

SOLE SRVO vs Vitruvian Complete Trainer Comparison 2025 | Features, Pros & Cons

Meta Description: Compare the innovative SOLE SRVO All-in-One Trainer and Vitruvian Trainer in our detailed 2025 analysis of their features, performance, pros, and cons.



Caption: If you're looking for value, versatility, and convenience, the SOLE SRVO All-in-One Trainer is the clear choice with its innovative technology and attractive price point.

Alt text: A woman using the SOLE SRVO All-in-One Trainer

Key Takeaways

- The SOLE SRVO is more budget-friendly, costing around \$1,599.99, while the Vitruvian Trainer is priced higher at \$2,990.
- You get three workout modes with the SRVO: Standard, Eccentric, and Isokinetic—perfect for hitting muscles in different ways.
- The Vitruvian Trainer supports a maximum weight of 440 lbs, whereas the Sole SRVO handles up to 264 lbs.
- Both trainers offer app connectivity for guided workouts, but the SOLE+ app is free while the Vitruvian Trainer integrated app costs a \$39 monthly fee.
- The [SOLE SRVO](#) is compact and portable, and has wheels, so it fits pretty much anywhere.

SOLE SRVO vs Vitruvian Trainer Overview

Main Differences

The Sole SRVO is all about simplicity and affordability. It's priced at \$1,599.99, making it a great option if you want to save money while still getting a quality workout. It features dual motors that feel like real weights but take up way less space. On the other hand, the Vitruvian Trainer is a bit more high-end at a price tag of \$2,990.00 and features adaptive weight technology.

Target Audience

The SRVO works for everyone. Just starting out? No problem. Serious lifter? It's got you covered with up to 264 lbs of resistance. Living in an apartment? The compact size fits anywhere. It's perfect for someone who values portability and ease of use. The Vitruvian Trainer, however, might work just for advanced fitness enthusiasts because of its complex customization.

At SOLE, we're proud to offer top-quality exercise equipment designed for home and gym use. Our machines are built to meet the highest standards of durability and performance, making them ideal for fitness enthusiasts at any level.

SOLE Products

- [SOLE Treadmills](#): Engineered for durability and performance, these treadmills feature advanced cushioning, quiet motors, and spacious running surfaces for a comfortable workout.
- [SOLE Ellipticals](#): Built for smooth, quiet operation, these ellipticals offer adjustable stride lengths, incline options, and heart rate monitoring for a full-body workout.
- [SOLE Bikes](#): Designed for comfort and efficiency, these bikes provide a quiet, stable ride with adjustable seating, user-friendly consoles, and heart rate monitor compatibility for all fitness levels.
- [SOLE SRVO](#): With a sleek, compact design and motorized resistance system, this innovative weightlifting solution makes strength training effortless and efficient. Built-in transport wheels ensure effortless movement and storage.
- [SOLE Strength](#): From adjustable dumbbells to Olympic barbells, these strength products support functional training and progressive muscle growth.
- [SOLE Rower](#): With dual magnetic and air resistance, this rower ensures a smooth, quiet experience. Adjustable foot pedals, an ergonomic seat, and a foldable design provide comfort and convenience for a full-body workout.

Features and Specifications

SOLE SRVO Features

The SOLE SRVO is compact and straightforward. It's designed with ease of use in mind, offering a platform with two cables and various accessories. It uses two motors instead of clunky weights to give you resistance of up to 264 lbs. It's super compact too—about the size of a coffee table (41" x 21" x 5") with wheels so you can roll it out of the way when you're done. You can control it with the app, buttons on the machine, or a remote.

Vitruvian Trainer Features

The Vitruvian Trainer includes adaptive weight technology, which means the machine automatically adjusts to your strength level. This feature, combined with its app, makes it nice for those who want to push their limits.

Technology and Innovation

The SOLE SRVO uses neat tech without being complicated. You can adjust the weight in tiny 1-lb increments, which is perfect for gradually getting stronger. It connects to WiFi for updates and Bluetooth for the app.

The best part? The [SOLE+ app](#), which comes with the SOLE SRVO, gives you hundreds of workout classes for FREE through their app.

The Vitruvian Trainer has adaptive weight technology and an integrated app experience that costs \$39 per month forever.



Caption: The SOLE SRVO shines in its simplicity and affordability. It's a fantastic option for those who are on a budget but still want the best in the market.

Alt text: A man using the SOLE SRVO All-in-One Trainer.

Pros and Cons

SOLE SRVO Pros

- Great deal at \$1,599.99
- Three workout styles to keep things interesting and fit your training level
- Fits almost anywhere
- Free workout classes—no monthly fees
- Easy to move with the built-in wheels
- Simple controls—use the app, machine buttons, or remote
- Precise adjustments in 1-lb increments
- No bulky weights cluttering your space
- Works for bigger folks up to 330 lbs

SOLE SRVO Cons

- Max resistance of 264 lbs might not be enough for serious powerlifters
- It lacks the adaptive weight adjustments found in the Vitruvian Complete Trainer.

Vitruvian Pros

- Heavier resistance (up to 440 lbs)
- Adjusts to your strength automatically
- Lots of guided workouts

Vitruvian Cons

- Much more expensive than the SRVO
- Charges monthly for full workout access
- Takes up more space
- Its technology might be complicated to use, especially for beginners

Price Comparison

Model	Price	Features
SOLE SRVO All-in-One Trainer	\$1,699	Three workout modes, 264 lbs resistance, free SOLE+ workout app
Vitruvian Trainer	\$2,990	440 lbs resistance, subscription app

Note: The price ranges mentioned above are approximate and subject to change over time and across different locations. Costs may vary based on factors such as pricing policies, the

provider's experience, and evolving market conditions. It's always advisable to check with individual providers for the most up-to-date pricing and availability.

Performance and User Experience

Workout Versatility

The SRVO lets you switch things up with these three training modes:

- **Standard Mode:** It works just like regular weights and offers consistent resistance throughout your exercise.
- **Eccentric Mode:** Makes the lowering part harder, where the real [muscle building](#) happens. Harder on the way down (100% resistance) and easier on the way up (70% resistance), great for building muscles like your [biceps](#).
- **Isokinetic Mode:** Keeps your movement steady for building [explosive strength](#).

With the SOLE SRVO, you can target different fitness goals like [losing weight](#) without buying a bunch of different equipment. The Vitruvian has some versatility too, but doesn't offer these specific training styles.

User Comfort and Ergonomics

The Sole SRVO is designed with simplicity in mind, offering a comfortable platform for various exercises. The workout area is a good size (about 39" x 18") while still keeping the whole thing compact. Plus, it looks sleek and modern. Meanwhile, the Vitruvian Trainer also has a sleek design and customization features that enhance user comfort, too.

Ease of Use

The Sole SRVO stands out for its straightforward setup and operation. It's perfect for both beginners and anyone who prefers a no-fuss workout. On the other hand, the Vitruvian Trainer, while more complex, comes with an intuitive app that guides users through workouts, which means you compulsorily need the app to fully use it.

Why SOLE SRVO Delivers Superior Value

The [SOLE SRVO](#) stands as the clear choice for most home fitness enthusiasts when compared to the Vitruvian Trainer. At \$1,599.99 versus Vitruvian's \$2,990, the SRVO delivers exceptional value without compromising on quality or functionality.



Caption: The SRVO's compact footprint and built-in wheels make it perfect for homes with limited space. Its sleek design blends with home décor rather than dominate your living space like typical gym equipment.

Alt text: An image of the SOLE SRVO.

The SRVO's three distinct workout modes—Standard, Eccentric, and Isokinetic—provide training versatility that even exceeds the more expensive Vitruvian. These specialized modes target different aspects of strength development that conventional equipment simply can't match, making the SRVO suitable for beginners and advanced users alike.

The most significant advantage is the SOLE+ app with hundreds of free workout classes. While Vitruvian charges a mandatory \$39 monthly fee for their workout content, SOLE includes all programming at no additional cost. This saving alone amounts to \$468 annually, making the actual price difference between these machines even more substantial over time.

For those seeking effective strength training without complexity, ongoing fees, or space concerns, the SOLE SRVO represents the ideal combination of innovation, affordability, and practical design. It's not just a smart purchase—it's an investment in sustainable fitness that will continue delivering value for years to come.

[**Ready to transform your home workouts? Check out the SOLE SRVO today and see why we're the preferred choice for fitness.**](#)

Frequently Asked Questions (FAQ)

How is the SOLE SRVO different from regular home gyms?

The SOLE SRVO ditches bulky weights for two smart motors that give you up to 264 lbs of resistance in a package about the size of a coffee table. Plus, those three workout modes (Standard, Eccentric, Isokinetic) let you train in ways that regular equipment can't match. It's like having a full gym that fits in the corner of your home.

Which one between SOLE SRVO and the Vitruvian Complete Trainer works better in small spaces?

The SRVO is the clear winner here. It's roughly the size of a coffee table (41" x 21" x 5") and has wheels so you can easily move it. It looks sleek too—more like modern furniture than gym equipment. Perfect for apartments or homes where space is tight.

Do I have to pay extra for workout programs?

Not with the SOLE SRVO! The SOLE+ app includes hundreds of workout classes at no extra cost. The Vitruvian charges a monthly \$39 fee to access their full workout library, so you'd keep paying long after you buy the machine.

Which is easier for beginners to use?

The [SOLE SRVO](#) is super beginner-friendly. The controls are straightforward, you can adjust in small 1-lb increments, and the free guided workouts help you learn proper form. You can start light and gradually work up as you get stronger.