All-In-One Smart Home Gym















Shown with optional bench

Introducing the game-changing SOLE SRVO Strength Trainer - Your Ultimate Home Workout Solution! The SRVO provides up to 264 lbs of digital resistance, 150+ exercises and workouts, plus dynamic training modes to allow you to be your best. Transform your fitness routine with the ground-breaking SOLE SRVO Strength Trainer.

Elevate your home gym experience with the sleek, compact, and easily transportable SRVO Strength Trainer - redefine your workouts today!

5RVO Strength Trainer

- Max generating weight of 264 lb (132 lb per side)
- Featuring dual commercial-grade servomotors using a proprietary strength algorithm delivering consistent and accurate digital weight
- Choose from three dynamic training modes:
 - Standard Mode: Consistent resistance throughout the exercise routine
 - **Eccentric Mode:** Resistance is greater during the lowering phase, stimulating muscle hypertrophy
 - **Isokinetic Mode (slow/fast):** Auto-adjusting resistance maintains consistent pulling speed to achieve full muscle activation.
- Pair with the SOLE+ app to track progress and access over 150 exercises and workouts
- Multiple integrated safety features to keep you progressing toward your goals
- Compact design for easy storage





5RVO EQUIPMENT SPECIFICATIONS

Workout Modes Standard - Eccentric - Isokinetic (slow/fast)

Standard Mode 4 ~132 lb

Eccentric Mode Concentric Phase = 70% resistance Eccentric Phase = 100% resistance

Isokinetic Mode Constant pulling speed (slow/fast) with computer-adapted resistance

Total Resistance 4 ~ 264 lb

Resistance Increment 1 lb

Controls SOLE+ app control, dial button on unit, Bluetooth remote

WiFi / Bluetooth WiFi (for software OTA updates) & Bluetooth

Power Cord Standard 110V power

Weight Capacity 330 lb

Accessories Long bar, strength belt, single-hand grips (2), ankle straps (2), carabiner hooks (2), Bluetooth remote

Dimensions 20.6" x 41.5" x 5" / 52.5 cm x 105 cm x 12.5 cm, 70lb/31.8kg

Packaging 47" x 24" x 8" / 120 cm x 61 cm x 20.5 cm, 83lb/37.6kg

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WARRANTY INFORMATION

Residential Warranty: SRVO Unit: 1 year, Accessories: 1 year, Labour: 1 year, Cosmetic: 90 days







