



# CS800 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



***Chapter 1: Safety Instructions***

Chapter 2: Elliptical Overview

Chapter 3: Display Console

Chapter 4: Programming & Operation

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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 CS800 elliptical is intended for 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



Chapter 1: Basic Safety

**Chapter 2: Elliptical Overview**

Chapter 3: Display Console

Chapter 4: Programming & Operation

Chapter 5: Care & Maintenance

Chapter 6: Troubleshooting

Chapter 7: Additional Information





## DISPLAY CONSOLE OPTIONS

This TRUE Fitness 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/](http://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

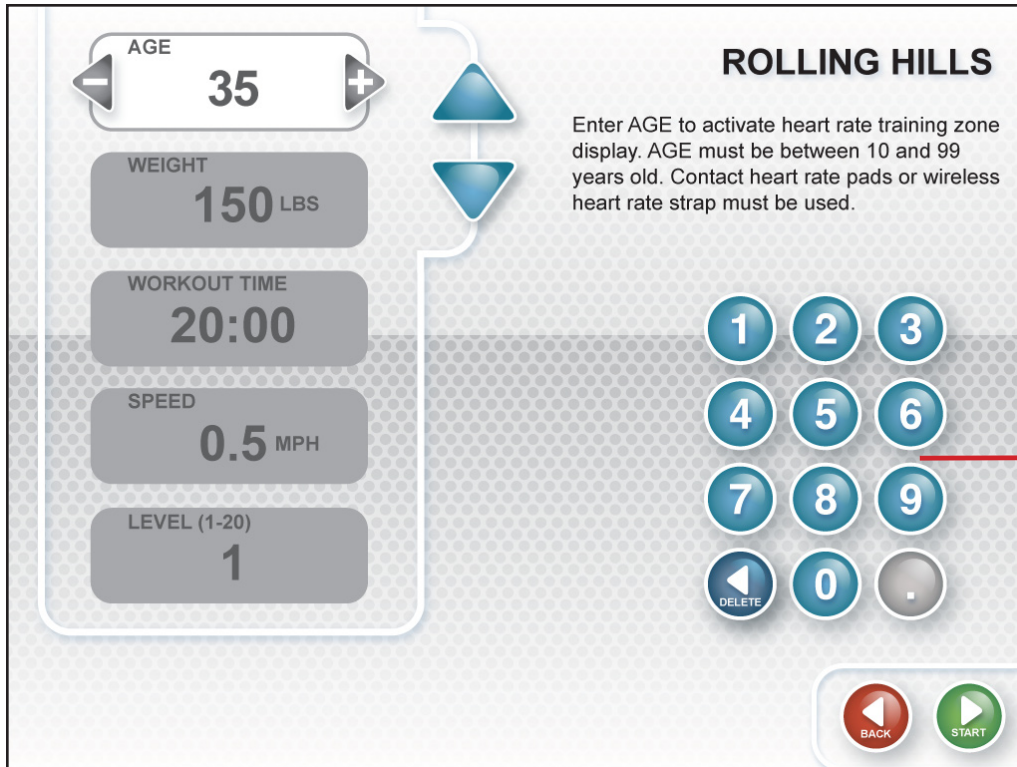
Integrated iPod® connectivity

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

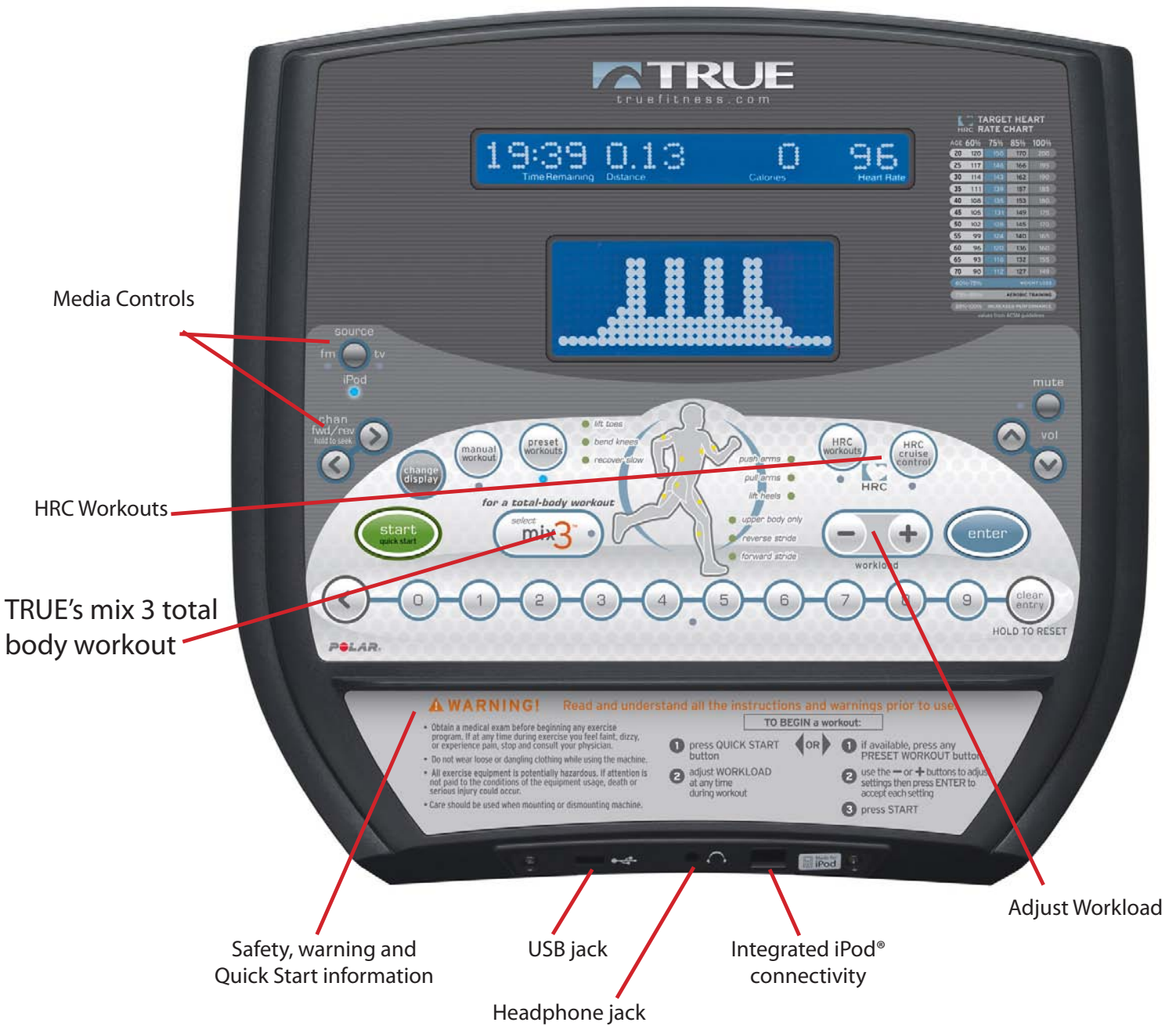


This is one example of the television interface display.

Control and monitor your workout while viewing the television



2 WINDOW LCD



Media Controls

HRC Workouts

TRUE's mix 3 total body workout

Safety, warning and Quick Start information

USB jack

Headphone jack

Integrated iPod® connectivity

Adjust Workload

**TARGET HEART RATE CHART**

| AGE | 60% | 75% | 85% | 100% |
|-----|-----|-----|-----|------|
| 20  | 120 | 150 | 170 | 200  |
| 25  | 117 | 146 | 166 | 195  |
| 30  | 114 | 143 | 162 | 190  |
| 35  | 111 | 139 | 157 | 185  |
| 40  | 108 | 136 | 153 | 180  |
| 45  | 105 | 133 | 149 | 176  |
| 50  | 102 | 129 | 145 | 172  |
| 55  | 99  | 126 | 140 | 168  |
| 60  | 96  | 123 | 136 | 164  |
| 65  | 93  | 119 | 132 | 160  |
| 70  | 90  | 116 | 127 | 156  |

4000Trev. © 2009 TRUE FITNESS  
 HRC: 60% - 100% (100% = max heart rate)  
 values from ACSM guidelines

**WARNING!** Read and understand all the 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.
- Do not wear loose or dangling clothing while using the machine.
- All exercise equipment is potentially hazardous. If attention is not paid to the conditions of the equipment usage, death or serious injury could occur.
- Care should be used when mounting or dismounting machine.

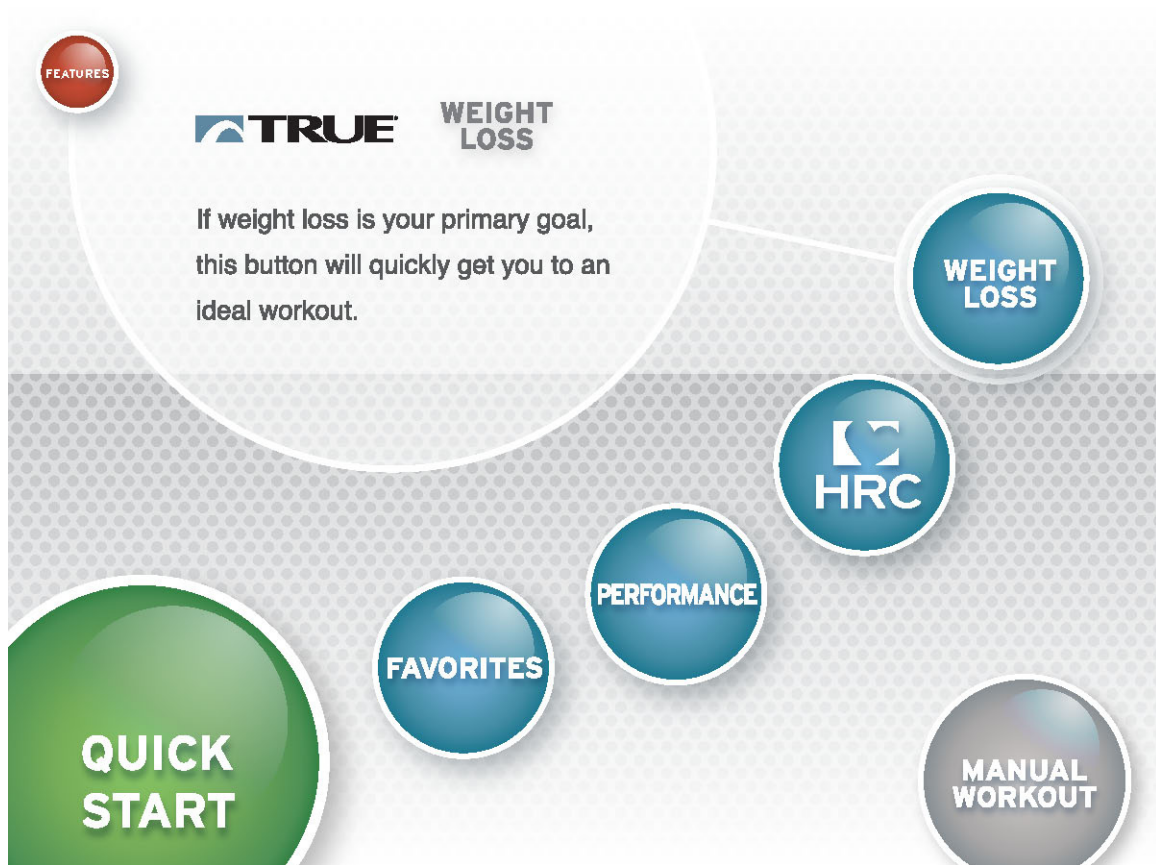
**TO BEGIN a workout:**

- press QUICK START button
- adjust WORKLOAD at any time during workout
- press START

OR

- if available, press any PRESET WORKOUT button
- use the +/- buttons to adjust settings then press ENTER to accept each setting
- press START

# CHAPTER 4: PROGRAMMING & OPERATION



|   |
|---|
| Chapter 1: Safety Instructions                |
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| Chapter 3: Display Console                    |
| <b>Chapter 4: Programming &amp; Operation</b> |
| Chapter 5: Care & Maintenance                 |
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### PROGRAMMING & OPERATION: 15" TOUCHSCREEN:

Here is a list of programming options available on your CS800 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](http://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.
- **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 elliptical 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:

- Fitness Test: 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 CS800 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](http://www.truefitness.com).

#### 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.

#### 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.

**Manual Workout:** This is a workout where all aspects of the workout (workout time, distance, workload and level) are decided by the user.

# CHAPTER 5: CARE & MAINTENANCE



Chapter 1: Safety Instructions

Chapter 2: Elliptical Overview

Chapter 3: Display Console

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**Chapter 5: Care & Maintenance**

Chapter 6: Troubleshooting

Chapter 7: Additional Information

## 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



Chapter 1: Safety Instructions

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***Chapter 6: Troubleshooting***

Chapter 7: Additional Information

## 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](http://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](mailto:info@truefitness.com) Monday – Friday during normal business hours with any further questions or comments.

# CHAPTER 7: ADDITIONAL INFORMATION



Chapter 1: Safety Instructions

Chapter 2: Elliptical Overview

Chapter 3: Display Console

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Chapter 6: Troubleshooting

***Chapter 7: Additional Information***



## Save Time and Register Online! Activate Multiple Warranties at [www.truefitness.com/support](http://www.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  |
|--|---|
| <b>Parts</b><br>15" Touchscreen<br>Electrical<br>Wear Items<br>Cosmetics | <b>3 Years</b><br><b>3 Years</b><br><b>3 Years</b><br><b>6 Months</b> |
| <b>Labor</b><br>Parts<br>Cosmetics                                       | <b>3 Years</b><br><b>6 Months</b>                                     |
| <b>iPod® Connectivity</b><br>Headphone Jack,<br>Connector & USB Port     | <b>90 Days Parts,</b><br><b>No Labor</b>                              |

**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 Full Commercial use which includes facilities where usage is in excess of 8 hours per day. This includes all dues-paying facilities (regardless of usage) as well as many non-dues-paying facilities. 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 three years 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 three years with three years labor warranty. The 15" touchscreen is warranted for defects in material and workmanship for three years with three years 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 three years 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 [www.truefitness.com/support](http://www.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 there with 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.

### CS800 ELLIPTICAL SERIAL NUMBERS:

The CS800 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 inside portion of frame post. 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:

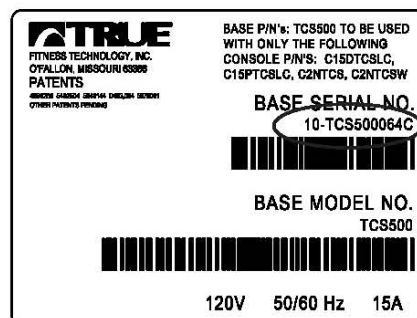
|  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |



← CONSOLE SERIAL NUMBER:

← BASE SERIAL NUMBER:

### SAMPLE SERIAL NUMBER STICKER:



← SAMPLE SERIAL NUMBER:

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](http://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.

*Please Note: Failure to register this product will result in no servicing or authorization of parts to be shipped.*

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 [www.truefitness.com/support](http://www.truefitness.com/support))

*f* - - - - -  
**Commercial Warranty Registration**

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

**CONSOLE SERIAL NUMBER:**

|  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|
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|--|--|--|--|--|--|--|--|--|--|--|

**BASE SERIAL NUMBER:**

|  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |

Model Type: CS800 Full Commercial Elliptical

Date of Purchase \_\_\_\_\_

Your Company Name \_\_\_\_\_

Contact First Name \_\_\_\_\_

Contact Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email Address \_\_\_\_\_ Website \_\_\_\_\_

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<br>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                                | 11 Gauge Heavy-Duty Robotically Welded Steel  |   |
|                        | Handrails/Handlebars                 | Sweat Resistant Custom Dipped Material  |   |
| CONSOLE                | Display Type                         | 15" Touch Screen: CS800-E15T  | 2-Window LCD: CS800-E2W   |
|                        | iPod® Compatibility                  | Advanced  | Basic   |
|                        | Entertainment Capabilities           | Integrated 15"LCDwithTouchScreentechnologyandbuilt-inTV,<br>integrated iPod® connectivity with music and video featuring<br>onscreennavigation,ScenicLandscapePerspectives,USBconnectivity,<br>NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner | Optionalintegratedwirelessentertainmentcontrol,integrated<br>iPod® connector                                    |
|                        | Communications                       | Full CSAFE Compatibility - Fitlinx®   |   |
|                        | Key Type                             | N/A   | Membrane  |
|                        | Data Readouts                        | ElapsedTime,TimeRemaining,Distance,DistanceRemaining,Pace<br>(RPM),HeartRate,TargetHeartRate,WorkloadLevel,Watts,METS,<br>Calories, Calories/Hour, Segment Time Remaining   | ElapsedTime,TimeRemaining,Distance,RPM,HeartRate,Target<br>Heart Rate, Work Level, Watts, METs, Calories        |
|                        | Message Center                       | Digital, Program Specific   | 17 Character Alphanumeric   |
|                        | Diagnostics                          | YES   |   |
| HEART RATE             | ContactHeartRateMonitoring           | YES   |   |
|                        | WirelessHeartRateMonitoring          | Wireless - Polar® Equipped  |   |
|                        | HRC (Heart Rate Control)<br>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, 2 Water Bottle Holders, and Integrated iPod®/Accessory Tray   |   |
|                        | Personal Cooling System              | YES   | N/A   |
|                        | Safety                               | Extended Handrails for Easy Rear Entry and Exit, Side Step-Up Areas   |   |
| PHYSICALSPECIFICATIONS | Footprint                            | 72"L x 34.5"W (183 cm x 88 cm)  |   |
|                        | Active Footprint                     | 72"L x 34.5"W (183 cm x 88 cm)  |   |
|                        | MachineWeight/ShippingWeight         | 369 lbs (168 kg) / 441 lbs (200 kg)   | 364 lbs (166 kg) / 433 lbs (197 kg)   |
|                        | Maximum User Weight                  | 450 lbs (205 kg)  |   |
|                        | Workload Range                       | 40-600 Watts  | 40-600 Watts  |
|                        | Step-Up Height                       | Footskate Lowest Position: 9" (23 cm)   |   |
|                        | Portability                          | 2 Front Transport Wheels; Rear Step Reinforced for Transporting Unit  |   |
|                        | Regulatory Approvals                 | UL, CSA, CE, FCC  |   |
| WARRANTY               | Warranty                             | Frame Lifetime, Parts 3 Years, Labor 3 Years, Touch Screen<br>Console Parts 3 Yrs, Labor 3 Yrs, Headphone jack, iPod®<br>Connector, and USB port – 90 days parts, no labor  | FrameLifetime,Parts3Years,Labor3Years,Headphonejack,<br>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](http://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](http://www.facebook.com/TRUE-fitness)



[www.twitter.com/truefitnesstech](http://www.twitter.com/truefitnesstech)

## CONTACT INFORMATION

## TRUE FITNESS SERVICE DEPARTMENT

865 HOFF ROAD

ST. LOUIS, MO 63366

1.800.883.8783

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

## TRUE FITNESS HOME OFFICE

865 HOFF ROAD

ST. LOUIS, MO 63366

1.800.426.6570

1.636.272.7100