



# GymTrakr

**Start tracking your heart rate, calorie burn, and workout data for all your TRUE cardio workouts!**

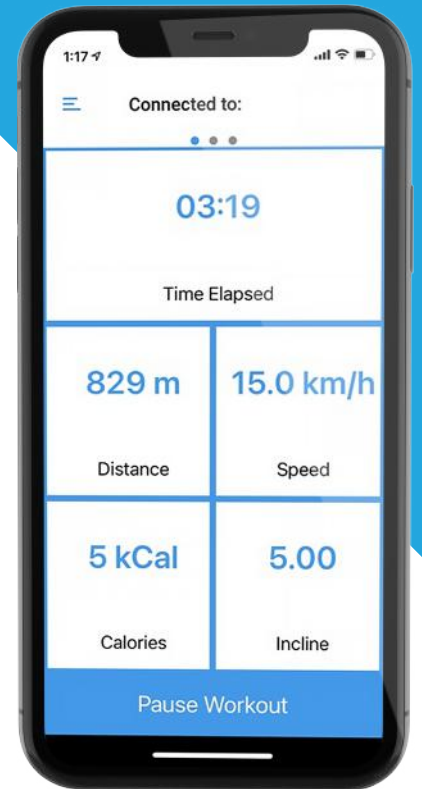
Simply download the **GymTrakr App** to your smartphone. Pair your device to a TRUE Fitness treadmill, bike or elliptical using the Bluetooth option on the console's home screen before you start the workout.

At the end of the workout you have the option of saving your data on the app and/or pushing it to Strava (Apple Health is also an option on iOS devices).

Saved workouts on GymTrakr are in FIT files. Since FIT files have become a fitness industry standard, many platforms support importing FIT files, including the following: *Strava, Training Peaks, Garmin Connect, Endomondo, MapMyFitness and Today's Plan.*

In addition, there is an open source cross-platform app called Golden Cheetah that can be used to import and analyze FIT files.

With all of these options in the palm of your hand, GymTrakr can become the only running app you need!



## TRUE Residential Products available with GymTrakr Technology:

### Z5 Treadmill

- Performance 1000 Treadmill (with T9 Touchscreen)
- Performance 3000 Treadmill (with T9 Touchscreen)
- Performance 8000 Treadmill (with T9 Touchscreen)

### ES700 Recumbent Bike (with T9 Touchscreen)

- ES900 Upright Bike (with T9 Touchscreen)
- ES700 Elliptical (with T9 Touchscreen)

