

All-In-One Smart Home Gym



Shown with optional bench

Smart. Compact. Powerful.

Redefine your home fitness routine with the SOLE SRVO Strength Trainer, a compact, high-performance solution built for daily strength training. Powered by a dual servomotor system, the SRVO delivers up to 264 lb (120 kg) of ultra-smooth digital resistance with precision control. An intelligent algorithm ensures consistent, accurate weight simulation—giving you the feel of traditional weights with none of the bulk.

With three dynamic training modes, the SRVO adapts to your goals—whether it's muscle growth, endurance, or functional training. Paired with the dedicated SRVO app, users gain access to 150+ guided exercises and programs, offering structure and variety for all fitness levels. It unlocks advanced training modes, real-time performance tracking, and guided workouts that elevate every session. Integrated safety features and a range of training accessories complete the package for a safe, total-body workout experience.

Thoughtfully engineered for home environments, the SRVO stands just under 5" (13 cm) in height and features built-in transport wheels for effortless relocation and storage. Its sleek, minimalist design allows it to blend into any living space while delivering full-gym functionality.

The SOLE SRVO is more than equipment—it's a complete strength platform combining innovative technology, expert programming, and versatile design. Whether you're upgrading your home gym or starting from scratch, SRVO is built to deliver performance without compromise.

SRVO Strength Trainer

- Max generating weight of 264 lb (120 kg) - 132 lb (60 kg) 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 SRVO 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

SRVO
SOLE

SRVO APP



Download on the
App Store



GET IT ON
Google Play

SOLE
FITNESS

SR260 SRVO Strength Trainer

SRVO

Item #
16808392600

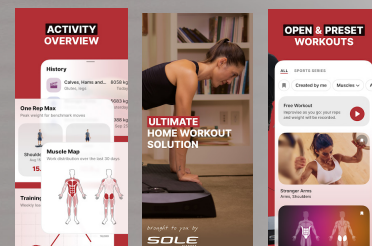


Accessories
 Long bar
 Single-hand grips (2)
 Strength belt
 Ankle straps (2)
 Bluetooth remote

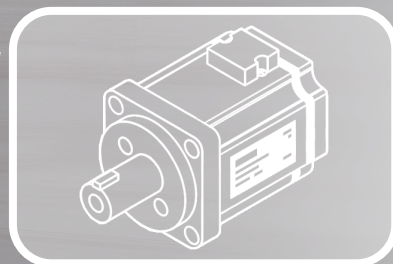


SRVO
SOLE

SGKD App
 Over 150 exercises
 Instruction video library
 Customizable programs
 No subscription ever!*



SRVO Motor
 Dual motorized
 resistance
 system



*With qualifying purchase.

SRVO EQUIPMENT SPECIFICATIONS

Workout Modes	Standard - Eccentric - Isokinetic (slow/fast)
Standard Mode	4 ~ 132 lb (2 ~ 60 kg)
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 (2 ~ 120 kg)
Resistance Increment	1 lb (0.5 kg)
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 (150 kg)
Accessories	Long bar, strength belt, single-hand grips (2), ankle straps (2), carabiner hooks (2), Bluetooth remote
Dimensions	41"L x 21"W x 5"H, 70 lb (105L x 52W x 12H cm, 32 kg)
Packaging	47"L x 24"W x 8"H, 88 lb (120L x 61W x 21H cm, 40 kg)

WARRANTY INFORMATION

Residential Warranty: SRVO Unit: 1 Year, Accessories: 1 Year, Labour: 1 Year, Cosmetic: 90 Days

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