



# OWNER'S MANUAL





# Welcome to the World of TrueForm Running

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Non-motorized curved treadmills are the preferred training tool of special forces, pro-athletes, college teams, gym franchises, personal trainers, lifestyle runners, and physiotherapists. Their reasons for choosing a TrueForm may differ, but they all share one thing in common: Form is their Focus and TrueForm's profile is the key to performance improvement.

Studies at USC's Department of Exercise Science highlight the TrueForm difference: Significant changes in gait characteristics (step length, stride length, imbalance score, and stride angle) were attributed to a series of 4-minute runs on the TrueForm Runner. Importantly, those changes were maintained when participants swapped to alternative surfaces.

TrueForm Runners and Trainers are the perfect tools, from beginners to pros, to cue running form and retrain your gait.





## Did you know?

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Our team of industry professionals are ready to help with any issue that may arise; from delivery and installation to training users and coaches.

We want to ensure that you have the best possible experience with your new TrueForm Trainer. If you have any questions or concerns please do not hesitate to reach out to our team:

|                   |                                                                      |
|-------------------|----------------------------------------------------------------------|
| Customer Service: | <a href="mailto:tech@livetrueform.com">tech@livetrueform.com</a>     |
| General Inquires  | <a href="mailto:orders@livetrueform.com">orders@livetrueform.com</a> |
| Collaborations:   | <a href="mailto:sales@livetrueform.com">sales@livetrueform.com</a>   |





# Safety Precautions

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1. Consult with a physician before beginning any exercise program, especially if any of the following are relevant to you: pregnancy, a history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoker, or experience any other chronic diseases or physical impairments.
2. If at any time during exercise you experience dizziness, chest pains, nausea, or any other abnormal symptoms, immediately discontinue use and consult a physician before using your TrueForm again.
3. Keep all loose clothing, shoelaces, and towels away from the treadmill running surface while in use.
4. Always exercise care and utilize handrails when mounting or dismounting the treadmill.
5. Never enter or exit the treadmill while the running belt is in motion.
6. Assemble and operate the treadmill on a solid and level surface.
7. As the treadmill is non-motorized, there is no emergency stop lanyard. The treadmill will come to a stop on its own.
8. A treadmill running belt may not stop immediately if any object becomes caught in the belt or rollers.
9. Never leave children unsupervised around a treadmill.
10. The TrueForm Trainer is built to handle users weighing up to 400 lbs running or walking.
11. Wear proper athletic shoes, such as those with rubber or high-traction soles. Do not use shoes with heels or leather soles.
12. Allow several minutes to bring your heart rate into the training zone (shown on page 5). Walk slowly after your workout to allow your body time to cool down and your pulse rate to decrease.



# Know Your Heart Rate

## Measuring your Heart Rate

We recommend that you use a heart rate monitor to measure your pulse during a workout. However, you may also measure your pulse manually by placing your fingers on the underside of your wrist or either side of your throat. While looking at the second hand on your watch, count how many heartbeats you feel within fifteen (15) seconds. Multiply this number by four to get your Beats Per Minute (BPM).

## Know your Maximum Heart Rate

To approximate your heart rate, the general formula is to subtract your age from 220. This formula is used by the American Heart Association and The American College of Sports Medicine. A stress test administered by your physician is the most accurate way to determine your true maximum heart rate. The American Heart Association recommends that you have a stress test done if you have any history of heart disease or if you are over the age of 40 and beginning an exercise program.

During exercise it is recommended that you maintain your target zone and not exceed 85% of your maximum heart rate. Your target zone is an area between 60% and 75% of your maximum heart rate. Should you find your heart rate above the 75% level you should decrease the intensity of your fitness program.

| AGE   | BEGINNER |              | INTERMEDIATE |              | ADVANCED |              |
|-------|----------|--------------|--------------|--------------|----------|--------------|
|       | BPM      | Beats/10 sec | BPM          | Beats/10 sec | BPM      | Beats/10 sec |
| to 19 | 121-141  | 20-24        | 141-161      | 24-27        | 161-181  | 27-30        |
| 20-24 | 119-139  | 20-23        | 139-158      | 23-26        | 158-178  | 26-30        |
| 25-29 | 116-135  | 19-23        | 135-154      | 23-26        | 154-174  | 26-29        |
| 30-34 | 113-132  | 19-22        | 132-150      | 22-25        | 150-169  | 25-28        |
| 35-39 | 110-128  | 18-23        | 128-146      | 21-24        | 146-165  | 24-28        |
| 40-44 | 107-125  | 18-21        | 125-142      | 21-24        | 142-160  | 24-27        |
| 45-49 | 104-121  | 17-20        | 121-138      | 20-23        | 138-156  | 23-26        |
| 50-54 | 101-118  | 17-20        | 118-134      | 20-22        | 134-151  | 22-25        |
| 55-59 | 98-114   | 16-19        | 114-130      | 19-22        | 130-147  | 22-25        |
| 60-64 | 95-111   | 16-19        | 111-126      | 19-21        | 126-142  | 21-24        |
| 65-69 | 92-107   | 15-18        | 107-122      | 18-20        | 122-138  | 20-23        |
| 70-74 | 89-104   | 15-17        | 104-118      | 17-20        | 118-133  | 20-22        |
| 75-79 | 86-100   | 14-17        | 100-114      | 17-19        | 114-129  | 19-22        |
| 80-84 | 83-97    | 14-16        | 97-110       | 16-18        | 110-124  | 18-21        |
| 85+   | 81-95    | 14-16        | 95-108       | 16-18        | 108-122  | 18-20        |

Source: American College of Sports Medicine



# Unpacking your Treadmill

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**You will need: A phillips head screwdriver and a pair of scissors or safe knife**



**01** Cut the yellow bands around the TrueForm Trainer packaging.



**02** Cut the tape at the top of each end of the box and carefully along the length of the box.



**03** Open all four panels of the TrueForm Trainer box.



**04** Remove the plastic from around the TrueForm Trainer treadmill.

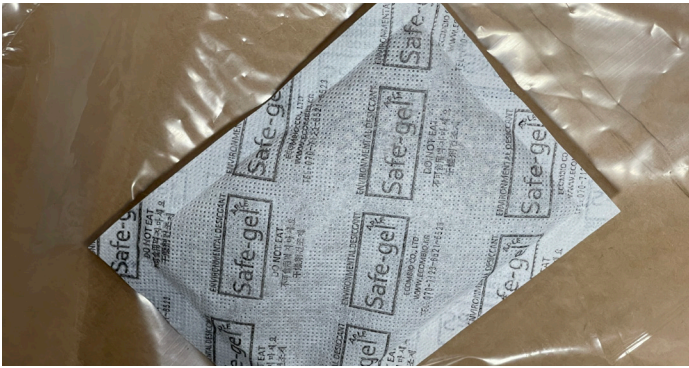


**05** Carefully cut the corners of the TrueForm Trainer box.



**06** Remove the accessory box from underneath your TrueForm Trainer.





**07** Take care to remove desiccant packages and dispose of them as directed.

**08** Move where the feet to your TrueForm Trainer are located and carefully pull your Trainer by the handles backwards using the cardboard as a ramp.



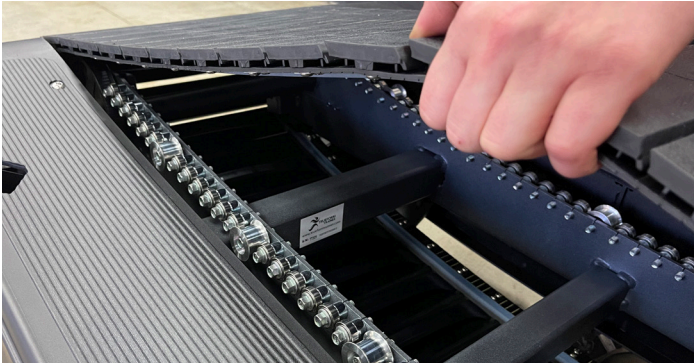
**09** What is inside your TrueForm Trainer package:

- |                             |                         |
|-----------------------------|-------------------------|
| <b>2 Uprights</b>           | <b>2 Allen Wrenches</b> |
| <b>1 Display</b>            | <b>4 Bolts</b>          |
| <b>1 Instruction Manual</b> | <b>1 Handrail</b>       |
| <b>1 Display Cradle</b>     |                         |



# Assembly

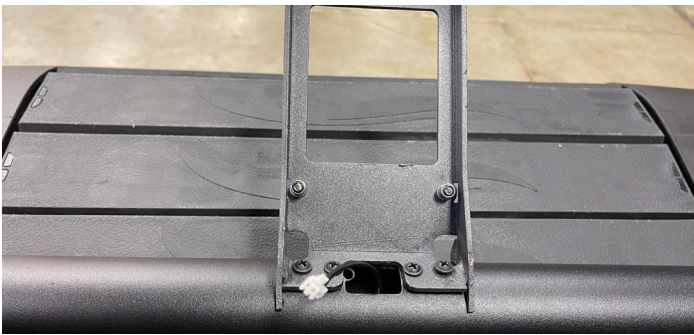
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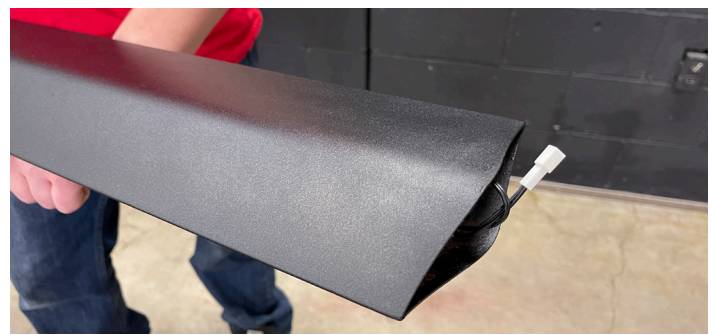
- 01** Before attaching uprights, lift the belt to reveal serial number and keep on file for future use.



- 02** If assembling with another person- hold the handrail and attach the display cradle up-right using the screws provided.



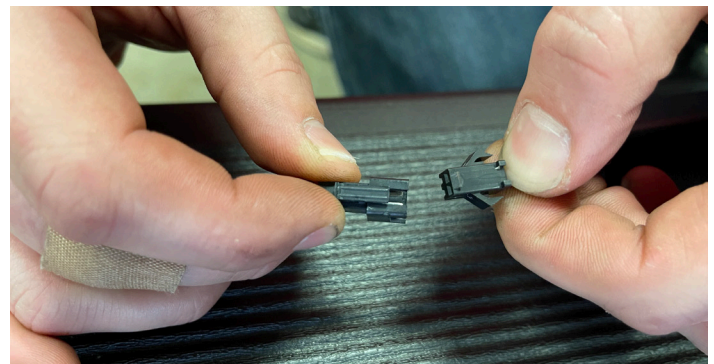
- 03** If assembling on your own- Rest the handrail on your TrueForm Trainer and attach the display cradle.



- 04** Find the upright with the **wire harness** inside.



- 05** Find the side of your TrueForm Trainer treadmill base, with the **wire harness**.



- 06** Connect the terminals from the upright to treadmill base.

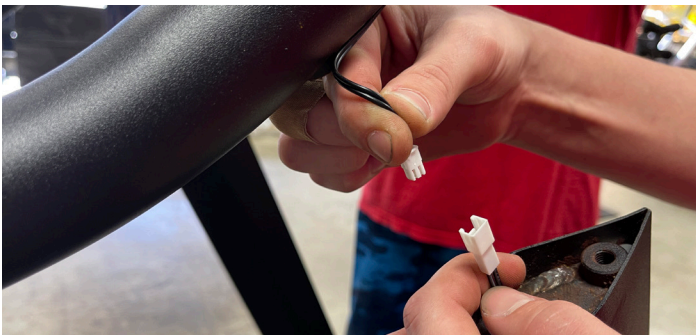




**07** Insert the base of the upright into the TrueForm Trainer treadmill. **DO NOT** tighten the bolts at this point.



**08** Repeat Step 7 to opposite side of the treadmill.



**09** Situate the handrail close to the upright with the wire harness. Connect the two terminals.



**10** Place the handrail on the opposite side upright. Hand thread the bolts through the handrail into the upright.



**11** Tighten the four bolts into the uprights using the allen wrench. (Be careful not to cross thread)



**12** Tighten the bolts holding the uprights to the base using the allen wrench.



# Assembly



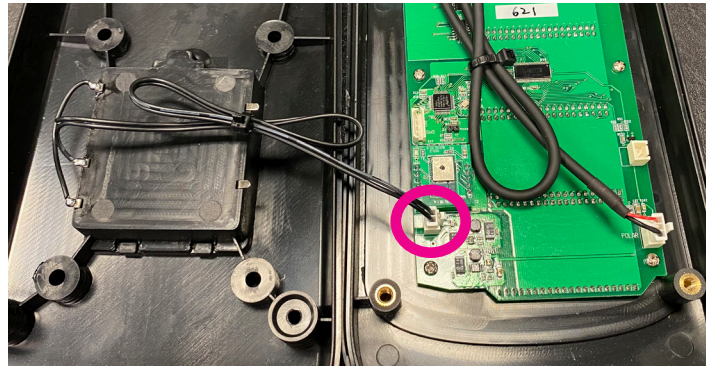
**13** Remove screws in the back of the display cradle. (Hold onto screws when done).



**14** Insert batteries in the back of the display unit.



**15** Take the display unit and remove the back by unscrewing the “outer” 4 corners. (Hold onto screws when done).



**16** Disconnect the “battery” connector from the circuit board.

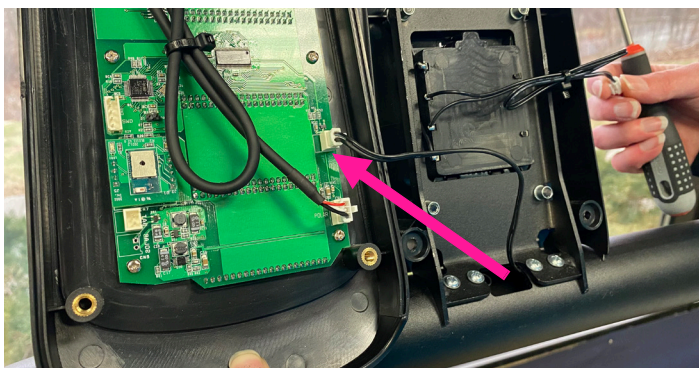


**17** Put the back of the display case to the display cradle and thread the battery connector wire through the cradle.

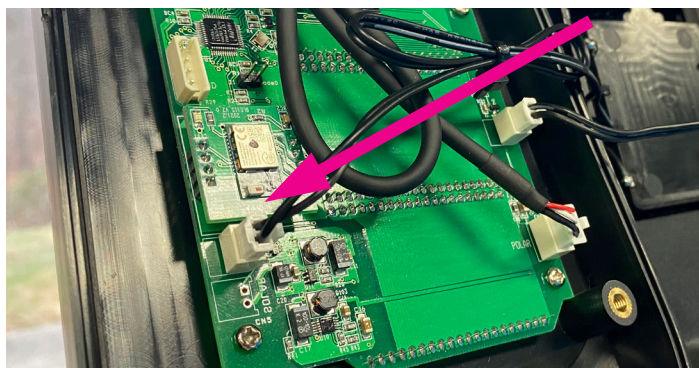


**18** Insert the screws in to the “inner” thread holes and screw together connecting the display unit to the display cradle.





**19** Connect the speed encoder to the circuit board.



**20** Connect the battery connector to the circuit board.



**21** Insert the screws in to the “outer” thread holes and screw together connecting the display unit to the front.



**22** The display unit will be blank until walked-on, then it will display all zeros. Set display to Km or Miles.



**23** Remove the protection sticker from the TrueForm Trainer decal.



**24** Your Trueform Trainer is now ready for use!



# Static electricity

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In most instances staticide is not required. However, if you experience static shock, lightly mist the running treads and the handrails. Generally an application will inhibit static for 1-2 months. Reapply as necessary. Staticide can be ordered online at [trueformrunner.com](http://trueformrunner.com).

# Safety & care Information

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When servicing or using any piece of fitness equipment, basic safety precautions must be followed. Be sure to familiarize yourself with all warnings and information contained in this manual prior to use.

**DANGER!** Follow these precautions to reduce the risk of injury or electric shock:

1. Do not soak the treadmill surfaces with any liquid: use a sprayer or damp cloth.
2. Do not place any open liquid containers on any part of the treadmill.
3. Always keep the running surface clean and dry.

# Transporting:

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**CAUTION:** This Treadmill is heavy and may cause injury if lifted improperly.

A lifting bar is at the rear of the treadmill. Do not pull or lift on the side covers. If the treadmill must be disassembled, the handrail and uprights can be removed for easier transportation.

**CLEANING and CARE:** We recommend that you clean your TrueForm weekly. Wipe down the handrail, display and covers, check overall condition and vacuum underneath. Do not soak the surface or use abrasive cleansers.

**LUBRICATION:** The belts do not require any additional lubrication.

**SERVICE:** Our service center may be reached at: TrueForm Runner 860.895.8533. Please have the following information ready prior to calling: model and serial number, a description of the concern; and any events or circumstances that may have caused or contributed to the concern.

# Get in Touch

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USA

Tel: 860.895.8533

[www.trueformrunner.com](http://www.trueformrunner.com)

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|-------------------|----------------------------------------------------------------------|
| Customer Service: | <a href="mailto:tech@livetrueform.com">tech@livetrueform.com</a>     |
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#livetrueform, #trueform, #runtrue

