



Söol Fit™ Treadmill - Installation Manual



Poplar



Cherry



Walnut

Installing Your Söol Fit™:

This installation manual is intended to guide a licensed and fully insured carpenter “Installer” through the steps necessary to safely and properly install the Söol Fit™ Treadmill Model.

DISCLAIMER OF LIABILITY-


YOUR SOOL FIT™ COMES COMPLETE WITH TERMS AND CONDITIONS, AN OWNERS MANUAL AND AN INSTALLATION MANUAL (THE “DOCUMENTATION”). YOUR SOOL FIT™ INCLUDES MANY MOVING PARTS, REQUIRES COMPLETE COMPLIANCE WITH ALL USE AND INSTALLATION INSTRUCTIONS AND MAY ALSO COME WITH THIRD-PARTY EXERCISE OR OTHER EQUIPMENT. SOOL CORP. HEREBY DISCLAIMS ANY AND ALL LIABILITY FOR DAMAGE TO PERSONS OR PROPERTY DIRECTLY OR INDIRECTLY RELATED TO ANY FAILURE TO COMPLY WITH ALL INSTRUCTIONS, DIRECTIVES, WARNINGS AND CAUTIONS CONTAINED IN ANY PORTION OF THE DOCUMENTATION AND FURTHER HEREBY DISCLAIMS ANY AND ALL LIABILITY FOR DAMAGE TO PERSONS OR PROPERTY DIRECTLY OR INDIRECTLY RELATED TO THE USE OF ANY THIRD-PARTY EXERCISE OR OTHER EQUIPMENT.


Quick Reference Installation Steps:


Söol Fit™ - Treadmill	
1	Read this Installation Manual completely and observe all safety WARNINGS and CAUTIONS throughout this manual
2	Installer to verify site space requirements and wall construction before unpacking
3	Unpack and verify contents
4	Layout strut location and find studs
5	Mount upper strut and lower strut (3-4 mounting points per strut)
6	Perform any wall prep/trim removal as needed
7	Mount frame to struts (8 mounting screws)
8	Mount wire routing clips for TV monitor (4)to back of corner frame. If outlet is located outside of cabinet, route outlet strip cable between frame and wall
9	Mount Bench assembly (pivot rod push nut, shoulder screw, gas spring mount)
10	Mount treadmill to Support frame (4 screws, 2 leveling feet)
11	Workstation installation - Mount: power outlet (2 screws), Treadmill control console, Route wires and secure (1 clip, 1 wire tie), Mount work station (2 bolts)
12	Mount light and outlet strip (Clamp screw, adhesive pad on outlet strip)
13	Route and secure wires from workstation to treadmill and power strip (9 wire ties)
14	Wood cabinet assembly - Mount door assemblies right and left (16 screws)
15	Wood cabinet assembly- Mount front plates top/bottom with side panels right/left and (16 screws)

Safety:

To ensure safe and proper installation, uninstallation or reinstallation, the Söol Fit™ owner “Buyer” must have two Installers perform installation following the instructions provided.

 **WARNING** - *Take all lifting precautions and use proper body mechanics throughout entire installation process, including when moving and lifting any assembly or carton. Always use two Installers to lift and maneuver frame assembly during installation.*

 **WARNING** - *An unsecured Söol Fit™ frame is a tip hazard. Use extreme caution when frame assembly is in upright position and always have an assistant Installer securely hold frame until bolted/anchored securely and completely to the wall. Failure to do so can cause serious injury or death.*

 **WARNING** - *Installer must provide and ensure proper anchors/ bolts are used to secure the struts based on wall type. Failure to do so may allow the Söol Fit™ to dislodge from wall and cause serious injury or death.*

 **WARNING** - *NEVER disassemble or modify the original factory configured Söol Fit™. It may cause serious injury or death.*

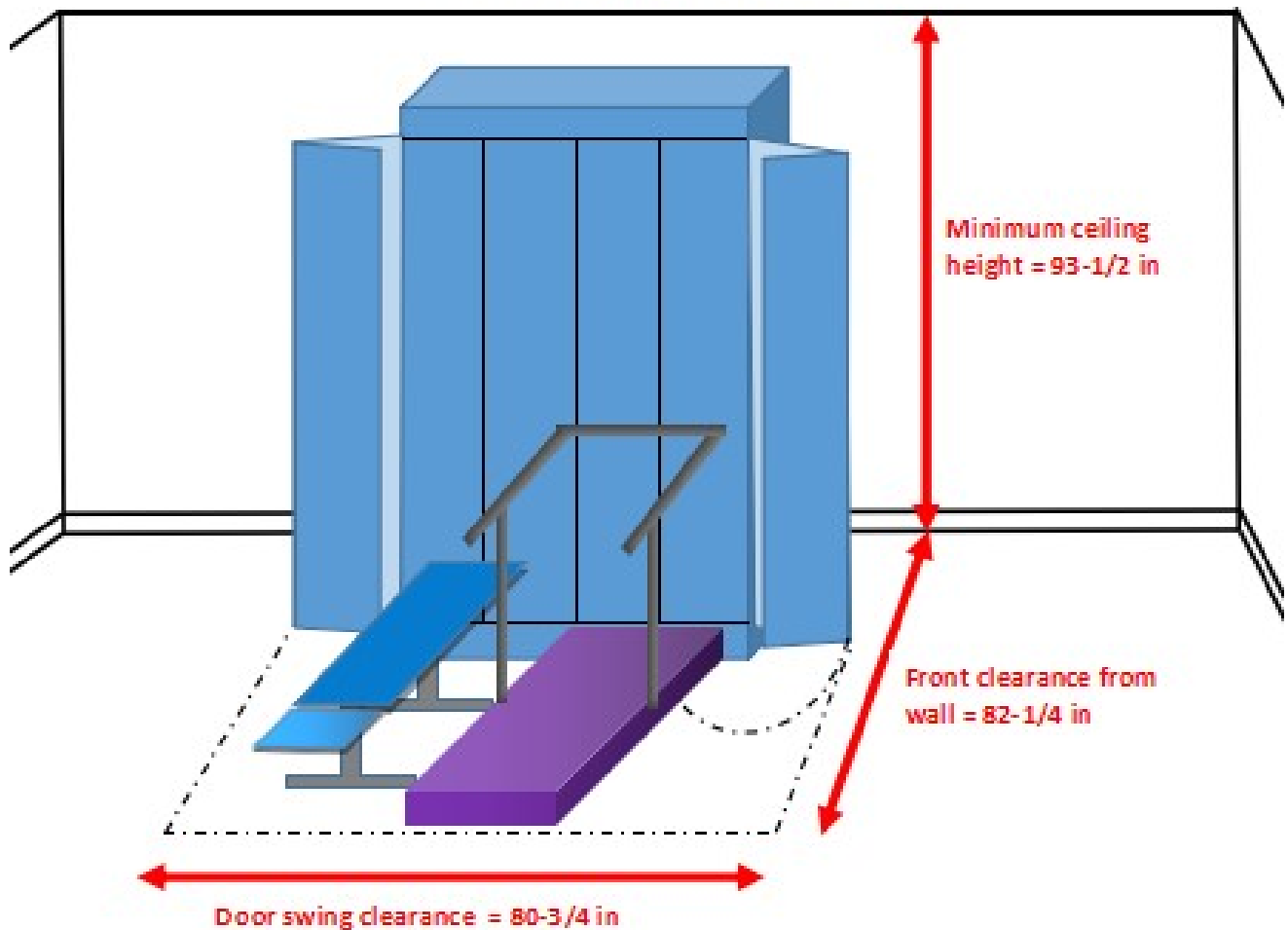
Site Requirement Verification:

During order process, the Buyer has confirmed site requirements for the Söol Fit™ model. It is recommended, prior to unpacking or performing any site preparation, the installation location is verified by the Installer.

- I (Installer) have verified the mounting wall construction

- ✓ Correct fasteners must be selected for wood studs, metal studs or concrete walls.
- ✓ Optimum 16- inch stud centers (allows unlimited mounting location).
- ✓ Minimum 24- inch stud centers (limits mounting location - strut must be bolted to 3 studs).
- ✓ For concrete walls a minimum of four anchors/bolts must be used to secure each strut.

Treadmill Model



Verify Receipt of All Cartons and Items:

Item#	Description	Part #	Treadmill		
			Carton #	Qty	
1B	Frame assembly TREADMILL	SA-0019-01	A-2	1	
2	Bench assembly	SA-0302-01	B	1	
3	Shoulder screw 5/16	FS-SB002-01		1	
4	Washer nylon .313x.5x.031	FS-W0001-02		1	
5	Bench lift pivot rod	MA-0006-01		1	
6	Cap nut 3/8	FS-N0001-02		2	
7	Washer nylon 375 x .570 x .031	FS-W0001-03		2	
8	Wood side panel assy L	WP-0302-xx		C-x**	1
9	Wood side panel assy R	WP-0303-xx	C-x**	1	
10	Wood door assy L	WP-0104-xx	D-x**	1	
11	Wood door assy R	WP-0103-xx	E-x**	1	
12	Wood front bottom plate assy	WP-0009-1x	F-x**	1	
13	Wood front top plate	WP-0004-0x		1	
14	Wood Crown molding assy	WP-0007-xx	G-x**	1	
22	Shelf	WA-0004-03	H	1	
23	Pad rubber 1" x 1 "	PP-0017-01		9	
24	Strut assy upper	SA-0013-01		1	
25	Strut channel Lower	MP-0011-03		2	
26	Strut washer 1/4"	HW-0018-01		6	
27	Strut channel nut 1/4-20	HW-0018-03		6	
28	Screw BHPH 1/4-20 x 2	FS-S0006-04		10	
29	Washer SS 1/4x3/4x.075	FS-W0005-02		12	
30	Nut 1/4-20 w/ext lock	FS-N0003-01		4	
31	Screw FHPH 8-32 x 1/4 UC	FS-S0008-01		16	
32	Screw FH #10x5/8 w/ Hinge	FS-S0009-04		16	
33	Treadmill	EQ-0111-1x		L	1
34	Workstation assy	SA-0014-xx		I-x**	1
35	Light - Treadmill	EQ-0112-1x	J	1	
36	Power outlet - work station	EQ-0113-1x		1	
37	Power outlet strip - Treadmill	EQ-0113-2x		1	
38	Screw FHPH full thread #6x5/8	FS-S0009-01		2	
39	TV/monitor mounting channel	MA-0038-03		1	
40	Treadmill TV/monitor mounting r	MA-0029-02		1	
41	Wire tie 4"	PP-0023-01		10	
42	Cable holder	PP-0023-03		5	
43	Washer 5/16 x .75 x .125	FS-W0005-03		4	

** (1= Poplar, 2=Cherry, 3=Walnut)



Carton A



Carton B



Carton C



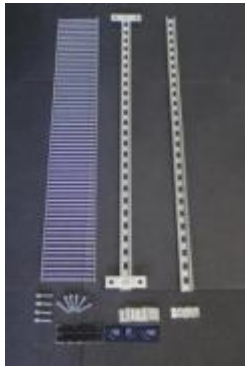
Carton D,E



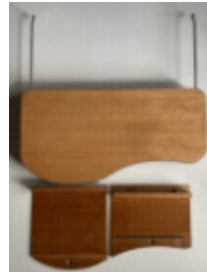
Carton F



Carton G



Carton H



Carton I



Carton J



Carton L



- Failure to properly locate the center of each wall stud can lead to an insecure installation and may cause severe injury or death.

Layout Strut Location and Find Center of Studs:

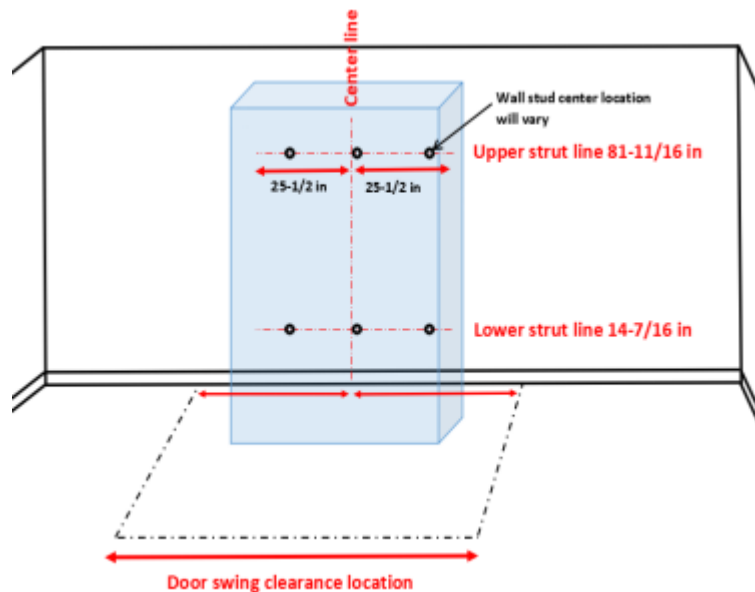
1) On the wall, mark the center line of mounting location to define its position.

Note: Verify side-to-side door swing clearance is 80-3/4 inches.

2) On the center line, mark the lower strut height of 14-7/16 inches from the floor. Then mark the upper strut height of 81-11/16 inches from the floor.

3) Using a level, extend the strut height lines, (lower and upper), 25-1/2 inches to either side of the center.

4) Locate center of each wall stud along the lower and upper strut height line using a stud finder.



Mount Upper and Lower Struts:

1) Drill the appropriate hole for the bolt/anchor to be used at the center of each wall stud as laid out.

Note: Installer must select and provide the proper bolt/ anchor type necessary to secure the struts to the wall.

Note: A minimum of 3 bolts/anchors are required for each strut.

2) Bolt upper and lower struts to wall.

Note: Keep struts centered on layout lines as bolts/ anchors are tightened.

Note: In some cases, the strut may need to be rotated 180° for cutouts, in strut, to align with holes in wall and align with center.



Perform Wall Prep/Trim Removal as Needed:

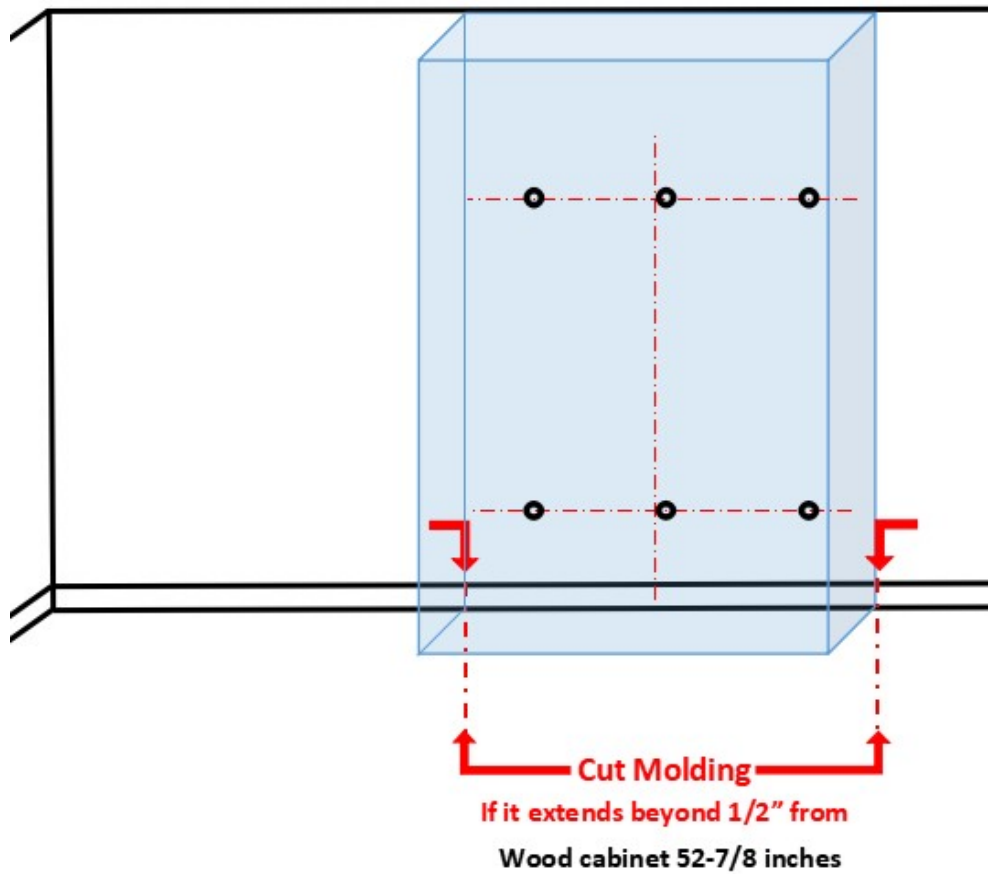
1) Verify base molding does not protrude from the wall more than 1/2".

Note: The Söol Fit™ Cabinet mounts 1/2" from the wall surface.



2) If molding protrudes more than 1/2 in from wall surface it will need to be trimmed prior to mounting frame.

- a) For Wood Cabinet trim at 26-7/16 inches to both sides of the center line.



Mount Frame to Struts:

⚠ WARNING - An unsecured Söol Fit™ frame is a tip hazard. Use extreme caution when frame assembly is in upright position and always have an assistant Installer securely hold frame, until Installer bolts/anchors frame securely and completely to the wall; failure to do so can cause serious injury or death.

⚠ WARNING - All strut nuts must be fully seated in the vertical position.

⚠ WARNING - A torque wrench must be used to tighten strut screws to the manufacturer's minimum torque, failure to do so could allow frame to become dislodged from the wall and cause serious injury or death.

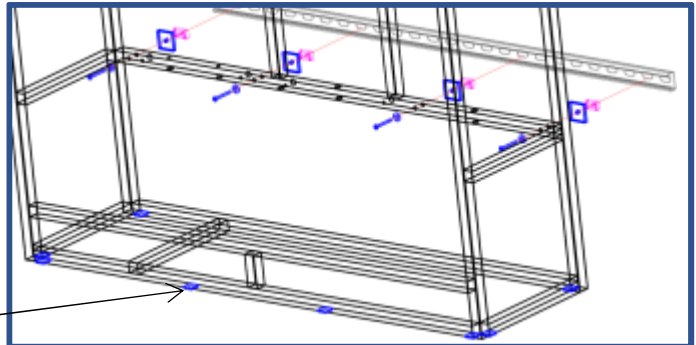
1) Prior to applying rubber pads to frame, verify floor is square to wall.



- a) If square to wall, apply pads in locations as shown.
- b) If not square, add or remove pads in locations shown so frame is level to the wall.

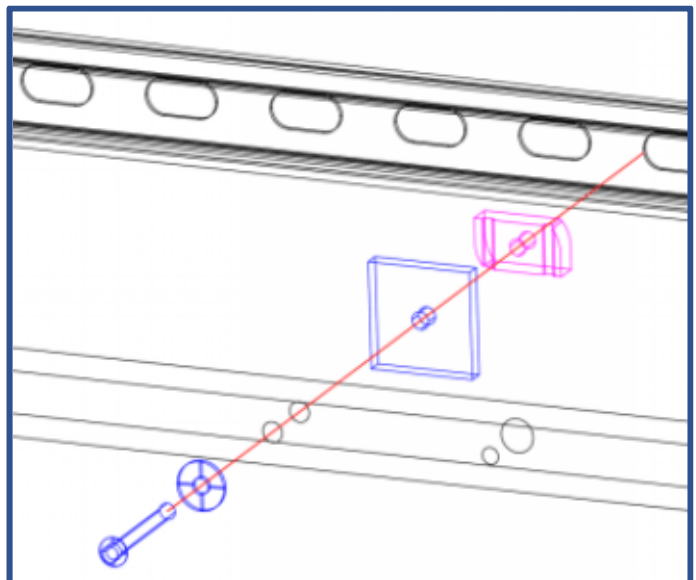
Note: Ensure front corner mounting pads are firmly touching floor to ensure proper weight transfer.

Mounting pad

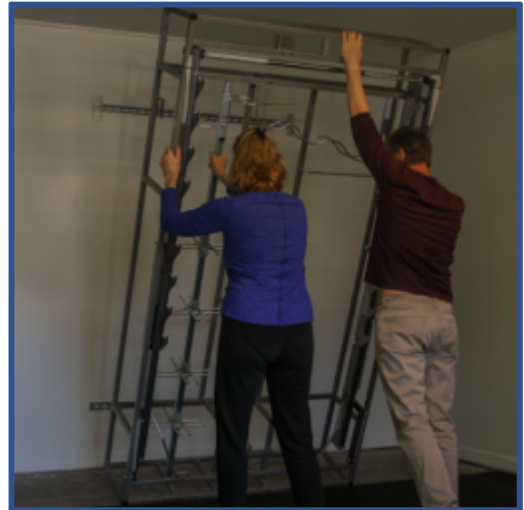


2) Prior to moving frame against the struts, pre-assemble screws, washers, square washers and strut nuts to the upper and lower frame - (6 locations).

Note: Only thread screws partially into strut nuts to allow for proper engagement to strut.

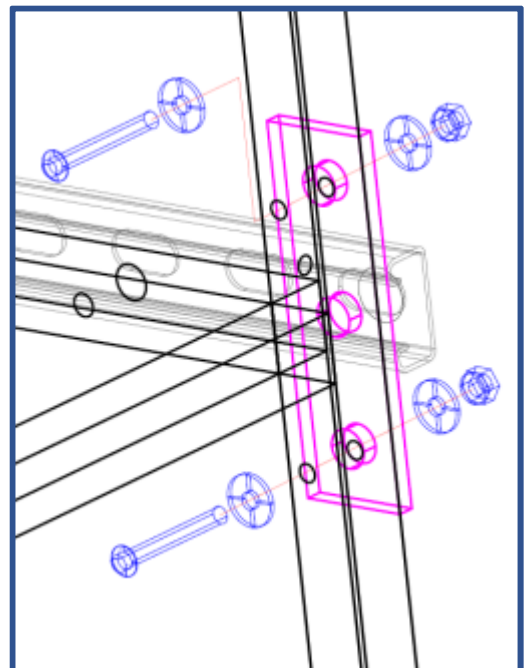


3) Move frame up to struts and position all strut nuts in horizontal position, then move frame against strut channels so all strut nuts engage into channel.



4) Assemble screws (item # 28), washers (item # 29), and nuts (item # 30) through frame into upper strut bracket.

Note: Verify outside edge of frame aligns with ends of strut channels prior to tightening screws



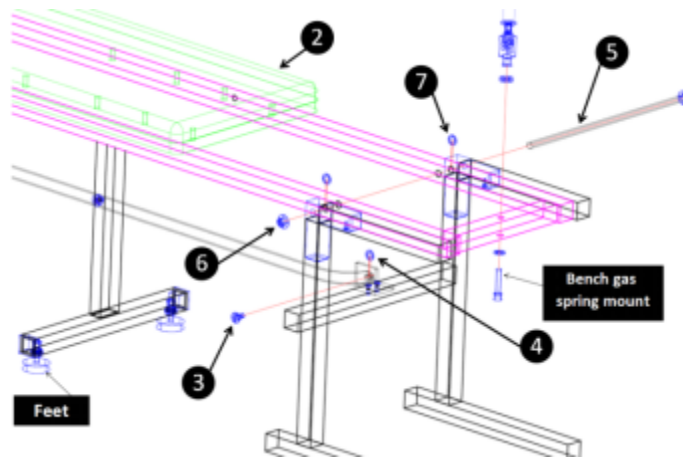
5) Torque all twelve screws (item # 28) to 6 - 8 ft/lbs (strut manufacturer's recommended torque).



Mount Bench Assembly:

1) Mount bench to support frame

- a) Position Bench Assembly between support frame, then slide nylon washer(7) between support frame and bench frame.



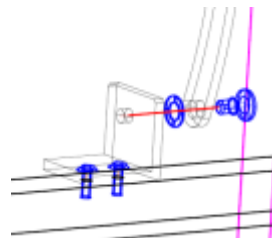
- b) Align holes and insert pivot rod (5) sliding through to opposite side of support frame.



- c) Attach end cap (6) by securing opposite side while pressing or tapping with a hammer until fully seated.

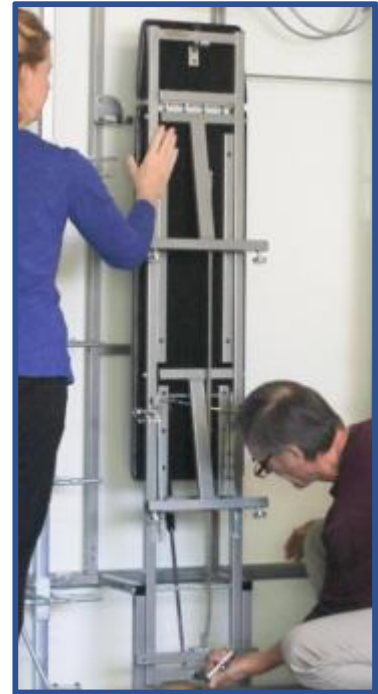


- d) With bench in down position, align pivot bar hole to bracket with nylon washer (4), between pivot bar and bracket, then secure with shoulder screw (3).



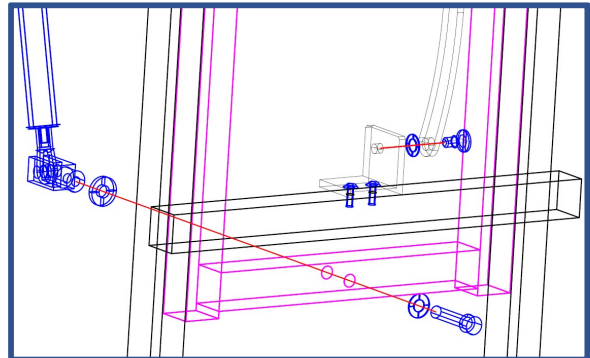
**CAUTION**

- When mounting gas spring to bench, have assistant Installer hold the bench in vertical position until gas spring is mounted, to avoid bench from falling down.

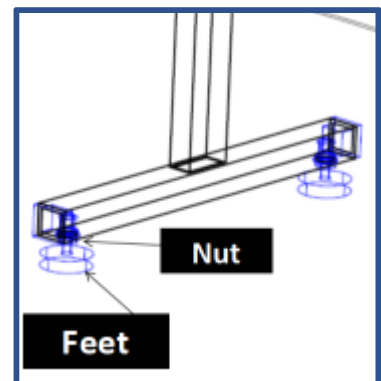
**2) Mount bench gas spring**

- a) Rotate bench to full upright position.

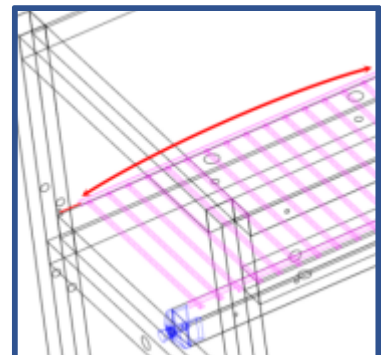
- b) Screw in place with hardware attached, keeping large washer between gas spring and frame, and lock washer under screw head.

**3) Bench feet adjustment**

- a) All four feet should touch the floor surface. Adjust feet by loosening lock nut and turning feet, until all feet contact floor surface, then re-tighten lock nuts.

**4) Shelf mounting**

- a) Mount shelf by Inserting right rear pin into hole in frame, then slightly bow shelf and insert left rear pin into hole on frame.



Mounting Treadmill:

CAUTION - Gas springs can extend with great force. Use extreme caution until fully assembled.

1) Treadmill mounting

- a) Unpacking and preparation - Review and follow all instructions in Treadmill Owner's Manual.
- b) Remove plastic brackets from both sides of treadmill and keep screws for reassembly (4).



- c) Remove two front leveling feet from treadmill.



- d) Disengage support arms from lift frame by removing two hairpin clips from support arm pins, keeping support arms in full upright position until reassembly.

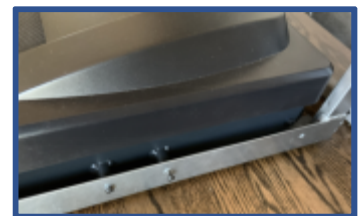


- e) Push evenly on lift frame until frame touches floor.

Note: Gas springs will be compressed, assistant Installer needs to hold frame to floor, until treadmill is in place on lift frame.



- f) Roll treadmill onto lift frame until side posts align with holes in lift frame, then replace four screws removed in step 1b. Do not tighten completely until leveling feet are mounted.



g) Lift and support treadmill along with lift frame just high enough to insert leveling feet.



h) Place spacer washers between lift frame and treadmill. Screw leveling feet tightly in place.



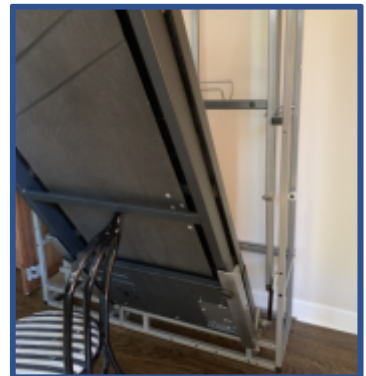
i) Remove support and allow leveling feet on treadmill to rest on floor. Adjust rear leveling feet, until front and rear feet all contact floor.



j) Tighten four side screws.



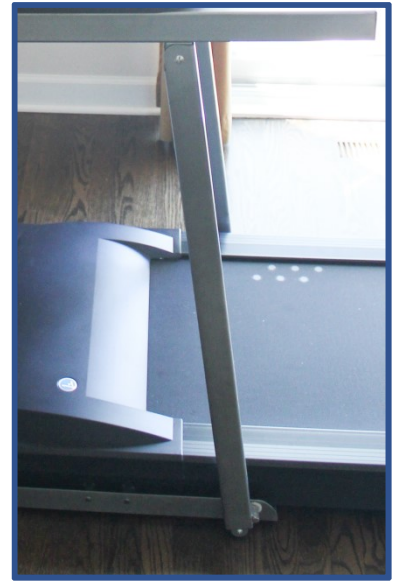
k) Lift and temporarily support treadmill at approximately 45° from floor.



l) Lower support arms, reconnect left and right arms by inserting side pins into lift frame, insert hairpins.

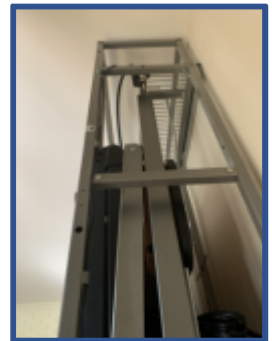


- m) Treadmill is now mounted. Remove temporary support and lower treadmill to floor.



- n) Raise treadmill to upright position and verify smooth, unobstructed motion.

Note: Verify gas springs hold treadmill securely in upright position



Mounting Workstation:

1) Workstation mounting

- a) Remove workstation from carton and remove drawers.



- b) Mount power outlet to back of workstation with two screws.



- c) Lower treadmill to floor.



- d) **Remove lock-nut from pivot bolt and push bolt until flush with support arm.**

Note: Do not remove bolt.



- e) **Place workstation on handrails.**



- f) **Slide pivot bolts into pivot eyes on workstation lift rods and replace lock-nut. Tighten nut until there is no play between tube supports and pivot eye can rotate freely.**

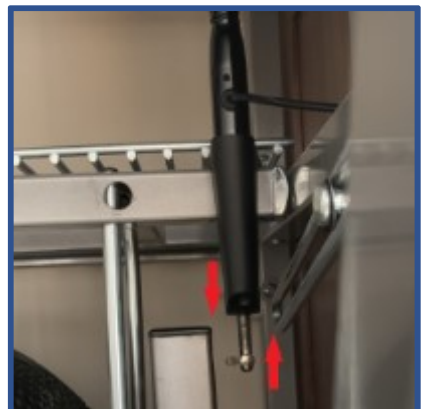
Note: Keep washer between handrails and pivot eye.



2) Light mounting

- a) **Mount overhead light by tightening clamp into shelf support.**

Note: Confirm light position and tightening handle do not interfere with the treadmill support arms in up position and the pull-up bar linkage swing.



- b) **Route wire behind frame and through wire clips all the way down to power strip.**



3) Wire routing

a) Apply wire clip to rear of right drawer.



b) Mount treadmill control by snapping onto rod mounted to drawer.



c) Route control wire through cutout in back of drawer.

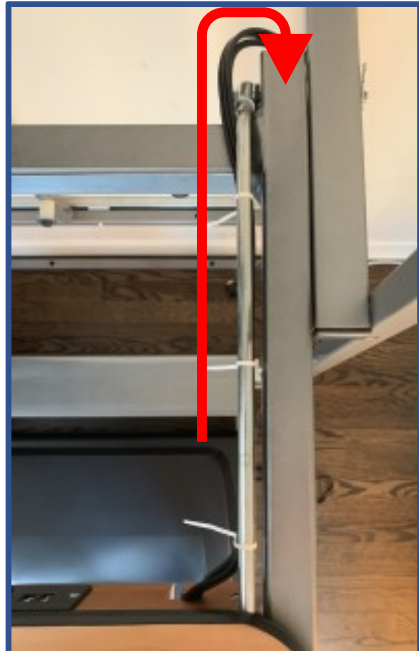


d) Slide drawer into right side of workstation and dress wires through clip with 8-10" of slack and apply wire tie to secure control wire to outlet wire (clip excess tie).

Note: Control wire should fold in back of drawer without interfering with fully closed drawer.



e) Route outlet and control wires along underside of lift rod and secure with three wire ties, keeping end of tie on the bottom of rod (clip excess tie).



f) Continue routing wires around ends of support arms.



g) Loosely mount the outlet and control wires under pivot support.



h) Make sure there is enough slack at end of support arm before final tightening of wire tie under pivot support.



i) Add one additional wire tie to secure end of loop.



j) Raise and lower workstation and verify the wires are clear and not binding at pivot point.



k) Route both wires behind cross bar and down post through wire clip to power strip.



- l) Route treadmill control cable and power cord:**
 - i. Route treadmill control cable to back of treadmill and insert plug.**
 - ii. Plug power cord into back of treadmill and route control cable back towards outlet strip.**



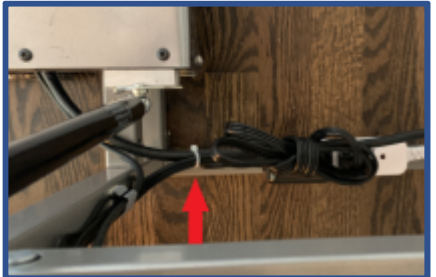
- m) Secure both cords to the support frame with two wire ties (clip excess tie after tightening).**



- n) Route workstation outlet wire to outlet strip and plug in.**
Note: Secure any excess cord to maintain clearance to treadmill frame.



- o) Secure treadmill and workstation power cord along with light power cord together with wire tie.**
Note: Treadmill power cord must be plugged directly into wall outlet, not power strip (see Treadmill Owner's Manual for requirements).



- p) Raise and lower treadmill and verify the wires are clear and not binding or pinching at pivot point.**



4) TV/ Monitor mounting

a) Unpack TV Monitor.



b) Mount TV/ Monitor hanging bracket:

- i. Remove two screws from back of TV /Monitor.
- ii. Use same screws to mount hanging bracket to back of TV/ Monitor.



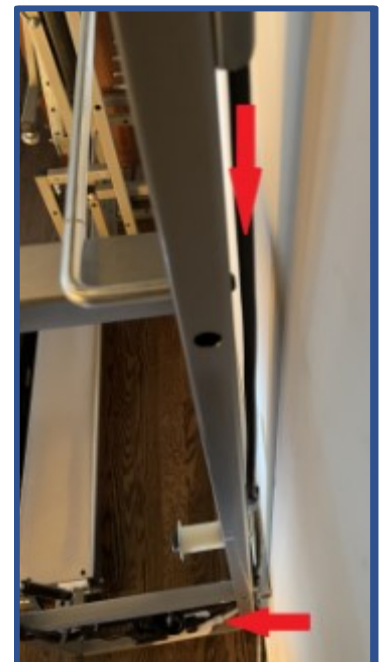
c) Insert holding rod into rear frame.



d) Plug power cord into TV/ Monitor and hang TV/ Monitor onto holding rod.



e) Route wires along back of corner frame through wire clips and plug into power strip.



Wood Cabinet Assembly:

CAUTION - Take care when opening cartons and handling wood doors and panels to avoid scratches and dents - DO NOT use knife or sharp object to unpack doors and panels.

1) Mount door assemblies

Note: Door assemblies are mounted before side panels.

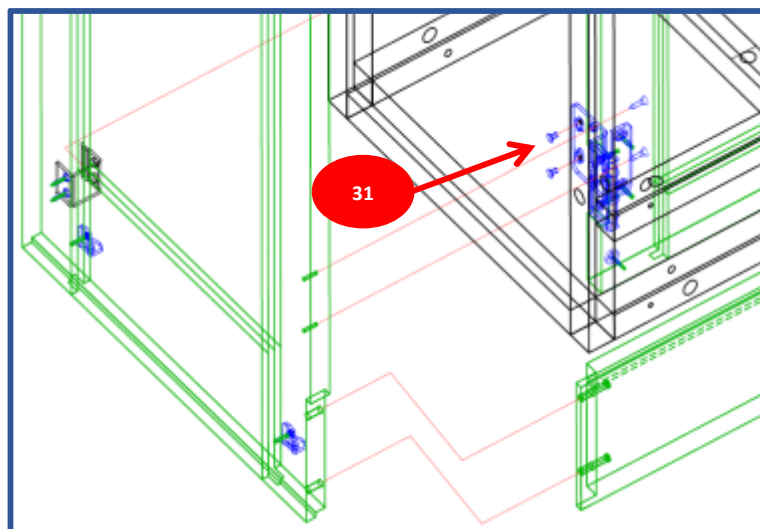
Note: Observe left and right door assemblies, (latch should be to the bottom).



- a) Support door assembly for correct height to align hinge holes with frame holes, then hand tighten eight mounting screws. (#31)
 - i. Repeat for opposite door assembly.



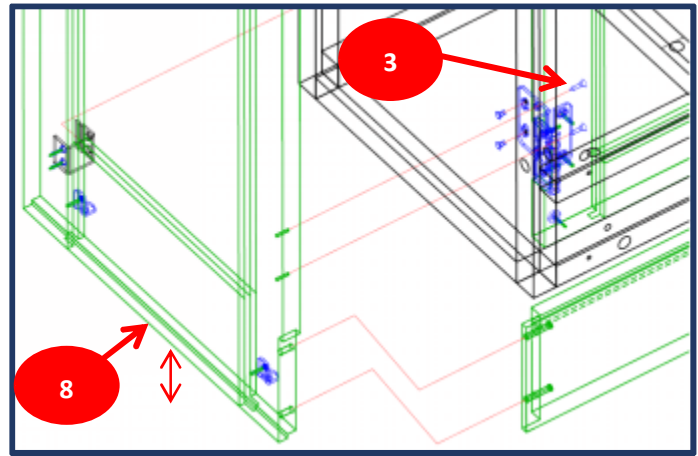
CAUTION - Do not over torque mounting screws to avoid stripping threads in frame. (#31).



2) Mount side panels

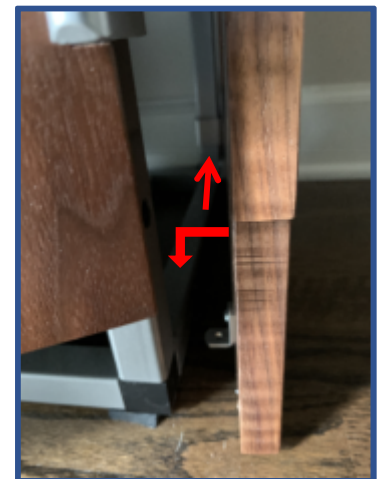
a) Mount left side panel

- i. Support left side panel (#8) 1/2 inch off of floor with a small spacer block.
- ii. Align and push the panel clips over the rear frame until the front edge of the panel fits into the sides of the door hinges.
- iii. Remove 1/2-inch support so panel can drop onto the support angles on the inside of the panel. Secure panel with eight wood screws (Item #32).



b) Mount right side panel

- i. Support right side panel 1/2 inch off of floor with a small spacer block, then align and push the panel clips over the rear frame, until the front edge of the panel fits into the sides of the door hinges. Remove 1/2-inch support so panel can drop onto the support angles on the inside of the panel.

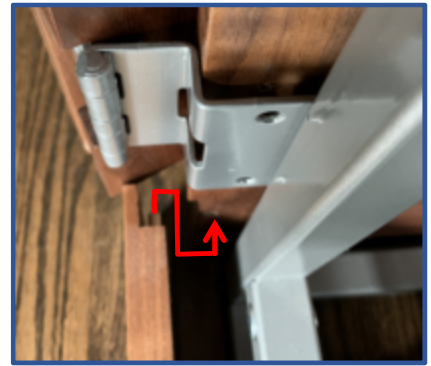


Note: Bottom plate gets mounted prior to screwing right side panel to hinges See bottom plate mounting.

3) Top and bottom plate mounting

a) Mount bottom plate

i. Insert the two dowel pins of bottom plate into the left panel.



ii. Rotate the right panel out only far enough to insert the dowel pins.



iii. Push right panel onto bottom plate until side panel seats against door hinge and drive only the bottom screw to hold panel from sliding off the dowel pins.



b) Mount top plate

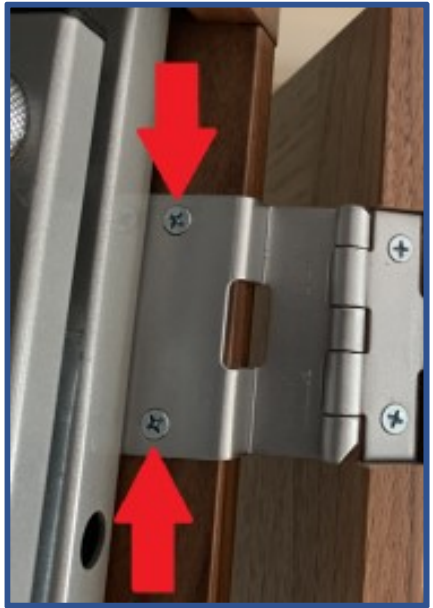
i. Insert the two dowel pins into the left panel.



- ii. Rotate the right panel only far enough to insert the dowel pins into it.



- iii. Push right panel onto top plate until side panel seats against door hinge. Secure panel with remaining seven wood screws.



Note: Bottom plate has a slight gap from side to side to allow final adjustments for the door lock alignment. Take care not to damage the cabinet when tapping the end of the bottom plate while making this adjustment.



- 4) Slide crown molding over the top of the cabinet and secure with turn buttons on the molding frame.

