

## SOLE SOLE TT8

# SOLE TT8 Treadmill User Manual

Model: SOLE TT8

## 1. INTRODUCTION

Thank you for choosing the SOLE TT8 Treadmill. This manual provides essential information for the safe and effective use, maintenance, and troubleshooting of your new fitness equipment. The SOLE TT8 Treadmill is designed to elevate your fitness journey with its powerful 4.0 HP motor and expansive 22"x 60" running surface. It offers versatile workouts with a wide range of fitness programs and integrated smart technology.



The SOLE TT8 Treadmill, designed for home fitness, featuring a robust build and advanced console.

## 2. SAFETY INFORMATION

Before operating the SOLE TT8 Treadmill, please read and understand all safety instructions. Failure to do so may result in injury or damage to the equipment.

- Always attach the safety key to your clothing before beginning a workout. The treadmill will stop if the safety key is disengaged.
- Keep children and pets away from the treadmill during operation.
- Ensure the treadmill is placed on a level surface with adequate clearance around it.
- Do not use the treadmill if you feel dizzy, faint, or experience any pain. Consult a physician.

- Wear appropriate athletic footwear during use.



The safety key is a critical component for immediate stopping of the treadmill in emergencies.

### 3. SETUP

#### 3.1. Delivery and Unpacking

The SOLE TT8 Treadmill requires assembly. Please ensure you have updated contact information for delivery scheduling. The shipment may be subject to delivery without an appointment if contact cannot be made. It is recommended to have two people for assembly due to the weight of the components.



# Important Delivery Details

Please make sure to **update your contact information and preferences** so that we can reach you to schedule the delivery.

Otherwise, your shipment may be subject to delivery without an appointment.

Important delivery details to ensure smooth receipt of your treadmill.

## 3.2. Placement

Choose a location with a stable, level surface. Ensure there is sufficient space around the treadmill for safe operation and maintenance. A minimum of 6 feet of clear space behind the treadmill and 2 feet on each side is recommended.

## 3.3. Power Connection

Connect the treadmill to a grounded electrical outlet. The SOLE TT8 Treadmill operates on corded electric power. Avoid using extension cords if possible; if necessary, ensure the extension cord is of appropriate gauge and rating for the treadmill's power requirements.

## 4. OPERATING INSTRUCTIONS

### 4.1. Control Panel Overview

The SOLE TT8 features a 15.6" touchscreen display, providing access to various programs and settings. The console includes controls for speed, incline, program selection, and integrated Bluetooth and Wi-Fi connectivity.





## Most Performant Treadmill

In addition to the incline/decline feature, the extra wide running surface and reinforced framework are rated for stress/use and users up to 400 lbs.

The high-tech console offers intuitive controls and a clear display for your workout data.

### 4.2. Starting a Workout

1. Ensure the safety key is properly attached.
2. Step onto the treadmill belt.
3. Press the 'Start' button on the console. The belt will begin to move at a low speed.
4. Adjust speed and incline using the dedicated buttons on the console or the handrail controls.

### 4.3. Workout Programs

The treadmill offers a variety of pre-programmed workouts including Manual, Hill, Fat Burn, Cardio, Strength, HIIT, 10K, Custom, HRC\*2, Fit. Test\*7, and Template\*12. Select a program from the touchscreen to begin a guided workout.

### 4.4. Speed and Incline Adjustment

The SOLE TT8 allows for a speed range of 0.5-12 MPH (1-22 Kph) and an incline/decline range from -6 to 15 levels. Use the 'Up' and 'Down' arrows on the console or the quick-access buttons on the handrails to adjust these settings during your workout.



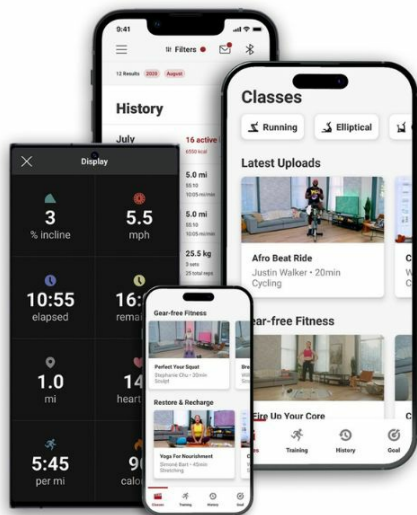
Convenient handrail controls allow for quick adjustments to speed and incline.

#### **4.5. Heart Rate Monitoring**

The treadmill includes heart rate monitors integrated into the handrails. Grip these sensors during your workout to display your current heart rate on the console. This feature is useful for heart rate controlled programs.

#### **4.6. Smart Technology & Multimedia**

The SOLE TT8 Treadmill features integrated Bluetooth capabilities for connecting with speakers, heart rate monitors, and fitness apps. Wi-Fi connectivity is also available. The 15.6" touch screen display supports multimedia entertainment, allowing you to access various apps during your workout.



## UNLOCK YOUR FULL EXERCISE POTENTIAL WITH OUR FREE SOLE+ APPLICATION

EACH ONE OF OUR FITNESS PRODUCTS COMES STANDARD WITH OVER 3,000 FREE FITNESS VIDEO CLASSES COVERING BASIC TO ADVANCED ROUTINES!

Our workouts are made for all levels and range from 10 minutes to 60 minutes. We utilize heart rate metrics and data from your equipment across all of our workouts to help you workout smarter.

Train with the world's best instructors from the country's top fitness studios. Our instructors will motivate and push you to your next personal best in running, cycling, boxing, rowing,

You will never run into a dull moment. The videos on our SOLE+ app are engaging and encouraging to help you reach any fitness goal you have!

**SOLE**  
FITNESS

The console supports various entertainment and fitness applications for an engaging workout experience.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your SOLE TT8 Treadmill.

### 5.1. Cleaning

Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners or solvents.

### 5.2. Lubrication

The running deck requires periodic lubrication to reduce friction and extend belt life. Refer to the included user manual for specific lubrication instructions and recommended frequency. Lubricant is included with the product.

### 5.3. Belt Adjustment

Over time, the running belt may become misaligned or loose. Consult the detailed user manual for instructions on how to properly tension and center the running belt.

## 6. TROUBLESHOOTING

This section addresses common issues you might encounter with your SOLE TT8 Treadmill.

- **Treadmill Not Starting:** Ensure the power cord is securely plugged in and the safety key is properly inserted. Check the circuit breaker if the unit won't turn on or stops working.
- **Belt Slipping:** The running belt may need tensioning. Refer to the maintenance section or the full user manual for adjustment instructions.
- **Unusual Noises:** Inspect the treadmill for loose parts. If the noise persists, contact customer support.
- **Console Display Issues:** Ensure all connections to the console are secure. If the console is unresponsive, try power cycling the unit.

## 7. SPECIFICATIONS

Below are the key specifications for the SOLE TT8 Treadmill:

Feature	Specification
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Feature	Specification
Brand	SOLE
Model Name	SOLE TT8
Product Dimensions	82.5"D x 38"W x 66"H
Item Weight	296 Pounds
Maximum Horsepower	4 Horsepower
Maximum Speed	12 Miles per Hour
Maximum Incline Percentage	15.0
Minimum Speed	0.5 Miles per Hour
Running Surface	22" x 60"
Display Type	LCD (15.6" Touchscreen)
Number of Programs	10 (plus custom/template options)
Connectivity Technology	Bluetooth, Wi-Fi
Maximum Weight Recommendation	400 Pounds
Assembly Required	Yes
Folded Size	83 x 37 x 17 inches

## Machine Dimensions

**Weight Capacity:** 400 lbs.  
**Step Up Height:** 8"  
**Assembled Dimensions:** 82.5"L x 38"W x 66"H  
**Folded Dimensions:** N/A  
**Boxed Dimensions:** 83"L x 37"W x 17"H  
**Item Weight:** 326 lbs.  
**Boxed Weight:** 374 lbs.



Visual representation of the SOLE TT8 Treadmill's dimensions.

## 8. WARRANTY AND SUPPORT

### 8.1. Warranty Information

Your SOLE TT8 Treadmill comes with a manufacturer's warranty. Please refer to the warranty registration card included with your product for specific terms and conditions. It is recommended to register your product to activate your warranty.

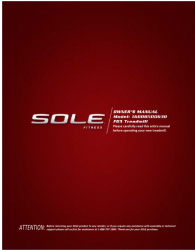


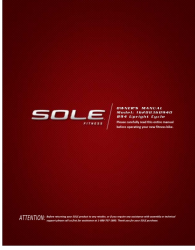



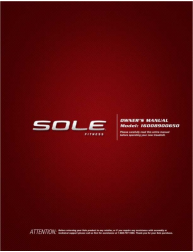
## 8.2. Customer Support

For any questions, technical assistance, or service requests, please contact SOLE Fitness customer support. Contact details can typically be found on the SOLE Fitness website or on your warranty documentation. For additional information and resources, visit the official [SOLE Store](#).

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### Related Documents - SOLE TT8

	<p><a href="#">SOLE F63 Treadmill Owner's Manual</a></p> <p>This owner's manual provides comprehensive instructions for the SOLE F63 Treadmill (Model: 16008500630). It covers essential safety guidelines, detailed operating procedures, assembly steps, maintenance routines, troubleshooting tips, and warranty information from Dyaco Canada Inc.</p>
	<p><a href="#">Sole E98 Elliptical Trainer Owner's Manual and Assembly Guide</a></p> <p>Comprehensive owner's manual and assembly guide for the Sole E98 Elliptical Trainer, covering setup, operation, features, maintenance, and warranty information.</p>
	<p><a href="#">SOLE E25 Elliptical: Key to a Healthier You   Performance, Connectivity, Results</a></p> <p>Discover the SOLE E25 Elliptical, featuring a 20" stride, 20 resistance levels, Bluetooth connectivity, and a 7.5" LCD display for a smooth, connected, and effective full-body workout.</p>
	<p><a href="#">SOLE 894 Upright Cycle Owner's Manual - Assembly, Operation, and Maintenance Guide</a></p> <p>Comprehensive owner's manual for the SOLE 894 Upright Cycle, covering assembly instructions, features, operation, programming, maintenance, and warranty information. Includes safety guidelines and troubleshooting tips.</p>

	<p><a href="#">SOLE LCR Fitness Bike Owner's Manual: Assembly, Operation, and Maintenance Guide</a></p> <p>Comprehensive owner's manual for the SOLE LCR Fitness Bike, covering assembly instructions, operation of the console and programs, maintenance tips, and warranty information.</p>
	<p><a href="#">SOLE F65 Treadmill Owner's Manual</a></p> <p>Comprehensive owner's manual for the SOLE F65 Treadmill (Model: 16008900650), covering safety instructions, electrical guidelines, operation, assembly, maintenance, troubleshooting, and warranty information.</p>