



PS900

PS1100

Treadmill Owner's Guide

THANK YOU FOR SELECTING TRUE

In 1981, Frank Trulaske launched TRUE Fitness®, and began manufacturing hand-crafted treadmills.

His team's obsession with quality has propelled TRUE to the top of the fitness industry and has created one of America's oldest, largest and most respected fitness equipment manufacturers.

Over the years, TRUE has designed, developed, patented and fabricated many new cutting-edge innovations for their products. Such advancements include groundbreaking new features, state-of-the-art manufacturing components, and technological breakthroughs.



"OUR ORIGINAL GOAL WAS TO BUILD THE WORLD'S BEST FITNESS EQUIPMENT, AND TODAY WE BELIEVE WE'RE DOING IT!"

-FRANK TRULASKE

While TRUE has expanded its line of products, intensive quality control standards guarantee excellence in every phase of production. This results in the finest products available in the marketplace.

TRUE is the choice for workouts among beginners, rehab patients and top athletes worldwide.

Today TRUE Fitness offers a full line of premium elliptical trainers, treadmills, upright and recumbent bikes, and flexibility equipment.



REVIEW FOR YOUR SAFETY

IMPORTANT SAFETY INSTRUCTIONS

When using this exercise machine basic precautions should always be followed, including the following:

Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.

Read and understand all instructions and warnings prior to use.

Obtain proper instruction prior to use.

Inspect the treadmill for incorrect, worn, or loose components and do not use until corrected, replaced, or tightened prior to use.

Do not wear loose or dangling clothing while using the treadmill.

Care should be used when stepping on or stepping off the treadmill.

Read, understand and test the emergency stop procedures before use.


Disconnect all power before servicing the treadmill.



Do not operate outdoors or in damp or wet locations.
Do not exceed maximum user weight of 350 lbs.

Keep the top side of the moving surface clean and dry.

Keep children and animals away.

All exercise equipment is potentially hazardous. If attention is not paid to the condition of the equipment, serious injury or death could occur.

Quick Start into a manual workout by pressing , or set up a different workout by pressing a workout key and adjusting the settings as necessary.

You can fine tune your workout setup by repeatedly pressing  to proceed to the next setting. Your workout starts only when you press .

Adjust speed or grade at any time by using the dedicated **speed**  and **grade**  keys on the lower keypad.

Change workouts during your workout by pressing a program key.

Pause your workout by pressing .

BEFORE
YOUR
WORKOUT

DURING
YOUR
WORKOUT



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Specifications/Features/Software are subject to change

BASIC OPERATION

IN THIS CHAPTER:

STARTING AND STOPPING THE TREADMILL
USING THE KEYBOARD
MANUAL OPERATION
HEART RATE MONITORING
CONTACT HEART RATE
PRE-SET WORKOUTS
SPECIAL WORKOUTS

Chapter 1: Basic Operation

Chapter 2: Heart Rate Control

Chapter 3: User Workouts

Chapter 4: Fitness Test

Chapter 5: Designing an Exercise Program

Chapter 6: Care and Maintenance

Place your feet on the straddle covers.

Attach the safety lanyard to your waistband.

Place the safety key on the key holder.




Set up your workout and press  .

Stop the treadmill by reducing speed to 2 mph, then press






STARTING
AND
STOPPING
YOUR
TREADMILL
SAFELY

Selecting Workouts: Press any of the workout keys and press  to begin your workout using the default settings.

Before pressing , you may adjust other settings like Workout Time and Body Weight, pressing  after adjusting each setting. Press  at any time to begin your workout. Note that HRC® workouts require settings adjustments.

Adjusting Settings: Use the   keys to adjust numeric settings. Press  to accept each settings adjustment.





Primary Controls: During your workout, press  to stop the treadmill and pause your workout. Press  to resume your workout. Press and hold  to clear your workout.



Safety Lanyard: This magnetized cord must be in place on the treadmill balance bar location, and should be attached to your clothing. The treadmill will not operate if the lanyard is not attached.

USING THE
KEYBOARD

Press Quick Start: Start the treadbelt at 0.5 mph at the default workout time of 30 minutes.

OR...

Setting Time or Distance Targets: Enter your weight and press . Press  for manual workout. Now either enter a workout time and press , or press  to be prompted for a target distance.

You can keep adjusting your workout setup by repeatedly pressing . Your workout starts only when you press .

MANUAL
OPERATION
DETAILS

This treadmill can monitor your heart rate using either the chest strap provided with the treadmill or the metal grips on the hand rails (called contact heart rate, or CHR pads). A chest strap transmits your heart rate to the treadmill via radio, and the CHR pads connect to a special computer circuit to extract your heart rate.



Although this treadmill functions fine without using the heart rate monitoring feature, this kind of monitoring gives you valuable feedback on your effort level. Chest strap monitoring also allows you to use Heart Rate Control, the most advanced exercise control system available.

When you wear a Polar® or compatible transmitter strap (included), the treadmill will display your heart rate as a digital beats-per-minute (bpm) readout.

The transmitter strap should be worn directly against your skin, about one inch below the pectoral muscles/breast line (see picture). Women should be careful to place the transmitter below their bra line.



Some moisture is necessary between the strap and your skin. Sweat from your exercise works best, but ordinary tap water may be used prior to your workout if desired.

MONITORING
YOUR
HEART RATE

CHEST STRAP
HEART RATE
MONITORING

The contact heart rate (CHR) system lets you monitor your heart rate without wearing a strap.

Gently grasp the contact heart rate pads.

During this time, the system is analyzing and locking in your heart rate. Within about 15 seconds, your digital heart rate in beats-per-minute (bpm) should be displayed.

Important: The CHR System should only be used at speeds of 4 mph or lower. Above this speed the CHR accuracy is unavoidably unreliable due to large muscle movements.

1. Exercise with smooth body motions.
2. Breathe smoothly and regularly, and avoid talking. (Talking will cause unrepresentative heart rate spikes of 5 to 10 bpm.)
3. Grip the pads lightly, not tightly.
4. Make sure your hands are clean and free of both dirt and hand lotions.

A Note on CHR Accuracy

CHR monitoring may be a bit less accurate than a chest strap, since the heart rate signals are much stronger at the chest.

About 5% of the population cannot be picked up by any CHR system. This is because their heart is positioned in a more up-and-down manner in their chest, as opposed to leaning over to one side.

When using a Heart Rate Control workout, it is best to use chest strap monitoring. These workouts work best with the extra accuracy gained from a chest-contact heart rate monitoring system.

CONTACT
HEART RATE
(CHR)

FOR BEST
CHR
RESULTS

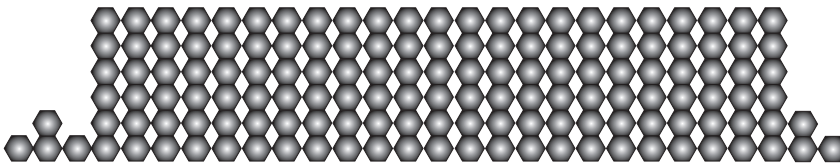
PRE-SET WORKOUTS

Each workout has a four-minute warm up and a two-minute cool down. Speed or incline changes stay in effect until the next change requested by the program. Changing the default workout time adds or removes segments; it does not stretch or compress the workout profile.

Change workout levels during your workout by pressing the workout key you are using, adjusting the numeric level, then pressing . Change to a new pre-set workout during your workout by pressing a new Program Profile key and pressing .

In a walking workout, all speeds are under 4 mph. Increasing levels increases speed from 2 to 4 mph and incline from 4% to 10%; speed and incline stay constant in the work section. Speed or incline changes in the work section are permanent.

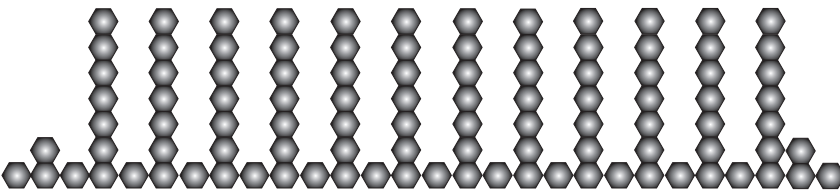
WALKING: CALORIE BURN



Changes in Incline

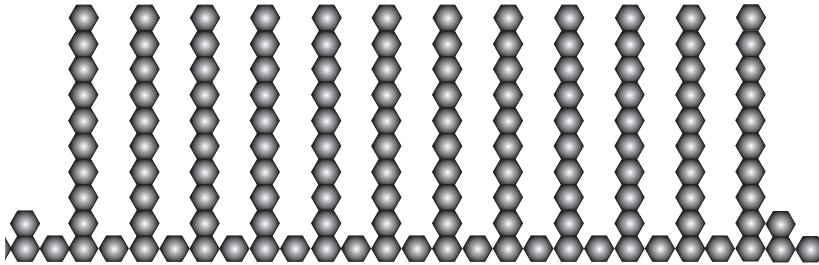
Walking intervals with incline alternate between hills and nearly flat *in two-minute segments*. Speed changes are permanent; incline changes affect the current two-minute segment only.

WALKING: HILL INTERVALS



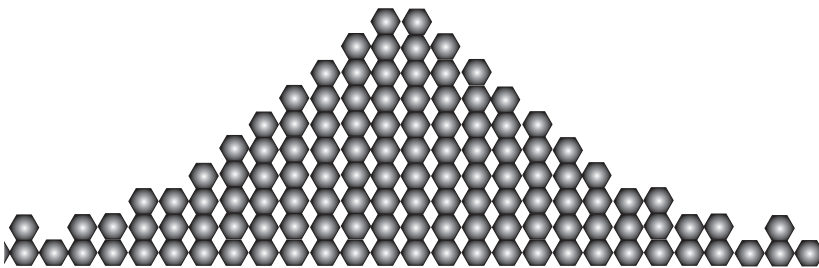
Changes in Incline

Zero-grade walking or running intervals are *in one-minute segments*. Grade changes are permanent; speed changes affect the current one-minute segment only.



Changes in Speed

Zero-grade gradually increases speed then decreases speed, *changing once per minute*. Grade changes are permanent; speed changes affect the current one-minute segment only.



Changes in Speed

WALKING
AND
RUNNING:
SPEED
INTERVALS

WALKING
AND
RUNNING:
SPEED
RAMP

HEART RATE CONTROL

IN THIS CHAPTER:

HRC INTRODUCTION
EASY STEPS TO A HRC WORKOUT
WORKOUT SETUP
IMPORTANT POINTS ABOUT HRC

Chapter 1: Basic Operation

Chapter 2: Heart Rate Control

Chapter 3: User Workouts

Chapter 4: Fitness Test

Chapter 5: Designing an Exercise Program

Chapter 6: Care and Maintenance

TRUE's HRC workouts let the treadmill monitor your relative exercise intensity by way of your heart rate, then automatically adjust the workload to keep you at your target heart rate and thus your desired exercise intensity.

Your heart rate is a good measure of your body's exercise stress level. It reflects differences in your physical condition, how tired you are, the comfort of the workout environment, even your diet and emotional state. Using heart rate to control workload takes the guesswork out of your workout settings.



Consult your physician before using HRC workouts for advice on selecting a target heart rate range. Also, it is important to use the treadmill for several workouts in the manual mode while monitoring your heart

rate. Compare your heart rate with how you feel to ensure your safety and comfort.

See Appendix A for a chart that may help you pick a target heart rate.

You need to wear a heart rate monitoring chest strap to use heart rate control. See the "Monitoring Your Heart Rate" section in Chapter 1 for a guide to proper usage. It is not recommended that you use the contact heart rate system for HRC workouts.









HRC WORKOUT INTRODUCTION

Two types of HRC are available on the PS900 + PS1100.









Time-based constant HRC: pick a target heart rate and exercise for the amount of time you select.

Cruise Control: while in any workout, set your current heart rate as your target heart rate by pressing a single key.

-
1. Press the HRC key. Press .
 2. Adjust your desired workout time. Press .
 3. Adjust the target heart rate. Press . Use the chart in Appendix A to help pick a target heart rate.
 4. Adjust the maximum speed the treadmill will use during the workout. Press . *Tip:* for a comfortable walking workout, set a maximum speed of 2.5 or 3 mph.
 5. Adjust the maximum incline the treadmill will use during the workout. Press . *Tip:* if you prefer a walking workout (see step 4), set a maximum incline of 15% to take full advantage of the treadmill's performance.
 6. Press .
 7. Warm up. At the beginning of an HRC workout, the treadmill is in full Manual Control mode. **Gradually increase your work level to slowly raise your heart rate to within 10 beats per minute (bpm) of your target heart rate.**

TWO BASIC KINDS OF HRC WORKOUTS

EASY STEPS TO A HRC WORKOUT

8. HRC Stage. Now the treadmill takes control of speed and incline, keeping your heart rate within a few bpm of your target.
 9. Cool-down. At the end of your workout time or distance, the treadmill reduces workload by half and goes back into Manual Control mode, where you directly control your cool-down.
- Your treadmill can retain two workout set-ups for a HRC workout. It stores each set of workout parameters under numbered workouts, for example, “Target HR 1,” “Target HR 2.” You can select these in later workouts so you don’t have to re-enter your workout parameters, which tend to stay the same from workout to workout.
 - During workout setup, if you keep pressing , you will continue to scroll through the workout setup parameters. You can press  at any time to accept the current parameters and begin your workout.
 - Pressing any key other than  or  will exit HRC model.
 - Adjust your target heart rate at any time during your workout by pressing  using the   keys as needed, and pressing  again. If you are lowering your target, you are limited to a 5 bpm change.

DURING WORKOUT SETUP

DURING YOUR WORKOUT

The time and distance accumulated during your warm up are not calculated into your workout time or distance; those values start at zero when the treadmill reaches heart rate control mode. This time and distance is, however, accumulated into the workout summary data, along with your cooldown exercise.

The heart rate monitor transmitter strap provided with your treadmill should be worn directly against your skin at about one inch below the pectoral muscles/breast line. Women should be careful to place the transmitter below their bra line.

Some moisture is necessary between the strap and your skin. Sweat from your exercise is the most effective, but ordinary tap water may be used prior to your workout if desired.

If the transmitter strap is adjusted or moved while exercising, communication may be temporarily affected.

The transmitter strap sends a low-level radio signal to the treadmill, so interference from other radio and sound waves (including everything from cordless telephones to loudspeakers) is possible. The good news is that interference is usually quite brief. If you continue to have intermittent heart rate display problems, consult your local service technician, as the transmitter strap batteries may be low.

Make sure you breath smoothly and regularly.

Talking during your workout usually causes heart rate spikes of five beats per minute or more, so avoid talking as much as possible.

Maintain a smooth walking or running motion.

IMPORTANT POINTS ABOUT HRC



IMPORTANT POINTS ABOUT HRC

CHAPTER TWO: HEART RATE CONTROLLED WORKOUTS

A grounded outlet is critical for the HRC system to function properly. Use a dedicated 115 VAC, grounded outlet to help prevent interference.

USER WORKOUTS

IN THIS CHAPTER:

RECORD AND RUN USER WORKOUTS

Chapter 1: Basic Operation

Chapter 2: Heart Rate Control

Chapter 3: User Workouts

Chapter 4: Fitness Test

Chapter 5: Designing an Exercise Program



Chapter 6: Care and Maintenance

During a manually-controlled workout, the PS900 + PS1100 treadmills always "record" the changes you make in speed or incline. The PS900 +PS1100 can save up to two User Workouts that you can "play back" to use as custom-designed workouts.

Note that this workout recording only takes place when you use the default manual mode settings; you cannot choose a target workout time or distance. Time must count up during your workout in order to be recorded.

Up to 36 changes in speed or incline can be recorded. Each speed/incline pair of changes must be separated by at least 30 seconds.

To save a manual workout, press  as you normally would to end your workout. Now press and hold  until the display shows Save User 1.

You can save your workout in User 1, or press  to select User 2. Press and hold  to save the workout you have selected.

To use a User Workout that you have saved, press Advanced Options, then select the User Workout that you would like.


FITNESS TEST

IN THIS CHAPTER:

GERKIN FITNESS TEST
ACCURACY OF THE GERKIN TEST

Chapter 1: Basic Operation
Chapter 2: Heart Rate Control Workouts
Chapter 3: User Workouts
Chapter 4: Fitness Test
Chapter 5: Designing an Exercise Program
Chapter 6: Care and Maintenance

One way to measure your overall fitness is to take the Gerkin fitness test. Named after the Arizona researcher who designed the test, this submaximal treadmill test (submaximal means you work below maximum effort) is used to predict VO₂ max: the volume of oxygen you can consume while exercising at your maximum capacity. This particular test has gained great popularity in the firefighter and law enforcement community. Like most fitness tests, it is classified as a graded exercise test (GXT). The test is stopped at the point your heart rate reaches 85% of your age-predicted maximum.

Select the Gerkin test under the Advanced Options  key. Enter your age, which is used to calculate your test termination point.

The Gerkin protocol starts at 4.5 miles per hour at a 0% incline. It then increases speed or incline every 60 seconds. For example, at the seven-minute mark, the speed increases to 6 miles per hour while the incline raises to 8%.

When your heart rate reaches 85% of your age-predicted maximum, the test waits for your heart rate to exceed the target for 15 seconds, then terminates the test.

ABOUT THE GERKIN TEST

RUNNING THE GERKIN TEST

The scientific journal, Occupational Medicine, published a study in 2004 on the accuracy of the Gerkin test. The conclusion:

“The Gerkin treadmill protocol overpredicts VO₂max in healthy men and women and, therefore, should not be used for predicting VO₂max in individual firefighters, particularly if VO₂max is a criterion for inclusion or exclusion from duty. At this time, a valid treadmill running test is needed for predicting the VO₂max value of individual firefighters.”

However, for the fitness enthusiast who is interested in monitoring their fitness level, the Gerkin test can be used to measure progress over time.

ACCURACY OF THE GERKIN TEST

DESIGNING AN EXERCISE PROGRAM

IN THIS CHAPTER:

WHAT IS THE F.I.T. CONCEPT?

USING THE F.I.T. CONCEPT

YOUR F.I.T. PROGRAM

ESTABLISHING AND MAINTAINING FITNESS

WEIGHT & SPORTS TRAINING PROGRAMS

Chapter 1: Basic Operation

Chapter 2: Heart Rate Control Workouts

Chapter 3: User Workouts

Chapter 4: Fitness Test

Chapter 5: Designing an Exercise Program

Chapter 6: Care and Maintenance

The workout portion of your exercise program consists of three major variables: Frequency, Intensity, and Time.

Frequency: How Often You Exercise

You should exercise three to five times a week to improve your cardiovascular and muscle fitness. Improvements are significantly smaller with less frequent exercise.

Intensity: How Hard You Exercise

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system. Only your doctor can prescribe the target training heart range appropriate for your particular needs and physical condition.

Start with exercise that stimulates you to breathe more deeply.

Alternate days of moderate and easy exercise to help your body adapt to new levels of exertion without unnecessary strain.

If you are just beginning an exercise program, you may be most comfortable walking at a speed of 1-2 mph. As you use your treadmill regularly, higher speeds may be more comfortable and more effective.

Inability to maintain a smooth, rhythmic motion suggests that your speed and/or elevation may be too great.

If you feel out of breath before you have exercised 12 minutes, you are probably exercising too hard.

**WHAT IS
THE F.I.T.
CONCEPT?**

As your fitness level improves, you will need to increase your workout intensity in order to reach your target heart rate. The first increase may be necessary after two to four weeks of regular exercise. Never exceed your target heart rate zone. Increase the speed and/or incline on the treadmill to raise your heart rate to the level recommended by your doctor. The incline feature can be used to greatly increase the workload without increasing speed.

METs

One MET is the amount of energy your body uses when you're resting. If a physical activity has an equivalent of 6 METs, its energy demands are 6 times that of your resting state. The MET is a useful measurement because it accounts for differences in body weight. See *Appendix B* for more details.

Time: How Long You Exercise

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits.

To begin, maintain two to three minutes of steady, rhythmic exercise and then check your heart rate.

The initial goal for aerobic training is 12 continuous minutes.

Increase your workout time approximately one or two minutes per week until you are able to maintain 20-30 continuous minutes at your target heart rate.



USING THE F.I.T. CONCEPT

CHAPTER FIVE: DESIGNING AN EXERCISE PROGRAM

The F.I.T. concept is designed to help you begin a program tailored to your needs. You may wish to keep an exercise log to monitor your progress.

You can get valuable fitness benefits from your TRUE treadmill. Using the treadmill regularly may increase the ability of your heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. The treadmill will also help you develop added muscle endurance and balanced strength throughout your body.

Calculate your maximum heart rate as a first step in developing your fitness program. The formula to calculate average maximum heart rate for one minute is 220 beats per minute minus your age. To find your pulse, locate a vein on your neck or inside your wrist, then count beats for ten seconds, then multiply by six. (See chart in *Appendix A*.)

It's also important to know your target training zone or target heart rate. The American Heart Association (AHA) defines target heart rate as 60-75 percent of your maximum heart rate. This is high enough to condition, but well within safe limits. The AHA recommends that you aim for the lower part of the target zone (60 percent) during the first few months of your exercise program. As you gradually progress you can increase your target to 75 percent. According to the AHA, "Exercise above 75 percent of the maximum heart rate may be too strenuous unless you are in excellent physical condition. Exercising below 60 percent gives your heart and lungs little conditioning."

USING
THE F.I.T.
CONCEPT

YOUR
FITNESS
PROGRAM

DETERMINING
YOUR NEEDS

In addition to monitoring your heart rate as you exercise, be certain of how quickly your heart rate recovers. If your heart rate is over 120 beats per minute five minutes after exercising, or is higher than normal the morning after exercising, your exertion may be too strenuous for your current level of fitness. Reducing the intensity of your workout is recommended.

The age-adjusted target heart rates indicated in the chart in *Appendix A* reflect averages. A variety of factors (including medication, emotional state, temperature, and other conditions) can affect the exercise heart rate appropriate for you.

Warning: Consult your doctor to establish the exercise intensity (target heart rate zone) appropriate for your age and condition before beginning any exercise program.

Warm-Up: Slow and Deliberate Exercise

You are not warmed up until you begin to perspire lightly and breathe more deeply. Warming up prepares your heart and other muscles for more intense exercise and helps you avoid premature exhaustion. Begin each workout by walking even if you plan to run. Start slowly, exploring different speeds until you can comfortably sustain your speed.

A good suggestion is a minimum of three minutes. Perspiration on your brow is a good indicator of a thorough warm-up. The older you are, the longer your warm-up period should be.

BEGINNING YOUR EXERCISE PROGRAM

Workout: Brisk and Rhythmic Exercise

Working out trains and conditions your heart, lungs, and muscles so your body can operate more efficiently. Gradually increase the intensity of your workout to strengthen your cardiovascular system. Concentrate on moving your arms and legs smoothly. Walk naturally and avoid jerking motions that can cause pulled muscles, sprained joints and loss of balance.

Cool-Down: Slow and Relaxed Exercise

Cooling down relaxes your muscles and gradually lowers your heart rate. Slowly reduce your workload until your heart rate is below 60 percent of your maximum heart rate. The cool down should last at least five minutes, followed by some light stretching to enhance your flexibility.

Beginning a Fitness Program

If you cannot sustain 12 continuous minutes in your target heart rate zone, exercise several times a day to get into the habit of exercising.

Try to reach and maintain 60-65 percent of your maximum heart rate. Alternate exercise with periods of rest until you can sustain 12 continuous minutes of exercise at 60-65 percent of your maximum heart rate.

Begin exercising in three to five minute sessions.

If you can sustain 12 but not 20 continuous minutes of exercise in your target heart rate zone:

Exercise three to five days a week and rest at least two days per week.

Try to reach and maintain 60-75 percent of your maximum heart rate with moderate rhythmic exercise.

Begin with 12 continuous minutes. Increase your time by one to two minutes per week until you can sustain 20 continuous minutes.

If you can sustain 20 continuous minutes in your target heart rate zone, begin to increase the length and intensity of your workout:

Exercise four to six days a week or on alternate days.

Try to reach and maintain 70-85 percent of your maximum heart rate with moderate to somewhat hard exercise.

Exercise for 20-30 minutes.

Consistent aerobic exercise will help you change your body composition by lowering your percentage of body fat. If weight loss is a goal, combine an increase in the length of your workouts with a moderate decrease in caloric intake. For weight control, how long and how often you exercise is more important than how hard you exercise.

Exercise four to five times a week.

ESTABLISHING
AEROBIC
FITNESS

MAINTAINING
AEROBIC
FITNESS

MANAGING
WEIGHT

Try to reach and maintain 60-75 percent of your maximum heart rate with moderate exercise.

Exercise for 30-45 minutes at 60-65 percent of your target heart rate.

Here are some tips to achieving your weight management goal:

Consume most of your dietary calories at breakfast and lunch, and eat a light dinner. Do not eat close to bedtime.

Exercise before meals. Moderate exercise will help suppress your appetite.

Take exercise breaks throughout the day to help increase your metabolism and caloric expenditure.

When you are training to improve strength and performance:

Exercise four to five days a week. Alternate exercise days between intervals of hard to very hard exercise and easy to moderate exercise.

Exercise for 30 minutes or longer.

Warning: these strategies are intended for average, healthy adults. If you have pain or tightness in your chest, an irregular heartbeat, shortness of breath or if you feel faint or have any discomfort when you exercise, ***stop!*** Consult your physician before continuing. Remember, every workout should begin with a warm-up and finish with a cool-down.

CARE & MAINTENANCE

IN THIS CHAPTER:

TREADBELT LUBRICATION AND CLEANING

TREADBELT ADJUSTMENT

TREADBELT TENSION

Chapter 1: Basic Operation

Chapter 2: Heart Rate Control Workouts

Chapter 3: User Workouts

Chapter 4: Fitness Test

Chapter 5: Designing an Exercise Program

Chapter 6: Care and Maintenance

Your TRUE treadmill is constructed of quality materials and manufactured to provide many years of faithful service. Simple routine cleaning and a preventive maintenance program will extend the life of your treadmill.

To prevent electrical shock, be certain the treadmill is turned off and unplugged from the electrical outlet before performing any cleaning or routine maintenance.

For average use of your treadmill, TRUE recommends that you lubricate under the treadbelt every six months. For heavy use, which is more than 10 hours per week, TRUE recommends lubricating every 90 days.

The TRUE treadmill you have purchased may be designed with a premium orthopedic belt. This belt provides additional comfort and cushioning. Please note based on your exercise regimen/activity you may be required to lubricate the belt with approved TRUE Fitness lubrication more frequently than a traditional belt for premium performance.

Please contact your dealer to obtain the proper lubricants.

Daily: Perspiration should be wiped from the control console and treadmill surfaces after your workout.

Weekly: You should wipe down your treadmill once a week with a water dampened, soft cloth. Be careful not to get excessive moisture between the edge of the overlay panel and the console, as this might create an electrical hazard or cause the electronics to fail.

Important: do not clean or wipe under the running belt.

Monthly: Clean dust and dirt that might accumulate under and behind your treadmill once a month. Small rubber particles from the soles of walking shoes will accumulate alongside the belt and behind the unit.

TRADITIONAL
TREADBELT
LUBRICATION

ORTHOPEDIC
BELT
LUBRICATION

REGULAR
CLEANING

Expert service and maintenance at a reasonable cost are available through your factory-trained, authorized TRUE dealer. The dealer maintains a stock of repair and replacement parts and has the technical knowledge to meet your service needs.

Your treadmill's running belt has been properly aligned at the factory. However, when the treadmill is used on an uneven surface, please follow these instructions:

- 1 - Stand beside the treadmill, place the safety key onto the control panel and follow operating instructions for running the treadmill at 5 mph.
 - 2 - If the belt is off-center to the right, turn the left roller adjustment bolt counter clock-wise 1/4 turn. If the belt is off-center to the left, turn the left roller adjustment bolt clockwise 1/4 turn.
 - 3 - Let the machine run for several minutes to check the alignment. (Belt alignment does not need to be perfect.) If more correction is needed, turn the adjustment bolt 1/4 turn and check again.
-

EXPERT
SERVICE

TREADBELT
ADJUSTMENT

Turn both rear roller adjustment bolts counter-clockwise until the treadmill just begins slipping when walking on it, then turn both rear roller adjustment bolts clockwise in equal quarter turn increments until the treadmill stops slipping.

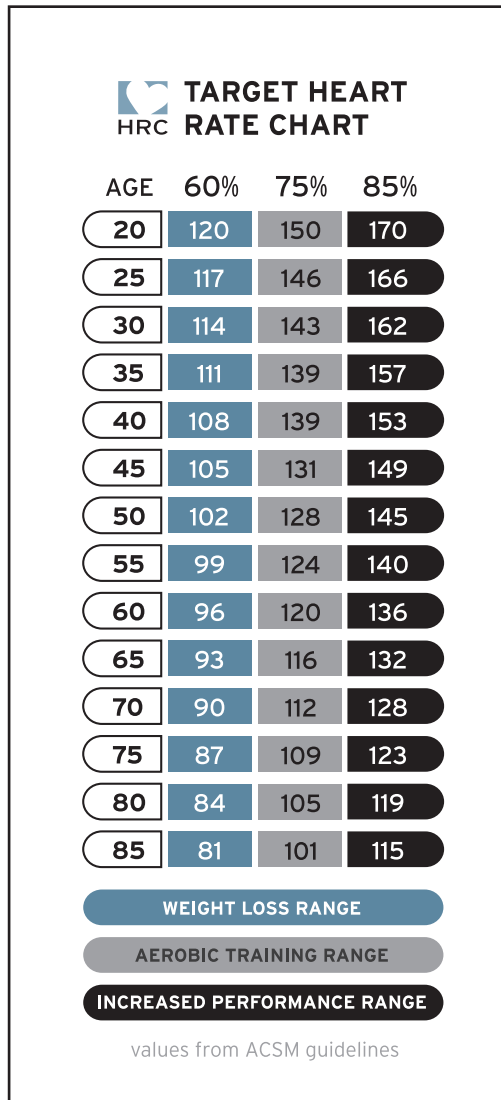
Note: Be sure to run on treadmill to ensure that the it does not shift while under load.

TARGET HEART RATE CHART

A GUIDE TO HELP YOU PICK
AN INITIAL TARGET HEART RATE

APPENDIX A

TARGET HEART RATE CHART



Remember to check with your physician before beginning any exercise program. They can help determine an appropriate target heart rate. **Note: Medications often affect heart rate.**

METS TABLE

HOW SPEED AND INCLINE AFFECT WORKLOAD,
EXPRESSED IN METS

APPENDIX B

CHART FOR METS

Grade

METs Table	0.0	1.0	2.0	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0	13.0	14.0	15.0
WALKING	1.0	1.8	2.0	2.2	2.3	2.5	2.6	2.7	2.9	3.0	3.1	3.3	3.4	3.6	3.7	3.8
	2.0	2.5	2.8	3.1	3.4	3.6	3.9	4.2	4.5	4.7	5.0	5.3	5.8	6.1	6.4	6.7
	3.0	3.3	3.7	4.1	4.5	5.0	5.4	5.8	6.2	6.6	7.0	7.4	7.8	8.3	8.7	9.1
IN-BETWEEN	4.0	5.6	6.0	6.4	6.8	7.2	7.7	8.1	8.5	8.9	9.3	9.7	10.1	10.6	11.0	11.4
	5.0	8.7	9.0	9.3	9.7	10.0	10.4	10.7	11.1	11.4	11.8	12.1	12.4	12.8	13.1	13.5
RUNNING	6.0	10.2	10.6	11.0	11.4	11.8	12.3	12.7	13.1	13.5	13.9	14.3	14.7	15.2	15.6	16.0
	7.0	11.7	12.2	12.7	13.2	13.6	14.1	14.6	15.1	15.6	16.1	16.5	17.0	17.5	18.0	18.5
	8.0	13.3	13.8	14.4	14.9	15.5	16.0	16.6	17.1	17.7	18.2	18.8	19.3	19.9	20.4	21.0
	9.0	14.8	15.4	16.0	16.6	17.3	17.9	18.5	19.1	19.7	20.4	21.0	21.6	22.2	22.8	23.5
	10.0	16.3	17.0	17.7	18.4	19.1	19.8	20.4	21.1	21.8	22.5	23.2	23.9	24.6	25.3	26.0
	11.0	17.8	18.6	19.4	20.1	20.9	21.6	22.4	23.2	23.9	24.7	25.4	26.2	26.9	27.7	28.5
	12.0	19.4	20.2	21.0	21.9	22.7	23.5	24.3	25.2	26.0	26.8	27.6	28.5	29.3	30.1	31.0

Miles Per Hour

SPECIFICATIONS

THE SIZE AND PERFORMANCE
ATTRIBUTES OF YOUR PS900 + PS1100



APPENDIX C

PS900 + PS1100 MACHINE SPECIFICATIONS

Motor	4 hp Self Cooling, Continuous Duty Motor
Speed Sensor	Magnetic Reed Sensor
Power Source	115 Volt @ 15 Amp Dedicated (NEMA 5-15 Power Receptacle)
Cord Length: 10' (300 cm)	
Deck	Melamine Laminated 1" Medium Density Fiberboard
Belt	Multi-Ply Polyester Belt With PVC Surface
Rollers	3" Diameter Crowned Rollers
Impact System	TRUE Soft System (6 Neoprene Shock Absorbers)
Lubrication	Silicone
Frame	Robotically Welded Heavy-Gauge Steel
Pedestals	Robotically Welded Heavy-Gauge Steel
Finish	Powder Coat
Incline Motor	Elevation Motor With 1000 lbs of Thrust
Handrails	Sweat Resistant Overmolded Flared Handrails
Portability	Front Transport Wheels
Display Type	Custom LCD
Keys	Membrane and Tactile Switches
Express Command Keys	5 – Calorie Burner, Speed Interval, Cardio Challenge, Hill Interval, HRC Cruise Control™
Data Readouts	Speed, Incline, Elapsed Time, Distance, Pace, Heart Rate, Time Remaining, METs, Calories, Target Heart Rate
Message Center	17 Character Alphanumeric
Contact Heart Rate	4 Sensing Pads
Telemetry Heart Rate	Wireless
HRC® Workout	1 – Target HRC
Preset Workouts	6 – Manual, Quick Start, Calorie Burner, Hill Intervals, Speed Intervals, Cardio Challenge
User Defined	2 – Custom Programs
Fitness Tests	1 – Gerkin Protocol
Entertainment	N/A
Communications	N/A
Accessories	Water Bottle Holder, Key Tray
Safety	Safety Clip Equipped
Footprint	82"L x 31.5"W (209 cm x 80 cm)
Running Surface	21.6"W x 60"L (55 cm x 153 cm)
Weight / Shipping Weight	296 lbs (135 kg) / 313 lbs (142 kg)
Maximum User Weight	350 lbs (159 kg)
Incline	0 to 15%
Speed	0 - 12 mph (0 - 19 kph)
Step-Up Height	6.25" (15.9 cm)
Regulatory Approvals	UL, CSA
Warranty	Frame Lifetime, Motor 3 Years, Parts 3 Years, Labor 1 Year



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