



MODEL: ECH-SC-HM
ECHELON FITNESS MULTIMEDIA, LLC
605 CHESNUT STREET, SUITE 700
CHATTANOOGA, TN 37450

ECHELONFIT.COM

 **echelon**[®]
Summit Home Stairmill



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA

PATENT
PENDING

REV: 07XX2024

INSTRUCTION MANUAL

WELCOME

I am Lou Lentine, Founder 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,



Lou Lentine
Founder of Echelon Fitness
Multimedia, LLC



TABLE OF CONTENTS

» | SAFETY INFORMATION04

» | GROUNDING INSTRUCTIONS06

» | PARTS LIST07

» | STAIRMILL SPECIFICATIONS08


» | ASSEMBLY09

» | PRODUCT USE13

» | CARE & MAINTENANCE15

» | NOTES18

IMPORTANT SAFETY INSTRUCTIONS

 WARNING	AVERTISSEMENT	ADVERTENCIA
<p>Excess force may pull handle or slings from hook. Exceeding capacity may be serious. Overweighting may result in serious injury or death. If you feel load is too heavy, stop. Do not attempt to lift more than your rated capacity.</p> <p>Keep body and limbs clear of moving parts. Do not attempt to lift more than your rated capacity.</p> <p>Inspect the equipment before use and at intervals. If you see a problem, stop use immediately.</p> <p>NEVER ALLOW CHILD TO MIMICK YOU OR ANYONE ELSE. ALWAYS STAY OUT OF REACH OF CHILDREN.</p>	<p>Alcance/força de tração ou capacidade de levantamento pode ser excedida. Exceder a capacidade pode ser sério. O sobrecarregar pode resultar em lesões graves ou morte. Se você sentir que a carga é muito pesada, pare. Não tente levantar mais do que sua capacidade nominal.</p> <p>O peso da carga ou da força de tração pode ser excessiva. Exceder a capacidade pode ser sério. O sobrecarregar pode resultar em lesões graves ou morte. Se você sentir que a carga é muito pesada, pare. Não tente levantar mais do que sua capacidade nominal.</p> <p>Mantenha o corpo e os membros longe das partes móveis. Não tente levantar mais do que sua capacidade nominal.</p> <p>Inspeção/inspeção antes do uso e a intervalos de tempo. Se você vir um problema, pare imediatamente.</p> <p>RENTENHA A CADA CRIANÇA DE IMITAR VOCÊ OU QUALQUER OUTRA PESSOA. SEMPRE FIQUE FORA DO ALCANCE DAS CRIANÇAS.</p>	<p>El exceso de fuerza de tracción o de peso puede sobrepasar la capacidad. Exceder la capacidad puede ser serio. El sobrecargar puede causar lesiones graves o la muerte. Si usted siente que la carga es demasiado pesada, pare. No intente levantar más de su capacidad nominal.</p> <p>Mantenga el cuerpo y los miembros lejos de las partes móviles. No intente levantar más de su capacidad nominal.</p> <p>Inspección/inspección antes del uso y a intervalos de tiempo. Si usted ve un problema, pare inmediatamente.</p> <p>¡NUNCA DEJE QUE UN NIÑO IMITE SU FORMA O LA DE ALGUIEN. SIEMPRE MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.</p>

- ALWAYS check the stairmill for wear or loose components before use.

- NEVER hang from the handlebars, doing so could damage the unit and injure the user.



GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Two common types of outlets presently in homes are: GFCI (Ground Fault Circuit Interrupter) and AFCI (Arc Fault Circuit Interrupter). Should hazardous wiring occur, either outlets are programmed to trip. Due to this, treadmills and other equipment have poor interactions with the GFCI or AFCI outlets.

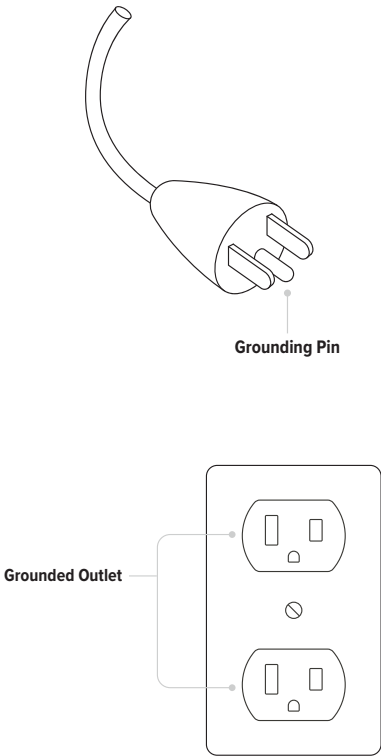
Oftentimes, GFCI outlets are installed in either bathrooms or kitchens. These can be identified with either a red or white reset switch that is located on the front of the outlet. Should an excessive amount of power go through the ground port, the GFCI outlet will flip their breaker. Due to treadmills and other equipment using the ground prong to help disperse static electricity, it is not ideal to use a GFCI outlet to power your machine. It is recommended that equipment be plugged into a different type of outlet that will prevent the machine from continually shutting down. Please note that GFCI outlets can be connected to other outlets (even if they're not that specific type of outlet) and it is recommended moving the equipment to a space that is not electrically tied together. Do not plug your equipment into surge protectors or other types of units, it is recommended that the equipment is plugged into a dedicated circuit.

Electrical arcs are detected by AFCI outlets and are designed to disrupt and cancel the flow of electricity. Due to this, treadmills and other equipment would likely have issues of shutting down if plugged into AFCI outlets. Newer building codes now require AFCI outlets, however, if you're having persistent issues, here are some recommended solutions: consult an electrician or switch to a different type of outlet.

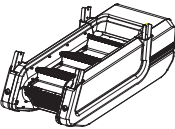


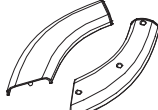
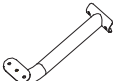

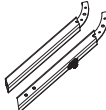








⚠ DANGER:

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product.

If it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product



PARTS LIST

A STAIRMILL BASE		I LEFT UPRIGHT COVER	
B MAIN SUPPORT LEG		J RIGHT UPRIGHT COVER	
C CONNECTING FRAME SUPPORT		K SAFETY KEY	
D LOWER UPRIGHT		L ALLEN FULL THREAD BOLT M8X15 (12)	
E UPPER UPRIGHT		M ALLEN FULL THREAD BOLT M8X12 (10)	
F HANDRAIL		N ALLEN FULL THREAD BOLT M6X15 (4)	
G CONSOLE		O PHILLIPS SELF TAPPING BOLT ST4X16 (6)	
H CUP HOLDERS		P ALLEN WRENCH 6X35X80	
		Q ALLEN WRENCH 5X35X85S	
		R ALLEN WRENCH 4X30X80	

STAIRMILL SPECIFICATIONS

TECHNICAL INFORMATION:

Max. User Weight: 285 lbs
Assembly Dimension: 50.5" x 28.7" x 78.1"
Step Size: 17.1" x 9" x 5.9"
Speed: 15 Levels // 14 - 140 pace per min



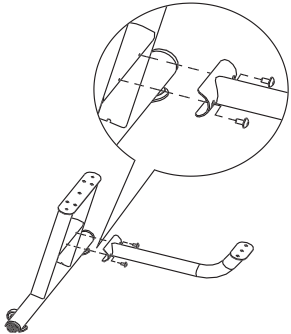
STAIRMILL ASSEMBLY

STEP 1

Two person assembly is strongly recommended. Assembly should take place on a soft surface, such as a carpet or rug, or with the cardboard packaging opened to protect the floor.

Note: DO NOT fully tighten all screws.

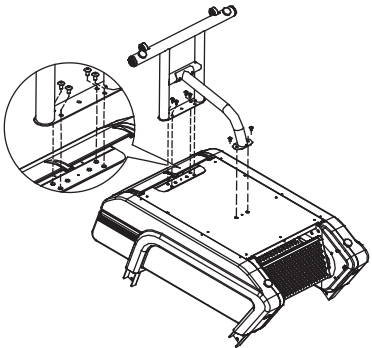
Place Main Support Leg (B) on floor and attach Connecting Frame Support (C) using 2x Allen Full Thread Bolt M8x15 (L).



STEP 2

Place Stairmill Base (A) on floor with bottom facing up. Attach Support Assembly to base using 6 Allen Full Thread Bolts M8x15 (L).

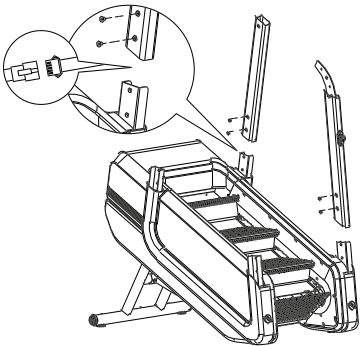
Note: Fully tighten ALL Support Assembly bolts at this time.



STEP 3

Note: DO NOT fully tighten all screws.

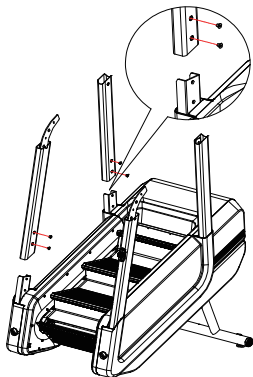
Turn Stairmill Base upright. Locate Right Lower Upright (D) and Right Upper Upright (E). Connect Emergency Stop communication wires and slide uprights over upright attachment points, being careful not to pinch the wires. Secure uprights to Stairmill Base using 4x Allen Full Thread Bolts M8x12 (M).



STEP 4

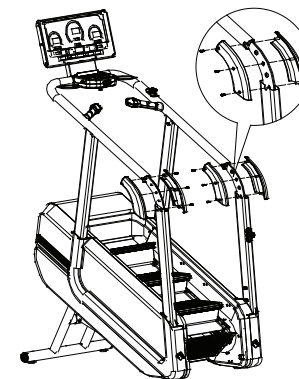
Note: DO NOT fully tighten all screws.

Locate Left Lower Upright (D) and Left Upper Upright (E). Slide uprights over upright attachment points. Secure uprights to Stairmill Base using 4x Allen Full Thread Bolts M8x12 (M).



STEP 7

Attach Left Upright Cover (I) and Right Upright Cover (J) to Handrail assembly point using 6x Phillips Self Tapping Bolts ST4x16 (O).

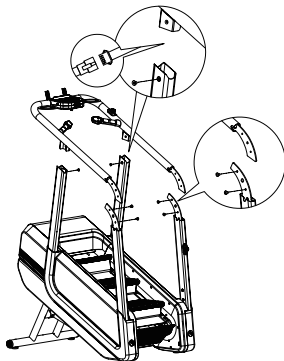


STEP 5

Note: DO NOT fully tighten all screws.

Locate Handrail (F). Connect communication and emergency stop wires and put Handrail in place on uprights, being careful not to pinch wires. Attach Handrail (F) to Upper Uprights (E) using 2x Allen Full Thread Bolts M8x12 (M). Attach Handrail (F) to outer side of Lower Uprights (D) using 4x Allen Full Thread Bolts M8x15 (L).

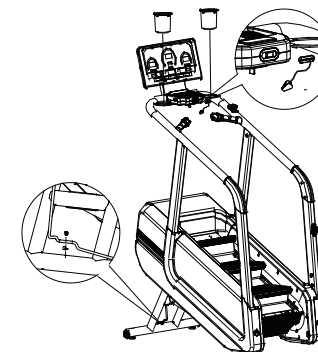
Note: Attaching handrail to inner side of lower uprights will make Step 7 impossible to complete.



STEP 8

Place Cupholder (H) into Handrail. Attach Safety Key (K) to magnetic port. Remove wire clamp from supporting frame. Insert Power Cord into back of Stairmill.

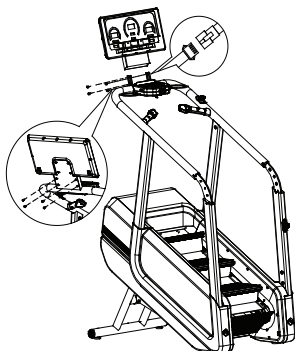
Summit Stairmill assembly is complete!



STEP 6

Locate Console (G). Connect communication wires and slide Console (G) onto Handrail (F) assembly point. Attach using 4x Allen Full Thread Bolts M6x15 (N).

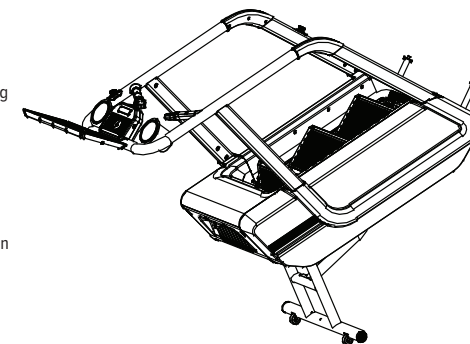
Note: Fully tighten ALL Assembly bolts at this time.



Moving the Stairmill

Power off Stairmill and unplug. Pull out extendable lifting bars on either side of stair base. Lift Stairmill by lifting bars until wheels on Main Support Leg are engaged. Stairmill can now be moved into desired location.

Note: To avoid injury or damage to unit, be sure to push extendable lifting bars back into place once Stairmill is in desired location.





Membership Activation **Required** to Unlock the Echelon Summit Home Stairmill Experience

Activate Echelon Premier Membership to connect to classes.



ACCOUNT CREATION

If this product was purchased on the echelonfit.com website, you should have received an activation email. Please follow the steps within the email to activate your account.

If you have purchased from one of our retailers, go to member.echelonfit.com and follow the onscreen instructions to choose where you purchased from, 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 / 2 Year
4. SET UP PAYMENT METHOD

5. ENTER PERSONAL ACCOUNT INFO

6. VIEW YOUR ACCOUNT
Edit your billing info, add family members, manage subscriptions, and (if on your mobile device) download the app and sign in.

CONNECTING TO THE ECHELON FIT® APP

- Log in to the Echelon Fit® app
- a. Use the email and password used to create your membership account.

b. Select user. There may only be one option.
- Select a class
- a. We recommend a Welcome Climb, but any class will work.

b. Press play.

PRODUCT USE
CONTROL BUTTON DEFINITION

- START:**
- “Start” buttons are located on main console above safety key and on right handle.
 - Press “Start” button to begin exercise after a 3 second countdown.
 - After the countdown has finished, the stairmill will start moving and the LED will turn Red.
- STOP:**
- “Stop” buttons are located on main console above safety key and on right handle.
 - Press “Stop” button to temporarily stop the exercise (Pause Status).
 - Speed goes to zero and Stairmill will slow down then stop. LED will change to Green.

- SPEED (LEFT HANDLE):**
- Speed can be adjusted on left handle or using quick adjust buttons on console.
 - Quick adjust: Buttons will change speed to 3, 6, 9, or 12 as selected.
 - Left handle: Press + to increase speed; press – to decrease speed (speed range: 15 Levels // 14 - 140 pace per min).

PRODUCT FEATURES

SAFETY KEY:
When safety key is pulled out, stairmill stops with flashing Red LED; when safety key is inserted, press Start key to restart the workout.

- SAFETY SENSOR:**
- The safety sensor prevents use for any weight under 77 lbs (+ or - 11 pounds). An individual over 77 lbs must be standing on the Stairmill for it to begin moving. **IMPORTANT NOTE:** An individual under 77 lbs can activate the Stairmill by applying enough force (e.g. jumping, falling, or carrying heavy objects). Care should ALWAYS be taken with children and pets.
 - Safety sensors on the inner bottom of the stairmill will cause the unit to stop immediately when triggered while in use. To resume use once safety sensors have been triggered, properly mount the stairmill and press “Start” once in position.

HAND PULSE:
Place both hands on hand pulse monitors. Once pulse is detected, it will appear in the Pulse window of the console. (Note: This value is not to be used as medical data, only for workout reference.)

WIRELESS CHARGING DOCK:
Place phone with wireless charging capability on wireless charging dock to charge. Note: some phone cases may impede wireless charging. Remove case to charge.

EMERGENCY STOP:
There are two emergency stop buttons: one on the right side of the handrail, and one on the right lower upright. Press to immediately stop the stairmill. To resume use of the stairmill, rotate the emergency stop clockwise.

TARGET MODE

When the stairmill is in Standby Mode, press the Mode key to enter Target Mode. You may choose between time and calorie targets by pressing the Mode key until you reach your desired selection. Press the + / - keys to adjust the targets. Once you begin your exercise, the target will begin to count down. Once the target reaches zero, the stairmill will end the workout session and the stairmill will stop and return to Standby Mode.

PROGRAMS

In standby mode, press the Program key to enter Training Profile Program and press Program again to choose program 1 to 12. The first level of the selected program will show in the SPEED window. The target time of the selected program will show at the TIME window.

Each program has a 30-minute default countdown time. You may adjust the time by pressing UP and DOWN keys. **Note:** If speed is adjusted while program is running, it will revert to the default program setting at the beginning of the next stage.

If you want to end your selected program, press STOP to end your session.

PX		1	2	3	4	5	6	7	8	9	10
1	Resistor	1	3	5	5	5	7	7	5	3	2
2	Resistor	2	3	5	6	5	5	6	6	4	3
3	Resistor	2	3	6	6	5	5	5	6	4	3
4	Resistor	2	2	5	7	7	6	7	5	3	2
5	Resistor	3	4	6	5	4	4	5	5	4	3
6	Resistor	3	4	6	7	7	7	6	6	5	3
7	Resistor	3	4	4	3	4	3	4	4	3	2
8	Resistor	3	5	7	7	3	5	7	5	5	1
9	Resistor	3	3	3	4	5	6	5	4	5	1
10	Resistor	3	5	6	7	6	6	5	5	3	3
11	Resistor	4	5	3	3	6	7	7	6	6	1
12	Resistor	4	6	5	3	4	7	7	3	2	1

CARE & MAINTENANCE

Daily

1. Power off the stairmill and clean any high-use areas, like the handlebars and console, with a non-acidic cleaner (NO ammonia, chlorine, or alcohol) on a soft cloth. Do not spray cleaning solution directly on the stairmill as that could ruin any electrical components.
2. Inspect the power cord for damage. If damaged, replace immediately by contacting Customer Service.
3. The power cord should be removed after each use so the stairmill is not accidentally powered on when not in use.
4. Inspect for any noises that could indicate potential issues. If a troubling noise is indicated please contact Customer Service.

Weekly

1. Clean the steps, console, uprights, belt, and pulley groove with non-acidic cleaners and a soft cloth. Cleaners should be applied to the cloth and never sprayed onto the equipment directly.
2. Inspect all the assembled and pre-assembled hardware and tighten or re-secure as-needed. This includes but is not limited to the following:
 - a. Handlebars & Uprights
 - b. Console
 - c. Steps
3. Dust and vacuum the stairmill and the surrounding area. To clean underneath the stairmill, turn off the power and roll the stairmill to an alternate location. Return the stairmill to its original location after cleaning.
4. Ensure your app and equipment firmware are up-to-date with the latest versions.

Monthly

1. Check to see if the stairmill requires lubrication on the chain and sprocket.
2. Test the emergency stop buttons to ensure they are working properly.
3. If you hear any rubbing noises, find the stairmill belt off-center beyond the provided instructions, or encounter damage to the step deck, please stop stairmill usage and contact Customer Service for assistance.

Echelon Fitness Customer Service:

(833) 937-2453

cs@echelonfit.com



ERROR CODES AND TROUBLE SHOOTING

CODE	REASON	MAINTENANCE
AA	Safety Key contact is lost	Reconnect Safety Key, making sure it is securely seated in the receptacle
A1	Upper and lower communication failure.	1. Check the connection between the LED panel and the lower controller communication line to ensure that each core is fully inserted.
		2. Check for damage to the connection cable between the LED panel and the controller.
		3. Contact Customer Service to replace controller or console.
F02	EMS magnetic resistance device is not detected.	1. Ensure cables are connected properly. 2. Check controller and contact Customer Service to replace if damaged.
F05	EMS magnetic resistance device drive overcurrent fault.	1. Ensure that all cables are properly connected.
		2. Check that all cables are undamaged.
		3. Contact Customer Service to replace controller.
F06	Infrared sensor is blocked.	1. Remove blockage and resume workout.
F08	EMS magnetic resistance is locked for safety during maintenance or repairs	After operation, if the console displays "F08", check whether the red handle on the EMS magnetic resistance is pulled up for locked. Unlock the red handle bar.

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 Summit Stairmill 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 2-year extended warranties are available through customer service.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.[illegible]