SOLE FITNESS

OWNER'S MANUAL
Model: 16008300800
F80 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.*

TABLE OF CONTENTS

Product Registration 1

Important Safety Instructions 2

Important Electrical Information 3

Important Operation Instructions 4

Assembly instructions 8

Folding Instructions 12

Transport Instructions 12

Operation of Your New Treadmill 13

Bluetooth® Connectivity 20

Charging Function 21

General Maintenance 25

Service Checklist - Diagnosis Guide 28

Exploded View Diagram 30

Parts List 31

Manufacturer's Limited Warranty 34

SOLE

FITNESS

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

Thank you for your purchase of this quality treadmill from Dyaco Canada Inc. Your new 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 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.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this exercise equipment.
DANGER - To reduce the risk of electric shock disconnect your SOLE treadmill from the electrical outlet prior to cleaning and/or service work.
WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 110-volt~60-Hertz, 15-amp grounded outlet with only the treadmill 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 ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.

A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions, page 3.

- Do not operate the treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children under the age of 13 away from this machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill 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, remove the tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use the 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 treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- This exercise 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 the use of the exercise equipment by a person responsible for their safety.

Remove the tether cord after use to prevent unauthorized treadmill

operation. SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting the AC power.

If voltage varies by ten percent (10%) or more, the performance of your treadmill 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 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).

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during exercise because of the high inrush currents of the treadmill drive electronics and motor. This is an issue that affects all treadmill brands.

New laws in your area may require these breakers. If you do have these breakers and outlets in your home, and are experiencing nuisance tripping, you should check if there are any other devices plugged into the same circuit. Some examples of devices that may also cause tripping are fluorescent lights with electronic ballasts, coffee makers, space heaters and hair drier. Optimally the treadmill should be the only device plugged into the circuit.

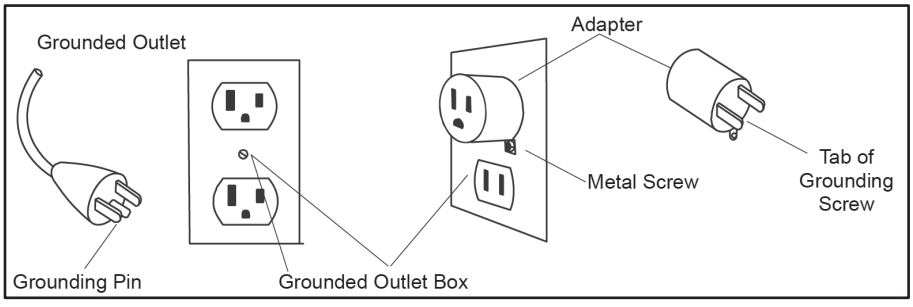
Our treadmills have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart Lock Pro) and Schneider Electric (Canadian Home Series). These breakers do not trip in our testing, when connected to our treadmills, as long as no other devices are plugged into the same circuit.

GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill should malfunction or break down, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-volt circuit and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green-coloured rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components. Unplug the treadmill during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your 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 treadmill while the belt is moving. **SOLE** treadmills start at a very low speed, and it is unnecessary to straddle the belt during start-up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
- Do not use excessive pressure on the 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.

IMPORTANT SAFETY INSTRUCTIONS

A safety tether cord is provided with this unit and should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the safety key into position on the console control head. Your treadmill will not start and operate without this. Removing the safety key also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power. ***Note:*** *The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two-step coast anytime the safety key is pulled off the console. Use the red* ***Stop*** *switch in normal operation.*
3. If the console displays "Safety key removed, machine stopped, click Replace the key to Operate", put the Safety key back to continue using the treadmill.

IMPORTANT SAFETY INSTRUCTIONS

READ BEFORE UNPACKING YOUR FOLDING TREADMILL

Serious injury could occur if this folding treadmill is not unpacked properly.

A deck restraint shipping strap is installed around the treadmill base, preventing the treadmill from folding up accidentally during shipping. If the restraint strap is improperly removed, the treadmill could fold up unexpectedly and cause injury if someone is standing near the treadmill.

To ensure your personal safety during the removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not tilt the treadmill up on its side while removing the shipping strap: this could cause the treadmill's folding mechanism to spring open. To remove the strap, pull up on the strap and cut it with a pair of scissors.

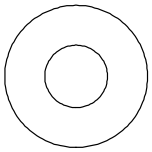
There is a safety pin locked on the treadmill base that prevents the treadmill from unfolding accidentally during shipping. This safety pin has to be removed before powering on or using the incline function to avoid any damage to the machine. When removing the safety pin, pull it away from the treadmill base completely.

PREVENTATIVE MAINTENANCE CHART

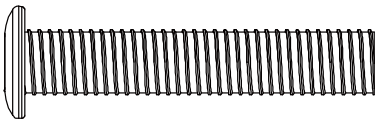
Vacuum Under Motor Cover & Check Wiring (Every Other	Clean & Inspect Deck for Lubrication (Every Other	Lubricate Deck (Every 90 hours or sooner if dry)	Inspect Belt Tracking (Monthly) Adjust if necessary	Date

F80 ASSEMBLY PACK CHECKLIST

3 HARDWARE STEP 3

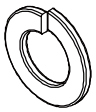


#106. Ø 3/8" ×Ø 19 × 1.5T_
Flat Washer (8 pcs)

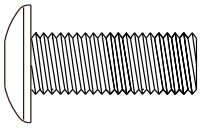


#86. 3/8" × UNC16 × 2"_
Flat Head Socket Bolt (8 pcs)

4 HARDWARE STEP 4

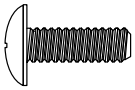


#113. Ø10 × 1.5T_
Split Washer (4



#139. 3/8" × 1/2"_
Button Head Socket Bolt (4 pcs)

5 HARDWARE STEP 5



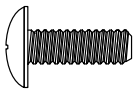
#127. M5 × 15m/m_
Phillips Head Screw (4 pcs)

6 HARDWARE STEP 6



#175. 3.5 × 16m/m_
Sheet Metal Screw (4 pcs)

7 HARDWARE STEP 7

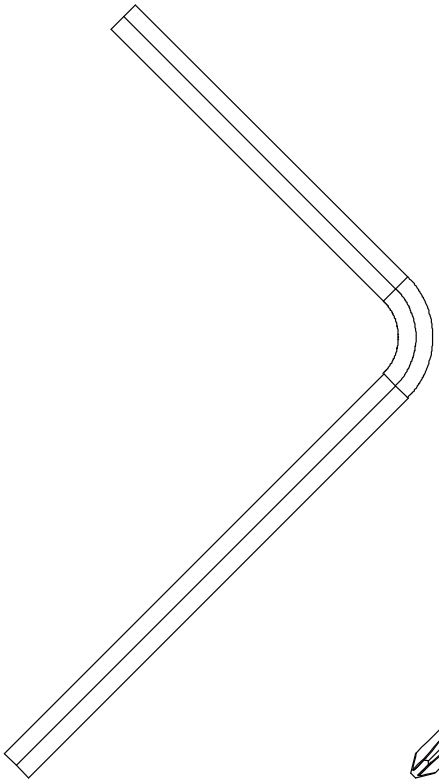


#127. M5 × 15m/m_
Phillips Head Screw (4 pcs)

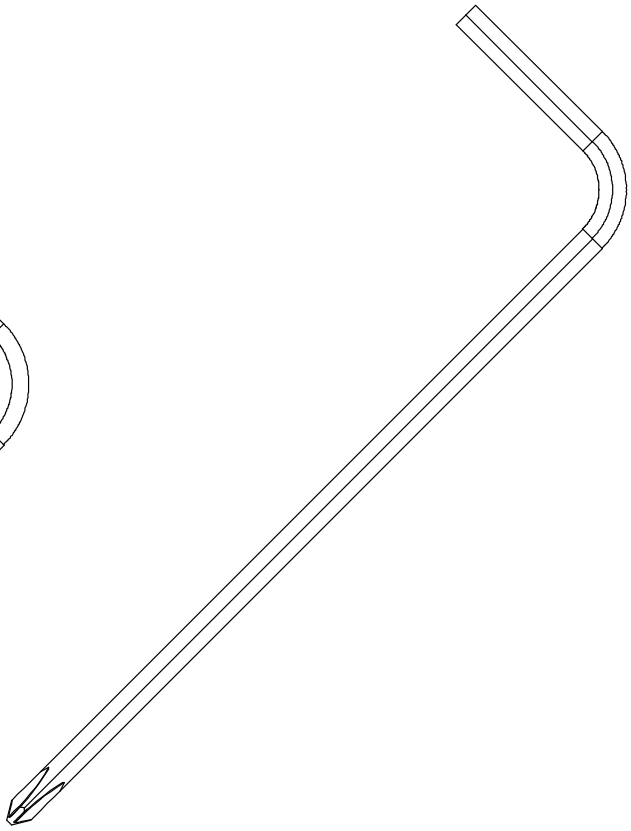


#74. M5 × 25m/m_
Phillips Head Screw (2 pcs)

ASSEMBLY TOOLS



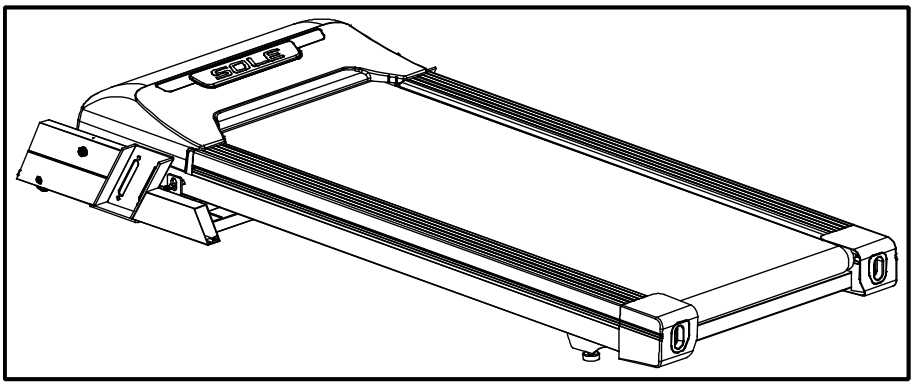
#132. M6_L Allen
Wrench



#131. Allen Wrench Head Screw
Wrench

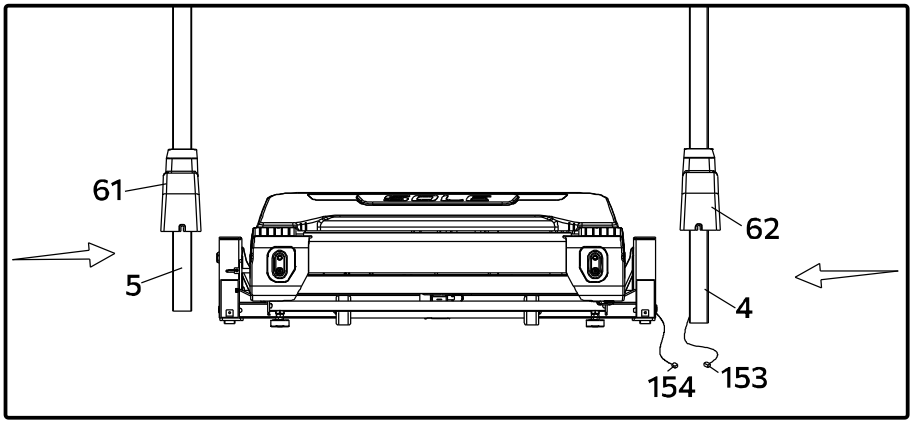
F80 ASSEMBLY INSTRUCTIONS

1 ASSEMBLY STEP 1



1. Remove the treadmill from the carton and position it aside on a smooth, levelled floor. The rear should be at least 3' from any wall. You must remove the plastic wrap and Styrofoam from beneath the unit before removing the Velcro belt. **Tilting the unit sideways after removing the belt may cause the unit to fold and bounce upwards. This can cause serious injury.**

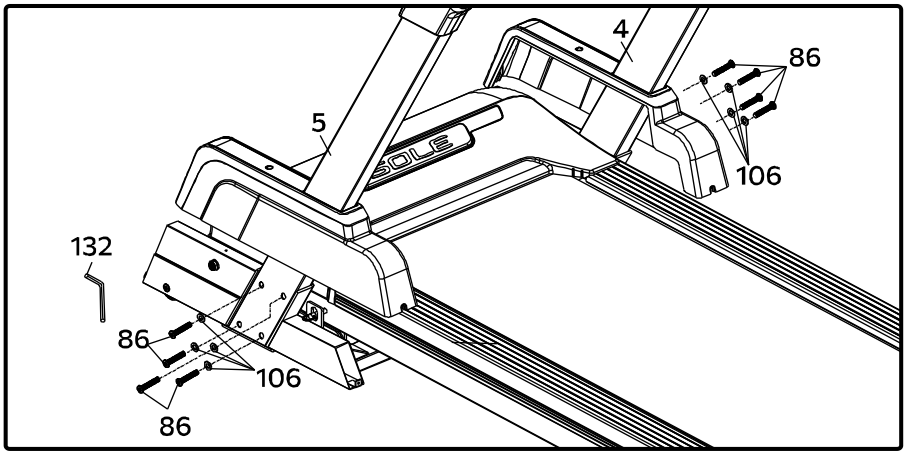
2 ASSEMBLY STEP 2



1. Insert Left Upright (**5**) through Frame Base Cover (**L**) (**61**) and insert Right Upright (**4**) through Frame Base Cover (**R**) (**62**) and connect 6P Computer Cable (Middle) (**153**) with 6P Computer Cable (Lower) (**154**).

Before attaching the hardware in Step 3, make sure the cables you just connected don't get pinched in between the steel tubing. If they do, this may cause issues that prevent the treadmill from operating properly.

3 ASSEMBLY STEP 3

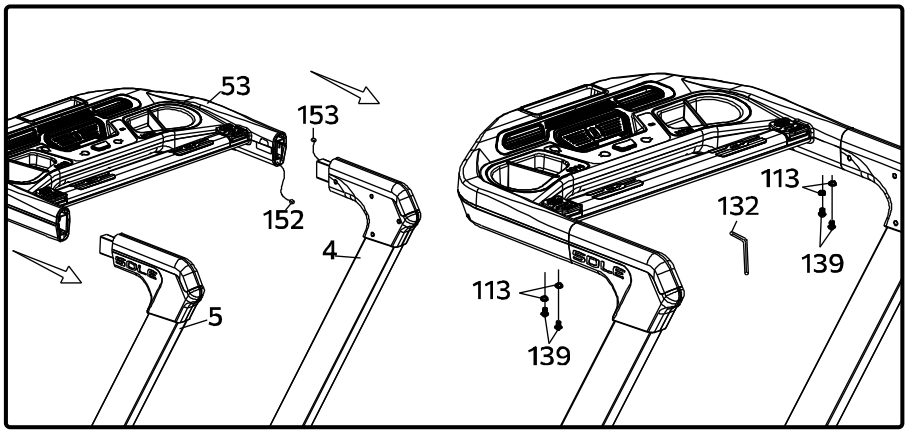


HARDWARE STEP 3

#106. Ø 3/8" ×Ø 19 × 1.5T_Flat Washer (8 pcs)
#86. 3/8" × UNC16 × 2"_Flat Head Socket Bolt (8 pcs)

1. Insert the Right and Left Uprights (**4**) and (**5**) into Frame Base (**2**) and then use Allen Wrench (**132**) to tighten 8 pcs of Flat Head Socket Bolt (**86**) and 8 pcs of Flat Washer (**106**). **Do not tighten the bolts completely until Step 5 is finished.**

4 ASSEMBLY STEP 4



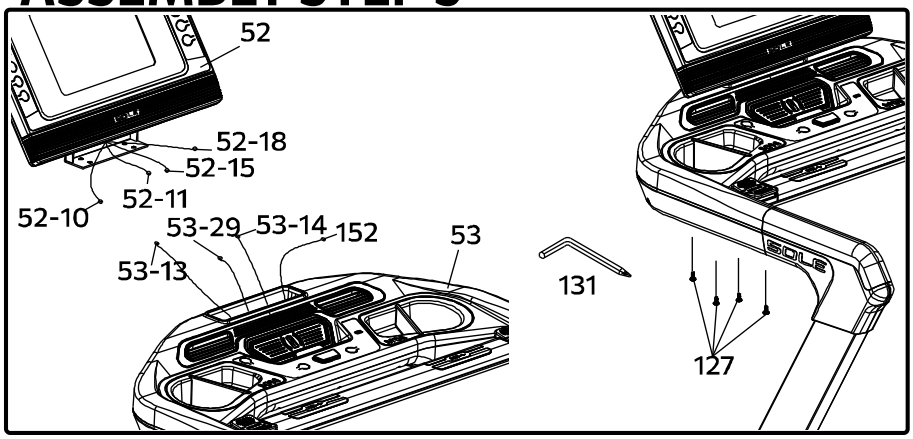
HARDWARE STEP 4

#113. Ø10 × 1.5T_ Split Washer (4 pcs)
#139. 3/8" × 1/2"_ Button Head Socket Bolt (4 pcs)

1. Connect 6P Computer Cable (Middle) (**153**) with 6P Computer Cable (Upper) (**152**) then insert Console Assembly (Bottom) (**53**) into the Right and Left Uprights (**4** and **5**) and use M6_L Allen Wrench (**132**) to tighten 4 pcs of Button Head Socket Bolt (**139**) and 4 pcs of Split Washer (**113**).

Before attaching the hardware in Step 5, make sure the cables you just connected don't get pinched in between the steel tubing. If they do, this may cause issues that prevent the treadmill from operating properly.

5 ASSEMBLY STEP 5

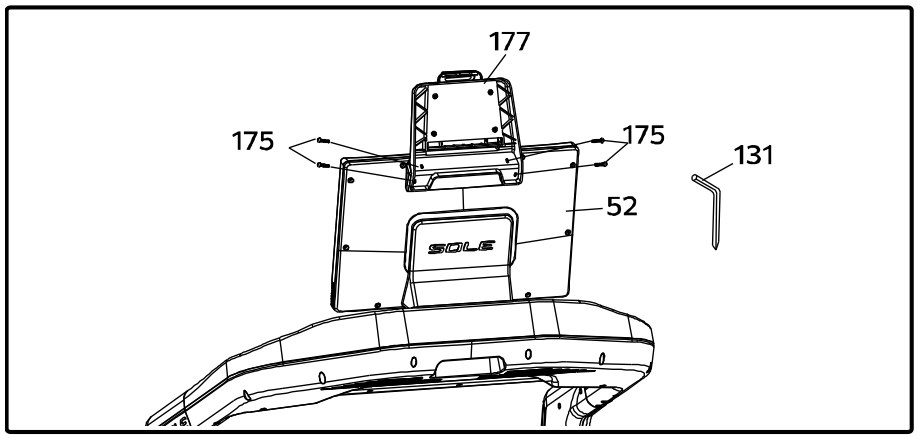


HARDWARE STEP 5

#127. M5 × 15m/m_ Phillips Head Screw (4 pcs)

1. Connect 9P Computer Cable (Upper) (**52-10**) with 9P Computer Cable (Lower) (**53-13**) and connect 4P Computer Cable (Upper) (**52-11**) with 4P Computer Cable (Lower) (**53-29**), and connect 7P Computer Cable (Upper) (**52-15**) with 7P Computer Cable (Lower) (**53-14**), and connect 6P Computer Cable (**52-18**) with 6P Computer Cable (Upper) (**152**).
2. Place Console Assembly (Top) (**52**) to Console Assembly (Bottom) (**53**) and use M5_Allen Wrench Head Screw Wrench (**131**) to tighten 4 pcs of Phillips Head Screw (**127**).
   NOTE: Please Tighten All Screws After All Components Assembly is complete.

6 ASSEMBLY STEP 6

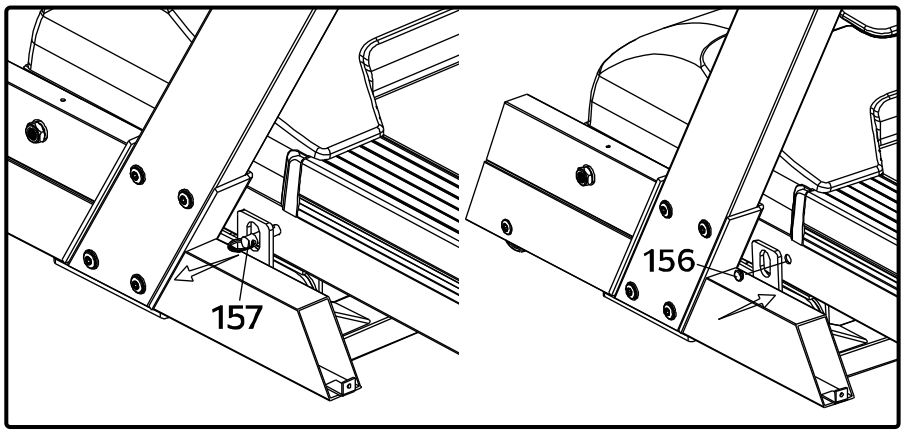


HARDWARE STEP 6

#175. 3.5 × 16m/m_ Sheet Metal Screw (4 pcs)

1. Place Tablet Holder (**177**) on Console Assembly (Top) (**52**) and use M5_Allen Wrench Head Screw Wrench (**131**) to tighten 4 pcs of Sheet Metal Screw (**175**).

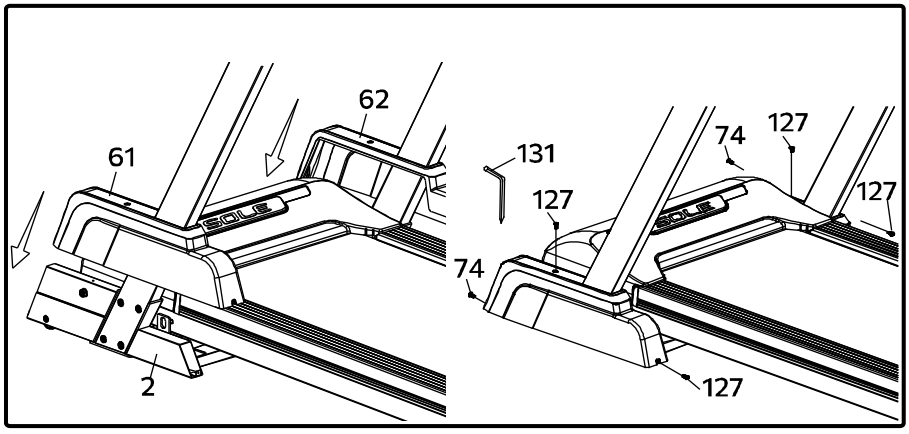
7 ASSEMBLY STEP 7



HARDWARE STEP 7

#74. M5 × 25m/m_ Phillips Head Screw (2 pcs)
#127. M5 × 15m/m_ Phillips Head Screw (4 pcs)

NOTE: After the above, please pull the locking pin (**157**) out and insert the End Cap (**156**) into the hole.

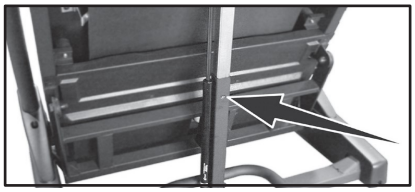


1. Install Frame Base Cover left (**61**) and right (**62**) in Frame Base (**2**) and use M5_Allen Wrench Head Screw Wrench (**131**) to tighten 4 pcs of Phillips Head Screw (**127**) and 2 pcs of Phillips Head Screw (**74**) into Frame Base (**2**).

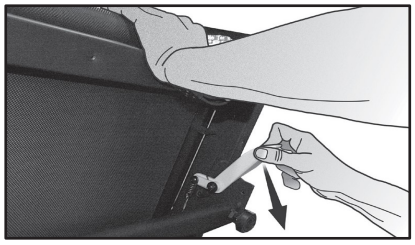
FOLDING INSTRUCTIONS

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

- **TO FOLD THE TREADMILL**
  Make certain that the treadmill is at minimum incline. Lift the treadmill's running deck until it is secured by the locking telescoping tube assembly in the center back of the base.



- **TO UNFOLD THE TREADMILL**
  Apply slight forward pressure* on the treadmill running deck with one hand. Pull down the unlocking lever and slowly lower the running deck to the floor. The deck will descend unassisted when it reaches about waist high.
  - *At the rear roller area to relieve pressure on the locking system.



TRANSPORTATION INSTRUCTIONS

The treadmill is equipped with transport wheels that are engaged when the treadmill is folded.
After folding, simply roll the treadmill away.

OPERATION OF YOUR TREADMILL

GETTING FAMILIAR WITH THE CONTROL PANEL

F80 CONSOLE



GETTING STARTED

F80 CONSOLES

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the **Safety Key** is installed, as the treadmill will not power on without it.

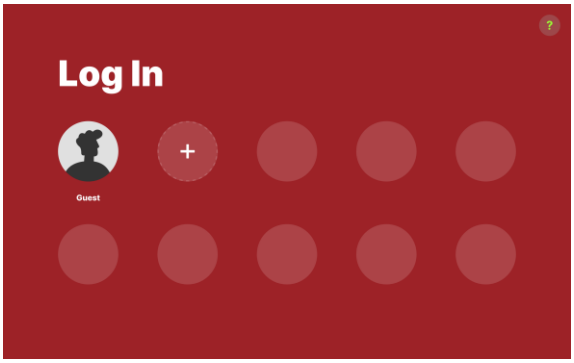


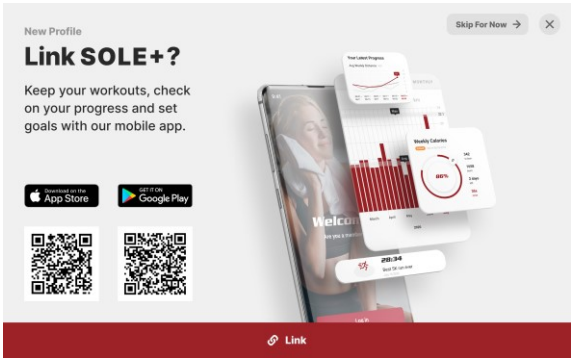
TOUCHSCREEN OPERATION

Use the touchscreen console to select from a variety of preset workout programs and fitness tests, and to enjoy the media content of your choice while on the go.

Getting Started

Launched for the first time, the console will prompt you to either enter as a guest or create a new profile. It is recommended to set up your own profile: it allows your machine to remember your physical parameters, favourite programs and templates; you will have your own custom program with an adjustable intensity pattern, and your workout records can be synchronized with the SOLE+ mobile app. Tap + to create a new profile. A maximum of 9 profiles can be created. Each profile can be protected with a passcode.



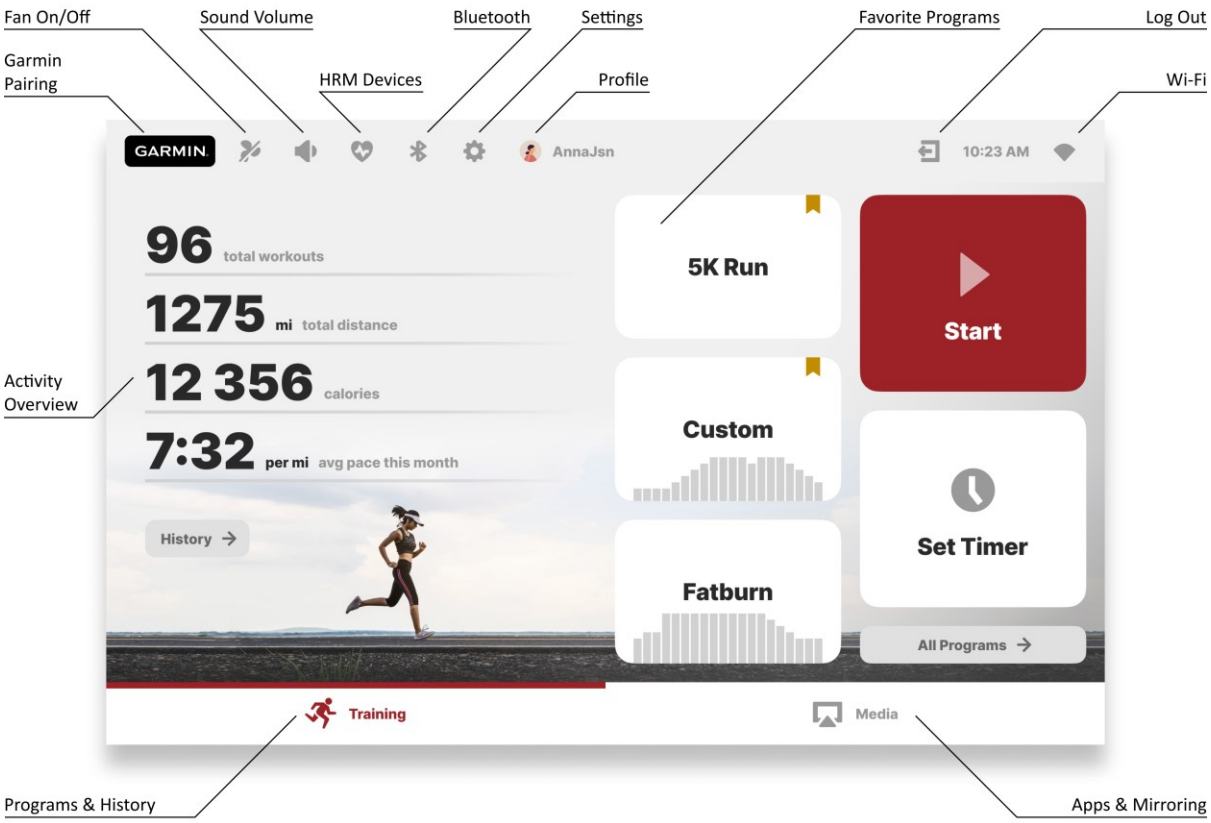


To link a SOLE+ account, scan the QR code on the console screen to download the mobile app first. Once the app is installed and the registration is complete, press “Link” on the bottom of the console screen, then open the QR code scanning camera in your SOLE+ app, and scan the QR code once again to link your local profile with the SOLE+ account. Please keep in mind that your console profile cannot be linked to multiple SOLE+ accounts at the same time. If you skip this step, you can access it again later in Profile settings.

Home Screen

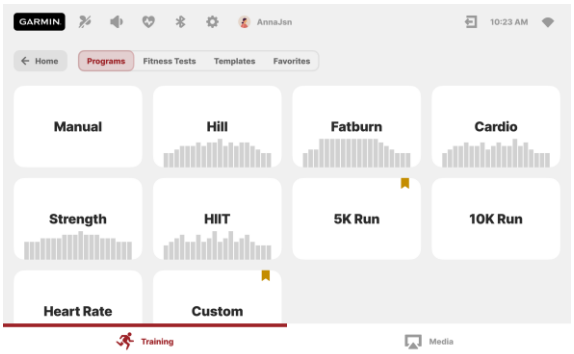
The main screen of the Training section displays an overview of your activity and offers shortcuts to the most frequently used training modes: an immediate Start, a manually controlled timed workout (“Timer”), and up to 3 programs that you have marked as your favourites are arranged on this page for your quick access.

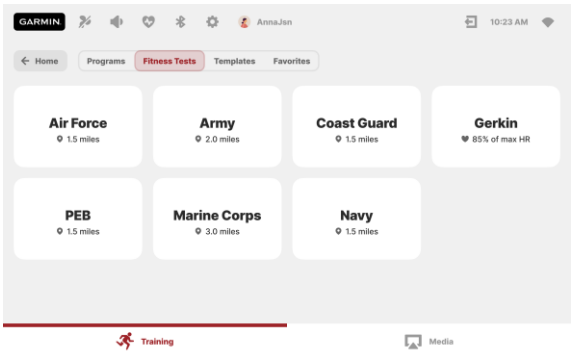
If in the Guest mode, you can set your age and weight here; it will help the machine calculate your workout summary more accurately.



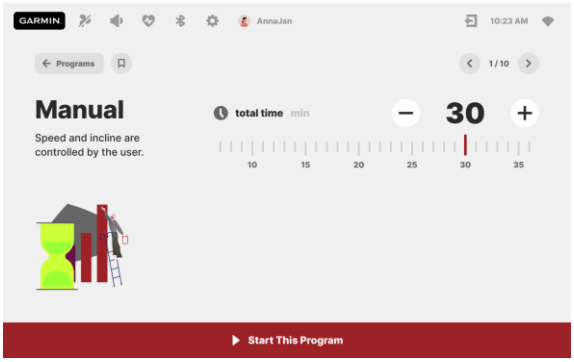
Workout Programs

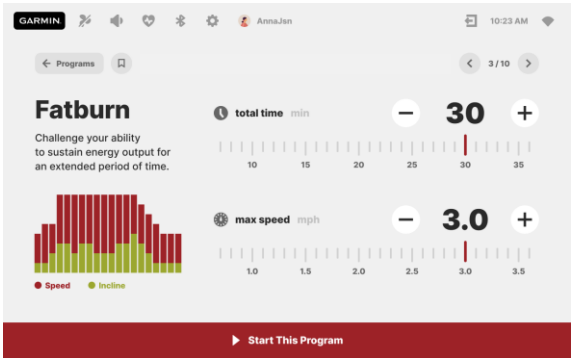
To access all available categories of programs, press “All Programs” on the Home screen. Once inside, switch between categories using the tabs on the top of the screen: Programs, Fitness Tests, Templates and Favorites.





Tap on any of the program cards to open a Program Setup page, where you can learn more about the program, set properties of your workout, or keep browsing by pressing on the arrow buttons in the upper top right corner of the screen. To adjust workout parameters, you can drag the ruler, tap on the + and – buttons, or tap on the number to open a numpad and input the value directly.



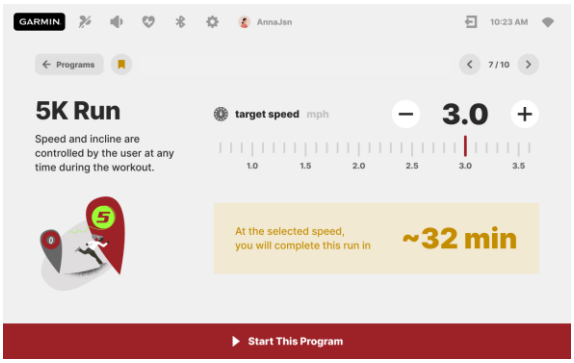


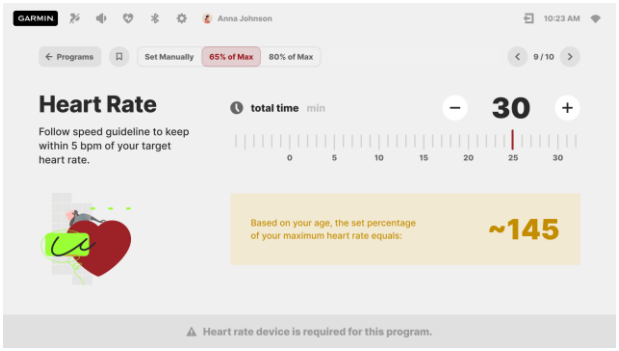
Manual (Timer) program is a timed workout with speed and incline controlled manually at any time during the run.

Hill, Fatburn, Cardio, Strength and **HIIT** follow preset speed and incline changing patterns. The Total Time and Max Speed settings define the duration and overall intensity of your workout.

The speed and incline levels for each segment of the programs are shown in the chart below. Speed values represent a percentage of the max speed that was set before the start. For instance, if the max speed was set to 10.0 mph, and the value in the chart indicates 20, it means that this segment's speed will be 2.0 mph. If the value in the chart indicates 100, this segment's speed will be equal to the max speed you have set before the workout. Incline values are absolute.

Program		Warm-up			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Cool Down		
Hill	Speed	20	30	40	50	50	63	75	75	75	88	75	88	88	100	75	88	75	88	88	75	63	50	50	40	30	20
	Incline	0	0	0	0	0	1	2	3	4	3	4	4	5	3	4	3	4	5	3	1	1	0	0	0	0	0
Fatburn	Speed	20	30	40	50	50	63	63	100	100	100	100	100	100	100	100	100	100	100	88	75	63	50	50	40	30	20
	Incline	0	0	0	0	0	1	2	4	5	3	4	4	3	2	3	4	5	6	4	2	1	0	0	0	0	0
Cardio	Speed	20	30	40	50	50	63	75	75	88	75	75	88	63	75	88	75	75	100	75	88	63	50	50	40	30	20
	Incline	0	0	0	0	0	1	2	3	2	2	3	1	2	3	2	2	4	2	3	1	1	0	0	0	0	0
Strength	Speed	20	30	40	63	63	63	75	75	75	75	88	88	88	100	88	88	88	75	75	75	63	63	63	40	30	20
	Incline	0	0	0	0	0	1	2	4	6	8	7	6	5	4	3	4	5	7	5	3	1	0	0	0	0	0
HIIT	Speed	20	30	40	50	50	63	75	88	63	63	88	63	75	100	63	75	100	63	75	88	63	50	50	40	30	20
	Incline	0	0	0	0	0	1	2	3	5	2	3	6	2	3	7	2	3	8	2	3	3	0	0	0	0	0





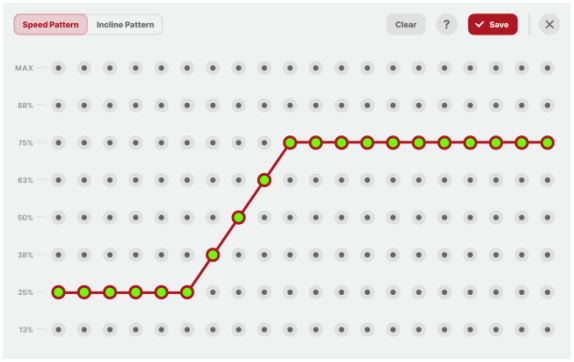
5K Run, 10K Run programs automatically set a target distance for your workout (5 km and 10 km, respectively). On the program setup page, the console will show the estimated total time for this run based on the selected target speed. The program ends when the target distance is reached.

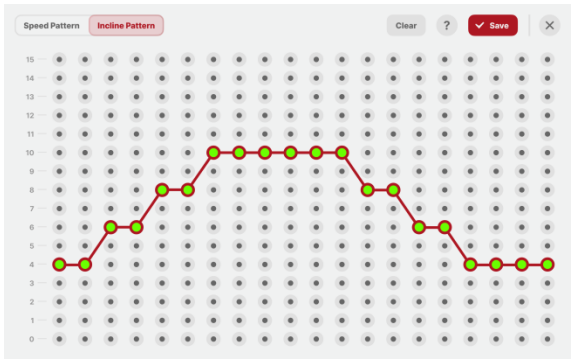
The **heart rate** program uses an incline to control your heart rate. The incline gradually increases until you reach your target heart rate, then adjusts automatically to keep you within 5 bpm of your goal. A heart rate monitor is required for this program.

On the program setup page, you can either set the target bpm directly or select 60% or 80% of your age-predicted maximum heart rate, allowing the machine to calculate your target automatically. Choosing the second option, make sure you have let the machine know how old you are, otherwise, the calculations will be based on the default values. The program is finished when the time is up, or if your heart rate is 20% higher than the target.

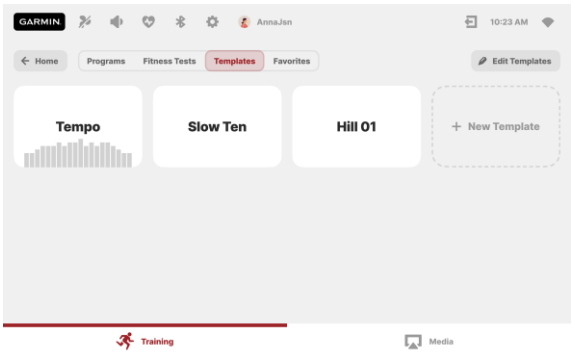
Custom is a program with fully customizable speed and incline patterns. On the program setup page, press “Add Pattern” to enter edit mode. Connect dots to map your load throughout the program, from easiest on the bottom to hardest on the top. Each segment’s duration depends on the selected total time — you can set it right before starting.

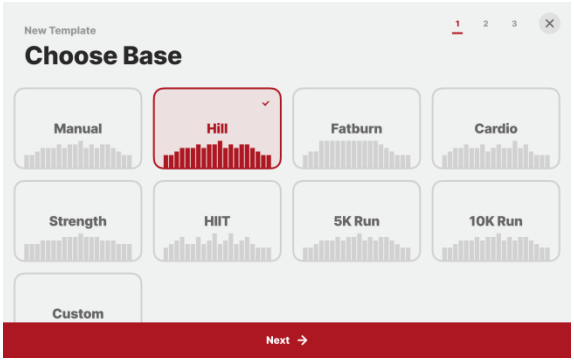
Speed values are relative, and the maximum can be changed before each workout; all the segments will be adjusted proportionally. Incline values are absolute and vary from 0 to the incline pattern is optional.





Templates are preset programs with a preserved set of parameters. Programs can be saved as templates upon completion, or you can create one from scratch in the Templates tab: tap on the "New Template" button, choose your base program, then save it with adjusted properties. A maximum of 12 template programs can be stored. To remove the unwanted templates, press "Edit Templates" in the Templates tab.





A program can be labelled as a **Favourite**. Up to 3 favourite programs will appear right on the Home screen, so you can access them more easily. To "like" a program, open the program setup page and tap on the "ribbon" icon in the upper left corner of the screen. You can find all of the labelled programs under the Favourites tab: to remove the label, press "Edit Favourites", or go to the program setup page directly and un-tap the "ribbon" icon.

Once you have decided on the program, press the "Start This Program" button on the screen, or the physical "START" key on the machine to begin your workout.

Fitness Tests

Choose from 7 options under the Fitness Tests tab. Tap on the test card to open the test setup page. Please make sure that the physical parameters displayed on this page are correct: this data may affect the course of the test and its results; if the data is not accurate, press "Edit Parameters" to adjust the numbers.

Before the test,

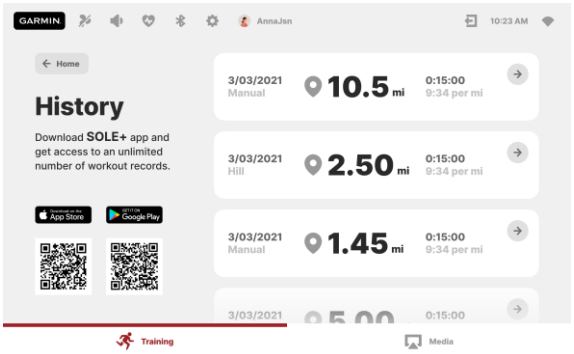
- make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or have any pre-existing health conditions;
- make sure you have warmed up and stretched before taking the test;
- do not take in caffeine before the test.

Gerkin Protocol is a sub-maximal VO2 (volume of oxygen) test, that increases speed and incline alternately until you reach 85% of your max heart rate (a heart rate monitor is required for this test). The time it takes for you to reach 85% determines the test score (VO2 Max). The test starts with a 3-minute warm-up at a lower speed.

Air Force, Army, Navy, Coast Guard, PEB and **Marine Corps** are US military tests that measure the time required for you to cover a certain distance. The speed is controlled manually.

History

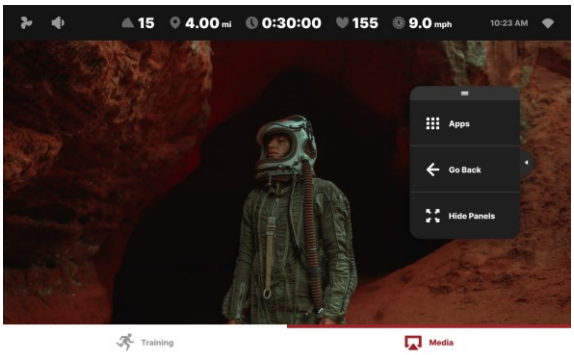
To see your latest workout records, press “History” on the main screen of the Training section. Up to 10 records can be stored locally on the console, but you can access your full workout history if you link your profile to the SOLE+ mobile app. Tap on the record preview to see the full summary. Each user can only see his or her workouts.

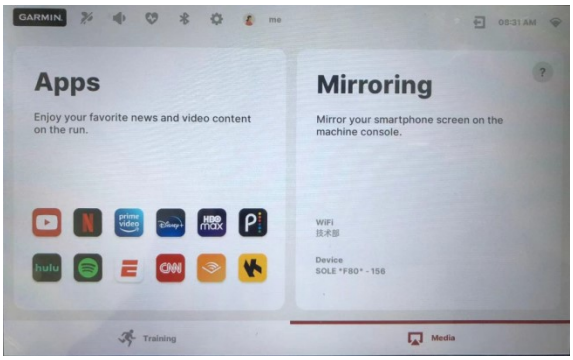




Media

Tap on the right tab of the bottom panel to access the Media section. Choose from a variety of pre-installed third-party **Apps**, or use the **Mirroring** function to cast the content from your smartphone directly to the console screen. For detailed instructions, press the ? icon.





Once the content is on, use the floating panel for navigation and operating full-screen mode. Touch the panel’s top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press Hide Panels to enter the full-screen mode without stats on the top and tabs on the bottom, and Show Panels to bring them back. Use the arrow button on the right side of the panel to hide & show the text labels: it allows you to further minimize the panel’s size. Press “Apps” to go back to the content sources selection.

Workout Mode

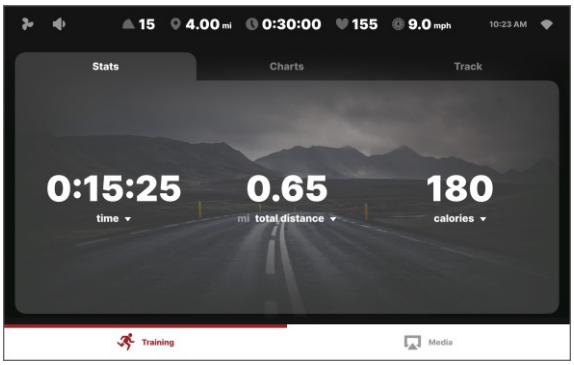
Once the workout has started, after the short countdown the console will appear in its workout mode. Warm-up and cool-down phases may be skipped by pressing “Skip”.

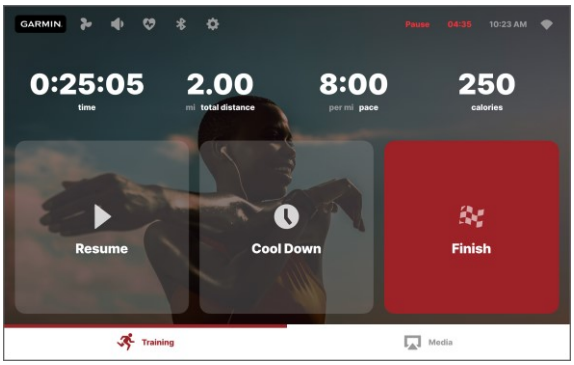
During the workout, switch between **Stats, Charts** and **Track** views of the Training section, or go to the Media section to enjoy your favourite media content. In the Stats view, you can

select the parameters you would like to display by tapping on the number.

Please use physical keys to adjust speed and incline. Press the physical “STOP” key to pause the workout. Here, you can get back to running, start a cool down, or end your workout and see the summary. After 5 minutes of inactivity in the Pause mode, the workout will end automatically.

The actual machine operation may differ slightly from the description in the manual.





New Sole+ App to be used in conjunction with select Apple & Android devices!

In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Sole + App.

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

You can press the "DISPLAY" button from the APP to view the display of the current workout data. When your exercise is complete press the APP "END & SAVE WORKOUT" to store the workout data.

The Sole + App also allows you to sync your workout data with one of many fitness cloud sites we support: Apple Health, Google Fit, Strava, MapMyFitness or Fitbit, with more to come.



Syncing the App with your exercise machine:

1. Download the App by scanning the QR code on the right.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the Bluetooth icon to search for your Sole + equipment (shown right).
4. Under the Bluetooth scan result list, select the machine for connection. When the App and equipment are synced, the Bluetooth® icon on the equipment’s console display will light up. Click “DISPLAY”, you may now start using your Sole + App.
5. When your exercise is completed press the APP "END & SAVE WORKOUT" to store the workout data, and you will be prompted to sync your data with each available fitness cloud site. Please note you will have to download the applicable compatible fitness App,

such as Apple Health, Google Fit, Strava, MapMyFitness or Fitbit, etc, in order for the icon to be active and available.
Note: Your device will need to be running on a minimum operating system of IOS 15.6 or Android 8.0 for the Sole + App to operate properly.

The exercise equipment can also play music wirelessly via Bluetooth. Turn on your mobile phone or tablet's Bluetooth function. Search for the name "Bt-speaker" in your device's Bluetooth menu. Tap to connect. Now your device can transmit music to the exercise equipment.

The exercise equipment's Bluetooth device (BLE 5.0) can also be connected to the Bluetooth wireless heart rate chest strap transmitter (BLE 5.0). The chest strap transmitter can receive signals even when the App is already in use. You can wear the Bluetooth wireless heart rate chest strap first then commence connection. While in connection, the console will show heart rate value via Bluetooth.

The icon  lights up when connecting to a Bluetooth heart rate chest strap successfully and the heart rate will then be displayed. The icon will be off if the Bluetooth heart rate chest strap is disconnected.

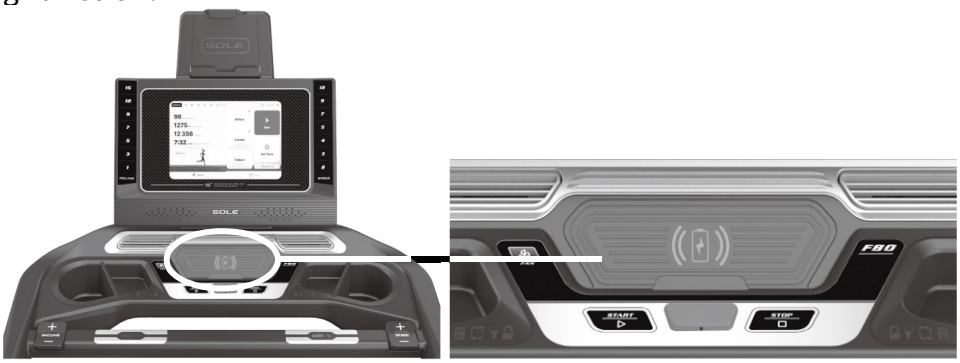
Wireless Charging

Wireless Charging function:

Charge your personal device during your workout by placing it inside the wireless charging box/area properly.

NOTE：

** Your device must be set in the landscape orientation for the best result.
** Your device "charging" icon will indicate it is charging.
*** It provides up to 10 watts of power for many cell phones supporting wireless charging function.



HEART RATE PROGRAMS

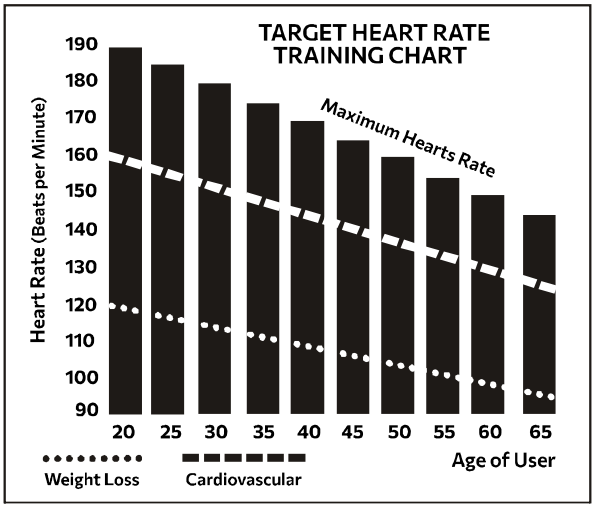
Before we get started, a word about Heart Rate:
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people 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 benefits 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 x 0.6 = 108 beats per minute
(60% of maximum)
180 X 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 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 work out. 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

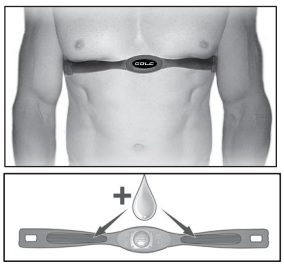
Effort

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 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)

How to wear your wireless chest strap transmitter:



1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the SOLE logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of centre). Attach the final end of the elastic strap by inserting the round end and, 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 to measure very minute 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 in 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.
6. 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 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 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 Panasonic CR2032.*

ERRATIC OPERATION

Caution! Do not use this 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 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 TREADMILL'S DISPLAY!

GENERAL MAINTENANCE

BELT & DECK

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, and wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. ***Allow drying before using.***

BELT DUST

This occurs during normal break-ins or until the belt stabilizes. Sometimes the black dust from the belt will appear on the floor behind the treadmill, this is normal.

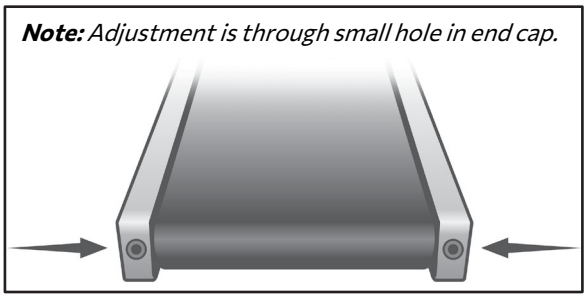
GENERAL CLEANING (Use the chart on Pg. 5 to record your maintenance)

Dirt, dust, and hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Every other month, you should remove the motor cover and carefully vacuum out dirt and hair that may accumulate. UNPLUG THE POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. The adjustment must be made from the rear roller with the M6 L Allen wrench (**132**) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. ***Note****: Adjustment is through a small hole in the end cap.*

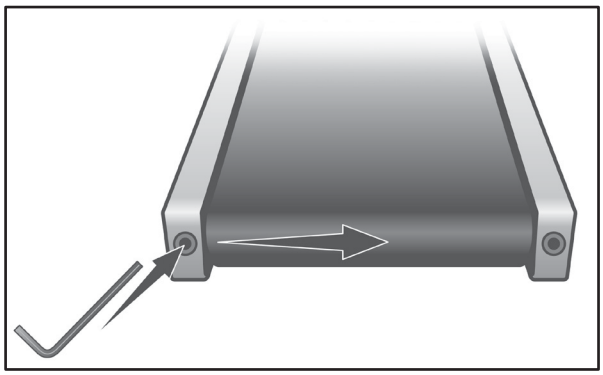
Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.



DO NOT OVERTIGHTEN – Over-tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt, located under the motor cover, that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centred while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favour one leg. But if during use the belt continues to move toward one side, adjustments are necessary.



SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench (**132**) is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is **too close to the left side**, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself.

Continue to make 1/4 turns until the belt stabilizes in the center of the running deck. If the belt is **too close to the right side**, turn the bolt counterclockwise. The belt may require

periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION
ADJUSTMENTS IS NOT COVERED UNDER THE SOLE WARRANTY.

TREADMILL BELT

The walking belt on your new Sole treadmill is made of the highest quality materials designed to last even under punishing conditions. When a treadmill belt is brand new, and has been in the package for a few months before use, a common occurrence can happen; the area of the belt that wraps around the rollers will take on the shape of the roller. Upon starting the treadmill this shape in the belt causes a thumping sound each time the belt moves past the rollers. Once the treadmill has been used for a few workouts, the belt wears in and the thumping sound goes away. This noise is normal on new higher-end belts so there is no need to contact the service; the new belt just requires a wear-in period. Thank you for choosing Sole and enjoy your new treadmill.

BELT/DECK LUBRICATION

First, you want to clean between the belt and deck to remove any debris that may be trapped.
Use a clean, non-fraying rag, t-shirt, or light towel. Halfway between the end of the treadmill and the motor cover, shove the garment under the belt until you can grasp it on both sides of the belt. Drag the garment the length of the entire belt 1-2 times. Remove the garment.

Do not lubricate with anything other than Sole Fitness approved lubricant. Your treadmill comes with one tube of "Lube" and extra tubes can be ordered directly from Sole Fitness or your authorized Sole Fitness dealer. You may also use a Lube-n-Walk kit that can be purchased through both aforementioned sellers.

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The belt & deck come pre-lubricated and subsequent lubrication should be performed every 90 hours of use or if you notice that the deck is dry. It is recommended that you reach between the belt and deck to verify there is lubrication present, every other month. If you check and there isn't any lubrication present, follow the procedure below even though the "Lube" indicator isn't lit on the console. Otherwise, lubricate when the console's lubrication reminder lights after 90 hours of use. Use the following procedure to apply the silicone lubricant:

1. Turn the power switch off and unplug the power cord from the wall outlet.
2. Measure 18" from the edge of the motor cover; kneel down and reach under the belt approximately 4- 6" from one edge. Squirt a line of lubricant about 1/8" wide x 15" long in an "S" pattern perpendicular to the motor cover.
3. Repeat the process on the opposite side.
4. Plug the electrical cord back into the outlet and turn the power switch on.
5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.
6. If the "Lube" message appears on the console, perform the following procedure to reset the message:
   Engineering Mode
   Press 10 times on the "Settings" word to enter engineering mode when you're on the Settings page.
   There are 6 main functions listed: Engineering Mode, Diagnostics, Machine Information, Maintenance, Lube Setup, and Key Test.

SERVICE CHECKLIST - DIAGNOSIS GUIDE

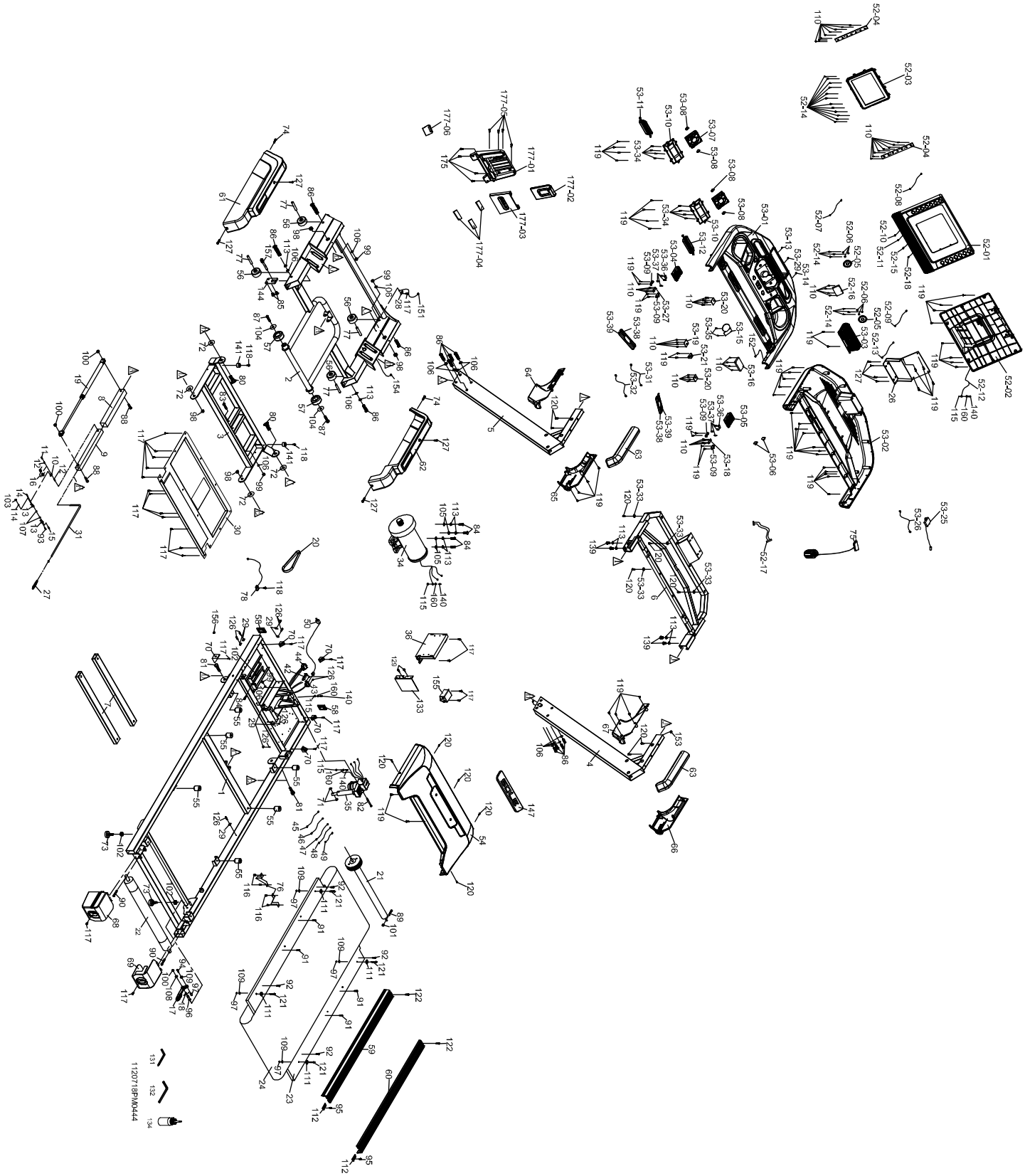
Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	1. Tether cord not in position. 2. Circuit breaker on the front grill tripped. Push the circuit breaker in until it locks. 3. Plug is disconnected. Make sure the plug is firmly pushed into the AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your SOLE dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	The user may be walking while favouring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See **General Maintenance** section on **Tread-belt Tension**. Adjust as necessary.
Motor is not responsive after pressing Start	1. If the belt moves, but stops after a short time and the display shows "E1", run calibration. 2. If you press **Start** and the belt never moves, then the display shows "E1", contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to the treadmill. Do not use an extension cord. If an extension cord is required, it should be as short as possible and heavy-duty 16 gauge minimum. Low household voltage. Contact an electrician or your SOLE dealer. A minimum 110-volt AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See **General Maintenance** section on lubrication.
Treadmill trips on board 15 amp circuit	High belt/deck friction. See **General Maintenance**
Computer shuts off when console is touched (on a cold day) while walking/running	The treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to **Grounding Instructions** on page 3.
House circuit breaker trips, but not the treadmill circuit breaker	Check that the treadmill is the only equipment in the circuit. See "Important Electrical Information" in the front of this manual for more details.

ERROR MESSAGES

ERROR	MEANING	POSSIBLE CAUSE	
Console showing E0	Safety Switch Malfunction	1. Is the safety key placed properly?	Place properly
		2. Is the safety key defective?	Replace safety key
Console showing E1 Only in calibration mode	Missing speed signal	1. Check and make sure the speed sensor is connected.	Connect the speed sensor
		2. Speed sensor is defective.	Replace the speed sensor
Console showing E2	Over current protection Treadmill overload, controller protection is activated.	1. Check and make sure of proper walking belt alignment. Make sure of periodic lubrication to minimize belt resistance.	See general maintenance
		2. Any roller bearing damage?	Replace roller
		3. Motor overheated?	Replace motor
Console showing E3	Incline Error	1. Is the cable between the incline motor and controller connected correctly and properly?	Connect properly
		2. Check if the incline mechanism is stuck or defective?	Replace incline motor
		3. Is VR connected properly or with intermittence?	Replace incline motor
Console showing E4	Improper motor input voltage	1. The motor is not connected properly or even not connected to the controller.	Connect properly
Console showing E5	Communication is disconnected between the console and the controller or communication error.	1. Check and make sure of the proper connection between the console and the controller.	Connect properly or replace cables
Console showing E6	Controller malfunction	1. Controller component failure (e.g. IGBT)	Replace controller
Console showing E7	Abnormal power input	1. Check and make sure of proper voltage input for the treadmill.	

EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part Description	Q'ty
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Deck Cross Brace	2
8	Outer Slide	1
9	Inner Slide	1
10	Link	1
11	Link Shaft	1
12	Shaft Bushing	2
13	Fastening Bracket	2
14	Clevis Pin	1
15	Fastening Bushing	1
16	Dual Torsion-Spring	1
17	Release Lever	1
18	ChenChin Torsion-Spring	1
19	Cylinder	1
20	Drive Belt	1
21	Front Roller W/Pulley	1
22	Rear Roller	1
23	Running Deck	1
24	Running Belt	1
26	Welding Support	1
27	Steel Cable Tension Spring	1
28	Wire Clamp	1
29	Wire Tie Mount	8
30	Motor Bottom Cover	1
31	Steel Cable	1
34	Drive Motor	1
35	Incline Motor	1
36	Motor Controller	1
42	Breaker	1
43	Power Socket	1
44	AC Electronic Module	1
45	100m/m_Connecting Wire (Black)	1
46	300m/m_Connecting Wire (White)	1
47	300m/m_Connecting Wire (Black)	1
48	200m/m_Connecting Wire (White)	1
49	200m/m_Connecting Wire (Black)	1
50	Power Cord	1
51	Console Assembly	1
52	Console Assembly (Top)	1

Key	Part Description	Q'ty
53	Console Assembly (Bottom)	**1**
54	Motor Top Cover	**1**
55	Cushion	**6**
56	Transportation Wheel	**4**
57	Transportation Wheel(B)	**2**
58	Square End Cap	**2**
59	Aluminum Foot Rail(L)	**1**
60	Aluminum Foot Rail(R)	**1**
61	Frame Base Cover (L)	**1**
62	Frame Base Cover (R)	**1**
63	Handlebar Cover (Top)	**2**
64	Handlebar Cover Outer (L)	**1**
65	Handlebar Cover Inner (L)	**1**
66	Handlebar Cover Outer (R)	**1**
67	Handlebar Cover Inner (R)	**1**
68	Adjustment Base (L)	**1**
69	Adjustment Base (R)	**1**
70	Motor Cover Anchor(D)	**5**
71	Nylon Washer (A)	**2**
72	Nylon Washer (B)	**4**
73	Adjustment Foot Pad	**2**
74	M5 × 25m/m_Phillips Head Screw	**2**
75	Trapezoidal Safety Key	**1**
76	Belt Guide	**2**
77	Wheel Sleeve	**4**
78	1200m/m_Sensor W/Cable	**1**
80	1/2" × UNC12 × 2"_Carriage Bolt	**2**
81	1/2" × 1"_Hex Head Bolt	**2**
82	3/8" × 4-1/2"_Socket Head Cap Bolt	**1**
83	3/8" × 3-3/4"_Hex Head Bolt	**1**
84	3/8"×1-1/4"_Hex Head Bolt	**5**
85	5/16" × 1/2"_Button Head Socket Bolt	**2**
86	3/8" × UNC16 × 2"_Flat Head Socket Bolt	**12**
87	5/16" × 1"_Button Head Socket Bolt	**2**
88	5/16"×2-3/4"_Button Head Socket Bolt	**2**
89	M8 × 60m/m_Hex Head Bolt	**1**
90	M8 × 80m/m_Socket Head Cap Bolt	**2**
91	M8 × 50m/m_Flat Head Countersink Bolt	**4**
92	M8 × 25m/m_Flat Head Countersink Bolt	**4**
93	M3 × 10m/m_Phillips Head Screw	**1**
94	M5 × 20m/m_Phillips Head Screw	**1**
95	4 × 25m/m_Sheet Metal Screw	**2**
96	5/16" × 42m/m_Button Head Socket Bolt	**1**
97	M5 × 5T_Nylon Nut	**5**
98	1/2" × 8T_Nylon Nut	**4**
99	3/8" × 7T_Nylon Nut	**4**

Key	Part Description	Q'ty
100	5/16" × 7T_Nylon Nut	**3**
101	M8 × 7T_Nylon Nut	**1**
102	3/8" × 7T_Nut	**3**
103	M3 × 2.5T_Nut	**1**
104	Ø5/16" × Ø35 × 1.5T_Flat Washer	**2**
105	Ø3/8" × Ø25 × 2.0T_Flat Washer	**4**
106	Ø3/8" × Ø19 × 1.5T_Flat Washer	**14**
107	Ø5 × Ø10 × 1T_Flat Washer	**2**
108	Ø5/16" × Ø18 × 1.5T_Flat Washer	**1**
109	Ø5 × Ø13 × 1.0T_Flat Washer	**5**
110	2.3 × 6m/m_Sheet Metal Screw	**44**
111	Ø25×20×16×5×1.1T×4.5H_Concave Washer	**4**
112	Ø5.5 × 27 × 60 × 1.5T × 3.5H_Concave Washer	**2**
113	Ø10 × 1.5T_Split Washer	**10**
114	M3_Split Washer	**1**
115	M5_Star Washer	**4**
116	4 × 12m/m_Sheet Metal Screw	**4**
117	Ø5 × 16m/m_Tapping Screw	**24**
118	5 × 19m/m_Tapping Screw	**3**
119/177-05	3.5 × 12m/m_Sheet Metal Screw	**63**
120	5 × 16m/m_Tapping Screw	**13**
121	M5 × 30m/m_Phillips Head Screw	**4**
122	4.2 × 38m/m_Sheet Metal Screw	**2**
126	3.5 × 16m/m_Tapping Screw	**10**
127	M5 × 15m/m_Phillips Head Screw	**8**
129	3 × 8m/m_Sheet Metal Screw	**2**
131	M5_Allen Wrench Head Screw Wrench	**1**
132	M6_L Allen Wrench	**1**
133	Controller Back Plate	**1**
134	Lubricant	**1**
139	3/8" × 1/2"_Button Head Socket Bolt	**4**
140	M5 × 10m/m_Phillips Head Screw	**4**
141	Rubber Foot Pad	**2**
144	Locking Pin Fixing Plate	**1**
147	Top Motor Cover Plate	**1**
151	1000m/m_Ground Wire	**1**
152	950m/m_Computer Cable (Upper)	**1**
153	1400m/m_Computer Cable (Middle)	**1**
154	1200m/m_Computer Cable(Lower)	**1**
155	Filter	**1**
156	End Cap	**1**
157	Locking Pin Assembly	**1**
160	Ø5 × 1.5T_Split Washer	**4**
175	3.5 × 16m/m_Sheet Metal Screw	**4**
177	I-PAD	**1**

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 Weldments	Lifetime
Drive Motor	Lifetime
Deck	3 years
All Other	3 years
Components 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 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 treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following the 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 treadmill not requiring component replacement, or treadmill 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.

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

SPIRIT

spiritfitness.ca

SOLE FITNESS

solefitness.ca

XTERRA FITNESS

xterrafitness.ca

EVERLAST

dyaco.ca/everlast.html

UFC

dyaco.ca/UFC/UFC-home.html

Cikada

cikada.ca

agio. life begins outdoors.

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TRAINOR SPORTS

trainorsports.ca

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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