



**KINETIC SOLUTIONS**  
COMMERCIAL EXERCISE EQUIPMENT

## NEW PRODUCT HIGHLIGHTS

### CSX Core Drive™ ELLIPTICAL

#### TRUE® TOTAL-BODY

TRUE Fitness is the only company that provides a Total-Body workout. Our proprietary Side Steps allow the user to step off and drive the CSX™ using the upper-body only. On traditional front- and rear-drive elliptical machines, your arms just go along for the ride while your legs do all the work. TRUE stands alone in providing three separate positions that work the entire body:

- Isolated Upper-Body
- Isolated Lower-Body
- Upper and Lower Total-Body



#### UNIQUE TO THE CORE

The TRUE CSX Total-Body elliptical trainer is driven by a patented Core Drive™ system that provides the most natural movement and keeps the user in the center of the exercise motion for superior balance, stability and comfort. The TRUE commercial Core Drive has the additional benefit of self-generation allowing the unit to be placed anywhere in your facility because it doesn't require a power source.

#### A PERSONAL TRAINER 24/7

With the push of one button, the TRUE mix3™ workout takes users through a random sequence of exercises that work the entire body. When mix3 asks users to change the exercise, they are prompted by an on-screen message and the Motion Man display lights up targeted muscle groups. Since no mix3 workout is the same, users maintain interest and keep coming back for more.



### **SMALL FOOTPRINT, BIG BENEFITS**

TRUE design innovation allows for placement of 50% more compact CSX units in the same footprint as traditional front- or rear-drive elliptical machines, minimizing wait times and maximizing valuable real estate. Users are able to safely enter the machine from the back versus the side. The CSX's self-generation feature allows for easy start-up for deconditioned users or elevated resistance levels to challenge elite athletes. In addition, the safety step feature doubles as a transport handle, making the machine easy to move.

### **SAFE AND COMFORTABLE**

The TRUE CSX is designed with the user in mind. This thoughtfully crafted machine provides a low step-up height as well as extended handrails for safe and simple entry and exit. During exercise, users will notice the exceptional comfort of TRUE's Soft Step® orthopedic footpads which decrease the stress of impact on the joints and can eliminate foot numbness associated with many traditional ellipticals. And since the CSX is safely entered from the back, only a rear aisle is needed to access the machine

### **ENTERTAINMENT**

The CSX provides CSAFE power as well as seamless integration with all TRUE Entertainment™ options.



### **PROGRAMMED FOR RESULTS**

Users can choose from a variety of pre-programmed workouts. Each program has multiple levels of resistance to accommodate a wide range of abilities. The CSX also features one touch TRUE HRC Cruise Control™ which allows users to "lock in" on a specific target heart rate. Once the target is set, TRUE HRC Cruise Control will adjust workload automatically throughout the duration of the workout to maintain the targeted heart rate (operates just like the Cruise Control in your car).

### **BUILT TO LAST**

Like all TRUE machines, the TRUE CSX is manufactured with the highest quality standards in the industry, including a robotically welded commercial steel frame, sealed bearings and forged steel cranks to stand up to years of heavy use. TRUE backs the CSX with a lifetime frame warranty, three years parts and three years labor.

National Head Office  
5- 2100 Bantree Rd., Ottawa, ON K1B 5R4  
613.745.1177 1.800.426.7796  
fax: 613.745.8535

GTA/ Southern Ontario Office  
1123 South Service Rd. W. Oakville, ON L6L 6K4  
905.469.6777 1.888.280.0019  
fax: 905.469.6685

Maritime Region  
325 Granville St. Bridgetown, NS  
902.665.4937 1.888.698.0826  
fax: 902.665.4108

Quebec Region  
418.834.2040 cell: 418.805.5559 toll free 800.420.7796  
fax: 800.420.7796

[www.kineticsolution.com](http://www.kineticsolution.com)