



***OWNER'S MANUAL  
LCR Fitness Bike***

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

**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](http://www.P65Warnings.ca.gov)

## ATTENTION

THIS FITNESS BIKE 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 FITNESS BIKE AND WELCOME TO THE SOLE FAMILY!**

Thank you for your purchase of this quality fitness bike from **SOLE**. Your new fitness bike has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. **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 fitness bike.

Yours in Health,  
**SOLE** Fitness

Name of Dealer \_\_\_\_\_

Telephone Number of Dealer \_\_\_\_\_

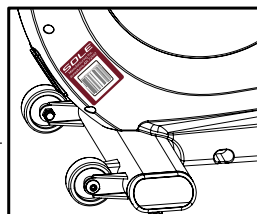
Purchase Date \_\_\_\_\_

## 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](http://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 Bike 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 Bike on a flat level surface with access to a 115-volt, 15-amp grounded outlet with only the Bike plugged into the circuit.

**DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.**

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

- Do not operate Bike on deeply padded, plush or shag carpet. Damage to both carpet and Bike may result.
- Keep children under the age of 13 away from this machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the Bike if it has a damaged cord or plug. If the Bike is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not attempt to use your Bike for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your Bike. Quality athletic shoes are recommended to avoid leg fatigue.
- This 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 Bike may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

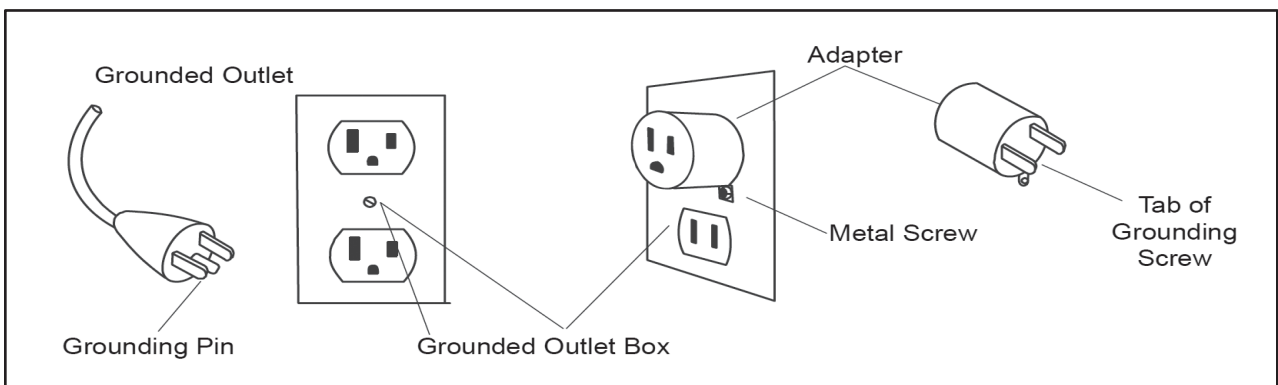
**NEVER** expose this Bike to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

## GROUNDING INSTRUCTIONS

**This product must be grounded.** If the Bike should malfunction or 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 expose this fitness bike to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).
- NEVER operate this fitness bike without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on your fitness bike; such as watching television, reading, etc. These distractions may result in serious injury.
- 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.

## TRANSPORT INSTRUCTIONS

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

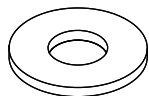
## LCR ASSEMBLY INSTRUCTIONS

**Scan Here for Assembly Video**

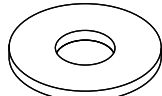


# LCR ASSEMBLY PACK CHECKLIST

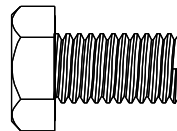
## 1 HARDWARE STEP 1



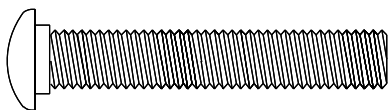
**#77.** 3/8" x 19mm x 1.5T  
Flat Washer (6 pcs)



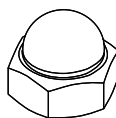
**#84.** 3/8" x 25mm x 2T  
Flat Washer (2 pcs)



**#176.** 3/8" x 3/4"  
Hex Head Bolt (6 pcs)

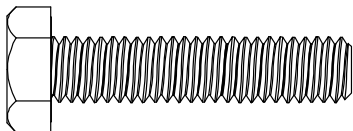


**#65.** 3/8" x 53L  
Carriage Bolt (2 pcs)

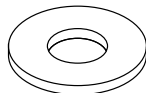


**#191.** 3/8" x 16 x 12.5T  
Cap Nut (2 pcs)

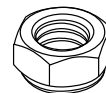
## 2 HARDWARE STEP 2



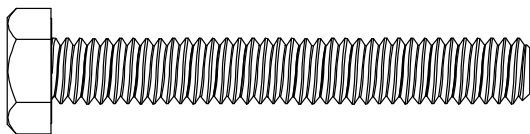
**#71.** 3/8" x 1-3/4"  
Hex Head Bolt (2 pcs)



**#77.** 3/8" x 19mm x 1.5T  
Flat Washer (4 pcs)

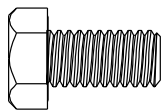


**#89.** 3/8" x 7T  
Nyloc Nut (4 pcs)

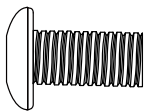


**#175.** 3/8" x 2-3/4"  
Hex Head Bolt (2 pcs)

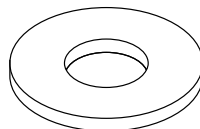
# 3 HARDWARE STEP 3



**#68.** 5/16" x 5/8"  
Hex Head Bolt (8 pcs)



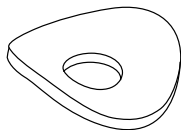
**#207.** 5/16" x 5/8" \_Button  
Head Socket Bolt (4 pcs)



**#76.** 5/16" x 18 x 1.5T  
Flat Washer (6 pcs)

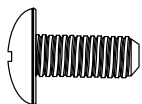


**#82.** 5/16" x 1.5T  
Split Washer (2 pcs)

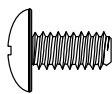


**#83.** 5/16" x 19mm x 1.5T  
Curved Washer (2 pcs)

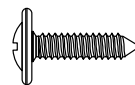
# 4 HARDWARE STEP 4



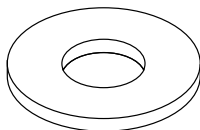
**#98.** M6 x 15mm  
Phillips Head Screw  
(4 pcs)



**#99.** M5 x 12mm  
Phillips Head Screw  
(4 pcs)



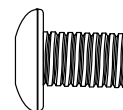
**#105.** Ø4 x 16mm  
Sheet Metal Screw  
(4 pcs)



**#76.** 5/16" x 18 x 1.5T  
Flat Washer  
(4 pcs)



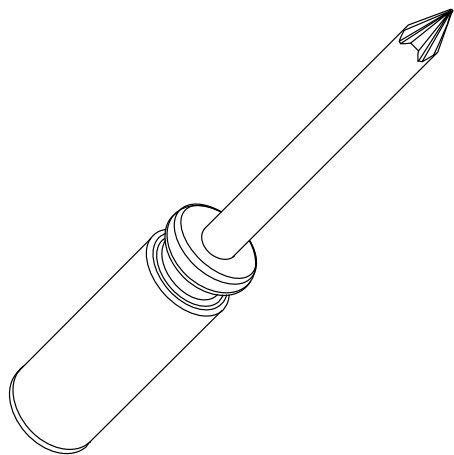
**#196.** Ø5 x 0.6T\_  
Star Washer (4 pcs)



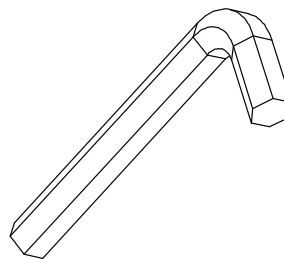
**#205.** 5/16" x 1/2"\_  
Button Head Socket Bolt  
(4 pcs)



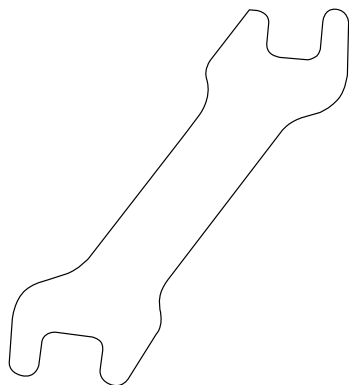
# ASSEMBLY TOOLS



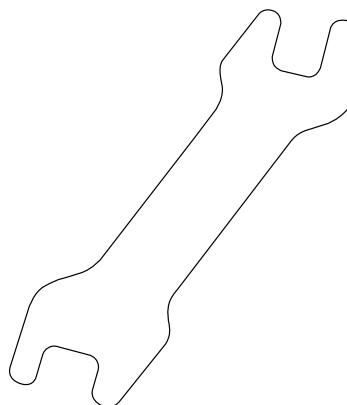
**#114.** Phillips Head Screwdriver



**#115.** L Allen Wrench



**#112.** 12/14mm Wrench



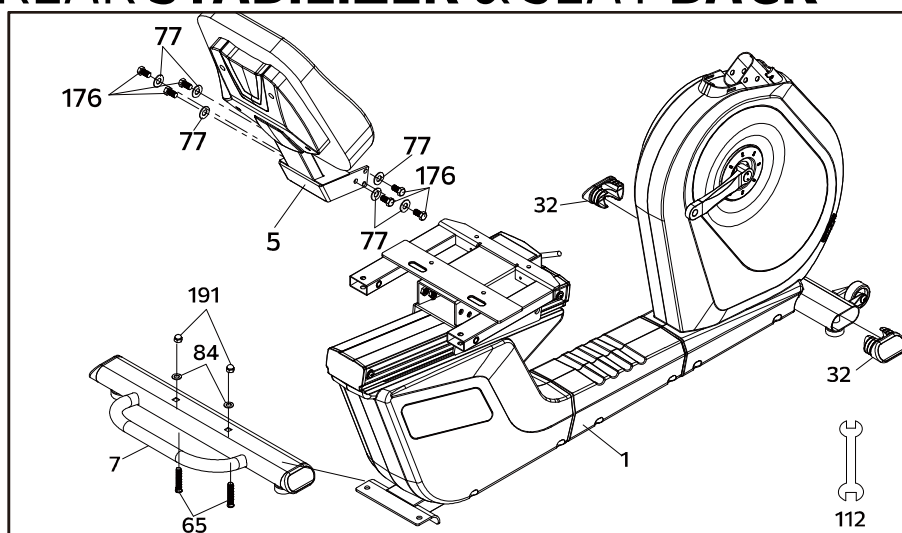
**#132.** 14/15mm Wrench

## LCR ASSEMBLY INSTRUCTIONS

### PRE-ASSEMBLY

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift 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 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.

# 1 REAR STABILIZER & SEAT BACK

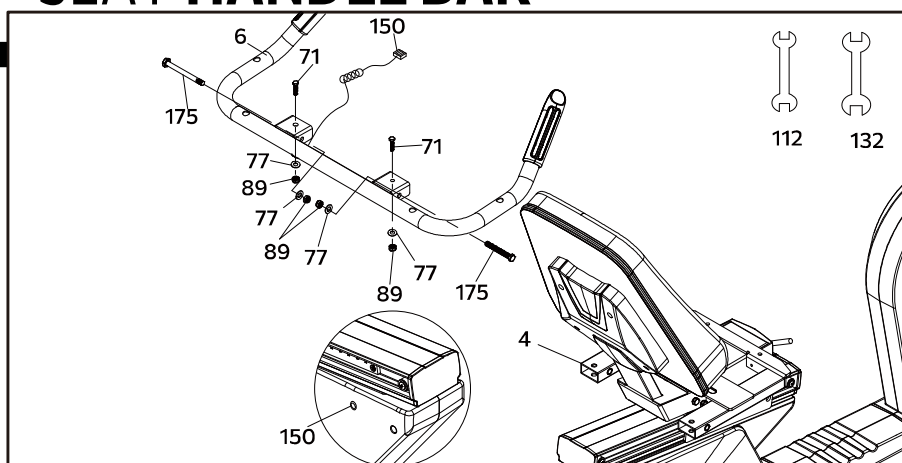


## HARDWARE STEP 1

- #65. 3/8" x 53L\_ Carriage Bolt (2 pcs)
- #77. 3/8" x 19mm x 1.5T Flat Washer (6 pcs)
- #84. 3/8" x 25mm x 2T Flat Washer (2 pcs)
- #176. 3/8" x 3/4" Hex Head Bolt (6 pcs)
- #191. 3/8" x 16 x 12.5T\_ Cap Nut (2 pcs)

1. Install the Rear Stabilizer (7) onto the Main Frame (1) with the two of Hex Head Bolts (65) and two of flat Washers (84), two of Cap Nut (191) using the 12/14mm Wrench (112).
2. Install Seat Back Bracket (5) onto the Seat Carriage (4) with the six of Hex Head Bolts (176) and six of Flat Washers (77) by using the 12/14mm Wrench (112).
3. Insert an end cap (32) into each opening of the Front Stabilizer Tube. You may need to tap them in with a rubber mallet if they are tight.

# 2 SEAT HANDLE BAR

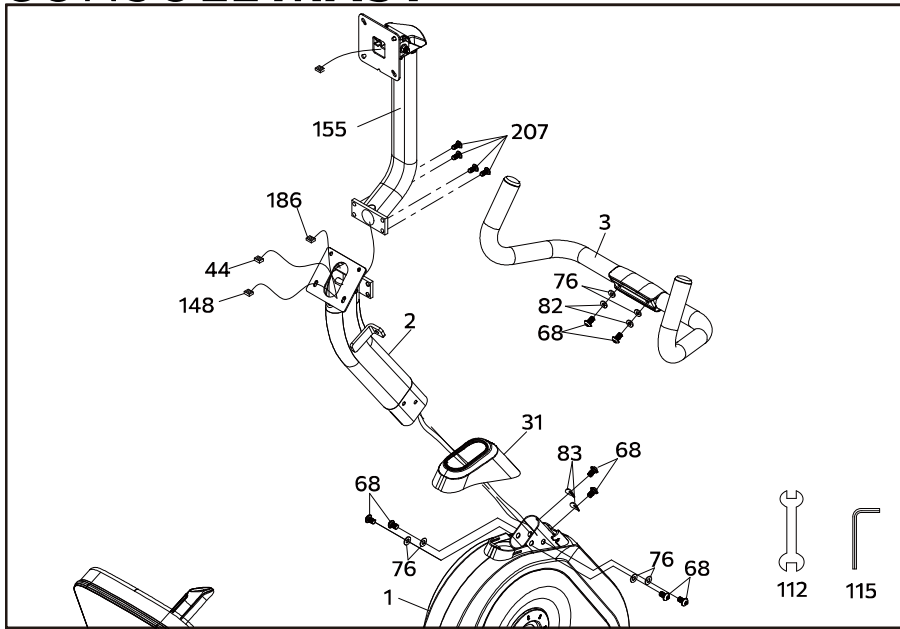


## HARDWARE STEP 2

- #71. 3/8" x 1-3/4" Hex Head Bolt (2 pcs)
- #77. 3/8" x 19mm x 1.5T Flat Washer (4 pcs)
- #89. 3/8" x 7T Nyloc Nut (4 pcs)
- #175. 3/8" x 2-3/4" Hex Head Bolt (2 pcs)

1. Install the Seat Handle Bar (6) onto the Seat Carriage (4) with the 2pcs of Hex Head Bolts (71), 2pcs of Hex Head Bolts (175), 4pcs of Flat Washers (77) and 4pcs of Nylon Nuts (89) by using the Wrench (112) and 14/15mm Wrench (132).
2. Plug the Resistance Connecting Cable (150) into the front socket located on the left rear cover.

# 3 CONSOLE MAST



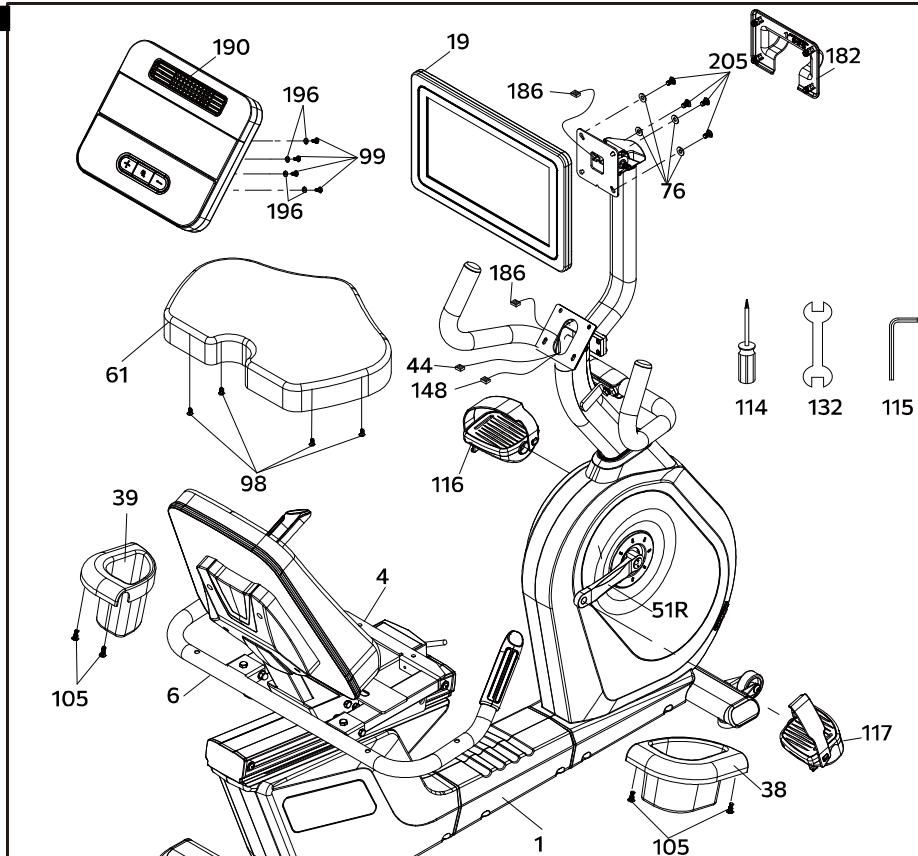
## HARDWARE STEP 3

- #68.** 5/16" x 5/8" Hex Head Bolt (8 pcs)
- #76.** 5/16" x 18mm x 1.5T Flat Washer (6 pcs)
- #82.** 5/16" x 1.5T Split Washer (2 pcs)
- #83.** 5/16" x 19mm x 1.5T Curved Washer (2 pcs)
- #207.** 5/16" x 5/8" Button Head Socket Bolt (4 pcs)

1. Install the Console Mast Cover (**31**) onto the Console Mast (**2**). Make sure the plastic cover is in the correct orientation. Feed the Computer Cable (**44**) and Switch Cable (Upper) (**148**) through the bottom of the Console Mast (**2**) and out through the opening at the top. Install the Console Mast (**2**) into the receiving tube (make sure not to pinch the wire cable as damage to the electronics could occur) of the Main Frame (**1**) with the 6pcs of Hex Head Bolts (**68**), 4pcs of Flat Washers (**76**) on the sides of the tube and 2pcs of Curved Washers (**83**) on the front of the tube by using the 12/14mm Wrench (**112**).
2. Feed the Computer Cable (**186**) from the TV Rack Assembly (**155**) through the Console Mast (**2**) and pull it out through the top opening. Then install the TV Rack Assembly (**155**) onto the Console Mast (**2**) with 4 pcs of Button Head Socket Bolts (**207**) by using the L Allen Wrench (**115**).
3. Install the Mast Handle bar Assembly (**3**) onto the Console Mast (**2**) with the 2pcs of Hex Head Bolts (**68**), 2pcs of Flat Washers (**76**) and 2pcs of Split Washers (**82**) by using the 12/14mm Wrench (**112**).

# 4 SEAT/PEDAL & PLASTIC PARTS

## HARDWARE STEP 3



- #98.** M6 x 15mm  
Phillips Head Screw  
(4 pcs)
- #99.** M5 x 12mm  
Phillips Head Screw  
(4 pcs)
- #105.** Ø4 x 16mm  
Sheet Metal Screw  
(4 pcs)
- #76.** 5/16" x 18 x 1.5T  
Flat Washer(4 pcs)
- #196.** Ø5 x 0.6T\_  
Star Washer (4 pcs)
- #205.** 5/16" x 1/2"\_  
Button Head Socket Bolt  
(4 pcs)

1. Install the Seat (**61**) on the Seat Carriage (**4**) with the 4pcs of Phillips Head Screws (**98**) by using the Phillips Head Screw Driver(**114**).
2. Install the Computer Cable (**44**), Switch Cable (Upper) (**148**) and Computer Cable (**186**) into the connector in the back of the Center Console (**190**). Install the Center Console (**190**) onto the mounting plate with the 4pcs of Phillips Head Screws (**99**) and 4pcs of Star Washers(**196**) by using the Phillips Head Screw Driver(**114**). Be careful not to pinch the wires between the Center Console and the mounting plate. This could short the wires and damage the electronics.
3. Connect the Computer Cable (**186**) to the Console Assembly (**19**). Install the Console Assembly (**19**) onto the mounting bracket with 4 pcs of Button Head Socket Bolts (**205**) and 4 pcs of Flat Washers (**76**) by using the L Allen Wrench (**115**). Then install the Rotate Axle Mast Cover (**182**) onto the Console Assembly (**19**).
4. Install the Drink Bottle Holders (**L/39,R/38**) onto the Seat Handle Bar (**6**) with the 4pcs of Sheet Metal Screws (**105**) by using the Phillips Head Screw Driver(**114**).
5. Install the Pedals (**L/116, R/117**) in the Cranks (**51L,51R**) by using the Wrench (**132**). Remember that the Pedal (**L/116**) has a reverse thread and will be screwed into the crank in the opposite rotation from normal threads. There is an "L" stamped into the end of the threaded post of the left pedal and an "R" in the right. Make sure to tighten the pedals as much as you possibly can. It may be necessary to re-tighten the pedals if you feel a thumping during pedaling the bike. A clicking noise, or thumping, sound during pedaling is usually caused by the pedals being too loose.

# FITNESS BIKE FEATURES

## FOOT PEDALS

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

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

## SEAT ADJUSTMENT

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

## PEDAL STRAP ADJUSTMENT

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

## Charge Portable Devices with Type-C Port

### Type-C Port Charging function:

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

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

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

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



### NOTE :

\* Type-C charging cable is not included, make sure compatible 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 Type-C port on the console is capable of powering Type-C devices. It provides up to 5Vdc/1.5A amp of power. You will not be able to save your workout data to a Type-C via this port; it is used for charging purposes only.



# OPERATION OF YOUR FITNESS BIKE

## GETTING FAMILIAR WITH THE CONTROL PANEL

### LCR CONSOLE



### POWER UP

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

### **\*\*ATTENTION\*\***

**SLEEP MODE** Your console comes in "Sleep mode" with different features by choice:

**ON** The unit goes energy-saving state after 15 minutes of inactivity.

**OFF** The console will stay lit while the power is on.

**RETAIL** The console will run the demo video after 3 minutes of inactivity.

**On TFT displays**, click "Sleep Mode" under Settings to switch among three features.

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

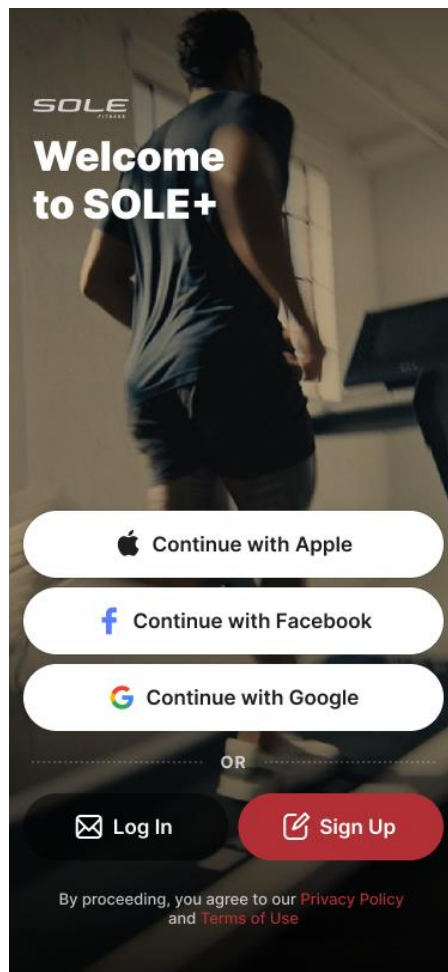
In order to help you achieve your exercise goals, Sole has added an exciting new feature to this product. Your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with compatible iOS and Android smartphones or tablet computers via the SOLE+ App.

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.

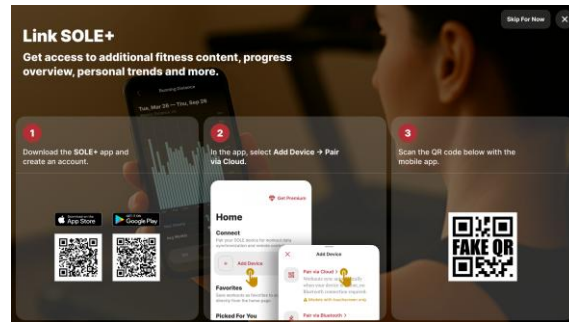
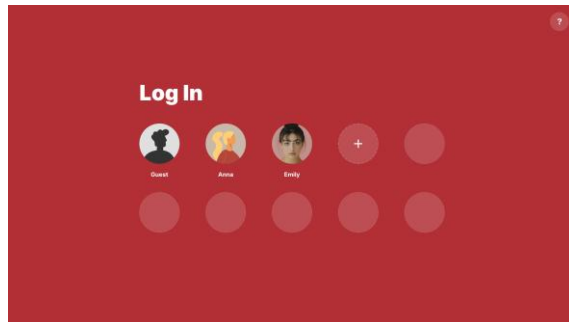
The exercise equipment can also play music wirelessly via Bluetooth. Turn on your mobile phone or tablet's Bluetooth function. Search for the name "BT-Speaker" in your device's Bluetooth menu. Tap to connect. Now your device can transmit music to the exercise equipment.

# TOUCHSCREEN OPERATION

Use the touchscreen console to select from a variety of video classes, preset workout programs, and fitness tests; to enjoy media content while on the go; and to take part in virtual fitness events.

## 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.



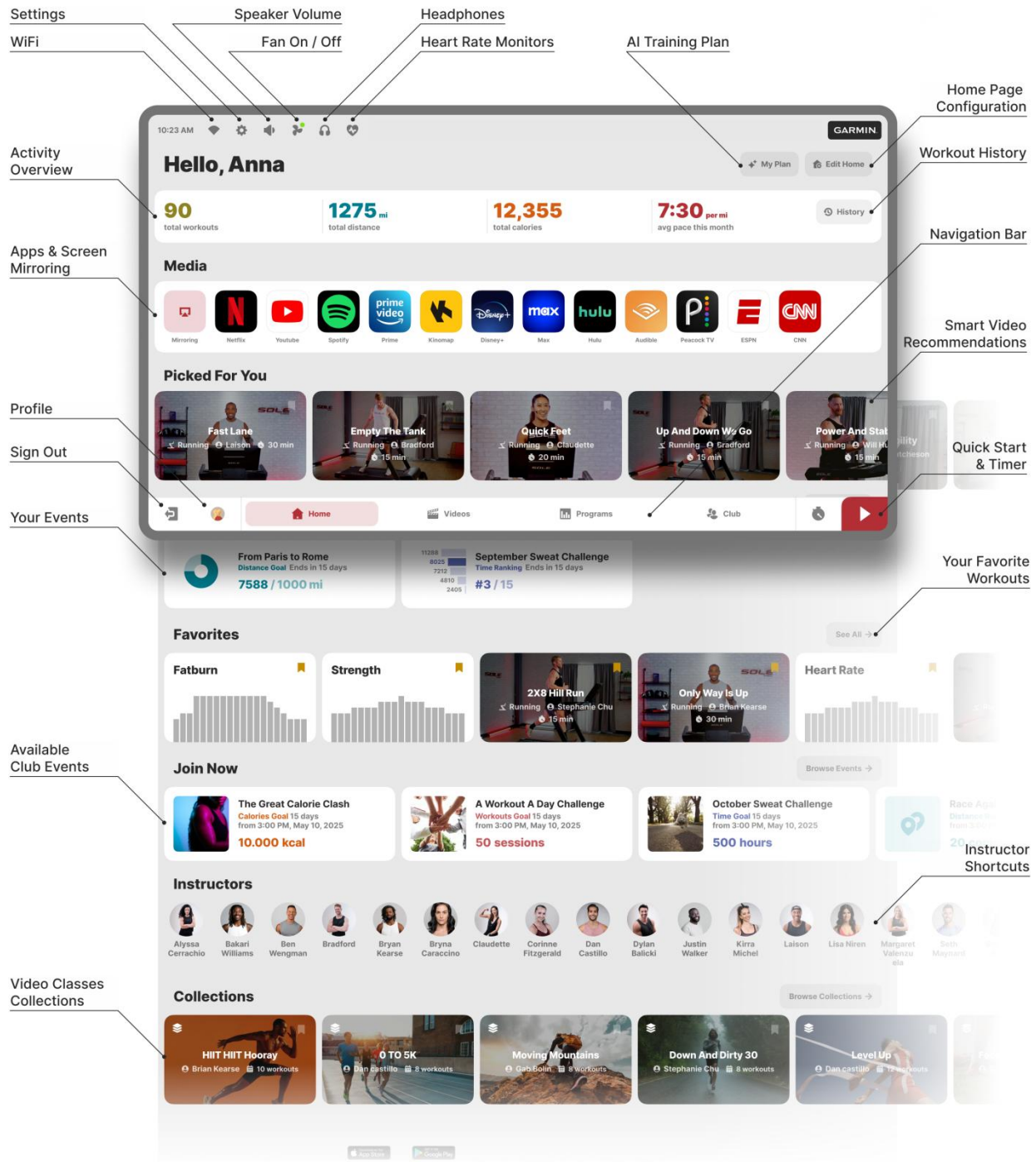
To link a SOLE+ account, scan the QR code on the console screen to download the mobile app first. Once the app is installed and the registration is complete, open the QR code scanning camera in your SOLE+ app, and scan the second QR code to link your local profile with the SOLE+ account. Please keep 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

The **Home** screen displays an overview of your activity, and offers shortcuts to an immediate start, a manually controlled timed workout, your favorite programs and video classes, and club events you currently take part in or might be interested to join.

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

The blocks displayed on this page are customizable. Press "Edit Home" to configure a layout that suits your preferences. You can enable or disable optional blocks and change their order.

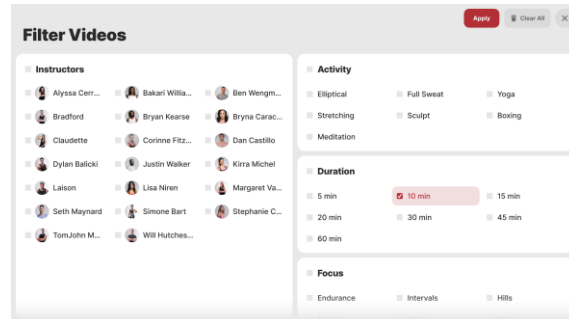
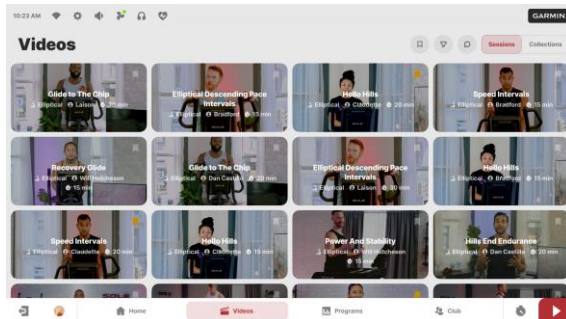


## Videos

Access video classes by selecting the “Videos” tab of the bottom navigation bar.

Video classes are pre-recorded manually controlled workouts of fixed duration. Choose from hundreds of videos of 7 activity types, including Elliptical, Yoga, Stretching, Boxing, Sculpt, Meditation and Full Sweat. For easier search, filter classes by instructor, duration, difficulty level, etc.

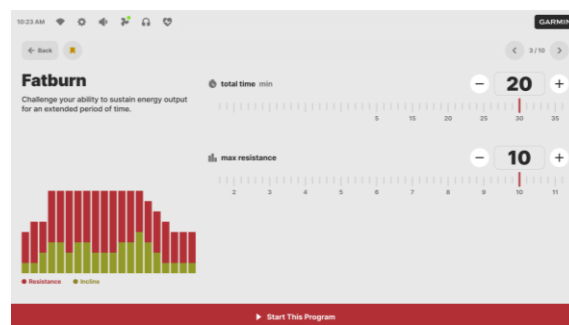
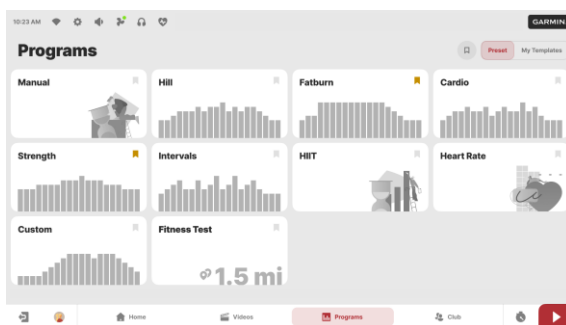
The additional tab menu on the top of the page features Collections. These are sequences of video classes, that follow a certain theme.



## Programs

Access preset programs by selecting the “Programs” tab of the bottom navigation bar.

Tap on any of the program cards to open a Program Setup page, where you can learn more about the program and set properties of your workout. 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** program is a timed workout with resistance and incline controlled manually at any time during the workout.

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



**HIIT** is a customizable interval program where you can manually choose the duration and resistance of the sprint and rest intervals, as well as the total number of intervals.

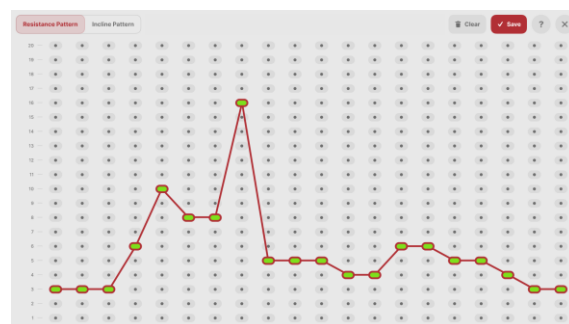
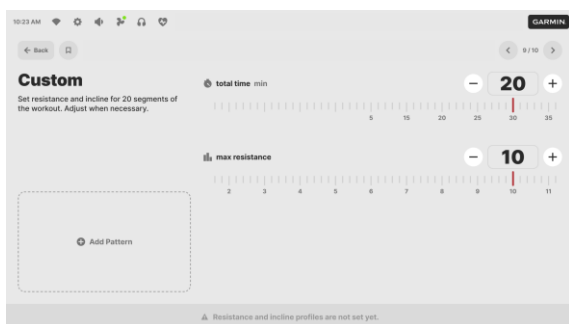


**Heart Rate** program uses incline to control your heart rate. The incline gradually increases until you reach your target heart rate, then adjusts automatically to keep you within 5 bpm of your goal. A heart rate monitor is required for this program.

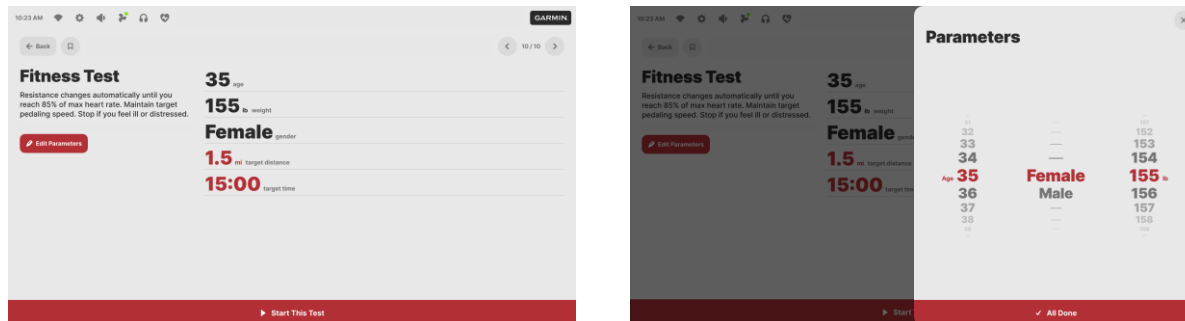
On the program setup page, you can either set the target bpm directly or select 60% or 80% of your age-predicted maximum heart rate, allowing the machine to calculate your target automatically. Choosing the second option, make sure you have let the machine know how old you are, otherwise the calculations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

Resistance values are relative, and maximum can be changed before each workout; all the segments will be adjusted proportionally. Incline values are absolute and can be set directly. Incline pattern is optional.



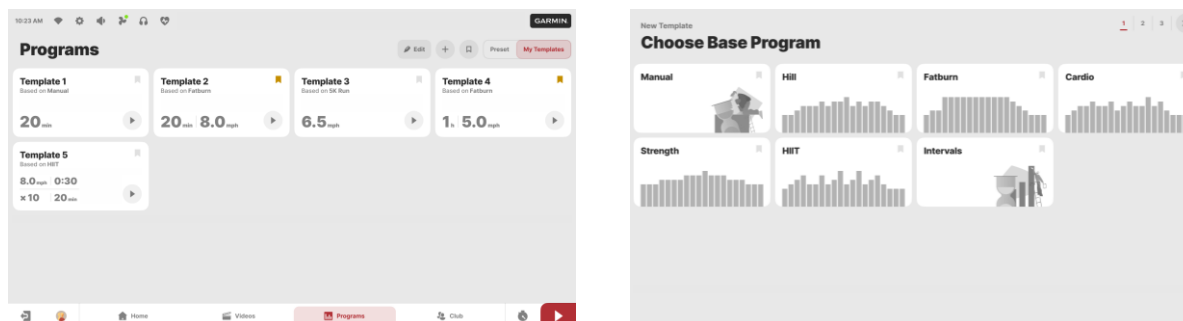
**Fitness test** is also available on the Programs page. Tap on the test card to open the test setup page. Please make sure that the physical parameters displayed on this page are correct: this data may affect the course of the test and its results; if the data is not accurate, press “Edit Parameters” 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.

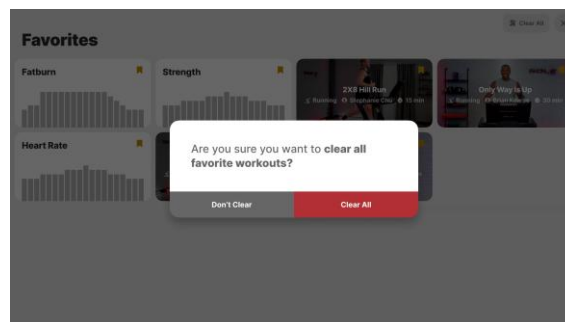
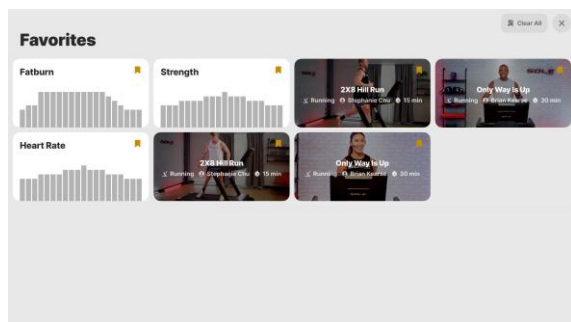
The additional tab menu on the top of the page features **Templates**. Templates are preset programs with a preserved set of parameters. Programs can be saved as templates upon completion, or you can create one from scratch in the Templates tab: tap on the “New Template” button, choose your base program,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



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.

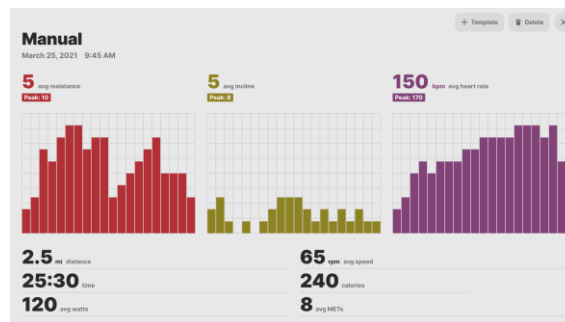
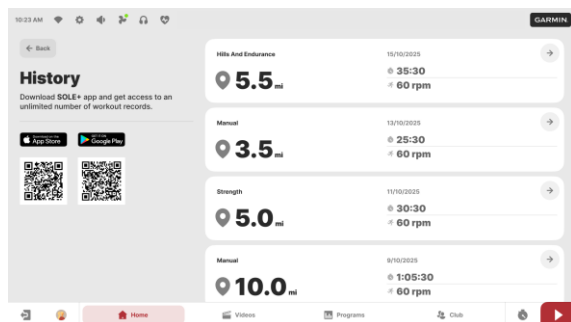
## Favorites

Any class, collection or program can be labeled as a **Favorite**. Up to 12 favorite programs will appear on the Home page for easier access. To “like” a program, open the program setup page and tap on the “ribbon” icon in the upper left corner of the screen. Manage previously labeled programs on the Favorites page, that can be accessed from the Home page or the user Profile page. To remove the label, un-tap the “ribbon” icon.



## History

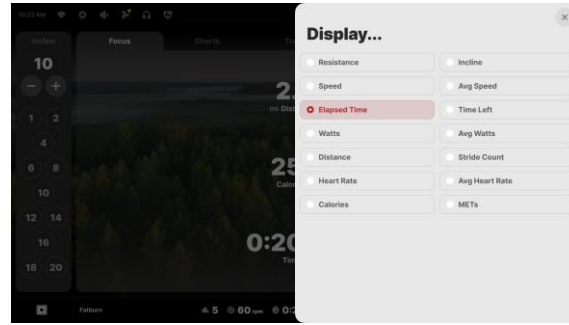
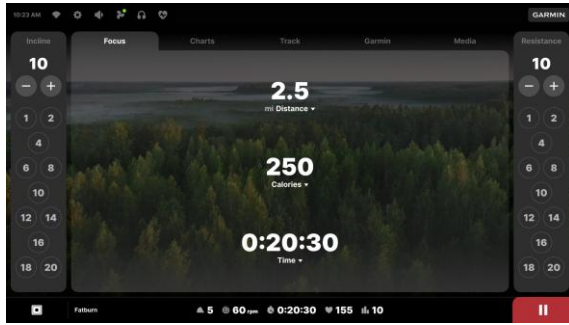
To see your latest workout records, press “History” on the Home page. Up to 10 records can be stored locally on the console, but you can access your full workout history if you link your profile to the SOLE+ mobile app. Tap on the record preview to see the full summary.



## 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”.

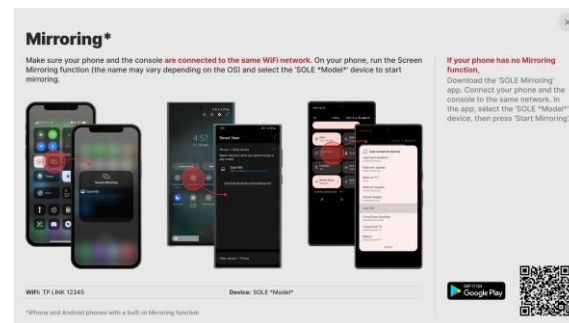
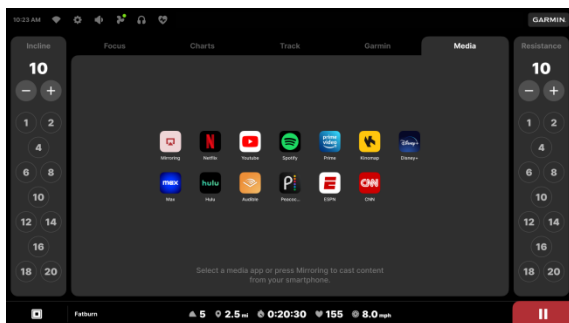
During the workout, switch between **Stats (Focus)**, **Charts** and **Track** views to check on your workout progress; go to the **Media** section to enjoy your favorite media content; or open **Garmin** to observe your Garmin smart watch real-time data. In the Focus view, you can select parameters you would like to display by tapping on any of the number blocks.



Use side control panels or physical keys to adjust resistance and incline. Stop anytime by pressing the physical “STOP” key or tapping on the red pause button in the bottom right corner of the screen. After 5 minutes of inactivity in the Pause mode, the workout will end automatically.

## Media

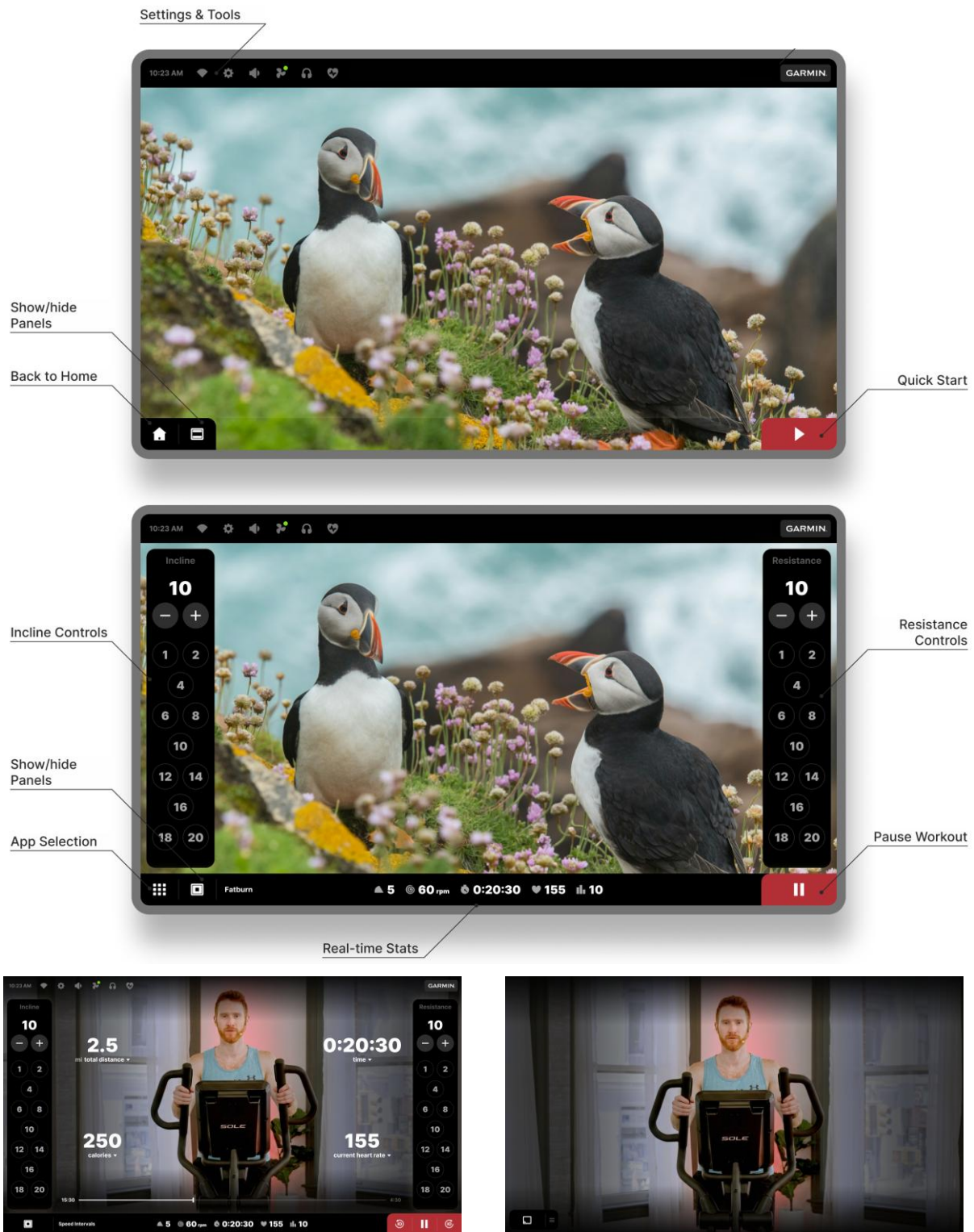
On the Home page, choose from a variety of pre-installed **Apps**, or use the **Mirroring** function to cast the content from your smartphone directly to the console screen.



Once the content is on, use the bottom panel for navigation and view settings.

Switch between the three view layouts, depending on the amount of information you prefer to see while working out:

- ☒ full interface (status bar, control panels, real-time stats);
- ☐ partial interface (status bar, real-time stats);
- ☐ minimal interface (full-screen content with all the panels hidden).

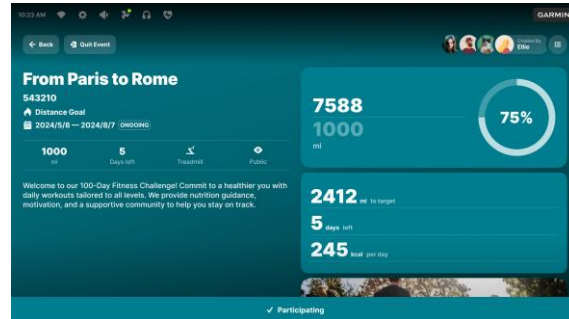
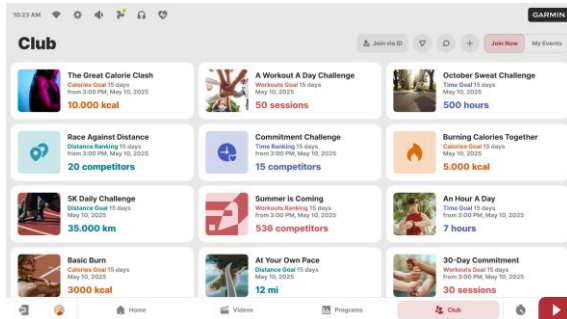


Follow the same logic while watching video classes. You can navigate through the video by sliding on the progress bar, or skip 10-second intervals by pressing ⏮ and ⏭ icons. The “Pause” button pauses both your workout and the video at the same time.



## Club

Access community challenges by selecting the “Club” tab in the bottom navigation bar. Here, you can find events, created by other members of the SOLE community. To view all available events, your profile must be linked to your SOLE+ account.



**Shared goals** are challenges with a predefined target score, which must be achieved within a limited time period in order to complete the challenge.

**Rankings** are competitions in which users try to earn the highest score possible within a limited time period in order to defeat as many competitors as possible.

The score can be represented by one of the following focus parameters: calories, distance, active time and workout count.

To search for particular events more easily, press the “filter” icon in the upper menu and filter items by format, duration and focus parameter.

Join private events by using the “Join via ID” function. Enter the event ID that was shared with you by the creator of the event, and you will automatically become a participant.

Create your own challenges by pressing the **+** icon in the upper menu. Here, you can choose event format, focus parameter, set dates, event name and optional description for your challenge. Your event can be private or public depending on your preferences.

By joining your first event, you agree to share your username, profile image, and workout data (such as workout dates, distances, active time, and calories) with other participants.

# 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.

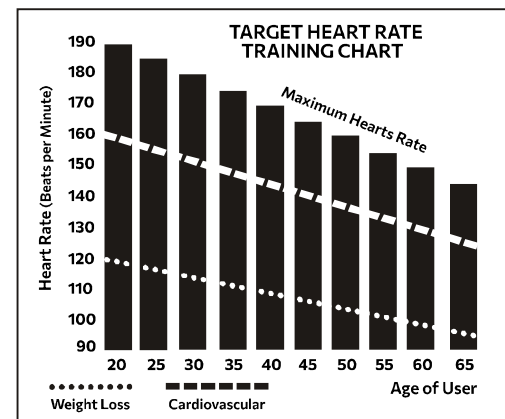
For someone who is 40 years old their target heart rate zone is calculated:

$220 - 40 = 180$  (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.

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

## **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 up 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.

# 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

## FITNESS BIKE WARRANTY

Effective February 1, 2023

SOLE warrants all its fitness bike's 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:

### RESIDENTIAL WARRANTY (All service is performed In-Home)

|                 |          |
|-----------------|----------|
| Frame Weldments | Lifetime |
| Parts           | 3 Years  |
| Labor           | 1 Years  |
| Cosmetic Items* | 90 Days  |

### LIGHT COMMERCIAL WARRANTY (All service is performed In-Facility)

|                 |          |
|-----------------|----------|
| Frame Weldments | Lifetime |
| Parts           | 2 Years  |
| 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 or in a non-dues paying, light commercial facility with 5 hours fitness bike use

or less per day. The consumer or light commercial facility 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. Expenses for making the fitness bike accessible for servicing, including any item that was not part of the fitness bike at the time it was shipped from the factory.
4. Damages to the fitness bike finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual. (See All Components under General Maintenance).
6. 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 fitness bike not requiring component replacement, or fitness bike 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 or light commercial (as defined above) 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 without 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