

 **TRUE FITNESS**



VAPOR ADX BIKE

OWNER'S MANUAL AND ASSEMBLY GUIDE

IMPORTANT—PLEASE READ

All products shown are prototype. Actual product delivered may vary. Product specifications, features, and software are subject to change without notice.

For the most up-to-date version of this manual, please see our website: <https://truefitness.com/services-support/user-manuals/>

CONTACTING OUR SUPPORT TEAM

To contact TRUE for any of your pre or post installation questions, please call our toll-free numbers Monday - Friday 8:30am - 5:00pm (CST):

- Commercial Direct Customers and Corporate Accounts | 800.868.8783
- Retail Customers and Distributors | 800.883.8783

Or email us:

- Commercial Direct Customers and Corporate Accounts | service.direct@truefitness.com
- Retail Customers and Distributors | service@truefitness.com
- Service International | int.service@truefitness.com

When contacting TRUE, please have the following information ready:

- Serial Number of Unit
- Contact Information—Full Name, Email, and Phone Number
- Address of Facility or Residence
- Detailed Description Regarding Symptom of the Unit (along with pictures or video if applicable)

NOTE: Authorized service providers, dealers, and distributors may also use TRUE's online resource | portal.truefitness.com.

CONTACTING OUR SALES TEAM

Interested in owning more TRUE products? Please contact us with any product inquires so that we may direct you to the appropriate sales representative to help answer your questions.

- Phone | 800.426.6570
- Email | sales@truefitness.com
- Hours | Monday - Friday 8:30am - 5:00pm (CST)

REPORTING FREIGHT CLAIMS OR PARTS DAMAGE

Unfortunately, sometimes materials can be damaged during shipment. If materials are damaged during shipment, please follow the guidelines below to determine the appropriate process for you to follow.

Severe Damage—Obvious damage to external packaging and internal product.

Please refuse the shipment and it will be returned to TRUE by the carrier. Contact TRUE product support by calling 800.883.8783 or sales support by calling 800.426.6570 Monday–Friday during normal business hours to notify us that the shipment has been refused. Once we have received the damaged shipment, a replacement shipment will be sent to you. If the shipment comes in multiple boxes, only refuse boxes with damage.

Slight Damage—Minimal damage to external packaging with unknown internal damage to product.

If the shipment has minimal damages and you are not sure if the actual product is damaged, you must sign the bill of lading as damaged when accepting the shipment. Once you have opened the box and you have determined something is indeed damaged, please gather the serial number, model number, description of damage, and photos of damage. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact TRUE product support (service@truefitness.com | 800.883.8783) or TRUE sales support (sales@truefitness.com | 800.426.6570) Monday–Friday during normal business hours.

Concealed Damage—No damage to external packaging but internal damage to product.

You may receive a shipment that looks intact and discover once the box has been opened that there are hidden damages. Please notify the carrier immediately. TRUE will not be able to file a claim if the carrier is not notified in a timely manner. Once you have called the carrier you will need to gather the serial number, model number, description of damage, and photos of damage. Contact TRUE product support (service@truefitness.com | 800.883.8783) or TRUE sales support (sales@truefitness.com | 800.426.6570) Monday–Friday during normal business hours.

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SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS

This equipment is intended for a commercial or institutional setting. This owner's manual should be accessible to all personal trainers, faculty, and members.

- Read and understand all instructions and warnings prior to use.
- Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- Obtain proper instruction prior to use.
- This unit is intended for commercial use only. Usage class: SC.
- This unit is intended for indoor use only.
- Inspect the unit for incorrect, worn, or loose components and do not use until corrected, replaced, or tightened prior to use.
- Do not wear loose or dangling clothing while using the unit.
- Care should be used when mounting or dismounting the unit.
- Read, understand, and test the emergency stop procedures before use.
- Disconnect all power before servicing the unit.
- Do not exceed maximum user weight of 350 lbs / 160 kg.
- Keep the top side of the moving surface clean and dry.
- Keep children and animals away.
- Use caution when moving and assembling unit.
- All exercise equipment is potentially hazardous. If attention is not paid to the conditions of equipment usage, death, or serious injury could occur.

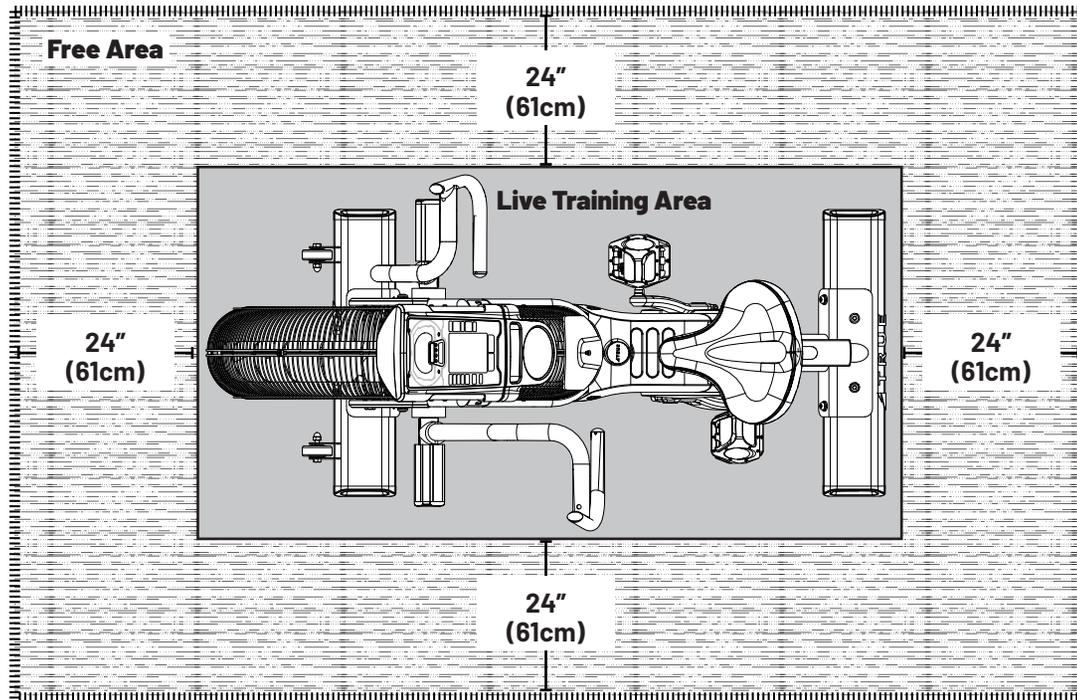
⚠️ WARNING: To reduce the risk of burns, fire, and electric shock or injury to persons, follow these instructions:

- Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, dizzy, or experience pain, stop exercising immediately.
- 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. Additionally, TRUE recommends consulting a fitness professional on the correct use of this product.
- Equipment should be immediately taken out of use if it fails to work properly or when a warning is presented electronically.
- When using this exercise machine, basic precautions should always be followed.
- Use this equipment only for its intended use as described in this manual.
- This stationary training equipment is not suitable for high accuracy purposes.
- Do not move the equipment by lifting the console. Do not use the console as a handlebar during a workout.
- This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.
- Keep equipment stable on flat ground.
- Risk of personal injury—crushing hazard when equipment is in operation. Keep feet, hands, and fingers away from moving parts.
- Replace warning labels that may be worn, damaged, or missing.
- Replace any non-working or damaged components, remove the unit from service until repair is performed.
- Do not operate the equipment while being covered with a blanket, pillow, plastic, or anything that insulates or stops airflow. Keep air openings free of lint, hair or any obstructing material.
- Any changes or modifications to this equipment could void the product warranty.
- 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.
- Do not use this product outdoors, near water, while wet, or in areas of high humidity including extreme temperature changes.

- Wear shoes with rubber or high traction soles. Do not use shoes with heels, or leather soles. 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 install the batteries into the machine until the time specified in the assembly manual. Do not connect the optional power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- The seat mount assembly must always meet the minimum insertion depth notated on the shaft to help prevent serious injury or death.
- Use upper exercise arms to maintain balance when mounting and dismounting the machine and for additional stability while exercising.
- Avoid the possibility of bystanders being struck or caught between moving parts by making sure that they are out of reach of the equipment while it is in motion.
- Always ensure that all adjustment devices are fully retracted or secured in their proper position before starting to use the equipment.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Avoid exiting the bike while the pedals are still in motion.
- When the machine is put in a Studio/Institutional environment, it can only be used in areas where access and control of the machine are managed and supervised by approved staff. The degree of supervision and oversight depends among other things on the specific setting in which the machine is placed, security of that environment, and familiarity of the users with the equipment. Because others will have used the machine previously, make sure the seat, pedals and handlebars are correctly adjusted, tightened and secured.
- Since this machine operates with a fixed gear, do not back, or reverse pedal. Doing so may loosen the pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose pedals.
- This bike cannot stop the pedals independently of the resistance fan. Reduce the pace to slow the resistance fan and pedals to a stop. Do not dismount the bike until the pedals have come to a complete stop. Be aware that the moving pedals can strike the backs of the legs.
- Do not use typing or web surfing features at excessive speeds. Always stabilize yourself when using typing or web surfing features. (Varies by console option.)
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Always follow the console instructions for proper operation.
- Use correct ergonomic positioning while operating this equipment.
- Allow only one person at a time on the equipment while it's operating.
- Do not allow animals on or near the equipment while in operation.
- Do not reach into or underneath the unit, or tip it on its side during operation.
- Do not use if you have a cold or fever.
- This equipment is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instruction concerning use of the equipment by a person responsible for their safety.
- Children shall not play with the appliance.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.
- Cleaning and user maintenance shall not be made by children without supervision.
- Do not use attachments not recommended by the manufacturer.
- Before each use, examine this machine for damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Monitor the pedals and crank arms closely.
- Allow only trained personnel to service this equipment.
- It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- Keep batteries away from heat source and hot surfaces.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.
- Do not try to charge non-rechargeable batteries. Remove exhausted batteries and dispose of them safely.
- Remove rechargeable batteries from the machine before recharging them.
- Do not short-circuit the supply terminals on the batteries.
- For safe storage of the machine, remove the batteries and install the transport and immobilization strap to secure the resistance fan. Place the machine in a secure location away from children and pets.
- Speed and power specifications determined during testing for this product exist within a range of plus or minus ten percent of the stated values.

SPACE REQUIREMENTS

TRUE recommends leaving a minimum of 24" (61cm) on each side of the equipment. Keep all sides away from the wall or obstructions. The free area also includes the area for emergency dismount. Where equipment is positioned adjacent to each other, the value of the free area may be shared.



SPECIFICATIONS

- **DIMENSIONS (L X W X H)**
55" x 26" x 53" (140cm x 66cm x 135cm)
- **MACHINE WEIGHT**
112.5 lbs / 51 kg
- **MAXIMUM USER WEIGHT**
350 lbs / 160 kg

WARNING DECALS

⚠ WARNING: Replace warning labels that may be worn, damaged, or missing.

To replace any worn or missing decals contact TRUE product support (service@truefitness.com | 800.883.8783).



TRUE FITNESS		Model No.	MADE IN CHINA
TRUE FITNESS TECHNOLOGY, INC.		ADX-0A	
865 HOFF RD. ST. LOUIS, MO 63366, USA		Serial No./Date Code	
CONFORMS TO ANSI/UL STD.1647		24-ADX0A0001A	
CERTIFIED TO CAN/CSA STD. C22.2 NO.68		PRODUCT: Bike	
FC	SAA	CLASS: S	
RoHS	CE	STANDARD: ISO 20957-1, ISO 20957-10	
		MAXIMUM USER WEIGHT: 159kg (350lb)	
		RATING: 3V DC(2X D cell Alkaline Battery), or 9V DC, 1.5A Adaptor	

NOTE: The two numbers before the “-” refers to the year of manufacturing.

⚠ WARNING
REVIEW & FOLLOW ALL WARNINGS & INSTRUCTIONS IN PRODUCT MANUALS & INSPECT MACHINE PRIOR TO USE. DO NOT USE IF DAMAGED OR INOPERABLE. MACHINE CONTAINS MOVING PARTS. KEEP BODY, CLOTHING & FITNESS ACCESSORIES CLEAR. HEART RATE DISPLAYED MAY BE INACCURATE AND SHOULD BE USED FOR REFERENCE ONLY. CEASE EXERCISE IF FAINT OR DIZZY. KEEP CHILDREN AND ANIMALS AWAY AT ALL TIMES.

⚠ WARNING
ÜBERPRÜFEN UND BEACHTEN SIE ALLE WARNUNGEN UND ANWEISUNGEN IN DEN PRODUKTHÄNDLÜCHERN UND PRÜFEN SIE DAS GERÄT VOR DEM GEBRAUCH, NICHT VERWENDEN, WENN ER BESCHÄDIGT IST ODER NICHT FUNKTIONIERT. DIESES GERÄT ENTHÄLT BEWEGLICHE TEILE. HALTEN SIE KÖRPER, KLEIDUNG UND FITNESS-ZUBEHÖR FERN. DIE ANGEZEIGTE HERZFREQUENZ KANN UNGENAU SEIN UND SOLLTE NUR ZUR REFERENZ VERWENDET WERDEN. HÖREN SIE JEDE ÜBUNG AUF. WENN SIE SICH SCHWINDELIG ODER SCHWACH FÜHLEN, HALTEN SIE KINDER UND TIERE JEDERZEIT FERN.

⚠ AVERTISSEMENT
CONSULTEZ ET RESPECTEZ TOUS LES AVERTISSEMENTS ET INSTRUCTIONS FIGURANT DANS LES GUIDES DU PRODUIT ET INSPECTER L'APPAREIL AVANT DE L'UTILISER. NE PAS UTILISER S'IL EST ENDOMMAGÉ OU INUTILISABLE. L'APPAREIL POSSÈDE DES PARTIES MOBILES. TENIR VOTRE CORPS, VOS VÊTEMENTS ET VOS ACCESSOIRES DÉTACHÉS À L'ÉCART. LA FRÉQUENCE CARDIAQUE AFFICHÉE PEUT ÊTRE INEXACTE ET DOIT ÊTRE UTILISÉE À TITRE DE RÉFÉRENCE UNIQUEMENT. ARRÊTER TOUT EXERCICE EN CAS DE FAIBLESSE OU D'ÉTOUFFEMENT. TENIR LES ENFANTS ET LES ANIMAUX À L'ÉCART À TOUT MOMENT.

⚠ ADVERTENCIA!
SIGA TODOS OS AVISOS E INSTRUÇÕES MARCADAS NO MANUAL DE PRODUTO E INSPEREÇÃO O APARELHO ANTES DE USAR LO. NÃO USE SE DANIFICADO OU INOPERÁVEL, O APARELHO CONTÉM PEÇAS MÓVEIS. MANTENHA O CORPO, ROUPAS E ACESSÓRIOS DE FITNESS LIVRES. A FREQUÊNCIA CARDÍACA INDICADA PODE SER IMPRECISA E DEVE SER USADA APENAS COMO REFERÊNCIA. PARE IMEDIATAMENTE O EXERCÍCIO A CASO DE TONTURAS OU DESMAIOS. MANTENHA CRIANÇAS E ANIMAIS AFASTADOS A TODO O TEMPO.

⚠ ¡ADVERTENCIA!
REVISE Y SIGA TODAS LAS ADVERTENCIAS E INSTRUCCIONES EN LOS MANUALES DEL PRODUCTO. E INSPECCIONE LA MÁQUINA ANTES DE USARLA. NO LA USE SI SE ENCUENTRA DAÑADA O INOPERABLE. LA MÁQUINA CONTIENE PIEZAS MÓVILES. MANTENGA EL CUERPO, ROPA Y ACCESORIOS DE EJERCICIO LIBRES. LA FRECUENCIA CARDÍACA INDICADA PUEDE SER INEXACTA Y DEBE SER USADA SOLO COMO REFERENCIA. PARE DE EJERCITARSE SI SIENTE QUE SE MAREA O DESMAYA. MANTENGA A LOS NIÑOS Y ANIMALES ALEJADOS EN TODO MOMENTO.

⚠ تحذير
يجب مراجعة واتباع كل التحذيرات والتعليمات الواردة في دليل المنتج وفحص الجهاز قبل استخدامه. لا تستخدم الجهاز إذا كان تالفاً أو غير قابل للتشغيل. يحتوي الجهاز على أجزاء متحركة. يجب إبقاء الجسم والملابس والاكسسوارات بعيداً عن الأجزاء المتحركة. قد يكون قياس معدل ضربات القلب المرسوم غير دقيق. وبذلك ينبغي ألا تستخدمه كإشارة. يجب التوقف عن ممارسة التمرين في حالة الشعور بالإغماء أو الدوار. ويجب إبعاد الأطفال والحيوانات عن الجهاز في كل الأوقات.

8013594_A

P/N 8013594

COMPLIANCES

This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit www.truefitness.com.

PROPER USE

PROPER TRAINING POSITION

- Once seated, users should place their feet on the pedals (A) or foot pegs (B).
- When pedaling, the user should be able to extend their legs fully while pedaling; if users do not have enough room to fully extend their legs, they should adjust their seat position (C) until their legs are able to comfortably extend. Additionally, if users legs feel overly stretched when they're extended, the seat needs a lower adjustment.
- During a workout, the user's hands must grasp the handlebars (D).
- To brake during a workout slow down the pedal motion.

⚠ CAUTION: Be aware that the pedals, handlebars and resistance fan are connected and when any of these parts move, the others do as well.

ENTRY AND EXIT SAFETY

To Enter:

- Enter the machine from either side and sit on the seat.
- Grip the upper exercise arms or stationary handlebars.
- Place both feet on the pedals.

To Exit:

- Reduce the resistance fan speed until the machine fully stops.
- While firmly grasping the handlebars to maintain balance, slowly slide your body off the seat and feet from the pedals to transition to a standing position free from the bike.
- Exit the machine from either side.

⚠ CAUTION: This bike cannot stop the pedals independently of the resistance fan. Reduce the pace to slow the resistance fan and pedals to a stop. Do not dismount the bike until the pedals have come to a complete stop. Be aware that the moving pedals can strike the backs of the legs.

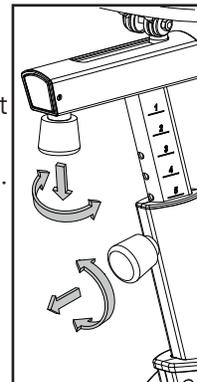
HOW TO ADJUST THE SEAT

⚠ CAUTION: Step off the machine before you adjust the seat.

- A. Loosen and pull the seat post adjustment knob on the seat post. Adjust the seat to the desired height.

⚠ CAUTION: Do not lift the seat post above the "STOP" mark on the seat post.

- B. Release the seat post adjustment knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the adjustment knob.
- C. To move the seat closer to, or away from the console, loosen the seat adjustment knob. Slide the seat to the desired position and fully tighten the knob.



ASSEMBLY INSTRUCTIONS

 **NOTE:** Supplemental video available [@TRUEFitnessservicevids](https://www.youtube.com/@TRUEFitnessservicevids).

PREASSEMBLY CHECKLIST

BASIC GUIDELINES FOR SETTING UP THE EQUIPMENT

After removing the equipment from the packaging, place the equipment on a clean, level surface.

CAUTION:



Use caution when assembling this product.
Unpacking and assembling this product is a two person task.



Use caution when unpacking this product. Avoid damage to the product.
DO NOT use a box cutter. **DO NOT** slice into the packaging.



Avoid damage to the product.
NEVER use an electric screwdriver to fasten the plastic shroud pieces.

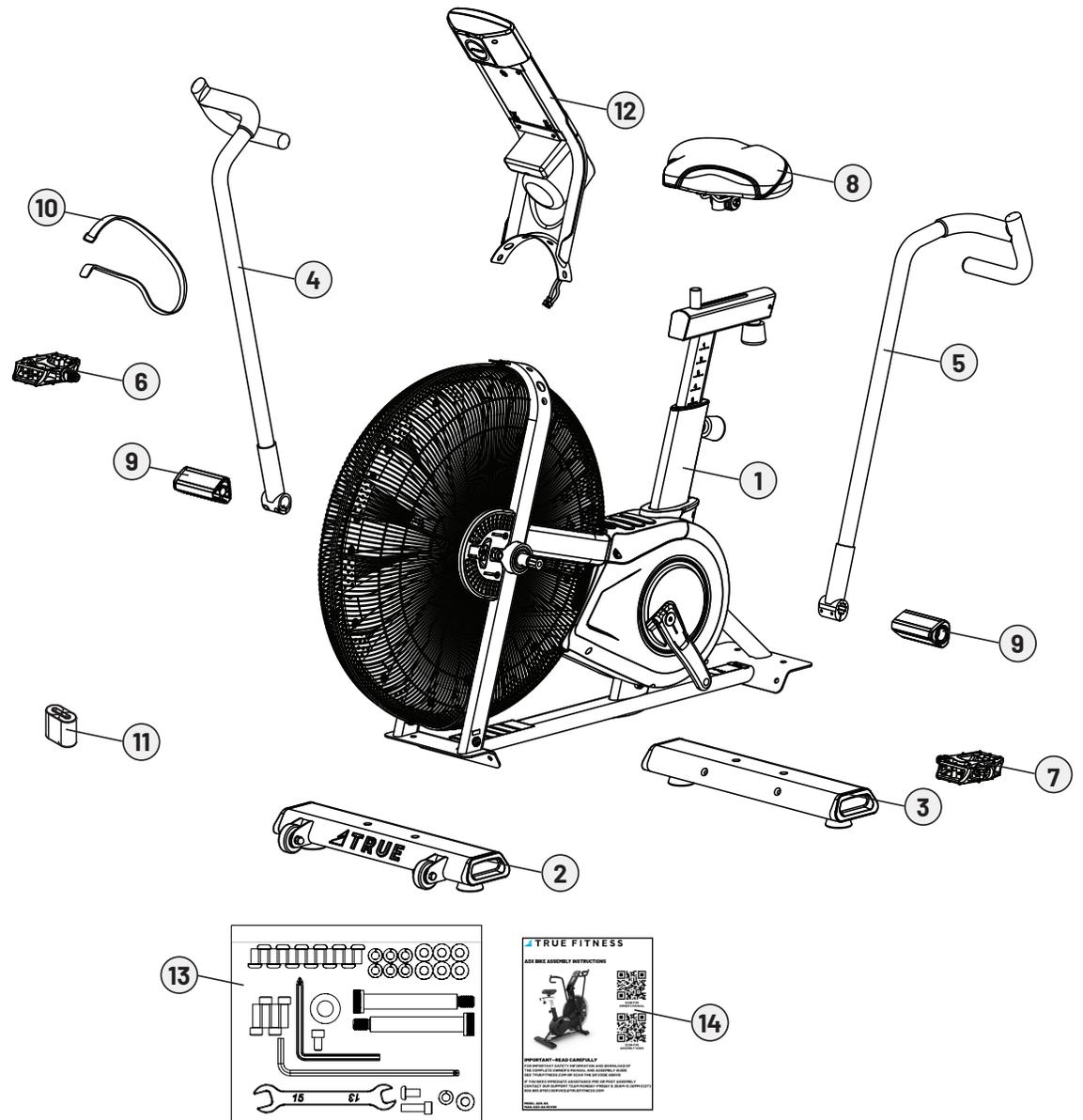
VERIFY BOX CONTENTS

IMPORTANT! Please verify box contents. If you have questions, or if there are any missing parts, contact product support (service@truefitness.com | 800.883.8783).

TOOLS NEEDED FOR ASSEMBLY		INCLUDED IN BOX
6mm Ball-End Allen Wrench / 6mm Combination Allen Wrench		YES
Ratchet Wrench with 6mm Socket Bit (optional but recommended)		NO
13mm/15mm Wrench		YES
13mm Wrench (recommended)		NO
#2 Phillips Screwdriver (recommended)		NO

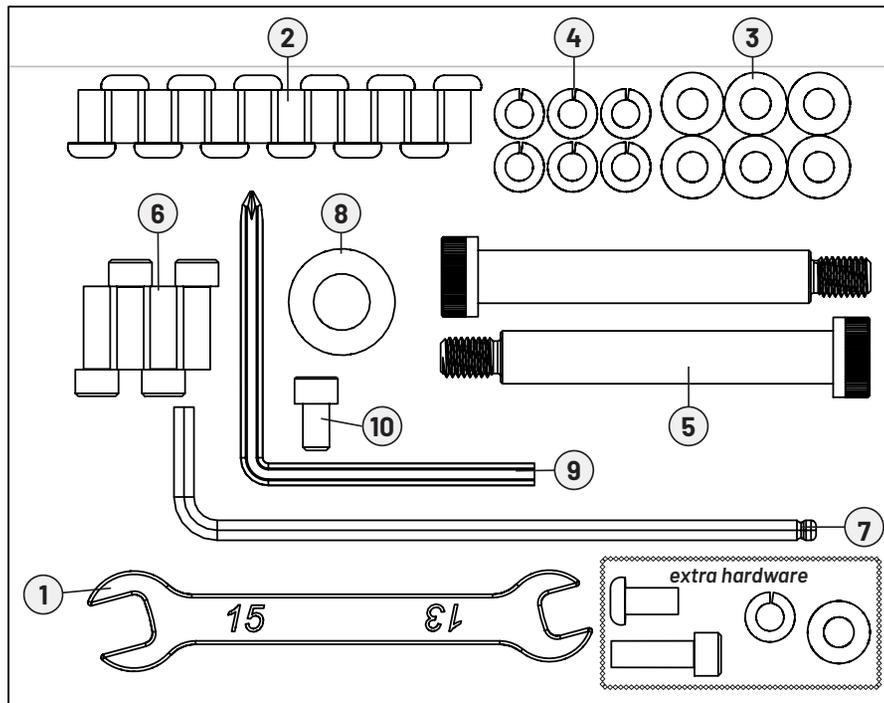
BOX CONTENTS

ITEM	DESCRIPTION	QTY
1	MAINFRAME ASSEMBLY	1
2	FRONT STABILIZER ASSEMBLY	1
3	REAR STABILIZER ASSEMBLY	1
4	RIGHT HANDLEBAR ASSEMBLY	1
5	LEFT HANDLEBAR ASSEMBLY	1
6	RIGHT PEDAL	1
7	LEFT PEDAL	1
8	SEAT PAD ASSEMBLY	1
9	FOOT PEGS	1
10	TRANSPORT AND IMMOBILIZATION STRAP	1
11	TWO D CELL BATTERY PACKAGE	1
12	CONSOLE MAST ASSEMBLY	1
13	HARDWARE PACK	1
14	ASSEMBLY INSTRUCTIONS	1



HARDWARE PACK CONTENTS

8030302 HARDWARE CARD ASSY, ADX			
Item	Part	Description	Qty
1	8012864	WRENCH, 15MM X 13MM	1
2	3000160	SCREW, SCKT BUTTON HEAD CAP, M8x1.25x16, STAINLESS STEEL	13
3	8013086	WASHER, FLAT, M8, NARROW, STAINLESS STEEL	14
4	8013079	WASHER, SPRING, M8, STAINLESS STEEL	13
5	8007358	SCREW, SHOULDER, SHC, 16MM D, 100MM X M12X1.75 THREAD	2
6	8008472	SCREW, SCKT-HD CAP, M8-1.25 X 25 CL 12.9 BLKZ	5
7	8012863	ALLEN KEY, 6MM, 190MM LENGTH, BALL END	1
8	8009379	WASHER, NYLON, FLAT, M16 X 32 X 2 THK	2
9	8006538	6MM HEX HEAD ALLEN WRENCH	1
10	8027423	SCREW, M8 X 1.25 X 14 SHCS BZ	1



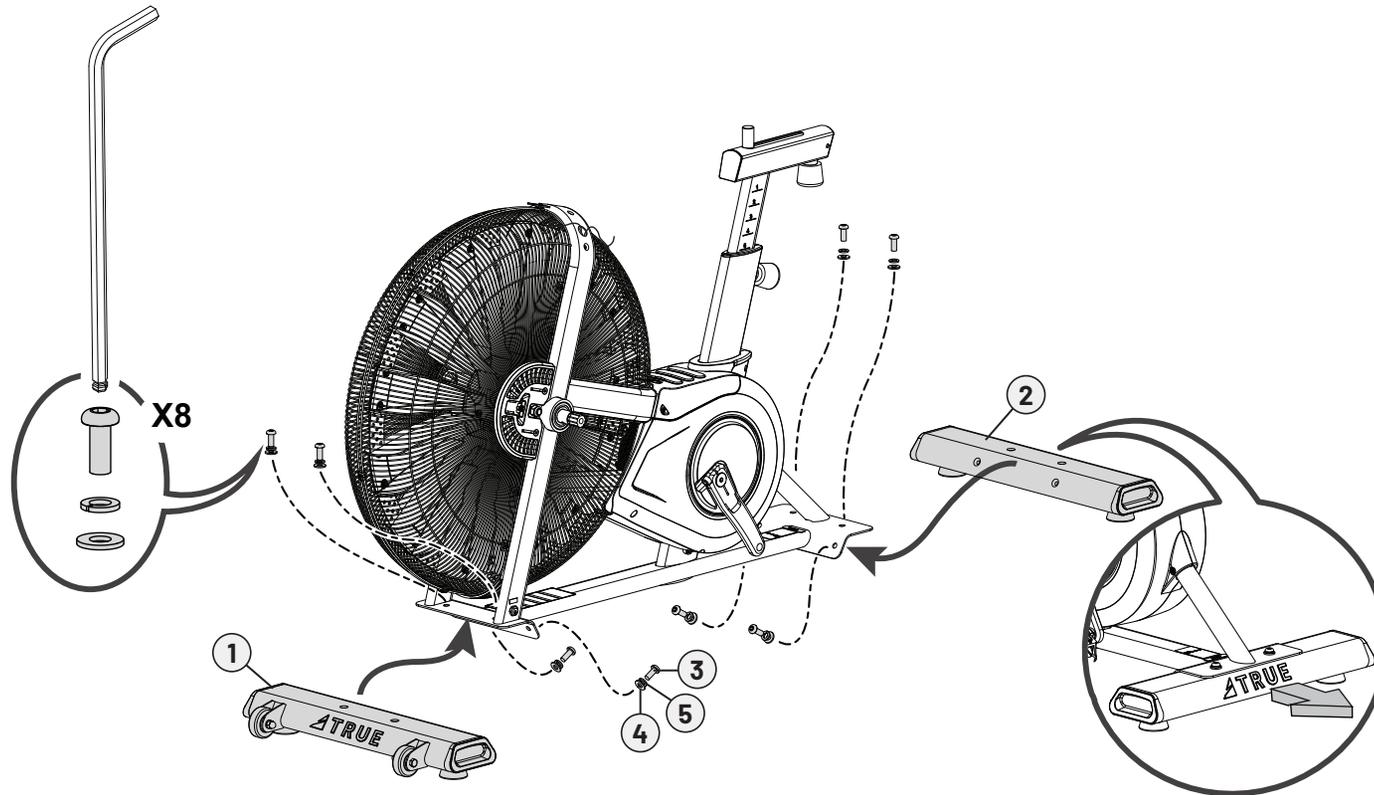
ASSEMBLY STEPS

Step 1—Attach Front and Rear Stabilizer Assemblies

- A. Line up the front and rear stabilizer assemblies with the mainframe assembly. Verify the TRUE logo faces out.
- B. To help with alignment, insert and finger tight all fasteners. DO NOT fully tighten yet.
- C. Once all fasteners are finger tight use a 6mm allen wrench to fully tighten.

Tools Used in this Step	
6mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	8100714	FRONT STABILIZER ASSEMBLY	1
2	8100715	REAR STABILIZER ASSEMBLY	1
3	3000160	SCREW, SCKT BUTTON HEAD CAP, M8x1.25x16, STAINLESS STEEL	8
4	8013086	WASHER, FLAT, M8, NARROW, STAINLESS STEEL	8
5	8013079	WASHER, SPRING, M8, STAINLESS STEEL	8



Step 2—Attach Left and Right Pedals

A. Attach the left and right pedals to the left and right crank arm assemblies by lining up the pedal threads inside the corresponding holes on the crank arm assemblies.

NOTES:

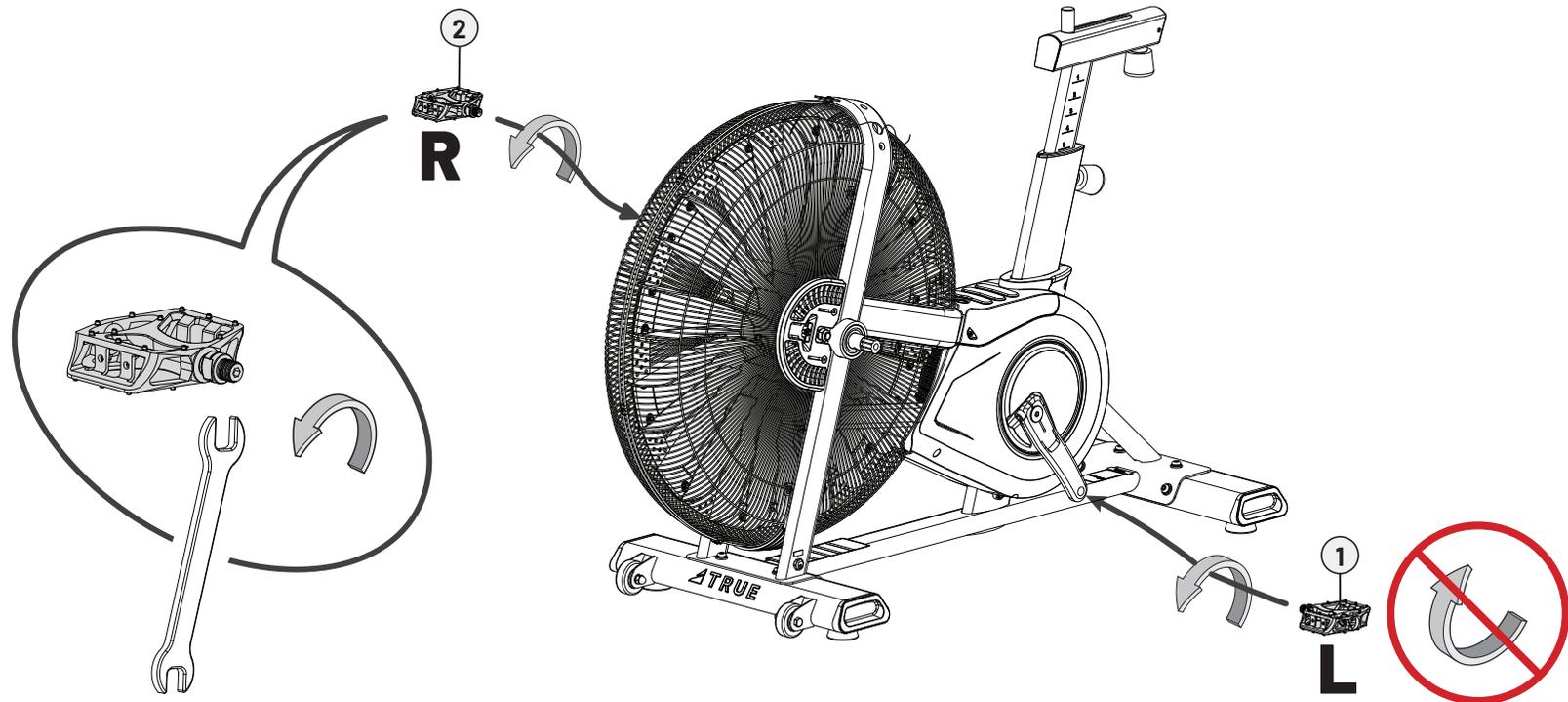
- Be sure to attach pedals on the proper side of the bike. Orientation is based from a seated position on the bike.
- The left pedal (labeled L) is reverse-threaded into the left crank arm assembly hole, counter-clockwise.
- The right pedal (labeled R) is threaded into the right crank arm assembly hole clockwise.

B. Securely fasten the pedals to the crank arm assemblies.

⚠ CAUTION: If the threads strip due to improper installation, then the pedals can disengage from the bike and/or break while under usage, which can result in serious injury to the user.

Tools Used in this Step	
15mm Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	8011565	LEFT PEDAL	1
2	8011562	RIGHT PEDAL	1

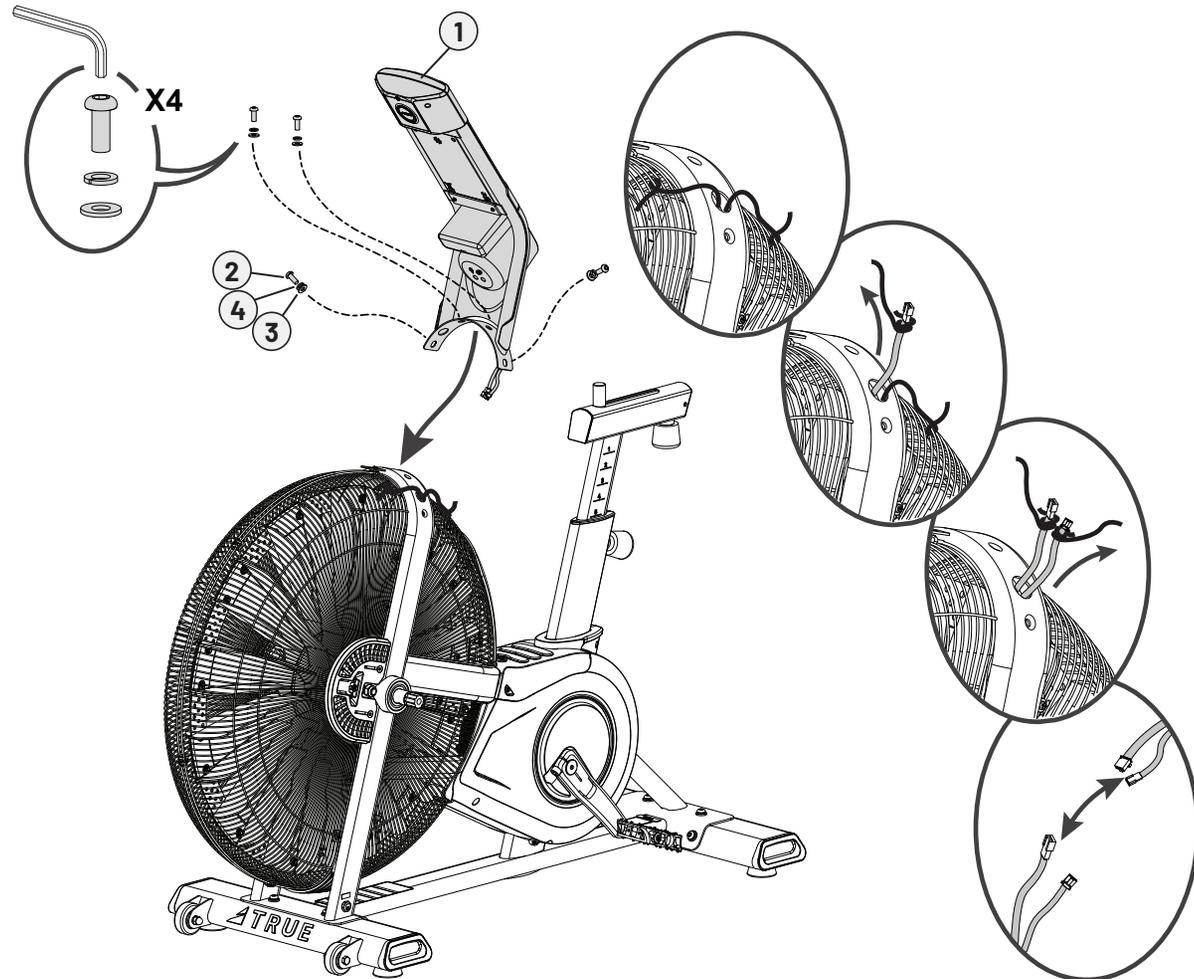


Step 3—Connect Cables and Attach the Console Mast Assembly

- A. Carefully remove the ties securing the cables to the frame assembly. To avoid damaging the cables, position them so they are away from the mounting holes.
- B. Connect the cables from the console mast to the cables in the frame. Black connects to black. Blue connects to blue.
- C. Carefully place the console mast onto the frame assembly, ensuring the cables are not pinched and are routed away from the mounting holes.
- D. Insert and finger tight all fasteners. Once all fasteners are finger tight, use a 6mm allen wrench to fully tighten.

Tools Used in this Step	
6mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	8100744	CONSOLE MAST ASSEMBLY	1
2	3000160	SCREW, SCKT BUTTON HEAD CAP, M8x1.25x16, STAINLESS STEEL	4
3	8013086	WASHER, FLAT, M8, NARROW, STAINLESS STEEL	4
4	8013079	WASHER, SPRING, M8, STAINLESS STEEL	4



Step 4—Attach Left and Right Handlebars

A. Attach the left and right handlebars to the frame:

- Remove the protective covering from the pivot shaft and the tag from handlebar.

NOTE: Handlebars are labeled left (L) and right (R).

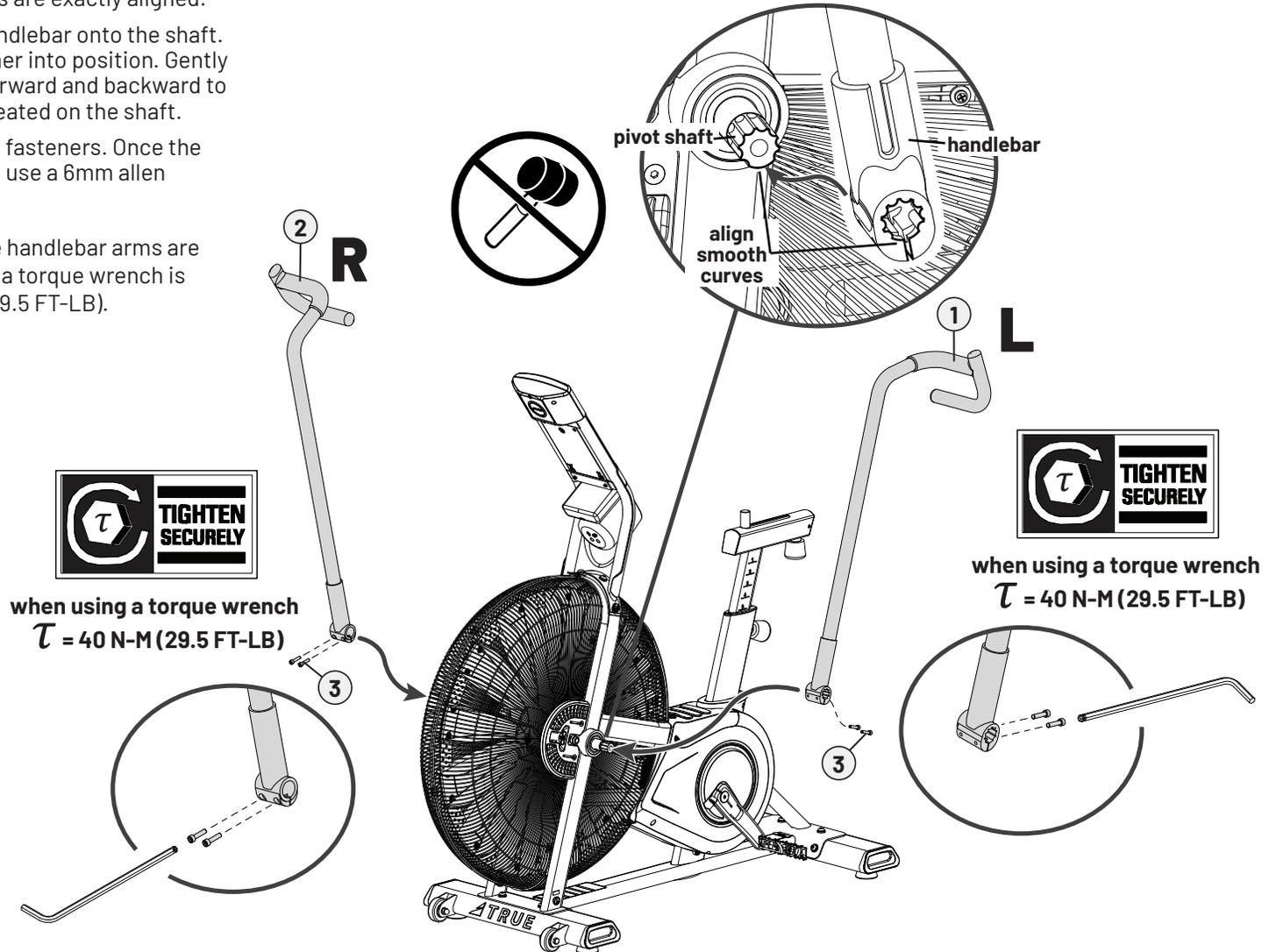
- Align the open curve on the handlebar with the smooth curve on the pivot shaft and make sure the indents are exactly aligned.
- Carefully push the handlebar onto the shaft. Do not force or hammer into position. Gently rock the handlebar forward and backward to make sure it is fully seated on the shaft.

B. Insert and finger tight the fasteners. Once the fasteners are finger tight, use a 6mm allen wrench to fully tighten.

CAUTION: Make sure the handlebar arms are secure before you exercise. If a torque wrench is available, tighten to 40 N-M (29.5 FT-LB).

Tools Used in this Step	
6mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	8013648	LEFT HANDLEBAR ASSEMBLY	1
2	8013649	RIGHT HANDLEBAR ASSEMBLY	1
3	8008472	SCREW, SCKT-HD CAP, M8-1.25 X 25 CL 12.9 BLKZ	4

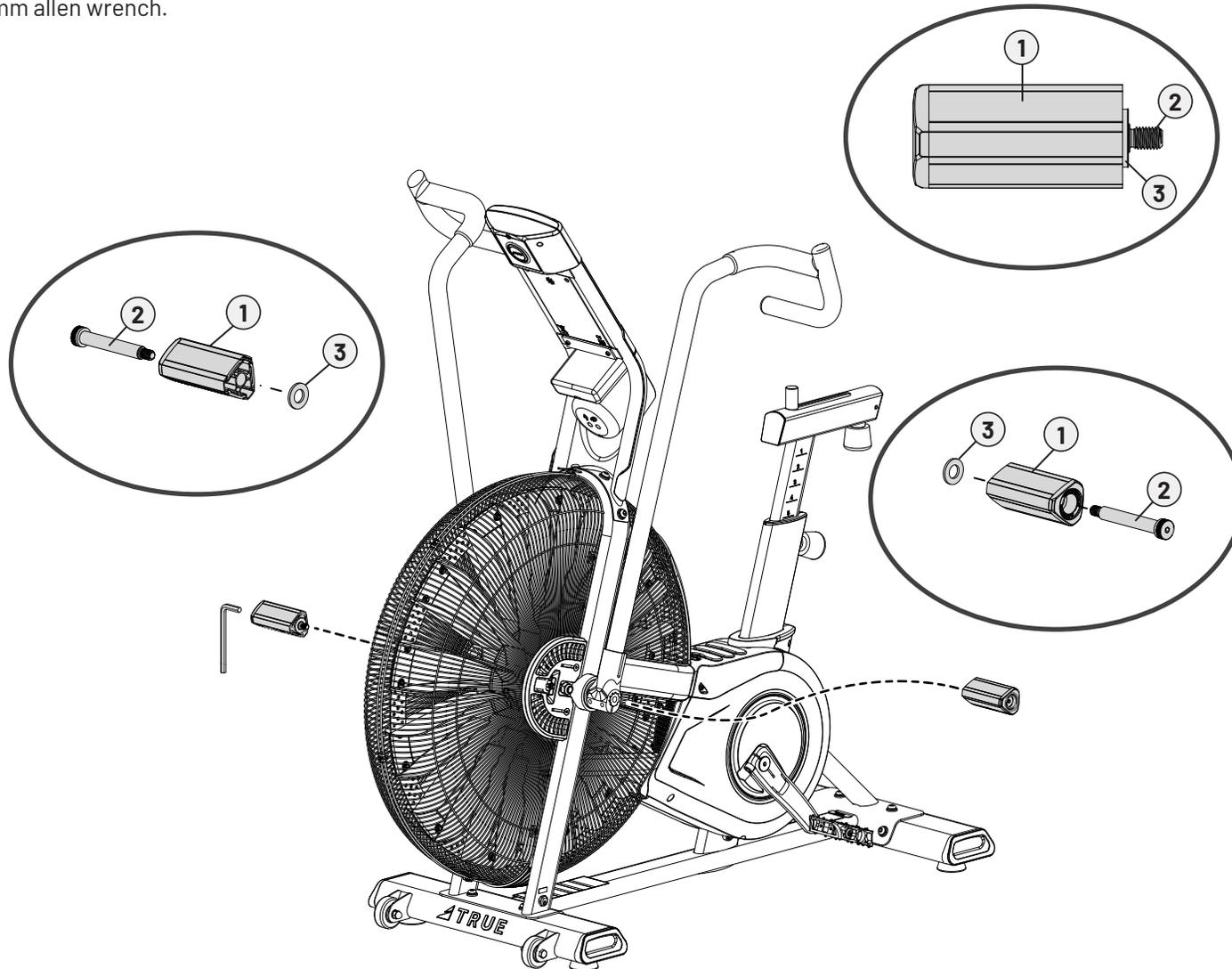


Step 5—Attach Foot Pegs

- A. Assemble the foot pegs and hardware: push the shoulder screw completely through the foot peg, and press the washer tightly onto the end of the foot peg. Be sure the washer does not touch the screw threads. Do not let the washer fall off the foot peg during installation.
- B. Attach the foot pegs to frame assembly. Tighten using a 6mm allen wrench.

Tools Used in this Step	
6mm Allen Wrench	

Parts Used in this Step			
Item	Part	Description	Qty
1	8030286	FOOT PEG	2
2	8007358	SCREW, SHOULDER, SHC, 16MM D, 100MM X M12X1.75 THREAD	2
3	8009379	WASHER, NYLON, FLAT, M16 X 32 X 2 THK	2

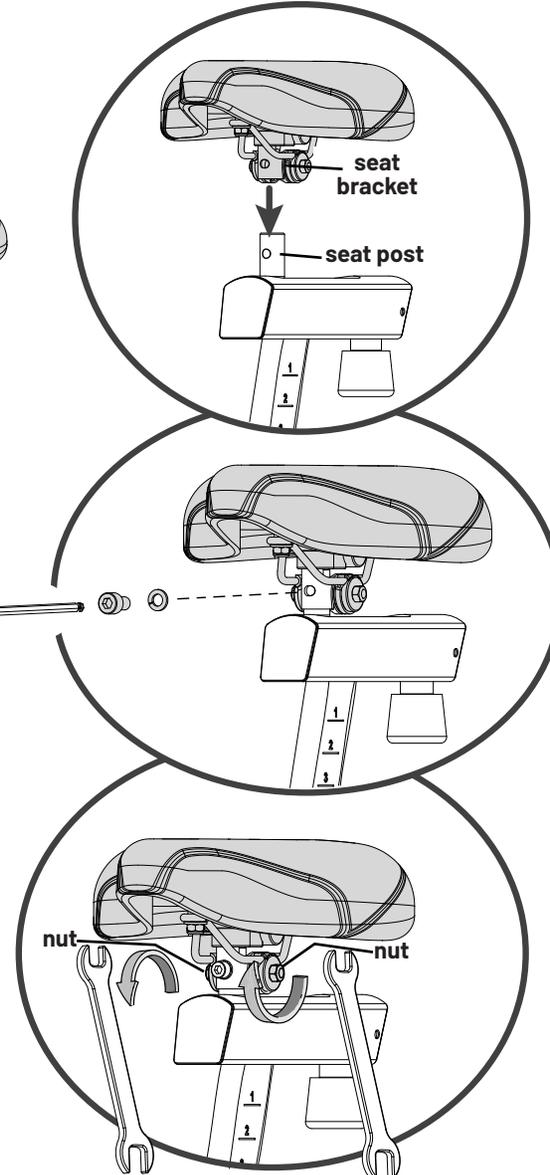
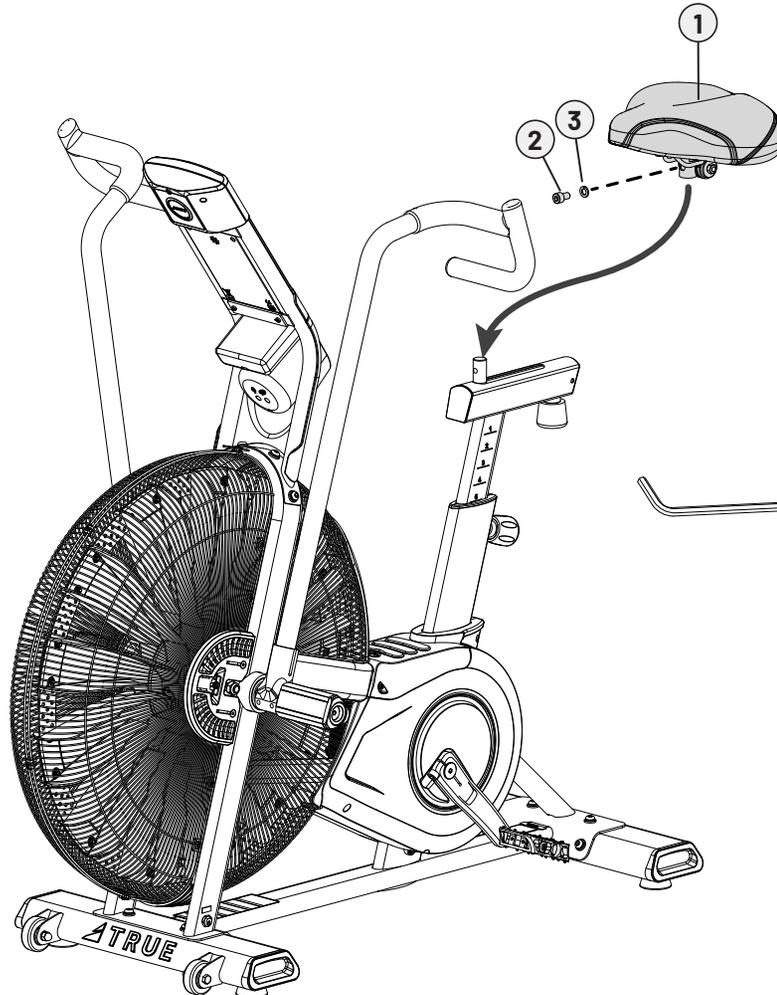


Step 6—Attach Seat

- A. Be sure the seat is straight. Align the holes in the front of seat bracket and the post, and install the hardware. Fully tighten the screw using a 6mm allen wrench.
- B. Using two 13mm wrenches tighten both nuts on the seat bracket to hold the seat in position.

Tools Used in this Step	
6mm Allen Wrench	
13mm Wrench (qty 2)	

Parts Used in this Step			
Item	Part	Description	Qty
1	8027412	SEAT PAD ASSEMBLY	1
2	8027423	SCREW, M8 X 1.25 X 14 SHCS BZ	1
3	8013079	WASHER, SPRING, M8, STAINLESS STEEL	1



Step 7—Install Console Batteries

- A. To open the battery bay, loosen the preinstalled screw in the cover. The console uses D size batteries (LR20).
- B. Ensure that the batteries point in the direction of the +/- indicators in the battery bay.

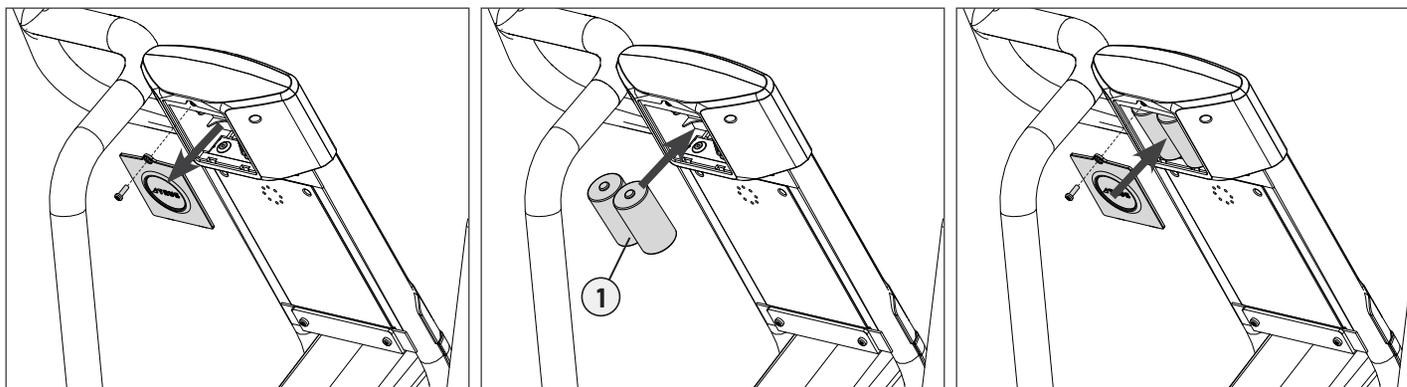
NOTE: If you use rechargeable batteries, the optional power adapter will not recharge the batteries.

Tools Used in this Step	
#2 Phillips Screwdriver	

Parts Used in this Step			
Item	Part	Description	Qty
1	8007652	TWO D CELL BATTERY PACKAGE	1
2	8007982	POWER ADAPTER (OPTIONAL PURCHASE)	1

⚠ CAUTION:

- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.



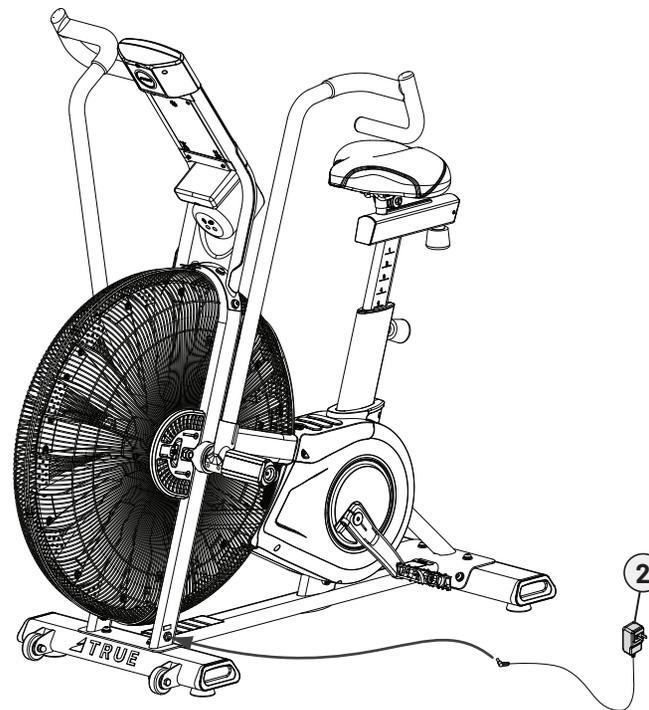
Optional Power Adapter

The console for your machine can operate on battery power or AC power. For AC power, it is necessary to order the optional power adapter. If batteries and the power adapter are installed, the console will use the power adapter to operate.

NOTE: If you use rechargeable batteries, the optional Power Adapter will not recharge the batteries. After the machine is fully assembled, connect the Power Adapter to the Power Connector and the wall outlet.

⚠ CAUTION:

- If you use a power adapter for your machine, make sure that the cord stays clear of the path of the pedals.
- It is recommended to remove batteries when they are not used, to avoid damage from battery corrosion.



Step 8—Level the Bike

⚠ CAUTION:

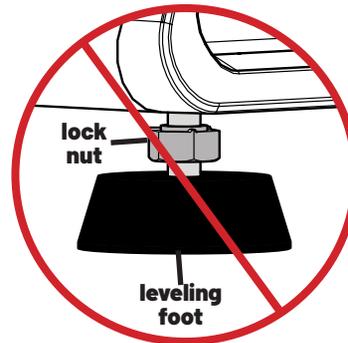
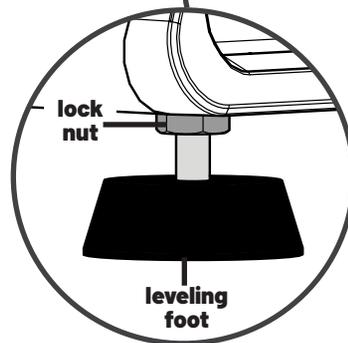
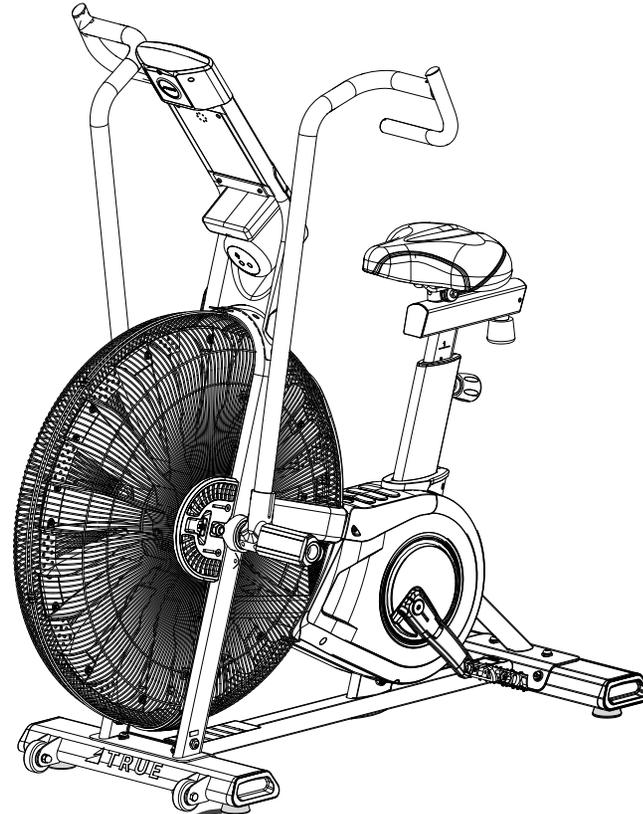
Prevent potential damage to the machine and injury to the user. This unit is equipped with four leveling feet. Make sure that the bike is level at all times. If the bike is placed on an uneven surface, adjusting the leveling feet can help, but may not completely compensate for extremely uneven surfaces. Bikes that are not level can cause damage to the machine and possible injuries for the user.

Once the machine has been moved to its designated location:

1. Adjust all four leveling feet until they contact the floor.

IMPORTANT! Do not adjust the leveling feet to such a height that they detach or unscrew from the machine.

2. Verify all four lock nuts are securely tightened and flush against the bottom of the frame.



Tools Used in this Step

15mm Wrench



How to Move the Machine

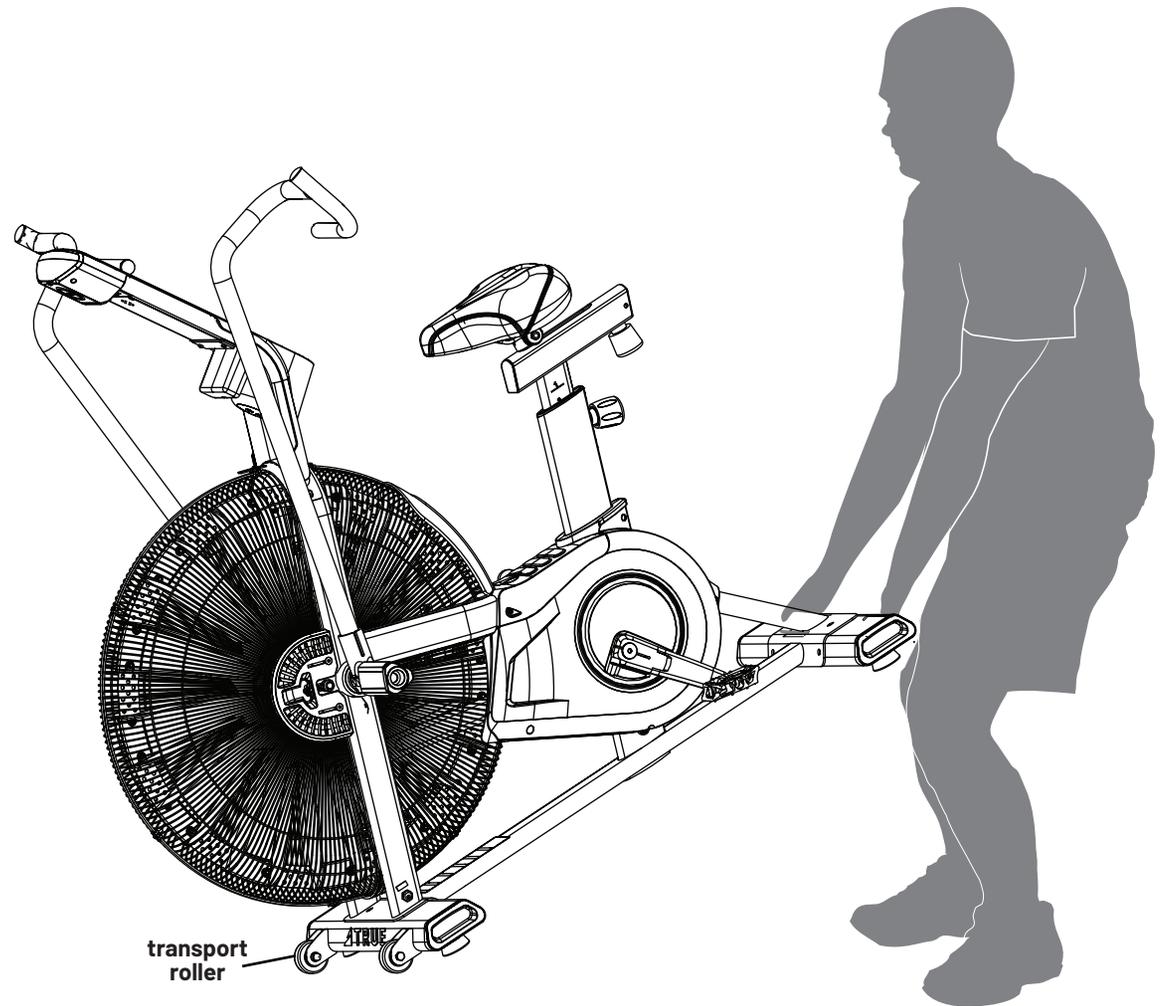
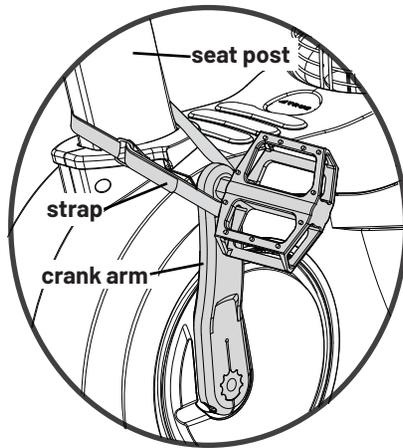
⚠ CAUTION:

The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely. Use proper safety precautions and lifting techniques. Be careful when you move the machine. Abrupt motions can affect the computer operation.

- A. If present, remove the power adapter.
- B. Secure the crank arm to the seat post with the transport and immobilization strap.
- C. Use the rear stabilizer to carefully lift the machine onto the transport rollers.

NOTE: Be sure to keep the fan assembly clear of the floor.

- D. Push the machine into position.
- E. Carefully lower the machine into position.



PRODUCT FEATURES

BASE OVERVIEW

- A. Seat**
A place for users to sit during a workout.
- B. Handlebars**
A place for users to put their hands during a workout and helps provide balance.
- C. Console**
Allows the user to set up a workout program and control the bike during a workout.
- D. Seat Adjustment Knobs**
Allows adjustment to the vertical and horizontal positions of the seat to fit the size of the user.
- E. Bottle Holder**
Holds average size drink bottles for convenient use during a workout.
- F. Foot Pegs**
Allows users to focus on the upper body by placing feet on stationary anti-slip foot pegs.
- G. Pedals**
Moving part of the bike that provides resistance to the lower body during a workout.
- H. Leveling Feet**
An adjustable system used to aid in the leveling of the bike.



CONSOLE FEATURES

A. Programs

- Manual
- 20/10 Interval
- 30/90 Interval
- Custom Interval
- Time Target
- Heart Rate Zones
- Calorie Target
- Kilojoules Target
- Miles Target
- Kilometers Target

B. LCD Tachometer Display

The tachometer visually signals the user's output.

C. Program Data Display

Displays performance in heart rate, RPM, distance, watts and calories.

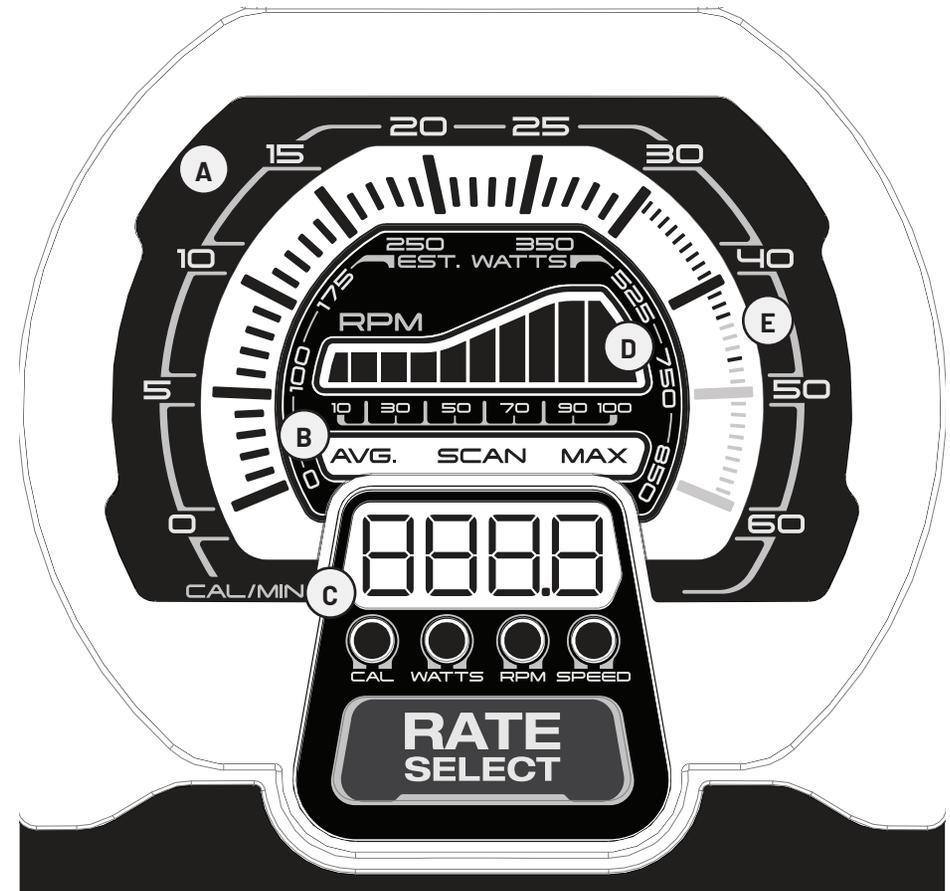
D. Keypad

Quick program and input keys.



Tachometer Display

- A. LCD tachometer display**—the meter is divided into 60 segments to show CAL/MIN and WATTS metrics for the current workout performance. For CAL/MIN values the meter utilizes two linear scales: each large tick mark segment (0-30) indicates 1 calorie/minute, and each small tick mark segment (30-60) indicates 1 calorie/minute.
- B. Tach metric labels**—indicate the type of values currently shown in the Tach metric display:
- **AVG**—the Average values display only during workout summary.
 - **SCAN**—in Scan mode the tach automatically moves through the rate metrics. Each rate display shows for 3 seconds.
 - **MAX**—the Maximum values display only during workout summary.
- C. Tach metric display**—shows the numeric values for the following rates:
- **CAL/MIN**—the estimated calories burned per minute (based on the Watts metric). The maximum display is 999.9.
 - **WATTS**—the power that you are producing at the current resistance level (1 horsepower = 746 watts). Maximum value is 999.9.
 - **RPM**—the machine revolutions per minute (RPM). The maximum display is 9999.
 - **SPEED**—the machine speed in miles per hour, to one decimal place—for example, 10.5. The maximum display is 999.9.
- D. Tach hill**—represents the user's RPM performance on a 1-100 linear scale (divided into 10 segments).
- E. MAX CAL/MIN tick mark**—the highest tick mark achieved (on the LCD tachometer display) stays on to show the maximum effort during the current workout.



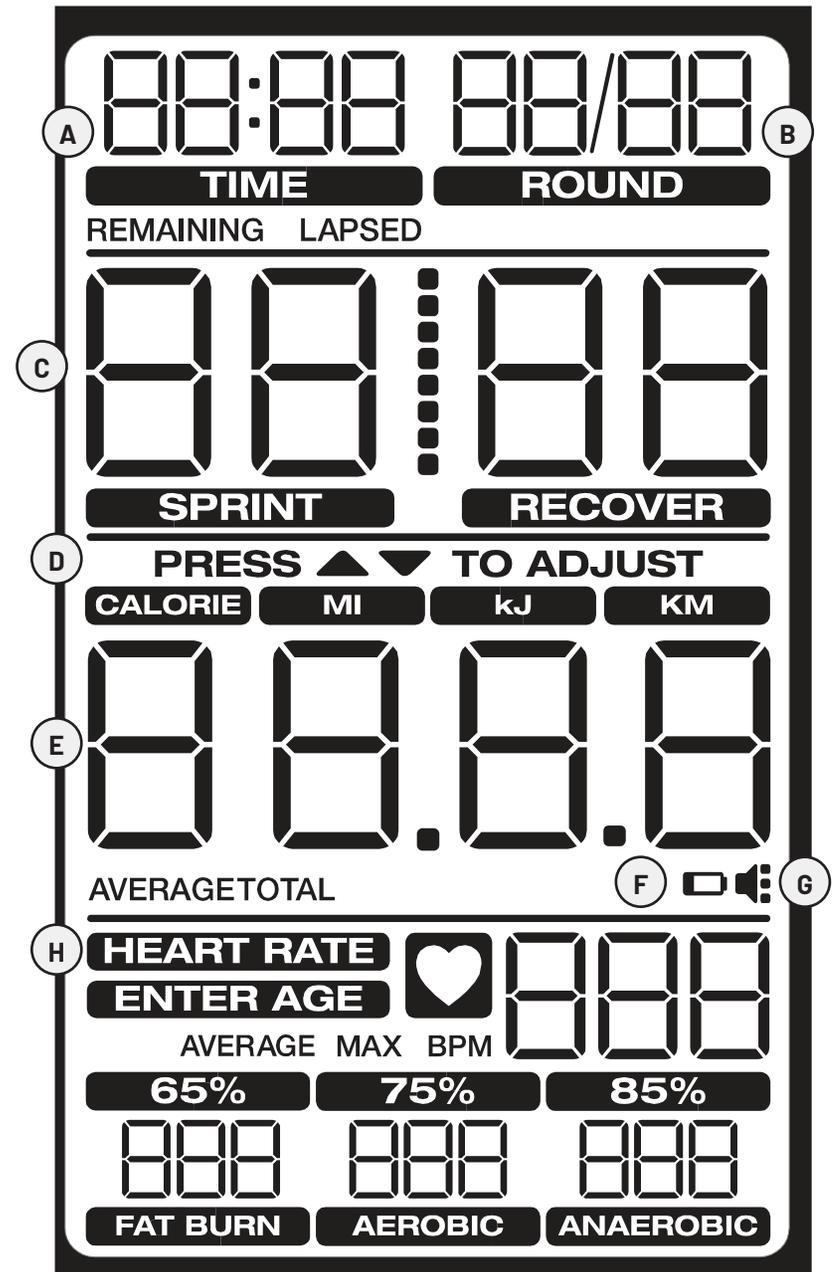
Program Data Display

- A. TIME**—The TIME display field is used for Interval workouts only. During the workout, it shows the remaining time. During workout summary it shows the total time.
- B. ROUND**—The ROUND display field is used for Interval workouts only. The first 00 segment shows the number of the current round. The second 00 segment shows the total number of rounds. The maximum number of rounds is 49.
- C. TIME/INTERVAL**—The TIME/INTERVAL display field has two modes: Default and Interval. The Sprint and Recover labels are enabled for Interval programs only. Default mode shows lapsed or remaining time, depending on the program in use. Time ticks up to 99 minutes and 59 seconds (the maximum time). Interval mode shows the workout state (Sprint/Recover) and remaining time in that state. The maximum is 99 seconds in each state.
- D. PRESS ▲ / ▼ TO ADJUST**—The prompt “PRESS ▲ / ▼ TO ADJUST” shows only before a workout for the option to Increase/Decrease a target or number of intervals. The customizable metric flashes until it is adjusted.
- E. Cumulative metrics**—The cumulative metrics display field shows the work (CALORIES, kJ) or distance (MI, KM) achieved during the workout. Manual and Interval programs start at 0 and count up. In Target programs the target metric counts down to 0, but the other metrics count up. Push the CAL MI kJ KM SELECT button to move to each metric.
- The AVERAGE and TOTAL labels identify the values in the workout summary.
- F. Battery indicator**—The battery indicator turns on when the battery level is 25% or less.
- G. Volume**—The volume icon for the audio alert is always on. The three dots to the right indicate the volume setting. (Off: icon shows no dots, Full: icon shows three dots.)
- H. HEART RATE**—The HEART RATE display shows the heart rate in beats per minute (BPM) from a telemetric heart rate sensor. The icon will flash when it has a signal from a telemetric heart rate strap. This display value will be blank if a heart rate signal is not detected. The AVERAGE and MAX labels identify the HR values in the workout summary.

⚠ CAUTION: Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine’s computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

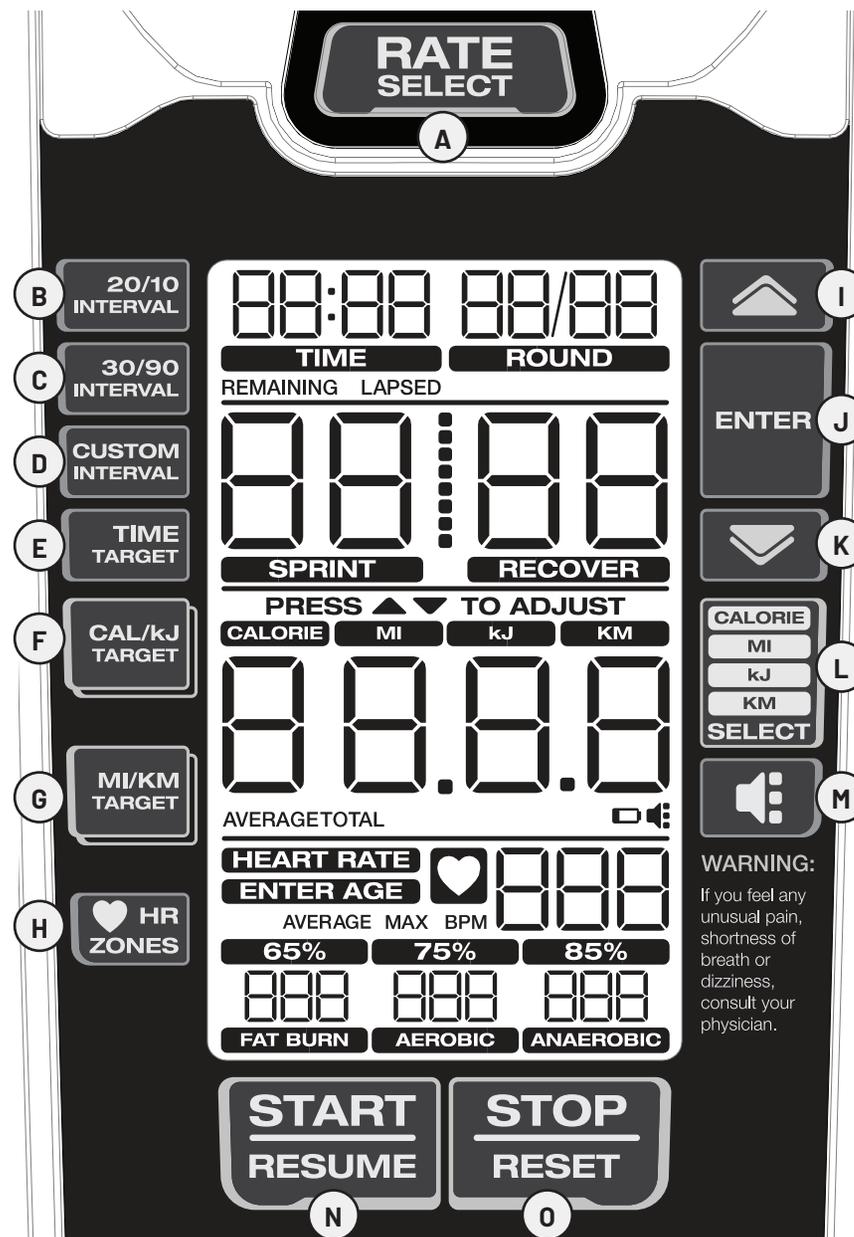
The prompt “ENTER AGE” turns on if the user presses the HR ZONES button. The default age is 35.

The values in the FAT BURN, AEROBIC and ANAEROBIC heart rate zone fields are calculated from the Age value.



Keypad Functions

- A. **RATE SELECT**—Cycles through the tach metric display options (CAL/MIN, WATTS, RPM, SPEED). Push and hold the button for 3 seconds to go to SCAN mode and cycle through the rates automatically. Each rate is displayed for 3 seconds. To exit SCAN mode, push RATE SELECT.
- B. **20/10 INTERVAL**—Selects the 20/10 Interval workout.
- C. **30/90 INTERVAL**—Selects the 30/90 Interval workout.
- D. **CUSTOM INTERVAL**—Selects the Custom Interval workout.
- E. **TIME TARGET**—Selects the Time Target workout.
- F. **CAL/kJ TARGET**—Push one time to select the CAL Target workout. Push two times to select the kJ Target workout.
- G. **MI/KM TARGET**—Push one time to select the MI Target workout. Push two times to select the KM Target workout.
- H. **HR ZONES**—Push before or during any workout to start the Heart Rate Zones calculation.
- I. **Increase (▲)**—Increases a value (time, target or age) or moves through options. Push and hold for quick access.
- J. **ENTER**—Confirms a setting for HR ZONES and the CUSTOM INTERVAL program.
- K. **Decrease (▼)**—Decreases a value (time, target or age) or moves through options. Push and hold for quick access.
- L. **CAL MI kJ KM SELECT**—Cycles through the cumulative metrics. Push the button and the ENTER button together and hold for 5 seconds to automatically show your last displayed metric (CAL/MI/kJ/KM) in the cumulative metrics field. The selection will be saved if the current workout runs for a minimum of 1 minute. The selected metric will be the default for all workouts except for the CAL/kJ Target workouts and MI/KM Target workouts. To return to the cycling display mode, push the CAL MI kJ KM SELECT button and ENTER button together and hold for 5 seconds.
- M. **Volume**—Moves through the four volume levels for the audio alert: Off, low, med (default), high, med, low, off.
- N. **START/RESUME**—Starts the timer, and resumes a paused workout.
- O. **STOP/RESET**—Push one time to stop the workout and display summary. Push two times to reset the console and erase data (except Custom Interval program).



Remote Heart Rate Monitor

Monitoring your heart rate is one of the best procedures to control the intensity of your exercise. The console can read telemetry HR signals from a heart rate chest strap transmitter that operates in the 4.5kHz - 5.5kHz range.

NOTE: The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR® compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)

▲CAUTION: If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.

Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by completing a stress test than by using an age related formula.

Your at-rest heart rate is influenced by endurance training. The typical adult has an at-rest heart rate of approximately 72 BPM, where as highly trained runners may have readings of 40 BPM or lower.

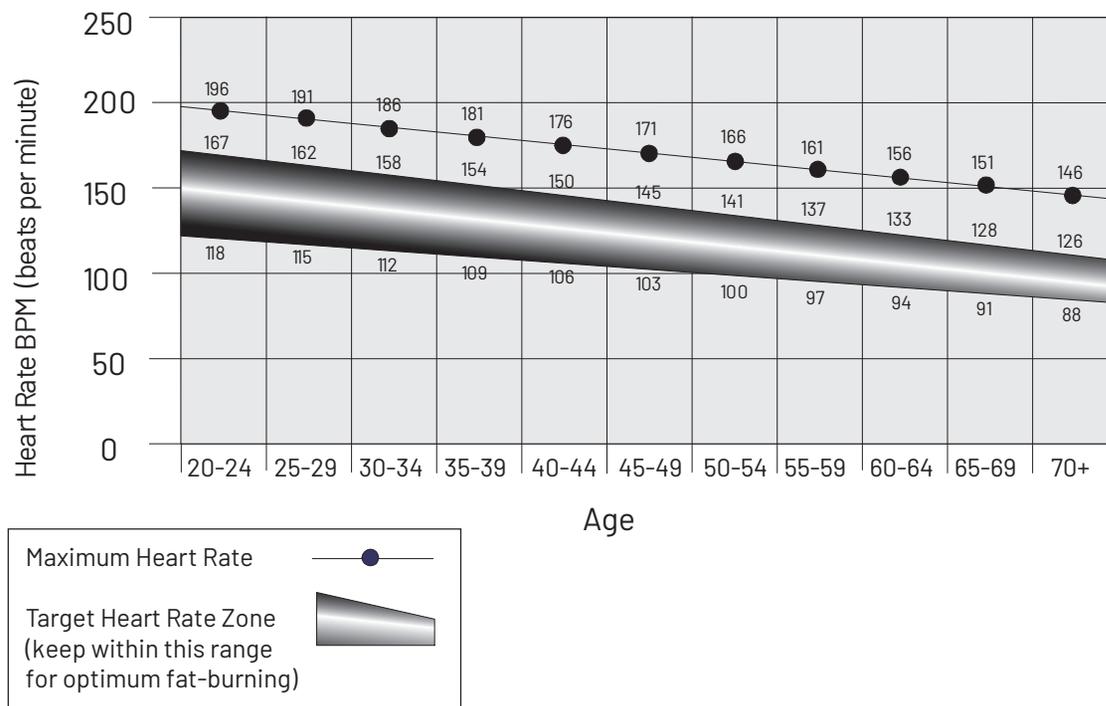
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 - 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

NOTE: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

FAT-BURNING TARGET HEART RATE



Auto-Calibration

The console has a built-in sensor which continually corrects for changes in altitude to maintain accurate measurement of fan resistance and watts used during exercise.

Power-Up / Idle Mode

The console will enter power-up / idle mode if any button is pushed, or if it receives a signal from the RPM sensor as a result of pedaling the machine.

NOTE: The console will display the battery indicator if the battery level is 25% or less.

Auto Shut-Off (Sleep Mode)

If the console does not receive any input in approximately 2 minutes, it will automatically shut off. The LCD display is off while in sleep mode.

NOTE: The Console does not have an On/Off switch.

WORKOUT PROGRAMS

Manual Workout

The manual program lets you start a workout without entering any information.

- A. Sit on the machine.
- B. With the console in idle mode, push **START/RESUME** to start the workout program, and start to pedal.
- C. To pause the workout and see your metrics, push **STOP/RESET** one time. Push **START/RESUME** to continue.
- D. When done with your workout, push **STOP/RESET** two times to end the workout.

20/10 Interval Workout

The console allows you to select an Interval workout of 20 seconds sprint followed by 10 seconds recover (1 round). The default number of rounds is 8 rounds (total time - 4 minutes).

- A. Sit on the machine.
- B. With the console in idle mode, push **20/10 INTERVAL**.
- C. The **ROUND** field blinks (default value is 8). To change the number of rounds, use increase/decrease (▲ / ▼).
- D. Push **START/RESUME** to start the timer, and start to pedal.
- E. The program starts in the sprint phase and counts down each phase and the total workout time. The work and distance values count up. An audible alert sounds 3 seconds before each phase change.

30/90 Interval Workout

The console allows you to select an interval workout of 30 seconds sprint followed by 90 seconds recover (1 round). The default number of rounds is 8 rounds (total time – 16 minutes).

- A. Sit on the machine.
- B. With the console in idle mode, push **30/90 INTERVAL**.
- C. The **ROUND** field blinks (default value is 8). To change the number of rounds, use increase/decrease (▲ / ▼).
- D. Push **START/RESUME** to start the timer, and start to pedal.
- E. The program starts in the sprint phase and counts down each phase and the total workout time. The work and distance values count up. An audible alert sounds 3 seconds before each phase change.

Custom Interval Workout

The console allows you to select a custom interval workout and enter your own values for sprint, recover and number of rounds.

- A. Sit on the machine and start to pedal.
- B. With the console in idle mode, push **CUSTOM INTERVAL**.
- C. The console will show the default values or the last custom values. The **ROUND** field blinks.
NOTE: The default round value is 5 (maximum is 99). The default sprint value is 60 seconds (maximum is 99). The default recover value is 60 seconds (maximum is 99).
- D. The **ROUND** field blinks. To change the value, use increase/decrease (▲ / ▼) and push ENTER to confirm and go to the next field.
- E. The **SPRINT** field blinks. To change the value, use increase/decrease (▲ / ▼) to adjust the time in 5 second increments. Push **ENTER** to confirm and go to the next field.
- F. The **RECOVER** field blinks. To change the value, use increase/decrease (▲ / ▼) to adjust the time in 5 second increments. Push **ENTER** to confirm.
- G. Push **START/RESUME** to start the timer, and start to pedal.
- H. The program starts in the sprint phase and counts down each phase and the total workout time. The work and distance values count up. An audible alert sounds 3 seconds before each phase change.

Time Target Workout

The console allows you to select a time target workout and enter your own time value. The default value is 10 minutes.

- A. Sit on the machine.
- B. With the console in idle mode, push **TIME TARGET**.
- C. The **TIME/INTERVAL** field blinks (default value is 10:00). To change the value, use increase/decrease (▲ / ▼) to adjust in 1 minute increments.
- D. Push **START/RESUME** to start the timer, and start to pedal.
- E. The program starts and counts down the time. The CALORIE, kJ, MI and KM values count up.

Calories Target Workout

The console allows you to select a calories target workout and enter your own calories value. The default value is 100 calories.

- A. Sit on the machine.
- B. With the console in idle mode, push **CAL/kJ TARGET** one time.
- C. The **CALORIE** metrics field blinks (default value is 100). To change the value, use increase/decrease (▲ / ▼) to adjust in 25 calorie increments.
- D. Push **START/RESUME** to start the timer, and start to pedal.
- E. The program starts and counts down the calories. The total time, kJ, MI and KM values count up.

Kilojoules (kJ) Target Workout

The console allows you to select a kilojoules target workout and enter your own kilojoules value. The default value is 400 kilojoules.

- A. Sit on the machine.
- B. With the console in idle mode, push **CAL/kJ TARGET** two times.
- C. The **kJ** metrics field blinks (default value is 400). To change the value, use increase/decrease (▲ / ▼) to adjust in 100 kilojoule increments.
- D. Push **START/RESUME** to start the timer, and start to pedal.
- E. The program starts and counts down the kilojoules. The total time, CALORIE, MI and KM values count up.

Miles Target Workout

The console allows you to select a miles target workout and enter your own miles value. The default value is 1 mile.

- A. Sit on the machine.
- B. With the Console in Idle Mode, push the MI/KM TARGET button one time.
- C. The MI metrics field blinks (default value is 1.0). To change the value, use the Increase/Decrease buttons to adjust in 0.5 mile increments.
- D. Push the START/RESUME button to start the timer, and start to pedal.
- E. The program starts and counts down the miles. The total time, CALORIE, kJ and KM values count up.

Kilometers Target Workout

The console allows you to select a kilometers target workout and enter your own kilometers value. The default value is 1 kilometer.

- A. Sit on the machine.
- B. With the console in idle mode, push **MI/KM TARGET** two times.
- C. The **KM** metrics field blinks (default value is 1.0). To change the value, use increase/decrease (▲ / ▼) to adjust in 1 kilometer increments.
- D. Push **START/RESUME** to start the timer, and start to pedal.
- E. The program starts and counts down the kilometers. The total time, CALORIE, kJ and MI values count up.

Heart Rate Zones

The console allows you to set your heart rate zones and use the calculated values to monitor your workout intensity. This feature can be used in conjunction with all of the other programs.

- A. Sit on the machine.
- B. With the console in idle mode, push **HR ZONES**. The prompt “**ENTER AGE**” turns on. The default age is 35. To adjust the age value, use increase/decrease (▲ / ▼) and push **ENTER**.

The console calculates values for the FAT BURN, AEROBIC and ANAEROBIC heart rate zone fields from the age value.

▲ CAUTION: Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine’s computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

- C. The **HEART RATE** display shows the heart rate in beats per minute (BPM) from a heart rate chest strap transmitter. The icon will flash when it has a signal from a HR chest strap.

NOTE: If no heart rate is detected, the display will be blank.

If the console goes into sleep mode or the power is removed, the age value is reset to default and the HR zones turn off.

Pausing / Results Mode

To pause a workout and see the workout summary:

- A. Push **STOP/RESET** one time.

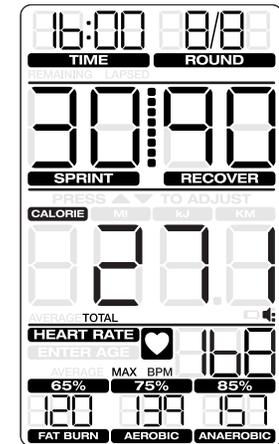
NOTE: The console will automatically pause if there is no RPM signal for 5 minutes.

- B. To continue your workout, push **START/RESUME**.
- C. To end the workout, push **STOP/RESET** two times. The console will go into idle mode.
- D. When you complete or stop a workout, the console will display a summary of your workout values. To stop a workout and see the summary, push **STOP/RESET** and the console will go into results mode.
 - The tachometer display shows the user’s average CAL/MIN and WATTS, and the MAX CAL/MIN tick mark for that workout.
 - The tach hill shows the average RPM.
 - The tach metric display shows the average and maximum values for the selected metric.
 - If the console was in SCAN mode, the display cycles through the average and maximum values for CAL/MIN, WATTS, RPM and SPEED.
 - The program data display shows the total time, CALORIE, MI (miles), kJ (kilojoules), and KM (kilometers) metrics.
- E. Push **CAL MI KJ KM SELECT** to cycle through the metrics. The summary for interval programs shows total time, rounds and interval time.
- F. The heart rate area cycles the average HR and MAX HR values. If HR zones were calculated for the program, the values are displayed. The results display will show for 5 minutes and then reset.
- G. Push **STOP/RESET** to stop the results display and go back to idle mode.

Manual and Target Programs



Interval Programs



CONSOLE SERVICE MODE

The console service mode lets you see the total time and distance the machine has been used, adjust the altitude value for a more accurate calorie count, or find out which version of firmware is installed.

A. Hold down **STOP/RESET** and decrease (▼) together for 3 seconds while in the idle mode to go into the console service mode.

B. The console display shows the machine statistics:

- Total Machine Time—number of hours (in Time/Interval field). Maximum display is 9999.
- Total Machine Distance—number of miles (in cumulative metrics field).

Push decrease (▼) to go to the metric display option:

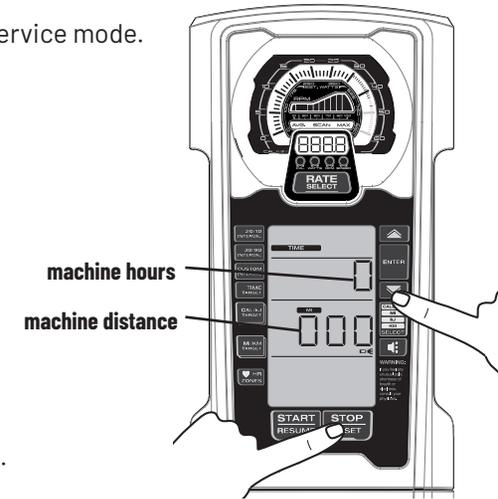
- Total Machine Time—number of hours (in Time/Interval field). Maximum display is 9999.
- Total Machine Distance—number of kilometers in 10-kilometer increments (in cumulative metrics field).

C. Push **STOP/RESET** to exit console service mode. Push decrease (▼) to go to the next option.

The console display shows the Firmware Version.

D. Push **STOP/RESET** to exit console service mode.

NOTE: In service mode, if the console does not receive any input in approximately 2 minutes, it goes into sleep mode.



REPLACING THE CONSOLE BATTERIES

The console will display the battery indicator icon when the batteries are around 25% of their rated power during power up. If you use rechargeable batteries, the optional power adapter will not recharge the batteries.

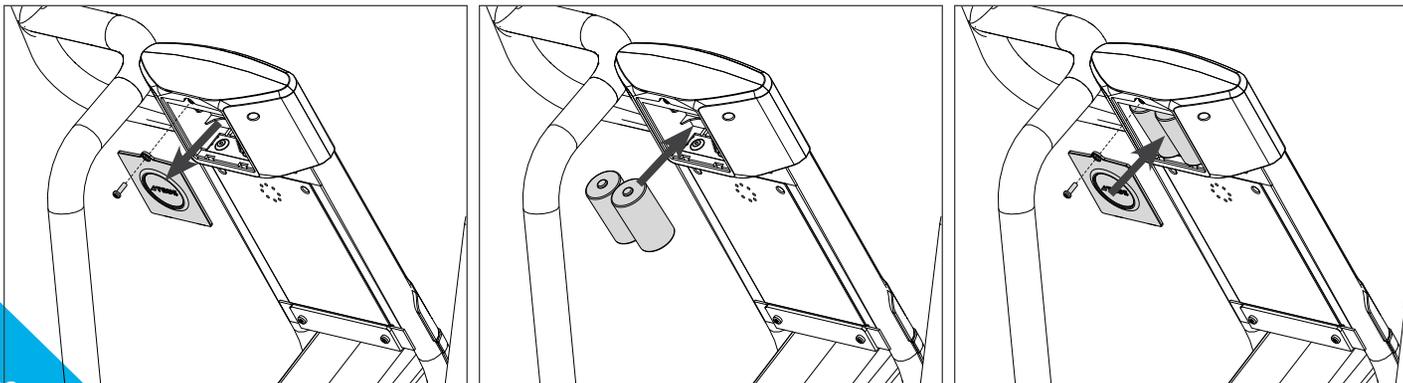
A. To open the battery bay, loosen the preinstalled screw in the cover. The console uses D size batteries (LR20).

B. When replacing the batteries, ensure that the batteries point in the direction of the +/- indicators in the battery bay.

NOTE: If you use rechargeable batteries, the optional power adapter will not recharge the batteries.

⚠ CAUTION:

- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.



CARE AND MAINTENANCE

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the equipment 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

TRUE is not responsible for performing or scheduling regular maintenance or inspections. Users should inspect the bike daily. Verify the pedals are at the correct torque specification and securely fastened. Look and listen for slipping belts, loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. If any of these are noticed, obtain service. Do not attempt to use the bike until proper service has been performed or damaged parts have been replaced.

IMPORTANT!

If you determine that the bike needs service, make sure that the bike cannot be used inadvertently. Make sure other users know that the bike needs service. To order parts or to contact a TRUE authorized service representative, please visit www.truefitness.com.

CLEANING THE EQUIPMENT

AFTER EACH USE

- Use GymWipes™ Antibacterial wipes or spray a solution of 30 parts water to 1 part mild detergent to dampen a soft cloth and wipe all exposed surfaces.
- Use a LCD/screen cleaner or spray a solution of 1 part 91% isopropyl alcohol and 1 part water to dampen a soft cloth and wipe the surface of the console. This helps remove fingerprints, dust, and dirt.

WEEKLY

- **Vacuum**—Vacuum any dust or dirt that might have accumulated under or around the bike.

⚠ 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 parts of the machine. Allow the machine 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.

LEVELING THE MACHINE

⚠ CAUTION:

Prevent potential damage to the machine and injury to the user. This unit is equipped with four leveling feet. Make sure that the bike is level at all times. If the bike is placed on a uneven surface, adjusting the leveling feet can help, but may not completely compensate for extremely uneven surfaces. Bikes that are not level can cause damage to the machine and possible injuries for the user.

Once the machine has been moved to it's designated location:

- A. Adjust all four leveling feet until they contact the floor.

IMPORTANT! Do not adjust the leveling feet to such a height that they detach or unscrew from the machine.

- B. Verify all four lock nuts are securely tightened and flush against the bottom of the frame.

PREVENTATIVE MAINTENANCE

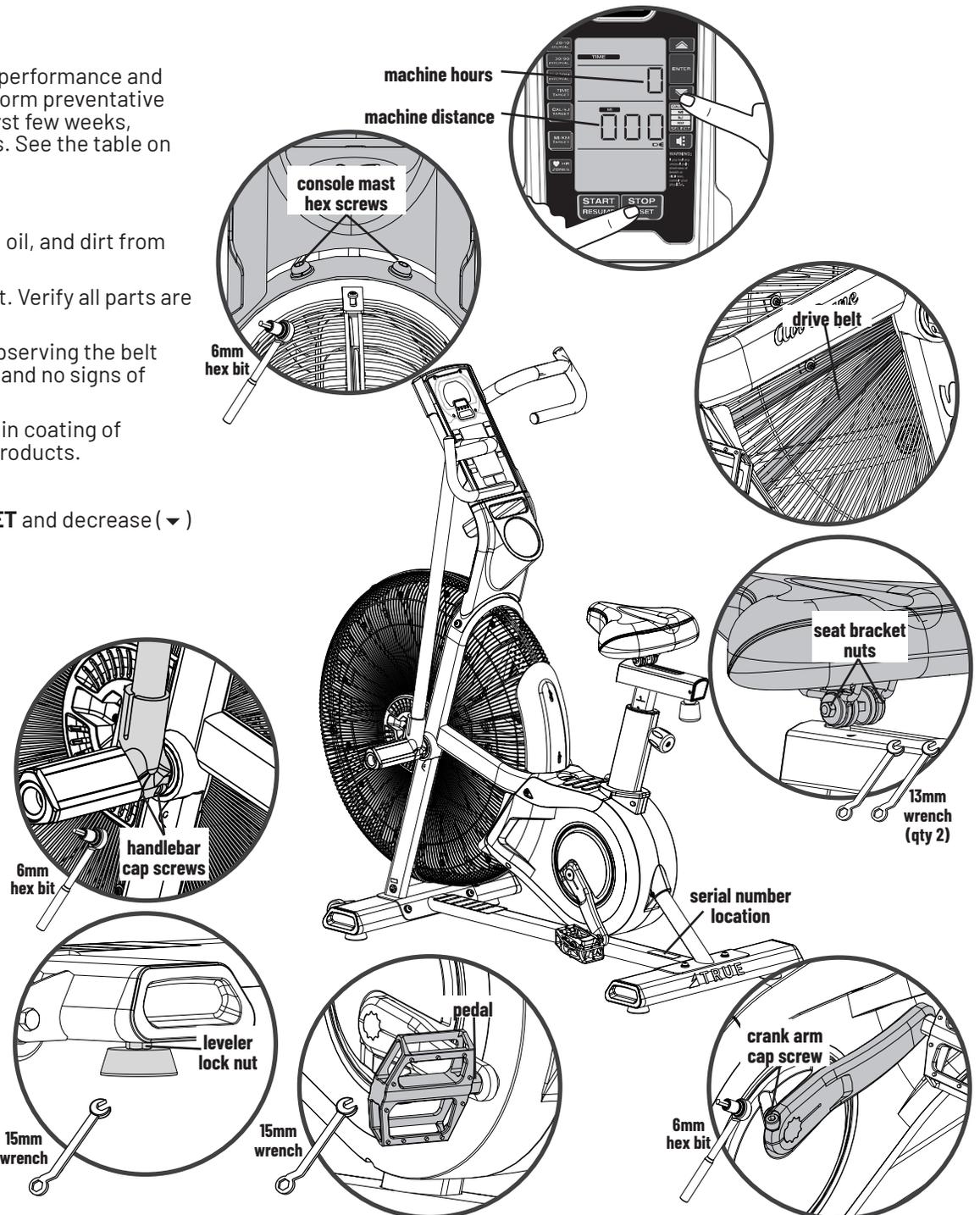
Periodic cleaning and inspection contributes to optimum machine performance and customer enjoyment. For the ADX TRUE recommends that you perform preventative maintenance every week for the first few weeks of use. After the first few weeks, perform preventative maintenance on a monthly or as needed basis. See the table on the following page for recommended frequency and tasks.

Preventative Maintenance Activities

- Clean the machine using a damp cloth to remove excess sweat, oil, and dirt from the surfaces. Be sure to keep the console free of moisture.
- Inspect pedals, crank arms, handlebars, seat, and console mast. Verify all parts are damage free and securely fastened.
- Inspect the drive belt by rotating the crank arms by hand and observing the belt through the fan cage. Verify the belt is functioning as intended and no signs of wear are present.
- Verify the seat adjusts smoothly. If needed, sparingly apply a thin coating of silicone lube to ease operation. **DO NOT** use petroleum based products.
- Verify the machine is level and lock nuts are securely fastened.
- Record the machine time/distance: press and hold **STOP/RESET** and decrease (▼) for three seconds to display machine information.

IMPORTANT!

- **DO NOT USE A PETROLEUM BASED SOLVENT OR AUTOMOTIVE CLEANER ON THE MACHINE.**
- **ALWAYS KEEP THE CONSOLE FREE OF MOISTURE.**
- **IF PARTS ARE DAMAGED OR WORN, PLEASE CONTACT PRODUCT SUPPORT.**



TRUE recommends that quarterly scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit www.truefitness.com to contact a local TRUE authorized service technician.

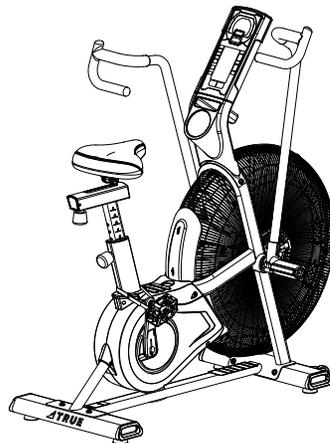
IMPORTANT! Use only TRUE Fitness certified service providers. Using non-authorized service providers could void the TRUE Warranty.

Frequency	Tasks
Daily	<ul style="list-style-type: none"> • Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed cables, and any other indications that the equipment may be in need of service. • Verify the pedals are at the correct torque specification and securely fastened. • Use GymWipes™ Antibacterial wipes or spray a solution of 30 parts water to 1 part mild detergent to dampen a soft cloth and wipe all exposed surfaces. • Use a LCD/screen cleaner or spray a solution of 1 part 91% isopropyl alcohol and 1 part water to dampen a soft cloth and wipe the surface of the console. This helps remove fingerprints, dust, and dirt.
Weekly	<ul style="list-style-type: none"> • Vacuum any dust or dirt that might have accumulated under or around the machine.
Quarterly	<ul style="list-style-type: none"> • Record time, distance, and hours from the console. • Check error log in console. • Remove shroud covers and vacuum any debris out of the speed sensor, control electronics and moving parts. • Move and vacuum underneath the machine. • Inspect all fasteners. • Inspect all electrical connections. • Inspect components for abnormal or premature wear.

LONG TERM STORAGE

When the bike is not in use for any length of time, ensure it is positioned so that it will not become damaged or interfere with people or other equipment. Also be sure to lock the fan assembly with the transport and immobilization strap.

⚠ CAUTION: For safe storage of the machine, remove the batteries and install the transport and immobilization strap to secure the resistance fan.



TROUBLESHOOTING

Condition/Problem	Things to Check	Solution
Console will not power up/ turn on/ start	<ul style="list-style-type: none"> A. If bike has AC adapter, check electrical (wall) outlet. B. If bike has AC adapter, check connection at unit. C. If bike has batteries, check Battery Indicator on console or check batteries. D. Check data cable integrity. E. Check data cable connections/orientation. F. Check console display for damage. 	<ul style="list-style-type: none"> A. Make sure unit is plugged into a functioning wall outlet. B. Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged. C. Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries. D. All wires in cable should be intact. If any are visibly crimped or cut, replace cable. E. Make sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place. F. Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged. <p>If the above steps do not resolve the problem, contact your local distributor or Customer Service for further assistance.</p>
Speed displayed is not accurate	Check Speed Sensor Magnet position (requires fan cover removal).	Speed Sensor Magnets should be in place on Fan assembly.
Speed displayed is always "0"/stuck in Pause mode	<ul style="list-style-type: none"> A. Data cable. B. Speed Sensor (requires fan cover removal). 	<ul style="list-style-type: none"> A. Make sure the data cable is connected to the back of the Console and the main frame assembly. B. Make sure the Speed Sensor Magnets and the Speed Sensor are in place.
No speed/RPM reading	<ul style="list-style-type: none"> A. Check data cable integrity. B. Check data cable connections/orientation. C. Check Speed Sensor Magnet position (requires fan cover removal). D. Check Speed Sensor Assembly (requires fan cover removal). 	<ul style="list-style-type: none"> A. All wires in cable should be intact. If any are cut or crimped, replace cable. B. Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place. C. Magnets should be in place on Fan assembly. D. Speed Sensor Assembly should be aligned with magnets and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Console displays battery icon	Batteries.	Replace batteries.
Unit operates but Telemetric Heart Rate not displayed	<ul style="list-style-type: none"> A. Chest Strap (optional). B. Chest Strap Batteries. C. Interference. D. Replace Chest Strap. E. Replace Console. 	<ul style="list-style-type: none"> A. Strap should be "POLAR®" compatible and uncoded. Make sure strap is directly against skin and contact area is wet. B. If strap has replaceable batteries, install new batteries. C. Try moving unit away from sources of interference (TV, Micro- wave, etc). D. If interference is eliminated and HR does not function, replace strap. E. If HR still does not function, replace Console.

Condition/Problem	Things to Check	Solution
Console shuts off (enters sleep mode) while in use	<ul style="list-style-type: none"> A. Check data cable integrity. B. Check data cable connections/orientation. C. If bike has batteries, check Battery Indicator on console or check batteries. D. Check Speed Sensor Magnet position (requires fan cover removal). E. Check Speed Sensor Assembly. 	<ul style="list-style-type: none"> A. All wires in the cable should be intact. If any are cut or crimped, replace cable. B. Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place. C. Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries. D. Speed Sensor Magnets should be in place on Fan assembly. E. Speed Sensor Assembly should be aligned with magnets and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Console displays "err 1" message	Check Console keypad for stuck key.	Contact your local distributor or Customer Service for further assistance.
Unit rocks/does not sit level	<ul style="list-style-type: none"> A. Check leveler adjustment. B. Check surface under unit. 	<ul style="list-style-type: none"> A. Leveling feet may be turned in or out to level bike. B. Adjustment may not be able to compensate for extremely uneven surfaces. Move bike to level area.
Pedals loose/unit difficult to pedal	<ul style="list-style-type: none"> A. Check pedal to crank connection. B. Check crank arm to axle connection. C. Crank link to pulley connection. 	<ul style="list-style-type: none"> A. Pedal should be tightened securely to crank arm. Be sure connection is not cross-threaded. B. Crank arm should be tightened securely to axle. (Screw torque = 60 N.m.) C. If the left crank arm still feels loose with correct torque applied and the crank link shaft is moving with the crank arm, replace the crank link assembly.
Clicking sound when pedaling	<ul style="list-style-type: none"> A. Check pedal to crank connection. B. Check fan alignment (requires fan cover removal). 	<ul style="list-style-type: none"> A. Remove pedals. Make sure there is no debris on threads, and reinstall the pedals. B. Refer to the "Adjust the Belt Tension" procedure in the Service Manual.
Seat post movement	<ul style="list-style-type: none"> A. Check locking pin. B. Check locking knob. 	<ul style="list-style-type: none"> A. Be sure adjustment pin is locked into one of the seat post adjustment holes. B. Be sure knob is securely tightened.
Handlebar arms click/tick during movement	Check hardware.	Screws at the base of handlebar arms should be tightened securely. (Screw torque = 40 N.m.)

WARRANTY INFORMATION

ATTENTION OWNER'S: To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

COMMERCIAL WARRANTY

CARDIO				
WARRANTY ITEM	VAPOR, APEX	GRAVITY PLUS	GRAVITY	ADX, RO, SURGE
Frame*	7 Years (with registration)	7 Years (with registration)	7 Years (with registration)	5 Years (with registration)
Parts	3 Years	3 Years	3 Years	3 Years
Consoles	3 Years	3 Years	3 Years	2 Years
Labor**	2 Years (with registration)	2 Years (with registration)	1 Year (with registration)	1 Year (with registration)
Wear Items***	180 Days	180 Days	180 Days	90 Days

STRENGTH	
WARRANTY ITEM	PALLADIUM, FUSE XL, FORCE, FITNESS LINE, ATLAS, XFT, XFW, MP, SM, FT, FS
Frame*	10 Years (with registration)
Parts	5 Years
Cables and Linear Bearings	1 Year
Labor**	1 Year (with registration)
Wear Items***	90 Days (6 Months for FORCE only)

FLEXIBILITY	
WARRANTY ITEM	STRETCH
Parts	1 Year
Wear Items***	90 Days

Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

*Frame is the serialized base of the unit and does not include paint or coatings. Frame warranty will equal that of parts warranty unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.

**Labor warranty is available for equipment located within United States. TRUE Fitness equipment is automatically covered under a 6-month Limited Labor Warranty. This 6-month Limited Labor Warranty begins from the date of purchase shown by a valid receipt. If a valid receipt is not available, the 6-month Limited Labor Warranty period begins from the date of manufacture on the originally purchased equipment.

***Wear Items include: batteries, covers, caps, badges, paint, pedal straps, toe clips, elliptical pedal inserts, foot pads, Coax/TV, HDMI, USB, mirroring or Ethernet connections, and safety key.

See Warranty Details for product registration requirements, terms, conditions, and complete coverage details.

ATTENTION OWNER'S: To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

LIMITED-USE COMMERCIAL WARRANTY*

CARDIO				
WARRANTY ITEM	VAPOR, APEX	GRAVITY PLUS	GRAVITY	LAUNCH
Frame**	7 Years (with registration)			
Parts	5 Years	5 Years	5 Years	5 Years
Consoles	3 Years	3 Years	3 Years	3 Years
Tread Belt and Deck	5 Years	5 Years	5 Years	2 Years
Labor***	3 Years (with registration)	3 Years (with registration)	2 Years (with registration)	1 Year (with registration)
Wear Items****	180 Days	180 Days	180 Days	90 Days

TRUE Fitness may offer alternative warranties to purchasers of commercial equipment for limited-use commercial.* This policy ensures that customers who use commercial equipment for limited-use commercial use may receive alternative warranty coverage, provided they meet the specified requirements. It's important to note that the specific terms and conditions of the alternative warranty, as well as the eligibility criteria, may vary depending on the product and TRUE's policies at the time of purchase. Customers should review the warranty terms and contact TRUE for precise details.

*To be eligible for the alternative limited-use commercial warranty, equipment use cannot exceed 6-hours use a day or be for use in a membership, dues paying, or institutional facility.

Customers must provide TRUE with the following within 45 days of installation of the qualifying commercial-rated equipment:

- Purchase agreement.
- Proof of professional delivery and installation.
- TRUE will recognize the alternative warranty for the purchaser and implement it within 45 days of receiving the required documentation if such an alternative warranty is available for the specific product.

Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

**Frame is the serialized base of the unit and does not include paint or coatings. Frame warranty will equal that of parts warranty unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.

***Labor warranty is available for equipment located within United States. TRUE Fitness equipment is automatically covered under a 6-month Limited Labor Warranty. This 6-month Limited Labor Warranty begins from the date of purchase shown by a valid receipt. If a valid receipt is not available, the 6-month Limited Labor Warranty period begins from the date of manufacture on the originally purchased equipment.

****Wear Items include: batteries, covers, caps, badges, paint, pedal straps, toe clips, elliptical pedal inserts, foot pads, Coax/TV, HDMI, USB, mirroring or Ethernet connections, and safety key.

See Warranty Details for product registration requirements, terms, conditions, and complete coverage details.

ATTENTION OWNER'S: To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

IN-HOME USE WARRANTY*

CARDIO				
WARRANTY ITEM	VAPOR, APEX	GRAVITY PLUS	GRAVITY	LAUNCH
Frame**	25 Years (with registration)			
Drive Motor***	25 Years (with registration)			
Parts	10 Years	12 Years	10 Years	7 Years
Consoles	3 Years	3 Years	3 Years	3 Years
Tread Belt and Deck	10 Years	10 Years	7 Years	5 Years
Labor****	2 Years (with registration)	2 Years (with registration)	2 Years (with registration)	1 Year (with registration)
Wear Items*****	180 Days	180 Days	180 Days	180 Days

TRUE Fitness may offer alternative warranties to purchasers of commercial equipment for in-home use.* This policy ensures that customers who use commercial equipment for in-home use may receive alternative warranty coverage, provided they meet the specified requirements. It's important to note that the specific terms and conditions of the alternative warranty, as well as the eligibility criteria, may vary depending on the product and TRUE's policies at the time of purchase. Customers should review the warranty terms and contact TRUE for precise details.

*To be eligible for the alternative in-home use warranty, equipment must be used at a home address and cannot be used outside of the purchaser of the equipment and their immediate family.

Customers must provide TRUE with the following within 45 days of installation of the qualifying commercial-rated equipment:

- Purchase agreement.
- Proof of professional delivery and installation.
- TRUE will recognize the alternative warranty for the purchaser and implement it within 45 days of receiving the required documentation if such an alternative warranty is available for the specific product.

Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

**Frame is the serialized base of the unit and does not include paint or coatings. Frame warranty will equal that of parts warranty unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.

***Drive Motor warranty will equal that of parts warranty unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.

****Labor warranty is available for equipment located within United States. TRUE Fitness equipment is automatically covered under a 6-month Limited Labor Warranty. This 6-month Limited Labor Warranty begins from the date of purchase shown by a valid receipt. If a valid receipt is not available, the 6-month Limited Labor Warranty period begins from the date of manufacture on the originally purchased equipment.

*****Wear Items include: batteries, covers, caps, badges, paint, pedal straps, toe clips, elliptical pedal inserts, foot pads, Coax/TV, HDMI, USB, mirroring or Ethernet connections, and safety key.

See Warranty Details for product registration requirements, terms, conditions, and complete coverage details.

ATTENTION OWNER'S: To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

WARRANTY DETAILS

All TRUE Fitness products are distributed by TRUE and are warranted to the original product purchaser and the parts of the TRUE product (the "Product") listed below. During the applicable Warranty Period, the Product, under normal use and service, shall be free of manufacturing defects in workmanship and materials.

NOTE:

- Standard shipping is included with warranty part replacement.
- Shipping for warranty frame or replacement is included for the period of three years from the original date of purchase.

All Warranty Items are "LIMITED"

- 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, failure to provide reasonable and necessary maintenance, software version upgrades, compatibility with third party/aftermarket hardware, software, applications, or websites.
- TRUE's liability shall under no circumstances exceed the actual amount paid by you for the product, nor shall TRUE under any circumstances be liable for any consequential, incidental, special or punitive damages or losses, whether direct or indirect.
- Some states or countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
- TRUE will neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall TRUE be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental, or consequential damages arising out of the use of or inability to use this Product.
- This limited warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
- The remedies described herein are your sole and exclusive remedies and TRUE's entire liability for any breach of this limited warranty.
- No one is authorized to change, modify, or extend the terms of this limited warranty.
- This limited warranty is in lieu of all other warranties of any kind either expressed or including but not limited to implied warranties of merchant.
- This limited warranty applies to the product only while the product remains in the possession of the original purchaser and is not transferable.
- 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).
- The "Warranty Period" for this limited warranty shall be for the duration forth in the applicable charts, beginning from the date of original purchase; provided, however, except to the extent prohibited by applicable law, the "Warranty Period" shall only be six months for labor (from the date of original purchase) unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.
- All serial numbers must be intact on the Product for this limited warranty to be valid.
- Installation or download of any 3rd party or after-market products will result in voided warranty. This includes, but is not limited to, electrical and mechanical parts, software, or applications.
- TRUE will ship to an authorized service provider any new or rebuilt replacement part or component, or at our option, replace or refund the Product.
- Replacement parts are warranted for the remaining portion of the original warranty period.
- Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
- This limited warranty does not apply to the performance of the heart rate accuracy will not be warranted as performance varies, based on user's physiology, age, method of use, and other external factors.

ATTENTION OWNER'S: To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

WARRANTY REGISTRATION

Thank you for purchasing a TRUE product!

To ensure you get the most out of your purchase and receive the full benefits of our warranty, **you must register your product within 45 days of purchaser's receipt of this product.**

How to register your product:

- **Online:**
Simply visit our website at truefitness.com and register your product warranty in one simple step.
- **QR Code:**
Scan the QR code below with your smartphone to be taken directly to the registration page.



- **By Mail:**
Complete the information below and mail to:
TRUE Product Support
865 Hoff Road
St. Louis, MO 63366

PLEASE RETAIN THIS PORTION FOR YOUR RECORDS
BASE SERIAL NUMBER:
CONSOLE SERIAL NUMBER:



base serial number location



WARRANTY REGISTRATION

Base Serial Number

Console Serial Number

Purchase Date

Company (if applicable)

Customer Name (First and Last)

Email Address

Phone Number

Street Address

City

State

Postal Code

Country



CONTACT US
service@truefitness.com
800.883.8783

865 Hoff Road
St. Louis, MO 63366

[TRUEFITNESS.COM](https://www.truefitness.com)



MAN-ADX-0A Owner's Manual and Assembly Guide REV01

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