

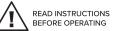
MODEL: ECH-SC-HM ECHELON FITNESS MULTIMEDIA. LLC 605 CHESNUT STREET, SUITE 700 CHATTANOOGA, TN 37450

ECHELONFIT.COM

PATENT

PENDING





MADE IN CHINA

REV: 07XX2024

### INSTRUCTION MANUAL



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 brandnew, 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,

How tuto

Lou Lentine Founder of Echelon Fitness Multimedia, LLC

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### FEDERAL COMMUNICATION 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 senaration 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

ECC RE 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 ECC RULES. OPERATION IS SUBJECT. TO THE FOLLOWING TWO CONDITIONS:

1 This device may not cause harmful interference and

CAUTION: EXPOSURE TO RADIO FREQUENCY RADIATION

with any other antenna or transmitter.

the antenna of this device and all persons.

l'antenne de cet appareil et toutes les personnes.

2. This device must accept any interference received, including interference that may cause undesired operation.

1. To comply with the Canadian RF exposure compliance requirements, this

2. To comply with RSS 102 RF exposure compliance requirements, a

ATTENTION: EXPOSITION AU RAYONNEMENT RADIOFRÉQUENCE

Pour se conformer aux exigences de conformité RF canadienne

separation distance of at least 20 cm must be maintained between

device and its antenna must not be co-located or operating in conjunction

l'exposition, cet appareil et son antenne ne doivent pas être co-localisés

ou fonctionnant en conjonction avec une autre antenne ou transmetteur.

une distance de séparation d'au moins 20 cm doit être maintenue entre

2. Pour se conformer aux exigences de conformité CNR 102 RF exposition.

### 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

### WARNING LABELS

ECHELON FITNESS // SUMMIT STAIRMILL // INSTRUCTION MANUAL

4

echelon	Echalles Filtres Multime 606 Cheeltrut Street, 8.4 1-883-937-2453 / 1-425	in 793, Challers	<b>196, TN 3766</b>			WARNIN
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### IMPORTANT SAFETY INSTRUCTIONS

Care should be taken in mounting or dismounting the stairmill Before mounting or dismounting, bring the machine to a complete stop.

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

 The minimum clearance area behind the stairmill is 2.0 m (78.7 in) × the stairmill width. This area must be free of any and all obstructions. The minimum clearance area on each side of the stairmill is: 500 mm (19 7 in)

While cleaning your Echelon® Summit Stairmill, 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.

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

Read all instructions before using the Echelon<sup>®</sup> Summit Stairmill.

#### FOR HOUSEHOLD USE ONLY.

### SAVE THESE INSTRUCTIONS.

### DANGER - TO REDUCE THE RISK

### OF ELECTRIC SHOCK:

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

#### 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<sup>®</sup> Summit Stairmill, 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 Echelon' Summit Stairmil

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

- · NEVER exceed the weight limit for this stairmill. The weight limit for this stairmill is 285 / 130 kg. Do not use the Echelon® Summit Stairmill if your body weight is in excess of 285 lbs / 130 kq.
- ALWAYS use the Echelon® Summit Stairmillon solid, level ground and in a well-lit and ventilated area. Do not place the stairmill on thick carpet as it may interfere with ventilation.
- ALWAYS check the stairmill for wear or loose components before use.

#### 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 canabilities 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. Connect this appliance to a properly grounded outlet only. See Grounding Instructions for important information on page 6.
- 6. 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.
- 7. Do not carry this appliance by supply cord or use cord as a handle.
- 8. Keep the cord away from heated surfaces.
- 9. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 10. Never drop or insert any object into any opening.
- 11. Do not use outdoors.
- 12.Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 13. To disconnect, turn all controls to the off position, then remove plug from outlet
- NEVER use the stairmill if it is not properly/completely assembled or is damaged in any way.
- · NEVER allow children or pets to play on or around the stairmill during operation. This helps protect them from injury from moving parts.
- ALWAYS set the stairmill up properly for your specific body type.
- NEVER use the Echelon® Summit Stairmill when sick or fatiqued
- · 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 stairmill while you are not stable on the steps. After turning the power on and adjusting the speed control, there may be a pause before the steps begin to move. Always stand with both feet on the same step until the steps begin to move.
- ALWAYS hold the handrails when initially walking or running on the stairmill until you are familiar with the use of the stairmill.
- NEVER 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 stairmill. 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.
- · NEVER pick this stairmill up when the stairmill is not fully stopped.
- · 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.

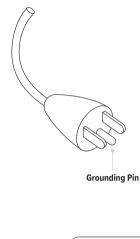
Oftentimes, GFCI outlets are installed in either bathrooms or kitchens. These can be identified with either a red or white reset switch that is located on the front of the outlet. Should an excessive amount of power go through the group port, the GFCI outlet will flip their breaker. Due to treadmills 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.

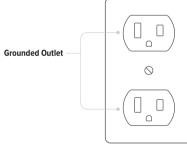
Electrical arcs are detected by AFCI outlets and are designed to disrupt and cancel the flow of electricity. Due to this, treadmills and other equipment would likely have issues of shutting down if plugged into AFCI outlets. Newer building codes now require AFCI outlets, however, if you're having persistent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

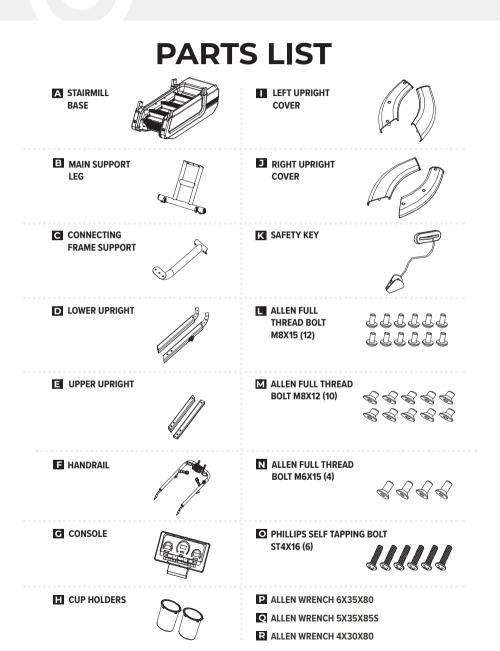
### DANGER:

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







ECHELON FITNESS // SUMMIT STAIRMILL // INSTRUCTION

## **STAIRMILL SPECIFICATIONS**





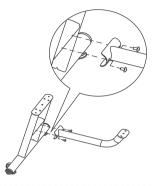
## **STAIRMILL ASSEMBLY**



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.

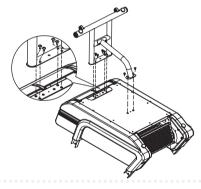
Place Main Support Leg (B) on floor and attach Connecting Frame Support (C) using 2x Allen Full Thread Bolt M8x15 (L).



STEP

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

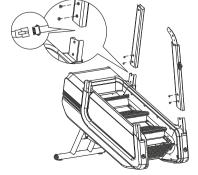
Note: Fully tighten ALL Support Assembly bolts at this time.



STEP

Note: DO NOT fully tighten all screws.

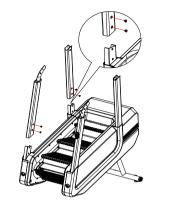
Turn Stairmill Base upright. Locate Right Lower Upright (D) and Right Upper Upright (E). Connect Emergency Stop communication wires and slide uprights over upright attachment points, being careful not to pinch the wires. Secure uprights to Stairmill Base using 4x Allen Full Thread Bolts M8x12 (M).



## STEP 4

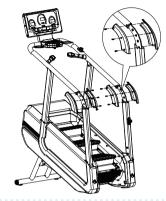
### Note: DO NOT fully tighten all screws.

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).





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



## STEP 5

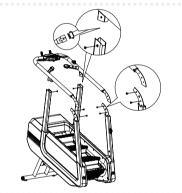
### Note: DO NOT fully tighten all screws.

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.



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.







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.

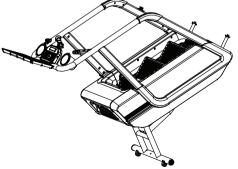
Summit Stairmill assembly is complete!

### **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.





MANI



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"

### 4. SET UP PAYMENT METHOD 5. ENTER PERSONAL ACCOUNT INFO

2. SELECT PURCHASE LOCATION Select purchase location and follow the on-screen instructions.

### 6. VIEW YOUR ACCOUNT

**3. CHOOSE YOUR PLAN** Monthly / 1 Year / 2 Year

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<sup>®</sup> 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.

### Daily

- 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.
- The power cord should be removed after each use so the stairmill is not accidentally powered on when not in use.
- Inspect for any noises that could indicate potential issues. If a troubling noise is indicated please contact Customer Service.

### Weekly

- 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.
- 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
- 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

**CARE & MAINTENANCE** 

- 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.
- 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.

cs@echelonfit.com

PX		1	2	3	4	5	6	1	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

## **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.	<ol> <li>Check the connection between the LED panel and the lower controller communication line to ensure that each core is fully inserted.</li> </ol>					
		<ol> <li>Check for damage to the connection cable between the LED panel and the controller.</li> </ol>					
		3. Contact Customer Service to replace controller or console.					
F02	EMS magnetic resistance device is	1. Ensure cables are connected properly.					
	not detected.	2. Check controller and contact Customer Service to replace if damaged.					
F05	EMS magnetic resistance device	1. Ensure that all cables are properly connected.					
	drive overcurrent fault.	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.

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