

echelon[®] recovery

ThermaChill Air Compression



INSTRUCTION MANUAL

WELCOME

I am Lou Lentine, Founder 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



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FEDERAL COMMUNICATION 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 À L'ÉCART DE LA MACHINE.

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

Avant l'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.

MANTENGA A LOS NIÑOS ALEJADOS DE LA MAQUINA.

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. Desenchufe antes de limpiar o reparar.

IMPORTANT SAFETY INSTRUCTIONS

While cleaning your Echelon® Recovery ThermaChill Air Compression, please use a soft rag with mild detergent or water to wipe down the device. Do not use corrosive chemical liquids which may damage the fabric or other components.

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the Echelon® Recovery ThermaChill Air Compression.

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.

BEFORE starting any fitness or recovery 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® Recovery ThermaChill Air Compression, 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® Recovery ThermaChill Air Compression.

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

- NEVER use the Echelon® Recovery ThermaChill Air Compression if you have/are any of the following:
 - Skin injuries, inflammation, or bruising at the massage area
 - Recent surgery at the massage area
 - Cardiovascular or cerebrovascular disease
 - Implanted electronic medical devices (e.g. pacemakers), hypertension, or hypotension
 - Fever over 100° F / 38° C
 - Pregnancy or recent childbirth
 - Surface wounds or skin diseases
 - Impaired heat sensation
 - Sensory disorders due to severe peripheral circulatory issues such as diabetes
 - People needing bed rest or who are obviously unwell
 - Individuals with a history of heart or internal organ surgery
 - Anyone in poor physical condition not listed above

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 14 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 for important information on page 7.
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. Contact customer service to replace if damaged.
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.
13. To disconnect, turn all controls to the off position, then remove plug from outlet.

- NEVER allow water or corrosive liquids to enter the device.
- NEVER attempt to modify the structure or replace parts of the device without manufacturer authorization and instruction.
- NEVER place the product near fire or in high temperature or humid environments.
- NEVER allow children or pets to play with this device. This helps protect them from injury.
- The surface of this device heats up. Individuals with reduced heat sensitivity should use with caution.
- NEVER pierce the product surface with sharp objects such as pins or needles. Doing so could damage the device and void the warranty.
- NEVER step or sit on the device.
- NEVER disassemble, repair, or modify the product yourself as it may cause malfunction or risk of electrical shock.
- NEVER use the heating function for extended periods of time. Allow a minimum of 20 minutes between timer cycles before restarting.
- If the device emits a burning smell or abnormal noise, STOP USING IMMEDIATELY and turn off the power.
- If you experience redness, itching, or other discomfort while using this device, STOP USE IMMEDIATELY and consult a doctor.
- NEVER use this device simultaneously with other medical devices.
- This product is powered by a rechargeable battery. If the battery does not charge or is damaged, stop use immediately and contact customer service for battery replacement or repair. **USERS MUST NOT REPLACE THE BATTERY THEMSELVES.**

PARTS & ACCESSORIES

A ThermoCRYO COMPRESSION CHILLER



E SLEEVE WITH SHOULDER



B HOSE CONNECTOR



F HIPS



C DUAL BOOTS



G POWER CORD



D VEST



H STORAGE BAG



ASSEMBLY

STEP 1

Adding Water to Chiller

Important Note: Do NOT turn chiller on without first adding water. Doing so could damage the unit. Do NOT use distilled water when filling the unit.

1. Add room temperature water to chiller reservoir via water port on rear of chiller.
2. Chiller reservoir volume is 2800ML. When full, reservoir indicator light will change from red to green.
3. When additional water is needed, reservoir indicator light will flash red. ONLY add water in between sessions and after garment has drained to avoid overflowing the water tank.



STEP 2

Power on Chiller

1. Insert Power Cord with flat side facing down.
2. Press power button. If Power Cord is correctly inserted, power button will light up.
3. When power is turned on, Chiller display will enter standby mode with water temperature and reservoir indicator displayed.



ASSEMBLY

STEP 3

Connect Wearable Piece to Chiller

Note: Follow same connection instruction for all wearable devices: sleeve, boots, vest.

1. Plug Hose Connector into port on lower front of Chiller.
2. Plug secondary wire into port to right of Hose Connector port.
3. Plug opposite end of Hose Connector and accompanying secondary wire into port on chosen wearable.



STEP 4

Treatment finish

1. Press power button to end session and wait for garment to drain.
2. Garment will drain into chiller water tank with a countdown on the left display screen. When drain is complete, chiller will beep to signal garment can be disconnected.
3. After the water return is complete, the device returns to standby state. Panel shows water tank temperature only.
4. Switch to other wearable device or power off to finish.



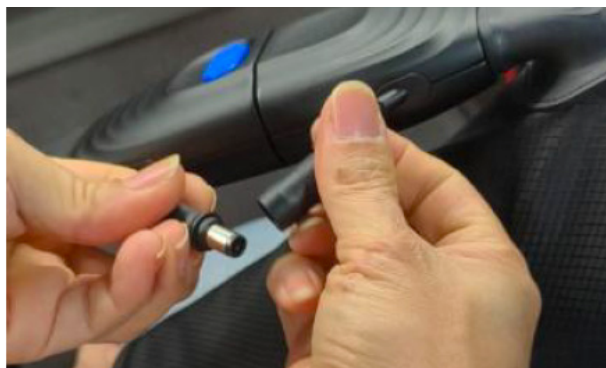


STEP 5

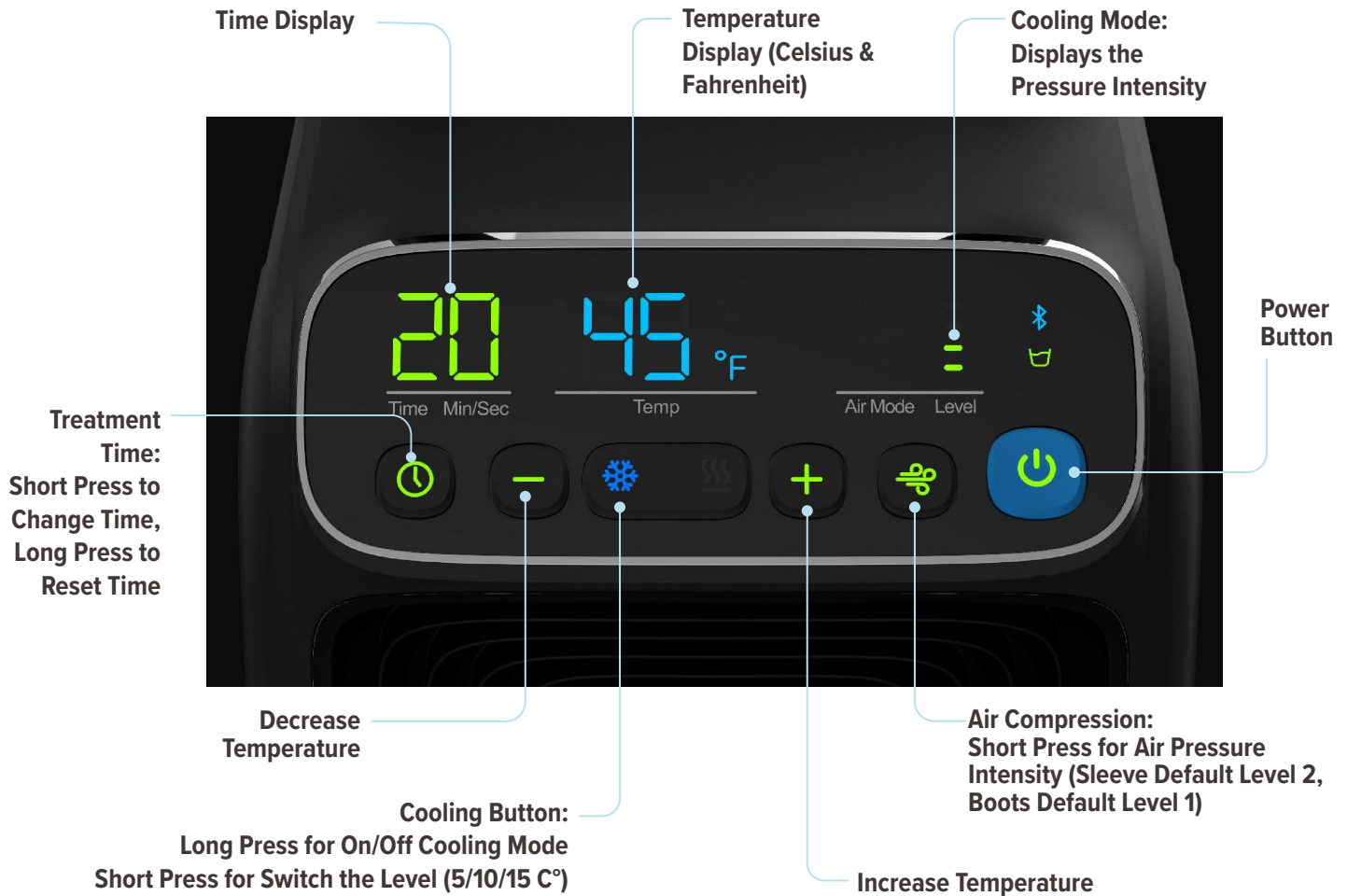
Disconnecting Hose from Garment

1. DO NOT disconnect garment until drain countdown has ended.
2. Disconnect secondary wire.
3. Press blue release button and pull hose from port.

Important Note: Be sure to pull hose straight out from port without bending to avoid damaging connectors.



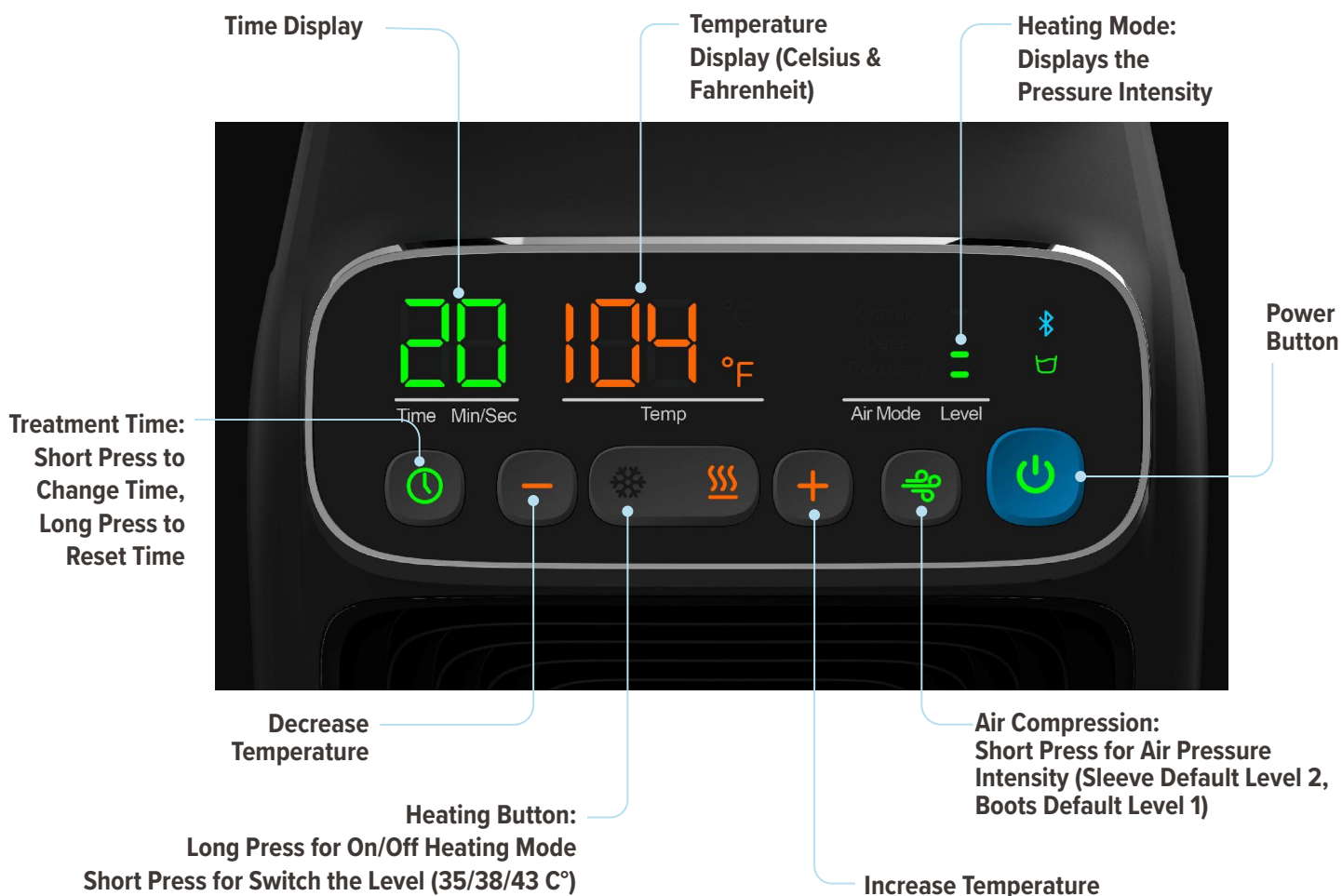
CRYOTHERAPY MODE



WITH AIR PRESSURE

1. Long press cooling button to select cryotherapy treatment. Correct display will be blue.
2. Cryotherapy default temperature is 50°F (10°C) and default treatment time is 60 minutes. Air compression default setting varies by garment: sleeve - level 2 (4 KPa); boots - level 1 (3 KPa); vest - level 1 (minimal compression for fit only).
3. Short press Time button to adjust session length in increments of 10 minutes. Long press Time button to reset session timer.
4. Temperature can be adjusted up and down using the +/- buttons.
5. Cryotherapy and Air Compression can be used concurrently for optimal fit and improved treatment. To adjust air compression intensity between 4 levels (3Kpa, 4Kpa, 5Kpa, 6Kpa), short press the Air Compression button.

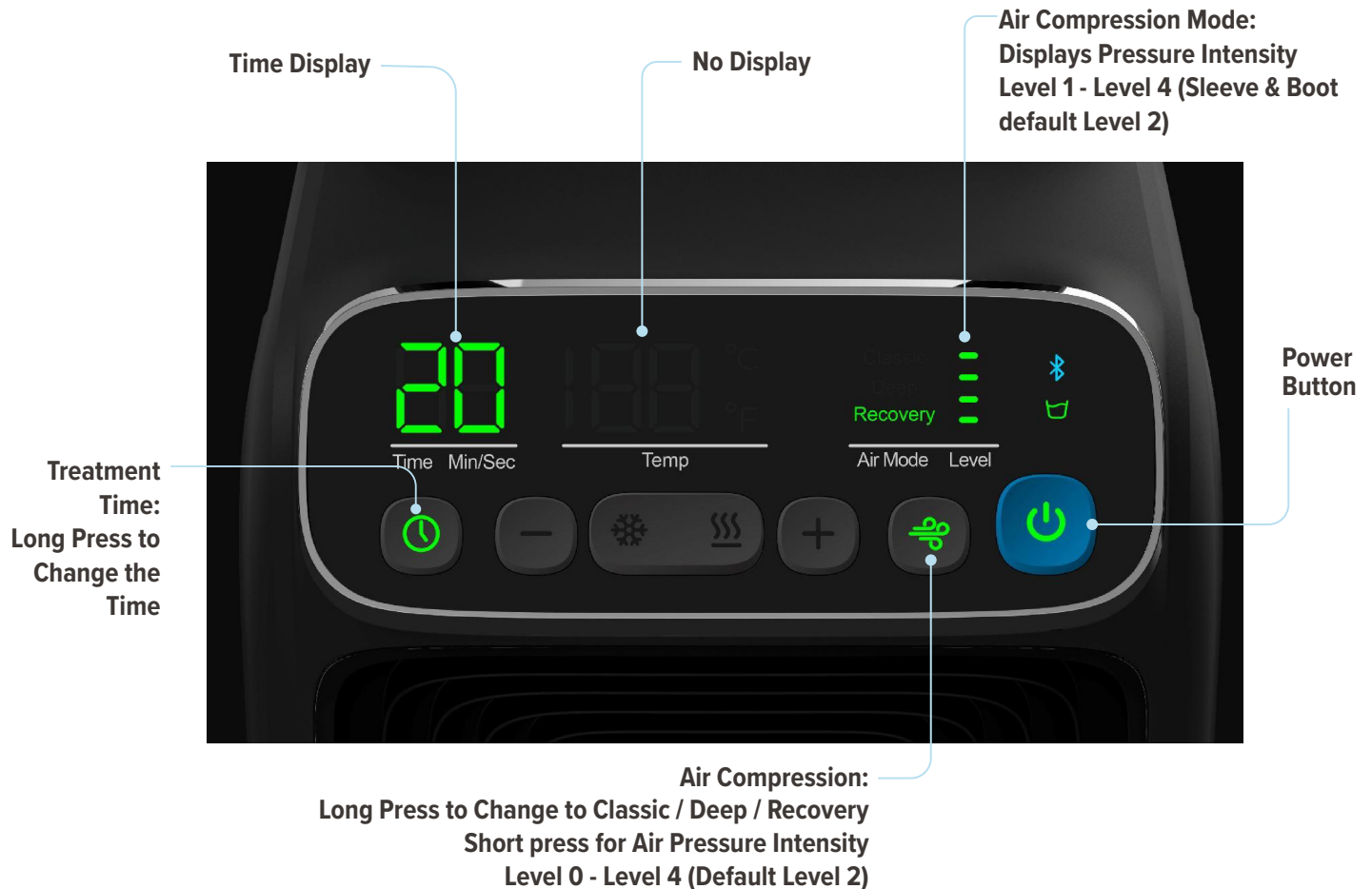
HEAT THERAPY MODE



WITH AIR PRESSURE

1. Long press heat button to select heat therapy treatment. Correct display will be orange.
2. Heat therapy default temperature is 104°F (40°C) and default treatment time is 60 minutes. Air compression default setting varies by garment: sleeve - level 2 (4 KPa); boots - level 1 (3 KPa); vest - level 1 (minimal compression for fit only).
3. Short press Time button to adjust session length in increments of 10 minutes. Long press Time button to reset session timer.
4. Temperature can be adjusted up and down using the +/- buttons.
5. Heat therapy and Air Compression can be used concurrently for optimal fit and improved treatment. To adjust air compression intensity between 4 levels (3Kpa, 4Kpa, 5Kpa, 6Kpa), short press the Air Compression button.

AIR COMPRESSION MODE



WITH AIR PRESSURE

1. Long press air compression key to start air compression session independent of Cryotherapy or Heat therapy.
2. Default air pressure for sleeve and boots is level 2 (9KPA) and default treatment time is 20 minutes.
3. Long press the air compression button to choose between compression modes: Classic / Deep / Recovery
4. Short press Time button to adjust session time by 10 minute increments. Long press Time button to reset session timer.
5. Short press the air compression button to cycle between levels 4 levels of air compression intensity.

CARE & MAINTENANCE

BEFORE CLEANING

1. Always turn off and unplug the device before cleaning.
2. Prepare a soft dry cloth, a damp cloth (no water drips), and diluted alcohol (concentration $\leq 50\%$ if needed).

MAIN UNIT CARE

1. Surface Cleaning: Use a dry or slightly damp cloth to wipe the chiller surface. Do not wipe it directly with a wet cloth.
2. Placement: Place the chiller on a stable, dry, and flat surface. Avoid tilting or inverting it.

WATER TANK CARE

1. Water Suggestion: It is recommended to use mineral water or purified water. Do NOT use distilled water.
2. Water Replacement: Empty and refill the water tank with fresh water at least once a week.

ACCESSORIES CLEANING

1. Wipe accessories with a damp cloth after use.
2. For disinfection, you may use $\leq 50\%$ diluted alcohol, then wipe with a clean damp cloth.
3. After cleaning, open the zippers (if applicable) and air-dry accessories in a well-ventilated, cool place.
4. Do not expose to direct sunlight or store near high-temperature sources.

STORAGE NOTES

1. If not in use for a long time, clean and ensure all parts are completely dry before storage.
2. Store in a dry, ventilated place away from direct sunlight and high temperatures.

IMPORTANT REMINDERS

1. Do not use corrosive or abrasive cleaners.
2. Regular maintenance ensures optimal performance of the product.
3. For any questions, please refer to the product manual or contact customer service.

ERROR CODES AND TROUBLE SHOOTING

ERROR CODE	PROBLEMS	SOLUTIONS
E0	Short of water	Short press power button, once water has flowed back into chiller, add water to chiller to MAX level.
E1	No garment connected, communication failure, or broken garment connector	Check whether wire line of accessories is connected on chiller end and garment end.
E2	Bluetooth module fault	Disconnect power supply then reconnect. If Bluetooth module fault is not resolved, contact Customer Service.
E3	Water overfill protection	Drain some of the water from water tank.
E4	Radiator is frosting up and the defrosting process is underway	Allow to defrost for 1+ minutes. Error Code will resolve once defrosted.
E5	Compressor is overtemperature	Check for obstructions at air inlet and outlet points and verify fan is working properly. Turn unit off and allow to cool for 30+ minutes. If Error Code does not resolve after cooling, contact customer service. It is recommended to allow the unit to cool for 2 hours after E5 error code.
E6	Water level sensor fault	Disconnect power supply then reconnect. If error code is not resolved, contact customer service.
E7	Air pressure sensor fault	Disconnect power supply then reconnect. If error code is not resolved, contact customer service.
E8	Temperature sensor fault	Disconnect power supply then reconnect. If error code is not resolved, contact customer service.

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Questions or Concerns

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

Residential:

☎ (855) 4-GETFIT

✉ cs@echelonfit.com

Commercial:

☎ (906) 208-8862

✉ commercialsupport@echelonfit.com

Submit a Request:



Warranty Information

Your ThermaChill Air Compression Recovery System 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:

☎ (855) 4-GETFIT

✉ cs@echelonfit.com

Commercial:

☎ (833) 586-1216

✉ commercialrenewal@echelonfit.com



MODEL: ECH-REC-***

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READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA

PATENT
PENDING

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