



OWNER'S MANUAL
ST90 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 866-780-7653. Thank you for your Sole purchase.*

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WARNING: This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov

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SOLE

FITNESS

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

Thank you for your purchase of this quality treadmill from **SOLE**. 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. **SOLE** will do all we can to make your ownership experience as pleasant as possible for many years to come.

If there is a question as to where to obtain service, contact our service department at **866-780-7653**.

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 complete and mail your registration card today and enjoy your new treadmill.

Yours in Health,
SOLE Fitness

Name of Dealer _____

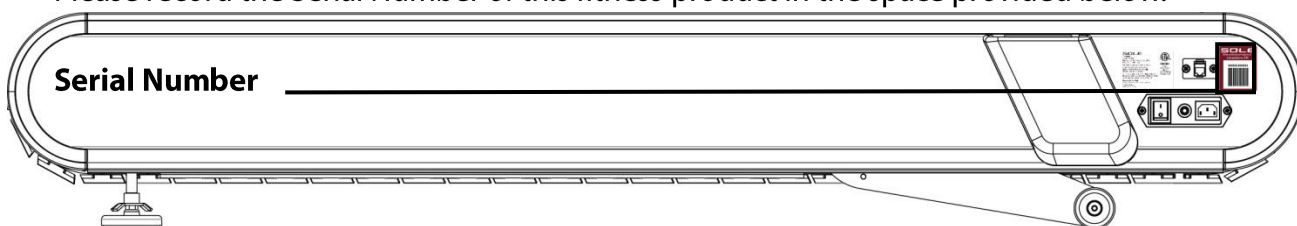
Telephone Number of Dealer _____

Purchase Date _____

PRODUCT REGISTRATION

RECORD YOUR SERIAL NUMBER

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



REGISTER YOUR PURCHASE

The self-addressed product registration card must be completed in full and returned to **SOLE**. You can also go to **www.soletreadmills.com** under the support tab to register online.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

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 120-volt, 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 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 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 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 appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Remove 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 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 maker, space heater, hair drier. Optimally the treadmill should be the only device plugged into the circuit.

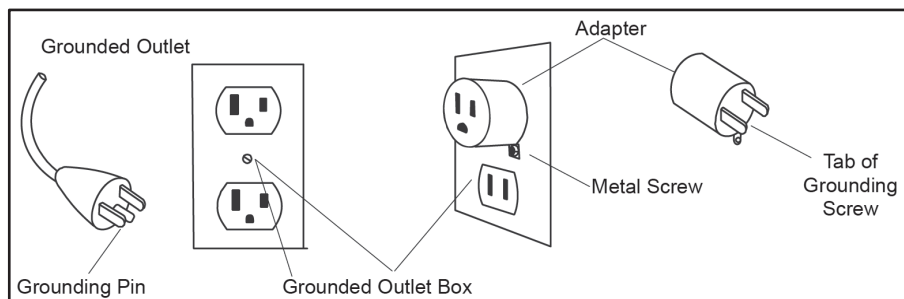
Our treadmills have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not 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 breakdown, 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 120-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 colored 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 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

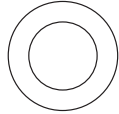
A safety tether cord is provided with this unit and should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:

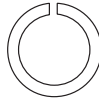
1. Place the safety key into position on the console control head. Your treadmill will not start and operate without this. Removing the safety key also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power.
Note: *The clip should 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 treadmi

ST90 ASSEMBLY PACK CHECKLIST

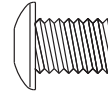
1 HARDWARE STEP 1



#120. $\varnothing 3/8" \times 16 \times 1.5T$
Flat Washer (8 pcs)

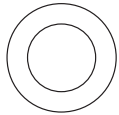


#121. $\varnothing 10 \times 1.5T$
Split Washer (8 pcs)

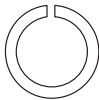


#122. $M10 \times P1.5 \times 15L$
Button Head Socket Bolt (8 pcs)

2 HARDWARE STEP 2



#120. $\varnothing 3/8" \times 16 \times 1.5T$
Flat Washer (4 pcs)

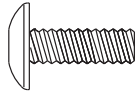


#121. $\varnothing 10 \times 1.5T$
Split Washer (4 pcs)



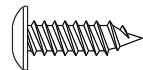
#123. $3/8" \times 1/2"$ _Button Head
Socket Bolt (4 pcs)

3 HARDWARE STEP 3



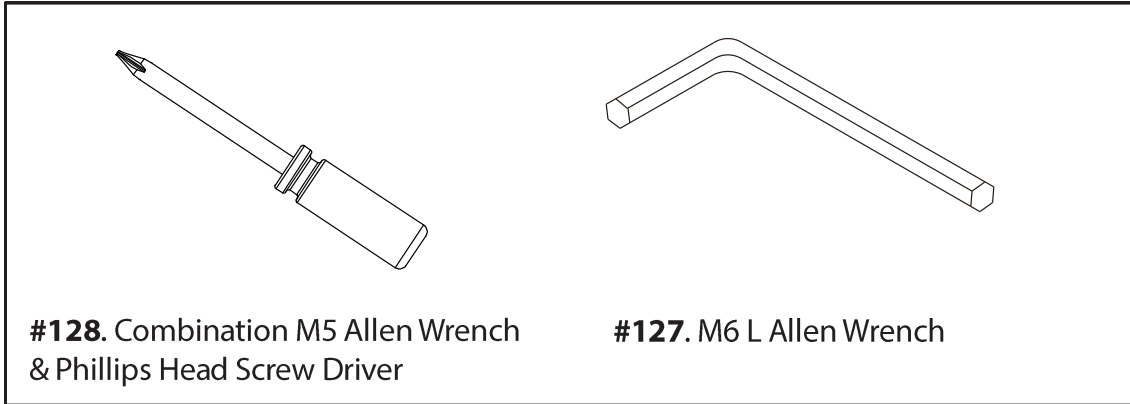
#125. $M5 \times 15mm$
Phillips Head Screw (4 pcs)

4 HARDWARE STEP 4



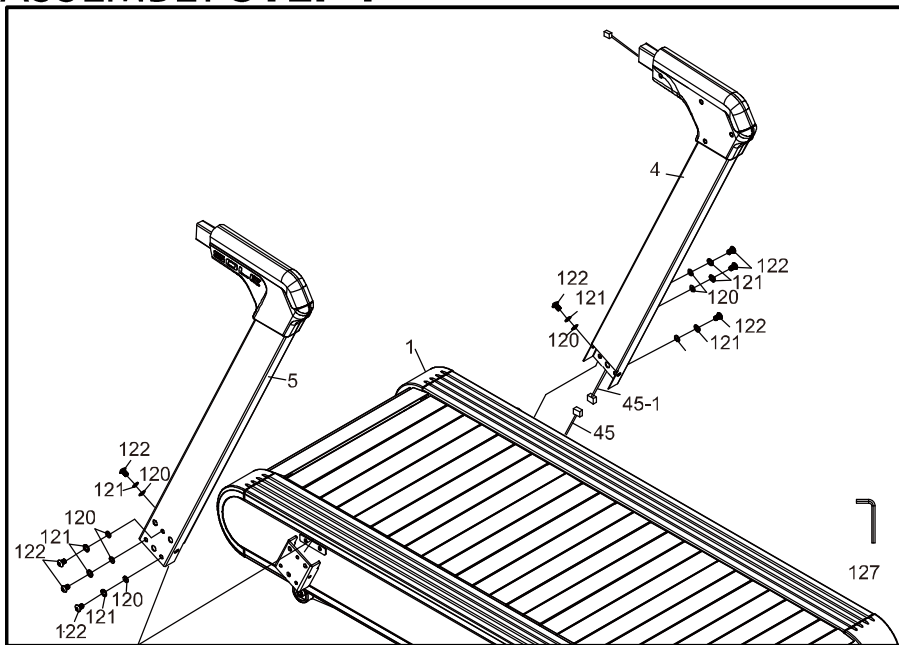
#126. $3.5 \times 16mm$ _Sheet
Metal Screw (4 pcs)

ASSEMBLY TOOLS



ST90 ASSEMBLY INSTRUCTIONS

1 ASSEMBLY STEP 1



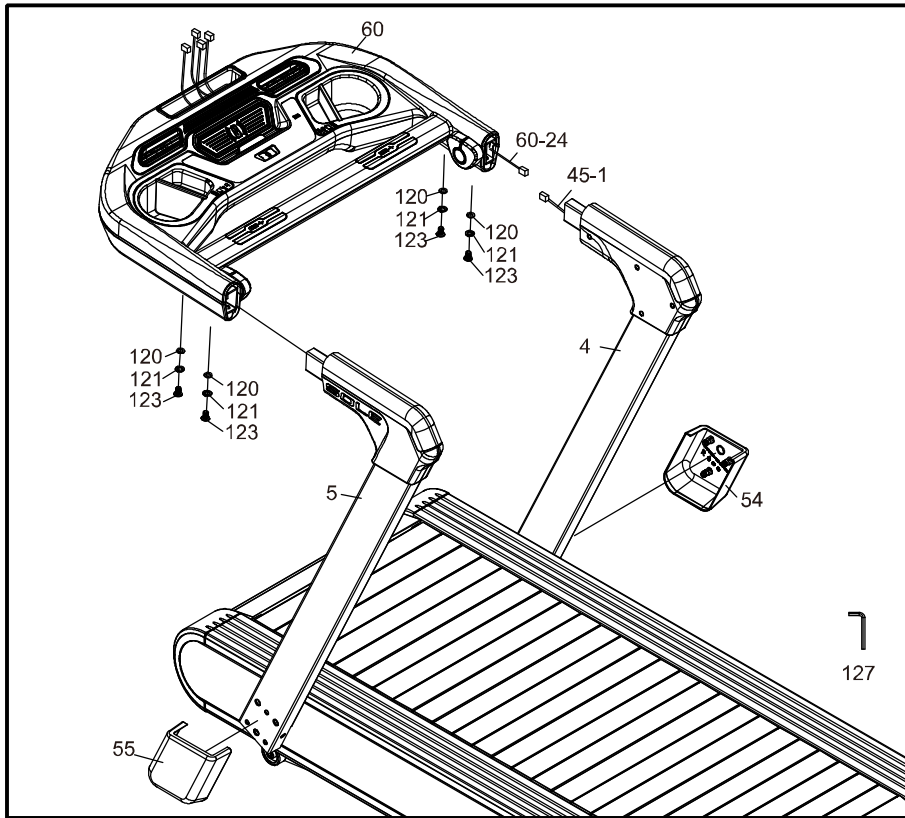
HARDWARE STEP 1

- #120.** $\varnothing 3/8" \times 16 \times 1.5T$ Flat Washer (8 pcs)
- #121.** $\varnothing 10 \times 1.5T$ Split Washer (8 pcs)
- #122.** M10 $\times$ P1.5 $\times$ 15L_ Button Head Socket Bolt (8 pcs)

1. Place Left Upright(5) & Right Upright(4) on Main Frame, Connect the Computer Cable(45-1) of Right Upright (4) with the Computer Cable (45) of Main Frame (1), Secure with eight Button Head Socket Bolt(122) through eight Split Washer (121) -> eight Flat Washer (120) on Main Frame (1) by L Allen Wrench (127)

2

ASSEMBLY STEP 2



HARDWARE STEP 2

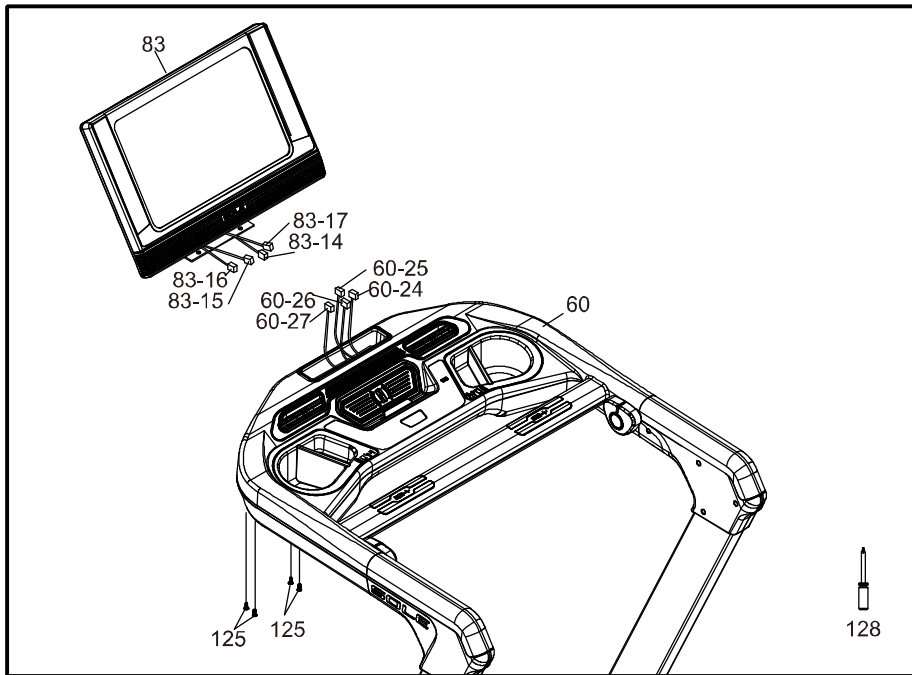
#120. $\varnothing 3/8" \times 16 \times 1.5T$ Flat Washer (4 pcs)

#121. $\varnothing 10 \times 1.5T$ Split Washer (4 pcs)

#123. $3/8" \times 1/2"$ Button Head Socket Bolt (4 pcs)

1. Connect the Computer Cable(45-1) of Right Upright (4) with the Computer Cable (Upper) (60-24) of Console Assembly(Bottom) (60).
2. Install Console Assembly(Bottom) (60) on Right Upright(4) and Left Upright(5) ,secure with four Button Head Socket Bolt (123) through four Split Washer (121) -> four Flat Washer (120) by L Allen Wrench(127). Then tighten the bolts of STEP 1 and install Upright Cover(L&R)(55&54) on Upright(L&R) (5&4).

3 ASSEMBLY STEP 3

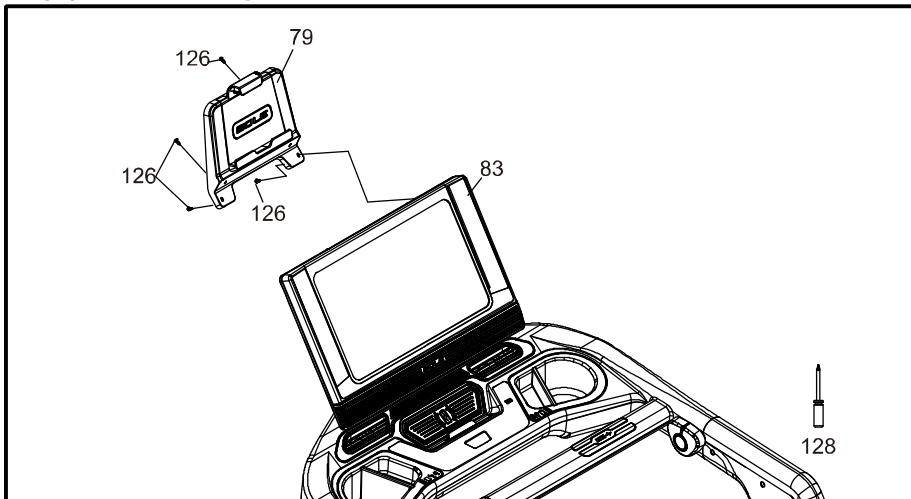


HARDWARE STEP 3

#125. M5 × 15mm
Phillips Head Screw
(4 pcs)

1. To connect Computer Cable (Upper) (**60-24**) & Computer Cable(Upper) (**60-25**) & Computer Cable (**60-26**) & Computer Cable(Lower) (**60-27**) of Console Assembly(Bottom) (**60**) with Computer Cable (**83-17**) & Computer Cable (**83-14**) & Computer Cable (**83-15**) & Handpulse Wire (**83-16**) of Console Assembly(Top) (**83**).
2. Place Console Assembly(Top) (**83**) on Console Assembly(Bottom) (**60**), and secure with four Phillips Head Screw (**125**) by Phillips Head Screw Driver (**128**).

4 ASSEMBLY STEP 4



HARDWARE STEP 4

#126. 3.5 × 16mm_
Sheet Metal Screw (4 pcs)

1. Place PAD holder on Console Assembly(83), and secure with four Sheet Metal Screw (126) by Phillips Head Screw Driver(128).

OPERATION OF YOUR TREADMILL

GETTING FAMILIAR WITH THE CONTROL PANEL

ST90 CONSOLE



GETTING STARTED

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. Ensure that the **Safety Key** is installed, as the treadmill will not power on without it.

****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 among three features.

Starting the operation

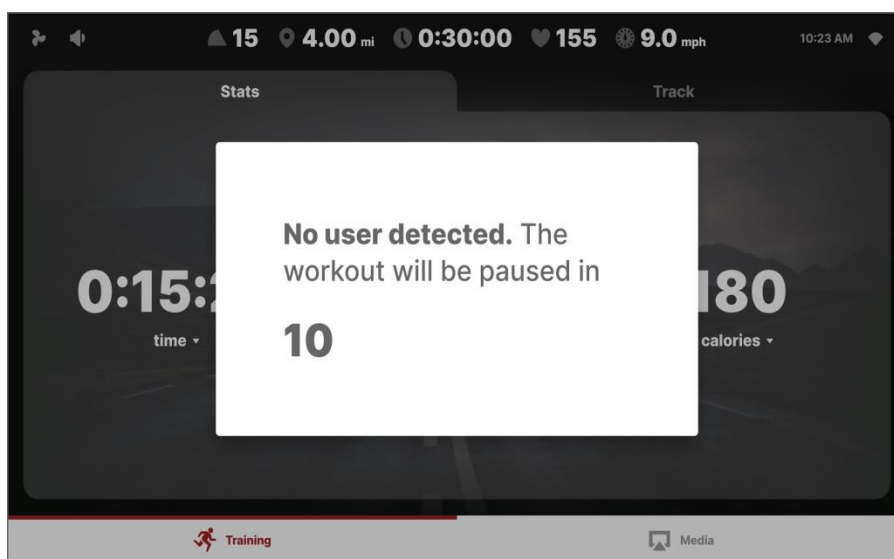
- Plug in the power cord and switch on the main power switch located at the right, front of the treadmill and make sure that the safety key is put on as the treadmill is unable to operate without the safety key.
- When the power is turned on, the screen will show the initial image and then enter the ready mode which is the beginning of the treadmill operation.

Heart rate feature

Pulse (heart rate) on the screen shows the current value of the heart beats per minute. You must hold both left and right stainless steel sensors to measure the pulse. The pulse value will be shown on the screen continuously. You can also use hand pulse sensors for heart rate control. The console can also detect the pulse from a heart rate chest strap transmitter.

No user detected:

Machine will pause automatically if no user is detected for 10 seconds. When treadmill is operating with speed higher than 2mile/hr (3km/hr), protecting mechanism will be activated. Pop up window will ask user whether to stop/resume workout program. This pop up window will remain on the screen for 5 minute. Treadmill will end workout automatically if no actions were taken within 5 minutes.



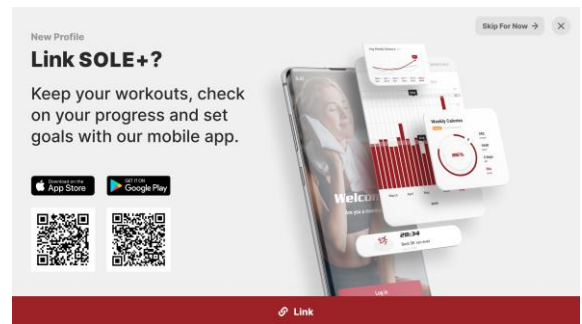
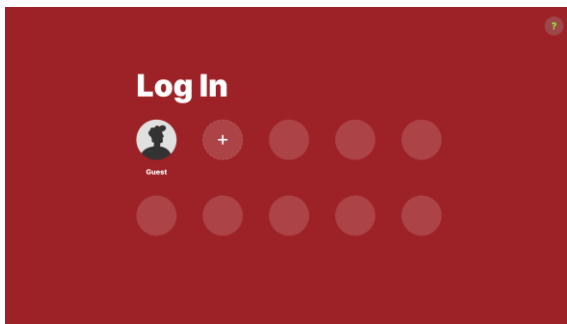
TOUCHSCREEN OPERATION

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

The User Interface (UI) images in the manual reflect the version of 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 own profile: it allows your machine to remember your physical parameters, favorite 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.

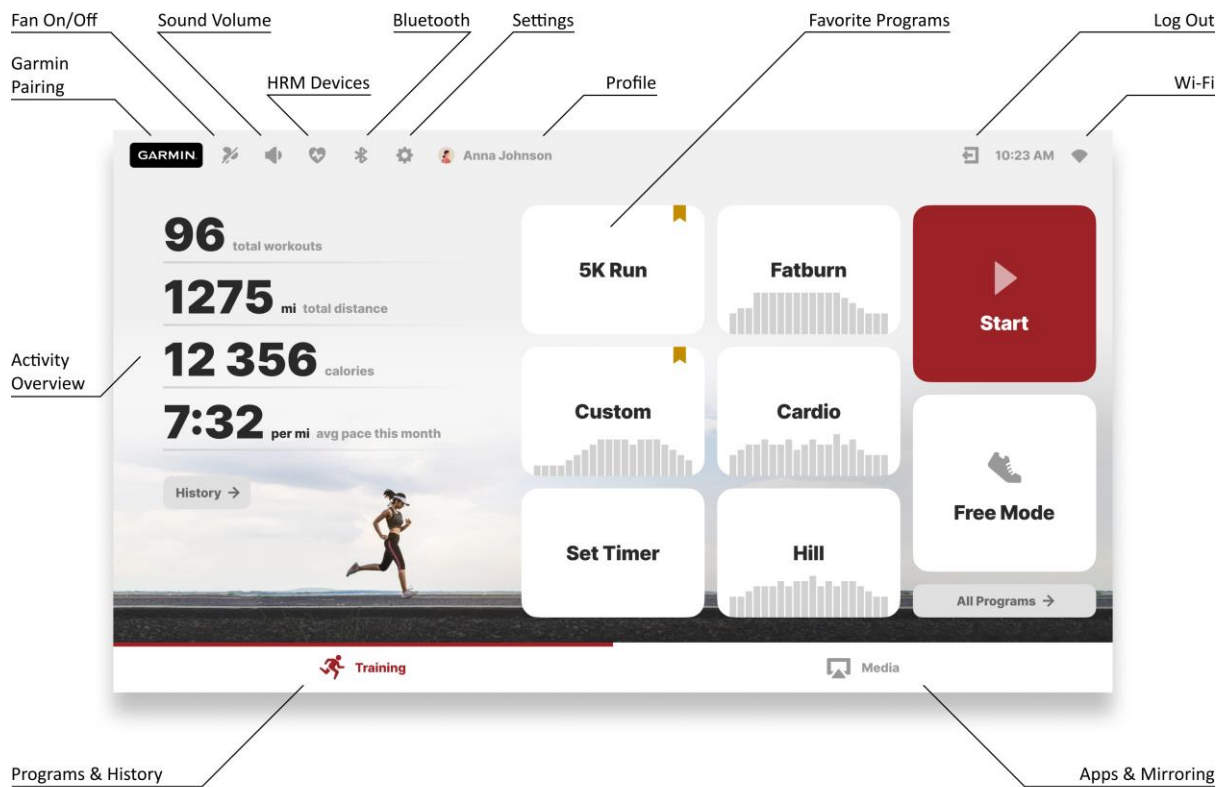


To link a SOLE+ account, scan the QR code on the console screen to download the mobile app first. Once the app is installed and the registration is complete, press “Link” on the bottom of the console screen, then open the QR code scanning camera in your SOLE+ app, and scan the QR code once again to link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

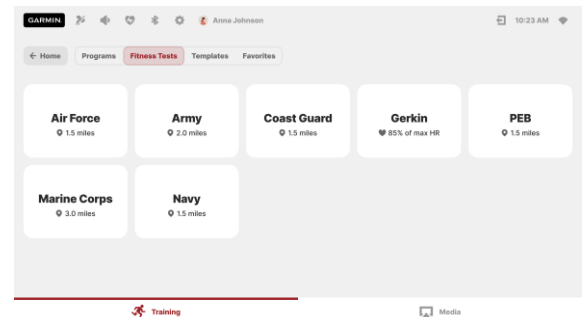
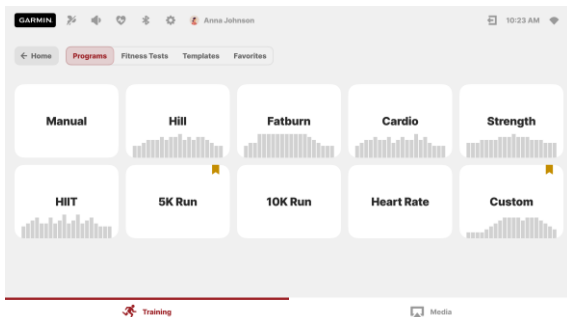
The main screen of the Training section displays an overview of your activity, and offers shortcuts to the most frequently used training options: Start, Free Mode and up to 6 programs that you have marked as your favorites are arranged on this page for your quick access.

Homescreen provides activity overview and suggests shortcuts to the training options. If in Guest mode, here you can provide your physical data, which will help the machine calculate workout summary more accurately. Use scales or arrows to adjust your age and weight. “Start” button starts the workout immediately.

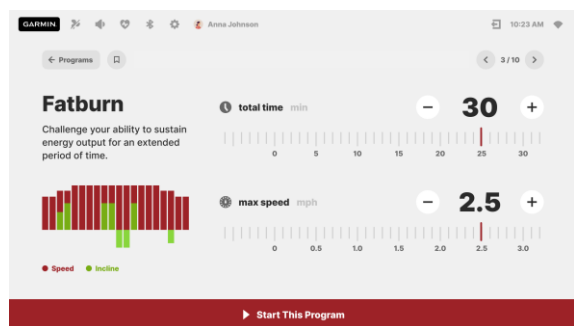
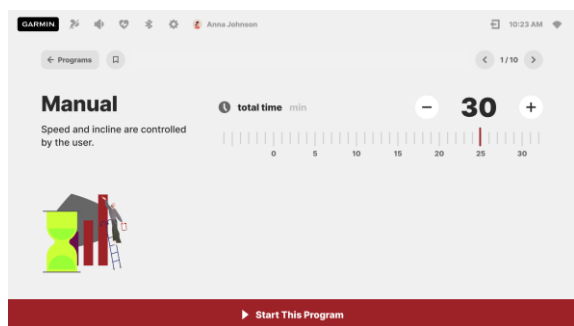


Workout Programs

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.

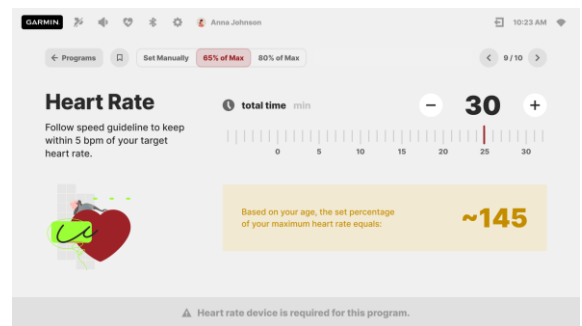
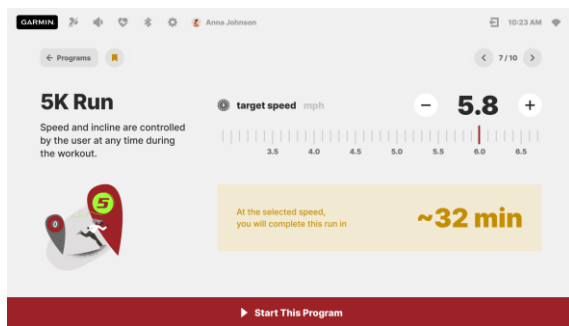
The speed and incline levels for each segment of the programs are shown in the chart below. Speed values represent a percentage of the max speed that was set before start. For instance, if the max speed was set to 10.0 mph, and the value in the chart indicates 20, it means that this segment's speed will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

FREE MODE

Running belt is able to move freely under free mode. User may fall if not paying attention. When safety key is pulled, running belt stops immediately. Attach safety key to resume free mode.

1. Select free mode to enter free mode
2. Running belt can move freely under free mode. Please hold on to hand rail and start running.
3. Able to adjust incline up 0~ 8 level.
4. Press stop and waiting to incline down to 0 level and exit free mode.



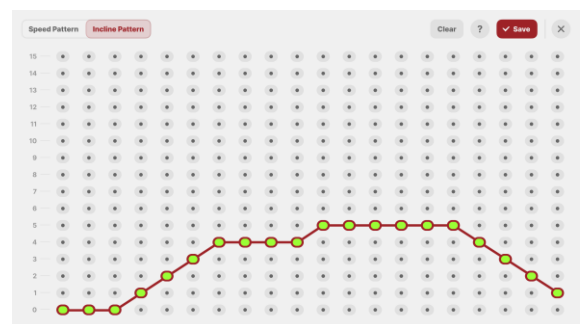
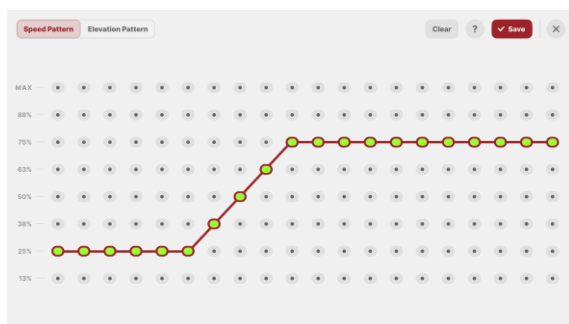
5K Run, 10K Run programs automatically set a target distance for your workout (5 km and 10 km, respectively). On the program setup page, the console will show the estimated total time for this run based on the selected target speed. Program ends when the target distance is reached.

Heart Rate program uses 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.

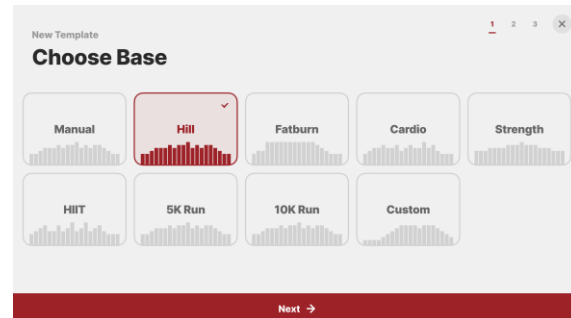
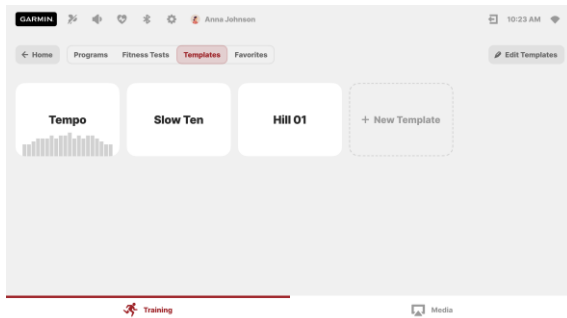
On the program setup page, you can either set the target bpm directly or select 60% or 80% of your age-predicted maximum heart rate, allowing the machine to calculate your target automatically. Choosing the second option, make sure you have let the machine know how old you are, otherwise the calculations 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 start.

Speed values are relative, and maximum can be changed before each workout; all the segments will be adjusted proportionally. Incline values are absolute.



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 labeled as a **Favorite**. Up to 6 favorite programs will appear right on the Home screen, so you can access them easier. 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 labeled 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.

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,

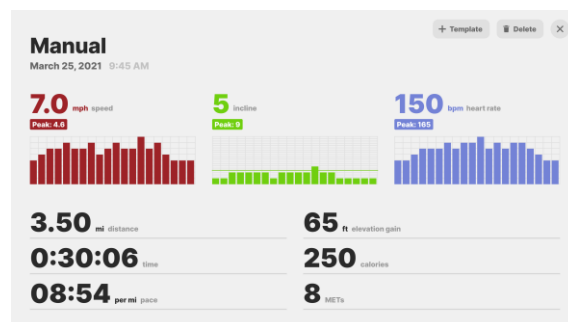
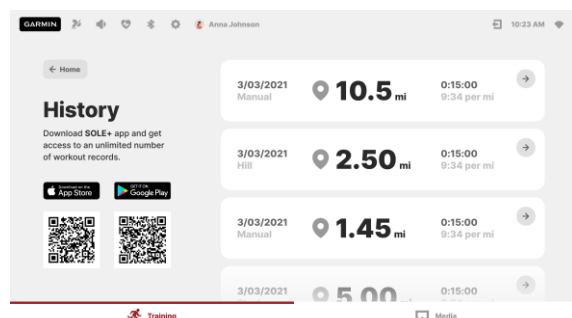
- make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or have any pre-existing health conditions;
- make sure you have warmed up and stretched before taking the test;
- do not take in caffeine before the test.

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.

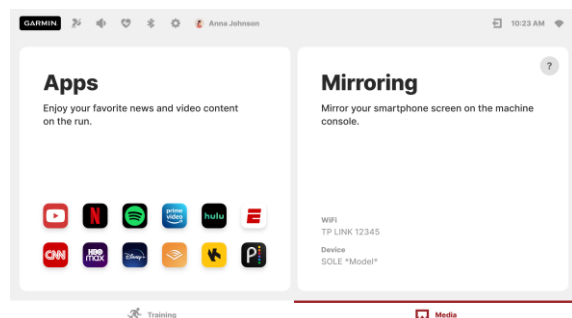
History

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.



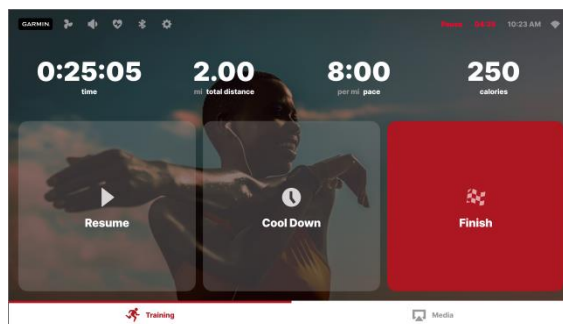
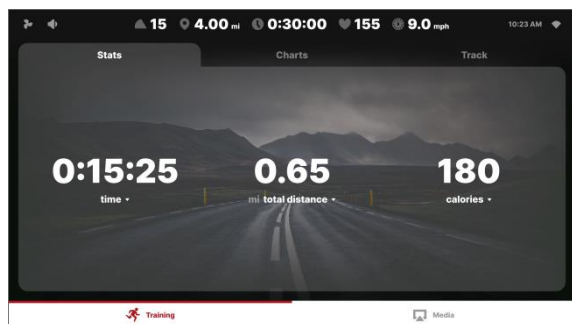
Once the content is on, use the floating panel for navigation and operating full screen mode. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press Hide Panels to enter the full screen mode 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 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 Media section to enjoy your favorite media content. In the Stats view, you can select 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.



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 pressed in 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 connect. 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 complete pressed in 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 13.1 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 cell phone during your workout by placing it inside the wireless charging box/area properly.

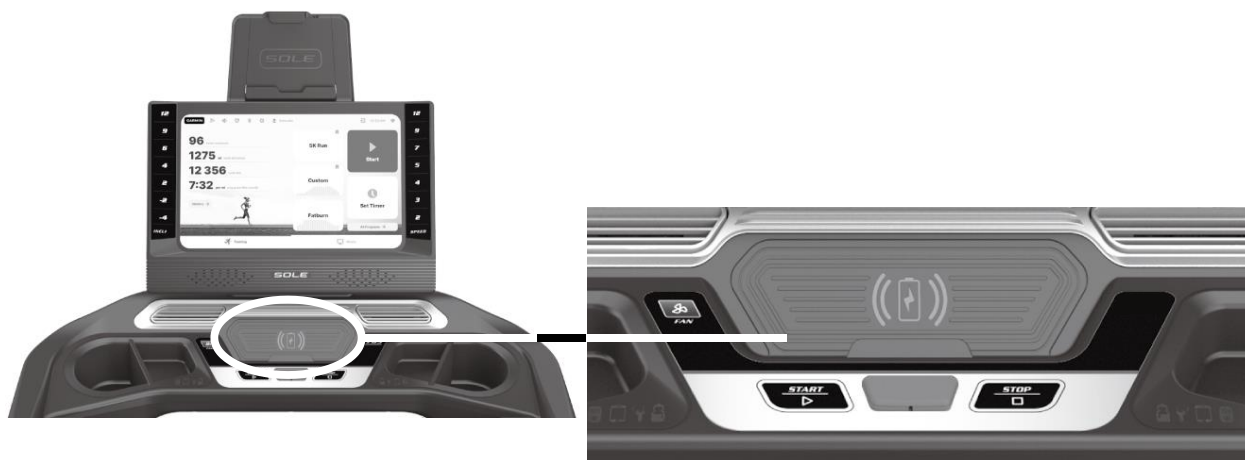
To charge your mobile phone sure the fitness equipment power is on.

NOTE :

**Your device must be set in the landscape orientation for the best result.

** Your device "charging" icon may or may not 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 benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

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

$220 - 40 = 180$ (maximum heart rate)

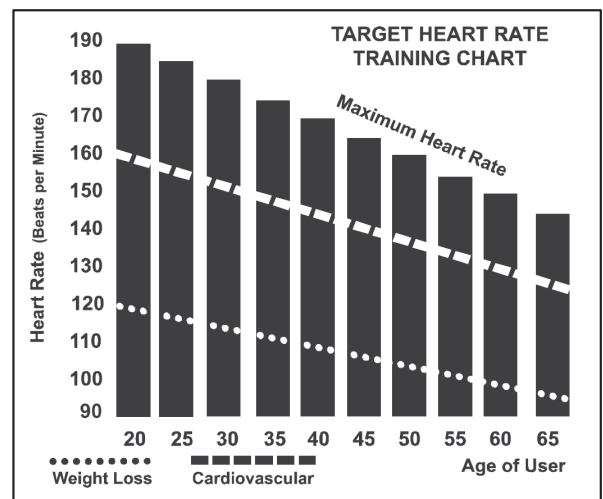
$180 \times .6 = 108$ beats per minute
(60% of maximum)

$180 \times .8 = 144$ beats per minute
(80% of maximum)

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

If you enter your age during programming the console will perform this calculation automatically.

Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.



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

RATE OF PERCEIVED EXERTION

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

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

The scale is as follows:

Rating Perception of Effort

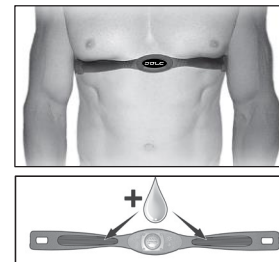
- 6 Minimal
- 7 Very,very light
- 8 Very,very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very,very hard
- 20 Maximal

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

USING HEART RATE TRANSMITTER (OPTIONAL)

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

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



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

ERRATIC OPERATION

Caution! Do not use this elliptical 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. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

To check if your Garmin device can be used for heart rate transmission, please refer to the list of supported devices provided on www.soletreadmills.com

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

HEART RATE CONTROL PROGRAM

Heart Rate Control (HRC) uses your treadmill's incline system to control your heart rate. Increases and decreases in elevation affect heart rate much more efficiently than changes in speed alone. The HRC program automatically changes elevation gradually to achieve the programmed target heart rate.

You have the option, during the setup mode, to choose either the HR program. The Weight Control program will attempt to maintain your heart rate at 60% of your Maximum Heart Rate. Your Maximum Heart Rate is based upon a formula that subtracts your age from a constant of 220. Your HR setting is automatically calculated during the setup mode when you enter your age.

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 front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into 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	Treadmill defect. Contact your SOLE dealer.
Motor is not responsive after pressing Start	1. If the belt moves, but stops after a short time and the display shows "Err", run calibration. 2. If you press Start and the belt never moves, then the display shows "Err", 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 treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 14 gauge minimum. Low household voltage. Contact an electrician or your SOLE dealer. A minimum of 110 volt AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt friction. See General Maintenance.
Treadmill trips on board 15 amp circuit	High belt friction. See General Maintenance.
Computer shuts off when console is touched (on a cold day) while walking/running	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 appliance in the circuit. See "Important Electrical Information" in the front of this manual for more details.

ERROR MESSAGES FOR DIGITAL- CONTROL SYSTEM TREADMILLS

ERROR	MEANING	POSSIBLE CAUSE	
Console showing Error E-01H	Low voltage	Low voltage, please check outlet. voltage	OK ☐ NG ☐
		Please check extension cord.	OK ☐ NG ☐
Console showing Error E-02H	Abnormal temperature	Abnormal inverter temperature. Contact your SOLE dealer.	OK ☐ NG ☐
Console showing Error E-04H	Overcurrent	Please check if motor, drive belt, roller, running belt are stuck.	OK ☐ NG ☐
Console showing Error E-06H	Converter overvoltage	Please check Braking resistor.	OK ☐ NG ☐
Console showing Error E-07H	Abnormal PFC	Make sure cables are connected securely.	OK ☐ NG ☐
Console showing Error E-08H	GF abnormal	Please check motor cable	OK ☐ NG ☐
Console showing Error E-09H	Converter overheat	Please clean cooling fan.	OK ☐ NG ☐
Console showing Error E-0AH	Motor overload	Please check running belt or check bearing for damage.	OK ☐ NG ☐
Console showing Error E-0BH	Converter oberload	Please check running belt or check bearing for damage.	OK ☐ NG ☐
Console showing Error E-21H	Abnormal PrEr Flash	Please check running belt or check bearing for damage.	OK ☐ NG ☐
Console showing Error E-22H	EEPROM error	malfunction Contact your SOLE dealer.	OK ☐ NG ☐
Console showing Error E-23H	Low voltage	Low voltage, please check outlet voltage.	OK ☐ NG ☐
		Please check extension cord.	OK ☐ NG ☐
Console showing Error E-25H	Emergency Stop	Safety key pulled, please attach safety key.	OK ☐ NG ☐
Console showing Error E-29H	High temperature alert	Abnormal temperature, please clean cooling fan.	OK ☐ NG ☐
Console showing Error E-50H	Communication error	Please check all cables.	OK ☐ NG ☐
Console showing Error E-51H	Inter-communication error	Internal communication error. Contact your SOLE dealer.	OK ☐ NG ☐

Console showing Error E-52H	Incline calibration error	Is the cable between incline motor and controller connected correctly and properly?	OK ☐ NG ☐
		Check if incline mechanism being stock or defective?	OK ☐ NG ☐
		Is VR connected properly or with inter-mittance?	OK ☐ NG ☐
Console showing Error E-3H	Incline error	Is the cable between incline motor and controller connected correctly and properly?	OK ☐ NG ☐
		Check if incline mechanism being stock or defective?	OK ☐ NG ☐
		Is VR connected properly or with inter-mittance?	OK ☐ NG ☐

GENERAL MAINTENANCE

Dirt, dust, and hair can block air inlets and accumulate on the slat belt. Please vacuum your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up, use a soft, damp cloth, or paper towel, wipe the belt by weekly. UNPLUG THE POWER CORD BEFORE THIS TASK.

MANUFACTURER'S LIMITED WARRANTY

TREADMILL WARRANTY

Effective February 1, 2023

SOLE warrants all its treadmills' parts, for a period of time listed below, from the date of retail sale, as determined by sale receipt, or in the absence of a receipt eighteen (18) months from the original factory shipping date. SOLE's responsibilities include providing new or remanufactured parts, at SOLE'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 SOLE directly to a consumer. The warranty period applies to the following components:

Frame	5 years
Motor	5 years
Deck	3 years
Parts	3 year
Labor	1 year
Cosmetic Items	90 Days

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 card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty or, if outside of the 10 day period, the warranty can be registered if you have proof of purchase (i.e. receipt, bank statement, credit card statement, or email order confirmation).
2. Proper use of the treadmill in accordance with the instructions provided in this manual, including general maintenance (i.e. belt tracking, belt tension, vacuuming under motor cover, and lubrication. See all components under General Maintenance section)
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 installation.
7. Routine maintenance of this unit as specified in this manual. (See All Components under General Maintenance).
8. Provide pictures or video of any issues via email as requested by the service technician. Assist with troubleshooting/diagnosing prior to a home visit.

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 states 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 SOLE service companies; use of parts other than original SOLE parts; Or external causes such as corrosion (RUST), discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance (see general maintenance instructions section), inadequate power supply, natural disasters, or elemental damage (i.e. power surges, lightning storms, water damage, or fire damage.)
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.(Warranties DO NOT transfer.)
6. Products that do not have a warranty registration card on file at SOLE. SOLE 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. Shipping charges may apply to Alaska and Hawaii customers.
10. Warranty will be void if the unit is not in a climate-controlled, insulated environment. (Examples: Garage, outside, carport, etc)

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. 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 from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized SOLE dealer. OR
2. Submit all service requests including serial number, contact information and a brief description of the problem online at <http://www.soletreadmills.com/serviceparts.html>.
3. If there is a question as to where to obtain service, contact our service department at 866-780-7653.
4. If no local service is available, SOLE will repair or replace the parts, at SOLE'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 SOLE. SOLE 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 with- out a return authorization number will be refused.
5. The service department assists in troubleshooting prior to sending a field technician. SOLE may request pictures and video via email of issues to help with diagnosing.

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 866-780-7653. Thank you for your Sole purchase.

SOLE[™]
FITNESS