SOLE

FITNESS

Model: 16608700200
OWNER'S MANUAL

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

TABLE OF **CONTENTS**

ATTENTION

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THIS APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

SOLE
FITNESS

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

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

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

Please take a moment at this time to record below the name of the dealer, their telephone number, and the date of purchase for easy contact in the future. Keep your receipt for proof of purchase. 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 elliptical.

Yours in Health,
Dyaco Canada Inc.

Name of Dealer _____

Telephone Number of Dealer _____

Purchase Date _____

PRODUCT **REGISTRATION**

RECORD YOUR SERIAL NUMBER
Please record the Serial Number of this fitness product in the space provided below.
Note: Serial Number can be found on the frame or the warming label.

Serial Number _____

Register your purchase
The self-addressed product registration card must be completed in full and returned to Dyaco Canada Inc. You can also go to www.solefitness.ca to register online.

BEFORE YOU BEGIN

Thank you for choosing the SOLE E20 Elliptical. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SOLE E20 Elliptical provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the SOLE E20 Elliptical. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SOLE E20 Elliptical, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.
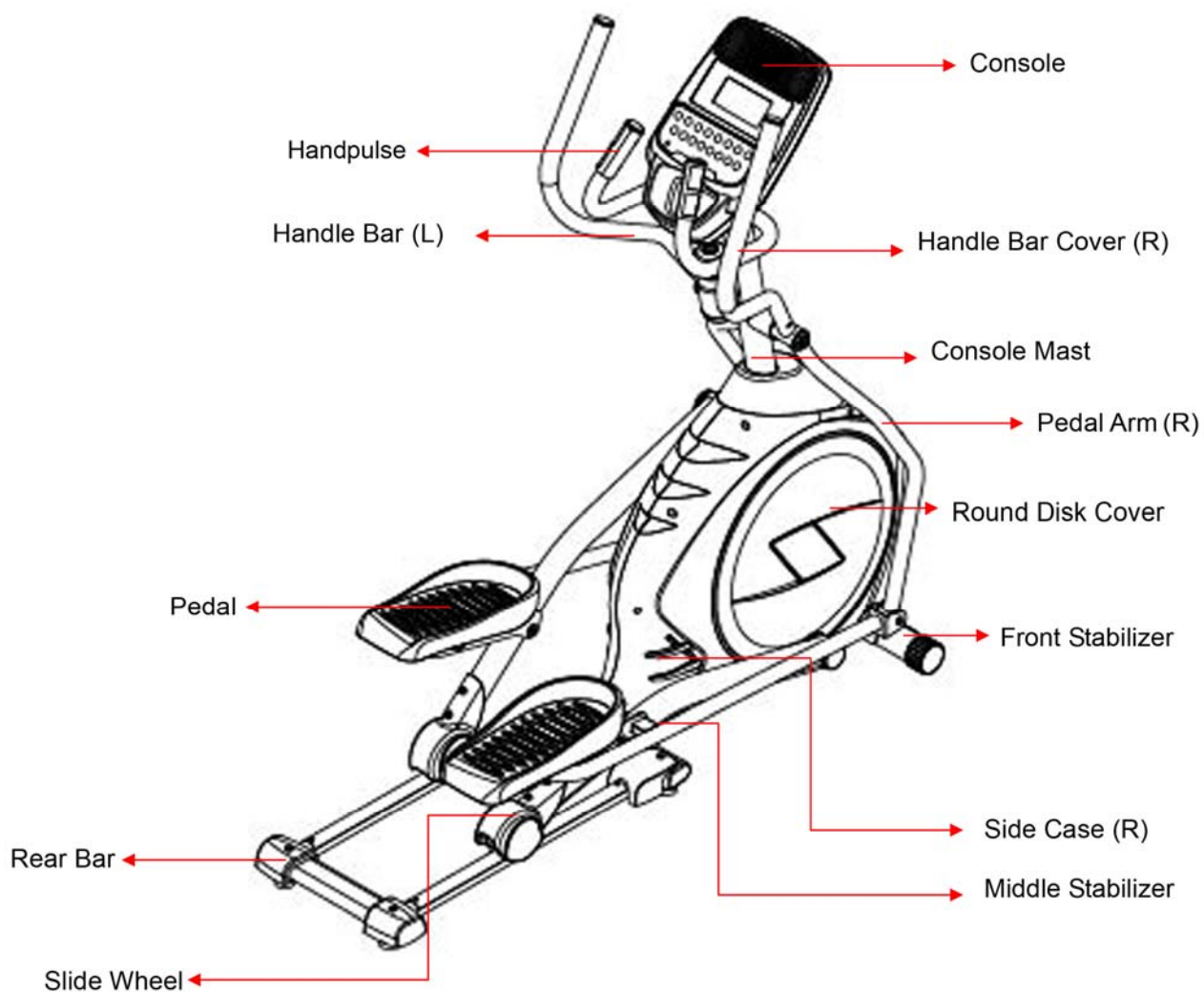
IMPORTANT **SAFETY INSTRUCTIONS**

WARNING - Read all instructions before using this equipment.

DANGER - To reduce the risk of electric shock disconnect your SOLE elliptical 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 elliptical on a flat level surface with access to a 120-volt, 15-amp grounded outlet with only the elliptical 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.

- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical 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 elliptical if it has a damaged cord or plug. If the elliptical 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 elliptical 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 elliptical. Quality athletic shoes are recommended to avoid leg fatigue.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- User weight should not exceed 275 lbs (125 kg).

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT **ELECTRICAL INFORMATIONS**

WARNING!

NEVER remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your elliptical 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 elliptical 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).

IMPORTANT **OPERATION INSTRUCTIONS**

- **NEVER** operate this elliptical 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.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your household power supply that could damage elliptical components. Unplug the elliptical during an electrical storm as a precaution.
- Use caution while participating in other activities while using your elliptical; such as watching television, reading, etc. These distractions may cause you to lose balance; which may result in serious injury.
- Always hold on to a handle bar while making control changes.
- 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 dealer.

Plug-In

WARNING DECAL **REPLACEMENT**

The decal shown below has been placed on the elliptical. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal. Apply the decal in the location shown.

E20 ASSEMBLY PACK CHECKLIST

HARDWARE **STEP 1**
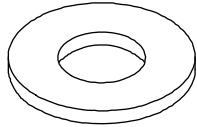
#94. 3/8" Flat
Washer (2 pcs)
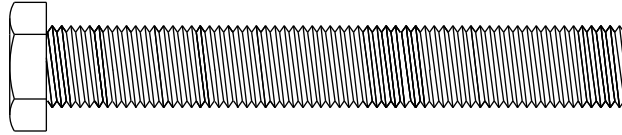
#119. 3/8" x 3"
Hex Head Bolt (3 pcs)
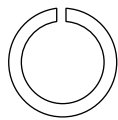
#120. 3/8" Split
Washer
(4 pcs)
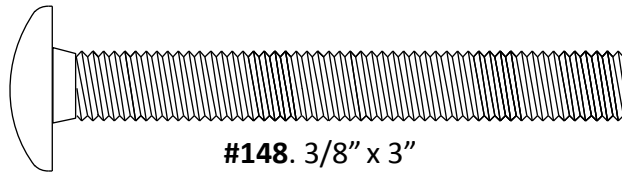
#148. 3/8" x 3"
Carriage Bolt
(2 pcs)
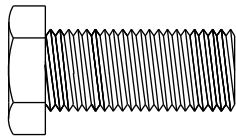
#121. 3/8" x 3/4"
Hex Head Bolt
(1 pc)
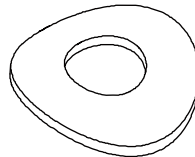
#149. 3/8" Curved
Washer (4 pcs)

#150. 3/8" Cap
Nut (2 pcs)

HARDWARE **STEP 2**
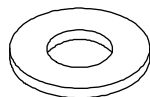
#147. 5/16" Flat
Washer
(2 pcs)
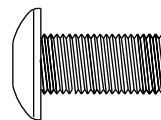
#151. 5/16"
Button Head Socket Bolt
(2 pcs)

HARDWARE **STEP 3**
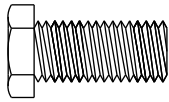
#70. 5/16"
Hex Head Bolt
(6 pcs)
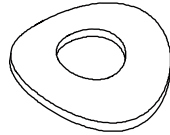
#102. 5/16" Curved
Washer (6 pcs)

HARDWARE **STEP 4**

#78. M5 x 10mm
Phillips Head Screw
(4 pcs)

#79.M5 x 15mm
Philips Head Screw
(8 pcs)

#68-3.M5 x 12mm
Philips Head Screw (2 pcs)

ASSEMBLY **TOOLS**
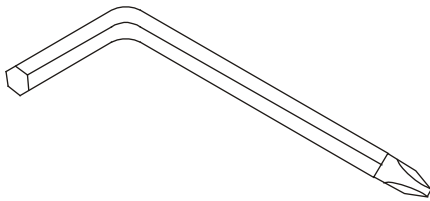
#108. M5 Allen Wrench /
Phillips Head Screwdriver
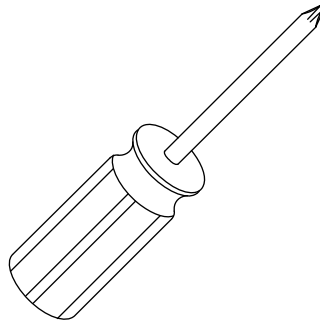
#110. Phillips Head
Screwdriver
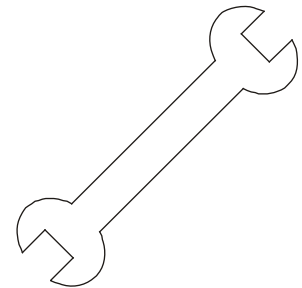
#111.12.14mm Wrench
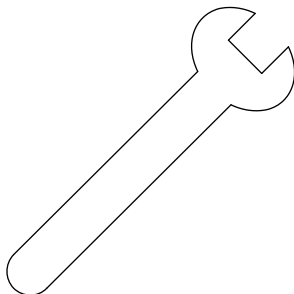
#113.12mm Wrench

E20 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 (**#**) correspond to the item number from the assembly drawing for reference.

1

CONSOLE MAST & CONSOLE

1. Locate the Console Mast (**10**) and Console Mast Cover (**41**) and slide the Cover onto the Mast as far as it will go. Make sure the Console Mast Cover (**41**) is facing the correct way.
2. At the top opening of the Main Frame (**1**) of the elliptical is a Computer Cable (**32**). Unravel and straighten out the Computer Cable (**32**) and feed it into the bottom of the Console Mast tube (**10**) and out of the top opening.
3. Install the Console Mast (**10**) into the receiving bracket in the top of the Main Frame (**1**). Put the two Split Washers (**120**) and two Curved Washers (**149**) onto the one Hex Head Bolt (**119**) and one Hex Head Bolt (**121**) then install the screw at the front of the Console Mast. Put two Flat Washers (**94**), two Split Washers (**120**) onto the two Hex Head Bolts (**119**). Install tighten by using the 12.14m/m Wrench (**111**).
4. NOTE: There is an electrical wire running through the Console Mast Tube (**10**). Be careful not to damage or pinch this Computer Cable (**32**) during this procedure.
5. Install the Front Stabilizer (**15**) on the front stabilizer holding plate at the bottom of the main frame with the transportation wheels facing forward and secure them with two Carriage Bolts (**148**), two Curved Washers (**149**) and two Cap Nuts (**150**) by using 12.14m/m Wrench (111).

HARDWARE **STEP 1**

#94. 3/8" Flat Washer (2 pcs)
#119. 3/8" x 3" Hex Head Bolt (3 pcs)
#120. 3/8" Split Washer (4 pcs)
#121. 3/8" x 3/4" Hex Head Bolt (1 pc)
#148. 3/8" x 3" Carriage Bolt (2 pcs)
#149. 3/8" Curved Washer (4 pcs)
#150. 3/8" Cap Nut (2 pcs)

1 CONSOLE MAST & CONSOLE
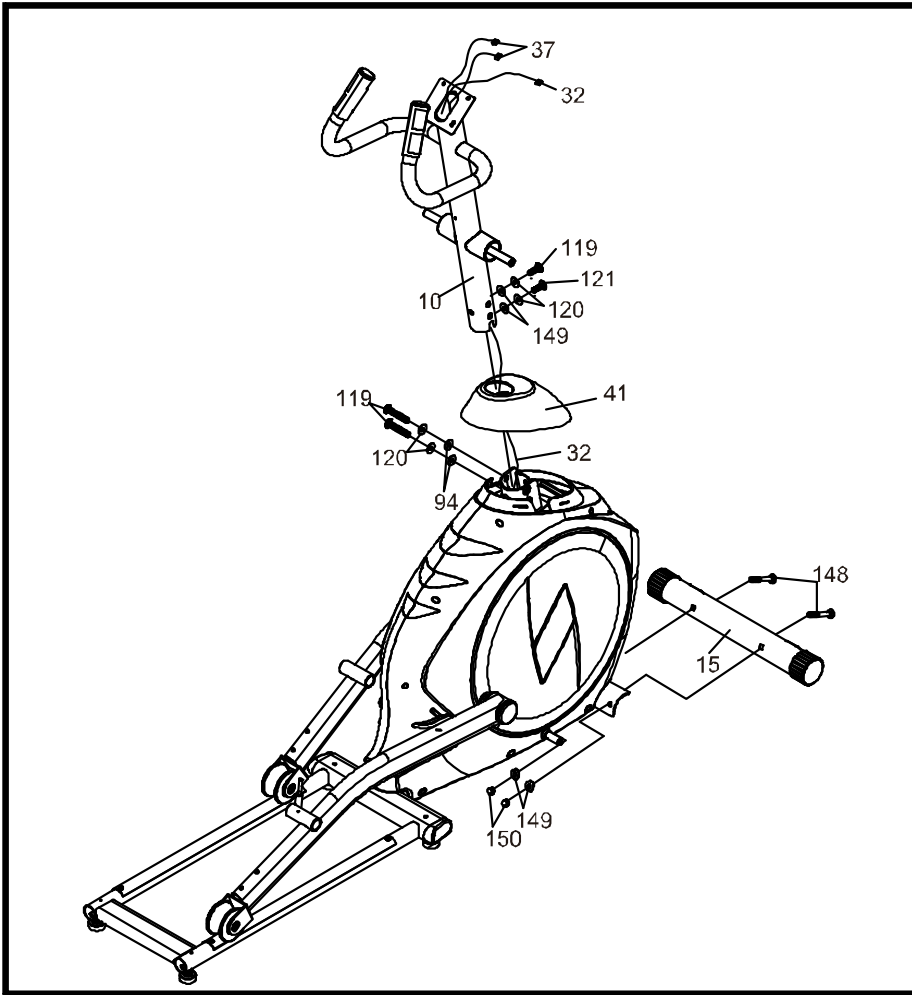
2 SWING ARMS
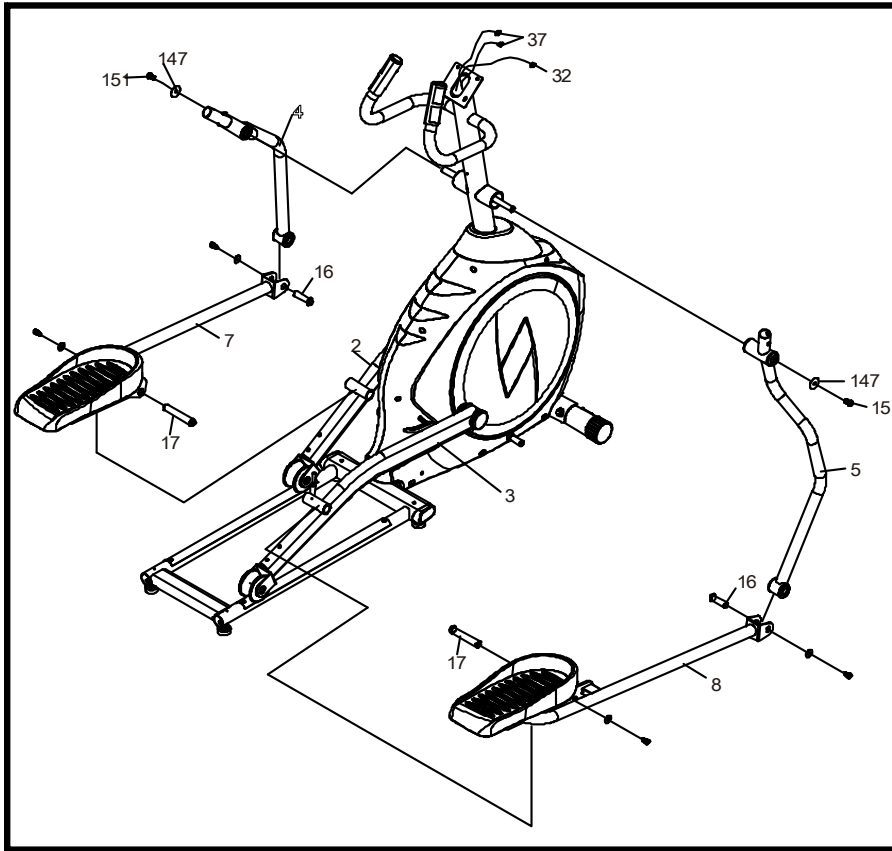
#147. 5/16" Flat Washer (2 pcs)
#151. 5/16" Button Head Socket Bolt (2 pcs)

1. Slide the left and right Lower Swing Arms (**4** & **5**) onto the axle of the Mast and secure with two 5/16" Button Head Socket Bolts (**151**) and two Flat Washers (**147**) by using Combination M5 Allen Wrench & Phillips Head Screwdriver (**108**).

2. Remove the Pedal Axle (**17**) from left Pedal Arm (**2**) and install left Connecting Arm (**7**) onto left Pedal Arm. Reinstall the Axle and the screw and tighten with 12mm and 14mm wrench (**111**). Repeat the same procedure again for the right Connecting Arm (**8**) and Pedal Arm (**3**).

3. Remove the axles (**16**) which are on left and right connecting arms (**7 & 8**).
   Connect the left and right connecting arm (**7 & 8**) with left and right Lower Swing Arms (4 & 5) and reinstall the axles (**16**) and the screw and tighten with the Wrench (**111**).

3 CONNECTING ARMS & REAR RAILS
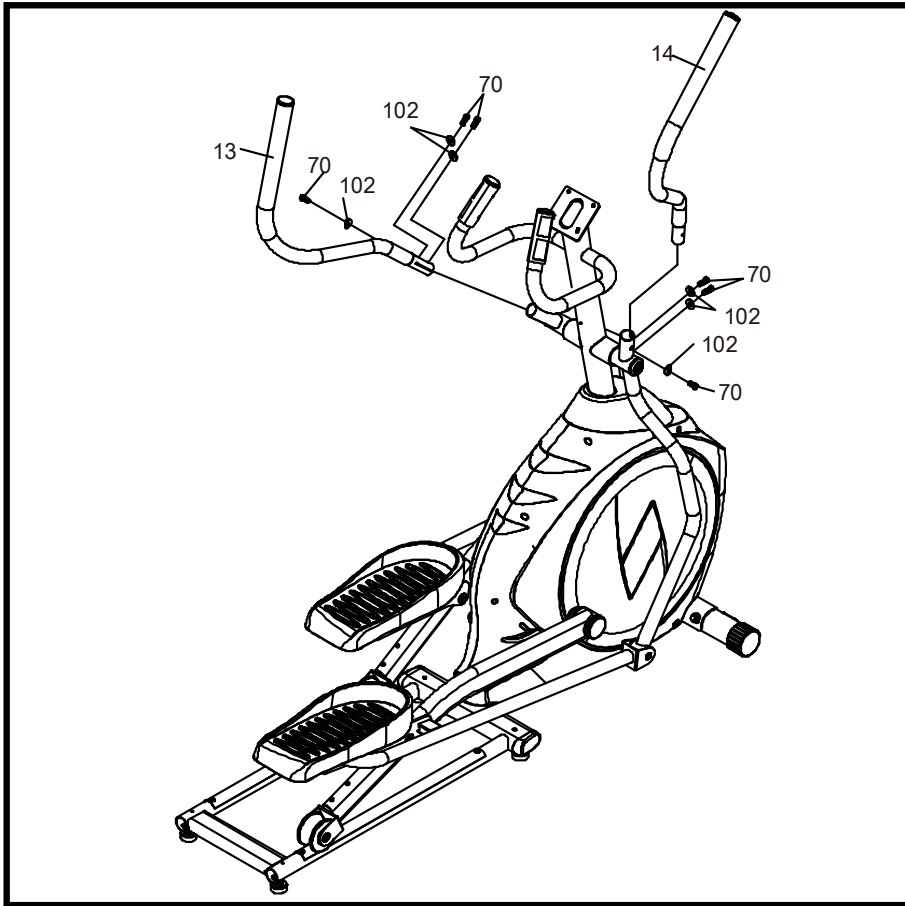
1. Install the Left and Right Swing Arms (**13 & 14**) into the Left and Right Lower Swing Arms (**4 & 5**) with six Hex Head Bolts (**70**) and six Curved Washers (**102**) by using the 12.14m/m_Wrench (**111**).
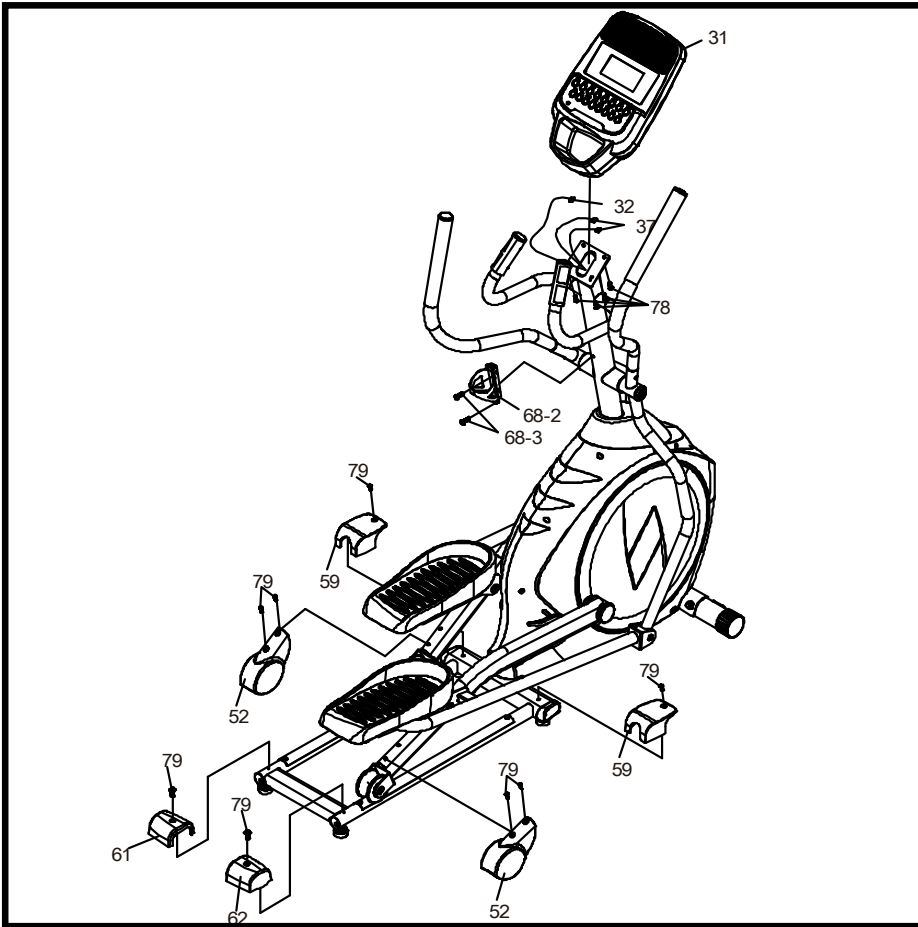
4 PLASTIC COVERS

*Note: Use the M5 Allen Wrench/Phillips Head Screw Driver (**108**) to tighten hardware in this step.*

1. Locate the Console Assembly (**31**) and the four Phillips Head Screws (**78**). There will be two electrical wire connectors at the top opening of the Console Mast (**10**), two Hand pulse wires (**37**), one Computer Cable (**32**). Connect these to the mating connectors on the back of the Console Assembly (**31**). The connectors are keyed so you cannot plug them in the wrong way so do not force them.

2. Storing the excess wire back into the Console Mast (**10**), carefully install the Console Assembly (**31**) onto the mounting plate of Console Mast (**10**) and secure using the four Phillips Head Screws (**78**)

3. Install the two pcs of Slide Wheel Covers (**52**) and the four Phillips Head Screws (**79**) by using the Phillips Head Screwdriver (**110**).

4. Use one Phillips Head Screw (**79**) to secure Rear Stabilizer Cover (L) (**61**) on the Pedal Arm (L) and Rail Tube with Phillips Head Screwdriver (**110**). Repeat the procedure for Rear Stabilizer Cover (R) (**62**) for the other side.

5. Use two Phillips Head Screw (**79**) to secure Middle Stabilizer Cover (**59**) on the Pedal Arm (L.R) and Rail Tube with Phillips Head Screwdriver (**110**).

6. Use Phillips head screw driver to tighten Drink Bottle Holder **(68-2)** on Console Mast tube with two M5 × 12m/m Phillips Head Screws **(68-3)**.

OPERATION OF **YOUR ELLIPTICAL**

GETTING FAMILIAR WITH THE CONTROL PANEL

E20 CONSOLE

COOLING FAN

SPEAKER

PROGRAM BUTTONS (Manual,
Hill. Fat Burn, Strength,
Interval, User 1, USER 2)

FAN POWER SWITCH

AUDIO JACK (MP3, CD,
OR SMARTPHONE)

POWER UP

Power the elliptical on by plugging it into an appropriate wall outlet.

When it is first powered on, the console will perform an internal self-test. During this time all the lights will turn on, the Message Window display will show a software version (i.e.: VER 1.0), and the Distance Window will display an odometer reading. The odometer shows how many virtual miles the elliptical has gone. The Time Window shows how many total hours the elliptical has been used.

The odometer and time will remain displayed for only a few seconds then the console will go to the startup display. The dot matrix display will be scrolling through the different workout profiles and the Message Window will be scrolling the start up message. Use quick keys to select a program or press start to begin.

CONSOLE OPERATION

QUICK START MODE

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin, this will initiate the Quick Start mode. In Quick Start, the time will count up from zero. The resistance level can be adjusted manually by pressing the Level UP/DOWN buttons.

BASIC INFORMATION

Message Window:
Each time the Enter button is pressed the next set of information will appear. In Data Scan mode, the displayed information will change every 4 seconds in the Message Window. The Message Window will initially display Segment Time then Total Laps, Level and Data Scan.

The Stop button actually has several functions. Pressing the Stop key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause just press the Start key. If the Stop button is pressed twice during a workout the program will end and a Workout Summary is displayed.

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

There is an Audio In Jack (♫) on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, iPod, portable radio, CD player or even a TV or computer audio signal.

Fans:
The console has a built in fan. Press the fan button to turn the fan on or off.

PROGRAMMING THE CONSOLE

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your **Age** and **Weight**. Entering your **Weight** aides in calculating a more correct **Calorie** reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

A message about Calories: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately as in a clinical setting connected to fit test monitoring equipment. This is because every person is different and burns calories at a different rate.

EXITING DISPLAY MODE

This product is preset to a DISPLAY MODE that keeps the console continually powered on. To turn this feature off and allow your display to go into DISPLAY MODE when not being used, please use the following procedure:

1. When in stand-by status, hold **Start, Stop** and **Enter** keys for five seconds to enter the Engineering Mode.
2. Use the ▲/▼ keys to choose SELECT FUNCTION, then press the **ENTER** key.
3. Use the ▲/▼ keys to select the DISPLAY MODE, then press **Enter** key.
4. Use the ▲/▼ keys to turn ON or OFF the DISPLAY MODE function.
5. Hold the **Stop** key to save and exit Engineering Mode.

ENTERING A PROGRAM/CHANGING SETTINGS

Press each program button to scroll through the program selections. The profile for each program will be displayed in the dot matrix window. Press the Program key to select a program and begin customizing the settings. If you want to work out without entering new settings, then just press the Start key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings, then just follow the instructions in the Message Window. If you start a program without changing the settings, the default settings will be used.

Note: Age and Weight default settings will change when you enter a new number. So the last Age and Weight entered will be saved as the new default settings. If you enter Age and Weight the first time use the elliptical you will not have to enter it every time you work out unless either Age or Weight has changed or someone else enters a different Age and Weight.

PROGRAMMABLE FEATURES

MANUAL PROGRAM

The Manual program works as the name implies, manually. This means that you control the workload your-self and the computer will not make any automatic program change.

1. Press Manual key then press the Enter key.
2. The Message Window will ask you to enter your Age. You may adjust the age setting using the Level UP/ DOWN keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust your weight setting using the Level UP/DOWN keys, then press Enter to continue.
4. Next is the Time. You may adjust the length of Time by pressing the keys, and then press Enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level of the programming screen.
6. Once the program starts the elliptical will be set to level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Level UP key; the Level DOWN key will decrease the workload.
7. During the Manual program you will be able to scroll through the data in the Message Window by pressing the Enter key.
8. When the program ends the Message Window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the startup display.

PROGRAMMING PRESET PROGRAMS

1. Press Program key then press the Enter key.
2. The Message Window will ask you to enter your Age. You may adjust the age setting, using the Level UP/ DOWN keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the weight number using the Level UP/DOWN keys then press Enter to continue.
4. Next is Time. You may adjust the Time and press Enter to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (the highest colored segment/box of the program profile). Adjust the level and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
7. If you want to increase or decrease the resistance at any time during the program press the Level UP / DOWN keys.
8. During the program you will be able to scroll through the data in the Message Window by pressing the Enter key.
9. When the program ends the Message Window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.
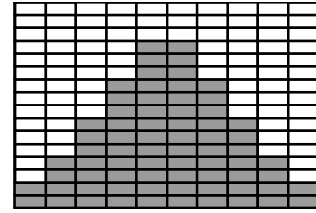
PRESET PROGRAMS

The console has five different programs that have been designed for a variety of workouts. These five programs have factory preset work level profiles for achieving different goals.

Hill
The Hill program simulates going up and down a hill. The resistance in The pedals will steadily increase and then decrease during the program.

Fat Burn
The Fat Burn program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.
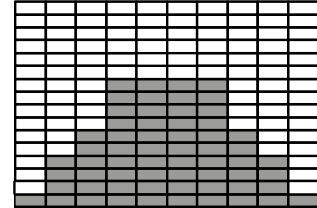
Cardio
The Cardio program is designed to increase your cardiovascular function And endurance. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work
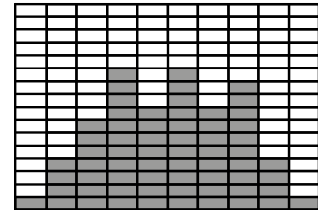
Strength
The Strength program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and forces you to sustain it. This is designed to strengthen and tone your legs and glutes.
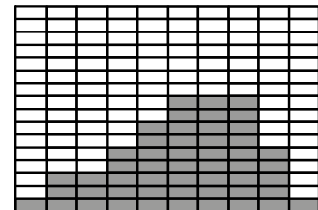
Interval
The Interval program takes you through high levels of intensity followed By periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently this way. This program also forces your body to become more efficient due to spikes in heart rate, between recovery periods. This aids in heart rate recovery from intense activities.
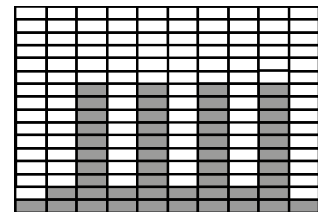
USER PROGRAMS

The customizable User programs allow you to build and save your own workout. You can build your own custom program by following the instructions below.

1. Select the User program (U1 or U2) by USER1 or USER2 program keys then press Enter. If you have already saved a program to either U1 or U2, it will be displayed and you are ready to begin. If not, you will have the option of inputting a username. In the Message Window, the letter "A" will be blinking. Use the Level UP/DOWN buttons to select the appropriate first letter of your name (Pressing the Level button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press Enter when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press Stop.

2. If there is a program already stored in User when you press the key, you will have an option to run the program as it is or delete the program and build a new one. At the welcome message screen, when pressing Start or Enter you will be prompted: Run Program? Use the Level UP/DOWN to select Yes or No. If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.

3. The Message Window will ask you to enter your Age. You may enter your age using the Level UP/DOWN keys, then press the Enter key to accept the new number and proceed on to the next screen.

4. You are now asked to enter your Weight. You may adjust the weight number using the Level UP/DOWN keys, then press Enter to continue.

5. Next is Time. You may adjust the Time using the Level UP/DOWN keys and press Enter to continue. Now the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don't want to change, then press Enter to continue to the next segment. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press Enter. Continue this process until all ten segments have been set.

6. The Message Window will then tell you to start to begin (and save the program) or Enter to modify the program. Pressing Stop go back one level.

7. If you want to increase or decrease the workload at any time during the program press the Level UP/ DOWN key.

8. During the User 1 or User 2 program you will be able to scroll through the data in the Message Window by pressing the Enter key.

9. When the program ends the Message Window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

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.

HOW TO USE THE **ELLIPTICAL**

GETTING ON/OFF YOUR ELLIPTICAL
IMPORTANT
- The elliptical comes with two Dual Action Handles and a Stationary Handlebar.
- Always hold the Stationary Handlebar when getting on and off the elliptical.
- First time users should familiarize themselves with using the elliptical by using the Stationary Handlebar first and then progressing to the Dual Action Handles.
- Once you have familiarized yourself with using the elliptical, you can progress to using the Dual Action Handles to provide a total body workout. Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.

Caution should always be taken when getting on and off any exercise machine.

Please follow the safety steps below.

Ensure the left Foot Pedal is in the lowest position and grasp the Stationary Handlebar with both hands.

Place your left foot on the left Foot Pedal and get secure.

Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.

Important

To get off, come to a complete stop and reverse the procedure.

Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.

All equipment should be set-up and operated on solid, level surfaces.

CORRECT POSITION

Your body should be in an upright position so that your back is straight.

Always try and use the elliptical in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.

The elliptical can be used in forward or reverse notion.

When going in reverse, bend your knees slightly more. More emphasis is on the buttocks and hamstrings in the reverse motion.

TRANSPORT INSTRUCTIONS

The Elliptical can be easily moved from room to room

1. Move to the front of the machine and ensure swing arms are even (one foot pedal at top of Elliptical Disk and other at bottom).

2. Grasp both Dual Action Handles together and pulling back on handles, tip machine towards you.

HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear of the frame until the rocking motion is eliminated.

Leveling Feet
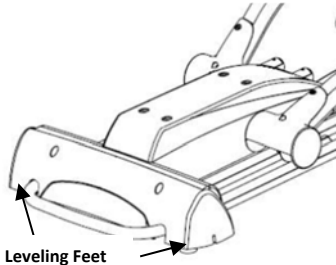
ELLIPTICAL LUBRICATION

1. Pour 2c.c of the lubricant on the top surface of the rail. You must lubricate the rails every three months.
2. If you feel the exercise is not smooth or you hear noise during your exercise, lubricate the middle rail with 2 c.c. of the lubricant.

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GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
   I. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to lose 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.

ELLIPTICAL NOISES

Your new elliptical is engineered and manufactured to the strictest industry standards and tolerances. All elliptical trainers, no matter who the manufacturer, have a multitude of moving linkages and parts. Be aware that even with the tightest mechanical tolerances there still could be a slight amount of play between some parts. This inherent play can result in slight noises during use such as clicks and small thumps. Please expect that the elliptical will not be completely silent.

MAINTENANCE MENU IN CONSOLE SOFTWARE

The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English (imperial) to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Maintenance Menu (may be called Engineering Mode, depending on version) press and hold down the **Start**, **Stop** and **Enter** keys keep holding the keys down for about 5 seconds and the **Message Window** will display "Engineering Mode". Press the **Enter** button to access the menu below. Press the **Level ▲/▼** keys to navigate the menu.

    A.   **Key Test** - Will allow you to test all the keys to make sure they are functioning.
    B.   **Display Test** - Automatically tests all LCD's.
    C.   **Functions** - Press **Enter** to access settings, use **Level ▲/▼** keys to scroll.
        I.   **ODO Reset** - Resets the odometer.
        II.   **Units** - Choose from English (Imperial) or Metric display readings.
        III.   **Display Mode** - Turn off to have the console power down automatically after 30 minutes of Inactivity.
        IV.   **Motor Test** - Continually runs the tensioning gear motor.
        V.   **Manual** - verifying every resistance level that unit has to offer.
        VI.   **Pause Mode** - Turn on to allow 5 minutes of pause, turn off to have console pause indefinitely
        VII.   **Key Tone** - Turn on or off the beep sound when a key is pressed.
    D.   **Security -** Allows you to lock the keypad so no unauthorized use of the machine is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the **Start** and **Enter** buttons for 3 seconds to unlock the console.
    E.   **Factory Set**
    F.   **Exit** - Select to exit Maintenance Menu.
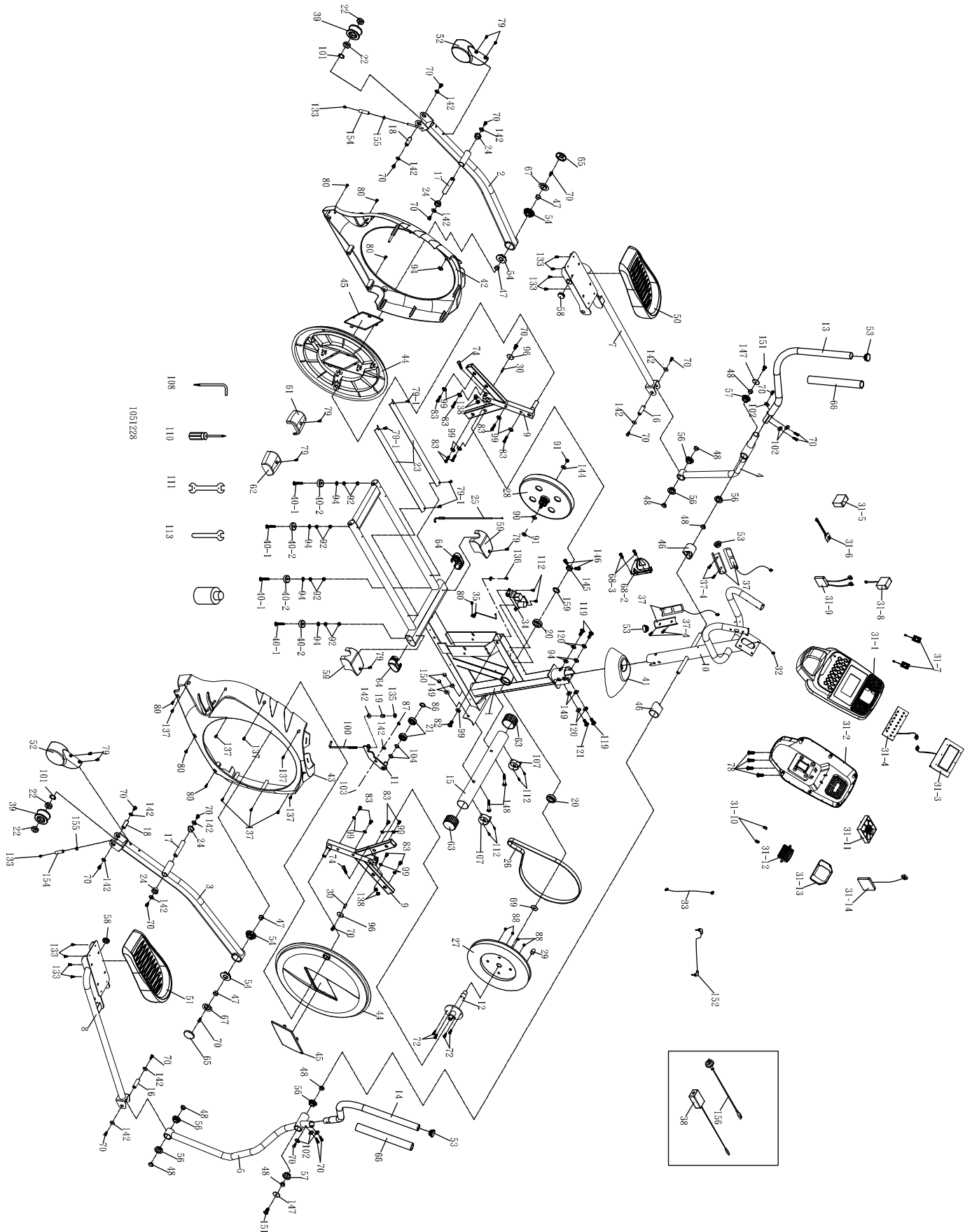
PARTS **LIST**

Key	Part	Part Description	Q'ty
1	7002001	Main Frame	1
2	7002002	Pedal Arm (L)	1
3	7002003	Pedal Arm (R)	1
4	7002004	Lower Swing Arm (L)	1
5	7002005	Lower Swing Arm (R)	1
7	7002007	Connecting Arm (L)	1
8	7002008	Connecting Arm (R)	1
9	7002009	Cross Bar	2
10	7002010	Console Mast	1
11	7002011	Idler Wheel Assembly	1
12	7002012	Crank Axle	1
13	7002013	Swing Arm (L)	1
14	7002014	Swing Arm (R)	1
15	7002015	Front Stabilizer	1
16	7002016	Axle	2
17	7002017	Pedal Axle	2
18	7002018	Axle for Slide Wheel	2
19	7002019	Ø11.9 × Ø8.5 × 15mm_Rod End Sleeve	1
20	7002020	6005_Bearing	2
21	7002021	6203_Bearing	2
22	7002022	6003_Bearing	4
23	7002023	Aluminum Track	2
24	7002024	Ø31 × Ø25.5 × Ø19 × 16+3T_Bushing	4
25	7002025	360mm_Steel Cable	1
26	7002026	Drive Belt	1
27	7002027	Ø330_Drive Pulley	1
28	7002028	Flywheel	1
29	7002029	Magnet	1
30	7002030	25 × 7 × 7mm_Woodruff Key	2
31	7002031	Console Assembly	1
31~1	7002031-1	Console Top Cover	1
31~2	7002031-2	Console Bottom Cover	1
31~3	7002031-3	Console Display Board	1
31~4	7002031-4	Key Board	1
31~5	7002031-5	Amplifier	1
31~6	7002031-6	Sound Board	1
31~7	7002031-7	200mm_Speaker W/Cable	2
31~8	7002031-8	200mm_Amplifier Cable(RED)	1
31~9	7002031-9	Interface Board	1
31~10	7002031-10	Fan Grill Anchor	2
31~11	7002031-11	400m/m_Fan Assembly(White)	1
31~12	7002031-12	Deflector Fan Grill	1
31~13	7002031-13	Fan Fixing Plate	1
31~14	7002031-14	Receiver, HR Assembly (Optional)	1
32	7002032	1000mm_Computer Cable	1
33	7002033	600mm_DC Power Cable	1

Key	Part	Part Description	Q'ty
34	7002034	Gear Motor	1
35	7002035	300mm_Sensor W/Cable	1
37	7002037	850mm_Handpulse W/Cable Assembly	2
37~4	7002037-4	Ø3 × 20mm_Tapping Screw	4
38	7002038	Power Adaptor	1
39	7002039	Ø82_Slide Wheel , Urethane	2
40~1	7002040-1	3/8" × 2"_Flat Head Socket Bolt	4
40~2	7002040-2	Ø35 × 10_Rubber Foot	4
41	7002041	Console Mast Cover	1
42	7002042	Side Case (L)	1
43	7002043	Side Case (R)	1
44	7002044	Round Disk	2
45	7002045	Round Disk Cover	2
46	7002046	Cover Swing Arm Axle	2
47	7002047	WFM-1719-12_Bushing	4
48	7002048	J4FM-1719-09_Bushing	8
50	7002050	Pedal (L)	1
51	7002051	Pedal (R)	1
52	7002052	Slide Wheel Cover	2
53	7002053	Ø32(1.8T)_Button Head Plug	4
54	7002054	Ø56 × Ø19 × 15L_Bushing(Flat)	4
56	7002056	Ø42 × Ø19 × 15L_Bushing(Flat)	6
57	7002057	Ø42 × Ø19 × 21L_Bushing(Curved)	2
58	7002058	32 × 2.5T_Round Cap	2
59	7002059	Middle Stabilizer Cover	2
61	7002061	Rear Stabilizer Cover (L)	1
62	7002062	Rear Stabilizer Cover (R)	1
63	7002063	Round End Cap	2
64	7002064	Ø40 × Ø80_Oval End Cap	2
65	7002065	Bushing Cover	2
66	7002066	Ø1-1/4" × 3T × 420L_Handgrip Foam	2
67	7002067	Ø52 × Ø8.2 × 1.5T_Bushing Washer	2
68~2	7002068-2	Drink Bottle Holder	1
68~3	7002068-3	M5 × 12m/m_Phillips Head Screw	2
69	7002069	Spacer Bushing	1
70	7002070	5/16" × 15mm_Hex Head Bolt	22
72	7002072	1/4" × 3/4"_Hex Head Bolt	4
74	7002074	M8 × 40L_Socket Head Cap Bolt	2
78	7002078	M5 × 10mm_Phillips Head Screw	4
79	7002079	M5 × 15mm_Phillips Head Screw	8
79~1	7002079-1	M5 × 15mm_Phillips Head Screw	4
80	7002080	5 × 16mm_Tapping Screw	7
82	7002082	4.8 × 38mm_Sheet Metal Screw	1
83	7002083	5 × 16mm_Tapping Screw	12
86	7002086	Ø17_C Ring	1
87	7002087	M8 × 7T_Nyloc Nut	1

Key	Part	Part Description	Q'ty
88	7002088	1/4"_Nyloc Nut	4
90	7002090	3/8" × UNF26 × 4T_Nut	1
91	7002091	3/8" × UNF26 × 11T_Nut	2
92	7002092	3/8" × 7T_Nut	8
94	7002094	3/8" × 19 × 1.5T_Flat Washer	7
96	7002096	5/16" × 35 × 1.5T_Flat Washer	2
99	7002099	1/4" × 19mm_Flat Washer	13
100	70020100	J Bolt	1
101	70020101	Ø17_Wave Washer	2
102	70020102	Ø8 × 23 × 1.5T_Curved Washer	6
103	70020103	M8 × 20mm_Carriage Bolt	1
104	70020104	Ø17 × Ø23.5 × 1T_Flat Washer	2
107	70020107	Ø60_Transportation Wheel	2
108	70020108	M5 Allen Wrench & Phillips Head Screwdriver	1
110	70020110	Phillips Head Screw Driver	1
111	70020111	12.14m/m_Wrench	1
112	70020112	5 × 19mm_Tapping Screw	6
113	70020113	12m/m_Wrench	1
119	70020119	3/8" × 3"_Hex Head Bolt	3
120	70020120	3/8" × 2T_Split Washer	4
121	70020121	3/8" × 3/4"_Hex Head Bolt	1
133	70020133	M5 × 10mm_Phillips Head Screw	10
135	70020135	M8 × 9T_Nyloc Nut	1
136	70020136	3.5 × 16m/m_Tapping Screw	1
137	70020137	3.5 × 16m/m_Sheet Metal Screw	8
138	70020138	M8 × 6.3T_Nut	4
142	70020142	5/16" × 23 × 3.0T_Flat Washer	14
144	70020144	3/8" × UNF26 × 6T_Nut	1
145	70020145	Axle Stopper	1
146	70020146	M5 × P0.8 × 6m/m_Socket Head Cap Bolt	2
147	70020147	Ø8.5 × 26 × 2.0T_Flat Washer	2
148	70020148	3/8" × 3"_Carriage Bolt	2
149	70020149	Ø10 × 23 × 1.5T_Curved Washer	4
150	70020150	3/8" × UNC16 × 12.5T_Cap Nut	2
151	70020151	5/16" × 15m/m_Button Head Socket Bolt	2
152	70020152	400m/m_Audio Cable	1
154	70020154	Ø15 × Ø8.5 × 50L_Sleeve	2
155	70020155	E-Clip	2
156	70020156	Transformer Power Cord	1
159	70020159	Rubber Pad(Ø25.5×Ø30×1.0T)	1

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TROUBLESHOOTING

Problem	Cause	Solution
Monitor does not display	Adapter not plugged in	Ensure the adapter is connected to the unit and into a wall outlet
	Computer cable not connected	Ensure the computer cable is connected properly at the back of the computer
No speed or distance displays on the monitor	Sensor wire not working properly	Replace sensor wire
	Computer not working properly	Replace computer
No tension	Gear motor defective	Replace gear motor
	Computer cable not connected properly	Ensure the computer cable is connected properly at the back of the computer
Heart rate not displaying	Pulse wire not connected	Secure plug wires together
	Hand pulse defective	Replace hand pulse grip
	Computer not working	Replace computer
Grinding Noise	Crank bearing defective	Replace crank bearings
	Idler pulley defective	Replace idler pulley
	Flywheel defective	Replace flywheel
Squealing	V-belt slipping	Adjust v-belt

TRAINING **GUIDELINES**

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

· Increased capacity for physical work (strength endurance)
· Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
· Decreased risk of coronary heart disease
· Changes in body metabolism, e.g. losing weight
· Delaying the physiological effects of age
· Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly o the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side. As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

ENDURANCE CIRCUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
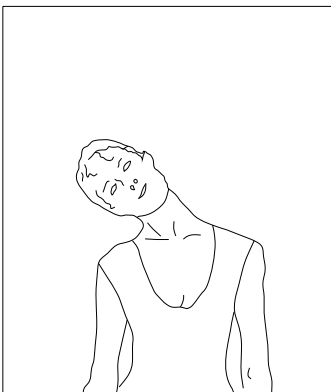
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.
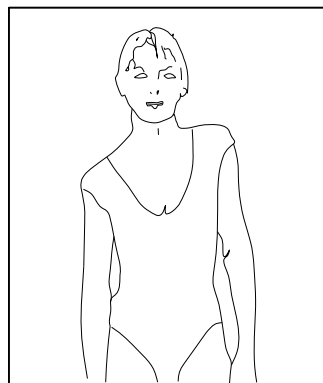
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm**.**
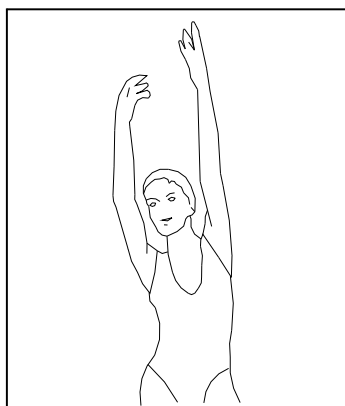
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.
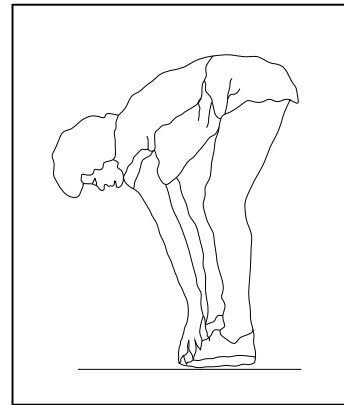
34
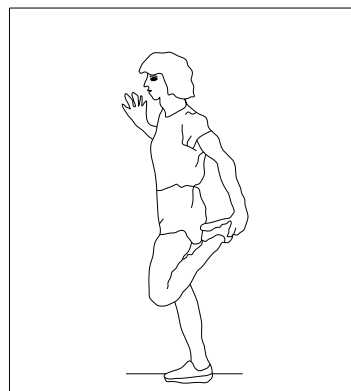
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
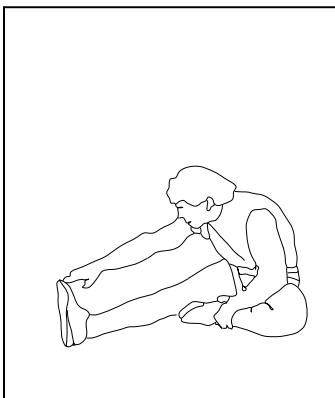

TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your toe your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.
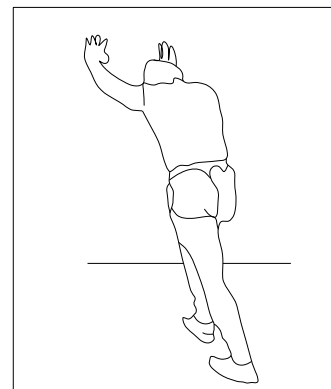
MANUFACTURER'S **LIMITED WARRANTY**

Dyaco Canada Inc. warrants all its elliptical parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Frame	Lifetime
Parts	1 Year
Labour	90 days

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 or register instantly via our website: http://www.solefitness.ca/warranty_registration.php
2. Proper use of the elliptical in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the elliptical 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 elliptical accessible for servicing, including any item that was not part of the elliptical at the time it was shipped from the factory.
6. Damages to the elliptical finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

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

SERVICE

The sales receipt establishes the labour 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. Service under this warranty must be obtained by following these steps, in order:

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

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

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

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

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