

CS1.0

COMMERCIAL TREADMILL



UNSURPASSED QUALITY

The TRUE® CS treadmills are the most powerful, ruggedly built and sophisticated machines to ever bear the TRUE name. Precision hand-built craftsmanship, innovative user-centric features and quality components vividly demonstrate our 26-year commitment to making the finest treadmills in the world. The CS1.0 was designed for space efficient applications that demand the very best. A variety of programming options, heart rate training, a custom LCD display, and even integrated personal fans all result in an exceptional workout experience.

SPACE EFFICIENT DESIGN

The CS1.0 was designed specifically for those facilities where both space and quality is at a premium. Despite its smaller stance, the CS1.0's brawny 11-gauge robotically welded frame and hydroformed pedestals provide an extremely stable workout experience even under the most rigorous pounding.

POWERFUL DRIVE SYSTEM

The TRUE CS1.0 comes equipped with a 3 hp continuous duty QDrive™ motor that drives a 22" wide running surface. The internal self cooling system ensures years of powerful and dependable operation.

HRC (HEART RATE CONTROL)™

The CS1.0 is equipped with a digital contact heart rate monitoring system as well as a Polar® wireless telemetry system to assist users in maintaining their optimum heart rate and maximizing workout results. HRC Cruise Control™ is also included, which allows the user to "lock in" on a specific target heart rate. Once the target is set, TRUE HRC Cruise Control will adjust speed and incline automatically throughout the duration of the workout to maintain the targeted heart rate (operates just like the Cruise Control in your car).

ENTERTAINMENT

The CS1.0 provides CSAFE power as well as seamless integration with all TRUE Entertainment™ options.

TRUE IMPACT ABSORPTION

TRUE's patented Soft System® offers the most biomechanically correct running surface available. Neoprene shock absorbers in the front third of the deck cushion each foot strike while the back of the deck provides a firmer surface, allowing for a stronger push off with each step.

USER FRIENDLY EXPERIENCE

The CS1.0 console is designed to accommodate the more experienced user who utilizes programming as a means of achieving his/her fitness goals. It comes fully equipped with 19 workout programs, 2-speed user fans, and mid-bar primary control keys that provide easy access to speed and elevation changes.

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DRIVE SYSTEM	Motor	3 hp Self Cooling, Continuous Duty QDrive Motor
	Speed Sensor	Magnetic Hall-Effect Sensor
	Power Source	120 Volt/15 Amp Dedicated (NEMA 5-15 Receptacle) Cord Length: 12' (3.7 m)
RUNNING SURFACE	Deck	Double Sided Thermally Fused Laminated 1" Medium Density Fiberboard
	Belt	Mole™ Multi-Ply Belt with PVC Coating
	Rollers	2.5" Diameter Rollers with Sealed Bearings
	Impact System	TRUE Soft System (4 neoprene shock absorbers)
	Lubrication	Silax™ (Proprietary Lubricant)
FRAME AND LIFT	Frame	11-Gauge Heavy-Duty Welded Steel
	Pedestals	Hydroformed Steel
	Finish	Powder Coat
	Incline Motor	Compression Elevation Motor with 1000 lbs of Thrust
	Handrails	Molded Urethane, Moisture Resistant Flared Handrails
	Portability	Front Mounted Wheels
CONSOLE	Display Type	Single Window Custom LCD
	Keys	Membrane Switches
	Express Command Keys	11 - Calorie Burner, Hill Intervals, Speed Intervals, Speed Ramp-Up, Glute Buster, Leg Shaper, Cardio Challenge, Sports Training, Quick Speed, Cool Down, HRC Cruise Control
	Data Readouts	Speed, Incline, Elapsed Time, Distance, Pace, Heart Rate, Time Remaining, METs, Calories, Target Heart Rate
	Message Center	17 Character Alphanumeric
HEART RATE	Contact Heart Rate	Digital - 4 Sensing Pads
	Telemetry Heart Rate	Wireless - Polar® Equipped
	HRC® Programs	1 - Target HRC
WORKOUT PROGRAMS	Preset	10 - Manual, Quick Start, Calorie Burner, Hill Intervals, Speed Intervals, Speed Ramp-Up, Glute Buster, Leg Shaper, Cardio Challenge, Sports Training
	User Defined	3 - Custom Programs
	Fitness Tests	5 - Gerkin Protocol, Military Fitness Tests (Army, Navy, Airforce, Marines)
OTHER FEATURES	Entertainment	Seamless Integration with TRUE Entertainment Options
	Communications	Full CSAFE Compatibility
	Diagnostics	Software Version, Hours, Miles, Starts, Display, Heart Rate, Backlight, Contrast, Lower Control Board, RS232, Auxiliary Boards, Remote Keys, Current, Safety Switch, Program Usage, Watch Dog
	Accessories	Reading Rack, 2 Cooling Fans, 2 Water Bottle Holders, 2 Accessory Trays
	Safety	Safety Clip Equipped
PHYSICAL SPECIFICATIONS	Footprint	80"L x 30"W (203 cm x 76 cm)
	Running Surface	22" x 60" (56 cm x 152 cm)
	Weight / Shipping Weight	340 lbs (154 kg) / 408 lbs (185 kg)
	Maximum User Weight	400 lbs (181 kg)
	Incline	0 to 15%
	Speed	0 - 12 mph (0 - 20 kph)
	Step-Up Height	7.5" (19.1 cm)
	Regulatory Approvals	UL, CSA, FCC, CE
	Warranty	COMMERCIAL: Frame Lifetime, Motor 3 Yrs, Parts 3 Yrs, Labor 1 Yr LT COMMERCIAL: Frame Lifetime, Motor 5 Yrs, Parts 5 Yrs, Labor 1 Yr

*Specifications subject to change without notice

