



# OWNER'S MANUAL





# Welcome to the World of TrueForm Running

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Non-motorized curved treadmills are the preferred training tool of special forces, pro-athletes, college teams, gym franchises, personal trainers, lifestyle runners, and physiotherapists. Their reasons for choosing a TrueForm may differ, but they all share one thing in common: Form is their Focus and TrueForm's profile is the key to performance improvement.

Studies at USC's Department of Exercise Science highlight the TrueForm difference: Significant changes in gait characteristics (step length, stride length, imbalance score, and stride angle) were attributed to a series of 4-minute runs on the TrueForm Runner. Importantly, those changes were maintained when participants swapped to alternative surfaces.

TrueForm Runners and Trainers are the perfect tools, from beginners to pros, to cue running form and retrain your gait.





## Did you know?

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TrueForm Runners are handcrafted in Connecticut, USA. The Runner's all-metal, hand-welded construction is built like a tank and designed to be the only treadmill you will ever need to own. Our team of industry professionals are ready to help with any issue that may arise; from delivery and installation, to training users and coaches.

We strive to ensure that you have the best possible experience with your new TrueForm Runner. If you have any questions or concerns, please do not hesitate to reach out to our team:

Customer Service:	<a href="mailto:tech@livetrueform.com">tech@livetrueform.com</a>
General Inquires	<a href="mailto:orders@livetrueform.com">orders@livetrueform.com</a>
Collaborations:	<a href="mailto:sales@livetrueform.com">sales@livetrueform.com</a>





# Safety Precautions

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1. Consult with a physician before beginning any exercise program, especially if any of the following are relevant to you: pregnancy, a history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoker, or experience any other chronic diseases or physical impairments.
2. If at any time during exercise you experience dizziness, chest pains, nausea, or any other abnormal symptoms, immediately discontinue use and consult a physician before using your TrueForm again.
3. Keep all loose clothing, shoelaces, and towels away from the treadmill running surface while in use.
4. Always exercise care and utilize handrails when mounting or dismounting the treadmill.
5. Never enter or exit the treadmill while the running belt is in motion.
6. Assemble and operate the treadmill on a solid and level surface.
7. As the treadmill is non-motorized, there is no emergency stop lanyard. The treadmill will come to a stop on its own.
8. A treadmill running belt may not stop immediately if any object becomes caught in the belt or rollers.
9. Never leave children unsupervised around a treadmill.
10. The TrueForm Runner is built to handle users weighing up to 750 lbs at speeds between 0-4mph and 450 lbs at speeds up to 18 mph.
11. Wear proper athletic shoes, such as those with rubber or high-traction soles. Do not use shoes with heels or leather soles.
12. Allow several minutes to bring your heart rate into the training zone (shown on page 5). Walk slowly after your workout to allow your body time to cool down and your pulse rate to decrease.



# Know Your Heart Rate

## Measuring your Heart Rate

We recommend that you use a heart rate monitor to measure your pulse during a workout. However, you may also measure your pulse manually by placing your fingers on the underside of your wrist or either side of your throat. While looking at the second hand on your watch, count how many heartbeats you feel within fifteen (15) seconds. Multiply this number by four to get your Beats Per Minute (BPM).

## Know your Maximum Heart Rate

To approximate your heart rate, the general formula is to subtract your age from 220. This formula is used by the American Heart Association and The American College of Sports Medicine. A stress test administered by your physician is the most accurate way to determine your true maximum heart rate. The American Heart Association recommends that you have a stress test done if you have any history of heart disease or if you are over the age of 40 and beginning an exercise program.

During exercise it is recommended that you maintain your target zone and not exceed 85% of your maximum heart rate. Your target zone is an area between 60% and 75% of your maximum heart rate. Should you find your heart rate above the 75% level you should decrease the intensity of your fitness program.

AGE	BEGINNER		INTERMEDIATE		ADVANCED	
	BPM	Beats/10 sec	BPM	Beats/10 sec	BPM	Beats/10 sec
to 19	121-141	20-24	141-161	24-27	161-181	27-30
20-24	119-139	20-23	139-158	23-26	158-178	26-30
25-29	116-135	19-23	135-154	23-26	154-174	26-29
30-34	113-132	19-22	132-150	22-25	150-169	25-28
35-39	110-128	18-23	128-146	21-24	146-165	24-28
40-44	107-125	18-21	125-142	21-24	142-160	24-27
45-49	104-121	17-20	121-138	20-23	138-156	23-26
50-54	101-118	17-20	118-134	20-22	134-151	22-25
55-59	98-114	16-19	114-130	19-22	130-147	22-25
60-64	95-111	16-19	111-126	19-21	126-142	21-24
65-69	92-107	15-18	107-122	18-20	122-138	20-23
70-74	89-104	15-17	104-118	17-20	118-133	20-22
75-79	86-100	14-17	100-114	17-19	114-129	19-22
80-84	83-97	14-16	97-110	16-18	110-124	18-21
85+	81-95	14-16	95-108	16-18	108-122	18-20

Source: American College of Sports Medicine

# Unpacking your Treadmill

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**You will need: A phillips head screwdriver and a pair of scissors or safe knife**



**01** When your Trueform box arrives, it will be on a wooden pallet with a cardboard box over the top of it.



**02** Unscrew the 6 screws (3 on each side) holding the cardboard box in place.



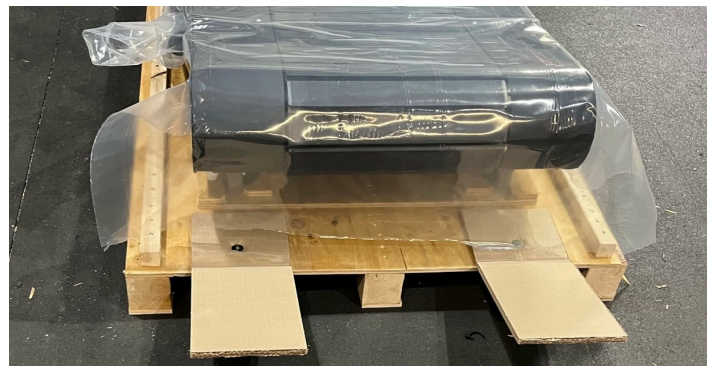
**03** Remove the cardboard.



**04** Remove the foam protectors. Set aside the accessory box for later.

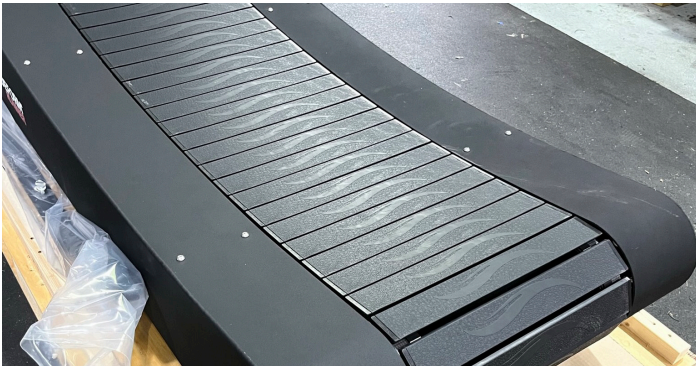


**05** Unscrew the wooden block from the pallet at the front of the treadmill. Use the T-handle with square bit (found in accessory box).



**06** Remove the wooden block from the pallet.





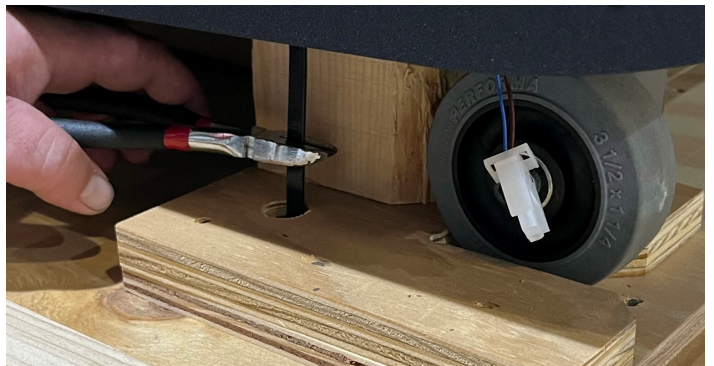
**07** Remove the plastic from the treadmill.



**08** Unscrew the handrail from the pallet on both sides.



**09** Remove the handrail and set it aside.



**10** Cut the zip ties securing the treadmill to the pallet. There are 2 on each side of the treadmill: one at the front and one at the back.



**11** Lift the treadmill from the handles in the back (wheels are located on the front). Use the ramp to wheel the treadmill onto the ground. Dispose of the pallet.



**12** Remove the cardboard containing the uprights from the pallet. Open it and slide the rails out. Remove the plastic covering the uprights and set them aside. You are now ready to assemble your treadmill.



# Assembly

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**01**

Use the T-handle with the allen key to loosen the bolts on the **right** side of the treadmill. Make sure they are partially unscrewed and even with each other.



**02**

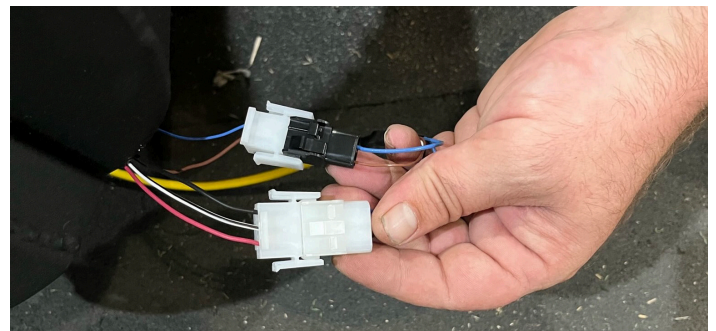
Take the right side upright and pull the wire through the bottom of the upright. Feed this wire through the hole in the base of the treadmill.



**03**

Attach the right upright onto the 4 bolts that you have loosened.

**(Do not tighten bolts)**



**04**

Connect the wires from the right side upright to the wires in the treadmill as shown above.



**05**

Use the T-handle with the allen key to loosen the bolts on the **left** side of the treadmill. Make sure they are partially unscrewed even with each other.



**06**

Attach the **left** side upright onto the 4 loosened bolts.

**(Do not tighten bolts)**

**08**

TRUEFORM RUNNER





**07** Locate the 4 bolts used to secure the handrail to the uprights.



**08** Insert two bolts into the left side of the handrail connecting to the upright (**do not tighten**).



**09** On the right side of the handrail connect the wire to the other yellow wire from the upright.



**10** Place the handrail on the upright and place the bolts into the thread hole.



**11** Tighten all 4 bolts, securing the handrail to the uprights.



**12** Tighten the bolts at the bottom of the uprights, securing them to the treadmill.



# Assembly

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**13** Repeat on right side



**14** You will need the display, the T-handle, and the last two screws in your accessory box for the next steps.



**15** Attach the wire from the middle of the handrail to the connection at the bottom of the display screen.



**16** Place the display screen flush on the handrail. Screw the last 2 screws underneath into the handrail, securing the display in place.



**17** The numbers on the display will light up when you press the power button on the left of the display. Your Trueform Runner is ready to use.

## Battery life

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If the LED display begins to dim or flicker it is an indication the battery needs to be charged.

Turning the display **off** when not in use will greatly prolong battery power.



# Charging the battery

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**01** There is a charging port under the cover of the right handrail to charge the battery. It is also the power port if you choose to keep the TrueForm Runner continuously plugged in.



**02** Pull out the power cable that is labeled "battery charger". Connect the output of the battery charger to this cable.



**03** Plug the charger into a wall outlet.



**04** The light will initially be red once charged it will turn green.

## DISCLAIMER:

Lithium battery should be unplugged for two hours every 24-48 hours for battery preservation and safety precautions.

# Performance Adapter Add-On (Optional)

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**01** Open the box for your Performance Adapter.



**02** Remove the screws on the metal tube with a standard allen wrench.



**03** Slide the rubber rings to the base of the Performance Adapter.



**04** Align the holes of the metal tube to the holes of the Performance Adapter.

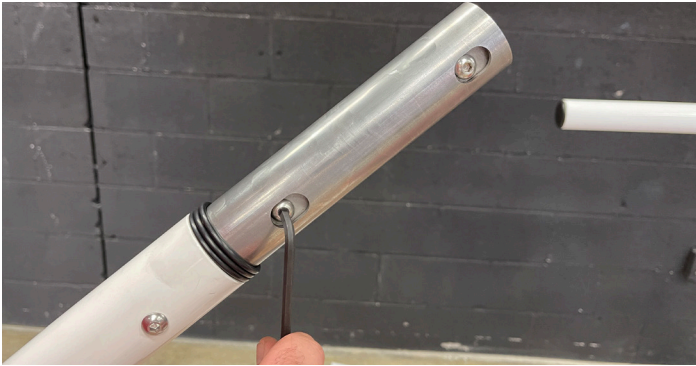


**05** Using an allen wrench, insert and screw the Performance Adapter to the metal tube.



**06** Insert the metal tube into the Performance Adapter.

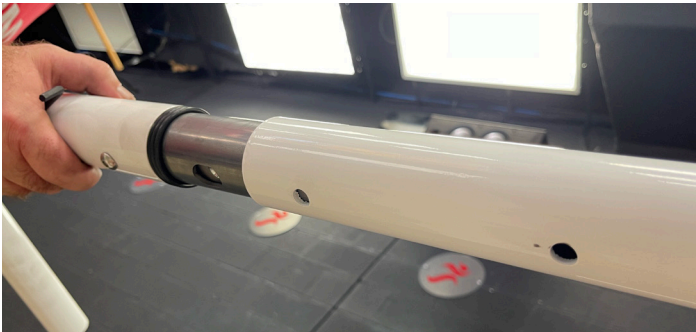




**07** Remove the screws of the metal tube with a standard allen wrench.



**08** Remove the end cap from the **right** side of your handrail by inserting a screwdriver into the center of the end cap and pry it out.



**09** Insert the Performance Adapter (metal tube attached) to the Trueform Runner handrail.



**10** Align the holes of the Adapter to the handrail of the Trueform Runner.



**11** Screw the Performance Adapter to the Trueform Runner with an allen wrench.



**12** Your Trueform Runner is now ready for use!

# Static Electricity

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In most instances staticide is not required. However, if you experience static shock, lightly mist the running treads and the handrails with the staticide included in the accessory box. Generally, application will inhibit static for 1-2 months. Reapply as necessary. Additional staticide can be ordered online at [trueformrunner.com](http://trueformrunner.com).

# Safety & care Information

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When servicing or using any piece of fitness equipment, basic safety precautions must be followed. Be sure to familiarize yourself with all warnings and information in this manual prior to use.

A warning sign has been included with your treadmill. It is the responsibility of the owner to post this sign in a visible area near or on the machine.

**DANGER!** Follow these precautions to reduce the risk of injury or electric shock:

1. Do not soak the treadmill surfaces with any liquid: use a sprayer or damp cloth.
2. Do not place any open liquid containers on any part of the treadmill.
3. Always keep the running surface clean and dry.

# Transporting:

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**CAUTION:** This Treadmill is heavy and may cause injury if lifted improperly.

Lifting bars are inserted into each bottom corner of the treadmill. Do not pull or lift on the side covers. If the treadmill must be disassembled, the handrail can be removed for easier transportation.

**CLEANING and CARE:** We recommend that you clean your TrueForm weekly. Wipe down the handrail, display and covers, check overall condition and vacuum underneath. Do not soak the surface or use abrasive cleansers.

**LUBRICATION:** The belts do not require any additional lubrication.

**SERVICE:** Our service center may be reached at: TrueForm Runner 860.895.8533. Please have the following information ready prior to calling: model and serial number, a description of the concern; and any events or circumstances that may have caused or contributed to the concern.

# Get in Touch

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