Z5.0 TREADMILL

The Z5.0 treadmill meets the TRUE® standard for quality with a walk-through frame that allows full use of the running surface, but keeps the footprint small to maximize your space. Sleek, intelligent design complements a room instead of taking it over. Aluminum straddle covers are a stylish touch to this finely crafted machine.

Premium Features:

- **THE HEART OF THE SYSTEM:** Features TRUE's wireless Heart Rate Control (HRC) system. You select your target heart rate and HRC will automatically adjust both grade and speed to help you maintain that heart rate for the ultimate goal focused workout.
- **LIKE WALKING ON AIR:** TRUE's patented SOFT SYSTEM™ offers the most biomechanically correct running surface available.
- **STRONG AND STABLE WINS IN THE LONG RUN:** Rather than using lightweight aluminum, all TRUE treadmills feature heavy-gauge, robotically welded steel throughout for superior stability, durability and performance.
- **EFFECTIVE AND INSPIRING:** Elegant blue LCD panel combines clear information with effortless controls.
- **YOU DESERVE SOME QUIET TIME:** State-of-the-art motor that, when coupled with its proprietary belt and deck system, gives you the quietest, smoothest workout possible without disturbing other members of your household or your neighbors.
- **UNSURPASSED WARRANTY:** Includes deck and belt.

DRIVE SYSTEM	Drive Motor	TRUE 3hp DC
	Power Source	Plug-In
EXERCISE SURFACE	TRUE Soft System	YES
	Soft Select	N/A
	Orthopedic Belt	YES
	Reversible Deck	N/A
FRAME	Frame	Robotically Welded Heavy-Gauge Steel
	Fold-Up	N/A
	Aluminum Straddle Covers	YES
	Handrails	Protective Dipped Foam Flared Handrails
CONSOLE	Display Type	2-Window Custom LCD
	Compatibility for iPod	N/A
	Entertainment Capabilities	N/A
	Express Command Keys	YES
	Quick Speed Keys and Incline Keys	YES
	Walk/Run Keys	YES
	Data Readouts	Speed, Incline, Elapsed Time, Time Remaining, Distance, Pace, Heart Rate, Target Heart Rate, METs, Calories
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 - 2
	HRC Cruise Control™	YES
	RxHRC (Personalized 21-24 Week Workout)	N/A

PROGRAMMING	Programs	5 Preset; 3 Saved
	Fitness Tests	N/A
OTHER FEATURES	Accessories	Reading Rack, 2 Water Bottle Holders/ Accessory Trays
	Safety	Safety Clip
	Balance Bar Control Pad	N/A
	Personal Cooling System	N/A
PHYSICAL SPECIFICATIONS	Footprint	68"L x 28" W (173 cm x 71 cm)
	Running Surface	54"L x 20"W (137 cm x 51 cm)
	Machine Weight	260 lbs (118 kg)
	Maximum User Weight	400 lbs (181 kg)
	Incline Range	0 to 12%
	Speed Range	0.5 - 12 mph (0.8 - 19 kph)
	Step-Up Height	5.5" (14 cm)
	Transport Wheels	YES
WARRANTY	Warranty	Frame Lifetime, Motor 30 Years, Parts 10 Years, Labor 1 Year

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* Warranties outside the U.S. and Canada may vary – Please contact your local dealer for details. Specifications subject to change without notice.