

# SOLE

FITNESS

RESIDENTIAL STEPPER

# 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

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# RESIDENTIAL SERIES **SC200**



## 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)

## 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

## DIMENSIONS

Product size	L 143 x W 45 x H 153 cm
Carton size	L 147 x W 44.5 x H 84.5 cm
NW/GW	75 kg / 84 kg
MAX. user weight	150 kg

## WARRANTY

Frame / Motor	Lifetime
Parts	3 years



**CUSTOM DESIGNED FOOT PEDALS**



**STRONG FRAME**

