PS 850 TREADMILL
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.

For the latest news and information from TRUE Fitness please visit www.truefitness.com.
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Chapter 1: Safety Instructions

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE 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.

GETTING STARTED

WARNING: READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL.

WARNING: To reduce the risk of electrical shock, always unplug this TRUE product before cleaning or attempting any maintenance activity.

WARNING: To reduce the risk of burns, fire, electric shock or injury, it is imperative to connect each product to a properly grounded 110V 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 treadmill malfunctions. Your treadmill 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 15 amp outlet is not available, a qualified electrician must install one.

WARNING: Keep instructions out of reach of children.

WARNING: Do not move the treadmill by lifting the console. Do not use the console as a handlebar during a workout.

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Chapter 1: Safety Instructions

IMPORTANT SAFETY INSTRUCTIONS:

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

• This appliance is intended for residential use.

• Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, always unplug the treadmill before cleaning.

WARNING: To reduce the risk of burns, fire and electric shock or injury to persons, follow these instructions:

• This appliance should never be left unattended when plugged in.

• Do not use any type of extension cord with this product.

• Unplug it from the outlet when not in use and before any servicing.

• Do not operate the treadmill while being covered with a blanket, plastic, or anything that insulates or stops airflow.

• Close supervision is necessary if the treadmill is used by children, used near children or pets. Also applies to disabled persons.

• Use this treadmill only for its intended use as described in this manual.

• Do not use attachments not recommended by the manufacturer.

• Never operate this treadmill 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 treadmill.

• Do not use the power cord as a handle for transporting.

• Keep the power cord away from heated surfaces.

• Never operate the with the air vents blocked. Keep air vents free from clogs.

• Never drop or insert any object into any opening.

• 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.

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Chapter 1: Safety Instructions

IMPORTANT SAFETY INSTRUCTIONS:

- Never use near water or while wet. Using this treadmill around a pool, hot tub, spa 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 treadmill while it is in motion.

- Allow only one person at a time on the treadmill while it’s operating.

- Ensure that the back of the treadmill is placed at least 39” away from a wall or other obstructions.

- Ensure that the sides of the treadmill are placed at least 20” away from a wall or other obstructions.

- Do not allow animals on or near the treadmill while it’s operating.

- Consult your physician before beginning any exercise program.

- Do not use if you have a cold or fever.

GROUNDING INSTRUCTIONS

- This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

- The 120-V model is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in figure A. Make sure the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

- The 230-V model is for use on a circuit having a nominal rating more than 120-V and is factory-equipped with a specific electric cord and has a grounding plug that looks like the plug illustrated in figure B. Make sure that the product is connected to an outlet having the same configuration as the plug in Figure B. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.
GROUNDING INSTRUCTIONS

(A)

(B)
NOTE: Read and understand all instructions on this sheet and in the Owner’s manual before plugging any TRUE power cord into an electrical outlet. This information sheet will help you identify the voltage and cords you need where you live and will outline requirements for:

- Grounded, dedicated lines
- Voltage
- Power cords
- Power adapters
- Extension cords

!DANGER: Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the equipment is properly grounded or installed on a dedicated line. Seek a qualified electrician to perform any modifications to the cord or plug. TRUE is not responsible for injuries or damages as a result of cord or plug modification.

!CAUTION: Place cords away from heat (such as baseboards). Use care to arrange any cord so it doesn’t become an obstacle.

Extension Cords
Do not use an extension cord to supply power to any TRUE product.

Grounded, Dedicated Line
TRUE equipment must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. TRUE cords (except for cycle adapters) have an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances where you live. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet. Do not use a GFCI outlet or GFCI circuit breaker. A dedicated line will assure that adequate power is available for safe operation over the life of your TRUE Product.

Voltage
Voltage required for your unit is located on the serial number decal (usually on the front of the unit). Depending on where you live voltage requirements differ.

For example, in the United States some TRUE treadmills require a circuit rated 115 VAC, 60 Hz and 20 amps. See Figure 1. However, a home typically has 15 amp outlets. In this case, contact an electrician to install a 20 amp dedicated line prior to use. See Figure 2.
Chapter 1: Safety Instructions

CAUTION:

• To avoid injury stand on the side rails before starting the treadmill.
• To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
• 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.
• Position this product so the power cord plug is accessible to the user.
• Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord along the side or under the treadmill.
• If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
• Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
• Always follow the console instructions for proper operation. Close supervision is necessary when used by or near children, or disabled persons.
• Do not use this product outdoors, near swimming pools or in areas if high humidity including extreme temperature changes.
• Never operate a TRUE product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
• Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact TRUE Customer Service.
• Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
• 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 reach into or underneath the unit, or tip it on its side during operation.
• Keep rear of the treadmill at least 39” away from the wall or other obstructions and the sides of the treadmill at least 20” away from the wall or obstructions.
• 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.
• Never walk or jog backwards on the treadmill.
• Do not exceed maximum user weight as outlined in the product specification section of this manual.
• Attach the safety clip to your clothing before each workout and treadmill is in use.
• Avoid exiting treadmill while leaving the tread belt in motion.
STARTING AND STOPPING THE TREADMILL SAFELY:

Place your feet on the straddle covers.

Attach the safety key to your waistband.

Place the magnetic end of the safety key on the key holder.

IMPORTANT: To prevent unauthorized use, remove safety key and safety clip after your workout and store it in a safe place. The treadmill can not operate unless the magnetic safety key is attached to key holder.

Set up your workout and press START.

Stop the treadmill by reducing speed to 2 mph or less, then press STOP.
Chapter 2: Treadmill Overview

Chapter 1: Basic Safety

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Chapter 3: Display Console

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This TRUE Fitness residential treadmill has several console options. Depending on the console that came with this treadmill, the workouts, programming and operation of the treadmill may differ. The console options available on this machine are:

Integrated 15” LCD with Touchscreen 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

11” Custom LCD with integrated iPod® connector

Please refer to the information in this manual for basic operation information. For more detailed information please visit www.truefitness.com.

15” LCD with Touchscreen

11” Custom LCD
Chapter 3: Display Console

11” Custom LCD

- Media Controls
  - iPod
  - USB jack
  - Headphone jack
- Walk/Run Keys
  - Custom quick keys
  - USB jack
- Quick Speed Controls
  - Walk/Run keys
- Volume Controls
  - Safety, warning and Quick Start information
  - Program Options

**WARNING!** Read and understand all the instructions and warnings prior to use.

1. Before starting, straddle the treadmill:
   - Press the quick start button.
   - Use the speed or incline buttons at any time during workout.
2. If available, press any preset workout button and the - or + buttons to adjust settings or press enter to accept each setting.
3. Press start.

Obtain a medical exam before beginning any exercise program. If at any time during exercise, the feet, body, or experienced pain, stop and consult your physician.

Do not read text or display television while using the machine.

Read all manual and have the emergency stop procedure before use. ALWAYS ATTACH THE MANSFIELD STOP SAFETY CORD TO STRUCTURED MANSFIELD TREADMILL. Be sure the emergency stop safety cord is inserted and that the emergency stop switch is pulled to reduce the risk of injury to you or others.

To ensure proper operation, inspect safety clip cord to ensure it is free of damage or tears. If damage or tears are discovered, immediately discontinue use of the machine.

All exercise equipment is potentially hazardous. If attention is not paid to the conditions of the machine, injury or serious injury could occur.
Chapter 3: Display Console

**15” LCD with Touchscreen**

- Touch to see a list of available pre-set workouts
- Touch the HRC Button to choose one of five heart rate control programs available
- If weight loss is the primary goal, touch to choose one of five weight loss programs available

**Quick Start**

- Touch Quick Start to begin a manual workout

**Language Options**

- Integrated iPod® connectivity
- Headphone jack
- USB jack
- Safety, warning and Quick Start information

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Chapter 3: Display Console

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. There are several options for data display available.

Use arrows to adjust speed.

Use arrows to adjust incline.
Chapter 3: Display Console

15” touchscreen Sample Screen

Media Displays

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
Chapter 4: Programming & Operation

If weight loss is your primary goal, this button will quickly get you to an ideal workout.

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Chapter 4: Programming & Operation

Programming & Operation

15” Touchscreen:

Here is a list of programming options available on your CS850 treadmill with a 15” Touchscreen. Programming and operation may differ depending on the type of console. For more information on programming and operation please visit www.truefitness.com/programs.

Quick Start: Begin a manual workout by pressing START. (A manual workout is a workout where all aspects of the workout -workout time, distance, speed and incline- are decided by the user.

Weight Loss: If weight loss is your primary goal, these programs will get you to an ideal workout.

• **Calorie Goal:** This workout allows you to choose the number of calories you wish to burn within a specified workout time.

• **Weight Loss Hills:** Hill workout divided in work and rest segments with a max speed of 4mph.

• **Rolling Hills:** A series of gradual increasing and decreasing incline changes that simulate rolling hills.

• **Walk & Run Intervals:** Segments in this workout are divided in walk and run segments.

• **HRC Weight Loss:** Based on age, this is a heart rate controlled workout at 65% of your maximum heart rate.

HRC: Heart Rate Control monitors your heart rate and automatically adjusts speed and incline to keep it within a preselected range.

• **Target HRC:** The treadmill takes control of speed and incline to maintain the users target Heart Rate.

• **HRC Weight Loss:** Based on age, this is a heart rate controlled workout at 65% of your maximum heart rate.

• **Aerobic HRC:** Based on age, this is a heart rate controlled workout at 80% of your maximum heart rate.
Chapter 4: Programming & Operation

Programs (continued)

- **Interval HRC**: User determines WORK heart rate and treadmill reduces REST portion of each interval to 65% of speed and incline.

Performance:

- **Cardio Challenge**: Speed and incline increase to a set maximum at the mid-point of the workout, then decrease to the finish.

- **Speed Workouts**: **Speed Intervals**: Speed intervals are divided in work and rest segments.

- **Speed Ramp**: Speed increases to the entered maximum speed at the mid-point of the workout, then decreases to the finish.

- **Incline Workouts**: **Incline Intervals**: Incline intervals are divided in work and rest segments.

- **One Big Hill**: Incline increases to a maximum at the mid-point of the workout, then decreases to the finish.

- **Distance Workouts**: Pre determined distance workout. This workout will only run the selected workout distance of 5K, 10K, 2mi or 4mi.

Fitness Tests:

- **Gerkin Fitness Test**: A fitness test used to estimate your VO2 max. This test increases speed and incline gradually every minute and ends at the point where your heart rate reaches 85% of the maximum for your age.

- **Army Fitness Test**: This is a 2-Mile running test measured against age and gender calculations.

- **Navy Fitness Test**: This is a 1.5 mile running test measured against age and gender.

- **Air Force Test**: This is a 1.5 mile running test measured against age and gender.
Chapter 4: Programming & Operation

Programming & Operation: 11” Custom LCD:
Here are a list of programming options available on your CS850 treadmill with an 11” Custom LCD Console. Programming and operation may differ depending on the type of console. For more information on programming and operation please visit www.truefitness.com.

Program Category:

Quick Start: Begin a manual workout by pressing START. (A manual workout is a workout where all aspects of the workout -workout time, distance, speed and incline- are decided by the user.

Pre-set Workouts

- **Calorie Burner:** A walking workout where max speed is 4 mph.

- **Hill Intervals:** Walking intervals with grade alternate between hills and nearly flat in two-minute segments.

- **Speed Intervals:** Zero-incline walking or running intervals are in one-minute segments.

- **Speed Ramp:** No incline changes; gradually increases speed then decreases speed, changing once per minute.

- **Glute Buster:** A steady pace with a ramp up in incline to the middle of the workout, then a gradual decline until the end of the workout.

- **Leg Shaper:** Similar to Glute Buster, but with varying incline changes throughout the workout.

- **Cardio Challenge:** Similar to Speed Ramp Up, except both speed and incline change throughout the workout.

- **Sports Training:** Similar to Speed Intervals, but with varying speed changes throughout the workout.

HRC (Heart Rate Control) Workouts

- **Target HRC:** pick a target heart rate and exercise for an 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.
• **Interval HRC**: User determines WORK heart rate and treadmill reduces REST portion of each interval to 65% of speed and incline.

• **Distance HRC**: 4 fixed-distance HR workouts put the treadmill in control of the user’s speed and incline to maintain the user’s target Heart Rate.

**Fitness Tests:**

• **Gerkin Fitness Test**: A fitness test used to estimate your VO2 max. This test increases speed and incline gradually every minute and ends at the point where your heart rate reaches 85% of the maximum for your age.
Heart Rate Control (HRC)

Introduction:
You are now the owner of the most sophisticated Heart Rate Control treadmill available. TRUE HRC is unique and patented. It accommodates users from rehabilitation to world class athletes, and all those in between. TRUE HRC allows you to do a completely hands free heart rate controlled workout using speed, grade or both.
By training at a specific target heart rate, you can exercise at a more efficient cardiovascular level.
The TRUE HRC system is unique because you must enter the key parameters of your workout; target heart rate, maximum speed, maximum grade, and time, prior to beginning your HRC workout. As you approach your target heart rate, the treadmill’s computer automatically takes over and changes the speed and/or grade automatically to keep you near your target heart rate. This gives you a completely “hands free” workout.

Recommendations:
Before selecting a target heart rate control workout, it is important to use the treadmill for several workouts in the manuals mode while monitoring your heart rate.
You can monitor your heart rate during workouts by wearing the heart rate transmitter included with your treadmill.
After you have spent some time learning how your heart responds to different levels of speed and grade, you will have a better understanding of how to select the maximum speed and maximum grade required to reach your target heart rate.

Consult your physician to determine your target heart rate

Target Heart Rate
TRUE’s heart rate control (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 heart rate controlled 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.

You need to wear a heart rate monitoring chest strap to use heart rate control. Monitoring is not recommended when using the contact heart rate system for heart rate control workouts.
INSTRUCTIONS:
Put on a Polar® or compatible transmitter chest strap.
Press ENTER until you reach desired program.
Enter your target heart rate using numeric keys or + and – keys and press ENTER
Adjust time using numeric keys or + and – keys and press ENTER
Enter maximum speed and press ENTER
Enter maximum grade and press ENTER
Press START to begin program

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. The treadmill will operate as if in manual mode during the warm up stage. You control both speed and incline. You may only increase speed and grade to the present maximum values entered. It is important that you start at a low level of perceived exertion and gradually increase your work load over several minutes until you approach your target heart rate. This allows your body to adapt to your workout. Increasing work load gradually will allow you to enter the heart rate control stage without overshooting your target.

NOTE: Warming up too fast may cause you to overshoot your target. If this occurs it may take several minutes before the computer software can control your heart rate. You may overshoot and undershoot for several minutes until control is achieved.

Wear the heart rate transmitter, provided with your treadmill, directly against your skin, 1-2 inches below the pectoral muscles/breast line. Initially the transmission signal for heart rate may be erratic or nonexistent. Perspiration on your skin is necessary for proper transmission.

AT THE HEART RATE CONTROL STAGE the treadmill takes control of speed and incline, keeping your heart rate within a few bpm of your target. If you are using interval HRC, the treadmill alternates between work and rest intervals.

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 remember more than one workout setup for a heart rate control workout. 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 ENTER you will continue to scroll through the workout setup parameters. You can press ENTER at any time to accept the current parameters and begin your workout.
Heart rate Cruise Control

While in any workout, set your current heart rate as your target heart rate by pressing the HRC CRUISE CONTROL key.

User Defined Workouts/Settings:

Heart Rate Monitoring:

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.

Chest Strap Heart Rate Monitoring:

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, 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.
A Note on Heart Rate Monitoring:
The chest strap produces a FM signal that the treadmill reads and registers your heart rate. The accuracy of a reading may be affected when outside interference is present.

Contact Heart Rate (CHR):
The CHR system lets you monitor your heart rate without wearing a strap.
Gently grasp the CHR 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 CHR accuracy is unreliable due to large muscle movements.
Exercise with smooth body motions.
Breathe smoothly and regularly, and avoid talking.
(Talking will cause unrepresentative heart rate spikes of 5 to 10 bpm.)
Grip the pads lightly, not tightly.
Make sure your hands are clean, free of both dirt and hand lotions.
When using a HRC workout, it is best to use chest strap monitoring.
Heart rate based workouts work best with the extra accuracy gained from a chest strap heart rate monitoring system.

A Note on CHR Accuracy:
CHR monitoring may be less accurate than a chest strap, since the heart rate signals are much stronger at the chest.
Chapter 5: Care & Maintenance
CARE & MAINTENANCE

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the treadmill 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 treadmill daily. Look and listen for slipping belts, 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 treadmill needs service, make sure that the treadmill cannot be used inadvertently. Turn the unit Off, and then unplug the power cord from its power source. Remove the magnetic safety key and safety clip and store it in a safe place. Make sure other users know that the treadmill needs service.

Check for worn, frayed or missing safety lanyards. Replace missing or worn safety lanyards immediately. Do not exercise on the treadmill without attaching the safety clip to your clothing. To order parts or to contact a TRUE Authorized Service representative, please visit www.truefitness.com.

CLEANING THE EQUIPMENT:

Most of the working mechanisms are protected inside the motor cover and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit’s running belt, staging platforms, and internal mechanisms must be as clean as possible. TRUE recommends the treadmill 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.

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 treadmill. Allow the treadmill 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. Use a soft nylon scrub brush to clean the running belt. Do not clean directly underneath the treadbelt.

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.
Running Belt Alignment:

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call the TRUE Service Department.

**CAUTION:** Special care must be taken when aligning the running belt. Turn off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

The treadmill has adjustable rear feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.

**CAUTION:** If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the STOP key. Contact the TRUE Service Department.

Walk around to the rear of the unit and observe the belt for a few minutes. The belt should be centered on the running deck. If the belt drifts off center, you must make adjustments.

**IMPORTANT:** Failure to align the belt may cause the belt to tear or fray, which may not be covered under the TRUE Fitness Warranty. To stop the running belt, press the STOP key. Turn the treadmill off.

Adjusting The Running Belt:

If you are unsure how to adjust the running belt, call the TRUE Service Department.

**CAUTION:** For your safety, use the power switch to turn off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

Locate the right belt adjustment bolt in the rear end cap of the treadmill. To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the right rear corner bolt using a socket wrench.

If the belt is off center to the LEFT, turn the adjusting bolt ¼ turn counterclockwise, which moves the running belt to the right.

If the belt tracks off center to the RIGHT, turn the bolt ¼ turn clockwise; this moves the belt to the left.

**IMPORTANT:** Do not turn the adjusting bolt more than ¼ turn at a time. Overtightening the bolt can damage the treadmill.

Recheck the alignment of the running belt by repeating the steps found above in RUNNING BELT ALIGNMENT.
LONG TERM STORAGE:
When the treadmill 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.

TREADMILL LUBRICATION
For average use of your treadmill, TRUE recommends you lubricate under the treadbelt once per year. For heavy use, which is more than 10 hours per week, TRUE recommends lubricating every three months. The TRUE treadmill you have purchased may be designed with a premium orthopedic belt. This belt provides additional comfort and cushioning.

Please note that your exercise regimen/activity may require you to lubricate the belt with approved TRUE Fitness lubrication more frequently than a traditional belt for premium performance.

Please contact your dealer or visit www.truefitness.com to obtain the proper lubricants.
CHAPTER 6: TROUBLESHOOTING

Chapter 1: Safety Instructions
Chapter 2: Treadmill Overview
Chapter 3: Display Console
Chapter 4: Programming & Operation
Chapter 5: Care & Maintenance
Chapter 6: Troubleshooting
Chapter 7: Additional Information
Chapter 6: Troubleshooting

Basic Treadmill 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. Why will my unit not start when I press the START Key on my treadmill display?
A. Make sure that your safety key is engaged.

Q. What does it mean when my panel displays no lights?
A. Such symptoms can be caused by:
   • 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 treadmill?
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 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 Monday – Friday during normal business hours with any further questions or comments.

truefitness.com / 800.426.6570 / 1.636.272.7100
CHAPTER 7: ADDITIONAL INFORMATION

Chapter 1: Safety Instructions
Chapter 2: Treadmill Overview
Chapter 3: Display Console
Chapter 4: Programming & Operation
Chapter 5: Care & Maintenance
Chapter 6: Troubleshooting
Chapter 7: Additional Information
# PS850 Treadmill Specifications

<table>
<thead>
<tr>
<th>DRIVE SYSTEM</th>
<th>TRUE 4hp DC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Source</td>
<td>Plug-In</td>
</tr>
<tr>
<td>EXERCISE SURFACE</td>
<td>TRUE Soft System</td>
</tr>
<tr>
<td>Soft Select</td>
<td>Adjustable</td>
</tr>
<tr>
<td>Belt</td>
<td>Orthopedic</td>
</tr>
<tr>
<td>Reversible Deck</td>
<td>YES</td>
</tr>
<tr>
<td>FRAME</td>
<td>Robotic Welded Heavy-Gauge Steel</td>
</tr>
<tr>
<td>Fold-Up</td>
<td>N/A</td>
</tr>
<tr>
<td>Aluminum Straddle Covers</td>
<td>YES</td>
</tr>
<tr>
<td>Handrails</td>
<td>Protective Dipped Foam Flared Handrails</td>
</tr>
<tr>
<td>CONSOLE</td>
<td>11&quot; Custom LCD</td>
</tr>
<tr>
<td>Display Type (Next Gen.)</td>
<td>10&quot; Touch Screen*</td>
</tr>
<tr>
<td>Compatibility for iPod</td>
<td>15&quot; Touch Screen</td>
</tr>
<tr>
<td>Entertainment Capabilities</td>
<td>N/A</td>
</tr>
<tr>
<td>Express Command Keys</td>
<td>YES</td>
</tr>
<tr>
<td>Quick Speed Keys</td>
<td>YES</td>
</tr>
<tr>
<td>Walk/Run Keys</td>
<td>N/A</td>
</tr>
<tr>
<td>Data Readouts</td>
<td>Speed, Incline, Elapsed Time, Time Remaining, Distance, Pace, Heart Rate, Target Heart Rate, % of Maximum Heart Rate, METs, Calories, Level</td>
</tr>
<tr>
<td>HEART RATE</td>
<td>Contact Heart Rate Monitoring</td>
</tr>
<tr>
<td>Wireless Heart Rate Monitoring</td>
<td>Polar* Compatible</td>
</tr>
<tr>
<td>HRC (Heart Rate Control)† Workouts</td>
<td>2 Target HRC</td>
</tr>
<tr>
<td>HRC Cruise Control**</td>
<td>YES</td>
</tr>
<tr>
<td>Ref/IRC (Personalized 21-24 Week Workout)</td>
<td>N/A</td>
</tr>
<tr>
<td>PROGRAMMING</td>
<td>Programs Manual, Quick Start, Calorie Burner, Calorie Goal, Hill Intervals, Speed Intervals (2), Speed Ramp, Glute Buster, Leg Shaper, Cardio Challenge, 5k Run, 10k Run, 2 User Defined Workouts</td>
</tr>
<tr>
<td>Custom Workouts</td>
<td>2 Custom Workouts and 1 Custom Interval: 3 User Defined Workouts</td>
</tr>
<tr>
<td>Fitness Tests</td>
<td>Gerkin Protocol</td>
</tr>
<tr>
<td>OTHER FEATURES</td>
<td>Accessories Reading Rack, 2 Water Bottle Holders/Key Tray</td>
</tr>
<tr>
<td></td>
<td>Safety      Safety Clip Equipped, Extended Handrails, Large Straddle Covers</td>
</tr>
<tr>
<td></td>
<td>Balance Bar Control Pad</td>
</tr>
<tr>
<td></td>
<td>Personal Cooling System</td>
</tr>
<tr>
<td>PHYSICAL SPECIFICATIONS</td>
<td>Footprint 82.5&quot;L x 35.5&quot;W x (210 cm x 90 cm)</td>
</tr>
<tr>
<td></td>
<td>Running Surface 60&quot;L x 21&quot;W (153 cm x 53 cm)</td>
</tr>
<tr>
<td></td>
<td>Machine Weight/Ship Weight</td>
</tr>
<tr>
<td></td>
<td>Maximum User Weight 350 lbs (159 kg)</td>
</tr>
<tr>
<td></td>
<td>Incline Range 0 to 15%</td>
</tr>
<tr>
<td></td>
<td>Speed Range 0.5 - 12 mph (0.8 - 19 kph)</td>
</tr>
<tr>
<td></td>
<td>Step-Up Height 6.25&quot; (16 cm)</td>
</tr>
<tr>
<td></td>
<td>Transport Wheels YES</td>
</tr>
<tr>
<td>WARRANTY</td>
<td>Frame Lifetime, Motor 30 Years, Parts 10 Years, Labor 1 Year</td>
</tr>
<tr>
<td></td>
<td>Frame Lifetime, Motor 30 Years, Parts 10 Years, Labor 1 Year</td>
</tr>
<tr>
<td></td>
<td>Frame Lifetime, Motor 30 Years, Parts 10 Years, Labor 1 Year, Touch Screen Console 5 Years, Headphone Jack, Connector for your iPod, and USB port - 90 days parts, no labor</td>
</tr>
</tbody>
</table>
Save time and register online!
Activate Multiple Warranties at truefitness.com.

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:

<table>
<thead>
<tr>
<th>Part</th>
<th>Warranty Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frame</td>
<td>Lifetime</td>
</tr>
<tr>
<td>Drive Motor</td>
<td>30 Years</td>
</tr>
<tr>
<td>Display - 15” TS</td>
<td>5 Years</td>
</tr>
<tr>
<td>Parts Electrical</td>
<td>10 Years</td>
</tr>
<tr>
<td>Wear Items</td>
<td>10 Years</td>
</tr>
<tr>
<td>Cosmetics</td>
<td>6 Months</td>
</tr>
<tr>
<td>Labor</td>
<td>1 Year</td>
</tr>
<tr>
<td>Parts Motor</td>
<td>1 Year</td>
</tr>
<tr>
<td>Cosmetics</td>
<td>6 Months</td>
</tr>
<tr>
<td>iPod® Connectivity</td>
<td>6 Months Parts, No Labor</td>
</tr>
</tbody>
</table>

NOTE: Warranty valid for USA and Canada only.

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 two years from date of purchase. *This limited warranty on the structural frame does not include paint or coatings.

Drive Motor
The treadmill drive motor is warranted for defects in material and workmanship for the life of the product with a one-year 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.

Parts
The treadmill electrical parts and wear items are warranted for defects in material and workmanship for ten years with a one-year 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. This limited warranty will apply to but may not be limited to the treadmill elevation motor, upper control board, deck, running belt and drive belt. *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 physiolog...
Save time and register online!
Activate Multiple Warranties at truefitness.com.

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:
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 therewith 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.

truefitness.com / 800.426.6570 / 1.636.272.7100
Thank you for purchasing a TRUE product. To validate the TRUE product warranty the fast and easy way, please go on-line now to www.truefitness.com 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.

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)

Residential Warranty Registration

Model Type: _____ Treadmill _____ Elliptical _____ Bike _____
Other

Date of Purchase
Purchased From (dealer name)
First Name
Last Name
Address
City _________ State _________ ZIP
Email Address
Phone

1. Where did you first learn about TRUE?
   _____ a. Dealer
   _____ c. Referral
   _____ e. Current Customer
   _____ b. Website
   _____ d. Gym/Club
   _____ f. Other

2. The primary user(s) is:
   _____ a. Male
   _____ c. Both
   _____ b. Female

3. Do you currently belong to a health club?
   _____ a. Yes
   _____ b. No

4. Your age group:
   _____ a. Under 25
   _____ c. 36-45
   _____ e. 56-65
   _____ b. 25-35
   _____ d. 46-55
   _____ f. 65+

5. What was the primary reason you bought a TRUE product? (Check only one)
   _____ a. Design/Appearance
   _____ c. Price
   _____ e. Quality of Construction
   _____ g. Reputation
   _____ i. Friend/Family Recommendation
   _____ b. Dealer
   _____ d. Ease of Operation
   _____ f. Size
   _____ h. Warranty

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
   _____ c. Stationary Bike
   _____ e. Gym
   _____ b. Elliptical
   _____ d. Free Weights
   _____ f. Other

8. What is your annual household income? (Optional)
   _____ a. Under $50,000
   _____ c. $75,000 - $100,000
   _____ e. $150,000+
   _____ b. $50,000 - $75,000
   _____ d. $100,000 - $150,000

9. You are a valued customer of TRUE and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain:

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

CONSOLE SERIAL NUMBER:

BASE SERIAL NUMBER:
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 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    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