ECHELON

CONNECT SMART BIKE

INSTRUCTION MANUAL



Bluetooth®

EX5s


ECHELON
CONNECT

ECHELON

Hello,

I am Lou Lentine, President 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!

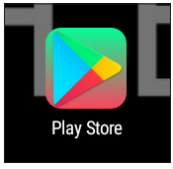
Best personal regards,
Lou

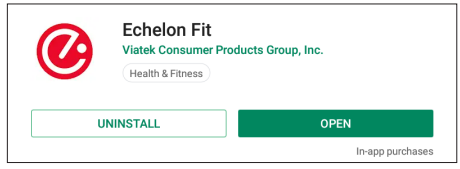


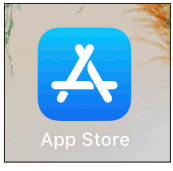
QUICK START GUIDE

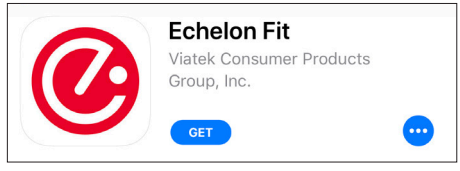
1 DOWNLOAD LATEST VERSION OF THE APP

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



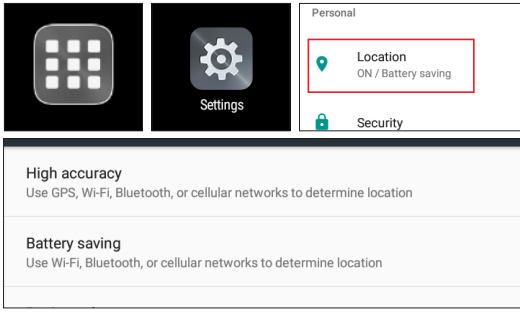






2 CHANGE LOCATION SERVICES TO 'HIGH ACCURACY' (IF IOS USER, SKIP THIS STEP)

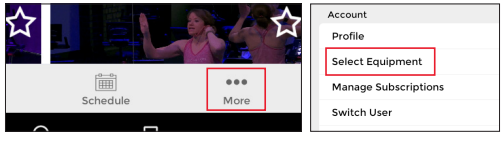
Navigate to your apps from the home screen by tapping the Apps icon (or the ^ icon at the bottom of the screen on older versions), and tap the Settings app. Scroll to 'Location' and ensure Location setting is set to "ON/High Accuracy." If not, tap 'Location', then 'Mode', and select 'High Accuracy'.



3 OPEN THE ECHELON FIT™ APP

If you already have an account, sign in and press the 'More' button at the bottom right and 'Select Equipment.'

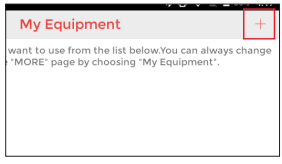
If you do not have an account, select the SIGN UP button and create an account. This screen will give you the opportunity to input your personal info and image, or sign up via Facebook. The app will automatically take you to the 'Choose Your Equipment' screen after you set up your profile



QUICK START GUIDE

4 CONNECT YOUR BIKE

Press the + button and use the arrows or swipe to find and select the equipment you wish to use with the app. If you select the Connect Bike, a screen will ask you to connect to bike and your bike serial number should appear. Select your bike to connect. The bike will beep and the blue light around the button will be solid when it is connected.

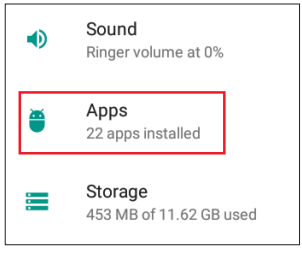


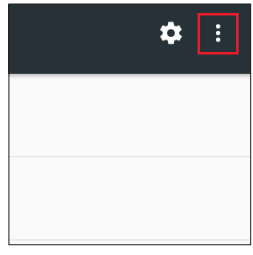


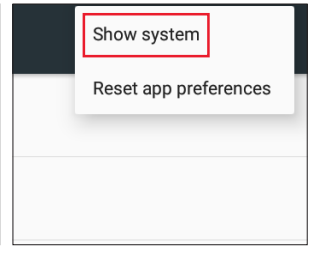


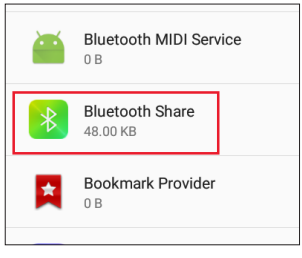
TROUBLE CONNECTING?

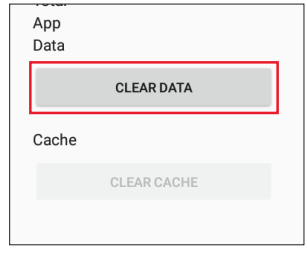
If your bike does not connect using the process above, navigate to the Settings app on the tablet and select Apps (on older versions of Android you will select 'Application' and then 'Application manger'). At the top right select the ⋮ icon (on older versions, select 'MORE') and then select 'Show system' or 'Show system apps'. Select 'Bluetooth Share', then 'Storage', and then either 'Clear Data' or 'Clear Cache,' depending which button is highlighted. Restart the Echelon Fit™ App and attempt connection again.











If you have any issues after completing this process, please contact appsupport@echelonfit.com

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IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.
Android, Google Play, and the Google Play logo are trademarks of Google LLC.
The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Bluetooth® FM Transmitter is under license. Other trademarks and trade names are those of their respective owners.

PARTS



INCLUDES

1. Handlebar height adjustment lever
2. Handlebar post frame
3. Resistance knob/brake lever
4. Crank arms
5. Seat post
6. Seat height adjustment lever
7. Seat slide adjustment lever
8. 21.5" FHD Screen
9. Water bottle holder
10. Handlebars
11. Front foot
12. Rear foot
13. Handlebar post
14. Screen mount
15. Seat
16. Pedals
17. Dumbbell holder
18. Power adapter
19. Double-sided wrench
20. Wrench
21. Small hex key
22. Hex key with Phillips screwdriver head
23. Handlebar adjustment lever
24. Foot bolts (x4)
25. Water bottle and dumbbell holder screws (x4)

REMOVAL OF FRAME



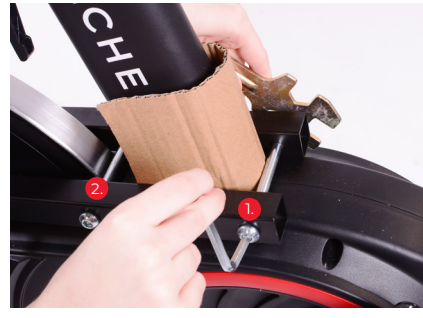
Loosen bolts in order.



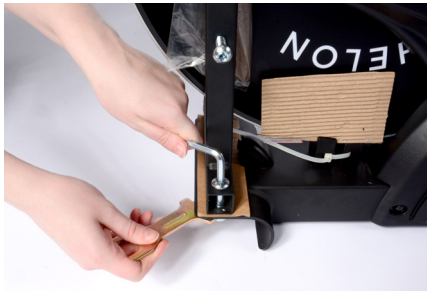
Remove bolts in order.



Remove cardboard and then repeat on other side.



Remove bolts in order with included tools as shown.



Remove bolts on both sides with included tools as shown.



Hold cardboard piece and remove frame from bike.

ASSEMBLY



Use a pair of scissors or wire cutters to cut zip ties around wheel chocks. Using one of the wrenches, knock out the front then the back chock.



Use the included hex key to remove the metal front support bracket.



Place the front foot with wheels facing forward under the front bracket.



Insert foot bolts into front foot.



Tighten down foot bolts with included hex key.



Place the rear foot under the rear bracket.

ASSEMBLY



Insert foot bolts into rear foot.



Tighten down foot bolts with included hex key.



Attach dumbbell holder onto seat post with screws and screwdriver end of hex key.



Place seat onto seat post and secure with included wrench.





Pull the two wires out of frame and two wires from base of handlebar post. DO NOT UNTIE TWIST TIES AT TOP OF HANDLEBAR POST.

ASSEMBLY



Connect the two wires from frame and handlebar post together, then feed excess wire down into frame.



Unscrew handlebar height adjustment lever, but do not remove. Pull lever out and fully insert handlebar post into frame. Release lever and post is secure.



Insert handlebar post screw into hole on post. Use small hex key to tighten. Ensure holes in handlebar post and handlebar post frame align properly before inserting screw.



Untie the twist tie at top of handlebar post, ensuring not to allow the wire to fall inside of handlebar post. Connect the wire from the handlebar post to the wire at bottom of tablet mount.



Feed excess wire into handlebar post and slide tablet mount into handlebar post. Secure with tablet mount bolts with flat washers.



Place handlebars onto handlebar post. Secure with handlebar adjustment lever.

ASSEMBLY





Slide water bottle holder onto post and secure with two screws.

TABLET INSTALLATION



Remove the four preinstalled screws and set to the side.



Flip mount around to face away from Connect bike. Flip tablet over and hold tablet up to mount and hand screw all four screws into tablet. Use screwdriver end of hex key to tighten.



Unscrew the three small preinstalled screws from the cover on the back of the tablet and discard the cover.



Install power cord into the DC port.

NOTE: WE RECOMMEND HAVING HELP WITH TABLET INSTALLATION.

ASSEMBLY



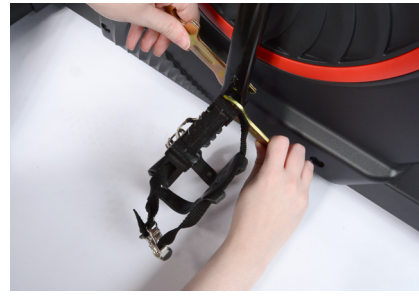
Remove nut from right pedal by turning counterclockwise.



Screw right pedal onto right crank arm clockwise. Use double sided wrench to ensure pedal is firmly seated against crank arm.



Finger tighten nut clockwise back onto pedal bolt.



Hold pedal with double sided wrench and use single sided wrench to tighten nut clockwise.

ASSEMBLY



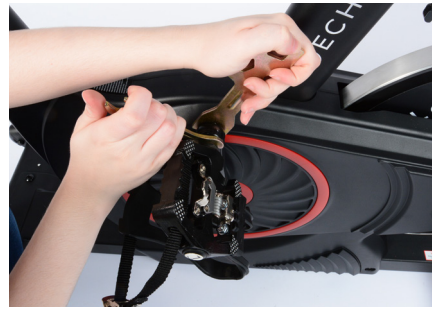


The threads are reversed on LEFT pedal and nut.

Remove nut from left pedal by turning clockwise.

Screw left pedal onto crank arm counterclockwise. Use double sided wrench to ensure pedal is firmly seated against crank arm.





Finger tighten nut counterclockwise back onto pedal bolt.

Hold pedal with double sided wrench and use single sided wrench to tighten nut counterclockwise.





Plug power adapter into port located on the rear foot bracket, then plug into wall outlet.

The assembly of your Echelon® Connect bike is now complete!

SEAT ADJUSTMENT



Turn seat slide adjustment lever counterclockwise to loosen.



Move seat along track to desired location. Turn seat slide adjustment lever clockwise to tighten and secure in place.



Turn seat height adjustment lever counterclockwise until you are able to pull the lever halfway out.



Pull and hold the seat height adjustment lever and raise the seat to desired position. Ensure lever engages one of the adjustment holes. Turn seat height adjustment lever clockwise until secure.

HANDLEBAR ADJUSTMENT



Turn handlebar adjustment lever counterclockwise until you are able to pull the lever halfway out.



Pull and hold the handlebar adjustment lever and raise or lower the handlebars to desired position. Ensure lever engages one of the adjustment holes. Turn handlebar adjustment lever clockwise until secure.

OPERATION

There are two different positions (shown below) you will see during classes on the Echelon Fit™ app. Fig. 1 demonstrates a relaxed upper body while in seated position. Fig. 2 demonstrates proper hand placement and weight distribution while in an upright position.



FIG. 1



FIG. 2

OPERATION

To adjust the resistance while using the Echelon® Connect, turn the resistance adjustment knob to the left or right, as shown in Fig. 3.
To stop the bike press down on the resistance adjustment knob, as shown in Fig. 4.



FIG. 3

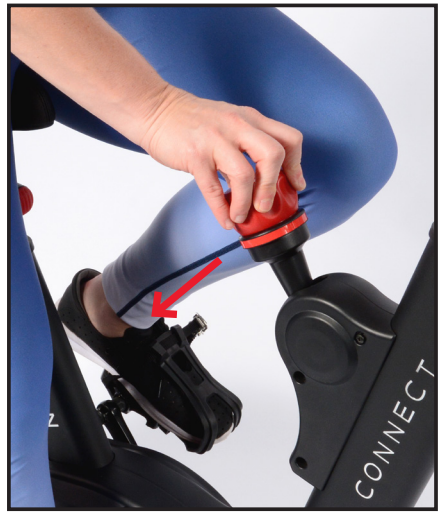


FIG. 4

SPECS

Input: 100-240V~ 50/60Hz Max 1.7A
Output: 12V ⎓ 5A
QDID: 60912
FCC ID: SH6MDBT40
CAN ICES-3 (B)/NMB-3(B) HVIN: 1.0
IC: 8017A-MDBT40
DIMENSIONS: 54" L X 20" W X 60" H

FCC

FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

15.21
YOU ARE CAUTIONED THAT CHANGES OR MODIFICATIONS NOT EXPRESSLY APPROVED BY THE PART 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.

ISED

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

NOTE: CARE SHOULD BE TAKEN IN MOUNTING AND DISMOUNTING THE STATIONARY EXERCISE BIKE. BEFORE MOUNTING OR DISMOUNTING MOVE THE PEDAL ON THE MOUNTING OR DISMOUNTING SIDE TO ITS LOWEST POSITION AND BRING THE MACHINE TO A COMPLETE STOP.

THE MANUFACTURER RECOMMENDS TO PLACE THE ECHELON® CONNECT BIKE IN A SPACE WHERE YOU HAVE TWO FEET OF CLEARANCE ON ALL SIDES OF THE BIKE FOR SAFE MOUNTING AND DISMOUNTING OF THE EXERCISE BIKE. THE MINIMUM DIMENSIONS ARE: 0.5 M (19.7 IN.) ON AT LEAST ONE SIDE, AND 0.5 M (19.7 IN.) EITHER BEHIND OR IN FRONT OF THE EXERCISE BIKE.

WHILE CLEANING YOUR ECHELON® CONNECT BIKE, PLEASE USE A SOFT RAG WITH MILD DETERGENT OR WATER TO WIPE DOWN THE MACHINE. DO NOT USE CORROSIVE CHEMICAL LIQUIDS WHICH MAY DAMAGE THE COVER.

IMPORTANT SAFETY INSTRUCTIONS

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

Read all instructions before using THE ECHELON® CONNECT.

DANGER - To reduce the risk of electric shock:

1. 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.

Before using the Echelon® Connect, 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® CONNECT.

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

WARNINGS

- ALWAYS use the Echelon® Connect on solid, level ground and in a well lit and ventilated area.
- ALWAYS check that the seat and handlebars are securely fastened before use.
- NEVER allow children to play on or around the bike. This helps protect them from injury from moving parts.
- ALWAYS set the bike up properly for your specific body type. The Echelon® Connect offers up/down and fore/aft adjustments that are clearly marked to ensure a quick and easy customization for each workout.
- ALWAYS check the bike before use.
- NEVER use the bike if it is not properly/completely assembled or is damaged in any way.
- NEVER exceed the weight limit for this bike. The weight limit for this bike is 300 pounds. Do not use the Echelon® Connect if your body weight is in excess of 300 pounds.
- NEVER use Echelon® Connect 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® Connect.
- ALWAYS wait until the pedals have come to a complete stop before taking your feet off of the pedals or dismounting. Do not stand or climb on the handlebars.
- ALWAYS keep hands away from moving parts and ensure that hands are never placed where there is no rubber handlebar grip.
- NEVER overexert yourself or work to exhaustion. If you feel faint, dizzy, short of breath, or if you have chest or other pains, STOP IMMEDIATELY! Consult your physician before using the Echelon® Connect 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® Connect in a standing position at high revolutions per minute (RPM) (see OPERATION section, Fig. 2).
- ALWAYS keep your pelvis positioned over the center line of the Echelon® Connect.
- NEVER adjust the resistance of the flywheel or the position of the handlebars while in a standing position (see OPERATION section, Fig. 2).

- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the bike and will affect the warranty of the bike.
- ALWAYS ensure that the Echelon® Connect 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® Connect, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

THIS SAFETY INFORMATION AND USER MANUAL DOES NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE Echelon® CONNECT!

PLEASE NOTE:

App and software updates may change user functionality. Please refer to on-screen instructions, as they will be the most up to date.

Download on the App Store

GET IT ON Google Play

www.echelonfit.com

Read Instructions Before Operating | MADE IN CHINA | PATENT PENDING | Rev: 072419 | ECHELONFIT.COM

For questions, assistance, or replacement parts, do not return to your retailer. Contact Echelon® customer service below. For refunds on items not purchased from Echelon® directly, please contact your retailer.

ECHELON® FIT 1-YEAR LIMITED WARRANTY

Echelon® warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Echelon® will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Echelon® customer service at 833-937-2453 or at info@echelon.com to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure carton clearly identifies sender by name and address. Attach a letter or card describing defect and original sales receipt. Mail prepaid to Echelon Fitness Multimedia, LLC 6011 Century Oaks Dr. Chattanooga, TN 37416.

This warranty is void if damage or malfunction is due to abuse or failure to operate product in accordance with instructions and on recommended electrical current. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If you have any questions, or would like to learn more about Echelon®, please contact us at 833-937-2453 or at info@echelonfit.com.

Register your product online at echelonfit.com/pages/register-warranty/

Customer Service / Le service a la clientele / Servicio al Consumidor

833-937-2453 (+1.423.402.9010) info@echelonfit.com

Model: ECHEX-5S

DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES PER LOCAL & FEDERAL GUIDELINES.

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Echelon Fitness Multimedia, LLC 6011 Century Oaks Dr. Chattanooga, TN 37416