

TRUEFORM. TRAINER™

INSTALLATION GUIDE



2025



Welcome to the World of TRUEFORM Running

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?

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

General Inquires orders@livetrueform.com
Collaborations: sales@livetrueform.com



Safety Precautions

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 Trainer is built to handle users weighing up to 400 lbs running or walking.
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

BUILDING YOUR TRAINER



What is inside your TrueForm Trainer package:

1 Trainer Base

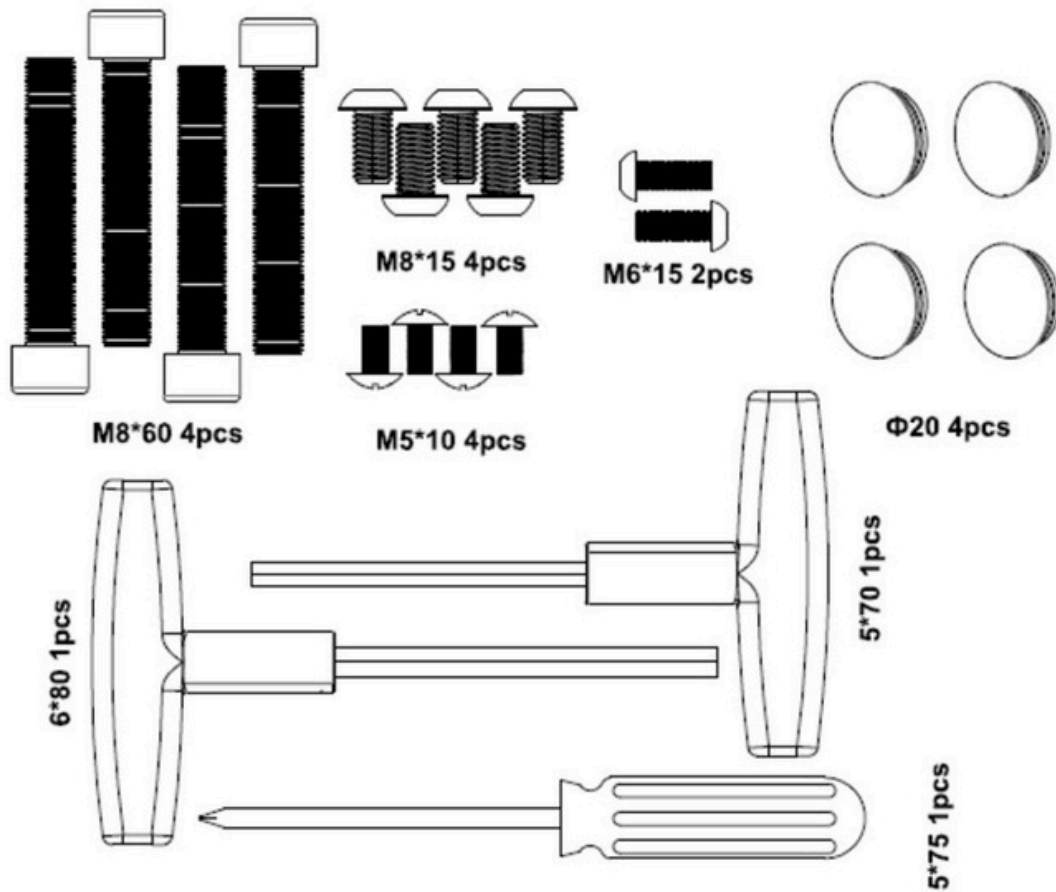
2 Uprights

1 Handlebar

1 Display

1 Started kit & fastener pack

START KIT & FASTENER PACK:



What is inside your TrueForm Trainer package:

2 Allen Wrenches 4

Handrail Bolts

4 Display Bolt

2 Water Bottle Holder Bolts

2 Power Bar Bolts

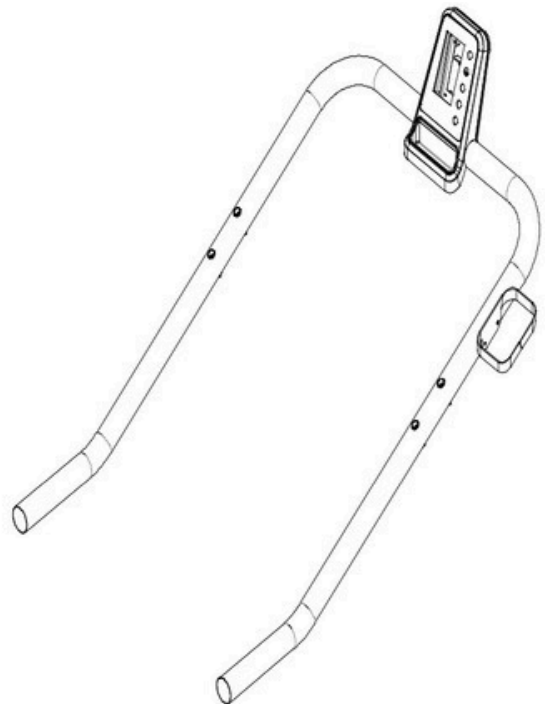
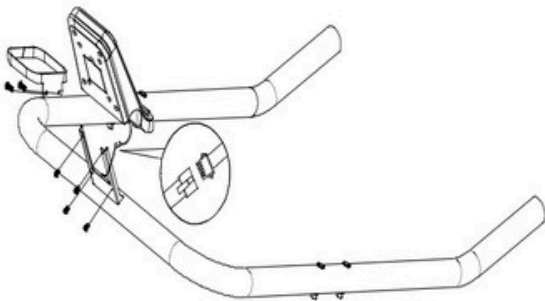
4 Bolt Covers

Assembly

STEP 1: Installing the Display and Bottle Holder

1.1. Connect the display harness terminals, then tuck the excess cable into the handrail tube. Secure the display to the cradle using four M5*10 screws.

1.2. Attach the bottle holder ring to the handrail using two M6*15 screws.



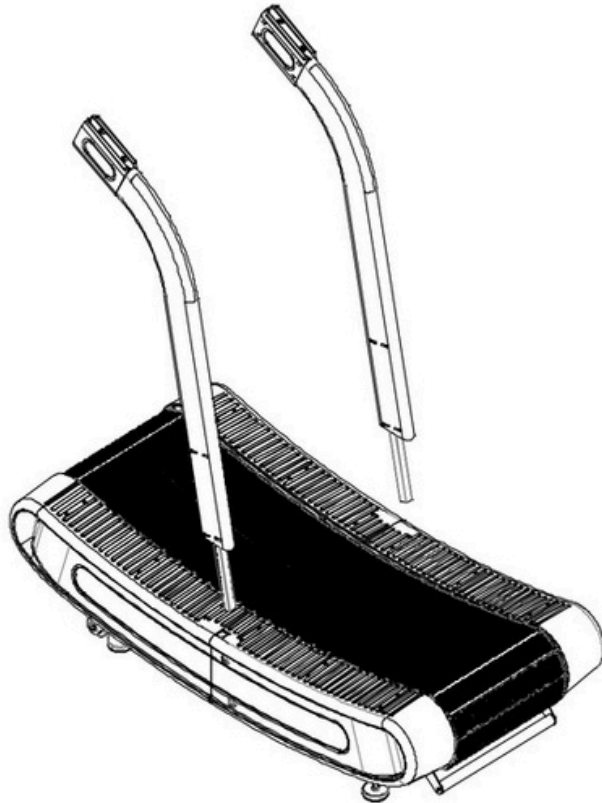
Assembly

STEP 2: Installing the Uprights

2.1. Connect the cable harness from the base (located at the right upright mounting spot) to the harness on the right upright. Tuck any excess cable into the frame.

NOTE: Remove the slack from the wiring harness before entering the upright. Failure to do so can cause the wiring harness to be clipped and or cut needing replacement.

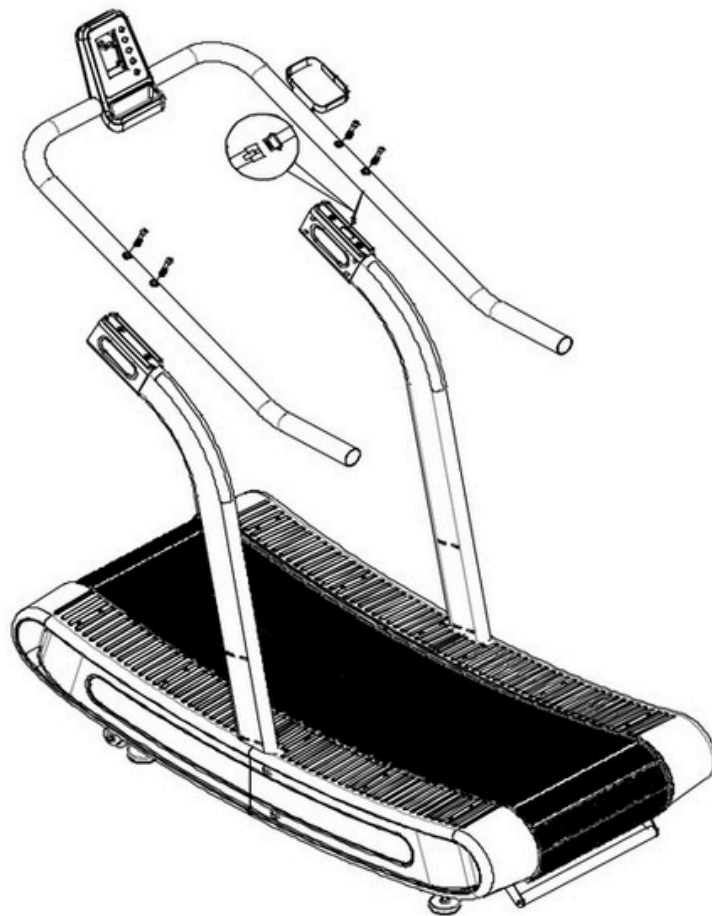
2.2. Insert both the left and right uprights into the base. Using a T- shaped wrench, tighten the screws through the side holes on both shrouds to secure the uprights.



STEP 3: Installing the Handrail

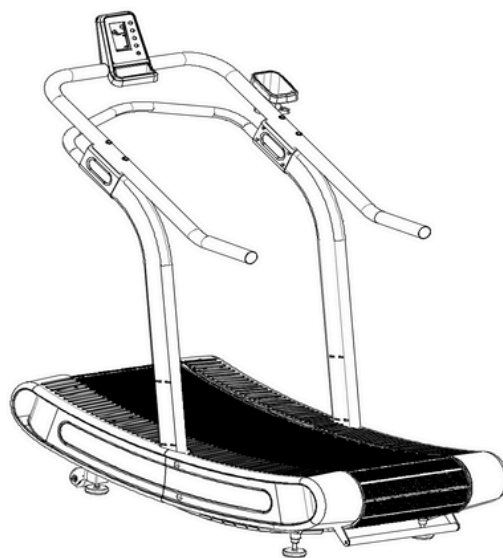
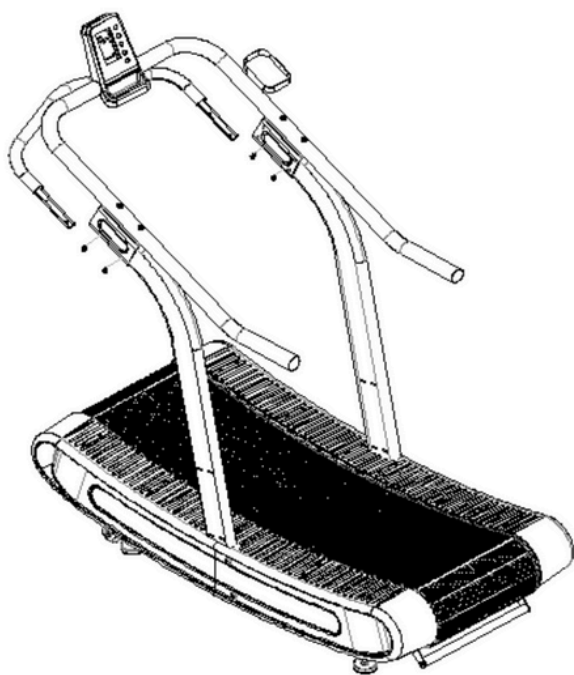
3.1. Connect the cable harness from the right upright to the handrail, then tuck any excess cable.

3.2. Align the handrail frame's fixing holes with those on the uprights. Secure the handrail by inserting and tightening two M8*60 screws.



STEP 4: Installing the Lower Handle and Bottle Holder Cover

Insert the lower handle into the holes on the uprights, aligning the screw holes. Secure it using four M8*15 screws. Then, place the bottle holder Cover onto its cradle.



Using the Trainer Display

START/STOP Button – Turns on the display and starts programmed intervals. And pause tracking. Pressing this button will also reset all tracking metrics to zero. Your display will automatically turn off after 60 seconds.

SOUND Button – Toggles the beeping sound of the display on or off.

SYNC Button – Connects your Bluetooth heart rate monitor or phone to the treadmill. Use your treadmill's unique Bluetooth code for syncing, and keep this code in a safe place.

INTERVAL Mode – Toggles between pre-programmed intervals for a quick workout.

UNITS Button – Switches between speed tracking in miles per hour (MPH) and distance tracking in meters.



Cleaning and Maintenance

Periodic cleaning and inspection of your TRUEFORM treadmill will help prolong its life while keeping it looking like new.

With this preventative maintenance, it will be easier to identify possible issues that might otherwise be overlooked.

Below is a guideline for recommended cleaning and maintenance intervals.

The running surface should be thoroughly cleaned at regular intervals, depending on the intensity of use.

Remove light dirt and dust with a soft cloth. Dirt can be removed with a damp cloth and mild, soapy water. After cleaning, dry with a dry cloth!

Cleaning Notes:

- Do not use abrasive brushes or abrasive cleaners, as the paint and plastic surfaces can be scratched.
- Do not use sharp tools (e.g., knife, metal scraper) or aggressive cleaning solvents for cleaning.
- Clean all surfaces with a mild, non-abrasive detergent (eg. 409 or Fantastic, diluted with water to 50/50).
- To avoid damage to component surfaces, observe the instructions for detergent use. For cleaning and disinfection of parts that are touched (handrail, display, controls, etc.), a formaldehyde-free rapid disinfectant such as “Bacillol plus” or “Descosept” is recommended.

Weekly Maintenance

- Clean handrails, display, and side covers with a damp cloth.
- Disinfect handrails and controls.
- Clean the running surface with a damp, lint-free cloth.
- Visually check the power cord for damage.
- Check the treadmill for mechanical damage.
- Check mounting of all controls (display, emergency stop mushroom, side panels)
- Clean the area under the treadmill (vacuum and mop).

Annual Maintenance

- Vacuum the inside of the treadmill. For this, remove the railing and the panels.
- Check all screw connections for tightness. Tighten loose nuts and bolts.
- Tighten set screws to 68 in-lbs.
- Clean the running surface.
- Check the toothed belt. Replace if teeth are missing or the belt is badly worn.
- Lubricate the roller bearings on the front and back.