

EZ STEP BIKE

Instruction Manual



echelonTM FITPASS ACTIVE[®] APP



FITNESS APP FOR SMARTPHONES AND TABLETS






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and the Google Play logo are trademarks of Google Inc.

Read instructions carefully and thoroughly before first use.

WARNING LABELS

⚠ WARNING AVERTISSEMENT ADVERTENCIA		
		<p>Crush Hazard Keep hands and feet clear of moving parts. Failure to do so could result in crushed hands or feet. Risque d'écrasement Veillez à ce que vos mains et vos pieds se trouvent à distance de toutes les pièces en mouvement. Autrement, vous risquez de vous faire écraser les mains ou les pieds. Peligro de aplastamiento Mantenga las manos y los pies alejados de todas las piezas móviles. El no hacerlo podría resultar en manos y pies aplastados.</p>

⚠ WARNING AVERTISSEMENT ADVERTENCIA	
 <p>See owner's manual for additional warnings and safety information.</p> <p>Failure to read and follow the safety instructions stated in the owner's manual may result in possible serious injury or death. Keep children away. Household use only. Obtain proper instruction prior to use. Set up and operate the EZ Step Bike on a solid level surface.</p> <p>Consumer Use Only</p>	 <p>Référez-vous à la notice pour d'autres avertissements et consignes de sécurité.</p> <p>Il est important de lire et de suivre les consignes de sécurité figurant dans le manuel afin d'éviter des blessures graves pouvant être mortelles. Éloignez les enfants. Pour usage domestique uniquement. Procurez-vous des consignes adaptées avant de l'utiliser. Installez et utilisez le EZ Step Bike sur une surface solide et plane.</p> <p>Utilisation par le Consommateur Uniquement</p>
 <p>Consulte el manual del propietario para obtener advertencias e información de seguridad adicionales. El no leer o seguir las instrucciones de seguridad establecidas en el manual del propietario puede resultar en posibles lesiones graves o la muerte. Mantenga alejados a los niños. Solo uso doméstico. Obtenga las instrucciones adecuadas antes del uso. Configure y opere la EZ Step Bike sobre una superficie sólida y nivelada.</p> <p>Uso Exclusivo del Consumidor</p>	

Made in China / Fabriqué en Chine / Hecho en China	
Date Code / Code de Date / Código de Fecha: YYMM	
Model / Modèle / Modelo: BIKE-EZ-BLK	Serial / Série / Serie: BIKE-EZ-BLK-000001
Max. User Weight / Poids max. utilisateur / Max. peso del usuario: 300 lbs / 135 kgs	
echelon	Echelon Fitness Multimedia, LLC
HOUSEHOLD USE ONLY	605 Chestnut Street, Suite 700,
USAGE DOMESTIQUE UNIQUEMENT	Chattanooga, TN 37450
SÓLO PARA USO DOMÉSTICO	1-833-937-2453 / 1-423-402-9010
	cs@echelonfit.com / echelonfit.com

WARNING LABELS



Made in China / Fabriqué en Chine / Hecho en China
 Date Code / Code de Date / Código de Fecha: Y10M
 Model/ Modèle/ Modelo: BFC-0214 Serial/ Série/ Serie: 18-5-0214-00000
 Max. User Weight / Poids max. utilisateur / Max. peso del usuario: 300 lb / 133 kg

Echelon Fitness Multimedia, LLC
 405 Chestnut Street, Suite 700,
 Philadelphia, PA 19106
 800.424.4243 / 484.424.4243
 info@echelonfit.com / info@echelonfit.com

echelon
 HOUSEHOLD USE ONLY
 USAGE DOMESTIQUE UNiquement
 SOLO PARA USO DOMESTICO

WARNING/AVERTISSEMENT/ADVERTENCIA

1 **Les avertissements de précaution**
 Les avertissements de précaution sont situés sur le console de commande de la bicyclette. Lisez attentivement les avertissements de précaution avant d'utiliser la bicyclette. Les avertissements de précaution sont situés sur le console de commande de la bicyclette. Lisez attentivement les avertissements de précaution avant d'utiliser la bicyclette.

2 **Attention à la volée**
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3 **Consulter le manuel d'instructions pour obtenir des conseils et des informations**
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Use Only as Intended by Consumer

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Use Only as Intended by Consumer

SAFETY NOTICES

PLEASE READ ALL INSTRUCTIONS BEFORE USING THE EZ STEP BIKE DO NOT THROW AWAY THESE INSTRUCTIONS.

1. This product is not intended for medical use.
2. Consult your physician before using this product if:
 - a. You are pregnant
 - b. You have been fitted with a pacemaker, an implant, or other medical aid
 - c. You suffer from diabetes
 - d. You have a circulatory disorder
 - e. You have any concerns about your health
3. Older or infirm persons should consult their doctor before using the product, even if they have no specific preexisting conditions.
4. Stop using immediately if you feel discomfort or pain.
5. Do not use this product immediately before going to bed. The appliance has a stimulating effect and can delay sleep.
6. Use the device on a flat, level surface. If the device is not stable, it may tip over and cause injury.
7. If you suspect a problem, stop using the equipment immediately.
8. Store the equipment in its packaging for prolonged storage or in a secure, dry and cool place.
9. Do not place any other objects on the device.
10. To avoid the risk of electric shock or damage to equipment, keep away from moisture. Do not use if the equipment is wet or damp.
11. The device may be used by children from 13 years of age, or by persons with reduced physical, sensory mental capabilities or lack of experience and/or knowledge, only if they have been supervised or instructed in the safe use of the device and have understood the hazards arising therefrom. Children should not play with the appliance. Cleaning and user maintenance must not be performed by children unless they are over 13 years old and supervised. Children younger than 13 years of age are to be kept away from the machine.
12. To avoid injury and irreparable damage, always sit while using the device. In order to avoid serious injury, never stand on the unit or use it with excessive force.
13. Never hang or lean on the handlebar doing so could damage the unit and cause serious injury if not careful.
14. Never stack items on or around the bike that will cause unnecessary damage the unit or create tripping hazards
15. Do not attempt to disassemble or repair the appliance. Repairs may only be carried out by a suitable qualified technician.
16. Keep batteries out of reach of children.
17. Do not mix old and new batteries.
18. Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc.) batteries.
19. Do not expose batteries to extreme heat.
20. Please recycle old batteries. Do not dispose with other household waste.
21. The safety and integrity designed into the product can only be maintained when the product is regularly examined for damage and repaired. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately or the product removed from service until the repair is made.

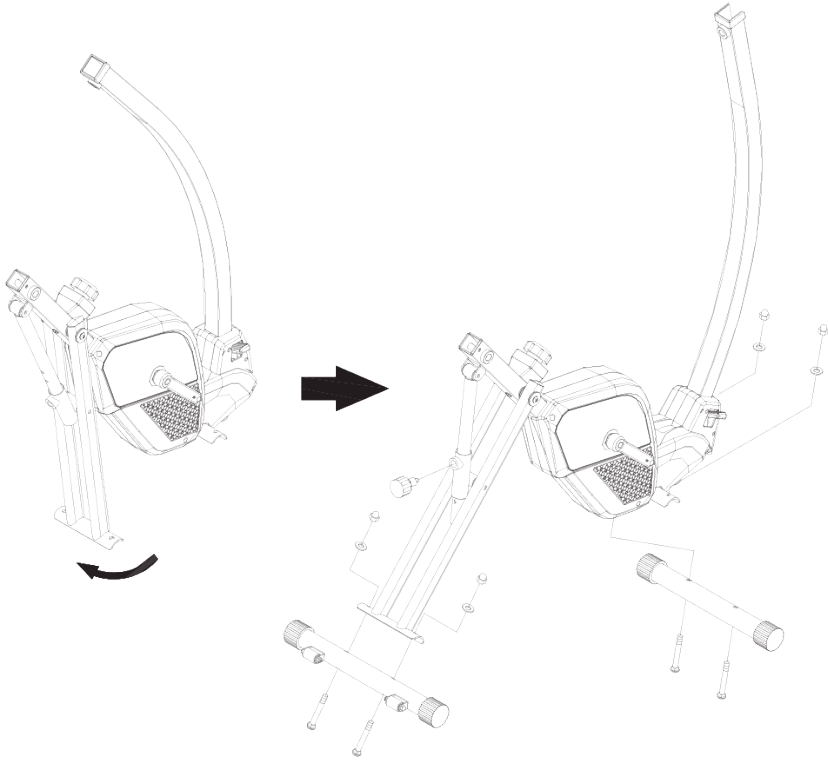
PARTS LIST



- | | |
|-----------------------------|----------------------|
| 1. Main Frame | 8. Seat |
| 2. Handlebars | 9. Backrest |
| 3. Front Foot | 10. Resistance Bands |
| 4. Rear Foot (with rollers) | 11. Control Panel |
| 5. Seat Post | 12. Pedals |
| 6. Seat Handles | 13. Pedal Straps |
| 7. Backrest Support | |
-

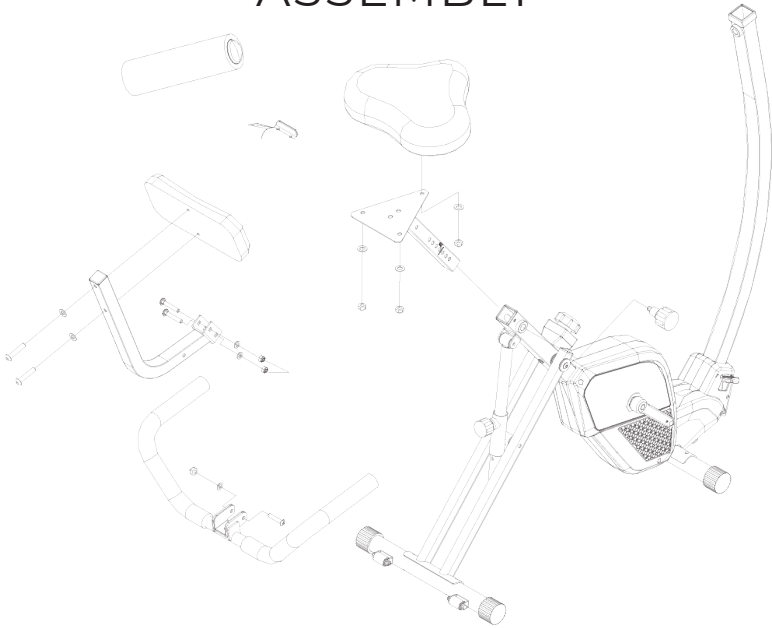
- A. 2 inch Carriage Bolt (6)
- B. 1 3/4 inch Hex Bolt (4)
- C. 2 1/8 inch Hex Bolt (1)
- D. Nut (3)
- E. Capped Nut (4)
- F. 3/5 inch Screw (1)
- G. Washers (11)

ASSEMBLY



- Place Circular Knob in Recline Adjustment Tube.
- Adjust the recline level to 1 (highest setting).
- Install rear foot with rollers onto rear main frame leg. Ensure that rear foot is installed with rollers facing with the wheels facing out (as shown in the diagram above) and resting on the floor. Align the square fitting on the bolt with the square hole on the foot. Once the bolt is in set, place washer, and thread on nut by hand.
- Fully tighten nut onto screw with included wrench. Repeat on other side.

ASSEMBLY



- Install front foot onto front main frame leg.
- Align the square fitting on the bolt with the square hole on the foot. Once the bolt is in set, place washer, and thread on nut by hand (as shown with nut on the inside).
- Fully tighten nut onto screw with included wrench. Repeat on other side.
- Remove nuts and washers from seat cushion.
- Fit seat post onto seat cushion screws.
- Place the washers over the seat cushion screws. Finger-tighten each nut onto seat cushion screws.
- Fully tighten nut onto screw with included wrench. Repeat for other two nuts.
- Loosen adjustment knob and remove from the main frame.
- Insert seat post into main frame.
- Secure knob back into place at desired height.
- Ensure knob engages hole in seat post and is secure.
- Remove screw, nut, and washer from the backrest support.
- Align backrest support with hole in the seat post.
- Insert screw through hole in the backrest support.
- Place washer onto the screw. Then place nut on screw and finger-tighten.
- Fully tighten the nut with the included wrench.
- Locate seat handles, washers, and screws.
- Place washers onto seat handle screws.
- Align the seat handle with the hole on the bottom of the backrest support.
- Place screws with washer into the hole.
- Place nut onto bolt end and tighten.
- Locate backrest and screws.
- Align backrest against backrest support.
- Insert screws and finger-tighten.
- Fully tighten down screws with included large Allen wrench

ASSEMBLY

Fig. A

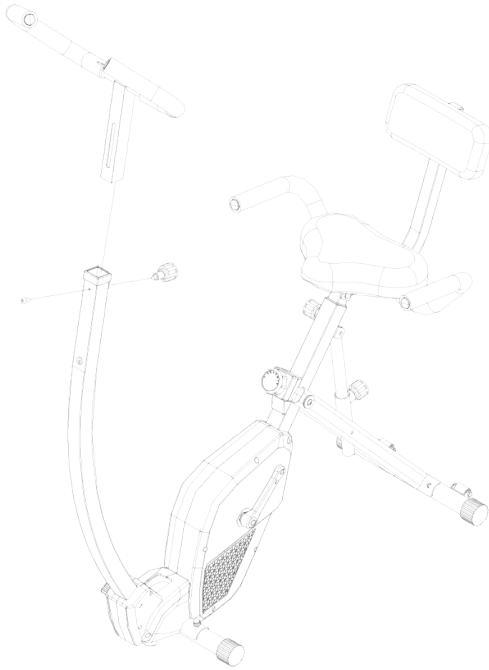
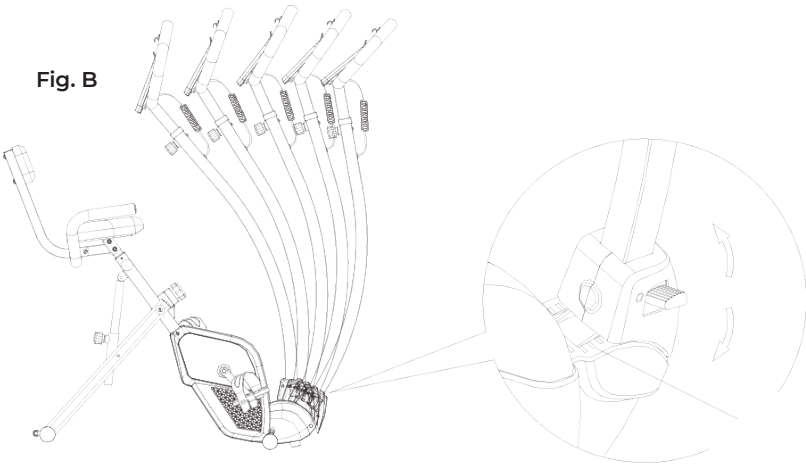
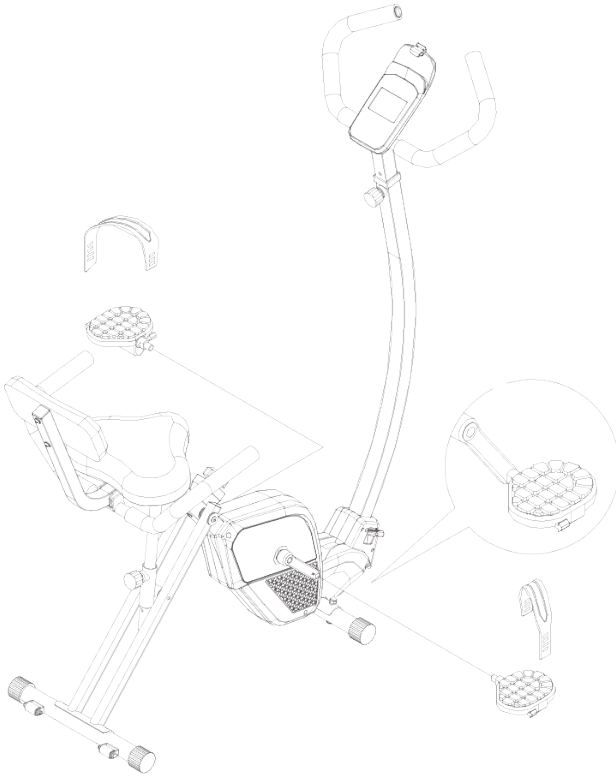


Fig. B



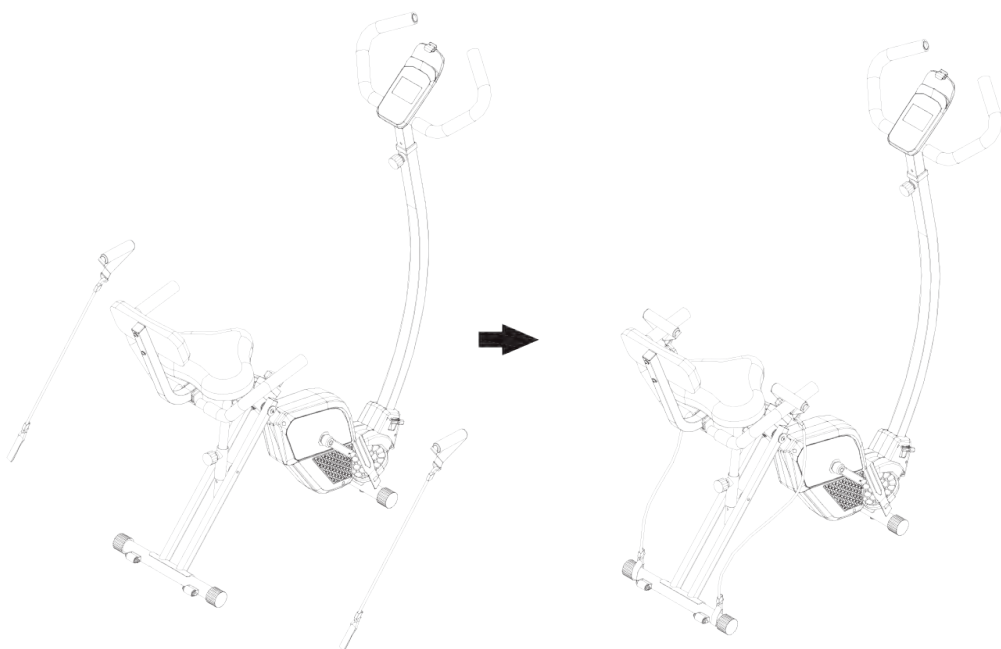
- Move handlebar post into outermost position and lock in place.
- Feed handlebar posts into the slots on top of the main frame. (See Fig. A.)
- Place screws into holes and finger-tighten.
- Fully tighten down with included small Allen wrench.

ASSEMBLY



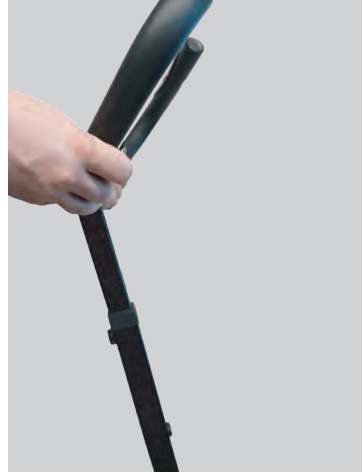
- Connect the right pedal to the right crank arm.
- Hold the right pedal with one hand and screw the pedal bolt onto the crank arm using the other hand in a standard clockwise rotation. Finish tightening with the included wrench. **Note: RIGHT pedal bolt screws in CLOCKWISE.**
- Make sure to match the right foot strap with the right crank arm (both marked **R**).
- With the **R** marking facing upward, attach the end of the strap with 3 holes to the inside of the pedal.
- Attach end of strap with 4 holes to the outside of the pedal. Adjust as-needed.
- Retrieve parts for left pedal assembly.
- Connect the left pedal to the left crank arm (both marked **L**).
- Hold the left pedal with one hand and screw the pedal bolt onto the crank arm with the other hand in a counterclockwise rotation. Finish tightening with the included wrench. **Note: LEFT pedal bolt screws in COUNTERCLOCKWISE.**
- Make sure to match the left foot strap with the left crank arm (both marked **L**).
- With the **L** marking facing upward, attach the end of the strap with 3 holes to the inside of the pedal.
- Attach the end of the strap with 4 holes to the outside of the pedal.
- Adjust as-needed.

ASSEMBLY



- Slide resistance band loop onto front or rear foot as desired.

HANDLEBAR ADJUSTMENT



Unscrew and remove knob. Remove handlebars and slide to adjust to desired height. Screw knob back in place.

SEAT HEIGHT ADJUSTMENT



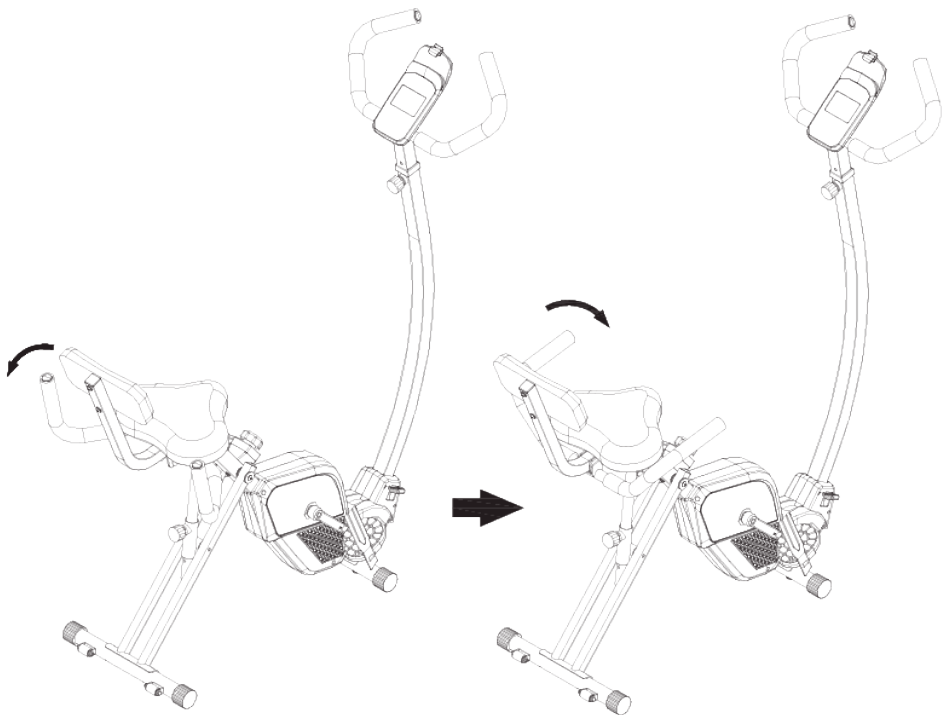
Unscrew and remove knob. Move seat up or down to desired height. Screw knob back in place.

RECLINE ADJUSTMENT



To adjust incline level, turn the knob counter-clockwise to loosen. Once loose, pull outward and lift up the bike by the backrest bar to adjust incline.

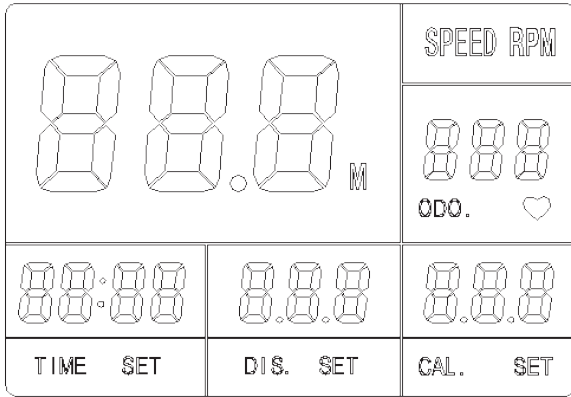
HANDRAIL ADJUSTMENT



Recommend to flip over the handrail for wider space to get onto the bike and sit tight. Remember to flip back the handrail for hand placement.

CONSOLE FUNCTION INSTRUCTION

WINDOW DISPLAY



SPEED & RPM

- Show current running speed of the exercise. Display range: 0 ~ 99.9 miles/hour.
- Show spotted RPM of the exercise. Display range: 0 ~ 999 rotation/minute.
- During the training, press "MODE" button to switch the window display between Speed and RPM.

TIME

- Show duration of the exercise.
- Display range: 0:00 ~ 99:00 minutes:seconds.

DISTANCE

- Show accumulated distance of the exercise.
- Display range: 0 ~ 99.9 miles.

CALORIES

- Show total consumed calories during the exercise.
- Display range: 0 ~ 999 Kcal.

ODOMETER

- Show total accumulated distance you have traveled.
- Display range: 0 ~ 99.9 miles.

CONSOLE FUNCTION INSTRUCTION

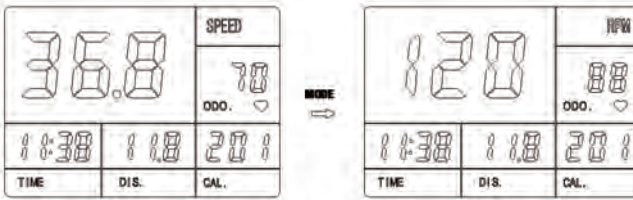
BUTTON FUNCTION

RESET

- During training, press “RESET” button for over 3 seconds to clear all training data and enter setting mode.

MODE

- During training, press “MODE” button to switch Speed and RPM under the same window display.
- When it's under the setting mode, press “MODE” button to set target training value under Time Countdown Program/ Distance Countdown Program/ Calories Countdown Program/ Manual Mode. When there's flashing “SET” displayed under a window, press “SET” to adjust the target value of different countdown programs.



SET

- Press “SET” button to adjust target value under different countdown programs.
- Under Time Countdown Program, each press of “SET” button can adjust up target time value by 1:00 minute. Press “RESET” button to clear the target time value.
- Under Distance Countdown Program, each press of “SET” button can adjust up target time value by 0.1mile. Press “RESET” button to clear the target time value.
- Under Calories Countdown Program, each press of “SET” button can adjust up target time value by 1 Kcal. Press “RESET” button to clear the target time value.



INSTALL AND REPLACE BATTERIES

1. Open the battery door on back of the meter.
2. The meter operates with two AAA batteries. Batteries are not included.

START UP AND USE

ATTENTION: For sensitive floor surfaces (wood or tile floors) we recommend using a floor covering such as a rug or open cardboard box. This could prevent damage to and discoloration of your flooring.

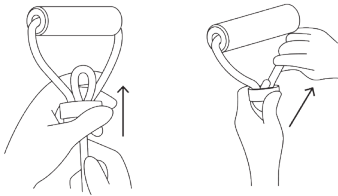
ADJUSTING RESISTANCE

To adjust the resistance level (1-16), turn the knob to the left or right.

- Turn to the right (clockwise) to increase the resistance.
- Turn to the left (counterclockwise) to lower the resistance.

ADJUSTING RESISTANCE BANDS

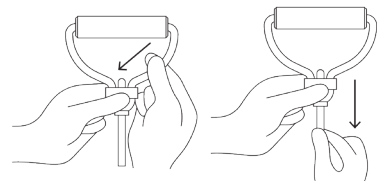
SHORTEN | INCREASE RESISTANCE



Push band into locking compartment. Hold band under the handle and pull through.

Note: Only one side adjusts.

LENGTHEN | DECREASE RESISTANCE



Push band on adjustable side down into the band locking compartment. Pull the band through the other side of the locking compartment.

When desired length and resistance is reached, grab band on either side of locking compartment and pull tight to lock the band into place. If the band slips during workout, it may need to be pulled more tightly.

MAINTENANCE

CLEANING

Always disconnect the speed sensor plug on the console before cleaning!

Clean the equipment with a damp cloth and mild detergent. Do not use abrasive or corrosive cleaning agents.

Never directly spray liquid onto the equipment. Doing so could damage the unit and any delicate electrical instruments in the console

Dry the equipment with a microfiber cloth. This product must be kept dry and not exposed to direct sunlight.

Check components that are subject to wear and tear with frequent use and tighten or replace these parts accordingly (knobs, resistance bands, pedals, etc) Doing this increases the life and quality of the unit and assures, your safety.

Check your pedals before each ride to make sure they are tight and no looseness is detected. If any looseness is detected, use your supplied wrench to tighten firmly.

Use a silicone lubricant to fix areas where noises are present with hardware. Never spray this lubricant into the housing of the bike, on your pedals, or anywhere in and around the console.

ECHELON® 1-YEAR LIMITED WARRANTY

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 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@echelonfit.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 605 Chestnut St. Suite 700
Chattanooga, TN 37450.

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

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

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Echelon Fitness Multimedia, LLC 605 Chestnut St. Suite 700

Chattanooga, TN 37450

EHELONFIT.COM



Read Instructions
Before Opening

Made in
CHINA



PATENT
PENDING

For indoor
use only

REV: 101623

MODEL: BIKE-EZ