

# Elliptical Owner's Manual



# **Thank You For Selecting True**

In 1981, Frank Trulaske launched True Fitness Technology, Inc. and began manufacturing hand-crafted treadmills.

His team's obsession with quality has propelled True to the top of the 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 and cuttingedge innovations for

their products: including advanced features, 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

Intensive quality control standards guarantee excellence in every phase of production, resulting in the finest products available in the marketplace.

True treadmills are consistently rated #1 for their smooth, quiet and comfortable performance.

True is rapidly becoming the choice for workouts among beginners, rehab patients and top athletes world-wide.

Today True offers a full line of treadmills, upright and recumbent bikes, elliptical trainers, and flexibilty

equipment. True is proud to "Deliver The Best!"



# REVIEW FOR YOUR SAFETY

#### **IMPORTANT SAFETY INSTRUCTIONS**

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

Read and understand all instructions and warnings prior to use.

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.

Obtain proper instruction prior to use.

Inspect the PSX Elliptical 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 elliptical.

Care should be used when mounting or dismounting the elliptical.

# REVIEW FOR YOUR SAFETY

**IMPORTANT SAFETY INSTRUCTIONS** 

Do not exceed maximum user weight of 300 lbs.

Keep all surfaces clean and dry.

Keep children and animals away.

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





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of your elliptical.

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# QUICK START GUIDE

The best way to learn to use the PSX Elliptical is to keep **JUST GET ON** pressing keys to see what happens — explore it at your own AND RIDE! pace. • Begin pedaling. STARTING UP • The display will wake up and prompt for your weight, workout selection, and workout time. • Enter your workout parameters and press [ENTER], or immediately press (START) for a quick start into a manual workout. At any time during your workout, change workouts by **CHANGE** pressing a program key. **WORKOUTS** AT ANY TIME The elliptical will retain your workout data for about 15 **PAUSING** seconds after you stop pedaling. YOUR WORKOUT Press the Display Shift key display shift to change the workout **CHANGE** data display. THE DISPLAY





# RIDING YOUR ELLIPTICAL

IN THIS CHAPTER:

GETTING COMFORTABLE
USING YOUR HEART RATE TO EXERCISE
USING THE CHEST STRAP
USING CONTACT HEART RATE
GETTING THE BEST RESULTS POSSIBLE

#### **Chapter 1: Riding Your Elliptical**

Chapter 2: The Display

Chapter 3: Manual and Pre-Set Programs

Chapter 4: Heart Rate Control

Chapter 5: Designing an Exercise Program

Chapter 6: Care and Maintenance Chapter 7: Elliptical Specifications

# **GETTING COMFORTABLE**

CHAPTER ONE: RIDING YOUR ELLIPTICAL

Set your weight before every workout. This allows the PSX Elliptical to control your workout more effectively.

The body weight setting does not affect the calorie expenditure calculation. Unlike treadmills or other weightbearing exercises, calories burned during elliptical riding does not change with different body weights. Variations in human exercise efficiency are another potential source of error, with differences of plus or minus 10% common in the population.

SETTING YOUR WEIGHT

Place your feet anywhere on the foot pads. Most riders prefer their feet to be as close together as possible, but choose your own position for maximum comfort.

FOOT POSITION

Grasp the exercise arms in a position so that you are well-balanced and your arm motion is comfortable. Grip the handles with a relaxed, not tight, grip.

USING THE EXERCISE ARMS

You can use the exercise arms for mainly balance, or you can use them for significant upper-body exercise. Any power you apply to them will be accurately recorded by the elliptical console.



# MONITORING HEART RATE

CHAPTER ONE: RIDING YOUR ELLIPTICAL

#### BREATHING

Breathe in a regular and relaxed manner. Many exercisers do not breathe enough, which reduces their exercise capacity and comfort. You might want to try breathing deeper and more frequently to see if it helps your exercise regimen.

#### MONITORING Your Heart Rate

The PSX Elliptical has two ways of monitoring your heart rate:

...By using a chest strap that transmits your heart rate to the bike via radio...



...or by using the metal contact heart rate pads on the handlebars.

Although your elliptical 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, which is the most advanced exercise control system available.

#### CHEST STRAP HEART RATE MONITORING

CHAPTER ONE: RIDING YOUR ELLIPTICAL

When you wear a Polar® or compatible transmitter strap, the elliptical 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 below). 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.

# Examples of Heart Rates Found in Daily Life

An average 30-year-old might have a resting heart rate, when sitting totally still for several minutes, of 65. During hard exercise that can be sustained for 10 to 15 minutes it might be around 140 continuously. A maximum heart rate that requires maximal exercise for several minutes to attain is 185.

A 30-year-old in good shape might have a resting heart rate near 55, and might exercise for 20 minutes at a heart rate of 160.

A world-class distance runner or professional cyclist might have a resting heart rate near 45.

CHEST STRAP HEART RATE MONITORING





# USING CHR

#### CHAPTER ONE: RIDING YOUR ELLIPTICAL

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

Gently grasp the contact heart rate pads. When the system detects your hands, a red heart will appear in the Heart Rate field of the data display and will flash in time with your heart beat. 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.

# 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 upand-down manner in their chest, as opposed to leaning over to one side.

### **CONTACT HEART RATE**

#### CHAPTER ONE: RIDING YOUR ELLIPTICAL

- 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, free of both dirt and hand lotions.

When using a Heart Rate Control (HRC) 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.

FOR BEST RESULTS





# THE DISPLAY

IN THIS CHAPTER:

YOUR DISPLAY
THE UPPER PANEL
THE LOWER PANEL

Chapter 1: Riding Your Elliptical

#### Chapter 2: The Display

Chapter 3: Manual and Pre-Set Programs

Chapter 4: Heart Rate Control

Chapter 5: Designing an Exercise Program

Chapter 6: Care and Maintenance Chapter 7: Elliptical Specifications

# YOUR DISPLAY

CHAPTER TWO: THE DISPLAY

The elliptical display has two jobs: to let you control the elliptical operation, and to give you feedback about your workout. The controls are simple and designed to be foolproof; it's hard to press a "wrong" key. You can monitor several different kinds of physiological data, and your workout progress is tracked graphically with the center matrix display.

YOUR DISPLAY





# UPPER PANEL

CHAPTER TWO: THE DISPLAY

# The Display

comparable amount of **Distance:** An estimate running distance for a of your walking or

calories expended.\*

mechanical power the elliptical is receiving from your exercise. This Watts: The amount of

is not the same as the amount of power your body is using, since

the average person is only about

20% efficient at generating

RPM: Your pedal

Heart Rate: METs rate.\*

In beats per

minute (bpm).\*

calories burned. This doesn't include your

estimate of your

Calories: An

rate, which is about 72 calories per hour

for a 150-pound

person.\*

basal metabolic

**METs**: Your

cadence. \*

mechanical power. \*

you press clear, this becomes elapsed time: how long you've

emaining in your workout. If **Time:** The amount of time

Shows your progress profile through your **Progress Display:** and workload

workout.

"Display Shift" key for one second, the

display will enter "Scan Mode" and

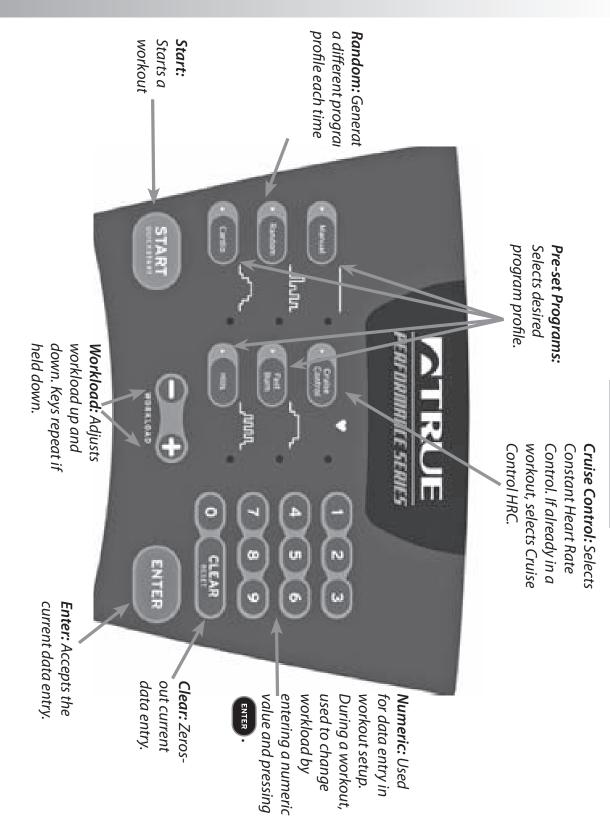
switch between the two sets of values.

one set of four to the other set. Press and hold Display Shift: Changes data readouts from :wo sets alternate back and forth every five for two seconds to automatically have the seconds.\*

displayed. If you press and hold the the bottom values and will light up the readout from the top values to the LEDs of the values now being the "Display Shift" key switches been working out workout level. The selected Work Level: \*Pressing so far.\* **ELLIPTICAL OWNER'S** 

# THE LOWER PANEL

CHAPTER TWO: THE DISPLAY



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PSX ELLIPTICAL OWNER'S GUIDE



The Display





# MANUAL AND PRE-SET PROGRAMS

IN THIS CHAPTER:

Manual Program Profiles

Chapter 1: Riding Your Elliptical

Chapter 2: The Display

**Chapter 3: Manual and Pre-Set Programs** 

Chapter 4: Heart Rate Control

Chapter 5: Designing an Exercise Program

Chapter 6: Care and Maintenance Chapter 7: Elliptical Specifications

# How These Modes Work

CHAPTER THREE: MANUAL AND PRE-SET PROGRAMS

Use the keys to change workload. Manual mode changes workload in roughly 10-watt increments.

MANUAL MODE

Three different preset programs are available:

• *C-V Workout*, with the workload gradually rising until you reach the middle of your workout time, then gradually decreasing to the end.

PRE-SET PROGRAMS

- *Weight Loss*, with a warmup stage increasing to a steady-state workload for the majority of the workout, then a cool-down at the end.
- *Hill Interval*, with four work intervals separated by four rest intervals.

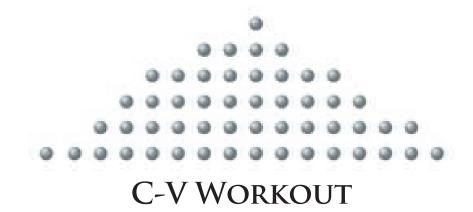
The Random program creates a different program profile each time you press the random key.

Sixteen different levels are available to change the difficulty of a program. The workload intensities expand and contract depending on the level.



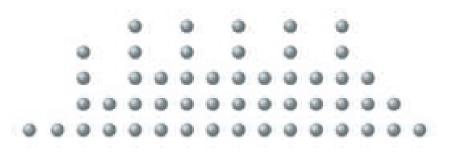
PROGRAM PROFILES
CHAPTER THREE: MANUAL AND PRE-SET PROGRAMS

**PROGRAM PROFILES** 





**WEIGHT LOSS** 



HILL INTERVAL

PSX ELLIPTICAL OWNER'S GUIDE



# HEART RATE CONTROL

IN THIS CHAPTER:

CONSTANT HRC
HRC OPTIONS AND INFORMATION
TARGET HEART RATE CHART
HEART RATE CONTROL PROGRAMS
IMPORTANT POINTS ABOUT HRC

Chapter 1: Riding Your Elliptical

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# **CONSTANT HRC**

CHAPTER FOUR: HEART RATE CONTROL

True's heart rate control (HRC) workout lets the elliptical monitor your relative exercise intensity by way of your heart rate, then automatically adjust the workload to keep you at your desired exercise intensity.

CONSTANT HRC

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. Thus, using heart rate to control workload takes the guesswork out of your workout settings.

Consult your physician before using heart rate controlled workouts for advice on selecting a target heart rate range. Also, it is important to use the elliptical 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.

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. Note that it is not recommended that you use the contact heart rate system for heart rate control workouts.







# HRC OPTIONS AND INFORMATION CHAPTER FOUR: HEART RATE CONTROL

# TYPES OF HRC

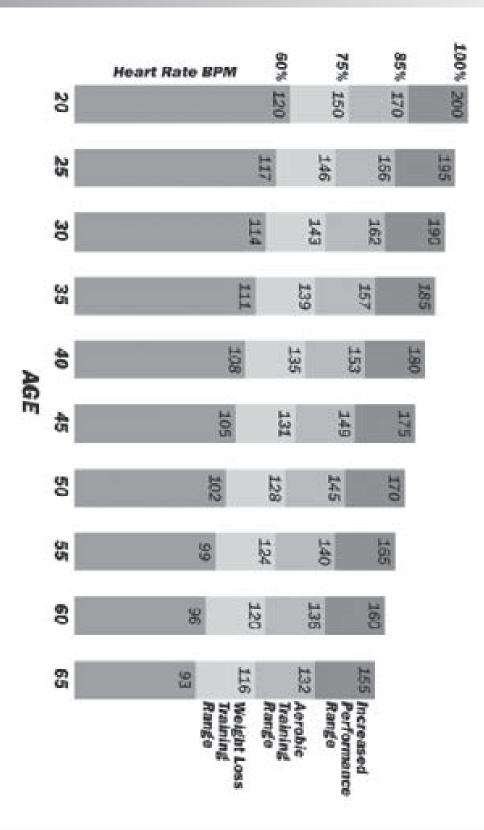
The PSX Elliptical has two types of heart rate control:

- **Constant:** pick a target heart rate, and the elliptical will control your workout from the very beginning so that you reach your target within five to seven minutes.
- Cruise Control: while in any program, set your current heart rate as your target by pressing a single key.

Maximum Heart Rate and Target Heart Rate Remember to check with your physician before beginning any exercise program. She can help determine an appropriate target heart rate. Medications often affect heart rate.

# TARGET HEART RATE CHART

CHAPTER FOUR: HEART RATE CONTROL



TARGET HEART RATE CHART

TRUE



# HEART RATE CONTROL PROGRAMS CHAPTER FOUR: HEART RATE CONTROL

#### CONSTANT HRC

Constant HRC is the best-known type of HRC, and is the easiest to use. The elliptical will gradually raise your heart rate so that you reach your target within five to seven minutes.

Note that as you tire during your workout, especially in the last third, workload will usually have to be reduced to keep you at a steady target heart rate.

#### CRUISE CONTROL

Cruise Control is the simplest way to enter Constant HRC training. While in manual or any program you can enter Constant HRC by simply pressing the Heart Rate Control key. Your current heart rate will be set as the target.

For best results, you should be at least five minutes into your workout and warmed up. This will allow Cruise Control to more accurately control your heart rate.

Remember, you must be wearing a chest strap, and your heart rate should be displayed in the Heart Rate window.

To change your target heart rate press Heart Rate Control. Edit the target using / or numeric keys and press ENTER.

### **IMPORTANT POINTS ABOUT HRC**

CHAPTER FOUR: HEART RATE CONTROL

The heart rate monitor transmitter strap should be worn according to the guidelines in Chapter 1.

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

If communication is lost for 30 seconds, the elliptical will exit the HRC workout into a manual workout.

The transmitter strap sends a low-level radio signal to the elliptical, so interference from other radio and sound waves (including everything from cordless telephones to loudspeakers) is possible. The good news is that this 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 breathe 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.

Two users wearing the same kind of transmitter at the same time and in close proximity may cause false heart rate display readings. IMPORTANT
POINTS
ABOUT
HEART RATE
CONTROL





# DESIGNING AN EXERCISE PROGRAM

IN THIS CHAPTER:

What is the F.I.T. Concept

Using the F.I.T. Concept

Your Fitness Program

Determining Your Needs

Beginning Your Exercise Program

Establishing and Maintaining Aerobic Fitness

Managing Weight

Sports Training

Chapter 1: Riding Your Elliptical

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# THE F.I.T. CONCEPT DEFINED

CHAPTER FIVE: DESIGNING AN EXERCISE PROGRAM

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

WHAT IS THE F.I.T. CONCEPT

#### 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.





# MORE F.IT. CONCEPT OVERVIEW

CHAPTER FIVE: DESIGNING AN EXERCISE PROGRAM

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.

#### 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 training heart rate.

# UTILIZING THE F.I.T. CONCEPT

CHAPTER FIVE: DESIGNING AN EXERCISE PROGRAM

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

USING THE F.I.T. CONCEPT

You can get valuable fitness benefits from your PSX Elliptical. Using the elliptical 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 elliptical will also help you develop added muscle endurance and balanced strength throughout your body.

YOUR FITNESS Program

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.

DETERMINING YOUR NEEDS

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. Exercise below 60 percent gives your heart and lungs little conditioning."



# **BEGINNING YOUR F.I.T. PROGRAM**

CHAPTER FIVE: DESIGNING AN EXERCISE PROGRAM

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 on page 24 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.

#### BEGINNING YOUR 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. 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.

#### YOUR F.I.T. PROGRAM CONTINUED

CHAPTER FIVE: DESIGNING AN EXERCISE PROGRAM

#### Workout: Brisk and Rhythmic Exercise

The workout trains and conditions your heart, lungs, and muscles to operate more efficiently. Increase exercise in response to your heart rate to train and strengthen your cardiovascular system. Concentrate on moving your arms and legs smoothly. Move 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.





#### **ESTABLISHING AND MAINTAINING FITNESS**

CHAPTER FIVE: DESIGNING AN EXERCISE PROGRAM

#### ESTABLISHING AEROBIC FITNESS

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.

Rest at least two days per week.

#### MAINTAINING AEROBIC FITNESS

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.

#### MANAGING WEIGHT

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.

### WEIGHT AND SPORTS TRAINING PROGRAMS

CHAPTER FIVE: DESIGNING AN EXERCISE PROGRAM

Exercise four to five times a week.

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 metabolism (calorie expenditure).

#### When you are training to improve strength and performance:

Exercise four to five days a week. Alternate exercise days and intervals of hard to very hard exercise with 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.

SPORTS TRAINING





# CARE AND MAINTENANCE

IN THIS CHAPTER:

HOW TO CARE FOR YOUR ELLIPTICAL

Chapter 1: Riding Your Elliptical

Chapter 2: The Display

Chapter 3: Manual and Pre-Set Programs

Chapter 4: Heart Rate Control

Chapter 5: Designing an Exercise Program

Chapter 6: Care and Maintenance

Chapter 7: Elliptical Specifications

#### KEEPING YOUR ELLIPTICAL CLEAN

CHAPTER SIX: CARE AND MAINTENANCE

Your PSX Elliptical doesn't require any routine maintenance, not even lubrication. Keeping it clean is the most important task.

*After every workout:* Perspiration should be wiped from the control console, contact heart rate pads, and shrouds.

*Weekly:* Wipe down your PSX Elliptical once a week with a water-dampened soft cloth. On the contact heart rate pads, use a glass cleaning solution. 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.

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

HOW TO CARE FOR YOUR ELLIPTICAL





# **ELLIPTICAL SPECIFICATIONS**

IN THIS CHAPTER:

PHYSICAL SPECIFICATIONS

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Chapter 2: The Display

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**Chapter 7: Elliptical Specifications** 

# KEEPING YOUR ELLIPTICAL CLEAN

CHAPTER SEVEN: ELLIPTICAL SPECIFICATIONS

Workload Range: 30 - 450 watts.

**SPECIFICATIONS** 

Weight: 353 pounds

Maximum User Weight: 300 pounds.

Workload Control System: PSX: self-generating electromagnetic

braking.





FOUNDED 1981

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