



## TRUE MAKES PREMIUM FITNESS EQUIPMENT WITH INTEGRITY

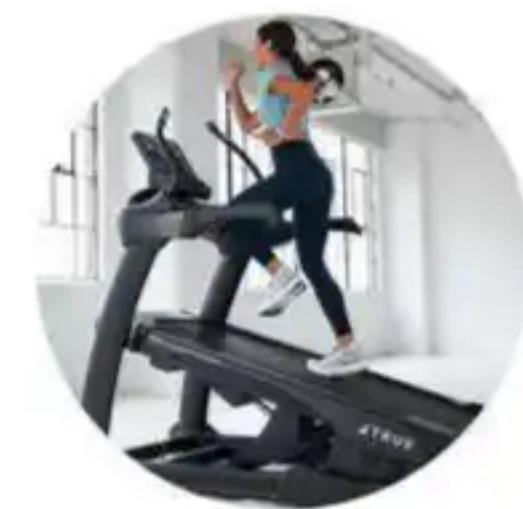
Since 1981, True has been dedicated to integrity. This tradition is not just built into our products, but it's core value. Purchasing one of our products is not just a transaction, it's a pact: an invitation to become part of the TRUE® family. True's equipment is built with dependability as a priority, and True's fast and friendly service team is ready to help you every step of the way.



- Highest quality components.
- NO 3<sup>rd</sup> party designing.
- Greater reliability.



- Best safety features.
- Newest technology features.



- Available in 60 countries.
- Partnered with over 15 international gym chains.



Offerings beyond cardio and strength:

- Stretching Rigs
- Alternate Cardio
- Composite Strength
- Group Training



- 90% of range redesigned in 2024.
- Newest equipment designs.



- QR code-based videos for all strength.
- Same console design across all cardio.

# TREADMILLS



## VAPOR STRYKER SLAT TREADMILL

- Ergonomic pistol-grip handles with thumb controls and center pod with quick speed and incline keys
- User detection (person present detection)
- Wireless Heart Rate Monitoring (Polar Compatible)
- Over-molded rubber slat belt with 62 individual slats
- Requires less maintenance; no need for tracking adjustments, waxing, or flipping deck with a slat system
- Running Area : 66 x 22 Inches
- Incline/Decline Range : 0% to 25% (-3% to 22% with decline kit)



## VAPOR ALPINE RUNNER

- A cushioning system and deck built to relieve impact on joints
- User detection (person present detection)
- Thumb switches at the end of the handles for ease of use
- Wireless Heart Rate Monitoring (Polar Compatible)
- TRUE Soft impact system
- Running Area : 60 x 22 Inches
- Incline/Decline Range : -3% to 30%
- Drive Motor : 5 HP Self-Cooling Max Drive



## APEX TREADMILL

- Wireless Heart Rate Monitoring (Polar Compatible)
- Drive Motor : 5 HP AC Self-Cooling Max Drive
- 27 KPH Max
- Running Area : 60 x 22 Inches
- TRUE FIT X (Foot impact transform system)
- Incline/Decline Range : -3% to 18%



## GRAVITY PLUS TREADMILL

- 20 KPH Maximum speed
- TRUE FIT X System
- Drive Motor : 5 HP Self-Cooling Max Drive
- Running Area : 60 x 22 Inches
- Reversible / waxed deck
- Incline/Decline Range : 0% to 15%,



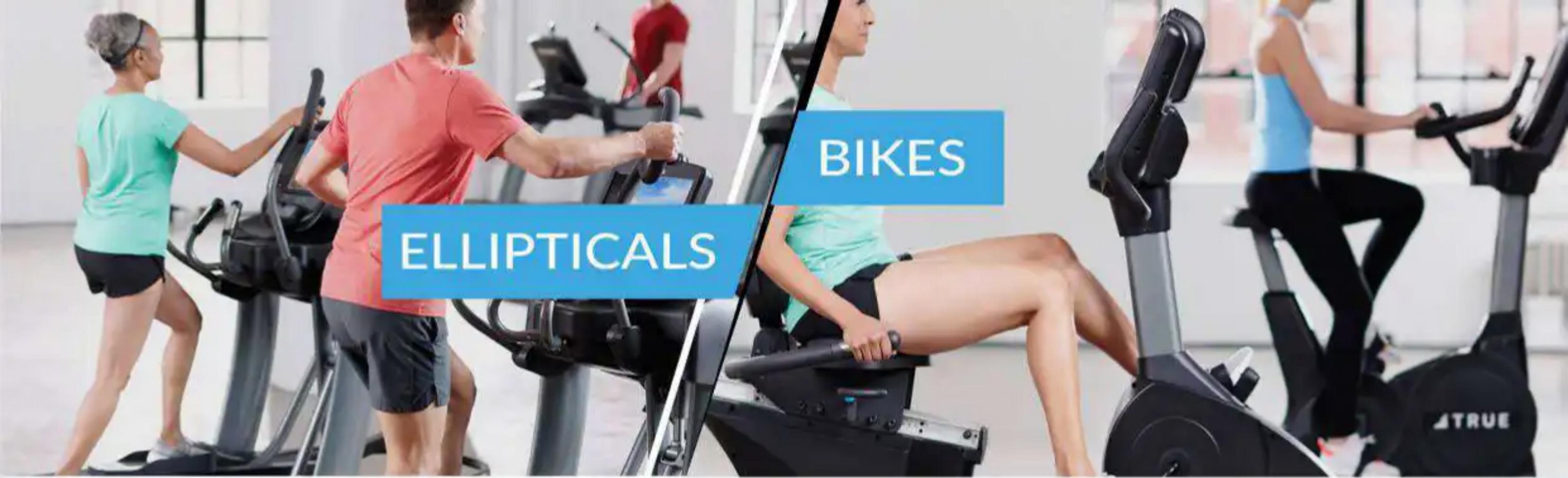
## GRAVITY TREADMILL

- 20 KPH Maximum speed
- Drive Motor : 5 HP Self-Cooling Max Drive
- TRUE FIT X System
- Running Area : 60 x 22 Inches
- Reversible / waxed deck
- Incline/Decline Range : 0% to 15%



## LAUNCH TREADMILL

- 20 KPH Maximum speed
- Wireless Heart Rate Monitoring with Polar® Heart Rate Monitors
- Drive Motor : 3 HP
- TRUE FIT X System
- Running Area : 60 x 22 Inches
- Incline/Decline Range : 0% to 15%



## BIKES

## ELLIPTICALS



### VAPOR XT-ONE

- Front Drive system
- 4 unique workout modes
- Adjustable incline motion
- Exclusive SmartStride Technology
- MultiGrip and converging path handlebars
- Resistance: 30 Levels



### VAPOR LATERAL-X

- Adjustable side-to-side and stepping motion
- Adjustable lateral 3-D motion
- Adds muscle confusion with 10 varying planes of motion
- MultiGrip and converging path handlebars
- Resistance: 30 Levels



### VAPOR SPECTRUM ELLIPTICAL

- Core Drive® System
- 13"- 30" Adjustable Stride
- Ergonomic Multi-Grip Handles
- Soft Step Cushioned Footpads
- Maximum Workload : 600 Watts
- Electromagnetic eddy current brake



### APEX ELLIPTICAL

- Cardio 360™ Total Body Workout
- Hybrid Self-Generating Brake
- 21" Stride Length
- Core Drive™ System
- Maximum Workload : 600 Watts
- Dual stage system



### APEX-RECUMBENT ELLIPTICAL

- Comfortable swivel seat
- Step-through design for safe entry and exit
- Upper/lower body isolation
- PowerStroke Technology allows for optimal leg extension and power drive, delivering more muscle engagement
- Active seat position for optimal comfort
- Resistance: 30 Levels



### APEX CROSS TRAINER

- Electronically adjustable stride from 20"- 28"
- SmartStride ® technology
- Close pedal spacing
- Low step-up height
- Advanced training 30:30 and MMA
- Front Drive System



### GRAVITY ELLIPTICAL

- Self-Generating (or plug in depending on console)
- Non-Slip Rubber Side Steps
- Hybrid Self-Generating Brake
- 21" Stride Length
- Core Drive™ System
- Low step-Up height
- Cardio 360™ programming



### GRAVITY RECUMBENT ELLIPTICAL

- Active Seat Position to accommodate any size user
- Front Drive System
- Resistance Levels :30
- Step-through design
- Seat Height Adjustments :20
- Oversized soft grip pedals



### GRAVITY-CROSS TRAINER

- 24" Stride Length
- Long-lasting performance
- Multi-Grip and Converging Path handlebars
- Advanced Programs & Workout Boosters
- Front Drive System
- Hybrid Self-Generating Brake



### LAUNCH ELLIPTICAL

- Self-Generating
- Core Drive® System
- Hybrid Self-Generating Brake
- 21" Stride length
- Resistance Levels :30
- Cardio 360™ programming



### APEX UPRIGHT BIKE

- Self-Generating (or plug in depending on console)
- Single Stage Drive System
- 3-Piece Forged Steel Crank System
- Seat : Ergonomic Seat with 15 Position Settings
- Resistance : 30 Levels
- Workload Range : 40-600 Watts



### APEX RECUMBENT BIKE

- Self-Generating (or plug in depending on console)
- Single Stage Drive System
- 3-Piece Forged Steel Crank System
- Ergonomic Seat Bottom with 25 Settings and Custom Molded Seat Back with Infinite Reclining Positions
- Resistance : 30 Levels
- Workload Range : 40-600 Watts



### GRAVITY UPRIGHT BIKE

- Self-Generating (or plug in depending on console)
- Single Stage Drive System with Poly-V Belt
- Dual Sided Pedals with Ratcheting Strap
- Ergonomic Seat with 15 Position Settings
- Resistance : 30 Levels
- Workload Range : 40-450 Watts



### GRAVITY RECUMBENT BIKE

- Self-Generating (or plug in depending on console)
- Handlebar with Multi Position Moisture Resistant Sleeves
- Single Stage Drive System
- Ergonomic Seat with 25 Forward and Backward Position Settings
- Resistance : 30 Levels
- Workload Range : 40-450 Watts



### LAUNCH UPRIGHT BIKE

- Self-Generating (or plug in depending on console)
- Handlebar with Multi Position Moisture Resistant Sleeves
- Resistance : 30 Levels
- Ergonomic seat with 15 Positions
- Dual Stage Drive System with Poly-V Belt



### LAUNCH RECUMBENT BIKE

- Self-Generating (or plug in depending on console)
- Ergonomic back seat with 25 position settings
- Hybrid Self-Generating Brake
- 40-450 Watts workload range
- Dual Sided and Weighted with Integrated Ratcheting Strap
- Resistance: 30 Levels

## ADDITIONAL PRODUCTS



### APEX PALISADE CLIMBER

- Step-up assistance (rear steps, integrated side pegs, dipping handrail).
- Fixed transportation wheels are adjustable.
- Heart Rate Sensors - contact and wireless.
- Dual-Braking System.
- AC Drive system.
- Resistance : 20 Levels
- Deepest steps in industry with 217 sq. inches per step



### TRUE STRETCH CAGE

- Frame structural tubular steel frame.
- Base Surface Polyethylene Platform with Non-Skid Rubber Padding.
- Solid Steel Construction.
- Space-Efficient Design.
- Easy-to-Follow Placards.

## CONSOLE OPTIONS



### UNITE 16" TOUCHSCREEN

Touchscreen console offers library of engaging workouts, wireless charging, and a variety of apps and entertainment streaming options



### UNITE 10" TOUCHSCREEN

Equipped with built-in workout programs, wireless charging, and multiple entertainment options,



### UNITE LED

Easy-to-navigate console provides users with quick access to workouts and their stats on an icon-based interface.

TRUE®

# STRENGTH

Our selectroized , 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 40 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.



## TRUE PALLADIUM SERIES



SPL - 0100  
SEATED LEG EXTENSION



SPL - 0200  
SEATED LEG CURL



SPL - 0300  
SEATED LEG PRESS



SPL - 0400  
INNER/OUTER THIGH



SPL - 0500  
TRICEPS PUSHDOWN



SPL - 0600  
SEATED BICEPS CURL



SPL - 0700  
SEATED SHOULDER PRESS



SPL - 0800  
DELTOID RAISE



SPL - 0900  
CHEST PRESS

### PALLADIUM STRENGTH



Ergonomic design with maximum seat adjustments



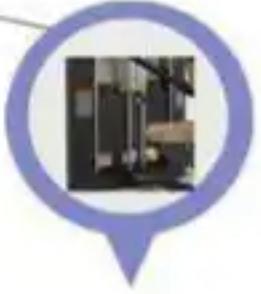
Height Adjustment guide to instruct users on proper seat placement.



Ergonomic handle assembly which provides both wide and narrow grip options.



Independent arm movement that allows both unilateral and bilateral training



Offset from the mainframe to allow easy access to the selector pin.



Ergonomic low profile design that allows easy entry and exit

## TRUE PALLADIUM SERIES



SPL - 1000  
PEC FLY/REAR DELT



SPL - 1100  
LAT PULL DOWN



SPL - 1200  
SEATED ROW



SPL - 1300  
LOW BACK EXTENSION



SPL - 1400  
ABDOMINAL CRUNCH



SPL - 1500  
ROTARY TORSO



SPL - 1600  
ROTARY CALF



SPL - 1700  
GLUTE PRESS



SPL - 1800  
HORIZONTAL LEG CURL



SPL - 2000  
HIP THRUSTER

### PALLADIUM STRENGTH



Smaller footprint  
with low profile  
towers



Parametric modeling  
base precision  
Bio mechanics  
Ergonomic and  
anatomical fit



Unique adjustments  
with converging and  
diverging arms for the  
best exercise experience



3 weight stack  
and 2 shroud  
options with  
endless frame &  
upholstery options



Standard  
incremental weight  
system



Safety first with  
120 years of  
combined  
designed  
expensive and  
ASTM approval

TRUE PALLADIUM PLATE LOADED



PLS - 0100  
CHEST PRESS



PLS - 0200  
SHOULDER PRESS



PLS - 0300  
LAT PULL DOWN



PLS - 0400  
SEATED ROW



PLS - 0500  
KNEE RAISE/AB CRUNCH



PLS - 0600  
BICEPS CURL

## PALLADIUM PLATE LOADED



Standard paint  
finish with  
choice of 19  
upholstery  
color options



Standard plate  
storage, offering  
convenience  
and efficiency



Compact plate  
storage for member  
convenience.



Robust frames  
built to endure and  
designed to handle  
the heaviest loads.



Space-efficient  
design with  
easy entry and  
exit



Incorporating  
unilateral converging  
and diverging  
movements where  
appropriate.



PLS - 0800  
SQUAT PRESS



PLS - 0900  
TRICEPS EXTENSION



PLS - 1000  
HACK SQUAT



PLS - 1100  
INCLINE CHEST PRESS



PLS - 1200  
LEG EXTENSION



PLS - 1300  
STANDING LEG CURL



PLS - 1400  
PENDULUM SQUAT

## PLATE LOADED SERIES



Height Adjustment  
Guide feature  
directs users in  
setting the seat  
based on their  
height.



Compact plate  
storage for member  
convenience, keeping  
your gym space  
organized



Robust frames  
designed to handle  
the heaviest loads,  
making it a solid  
investment



Triangular-shaped  
grips with thumb  
recesses provide  
a comfortable  
surface for pressing  
movements.



4-bar linkage  
seat adjustment  
uses gas cylinder  
assist for stable,  
friction-free  
movement.



Curl bar allows  
for variety of  
grips: narrow, wide,  
reverse, single arm

# TRUE FUSE XL SERIES



FUSE - 0100  
LEG EXTENSION



FUSE - 0200  
SEATED LEG CURL



FUSE - 0300  
LEG PRESS



FUSE - 0400  
INNER / UTER THIGH



FUSE - 0600  
BICEPS CURL



FUSE - 0700  
SHOULDER PRESS



FUSE - 0800  
DELTOID RAISE



FUSE - 0900  
CHEST PRESS

## FUSE XL STRENGTH



Ergonomic design with maximum seat adjustments



Height Adjustment guide to instruct users on proper seat placement.



Ergonomic handle assembly which provides both wide and narrow grip options.



Independent arm movement that allows both unilateral and bilateral training



Offset from the mainframe to allow easy access to the selector pin.



Ergonomic low profile design that allows easy entry and exit

# TRUE FUSE XL SERIES



FUSE - 1000  
PEC FLY / REAR  
DELT



FUSE - 1100  
LAT PULLDOWN EXERCISE  
MACHINE



FUSE - 1200  
SEATED ROW



FUSE - 1300  
LOWER BACK  
EXTENSION MACHINE



FUSE - 1400  
ABDOMINAL



FUSE - 1500  
TRICEP PUSHDOWN



FUSE - 1700  
ROTARY TORSO  
MACHINE



FUSE - 1800  
HORIZONTAL LEG  
CURL MACHINE



FUSE - 4000  
WEIGHT-ASSISTED  
CHIN DIP MACHINE

## FUSE XL STRENGTH



Best in class  
features with  
space efficient  
footprint



Perfect bio mechanics  
for less joint stress &  
maximum muscle impact



4-Bar linkage gas  
cylinder assist  
for stable low  
friction adjustments



Weight stack,  
seats and frame  
customization options  
for the perfect look



Fully independent  
series with  
converging and  
diverging arms



Multi adjustments  
to choose range of  
motion best suited to  
their individual need  
optional incremental  
weight stack.

## TRUE FORCE SERIES



SD - 1000  
LEG EXTENSION / LEG CURL



SD - 1001  
BICEPS / TRICEPS



SD - 1002  
LAT / ROW MACHINE



SD - 1003  
LEG / CALF PRESS



SD - 1004  
CRUNCH / BACK STRENGTH  
MACHINE



SD - 1005  
MULTI - PRESS



SF - 1000  
ADJUSTABLE FLAT INCLINE  
BENCH

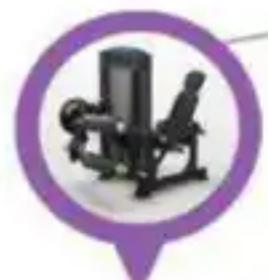


SF - 1010  
AB BENCH



SF - 1050  
DUMBBELL RACK

### FORCE STRENGTH



Dual workouts with perfect bio mechanics and highest stability



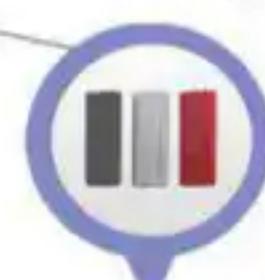
Multi position contoured back pad with lumbar support wings with head pads



Multi adjustments to choose range of motion best suited to their individual need



High strength structures matching Force Strength



Custom seats and frame color options with thickened acrylic shrouds



Luxurious dual stations compliment to benches and racks

# TRUE FITNESS LINE SERIES



FS - 50  
LEG EXTENSION / LEG CURL



FS - 51  
LEG / CALF PRESS



FS - 52  
INNER / OUTER THIGH



FS - 53  
LAT PULL DOWN  
SEATED ROW MACHINE



FS - 54  
MULTI - PRESS



FS - 55  
PEC FLY REAR DELT  
MACHINE

## FITNESS LINE - STRENGTH



12 piece selectorized stations with dual and single options



Ideal for budget Fitness Centers, hotel resorts, apartment complex or any other facilities



Heaviest machine structure in the category with full commercial warranty



More adjustments than competitive brands with a compact footprint



Optional frame colour combinations, heavier weight stack and free upholstery choices



Detailed illustrated & descriptive guide

## TRUE FITNESS LINE SERIES



FS - 56  
BICEPS / TRICEPS



FS - 57  
LOW BACK / ABDOMINAL



FS - 60  
LEG EXTENSION



FS - 61  
SEATED LEG CURL



FS - 64  
CHEST PRESS



FS - 65  
SHOULDER PRESS

### FITNESS LINE - STRENGTH



Dual grip positions  
for exercise  
variation



Adjustable back  
and thigh pads



Self-aligning ankle  
pad to accommodate  
a wide range of  
users.



Low profile design  
for easy entry and  
exit



Dual-position  
handles replicate  
fluid dumbbell  
movements



Quick & Easy  
4-Bar Linkage  
Seat Adjustments  
w gas cylinder  
assist.



XFT - 900  
FUNCTIONAL TRAINER



FT - 900  
FUNCTIONAL TRAINER



XFT - 100  
FUNCTIONAL TRAINER



FS - 100  
FUNCTIONAL TRAINER



FS - 70  
FUNCTIONAL TRAINER



SM - 1050  
QUICKFIT PRO



SM - 1000  
FUNCTIONAL TRAINER

## FUNCTIONAL TRAINERS



Premium quality  
replacements  
to cable cross  
structures



Vertical adjustments  
columns with optional  
360° rotation allows  
unrestricted moments  
in workout



Integrated accessory  
tray with water bottle  
holder adds more  
convenience to your  
workout



Resistance Level -  
2:1 to 4:1 depends  
on machine



Multi weight stack  
options with frame  
colors options



## FULL BODY PRESS SC 1000

- 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
- Enables users to burn more calories and strengthen more muscle groups in less workout time
- Concurrent upper and lower body pressing motion
- Quickly burn more calories and strengthen more muscle groups in less workout time
- Engages a wide variety of muscle groups throughout the entire body.
- Safely and accurately address areas such as : chest, shoulders, triceps, upper / lower back, core, lats, hips, glutes, quads, calves and hamstrings



## GLUTE SC 1005

- 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

# PALLADIUM SERIES MODULAR SYSTEMS



## 3 MODULAR FRAMES WITH DUAL CABLE CROSSOVERS TMS12000

- With three TMS4000 4-sided pods and two Cable Crossovers, the TMS12000 can be configured to fit in the center of a room or positioned up against a wall or mirror.
- Comes standard with 3x TMS4000 4-Sided Pods, 2x Cable Crossovers with Adjustable Cable Columns, and 2x Multi-Grip Chin Bar Assemblies with Suspension Brackets.
- Personalize paint colors and upholstery
- 12 weight stack configuration shown with optional front and rear shrouds



## MODULAR FRAME WITH CABLE CROSSOVER TMS5000

- TMS4000 4-sided pod attached to a Cable Crossover, the TMS5000 can accommodate up to 6 users.
- Comes standard with TMS4000, Cable Crossover with Adjustable Cable Columns, and Multi-Grip Chin Bar Assembly.
- Personalize paint colors and upholstery
- Shown with optional front and rear shrouds



## DUAL MODULAR FRAME WITH CABLE CROSSOVER TMS8000

- With two TMS4000 4-sided pods and a Cable Crossover, the TMS8000 can be configured to fit in the center of a room or positioned up against a wall or mirror.
- Comes standard with 2x TMS4000 4-Sided Pods, Cable Crossover with Adjustable Cable Columns, and Multi-Grip Chin Bar Assembly with Suspension Bracket
- 8 weight stack configuration shown with optional front and rear shrouds

# PALLADIUM SERIES MODULAR SYSTEMS



4 MODULAR FRAMES WITH TRIPLE  
CABLE CROSSEOVERS TMS16000

- With four TMS4000 4-sided pods and three Cable Crossovers, the TMS16000 can be configured to fit in the center of a room or positioned up against a wall or mirror.
- Comes standard with 4x TMS4000 4-Sided Pods attached to 3x Adjustable Cable Crossovers with multi-grip chin bars and suspension brackets
- Personalize paint colors and upholstery

16 weight stack configuration shown with optional front and rear shrouds



SINGLE MODULAR QUAD FRAME  
TMS4000

- This stand alone quad frame provides up to four workout stations in a compact and space-efficient footprint
- Stand alone 4-sided pod
- Personalize paint colors and upholstery
- Shown with optional front and rear shrouds



MODULAR FRAME WITH DUAL  
CABLE CROSSEOVERS  
TMS6000

- Featuring a TMS4000 4-sided pod attached to dual Cable Crossovers, the TMS6000 can accommodate up to 8 users.
- Comes standard with TMS4000 4-Sided Pod attached to 2x Adjustable Cable Crossovers with multi-grip chin bars
- Personalize paint colors and upholstery
- 6 weight stack configuration shown with optional front and rear shrouds



## MULTI-STATION



### MP 4.0

#### 4 WEIGHT STACK GYM WITH 5 WORKOUT STATIONS FOR

- Adjustable Cable Column
- Leg Extension/leg Curl
- Low Swivel Pulley
- Upper Body
- Leg Press
- Fully covered metal weight shrouds
- Multiple weight stack options
- Floor Space Requirement: 123" x 108" x 84"

### MP 3.5

#### 3 WEIGHT STACK GYM WITH 4 WORKOUT STATIONS FOR

- Leg Extension/leg Curl
- Low Swivel Pulley
- Upper Body
- Leg Press
- Fully covered metal weight shrouds
- Multiple weight stack options and configuration options
- Floor Space Requirement: 123" x 108" x 84"



### MP 3.0

#### 3 WEIGHT STACK GYM WITH 4 WORKOUT STATIONS FOR

- Adjustable Cable Column
- Leg Extension/leg Curl
- Low Swivel Pulley
- Fully covered metal weight shrouds
- Multiple weight stack options
- Floor Space Requirement: 96" x 163" x 84"

### MP 2.5

#### 2 WEIGHT STACK GYM WITH 4 WORKOUT STATIONS FOR

- Adjustable Cable Column
- Leg Extension/leg Curl
- Low Swivel Pulley
- Fully covered metal weight shrouds
- Multiple weight stack options
- Floor Space Requirement: 96" x 107" x 84"

### MP 2.0

#### 2 WEIGHT STACK GYM WITH 3 WORKOUT STATIONS FOR

- Leg Extension/leg Curl
- Low Swivel Pulley
- Upper Body
- Fully covered metal weight shrouds
- Multiple weight stack options
- Floor Space Requirement: 96" x 73" x 84"

## TRUE PLATE LOADED RACKS AND BENCHES



XFW - 7900  
POWER RACK WITH  
PLATE HOLDERS



XFW - 6800  
SMITH MACHINE



XFW - 8300  
DUAL SIDED WEIGHT  
RACK



XFW - 8100  
HALF RACK WITH PLATE  
HOLDERS



XFW - 7500  
FLATE / INCLINE /  
DECLINE BENCH



XFW - 7100  
SUPINE PRESS BENCH  
WITH PLATE HOLDERS



XFW - 5000  
PREACHER CURL



XFW - 7200  
INCLINE PRESS BENCH  
WITH PLATE HOLDERS



XFW - 8200  
3 WAY BENCH PRESS  
WITH PLATE HOLDERS



XFW - 7000  
FLATE BENCH

## PLATE LOADED, RACKS AND BENCHES



Modern styling, high  
quality construction  
and time-tested  
innovative designs



All contact points  
are chrome plates  
and replaceable



Pipes and frame  
colour matching  
Fitness Line, Fuse  
XL, Force and  
Palladium stations



Floor anchor  
provisions in frame



19 pc line for  
a complete offering



XFW - 4400  
TRICEPS SEAT

XFW - 6300  
WEIGHT PLATE TREE

XFW - 5500  
LEVER ROW

XFW - 5300  
ABDOMINAL / ECLINE  
BENCH



XFW - 5600  
ROMAN BENCH

XFW - 5700  
SEATED CALF

XFW - 7800  
LEG PRESS

XFW - 6400  
VERTICAL KNEE  
RAISE/ DIP



XFW - 4700  
DUMBBELL RACK

## PLATE LOADED, RACKS AND BENCHES



Modern styling, high quality construction and time-tested innovative designs



All contact points are chrome plates and replaceable



Pipes and frame colour matching Fitness Line, Fuse XL, Force and Palladium stations



Floor anchor provisions in frame



19 pc line for a complete offering