PERFORMANCE SERIES ELLIPTICAL

The TRUE Performance Series Elliptical combines commercial-grade materials with a sleek, dynamic design to inspire and engage users at home. Designed to provide the most natural movement available on an elliptical, it helps you tone muscles and boost endurance. Featuring user-friendly interactive elements and patented TRUE technology, it's perfect for your home fitness routine.

Opt for the 9" Touchscreen console to utilize Bluetooth connectivity and track your progress. With six user profiles and up to 36 customizable workouts, it offers tailored fitness experiences. The Performance Series also includes TRUE's HRC Cruise Control to maintain your target heart rate, AutoStride™ technology for smooth, natural movement, and the Cardio 360® program for full-body workouts.

FEATURES

- TRUE's HRC® Cruise Control to maintain your target heart rate throughout a workout.
- AutoStride™ technology that gives you a natural and effective movement.
- TRUE's Cardio 360® personal trainer program provides full body workouts to virtually motivate you towards your fitness goals.
- Patented Core Drive™ System centers the elliptical's mechanism under the user's balance point, ensuring natural movement and enhanced stability for a safer workout experience.

CARDIO 360®
Cardio 360® is a guided workout to engage the upper, core, and lower body with varying resistance.

Ergonomic Multi-Grip Handles

Heart Rate Strap Included

Orthopedic Soft Step Cushioned Anti-Fatigue Material

SPECIFICATIONS

DIMENSIONS (L X W X H)
49" x 32.5" x 64.2" / 124.46 cm x 82.55 cm x 163.06

Q-FACTOR
2" / 5 cm

STEP-UP HEIGHT
7" / 18 cm

CONSOLE OPTIONS

9" TOUCHSCREEN

EMERGE

TRUE

PERFORMANCE SERIES ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	110V/15A
	Cord Length	8' / 2.4 M
	Drive System	Core Drive™
	Total Body Workout	Cardio 360°
	Resistance Source	Eddy Current Brake
	Maximum Workload	300 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Stride Length	16"/41 cm to 27"/69 cm .5"/1 cm / 41 cm to 69 cm; 1 cm increments
	Auto Stride™	Yes
	Footpad	Orthopedic Soft Step Cushioned Anti-Fatigue Material (Removable For Easy Cleaning)
	Exercise Arms	Ergonomic Multi-Grip Handle, Optional Rotating Handles, Optional Ergonomically Designed Rotating Handles with Upper-Body Only Capability Height Adjustment
	Handrail Design	Extended Handrails with Molded Rubber, Moisture Resistant Grips
	Side Step Design	Non-Slip Rubber with Textured Pattern
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible, (Bluetooth on 9" Touchscreen)
	Connectivity	App Connectivity via GEM Module prior to starting workout on 9" Touchscreen
Cardio 360°	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
SAFETY	Side Steps	Standard
	Extended Handrails	Standard
	TRUE Lock™	Standard
REGULATORY APPROVALS		ETL UL1647, CSA
EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/ Tablet Holder, Heart Rate Strap
PHYSICAL SPECIFICATIONS	Footprint	49" L x 32.5" W x 64.2" H / 124.46 cm x 82.55 cm x 163.06 cm
	Active Footprint	75" L x 32.5" W / 190.5 cm x 82.55 cm
	Q-Factor	2" / 5 cm
	Machine Weight	272 lbs. / 124 kg
	Maximum User Weight	350 lbs. / 159 kg
	Step-Up Height	7" / 18 cm
	Portability	2 Front Transport Wheels & Removable Handles
WARRANTY	Warranty Type	Residential
	Frame	25 Years
	Parts	7 Years
	Console	9" Touchscreen (7 Years), EMERGE (7 Years)
	Labor	1 Year

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details.
Specifications subject to change without notice.

CONSOLE OPTIONS

			9" TOUCHSCREEN	EMERGE
CONNECTIVITY	Bluetooth Connectivity	App	•	
		Chest Strap	•	
		Headphones	•	
	Gym Trakr App Tracking		•	
	Wireless Heart Rate Monitoring	Polar® Compatible	•	•
	3.5mm Headphone Jack		•	
	Reading Rack/ Tablet Holder		•	•
	Workouts	Cardio 360 (Cardio360 Arm Sculptor & Cardio 360 Leg Shaper), Quick Start, Manual, Rolling Hills, Single Hill, Random Hills, Hill Intervals, Weight Loss Hills, Glute Buster, Calorie Goal, Distance Goal, Cardio Challenge, Walk and Run Intervals, Speed Intervals, Speed Ramp, Leg Shaper, 5K Workout, 10K Workout, Half Marathon, Gerkin Fitness Test, Custom Ultra, HRC Workouts (Target HRC, Weight Loss HRC, Aerobic HRC, Intervals HRC, HRC Cruise Control)	•	
	Workouts	Cardio 360 (Cardio 360 Arm Sculptor & Cardio 360 Leg Shaper), Quick Start, Manual, Rolling Hills, Single Hill, Random Hills, Hill Intervals, Calorie Goal, Distance Goal, Target HRC (with HRC Cruise Control)		•
	Saved Workouts	Console Saves Last Ten (10) Workouts	•	
	Six (6) User Profiles	Up to six (6) Save Workouts Each – If activated	•	
	Touchscreen		•	
SERVICE	Software Update Via USB		•	•
	Self Diagnostics		•	•
POWER CONSERVATION	Sleep Mode	Standard	•	•
LANGUAGES		English	•	•

9" TOUCHSCREEN

- 9" HD Touchscreen
- User-friendly tabs, connectivity, and built in workouts
- Up to six (6) user profiles

EMERGE

- Quick keys, connectivity, and challenging programs

truefitness.com | 800.426.6570 | 636.272.7100

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REV 1-3-25