



OWNER'S MANUAL
SR550 Rower

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

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

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 ROWER AND WELCOME TO THE SOLE FAMILY!

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

Yours in Health,

SOLE Fitness

Name of Dealer

Telephone Number of Dealer

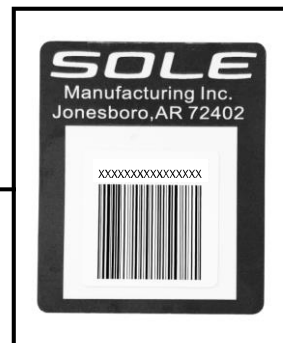
Purchase Date

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

DANGER -- To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons, install the Rower on a flat level surface with access to a 110-volt, 15-amp grounded outlet with only the Rower 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 operate Rower on deeply padded, plush or shag carpet. Damage to both carpet and Rower may result.
- Keep children away from the Rower. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the Rower if it has a damaged cord or plug. If the Rower 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, then remove the plug from the outlet.
- Do not attempt to use your Rower for any purpose other than for the purpose it is intended.
- Use of a chest strap transmitter (sold separately) is an accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your Rower. 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.
- Keep children under the age of 13 away from this machine.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING

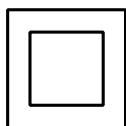
NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your Rower may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this Rower 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).

SAVE THESE INSTRUCTIONS

SERVICING OF DOUBLE-INSULATED PRODUCTS

In a double-insulated product, two systems of insulation are provided instead of grounding. No grounding means is provided on a double-insulated product, nor should a means for grounding be added to the product. Servicing a double-insulated product requires extreme care and knowledge of the system, and should be done only by qualified service personnel. Replacement parts for a double-insulated product must be identical to the parts they replace. A double-insulated product is marked with the words "DOUBLE INSULATION" or "DOUBLE INSULATED." The symbol (square within a square)

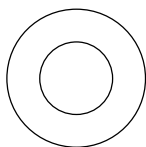


IMPORTANT OPERATION INSTRUCTIONS

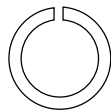
- **NEVER** operate this Rower without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on your Rower; such as watching television, reading, etc. These distractions may cause you to lose balance which 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.

SR550 ASSEMBLY PACK CHECKLIST

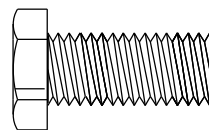
1 HARDWARE STEP 1



#109. $\varnothing 3/8" \times \varnothing 19 \times 1.5T$
Flat Washer (4 pcs)

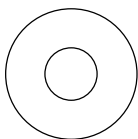


#121. $\varnothing 10 \times 2T$
Split Washer (4 pcs)

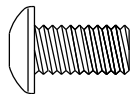


#120. $3/8" \times 3/4"$
Hex Head Bolt (4 pcs)

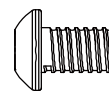
2 HARDWARE STEP 2



#122. $\varnothing 5/16" \times \varnothing 18 \times 1.5T$
Flat Washer (4 pcs)

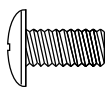


#123. $M8 \times P1.25 \times 12L$
Button Head Socket Bolt
(5 pcs)

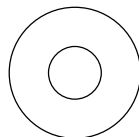


#129. $M6 \times P1.0 \times 10L$
Button Head Socket Bolt
(4 pcs)

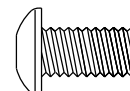
3 HARDWARE STEP 3



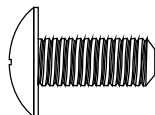
#85. $M5 \times P0.8 \times 10L$
Phillips Head Screw
(3 pcs)



#122. $\varnothing 5/16" \times \varnothing 18 \times 1.5T$
Flat Washer (6 pcs)



#123. $M8 \times P1.25 \times 12L$
Button Head Socket Bolt
(6 pcs)

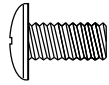


#124. $M6 \times 15L$
Phillips Head Screw (4 pcs)

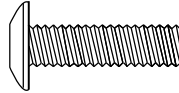


#125. $\varnothing 1/4"$
Split Washer (4 pcs)

4 HARDWARE STEP 4



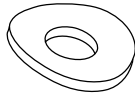
#85. M5 × P0.8 × 10L
Phillips Head Screw
(6 pcs)



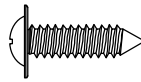
#147. M8 × 20L
Button Head Socket Bolt
(3 pcs)



#148. Ø8 × Ø19 × 1.5T
Flat Washer (1 pc)

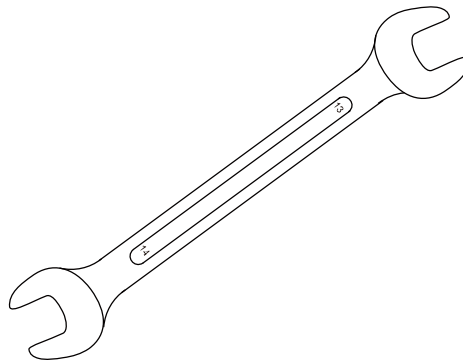


#149. Ø8 × Ø23 × 1.5T
Curved Washer (2 pcs)

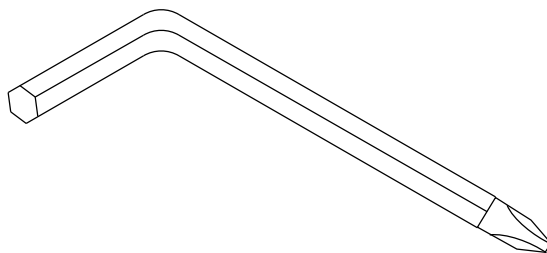


#150. 4 × 16mm
Sheet Metal Screw
(5 pcs)

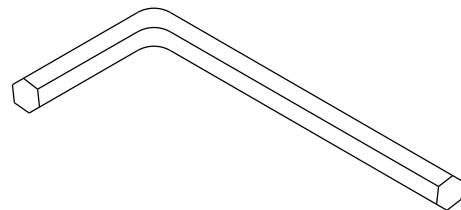
ASSEMBLY TOOLS



#128. 13/14m/m_Wrench



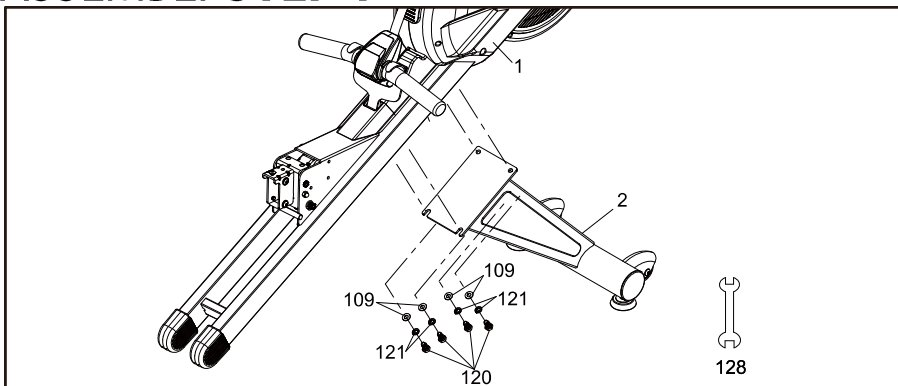
#127. Combination M5 Allen Wrench
& Phillips Head Screw Driver



#126. M4 Allen Wrench

SR550 ASSEMBLY INSTRUCTIONS

1 ASSEMBLY STEP 1

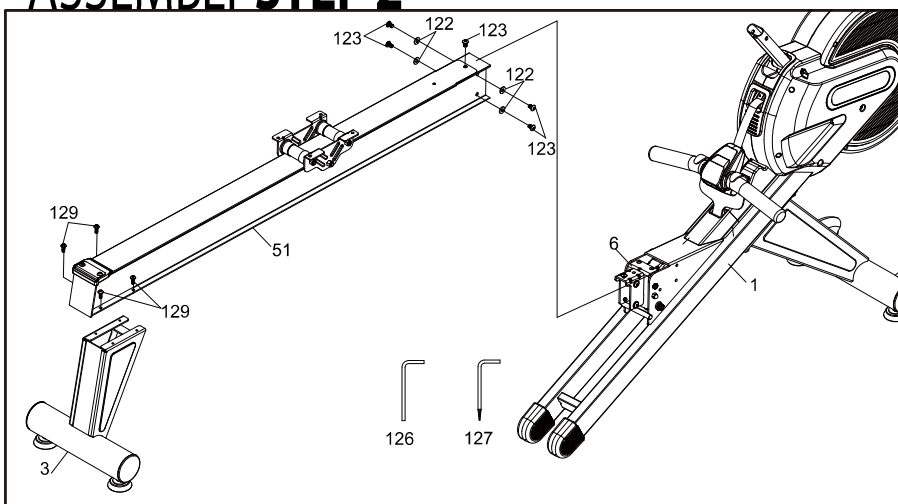


1. Use the WRENCH (**128**) to tighten 4 HEX HEAD BOLTS (**120**) together with 4 SPRING WASHERS (**121**) and 4 FLAT WASHERS (**109**) to secure the MAIN FRAME (**1**) and FRONT STABILIZER (**2**) together.

HARDWARE STEP 1

- #**109**. $\varnothing 3/8" \times \varnothing 19 \times 1.5T$ Flat Washer (4 pcs)
- #**121**. $\varnothing 10 \times 2T$ Split Washer (4pcs)
- #**120**. $3/8" \times 3/4"$ Hex Head Bolt (4pcs)

2 ASSEMBLY STEP 2

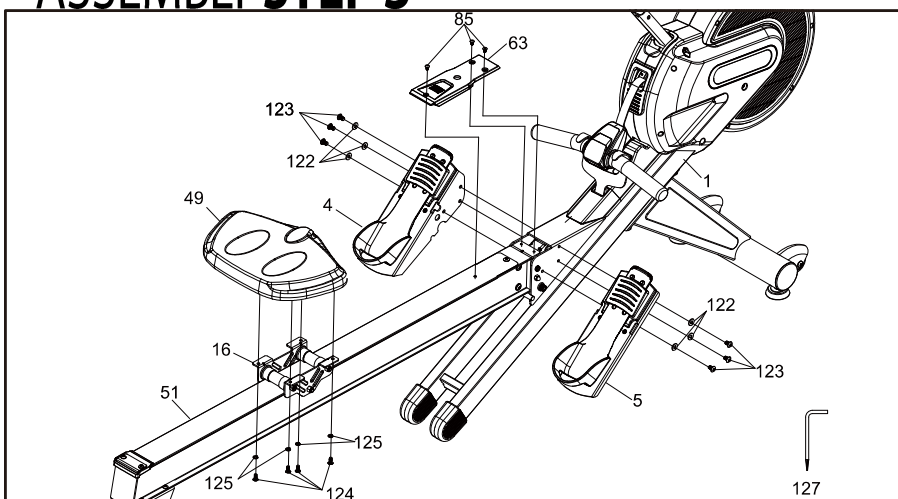


1. Install the Rear Aluminum Track (**51**) onto the Rear Stabilizer (**3**) with four Button Head Socket Bolts (**129**) by using M4_L Allen Wrench (**126**).
2. Attach the other end of Aluminum Track (**51**) to Folding End Assembly (**6**) then use Combination M5 Allen Wrench & Phillips Head Screw Driver (**127**) to tighten with five Button Head Socket Bolts (**123**) and four Flat Washers (**122**).

HARDWARE STEP 2

- #**122**. $\varnothing 5/16" \times \varnothing 18 \times 1.5T$ Flat Washer (4 pcs)
- #**123**. $M8 \times P1.25 \times 12L$ Button Head Socket Bolt (5 pcs)
- #**129**. $M6 \times P1.0 \times 10L$ Button Head Socket Bolt (4 pcs)

3 ASSEMBLY STEP 3

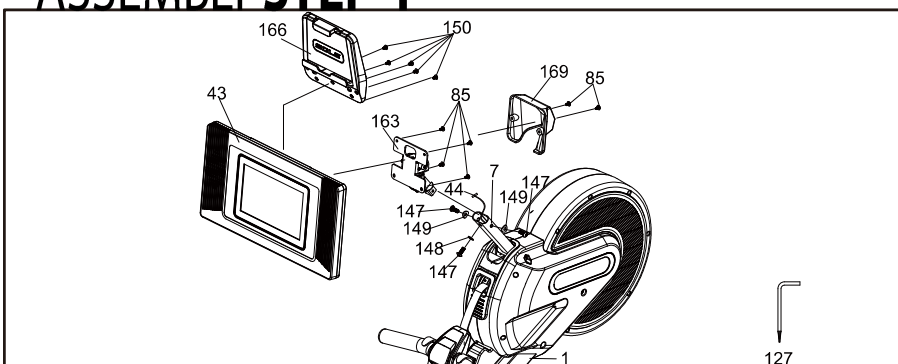


1. Install left and right Pedals (**4,5**) on the Main Frame (**1**) with six Button Head Socket Bolts (**123**) and six Flat Washers (**122**) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (**127**) to tighten. Use again Combination M5 Allen Wrench & Phillips Head Screw Driver (**127**) to install Connecting Cover (**63**) on Aluminum Track (**51**) with three Phillips Head Screws (**85**). Install Seat (**49**) and Seat Attaching Board (**16**) with four Phillips Head Screws (**124**) and four Split Washers (**125**) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (**127**).

HARDWARE STEP 3

- #**85**. M5 × P0.8 × 10L Phillips Head Screw (3 pcs)
- #**122**. Ø5/16" × Ø18 × 1.5T Flat Washer (6 pcs)
- #**123**. M8 × P1.25 × 12L Button Head Socket Bolt (6 pcs)
- #**124**. M6 × 15L Phillips Head Screw (4 pcs)
- #**125**. Ø1/4" Split Washer (4 pcs)

4 ASSEMBLY STEP 4



1. Take the Computer Cable (**44**) go through the Screen Rack(**163**) then install the Screen Rack(**163**) and the Console Holder Assembly (**7**) with three Button Head Socket Bolts (**147**), two Curved Washers(**149**) and Flat Washer(**148**) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (**127**).
2. Connect the Computer Cable (**44**) to the Console (**43**). Use the Combination M5 Allen Wrench & Phillips Head Screw Driver (**127**) to install Console (**43**) on Screen Rack(**163**) with four Phillips Head Screws (**85**) then secure the Rotary Shaft Cover(**169**) with two Phillips Head Screws (**85**).
3. Install the Tablet Holder (**166**) to the Console(**43**) with five Sheet Metal Screws (**150**) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (**127**).

HARDWARE STEP 4

- #**85**. M5 × P0.8 × 10L Phillips Head Screw (6 pcs)
- #**147**. M8 × 20L Button Head Socket Bolt (3 pcs)
- #**148**. Ø8 × Ø19 × 1.5T Flat Washer (1 pc)
- #**149**. Ø8 × Ø23 × 1.5T Curved Washer (2 pcs)
- #**150**. 4 × 16mm Sheet Metal Screw (5 pcs)

OPERATION OF **YOUR ROWER**

GETTING FAMILIAR WITH THE CONTROL PANEL CONSOLE



POWER UP

When power is connected to the fitness Rower 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 rower.

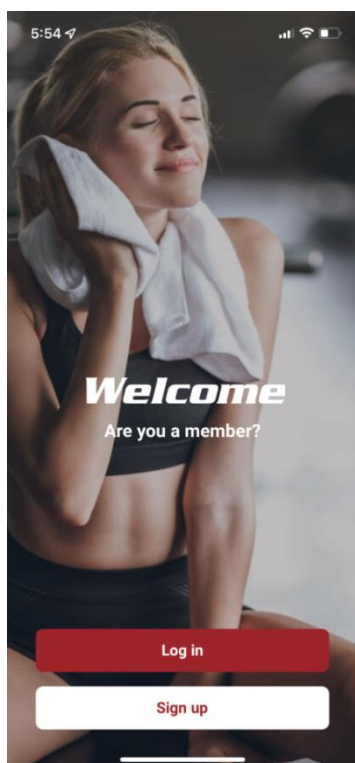
New SOLE + App to be used in conjunction with select Apple & Android devices!

In order to help you achieve your exercise goals, Sole has added an exciting new feature to this product. Your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with compatible iOS and Android smartphones or tablet computers via the SOLE+ App. Just download the free SOLE+ App from the Apple Store or Google Play, and follow the instructions in the App to sync with your exercise machine.

The Sole+ App also allows you to sync your workout data with one of many fitness cloud sites we support: Apple Health, Google Fit, Strava, MapMyFitness or Fitbit, with more to come.

Syncing the App with your exercise machine:

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



After the equipment is detected, tap Connect. When the App and equipment are synced, 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.

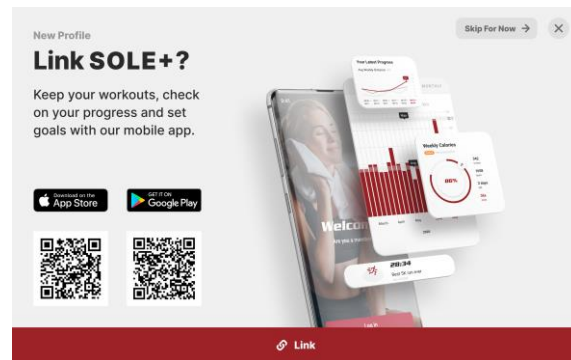
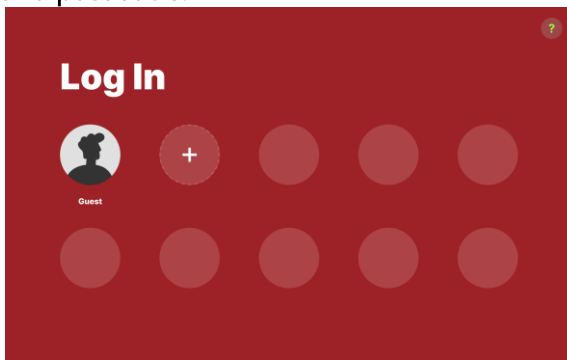
TOUCHSCREEN OPERATION

Use the touchscreen console to select from preset programs and enjoy media content of your choice while on the go.

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

Getting Started

Launched for the first time, the console will prompt you to either enter as a guest, or create a new profile. It is recommended to set up your own profile: it allows your machine to remember your physical parameters, favorite programs and templates; you will have your own custom program with an adjustable intensity pattern, and your workout records can be synchronized with the SOLE+ mobile app. Tap **+** to create a new profile. A maximum of 9 profiles can be created. Each profile can be protected with a passcode.

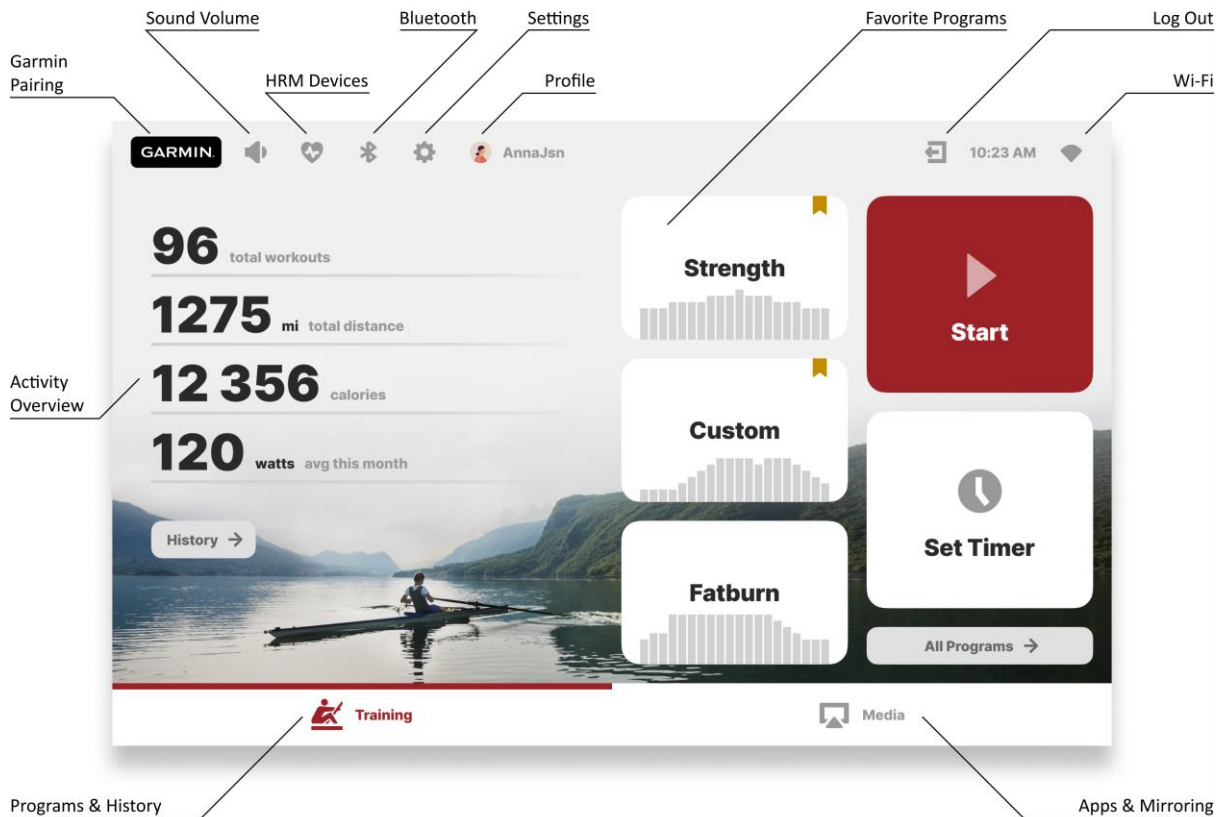


To link a SOLE+ account, scan the QR code on the console screen to download the mobile app first. Once the app is installed and the registration is complete, press “Link” on the bottom of the console screen, then open the QR code scanning camera in your SOLE+ app, and scan the QR code once again to link your local profile with the SOLE+ account. Please keep in mind that your console profile cannot be linked to multiple SOLE+ accounts at the same time. If you skip this step, you can access it again later in Profile settings.

Home Screen

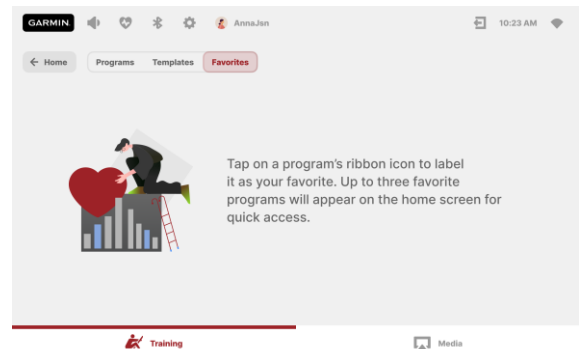
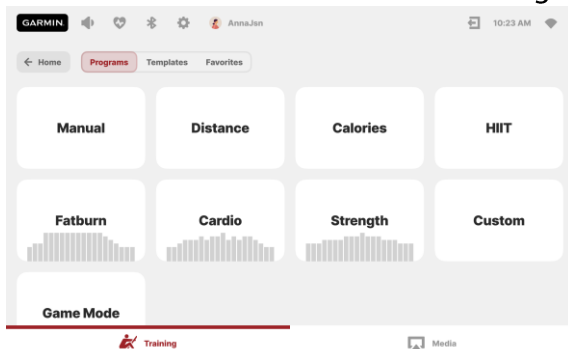
The main screen of the Training section displays an overview of your activity, and offers shortcuts to the most frequently used training modes: an immediate Start, a manually controlled timed workout (“Timer”), and up to 3 programs that you have marked as your favorites are arranged on this page for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

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



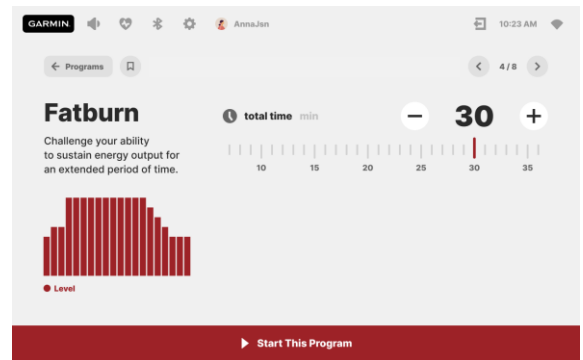
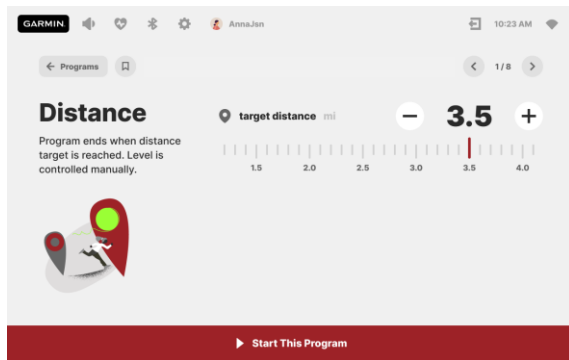
Workout Programs

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



Tap on any of the program cards to open a Program Setup page, where you can learn more about the program, set properties of your workout, or keep browsing by pressing on the arrow buttons in the upper top right corner of the screen. To adjust workout parameters, you can drag the ruler, tap on the $+$ and $-$ buttons, or tap on the number to open a numpad and input the value directly.

Manual (Timer) program is a timed workout with the resistance level controlled manually at any time during the workout.

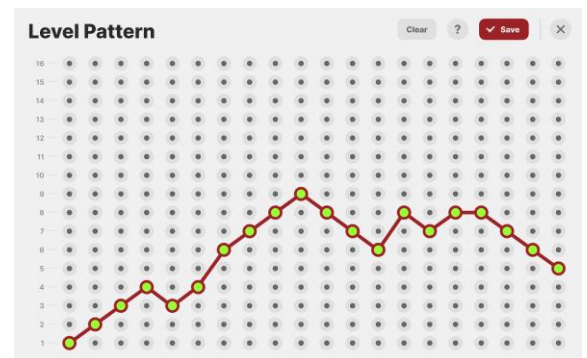
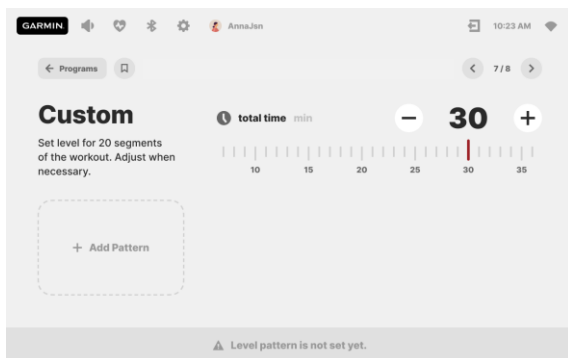
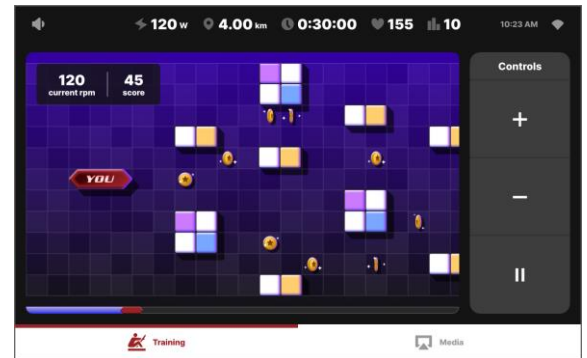
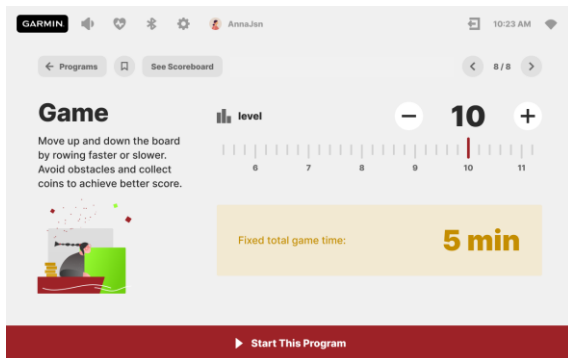


Distance, Calories programs set a target value for your workout. The program ends once the target has been reached.

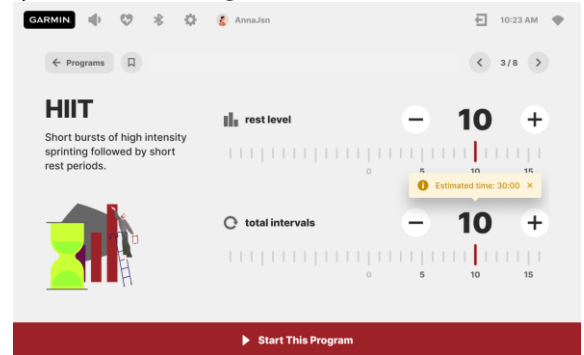
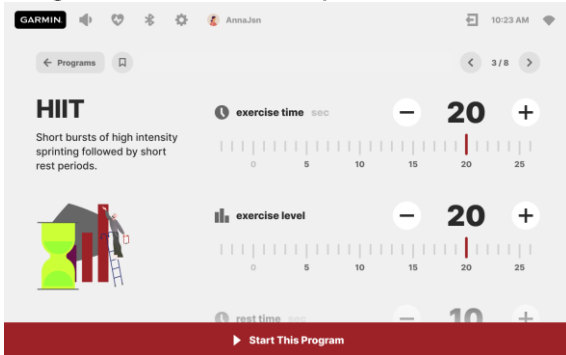
Fatburn, Cardio, Strength follow a preset resistance level changing pattern. Set Total Time before start to define the duration of your workout. The built-in level of difficulty for each segment is shown in the chart below.

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

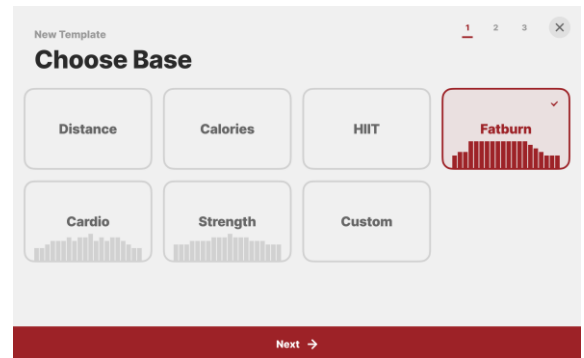
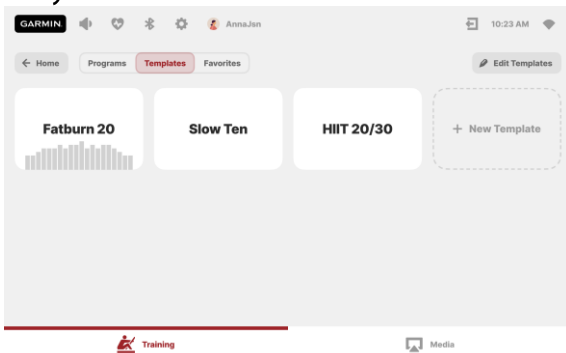
Game mode is a program where you move up and down the board by rowing faster or slower. Avoid obstacles and collect coins to achieve a better score.



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



In the **HIIT**, also known as “High Intensity Interval Training”, one performs short bursts of high intensity followed by rest periods. It is a fully customizable workout program, that allows you to set the number, intensity and duration of rest and exercise intervals.



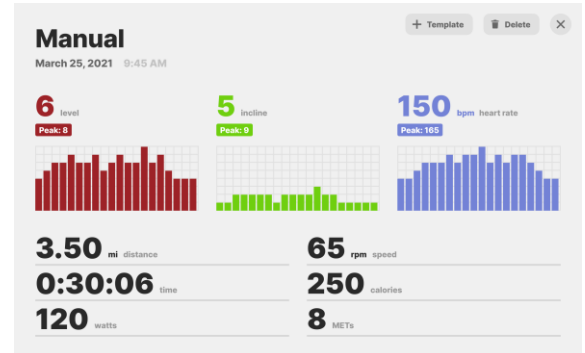
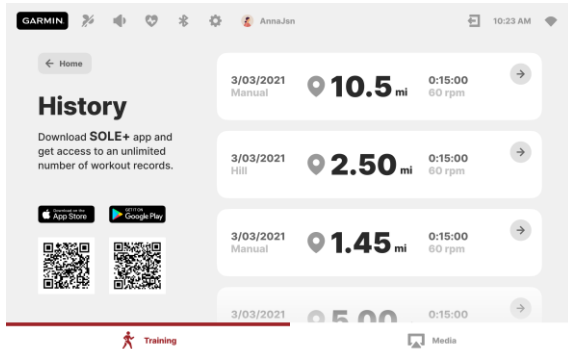
Templates are preset programs with a preserved set of parameters. Programs can be saved as templates upon completion, or you can create one from scratch in the Templates tab: tap on the “New Template” button, choose your base program, then save it with adjusted properties. A maximum of 12 template programs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

A program can be labeled as a **Favorite**. Up to 3 favorite programs will appear right on the Home screen, so you can access them easier. To “like” a program, open the program setup page and tap on the “ribbon” icon in the upper left corner of the screen. You can find all of the labeled programs under the Favorites tab: to remove the label, press “Edit Favorites”, or go to the program setup page directly and un-tap the “ribbon” icon.

Once you have decided on the program, press the “Start This Program” button on the screen, or the physical “START” key on the machine to begin your workout.

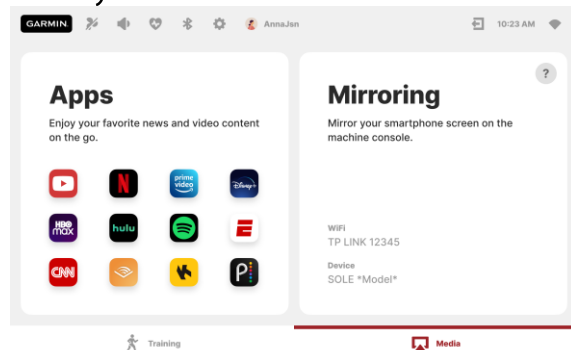
History

To see your latest workout records, press “History” on the main screen of the Training section. Up to 10 records can be stored locally on the console, but you can access your full workout history if you link your profile to the SOLE+ mobile app. Tap on the record preview to see the full summary. Each user can only see his or her workouts.



Media

Tap on the right tab of the bottom panel to access the Media section. Choose from a variety of pre-installed third party **Apps**, or use the **Mirroring** function to cast the content from your smartphone directly to the console screen. For detailed instructions, press the ? icon.

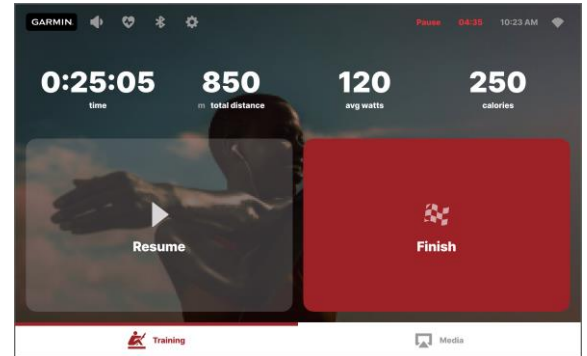
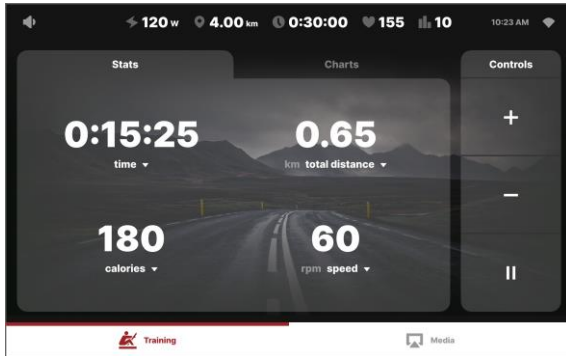


Once the content is on, use the floating panel for navigation and operating full screen mode. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press Hide Panels to enter the full screen mode without stats on the top and tabs on the bottom, and Show Panels to bring them back. Use the arrow button on the right side of the panel to hide & show the text labels: it allows to further minimize the panel's size. Press “Apps” to go back to the content sources selection.

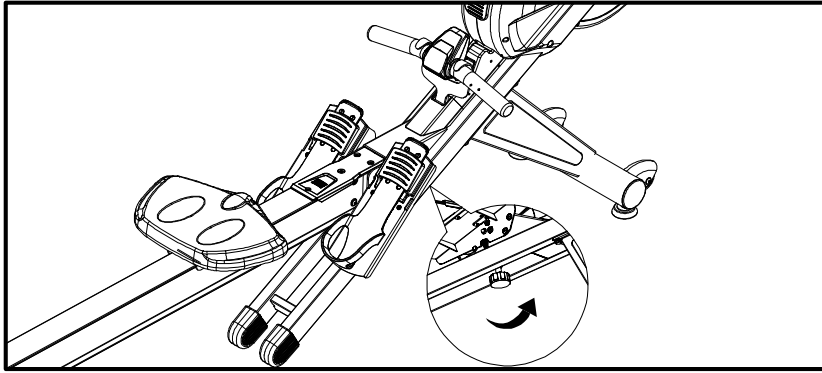
Workout Mode

Once the workout has been started, the console will appear in its workout mode. During the workout, switch between **Stats** and **Charts** views of the Training section, or go to Media section to enjoy your favorite media content. In the Stats view, you can select parameters you would like to display by tapping on the number.

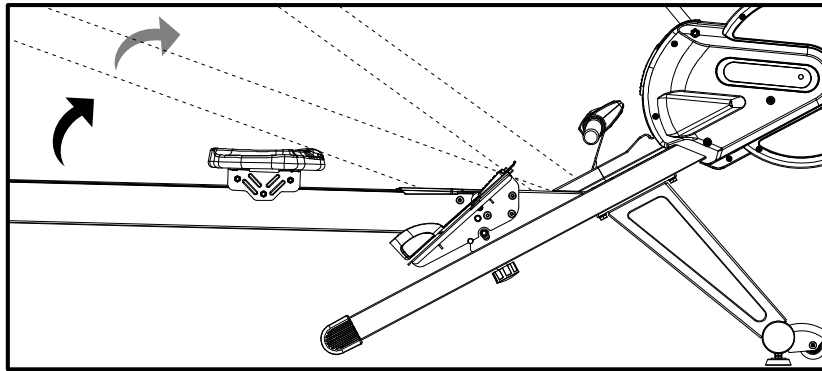
Use the panel on the right side of the screen to adjust the resistance level or pause. In the Pause mode, you can get back to training, start a cool down, or end your workout and see the summary. After 5 minutes of inactivity in the Pause mode, the workout will end automatically.



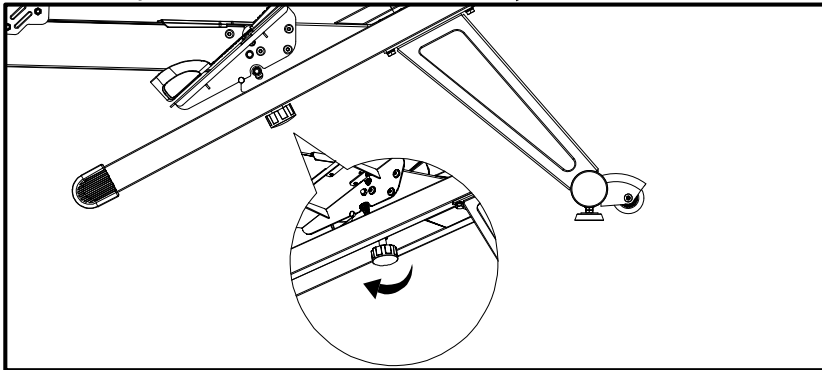
FOLDING/UNFOLDING PROCEDURES



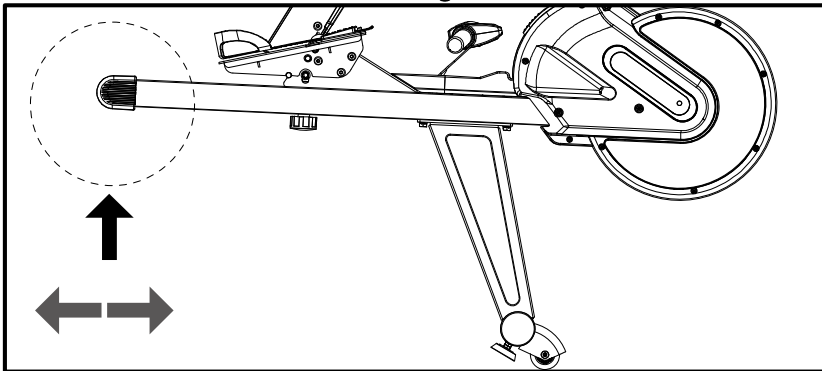
1. Turn the knob counterclockwise to release.



2. Fold up the aluminum rail assembly.



3. Turn the knob clockwise to tighten.



4. Fold the aluminum rail assembly up.
5. Lift the rear and roll away.

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)

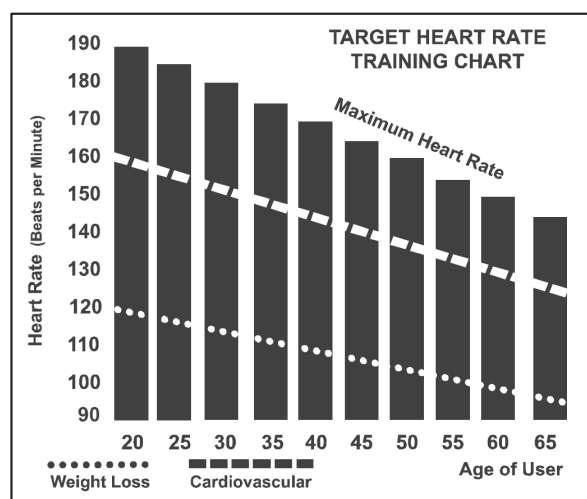
$180 \times .6 = 108$ beats per minute

(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 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.

MANUFACTURER'S LIMITED WARRANTY

ROWER WARRANTY

Effective February 1, 2023

SOLE warrants all its Rower'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 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
All Other Components	2 Years
Labor	1 Year

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 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)
4. Proper installation in accordance with instructions provided with the Rower and with all local electric codes.
5. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
6. Expenses for making the Rower accessible for servicing, including any item that was not part of the Rower at the time it was shipped from the factory.
7. Damages to the Rower finish during shipping, installation or following installation.
8. Routine maintenance of this unit as specified in this manual. (See All Components under General Maintenance).
9. 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 Rower not requiring component replacement, or Rower not in ordinary household use.
3. Damages caused by services performed by persons other than authorized SOLE service companies; use of parts other than original SOLE parts; Or external causes such as corrosion (RUST), discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance (see general maintenance instructions section), inadequate power supply, natural disasters, or elemental damage (i.e. power surges, lightning storms, water damage, or fire damage.)
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party. (Warranties DO NOT transfer.)
6. Products that do not have a warranty registration card on file at SOLE. SOLE reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use in any environment other than a residential setting.
9. Warranties outside of North America may vary. Please contact your local dealer for details. Shipping charges may apply to Alaska and Hawaii customers.
10. Warranty will be void if the unit is not in a climate-controlled, insulated environment. (Examples: Garage, outside, carport, etc)

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized SOLE dealer. OR
2. Submit all service requests including serial number, contact information and a brief description of the problem online at <http://www.soletreadmills.com/serviceparts.html>.
3. If there is a question as to where to obtain service, contact our service department at 866-780-7653.
4. If no local service is available, SOLE will repair or replace the parts, at SOLE's option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to SOLE. SOLE is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving 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