

A photograph of two women on treadmills in a gym setting. The woman on the left is wearing a purple tank top and leggings, while the woman on the right is wearing a blue tank top and light blue shorts. They are both smiling and high-fiving each other. The treadmills are True Fitness models, with the left one labeled 'ALPINE RUNNER'. The background shows a large blue archway, likely the Gateway Arch in St. Louis. The text 'FULL COMMERCIAL PRODUCT CATALOG' is overlaid in large white letters on the left side of the image.

FULL COMMERCIAL PRODUCT CATALOG



01 **WHY TRUE FITNESS**

03 **OUR BRAND**

05 **CARDIO**

Vapor Series

Apex Series

Gravity Series

Launch Series

Consoles

27 **STRENGTH**

Palladium Series

FUSE XL Series

XFW Series

FORCE Series

Fitness Line Series

MP Series

Functional Trainers

89 **FLEXIBILITY**

WHY TRUE FITNESS

BUILDING EQUIPMENT AND RELATIONSHIPS WITH INTEGRITY

Since 1981, TRUE Fitness has been dedicated to building high-quality commercial fitness equipment that is dependable, innovative, and easy to use.

Today, TRUE Fitness is a global leader in premium fitness solutions. With unparalleled service, we provide you and your customers peace of mind at every step. As your dedicated partner, you can depend on TRUE Fitness to do whatever it takes to keep your facility running strong. You can count on us to provide equipment with lasting durability, reliable performance, and a team dedicated to optimizing the life of your equipment.

 TRUE FITNESS





SOLUTIONS AS PREMIUM AS OUR PRODUCTS

-  **FACILITY PLANNING**
Our planning experts work with you to create the optimal layout and combination of machines for spaces of every size and configuration.
-  **CUSTOMER-FIRST SUPPORT**
Putting customers first is the heart of everything we do. We're dedicated to providing exceptional service, making sure we prioritize what's right for you and your facility.
-  **STREAMLINED FULFILLMENT**
Our priority is to ensure seamless efficiency. From our long-lasting equipment to quick turnaround times, we're committed to minimizing interruptions and maximizing exercise spaces.
-  **HIGHLIGHT YOUR BRAND**
Welcome guests by adding your facility's logo on consoles. Customizable upholstery options, paint color, and facility branding are also available on select strength equipment.



OUR BRAND

TRUE[®] PREMIUM FITNESS EQUIPMENT

TRUE has been dedicated to producing premium fitness equipment for over 40 years. Each TRUE piece is made with the end-user in mind, aiding in the continued development of sophisticated features and designs that will stand the test of time.

Offering equipment suitable for various markets, TRUE has a full portfolio of strength, cardio, and flexibility products. We are proud to provide TRUE products around the globe.

 TRUE FITNESS



A photograph of three people exercising on treadmills in a gym. The gym has large, multi-paned windows in the background, looking out onto a city street with buildings. The person on the left is a woman with blonde hair in a ponytail, wearing a blue short-sleeved shirt and black shorts. The person in the middle is a woman with dark hair, wearing a purple sports bra and orange leggings. The person on the right is a man wearing a light blue t-shirt and blue shorts. They are all seen from behind, facing the treadmills. The treadmills are black with blue accents. The word "CARDIO" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

CARDIO



TRUE FITNESS CARDIO

KEEP YOUR FACILITY RUNNING AND EXERCISERS MOTIVATED

Our team of engineers and product developers are committed to keeping a pulse on the fitness industry and providing the most innovative and user-friendly machines on the market. Help your facility stand out with our cutting edge suite of cardio products that will keep users coming back.

VAPOR SERIES



TRUE FITNESS CARDIO:
VAPOR SERIES

BUILT FOR INTENSE WORKOUTS

Take your facility to the next level with the Vapor Series. Designed and built to withstand the toughest workouts, each piece provides users with the high-performance and unique features they demand to ensure they're pushed to their limits.

 TRUE FITNESS

VAPOR SERIES USER AMENITIES



HIGH-PERFORMANCE

Whether your facility caters to elite athletes or dedicated fitness enthusiasts, the Vapor Series meets the demands of high-performance workouts by ensuring each session is intense and effective.



UNIQUE FEATURES

Set your facility apart with equipment that is like no other. Ranging from 30% incline on the Alpine Runner to total body training on the Spectrum, the Vapor Series will provide users with a unique and effective workout.



PREMIUM QUALITY

Built to withstand the most rigorous workouts and offering best-in-class serviceability, the Vapor Series is designed to not only be durable but also easy to maintain for your facility.



MULTIPLE CONSOLE OPTIONS

Ranging from the intuitive LED to a more robust 22" Touchscreen, UNITE Consoles meet the needs of all users.





STRYKER SLAT TREADMILL



The Stryker Slat Treadmill provides excellent durability thanks to its robust TRUE design and premium components. The hood-less design allows users of all sizes to utilize the full running surface with their natural gait pattern.

- + Requires less maintenance; no need for tracking adjustments, waxing, or flipping deck with slat system
- + Trouble-free serviceability with adjustable, full swivel castors and easy access to motor and electronics
- + Shock-absorbing slat design provides user extra cushion where feet impact
- + Max speed of 12.5mph and incline of 25% for high-performance training
- + 3 emergency stops for safety



ALPINE RUNNER INCLINE TRAINER TREADMILL



The ultimate example of our commitment to excellence. Studies by an independent lab show the Alpine Runner Incline Trainer is more effective at burning fat and calories than standard treadmills.

- + Incline range of -3% to 30%
- + Patented incline system reduces motor wear and tear over time
- + Dual brake for reliable workout performance and safety
- + Vertical upper handgrips provide support at highest incline
- + Optional step available



PALISADE CLIMBER



Offering premier safety features, best-in-class serviceability and versatile ease-of-use, our Palisade Climber has been crafted to be rich in experience for exercisers and easy to maintain for your facility.

- + One of the deepest steps in the industry with 217 sq. inches per step
- + AC motor for durability, low noise, and smooth motion
- + Step-up assistance with rear steps and integrated side pegs
- + Dual-braking system for extra safety



SPECTRUM ELLIPTICAL



One of the most versatile cardio machines on the market—a stepper, elliptical, and runner all-in-one machine. The Spectrum Elliptical provides one of the largest adjustable strides in the industry and versatility for every user.

- + Core Drive® System
- + Electromagnetic eddy current brake
- + 13" to 30" adjustable stride
- + Soft step cushioned footpads
- + Ergonomic multi-grip handles



XT-ONE



The cross trainer that does it all. The XT-One is an all-in-one machine that lets exercisers walk, run, hike, or climb to target different muscles for customized effectiveness. Created with premium materials and innovative design, this elliptical will stand up to every workout while fueling performance and delivering results.

- + Combines adaptations of ellipticals and non elliptical modalities in one machine
- + Adjustable incline
- + Adjustable stride length
- + SmartStride® technology
- + Advanced training 30:30 and MMA
- + Workout Boosters



LATERAL X



Move in a different direction. Add new dimension and excitement to your cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands, and high caloric burn – all in a space-efficient design.

- + Adjustable side-to-side and stepping motion
- + Adjustable lateral 3-D motion
- + Adds muscle confusion with 10 varying planes of motion
- + Great for sports, rehab, and stability training, working the hips, thighs, and glutes
- + Advanced Training and Workout Boosters



Rō



Redefining rowing. TRUE's Rō merges sleek design with advanced functionality, offering dual resistance through fan and magnetic brakes for a challenging workout. Its self-powered console provides real-time metrics, while the MultiGrip handlebar ensures comfort and varied motion, transforming indoor rowing into an invigorating experience.

- + Quick-release foot strap
- + Dual resistance – fan and magnetic brake
- + MultiGrip handlebar
- + Enhanced console featuring a calorie meter
- + Comfort seat
- + Oversized handlebar catch
- + Small footprint



ADX



The ADX bike delivers simplicity, durability, and low maintenance. This self-powered air bike features a unique 26-blade fan for smooth, dynamic resistance—perfect for high-intensity workouts. Its heavy-duty, moisture-resistant construction ensures reliable performance under daily use.

- + 26-blade performance fan
- + Inertia performance drive system
- + Single-stage belt for instant activation
- + Class A watts rating
- + Smooth motion
- + HIIT workouts
- + Calibration technology



SURGE



The Surge Cycle Bike delivers durability and performance for any fitness space. Its maintenance-free magnetic resistance, rear-wheel design, and intuitive console provide a seamless ride, while adjustable seating ensures optimal positioning.

- + Magnetic resistance provides smooth frictionless resistance
- + A built-in generator powers the console eliminating the constant need to replace batteries
- + Rear flywheel design protects from sweat and corrosion

APEX SERIES

TRUE FITNESS CARDIO:
APEX SERIES

TRUE DURABILITY WITH SLEEK AESTHETICS

Introducing the new Apex Series: our premium cardio line, crafted with over four decades of precise engineering experience. This series boasts a sleek aesthetic and robust design, embodying the seamless fusion of TRUE engineering, style, and durability. Elevate your users' fitness journey with the precision, sophistication, and lasting durability that define the Apex Series.

 TRUE FITNESS

APEX SERIES USER AMENITIES



FEEL THE DIFFERENCE

The ultimate choice for users seeking unparalleled performance and comfort. The Apex Treadmill features TRUE FITX, an integrated suspension system designed to provide users with a better running experience.



ROBUST DESIGN

Precision-engineered and robust, the Apex Series' durable components will withstand rigorous use, high-intensity workouts, and performance training for years.



MODERN AND POWERFUL AESTHETIC

With a sleek aesthetic and modern design, the Apex Series is perfectly suited for both high-end and high usage facilities.



MULTIPLE CONSOLE OPTIONS

Ranging from the intuitive LED to a more robust 22" Touchscreen, UNITE Consoles meet the needs of all users.





APEX TREADMILL



Elevate your running experience with our Apex Treadmill, designed to deliver the perfect blend of intense performance and unparalleled comfort. Engineered with precision and powered for optimal results, its robust components are constructed to withstand rigorous use, high-intensity workouts, and performance training over the years.

- + 17.0 MPH (27 KPH) max speed
- + Incline / Decline Range: -3% to 18% (Decline Kit standard)
- + HRC Cruise Control® and FITX System
- + Maintenance-free Waxed/Reversible Deck
- + Continuous 5hp motor



APEX ELLIPTICAL



Engineered with precision and powered for optimal results, the Apex Elliptical is built to withstand rigorous use, high-intensity workouts, and performance training over the years. The Apex Elliptical features TRUE's Core Drive® System, which promotes superior balance, stability, and comfort.

- + Space efficient, small footprint
- + Core Drive® System
- + Cardio 360™ Total Body Workout
- + Hybrid Self-Generating Brake
- + 21" stride length
- + Self-generating capability (LED console only)
- + Dual Stage System



APEX UPRIGHT BIKE



It's all in the details with the Apex Upright Bike. With sleek styling and small footprint, combined with TRUE's quality and durability, this bike is sure to be a facility favorite. Featuring a low step-over height and 15-position ergonomic and cushioned seat, users of all ages and fitness levels can enjoy a smooth, comfortable ride.

- + Self-generating capability (LED console only)
- + Single Stage Drive System
- + 3-Piece Crank System for easier maintenance
- + 30 resistance levels

TRUE FITNESS APEX SERIES



APEX RECUMBENT BIKE



The Apex Recumbent Bike combines the features of a standard recumbent bike with additional benefits, all within a space-efficient and compact design. The Apex Recumbent Bike offers self-generating capabilities, quick-access controls, and multiple training settings to explore and customize workouts. Featuring an easy, step-through design and 20-position ergonomic and cushioned seat, users of all ages and fitness levels can enjoy a smooth, comfortable workout.

- + Self-Generating Capability (LED console only)
- + Single Stage Drive System
- + 40-600 Watts Workload Range



APEX CROSS TRAINER



Designed based on precise human biomechanics, the Apex Cross Trainer delivers comfortable natural movement and flow, both forward and backward. With Multi-Grip handlebars, users can target different upper-body muscles simply by changing the grip; and Converging Path handlebars follow the natural path of the arms when walking or running.

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



APEX RECUMBENT ELLIPTICAL



With its advanced and innovative design, the Apex Recumbent Elliptical allows users to reap the benefits of an elliptical workout while remaining seated. The recumbent seating reduces strain on the back and joints while also providing a low-impact workout, suitable for all ages and fitness levels.

- + Comfortable swivel seat
- + Step-through design
- + Upper/Lower Body Isolation
- + Power Stroke Technology
- + Active Seat for optimal comfort

GRAVITY SERIES

TRUE FITNESS CARDIO:
GRAVITY SERIES

LONG-LASTING VERSATILITY

With the Gravity Series cardio products, durability intersects with sleek styling and versatility. Crafted with all users in mind, the Gravity Series meets the needs of a variety of facility types looking for TRUE dependability and aesthetics paired with efficient features to maximize user's workouts. Meet the needs of both your members and facility with the reliability of the Gravity Series.

 TRUE FITNESS

GRAVITY SERIES USER AMENITIES

✓ **COMFORTABLE & EASY TO USE**

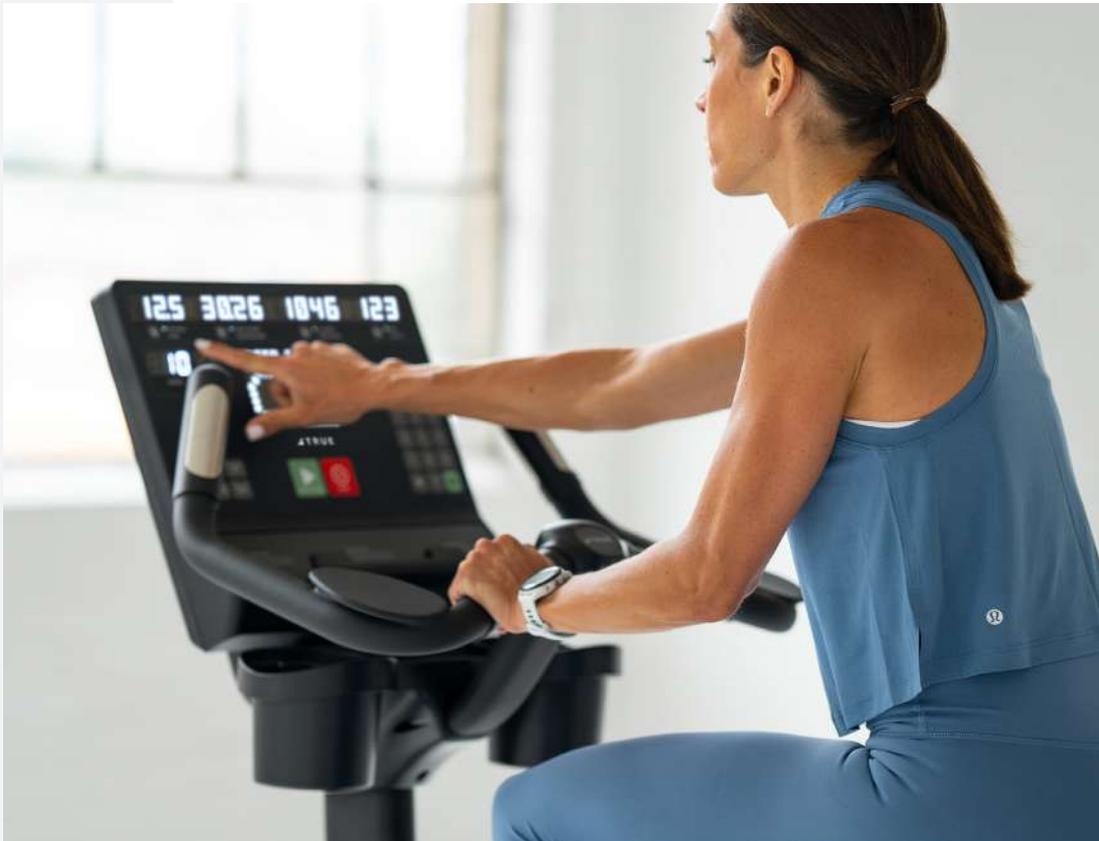
The inclusion of user-friendly features such as TRUE's treadmill FITX suspension system and Core Drive on the elliptical make hard workouts more intuitive and comfortable.

✓ **TRUE DEPENDABILITY**

Minimize downtime and maximize member satisfaction with the long-lasting TRUE-tested durability of the Gravity Series that can withstand extensive usage over time.

✓ **MULTIPLE CONSOLE OPTIONS**

Ranging from the intuitive LED to a more robust 22" Touchscreen, UNITE Consoles meet the needs of all users.





GRAVITY PLUS TREADMILL



Optimize your facility's efficiency with a treadmill designed for both beginners and fitness enthusiasts. Engineered with precision, the Gravity Plus Treadmill drive system and deck are built to withstand rigorous daily usage. Combined with a maintenance-free deck and belt system means effortless upkeep and less downtime for your facility.

- + 12.5 MPH (20 KPH) maximum speed
- + 15% maximum incline
- + FITX System
- + Maintenance-Free Reversible/Waxed Deck
- + Cable Management System



GRAVITY TREADMILL



Maximize space in your facility with the Gravity Treadmill's compact frame. The dependable drive system and sturdy deck ensure smooth operation for years to come.

- + 12.5 MPH (20 KPH) Maximum Speed
- + 15% Maximum incline
- + FITX System
- + Maintenance-Free Reversible / Waxed Deck



GRAVITY ELLIPTICAL



Provide your members versatile, low-impact workouts with the dependable Gravity Elliptical. The small and compact footprint allows you to maximize your floor space, while the patented Core Drive System provides a stable, natural feeling workout.

- + Self-Generating (LED console only)
- + Core Drive® System
- + Cardio 360 programming
- + Hybrid Self-Generating Brake
- + 21" stride length
- + Low step-up height



GRAVITY UPRIGHT BIKE



The Gravity Upright Bike combines premium materials with smart design. Paired with TRUE's renowned quality and durability, this bike is destined to become a favorite in your facility with both beginners and seasoned cyclists. Its compact footprint also enables you to optimize premium space in your facility.

- + Self-generating (LED console only)
- + 30 resistance levels
- + Dual-sided pedals with ratcheting strap
- + Ergonomic seat with 15 positions
- + 2 front transport wheels



GRAVITY RECUMBENT BIKE



The Gravity Recumbent Bike combines quality materials with smart design for best-in-class performance and durability. The ergonomic, reclining back pad and simple programming of the Gravity Recumbent Bike enhances comfort and makes exercise an easy and enjoyable process for users of all fitness levels. With a custom-designed, racetrack-inspired steel frame and self-generating option, this piece can be placed anywhere in your facility.

- + Self-generating (LED console only)
- + Reclining Seat Back
- + 30 resistance levels



GRAVITY CROSS TRAINER



The Gravity Cross Trainer provides comfortable, low-impact movement and flow while also providing upper body ergonomics. With the inclusion of built-in Workout Boosters, the Gravity Cross Trainer stands out as an optimal choice for a diverse range of exercisers.

- + 24" stride length
- + Long-lasting performance
- + Multi-Grip and Converging Path handlebars
- + Advanced programs & Workout Boosters



GRAVITY RECUMBENT ELLIPTICAL



The Gravity Recumbent Elliptical merges the benefits of a traditional standing elliptical with the comfort of a supportive seat. Designed with PowerStroke technology and dynamic workout programs, the Gravity Recumbent Elliptical provides an efficient, low-impact workout ideal for those looking for an effective, joint-friendly fitness solution.

- + Active Seat Position to accommodate any size user
- + Step-through design

LAUNCH SERIES



TRUE FITNESS CARDIO:
LAUNCH SERIES

RELIABILITY YOU CAN TRUST

Designed to enhance your facility with simple to use, commercial grade features, the Launch family is the perfect solution for space and budget conscious facilities with its compact styling and robust warranty.

 TRUE FITNESS

LAUNCH SERIES USER AMENITIES

 **EASY TO USE WITH A COMPACT FOOTPRINT**
Streamlined and efficient features provide users an effective workout regardless of their level of experience or skill, all in a compact footprint so that you can maximize your space.

 **TRUSTED RELIABILITY**
The same reliability TRUE is known for is instilled within the Launch Series, created to meet your budget requirements while still minimizing downtime and meeting your user's needs.

 **MULTIPLE CONSOLE OPTIONS**
Ranging from the simple-to-use LED to a more robust 16" Touchscreen, UNITE Consoles meet the needs of all users.





LAUNCH TREADMILL



Maximize space in your facility with the Launch Treadmill's compact frame. The dependable drive system and sturdy deck ensure smooth operation for years to come.

- + 12.5 MPH (20 KPH) Maximum Speed
- + 15% Maximum incline
- + FITX System



LAUNCH ELLIPTICAL



Perfect for facilities with light usage, the Launch Elliptical is designed with our most compact frame.

- + Self-Generating Capability (LED console only)
- + Core Drive® System
- + Hybrid Self-Generating Brake
- + 21" Stride Length



LAUNCH UPRIGHT BIKE



Equipped with a low step-over height and a 15-position ergonomic seat, individuals of all ages and fitness levels can indulge in a seamless and comfortable ride.

- + Self-Generating Capability (LED console only)
- + 30 Resistance Levels
- + Ergonomic seat with 15 Positions



LAUNCH RECUMBENT BIKE



The Launch Recumbent Bike provides the essential features and functions that meet your space and budget requirements. With user-friendly programming and features, the Launch Recumbent Bike makes exercise an easy and enjoyable process for users of all ages and fitness abilities.

- + Self-Generating Capability (LED console only)
- + Reclining Seat Back
- + 30 Resistance Levels
- + 40-450 Watts Workload Range

CONSOLES



TRUE FITNESS CARDIO: CONSOLES

TECHNOLOGY THAT'S THOUGHTFUL, FUNCTIONAL & INNOVATIVE

TRUE Fitness' suite of cardio consoles lets you customize your commercial fitness equipment to both your facility and your users.

Get the most out of your TRUE Fitness equipment with technology solutions that are tailored to both the facility and exerciser's wants and needs.



UNITE LED CONSOLE

With a sleek and streamlined design, our all new UNITE LED console offers an even more user-friendly interface and enhanced functionality, making it easier than ever for users to achieve their fitness goals.

- + Large LED display with intuitive navigation
- + 8 data points for detailed workout feedback
- + Dedicated message center
- + 10-key pin pad for easy set-up and data entry
- + 12-25 workouts (dependent upon equipment type)
- + Quick-access workout program keys
- + Self-generated (dependent upon equipment type)
- + EcoFit integration available



UNITE 10\"/>

For budget conscious facilities, the UNITE 10" Touchscreen provides the same vivid screen and improved performance and features, but on a smaller scale.

- + Vivid 10" screen with state-of-the-art UI
- + Enhanced speed and performance
- + Seamless connectivity to Apple Watch & Samsung Galaxy Watch wearables
- + Wireless charging for mobile devices
- + Wide selection of streaming and entertainment apps
- + Bluetooth® connection to heart rate straps, headphones, and mobile devices
- + Wi-Fi, ANT+, and NFC compatibility
- + EGYM and EcoFit integrations available



UNITE 16\"/>

Elevate your members' fitness experience with the UNITE 16" Touchscreen cardio console. With its advanced features and intuitive design, it's the perfect companion for achieving fitness goals with style and efficiency.

- + Vibrant 16" screen with state-of-the-art UI
- + Enhanced speed and performance
- + Seamless connectivity to Apple Watch & Samsung Galaxy Watch wearables
- + Wireless charging for mobile devices
- + Wide selection of streaming and entertainment apps
- + Bluetooth® connection to heart rate straps, headphones, and mobile devices
- + Wi-Fi, ANT+, and NFC compatibility
- + EGYM and EcoFit integrations available



UNITE 22\"/>

The UNITE 22" Touchscreen Console redefines the exercise experience with its expansive, high-definition display—the largest in our lineup. Its vibrant 22" screen not only enhances visibility but also delivers unmatched clarity and interactivity.

- + Stunning 22" display with a cutting-edge user interface
- + Enhanced speed and performance
- + Seamless connectivity to Apple Watch & Samsung Galaxy Watch wearables
- + Wireless charging for mobile devices
- + Wide selection of streaming and entertainment apps
- + Bluetooth® connection to heart rate straps, headphones, and mobile devices
- + Wi-Fi, ANT+, and NFC compatibility
- + EGYM and EcoFit integrations available
- + Unavailable for Launch Series



STRENGTH



TRUE FITNESS STRENGTH

DESIGNED TO FULFILL EVERY NEED FOR FACILITIES BIG AND SMALL

For over four decades, we've led the way in revolutionizing the fitness industry, leveraging our extensive experience to craft the most dependable equipment around. From selectorized machines to plate-loaded systems and functional trainers, our range of strength equipment caters to the diverse needs of facilities, regardless of size.

Our global network of authorized sales and service representatives provides prompt and valuable assistance whenever you require support or have inquiries about your TRUE Fitness equipment.

PALLADIUM SERIES

TRUE FITNESS STRENGTH:
PALLADIUM SERIES

PREMIUM DURABILITY & BIOMECHANICS

Advanced functionality, comfortable touchpoints, and precise ergonomics are all packaged in a modern design. Set your facility apart and provide users with an intuitive strength-training experience with the Palladium Series.

 TRUE FITNESS

PALLADIUM SERIES USER AMENITIES



HEIGHT ADJUSTMENT GUIDE

This innovative feature guides users on setting the seat based on their height. Once determined on one machine, it is the same across the entire circuit.



MODERN AESTHETICS

The 120mm x 60mm oval-shaped tubing of the Plate Loaded and Selectorized lines enhances the visual appeal while ensuring structural integrity.



VERSATILE MOVEMENTS

Incorporating unilateral converging and diverging movements where appropriate, TRUE Palladium Selectorized and Plate Loaded pieces adapt to your workout needs.



SPACE-EFFICIENT DESIGN

With easy entry and exit designs, the Palladium Series optimizes space without compromising functionality. Palladium Modular provides you with the flexibility to choose the exercise stations and positioning that best suits your facility.



PALLADIUM SERIES SELECTORIZED



TRUE FITNESS STRENGTH: PALLADIUM SELECTORIZED



STANDARD FEATURES

Standard paint finish is matte black with choice of 18 upholstery color options.



CUSTOMIZATION OPTIONS

Custom powder coat finish, custom upholstery color, and facility branding available upon request.



ENHANCED CONVENIENCE

Select models come with standard plate storage, offering convenience and efficiency in your fitness space.



PRECISE WEIGHT ADJUSTMENTS

Integrated adder weight system option reduces increments to 5 lbs / 2.2 kg.





SEATED LEG EXTENSION
SPL-0100



The Palladium Series SPL-0100 Seated Leg Extension features modern styling, precision biomechanics, and a comfortable, easy entry and exit design. This seated leg machine is easy to manipulate and is comfortable for all users. Adjustment points are accessible from the seated position and engineered to accommodate a wide range of users.

- + Height Adjustment Guide
- + Easy access phone cradle and accessory storage tray with cup holder
- + Integrated adder weight system reduces increments to 5 lbs/2.2 kg
- + Shown with Candy Apple Red upholstery



SEATED LEG CURL
SPL-0200



Leg curl machines are a staple. They provide effective isolating and strengthening hamstring workouts that balance muscles and enhance lower body power. The SPL-0200 Seated Leg Curl machine is part of TRUE's signature Palladium Series, designed with precision biomechanics and user comfort in mind. Users can also explore a multitude of seat adjustment options to further enhance their workouts to suit their specific needs and elevate comfort.

- + Height Adjustment Guide
- + Easy access phone cradle and accessory storage tray with cup holder
- + Integrated adder weight system reduces increments to 5 lbs/2.2 kg



SEATED LEG PRESS
SPL-0300



Users of all levels, from novice to professional, will benefit from the advanced biomechanics of the Palladium Series SPL-0300 Seated Leg Press machine. This leg press weight machine is easy to use and offers lots of workout customizations, allowing users to cater their leg training to their skill, size, and needs. The adjustable back pad and a unique-to-TRUE adjustable foot platform accommodate a wide range of users and allow multiple foot and seated positions for added exercise variation.

- + Easy access phone cradle and accessory storage tray with cup holder
- + Integrated adder weight system reduces increments to 5 lbs/2.2 kg



INNER / OUTER THIGH
SPL-0400



Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series SPL-0400 Inner and Outer Thigh machine.

- + Space and cost-efficient dual-function machine
- + 5-position adjustable back
- + Easily accessible adjustable cam



TRICEPS PUSHDOWN
SPL-0500



The Palladium Series SPL-0500 provides the perfect platform for isolating the tricep muscles, making it an effective training tool for muscle building and rehabilitation. This tricep gym machine features many beneficial biomechanics, such as dual handgrip positions with narrow and wide handle options and a seat angled to maintain body position when using heavyweights.

- + 8 different seating positions that are adjustable while seated or standing
- + Premium grade linear bearings and gas cylinders that provide stability and low friction adjustments
- + 20-degree fixed angle contoured back pad for added support and proper alignment during exercise



SEATED BICEPS CURL
SPL-0600



The Palladium Series SPL-0600 Seated Biceps Curl machine can give your gym members an efficient, customizable, and comfortable bicep workout that aligns with their goals and enhances their exercise experience.

- + 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- + Dual cam design allows each arm to operate independently for bilateral or unilateral training
- + Handles swivel to accommodate a wide range of users without the need for additional adjustments



SEATED SHOULDER PRESS
SPL-0700



The Palladium Series SPL-0700 Seated Shoulder Press machine is the perfect piece of equipment for full-range, upper-body strength training. Every aspect of this seated shoulder press machine's design maximizes workout customizability and effectiveness. The machine's TRUE adjustable back pad with four adjustable positions allows users to choose the range of motion best suited to their individual needs by changing horizontal hand position relative to the shoulder.

- + Height Adjustment Guide
- + Easy access phone cradle and accessory storage tray with cup holder
- + Integrated adder weight system reduces increments to 5 lbs/2.2 kg



DELTOID RAISE
SPL-0800



Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Deltoid Raise.

- + 8-position seat
- + Independent arm movement
- + Counterbalanced press arms provide user-friendly low starting resistance
- + Ergonomically designed handles



CHEST PRESS
SPL-0900



Dual overhead pivots on the Palladium Series Chest Press allow handles to travel in a slight upward motion for maximum muscle recruitment while unilateral press arms converging at 25 degrees in front of the user and an adjustable back pad allow full articulation of the shoulder complex.

- + 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- + Unilateral press arms converge at 25 degrees in front of the user resulting in full articulation of the shoulder complex



PEC FLY/REAR DELT
SPL-1000



The dual function Palladium Series Pec Fly/Rear Delt features modern styling, precision biomechanics and a comfortable easy entry and exit design. Adjustment points are accessible from the seated position and engineered to accommodate a wide range of users.

- + 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- + 8-position dual cams include 4-positions for Rear Deltoid and 4-positions for Pec Fly



LAT PULLDOWN
SPL-1100



Featuring unilateral arms that diverge at 17.5 degrees per side, the Palladium Series Lat Pulldown allows full articulation of the shoulder complex in a comfortable, user-friendly easy entry and exit design.

- + 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- + Unilateral arms diverge at 17.5 degrees per side resulting in full articulation of the shoulder complex



SEATED ROW
SPL-1200



Unilateral arms that diverge at 11 degrees with trailing link handles and rotating grips make the SPL-1200 Palladium Series Seated Row the perfect choice for all users from novice to professional. The center grip provides stability during one-arm rows while the adjustable chest pad comfortably accommodates a wide range of users.

- + 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- + Unilateral arms diverge at 11 degrees resulting in full articulation of the shoulder complex



LOW BACK EXTENSION
SPL-1300



Users of all levels, from novice to professional, will benefit from the advanced biomechanics of the Palladium Series Low Back Extension.

- + Adjustable Foot Platform
- + Adjustable Start Range
- + Ergonomically Designed Handles And Support



ABDOMINAL CRUNCH
SPL-1400



Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Abdominal Crunch.

- + Dual Pivot Design
- + Low Profile Design
- + Shin Pad Adjustment



ROTARY TORSO
SPL-1500



Users of all levels from novice to professional, will benefit from the advanced biomechanics of the Palladium Series Rotary Torso.

- + Adjustable Seat While Seated Or Standing
- + Bottom Pivot Design And Precise Ergonomics
- + 12-Position Adjustable Cam
- + Ergonomic Handles



ROTARY CALF
SPL-1600



GLUTE PRESS
SPL-1700



Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Rotary Calf.

- + 10-position seat back adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- + Seated position displaces force over hips versus shoulders and reduces spinal compression
- + Oversized foot platform curved for comfort and exercise variation
- + Ergonomically designed handles provide support and encourage proper alignment during exercise

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Glute Press.

- + 8-position adjustable torso pad and contoured dual hand grips for proper body alignment and support during exercise
- + Offset pivot axis accommodates a wide range of users without the need for additional adjustments
- + Upright and open design provides a comfortable exercise position and eases entry and exit of the machine



HORIZONTAL LEG CURL
SPL-1800



Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Horizontal Leg Curl.

- + 8-position ankle pad accommodates a wide range of users
- + 10-position start range limiter allows users to choose a range of motion best suited to their individual needs
- + 15° chest pad and 30° thigh pad reduces low back stress
- + Elbow pads with ergonomically designed handles provide support and encourage proper alignment during exercise



HIP THRUSTER
SPL-2000



Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Hip Thruster.

- + 6-position torso pad with gas cylinder assist accommodates a wide range of users
- + The back pad pivots throughout the entire range of motion to encourage maximum hip extension
- + Oversized foot platform with non-skid surface for exercise variation
- + Ergonomically designed handles provide support and encourage proper alignment during exercise



PALLADIUM SERIES PLATE LOADED

TRUE FITNESS STRENGTH: PALLADIUM PLATE LOADED



STANDARD FEATURES

Standard paint finish is matte black with choice of 18 upholstery color options.



CUSTOMIZATION OPTIONS

Custom powder coat finish, custom upholstery color, and facility branding available upon request.



BUILT-IN STORAGE

Select models come with standard plate storage, offering convenience and efficiency in your fitness space.



CHEST PRESS
PLS-0100



The Palladium Series Plate Loaded PLS-0100 Chest Press is designed for customizable performance, featuring five-position handles that let users adjust their starting position and range of motion. Its unilateral press arms converge to enhance shoulder articulation and ensure a full range of motion. Includes six weight storage posts for added convenience.

- + Unique 5-position adjustable handles allow user to set range of motion best suited to their individual needs
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments
- + Height Adjustment Guide provides guidance on where to set seat based on user's height



SHOULDER PRESS
PLS-0200



Engineered for precision and comfort, the Palladium Series Plate Loaded PLS-0200 Shoulder Press offers four-position handles, allowing users to fine-tune their grip and adjust their range of motion. The unilateral press arms move in a natural arc, converging above and in front of the user to optimize shoulder engagement. Comes equipped with four weight storage posts.

- + Unilateral arms converge above and in front of the user to maximize articulation of the shoulder and allow for a complete range of motion
- + Unique 4-position adjustable handles allow user to set range of motion best suited to their individual needs



LAT PULLDOWN
PLS-0300



The Palladium Series Plate Loaded PLS-0300 Lat Pulldown is designed for users of all levels, from beginners to professionals, offering advanced biomechanics for optimal performance. Its unilateral arms diverge through a full range of motion, maximizing muscle engagement for a more effective workout. Built-in weight storage includes four standard posts for added convenience.

- + Unilateral arms diverge to maximize articulation of the shoulder and allow for a complete range of motion
- + 4-position thigh pad fits wide range of users
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments



SEATED ROW
PLS-0400



Designed to enhance strength and performance, the Palladium Series Plate Loaded PLS-0400 Seated Row features unilateral arms with dual-grip handles, guiding users through a full range of motion for maximum muscle engagement. A chest pad and single handle provide added stability, while six built-in weight storage posts offer convenient plate organization.

- + Unilateral arms diverge to maximize articulation of the shoulder and allow for a complete range of motion
- + Multi-grip handles for exercise variation and center post for stability during one-arm rows



KNEE RAISE/AB CRUNCH
PLS-0500



Built for dynamic core training, the Palladium Series Plate Loaded PLS-0500 Knee Raise/Ab Crunch utilizes a patent-pending dual pivot design to target both upper and lower abdominals. Its low-profile frame allows for easy entry and exit, and two weight storage posts keep plates within reach for a seamless workout.

- + Unique, patent-pending dual pivot design provides simultaneous ab crunch and knee raise movements to target upper and lower abs
- + Low profile design allows for easy entry and exit



BICEPS CURL
PLS-0600



The Palladium Series Plate Loaded PLS-0600 Biceps Curl features a low-profile space-efficient design and unique offset pivot, allowing users to set their preferred elbow position without the need to align with a fixed pivot. True to form curl bar allows for exercise variation, including narrow and wide grips, reverse curls, and one-arm curls.

- + Unique off-axis pivot design allows users to place elbows freely on pad without need to align with fixed pivot
- + Curl bar provides variety of grip positions including wide, narrow, and reverse
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments



PLS-0700



Built for targeted glute activation and lower body strength, the Palladium Series Plate Loaded PLS-0700 Hip Thrust offers a low-profile design with easy access and an oversized, non-skid foot platform for added exercise variety. Curved lumbar pads provide crucial support, promoting proper alignment and full hip extension, while the dual-position padded belt ensures a secure and comfortable fit for users of all sizes.

- + Low profile and easy entry/exit design features oversized foot platform with non-skid surface for exercise variation.
- + Curved lumbar pads provide support, encourage proper alignment, and allow for maximum hip extension.
- + Dual position belt accommodates wide range of users and is padded for additional comfort.



SQUAT PRESS
PLS-0800



Engineered for strength and stability, the Palladium Series Plate Loaded PLS-0800 Squat Press features a low-profile design for easy access, a comfortable seat position, and a single pivot mechanism that directs force through the hips rather than the lower back and shoulders. An oversized, non-skid foot platform supports a variety of stances, while dual stops ensure adaptability for a wide range of users.

- + Unique single pivot design allows for maximum hip extension with no spinal compression
- + Low profile and easy entry/exit design features oversized foot platform with non-skid surface for exercise variation



TRICEPS EXTENSION
PLS-0900



HACK SQUAT
PLS-1000



The Palladium Series Plate Loaded PLS-0900 Triceps Extension offers unilateral press arms, and both standard and neutral grip handles that provide the user with a variety of exercise options. Two weight storage posts standard.

- + Multi-grip handles for exercise variation
- + 4-position thigh pad fits wide range of users
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments

Designed for stability and comfort, the Palladium Series Plate Loaded PLS-1000 Hack Squat features a low-profile frame for easy entry and exit. Its ergonomic seat and low back support help shift force to the hips, reducing strain on the lower back and shoulders. An oversized, non-skid foot platform allows for versatile foot positioning. Equipped with four weight storage posts.

- + Back pad offloads weight against hips rather than spine and provides support throughout range of motion
- + Low profile and easy entry/exit design features oversized foot platform with non-skid surface for exercise variation



INCLINE CHEST PRESS
PLS-1100



The Palladium Series Plate Loaded PLS-1100 Incline Chest Press offers unique 5-position handles that allow the user to adjust starting position and range of motion to fit their specific needs. Unilateral arms converge to maximize articulation of the shoulder and allow for a complete range of motion. Six weight storage posts standard.

- + Unilateral arms converge to maximize articulation of the shoulder and allow for a complete range of motion
- + Unique 5-position adjustable handles allow user to set range of motion best suited to their individual needs
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments



LEG EXTENSION
PLS-1200



The Palladium Series Plate Loaded PLS-1200 Leg Extension is designed for seamless movement and user comfort. Its off-axis pivot allows for natural knee placement without requiring alignment to a fixed point, while the self-adjusting shin pad eliminates unnecessary adjustments. A gas-assisted, six-position seat back ensures smooth and stable positioning.

- + Unique off-axis pivot design allows users to place knees freely on pad without need to align with fixed pivot
- + Self-adjusting shin pad removes need for additional adjustment
- + 6-position seat back uses gas cylinder assist for stable, friction-free adjustment



STANDING LEG CURL
PLS-1300



Built for optimal hamstring engagement, the Palladium Series Plate Loaded PLS-1300 Standing Leg Curl features an innovative off-axis pivot, allowing unrestricted knee placement. A self-adjusting ankle pad enhances ease of use, while the six-position torso pad and dual handles provide added stability and support.

- + Unique off-axis pivot design allows users to place knee freely on pad without need to align with fixed pivot
- + Self-adjusting ankle pad removes need for additional adjustment
- + 6-position torso pad and dual handles provide support during exercise



PENDULUM SQUAT
PLS-1400



The Palladium Series Plate Loaded PLS-1400 Pendulum Squat features a unique movement pattern that allows for a full range of motion while maintaining proper knee-to-ankle alignment. Its oversized, non-skid foot platform supports multiple foot positions, while a dual safety catch system enhances security throughout the lift.

- + Unique pendulum style movement allows the user to achieve complete range of motion while maintaining proper knee to ankle position
- + Weight plates are back loaded to add resistance and front loaded to reduce resistance
- + Oversized foot platform with non-skid surface allows for variety of foot positions and accommodates wide range of users
- + Dual safety catch system and range of motion limited standard



TOTAL BODY PRESS
PLS-1500



GLUTE PRESS
PLS-1700



The Palladium Series Plate Loaded PLS-1500 Total Body Press combines upper and lower body pressing movements, allowing users to engage multiple muscle groups and maximize calorie burn in less time. Designed to mimic weight-bearing exercises like the Push-Press, the PLS-1500 minimizes joint stress, making it a safe and effective option for a broad range of users.

- + Concurrent upper and lower body pressing motion enables users to burn more calories and strengthen more muscle groups in less workout time.
- + Spring-assisted, 10-position adjustable knee pad accommodates a wide range of users.

The Palladium Series Plate Loaded PLS-1700 Glute Press is designed to activate both upper and lower body muscles, delivering an effective, full-body workout that enhances functional movement across multiple planes. By replicating natural movement patterns, it helps users build strength, stability, and coordination while minimizing joint stress.

- + 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.
- + Controlled movement patterns in both the sagittal and frontal planes provide a safe method of functional training for users of all ability levels.

PALLADIUM SERIES MODULAR SYSTEMS

TRUE FITNESS STRENGTH: PALLADIUM MODULAR SYSTEMS



STANDARD FEATURES

Standard paint finish is matte black with choice of 18 upholstery color options.



CUSTOMIZATION OPTIONS

Custom powder coat finish, custom upholstery color, and facility branding available upon request.



CUSTOMIZABLE CONFIGURATIONS

Choose from 5 different configurations and 5 available add-on stations to create the Modular System perfectly suited for your specific needs.



OPTIONAL SHROUDS

Shrouds are optional.



VERSATILE INSTALLATION CHOICES

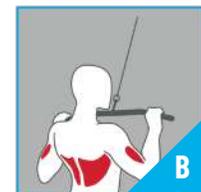
Available in free-standing and wall-mounted configurations.

FULLY CUSTOMIZABLE

Choose from up to 5 available add-on stations with A-ENDS and B-SIDES to make any of the Palladium Series Modular Systems perfect for your facility.



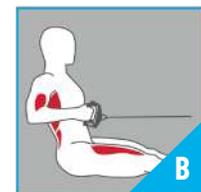
Single Adjustable Cable Column
with swivel pulley housing and easy lift handle



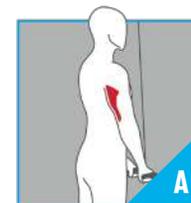
Lat Pulldown
adjustable thigh pad assembly with elevated weight stack for easy access



Biceps Curl
space efficient biceps curl station



Seated Low Row
elevated seat position minimizes floor space



Triceps Extension
with comfortable upholstered back support pad



+ 8 weight stack configuration shown with optional front and rear shrouds

+ Please see your TRUE Fitness sales representative for more details on customization



**SINGLE MODULAR QUAD
FRAME**
TMS-4000



This stand alone quad frame provides up to four workout stations in a compact and space-efficient footprint.

Dimensions as shown: 78" W x 145" D x 94" H

END AND SIDE STATIONS:

A POSITION ENDS (MAX 2, MIN 1)

- + Single Adjustable Cable Column
- + Biceps Curl
- + Triceps Extension

B POSITION SIDES (MAX 2, MIN 1)

- + Lat Pulldown
- + Seated Low Row



**MODULAR FRAME WITH
CABLE CROSSOVER**
TMS-5000



TMS-4000 4-sided pod + cable crossover with adjustable cable columns. Cable crossover available with 170lb/85lb resistance or 250lb/125lb resistance weight stacks. Multi-grip chin bar assemblies.

Dimensions as shown: 170" W x 145" D x 96" H

END AND SIDE STATIONS:

A POSITION ENDS (MAX 1, MIN 0)

- + Single Adjustable Cable Column
- + Biceps Curl
- + Triceps Extension

B POSITION SIDES (MAX 2, MIN 1)

- + Lat Pulldown
- + Seated Low Row



**MODULAR FRAME WITH
DUAL CABLE CROSSOVERS**
TMS-6000



Featuring a TMS-4000 4-sided pod attached to dual Cable Crossovers, the TMS-6000 can accommodate up to 8 users.

Dimensions as shown: 288" W x 145" D x 96" H

END AND SIDE STATIONS:

A POSITION ENDS (NONE)

B POSITION SIDES (MAX 2, MIN 1)

- + Lat Pulldown
- + Seated Low Row



DUAL MODULAR FRAME WITH CABLE CROSSOVER
TMS-8000



With two TMS-4000 4-sided pods and a Cable Crossover, the TMS-8000 can be configured to fit in the center of a room or positioned up against a wall or mirror.

Dimensions as shown: 218" W x 145" D x 96" H

END AND SIDE STATIONS:

A POSITION ENDS (MAX 2, MIN 0)

- + Single Adjustable Cable Column
- + Biceps Curl
- + Triceps Extension

B POSITION SIDES (MAX 4, MIN 2)

- + Lat Pulldown
- + Seated Low Row



3 MODULAR FRAMES WITH DUAL CABLE CROSSOVERS
TMS-12000



With three TMS-4000 4-sided pods and two Cable Crossovers, the TMS-12000 can be configured to fit in the center of a room or positioned up against a wall or mirror.

Dimensions as shown: 358" W x 145" D x 96" H

END AND SIDE STATIONS:

A POSITION ENDS (MAX 2, MIN 0)

- + Single Adjustable Cable Column
- + Biceps Curl
- + Triceps Extension

B POSITION SIDES (MAX 6, MIN 3)

- + Lat Pulldown
- + Seated Low Row



4 MODULAR FRAMES WITH TRIPLE CABLE CROSSOVERS
TMS-16000



With four TMS-4000 4-sided pods and three Cable Crossovers, the TMS-16000 can be configured to fit in the center of a room or positioned up against a wall or mirror.

Dimensions as shown: 498" W x 145" D x 96" H

END AND SIDE STATIONS:

A POSITION ENDS (MAX 2, MIN 1)

- + Single Adjustable Cable Column
- + Biceps Curl
- + Triceps Extension

B POSITION SIDES (MAX 8, MIN 4)

- + Lat Pulldown
- + Seated Low Row

FUSE XL SERIES



TRUE FITNESS STRENGTH:
FUSE XL SERIES

PERFORMANCE TO MEET YOUR BUDGET

A modern and comprehensive strength-conditioning system designed to meet the space, budget, and performance demands of today's commercial fitness facilities. The user-friendly features and performance will appeal to a wide variety of users.

FUSE XL SERIES USER AMENITIES



HEIGHT ADJUSTMENT GUIDE

This innovative feature guides users to setting the seat based on their height. Once determined on one machine, it is consistent across the entire circuit.



USER-FRIENDLY FEATURES

The 4-bar linkage seat adjustments, with gas cylinder assist, ensure smooth transitions between various positions. Meanwhile, users benefit from comfort features, including accessory tray with a cup holder and towel holder.



SPACE-EFFICIENT DESIGN

Featuring easy entry and exit designs and a space-efficient footprint, FUSE XL optimizes space while maintaining functionality.





LEG EXTENSION
FUSE-0100



Intuitive adjustments including 4-position start range limiter and multiple position back and ankle pad assemblies accommodate a wide range of users.

- + 5-position seat uses four-bar linkage with gas cylinder assist
- + 20° fixed angle contoured back pad provides support and proper alignment during exercise
- + Ergonomically located handles with contoured grips for proper user support and alignment
- + Shown with Desert Tan upholstery



SEATED LEG CURL
FUSE-0200



7-position start range limiter and multiple position thigh, ankle, and back pads provide comfort and a precise fit for a wide range of users.

- + 5-position seat uses 4-bar linkage with gas cylinder assist
- + 4-position thigh pad assembly accommodates a wide range of users
- + Ergonomically located handles with contoured grips for proper support



LEG PRESS
FUSE-0300



Easy entry and exit adjustable seat assembly is angled 20 degrees and features a 3-position back pad for greater hip extension.

- + 9-position seat assembly adjusts easily using ergonomically designed paddle handle
- + Large molded platform angled at 10° maximizes hip extension while maintaining neutral ankle position
- + Low profile open frame design allows for easy entry and exit



INNER/OUTER THIGH
FUSE-0400



The FUSE-0400 Inner/Outer Thigh machine is a space and cost-efficient addition to the FUSE-XL line, serving a dual function to exercise both adductor and abductor muscles.

- + Pivoting contoured leg pads provide comfort and allow for easy transition between movements
- + Dual rubber covered foot posts provide support
- + Weight stack located in front of user for privacy, space efficiency, and ease of selection



BICEPS CURL
FUSE-0600



Unique offset pivot design allows users to choose the range of motion best suited to their individual needs while the integrated curl bar offers multiple grip options.

- + 5-position seat uses 4-bar linkage with gas cylinder assist for stable, low friction adjustments
- + Unique offset-pivot design and counterbalanced arm assembly allow user to choose the range of motion
- + Integrated towel holder and accessory tray with cup holder



SHOULDER PRESS
FUSE-0700



Standard and neutral grips combine with a 3-position adjustable back pad and independent converging press arms to provide true unilateral movement through a complete range of motion for greater muscle recruitment and a more efficient workout.

- + 5-position seat uses 4-bar linkage with gas cylinder assist for stable, low friction adjustments
- + Unilateral arms converge to maximize articulation of the shoulder
- + Integrated towel holder and accessory tray with cup holder



DELTOID RAISE
FUSE-0800



Independently-operating dual press arms allow users to bilaterally or unilaterally train deltoid, trapezius and supraspinatus muscles.

- + 5-position seat uses four-bar linkage with gas cylinder assist for stable, low friction adjustments
- + Seat and chest pads angled 5 degrees for proper ergonomics and support
- + Integrated towel holder and accessory tray with cup holder



CHEST PRESS
FUSE-0900



Three-position hand grips and independent converging press arms provide true unilateral movement through a complete range of motion for greater muscle recruitment and a more efficient workout.

- + 5-position seat uses four-bar linkage with gas cylinder assist for stable, low friction adjustments
- + Unilateral arms converge to maximize articulation of the shoulder and allow for a complete range of motion
- + Integrated towel holder and accessory tray with cup holder



PEC FLY/REAR DELT
FUSE-1000



Space efficient dual function design features seven adjustment positions, angled hand grips, and pivoting exercise arms to accommodate a wide range of users.

- + 5-position seat uses four-bar linkage with gas cylinder assist
- + Dual-position handles with angled grips pivot to replicate dumbbell movements
- + Weight stack conveniently located for easy access and to minimize floor space requirements
- + Integrated towel holder and accessory tray with cup holder



LAT PULLDOWN
FUSE-1100



Our FUSE-1100 Lat Pulldown machine features diverging arms operate independently through a complete range of motion resulting in greater muscle recruitment and a more efficient workout.

- + 5-position seat uses four-bar linkage with gas cylinder assist for stable, low friction adjustments
- + 5-position thigh pad accommodates wide range of users
- + Unilateral arms diverge to maximize articulation of the shoulder and allow for a complete range of motion



SEATED ROW
FUSE-1200



Unique rotating handles combine with independent diverging arms to provide unilateral movement through a complete range of motion for greater muscle recruitment and a more efficient workout.

- + 5-position seat uses four-bar linkage with gas cylinder assist for stable, low friction adjustments
- + 8-position chest pad accommodates wide range of users
- + Handles rotate freely for exercise variation



LOWER BACK EXTENSION
FUSE-1300



This FUSE-1300 Lower Back Extension machine is high-quality and will help your clients achieve their goals. This easy entry and exit machine include innovative features for proper alignment and support during exercise.

- + 4-position adjustable roller pad and angled lumbar pad
- + Dual-position foot rests provide torso stabilization for a wide range of users
- + Low seat frame and open design for ease of entry and exit of the machine
- + Integrated towel holder and an accessory tray with cup holder



ABDOMINAL
FUSE-1400



Easy entry and exit design allows for pelvic stabilization and enhanced isolation of the abdominal region.

- + 5-position seat uses four-bar linkage with gas cylinder assist
- + 4-position adjustable roller pad with dual hand grips allows users to determine range of motion
- + Contoured lumbar pad encourages pelvic stabilization and abdominal isolation
- + Low seat frame and open design



TRICEPS PUSHDOWN
FUSE-1500



This Triceps Pushdown machine comes with dual-position press arms that allow users to choose a narrow or wide grip. The angled back pad accommodates a wide range of users and provides support during exercise.

- + 5-position seat uses four-bar linkage with gas cylinder assist for stable, low friction adjustments
- + 20° fixed angle contoured back pad provides support and proper alignment during exercise
- + Handles easily adjust between wide and narrow positions



ROTARY TORSO
FUSE-1700



A low-seated frame and cushioned seat make the FUSE-1700 Rotary Torso machine not only accessible but comfortable. Rotate at the lumbar spine while engaging hip flexors and upper back muscles simultaneously.

- + An 11-point easy adjustment handle to a customized range of motion from a seated position
- + Angled hip and thigh pads eliminate low body torque and encourage spinal alignment
- + Comfortable roller pads and angled grip handles for proper support



HORIZONTAL LEG CURL
FUSE-1800



Designed with a raised angle between the chest and thigh pads reduce lower back stress while using, users can adjust resistance easily.

- + Chest and thigh pads angled at 15° for proper alignment during exercise movements
- + 5-position ankle pad to accommodate a wide range of users
- + Heavy-duty pivot arm assembly with sealed bearings off-set for easy entry and exit of the machine
- + Ergonomically located handles with contoured grips to provide more support during exercise



WEIGHT-ASSISTED CHIN-DIP
FUSE-4000



For safe and efficient chin dips, exercisers require a stable, reliable, and strong contraption to support their weight and allow for ease of movement. The TRUE FUSE-4000 Weight-Assisted Chin Dip machine offers just that—a modern styling and high-quality construction for superior movements that enhance chin dips.

This assisted dip machine is designed to meet the demands of today's commercial fitness facilities and is the perfect complement to any selectorized circuit. Plus, this chin dips machine equalizes body weight, providing a strong and supportive structure for safer workouts.

- + Step-By-Step exercise chart with easy-to-follow user instructions
- + Multi-position chin bar and pivoting dip handles for variation
- + Retracting foot platform for bodyweight exercises

XFW SERIES

TRUE FITNESS STRENGTH:
XFW SERIES

NEVER LIFT ALONE WITH TRUE

Offering modern styling, high-quality construction, and time-tested innovative designs, the XFW plate-loaded strength equipment, racks, and benches represent the best in form, function, and reliability.



LONG-LASTING QUALITY

High-quality construction ensures your facility is investing in TRUE strength products that can stand up to the toughest workouts.



USER-FRIENDLY FEATURES

With contoured pads and easy adjustments on select pieces, the XFW line provides an enjoyable and effective workout for all users.



SPACE-EFFICIENT DESIGN

Select models come with standard plate storage, offering convenience and efficiency in your fitness space.



POWER RACK WITH PLATE HOLDERS
XFW-7900



With 23 available adjustment points at three-inch increments, fully adjustable bar catches and catch rails, and an integrated pull-up station, the XFW-7900 Power Rack is suitable for a wide range of users and exercises. Users can use the XFW-7900 for bench presses, squats, pull-ups, and deadlifts. No matter the strength and muscle training your members want to target, this power cage can suit their needs.

The XFW-7900 Power Rack also comes with eight plate holders, providing convenient, organized, and easily accessible weight plate storage.

- + 23 available adjustment points
- + Fully adjustable bar catches and chrome-plated catch rails
- + Integrated pull-up station



DUAL SIDED HALF RACK
XFW-8300



Fully adjustable bar catches and catches rails with multiple options of training tools to accommodate a wide range of exercises. Optional accessories are sold separately.

- + Optional plate storage, chin bar, band pegs, core trainer, dip station, and center rack catch rails
- + 19 available adjustment points
- + 2 upright Olympic Bar storage posts



HALF RACK WITH PLATE HOLDERS
XFW-8100



Open face design features 19 available adjustment points at 3" increments, fully adjustable bar catches and catch rails to accommodate a wide range of exercises with integrated pull-up station including wide and narrow grips. The 8 plate holders and Olympic bar storage are standard while optional band peg kit (including band pegs and band storage posts) are sold separately.

- + Optional band peg kit
- + 19 available adjustment points at 3-inch increments
- + Fully adjustable bar catches and catch rails
- + Integrated pull-up station
- + Optional step available



SMITH MACHINE
XFW-6800



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW plate loaded products truly represent the best in form, function and reliability.

- + Open-frame design and elevated head clearance provide for easy access and use of utility benches
- + 14-position bar catch assembly allows multiple exercise movements
- + Weight carriage counterbalanced to 10 lbs (4.5kg) and angled 3 degrees to accommodate natural rotation of anatomical joints during exercise
- + Dual-adjustable safety stops allow users to adjust range of motion to suit their individual needs
- + 8 weight storage posts standard



LEG PRESS
XFW-7800



LEVER ROW
XFW-5500



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW plate loaded products truly represent the best in form, function and reliability.

- + Premium grade linear bearings and high capacity weight carriage angled 45 degrees for optimum performance and durability
- + Dual-position pivoting carriage stops accommodate wide range of users
- + 3-position secondary safety stops allow users to adjust range of motion to suit their individual needs
- + Back pad with integrated head rest easily adjusts to 7 positions
- + Wide foot plate with molded rubber non-skid covering and calf raise provision offers secure placement and exercise variation
- + Shown with Cadet upholstery

Offering modern styling, high-quality construction, and time-tested innovative designs, XFW plate loaded products truly represent the best in form, function and reliability.

- + Heavy-duty swivel plate rack assembly accommodates 8-45 lbs / 8-20 kg plates
- + Standard and neutral grip positions for exercise variation
- + Rubber covered foot platforms provide support and encourage proper alignment during exercise
- + Dual 1" / 3 cm pivot axles provide smooth vertical and lateral range of motion
- + Floor anchor provisions in frame



SEATED CALF
XFW-5700



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW plate loaded products truly represent the best in form, function and reliability.

- + Pivoting seat with 5-position, adjustable thigh pad assembly
- + Dual rubber-coated handles on the thigh pad frame provide an ergonomic hand position during the exercise and aid in the ease of entry and exit of the machine
- + Custom-molded, curved non-skid foot platforms provide proper foot support, alignment and comfort during exercise
- + Weight horn with plastic wear guard accommodates 10 x 45 lbs / 20 kg plates



**SUPINE PRESS BENCH
WITH PLATE HOLDERS**
XFW-7100



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW benches truly represent the best in form, function and reliability.

- + 9 3/4" / 23 cm bench width allows free shoulder movement during exercise
- + Replaceable 2-position chrome bar catches
- + 6 plate holders come standard
- + Floor anchor provisions in frame



**INCLINE PRESS BENCH
WITH PLATE HOLDERS**
XFW-7200



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW benches truly represent the best in form, function and reliability.

- + Fixed, 30 degrees angled seat back for optimum exercise benefit
- + 6 plate holders come standard
- + Replaceable 2-position chrome bar catches
- + Contoured, molded seat pad adjusts to seven positions to accommodate wide range of users
- + Floor anchor provisions in frame



**3-WAY PRESS BENCH WITH
PLATE HOLDERS**
XFW-8200



The 3-Way Bench Press with Plate Holders adjusts quickly and easily into 3 positions: supine, 30° incline and 10° decline. The 3-position seat and dual-position footrest accommodate a wide range of users for each exercise.

- + Easily adjusts into 3 positions: Supine, 30 degrees incline, 10 degrees decline
- + 3-position seat and dual-position foot rest to accommodate wide range of users for each exercise
- + Replaceable, 3-position chromed bar catches with 6 plate holders come standard
- + Dual foot rest tubes with custom, molded-rubber, non-skid foot grips provide support during exercise
- + Floor anchor provisions in frame



DUMBBELL RACK
XFW-4700



An organized gym offers many benefits beyond aesthetics, from enhanced safety to efficient workout experiences. With our XFW-4700 Dumbbell Rack, you can reap those benefits and keep your gym's workout areas orderly, safe, and easy to navigate, maximizing your members' strength training experience.

The XFW-4700 Dumbbell Rack is available in six pair, 10 pair, 12 pair, 16 pair, 20 pair, and 30 pair. It does not accommodate hex head dumbbells.

- + XFW-4700-6 (6 pair)
- + XFW-4700-10 (10 pair)
- + XFW-4700-12 (12 pair)
- + XFW-4700-16 (16 pair)
- + XFW-4700-20 (20 pair)
- + XFW-4700-30 (30 pair)



PREACHER CURL
XFW-5000



Precise arm pad angle with comfort edge roll and easily adjustable seat.

- + Molded, contoured seat with 6-position height adjustment accommodates a wide range of users
- + Arm pad angled at 45 degrees for proper ergonomic support
- + Replaceable, plastic wear guards on bar-support catches
- + Custom molded, non-skid foot support pads
- + Floor anchor provisions in frame



ROMAN BENCH
XFW-5600



Adjustable thigh pad assembly angled 45° for proper ergonomics, accommodation to a wide range of users.

- + 45 degree angle for proper ergonomics
- + 9-position, adjustable thigh pad assembly supports wide range of users
- + Rubber-coated handles with attractive aluminum end covers provide assistance for ease of entry and exit
- + U-shaped base frame provides open feel during the lower part of the exercise movement
- + Floor anchor provisions in frame



TRICEPS SEAT
XFW-4400



Versatile bench perfect for seated dumbbell exercises. Includes wheels for easy moving.

- + Fixed back pad angled at 5 degrees for proper support
- + Heavy-duty, ball-bearing wheels for easy movement
- + Floor anchor provisions in frame



WEIGHT PLATE TREE
XFW-6300



6 weight posts accommodate more than 1,000 lbs. of Olympic plates and collars.

- + 6 weight posts for maximum storage
- + Base frame accommodates 1,000 lbs / 454 kg of weight and utilizes a four foot design for maximum stability
- + Each of the four lower weight horns accommodates a maximum of 4 x 45 lbs / 20 kg plates for a total of 16 plates on the lower level
- + Each of the two upper weight horns accommodates a maximum of 4 x 35 lbs / 15 kg plates for a total of 8 plates on the upper level



VERTICAL KNEE RAISE/DIP
XFW-6400



Elbow pads and dip handles designed to provide stability and encourage proper body positioning during exercise.

- + Contoured elbow pads and back pad angled 15 degrees for support and proper anatomical alignment during knee raise exercise
- + Rubber molded foot plates ease entry and exit
- + Floor anchor provisions in frame



ABDOMINAL/DECLINE BENCH
XFW-5300



Our XFW-5300 Abdominal Decline Bench is adjustable from -30° to +10° in 5° increments. Dual roller assembly for proper support during exercise and equipped with wheels for easy transportation.

- + 9 adjustments from -30° to +10° in 5° increments
- + Gas cylinder assist for adjustment of the back pad
- + Wheels for easy moving



FLAT BENCH
XFW-7000



Multi-use exercise bench with wheels and handle for easy moving and small base for unrestricted use.

- + Small base end for unrestricted use
- + Heavy-duty ball-bearing wheels and ergonomic lifting handle provide mobility
- + Floor anchor provisions in frame



**FLAT/INCLINE/DECLINE
BENCH**
XFW-7500



Versatile bench adjusts into 11 positions ranging from 10° decline to 85° incline. Seat pad adjusts to 3 positions to accommodate multiple exercise positions. Lifting handle and rear wheels for portability.

- + Easily adjustable, 11-position bench ranging from -10 degrees to 85 degrees
- + 3-position seat pad to accommodate multiple exercise positions
- + Easy-to-read Lexan label indicates back pad angle
- + Heavy-duty ball-bearing wheels coupled with ergonomic lifting handle provide mobility
- + Floor anchor provisions in frame

COLOR OPTIONS

- + Standard paint finish is matte black with choice of 18 upholstery color options.
- + Custom powder coat finish, custom upholstery color, and facility branding available upon request.



Alabaster



Deep Violet



American Beauty



Grotto Teal



Black



Hunter Green



Cadet



Java



Camel



Light Gray



Candy Apple Red



Navy



Graphite



Royal Blue



Cranberry



Slate



Desert Tan



Suede

Weight plates and dumbbells shown are not included.
Available in the full range of upholstery colors for Domestic US customers only.

FORCE SERIES

A woman with long brown hair, wearing a blue tank top and black leggings, is shown from the back and side, performing a pull-up on a gym machine. She is holding a horizontal bar with both hands. The machine is part of the Force Series, featuring a dark metal frame and a black seat. The background shows a gym setting with other equipment and a dark ceiling.

TRUE FITNESS STRENGTH:
FORCE SERIES

DUAL FUNCTION MEETS MODERN STYLING

The Force Series delivers commercial quality construction, premium styling, and space efficient dual function designs. Six machines provide thirteen different club-quality exercises for your users.

FORCE SERIES USER AMENITIES

✓ **SPACE-EFFICIENT DESIGN**

With footprints equal to or smaller than the industry average, Force offers operators flexibility with facility design. 6 machines provide 13 exercises in only 200 sq ft of space.

✓ **COMMERCIAL QUALITY CONSTRUCTION**

The Force Series is designed for long-term performance with commercial quality components and construction.

✓ **MODERN STYLING**

Featuring a distinctive upright design with smoked acrylic shrouds and contoured upholstered pads with contrast double stitching, the Force Series provides modern aesthetics in a space efficient and inviting package.

✓ **USER-FRIENDLY FEATURES**

Designed to be approachable, non-intimidating and intuitive, the Force Series offers easy entry/exit designs, crisp and accurate adjustments, and a variety of stylish comfort items that enhance the user experience.





LEG EXTENSION/LEG CURL
SD-1000



The Leg Extension/Leg Curl machine has revolutionized the ability to transition from extension to curl exercises, allowing users to target both their quadriceps and hamstrings with one piece of equipment.

- + Multi-position contoured back pad with lumbar support wings and integrated head pad
- + 3 starting positions for both leg extension and leg curl exercises
- + 4-position ankle pad adjusts easily
- + Fixed shin pad provides stability during leg curl exercise
- + Shown with Grotto Teal upholstery



BICEPS/TRICEPS
SD-1001



The Biceps/Triceps machine is an essential piece for any fitness setting. This product accommodates users of all sizes and provides the ultimate, customizable workout experience for all users while also providing superior comfort.

- + 6-position seat with lumbar support utilizes one way ratchet for easy adjustment
- + Three starting positions for both Curls and Extensions allow users to choose the range of motion best suited to their individual needs
- + Rotating arm assembly provides comfort and support throughout each movement



LAT/ROW MACHINE
SD-1002



The Lat/Row Machine is constructed with high-quality materials and a sleek appearance, bringing both sophistication and class to your facility that will leave users coming back for more.

- + 10-position thigh pad easily adjusts to accommodate a wide range of users
- + Angled seat encourages proper anatomical alignment during both pulldown and row exercises and creates an unobstructed path for the row handle



LEG/CALF PRESS
SD-1003



The Leg/Calf Press machine enhances any facility with its ultra-sleek and stylish appearance and will exude sophistication in any setting. Superior aesthetics and a compact footprint allow this machine to be placed virtually anywhere within a facility while providing users with two exercises in one machine.

- + Low profile walk-through design for easy entry and exit
- + 12-position contoured back pad with lumbar support wings and integrated head pad
- + Oversized rubber-coated foot platform accommodates a wide range of users



AB CRUNCH/BACK STRENGTH MACHINE
SD-1004



The FORCE Series SD-1004 Ab Crunch/Back Strength Machine is a versatile piece of exercise equipment that targets two key areas of the body: the abs and the back. By utilizing this ab crunch and back strengthening machine, one can strengthen one's core and improve posture. Regular use can help in toning the abdominal muscles, reducing belly fat, and enhancing one's physique.

- + 4-position range of motion adjustment for users to easily change between exercises
- + Overhead grips and rolling back pad pre-stretch the abdominals
- + Lumbar support and large foot platform provide support and encourage proper alignment
- + Integrated towel holder and accessory tray with cup holder



MULTI-PRESS
SD-1005



Complete a combination of customizable exercises all on one machine with the Multi-Press: chest press, shoulder press and incline press.

- + 3-position back pad with lumbar support wings and integrated head pad uses gas cylinder assist to easily adjust for Chest, Incline Chest, and Shoulder Press exercises
- + 6-position press arm and 8-position seat accommodate wide range of users
- + Multi-position hand grips for exercise variation
- + Clearly labeled and color-coded adjustment knobs



ADJUSTABLE FLAT INCLINE BENCH
SF-1000



The FORCE Series adjustable flat incline bench features reinforced pivot points designed to create a solid-rock feel in every position. Easily adjust the bench's position to be flat or inclined depending on your workout needs. The compact, space-saving design of the SF 1000 adjustable flat incline bench allows it to be placed and stored anywhere in the facility.

- + 9-position back pad adjusts from 0-75 degrees
- + 4-position seat pad adjusts from 0-18 degrees to ensure comfort and stability
- + Integrated wheels and handle for easy moving



AB BENCH
SF-1010



This effective and compact Ab Bench is essential for any fitness facility. Like the rest of the FORCE Series, the Ab Bench exudes an ultra-sleek appearance that will provide a classic and sophisticated image for any fitness setting.

- + Compact space-efficient design
- + Two-piece pad with calf support provides comfort and accommodates wide variety of users



DUMBBELL RACK
SF-1050



Designed to accommodate 5-50 lb dumbbells or a combination of dumbbells and kettlebells, the Force Series 3-Tier Flat Tray Rack provides both form and function in an attractive and space efficient package.

- + Oversized flat trays accommodate any style dumbbell
- + Angle of top tray allows kettlebell storage

FITNESS LINE SERIES



TRUE FITNESS STRENGTH:
FITNESS LINE SERIES

VERSATILITY FOR COMPACT SPACES

The Fitness Line family of products includes a wide range of value-engineered dual and single station selectorized machines, functional trainers, and complimentary utility benches and training stations.

FITNESS LINE SERIES USER AMENITIES

✓ **SPACE-EFFICIENT DESIGN**

Compact designs allow tremendous flexibility in facility design. A circuit of 8 machines provides 17 exercises and fits comfortably in less than 300 sq ft of space.

✓ **COMMERCIAL QUALITY CONSTRUCTION**

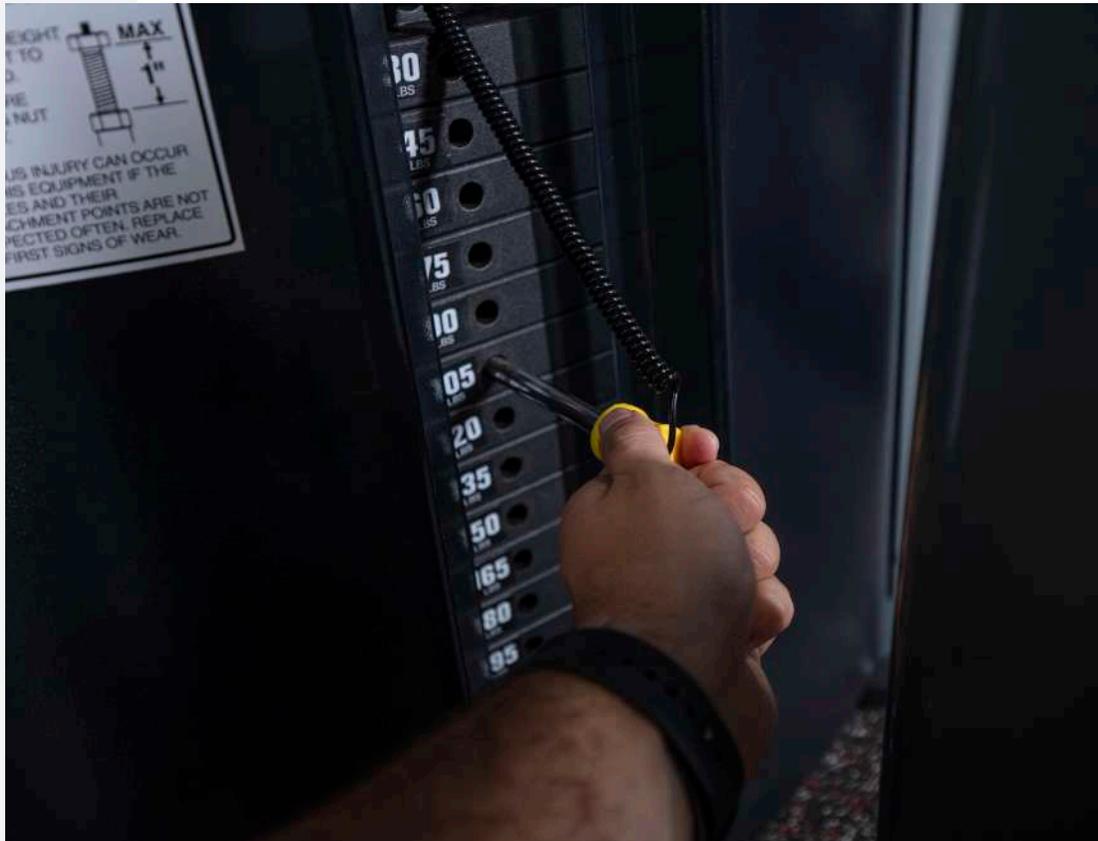
The Fitness Line is designed for long-term performance with the best in value engineered commercial quality components and construction.

✓ **MODERN STYLING**

Low profile upright frames, contoured upholstered pads, and full metal weight stack enclosures provide an attractive and modern aesthetic.

✓ **USER-FRIENDLY FEATURES**

Easy entry/exit designs, adjustments designed to enhance the user experience, and a variety of stylish comfort items including intuitive yellow adjustment knobs help create an inviting and intuitive workout experience.





LEG EXTENSION/LEG CURL
FS-50



The Leg Extension Machine/Leg Curl Machine allows users to choose from 4 starting positions for both Leg Extension and Seated Leg Curl exercises.

- + 5-position back pad and 6-position leg curl thigh pad to accommodate a wide range of users
- + Five starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs
- + Self-adjusting ankle pad eliminates the need for an adjustment while providing proper support throughout the entire range of motion
- + Shown with Deep Violet upholstery



LEG/CALF PRESS
FS-51



The Leg/Calf Press offers easy entry and exit and an adjustable foot platform to accommodate a wide range of users.

- + Low profile design and ergonomically positioned handles for easy entry and exit
- + Contoured back pad provides low back support throughout the entire range of motion
- + Oversized, non-skid foot platform for exercise variation



INNER/OUTER THIGH
FS-52



The Inner-Outer Thigh features a conveniently located adjustment handle and rotating thigh pads for a quick and easy transition between inner and outer thigh exercises.

- + Swiveling thigh pads are easily accessible from the seated position and accommodate both inner and outer thigh exercises
- + Contoured back pad, ergonomically positioned handles, and rubber covered foot placement posts provide support and encourage proper alignment during exercise



**LAT PULLDOWN SEATED
ROW MACHINE**
FS-53



The Lat Pulldown Seated Row Machine is designed to allow users to move easily between Lat Pulldown and Seated Row exercises.

- + 8-position thigh pad easily adjusts to accommodate a wide range of users
- + Dual foot platforms provide support and encourage proper alignment during Seated Row movement
- + Rubber coated lat bar and row handle for comfort



MULTI-PRESS
FS-54



The Multi-Press easily adjusts into any of 4 exercise positions: Supine Press, 25 and 45 degree Incline Press, and Shoulder Press.

- + 4-position seat and back pad assembly easily adjust for supine, 25 and 45-degree incline, and shoulder press movements
- + 5-position arm allows users to choose the range of motion best suited to their individual needs
- + Dual hand grips accommodate a wide range of users and allow exercise variation



**PEC FLY REAR DELT
MACHINE**
FS-55



The Pec Fly Rear Delt machine is a versatile gym equipment that targets chest and shoulder muscles. This two-in-one machine offers multiple starting positions for both pec fly and rear deltoid exercises, providing users with an array of workout options.

- + 6-position seat assembly
- + 7-position arm adjustment
- + Dual-position handles replicate fluid dumbbell movements
- + Weight stack conveniently located



BICEPS/TRICEPS
FS-56



The Fitness Line Biceps/Triceps provides 3 starting positions for both Biceps Curls and Triceps Extensions.

- + 5-position seat with low back support to accommodate users of all sizes
- + Three starting positions for both curls and extensions allow users to choose the range of motion best suited to their individual needs
- + Unique rotating handles require no adjustments and provide comfort and support throughout the entire range of motion



LOW BACK/ABDOMINAL
FS-57



The Fitness Line Low Back/Abdominal allows users to easily change between Back Extension and Abdominal Crunch exercises.

- + 5-position range of motion adjustment allows users to easily change between Low Back and Abdominal Crunch exercises
- + Dual non-slip foot positions accommodate a wide range of users while providing support during exercise



LEG EXTENSION
FS-60



The Fitness Line Leg Extension features an adjustable back and self-aligning shin pad for proper comfort and precise fit.

- + 5-position back pad to accommodate a wide range of users
- + Self-aligning ankle pad eliminates adjustment while providing proper support throughout the entire range of motion



SEATED LEG CURL
FS-61



The Seated Leg Curl features adjustable back and thigh pads and a self-aligning ankle pad for proper comfort and precise fit.

- + 5-position back pad and 6-position thigh pad accommodates a wide range of users
- + Self-aligning ankle pad eliminates adjustment and provides proper support



CHEST PRESS
FS-64



The Fitness Line Chest Press provides dual hand grip positions for exercise variation and an adjustable 5-position seat to accommodate a wide range of users.

- + Dual hand-grips accommodate a wide range of users and allow exercise variation
- + 5-position seat adjustment to accommodate a wide range of users



SHOULDER PRESS
FS-65



The Fitness Line Shoulder Press provides standard and neutral grip positions for exercise variation and an adjustable 5-position seat to accommodate a wide range of users.

- + Multiple 3-position grip accommodates a wide range of users and allows exercise variation
- + 5-position seat adjustments to accommodate a wide range of users



SMITH MACHINE
FS-30



The FS-30 Smith Machine is the perfect strength and weight training accompaniment for beginners and long-time weightlifters. The machine's fixed bar only moves vertically, ensuring users maintain proper posture and balance weights evenly—it's perfect for first-time lifters and trainers without a spotter. The advanced bar catch system and dual adjustable safety stops further enhance weightlifting safety, guaranteeing safe and comfortable weight training workouts.

- + 8-position bar catch assembly with dual adjustable safety stops
- + Multiple grip chin bar for exercise variation and 8 storage posts standard



**3-TIER FLAT TRAY
DUMBBELL RACK**
FS-24



Compact storage solution for dumbbells, kettlebells, and medicine balls. Shown with optional Medicine Ball Rings. Accessories sold separately.

- + SKU with optional medicine ball rings: PSFS24MBR
- + Top tray accommodates kettlebells or dumbbells
- + 29" x 42" x 39"; 29" x 63" x 39" (with optional Medicine Ball Rings)



**KNEE RAISE/DIP/
CHIN STATION**
FS-23



Space efficient multi-function design offers 3 exercises: Chin-ups, Dips and Knee Raise.

- + Back pad at 75 degrees and angled elbow pads for proper support
- + Multiple grip chin bar and dip handles
- + 45" x 37" x 86"



**LOW BACK/
ABDOMINAL BENCH**
FS-22



Unique dual-function bench easily adjusts between Ab Crunch and 45-degree Back Extension. The 7-position thigh pad provides proper ergonomics during back extension.

- + Unique easy-to-adjust design
- + Back pad angled 15 degrees and 3-position ankle pad
- + 51" x 31" x 32"



**ABDOMINAL CRUNCH
BENCH**
FS-21



The FS-21 abdominal crunch bench is a high-quality compact, utility bench, perfect for abdominal workouts. It is padded so your customers can stay comfortable as they perform their workouts. The abdominal crunch bench comes with wheels for easy moving around your gym facility.

- + Back pad angled 20 degrees and dual ankle pads for comfort and ergonomics
- + Bench dimensions 46" x 24" x 23"



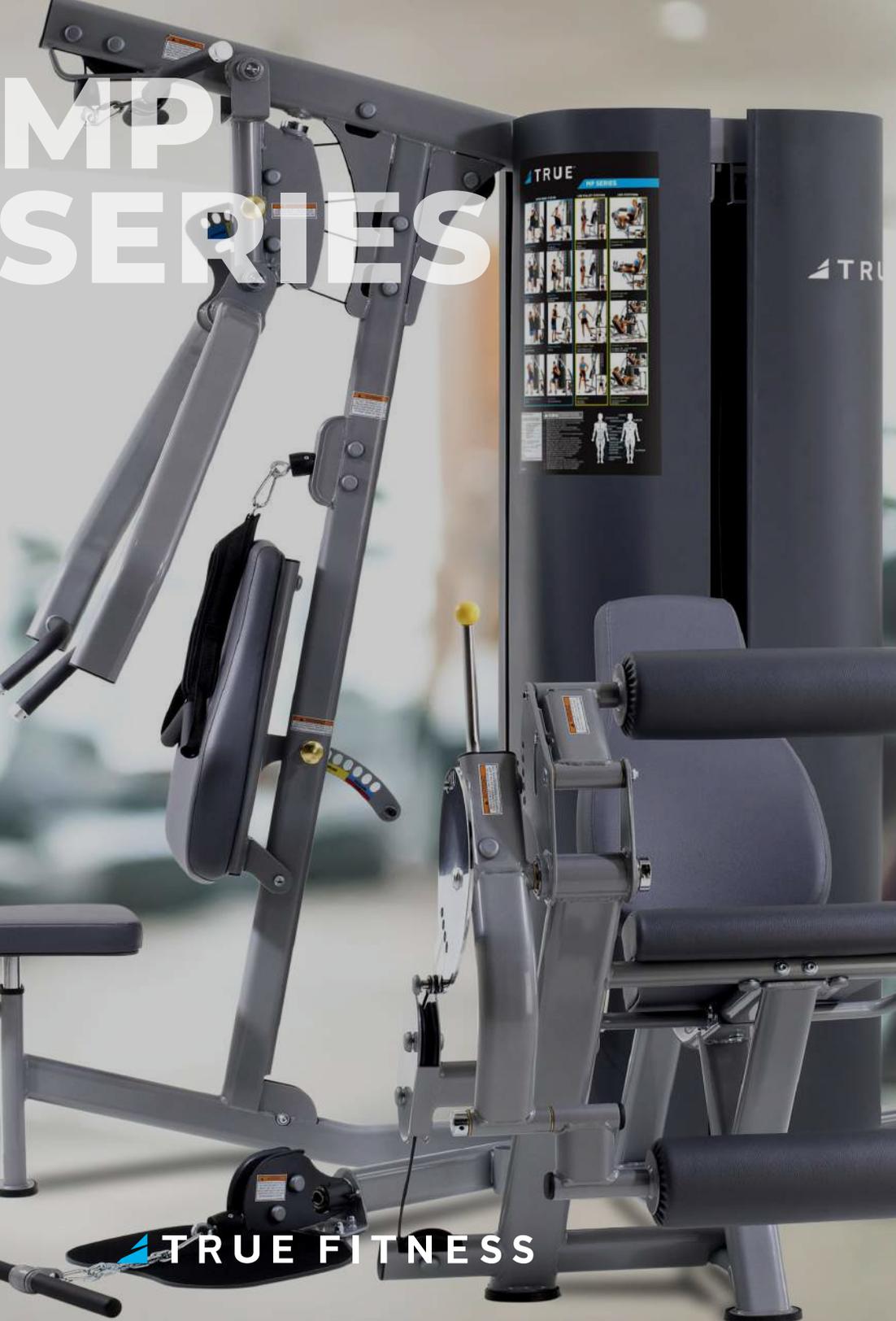
**FLAT/INCLINE/DECLINE
BENCH**
FS-20



The FS-20 flat/incline/decline bench is a reliable, space-saving utility bench designed for user comfort during workouts. Plus, it's easily mobile within your facility, equipped with wheels to optimize space.

- + 6-position adjustment ranging from -10 to 80 degrees
- + Bench dimensions 49" x 31" x 19" (Flat Position)
- + Shown with Royal Blue upholstery

MP SERIES



TRUE FITNESS STRENGTH:
MP SERIES

MAKE THE MOST OF YOUR SPACE

The MP Series makes the most out of your facility's space with two, three, and four stack multi-purpose units.

 TRUE FITNESS

MP SERIES USER AMENITIES

✓ **SPACE-EFFICIENT DESIGN**

Ideal for facilities with limited space, the MP Series accommodates as many as 4 users simultaneously and provides up to 20 different exercise options - all within a compact space.

✓ **COMMERCIAL QUALITY CONSTRUCTION**

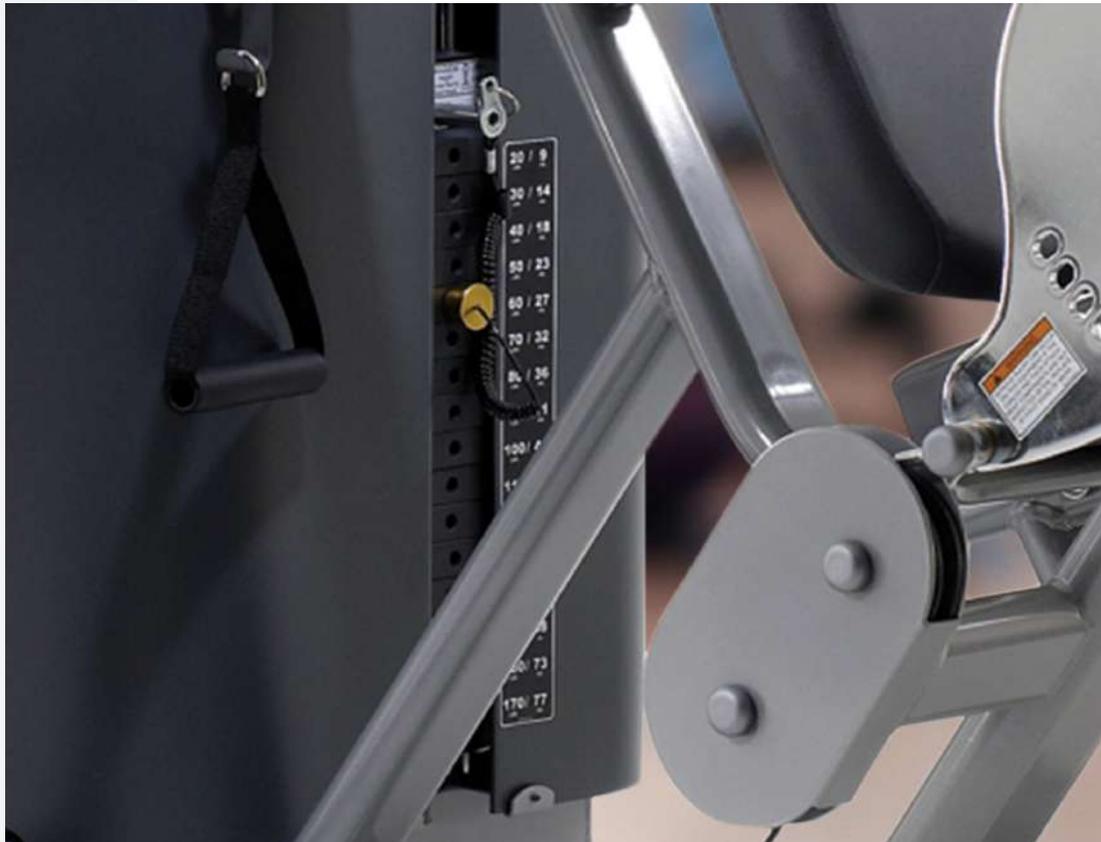
The MP Series is designed for long-term performance with the best in value engineered commercial quality components and construction.

✓ **MODERN STYLING**

Featuring full metal weight stack enclosures, contoured upholstered pads, and color-coded adjustments, MP Series by TRUE provides modern aesthetics in a space efficient and inviting package.

✓ **USER-FRIENDLY FEATURES**

Multiple starting positions, intuitive adjustments, and color-coded exercise guides enhance the user experience.





**2 WEIGHT STACK/
3 STATION GYM**
MP 2.0



Leg Extension / Leg Curl

- + Four starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs

Upper Body

- + Exercise choices include Chest, Incline, & Shoulder Presses; Lat Pulldown and Seated Row; Triceps Pushdown & Extension; and Abdominal Crunch

Low Swivel Pulley

- + Ideal for wide range of exercises including Biceps Curl, Upright Rows, Inner Thigh, and Outer Thigh



**2 WEIGHT STACK/
4 STATION GYM**
MP 2.5



Leg Extension / Leg Curl

- + Four starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs

Upper Body

- + Exercise choices include Chest, Incline, & Shoulder Presses; Lat Pulldown and Seated Row; Triceps Pushdown & Extension; and Abdominal Crunch

Low Swivel Pulley

- + Ideal for wide range of exercises including Biceps Curl, Upright Rows, Inner Thigh, and Outer Thigh

Leg Press

- + Low profile design and ergonomically positioned handles for easy entry and exit



**3 WEIGHT STACK/
4 STATION GYM**
MP 3.0



Leg Extension / Leg Curl

- + Four starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs

Upper Body

- + Exercise choices include Chest, Incline, & Shoulder Presses; Lat Pulldown and Seated Row; Triceps Pushdown & Extension; and Abdominal Crunch

Low Swivel Pulley

- + Ideal for wide range of exercises including Biceps Curl, Upright Rows, Inner Thigh, and Outer Thigh

Adjustable Cable Column

- + Dual pulleys pivot freely allowing user defined movements



**3 WEIGHT STACK/
4 STATION GYM**
MP 3.5



**4 WEIGHT STACK/
5 STATION GYM**
MP 4.0



Leg Extension / Leg Curl

- + Four starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs
- + 5-position back pad and leg curl thigh pad accommodate a wide range of users

Upper Body

- + Exercise choices include chest, incline, and shoulder presses; lat pulldown and seated row; triceps pushdown and extension; and abdominal crunch

Low Swivel Pulley

- + Ideal for wide range of exercises including Biceps Curl, Upright Rows, Inner Thigh, and Outer Thigh

Leg Press

- + Low profile design and ergonomically positioned handles for easy entry and exit

Leg Extension / Leg Curl

- + Four starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs
- + 5-position back pad and leg curl thigh pad accommodate a wide range of users

Upper Body

- + Exercise choices include chest, incline, and shoulder presses; lat pulldown and seated row; triceps pushdown and extension; and abdominal crunch

Low Swivel Pulley

- + Ideal for wide range of exercises including Biceps Curl, Upright Rows, Inner Thigh, and Outer Thigh

Adjustable Cable Column

- + Dual pulleys pivot freely allowing user defined movements

Leg Press

- + Low profile design and ergonomically positioned handles for easy entry and exit

FUNCTIONAL TRAINERS



TRUE FITNESS STRENGTH:
FUNCTIONAL TRAINERS

VERSATILE + FUNCTIONAL

Offering unparalleled versatility, TRUE functional trainers come equipped with a range of integrated accessories, allowing your members to customize and vary their workouts according to their preferences within a compact footprint. And, like all TRUE strength equipment, you can count on durable construction and quality components.



USER-FRIENDLY FEATURES

Easily accessible and clear exercise placards provide a convenient reference for targeted muscle groups and correct machine usage.



SPACE-EFFICIENT DESIGN

Maximize every inch of your facility with a TRUE functional trainer. Users can benefit from full and varied workouts for each body part within a compact footprint.



FUNCTIONAL TRAINER
XFT-900



The premium commercial-quality XFT-900 Functional Trainer provides dozens of upper and lower body exercises, with unique vertical adjustment columns that rotate 360 degrees to allow unrestricted movement in multiple planes.

- + Vertical adjustment columns rotate 360 degrees to allow unrestricted movement in multiple planes
- + Multi-position chin bar accommodates optional suspension bracket for suspension training
- + Fold-down foot platform assists access to chin bar and retracts into frame when not in use
- + Integrated storage hooks conveniently store wide range of training accessories



FUNCTIONAL TRAINER
FT-900



Provide your members with dozens of upper and lower body exercises with the premium FT-900 Functional Trainer. Constructed with commercial-grade materials and integrated with multiple storage options and features, the FT-900 is ideal option for your member's functional strength training.

- + Multi-position chin bar accommodates optional suspension bracket for suspension training
- + Fold-down foot platform assists access to chin bar and retracts into frame when not in use
- + Integrated storage hooks conveniently store wide range of training accessories



FUNCTIONAL TRAINER
XFT-100



Rotating vertical adjustment columns and multi-position Extreme Swing Arms allow unrestricted movement in multiple planes making the value engineered XFT-100 the ideal tool for sports performance, athletic conditioning and fitness training in any facility where space and budget are limited.

- + Dual weight stack design Choice of 20 vertical positions through a range of 58 inches
- + Step-by-step exercise chart with easy-to-follow user instructions



FUNCTIONAL TRAINER
FS-100



With commercial quality construction and premium aesthetics, the FS-100 is the perfect choice for hotels and resorts, corporate fitness centers, police and fire agencies, apartment and condominium complexes, personal training studios or any facility where space and budget are limited.

- + Pulley housings rotate 270 degrees to allow multiple plane movement
- + Choice of 23 vertical positions marked 1-23 on adjustment tube
- + Color-coded exercise guide illustrates the starting and ending positions
- + Optional Accessory Kit includes Triceps Rope, Sports Handle, Ankle Strap, Teardrop Handle (2)



FUNCTIONAL TRAINER
FS-70



Featuring a compact footprint, small weight increments, and an adjustable dual pulley housing, the FS-70 is the perfect solution for fitness training and rehabilitation in facilities with limited space and budgets.

- + FPulley housing adjusts easily and includes dual pulleys that rotate freely to allow multiple plane movement
- + Choice of 15 vertical positions from 11.5" (29cm) to 73" (185cm)
- + Exercise guide with starting and ending positions of 10 primary exercises



FUNCTIONAL TRAINER
SM-1000



The Functional Trainer encompasses fully-shrouded weight stacks to provide increased safety, as well as premium aesthetics. This piece exudes a style that will capture the attention of any user, and will provide them with a fitness experience incomparable to any other that will leave them craving for more.

- + Dual weight stack design allows users to train each arm separately or simultaneously
- + Unique twist and roll pulley handles allow for effortless one-handed adjustments
- + 31 height increments
- + Instruction placards of beginning and ending positions for 20 common exercises
- + Multi-grip pull-up bar enhances versatility
- + Integrated accessory tray with water bottle holder



QUICKFIT PRO
SM-1050



Featuring modern styling, high-quality commercial construction, and a compact and space efficient footprint, the multi-purpose Quickfit Pro 1050 by TRUE is the perfect choice for hotels and resorts, corporate fitness centers, police and fire agencies, apartment and condominium complexes, personal training studios or any facility where space and budget are limited.

- + 6 engagement points offer a wide range of traditional, sports specific, and functional training exercises
- + Color-coded procedure label includes beginning and ending positions for 18 exercises
- + Training accessories include Nylon D Handles (4), Long Nylon D Handles (2), and Thigh Strap

FLEXIBILITY



TRUE FITNESS FLEXIBILITY: STRETCH CAGES

DEDICATED PLACE TO STRETCH

Give your users a dedicated place to warm up and cool down with the TRUE Stretch. The TRUE Stretch Cage's design allows users to perform multiple beneficial stretch variations in all three planes of motion that engage the entire body, specific target zones, and different needs.



LONG-LASTING QUALITY

Like all TRUE equipment, it's built to endure the rigors of daily heavy usage. The TRUE Stretch is built with an 11-gauge welded steel frame protected by a black powder coat finish.



USER-FRIENDLY FEATURES

With its easy-to-follow stretching guides and stable structural support, our stretch cage provides a safe platform for users to activate their muscles and enhance their flexibility.



TRUE STRETCH CAGE
800SSC-35



Provide your members with state-of-the-art flexibility equipment that provides an effective stretching regimen for all ages and body types.

- + Solid steel construction
- + Space-efficient design
- + Easy-to-follow stretching placard



TRUE STRETCH PRO
800SSC-35 + 00691500



Provide athletes with a dedicated place for pre-game warm-up or post-game stretching with the extra tall version of the TRUE Stretch.

- + Solid steel construction
- + Additional height for athletes
- + Easy-to-follow stretching placard



TRUE STRETCH GOLF
800SSGOLF-35



Keep your members golfing longer with the TRUE Stretch Golf. This vital piece of exercise equipment will allow golfers to improve their game through added flexibility.

- + Scientifically designed for golf stretches
- + Solid steel construction
- + Space-efficient design



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BROCH24APC
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