



echelonTM STRIDE-4s

INSTRUCTION MANUAL



Lou Lentine
Founder & CEO
Echelon Fitness
Multimedia, LLC



Hello,

I am Lou Lentine, Founder and 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,

Lou Lentine
Founder of 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



⚠ WARNING | AVERTISSEMENT | ADVERTENCIA

KEEP CHILDREN AWAY FROM MACHINE

Risk of serious injury or death may occur if caution is not used.

Read and follow all warnings and instructions. For consumer equipment, ensure that proper instructions are obtained prior to use.

CAUTION:

Risk of personal injury. Keep children under the age of 13 away from machine.

To reduce the risk of injury from moving parts, unplug before servicing.

To reduce the risk of electric shock, unplug before cleaning or servicing.

TENIR LES ENFANTS A L'ÉCART DE LA MACHINE.

Risque de blessures ou de mort si la précaution n'est pas utilisée.

Avant utilisation, lire tous les avertissements et directives et, dans le cas d'équipement de conditionnement physique en établissement, obtenir toutes les directives appropriées.

ATTENTION :

Risque de blessure. Tenez les enfants de moins de 13 ans à distance de la machine.

Pour limiter le risque de blessure liée aux pièces en mouvement. Débranchez avant de réaliser l'entretien.

Pour limiter le risque de choc électrique. Débranchez avant de nettoyer ou de réaliser l'entretien.

MANTENG A LOS NIÑOS ALEJADOS DE LA MÁQUINA.

Riesgo de lesiones graves o la muerte si no se tiene cuidado.

Lea y siga todas las advertencias e instrucciones y, en el caso de equipo institucional, obtenga las instrucciones adecuadas antes de su uso.

PRECAUCIÓN:

Riesgo de lesiones personales. Mantenga a los niños menores de 13 años lejos de la máquina.

Para reducir el riesgo de lesiones por piezas móviles. Desenchufa antes de reparar.

Para reducir el riesgo de descarga eléctrica. Desenchufa antes de limpiar o reparar.



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Care should be taken in mounting or dismounting the treadmill. 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® Stride-4s treadmill in a space where you have the following minimum clearance dimensions for safe mounting and dismounting of the treadmill:

- The minimum clearance area behind the treadmill is 2.0 m (78.7 in) × the treadmill width. This area must be free of any and all obstructions.
- The minimum clearance area on each side of the treadmill is: 500 mm (19.7 in).

While cleaning your Echelon® Stride-4s treadmill, 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® Stride-4s treadmill.

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. Connect this appliance to a properly grounded outlet only. See Grounding Instructions on page 12.
6. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
7. Do not carry this appliance by supply cord or use cord as a handle.
8. Keep the cord away from heated surfaces.
9. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
10. Never drop or insert any object into any opening.
11. Do not use outdoors.
12. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

13. To disconnect, turn all controls to the off position, then remove plug from outlet.

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® Stride-4s 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 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® Stride-4s treadmill.

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

- NEVER exceed the weight limit for this treadmill. The weight limit for this treadmill is 300 lbs / 135 kg. Do not use the Echelon® Stride-4s if your body weight is in excess of 300 lbs / 135 kg.

- ALWAYS use the Echelon® Stride-4s on solid, level ground and in a well-lit and ventilated area. Do not place the treadmill on thick carpet as it may interfere with ventilation.
- ALWAYS check the treadmill for wear or loose components before use.
- NEVER use the treadmill if it is not properly / completely assembled or is damaged in any way.
- NEVER allow children or pets to play on or around the treadmill during operation. This helps protect them from injury from moving parts.
- ALWAYS set the treadmill up properly for your specific body type.
- NEVER use the Echelon® Stride-4s when sick or fatigued.
- ALWAYS warm up / stretch before starting exercise.
- ALWAYS ensure that you have a water bottle filled with at least 12 oz. of water and a towel close by to absorb sweat from your body and the handrails.
- NEVER start the treadmill while you are standing on the running belt. After turning the power on and adjusting the speed control, there may be a pause before the running belt begins to move. Always stand on the side rails of the frame until the belt begins to move.
- ALWAYS hold the handrails when initially walking or running on the treadmill until you are familiar with the use of the treadmill.
- Do not stand or climb on the handrails.
- ALWAYS wear proper attire and footwear that fully covers your feet. Do not wear loose or dangling clothing while using the treadmill. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- ALWAYS keep hands away from moving parts and ensure that hands are safely placed on handlebars during use.

- ALWAYS be cautious when getting on and off the Echelon® Stride-4s.
- ALWAYS wait until the incline is lowered all the way and running belt comes to a complete stop before dismounting.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the treadmill and will affect the warranty of the treadmill.
- ALWAYS ensure that the Echelon® Stride-4s is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance shall not be made by children without supervision.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general. 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.
- Product may not be sufficient for all disabilities.
- NEVER use the Echelon® Stride-4s in a standing position at high revolutions per minute (RPM).
- ALWAYS keep your pelvis positioned over the center line of the Echelon® Stride-4s.
- 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 treadmill and will affect the warranty of the treadmill.

- ALWAYS ensure that the Echelon® Stride-4s 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® Stride-4s, 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® Stride-4s!

GROUNDING INSTRUCTIONS

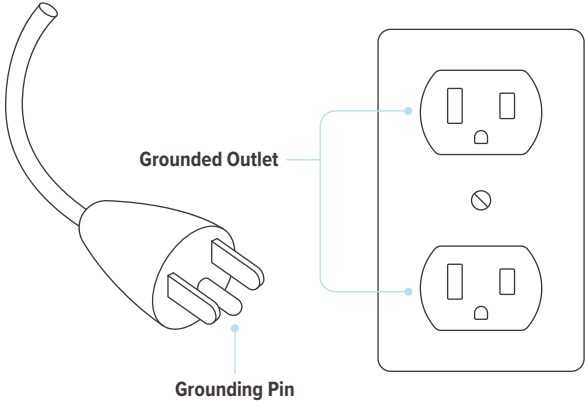
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into 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.

- a. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

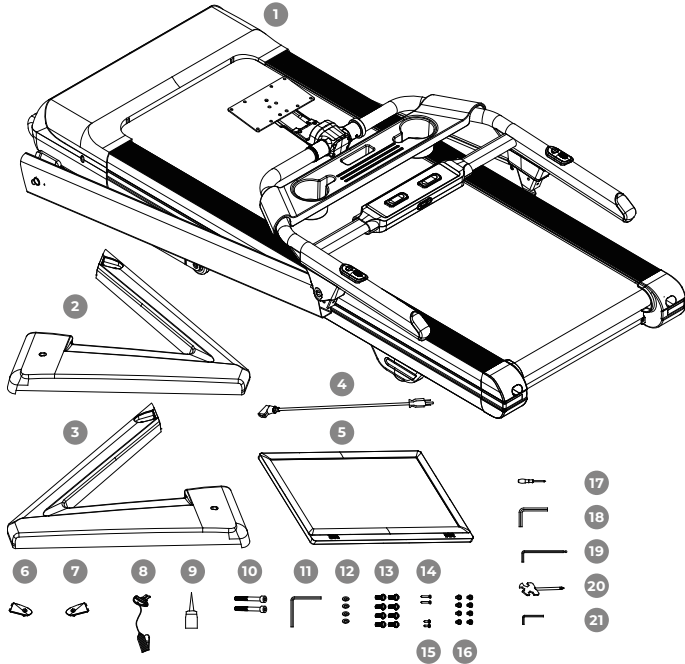
Do not use a GFCI outlet or a GFCI circuit breaker. A dedicated line will assure that adequate power is available for safe operation over the life of your Echelon® product.



INCLUDES

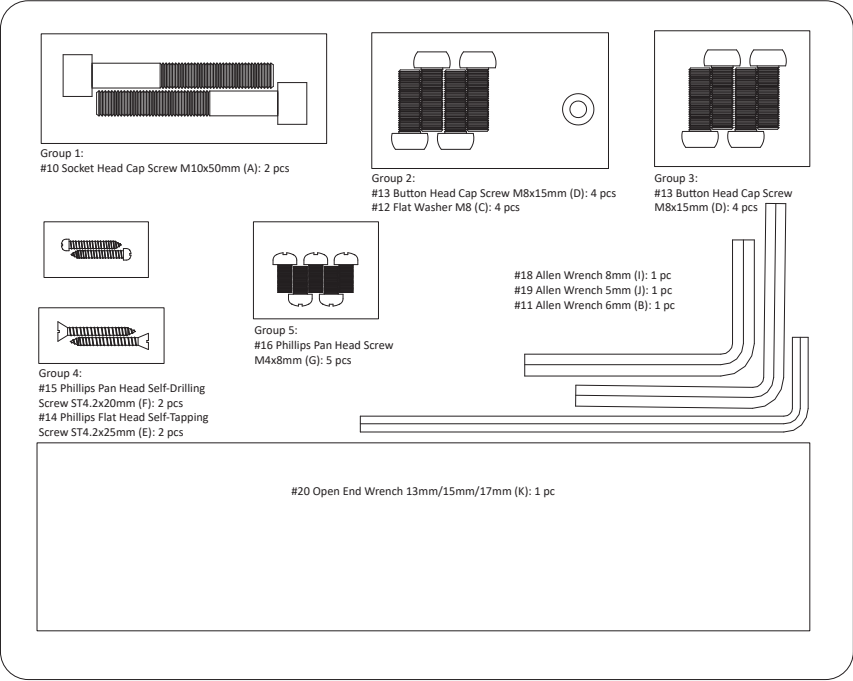
- | | |
|-------------------|--|
| Part No. | 1. Treadmill Frame |
| DM1116 | 2. Left Side Cover |
| DM1155 | 3. Right Side Cover |
| 14GAUGE-POWERCORD | 4. Power Cord |
| | 5. 10" HD Touchscreen Tablet |
| | 6. Left Screw Cap |
| | 7. Right Screw Cap |
| DM1132 | 8. Safety Key |
| DM1074 | 9. Silicone Oil |
| | 10. Socket Head Cap Screw (A) M10x50mm |
| | 11. Allen Wrench (B) 6mm |
| | 12. Flat Washer (C) M8 |
| | 13. Button Head Cap Screw (D) M8x15mm |
| | 14. Phillips Flat Head Self-Tapping Screw (E) ST4.2x25mm |
| | 15. Phillips Pan Head Self-Drilling Screw (F) ST4.2x20mm |
| | 16. Screw Set (G) |
| | 17. Screw Driver (H) |
| | 18. Allen Wrench (J) 5mm |
| | 19. Allen Wrench (I) 8mm |
| | 20. Open End Wrench (K) 13mm/15mm/17mm |
| | 21. Allen Wrench (L) 4mm |

- | | |
|----------|----------------|
| Part No. | Other Parts |
| DM1131 | Accessory Tray |



Part No. **Part**
DM1136 Hardware Pack

Do not open sections of the hardware pack until they are needed.



Part No.	
DM1129	Left Upright
DM1130	Right Upright
DM1067	Left Handlebar
DM1067	Right Handlebar
DM1110	Incline Bracket
DM1112	Belt Fixation Bracket
DM1123	Screen Rotation Tube
DM1141	Screen Support Bracket
DM1129	Left Upright Support Tube
DM1130	Right Upright Support Tube
DM1115	Secondary Transport Wheel
DM1142	Console Back Cover
DM1116	Left Side Cover
DM1155	Right Side Cover
DM1117	Motor Upper Cover
DM1118	Motor Bottom Cover
DM1119	Side Rail
DM1120	Left End Cap
DM1120	Right End Cap
DM1121	Transport Wheel
DM1074	Silicone Oil
DM1124	Solid Side Rail
DM1131	Accessory Tray and Bottle Holder
DM1122	Short Deck Cushion
DM1123	Right Screen Rotation Tube Plug
DM1123	Left Screen Rotation Tube Plug
DM1145	Upper Screen Support Cover
DM1146	Bottom Screen Support Cover
DM1147	Left Rear Support Cover
DM1148	Right Rear Support Cover

Part No.	
DM1149	Left Upright Joint Cover
DM1150	Right Upright Joint Cover
DM1143	Front Screen Support Cover
DM1144	Back Screen Support Cover
DM1113	Upper Button Platform Cover
DM1113	Bottom Button Platform Cover
DM1134	Running Belt
DM1125	Rear Roller
DM1127	Front Roller
DM1127	Running Deck
DM1114	Cylinder
DM1137	Drive Belt
DM1138	Power Switch
DM1135	Controller
DM1128	Incline Motor
DM1132	Safety Key
DM1156	Power Cord
DM1139	Overload Protector
DM1133	Power Plug
DM1111	DC Brushless Motor
DM1151	Wheel Quick Buttons — Left Handlebar
DM1152	Wheel Quick Buttons — Right Handlebar
DM1154	Console Wire
DM1153	Wheel Quick Button Wire
DM1113	Signal Wire of Button Platform
DM1136	Hardware Pack



For replacement parts,
refer to the MASTER
PARTS LIST on page 15.



ASSEMBLY

Open the box and remove the treadmill parts and accessories.

- Carefully cut the tape holding the cardboard together and the treadmill parts and accessories in place.
 - Right/left side covers, hardware blister pack, and other accessories are packed **under the treadmill frame**.
- Note:** We recommend having a second person help with steps c-f.
- Carefully remove the treadmill frame and 10" screen box.
 - Remove all the plastic.
 - Have one person lift the front of the treadmill frame while the second removes the cardboard.
 - Repeat with the back.
 - Cardboard, tape, and plastic can be discarded.

STEP
1

STEP
2

Open the screen box and remove optional camera cover.

- Remove cardboard.
- Remove optional camera cover from plastic covering.
- Remove plastic covering and discard.

Assembly should take place on a soft surface, such as carpet or a rug, or with the cardboard box opened to protect the floor.



Prep treadmill frame.

- Make sure treadmill frame is placed on a flat, level surface.

Raise and lock left/right uprights.

- Hold left and right handlebars and lift up to lock uprights into position.
- Insert Socket Head Cap Screws (A) and use Allen Wrench (I) to moderately tighten the screws and lock the uprights in place.
- DO NOT fully tighten screws at this step.

STEP
3

STEP
4



ASSEMBLY (cont'd.)

STEP
5

Lower and lock handlebars.

- Hold left and right handlebars and push down. Do not release the handlebars and proceed with step **b**.
- Insert 2 Button Head Cap Screws (D) and 2 Flat Washers (C). Use Allen Wrench (J) to moderately tighten the screws and lock the handlebars in place.



STEP
6

Fully tighten ALL screws.

- Use Allen Wrench (J) to fully tighten 2 Button Head Cap Screws (D) and 2 Flat Washers (C) inside the left/right uprights located near the handlebars.
- Fully tighten Socket Head Cap Screws (A) near the treadmill base.



STEP
7

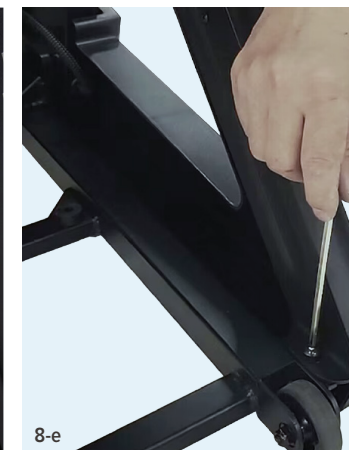
Fold treadmill.

- Firmly hold rear end of the treadmill and lift up.
- Listen for an audible “click” to lock the cylinder.

STEP
8

Assemble right/left side covers.

- Align right side cover hole with screw hole on the right upright.
- Before securing the right side cover to the right upright, insert Button Head Cap Screw (D) into the right upright screw hole.
- Tighten the screw using Allen Wrench (J).
- Slightly push right side cover against the right upright and treadmill frame.
- Lightly tighten right side cover to the treadmill frame using 1 Button Head Cap Screw (D) and Allen Wrench (J).
Note: DO NOT fully tighten screw on the treadmill frame. Only tighten screws on the right upright.
- Repeat steps **a–e** for left side cover.



ASSEMBLY (cont'd.)

STEP
9

Check side cover screw alignment.

- Ensure that the holes on left/right side covers are aligned with the screw holes on the left/right uprights.
- Use the Open End Wrench (K) to fully tighten the Phillips Pan Head Self-Drilling Screws (F).
- Fully tighten all screws from Step 8 on page 21 with Allen Wrench (J).



STEP
10

Finish tightening screws.

- Place left screw cap in the left side cover.
- Use Open End Wrench (K) to fully tighten Phillips Flat Head Self-Tapping Screws (E) and secure screw cap.
- Repeat steps **a–b** for right screw cap.



Lower the running deck

- Firmly hold rear end of the treadmill.
- Gently push the running deck up.
- At the same time, push a foot into the cylinder (as indicated by labeling on cylinder) to lower the running deck to the floor.

STEP
11

STEP
12

Assemble tablet.

- Before assembly, ensure tablet mount is laying flat.
- Hold tablet so screw holes align with corresponding holes on the tablet mount.
- Use Allen Wrench (L) to tighten Screw Set (G) into each hole.
- Rotate tablet to an upright position.



ASSEMBLY (cont'd.)

Finish tablet assembly.

- Remove back cover and screws.
- Plug the console 4 pin inserting plug to the treadmill socket 4 pin connector.
- Plug the console 5 pin inserting plug to the treadmill 5 pin socket connector.
- Plug the treadmill 5 pin inserting plug to the console 5 pin socket connector.
- All plugs connected.
- Look for cable interference before assembling back cover.
- Attach back cover with Phillips head screws.

STEP
13



Plug in treadmill.

- Insert safety key into the slot.
- Gather power cord.
- Plug power cord into DC power port* located at the front left of the treadmill motor cover.
- Plug power cord into wall socket.
- Flip the power switch, located on the front motor cover on the left side of the treadmill, to "on".

STEP
14

Activate Echelon Premier Membership to connect to classes.

You should have received an activation email after purchasing this product.

- a. Follow the link from the activation email.
- b. Choose **"Sign Up Now"** and follow the prompts to complete your membership enrollment.



Connecting to the Echelon Fit® App

1. **Ensure your treadmill and tablet (screen) are both powered on.**
 - a. The power cord should be plugged into the wall and the base of the treadmill.
 - b. The screen should be plugged into the treadmill via the DC cable coming from the tablet mount base.
 - c. You may need to power on the tablet by pushing the red power button located on the back right side.
2. **Log in to the Echelon Fit® app.**
 - a. Use the email and password used to create your membership account, as described on page 25.
 - b. Select user. There may only be one option.
3. **Select a class.**
 - a. We recommend a "Welcome Run," but any class will work.
 - b. Press play.



Console Display



Start/Stop Button Display

Start

Press the "START" button to begin exercise after a 3-second countdown. Adjust the speed and incline to desired setting.

Stop

Press the "STOP" button once to temporarily stop the exercise. Both speed and incline go to zero and then stop.

When in "Pause Status," press "STOP" again to the end the exercise. If in "Pause Status" for 10+ minutes, console will go into "Sleep Mode" and the display disappears. All data will be saved at it's current stage.

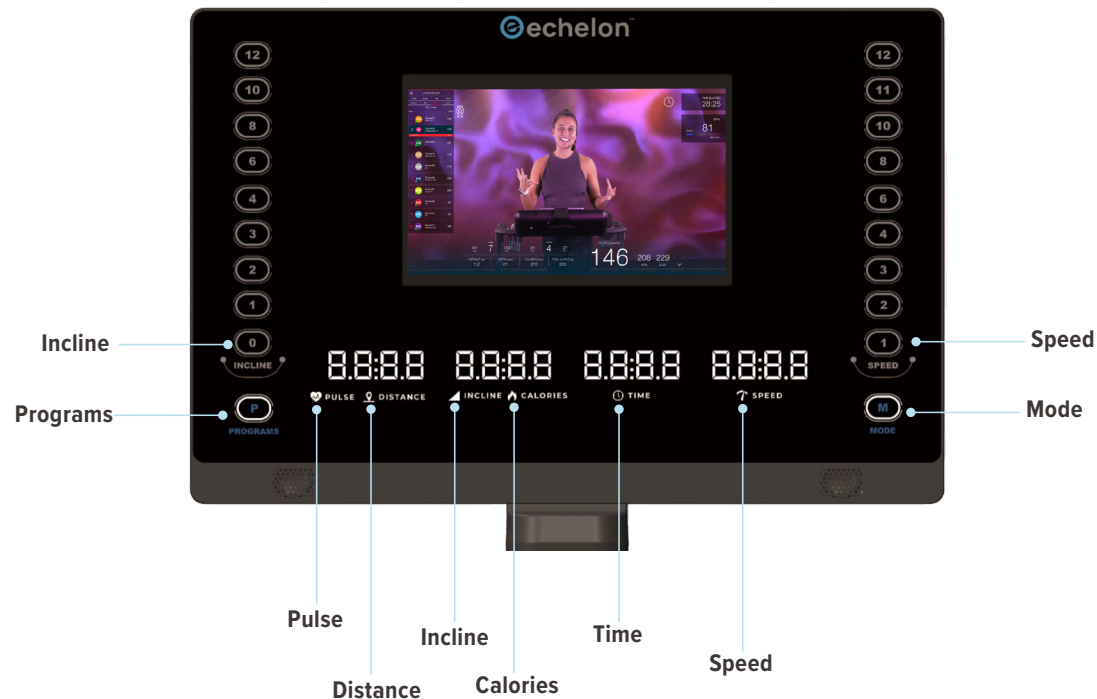
To wake the console from "Sleep Mode", press any button. The display will light up once ready.

Emergency Stop

Always attach the safety key clip to waistband during exercise. If any emergency occurs, the treadmill stops automatically when the safety key is pulled from the slot.

To switch distance from metric to imperial, press the "PROG" and "MODE" at the same time and hold for 5 seconds. This will enter to "FACTORY MODE" and display will show "F01". Switch to preferred distance unit by pressing the quick button wheel for speed or the quick button wheel for incline. Press "MODE" to confirm setting. 0=Metric, 1=Imperial.





Pulse & Distance:

- a) Distance will automatically display when no heart rate is detected.
- b) When heart rate is detected, the display switches between "Distance" and "Pulse".

Time:

- a) Time will represent the duration of the exercise.

Speed:

- a) Reflects the current running speed of the exercise.

Mode:

- a) Select a specific countdown program file to display from the following: Time, Distance, or Calories.

Incline & Calories:

- a) Display will switch between "Incline" or "Calories" every 5 seconds.
- b) Incline levels go from 0 to 12.

Quick Speed:

- a) Quick Speed has 9 buttons for quick speed adjustment from 1 mph up to 12 mph.

Quick Incline:

- a) Quick Incline has 9 buttons for quick incline adjustment from 0 incline up to 12 incline.

CONSOLE OPERATION (cont'd.)

Features:

When power is on, display lights up for 2 seconds on all windows and enter standby mode. Speed window displays current firmware version for 2 seconds before entering standby mode.

To start “Manual Mode”, insert safety key firmly into correct position and press “Start” button. Console starts countdown for 3 seconds and belt starts to run at lowest speed of 0.8 km/h (0.5 m/h).

To adjust “Speed” or “Incline”, press “Wheel Quick button for Speed”, “Wheel Quick Button Incline”, “Quick Speed”, and “Quick Incline” for appropriate setting. To end the session, press “Stop” or fully remove safety key.

To start “Countdown Program”, press “Mode” button to choose countdown mode in sequence: Time Countdown, Distance Countdown, and Calories Countdown.

To adjust the default time/ distance/ calories setting, press “Wheel Quick Button for Speed” or “Wheel Quick Button for Incline” to adjust up or down the value. After the setting is completed, press “Start” button to begin the exercise. During the session, adjust the speed or incline based on your personal condition.

Programs:

- a) Select a specific pre-programmed workout.
- b) 15 pre-set programs are labeled P01 to P15.
- c) 3 user programs are labeled: U01 to U03
- d) 1 "Body Fat" Program is labeled: FAT
- e) May also manually use the treadmill without a program.

To start pre-set programs, press “Program” buttons to choose any of the 15 programs, and the corresponding program number will be displayed on “Pulse & Distance” display window. To adjust the default time setting, press “Wheel Quick Button for Speed” or “Wheel Quick Button for Incline” to set the total time duration.

Each pre-set program has 10 segments and the time duration of each segment is the 1/10 of setting time.

When one segment is completed, console automatically runs the setting speed and incline based on the next segment. User can adjust the speed and incline to fit one's personal condition.

Press “Start” button to begin the training after setting is completed.

PROGRAMS / SECTIONS		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	3	3	4	5	3	4	5	5	3
	INCILNE	1	1	2	2	2	3	3	3	2	2
P2	SPEED	2	4	4	6	6	4	7	7	7	4
	INCILNE	2	3	3	2	2	3	3	3	2	2
P3	SPEED	2	4	4	5	6	7	7	5	6	7
	INCILNE	3	3	3	4	4	5	5	5	4	4
P4	SPEED	2	4	4	4	5	6	8	8	6	7
	INCILNE	3	5	5	5	4	4	4	3	3	3
P5	SPEED	2	3	3	3	4	5	3	4	5	3
	INCILNE	4	4	4	4	3	3	6	6	6	7
P6	SPEED	2	3	3	6	7	7	4	6	7	4
	INCILNE	4	5	5	5	6	6	6	7	8	9
P7	SPEED	2	4	5	6	7	5	4	6	8	8
	INCILNE	5	6	6	6	7	5	8	8	4	4
P8	SPEED	3	4	9	9	5	9	5	8	5	9
	INCILNE	1	2	3	2	3	5	5	0	0	2
P9	SPEED	2	3	4	5	3	5	5	4	4	3
	INCILNE	1	2	2	3	2	4	3	3	2	2
P10	SPEED	2	4	3	6	7	4	7	4	7	4
	INCILNE	2	3	3	2	5	3	2	3	3	2
P11	SPEED	2	4	4	5	6	7	7	6	7	8
	INCILNE	3	3	3	4	4	5	5	5	6	6
P12	SPEED	4	7	4	7	4	7	4	7	4	7
	INCILNE	2	1	2	1	2	1	2	1	2	1
P13	SPEED	2	4	8	4	2	2	4	8	4	2
	INCILNE	2	4	6	4	2	2	4	6	4	2
P14	SPEED	5	3	2	3	7	7	3	2	3	5
	INCILNE	4	3	2	3	4	4	3	2	3	4
P15	SPEED	1	2	3	4	5	6	7	6	5	4
	INCILNE	1	2	3	4	5	6	7	7	2	2

Left Handlebar

To alternate between incline and volume functions, press the button in front of the wheel. (Minimum Incline Level: 0, Maximum Incline Level: 12.)

1. Incline Adjustment (Wheel Light is Blue)

- Rotate wheel forward to increase incline.
- Rotate wheel back to decrease incline.

2. Volume Adjustment (Wheel Light is Green)

- Rotate wheel forward to increase volume.
- Rotate wheel back to decrease volume.

Right Handlebar

To alternate between 0.1 and 1.0 speed adjustment, press the button in front of the wheel. Minimum Speed: 0.5 mph, Maximum Speed: 12.4 mph.)

1. 0.1 Speed Adjustment (Wheel Light is Blue)

- Rotate wheel forward to increase speed by 0.1.
- Rotate wheel back to decrease speed by 0.1.

2. 1.0 Speed Adjustment (Wheel Light is Green)

- Rotate wheel forward to increase speed by 1.
- Rotate wheel back to decrease speed by 1.



Rotating and Tilting the Tablet

3. Rotating

- Hold both sides of the tablet.
 - Gently rotate the tablet either left or right 360°.
- Note: This screen will take a gentle push, it is made this way to ensure little movement when using the modality.

4. Tilting

- Hold both sides of the tablet.
- Gently tilt forward or back towards the console to adjust for different user heights. The maximum tilt angle is 90°.
- Tablet will lock into place with an audible "click" at each angle.

Folding and Unfolding the Treadmill

Make sure treadmill is at the lowest incline position and powered OFF before proceeding.

1. Folding

- Ensure treadmill is at the lowest incline level and powered off.
- Firmly hold rear deck and lift up. Listen for an audible “click” to lock the cylinder.

2. Unfolding

- Firmly hold rear end of the treadmill.
- Gently push the running deck up.
- At the same time, push a foot into the cylinder (as indicated by labeling on cylinder) to lower the running deck to the floor.

Note: DO NOT turn treadmill power on during the unfolding process.



Transporting the Treadmill

Make sure treadmill is at the lowest incline level and powered OFF before proceeding.

1. Forward/Backward Transport

- Hold left and right handlebars to move the treadmill forward or backward.

2. 360° Turn

- Hold left and right handlebars and tilt back onto rear wheels.
- Turn left or right to rotate the treadmill.

Belt Adjustment

1. Swerving Right

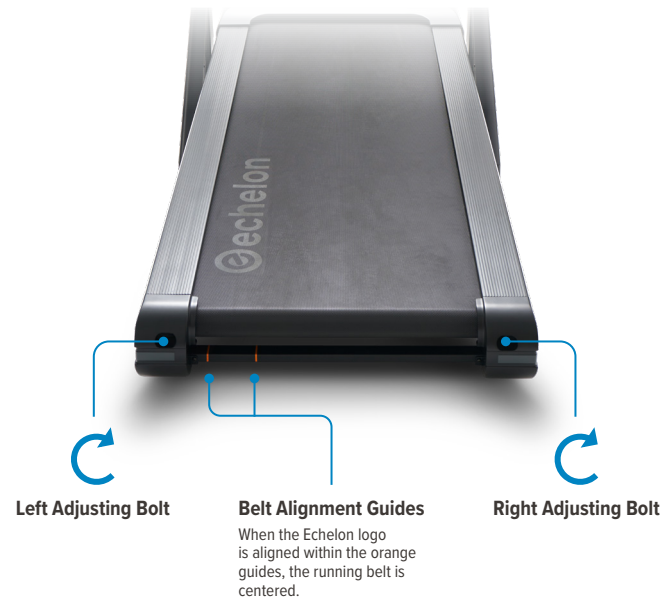
- Remove the safety key and turn the power OFF.
- Turn the right adjusting bolt 1/4 clockwise. Re-insert the safety key and turn the power ON.
- Run the treadmill (3–4 mph/6–8 kph) and observe the Echelon logo alignment within the orange guides.
- Repeat above steps **a–c** until belt is centered.

2. Swerving Left

- Remove the safety key and turn the power OFF.
- Turn the left adjusting bolt 1/4 clockwise. Re-insert the safety key and turn the power ON.
- Run the treadmill (3–4 mph/6–8 kph) and observe the Echelon logo alignment within the orange guides.
- Repeat above steps **a–c** until belt is centered.

3. Tightening Belt

- Remove the safety key and turn the power OFF.
- Turn the left/right adjusting bolts 1/4 turn clockwise. Re-insert the safety key and turn the power ON.
- Run the treadmill (3–4 mph/6–8 kph) and stand on the belt to confirm the tightness.
- Repeat above steps **a–c** until the belt is moderately tight.



Belt Lubrication

The Echelon Stride-4s requires lubrication as a part of routine maintenance according to the recommended schedule below.

Light Usage	Medium Usage	Heavy Usage
Once Every 60 Days	Once Every 45 Days	Once Every 30 Days

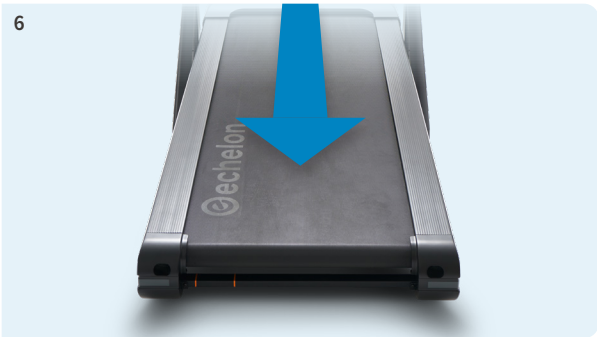
- Keeping the deck lubricated at the recommended intervals above ensures the longest life possible for your treadmill.
- Failure to lubricate the deck at regular intervals may void the warranty.
- It is recommended every other month to reach between the belt and deck to verify there is lubrication present every other month.

- Power off the treadmill and unplug the power cord.
- Using Allen Wrench (B), loosen rear adjusting bolts with 5–10 counter-clockwise turns.
- Lift the running belt and apply silicone oil in a zigzag pattern across the entire running deck surface. Use 1/2 bottle of silicone oil. DO NOT apply the silicone oil on top of the running belt.
- Lay the running belt flat and tighten the rear adjusting bolts clockwise the same number of times loosened from step 2.
- After the lubricant is applied, plug in the power cord, insert the safety key, and turn power the treadmill on.



Belt Lubrication (cont'd.)

6. Stay off the treadmill and press START. Allow the belt to run at 3 MPH for 3 minutes to spread the silicone oil.
7. Walk on the treadmill at a comfortable speed for an additional 3 minutes to sufficiently spread the silicone oil and check the running belt for proper tightness and alignment. Refer to page 33 for belt adjustment instructions.
8. Once the belt is centered and properly tightened, stop the belt. Wipe away any excess silicone oil with a damp microfiber cloth.



Daily

1. Power off the treadmill and clean any high-use areas, like the handlebars and console, with a non-acidic cleaner (NO ammonia, chlorine, or alcohol) on a soft cloth. Do not spray cleaning solution directly on the treadmill as that could ruin any electrical components.
2. Inspect the power cord for damage. If damaged, replace immediately by contacting Customer Service (833-937-2453).
Note: When the treadmill is not in use, unplug and store the power cord in a secure, dry area and away from children.
3. The safety key and power cord should be removed after each use so the treadmill is not accidentally powered on when not in use.
4. Inspect for any noises that could indicate potential issues. If a troubling noise is indicated please contact Customer Service (833-937-2453).

Weekly

1. Clean the running belt, console, uprights, and motor cover with non-acidic cleaners and a soft cloth. Cleaners should be applied to the cloth and never sprayed onto the equipment directly.
2. Inspect all the assembled and pre-assembled hardware and tighten or re-secure as-needed. This includes but is not limited to the following:
 - a. Handlebars & Uprights (page 19–20)
 - b. Tablet (page 23–24)
 - c. Running Belt (page 33)

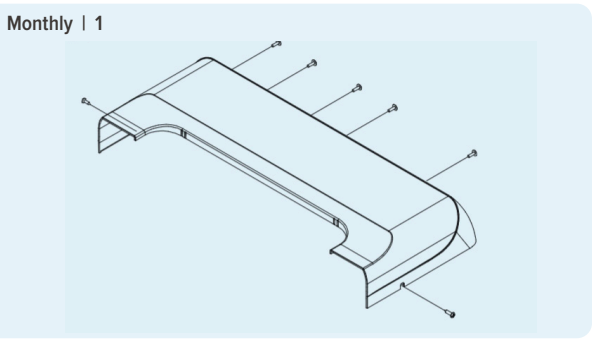


Weekly (cont'd.)

3. Dust and vacuum the treadmill and the surrounding area. To clean underneath the treadmill, turn off the power, fold, and roll the treadmill to an alternate location. Return the treadmill to its original location after cleaning.
4. Ensure your app and equipment firmware are up-to-date with the latest versions.
5. Check the belt for any looseness, this will cause the treadmill to receive improper info when calculating metrics if it is not properly tightened. When tightening make sure to adjust both sides of the rear roller evenly with the provided Allen Wrench, turning clockwise to tighten.

Monthly

1. Assess the components under the motor cover monthly for excess build-up of dust or debris. Unplug the machine and leave it powered off for 45 minutes. Use a vacuum with a crevice nozzle to **carefully** clean between the motor, incline motor, and lightly over the electrical components. Do not touch or attempt to remove any electrical components. If you require assistance with this task, contact Customer Service (833-937-2453) to schedule a technician to properly clean and restore the components before using your treadmill again.
 - a. We recommend using a mat underneath your treadmill to avoid placing on high pile (shag) carpets. This will reduce the risk of overheating and debris build-up that may cause damage to your treadmill or flooring.



Remove bolts then motor cover to assess components.

Monthly (cont'd.)

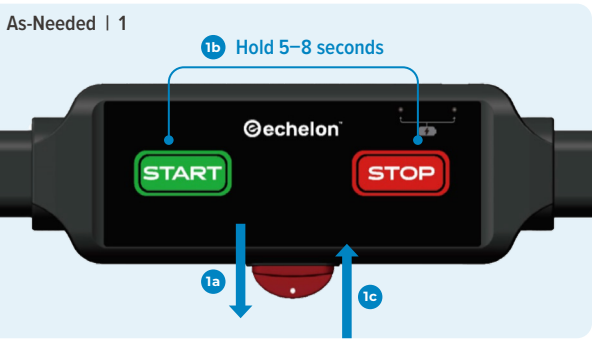
2. Check the alignment on the treadmill running belt by ensuring it is centered and glides smoothly over the running deck. Utilize the instructions located in your user manual for "re-centering" the belt to troubleshoot and fix. Refer to page 33 for belt adjustment instructions.
3. Start the treadmill at a low speed and test for any slippage of the belt to ensure the motor is applying the proper torque.
4. Stop using the treadmill and contact Customer Service (833-937-2453) if you hear rubbing noises or if the belt is off-center and can't be recentered using the instructions on page 33.
5. Lubricate the running deck every 1-2 months depending on usage or 500 miles/km (whichever comes first) per the provided steps on page 34–35.

As-Needed

1. To calibrate your incline in the case that it cannot be adjusted using the buttons on the console or handlebars:
 - a. Remove the safety key.
 - b. Hold the Start & Stop keys on the button pad for 5–8 seconds.
 - c. Allow treadmill to calibrate by observing it from off the treadmill.
 - d. Re-insert the safety key and start workout.

Yearly

1. Contact customer service (833-937-2453) if your running deck is damaged or if you are experiencing any issues.



1. To calibrate your incline in the case that it cannot be adjusted using the buttons on the console or handlebars:
 - a. Remove the safety key.
 - b. Hold the Start & Stop keys on the button pad for 5–8 seconds.
 - c. Allow treadmill to calibrate by observing it from off the treadmill.
 - d. Re-insert the safety key and start workout.

Features

- 1. When power is on, display lights up for 2 seconds on all windows and enter "Standby Mode." "Speed" displays for 2 seconds before entering "Standby Mode."
- 2. To start "Manual Mode," insert safety key firmly into correct position and press "START" button. Console starts countdown for 3 seconds and belt starts to run at lowest speed of 0.5 M/H (0.8 KM/H). To adjust "SPEED" or "INCLINE," press wheel quick button for "SPEED," "INCLINE," "QUICK SPEED," or "QUICK INCLINE" for appropriate setting. To end the session, press "STOP" or fully remove safety key.
- 3. To start "COUNTDOWN PROGRAM," press "MODE" button to choose countdown mode in sequence: timed countdown, distance countdown, or calories countdown. To adjust the default time/distance/calories setting, press the wheel quick button for "SPEED" or "INCLINE" to adjust up or down the value. After the setting is completed, press "START" button to begin the exercise. During the session, adjust the speed or incline based on your personal condition.
- 4. To start pre-set programs, press "PROGRAM" buttons to choose any of the 15 programs, and the corresponding program number will be displayed on "PULSE & DISTANCE" display window. To adjust the default time setting, press the wheel quick button for "SPEED" or "INCLINE" to set the total time duration. Each pre-set program has 10 segments and the time duration of each segment is the 1/10 of setting time. When one segment is completed, console automatically runs the setting speed and incline based on the next segment. User can adjust the speed and incline to fit one's personal condition. Press "START" button to begin the training after setting is completed.

Troubleshooting

Ensure RS232 cable is fully inserted.

- 1. Ensure safety key is fully inserted.
- 2. Ensure the AC power cord that runs from the wall outlet to the front of the treadmill motor cover is plugged in on both sides.
- 3. If screen does not turn on, make sure the DC power plug that comes from the tablet is properly plugged into the DC IN port. See page 17 for tablet port diagram.
- 4. Retry pairing. If treadmill will not pair, please contact Customer Service (833-937-2453) for further assistance.



Safety Key (Removed)

The treadmill stops automatically when the safety key is pulled from the slot.

- a. Running belt comes to a complete stop.
- b. Incline level remains in current position and will not automatically return to level 0.
- c. Any class that is currently in-progress will pause with an on-screen prompt until the safety key is re-inserted into the slot.
- d. "SAFETY KEY IS PULLED. Insert the safety key to resume your workout."



Safety Key (Inserted)

The treadmill will not automatically start when the safety key is inserted.

- a. The on-screen prompt will update and allow the current class to resume.
- b."SAFETY KEY IS PLUGGED IN. Pressing resume will start treadmill and class playback."



ERROR CODE	PROBLEMS	SOLUTIONS
E00	No signal detection of safety key from lower control board	1. Check if the safety key wire is connected to the lower control board. 2. Replace with a new safety key wire.
E01	Connection fails between "PCB" and "Lower Control Board"	1. Check if every wire is well connected between the tablet and the lower control board. 2. Check if any of the wires are damaged. 3. Check to see if the wires to the tablet or lower control board are in good condition. If any chip is damaged, change the specific wire or the lower control board.
E02	Overloading Protection	1. Check if power outlet has low voltage supply. If so, change a power outlet. 2. Check if lower control board has bad smell. If so, change a lower control board. 3. Check if wires connected to motor are well connected.
E03	No signal from speed sensor	1. Check if the wire of the speed sensor is well connected. 2. Check if the wire or the speed sensor is damaged. If so, replace wire and speed sensor.
E04	Incline motor damage	Perform incline calibration 1. Remove the safety key. 2. Press and hold both "Start" and "Stop" buttons for 5–8 seconds. 3. After the incline calibration is completed, test the treadmill again by powering on and pressing the "Start" button.

ERROR CODE	PROBLEMS	SOLUTIONS
E05	Over-current Protection	1. Check if any part on the motor is stuck. Unplug power cable and adjust motor. Plug back in the power cable and re-start to run the treadmill. 2. Check if the motor has a burnt smell. If so, change a motor. 3. Check if the lower control board has burnt smell. If so, change the lower control board. 4. Check if the power outlet has low voltage supply. If so, change the power outlet.
E06	Self-checking error on controller	1. Check if wires of motor are well-connected and in good condition. 2. Check if the lower control board has a burnt smell.
E07	Parameter lost	Replace lower control board. Please contact customer service at 833-937-2453.
E08	EEPROM damage (on lower control board)	Replace the lower control board. Please contact customer service at 833-937-2453.
E09	Voltage issue or IPM over-heated	Replace the lower control board. Please contact customer service at 833-937-2453.
EEP	EEPROM damage (upper control board)	Replace the button platform set (upper control board is assembled together with button platform).
NO CODE SHOWN	Motor damage or motor circuit damage	1. Check if wires connected to motor are well connected. 2. Check if fuse on the lower control board is damaged. If so, replace the lower control board. 3. Check if IGBT on the lower control board is working by using the multi-meter. If so, change a lower control board. Please contact customer service at 833-937-2453.

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 Stride-4s treadmill 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 3-year extended warranties are available through customer service.



NOTES

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

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