ESX, TSXa + TSX
Owner's Guide

truefitness.com / 800.426.6570 / 1.636.272.7100

Thank You For Selecting True

In 1981, Frank Trulaske launched TRUE Fitness®, and began manufacturing hand-crafted treadmills.

His team's obsession with quality has propelled TRUE to the top of the fitness industry and has created one of America's oldest, largest and most respected fitness equipment manufacturers.

Over the years, TRUE has designed, developed, patented and fabricated many new cutting-edge innovations for their products. Such advancements include ground-breaking new features, state-of-the-art manufacturing components, and technological breakthroughs.

"Our original goal was to build the world's best fitness equipment, and today we believe we're doing it!"

-Frank Trulaske

While TRUE has expanded its line of products, intensive quality control standards guarantee excellence in every phase of production. This results in the finest products available in the marketplace.

TRUE is the choice for workouts among beginners, rehab patients and top athletes world-wide.

Today TRUE Fitness offers a full line of premium elliptical trainers, treadmills, upright and recumbent bikes, and flexibility equipment.

Review for Your Safety

Important Safety Instructions

When using this exercise machine, basic precautions should always be followed, which includes the following:

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.

Inspect the elliptical 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 elliptical.

Care should be used when stepping on or stepping off the elliptical.

Disconnect all power before servicing the elliptical.

Do not operate the elliptical in damp or wet locations.

Do not exceed maximum user weight of 350 lbs.

Keep children and animals away.

These machines are intended for residential use only.

Set up the elliptical with at least 40 inches behind the machine to allow better clearance of the pedals.

All exercise equipment is potentially hazardous. If attention is not paid to the conditions of equipment, death or serious injury could occur.

STARTING UP

Quick Start into a manual workout by pressing START QUICKSTART.

Select a different workout by pressing the workout keys. Press workout keys more than once for more programs.

Press manual to do a manually-controlled workout.

Accept each setting and move to the next one by pressing ENTER.

Begin your workout by pressing START QUICKSTART at any time.

DURING YOUR WORKOUT

Adjust your exercise workload by using the + − keys or the numeric keys.

View different display data by pressing the change display key to alternate between two different sets of data.

Change workouts on-the-fly by pressing other program keys.

Table of Contents

Quick Start 5

1. Basic Operation (except console).....6

2. The Display.....18
   Describes each key and data display feature

3. Working out on the ESX, TSX + TSXa.....23

4. Pre-Set Workouts.....27
   Details on basic exercise modes

5. Heart Rate Control.....31
   Foolproof heart rate feedback workouts

6. Designing an Exercise Program.....35

Appendix A.....43
   Target Heart Rate Chart

Appendix B.....45
   Elliptical Specifications

Specifications/Features/Software are subject to change

Basic Operation

In This Chapter:

Stride Adjustment

Workout Time

Workout Save/Recall (ESX + TSXa)

Data Entry

Data Display

ESX + TSXA Console, TSX Console

Using the Exercise Arms

ESX Upper Exercise Arms

Heart Rate Monitoring

Contact Heart Rate

Breathing & CHR

Accuracy

Chapter 1: Basic Operation
Chapter 2: The Display
Chapter 3: Working Out On The ESX, TSX + TSXa
Chapter 4: Pre-Set Workouts
Chapter 5: Heart Rate Control
Chapter 6: Designing An Exercise Program

Workout Time

All workouts have a default time of 30 minutes (except the upper body workout). You may choose a different workout time using the + − or numeric keys.

Setting Your Weight

Set your weight before every workout. This allows the elliptical to calculate METs and to estimate your calorie consumption more accurately.

Stride Adjustment (ESX +TSXA)

Press the Stride Length keys at any time to adjust from 17 to 26 inches. The default stride length at startup is 21 inches.

Auto Stride

Auto Stride automatically changes stride length as your pedaling speed changes, similar to what naturally occurs while running. Auto Stride works in all workout programs.

Press the auto stride key to turn on Auto Stride; the status LED will light.

Press auto stride again to turn it off.

Workout Pause

If you stop pedaling in the middle of your workout, the elliptical console will pause, stopping the workout timer. Simply begin pedaling again to resume your workout.

Sleep Mode

If the elliptical is paused or not used for 30 minutes, the console will go to sleep. The display lights will go out, and the console will reset and return to Workout Setup (any workout data will be lost). It will remain like this indefinitely. To wake it up, press any key or start pedaling.

mix3 Demo

Try out mix3™ with this two-minute, twenty-second demo program. Press and hold the mix3 key. The elliptical will guide you through six different mix3 exercises, each lasting between 20 and 25 seconds.

Workout Save/Recall (ESX + TSXa)

Save the workout setup of favorite workouts by pressing and holding the workout save/recall 1 key at any time. Settings saved are workout selection, workout time, Auto Stride setting, and target heart rate.

Press and hold for two seconds to save. During workout setup, press workout save/recall 1 briefly to recall.

Data Entry

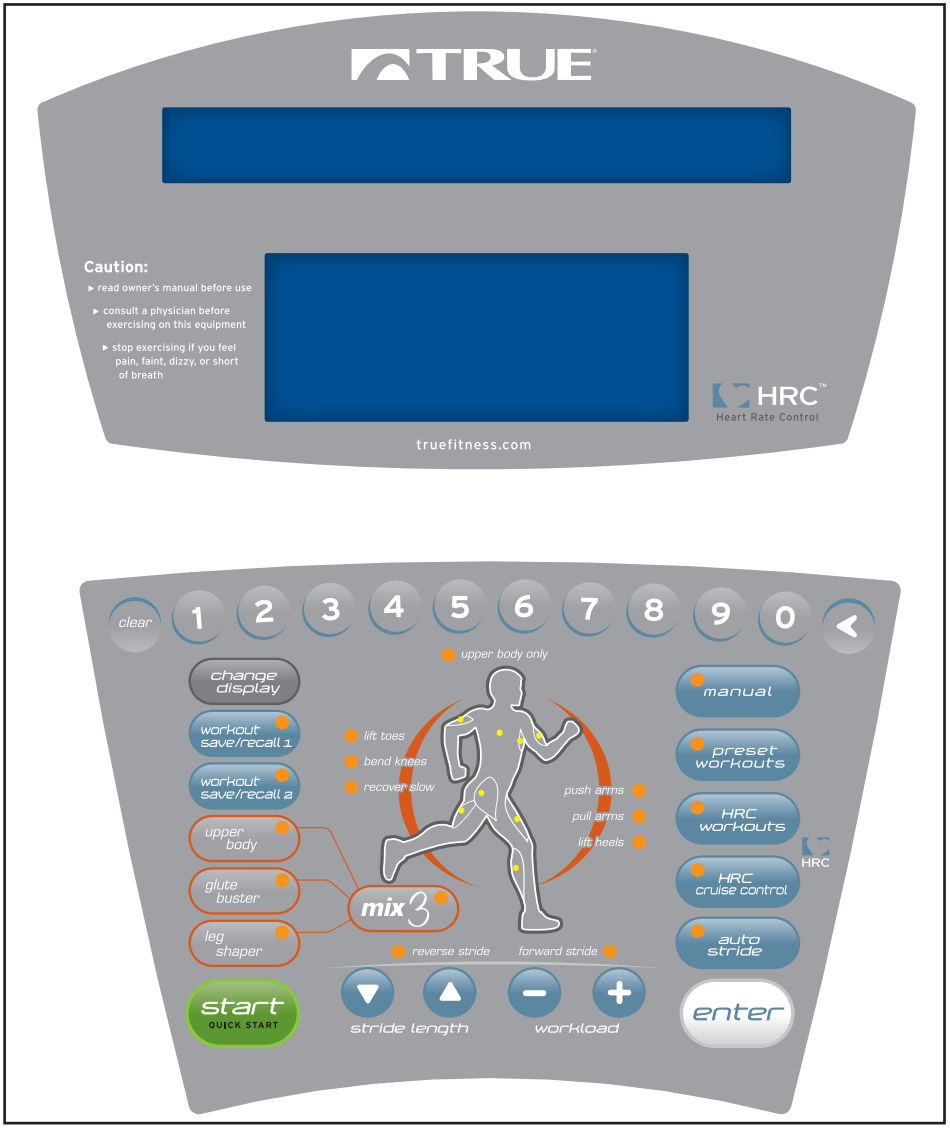
When entering numeric data such as workout time or body weight, you can use either the + − keys or numeric keys. The ← key is a backspace key. Pressing clear zeros out an entry.

Reset

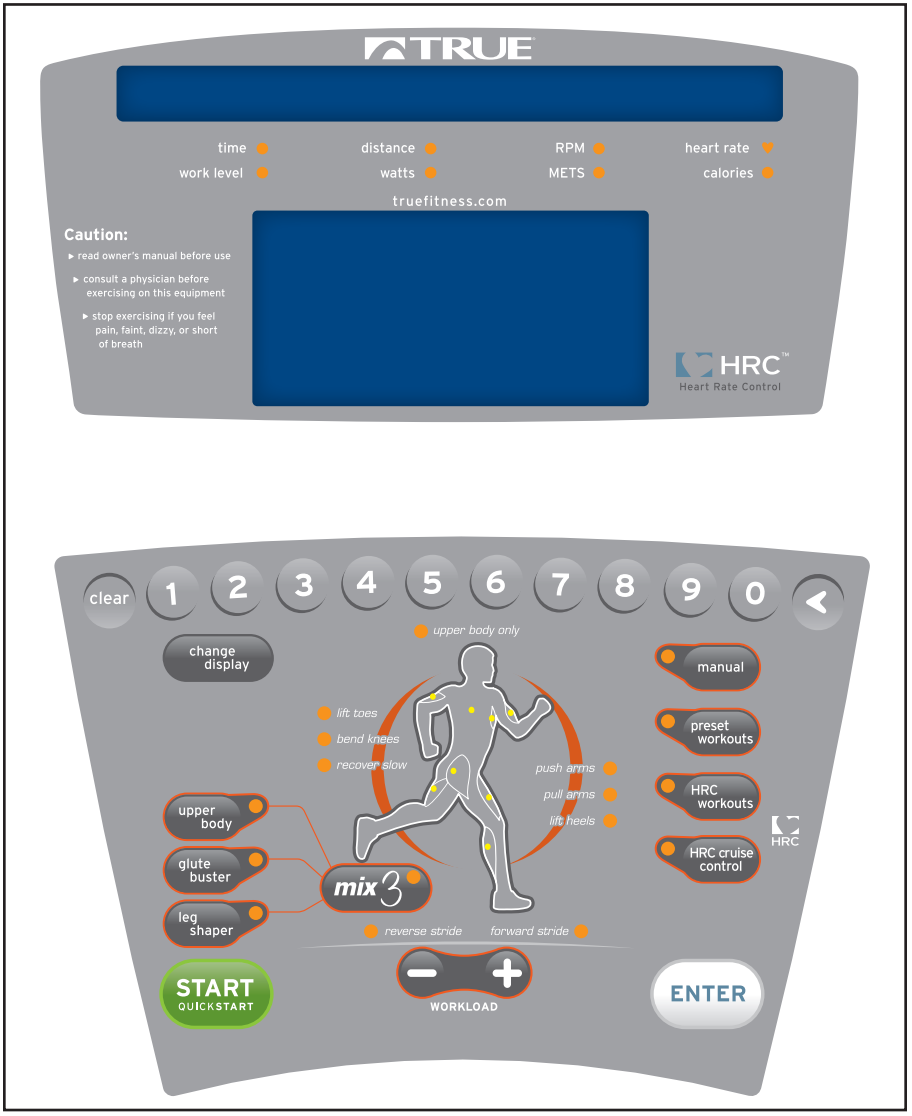
Press and hold clear .

Center matrix display: Shows your progress and workload profile through your workout. The number of dots in each column correspond to your workout intensity.

Change Display: Changes data readouts from one set of four to the other set.



ESX + TSXA CONSOLE


TRUE
time
work level
distance
watts
RPM
METS
heart rate
calories
truefitness.com
Caution:
▸ read owner's manual before use
▸ consult a physician before exercising on this equipment
▸ stop exercising if you feel pain, faint, dizzy, or short of breath
HRC™
Heart Rate Control
clear
1
2
3
4
5
6
7
8
9
0
change display
upper body only
lift toes
bend knees
recover slow
push arms
pull arms
lift heels
manual
preset workouts
HRC workouts
HRC cruise control
HRC
upper body
glute buster
leg shaper
mix 3
reverse stride
forward stride
START
QUICKSTART
WORKLOAD
ENTER

TSX Console

You have four hand and arm options when exercising. Many exercisers use all four options during their workout:

Use the upper-body exercise arms with pedaling

The exercise arm's motion complements your body's natural rhythm, encouraging extra exercise from your upper body and making for natural and well-balanced motion.

Grasp the exercise arms in a position so that you are well-balanced and your arm motion is comfortable. Grip the handles with a relaxed, not tight, grip.

You can use the exercise arms for balance, or you can use them for significant upper-body exercise. Any power you apply to them will be accurately recorded by the elliptical console.

Use the exercise arms alone

Stand on the side steps, off the pedals, and use the exercise arms for a pure upper body workout.

Use the balance bar

Grasp the balance bar with a relaxed grip, for a lower body only workout.

Keep your hands free

Use caution with this method, as this requires good balance and exercise form.

While standing beside the machine, loosen the knob approximately one turn (counterclockwise) and pull knob to disengage pin.

Raise or lower handle to a comfortable height setting from 1 to 5. A position that places the user's hand at or slightly below the shoulder is recommended.

Make certain pin is fully engaged and tighten knob securely (clockwise).

Repeat procedure on opposite side.

The elliptical can monitor your heart rate using either a chest strap or the metal grips on the balance bar (called contact heart rate, or CHR pads). A chest strap transmits your heart rate to the elliptical via a radio signal, and the CHR pads connect to a special computer circuit to obtain your heart rate.

Although the elliptical functions fine without using the heart rate monitoring feature, this type of monitoring provides you with valuable feedback on your effort level. Chest strap monitoring also allows you to use TRUE's HRC (Heart Rate Control)®, the most advanced exercise control system available.

When you wear a Polar® or compatible transmitter strap (provided), the elliptical 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.

Contact Heart Rate (Hand-Touch Heart Rate)

The contact heart rate (CHR) system lets you monitor your heart rate without wearing a strap.

Gently grasp the contact heart rate pads as shown in picture. When the system detects your hands, the Heart Rate label will start flashing in time with your heart beat. During this time, the system is analyzing and locking in your heart rate. Within approximately 15 seconds, your digital heart rate in beats per minute (bpm) should be displayed.

For Best CHR Results:

1. Exercise with smooth body motions.

2. Breathe smoothly and regularly, and avoid talking. (Talking will cause unrepresentative heart rate spikes of 5 to 10 bpm.)

3. Grip the pads lightly, not tightly.

4. 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. These workouts work best with the extra accuracy gained from a chest-contact heart rate monitoring system.

Breathing

Breathe in a regular and relaxed manner. Many exercisers do not breathe enough, which reduces their exercise capacity and comfort. Try breathing deeper and more frequently to see if it helps your exercise.

A Note on CHR Accuracy

About 5% of the population cannot be picked up by any CHR system. This is because their heart is positioned in a more up-and-down manner in their chest, as opposed to leaning over to one side.

The Display

In This Chapter:

Your Display
ESX, TSXa + TSX Upper Panel
ESX + TSXa Lower Panel
TSX Lower Panel

Chapter 1: Basic Operation
Chapter 2: The Display
Chapter 3: Working Out On The ESX, TSX + TSXa
Chapter 4: Pre-Set Workouts
Chapter 5: Heart Rate Control
Chapter 6: Designing An Exercise Program

The elliptical display has two jobs: to let you control the elliptical operation, and to give you feedback about your workout. The controls are simple and designed to be foolproof; it's hard to press a "wrong" key. You can monitor several different kinds of physiological data, and your workout progress is tracked graphically with the center matrix display.

The Display

Time: *The amount of time remaining in your workout. If you press clear this becomes elapsed time: how long you've been working out so far.**

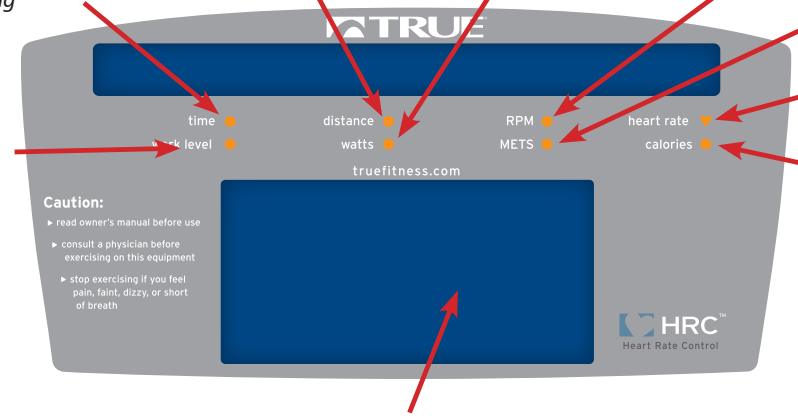
Distance: *An estimate of your walking or running distance for a comparable amount of calories expended.**

Watts: *The amount of mechanical power the elliptical is receiving from your exercise. This is not the same as the amount of power your body is using, since the average person is only about 20% efficient at generating mechanical power. **

RPM: *Your pedal cadence. **

METs: *Your METs rate.**

Heart Rate: *In beats per minute (bpm).**



Calories: *An estimate of your calories burned. This doesn't include your basal metabolic rate, which is about 72 calories per hour for a 150-pound person.**

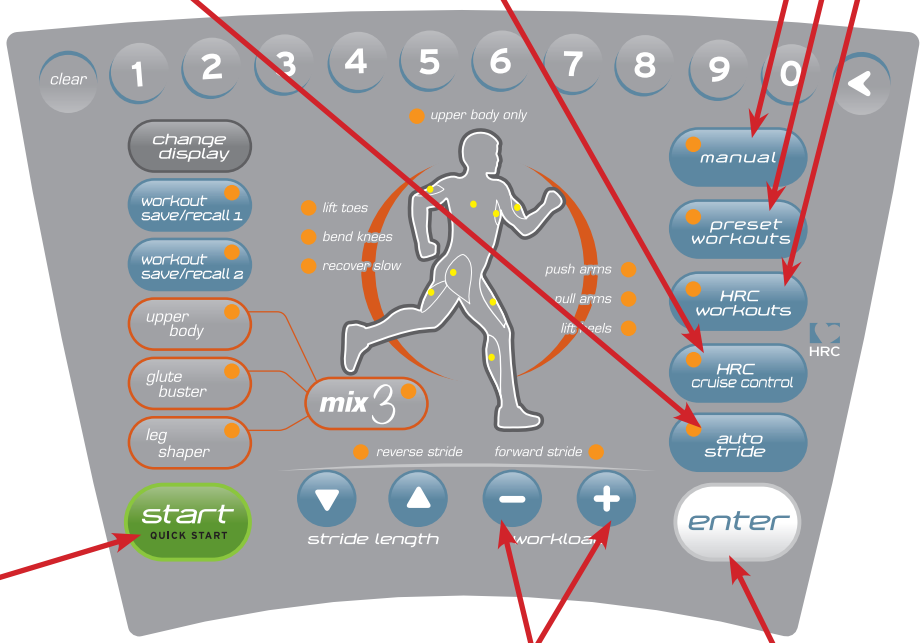
Progress Display: *Shows your progress and workload profile through your workout.*

The Display

Auto Stride: *Automatically selects stride length based on speed and workload*

Cruise Control: *Selects Constant Heart Rate Control. If already in a workout, selects Cruise Control HRC.*

Pre-set Programs: *Selects desired program profile.*



Start: *Starts a workout*

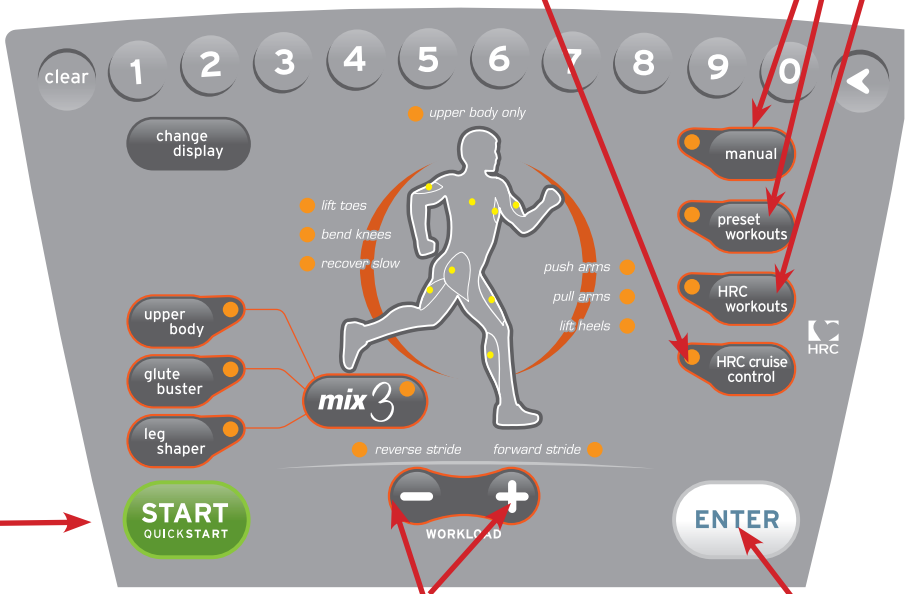
Workload: *Adjusts workload up and down. Keys repeat if held down.*

Enter: *Accepts the current data entry.*

The Display

Cruise Control: *Selects Constant Heart Rate Control. If already in a workout, selects Cruise Control HRC.*

Pre-set Programs: *Selects desired program profile.*



Start: *Starts a workout*

Workload: *Adjusts workload up and down. Keys repeat if held down.*

Enter: *Accepts the current data entry.*

TRUE | Chapter Three

Working Out on the ESX, TSXa + TSX

In This Chapter:

mix3

Glute Buster

Upper-Body

Leg Shaper

Chapter 1: Basic Operation
Chapter 2: The Display
Chapter 3: Working Out On The ESX, TSX + TSXa
Chapter 4: Pre-Set Workouts
Chapter 5: Heart Rate Control
Chapter 6: Designing An Exercise Program

mix3™ is a cross-training workout that gives you the most exercise for your training time, lower-body, upper-body and total- body. It uses one-minute exercise segments with eight different exercises. You can adjust your workload over 16 different levels.

1. ***Stride Forward:*** At a moderate workload, using exercise arms mainly for balance.
2. ***Push Arms:*** Actively push your arms on each forward stroke while striding.
3. ***Stand on Side and Pull Arms:*** Step off of the pedals and place your feet on the side steps. Pull your arms on each back stroke.
4. ***Reverse Stride and Bend Your Knees:*** Step back on the pedals and stride backwards. Bend your knees to maximize your leg muscle usage.
5. ***Stride Forward and Lift Your Heels:*** Maximizes calf muscle usage.
6. ***Pull Arms:*** Actively pull your arms on each backward stroke while striding.
7. ***Stand on Side and Push Arms:*** Step off of the pedals and place your feet on the side steps. Push your arms on each forward stroke.
8. ***Reverse Stride and Lift Toes:*** Step back on the pedals and stride backwards. Lift your toes to increase quadricep muscle usage.

Glute Buster

This workout uses reverse striding to work your gluteus maximus muscles. Recovery segments use forward striding. There are six one-minute exercise segments. You can adjust your workload over 16 different levels.

1. ***Reverse Stride and Lift Toes:*** Stride backwards and lift your toes to increase quadricep muscle usage.

2. ***Forward Stride to Recover:*** Stride forward at a minimal workload.

3. ***Reverse Stride and Bend Your Knees:*** Stride backwards and bend your knees to maximize your leg muscle usage.

4. ***Forward Stride to Recover:*** Stride forward at a minimal workload.

5. ***Reverse Stride and Lift Toes:*** Stride backwards and lift your toes to increase quadricep muscle usage.

6. ***Forward Stride to Recover:*** Stride forward at a minimal workload.

These six steps repeat until two minutes remain in your workout, then enters a cool down segment.

Upper-Body

For this workout, you stand on the side steps and use your upper- body only. The default workout time is 10 minutes; the one-minute steps below repeat until the end of the workout time. You can adjust your workload over 16 different levels.

1. ***Push Arms:*** Push your arms on each forward stroke, at a moderate workload.

2. ***Push and Pull Arms:*** Push and pull your arms on every stroke, at a minimal workload.

3. ***Pull Arms:*** Pull your arms on each backward stroke, at a moderate workload.

Leg Shaper

Use the exercise arms for balance only. The one-minute steps below repeat until the end of the workout time. You can adjust your workload over 16 different levels.

1. ***Pedal Forward and Lift Your Heels:*** Maximizes calf muscle usage.

2. ***Pedal Forward to Recover:*** Pedal forward at a minimal workload.

Pre-Set Workouts

In This Chapter:

Workout Choices

Hill Workout Profiles

Interval Workout Profiles

Chapter 1: Basic Operation
Chapter 2: The Display
Chapter 3: Working Out On The ESX, TSX + TSXa
Chapter 4: Pre-Set Workouts
Chapter 5: Heart Rate Control
Chapter 6: Designing An Exercise Program

Hill And Interval Workouts

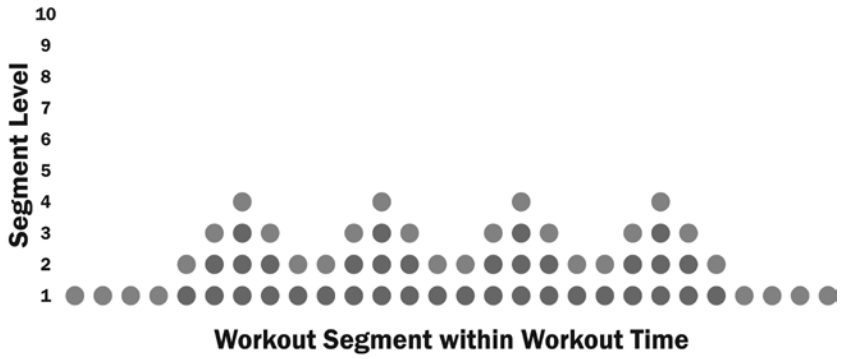
The two hill workouts are:

- ***Rolling Hills***, a series of gently changing workloads.
- ***One Big Hill***, with the workload gradually increasing to a maximum at the halfway point, then decreasing gradually to the end.

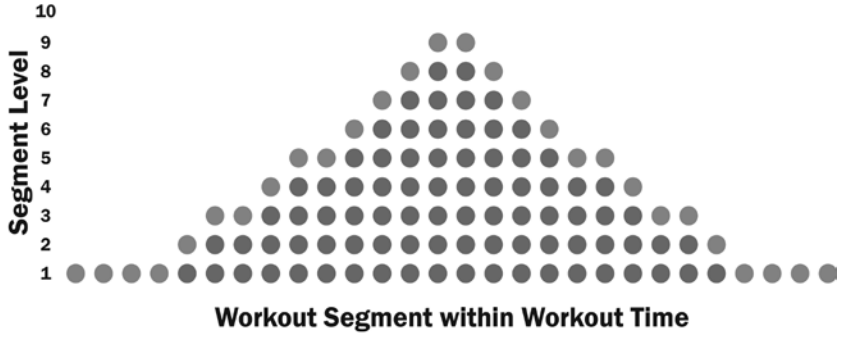
Each workout segment can have a value between 1 and 8. The overall workout can be adjusted to 16 possible levels.

The two interval workouts are:

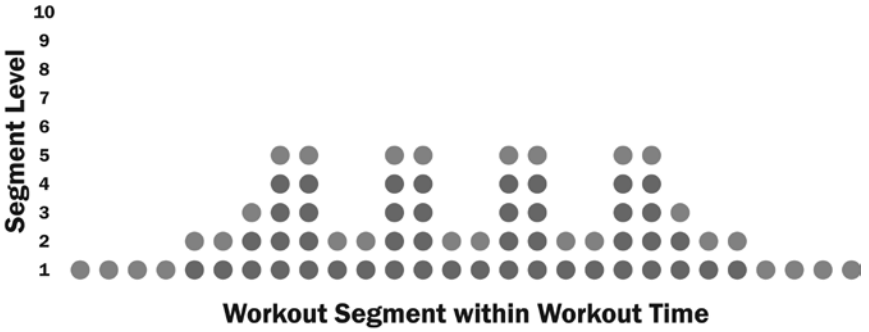
- ***Easy intervals***, with a moderate change between work and rest intervals.
- ***Sport intervals,*** with a large change between work and rest intervals.



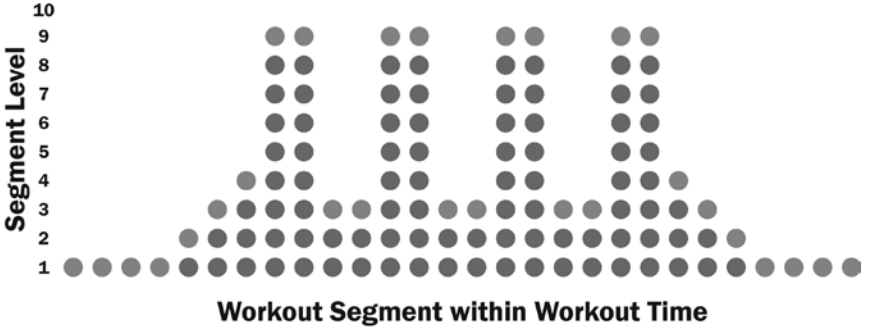
Rolling Hills



One Big Hill



Easy Intervals



Sport Intervals

Heart Rate Control

In This Chapter:

Introduction to HRC

Types of HRC

Important Points About HRC

Chapter 1: Basic Operation
Chapter 2: The Display
Chapter 3: Working Out On The ESX, TSX + TSXa
Chapter 4: Pre-Set Workouts
Chapter 5: Heart Rate Control
Chapter 6: Designing An Exercise Program

Why HRC is Useful

TRUE's HRC workouts allow the ESX, TSXa + TSX to monitor your relative exercise intensity by way of your heart rate, and 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 HRC workouts for advice on selecting a target heart rate range. Also, it is important to use the ESX, TSXa + TSX 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.

See ***Appendix A*** for a chart that will help you select a target heart rate.

You should wear a heart rate monitoring chest strap to use HRC. See the "Heart Rate Monitoring" section in ***Chapter 1*** for a guide to proper usage. It is not recommended that you use the contact heart rate system for HRC workouts.

Constant Heart Rate Control

Constant Heart Rate Control

1. Press HRC workouts and press ENTER.
2. Enter your desired workout time and press ENTER.
3. Enter your age and press ENTER.
4. Enter a target heart rate and press ENTER. (Note: The elliptical limits your target heart rate to 90% of your age-predicted maximum heart rate.)
5. Enter your body weight and press ENTER.
6. Press START QUICKSTART to begin the HRC workout.
7. The elliptical will gradually raise your heart rate so that you reach your target within 5 to 10 minutes.
8. The elliptical now keeps you within 3 beats per minute of your target until 2.5 minutes remain in your workout, then reduces workload by half for a cool down.

Note that as you tire during your workout, especially in the last third, workload will be reduced to keep you at a steady target heart rate.

Cruise Control

Cruise Control

An easy way to enter a HRC workout is to use the Cruise Control feature. During your workout, *while in any program*, when you reach a heart rate that you want to maintain, press HRC cruise control. This will switch you into a HRC workout, setting your current heart rate as the target heart rate. The HRC workout will function as described in step #8 above.

The heart rate monitor transmitter strap should be worn according to the guidelines in ***Chapter 1***.

If the transmitter strap is adjusted or moved while exercising, heart rate monitoring may be temporarily affected.

The transmitter strap sends a low-level radio signal to the ESX, TSXa + TSX so interference from other radio and sound waves (including everything from cordless telephones to loudspeakers) is possible. The good news is that interference is usually quite brief. If you continue to have intermittent heart rate display problems, consult your local service technician, as the transmitter strap batteries may be low.

Make sure you breathe smoothly and regularly.

Talking during your workout usually causes heart rate spikes of five beats per minute or more, so avoid talking as much as possible.

Maintain a smooth striding motion.

Two users wearing the same kind of transmitter at the same time and in close proximity may cause false heart rate display readings.

Designing an Exercise Program

In This Chapter:

What is the F.I.T. Concept?

Using the F.I.T. Concept

Your Fitness Program

Determining Your Needs

Beginning Your Exercise Program

Establishing and Maintaining Fitness

Managing Weight

Sports Training

Chapter 1: Basic Operation
Chapter 2: The Display
Chapter 3: Working Out On The ESX, TSX + TSXa
Chapter 4: Pre-Set Workouts
Chapter 5: Heart Rate Control
Chapter 6: Designing An Exercise Program

The workout portion of your exercise program consists of three major variables: Frequency, Intensity, and Time.

Frequency: How Often You Exercise

You should exercise three to five times a week to improve your cardiovascular and muscle fitness. Improvements are significantly smaller with less frequent exercise.

Intensity: How Hard You Exercise

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system. Only your doctor can prescribe the target training heart range appropriate for your particular needs and physical condition.

Start with exercise that stimulates you to breathe more deeply.

Alternate days of moderate and easy exercise to help your body adapt to new levels of exertion without unnecessary strain.

If you feel out of breath before you have exercised 12 minutes, you are probably exercising too hard.

As your fitness level improves, you will need to increase your workout intensity in order to reach your target heart rate. The first increase may be necessary after two to four weeks of regular exercise. Never exceed your target heart rate zone. Increase the workload on the ESX, TSXa + TSX to raise your heart rate to the level recommended by your doctor.

METs

One MET is the amount of energy your body uses when you're resting. If a physical activity has an equivalent of six METs, its energy demands are six times that of your resting state. The MET is a useful measurement because it accounts for differences in body weight.

Time: How Long You Exercise

Sustained exercise conditions your heart, lungs, and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits.

To begin, maintain two to three minutes of steady, rhythmic exercise and then check your heart rate.

The initial goal for aerobic training is 12 continuous minutes.

Increase your workout time approximately one or two minutes per week until you are able to maintain 20-30 continuous minutes at your training heart rate.

The F.I.T. concept is designed to help you begin a program tailored to your needs. You may wish to keep an exercise log to monitor your progress.

Your Fitness Program

You can get valuable fitness benefits from your TRUE ESX, TSXa + TSX. Using the ESX, TSXa + TSX regularly may increase the ability of your heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. The ESX, TSXa + TSX will also help you develop added muscle endurance and balanced strength throughout your body.

Determining Your Needs

Calculate your maximum heart rate as a first step in developing your fitness program. The formula to calculate average maximum heart rate for one minute is 220 beats per minute minus your age. To find your pulse, locate a vein on your neck or inside your wrist, then count beats for ten seconds, then multiply by six. (See chart in ***Appendix A***.)

It's also important to know your target training zone or target heart rate. The American Heart Association (AHA) defines target heart rate as 60-75 percent of your maximum heart rate. This is high enough to condition, but well within safe limits. The AHA recommends that you aim for the lower part of the target zone (60 percent) during the first few months of your exercise program. As you gradually progress, you can increase your target to 75 percent. According to the AHA, "Exercise above 75 percent of the maximum heart rate may be too strenuous unless you are in excellent physical condition. Exercising below 60 percent gives your heart and lungs little conditioning."

In addition to monitoring your heart rate as you exercise, be aware of how quickly your heart rate recovers. If your heart rate is over 120 beats per minute five minutes after exercising, or is higher than normal the morning after exercising, your exertion may be too strenuous for your current level of fitness. Reducing the intensity of your workout is recommended.

The age-adjusted target heart rates indicated in the chart in ***Appendix A*** reflect averages. A variety of factors (including medication, emotional state, temperature, and other conditions) can affect the exercise heart rate appropriate for you.

Warning: Consult your doctor to establish the exercise intensity (target heart rate zone) appropriate for your age and condition before beginning any exercise program.

Beginning Your Exercise Program

Warm-Up: Slow and Deliberate Exercise

You are not warmed up until you begin to perspire lightly and breathe more deeply. Warming up prepares your heart and other muscles for more intense exercise and helps you avoid premature exhaustion.

A good suggestion is a minimum of three minutes. Perspiration on your brow is a good indicator of a thorough warm-up. The older you are, the longer your warm-up period should be.

Workout: Brisk and Rhythmic Exercise

The workout trains and conditions your heart, lungs, and muscles to operate more efficiently. Increase exercise in response to your heart rate to train and strengthen your cardiovascular system. Concentrate on moving your arms and legs smoothly.

Cool-Down: Slow and Relaxed Exercise

Cooling down relaxes your muscles and gradually lowers your heart rate. Slowly reduce your workload until your heart rate is below 60 percent of your maximum heart rate. The cool down should last at least five minutes, followed by some light stretching to enhance your flexibility.

Beginning a Fitness Program

If you cannot sustain 12 continuous minutes in your target heart rate zone, exercise several times a day to get into the habit of exercising.

Try to reach and maintain 60-65 percent of your maximum heart rate. Alternate exercise with periods of rest until you can sustain 12 continuous minutes of exercise at 60-65 percent of your maximum heart rate.

Begin exercising in three to five minute sessions.

If you can sustain 12 but not 20 continuous minutes of exercise in your target heart rate zone:

- Exercise three to five days a week.
- Rest at least two days per week.

Maintaining Aerobic Fitness

Try to reach and maintain 60-75 percent of your maximum heart rate with moderate rhythmic exercise.

Begin with 12 continuous minutes. Increase your time by one to two minutes per week until you can sustain 20 continuous minutes.

Managing Weight

If you can sustain 20 continuous minutes in your target heart rate zone, begin to increase the length and intensity of your workout:

- Exercise four to six days a week or on alternate days.
- Try to reach and maintain 70-85 percent of your maximum heart rate with moderate to somewhat hard exercise.
- Exercise for 20-30 minutes.

Consistent aerobic exercise will help you change your body composition by lowering your percentage of body fat. If weight loss is a goal, combine an increase in the length of your workouts with a moderate decrease in caloric intake. For weight control, how long and how often you exercise is more important than how hard you exercise.

Exercise four to five times a week.

Try to reach and maintain 60-75 percent of your maximum heart rate with moderate exercise.

Exercise for 30-45 minutes at 60-65 percent of your target heart rate.

Here are some tips to achieving your weight management goal:

Consume most of your dietary calories at breakfast and lunch, and eat a light dinner. Do not eat close to bedtime.

Exercise before meals. Moderate exercise will help suppress your appetite.

Take exercise breaks throughout the day to help increase metabolism (calorie expenditure).

Sports Training

When you are training to improve strength and performance:

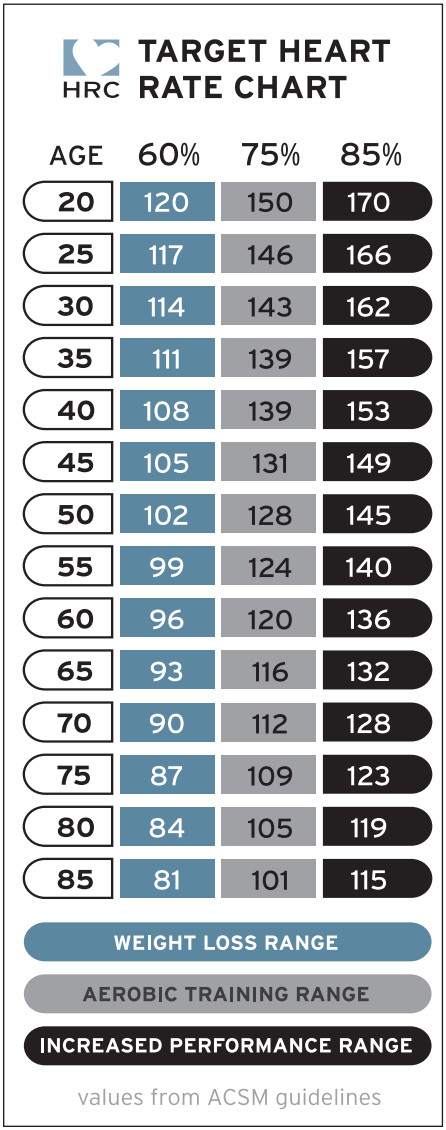
Exercise four to five days a week. Alternate exercise days and intervals of hard to very hard exercise with easy to moderate exercise.

Exercise for 30 minutes or longer.

Warning: these strategies are intended for average, healthy adults. If you have pain or tightness in your chest, an irregular heartbeat, shortness of breath or if you feel faint or have any discomfort when you exercise, ***stop!*** Consult your physician before continuing. Remember, every workout should begin with a warm-up and finish with a cool-down.

Target Heart Rate Chart

A Guide to Help You Pick an Initial Target Heart Rate



Remember to check with your physician before beginning any exercise program. They can help determine an appropriate target heart rate. Medications often affect heart rate.

Specifications

The Size and Performance Attributes of Your ESX, TSXa + TSX

Appendix B - Specifications

	TSXa	TSX
DRIVE SYSTEM	Core Drive	Core Drive
STRIDE	Adjustable 17"-26" (43cm-66cm)	Fixed 21" (53cm)
WORKLOAD RANGE	13 Watts to 300 Watts	13 Watts to 300 Watts
BRAKE SYSTEM	Eddy Current	Eddy Current
TRANSMISSION SYSTEM	Single-Stage Poly-V Belt	Single-Stage Poly-V Belt
MANUAL	25 Levels	25 Levels
DISPLAY	LCD	LED
DATA READOUTS	Time, Distance, RPM, Heart Rate, Work Level, Target HR, Time Remaining, METs, Calories	Time, Distance, RPM, Heart Rate, Work Level, Watts, METs, Calories
MESSAGE CENTER	17 Characters	16 Characters
QUICK START	YES	YES
NUMERIC KEY PAD	YES	YES
EXPRESS COMMAND KEYS	7	7
PRE-SET WORKOUTS	Rolling Hills, One Big Hill, Easy Intervals, Sport Intervals	Rolling Hills, One Big Hill, Easy Intervals, Sport Intervals
SPECIAL WORKOUTS	mix3, Upper-Body Only, Glute Buster, Leg Shaper	mix3, Upper-Body Only, Glute Buster, Leg Shaper
USER MEMORY KEYS	YES-2	NO
HEART RATE MONITORING	Contact + Wireless	Contact + Wireless
HRC (HEART RATE CONTROL)	YES	YES
PAUSE FEATURE	30 Minute Pause with Sleep Mode	30 Minute Pause with Sleep Mode
READING RACK	YES	YES
ACCESSORY / WATER BOTTLE HOLDER	YES	YES
FOOTPAD SURFACE	Soft Step Orthopedic Material	Soft Step Orthopedic Material
PORTABILITY	2 Front Transport Wheels, 2 Rear Removable Transport Handles	2 Front Transport Wheels, 2 Rear Removable Transport Handles
POWER SOURCE	100-240V AC, 50-60Hz, 1.6 A	115V AC, 60Hz, 1 A
FRAME POWDER COATING	Titanium and Black	Titanium and Black
FOOTPRINT (STATIC)	62.5"H x 31.5"W x 65.5"L (160 cm x 81 cm x 166 cm)	62.5"H x 31.5"W x 62"L (160 cm x 81 cm x 152 cm)
FOOTPRINT (DYNAMIC)	62.5"H x 31.5"W x 77.5"L (160cm x 81 cm x 190 cm)	62.5"H x 31.5"W x 72"L (160 cm x 81 cm x 178 cm)
ELLIPTICAL WEIGHT	306 lbs (134 kg)	295 lbs (121 kg)
MAXIMUM USER WEIGHT	350 lbs (159 kg)	350 lbs (159 kg)
WARRANTY	Frame (Lifetime), Parts (5), Labor (1)	Frame (Lifetime), Parts (5), Labor (1)

TRUE®

Founded 1981

865 Hoff Road
St. Louis, MO 63366
800.426.6570

truefitness.com

110308