

# CS8.0

## CS8.0 Recumbent Bike

### NEW WALK-THROUGH DESIGN

The TRUE® CS8.0 walk-through recumbent bike is easy on the eyes and even easier to use. Since users don't have to step over the frame to reach the seat, it's perfect for all ages, especially seniors or members who are rehabbing an injury.

### LASTING GOOD LOOKS

Like all TRUE equipment, the CS8.0 recumbent is comfortable, smooth, quiet, and durable. The heavy-gauge steel frame ensures unrivaled stability and a sleek yet rugged look on a bike that is virtually maintenance free. Known for its attention to fit and finish, this TRUE bike is protected by scratch-resistant powder coat paint and durable molded trim.

### SELF-POWERED

The CS8.0 can be placed anywhere in your facility because its power is self-generated. An external power option is also available to keep the console continuously illuminated, if desired.

### INTUITIVE DISPLAYS

The TRUE CS8.0 uses logical control panels and an LCD screen that is easy to read and understand, so users can spend more time working out than trying to figure out how to get started. Users can choose from a variety of pre-programmed workouts to accommodate a wide range of abilities and goals, create custom workouts, enjoy the simplicity of bike mode or quickly change settings with programming on the fly.

### TRUE HRC (HEART RATE CONTROL) ®

Built in digital contact HRC and Polar® Wireless compatibility mean that users can train efficiently and safely by using the TRUE one touch HRC Cruise Control™ program to automatically adjust effort settings to maintain a user's desired target heart rate.

### SEATED FOR COMFORT

TRUE ergonomically engineered the CS8.0's seat to feature an infinitely adjustable reclining back. Coupled with numerous seat position settings and incremental lumbar support customization, this seat provides the most comfortable ride for any body type.

### ENTERTAINMENT

The CS8.0 recumbent bike provides CSAFE power as well as seamless integration with all TRUE Entertainment™ options.

### BUILT FOR ENDURANCE

TRUE offers one of the most comprehensive stationary bike warranties in the industry: lifetime frame, three years on parts and three year labor coverage. We stand behind our products, so you can enjoy years of worry free service.



# CS8.0

## Specifications

### Drive System

**Power Source** Self-Generating, Optional External Power Source Available

**Drive System** Dual Stage Drive System with Poly-V Belts

**Crank** One Piece Forged Steel Crank System With Sealed Bearings

**Resistance Source** Hybrid Self-Generating Brake

### Frame

**Frame** Robotically Welded Heavy-Duty Tubular Steel

**Finish** Powder Coat

**Pedals** Integrated Adjustable Strap

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

**Seat** Ergonomic Seat with 24 Custom Settings

### Console

**Display Type** Dual Window Custom LCD

**Key Type** Membrane Switches

**Command Keys** Express, HRC Cruise Control

**Data Readouts** Elapsed Time, Time Remaining, Distance, RPM, Heart Rate, Target Heart Rate, Work Level, Watts, METs, Calories

**Message Center** 17 Character Alphanumeric

**Diagnostics** Software Version, Keys, Display, Brake Control, Heart Rate, RS232, A/D Channels, Speed Sensor, Watch Dog

### Heart Rate

**Contact Heart Rate Monitoring** YES

**Wireless Heart Rate Monitoring** Wireless - Polar® Equipped

**HRC( Heart Rate Control)® Workouts** 4 - Time Based, Interval, Ultra, Ultra Interval

**HRC Cruise Control™** YES

### Programming

**Workouts** 7 On The Fly Workouts - Manual, Quick Start, Easy Intervals, Speed Intervals, Custom Intervals, Rolling Hills, One Big Hill

**Custom Workouts** 1 Custom Interval

**Fitness Tests** YMCA Protocol

### Other Features

**Accessories** Reading Rack and Bottle Holder

**Safety** Reinforced Walk-Through Steel Frame with Secure Footprint

**Entertainment Capabilities** Seamless Integration with TRUE Entertainment Options

**Communications** Full CSAFE Compatibility

### Physical Specifications

**Footprint** 65"L x 30"W (166 cm x 64 cm)

**Machine Weight / Shipping Weight** 186 lbs (85 kg) / 236 lbs (107 kg)

**Maximum User Weight** 350 lbs (159 kg)

**Resistance Levels** TRUESpeed™ Fine Control, Bike Simulation, Conventional 10 Watt Increments

**Workload Range** 40-600 Watts

**Portability** Front Transport Wheels

**Regulatory Approvals** UL, CSA, FCC, CE

### Warranty

**Warranty** Frame Lifetime, Parts 3 Years, Labor 3 Years