

# SOLE

FITNESS



**F63**  
*Motorized Treadmill*

## **OWNER'S MANUAL**

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

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# 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 treadmill or warranty contact SOLE Fitness at 1-866-780-SOLE (7653). For SOLE service call 866-MYSOLE1 (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](http://www.soletreadmills.com) under the support tab to register online.

**F63 / 2008 ver.C**

# ***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 4.**

- 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 away from the treadmill. 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.

**Remove tether cord after use to prevent unauthorized treadmill operation. SAVE THESE INSTRUCTIONS - THINK SAFETY!**

## Important Electrical Information

### 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 trip often. 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 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.

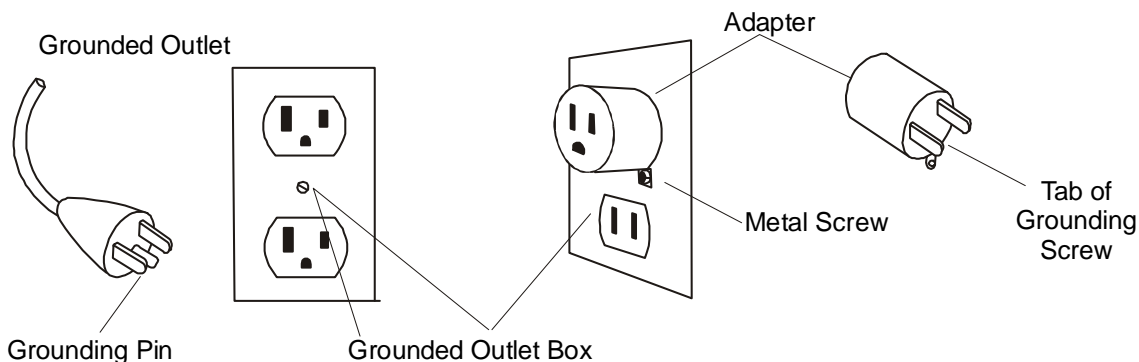
**NEVER** expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The maximum temperature specification is 40 degrees c, and humidity is 95% non-condensing (no water drops forming on surfaces).

## Grounding Instructions

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

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

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



## ***Important Operation Instructions***

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline 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.
- 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 with 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 (incline, speed, etc.). Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your SOLE dealer.

## ***Safety Tether Cord***

A safety tether cord is provided with this unit. It is a simple magnetic design that 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 tread-belt movement.

### **To Use:**

1. Place the magnet into position on the red oval portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. Fasten the plastic clip onto your clothing securely to assure good holding power. **Note:** The magnet has strong enough power to minimize accidental, unexpected stopping. 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 magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

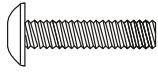
## ***Assembly Instructions (F63)***

### **!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS. PLEASE READ BEFORE UNPACKING YOUR FOLDING TREADMILL!!**

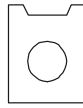
Serious injury could occur if this folding treadmill is not unpacked properly.

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.

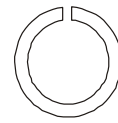
# ASSEMBLY PACK CHECK LIST



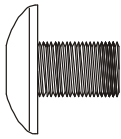
#140. M5 x 10 m/m  
Phillips Head Screw (8 pcs)



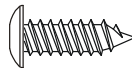
#128. Speed Nuts Clip (6pcs)



#113.  $\Psi$ 0  
Split Washer (4pcs)



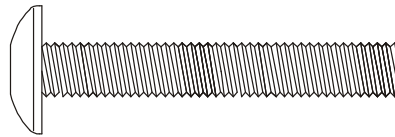
#130. 5/16" x 1/2"  
Button Head Socket bolt (8 pcs)



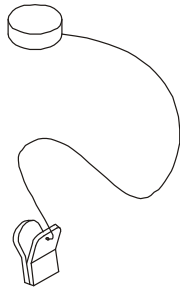
#119. 3.5x12 m/m  
Screw (4 pcs)



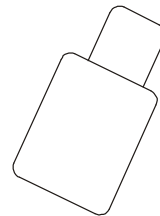
#120. 5 x 16 m/m  
Tapping Screw (6 pcs)



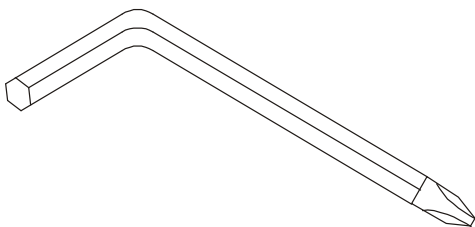
#139. 3/8" x 1-3/4"  
Button Head Socket bolt (4pcs)



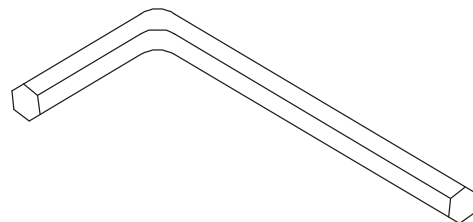
#75. Safety Key (1pc)



#134. Lubricant (1pc)



#131. Combination M5 Allen Wrench  
& Phillips Head Screw Driver (1 pc)

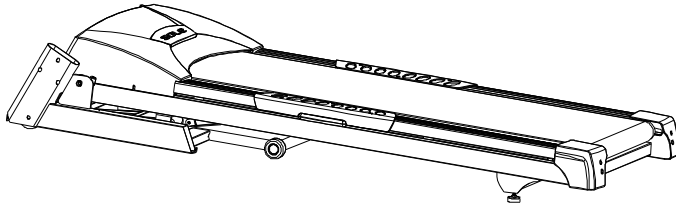


#132. M6 Allen Wrench (1pc)



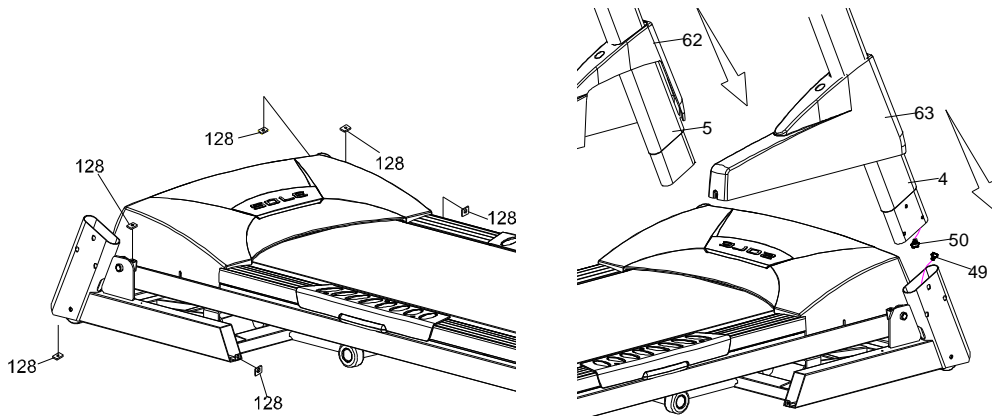
■ **Step 1.**

Remove the treadmill from the carton and lay it aside on smooth, level ground.



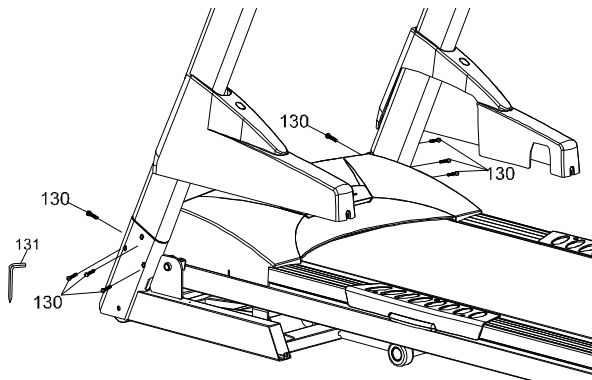
■ **Step 2.**

1. Install the 6pcs of speed nuts (#128) on the Frame Base left and right side.
2. Install the Frame Base Cap (#62 & #63) through the Upright tubes (#4 & #5), and connect the Computer Cable (Lower #49) to the Computer Cable (Middle #50).



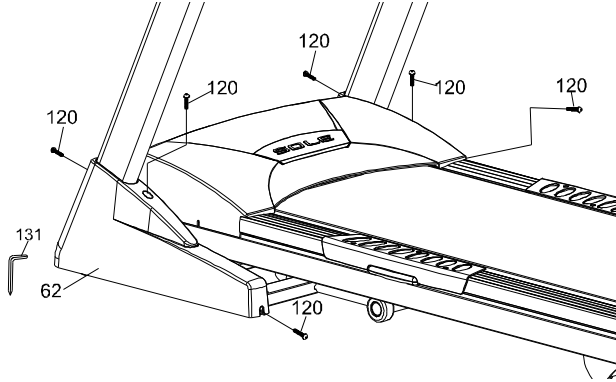
■ **Step 3.**

Install the upright tubes (#4 & #5) into the Frame Base (#2) with the 8pcs of 5/16" x 1/2" Button Head Socket Bolts (#130) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver.



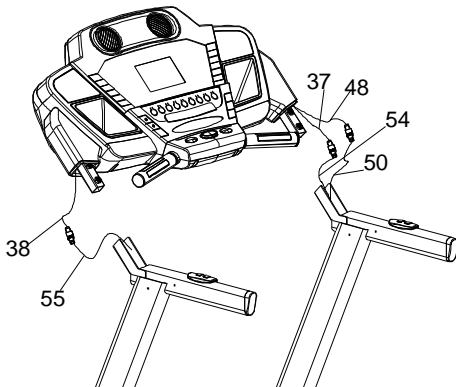
#### ■ Step 4.

Install the Frame Base Cap (#61 & #62) on the Frame Base (#2) with the 6pcs of 5x16mm tapping Screws (#120) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (#131).



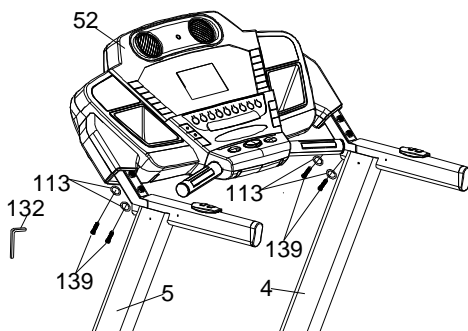
#### ■ Step 5.

Connect the Speed Adjustment Switch Cable (#54) to the Speed Cable, Upper (#37).  
Connect the Incline Adjustment Switch Cable (#55) to the Incline Cable, Upper (#38).  
Connect the Computer Cable, Middle (#50) and Computer Cable, Upper (#48).



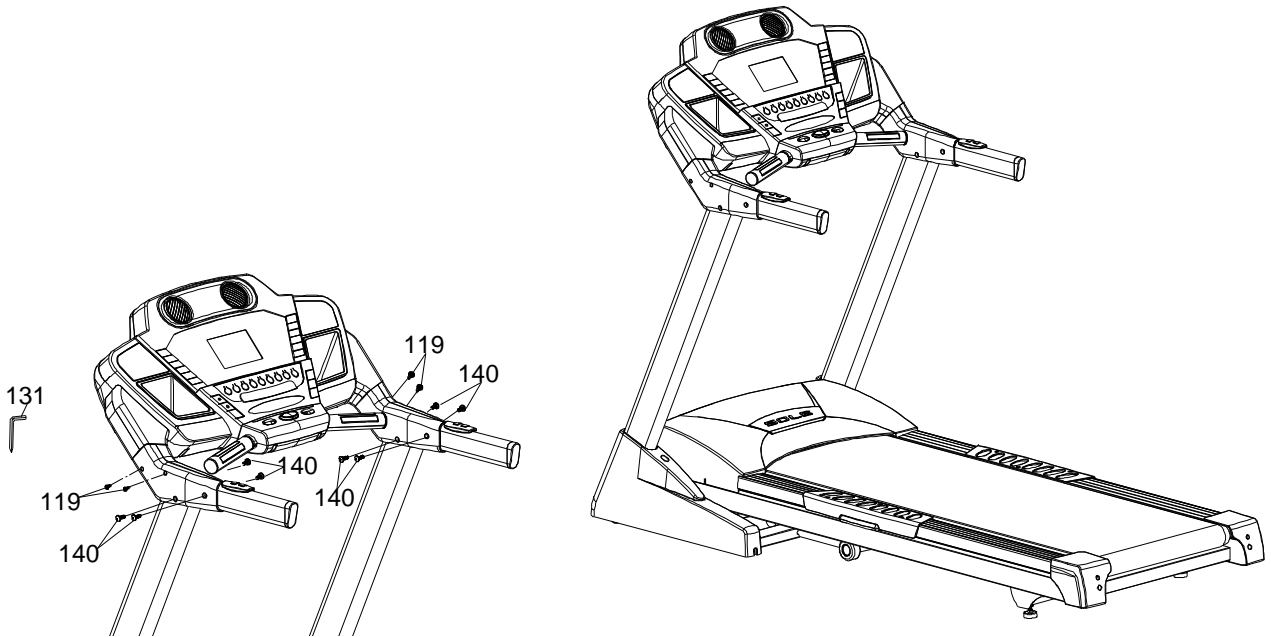
#### ■ Step 6.

Install the Console Assembly (#52) into the upright tubes (#4 & #5) with the 4pcs of 3/8"x1-3/4" Button Head Socket bolts (#139) and 4pcs of  $\Psi$ 10mm Split Washer (#113) by using the M6 Allen Wrench (#132).



■ **Step 7.**

Install the Left Handgrip Side Cap and Right Handgrip Side Cap to cover the top of the upright tubes (#4 & #5) and Console Assembly Support tubes, with the 8pcs of M5x10mm Phillips Head Screws (#140) and 4pcs of 3.5x12mm Screws (#119) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (#131).



**Please Tighten All Screws After All Components Assembly Complete.**

## ***Folding Instructions***

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

### **■ To Fold The Treadmill:**

**Make certain the treadmill is at minimum incline.** Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.

### **■ To Unfold The Treadmill:**

Apply slight forward pressure\* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high.

\*At the rear roller area to relieve pressure on the locking system.

## ***Transport Instructions***

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

# Operation of Your Treadmill

## Getting familiar with the control panel

### F63Console



### Getting started:

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the safety key is installed, as the treadmill will not power on without it.

When the power is turned on, a message will scroll across the dot matrix showing the current software version. Then the **Time** and **Distance** windows will display Odometer readings for a short time, **Time** window will show how many hours the treadmill has been in use and the **Distance** window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. The treadmill will then enter idle mode, which is the starting point for operation.

## Quick-Start Operation:

**STEP 1:** Attach the **Safety** key to wake display up (**if not already on**).

**STEP 2:** Press the **Start** key to **begin belt movement** then adjust to the desired speed using the **Fast / Slow** keys (console or handgrip). You may also use the rapid speed keys 2 through 10 to adjust the speed.

**STEP 3:** To slow tread-belt press and hold the **Slow** key (console or handgrip) to the desired speed. You may also press the rapid speed adjust keys, 2 through 10.

**STEP 4:** To stop the tread-belt press **Stop** key or pull away **Safety** key.


## Pause/Stop/Reset Feature:

**STEP 1:** When the treadmill is running the pause feature may be utilized by pressing the red **Stop** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.

**STEP 2:** To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.

- I Pause is executed when the **Stop** button is pressed once. If the **Stop** key is pressed a second time, the program will end and a workout summary will be displayed. If the **Stop** button is pressed a third time, the console will return to the idle mode (start up) screen. If the **Stop** button is held down for more than 3 seconds the console will reset.

## Incline Feature:

- I Incline may be adjusted anytime after belt movement.
- I Press and hold the **Adjust**  keys (console or handgrip) to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting desired key, 2 through 10, on left hand side of console (incline).
- I The display will indicate incline position as adjustments are made.

## **Dot Matrix Center Display (Program Operation):**

Twenty columns of dots (8 high) indicate each segment of a workout. The dots are only to show an approximate level (speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In operation the Speed / Incline dot matrix window will build a profile "picture" as values are changed during a workout.

When the Speed indicator which is above dot matrix is lit the Dot matrix displays the Speed profile and when the Incline indicator is lit the Dot Matrix displays the Incline profile.

You may change the Dot Matrix profile view which you desired by pressing the SELECT button. After scrolling through the three profiles which include incline, speed and incline+ speed profile, by pressing the SELECT button, the Dot matrix will automatically scroll through the three displays showing each one for five seconds.

## **1/4 mile Track:**

The 1/4 mile track will be displayed around the dot matrix window. The flashing dot indicates your progress. Once the 1/4 mile is complete this feature will begin again. The amount of laps are accumulated in the laps window which is below PULSE.

## **Pulse Grip Feature:**

The Pulse (Heart Rate) console window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar to display your pulse or the wireless chest strap. Pulse value displays anytime the upper display is receiving a Pulse signal.

## **Calorie Display:**

Displays the cumulative calories burned at any given time during your workout.

**Note:** This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

There is an **Audio Input 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 an audio patch cable included to and also a headphone jack for private listening.

## **To Turn Treadmill Off (Blank out Display):**

Two methods accomplish this: Use either one.

- (1) Display will automatically turn off (blank out) after 10 minutes (no key operations) in Pause / Stop mode.
- (2) Remove safety key.


# Programmable Features

Factory preset programs, 2 user defined programs, one Manual program (P0) and P1-P5 programs.

Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The maximum speed that the particular program will achieve will be displayed in the Speed window.

Also included are two user programs (User 1 and User 2) for custom workouts.

## To Select a Program:

**STEP 1:** Press the **PROGRAM**  key to select desired program which include Manual (P0) and P1-P5. Press enter to select the program. The display will prompt you through the programming or you can just press Start to begin the program with default values.

**STEP 2:** If enter was pressed, the **Time** window will display with the default value of 20 minutes. You may use any of the up/down, fast/slow keys to adjust the time. After adjusting, or to accept the default value, press enter. (Note: You may press start at any time during the programming to start the program.)


**STEP 3:** The **Calorie** window will now be displaying a value, which is your **Body Weight**. Entering the correct body weight will affect the calorie count. Use the Up/Down keys, Fast/Slow to adjust, then press enter.

A note about the **Calorie** display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The **Calorie** display is to be used as a reference only to monitor improvement from workout to workout.

**STEP 4:** The **Calorie** window will display the preset top speed of the selected program. Use the Up/Down, Fast/Slow keys to adjust, and then press enter. Each program has various speed changes through out, this allows you to limit the highest speed the program can reach.

## User Programs:

**STEP 1:** Select User 1 or User 2 via the **PROGRAM** key then press **Enter**. Note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program).

**STEP 2:** Note the Time window is flashing. Use the **Adjust**  keys to adjust up from 10 minutes (if desired). Press **ENTER** key. This is a must to continue even if time is not adjusted.

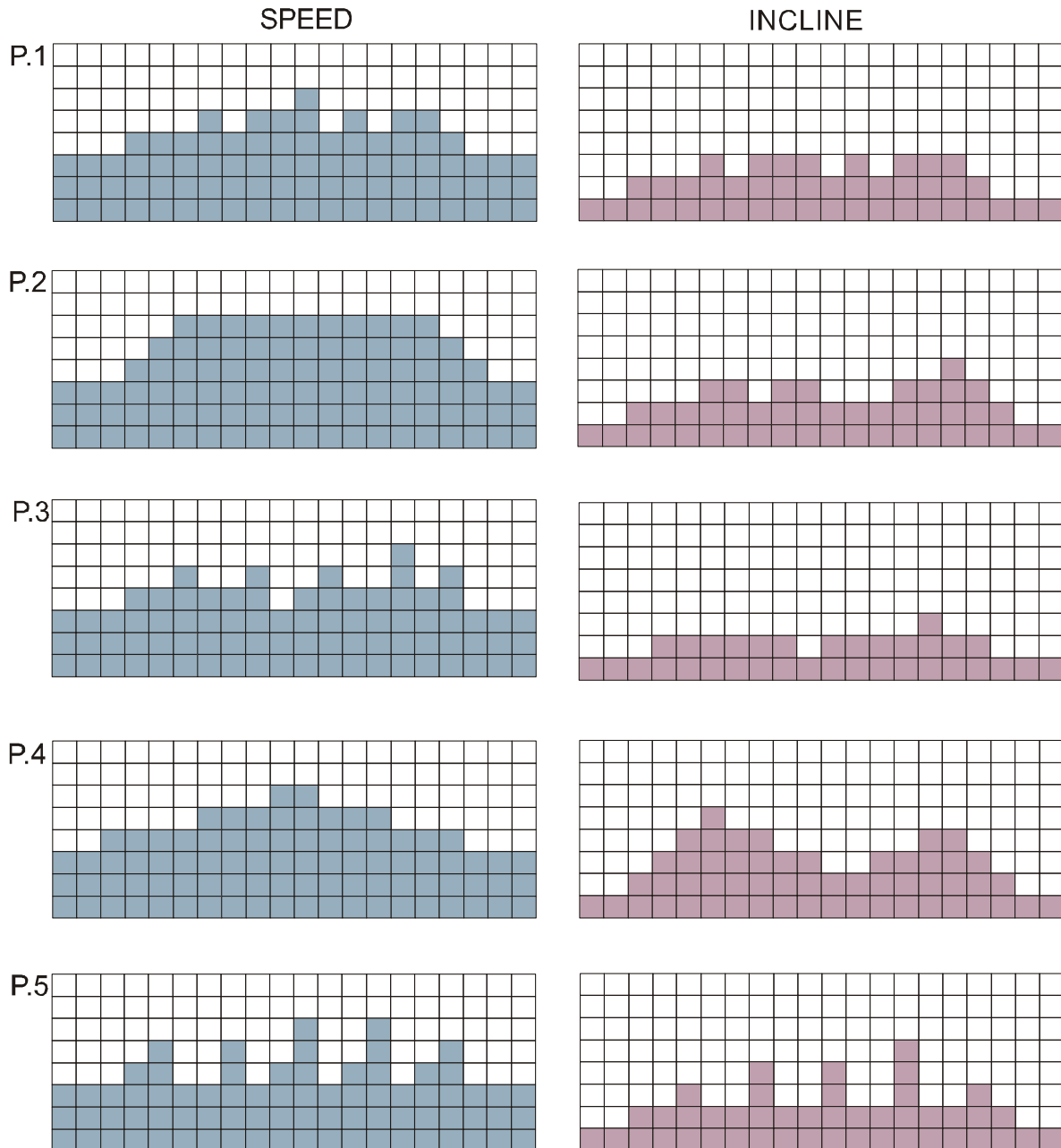
**STEP 3:** The Calorie window will now be blinking a bodyweight value. Enter your bodyweight and press **Enter**.

**STEP 4:** The Calorie window will now be blinking an Age value. Adjust the age and press enter.



**STEP 5:** The first column (segment) will now be blinking. Using the **Fast / Slow** or rapid keys, adjust the speed level to your desired effort for the first segment then press enter. The second column will now be blinking. Repeat the above process until all segments have been programmed. The first column will be blinking again. This is for the incline programming. Repeat the above process to program all segments for incline.

**STEP 6:** Press the **Start** button to begin the workout and also save the program to memory.



# General Maintenance

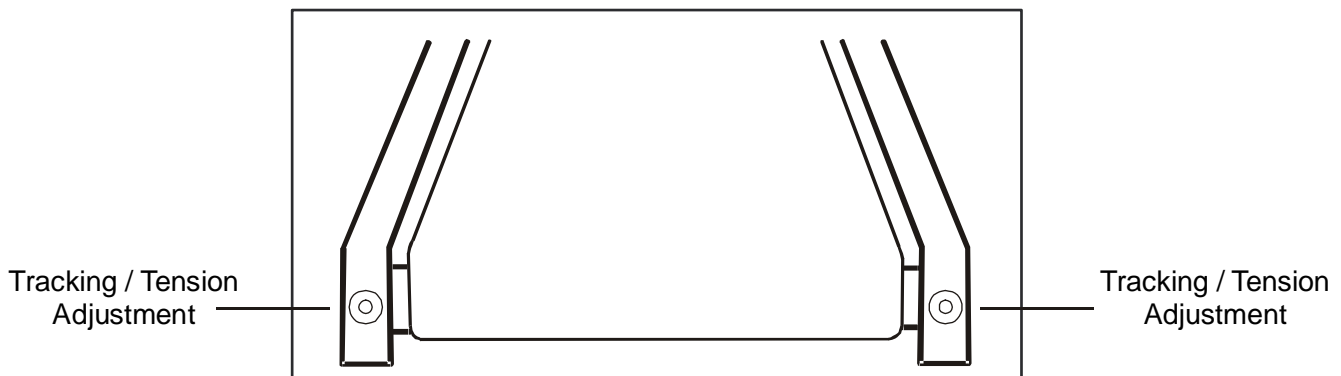
**Belt and Bed** - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. 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. Wiping excess off with a damp cloth will minimize buildup.

**General Cleaning** - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis, vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.**

## BELT ADJUSTMENTS:

**Treadbelt Tension Adjustment** - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right side of the rear roller in order to adjust tension with the 6 mm Allen wrench provided in the parts package. The adjustment bolt is located at the end of the right side rail as noted in 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 treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension. **When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.** This is accomplished by turning both the tension and tracking Allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

**DO NOT OVERTIGHTEN** – Over tightening will cause belt damage and premature bearing failure.

## TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the treadbelt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the treadbelt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

## TO SET TREADBELT TRACKING:

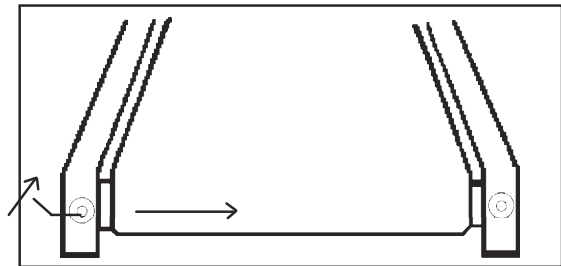
A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the **left** side only. Set belt speed at

approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn 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. The belt may require

periodic tracking adjustment depending on use and walking/running characteristics. Some users

will affect tracking differently. Expect to make adjustments as required to center the treadbelt.

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.**

## Belt/deck lubrication procedure:

Do not lubricate with other than SOLE approved lubricant. Your treadmill comes with one tube of lubricant and extra tubes can be ordered directly from SOLE. There are commercially available lube kits, but the only one currently approved by SOLE is Lube-N-Walk. These kits come with an application wand that makes applying the lubrication easier. The kits can be purchased directly from Lube-N-Walk here: <http://www.jadfitness.com/>. You can also purchase SOLE lubricant from our website [www.soletreadmills.com](http://www.soletreadmills.com) under the products tab.

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The deck comes pre-lubricated and subsequent lubrication should be performed **every 180 hours of use**. The console has a built in lubrication reminder indicator that lights every 180 hours of use. To lubricate the deck with the tube of lubricant supplied it will be necessary to loosen the walking belt. Using the 6 mm Allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps -- enough to get your hand under the belt (5 –10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot line, like toothpaste on a toothbrush. The one-foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt. You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly run on the treadmill the spot where your feet land may be different from walking.

Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 6 mph without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side then follow the belt tracking instructions to remedy. Now the deck is lubricated and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

## 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	Tether cord not in position. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. Household circuit breaker may be tripped. Treadmill defect. Contact your SOLE dealer.
Treadbelt does not stay centered Treadmill belt hesitates when walked/run on	A 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 Treadbelt Tension. Adjust as necessary.
Motor is not responsive / Display is lit	Make certain clock is running.
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 16 gauge minimum. Low household voltage. Contact an electrician or your SOLE dealer. A minimum of 110 volt AC current is required.
Treadbelt 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 is not grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions on page 4.

# Manufacturer's Limited Warranty

## Effective January 1, 2007 TREADMILL WARRANTY

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:

Drive Motor	Lifetime
Deck Wear	3Years
All Other Components	3Years
Frame Weldments	Lifetime
Labor	1Year

### 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.

### 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 treadmills not requiring component replacement, or treadmills not in ordinary household use.
3. Damages caused by services performed by persons other than authorized SOLE servicers; use of parts other than original SOLE parts; or external causes such as 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.

### 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 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. Contact your local authorized SOLE service organization.
3. If there is a question as to where to obtain service, contact our service department 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 in 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.