

# All-In-One Smart Home Gym

SR260 SRVO Strength Trainer

**SRVO**



Shown with optional bench



SCAN ME



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Introducing the game-changing SOLE SRVO Strength Trainer - Your Ultimate Home Workout Solution! The SRVO provides up to 264 lbs. of digital resistance, 150+ exercises and workouts, plus dynamic training modes to allow you to be your best. Transform your fitness routine with the ground-breaking SOLE SRVO Strength Trainer.

Elevate your home gym experience with the sleek, compact, and easily transportable SRVO Strength Trainer - redefine your workouts today!

## **SRVO** Strength Trainer

- Max generating weight of 264 lbs. (132 lbs. per side)
- Featuring dual commercial-grade servomotors using a proprietary strength algorithm delivering consistent and accurate digital weight
- Choose from three dynamic training modes:
  - **Standard Mode:** Consistent resistance throughout the exercise routine
  - **Eccentric Mode:** Resistance is greater during the lowering phase, stimulating muscle hypertrophy
  - **Isokinetic Mode (slow/fast):** Auto-adjusting resistance maintains consistent pulling speed to achieve full muscle activation.
- Pair with the SOLE+ app to track progress and access over 150 exercises and workouts
- Multiple integrated safety features to keep you progressing toward your goals
- Compact design for easy storage

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## **SRVO** EQUIPMENT SPECIFICATIONS

<b>Workout Modes</b>	Standard - Eccentric - Isokinetic (slow/fast)
<b>Standard Mode</b>	4 ~132 LBS
<b>Eccentric Mode</b>	Concentric Phase = 70% Eccentric Phase = 100%
<b>Isokinetic Mode</b>	Constant pulling speed (slow/fast) with computer-adapted resistance
<b>Total Resistance</b>	4 ~ 264 LBS
<b>Resistance Increment</b>	1 LB
<b>Controls</b>	App Control - Dial/Button on Unit - Remote
<b>Speaker</b>	Mono Channel
<b>WiFi / Bluetooth</b>	WiFi (for software OTA updates) & Bluetooth
<b>Power Cord</b>	Standard 110V power
<b>Weight Capacity</b>	330 LBS
<b>Accessories</b>	Long Bar, Squat Belt, Single-Hand Grips (2), Ankle Straps (2), Remote
<b>Dimensions</b>	41.45" x 20.63" x 4.90"/105 cm x 52.5 cm x 12.5 cm
<b>UPC</b>	6 93315 09260 2

## WARRANTY INFORMATION

Residential Warranty: SRVO Unit: 1 year, Accessories: 90 days, Labour: 1 year

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