

PSX™

PSX Elliptical

TRUE TOTAL-BODY WORKOUT

In keeping with the TRUE® reputation for cardio excellence, the PSX™ Total-Body elliptical performs like no other light commercial cross trainer on the market. TRUE's Core Drive™ system and proprietary Side Steps make it possible to isolate either the upper- or lower-body, or to work both simultaneously for an invigorating and efficient workout.

MAXIMIZE YOUR FITNESS REAL ESTATE

The small footprint of the TRUE PSX allows you to place this machine in tight spaces where a traditional front- or rear-drive elliptical might not work. If you are installing multiple units, the PSX is an ever greater space saver. And since the PSX is safely entered from the back, only a rear aisle is needed to access the machine. Extended handrails make entry easier and safer.

STAY CENTERED

TRUE's patented Core Drive™ system keeps the user in the center of the exercise motion for superior balance, stability and comfort. This elliptical also features Soft Step™ orthopedic footpads to prevent foot fatigue and numbness ensuring that each rider completes a comfortable and enjoyable workout.

PRE-PROGRAMMED WORKOUTS

Users can choose from a variety of pre-programmed workouts. Each workout has multiple levels of resistance to accommodate a wide range of abilities. The PSX also features one touch TRUE HRC Cruise Control™ workout which automatically adjusts program intensity to keep the user within his or her specified heart range. These options and important information are displayed on an easy-to-read blue LED screen.

ENTERTAINMENT

The PSX provides CSAFE power as well as seamless integration with all TRUE Entertainment™ options. (Available December '08)

BUILT TO LAST

The TRUE PSX is manufactured with the highest quality standards in the industry. Robotically welded steel frames, sealed bearings and a forged steel crank will provide you with confidence that the PSX will stand up to years of light commercial use. TRUE backs the PSX with a lifetime frame warranty, five years parts and one year 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	Robotically Welded Steel
Pedestals	Robotically Welded Heavy-Gauge Steel
Finish	Powder Coat
Handrails/Handlebars	Sweat Resistant Custom Dipped Material

Console

Display Type	Dual Window Blue LED
Key Type	Membrane
Command Keys	Express, HRC Cruise Control
Data Readouts	Time, Work Level, Distance, Watts, RPM, METs, Heart Rate, Calories
Message Center	16 Character Alphanumeric
Diagnostics	Display, Speed Sensor, Keys, Heart Rate, D/A Channel

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	6 - Manual, Quick Start, Random, Cardio, Fat Burn, Hills
Special Programs	N/A

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 (Available Dec 08)
Communications	CSAFE Power

Physical Specifications

Footprint	61"L x 35"W (155 cm x 89 cm)
Active Footprint	73"L x 35"W (185 cm x 89 cm)
Machine Weight / Shipping Weight	344 lbs (156 kg) / 401 lbs (182 kg)
Maximum User Weight	350 lbs (159 kg)
Workload Range	30-450 Watts
Step-Up Height	Footskate Lowest Position: 10" (25 cm)
Portability	2 Front Transport Wheels, 2 Rear Removable Transport Handles
Regulatory Approvals	UL, CSA, CE

Warranty

Warranty	Frame Lifetime, Parts 5 Years, Labor 1 Year
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