



OWNER'S MANUAL
SRVO
Strength training machine
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 SRVO AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality product from **SOLE**. Your new SRVO 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 treadmill 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 SRVO.

Yours in Health,
SOLE Fitness

Name of Dealer _____

Telephone Number of Dealer _____

Purchase Date _____

PRODUCT REGISTRATION

RECORD YOUR SERIAL NUMBER Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____ ☐

REGISTER YOUR PURCHASE

The self-addressed product registration card must be completed in full and returned to **SOLE**. You can also go to **www.soletreadmills.com** under the support tab to register online.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your SRVO from the electrical outlet prior to cleaning and/or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the SRVO on a flat level surface with access to a 120-volt, 15-amp grounded outlet with only the SRVO plugged into the circuit.

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

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

- Do not operate SRVO on deeply padded, plush or shag carpet. Damage to both carpet and SRVO may result.
- Provide a minimum of 3 1/2 feet clearance between the SRVO and any fixed object.
- 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 SRVO if it has a damaged cord or plug. If the SRVO 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 SRVO for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your SRVO. Quality athletic shoes are recommended.
- 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.
- The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, connection points.
- Replace defective components immediately and/or keep the equipment out of use until repair.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

Route the power cord away from any moving part of the SRVO including transport wheels.

NEVER remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your SRVO 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 SRVO 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 maximum operating temperature specification is 40 degrees C, and humidity is 95% non-condensing (no water drops forming on surfaces).

Circuit breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during exercise because of the high inrush currents of the SRVO drive electronics and motor. This is an issue that affects all fitness equipment brands.

New laws in your area may require these breakers. If you do have these breakers and outlets in your home, and are experiencing nuisance tripping, you should check if there are any other devices plugged into the same circuit. Some examples of devices that may also cause tripping are fluorescent lights with electronic ballasts, coffee maker, space heater, hair drier. Optimally the SRVO should be the only device plugged into the circuit.

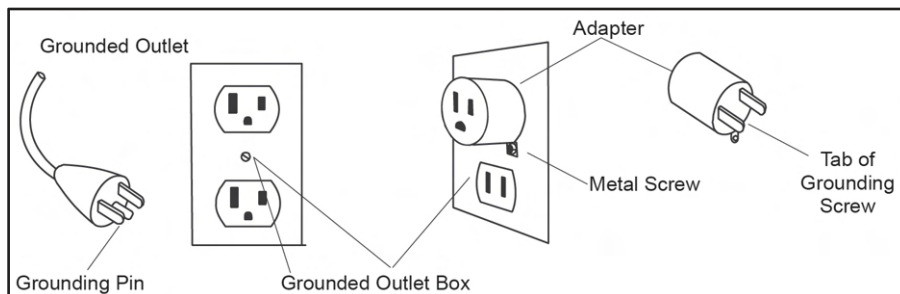
Our SRVO have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to SRVO, as long as no other devices are plugged into the same circuit.

GROUNDING INSTRUCTIONS

This product must be grounded. If SRVO should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate SRVO without reading and completely understanding the results of any operational change you request from the computer.
- **NEVER** use your SRVO during an electrical storm. Surges may occur in your household power supply that could damage SRVO components. Unplug SRVO during an electrical storm as a precaution.
- Use caution while participating in other activities while using your SRVO; 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. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your **SOLE** dealer.

IMPORTANT Precautions

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

Please train all your users to follow these safety instructions.

DO

- Do encourage each of your users to discuss their 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 the 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 **manufactured by SOLE.**

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 . Managers should ensure that users are trained to follow these same instructions. 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.
- When experiencing fatigue, you can throw the accessory you are using. Motor will react and enter protection mode.
- 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 330 pounds (150 kilograms).
- When operating SRVO, it is recommended to follow an exercise program. Do not overexert yourself and train to exhaustion.

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.

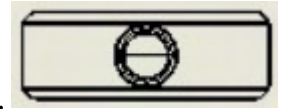
Safety feature

1. Resistance stop point
 - User can pull cable to a desired "stop point". This asks the motor to stop generating any resistance below that point (besides minimum force needed to retract the cable). Before resistance is set, pull cable to the desired "stop point", then press start/stop button twice. Machine will emit a prompt sound indicating the stop point feature is activated. Then press start button to engage resistance. This feature is also available using wireless button. This safety feature can help prevent injury.
2. Static feature
 - When cable is being held at same position for 10 seconds(time adjustable through SOLE+ app), all weight releases. Cable will start to retract using minimum force 5 seconds later.
3. Dump feature
 - When tilted 15 Degrees, all weight releases. Cable will start to retract using minimum force 5 seconds later.
4. Drop feature
 - If you are experiencing fatigue at any time during workout. You can simply drop the bar/ handle and motor will enter safety mode, which means no resistance will apply to cable for about 10 seconds. SRVO will retract cable after 10 seconds using lowest resistance possible.

Control Instructions

1. Resistance adjustment

- On the SRVO control panel, you can perform resistance adjustments, switch modes, and start/stop operation.



- If the number on the display is flashing, SRVO is in adjustable state.
- You can adjust the resistance weight by turning the knob. Turn to the right to increase, and turn to the left to decrease.
- After adjusting to the desired weight, press the start and stop button to engage resistance.
- To ensure your safety, you will not be able to switch between modes or weights after starting the power station. At this time, the number on the screen is always on and will not flash; you need to press the start and stop button to release the resistance to continue the weight adjustment.

2. Wireless Switch

- The wireless switch is able to turn weight on/off. After pairing with the device, click to control weight on/off.
- Press and hold wireless switch to pair. If blue light flashes 5 times, it means pairing is successful. During pairing state, press and hold to cancel to exit pairing. If the red light flashes 5 times, it means pairing is canceled.



- The wireless switch uses a coin battery for power supply. When battery is low, remove plastic cover to replace battery
- Different flashing sequences indicates different states of the switch

Connecting	Red/blue light flashes alternately
Connected	Blue light flashes 5 times
Unpaired	Red light flashes 5 times
Button clicked/released	Blue light lit/off
Low Battery	Red light flashes for 10 seconds.

3. APP Connection

- SRVO can be connected to the SOLE+ APP. The SOLE+ app is able to remotely control the SRVO, preset training plans, view movement instructions and many other functions.
- Open SOLE+ APP, click on Bluetooth icon in the upper right corner, select SRVO, and search for the device. In the searched device list, click on the corresponding device to connect. Make sure SRVO is power on.

4. Switch mode

There are three resistance modes for SRVO, Standard mode, Eccentric mode, and Isokinetic Mode. Press and hold Start/Stop button for three seconds, then turn the knob to switch between mode.

Mode	Description
Mode 1 Standard	● Constant resistance(isotonic) through out range of motion
Mode 2 Eccentric	● Eccentric mode means that the resistance is greater when the cable is retracting, and the resistance is less when the cable is pulled up. ● The set weight is the weight of the eccentric movement (lowering the cable). For example, if resistance is set to 10KG, the concentric stage of (raising) is less than 10KG, and the eccentric stage (lowering) is 10KG. This mode provides more impactful training weight, and more stimulation for muscle hypertrophy.
Mode 3 Isokinetic	● In isokinetic mode the pulling speed remains constant and the resistance varies. The faster you are pulling, the greater the resistance; the slower you are pulling, the lighter the resistance. This training mode provides full muscle stimulation through out the range of motion. There are two levels, fast and slow for different resistance and speed needs.

GENERAL MAINTENANCE

- Wipe down all areas in the sweat path with a damp cloth after each workout.
- Pull cable all the way out once every week and wipe down cable. Make sure machine is unplugged when doing so. After cable is dried, turn on machine and let cable retract.
- Make sure to unplug machine after use.
- Make sure machine is stored at cool and dry place.
- The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately, or the equipment removed from service until the repair is made

DIAGNOSIS GUIDE

1. Wireless switch unresponsive.
 - Make sure battery is installed correctly. If blue and red light are flashing at the same time, that means battery was not installed properly. If only blue light is showing, that means battery was installed correctly and ready to pair SRVO and wireless switch again.
2. No resistance on cable
 - Switch to mode 3 isokinetic mode. Pull cable all the way out, slowly release the cable. Restart the machine after cable is retracted all the way.
3. Cable stuck during session
 - Release resistance, pull cable out forcefully. Slowly release the cable. Let the cable retract all the way, machine should operate properly. Avoid pulling the cable at high speed with less than 10 lbs of resistance.
4. Cable does not retract when machine is powered on.
 - Unplug the machine and pull the cable all the way out. Then restart machine.
 - If cable still does not retract, make sure machine stays on, pull cable all the way out until you hear a banging sound. Banging sounds means cable is pulled all the way out. Slowly release the cable, then restart machine.
5. Display does not light up
 - Reset power switch of the machine.
 - If cooling fan is not running, that means there is no electricity running through machine. Make sure the machine is plugged in and power switch is turned on.
 - If the cooling fan is running but display does not light up. Engage resistance and see if there is weight applied onto cable. If resistance works properly, that means the display screen is defective. If resistance does not work properly, that means the control board is defective. Contact seller for further assistance.

FCC WARNING:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Strength training machine

The antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter, End-Users must be provided with transmitter operation conditions for satisfying RF exposure compliance.

ERROR MESSAGES

Error Code	Error message	Probable cause	Suggested action
0x40	Power module low voltage	Defective power module/ Utility power low voltage	Restart machine. Replace module if issue not resolved.
0x80	FO control error	Power module defective/low voltage/ or short circuit	Turn off machine
0x100	Power module high temperature	Power module overload	Turn off machine to cool down
0x400	High voltage	Voltage too high for control module	Turn off machine, check bleeder resistor.
0x800	Low voltage	Voltage too low for control module	Turn off machine. Check utility power voltage.
0x40000	Encoder off set error	Defective encoder or loose contact	Turn off machine and check encoder
0x80000	Encoder value error	Defective encoder or loose contact	Turn off machine and check encoder
0x400000	Encoder not connected	Defective encoder or loose contact	Turn off machine and check encoder
0x800000	Voltage unstable	Current sampling unstable voltage	Restart machine. Replace motor control board if issue is not resolved.
0x4000000	UVW cord error	Cord loose contact	Turn off machine, plug in all cords securely.
0x10000000	Braking control error	Bleeder resistor overload	Turn off machine. Turn machine back on when motor is cooled.
0x40000000	Electrical load	Electrical load overload	Turn off machine. Turn machine back on when motor is cooled.

MANUFACTURER'S LIMITED WARRANTY

SRVO WARRANTY

Effective February 1,
2021

SOLE warrants all its equipment 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:

All Components	1 year
Labor	1 years
Bench/ Straight bar	2 Years

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.
2. Proper use of the SRVO in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the SRVO 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 SRVO accessible for servicing, including any item that was not part of the SRVO at the time it was shipped from the factory.
6. Damages to the SRVO finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

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 treadmill not requiring component replacement, or treadmill 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, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
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.
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.

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 you have any questions about your new product or questions about the warranty contact SOLE Fitness at 1-866-780-SOLE (7653). If you have a technical problem with your new treadmill contact SOLE technical service at 866-MYSOLE1 (697-6531).
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. For any further information, or to contact our service department by mail, send your correspondence to:

SOLE Fitness
P.O. Box 2037
Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by SOLE.

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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