

CSX™

CSX Elliptical

TRUE® TOTAL-BODY

TRUE Fitness is the only company that provides a Total-Body workout. Our proprietary Side Steps allow the user to step off and drive the CSX™ using the upper-body only. On traditional front- and rear-drive elliptical machines, your arms just go along for the ride while your legs do all the work. TRUE stands alone in providing three separate positions that work the entire body:

- Isolated Upper-Body
- Isolated Lower-Body
- Upper and Lower Total-Body

UNIQUE TO THE CORE

The TRUE CSX Total-Body elliptical trainer is driven by a patented Core Drive™ system that provides the most natural movement and keeps the user in the center of the exercise motion for superior balance, stability and comfort. The TRUE commercial Core Drive has the additional benefit of self-generation allowing the unit to be placed anywhere in your facility because it doesn't require a power source.

A PERSONAL TRAINER 24/7

With the push of one button, the TRUE mix3™ workout takes users through a random sequence of exercises that work the entire body. When mix3 asks users to change the exercise, they are prompted by an on-screen message and the Motion Man display lights up targeted muscle groups. Since no mix3 workout is the same, users maintain interest and keep coming back for more.

SMALL FOOTPRINT, BIG BENEFITS

TRUE design innovation allows for placement of 50% more compact CSX units in the same footprint as traditional front- or rear-drive elliptical machines, minimizing wait times and maximizing valuable real estate. Users are able to safely enter the machine from the back versus the side. The CSX's self-generation feature allows for easy start-up for deconditioned users or elevated resistance levels to challenge elite athletes. In addition, the safety step feature doubles as a transport handle, making the machine easy to move.

SAFE AND COMFORTABLE

The TRUE CSX is designed with the user in mind. This thoughtfully crafted machine provides a low step-up height as well as extended handrails for safe and simple entry and exit. During exercise, users will notice the exceptional comfort of TRUE's Soft Step® orthopedic footpads which decrease the stress of impact on the joints and can eliminate foot numbness associated with many traditional ellipticals. And since the CSX is safely entered from the back, only a rear aisle is needed to access the machine.

ENTERTAINMENT

The CSX provides CSAFE power as well as seamless integration with all TRUE Entertainment™ options.

PROGRAMMED FOR RESULTS

Users can choose from a variety of pre-programmed workouts. Each program has multiple levels of resistance to accommodate a wide range of abilities. The CSX also features one touch TRUE HRC Cruise Control™ which allows users to "lock in" on a specific target heart rate. Once the target is set, TRUE HRC Cruise Control will adjust workload automatically throughout the duration of the workout to maintain the targeted heart rate (operates just like the Cruise Control in your car).

BUILT TO LAST

Like all TRUE machines, the TRUE CSX is manufactured with the highest quality standards in the industry, including a robotically welded commercial steel frame, sealed bearings and forged steel cranks to stand up to years of heavy use. TRUE backs the CSX with a lifetime frame warranty, three years parts and three years labor.



Specifications

Drive System

Power Source Self-Generating

Drive System Core Drive - Pivot Points Use No-Maintenance Ball Bearing Design

Resistance Source Hybrid Self-Generating Brake

Exercise Surface

Stride Length Fixed - 21" (53 cm)

Footpad Material Soft Step Cushioned Anti-Fatigue Material (Removable For Easy Cleaning)

Frame

Frame 11 Gauge Heavy-Duty Robotically Welded Steel

Pedestals Robotically Welded Heavy-Gauge Steel

Finish Powder Coat

Handrails / Handlebars Sweat resistant custom dipped material

Console

Display Type Dual Window Custom LCD

Key Type Membrane

Command Keys Express, HRC Cruise Control

Data Readouts Time Remaining, Elapsed Time, Distance, RPM, Heart Rate, Target Heart Rate, Work Level, Watts, METs, Calories

Message Center 17 Character Alphanumeric

Diagnostics Software Version, Keys, Display, Brake Control, Heart Rate, Speed Sensor

Heart Rate

Contact Heart Rate Monitoring YES

Wireless Heart Rate Monitoring Wireless - Polar® Compatible

HRC(Heart Rate Control)® Workouts 1-Time Based

HRC Cruise Control™ YES

Programming

Workouts 7 - Manual, Quick Start, Variable Mix3, Easy Intervals, Speed Intervals, Rolling Hills, One Big Hill

Special Programs mix3®

Other Features

Accessories Reading Rack and 2 Water Bottle Holders

Safety Extended Handrails for Easy Rear Entry and Exit, Side Step-Up Areas and Low Step-Up Height

Entertainment Capabilities Seamless Integration with TRUE Entertainment Options

Communications Full CSAFE Communications

Physical Specifications

Footprint 72"L X 34.5"w (183 cm x 88 cm)

Active Footprint 72"L X 34.5"w (183 cm x 88 cm)

Running Surface 72"L X 34.5"w (183 cm x 88 cm)

Machine Weight / Shipping Weight 360 lbs (164 kg) / 455 lbs (207 kg)

Maximum User Weight 350 lbs (159 kg)

Workload Range 40-600 Watts

Step-Up Height Footskate Lowest Position: 9" (23 cm)

Portability 2 Front Transport Wheels; Rear Step Reinforced for Transporting Unit

Warranty

Warranty Frame Lifetime, Parts 3 Years, Labor 3 Years