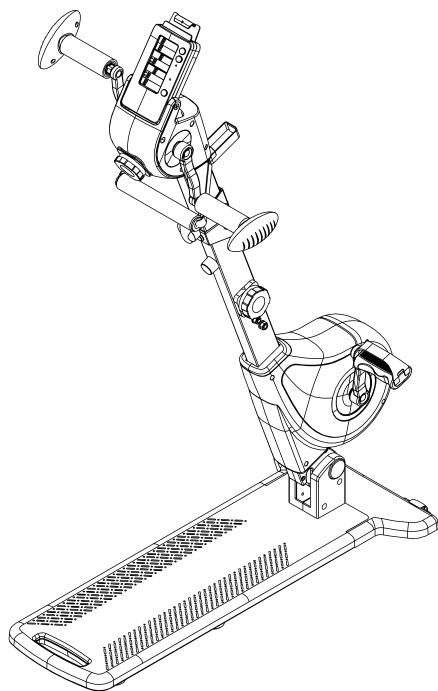




## BODY BIKE

### Instruction Manual



## ECHELON FIT™ APP

FITNESS APP FOR SMARTPHONES AND TABLETS



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**Read instructions carefully and thoroughly before first use.**

Requires 2 AA batteries (1.5V each). Do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (NiCd, Ni-Mh, etc) batteries.

# SAFETY INFO & WARNINGS

## WARNING

Before starting any exercise program, consult with your physician or health professional, especially if you are above 35 years old or have a health condition.

## ATTENTION

1. Save these instructions and ensure that other users read this manual prior to using the Body Bike for the first time.
2. Read all warnings and cautions posted on the Body Bike.
3. The Body Bike should only be used after a thorough review of the manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children under the age of 13 away from the Body Bike. Do not allow children to use or play on the Body Bike. Keep children and pets away from the Body Bike while it is in use.
6. The Body Bike is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the Body Bike on a solid, level surface. Do not position the Body Bike on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the Body Bike.
10. Keep fingers clear of all pinch points when folding and unfolding the Body Bike.
11. Before using, inspect the Body Bike for worn or loose components. Securely tighten or replace any worn or loose components prior to use.
12. Each user should adjust the angle of upper and bottom tension control system per instruction.
13. Do not attempt to adjust the angle of upper and bottom tension control system while you are using the Body Bike.
14. Make sure the folding mechanism is fully locked before use.
15. Consult a physician prior to starting an exercise program and follow their recommendation in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop immediately and consult your physician.
16. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
17. Do not wear loose clothing while using the Body Bike.
18. Never exercise barefoot or while wearing only socks. Always wear proper footwear for running, walking, or crossing training. Wear shoes that fits well, provides foot support, and has non-skid rubber soles.
19. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Body Bike. Loss of balance may result in serious injury.
20. The maximum weight capacity of the Body Bike is 248 lbs (113 kg).
21. The Body Bike should be used by only one person at a time.
22. The Body Bike is for consumer use only. It is not for use in public or commercial facilities.

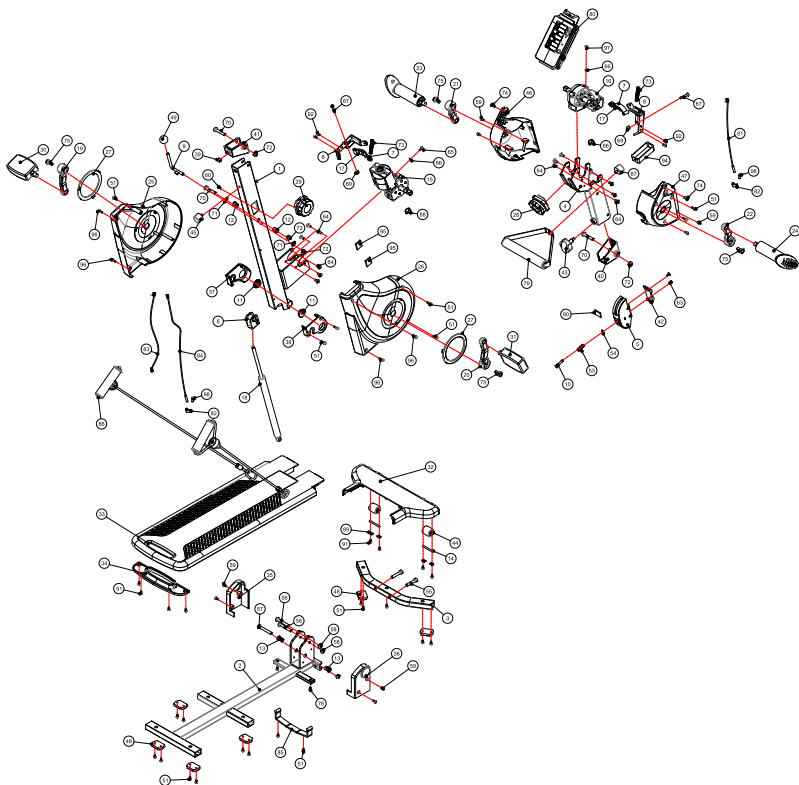
# SAFETY INFO & WARNINGS

Requires 2 AA batteries (1.5V each). Do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (NiCd, Ni-Mh, etc) batteries.

**NOTE:** 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 separation 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.

## EXPLODED DIAGRAM



# PARTS LIST

#	PARTS NAME	QTY	#	PARTS NAME	QTY
1.	Upright Post	1	48.	Feet Cushion	6
2.	Base Frame	1	49.	Adjustment Lever Handle	1
3.	Front Base Support	1	51.	Phillips Head Screw, ST4.2×16 mm	28
4.	Post for Upper Body System	1	53.	Compression Spring	1
5.	Folding Joint	1	54.	C Ring \$ 10X \$ 5X0.8t	1
6.	Cylinder Bracket	1	55.	Socket Head Cap Screw, M8×40 mm	2
7.	Magnet Holder	2	56.	Button Head Cap Screw, M8×55 mm	2
8.	Magnet Bracket	2	57.	Button Head Cap Screw, M8×60 mm	1
9.	Adjustment Lever	1	58.	Nylon Nut M8 (Thicker)	3
10.	Folding Joint Pin	1	59.	Phillips Head Screw, M5×10 mm	8
11.	Adjustment Collar	2	60.	Phillips Flat Head Head Screw, M5×20 mm	1
12.	Upper Collar for Cylinder	2	63.	Phillips Head Screw, M5×12 mm	2
13.	Bottom Collar for Cylinder	2	64.	Button Head Cap Screw, M6×10 mm	12
14.	Transport Wheel Spacer	2	65.	Phillips Head Screw, M4×12 mm	4
15.	Resistance Mechanism for Feet System	1	66.	Hex Nut M4	2
16.	Resistance Mechanism for Hand system	1	67.	Socket Head Cap Screw, M6×35 mm	2
17.	Magnet	7	69.	Nylon Nut M6	2
18.	Cylinder	1	70.	Button Head Cap Screw, M8×45 mm	3
19.	Left Crank for Feet System	1	71.	Flat Washer M8	2
20.	Right Crank for Hand System	1	72.	Nylon Nut M8 (Thinner)	4
21.	Left Crank for Hand System	1	73.	Compression Spring φ9*φ0.6*45L	2
22.	Right Crank for Hand System	1	74.	Button Head Screw, M6×26 mm	2
23.	Left Handlebar	1	75.	Hex Head Screw M8×20 mm	4
24.	Right Handlebar	1	76.	Wrench #13 - #15	1
25.	Left Housing for Feet System	1	77.	Allen Wrench T6	1
26.	Right Housing for Feet System	1	78.	Phillips Rounded Head Screw, ST4.2×20 mm	2
27.	Housing Ring	1	79.	Balancing Handle	1
28.	Upper Tension Control Knob	1	80.	Monitor	1
29.	Bottom Tension Control Knob	1	81.	Pen Sensor for Hand System	1
30.	Left Pedal	1	82.	Sensor Base	2
31.	Right Pedal	1	83.	Sensor Wire	1
32.	Front Base Cover	1	84.	Pen Sensor for Feet System	1
33.	Main Base Cover	1	85.	Connection Bandage	1
34.	Bottom Base Cover	1	87.	Upper Cushion	1
35.	Left Bottom Joint Cover	1	88.	Sensor Holder	2
36.	Right Bottom Joint Cover	1	89.	Washer	4
37.	Left Upper Joint Cover	1	90.	Rubber Pad	1
38.	Right Upper Joint Cover	1	91.	Phillips Rounded Head Screw, ST4.2×13 mm	4
39.	Folding Button	1	92.	Phillips Head Screw, M5×8 mm	4
40.	Upper Folding Joint Cover	1	94.	Bandage	1
41.	Bottom Folding Joint Cover	1	95.	EVA Sticker	2
42.	Front Folding Joint Cover	1	96.	Phillips Rounded Head Screw, M4×10mm	4
43.	Folding Joint Knob	1	97.	Phillips Head Screw, M4×15mm	1
44.	Transport Wheel	2	98.	Phillips Head Screw, M4×10mm	2
45.	Bottom Cushion	1			
46.	Left Housing for Hand System	1			
47.	Right Housing for Hand System	1			

# HARDWARE LIST

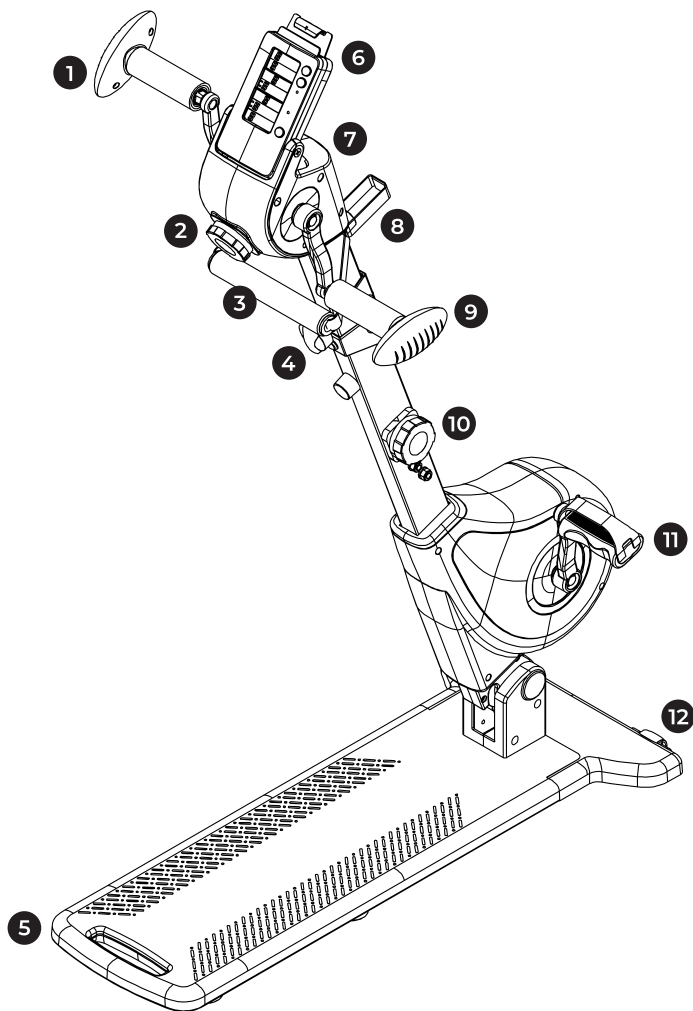


Socket Head Cap Screws M8\*40 mm (×2)  
Wrench #13 and #15  
Allen Wrench T6



# PRODUCT DESCRIPTION

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1. Left Handlebar             | 7. Housing for Hand System      |
| 2. Upper Tension Control Knob | 8. Bandage                      |
| 3. Balancing Handle           | 9. Right Handlebar              |
| 4. Folding Button             | 10. Bottom Tension Control Knob |
| 5. Main Base Cover            | 11. Pedal                       |
| 6. Monitor                    | 12. Transport Wheel             |

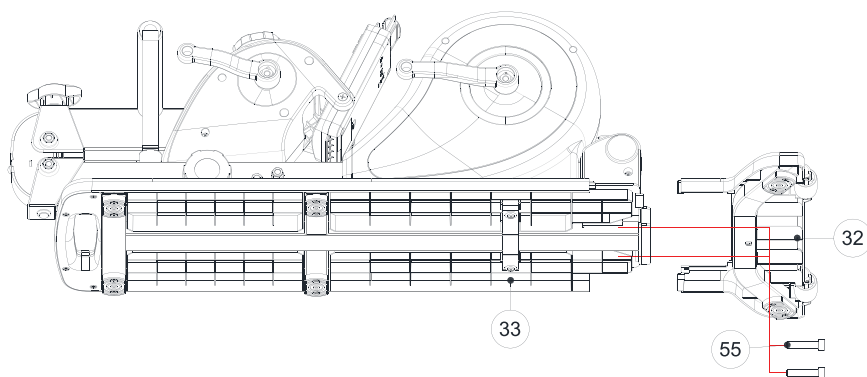


# ASSEMBLY

**ATTENTION:** Fully tighten all screws before starting workout.  
Please read the instructions carefully.

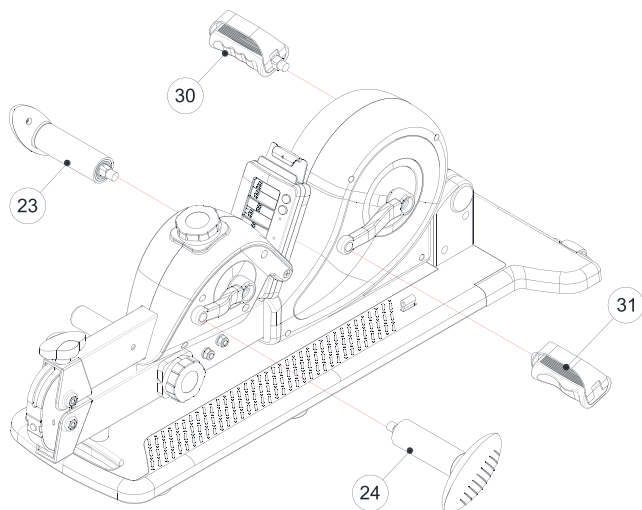
## STEP 01

Attach #32 Front Base Cover onto #33 Main Base Cover with: #55 Socket Head Cap Screw M8\*40 mm.



## STEP 02

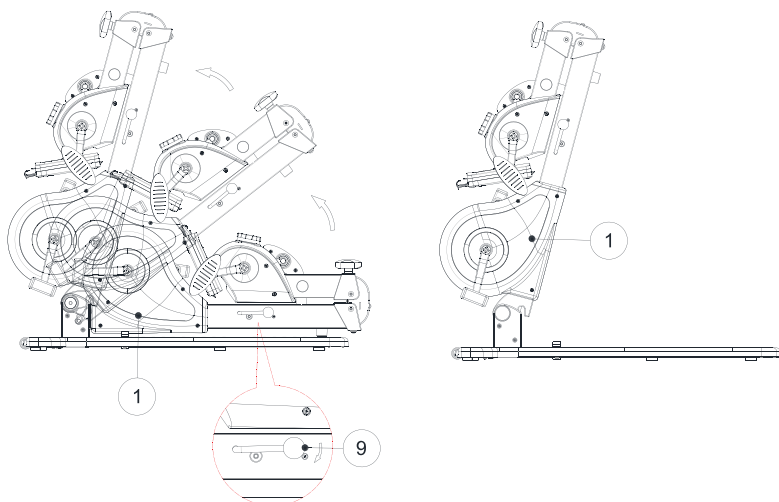
Attach #23/24, Left/Right Handlebars and #30/31, Left/Right Pedals.



# ASSEMBLY

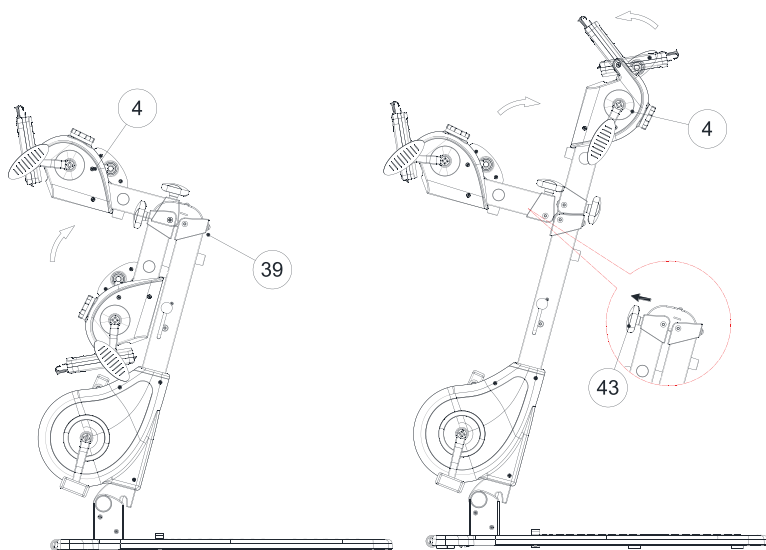
## STEP 03

Push down #9 Adjustment Lever to lift up #1 Upright Post. Adjust appropriate angle by pushing down the same lever.



## STEP 04

Life up #4 Post for Upper Body System and rotate it forward to lock with #39 Folding Button. Then tighten #43 Folding Joint Knob. To adjust the angle of the post, loosen #43 and the re-tighten it once it's moved to the comfortable position.



# TENSION ADJUSTMENT

## RESISTANCE LEVELS

The resistance levels are represented by the green, yellow, and red areas on the #28/29 Tension Control Knobs. Be sure to select a resistance range you are most comfortable with.

**Green** = Lower Resistance Levels

**Yellow** = Medium Resistance Levels

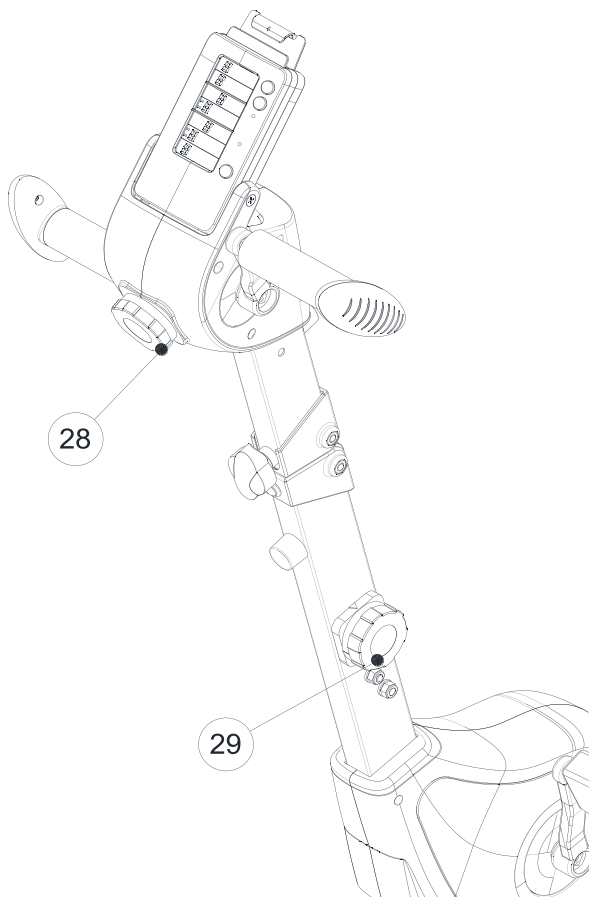
**Red** = Higher Resistance Levels.

## INCREASE RESISTANCE

To increase resistance level, rotate #28 Upper Tension Control Knob or #29 Bottom Tension Control Knob clockwise toward the "+" symbol by the red area.

## DECREASE RESISTANCE

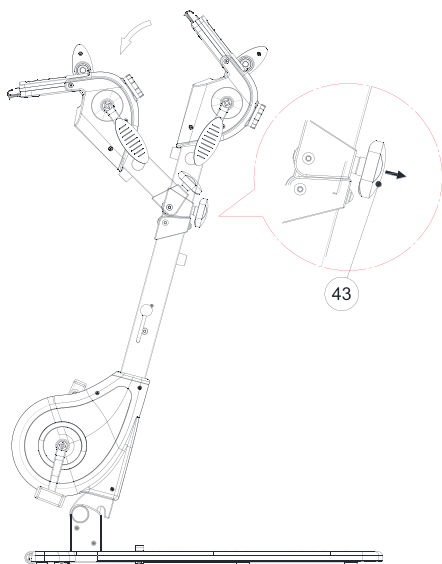
To decrease resistance level, rotate the knobs counter-clockwise toward the "-" symbol by the green area.



# ANGLE ADJUSTMENT

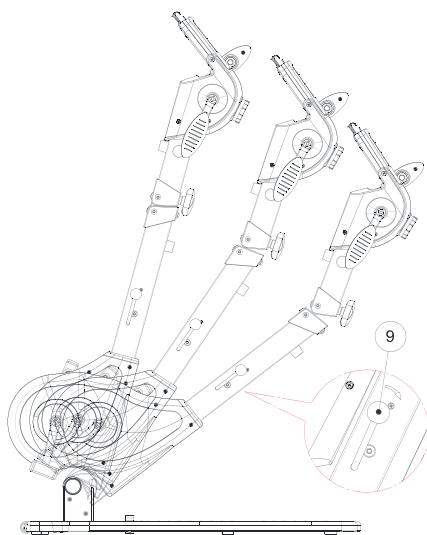
## STEP 01

Loosen #43 Folding Knob by turning it counter-clockwise. Push #46/47 Housing for Hand System backward to appropriate angle for your workout.



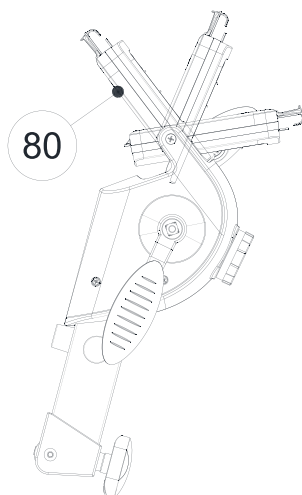
## STEP 02

Push down #9 Adjustment Lever to adjust #1 Upright Post.



# MONITOR ADJUSTMENT

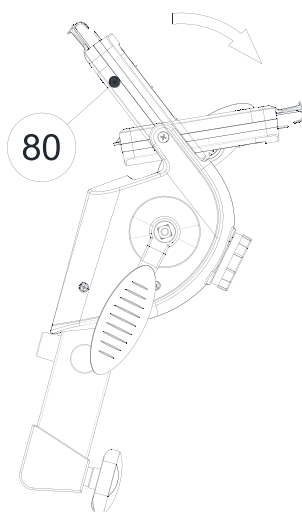
Bottom Tension Control Knob clockwise.



## FOLDING

### STEP 01

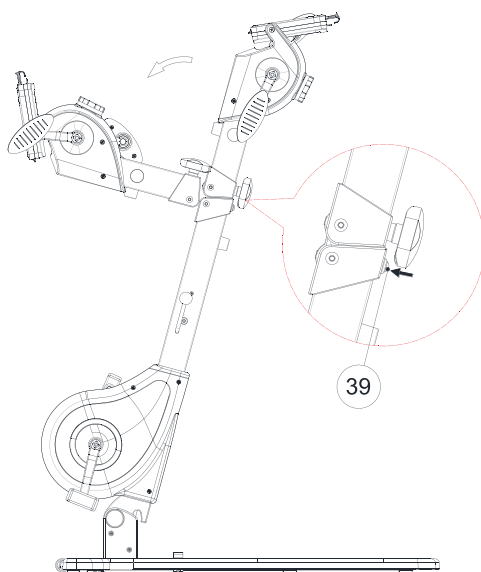
Rotate #80 Monitor forward.



# FOLDING

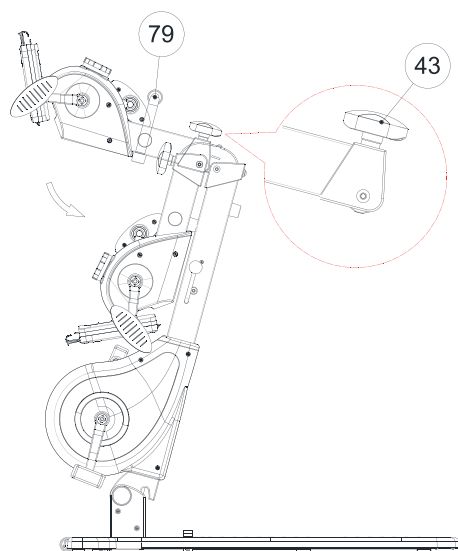
## STEP 02

Press #39 Folding Button to fold down the upper part of the Body Bike.



## STEP 03

Hold #79 Balancing Handle and loosen #43 Folding Knob by turning it counter-clockwise. Push #46/47 Housing for Hand System fully backwards.

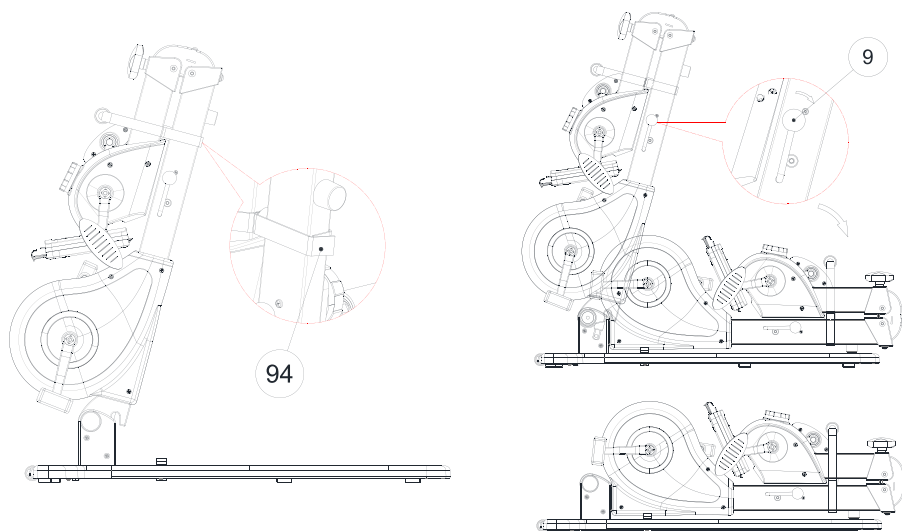


# FOLDING

## STEP 04 & 05

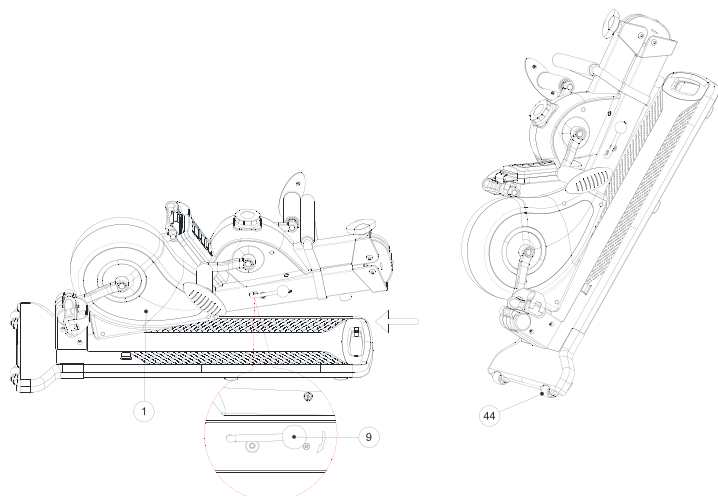
- Wrap and tighten both posts together with #94 Bandage.
- Push down #9 Adjustment Lever to fully fold down the whole unit.

NOTE: Please keep #94 Bandage tightened on both posts. Do not un-tighten it.



## STEP 06

To move the Body Bike in folding position, push down #9 Adjustment Lever to lift up the post slightly in order to have enough space for grabbing the blue handle. Hold the blue handle tightly and move the whole unit with #44 Transport Wheel.





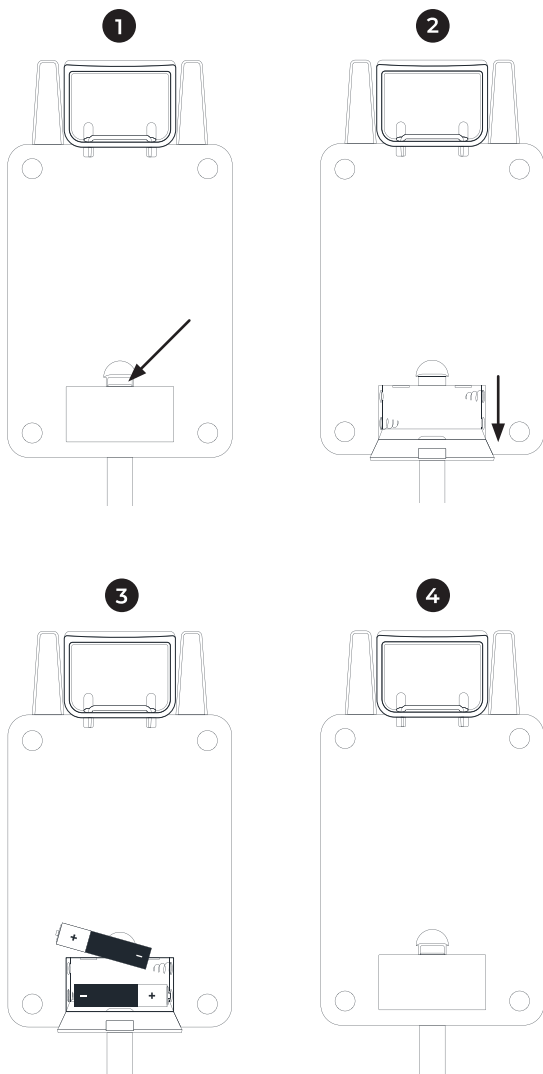
# BATTERY INSTALLATION

## BATTERY REQUIREMENTS

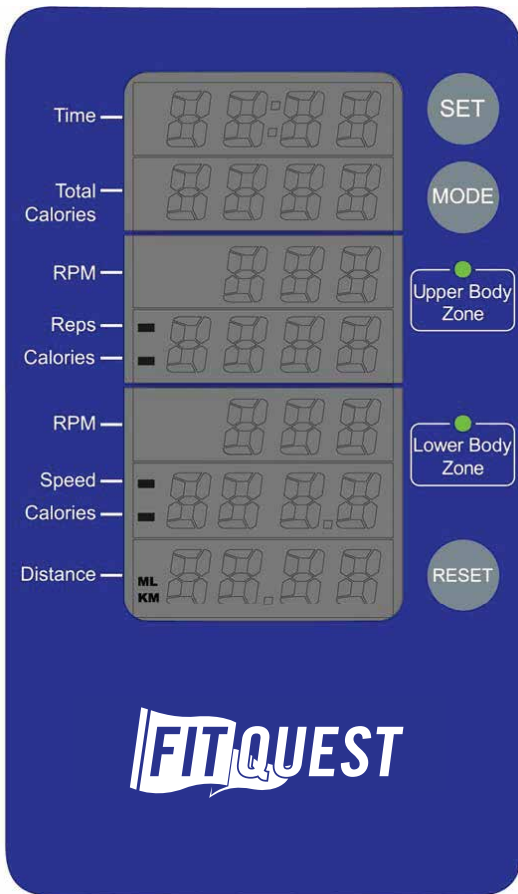
The monitor operates with two AA batteries (1.5V each).

## BATTERY INSTALLATION

Locate the battery compartment cover on the back of the monitor. Remove the back cover and insert two AA batteries according to the correct polarity as shown. Replace the cover.



# CONSOLE OPERATION



## 1. DISPLAY DEFINITION

### POWER ON

Move the pedals, handlebars, or press any button. All displays will show for 2 seconds before entering standby mode after installing batteries.

### POWER OFF

Automatically shuts off after 4 minutes of inactivity. Display enters standby mode after 4 seconds of inactivity.

### TIME

Shows duration of exercise.

Display Range: 00:00 ~ 99.59

Setting Range: 0 ~ 99 minutes. The minimum adjustable value is 1 minute.

# CONSOLE OPERATION

## **TOTAL CALORIES**

Displays calories burned during exercise.

Display Range: 0 ~ 9999

Setting Range: 0 ~ 9999 minutes. The minimum adjustable value is 10 Kcal.

## **RPM - UPPER BODY**

Displays revolutions per minute for arm exercise.

Display Range: 0 ~ 999

## **RPM - LOWER BODY**

Displays revolutions per minute for leg exercise.

Display Range: 0 ~ 999

## **REPETITIONS**

Displays the number of rotations completed for upper body exercise.

Display Range: 0 ~ 9999

Setting Range: 0 ~ 9999. The minimum adjustable value is 10.

## **CALORIES - UPPER BODY**

Displays calories burned for arm exercises.

Display Range: 0 ~ 9999

Setting Range: 0 ~ 9999. The minimum adjustable value is 10Kcal.

## **CALORIES - LOWER BODY**

Displays calories burned for leg exercises.

Display Range: 0 ~ 9999

Setting Range: 0 ~ 9999. The minimum adjustable value is 10Kcal.

## **SPEED**

Displays the speed of leg exercise.

Display Range: 0 ~ 999.9

## **DISTANCE**

Displays distance traveled during exercise.

Display Range: 0 ~ 99.99 KM or Miles

Setting Range: 0 ~ 99.99 KM or Miles. The minimum adjustable value is 1 KM/ Mile.

## **SCAN**

Automatically scans REPS, CALORIES (UPPER BODY), SPEED, and CALORIES (for LOWER BODY) in sequence every six seconds.

## **2. CONTROL BUTTON DEFINITION**

### **MODE BUTTON**

Select functions for value setting in sequence. TIME → REPETITIONS → CALORIES (UPPER BODY) → CALORIES (LOWER BODY) → DISTANCE

# CONSOLE OPERATION

## SET BUTTON

Press SET button for adjusting the value of each function. Press the button once to increase the setting value by one. Press and hold the button to continuously increase the setting value.

Time: Minimum value is 1 minute.

Total Calories: Minimum value is 10 Kcal

Repetitions: Minimum value is 10 times.

Calories (for Upper Body): Minimum value is 10 Kcal.

Calories (for Lower Body): Minimum value is 10 Kcal.

Distance: Minimum value is 1 KM or Mile.

## RESET BUTTON

Press RESET button to clear the setting value in each function. Press and hold the button for 2 seconds to clear the setting values for all functions.

## SWITCH DISTANCE UNIT

Press "SET" and "RESET" buttons together for over 5 seconds. KM or Miles appears on the left right corner under Distance Display.

## QUESTIONS? CONTACT CUSTOMER SERVICE 833-937-2453



Read Instructions  
Before Operating

MADE IN  
CHINA



PATENT  
PENDING

Rev: 031821

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@echelonfit.com](mailto: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 Returns 2001 Riverside Drive, Building 2, Chattanooga, TN 37406.

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](mailto:cs@echelonfit.com).

Register your product online at [echelonfit.com/pages/register-warranty/](http://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](mailto:cs@echelonfit.com)

Model:

**BODYBIKE-FQ**

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

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