

# Maintenance correction edition

Sole-Fitness-Maintenance-Reference.pdf | Issued 2026-10-04

**This correction supersedes the conflicting instructions in the archived original. It is not certification of every model in the brand list or permission to return equipment to service.**

## Replace universal treadmill lubrication instructions

Do not use 100% silicone, 40-80 hours, 0.5-1 oz, or lubricate-first diagnosis as universal instructions. Lubricate only when the exact model manual or documented authorized OEM service instruction requires it, using its product, amount, interval and procedure. Precor TRM 445/243 manual 303117-114 specifies no additional deck lubrication. NordicTrack Commercial 1750 NTL11219.3 (manual 418771) and ProForm Pro 2000 PFTL13113.6 prohibit added substances unless an authorized service representative instructs otherwise. General Horizon/SOLE guidance does not establish a specification for every model. Slipping or hesitation alone is not proof of lubricant deficiency.

Applicability: match model, production year/serial range, market and manual revision. An edition date is not an equipment production year. Where these are unknown, do not infer a numerical lubrication, adjustment, electrical or clinical specification. Restricted service instructions must be obtained through the owner before approval.

## Reviewed sources

S6: [Precor TRM 445/243 owner's manual](#), Maintenance, PDF p. 72.

S7: [NordicTrack Commercial 1750 NTL11219.3 manual](#), manufacturer CDN, Electrical Power and Maintenance/Troubleshooting.

S8: [ProForm Pro 2000 PFTL13113.6 original user manual](#), manufacturer-authored, retailer-hosted; printed pp. 18, 30–31.

S9: [Horizon treadmill running-belt lubrication procedure](#).

S10: [SOLE treadmill lubrication guidance](#).

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## SOLE tracking and elliptical lubricant need the exact manual

General SOLE lubrication guidance is not authorization for every SOLE unit. The reference's belt-tracking direction/version and elliptical lubricant recommendation are not established across the listed model families. Obtain the matching model/year/market and manual revision before retaining an adjustment direction, lubricant product, amount or interval. Do not treat all SOLE units alike.

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## Reviewed sources

S10: [SOLE treadmill lubrication guidance](#).

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## Withdraw unsupported failure predictions and diagnostic limits

The original percentages, 2-6-week failure forecasts, universal 12 A threshold and example 16.8/11.2/6.5/2.8 A values are not OEM acceptance limits. Do not use them to diagnose or certify a machine. Any retained measurement needs a named model/setup, speed, mechanical load, measurement location and instrument; loaded-versus-unloaded current alone does not isolate friction. Replace guaranteed failure or automatic warranty-loss claims with 'may cause damage' or 'may affect coverage.' Touch alone does not prove motor overload. Brushed-DC explanations do not cover AC motors, and not every elliptical uses an actuated brake motor. Withdraw unsourced 'most common failure' rankings as diagnostic authority. Stop use for abnormal behavior and follow the exact OEM diagnostic procedure.

Applicability: match model, production year/serial range, market and manual revision. An edition date is not an equipment production year. Where these are unknown, do not infer a numerical lubrication, adjustment, electrical or clinical specification. Restricted service instructions must be obtained through the owner before approval.

## Reviewed sources

S7: [NordicTrack Commercial 1750 NTL11219.3 manual](#), manufacturer CDN, Electrical Power and Maintenance/Troubleshooting.

S8: [ProForm Pro 2000 PFTL13113.6 original user manual](#), manufacturer-authored, retailer-hosted; printed pp. 18, 30–31.

S9: [Horizon treadmill running-belt lubrication procedure](#).

S10: [SOLE treadmill lubrication guidance](#).

S20: [Cybex 770T owner's manual](#).

S25: [Life Fitness 95T Engage specifications](#), AC motor and lubricant-infused belt.

## Archived original follows

The following pages preserve the supplied original for historical comparison. Conflicting instructions, numerical limits and example certifications are superseded by the correction pages above. They must not be used as current service instructions.

[Download the unchanged original PDF](#)



# HEARTBEAT FITNESS REPAIR

SERVICE • REPAIR • PREVENTIVE MAINTENANCE

Factory-trained service for residential and commercial fitness equipment

(727) 512-5120 • [service@theequipmentfixer.com](mailto:service@theequipmentfixer.com) • [TheEquipmentFixer.com](http://TheEquipmentFixer.com)

## MFG MAINTENANCE REFERENCE

REF: HFR-MFG-SOLE-2026

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## CARING FOR YOUR SOLE FITNESS EQUIPMENT

### An Independent Heartbeat Fitness Repair Maintenance Reference

Independent maintenance reference prepared by Heartbeat Fitness Repair from publicly available Sole Fitness guidance • Not affiliated with, sponsored by, or endorsed by Sole Fitness. All product and brand names are trademarks of their respective owners.

### 1. EQUIPMENT WE SERVICE

Sole is a popular home and light-commercial cardio brand across Tampa Bay condos and apartment fitness centers.

#### TREADMILLS

F63, F65, F80, F85, TT8 (light-commercial)

#### ELLIPTICALS

E25, E35, E55, E95/E95S

#### BIKES

SB700, SB900, R92/LCB recumbent

### 2. STEP-BY-STEP: THE SOLE BELT TRACKING & LUBE CYCLE

#### STEP 1: RUN THE TRACKING TEST

Walk the belt at a moderate pace and watch for drift to either side.

#### STEP 2: ADJUST TRACKING

Correct via the rear roller bolts in quarter-turn increments toward the drift side.

#### STEP 3: LUBRICATE ON SCHEDULE

Apply Sole's 100% silicone lubricant every 90 days or 90 hours, whichever comes first.

#### STEP 4: VACUUM THE MOTOR HOOD

Clear dust from the motor hood and underside every other month.

### 3. MANUFACTURER-RECOMMENDED MAINTENANCE

| COMPONENT                    | SOLE GUIDANCE                                                                                                                                                | INTERVAL                                         |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| Belt Lubrication             | Proprietary 100% silicone lubricant only — WD-40, petroleum-based, spray, and foam lubricants are explicitly warned against for breaking down belt material. | Every 90 days or 90 hours, whichever comes first |
| Belt Tracking                | Run at a moderate walking pace and watch for drift; correct via rear roller bolts in quarter-turn increments on the side the belt drifts toward.             | Monthly                                          |
| Cleaning                     | Wipe belt/deck after each use to prevent sweat corrosion; vacuum the motor hood/underside to clear dust.                                                     | After each use; vacuum every other month         |
| Elliptical Pivot Lubrication | Lubricate pedal-arm and moving joints; periodic bolt/frame tightening and leveling checks.                                                                   | Every 3–6 months depending on use                |

#### PRO TIP: LUBRICATION IS TIED TO YOUR WARRANTY

• Sole explicitly ties proper lubrication and cleaning to preserving the frame/motor warranty — skipping service isn't just a performance risk, it can affect a warranty claim.



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### 4. COMMON SOLE FAILURE POINTS

| OBSERVED SYMPTOM                         | LIKELY CAUSE                                                                                                                          | RISK IF IGNORED                                                           | RECOMMENDED ACTION                                                                          |
|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| Motor Failure Signs                      | Belt stops unexpectedly, unresponsive to speed/incline commands, self-driven belt movement, or a burning smell.                       | Sole's own guidance treats this as non-DIY — fire/safety risk if ignored. | Stop use immediately and schedule certified service.                                        |
| Belt Slippage / Tracking Drift           | The most frequent home-use complaint — low lubrication or loose tension.                                                              | Accelerated belt and deck wear.                                           | Resolve with the standard tension and lubrication procedure before assuming a bigger fault. |
| Console Error Codes (E1, incline, speed) | Loose cable connections, outdated firmware, or power issues.                                                                          | Unit unusable until cleared.                                              | Check connections and firmware before ordering replacement parts.                           |
| Elliptical Noise                         | Loose hardware, an unlevel base, dried-out pivot lubrication, or worn pedal-arm bushings/bearings — a known Sole-specific wear point. | Progressive mechanical wear.                                              | Re-lubricate pivot points and check leveling before replacing bearings.                     |

### 5. WHAT OUR TECHNICIANS CHECK ON EVERY SOLE VISIT

#### BELT LUBRICATION & TRACKING

90-day/90-hour service cycle per Sole's own schedule

#### MOTOR DIAGNOSTICS

Amp draw and safety inspection before any DIY troubleshooting

#### ELLIPTICAL PIVOT POINTS

Bushing and bearing wear inspection on E-series units

### OWN ONE OF THESE MACHINES? WE SERVICE THEM RIGHT.

Heartbeat Fitness Repair's technicians are factory-trained across major fitness equipment brands, including Sole Fitness, and carry the diagnostic tools and OEM-spec parts knowledge to service it correctly the first time.

#### PHONE

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