SOLE

FITNESS

OWNER'S MANUAL
TT9 Treadmill

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

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.

TABLE OF **CONTENTS**

⚠ **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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TT9 -2018 Ver. B

SOLE

FITNESS

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

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

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.

TT9_ 201802

IMPORTANT **SAFETY INSTRUCTIONS**

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your SOLE treadmill 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 treadmill on a flat level surface with access to a 120-volt, 15-amp grounded outlet with only the treadmill 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 treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill 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 treadmill if it has a damaged cord or plug. If the treadmill 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, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The 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.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. 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.

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT **ELECTRICAL INSTRUCTIONS**

WARNING!

NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any appliance with a large motor, the GFCI will often trip. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting the AC power.

If voltage varies by ten percent (10%) or more, the performance of your treadmill 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 treadmill 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: Some circuit breakers used in homes are not rated for high inrush currents, (ARC fault breakers are one example) that can occur when a treadmill is first turned on or even during use. If your treadmill is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples:

Grainger part # 1D237, or available online at **www.squared.com** part # QO120HM.

GROUNDING **INSTRUCTIONS**

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for an electric current, reducing the risk of electric shock. This product is equipped with a cord with 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.

Grounded Outlet · Adapter · Metal Screw · Tab of Grounding Screw · Grounding Pin · Grounded Outlet Box
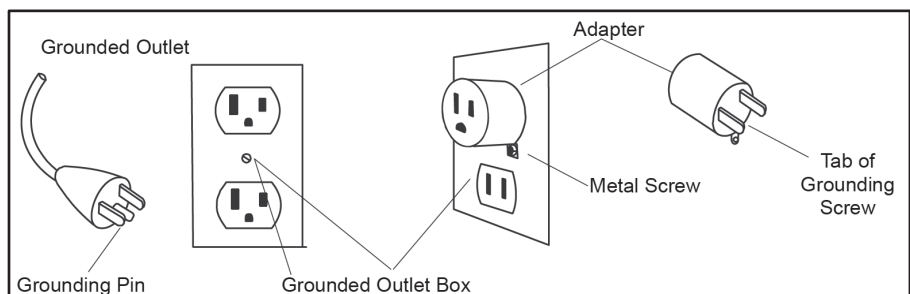
IMPORTANT **OPERATION INSTRUCTIONS**

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and grade do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components. Unplug the treadmill during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. **SOLE** treadmills start at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (grade, speed, etc.).
- Do not use excessive pressure on the 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 **SAFETY INSTRUCTIONS**

A safety tether cord is provided with this unit and should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop the tread-belt movement.

To Use:

1. Place the safety key into position on the console control head. Your treadmill will not start and operate without this. Removing the safety key also secures the treadmill from unauthorized use.

2. Fasten the plastic clip onto your clothing securely to assure good holding power.
   *Note: The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the safety key is pulled off the console. Use the red **Stop** switch in normal operation to stop the treadmill.*

IMPORTANT **SAFETY INSTRUCTIONS**

READ BEFORE UNPACKING YOUR FOLDING TREADMILL

Serious injury could occur if this folding treadmill is not unpacked properly.

There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.
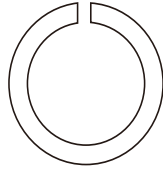
To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.
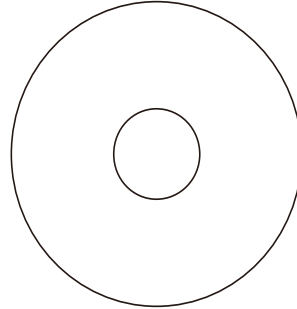
PREVENTATIVE **MAINTENANCE CHART**

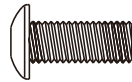| Vacuum Under Motor Cover & Check Wiring (Every Other Month)	Clean & Inspect Deck for Lubrication (Every Other Month)	Lubricate Deck (Every 90 hours or sooner if dry)	Inspect Belt Tracking (Monthly) Adjust if necessary	Date

TT9 ASSEMBLY PACK CHECKLIST

1 HARDWARE **STEP 1**

#117. Ø10 × 2.0T_
Split Washer (10 pcs)

#116. Ø3/8" × 35 × 2T_
Flat Washer (10 pcs)

#134. M5 × 12L_Phillips
Head Screw (4 pcs)
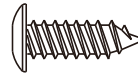
#193. 3.5 × 12m/m_
Sheet Metal Screw (4 pcs)
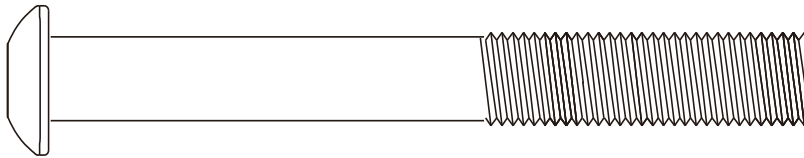
#144. 3/8" × 16 × 3"_Button
Head Socket Bolt (10 pcs)

2 HARDWARE **STEP 2**

#133. M5 × 20L_
Phillips Head Screw (4 pcs)
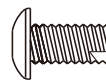
#210. M5 ×10m/m_
Tapping Screw (4 pcs)

3 HARDWARE **STEP 3**
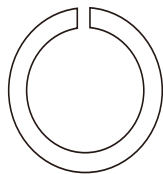
#117. Ø10 × 2.0T_
Split Washer (6 pcs)
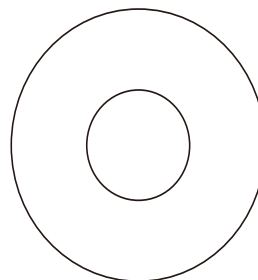
#125. Ø3/8" × 25 × 2T_
Flat Washer (6 pcs)
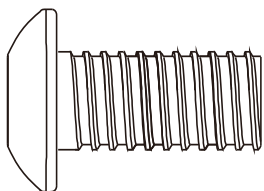
#145. 3/8" × 16 × 3/4"_
Button Head Socket Bolt (6 pcs)
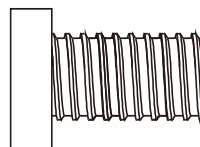
#146. M8 × 1.25 × 12L_
Socket Head Cap Bolt (6 pcs)

4 HARDWARE **STEP 4**
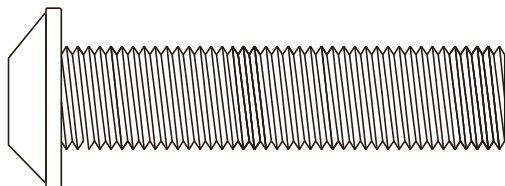
#162. 3/8" × 16 × 1-3/4"_
Button Head Socket Bolt (2 pcs)
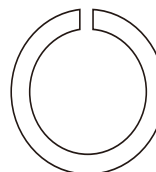
#117. Ø10 × 2.0T_
Split Washer (2 pcs)
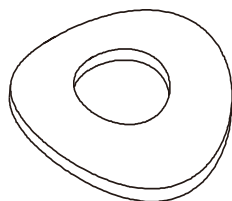
#163. Ø10 × 23 × 1.5T_
Curved Washer (2 pcs)
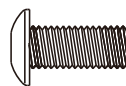
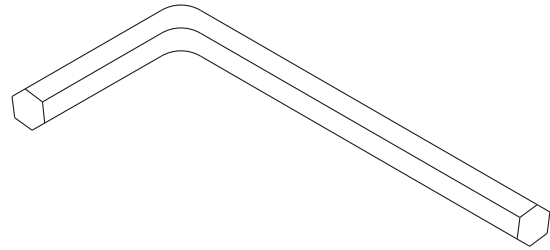**#134.** M5 × 12L_
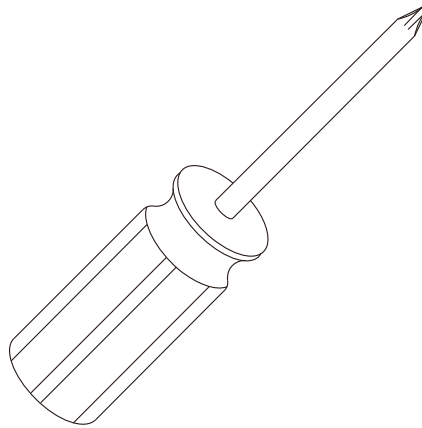Phillips Head Screw (8 pcs)

ASSEMBLY **TOOLS**
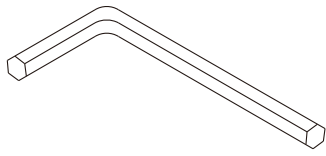
#148. 8m/m_L Allen Wrench
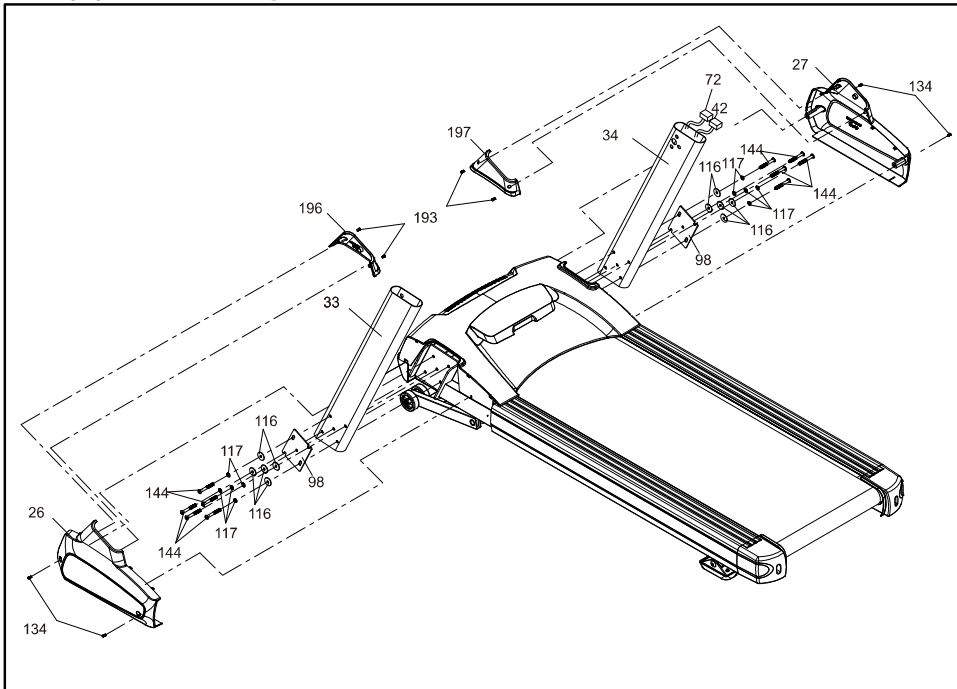
#149. 3/8" L Allen Wrench

#147. Phillips Head Screw Driver

TT9 ASSEMBLY INSTRUCTIONS

1 ASSEMBLY **STEP 1**

#116. Ø3/8" × 35 × 2T_
Flat Washer (10 pcs)
#117. Ø10 × 2.0T_
Split Washer (10 pcs)
#134. M5 ×12L_Phillips
Head Screw (4 pcs)
#144. 3/8" × 16 ×
3"_Button Head Socket
Bolt (10 pcs)
#193. 3.5 × 12m/m_
Sheet Metal Screw
(4 pcs)

1. Right Upright(**34**) with Computer Cable (Lower) (**42**) 、 Computer Cable (**Lower**) (**72**) already inserted. Move the Right Upright to the Main Frame. When Right Upright and Main Frame are aligned, insert the Computer Cable (**Lower**) (**42**) 、 Computer Cable (**Lower**) (**72**) carefully to avoid Computer Cable (**Lower**) (**42**) 、 Computer Cable (Lower) (**72**) Clamp this to the Right Upright (**34**) and Main Frame. Align the Foam Pad (**98**) with the Right Upright (**34**) and Main Frame. Align 3/8" × 16 × 3"_Button Head Socket Bolt (**144**) using Ø10 × 2.0T_Split Washers (**117**) and Ø3/8" × 35 × 2T_Flat Washers (**116**) then screw in the Right Upright (**34**) and Main Frame from the middle hole on the Foam Pad (**98**). Then screw in the other four 3/8" × 16 × 3"_Button Head Socket Bolts (**144**), Ø10 × 2.0T_Split Washers (**117**) and Ø3/8" × 35 × 2T_Flat Washers (**116**).
2. Assemble the Left Upright (**33**) in the same way as the Right Upright (**34**)
3. Screw in the Motor Base Cap (**R**) (**27**) and Motor Base Cap (**L**) (**26**) with four M5 × 12L_Phillips Head Screws (**134**)
4. Screw on the Motor Base Cap (**R**) (**197**) and Motor Base Cap (**L**) (**196**) with four 3.5 × 12m/m Sheet Metal Screws (**193**)

TT9 TREADMILL

2 ASSEMBLY STEP 2

#133. M5 × 20L_
Phillips Head Screw
(4 pcs)
#210. M5 × 10m/m _
Tapping Screw (4 pcs)

1. Use four M5 × 10m/m_ Tapping Screws (**210**) to secure the Support Fixing Plate (**209**) onto the rear of the console assembly(**28**).

2. Connect the Ground Wire(**35**), Handpulse Wire (Upper/Lower)(**39**) Computer Cable (Upper)(**41**), Pad/Backlit Cable(**43**), Connecting Cable(**61**) and Computer Cable (Upper)(**71**) to the board on the back of the console (**28**).

3. Use four M5 × 20L_Phillips Head Screws (**133**) to secure the console assembly onto the console support (**5**).

Read Important Assembly Instruction for Step 3

When assembling the console mounting interface brackets (items 3 & 4) please be sure to slide the brackets all the way towards the back of the console before tightening the bolts.
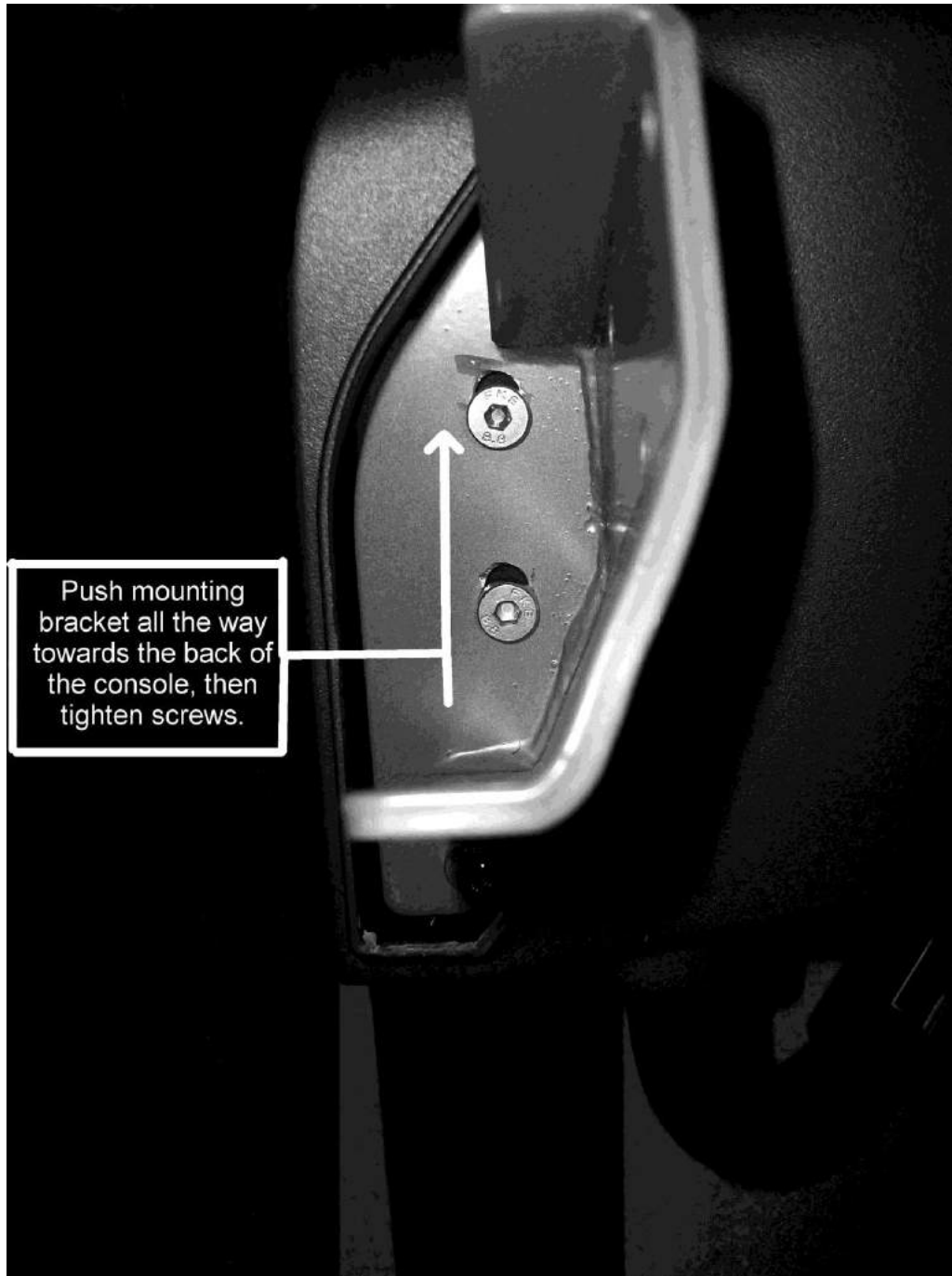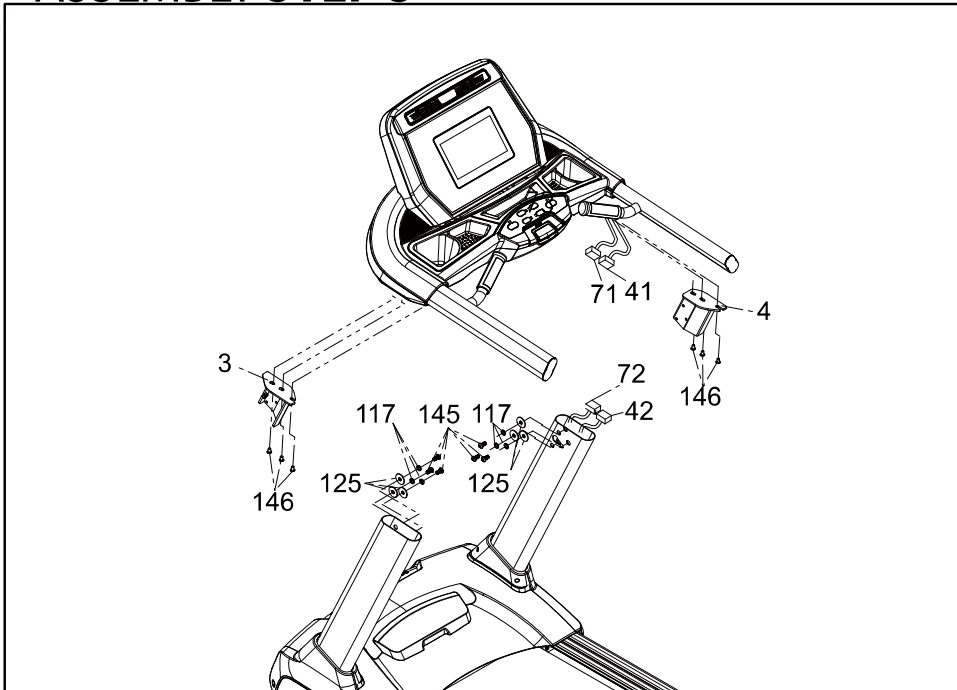
Push mounting bracket all the way towards the back of the console, then tighten screws.

3 ASSEMBLY STEP 3

#117. Ø10 × 2.0T_
Split Washer (6 pcs)
#125. Ø3/8" × 25 × 2T_
Flat Washer (6 pcs)
#145. 3/8" × 16 × 3/4"_
Button Head Socket
Bolt (6 pcs)
#146. M8 × 1.25 × 12L_
Socket Head Cap Bolt
(6 pcs)

1. Use six M8 × 1.25 × 12L_Socket Head Cap Bolts (**146**) to secure the console onto the interface mounting bracket on the uprights (**3, 4**).

2. Connect the upper computer cable (**41**) and lower computer cable (**42**). Connect the upper computer cable (**71**) and lower computer cable. (**72**)

3. Use six 3/8"x16 × 3/4"_Button Head Socket Bolts (**145**), together with six Ø10×2.0T_Split Washers (**117**) and six 3/8" × 25 × 2T_Flat Washers (**125**) on top of the uprights. Be careful not to pinch the computer cable.

4 ASSEMBLY **STEP 4**
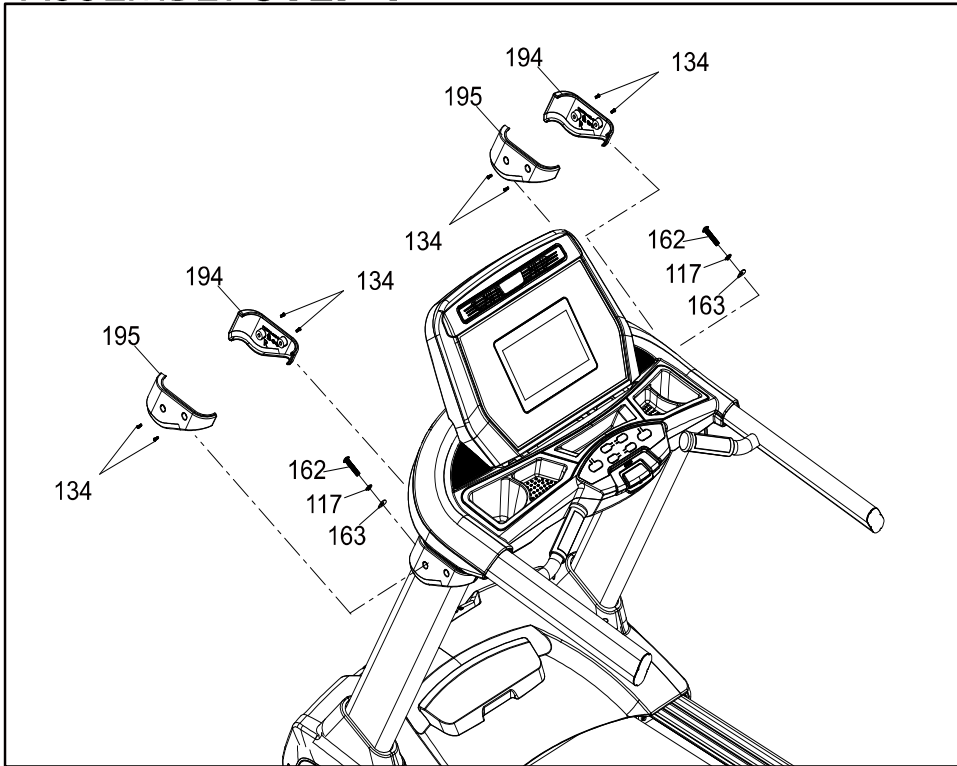
#117. Ø10 × 2.0T_
Split Washer (2 pcs)
#134. M5 × 12L_
Phillips Head Screw
(8 pcs)
#162. 3/8" × 16 × 1-
3/4"_ Button Head
Socket Bolt (2 pcs)
#163. Ø10 × 23 × 1.5T_
Curved Washer (2 pcs)

1. Screw in the Console Mast Cover(**R**) (**194**), Console Mast Cover(**L**) (**195**) and Right Upright (**34**) with four M5 × 12L_Phillips Head Screws (**134**).
2. In the same way screw in the Console Mast Cover(**R**) (**194**), Console Mast Cover(**L**) (**195**) and Left Upright (**33**) with 4 M5 × 12L_Phillips Head Screws. (**134**) Assemble the Left Upright (**33**)
3. Screw in the Console Mast Cover(**R**) (**194**), Console Mast Cover(**L**) (**195**) Right Upright(**34**), and Left Upright (**33**) with 2 3/8" × 16 × 1-3/4"_Button Head Socket Bolts(**162**), Ø10 × 2.0T_Split Washers (**117**) and Ø10 × 23 × 1.5T_Curved Washers (**163**).

TRANSPORTATION **INSTRUCTIONS**

The treadmill is equipped with transport wheels, lifted from the rear.
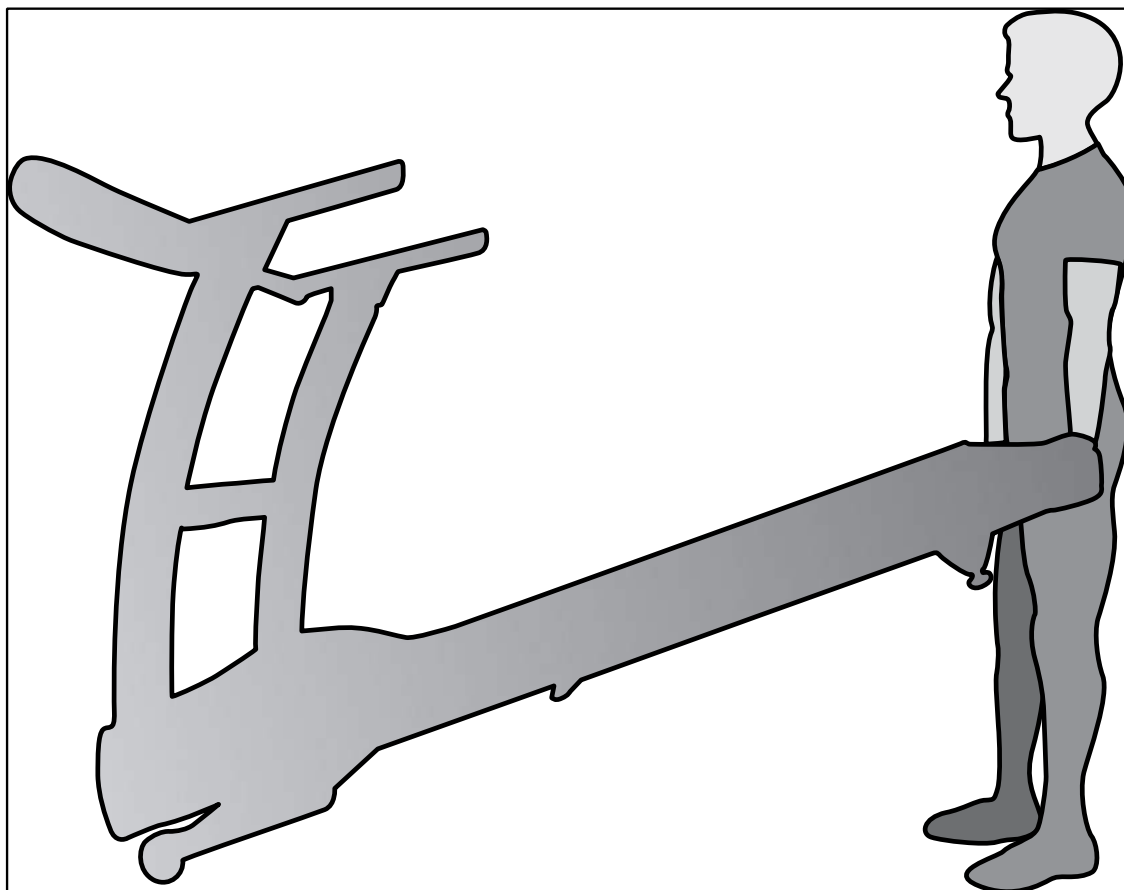
OPERATION OF **YOUR TREADMILL**

GETTING FAMILIAR WITH THE CONTROL PANEL

TT9 CONSOLE

Starting the operation:
• Plug in the power cord and switch on the main power switch located under the motor hood at the front of the treadmill. Make sure that the safety key is put in as the treadmill is unable to operate without it.
• When the power is turned on the screen will show the Home page and operation of the treadmill can begin.

The Home page is operated by touching the icons.
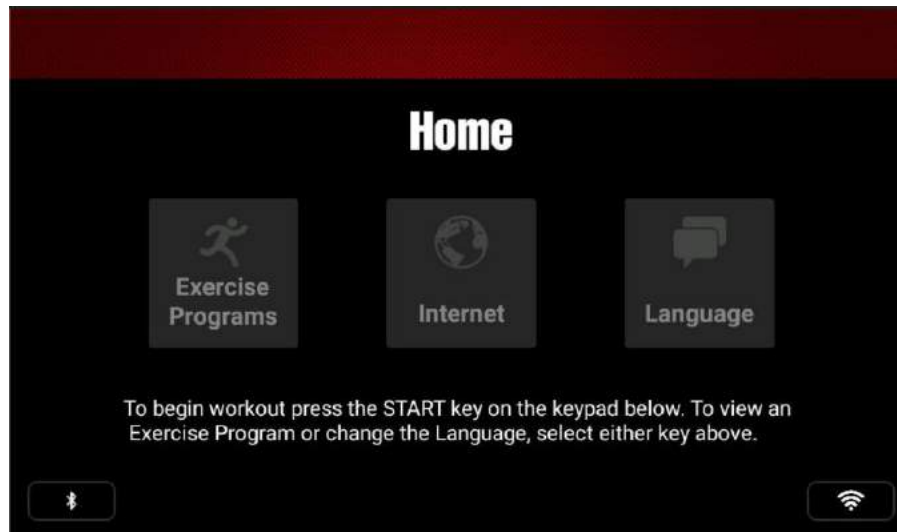
Quick operating function buttons are conveniently located for basic functions on the treadmill pod.

Quick start operation:
• Press the "START" button and the belt will turn at 0.8 km/h (0.5 MPH).
• Press the FAST/SLOW buttons to further adjust the speed.
• Press and hold the "SLOW" or "FAST" buttons to slow down or speed up to the desired speed.
• Press the Home button or "STOP" button to stop the belt.

Featured functions of this treadmill:
A Touch-control screen is installed for operating the treadmill. You can touch any function button on the screen or through the physical buttons on the treadmill pod to operate. On the console, there are "FAST"/"SLOW" buttons to control the speed, a "START" button to begin the workout, "STOP" button to pause/stop running and "UP", "DOWN" buttons to control the incline of the treadmill.

Pause/Stop:

- Press the "STOP" button once or the Home page button on the screen and the belt will slow down gradually before fully stopping. A record of times, distances and calories will be displayed on the screen. The screen will reset after a 5-minute countdown before returning to the start-up screen.
- Press the "START" button to continue the workout after a pause.
- Pressing the "STOP" button twice will terminate the program and display the workout summary. If the "STOP" button is pressed a third time, the console will return to the start-up screen.

Incline:

- The incline is changeable at any time during the workout.
- Press and hold the "UP" or "DOWN" button or Incline +/- button on the screen to change the incline to the desired level.

Heart rate testing feature:

The pulse (heart rate) on the screen shows the current heart rate in beats per minute. You must hold both left and right stainless-steel sensors for the treadmill to read the pulse. The pulse rate will be shown on the screen anytime the computer is receiving a Grip pulse signal. The Grip pulse feature may also be used while in Heart Rate control. This treadmill will also detect and read wireless heart rate transmitters that are Polar compatible.

To turn off the treadmill:

The screen will automatically turn off and the treadmill will enter the Sleep mode when there is no command given within 30 minutes. In Sleep mode the treadmill will stop most of its activity, except for a minimum circuit detection system. This enables the treadmill to restart if any buttons are pressed. There is only a very small electric current active (similar to that of a turned off TV) when the treadmill is in Sleep mode. During Sleep mode the main power switch may be left on. Of course, you may also remove the safety key or turn off the main power switch to power down the treadmill.

Below are the instructions for the Touch-control screen operation:

• The Home Screen

The Home screen has three main options to be selected, and wifi & Bluetooth icons.
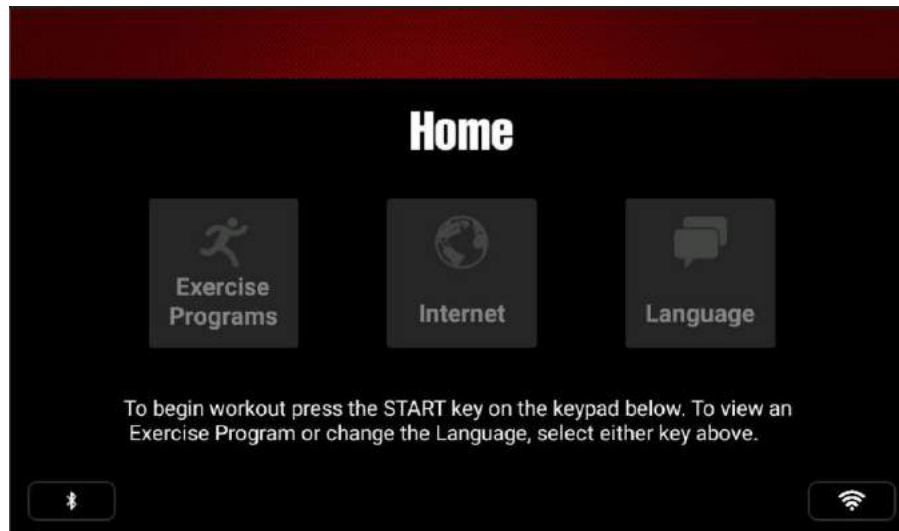
 Wi-Fi Connection.

1. To connect to a wireless network, click the Wi-Fi icon from your Home screen. You will now see a list of available networks.
2. Turning on the Wi-Fi on your device will allow it to search automatically for available Wi-Fi networks.
3. Tap the name of the Wi-Fi network that you wish to join.
4. After successfully joining the network, "CONNECTED" will show on the screen to confirm that connection is established.

BLUETOOTH PAIRING PROCEDURE

1. Press the Blue Tooth (BT) icon on the screen.
2. The BT pop-up screen will appear. Turn on Phone/tablet BT and then press Pair Mode on Menu.
3. The menu with show Entering Pairing mode and the phone will show A2DP as an available device.

4. The A2DP console and phone will ask you to confirm pairing, press OK.
5. Pairing complete
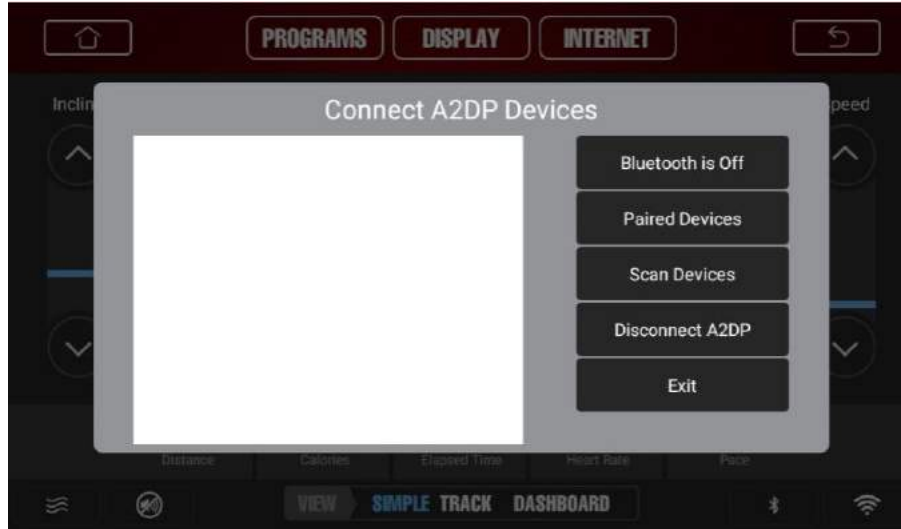
 Fan button   This allows you to control operation of the treadmill fan.

 Volume button   This allows you to control the treadmill volume.

Press the Language button on the HOME screen and you will enter a menu with all available language options.

There are 13 languages to choose from.
Select and touch the desired language and the program will return to the Home screen which will now be in the desired language. If don't want to change the language press the HOME icon in the upper left corner of the screen to return to the Home screen.

Press the "Internet" button on the HOME screen and you will enter the console's internet menu.
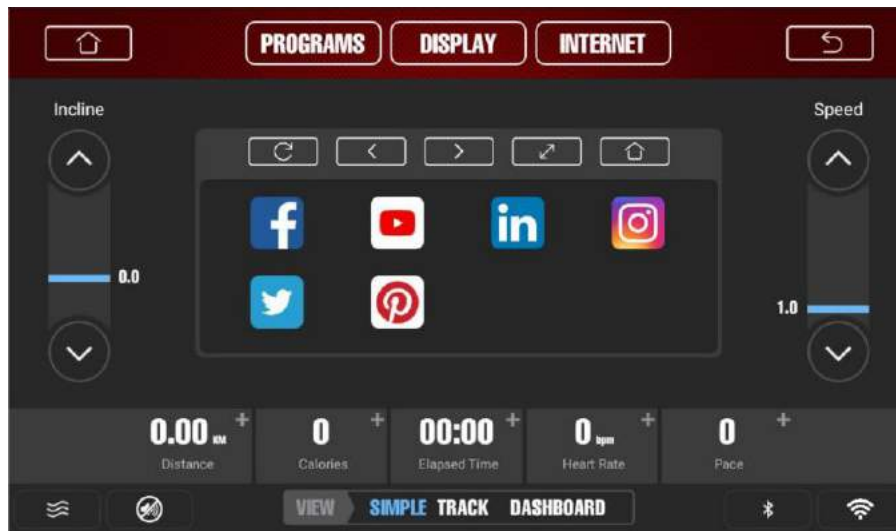
There are 6 internet site options to choose from if internet access is required while exercising. Internet cable connections or WIFI connections are required. Press the "START" button at the front of the treadmill to start.

Press the "Exercise Program" button on the HOME screen and you will enter the console's fitness program menu.
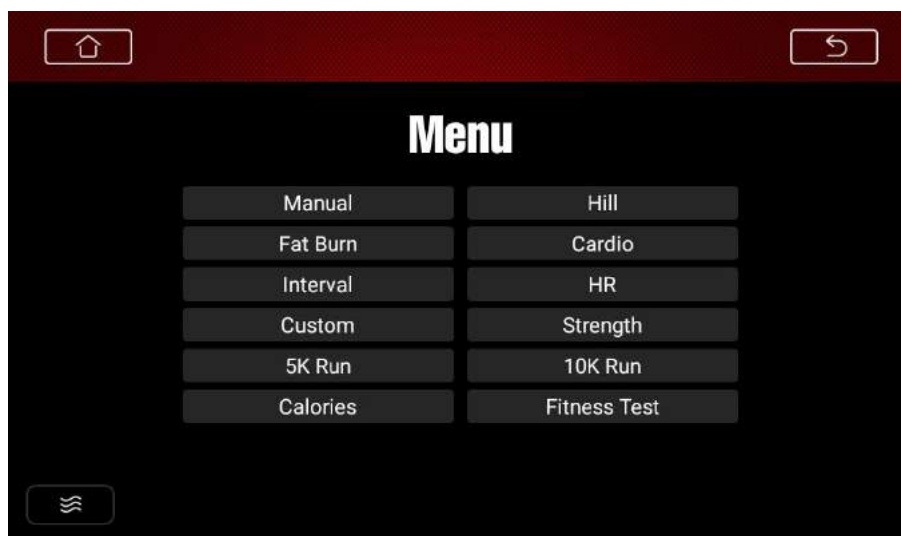
There are 12 program modes in the Menu screen for you to choose from.
For example, if Manual programming is desired, press the Manual Program button to enter the manual programming screen.

MANUAL
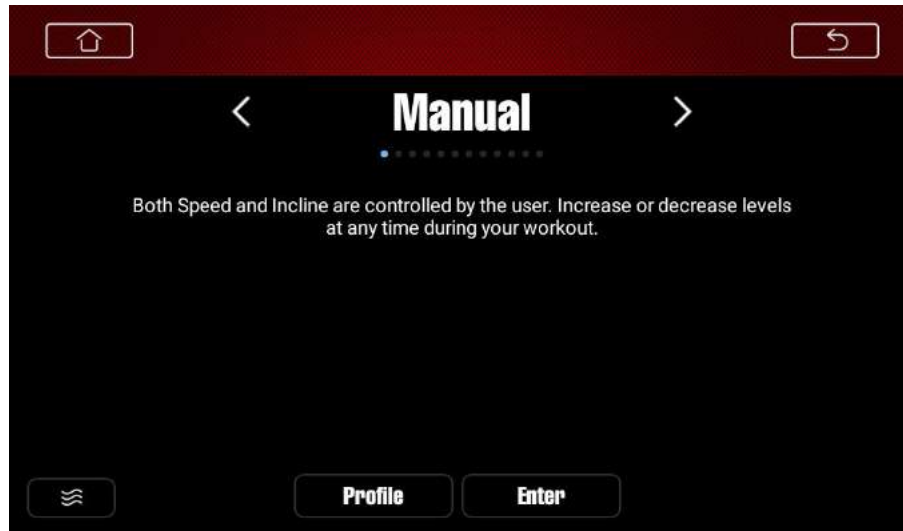
Press the "Profile" button to enter the "Profile" screen. To return to the Home screen press the HOME icon in the top left corner or alternatively the Return icon in the top right corner to return to the previous page. If another profile is desired, touching the left or right arrow buttons selects that profile.

The Profile screen.
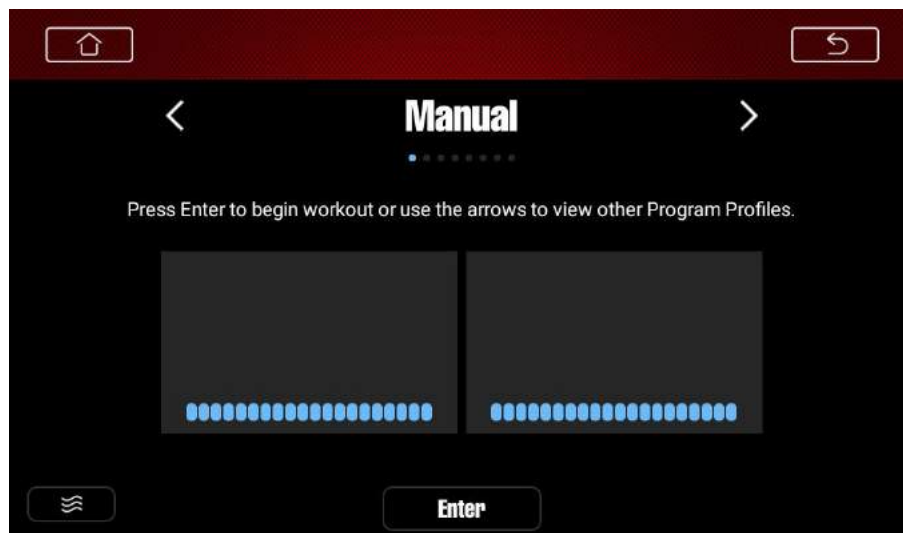
After selecting the desired profile, touch the "ENTER" button at the bottom once to begin your workout. To return to the Home screen press the HOME icon in the top left corner or alternatively the Return icon in the top right corner to return to the previous page. If another profile is desired, touching the left or right arrow buttons selects that profile.
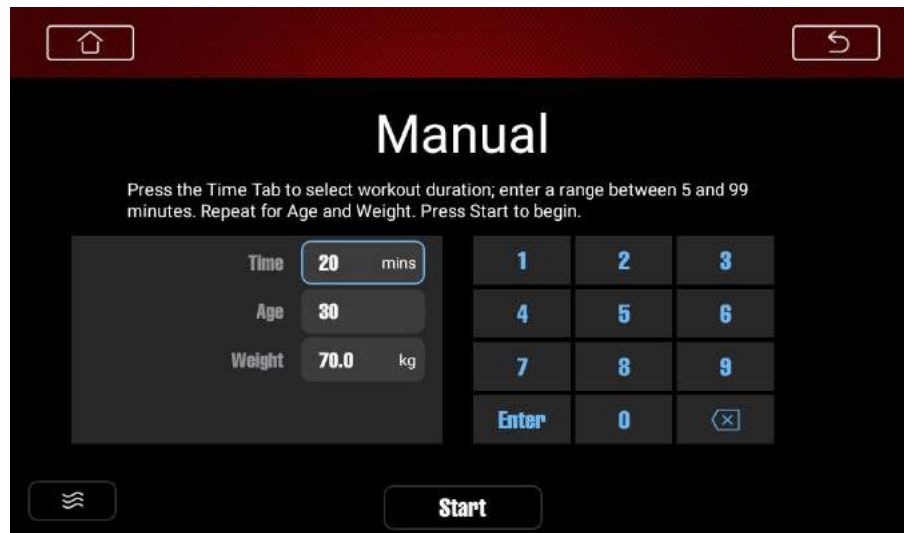
This page allows the setting of program times, the user's age and weight. Press the "ENTER" button after entering the required parameters to confirm. Then press the "START" button to start the Manual program and begin the workout. To return to the Home screen press the HOME icon in the top left corner or alternatively the Return icon in the top right corner of the screen to return to the previous page.

The "SIMPLE" page.
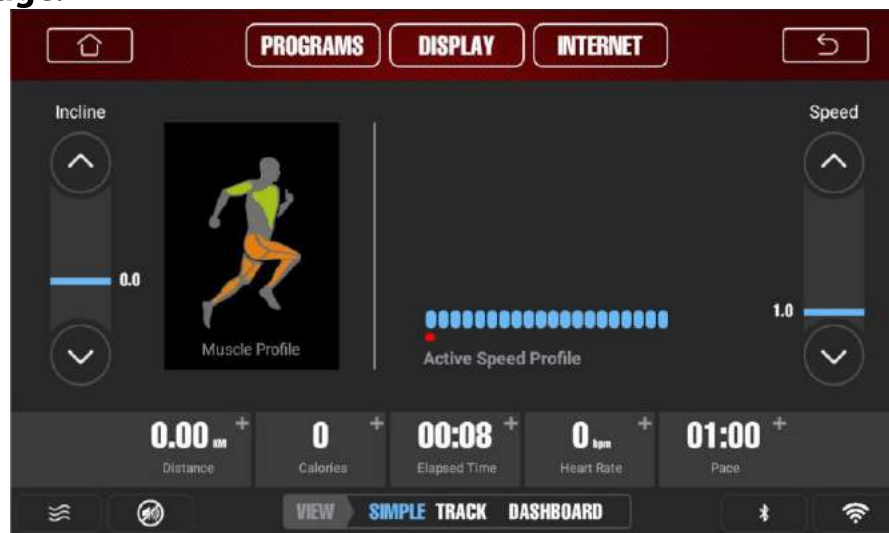
The default display at the start of a program is a Simple display. The profile window shows the work level graphically. All the workout values are displayed on the bottom of the screen

The speed value is on the right side while the incline level is on the left with their corresponding rates adjustable by using the "UP" or "DOWN" buttons.

Some of the data windows have a +sign at the top indicating more information is available. Press the data window to see the information.

The bar chart indicating speed and incline is in the middle Use the used "SPEED" and "INCLINE" buttons to switch between them. Below the data displays are Track and Dashboard buttons for selecting other display options.

Press the "TRACK" button at the bottom of the screen and you will enter the Track interface.
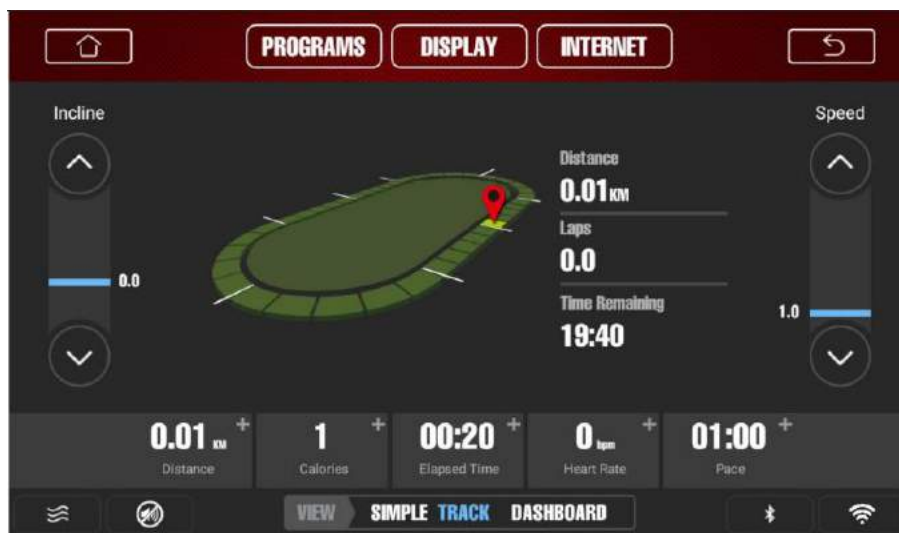
The track display gives a graphical representation of your position on a virtual track. The image shows the track with a lap counter and other values.

Touch the "DASHBOARD" button on the bottom to enter the Dashboard interface.

The Dashboard display shows a larger display of key information. You can choose one of three interfaces by selecting the icon at the bottom.

When using the Home or "STOP" buttons to end the program, a workout summary will be displayed.
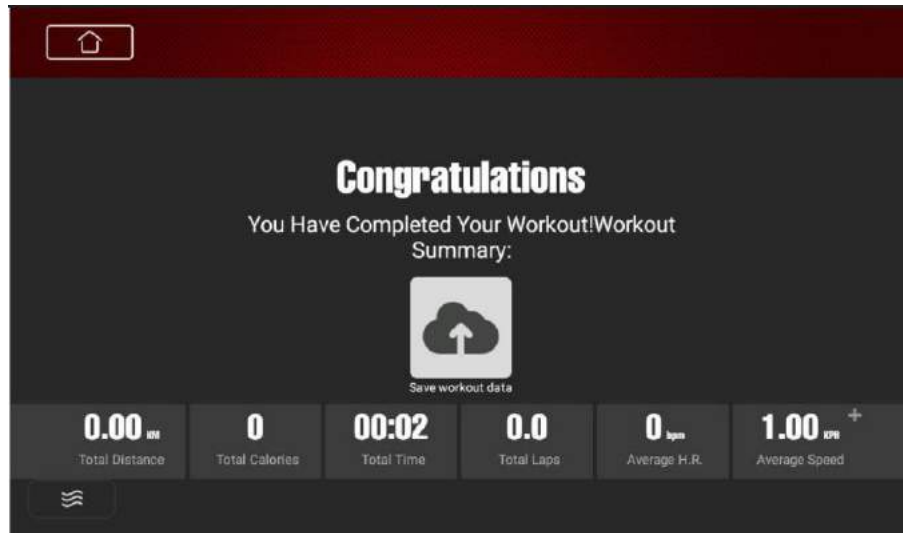
On the Summary page, all values related to the workout are displayed.
You can touch the HOME button in the top left corner to export your fitness data. A QR code will appear and you will be asked to enter your account Email and Password. Pressing Reject will return you to the HOME page.
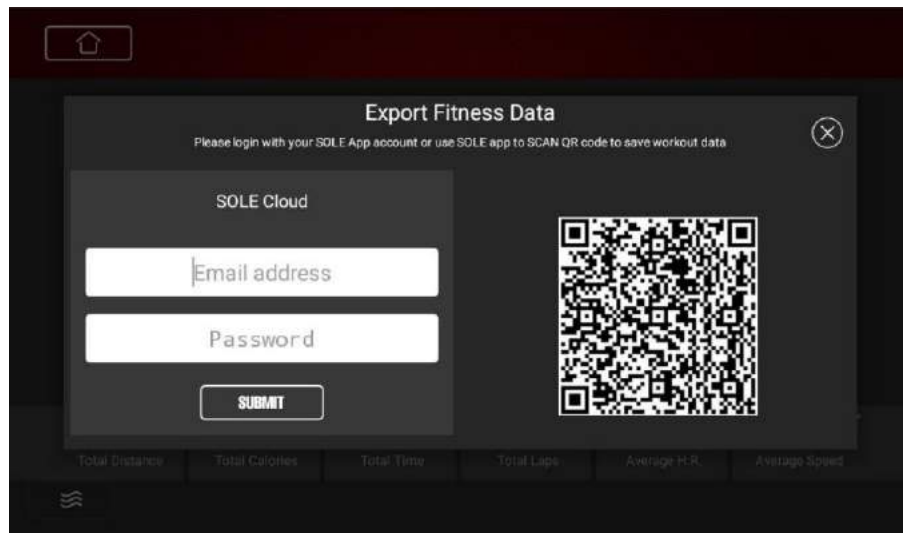
Programmable Features

The treadmill offers twelve preset programs, HILL, FAT BURN, CARDIO, STRENGTH, CALORIE, INTERVAL, 5K RUN, 10K RUN, HR , CUSTOM, and 10 different Fitness Tests and one Manual program.

Preset Features:

To choose and start a preset program:

- Select a program. Press the ENTER key to begin customizing the program with your personal data, or just press the start key to begin the program with the default settings.
- After selecting a program and pressing ENTER to set your personal data, the Time window will now be highlighted with the default value of 20 minutes. Use the keys on the numeric keypad to adjust the time. After adjusting the time, press ENTER to confirm.
  (Default time is 20 minutes)
- The Age window will now be highlighted for you to input your age. Entering the correct age will affect the Heart Rate bar graph accuracy and is required for the HR programs. Use the numeric keypad to make adjustments, then press ENTER to confirm.
  (Default age is 30 years old. Range = 10 to 110)
- The Weight window will now be highlighted for you to input your bodyweight. Entering your correct bodyweight affects the Kcal readout accuracy. Use the numeric keypad to make adjustments, and then press ENTER to confirm.
  (Default weight is 70KG. Range = 10KG to 150KG)
- The Mix Speed window will be highlighted to input the desired speed. Entering the correct speed affects the Mix Speed readout accuracy. Use the numeric keypads to make adjustments, and then press ENTER to confirm.
  (Default speed is 5.0 KM/H)
- Now press the START key to begin your workout.
- There is a 3-minute warm-up period before starting. You can press the START button to bypass this and go straight to the workout. During the warm-up the clock will count down from 3 minutes.
  (the 5K RUN, 10K RUN, HR CUSTOM, CALORIE, Military Fitness Test and manual programs don't have a warm-up mode.)

Preset programs. Speed and incline settings

The preset program speed and incline levels are shown in the chart below. The Speed numbers shown in the chart indicate a percentage of the top speed of the program. For instance, the first Speed setting

for program HILL shows the number 20. This means that this segment of the program will have a speed that is 20% of the top speed for the program (The user sets the top speed in the procedure above). If the user sets the top speed to 10 mph(16kph), then the first segment will be 2 mph(3.2kph). You will notice that segment 12 shows 100 which means, the speed will be set to 100% of 10 mph or simply 10 mph(16kph).

Prog	SEG	Warm up			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Cool down		
Hill	Speed	40	40	50	66	66	66	66	66	87	87	87	100	100	100	100	100	87	87	87	100	87	66	66	50	40	40
	Incline	0	0	0	0	0	4	8	8	-4	7	7	-5	-5	7	8	9	-4	-4	-5	5	-3	0	0	0	0	0
Fatburn	Speed	40	40	50	75	75	88	88	100	100	100	100	100	100	100	100	100	100	100	100	88	88	75	75	50	40	40
	Incline	0	0	0	0	0	4	6	0	0	0	0	6	6	-4	-4	6	0	0	0	0	-3	0	0	0	0	0
Cardio	Speed	40	40	50	66	66	66	75	75	88	88	75	75	88	66	88	75	100	100	88	75	75	66	66	50	40	40
	Incline	0	0	0	0	0	4	4	4	-3	4	4	-2	-2	3	3	3	-2	-2	3	0	0	0	0	0	0	0
Strength	Speed	40	40	50	66	66	66	75	75	75	75	88	88	100	100	100	88	88	88	100	88	75	66	66	50	40	40
	Incline	0	0	0	0	0	4	6	8	10	10	-3	-5	-5	8	8	10	-4	-4	6	8	-5	0	0	0	0	0
Interval	Speed	40	40	50	75	75	100	50	100	50	100	50	100	50	100	50	100	50	100	50	100	50	100	100	50	40	40
	Incline	0	0	0	0	0	4	0	4	0	4	0	4	0	4	0	4	0	4	0	4	0	0	0	0	0	0

CALORIE Program:

- Select a CALORIE program then press the ENTER key to begin customizing the program with your personal data, or just press the start key to begin the program with the default settings.
- The Calories window will now be highlighted for you to enter the calories value. Use the numeric keypad to make adjustments and then press ENTER to confirm.
- Now press the START key to begin your workout.

Custom Program:
- Select a Custom program then press the ENTER key to begin customizing the program with your personal data, or just press the start key to begin the program with the default settings.
- The window will show the corresponding speed and incline profiles. You can choose to rename the program by simply pressing the Rename icon and entering a new name. The speed and incline profiles will then be shown on screen for adjustment.
- When selecting new speed and incline profiles you can use the pop-up keyboard to enter time, age, weight and Mix Speed values.
- Now press the START key to begin your workout with the new program.

5 Km and 10Km Run:

This program automatically sets a 5K or 10K (5 or 10 kilometer) distance as your goal. The track display will show one circuit equivalent to 5 or 10 kilometers and the Distance window will show 5K or 10K to start. When the program begins the Distance will count down; once it reaches zero the program ends. *Please note that the Speed readout is in MPH if the console is not set to Metric readings.

Fitness Test:

When the Fit-Test key is pressed the DM displays the 10 different tests available:
Air Force, PEB, Army, Marines Corps, Coast Guard, Navy, Gerkin, WFI, CTT Performance and CTT prediction.

Air Force

PEB

A timed 1.5 mile run. You control the speed manually. Maximum time allowed to pass the test:

AGE	MALE	FEMALE		AGE	MALE	FEMALE
20-24	10:53	13:36		45-49	13:07	16:02
25-29	11:05	13:43		50-54	13:49	17:02
30-34	11:26	13:43		55-59	14:48	17:37
35-39	11:47	14:37		60+	15:07	17:37
40-44	12:28	15:12				

Enter

Army

A timed 2 mile run. You control the speed manually. Maximum time allowed to pass the test:

AGE	MALE	FEMALE		AGE	MALE	FEMALE
17-21	16:36	19:42		42-46	19:54	25:18
22-26	17:30	20:36		47-51	20:48	25:36
27-31	17:54	21:42		52-56	21:06	25:48
32-36	18:48	23:06		57-61	21:06	26:06
37-41	19:30	24:06		62+	21:06	26:18

Enter

Marines Corps

A timed 3 mile run. You control the speed manually. Maximum time allowed to pass the test:

AGE	MALE	FEMALE
17-26	28:00	31:00
27-39	29:00	32:00
40-45	30:00	33:00
46+	33:00	36:00

Enter

Coast Guard

Navy

Gerkin

WFI

The WFI test is a sub maximal Vo2 (volume of oxygen) test. The test will increase speed and elevation alternately until you reach 85% of your Max heart rate. The time it takes for you to reach 85% determines the test score (Vo2 max).
Note: Use a heart rate strap for best results.

TIME	SPEED	GRADE
0:00 to 1:00	3.0mph	0%
1:01 to 2:00	3.0mph	0%
2:01 to 3:00	3.0mph	0%
3:01 to 4:00	4.5mph	0%

TIME	SPEED	GRADE
9:01 to 10:00	6.0mph	6%
10:01 to 11:00	6.0mph	8%
11:01 to 12:00	6.0mph	8%
12:01 to 13:00	6.5mph	10%

Enter

CTT Performance

CTT Performance is a 12-minute graded, treadmill walk test designed to assess whether or not the subject can achieve the minimum recommended standard for aerobic capacity, namely 42mlsO 2 /kg/min.

Time (mins)	2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10	10-11	11-12
Incline	0%	3%	3%	6%	6%	9%	9%	12%	12%	15%	15%
VO$_2$	14	17	19	22	25	28	31	34	36	38	42

Enter

CTT prediction

CTT Prediction is a submaximal test designed to predict aerobic capacity. Same walk protocol as CTT Performance but wearing HR monitor. Test is stopped when the subject reaches 80%HRMax or RPE=14.

Enter

Before the test:
- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or have pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- If using the hand pulse sensors hold the hand grips gently, do not tense up.

Fitness test programming:
Press one of the 10 Fitness tests available and press enter.
1. The message window will ask you to enter your gender. You may adjust the Age and Weight settings by using the numeric keypad.
2. Now press START to begin the test.

During the test:
- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
The test will start with a 3 minute warm-up at 4.8kph (3mph) before the actual test begins (only Gerkin and WFI).
- The data shown during the test is:
  a.   Time indicates total elapsed time
  b.   Incline in percent grade
  c.   Distance in Miles or Kilometers depending on the preset parameter.
  d.   Speed in MPH or KPH depending on the preset parameter.
  e.   Target Heart Rate and Actual Heart Rate are shown in the message window.

After the test:
- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

What your score means:

VO2max for male and fitted female

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO2max for female and non-fitted male

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

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.

TARGET HEART RATE TRAINING CHART
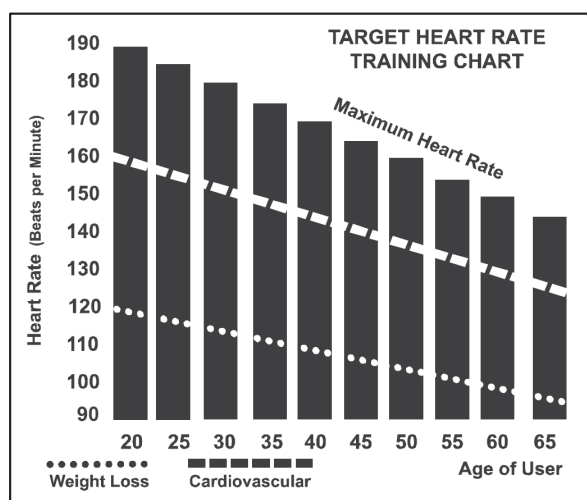
If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

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.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

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

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending 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.

USING **HEART RATE TRANSMITTER**(Optional)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the SOLE logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.
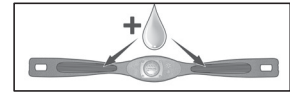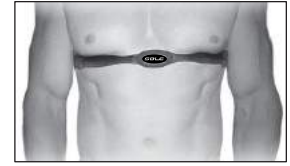
Note: *The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.*

ERRATIC OPERATION

Caution! Do not use this treadmill for Heart Rate unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the SOLE logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Loose treadmill console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.
WARNING! - DO NOT USE THE HEART RATE PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE TREADMILL'S DISPLAY!

HEART RATE CONTROL PROGRAM

How the Heart Rate Control Programs Work：

Heart Rate Control (HRC) uses your treadmill's incline system to control your heart rate. Increases and decreases in elevation affect heart rate much more efficiently than changes in speed alone. The HRC program automatically changes elevation gradually to achieve the programmed target heart rate.

Selecting a Heart Rate Control Program:

You have the option, during the setup mode, to choose either the HR program. The Weight Control program will attempt to maintain your heart rate at 65% of your Maximum Heart Rate. Your Maximum Heart Rate is based upon a formula that subtracts your age from a constant of 220. Your HR setting is automatically calculated during the setup mode when you enter your age.

HEART RATE CONTROL

1. Press the HR button. Then press ENTER.
2. The touch Time/Age/Weight/Target HR(65%) window will now be highlighted indicating their numeric values.
3. Now press START to begin the test.
4. During the program you may increase or decrease the target heart rate by pressing the Incline Up/Down buttons.

GENERAL **MAINTENANCE**

BELT & DECK
Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. *Allow to dry before using.*

BELT DUST
This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from the belt will appear on the floor behind the treadmill, this is normal.

**GENERAL CLEANING** (Use the chart on Pg. 5 to record your maintenance)
Dirt, dust, and hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Every other month, you should remove the motor cover and carefully vacuum out dirt and hair that may accumulate. UNPLUG THE POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the M6 L Allen wrench (**149**) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. *Note: Adjustment is through small hole in end cap.*

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

Note: Adjustment is through small hole in end cap.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.
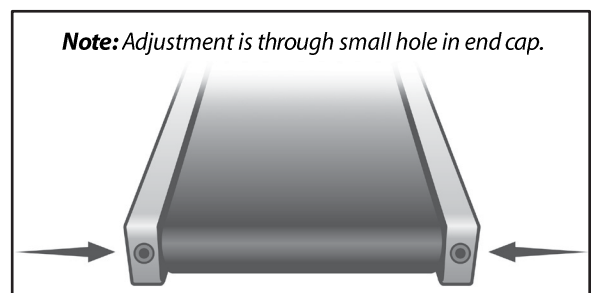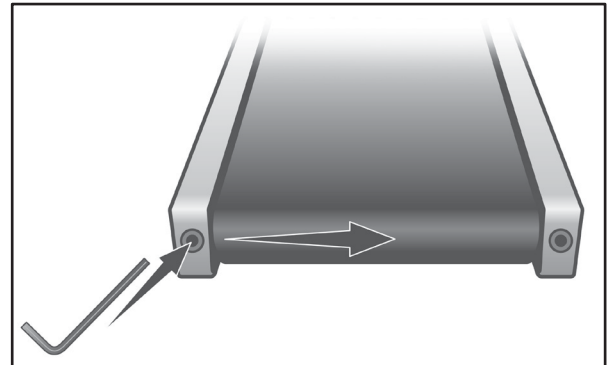
TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench (**149**) is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is **too close to the left side**, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself.

Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.
If the belt is **too close to the right side**, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE SOLE WARRANTY.

TREADMILL BELT
The walking belt on your new Sole treadmill is made of the highest quality materials designed to last even under punishing conditions. When a treadmill belt is brand new, and has been in the package for a few months before use, a common occurrence can happen; the area of the belt that wraps around the rollers will take on the shape of the roller. Upon starting the treadmill this shape in the belt causes a thumping sound each time the belt moves past the rollers. Once the treadmill has been used for a few workouts, the belt wears in and the thumping sound goes away. This noise is normal on new higher end belts so there is no need to contact service; the new belt just requires a wear in period. Thank you for choosing Sole and enjoy your new treadmill.

DECK MAINTENANCE

The deck has a wax coating that generally withstands up to 20,000 miles of use on the original side. If either of these two scenarios continues to occur: belt stops very quickly after the safety key is dislodged or the 15 amp fuse continues to blow, you may have an issue with the wax between the belt and the deck. Follow this procedure in order:

1. Clean under the belt as described above under General Maintenance
2. Check the belt to make sure the tension isn't too tight; adjust as necessary
3. Call your service provider to have the deck flipped if it is on the original side. The other side will have a fresh wax coating.

SERVICE **CHECKLIST** - DIAGNOSIS **GUIDE**

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your SOLE dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See **General Maintenance** section on **Tread-belt Tension**. Adjust as necessary.
Motor is not responsive after pressing Start	1. If the belt moves, but stops after a short time and the display shows "E1", run calibration. 2. If you press **Start** and the belt never moves, then the display shows "E1", contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 14 gauge minimum. Low household voltage. Contact an electrician or your SOLE dealer. A minimum of 110 volt AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See **General Maintenance** section on lubrication.
Treadmill trips on board 15 amp circuit	High belt/deck friction. See **General Maintenance**
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to **Grounding Instructions** on page 3.
House circuit breaker trips, but not the treadmill circuit breaker	Need to replace the house breaker with a "High In-rush current" type breaker (see page 3 for details)

MANUFACTURER'S **LIMITED WARRANTY**

TREADMILL WARRANTY
Effective February 1, 2018

SOLE warrants all its treadmills' 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:

RESIDENTIAL		LIGHT COMMERCIAL (5 Hours or less use per day)	
Frame	Lifetime	Frame	Lifetime
Drive Motor	Lifetime	Drive Motor	5 Years
Parts	6 Years	Parts	3 Years
Labor	3 Year	Labor	1 Year

*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.
2. Proper use of the treadmill in accordance with the instructions provided in this manual, including belt tracking.
3. Proper installation in accordance with instructions provided with the treadmill 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 treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill 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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