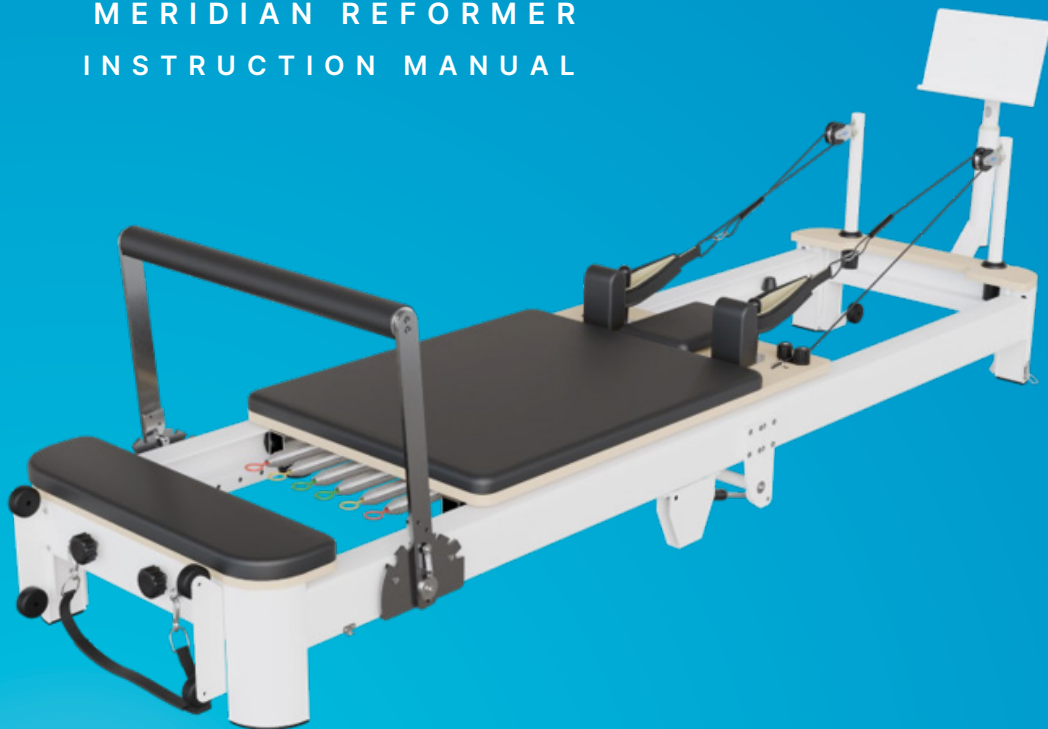




MERIDIAN REFORMER
INSTRUCTION MANUAL





Lou Lentine
CEO
Echelon Fitness
Multimedia, LLC


echelon


echelon



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', written in a cursive style.

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

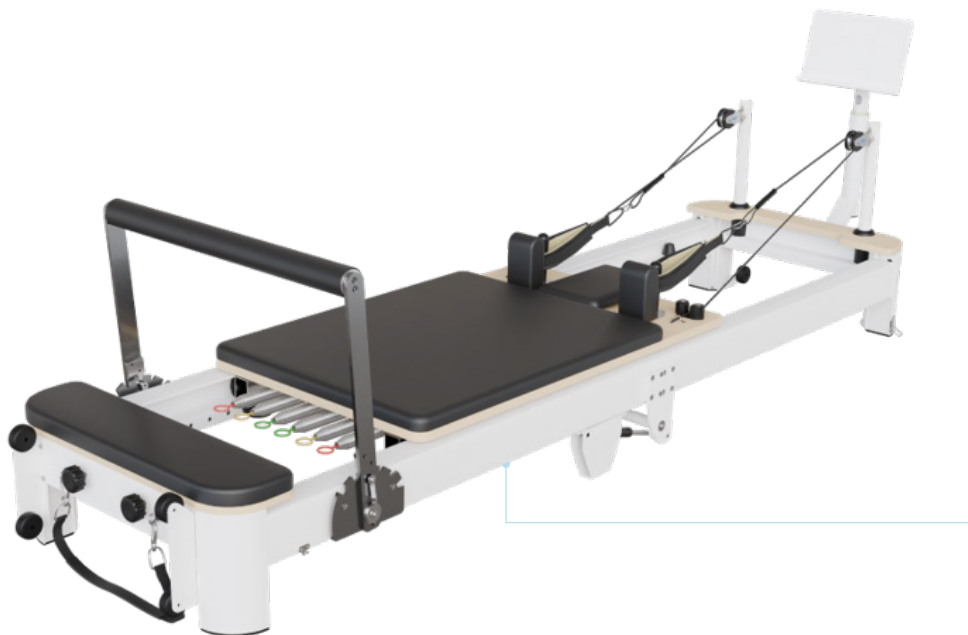
1. To comply with the Canadian RF exposure compliance requirements, this device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.
2. To comply with RSS 102 RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained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



	WARNING / AVERTISSEMENT / ADVERTENCIA
<p>RISK OF PERSONAL INJURY. KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM MACHINE.</p> <p>All warnings and instructions must be read and followed. Refer to the owner's manual for additional warnings and safety information.</p> <p>Stationary exercise equipment should only be used after a thorough review of the operation manual to verify the correct supervision of a trained instructor.</p> <p>Know your limits and practice safe workout etiquette always when using this equipment.</p> <p>Remove loose hands and fingers away from moving parts at all times. Contact with moving parts may result in serious injury.</p> <p>Contact Customer Service (1-833-337-3463) for more information.</p> <p>Set up and operate exercise equipment on a solid level surface.</p> <p>Care should be taken while operating this equipment.</p> <p>Failure to maintain and care for the equipment could result in serious injury to the user and damage to critical components of the equipment.</p> <p>Always service the equipment to the maintenance guidelines as stated in the owner's manual.</p>	
<p>RISQUE DE BLESSURE CORPORELLE. EMPÊCHEZ L'ACCÈS À L'APPAREIL AUX ENFANTS DE MOINS DE 13 ANS.</p> <p>Tous les avertissements et instructions doivent être lus et respectés. Consultez le manuel d'utilisation pour obtenir des avertissements et des informations de sécurité supplémentaires.</p> <p>L'utilisateur d'un appareil de musculation stationnaire ne doit être supervisé qu'après une lecture attentive du manuel d'utilisation ou sous la supervision directe d'un instructeur qualifié.</p> <p>Connaître ses limites et adopter toujours une attitude sécuritaire lorsque vous utilisez cet appareil.</p> <p>Éloignez les mains et les doigts des pièces mobiles en tout temps. Tout contact avec des pièces mobiles peut entraîner des blessures graves.</p> <p>Contactez le service à la clientèle (1-833-337-3463) pour obtenir plus d'informations.</p> <p>Installez et utilisez l'appareil de musculation sur une surface plane et solide.</p> <p>Supervisez toujours de l'utilisation de cet appareil.</p> <p>Un défaut d'entretien et de maintenance de l'équipement peut entraîner des blessures graves pour l'utilisateur et endommager les composants essentiels de l'appareil.</p> <p>Effectuez toujours l'entretien de l'équipement conformément aux directives d'entretien énoncées dans le manuel d'utilisation.</p>	
<p>RIESGO DE LESIONES PERSONALES. MANTENGA A LOS NIÑOS MENORES DE 13 AÑOS AJENAOS DE LA MÁQUINA.</p> <p>Se deben leer y seguir todas las advertencias e instrucciones. Consulte el manual del usuario para obtener advertencias adicionales e información de seguridad.</p> <p>Los equipos de ejercicio estacionarios solo deben utilizarse después de una revisión exhaustiva del manual de instrucciones y bajo la supervisión directa de un instructor capacitado.</p> <p>Conozca sus límites y practique siempre un comportamiento seguro al utilizar este equipo.</p> <p>Mantenga las manos y los dedos alejados de las piezas móviles en todo momento. El contacto con las piezas móviles puede provocar lesiones graves.</p> <p>Para obtener más información, comuníquese con el Servicio de Atención al Cliente (1-833-337-3463).</p> <p>Se debe tener cuidado al operar este equipo.</p> <p>El mantenimiento inadecuado del equipo puede provocar lesiones graves al usuario y daños a sus componentes críticos o esenciales.</p> <p>Realice siempre el mantenimiento del equipo según las instrucciones de mantenimiento indicadas en el manual del usuario.</p>	





! 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. Refer to the owner's manual for additional warnings and safety information.

Stationary exercise equipment should only be used after a thorough review of the operation manual or under the direct supervision of a trained instructor.

Know your limits and practice safe workout etiquette always when using this equipment.

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

Contact Customer Service (1-833-9372453) for more information.

Set up and operate exercise equipment on a solid level surface.

Care should be taken while operating this equipment.

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

Always service the equipment 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 instructions doivent être lus et respectés. Consultez le manuel d'utilisation pour obtenir des avertissements et des informations de sécurité supplémentaires.

L'utilisation d'un appareil de musculation stationnaire ne doit être entreprise qu'après une lecture attentive du manuel d'utilisation ou sous la supervision directe d'un instructeur qualifié.

Connaissez vos limites et adoptez toujours une attitude sécuritaire lorsque vous utilisez cet appareil.

Veillez garder vos mains et vos doigts éloignés des pièces mobiles en tout temps. Tout contact avec des pièces mobiles peut entraîner des blessures graves.

Contactez le service à la clientèle (1-833-937-2453) pour obtenir plus d'informations.

Installez et utilisez l'appareil de musculation sur une surface plane et stable.

Soyez prudent lors de l'utilisation de cet appareil.

Un défaut d'entretien et de maintenance de l'appareil peut entraîner des blessures graves pour l'utilisateur et endommager les composants essentiels de l'appareil.

Effectuez toujours l'entretien de l'appareil conformément aux directives d'entretien énoncées dans le manuel d'utilisation.

RIESGO DE LESIONES PERSONALES. MANTENGA A LOS NIÑOS MENORES DE 13 AÑOS ALEJADOS DE LA MÁQUINA.

Se deben leer y seguir todas las advertencias e instrucciones. Consulte el manual del usuario para obtener advertencias adicionales e información de seguridad.

Los equipos de ejercicio estacionarios solo deben utilizarse después de una revisión exhaustiva del manual de instrucciones o bajo la supervisión directa de un instructor capacitado.

Conozca sus límites y practique siempre un entrenamiento seguro al utilizar este equipo.

Mantenga las manos y los dedos alejados de las piezas móviles en todo momento. El contacto con las piezas móviles puede provocar lesiones graves.

Para obtener más información, comuníquese con el Servicio de Atención al Cliente (1-833-937-2453).

Instale y opere el equipo de ejercicio sobre una superficie sólida y nivelada.

Se debe tener cuidado al operar este equipo.

El mantenimiento inadecuado del equipo podría provocar lesiones graves al usuario y daños a sus componentes críticos si se descuida.

Realice siempre el mantenimiento del equipo según las instrucciones de mantenimiento indicadas en el manual del usuario.



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IMPORTANT SAFETY INSTRUCTIONS

Care should be taken in mounting or dismounting the Meridian Reformer. Before mounting or dismounting, move the backplate to the most forward position and bring the machine to a complete stop.

The manufacturer recommends placing the Echelon® Meridian Reformer in a space where you have two feet of clearance on all sides of the reformer for safe mounting and dismounting.

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 reformer.

While cleaning your Echelon® Meridian Reformer, 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® Meridian Reformer.

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.

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.



IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

Before using the Echelon® Meridian Reformer, 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® Meridian Reformer.

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

- ALWAYS use the Echelon® Meridian Reformer on solid, level ground and in a well-lit and ventilated area.
- ALWAYS check that the seat, handlebars, and other attachments are securely fastened before use.
- NEVER allow children to play on or around the reformer. This helps protect them from injury from moving parts.
- ALWAYS set the reformer up properly for your specific body type. The Echelon® Meridian Reformer offers multiple adjustments that are easily accessible to ensure quick and easy customization for each workout.
- ALWAYS check the reformer before use.
- NEVER use the reformer if it is not properly/completely assembled or is damaged in any way.
- NEVER exceed the weight limit for this reformer. The weight limit for this reformer is 440 pounds. Do not use the Echelon® Meridian Reformer if your body weight is in excess of 440 pounds.
- NEVER use Echelon® Meridian Reformer 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® Meridian Reformer.
- ALWAYS wait until the reformer has come to a complete stop before taking your feet off of the reformer or dismounting. Do not stand or climb on the reformer.
- ALWAYS keep hands away from moving parts and ensure that hands are never placed where there is no rubber hand grip or in the path of 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 Echelon® Meridian Reformer 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® Meridian Reformer in a standing position.
- ALWAYS keep your pelvis positioned over the center line of the Echelon® Meridian Reformer.
- NEVER adjust the spring resistance of the reformer while mounted or without control of moving parts.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the reformer and will affect the warranty of the reformer.

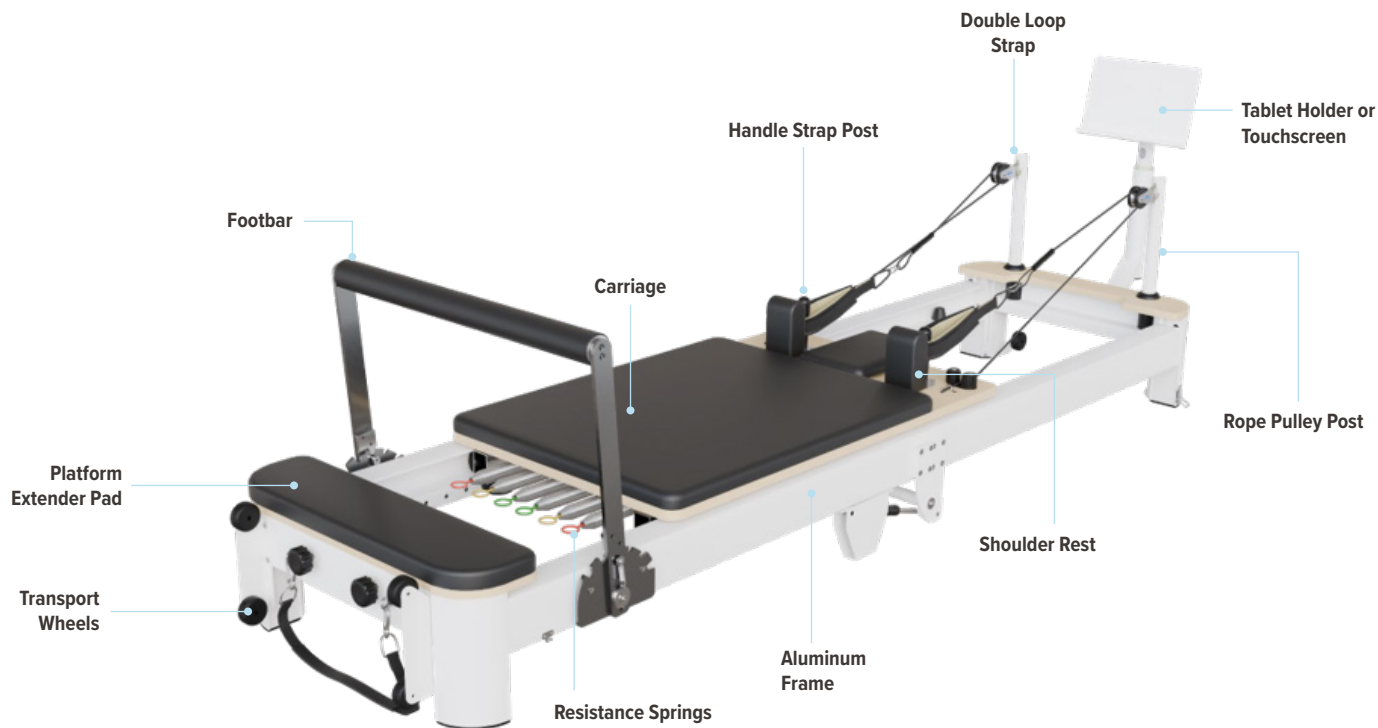
- ALWAYS ensure that the Echelon® Meridian Reformer is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance shall not be made by children without supervision.

If any problems arise affecting the performance of the Echelon® Meridian Reformer, 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® Meridian Reformer!



REFORMER SPECIFICATIONS





INCLUDES

1. Touchscreen
(Only available on select models)
2. Jump Box
3. Touchscreen Adapter
4. Double Loop Strap (2)
5. Rope Pulley Post (2)
6. Jump Board
7. Foot Strap
8. Rope Strap (2)
9. Shoulder Rest (2)
10. Handle Strap Post (2)
11. Adjustment Knob M8*17 (4)
12. Carriage Stoppers (2)
13. Adjustment Knob M16*25 (2)
14. Tablet Holder
15. Touchscreen/Tablet Holder Mount



ASSEMBLY

Opening Frame

- Lift reformer into vertical position to rest on transport wheels.
- Release locking latches securing frame sections.
- Carefully pull reformer frame open and allow to lower into open position.

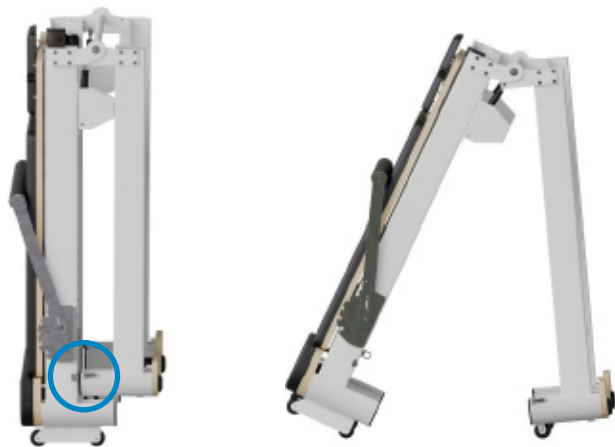
IMPORTANT NOTE: The Meridian Reformer features a gas cylinder resistance system to assist in safely lowering the frame into position. Keep hands and feet clear of moving parts until frame has fully opened and is no longer moving.

STEP
1

STEP
2

Carriage Stoppers

- Install Carriage Stoppers into pre-drilled holes at front of frame near resistance spring attachment point.





Footbar Angle Adjustment

- Pull Footbar away from lock and rotate to desired position.
- Release Footbar when desired position is achieved and release.
- Be sure Footbar is locked into one of 6 available positions before use.

STEP
3



Spring Resistance Adjustment

- To engage carriage resistance, attach resistance springs to spring collar in the desired configuration.
- Upper row of spring collar attachments will provide increased resistance. Lower row will provide less resistance.
- Resistance spring strength:
 - Green: Light resistance
 - Yellow: Medium resistance
 - Red: Heavy resistance

STEP
4



ASSEMBLY (cont'd.)

Shoulder Rest Assembly

- a. Insert Shoulder Rest into pre-drilled mounting hole on carriage.
- b. Rotate Sholder Rest to correct orientation and secure using 2x knob on underside of carriage.

STEP
5



STEP
6

Handle Strap Post Assembly

- a. Install 2x Handle Strap Post into predrilled holes on Carriage.

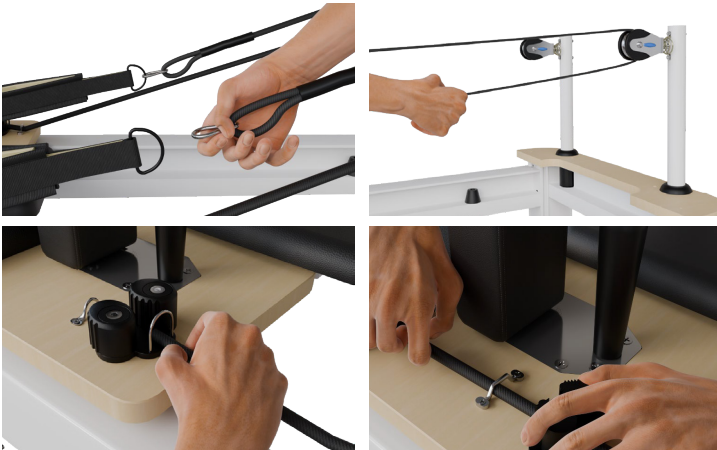




Rope Pulley Post Assembly

- Insert 2x Rope Pulley Post into sockets at back end of frame with pulleys facing toward front of frame.
- Secure Rope Pulley Post using 2x Adjustment Knob.

STEP
7



Rope Strap Assembly

- Hook Loop Strap over Shoulder Rest and attach carabiner end of Rope Strap to Loop Strap connector.
- Thread free end of Rope Strap through top of pulley located on Rope Pulley Post. Pull Rope Strap until taut.
- Feed Rope Strap through metal eyelet and locking cleat.
- It is recommended that the remaining length of rope be secured to second metal eyelet using a quick release knot for easy adjustment.

STEP
8

ASSEMBLY (cont'd.)

Foot Strap Assembly

- a. Attach 2x Foot Straps to metal eye bolt at front end of frame.

STEP
9



STEP
10

Jumpboard Assembly

- a. Move Footbar into first adjustment position and remove headrest
- b. Insert jumpboard into pre-drilled mounting holes and secure by tightening threaded knobs.





Touchscreen / Tablet Holder Mount Assembly

- a. Slide Touchscreen / Tablet Holder Mount over Adjustment Knobs.
- b. Tighten Adjustment Knobs to secure Mount in place.

STEP
11



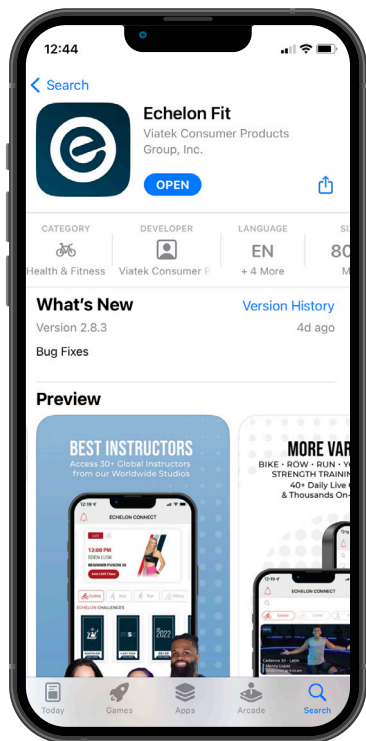
Touchscreen / Tablet Holder Assembly

- a. Touchscreen: Install onto Mount using 4x pre-installed screws on back of Touchscreen.
- b. Tablet Holder: Install onto Mount using 4x pre-installed screws on back of Tablet Holder.

STEP
12



ECHELON MEMBERSHIP ACTIVATION



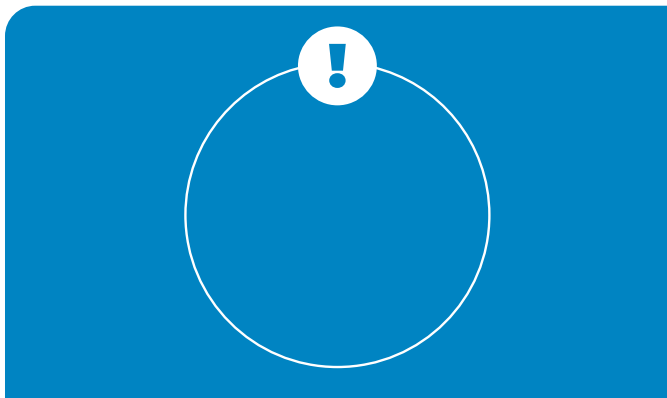
Download the Echelon Fit® App

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.





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.



CARE & MAINTENANCE

1. Wipe with damp cloth after each use.
2. Please check the equipment before first use and after each use to ensure all fittings are securely fastened. Thereafter, it is important to follow a regular maintenance program.
3. Springs: Inspect for signs of wear; look for deformation, bends, cracks, and corrosion. Loose springs or those showing signs of damage must not be used and must be replaced as soon as possible.
4. Foot bar: Check that the two fixing screws of the foot bar are properly tightened but not excessively tight.
5. Ropes and handles: Check that the ropes show no signs of wear, fraying, or cuts, and replace them if damaged. Check that the stitching on the handles and straps is intact and that the handles are not excessively worn.
6. Wheels: Remove the carriage and check that rotation is smooth; if the wheels do not rotate smoothly or are worn or damaged, this will prevent proper operation of the equipment and they must be replaced.
7. Nuts and bolts: Check that all nuts and bolts are securely tightened, including those on the rope pulleys and those securing the headrest.
8. After securing at least one spring, slide the carriage back and forth, checking that it moves freely along the entire length of the rails. There should be no noise or interference from the side wheels; if this occurs, the side wheels must be moved inward.
9. The hygiene of Pilates equipment is essential to avoid health risks, ensure effective performance of exercises, guarantee maximum equipment longevity, and provide users with a healthy and pleasant environment.



Questions or Concerns

Our customers are our priority! If you require assistance or have concerns, please contact our customer service team.

Residential:

☎ (833) 937-2453

✉ cs@echelonfit.com

Commercial:

☎ (906) 208-8862

✉ commercialsupport@echelonfit.com

Submit a Request:



Warranty Information

Your Echelon® EX-7s Bike comes with a minimum 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 warranty options and extensions are available by speaking with our renewal team.

Residential:

☎ (833) 937-2453

✉ cs@echelonfit.com

Commercial:

☎ (833) 586-1216

✉ commercialrenewal@echelonfit.com



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



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA



PATENT
PENDING

REV:06022026