



INTENSITY MEETS INTEGRITY

COMMERCIAL
PRODUCT CATALOG

 **TRUE**[®]

SINCE 1981, TRUE HAS BEEN DEDICATED TO BUILDING COMMERCIAL FITNESS EQUIPMENT THAT IS DEPENDABLE, INNOVATIVE, AND EASY TO USE.

Today, TRUE is a global leader in premium fitness solutions, with unparalleled service that provides you and your customers peace of mind at every step. Give your facility performance it can rely on every single day.

When you partner with TRUE, you can depend on us to provide a premium product with lasting durability, reliable performance, and dedicated support.

Technology ⁰⁶

TRUE Cardio ⁰⁸

Treadmills ¹⁰

Ellipticals ¹²

Bikes ¹⁴

Climbers ¹⁵

Strength ¹⁶

Palladium Series ¹⁸

Fuse XL ²²

Functional Trainers ²⁸

XFW ³⁰

Composite Motion Technology ³⁸

Group Training Systems ⁴⁰

TRUE Stretch ⁴²

WE BUILD EQUIPMENT AND RELATIONSHIPS WITH INTEGRITY

That integrity applies to the high-quality, long-lasting materials we use to build our equipment, but it also extends to the dedication to our customers and their needs. Our experienced team provides end-to-end service from facility planning to maintenance to equipping your machines with the newest technology.

As your dedicated partner, we do whatever it takes to keep your facility going strong. You can count on us for the best service in the industry, provided by a team focused on optimizing the life of your equipment.

SOLUTIONS AS PREMIUM AS OUR PRODUCTS

We take reliability personally. So you can count on us for exceptional service that makes it easy to own TRUE equipment. Every machine comes with our full range of service and support.

FACILITY PLANNING

Our planning experts work with you to create the optimal layout and combination of machines, for spaces of every size and configuration.

COMPLETE, PREVENTATIVE MAINTENANCE

Our service team has decades of experience at keeping machines running better for longer. That means fewer service calls and less downtime.

TRAINING & EDUCATION

Our dedicated education team can give you a range of equipment-specific programs that fit the unique needs of your athletes and clients.

MARKETING SUPPORT

Our marketing team has experience with fitness centers both big and small, with insight about how your site can reach its maximum potential.



TECHNOLOGY THAT'S THOUGHTFUL, FUNCTIONAL & INNOVATIVE

Get the most out of your TRUE equipment with technology solutions that are tailored to the exerciser's wants and needs.

Customize your machines with our variety of console options.



EMERGE

LED console designed for easy navigation and a quick start.



IGNITE

LED console with quick-touch speed and incline keys to add interval training into any small group training class or facility.



ENVISION 9 TOUCHSCREEN

Vivid 9" touchscreen console with intuitive design and programming, including TRUE's Cardio 360™, HRC Cruise Control®, and Monument Workouts.



ENVISION TOUCHSCREEN

Bluetooth-compatible 16" touchscreen console with workout programs, outside interactive videos, and integrated technology and entertainment options.



ENVISION WITH COMPASS®

Networked 16" touchscreen console with fitness solutions and controlled access to data for members, trainers, and managers across the facility and even online.



COMPASS® helps you get the very best from your TRUE equipment. Our upgraded software benefits you, your trainers, and exercisers.

Asset Management

Use the visual dashboard to combine, sync and visualize real-time data and analytics, for easy monitoring of the use and health of each machine.

Trainer Engagement

COMPASS® helps trainers engage with exercisers, providing tools and technology to help members reach their fitness goals and ensure their continued loyalty to your facility.

Member Engagement

The COMPASS® console, dashboard, and online site work together to deliver a complete and connected fitness experience for your members by providing the tools and data to help them reach their fitness goals.

PARTNERS



TRUE[®] CARDIO



Our treadmills, ellipticals, bikes, and climbers have unique features that keep your facility running and exercisers motivated.

Our team of engineers and product developers are committed to keeping a pulse on the fitness industry and providing the most innovative and user-friendly machines on the market. Help your facility stand out with these one-of-a-kind products that will keep users coming back.



PEAK EFFECTIVENESS WITH THE ALPINE RUNNER INCLINE TRAINER

The ultimate example of our commitment to excellence, the TRUE Alpine Runner Incline Trainer delivers a dynamic workout for your members, while being easy to monitor and maintain for you. The incline range of -3% to 30% and Monument Workouts custom programs keep users engaged, and our patented Incline System reduces long-term equipment wear.

Studies by an independent lab show the Alpine Runner Incline Trainer is more effective at burning fat and calories than standard treadmills.



MARKET-LEADING VERSATILITY WITH THE SPECTRUM

The most versatile cardio machine on the market: a stepper, elliptical, and runner all-in-one machine. With our patented Core Drive[®] technology, the TRUE Spectrum Adjustable Stride Elliptical keeps users centered and moving naturally. Ranging from 1" to 13", the Spectrum provides one of the largest adjustable strides in the industry.

The Cardio 360™ for Spectrum offers customized, guided workouts that engage the upper body, core, and lower body with varying resistance.



LATERAL VERSATILITY WITH THE TRAVERSE

The TRUE Traverse Lateral Trainer offers unique side-to-side movement that gives users a workout that sculpts the core and lower body.

The self-generating Traverse includes Cardio 360™, a guided interval-style workout that targets the core, hips, and legs with low-impact, lateral-motion training.

TRUE

TREADMILLS

We've been building treadmills since 1981 and have led the industry with innovative features that constantly provide for the best user experience.

Comfortable, reliable, and easy to use, a TRUE treadmill will always serve you well.

- + TRUE Soft System® decks that decrease impact and stress
- + HRC Cruise Control® gradually adjusts speed and incline to maintain a constant target heart rate throughout a user's workout
- + Premium quality and feel, with aluminum side steps and durable AC motors
- + Multiple console options for ultimate customization



TRUE TREADMILLS



ALPINE RUNNER INCLINE TRAINER TI1000

- + Incline range of -3% to 30%
- + Patented Incline System reduces motor wear and tear over time
- + Dual brake for reliable workout performance and safety
- + Vertical upper handgrips provide support at highest incline
- + Optional step available



900 TREADMILL TC900

- + Largest running surface in the industry
- + 17.0 MPH / 27 KPH maximum speed
- + 18% maximum incline
- + Reversible deck



650 TREADMILL TC650

- + 15.0 MPH / 24 KPH maximum speed
- + 15% maximum incline
- + Reversible deck

TRUE

ELLIPTICALS



For smooth, natural motion during cardio workouts, it's hard to beat a TRUE elliptical. Watch your users stride with confidence on our highly tested, ergonomic machines.

- + Core Drive® System for safe and easy entry and exit with low step-up height
- + Small footprint
- + Premium quality and feel, with Soft Step cushioned footpads
- + Cardio 360™ guided workouts that engage the upper body, core, and lower body with varying resistance
- + Multiple console options for flexibility in customization

TRUE ELLIPTICALS



SPECTRUM ADJUSTABLE STRIDE ELLIPTICAL XS1000

- + 1" stride adjustments from 13" to 30"
- + AutoStride, an electronic adjustable stride feature, helps find the perfect stride based on natural movement of the user's body at various speeds
- + Comprehensive total body workout
- + Hybrid self-generating brake



TRAVERSE LATERAL TRAINER XL1000

- + Lateral movement
- + Self-generating capability
- + Dual-stage drive system
- + 30 resistance levels
- + Multiposition and moisture-resistant handlebars



900 ELLIPTICAL XC900

- + Total body workout
- + Hybrid self-generating brake
- + 21" stride length
- + Self-generating capability



BIKES

Whether alone or in a class setting, TRUE bikes are a strong addition to any facility. Durable construction and intuitive design make our bikes a favorite among exercisers and owners alike.

- + Easy step-through entry
- + Small footprint
- + One-hand seat adjustment

TRUE BIKES



900 RECUMBENT BIKE RC900

- + Self-generating capability
- + Dual-stage drive system
- + 20-600 watt workload range
- + Reclining back seat
- + Quick-access controls



900 UPRIGHT BIKE UC900

- + Self-generating capability
- + Dual-stage drive system
- + 3-piece, forged-steel crank system
- + 20-600 watt workload range
- + 30 resistance levels



CLIMBERS

By combining usability and durability, TRUE Climbers ensure exercisers a workout experience they can count on time after time.

Offering premier safety features, best-in-class serviceability, and versatile ease-of-use, TRUE's Palisade Climber has been crafted to be rich in experience for exercisers and easy to maintain for your facility. The Palisade offers more square inches per step than other climbers in the industry and uses an AC motor for its drive system to ensure durability, low noise, and smooth motion.

TRUE CLIMBERS



PALISADE CLIMBER VC900

- + One of the deepest steps in the industry with 217 square inches per step
- + AC motor for durability, low noise, and smooth motion
- + Step-up assistance with rear steps and integrated side pegs, plus dipping handrail
- + Double-braking system for extra safety

TRUE® STRENGTH



Our selectorized, functional trainer, composite, plate-loaded, and group strength systems are designed to fulfill every need for facilities big and small. We've been an innovator within the fitness industry for over 35 years, and that vast experience has helped us make the most reliable equipment around.

In addition, our worldwide network of authorized sales and service representatives ensures that you get quick and useful help whenever you have a question about your TRUE equipment.



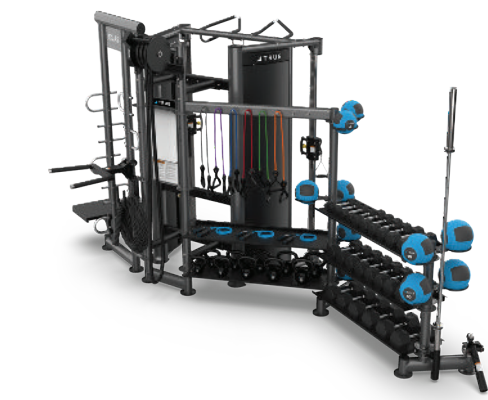
NEXT-LEVEL BIOMECHANICS WITH PALLADIUM SELECTORIZED STRENGTH

The TRUE Palladium Series demonstrates attention to both premium craftsmanship and advanced biomechanical engineering, offering a comfortable feel, a wide range of positioning adjustments, and thoughtful amenities.



SOLID ASSURANCE WITH XFW PLATE-LOADED STRENGTH

TRUE XFW plate-loaded strength units offer an always-dependable platform with intuitive touches and modern style.



MORE ENGAGEMENT WITH ATLAS GROUP TRAINING

The TRUE ATLAS Group Training System lets you configure the ultimate small-group training station to engage new members or expand on your offerings for existing group sessions.

TRUE[®] PALLADIUM SERIES

A vision into the future, premium craftsmanship meets advanced biomechanics in TRUE's Palladium Series. Advanced functionality, comfortable touchpoints, and precise ergonomics are all packaged in a modern design. Set your facility apart and provide users with an intuitive strength-training experience with the Palladium Series.

USER AMENITIES

- + Height-adjustment guide
- + Easy-access phone cradle and accessory storage tray with cup holder
- + Integrated adder weight system that reduces increments to 5 lbs / 2.2 kg
- + Available with optional rep counter/timer



CHEST PRESS SPL-0900

- + 8 position seat adjustable while seated or standing and uses premium grade linear bearings and gas cylinder assist for stable, low-friction adjustments
- + Unique 4 position adjustable seat back allows users to select starting position and range of motion best suited to their individual needs
- + Unilateral press arms converge at 25° in front of the user, resulting in full articulation of the shoulder complex
- + Overhead pivot design allows handles to travel in slight natural upward arc for maximum muscle recruitment
- + Weight stacks: 200 lbs / 91 kg
260 lbs / 118 kg
320 lbs / 145 kg



PEC FLY / REAR DELT SPL-1000

- + 8 position seat adjustable while seated or standing and uses premium grade linear bearings and gas cylinder assist for stable, low-friction adjustments
- + 8 position cam includes 4 positions for rear deltoid and 4 positions for pec fly
- + Dual-grip handles are ergonomically designed to accommodate both exercises
- + Weight stack is offset from main frame to allow easy access to selector pin
- + Weight stacks: 200 lbs / 91 kg
260 lbs / 118 kg
320 lbs / 145 kg



SHOULDER PRESS SPL-0700

- + 8 position seat adjustable while seated or standing and uses premium grade linear bearings and gas cylinder assist for stable, low-friction adjustments
- + Unique 4 position adjustable seat back allows users to select range of motion best suited to their individual needs
- + Unilateral press arms converge at 20° per side above and forward of the shoulder, allowing for full ROM without impingement
- + Dual-grip design allows users to choose standard or neutral grip hand position
- + Weight stacks: 200 lbs / 91 kg
260 lbs / 118 kg
320 lbs / 145 kg

TRUE PALLADIUM SERIES



LAT PULLDOWN SPL-1100

- + 8 position seat adjustable while seated or standing and uses premium grade linear bearings and gas cylinder assist for stable, low-friction adjustments
- + 6 position adjustable thigh pads accommodate wide range of users
- + Unilateral arms diverge at 17.5° per side, allowing full articulation of the shoulder complex
- + Weight stacks: 200 lbs / 91 kg
260 lbs / 118 kg
320 lbs / 145 kg



BICEPS CURL SPL-0600

- + 8 position seat adjustable while seated or standing and uses premium grade linear bearings and gas cylinder assist for stable, low-friction adjustments
- + Dual cam design allows each arm to operate independently for bilateral or unilateral training
- + Handles swivel to accommodate wide range of users without need for additional adjustments
- + Elbow pads and handle assemblies are angled to maximize biceps activation while maintaining neutral shoulder position
- + Weight stacks: 200 lbs / 91 kg
260 lbs / 118 kg
320 lbs / 145 kg



TRICEPS PUSHDOWN
SPL-0500

- + 8 position seat adjustable while seated or standing and uses premium grade linear bearings and gas cylinder assist for stable, low-friction adjustments
- + 20° fixed-angle contoured back pad provides support and proper alignment during exercise
- + Ergonomically designed handles easily adjust between wide and narrow positions
- + Weight stacks: 200 lbs / 91 kg
260 lbs / 118 kg
320 lbs / 145 kg



SEATED ROW
SPL-1200

- + 8 position seat adjustable while seated or standing and uses premium grade linear bearings and gas cylinder assist for stable, low-friction adjustments
- + Unique rotating grips allow supination and pronation throughout the movement while keeping the wrist neutral in radial and ulnar deviation
- + Trailing-link handle assemblies allow user defined path of motion
- + 9 position chest pad accommodates wide range of users
- + Center post provides stability during one-arm row
- + Weight stacks: 200 lbs / 91 kg
260 lbs / 118 kg
320 lbs / 145 kg



LEG EXTENSION
SPL-0100

- + 8 position seat adjustable while seated or standing and uses premium grade linear bearings and gas cylinder assist for stable, low-friction adjustments
- + 8 position shin pad adjustable from the seated position provides proper support and comfort throughout the entire range of motion
- + 10 position start range limiter allows users to choose the range of motion best suited to their individual needs
- + Ergonomically designed handles are positioned to encourage proper user support and alignment during exercise
- + Weight stacks: 200 lbs / 91 kg
260 lbs / 118 kg
320 lbs / 145 kg



SEATED LEG CURL
SPL-0200

- + 8 position seat adjustable while seated or standing and uses premium grade linear bearings and gas cylinder assist for stable, low-friction adjustments
- + 8 position ankle pad adjustable from the seated position provides proper support and comfort throughout the entire range of motion
- + 8 position thigh pad accommodates wide range of users
- + 10 position start range limiter allows users to choose the range of motion best suited to their individual needs
- + Ergonomically designed handles are positioned to encourage proper user support and alignment during exercise
- + Weight stacks: 200 lbs / 91 kg
260 lbs / 118 kg
320 lbs / 145 kg



LEG PRESS
SPL-0300

- + Low profile design allows for easy entry and exit
- + 9 position seat assembly adjusts easily from seated position using ergonomically designed paddle handle
- + 5 position adjustable back pad with gas cylinder assist allows users to choose the range of motion best suited to their individual needs
- + 4 position oversized adjustable foot plate allows for a variety of foot placements while maintaining neutral ankle position
- + Weight stacks: 419 lbs / 190 kg

COLOR OPTIONS

+ Powder coat finish available in charcoal with custom shroud color options



acrylic shroud



metal shroud

+ Upholstery available in a wide range of colors



alabaster



deep violet



american beauty



grotto teal



black



hunter green



cadet



java



camel



light gray



candy apple red



navy



graphite



royal blue



cranberry



slate



desert tan



suede

TRUE[®] FUSE XL

A modern and comprehensive strength-conditioning system designed to meet the space, budget, and performance demands of today's commercial fitness facilities. The user-friendly features and performance will appeal to a wide variety of users.

USER AMENITIES

- + Height-adjustment guide
- + 4-bar linkage-seat adjustments with gas cylinder assist
- + Accessory tray with cup holder
- + Integrated towel holder

COLOR

- + Powder coat finish available in charcoal with custom color options
- + Upholstery available in a wide range of colors

TRUE FUSE XL



CHEST PRESS
FUSE-0900

- + 5 position seat uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + 3 position handles accommodate wide range of users
- + Unilateral arms converge to maximize articulation of the shoulder and allow for a complete range of motion



BICEPS CURL
FUSE-0600

- + 5 position seat uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + Unique offset-pivot design and counterbalanced arm assembly allow users to choose the range of motion best suited to their individual needs



SHOULDER PRESS
FUSE-0700

- + 5 position seat uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + 3 position back pad accommodates wide range of users
- + Unilateral arms converge to maximize articulation of the shoulder and allow for a complete range of motion

TRUE FUSE XL



DELTOID RAISE
FUSE-0800

- + 5 position seat uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + Seat and chest pads are angled 5° for proper ergonomics
- + Dual press arms operate independently, allowing users to choose unilateral or bilateral training



PEC FLY/REAR DELT
FUSE-1000

- + 5 position seat back uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + 7 position arm adjustment provides full range of motion for both pectoral fly and rear deltoid movements
- + Dual-position handles with angled grips pivot to replicate fluid dumbbell movements
- + Ergonomically located handles with contoured grips for proper user support and alignment during exercise



LAT PULLDOWN
FUSE-1100

- + 5 position seat uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + 5 position thigh pad assembly accommodates a wide range of users
- + Unilateral arms diverge to maximize articulation of the shoulder, allowing for a complete range of motion



SEATED ROW
FUSE-1200

- + 5 position seat uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + 8 position chest pad accommodates a wide range of users
- + Unilateral arms diverge to maximize articulation of the shoulder, allowing for a complete range of motion



LOW BACK EXTENSION
FUSE-1300

- + 4 position adjustable roller pad and angled lumbar pad provide proper alignment and support throughout the entire range of motion
- + Dual-position foot rests provide torso stabilization for a wide range of users



ABDOMINAL
FUSE-1400

- + 5 position seat uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + 4 position adjustable roller pad with dual hand grips allows users to determine range of motion best suited to their individual needs



TRICEPS PUSHDOWN
FUSE-1500

- + 5 position seat uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + 20° fixed-angle, contoured back pad provides support and proper alignment during exercise
- + Handles easily adjust between wide and narrow positions



ROTARY TORSO
FUSE-1700

- + Angled hip and thigh pads eliminate low-body torque and encourage spinal alignment for proper isolation of the torso
- + Easy-access, 11 position adjustment handle allows users to choose the range of motion best suited to their individual needs while in the seated position
- + Low seat frame design provides ease of entry and exit of machine



LEG PRESS
FUSE-0300

- + 9 position seat assembly adjusts easily using ergonomically designed paddle handle
- + 3 position back pad accommodates a wide range of users
- + Large molded platform angled at 10° maximizes hip extension while maintaining neutral ankle position



LEG EXTENSION
FUSE-0100

- + 5 position seat back uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + 5 position start range limiter allows users to choose the range of motion best suited to their individual needs
- + 5 position ankle pad adjusts easily and provides proper support and comfort throughout the entire range of motion
- + Ergonomically located handles with contoured grips for proper user support and alignment during exercise



SEATED LEG CURL
FUSE-0200

- + 5 position seat back uses four-bar linkage with gas cylinder assist for stable, low-friction adjustments
- + 7 position start range limiter allows users to choose the range of motion best suited to their individual needs
- + 4 position thigh pad assembly accommodates a wide range of users
- + 5 position ankle pad adjusts easily and provides proper support and comfort throughout the entire range of motion
- + Ergonomically located handles with contoured grips for proper user support and alignment during exercise



INNER/OUTER THIGH
FUSE-0400

- + Space- and cost-efficient, dual-function model for both Adductor and Abductor exercise movements
- + Pivoting contoured leg pads provide comfort and allow for easy transition between inner and outer thigh movements



HORIZONTAL LEG CURL
FUSE-1800

- + Chest and thigh pads angled at 15° for proper alignment
- + 5 position ankle pad accommodates a wide range of users
- + Heavy-duty pivot arm assembly with sealed bearings offset provides for easy entry and exit of machine



WEIGHT-ASSISTED CHIN-DIP
FUSE-4000

- + Multigrip chin bar assembly offers wide, narrow, and neutral handle choices
- + Foot platform easily retracts for bodyweight exercises
- + Dip bars pivot to accommodate a wide range of users



FUNCTIONAL TRAINERS



THE ULTIMATE IN VERSATILITY

TRUE functional trainers provide a host of integrated accessories so exercisers can tailor their workout based on their needs.

TRUE FUNCTIONAL TRAINERS



FUNCTIONAL TRAINER XFT-900

- + Vertical adjustment columns rotate 360° to allow unrestricted movement in multiple planes
- + Multiposition chin bar accommodates optional suspension bracket for suspension training
- + Fold-down foot platform assists access to chin bar and retracts into frame when not in use
- + Integrated storage hooks conveniently store a wide range of training accessories
- + Shown with optional storage tray



FUNCTIONAL TRAINER XFT-100

- + Dual weight stack design
- + Choice of 20 vertical positions through a range of 58"
- + Step-by-step exercise chart with easy-to-follow user instructions

TRUE[®] XFW

Offering modern styling, high-quality construction, and time-tested innovative designs, the XFW plate-loaded strength equipment, racks, and benches represent the best in form, function, and reliability.

COLOR

- + Powder coat finish available in charcoal with custom color options
- + Upholstery available in a wide range of colors

TRUE XFW



DUAL SIDED HALF RACK XFW-8300

- + Optional chin bar, band pegs, core trainer, dip station, and center rack catch rails
- + 19 available adjustment points
- + 2 upright Olympic bar storage posts

OPTIONS

- + Dip station (max 4)
- + Plate storage
(cannot combine with Center Catch Rails)
- + Suspension bracket (max 2)
- + Chin bar (max 4)
- + Core trainer (max 2)
- + Center catch rails (shown above)
(cannot combine with Plate Storage)
- + Band peg kit (pair; max 4)

TRUE XFW



POWER RACK WITH PLATE HOLDERS XFW-7900 (Weights not included)

- + 23 available adjustment points
- + Fully adjustable bar catches and chrome-plated catch rails
- + Integrated pull-up station
- + Standard: 8 plate holders



HALF RACK WITH PLATE HOLDERS XFW-8100 (Weights not included)

- + Optional band peg kit
- + 19 available adjustment points at 3-inch increments
- + Fully adjustable bar catches and catch rails
- + Integrated pull-up station



SMITH MACHINE XFW-6800 (Weights not included)

- + Open frame design and elevated head clearance provide easy access and use of utility benches
- + 14 position bar catch assembly
- + Weight carriage counterbalanced to 10 lbs / 4.5kg and angled 3° to accommodate natural rotation of anatomical joints during exercise
- + Dual adjustable safety stops allow users to adjust range of motion
- + Standard: 8 weight storage posts



LEG PRESS
XFW-7800 (Weights not included)

- + Premium-grade linear bearings and high-capacity weight carriage angled 45°
- + Dual-position pivoting carriage stops
- + 3 position secondary safety stops allow users to adjust range of motion
- + Back pad with integrated headrest easily adjusts to 7 positions
- + Wide footplate with molded rubber non-skid covering and calf raise provision offers secure placement and exercise variation
- + Assistance handle in footplate eases entry and exit of machine
- + Standard: 4 weight storage posts



LEVER ROW
XFW-5500

- + Both wide and narrow handgrip
- + Heavy-duty swivel plate rack assembly accommodates 8-45 lb plates



SEATED CALF
XFW-5700

- + Pivoting seat with 5 position adjustable thigh pad assembly
- + Accommodates 10-45 lb plates



SUPINE PRESS BENCH WITH PLATE HOLDERS
XFW-7100

- + 9 3/4" bench width allows free shoulder movement during exercise
- + Replaceable 2 position chrome bar catches
- + Standard: 6 plate holders



INCLINE PRESS BENCH WITH PLATE HOLDERS
XFW-7200

- + Fixed 30° angled seat back
- + 7 position adjustable seat
- + Replaceable 2 position chrome bar catches
- + Standard: 6 plate holders



3-WAY PRESS BENCH WITH PLATE HOLDERS
XFW-8200

- + Easily adjusts to 3 positions
- + 3 position seat and dual-position footrest
- + Standard: replaceable 3 position chromed bar catches
- + Standard: 6 plate holders



TRICEPS SEAT
XFW-4400

- + Wheels for easy moving
- + Perfect for seated dumbbell exercises



VERTICAL KNEE RAISE/DIP
XFW-6400

- + Pads and grips provide stability and proper body positioning
- + Foot plates ease entry



ABDOMINAL/ DECLINE BENCH
XFW-5300

- + 9 adjustments from -30° to +10° in 5° increments
- + Gas cylinder assist for adjustment of back pad
- + Wheels for easy moving



PREACHER CURL
XFW-5000

- + Precise arm pad angle with comfort edge roll
- + 6 position adjustable contoured seat



FLAT BENCH
XFW-7000

- + Wheels and handle for easy moving
- + Small base end for unrestricted use



FLAT/INCLINE/DECLINE BENCH
XFW-7500

- + Easy adjustment to 11 positions from -10° to 85°
- + 3 position seat pad to accommodate multiple exercise positions
- + Wheels and handle for easy moving



ROMAN BENCH
XFW-5600

- + 45° angle for proper ergonomics
- + Adjustable thigh pad assembly
- + Nonskid foot platform and roller pad assembly



DUMBBELL RACK
XFW-4700 (Dumbbells not included)

- + Trays angled at 20° to facilitate easy placement and removal of dumbbells
- + Floor anchor provisions in frame
- + Available as 6, 10, 12, 16, 20, and 30 pair racks



WEIGHT PLATE TREE
XFW-6300 (Weights not included)

- + 6 weight posts for maximum storage
- + Accommodates more than 1,000 lbs of Olympic plates and collars



COMPOSITE MOTION[®] TECHNOLOGY

Provides the integration of functional exercises using controlled movement patterns for a safe, more effective, and user-friendly workout experience.



TRUE COMPOSITE MOTION[®] TECHNOLOGY



FULL BODY PRESS SC1000

- + The Full Body Press engages a wide variety of muscle groups throughout the entire body all on one machine, during one workout session
- + ONE MACHINE, ONE MOVEMENT: chest, shoulders, triceps, upper/lower back, core, lats, hips, glutes, quads, calves, and hamstrings
- + Concurrent upper-body pressing motion along with lower-body pressing motion
- + Spring-assisted, 10 position adjustable knee pad accommodates a wide range of users
- + Smooth motion allows users to control and safely execute each exercise accurately



AB CRUNCH / BACK ROW SC1010

- + The Ab Crunch/Back Row combines the benefits of core conditioning with the simultaneous knee raise and back row exercises
- + Safer and more effective method of functional training for users of all ability levels
- + Incorporates oblique muscles by unlocking the swiveling shin pad for added results
- + Quickly burns more calories and strengthens more muscle groups in less time



GLUTE PRESS SC1005

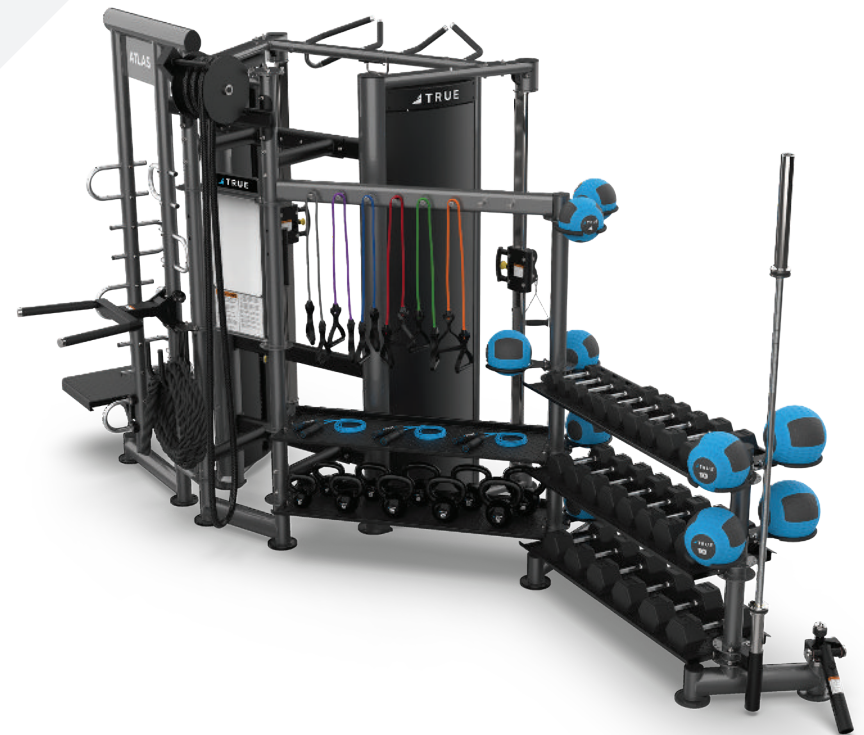
- + The Glute Press simultaneously combines a reverse decline lunge motion with a chest press motion for faster fitness results
- + Controlled movement patterns provide safe method of functional training for users of all ability levels
- + Simultaneously works upper and lower body muscle groups for a faster and more efficient workout
- + Quickly burns more calories and strengthens more muscle groups in less time
- + Ultimate user convenience with no adjustments necessary



GROUP TRAINING SYSTEMS

Group training has created a surge of interest from both fitness enthusiasts and athletes who have found that they are energized by training in a small team environment with dynamic exercises—especially with the guidance of a group trainer.

We've built the ATLAS Group Training System to meet those needs in a way that is completely customizable for your facility.



ATLAS XFT-200, XFT-201

Choose the model that best meets your facility's storage needs:

- + Atlas 200 Storage: Accessory Rack with Hangers, 2 Flat Trays, 5 Med Ball Rings
- + Atlas 201 Storage: 3 Flat Trays, 5 Med Ball Rings

Both 200 and 201 models come standard with:

- + Step platform
- + Dip station
- + Dry erase board
- + Rope rack

OPTIONAL EQUIPMENT:

Choose from customizable end-frames (including the XFT-HRK Half Rack), training tools, storage solutions, and accessory packages to make this group training system perfect for your facility

APPROXIMATE DIMENSIONS:

10' wide x 6' long (Additional minimum 6' perimeter required to perform exercises)

TRUE GROUP TRAINING SYSTEMS



ATLAS HD XFT-400

STANDARD EQUIPMENT:

- + Hanger storage stations
- + Flat tray storage stations
- + Monkey bars (7 or 10 positions)
- + Step platform
- + Dip station
- + Dry erase board
- + Rope rack and core trainer

OPTIONAL EQUIPMENT:

Choose from customizable training tools, storage solutions, and accessory packages to make this group training system perfect for your facility

APPROXIMATE DIMENSIONS:

14' wide x 20' long (Additional minimum 6' perimeter required to perform exercises)

The TRUE ATLAS Group Training System can enhance your facility's current small group training or help you launch a new dynamic program for increased engagement. This modern, space-efficient, and fully customizable group training system is designed to accommodate the emerging small group training needs. Motivate and inspire members of all fitness levels with high-energy and team-centric training sessions.

Please see your TRUE sales representative for a **full catalog of options** and alternative configurations of the Atlas Group Training System.

TRUE

TRUE STRETCH[®]

ENHANCES WORKOUTS & REDUCES INJURY RISK

The TRUE[®] Stretch is striking to see and radically effective to use, inspiring your users to stick to the stretching regimens that will help them reach the next level of flexibility and strength.

- + Solid steel construction
- + Space-efficient design
- + Easy-to-follow placards



TRUE STRETCH[®]



TRUE STRETCH

The TRUE Stretch provides a dedicated, self-contained stretching area that allows users a safe platform for comprehensive stretching to increase flexibility while reducing risk of injury



TRUE STRETCH GOLF

Utilize the TRUE Stretch Golf at golf facilities for scientifically-based stretches designed specifically for golfers

T R U E F I T N E S S . C O M



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