# SOLE

## FITNESS

!

ST500-YT36_1202(SL)B

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   b-

c- 5-10 ,
5-10 .
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d- .
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g- , .
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████████████████████████████████

-                         : 3,5   . .
-                  : 1 – 18   /
-             : 560  /  × 1525  /
-         :       0-15
-                        :
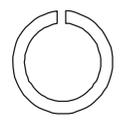


.                    150
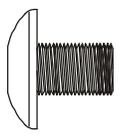
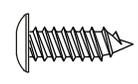#134. M5 × 10  /

(8    .)

#128. M5
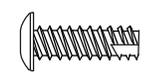
(6   .)

#113. Ø10

(4    .)

#130. 5/16" × 1/2"

(8    .)

#122. 3,5 × 12  /

(4    .)

#120. 5 × 16  /

(6    .)

#151. 5/16" × 3/4"

(4    .)
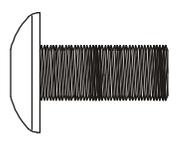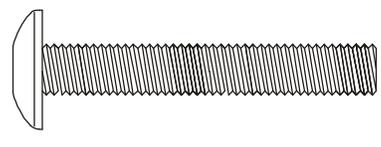
#133. 3/8" × 1-3/4"

.)

(4

#75.                                    (1    .)

#30.            (1    .)

#131.

M5

(1    .)

#132.M6         -         (1    .)

**1.**
.
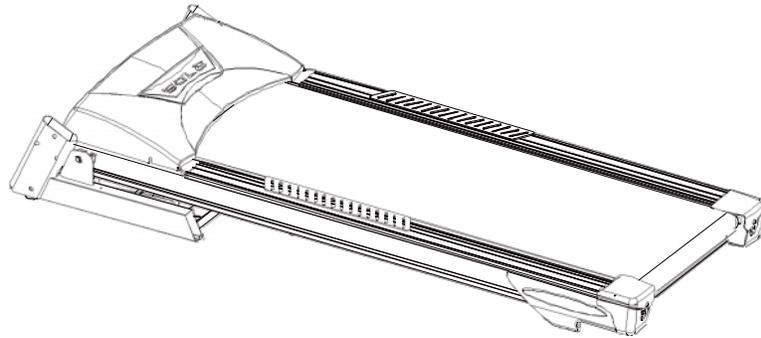


**2.**
6                                    M5 (128),
'                              '
(4)   (5)                                              ( )   ( ), (61)   (62),
'                          (50).                      ( )
(49)



28
128
128
128
28
128

61
5
62
4
50
49

**3.**
(4)   (5)                    (2)
M5                                                        (131)              8
5/16" x1/2" (130).



131
130
131
130
130
130
130
130

**4.**

( ) ( ) (61 62)                          (2),
6   .              5x16    (102)
     M5

(131)

120          120

120        62      120

131

120

61               120

**5.**

(54)               (      ) (37).
(55)
(     ) (38).                    (      ) (50)
(     /       ) (48).

37

54

48
50

55

38

**6.**

(52)                      (4) (5),          4   .
3/8" × 1- 3/4" (133)    4   .              Ø10 × 2T (113)                  -
M6 (132).

52
113
133          113
                132   133
        5          4

**7.**

( ), (63), ( ), (65),
( ), (66) ( ), (67)
(5), (4), (6), . 8
M5 × 10 / (134) 4 3,5 x 12 / (122)
M5

(131).



**8.**

(15) (4, 5) 4
5/16"x3/4" (151)
M5 (131). (150) .



: .

INCLINE 15 12 9 6 3 1  DISPLAY

SPEED 12 10 8 6 4 2  FAST

10 68 3000 120 100 125

INCLINE
SPEED

HILL

MANUAL HILL FATBURN CARDIO STRENGTH INTERVAL USER 1 USER 2 USER 1 USER 2

UP    DOWN    ENTER    SLOW    FAST

SOLE F85

START        STOP

(MP3, CD
)

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.        (   ,

,                              (   .        7              ).



AC-120V                                          MADE IN TAIWAN
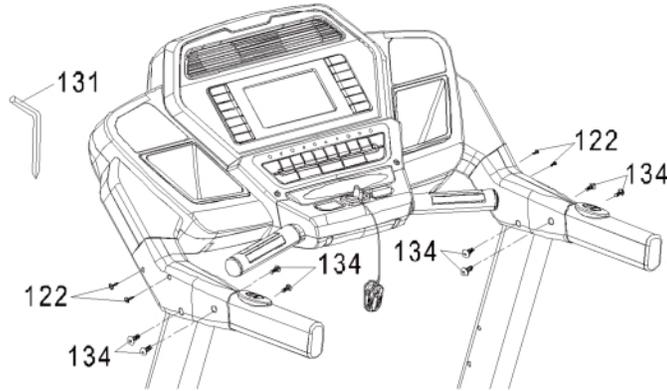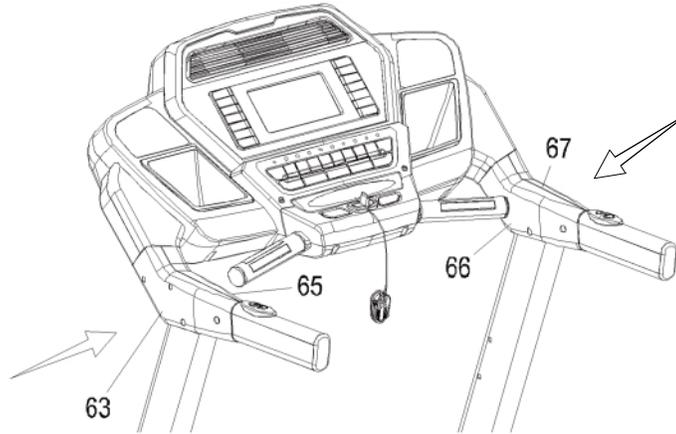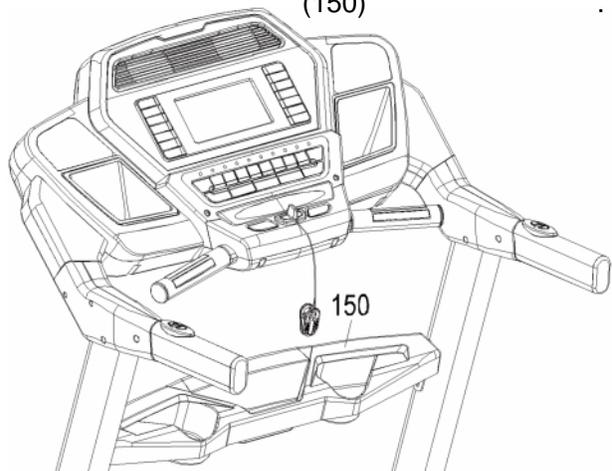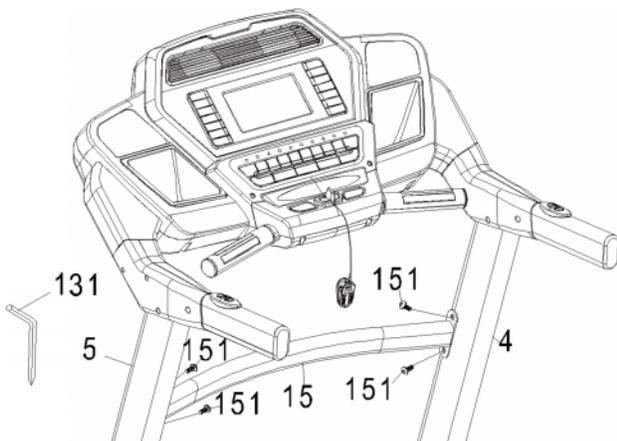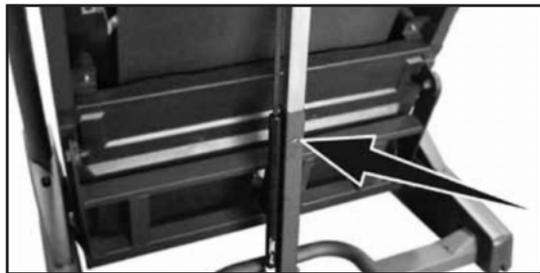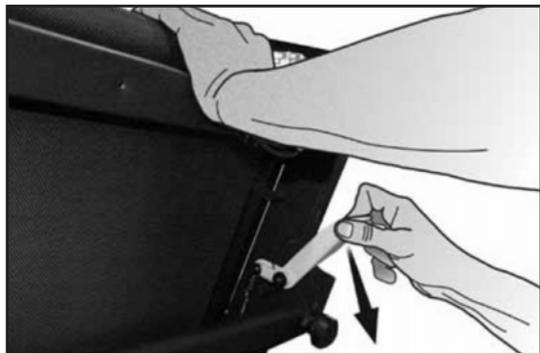
.          Time (       )    Distance (           )
,          Time (       )
,          Distance (              )
(              ,                                              ).
,                                            .

1.                                        (                                        )                                                                    .
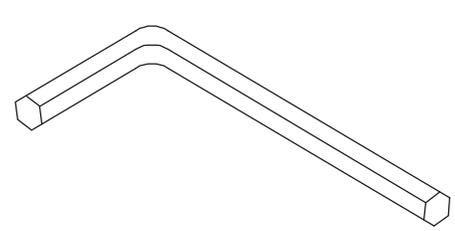2.                                                                              **Start (       )**,
                              **Fast** / **Slow** (              **/**                    ) (                                        ).
                                                                              **Quick (          )** 2, 4, 6,
     8     12.
3.                                                                                        Slow (          )
              (        )                                              2     12
4.                                                        **Stop (      )**                                        .





                    **/           /**
1.
                              **Stop (      )**.
                                                  0%.
   **Time (        )**, **Distance (                )** **Calorie (           )**                              .                    5
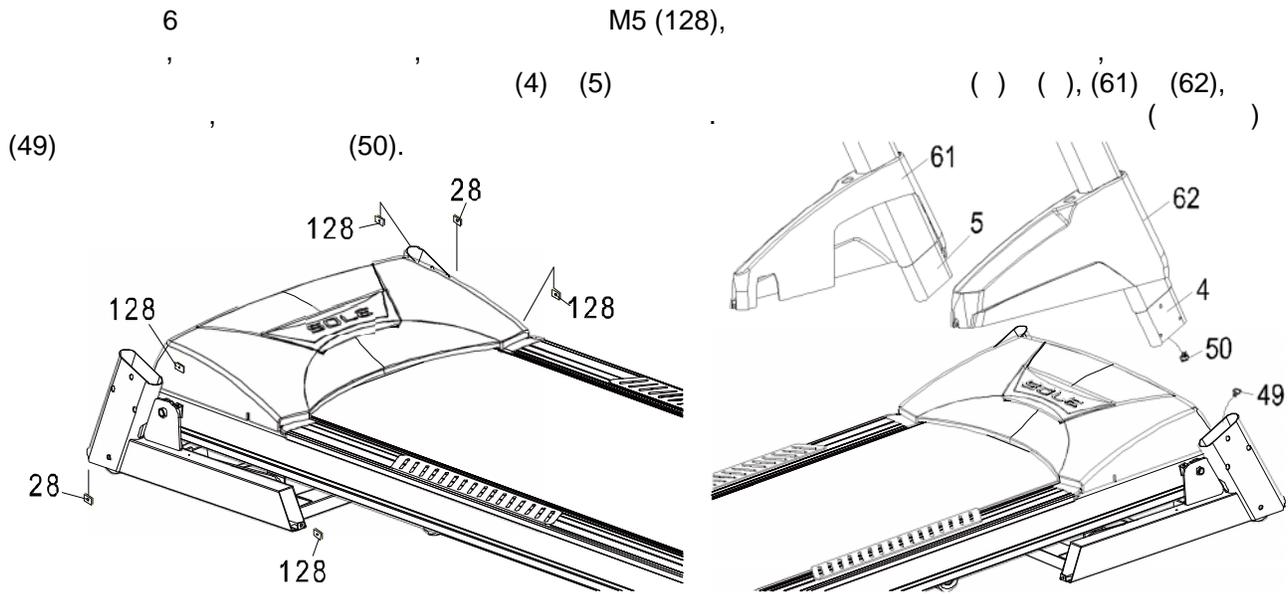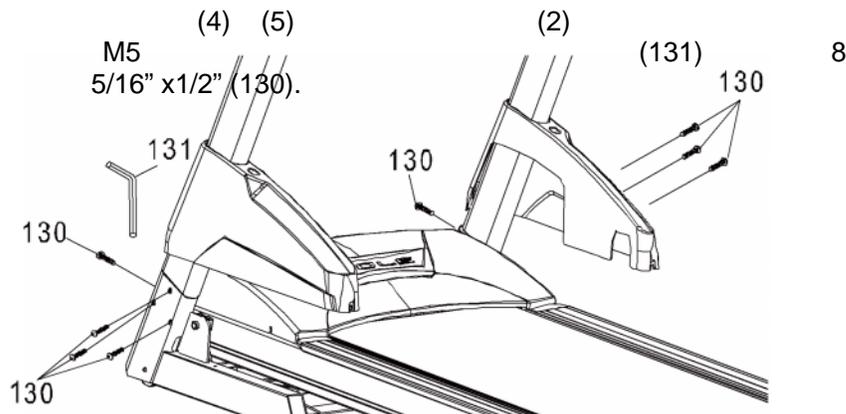                                                                            .
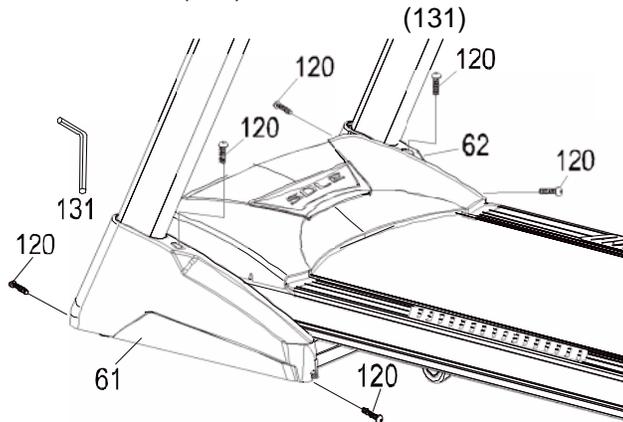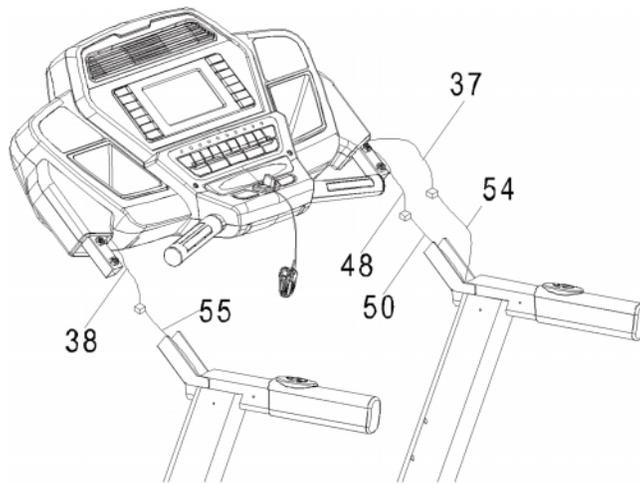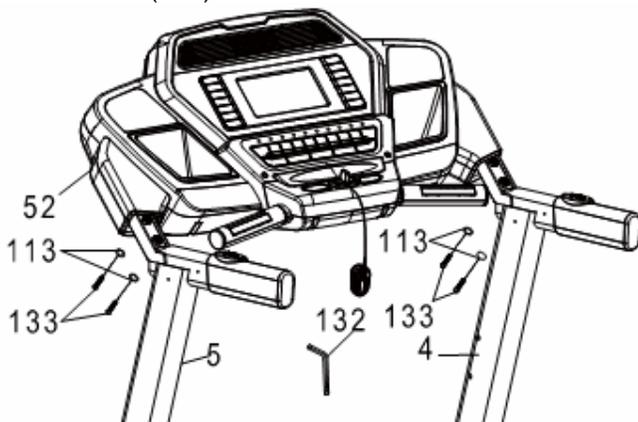2.                                                                                              **Start (        )**.
                                                              .
       ■                                                                  Stop (      )**.**
              Stop (      )
                    .                                        Stop (      )
              (        ).                              **Stop (        )**                          3
                    .

1.                                                            .
2.                                        Up (        )/Down (      ) (                                        )
                    .
                                        /                                                              1,
     3, 6, 9, 12, 15,                                        (        ).
3.                                                                                              .
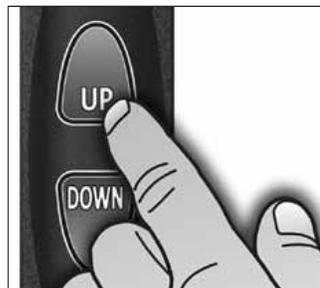
20                 , 10                       ,
                           .

(       /      )    .
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              .

**Speed** / **Incline (**        **/**      **)**
                    .

      Speed (      )                         Speed
          ,         
(      ),        Incline (     )                    Incline
              ,
(     ).

                        Speed (      ) Laps (    )
             Enter (    ).                Speed (      ) Laps
(     ),                              .

       **1/4**       **(0,4**   **)**
                        1/4     (0,4   ).
                      .                           ,
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       Pulse (    ) (Heart Rate,    )
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(♫)

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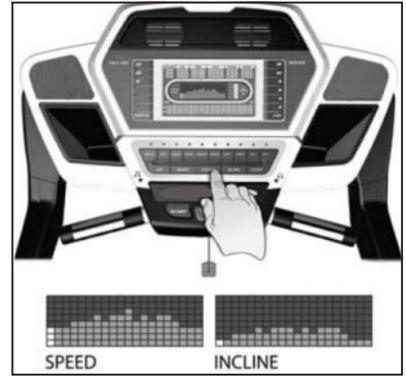
MP3          , iPod,                    , CD

(🎧).

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1.          Pause / Stop (        /      )                                         –
   –        30                              .

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2.                                                            .

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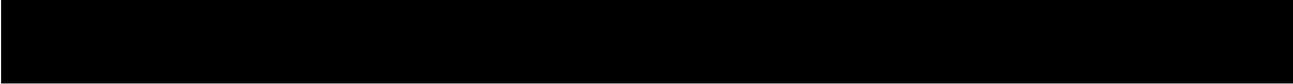
:                                                    Manual (          ),
                                                              (U1   U2)
(HR1   HR2).

**Hill (        )**
            Hill (        )                                            .
        .
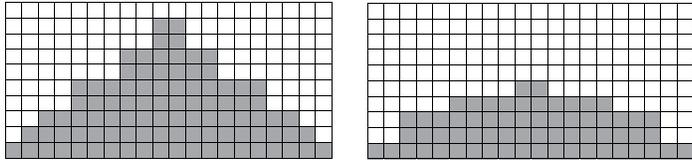
Fat Burn (

**Fat Burn (                    )**
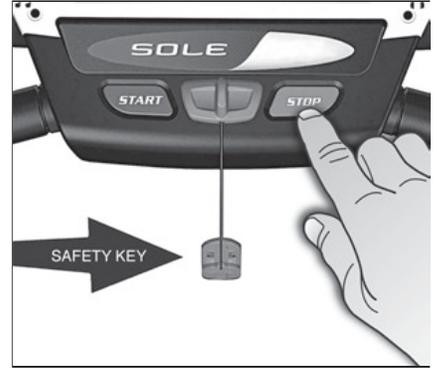            Fat Burn (                        )                    ,                                                ,
        .                                                                                                          ,
                                ,                                        .
        60% - 70%                                        .                                                              ,
                    ,                                        .
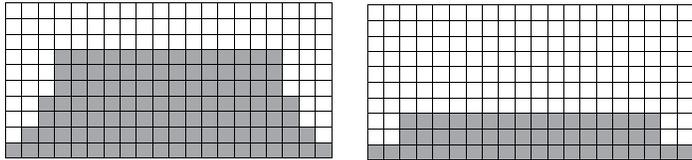
**Cardio (          )**
            Cardio (          )                                                                    -
        .                                              .
        ,                                                    .
                                                    .

**Strength (        )**
            Strength (        )                                                        .
        .                                                                    .

**Interval (          )**

**Interval (          )**
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1.                                                                                                    ,
Enter (      ).
Start (        )
,                                                              .



2.                          Enter (      )                                        Age (          ).
Up/Down (                    /                  )
Fast/Slow (          /              ).                                              Enter (      ).
(              :
.)

3.                                            ,                                    .
**Calorie (            )**.
Up/Down  (                    /                  )        Fast/Slow  (          /              ),
Enter (      ).
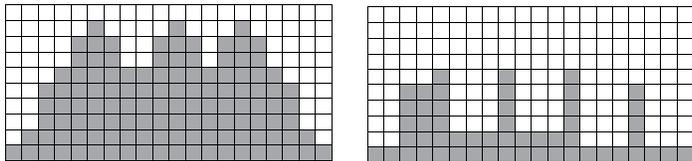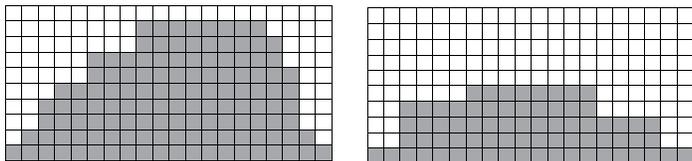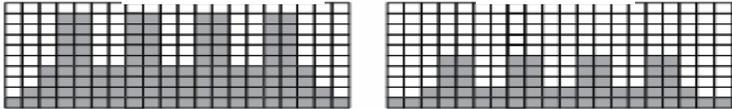■                            Calorie (            ):
,
.                                                    ,                    .  **Calorie (            )**

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4.              Time (        )                                  ,                                          .
Up/Down (                    /                )        Fast/Slow
(          /              ),                      Enter (      ).
Enter (      ).

5.              Speed (            )                                                                          .
Up/Down (                    /                )        Fast/Slow
(          /              ),                      Enter (      ).
;                                                        ,
.

6.              Start (        )                                              .
.                    ,                          Start (        )          .

-15-
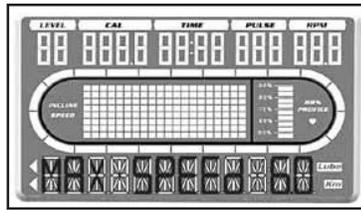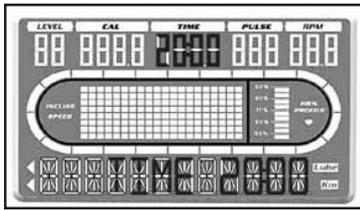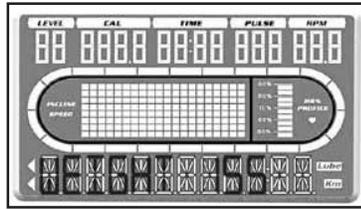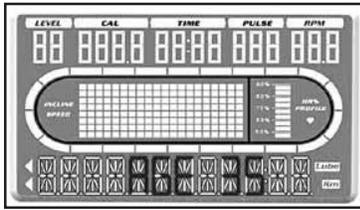
1. User 1 ( 1) User 2
   ( 2) Program ( ),
   Enter ( ). ,
   ( ).
   ,
   . . ,
   . «A».
   , «Z».
   «B», .
   «A».
   ( 7 ).
   Stop ( )
   User 1 ( 1) User 2
   ( 2).
   , .
2. Age ( ).
   Up/Down
   ( / ). Enter ( ).
   ,
   .
3. Weight ( ). Enter ( ).
4. Time ( ). Time ( )
   Enter ( ).
5. ( ). **Fast**/**Slow (     /          )**
   , **Enter (     ).** .
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6. Start ( ).
7. ,
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: 220                   .
(       )                         .
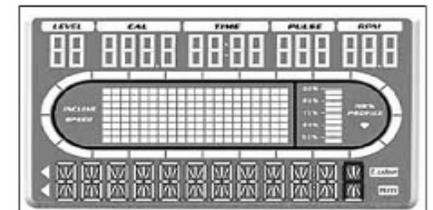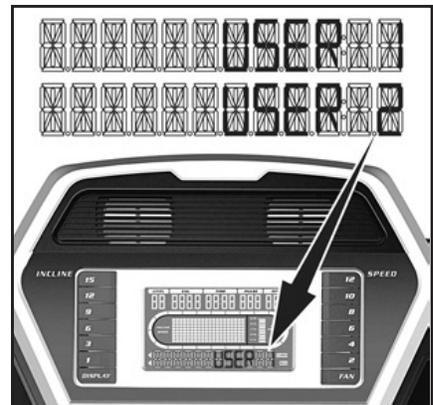
50%    90%                                          . 60%
, 80% -                    -              .
60%    80% -                                    .

40

:
220 – 40 = 180 (

)
180 x 0,6 = 108                          (60%
)
180 x 0,8 = 144                          (80%
)

,        40-
108    144
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(                              )                .

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,                              ,            .
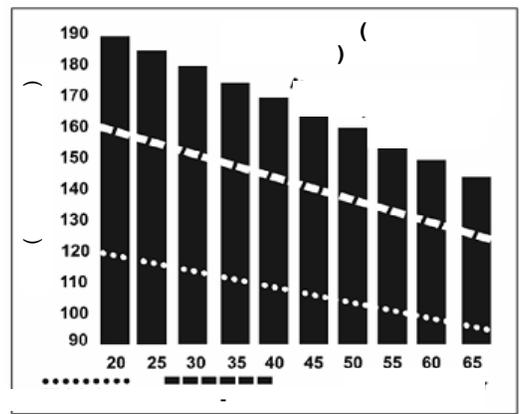
-                              80%    60%'
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(RPE),
(G.A.V. Borg).
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   2500 ). *: Panasonic CR2032.*

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8. 3' .
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(                                                   «                                    »).
            HR1                                          60%
HR2                                      80%

1.                     Program (                )              **H1**      **H2**,
2.                **Message** (              )

3.               **Message** (              )

4.                                              HR1      H2.
   60% (HR1) (220 -           x 0,6)       80% (HR2) (220 –           x 0.8).

                      (                              )                        Enter (       )

5.                   Time (        ).
6.
                  Start (        ).

                  Stop (       ).
7.
                **Fast** (            )  **Slow** (               ) (                                    ).
8.                    HR
         **Display** (          ).

9.        **Start** (        )

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(132),

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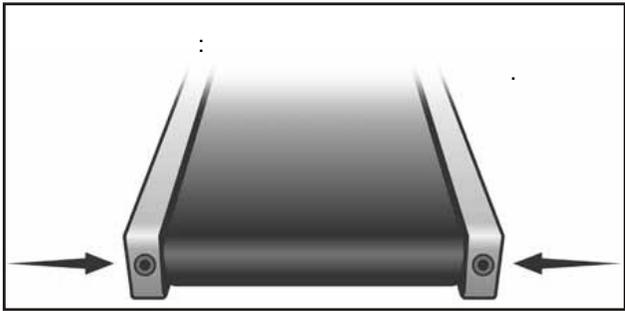


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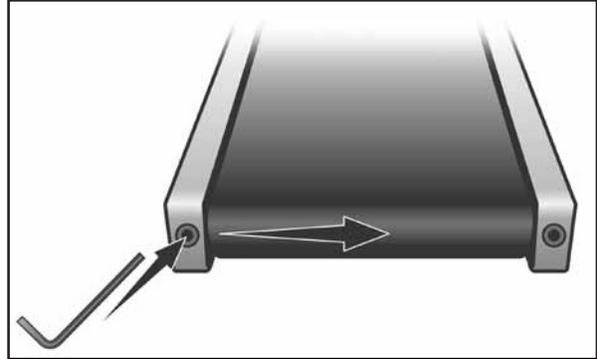
180

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180 ,

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| . | 1. , «LS», . |
| | 2. , LS, . |
| **12 / (7 / ),** | , . . . 16. ' . . 110/220 . |
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-25-
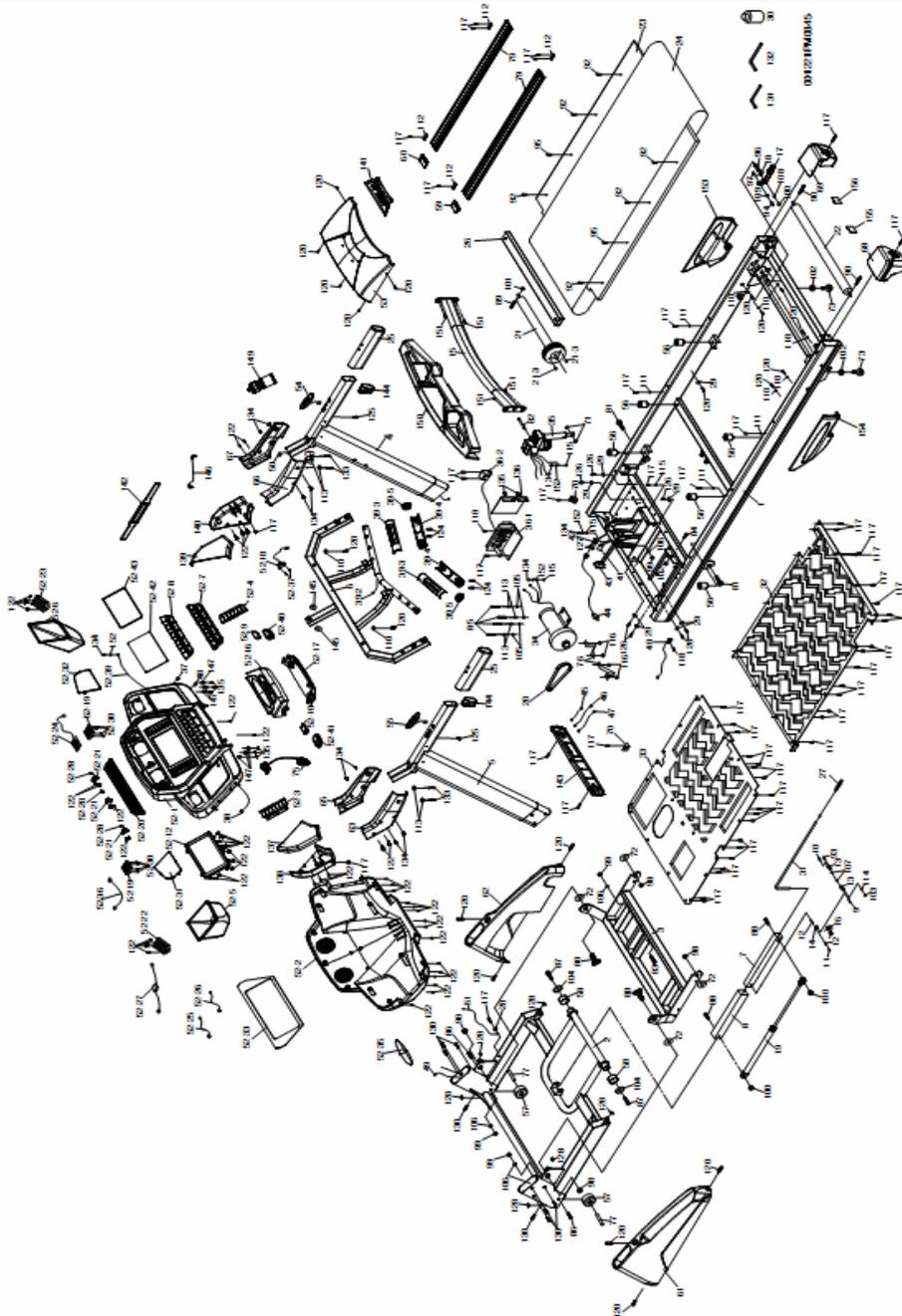
| | | - |
|---|---|---|
| **1** | | 1 |
| **2** | | 1 |
| **3** | | 1 |
| **4** | | 1 |
| **5** | | 1 |
| **6** | | 1 |
| **7** | | 1 |
| **8** | | 1 |
| **9** | | 1 |
| **10** | | 1 |
| **11** | | 1 |
| **12** | | 2 |
| **13** | | 2 |
| **14** | | 1 |
| **15** | | 1 |
| **16** | | 1 |
| **17** | | 1 |
| **18** | ChenChin | 1 |
| **19** | | 1 |
| **20** | | 1 |
| **21** | | 1 |
| **22** | | 1 |
| **23** | | 1 |
| **24** | | 1 |
| **25** | | 2 |
| **26** | | 1 |
| **27** | | 1 |
| **28** | | 1 |
| **29** | | 8 |
| **30** | | 1 |
| **31** | | 1 |
| **32** | | 1 |
| **33** | | 1 |
| **34** | | 1 |
| **35** | | 1 |
| **36~1** | | 1 |
| **36~2** | | 1 |
| **37** | 800 / _            (       ) | 1 |
| **38** | 800 / _         (       ) | 1 |
| **39** | | 2 |
| **39~2** | 650 / _                  , | 1 |
| **39~3** | | 2 |
| **39~4** | | 2 |
| **39~5** | | 2 |
| **40** | 1200 / | 1 |

| | | - |
|---|---|---|
| 41 | | 1 |
| 42 | | 1 |
| 43 | / | 1 |
| 44 | | 1 |
| 45 | 100 / _ ( ) | 1 |
| 46 | 30 / _ ( ) | 1 |
| 47 | 300 / _ ( ) | 1 |
| 48 | 800 / _ ( / ) | 1 |
| 49 | 1150 / _ ( ) | 1 |
| 50 | 1200 / _ | 1 |
| 51 | 900 / | 1 |
| 52 | 100 / _ ( ) | 1 |
| 52~1 | | 1 |
| 52~2 | | 1 |
| 52~3 | INCLINE ( ) ( ) | 1 |
| 52~4 | SPEED ( ) ( ) | 1 |
| 52~5 | ( ) | 1 |
| 52~6 | ( ) | 1 |
| 52~7 | – TPR | 1 |
| 52~8 | | 1 |
| 52~9 | STOP ( ) ( ) | 1 |
| 52~10 | STOP ( ) ( ) | 1 |
| 52~12 | | 1 |
| 52~16 | ( ) | 1 |
| 52~17 | ( ) | 1 |
| 52~18 | 300m/m_ | 1 |
| 52~19 | ( ) | 1 |
| 52~20 | | 1 |
| 52~21 | | 3 |
| 52~22 | 550 / ( ) | 1 |
| 52~23 | 200 / ( ) | 1 |
| 52~24 | ( ) | 1 |
| 52~25 | 300 / ( ) | 1 |
| 52~26 | 500 / ( ) | 1 |
| 52~27 | ( ) | 1 |
| 52~28 | ( ) | 3 |
| 52~30 | 3,5 × 32 / _ ( ) | 8 |
| 52~31 | ( ) | 1 |
| 52~32 | ( ) | 1 |
| 52~33 | | 1 |
| 52~35 | , | 1 |
| 52~36 | 600 / _ ( ) | 1 |
| 52~37 | 3 × 10 / _ | 2 |
| 52~39 | 400 / _ | 1 |
| 52~40 | STOP ( )-TPR | 1 |
| 52~41 | START ( )-TPR | 1 |
| 52~42 | 9" | 1 |
| 52~43 | 9" | 1 |

| | | - |
|---|---|---|
| 53 | | 1 |
| 54 | 300 / _ | 1 |
| 55 | 300 / _ | 1 |
| 56 | | 6 |
| 57 | Ø75 × 35L_ | 2 |
| 58 | Ø62 × Ø32 × 30L_ | 2 |
| 59 | ( ) | 1 |
| 60 | ( ) | 1 |
| 61 | ( ) | 1 |
| 62 | ( ) | 1 |
| 63 | ( ) | 1 |
| 65 | ( ) | 1 |
| 66 | ( ) | 1 |
| 67 | ( ) | 1 |
| 68 | ( ) | 1 |
| 69 | ( ) | 1 |
| 70 | | 2 |
| 71 | Ø10 × Ø24 × 3T_ (B) | 2 |
| 72 | Ø50 × Ø13 × 3T_ (B) | 4 |
| 73 | | 2 |
| 75 | 800 / _ | 1 |
| 76 | | 2 |
| 77 | | 2 |
| 79 | | 2 |
| 80 | 1/2" × 1-1/4" | 2 |
| 81 | 1/2" × 1"_ | 2 |
| 82 | 3/8" × 4-1/2"_ ( ) | 1 |
| 83 | 3/8" × 3-3/4" | 1 |
| 84 | 3/8" × 1-1/2"_ | 1 |
| 85 | 3/8" × 1-1/4"_ | 4 |
| 86 | 3/8" × 2" | 2 |
| 87 | 5/16" × 1" | 2 |
| 88 | 5/16" × 2-3/4" | 2 |
| 89 | M8 × 60 / _ | 1 |
| 90 | M8 × 80 / _ ( ) | 2 |
| 92 | M8 × 35 / | 6 |
| 93 | M3 × 10 / _ | 1 |
| 94 | M5 × 20 / | 1 |
| 95 | M8 × 55 / _ | 2 |
| 96 | 5/16" × 42 / _ | 1 |
| 97 | M5_ Nyloc | 1 |
| 98 | 1/2" × 8T_ Nyloc | 4 |
| 99 | 3/8" × 7T_ Nyloc | 4 |
| 100 | 5/16" × 6T_ Nyloc | 3 |
| 101 | M8 × 8T_ Nyloc | 1 |
| 102 | 3/8" × 6.5T_ | 3 |
| 103 | M3_ | 1 |
| 104 | Ø35 × Ø5/16" × 1.5T_ | 2 |

| | | - |
|---|---|---|
| **105** | Ø25 × Ø10 × 2,0T_ | 4 |
| **106** | Ø19 × Ø10 × 1,5T_ | 4 |
| **107** | Ø5 × Ø10 × 1,0T_ | 2 |
| **108** | Ø5 × 16 × 1.5T_ | 1 |
| **109** | Ø5 × Ø12 × 1.0T_ | 1 |
| **110** | Ø5 × Ø15 × 1.0T_ | 8 |
| **111** | Ø6 × Ø23 × 13 × 5.5 × 3T_ | 4 |
| **112** | Ø5.5 × 27 × 60 × 1.0T × 2.5H_ | 4 |
| **113** | Ø10 × 2T_ | 8 |
| **114** | M3_ | 1 |
| **115** | M5_ | 4 |
| **116** | 4 × 12  /  _ | 4 |
| **117** | 5 × 16  /  _ | 57 |
| **118** | 5 × 19  /  _ | 2 |
| **120** | 5 × 16  /  _ | 19 |
| **122** | 3,5 × 12  /  _                                          (8    .        ) | 51 |
| **124** | 3 × 10  /  _ | 4 |
| **125** | 4 × 50  /  _ | 2 |
| **126** | 3,5 × 16  /  _ | 8 |
| **127** | 3 × 10  /  _ | 2 |
| **128** | M5_ | 6 |
| **130** | 5/16" × 1/2"_ | 8 |
| **131** |                                                                              M5 | 1 |
| **132** | M6_ | 1 |
| **133** | 3/8" × 1-3/4" | 4 |
| **134** | M5 × 10  / | 12 |
| **135** | 3 × 8  /  _ | 8 |
| **136** | | 1 |
| **137** |                                        (        ) | 1 |
| **138** |                                        (        ) | 1 |
| **139** |                                          (        ) | 1 |
| **140** |                                        (        ) | 1 |
| **141** | | 1 |
| **142** |                       (         ) | 1 |
| **143** | | 1 |
| **144** | | 2 |
| **145** | | 2 |
| **146** | 400  /  _                              (        ) | 1 |
| **147** | | 6 |
| **149** |                                (       ) | 1 |
| **150** | | 1 |
| **151** | 5/16" × 3/4"_ | 4 |
| **152** | M5_ | 4 |
| **153** |                              (   ) | 1 |
| **154** |                           (   ) | 1 |
| **155** |                         (   ) | 1 |
| **156** |                           (   ) | 1 |