

# **SOLE**

## **MX SERIES 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 AND / OR LIGHT INSTITUTIONAL USE ONLY** AND IS WARRANTED FOR THAT APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

# ***Important Safety Instructions***

## **WARNING!**

***Read all instructions before using this appliance.***

- *Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.*
- *Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.*
- *Keep hands away from all moving parts.*
- *Keep the cord away from heated surfaces.*
- *Never drop or insert any object into any openings.*
- *Do not use outdoors.*
- *Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.*
- *Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable to be used on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.*
- *Always consult with your physician before beginning any exercise program. If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.*

# **Beginning Your Personal Fitness Program**

- **ALWAYS** consult your physician before beginning any exercise program.

*The key factors to avoid soreness are:*

- (1) Ample Stretching*
- (2) Low Impact Exercise*
- (3) Avoiding Overexertion*

- *Stretching gives your body's muscles, ligaments, tendons, and soft tissue the opportunity to gradually achieve the rigors that will be exerted during normal exercise. Follow the chart for some basic stretching exercises that will give you more flexibility and reduce exercise-related soreness. Choose other stretching exercises that are comfortable for you. All stretching exercises should be performed in a controlled manner. Do not perform any of these stretches if it is uncomfortable.*

- *When you walk, jog, or run, the surface below you has the possibility to impact your joints and connective tissue with a factor of up to 2 to 4 times your body weight. In a 10 minute workout session on the Sole Flex Trax you will contract every working muscle over 300 times. Your muscles can tolerate the repeated contractions because there is no impact and the smooth, guided resistance minimizes post exercise muscle soreness.*

- *The key to decreasing soreness and maintaining a healthy, vital exercise program is to carefully pace yourself when you or your physician plans your routine. The antiquated phrase "no pain, no gain" has been soundly defeated and the rallying cry of today's exerciser is "if there is pain, slow down or stop". If you feel that you are working too hard or breathing too heavy; reduce your workload. Most people who have been inactive and/or have added extra pounds, made the decisions that deteriorated their health over a long period of time. In many cases, a decline in an individual's health and fitness takes many years or even decades to occur. Exercise is a lifestyle, not a fad or program you can finish in thirty days. Research tells us that a person who performs a less intense exercise regularly is many times more likely to exercise consistently. Develop a routine that is both enjoyable and entertaining and you are well on your way to a healthier and more satisfying life.*

**Figure 1 - Arm & Shoulders Stretch**

Raise the left elbow and lower the right elbow. If your hands cannot meet, reach back as far as possible and hold for 10 seconds. Reverse arms and repeat.



Figure 1

**Figure 2 - Lower Back Stretch**

Cross legs in front of your torso. Reach forward with your arms and hold for 10 seconds.



Figure 2



**Figure 3 - Lower Back Stretch**

Pull both knees as tight as possible to your torso. Raise your head and hold for 10 seconds.



Figure 3



**Figure 4 - Groin Stretch**

Put the heels of your feet together. Lean forward and hold for 15 seconds.



Figure 4



**Figure 5 - Quadriceps Stretch**

Raise your foot from the floor and hold it with your opposite hand. Hold for 15 seconds. Reverse position and stretch opposite leg.



Figure 5



Figure 6

**Figure 7 - Calf and Achilles Tendon Stretch**

With knees bent, lean forward from the waist. Do not lock your knees. Hold for 15 seconds.

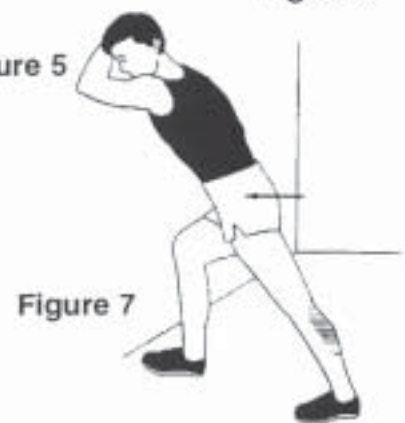


Figure 7

## **Proper Body Positioning on the Sole Flex Trax**

*When you step onto the foot pedals, simply stand in an upright position. You do not need to lean forward or bend at the waist to grab the arm / grab bars*

## **Workout Features of the Sole Flex Trax**

- **Total Body Conditioning** - *The Sole Flex Trax is designed to provide you with an upper and lower body workout. It is a cardiovascular, non-impact workout that tones your arms, chest, back, hips, legs and glutes, and it burns more calories and fat than other one dimensional cardiovascular machines.*
- **Elliptical motion** - *The elliptical, non-impact motion stimulates the normal pattern that your body would go through while walking, jogging or running.*
- **Forward and reverse motion** - *The Sole Flex Trax allows you to move forward or reverse throughout all the programs. You can go forward or reverse at any time during your workout. To go forward, simulate a walking motion. Press down and forward on the foot pedal that is higher. For reverse, step backward and downward on the foot pedal that is higher. Please note that the reverse motion is more difficult at higher levels, so you may want to first decrease your resistance level.*
- **Pushing and pulling with both your arms and legs** - *The Sole Flex Trax allows you to gain the effect of “Total Body Exercise” since you are exercising both your arms and your legs. To get more benefit of the upper body component, concentrate on pushing and pulling with your arms. This motion will also assist your legs during the higher resistance levels of a course.*
- **Muscle usage** - *The Sole Flex Trax tones your arms, chest, back, hips, legs and glutes. It allows you to increase your resistance level and your speed to enhance the workout for both your upper and lower body. Sample the various courses to find the best combination for you.*
- **Range of speed** - *The Sole Flex Trax allows you to go at your own pace during a workout. There is no goal speed. On the average, people workout between 3 and 5 miles per hour.*

# Display Description

Your Sole Flex Trax is equipped with a programmable monitor to help you track your progress and motivate you to reach your fitness goals.

This monitor provides 7 preset programs designed to help you reach your fitness goals. Choose your program, set the time limit and begin exercising - your monitor will then show your pulse\*, approximate calories burned, elapsed time, speed and distance traveled.

## **Functions and Features:**

**TIME:** Shows your elapsed workout time in minutes and seconds. Your monitor will automatically count up from 0:00 to 99:59 in one second intervals. You may also program your monitor to count down from a set value by using the ▲ and ▼ buttons (see "Program Your Display Monitor" for setup information).

**SPEED:** Displays your workout speed in miles / hours.

**DISTANCE:** Displays the cumulative distance traveled during each workout up to a maximum of 99.9 miles. The distance will be displayed in hundredths of a mile until you reach 10 miles. Then distance will be displayed in tenths of a mile. Example 0.00 - 9.99, then 10.0 - 99.9 miles.

**CALORIES:** Your monitor will estimate the cumulative calories burned up to any given time during your workout. Calorie expenditure on your monitor is based on realistic expectations; however, your computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

**AGE:** Your monitor will ask you to enter your age (10 to 99 years) when you select either of the heart rate, interactive programs, program 7 or 8. The default age is 20 years. (see Program Your Monitor for setup information).

**HEART RATE:** Your monitor displays your pulse rate in beats per minute during your workout\*. After your workout, the monitor will display the average heart rate that you maintained during your session.

\*if using Sole's optional Pulse Grip, or wearing a chest strap heart rate transmitter (Polar, Cardio Sport or equivalent).

# Button Description

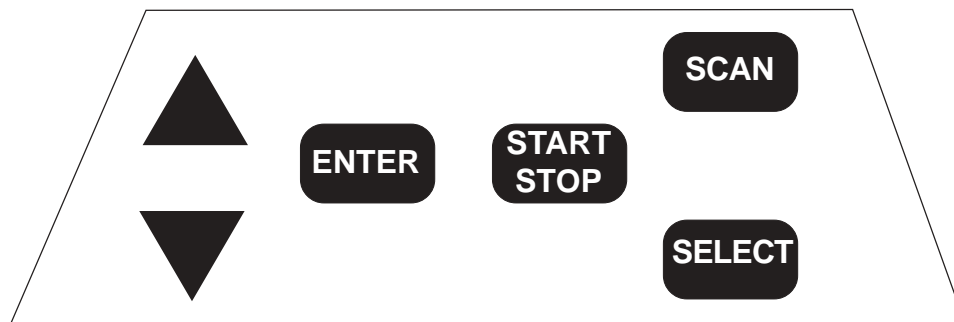
▲ These keys allow you to increase or decrease a selected parameter. In addition, ▼ they will allow you to scroll through the exercise profile choices.

**ENTER** This key allows you to set / choose a specific setup parameter.

**START STOP** This key allows you to start or stop a specific function of the monitor.

**SCAN** This key instructs the monitor to scan displayed Time, Speed, Distance, Calories, and when applicable, Heart Rate.

**SELECT** This key allows you to select a specific, desired display, function.





# Program Descriptions

## Programs

All Sole ellipticals are equipped with eight different programs that are designed to add variety to your workout and to help you achieve your exercise goals. You may vary the resistance in each program by changing the difficulty level or vary the speed by modifying your pace. All preset programs come prepackaged with warm up and cool down periods at the beginning and end of each program to help you exercise properly. Each segment (vertical bar graph) is one minute. The vertical bar graph that is flashing indicates what segment you are working out on.

### Definition of the Preset Programs

(1) **Manual** - Manual has no change in the level of resistance. You control the intensity of your workout.

(2) **Hill Climb** - Hill Climb begins with a low resistance which gradually increases as you move throughout the course.

(3) **Health Walk** - This program is like a walk in the park with minimal changes in resistance. The perfect beginning workout.

(4) **Plateau** - This challenging workout begins with low resistance and quickly increases and maintains a steady level of resistance.

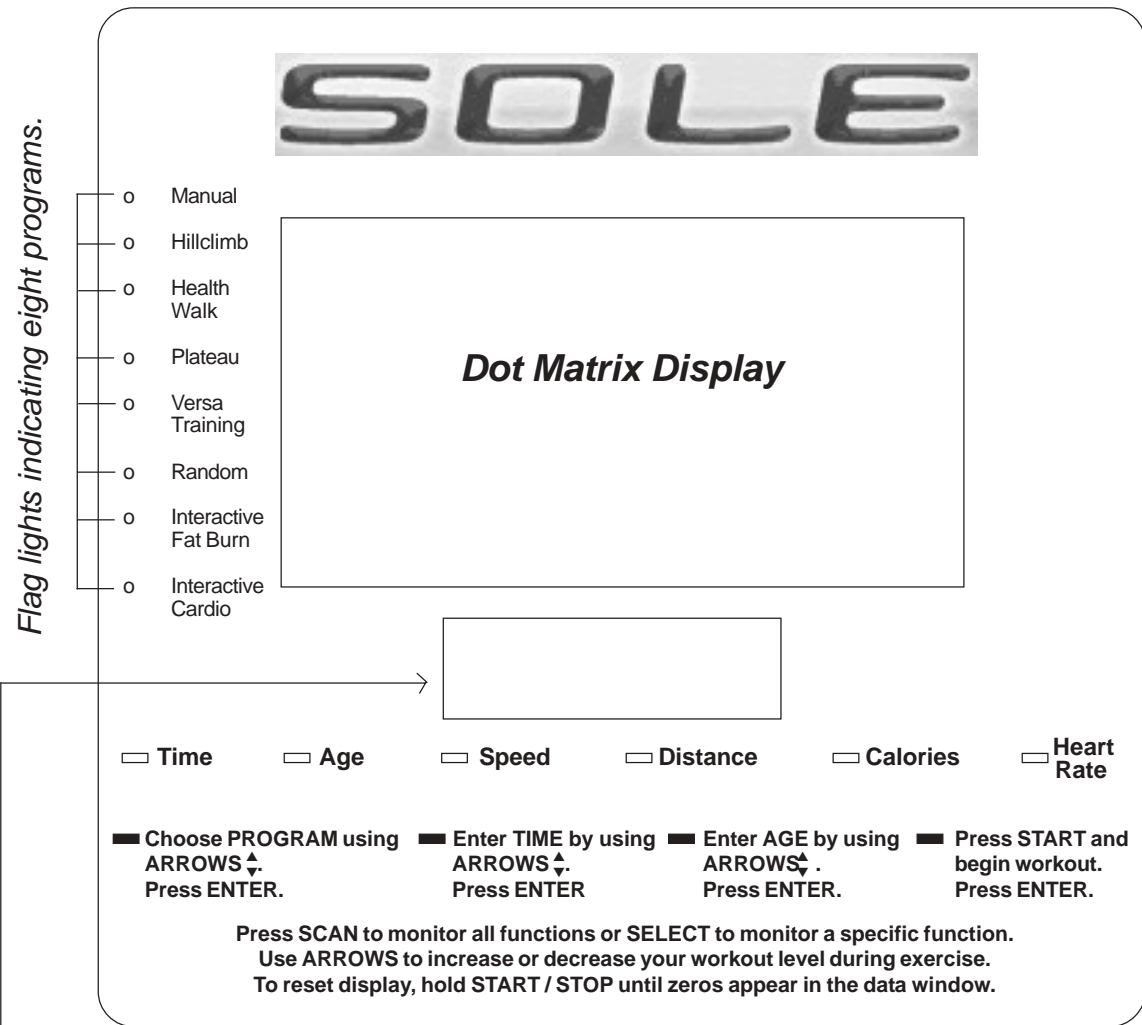
(5) **Versa Training** - This course alternates between low and high intensities. Be prepared for a cardiovascular ride.

(6) **Random** - Variety in your workouts can often keep you motivated to keep going. This course randomly generates various resistance levels throughout your workout.

(7) **Interactive Fat Burner** - This program utilizes Sole's optional Pulse Grip\* feature to help keep your heart rate between 55% and 70% of your target heart rate, providing the greatest fat-burning benefits.

(8) **Interactive Cardio** - Like the fat burner program, Interactive Cardio utilizes Sole's optional Pulse Grip\* to maintain your heart rate between 70% and 85% of your maximum target heart rate to improve your cardiovascular system.

\*Polar, Cardio Sport or equivalent brand heart rate transmitter chest strap may also be used.



**Window displaying Time, Age, Speed, Distance, Calories and Heart Rate.**

- This window will scan if **SCAN** key is pressed.
- The window will also remain on a particular mode with **SELECT** key choice.

# Program Your Display Monitor

**Display will light if any of the following occur:**

- (1) When initial power is applied.
- (2) Begin activating / moving foot peddles.
- (3) Press any of six keys.



**When display is initially lit:**

- (1) Three rows of dot matrix will light.
- (2) Small lower display will show 0:00 (Time).
- (3) Eight program flag lights will flash.
- (4) Time flag light will be on.



**Note:** Display will automatically go blank (off) if not operated after 5 minutes.

**Unit is ready to begin operation.**

**To Operate: (Display must be lit)**

**STEP 1:** Choose a program by using the arrows . Then press .


**Note:** If no time is entered all programs count up to 99:59. Each segment (vertical bar) is one minute. You may skip step 2 if elapsed countdown time is not desired.

**STEP 2:** Time flag and lower rectangular display will begin to flash. If an elapsed countdown is desired, use  arrows to adjust. Then press . Five minutes is minimum workout.

**STEP 3:** If not choosing Interactive Fat Burner or Interactive Cardio, press  to begin workout.

**To Stop / Change a Workout:**

■ Simply stop exercising and press  key. Clock will stop (hold) for 5 minutes. Press  to continue from displayed time.

■ You may use  arrows to change to another program. Clock will reset to 0:00.

■ Walk away. Display will blank out in 5 minutes.

*It is not necessary to unplug the unit from the wall / power input.*

# Heart Rate Control Programs

*These two programs require Sole's optional Pulse Grip or wireless chest strap transmitter (Polar type for example). Your Sole dealer has information on wireless chest straps.*

*If you choose a heart rate control program, the monitor will require an age input to calculate your target zone.*

- *Refer to Step 2 "Entering Time". Press **ENTER** key while in time to select your age.*
- *Use  arrows to adjust to your age. Press **ENTER** key to program this value.*

**Caution:** *Do not begin a heart rate control workout without proper age input. The monitor defaults to age 20 and controls the elliptical tension (to raise / lower heart rate) based on that value.*

## **Heart Rate Monitor Only:**

*You may use the Sole computer display as a heart rate monitor (not control) only. Using Sole's optional Pulse Grip or wireless transmitter chest strap as you would in the two heart rate control programs (7-8). To display the heart rate value, press **SCAN** key. For the heart rate value to be constantly displayed use **SELECT** key to choose heart rate.*

## **Pulse Grip Option:**

*Four stainless steel inserts (grips) are part of the Pulse Grip system. To work properly you must use both hands.*

## **Heart Rate Display Window:**

*Heart rate is only displayed while the computer is "running". That means the clock is "running" or any row of the dot matrix is flashing.*

# Manufacturer's Limited Warranty

Effective October 1, 2003  
ELLIPTICAL WARRANTY

Sole Fitness warrants all its elliptical parts for a period of one (1) year from the date of retail sale, as determined by sale receipt, or eighteen (18) months from the original factory shipping date, whichever comes first. 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. An extended warranty period applies to the following components:

	Residential	Light Institutional
Frame / Lower Drive	Lifetime	3 Years
Electronics / Linkage	5 Years	3 Years

## NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty.
2. Proper use of the elliptical in accordance with the instructions provided in this manual, including belt tracking.
3. Proper installation by an authorized Sole servicer in accordance with instructions provided with the elliptical and with all local electric codes.
4. Expenses for making the elliptical accessible for servicing, including any item that was not part of the elliptical at the time it was shipped from the factory.
5. Damages to the elliptical 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 ellipticals not requiring component replacement, or ellipticals 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 Fitness. 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 (870) 935-1107.
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:

For treadmills purchased from Galyan's: <b>OR</b>	For treadmills purchased directly from Sole:
Galyan's Trading Company, Inc.	Sole Fitness
2437 E Main St.	52 E. Exchange Pl
Plainfield, IN 46168	Salt Lake City, UT 84111
800-425-9267	

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Sole Fitness. This warranty applies only in the 50 states of the U.S.A. and Canada.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR ELLIPTICAL WITH SOLE FITNESS. MADE IN THE USA. **Thank you for your business! PLEASE MAIL WARRANTY CARD TO: SOLE FITNESS, 52 E. EXCHANGE PL, SALT LAKE CITY, UT 84111**

<b>SOLE TREADMILL WARRANTY REGISTRATION</b>		TELEPHONE _____
FIRST _____	M.I. _____	LAST _____
ADDRESS _____		APT. NO. _____
CITY _____	STATE _____	ZIP _____
_____/_____/_____	MODEL NO. _____	SERIAL NO. _____
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>Name of store or company where purchased:</p> <p>Male _____ Female _____ Both _____</p> <p>How many family members? _____</p> </div> <div style="width: 30%;"> <p>Who will use the elliptical?</p> <p>AGE: 15-24 _____ 25-34 _____</p> <p>35-44 _____ 45-54 _____</p> <p>55-64 _____ 65 + _____</p> </div> <div style="width: 30%;"> <p>Where did you learn about ellipticals?</p> <p>TV _____ Radio _____ Friend _____</p> <p>In Store Display _____</p> <p>Salesperson _____</p> <p>Print ad/flyer _____ Internet _____</p> <p>Why did you purchase an elliptical?</p> <p>Dr.'s Orders _____</p> <p>Lose Weight _____</p> <p>In-home convenience _____</p> <p>Improve Cardiovascular Fitness _____</p> <p>Safety from outdoors _____</p> <p>Other _____</p> </div> </div>		
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>How important is each feature?</p> <p>Least Most</p> <p>Unique Features <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Warranty <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Price <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Look/Design <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> </div> <div style="width: 30%;"> <p>Other Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> </div> </div>		