



echelon[®]

RECUMBENT SPORT
INSTRUCTION MANUAL





Lou Lentine
CEO
Echelon Fitness
Multimedia, LLC



Hello,

I am Lou Lentine, CEO 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,

A handwritten signature in white ink, appearing to read 'Lou Lentine', with a stylized, cursive script.

Lou Lentine
CEO, Echelon Fitness Multimedia, LLC

FEDERAL COMMUNICATIONS 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 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.

FCC RF 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 FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation.

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.

CAUTION: EXPOSURE TO RADIO FREQUENCY RADIATION

1. To comply with the Canadian RF exposure compliance requirements, this device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.
2. To comply with RSS 102 RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained between the antenna of this device and all persons.

ATTENTION: EXPOSITION AU RAYONNEMENT RADIOFRÉQUENCE

1. Pour se conformer aux exigences de conformité RF canadienne l'exposition, cet appareil et son antenne ne doivent pas être co-localisés ou fonctionnant en conjonction avec une autre antenne ou transmetteur.
2. Pour se conformer aux exigences de conformité CNR 102 RF exposition, une distance de séparation d'au moins 20 cm doit être maintenue entre l'antenne de cet appareil et toutes les personnes.

WARNING LABELS



IMPORTANT | IMPORTANTE

The left pedal is reverse threaded. Insert carefully and turn left to tighten the pedal into place. Use only your hands and provided tools.

La pedalea gauche possède un pas de vis inversé. Insérez-la avec précaution et tournez vers la gauche pour la visser. Utilisez uniquement vos mains et les outils fournis.

El pedal izquierdo tiene rosca inversa. Insértelo con cuidado y gire a la izquierda para apretar el pedal en su lugar. Use solo sus manos y las herramientas provistas.

WARNING | AVERTISSEMENT | ADVERTENCIA

RISK OF PERSONAL INJURY. KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM MACHINE.

All warnings and notices must be read and followed. For consumer fitness equipment, notice shall also be given to refer to the owner's manual for additional warnings and safety information.

The stationary exercise bicycle should only be used after a thorough review of the operation manual (stationary exercise bicycle) or under the direct supervision of a trained instructor (stationary exercise bicycle).

Slipping pedals can cause injury. This exercise bicycle does not have a freewheel and pedal speed must be reduced to a controlled manner. Please keep away from moving parts at all times. Contact with moving parts may result in serious injury.

Visit <https://cyclingwith.azendek.com/en-us> for more information.

Set up and operate stationary exercise bike on a solid level surface.

Care should be taken in mounting and dismounting the stationary exercise bike. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.

Along the top surface of the pedal crank and fly.

Failure to maintain and care for the bike could result in serious injury to the user and damage to critical components of the bike if neglected.

Disconnect all power before servicing the equipment (if applicable).

Always service the bike to the maintenance guidelines as stated in the owner's manual.

RISQUE DE BLESSURE CORPORELLE. EMPÊCHEZ L'ACCÈS À L'APPAREIL AUX ENFANTS DE MOINS DE 13 ANS.

Tous les avertissements et les instructions doivent être lus et suivis. Pour les équipements de fitness destinés à un usage privé, les avertissements et les instructions doivent être lus et suivis et les conseils de sécurité supplémentaires.

La bicyclette d'exercice ne doit être utilisée qu'après avoir lu attentivement le manuel d'utilisation. L'opération d'entraînement doit être effectuée à grande vitesse et doit être contrôlée de manière à éviter les blessures graves.

Les pédaliers peuvent causer des blessures. Cette bicyclette d'exercice ne dispose pas d'un frein à pédalier et la vitesse de pédalage doit être contrôlée de manière à éviter les blessures graves.

Visitez <https://cyclingwith.azendek.com/en-us> pour en savoir plus.

Installez et utilisez la bicyclette d'exercice sur une surface stable et plane.

Prenez garde à ne pas glisser lors du montage et du démontage de la bicyclette.

Avant de monter ou de descendre la bicyclette, déplacez le pédalier sur le côté de montage ou de démontage à sa position la plus basse et arrêtez complètement la machine.

Évitez de vous tenir sur la surface de la pédale ou de pédaler trop vite pour éviter les blessures.

Ne laissez pas d'enfants accéder à la machine et de maintenir la bicyclette à l'écart des enfants pour l'installer et la démonter.

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RIESGO DE LESIONES PERSONALES. NO PERMITA QUE NIÑOS MENORES DE 13 AÑOS USEN LA MAQUINA.

Deben leer y seguir todas las advertencias e instrucciones. En el caso de los equipos de fitness para el uso doméstico, también se debe consultar el manual del propietario para obtener advertencias e información de seguridad adicionales.

La bicicleta estática no debe utilizarse después de una revisión exhaustiva del manual de instrucciones (bicicleta estática) o sin la supervisión directa de un instructor certificado. Las acciones de ejercicio deben ser controladas.

Los pedales al girar pueden causar lesiones. Esta bicicleta estática no tiene un freno de pedal y la velocidad de pedaleo debe reducirse a un nivel controlado.

Manténgase alejado de las partes móviles en todo momento. El contacto con las partes móviles puede provocar lesiones graves.

Visite <https://cyclingwith.azendek.com/en-us> para obtener más información, incluida la especificación de la bicicleta de ejercicio.

Se debe tener cuidado al montar y desmontar la bicicleta de ejercicio.

Antes de montar o desmontar, mueva el pedal del lado de montaje o desmontaje a su posición más baja y detenga la máquina por completo.

Mantenga la superficie superior del pedal limpia y seca.

La falta de mantenimiento y cuidado de la bicicleta puede provocar lesiones graves al usuario y daños a los componentes críticos de la misma si se descuida.

Desconecte toda la energía antes de reparar el equipo (si corresponde).

Realice siempre el mantenimiento de la bicicleta según las directrices de mantenimiento indicadas en el manual del propietario.



IMPORTANT | IMPORTANTE

The left pedal is reverse threaded. Insert carefully and turn left to tighten the pedal into place. Use only your hands and provided tools.

La pédale gauche possède un pas de vis inversé. Insérez-la avec précaution et tournez vers la gauche pour la visser. Utilisez uniquement vos mains et les outils fournis.

El pedal izquierdo tiene rosca inversa. Insértelo con cuidado y gire a la izquierda para apretar el pedal en su lugar. Use solo sus manos y las herramientas provistas.



WARNING | AVERTISSEMENT | ADVERTENCIA

RISK OF PERSONAL INJURY. KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM MACHINE.

All warnings and instructions must be read and followed. For consumer fitness equipment, notice shall also be given to refer to the owner's manual for additional warnings and safety information.

The stationary exercise bicycle should only be used after a thorough review of the operation manual (consumer stationary exercise bicycles) or under the direct supervision of a trained instructor (institutional stationary exercise bicycles).

Spinning pedals can cause injury. This exercise bicycle does not have a freewheel and pedal speed must be reduced in a controlled manner.

Please keep away from moving parts at all times. Contact with moving parts may result in serious injury.

Visit <https://echelonfit.zendesk.com/hc/en-us> for more information.

Set up and operate stationary exercise bike on a solid level surface.

Care should be taken in mounting and dismounting the stationary exercise bike. Before mounting or dismounting move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.

Keep the top surface of the pedal clean and dry.

Failure to maintain and care for the bike could result in serious injury to the user and damage to critical components of the bike if neglected.

Disconnect all power before servicing the equipment (if applicable).

Always service the bike to the maintenance guidelines as stated in the owner's manual.

RISQUE DE BLESSURE CORPORELLE. EMPÊCHEZ L'ACCÈS À L'APPAREIL AUX ENFANTS DE MOINS DE 13 ANS.

Tous les avertissements et les instructions doivent être lus et suivis. Pour les appareils de remise en forme destinés à un usage privé, les utilisateurs doivent être également invités à se reporter au manuel d'utilisation pour les avertissements et les consignes de sécurité supplémentaires.

Le vélo stationnaire ne doit être utilisé qu'après avoir lu attentivement le manuel d'utilisation (vélos d'exercice stationnaires destinés au grand public) ou sous la surveillance directe d'un instructeur formé (vélos d'exercice stationnaires destinés aux professionnels).

Le mouvement des pédales peut comporter un risque de blessure. Ce vélo d'exercice ne possède pas de roue libre et la vitesse des pédales doit être réduite de manière progressive.

Veillez rester toujours à distance des pièces en mouvement. Tout contact avec des pièces en mouvement comporte un risque de blessure grave.

Allez sur <https://echelonfit.zendesk.com/hc/en-us> pour en savoir plus.

Réglez et utilisez le vélo stationnaire sur une surface stable et plane.

Apportez un soin particulier au montage et au démontage du vélo d'exercice stationnaire. Avant de procéder au montage et au démontage, déplacez la pédale sur le côté de montage et de démontage à sa position la plus basse et arrêtez complètement la machine.

Veillez à ce que la surface de la partie supérieure des pédales reste propre et sèche.

Le non-respect des consignes d'entretien et de maintenance du vélo peut entraîner des blessures graves pour l'utilisateur et endommager les composants essentiels du vélo en cas de négligence.

Mettez le vélo hors tension avant de procéder à l'entretien ou à une réparation (le cas échéant).

Faites toujours l'entretien du vélo conformément aux directives d'entretien indiquées dans le manuel du propriétaire.

RIESGO DE LESIONES PERSONALES. NO PERMITA QUE NIÑOS MENORES DE 13 AÑOS USEN LA MÁQUINA.

Deben leerse y seguirse todas las advertencias e instrucciones. En el caso de los equipos de fitness para el consumidor, también se debe consultar el manual del propietario para obtener advertencias e información de seguridad adicionales.

La bicicleta estática para ejercicios solo debe utilizarse después de una revisión exhaustiva del manual de funcionamiento (bicicletas estáticas para el consumidor) o bajo la supervisión directa de un instructor capacitado (bicicletas de ejercicios estacionarios institucionales).

Los pedales al girar pueden causar lesiones. Esta bicicleta estática no tiene rueda libre y la velocidad del pedal debe reducirse de manera controlada.

Manténgase alejado de las piezas móviles en todo momento. El contacto con las piezas móviles puede provocar lesiones graves.

Visite <https://echelonfit.zendesk.com/hc/en-us> para obtener más información. Instale y opere la bicicleta de ejercicios estacionaria sobre una superficie sólida y nivelada.

Se debe tener cuidado al montar y desmontar de la bicicleta de ejercicio estacionaria. Antes de montar o desmontar, mueva el pedal del lado de montar o desmontar a su posición más baja y detenga la máquina por completo.

Mantenga la superficie superior del pedal limpia y seca.

La falta de mantenimiento y cuidado de la bicicleta podría provocar lesiones graves al usuario y daños a los componentes críticos de la misma si se descuida.

Desconecte toda la energía antes de reparar el equipo (si corresponde).

Realice siempre el mantenimiento de la bicicleta según las directrices de mantenimiento indicadas en el manual del propietario.



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IMPORTANT SAFETY INSTRUCTIONS

Care should be taken in mounting or dismounting the stationary exercise bike. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.

The manufacturer recommends placing the Echelon® Recumbent Sport bike in a space where you have two feet of clearance on all sides of the bike for safe mounting and dismounting of the exercise bike.

The minimum dimensions are: 0.5 m (19.7 in.) on at least one side, and 0.5 m (19.7 in.) either behind or in front of the exercise bike.

While cleaning your Echelon® Recumbent Sport bike, 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® Recumbent Sport.

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.

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 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.**
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.



IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

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® Recumbent Sport, 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® Recumbent Sport.

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

- ALWAYS use the Echelon® Recumbent Sport on solid, level ground and in a well-lit and ventilated area.
- ALWAYS check that the seat, handlebars, and pedals are securely fastened before use.

- NEVER allow children to play on or around the bike. This helps protect them from injury from moving parts.
- ALWAYS set the bike up properly for your specific body type. The Echelon® Recumbent Sport offers up/down and fore/aft adjustments that are clearly marked to ensure quick and easy customization for each workout.
- ALWAYS check the bike before use.
- NEVER use the bike if it is not properly/completely assembled or is damaged in any way.
- NEVER exceed the weight limit for this bike. The weight limit for this bike is 300 pounds. Do not use the Echelon® Recumbent Sport if your body weight is in excess of 300 pounds.
- NEVER use Echelon® Recumbent Sport 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.
- ALWAYS warm up/stretch before starting exercise.
- ALWAYS be cautious when getting on and off the Echelon® Recumbent Sport.
- ALWAYS wait until the pedals have come to a complete stop before taking your feet off of the pedals or dismounting. Do not stand or climb on the handlebars.
- ALWAYS keep hands away from moving parts and ensure that hands are never placed where there is no rubber handlebar grip.
- 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 Echelon® Recumbent Sport again.



- 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 handlebars.
- NEVER use the Echelon® Recumbent Sport in a standing position at high revolutions per minute (RPM).
- ALWAYS keep your pelvis positioned over the center line of the Echelon® Recumbent Sport.
- NEVER adjust the resistance of the flywheel or the position of the handlebars while in a standing position.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the bike and will affect the warranty of the bike.

- ALWAYS ensure that the Echelon® Recumbent Sport is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance shall not be made by children without supervision.

If any problems arise affecting the performance of the Echelon® Recumbent Sport, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

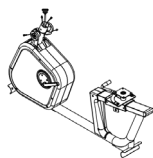
This safety information and user manual do not replace the need to be alert and to use common sense when using the Echelon® Recumbent Sport.



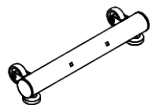
BIKE SPECIFICATIONS



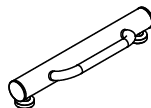
PARTS LIST



1 Main Frame



2 Front Foot



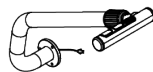
3 Rear Foot



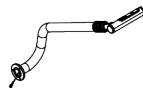
4 Handlebar
Post



5 Handlebar
Post Cover



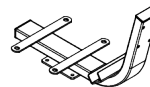
6 Left
Handlebar



7 Right
Handlebar



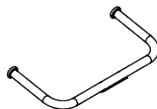
8 Pedals



9 Seat Frame



10 Seat
Adjustment
Lever



11 Seat Handle



12 Seat



13 Seat Back



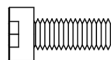
14 Console



15 Adapter



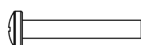
HARDWARE LIST



A M6x20 Flat Head Bolt (6)



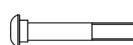
B M6x20 Round Head Bolt (2)



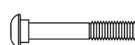
C M6x45 Bolt (4)



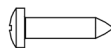
D M8x20 Bolt (11)



E M8x47 Bolt (2)



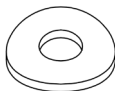
F M8x73 Bolt (4)



G ST4 Screw (2)



H D6 Ø16 Arc Washer (2)



I D8 Ø20x2 Arc Washer (7)



J D6 Ø12x1 Flat Washer (6)



K D6 Ø12x1.2 Flat Washer (4)



L D8 Ø16x1.5 Flat Washer (10)



M D6 Spring Washer (12)



N D8 Spring Washer (15)



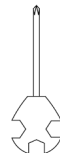
O Cap Nut (6)



P Hex Key

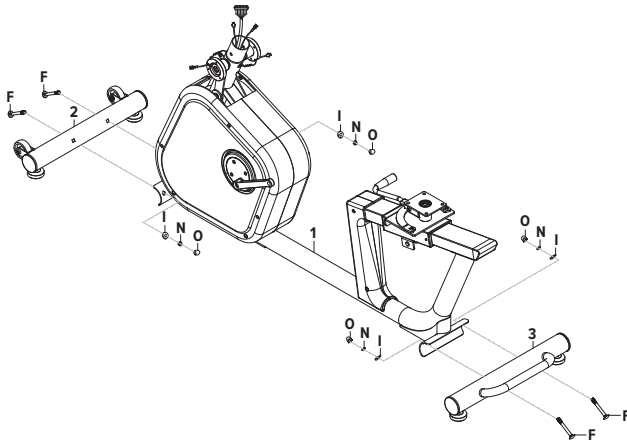


Q Wrench



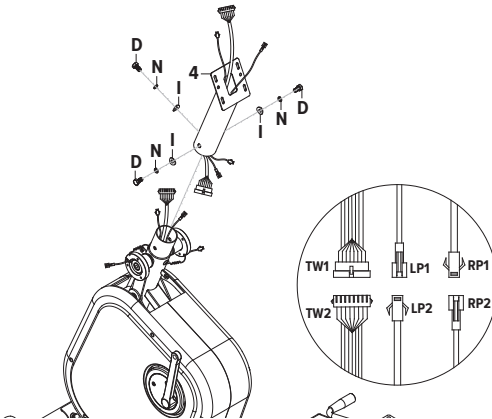
R Spanner

ASSEMBLY



- Attach the Front Foot (2) to Main Frame (1) using 2 M8x73 Bolt (F), 2 D8 Ø20x2 Arc Washer (I), 2 D8 Spring Washer (N) and 2 Cap Nut (O). Tighten and secure with Wrench (Q).
- Attach the Rear Foot (3) to Main Frame (1) using 2 M8x73 Bolt (F), 2 D8 Ø20x2 Arc Washer (I), 2 D8 Spring Washer (N) and 2 Cap Nut (O). Tighten and secure with Wrench (Q)

STEP
1



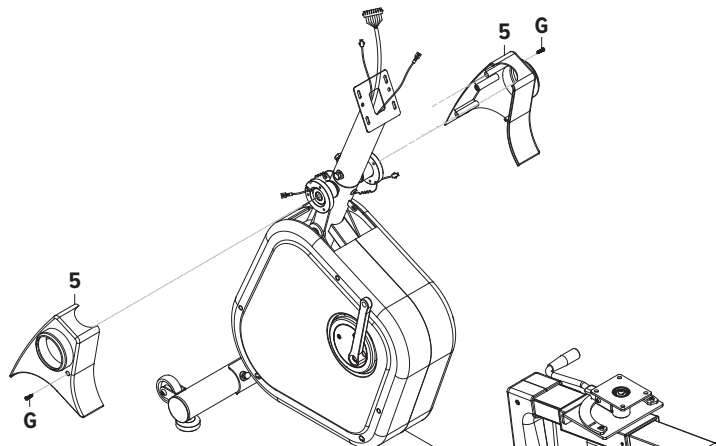
- Connect Trunk Wire 1 (TW1) to Trunk Wire 2 (TW2).
- Connect Left Handle Pulse Wire 1 (LP1) to Left Handle Pulse Wire 2 (LP2).
- Connect Right Handle Pulse Wire 1 (RP1) to Right Handle Pulse Wire 2 (RP2).
- Attach Handlebar Post (4) to Main Frame (1) using 3 M8x20 Bolt (D), 3 D8 Ø20x2 Arc Washer (I), and 3 D8 Spring Washer (N). Tighten and secure with Wrench (Q).

STEP
2

ASSEMBLY (cont'd.)

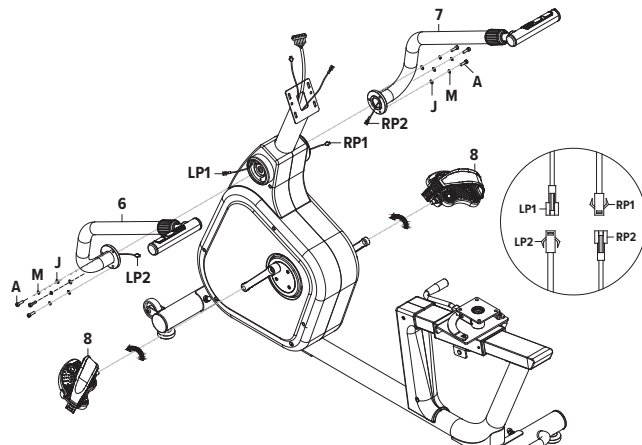
STEP
3

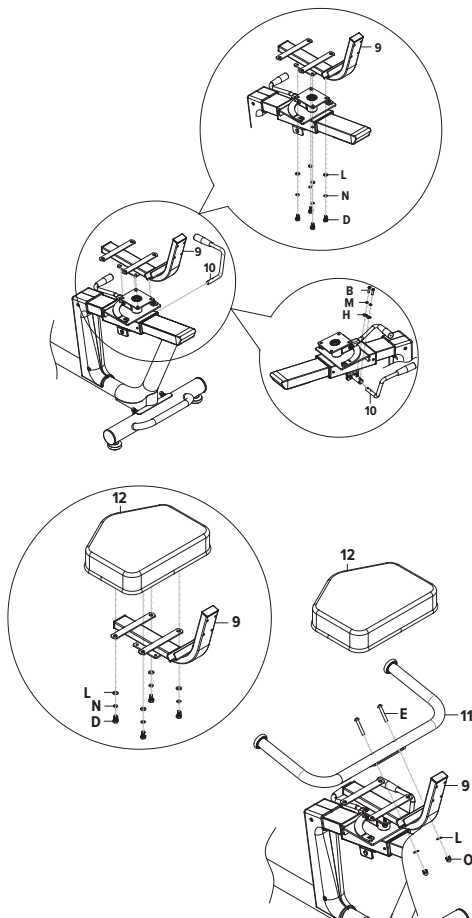
- a. Attach 2 Handlebar Post Covers (5) to Main Frame (1) using 2 ST4 Screw (G). Tighten and secure with Spanner (R).



STEP
4

- a. Connect Left Handle Pulse Wire 1 (LP1) to Left Handle Pulse Wire 2 (LP2).
- b. Attach Left Handlebar (6) to Main Frame (1) using 3 M6x20 Flat Head Bolt (A), 3 D6 Spring Washer (M), and 3 D6 Ø12x1 Flat Washer (J). Tighten and secure with Hex Key (P).
- c. Connect Right Handle Pulse Wire 1 (RP1) with Right Handle Pulse Wire 2 (RP2).
- d. Attach Right Handlebar (7) to Main Frame (1) using 3 M6x20 Flat Head Bolt (A), 3 D6 Spring Washer (M), and 3 D6 Ø12x1 Flat Washer (J). Tighten and secure with Hex Key (P).
- e. Attach 2 Pedal (8) to Main Frame (1) using Wrench (Q). Note: Left Pedal is reverse-threaded. Turn left pedal bolt counter-clockwise to tighten.





- Attach Seat Frame (9) to Seat Frame assembly using 4 M8x20 Bolt (D), 4 D8 Spring Washer (N), and 4 D8 Ø16x1.5 Flat Washer (L). Tighten and secure with Wrench (Q).
- Attach Seat Adjustment Lever (10) to seat slider using 2 M6x20 Round Head Bolt (B), 2 D6 Spring Washer (M), and 2 D6 Ø16 Arc Washer (H). Tighten and secure with Hex Key (P).

STEP
5

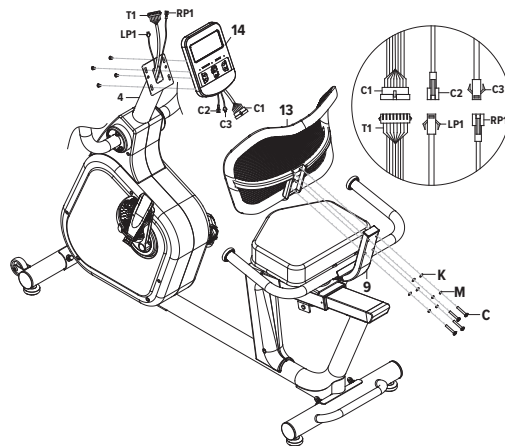
STEP
6

- Attach Seat Handle (11) to Seat Frame (9) using 2 M8x47 Bolt (E), 2 D8 Ø16x1.5 Flat Washer (L), and 2 Cap Nuts (O). Tighten and secure with Wrench (Q).
- Attach Seat (12) to Seat Frame (9) using 4 M8x20 Bolt (D), 4 D8 Spring Washer (N), and 4 D8 Ø16x1.5 Flat Washer (L). Tighten and secure with Wrench (Q).

ASSEMBLY (cont'd.)

STEP 7

- Attach Seat Back (13) to Seat Frame (9) using 4 M6x45 Bolt (C), 4 D6 Spring Washer (M), and 4 D6 Ø12x1.2 Flat Washer (K). Tighten and secure with Hex Key (P).
- Connect Console Wire 1 (C1) and Trunk Wire (T1).
- Connect Console Wire 2 (C2) and Left Handle Pulse Wire (LP1).
- Connect Console Wire 3 (C3) and Right Handle Pulse Wire (RP1).
- Remove 4 Screws attached to back of Console (14). Attach Console (14) to Handlebar Post (4) using 4 removed screws. Tighten and secure with Spanner (R).



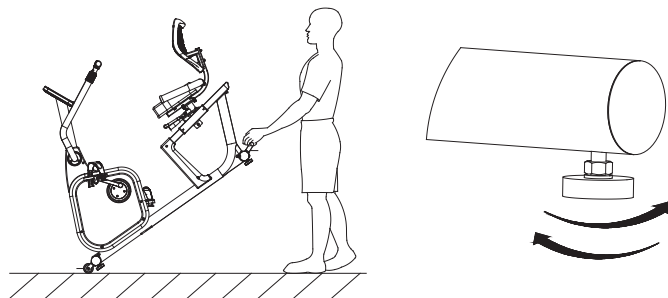
STEP 8

Moving the Recumbent Sport

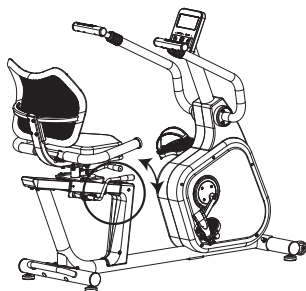
- To move the Recumbent Sport, lift handlebar on Rear Foot until transportation wheels on Front Foot touch the ground. With wheels on ground, carefully move bike to desired location

Leveling the Recumbent Sport

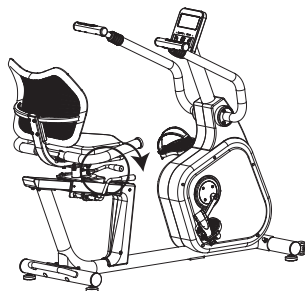
Adjust the leveling feet by turning clockwise to raise and counterclockwise to lower until the bike is leveled.



OPERATION



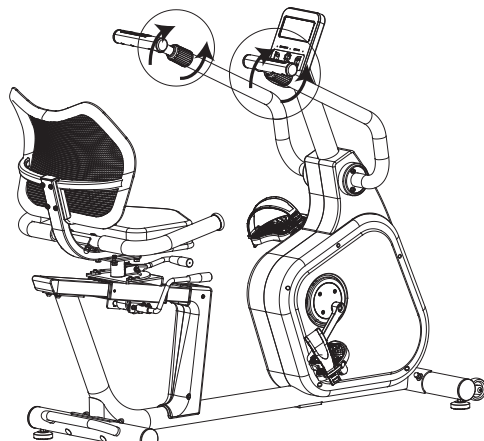
1-a



1-b

Adjusting the Sliding Seat

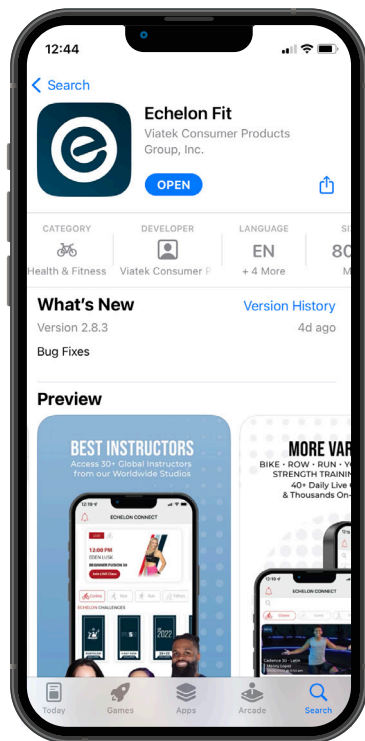
- Use the lower adjustment lever to slide the seat up and down along the seat rail. Be sure seat is locked into place before beginning exercise.
- Pull upper adjustment lever upward to allow seat to rotate for easy mount and dismount. Be sure seat rotation is locked before beginning exercise.



Handlebar Adjustment

- Rotate outer bushing below handles clockwise to loosen. Handlebars can be pulled out or pushed in to adjust length as desired. Rotate outer bushing counterclockwise to lock handles into desired position.

ECHELON MEMBERSHIP ACTIVATION



Download the Echelon Fit® App

Ensure the latest version of the Echelon Fit® App is installed from the Google Play™ Store or the App™ Store.

Operational Instructions

Connect to the Echelon Fit® App to access tutorials and operation instructions.





Membership
Activation
Required
to Unlock the
Recumbent
Sport Bike
Experience

Activate Echelon Premier Membership to connect to classes.

To learn more about the membership, visit echelonfit.com/membership.

- a. Scan QR code below or visit **member.echelonfit.com**.
- b. Follow prompts to complete membership enrollment.



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 and 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.

ACCOUNT ACTIVATION

If this product was purchased on the echelonfit.com website, you should have received an activation email. Click the link in the activation email and follow the on-screen instructions. Enter your information to verify payment information.

You will not be charged until the next month.

ACCOUNT CREATION

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.



CONSOLE OPERATION

DATA RANGE

TIME: 0:00~99.00
SPEED: 0.0~99.99
DISTANCE: 0.00~999
CAL: 0~9999
Pulse: 40~240
RPM: 0~999
WATT: 0~899

DISPLAY DEFINITION

Time: Duration of exercise
Speed: Current cycling speed
Distance: Accumulated distance
Calories: Calories burned
Pulse: Heart rate during session
RPM: Roations per minute
WATT: Power

BUTTON DEFINITION

▲: Increase selected function.

▼: Decrease selected function.

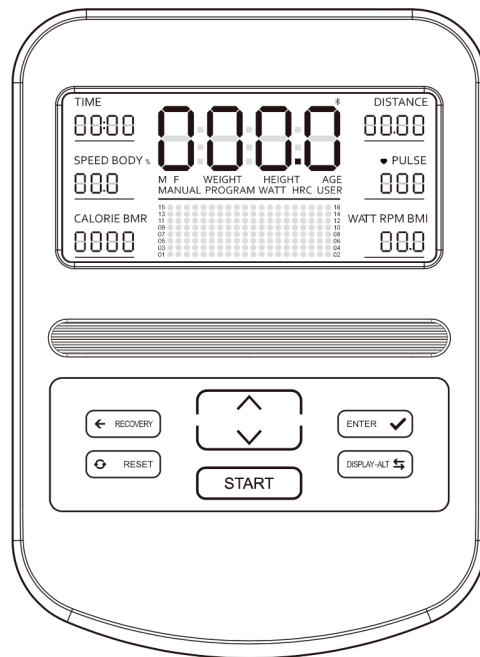
RESET: Return to Program 1 in any mode; Clear all modes.

START: Start or Stop exercise session.

RECOVERY: Test heartbeat recovery rate.

ENTER: Switch between settings while machine is idle; Switch display of RPM/WATT during session.

DISPLAY-ALT: Fix a selected function to display in main window.



FUNCTION	DEFINITION
MANUAL	(PROGRAM 1) Exercise mode with 1 manual adjustment of resistance equivalent program
PROGRAM	(PROGRAM 2 ~ 11) Exercise mode with 10 automatic adjustment of resistance equivalent programs
BODY FAT	(PROGRAM 12) Test body fat percentage, body mass index and basal metabolic rate
WATT	(PROGRAM 13) Exercise mode of movement resistance equivalent controlled by customized watt value
H.R.C	(PROGRAM 14 ~ 17) Exercise mode of movement resistance equivalent controlled by heartbeat frequency, of which 65%, 75%, and 85% are self-defined heart rate values
USER PROGRAM	(PROGRAM 18 ~ 21) Exercise mode of movement resistance equivalent defined by the user
RECOVERY	Heart rate recovery ability test

CARE & MAINTENANCE

Daily

1. Inspect the pedals of your bike before each ride for any looseness or deformation. Follow instructions from page 16 to tighten, as needed. Doing this ensures your safety, the quality of your experience, and the overall life of your bike. If any issues are found, cease using the equipment immediately and contact customer service (833-937-2453).
2. Clean every high-use or exposed area with a non acidic cleaner (no ammonia, alcohol, or chlorine). Do NOT spray any solution directly onto the bike. This could ruin any electrical components and ports on the bike. Raise saddle and handlebar posts to their highest setting to expose any excess moisture after a workout and clean thoroughly.
3. Inspect for any noises that could indicate potential issues. If a troubling noise is indicated please contact Customer Service (833-937-2453).

Weekly

1. Inspect all the assembled and pre-assembled hardware to find if anything needs to be tightened or re-secured. This includes but is not limited to:
 - a. All height and distance adjustment knobs/levers
 - b. Handlebar securing bolts
 - c. Bolts for the tablet mount
 - d. Hinge bolt for tablet mount
 - e. Screws securing saddle to the saddle post
 - f. Screws and nylon strap securing toe cage to pedal
2. Dust, vacuum and wipe down all the areas around and on the bike that are not normally cleaned in your daily cleaning procedures.
3. Assess the feet leveling system to make sure your bike is sitting level to the floor (adjust all four rubber feet accordingly).
4. Test emergency brake operation
 - a. Pedal bike low-medium speed
 - b. Push resistance knob / emergency brake in towards flywheel



Monthly

1. Assess the saddle and handlebar adjustments for wear and tear.
If a replacement is needed contact customer service (833-937-2453).
2. Assess the quality of the drive belt every 5 - 6 months by CAREFULLY removing the screws from the right side frame cover and using a flashlight to assess the belt from the top down while pedaling with one hand.
3. Check nylon foot straps on toe cages for wear.

As Needed

1. Test the brake pads for wear periodically by utilizing the emergency brake a few times during a controlled sprint.
2. Adjust the belt tension for slipping:
 - a. Remove the right pedal.
 - b. Remove all screws from the plastic cover that covers the crank area and peel back the warning sticker.
 - c. Use a long Phillips Head screwdriver* to twist out the inner plastic ring by pushing against the inner locking plastic keys that keep it in place around the crank.
 - d. Remove the plastic cover to expose the belt-tightening nut and use a 3/8" Ratchet Wrench* with a 6" extension, and a 13mm Socket Wrench* to tighten the nut.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

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 Recumbent Sport Bike 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.





MODEL: ECH-REC-SPT
ECHELON FITNESS MULTIMEDIA, LLC
605 CHESTNUT STREET, SUITE 700
CHATTANOOGA, TN 37450
ECHELONFIT.COM



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA



PATENT
PENDING

REV: 04142025