

-SOL0030-

SOLE

FITNESS



ELLIPTICAL

OWNER'S MANUAL

**PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE
OPERATING YOUR NEW ELLIPTICAL!**

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ATTENTION

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

SOLE

FITNESS

Thank you for your purchase of this quality elliptical from SOLE Manufacturing, Inc. Your new elliptical was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, SOLE will do all we can to make your ownership experience as pleasant as possible for many years to come. If not purchased direct from SOLE, the local dealership where you purchased this elliptical is your administrator for all SOLE warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support 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,

BOYLES FITNESS Equipment Pty Ltd.

Name of Dealer _____

Purchase Date _____

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 240-volt, 10-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.

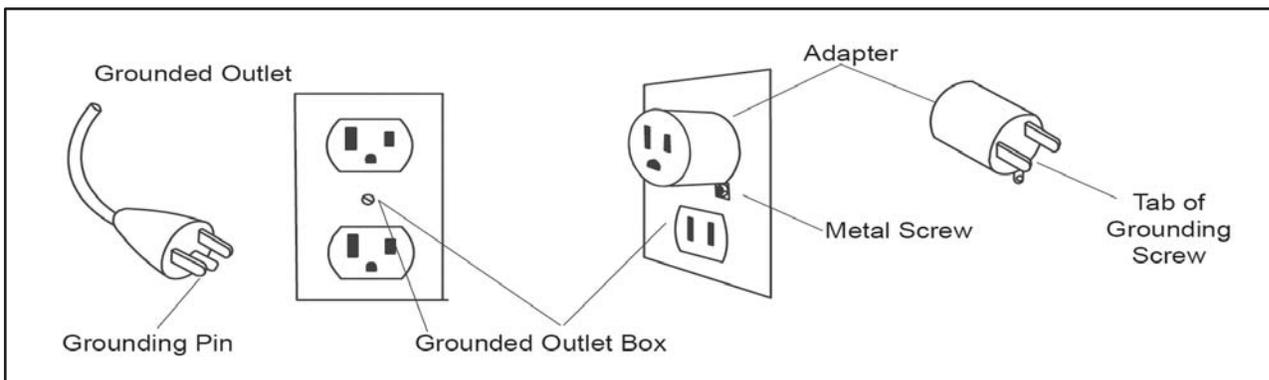
NEVER expose this elliptical to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 4 to 49 degrees Celsius, and humidity is 95% non-condensing (no water drops forming on surfaces).

GROUNDING INSTRUCTIONS

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

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

This product is for use on a nominal 240-volt, 10-amp 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 dealer.



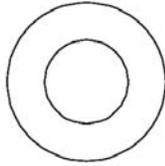
POWER CONNECTOR - FRONT, LEFT SIDE OF UNIT

TRANSPORT INSTRUCTIONS

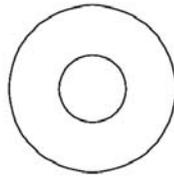
The elliptical is equipped with two transport wheels which are engaged when the rear of the elliptical is lifted.

E95 ASSEMBLY PACK CHECKLIST

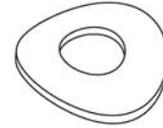
1 HARDWARE STEP 1



#164. 3/8" x 19 x 1.5T
Flat Washer (2 pcs)



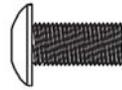
#170. 5/16" x 20 x 1.5T
Flat Washer (4 pcs)



#181. 3/8" x 23 x 2T
Curved Washer (2 pcs)



#180. 3/8" x 2T
Split Washer (1 pc)



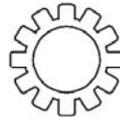
#141. M5 x 10mm
Phillips Head Screw (4 pcs)



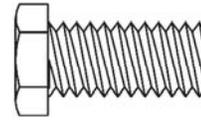
#157. 3/8" x 7T
Nylon Nut (2 pcs)



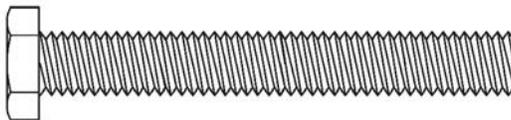
#182. 5/16" x 1.5T
Split Washer (4 pcs)



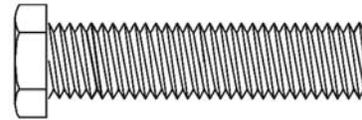
#183. 5/16"
Star Washer (4 pcs)



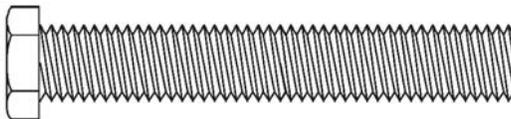
#132. 3/8" x 3/4"
Hex Head Bolt (2 pcs)



#135. 5/16" x 2-1/4" Hex
Head Bolt (4 pcs)

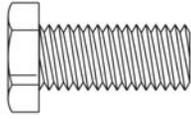


#133. 3/8" x 1-1/2"
Hex Head Bolt (2 pcs)

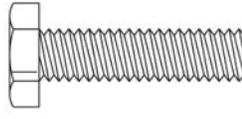


#125. 3/8" x 2-1/4"
Hex Head Bolt (1 pc)

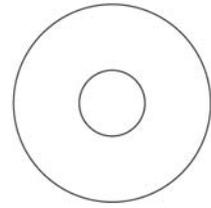
2 HARDWARE STEP 2



#132. 3/8" x 3/4"
Hex Head Bolt (2 pcs)



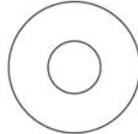
#134. 5/16" x 1-1/4"
Hex Head Bolt (2 pcs)



#165. 3/8" x 30 x 2T
Flat Washer (2 pcs)



#175. Ø25
Wave Washer (4 pcs)



#170. 5/16" x 20 x 1.5T
Flat Washer (2 pcs)

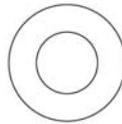


#159. 5/16" x 7T
Nyloc Nut (2 pcs)

3 HARDWARE STEP 3



#75. Switch Wire Cap
(2 pcs)



#164. 3/8" x 19 x 1.5T
Flat Washer (8 pcs)



#157. 3/8" x 7T
Nyloc Nut (6 pcs)

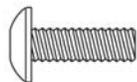


#206. 3/8" x 2-1/4"
Hex Head Bolt (6 pcs)



#181. 3/8" x 23 x 2T
Curved Washer (4 pcs)

4 HARDWARE STEP 4



#139. M5 x 15mm
Phillips Head Screw
(29 pcs)

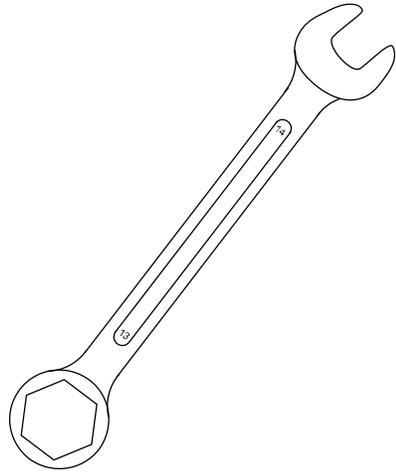


#142. 3.5 x 12mm
Sheet Metal Screw
(18 pcs)

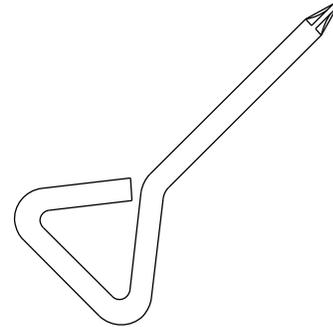


#145. M6 x 10mm
Phillips Head Screw
(4 pcs)

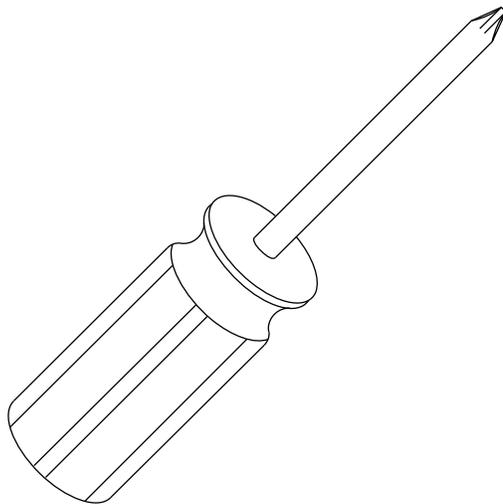
ASSEMBLY TOOLS



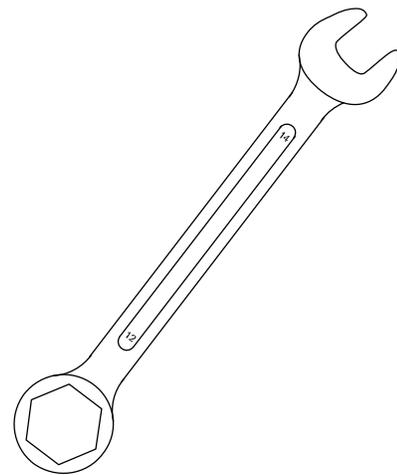
#184. 13/14mm Wrench (160mm)



#185. Short Phillips Head Screwdriver



#186. Phillips Head Screwdriver



#187. 12/14mm Wrench (160mm)

E95 ASSEMBLY INSTRUCTIONS

PRE-ASSEMBLY

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift 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 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

E95 ASSEMBLY INSTRUCTIONS

1 INCLINE RAIL & CONSOLE MAST

See Page 10 for Illustration

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 two Hex Head Bolts (133) with two Flat Washers (164) and two Nylon Nuts (157). From the top install four Hex Head Bolts (135), four Split Washers (182), four Flat Washers (170), and four Star Washers (183), and tighten with the Wrenches provided (184 & 187).
2. Connect the three wire harness (48) to the female receiver cable coming from the Incline rail assembly (2). Connect the Three pin position Sensor connector (49) to the female receiver coming from the Incline rail assembly (2). Mate red, white, and black wires together.
3. Locate the Console Mast (12) and Console Mast Cover (96) and slide the cover onto the mast as far as it will go. Make sure the Console Mast Cover is facing the correct way. At the top opening of the Main Frame of the elliptical is a Computer Cable (50). Secure the free end of the twist tie that exits the bottom of the console mast (12) to this cable. 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). 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.
4. Put one Split Washer (180) onto the Long Hex Head Bolt (125) and install through the left side of the receiving bracket into the Console Mast (12). Put the two Curved Washers (181) onto the two Short Hex Head Bolts (132) and install through the front of the console mast. Using Wrench (184), tighten the (132) bolts first, then the (125) bolt, and lastly the fourth bolt, which is pre-installed, firmly. These bolts should be tightened as much as you possibly can. This is the main joint of the unit. If not tightened sufficiently, this could lead to noise and instability issues.
5. Plug all of the connectors into the back of the console; Computer Cable (50), two Hand pulse Cables (56 & 56-1), Resistance switch wire (60) and Incline switch wire (59). Secure the Console (45) on the console mounting plate with four Phillips Head Screws (141) using the screw driver (186). **Note:** there will be an empty four pin port on the back of the console. This model doesn't use this port.

HARDWARE STEP 1

#125. 3/8" x 2-1/4" Hex Head Bolt (1 pcs)
#132. 3/8" x 3/4" Hex Head Bolt (2 pcs)
#133. 3/8" x 1-1/2" Hex Head Bolt (2 pcs)
#135. 5/16" x 2-1/4" Hex Head Bolt (4 pcs)
#141. M5 x 10mm Phillips Screw (4 pcs)
#157. 3/8" x 7T Nylon Nut (2 pcs)
#164. 3/8" x 19 x 1.5T Flat Washer (2 pcs)
#170. 5/16" x 20 x 1.5T Flat Washer (4 pcs)
#180. 3/8" x 2T Split Washer (1 pc)
#181. 3/8" x 23 x 2T Curved Washer (2 pcs)
#182. 5/16" x 1.5T Split Washer (4 pcs)
#183. 5/16" Star Washer (4 pcs)

2 LOWER HANDLE BAR ARMS

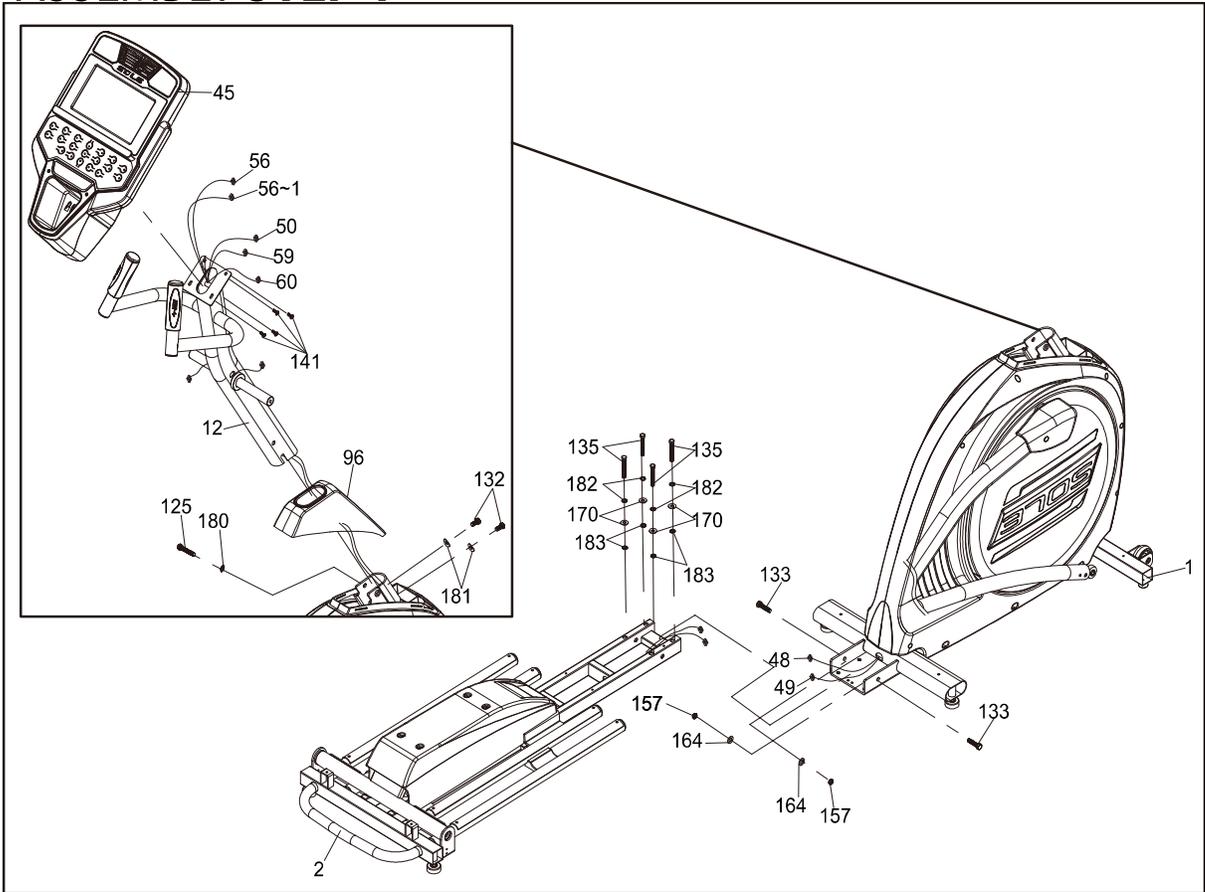
See Page 10 for Illustration

1. Install two Wave Washers (175) onto the Left and Right sides of the Handle Bar axle.
2. Slide the Left (13) and Right (14) lower handle bar arms onto the appropriate side of the axle. The handlebars have a small sticker on them indicating L (left) and R (right). *Make sure the handlebars are facing the correct direction – see illustration.*
3. Install two Flat Washers (165) onto the two Hex Head Bolts, (132) and install and tighten in the threaded holes in the ends of the axle with a wrench (187).
4. Untie the wire holding the Sleeve Spacer (24) in place on the rod-end of the Lower Handle Bar Arms (13 & 14). Align the hole in the rod ends with the hole in the brackets of the left and right Handle Bar (13 & 14). The end of connecting arms should be positioned inside the Handle Bar bracket. Secure with a Hex Head bolt (134), Flat Washer (170) and Nylon Nut (159) by using the Wrenches provided (184 & 187).

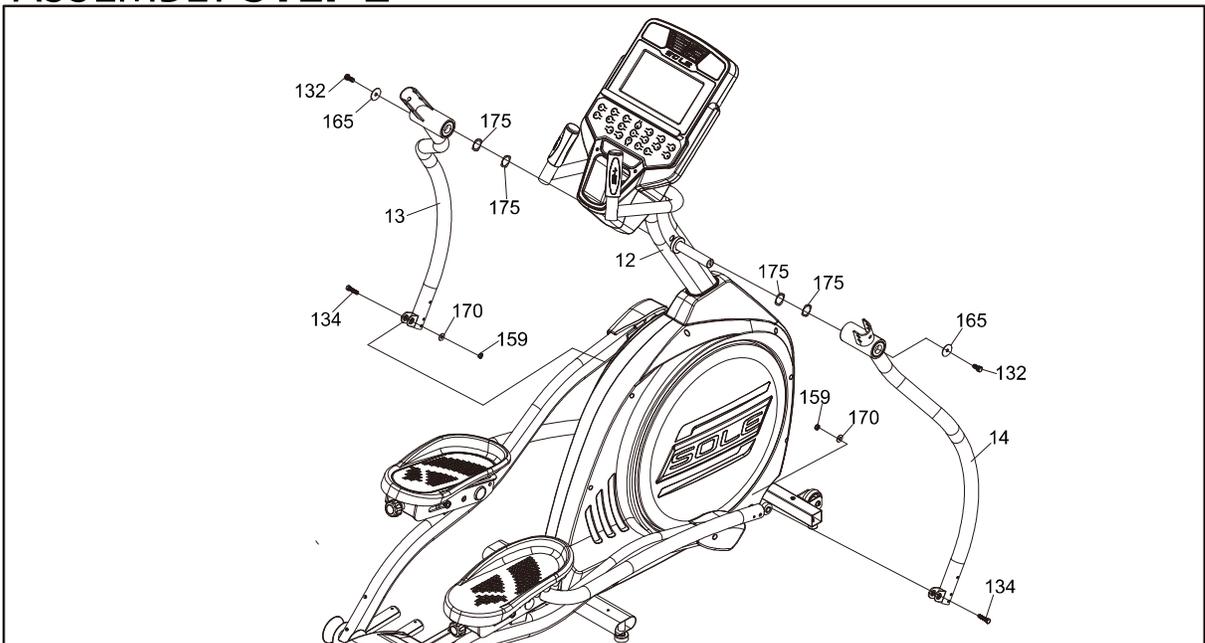
HARDWARE STEP 2

#132. 3/8" x 3/4" Hex Head Bolt (2 pcs)
#134. 5/16" x 1-1/4" Hex Head Bolt (2 pcs)
#159. 5/16" x 7T Nyloc Nut (2 pcs)
#165. 3/8" x 30mm Flat Washer (2 pcs)
#170. 5/16" x 20 x 1.5T Flat Washer (2 pcs)
#175. 25mm Wave Washer (4 pcs)

1 ASSEMBLY STEP 1



2 ASSEMBLY STEP 2



3

UPPER HANDLE BAR ARMS

See Page 12 for Illustration

1. Connect the Swing Arm (**L-10**) to the left Lower arm (**13**) and connect the Swing Arm (**R-11**) to the right Lower arm (**14**), and secure them with six Hex Head Bolts (**206**), eight Flat Washers (**164**), four Curved Washers (**181**) and six Nyloc Nuts (**157**) using the 13/14mm Wrench (**184**) and 12/14mm Wrench (**187**).
2. Connect the two wires (**L-61 to 60 & R-61 to 59**) on the L & R sides together and store the excess wire, including plastic connectors, back inside the console mast (**12**). Place the rubber grommets (**75**) over the wire on each side and snap them into the holes of the console mast.

HARDWARE STEP 3

#75. Switch Wire Cap (2 pcs)
#157. 3/8" x 7T Nyloc Nut (6pcs)
#164. 3/8" x 19 x 1.5T Flat Washer (8 pcs)
#181. 3/8" x 23 x 2T Curved Washer (4 pcs)
#206. 3/8" x 2-1/4" Hex Head Bolt (6 pcs)

4

PLASTIC PARTS

See Page 12 for Illustration

Use either screw driver (185 or 186) to secure the following plastic parts.

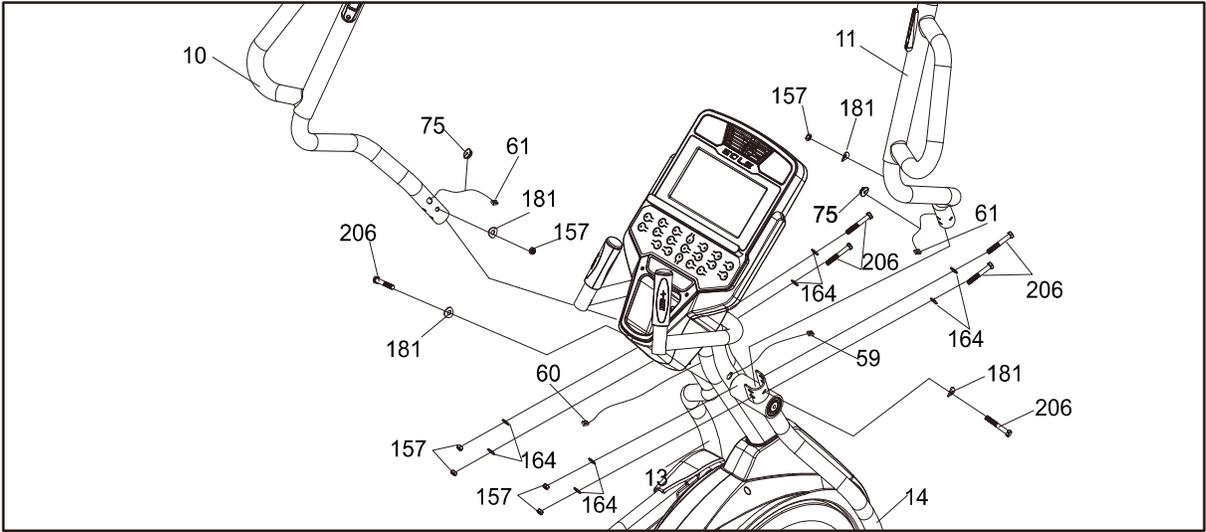
1. Match up the console covers (**196 & 197**) and secure with three Phillips Head Screws (**139**) and two sheet metal screws (**142**).
2. Match up the Inner Connecting Arm Covers (**111 & 112**). Install the covers with two Sheet Metal Screws (**142**) and two Phillips Head Screws (**139**) to each joint.
3. Match up the outer Connecting Arm Covers (**109 & 110**) and install onto the Left and Right Connecting Arms (**8 & 9**). Secure each side with a Phillips Head Screw (**139**) and two Sheet Metal Screws (**142**). Make sure you position the covers with the arrows pointing up. If they are installed incorrectly, they will break.
4. Install Sliding Wheel Covers (**104**) on each side and secure with four Phillips Head Screws (**139**).
5. Install the two Stabilizer Covers (**117 and 118**) on the middle stabilizer bar with two Phillips Head Screws (**139**).
6. Install the Front Stabilizer Cover (**103**) on the front stabilizer with two Phillips Head Screws (**139**).
7. Install the two incline Cover brackets (**25**), with the hole for mounting the plastic cover on the bent tab facing rearward, and secure them on the Incline Rail Assembly (**2**) with four Phillips Head Screws (**145**). Install the Rear incline bar cover (**115**) on the rail base with two Screws (**139**).
8. Install the Rear Stabilizer Cover (**116**) on the Rear Stabilizer with four Phillips Head Screws (**139**).
9. Mate the Front Handle Bar Cover (**L-105**) and the Rear Handle Bar Cover (**L-106**) together on the Left Arm and secure with four Sheet Metal Screws (**142**) using the Phillips Head Screw Driver (**186**). Repeat the same procedure for #'s **107 & 108** on the right side.
10. This step to be performed after the elliptical power is plugged in. Elevate the incline to Level 8 and install the Incline Rail front cover (**113**) up against the middle stabilizer tube with four Phillips Head Screws (**139**)

HARDWARE STEP 4

#139. M5 x 15mm Phillips Head Screw (29 pcs)
#142. 3.5 x 12mm Sheet Metal Screw (18 pcs)
#145. M6 x 10mm Phillips Head Screw (4 pcs)

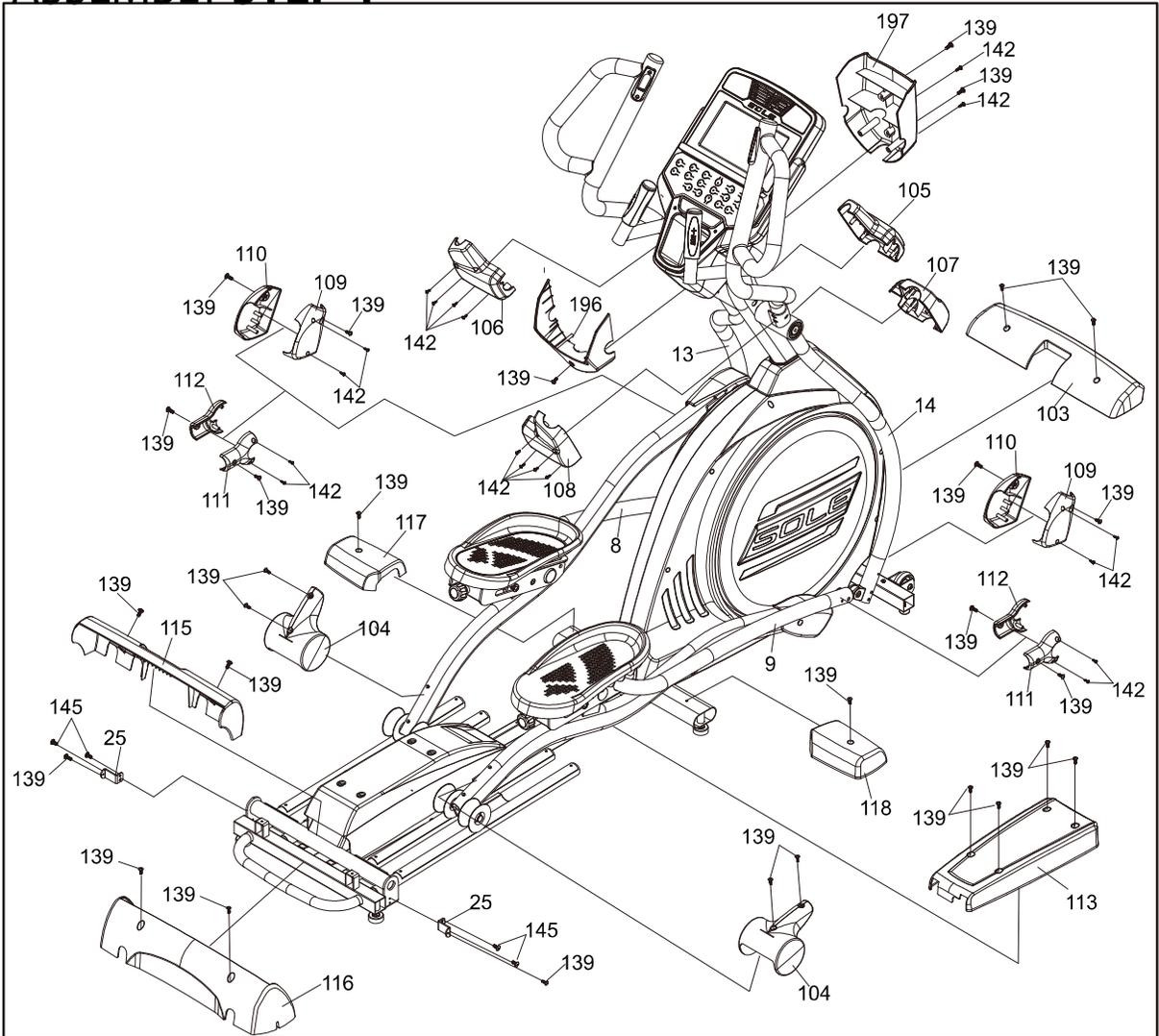
3

ASSEMBLY STEP 3



4

ASSEMBLY STEP 4



ELLIPTICAL FEATURES

INCLINE ADJUSTMENT

Both the E95 have an incline feature that will further increase the variety of your workouts. When the incline is at its lowest position you get a normal elliptical workout. As the incline increases you will feel your knees rise higher with each step; which means you are involving more muscle fibers, due to the increased range of motion.

The E95 have a computer controlled power incline. The power incline is controlled by buttons on the console and swing arms and will automatically adjust via the incline motor during the built-in workout program.

OPERATION OF YOUR ELLIPTICAL

GETTING FAMILIAR WITH THE CONTROL PANEL

CONSOLE

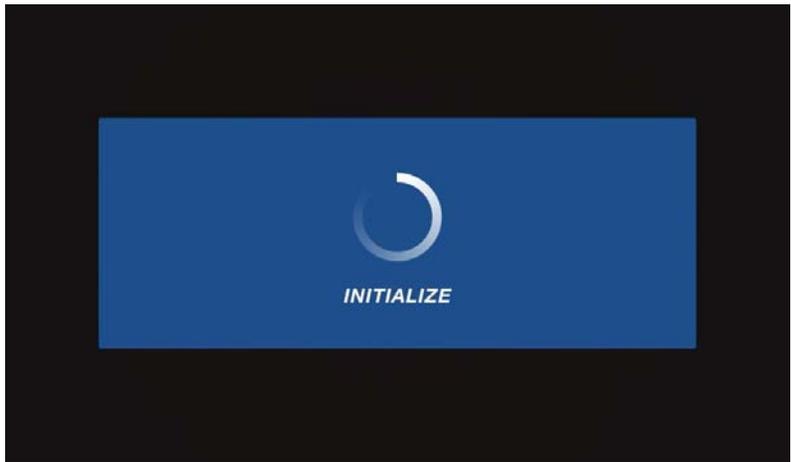


POWER UP

When power is connected to the elliptical the console will automatically power up. These models are connected directly to 240-volt, 10-amp and there is a power switch located where the line cord plugs into the unit on the left side near the front (See page 6 for location).

When it is first powered on, the boot screen will display Odometer readings for a short time, Total time will show how many hours the elliptical has been in use and the Total distance will show how many miles (or Kilometers if the elliptical is set to metric readings) the elliptical has gone. The elliptical will then enter idle mode, which is the starting point for operation.

SOLE FITNESS	
TOTAL TIME	20:01:30
TOTAL DISTANCE	153.5
SOFTWARE VER.	20151111 V 1.0



SOLE
FITNESS

Let's begin

Manual	Hill	FatBurn	Cardio	Strength
Interval	User 1	User 2	HR 1	HR 2

Select workout, then press Start to begin  or press Enter to modify 

Main workout home page

CONSOLE OPERATION

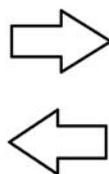
QUICK START

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** ▲/▼ buttons. The dot matrix display will be showing a track with a blinking dot indicating your progress as it travels around the track.

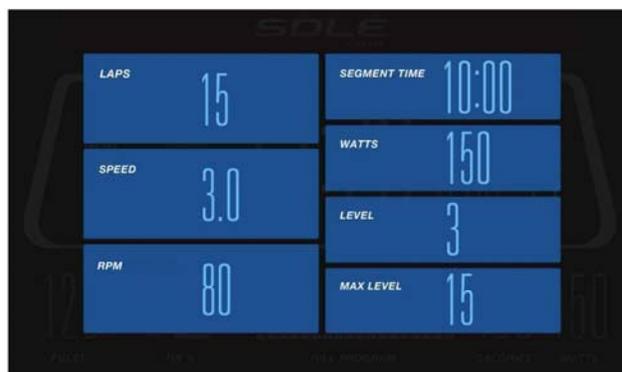


BASIC INFORMATION

When you press the Display button, the data shown on the screen will change. If you don't press the Display button a 2nd time, the screen will return to the workout screen after 3 seconds.



MANUAL



PROGRAM



USER1/USER2



HRC1/HRC2

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 (see Heart Rate Programs) Icon blinking (this may take a few seconds). The **Pulse Window** will display your heart rate in beats per minute and the HR bar graph will show your current % in relation to projected heart rate maximum. 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.

There is an **Audio In Jack** (🎵) on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, iPod, portable radio, CD player or even a TV or computer audio signal. There is also a **Headphone Jack** (🎧) for private listening.

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.



Setting Age,Weight and Time page

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

Press each program button to scroll through the program selections. The profile for each program will be displayed in the window. Both models will show the incline profile also when the **Display** key is pressed. 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 want to change the personal settings, then just follow the instructions in the **Window**. 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**.*

New Sole App to be used in conjunction with select Apple & Android devices! (Optional)

In order to help you achieve your exercise goals, Sole has added an exciting new feature to all of our products. Your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Sole Fitness App.

Just download the free Sole Fitness App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine. This allows you to view current workout data in three different Display screens on your device. Easily switch back and forth from the workout display view to internet/social media/email sites via icons on the display screen. When your workout is finished, the data is automatically saved to the built-in personal calendar for future reference.

Our new Sole Fitness App also allows you to sync your workout data with one of many fitness cloud sites we support: iHealth, MapMyFitness, Record MyFitnessPal or Fitbit.

Syncing the App with your exercise machine:

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

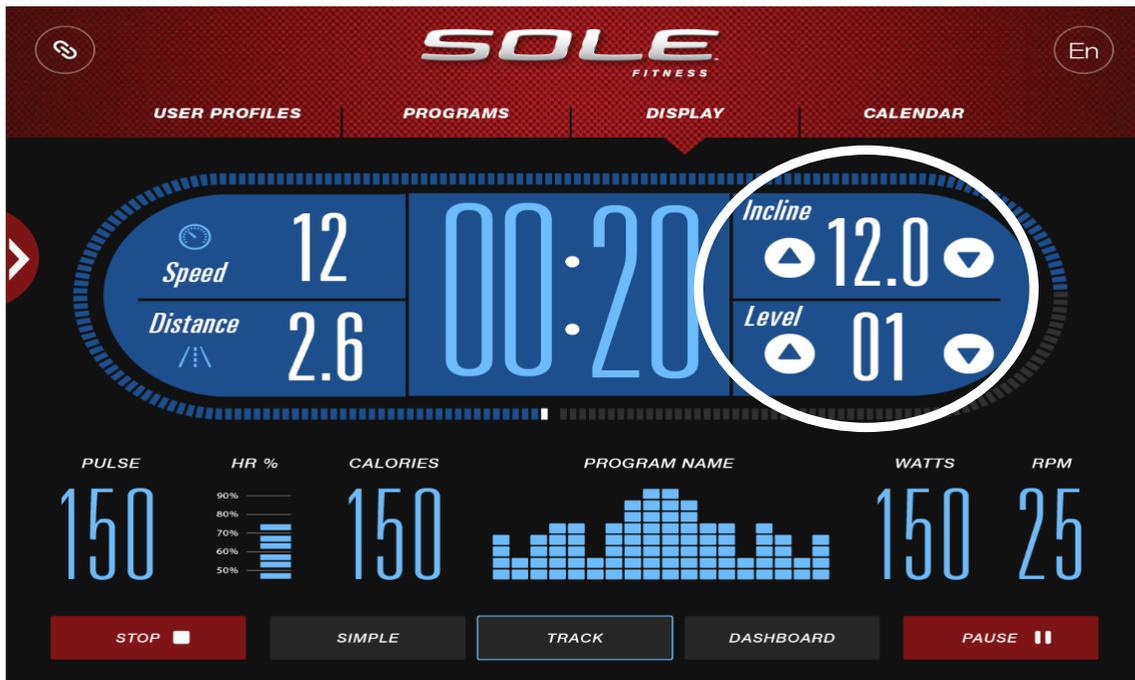


After the equipment is detected, click Connect. When the App and equipment are synced, the Bluetooth® icon on the equipment's console will light up. You may now start using your new Sole product!

*Note: Your device will need to be running on a minimum operating system of iOS 7 or Android 4.4 for the Sole Fitness App to operate properly.

The instructions on the Sole Fitness APP(Two-way control)

Sole Fitness APP is two-way control, which means it enables the user to adjust their elliptical/ bike incline level or resistance level through the APP directly. The function keys are circled as below.



PROGRAMMABLE FEATURES

MANUAL PROGRAM

The **Manual** program works as the name implies, manually. This means that you control the workload yourself and not the computer.

1. Press the **Manual** program button.
2. The menu will ask you to adjust Age. Use the **Level ▲/▼**, then press Enter.
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 **Level ▲/▼** keys, then press **Enter** to continue.

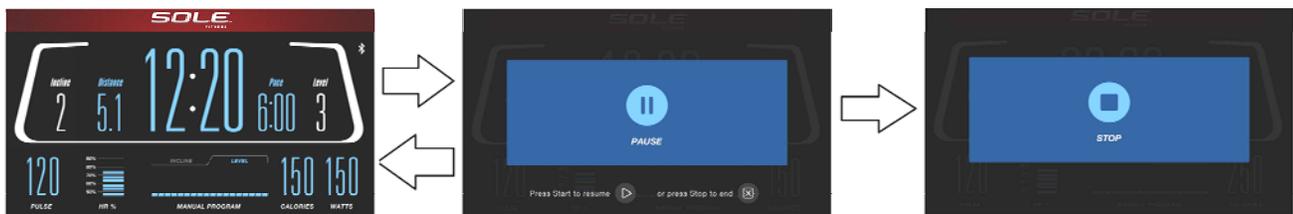


5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key to go back one level of the programming screen.
6. Once the program starts the elliptical will be set to level one. This is 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. When you workout in Manual program mode press the DISPLAY key can change the display information.
8. Press the ENTER key can change INCLINE and LEVEL profile display.



Press the ENTER key to change profile display

- In workout mode, if you press the Stop button, the program will be Paused. The screen displays "Press Start to Resume" or "Press Stop to End".



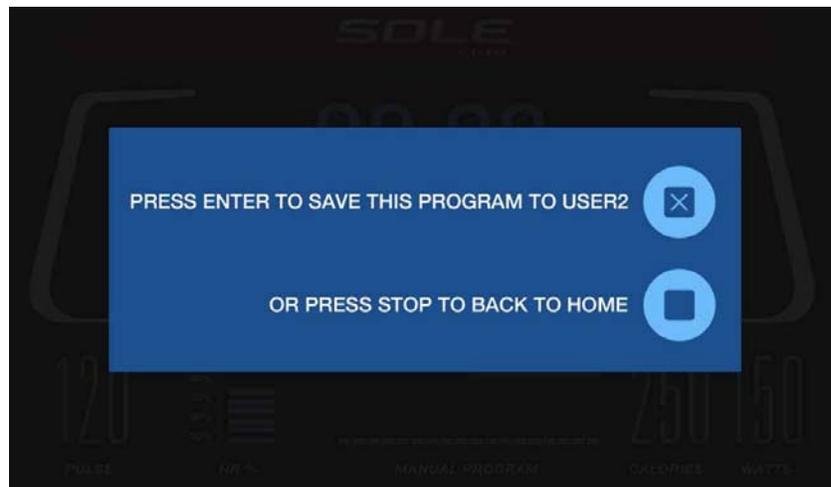
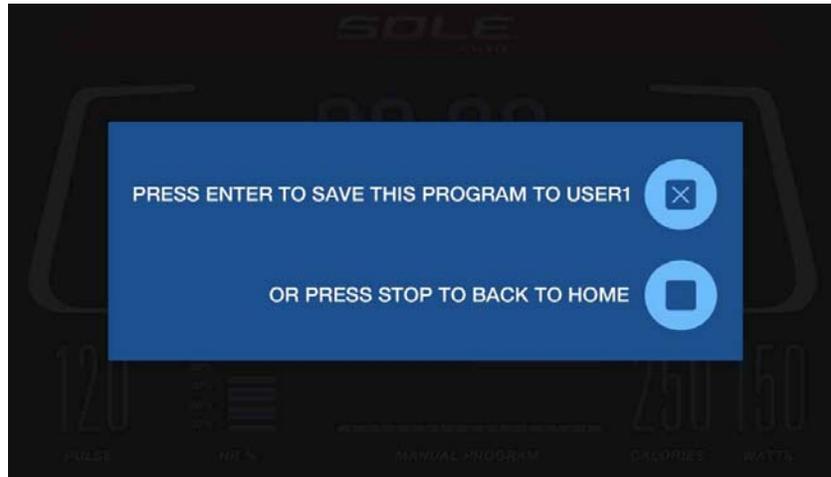
- When the program ends the Window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the startup display. SUMMARY data contains TIME, DISTANCE, CALORIES, AVG. PACE, and AVG. RPM, and AVG. SPEED, and AVG. RAMP and the AVG. LEVEL, AVG. WATTS, AVG. PULSE.
- Next you can select "Press Start to Repeat, Press Stop to End, or Press User to save.



12. You can store workout data to either User1 or User 2.

When the START key is pressed again, the console will be in accordance with the previously set data directly.

When the user presses the USER 1 button, the screen display "PRESS ENTER TO SAVE THIS PROGRAM TO USER1 OR PRESS STOP TO BACK TO HOME", press the ENTER key to confirm storage, press STOP key choose not to store and then left back to main workout home page.



PRESET PROGRAMS

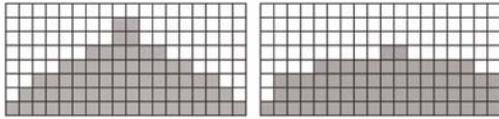
The Elliptical has five different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

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.

LEVEL

INCLINE

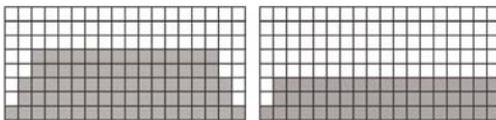


Fat Burn

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.

LEVEL

INCLINE

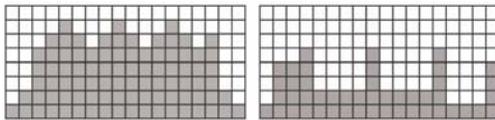


Cardio

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.

LEVEL

INCLINE

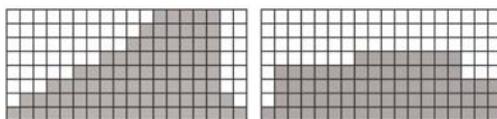


Strength

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).

LEVEL

INCLINE

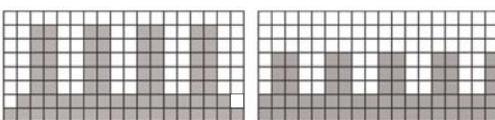


Interval

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.

LEVEL

INCLINE



PROGRAMMING PRESET BUTTONS

1. Press the desired program button.
2. In the setting, the menu will display Age at first item. You may adjust the age setting, using the **Level ▲/▼** keys, then press the **Enter** key.
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 the **Max Level**. This is the peak exertion level you will experience during the program (the highest colored segment/box of the program profile). Adjust the level and then press **Enter**.
6. You can now choose to turn on the incline profile for this program. If you choose to turn off incline, you can still control the incline manually during your workout, but the automated incline changes will be off. Press the **Enter** key when you are finished selecting.
7. 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, or screen.
8. If you want to increase or decrease the resistance or incline at any time during the program press the Level ▲/▼ keys.
9. When you workout in Manual program mode press the DISPLAY key can change the display information.
10. When the program ends the 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.



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. Press the **USER 1** or **USER 2** key. If you have already saved a program to either **U1** or **U2**, it will be displayed and you are ready to begin. If not, you will have the option of inputting a username. In the **Window**, the letter "A" will be blinking. Use the **Level ▲/▼** buttons to select the appropriate first letter of your name (pressing the **Level ▲/▼** button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press **Enter** when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press **Stop**.
2. If there is a program already stored in **User** when you press the key, you will have an option to run the program as it is or delete the program and build a new one. At the windows you will be prompted: Run Program? Use the **Level ▲/▼** to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
3. Next the menu will be display Age window first. 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 screen.

4. You are now asked to enter your **Weight**. You may adjust the weight number using the **Level ▲/▼** keys, then press **Enter** to continue.
5. Next is **Time**. You may adjust the **Time** using the **Level ▲/▼** keys and press **Enter** to continue.
6. Now the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don't want to change, then press **Enter** to continue to the next segment. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all eighteen segments have been set.
7. Now the first column will be blinking again and you are asked to adjust the Incline level for the first segment of the workout. Follow the same procedure for building the Incline profile as you did for the resistance profile.
8. The **Window** will then tell you to start to begin (and save the program) or **Enter** to modify the program. Pressing **Stop** will exit to the start up screen.
9. If you want to increase or decrease the workload at any time during the program press the **Level ▲/▼** key. This will only affect the Level or Incline for the present column in the profile. When the profile changes to the next column it will return to the preset work level.
10. When the program ends the 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)

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

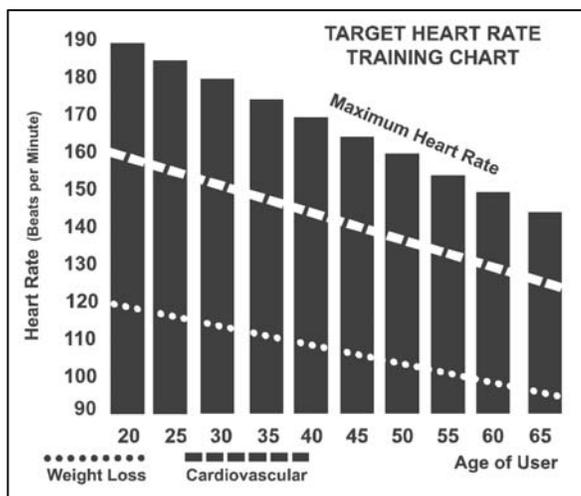
(60% of maximum)

$180 \times .8 = 144$ beats per minute

(80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

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



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all SOLE Heart Rate 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 during any of the nine different programs. The Heart Rate program automatically controls resistance at the pedals.

RATE OF PERCEIVED EXERTION

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

The rate of perceived exertion (RPE), also 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.

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 elliptical 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:

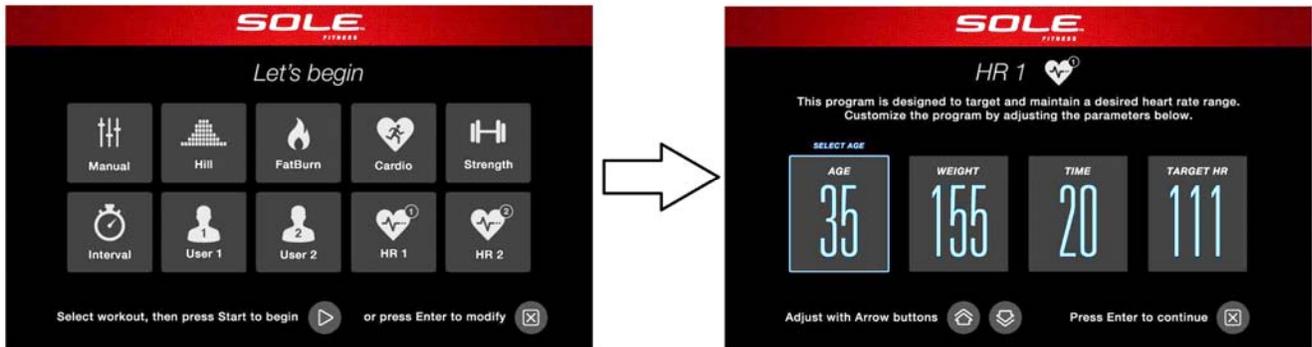
1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter 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. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer..

HEART RATE PROGRAM OPERATION

Both programs operate the same, the only difference is that the default for **HR1** is set to 60% and **HR2** 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 **HR1** or **HR2** program, then press the **Enter** button and follow the directions in the **Message Window**.

1. Press the HR1 or HR2 key.
2. In the setting, the menu will display Age at first item. You may enter your Age, using the Level **▲/▼** keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next page.



3. You are now asked to enter your **Weight**. You may adjust the **Weight** using the Level **▲/▼** keys, or the numeric key pad 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. When the program ends you may press **Start** to begin the same program again or **Stop** to exit the program.



If the Console displays the picture, please make sure you are wearing your chest strap and that it's secured and working correctly.

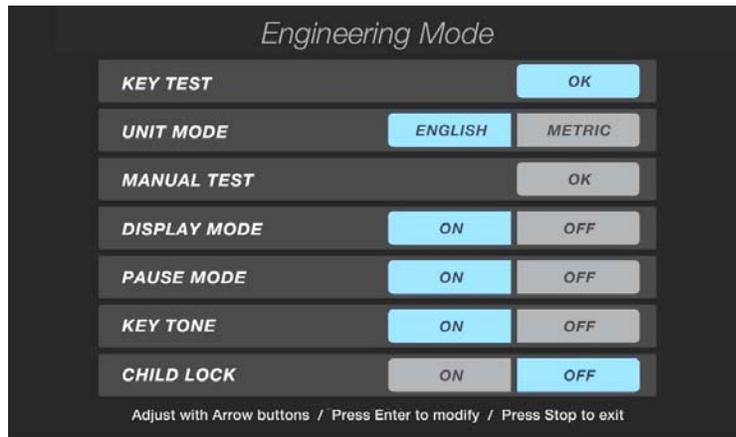
GENERAL MAINTENANCE

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 Maintenance Menu (may be called Engineering Mode, depending on version) press and hold down the **Start**, **Stop** and **Enter** keys keep holding the keys down for about 5 seconds and until the display shows display "Engineering Mode". Press the **Enter** button to access the menu below. Press the **Level ▲/▼** keys to navigate the menu.

- A. **KEY TEST** - Will allow you to test all the keys to make sure they are functioning.
- B. **UNIT MODE** - Choose from English or Metric display readings.
- C. **MANUAL TEST** - Allows stepping of the gear motor.
- D. **DISPLAY MODE** - Turn off to have the console power down automatically after 30 minutes of inactivity.
- E. **PAUSE MODE** - Turned on to allow 5 minutes of pause, turn off to have console.
- F. **KEY TONE** - Turn on or off the beep sound when a key is pressed.
- G. **CHILD LOCK** - 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.



Engineering Mode Display

When the console shows the above Engineering Mode display, you can press the Stop Key to exit. Once the Stop Key is pressed, you will see the below display.



Press YES → Console will Exit Engineering Mode and return to the Home page.

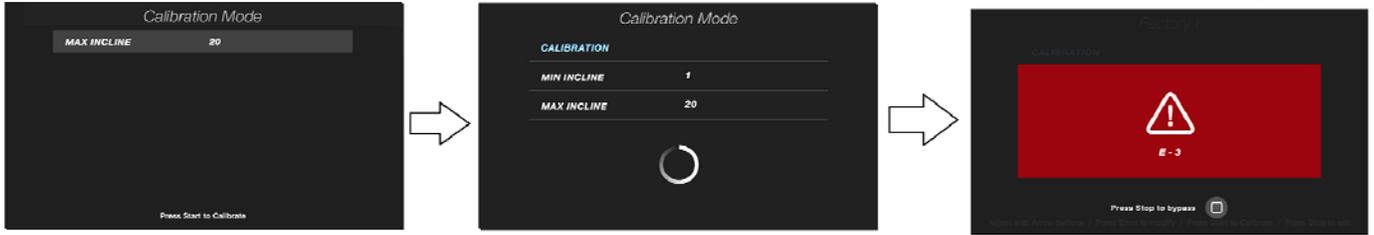


Press NO → Console will return back to Engineering Mode

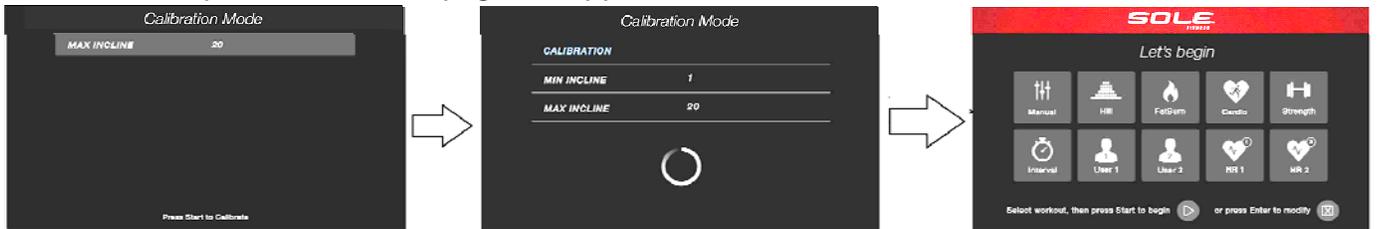
Incline Calibration: If there is a problem with the incline, try running the calibration. To enter Incline Calibration Mode, press and hold down for 5 seconds both the Incline Up and Start Keys. Once in calibration mode, press the Start key to begin Incline Calibration. The Incline Calibration will start and run automatically. Exit the calibration page you need to power off then power on. If the problem persists contact service department.



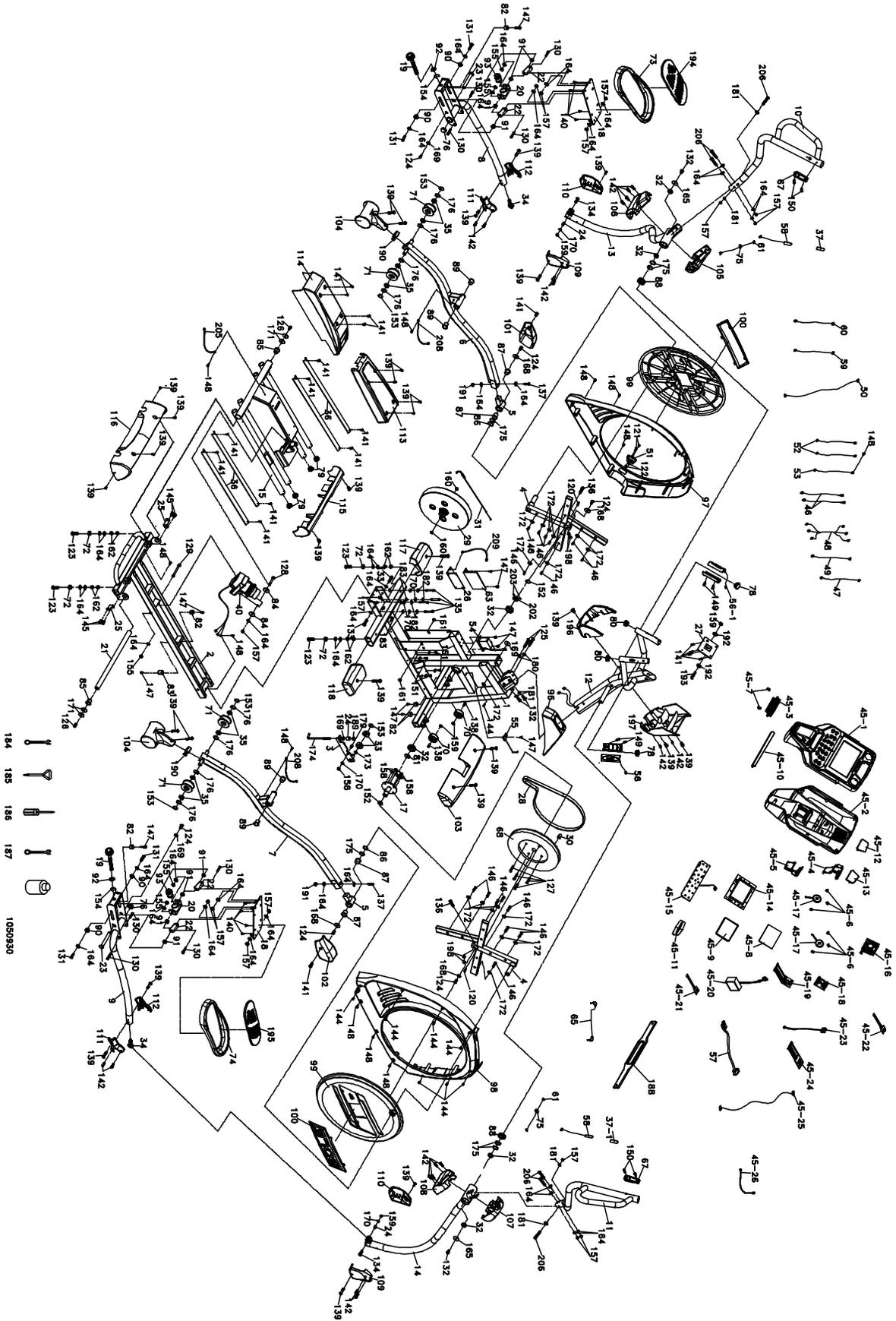
If there is a calibration error, E-3 will appear on the screen. You can press the STOP Key to bypass.



If calibration passes, the Home page will appear.



EXPLODED VIEW DIAGRAM



PARTS LIST

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Rail Base Assembly	1
3	Idler Wheel Assembly	1
4	Cross Bar	2
5	Bushing Housing, Pedal Arm	2
6	Pedal Arm (L)	1
7	Pedal Arm (R)	1
8	Connecting Arm (L)	1
9	Connecting Arm (R)	1
10	Swing Arm (L)	1
11	Swing Arm (R)	1
12	Console Mast	1
13	Lower Handle Bar (L)	1
14	Lower Handle Bar (R)	1
15	Rear Rail Assembly	1
17	Crank Axle	1
18	Adjustable Pedal	2
19	Pedal Adjustment Knob	2
20	Pedal Adjustment Assembly	2
21	Locking Tube Assembly	1
22	Adjusting Plate	4
23	Ø19 × Ø15 × 110mm × 5/16" Carriage Bolt	2
24	Rod End Sleeve	3
25	Cover Holder(B)	2
26	Controller Fixing Plate	1
27	Console Holder Assembly	1
28	Drive Belt	1
29	Flywheel	1
30	Magnet	1
31	Steel Cable	1
32	6005_Bearing	6
33	6203_Bearing	2
34	Rod End Bearing	2
35	6003_Bearing	8
36	Aluminum Rail	4
37	Handgrip Resistance Label (INCLINE)	1
37~1	Handgrip Resistance Label (LEVEL)	1
40	Incline Motor	1
45	Console Assembly	1
45~1	Console Top Cover	1
45~2	Console Bottom Cover	1
45~3	Deflector Fan Grill	1

Part Number	Part Description	Qty per unit
45~4	Wind Duct (L)	1
45~5	Wind Duct (R)	1
45~6	Speaker Grill Anchor	6
45~7	Fan Grill Anchor	2
45~8	10.1" Clear Acryl	1
45~9	10.1" Water-resist Rubber	1
45~10	Book Rack	1
45~11	LOGO Plate	1
40~12	Speaker Iron Net (L)	1
40~13	Speaker Iron Net (R)	1
45~14	Console Display Board	1
45~15	Main Key Board	1
45~16	400m/m_Fan Assembly	1
45~17	250m/m_Speaker W/Cable	2
45~18	Amplifier Controller	1
45~19	Interface Board	1
45~20	300m/m_W/Receiver, HR	1
45~21	300m/m_Sound Board W/Cable (Red)	1
45~22	300m/m_Sound Board W/Cable (White)	1
45~23	250m/m_Amplifier Cable	1
45~24	250m/m_Connecting Wire	1
45~25	Bluetooth	1
45~26	400m/m_Console Ground Wire	1
46	300m/m_Connecting Wire, Controller(Red)	2
47	850m/m_Computer Cable	1
48	900m/m_Connecting Wire, Incline Motor Power Cord	1
49	850m/m_Connecting Wire, Incline Motor	1
50	1750m/m_Computer Cable	1
51	AC Electronic Module	1
52	80m/m_Connecting Wire (White)	2
53	200m/m_Ground Wire	1
54	Gear Motor	1
55	450m/m_Sensor W/Cable	1
56	850m/m_Handpulse W/Cable Assembly (White)	1
56~1	850m/m_Handpulse W/Cable Assembly (Red)	1
57	Power Cord	1
58	Handpulse Adjustment Thin Film Label	2
59	450m/m_Handle Wire (Upper), Resistance	1
60	450m/m_Handle Wire (Upper), Incline	1
61	900m/m_Handle Wire (Lower), Resistance/Incline	2
63	Incline Controller	1
65	400m/m_Audio Cable	1
67	Handle Switch Bracket	2

Part Number	Part Description	Qty per unit
68	Drive Pulley	1
70	Transportation Wheel	2
71	Slide Wheel , Urethane	4
72	Ø35 × 10m/m_Rubber Foot	4
73	Pedal (L)	1
74	Pedal (R)	1
75	Switch Wire Cap	2
76	Pedal End Cover	2
78	Button Head Plug	2
79	32 × 2.5T_Round Cap	4
80	Ø32 × 1.8T_Round Cap	2
81	35 × 25.5 × 5T_Spacer Bushing	1
82	25 × 25 × 15T_Rubber Foot Pad	5
83	Ø25 × 25_Rubber Foot Pad	1
84	3/8" × 35 × 5T_Nylon Washer	2
85	Ø38 × Ø34 × Ø26 × 4 + 16T_Bushing	2
86	Ø25.5 × 33.5 × 1.5T_Nylon Wave Washer	2
87	WFM-2528-21_Bushing	4
88	Ø45 × Ø35 × Ø26 × 10T_Isolator	2
89	Ø31 × Ø25.5 × Ø19 × 16+3T_Bushing	4
90	Ø14 × Ø10 × 9T_Bushing	4
91	Ø19 × Ø14 × Ø10 × (5+4)_Bushing	8
92	16.1 × 31 × 3T_Nylon Washer	2
93	Threaded Bushing	2
96	Console Mast Cover	1
97	Side Case (L)	1
98	Side Case (R)	1
99	Round Disk	2
100	Round Disk Cover	2
101	Pedal Arm Cover (L)	1
102	Pedal Arm Cover (R)	1
103	Front Stabilizer Cover	1
104	Slide Wheel Cover	2
105	Front Handle Bar Cover (L)	1
106	Rear Handle Bar Cover (L)	1
107	Front Handle Bar Cover (R)	1
108	Rear Handle Bar Cover (R)	1
109	Connecting Arm Cover A (R)	2
110	Connecting Arm Cover A (L)	2
111	Connecting Arm Cover B (R)	2
112	Connecting Arm Cover B (L)	2
113	Incline Bottom Cover	1
114	Incline Cover	1

Part Number	Part Description	Qty per unit
115	Inclinable Rail Cover	1
116	Rear Bar Cover	1
117	Middle Stabilizer Cover (L)	1
118	Middle Stabilizer Cover (R)	1
120	7 × 7 × 25m/m_Woodruff Key	2
121	M4 × 12m/m_Phillips Head Screw	2
122	M4 × 5T_Nyloc Nut	2
123	3/8" × 2" _Flat Head Socket Bolt	4
124	5/16" × 15m/m_Hex Head Bolt	6
125	3/8" × 2-1/4" _Hex Head Bolt	2
126	5/16" × 25m/m_Hex Head Bolt	2
127	1/4" × 3/4" _Hex Head Bolt	4
128	3/8" × 2-1/2" _Hex Head Bolt	1
129	M10 × 130m/m_Hex Head Bolt	1
130	3/8" × 19m/m_Hex Head Bolt	8
131	M10 × 40m/m_Hex Head Bolt	4
132	3/8" × 3/4" _Hex Head Bolt	4
133	3/8" × 1-1/2" _Hex Head Bolt	2
134	5/16" × 1-1/4" _Hex Head Bolt	2
135	5/16" × 2-1/4" _Hex Head Bolt	4
136	M8 × 40L_Socket Head Cap Bolt	2
137	3/8" × 2-1/4" _Socket Head Cap Bolt	2
138	5/16" × 2" _Button Head Socket Bolt	2
139	M5 × 15m/m_Phillips Head Screw	29
140	M5 × 10m/m_Phillips Head Screw	8
141	M5 × 10m/m_Phillips Head Screw	18
142	Ø3.5 × 12m/m_Sheet Metal Screw	18
144	3.5 × 16m/m_Sheet Metal Screw	8
145	M6 × 10m/m_Phillips Head Screw	4
146	5 × 16m/m_Tapping Screw	16
147	5 × 19m/m_Tapping Screw	11
148	5 × 16m/m_Tapping Screw	12
149	3 × 20m/m_Tapping Screw	4
150	M5 × 20m/m_Flat Head Socket Screw	4
151	3.5 × 16m/m_Tapping Screw	4
152	Ø25_C Ring	2
153	Ø17_C Ring	5
154	E12_E-Clip	2
155	M10 × 8T_Nyloc Nut	5
156	M8 × 7T_Nyloc Nut	1
157	3/8" × 7T_Nyloc Nut	17
158	1/4" _Nyloc Nut	4
159	5/16" × 7T_Nyloc Nut	5

Part Number	Part Description	Qty per unit
160	3/8" -UNF26 × 4T_Nut	2
161	3/8" -UNF26 × 11T_Nut	2
162	Ø3/8" × 7T_Nut	8
164	Ø3/8" × Ø19 × 1.5T_Flat Washer	40
165	Ø3/8" × 30 × 2.0T_Flat Washer	2
168	Ø5/16" × Ø35 × 1.5T_Flat Washer	4
169	Ø5/16" × Ø23 × 1.5T_Flat Washer	4
170	Ø5/16" × Ø20 × 1.5T_Flat Washer	7
171	Ø5/16" × 35 × 2.0T_Flat Washer	4
172	Ø1/4" × 19m/m_Flat Washer	17
173	Ø17 × Ø23.5 × 1T_Flat Washer	1
174	M8 × 170m/m_J Bolt	1
175	Ø25_Wave Washer	6
176	Ø17 × 0.5T_Wave Washer	8
179	M8 × 20m/m_Carriage Bolt	1
180	Ø10 × 2T_Split Washer	2
181	Ø3/8" × 23 × 2T_Curved Washer	6
182	Ø5/16" × 1.5T_Split Washer	4
183	Ø5/16" _Star Washer	4
184	13/14m/m_Wrench (160m/m)	1
185	Short Phillips Head Screw Driver	1
186	Phillips Head Screw Driver	1
187	12/14m/m_Wrench (160m/m)	1
188	Chest Strap	1
189	M8 × 9T_Nyloc Nut	1
190	Oval End Cap	2
191	3/8" × 11T_Nyloc Nut	2
192	5/16" × 25 × 3T_Nylon Washer	2
193	5/16" × 2-1/2" _Hex Head Bolt	1
194	Pedal Foam (L)	1
195	Pedal Foam (R)	1
196	Console Chin Cover (Front)	1
197	Console Chin Cover (Rear)	1
198	M8 × 6.3T_Nut	4
202	Axle Stopper	1
203	M5 × 5m/m_Slotted Set Screw	2
205	250m/m_Ground Wire	1
206	3/8" × 2-1/4" _Hex Head Bolt	6
208	150m/m_Ground Wire	2
209	120m/m_Ground Wire	1



WARRANTY, SAFETY AND ASSEMBLY INFORMATION
SOL0030- E95

IMPORTANT

Please read and retain this manual as it will assist with identification for parts and service.

BOYLES FITNESS warrants their Elliptical to be free from defects in material and workmanship under normal use and service conditions.

The various components of the Elliptical are warranted against defects and workmanship for the time periods specified as follows:

SOL0030 – E95

Frame	Lifetime
Brake	Lifetime
parts	5 Years
Labor	1 Year

All warranty coverage extends only to the original retail purchaser from the date of purchase. BOYLES FITNESS' obligation under this Warranty is limited to replacing or repairing, at BOYLES' option, the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to Service **07 3272 7010**.

For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the brand on the product. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by BOYLES. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by BOYLES.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

Phone **07 3272 7010**

Hours **9:00am – 4:00pm Mon-Fri (excluding public holidays)**

Email: **spares@boylesfitness.com.au**

Website **www.boylesfitness.com.au**

BFE Warranty Policy – November 1st 2013

1. When purchased from an authorised BFE distributor the BFE warranty shall guarantee that all framework and components of your product are free from faulty manufacture. All faulty framework and components will be repaired or replaced as set out in this policy. All warranties in this policy apply to INDOOR HOME/DOMESTIC USE ONLY.
2. These warranties do not apply to products used in commercial use applications.
3. Warranty DOES NOT cover normal wear & tear and excludes faults due to misuse, abuse, incorrect assembly or lack of general maintenance.
4. Warranty is applicable to products sold and placed within Australia only.
5. **IMPORTANT.** Most of BFE products are pretested and we have inspectors checking all products prior to shipment. The number one reason for a fault is due to INCORRECT ASSEMBLY. If you do have problems please go back to the start and double check your assembly and pay special attention to all WIRING connections. If you have accidentally cut or damaged the wiring please let us know and we will be happy to send you a new set at no-charge.

If you have done this and are confident you have double checked your assembly and are still having problems please email our service department at spares@boylesfitness.com.au including your best contact details ,proof of purchase, serial number and a brief explanation of what is wrong. Emailing is the quickest and most reliable way to get your service request processed. Once we have your details we will either call or email you back with the next steps. The quickest way, once we determine the problem and send you a replacement part, is that we can talk you through over the phone on how to fit it.

If it is deemed by our service tech that it is too difficult, we can arrange (where available) a service technician.

NOTE. If we arrange for a service technician (where applicable) and it is found that it is not a manufactures fault and found to be an assembly issue , normal wear and tear, transport damage or misuse then there will be a call out fee of \$140 depending on location. (Surcharge applies for non-metro areas)

WARRANTY TERMS- Warranty commences from the date of purchase from the retail store. Warranty only applies to the original purchaser and is NON transferable. Warranty is void if the serial number of the product has been removed or tampered with.

Warranty does not apply to defects, faults or failures due to:

- (a) Defects caused during assembly or failure to assemble to the assembly manual provided. Assembly errors include but are not limited to damaged wiring harness, stripped crank arms and or pedals and bolts used in the wrong locations.
- (b) Lack of general maintenance and or failure to service or maintain the equipment in accordance with the user manual specifications and recommendations. This includes a lack of lubrication. Only use factory supplied lubricant. DO NOT USE WD40 or anything similar. You can purchase lubricant from your retailer or contact us directly at sales@boylesfitness.com.au
- (c) **Power Surges.** The computers, control boards and motors are very sensitive to power fluctuations. You must use a surge protector on all items that plug into your mains power otherwise your electronics will not be covered by this warranty. You can purchase these from numerous retailers or you can call us on 02 4648 0800 to get a price.
- (d) User negligence, abnormal or excessive use, misuse, abuse or transport damage.
- (e) Repairs, alterations or modifications by NON BFE authorised service technician.
- (f) Accident, fire, flood or malicious damage by third person.
- (g) Ordinary wear and tear.
- (h) Failure to keep the product in a clean, dry environment causing rust. You should wipe off any sweat and moisture after each training session.
- (i) Any products sold or placed in an application or the incorrect environment that is not recommended by BFE or as not stipulated in the owner's manual such as a commercial / rental environment will void the warranty set forth by BFE
- (j) BFE recommends the use of a protective rubber floor mat. This reduces the incidence of dust and lint collection around the motor, reduces noise & protects your floor. You can purchase this from your retailer or contact BFE directly on 02 4648 0800

BFE will have the option to repair or replace any product which requires attention under the warranty.
NOTE: Lifetime refers to the warranty coverage of the units expected service life. NOT the lifetime of the purchaser.

Servicing/Spare Parts- As with any mechanical equipment general maintenance should be performed on a regular basis by an authorised retailer or service technician. This will ensure longevity of the product and ensure that it is kept working in optimum condition. Failure to properly maintain your equipment may lead to safety issues and may also void the warranty.

You should only use genuine BFE replacement parts otherwise the warranty will be void.

Freight Costs:

The cost of freighting the replacement part under warranty to the customer shall be free of charge. Your requirement is to return the faulty part via the pre-paid postal service which we will supply.

Returned Goods:

The unauthorised return of parts or product shall be refused and placed in the hands of the carrier at the cost of the shipper. Return authorisations can be obtained from BFE head office only.

Additional Warranty

If you would like to extend your labour warranty by 1 year (\$99), 2 years (\$199), 3 years (\$299) please contact our office by emailing sales@boylesfitness.com.au (Not available in all areas)

Service Department hours: Monday to Friday between 9am and 4pm

Service Phone Number: 07 3272 7010 Email: spares@boylesfitness.com.au

PLEASE NOTE: that Authorised service technicians do not reside in all areas of this vast country. If you live beyond the reasonable service area of a metropolitan area, BFE may not be able to support the labour portion of the product warranty. Alternatively you can return (at your cost) your product to the closest BFE repair centre, where it will be fixed at no charge under the warranty period.

Metropolitan Area- defined as no more that 50km from G.P.O in all capital cities.

Disclaimer:

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a 'Major failure' and for compensation for any other Reasonable foreseeable loss or damage.

You are also entitled to have goods repaired or replaced if the goods fail to be of an acceptable quality and the failure does not amount to a major failure.

BFE does not assume , nor authorise any representative or other person to make or assume for BFE , any warranties whatsoever, whether expressed or implied, in connection with the sale, service, or shipment of our products.

BFE reserve the right to make changes and improvements in our products and specifications without incurring any obligation to similarly alter products previously purchased.

This warranty operates in addition to other rights and remedies available to consumer's rights under the Australian Consumer Law.

Service Department hours: Monday to Friday between 9am and 4pm

Service Phone Number: 07 3272 7010 Email: spares@boylesfitness.com.au