



LC900 ELLIPTICAL OWNER'S MANUAL





Frank Trulaske, founder and CEO of TRUE®, has had the same simple philosophy of delivering superior products, service and support for over 29 years. Today, TRUE is the global leader in premium cardio equipment for the commercial and residential markets. Our goal is to be the leader in technology, innovation, performance, safety and style. TRUE has received many awards for its commercial and retail product over the years and remains the benchmark for the industry. Fitness facilities and consumers invest in TRUE products for their durable commercial platforms used in all its cardio products, commercial, light commercial and residential alike.

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

TRUE strives to perfect biomechanically correct and orthopedically comfortable, functional products. Whether it be the mesh seat in the recumbent bike, the Soft Step® in the elliptical cross-trainers or the Soft System® in our treadmills, we deliver the best.

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

Our goal is not to sell the most cardio products in the world, but to deliver the world's best premium equipment for our customers' health and fitness solutions.

To own a TRUE machine is to be part of an exclusive fitness community that delivers results – your results.

Thank you for becoming a part of the TRUE experience.

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IMPORTANT:

Product specifications, features & software are subject to change without notice.

CHAPTER 1: SAFETY INSTRUCTIONS



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IMPORTANT SAFETY INSTRUCTIONS

CAUTION: Health related injuries may result from incorrect or excessive use of exercise equipment.

TRUE STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year. TRUE also recommends consulting a fitness professional on the correct use of this product. If at any time while exercising the user experiences faintness, dizziness, pain or shortness of breath, he or she must stop immediately.

This equipment LC900 elliptical is intended for light commercial use.

WARNING: READ ALL INSTRUCTIONS BEFORE USING THE ELLIPTICAL.

WARNING: Do not move the elliptical by lifting the console. Do not use the console as a handlebar during a workout.

WARNING: To reduce the risk of electrical shock, always unplug this TRUE product before cleaning or attempting any maintenance activity.

DANGER: To reduce the risk of electric shock, always unplug the elliptical before cleaning.

WARNING: To reduce the risk of burns, fire and electric shock or injury to persons, follow these instructions:

- This equipment should never be left unattended when plugged in.
- To avoid injury stand on the side rails before starting the elliptical.
- Do not exceed maximum user weight as outlined in the product specification section of this manual.
- Wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use this product in bare feet. Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not operate the elliptical while being covered with a blanket, plastic, or anything that insulates or stops airflow.
- Close supervision is necessary if the elliptical is used by children, used near children. Also applies to disabled persons.

- Use this elliptical only for its intended use as described in this manual.
- Do not use attachments not recommended by the manufacturer.
- Never operate this elliptical if it has a damaged power cord or plug, if it is not working properly, if it has been damaged or dropped, or if it has been submerged in water. In these cases, a qualified service technician should examine this elliptical.
- Do not use the power cord as a handle for transporting.
- Do not run the power cord along the side or under the elliptical.
- Keep the power cord away from heated surfaces.
- Position this product so the power cord plug is accessible to the user.
- Never operate the equipment with the air vents blocked. Keep air vents free from clogs.
- Never drop or insert any object into any opening.
- Do not reach into or underneath the unit, or tip it on its side during operation.
- Use the side handrails whenever additional stability is required. In case of emergency, such as tripping, the side handrails should be grabbed and the user should place his/her feet on the side platforms. The front handlebars should be used to grasp the heart rate sensors or to rest the hand on while operating the activity zone keys, but not for stability, emergency, or continuous use.
- Use indoors only.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect power cord, first turn power switch to the off position, then remove plug from outlet.
- Allow only trained personnel to service this equipment.
- Never operate a TRUE product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact TRUE Customer Service.
- Never use near water or while wet. Using this elliptical around a pool, hot tub or sauna will void the warranty.
- Avoid the possibility of bystanders being struck or caught between moving parts by making sure that they

are out of reach of the elliptical while it is in motion.

- Allow only one person at a time on the elliptical while it's operating.
- Ensure that the back of the elliptical is placed at least 39" away from a wall or other obstructions.
- Ensure that the sides of the elliptical are placed at least 20" away from a wall or other obstructions.
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Do not allow animals on or near the elliptical while it's operating.
- Consult your physician before beginning any exercise program.
- Do not use if you have a cold or fever.

GROUNDING INSTRUCTIONS

WARNING: To reduce the risk of burns, fire, electric shock or injury, it is imperative to connect each product to a properly grounded electrical outlet. A risk of electrical shock may result from improper connection of the equipment's grounding conductor. Check with a qualified electrician if you are unsure about proper grounding techniques. Do not modify the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Your TRUE Fitness product must be properly grounded to reduce risk of shock if the elliptical malfunctions. Your elliptical is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. A temporary adapter cannot be used to connect this plug to a two-pole receptacle in North America. If a properly grounded NEMA 5-15 Receptacle outlet is not available, a qualified electrician must install one.

CHAPTER 2: ELLIPTICAL OVERVIEW



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CHAPTER 3: DISPLAY CONSOLE



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DISPLAY CONSOLE OPTIONS

This TRUE Fitness light commercial elliptical has several console options. Depending on the console that came with this elliptical, the workouts, programming and operation of the treadmill may differ. The console options available on this machine are:

Integrated 15" LCD with Touch Screen technology that has a built-in TV, integrated iPod® connectivity with music and video featuring onscreen navigation, Scenic Landscape Perspectives, USB connectivity, NTSC/ATSC/OAM digital tuner or PAL/SECAM tuner

2 Window LCD with optional integrated wireless entertainment control, integrated iPod® connector

Please refer to the information in this manual for basic operation information. For more detailed information please visit www.truefitness.com.

15" LCD with Touchscreen



2 Window LCD



15" LCD WITH TOUCHSCREEN

Touch to see a list of available pre-set and custom workouts

Touch the HRC Button to choose a heart rate control program

If weight loss is the primary goal, touch to choose a weight loss program

Touch to begin the TRUE mix 3 to work your entire body

Touch Quick Start to begin a manual workout

Safety, warning and Quick Start information

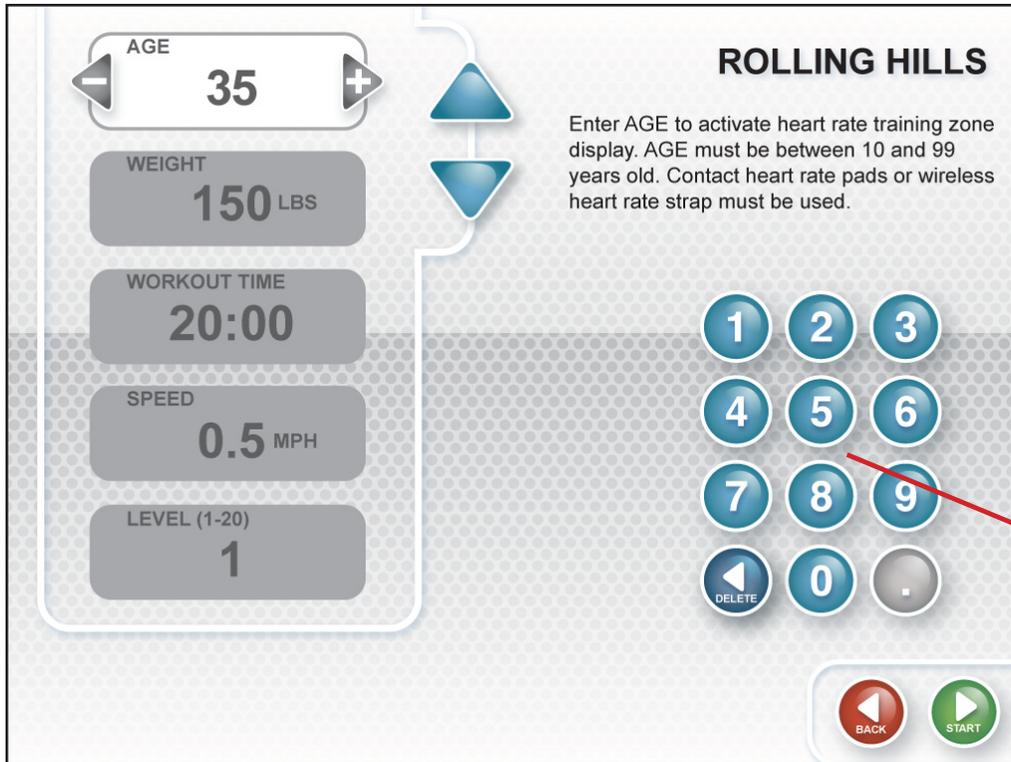
USB jack
Headphone jack

Integrated iPod® connectivity

Language Options



15" TOUCHSCREEN SAMPLE SCREENS - DATA DISPLAYS



DATA ENTRY

After selecting a program the data entry screen will guide a user to enter workout parameters.

Use keypad to enter personal data such as age and weight



DATA DISPLAY

This is one example of a data display. Applicable data related to the current workout will be displayed on this display. There are several options for data display available.

Media Volume Control Buttons

15" TOUCHSCREEN SAMPLE SCREEN - MEDIA DISPLAYS



MEDIA DISPLAY

This is one example of a media display, specifically the iPod® interface. There are additional media display screens for video and other media.

control your iPod® from the touchscreen

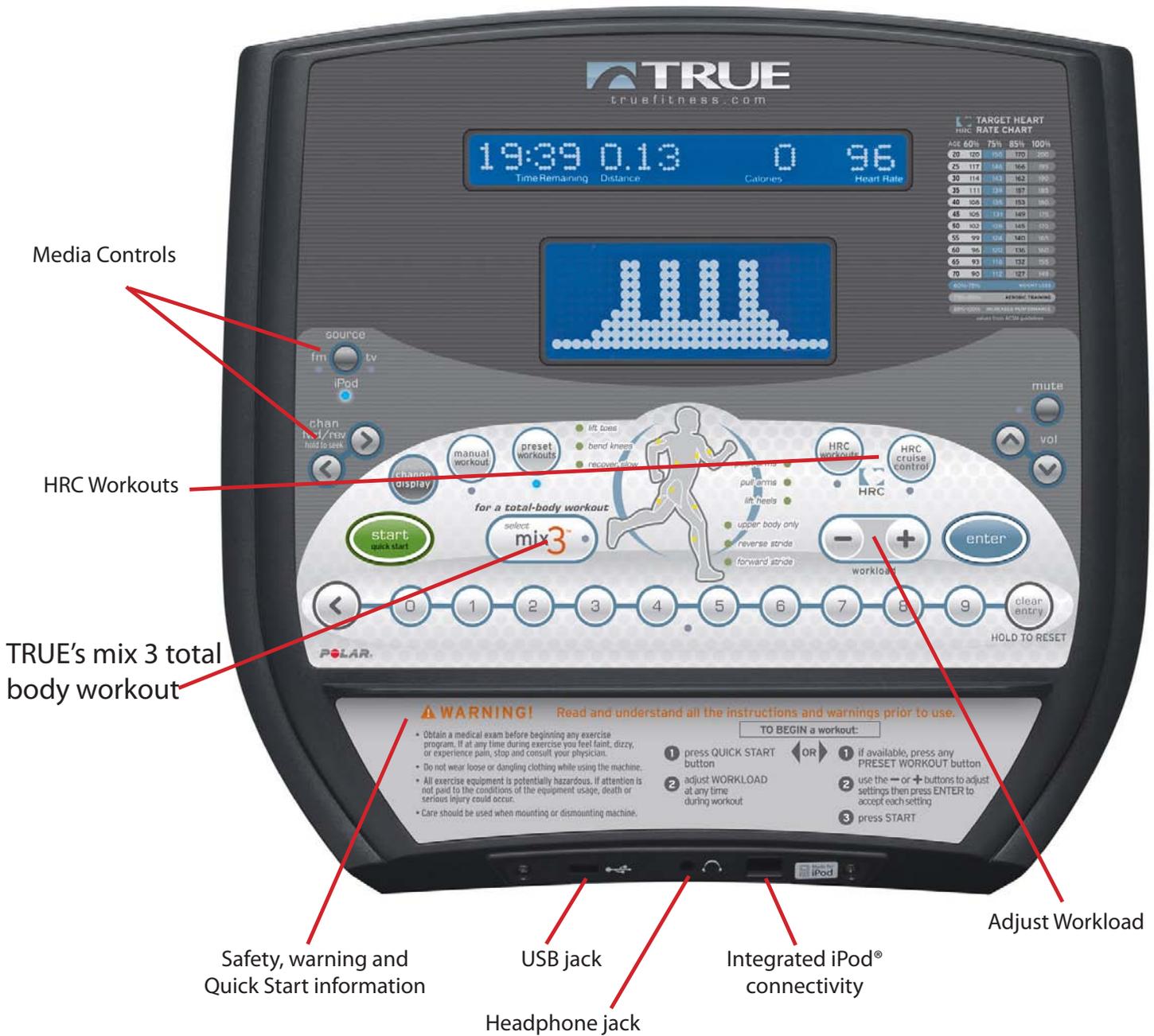
volume controls



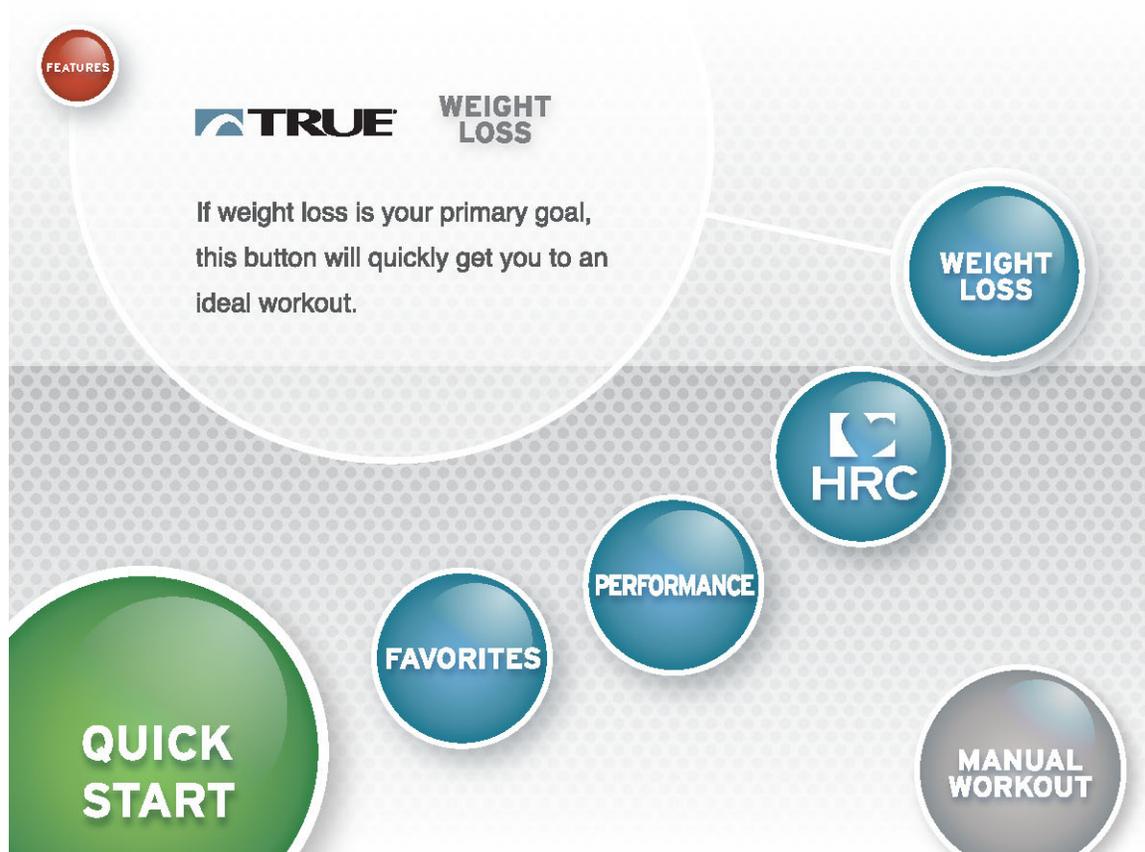
This is one example of the television interface display.

Control and monitor your workout while viewing the television

2 WINDOW LCD



CHAPTER 4: PROGRAMMING & OPERATION



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PROGRAMMING & OPERATION

15" TOUCHSCREEN:

Here is a list of programming options available on your LC900 elliptical with a 15" Touchscreen console. Programming and operation may differ depending on the type of console. For more information on programming and operation please visit www.truefitness.com.

Quick Start: Begin a manual workout by pressing START. (A manual workout is a workout where all aspects of the workout - workout time, distance, workload and level - are decided by the user.

Weight Loss:

- **Calorie Goal:** This workout allows you to choose the number of calories you wish to burn within a specified workout time. The elliptical will control WORKLOAD to attain this goal.
- **Rolling Hills:** A series of gradual increasing and decreasing WORKLOAD changes that simulate rolling hills.
- **Pace Intervals:** Pace is displayed using the PACE SETTER and is displayed in all PACE related WORKOUTS. Pace intervals are divided in suggested work and suggested rest segments.
- **HRC Weight Loss:** Based on age, this is a heart rate controlled workout at 65% of maximum heart rate.

mix3:

- **mix3:** is a cross-training workout that gives you the most exercise for your training time, both lower-body and upper-body. The program takes you through a sequence of exercises that is slightly different each time. The duration of each exercise varies between 30, 40, 50, or 60 seconds.

HRC:

- **Target HRC:** The elliptical takes control of WORKLOAD to maintain the users target Heart Rate.
- **HRC Weight Loss:** Based on age, this is a heart rate controlled workout at 65% of maximum heart rate.
- **Aerobic HRC:** Based on age, this is a heart rate controlled workout at 80% of your maximum heart rate.

- Distance HRC: 4 fixed distance HR workouts that put the elliptical in control of the user's workload. The elliptical takes control of workload to maintain the users target Heart Rate.
- Interval HRC: User determines WORK heart rate and the bike reduces REST portion of each interval to 65% of WORKLOAD.

Performance:

- Cardio Challenge: WORKLOAD and suggested PACE increase to a set maximum at the mid-point of the workout, then decrease to the finish.
- Pace Workouts: Pace is displayed using the PACE SETTER and is displayed in all PACE related WORKOUTS. Pace intervals are divided in suggested work and suggested rest segments.
- Hill Workouts: Hill workouts are divided in work and rest segments. The set LEVEL or WORKLOAD is what determines work and rest.
- Distance Workouts: Pre determined distance workout. This workout will only run the selected workout distance of 5K, 10K, 2mi or 4mi

Additional Pre-Set Workouts:

- One Big Hill: WORKLOAD increases to a maximum at the mid-point of the workout, then decreases to the finish.

Fitness Tests: A fitness test used to estimate your VO2 max. This is a 12 min test with four 3 min stages that increase resistance on stages 2, 3 and 4. Stage 1 is used only as a warm up.

PROGRAMMING & OPERATION

2 WINDOW LCD

Here is a list of programming options available on your LC900 elliptical with a 2 Window LCD. Programming and operation may differ depending on the type of console. For more information on programming and operation please visit www.truefitness.com.

mix3: a cross-training workout that gives you the most exercise for your training time, both lower-body and upper-body. The program takes you through a sequence of exercises that is slightly different each time. The duration of each exercise varies between 30, 40, 50, or 60 seconds.

Preset Workouts:

- **Rolling Hills:** a series of gently changing workloads
- **One Big Hill:** with the workload gradually increasing to a maximum at the halfway point, then decreasing gradually to the end.”
- **Easy Intervals:** with a moderate change between work and rest intervals.
- **Sport Intervals:** with a large change between work and rest intervals.
- **Calorie Goal:** This workout allows you to burn your choice of calories in a workout of your selected duration. The program figures out the correct workout intensity to burn the right number of calories.

HRC Workouts:

- **HRC Workouts:** This workout allows you to burn your choice of calories in a workout of your selected duration. The program figures out the correct workout intensity to burn the right number of calories.
- **HRC Cruise Control:** While in any program, set your current heart rate as your target by pressing a single key.

CHAPTER 5: CARE & MAINTENANCE



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CARE & MAINTENANCE

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the elliptical as described here could void the TRUE Fitness Warranty. To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning or performing any maintenance tasks.

INSPECTION:

Inspect the elliptical daily. Look and listen for loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

IMPORTANT: If you determine that the elliptical needs service, make sure that the elliptical cannot be used inadvertently. Turn the unit Off, and then unplug the power cord from its power source. Make sure other users know that the elliptical needs service.

CLEANING THE EQUIPMENT:

TRUE recommends the elliptical be cleaned before and after each workout. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces. This helps remove any dust or dirt.

Clean the display console regularly with mild soap and water or a mild household cleaner. **DO NOT** use paper towels, ammonia or acid based cleaners. *

CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the TRUE Fitness Warranty. Never pour water or spray liquids on any part of the elliptical. Allow the elliptical to dry completely before using. Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.

*When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment; use non-abrasive cleaner of soft cloth and then wipe the unit.

STORING THE CHEST STRAP:

Store the chest strap in a place where it remains free of dust and dirt such as, in a closet or drawer. Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C). To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

LONG TERM STORAGE:

When the elliptical is not in use for any length of time, turn it off. Make sure that the power cord is unplugged from the power source and is positioned so that it will not become damaged or interfere with people or other equipment.

CHAPTER 6: TROUBLESHOOTING



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BASIC ELLIPTICAL TROUBLESHOOTING GUIDE

The following are common questions that are asked. For all other inquiries we would ask that you call your local dealer/service provider in your area for support.

Q. What does it mean when my panel displays no lights?

A. Check the following:

- Verify you are receiving power to your outlet by using an alternative device.
- It could mean that your unit is not plugged in.
- You will need to check the toggle switch on the front base of the unit to make sure it is in the ON position.
- You can check to see if your circuit breaker switch on your unit has been tripped. If so, you can reset it and the lights should reappear on your display. If it will not reset, you will need to call your local dealer or service provider to set up a service call.

Q. The upper display shows an error code or has odd characters.

A. If your display has any error messages on it TRUE Fitness recommends that you contact your local dealer or service provider to arrange a service call. The error codes are there for your protection and we do not recommend that you continue using the unit without consulting a professional.

Q. Is there any maintenance that I need to do to my elliptical?

A. TRUE Fitness encourages our customers to set themselves up with a preventative maintenance contract. These can be provided through your dealer or local service provider.

Q. How do I arrange for a service or preventative maintenance appointment?

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

If you would like you may also contact TRUE Fitness' customer support team by calling 800.883.8783 or e-mailing us at info@truefitness.com Monday – Friday during normal business hours with any further questions or comments.

CHAPTER 7: ADDITIONAL INFORMATION



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Save Time and Register Online! Activate Multiple Warranties at truefitness.com/support

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

Frame*	Lifetime
Parts	
15" Touchscreen	3 Years
Electrical	5 Years
Wear Items	5 Years
Cosmetics	6 Months
Labor	
Parts	1 Year
Cosmetics	6 Months
iPod® Connectivity	
Headphone Jack, Connector & USB Port	90 Days Parts, No Labor

NOTE: Warranty valid for USA and Canada only.
NOTE: Failure to register this product will result in no servicing or authorization of parts to be shipped.
NOTE: Buying after-market products from a 3rd party will result in voided warranty.
NOTE: This product is intended for Light Commercial use which includes non-dues paying facilities where usage does not exceed 8 hours per day. If this product will not be used in this particular setting, please contact TRUE as this warranty is void.

Frame: The frame is warranted for defects in material and workmanship for as long as the original purchaser owns the Product. The frame is warranted for labor and freight (for parts shipped from TRUE) for one year from date of purchase. * This limited warranty on structural frame does not include paint or coatings.

Parts: The elliptical electrical parts and wear items are warranted for defects in material and workmanship for five years with one year labor warranty. The 15" touchscreen is warranted for defects in material and workmanship for three years with one year labor warranty. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in owner's manual, accident,

misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance. *TRUE Fitness shall not warrant the performance of the heart rate system on its products, as the heart rate system performance varies, based on user's physiology, age, method of use and other factors. * This limited warranty shall not apply to software version upgrades.

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

iPod Connectivity: iPod Connectivity elements; headphone jack, connector and USB Port are warranted for defects in material and workmanship for 90 days with no labor warranty.

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

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

TRUE Fitness, Service Department
 865 Hoff Road, St. Louis, MO 63366
 1.800.883.8783
 Hours of operation 8:30am - 5:00 pm CST
 The above Limited Warranty is subject to and will be in accordance with the conditions set forth below:

Save Time and Register Online! Activate Multiple Warranties at truefitness.com/support

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

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

3. 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).

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

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

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

7. This Limited Warranty is in lieu of all warranties, express or implied, and in lieu of all other obligations or liabilities on the part of TRUE, under no circumstances shall TRUE be liable by virtue of this Limited Warranty or otherwise from damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential losses, damages or expenses in connection with exercise products.

Any implied warranty is limited in duration to the time period covered by the Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, or the exclusion may not apply to you. This Limited Warranty grants you specific legal rights and you may also have other rights, which vary from state to state.

NOTE TO AUTHORIZED WARRANTY LABOR PROVIDERS:

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

LC900 ELLIPTICAL SERIAL NUMBERS:

The LC900 elliptical comes with two serial numbers; one on the base and one on the display console (see diagram below). The serial number on the base is located on the front inside sheet metal on the bottom right hand side. The console serial number is located on the bottom right side of each console. Please write down your serial numbers below and keep for your records.

CONSOLE SERIAL NUMBER:

□	□	-	□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---	---	---	---

BASE SERIAL NUMBER:

□	□	-	□	□	□	□	□	□	□	□
□	□	□	□	□	□	□	□	□	□	□



SAMPLE SERIAL NUMBER STICKER:



Keep this page for your records

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

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

f - - - - -
Light Commercial Warranty Registration

PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW. REQUIRED FOR WARRANTY REGISTRATION:

CONSOLE SERIAL NUMBER:

--	--	--	--	--	--	--	--	--	--

BASE SERIAL NUMBER:

Model Type: LC900 Light Commercial Elliptical

Date of Purchase _____

Your Company Name _____

Contact First Name _____

Contact Last Name _____

Address _____

City _____ State _____ ZIP _____

Email Address _____

Phone _____ Fax _____

1. Where did you first learn about TRUE?

- a. Dealer b. Website
 c. Advertisement d. Referral
 e. Current Customer f. Other _____

2. Why did you purchase a TRUE product?

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

3. Please indicate your type of facility:

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

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

- a. Treadmill Brand _____
 b. Bike Brand _____
 c. Elliptical Brand _____
 d. Free Weights/Gym Brand _____

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

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

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

- Yes No

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

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

8. Would you recommend TRUE to other club owners?

- Yes No

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

DRIVE SYSTEM	Power Source	120Volt/15Amp(NEMA5-15Receptacle);CordLength12'(3.7m)-220v Option Available	Self-Generating	
	Drive System	Core Drive Comprised of No-Maintenance Ball Bearing Design		
	Resistance Source	Hybrid Self-Generating Brake		
EXERCISE SURFACE	Stride Length	Fixed - 21" (53 cm)		
	Footpad Material	Soft Step Cushioned Anti-Fatigue Material (Removable For Easy Cleaning)		
FRAME	Frame	Robotically Welded Steel		
	Handrails/Handlebars	Sweat Resistant Custom Dipped Material		
CONSOLE	Display Type	15" Touch Screen: LC900-E15T	2-Window LCD: LC900-E2W	
	iPod® Compatibility	Advanced	Basic	
	Entertainment Capabilities	Integrated 15" LCD with Touch Screen technology and built-in TV, integrated iPod® connectivity with music and video featuring on screen navigation, Scenic Landscape Perspectives, USB connectivity, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner	Optional integrated wireless entertainment control, integrated iPod® connector	
	Communications	Full CSAFE Compatibility - Fitlinx®*		
	Key Type	N/A	Membrane	
	Data Readouts	Elapsed Time, Time Remaining, Distance, Distance Remaining, Pace (RPM), Heart Rate, Target Heart Rate, Workload Level, Watts, METs, Calories, Calories/Hour, Segment Time Remaining	Elapsed Time, Time Remaining, Distance, RPM, Heart Rate, Target Heart Rate, Work Level, Watts, METs, Calories	
	Message Center	Digital, Program Specific	17 Character Alphanumeric	
	Diagnostics	YES		
HEART RATE	Contact Heart Rate Monitoring	YES		
	Wireless Heart Rate Monitoring	Wireless - Polar® Equipped		
	HRC (Heart Rate Control)™ Workouts	YES - 8	YES - 1	
	HRC Cruise Control™	YES		
PROGRAMMING	Workouts	22 Preset, 5 Custom*, 5 Saved Workouts	7 Preset	
	Special Programs	mix3™, Upper-Body Only, Pace Setter™	mix3™	
OTHER FEATURES	Accessories	Reading Rack and 2 Water Bottle Holders/Accessory Trays		
	Personal Cooling System	N/A	N/A	
	Safety	Extended Handrails for Easy Rear Entry and Exit, Side Step-Up Areas		
PHYSICAL SPECIFICATIONS	Footprint	61"L x 35"W (155 cm x 89 cm)		
	Active Footprint	73"L x 35"W (185 cm x 89 cm)		
	Machine Weight / Shipping Weight	345 lbs (157 kg) / 411 lbs (187 kg)	340 lbs (155 kg) / 403 lbs (183 kg)	
	Maximum User Weight	350 lbs (159 kg)		
	Workload Range	40-450 Watts	30-450 Watts	
	Step-Up Height	Footskate Lowest Position: 10" (25 cm)		
	Portability	2 Front Transport Wheels, 2 Rear Removable Transport Handles		
	Regulatory Approvals	UL, CSA, CE, FCC		
WARRANTY	Warranty	Frame Lifetime, Parts 5 Years, Labor 1 Year, Touch Screen Console Parts 3 Yrs, Labor 1 Yr, Headphone Jack, iPod® Connector, and USB port - 90 days parts, no labor	Frame Lifetime, Parts 5 Years, Labor 1 Year, Headphone Jack, iPod® Connector, and USB port - 90 days parts, no labor	



What Is TRUE World?

TRUE World is the way in which we hope to further engage our TRUE community. Whether you are a TRUE dealer, an owner of a piece of TRUE cardio equipment, or simply a fitness enthusiast, we hope you become part of TRUE World.

With the new Universal Console on TRUE cardio equipment, TRUE World is a place where YOU select the machine with the display YOU choose, tailoring each machine to fit your needs and budget. The new console choices range from classic to trendsetting.

Only in the TRUE WORLD can you find this new console design that not only provides a sleek, cohesive look, but also provides versatile display options for EVERY piece of equipment.

But that's just the beginning. Share what your TRUE World is online with us -- through our website www.truefitness.com/world or through our social media sites on Facebook and Twitter.

TRUE World is a community of users. Through that community of users we hope to continue the tradition of excellence that is TRUE. TRUE World is a place where tradition meets technology; where 29 years of continuous innovation and improvement produces ONE THING - the world's finest cardio equipment. Only TRUE users know - these rugged yet elegant machines are simply the smoothest, quietest, and most durable on the market.

TRUE WORLD is helping us prepare our premier cardio machines to meet the future.

This truly is just the beginning...



www.facebook.com/TRUE-fitness



www.twitter.com/truefitnesstech

CONTACT INFORMATION

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HOURS OF OPERATION: 8:30 A.M. - 5:00 P.M. CST

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