



OWNER'S MANUAL
E20 Elliptical Trainer

*Please carefully read this entire manual
before operating your new elliptical.*

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

ATTENTION

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

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

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

Thank you for your purchase of this quality elliptical from **SOLE**. Your new elliptical 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 elliptical.

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.

Serial Number _____

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 elliptical 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 elliptical on a flat level surface with access to a 115-volt, 15-amp grounded outlet with only the elliptical 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 elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical 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 elliptical if it has a damaged cord or plug. If the elliptical 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 elliptical 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 elliptical. 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.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER remove any cover without first disconnecting AC power.

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

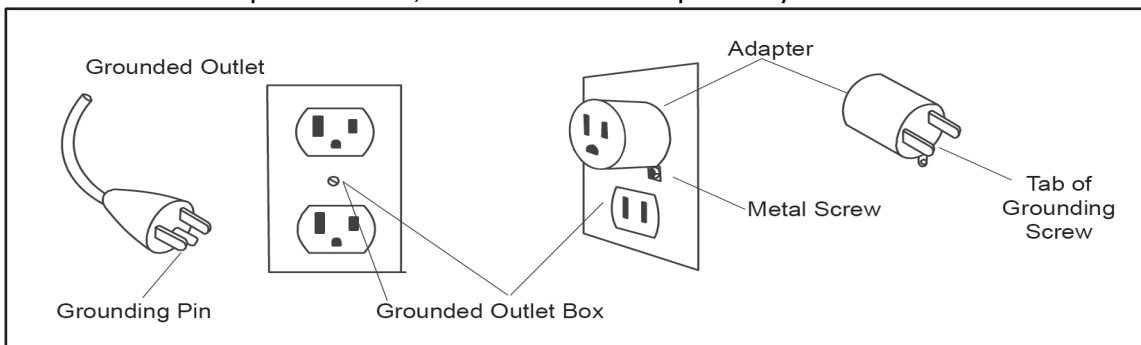
NEVER expose this elliptical to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

GROUNDING INSTRUCTIONS

This product must be grounded. If the elliptical 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 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 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 elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance and incline do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components. Unplug the elliptical during an electrical storm as a precaution.
- Use caution while participating in other activities while using your elliptical; such as watching television, reading, etc. These distractions may cause you to lose balance; which may result in serious injury.
- Always hold on to a handle bar while making control changes (incline, level, etc.).
- Do not use excessive pressure on 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.



POWER CONNECTOR - FRONT, LEFT SIDE OF UNIT

TRANSPORT INSTRUCTIONS

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

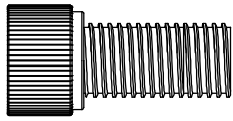
E20 ASSEMBLY INSTRUCTIONS

Scan Here for Assembly Video

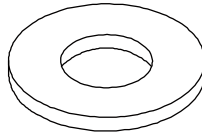


E20 ASSEMBLY PACK CHECKLIST

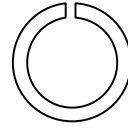
1 HARDWARE STEP 1



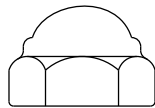
#107. 3/8" x 3/4"_
Socket Head Cap Bolt
(4 pc)



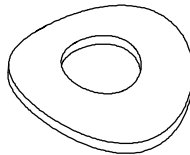
#129. Ø3/8" x Ø19 x
1.5T_Flat Washer
(6 pc)



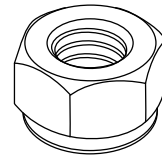
#135. Ø10 x 2T_
Split Washer (4 pc)



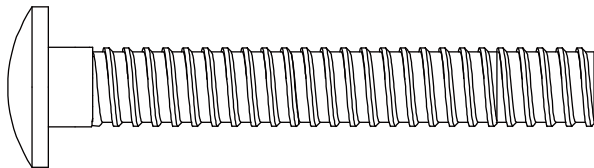
#138. 3/8" x UNC16 x
12.5T_Cap Nut (2 pc)



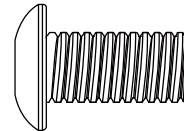
#156. Ø3/8" x 23 x 2.0T_
Curved Washer
(6 pc)



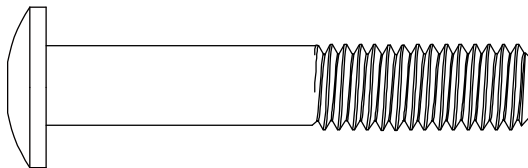
#158. 3/8" x UNC16 x
7T_Nylon Nut (2 pc)



#139. 3/8" x 3"_
Carriage
Bolt (2 pc)



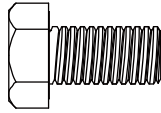
#159. 3/8" x 3/4"_
Button
Head Socket Bolt (2 pc)



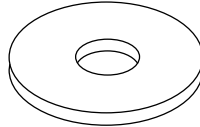
#157. 3/8" x UNC16 x 2"_
Button Head Socket Bolt (6 pc)

E20 ASSEMBLY PACK CHECKLIST

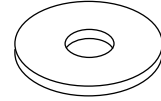
2 HARDWARE STEP 2



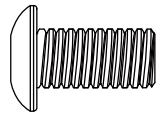
#98. 5/16" × 15m/m_
Hex Head Bolt (2 pcs)



#130. Ø8.5 × Ø26 ×
2.0T_Flat Washer (4 pcs)

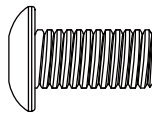


#136. Ø5/16" × Ø20 ×
1.5T_Flat Washer (2 pcs)

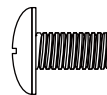


#103. 5/16" × 15m/m_
Button Head Socket Bolt (4 pcs)

3 HARDWARE STEP 3

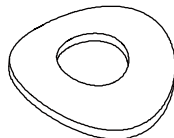


#103. 5/16" × 15m/m_
Button Head Socket Bolt
(4 pcs)

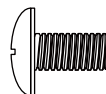


#110. M5 × 10m/m_
Phillips Head Screw
(6 pcs)

4 HARDWARE STEP 4



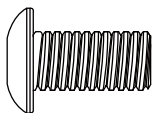
#137. 5/16" × 15m/m_
Button Head Socket Bolt
(6 pcs)



#110. M5 × 10m/m_
Phillips Head Screw
(8 pcs)



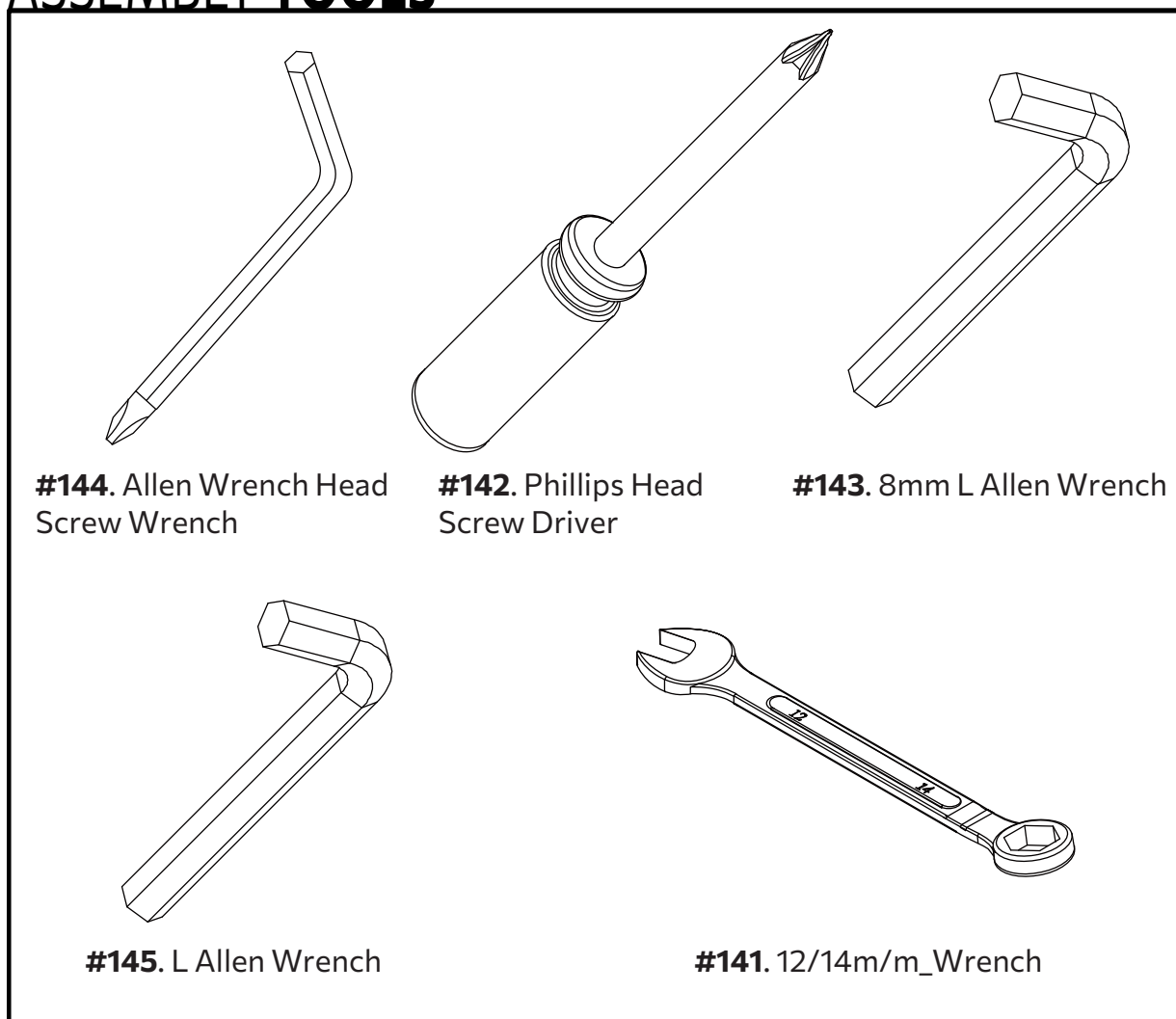
#114. M5 × 10m/m_
Phillips Head Screw
(4 pcs)



#103. 5/16" × 15m/m_
Button Head Socket Bolt
(6 pcs)

E20 ASSEMBLY PACK CHECKLIST

ASSEMBLY TOOLS

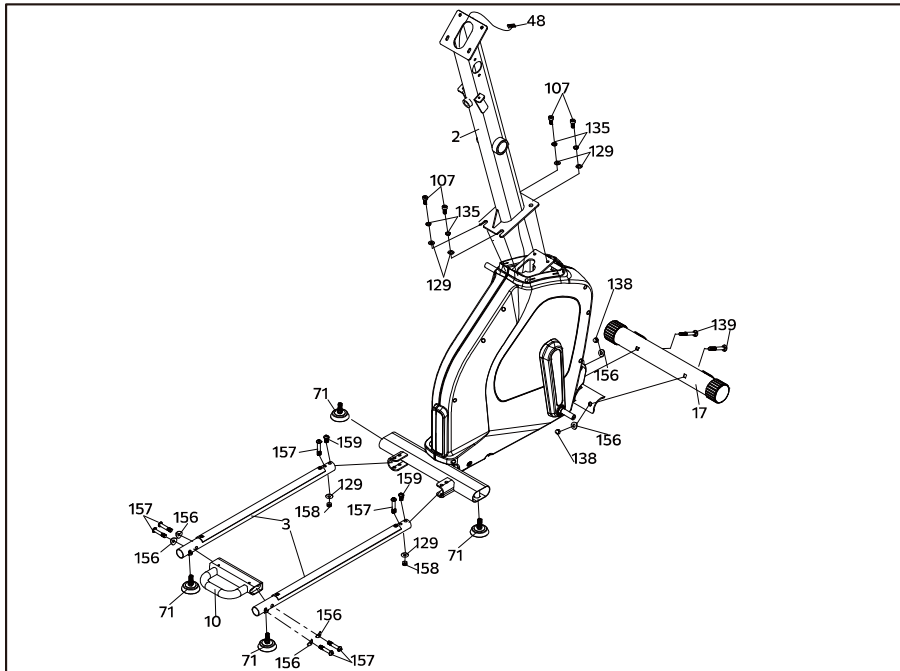


PRE-ASSEMBLY

1. Use a razor knife or box cutter to cut the outside, bottom, and the edge of the box along the dotted Line. Lift the box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or if 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 number from the assembly drawing for reference.

E20 ASSEMBLY INSTRUCTIONS

1 RAIL & CONSOLE MAST



HARDWARE STEP 1

- #107. 3/8" x 3/4" _ Socket Head Cap Bolt (4 pc)
- #129. Ø3/8" x Ø19 x 1.5T_Flat Washer (6 pc)
- #135. Ø10 x 2T_ Split Washer (4 pc)
- #138. 3/8" x UNC16 x 12.5T_Cap Nut (2 pc)
- #156. Ø3/8" x 23 x 2.0T_ Curved Washer (6 pc)
- #158. 3/8" x UNC16 x 7T_Nylon Nut (2 pc)
- #139. 3/8" x 3" _Carriage Bolt (2 pc)
- #159. 3/8" x 3/4" _ Button Head Socket Bolt (2 pc)
- #157. 3/8" x UNC16 x 2" _Button Head Socket Bolt (6 pc)

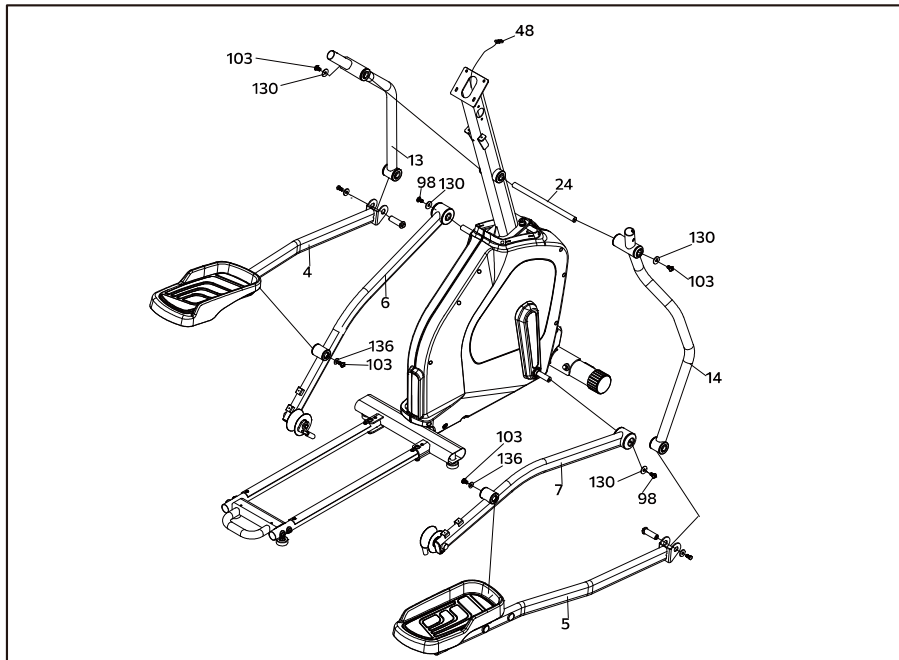
1. Pull the tie on Console Mast (**2**) to have 1150m/m_Computer Cable (**48**) go through the mast from bottom and out of the mast on top. Secure the Console Mast on the mounting plate on the Main Frame with four Socket Head Cap Bolt (**107**) through four Split Washer (**135**) four Flat Washer (**129**) by using 8mm L Allen Wrench (**143**).
2. Attach the Front Stabilizer (**17**) to the Main Frame (**1**) and set the transportation wheels forward, then secure two Carriage Bolt (**139**) through two Curved Washer (**156**) two Cap Nut (**138**) by 12/14m/m_Wrench (**141**). This step should secure the Carriage Bolt (**139**) from bottom to top through the Front Stabilizer (**17**).
3. Attach the Rail Connecting Tube (**10**) between the two Rear Rail Assembly (**3**), then secure four Button Head Socket Bolt (**157**) through four Curved Washer by using the L Allen Wrench (**145**) to secure both sides. Then attach two Rear Rail Assembly (**3**) to the Rail Tube Connecting Seat, then secure two Button Head Socket Bolt (**157**) through two Flat Washer (**129**) two Nylon Nut by using L Allen Wrench (**145**).
4. Use two Button Head Socket Bolt to secure the two Rear Rail Assembly (**3**) on the Rail Tube Connecting Seat by using L Allen Wrench (**145**).
5. Install four Foot Pad on the main frame (**1**) and the Rail Connecting Tube (**10**).

E20 ASSEMBLY INSTRUCTIONS

2 CONNECTING ARM & PEDAL ARM

HARDWARE STEP 2

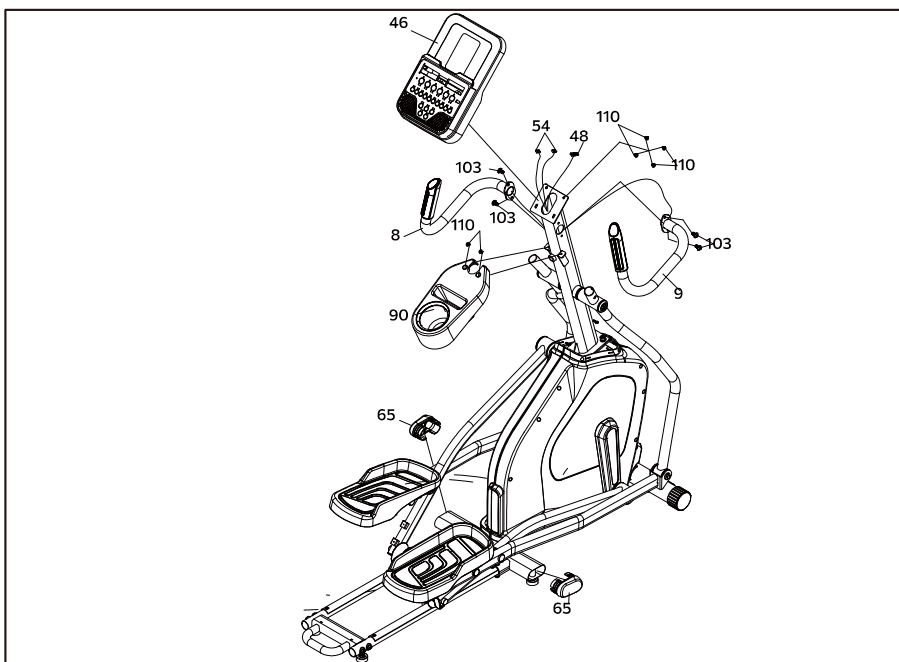
#98. 5/16" x 15m/m_
Hex Head Bolt (2 pcs)
#130. Ø8.5 x Ø26 x
2.0T_Flat Washer
(4 pcs)
#136. Ø5/16" x Ø20 x
1.5T_Flat Washer
(2 pcs)
#103. 5/16" x 15m/m_
Button Head Socket
Bolt (4 pcs)



1. Attach Pedal Arm (**L**) (**6**) to the left crank arm axle, then secure one Hex Head Bolt through one Flat Washer by using Allen Wrench Head Screw Wrench (**144**). Then, do the same way to attach Pedal Arm (**R**) (**7**) to the right crank arm axle.
2. Insert Upright Bar Axle (**24**) into Console Mast (**2**), then secure Lower Handle Bar (**L**) (**13**) & Lower Handle Bar (**R**) (**14**) on the Upright Bar Axle (**24**) with two Head Socket Bolt (**103**) through two Flat Washer (**130**) by using Allen Wrench Head Screw Wrench (**144**).
3. Secure Connecting Arm (**L**) (**4**) on Pedal Arm (**L**) with one Button Head Socket Bolt (**103**) through Flat Washer (**136**) by using Allen Wrench Head Screw Wrench (**144**). Do the same manner for Connecting Arm (**R**) (**5**).
4. Remove Rod End Shaft and Screw which on Connecting Arm (**L.R**) (**4.5**). Connect Lower Handle Bar (**L.R**) (**13.14**) with Connecting Arm (**L.R**) (**4.5**) by the Rod End Shaft (**25**), then secure the screw which from Connecting Arm (**L.R**) (**4.5**) by using Wrench (**141**).

E20 ASSEMBLY INSTRUCTIONS

3 CONSOLE & HANDPULSE ASSEMBLY



HARDWARE **STEP 3**

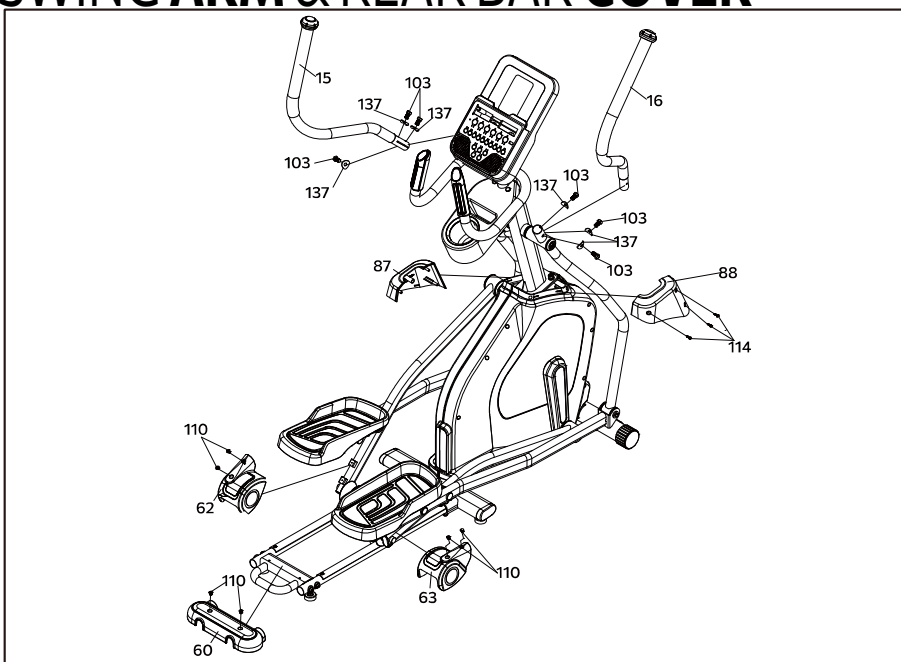
#103. 5/16" × 15m/m_
Button Head Socket
Bolt (4 pcs)

#110. M5 × 10m/m_
Phillips Head Screw
(6 pcs)

1. Use Phillips Head Screw Driver (**142**) to secure the Drink Bottle Holder (**90**) on the console mast with two Phillips Head Screw (**110**).
2. Pull two cables of Handpulse W/Cable Assembly (**54**) from Handpulse Assembly(**L**) (**8**) & Handpulse Assembly(**R**) (**9**) through the round hole from Console Mast, with four Button Head Socket Bolt (**103**) by using Allen Wrench Head Screw Wrench (**144**).
3. Plug all of the connectors into the back of the Console Assembly (**46**) Computer Cable (**48**), two cables of Handpulse W/Cable Assembly (**54**). Secure the Console Assembly (**46**) on the console mounting plate with four Phillips Head Screw (**110**) by using Phillips Head Screw Driver (**142**).
4. Plug the four Oval End Cap (**65**) into the stabilizer tubes.

E20 ASSEMBLY INSTRUCTIONS

4 SWING ARM & REAR BAR COVER



HARDWARE STEP 4

#137. 5/16" × 15m/m_ Button Head Socket Bolt (6 pcs)

#110. M5 × 10m/m_ Phillips Head Screw (8 pcs)

#114. M5 × 10m/m_ Phillips Head Screw (4 pcs)

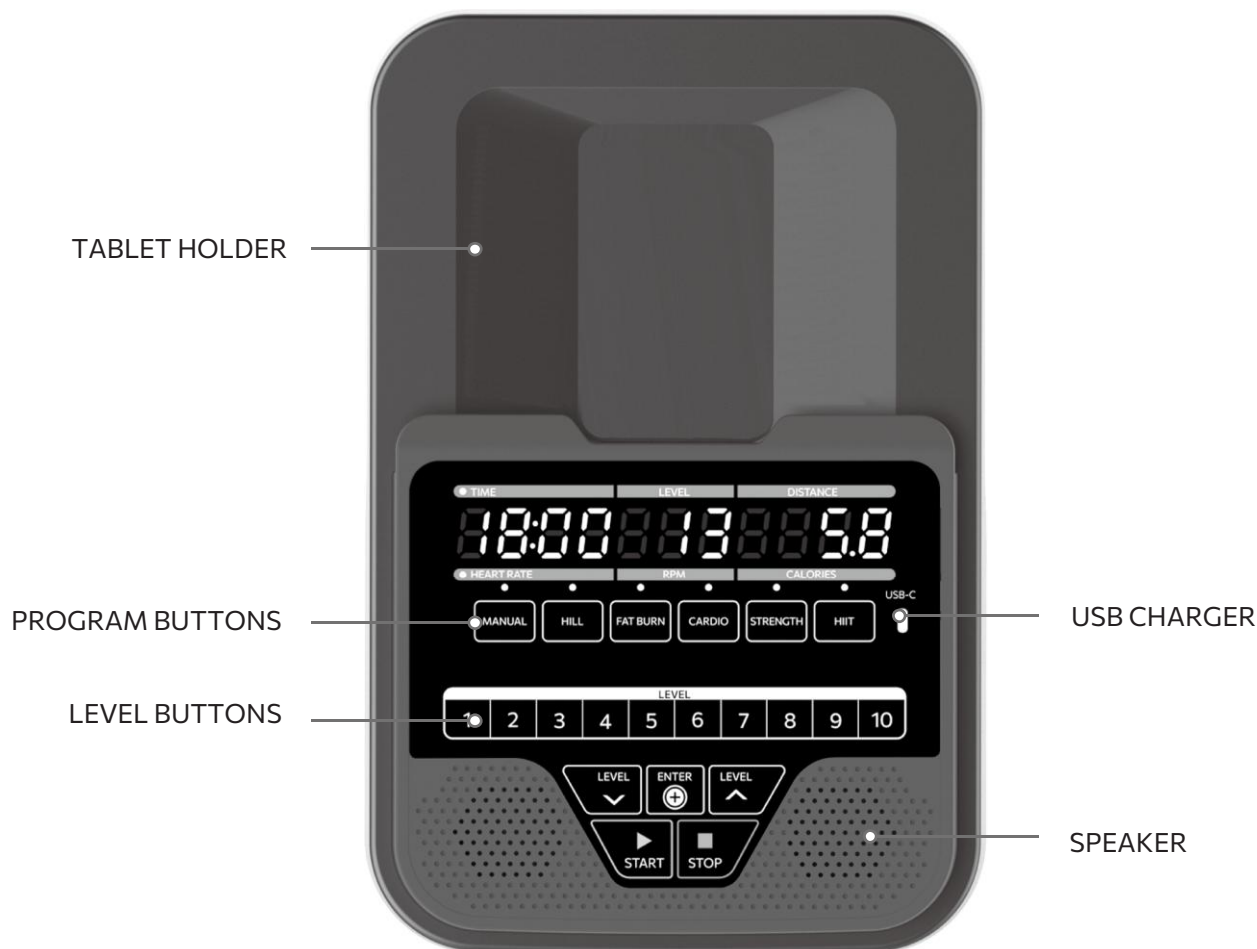
#103. 5/16" × 15m/m_ Button Head Socket Bolt (6 pcs)

1. Install Swing Arm (L) (15) on Lower Handle Bar (L), then secure three Button Head Socket Bolt (103) through three Curved Washer (137) by using Allen Wrench Head Screw Wrench (144). Do the same manner for Swing Arm (R) (16).
2. Install Console Mast Cover (L) (87) on Chain Cover (L), and Console Mast Cover (R) (88) on Chain Cover (R), then combine them and secure three Sheet Metal Screw (114) by using Phillips Head Screw Driver (142).
3. Install Slide Wheel Cover (L) (62) & Slide Wheel Cover (R) (63) on Pedal Arm (L) & Pedal Arm (R), and secure four Phillips Head Screw (110) by Phillips Head Screw Driver (142).
4. Install Rear Bar Cover (60) on the Rail Connecting Tube (10), then secure two Phillips Head Screw by Phillips Head Screw Driver (142).

OPERATION OF YOUR ELLIPTICAL

GETTING FAMILIAR WITH THE CONTROL PANEL

E20 CONSOLE



Power Up

Power the elliptical on by plugging it into an appropriate wall outlet.

When it is first powered on, the console will perform an internal self-test. During this time all the lights will turn on, the Distance Window will display an odometer reading. The odometer shows how many virtual miles the elliptical has gone. The Time Window shows how many total hours the elliptical has been used.

The odometer will remain displayed for only a few seconds then you may now begin to use the console.

CONSOLE OPERATION

QUICK START MODE

This is the quickest way to **start** a workout. After the console powers up you just press the **Start** key to begin, this will initiate the Quick Start mode. In Quick Start, the time will count up from zero. The resistance level can be adjusted manually by pressing the **Level UP/DOWN** buttons.

The displayed information will change every 4 seconds in the Message Window. The Message Window will initially be displaying Time , Level and Distance information. Four seconds later, HEART RATE, RPM, and Calories are displayed.

The Stop button actually has several functions. Pressing the **Stop** key once during a program will Pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause just press the **Start** key. If the Stop button is pressed twice during a workout the program will end and a Workout Summary is displayed.

If the **Stop** key is held down for 3 seconds the console will perform a complete Reset. During data entry for a program the **Stop** key performs a Previous Screen function. This allows you to go back one step in the programming each time you press the **Stop** key.

A message about Calories: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately as in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate.

ENTERING A PROGRAM/CHANGING SETTINGS

Press the **Program** key to select a program and begin customizing the settings. If you want to workout without entering new settings, then just press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout. If you start a program without changing the settings, the default settings will be used.

Note: Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter Age and Weight the first time use the elliptical you will not have to enter it every time you work out unless either Age or Weight has changed or someone else enters a different Age and Weight.

Charge Portable Devices with Type-C Port

USB Type-C Port Charging function:

Charge your personal device during your workout using the fitness equipment's on-console USB Type-C port.

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

Step 1: Connect your USB Type-C charging cable (not included) to the USB Type-C Power Port and to your device.

Step 2: Check to make sure your device icon indicates it is charging.

NOTE :

* USB Type-C charging cable is not included, make sure compatible USB Type-C charging cable is being used.

** Your device "charging" icon may or may not indicate it is charging. Depending on the amount of current your particular device requires for charging the icon may not be on but your device is still charging, but possibly at a lower charge rate.

***The USB Type-C port on the console is capable of powering USB devices. It provides up to 5Vdc/1 amp. You will not be able to save your workout data to a USB Type-C via this port; it is used for charging purposes only.



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

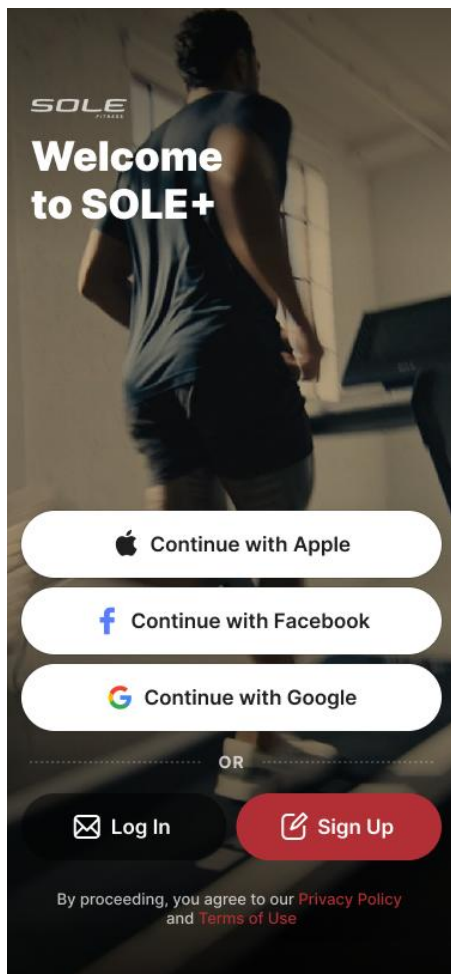
In order to help you achieve your exercise goals, Sole has added an exciting new feature to this product. Your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with compatible iOS and Android smartphones or tablet computers via the SOLE+ App.

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 Health Connect, Strava, or MapMyFitness, 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, 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 Bluetooth wireless heart rate chest strap transmitter. Chest Strap transmitter can still connect the exercise equipment even though the App has already been connected with 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.

PROGRAMMABLE FEATURES

MANUAL PROGRAM

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer.

1. Press Manual key then press the **Enter** key.
2. Now you may adjust the age setting using the Level **UP/DOWN** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust your weight setting using the Level **UP/DOWN** keys, then press Enter to continue.
4. Next is the Time. You may adjust the length of Time by pressing the keys, then press Enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key to go back one level of the programming screen.
6. Once the program starts the elliptical will be set to level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the **Level UP** key; the **Level DOWN** key will decrease the workload.
7. When the program ends the Message Window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the startup display.

PROGRAMMING PRESET PROGRAMS

1. Press Program key then press the **Enter** key.
2. Now you may adjust the age setting, using the Level **UP/DOWN** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust your weight setting using the **Level UP/DOWN** keys, then press Enter to continue.
4. Next is Time. You may adjust the Time and press Enter to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (the highest colored segment/box of the program profile). Adjust the level and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key to go back one level, or screen.
7. If you want to increase or decrease the resistance at any time during the program press the **Level UP / DOWN** keys.
8. When the program ends the Message Window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

ENGINEERING MODE

The console has built in maintenance/diagnostic software. The software will allow you to make changes to the console settings such as changing units from English to Metric or turning off the console beeps (if they are waking your family during your early morning workouts). To enter the Engineering Mode press and hold down the Start, Stop and **Enter** keys. Keep holding the keys down for about five seconds. Press the **Level Up/Down** keys to navigate the menu.

- A. **【F00】 Key Test** - Will allow you to test all the keys to make sure they are functioning.
- B. **【F01】 DISPLAY TEST** - Automatically tests all LED.
- C. **【F02】 ODO RESET** - Resets the odometer.
- D. **【F03】 UNITS**- 1:English , 0:Metric- Choose from English (Imperial) or Metric display readings.
- E. **【F04】 SLEEP MODE**-1:OFF , 0:ON- Turn on to have the console power down automatically after 15 minutes of inactivity.
- F. **【F05】 MOTOR TEST**- Continually runs the tensioning gear motor.
- G. **【F06】 MANUAL**- Allows stepping of the gear motor.
- H. **【F07】 PAUSE MODE**-1:OFF , 0:ON - Turn on to allow 5 minutes of pause, turn off to have console pause indefinitely.
- I. **【F08】 KEY TONE** -1:OFF , 0:ON _Turn on or off the beep sound when a key is pressed.
- J. **【F09】 CHILD LOCK** -1:OFF , 0:ON- Allows you to lock the keypad so no unauthorized use of the machine is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Start and Enter buttons for 3 seconds to unlock the console.
- K. **【F10】 FACTORY SET** - For Factory use only.
- L. **【F11】 EXIT** - Select to exit Maintenance Menu

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:

$$220 - 40 = 180 \text{ (maximum heart rate)}$$

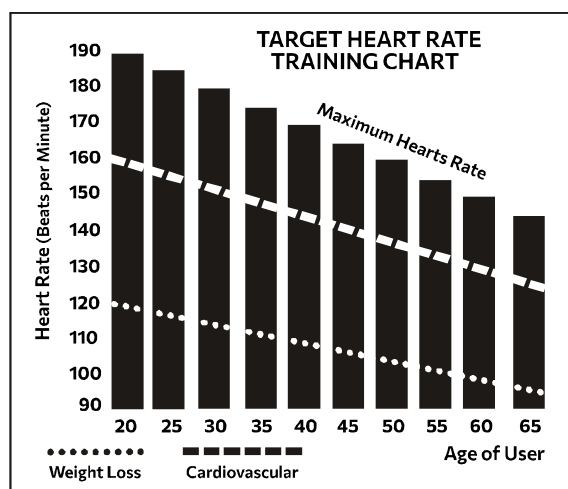
$$180 \times .6 = 108 \text{ beats per minute}$$

(60% of maximum)

$$180 \times .8 = 144 \text{ beats per minute}$$

(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 elliptical 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.

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.

You can use a wireless Bluetooth heart rate transmitter on this machine.

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***

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. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware or the rear rails being dirty.
 - II. Dirt build-up on the rear rails and polyurethane wheels are also a source of noise. Noise from build-up on the rails can cause a thumping sound that you would swear is coming from inside the main body of the machine because noise travels, and is amplified in the tubing of the frame. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Stubborn build-up can be removed with your thumbnail or a non-metallic scraper, like the back edge of a plastic knife. After cleaning, apply a small amount of lubricant on the rails with your fingers or a lint free cloth. You only need a thin coat of lubrication, wipe off any excess.
3. If squeaks or other noises persist, check that the unit is properly leveled before calling the service department.

MANUFACTURER'S LIMITED WARRANTY

ELLIPTICAL WARRANTY

Effective February 1, 2026

SOLE warrants all its elliptical 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 sales 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 Weldments	Lifetime
Parts	1 Year
Labor	1 Year
Cosmetic Items*	90 Days

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

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration 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 elliptical 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 elliptical accessible for servicing, including any item that was not part of the elliptical at the time it was shipped from the factory.
6. Damages to the elliptical 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 elliptical not requiring component replacement, or elliptical 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. Sole USA warranty coverage is limited to the Continental United States. Sole USA does not sell or service equipment in Hawaii, Alaska, or outside of the United States. Please contact your local dealer for details regarding warranty availability in your region.
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