

**SOLE**<sup>™</sup>  
FITNESS

**OWNER'S MANUAL**  
**Model: 16808335000**  
**SR500s Rowing Machine**

Please carefully read this entire manual  
before operating your new rower.

**ATTENTION:** Before returning your SOLE product to any retailer, or if you require any assistance with assembly or technical support please call us first for assistance at 1-888-707-1880. Thank you for your SOLE purchase.

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# SOLE

## FITNESS

### **CONGRATULATIONS ON YOUR NEW ROWER, AND WELCOME TO THE SOLE FAMILY!**

Thank you for your purchase of this quality Sole Rower from Dyaco Canada Inc. Your new Rower has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new Sole product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.

Please take a moment at this time to record below the name of the dealer, their telephone number, and the date of purchase for easy contact in the future. We appreciate your confidence in SOLE, and we will always remember that you are the reason that we are in business. Please go to [www.dyaco.ca/warranty.html](http://www.dyaco.ca/warranty.html) and complete the online warranty registration.

Yours in Health,  
Dyaco Canada Inc.

Name of Dealer \_\_\_\_\_

Telephone Number of Dealer \_\_\_\_\_

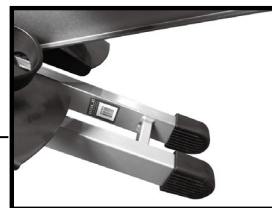
Purchase Date \_\_\_\_\_

## PRODUCT REGISTRATION

### RECORD YOUR SERIAL NUMBER

Please record the Serial Number of this fitness product in the space provided below.

Serial Number \_\_\_\_\_



### Register your purchase

Please visit us at [www.dyaco.ca/warranty](http://www.dyaco.ca/warranty) to register your purchase.

## BEFORE YOU BEGIN

Thank you for choosing the SR500s Rower. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SR500s Rower provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Read this manual carefully before using the SR500s Rower. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SR500s Rower, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name, model and serial number of the product available when you contact us.

## WARNING LABELS AND COMMUNICATION STICKERS

The image below shows an example of Sole Fitness warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged contact your local dealer or distributor for a replacement. NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE

**WARNING**  
**AVERTISSEMENT**

**SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED**

- Consult your physician before use.
- Stop immediately if you become dizzy or experience chest pains and consult your physician.
- Heart Rate monitoring systems can be inaccurate; use them for reference only.
- Read all warnings on the unit and be properly instructed or read the Owner's Manual on how to use before beginning.
- Inspect this machine for damage prior to use.
- Keep body, clothing, and fitness accessories clear of moving parts.
- Risk of personal injury – Keep children under the age of 13 away from machine.
- To reduce the risk of injury from moving parts and electric shock - Unplug before cleaning or servicing.

**Le non respect de ces directives pourrait entraîner des blessures graves, voir mortelles:**

- Consultez votre médecin avant de l'utiliser.
- Arrêtez immédiatement en cas d'étourdissements ou des douleurs à la poitrine et consultez votre médecin.
- Les lectures de fréquence cardiaque peuvent être inexactes; utiliser à titre indicatif seulement.
- Lisez tous les avertissements et les instructions sur l'appareil et dans le manuel du propriétaire avant l'utilisation.
- Inspectez cet appareil pour tout dommages avant de l'utiliser.
- Garder le corps, les vêtements et accessoires d'entraînement à l'écart de pièces mobiles.
- Risque de blessures- gardez les enfants âgés de moins de 13 ans loin de l'appareil.
- Pour réduire le risque de blessures causées par les pièces mobiles et aux chocs électriques, débrancher avant le nettoyage ou l'entretien.



# IMPORTANT SAFETY INSTRUCTIONS

## **WARNING**

**DANGER** -- To reduce the risk of electric shock:

Always unplug this rower from the electrical outlet immediately after using and before cleaning.

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons, install the Rower on a flat level surface with access to a 110-volt, 15-amp grounded outlet with only the Rower plugged into the circuit.

**DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:**

- Do not operate Rower on deeply padded, plush or shag carpet. Damage to both carpet and Rower may result.
- Keep children away from the Rower. There are obvious pinch points and other caution areas that can cause harm.
- Keep body parts (hands, feet, hair, etc.) away from all moving parts.
- Never operate the Rower if it has a damaged cord or plugs. If the Rower is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not attempt to use your Rower for any purpose other than for the purpose it is intended.
- Do not use or permit the use of any equipment that is damaged and/or has worn or broken parts. For all equipment use only replacement parts supplied by Dyaco Canada Inc.
- Preventative maintenance is the key to smooth operating equipment. Equipment needs to be inspected at regular intervals.
- The use of a chest strap transmitter (sold separately) is an accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your Rower. Quality athletic shoes are recommended to avoid leg fatigue.
- This rower is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning the use of the rower by a person responsible for their safety.
- Keep children and pets away from this machine.
- Do not allow children under 13 to use or play on the rower.
- Maximum user weight 300 lbs
- If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Care must be taken when lifting or moving the equipment to not injure your back. Always use proper lifting techniques.
- Do not use the seat to move the Sole rower. The seat will move and the eat carriage may pinch your hands or fingers. When folding or unfolding the unit, keep all children away and make sure hands are clear of any folding or pinch points.

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

# IMPORTANT ELECTRICAL INSTRUCTIONS

## **WARNING!**

**NEVER** remove any cover without first disconnecting the AC power. If voltage varies by ten percent (10%) or more, the performance of your Rower may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

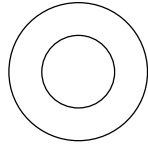
**NEVER** expose this Rower to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high-humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

# IMPORTANT OPERATION INSTRUCTIONS

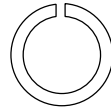
- **NEVER** operate this Rower without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while exercising on your Rower; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on the console control keys. They are precision set to function properly with little finger pressure.

# SR500s ASSEMBLY PACK CHECKLIST

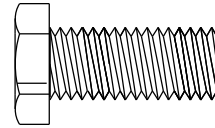
## 1 HARDWARE STEP 1



#109.  $\text{Ø}3/8" \times \text{Ø}19 \times 1.5\text{T}$   
Flat Washer (4 pcs)

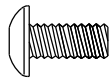


#121.  $\text{Ø}10 \times 2\text{T}$   
Spring Washer (4pcs)



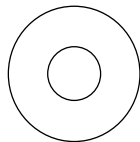
#120.  $3/8" \times 3/4"$   
Hex Head Bolt (4pcs)

## 2 HARDWARE STEP 2

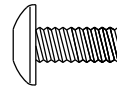


#129.  $\text{M}6 \times \text{P}1.0 \times 10\text{L}$   
Button Head Socket Bolt (4 pcs)

## 3 HARDWARE STEP 3


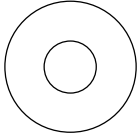
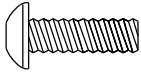
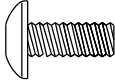
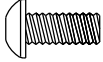





#122.  $\text{Ø}5/16" \times \text{Ø}18 \times 1.5\text{T}$   
Flat Washer (4 pcs)

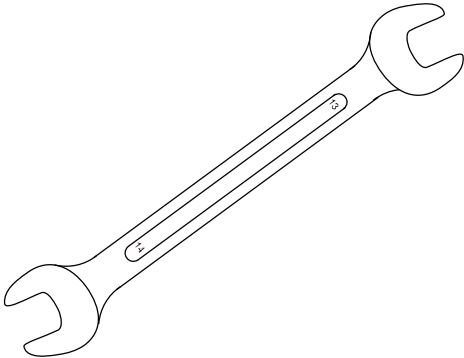
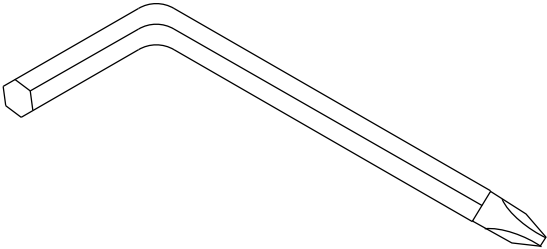
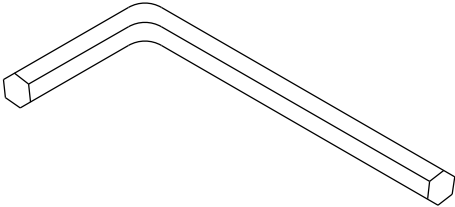


#123.  $\text{M}8 \times \text{P}1.25 \times 12\text{L}$   
Button Head Socket Bolt (5 pcs)

# 4 HARDWARE STEP 4

		
<b>#125.</b> Ø1/4" Spring Washer (4 pcs)	<b>#122.</b> Ø5/16" × Ø18 × 1.5T Flat Washer (6 pcs)	
		
<b>#124.</b> M6 × 15L_ Phillips Head Screw (4 pcs)	<b>#123.</b> M8 × P1.25 × 12L Button Head Socket Bolt (6 pcs)	<b>#85.</b> M5 × 10L Phillips Head Screw (3 pcs)
		
<b>#134.</b> Ø5 × 0.6T_ Star Washer (2 pcs)	<b>#133.</b> M5 × 15L_Phillips Head Screw (2 pcs)	<b>#136.</b> Ø5.5 × Ø19 × 1.5T_Flat Washer (2 pcs)

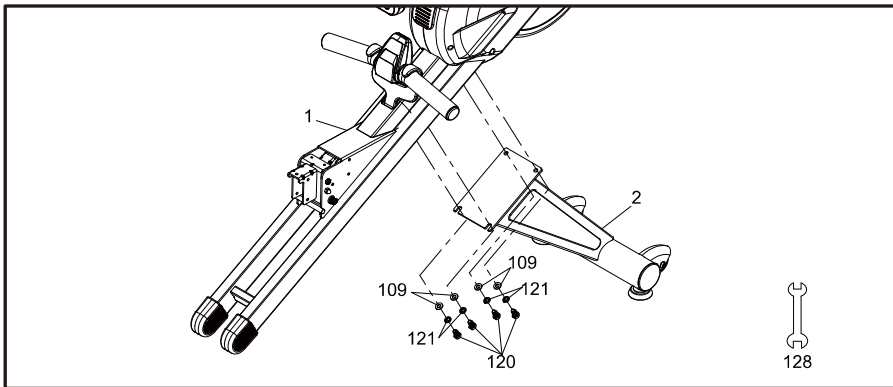
# ASSEMBLY TOOLS

	
<b>#128.</b> 13/14m/m_Wrench	
	
<b>#127.</b> Combination M5 Allen Wrench & Phillips Head Screwdriver	<b>#126.</b> M4 Allen Wrench



# SR500s ASSEMBLY INSTRUCTIONS

## 1 ASSEMBLY STEP 1

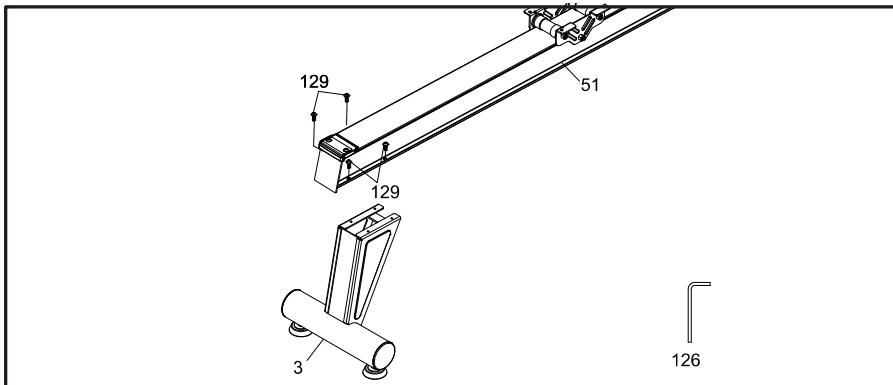


### HARDWARE STEP 1

- #109.  $\text{Ø}3/8" \times \text{Ø}19 \times 1.5\text{T}$  Flat Washer (4 pcs)
- #121.  $\text{Ø}10 \times 2\text{T}$  Spring Washer (4pcs)
- #120.  $3/8" \times 3/4"$  Hex Head Bolt (4pcs)

1. Gather HARDWARE FOR STEP 1.
2. Use the WRENCH (128) to tighten 4 HEX HEAD BOLTS (120) together with 4 SPRING WASHERS (121) and 4 FLAT WASHERS (109) to secure the MAIN FRAME (1) and FRONT STABILIZER (2) together.

## 2 ASSEMBLY STEP 2



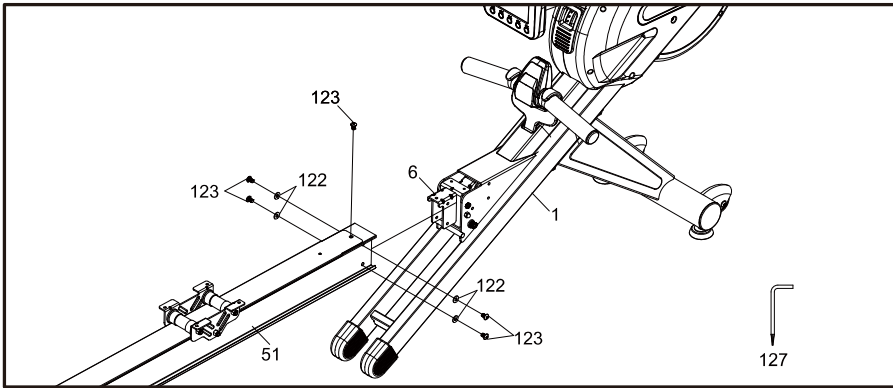
### HARDWARE STEP 2

- #129.  $\text{M6} \times \text{P1.0} \times 10\text{L}$  Button Head Socket Bolt (4 pcs)

1. Gather HARDWARE FOR STEP 2.
2. Use ALLEN WRENCH (126) to tighten 4 BUTTON HEAD SOCKET BOLTS (129) onto the ALUMINUM TRACK (51) and the Rear Stabilizer (3).

# 3

## ASSEMBLY STEP 3



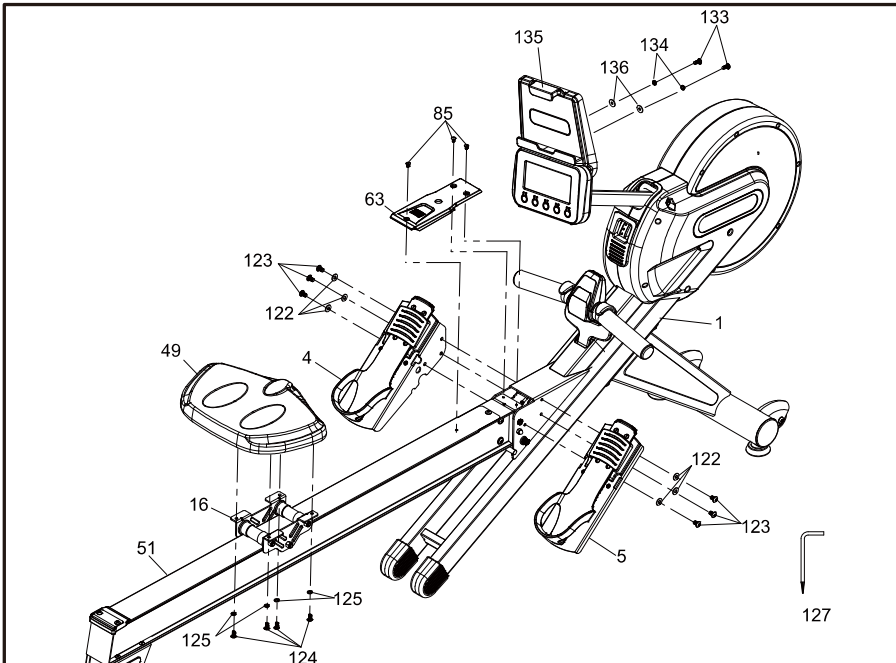
1. Gather **HARDWARE FOR STEP 3**.
2. Attach the other end of the **ALUMINUM TRACK (51)** to **FOLDING END ASSEMBLY (6)** and use **COMBINATION WRENCH (127)** to tighten the **5 BUTTON HEAD SOCKET BOLTS (123)** together with **4 FLAT WASHERS (122)**.

### HARDWARE STEP 3

#122.  $\text{Ø}5/16" \times \text{Ø}18 \times 1.5\text{T}$  Flat Washer (4 pcs)  
#123.  $\text{M}8 \times \text{P}1.25 \times 12\text{L}$  Button Head Socket Bolt (5 pcs)

# 4

## ASSEMBLY STEP 4



1. Gather **HARDWARE FOR STEP 4**.  
Install left and right **PEDALS (4,5)** on the **MAIN FRAME (1)** with **6 BUTTON HEAD SOCKET BOLTS (123)** and **6 FLAT WASHERS (122)** by using **COMBINATION WRENCH (127)** to tighten. Use again **COMBINATION WRENCH (127)** to install **CONNECTING COVER (63)** on **ALUMINUM TRACK (51)** with **3 PHILLIPS HEAD SCREWS (85)**. Install **SEAT (49)** and **SEAT ATTACHING BOARD (16)** with **4 PHILLIPS HEAD SCREWS (124)** together with **4 SPRING WASHERS (125)** by using **COMBINATION WRENCH (127)**.
2. Install the **Tablet Holder (135)** to the back of the **Console** with two **Phillips Head Screws (133)** two **Star Washers (134)** and two **Flat Washers (136)** by using **Combination M5 Allen Wrench & Phillips Head Screwdriver (127)**.

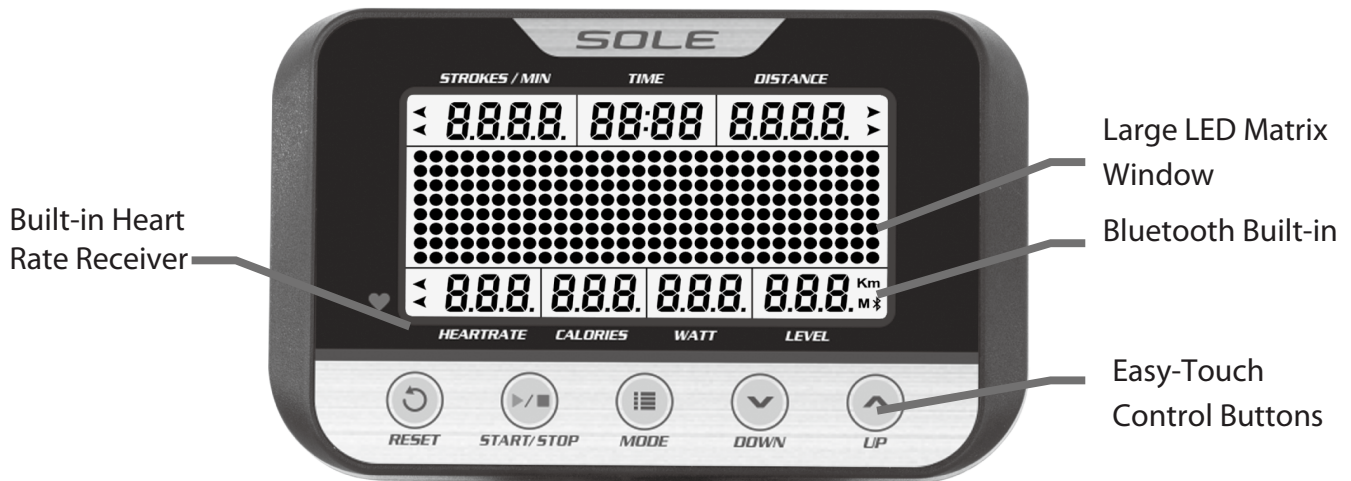
### HARDWARE STEP 4

#125.  $\text{Ø}1/4"$  Spring Washer (4 pcs)  
#122.  $\text{Ø}5/16" \times \text{Ø}18 \times 1.5\text{T}$  Flat Washer (6 pcs)  
#124.  $\text{M}6 \times 15\text{L}$  Phillips Head Screw (4 pcs)  
#123.  $\text{M}8 \times \text{P}1.25 \times 12\text{L}$  Button Head Socket Bolt (6 pcs)  
#85.  $\text{M}5 \times 10\text{L}$  Phillips Head Screw (3 pcs)  
#134.  $\text{Ø}5 \times 0.6\text{T}$ \_Star Washer (2 pcs)  
#133.  $\text{M}5 \times 15\text{L}$ \_Phillips Head Screw (2 pcs)  
#136.  $\text{Ø}5.5 \times \text{Ø}19 \times 1.5\text{T}$ \_Flat Washer (2 pcs)

# OPERATION OF YOUR ROWER

## GETTING FAMILIAR WITH THE CONTROL PANEL

### CONSOLE



### POWER

Wake the console by pressing any button and the LCD will turn on. If speed is sensed by a speed sensor, manual workout mode will begin. After one minute of inactivity, the console will automatically go to sleep.

### WINDOW FUNCTIONS

#### STROKE/MIN

S/m value shows the equivalent strokes per minute.

#### TIME

- Shows the Time.
- Range of time: 00:00~99:59(minute: second)
- The time is accumulated for each workout mode.
- When time is set to count down, it shows the time remaining.

#### DISTANCE

- The distance range is 0~9999 and switches to the format of 1X.XX when the value is over 9999.
- The distance will be accumulated for each workout mode.
- When the distance is set to count down, it shows the remaining distance.

## **HEART RATE**

- The heart rate range is 40~220 bpm
- When the heart rate signal is detected, the small dot at the lower right corner of the heart rate window will be blinking together with the heart rate value showing.
- When there is no heart rate signal detected, the heart rate window shows nothing.

## **CALORIES**

- The Calorie window shows the value of calories dissipated.
- The calorie range is 0~999.

## **WATTS**

- The Watts window shows the Watt value for each stroke.
- The Watt range is 0~2000
- When the numbers are over 999 to four digits, the display would use point to show digits in thousands. E.g. 1000 shows 1.00, 1009 shows 1.01, 1240 shows 1.24, 1250 shows 1.25, 2000 shows 2.00, etc.

## **LEVEL**

- The Level window shows the current resistance level.
- The level range is 1~16
- Levels 1 and 2 would light the first dot, levels 3 and 4 would light the second dot, etc.

## **500M/TIME**

- Only workout modes of Manual, Distance, Time and Calorie are with this display function.
- For Manual workout mode as an example: When the console starts, the Matrix in the middle of the LCD will show the wave pattern then switch to 500M/TIME 00:00 across the center display after 5 seconds then switch again back to the wave pattern after another 5 seconds and continue to repeat the cycle. This is the function of Scan.
- The console goes directly into Scan mode after the start. If the Mode button is pressed, it shows the wave pattern. Pressing the Mode button again displays 500M/TIME and repeat by pressing the Mode button it goes back to the Scan function (recyclable).

## **BUTTON FUNCTION**

### **MODE BUTTON**

- Under idle mode, pressing the MODE button each time switches the workout mode with the following sequence: MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL » CUSTOM INTERVAL » FAT BURN » CARDIO » STRENGTH » GAME
- The default workout mode after turning on the unit is Manual mode.
- To choose the target workout mode, when the matrix window shows the desired workout pattern and the parameter window value to be set will be blinking each second.

### **UP BUTTON**

- Under the setting mode of the target workout, the parameters will be counted up. The value increases one increment when the Up button is pressed once.

## DOWN BUTTON

- Under the setting mode of the target workout, the parameter will be counted down. The value decreases one increment when the Down button is pressed once.

## START/STOP BUTTON

- Under idle mode, pressing the Start/Stop button enters Manual workout mode.
- To confirm the value the window is showing when setting the parameter under each target workout mode and to start the workout mode. Press to end the current workout mode and all message windows stop counting.

## RESET BUTTON

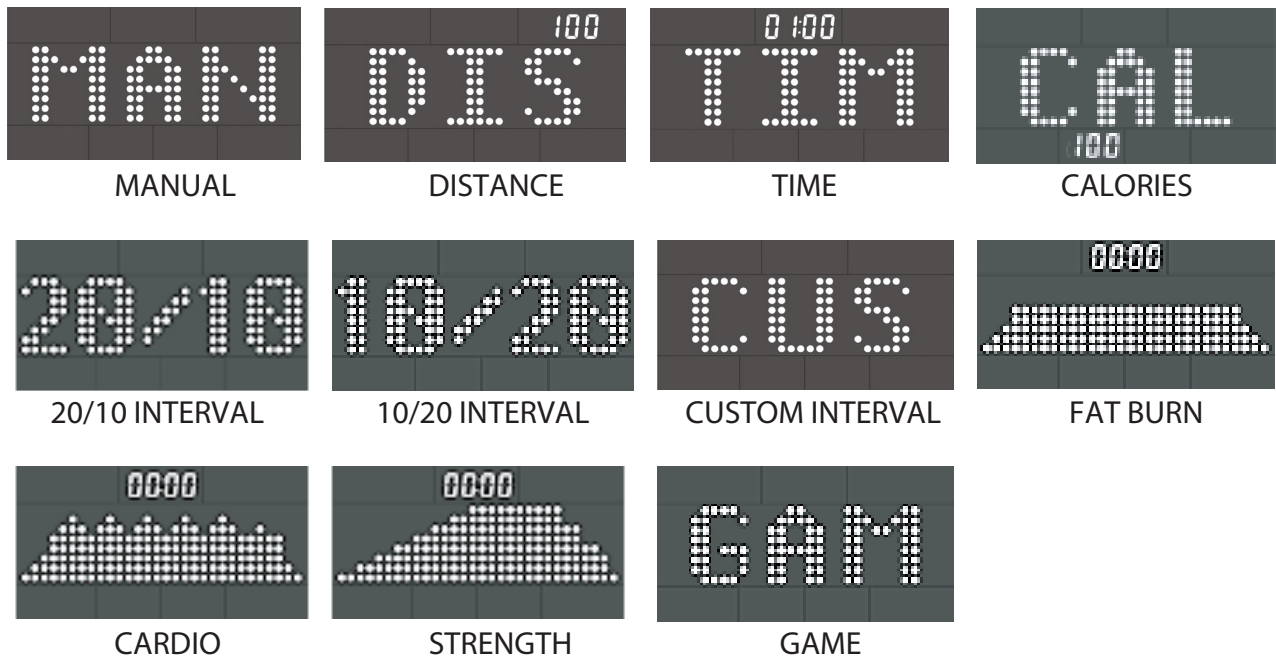
- Pressing this button under stopping mode, the image switches to idle mode.
- The Reset button is valid only in stopping mode. Under any mode, pressing this button for 3 seconds turns on the console again.

## PROGRAMMABLE FEATURES

The screen is with full display and the buzzer beeps for two seconds after turning on. Pressing the Start button goes directly to Manual workout mode or pressing the MODE button to switch and select a workout mode with the workout sequence shown below:

**MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL » CUSTOM INTERVAL » Fat Burn » Cardio » Strength » Game**

The program name will scroll from left to right to tell the user what it is.



## MANUAL MODE

To choose Manual mode (Fig. 1-1)

Pressing the Start/Stop button begins the workout mode or pulling the paddle under the idle mode enters directly into Manual workout mode.

The image at the center of the LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 1-2) and 500M/TIME (Fig. 1-3) or press the MODE button to cancel scanning with wave pattern only. Pressing Mode again switches the image to show 500M/TIME.



Fig 1



Fig 1-2

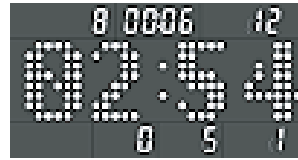


Fig 1-3

## TARGET DISTANCE

To choose target distance count-down Distance workout mode (Fig. 2-1)

Use the Up/Down buttons to adjust and set the workout distance. The default distance is 100M with increments of 500M up or down. Press the Start/Stop button to confirm the setting and start the workout mode.

The image at the center of the LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 2-2) and 500M/TIME (Fig. 2-3) or press the Mode button to cancel scanning with wave pattern only. Pressing Mode again switches the image to show 500M/TIME.

The distance window counts down from the target distance setting value and shows the remaining distance of the workout. Under the workout mode, pressing the Up or Down button adjusts the resistance level.

When the distance is counted down to 0, the workout completes and the buzzer sounds with a long beep. If paddling continues, the distance count-down repeats.



Fig 2-1



Fig 2-2



Fig 2-3

## TARGET TIME

To choose target time count-down Time workout mode (Fig. 3-1).

Use the Up/Down buttons to adjust and set the workout time. The default distance is 5:00 with 5-minute increments of up or down (99:00 maximum). Press the Start/Stop button to confirm the setting and start the workout mode.

The image at the center of the LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 3-2) and 500M/TIME (Fig. 3-3) or press the Mode button to cancel scanning with wave pattern only. Pressing Mode again switches the image to show 500M/TIME.

Under the workout mode, pressing the Up or Down button adjusts the resistance level. The time window counts down from the setting time value and shows the remaining time of the workout.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.



Fig 3-1



Fig 3-2



Fig 3-3

## TARGET CALORIE

To choose target calorie count-down Calories workout mode (Fig. 4-1).

Use the Up and Down buttons to adjust and set the target calorie. The default value is 100 with increments of 10 up or down. Press the Start/Stop button to confirm the setting and start the workout mode.

The image at the center of the LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 4-2) and 500M/TIME (Fig. 4-3) or press the Mode button to cancel scanning with wave pattern only. Pressing MODE again switches the image to show 500M/TIME.

The calorie window counts down from the setting target calorie value and shows the remaining calories of the workout. Under the workout mode, pressing the Up or Down button adjusts the resistance level.

When calories are counted down to 0, the workout is completed and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.



Fig 4-1



Fig 4-2



Fig 4-3

## 20/10 INTERVAL

Choose 20/10 Interval workout mode (Fig. 5-1).

The image at the center of LCD: 20 seconds (Exercise)/10 seconds (Rest). Pressing the Start/Stop button starts the workout mode.

The image at the center of the LCD shows the time count-down of the current workout and wave (Fig. 5-2) or rest time count-down and mark (Fig. 5-3).

Under the workout mode, pressing the Up or Down button adjusts the resistance level. There are 10 Exercise/ Rest cycles for each workout time.

When the workout is complete, the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

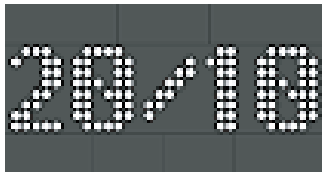


Fig 5-1



Fig 5-2



Fig 5-3

## 10/20 INTERVAL

To choose 10/20 Interval workout mode (Fig. 6-1)

The image at the center of the LCD: 10 seconds (Exercise)/20 seconds (Rest) Pressing the Start/Stop button starts the workout mode.

The image at the center of the LCD shows the time count-down of the current workout and wave (Fig. 6-2) or rest time count-down and mark (Fig. 6-3).

Under the workout mode, pressing the Up or Down button adjusts the resistance level. There are 10 Exercise/ Rest cycles for each workout time.

When the workout is complete, the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.



Fig 6-1



Fig 6-2



Fig 6-3



## CUSTOM INTERVAL

To choose Custom Interval workout mode (Fig. 7-1).

User-defined time (Exercise)/time (Rest): The default is 10 seconds (Exercise)/10 seconds (Rest) The value at the left side of the matrix window flashes for setting the exercise time. Use the Up/Down buttons to adjust and set the workout time. The default time is 10 seconds with a 1-second increment of up or down. Press the Start/Stop button to confirm the setting and start the workout mode.

The value at the right side of the matrix window flashes for setting the rest time. Use Up/Down buttons to adjust and set the workout time. The default time is 10 seconds with a 1-second increment of up or down. Press the Start/ Stop button to confirm the setting and start the workout mode.

The image at the center of LCD: 10 seconds (Exercise)/10 seconds (Rest). Pressing the Start/Stop button starts the workout mode. The image at the center of the LCD shows the time count-down of the current workout and wave (Fig. 7-1) or rest time count-down and mark (Fig. 7-2) Under the workout mode, pressing the Up or Down button adjusts the resistance level. There are 10 Exercise/Rest cycles for each workout time.

When the workout completes, the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.



Fig 7-1



Fig 7-2



Fig 7-3

## FAT BURN

To choose Fat Burn workout mode (Fig. 8-1).

Pressing the Start/Stop button begins the workout mode or setting the workout time. Use Up/Down button to adjust the time. The increment of adjustment is 5 minutes (99:00 maximum). Press the Start/Stop button to start the workout mode.

The image at the center of the LCD shows the fat burn profile (Fig. 8-2) Under the workout mode, pressing the Up or Down button adjusts the resistance level.

Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes, and the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

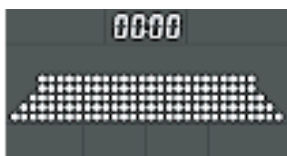


Fig 8-1



Fig 8-2

## CARDIO WORKOUT

To choose cardio workout mode (Fig. 9-1).

Pressing the Start/Stop button begins the workout mode or setting the workout time. Use the Up or Down buttons to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press the Start/Stop button to start the workout mode.

The image at the center of LCD shows the cardio profile (Fig. 9-2). Under the workout mode, pressing the Up or Down button adjusts the resistance level.

Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes, and the buzzer sounds with a long beep. If paddling continues, the time countdown repeats.

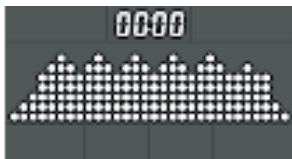


Fig 9-1

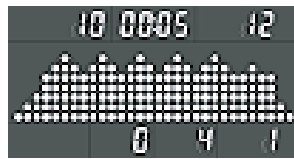


Fig 9-2

## STRENGTH WORKOUT

To choose Strength workout mode (Fig. 10-1).

Pressing the Start/Stop button begins the workout mode or setting the workout time. Use Up/Down buttons to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press the Start/Stop button to start the workout mode.

The image at the center of LCD shows the strength profile (Fig. 10-2). Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes, and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.

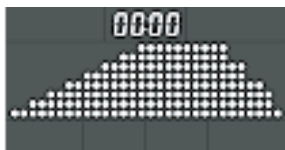


Fig 10-1



Fig 10-2

## GAME WORKOUT

To choose Game workout mode (Fig. 11-1).

Press the Start/Stop button and begin the Game workout mode (11-2).

Three dots on the left side represent the user position and the image shifts one profile left per second and continues to scroll.

The position of the user will not shift. However, the faster the user strokes, the higher the user's position. When there is no stroke, the position of the user goes down to the lowest. The height of the user's position is equivalent to the speed of the user's strokes.

The time for the game workout starts counting down from 5 minutes and ends when time is up.



Fig 11-1



Fig 11-2

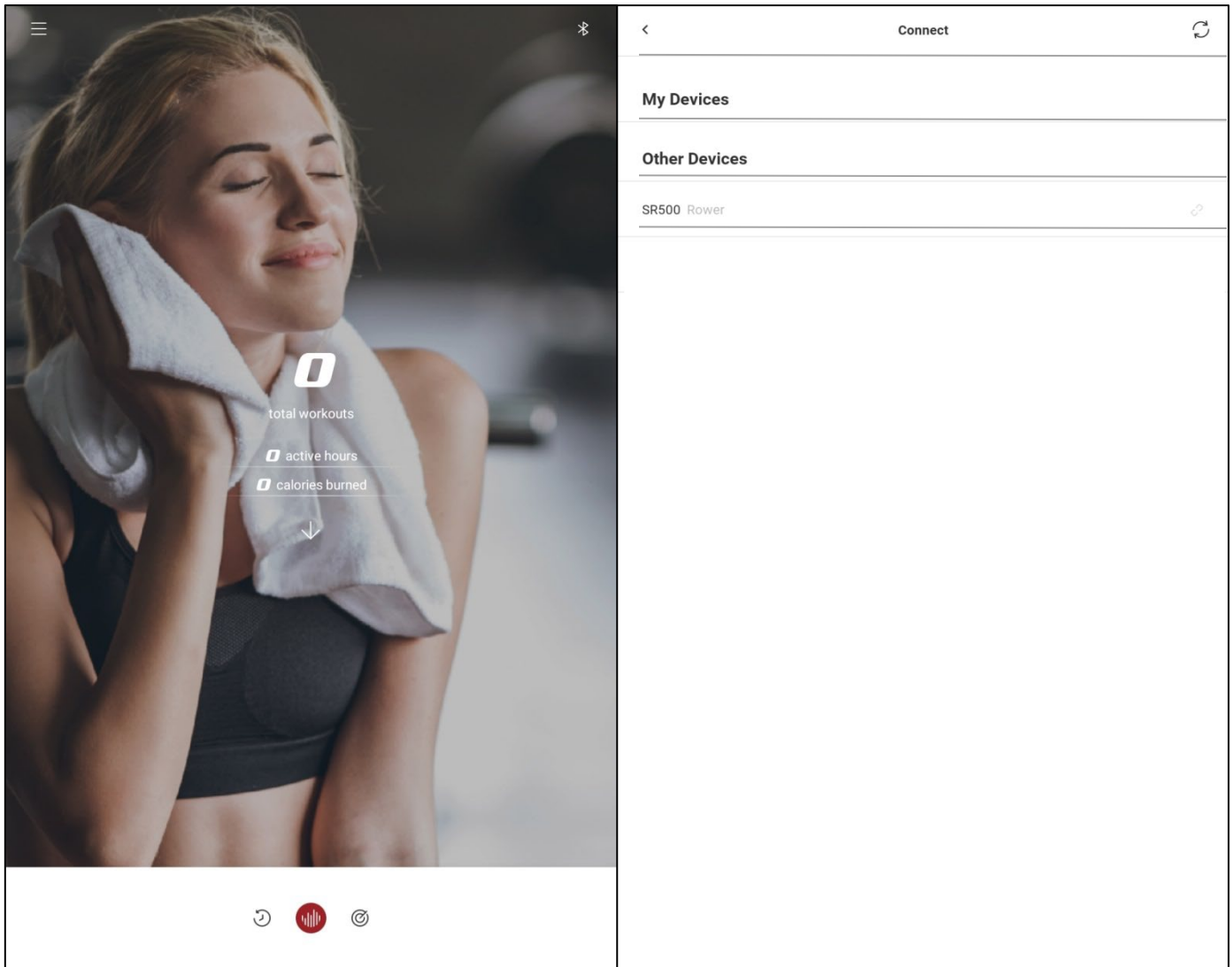
## Apps

To help you achieve your exercise goals, Sole has added an exciting new feature to this product. Your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with compatible iOS and Android smartphones or tablet computers via the SOLE+ App.

Just download the free SOLE+ App from the Apple Store or Google Play, and follow the instructions in the App to sync with your exercise machine.

### **Syncing the App with your exercise machine:**

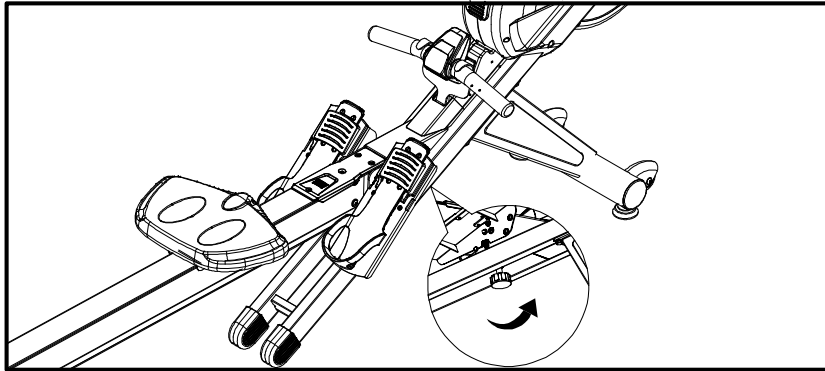
After downloading the App, make sure Bluetooth® is enabled on your device, then tap the icon at the top right corner to search for Sole equipment.



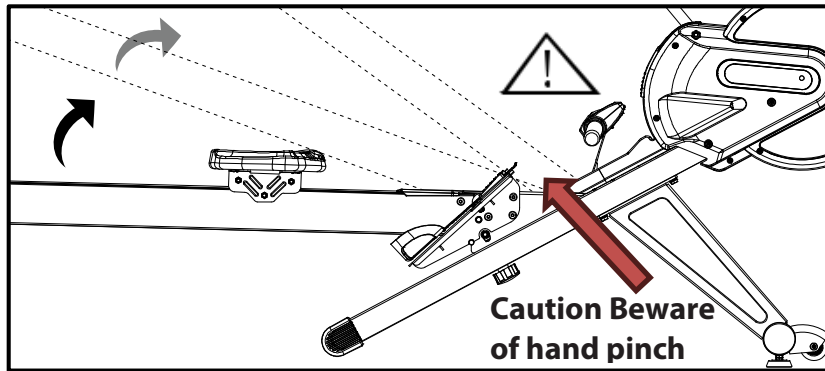
After the equipment is detected, tap Connect. When the App and equipment are synced, the Bluetooth® icon on the equipment's console will light up. You may now start using your new Sole product!

Exercise equipment's Bluetooth device can also be connected to a Bluetooth wireless heart rate chest strap transmitter. Chest strap transmitter can receive signals even when the App is already in use.

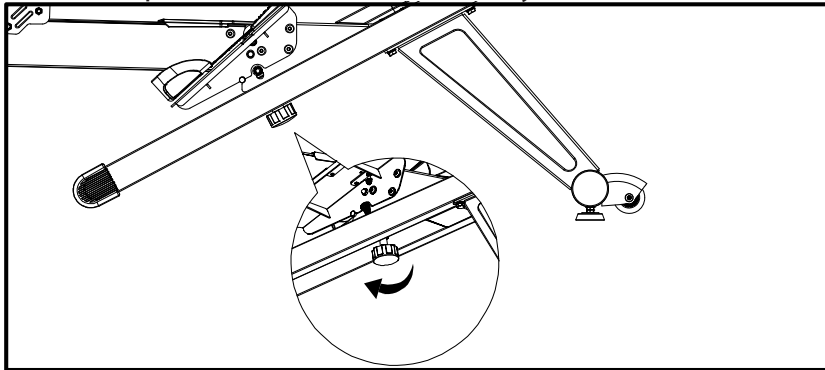
# FOLDING/UNFOLDING PROCEDURES



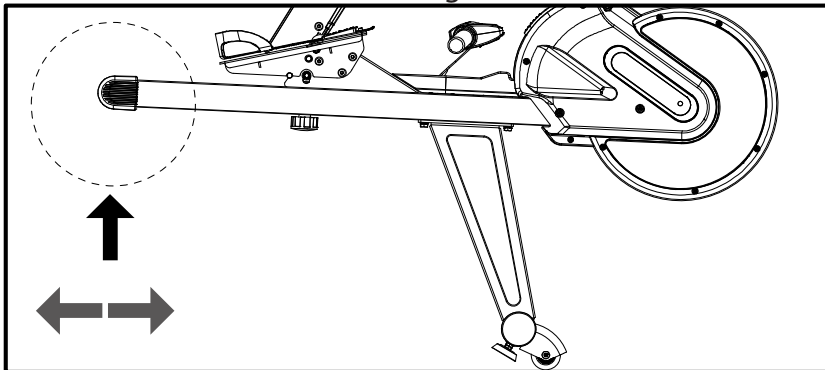
1. Turn the knob counterclockwise to release.



2. Fold up the aluminum rail assembly.



3. Turn the knob clockwise to tighten.



4. Fold the aluminum rail assembly up.  
5. Lift the rear and roll away.

# HEART RATE PROGRAMS

## Before we get started, a word about Heart Rate:

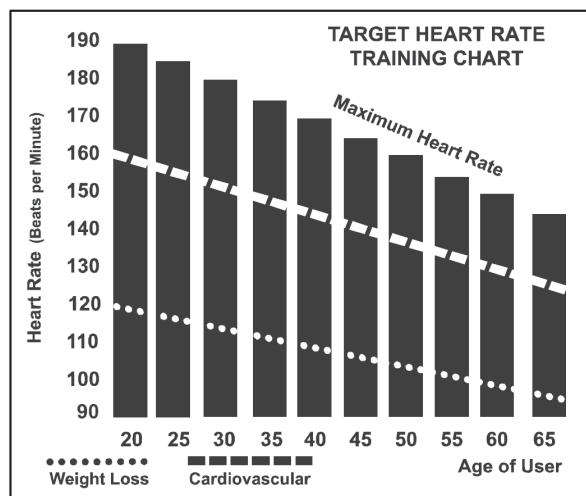
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity is either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old, their target heart rate zone is calculated:

$220 - 40 = 180$  (maximum heart rate)  
 $180 \times .6 = 108$  beats per minute  
(60% of maximum)  
 $180 \times .8 = 144$  beats per minute  
(80% of maximum)

So, for a 40-year-old, the training zone would be 108 to 144 beats per minute.



If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all SOLE Heart Rate rowing machines, you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or any of the nine different programs. The Heart Rate program automatically controls resistance at the pedals.

## **RATE OF PERCEIVED EXERTION**

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should work out than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows: Rating

### Perception of Effort

- 6 Minimal
- 7 Very,very light
- 8 Very,very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very,very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you can train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

# USING HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

Attach the transmitter to the elastic strap using the locking parts.

1. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
2. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
3. Position the transmitter directly below the pectoral muscles.
4. Sweat is the best conductor to measure every minute of heartbeat electrical signals.



However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your workout. Some users, because of body chemistry, have a more difficult time achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.

5. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of the range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

**Note:** The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is a Panasonic CR2032.

## ERRATIC OPERATION

**Caution!** Do not use this Rower for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

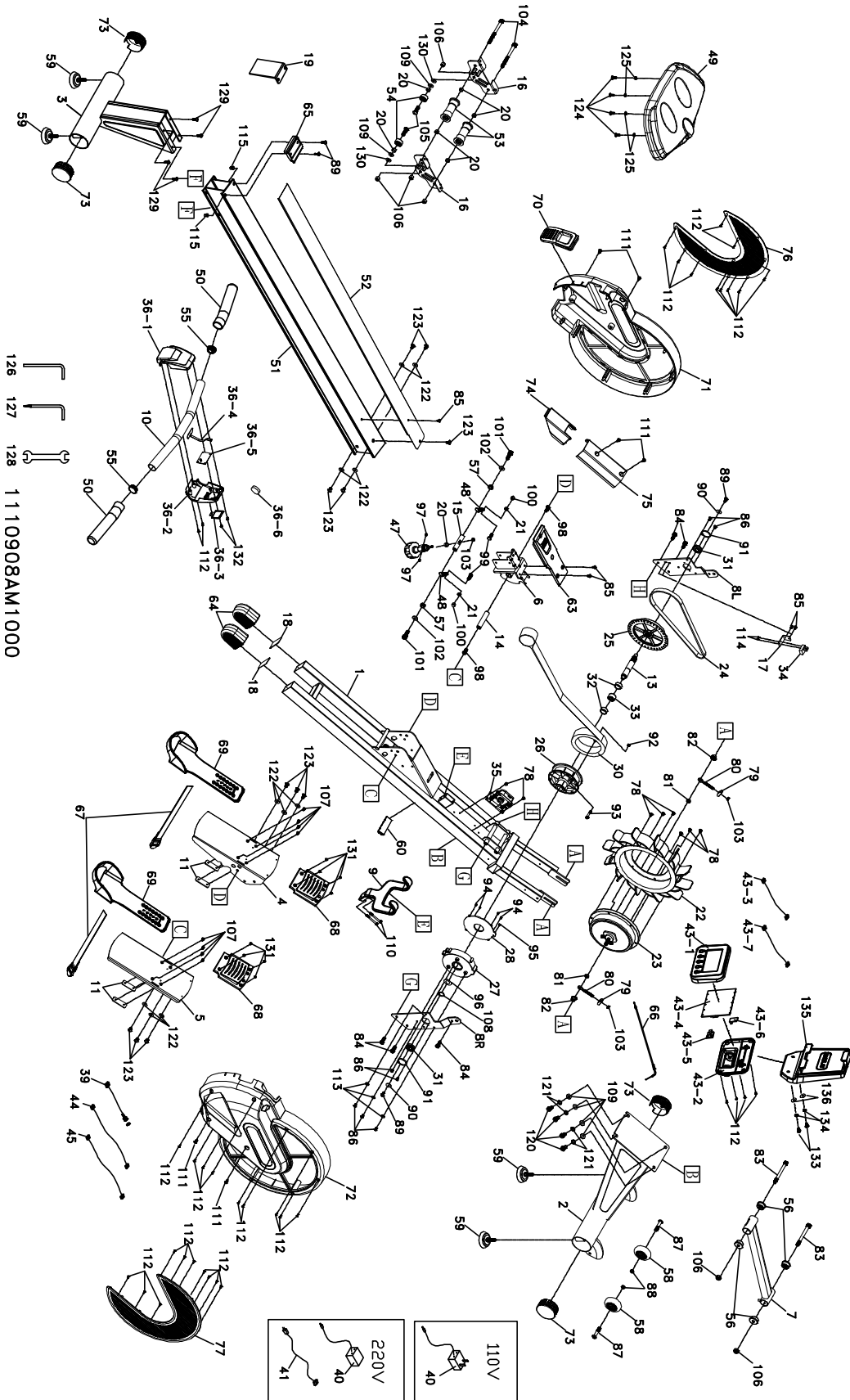
Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems, try wearing the transmitter upside down. Normally the transmitter will be oriented, so the Spirit Fitness logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems, contact your dealer.



# EXPLODED VIEW DIAGRAM



# PARTS LIST

Key	Part Description	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Pedal (L)	1
5	Pedal (R)	1
6	Folding End Assembly	1
7	Console Holder Assembly	1
8L	Attaching Plate (L)	1
8R	Attaching Plate (R)	1
9	Hook	1
10	Handle	1
11	Pedal Attaching Board	4
13	Flywheel Pulley Axle	1
14	Track Axle	1
15	Seat Stop Axle	1
16	Seat Attaching Board	2
17	Sensor Plate	1
18	Back Plate	2
19	Back Plate	1
20	Sleeve(Ø10×Ø14×7L)	7
21	Sleeve(Ø8.2×Ø12.7×5L)	2
22	Fan	1
23	Flywheel	1
24	Drive Belt(6PJ-787L)	1
25	Flywheel Pulley	1
26	Latch	1
27	Spring Latch	1
28	Spring Cover	1
30	Ribbon Roll	1
31	Bearing (6201 UOU)	2
32	Bearing (HK2012)	2
33	Unidirectional Bearing	1
34	Board	1
35	Gear Motor	1
36	Controller Assembly	1
39	750m/m_DC Power Cord	1
40	Power Adaptor	1
41	Transformer Power Cord (Optional)	1
43	Console Assembly	1
44	500m/m_Computer Cable (Upper)	1
45	500m/m_Computer Cable (Lower)	1
47	Seat Up/Down Adjustment Knob	1
48	Tension Spring	2
49	Seat	1

Key	Part Description	Q'ty
50	PVC Sleeve	2
51	Aluminum Track	1
52	Aluminum Board	1
53	Aluminum Track Pulley	2
54	Pulley	2
55	Ø32_Round Cap	2
56	Axle End Cover	4
57	Bushing	2
58	Ø65_Transportation Wheel	2
59	Adjustment Foot Pad	4
60	Square End Cap	1
63	Connecting Cover	1
64	End Cover	2
65	Seat Stop Cover	1
66	Steel Cable	1
67	Wire Tie Mount	2
68	Pedal	2
69	Pedal Plate	2
70	Chain Cover Foam	1
71	Chain Cover (L)	1
72	Chain Cover (R)	1
73	Stabilizer End Cap	4
74	Front Gear Motor Cover	1
75	Rear Gear Motor Cover	1
76	Nylon Net (L)	1
77	Nylon Net (R)	1
78	M5 × P0.8 × 15L_Phillips Head Screw	8
79	Ø6_Nut Stopper	2
80	M6 × 57L_Idle Wheel Screw	2
81	3/8" × UNF26 × 6T_Luck Nut	2
82	3/8" × UNF26 × 11T_Nut	2
83	3/8" × UNC16 × 3-3/4" Socket Head Cap Bolt	2
84	M8 × P1.25 × 20L_Socket Head Cap Bolt	5
85	M5 × 10L_Phillips Head Screw	5
86	M5 × 10L_Phillips Head Screw	7
87	5/16" × UNC18 × 1-3/4" Button Head Socket Bolt	2
88	5/16" × 6T_Nylon Nut	2
89	M6 × P1.0 × 18L_Button Head Socket Bolt	4
90	Ø6 × Ø19 × 1.5T_Flat Washer	2
91	Ø32 × 1.6T_C Ring	2
92	M5 × 5T_Nylon Nut	1
93	M5 × P0.8 × 32L_Socket Head Cap Bolt	1
94	3 × 10L_Sheet Metal Screw	4
95	3 × 10L_Sheet Metal Screw	1
96	Ø20_Wave Washer	1

<b>Key</b>	<b>Part Description</b>	<b>Q'ty</b>
97	M4 × 5L_Phillips Head Screw	2
98	M8 × P1.25 × 15L_Socket Head Cap Bolt	2
99	M8 × P1.25 × 20L_Hex Head Bolt	2
100	M8 × P1.25 × 13T_Cap Nut	2
101	3/8" × UNC16 × 1" Socket Head Cap Bolt	2
102	Ø3/8" × 20 × 3.0T_Flat Washer	2
103	M6 × 6T_Nylon Nut	3
104	3/8" × UNC16 × 4-1/4" Socket Head Cap Bolt	2
105	3/8" × UNC16 × 32L_Flat Head Socket Bolt	2
106	3/8" × 11T_Nylon Nut	6
107	M5 × 12L_Flat Head Socket Screw	8
108	Ø20_C Ring	1
109	Ø3/8" × Ø19 × 1.5T_Flat Washer	6
110	M5 × P0.8 × 50L_Socket Head Cap Bolt	2
111	Ø5 × 16L_Tapping Screw	6
112	3.5 × 12L_Sheet Metal Screw	35
113	Ø5 × Ø13 × 2T_Flat Washer	3
114	Ø2.6 × 8L_Tapping Screw	2
115	M6, Ø6 × 1.5 + 14.5L_Hex Blind Nut	2
120	3/8" × 3/4" Hex Head Bolt	4
121	Ø10 × 2T_Spring Washer	4
122	Ø5/16" × Ø18 × 1.5T_Flat Washer	10
123	M8 × P1.25 × 12L_Button Head Socket Bolt	11
124	M6 × 15L_Phillips Head Screw	4
125	Ø1/4" Spring Washer	4
126	M4_L Allen Wrench	1
127	Combination M5 Allen Wrench & Phillips Head Screw	1
128	13/14m/m_Wrench	1
129	M6 × P1.0 × 10L_Button Head Socket Bolt	4
130	Ø3/8" × Ø21 × 2T_Flat Washer	2
131	M4 × 6L_Phillips Head Screw	8
132	3 × 10L_Sheet Metal Screw	2
133	M5 × 15L_Phillips Head Screw	2
134	Ø5 × 0.6T_Star Washer	2
135	Tablet Holder Assembly	1
136	Ø5.5 × Ø19 × 1.5T_Flat Washer	2

# TRAINING GUIDELINES

## Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

## Basic Components of Physical Fitness

There are four all-encompassing components of physical fitness, and we need to briefly define each and clarify its role.

**Strength** is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

**Muscular Endurance** is the capacity to exert a force repeatedly over some time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

**Flexibility** is the range of motion of a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

**Cardio-Respiratory Endurance** is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

## Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo<sub>2</sub>). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO<sub>2</sub> indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

## Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long-term energy demands. (For example, 100-meter sprint).

### The Training Threshold

This is the minimum level of exercise that is required to produce significant improvements in any physical fitness parameter.

## Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

## Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves,

the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

### **Specificity**

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

### **Reversibility**

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

## **WARM-UP**

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic-type exercise.

### **Warm Down or Cool Down**

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

### **Heart Rate**

As you exercise, so does the rate at which your heartbeat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, and (b) the pulse count is to approximate your BPM rate at

the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you have above-average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of the maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) Don't be concerned with day-to-day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) Your pulse rate is a guide, don't become a slave to it.

## Endurance Circuit Training

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

## Body Building

Is often used synonymously with strength training. The fundamental principle here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

## Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting 'stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better about it.

## Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

## **What to Wear**

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

## **Breathing during Exercise**

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

## **Rest periods**

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half-minute to one-minute rest periods.

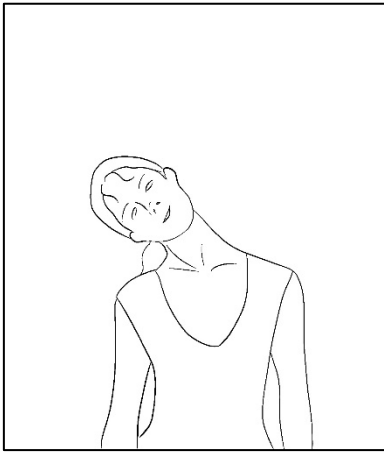


# STRETCHING

Stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension; no pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

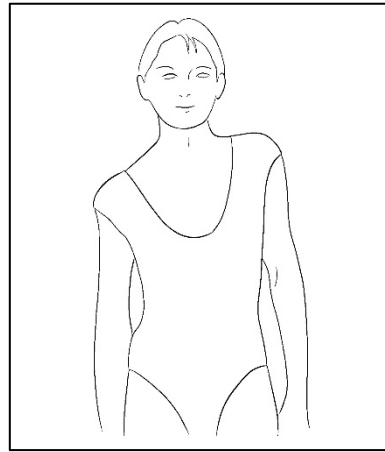
## HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretch your chin to the ceiling, and let your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



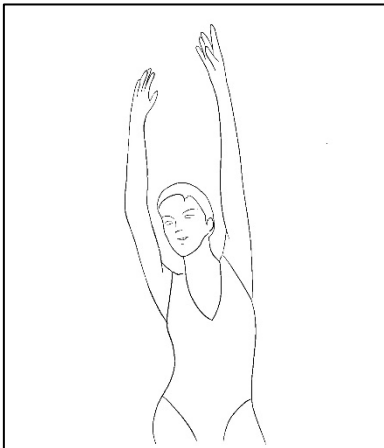
## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder for one count as you lower your right shoulder.



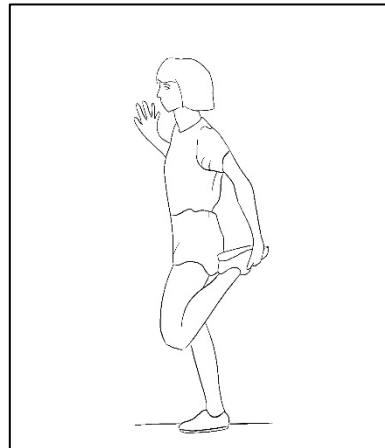
## SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left foot left arm.



## QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



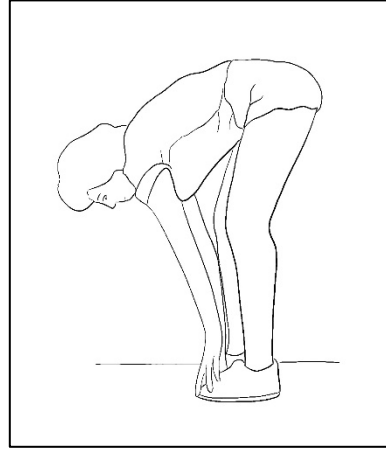
### **INNER THIGH STRETCH**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



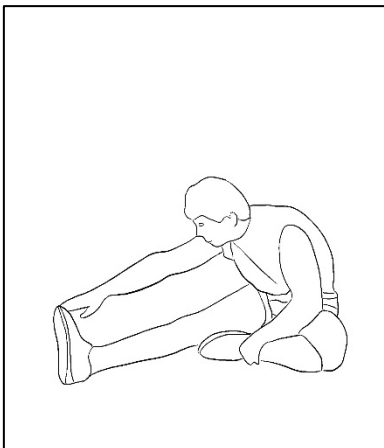
### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



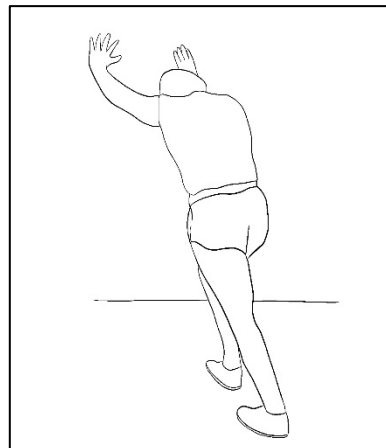
### **HAMSTRING STRETCHES**

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



### **CALF / ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your right leg straight, and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



# MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its fitness rower parts for a period listed below from the date of retail sale, as determined by the sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'s option and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

RESIDENTIAL WARRANTY (All service is performed In-Home)	
Parts/Electronics	2 Years
Frame	Lifetime
Labour	1 Year

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration can be completed online: Go to [www.dyaco.ca/warranty](http://www.dyaco.ca/warranty) and complete the online warranty registration
2. Proper use of the fitness rower by the instructions provided in this manual.
3. Proper installation by instructions provided with the fitness rower and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the fitness rower accessible for servicing, including any item that was not part of the fitness rower at the time it was shipped from the factory.
6. Damages to the fitness rower finish during shipping, installation or the following installation.
7. Routine maintenance of this unit as specified in this manual.

## EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.  
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for fitness rower not requiring component replacement, or for fitness rower not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY INSTEAD OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product used in any environment other than a residential setting.
9. Warranties outside of North America may vary. Please contact your local dealer for details.

## SERVICE

Keep your bill of sale. The labour warranty period is twelve (12) months from the date on the bill of sale. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary in different areas. Service under this warranty must be obtained by following these steps, order:

1. Contact your selling authorized SOLE dealer.
2. If you have any questions about your new product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

### Dyaco Canada Inc.

5955 Don Murie Street  
Niagara Falls, ON  
L2G 0A9

**Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.**

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