SOLE

FITNESS

OWNER'S MANUAL
SR500 Rower

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

TABLE OF **CONTENTS**

⚠ **WARNING:** This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov

Before returning your Sole product to any retailer, or if you require any assistance with assembly or technical support please call us first for assistance at 866-697-6531. Thank you for your Sole purchase.

SOLE

F I T N E S S

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

Thank you for your purchase of this quality Rower from **SOLE**. Your new Rower has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. **SOLE** will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new product contact SOLE Fitness at 866-780-SOLE (7653). If you have a technical problem with your new Rower contact SOLE technical service at 866-MYSOLE1 (1-866-697-6531).

Please take a moment at this time to record below the name of the dealer, their telephone number, and the date of purchase for easy contact in the future. We appreciate your confidence in SOLE and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new Rower.

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.solerreadmills.com* under the support tab to register online.

IMPORTANT **SAFETY INSTRUCTIONS**

WARNING

DANGER — To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons, install the Rower on a flat level surface with access to a 110-volt, 15-amp grounded outlet with only the Rower 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 operate Rower on deeply padded, plush or shag carpet. Damage to both carpet and Rower may result.
- Keep children away from the Rower. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the Rower if it has a damaged cord or plug. If the Rower 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, then remove the plug from the outlet.
- Do not attempt to use your Rower for any purpose other than for the purpose it is intended.
- Use of a chest strap transmitter (sold separately) is an accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your Rower. Quality athletic shoes are recommended to avoid leg fatigue.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT **ELECTRICAL INSTRUCTIONS**

WARNING

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your Rower 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 Rower 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).

Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a Rower is first turned on or even during use. If your Rower is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the Rower itself does not trip, you will need to replace the home breaker with
a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part #QO120HM. The electrical outlet used should have a dedicated 15 amp circuit breaker.

# IMPORTANT **OPERATION INSTRUCTIONS**

- **NEVER** operate this Rower 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 level 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 Rower; such as watching television, reading, etc. These distractions may cause you to lose balance which 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.
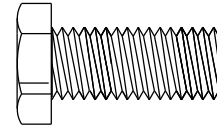
SR500 ASSEMBLY PACK CHECKLIST

1 HARDWARE STEP 1

#109. Ø3/8" × Ø19 × 1.5T
Flat Washer (4 pcs)
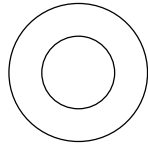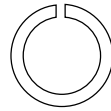
#121. Ø10 × 2T
Spring Washer (4pcs)

#120. 3/8" × 3/4"
Hex Head Bolt (4pcs)

2 HARDWARE STEP 2
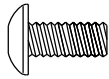
#129. M6 × P1.0 × 10L
Button Head Socket Bolt (4 pcs)

3 HARDWARE STEP 3
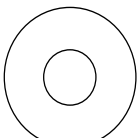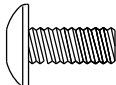
#122. Ø5/16" × Ø18 × 1.5T
Flat Washer (4 pcs)
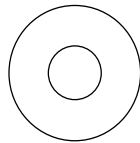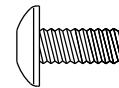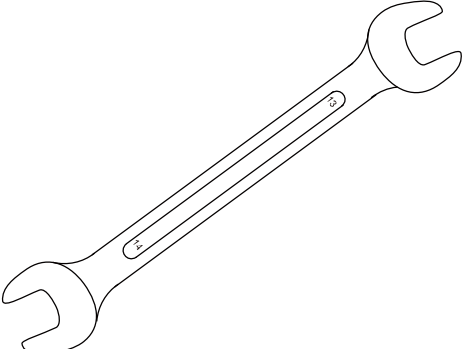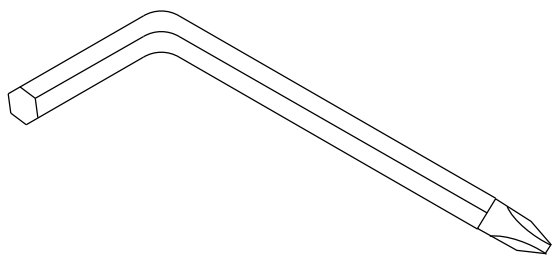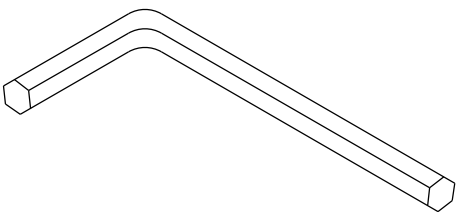
#123. M8 × P1.25 × 12L
Button Head Socket Bolt (5 pcs)

4 HARDWARE STEP 4

#125. Ø1/4"
Spring Washer (4 pcs)

#122. Ø5/16" X Ø18 X 1.5T
Flat Washer (6 pcs)

#124. M6 × 15L
Phillips Head Screw
(4 pcs)

#123. M8 × P1.25 × 12L
Button Head Socket Bolt
(6 pcs)

#85. M5 × 10L
Phillips Head Screw
(3 pcs)

ASSEMBLY TOOLS

#128. 13/14m/m Wrench

#127. Combination M5 Allen Wrench
& Phillips Head Screw Driver

#126. M4 Allen Wrench

SR500 ASSEMBLY INSTRUCTIONS

1 ASSEMBLY **STEP 1**
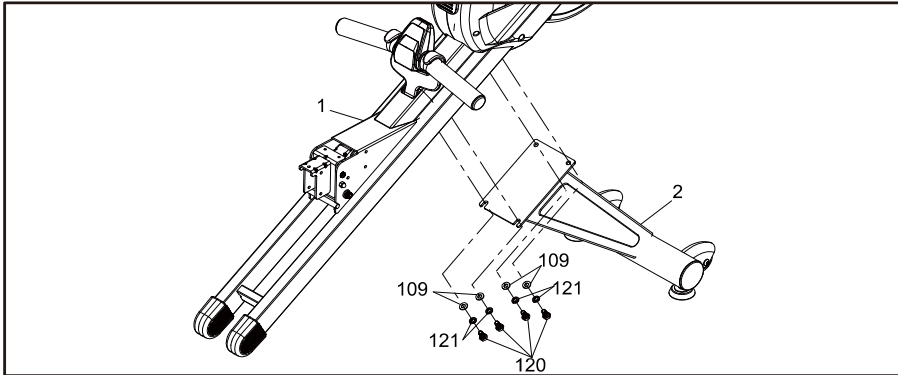
HARDWARE STEP 1

#109. Ø3/8" x Ø19 > 1.5T
Flat Washer (4 pcs)
#121. Ø10 x 2T
Spring Washer (4pcs)
#120. 3/8' x 3/4'
Hex Head Bolt (4pcs)

1. Gather HARDWARE FOR STEP 1.
2. Use the WRENCH (**128**) to tighten 4 HEX HEAD BOLTS (**120**) together with 4 SPRING WASHERS (**121**) and 4 FLAT WASHERS (**109**) to secure the MAIN FRAME (**1**) and FRONT STABILIZER (**2**) together.

2 ASSEMBLY **STEP 2**
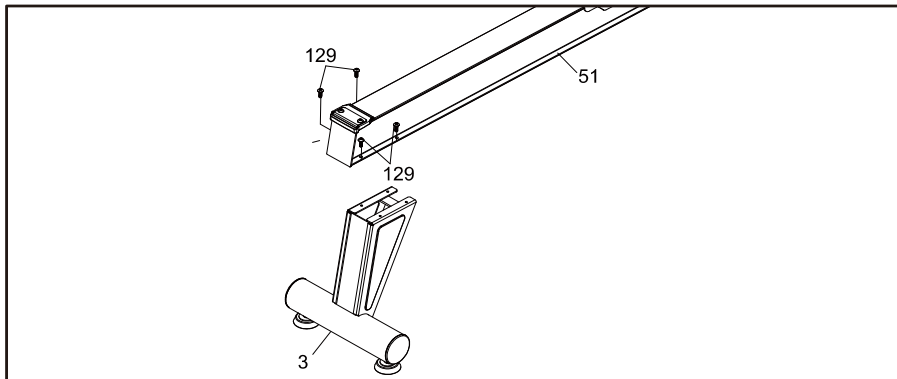
HARDWARE STEP 2

#129. M6 x P1.0 x 15L
Button Head Socket Bolt
(4 pcs)

1. Gather HARDWARE FOR STEP 2.
2. Use ALLEN WRENCH (**126**) to tighten 4 BUTTON HEAD SOCKET BOLTS (**129**) onto the ALUMINUM TRACK (**51**) and the Rear Stabilizer (**3**).

3 ASSEMBLY STEP 3

HARDWARE STEP 3

#122. Ø5/16" × Ø18 ×
1.5T Flat Washer (4 pcs)
#123. M8 × P1.25 × 12L
Button Head Socket Bolt
(5 pcs)
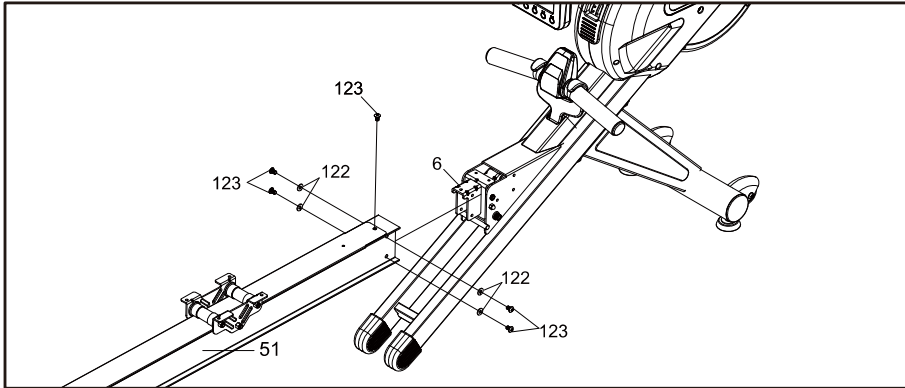
1. Gather HARDWARE FOR STEP 3.
2. Attach the other end of the ALUMINUM TRACK (**51**) to FOLDING
   END ASSEMBLY (**6**) and use COMBINATION WRENCH (**127**) to
   tighten the 5 BUTTON HEAD SOCKET BOLTS (**123**) together with 4
   FLAT WASHERS (**122**).

4 ASSEMBLY STEP 4

HARDWARE STEP 4

#125. Ø1/4"
Spring Washer (4 pcs)
#122. Ø5/16" × Ø18 ×
1.5T Flat Washer (6 pcs)
#124. M6 × 15L
Phillips Head Screw
(4 pcs)
#123. M8 × P1.25 × 12L
Button Head Socket Bolt
(6 pcs)
#85. M5 × 10L Phillips
Head Screw (3 pcs)
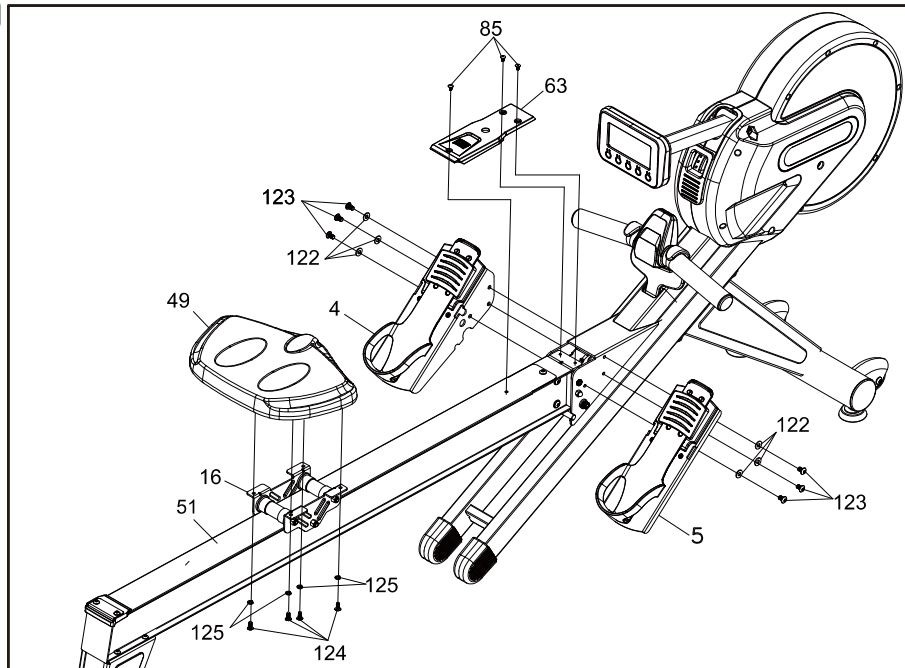
1. Gather HARDWARE FOR STEP 4.
2. Install left and right PEDALS (**4,5**) on the MAIN FRAME (**1**) with 6
   BUTTON HEAD SOCKET BOLTS (**123**) and 6 FLAT WASHERS (**122**) by
   using COMBINATION WRENCH (**127**) to tighten. Use again
   COMBINATION WRENCH (**127**) to install CONNECTING COVER (**63**)
   on ALUMINUM TRACK (**51**) with 3 PHILLIPS HEAD SCREWS (**85**).
   Install SEAT (**49**) and SEAT ATTACHING BOARD (**16**) with 4 PHILLIPS
   HEAD SCREWS (**124**) together with 4 SPRING WASHERS (**125**) by
   using COMBINATION WRENCH (**127**).

OPERATION OF **YOUR ELLIPTICAL**

GETTING FAMILIAR WITH THE CONTROL PANEL

CONSOLE

Large Blue-LED
Matrix Window

Built-in Heart
Rate Receiver

Easy-Touch
Control Buttons
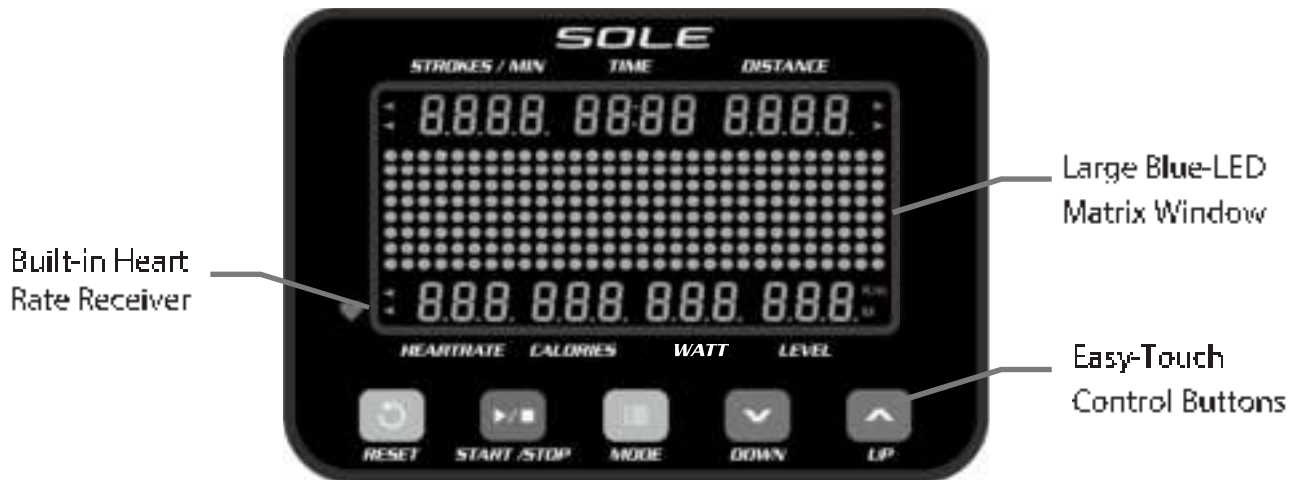
POWER

Wake the console by pressing any button and the LCD will turn on. If speed is sensed by speed sensor, manual workout mode will begin. After one minute of inactivity, the console will automatically go to sleep.

WINDOW FUNCTIONS

STROKE/MIN

S/m value shows the equivalent strokes per minute.

TIME

- Shows the Time.
- Range of time: 00:00~99:59(minute: second)
- The time is accumulated for each workout mode.
- When time is set to count down. it shows the time remaining.

DISTANCE

- The distance range is 0~9999 and switches to the format of 1X.XX when the value is over 9999.
- The distance will be accumulated for each workout mode.
- When the distance is set to count down, it shows the remaining distance.

HEART RATE

- The heart rate range is 40~220 bpm
- When the heart rate signal is detected, the small dot at lower right corner of the heart rate window will be blinking together with heart rate value showing.
- When there is no heart rate signal detected, the heart rate window shows nothing.

CALORIES

- The Calorie window shows the value of calorie dissipated.
- The calorie range is 0~999.

WATTS

- The Watts window shows Watt value for each stroke.
- The Watt range is 0~2000
- When the numbers over 999 to four digits, the display would use point to show digit in thousands. E.g. 1000 shows 1.00, 1009 shows 1.01, 1240 shows 1.24, 1250 shows 1.25, 2000 shows 2.00, etc.

LEVEL

- The Level window shows the current resistance level.
- The level range is 1~16
- Level 1 and 2 would light the first dot, level 3 and 4 would light the second dot. etc.

500M/TIME

- Only workout modes of Manual, Distance, Time and Calorie are with this display function.
- For Manual workout mode as an example: When the console starts, Matrix in the middle of LCD will show the wave pattern then switch to 500M/TIME 00:00 across center display after 5 seconds then switch again back to the wave pattern after another 5 seconds and continue to repeat the cycle. This is the function of Scan.
- The console goes directly into Scan mode after start. If Mode button is pressed. it shows the wave pattern. Pressing the Mode button again, it displays 500M/TIME and repeat again by pressing Mode button it goes back with Scan function (recyclable).

BUTTON FUNCTION
MODE BUTTON

- Under idle mode, pressing MODE button each time switches the workout mode with the following sequence: MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL » CUSTOM INTERVAL » FAT BURN » CARDIO » STRENGTH » GAME
- The default workout mode after turning on the unit is Manual mode.
- To choose the target workout mode, when the matrix window shows the desired workout pattern and parameter window value to be set will be blinking each second.

UP BUTTON

- Under the setting mode of the target workout, the parameter is will be counted up. The value increases one increment when Up button is pressed once.

DOWN BUTTON

- Under the setting mode of the target workout, the parameter is will be counted down. The value decreases one increment when Down button is pressed once.

START/STOP BUTTON

- Under idle mode, pressing Start/Stop button enters Manual workout mode.
- To confirm the value the window is showing when setting the parameter under each target workout mode and to start the workout mode. Press to end the current workout mode and all message windows stop counting.

RESET BUTTON

- Pressing this button under stopping mode, the image switches to the idle mode.
- The Reset button is valid only in stopping mode. Under any mode, pressing this button for 3 seconds turns on the console again.

PROGRAMMABLE FEATURES

The screen is with full display and the buzzer beeps for two seconds after turning on. Pressing Start button goes directly to Manual workout mode or pressing MODE button to switch and select a workout mode with the workout sequence shown as below:

MANUAL » DISTANCE » TIME » CALORIES » 20/10 INTERVAL » 10/20 INTERVAL » CUSTOM NTERVAL » Fat Burn » Cardio » Strength » Game

The program name will scroll from left to right to tell the user what it is.

MANUAL	DISTANCE	TIME	CALORIES
20/10 INTERVAL	10/20 INTERVAL	CUSTOM INTERVAL	FAT BURN
CARDIO	STRENGTH	GAME	
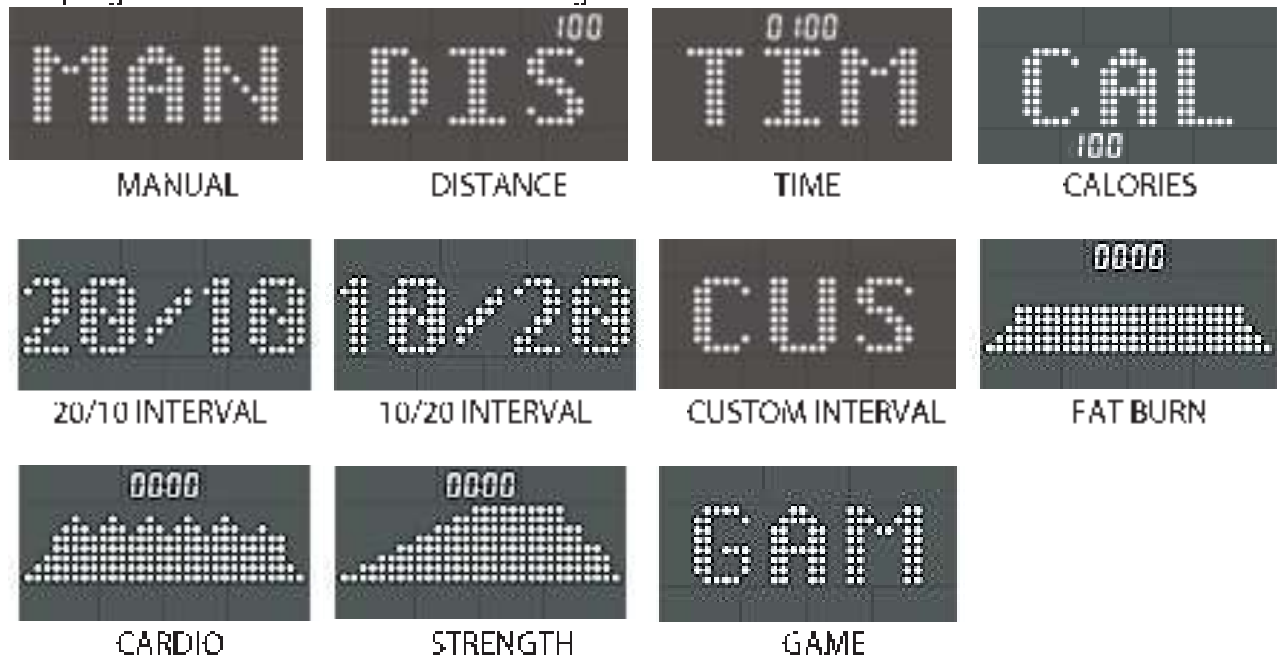
MANUAL MODE

To choose Manual mode (Fig. 1-1)

Pressing Start/Stop button begins the workout mode or pulling the paddle under the idle mode enters directly into Manual workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 1-2) and 500M/TIME (Fig. 1-3) or pressing MODE button to cancel scanning with wave pattern only. Pressing Mode again switches the image to show 500M/TIME.
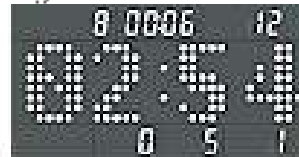
Fig 1   Fig 1-2   Fig 1-3

TARGET DISTANCE

To choose target distance count-down Distance workout mode (Fig. 2-1)

Use Up/Down buttons to adjust and set the workout distance. The default distance is 100M with increment of 500M up or down. Press Start/Stop button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 2-2) and 500M/TIME (Fig. 2-3) or pressing Mode button to cancel scanning with wave pattern only. Pressing Mode again switches the image to show 500M/TIME.

Distance window counts down from target distance setting value and shows the remaining distance of the workout. Under the workout mode, pressing Up or Down button adjusts the resistance level.

When the distance is counted down to 0, the workout completes and the buzzer sounds with a long beep. If paddling continues, the distance count-down repeats.

Fig 2-1   Fig 2-2   Fig 2-3

TARGET TIME

To choose target time count-down Time workout mode (Fig. 3-1).

Use Up/Down buttons to adjust and set the workout time. The default distance is 5:00 with 5-minute increment of up or down (99:00 maximum). Press Start/Stop button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 3-2) and 500M/TIME (Fig. 3-3) or pressing Mode button to cancel scanning with wave pattern only. Pressing Mode again switches the image to show 500M/TIME.

Under the workout mode, pressing Up or Down button adjusts the resistance level. Time window counts down from the setting time value and shows the remaining time of the workout.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.

| Fig 3-1 | Fig 3-2 | Fig 3-3 |

TARGET CALORIE

To choose target calorie count-down Calories workout mode (Fig. 4-1).

Use Up and Down buttons to adjust and set the target calorie. The default value is 100 with increment of 10 up or down. Press Start/Stop button to confirm the setting and start the workout mode.

The image at the center of LCD will scan every 5 seconds to show the stroke speed with wave pattern (Fig. 4-2) and 500M/TIME (Fig. 4-3) or pressing Mode button to cancel scanning with wave pattern only. Pressing MODE again switches the image to show 500M/TIME.

Calorie window counts down from the setting target calorie value and shows the remaining calorie of the workout. Under the workout mode, pressing Up or Down button adjusts the resistance level.

When calorie is counted down to 0, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats

| Fig 4-1 | Fig 4-2 | Fig 4-3 |

20/10 INTERVAL

To choose 20/10 Interval workout mode (Fig. 5-1).

The image at the center of LCD: 20 seconds (Exercise)/10 seconds (Rest). Pressing Start/Stop button starts the workout mode.

The image at the center of LCD shows time count-down of current workout and wave (Fig. 5-2) or rest time count-down and mark (Fig. 5-3).

Under the workout mode, pressing Up or Down button adjusts the resistance level. There are 10 Exercise/ Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.
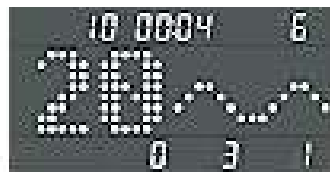
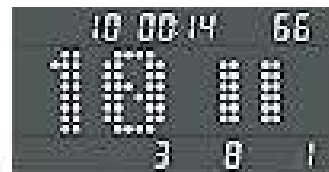Fig 5-1   Fig 5-2   Fig 5-3

10/20 INTERVAL

To choose 10/20 Interval workout mode (Fig. 6-1)

The image at the center of LCD: 10 seconds (Exercise)/20 seconds (Rest) Pressing Start/Stop button starts the workout mode.

The image at the center of LCD shows time count-down of current workout and wave (Fig. 6-2) or rest time count-down and mark (Fig. 6-3).

Under the workout mode, pressing Up or Down button adjusts the resistance level. There are 10 Exercise/ Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.
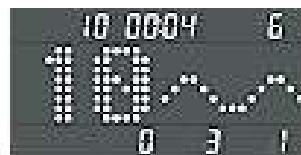
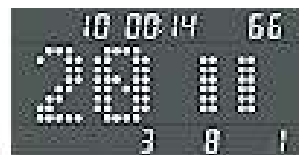Fig 6-1   Fig 6-2   Fig 6-3

CUSTOM INTERVAL

To choose Custom Interval workout mode (Fig. 7-1).

User-defined time (Exercise)/time (Rest): the default is 10 seconds (Exercise)/10 seconds (Rest) The value at left side of the matrix window flashes for setting the exercise time. Use Up/Down buttons to adjust and set the workout time. The default time is 10 seconds with 1-second increment of up or down. Press Start/Stop button to confirm the setting and start the workout mode.

The value at right side of the matrix window flashes for setting the rest time. Use Up/Down buttons to adjust and set the workout time. The default time is 10 seconds with 1-second increment of up or down. Press Start/ Stop button to confirm the setting and start the workout mode.

The image at the center of LCD: 10 seconds (Exercise)/10 seconds (Rest). Pressing Start/Stop button starts the workout mode. The image at the center of LCD shows time count-down of current workout and wave (Fig. 7-1) or rest time count-down and mark (Fig. 7-2) Under the workout mode, pressing Up or Down button adjusts the resistance level. There are 10 Exercise/Rest cycles for each workout time.

When workout completes, the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.
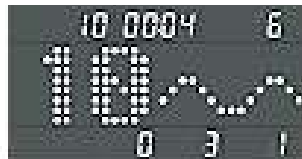

Fig 7-1   Fig 7-2   Fig 7-3

FAT BURN

To choose Fat Burn workout mode (Fig. 8-1).

Pressing Start/Stop button and begins the workout mode or setting the workout time. Use Up/Down button to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press Start/Stop button to start the workout mode.

The image at the center of LCD shows the fat burn profile (Fig. 8-2) Under the workout mode, pressing Up or Down button adjusts the resistance level.

Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.

Fig 8-1   Fig 8-2

CARDIO WORKOUT
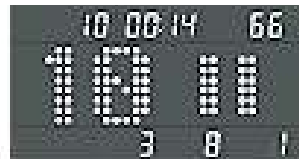
To choose cardio workout mode (Fig. 9-1).

Pressing Start/Stop button and begins the workout mode or setting the workout time. Use Up or Down buttons to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press Start/Stop button to start the workout mode.

The image at the center of LCD shows the cardio profile (Fig. 9-2) Under the workout mode, pressing Up or Down button adjusts the resistance level.

Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.
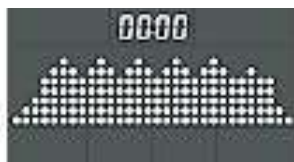
Fig 9-1   Fig 9-2

STRENGTH WORKOUT

To choose Strength workout mode (Fig. 10-1).

Pressing Start/Stop button and begins the workout mode or setting the workout time. Use Up/Down buttons to adjust the time. The increment of adjustment is 5-minute (99:00 maximum). Press Start/Stop button to start the workout mode.

The image at the center of LCD shows the strength profile (Fig. 10-2). Time window starts count-down from the setting time and shows the remaining workout time.

When time is counted down to 0:00, the workout completes and the buzzer sounds with a long beep. If paddling continues, the time count-down repeats.
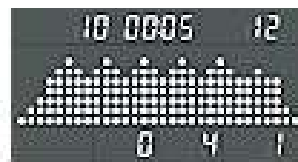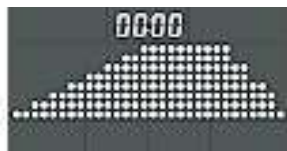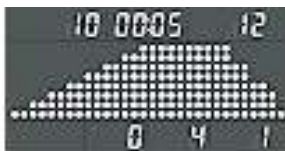
Fig 10-1   Fig 10-2

GAME WORKOUT

To choose Game workout mode (Fig. 11-1).

Pressing Start/Stop button and begins the Game workout mode (11-2).

Three dots at left side represents the user position and the image shift one profile left per second and continue to scroll.

The position of the user will not shift. However, the faster the user stroke, the higher the user's position. When there is no stroke, the position of the user goes down to the lowest. The height of the user's position is equivalent to the speed the user strokes.

The time for the game workout starts counting down from 5 minutes and ends when time is up.

Fig 11-1   Fig 11-2

FOLDING/UNFOLDING PROCEDURES

1. Turn the knob counterclockwise to release.

2. Fold up the aluminum rail assembly.

3. Turn the knob clockwise to tighten.

4. Fold the aluminum rail assembly up.

5. Lift the rear and roll away.

HEART RATE PROGRAMS

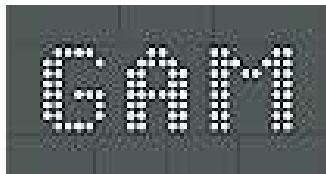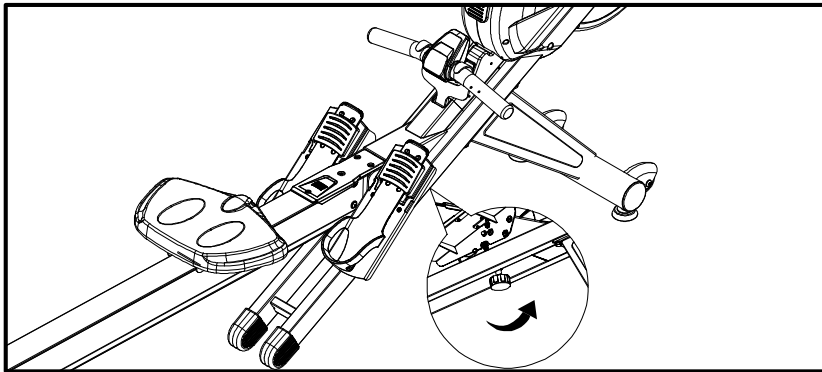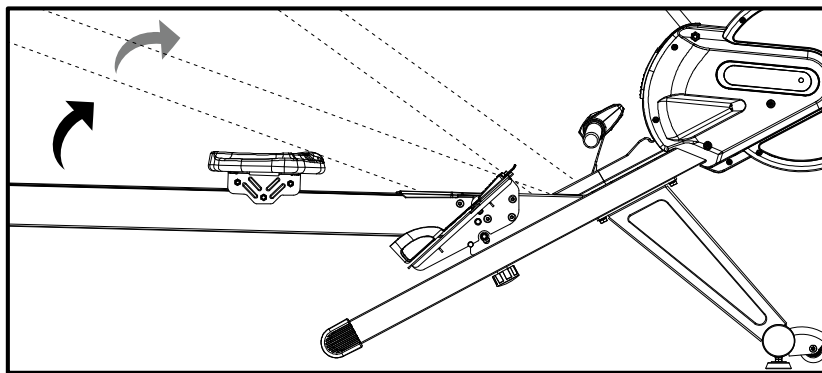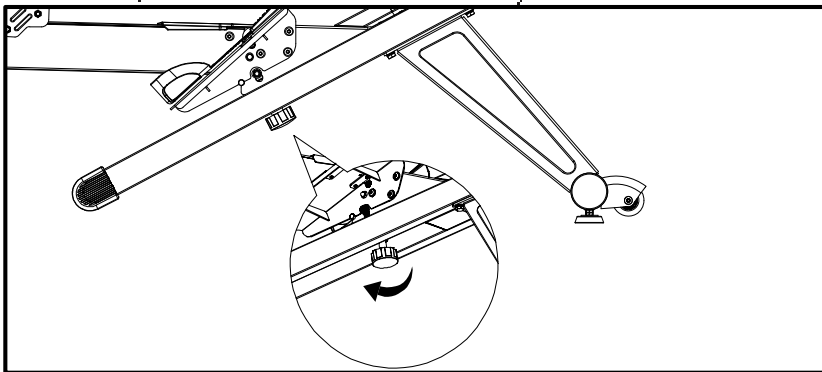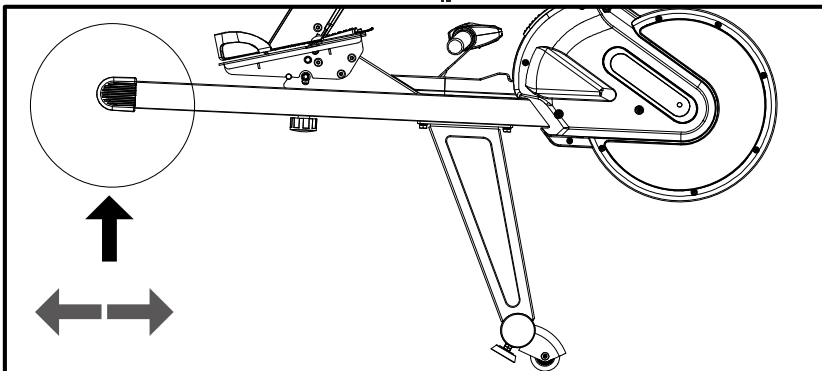**Before we get started, a word about Heart Rate:**

The old motto, "no pain, no gain," is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

220 − 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute
(60% of maximum)
180 X .8 = 144 beats per minute
(80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.
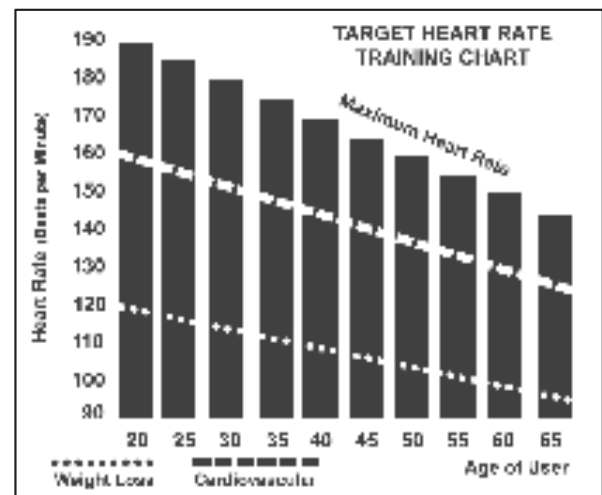
If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

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

With all SOLE Heart Rate elliptical machines you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or dur- ing any of the

nine different programs. The Heart Rate program automatically controls resis- tance at the pedals.

RATE OF PERCEIVED EXERTION

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

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

The scale is as follows: Rating

Perception of Effort

6 Minimal

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

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

MANUFACTURER'S **LIMITED WARRANTY**

ROWER WARRANTY

Effective February 1, 2019

SOLE warrants all its Rowers to be, for a period of time listed below, from the date of retail sale, as determined by sales record or, in the absence of a receipt, eighteen (18) months from the original factory shipment date. SOLE's responsibilities include providing new or remanufactured parts, 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:

A. Other Components	3 Years
Frame Weldments	Lifetime
Labor	1 Year

Cosmetic items including, but not limited to the following: grips, console overlays, and plastic endcaps.

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 Rower in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the Rower 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 Rower accessible for servicing, including any item that was not part of the Rower, the time it was shipped from the factory.
6. Damages to the Rower finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
   Note: Some states do not allow the exclusion or limitation of incidental or consequential damages so this limitation or exclusion may not apply to you.
2. Service calls to a consumer to the correct set. Service calls to a consumer to the dealer that does not involve malfunction or defects in workmanship or assembly, or units that are beyond the warranty period, or units that are beyond the service call to a consumer period, or Rower not requiring component replacement, or Rower not in ordinary household use.
3. Damages caused by services performed by persons other than authorized SOLE service companies; use of parts other than original SOLE parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file. SOLE SOLE reserves the right to request proof of purchase if no warranty record exists on the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Products use in any environment other than a residential setting.
9. Warranties outside of North America may vary. Please contact your local dealer for details.

SERVICE

Keep your Bill of sale! Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipment as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights, the vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact yourself or authorized SOLE dealer; OR
2. Submit a service requests including serial number, contact information and a brief description of the problem online at http://www.soletreadmills.com/servicepartshtml
3. If you have any questions about your new product, or questions about the warranty contact SOLE Fitness, 1-866-783-SOLE (7653). If you have a technical problem with your new Rower contact SOLE technical services, 866-MYSOLE1 (697-6531).
4. If no local service is available, SOLE will repair or replace the parts, SOLE's option, within the warranty period at no charge or 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 packing for safe return to SOLE. SOLE is not responsible for damages that occur during shipping. Make all freight or damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNITS TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units sent in 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 described or illustrated are subject to change without notice. All warranties are made by SOLE.

Before returning your Sole product to any retailer, or if you require any assistance with assembly or technical support please call us first for assistance at 866-697-6531. Thank you for your Sole purchase.