SOLE FITNESS

OWNER'S MANUAL
E25 Elliptical Trainer

Please carefully read this entire manual before operating your new elliptical.

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 ELLIPTICAL 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 ELLIPTICAL AND WELCOME TO THE SOLE FAMILY!

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

Yours in Health,
SOLE Fitness

Name of Dealer _____

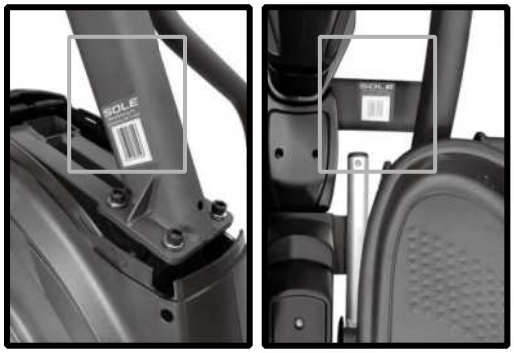
Telephone Number of Dealer _____

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 SOLE elliptical 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 elliptical on a flat level surface with access to a 115-volt, 15-amp grounded outlet with only the elliptical 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 elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical 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 elliptical if it has a damaged cord or plug. If the elliptical is not working
  properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not attempt to use your elliptical 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 elliptical. Quality athletic shoes are recommended to avoid leg fatigue.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT **ELECTRICAL INSTRUCTIONS**

WARNING!

NEVER remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your elliptical 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.

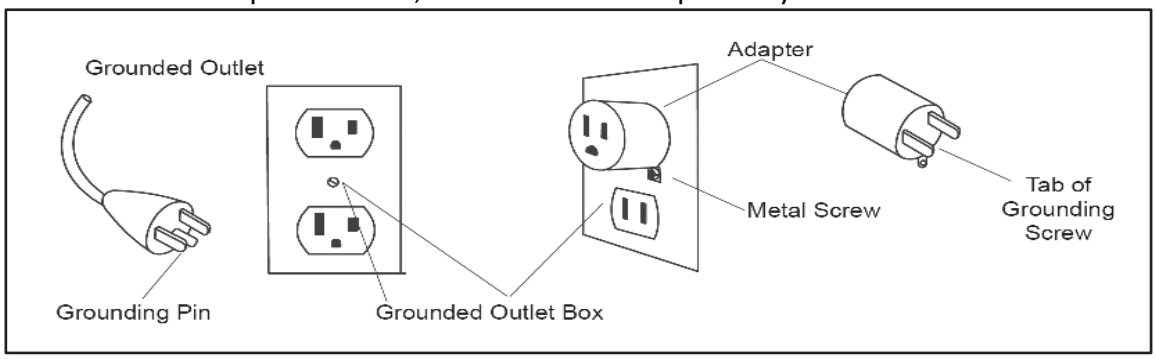
NEVER expose this elliptical to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

GROUNDING **INSTRUCTIONS**

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

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

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT **OPERATION INSTRUCTIONS**

- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance and incline 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.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components. Unplug the elliptical during an electrical storm as a precaution.
- Use caution while participating in other activities while using your elliptical; such as watching television, reading, etc. These distractions may cause you to lose balance; which may result in serious injury.
- Always hold on to a handle bar while making control changes (incline, level, etc.).
- 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.



POWER CONNECTOR - FRONT, LEFT SIDE OF UNIT

TRANSPORT **INSTRUCTIONS**

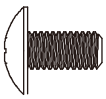
The elliptical is equippped with two transport wheels which are engaged when the rear of the elliptical is lifted.

E25 ASSEMBLY **INSTRUCTIONS**

Scan Here for Assembly Video

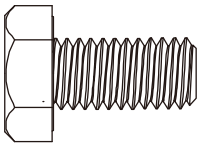
E25 ASSEMBLY PACK CHECKLIST

1 HARDWARE **STEP 1-1**

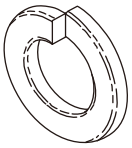


#136. M5 × 10mm_
Phillips Head Screw (6 pc)

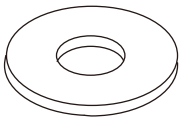
HARDWARE **STEP 1-2**



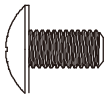
#126. 3/8" × 3/4"_
Hex Head Bolt (2 pcs)



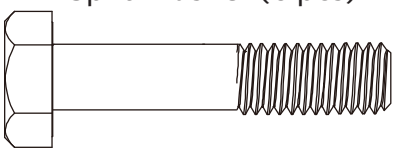
#169. Ø10 × 2T_
Split Washer (6 pcs)



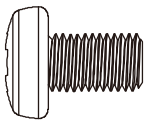
#165. Ø3/8" × Ø19 × 1.5T_
Flat Washer (6 pcs)



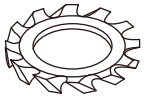
#136. M5 × 10mm_
Phillips Head Screw (6 pc)



#127. 3/8" × 2-1/4"_
Hex Head Bolt (4 pcs)

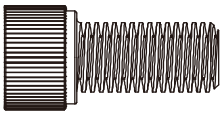


#141. M6 × 10mm_
Phillips Head Screw (4 pcs)

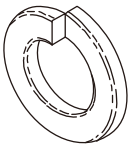


195. Ø10_Star Washer
(4 pcs)

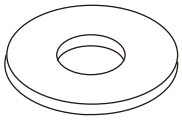
HARDWARE **STEP 1-3**



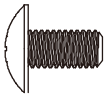
#131. 3/8" × 3/4"_
Socket Head Cap Bolt (4 pcs)



#169. Ø10 × 2T_
Split Washer (4 pcs)



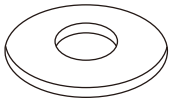
#165. Ø3/8" × Ø19 × 1.5T_
Flat Washer (4 pcs)



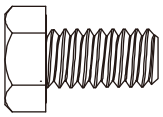
#136. M5 × 10mm_
Phillips Head Screw (2 pc)

E25 ASSEMBLY PACK CHECKLIST

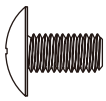
2 HARDWARE **STEP 2-1**



#160. Ø5/16" × Ø20 × 1.5T_
Flat Washer (4 pc)

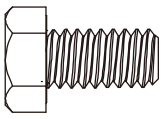


#122. 5/16" × 15mm_
Hex Head Bolt (4 pc)

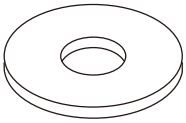


#136. M5 × 10mm_
Phillips Head Screw (4 pc)

HARDWARE **STEP 2 -2**

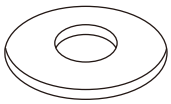


#122. 5/16" × 15mm_
Hex Head Bolt (4 pc)

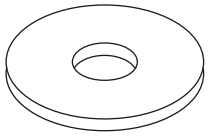


#162. Ø5/16" × Ø23 × 3T_
Flat Washer (4 pc)

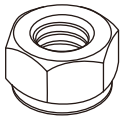
HARDWARE **STEP 2 -3**



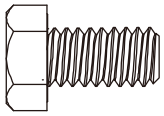
#160. Ø5/16" × Ø20 × 1.5T_
Flat Washer (2 pc)



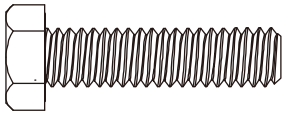
#164. Ø8.5 × Ø26 × 2.0T_
Flat Washer (2 pc)



#149. 5/16" × 7T_
Nylon Nut (2 pc)

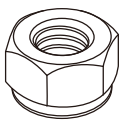


#122. 5/16" × 15mm_
Hex Head Bolt (2 pc)

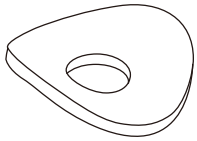


#123. 5/16" × 1-1/4"_
Hex Head Bolt (2 pc)

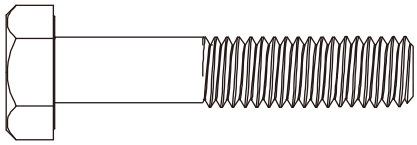
3 HARDWARE **STEP 3-1**



#149. 5/16" × 7T_
Nylon Nut (6 pcs)



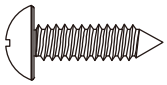
#168. Ø8 × 23 × 1.5T_
Curved Washer (4 pcs)



#124. 5/16" × 1-3/4"_
Hex Head Bolt (6 pcs)

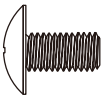
E25 ASSEMBLY PACK CHECKLIST

4 HARDWARE **STEP 4-1**

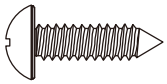


#139. 3.5 × 12mm_
Sheet Metal Screw
(8 pcs)

HARDWARE **STEP 4-2**

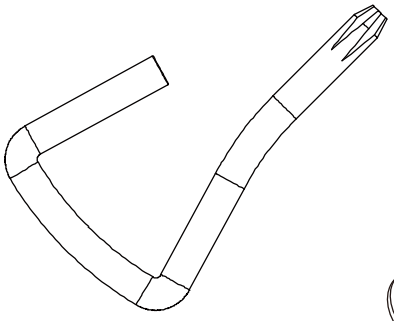


#136. M5 × 10mm_
Phillips Head Screw
(6 pcs)

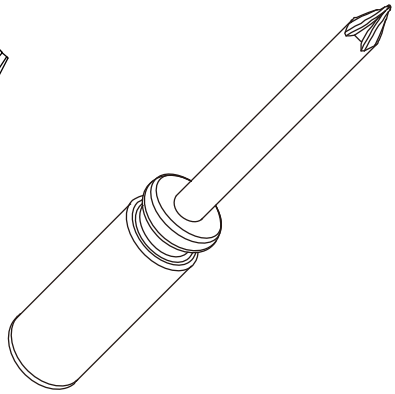


#139. 3.5 × 12mm_
Sheet Metal Screw
(6 pcs)

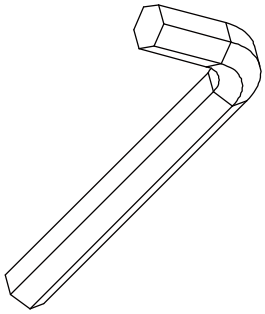
ASSEMBLY **TOOLS**



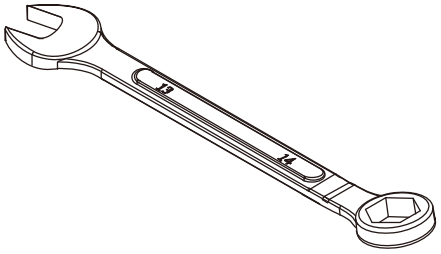
#175.
Short Phillips Head Screw
Driver



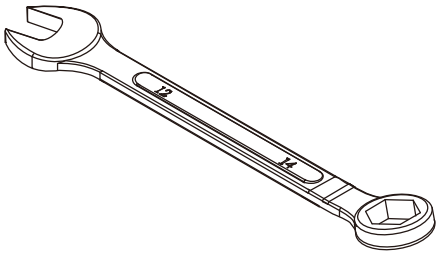
#176.
Phillips Head Screw Driver



#177.
8mm L Allen Wrench



#178. 13/14m/m_Wrench



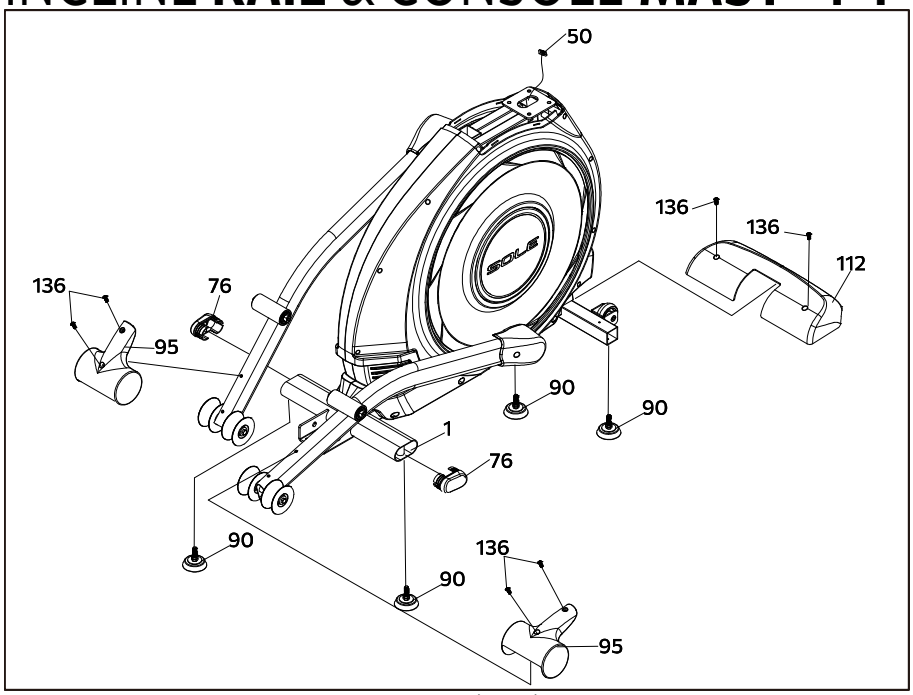
#179. 12/14m/m_Wrench

E25 ASSEMBLY INSTRUCTIONS

PRE-**ASSEMBLY**

1. Use a razor knife or box cutter to cut the outside, bottom, and the edge of the box along the dotted Line. Lift the 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 if 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 INCLINE **RAIL** & CONSOLE **MAST 1-1**



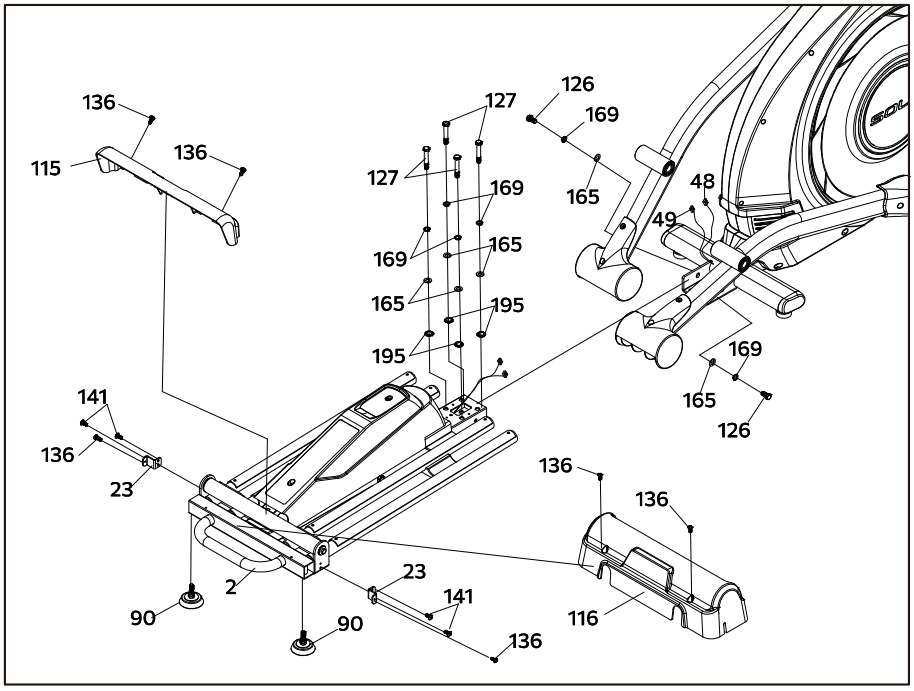
HARDWARE **STEP 1-1**

#136. M5 × 10mm_ Phillips Head Screw (6 pc)

1. Use 2pcs Phillips Head Screws (**136**) to secure Front Stabilizer Cover (**112**) on the front stabilizer with Phillips Head Screw Driver (**17**6).
2. Install Slide Wheel Covers (**95**) above each side of the Slide Wheel , Urethanes and secure with 4pcs Phillips Head Screws (**136**) by using Phillips Head Screw Driver (**176**).
3. Install 4pcs Adjustment Foots(**90**) to the Front Stabilizer and Middle Stabilizer of the Main Frame (**1**)
4. Plug in both Oval End Caps (**76**) onto both ends of the stabilizer tube.

E25 ASSEMBLY INSTRUCTIONS

1 INCLINE **RAIL** & CONSOLE **MAST 1-2**



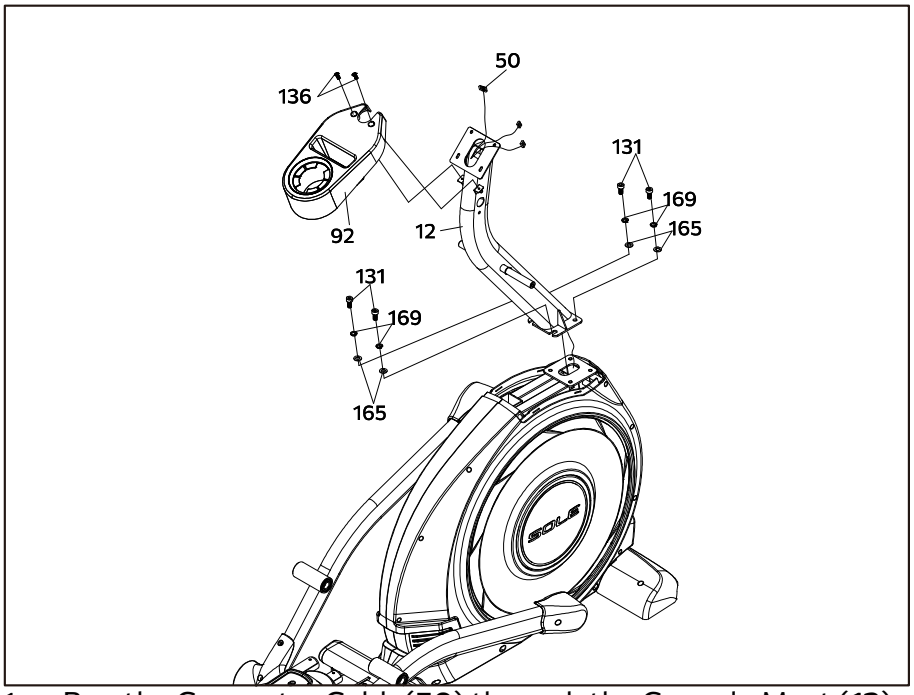
HARDWARE **STEP 1-2**

#126. 3/8" × 3/4"_ Hex Head Bolt (2 pcs)
#127. 3/8" × 2-1/4"_ Hex Head Bolt (4 pcs)
#136. M5 × 10mm_ Phillips Head Screw (6 pc)
#141. M6 × 10mm_ Phillips Head Screw (4 pcs)
#165. Ø3/8" × Ø19 × 1.5T_Flat Washer (6 pcs)
#169. Ø10 × 2T_ Split Washer (6 pcs)
#195. Ø10_Star Washer (4 pcs)

1. Install the Incline Rail Assembly(**2**) into the U-channel bracket of the Main Frame (**1**). Secure with the six bolts & associated hardware as follows: From the sides install 4pcs Hex Head Bolts (**127**) with 2pcs Hex Head Bolts (**126**) (NOTE: Please DON'T Tighten All Screws.) and 6pcs Split Washers (**169**), 6pcs Flat Washers (**165**), and 4pcs Star Washers(**195**),and tighten with the Wrench (**178**)(Please Tighten All Screw After All Components Assembly Complete).
2. Connect the 2 wire harness: Incline Motor Power Cord (**48**) to the female receiver cable coming from the Incline Rail Assembly(2). Connect the Three pin position Sensor connector:Incline Motor Connecting Wire (**49**) to the female receiver coming from the Incline Rail Assembly(**2**).
3. Install 2pcs Adjustment Foots(**90**) to the Rear Stabilizer of the Incline Rail Assembly(**2**).
4. Install the Cover Holders (**23**), with the hole for mounting the plastic cover on the bent tab facing rearward, and secure them on the Incline Rail Assembly(**2**) with 4pcs Phillips Head Screws (**141**). Install the Inclinable Rail Cover (**115**) on the rail base with 2pcs Phillips Head Screws (**136**).
5. Secure Rear Bar Cover (**116**) on the Rear Stabilizer and the Cover Holders (**23**) with 4pcs Phillips Head Screws (**136**) by using Phillips Head Screw Driver (**176**)

E25 ASSEMBLY INSTRUCTIONS

1 INCLINE **RAIL** & CONSOLE **MAST 1-3**



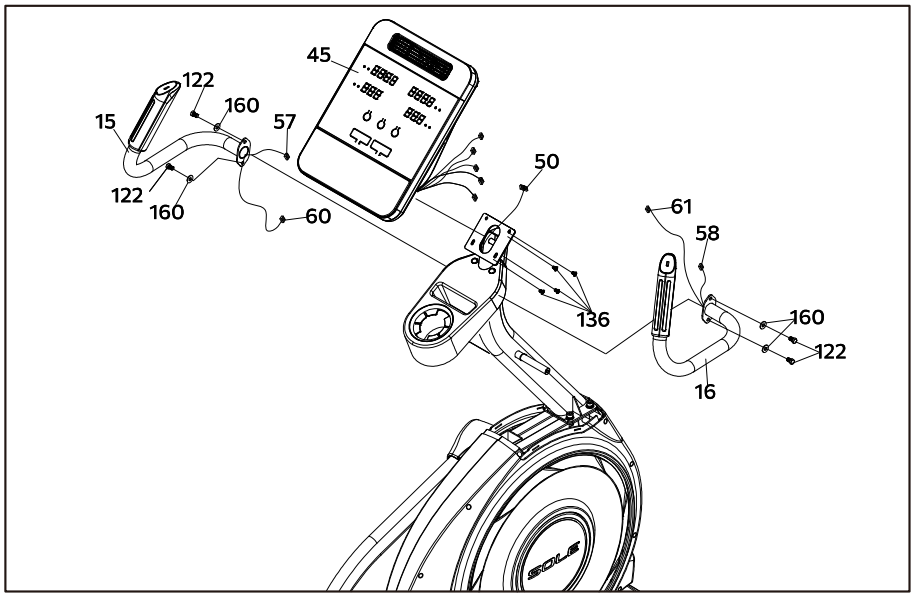
HARDWARE **STEP 1-3**

#131. 3/8" × 3/4"_ Socket Head Cap Bolt (4 pcs)
#136. M5 × 10mm_ Phillips Head Screw (2 pc)
#165. Ø3/8" × Ø19 × 1.5T_Flat Washer (4 pcs)
#169. Ø10 × 2T_ Split Washer (4 pcs)

1. Run the Computer Cable(**50**) through the Console Mast (**12**), pull the opposite end of this twist tie up through the Console Mast (**12**) until the cable exits the top. Install the Console Mast (**12**) into the receiving bracket on the top of the Main Frame (1). Install 4pcs Socket Head Cap Bolts (**131**) with 4pcs Split Washer(**169**), 4pcs T Flat Washers (**165**) and tighten with the provided L Allen Wrench (**177**). Pull slightly on the computer cable at the top of the mast while installing. This will ensure the cable does not get pinched and shorted during console mast assembly.
2. Install the Bottle Holder (**92**) to the Console Mast (**12**) with 2pcs Phillips Head Screws (**136**) and tighten with the provided Phillips Head Screw Driver (**176**).

E25 ASSEMBLY INSTRUCTIONS

2 LOWER **HANDLE BAR ARMS 2-1**



HARDWARE **STEP 2-1**

#122. 5/16" × 15mm_ Hex Head Bolt (4 pc)
#136. M5 × 10mm_ Phillips Head Screw (4 pc)
#160. Ø5/16" × Ø20 × 1.5T_Flat Washer (4 pc)

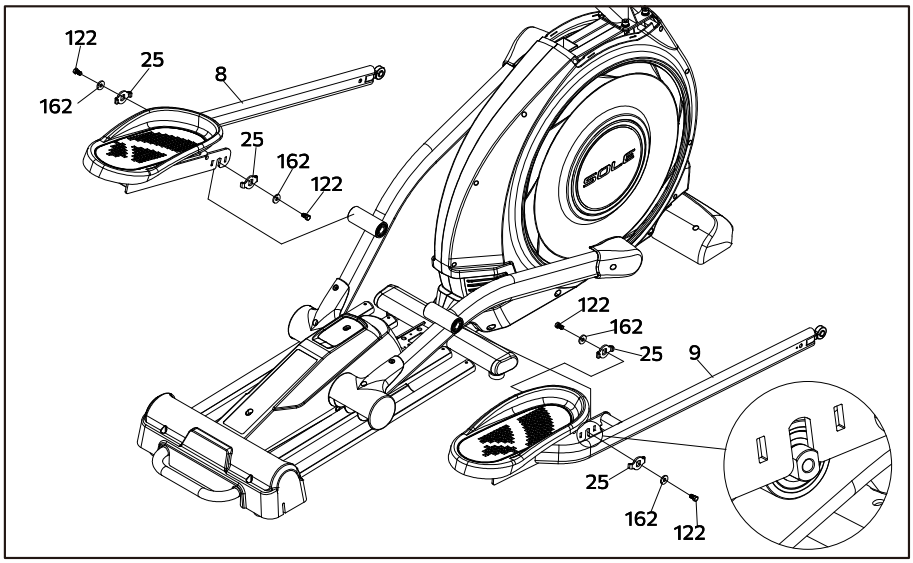
1. Run the Handpulse W/Cable (**57**) from Left Handpulse Assembly (**15**) with Handle Wire, Resistance (**60**) through the left round hole of the console mast, and pull out Handpulse W/Cable (**57**) to the top from console mast.Secure to the console mast left side with 2pcs Hex Head Bolt (**122**) and 2pcs Flat Washer(**160**) by using Wrench (**179**). Same way to run the Handpulse W/Cable (**58**) from Right Handpulse Assembly (**16**) through the right round hole of the console mast, and pull out Handpulse W/Cable (**58**) with Handle Wire, Incline **(61**) to the top from console mast, and secure to the console mast right side.
2. Plug all of the connectors into the back of the console; Computer Cable (**50**), two Hand pulse Cables (**57**&**58**), Resistance switch wire (**60**) and Incline switch wire (**61**). Secure the Console (**45**) on the console mounting plate with 4pcs Phillips Head Screws (**136**) by tightening them with Phillips Head Screw Driver (**176**).

E25 ASSEMBLY INSTRUCTIONS

2 LOWER **HANDLE BAR ARMS 2-2**

HARDWARE **STEP 2-2**

#122. 5/16" × 15mm_ Hex Head Bolt (4 pc)
#162. Ø5/16" × Ø23 × 3T_Flat Washer (4 pc)

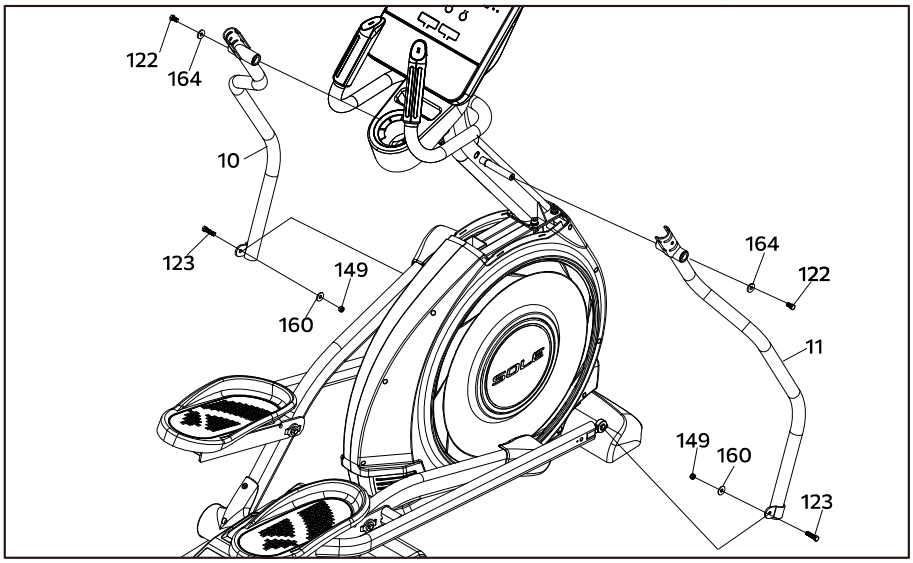


1. Align the plate of Left Connecting Arm (**8**) and the foot pad axle of Left Pedal Arm (**6**), then put in it. Secure the Fixing Axle (**25**) with 2pcs Flat Washer (**162**), 2pcs Hex Head Bolt (**122**) by using Wrench (**179**). Same way to secure Right Connecting Arm (**9**) on the Right Pedal Arm (**7**).

LOWER **HANDLE BAR ARMS 2-3**

HARDWARE **STEP 2-3**

#122. 5/16" × 15mm_ Hex Head Bolt (2 pc)
#123. 5/16" × 1-1/4"_ Hex Head Bolt (2 pc)
#149. 5/16" × 7T_ Nylon Nut (2 pc)
#164. Ø8.5 × Ø26 × 2.0T_ Flat Washer (2 pc)
#160. Ø5/16" × Ø20 × 1.5T_ Flat Washer (2 pc)



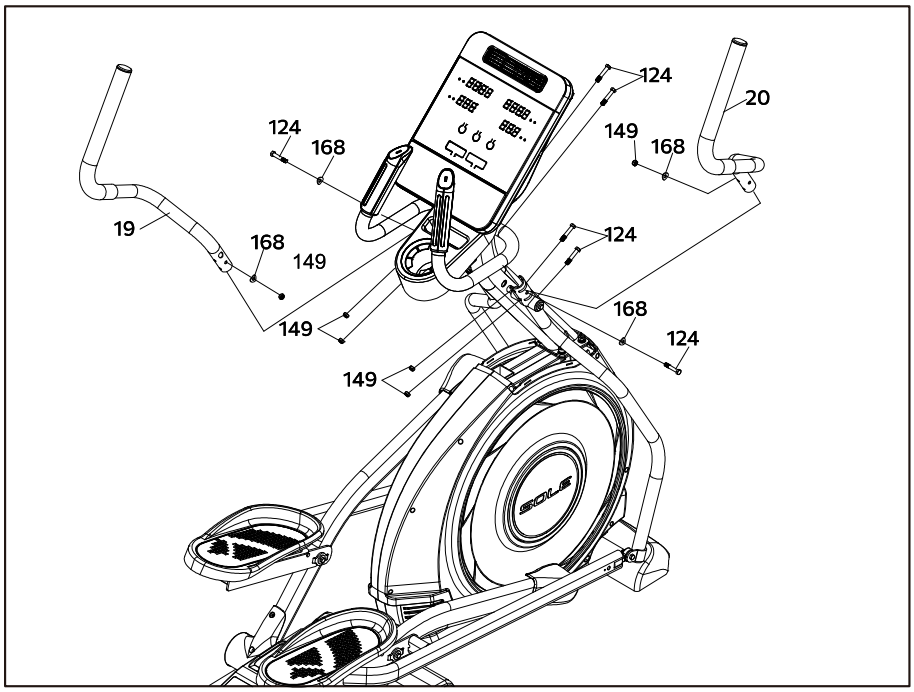
1. Install the left and right Lower Handle Bars (**10**) (**11**) onto left side and right side of Console mast shafts, respectively and secure with Hex Head Bolts (**122**) together with Flat Washers (**164**) by using Wrench (**179**)
2. Untie the rod end bearing on left Connecting Arm (**8**). Insert Hex Head Bolt (**123**) through the rod end bearing bracket on Swing Arm (**10**) and use wrench (**178**&**179**) to tighten together with Flat Washer (**160**) and Nylon Nut (**149**) in the rod end bearing bracket on left Swing Arm. Fix right Swing Arm (**11**) and right Connecting Arm (**9**) with the same way and hardware.

E25 ASSEMBLY INSTRUCTIONS

3 UPPER **HANDLE BAR ARMS 3-1**

HARDWARE **STEP 3-1**

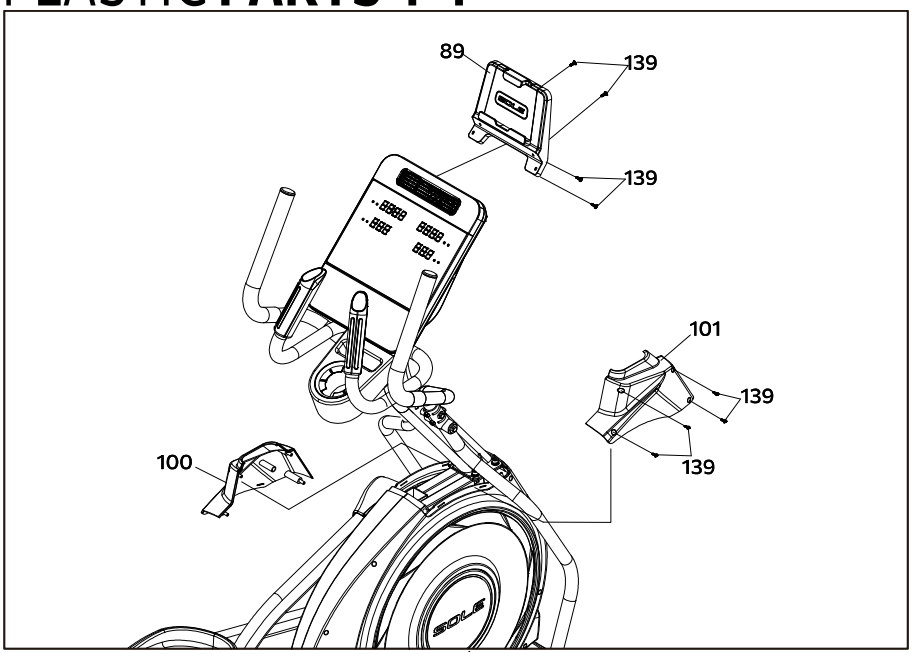
#124. 5/16" × 1-3/4"_ Hex Head Bolt (6 pcs)
#149. 5/16" × 7T_ Nylon Nut (6 pc)
#168. Ø8 × 23 × 1.5T_ Curved Washer (4 pcs)



1. Insert left Top Handle Bar (**19**) onto left Lower Handle Bar and secure with 3pcs Hex Head Bolts (**124**), 2pcs Curved Washers (168) and 3pcs Nylon Nuts (**149**) by using 2 Wrench (**179** &**178**). Same way to secure right Top Handle Bar (**20**) on right Lower Handle Bar.

E25 ASSEMBLY INSTRUCTIONS

4 PLASTIC **PARTS 4-1**

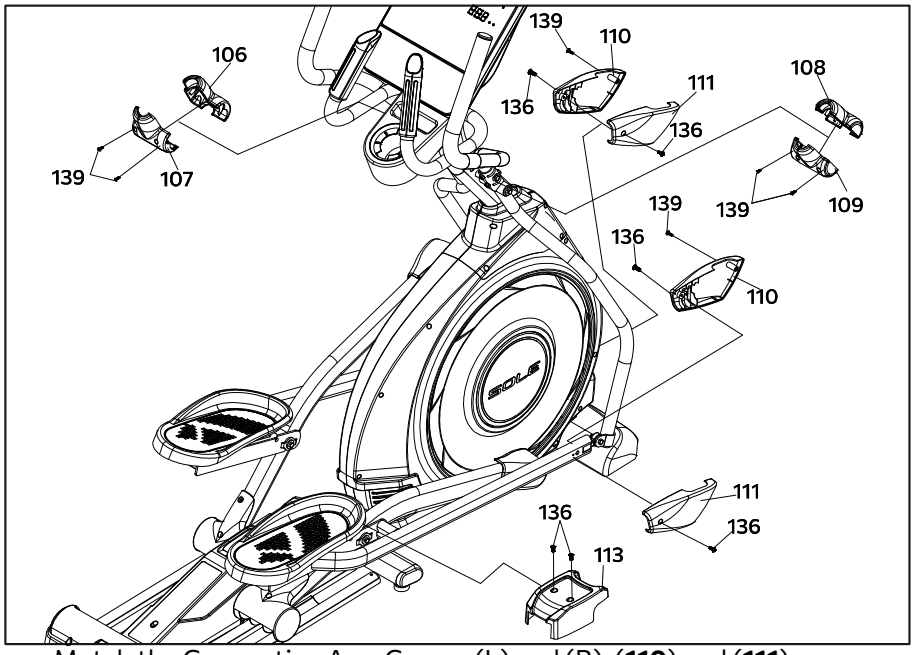


HARDWARE **STEP 4-1**

#139. 3.5 × 12mm_ Sheet Metal Screw (8 pcs)

1. Install the Tablet Holder (**89**) to back of the console with 4pcs Sheet Metal Screws (**139**).
2. Match right and left Console Mast Cover (**100** &**101**) Install the covers with 4pcs Sheet Metal Screws (**139**) to the Console Mast (**12**).

PLASTIC **PARTS 4-2**



HARDWARE **STEP 4-2**

#136. M5 × 10mm_ Phillips Head Screw (6 pcs)
#139. 3.5 × 12mm_ Sheet Metal Screw (6 pcs)

1. Match the Connecting Arm Covers (L) and (R), (**110**) and (**111**), on Connecting Arm (L) (**8**) and secure with 2pcs Phillips Head Screws (**136**) and a Sheet Metal Screw (**139**) by using Short Phillips Head Screw Driver (**175**).Repeat for the other side.

OPERATION OF **YOUR ELLIPTICAL**

GETTING FAMILIAR WITH THE CONTROL PANEL

E25 CONSOLE



POWER UP

When power is connected to the elliptical the console will automatically power up. These models are connected directly to 115 VAC and there is a power switch located where the line cord plugs into the unit on the left side near the front.

When it is first power on, the console will perform an internal selft-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 elliptical 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 **Incline Window**. You may begin to use the console.

CONSOLE **OPERATION**

QUICK START

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 and incline can be adjusted manually by pressing the **Level** +**/-** & **incline** +**/-** 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 **INCLINE**. 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 Elliptical 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.

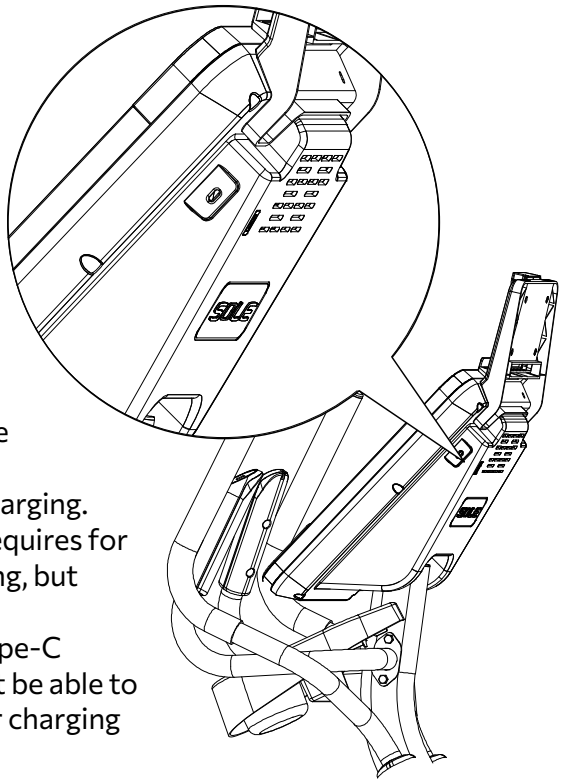
A message about Calories: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately as in a clinical 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 elliptical 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**



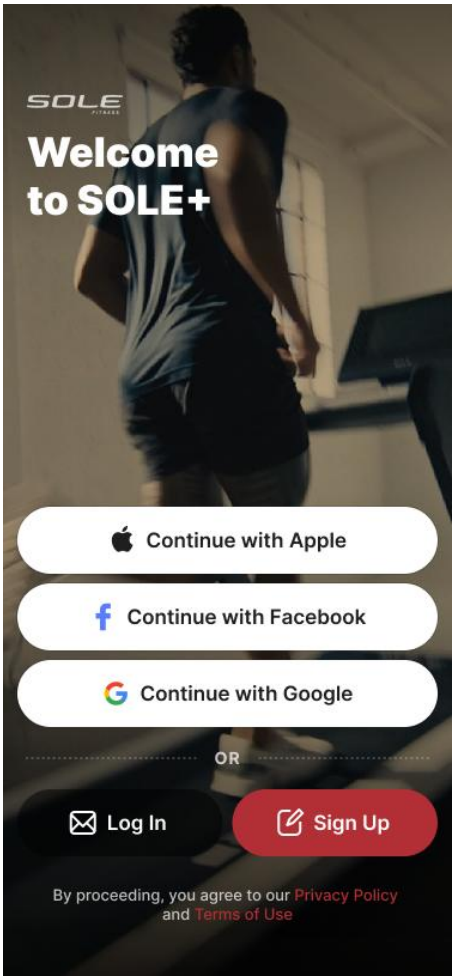
Type-C Port Charging function:
Charge your personal device during your workout using the fitness equipment's on-console **Type-C** port.
To charge your mobile electronics make sure the fitness equipment power is on.
Step 1: Connect your **Type-C** charging cable (not included) to the **Type-C** Power 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. 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.

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 elliptical 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 ellipticals 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
INCLINE	2	7	7	7	10	10	10	10	10	12	12	10	10	10	10	10	7	7

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
INCLINE	2	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7

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
INCLINE	2	10	10	12	5	5	5	5	12	5	5	5	5	12	2	2	2	10

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
INCLINE	2	10	10	10	10	10	10	12	12	12	12	12	12	12	12	7	7	7

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
INCLINE	5	12	12	5	5	12	12	5	5	12	12	5	5	12	12	5	5	12

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 or incline at any time during the program press the **Level +/-** keys or **Incline +/-** 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)

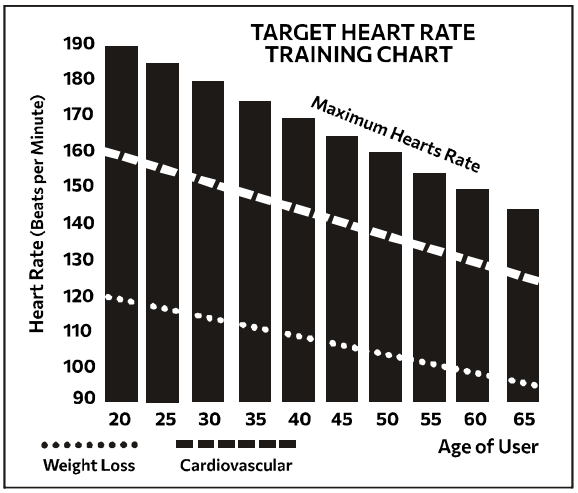
The customizable User programs allow you to build and save your own workout. You can build your own custom program by following the instructions below.

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** & **INCLINE** 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. Press **Enter** to set incline.
6. Now you are asked to adjust the incline for the first segment of the workout. Follow the same procedure for building the Incline profile as you did for the level profile. Press **Start** key to begin workout.
7. If you want to increase or decrease the **level** at any time during the program, press the **Level +/-** key.
8. If you want to increase or decrease the **incline** at any time during the program, press the **Incline +/-** key. This will only affect the incline of this segment of the program. When the program transitions to the next segment, it will return to the set segment number.
9. Each time the **Display** button is pressed, the next set of information will appear.
10. 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 x .6 = 108 beats per minute
(60% of maximum)
180 X .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 elliptical machines you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or dur- ing any of the nine different programs. The Heart Rate program automatically controls resis- tance 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 know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

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***

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 **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** 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 mainteance 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. 【F8】**Grade Return** – Incline returns to home position when pause is pressed. 0: OFF / 1: ON
I. 【F9】**Factory Set**
J. 【F10】**Light Mode** – Allows adjustment of display brightness.
K. 【F11】**Motor Test** - Continually runs the tensioning gear motor
L. 【F12】**Manual** - Allows stepping of the gear motor
M. 【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.
N. 【End】**Exit** – Select to exit Maintenance Menu.

Incline Calibration: If there is a problem with the incline, try running the calibration. Press the **Fan** key and the **Start** key at the same time. Hold them down for 3 seconds and then press **Start** to begin the calibration. If the problem persists contact service department

MANUFACTURER'S **LIMITED WARRANTY**

ELLIPTICAL WARRANTY
Effective February 1, 2026

SOLE warrants all its elliptical 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

** Cosmetic items including, but not limited to the following: grips, console overlays, and labels/decals.*

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, 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 elliptical 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 elliptical accessible for servicing, including any item that was not part of the elliptical at the time it was shipped from the factory.
6. Damages to the elliptical 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 elliptical not requiring component replacement, or elliptical 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.

SOLE™

FITNESS