SOLE FITNESS

OWNER'S MANUAL
Model: 16208360790
LCB Upright Cycle

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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SOLE

FITNESS

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

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

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

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

Yours in Health,
Dyaco Canada Inc.

Name of Dealer_____

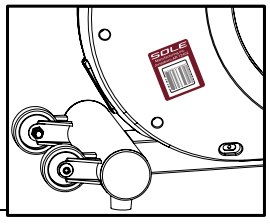
Telephone Number of Dealer_____

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.

Customer Service 1-888-707-1880
Email: customerservice@dyaco.ca

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

DANGER - To reduce the risk of electric shock disconnect your SOLE Bike from the electrical outlet before cleaning and/or service work.
WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the Bike on a flat level surface with access to a 115-volt, 15-amp grounded outlet with only the Bike 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 in computer malfunctions. See Grounding Instructions, page 3.

- Do not operate the Bike on a deeply padded, plush or shag carpet. Damage to both carpet and Bike may result.
- 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 Bike if it has a damaged cord or plug. If the Bike 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 and then remove the plug from the outlet.
- Do not attempt to use your Bike for any purpose other than for the purpose it is intended.
- The hand 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.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your Bike. 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 the use of the equipment by a person responsible for their safety.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

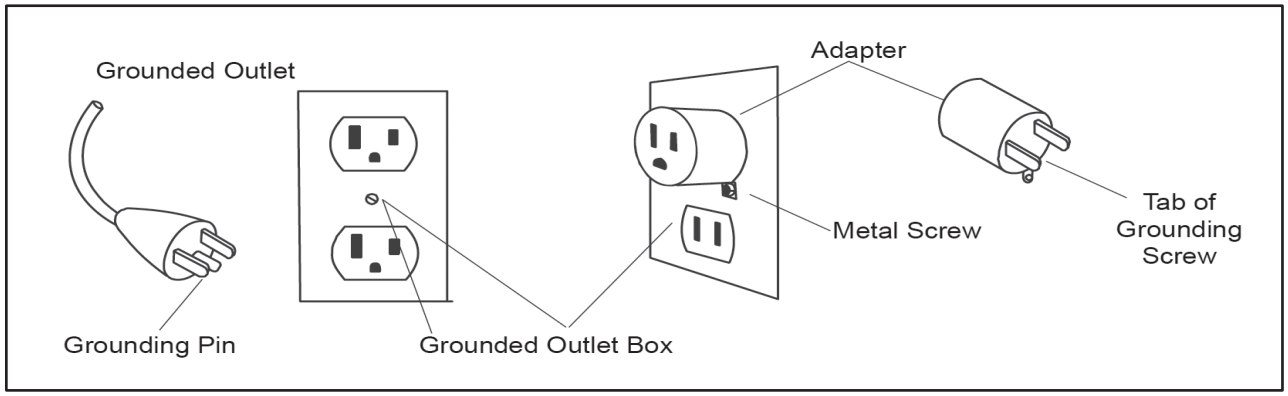
IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER remove any cover without first disconnecting the AC power.
If voltage varies by ten percent (10%) or more, the performance of your Bike 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 Bike to rain or moisture. This product is **NOT** designed for use outdoors,
near a pool or spa, or in any other high-humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

GROUNDING INSTRUCTIONS

This product must be grounded. If the Bike should malfunction or break, 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.



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IMPORTANT OPERATION INSTRUCTIONS

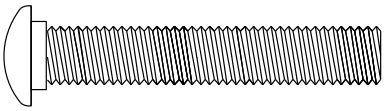
- NEVER expose this fitness bike to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high-humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and the humidity is 95% non-condensing (no water drops forming on surfaces).
- NEVER operate this fitness bike without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedalling on your fitness bike; such as watching television, reading, etc. These distractions may result in serious injury.
- Do not use excessive pressure on the console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your SOLE dealer.

TRANSPORT INSTRUCTIONS

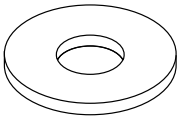
The fitness bike is equipped with two transport wheels which are engaged when the rear of the fitness bike is lifted.

LCB ASSEMBLY PACK CHECKLIST

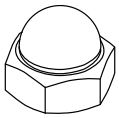
1 HARDWARE STEP 1



#50. 3/8"×53L
Carriage Bolt (2 pcs)

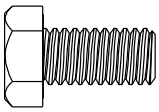


#71. 3/8" x 25mm x 2T
Flat Washer (2 pcs)

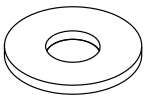


#135. 3/8" ×16 × 12.5T
Cap Nut (2 pcs)

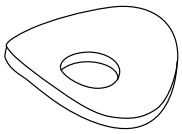
2 HARDWARE STEP 2



#51. 5/16" x 5/8"
Hex Head Bolt (7 pcs)

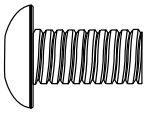


#72. 5/16" x 18 x 1.5T
Flat Washer (6 pcs)

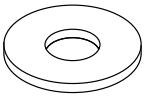


#99. 5/16" x 19 x 1.5T
Curved Washer (1 pc)

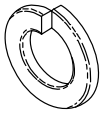
3 HARDWARE STEP 3



#74. 5/16" x 5/8" Button
Head Socket Bolt (4 pcs)

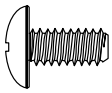


#72. 5/16" x 18 x 1.5T
Flat Washer (4 pcs)



#103. 5/16" x 1.5T
Split Washer (4 pcs)

4 HARDWARE STEP 4



#58. M5 x 12mm
Phillips Head Screw
(6 pcs)



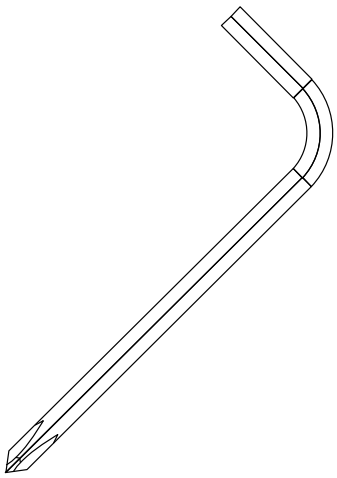
#161. 3.5 × 12L_
Sheet Metal Screw
(4 pcs)



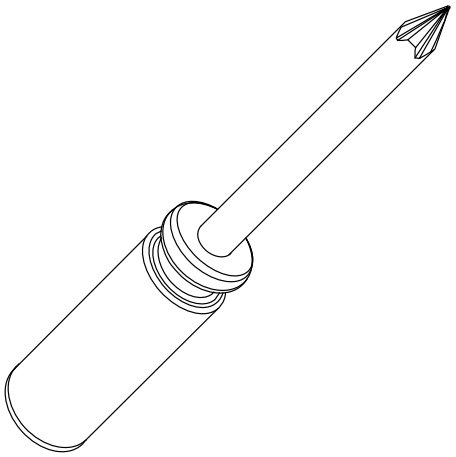
#165. Ø5 × 0.6T_
Star Washer (4 pcs)

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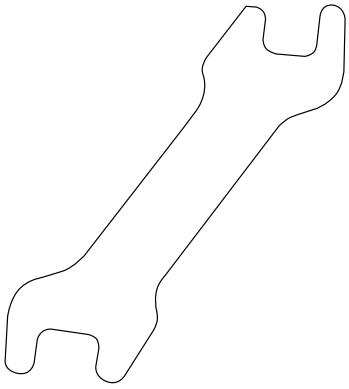
ASSEMBLY TOOLS



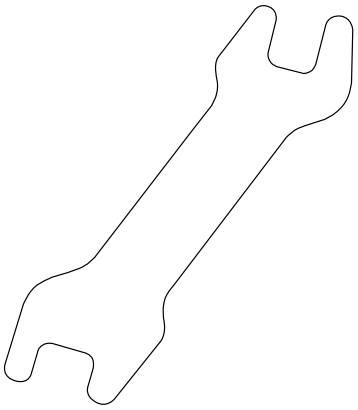
#76. Combination M5 Allen Wrench & Phillips Head Screwdriver



#93. Phillips Head Screwdriver



#92. 13/15mm Wrench



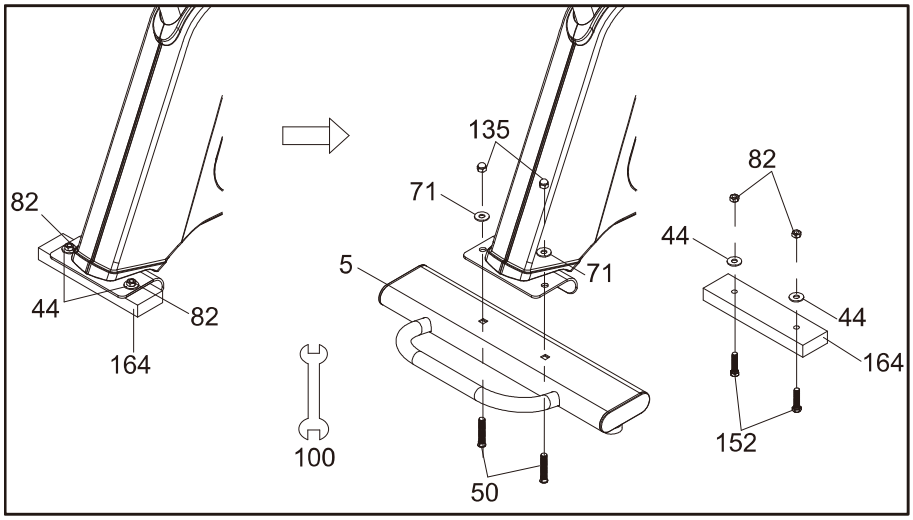
#100. 12/14mm Wrench

LCB ASSEMBLY INSTRUCTIONS

PRE-ASSEMBLY

1. Using a razor knife (Box Cutter) cut the outside, bottom, and edge of the box along the dotted Line. Lift the Box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (**#**) are the item numbers from the assembly drawing for reference.

1 REAR STABILIZER

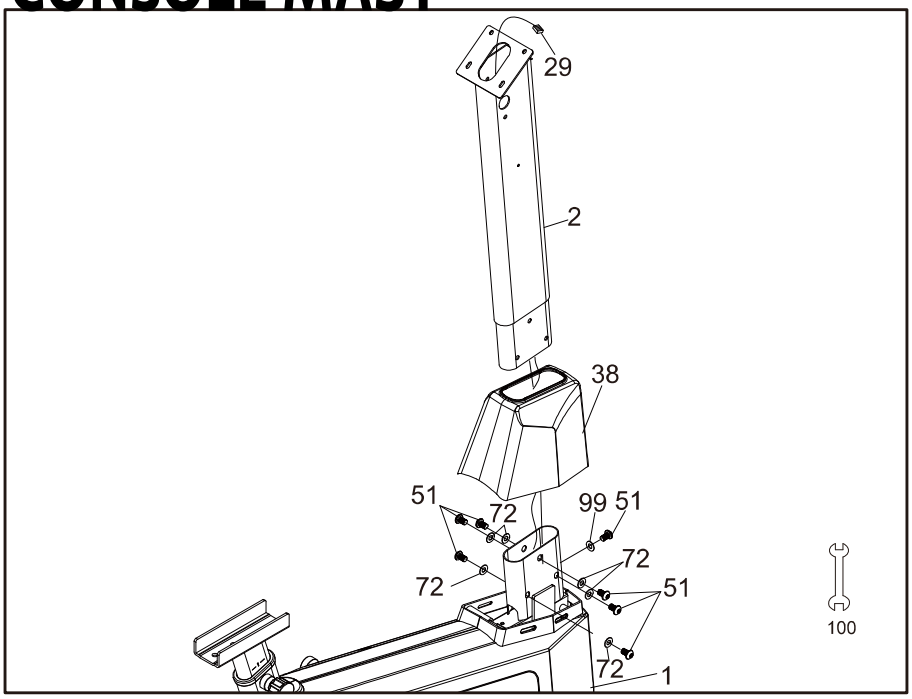


HARDWARE **STEP 1**

#50. 3/8" x 53L_ Carriage Bolt (2 pcs)
#135. 3/8" x16 x 12.5T_ Cap Nut (2 pcs)
#71. 3/8" x 25mm x 2T _ Flat Washer (2 pcs)

1. Remove the Packing Board (**164**), Hex Head Bolts (**152**), Nylon Washers (**44**) and Nuts (**82**) from the Main frame (**1**). Attach the Rear Stabilizer (**5**) to the Main frame (**1**), use 2 pcs of Carriage Bolts (**50**), 2 pcs of Flat Washers (71) and 2 pcs of Cap Nuts (**135**) and secure with Wrench (**100**).

2 CONSOLE MAST



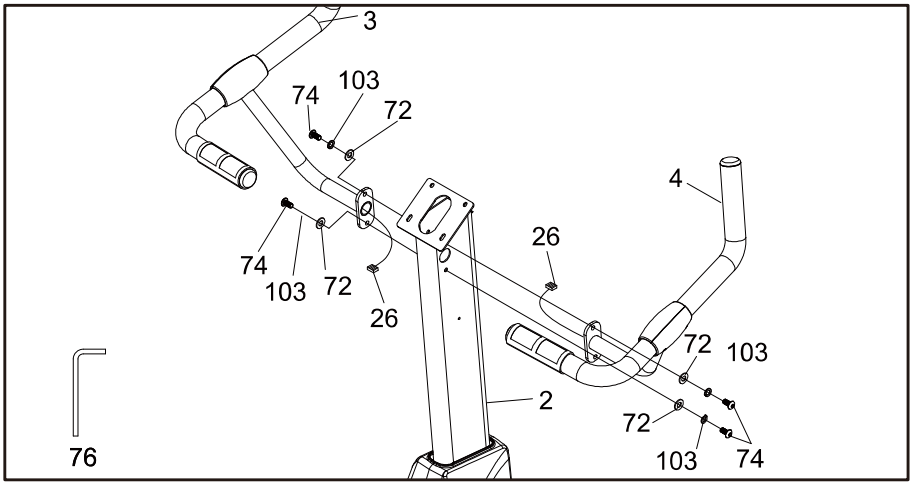
HARDWARE **STEP 2**

#51. 5/16" x 5/8" Hex Head Bolt (7 pcs)
#72. 5/16" x 18 x 1.5T Flat Washer (6 pcs)
#99. 5/16" x 19 x 1.5T Curved Washer (1 pcs)

1. Feed the Computer Cable (**29**) through the Console Mast Cover (**38**) and the Console Mast (**2**).
2. Secure the Console Mast (**2**) onto the Main Frame (**1**) with the 7pcs of Hex Head Bolts (**51**), 6pcs of Flat Washers (**72**) and 1pcs of Curved Washer (**99**) by using the Wrench (**100**).

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3 HANDLEBAR



HARDWARE **STEP 3**

#74. 5/16" ×18 ×5/8"_Button Head Socket Bolt (4 pcs)
#72. 5/16" x 18 x 1.5T Flat Washer (4 pcs)
#103. 5/16" x 1.5T Split Washer (4 pcs)

1. Feed the two Hand pulse W/Cable Assemblies (**26**) through the Console Mast (**2**) and pull out of the holes together with connectors. Use 4 pcs of Button Head Socket Bolts (**74**) together with 4 pcs of Flat Washers (**72**) and 4 pcs of Split Washers (**103**) to secure Handlebar (**L**) (**3**) and Handlebar (**R**) (**4**) on Console Mast (**2**) by using Combination M5 Allen Wrench & Phillips Head Screwdriver (**76**).

4 PLASTIC PARTS

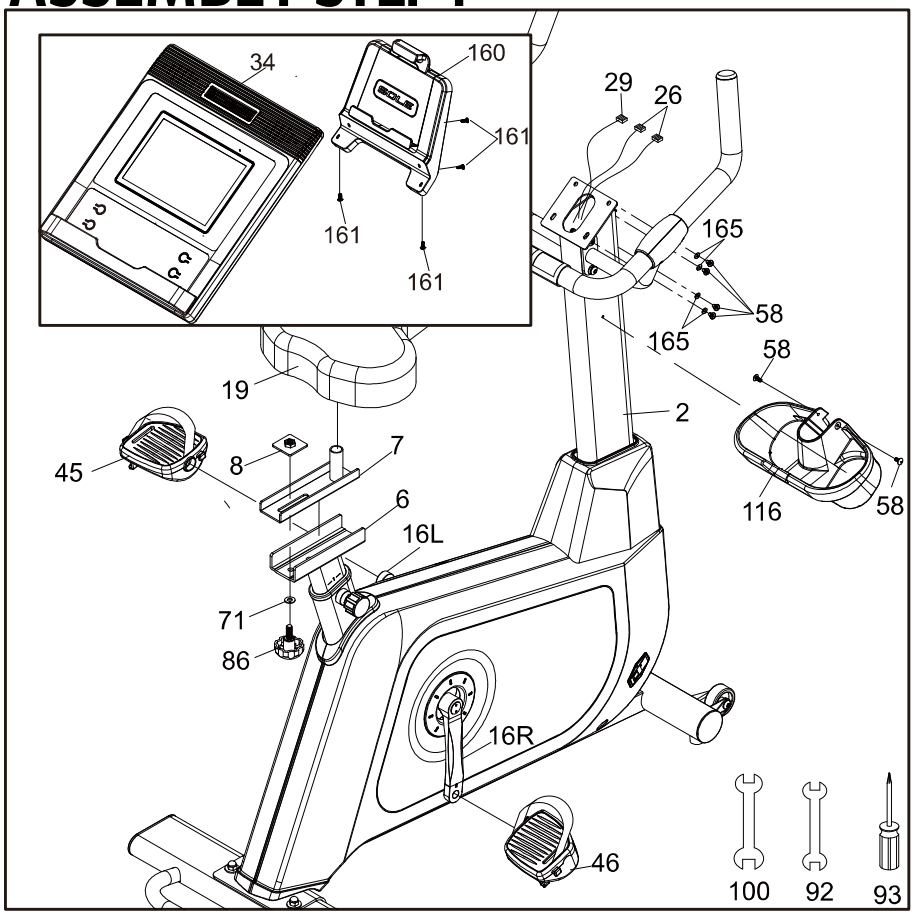
See page 8 for illustration

HARDWARE **STEP 4**

#58. M5 x 12mm Phillips Head Screw (6 pcs)
#161. 3.5 × 12L_Sheet Metal Screw (4 pcs)
#165. Ø5 × 0.6T_ Star Washer (4 pcs)

1. Insert the Computer Cable (**29**) and the two-hand pulse W/Cable Assembly (**26**) onto the Console Assembly (**34**).
2. Secure the Console Assembly (**34**) onto the Console Mast (**2**) with four pcs of Phillips Head Screws (**58**) and 4pcs of Star Washers (**165**) by using the Phillips Head Screwdriver (**93**).
3. Install the Pedals (L)(R) (**45**)(**46**) onto the Crank Arms (**16L**) (**16R**) by using the13/15mm Wrench (**92**). Remember that the left pedal has a reverse thread and will be screwed into the crank counterclockwise and the right pedal clockwise. Make sure to tighten the pedals to the crank arms to avoid noise.
4. Turn on the Adjustment Knob (**86**) and put the Sliding Seat Mount (**7**) on the Seat Slider (**6**).
5. Insert the Adjustment Knob (**86**) through the Flat Washer (**71**), the Seat Slider (**6**), and the Sliding Seat Mount (**7**), go on Adjust the position and tighten the Adjustment Knob (**86**) with the Fix Plate (**8**).
6. Install the Seat (**19**) on the Sliding Seat Mount (**7**) by using the Wrench (**100**). Apply the screw of the Adjustment Knob (**86**) and tighten it.
7. Install the Tablet Holder (**160**) to the back of the console with four Sheet Metal Screws (**161**) by using Phillips Head Screwdriver (**93**).
8. Secure the Beverage Holder (**116**) onto the Console Mast (**2**) with the two Phillips Head Screws (**58**) by using the Phillips Head Screwdriver (**93**).

4 ASSEMBLY STEP4



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FITNESS BIKE FEATURES

FOOT PEDALS

Through research performed with a leading sports scientist and physical rehabilitation expert, Sole Engineering has developed a breakthrough in pedal design. Typical stationary exercise bikes are wider than normal road bikes. The reason is to allow for the braking mechanism, pulleys, drive components and plastic covers. Since the bike is wider, so is the distance between the pedals; this width between the pedals is called the Q factor.

Sole has designed our pedal system so the Q factor is the smallest in the industry, but we did not stop there. We have also custom-designed and tooled a new pedal that provides a two-degree inward tilt to compensate for the Q factor not being perfect. Having a small Q factor in addition to the two-degree inward tilt of the pedals puts the user into a biomechanical neutral alignment. This means that your feet, ankles, knees and hips are lined up properly ensuring a comfortable workout.

SEAT ADJUSTMENT

You can adjust the seat position while seated. Pull up on the lever located in front of the seat and slide the carriage forward or backwards. The correct position is when there is a slight bend in your knee when the pedal is at its farthest position forward (3 o'clock position when looking from the right side of the bike). Release the lever and you are ready to begin.

PEDAL STRAP ADJUSTMENT

Adjust each pedal strap so that they are snug around your feet. You have the option of adjusting the hole location on one or both sides of the pedal.

Wireless Charging

Wireless Charging function:
Charge your personal during your workout by placing it inside the wireless charging box/area properly.

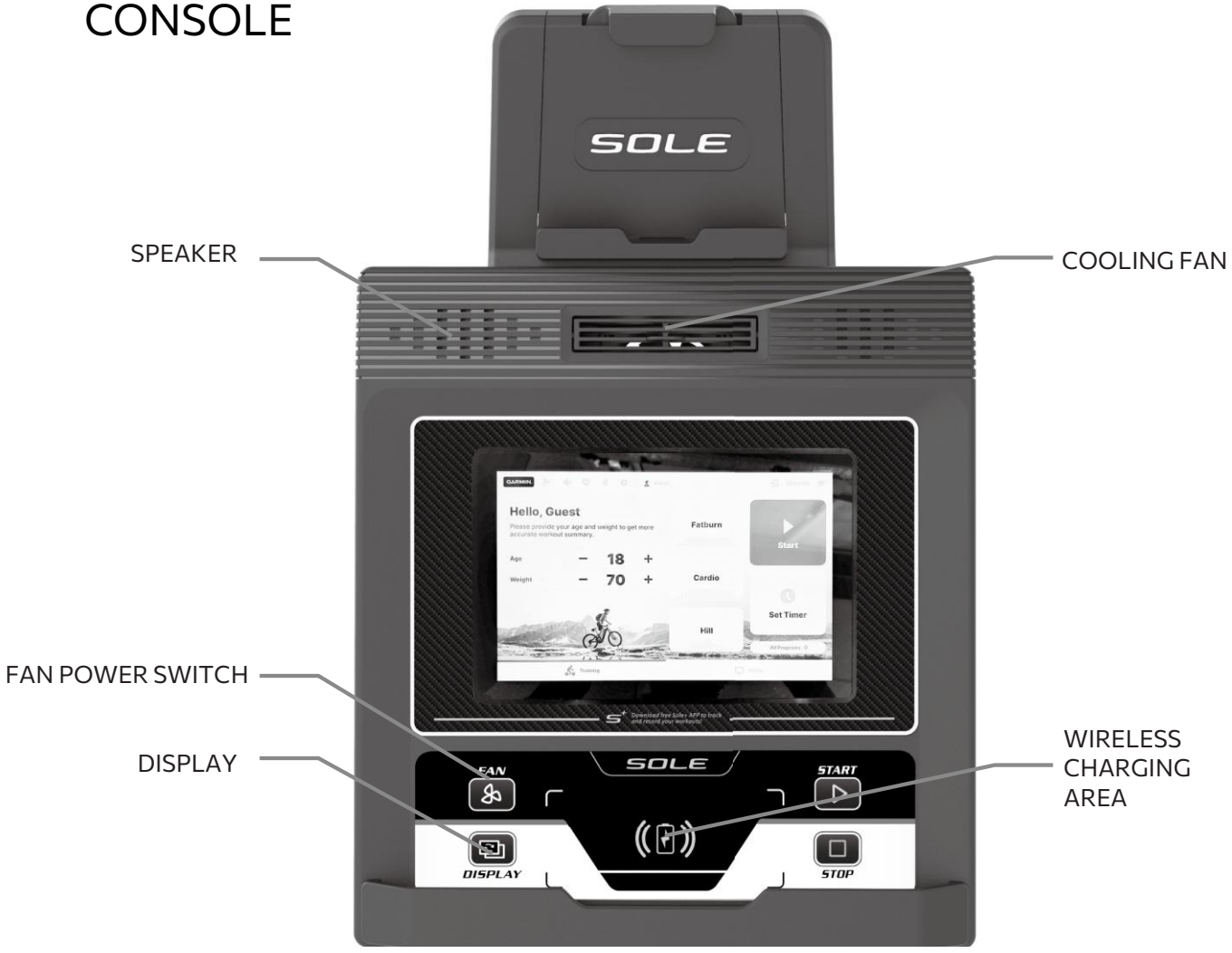
NOTE：
** Your device must be set in the landscape orientation for the best result.
** Your device's "charging" icon will indicate it is charging.
*** It provides up to 10 watts of power for many cell phones supporting wireless charging functions.



OPERATION OF YOUR FITNESS BIKE

GETTING FAMILIAR WITH THE CONTROL PANEL

CONSOLE



POWER UP

Power the bike on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the bike. When power is connected to the bike the console will automatically power up.

ATTENTION

SLEEP MODE Your console comes in "Sleep mode" with different features by choice:
ON The unit goes energy-saving state after 15 minutes of inactivity.
OFF The console will stay lit while the power is on.
RETAIL The console will run the demo video after 3 minutes of inactivity.
On TFT displays, click “Sleep Mode” under Settings to switch between three features.

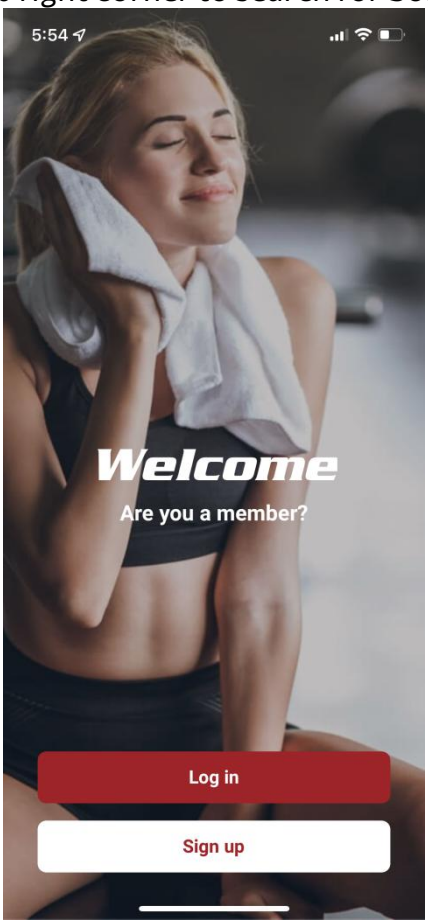
Customer Service 1-888-707-1880
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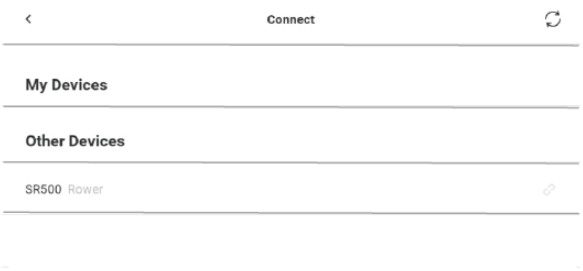
New SOLE + App to be used in conjunction with select Apple & Android devices!
In order to help you achieve your exercise goals, Sole has added an exciting new feature to this product. Your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with compatible iOS and Android smartphones or tablet computers via the SOLE+ App.

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

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







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

Exercise equipment's Bluetooth device can also be connected to a Bluetooth wireless heart rate chest strap transmitter. The chest Strap transmitter can still connect to the exercise equipment even though the App has already been connected to the exercise equipment.

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.

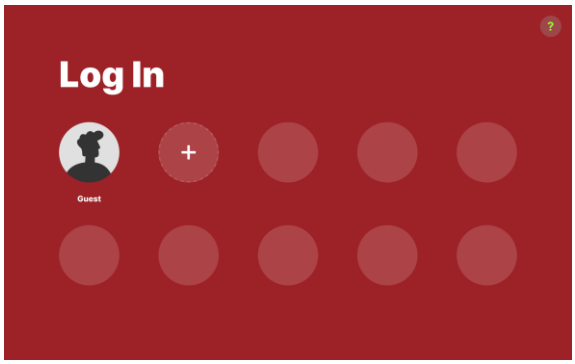
Touchscreen Operation

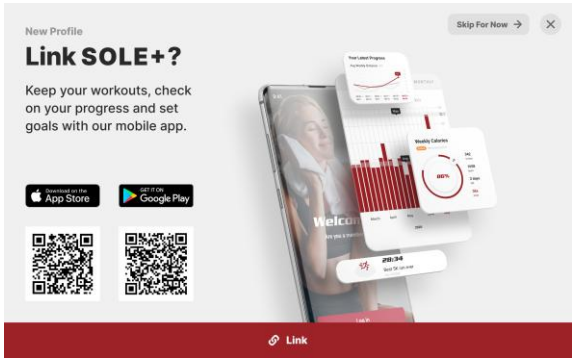
Use the touchscreen console to select from a variety of preset workout programs and fitness tests, and to enjoy the media content of your choice while on the go.

The User Interface (UI) images in the manual reflect the version of the software when the product was produced. The software version may be updated occasionally to include new features or repair any bugs when connected to the internet. These updates may change the UI images on the console and may no longer match the manual images.

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 profile: it allows your machine to remember your physical parameters, favourite programs and templates; you will have your 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.



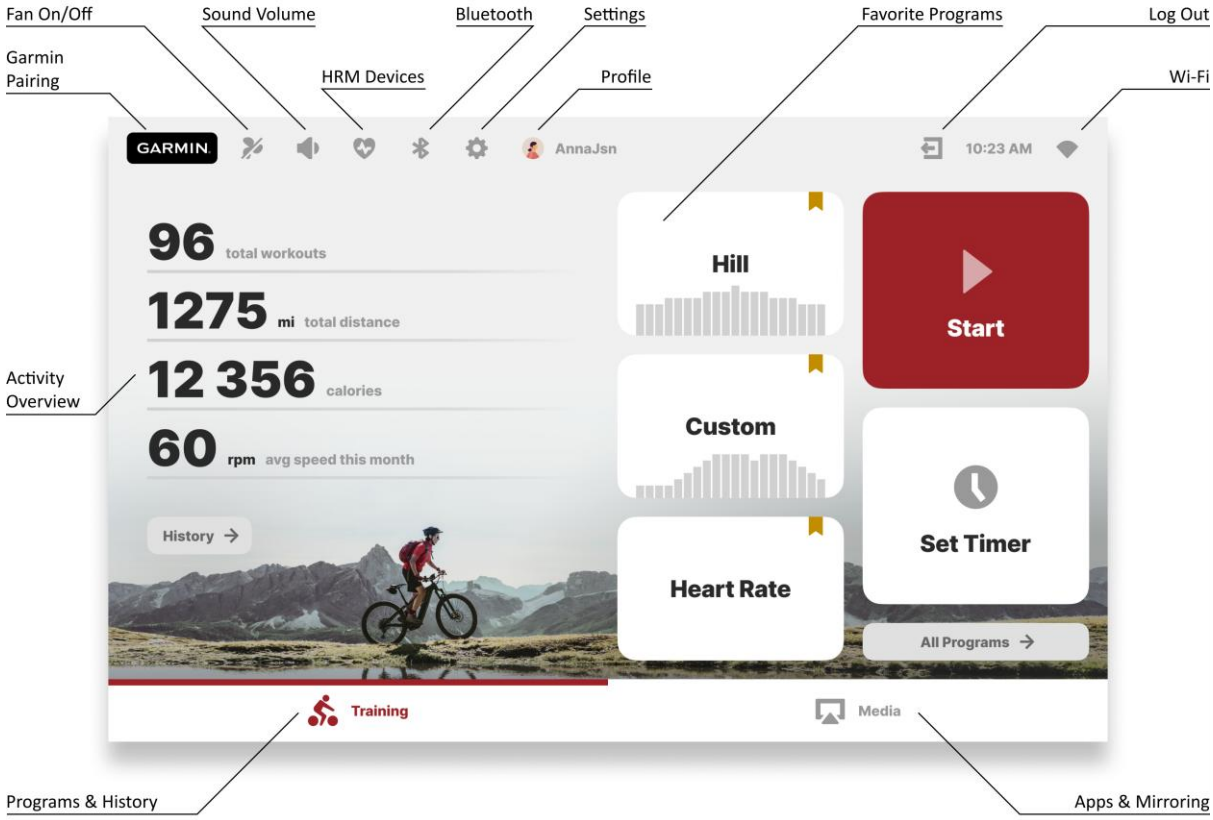


To link a SOLE+ account, scan the QR code on the console screen to download the mobile app first. Once the app is installed and the registration is complete, press "Link" on the bottom of the console screen, then open the QR code scanning camera in your SOLE+ app, and scan the QR code once again to link 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.

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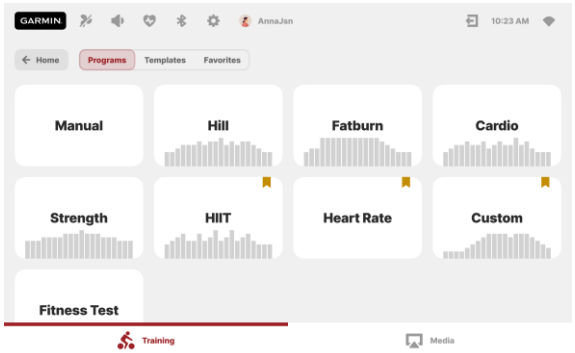
Home Screen

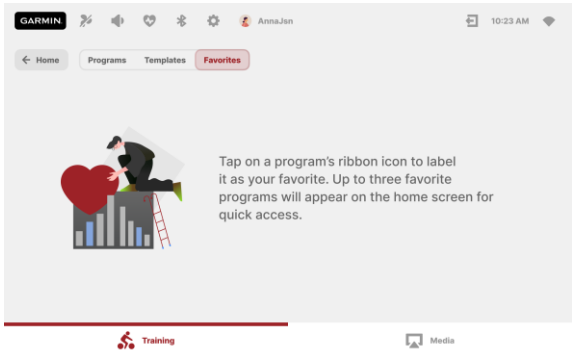
The main screen of the Training section displays an overview of your activity and offers shortcuts to the most frequently used training modes: an immediate Start, a manually controlled timed workout (“Timer”), and up to 3 programs that you have marked as your favourites are arranged on this page for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



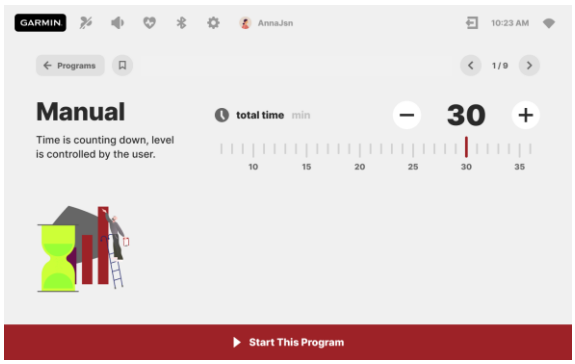
Workout Programs

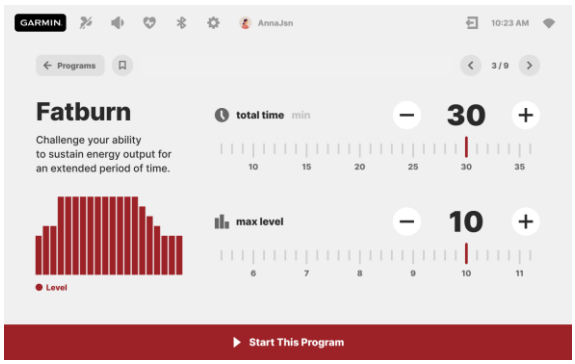
To access all available categories of programs, press “All Programs” on the Home screen. Once inside, you can use tabs on the top of the screen to switch between All Programs, Templates and Favorites.





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 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 resistance level controlled manually at any time during the workout.

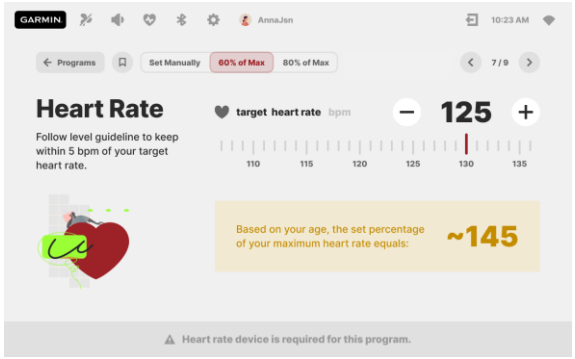
Hill, Fatburn, Cardio, Strength and **HIIT** follow a preset level-changing pattern. The Total Time and Max Level settings define the duration and overall intensity of your workout. The built-in level of difficulty for each segment is shown in the chart below. However, if you change the maximum level on the program setup page before starting, all segments throughout the program will be adjusted proportionally.

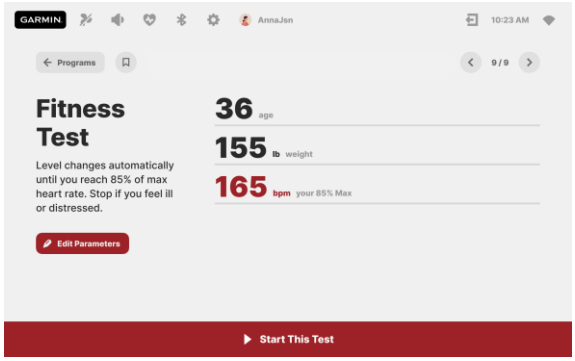
Program	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Hill	1	2	2	3	3	4	4	5	5	7	7	5	5	4	4	3	3	3	2	1
Fatburn	1	2	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3	2	1
Cardio	1	2	3	5	6	7	6	6	6	7	6	5	6	7	6	5	6	5	2	1
Strength	1	2	2	3	3	4	4	5	5	6	7	7	8	8	8	8	8	6	4	1
HIIT	1	2	2	7	7	2	2	7	7	2	2	7	7	2	2	7	7	2	2	1

The **heart rate** program uses resistance to control your heart rate. The resistance level 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.

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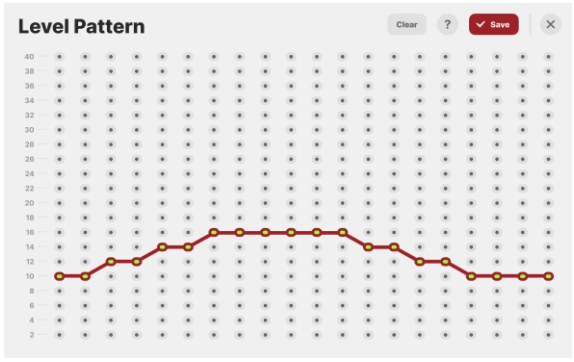
The **Fitness Test** is based on the YMCA Protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 and 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test, or if your heart rate is between 110 bpm and 85% at the end of the two consecutive stages. At the end of the test, your VO2 max score will be displayed on the console. VO2 max stands for Volume of Oxygen uptake, which is a measurement of how much oxygen you need to perform a known amount of work.

The YMCA protocol uses two to four 3-minute stages of continuous exercise. On the test setup page, make sure to fix your physical parameters if they are not correct; this information will determine the results of your test.

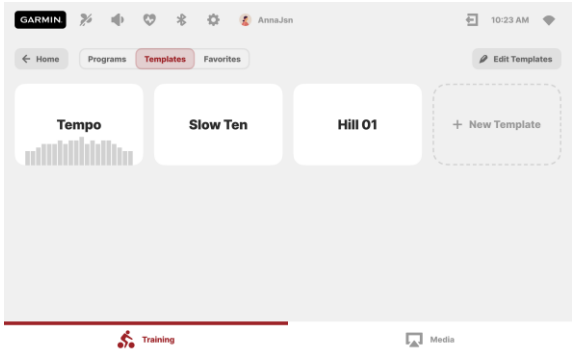
Before the test,

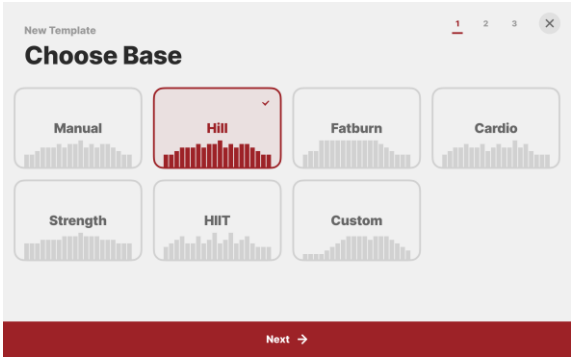
- make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or have any pre-existing health conditions;
- make sure you have warmed up and stretched before taking the test;
- do not take caffeine before the test.





Custom is a program with fully customizable intensity patterns. On the program page, press “Add Pattern” to start editing. Connect dots to map your workload throughout the 20 segments of the program, from the easiest on the bottom to the hardest on the top. Created pattern can be edited later anytime. Each segment’s duration depends on the selected total time — you can set it right before the start.

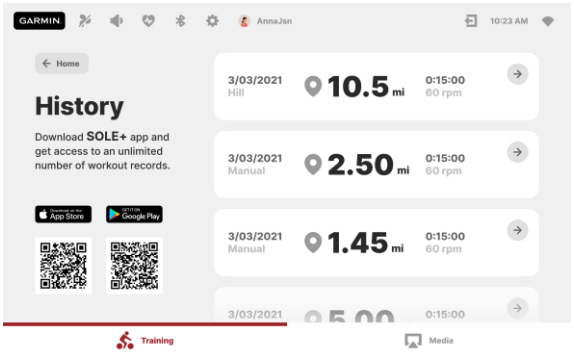




Templates are preset programs with a preserved set of parameters. Programs can be saved as templates upon completion, or you can create one from scratch in the Templates tab: tap on the "New Template" button, choose your base program, and then save it with adjusted properties. A maximum of 12 template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

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.

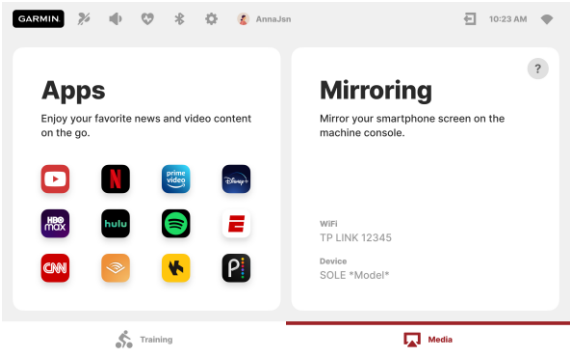




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Media

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.



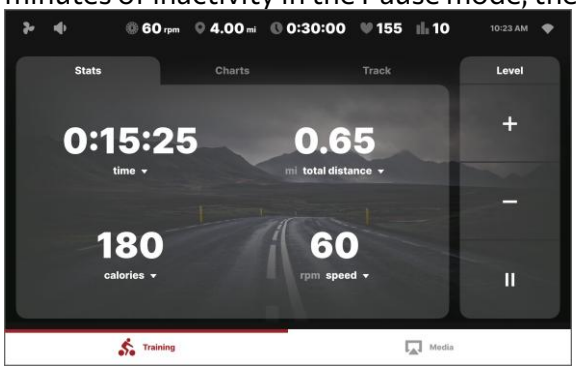


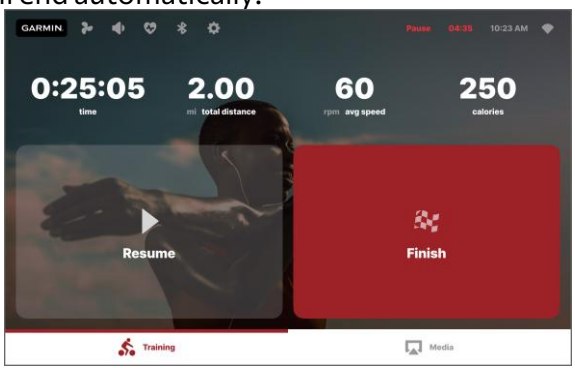
Once the content is on, use the floating panel for navigation, adjusting the resistance level and operating full-screen mode. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press Hide Panels 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 been started, the console will appear in its workout mode. 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. Use the Level panel on the right side of the screen to adjust the resistance level.

Press the physical "STOP" key, or the "Pause" icon on the Level panel to pause the workout. Here, you can get back to training, 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.



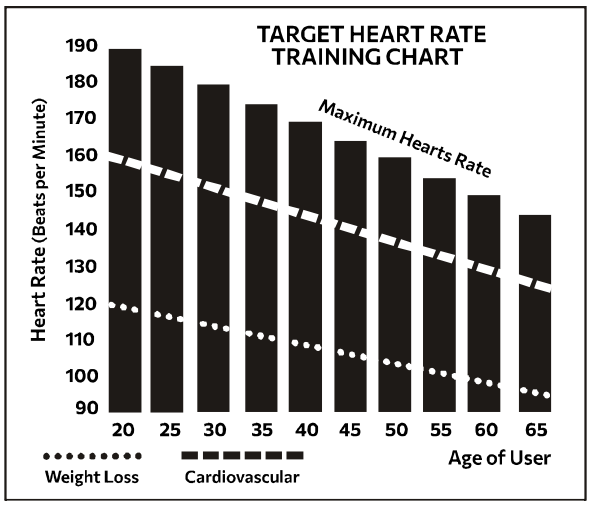


HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

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

To determine the 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 .6 = 108 beats per minute (60% of maximum)
180 X .8 = 144 beats per minute (80% of maximum)

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

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

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

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

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RATE OF PERCEIVED EXERTION

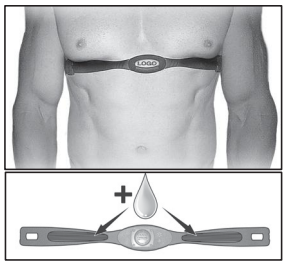
Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should work out than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.
The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows: Rating Perception of Effort
6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

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

USING HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:



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 logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
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 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 – the 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 fitness bike for Heart Rate Control unless a steady, solid Actual Heart
Rate value is displayed. High, wild, random numbers being displayed indicate a problem.

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

1. Microwave ovens, TVs, 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 logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

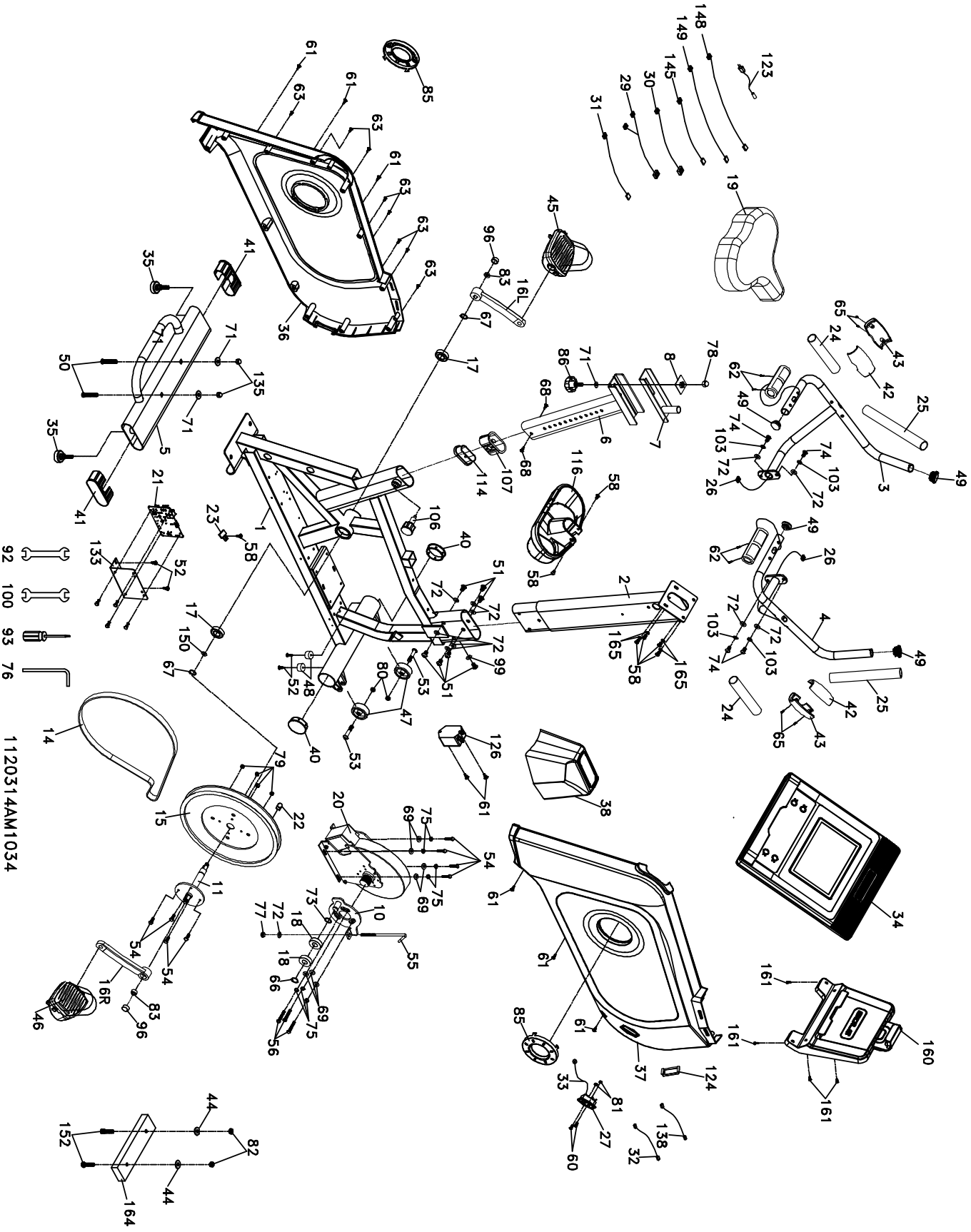
If you continue to experience problems contact your dealer.

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GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking, or rough feeling develops, the main cause is most likely one of two reasons:
    I. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. Ninety percent of calls to the service department for noise issues can be traced to loose hardware.
    II. The crank arm nut needs to be retightened.
    III. If squeaks or other noises persist, check that the unit is properly levelled. There are 2 levelling pads on the bottom of the rear stabilizer; use a 14mm wrench (or an adjustable wrench) to adjust the levellers.

EXPLODED VIEW DIAGRAM



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PARTS LIST

Key	Part Description	Q'ty
1	Main Frame	1
2	Console Mast	1
3	Handlebar (L)	1
4	Handlebar (R)	1
5	Rear Stabilizer	1
6	Seat Slider	1
7	Sliding Seat Mount	1
8	Fix Plate	1
10	Idler Wheel Assembly	1
11	Crank Axle	1
14	Drive Belt	1
15	Drive Pulley	1
16L	Crank Arm (L)	1
16R	Crank Arm (R)	1
17	6004_Bearing	2
18	6203_Bearing	2
19	Seat	1
20	Induction Brake	1
21	Generator/Brake Controller	1
22	Magnet	1
23	Sensor W/Cable	1
24	1" × 5T × 180L_Handgrip Foam	2
25	1" × 5T × 295L_Handgrip Foam	2
26	800mm_Handpulse W/Cable Assembly	2
27	AC Electronic Module	1
29	1900mm_Computer Cable	1
30	300mm_Wire Brake Coil Harness	1
31	450mm_Connecting Wire	1
32	80mm_Connecting Wire	1
33	200mm_Ground Wire	1
34	Console Assembly	1
35	Rubber Foot	2
36	Chain Cover (L)	1
37	Chain Cover (R)	1
38	Console Mast Cover	1
40	Round Cap	2
41	End Cap	2
42	Handgrip Cap(Top)	2
43	Handgrip Cap(Bottom)	2
44	Nylon Washer	2
45	Pedal (L)	1
46	Pedal (R)	1
47	Transportation Wheel	2
48	Rubber Foot Pad	2

Key	Part Description	Q'ty
49	Button Head Plug	4
50	3/8" × 53L_Carriage Bolt	2
51	5/16" × UNC18 × 5/8"_Hex Head Bolt	7
52	5 × 19mm_Tapping Screw	4
53	5/16" × 1-3/4"_Button Head Socket Bolt	2
54	1/4" × 3/4"_Hex Head Bolt	8
55	M8 × 190mm_J Bolt	1
56	M6 × 15mm_Phillips Head Screw	3
58	M5 × 12mm_Phillips Head Screw	7
60	M4 × 12mm_Phillips Head Screw	2
61	5 × 16mm_Tapping Screw	8
62	3 × 20mm_Tapping Screw	4
63	3.5 × 16mm_Sheet Metal Screw	10
65	3 × 10mm_Tapping Screw	4
66	Ø17_C Ring	1
67	Ø20_C Ring	2
68	4 × 12mm_Sheet Metal Screw	2
69	Ø1/4" × 13mm × 1T_Flat Washer	7
71	Ø3/8" × Ø25 × 2T_Flat Washer	3
72	Ø5/16" × Ø18 × 1.5T_Flat Washer	11
73	Ø17 × Ø23.5mm × 1T_Flat Washer	1
74	5/16" × UNC18 × 5/8"_Button Head Socket Bolt	4
75	Ø1/4"_Split Washer	7
76	Combination M5 Allen Wrench & Phillips Head Screw	1
77	M8 × 7T_Nylon Nut	1
78	3/8" × 7T_Cap Nut	1
79	1/4" × 8T_Nylon Nut	4
80	5/16" × 6T_Nylon Nut	2
81	M4 × 5T_Nylon Nut	2
82	3/8" × 7T_Nut	2
83	M10 × P1.25 × 10T_Nut	2
85	Round Cover	2
86	Adjustment Knob	1
92	13.15mm_Wrench	1
93	Phillips Head Screw Driver	1
96	Crank Arm End Cap	2
99	Ø5/16" × 19 × 1.5T_Curved Washer	1
100	12.14mm_Wrench	1
103	5/16" × 1.5T_Split Washer	4
106	Locking Knob	1
107	Sleeve	1
114	Slide Spacer	1
116	Beverage Holder	1
123	Power Cord	1

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Key	Part Description	Q'ty
124	Electronic Module	1
126	Filter	1
133	Controller Fixing Plate	1
135	3/8" × UNC16 × 12.5T_Cap Nut	2
138	80mm_Connecting Wire	1
145	450mm_Connecting Wire	1
148	1100mm_Connecting Wire (White)	1
149	1100mm_Connecting Wire (Black)	1
150	Rubber Pad	2
152	3/8" × 1-1/2"_Hex Head Bolt	2
160	Tablet Holder	1
161	3.5 × 12L_Sheet Metal Screw	4
164	Packing Board	1
165	Ø5 × 0.6T_Star Washer	4

MANUFACTURER'S LIMITED WARRANTY

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

LCB - WARRANTY

Parts/Electronics	3 Years
Frame	Lifetime
Labour	1 Year

This warranty applies only to products in ordinary household and light commercial 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 fitness bike in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the fitness bike and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the fitness bike accessible for servicing, including any item that was not part of the fitness bike at the time it was shipped from the factory.
6. Damages to the fitness bike finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

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

SERVICE

Keep your bill of sale. The labour warranty period is twelve (12) months from the date on the bill of sale. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary in different areas. Service under this warranty must be obtained by following these steps, 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 or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

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

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

spiritfitness.ca

solefitness.ca

xterrafitness.ca

dyaco.ca/products/everlast.html

dyaco.ca/UFC/UFC-home.html

spiritfitness.ca/johnnyg.html

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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