

# TS1™

# COMMERCIAL ELLIPTICAL



## TRUE® TOTAL-BODY

No other elliptical machine on the market provides a TRUE Total-Body workout. Our proprietary Side Steps allow the user to step off and drive the TS1™ using the upper-body only. TRUE stands alone in providing three separate positions that work the entire body:

1. Isolated Upper-Body
2. Isolated Lower-Body
3. Upper and Lower Total-Body

No other elliptical machine on the market allows users to isolate their upper bodies for a TRUE total-body workout. On traditional front- and rear-drive elliptical machines, your arms just go along for the ride while your legs do all the work.

### UNIQUE TO THE CORE

The TRUE TS1 Total-Body elliptical trainer is driven by a patented Core Drive™ system that keeps the user in the center of the exercise motion for superior balance, stability and comfort.

The TS1's pedals ride in a fixed plane throughout their travel path providing users with the most natural, low impact movement possible. Cushioned Soft Step™ rubber inserts on the foot pads prevent foot fatigue and numbness that is often associated with other elliptical machines.

### SMALL FOOTPRINT, BIG BENEFITS

TRUE design innovation allows for placement of nine compact TS1 units in the same footprint as six standard front- or rear-drive elliptical machines, minimizing wait times and maximizing valuable real estate.

The TS1 is available in a self-generating version or fully powered (these units can be daisy chained together and powered by one outlet). Both models provide a workload range from 40-600 watts, allowing for easy start-up for deconditioned users and elevating to resistance levels that will challenge elite athletes.

### ENTERTAINMENT

The TS1 provides CSAFE power as well as seamless integration with all TRUE Entertainment™ options.

### PROGRAMMED FOR RESULTS

Users can choose from a variety of pre-programmed workouts. Each program has multiple levels of resistance to accommodate a wide range of abilities. The TS1 also features TRUE HRC Cruise Control™ which allows the user to "lock in" on a specific target heart rate. Once the target is set, TRUE HRC Cruise Control will adjust workload automatically throughout the duration of the workout to maintain the targeted heart rate (operates just like the Cruise Control in your car).

### BUILT TO LAST

Like all TRUE machines, the TRUE TS1 is manufactured with the highest quality standards in the industry including robotically welded steel frames, sealed bearings and forged steel cranks to stand up to years of heavy use. TRUE backs the TS1 with a lifetime frame warranty, three year parts and one year labor.

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DRIVE SYSTEM	<b>Drive System</b>	Core Drive (Dual Crank) - Synchronous Belt Times Both Cranks to Provide a Natural Running Motion
	<b>Resistance Source - TS1</b>	2 Stage Electromagnetic Eddy Current Brake
	<b>Resistance Source - TS1c</b>	Hybrid Self-Generating Brake
	<b>Power Source - TS1</b>	120 Volt (NEMA 5-15 Receptacle)
	<b>Power Source - TS1c</b>	Self-Generating
FRAME	<b>Frame</b>	11-Gauge Heavy-Duty Robotically Welded Steel
	<b>Finish</b>	Powder Coat
	<b>Footpad Surface</b>	Soft Step Cushioned Anti-Fatigue Material (Removable For Easy Cleaning)
	<b>Linkage System</b>	Patented TRUE Elliptical Dual Crank Design (Exclusive). Primary Pivot Points Use No Maintenance Ball Bearing Design
	<b>Portability</b>	2 Front Transport Wheels
CONSOLE	<b>Display Type</b>	Dual Window Custom LCD
	<b>Keys</b>	Membrane Switches
	<b>Express Command Keys</b>	4 - Manual, Intervals, Hill Programs, HRC Cruise Control
	<b>Data Readouts</b>	Time, Distance, RPM, Heart Rate, Work Level, Watts, METs, Calories
	<b>Message Center</b>	17 Character Alphanumeric
HEART RATE	<b>Contact Heart Rate</b>	Digital - 4 Sensing Pads
	<b>Telemetry Heart Rate</b>	Wireless - Polar® Equipped
	<b>HRC® Programs</b>	2 - Time Based, Interval
WORKOUT PROGRAMS	<b>Preset</b>	7 - Manual, Quick Start, Easy Intervals, Speed Intervals, Custom Intervals, Rolling Hills, One Big Hill
	<b>User Defined</b>	1 - Custom Intervals
	<b>Fitness Tests</b>	N/A
OTHER FEATURES	<b>Entertainment</b>	Seamless Integration with TRUE Entertainment Options
	<b>Communications</b>	Full CSAFE Compatibility
	<b>Diagnostics</b>	Software Version, Keys, Display, Brake Control, Heart Rate, RS232, A/D Channels, Speed Sensor, Watch Dog
	<b>Accessories</b>	Reading Rack, 2 Water Bottle Holders
	<b>Safety</b>	Extended Handrails for Easy Entry and Exit, Side Step-Up Areas and Low Step-Up Height.
PHYSICAL SPECIFICATIONS	<b>Footprint</b>	57"L x 34.5"W (145 cm x 88 cm)
	<b>Weight / Shipping Weight</b>	425 lbs (193 kg) / 508 lbs (230 kg)
	<b>Maximum User Weight</b>	350 lbs (159 kg)
	<b>Stride Length</b>	Fixed - 21" (53 cm)
	<b>Manual Modes</b>	25 Levels (40 - 300 Watts), Conventional 10 Watt Increments (40 - 600 Watts)
	<b>Workload Range</b>	40 - 600 Watts
	<b>Maximum Workout Time</b>	99 Minutes
	<b>Step-Up Height</b>	Foot Skate Lowest Position: 11" (28 cm)
	<b>Regulatory Approvals</b>	UL, CSA, FCC, CE
	<b>WARRANTY</b>	<b>Warranty</b>

\*Specifications subject to change without notice

