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Sole e95 elliptical stride length

Easy to use electronic console with vibrant display. Includes a built-in cooling fan and water bottle holder. The console also has built in speakers which allow you to hook up any MP3 player (iPod, etc.) for easy listening. Bluetooth Audio Speakers - listen to your music from your smart devices through the speakers on the console. Integrated tablet holder - allows users the freedom of using their smart devices to watch shows or follow their workout routines. USB Port - Charge your smart devices while working out. Bluetooth Technology - Sole now allows users the freedom to transfer workout data via Bluetooth, from their Sole fitness equipment to their smart device. Users can download and track their info on the Sole app for free, or have their fitness data be transferred to any of the following fitness apps (Fitbit, Record, Mapmyrun, Apple Health). 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 Light Commercial elliptical machines. Articulating/Adjustable Foot Pedals - Not everyone walks the same; for this reason we have made the pedals articulating/adjustable to fit the way you walk. The E35, E55 and E95 all include foot pedals that have level adjustment features to them, which helps to reduce the numb toe effects and sore Achilles tendons helping users to focus less on being uncomfortable and more focused on achieving goals. Power Incline - This feature separates SOLE from the rest of the market. It creates a completely different workout that targets areas of the lower body that normally would not be worked out on an elliptical without Power Incline. Strong Frame - The SOLE Elliptical uses heavy thick steel that's designed to support high user weight capacities. The frame also includes multi-position handgrips, to help provide workout variance. Our Ratings are 4.78 Stars out of 5 Stars from 20,267 Reviews as of 4/18/22 Constructed from heavy duty steel, the Sole E95 weighs a mighty 236 lbs. and holds users up to a massive 400 lbs. Sole offers a lifetime warranty on the frame, 5 years on electronics and parts, and 2 years on labor which is incredible generous in today's fitness market. The E95 is tailored for moderate to heavy use and will last a great number of years for the consumer willing to invest the time to take proper care of their machine. Brief OverviewThe Sole E95 is our 2022 2nd place Best Buy Winner for the \$1,500 - \$1,999 price range and has been a winner with us for multiple years in a row due to its incredible warranty, stalwart front drive system, and robust frame. It is pure functionality with a hint of technology for consumers needing to connect to the world during workout sessions. The Sole E95 is an all-around quality machine that offers comfort and functionality to a large range of fitness fans. Magnetic resistance supports quiet operations while a 27 lb. flywheel provides smooth performance through 20 levels of resistance. Sole turns up the intensity with a 20% incline and a forward and backward function to incite a total body workout each exercise session. The larger handlebars have multiple gripping positions and incline and resistance controls while the rigid handlebars monitor heartrate to keep users in perfect target range. Cushioned pedals have a patented Worm Drive, allowing customization of the foot angle with an easy twist of a dial to reduce and eliminate strain during workout periods. Pedals are also adjustable with a maximum stride length of 20" to suit exercisers of all shapes and sizes. Moreover, the E95 has 10 built in programs and comes with a 10" LCD screen for displaying performance stats. The console includes Bluetooth connectivity for transmitting workout information and increasing motivation with music piped through the speakers while holding and even charging streaming devices provided by the user. chest strap included with purchase not the smallest elliptical on the market Height 71" Item Weight 236 Lbs Length 82" Weight Capacity 400 Lbs Width 31" Box Dimensions 66"X 23"X 34" Step Up Height 14" Bluetooth Speaker Compatible Yes Tablet/Phone Holder Yes USB Charging Port Yes Bluetooth Compatible Yes Standard Programs 6 Custom Programs 2 Heart Programs 2 Heart Rate Monitoring Pulse Grips & Chest Strap Compatible Chest Strap Included Yes Cooling Fans Yes Sound System Yes Workout Display 10.1" TFT LCD Water Bottle Holder Yes Flywheel Weight 27 Lbs Cushioned Foot-pedals Yes Resistance ECB Incline Adjustability Power Adjustable Incline Level 1 to 20 Maximum Stride Length 20" Adjustable Console Yes, 10 Position Adjustable Foot Pedals Yes, 10 Position Drive System Front Frame: Lifetime Electronics: 5 Years Parts: 5 Years Labor: 2 Years The Sole E95 is our 2022 2nd place Best Buy Winner for the \$1,500 - \$1,999 price range and previously won our 2021 and 2020 2nd place Best Buy Awards for the \$1,500 - \$1,999 price range. In addition, in 2019 the E95 won our 3rd Place Award for the Best Buys in the \$1,500 to \$1,999-dollar range. We invite you to see our elliptical reviews to help you narrow your search for your next fitness machine. The Sole E95 is an incredible elliptical machine that is a quality investment for any workout fan. It is budget-friendly and contains commendable components to keep users motivated and comfortable through workout fun. The E95 has an incredible generous warranty and is backed by a reputable company. *TreadmillReviewGuru helps consumers find the best home fitness products. When you buy a product we recommend, we may earn a commission. Last Updated: March 15, 2022 The E95 is one of Sole's most popular ellipticals and consistently one of the best ellipticals under \$2000. This smooth machine has an adjustable stride length, steel frame, and weight capacity of 375 pounds. The E95 offers great features at an affordable price and is worth taking a look at for users who want something durable, quiet and low impact. The E95 is a front-drive system so the 27-pound flywheel is at the front of the machine while the pedal track and rear stabilizer extend back behind the pedals. While this does require more space to operate, it keeps the machine stable while in use and creates a low step-up height so it is easy to get on and off. We love the fact that Sole offers an impressive lifetime warranty on the frame. The many adjustable features help support various size users. You get power-adjustable stride length from 20" to 22", an adjustable console, and 20 levels of incline. 10 onboard programs come standard on the E95 and it also supports heart rate training. The 10" LCD display has large, easy to read numbers and the handlebars offer multiple grips to activate different upper body muscles or support users of varying heights. You get a lot for your money with the E95 elliptical. Check Best Price Who it's For: Users looking for a durable elliptical under \$2000 that is quiet and low impact. The Sole E95 is good for users who are looking for: A quiet machine that provides low impact training Something that can be used while you watch TV or use an iPad An elliptical with several pedal adjustments so different sized users can enjoy it A smooth elliptical that won't cause your toes to go numb Multi-position handlebars with several different hand grips Reasonable price tag Simple console that doesn't require internet to use Power incline with 20 levels for different challenges Summary The Sole E95 is a quality elliptical for a good price. The adjustable stride length is an added benefit, but the length won't go shorter than 20", so this may be something to consider for shorter users. The 375 pound weight capacity makes this a good machine for most people. Ellipticals are an excellent way to gain cardiovascular conditioning and full body muscle strengthening while staying low impact for comfort. The E95 has a rather long footprint and it doesn't fold up, so make sure you have enough space for this machine. We are impressed with the stability of the E95 - it is very smooth in use and doesn't rock even when at a heavy resistance. In-depth Review of Sole E95 Elliptical Construction Frame The E95 is supported by a steel frame with a double track system under the pedals and weighted rear support for more stability. The frame is powder coated black so it won't rust and the overall design is chic and subtle. Ellipticals tend to be larger machines due to the full stride length, but the benefits are significant. You can get a full body workout on this machine that is low impact. The frame does not fold up, but there are wheels on the front stabilizer so you can lift and roll it if needed (however, this is a heavy machine and not easy to lift). The frame is balanced on three stabilizers, with one at the front, center and rear of the machine. Each stabilizer beam has leveling feet beneath it and extends laterally to keep the E95 centered on your floor which prevents rocking and wobble side to side. The handlebars connect directly to the foot pedals for a fluid synchronized motion between hands and feet. The multi position handlebars also allow for several different grip positions. There are also stationary handlebars which make it easy to get on and off. The low step up height of just 14" is also an added benefit. Pedals The E95 foot pedals are oversized and textured. A contoured ridge around the edge of the pedal keeps your foot from slipping off. These pedals will work with any athletic shoe. The pedals use a durable foam cushioning and have a 2 degree inward slope which reduces ankle and knee stress common on other ellipticals. There is also a dial that allows for custom angle adjustment on each pedal so you can find the right angle for you to eliminate the problem of numb toes which often happens while using an elliptical. The pedals were designed in conjunction with physiologists who helped Sole develop a comfortable and functional pedal. Stride Length: 20" - 22" The E95 pedals also can be lengthened or shortened to match your stride length. These pedals will extend to match a stride length from 20 to 22 inches and can be adjusted via a power button so each user can find the right setting. This isn't as much of a range as you find on the E95s, which offers a stride length of 18-24", but the adjustment itself is quite beneficial. Different lengths will also target different muscle groups, so you can engage hamstrings, glutes, calves and quads with different settings. For users who are either shorter or taller than average, you may want to take a look at the E95s for more stride length. Handles The E95 has both static handlebars and multi-position moving handlebars that move in line with the pedals. The static handlebars sit below the console and are attached to the main frame. These are stationary and do not move. They provide a nice hand-hold for getting on and off the machine. We've used other ellipticals that do not have stationary handlebars, and it can be difficult to get on and off the machine safely when there aren't any solid handlebars to grab onto. We like the fact that Sole includes both these stationary handles as well as moving ones. The inclusion of upper body exercise provides a full body workout on the E95. The custom molded hand grips provide a comfortable feel. There are also incline and resistance controls in the handles for convenient use. Sole also added built-in pulse sensors for monitoring your heart rate in the stationary handlebars. A heart rate chest strap is also included for hands free pulse monitoring and heart rate interactive programs. The multi-position handlebars that move in line with the pedals have several grip positions. These bars form an elongated semi-circle that provides two vertical and two horizontal positions. There are also buttons on these handlebars for adjusting the stride length on the pedals. The moving handles are angled up to provide a vertical grip so you can keep your wrists, elbows and shoulders in alignment while in use. A spongy grip material adds a bit of cushion to the steel beam bars. Incline The E95 has 20 levels of incline. This increases training variables for a more well-rounded workout. The combination of incline and resistance makes the E95 a challenging but low impact workout machine. Both incline and resistance can be changed on the handlebar controls. Incline is automated in the onboard programs, so you can start any program and the machine will adjust for you as you progress. This allows users to keep their hands on the handles at all times. Resistance The E95 uses quiet resistance so you can use this machine in a family room or other shared space. The whisper quiet drive system and double track under the pedals are smooth and fluid. The pedals will also move in both forward and reverse motion. The combination of a heavy 27 lb. flywheel and a high gear ratio not found on comparable models means an extremely smooth feel with plenty of resistance at the top end for a machine that will provide a challenging workout. The E95 also has a power incline feature which offers additional resistance as well as variable positions for diversity in your workout at the touch of a button. The ramp angle is fully adjustable from 0 to 20 levels of incline, allowing you to individually target and work all major lower body muscle groups. Console/Controls Screen 10" Screen Like its more expensive sibling, the E95 has a 10.1" display that has large digital numbers. The display is backlit so you can see it even in low light conditions. The console includes a built-in cooling fan and water bottle holder. It also has built in speakers which allow you to hook up any MP3 player (iPod, etc.) for your personal music. Console Layout The color LCD screen sits in the center of the console for easy visibility. There is a tablet ledge just below the screen where you can set a phone or tablet, however, setting a large device here will block the screen. At the top of the console there are two speakers and a fan. Sole fans aren't the most powerful so don't expect much of a breeze here. The main control panel allows users to select a program and input user data. Two large buttons on either side adjust incline and resistance levels. There is also an AUX input port so you can plug your phone in and play your music through the console speakers if desired. A headphone jack is present for outgoing volume. The console is also Bluetooth enabled so you can sync your phone via Bluetooth as well. The screen is intuitive and relatively easy to use. There is a lot of fitness equipment on the market today with more tech in the console but one nice thing about the Sole E95 is it doesn't require or rely on the internet. You can simply plug in your machine and begin to exercise. If you place this in a garage or attic where internet reception is spotty, it won't affect the functionality of the machine. For those users who want simple quality, the E95 is a good option. Console Features Fans As mentioned, there is a fan at the top of the console. We wouldn't recommend relying on this for much air flow though. Tablet Holder There is a lip beneath the screen that will hold a tablet or phone, but the Sole E95 also comes with an adjustable tablet holder that lifts out of the top of the console. This is especially helpful since the console itself doesn't use WiFi. You can watch your favorite show or read a book on your personal device while you workout without having to navigate a touchscreen console. Bluetooth The E95 is Bluetooth enabled so you can sync your phone with the machine and play music through the speakers. Bluetooth functionality also allows users to transfer workout data from the E95 to their personal smart device. Sole offers a free Sole App, or you can upload your data to any number of fitness apps, such as: Fitbit, Record, Mapmyrun, and Apple Health. USB Port A USB port on the side of the console allows you to charge your personal device while using it on the E95. Noise Level The E95 features magnetic resistance that is very quiet when in use. The pedals glide smoothly and the handles are attached in such a way that you can exercise without disturbing those around you. The motor makes a bit of noise when inclining or declining, but this is subtle and limited to those times when you are adjusting the tilt. In general, this is a machine you can use in shared spaces. The lack of foot noise due to the smooth action of the elliptical pedals makes a big difference in noise control. Storage / Folding The E95 does not fold. There are wheels on the front stabilizer so it can be lifted and rolled when needed. We do recommend having two people or at least one strong person lift and roll the machine. It is large and difficult to lift, so we don't recommend moving it often. Like most ellipticals, the E95 does require a bit of space, so make sure you have enough room before purchasing this machine. The E95 will work fine on an upper floor. If you plan to use it upstairs, we also recommend assembling it in the room you plan to use it. It's easier to move in the original box than once it's all assembled. 10 Preloaded workouts Pre-programmed workouts There are 6 pre programmed workouts on the E95 elliptical that will guide you through various intensities and resistance. These include: 6 Standard Programs 2 Custom Programs 2 Heart Programs No Subscription Content The E95 does not play any subscription content or video classes on the console. There is no subscription option available, so you are limited to the 10 preloaded programs. While Sole does have the Sole App, this is simply a way to store your workouts and information. However, the E95 is designed to be fully inclusive so it does not rely on the internet or an ongoing subscription model for classes and videos. This saves you money since you don't have to pay for added content. The screen is relatively simple compared to other fitness equipment. If you are looking for a quiet elliptical that has simple, understandable programs that don't require internet, then this is a good option for you.

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