



## So my personal best gets better

The True Z5.5 Series is intelligent, sophisticated and reliable, the closest you can get to a human workout partner. It knows when you're up to pushing your limits, and when you need to take it easy, thanks to True's patented Heart Rate Control (HRC) System with Cruise Control.

Our brilliant walk-through design gives you a generous and safe 22" by 60" running surface with the smallest footprint in the industry, and thoughtfully placed accessory holders for your water bottle, audio player, magazines, and even your cell phone.

The Z5.5 series also demonstrates the beauty of intuitive communication. A detailed, yet simple-to-use control panel tells you everything you'd ever want to know, plus it remembers personal data.

### A HISTORY OF EXCELLENCE

"... the gold standard against which other treadmills are measured."

Tennis / July-August 2001



### The ultimate way to design your own custom workout

The Z5.5 Series Treadmill represents the pinnacle in home treadmill design, quality and technology. True allows you to customize a challenging workout that's as tough as you are with the greatest of ease. And we gave the Z5.5 Series the largest running surface and highest top speed of all our home treadmills, so as your performance improves, your True Z5.5 will be with you every step of the way.

True treadmills repeatedly earn top honors in side-by-side independent tests of leading competitive brands, including two back-to-back awards as the "Editor's Choice - Best in Test" from Runner's World Magazine - December 2002

### Put your foot down: it's all about you!

All Z5.5 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 Z5.5 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.**



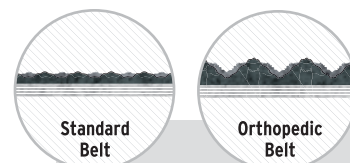
### Follow your heart to fitness

One of the Z5.5 Series' great features is our **patented Heart Rate Control (HRC) System**. You select your target heart rate and the True Z5.5 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.



### Stability is the key to a long-term 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.



### The "O" Option

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

### So quiet you can almost hear yourself getting fitter

All True Z5.5 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.



# Z5.5 TREADMILLS

my goal. my path. my machine.

**TRUE**

800.426.6570

truefitness.com



# Z5.5 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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Z5.5 Limited Console



Z5.5 HRC / HRC0 Console

Feature	HRC	HRC0	Limited
0 - 12 Speed Range	■	■	■
0 - 15 Incline Range	■	■	■
-3 - 12 Decline/Incline Range	■	■	■
22" W x 60" L Treadbelt Area	■	■	■
Orthopedic Belt	■	■	■
3 hp Motor	■	■	■
Manual SOFT Select	■	■	■
Electronic SOFT Select	■	■	■
Advanced LCD Display Type	■	■	■
10 x 28 Progress/Matrix Display	■	■	■
Message Center	■	■	■
Data Readouts	■	■	■
Speed, Incline, Elapsed Time, Distance, Pace, Heart Rate, Time Remaining, METs, Calories, Target Heart Rate	■	■	■
Polar Wireless Heart Rate Monitoring	■	■	■
Heart Rate Control Programs	■	■	■
5 Target HRC, 4 Distance-based HRC, 5 Interval HRC	■	■	■
4 Preset Programs	■	■	■
3 User Programs	■	■	■

Feature	HRC	HRC0	Limited
30" W x 77" L x 57" H Footprint	■	■	■
30" W x 68" L x 56" H Footprint	■	■	■
310 lb Treadmill Weight	■	■	■
320 lb Treadmill Weight	■	■	■
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.

**If the True fits...**  
True offers three Z5.5 models to choose from, including the ultimate in home treadmills, the Z5.5 Limited. Decline and incline settings, 14 HRC program settings and an electronically adjustable SOFT Select system make the Z5.5 Limited the best treadmill on the market. Use this chart to compare all the great features of the Z5.5 Series to help you choose the right treadmill for your fitness goals.

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