



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 3rd 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%,



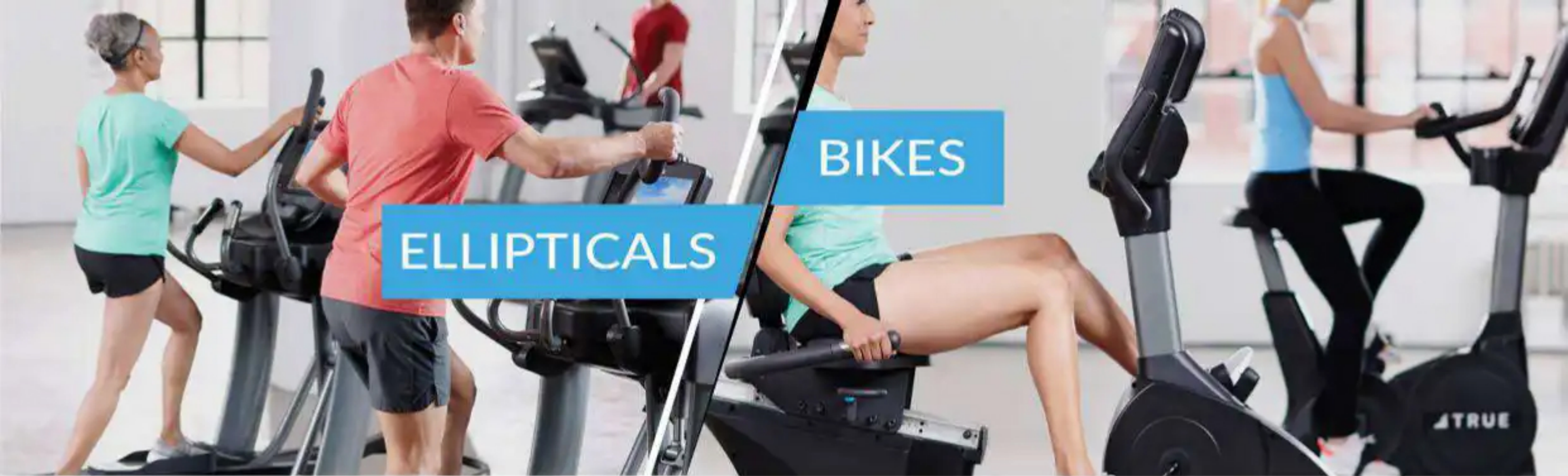
GRAVITY TREADMILL

- 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.

TRUE PALLADIUM PLATE LOADED



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 / OUTER 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
complimenty
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.

TRUE FUNCTIONAL TRAINERS



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 CROSSOVERS 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 CROSSOVERS 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