



CROSS COUNTRY TREADMILL

INSTRUCTIONS



READ MANUAL BEFORE OPERATING

WARNINGS

IMPORTANT SAFETY INSTRUCTIONS

- When using an electrical appliance, basic precautions should always be followed, including the following:
- Read all instructions before using (this appliance).
- **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) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
 - 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) 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) To disconnect, turn all controls to the off position, then remove plug from outlet.
 - 13) **WARNING:** Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
 - 14) 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.
 - 15) **WARNING:**
 - i) Do not use the appliance in close proximity to loose clothing or jewelry.
 - ii) Keep long hair away from the appliance while in use
 - 16) For Household/Residential Use Only
 - 17) **CAUTION** - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt.
 - 18) **WARNING** - Risk of personal injury - Keep children under the age of 13 away from machine.

WARNINGS

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, 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.

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.

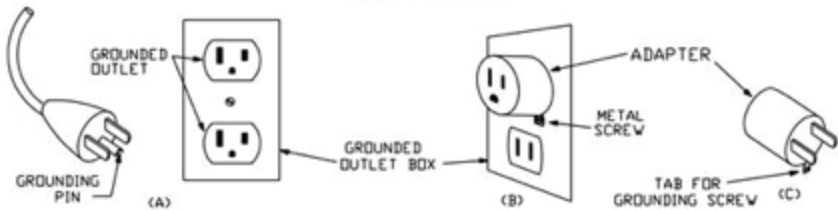
For a grounded, cord-connected product rated less than 15 A and intended for use on a nominal 120-V supply circuit, the instructions in either (1) or (2):

1) 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 in Figure 86.1. A temporary adapter that looks like the adapter illustrated in sketches B and C may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

2) 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 in Figure 86.1. 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.

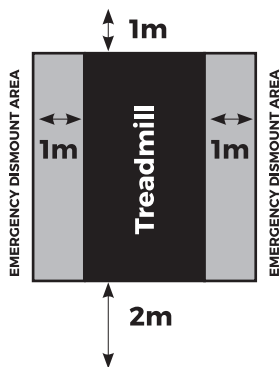
Figure 86.1
Grounding methods



AA200

WARNINGS

- Read, understand, and carefully follow all warnings, instructions, and procedures on treadmill and in this instruction manual before using.
- Inspect treadmill for incorrect, worn, or loose components and then correct, replace, or tighten prior to use.
- Care should be used when mounting or dismounting the treadmill.
- Read, understand, and test the emergency stop procedures before use.
- Read and review all warning labels. Call Customer Service (see Warranty section) to obtain replacements if needed.
- Do not exceed weight capacity: 264 lbs (120 kg).
- The safety and integrity designed into the machine can only be maintained when treadmill is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately or the treadmill removed from service until the repair is made. Only manufacturer-supplied or -approved components shall be used to maintain and repair the treadmill.
- 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 treadmill 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 have 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?
- IF YOU ANSWER "YES" TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD SEEK FURTHER ADVICE FROM YOUR DOCTOR PRIOR TO EXERCISING.
- Do not use treadmill in a moist environment. Always make sure there is adequate air circulation.
- Use treadmill on smooth, level surface only.
- Do not place any objects on treadmill. Do not get treadmill wet.
- Leave about 3 ft (1 m) of room in front of and on either side of treadmill. Leave about 6 ft (2 m) of room behind treadmill (see diagram to right).
- Always wear suitable exercise clothing and gear. Do not wear clothing that may be caught or hooked onto parts of treadmill. Keep hair away from moving parts.
- Always wear shoes when using treadmill. Do not use treadmill barefoot.
- Keep out of reach of children under the age of 13. Use adult supervision when operating around children.
- Always unplug treadmill when not in use or when storing.



WARNINGS

- Do not leave treadmill running for extended periods of time as it could cause damage to motor or controller and speed up the wear and aging of bearings, running belts, and running boards.
- Keep power cord away from moving objects and extreme temperatures. Do not allow power cord to be bent or crushed, such as under a door, to avoid damage to the cord.
- Do not attempt to service the treadmill beyond what is instructed in this manual as this could cause serious injury and void warranty. Call customer service if problem occurs.
- Do not have more than one person using treadmill at once.
- If you feel faint, unwell, or have physical discomfort, discontinue use immediately and consult a doctor. Always inspect treadmill before each and every use. If unit appears damaged in any way, discontinue use.
- For personal, home use only.
- Do not jump on treadmill.
- Do not use or store in places exposed to direct sunlight or in high temperatures.
- Do not use if power cord or plug appear damaged or if socket is loose.
- Power plug must be reliably grounded and the outlet must have a dedicated circuit to avoid sharing with other electrical equipment.
- Be mindful of surroundings when using treadmill.
- Do not spray or spill water on treadmill to avoid electrical shock or fire.
- Do not lift or move treadmill using handlebars as this will damage unit.
- Do not use unit without handlebars erected as this could cause injury.
- Keep batteries out of reach of children.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni- Cd, Ni-Mh, etc.) batteries.
- Do not expose batteries to extreme heat.
- Please recycle old batteries. Do not dispose with other household waste.

SAVE THESE INSTRUCTIONS

TECHNICAL SPECIFICATIONS

Motor Type: Brushless

Voltage: 110-120V

Frequency: 50/60Hz

Rated Power: 550W

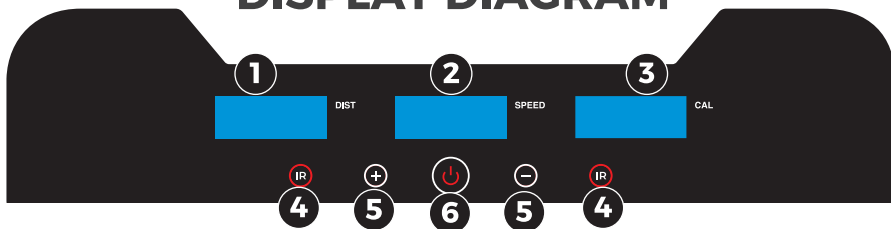
Max Weight: 264 lbs (120 kg)

TREADMILL DIAGRAM

1. Safety clip
 2. Safety clip handlebar (left handlebar)
 3. Speed adjuster
 4. Speed adjuster handlebar (right handlebar)
 5. Remote
 - A. Power button
 - B. Speed up/down buttons
 6. Display
 7. Running belt
 8. Foot rails
- NOT PICTURED:
9. Power cord
 10. Lubrication oil
 11. Hex key (small)
 12. Hex key (large)
 13. Hex screws (x4)
 14. Arc washers (x4)



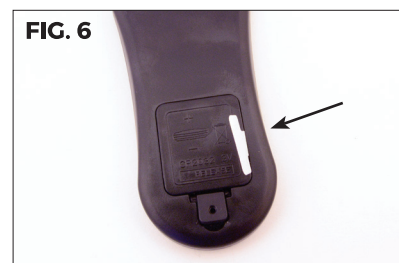
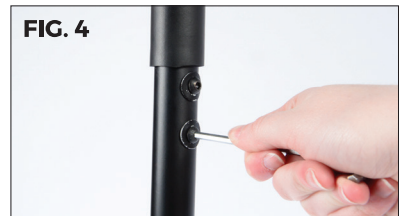
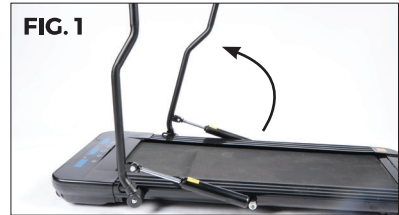
DISPLAY DIAGRAM



1. DIST - Distance (in miles)
2. SPEED - Current speed (in mph)
3. CAL- Calories burned
4. IR sensors - Remote must be pointed down at either sensor to operate treadmill
5. Speed up/down - Increases or decreases speed by 0.1 mph (0.16 km/h)
6. Power button - Starts and stops treadmill

ASSEMBLY INSTRUCTIONS

1. Remove protective plastic from remote and treadmill display.
2. Place treadmill in an appropriate location based on the precautions outlined in Warnings section.
3. Lift each handlebar post upright (fig. 1).
4. Connect wire from safety clip handlebar (handlebar with magnetic space for safety clip) to wire from left handlebar post by pressing down on connect tabs (fig. 2).
5. Insert safety clip handlebar into left handlebar post and align holes (fig. 3).
6. Attach handlebar with two screws and two arc washers, with arc curving around pole, and tighten with small hex key to secure (fig. 4).
7. Repeat steps 4-6 using speed adjuster handlebar and right handlebar post.
8. Plug power cord into treadmill at front of treadmill next to red power switch, **ensuring plug is correctly oriented** (fig. 5). Plug other end of power cord into grounded outlet. Turn on power switch. A sound will chime and treadmill display will light up and 'OFF' will appear on the display.



ASSEMBLY INSTRUCTIONS

9. Remove battery activation strip on backside of remote (fig. 6).
10. Place safety clip's magnet onto handlebar in the safety clip space (fig. 6), **ensuring it engages the magnet**. Attach safety clip to clothing when using treadmill. If treadmill needs to be turned off immediately, remove safety clip from handlebar and treadmill will automatically stop. To resume after removing safety clip, place clip back on handlebar and press power button. **NOTE: The treadmill will not run if safety clip is not on handlebar and 'OFF' will appear on the display.**

FIG. 6



USE INSTRUCTIONS

1. **Ensure safety clip is attached to handlebar and it engages the magnet.** Attach safety clip to clothing when using treadmill. If treadmill needs to be turned off immediately, remove safety clip from handlebar and treadmill will automatically stop. To resume after removing safety clip, place clip back on handlebar and press power button. **NOTE: The treadmill will not run if safety clip is not on handlebar and 'OFF' will appear on the display.**
2. Stand on foot rails and turn treadmill on by pressing power button on remote. **BE SURE TO POINT REMOTE DOWN AT ONE OF THE IR SENSORS INDICATED IN DISPLAY DIAGRAM.** Display will count down and running belt will begin to move. Pushing speed adjuster on the right handlebar (fig. 1) forward and holding will also turn on treadmill.
3. Adjust running belt speed by pressing speed up or speed down buttons on remote or by pushing forward or back on the speed adjuster.
4. Move handlebars back and forth while walking to increase difficulty of workout.
5. Turn off treadmill by pushing and holding back on speed adjuster or pressing power button on remote.

FIG. 1

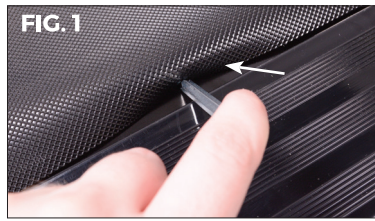


MAINTENANCE

WARNING: Before maintaining treadmill, power off and unplug.

LUBRICATION

- Re-lubricate the running board and belt as needed with included lubrication oil. It is recommended to lubricate every two weeks to a month, depending on frequency of use.
- Make sure treadmill is powered off and unplugged before applying lubrication oil.
- To lubricate running board and belt, use hex key to push edge of belt in (fig. 1) and lift edge to access running board. Squeeze a dime size amount of lubrication oil onto running board (fig. 2). Repeat on other side. Run treadmill on lowest speed for a few minutes to allow oil to distribute.



TIGHTENING BELT

- **IF YOU OBSERVE ANY SLIPPING, DRAGGING, OR LOUD NOISES**, it may be necessary to tighten the belt to ensure safe operation.
- When belt is correctly adjusted, the edge of the running belt can be lifted from the running board about 2-3 inches. If belt can be lifted greater than this amount, tightening is necessary.
- To tighten belt, turn both adjustment screws located on back of unit a half turn clockwise (see fig. 3 and 4 to locate adjustment screws). Lift edge of belt to check if adjusted correctly as outlined above. If still not tightened adequately, continue to tighten the adjustment screws in half turn increments until properly tightened. Once tightened, adjust belt centering as outlined below.

CENTERING BELT

- If running belt appears to veer to one side, you may need to adjust running belt's center.
- To adjust running belt's center, use large hex key included on left and right adjustment screws in the back of the treadmill.
- To adjust belt towards the right, turn left adjustment screw a half-turn clockwise (fig. 3) and right adjustment screw a half-turn counterclockwise (fig. 4).
- To adjust belt towards the left, turn left adjustment screw a half-turn counterclockwise and right adjustment screw a half-turn clockwise.
- Adjust belt as needed until centered.



MAINTENANCE

ERROR CODES

If an error code appears on the display (ie. ER 1, ER 3, etc.), review following procedure:

- Ensure you are using the included adapter.
- Ensure outlet is rated for 110-120V.
- Ensure no moving parts are stuck. If stuck, carefully release the parts or remove any blockages.
- Ensure there is sufficient lubrication between running belt and board.
If not, see 'LUBRICATION' section.

If error codes persist, call Customer Service (see Warranty section).

REPLACING REMOTE BATTERY

Remove battery cover and replace old battery with a new CR2032 battery according the polarity indicated on the backside of the battery cover (fig. 5).



CLEANING & STORAGE

WARNING: Before cleaning or storing treadmill, power off and unplug.

CLEANING

- Remove dust with a microfiber cloth.
- Remove dust, dirt, and other debris from exposed sides of the running belt to prevent dirt from accumulating under belt.
- Scrub surface of running belt with damp cloth and soapy water. Do NOT get water in or near electrical components.

STORAGE

- Remove safety lock and gently lower handlebars.
- Lift treadmill from back, DO NOT lift from handlebars. Use wheels on front to roll to desired location. Store treadmill flat or upright against a stable surface, such as a wall. Ensure it is secure before leaving unattended. Do not allow children near upright treadmill as it may fall or cause harm.

TROUBLESHOOTING

Q: My treadmill won't turn on!

A: Ensure power cord is plugged into a grounded outlet, is properly connected to the treadmill, and red power switch is turned on. If having issues starting treadmill with remote, see "My remote isn't working" below.

Q: My treadmill turns on but it won't start! It just says 'OFF' on the display.

A: Ensure safety clip is placed and properly seated on the handlebar and engages the magnet.

Q: My remote isn't working!

A: Ensure battery activation strip has been removed and remote is pointed down at one of the IR sensors indicated on treadmill display. If still not working, replace battery (see "Replacing Remote Battery" in Maintenance section).

Q: My treadmill is making weird sounds and is getting loud.

A: Treadmill belt may need to be lubricated or tightened (see "Lubrication" and "Tightening Belt" in Maintenance section). Once belt is tightened, you may also need to re-center belt (see "Centering Belt" in Maintenance section).

QUESTIONS? CONTACT CUSTOMER SERVICE 1-888-784-2835

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Read Instructions
Before Operating

MADE IN
CHINA



PATENT
PENDING

Rev: 102519

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**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@echelon.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:
TREAD03

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

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