



A PERFECTLY BALANCED WORKOUT

In keeping with TRUE®'s reputation for cardio excellence, the PSX® Total-Body elliptical performs like no other light commercial cross trainer on the market. TRUE's Core Drive™ system and proprietary Side Steps make it possible to isolate either the upper- or lower-body, or to work both simultaneously for an invigorating and efficient workout.

MAXIMIZE YOUR FITNESS REAL ESTATE

The small footprint of the TRUE PSX allows you to place this machine in tight spaces where a traditional front- or rear-drive elliptical might not work. If you are installing multiple units, the PSX is an even greater space saver. And since the PSX is safely entered from the back, only a rear aisle is needed to access the machine.

STAY CENTERED

TRUE's patented Core Drive system keeps the user in the center of the exercise motion for superior balance, stability and comfort. The PSX also features Soft Step™ pedals to prevent foot fatigue and numbness ensuring that each rider completes a comfortable and enjoyable workout.

PRE-PROGRAMMED WORKOUTS

Users can choose from a variety of pre-programmed workouts. Each workout has multiple levels of resistance (30 - 450 watts) to accommodate a wide range of abilities. The PSX also features TRUE HRC (Heart Rate Control)® which automatically adjusts program intensity to keep the user within his/her heart range.

BUILT TO LAST

The TRUE PSX is manufactured with the highest quality standards in the industry. Robotically welded steel frames, sealed bearings and a steel crank should provide you with confidence that the PSX will stand up to years of light commercial use. TRUE backs the PSX with a lifetime frame warranty, three years parts and one year labor.



DRIVE SYSTEM	Drive System	Patented Core Drive System is Centered to Deliver a Perfectly Balanced, Total-Body Workout
	Resistance	Hybrid Self-Generating Brake
	Power Source	Self-Generating
FRAME	Frame	Robotically Welded Steel
	Finish	Powder Coat
	Footpad Surface	Soft Step Cushioned Anti-Fatigue Material (removable)
	Linkage System	Patented Single Crank Design, Primary Pivot Points Use No Maintenance Ball Bearing Design
	Portability	2 Front Transport Wheels, 2 Rear Removable Transport Handles
CONSOLE	Display Type	LED
	Keys	Membrane Switches
	Express Command Keys	6 - Manual, Random, Cardio, HRC Cruise Control™, Fat Burn, Hills
	Data Readouts	Time, Work Level, Distance, Watts, RPM, METs, Heart Rate, Calories
HEART RATE	Message Center	16 Character Alphanumeric
	Contact Heart Rate	4 Sensing Pads
	Telemetry Heart Rate	Wireless
WORKOUT PROGRAMS	HRC® Programs	1 - Time Based
	Preset	6 - Manual, Quick Start, Random, Cardio, Fat Burn, Hills
	User Defined	N/A
OTHER FEATURES	Fitness Tests	N/A
	Entertainment	CSAFE Power Ready
	Communications	N/A
	Diagnostics	Display, Speed Sensor, Keys, Heart Rate, D/A Channel
PHYSICAL SPECIFICATIONS	Accessories	Reading Rack, 2 Water Bottle Holders
	Safety	Extended Handrails for Easy Entry and Exit, Side Step-Up Areas and Low Step-Up Height.
	Footprint	61"L x 35"W (155 cm x 89 cm)
	Weight / Shipping Weight	352 lbs (160 kg) / 401 lbs (182 kg)
	Maximum User Weight	350 lbs (159 kg)
	Stride Length	Fixed - 21" (53 cm)
	Resistance Levels	43 Levels - Conventional 10 Watt Increments
	Resistance Range	30-450 Watts
	Maximum Workout Time	99 Minutes
	Step-Up Height	Foot Skate Lowest Position: 10" (25 cm)
WARRANTY	Regulatory Approvals	UL, CSA
	Warranty	Frame Lifetime, Brake 3 Years, Parts 3 Years, Labor 1 Year

*Specifications subject to change without notice