



## So my personal best gets better

The True Z4 Series guides you on your path to fitness with style and economy. It's built with an obsession for quality, innovative design philosophy, and an eye for detail you'd expect from America's premier treadmill manufacturer.

Whether you choose the Z4, upgrade to the Z4 HRC, or select our most advanced Z4 HRCO, you can be assured that every workout will be a pleasure: fluid, quiet and matched to your individual needs.

Sleek, intelligent design features include a walk-through frame for full use of the Z4 Series 20" by 54" running surface, and a control panel with easy program set-up and at-a-glance access to key information.

### A HISTORY OF EXCELLENCE

#### "Excellent performer"

(True Z4 HRC) "...very stable ride, excellent controls and displays, a very large tread belt, a powerful motor, and a deck that rises to a challenging 12 percent. BEST CHOICE OVERALL"

A Leading Consumer Reporting Magazine  
June 2003



### A HISTORY OF EXCELLENCE

#### True's reputation for quality is represented in every aspect of the (True Z4 HRC).

A solid treadmill, with good display and controls, a sturdy frame, and all the features you want in a high-quality treadmill.

Women's Health & Fitness / January 2004

## The road to fitness starts with True

Power, dependability and economy: The Z4 Series has it all, thanks to True's **innovative design, superior quality and advanced technology**. The Z4 Series has a model that allows you to go freestyle, or models that let you customize your own unique workout. And since the Z4 is a True Treadmill, the **sturdy construction and heavy-duty components will give you years of solid service**.

## Your heart knows best

The Z4 HRC and Z4 HRCO models have a patented feature called the Heart Rate Control (HRC) System. You **select your target heart rate and the HRC System will automatically adjust both grade and speed to help you maintain that heart rate**. There is no better way to obtain maximum results from your fitness program in the least amount of time. The **Z4 HRC and Z4 HRCO are also fully programmable, with 4 pre-programmed routines and 2 custom programs you can set yourself**.

## Step light and lively

All Z4 models have a patented deck design, called the **SOFT System**. **The front third is softer, so that when your foot strikes the tread belt, it reduces the impact**. As your foot moves back along the belt, the surface stiffens to give you a firm push-off. **This means significantly less stress on your ankles, knees, hips, and back**. It also reduces "trampolining," that annoying bouncy feeling that you can get with other treadmills. In addition, the **Z4 HRCO model offers an Orthopedic Belt that reduces foot and leg stress even further**.

## Strong as steel, solid as a rock

Rather than using lightweight aluminum, all True treadmills feature **heavy-gauge, robotically welded steel throughout** for rock-solid stability, durability, and performance. This helps ensure that **you and your True will be together for years to come**.

## Work out in peace and quiet

Working out can be a meditative experience, too. All True Z4 Series treadmills feature a **state-of-the-art 2.75 hp motor** that, when coupled with its proprietary belt and deck system, gives you **the quietest, smoothest workout possible** without disturbing other members of your household or your neighbors. You can also better enjoy your favorite TV show or music while you use your True.



# Z4 TREADMILLS

my goal. my path. my machine.

**TRUE**

800.426.6570

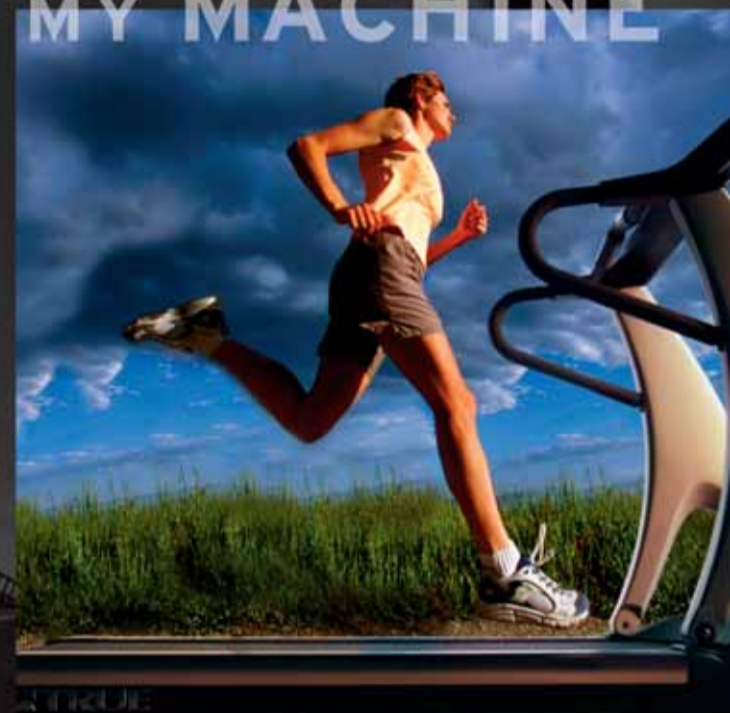
truefitness.com



# Z4 TREADMILLS



## MY GOAL MY PATH MY MACHINE



**Turn your personal goals into reality.** Whether you're burning off ice cream calories or stress, following doctor's orders or a training schedule, True is made for you. Precision controls and remarkable adaptability advance you to your goals, putting you in absolute control.

The inspiration for equipment that's so in sync with you is Humanomics. It's a design philosophy that goes beyond the physical efficiency of ergonomics, to complement both body and mind. This is our founder's unique vision. Before anyone else in the industry, Frank Trulaske believed in a holistic, handcrafted approach to fitness equipment. True delivers optimal performance by ensuring all elements work precisely together. Including you, the user. That's why True equipment is comfortable, intuitive, even inspiring. And made for a lifetime.

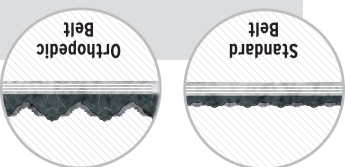
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Z4 Control Panel with HRC

**The "O" Option**  
Experience maximum shock absorption and comfort with the optional Orthopedic Belt.



	P	HRC	HRCO
0 - 10 Speed Range	■	■	■
0 - 12 Incline Range	■	■	■
20" W x 54" L Treadbelt Area	■	■	■
Orthopedic Belt	■		
2.75 hp Motor	■	■	■
SOFT System	■	■	■
Mono LED Display Type	■	■	■
7 x 20 Progress/Matrix Display	■	■	■
Data Readouts	■	■	■
Distance, Incline, Time, Speed, Calories; Pace, METs	■	■	■
Data Readouts	■	■	■
Distance, Incline, Time, Speed, Calories; Pace, METs	■	■	■
Polar Wireless Heart Rate Monitoring	■	■	■
Heart Rate Control Programs	■	■	■
1 Target HRC	■	■	■
4 Preset Programs	■	■	■
2 User Programs	■	■	■

	P	HRC	HRCO
28" W x 71" L x 56" H Footprint	■	■	■
240 lb Treadmill Weight	■	■	■
300 lb Maximum User Weight	■	■	■
115V @ 15A Power	■	■	■
International 220V Available	■	■	■
Cruise Control	■	■	■
Welded Steel Frame	■	■	■
Warranty	■	■	■
FRAME 30 YR.	■	■	■
MOTOR 10 YR.	■	■	■
DECK, ROLLER AND BELT 3 YR.	■	■	■
ALL OTHER PARTS 2 YR.	■	■	■
LABOR 1 YR.	■	■	■

\*International specifications and warranty information available on request.

True offers three Z4 models to choose from to help you customize your investment in health and well-being. This chart will help you select the True Z4 Series treadmill that is right for you.

### The one True choice