

2 WINDOW LCD DISPLAY ASSEMBLY INSTRUCTIONS TREADMILL MODELS: CS500 and LC1100



Basic Guidelines for Setting Up Your Exercise Equipment

After removing the exercise equipment from the packaging, place unit on a clean, level surface. Make sure the electrical cord easily reaches a grounded three-pronged outlet and has enough slack to allow the deck to incline without tightening the cord. Do not allow the exercise equipment to rest on the power cord.

Important Electrical Requirements

Your TRUE exercise equipment may require a dedicated and grounded outlet circuit. This means nothing else can be plugged into the same circuit. Please reference your exercise equipments assembly instructions and owners manual for specific information on your model.

Danger: Do not use an extension cord or ungrounded outlet.

The ground helps prevent electrical damage to your exercise equipment and enhances your safety by helping to prevent shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the exercise equipment is properly grounded. Do not modify the plug provided with the exercise equipment if it will not fit the outlet. Have a proper outlet installed by a qualified electrician.

Should you need technical assistance in assembly of your TRUE Fitness product, you can contact TRUE Fitness Technical Support at 1-800-883-8783

TOOL REQUIREMENTS (not included)

- 7/16 Open End Wrench (two)
- #2 Phillips Screwdriver

CAUTION: It is recommended that two people attach display to treadmill.

NOTE: Remove Display components from packaging.

NOTE: Use the **DISPLAY CONNECTION DIAGRAM** and cable views in the steps below to identify exactly where each cable is to be connected. Cables will be labeled near their connector with identifying names such as those listed below in **BOLD TEXT** and in the instructions below.

TREADMILLS – CS500 and LC1100 Models

2 WINDOW LCD DISPLAY TREADMILL HARDWARE KIT

ITEM	DESCRIPTION	QTY	WHERE USED
a	2 Window Display	1	Treadmill Display
b	Screw M5 w/ lock washer	4	Display Attachment
c	Owner's Manual CD	1	
d	Warranty Card (on CD)	1	

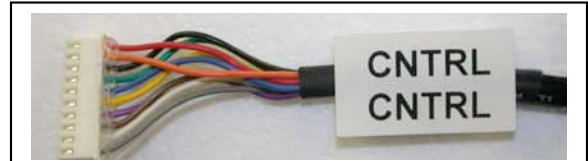
2 WINDOW LCD DISPLAY ASSEMBLY PROCEDURE: TREADMILLS

NOTE: Treadmill Wiring Schematic is on page 7.

1. Place a piece of cardboard or towel on top of Fan Housing for protection.
2. Gently place Display on protected Fan Housing top while still continuing to hold display.

3. Firmly hold display. Using the appropriate **DISPLAY CONNECTION DIAGRAM -TREADMILL, CS500 or LC1100**, connect the following **7** Console Rack cables to their mating cable (indicated by CABLE), or connector on the Display (indicated by BOARD).

- 1 **CNTRL** Control Cable – BOARD
10-pin connector is polarized. Insert properly.



- 2 **LEFT** Contact Heart Rate Cable - CABLE
3-Pin connectors are polarized. Insert properly into cable extension off of board.



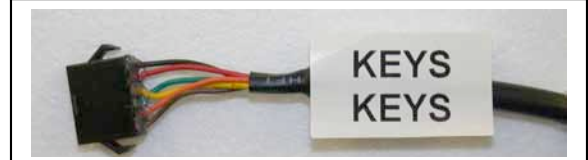
- 3 **RIGHT** Contact Heart Rate Cable - CABLE
3-Pin connectors are polarized. Insert properly into cable extension off of board.



- 4 **SAFE** Cable (Safety key)–black wires–BOARD
2-pin connector is polarized. Insert properly.



- 5 **KEYS** Cable (Center Pod Keypad) - CABLE
6-pin connector is polarized. Insert properly.



- 6 **GND** Display Ground – Console Rack
See picture on next page of GND screw location.
Position Ground lug pointing up so that it does not interfere with the Display attachment.



- 7 **FAN** Cable– red and black wire – CABLE
(DC Fan Power from Display)
OPTIONAL: For CS500 only
NOTE:2-pin connector is polarized. Insert properly.



AUXPS Cable out of Console Rack
NOT USED WITH THIS DISPLAY



COAX Cable out of Console Rack
NOT USED WITH THIS DISPLAY



4. After cable connections are made, gently recess all excess, and unused (COAX and AUXPS), cabling back into Console Rack neck (where cabling exits).
5. Place Display onto Console Rack neck mounting flange so that flange sits in display recess.
6. Attach using four M5 screws w/ split lock washer (b).
7. Remove two small screws on right side of Fan Housing. See picture below.
8. Lift up on Cord Retainer to remove. Set Cord Retainer and screws aside.
9. Place iPod® cable into recess on top right side of Fan Housing.
Note: iPod® Cable is not removable from Display Front. Any attempt to remove cord could damage cord or display front lower panel.
10. Replace Cord Retainer into Fan Housing.
11. Replace two small screws into Fan Housing.

CS500 Model



Excess cables
nested here

iPod® Cable

CS500: Secure 6
GND here

Fan – CS Products Only



Cord Retainer

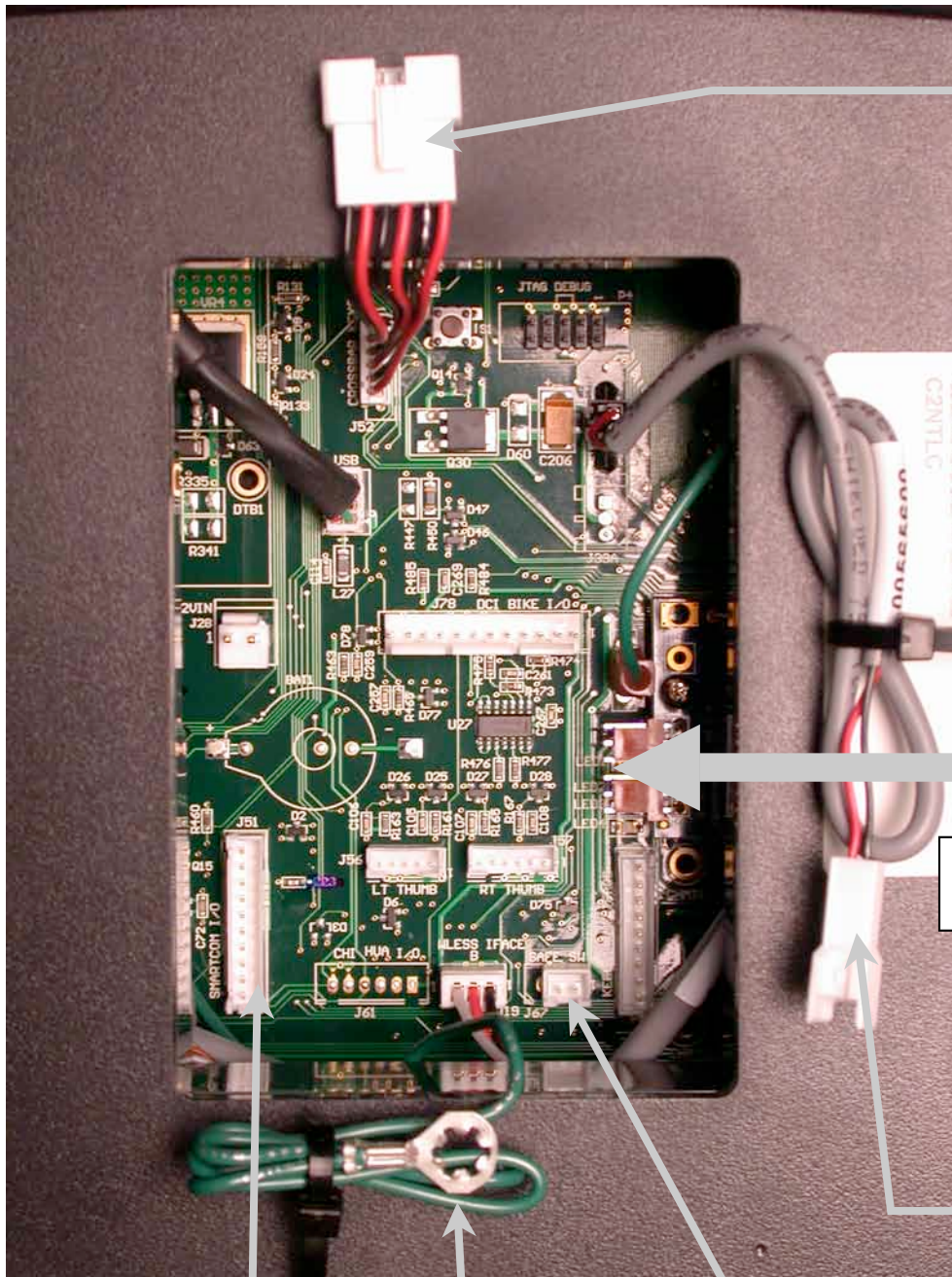
Small Screw

LC1100 Model



LC1100: Secure 6 GND here

DISPLAY CONNECTION DIAGRAM – CS500 TREADMILL



5 KEYS

2 LEFT



THIS CABLE IS INSTALLED ON BOARD WHERE ARROW POINTS.

3 RIGHT

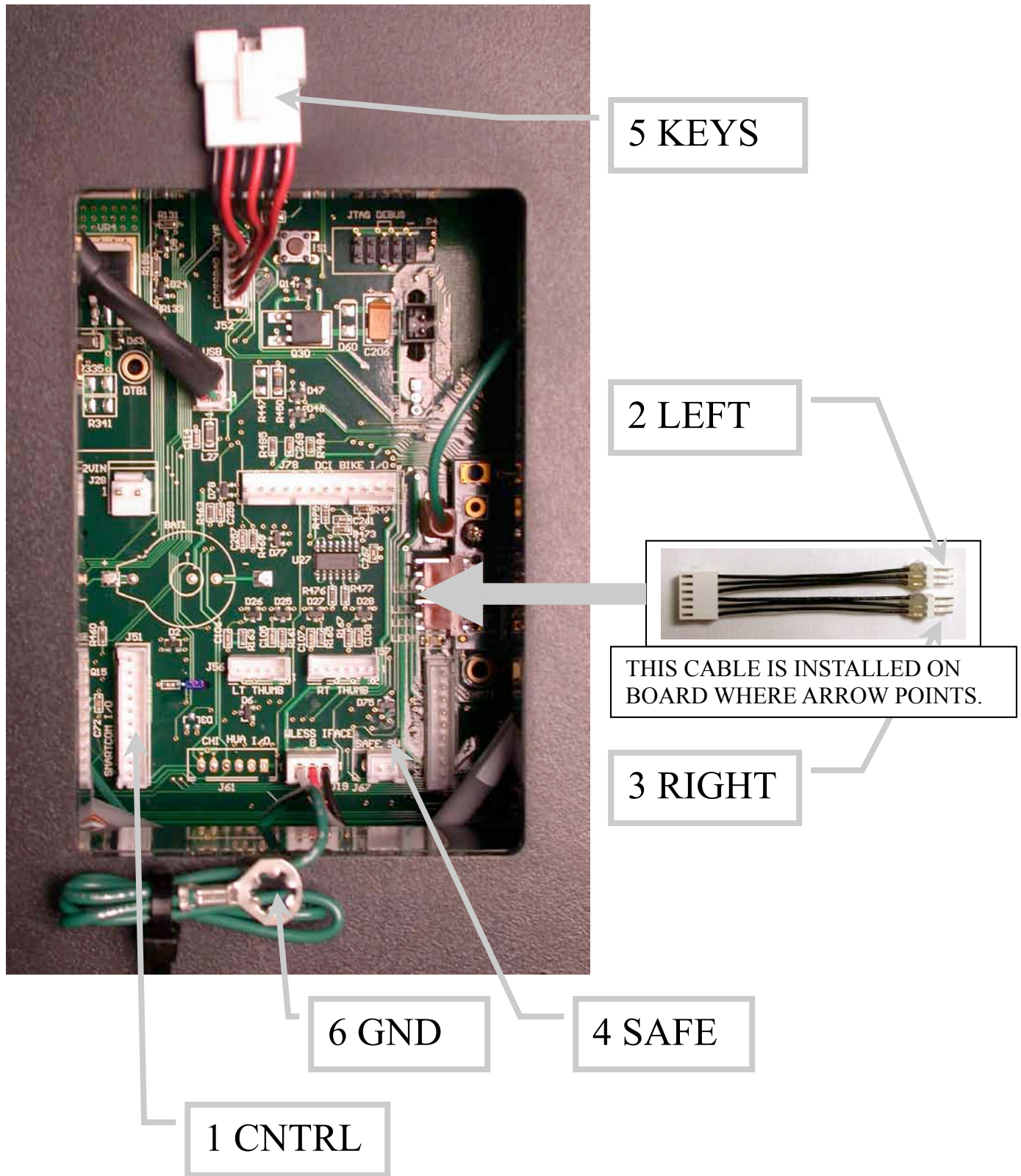
7 FAN

1 CNTRL

6 GND

4 SAFE

DISPLAY CONNECTION DIAGRAM – LC1100 TREADMILL



TREADMILL OPERATION

1. Read and understand all instructions and warnings prior to use.
2. Plug in Power cord in appropriate wall outlet. (See Assembly Instructions for outlet requirements)
3. Install Safety Key. (Reference Treadmill Assembly Instructions for proper safety key installation)
4. Flip Power switch to ON (1 on toggle switch). Allow display to fully light up.
5. Calibrate treadmill per the following Calibration Procedure.
6. Consult Owner's Manual for specific operation instructions.

TREADMILL CALIBRATION

1. Plug Power Cord into wall outlet. (see Page 1 for important electrical requirements)
CAUTION: DO NOT STAND ON TREADBELT OR STRADDLE COVERS DURING CALIBRATION. DOING SO MAY CAUSE SERIOUS INJURY.
2. Remove Safety Key from console.
3. Press down on the **INCLINE UP** and **DOWN** keys at the same time.
4. Insert Safety Key while continuing to press **UP** and **DOWN** keys. See picture below.
5. Hit **START** key.
6. Treadmill will automatically perform a self-calibration procedure. Treadmill will incline up to full range and progress through the speed range. **Use caution during process.**
7. Upon completion of the calibration process, display will flash "**SPEED/ELEVATION CALIBRATION SUCCESSFUL**". If this message does not display, or you have questions about this procedure, please contact TRUE Fitness Technical Support at 1-800-883-8783.
8. Remove and then insert Safety Key to reset display to normal operating mode.

**ENGLISH TO METRIC CONVERSION**

IF YOU DESIRE TO USE METRIC UNITS THEN FOLLOW THIS PROCEDURE.
PLEASE NOTE THAT ENGLISH UNITS IS THE DEFAULT SETTING.

9. Turn treadmill power on, remove Safety Key from console.
10. Press and hold **SPEED +** and **-** keys on Center Pod and replace Safety Key.
11. Treadmill display reads "**DIAGNOSTICS**"
12. Repeatedly press **INCLINE UP** or **DOWN** keys until display reads "**UNITS ENGLISH**"
13. Press **SPEED +** symbol key. Display will now read "**UNITS METRIC**".
14. Remove and replace safety key, changes in setting will be saved.

TREADMILL CABLE ASSEMBLY CONNECTION DIAGRAM

2010 Series Models TCSS500, TCSS50, TCS800, TES900, TLC1100

