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To ensure your personal safety when removing the shipping strap, please make sure that the treadmill is located exactly on the ground, in orientation it will be if you use a treadmill. Do not turn the treadmill on your side by removing the delivery belt. This may cause the treadmill assembly mechanism to open in the spring. If the end of the Velcro strap (which you need to grab to remove it) happens under the treadmill deck, ask under the deck to grab it, but don't tilt the treadmill to access the end of the strap. ASSEMBLY PACK CHECKLIST (F80/F83/F85) (12 pcs) 5/16x1/2 Knop socket head screw (3 pcs) M3 x 18 m/m Screw screw (1pc) Safety Key (1 pcs) Deck/Belt Grease (1 pc) Combination M5 Allen Wrench & Screwdriver; Screwing (1 pc) M6 Allen Wrenk Assembly (F80/F83/F85) ■ STEP 1 Remove all parts from the cardboard. ■ STEP 2 Connect the computer cable (bottom) using a computer cable (in the middle). ■ STEP 3 Tighten the right and left vertical racks into the base of the frame with 8 pcs 5/16 x 1/2 buttons of the socket head screws, using the combination M5 Allen Wrench & Screwdriver. ■ STEP 4 Connect the computer cable (medium) with a computer cable (top). Connect the W/Cable speed control switch with a high-speed cable (top). And connect the W/Cable tilt switch to the tilt cable (top). ■ STEP 5 Install console support in the right and left handrails with 4 pcs 5/16 x 1/2 Power socket head button using the combination M5 Allen Wrench & Screwdriver. ■ STEP 6 Connect the computer fan assembly cable with the console. Install the fan assembly on the 3 pcs M3 x 18 m/m console by self-tapping the M5 Allen wrench screws & Screwdriver. PLEASE BLOCK ALL EQUIPMENT AFTER THE MEANS OF ACCESS HAVE BEEN COLLECTED. ■ F80/F83/F85/S73/S77 PAGE 2 CONGRATULATIONS ON YOUR NEW TREADMILL AND WELCOME TO A SINGLE FAMILY THAT YOU TO BUY THIS HIGH-QUALITY TREADMILL FROM SOLE. YOUR NEW TREADMILL HAS BEEN MANUFACTURED BY ONE OF THE LEADING FITNESS MANUFACTURERS IN THE AND IS SUPPORTED BY ONE OF THE MOST COMPLETE GUARANTEES. THROUGH YOUR DEALER, SOLE WILL DO EVERYTHING POSSIBLE TO MAKE YOUR OWNERSHIP EXPERIENCE AS ENJOYABLE AS POSSIBLE FOR MANY YEARS TO COME. THE LOCAL DEALERSHIP WHERE YOU PURCHASED THIS TREADMILL IS YOUR ADMINISTRATOR FOR ALL SOLE WARRANTY AND SERVICE NEEDS. THEIR RESPONSIBILITY IS TO PROVIDE YOU WITH TECHNICAL KNOWLEDGE AND SERVICE PERSONNEL TO MAKE YOUR EXPERIENCE MORE INFORMED AND ANY DIFFICULTIES EASIER TO FIX. PLEASE FIND A MOMENT AT THIS TIME TO RECORD THE DEALER'S NAME, THEIR PHONE NUMBER, AND THE DATE OF PURCHASE BELOW TO MAKE ANY FUTURE REQUIRED CONTACT EASY. WE APPRECIATE YOUR SUPPORT AND WILL ALWAYS REMEMBER THAT YOU ARE THE REASON THAT WE ARE IN BUSINESS. PLEASE FILL IN AND DIRECT YOUR REGISTRATION CARD TODAY AND ENJOY YOUR NEW TREADMILL. YOUR HEALTH, SOLE NAME DEALER \_\_\_\_\_ PHONE NUMBER DEALER \_\_\_\_\_ PURCHASE DATE \_\_\_\_\_ PRODUCT REGISTRATION RECORD YOUR SERIAL NUMBER PLEASE NOTE THE SERIAL NUMBER OF THIS FITNESS PRODUCT IN THE SPACE PROVIDED BELOW. SERIAL NUMBER \_\_\_\_\_ REGISTER PURCHASE The registration card of the self-registration of the product must be filled in full and returned to Sole. or visit [www.soletreadmills.com](http://www.soletreadmills.com) to register online. V. V. F80 / F83 / F85 / S73 / S77 2Page 3 Important safety instructions WARNING - Read all instructions before using this device. HAZARD - To reduce the risk of electric shock, disconnect the Sole treadmill from the electrical outlet before cleaning and/or maintenance. WARNING - To reduce the risk of burns, fire, electric shock or injury to persons, place the treadmill on a flat flat surface with access to the socket at 120 volts, 20-amps. DO NOT USE THE EXTENSION CORD: DO NOT ATTEMPT TO TURN OFF THE GROUNDED PLUG USING THE WRONG ADAPTERS OR CHANGE THE CORD SET IN ANY WAY. Serious shock or fire hazards can cause computer malfunctions. See Grounding Instructions, 4. ■ Do not use the treadmill on a deeply soft, plush or shag carpet. Can cause damage to both the carpet and the treadmill. ■ Do not block the back of the treadmill. Provide at least 3 1/2 feet clearance between the back of the treadmill and any fixed object. ■ Keep kids away from the treadmill. There are obvious pinch points and other areas of caution that can cause harm. ■ Keep your hands away from all moving parts. ■ Never use a treadmill if it has a damaged cord or plug. If the treadmill isn't working properly, call your dealer. ■ Keep the cord away from heated surfaces. ■ Do not use where you use spray products or where oxygen is injected. Sparks from the engine can ignite a very gas-like environment. ■ Never throw or insert any object into any holes. ■ Do use outdoors. ■ To disconnect, turn all controls to a off position, remove the binding, and then unplug it. ■ Do not attempt to use the treadmill for any purpose other than the purposes intended to do so. ■ Pulse sensors are not medical devices. Various factors, including user movement, can influence the accuracy of heart rate readings. Pulse sensors are intended only as exercise in determining the tendencies of the heart rate as a whole. ■ Use handrails provided; they are for your safety. ■ Wear the right shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on a treadmill. High-quality sports shoes are recommended to avoid leg fatigue. Unplug the cord after use to prevent the treadmill from operating unauthorized operation. KEEP THESE INSTRUCTIONS - THINK ABOUT SAFETY! F80/F83/F85/S73/S77 3Page 4Image Electrical Information WARNING! NEVER use the ground fault circuit (GFCI) socket with this treadmill. Steer the power cord away from any moving part of the treadmill, including the height mechanism and transport wheels. NEVER remove the lid without first disconnecting the AC power. If tension fluctuates by ten percent (10%) or more may affect the performance of the treadmill. Such conditions are not covered by the warranty. If you suspect that the voltage is low, contact your local energy company or licensed electrician for proper testing. See Diagnostics Guide, p. 12. NEVER expose this treadmill to rain or wet. This product is not intended for outdoor use, by the pool or spa, or in any other high humidity environment. Grounding instructions This product must be grounded. If the treadmill has a malfunction or break, grounding provides the path of least resistance to electric current, reducing the risk of electric shock. This product is equipped with a grounding cord for equipment. The plug must be connected to the appropriate socket, which is properly installed and grounded in accordance with all local codes and ordinances. HAZARD - Improper connection of the grounding conductor equipment may cause electric shock. Contact a qualified electrician or serviceman if you doubt whether the product is properly grounded. Do not change the plug derived from the product unless it is plugged in, has a proper socket installed by a qualified electrician. This product is for use on a nominal scheme of 120 volts, and has a grounding plug that looks like a plug illustrated below. A temporary adapter similar to the adapter illustrated below can be used to connect this up to 2-pole receptor, as shown below, if properly grounded output is not available. The temporary adapter should only be used until the properly grounded socket (below) can install a qualified electrician. Green is the color of a stiff ear-meadow, or the like that, extending from must be connected to a permanent land, for example, the properly grounded cover of the output box. Whenever the adapter is in use, it must be carried out in place with a metal screw. Tab Grounding screw adapter Metal screw Grounded output Grounded output box Grounding pin F80 / F83 / F85 / S73 / S77 4Page 5 Important operating instructions • NEVER operate this treadmill without reading and fully understanding the results of any operational changes you request from your computer. • Understand that speed and tilt changes do not occur immediately. Set the desired speed on your computer console and release the adjust key. The computer will obey the command gradually. • NEVER use a treadmill during an electrical storm. There may be power surges in your household power grid that can damage treadmill components. • Be careful when participating in other activities while walking on a treadmill, for example, watching TV, reading, etc. These distractions can lead to loss of balance or stray from walking in the center of the belt; may cause serious injury. • NEVER mount or unmount the treadmill while the belt is moving. The sole of the treadmills start at very low speed, and you don't need to straddle the belt at startup. Just standing on your belt during slow acceleration is correct after you've learned how to control your device. Always hold on to the handrail or hand bar when making control changes (tilt, speed, etc.). Do not use excessive pressure on the console control keys. They have the accuracy set to work properly with little finger pressure. Pressing harder won't make the device go faster or slower. If you feel that the buttons are not functioning properly at normal pressure, contact your Sole dealer. Safety Tethering A protective binding to the appliance is provided. This is a simple magnetic design that should be used at all times. It's for your safety you have to fall or move too far back on the tread belt. Pulling this safety binding cord will stop the movement of the belt protector. Use: 1. Place the magnet in position on the round metal part of the console control head. Your treadmill won't close or work without it. Removing the magnet also provides a treadmill from unauthorized use. 2. Securely secure the plastic clamp on the clothes to ensure good power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clamp should be securely attached to make sure it does not come off. Be familiar with its features and limitations. The treadmill will stop, depending on speed, with a one-two-step coast at any one time the magnet is removed from the console. stop/pause red switch in normal operation. F80 / F83 / F85 / S73 / S77 5Page 6 instructions (F80 / F83 / F85) F80 / F83 / F85 / S73 / S77 6 6

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