

# PS/100

## PS100 Recumbent Bike

### LOOKS GREAT...LASTS LONG

The PS100 walk-through recumbent bike is built on a custom-designed, racetrack-inspired steel frame that is a perfect complement to any exercise facility, especially when combined with other cardio pieces in the PS series. TRUE® uses the most durable materials available in this class to ensure that the PS100 will look good for the long haul.

### SEE THE DIFFERENCE

TRUE uses logical control panels and a LED screen that is easy to read and understand, so your users can "get on and get going" with their workout. And since the PS100 bike is self-generating, it can be placed anywhere in your facility to maximize your space.

### PRE-PROGRAMMED WORKOUTS

Six pre-programmed workouts including manual, quick start, random, cardio, fat burn and hills provide a variety of training options for users with a wide range of abilities and goals. Programming on the fly allows users to adjust workout settings while using the bike.

### TRUE HRC (HEART RATE CONTROL)®

The PS100 is equipped with a contact heart rate monitoring system as well as a wireless telemetry system, both of which assist users in maintaining their optimum heart rate and maximizing their workout results. The HRC Cruise Control™ function allows users to "lock in" on a specific target heart rate. Cruise Control will automatically adjust speed and incline throughout the duration of a workout to maintain the target heart rate.

### ADJUSTABLE, RECLINING SEAT

The TRUE PS100 recumbent bike features a multi-setting, adjustable seat that optimizes range of motion while minimizing pressure on soft tissues. The reclining seat back allows infinite adjustment to fit multiple body types and comfort angles.

### BUILT TO LAST

TRUE's PS100 offers one of the most comprehensive warranties in the industry: a lifetime frame warranty, two years on parts and one year labor coverage. At TRUE we stand behind our products, so you can enjoy years of worry free service.



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## Specifications

### Drive System

<b>Power Source</b>	Self-Generating
<b>Drive System</b>	2 Stage Drive System with Poly-V Belts
<b>Crank</b>	One Piece Forged Steel Crank System With Sealed Bearings
<b>Resistance Source</b>	Hybrid Self-Generating Brake

### Frame

<b>Frame</b>	Robotically Welded Heavy-Duty Tubular Steel
<b>Finish</b>	Powder Coat
<b>Pedals</b>	Integrated Adjustable Strap

**Handrails/Handlebars** Replaceable Rubber Sleeve on Balance Bar and Seat Handlebar

**Seat** Ergonomic Seat with 24 Custom Settings

### Console

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

### Heart Rate

<b>Contact Heart Rate Monitoring</b>	YES
<b>Wireless Heart Rate Monitoring</b>	Wireless - Polar® Compatible
<b>HRC( Heart Rate Control)® Workouts</b>	1 - Time Based
<b>HRC Cruise Control</b>	YES

### Programming

<b>Workouts</b>	6 On The Fly Workouts - Manual, Quick Start, Random, Cardio, Fat Burn, Hills
<b>Custom Workouts</b>	N/A
<b>Fitness Tests</b>	N/A

### Other Features

<b>Accessories</b>	Reading Rack and Bottle Holder
<b>Safety</b>	Reinforced Walk-Through Steel Frame with Secure Footprint
<b>Entertainment Capabilities</b>	N/A
<b>Communications</b>	N/A

### Physical Specifications

<b>Footprint</b>	65"L x 30"W (166 cm x 64 cm)
<b>Machine Weight / Shipping Weight</b>	155 lbs (70 kg) / 210 lbs (96 kg)
<b>Maximum User Weight</b>	350 lbs (159 kg)
<b>Resistance Levels</b>	N/A
<b>Workload Range</b>	30 to 450 Watts
<b>Portability</b>	Front Transport Wheels

**Regulatory Approvals** UL, CSA

### Warranty

<b>Warranty</b>	Frame Lifetime, Parts 2 Years, Labor 1 Year
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