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## How do you lubricate a sole treadmill

Last Updated: January 7, 2021 Sole F80 is one of our 2021 Best Treadmills. Sole builds strong machines that offer above-average weight capacity and extended warranty. The F80 has a well-sized 60 by 22 belt with plenty of space on the track – but still folds out of convenience. Sole is also the only company that offers a lifetime warranty on the frame, engine and deck, which means that they are behind their machines. Check Out Best Price Treadmill Awards: Best Treadmill Without Subscription The Sole F80 has a 375lb weight capacity that is 75lbs heavier than others in this price range. It is built on a steel frame with a solid reinforced running deck. The 60 by 22 running belt offers plenty of front-to-back space as well as lateral space for large and large runners. Sole builds robust, durable machines that hold well. That's why we awarded the Sole F80 as the best treadmill for Heavy Runners. Who It's For: Runners who want a robust, foldable treadmill with simple features and technology The SoleF80 is for users looking for: quality construction, which do not require the additional tech and online subscription options, Incline range from 0% to +15% Max speed of 12mph folding treadmill, which is easy to move with more wheels than comparable models (4 instead of the standard 2) A clean, 9 LCD backlight screen with 10 training options Our Video Review Construction Frame As mentioned, the frame is solid on the Brine F80. No expense is spared to make this machine robust and well built. Steel side beams frame the deck and steel cross beams provide additional safety at the top and center lines of the deck. Side rails and handlebars are also made of steel. Handrails have an epoxy coating for comfort. Additional support under the deck makes it easy to lift and four wheels allow easy positioning. Deck Cushion/Feel The deck on the Sole F80 has a Cushion Flex Whisper Deck, which is designed to reduce impacts by 40% compared to exterior surfaces. To be honest, I didn't feel that much pillow. Although the cushion in the sole F80 is certainly an improvement over exterior surfaces, it is not as soft as the ProForm 2000 or NordicTrack 1750. Stability is at the heart of the brine machines and this plays out in the overall construction – but it limits the damping. I ran simultaneously on the ProForm 2000, Sole F80 and NordicTrack 1750. With each set at an incline of 3% and 5mph, I moved from one to the next, jumping and running hard to feel how much giving was really in each deck. I then have a full workout on every machine. The 1750 surpassed the other two with the Sole F80, which provided the least cushion. However, this is only a comparative sample. Compared to the outside, I believe that the F80 offers a tremendous improvement over the impact of asphalt or concrete. Length/width Running Belt 60 long and 22 wide, the Sole F80 offers a nice belt, especially for a foldable treadmill. However, the deck on the F80 is longer than usual. The Sole F80, NordicTrack 1750 and SmartPro 2000 are all the same size but the total deck length on the 1750 and 2000 is only 79 compared to 82 on the F80. This could be on a larger hood or reinforced deck construction, but the additional three inches are noticeable when they sit next to each other. You also feel a bit of extra weight when lifting the machine to fold it, but it's still manageable. Belt The 2-layer belt sits tightly at the top of the deck and offers a soft tread. Personally, I like the belt on the Sole F80 better than the SmartPro 2000 or NordicTrack 1750. It just feels slim and comfortable. There is no beating under the feet and the belt nestles on the side rails as it moves along. The only thing I noticed is that the side rails are a bit smooth. In contrast to the black shaped plastic on the NT 1750 or SP 2000, the side rails of the Sole F80 are a metallic plastic that is a slightly smoother material. If you drip sweat from your workout, watch your step when you step on the side rails - they could potentially become slippery if wet. Motor A 3.5 hp engine should support the needs of most users. Treadmills max off at about a 4.0 hp engine, so this is close to the top of possible options. The engine is indeed so quiet that when I set the slope to 15%, I had to get off the treadmill to see if it was actually moving. The settings are impressively smooth and quiet. Console screen console and screen design are an area where the Sole F80 could improve. The 9-screen is bright and easy to see, but it's not comparable to the full-color touchscreens available on similarly expensive machines. If you already have a TV in your training room or are an experienced athlete with an established training plan, the Sole F80 fits well. It's easy and for those who just jump and go. One reason why Sole is still able to keep up with more tech-heavy machines is not every user wants all the bells and whistles. Honestly, however, when it comes to an appealing, interactive screen with advanced training options and updated technology, the Sole F80 is a little behind the game. Layout Another area that is a cause for concern is the console layout. Console design is a little chunky. There are no separate buttons for each speed or tilt option. Preset tilt and speed keys will randomly skip. There are buttons for speeds: 2, 3, 4, 5, 7, 9 and 12mph. Tilt buttons are: 1, 3, 5, 7, 9, 12, 15. Manual speed and tilt keys are located directly under the screen. These allow you to switch with 0.10 steps, but it is intuitive setup. Similarly, the F80 buttons are raised so that they are more likely to attract dust or stick when used repeatedly. Another special feature of the F80 are the buttons on the handrails. The right handrail has buttons for speed and left handrail for slope. These are well positioned for fast toggling, but they also get in the way and can be a problem if you accidentally grab the bar and press a speed button. Fan/Other accessories There are two fans directly above the screen, but they provide a lot of airflow. I suppose there's nothing because it's nice to have the option. But don't expect much electricity from these fans. A tablet holder is included on the F80 directly above the console. This is a great addition because the console does not offer Wi-Fi or subscription options. The tablet holder makes it easy to run a cardio program on the treadmill while watching something on your tablet or phone. The adjustable clip should keep most devices safe. Storage There is good storage on the F80. In addition to two large pockets on both sides of the console, an additional slot extends over the width of the deck below the console. This has another three large pockets for additional storage. Functionality performance It is hard to find a solid built machine than the Sole F80. While the console layout could use some optimizations and the technology lags behind other machines, you can't overlook the inherently robust feel in the F80. It offers a smooth tread, a quiet motor and impressive inclination/decrease and speed options for variability. Incline/descent series The Sole F80 competes with other machines with a +15% incline max. It does not offer any rejection options; but this also makes it possible to sit a little deeper on the floor. With an incline of 0%, the F80 has an 8 deck height, which makes it easier to get in and out. The inclination training helps to strengthen the buttocks and tendons to compensate for quad dominance and to facilitate muscle balance in the lower body. In addition, adding slope variability to a training regimen helps to prevent overstress injuries and ensure muscle balance. The solid structure of the F80, combined with impressive incline and speed range, creates a powerful and rounded training device. Pre-programmed workouts There are six preset workouts on the Sole F80 for: Manual, Hill, Fatburn, Cardio, Strength and HIIT. Two custom programs and two heart rate training programs are also available with buttons for each directly under the screen. Each button loads the same program every time, so you always know what you're getting. No audio accompanies the programs, but you can play your music through the speakers via an input jack in the console. Subscription Options: Sole app on the sole phone offers a Brine app that can be downloaded to your phone to keep track of your workout stats, including calories burned, heart rates and duration. However, there is no online subscription database of programs that you can run on the treadmill via WiFi. Noise Level One area, in which the Sole F80 stands out, is noise protection. I found it the quietest compared to the SmartPro 2000 or 1750. With a smooth engine, soft strap and slim technology, the F80 runs like a German automobile. In addition, the fact that it sits closer to the ground seems to help with noise absorption. Storage / Fold The sole F80 folds easily. Simply grab the steel rod at the base of the deck and lift. The deck is a little heavy – probably due to the extra length – but I'm still able to lift it lightly. Once folded, the deck securely locks in place to clear the floor area. There are two wheels under the front legs and two more at the bottom of the deck. If you are securely locked in a folded position, you can pull the machine on you and roll out of the way. To release it, grab the yellow release lever on the right side of the deck. Gently pull the lever, and the hydraulic system gently releases the deck to the ground. Previous models have landed with a little bang, so I checked that on the F80 2021. Our model landed gently without thunder and blow. In addition to a funky console and minimal technology, the F80 is a solid machine. Know what you get with this treadmill — if you love tech and colorful screens, another option may be better. If you're looking for a durable treadmill with a sleek design and impressive technique, the Sole F80 is a fantastic purchase. Bottom Line Review: Sole F80 is our 2021 Best Buy for Heavy Runners and for good reason. The F80's all-steel frame supports up to 375 pounds, but it's still easy to fold. With a beautiful 60 by 22 belt and a lifetime warranty on frame, engine and deck, the Sole F80 is a solid investment. Although it offers limited tech options, this can be a positive or negative, depending on what you're looking for. We recommend this quality machine as a best purchase for treadmills under 1500 dollars. [fsu\_note] Sole F80 Treadmill Review

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