



FLEX TRAINER

INSTRUCTIONS



Read instructions carefully and thoroughly before first use

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using FitNation™ Flex Trainer.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. 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.
2. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. 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.
4. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other debris.
5. Never drop or insert any object into any opening.
6. Do not use outdoors.
7. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

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 FitNation™ Flex Trainer, 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 ANSWER “YES” TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD SEEK FURTHER ADVICE FROM YOUR DOCTOR PRIOR TO USING THE FITNATION™ FLEX TRAINER.

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

WARNINGS

- ALWAYS use the FitNation™ Flex Trainer on solid, level ground and in a well lit and ventilated area.
- NEVER allow children to play on or around the elliptical. This helps protect them from injury from moving parts.
- ALWAYS check the elliptical before use.
- NEVER use the elliptical if it is not properly/completely assembled or is damaged in any way.
- NEVER exceed the weight limit for the FitNation™ Flex Trainer. The weight limit for the FitNation™ Flex Trainer is 250 pounds. Do not use the FitNation™ Flex Trainer if your body weight is in excess of 250 pounds.
- NEVER use FitNation™ Flex Trainer when sick or fatigued.
- ALWAYS wear proper attire and footwear that fully covers your feet. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- ALWAYS warm up/stretch before starting exercise.
- ALWAYS be cautious when getting on and off the FitNation™ Flex Trainer.
- ALWAYS wait until the pedals have come to a complete stop before taking your feet off of the pedals or dismounting.

- 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 Flex Trainer again.
- 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 handlebars.
- ALWAYS ensure that the FitNation™ Flex Trainer is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance should not be performed by children without supervision.

If any problems arise affecting the performance of the FitNation™ Flex Trainer, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

THIS SAFETY INFORMATION AND USER MANUAL DOES NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE FITNATION™ FLEX TRAINER!

PARTS

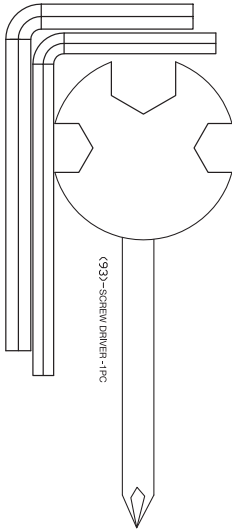


- 1. Flex Trainer unit
- 2. Handlebar rod
- 3. Crank connectors (x2)
- 4. Front support leg
- 5. Back support leg
- 6. Pedals
- 7. Parts pack (see next page)

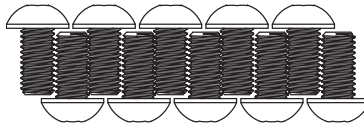
- 8. U-Shaped track
- 9. Arm support
- 10. Leg assembly (x2)
- 11. Handlebar connectors (x2)
- 12. Handlebars (x2)
- 13. Support post (x2)
- 14. Arm support bolts (x4)

- 15. Adjustment knob
 - 16. AAA batteries (x2)
 - 17. Display
- Parts 13-15 will be in a separate parts bag.
Batteries will be in console box.

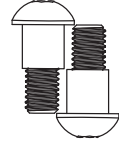
(79)-# ALLEN WRENCH - 2PCS



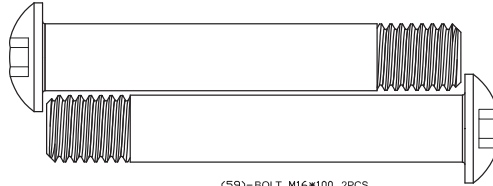
(93)-SCREW DRIVER -1PC



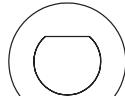
(50)-BOLT M8*20 - 10PCS



(56)-BOLT Ø10*M8*10.5 - 2PCS



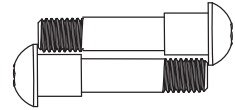
(59)-BOLT M16*100 - 2PCS



(68)-D SHAPER WASHER 8 - 2PCS



(66)-FLAT WASHER 8 - 9PCS



(47)-BOLT M8*42 - 2PCS



(67)-FLAT WASHER 8 - 2PCS



(73)-SPRING WASHER 8 - 11PCS

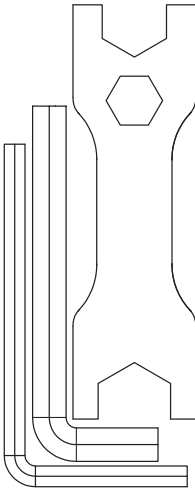


(45)-BOLT M8*40 - 1PCS

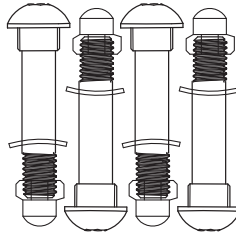
(72)-WAVY WASHER - 4PCS

(96)-FLAT WASHER 16 - 2PCS

(76)-#6 ALLEN WRENCH - 1PCS
(77)-#8 ALLEN WRENCH - 1PCS



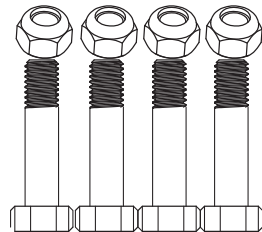
(78)-MULTIFUNCTIONAL WRENCH - 1PCS



(83)- WAVY WASHER 8 - 4PCS

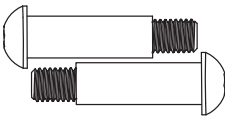
(80)- NUT M8 - 4PCS

(82)- BOLT M8*40 - 4PCS

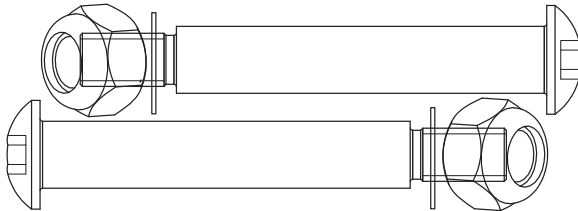


(62)- NUT M8 - 4PCS

(49)- BOLT M8*50 - 4PCS



(48)-BOLT Ø10*30*M8*12 - 2PCS



(43)- PEDAL TUBE BOLT #16*119.1/2' - 1PCS

(44)- PEDAL TUBE BOLT #16*119.1/2' - 1PCS

(64)- NUT 1/2' - 1PCS

(65)- NUT 1/2' - 1PCS

(74)- SPRING WASHER 1/2' - 2PCS

ASSEMBLY



Line up back support leg(5) with holes. Place flat washers(66) and spring washers(73) onto bolts(50). Hand tighten all four bolts.



Tighten all four bolts with allen wrench(79). Repeat with front support base.



Place u-shape track(8) on Flex Trainer unit (shown above). Make sure adjustment tongue is properly seated. Place flat washer(96) onto bolt(59) and tighten down with allen wrench(77). Repeat on other side.



Screw in adjustment knob(15) and raise to desired height by pulling knob out. Ensure knob clicks into place after aligning with hole at desired height. Screw adjustment knob down until tight.

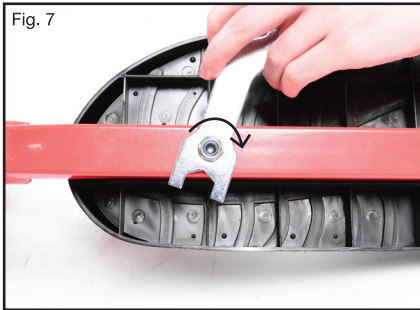


Remove nut(62) from bolt(49). Place left pedal onto left leg assembly and line up holes. Insert bolt.



While holding bolt(49) in place, pick up pedal and screw nut(62) onto bolt until you feel resistance.

ASSEMBLY



Using wrench(78), tighten both nuts. Repeat steps 5-7 with right pedal.



Place wavy washer(72) onto bolt marked "L"(43) and screw into left leg assembly and align with crank arm. Make sure white roller is on track. Use allen wrench(77) to turn counterclockwise until threaded through leg assembly.



Thread nut(64) and spring washer(71) onto bolt. Hold bolt with allen wrench and turn nut clockwise to tighten with wrench.



Place wavy washer(72) onto bolt marked "R"(44) with wavy washer(72) into right leg assembly and align with crank arm. Make sure white roller is on track. Hold bolt with allen wrench and turn nut counterclockwise to tighten with wrench.



Place bolt(48) into support post(13) and hand screw into leg assembly beneath u-shaped bolt track. Tighten with allen wrench(76). Repeat on opposite side.

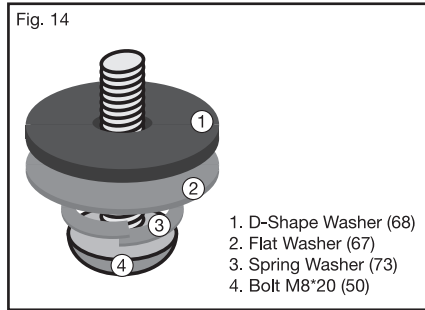


Slide wavy washer(72) onto rod(2). Feed handlebar rod(2) through the Flex Trainer unit. Center the rod(2) so that each side has an equal length. This piece is intentionally lubricated. Do NOT remove grease.

ASSEMBLY



Place left and right handlebar connectors(11) onto handlebar rod.



Place spring washer(73), flat washer(67), and d-shape washer(68) onto bolt M8*20(50).



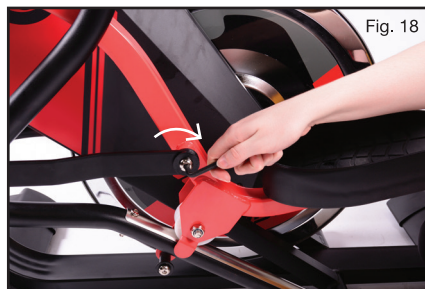
Place pieces from Fig. 14 into left handlebar connector and tighten. Repeat on right handlebar connector. Use allen wrenches(79) and tighten down. (Fig. 15) The D-shaped washer will fit into notch on handlebar rod.



Place left and right handlebars(12) onto handlebar connectors.



Unscrew nuts and remove washers from bolts(80), and set aside. Feed bolt into hole and replace washer and nut. Use wrench(78) to tighten. Repeat with remaining bolts.



Place bolt(56) through crank connector and screw into leg assembly until tight.

ASSEMBLY



Place bolt(47) through crank connector and screw into handlebar connector. Repeat on other side.



Place washer(73) onto bolt(45) and screw into extended middle upright on the Flex Trainer unit and tighten with allen wrench(76).



Remove washers from bolts(14) and set aside. Place bolts into arm support(9). Place curved washers on bolts and hand tighten nuts. While using wrench to hold nut in place, tighten bolt with allen wrench(79). Make sure curved washers sit flush against arm support while tightening bolts.



Remove screws from display with screw driver(93). Place display onto bracket, feed wire over hole and then attach with four included screws using screw driver.



Connect wire from Flex Trainer unit and tuck into display. Remove battery cover and insert AAA batteries according to polarity markings. Replace battery cover.

OPERATION

BUTTONS:

[RESET] clears data from selected mode.

- To reset all stored information from previous workout, press and hold for four seconds.

[MODE] selects mode.

- Choose between CAL, DIST, ODO, SCAN, and TIME to be shown on display during exercise.
- SPEED is always shown on top right of display.

[SET] programs new setting for selected mode.

- To set up exercise goals for the TIME, CAL, and DIST functions.
- Select function by pressing [MODE].
- Press [SET] to set your desired goal.



DISPLAY:

Display turns off after 4 minutes when not in use.

DIST: Press [MODE] to display distance in miles for current workout or [SET] to program a countdown from distance goal. When countdown reaches 0, alarm will sound. Press any button to silence.

CAL: Press [MODE] to display estimated calories expended or [SET] to program a countdown from calorie goal. When countdown reaches 0, alarm will sound. Press any button to silence.

ODO: Displays total exercise miles of all workouts.

SPEED: Displays estimated MPH.

SCAN: Cycles through all functions. Press [MODE] to make selection.

TIME: Press [MODE] to time workout or [SET] to program a countdown timer. When countdown reaches 0, alarm will sound. Press any button to silence.

SET: Press once to set your desired goal. Press and hold for four seconds to scroll faster.

OPERATION

TENSION ADJUSTMENT

The tension control knob allows you to alter the resistance of the pedals. There are 8 different levels of tension adjustment going from 1, being the easiest, to 8, being the most difficult.



INCLINE ADJUSTMENT

The incline adjustment knob allows you to alter the height of the u-shaped track. The lowest (shown on the right) is the easiest setting and the highest is the most difficult. To change settings, unscrew and pull out incline adjustment knob and raise u-shaped track to desired setting. Be sure to always tighten incline adjustment knob before use.



Read Instructions
Before Operating

MADE IN
CHINA



PATENT
PENDING

Rev: 102519

ECHELONFIT.COM

For questions, assistance, or replacement parts, do not return to your retailer. Contact Echelon® customer service below. For refunds on items not purchased from Echelon® directly, please contact your retailer.

ECHELON® FIT 1-YEAR LIMITED WARRANTY

Echelon® warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Echelon® will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Echelon® customer service at 833-937-2453 or at cs@echelon.com to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure carton clearly identifies sender by name and address. Attach a letter or card describing defect and original sales receipt. Mail prepaid to Echelon Fitness Multimedia, LLC 6011 Century Oaks Dr. Chattanooga, TN 37416.

This warranty is void if damage or malfunction is due to abuse or failure to operate product in accordance with instructions and on recommended electrical current. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If you have any questions, or would like to learn more about Echelon®, please contact us at 833-937-2453 or at cs@echelonfit.com.

Register your product online at echelonfit.com/pages/register-warranty/

Customer Service / Le service a la clientele / Servicio al Consumidor

☎ 833-937-2453 (+1.423.402.9010) ✉ cs@echelonfit.com

Model:
ELPT-01

DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES PER LOCAL & FEDERAL GUIDELINES.

© 2019 ECHELON FITNESS MULTIMEDIA, LLC. All specifications are subject to change without notice. All rights reserved.
Echelon Fitness Multimedia, LLC 6011 Century Oaks Dr. Chattanooga, TN 37416