



OWNER'S MANUAL
Model: 16208980890

*Please carefully read this entire manual
before operating your new bike.*

ATTENTION: *Before returning your Sole product to any retailer, or if you require any assistance with assembly or technical support please call us first for assistance at 1-888-707-1880. Thank you for your Sole purchase.*

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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 bike from Dyaco Canada Inc. Your new bike has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new Sole product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.

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 we are in business. Please go to www.dyaco.ca/warranty.html and complete the online warranty registration.

Yours in Health,
Dyaco Canada Inc.

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

Please visit us at www.dyaco.ca/warranty.html to register your purchase.



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

- Do not operate fitness bike on deeply padded, plush or shag carpet. Damage to both carpet and fitness bike 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 fitness bike if it has a damaged cord or plug. If the fitness bike is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- 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, and then remove the plug from the outlet.
- Do not attempt to use your fitness bike 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 fitness bike. Quality athletic shoes are recommended to avoid leg fatigue or injury.
- This equipment 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 equipment by a person responsible for their safety.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT OPERATION INSTRUCTIONS

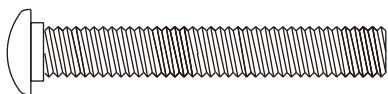
- NEVER expose this fitness bike to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).
- NEVER operate this fitness bike without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on your fitness bike; such as watching television, reading, etc. These distractions may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your SOLE dealer.

TRANSPORT INSTRUCTIONS

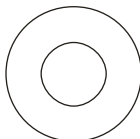
The fitness bike is equipped with two transport wheels which are engaged when the rear of the fitness bike is lifted.

LCR ASSEMBLY PACK CHECKLIST

1 HARDWARE STEP 1



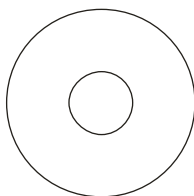
#65. 3/8" x 53L_
Carriage Bolt (2 pcs)



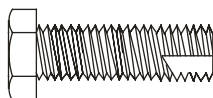
#77. 3/8" x 19mm x 1.5T
Flat Washer (6 pcs)



#191. 3/8" x 16 x 12.5T_
Cap Nut (2 pcs)



#84. 3/8" x 25mm x 2T
Flat Washer (2 pcs)

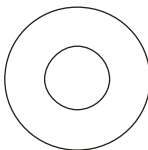


#176. 3/8" x 3/4"
Hex Head Bolt (6 pcs)

2 HARDWARE STEP 2



#71. 3/8" x 1-3/4"
Hex Head Bolt (2 pcs)



#77. 3/8" x 19mm x 1.5T
Flat Washer (4 pcs)



#89. 3/8" x 7T
Nyloc Nut (4 pcs)



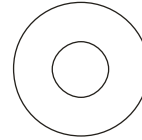
#175. 3/8" x 2-3/4"
Hex Head Bolt (2 pcs)

3

HARDWARE STEP 3



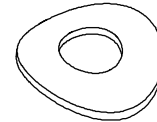
#68. 5/16" x 5/8"
Hex Head Bolt (8 pcs)



#76. 5/16" x 18mm x 1.5T
Flat Washer (6 pcs)



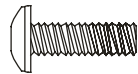
#82. 5/16" x 1.5T
Split Washer (2 pcs)



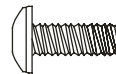
#83. 5/16" x 19mm x 1.5T
Curved Washer (2 pcs)

4

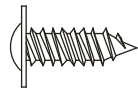
HARDWARE STEP 4



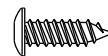
#98. M6 x 15mm
Phillips Head Screw
(4 pcs)



#99. M5 x 12mm
Phillips Head Screw
(4 pcs)

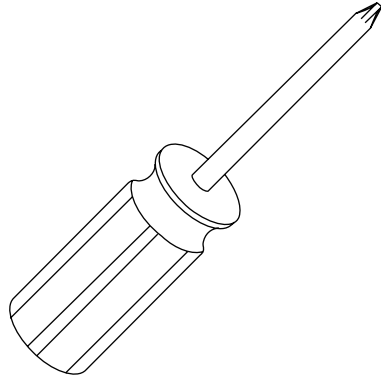


#105. Ø4 x 16mm
Sheet Metal Screw
(4 pcs)

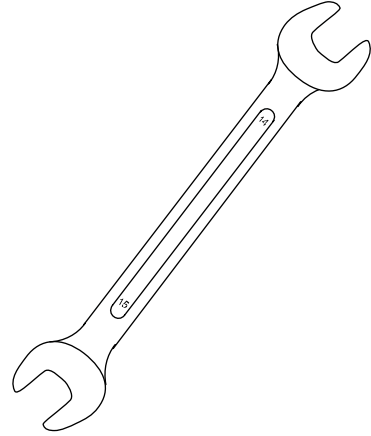


#192. 3.5 x 12L_
Sheet Metal Screw
(4 pcs)

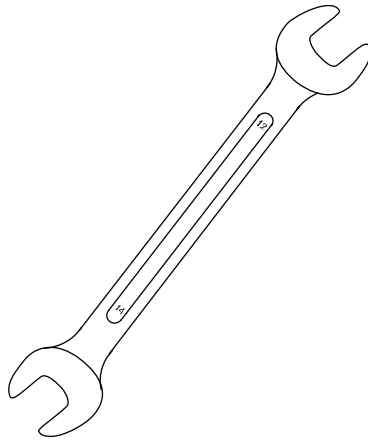
ASSEMBLY TOOLS



#114. Phillips Head Screwdriver



#132. 14/15mm Wrench



#112. 12/14mm Wrench

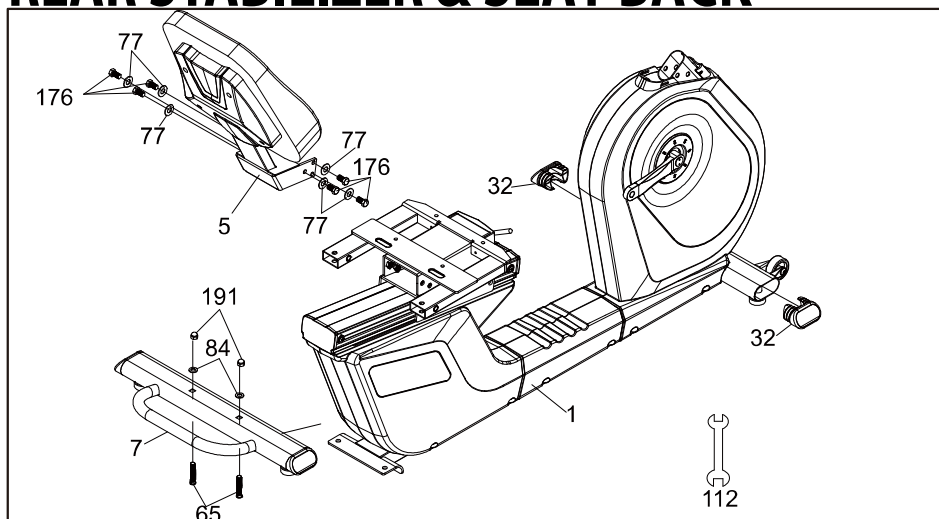
LCR ASSEMBLY INSTRUCTIONS

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.

1

REAR STABILIZER & SEAT BACK



HARDWARE STEP 1

#65. 3/8" x 53L_

Carriage Bolt (2 pcs)

#77. 3/8" x 19mm x 1.5T
Flat Washer (6 pcs)

#84. 3/8" x 25mm x 2T
Flat Washer (2 pcs)

#176. 3/8" x 3/4"

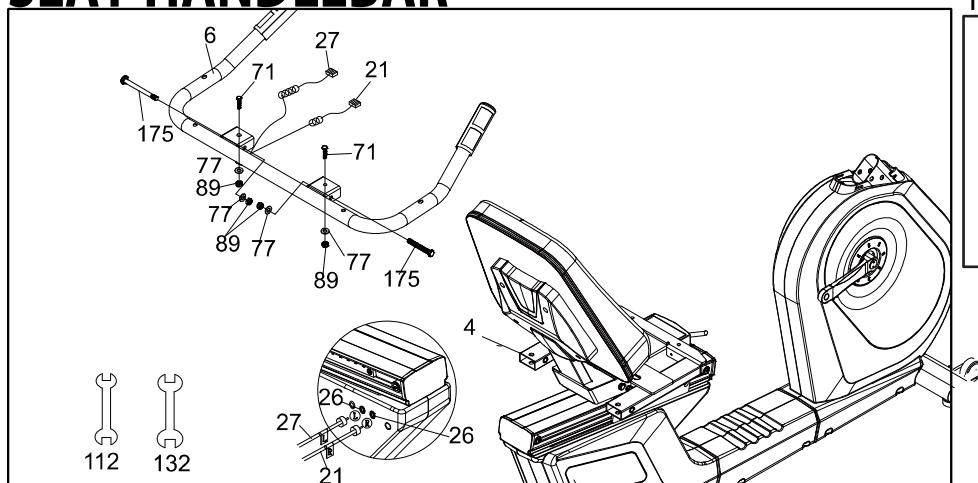
Hex Head Bolt (6 pcs)

#191. 3/8" x 16 x 12.5T_
Cap Nut (2 pcs)

1. Install the Rear Stabilizer (7) onto the Main Frame (1) with the two of Hex Head Bolts (65) and two of flat Washers (84), two of Cap Nut (191) using the 12/14m/m Wrench (112).
2. Install Seat Back Bracket (5) onto the Seat Carriage (4) with the six of Hex Head Bolts (176) and six of Flat Washers (77) by using the 12/14m/m Wrench (112).
3. Insert an end cap (32) into each opening of the Front Stabilizer Tube. You may need to tap them in with a rubber mallet if they are tight.

2

SEAT HANDLEBAR



HARDWARE STEP 2

#71. 3/8" x 1-3/4"

Hex Head Bolt (2 pcs)

#77. 3/8" x 19mm x 1.5T
Flat Washer (4 pcs)

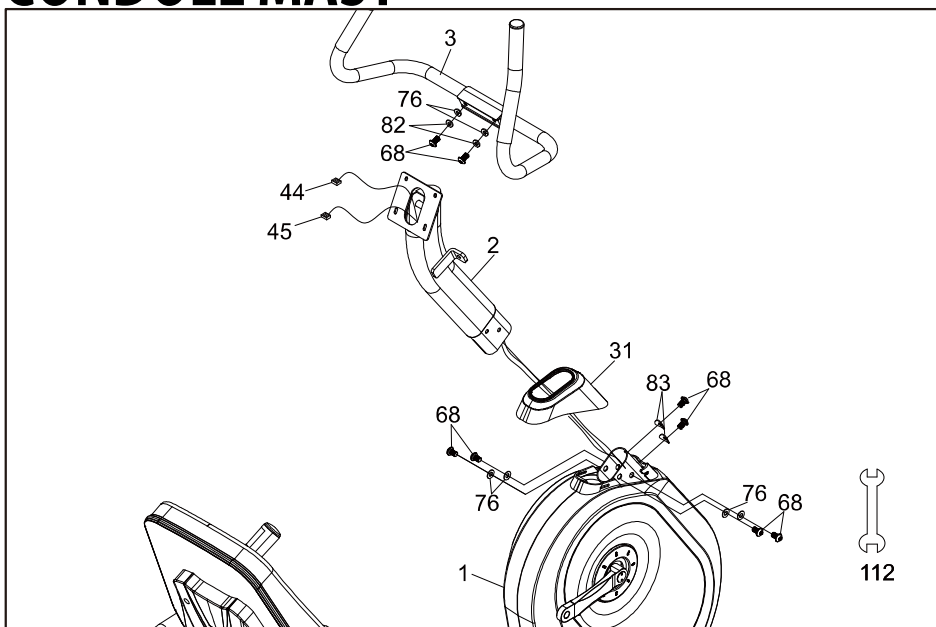
#89. 3/8" x 7T

Nyloc Nut (4 pcs)

#175. 3/8" x 2-3/4" Hex
Head Bolt (2 pcs)

1. Install the Seat Handle Bar (6) onto the Seat Carriage (4) with the two of Hex Head Bolts (71), two of Hex Head Bolts (175), four of Flat Washers (77) and four of Nyloc Nuts (89) by using the Wrench (112) and Wrench (132).
2. Plug the two Hand pulse W/Cable Assemblies (21) & (27) into the Handpulse Wire with Sockets (26) located on the left side rear cover, just under the seat. Two of the plugs look the same; these are the hand pulse plugs and can be plugged into either hand pulse socket. The two socket connectors on the side case below the seat have two that are the same also. The odd plug and socket is for the switches in the handlebars.

3 CONDOLE MAST



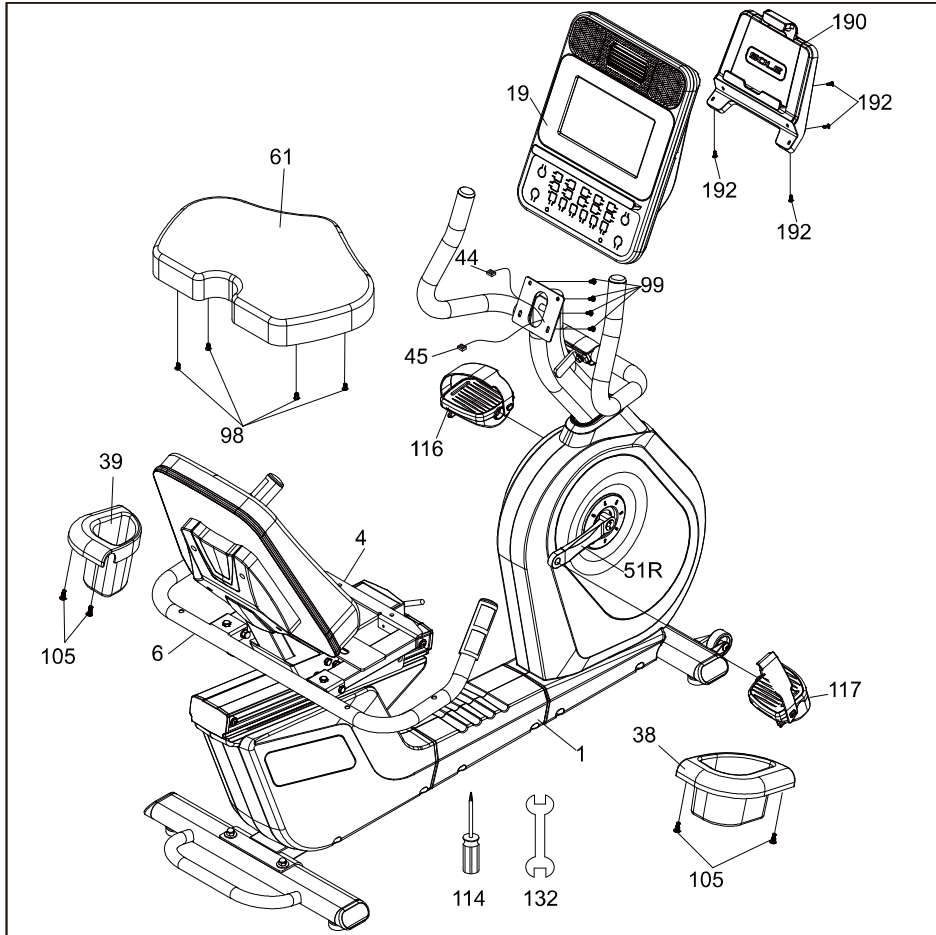
HARDWARE STEP 3

- #68.** 5/16" x 5/8"
Hex Head Bolt (8 pcs)
- #76.** 5/16" x 18mm x 1.5T
Flat Washer (6 pcs)
- #82.** 5/16" x 1.5T
Split Washer (2 pcs)
- #83.** 5/16" x 19mm x 1.5T
Curved Washer (2 pcs)

1. Install the Console Mast Cover (**31**) onto the Console Mast (**2**). Make sure the plastic cover is in the correct orientation.
2. Feed the Computer Cable (**44**) and Hand pulse Wire, Coiled (**45**) through the bottom of the Console Mast (**2**) and out through the opening at the top.
3. Install the Console Mast (**2**) into the receiving tube (make sure not to pinch the wire cable as damage to the electronics could occur) of the Main Frame (**1**) with the six of Hex Head Bolts (**68**), four of Flat Washers (**76**) on the sides of the tube and two of Curved Washers (**83**) on the front of the tube by using the 12/14mm Wrench (**112**).
4. Remove the white Styrofoam pad (factory installed to prevent bolts from being accidentally dropped into the Bike).
5. Install the Mast Handle bar Assembly (**3**) onto the Console Mast (**2**) with the two of Hex Head Bolts (**68**), two of Flat Washers (**76**) and two of Split Washers (**82**) by using the 12/14mm Wrench (**112**).

4 SEAT/PEDAL & PLASTIC PARTS

HARDWARE STEP 4



1. Install the Seat (**61**) on the Seat Carriage (**4**) with the four of Phillips Head Screws (**98**) by using the Phillips Head Screwdriver (**114**).
2. Install Computer Cable (**44**) and Hand pulse Wire, Coiled (**45**) into the connector in the back of the Console Assembly (**19**). Install the console onto the mounting plate with the four Phillips Head Screws (**99**) by using the Phillips Head Screwdriver (**114**). Be careful not to pinch the wires between the console and the mounting plate. This could short the wires and damage the electronics
3. Install the Drink Bottle Holders (**L /39, R/38**) onto left of the Seat Handle Bar (**6**) with the four of Sheet Metal Screws (**105**) by using the Phillips Head Screw driver (**114**).
4. Install the Pedals (**L/116, R/117**) in the Cranks by using the 14/15m/m Wrench (**132**). Remember that the Pedal (**L/116**) has a reverse thread and will be screwed into the crank in the opposite rotation from normal threads. There is an "L" stamped into the end of the threaded post of the left pedal and an "R" in the right. Make sure to tighten the pedals as much as you possibly can. It may be necessary to re-tighten the pedals if you feel a thumping during pedaling the bike. A clicking noise, or thumping, sound during pedaling is usually caused by the pedals being too loose.
5. Install the Tablet Holder (**190**) to back of the console with four Sheet Metal Screws (**192**) by using Phillips Head Screwdriver (**114**).

- #**98**. M6 x 15mm
Phillips Head Screw
(4 pcs)
- #**99**. M5 x 12mm
Phillips Head Screw
(4 pcs)
- #**105**. Ø4 x 16mm
Sheet Metal Screw
(4 pcs)
- #**192**. 3.5 x 12L
Sheet Metal Screw
(4 pcs)

FITNESS BIKE FEATURES

FOOT PEDALS

Through research performed with a leading sports scientist and physical rehabilitation expert, Sole engineering has developed a breakthrough in pedal design. Typical stationary exercise bikes are wider than a normal road bike. The reason is to allow for the braking mechanism, pulleys, drive components and plastic covers. Since the bike is wider, so is the distance between the pedals; this width between the pedals is called the Q factor.

Sole has designed our pedal system so the Q factor is the smallest in the industry, but we did not stop there. We have also custom designed and tooled a new pedal that provides a two degree inward tilt to compensate for the Q factor not being perfect. Having a small Q factor in addition to the two-degree inward tilt of the pedals puts the user into a biomechanical neutral alignment. This means that your feet, ankles, knees and hips are lined up properly ensuring a comfortable workout.

SEAT ADJUSTMENT

You are able to adjust the seat position while seated. Pull up on the lever located in front of the seat and slide the carriage forward or backwards. The correct position is when there is a slight bend in your knee when the pedal is at its farthest position forward (3 o'clock position when looking from the right side of the bike). Release the lever and you are ready to begin.

PEDAL STRAP ADJUSTMENT

Adjust each pedal strap so that they are snug around your feet. You have the option of adjusting the hole location on one or both sides of the pedal.

Charge Portable Devices with USB port

USB Port Charging function:

Charge your personal device during your workout using the fitness equipment's on-console USB port.

To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.

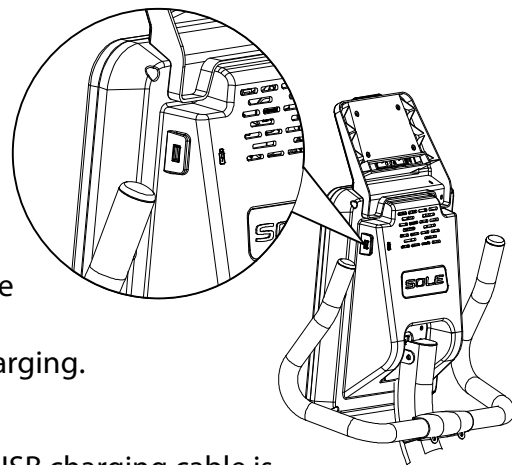
Step 2: Check to make sure your device icon indicates it is charging.

NOTE :

* USB charging cable is not included, make sure compatible USB charging cable is being used.

** Your device "charging" icon may or may not indicate it is charging. Depending on the amount of current your particular device requires for charging the icon may not be on but your device is still charging, but possibly at a lower charge rate.

***The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/0.5 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.



OPERATION OF YOUR FITNESS BIKE

GETTING FAMILIAR WITH THE CONTROL PANEL

CONSOLE

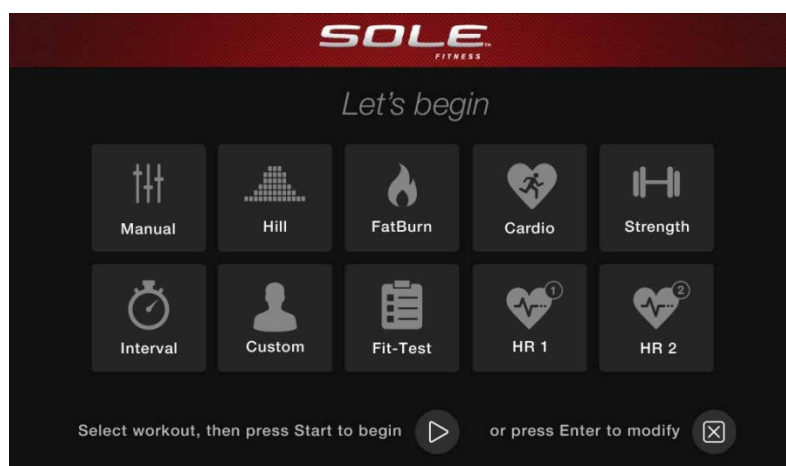
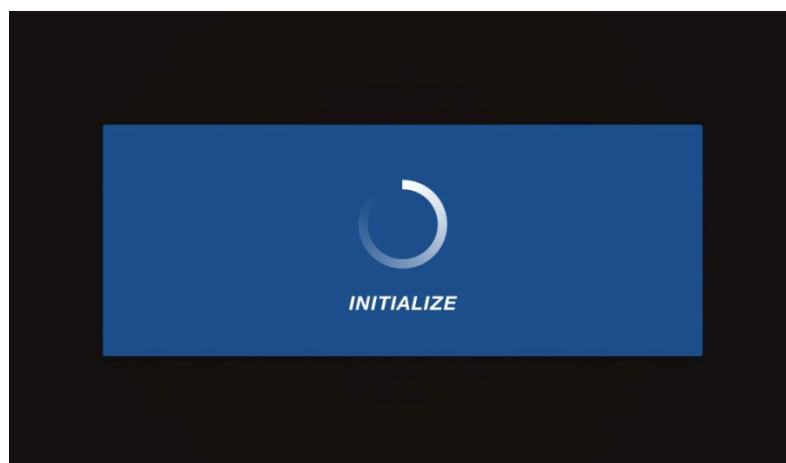


POWER UP

When power is connected to the bike the console will automatically power up. These models are connected directly to 120 VAC and there is a power port located where the line cord plugs into the unit on the left side near the front.

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 bike has been in use and the Total distance will show how many miles (or Kilometers if the bike is set to metric readings) the bike has gone. The bike 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



Main workout home page

CONSOLE OPERATION

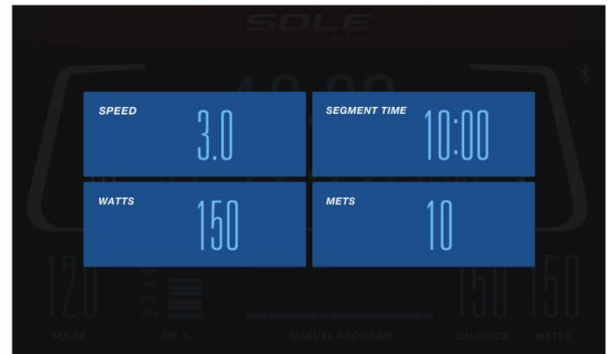
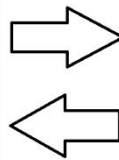
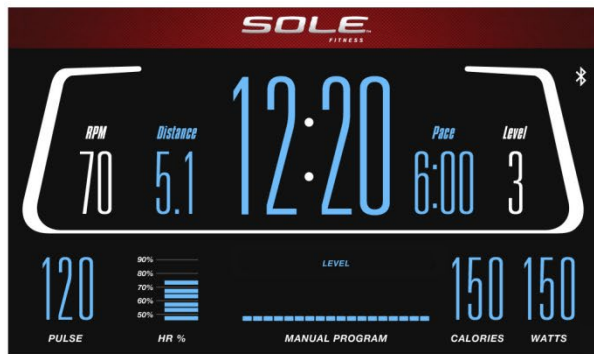
START KEY

This is the quickest way to start a workout. After the console powers up, just press the **Start** key to begin. This will initiate the Start key mode. In Start key, 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.



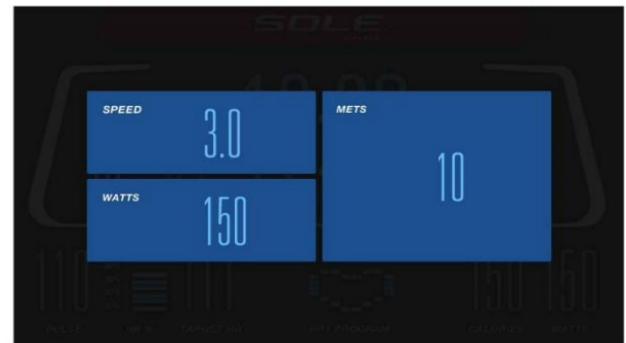
MANUAL



PROGRAM/CUSTOM



FIT-TEST

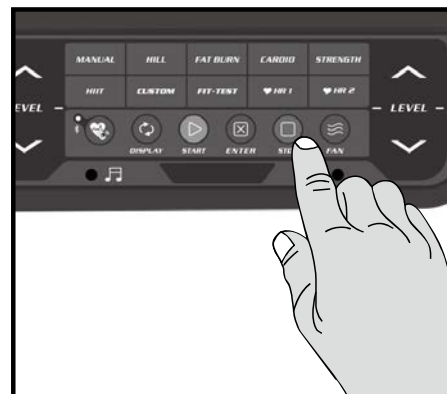


HRC1/HRC2

The bike 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.

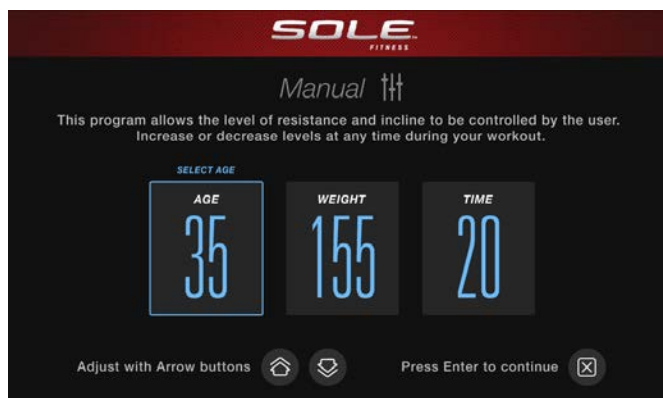
If the **Stop** key is held down for 3 seconds the console will perform a complete **Reset**. During data entry for a program the **Stop** key performs a **Previous Screen** function. This allows you to go back one step in the programming each time you press the **Stop** key.



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 , Weight and Time**. 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. 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 bike 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**.*

Sole App to be used in conjunction with select Apple & Android devices!

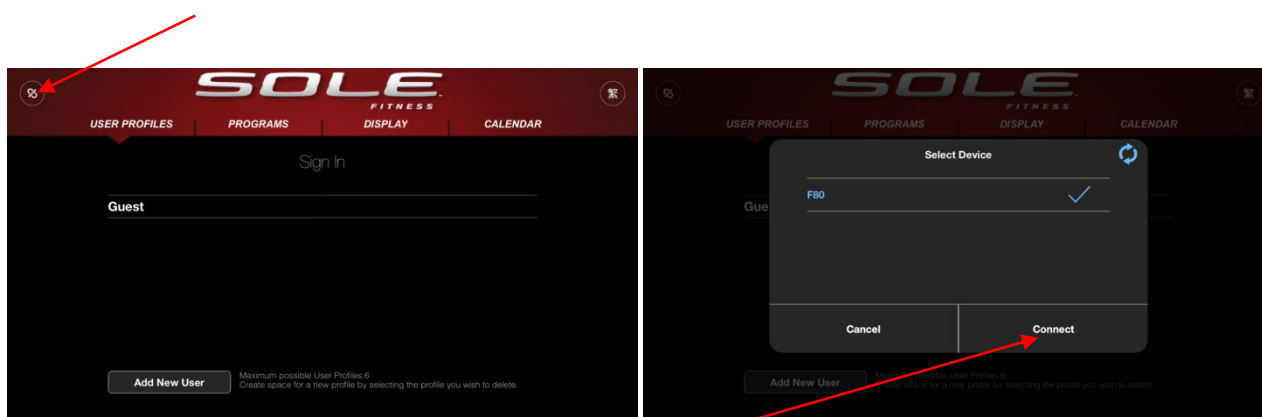
In order to help you achieve your exercise goals, Sole has added an exciting new feature to all of our products. Your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Sole Fitness App.

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 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.

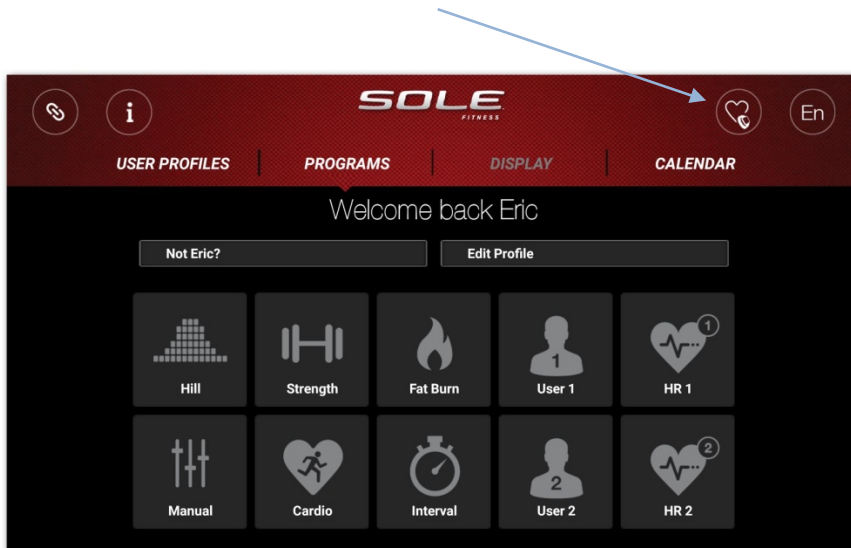


If the bike is not connected to the app, the console will display "SYNC" when the workout is over, and you can connect using your phone or tablet to store the treadmill's workout data in the App. (The console can only store the last workout data, when the treadmill returns to IDLE MODE, the workout data will be erased)

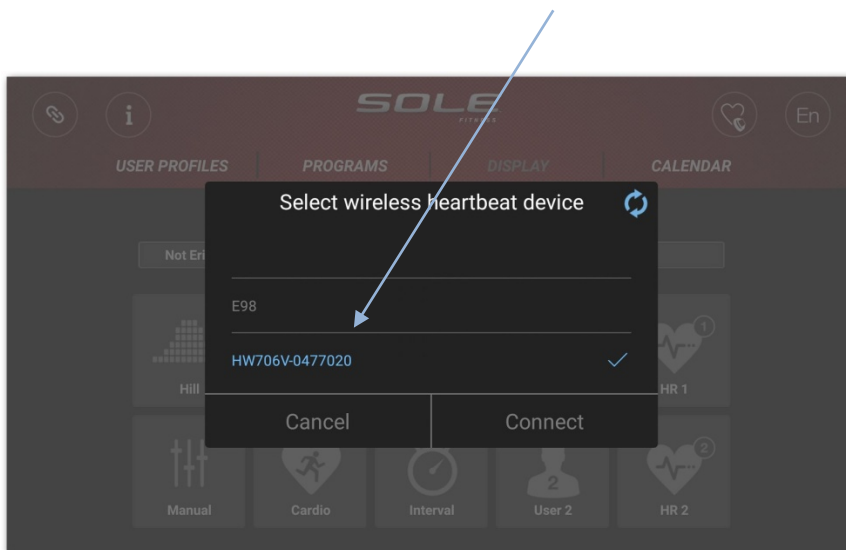
*Note: Your device will need to be running on a minimum operating system of iOS 7 or Android 4.4 for the Sole Fitness App to operate properly.

Console + Sole APP + Bluetooth chest strap instructions :

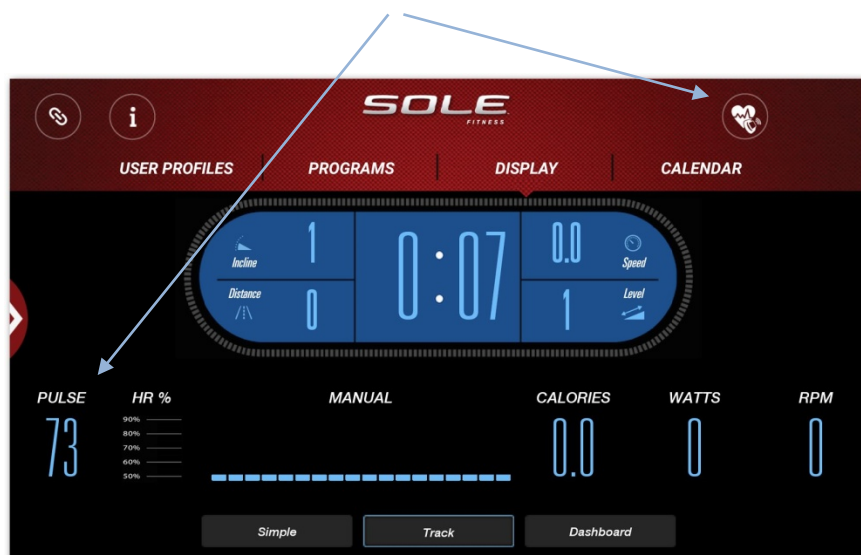
1. When the bike is connected to the APP, press the BLE HR icon.



2. Select the heart rate tracking device you use and press Connect.



3. During workout, the BLE HR icon will lit up and your heart rate information will be shown on the display.



PS. Using the APP with the Bluetooth chest strap does not apply to the HRC mode.

The exercise equipment's Bluetooth device (BLE 4.0), in addition to the App can be connected, but also configured to connect Bluetooth wireless heart rate chest strap transmitter (BLE 4.0) receive function, because the sharing of Bluetooth device, you need to use the heart rate key on the key board to do the function switch, the operating procedures are described as follows:

1. In the idle mode, the heart rate Bluetooth LED on the keypad is not lit, and the Bluetooth function is only used in connection with the App.
2. Under the idle mode, press the heart rate key on the key board, the Bluetooth LED light is on, this time the Bluetooth function is only used in connection with Bluetooth wireless heart rate chest strap, please wear the Bluetooth wireless heart rate chest strap, with the console connection, the console shows Bluetooth wireless heart rate value.
3. When the workout is over, the Bluetooth of the console will automatically be switched to the connected App for use.

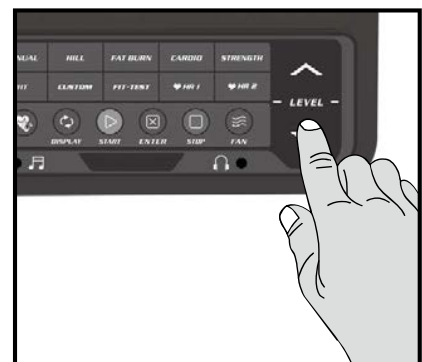
The exercise equipment is configured with Bluetooth wireless music receive function, using a mobile phone or tablet to open the Bluetooth device, search for the name "Bt-speaker" Bluetooth, click on the connection can transmit the phone or tablet music to the exercise equipment.

PROGRAMMABLE FEATURES

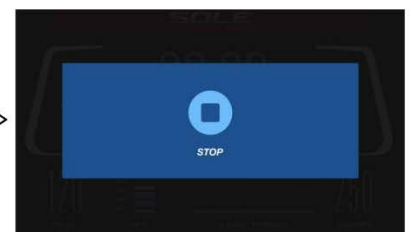
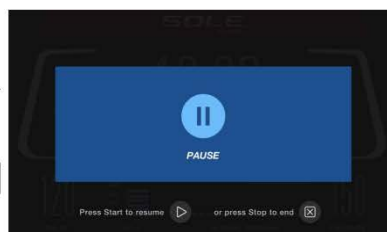
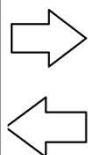
MANUAL PROGRAM

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. In the settings menu, Age will be displayed 1st. 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 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.



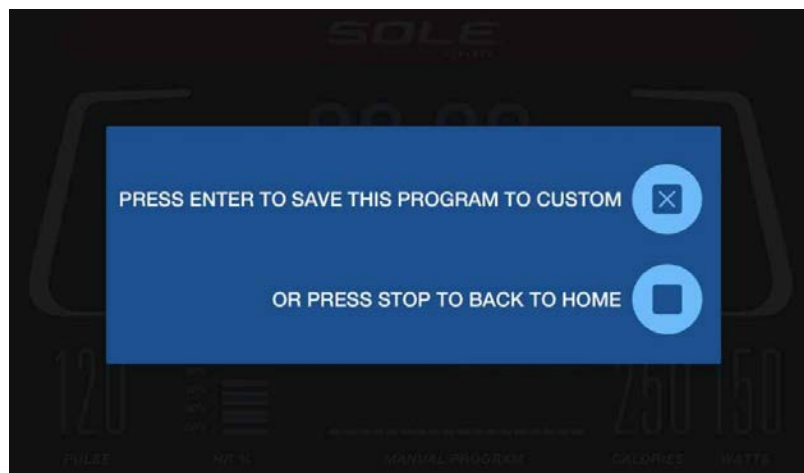
5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key to go back one level of the programming screen.
6. Once the program starts the bike will be set to level one. This is the easiest 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, pressing the DISPLAY key will change the display information.
8. During your workout, pressing the STOP key will pause the program. The bottom left of screen states "PRESS START TO RESUME"; lower right of screen states "OR PRESS STOP TO END". The 2nd time the STOP key is pressed, "STOP" will appear.



9. 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, AVG. RPM, AVG. SPEED, and the AVG. LEVEL, AVG. WATTS and AVG. PULSE.
10. The left corner of the screen displays "PROGRAM END. PRESS START TO REPEAT". The Middle of the screen displays "OR PRESS STOP TO END". The right corner shows "OR PRESS USER TO SAVE". In the SUMMARY screen, when the action is not stored, for 3 minutes, the screen display will automatically go back to main workout home page or press STOP to return to main workout home page.



11. You can store workout data to Custom by performing the following steps.
- When the START key is pressed again, the console will display the previously programmed customer data.
 - When the user presses the Custom button, the screen displays "PRESS ENTER TO SAVE THIS PROGRAM TO CUSTOM OR PRESS STOP TO BACK TO HOME". Press the ENTER key to confirm storage, press the STOP key if you choose not to store and return to main workout home page.



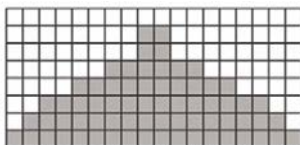
PRESET PROGRAMS

The fitness bike 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.

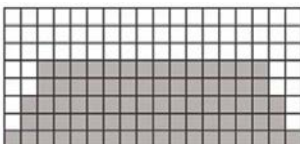
WORK



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.

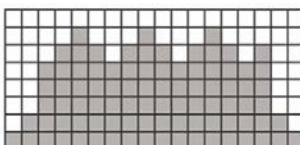
WORK



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.

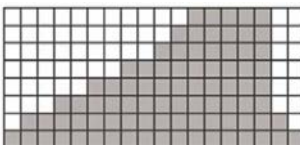
WORK



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).

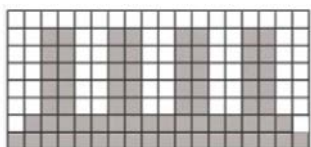
WORK



HIIT

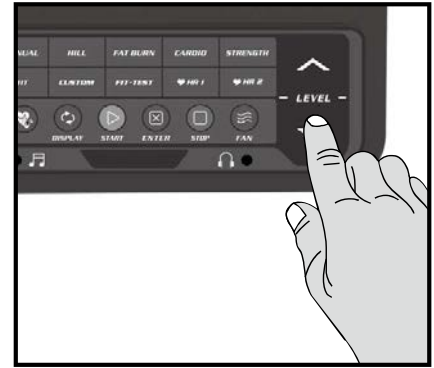
The **HIIT** program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this 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

WORK



PROGRAMMING PRESET BUTTONS

1. Press the desired program button.
2. During the programming stage, the menu will display Age. 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. 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.
7. If you want to increase or decrease the resistance at any time during the program, press the Level ▲ / ▼ keys.
8. When you workout in Manual program mode, pressing the DISPLAY key will change the display information.
9. 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. Select the **CUSTOM** program then press **Enter**. If you have already saved a program to CUSTOM, 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 welcome message screen, when pressing **Start** or **Enter** 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. The **Window** will ask you to enter your **Age**. You may enter your age using the **Level ▲/▼** keys, then press the **Enter** key to accept the new number and proceed on to the next 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 twenty segments have been set.



7. Now the first column will be blinking again and you are asked to adjust the level for the first segment of the workout. Follow the same procedure for building the 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 startup 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** for the present column in the profile. When the profile changes to the next column it will return to the preset work level.
10. During the **CUSTOM** program you will be able to scroll through the data in the **Window** by pressing the **Display** key.
11. 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.

FITNESS TEST PROGRAM

The fitness test will assess your fitness level and give a score at the end of the test. This score is not a Vo2 max number, but just a number to use as a reference. You can take the test every month and the score should be higher as your level of fitness improves. The test will take anywhere from 6–15 minutes. The test will ask you to maintain a pedal speed of 50 RPM and will automatically make adjustments to the work load depending on your heart rate response to set work levels. The test ends when you reach your target heart rate which is 85% of your maximum heart rate (Max HR = 220 – your age) or if your HR exceeds 110 BPM for 2 consecutive stages.

Fitness Test Programming

1. Press the **Fit-test** button and press **Enter**.
2. The message window will ask you to enter your **Age**. You may adjust the age setting, using the **LEVEL** Up and Down keys then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight number using the **LEVEL** Up and Down keys then press enter to continue.
4. Now press **Start** to begin the test or **Enter** to modify your settings.

Before the test

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

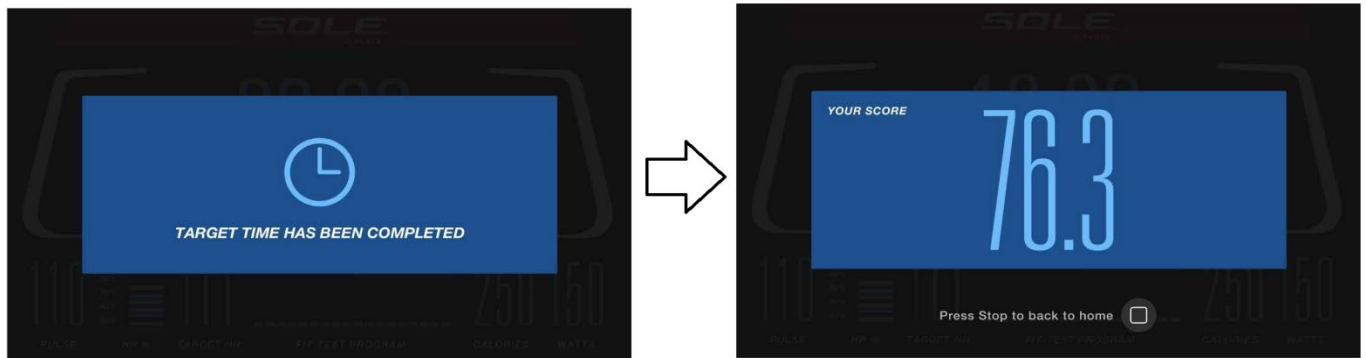
During the test

- The console must be receiving a steady heart rate for the test to begin. Heart rate chest strap must be worn to perform this test.
- You must maintain a steady 50 RPM pedal speed. If your pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a steady beeping sound until you are within this range.
- You may scroll through the various data readings in the message window by pressing the Display button under the message window.
 1. The message window will always display your pedal speed on the right side to help you maintain 50RPM.
 2. The data shown during the test is:
 - a. Work in KGM is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
 - b. Work in Watts (1 watt is equal to 6.11829727787 kg-m/min.)
 - c. HR is your actual heart rate; TGT is the target heart rate to reach to end the test.
 - d. Time is the total elapsed time of the test.

After the test

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

		1st Stage	Level 1 (9W) 54 kgm/min	
Heart Rate	HR<80	HR: 80-90	HR: 90-100	HR>100
2nd Stage	Level 12 (74W) 444 kgm/min	Level 11 (64W) 384 kgm/min	Level 7 (42W) 252 kgm/min	Level 3 (28W) 168 kgm/min
3rd Stage	Level 14 (104W) 624 kgm/min	Level 13 (87W) 522 kgm/min	Level 11 (64W) 384 kgm/min	Level 7 (42W) 252 kgm/min
4th Stage	Level 15 (122W) 732 kgm/min	Level 14 (104W) 624 kgm/min	Level 12 (74W) 444 kgm/min	Level 11 (64W) 384 kgm/min



End of the test show your score

HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

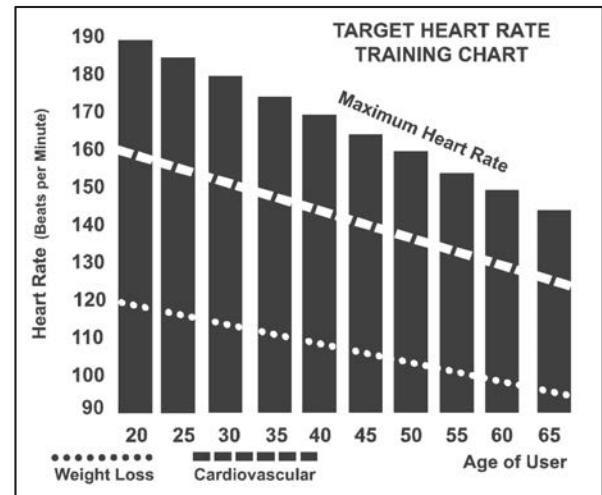
The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity 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:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times .6 &= 108 \text{ beats per minute} \\ &\text{(60\% of maximum)} \\ 180 \times .8 &= 144 \text{ beats per minute} \\ &\text{(80\% of maximum)} \end{aligned}$$

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 fitness bike 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 known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of
Effort

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

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

USING HEART RATE TRANSMITTER (Optional)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the 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 fitness bike for Heart Rate Control 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:

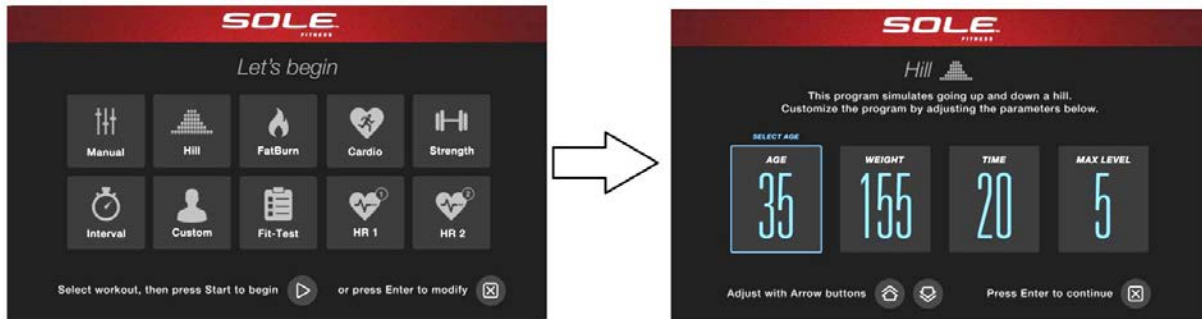
1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter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

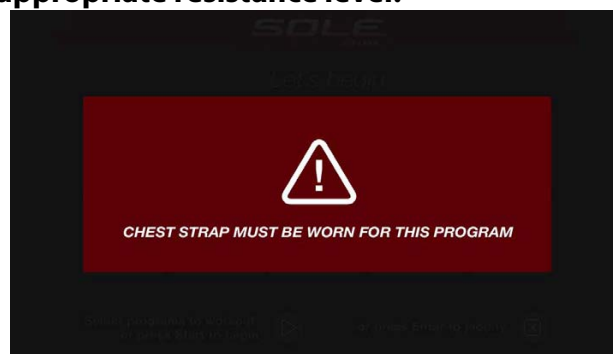
Both programs operate the same, the only difference is that the default for **HR1** is set to 60% and **HR2** is set to 80% of the maximum heart rate. They both are programmed the same way. To start an **HR** program follow the instructions below or just select the **HR1** or **HR2** program, then press the **Enter** button and follow the directions in the **Message Window**.

1. Press the HR1 or HR2 key.
2. During programming, the menu will display Age. 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.

" This program requires the use of the chest strap. An RPM signal must be received before the unit can determine the appropriate resistance level. "



If this picture is displayed, please attach your chest strap and make sure it is communicating with the console.

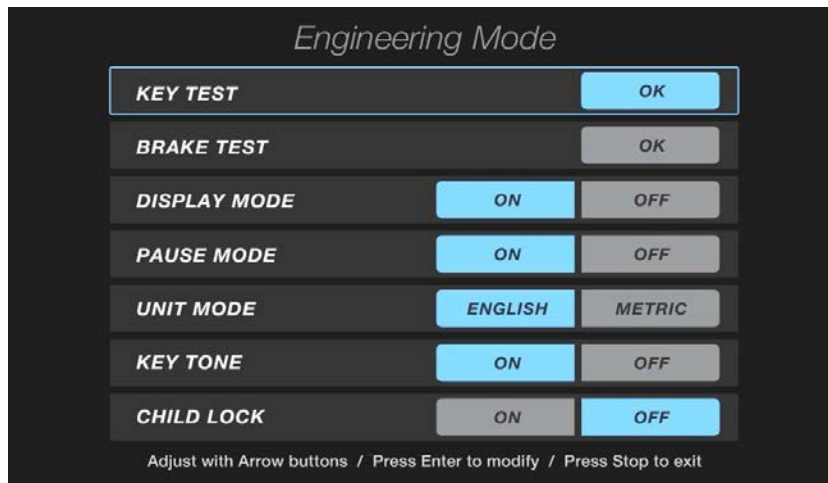
GENERAL MAINTENANCE

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

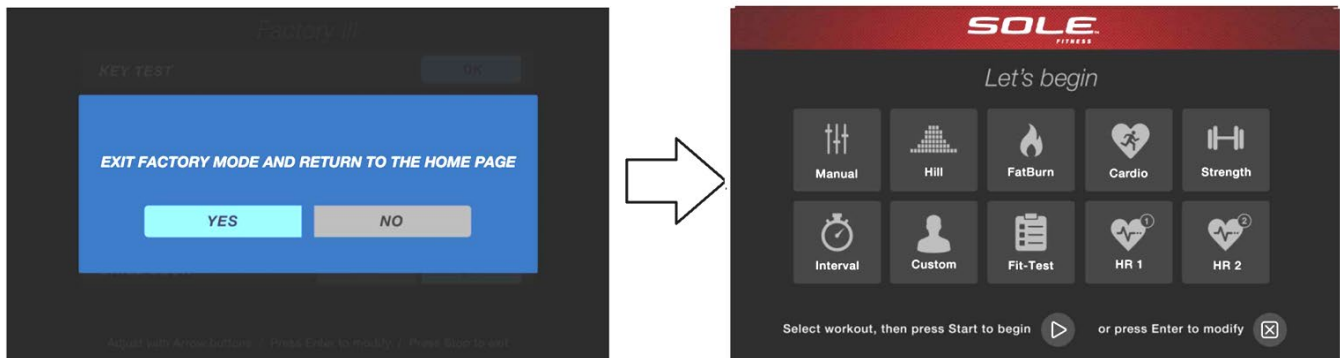
The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Maintenance Menu (may be called Engineering Mode, depending on version) press 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.
- C. **BRAKE TEST** - Testing of the EMS brake.
- 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.
- B. **UNIT MODE** - Choose from English or Metric display readings.
- 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.

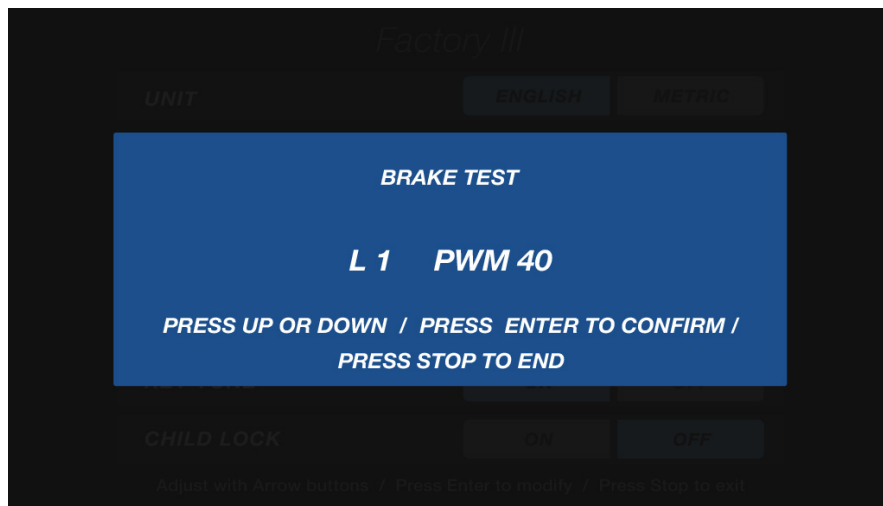


Engineering Mode display page

When the STOP key is pressed, the screen appeared to exit the prompt string "EXIT FACTORY MODE AND RETURN TO THE HOME PAGE". Press YES, then back to main workout home page. Press NO you back to the Maintenance menu page, the screen shown below:

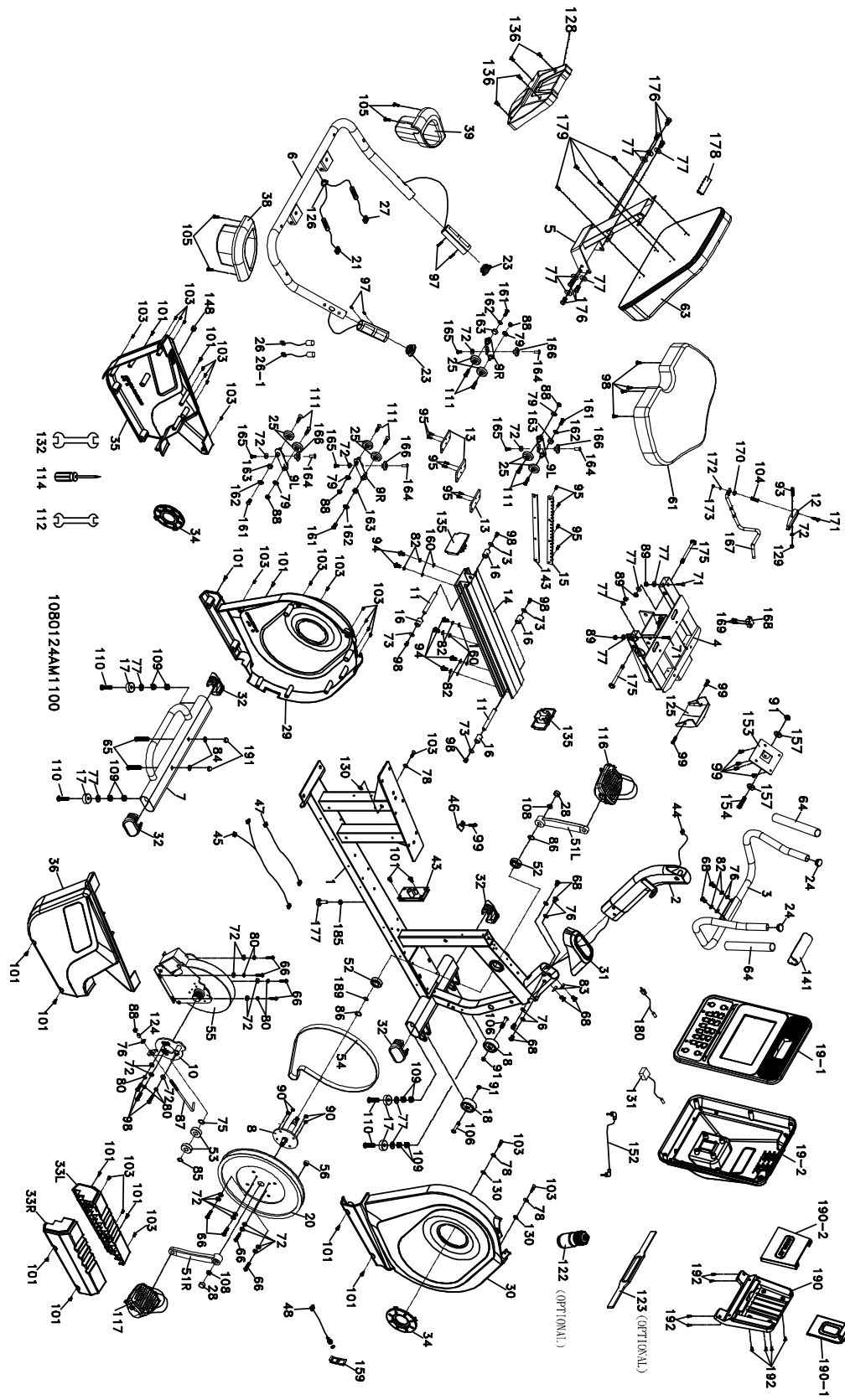


Select "BRAKE TEST" and press ENTER to enter the test, the screen display "BRAKE TEST" and below "L1 PWM XX", press ENTER to enter L1, and then adjust the value as LEVEL_UP/LEVEL_DOWN key, after this adjustment, and then press ENTER to confirm the value, and so on. When adjust to L20, will complete and return to the menu screen. (PWM value adjustment the greater output is larger, ranging 0~512)



Brake test page

LCR EXPLODED VIEW DIAGRAM



LCR PARTS LIST

Key	Part	Part Description	Q'ty
1	9808901	Main Frame	1
2	9808902	Console Mast	1
3	9808903	Mast Handlebar Assembly	1
4	9808904	Seat Carriage	1
5	9808905	Seat Back Bracket	1
6	9808906	Seat Handlebar	1
7	9808907	Rear Stabilizer	1
8	9808908	Crank Axle	1
9L	9808909L	Seat Wheel Adjustment Plate (L)	2
9R	9808909R	Seat Wheel Adjustment Plate (R)	2
10	9808910	Idler Wheel Assembly	1
11	9808911	Seat Stop Axle	2
12	9808912	Seat Position Latch	1
13	9808913	Backing Plate	3
14	9808914	Aluminum Track	1
15	9808915	Rack	1
16	9808916	Spacer for Stopper Axle	4
17	9808917	Rubber Foot	4
18	9808918	Transportation Wheel	2
19~1	9808919-1	Console Top Cover	1
19~2	9808919-2	Console Bottom Cover	1
20	9808920	Drive Pulley	1
21	9808921	950m/m_Handpulse W/Cable Assembly (R)	1
23	9808923	Ø32(1.8T)_Button Head Plug	2
24	9808924	Ø25.4 (2.0T)_Button Head Plug	2
25	9808925	Seat Track Wheel	8
26	9808926	300m/m_Handpulse Wire with Socket	1
26~1	9808926-1	300m/m_Handpulse Wire (White) with Socket	1
27	9808927	750m/m_Handpulse W/Cable Assembly (L)	1
28	9808928	Crank Arm End Cap	2
29	9808929	Front Shroud (L)	1
30	9808930	Front Shroud (R)	1
31	9808931	Console Mast Cover	1
32	9808932	End Cap	4
33L	9808933L	Step Cover (L)	1
33R	9808933R	Step Cover (R)	1
34	9808934	Round Disk Cover, Crank	2
35	9808935	Rear Shroud (L)	1
36	9808936	Rear Shroud (R)	1
38	9808938	Drink Bottle Holder (R)	1
39	9808939	Drink Bottle Holder (L)	1
43	9808943	Generator/Brake Controller	1
44	9808944	1200m/m_Computer Cable	1
45	9808945	2100m/m_Handpulse Wire	1
46	9808946	300m/m_Sensor W/Cable	1

Key	Part	Part Description	Q'ty
47	9808947	400m/m_Wire Brake Coil Harness	1
48	9808948	1100m/m_DC Power Cord	1
51L	9808951L	Crank Arm (L)	1
51R	9808951R	Crank Arm (R)	1
52	9808952	6004_Bearing	2
53	9808953	6203_Bearing	2
54	9808954	Drive Belt	1
55	9808955	Induction Brake	1
56	9808956	Magnet	1
61	9808961	Seat	1
63	9808963	Seat Back	1
64	9808964	Handgrip Foam	2
65	9808965	3/8" × 53L_Carriage Bolt	2
66	9808966	1/4" × 3/4" _Hex Head Bolt	8
68	9808968	5/16" × UNC18 × 5/8" _Hex Head Bolt	8
71	9808971	3/8" × 1-3/4" _Hex Head Bolt	2
72	9808972	1/4" × 13 × 1T_Flat Washer	20
73	9808973	1/4" × 19 × 1.5T_Flat Washer	4
75	9808975	Ø17 × Ø23.5 × 1T_Flat Washer	1
76	9808976	Ø5/16" × Ø18 × 1.5T_Flat Washer	7
77	9808977	Ø3/8" × Ø19 × 1.5T_Flat Washer	14
78	9808978	Ø3/16" × Ø15 × 1.5T_Flat Washer	3
79	9808979	Ø8 × Ø18 × 3T_Knurled Lock Washer	4
80	9808980	Ø1/4" _Split Washer	7
82	9808982	5/16" × 1.5T _Split Washer	8
83	9808983	Ø5/16" × 19 × 1.5T_Curved Washer	2
84	9808984	Ø3/8" × Ø25 × 2T_Flat Washer	2
85	9808985	Ø17 _C Ring	1
86	9808986	Ø20 _C Ring	2
87	9808987	M8 × 170m/m_J Bolt	1
88	9808988	M8 × 7T_Nyloc Nut	5
89	9808989	3/8" × 7T_Nyloc Nut	4
90	9808990	1/4" × 8T_Nyloc Nut	4
91	9808991	5/16" × 6T_Nyloc Nut	3
93	9808993	M6 × 38m/m_Socket Head Cap Bolt	1
94	9808994	5/16" × UNC18 × 3/4" _Hex Head Bolt	6
95	9808995	M5 × 12m/m_Flat Head Socket Screw	10
97	9808997	3 × 20m/m_Tapping Screw	4
98	9808998	M6 × 15m/m_Phillips Head Screw	11
99	9808999	M5 × 12m/m_Phillips Head Screw	7
101	98089101	5 × 16m/m_Tapping Screw	14
103	98089103	3.5 × 16m/m_Sheet Metal Screw	21
104	98089104	Spring	1
105	98089105	4 × 16m/m_Sheet Metal Screw	4
106	98089106	5/16" × 1- 3/4" _Button Head Socket Bolt	2

Key	Part	Part Description	Q'ty
108	98089108	M10 × 1.25m/m_Nut	2
109	98089109	3/8" × 7T_Nut	8
110	98089110	3/8" × 2" _Flat Head Socket Bolt	4
111	98089111	M5 × P0.8 × 10L _Flat Phillips Head Screw	8
112	98089112	12.14m/m_Wrench	1
114	98089114	Phillips Head Screwdriver	1
116	98089116	Pedal (L)	1
117	98089117	Pedal (R)	1
122	98089122	Drink Bottle (Optional)	1
123	98089123	Chest Strap (Optional)	1
124	98089124	Rod End Sleeve	1
125	98089125	Seat Carriage Cover	1
126	98089126	HGP Wire Grommet	1
128	98089128	Seat Back Cover	1
129	98089129	M6 × 6T_Nyloc Nut	1
130	98089130	Ø5/16" × 16 × 1T _Flat Washer	3
131	98089131	Power Adaptor	1
132	98089132	14.15m/m_Wrench	1
135	98089135	Aluminum Axle End Cap	2
136	98089136	M5 × 15m/m _Phillips Head Screw	4
141	98089141	Handle Bar Cover	1
143	98089143	Seat Track Fixing Plate	1
148	98089148	Block	1
152	98089152	400m/m_Audio Cable	1
153	98089153	Console Holder Assembly	1
154	98089154	5/16" × 2-1/2" _Hex Head Bolt	1
157	98089157	5/16" × Ø25 × 3T_Nylon Washer	2
159	98089159	On/Off Switch Bracket	1
160	98089160	Ø5/16" × 16 × 1.5T _Flat Washer	6
161	98089161	M6 × 10L _Flat Phillips Head Screw	4
162	98089162	Ø1/4" × Ø16 × 1T _Flat Washer	4
163	98089163	Sleeve	4
164	98089164	M6 × 19L_Nut	4
165	98089165	M6 × 10L _Button Head Socket Bolt	4
166	98089166	PU Wheel	4
167	98089167	Seat Front/Aft Adjustment Lever	1
168	98089168	Lever Anchor	1
169	98089169	M5 × 25m/m _Flat Head Socket Screw	2
170	98089170	Ø15 × 6 × 4T_Nylon Washer	1
171	98089171	M5 × 45m/m _Socket Head Cap Bolt	1
172	98089172	Ø5 × 10 × 1T _Flat Washer	1
173	98089173	M5 × 5T_Nyloc Nut	1
175	98089175	3/8" × 2- 3/4" _Hex Head Bolt	2
176	98089176	3/8" × UNC16 × 3/4" _Hex Head Bolt	6
177	98089177	Rubber Foot Pad	1

Key	Part	Part Description	Q'ty
178	98089178	Square End Cap	1
179	98089179	M8 × 15m/m_Button Head Socket Bolt	4
180	98089180	Transformer Power Cord	1
185	98089185	3/8" × 4T_Nut	1
189	98089189	Rubber Pad	1
190	98089190	Tablet Holder (Bottom)	1
190-1	98089190-1	Tablet Holder Adjustable Clip	1
190-2	98089190-2	Tablet Holder (Front)	1
191	98089191	3/8" × UNC16 × 12.5T_Cap Nut	2
192	98089192	3.5 × 12L_Sheet Metal Screw	8

MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its fitness bike parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'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 Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

LCR - RESIDENTIAL WARRANTY (All service is performed In-Home) LIGHT COMMERCIAL WARRANTY* (Non-dues paying facility)

Parts/Electronics	5 Years	Parts/Electronics	3 Years
Frame	Lifetime	Frame	Lifetime
Labour	2 Year	Labour	1 Year

*Warranty is only valid for a "Non-Dues Paying Facility" with usage of less than 5 hours/day

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

1. The warranty registration can be completed online: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the fitness bike in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the fitness bike 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 fitness bike accessible for servicing, including any item that was not part of the fitness bike at the time it was shipped from the factory.
6. Damages to the fitness bike finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some areas 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 fitness bike not requiring component replacement, or fitness bike not in ordinary use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use in any environment other than a residential or light commercial (non-dues) setting.
9. Warranties outside of North America may vary. Please contact your local dealer for details.

SERVICE

Keep your bill of sale. The labour warranty period is twelve (12) or twenty four (24) months from the date on the bill of sale. 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 in different areas. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized SOLE dealer.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'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 Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.

Customer Service 1-888-707-1880
Email: customerservice@dyaco.ca



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