



OWNER'S MANUAL

Model: 16008601800

C80 Curved Manual Treadmill

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

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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ATTENTION

THIS TREADMILL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

SOLE

FITNESS

CONGRATULATIONS ON YOUR NEW CURVED MANUAL TREADMILL AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality curved manual treadmill from Dyaco Canada Inc. Your new curved manual treadmill 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 will always remember that you are the reason we are in business. Please go to www.dyaco.ca/warranty 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 to register your purchase.



BEFORE YOU BEGIN

Thank you for choosing the C80 Manual Curved Treadmill. 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 C80 Manual Curved Treadmill provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the C80 Manual Curved Treadmill. 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 C80 Manual Curved Treadmill, 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 4:30 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



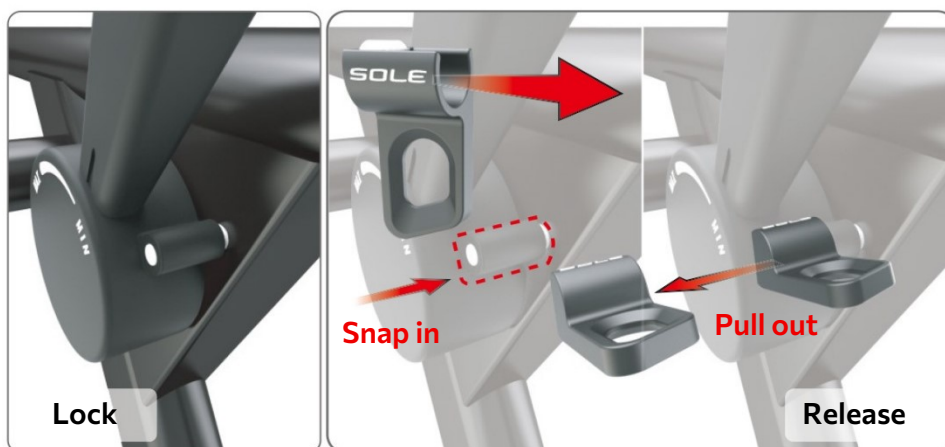
IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

- Do not operate curved manual treadmill on deeply padded, plush or shag carpet. Damage to both carpet and curved manual treadmill may result.
- Do not block the rear of the curved manual treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the curved manual treadmill and any fixed object.
- Keep children and pets away from this machine at all times while exercising. There are obvious pinch points and other caution areas that can cause harm.
- There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- 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.
- Do not attempt to use your curved manual treadmill for any purpose other than for the purpose it is intended.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your curved manual treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- This equipment 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 use of the treadmill by a person responsible for their safety.

Safety Magnet Key

1. Lock – To lock the resistance at the max. level by pressing the pin all the way in.
2. Release – Use the magnet key to draw out the pin from the lock position so the resistance lever is released.
3. Magnet key – The key and pin operate via magnetism.



Lock the machine by using the safety magnet key to prevent unauthorized curved manual treadmill operation. SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER expose this curved manual treadmill 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 maximum operating temperature specification is 40 degrees C, and humidity is 95% non-condensing (no water drops forming on surfaces).

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this curved manual treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Use caution while participating in other activities while walking on your curved manual treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the curved manual treadmill while the belt is moving. Always hold on to a handrail or hand bar.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your **SOLE** dealer.

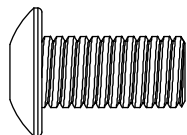
WARNING DECAL REPLACEMENT

The decal shown below has been placed on the treadmill. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.



C80 ASSEMBLY PACK CHECKLIST

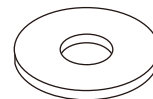
1 HARDWARE STEP 1



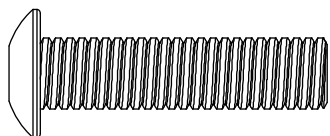
#92. 3/8" x 3/4" Button Head Socket Bolt (3 pcs)



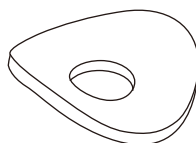
#57. Ø10 x 2T Split Washer (5 pcs)



#56. Ø10 x 20 x 1.5T Flat Washer (3 pcs)

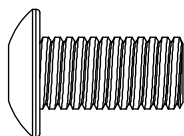


#94. 3/8" x 1-1/2" Button Head Socket Bolt (2 pcs)



#93. Ø3/8" x 23 x 2.0T Curved Washer (2 pcs)

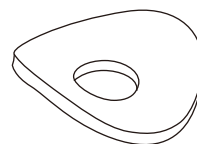
2 HARDWARE STEP 2



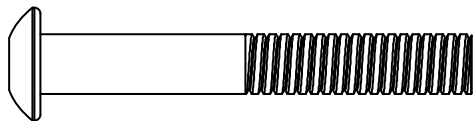
#92. 3/8" x 3/4" Button Head Socket Bolt (1 pcs)



#57. Ø10 x 2T Split Washer (1 pcs)



#93. Ø3/8" x 23 x 2.0T Curved Washer (1 pcs)



#95. 5/16" x 2-1/4" Button Head Socket Bolt (1 pcs)



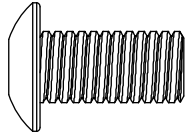
#88. Ø8 x 1.5T Split Washer (1 pcs)



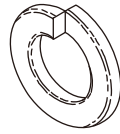
#79. Ø5/16" x Ø18 x 1.5T Flat Washer (1 pcs)

3

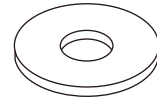
HARDWARE STEP 3



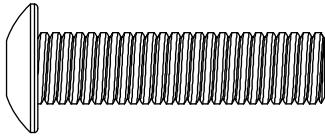
#92. 3/8" x 3/4" Button Head Socket Bolt (4 pcs)



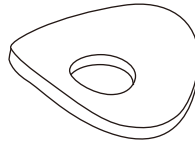
#57. Ø10 x 2T Split Washer (6 pcs)



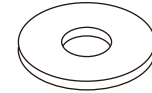
#56. Ø10 x 20 x 1.5T Flat Washer (3 pcs)



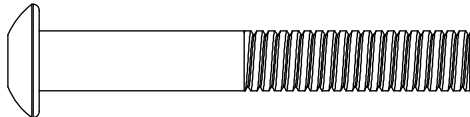
#94. 3/8" x 1-1/2" Button Head Socket Bolt (2 pcs)



#93. Ø3/8" x 23 x 2.0T Curved Washer (3 pcs)



#79. Ø5/16" x Ø18 x 1.5T Flat Washer (1 pcs)



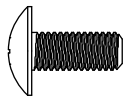
#95. 5/16" x 2-1/4" Button Head Socket Bolt (1 pcs)



#88. Ø8 x 1.5T Split Washer (1 pcs)

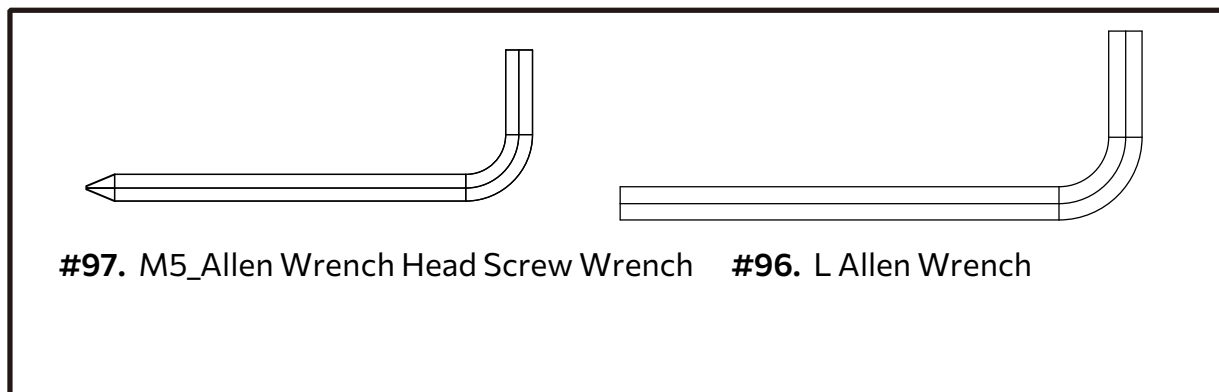
4

HARDWARE STEP 5



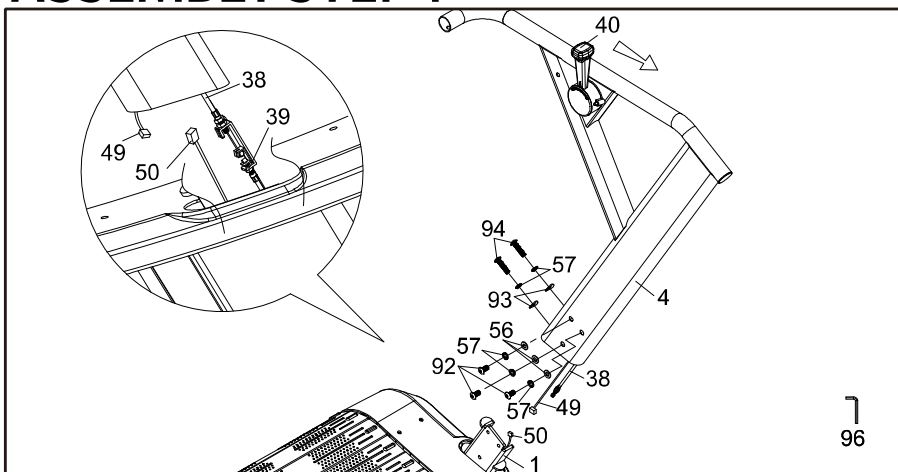
#78. M5 x P0.8 x 12mm Phillips Head Screw (6 pcs)

ASSEMBLY TOOLS



C80 ASSEMBLY INSTRUCTIONS

1 ASSEMBLY STEP 1

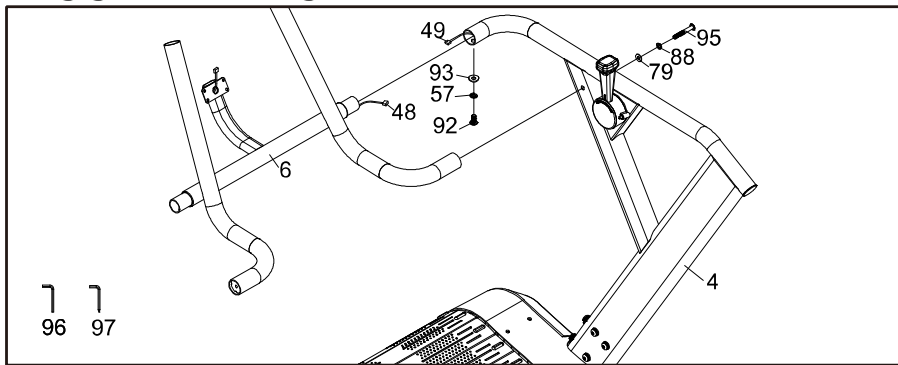


HARDWARE STEP 1

#92. 3/8" × 3/4" Button Head Socket Bolt (3 pcs)
 #57. Ø10 × 2T Split Washer (5 pcs)
 #56. Ø10 × 20 × 1.5T Flat Washer (3 pcs)
 #94. 3/8" × 1-1/2" Button Head Socket Bolt (2 pcs)
 #93. Ø3/8" × 23 × 2.0T Curved Washer (2 pcs)

1. Place the Right Upright (4) on the right side of the treadmill. Make sure the Gear Shift Assembly (40) is positioned at the end of the arrow direction. Connect the Connecting line (Middle) (49) and Steel Cable (38) from the bottom of the Right Upright (4) to the Connecting line (Lower)(50) and Steel Cable (39) on the Main Frame (1).
2. After connecting, install the Right Upright (4) onto the Main frame right side (1). Using the L Allen Wrench (96), insert the Button Head Socket Bolt (92), Split Washer (57), Flat Washer (56), Button Head Socket Bolt (94), Split Washer (57), and Curved Washer (93) onto the Main Frame, but do not tighten them yet.

2 ASSEMBLY STEP 2

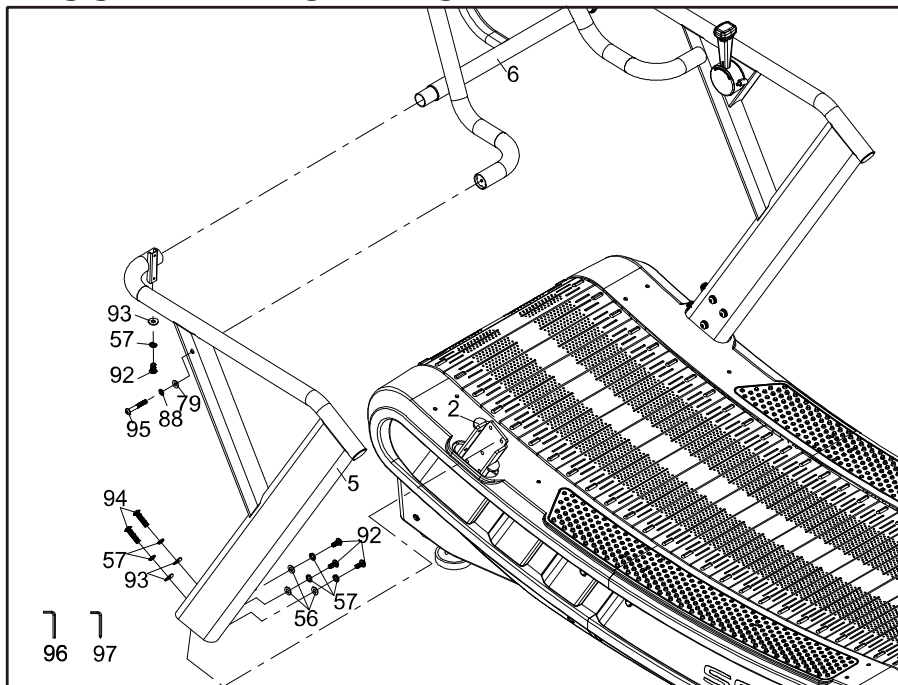


1. Connect the Connecting line (Upper) (48) of the Front armrest console support (6) to the Connecting line (Middle) (49) of the Right Upright (4). Align and assemble the Front armrest console support (6) with the Right Upright (4). Using the L Allen Wrench (96, 97), install the Button Head Socket Bolt (95), Split Washer (88), Flat Washer (79), Button Head Socket Bolt (92), Split Washer (57), and Curved Washer (93) onto the Right Upright (4), but do not tighten them yet.

HARDWARE STEP 2

- #92. 3/8" x 3/4" Button Head Socket Bolt (1 pc)
- #57. Ø10 x 2T Split Washer (1 pc)
- #93. Ø3/8" x 23 x 2.0T_Curved Washer (1 pc)
- #95. 5/16" x 2-1/4" Button Head Socket Bolt (1 pc)
- #88. Ø8 x 1.5T Split Washer (1 pc)
- #79. Ø5/16" x Ø18 x 1.5T_Flat Washer (1 pc)

3 ASSEMBLY STEP 3

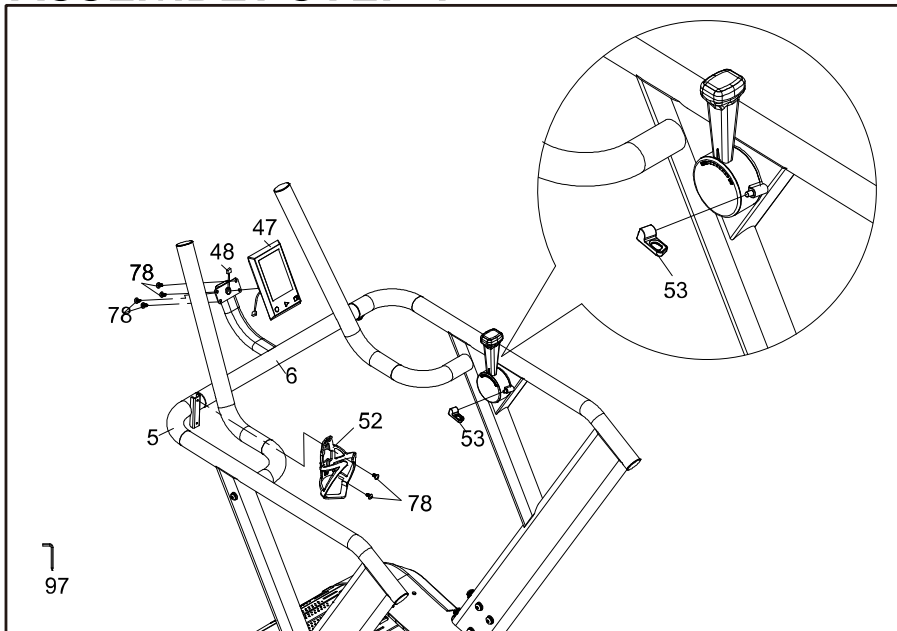


1. Place the Left Upright (5) on the left side of the treadmill. Connect it to the Main Frame Left side (2) and the Front armrest console support (6).
2. Using the L Allen Wrench (96, 97), install the Button Head Socket Bolt (92), Split Washer (57), Flat Washer (56), Button Head Socket Bolt (94), Split Washer (57), Curved Washer (93), Button Head Socket Bolt (95), Split Washer (88), and Flat Washer (79) onto the Left Upright (5) then install the Button Head Socket Bolt (92), Split Washer (57), Curved Washer (93). After completing STEP 1 to STEP 3, tighten all screws securely.

HARDWARE STEP 3

- #92. 3/8" x 3/4" Button Head Socket Bolt (4 pcs)
- #57. Ø10 x 2T Split Washer (6 pcs)
- #56. Ø10 x 20 x 1.5T Flat Washer (3 pcs)
- #94. 3/8" x 1-1/2" Button Head Socket Bolt (2 pcs)
- #93. Ø3/8" x 23 x 2.0T_Curved Washer (3 pcs)
- #79. Ø5/16" x Ø18 x 1.5T_Flat Washer (1 pc)
- #95. 5/16" x 2-1/4" Button Head Socket Bolt (1 pc)
- #88. Ø8 x 1.5T Split Washer (1 pc)

4 ASSEMBLY STEP 4



HARDWARE STEP 4

#78. M5 × P0.8 × 12mm_
Phillips Head Screw
(6 pcs)

1. Install the 4 AA batteries (not included) before connecting wires.
2. Connect the Connecting line (Upper) (48) from the Front armrest console support (6) to the control wire on the Console Assembly (47).
3. Using the Allen Wrench Head Screw Wrench (97) and the Phillips Head Screw (78), attach the Console Assembly (47) to the Front armrest console support (6).
4. Then, use the Allen Wrench Head Screw Wrench (97) and Phillips Head Screw (78) to attach the Drink Bottle Holder (52) to the Left Upright (5). Assembly is now complete.

Note:

The Magnetic buckle Assembly (53) can be used to unlock the gear lock function. Use it as needed depending on your workout requirements.

OPERATION OF YOUR TREADMILL

GETTING FAMILIAR WITH THE CONTROL PANEL

C80 CONSOLE



Button Descriptions

Graphics	Button Description	Button Function Instructions
	Settings	1. In the settings state: switch values; each press increases the value. 2. In query mode: check the maximum (MAX) and average (AVG) of speed/heart
	Start/Pause	1. In settings mode: confirm the current value. 2. In stop state: run the console 3. In working state: pause exercise. 4. Hold press for 3 seconds to return to the IDLE mode.
	Mode	1. In stop state: switch function modes. 2. In pause state: enter query mode and switch the display of heart rate/Speed. 3. In working state: switch the display of various functions.

Display Parameter Descriptions

Display	Description	Range Display Description
TIME	Exercise Time	0:00~99:59 min~sec
DIST	Exercise Distance	0.00~99.99 km (miles)
PULSE	Exercise PULSE	Heart Rate 40~240 bpm
CALO	Exercise Calories	0-9999 kcal

Display	Description	Range Display Description
SPEED	Exercise Speed	0.0~99.9 km (miles)

How to View Total Distance and Total Time

1. In the IDLE mode, press both the "Set" button and the "Mode" button for 3 seconds to enter the ODO display.
2. Displays total distance and total time.
3. Hold press the "Start/Pause" button to reset the data to 0.
4. Press both the "Set" button and the "Mode" button for 3 seconds again to return to the IDLE mode.

System Sleep Instructions

1. The system will enter sleep mode after 1 minute of inactivity and no operations. At this time, the display will turn off.
2. Any operation will wake it up.

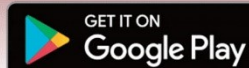
Function and Operation Instructions

Function	Function Description	Operation Instructions
IDLE Mode	Unlimited Exercise Mode	1. Press the "Start/Pause" button to start or pause. 2. During exercise, press buttons to check related exercise data. 3. Press and hold the "Start/Pause" button to end exercise and return.
P-1 Mode	Time Target Exercise Mode	1. Press the "Set" button to set exercise time, range: 5-30 minutes. 2. After setting, press the "Start/Pause" button to start or pause. 3. During exercise, press buttons to check related exercise data. 4. Press and hold the "Start/Pause" button to end exercise and return to the IDLE mode.
P-2 Mode	Distance Target Exercise Mode	1. Press the "Set" button to set exercise distance, range: 1.00-10.00 km (miles). 2. After setting, press the "Start/Pause" button to start or pause. 3. During exercise, press buttons to check related exercise data. 4. Press and hold the "Start/Pause" button to end exercise and return to the IDLE mode.
P-3 Mode	Calorie Target Exercise Mode	1. Press the "Set" button to set target calories, range: 50-500 kcal. 2. After setting, press the "Start/Pause" button to start or pause. 3. During exercise, press buttons to check related exercise data. 4. Press and hold the "Start/Pause" button to end exercise and return to the IDLE mode.
P-4 Mode	Heart Rate Target Exercise Mode, Time Target Can Be Set	1. Press the "Set" button to set exercise time and target heart rate, heart rate range: 100-180. 2. After setting, press the "Start/Pause" button to start or pause. 3. During exercise, press buttons to check related exercise data. 4. Press and hold the "Start/Pause" button to end exercise and return to the IDLE mode.
P-5 Mode	Calorie Target Exercise Mode, Fixed Time	1. Press the 'Settings' button to set the target calories, range: 50-500 kcal. 2. Exercise time is fixed at 15 minutes. 3. After setting, press the 'Start/Pause' button to start or pause. 4. During exercise, you can press buttons to check relevant exercise data. 5. Hold the 'Start/Pause' button to end exercise and return to the IDLE mode.
P-6 Mode	Distance Target Exercise Mode, Time Fixed	1. Press the "Set" button to set the target distance, range: 1.0-10.0 km (miles) 2. Exercise time is fixed at 10 minutes 3. After setting, press the "Start/Pause" button to start or pause 4. During exercise, you can press buttons to check relevant exercise data 5. Press and hold the "Start/Pause" button to end the exercise and return to the IDLE mode

APP and Bluetooth Heart Rate Instructions

1. This product supports Bluetooth heart rate belts. Please wear the heart rate belt correctly.
2. This product supports SOLE+ APP, Kinomap APP, and ZWIFT APP.

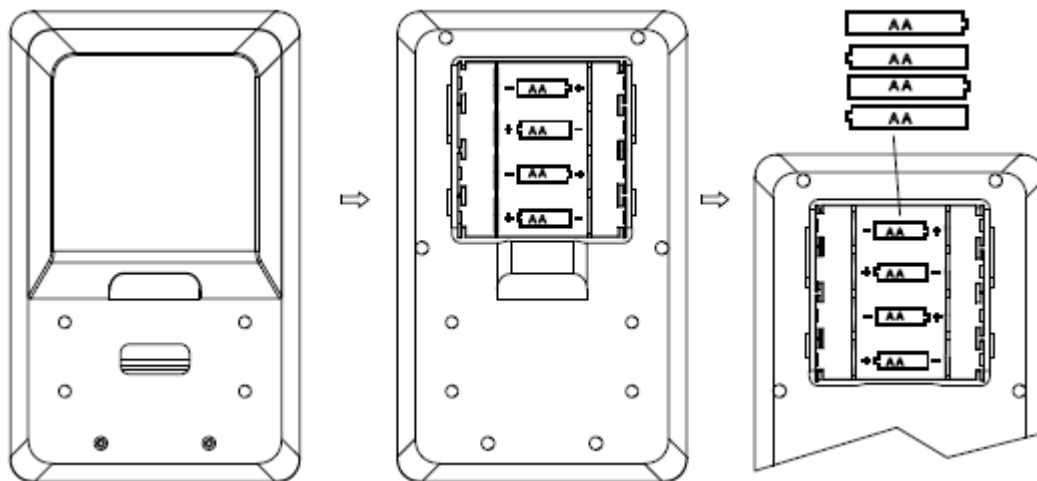
Explore the SOLE+ App



Battery Replacement

1. When the battery icon flashes, it indicates that the battery is about to run out. Please replace the battery in time.
2. Push upward to remove the battery cover.
3. Replace the 4 pcs AA batteries following the direction shown in the illustration.
4. Reinstall the battery cover.

Note: When the product is not used for a long time, the batteries should be removed to prevent battery leakage that could damage the product.



HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

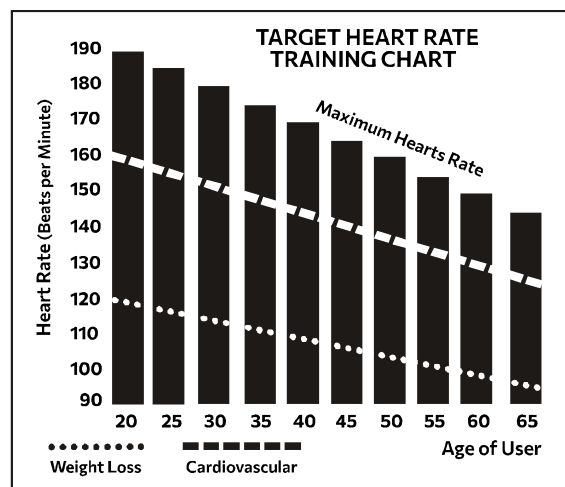
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was 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 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)
 $180 \times 0.6 = 108$ beats per minute
(60% of maximum)
 $180 \times 0.8 = 144$ 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.

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 workout 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

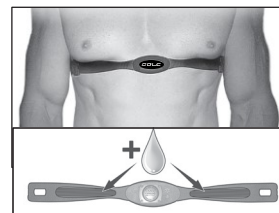
You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. 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 are able to 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)

If you purchase a wireless chest strap transmitter from Sole, here are the instructions on how to wear it:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible while ensuring that the strap is not too tight to remain comfortable.
3. Position the transmitter with the SOLE logo in the middle of your body, facing away from your chest. Some people may have to position the transmitter slightly left of the center of their chest. Attach the end of the elastic strap by inserting the round end. Using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor for measuring minute heartbeat electrical signals. However, you can use plain water to pre-wet the electrodes. The electrodes are the two ribbed oval areas on the reverse side of the belt and both sides of the transmitter. We also recommend wearing the transmitter strap a few minutes before your workout to warm it up. Because of body chemistry, some users have a more difficult time achieving a strong, steady signal initially. Warming up with the transmitter will help decrease this problem. As noted, wearing clothing over the chest strap transmitter will not affect performance.
6. Your workout must be within range to achieve a strong and steady signal. The range length may vary, so stay close enough to the console to maintain strong and reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt where the electrodes will rest.



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

ERRATIC OPERATION

Caution! Do not use this curved manual treadmill for Heart Rate 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 SOLE 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. Loose curved manual treadmill console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

WARNING! - DO NOT USE THE HEART RATE PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE CURVED MANUAL TREADMILL'S DISPLAY!

GENERAL MAINTENANCE

Dirt, dust, and hair can block air inlets and accumulate on the slat belt. Please vacuum your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up, use a soft, damp cloth, or paper towel, wipe the belt bi-weekly. **LOCK THE MACHINE BY USING THE SAFETY MAGNET KEY BEFORE THIS TASK.**

WARNING

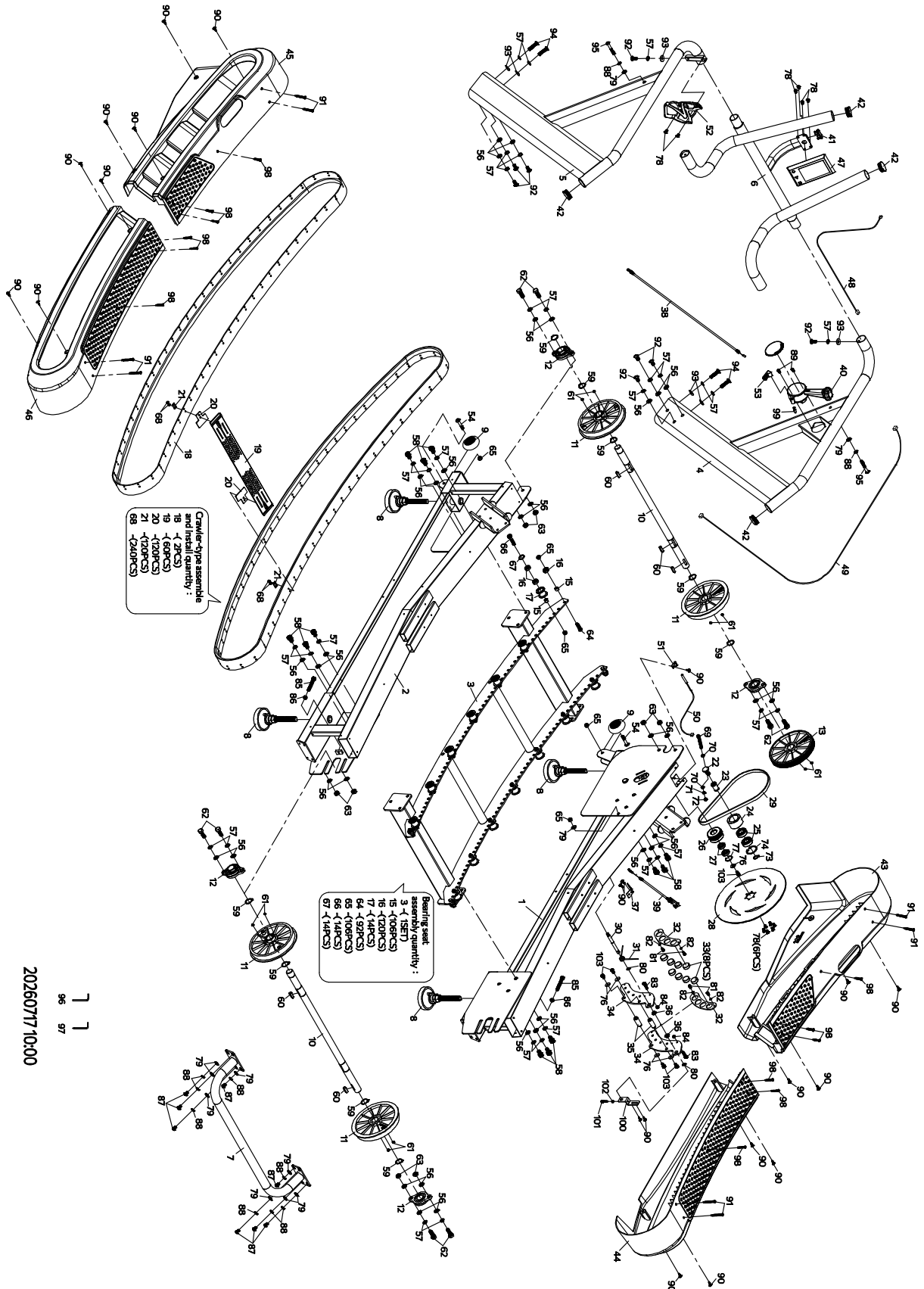
The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

MACHINE CARE SCHEDULE

LOCK THE MACHINE BY USING THE SAFETY MAGNET KEY BEFORE PERFORMING ANY MAINTENANCE.

Item	Weekly	Monthly	Quarterly	Biannually	Annually
Unit Hardware		Inspect			
Console Hardware			Inspect		
Deck				Inspect	
Drive Belt				Inspect	
Under Belt		Clean with Towel or Vacuum			
Levelers	Inspect				
Front / Rear Roller				Inspect	
Sidestep Area	Clean		Inspect		
Belt Tension / Tracking	Inspect				
Frame, Toe Guard, End Caps		Visual / Inspect			
Handlebar / Handrails	Clean			Inspect	
Console Overlay	Clean			Inspect	
Beverage Holder	Clean				Inspect
Magnetic Safety Key	Clean			Inspect	

EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part Description	Q'ty
1	Main frame right side	1
2	Main frame Left side	1
3	Bearing Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Front armrest console support	1
7	Handle	1
8	Foot Pad	4
9	Transportation Wheel	2
10	Crank Arbor	2
11	Track disc	4
12	seat Bearing	4
13	PJ turntable	1
15	Sleeve	106
16	Bearing	120
17	Limit Wheel	14
18	Crawler-type	2
19	Pedal	60
20	Foam pad	120
21	Fixed washer	120
22	Idler Adjustment Carriage Bolt	1
23	Idler Axle	1
24	Bushing	1
25	6203_Bearing	2
26	Flywheel Pulley	1
27	6001_Bearing	2
28	Aluminum tray	1
29	Drive Belt	1
30	Arbor	1
31	Spring	1
32	Magnetic resistance holder	2
33	Braking Magnet	8
34	Outer Magnetic resistance holder	2
35	Magnet support shaft	2
36	powder bushing	2
37	Steel Cable holder	1
38	790mm_Steel Cable	1
39	185mm_Steel Cable	1
40	Gear Shift Assembly	1
41	Oval End Cap	1
42	38_Round Cap	4
43	Front Chain Cover (R)	1
44	Rear Chain Cover (R)	1

Key	Part Description	Q'ty
45	Front Chain Cover (L)	1
46	Rear Chain Cover (L)	1
47	Console Assembly	1
48	650mm_Speed Sensor w/wire (Upper)	1
49	1950mm_Speed Sensor w/wire (Middle)	1
50	250mm_Speed Sensor w/wire (Lower)	1
51	Speed Sensor Bracket	1
52	Drink Bottle Holder	1
53	Magnetic buckle Assembly	1
54	M8 x 45mm_Button Head Socket Bolt	2
56	Ø10 x 20 x 1.5T_Flat Washer	34
57	Ø10 x 2T_Split Washer	32
58	M10 x 16mm_Socket Head Cap Bolt	12
59	Ø25 x 1.2mm_Circlip	9
60	7 x 7 x 25mm_Woodruff Key	5
61	M6 x 6mm_Slotted Set Screws	10
62	M10 x P1.5 x 30mm_Hex Head Bolt	8
63	M10 x 9mm_Nut	8
64	M8 x 30mm_Hex Head Bolt	92
65	M8 x 7T_Nylon Nut	109
66	M8 x 1.25 x 40mm_Socket Head Cap Bolt	14
67	Ø22_Wire Clamp	14
68	M5 x 5T_Nylon Nut	240
69	1/4" x UNC20 x 3" _Hex Head Bolt	1
70	Ø1/4"x Ø13 x 1.0T_Flat Washer	2
71	Ø1/4" _Split Washer	1
72	1/4" x 5.5T_Nylon Nut	1
73	Ø17 x 1t_Circlip	1
74	Ø40_Wire Clamp	1
76	Ø6 x Ø18 x 1T_Flat Washer	5
77	Ø28_Wire Clamp	1
78	M5 x P0.8 x 12mm_Phillips Head Screw	12
79	Ø5/16" x Ø18 x 1.5T_Flat Washer	11
80	Ø10mmFixed button	2
81	M5 x 10mm_Socket Head Cap Bolt	4
82	Ø5.5 x 12 x 1mm_Flat Washer	4
83	M6 x 25mm_Socket Head Cap Bolt	2
84	M6 x 6T_Nylon Nut	2
85	M8 x 60mm_Socket Head Cap Bolt	2
86	M8 x 6T_Nut	2
87	M8 x 12mm_Button Head Socket Bolt	8
88	Ø8 x 1.5T_Split Washer	10
89	M5 x 10mm_Phillips Head Screw	2
90	Ø5 x 16mm_Tapping Screw	21
91	5 x 45mm_Tapping Screw	8

Key	Part Description	Q'ty
92	3/8" × 3/4" _Button Head Socket Bolt	8
93	Ø3/8" × 23 × 2.0T_Curved Washer	6
94	3/8" × 1-1/2" _Button Head Socket Bolt	4
95	5/16" × 2-1/4" _Button Head Socket Bolt	2
96	L Allen Wrench	1
97	M5 _Allen Wrench Head Screw Wrench	1
98	Ø5 × 30mm _Tapping Screw	12
99	limiting column	1
100	Adjusting Plate	1
101	M5 × 15mm _Socket Head Cap Bolt	1
102	M5 × 4T _Nut	1
103	M6 x 12mm _Hex flange bolts	5

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 a period of 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 (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time 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 MVO₂ 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 which 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, so 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, the rate at which your heart beats 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 off, 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

Pulse Count

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.

Consult your physician before participating in any exercise program.

Recovery post-training

Repeat pre-training during recovery, reducing intensity for roughly 5 minutes. Use these exercises to regulate your body heat and relax your muscles, avoid vigorous stretching to prevent injury.

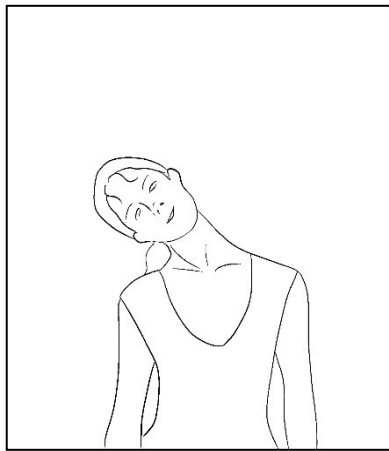
Gradually increase duration and intensity as you adapt to your new routine, aiming for at least 3 sessions weekly. Record your progress if possible.

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.

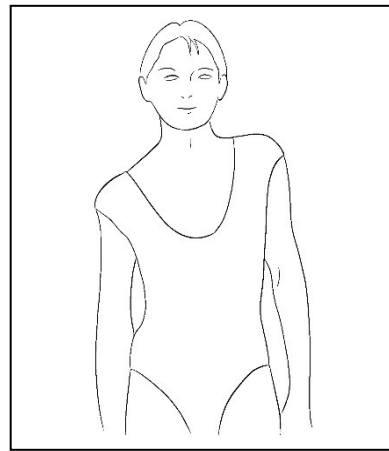
HEAD ROLLS

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.



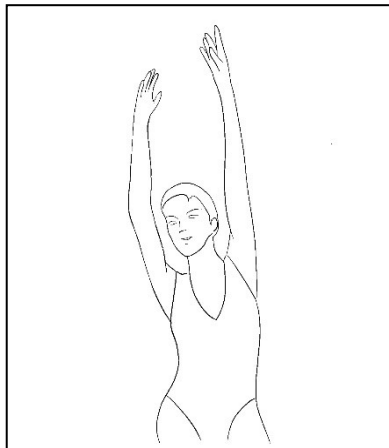
SHOULDER LIFTS

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



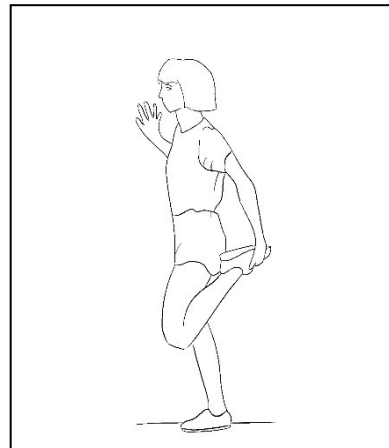
SIDE STRETCHES

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 and left arm.



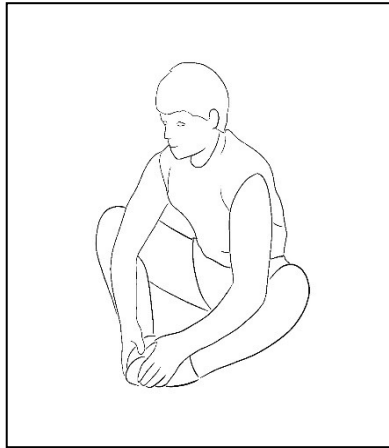
QUADRICEPS STRETCH

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.



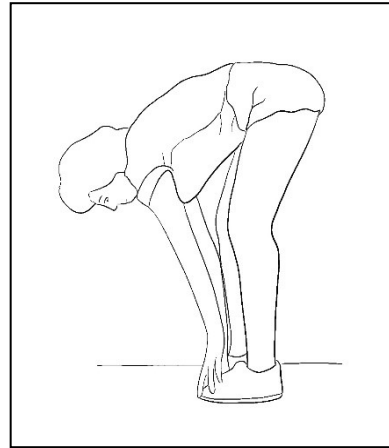
INNER THIGH STRETCH

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.



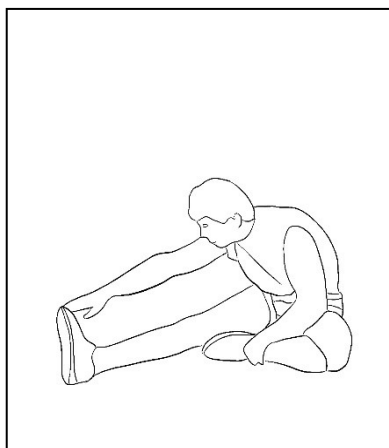
TOE TOUCHES

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.



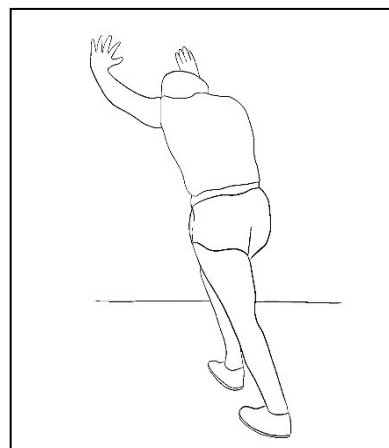
HAMSTRING STRETCHES

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 the left leg extended.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep 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

TREADMILL WARRANTY

Dyaco Canada Inc. warrants all its Sole treadmills' parts, for a period of time listed below, from the date of retail sale, as determined by 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:

Frame	Lifetime
Parts	3 Years
Belt	1 Year
Labour	1 Year
Cosmetic Items *	90 Days

*Cosmetic items including, but not limited to the following: grips, console overlays, and labels/decals

NORMAL RESPONSIBILITIES OF THE CONSUMER

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 and complete the online warranty registration.
2. Proper use of the treadmill in accordance with the instructions provided in this manual, including belt tracking.
3. Proper installation in accordance with instructions provided with the treadmill.
4. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
5. Damages to the treadmill finish during shipping, installation or following installation.
6. 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 treadmills not requiring component replacement, or treadmills 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 IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use 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 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, in 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 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.

The Dyaco logo consists of the word "dyaco" in a white, lowercase, sans-serif font, centered within a solid blue square.

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

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For more information, please contact Dyaco Canada Inc.

T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca

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