



***OWNER'S MANUAL
R92 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

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 _____

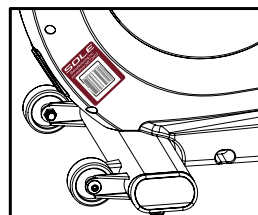
Purchase Date _____

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** under the support tab to register online.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

- Do not operate fitness bike on deeply padded, plush or shag carpet. Damage to both carpet and fitness 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 fitness bike if it has a damaged cord or plug. If the fitness bike is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your fitness 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 fitness bike. Quality athletic shoes are recommended to avoid leg fatigue or injury.
- 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 fitness 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 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).

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this fitness bike without reading and completely understanding the results of any operational change you request from the computer.
- **NEVER** use your fitness bike during an electrical storm. Surges may occur in your household power supply that could damage fitness bike components. Unplug the fitness bike during an electrical storm as a precaution.
- 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.

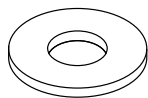
R92 ASSEMBLY INSTRUCTIONS

Scan Here for Assembly Video

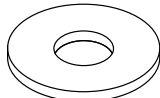


R92 ASSEMBLY PACK CHECKLIST

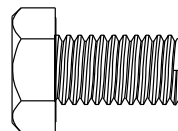
1 HARDWARE STEP 1



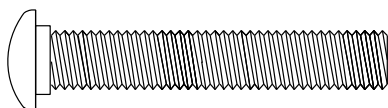
#77. 3/8" x 19mm x 1.5T
Flat Washer (6 pcs)



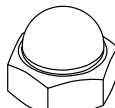
#84. 3/8" x 25mm x 2T
Flat Washer (2 pcs)



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

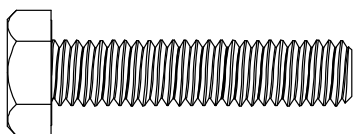


#65. 3/8" x 53L_
Carriage Bolt (2 pcs)

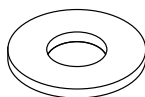


#191. 3/8" x 16 x 12.5T
Cap Nut (2 pcs)

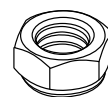
2 HARDWARE STEP 2



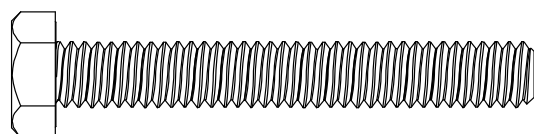
#71. 3/8" x 1-3/4"
Hex Head Bolt (2 pcs)



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

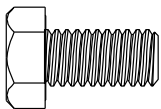


#89. 3/8" x 7T
Nyloc Nut (4 pcs)

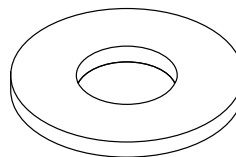


#175. 3/8" x 2-3/4"
Hex Head Bolt (2 pcs)

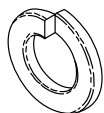
3 HARDWARE STEP 3



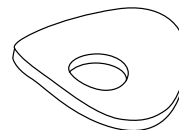
#68. 5/16" x 5/8"
Hex Head Bolt (8 pcs)



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

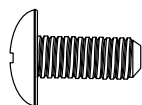


#82. 5/16" x 1.5T
Split Washer (2 pcs)

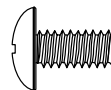


#83. 5/16" x 19mm x 1.5T
Curved Washer (2 pcs)

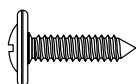
4 HARDWARE STEP 4



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



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

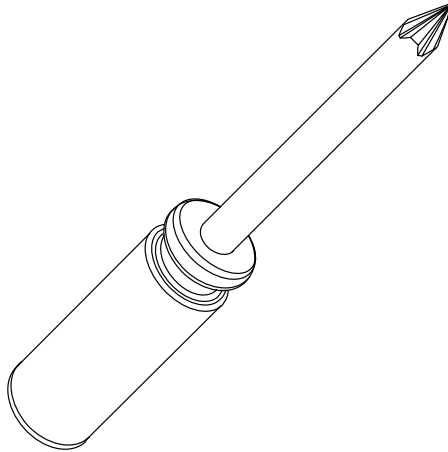


#105. Ø4 x 16mm
Sheet Metal Screw
(4 pcs)

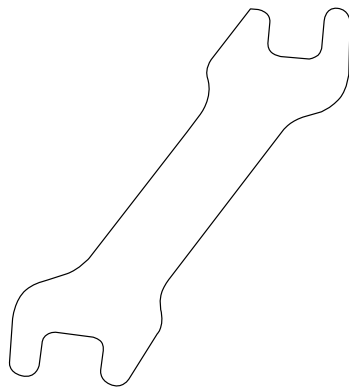


#192. 3.5 x 12L_
Sheet Metal Screw
(4 pcs)

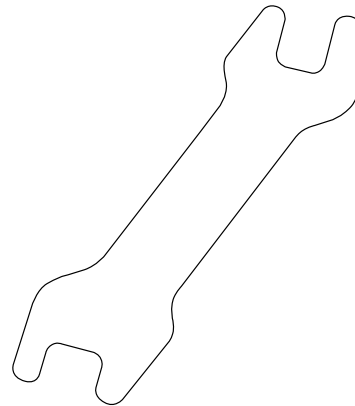
ASSEMBLY TOOLS



#114. Phillips Head Screwdriver



#112. 12/14mm Wrench



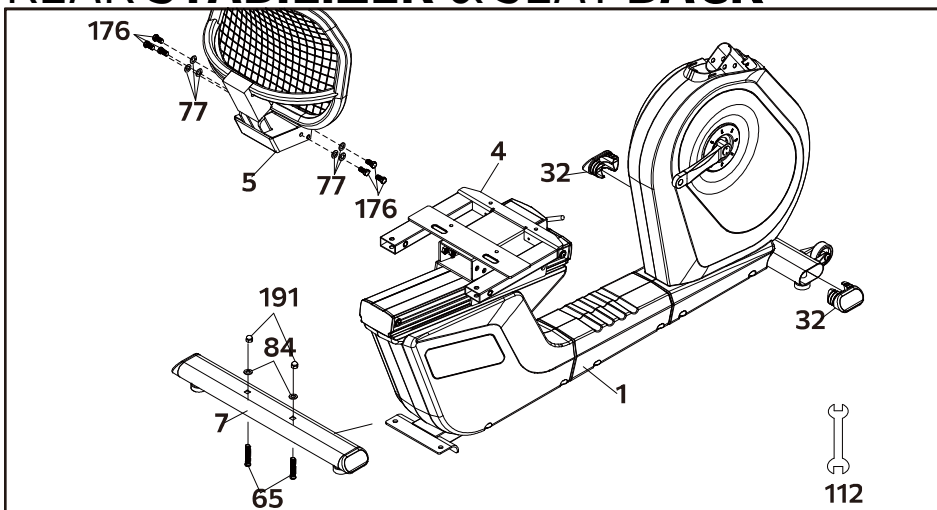
#132. 14/15mm Wrench

R92 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

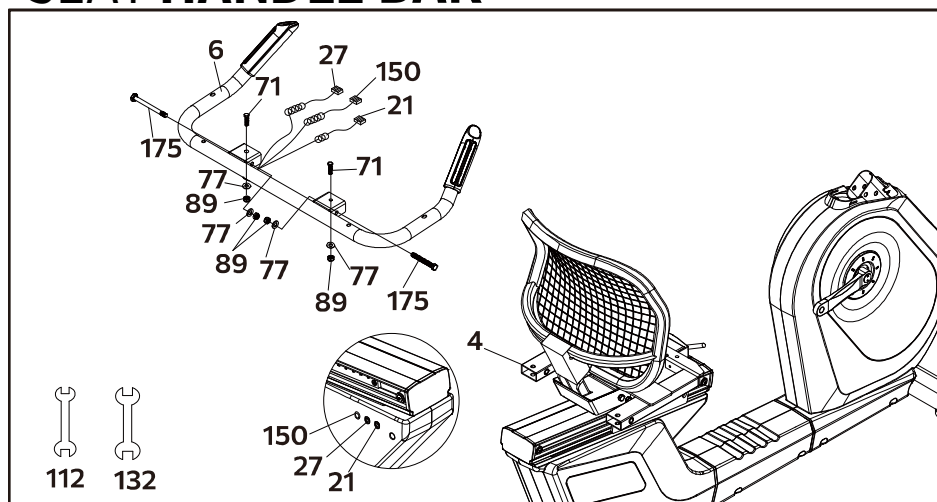


HARDWARE STEP 1

- #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 2pcs of Carriage Bolts (65), 2pcs of Flat Washers (84) and 2pcs of Cap Nuts (191) by using the Wrench (112).
2. Install Seat Back Bracket (5) onto the Seat Carriage (4) with the 6pcs of Hex Head Bolts (176) and 6pcs of Flat Washers (77) by using the 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

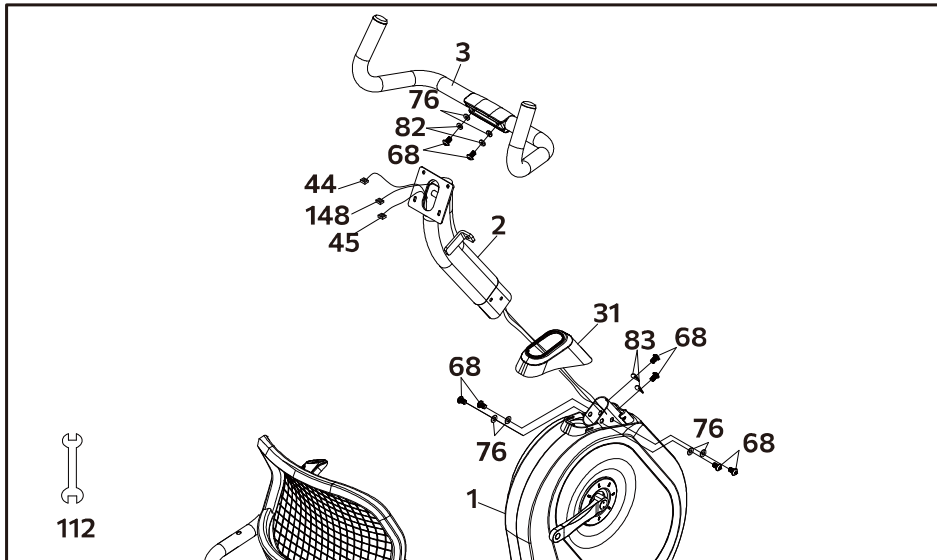


HARDWARE STEP 2

- #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 Wrench (132).
2. Plug the two Handpulse W/Cable Assemblies (L/27,R/21) into the sockets located on the left side rear cover, just under the seat, and then plug the Resistance Connecting Cable (150) into the front socket.

3 CONSOLE MAST

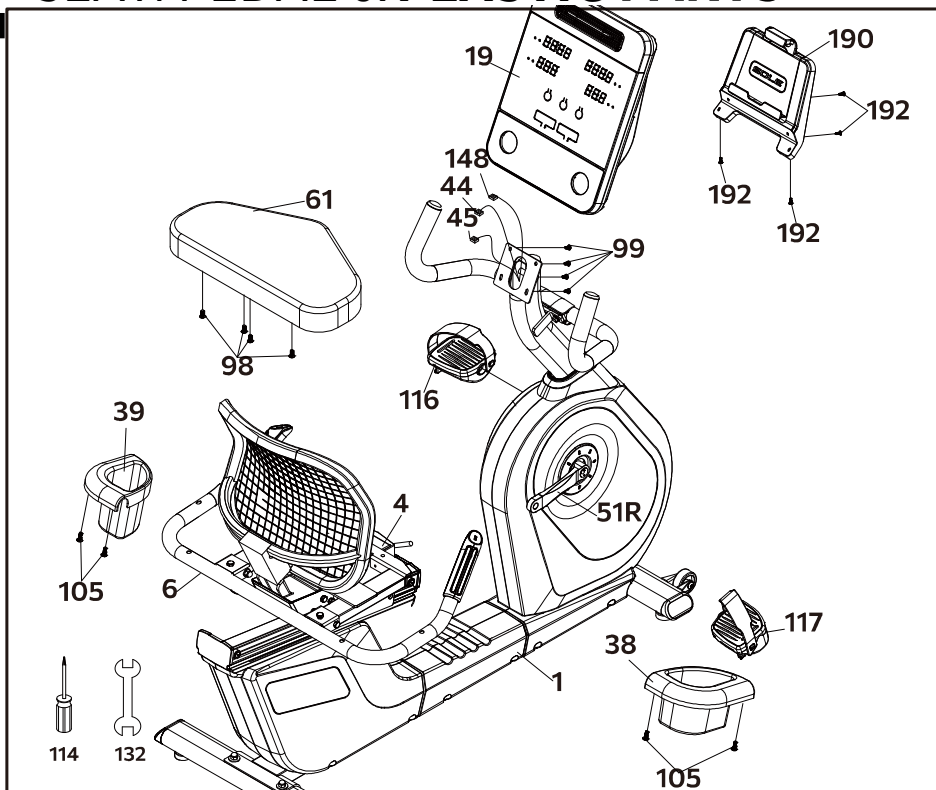


HARDWARE STEP 3

- #68. 5/16" 3 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)

1. Install the Console Mast Cover (31) onto the Console Mast (2). Make sure the plastic cover is in the correct orientation
2. Feed the Computer Cable (44), Switch Cable (Upper)(148) and Handpulse Wire (45) through the bottom of the Console Mast (2) and out through the opening at the top.
3. 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 Wrench (112).
4. 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 Wrench (112).

4 SEAT/PEDAL & PLASTIC PARTS



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)
- #192. 3.5 x 12L_
Sheet Metal Screw (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 Computer Cable (**44**), Switch Cable (Upper)(**148**) and Handpulse Wire (**45**) into the connector in the back of the Console Assembly (**19**). Install the console onto the mounting plate with the 4pcs of Phillips Head Screws (**99**) by using the Phillips Head Screw Driver(**114**). Be careful not to pinch the wires between the console and the mounting plate. This could short the wires and damage the electronics.
3. 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**).
4. Install the Tablet Holder (**190**) to back of the console with the 4pcs of Sheet Metal Screws (**192**) by using 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.
6. 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.

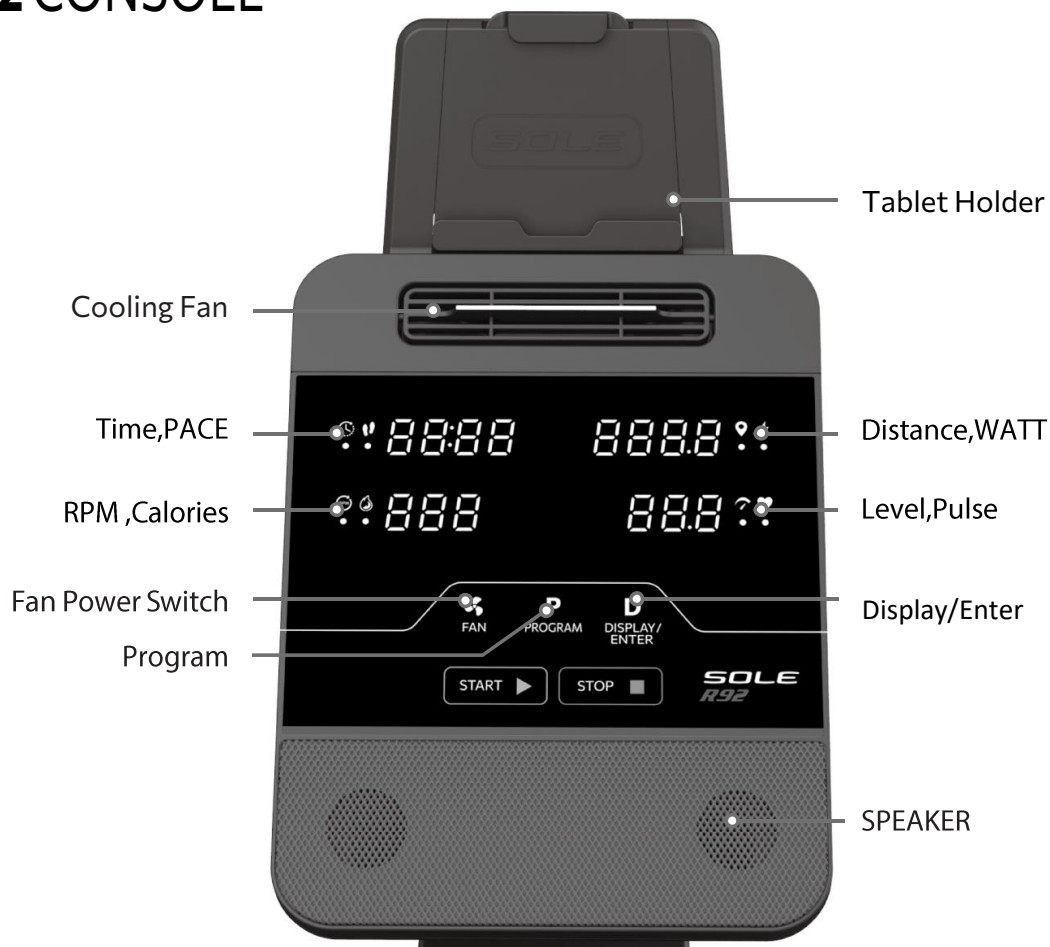
PEDAL STRAP ADJUSTMENT

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.

OPERATION OF YOUR FITNESS BIKE

GETTING FAMILIAR WITH THE CONTROL PANEL

R92 CONSOLE



POWER UP

When power is connected to the fitness bike the console will automatically power up. These models operate on DC 12V/3.3A(12V/3A) which is supplied by the power pack that is connected to 115(230) VAC. There is a power socket located where the line cord plugs into the unit on the front of the bike .

When it is first power on, the console will perform an internal self-test. During this time all the lights will turn on, the **Level window** display will show a software version (i.e.:ver 1.0), and the **Distance window** will display an odometer reading, The **Time Window** shows how many total hours the fitness bike has been used.

The odometer and time will remain displayed for only a few seconds then the console will go to the startup display. The dot matrix display will be displayed in **Time** and **Distance Window**. Program numbers, **P1/P2/P3/P4/P5/P6/U1/U2/H1/H2** will be displayed in **RPM Window**. You may begin to use the console.

CONSOLE OPERATION

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 +/-** buttons.

BASIC INFORMATION.

Each time the **DISPLAY/ENTER** button is pressed, the next set of information will appear.

- A. Display combo 1:  lights up, window will display **Time**.  lights up, window will display **Distance**.  lights up, window will display **RPM**.  lights up, window will display **Level**.
- B. Display combo 2:  lights up, window will display **PACE**.  lights up, window will display **WATT**.  lights up, window will display **Calories**.  lights up, window will display **PULSE**.
- C. In Data Scan mode, the displayed information will change every 4 seconds in the Message Window.

The fitness bike has a built in heart rate monitoring system. Simply grasping the **Contact Heart Rate Sensors** on the stationary handle bars or wearing the chest strap transmitter will start the heart icon blinking (this may take a few seconds). The **Pulse Window** will display your heart rate in beats per minute. The chest strap is a more accurate and reliable method of heart rate reading. The hand pulse sensors are subject to false readings depending on user physiology and workout habits including how one grips the sensors or how sweaty their hands are.

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.

PROGRAMMING THE CONSOLE

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your **Age** and **Weight**. Entering your **Age** is necessary during the Heart Rate control program to ensure the correct settings are entered in the program; entering your **Weight** aides in calculating a more correct **Calorie** reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

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 AND CHANGING SETTINGS

Use the **Program** key to select the program (**P1~6, U1~2, H1~2**). Press the **Enter** 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 you use the fitness bike 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

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.

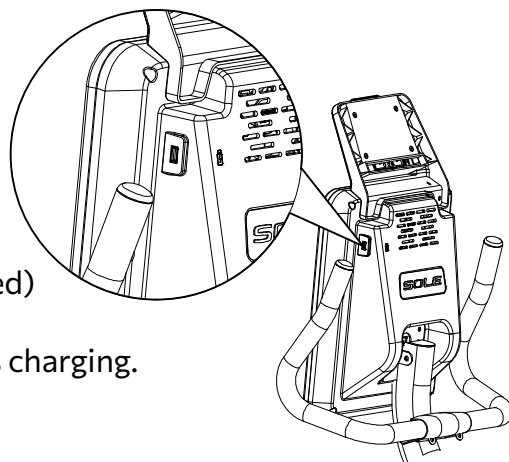
Step 2: Check to make sure your device icon indicates it is charging.

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/1.0 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.



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

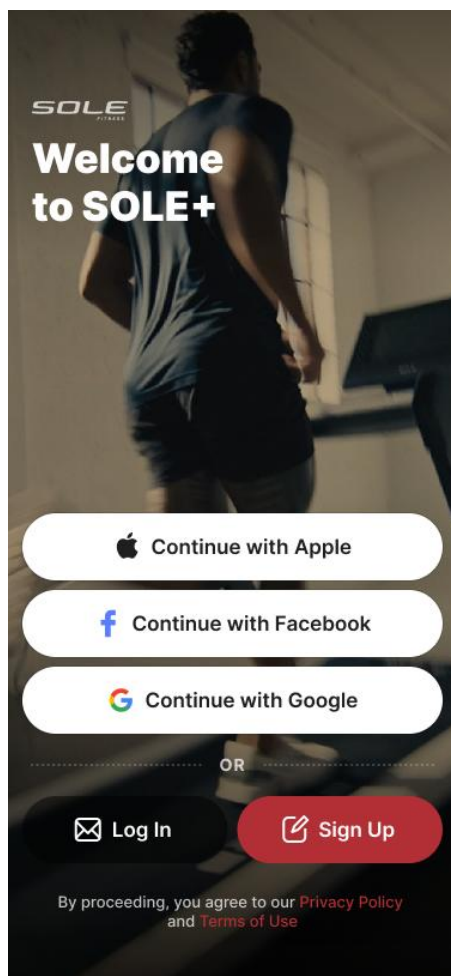
In order to help you achieve your exercise goals, Sole has added an exciting new feature to this product. Your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with compatible iOS and Android smartphones or tablet computers via the SOLE+ App.

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. 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

P1 (MANUAL PROGRAM)

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

1. Select **P1** and press **Enter** key.
2. The **Time Window** will ask you to enter your **Age**. You may adjust the age setting using the **Level +/-** keys, then press the **Enter** key to accept the new number and proceed on to the next setting.
3. You are now asked to enter your **Weight**. You may adjust your weight setting using the **Level +/-** 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 fitness bike 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 +** key; the **Level -** key will decrease the workload.
7. Each time the **Display** button is pressed, the next set of information will appear.
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.

P2~6 (PRESET PROGRAMS)

These fitness bike have five different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

P2 (Hill)

The **Hill** program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.

SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
LEVEL	1	2	3	3	4	4	5	5	7	7	5	5	4	4	3	3	2	1

P3 (Fat Burn)

The **Fat Burn** program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.

SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
LEVEL	1	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3	1

P4 (Cardio)

The **Cardio** program is designed to increase your cardiovascular function and endurance. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.

SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
LEVEL	1	2	5	6	7	6	5	6	7	6	5	6	7	6	5	6	2	1

P5 (Strength)

The **Strength** program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and forces you to sustain it. This is designed to strengthen and tone your legs and glutes (muscles of the butt).

SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
LEVEL	1	2	2	3	3	4	4	5	5	6	7	8	8	8	8	8	2	1

P6 (Interval)

The **Interval** program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate, between recovery periods. This aids in heart rate recovery from intense activities.

SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
LEVEL	1	2	7	7	2	2	7	7	2	2	7	7	2	2	7	7	2	1

PROGRAMMING PRESET WORKOUTS

1. Press **Program** key to select **P2-P6** and press **Enter** key to get in.
2. The **Time Window** will ask you to enter your **Age**. You may adjust the age setting using the **Level +/-** keys, then press the **Enter** key to accept the new number and proceed on to the next setting.
3. You are now asked to enter your **Weight**. You may adjust the weight number using the **Level +/-** keys, then press **Enter** to continue.
4. Next is **Time**. You may adjust the time and 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. If you want to increase or decrease the resistance at any time during the program press the **Level +/-** keys.
7. Each time the **Display** button is pressed, the next set of information will appear.
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.

U1/U2 (CUSTOM USER DEFINED PROGRAMS)

The customizable User programs allow you to build and save your own workout. You can build your own custom program by following the instructions below.

1. Select the User program (**U1** or **U2**) then press **Enter**. If you have already saved a program to either **U1** or **U2**, it will be displayed and you are ready to begin. If not, **LEVEL** will display 1.
2. The **Time Window** will ask you to enter your **Age**. You may enter your age using the **Level +/-** keys, then press the **Enter** key to accept the new number and proceed on to the next setting.
3. You are now asked to enter your **Weight**. You may adjust the weight number using the **Level +/-** keys, then press **Enter** to continue.
4. Next is **Time**. You may adjust the time using the **Level +/-** keys and press **Enter** to continue.
5. Now you are asked to adjust the level for the first segment of the workout, the **Distance Window** will display **[1-18]** segments. Press **Level +/-** key and then press **Enter** key to set next segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all eighteen segments have been set. Then press **Start** key to begin workout.
6. If you want to increase or decrease the **level** at any time during the program, press the **Level +/-** key.
7. Each time the **Display** button is pressed, the next set of information will appear.
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.

HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

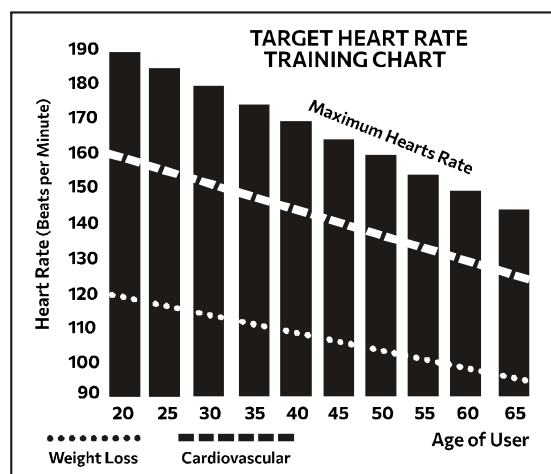
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity 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 Control 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 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**](http://www.soletreadmills.com)

HEART RATE PROGRAM OPERATION

Both **H1/H2** programs operate the same, the only difference is that the default for **H1** is set to **60%** and **H2** is set to **80%** of the maximum heart rate. They both are programmed the same way.

To start an **HR** program follow the instructions below or just select the **H1** or **H2** program, then press the **Enter** button to begin the setup.

Heart rate monitor is asked for **HR program**. **Pulse window** will display **[Err]** if no pulse input after **Start** key is pressed.

1. Press **Program** key to select **H1** or **H2** and press **Enter** key to get in.
2. The **TimeWindow** will ask you to enter your **Age**. You may enter your **Age**, using the **Level +/-** keys, then press the **Enter** key to accept the new number and proceed on to the next setting.
3. You are now asked to enter your **Weight**. You may adjust the **Weight** number using the **Level +/-** 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 your **Target Heart Rate**. This is the heart rate level you will strive to reach and maintain during the program. 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 **Enter** key. ***Note:** At any time during the editing of Data you can press the **Stop** key to go back one level, or screen.*
7. If you want to increase or decrease the workload at any time during the program press the **Level +/-** keys. This will allow you to change your **Target Heart Rate** at any time during the program.
8. Each time the **Display** button is pressed, the next set of information will appear.
9. When the program ends you may press **Start** to begin the same program again or **Stop** to exit the program.

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.

MAINTENANCE MENU IN CONSOLE SOFTWARE

The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the maintenance menu, press and hold down **Start**, **Stop** and **Enter** keys keep holding 3 seconds and the **time window** will display **[F1]**, press **Program** key to navigate **F1-F13**, press **Enter** key to access.

- A. **[F1] Key Test** - Will allow you to test all the keys to make sure they are functioning
- B. **[F2] Display Test** - Automatically tests all LED's
- C. **[F3] ODO Reset** - Resets the odometer
- D. **[F4] Units** - Choose from English(Imperial) or Metric display readings. 0: Metric / 1: English
- E. **[F5] Sleep Mode** - Turn off to have the console power down automatically after 15 minutes of inactivity. 0: OFF / 1: ON
- F. **[F6] Pause Mode** - Turn on to allow 5 minutes of pause, turn off to have console pause indefinitely. 0: OFF / 1: ON
- G. **[F7] Key Tone** - Turn on or off the beep sound when a key is pressed. 0: OFF / 1: ON
- H. **[F9] Factory Set**
- I. **[F10] Light Mode** - Allows adjustment of display brightness.
- J. **[F11] Motor Test** - Continually runs the tensioning gear motor
- K. **[F12] Manual** - Allows stepping of the gear motor
- L. **[F13] Security** - 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.
- M. **[End] Exit** - Select to exit Maintenance Menu.

MANUFACTURER'S LIMITED WARRANTY

FITNESS BIKE WARRANTY Effective February 1, 2023

SOLE warrants all its fitness bike 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	2 Years
Labor	1 Year
Cosmetic Items*	90 Days

NORMAL RESPONSIBILITIES OF THE CONSUMER

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

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty or, if outside of the 10 day period, the warranty can be registered if you have proof of purchase (i.e. receipt, bank statement, credit card statement, or email order confirmation).
2. Proper use of the treadmill in accordance with the instructions provided in this manual, including general maintenance (i.e. belt tracking, belt tension, vacuuming under motor cover, and lubrication. See all components under General Maintenance section)
3. Proper installation in accordance with instructions provided with the fitness bike and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the fitness bike accessible for servicing, including any item that was not part of the fitness bike at the time it was shipped from the factory.
6. Damages to the fitness bike finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual. (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 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 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.

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