



TRUEFORM™
TRAINER



OWNER'S MANUAL

www.trueformrunner.com



About Us

TrueForm exploded into the fitness industry scene, shaking up norms in the running, training, and fitness equipment market with the TrueForm Runner: a non-motorized treadmill, precision engineered and handcrafted to last a lifetime. The TrueForm Runner is the choice of top University and professional teams, performance gyms, CrossFit Affiliates, USA Triathlon and experts in the performance community for running, as well as gait retraining.

The TrueForm Trainer is lighter weight and user-friendly for all skill levels. The Trainer is an affordable, rugged, quality built solution for any commercial training facility or home gym. The included display keeps you informed of your pace, speed, distance and time. The display is compatible with Polar heart rate monitors.



TrueForm Trainer is the perfect tool for everyone from beginners to pros, whether enjoying long smooth runs or sprinting for pure performance. It's the only running device that naturally corrects running form with our trademark Responsive Belt Technology™, reacting to every subtlety in your movement: balance, posture, hip position, foot strike, and more. You seamlessly improve your form when your body is not in the optimal position for walking, jogging, and sprinting.



Our team of trained professionals are happy to help with any issue that may arise from delivery and installation to training users and coaches. We want to ensure you have the best possible experience with TrueForm. If you have any questions or concerns, we will work with you to find solutions. Reach out to a team member today. We look forward to helping you in your pursuit of fitness.

SERVICE: service@livertrueform.com

TRAINING: training@livertrueform.com

GENERAL QUESTIONS: run@livertrueform.com





Safety Precautions

- Consult with a physician before beginning any exercise program, especially if any of the following pertain to you: pregnancy, history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoke cigarettes, or experience any other chronic disease or physical impairments.
- If at any time during exercise you experience dizziness, chest pains, nausea or any other abnormal symptoms, immediately discontinue use and consult a physician before continuing.
- Keep all loose clothing, shoelaces, and towels away from the treadmill running surface while in use.
- Always exercise care and use handrails when mounting or dismounting the treadmill.
- Never enter or exit the treadmill while the running belt is moving.
- Assemble and operate the treadmill on a solid and level surface.
- As the treadmill is non-motorized, there is no emergency stop lanyard. The treadmill will come to a stop on its own. A treadmill running belt might not stop immediately if any object becomes caught in the belt or rollers.
- Never leave children unsupervised around a treadmill.
- The TrueForm Runner is built to handle runners weighing up to 750 pounds at speeds between 0-4 MPH and 550 pounds at speeds up to 18 MPH.
- Wear proper athletic shoes, such as those with rubber or high-traction soles. Do not use shoes with heels or leather soles.
- Allow several minutes to bring your heart rate into the training zone shown elsewhere in this manual. Walk slowly after your workout to allow your body time to cool down and your pulse rate to decrease.

Measuring Your Heart Rate:

We recommend that you use a heart rate monitor to measure your pulse during workout. However, you may also measure your pulse manually by placing your fingers on the underside of your wrist or either side of your throat. While looking at the second hand on your watch, count how many heartbeats you feel within fifteen (15) seconds. Multiply this number by four to get your Beats Per Minute (BPM).

Know Your Maximum Heart Rate:

To approximate your maximum heart rate, the general formula is to subtract your age from 220. This formula is used by the American Heart Association and The American College of Sports Medicine. A stress test administered by your physician is the most accurate way to determine your true maximum heart rate. The American Heart Association recommends that you have a stress test done if you have any history of heart disease or if you are over the age of 40 and beginning an exercise program.

During exercise, it is recommended that you maintain your target zone and not exceed 85% of your maximum heart rate. Your target zone is an area between 60 and 75% of your maximum heart rate. Should you find your heart rate above the 75% level, you should decrease the intensity of your fitness program.

Heart Rate Chart:

AGE	BEGINNER 60% - 70%		INTERMEDIATE 70% - 80%		ADVANCED 80% - 90%	
	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *
to 19	121 - 141	20 - 24	141 - 161	24 - 27	161 - 181	27 - 30
20 - 24	119 - 139	20 - 23	139 - 158	23 - 26	158 - 178	26 - 30
25 - 29	116 - 135	19 - 23	135 - 154	23 - 26	154 - 174	26 - 29
30 - 34	113 - 132	19 - 22	132 - 150	22 - 25	150 - 169	25 - 28
35 - 39	110 - 128	18 - 21	128 - 146	21 - 24	146 - 165	24 - 28
40 - 44	107 - 125	18 - 21	125 - 142	21 - 24	142 - 160	24 - 27
45 - 49	104 - 121	17 - 20	121 - 138	20 - 23	138 - 156	23 - 26
50 - 54	101 - 118	17 - 20	118 - 134	20 - 22	134 - 151	22 - 25
55 - 59	98 - 114	16 - 19	114 - 130	19 - 22	130 - 147	22 - 25
60 - 64	95 - 111	16 - 19	111 - 126	19 - 21	126 - 142	21 - 24
65 - 69	92 - 107	15 - 18	107 - 122	18 - 20	122 - 138	20 - 23
70 - 74	89 - 104	15 - 17	104 - 118	17 - 20	118 - 133	20 - 22
75 - 79	86 - 100	14 - 17	100 - 114	17 - 19	114 - 129	19 - 22
80 - 84	83 - 97	14 - 16	97 - 110	16 - 18	110 - 124	18 - 21
85 +	81 - 95	14 - 16	95 - 108	16 - 18	108 - 122	18 - 20

Source: American College of Sports Medicine.

Assembly



UNPACKING YOUR TRAINER 01

Your Trainer will arrive boxed on a pallet. Remove the straps and open the box flaps.



UNPACKING YOUR TRAINER 02

Cut down the front and one rear corner of the box. The front is the side with the hand-rail holes.



REMOVING HANDRAILS & BOXES 03

Carefully remove the top handrail, small box, and large box from under the Trainer before removing the base.



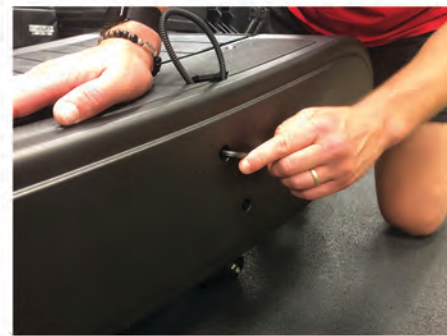
ROLL THE TRAINER OFF PALLET 04

Using the handles under the Trainer, lift and roll it off the pallet. If you have assistance, two people can lift it out of the box.



WHAT'S IN THE BOXES? 05

The two remaining boxes include: the left and right side handrails, 4 bolts, two Allen wrenches, display and batteries.



LOOSEN LOWER HANDRAIL BOLTS 06

Using the provided Allen wrench, loosen the two bolts on each side of your Trainer. This will allow you to insert the handrails.

Assembly



CONNECT RIGHT HANDRAIL 07

The right handrail contains the display cable. The white connector is at the top and the black connector at the bottom. If the cable falls out of the handrail, feed the wire back through the handrail top to bottom.



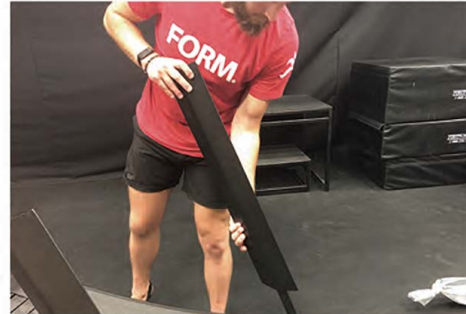
CONNECTING RIGHT HANDRAIL 08

Connect the black connector at the base of the Trainer to the black connector at the bottom of the handrail and feed any excess wire up the handrail.



INSTALLING RIGHT HANDRAIL 09

Carefully pull excess wire through the top of the handrail and insert the handrail into Trainer base. The longer side should face the front. You may need to slightly wiggle the handrail to fully insert.



INSTALLING LEFT HANDRAIL 10

With the longer side facing the front, insert the left handrail into the Trainer base until fully seated. You may need to slightly wiggle the handrail side to side to fully insert.



CONNECT THE DISPLAY CABLE 11

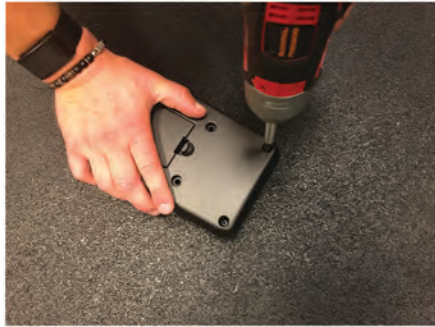
Connect the display connector from the right side handrail to the connector protruding from the right side of the top handrail. Tuck in the excess wire. Be sure not to pinch the wires.



INSTALL TOP HANDRAIL 12

Place the top handrail onto the handrail sides and hold in place. Insert the rear bolts first using the Allen wrench to secure. Next, insert and secure the front bolts and tighten the side rail internal bolts through the holes on each side of the base.

Assembly



MOUNTING DISPLAY

13

Unscrew the four outside screws from the back of the display using a Philips head screwdriver. Keep the screws in a safe place; you'll need them later.



MOUNTING DISPLAY

14

Separate the two sides of the display and disconnect the wire labeled BAT.



MOUNTING DISPLAY

15

Remove the 4 screws from the back of the display stand on the top handrail.



MOUNTING DISPLAY

16

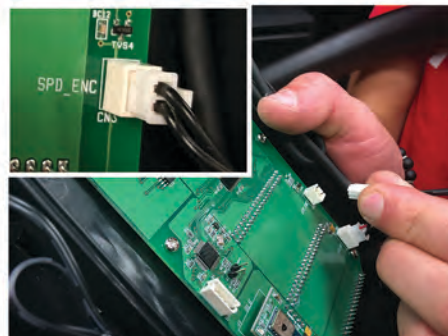
Reinsert the screws removed in step 15 and attach the back of the display to the display stand.



MOUNTING DISPLAY

17

Holding the display in place, reattach the wire from the back of the display to the front of the display. The connector removed in step 14 is reinserted into the BAT port.



MOUNTING DISPLAY

18

Attach the wire coming out of the top handrail by inserting the connector into the SPD_ENC port on the front of the display.

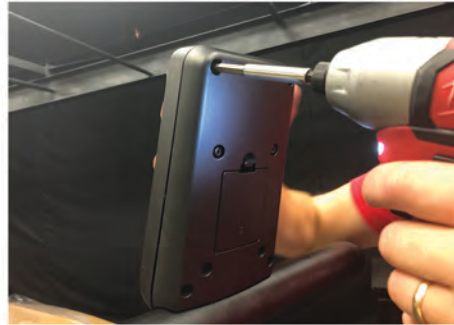
Assembly



MOUNTING DISPLAY

19

Carefully tuck the wires into the display and place the front and back of the display together.



MOUNTING DISPLAY

20

Reinsert the screws removed in step 13 to secure the front and the back of the display.



INSERT BATTERIES

21

Open the battery slot on the back of the display and insert the four AA batteries included with the Trainer.

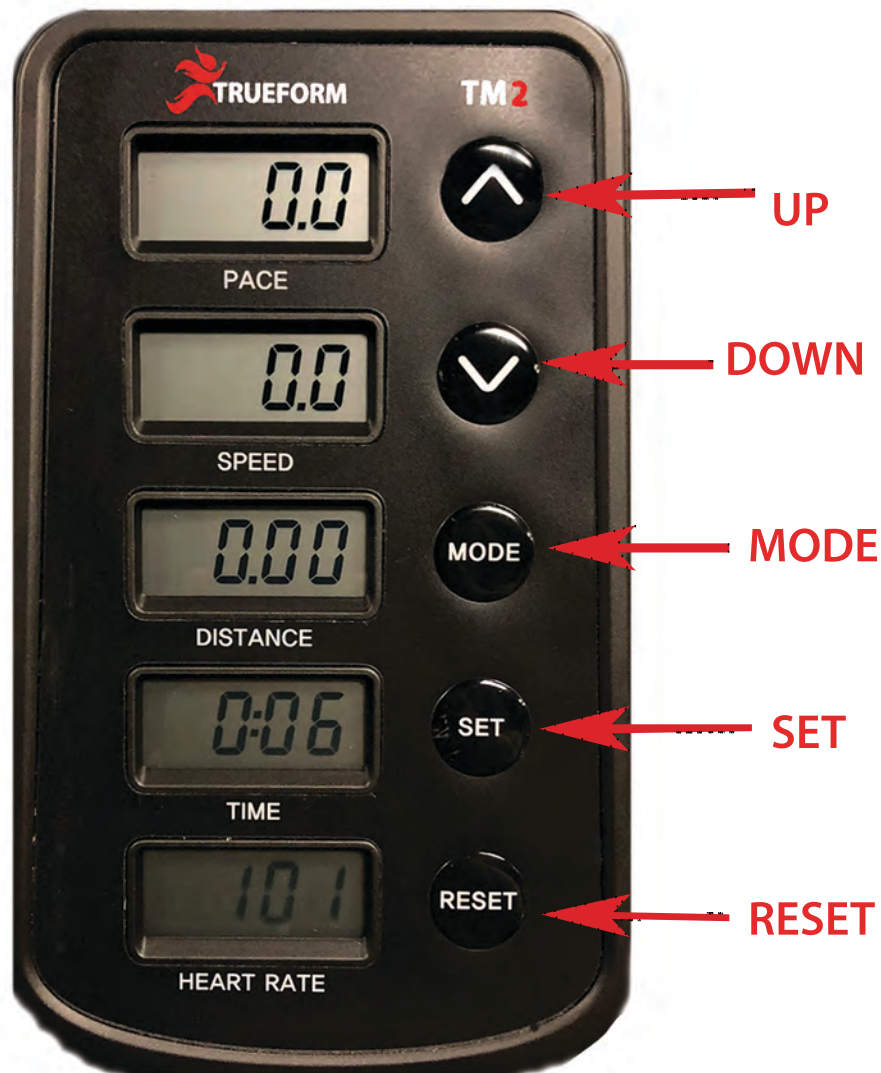


COMPLETE!

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Start running on your TrueForm Trainer!

Display Operation



Changing Units of Measure

The Trainer default unit of measure is set to the standard (km or miles) in your region. If you wish to change the units:

1. Press RESET
2. Hold down the UP and DOWN keys at the same until a 1 or 2 appears in the MODE box. 1 indicates kilometers and 2 indicates miles.
3. Press the MODE key 1 time. The number in the box will flash.
4. Press the UP and DOWN keys to toggle between numbers 1 and 2.
5. Press SET when you have made your selection.
6. Press RESET to exit set the set up screen.

Setting Intervals

To set a time interval, press MODE once and use the UP and DOWN keys to create a timed countdown. When you have made your selection, press SET

To set a distance interval, press MODE twice and use the UP and DOWN keys to create a distance countdown. When you have made your selection, press SET.

Safety & Care Information

When servicing or using any piece of fitness equipment, basic safety precautions must be followed. Be sure to familiarize yourself with all warnings and information contained in this manual prior to use.



A warning sign has been included with your treadmill. It is the responsibility of the owner to post this sign in a visible area near or on the machine.

DANGER! Follow these precautions to reduce the risk of injury or electric shock:

- Do not soak the treadmill surfaces with any liquid; use a sprayer or damp cloth.
- Do not place any open liquid containers on any part of the treadmill.
- Always keep the running surface clean and dry.

Transporting Your TrueForm:

CAUTION: THIS TREADMILL IS HEAVY AND COULD CAUSE INJURY IF LIFTED IMPROPERLY.

A lifting bar is inserted the rear bottom corner of the Trainer. Do not pull or lift on the side covers. If the treadmill must be disassembled, the handrail can be removed for easier transportation.

Cleaning and Care:

We recommend that you clean your Trainer weekly. Wipe down the handrail, display and covers, check overall condition and vacuum underneath and inside the treads. Do not soak the surface or use abrasive cleansers.

Lubrication:

The belts are pre-lubricated at the factory and do not require any additional lubrication.

Service:

Our service center may be reached at: TrueForm 860-895-8533. Please have the following information ready prior to calling: model and serial number; a description of the problem; and any events or circumstances that may have caused or contributed to the problem.

Get in touch

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