

### So my personal best gets better

True Z5.4 Series Treadmills have real staying power thanks to best-in-class materials, proprietary components, and customizable options. The longer you live with your Z5.4, the more you'll grow to appreciate it.

Standout features include Heart Rate Control that adjusts your exertion for safe, efficient exercise, a larger 22" by 54" surface with 12 levels of softness, and smart design that takes up surprisingly little space.

Your Z5.4 Series is made for clear, 2-way communication. A quick glance tells you progress, distance, grade, time, speed and calories. Plus you can enter personal workout programs and access them with one-touch express keys.

#### A HISTORY OF EXCELLENCE

## **Editor's Choice -**"Best in Test"

"The quietest treadmill we tested. It has the whole package: great stability; comfortable, quiet ride; responsive controls; and a readable display."

**Superior design for** 

your own custom

The Z5.4 Series Treadmill

performance and unmatched

design, quality and technology

in a home treadmill. Only True

workout that's as unique as

you are to maximize your fitness

plenty of room for improvement,

too, so you'll be training together

allows you to customize a

goals. And the Z5.4 gives you

for years to come.

provides unbelievable

Runner's World Magazine December 2002

workout



# **Put your best foot** forward

All Z5.4 models feature the SOFT Select shock absorption system. It is designed to cushion the initial impact of your footstrike, and then transfer to a firm, secure surface as you push off. You can set the True Z5.4 Series for 12 different levels of firmness, one of which is just right for you. This means significantly less stress on your ankles, knees, hips, and back.



# Let your heart be your guide

One of the Z5.4 Series' great features is our **patented Heart** Rate Control (HRC) System. You select your target heart rate and the True Z5.4 HRC 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.



A long, rock-solid,

Rather than using lightweight

aluminum, all True treadmills

performance. This helps ensure

that you and your True will be

together for years to come.

feature heavy-gauge,

robotically welded steel

throughout for superior

stability, durability, and

relationship

# Standard



#### The "O" Option

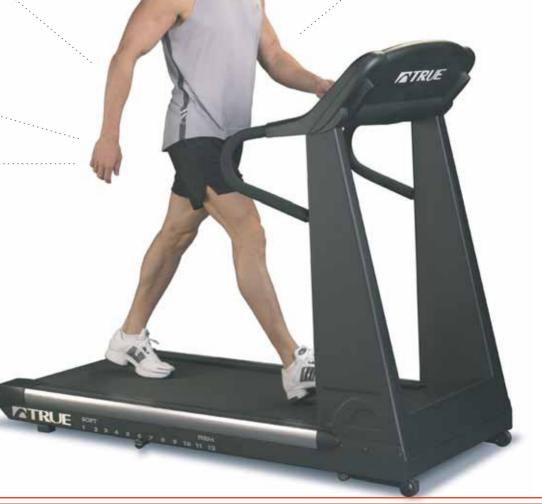
Experience maximum shock absorption and comfort with the optional Orthopedic Belt.

# Did vou iust hear a pin drop?

All True Z5.4 Series Treadmills feature a state-of-the-art 3 hp motor that, when coupled with its superior belt and deck system, gives you the best 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.



TREADMILLS



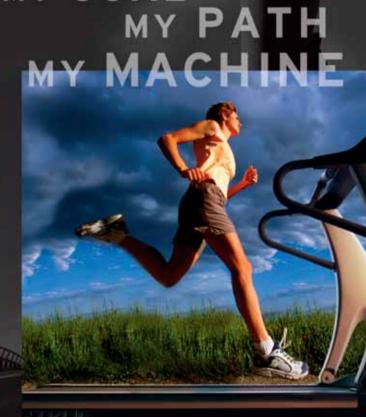
**TRUE** my goal. my path. my machine.



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.

my goal. my path. my machine.



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and rugged trim details. TOBILE powder coat finishes frames, baked-on feature structural steel True Fitness products **delinish** and **Exceptional fit** 

4 Preset Programs 5 Target HRC, 2 Interval HRC Heart Rate Control Programs Polar Wireless Heart Rate Monitoring Calories, Target Heart Rate Pace, Heart Rate; Time Remaining, METs, Speed, Incline; Elapsed Time, Distance, Data Readouts Message Center 7 x 20 Progress/Matrix Display Standard LCD Display Type Manual SOFT Select 3 hp Motor Orthopedic Belt  $22^{\circ}W \times 54^{\circ}L$  Treadbelt Area 0 - 15 Incline Range 0 - 12 Speed Range

3 User Programs

HBC

**H**BCO

treadmill that is the best choice for you. well-being. This chart will help you select the True help you customize your investment in health and True offers two Z5.4 models to choose from to

Make the True choice

\*International specifications and warranty information available on request.

LABOR 1 yr. ALL PARTS 10 yr. FRAME 30 yr. Warranty

Welded Steel Frame

Cruise Control

19WO' AZI ® VZII

нкс нксо

Express Key Commands

International S20V Available

400 lb Maximum User Weight

30"W x 68"L x 56"H Footprint

275 lb **Treadmill Weight** 

