



***OWNER'S MANUAL
SRB101 SRVO complete***

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

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 866-697-6531. Thank you for your Sole purchase.*

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

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SOLE

FITNESS

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

Thank you for your purchase of this quality Bench from **SOLE**. Your new Bench 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 you have any questions about your new product contact **SOLE** Fitness at **866-780-SOLE (7653)**. If you have a technical problem with your new Bench contact **SOLE** technical service at **866-MYSOLE1 (1-866-697-6531)**.

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 Bench.

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 PRECAUTIONS

These safety notes are directed to you as the owner of the Strength Equipment manufactured by SOLE Fitness.

Please follow these safety instructions.

DO

- Do discuss your health program or fitness regimen with a healthcare professional.
- Do stop operating your Strength Equipment if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.

DO NOT

- Do not let unsupervised children operate the Strength Equipment.
- Do not use without proper athletic shoes.
- Do not use outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening or within the area of the product.
- Do not attempt to remove any shrouds or modify the Strength Equipment.

WARNING

- Your Strength Equipment manufactured by SOLE Fitness is designed for exercise in a consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense during workout.
- Read the owner's manual in its entirety before operating the Strength Equipment.
- Failure to obey this warning can result in injury or death.

SOLE FITNESS® and the SOLE Fitness logo are registered trademarks of Dyaco International.

IMPORTANT SAFETY INSTRUCTIONS

This chapter includes precautions and fitness safeguards for the installation and use of the bench. Please read this chapter carefully before installing or using your strength equipment.

Live area and Training area

The live area shall be not less than 140 CM (55.12") greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount

IMPORTANT SAFEGUARDS

The following fitness safeguards and operating precautions are directed to purchasers and users. Failure to follow these safeguards may result in injury or serious health risk.

Proper Usage

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that SOLE FITNESS equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic techniques. The maximum weight for individuals using the Strength Equipment should not exceed 265 pounds (120 kilograms).

Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all SOLE FITNESS equipment use only replacement parts supplied by SOLE FITNESS.
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE SOLE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

Operating Warnings

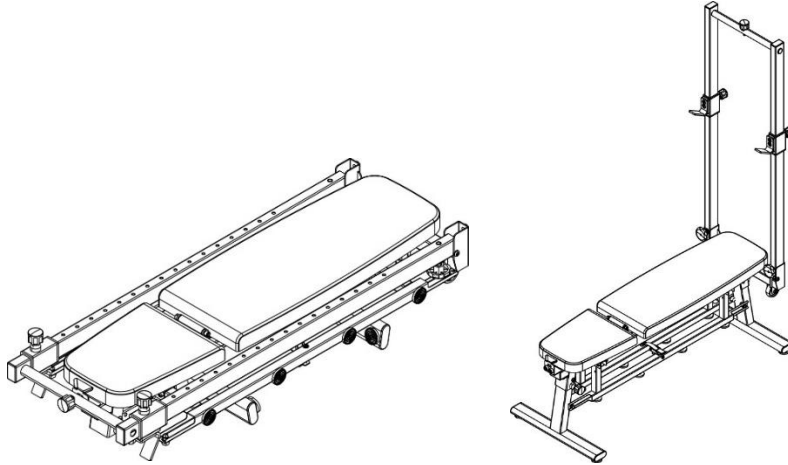
- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users' secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- Provide an adequate safety perimeter between the bench, walls and other equipment and ensure proper clearance for usage and training.

Note: This Strength Equipment is not suitable for therapeutic purposes.

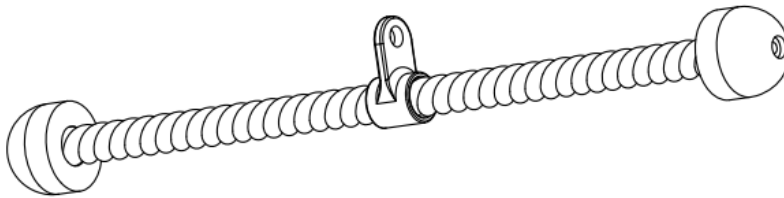
Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.

SRVO COMPLETE ITEM CHECKLIST

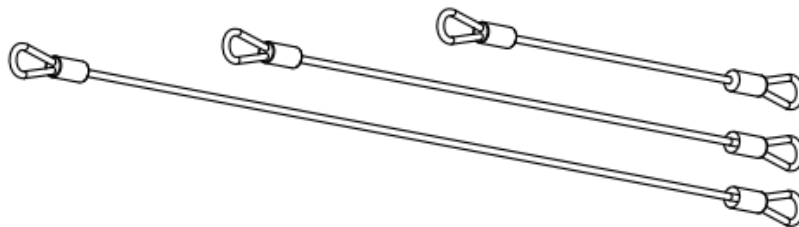
Foldable workout bench: 1 set



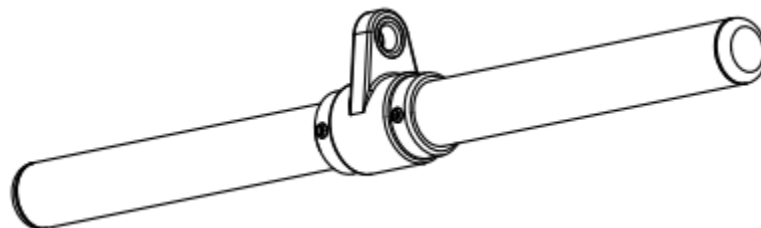
Tricep rope



Extension safety cable 3 pairs with buckle



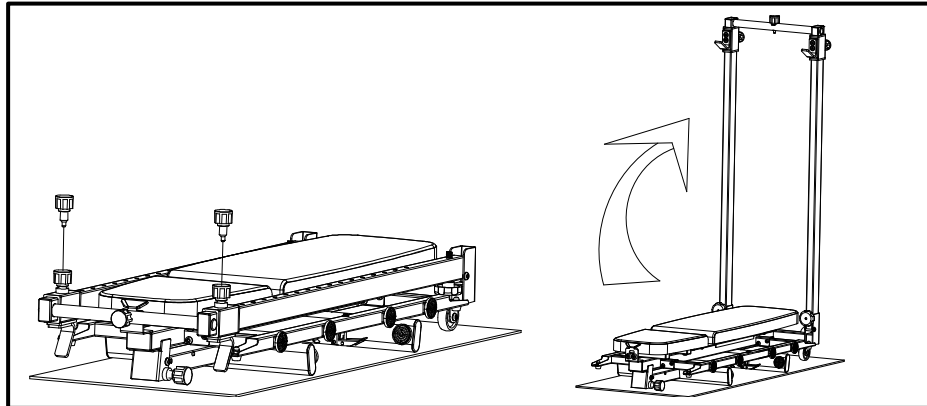
Short bar



ASSEMBLY/ FOLDING & UNFOLDING STEP BY STEP INSTRUCTION

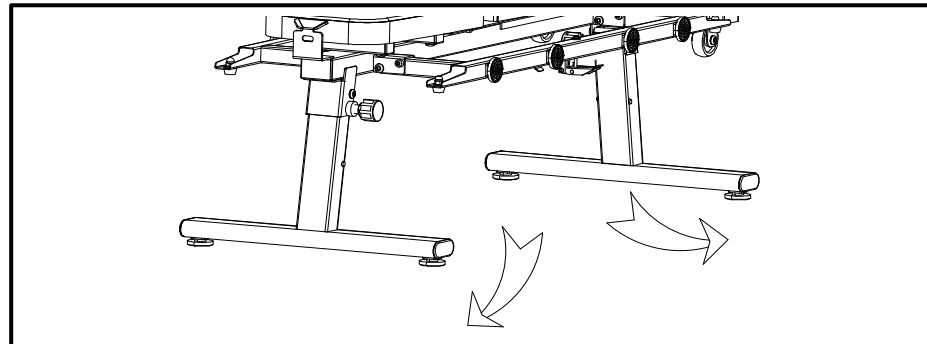
UNFOLD

1 UNFOLD STEP 1



Place adjustable knob into bar hook. Raise the rack by pulling adjustable knob on the top rod. After rack is raised, tighten the knob at the bottom of the rack.

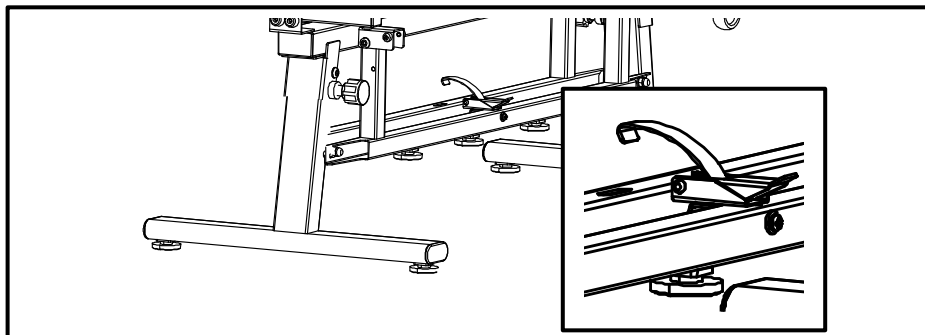
2 UNFOLD STEP 2



Unfold the front and rear stabilizer and make sure both are in place. Tighten adjustable knob.

3

UNFOLD STEP 3

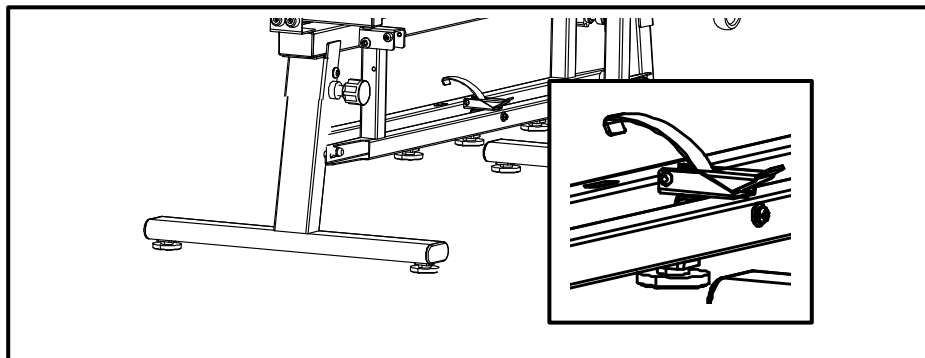


Unfold the SRVO stabilizer, and make sure locking clamp is locked in securely.

FOLD

1

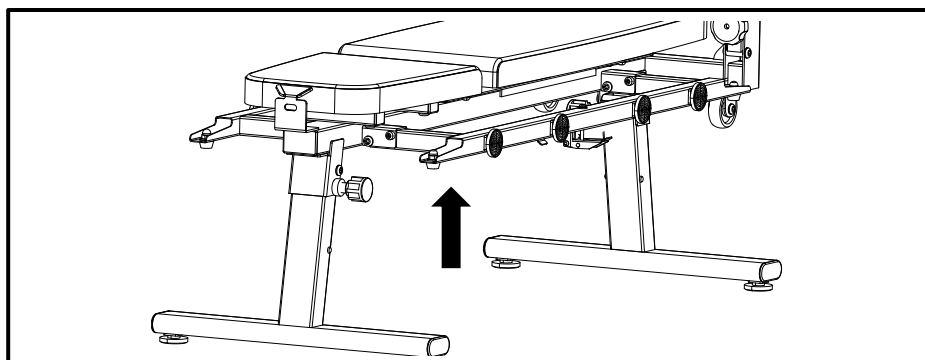
FOLD STEP 1



Unlock the locking clamp.

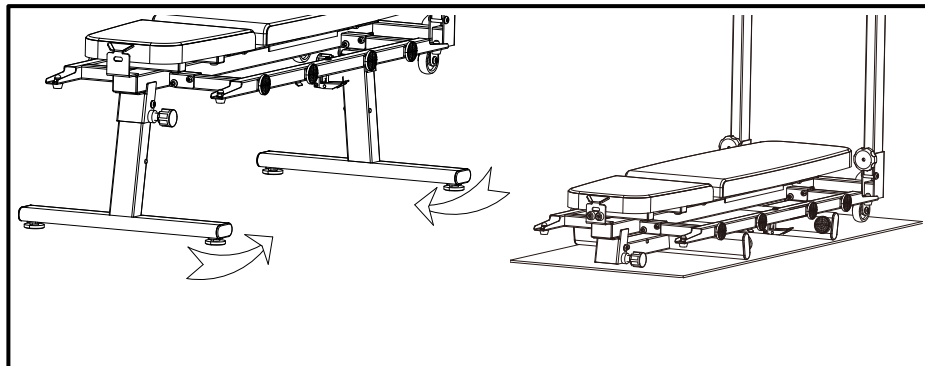
2

FOLD STEP 2



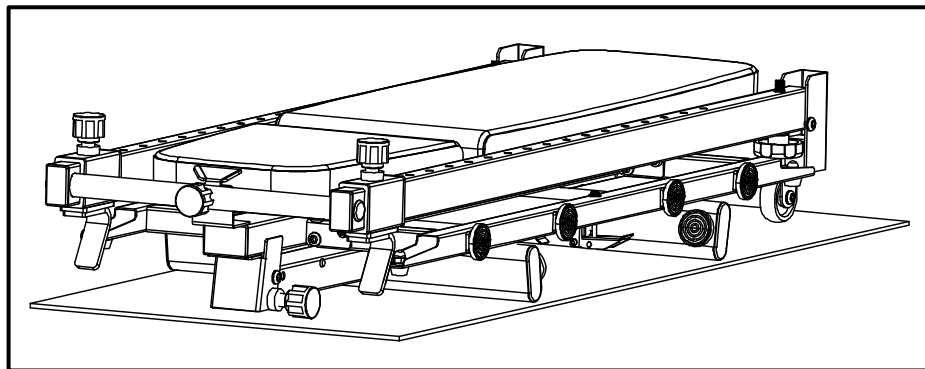
Fold the SRVO stabilizer and make sure stabilizers are locked in place.

3 FOLD STEP 3



Loosen the adjustable knob for front and rear stabilizer.
Fold the stabilizers inwards and make sure they are locked in place.

4 FOLD STEP 4



Loosen the adjustable knob at the bottom of the rack,
carefully lower the rack until pull pin on top rod is placed
securely.

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