

# SOLE

FITNESS

# SC200

FLUID, STABLE, SMOOTH...



The SC200 is a 2-in-1 machine that provides the benefits of both a stair climber and elliptical trainer. Users get the benefits of a low-impact workout, but also the toning and calorie burning benefits of a high-intensity workout. The console also has built in speakers which allow you to hook up any MP3 player (iPod, etc.) for easy listening.



## PRODUCT HIGHLIGHTS

### CUSTOM DESIGNED FOOT PEDALS

These unique foot pedals were developed in collaboration with a leading physical therapist. Together with SOLE engineers we designed a 2 degree inward slope to the foot pedals which reduce ankle and knee stress common in other elliptical machines.

### ADJUSTABLE FOOT PEDALS

Not everyone walks the same, for this reason we have made the pedals articulating/adjustable to fit the way you walk.

### HYBRID DESIGN

The SC200 combines features of an elliptical and arc trainer/stepper. Similar to a stair climber, the SC200 provides cardio workouts for weight loss, and a stepper design for toning the glutes and thighs. Which means less workout time, but just as effective a payout.

### STRONG FRAME

The SOLE SC200 uses a heavy steel frame, that's designed to support user weight capacity of up to 150 kg. The up/down motion of the pedals is specifically designed to tone the glute and quad muscle groups of the legs.



Compatible with iOS / Android

**TECHNICAL SPECIFICATIONS**

Pedals	Ergonomic, 2-degree inversion, adjustable
Adjustable pedals	Yes
Stride Length	46 cm
Resistance	1 - 20, electronic
Incline	0 - 20, electronic
Hand Pulse	Yes
Multi Grip Position	N/A
Heart rate monitoring	Contact
Chest strap	Yes
Cooling Fan	Yes
Flywheel Weight	7.6 kg
Audio System	Built-in speakers (MP3 Compatible)



**CUSTOM DESIGNED FOOT PEDALS**



**STRONG FRAME**

**CONSOLE / WORKOUTS**

Computer display	19 cm white backlit display screen
Console feedback	Time, VERT, calories, SPM, level, floor, heart rate percent graph, pulse, program
Pre-set programs	5 plus manual
User programs	2
HRC programs	2

Speaker

Cooling Fans

White Backlit LCD

Program button

Incline control

Resistance level control

Audio In Jack

Headphone Jack

Dual waterbottle / storage holders

