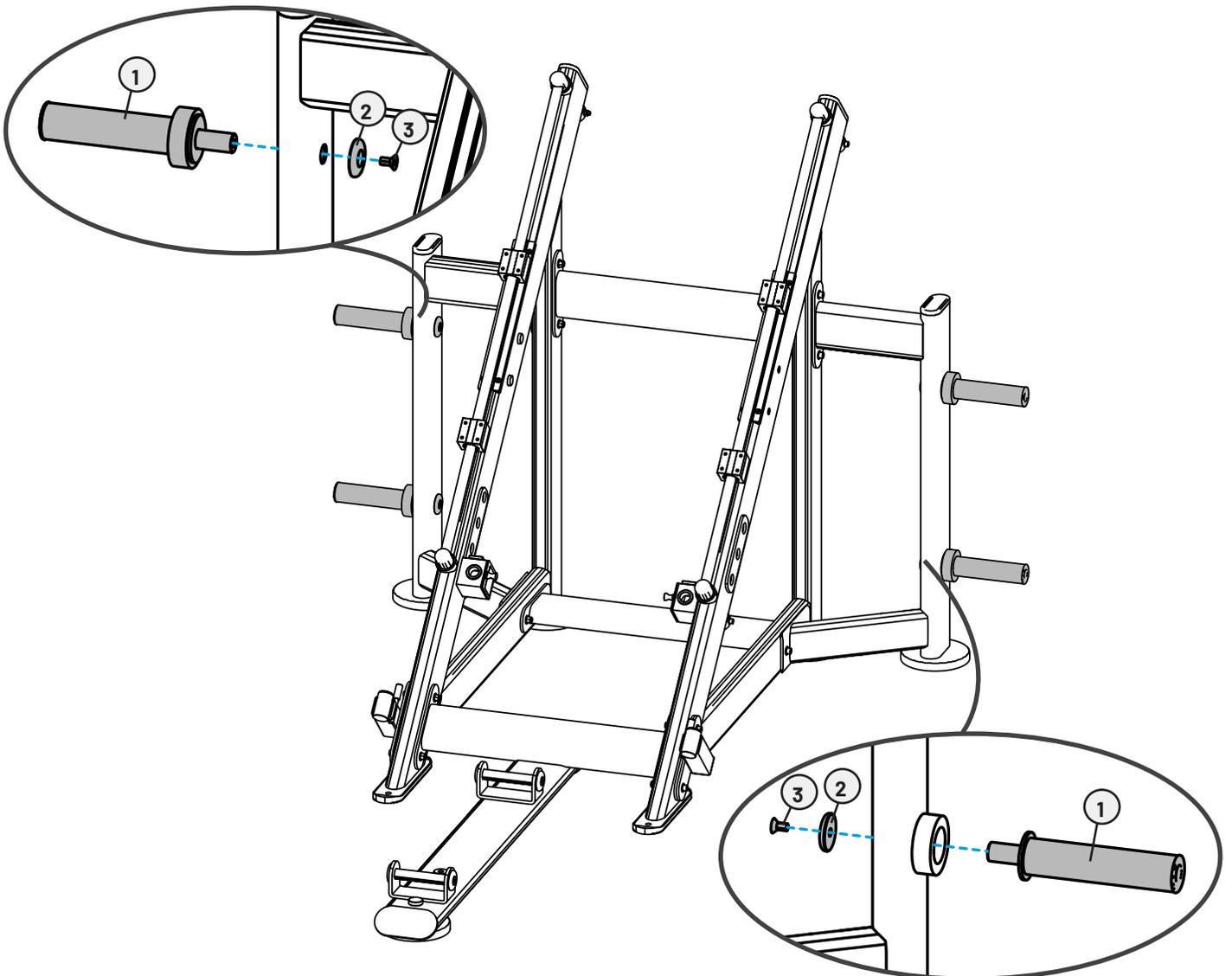
Tools Used in this Step

5/16" Allen Wrench
(ball end recommended)



Parts Used in this Step

| ITEM | PART# | DESCRIPTION | QTY |
|------|---------------|-----------------------------|-----|
| 1 | XFW78-WTS-20X | ASSEMBLY, WEIGHT HORN | 4 |
| 2 | SD0092 | CAP, ALUMINUM 50 X 10.5 X 8 | 4 |
| 3 | C 657A | FHCS, 3/8"-16 X 3/4" | 4 |

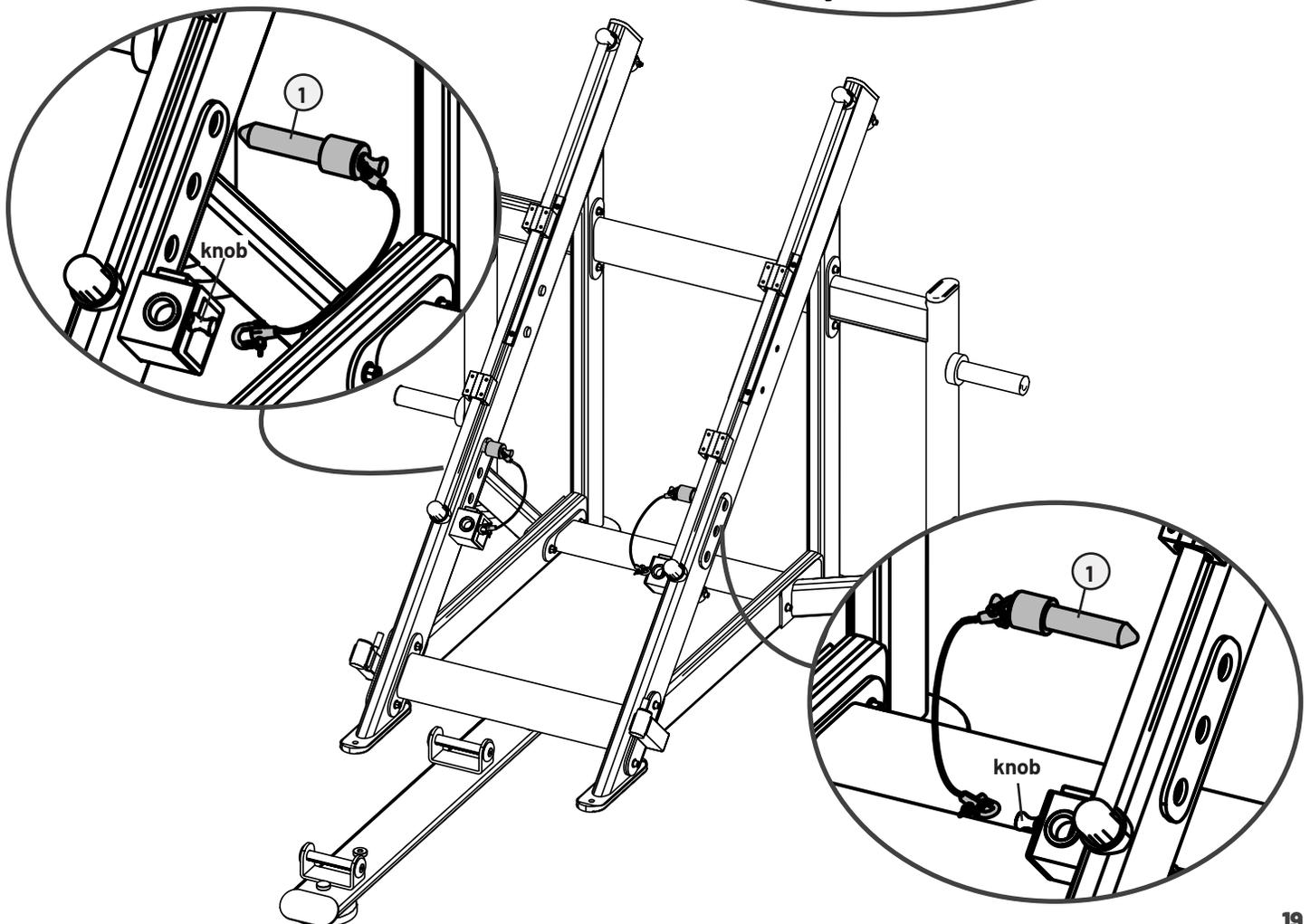
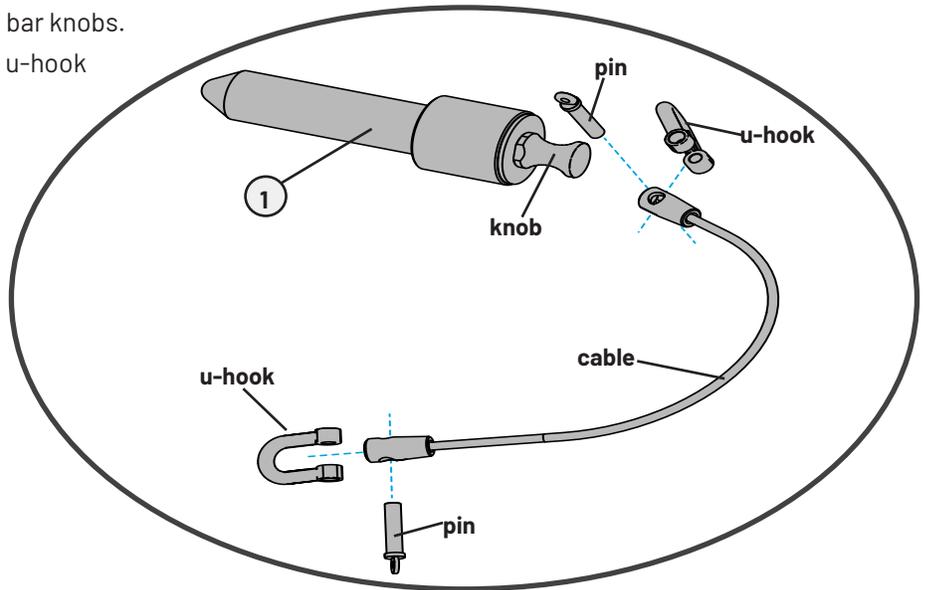


STEP 5—ATTACH STOP RODS

| Parts Used in this Step | | | |
|-------------------------|---------------|--------------------|-----|
| ITEM | PART# | DESCRIPTION | QTY |
| 1 | XFW78-STP-00X | ASSEMBLY, STOP ROD | 2 |

Position u-hooks around the main frame stop bar knobs.

Position the stop rod cable ends between the u-hook holes and secure in place using the pins.



STEP 6—ATTACH CATCH BARS

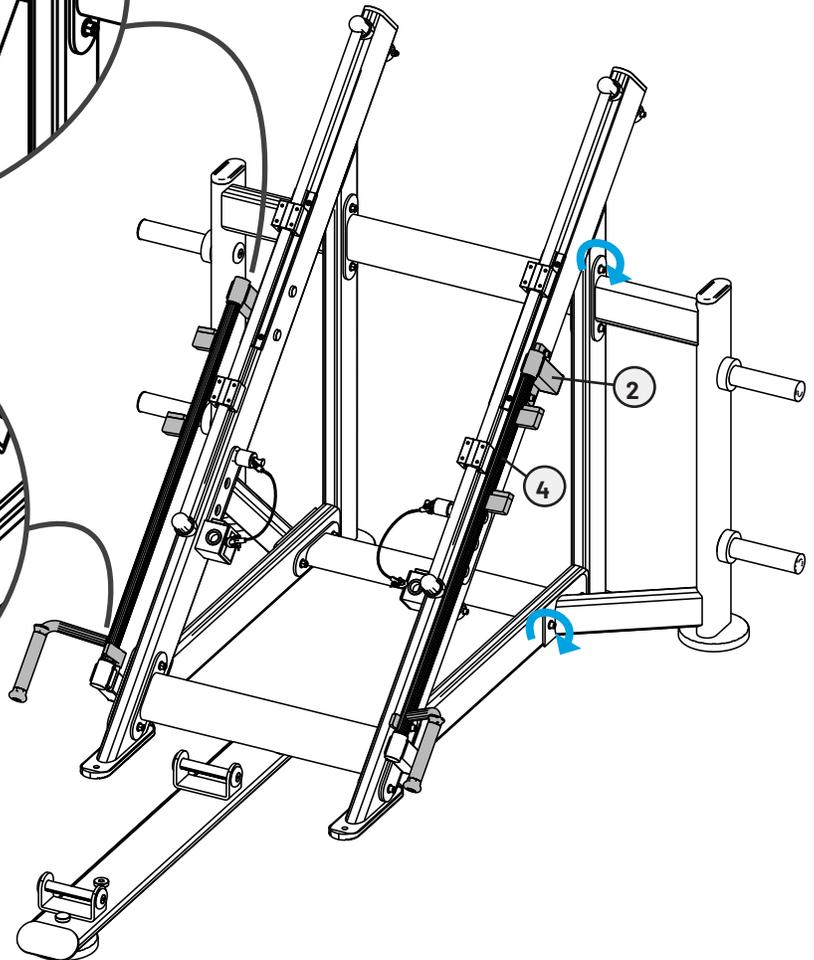
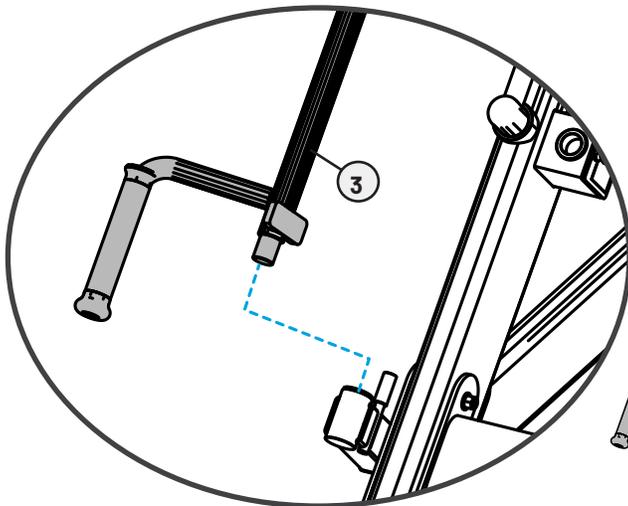
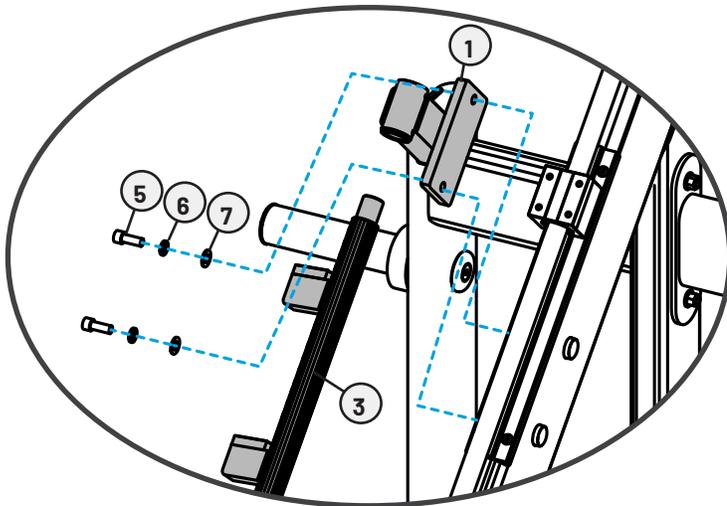
Tools Used in this Step

5/16" Allen Wrench
(ball end recommended)



Parts Used in this Step

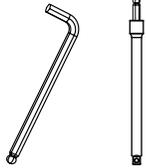
| ITEM | PART# | DESCRIPTION | QTY |
|------|------------------|-----------------------------------|-----|
| 1 | XFW78-BRC-10X-35 | ASSEMBLY, UPPER CATCH PIVOT, LEFT | 1 |
| 2 | XFW78-BRC-00X-35 | ASSEMBLY, UPPER CATCH PIVOT RT | 1 |
| 3 | XFW78-CAT-10X-35 | ASSEMBLY, LEFT CATCH BAR | 1 |
| 4 | XFW78-CAT-00X-35 | ASSEMBLY, RIGHT CATCH BAR | 1 |
| 5 | C 623 | SHCS, 3/8-16 X 1 | 4 |
| 6 | C 749 | WASHER, LOCK, 3/8", ZP | 4 |
| 7 | C 754C | WASHER, FLAT, 3/8" SAE, ZP | 4 |



Adjust the hardware and alignment of all components to ensure the catch bar assemblies pivot in and out freely on both sides of the machine.

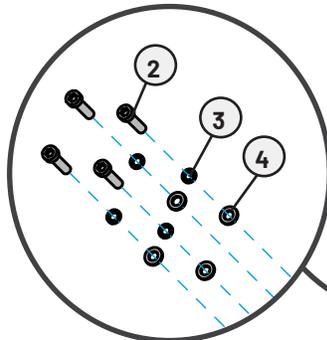
After the catch bars have been properly installed, fully tighten the frame hardware.

STEP 7—ATTACH WEIGHT CARRIAGE ASSEMBLY

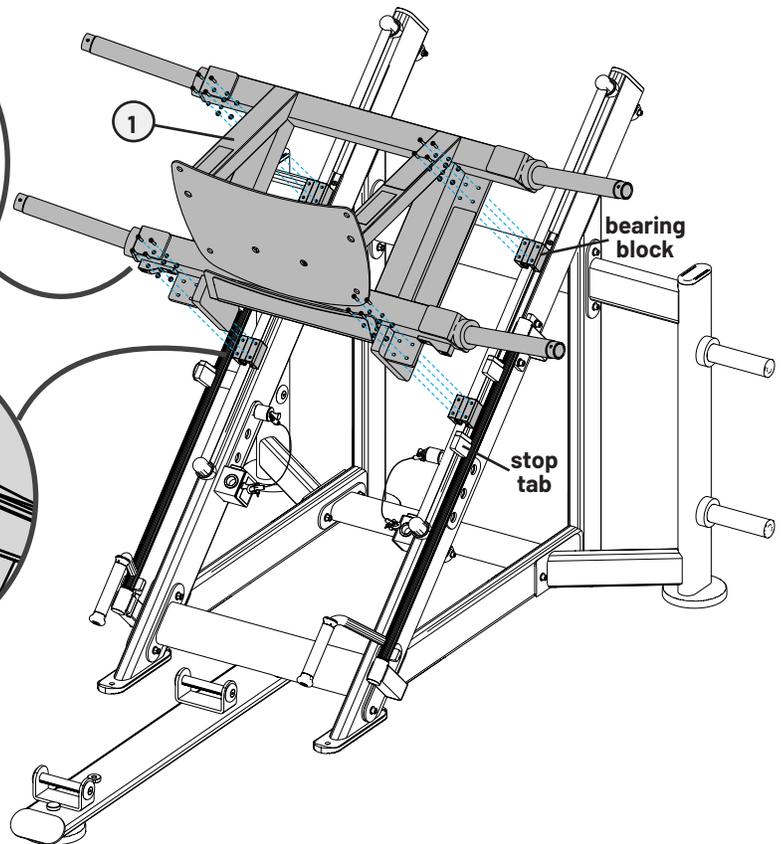
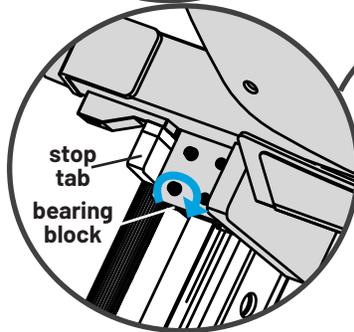
| Tools Used in this Step | |
|--|---|
| 3/16" Allen Wrench (long extension, ball end bit, and ratchet recommended) |  |

| Parts Used in this Step | | | |
|-------------------------|------------------|---------------------------|-----|
| ITEM | PART# | DESCRIPTION | QTY |
| 1 | XFW78-PLT-00X-35 | ASSEMBLY, WEIGHT CARRIAGE | 1 |
| 2 | C1059 | SHCS, M6 X 25MM, ZP | 16 |
| 3 | C1049 | LOCK WASHER, M6 ZP | 16 |
| 4 | SD0241A | FLAT WASHER, M6, ZP | 16 |

Using two people, position the weight carriage assembly onto the left and right main frames using the hardware holes on the four bearing blocks to achieve proper alignment.

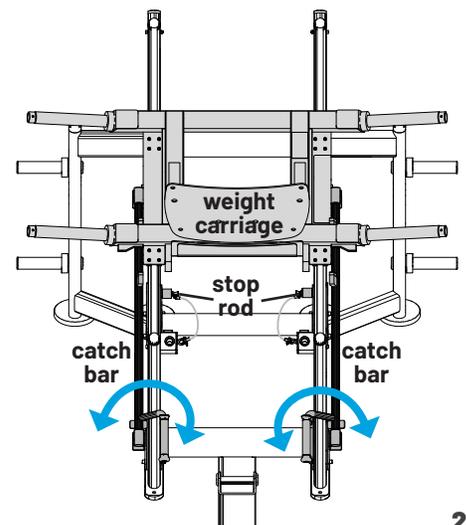
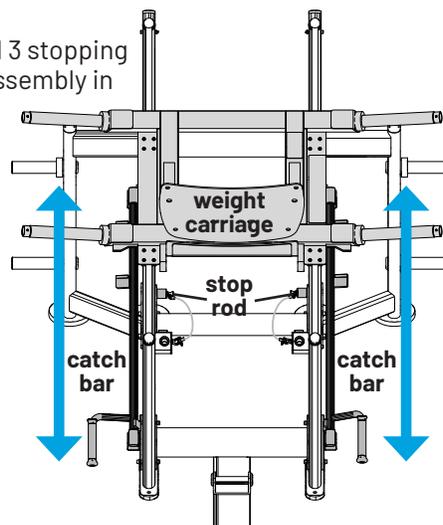
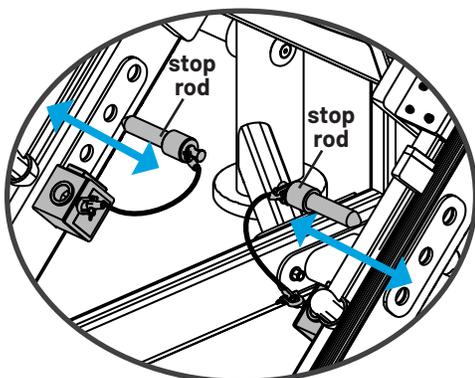


Ensure the stop tabs are supporting the weight carriage assembly weight while securing the identified hardware alternating between top and bottom bearing blocks.



Confirm the following before fully tightening the weight carriage assembly hardware:

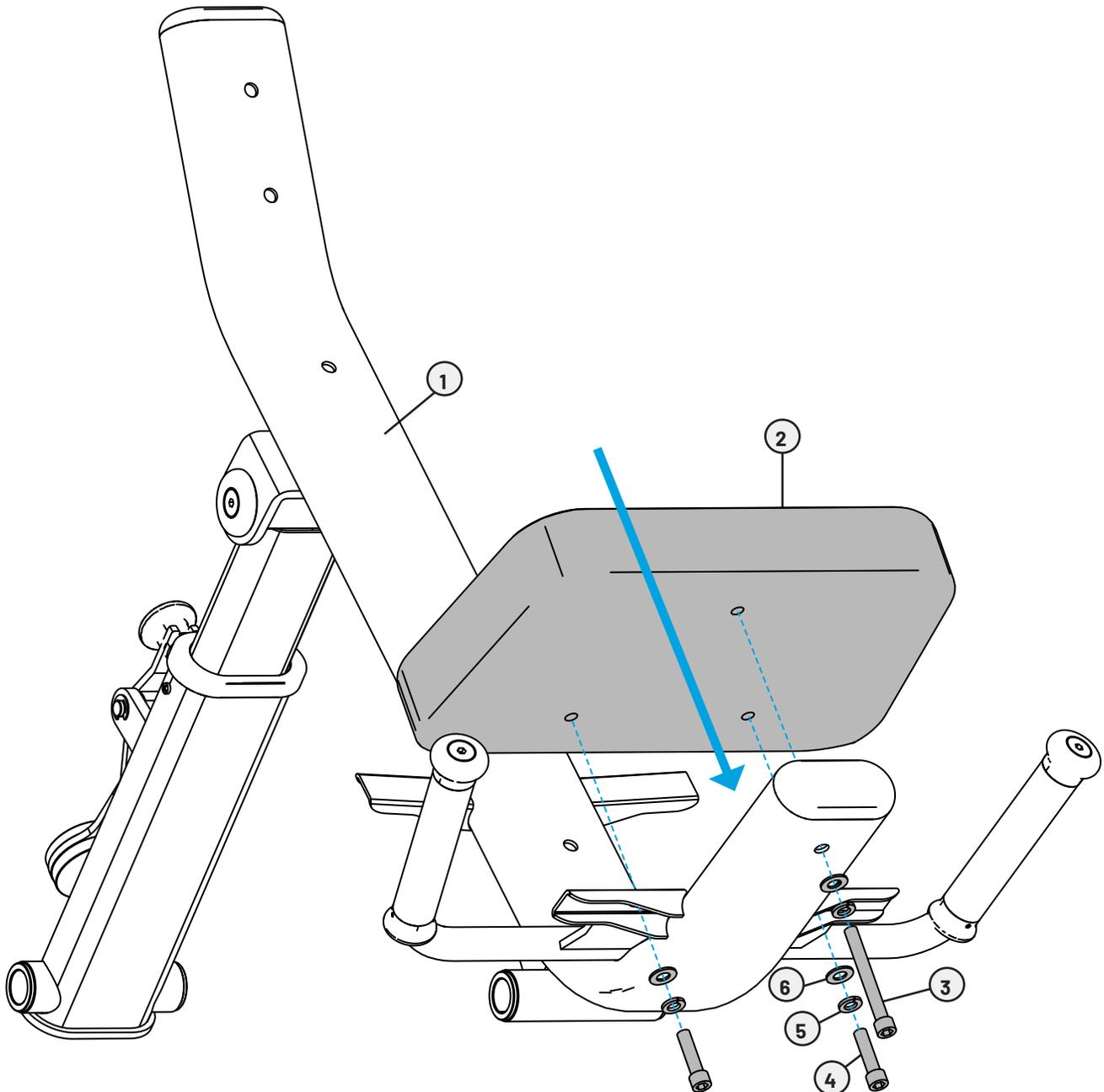
- Free range of motion of the weight carriage assembly along the full catch bar assembly length.
- Rotation of the catch bar assemblies for engaging and disengaging the stop tabs to hold the weight carriage assembly in place while in the disengaged position.
- The stop rod assemblies can engage all 3 stopping positions to hold the weight carriage assembly in place while in the engaged position.



STEP 8—ATTACH SEAT PAD TO SEAT FRAME ASSEMBLY

| Tools Used in this Step | |
|--|---|
| 5/16" Allen Wrench (ball end recommended) |  |

| Parts Used in this Step | | | |
|-------------------------|------------------|---|-----|
| ITEM | PART# | DESCRIPTION | QTY |
| 1 | XFW78-SFR-20X-35 | SEAT FRAME ASSEMBLY | 1 |
| 2 | XFW78-PAD-10X | SUBASSEMBLY, SEAT PAD, BLACK WITH SINGLE BLACK STITCH | 1 |
| 3 | C 632 | SHCS, 3/8"-16 X 3-1/4" | 1 |
| 4 | C 625 | SHCS, 3/8"-16 X 1-1/2", ZP | 2 |
| 5 | C 749 | WASHER, LOCK, 3/8", ZP | 3 |
| 6 | C 754C | WASHER, FLAT, 3/8" SAE, ZP | 3 |



STEP 9—ATTACH SEAT FRAME ASSEMBLY

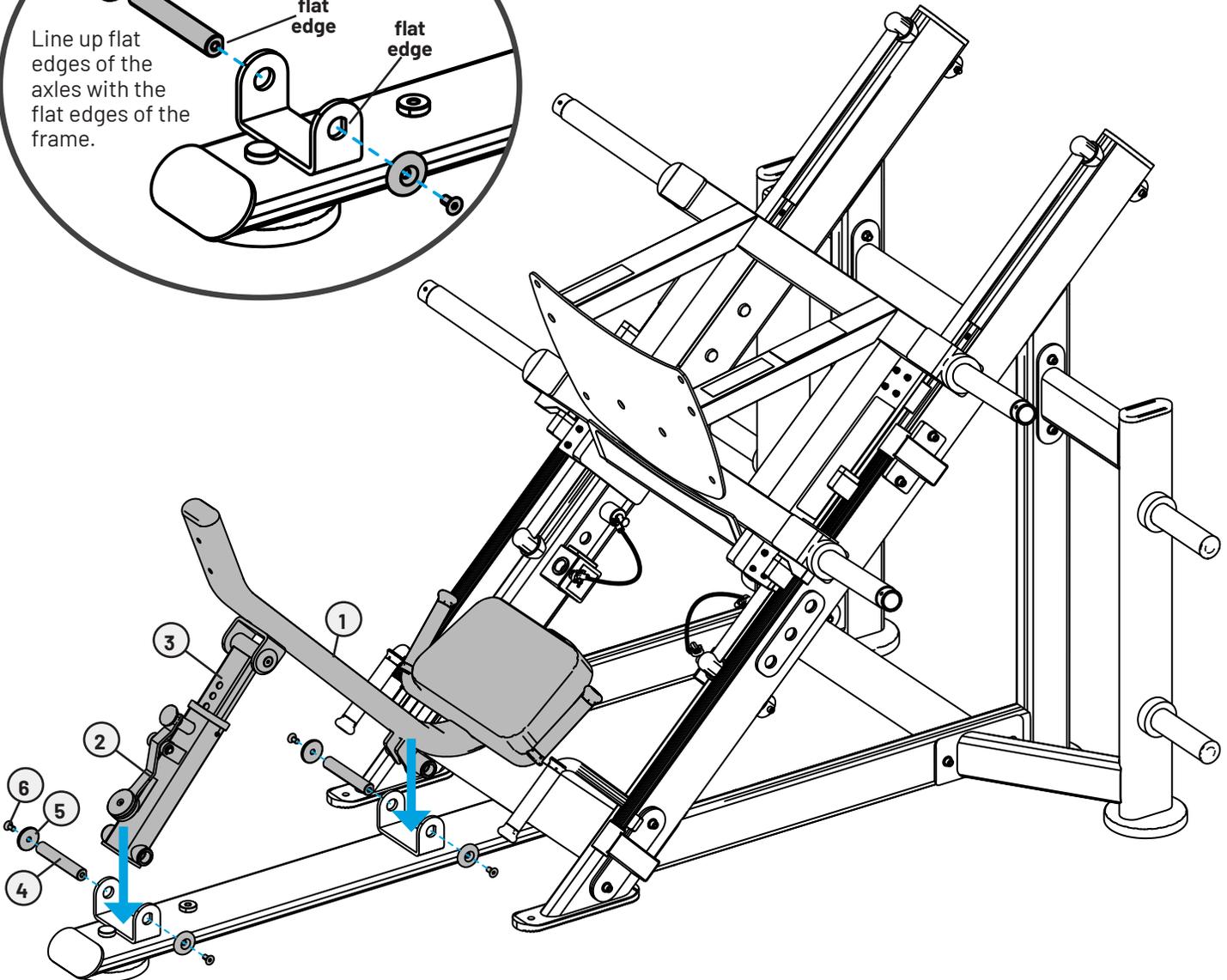
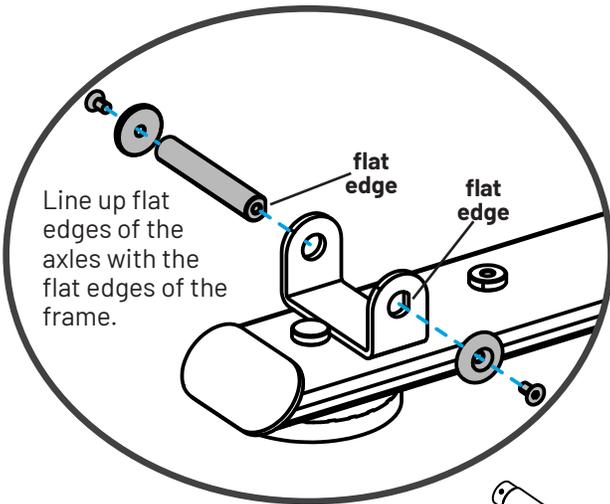
Tools Used in this Step

5/16" Allen Wrench
(ball end recommended)



Parts Used in this Step

| ITEM | PART# | DESCRIPTION | QTY |
|------|------------------|------------------------------|-----|
| 1 | XFW78-SFR-20X-35 | SEAT FRAME ASSEMBLY | 1 |
| 2 | XFW78-SFR-30X-35 | ASSEMBLY, SEAT ADJ SLEEVE | 1 |
| 3 | XFW78-SFR-40X | ASSEMBLY, SEAT BACK ADJ TUBE | 1 |
| 4 | XFW78-AXL-01 | BAR, SEAT PIVOT AXLE | 2 |
| 5 | SD0092 | CAP, ALUMINUM 50 X 10.5 X 8 | 4 |
| 6 | C 657A | FHCS, 3/8"-16 X 3/4" | 4 |



STEP 10—ATTACH RUBBER FOOT PLATE

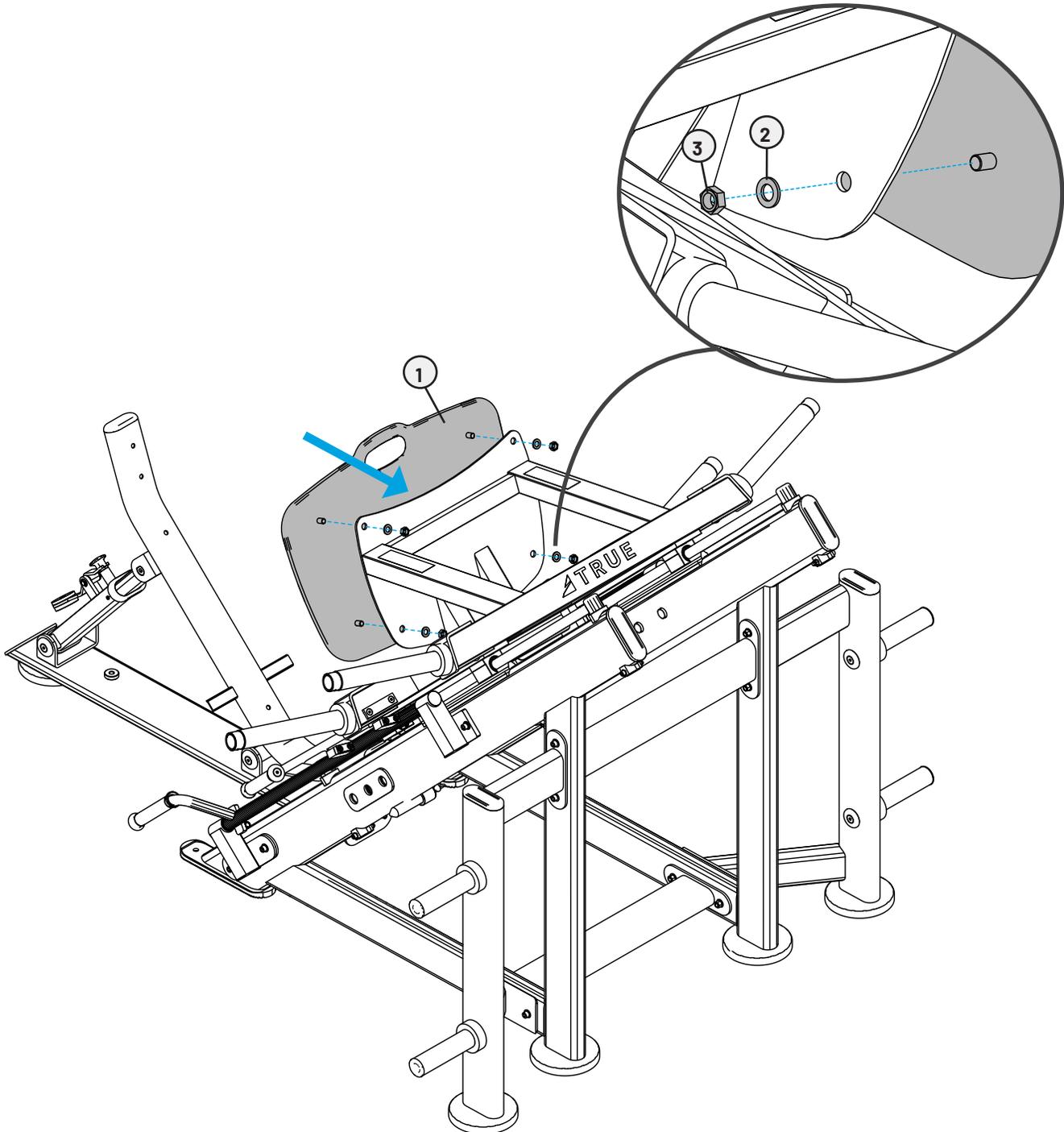
Tools Used in this Step

3/4" Socket Wrench



Parts Used in this Step

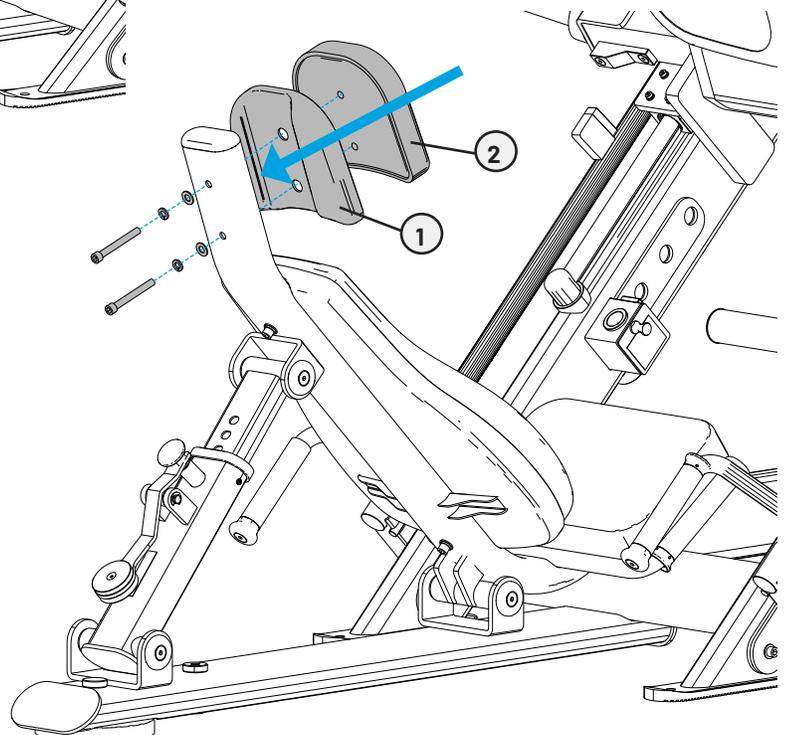
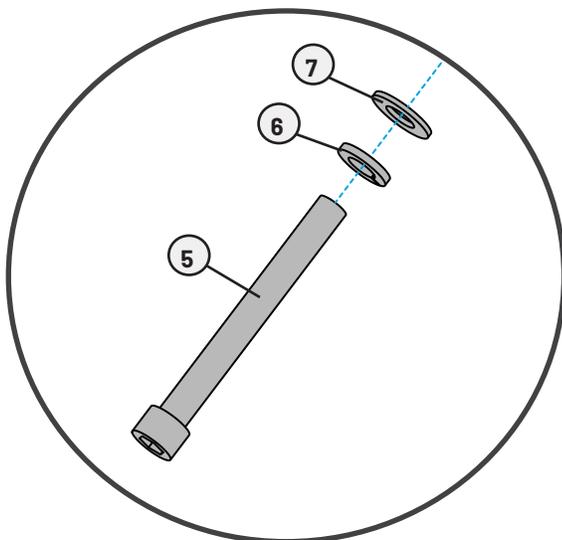
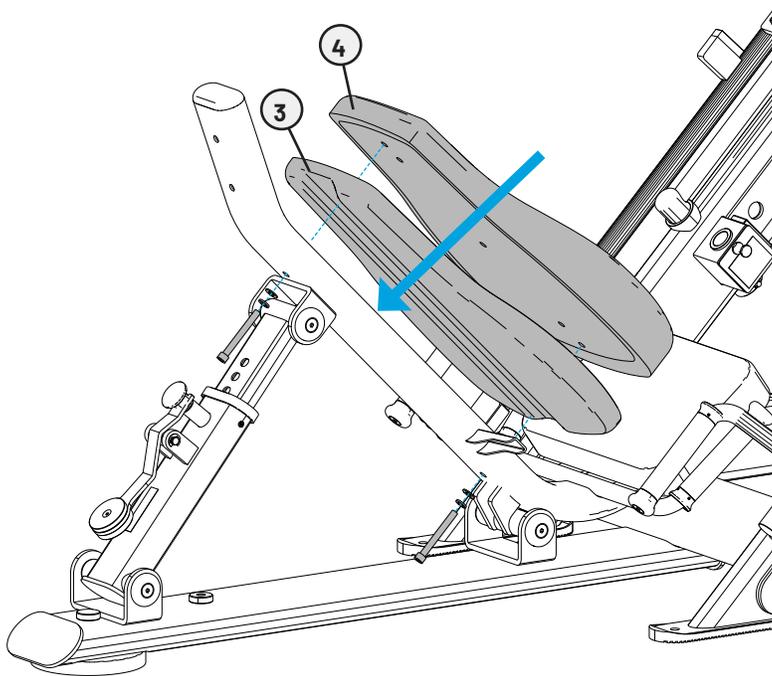
| ITEM | PART# | DESCRIPTION | QTY |
|------|---------|---------------------------------|-----|
| 1 | S 540BK | ASSEMBLY, RUBBER FOOT PLATE | 1 |
| 2 | SD0244 | WASHER, FLAT, M12, ZP | 4 |
| 3 | C 766 | LOCK NUT, 1/2"-13, NYL, JAM, ZP | 4 |



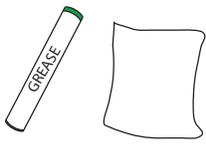
STEP 11—ATTACH PADS

| Tools Used in this Step | |
|--|---|
| 5/16" Allen Wrench (ball end recommended) |  |

| Parts Used in this Step | | | |
|-------------------------|--------------|---|-----|
| ITEM | PART# | DESCRIPTION | QTY |
| 1 | FUS-00PT002 | PLASTIC, HEAD TRAY | 1 |
| 2 | S 562XB | PAD, HEAD, BLACK WITH SINGLE BLACK STITCH | 1 |
| 3 | FUS-00PT001 | PLASTIC, BACK PAD TRAY | 1 |
| 4 | 9005BPD000XB | PAD, BACK, BLACK WITH SINGLE BLACK STITCH | 1 |
| 5 | C 632 | SHCS, 3/8"-16 X 3-1/4" | 4 |
| 6 | C 749 | WASHER, LOCK, 3/8", ZP | 4 |
| 7 | C 754C | WASHER, FLAT, 3/8" SAE, ZP | 4 |

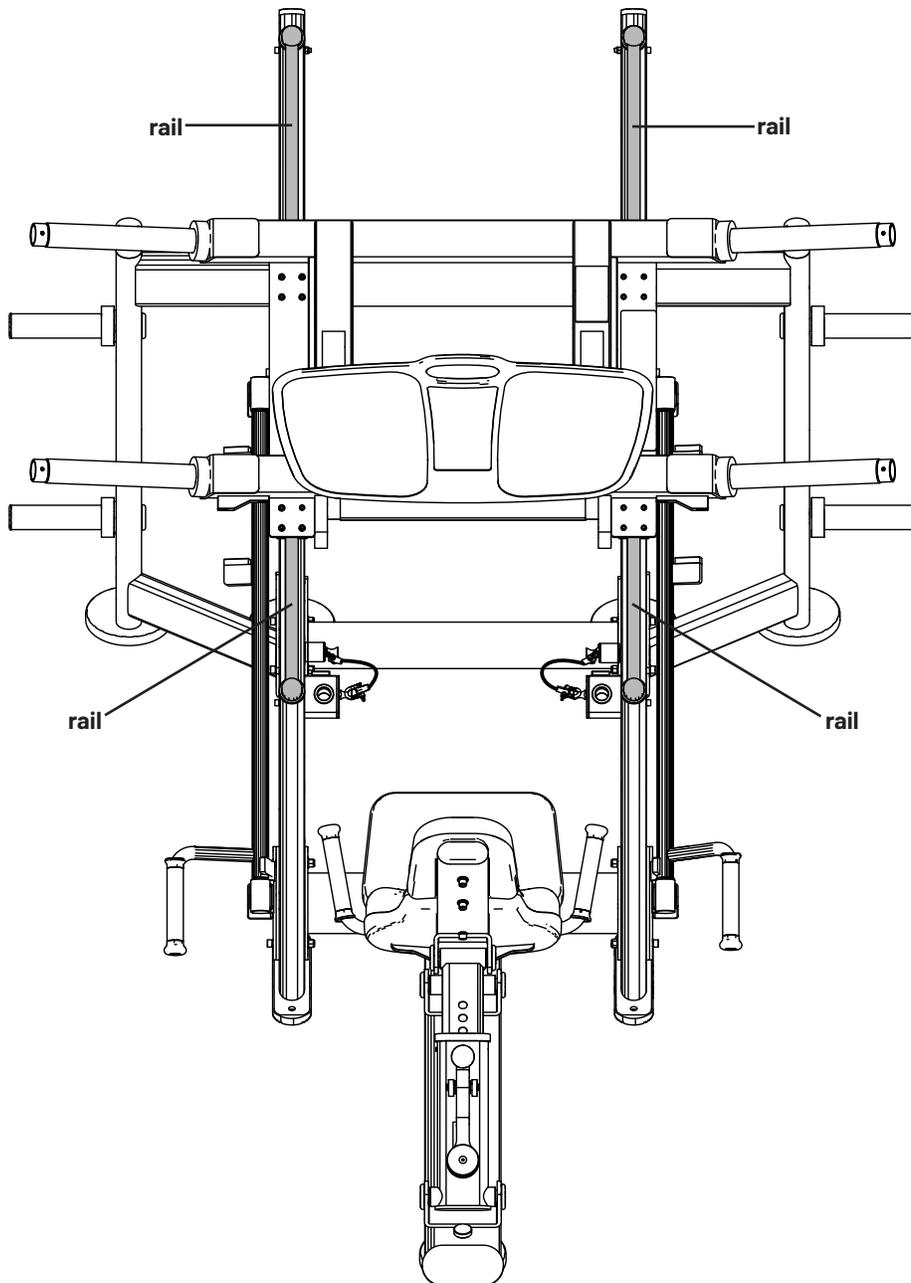


STEP 12—GREASE RAILS

| Tools Used in this Step | |
|---|---|
| Magnalube® Grease and Cloth (recommended) |  |

Grease the Rails

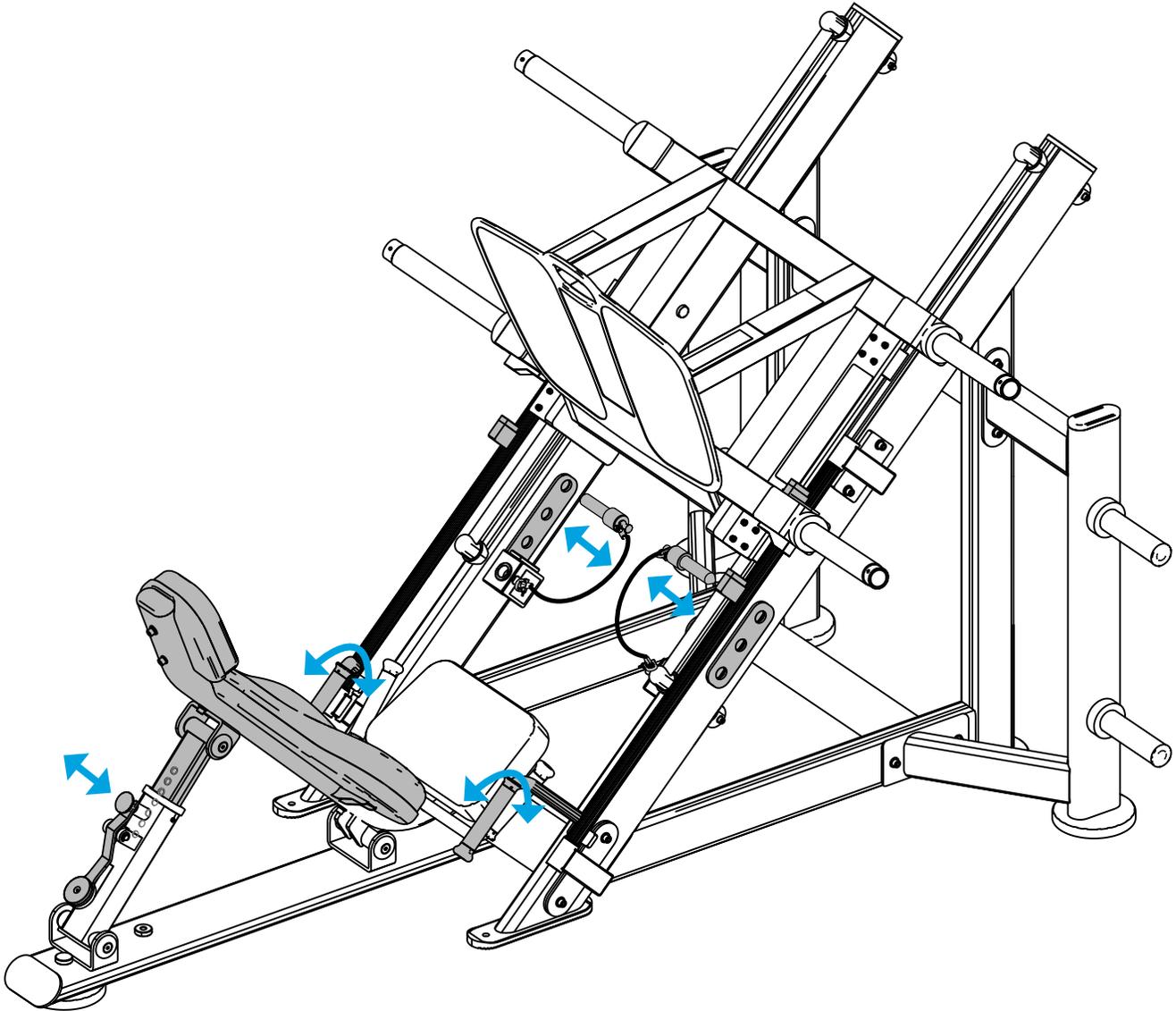
Using two people to help slide the weight carriage up and down, apply grease along the length of both the left and right rails. Use a clean cloth to wipe away excess grease.



STEP 13—VERIFY ALL ADJUSTMENTS FUNCTION AS INTENDED

Verify Adjustments

- Use the pop pin to adjust the back pad to all 7 positions.
- Verify the stop rods move in and out of the 3 secondary safety stops completely.
- Rotate the catch bar assemblies and ensure the stop tabs hold the weight carriage assembly in place when not in use.



If any of the adjustments are not functioning as intended, contact TRUE product support:

- service@truefitness.com
- 800.883.8783



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 upholstery, frame, and chrome. (See cleaning the equipment.)
- 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.

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 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.

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.

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 recommends using Tri-Flow™ 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 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.



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.**

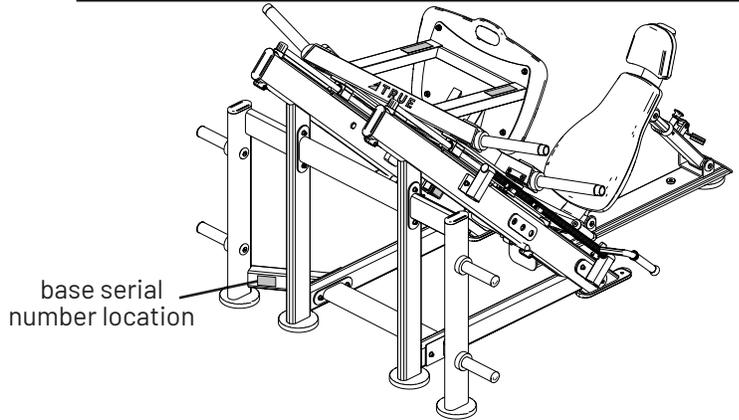
How to register your product:

- **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

