SOLE

FITNESS

LCB
UPRIGHT

LCR
RECUMBENT

OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW BIKE!

TABLE OF **CONTENTS**

IMPORTANT **SAFETY INSTRUCTIONS**

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your SOLE Bike from the electrical outlet prior to cleaning and/or service work.
WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the Bike on a flat level surface with access to a 230-volt, 10-amp(115-volt, 15-amp) grounded outlet with only the Bike plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.

A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions, page 3.

- Do not operate Bike on deeply padded, plush or shag carpet. Damage to both carpet and 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 Bike if it has a damaged cord or plug. If the Bike is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not attempt to use your 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 Bike. Quality athletic shoes are recommended to avoid leg fatigue.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

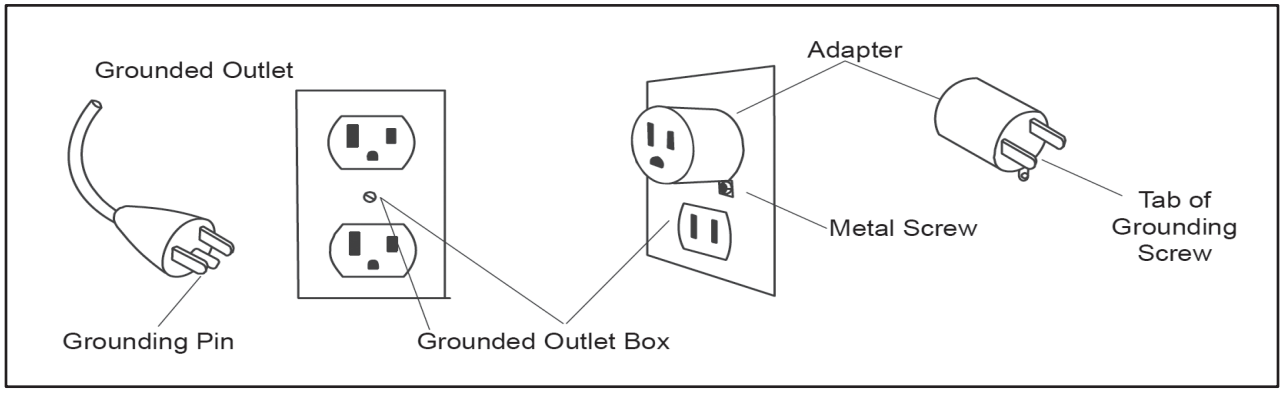
IMPORTANT **ELECTRICAL INSTRUCTIONS**

WARNING!

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

GROUNDING INSTRUCTIONS

This product must be grounded. If the Bike should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.
This product is for use on a nominal 230-volt (110-volt) circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT **OPERATION INSTRUCTIONS**

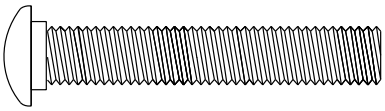
- NEVER expose this fitness bike to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).
- 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**

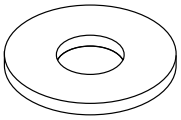
The fitness bike is equipped with two transport wheels which are engaged when the rear of the fitness bike is lifted.

LCB ASSEMBLY PACK CHECKLIST

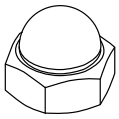
1 HARDWARE **STEP 1**



#50. 3/8"×53L
Carriage Bolt (2 pcs)

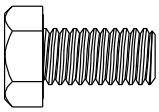


#71. 3/8″ x 25mm x 2T
Flat Washer (2 pcs)

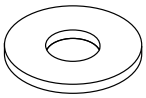


#135. 3/8" ×16 × 12.5T
Cap Nut (2 pcs)

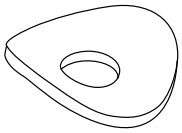
2 HARDWARE **STEP 2**



#51. 5/16″ x 5/8″
Hex Head Bolt (7 pcs)

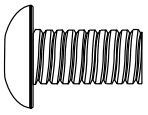


#72. 5/16″ x 18 x 1.5T
Flat Washer (6 pcs)

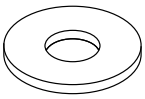


#99. 5/16″ x 19 x 1.5T
Curved Washer (1 pc)

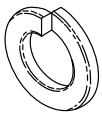
3 HARDWARE **STEP 3**



#74. 5/16″ x 5/8″ Button
Head Socket Bolt (4 pcs)

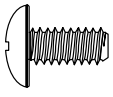


#72. 5/16″ x 18 x 1.5T
Flat Washer (4 pcs)

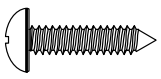


#103. 5/16″ x 1.5T
Split Washer (4 pcs)

4 HARDWARE **STEP 4**



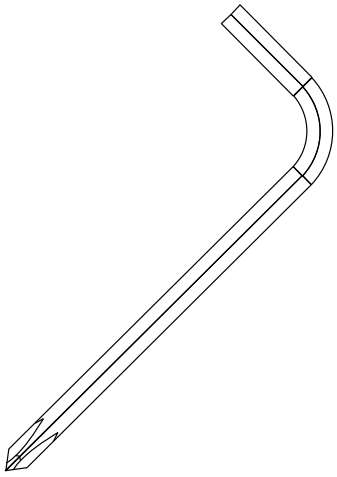
#58. M5 x 12mm
Phillips Head Screw
(6 pcs)



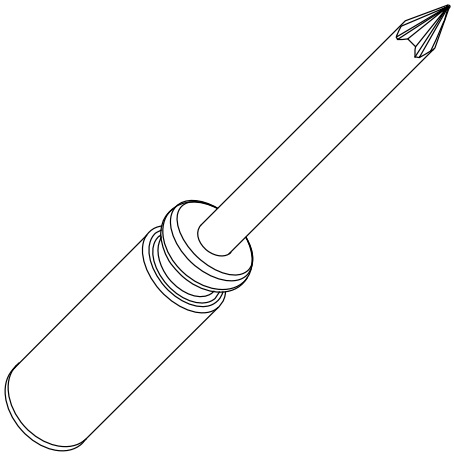
#161. 3.5 × 12L_
Sheet Metal Screw
(4 pcs)

#165. Ø5 × 0.6T_
Star Washer (4 pcs)

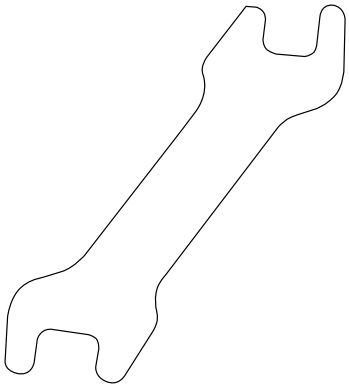
ASSEMBLY **TOOLS**



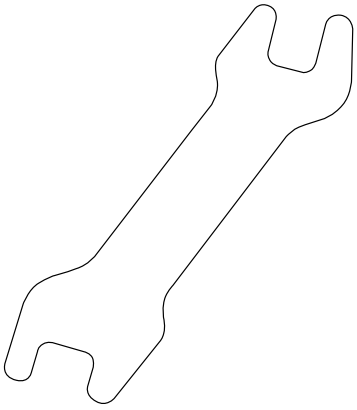
#76. Combination M5 Allen Wrench & Phillips Head Screw Driver



#93. Phillips Head Screwdriver



#92. 13/15mm Wrench

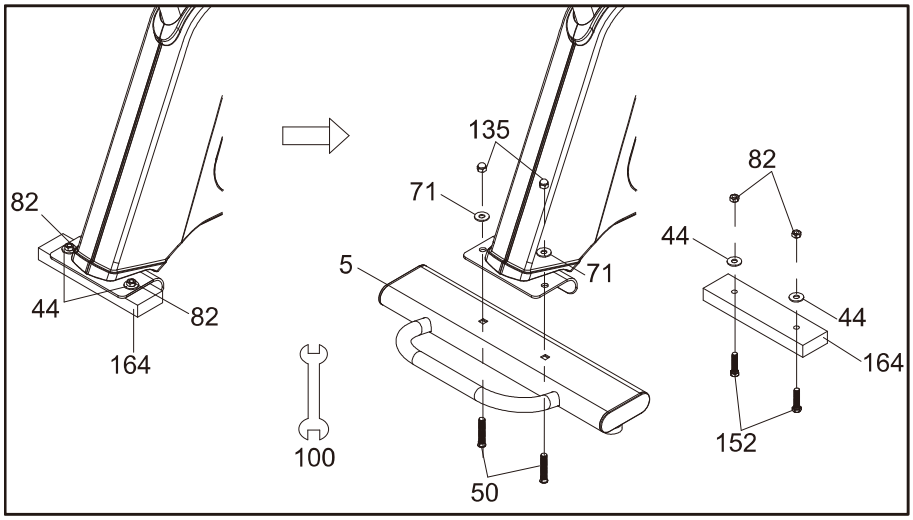


#100. 12/14mm Wrench

LCB 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**

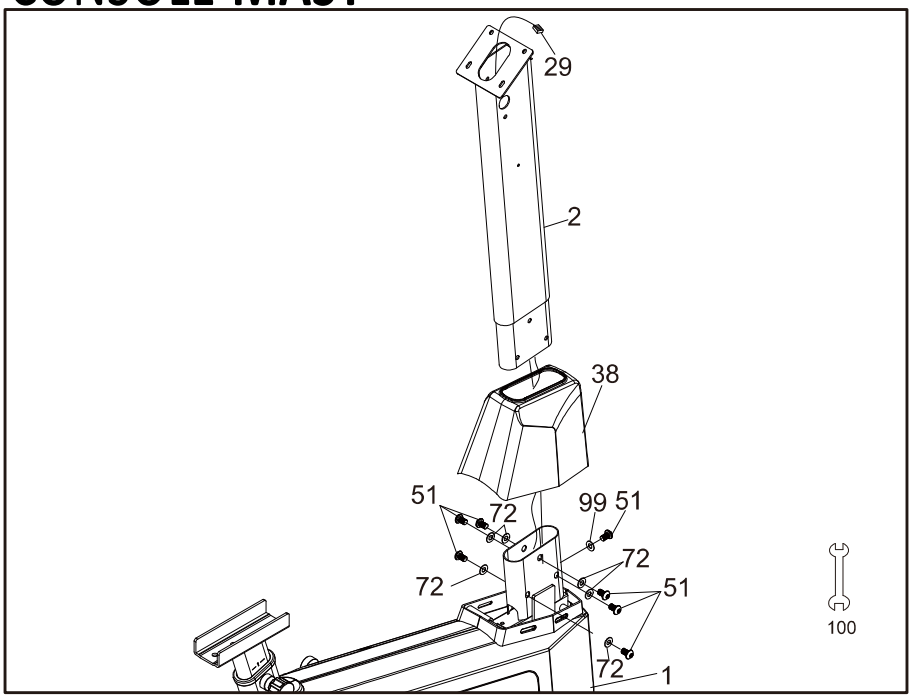


HARDWARE **STEP 1**

#50. 3/8" × 53L_ Carriage Bolt (2 pcs)
#135. 3/8" ×16 × 12.5T_ Cap Nut (2 pcs)
#71. 3/8" x 25mm x 2T _ Flat Washer (2 pcs)

1. Remove the Packing Board(**164**). Hex Head Bolts(**152**). Nylon Washers(**44**) and Nuts(**82**) from the Mian frame (**1**).To match Rear Stabilizer (**5**) with the Mian frame (**1**), use 2 pcs of Carriage Bolts (**50**), 2 pcs of Flat Washers (71) and 2 pcs of Cap Nuts (**135**) and secure with Wrench (**100**).

2 CONSOLE **MAST**

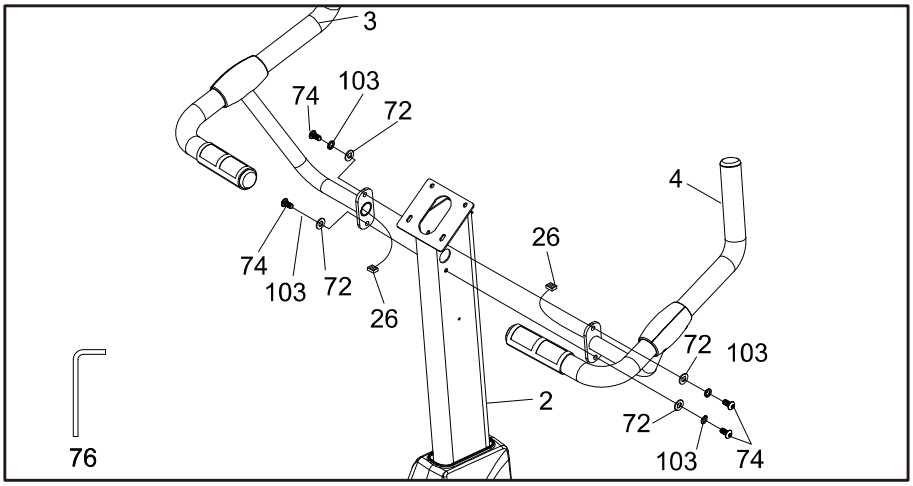


HARDWARE **STEP 2**

#51. 5/16"x 5/8" Hex Head Bolt (7 pcs)
#72. 5/16"x 18 x 1.5T Flat Washer (6 pcs)
#99. 5/16"x 19 x 1.5T Curved Washer (1 pcs)

1. Let the Computer Cable (**29**) through the Console Mast Cover (**38**) and the Console Mast (**2**).
2. Secure the Console Mast (**2**) onto the Main Frame (**1**) with the 7pcs of Hex Head Bolts (**51**), 6pcs of Flat Washers (**72**) and 1pcs of Curved Washer (**99**) by using the Wrench (**100**).

3 HANDLE**BAR**



HARDWARE **STEP 3**

#74. 5/16" ×18 ×5/8"_Button Head Socket Bolt (4 pcs)
#72. 5/16"x 18 x 1.5T Flat Washer (4 pcs)
#103. 5/16"x 1.5T Split Washer (4 pcs)

1. Plug in two Handpulse W/Cable Assemblies (**26**) through the Console Mast (**2**) and pull out of the holes together with connectors. Use 4 pcs of Button Head Socket Bolts (**74**) together with 4 pcs of Flat Washers (**72**) and 4 pcs of Split Washers (**103**) to secure Handle Bar (**L**) (**3**) and Handle Bar (**R**) (**4**) on Console Mast (**2**) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (**76**).

4 PLASTIC **PARTS**

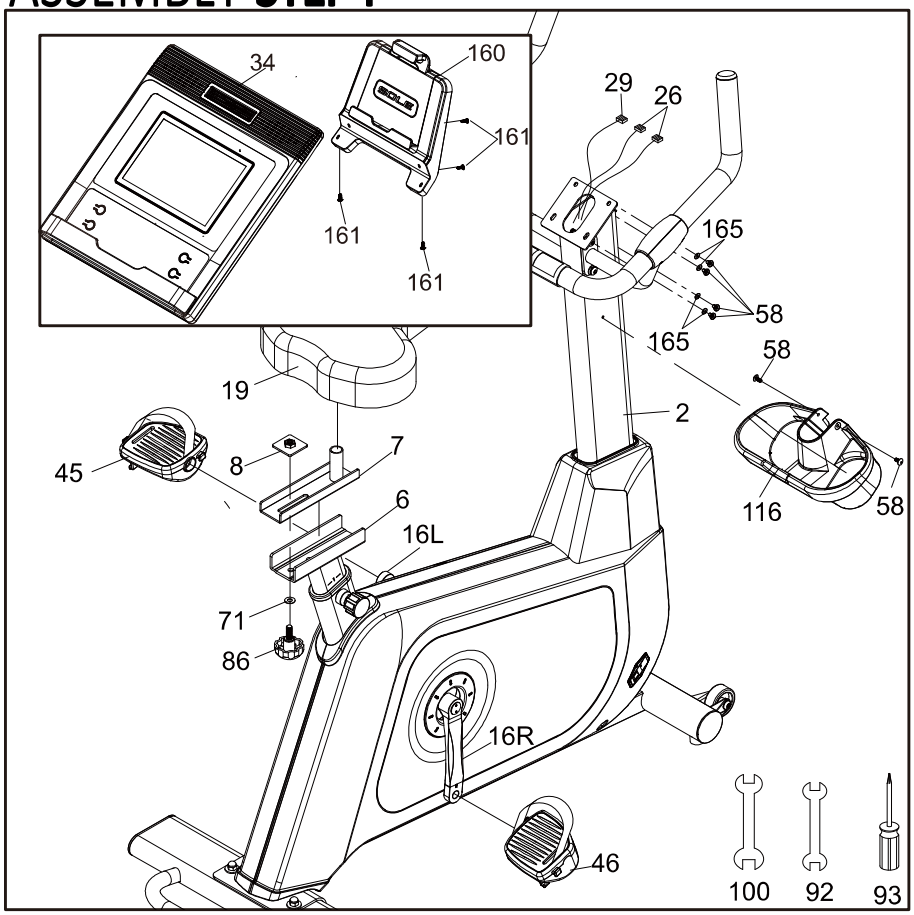
See page 8 for illustration

HARDWARE **STEP 4**

#58. M5 x 12mm Phillips Head Screw (6 pcs)
#161. 3.5 × 12L_Sheet Metal Screw (4 pcs)
#165. Ø5 × 0.6T_ Star Washer (4 pcs)

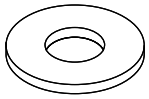
1. Insert the Computer Cable (**29**) and the two of Hand pulse W/Cable Assembly (**26**) onto the Console Assembly (**34**).
2. Secure the Console Assembly (**34**) onto the Console Mast (**2**) with the four of Phillips Head Screws (**58**) and 4pcs of Star Washers(**165**)by using the Phillips Head Screw Driver (**93**).
3. Install the Pedals (L)(R) (**45**)(**46**) onto the Crank Arms (**16L**)(**16R**) by using the13/15mm Wrench (**92**).
4. Turn on the Adjustment Knob (**86**) and put the Sliding Seat Mount (7) on the Seat Slider (**6**).
5. Let the Adjustment Knob (**86**) through The Flat Washer (**71**) , the Seat Slider (**6**) , the Sliding Seat Mount (**7**) , go on Adjust the position and tighten the Adjustment Knob (**86**) with the Fix Plate (**8**).
6. Install the Seat (**19**) on the Sliding Seat Mount (**7**) by using the Wrench(**100**).Apply the screw of the Adjustment Knob (**86**) and tighten.
7. Install the Tablet Holder (**160**) to back of the console with four Sheet Metal Screws (**161**) by using Phillips Head Screw Driver (**93**).
8. Secure the Beverage Holder (**116**) onto the Console Mast (**2**) with the two of Phillips Head Screws (**58**) by using the Phillips Head Screw Driver (**93**).

4 ASSEMBLY **STEP4**

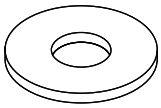


LCR ASSEMBLY PACK CHECKLIST

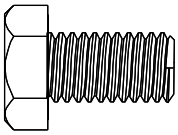
1 HARDWARE **STEP 1**



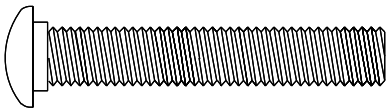
#77. 3/8" x 19mm x 1.5T
Flat Washer (6 pcs)



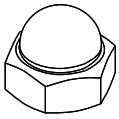
#84. 3/8" x 25mm x 2T
Flat Washer (2 pcs)



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

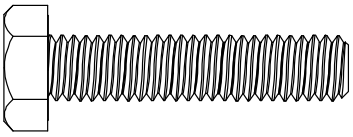


#65. 3/8" × 53L
Carriage Bolt (2 pcs)

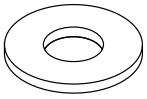


#191. 3/8" ×16 × 12.5T
Cap Nut (2 pcs)

2 HARDWARE **STEP 2**

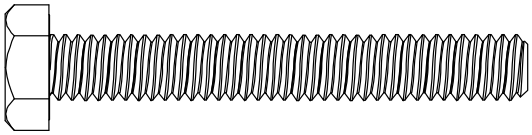


#71. 3/8" x 1-3/4"
Hex Head Bolt (2 pcs)



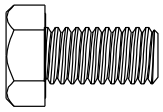
#77. 3/8" x 19mm x 1.5T
Flat Washer (4 pcs)

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

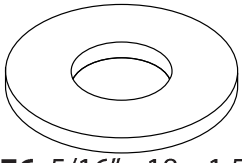


#175. 3/8" x 2-3/4"
Hex Head Bolt (2 pcs)

3 HARDWARE **STEP 3**

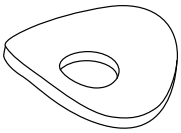


#68. 5/16" x 5/8"
Hex Head Bolt (8 pcs)



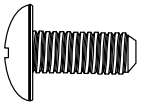
#76. 5/16" x 18 x 1.5T
Flat Washer (6 pcs)

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

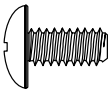


#83. 5/16" x 19mm x 1.5T
Curved Washer (2 pcs)

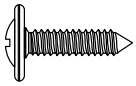
4 HARDWARE **STEP 4**



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



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

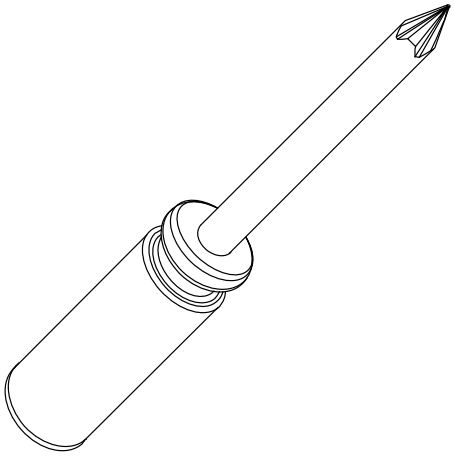


#105. Ø4 x 16mm
Sheet Metal Screw
(4 pcs)

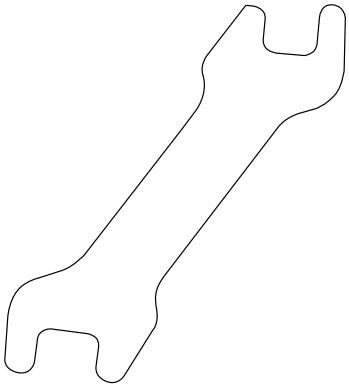
#192. 3.5 × 12L
Sheet Metal Screw
(4 pcs)

#196. Ø5 × 0.6T_
Star Washer (4 pcs)

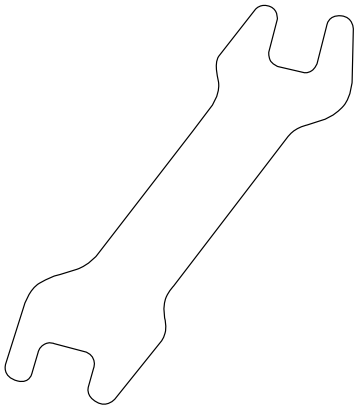
ASSEMBLY **TOOLS**



#114. Phillips Head Screwdriver



#112. 12/14mm Wrench

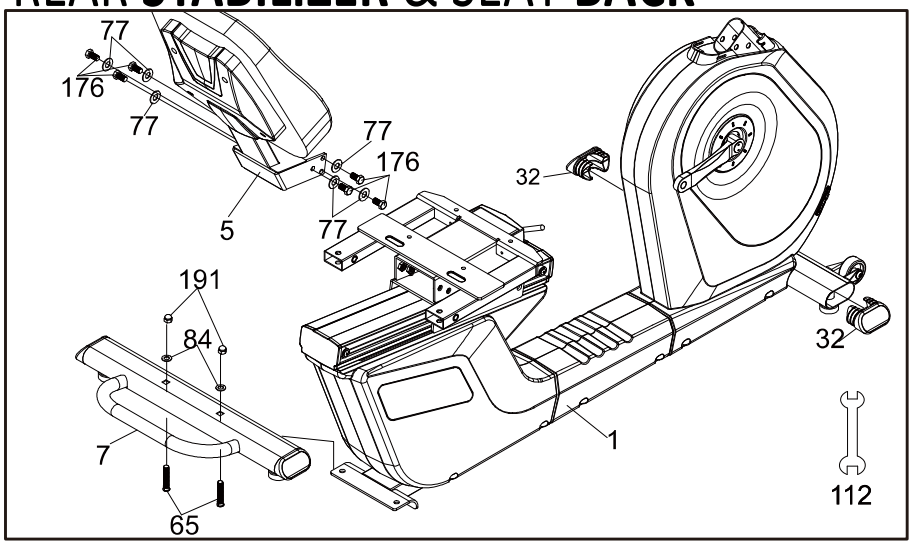


#132. 14/15mm Wrench

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**

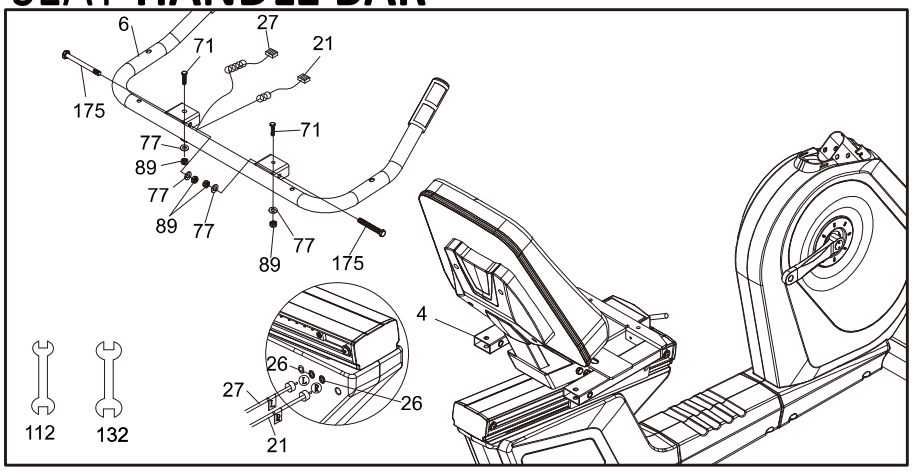


HARDWARE **STEP 1**

#65. 3/8" × 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" ×16 × 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 (**167**) 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 **HANDLE BAR**

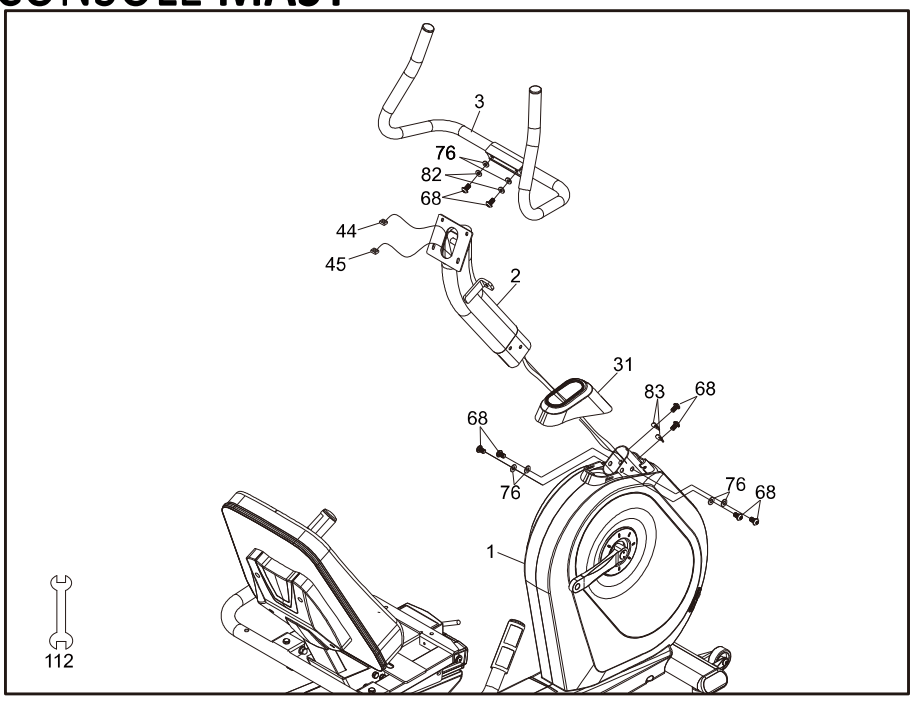


HARDWARE **STEP 2**

#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 sockets located (**26**) 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 CONSOLE **MAST**

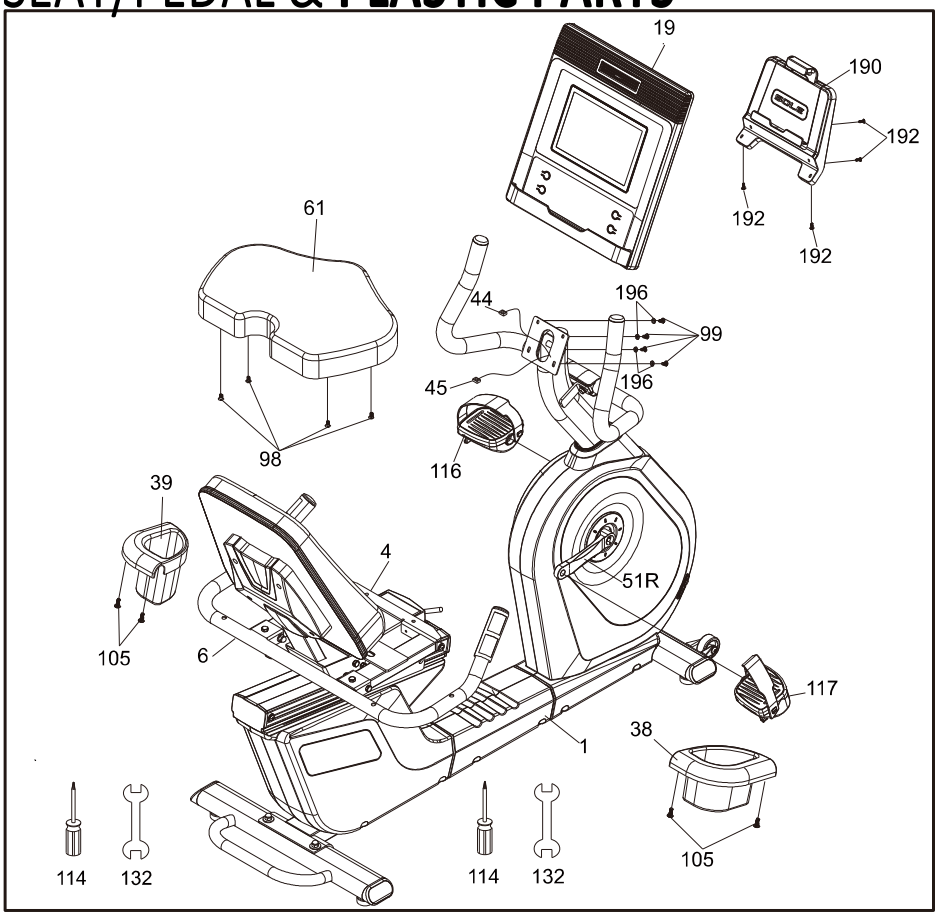


HARDWARE **STEP 3**

#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**) though the bottom of the Console Mast (**2**) and out though 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 12/14m/m Wrench (**112**).

4 SEAT/PEDAL & **PLASTIC PARTS**



HARDWARE **STEP 3**

#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 × 12L_ Sheet Metal Screw (4 pcs)
#196. Ø5 × 0.6T_ Star Washer(4 pcs)

1. Install the Seat (**61**) on the Seat Carriage (**4**) with the four of Phillips Head Screws (**98**) by using the Phillips Head Screw Driver (**114**).
2. Install Computer Cable (**44**) and Handpulse Wire (**45**) into the connector in the back of the Console Assembly (**19**). Install the console onto the mounting plate with the 4pcs of Phillips Head Screws (**99**) and 4pcs of Star Washers(**196**) by using the Phillips Head Screw Driver(**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 Screw Driver (**114**).

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.

Wireless Charging

Wireless Charging function:

Charge your personal device during your workout by placing it inside the wireless charging box/area properly.

NOTE：

** Your device must be set in the landscape orientation for best result.

** Your device "charging" icon will indicate it is charging.

*** It provides up to 10 watts of power for many cell phones supporting wireless charging function.

OPERATION OF **YOUR FITNESS BIKE**

GETTING FAMILIAR WITH THE CONTROL PANEL

CONSOLE

POWER UP

Power the bike on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the bike. When power is connected to the bike the console will automatically power up.

ATTENTION

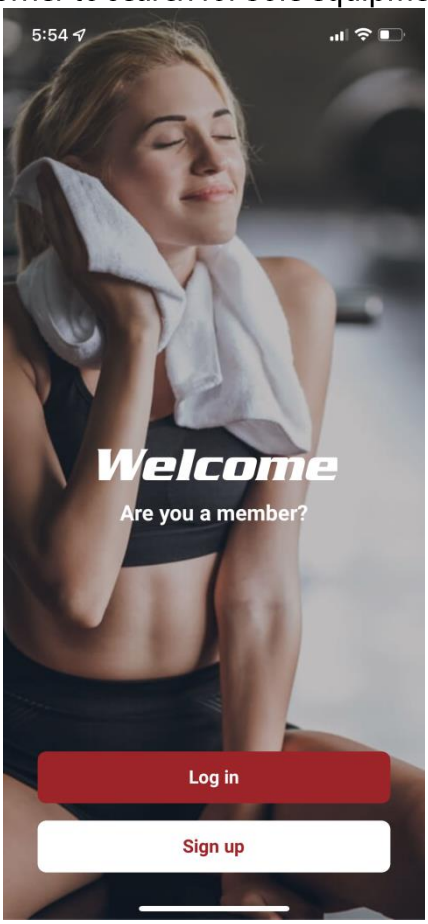
SLEEP MODE Your console comes in "Sleep mode" with different features by choice:
ON The unit goes energy-saving state after 15 minutes of inactivity.
OFF The console will stay lit while the power is on.
RETAIL The console will run the demo video after 3 minutes of inactivity.
On TFT displays, click “Sleep Mode” under Settings to switch among three features.

New 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 this product. Your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with compatible iOS and Android smartphones or tablet computers via the SOLE+ App.

Just download the free SOLE+ App from the Apple Store or Google Play, and follow the instructions in the App to sync with your exercise machine.

The Sole+ App also allows you to sync your workout data with one of many fitness cloud sites we support: Apple Health, Google Fit, Strava, MapMyFitness or Fitbit, with more to come.

Syncing the App with your exercise machine:
After downloading the App, make sure Bluetooth® is enabled on your device, then tap the icon at the top right corner to search for Sole equipment.



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

Exercise equipment's Bluetooth device can also be connected to Bluetooth wireless heart rate chest strap transmitter. Chest Strap transmitter can still connect the exercise equipment even though the App has already been connected with the exercise equipment.

The exercise equipment can also play music wirelessly via Bluetooth. Turn on your mobile phone or tablet's Bluetooth function. Search for the name "Bt-speaker" in your device's Bluetooth menu. Tap to connect. Now your device can transmit music to the exercise equipment.

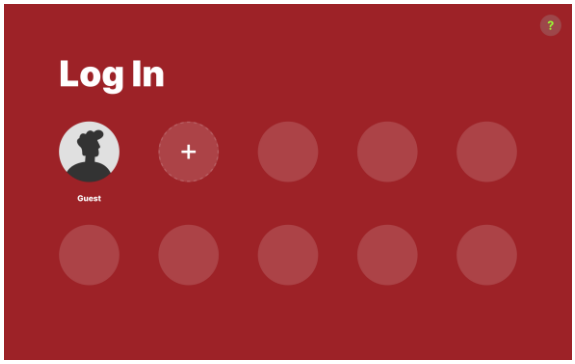
Touchscreen Operation

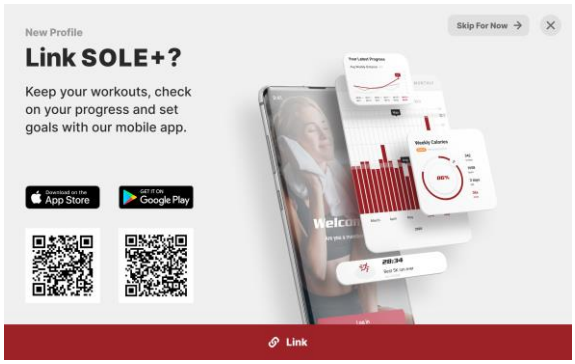
Use the touchscreen console to select from a variety of preset workout programs and fitness tests, and to enjoy media content of your choice while on the go.

The User Interface (UI) images in the manual reflect the version of software when the product was produced. The software version may be updated occasionally to include new features or repair any bugs when connected to the internet. These updates may change the UI images on the console and may no longer match the manual images.

Getting Started

Launched for the first time, the console will prompt you to either enter as a guest, or create a new profile. It is recommended to set up your own profile: it allows your machine to remember your physical parameters, favorite programs and templates; you will have your own custom program with an adjustable intensity pattern, and your workout records can be synchronized with the SOLE+ mobile app. Tap ＋ to create a new profile. A maximum of 9 profiles can be created. Each profile can be protected with a passcode.

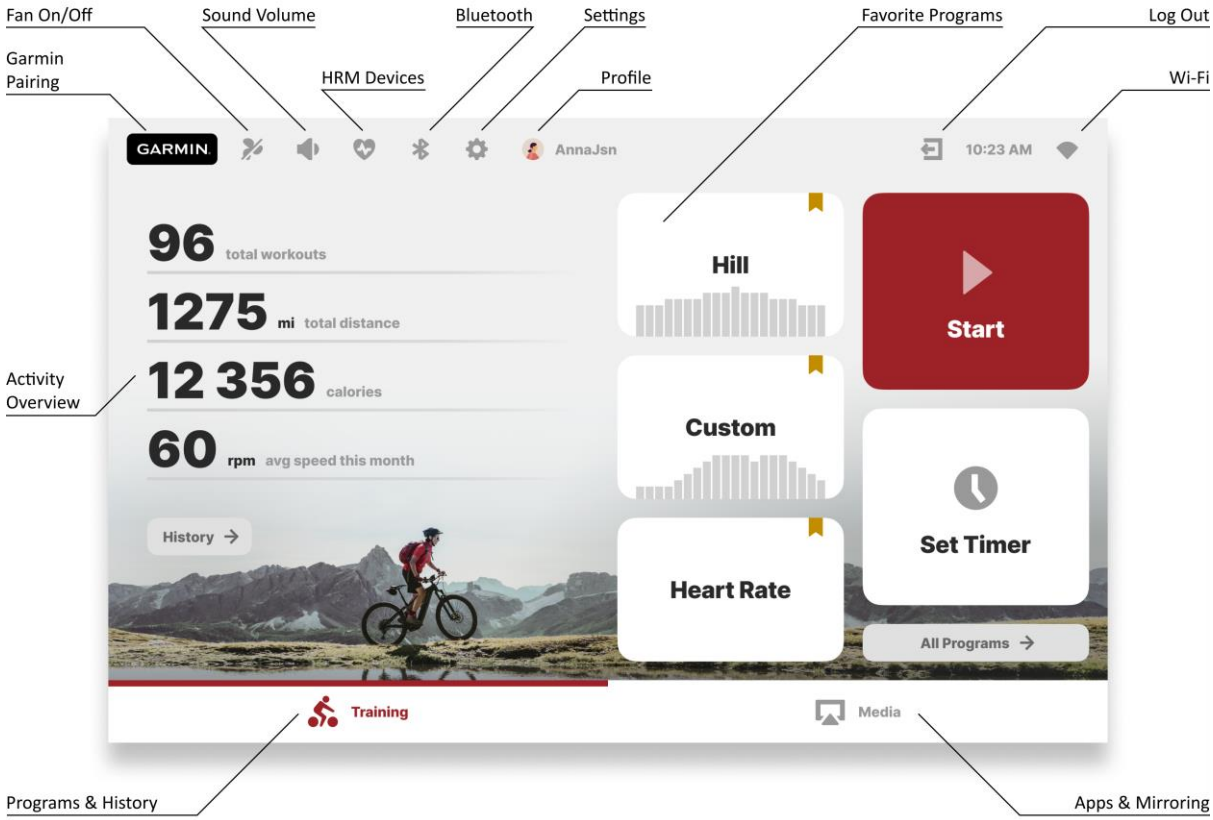




To link a SOLE+ account, scan the QR code on the console screen to download the mobile app first. Once the app is installed and the registration is complete, press “Link” on the bottom of the console screen, then open the QR code scanning camera in your SOLE+ app, and scan the QR code once again to link your local profile with the SOLE+ account. Please keep in mind that your console profile cannot be linked to multiple SOLE+ accounts at the same time. If you skip this step, you can access it again later in Profile settings.

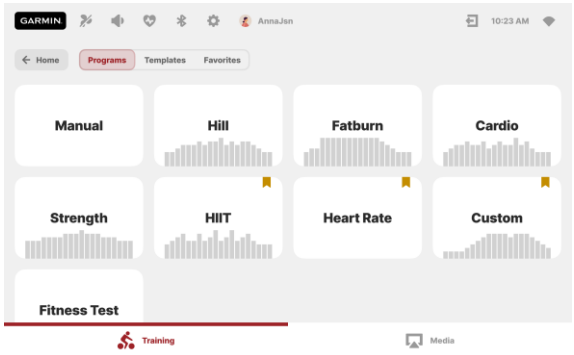
Home Screen

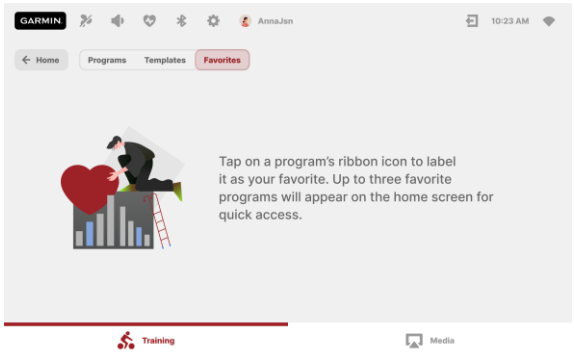
The main screen of the Training section displays an overview of your activity, and offers shortcuts to the most frequently used training modes: an immediate Start, a manually controlled timed workout (“Timer”), and up to 3 programs that you have marked as your favorites are arranged on this page for your quick access.
If in the Guest mode, you can set your age and weight here; it will help the machine calculate your workout summary more accurately.



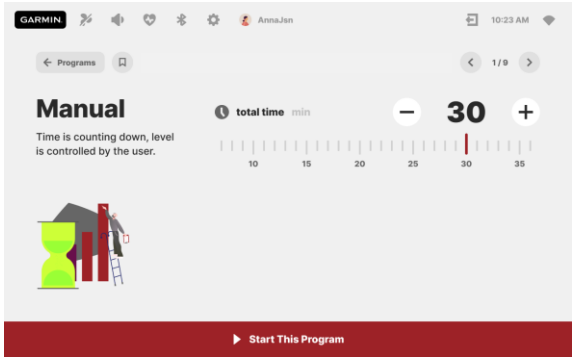
Workout Programs

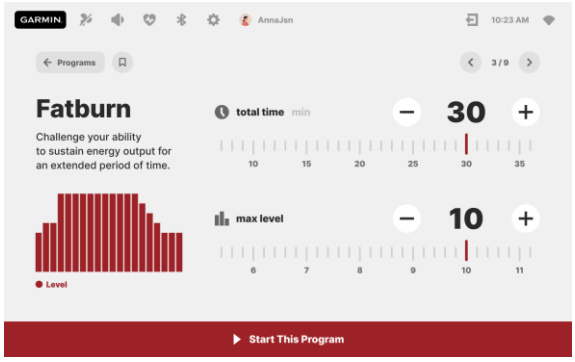
To access all available categories of programs, press “All Programs” on the Home screen. Once inside, you can use tabs on the top of the screen to switch between All Programs, Templates and Favorites.





Tap on any of the program cards to open a Program Setup page, where you can learn more about the program, set properties of your workout, or keep browsing by pressing on the arrow buttons in the upper top right corner of the screen. To adjust workout parameters, you can drag the ruler, tap on the + and – buttons, or tap on the number to open a numpad and input the value directly.





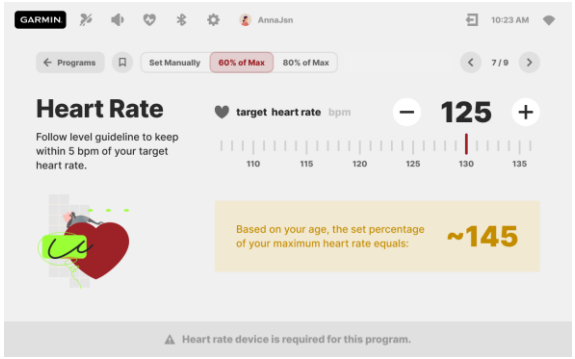
Manual (Timer) program is a timed workout with resistance level controlled manually at any time during the workout.

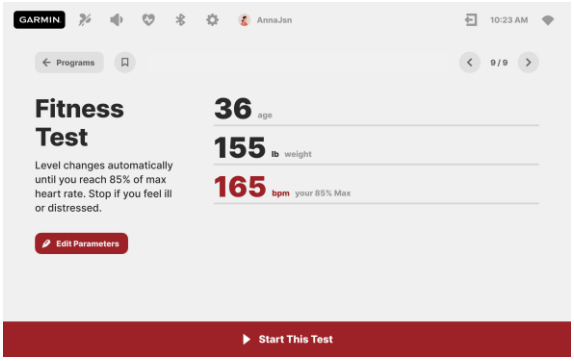
Hill, Fatburn, Cardio, Strength and **HIIT** follow a preset level changing pattern. The Total Time and Max Level settings define the duration and overall intensity of your workout.
The built-in level of difficulty for each segment is shown in the chart below. However, if you change the maximum level on the program setup page before start, all segments throughout the program will be adjusted proportionally.

Program	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Hill	1	2	2	3	3	4	4	5	5	7	7	5	5	4	4	3	3	3	2	1
Fatburn	1	2	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3	2	1
Cardio	1	2	3	5	6	7	6	6	6	7	6	5	6	7	6	5	6	5	2	1
Strength	1	2	2	3	3	4	4	5	5	6	7	7	8	8	8	8	8	6	4	1
HIIT	1	2	2	7	7	2	2	7	7	2	2	7	7	2	2	7	7	2	2	1

Heart Rate program uses resistance to control your heart rate. The resistance level gradually increases until you reach your target heart rate, then adjusts automatically to keep you within 5 bpm of your goal. A heart rate monitor is required for this program.

On the program setup page, you can either set the target bpm directly or select 60% or 80% of your age-predicted maximum heart rate, allowing the machine to calculate your target automatically. Choosing the second option, make sure you have let the machine know how old you are, otherwise the calculations will be based on the default values. The program is finished when the time is up, or if your heart rate is 20% higher than the target.



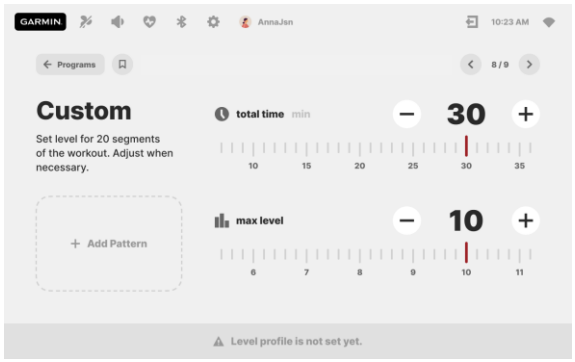


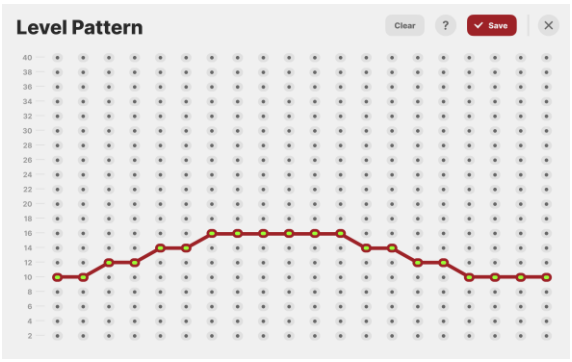
The **Fitness Test** is based on the YMCA Protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 and 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test, or if your heart rate is between 110 bpm and 85% at the end of the two consecutive stages. At the end of the test your VO2 max score will be displayed on the console. VO2 max stands for Volume of Oxygen uptake, which is a measurement of how much oxygen you need to perform a known amount of work.

The YMCA protocol uses two to four 3-minute stages of continuous exercise. On the test setup page, make sure to fix your physical parameters if they are not correct; this information will determine the results of your test.

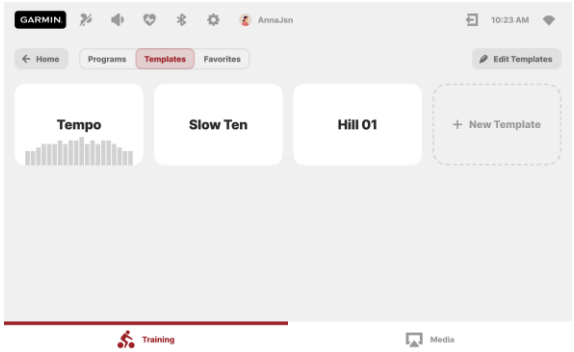
Before the test,

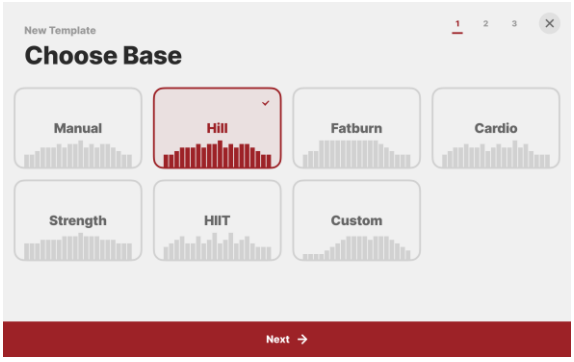
- make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or have any pre-existing health conditions;
- make sure you have warmed up and stretched before taking the test;
- do not take in caffeine before the test.





Custom is a program with fully customizable intensity patterns. On the program page, press “Add Pattern” to start editing. Connect dots to map your workload throughout the 20 segments of the program, from the easiest on the bottom to the hardest on the top. Created pattern can be edited later anytime. Each segment’s duration depends on the selected total time — you can set it right before start.

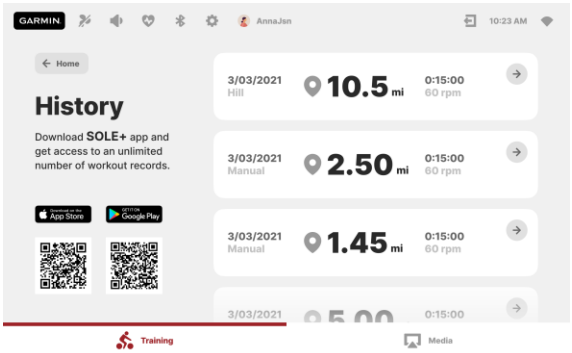




Templates are preset programs with a preserved set of parameters. Programs can be saved as templates upon completion, or you can create one from scratch in the Templates tab: tap on the "New Template" button, choose your base program, then save it with adjusted properties. A maximum of 12 template programs can be stored. To remove the unwanted templates, press "Edit Templates" in the Templates tab. A program can be labeled as a **Favorite.** Up to 3 favorite programs will appear right on the Home screen, so you can access them easier. To "like" a program, open the program setup page and tap on the "ribbon" icon in the upper left corner of the screen. You can find all of the labeled programs under the Favorites tab: to remove the label, press "Edit Favorites", or go to the program setup page directly and un-tap the "ribbon" icon.
Once you have decided on the program, press the "Start This Program" button on the screen, or the physical "START" key on the machine to begin your workout.

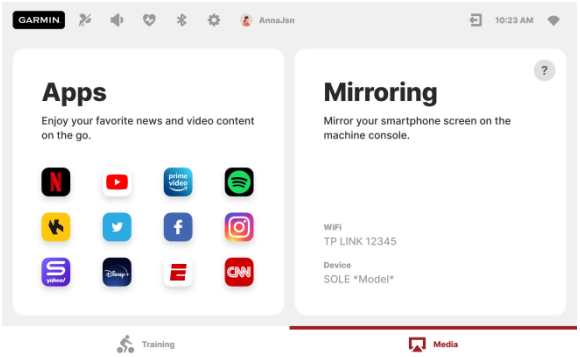
History

To see your latest workout records, press "History" on the main screen of the Training section. Up to 10 records can be stored locally on the console, but you can access your full workout history if you link your profile to the SOLE+ mobile app. Tap on the record preview to see the full summary. Each user can only see his or her workouts.



Media

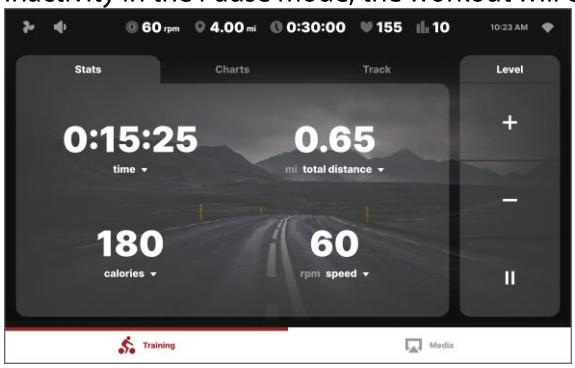
Tap on the right tab of the bottom panel to access the Media section. Choose from a variety of pre-installed third party **Apps**, or use the **Mirroring** function to cast the content from your smartphone directly to the console screen. For detailed instructions, press the **?** icon.

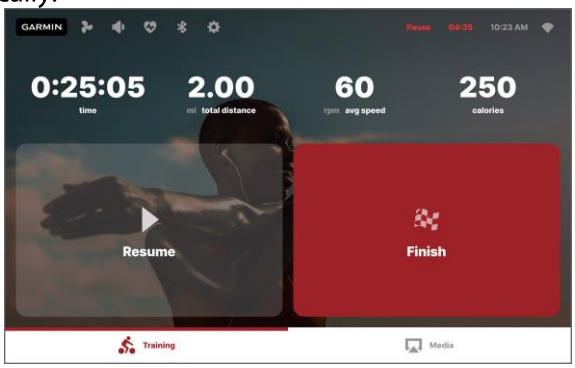


Once the content is on, use the floating panel for navigation, adjusting resistance level and operating full screen mode. Touch the panel's top edge and drag the panel around the screen to find the perfect place for it, where it will not prevent you from interacting with the content. Press Hide Panels to enter the full screen mode without stats on the top and tabs on the bottom, and Show Panels to bring them back. Use the arrow button on the right side of the panel to hide & show the text labels: it allows to further minimize the panel's size. Press "Apps" to go back to the content sources selection.

Workout Mode

Once the workout has been started, the console will appear in its workout mode. During the workout, switch between **Stats, Charts** and **Track** views of the Training section, or go to Media section to enjoy your favorite media content. In the Stats view, you can select parameters you would like to display by tapping on the number. Use the Level panel on the right side of the screen to adjust resistance level.
Press the physical "STOP" key, or the "Pause" icon on the Level panel to pause the workout. Here, you can get back to training, start a cool down, or end your workout and see the summary. After 5 minutes of inactivity in the Pause mode, the workout will end automatically.





HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

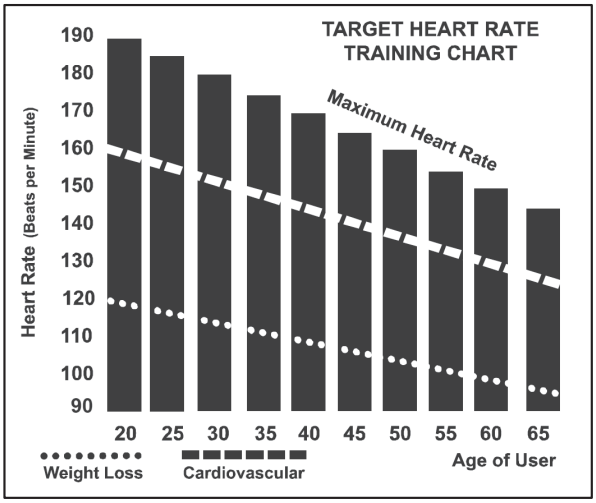
The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity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

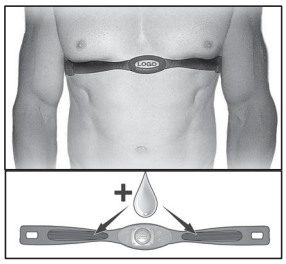
The scale is as follows:

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.

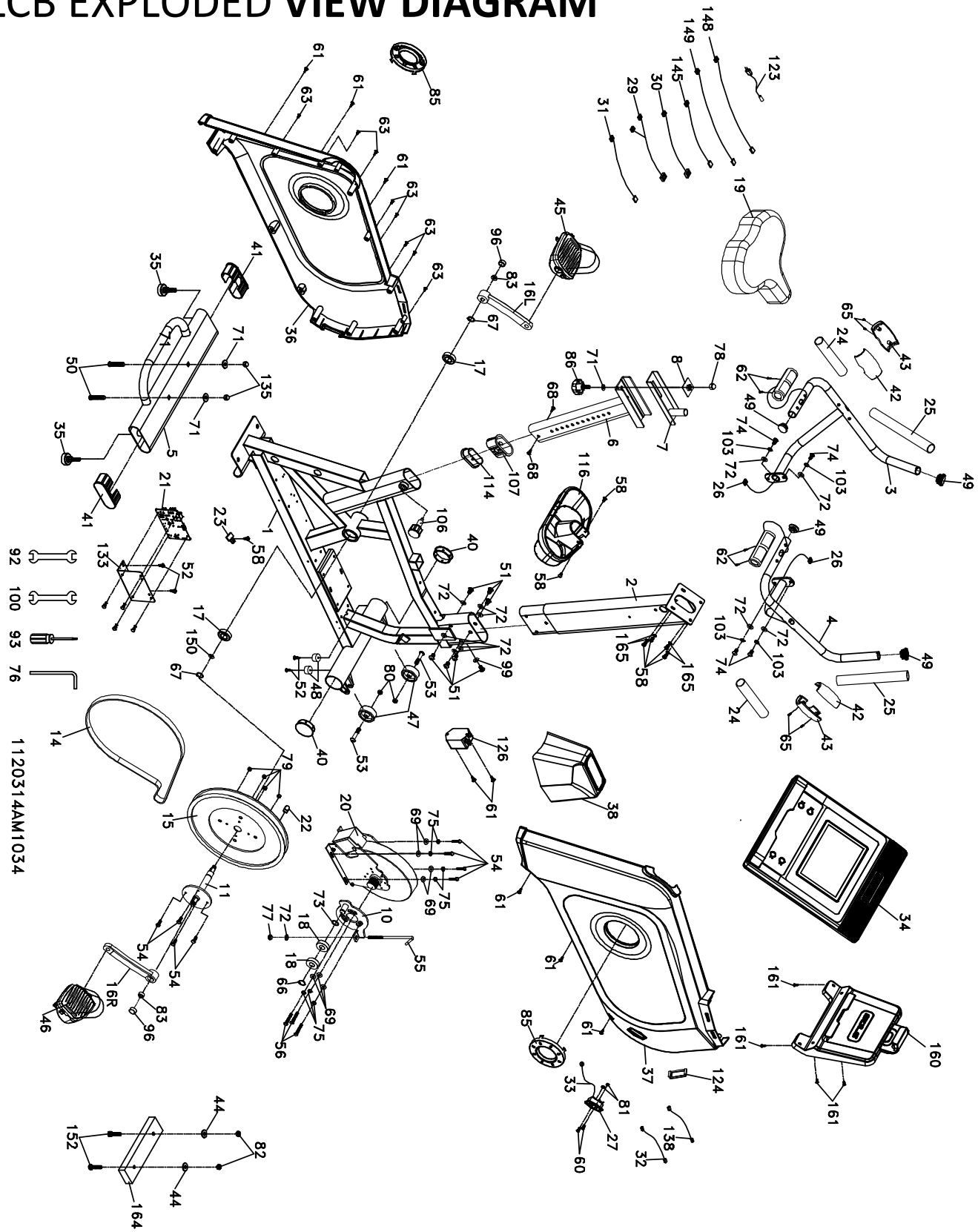
If you continue to experience problems contact your dealer.

To check if your Garmin device can be used for heart rate transmission, please refer to the list of supported devices provided on ***www.sole.dyaco.com***

GENERALMAINTENANCE

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.

LCB EXPLODED **VIEW DIAGRAM**



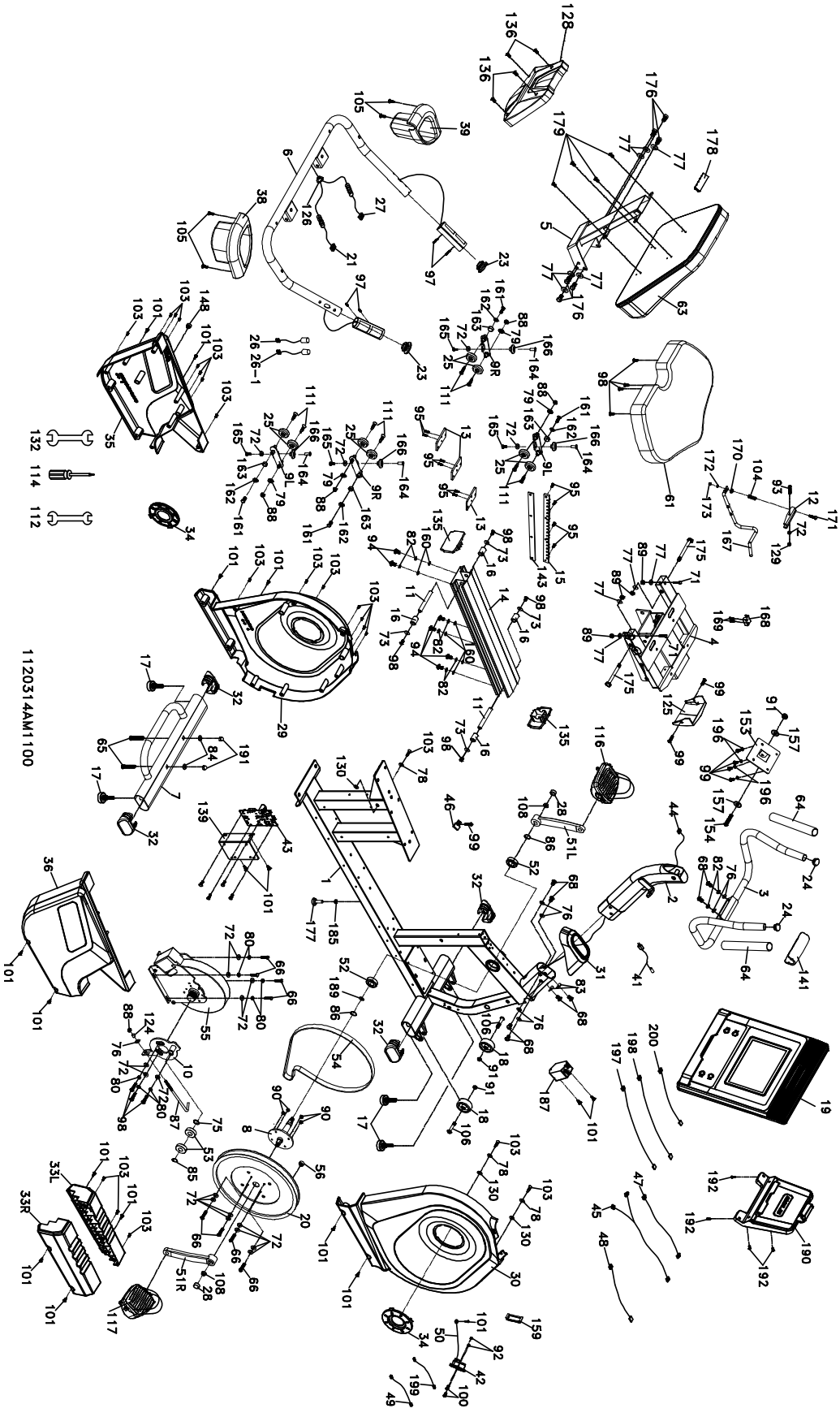
LCB PARTS **LIST**

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Console Mast	1
3	Handle Bar (L)	1
4	Handle Bar (R)	1
5	Rear Stabilizer	1
6	Seat Slider	1
7	Sliding Seat Mount	1
8	Fix Plate	1
10	Idler Wheel Assembly	1
11	Crank Axle	1
14	Drive Belt	1
15	Drive Pulley	1
16L	Crank Arm (L)	1
16R	Crank Arm (R)	1
17	6004_Bearing	2
18	6203_Bearing	2
19	Seat	1
20	Induction Brake	1
21	Generator/Brake Controller	1
22	Magnet	1
23	Sensor W/Cable	1
24	1" × 5T × 180L_Handgrip Foam	2
25	1" × 5T × 295L_Handgrip Foam	2
26	800mm_Handpulse W/Cable Assembly	2
27	AC Electronic Module	1
29	1900mm_Computer Cable	1
30	300mm_Wire Brake Coil Harness	1
31	450mm_Connecting Wire	1
32	80mm_Connecting Wire	1
33	200mm_Ground Wire	1
34	Console Assembly	1
35	Rubber Foot	2
36	Chain Cover (L)	1
37	Chain Cover (R)	1
38	Console Mast Cover	1
40	Round Cap	2
41	End Cap	2
42	Handgrip Cap(Top)	2
43	Handgrip Cap(Bottom)	2
44	Nylon Washer	2
45	Pedal (L)	1
46	Pedal (R)	1
47	Transportation Wheel	2
48	Rubber Foot Pad	2

Part Number	Part Description	Qty per unit
49	Button Head Plug	4
50	3/8" × 53L_Carriage Bolt	2
51	5/16" × UNC18 × 5/8"_Hex Head Bolt	7
52	5 × 19mm_Tapping Screw	4
53	5/16" × 1-3/4"_Button Head Socket Bolt	2
54	1/4" × 3/4"_Hex Head Bolt	8
55	M8 × 190mm_J Bolt	1
56	M6 × 15mm_Phillips Head Screw	3
58	M5 × 12mm_Phillips Head Screw	7
60	M4 × 12mm_Phillips Head Screw	2
61	5 × 16mm_Tapping Screw	8
62	3 × 20mm_Tapping Screw	4
63	3.5 × 16mm_Sheet Metal Screw	10
65	3 × 10mm_Tapping Screw	4
66	Ø17_C Ring	1
67	Ø20_C Ring	2
68	4 × 12mm_Sheet Metal Screw	2
69	Ø1/4" × 13mm × 1T_Flat Washer	7
71	Ø3/8" × Ø25 × 2T_Flat Washer	3
72	Ø5/16" × Ø18 × 1.5T_Flat Washer	11
73	Ø17 × Ø23.5mm × 1T_Flat Washer	1
74	5/16" × UNC18 × 5/8"_Button Head Socket Bolt	4
75	Ø1/4"_Split Washer	7
76	Combination M5 Allen Wrench & Phillips Head Screw	1
77	M8 × 7T_Nylon Nut	1
78	3/8" × 7T_Cap Nut	1
79	1/4" × 8T_Nylon Nut	4
80	5/16" × 6T_Nylon Nut	2
81	M4 × 5T_Nylon Nut	2
82	3/8" × 7T_Nut	2
83	M10 × P1.25 × 10T_Nut	2
85	Round Cover	2
86	Adjustment Knob	1
92	13.15mm_Wrench	1
93	Phillips Head Screw Driver	1
96	Crank Arm End Cap	2
99	Ø5/16" × 19 × 1.5T_Curved Washer	1
100	12.14mm_Wrench	1
103	5/16" × 1.5T_Split Washer	4
106	Locking Knob	1
107	Sleeve	1
114	Slide Spacer	1
116	Beverage Holder	1
123	Power Cord	1
124	Electronic Module	1

Part Number	Part Description	Qty per unit
126	Filter	1
133	Controller Fixing Plate	1
135	3/8" × UNC16 × 12.5T_Cap Nut	2
138	80mm_Connecting Wire	1
145	450mm_Connecting Wire	1
148	1100mm_Connecting Wire (White)	1
149	1100mm_Connecting Wire (Black)	1
150	Rubber Pad	2
152	3/8" × 1-1/2"_Hex Head Bolt	2
160	Tablet Holder	1
161	3.5 × 12L_Sheet Metal Screw	4
164	Packing Board	1
165	Ø5 × 0.6T_Star Washer	4

LCR EXPLODED **VIEW DIAGRAM**



LCR PARTS **LIST**

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Console Mast	1
3	Mast Handle bar Assembly	1
4	Seat Carriage	1
5	Seat Back Bracket	1
6	Seat Handle Bar	1
7	Rear Stabilizer	1
8	Crank Axle	1
9L	Seat Wheel Adjustment Plate (L)	2
9R	Seat Wheel Adjustment Plate (R)	2
10	Idler Wheel Assembly	1
11	Seat Stop Axle	2
12	Seat Position Latch	1
13	Backing Plate	3
14	Aluminum Track	1
15	Rack	1
16	Spacer for Stopper Axle	4
17	Rubber Foot	4
18	Transportation Wheel	2
19	Console Assembly	1
20	Drive Pulley	1
21	950mm_Handpulse W/Cable Assembly (R)	1
23	Ø32(1.8T)_Button Head Plug	2
24	Ø25.4 (2.0T)_Button Head Plug	2
25	Seat Track Wheel	8
26	300mm_Handpulse Wire	1
26-1	300mm_Handpulse Wire(White)	1
27	750mm_Handpulse W/Cable Assembly (L)	1
28	Crank Arm End Cap	2
29	Front Shroud (L)	1
30	Front Shroud (R)	1
31	Console Mast Cover	1
32	End Cap	4
33L	Step Cover (L)	1
33R	Step Cover (R)	1
34	Round Disk Cover, Crank	2
35	Rear Shroud (L)	1
36	Rear Shroud (R)	1
38	Drink Bottle Holder (R)	1
39	Drink Bottle Holder (L)	1
41	Power Cord	1
42	AC Electronic Module	1
43	Generator/Brake Controller	1

Part Number	Part Description	Qty per unit
44	2100mm_Computer Cable	1
45	2100mm_Handpulse Wire	1
46	Sensor W/Cable	1
47	850mm_Wire Brake Coil Harness	1
48	450mm_Connecting Wire	1
49	80mm_Connecting Wire	1
50	200mm_Ground Wire	1
51L	Crank Arm (L)	1
51R	Crank Arm (R)	1
52	6004_Bearing	2
53	6203_Bearing	2
54	Drive Belt	1
55	Induction Brake	1
56	Magnet	1
61	Seat	1
63	Seat Back	1
64	Handgrip Foam	2
65	3/8" × 53L_Carriage Bolt	2
66	1/4" × 3/4"_Hex Head Bolt	8
68	5/16" × UNC18 × 5/8"_Hex Head Bolt	8
71	3/8" × 1-3/4"_Hex Head Bolt	2
72	1/4" × 13 × 1T_Flat Washer	22
73	1/4" × 19 × 1.5T_Flat Washer	4
75	Ø17 × Ø23.5 × 1T_Flat Washer	1
76	Ø5/16" × Ø18 × 1.5T_Flat Washer	7
77	Ø3/8" × Ø19 × 1.5T_Flat Washer	10
78	Ø3/16" × Ø15 × 1.5T_Flat Washer	3
79	Ø8 × Ø18 × 3T_Knurled Lock Washer	4
80	Ø1/4"_Split Washer	7
82	5/16" × 1.5T_Split Washer	8
83	Ø5/16" × 19 × 1.5T_Curved Washer	2
84	Ø3/8" × Ø25 × 2T_Flat Washer	2
85	Ø17_C Ring	1
86	Ø20_C Ring	2
87	M8 × 170mm_J Bolt	1
88	M8 × 7T_Nylon Nut	5
89	3/8" × 7T_Nylon Nut	4
90	1/4" × 8T_Nylon Nut	4
91	5/16" × 6T_Nylon Nut	3
92	M4 × 5T_Nylon Nut	2
93	M6 × 38mm_Socket Head Cap Bolt	1
94	5/16" × UNC18 × 3/4"_Hex Head Bolt	6
95	M5 × 12mm_Flat Head Socket Screw	10
97	3 × 20mm_Tapping Screw	4
98	M6 × 15mm_Phillips Head Screw	11

Part Number	Part Description	Qty per unit
99	M5 × 12mm_Phillips Head Screw	7
100	M4 × 12mm_Phillips Head Screw	2
101	5 × 16mm_Tapping Screw	17
103	3.5 × 16mm_Sheet Metal Screw	21
104	Spring	1
105	4 × 16mm_Sheet Metal Screw	4
106	5/16" ×1- 3/4"_Button Head Socket Bolt	2
108	M10 × P1.25 × 10T_Nut	2
111	M5 × P0.8 × 10L_Flat Phillips Head Screw	8
112	12.14mm_Wrench	1
114	Phillips Head Screw Driver	1
116	Pedal (L)	1
117	Pedal (R)	1
124	Rod End Sleeve	1
125	Seat Carriage Cover	1
126	HGP Wire Grommet	1
128	Seat Back Cover	1
129	M6 × 6T_Nylon Nut	1
130	Ø5/16" × 16 × 1T_Flat Washer	3
132	14.15mm_Wrench	1
135	Aluminum Axle End Cap	2
136	M5 × 15mm_Phillips Head Screw	4
139	Controller Fixing Plate	1
141	Handle Bar Cover	1
143	Seat Track Fixing Plate	1
148	Block	1
153	Console Holder Assembly	1
154	5/16" × 2-1/2"_Hex Head Bolt	1
157	5/16'' × Ø25 × 3T_Nylon Washer	2
159	Electronic Module	1
160	Ø5/16" × 16 × 1.5T_Flat Washer	6
161	M6 × 10L_Flat Phillips Head Screw	4
162	Ø1/4" × Ø16 × 1T_Flat Washer	4
163	Sleeve	4
164	M6 × 19L_Nut	4
165	M6 × 10L_Button Head Socket Bolt	4
166	PU Wheel	4
167	Seat Front/Aft Adjustment Lever	1
168	Lever Anchor	1
169	M5 × 25mm_Flat Head Socket Screw	2
170	Ø15 × 6 × 4T_Nylon Washer	1
171	M5 × 45mm_Socket Head Cap Bolt	1
172	Ø5 × 10 × 1T_Flat Washer	1
173	M5 × 5T_Nylon Nut	1
175	3/8" × 2- 3/4"_Hex Head Bolt	2

Part Number	Part Description	Qty per unit
176	3/8" × UNC16 × 3/4"_Hex Head Bolt	6
177	Rubber Foot Pad	1
178	Square End Cap	1
179	M8 × 15mm_Button Head Socket Bolt	4
185	3/8" × 4T_Nut	1
187	Filter	1
189	Rubber Pad	2
190	Tablet Holder	1
191	3/8" × UNC16 × 12.5T_Cap Nut	2
192	3.5 × 12mm_Sheet Metal Screw	4
196	Ø5 × 0.6T_Star Washer	4
197	1600mm_Connecting Wire(White)	1
198	1600mm_Connecting Wire(Black)	1
199	80mm_Connecting Wire	1
200	450mm_Connecting Wire	1