

echelonTM STRIDE

INSTRUCTION MANUAL





Lou Lentine
CEO
Echelon Fitness
Multimedia, LLC



Hello,

I am Lou Lentine, CEO of Echelon, and I would like to welcome you to the Echelon community. You've made a great decision for yourself and your family. The Echelon Experience is an innovative combination of fitness products integrated with our state-of-the-art Echelon Fit® app. This brand-new, fitness lifestyle connects your family, friends, the Echelon community, and Echelon instructors together to help you with your fitness goals. With thousands of live and on-demand classes, no matter your schedule or experience, there is always a new and exciting class for you to join.

We embrace your decision to join our Echelon family in the pursuit of living a healthier lifestyle. We are committed to continue engineering cutting edge, world-class fitness products to improve quality of life through workout experiences that make an active lifestyle more accessible and sustainable.

Thank you again for choosing Echelon and I look forward to seeing you in the next live class!

Best personal regards,

A handwritten signature in white ink, appearing to read 'Lou Lentine', with a stylized, cursive script.

Lou Lentine
CEO, Echelon Fitness Multimedia, LLC

FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

15.21

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

15.105(B)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC RF RADIATION EXPOSURE STATEMENT:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body.

THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation.

INNOVATION, SCIENCE AND ECONOMIC DEVELOPMENT CANADA (ISED) INNOVATION, SCIENCE ET DÉVELOPPEMENT ÉCONOMIQUE CANADA (ISED)

THIS CLASS B DIGITAL APPARATUS COMPLIES WITH CANADIAN ICES-003.

CET APPAREIL NUMÉRIQUE DE CLASSE B EST CONFORME À LA NORME NMB-003.

CANADIAN NOTICE

This device complies with ISED license-exempt RSS standard(s). Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

AVIS CANADIEN

Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage, et
2. L'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CAUTION: EXPOSURE TO RADIO FREQUENCY RADIATION

1. To comply with the Canadian RF exposure compliance requirements, this device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.
2. To comply with RSS 102 RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained between the antenna of this device and all persons.

ATTENTION: EXPOSITION AU RAYONNEMENT RADIOFRÉQUENCE

1. Pour se conformer aux exigences de conformité RF canadienne l'exposition, cet appareil et son antenne ne doivent pas être co-localisés ou fonctionnant en conjonction avec une autre antenne ou transmetteur.
2. Pour se conformer aux exigences de conformité CNR 102 RF exposition, une distance de séparation d'au moins 20 cm doit être maintenue entre l'antenne de cet appareil et toutes les personnes.

CONTENTS

▲ IMPORTANT SAFETY INSTRUCTIONS	8
DESCRIPTION / PARTS LIST	11
WARNING LABELS	12
ECHELON MEMBERSHIP ACTIVATION	14
SET UP INSTRUCTIONS	16
Folding Instructions/Storage	20
Belt Adjustment.	23
CONSOLE OPERATION	24

Console Display	24
Display Definition	25
Control Button Definition	25
Features	27
Measurement for BMI Program	30
Connect to Echelon Fit® App	31
ERROR CODES & TROUBLESHOOTING	31
CUSTOMER SERVICE	33

IMPORTANT SAFETY INSTRUCTIONS

The manufacturer recommends placing the Echelon® STRIDE treadmill in a space where you have the following minimum clearance dimensions for safe mounting and dismounting of the treadmill:

- The minimum clearance area behind the treadmill is 2.0 m (78.7 in) × the treadmill width. This area must be free of any and all obstructions.
- The minimum clearance area on each side of the treadmill is: 500 mm (19.7 in).

IMPORTANT SAFETY INSTRUCTIONS — READ BEFORE USE

- Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- Read, understand, and carefully follow all warnings, instructions, and procedures on the treadmill and in the owner's / user's manual before using the treadmill.
- Keep children away from the treadmill.
- Inspect the treadmill for incorrect, worn, or loose components and then correct, replace, or tighten prior to use.
- Read, understand, and test the emergency stop procedures before use.
- Do not operate electrically powered treadmills in damp or wet locations.
- Keep the top side of the moving surface clean and dry.
- Do not wear loose or dangling clothing while using the treadmill.
- Care should be used when mounting and dismounting the treadmill. Before mounting or dismounting, lower the incline of the treadmill all the way and ensure the treadmill has come to a complete stop.
- Disconnect all power before servicing the treadmill.

WHILE CLEANING YOUR ECHELON® STRIDE TREADMILL, PLEASE USE A SOFT RAG WITH MILD DETERGENT OR WATER TO WIPE DOWN THE MACHINE. DO NOT USE CORROSIVE CHEMICAL LIQUIDS WHICH MAY DAMAGE THE COVER.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using the Echelon® STRIDE.

DANGER — TO REDUCE THE RISK OF ELECTRIC SHOCK:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING — TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. **Keep children under the age of 13 away from this machine.**



4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Do not stack weight on the cord and keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. When this appliance is not in use, unplug power cord and remove safety key. Refer to page 15 of this manual for auto-folding and proper storage instructions.
13. Do not use a GFCI (ground fault circuit interrupt) outlet or GFCI circuit breaker. A dedicated line will assure that adequate power is available for safe operation over the life of your Echelon product.
14. This appliance is intended for consumer use only.

BEFORE starting any fitness or strength program, consult with your physician or health official. This will ensure that you engage in the proper strength or fitness program for your age and physical condition.

Before using the Echelon® STRIDE, answer these questions:

- Have you been sick recently?
- Have you had prolonged dizziness recently?
- Have you been out of breath for no reason recently?
- Have you had chest pain recently?
- Do you currently have any injuries preventing you from exercise?
- Are you pregnant?
- Do you have any conditions or reasons you should NOT exercise?
- Are you over 35 years old and physically inactive?
- Have you been told by a doctor that you should NOT exercise?

If you answered “yes” to any of the above questions, you should seek further advice from your doctor prior to using the Echelon® STRIDE.

NEVER overexert yourself or work to exhaustion. If you feel faint, dizzy, short of breath, or if you have chest or other pains, STOP IMMEDIATELY! Consult your physician before using the Echelon® STRIDE again.

Read the user manual fully and follow all instructions. This ensures your safety.

- NEVER exceed the weight limit for this treadmill. The weight limit for this treadmill is 300 lbs / 135 kg. Do not use the Echelon® STRIDE if your body weight is in excess of 300 lbs / 135 kg.
- ALWAYS use the Echelon® STRIDE on solid, level ground and in a well-lit and ventilated area. Do not place the treadmill on thick carpet as it may interfere with ventilation.
- ALWAYS check the treadmill for wear or loose components before use.
- NEVER use the treadmill if it is not properly / completely assembled or is damaged in any way.



IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

- NEVER allow children or pets to play on or around the treadmill during operation. This helps protect them from injury from moving parts.
- ALWAYS set the treadmill up properly for your specific body type.
- NEVER use the Echelon® STRIDE when sick or fatigued.
- ALWAYS warm up / stretch before starting exercise.
- ALWAYS ensure that you have a water bottle filled with at least 12 oz. of water and a towel close by to absorb sweat from your body and the handrails.
- NEVER start the treadmill while you are standing on the running belt. After turning the power on and adjusting the speed control, there may be a pause before the running belt begins to move. Always stand on the side rails of the frame until the belt begins to move.
- ALWAYS hold the handrails when initially walking or running on the treadmill until you are familiar with the use of the treadmill.
- Do not stand or climb on the handrails.
- ALWAYS wear proper attire and footwear that fully covers your feet. Do not wear loose or dangling clothing while using the treadmill. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- ALWAYS keep hands away from moving parts and ensure that hands are safely placed on handlebars during use.
- ALWAYS be cautious when getting on and off the Echelon® STRIDE.
- ALWAYS wait until the incline is lowered all the way running belt comes to a complete stop before dismounting.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the treadmill and will affect the warranty of the treadmill.
- ALWAYS ensure that the Echelon® STRIDE is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance shall not be made by children without supervision.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

If any problems arise affecting the performance of the Echelon® STRIDE, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

**THIS SAFETY INFORMATION AND USER MANUAL
DO NOT REPLACE THE NEED TO BE ALERT AND
TO USE COMMON SENSE WHEN USING THE
ECHELON® STRIDE!**



DESCRIPTION / PARTS LIST



STRIDE DESCRIPTION

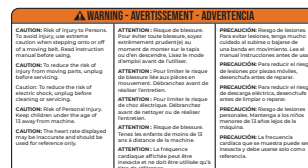
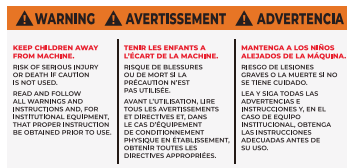
1. Device Holder
2. Console
3. Smartphone Holder
4. Folding Joint Cover
5. Button Platform
6. Handlebar
7. Upright
8. Motor Upper Cover
9. Side Cover
10. Folding Lever
11. Side Rail
12. Solid Side Rail
13. Running Belt
14. Rear Support Cover
15. Lift Handle
16. End Cap

PARTS LIST

17. Allen Wrench
18. Safety Key
19. (2) Safety Straps
20. (2) Anchors
21. (2) Screws

WARNING LABELS





PERMANENT MAGNET DC BRUSHLESS MOTOR
MOTEUR PERMANENT MAGNETS À COURANT CONTINU
MOTOR MAGNETICO PERMANENTE CC

MODEL	POWER	MAX. SPEED	MAX. INCL.	MAX. WEIGHT
ECHOLON STRIDE	1000W	12.5 km/h	15%	100 kg
ECHOLON STRIDE	1000W	12.5 km/h	15%	100 kg
ECHOLON STRIDE	1000W	12.5 km/h	15%	100 kg

Motor Label



Power Cord Label



Remove the cord from the treadmill receptacle before transporting or servicing the treadmill in any way, to avoid damage to the treadmill or plug. Review the above labels to ensure none are missing from the Echelon® STRIDE. If any of the above labels are missing or need replaced, contact Customer Service at cs@echelonfit.com or 833-937-2453.

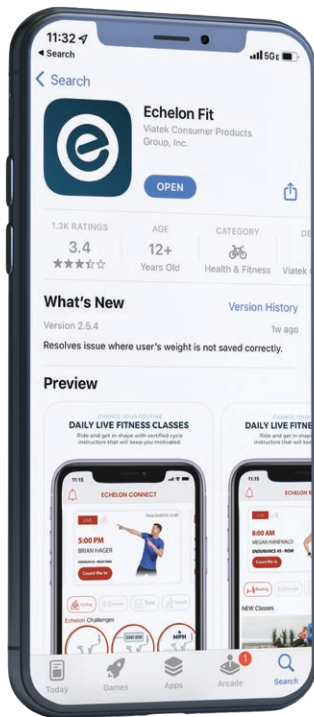
IMPORTANT!

THE BELT ON THE ECHOLON® STRIDE IS A WAXED BELT, ELIMINATING THE NEED FOR ADDING ANY LUBRICATION OVER THE LIFE OF THE TREADMILL.

DO NOT LUBRICATE.

ADDING LUBRICANT COULD DAMAGE THE BELT.

ECHELON MEMBERSHIP ACTIVATION



Download the Echelon Fit® App

Ensure the latest version of the Echelon Fit app is installed from the Google Play Store or the Apple Store.

Operational Instructions

Connect to the Echelon Fit app to access tutorials and operation instructions.



Account Creation

If this product was purchased on the **echelonfit.com** website, you should have received an activation email.

Alternatively, you can go to **member.echelonfit.com** and follow the on-screen instructions to choose a plan and set up your account. This info will be needed to login to your account on the Echelon Fit® app.

All account info and plans are managed at member.echelonfit.com and use the same login. After creating your account login on member.echelonfit.com, write down your login info. This will be the same login for the app.

1. CHOOSE “SIGN UP NOW”

2. SELECT PURCHASE LOCATION

Select purchase location and follow the on-screen instructions.

3. CHOOSE YOUR PLAN

Monthly / 1-Year and 2-Year

4. SET UP PAYMENT METHOD

5. ENTER PERSONAL ACCOUNT INFO

6. VIEW YOUR ACCOUNT

Where you can edit your billing info, add family members, manage subscriptions, and (if on your mobile device) download the app and sign in.

ACCOUNT ACTIVATION

If this product was purchased on the echelonfit.com website, you should have received an activation email. Click the link in the activation email and follow the on-screen instructions. Enter your information to verify payment information. **You will not be charged until the next month.**



SET UP INSTRUCTIONS

Open the box and remove the treadmill.

- a. Remove the plastic wrap from the treadmill.

STEP
1

STEP
2

Set up the treadmill.

- a. Gently lower the treadmill to the floor.
- b. Grip the lift handle, located underneath the running deck.
- c. Grip the handlebars and push down until a “click” sound is heard, locking the handlebars into place.

1-a

2-a

2-b

2-c



3-a



Set the console up.

- a. Rotate the console upward.

STEP
3

4-a



4-b



Remove excess packaging.

- a. Remove the protective cardboard pieces from the treadmill.
- b. Slowly peel off the protective plastic cover from the screen.

STEP
4



SET UP INSTRUCTIONS (cont'd.)

STEP 5

Plug in treadmill.

- Plug in the power cord at the front of the treadmill. Plug the other end of the cord into a power outlet. **Always remove the plug when moving or storing the treadmill.**
- Press the power button into the ON position. When the treadmill is on, the ON / OFF button will be lit.
- Insert safety key into the front of the console.



5-a



5-b

STEP 6

Set up Tablet and Smartphone.

- Pull the Tablet Holder up from behind the console and adjust length for tablet (Max. length: 8.4 in)
- Place the tablet on the console under the Tablet Holder.
- Lower the Tablet Holder onto the tablet to hold in place.
- Place the Smartphone Holder over one of the cup holders. Place smartphone in holder. To remove the smartphone holder, face the holder away from you and insert your fingers into the slot. Grip with your thumb and gently pull the holder up and out.



6-a



6-d



Start treadmill.

- Press START on the console to start running belt.
- A countdown from 3 to 1 will be displayed on the console before the running belt begins to move. Adjust the speed level under 2 MPH and check to see if belt runs smoothly before treadmill use.
- Clip the safety key to clothes or belt prior to workout

STEP
7

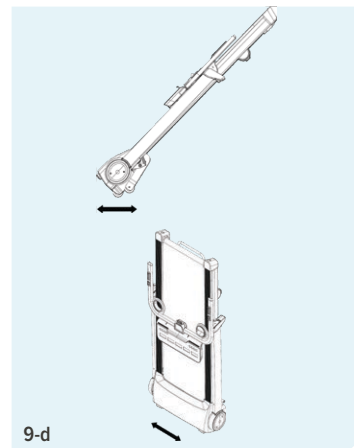
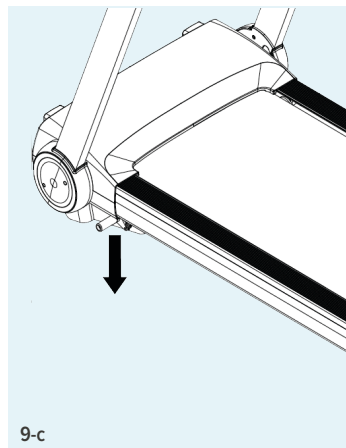
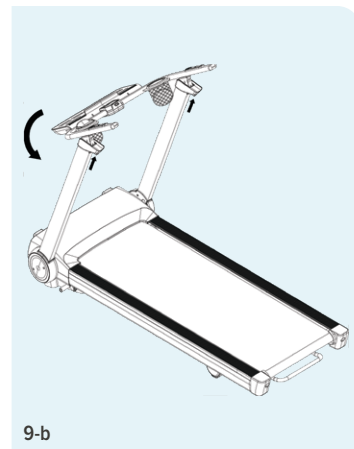
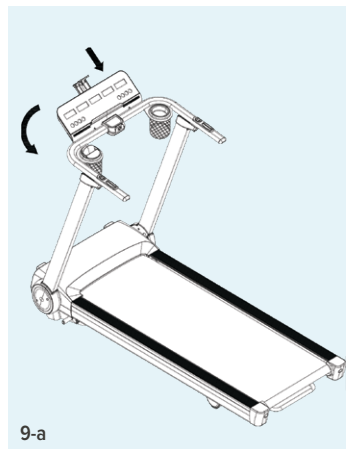


FOLDING / STORAGE

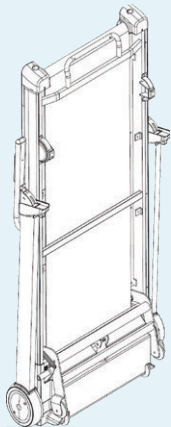
Auto Folding.

- a. Fold the device hook down and push the device holder into the console. Rotate console down.
- b. Lightly push down on the handlebars and press both Folding Buttons at the same time. Once the handlebars are unlocked, rotate them back against the Uprights.
- c. Step down on the Pedal Lever for auto-folding process until handlebars are horizontal with running deck.
- d. Hold the Lift Handle for transportation or lift one end of the treadmill up into upright position.

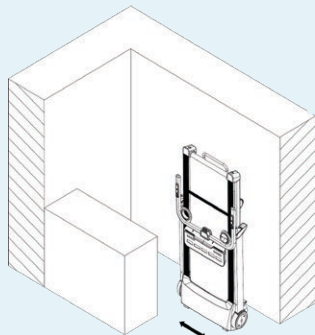
STEP
9



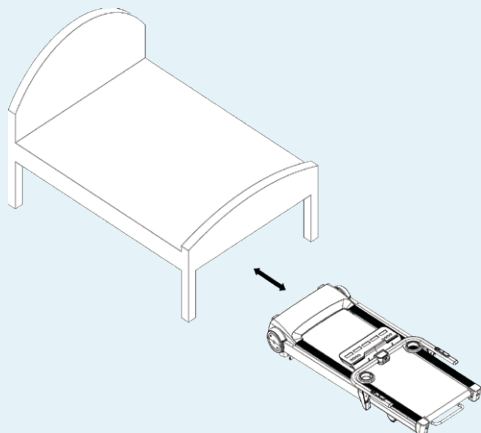
10-a



10-b



10-c



Storage Options.

- Upright position
- Store against wall
- Store under bed

STEP
10

Recommended Storage: upright position using straps. Place treadmill in standing position against a wall for storage, or place it under a bed to save space. The height of the folded treadmill is 10.25 in (26 cm). If the space under your bed is less than 10.25 in (26 cm), please store the treadmill elsewhere.

FOLDING / STORAGE (cont'd.)

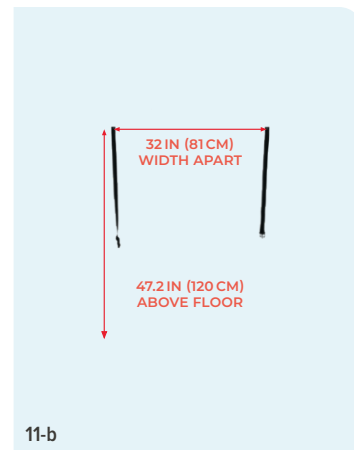
Safety Straps.

- a. Safety straps, anchors, & screws
- b. Safety strap position

STEP
11

When storing the treadmill in an upright position, please install safety straps to the wall to secure and prevent treadmill from tipping over.

Use the provided anchors and screws to install the safety straps. For concrete walls, drill two 0.315 in (8 mm) pilot holes with 1.6 in (40 mm) depth, 32 in (81 cm) apart, and 47.2 in (120 cm) above floor. NOTE: For wood walls, locate two wall studs 32 in (81 cm) apart and drill appropriate pilot holes. Drive screws into pilot holes without anchors.



BELT ADJUSTMENT

Belt Adjustment:

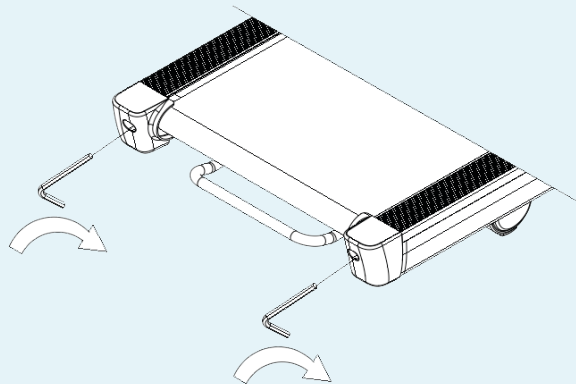
If the belt has drifted right, unplug the safety lock and power switch and turn the right adjusting bolt 1/4 turn clockwise. Insert the power switch and safety lock, run the treadmill, and observe the running belt's position. Repeat until the running belt is centered on the running deck.

If the belt has drifted left, unplug the safety lock and power switch and turn the left adjusting bolt 1/4 turn clockwise. Insert the power switch and safety lock, run the treadmill, and observe the running belt's position. Repeat until the running belt is centered on the running deck.

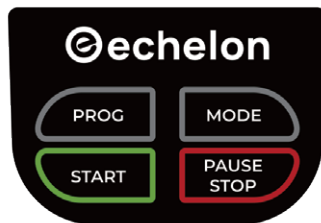
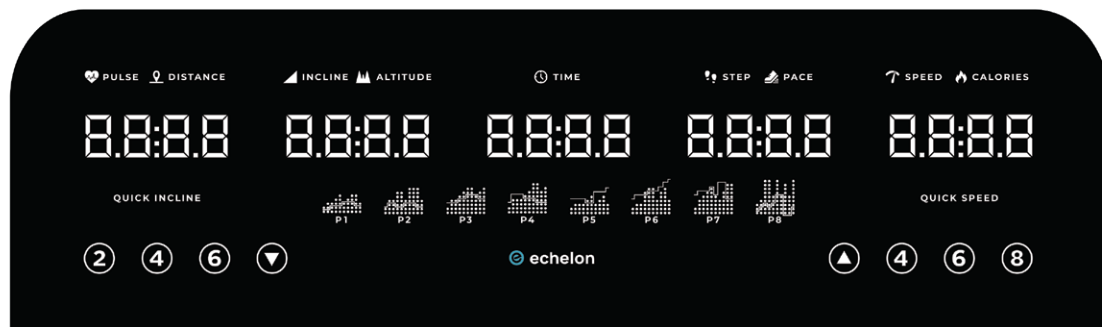
NOTE: The belt comes pre-lubricated. No lubrication required.

POWER OFF AND UNPLUG TREADMILL BEFORE ADJUSTING THE BELT.

STEP
12



CONSOLE OPERATION



CONSOLE DISPLAY

DISPLAY DEFINITION

Pulse and Distance

Show “Distance” when no heart rate detected.

Once heart rate signal is detected, display switches between “Distance” and “Pulse.”

Step and Pace

Display switches between “Step” and “Pace” every 5 seconds.

Step = Total steps of the session

Pace = The rate of speed with each step taken

Pace Unit = Minute: Seconds / km or Minute: Seconds / Mile

Incline and Altitude

Display switches between “Incline” and “Altitude” every 5 seconds.

Incline unit = 0 – 12 levels.

Altitude unit = meter or feet.

Speed and Calories

Display switches between “Speed” and “Calories” every 5 seconds.

Time

Shows duration of the exercise.

Program Version

When power is on, Program Version of this console displays under “Step” and “Pace” for 3 seconds.

CONTROL BUTTON DEFINITION

PROG (Program)

Select training program file

8 pre-set programs: P01 to P08

3 user programs: U01 to U03

1 BMI program: FAT*

Manual

MODE

Select countdown program file:

Time Countdown

Distance Countdown

Calories Countdown

*FAT references the Body Weight Category determined by BMI as described in the BMI Data Chart.



CONSOLE OPERATION (cont'd.)

START

Press “Start” button. Belt will begin moving after a 3-second countdown.

PAUSE / STOP

Press “Pause / Stop” button for 1st time to temporarily stop the exercise. Both speed and incline to zero and then stop.

QUICK SPEED

Quick Speed has 3 buttons for 3km / hr, 6km / hr, and 9km / hr (1.8 mph, 3.7 mph, 5.6 mph)

QUICK INCLINE

Quick incline has 3 buttons for level 3, level 6, and level 9.

Speed Control Buttons on Right Handlebar

Press “Increase” or “Decrease” buttons to adjust the speed up or down

Min. speed: 0.5 mph (0.8 km/h)

Max. speed: 12 mph (19.2 km/h)

Incline Control Buttons on Left Handlebar

Press “Increase” or “Decrease” buttons to adjust up or down the incline level.

Min. incline level: level 0

Max. incline level: level 12

Switch Distance Unit

Press “PROG” and “MODE” together for over 5 seconds.

After entering the factory settings, switch from the flashing F01 display by tapping “MODE” to toggle to the increment settings. Then select Imperial or Metric from the settings indicated by the numbers below.

1 = Imperial

0 = Metric

Switch to preferred distance unit system by pressing “SPEED CONTROL BUTTONS,” and then press and hold “MODE” button to confirm the setting and restart the treadmill.

Adjustment Down Button

To decrease the default setting value for Pre-set Programs, Countdown Programs, and Body Fat Calculation.

Adjustment Up Button

To increase the default setting value for Pre-set Programs, Countdown Programs, and Fat Programs.

Button will be lit up only when entering these 3 programs.

FEATURES

1. When power is on, display lights up for 2 seconds on all windows and enter standby mode.
2. To start "Manual Mode," insert safety key firmly into correct position and press "Start" button. Console starts countdown for 3 seconds and belt starts to run at lowest speed of 0.8 km/h (0.5 m/h).

To adjust "Speed" or "Incline," press "Quick Speed", "Quick Incline", "Speed Control Buttons", and "Incline Control Buttons" for appropriate setting. To end the session, press "Stop" or fully remove safety key.

3. To start "Countdown Program," press "Mode" button to choose countdown mode and select between the following: Time Countdown, Distance Countdown, and Calories Countdown.

To adjust the default time/ distance/ calories setting, press "Speed Control Buttons" or "Incline Control Buttons" to adjust up or down the value. After the setting is completed, press "Start" button to begin the exercise. During the session, adjust the speed or incline based on your personal preference.

4. To start pre-set programs, press "Program" buttons to choose any of the 8 programs, and the corresponding program number will be displayed on "Speed & Calories Display Window". To adjust the default time setting, press "Speed Control Buttons" or "Incline Control Buttons" to set the total time duration.

Each pre-set program has 10 segments and the time duration of each segment is the 1/10 of setting time.

When one segment is completed, console automatically runs the setting speed and incline based on the next segment. User can adjust the speed and incline to fit one's personal condition. Press "Start" button to begin the training after setting is completed.



CONSOLE OPERATION (cont'd.)

PROGRAMS / SECTIONS		1	2	3	4	5	6	7	8	9	10
P01	SPEED	2	3	3	4	5	3	4	5	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2
P02	SPEED	2	4	4	6	6	4	7	7	7	4
	INCLINE	2	3	3	2	2	3	3	3	2	2
P03	SPEED	2	4	4	5	6	7	7	5	6	7
	INCLINE	3	3	3	4	4	5	5	5	4	4
P04	SPEED	2	4	4	4	5	6	8	8	6	7
	INCLINE	3	5	5	5	4	4	4	3	3	3
P05	SPEED	2	3	3	3	4	5	3	4	5	3
	INCLINE	4	4	4	4	3	3	6	6	6	7
P06	SPEED	2	3	3	6	7	7	4	6	7	4
	INCLINE	4	5	5	5	6	6	6	7	8	9
P07	SPEED	2	4	5	6	7	5	4	6	8	8
	INCLINE	5	6	6	6	7	5	8	8	4	4
P08	SPEED	3	4	9	9	5	9	5	8	5	9
	INCLINE	1	2	3	2	3	5	5	0	0	2

PULSE

To show a pulse, place both hands firmly on pulse sensor pads for 5 seconds. Pulse window displays the spotted pulse value.

The detected pulse value is not for medical purpose.

SLEEP MODE

Console goes into "Sleep Mode" when there is no function for more than 10 minutes. Pressing any buttons will awake the console to begin the exercise.

SAFETY KEY

All data clears after removing the safety key and all windows display "---".

All functions can only be operated when safety key is firmly inserted into correct position.

EXERCISE DATA RANGE

	DISPLAY RANGE	DEFAULT SETTING VALUE	SETTING RANGE
SPEED	0.8 KM/HR – 19.2 KM/HR 0.5 M/HR – 12 M/HR	---	0.8 KM/HR – 19.2 KM/HR 0.5 M/HR – 12 M/HR
INCLINE	LEVEL 0 – LEVEL 12	---	LEVEL 0 – LEVEL 12
TIME	0:00 – 99:59	30:00	5:00 – 99:59
DISTANCE	0 KM – 99.9 KM 0 MILES – 99.9 MILES	1 KM 0.8 MILES	0.5 KM – 99.9 KM 0.5 MILES – 99.9 MILES
CALORIES	0 KCAL – 9999 KCAL	---	10 KCAL – 9999 KCAL



CONSOLE OPERATION

MEASUREMENTS FOR BMI PROGRAM

Under “Standby Mode,” press “Program” button and choose “FAT” program.

Press “MODE” button to enter basic data, including Gender / Age / Height / Weight. The corresponding codes for these 4 categories are F-1 / F-2 / F-3 / F-4.

To adjust the numbers under each category, press “Speed Control Button” or “Incline Control Button” to adjust up or down the value. Then press “MODE” to complete the setting of each category.

When display shows “F-5” and “---”, place both hands firmly on the pulse sensor pads for 5 seconds and display shows the calculated “FAT” numbers.

PAIRING YOUR DEVICE

Find the smartphone or tablet device name listed in the Bluetooth app and select to pair. A notification sound will be heard once the pairing is complete and music can now be played via Bluetooth.

USB POWER CHARGER

On the back of the console cover, there is one USB-A charging port with 5V and 2A output. Plug in the power cable and connect with your smartphone for charging.

Category	Default Value	Input Range	Note
F-1 (Gender)	1	1 – 2	1 = Male 2 = Female
F-2 (Age)	25	10 – 99	
F-3 (Height)	170 cm (68 inch)	100 – 240 cm (40 – 100 inch)	
F-4 (Weight)	70 kg (150 lbs)	20 – 160 kg (40 – 350 lbs)	

BMI Data Chart**	
BMI	Body Weight Category
<19	Low
19 – 26	Normal
26 – 30	High
>30	Very High

***This chart is designed as a general guideline. Please discuss your health goals, including potential optimal weight and BMI, with your doctor.*



CONNECT TO ECHELON FIT® APP

To connect the Echelon Fit® app and begin a live session, search and download “Echelon Fit” from the Apple App Store or Google Play.

Follow the prompts in the app for Bluetooth connection and registration.

ERROR CODES AND TROUBLESHOOTING

ERROR CODE	PROBLEMS	SOLUTIONS
E01	Connection fails between “PCB” and “Lower Control Board”	<ol style="list-style-type: none">1. Check every wire is connected well between PCB and lower control board.2. Check if any of the wire is damaged.3. Check if PCB or lower control board is in good condition. If any chip is damaged, change PCB or lower control board.
E02	Over-loading Protection	<ol style="list-style-type: none">1. Check if power outlet has low voltage supply. If so, change a power outlet.2. Check if lower control board has bad smell. If so, change a lower control board.3. Check if wires connected to motor are well connected.
E03	No signal from speed sensor	<ol style="list-style-type: none">1. Check if wire of speed sensor is well connected.2. Check if wire or speed sensor is damaged. If so, replace wire and speed sensor.
E04	Incline motor error	<p>Perform incline calibration</p> <ol style="list-style-type: none">1. Remove Safety Key2. Press and hold both “Start” and “Stop” buttons for over 3 seconds.3. After the incline calibration is completed, test the treadmill again by powering on and press “Start” button.



ERROR CODES & TROUBLESHOOTING

ERROR CODE	PROBLEMS	SOLUTIONS
E05	Over-current Protection	<ol style="list-style-type: none"> 1. Check if any part on motor is stuck. Unplug power cable and adjust motor. Plug back in the power cable and re-start to run the treadmill. 2. Check if motor has burned smell. If so, the motor will need changed. 3. Check if lower control board has burned smell. If so, the lower control board will need changed. 4. Check if power outlet has low voltage supply. If so, the power outlet will need changed.
E06	Self-checking error on controller	<ol style="list-style-type: none"> 1. Check if wires of motor are well connected and in good condition. 2. Check if IGBT on lower control board has burned smell. If so, change a lower control board. 3. Check if PCB is in good condition.
E07	Parameter lost	Replace a lower control board. Please contact customer service at 833-937-2453.
E08	EEPROM damage (on lower control board)	Replace a lower control board. Please contact customer service at 833-937-2453.
E09	Voltage issue or IPM over-heated	Replace a lower control board. Please contact customer service at 833-937-2453.
EEP	EEPROM damage (on upper control board)	Replace a console (upper control board is assembled together with console).
NO CODE SHOWN	Motor damage or motor circuit damage	<ol style="list-style-type: none"> 1. Check if wires connected to motor are well connected. 2. Check if fuse on lower control board is damaged. If so, change a new lower control board. 3. Check if IGBT on lower control board is working by using the multi-meter. If so, change a lower control board. <p>Please contact customer service at 833-937-2453.</p>





Questions or Concerns

Our members are our priority! If you require assistance or have concerns, please contact our customer service team.

☎ (833) 937-2453

✉ cs@echelonfit.com

Submit a Request:



Warranty Information

Your Echelon STRIDE comes with a 1-year parts and labor warranty. Should the need arise, all you need is a proof of purchase and our customer service team will be happy to assist. Additional 1- or 3-year extended warranties are available through customer service.



NOTES



MODEL: ECH-STRIDE
ECHOLON FITNESS MULTIMEDIA, LLC
605 CHESTNUT STREET, SUITE 700
CHATTANOOGA, TN 37450
ECHOLONFIT.COM



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA



PATENT
PENDING

REV: 02142022