

# ES900 TREADMILL



The TRUE® ES900 treadmill is a stylish yet rugged machine offering superior durability, performance and innovation. The sweeping hydroformed pedestals of the ES900 are fabricated from steel plates which sit on a commercial roll formed steel frame for unmatched strength and stability. If you demand the best in treadmills, look no further.

## PREMIUM FEATURES:

- **EFFECTIVE, INSPIRING WORKOUTS:** Equipped with a digital contact heart rate monitoring system and a Polar® wireless system to assist you in maintaining your optimal heart rate to maximize your workouts.
- **USER FRIENDLY EXPERIENCE:** Integrated personal fans provide a more comfortable, enjoyable workout.
- **TRUE HRC (HEART RATE CONTROL)™:** Includes one touch HRC Cruise Control® which allows the user to “lock in” on a specific target heart rate.
- **TRUE IMPACT ABSORPTION:** TRUE’s patented Soft System™ offers the most biomechanically correct running surface available.
- **GUARANTEED RETURN ON YOUR INVESTMENT:** Manufactured with commercial grade materials and the finest components for maximum durability.
- **UNSURPASSED WARRANTY:** Includes deck and belt.



15" Touch Screen:

- Integrated 15" LCD with Touch Screen technology
- Advanced compatibility with your iPod allows you to easily watch TV, listen to your personal playlist, while simultaneously monitoring your workout performance
- Scenic landscape perspectives allows you to escape into hundreds of alternating serene views
- Goal-focused interface allows you to easily find numerous workout options
- Easy to use language options at the touch of a button
- 21 Preset programs, 4 Custom Programs, 5 Saved Workouts

11" Custom LCD:

- Intuitive 11" Custom LCD display provides pertinent information in an easy-to-read presentation
- Basic compatibility with your iPod allows you to dock, charge, and change songs
- 13 Preset programs, 2 Custom, 1 Custom Interval, 3 Saved Workouts

iPod is a trademark of Apple Inc., registered in the U.S. and other countries. "Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.



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ANNIVERSARY

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DRIVE SYSTEM	Drive Motor	TRUE 4hp DC Quiet-Drive	
	Power Source	Plug-In	
EXERCISE SURFACE	TRUE Soft System	YES	
	Soft Select	Adjustable	
	Orthopedic Belt	YES	
	Reversible Deck	YES	
FRAME	Frame	Robotically Welded Heavy-Gauge Steel	
	Aluminum Straddle Covers	YES	
	Handrails	Molded Urethane, Moisture Resistant Flared Handrails	
CONSOLE	Display Type	15" Touch Screen	11" Custom LCD
	Compatibility for iPod	Advanced	Basic
	Entertainment Capabilities	Integrated 15" LCD with Touch Screen technology and built-in TV, integrated connector for your iPod with music and video featuring onscreen navigation, Scenic Landscape Perspectives, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, headphone jack (headphones required)	Integrated connector for your iPod allows charging as well as volume and song changes on display; headphone jack (headphones required)
	USB Port	YES - Exports workout summary data and allows software updates	YES
	Quick Speed Keys and Incline Keys	YES	
	Walk/Run Keys	N/A	Customizable
	Data Readouts	Speed, Incline, Elapsed Time, Time Remaining, Distance, Distance Remaining, Pace, Heart Rate, Target Heart Rate, METs, Calories, Calories/Hour, Segment Time Remaining	Speed, Incline, Elapsed Time, Time Remaining, Distance, Pace, Heart Rate, Target Heart Rate, % of Maximum Heart Rate, METs, Calories, Level
HEART RATE	Contact Heart Rate Monitoring	YES	
	Wireless Heart Rate Monitoring	YES - Polar® Equipped	
	Heart Rate Monitoring Chest Strap Included	YES	
	HRC (Heart Rate Control)® Workouts	YES - 8	YES - 3
	HRC Cruise Control™	YES	
	RxHRC (Personalized 21-24 Week Workout)	N/A	YES
PROGRAMMING	Programs	21 Preset, 4 Custom*, 5 Saved	13 Preset, 2 Custom, 1 Custom Interval, 3 Saved
	Fitness Tests	Gerkin Protocol and 4-Military	Gerkin Protocol
OTHER FEATURES	Accessories	Reading Rack, 2 Water Bottle Holders, and Integrated iPod/Accessory Tray	
	Safety	Safety Clip Equipped, Extended Handrails, Large Straddle Covers	
	Balance Bar Control Pad	YES	
	Personal Cooling System	YES	
PHYSICAL SPECIFICATIONS	Footprint	82"L x 33"W (208 cm x 84 cm)	
	Running Surface	60"L x 22"W (152 cm x 56 cm)	
	Machine Weight	502 lbs (228 kg)	498 lbs (226 kg)
	Maximum User Weight	400 lbs (181 kg)	
	Incline Range	-3 to 15%	
	Speed Range	0.5 - 12 mph (0.8 - 19 kph)	
	Step-Up Height	9" (23 cm)	
	Transport Wheels	YES	