

# CS8.0

## CS8.0 Upright Bike

### TOUR DE FORCE

The CS8.0 upright bike is designed for those seeking a realistic cycling experience. The ergonomic design is ideal for all riders and the aero bars provide great leverage for long distance sessions.

### LASTING GOOD LOOKS

Like all TRUE® equipment, the CS8.0 upright bike is comfortable, smooth, and quiet. The CS8.0 bike is also durable, with a weight of 120 lbs (54 kg). 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 upright bike 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 upright bike uses logical control panels and a 17 character dual window LCD screen that is easy to read and understand, so your 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 one touch TRUE HRC Cruise Control™ program to automatically adjust effort settings to match a desired target heart rate.

### SEATED FOR COMFORT

The CS8.0 has 15 seat adjustments to allow for proper leg extension for a wide height range, accommodating most of your members. Users will also find comfort in the oversized padded design of this ergonomic seat.

### ENTERTAINMENT

The CS8.0u 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 years 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** 2 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** Sweat Resistant PVC Coated Steel with Integrated Elbow Support Pads

**Seat** Ergonomic Seat with 15 Position Settings

### Console

**Display Type** Dual Window Custom LCD

**Key Type** Membrane Switches

**Express Command Keys** 4 - Manual, Intervals, Hill Programs, HRC Cruise Control

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

**Message Center** 17 Character Alphanumeric

**Pause Feature** 30 Seconds

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

### Heart Rate

**Contact Heart Rate Monitoring** Digital - 4 Sensing Pads

**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 Steel Frame with Secure Footprint

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

**Communications** Full CSAFE Compatibility

### Physical Specifications

**Footprint** 43"L x 25"W (109 cm x 64 cm)

**Machine Weight / Shipping Weight** 120 lbs (54 kg) / 140 lbs (64 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