

# CORE LOUNGE™ ULTRA

## INSTRUCTIONS



## ECHELON™ FIT

FITNESS APP FOR SMARTPHONES AND TABLETS



### **LIVE / ON-DEMAND CLASSES**

lead by certified instructors

### **"THE EXTRA MILE"**

to warm-up and cool-down

### **SCENIC RIDES**

recorded in beautiful locations

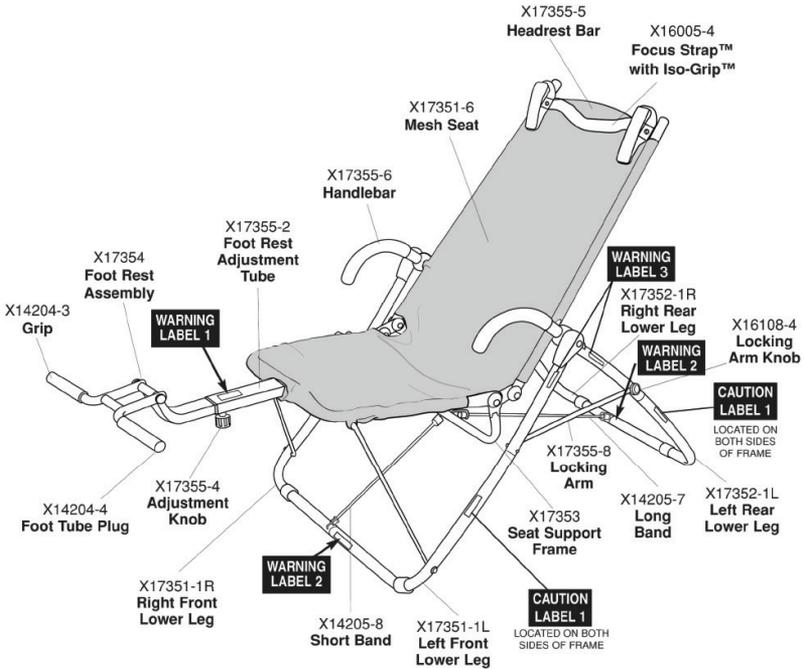
### **STAY TOGETHER**

by connecting with family & friends

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Read instructions carefully and thoroughly before first use

# UNIT DIAGRAM



WARNING LABEL 1

**! WARNING**

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATE IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. HOUSEHOLD USE ONLY. WEIGHT CAPACITY: 250 LBS MODEL: CORELU-FN MADE IN CHINA

**VIATEK®**  
 1-888-784-2835  
 CS@VIATEK.COM  
 VIATEKPRODUCTS.COM  
 [DATE CODE]

WARNING LABEL 2

**! WARNING**

DETACH THIS END OF BAND FROM FRAME BEFORE FOLDING. FAILURE TO DO SO MAY RESULT IN INJURY.

WARNING LABEL 3

**! WARNING**

**CRUSH HAZARD**  
 Keep hands clear during folding. Failure to do so could result in crushed fingers.

CAUTION LABEL 1

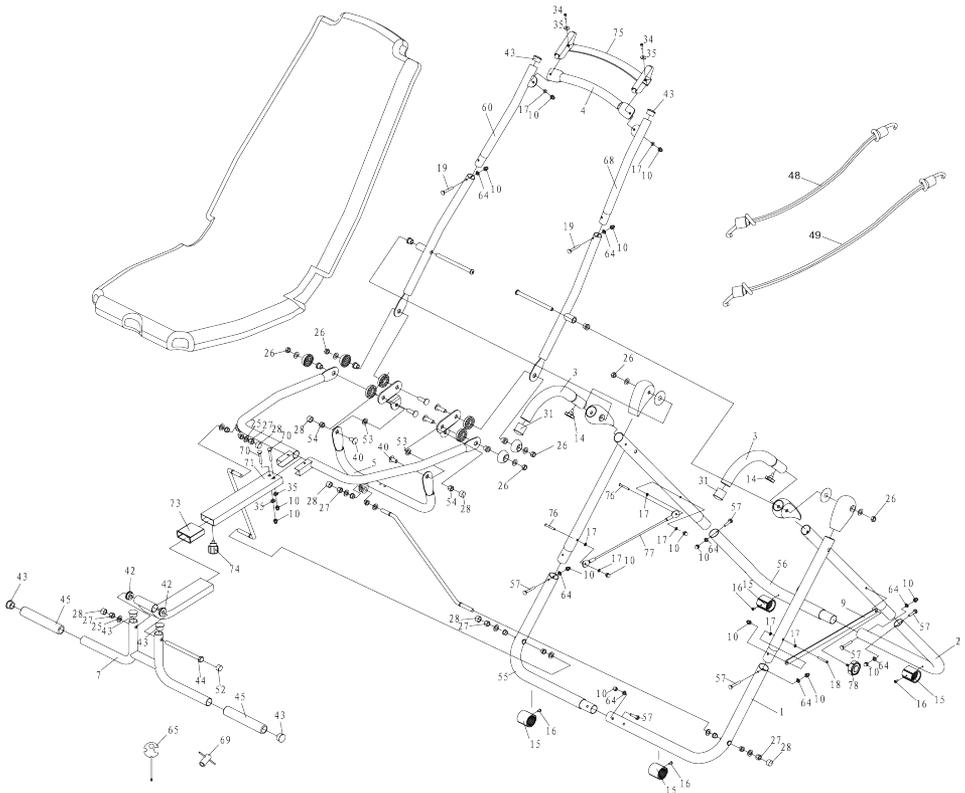
**! CAUTION**

Place hand here when folding. Keep hand outside of tubes to prevent pinched fingers.

# PARTS LIST

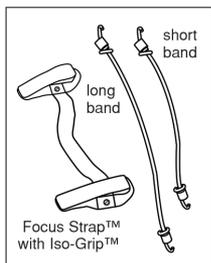
ITEM	PARTS #	DESCRIPTION	QTY.	ITEM	PARTS #	DESCRIPTION	QTY.
1	X17351-1L	Left Front Lower Leg	1	52	X14204-7	Nut Cap	1
2	X17352-1L	Left Rear Lower Leg	1	53	X14208-1	M10 Nylon Washer	2
3	X17355-6	Handlebar	2	54	X14205-23	M10 Thin Nylon Nut	2
4	X17355-5	Headrest Bar	1	55	X17355-1R	Right Front Lower Leg	1
5	X17353	Seat Support Frame	1	56	X17352-1R	Right Rear Lower Leg	1
7	X17354-2	Foot Rest Tube	1	57	X14205-9	M6 x 39mm Carriage Bolt	6
9	X17355-8	Locking Arm	1	60	X17355-1R	Right Upper Support Tube	1
10	X14205-18	M6 Acorn Nut	15	64	X14205-15	M6 Curved Washer	8
14	X14205-19	Knob	2	65	X14205-20	Multi Hex Tool w/ Phillips Screwdriver	1
15	X14201-22	Rubber Foot	2	68	X17355-1L	Left Upper Support Tube	1
16	X14201-23	M5 x 19mm Phillips Screw	2	69	X14205-21	Hex Tool (10mm)	1
17	X14205-17	M6 Small Washer	8	70	X17355-9	M6 x 38mm Carriage Bolt	2
18	X14205-10	M6 x 43mm Phillips Bolt	1	71	X17355-2	Front Rest Adjustment Tube	1
19	X14205-11	M6 x 34mm Carriage Bolt	2	73	X17355-3	Seat Frame Bushing	1
25	X14201-18	M10 Thick Washer	1	74	X17355-4	Adjustment Knob	1
26	X14201-13	M10 Small Nylon Nut	6	75	X16005-4	Focus Strap w/ Iso Grips	1
27	X14201-20	M10 Large Nylon Nut	4	76	X17355-10	M6 x 45mm Phillips Bolt	2
28	X14201-21	M10 Nut Cap	4	77	X16101-9	Cable	1
31	X17355-7	Handlebar Plug	2	78	X16108-4	Locking Arm Knob	1
34	X14205-13	M6 x 20mm Phillips Bolt	2		X17354	Foot Rest Assembly	1
35	X14205-16	M6 Large Washer	4		X17355	Parts Box	1
40	X14205-14	M10 x 20mm Carriage Bolt	2		X17355F	Fastener Pack	1
42	X14204-6	Plastic Bushing	2				
43	X14204-4	Plug	4				
44	X14204-5	M10 x 143mm Hex Bolt	1				
45	X14204-3	Grip	2				
48	X14205-8	Short Band (Front)	1				
49	X14205-7	Long Band (Rear)	1				

# EXPLODED VIEW



# PARTS DIAGRAM

**NOTE:** Some parts may be pre-lubricated. To protect your flooring or anything the parts may contact, lay down a newspaper or cloth.

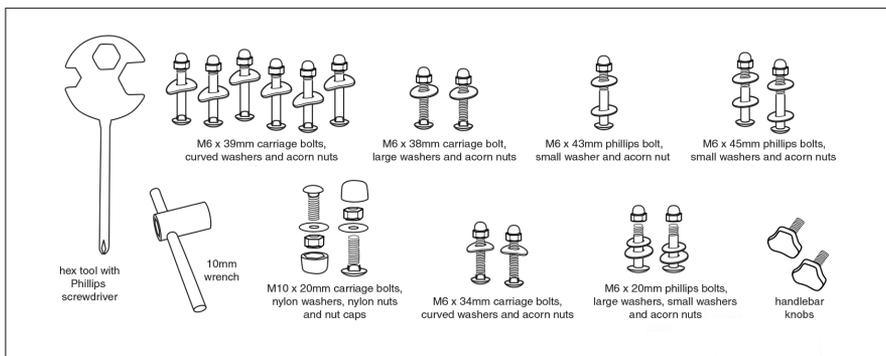
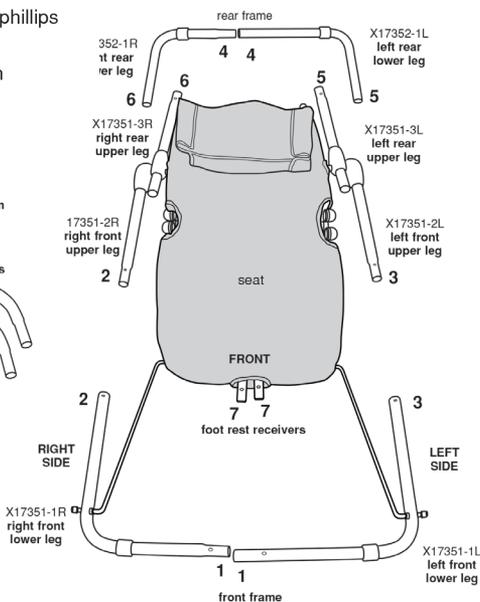
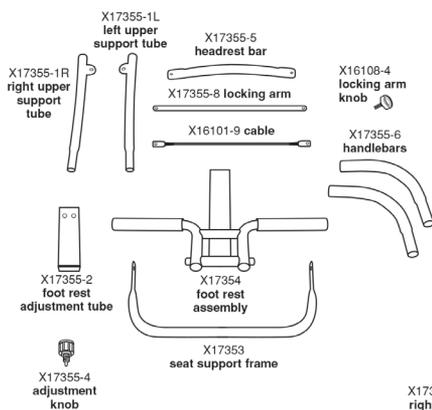


## Parts Bag

- (1) Long Band
- (1) Short Band
- (1) Focus Strap™ with Iso-Grip™

## Tools Included:

- Hex tool with phillips screwdriver
- 10mm wrench

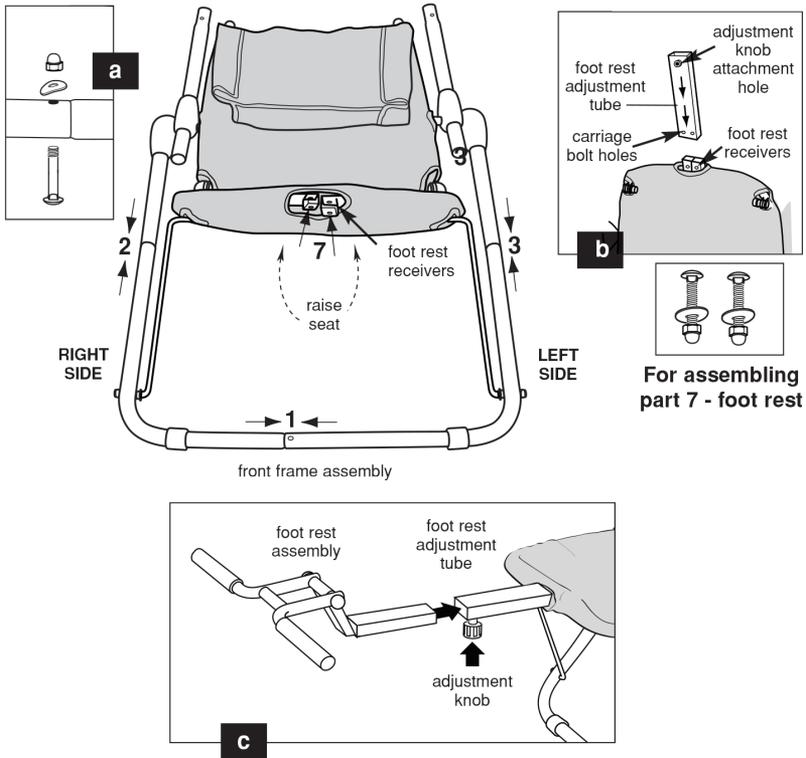


**For an instructional video to aid in assembly, visit [CORELOUNGEULTRA.COM](http://CORELOUNGEULTRA.COM)**

# ASSEMBLY

Remove all parts from packing and lay out pieces as illustrated in PARTS DIAGRAM.

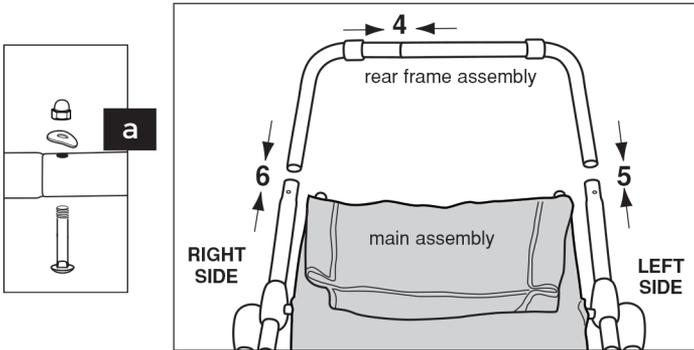
**FIG. 1**



1. Slide Front Leg pieces (1) together. Secure with an M6x39mm Carriage Bolt, Curved Washer, and Acorn Nut (see fig. 1a). Tighten nut with wrench provided. NOTE: Bolts should enter from bottom of frame tubes so nut is on top.
2. Pull up gently on Foot Rest Receivers (7) to allow for parts 2 and 3 to meet. Slide together and secure with an M6x39mm Carriage Bolt, Curved Washer, and Acorn Nut (fig. 1a) on both 2 and 3 (fig. 1).
3. As shown in fig. 1b, slide Foot Rest Adjustment Tube onto Foot Rest Receiver (7). Slide two M6x38mm Carriage Bolts through the two holes from top of Foot Rest Adjustment Tube. Add washers and secure with Acorn Nuts.
4. Partially screw the Adjustment Knob into underside of Foot Rest Adjustment Tube at front of unit (fig. 1c). Pull down Adjustment Knob and slide Foot Rest Assembly into the Foot Rest Adjustment Tube. Let Adjustment Knob retract, making sure it is secure in one of the holes on Foot Rest Assembly. Secure Adjustment Knob by turning clockwise until tight.

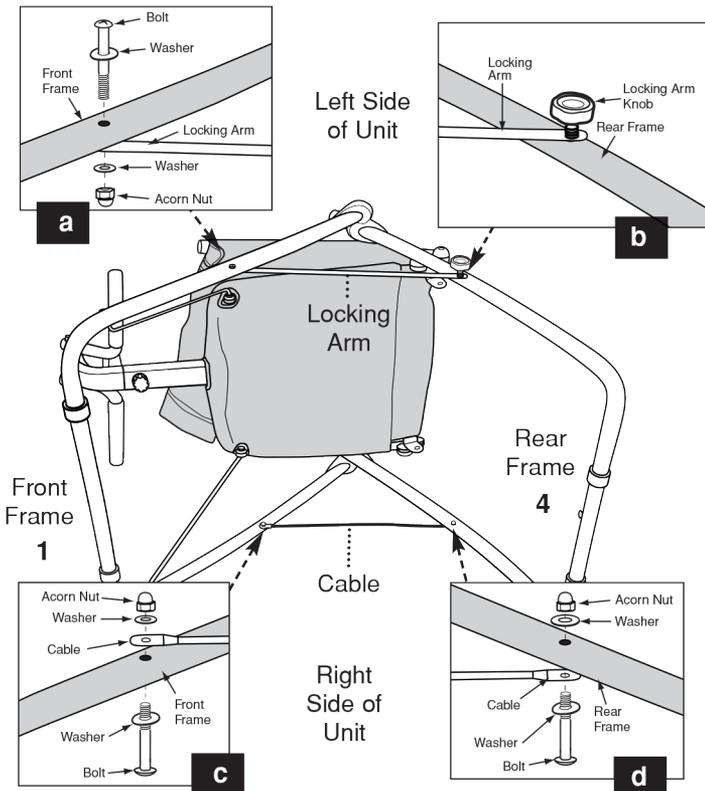
# ASSEMBLY

**FIG. 2**



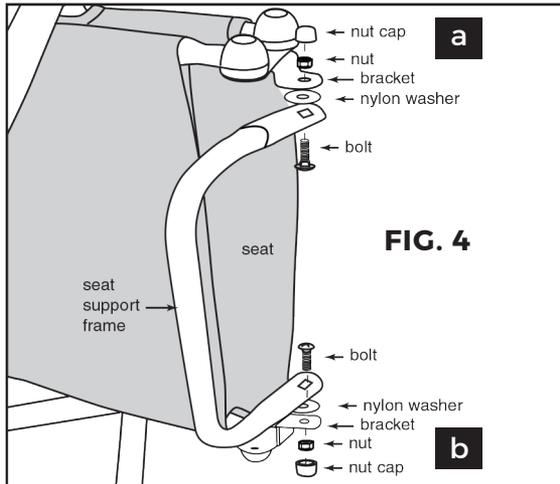
- As shown in fig. 2, slide Rear Leg pieces (4) together. Secure with an M6x39mm Carriage Bolt, Curved Washer, and Acorn Nut. Bolts should enter from bottom of frame tubes with washer and nut on top (fig. 3a). Tighten Nut with wrench provided.
- Slide Rear Frame Assembly onto Main Frame Assembly, matching up parts 5 and 6 (fig. 2). Secure with M6x39mm Carriage Bolts, Curved Washers, and Acorn Nuts in the same configuration as step 5 (fig 2a).

**FIG. 3**



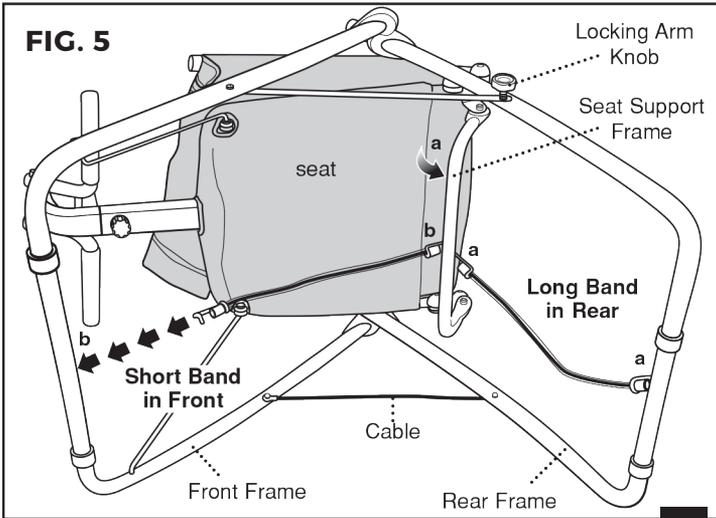
# ASSEMBLY

7. Lift left side up so right side remains on floor and rotate Rear Frame Assembly around until unit is oriented as shown in Fig. 3.
8. Starting on the right side of the unit, position one end of Cable on Inside of Right Front Frame (1) and align bolt holes. Lift unit slightly and insert an M6x 45mm Phillips Bolt and Washer from bottom of Right Front Frame (fig. 3c). Secure with Washer and Acorn Nut. Tighten Bolt with Wrench and Screwdriver provided.
9. Position other end of cable to outside of Right Rear Frame (4) and align holes. Insert Phillips Bolt and Washer from bottom Right Rear Frame (fig. 3d). NOTE: Cable will be on inside of Right Front Frame and on outside of Right Rear Frame. Secure with Washer and Acorn Nut (or a Nut and Nut Cap). Tighten Bolt with Wrench and Screwdriver provided.
10. Position Locking Arm under Left Front Frame and align bolt holes. Insert M6x43mm Phillips Bolt and Washer from the outside of frame (fig. 3a). Secure with Washer and Acorn Nut. Tighten Bolt with Wrench and Screwdriver provided.
11. Rotate loose end of Locking Arm to top side of Left Rear Frame. Align holes and insert Locking Arm Knob through frame and tighten (fig. 3b). NOTE: If you have difficulty tightening bolts while unit is lying down, stand unit upright.



12. While unit is still on its side, place Seat Support Frame between Brackets sticking out at fold of Seat (fig. 4). NOTE: You may have to slightly flex brackets to insert support frame.
13. Place a Nylon Washer between Seat Support Frame and Bracket (fig. 4a).
14. Slide a M10x20mm bolt through Seat Support Frame, Nylon Washer, and Bracket (fig. 4a). Secure with a Nylon Nut. Tighten and add a nut cap. NOTE: Seat Support Frame must rotate back and forth easily.
15. Repeat steps 12-13 on other side (fig. 4b).
16. Locate the two holes (a & b) on tube of Seat Support Frame (fig. 5). Hook one end of Long Band (a) to lower hole of Seat Support Frame. Hook

# ASSEMBLY



other end of Long Band to hole on Rear Frame (a). Make sure hooks are inserted completely (fig. 5c). NOTE: Chair will pivot easily at this point. Make sure you hold Frame firmly in place as you attach bands.

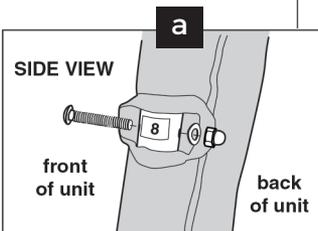
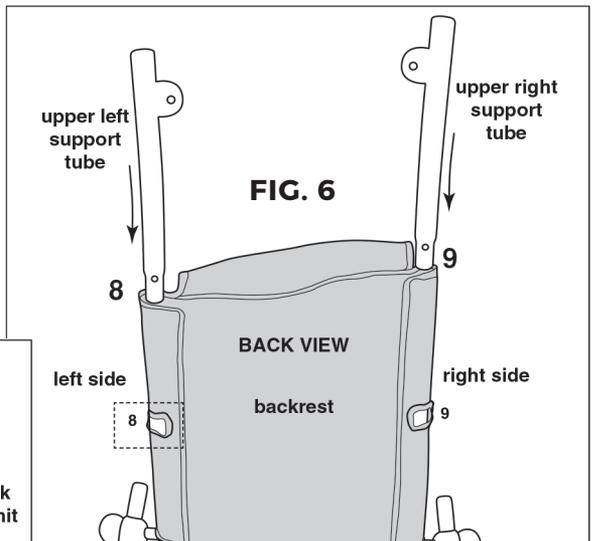
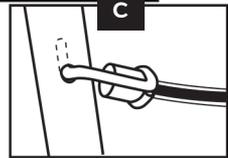
17. As shown in fig. 5, hook Short Band (b) into upper hole (b) on Seat Support Frame and hook other end into hole on Front Frame (b).

18. Stand unit upright.

19. As shown in fig. 6, working from back of unit, slide Left Upper Support Tube (8) through fabric pocket on left into its corresponding hole on Main Frame Assembly.

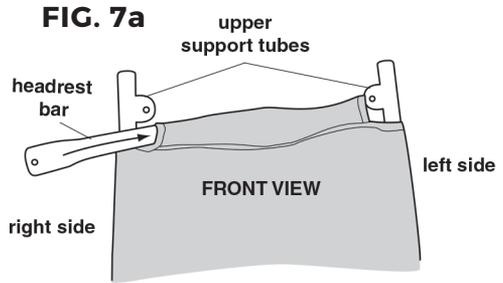
20. Secure in place using M6x34mm Carriage Bolt, Curved Washer, and Acorn Nut (fig. 6a).

21. Repeat step 19-20 on right side to attach Right Upper Support Tube (9).



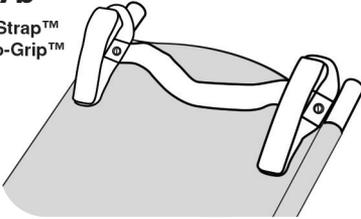
# ASSEMBLY

22. As shown in fig. 7a, working from front of unit, slide Headrest Bar through fabric pocket at top of back rest making sure Headrest Bar is in front of Upper Support Tubes and the bend is pointed up.
23. As you secure Headrest Bar to Upper Support Tubes, you are also attaching Focus Strap™ with Iso-Grip™ (see fig. 7b).
24. Place a Large Washer onto M6x20mm Phillips Bolt from the front. Put bolts through Focus Strap™ with Iso-Grip™ holes, the Headrest Bar and Back Support Tubes (fig 7c). Secure Washers and Acorn Nuts.

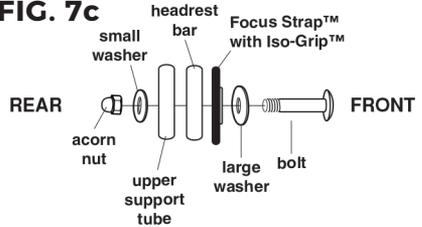


**FIG. 7b**

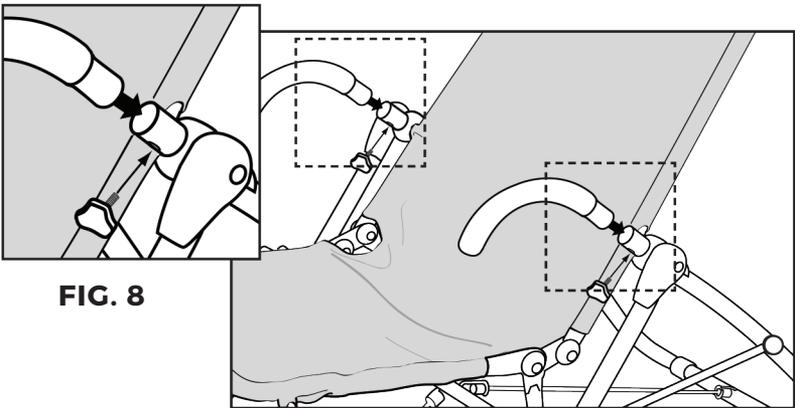
Focus Strap™  
with Iso-Grip™



**FIG. 7c**



25. As shown in fig. 8, slide each Handlebar into holes on either side of top of Main Frame Assembly with Handlebar curves facing down. Align holes and guide a Handlebar knob through holes on left side and secure. Repeat on right side.



**Check all bolts and nuts to be sure they are tight before using unit.**

# GETTING ON

1. Stand next to the unit near foot rest (fig. 1).
2. Place one hand lightly on handlebar and carefully step over footrest cross bar connecting seat and foot rest (fig. 2).
3. Facing the foot rest, slowly sit down on seat (fig. 3).
4. When your hips feel centered, lean back into a comfortable reclining position. Lift feet, one at a time, and place on foot rests. Reach overhead and grasp the Iso-Grip™ handles or Focus Strap™ with a light grip (fig. 4).



FIG. 1



FIG. 2



FIG. 3



FIG. 4

# GETTING OFF

1. Release hands from Iso-Grip™ handles or Focus Strap™ and lean forward until you are upright.
2. Lower feet, one foot at a time, until flat on floor.
3. Stand up slowly using handlebars on sides of unit, and carefully step back over bar to one side of unit.

# ADJUSTING FOOT REST

1. Grasp knob on the underside of foot rest crossbar. Pull pin out and slide foot rest closer or further away from crossbar (fig. 5).
2. Replace pin into one of holes in crossbar. Make sure pin is secure before placing feet on bar.
3. Foot rest should be adjusted where knees are bent at a right angle, about 90 degrees, when feet are resting on bar (fig. 6).

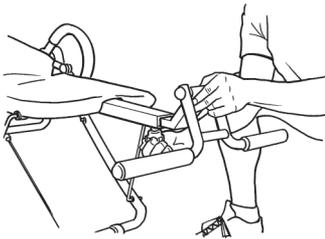


FIG. 5



FIG. 6

# FOLDING UNIT

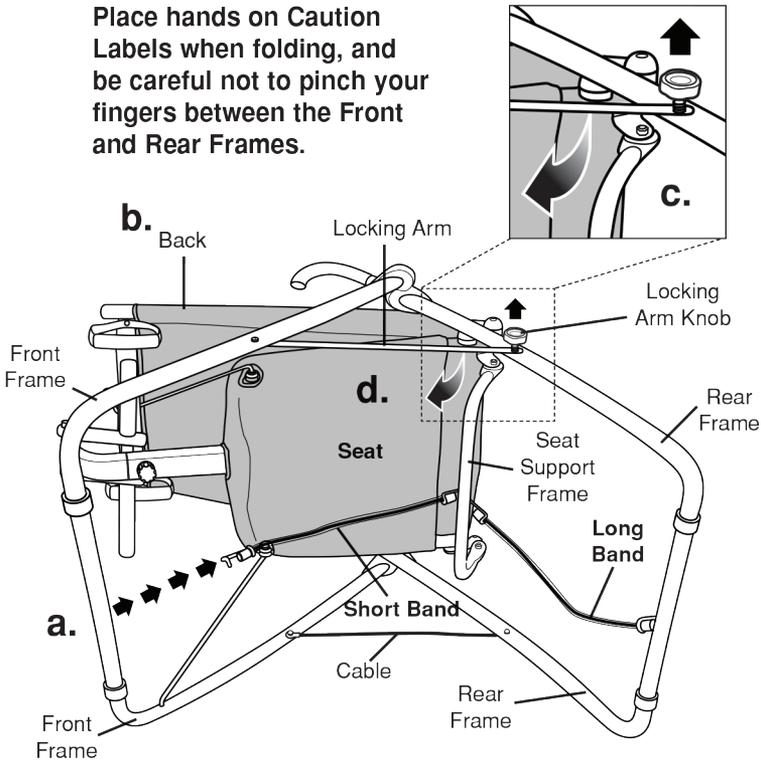
**Always review these instructions prior to folding unit.**

1. Lay unit on right side as shown in Fig. 1 below.
  2. Unhook Short Band from Front Frame and Long Band from Rear Frame. Leave both Bands connected to Seat Support Frame for storage (fig. 1a).
  3. Push the Back toward the Seat until it aligns with Front Frame (fig. 1b).
  4. Remove Locking Arm Knob from Rear Frame (fig. 1c).
  5. Rotate Locking Arm toward Front Frame and re-install Locking Arm Knob for storage.
  6. Crasp Front Frame with one hand and Rear Frame with other hand and slowly pull together.
  7. For unit to store flat, you must fold Handlebars in. Loosen Handlebar Knobs and turn Handlebars inward toward unit and tighten Knobs to keep in place.
- NOTE: Before using unit, be sure Handlebars are back in correct position and Knobs are tightened.

**FIG. 1**

**IMPORTANT:**

Place hands on Caution Labels when folding, and be careful not to pinch your fingers between the Front and Rear Frames.



# CARE

- Keep equipment clean by wiping sweat, dust, or other residue off seat, foot rest, and handlebars with a soft, clean cloth after each use.
- Before each use, check bands, fabric, and stitching for signs of fraying. If you notice any wear, stop using immediately. Call Customer Service to order replacement parts.
- To protect equipment from stains and dirt, you may spray fabric with any type of protective fabric spray.
- Before each use, check frame and pivot assembly to be sure it is properly working. Check all nuts and bolts to be sure they are tight. If unit is not in proper working order, stop using immediately.

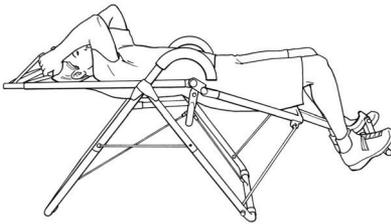
# STORAGE

- Follow folding instructions outlined in FOLDING UNIT section.
- Store unit in a dry place away from children and high traffic areas.

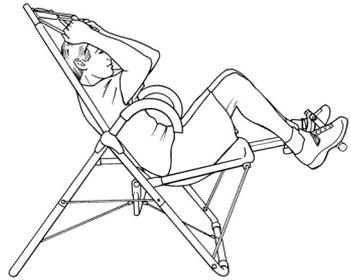
# EXERCISES

## BASIC JACKKNIFE

### STEP 1



### STEP 2



## OBLIQUE JACKKNIFE

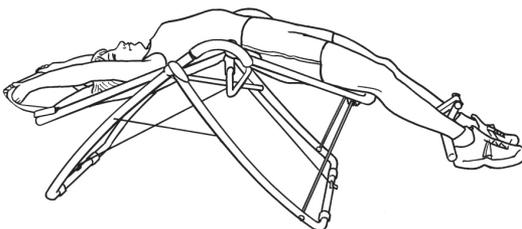
### STEP 1



### STEP 2



## TORSO & HIP FLEXOR STRETCH



# EXERCISES

## EXTENDED ARM JACKKNIFE

STEP 1

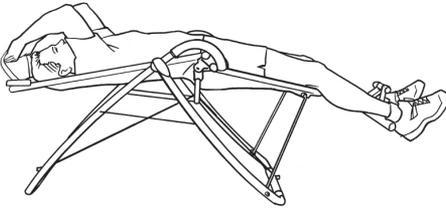


STEP 2

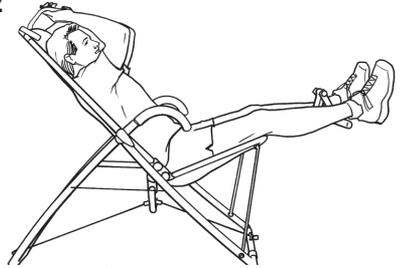


## EXTENDED LEG JACKKNIFE

STEP 1

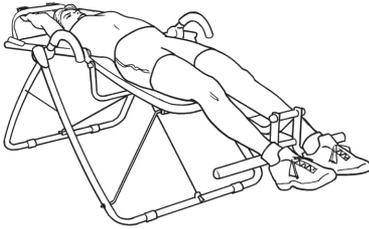


STEP 2



## ADVANCED JACKKNIFE

STEP 1

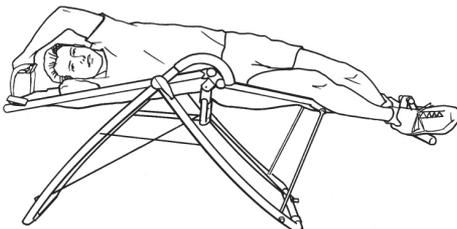


STEP 2



## LATERAL JACKKNIFE

STEP 1



STEP 2



# IMPORTANT SAFETY INSTRUCTIONS

When using exercise equipment, basic precautions should always be followed, including the following:

Read all instructions before using the CORE LOUNGE ULTRA.

**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 Core Lounge Ultra, 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 CORE LOUNGE ULTRA.

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

## WARNINGS

- ALWAYS use the Core Lounge Ultra on solid, level ground and in a well lit and ventilated area.
- ALWAYS check that the unit is secure before use.
- NEVER allow children to play on or around the unit. This helps protect them from injury from moving parts.
- ALWAYS check the unit before use.
- NEVER use the unit if it is not properly/completely assembled or is damaged in any way.
- NEVER exceed the weight limit for this unit. The weight limit for this unit is 250 pounds. Do not use the Core Lounge Ultra if your body weight is in excess of 250 pounds.
- NEVER use Core Lounge Ultra when sick or fatigued.
- ALWAYS wear proper attire and footwear that fully covers your feet. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.

# SAVE THESE INSTRUCTIONS

## THE CORE LOUNGE ULTRA IS INTENDED FOR CONSUMER USE ONLY.

- ALWAYS warm up/stretch before starting exercise.
- ALWAYS be cautious when getting on and off the Core Lounge Ultra.
- ALWAYS keep hands away from moving parts.
- NEVER overexert yourself or work to exhaustion. If you feel faint, dizzy, short of breath, or if you have chest or other pains, STOP IMMEDIATELY! Consult your physician before using the Core Lounge Ultra again.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the unit and will affect the warranty of the unit.
- ALWAYS ensure that the Core Lounge Ultra is wiped down after each use to keep it sanitary.
- Use this equipment ONLY for intended use.
- Product is NOT intended for children. Use adult supervision.
- Ensure you have a minimum of three feet of clearance behind and in front of unit. Keep children, pets, furniture, and other objects out of the way when using equipment.

If any problems arise affecting the performance of the Core Lounge Ultra, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

THIS SAFETY INFORMATION AND USER MANUAL DOES NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE CORE LOUNGE ULTRA!

## SPECS

PRODUCT WEIGHT: APPROX. 33 LBS

LENGTH: 39.5"

WIDTH: 30"

HEIGHT: 44.5"

WEIGHT CAPACITY: 250 LBS

# QUESTIONS?

## CONTACT CUSTOMER SERVICE

### 1-888-784-2835



Read Instructions  
Before Operating

MADE IN  
CHINA



PATENT  
PENDING

Rev: 041019

VIATEKPRODUCTS.COM

**For questions, assistance, or replacement parts, do not return to your retailer. Contact Viatek® customer service below.  
For refunds on items not purchased from Viatek® directly, please contact your retailer.**

## VIATEK® 1-YEAR LIMITED WARRANTY

Viatek® 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, Viatek® will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Viatek® customer service at 888.784.2835 or at [cs@viatek.com](mailto:cs@viatek.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 Viatek Consumer Products Group, Inc. 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 Viatek®, please contact us at 888.784.2835 or at [cs@viatek.com](mailto:cs@viatek.com).

Register your product online at [viatekproducts.com/register-your-product-warranty/](http://viatekproducts.com/register-your-product-warranty/)

Customer Service / Le service a la clientele / Servicio al Consumidor

☎ 888.784.2835 (+1.423.402.9010) ✉ [cs@viatek.com](mailto:cs@viatek.com)

Model:

CORELU-FN

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

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