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How to turn off f80 treadmill

Sole Fitness is known for their high-quality treadmills made with durable parts, and the F80 is no exception. It's a reliable and affordable machine designed for home use, and boasts many fantastic features that will help users improve cardio, shed pounds and become stronger runners. The F80 is designed for both beginner runners and those shopping for a value-priced treadmill without over-complicated features. With multiple workout programs, Bluetooth compatibility, and a Cushion Flex Whisper Deck which reduces the overall impact on joints while running, this treadmill provides exactly what you need for a satisfying workout. Some key features of the F80 treadmill include a commercial 3.5 CH motor, a roomy 22-inch by 60-inch running surface, and 15 levels of power incline. Training progress is displayed on a 9.0-inch LCD screen or on your mobile device with the Sole Fitness app. See the Sole F80 treadmill in action in our video review below. Model Sole F80 Rating Our custom rating considers all of the treadmill's features, specs, warranties, and 100's of user & expert reviews, to save you time! 98.1% List Price Suggested retail price, typically higher than the price you'll pay with our recommended retailers. \$2,799 Best Price Since prices change daily, this link goes to our preferred retailer for the current best price. Note: MSRP stands for Manufacturer's Suggested Retail Price. \$1599 Speed Treadmill Speed is measured in Miles Per Hour (mph). Average running speed is 5-9 mph. 0.5 - 12 mph Incline Treadmill Incline measures the angle of the deck, and how steep it is relative to the floor (0% is flat, and 15% is like a steep hill) 0 - 15% Motor The Treadmill Motor is what turns the belt as you run. We recommend at least 2 HP (Horsepower) motors, 2.5+ HP for jogging, and 3.0+ HP for running. 3.5 HP Deck Treadmill Deck dimensions are measured in inches: Width x Length. The wider and longer the deck, the safer it is (35-60 inches long recommended for running). 22" x 60" Belt The Treadmill Belt is the surface you run on. The thicker the belt, the less impact on your joints. At least 2-ply (1 inch) recommended. Cushion Flex Whisper Deck (2-Ply) Folding? Some treadmills are designed to conserve space by folding up. This is a convenient option, but some features might be reduced. Programs Treadmill Programs allow you to complete a workout with changing speeds and inclines, without changing anything manually. 10 Max. Weight Treadmill Max User Weight is the amount of weight, in pounds (lbs), that it can safely support, which can represent durability. 375 lbs Heart Rate Heart Rate programs allow you to track how many times your heart is beating per minute (bpm), and some control the workout for you. Pulse Grips & Wireless Chest Strap Dimensions Dimensions are included to help you figure out if this treadmill will fit properly (Length x Width x Height and Height x Depth). 82" x 37" x 66" Weight: 278 lbs Rollers: 2.5" Display Treadmill Display refers to the screen you'll look at to monitor workouts. LED and LCD displays are similar to TV screens. White Back-lit 9.0" LCD Cooling Fans Treadmill Cooling Fans are designed to help keep you cool during an intense workout. Accessory Tray Some treadmills include an accessory tray for holding items such as water bottles, wallets, keys, or MP3 players like iPods. Speakers Treadmills that include a sound system allow you to listen to your MP3 player/iPod through built-in speakers (no headphones). Quick Controls Quick Controls allow you to select speed, incline and even workout programs with the touch of a button (usually on the handles). Warranty The warranty is a very important part of your investment. The longer the warranty, the longer you can get free/discounted repairs by the manufacturer. Frame: Lifetime Motor: Lifetime Deck: Lifetime Electronics/Parts: 5 Years Labor: 2 Years (In-Home) 98.1/100. The Sole F80 home treadmill has always competed with commercial machines and thanks to recent upgrades, is more impressive than ever. This foldable cardio trainer has a spacious 22-inch by 60-inch running area, a thick belt, a commercial grade 3.5 CP motor, and an automated ramp with a maximum 15% grade. It also has a sound-muffling deck that absorbs shock by up to 40%. As for fitness tech, the Bluetooth-compatible F80 allows you to transfer your workout stats via Bluetooth from your machine to your own smart device. This allows you to track your info on the Sole app for free or transfer your fitness data to your favorite fitness apps like Fitbit or Apple Health. The F80 can support multiple users and store multiple results. There are two options for monitoring your heart rate on the F80: via touch sensors on the handlebars or with a wireless chest strap (which is included with the purchase). The chest strap connects to the display wirelessly and will get more accurate results than the handlebars. The Sole F80 is a compact treadmill that offers 10 different workout programs such as hill, fat burn, and cardio displayed on the 9-inch LCD screen. The display includes built-in speakers for music or a headphone jack if you don't want to distract anyone. There's also a fan located in the centre of the display to cool you down when you're pushing those long runs. There's ample space for storing your items on this machine, allowing users to keep their keys, phone, and water bottle within arm's reach. The treadmill itself is also extremely sturdy so you won't have to worry about things rattling around when you get moving. The running surface is 22 inches by 60 inches, including a 2-ply belt with a Cushion Flex Whisper Deck. This new technology has changed the way people run indoors, reducing the impact on joints by 40%. It's an amazing feature for those who suffer from joint pain, previous injuries, or are generally uncomfortable running. The Cushion Flex Whisper Deck also reduces the sound of running so you no longer have to worry about waking up your neighbors with the thudding of your feet. Pros: Powerful and quiet 3.5 CP motor Spacious 22-inch x 60-inch running surface 10 workout programs including user-designed routines Syncs with mobile apps to share data Quiet Cushion Flex Whisper Deck Foldable frame Lifetime coverage on motor, frame, and deck Very user-friendly 15% incline capability for strength building Multiple push button options to increase speed and incline Well priced for overall value Many creature comforts like a tablet holder, Bluetooth audio speakers, a USB charging port and ample storage Cons: Foldable but too heavy to be portable Short side rails The Sole F80 has earned best buy awards every year since its debut, and its most updated model keeps that tradition alive. Priced at just \$1,599 with a five-year parts and electronics warranty, the F80 folding treadmill offers definite bang for your buck. The F80 cardio trainer is built from commercial components, including a 2-ply track and 2.5-inch rollers, and its tech integration is better than ever, including a secure tablet holder, Bluetooth speakers, and Bluetooth connectivity for fitness data sharing. For most shoppers it's a more sensible choice than the top-of-the-line F85. The Sole F80 folding treadmill has a 10-item training program menu. There are six classic workout programs, two heart rate controlled workouts, and two user created programs. In addition, two user profiles can be saved to the console. Workout Apps Sole's latest version of the F80 is really geared more towards runners, joggers, and walkers that want a simpler workout experience on a high quality treadmill, but that's not to say that you don't have options. It doesn't have direct connection to any apps to share your speed or incline data, but it does have a tablet holder that will allow users to stream a variety of training apps while getting their workouts in. At top of mind, apps like Aaptiv and Studio Go both offer audio guided running training that's very well suited to running on a treadmill. Beyond that, both Peloton and iFit apps have video-based instructor led training options available, with the latter providing the added perk of the instructors running through beautiful real-world settings from around the globe. All of these options have a monthly subscription cost associated with them, ranging from around \$12 to \$15 monthly. Read the Peloton App Review Read the iFit App Review Read the Aaptiv App Review Read the Studio Go App Review Most Sole home treadmills have easy-to-fold frames. The F80 features Easy Assist hydraulic technology that practically folds and unfolds the treadmill for you after the user presses a release mechanism: no heavy lifting required. Workout progress is shown on a 9-inch LCD, or you can track this on your Bluetooth compatible tablet or smartphone; this will also allow you to set up treadmill workouts and share fitness data wirelessly. Heart rate readouts are available via touch sensors or a wireless chest strap which is included with purchase. The F80 has a 22-inch by 60-inch tread track, which is multi-layered for durability and moves over high-quality 2.5-inch rollers to minimize noise and wear. For an extra challenge, the track can incline up to 15%. The incline settings are controlled electronically rather than manually for dynamic training sessions. Sole's reversible Cushion Flex Whisper Deck, which can reduce impact up to 40%, is another high-end feature. What's more, it's covered by a lifetime warranty. Other creature comforts include cooling fans, water bottle holders and an accessory tray. How long should I expect the Sole F80 treadmill to last? How long a treadmill lasts hinges largely upon usage. That said, we figure a model like the Sole F80 should do a little better than 10 years if properly maintained. Is the Sole F80 treadmill loud when it's in use? The Sole F80 measures between 67 and 75 decibels during average usage which is comparable to normal conversation. Is the Sole F80 treadmill easy to assemble? Yes. It always helps to have more than one person, but the entire project should take under three hours. Is the Sole F80 treadmill a folding treadmill? Yes, and it's built to fold quite easily. Does the Sole F80 treadmill have a built-in fan? Yes, the treadmill has a built-in fan, water bottle holders and an accessory tray. The Sole F80 treadmill warranty package is excellent, and includes: - Frame: Lifetime - Motor: Lifetime - Deck: Lifetime - Parts & Electronics: 5 years - Labor: 2 years (In-home) Customers that buy directly from Sole also get a 30-day trial period in which they can return the F80 if unsatisfied. Sole is a reliable brand renowned for building strong and durable machines that don't break the bank. The Sole F80 offers impressive features and challenging workout programs, all the while being compact and affordable. It's ideal for beginners and those looking to get a great workout without spending a fortune. The F80's display is easy to use and the functions are well placed. The 2-ply running surface allows users to reach their weight loss goals without harming their joints. It's a strong choice for at-home fitness consumers because although it has impressive features, these are not overly complicated to operate. The Sole F80 is an excellent deal, especially when sale priced under \$1,500. It has commercial-quality components, a long warranty, and welcome enhancements for on-board entertainment and fitness data sharing. Of all Sole's folding treadmills, the F80 offers the best combination of price and features. Check Price

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