



So my personal best gets better

True Z5.4 Series Treadmills have real staying power thanks to best-in-class materials, proprietary components, and customizable options. The longer you live with your Z5.4, the more you'll grow to appreciate it.

Standout features include Heart Rate Control that adjusts your exertion for safe, efficient exercise, a larger 22" by 54" surface with 12 levels of softness, and smart design that takes up surprisingly little space.

Your Z5.4 Series is made for clear, 2-way communication. A quick glance tells you progress, distance, grade, time, speed and calories. Plus you can enter personal workout programs and access them with one-touch express keys.

A HISTORY OF EXCELLENCE

Editor's Choice - "Best in Test"

"The quietest treadmill we tested. It has the whole package: great stability; comfortable, quiet ride; responsive controls; and a readable display."

Runner's World Magazine
December 2002



Superior design for your own custom workout

The Z5.4 Series Treadmill provides unbelievable performance and unmatched design, quality and technology in a home treadmill. Only True allows you to **customize a workout that's as unique as you are** to maximize your fitness goals. And the Z5.4 gives you plenty of room for improvement, too, so you'll be training together for years to come.

Put your best foot forward

All Z5.4 models feature the **SOFT Select shock absorption system. It is designed to cushion the initial impact of your footstrike**, and then transfer to a firm, secure surface as you push off. You can set the True Z5.4 Series for 12 different levels of firmness, one of which is just right for you. **This means significantly less stress on your ankles, knees, hips, and back.**



Let your heart be your guide

One of the Z5.4 Series' great features is our **patented Heart Rate Control (HRC) System**. You select your target heart rate and the True Z5.4 HRC will automatically adjust both grade and speed to help you maintain that heart rate. **There is no better way to obtain maximum results from your fitness program** in the least amount of time.



A long, rock-solid, relationship

Rather than using lightweight aluminum, all **True treadmills feature heavy-gauge, robotically welded steel** throughout for superior stability, durability, and performance. This helps **ensure that you and your True will be together for years to come.**



Standard Belt



Orthopedic Belt

The "O" Option

Experience maximum shock absorption and comfort with the optional Orthopedic Belt.

Did you just hear a pin drop?

All True Z5.4 Series Treadmills feature a state-of-the-art 3 hp motor that, when coupled with its superior belt and deck system, **gives you the best workout possible without disturbing other members of your household or your neighbors.** You can also better enjoy your favorite TV show or music while you use your True.



Z5.4 TREADMILLS

my goal. my path. my machine.

TRUE

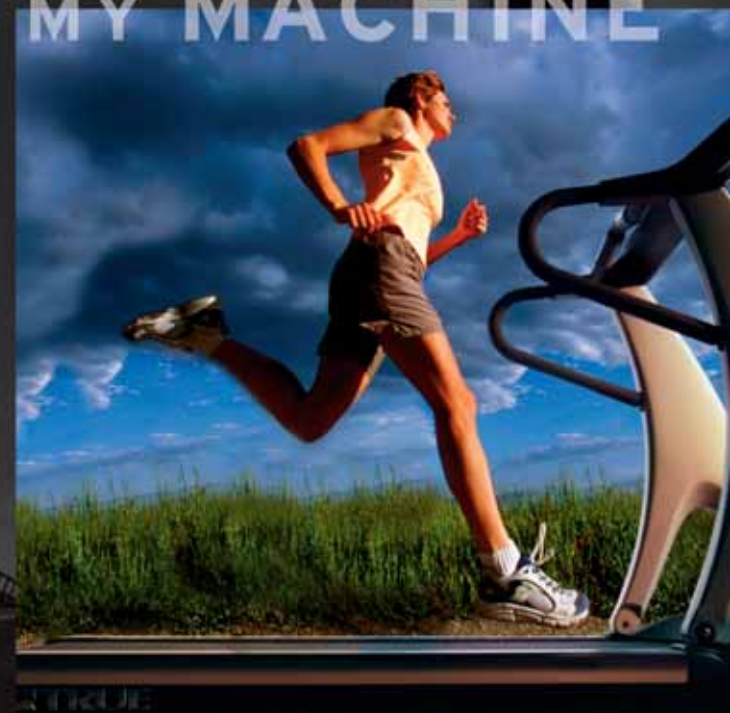
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Z5.4 TREADMILLS



MY GOAL MY PATH MY MACHINE



Turn your personal goals into reality. Whether you're burning off ice cream calories or stress, following doctor's orders or a training schedule, True is made for you. Precision controls and remarkable adaptability advance you to your goals, putting you in absolute control.

The inspiration for equipment that's so in sync with you is Humanomics. It's a design philosophy that goes beyond the physical efficiency of ergonomics, to complement both body and mind. This is our founder's unique vision. Before anyone else in the industry, Frank Trulaske believed in a holistic, handcrafted approach to fitness equipment. True delivers optimal performance by ensuring all elements work precisely together. Including you, the user. That's why True equipment is comfortable, intuitive, even inspiring. And made for a lifetime.

my goal. my path. my machine. **TRUE**

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HRC/HRCO Control Panel

0 - 12 Speed Range	✓	HRC
0 - 15 Incline Range	✓	HRC
22" W x 54" L Treadbelt Area	✓	HRCO
Orthopedic Belt	✓	
3 hp Motor	✓	
Manual SOFT Select	✓	
Standard LCD Display Type	✓	
7 x 20 Progress/Matrix Display	✓	
Message Center	✓	
Data Readouts	✓	
Speed, Incline; Elapsed Time, Distance, Pace, Heart Rate; Time Remaining, MCT's, Calories, Target Heart Rate	✓	
Polar Wireless Heart Rate Monitoring	✓	
Heart Rate Control Programs	✓	
5 Target HRC, 2 Interval HRC	✓	
4 Preset Programs	✓	
3 User Programs	✓	

30" W x 68" L x 56" H Footprint	✓	HRC
275 lb Treadmill Weight	✓	HRCO
400 lb Maximum User Weight	✓	
115V @ 15A Power	✓	
International 220V Available	✓	
Cruise Control	✓	
Express Key Commands	✓	
Welded Steel Frame	✓	
Warranty	✓	
FRAME 30 YR.	✓	
ALL PARTS 10 YR.	✓	
LABOR 1 YR.	✓	

*International specifications and warranty information available on request.

Make the True choice
True offers two Z5.4 models to choose from to help you customize your investment in health and well-being. This chart will help you select the True treadmill that is the best choice for you.

Exceptional fit and finish
True fitness products feature structural steel frames, baked-on powder coat finishes and rugged trim details.



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