

TECHNOLOGY

Technology is an everyday part of our lives and when customers are in your facility, they still want to be connected. TRUE Fitness can keep your facility, and your users, connected to on-demand content, entertainment, and data tracking. By partnering with TRUE, you can offer your members a full suite of features and programs. TRUE is proud to offer a full line up of console choices for our quality cardio equipment that will allow you to customize your facility to meet your customers' needs.



COMMERCIAL
treadmills | ellipticals | bikes

CS900

SUPERIOR STYLING

COMBINED WITH A TRADITION OF QUALITY & PERFORMANCE

OVER 30 YEARS OF EXPERIENCE IN THE INDUSTRY

RECOGNIZED AS THE PREMIUM CARDIO BRAND

WORLDWIDE WITH OVER 250 DISTRIBUTORS IN OVER 45 COUNTRIES

DELIVERING ENHANCED FEATURES AND TECHNOLOGY FOR TODAY'S MARKET

PROVIDING FITNESS SOLUTIONS ENABLING YOUR CUSTOMERS TO LIVE
A HEALTHY LIFESTYLE

TRUE

از پیشگامان تولید دستگاههای هوازی که بصورت تخصصی از سال ۱۹۸۱ میلادی در شهر سنت لویس ایالت میسوری فعالیت می کند. مرکز تحقیق و نوآوری این شرکت با صرف میلیون ها دلار و بکارگیری متخصصین پزشکی و ورزشی، مبتکر سیستمهایی نظیر نمایشگر ضربان قلب، شیب منفی، کنترل ضربان قلب "HeartRate Control"، سیستم ظرفیت شش "VO₂ Max" بوده است. این مرکز با طراحی برنامه تستهای پزشکی، ورزشی و نظامی برای اولین بار کاربرد ورزشی دستگاههای هوازی را با کاربردهای پزشکی همگام نمود. امکان ذخیره سازی اطلاعات تمرینی ورزشکار، کارکرد طولانی و عمر بالای قطعات الکترونیکی بیانگر احترام سازنده به مشتریان خود می باشد.



TREADMILLS

TRUE treadmills have been known for over 30 years as the pinnacle of quality craftsmanship and performance. TRUE continues the tradition of quality components and proven mechanical performance, combined with updated styling and enhanced technology, to deliver treadmills that will outperform all others. These beautiful machines offer a sleek design, along with innovative and user-friendly features that will set your facility apart.

TRUE treadmills will deliver everything your customers are looking for, and more, with multiple console options that offer the latest technology to meet your needs.



- TRUE'S SOFT SYSTEM™
- LARGEST RUNNING SURFACE IN THE INDUSTRY
- TRUE HEART RATE CONTROL™
- 5 CONSOLE OPTIONS*

* Full specifications available at www.truefitness.com
Subject to availability, check with your sales representative.

CS900 TREADMILL

TECHNICAL SPECIFICATIONS	Power Source	110V/220V, 220V Option Available
	Card Length	12' (3.7M)
	Drive Motor	5 HP AC Max Drive
	Incline Motor	1800 lbs. of thrust
	Speed Sensor	Optical
	Deck	Reversible 1" (25.4 cm) Medium Density Fibreboard
	Reversible Deck	Standard
	Deck	Slip-Resistant Multi-Ply with PVC Coating
	Rollers	2.5" (6.35 cm) w/ Sealed Bearings
	Impact System	True Soft System
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Lubrication	Oil-Free
	Speed Range	0.5 to 12.0 MPH; (0.8 to 19.3 km/h; 0.8 to 24.1 km/h; 0.5 to 15.0 MPH with decline option)
	Incline/Decline Range	0% to 15%, (Optional -3% to 15%)
	Deck Access Control	Speed and Incline via Hand Grips with Start and Stop on Deck Access Panel
Handrail Design	Extended Handrails with Molded Gribs, Matched Backrest Grips	
Contact Heart Rate Monitoring	Yes	
Wireless Heart Rate Monitoring	Folder® Compatible	
AVAILABLE CONSOLES	Transcend®, Transcend™, Escalator®, Escalator™, iCaverage	
SAFETY	Safety Clip	Standard
	Extended Handrails	Standard
	Large Storage Covers	Standard
	User Detection	User Present Detector™
REGULATORY APPROVALS	ETL, UL1642, CSA, CE, EN957, FCC	
EXTRAS	Accessories	Water Bottle Holder (2), Accessory Tray, Over-Wheeled Rolling Back/Double Holder
PHYSICAL SPECIFICATIONS	Footprint	84.5" x 39.7" (214 cm x 100 cm)
	Running Surface	63" x 22" (160 cm x 56 cm)
	Machine Weight	386 lbs. (175 kg)
	Shipping Weight	436 lbs. (198 kg)
	Maximum User Weight	330 lbs. (150 kg)
	Step-Up Height	15" (38 cm); 18.5" (47 cm) with optional decline
	Portability	2 Front Transport Wheels
WARRANTY	Warranty Type	Commercial (all sites paying facilities, regardless of usage)
	Frame	Lifetime
	Motor	5 Years
	Parts	3 Years
	Labor	2 Years

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.



With the CS900 treadmill, you not only get high-quality craftsmanship and durability, you get over 30 years of history in the treadmill manufacturing industry. With TRUE you not only purchase equipment, you purchase the knowledge and experience that makes each treadmill one that will meet your facilities' demands each day. Give your members what they want most - a machine they can depend on to help them reach their goals. With intuitive and advanced technology available in a variety of consoles, we have something to meet every budget, and every user's need.



ELLIPTICALS

TRUE has redefined the elliptical. With a look unlike any other; TRUE Ellipticals will be the talk of your facility. And design doesn't compromise function. The TRUE elliptical is the only one on the market that offers a total-body workout with our unique program, **Cardio 360™**. **Cardio 360™** is a personal, interactive coaching program where users work all major muscle groups through a series of upper body, lower body and total body exercise, in as little as twenty minutes.

TRUE's ellipticals replicate a natural stride that allows users to simulate walking, jogging and running. Plus, TRUE continues on the success of our patented Core Drive system, providing the most natural movement, keeping the user in the center of the exercise motion for superior balance, stability and comfort.

- CARDIO 360** TOTAL BODY WORKOUT
- NATURAL, SMOOTH MOTION WITH ANTI-FATIGUE FOOTPADS
- EASY AND SAFE ENTRY AND EXIT
- POWERFUL MACHINE IN A SMALL FOOTPRINT
- 5 CONSOLE OPTIONS *



* Full specifications available at www.truefitness.com
Subject to availability, check with your sales representative.

CS900 ELLIPTICAL

TECHNICAL SPECIFICATIONS	Power Source	80V, Self-Generating (with Emergency or Escalator), 220V Option Available (with Transcend or Escalator)
	Card Length	21" (53cm)
	Drive System	Core Drive™
	Total Body Workout	Cardio 360™
	Resistance Source	Hybrid Self-Generating Inertia
	Maximum Workload	400 Watts
	Frame Construction	Robotically Welded Heavy Gauge Steel
	Stride Length	21" (53 cm)
	Footpad	Soft Step Cushioned Anti-Fatigue Material
	Exercise Arms	Ergonomic Handles with Moisture Resistant Grips
	Handrail Design	Extended Handrails with Molded Rubber, Moisture Resistant Grips
	Side Step Design	Brushed Aluminum with Textured Pattern
	Contact Heart Rate Monitoring	Yes
	Wearable Heart Rate Monitoring	Polar® Compatible
AVAILABLE CONSOLES		Transcend®, Transcend®, Escalator®, Escalator®, Emergency
Cardio 360™	Upper Body Isolation	Yes
	Lower Body Isolation	Yes
	Total Body	Yes
	Cardio 360™ Workouts	Yes
SAFETY	Side Steps	Standard
	Extended Handrails	Standard
	Activity Guard (removable)	Standard
REGULATORY APPROVALS		ETL, UL3847, CSA, CE, EN957, FCC
EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Over Molded Reading Back/Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	67" x 34" (170 cm x 86 cm)
	Active Footprint	71" x 34" (180 cm x 86 cm)
	G-Factor	1.8 (4.8 cm)
	Maximum Weight	375 lbs. (170 kg)
	Shipping Weight	423 lbs. (192 kg)
	Maximum User Weight	400 lbs. (181 kg)
	Step-Up Height	7" (18 cm)
	Portability	2 Front Transport Wheels & Removable Handles
WARRANTY	Warranty Classification	Commercial (all club paying facilities, regardless of usage)
	Frame	Lifetime
	Parts	3 Years
	Labor	3 Years

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CARDIO 360

Sleek. Sexy. Superior.

That's the all new CS900 Elliptical from TRUE. This new elliptical design is sure to turn heads, and keep them coming back to your facility for more. TRUE continues its tradition of high quality and craftsmanship with the CS900. The CS900 Elliptical offers TRUE's 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. Plus with TRUE'S Cardio 360™ programming and patented side steps users will get a total body workout in as little as twenty minutes.



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MOBILE APP

BIKES

In the **TRUE** tradition of innovation and quality, the TRUE bikes will bring your facility to the next level. New styling delivers beautiful lines to both the upright and recumbent bikes, while still keeping the user experience in mind.

The recumbent walk-through design ensures a comfortable and smooth ride for users of all fitness levels and ages, while the upright's low step-up height ensures a safe entry. Ergonomically-designed seats are adaptable to each user, making riding a TRUE bike more comfortable than ever.

- QUIET AND SMOOTH TRUE BIKE FEEL
- LOW PROFILE DESIGN
- NUMEROUS USER SETTINGS
- COMPACT WALK-THROUGH DESIGN
- 5 CONSOLE OPTIONS*



* Full specifications available at www.truefitness.com
Subject to availability, check with your sales representative.

CS900 UPRIGHT

TECHNICAL SPECIFICATIONS	Power Source	100% Self-Generating (with Emergency or Escalator), 220W Option Available (with Transcend or Escalator)
	Cord Length	12' (3.7M)
	Drive System	Dual Stage Drive System with Poly-V Belts
	Crank	3-Piece Forged Steel Crank System with Sealed Bearings
	Resistance System	Hybrid Self-Generating Brake
	Resistance Levels	30
	Workload Range	40-600 Watts
	Frame Construction	Inductively Welded Heavy-Gauge Steel
	Pedals	Dual Shimed and Weighted with Integrated Ratcheting Strap
	Seat	Ergonomic Seat with 16 Position Settings (Lever Under Seat)
	Handlebar Design	Multi-Position with Moisture Resistant Sleeves
	Quick Access Control	Resistance Level Thumb Control
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible
AVAILABLE CONSOLES	Transcend®, Transcend®, Escalator®, Escalator®, Emergency	
REGULATORY APPROVALS	ETL, UL3840, CSA, CE, EN957, FCC, ASHRAE, C-TICK	
EXTRAS	Accessories	Water Bottle Holder, Accessory Tray, Over Molded Reading Rack/Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	49" L x 24" W (84 cm x 61 cm)
	Net Weight	184 lbs. (83 kg)
	Shipping Weight	147 lbs. 67 kg
	Maximum User Weight	400 lbs. (181 kg)
	Step-Over Height	16.75" (42.5 cm)
	Portability	2 Front Transport Wheels
WARRANTY	Warranty Type	Commercial (all dues paying facilities, regardless of usage)
	Frame	Lifetime
	Parts	3 Years
	Labor	3 Years

Warranty outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.



The all-new CS900 Upright Bike is the sleekest upright bike on the market today. With an all-new industrial design combined with TRUE's quality and durability, this bike is sure to be a favorite of your facilities' users. A low step-over height ensures the CS900 is a safe and easy entry for all ages and fitness levels. Plus, the small footprint allows you to maximize the premium space in your facility. Take a new look at TRUE today.





CS900
UPRIGHT

CS900 RECUMBENT

TECHNICAL SPECIFICATIONS	Power Source	100% Self-Generating (with EmERGE or Escalade®), 220W Option Available
	Cord Length	12' (3.7M)
	Drive System	Dual Stage Drive System with Poly-V Belts
	Crank	3-Piece Forged Steel Crank System with Sealed Bearings
	Resistance Source	Hybrid Self-Generating Brake
	Resistance Levels	30
	Workload Range	40-600 Watts
	Frame Construction	Robotically Welded Heavy-Gauge Steel
	Pedals	Dual Steel and Nylon with Integrated Ratcheting Strap
	Seat	Ergonomic Seat Bottom with 25 Settings and Custom Molded, Breathable Seat Pack with Infinite Reclining Position
	Handlebar Design	Multi Position with Moisture Resistant Sleeves
	Folding Armrests	Optional
	Quick Access Console	Resistance Level Thumb Controls
	Contact Heart Rate Monitoring	Yes
	Wireless Heart Rate Monitoring	Polar® Compatible
AVAILABLE CONSOLES		Transcend®, transcend®, Escalade®, Escalade®, EmERGE
SAFETY		Reinforced Walk-Through Design
REGULATORY APPROVALS		ETL, UL2847, CSA, CE, EN957, FCC, AS14092, D-TICK
EXTRAS	Accessories	Water Bottle Holder, Over Molded Reading Rack/Tablet Holder
PHYSICAL SPECIFICATIONS	Footprint	54" L x 26" W (147 cm x 66 cm)
	Machine Weight	191 lbs. (87 kg)
	Shipping Weight	200 lbs. (91 kg)
	Maximum User Weight	400 lbs. (181 kg)
	Portability	2 Front Transport Wheels
WARRANTY	Warranty Type	Commercial full duty paying facilities, regardless of usage
	Frame	Lifetime
	Parts	3 Years
	Labor	3 Years

Warranty outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.



Like all TRUE equipment, the all-new CS900 recumbent bike is comfortable, smooth, quiet and durable. The small footprint allows you to maximize the space in your facility, while offering the highest quality equipment available to your users. Plus, 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.



Transcend



DETAILS	Model Type	Transcend™ 16 Console for Touchscreen	Transcend™ 10 Console for Touchscreen	
	Secondary Integrated LED	*	*	
DETACHMENT	IPet Connectivity	Advanced feature, playAR video (optional)	Advanced feature, playAR video (optional)	
	3-Step Incline Jack	*	*	
	MP3/USB - Digital	MP3, DVD-R, MP3, MP3-R	MP3, DVD-R, MP3, MP3-R	
	TV Tuner - Analog	NTSC, PAL/SECAM	NTSC, PAL/SECAM	
	Cloud Downloading	*	*	
	MagSafe Compatible	*	*	
	Cooling Fan	*	*	
	Over Heated Running Mode/Added Safety	*	*	
	PROGRAMMING CAPABILITY	Total Workouts	40	40
		Saved Workouts	5	5
Smart Rate Control Programs		*	*	
HRV Control Control		*	*	
Virtual Goals		*	*	
PROGRAMMING BLUETOOTH	Total Workouts	48	41	
	Saved Workouts	5	5	
	Smart Rate Control Programs	*	*	
	HRV Control Control	*	*	
	Combi 260™ Total Body Workout	*	*	
	Game Modes	*	*	
PROGRAMMING STATISTICAL DATA	Total Workouts	36	36	
	Saved Workouts	4	4	
	Smart Rate Control Programs	*	*	
	HRV Control Control	*	*	
	HRV Mode	*	*	
WORKOUT DISPLAY	HRV Summary	*	*	
	HRV Summary Data to IPet, Phone	*	*	
SERVICE	Software Update via USB	*	*	
	Self-Diagnosis	*	*	
POWER CONSUMPTION	Sleep Mode	*	*	
	Customizable Screen Color	*	*	
LABELLING	CEMP Motor	*	*	
	Language	English, German, Arabic, Spanish, Chinese, French, Russian, Dutch, Portuguese, Italian, Japanese, Korean	English, German, Arabic, Spanish, Chinese, French, Russian, Dutch, Portuguese, Italian, Japanese, Korean	
PRODUCT RELIABILITY		All C1 Models	All C5 Models	
WARRANTY		3 Years	3 Years	

Specifications outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice. * Standard



Transcend¹⁶
 The all-new TRUE TRANSCEND¹⁶ is the ultimate in touch screen technology. TRANSCEND has intuitive navigation, programs for all levels, and all-encompassing entertainment, appealing to users of all fitness levels. TRANSCEND¹⁶ is the pinnacle of cardio consoles...the ultimate console. Let TRUE TRANSCEND all your expectations today.



Transcend¹⁰
 The all-new TRUE TRANSCEND¹⁰ console provides an engaging tablet-like experience. TRANSCEND gives you an interactive and entertaining workout experience in a 10-inch touchscreen display. With intuitive navigation, feature-loaded entertainment solutions, and unrivaled data retention communication, TRANSCEND consoles are the complete solution.

CONCEPTS

Escalate

CHARACTER	Display Type	Escalate® 15" Color Active Matrix LCD	Escalate® 9" Color Active Matrix LCD
ENTERTAINMENT	iPod Connectivity	Advanced features, playback, video storage	Basic features, song control, charging
	3.5mm Headphone Jack	*	*
	HDTV Tuner - Digital	ATSC, DVB-C, DVB-T, DVB-T2	
	TV Tuner - Analog	NTSC, PAL, SECAM	
	Channel Capabilities	*	
	Integrated Broadcast Video 960 MHz Audio & Video Controls		v
	Cooling Fan	*	
PROGRAMMING FEATURES	Over 10000 Running Back/Total Volume	*	*
	Total Workouts	40	11
	Saved Workouts	5	4
	Heart Rate Control Programs	*	*
PROGRAMMING ELLIPTICALS	HRC Control	*	*
	Total Workouts	4	3
	Saved Workouts	5	4
	Heart Rate Control Programs	*	*
PROGRAMMING STATIONARY BIKE	HRC Control	*	*
	Total Workouts	36	11
	Saved Workouts	5	4
	Heart Rate Control Programs	*	*
WORKOUT SUMMARY	HRC Control	*	*
	USB Download	*	*
SECURE	USB - Workout Data to iPod, iPhone	*	*
	Software Update via USB	*	*
POWER MANAGEMENT	Self-Diagnosis	*	*
	Sleep Mode	*	*
	Configurable Screen Saver	*	*
LANGUAGE	COFF Power	*	*
	Self-Diagnosis (on applicable elliptical & bike models)	*	*
	English, German, Arabic, Spanish, Chinese, French, Russian, Polish, Portuguese, Italian, Japanese, Korean		English, Russian, Arabic, Spanish, Chinese
PRODUCT AVAILABILITY		All CS Models	All CS Models
WARRANTY		2 Years	2 Years

Specifications subject to change without notice. * Standard v. Optional



Escalate¹⁵

The TRUE ESCALATE¹⁵ has a design that invites users to continue their ESCALATION with an abundant amount of programs and numerous features that include advanced entertainment and mobile app communication. The TRUE ESCALATE¹⁵ is an optimum solution for budget conscience operators who have a need to provide technologically advanced products.

*In development. Available 2014; check with representative for details.



Escalate⁹

The New TRUE ESCALATE⁹ console has an intriguing design that allows users to ESCALATE their workout with more programs, basic levels of audio entertainment, with 900 MHz wireless and mobile app communication.



MOBILE APP

TRUE Fitness, the global leader in premium fitness equipment, is proud to offer you the new, TRUE Fitness App. Track cardio workouts on the go with this sleek, user-friendly app. The TRUE Fitness app will keep users motivated, focused, and in sync with their fitness routine.

Users can track their workouts by workout type and keep statistics of their times, distances, calories burned and more! Stay motivated with 3 dynamic coaches to choose from. Each coach will remind and encourage users to stick to their workout routine, beat their best workouts, and will praise users for working hard.

TRUE'S Mobile App is available for iPhone and Android phones. Download the App for FREE at iTunes or the Android MarketPlace.



Emerge



Emerge LED

The New TRUE EMERGE console has a simplistic design that is inviting and offers easy navigation. EMERGE appeals to those users who want to walk up to a True machine and quickly start their workout. Emerge offers advanced simplicity to meet the needs of all levels of users.

FEATURES	Display Type	Emerge LED
ENTERTAINMENT	Over Motion Reading Back/Video/Video	•
PROGRAMMING: TREADMILLS	160 Workouts	•
	Heart Rate Control Programs	•
	HRC Control Control	•
PROGRAMMING: ELIPTICALS	160 Workouts	•
	Heart Rate Control Programs	•
	HRC Control Control	•
	Cardio 360 Total Body Workout	•
PROGRAMMING: STRENGTH MACHINES	160 Workouts	•
	Heart Rate Control Programs	•
	HRC Control Control	•
WORKOUT SUPPORT	LED Backlight	•
ACCESS	Software Update via USB	•
	Self-Diagnostics	•
POWER CONSERVATION	Sleep Mode	•
	Self-Regulation (on applicable digital/LED info module)	•
LANGUAGES		English
PRODUCT LIABILITY		All US Models
WARRANTY		3 Years

Warranty outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice. Visit truefitness.com for a complete list of programs. • Standard

TRUESTRETCH

The TRUEStretch™ was developed by internationally renowned physical therapist, Gary Gray, and is used by a number of top professional and collegiate teams as well as many professional athletes and their personal trainers. It is featured at many of the top resorts, spas and exercise facilities around the globe because the TRUEStretch is the most functional piece of equipment available for maximizing flexibility.

The TrueStretch allows the human body to achieve improved flexibility and range of motion by keeping the body in natural upright positions that enable truly functional stretching. The TRUEStretch also offers a safe, dedicated stretching area that dissuades members from using your valuable cardio and strength equipment to loosen up.

THE ULTIMATE IN FLEXIBILITY TRAINING

ENHANCES WORKOUTS AND REDUCES INJURY RISK

SPACE EFFICIENT, SOLID STEEL CONSTRUCTION

EASY-TO-FOLLOW STRETCHING REGIMEN



TRUESTRETCH

Enhances Workouts and Reduces Injury Risk

The revolutionary TRUEStretch provides a dedicated, self-contained stretching area that gives users a safe platform for comprehensive stretching to increase flexibility and reduce the risk of injury. TRUEStretch eliminates the need for floor-based stretching or leaning uncomfortably over other equipment or an exercise ball. The TRUEStretch is state-of-the-art flexibility equipment that provides an effective stretching regimen for all ages and body types.

Easy-To-Follow Stretching Regimen

TRUEStretch comes with an easy-to-follow exercise placard that is displayed on the frame. This full color photo-illustrated display is organized by muscle groups, and features 30 different stretching exercises. All are designed to mimic real-life, real world stretches. TRUEStretch effectively stretches the body in all three planes of motion (front to back, side to side, and rotational) while keeping the user in natural upright positions with four points of contact (both hands and both feet) for proper body alignment, stability and safety.

Space Efficient, Solid Steel Construction

The footprint of the TRUEStretch is 60"D x 48"W which protects your valuable floor space and adds considerable value to any exercise routine. Like all TRUE® equipment, it's built to endure the rigors of daily heavy usage. Constructed from tubular steel for strength, the TRUEStretch is protected by a silver powder coat finish and covered by a one year parts warranty.



FRAME	Frame	Structural Tubular Steel Frame
	Finish	Powder Coat Paint
	Base Surface	Polyethylene Platform with Non-Slip Rubber Padding
PHYSICAL SPECIFICATIONS	Footprint	67"H x 60"D x 48"W (221 cm x 153 cm x 122 cm)
	Weight	160 lbs (82 kg)
	Shipping Weight	246 lbs (112 kg)
	Maximum User Weight	300 lbs (137 kg)
WARRANTY	Warranty Classification	Parts 1 Year, Labor 1 Year

Warranty outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.



The TRUEStretch™ was developed by an internationally renowned physical therapist and is used by a number of top professional and collegiate teams as well as many professional athletes and their personal trainers. It is also featured at many of the top resort spas around the globe because TRUEStretch is the most effective piece of equipment available for maximizing flexibility.



MOBILE APP

