echelon™

STRIDE-20 Sport



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





IMPORTANT SAFETY INSTRUCTIONS

Care should be taken in mounting or dismounting the treadmill.
Before mounting or dismounting, bring the machine to a complete stop.

The manufacturer recommends placing the Echelon® Stride-20 Sport 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-20 Sport 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-20 Sport 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 for important information on page 6.
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.
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-20 Sport 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?

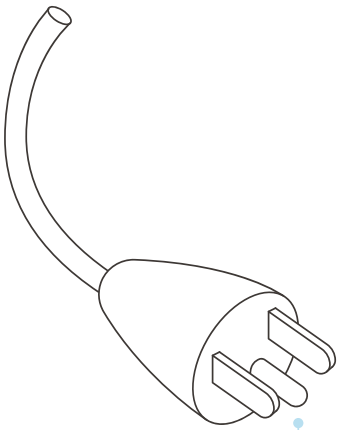
If you answer "yes" to any of the above questions, you should seek further advice from your doctor prior to using the Echelon® Stride-20 Sport treadmill.

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 250 lbs / 113 kg. Do not use the Echelon® Stride-20 Sport treadmill if your body weight is in excess of 250 lbs / 113 kg.
- ALWAYS use the Echelon® Stride-20 Sport 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-20 Sport Treadmill 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.
- NEVER 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.
- NEVER pickup this treadmill when the deck is NOT folded up.
- NEVER hang from the handlebars, doing so could damage the unit and injure the user.

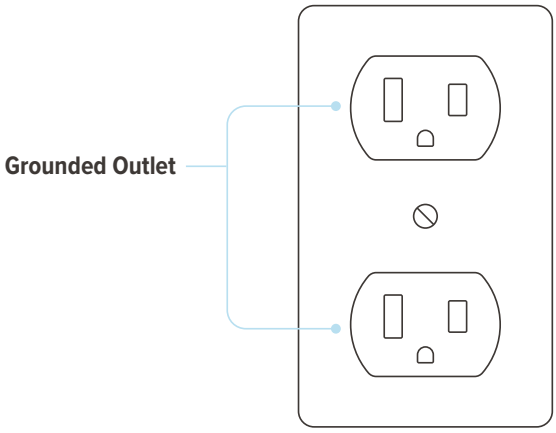
GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, 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.



Two common types of outlets presently in homes are: GFCI (Ground Fault Circuit Interrupter) and AFCI (Arc Fault Circuit Interrupter). Should hazardous spikes in electricity occur, either outlets are programmed to trip. Due to this, treadmills and other equipment have poor interactions with the GFCI or AFCI outlets.

Oftentimes, GFCI outlets are installed in either basements, bathrooms, or kitchens. These can be identified with either a red or white reset switch that is located on the front of the outlet. Should an excessive amount of power go through the group port, the GFCI outlet will flip their breaker. Due to treadmills and other equipment using the ground prong to help disperse static electricity, it is not ideal to use a GFCI outlet to power your machine. It is recommended that equipment be plugged into a different type of outlet that will prevent the machine from continually shutting down. Please note that GFCI outlets can be connected to other outlets (even if they're not that specific type of outlet) and it is recommended moving the equipment to a space that is not electrically tied together. Do not plug your equipment into surge protectors or other types of units, it is recommended that the equipment is plugged into a dedicated circuit.



Electrical arcs are detected by AFCI outlets and are designed to disrupt and cancel the flow of electricity. Due to this, treadmills and other equipment would likely have issues of shutting down if plugged into AFCI outlets. Newer building codes now require AFCI outlets, however, if you're having persistent issues, here are some recommended solutions: consult an electrician or switch to a different type of outlet.

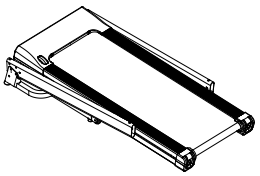
DANGER:

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.

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 above. 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.

PARTS LIST

A TREADMILL FRAME



B D23 FLAT WASHER M8: 10 PCS



C D13 BUTTON HEAD CAP SCREW M8x15MM: 10 PCS



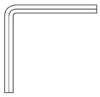
D D64 BUTTON HEAD CAP SCREW M8x20MM: 4 PCS



E1 D3 ALLEN WRENCH 5MM



E2 D3 ALLEN WRENCH 6MM



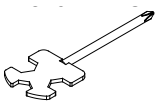
F B18 SILICON OIL



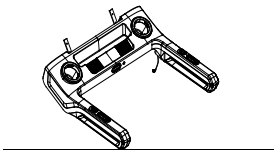
G D48 PHILLIPS ROUNDED WASHER HEAD SELF-TAPPING SCREW ST4.2X19MM: 2 PCS



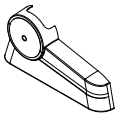
H OPEN END WRENCH



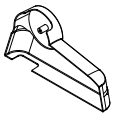
I HANDLEBAR SET



J B11L LEFT SIDE COVER



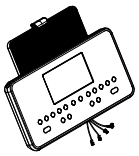
K B11R RIGHT SIDE COVER



L C13 SAFETY KEY



M CONSOLE



N B10 CUSHION STOPPER : 2PCS



O B125L LEFT REAR WHEEL COVER



P B125R REAR WHEEL COVER



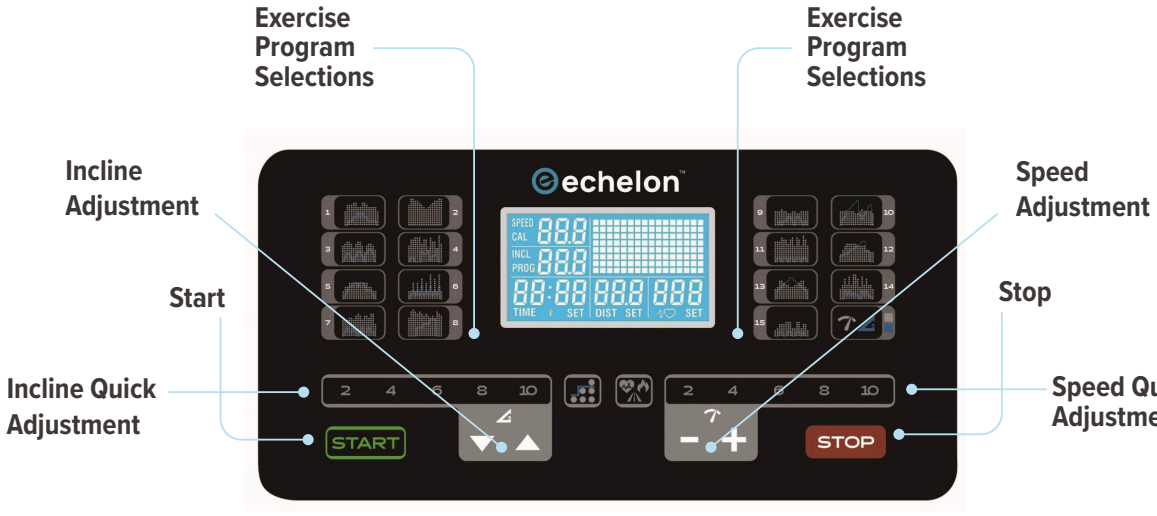
Q D52 PHILLIPS PAN HEAD SELF-TAPPING SCREW ST4.2X16MM: 4 PCS



TREADMILL SPECIFICATIONS

TECHNICAL INFORMATION:
Max. User Weight: 250lbs
Assembly Dimension:
5' x 2.3' x 4.7'
Running Area: 16" x 49"
Speed: 0.5 - 10 mph // Incline: 12 Levels





TREADMILL ASSEMBLY

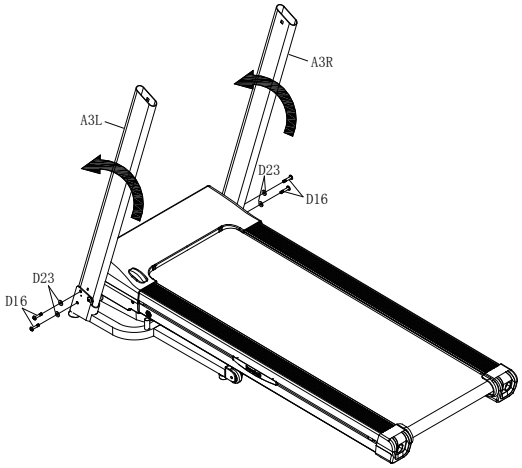
STEP 1

Assembly is strongly recommended with two people. Should take place on a soft surface, such as a carpet or rug, or with the cardboard box opened to protect the floor.

Place the treadmill frame on the flat ground or floor.

Note: Do not tighten all screws at this step.

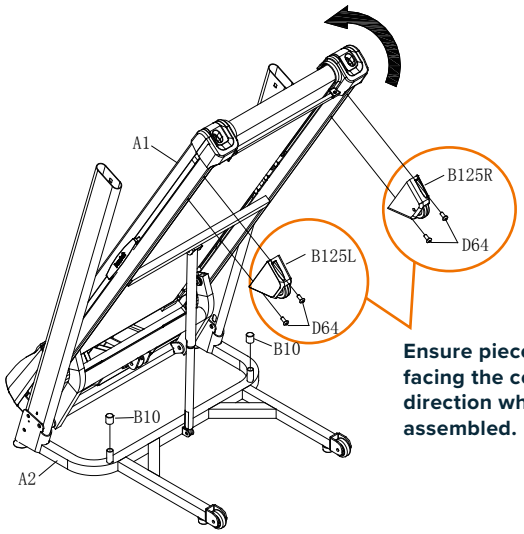
Hold and lift up #A3L/ #A3R Left/ Right Uprights. Tighten #A3L/ #A3R Left/ Right Uprights by using 4 pcs of #D16 Button Head Cap Screw M8x45mm and #D23 Flat Washer M8.



STEP 2

Note: Must tighten all screws at this step.

Hold #A1 Main Frame firmly and push it upward until hearing a “click” sound for locking the cylinder. Then tighten #B125L/ #B125R Left/ Right Rear Wheel Covers onto #A1 Main Frame by using 4 pcs of #D64 Button Head Cap Screw M8x20mm. Ensure B10 Cushion Stoppers are secured in place before proceeding with next step.

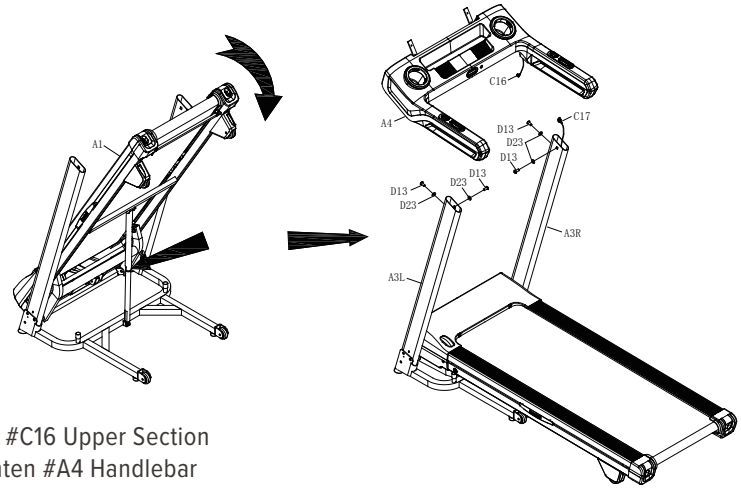


Ensure pieces are facing the correct direction when assembled.

STEP 3

Note: Must tighten all screws at this step.

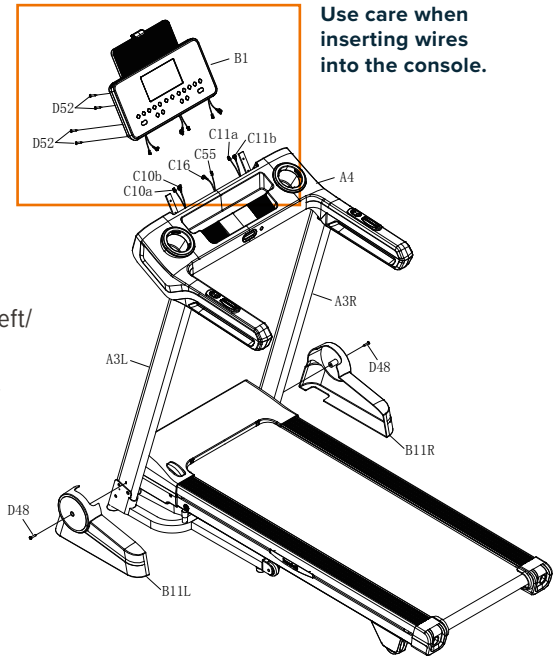
Hold #A1 Main Frame firmly and gently push it upward. In the meantime, slightly kick the cylinder with your foot in order to lower #A1 Main Frame down to the floor or ground. Cut the cable/ziptie prior to joining cables. Connect #C16 Upper Section Cable and #C17 Lower Section Cable together, and then tighten #A4 Handlebar Set onto #A3L/ A3R Left/ Right Uprights by using 4 pcs of #D13 Button Head Cap Screw M8x15mm and 4 pcs of #D23 Flat Washer M8.



STEP 4

Connect all wires listed: #C16 Upper Section Cable, #C10a/ #C10b Left/ Right Wire of Quick Buttons on Left Handlebar, #C11a/ #C11b Left/ Right Wire of Quick Buttons on Right Handlebar, and #C55 Ballpen Sensor between #A4 Handlebar and #B1 Console Set as illustrated. Then attach #B1 Console Set onto #A4 Handlebar by using 4 pcs of #D52 Phillips Pan Head Self-Tapping Screw ST4.2x16mm.

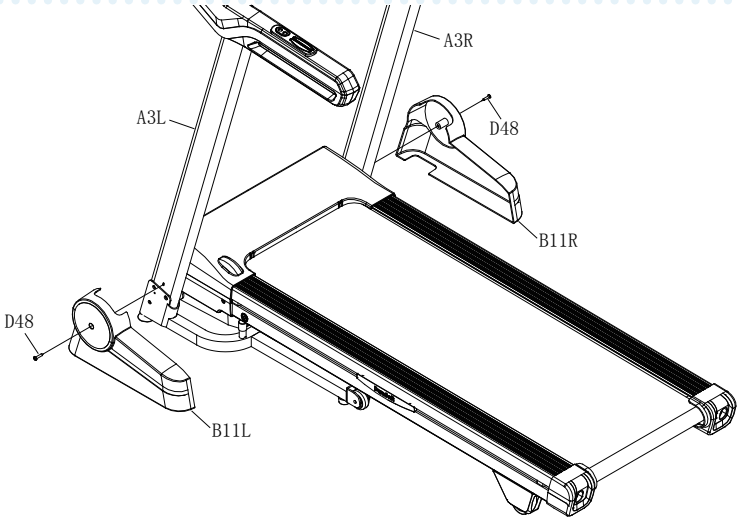
Use care when inserting wires into the console.



STEP 5

Note: Must tighten all screws at this step. Do not overtighten, tighten till firm against screwdriver.

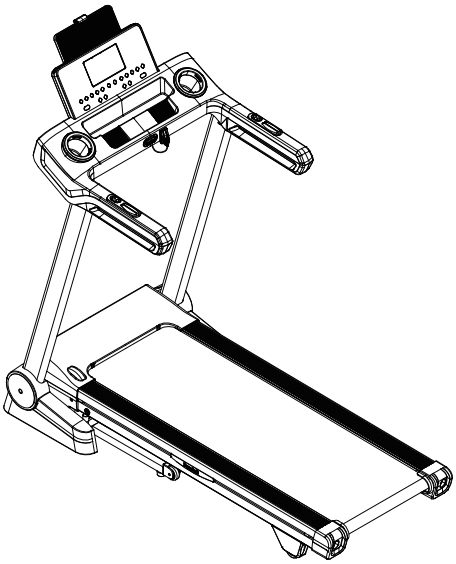
Tighten #B11L/ #B11R Left/ Right Side Covers onto #A3L/ #A3R Left/ Right Uprights by using 1 pc of #D48 Phillips Rounded Washer Head Self-Drilling Screw ST4.2x19mm on each side.



STEP 6

Attach #C13 Safety Key.

Assembly complete.



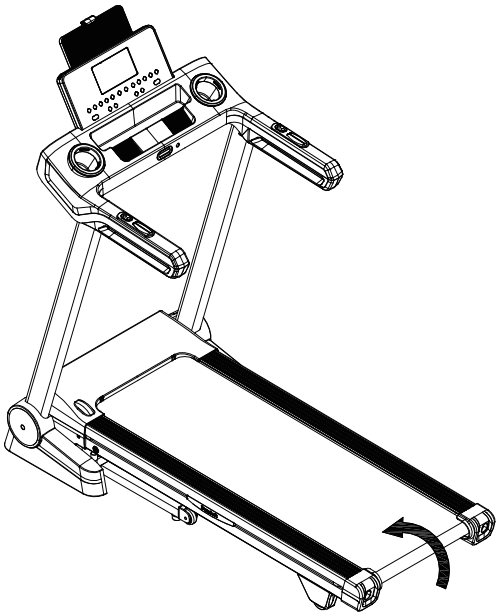
FOLDING & UNFOLDING INSTRUCTIONS

STEP 1

FOLDING THE TREADMILL

Note: Treadmill might be damaged if not lowering the incline level down to 0.

Make sure treadmill is at lowest incline position and have it powered off. Hold the rear deck firmly and lift it up until hearing a click sound from the cylinder.

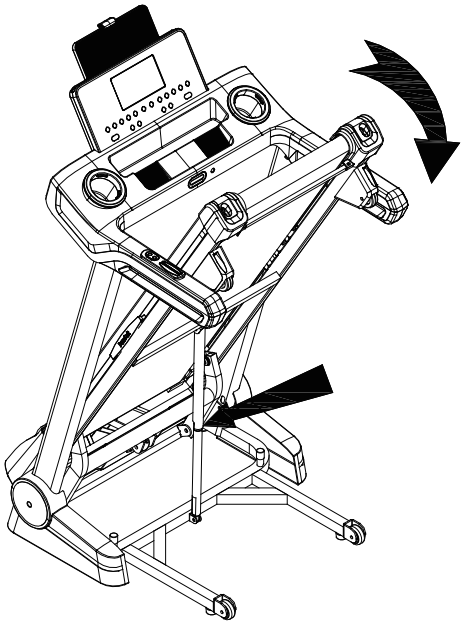


STEP 2

UNFOLDING THE TREADMILL

Note: Do not turn power on the treadmill during unfolding.

Hold the rear deck firmly. Slightly kick the cylinder with your foot while also pushing the deck forward. The deck will gradually lower down to the flat position.



PRODUCT USE



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.

EXERCISE DATA RANGE

Display Range:

Speed
0.5 mph – 10 mph

Distance
0 mile – 99.9 miles (0 kilometer – 99.9 kilometer)

Time
0:00 – 99:59

Incline
Level 0 – Level 12

Calories
0 Kcal – 9999 Kcal

DISPLAY DEFINITION

PULSE & DISTANCE:

The accumulated distance during the workout will show when no heart rate is detected. Once heart rate signal is detected, display switches between “Distance” and “Pulse” every 5 seconds.

TIME & CALORIES:

Display switches between “Time” and “Calories” every 5 seconds. Time will show the duration of the exercise. Calories will show calories burned during the exercise.

INCLINE:

Incline unit = 0 – 12 levels. Displays current incline level of the exercise.

SPEED:

Displays current running speed of the exercise.

CONTROL BUTTON DEFINITION

PROGRAM
- Select training program file
- 15 pre-set programs: P01 to P15
- 3 user programs: U01 to U03
- 1 body fat program: FAT
- Manual

MODE
- Select countdown program file
- Time Countdown
- Distance Countdown
- Calories Countdown

START
Press “Start” button for begin of exercise after 3 seconds countdown.

STOP
Note: DO NOT leave the treadmill paused on incline after finishing a workout. For safety reasons ensure the treadmill is fully stopped so the incline can fully reset before starting your next workout.

- Press “Stop” button for 1st time to temporarily stop the exercise (Pause Status). Speed goes to zero and incline stops at current incline level.
- When it’s in “Pause Status”, press “Stop” button to end the exercise.
- When it’s in “Pause Status” for 10 minutes or above, console goes into “Sleep Mode” and display disappears. All data is saved at current stage.
- To wake up console from “Sleep Mode”, press any buttons on the console and display lights up again. Press “Start” to begin the exercise. Adjust the speed and incline to appropriate setting.

QUICK SPEED:
Quick speed has 6 buttons to increase levels of speed (2, 4, 6, 8, 10 and 12).

QUICK INCLINE:
Quick incline has 6 buttons to increase levels of incline (2, 4, 6, 8, 10 and 12).

LEFT HANDLEBAR:
Quick Incline Adjustment Button to increase incline on your treadmill.

RIGHT HANDLEBAR:
Quick Speed Adjustment Button to increase incline on your treadmill.

SWITCHING FROM MPH TO KPH:
- Press “PROG” and then continue to press “MODE” and hold these 2 buttons for over 5 seconds to enter factory mode and display shows “F01”.
- Switch to preferred distance unit system by pressing “Speed Control Buttons” or “Incline Control Buttons”, and then press “MODE” button to confirm the setting.

PRODUCT FEATURES

When power is on, display lights up for 2 seconds on all windows and enters 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/STOP” button. Console begins countdown for 3 seconds and belt starts to run at lowest speed of 0.5 mph (0.8 km/h). To adjust “Speed” or “Incline”, press “Quick button for Speed on handlebar”, “Quick Button For Incline on handlebar”, “Quick Speed selections on console”, and “Quick incline selections on console” for appropriate settings. To end the exercise, press stop button twice or fully remove safety key.

PULSE:
To detect a pulse, use pulse sensors on hand railing. Pulse window displays the spotted pulse value. May take 5 to 7 seconds for a reading and 7 - 10 seconds for a more accurate reading.
IMPORTANT: The detected pulse value is not for medical purposes.

SLEEP MODE:
Console goes into “Sleep Mode” when there’s no function for 10 minutes. Pressing any button awakens the console to begin the exercise. During Sleep Model, touch screen will continue to light up.

SAFETY KEY:
The safety key & lanyard is designed to securely attach to your clothing and safely stop the treadmill in the case of an emergency, we highly recommend you utilize this feature for your and others protection when using this treadmill. All data clears after removing the safety key and all windows display “---“. All functions can only be operated when safety key is firmly inserted into correct position.

MEASUREMENT FOR BMI PROGRAM

Under “Standby Mode,” press “Program” button and choose “FAT*” program. Press “MODE” button to enter basic data, including Gender / Age / Height / Weight. The corresponding codes for these 4 categories are F-1 / F-2 / F-3 / F-4.

To adjust the numbers under each category, press “Speed Control Button” or “Incline Control Button” to adjust up or down the value. Then press “MODE” to complete the setting of each category.

When display shows “F-5” and “---”, place both hands firmly on the pulse sensor pads for 5 seconds and display shows the calculated BMI numbers.

Category	Default Value	Input Range	Note
F-1 (Gender)	1	1 – 2	1 = Male 2 = Female
F-2 (Age)	25	10 – 99	
F-3 (Height)	170 cm (68 inch)	100 – 240 cm (40 – 100 inch)	
F-4 (Weight)	70 kg (150 lbs)	20 – 160 kg (40 – 350 lbs)	

BMI Data Chart**	
BMI	**Body Weight Category**
<19	Low
19 – 26	Normal
26 – 30	High
>30	Very High

*** This chart is designed as a general guideline. Please discuss your health goals, including potential optimal weight and BMI, with your doctor.*

PROGRAMS

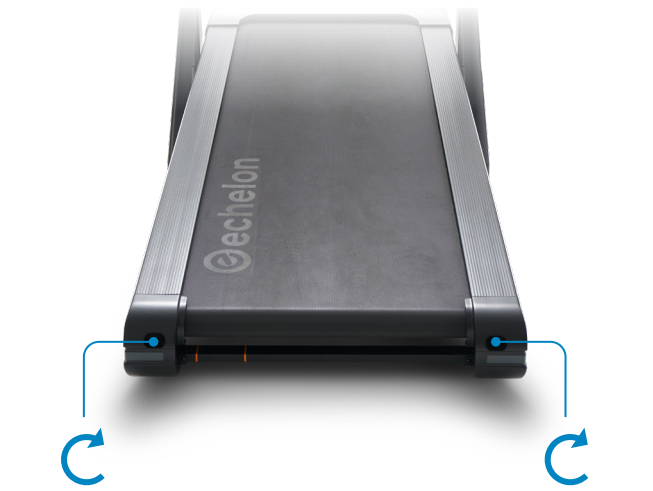
To start pre-set programs, press the “Program button” to choose any of the 15 programs, and the corresponding program number will be displayed on “Speed & Calories”display window. To adjust the default time setting, press “Quick Speed” to set the total time duration.

Each pre-set program has 16 segments and the time duration of each segment is the 1/16 of setting time. When one segment is completed, console automatically runs the setting speed based based on the next segment. User can adjust the setting to fit one’s personal condition. Press “Start” button to begin the training after the settingis completed.

Programs \ Sections		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01	Speed	7	10	10	10	11	11	9	9	11	11	10	9	9	9	9	7
	Incline	0	0	2	2	4	4	6	4	6	4	4	2	2	2	2	0
P02	Speed	10	12.4	12.4	12	12	11	10	9	8	9	10	11	12	12	12.4	12.4
	Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P03	Speed	8	9	10	10	9	7	9	10	10	8	5	8	9	9	8	6
	Incline	0	2	4	4	2	0	3	5	5	3	0	4	6	6	4	0
P04	Speed	8	11	11	12	12	12	9	11	11	6	12	10	10	7	12.4	9
	Incline	0	2	2	0	0	0	5	4	4	7	1	3	3	6	0	0
P05	Speed	4	6	6	8	8	8	8	8	8	8	8	8	6	6	4	4
	Incline	0	2	4	6	6	8	8	6	8	8	6	4	4	4	2	0
P06	Speed	4	4	8	4	8	4	10	4	8	4	12	4	10	4	12	4
	Incline	0	2	4	2	4	2	6	2	4	2	6	2	4	2	6	0
P07	Speed	8	8	8	9	9	8	10	11	10	8	10	10	9	11	11	6
	Incline	0	2	4	2	2	4	2	0	2	4	2	2	4	2	2	0
P08	Speed	9	12	12.4	12	11	12	11	10	11	10	9	10	9	12	11	10
	Incline	0	0	0	0	4	4	4	6	6	6	8	8	8	0	0	0
P09	Speed	7	7	7	8	7	7	6	6	7	7	6	6	7	7	7	7
	Incline	0	0	2	0	2	2	4	4	2	0	4	4	2	0	2	0
P10	Speed	7	7	7	7	7	7	7	6	6	7	8	7	7	7	7	6
	Incline	0	3	4	7	8	9	10	11	12	5	3	5	7	9	10	0
P11	Speed	10	10	10	12	11	11	9	11	12	8	12	11	8	12.4	11	8
	Incline	0	2	2	0	2	2	0	2	2	0	2	2	0	2	2	0
P12	Speed	4	6	8	9	9	9	9	9	8	8	8	8	6	6	5	5
	Incline	3	3	4	4	5	6	6	7	8	9	10	10	5	5	0	0
P13	Speed	4	6	8	9	9	9	9	9	8	8	8	8	6	6	5	5
	Incline	3	3	4	4	5	6	6	7	8	9	10	10	5	5	0	0
P14	Speed	5	7	10	7	11	7	12	12	10	6	11	7	10	7	7	5
	Incline	0	0	4	2	4	2	3	2	2	0	4	2	4	2	1	0
P15	Speed	3	4	6	6	6	7	7	7	4	4	7	7	4	6	6	3
	Incline	0	0	2	2	0	0	2	2	0	0	2	2	0	2	0	0

BELT ADJUSTMENT

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



BELT LUBRICATION

The Echelon Stride-20 Sport 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.

1. Power off the treadmill and unplug the power cord.
2. Using Allen Wrench (E2), loosen rear adjusting bolts with 5–10 counter-clockwise turns.
3. 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.
4. Lay the running belt flat and tighten the rear adjusting bolts clockwise the same number of times loosened from step 2.
5. After the lubricant is applied follow the steps for belt adjustment until the belt is centered and stays centered under medium to heavy use. Plug in the power cord, insert the safety key, and turn power the treadmill on.





CARE & MAINTENANCE

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.
3. The safety key 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.

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
   b. Console
   c. Running Belt
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 experience physical issues while in use or receive improper info when calculating metrics. When tightening make sure to adjust both sides of the rear roller evenly with the provided 6mm Allen Wrench (E2), turning clockwise to tighten there should only be a 2 - 3 inch gap when lifting the belt. Do not tighten the belt rollers in excess of 10 full rotations, doing so could damage components of the treadmill. If you feel as if you have done this make sure to start working backwards to correct any overtightening. If these steps do not correct the issue, please resort to the belt lubrication instructions, or call our customer service if you require further assistance.


Weekly | 2-a

Monthly

1. 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 15 for belt adjustment instructions.
2. Start the treadmill at a low speed and test for any catching of the belt to ensure the motor is applying the proper torque. Call customer service if you are experiencing issues related to motor performance.
3. If you hear any rubbing noises, find the treadmill belt off-center beyond what the provided instructions show or suspect damage to the running deck and incline components, please stop treadmill usage and contact Customer Service for assistance.

Echelon Fitness Customer Service:

(833) 937-2453

cs@echelonfit.com

ERROR CODES AND TROUBLE SHOOTING

ERROR CODE	PROBLEMS	SOLUTIONS
E00	No signal detection of safety key from lower control board	1. Check the safety key wire is connected well onto the lower control board. 2. Replace a new safety key wire.
E01	Connection fails between “PCB” and “Lower Control Board”	1. Check every wire is connected well between PCB and lower control board. 2. Check if any of the wires are damaged. 3. Check if PCB or lower control board is in good condition. If any chip is damaged, change PCB or lower control board.
E02	Over-loading 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 wire of speed sensor is well connected. 2. Check if wire or speed sensor is damaged. If so, replace wire and speed sensor.
E04	Incline motor damage	Perform incline calibration 1. Remove Safety Key. 2. Press and hold “Start/Stop” buttons for over 3 seconds. 3. After the incline calibration is completed, test the treadmill again by powering on and press “Start” button.
E05	Over-current Protection	1. Check if any part on motor is stuck. U-plug power cable and adjust motor. Plug back in the power cable and re-start to run the treadmill. 2. Check if motor has burned smell. If so, change a motor. 3. Check if lower control board has burned smell. If so, change a lower control board. 4. Check if power outlet has low voltage supply. If so, change a power outlet.
E06	Self-checking error on controller	1. Check if wires of motor are well connected and in good condition. 2. Check if IGBT on lower control board has burned smell. If so,change a lower control board. 3. Check if PCB is in good condition.
E07	Parameter lost	Replace a lower control board.
E08	EEPROM damage (on lower control board)	Replace a lower control board.
E09	Voltage issue or IPM over-heated	Replace a lower control board.
EEP	EEPROM damage (on upper control board)	Replace a 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 lower control board is damaged. If so, change a new lower control board. 3. Check if IGBT on lower control board is working by using the multi-meter. If so, change a lower control board.


Leaderboard
echelon
TIME ELAPSED
14:09
BPM
81
echelon
SPEED
INCL
PROG
TIME
DIST
INCLINE
START
MODE
PROG
SPEED
STOP
SPEED
INCLINE

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-20 Sport 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 2-year extended warranties are available through customer service.

NOTES



MODEL: ECH-STRIDE-20SP
ECHELON FITNESS MULTIMEDIA. LLC
605 CHESNUT STREET, SUITE 700
CHATTANOOGA, TN 37450

ECHELONFIT.COM

READ INSTRUCTIONS BEFORE OPERATING

MADE IN CHINA

PATENT PENDING

REV: 03012024