

echelon[®] Row-XTR



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



TABLE OF CONTENTS

.....

»	SAFETY INFORMATION	04
»	PARTS LIST	06
»	TECHNICAL SPECIFICATIONS	08
»	ASSEMBLY	09
»	PRODUCT USE	13
»	ACCOUNT CREATION	18
»	CARE & MAINTENANCE	19
»	NOTES	21



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.

IMPORTANT SAFETY INSTRUCTIONS

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

The manufacturer recommends placing the Echelon® XTR Rower in a space where you have the following minimum clearance dimensions for safe mounting and dismounting of the rower:

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

While cleaning your Echelon® XTR Rower, 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:

- NEVER use the rower if it is not properly / completely assembled or is damaged in any way.
- NEVER allow children or pets to play on or around the rower during operation. This helps protect them from injury from moving parts.
- ALWAYS set the rower up properly for your specific body type.
- NEVER use the Echelon® XTR Rower 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 stand or climb on the seat or rower rail.
- ALWAYS keep your pelvis positioned over the center line of the Echelon® XTR Rower.
- ALWAYS wear proper attire and footwear that fully covers your feet. Do not wear loose or dangling clothing while using the rower. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- ALWAYS ensure that the Echelon® XTR Rower is wiped down after each use to keep it sanitary.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the rower and will affect the warranty of the rower.
- Cleaning and user maintenance shall not be made by children without supervision.

If any problems arise affecting the performance of the Echelon® Row, 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® ROW!

Warning Labels

⚠ 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. For consumer fitness equipment, notice shall also be given to refer to the owner's manual for additional warnings and safety information.
 The stationary exercise rower should only be used after a thorough review of the operation manual (consumer, stationary exercise rower) or under the direct supervision of a trained instructor (institutional stationary exercise rower).
 Please keep away from moving parts at all times. Contact with moving parts may result in serious injury.
 Visit <https://echelonfit.zendesk.com/hc/en-us> for more information.
 Set up and operate stationary exercise rower on a solid level surface.
 Care should be taken in mounting and dismounting the stationary exercise rower. Before mounting or dismounting move the seat forward towards the foot platforms and rack the handle in the holder.
 Keep the top surface of the pedal clean and dry.
 Failure to maintain and care for the rower could result in serious injury to the user and damage to critical components of the rower if neglected. Disconnect all power before servicing the equipment (if applicable). Always service the rower 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 les instructions doivent être lus et suivis. Pour les appareils de remise en forme destinés à un usage privé, les utilisateurs doivent être également invités à se reporter au manuel d'utilisation pour les avertissements et les consignes de sécurité supplémentaires.
 Le rameur stationnaire ne doit être utilisé qu'après avoir lu attentivement le manuel d'utilisation (rameurs stationnaires destinés au grand public) ou sous la surveillance directe d'un instructeur formé (rameurs stationnaires destinés aux professionnels).
 Veuillez rester toujours à distance des pièces en mouvement. Tout contact avec des pièces en mouvement comporte un risque de blessure grave.
 Allez sur <https://echelonfit.zendesk.com/hc/en-us> pour en savoir plus.
 Réglez et utilisez le rameur stationnaire sur une surface stable et plane.
 Apportez un soin particulier au montage et au démontage du rameur. Avant de monter ou de descendre, avancez le siège en direction des plateformes destinées aux pieds et rangez la poignée dans le support.
 Veillez à ce que la surface de la partie supérieure des pédales reste propre et sèche.
 Si vous ne prenez pas soin de votre rameur et que vous ne l'entretenez pas, vous vous exposez à un risque de blessure grave et les principaux composants de la machine pourraient être endommagés ou présenter un dysfonctionnement en cas de négligence.
 Mettez l'appareil hors tension avant de procéder à l'entretien ou à une réparation (le cas échéant).
 Veillez à toujours vous référer aux consignes d'entretien dans le manuel de l'utilisateur pour réaliser l'entretien du rameur.

RIESGO DE LESIONES PERSONALES. MANTENGA A LOS NIÑOS MENORES DE 13 AÑOS ALEJADOS DE LA MÁQUINA.
 Deben leerse y seguirse todas las advertencias e instrucciones. En el caso de los equipos de fitness para el consumidor, también se debe consultar el manual del propietario para obtener advertencias e información de seguridad adicionales.
 La máquina de remo estacionaria para ejercicio solo debe usarse después de una revisión exhaustiva del manual de operación (equipo de remo estacionario para ejercicio doméstico) o bajo la supervisión directa de un instructor capacitado (equipo de remo estacionario para ejercicio institucional).
 Manténgase alejado de las piezas móviles en todo momento. El contacto con las piezas móviles puede provocar lesiones graves.
 Visite <https://echelonfit.zendesk.com/hc/en-us> para más información.
 Instale y opere la máquina de remo estacionaria para ejercicio sobre una superficie sólida y nivelada.
 Se debe tener cuidado al montar y desmontar la máquina de remo estacionaria para ejercicio. Antes de montar o desmontar, mueva el asiento hacia adelante, baje las plataformas para los pies y colóquelas en el soporte.
 Mantenga la superficie superior del pedal limpia y seca.
 La falta de mantenimiento y cuidado de la máquina de remo podría provocar lesiones graves al usuario y daños a los componentes críticos de la máquina de remo si se descuida.
 Desconecte toda la energía antes de reparar el equipo (si corresponde).
 Realice siempre el mantenimiento de la máquina de remo según los pasos de mantenimiento que se indican en el manual del propietario.

⚠ 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.

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, lisez tous les avertissements et directives et, dans le cas d'équipement de conditionnement physique en établissement, obtenez toutes les directives appropriées.
ATTENTION :
 Risque de blessure. Tenez les enfants de moins de 13 ans à distance de la machine.

MANTENGA A LOS NIÑOS ALEJADOS DE LA MÁQUINA.
 Riesgo de lesiones graves o la muerte si no se tiene cuidado.
 Lea y siga todas las advertencias e instrucciones y, en el caso de equipo institucional, obtenga las instrucciones adecuadas antes de su uso.
PRECAUCIÓN:
 Riesgo de lesiones personales. Mantenga a los niños menores de 13 años lejos de la máquina.

⚠ WARNING | AVERTISSEMENT | ADVERTENCIA



Crush Hazard
 Keep hands clear of rail while rower is in use. Failure to do so could result in crushed hands.
Risque d'écrasement
 Veillez à ne pas placer vos mains sur le rail lorsque le rameur est utilisé. Autrement, vous risquez de vous faire écraser les doigts.
Peligro de aplastamiento
 Mantenga las manos alejadas de la barandilla mientras se usa la máquina de remo. El no hacerlo podría resultar en manos aplastadas.

echelon
 ROW XTR

Echelon Fitness Multimedia, LLC
 605 Chestnut Street, Suite 700, Chattanooga, TN 37450
 1-833-937-2453 / 1-423-402-9010

Model / Modèle / Modelo: ECH-ROW-XTR
 FCC ID: 2A0T25H-BLEM01 IC: 24809-SH-BLEM01 Class / Classe / Clase: SA
 Made in China / Fabriqué en Chine / Hecho en China CAN ICES-3: HVIN: SH-BLEM01
 Max. User Weight / Poids max. utilisateur / Max. peso del usuario: 300 lbs / 135 kg

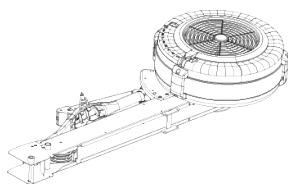
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation of the device.
 Cet appareil est conforme à la partie 15 des règles de la FCC. Son fonctionnement est soumis aux deux conditions suivantes: (1) cet appareil peut provoquer des interférences nocives, et (2) cet appareil doit accepter les interférences reçues, y compris celles qui peuvent causer un dysfonctionnement.
 Este dispositivo cumple con la Parte 15 de las Reglas de la FCC. El funcionamiento está sujeto a las dos condiciones siguientes: (1) Este dispositivo no pueda causar interferencias dañinas y (2) este dispositivo debe aceptar cualquier interferencia recibida, incluida la interferencia que puedan causar un funcionamiento no deseado del dispositivo.

YYYWW
 SERIAL # BARCODE
 SERIAL #

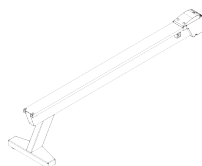
For consumer use only.
 Exclusivement destiné à une usage privé.
 Solo para uso del consumidor.

PARTS LIST

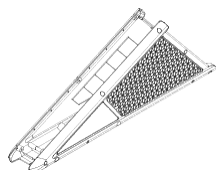
A Main Frame



B Rail Frame



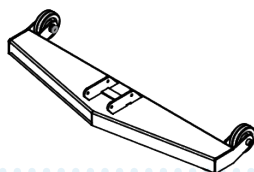
C Housing Assembly



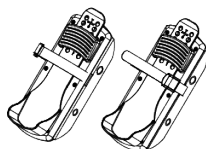
D Front Support Leg



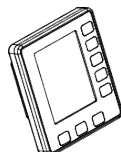
E Front Stabilizer



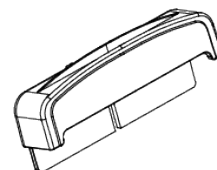
F Pedal Support Plate (x2)



G Console



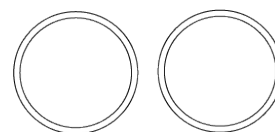
H Console Bracket Base



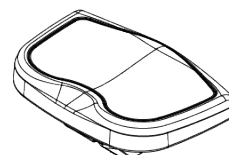
I Console Bracket



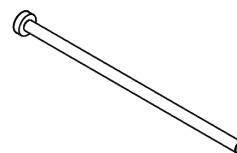
J Attachment Rings (x2)



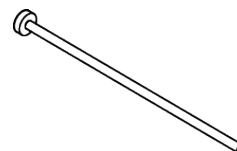
K Seat



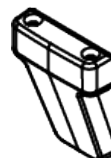
L Pedal Shaft, 16mm



M Pedal Shaft, 12mm

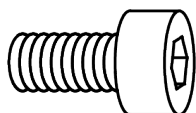


N Rail End Cap

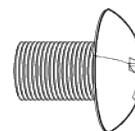


HARDWARE

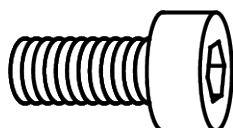
- 1** Socket Head Cap Screw M6x16 (8)



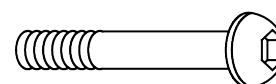
- 9** Phillips Pan Head Screw M6x12 (13)



- 2** Socket Head Cap Screw M8x20 (2)



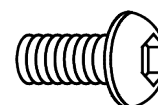
- 10** Button Head Cap Screw M8x75 (1)



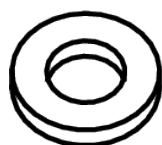
- 3** Phillips Flat Head Screw M6x16 (2)



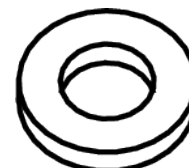
- 11** Button Head Cap Screw M8x20 (1)



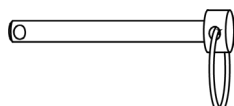
- 4** Flat Washer M6 (8)



- 12** Flat Washer M8 (2)



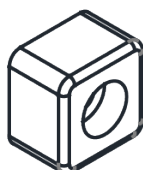
- 5** Pull Pin (1)



- 13** Foot Pedal End Cap (2)



- 6** Stopper Bumper (1)



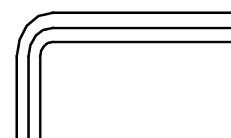
- 14** Nylon Lock Nut M8 (1)



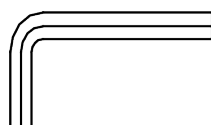
- 7** Screwdriver (1)



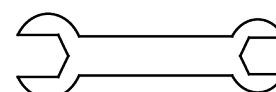
- 15** Allen Wrench 6mm (2)



- 8** Allen Wrench 5mm (1)



- 16** Wrench 13mm/15mm (1)



TECHNICAL SPECIFICATIONS

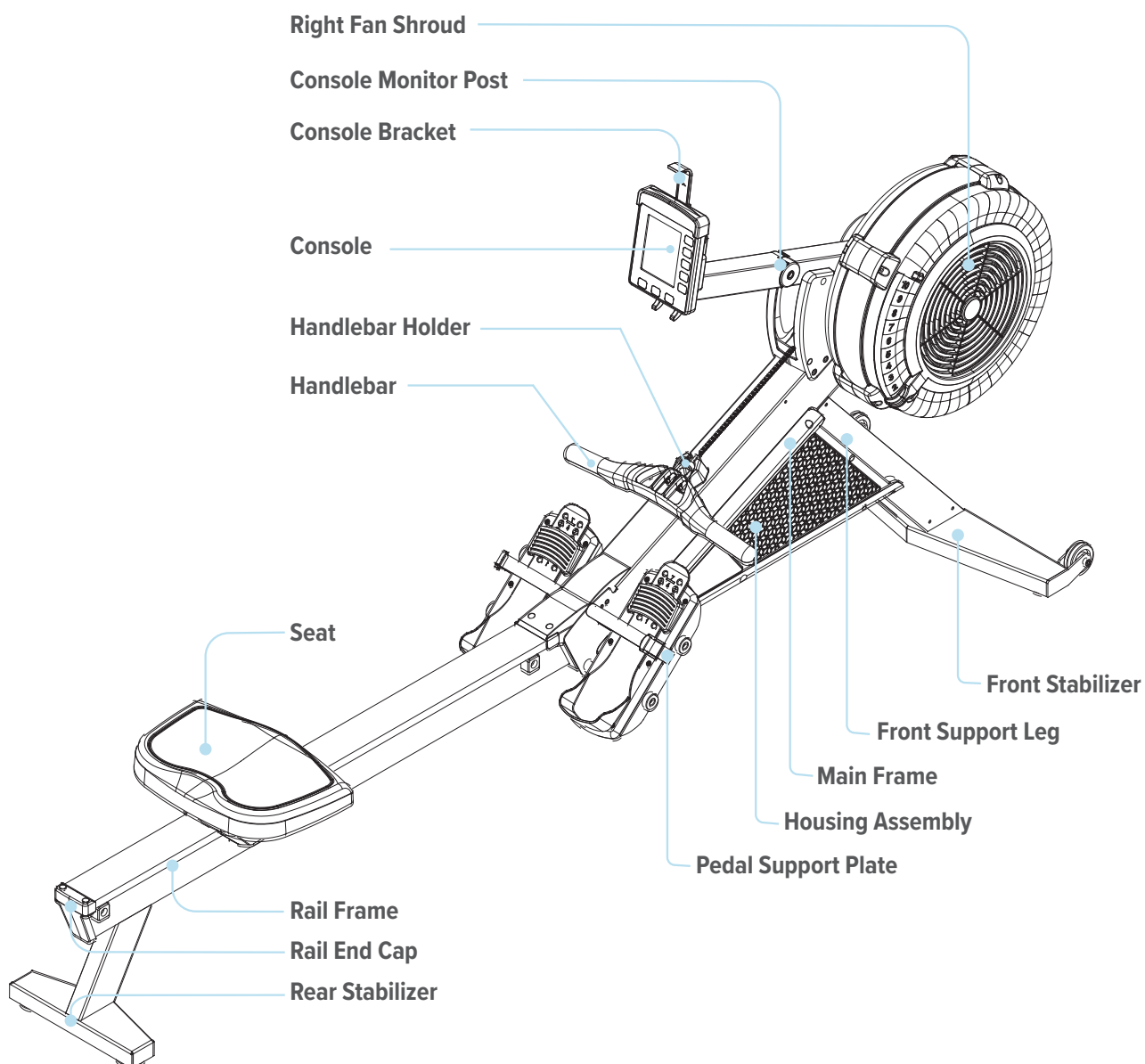
TECHNICAL INFORMATION:

Max User Weight: 300 lbs

Assembly Dimensions: 95" x 25" x 52"

Assembly Weight: 98.7lbs

Levels: 10



ASSEMBLY

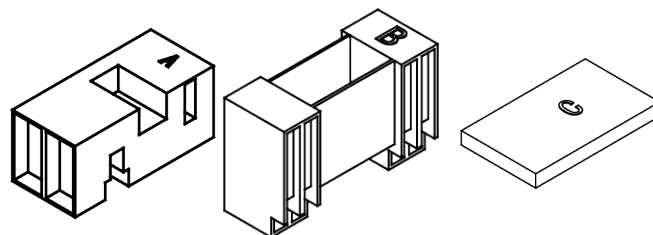
STEP 1

Important Note: Fan Shroud can be easily damaged if product is placed on ground for assembly.

Two person assembly is recommended. Assembly should take place on a soft surface, such as a carpet or rug.

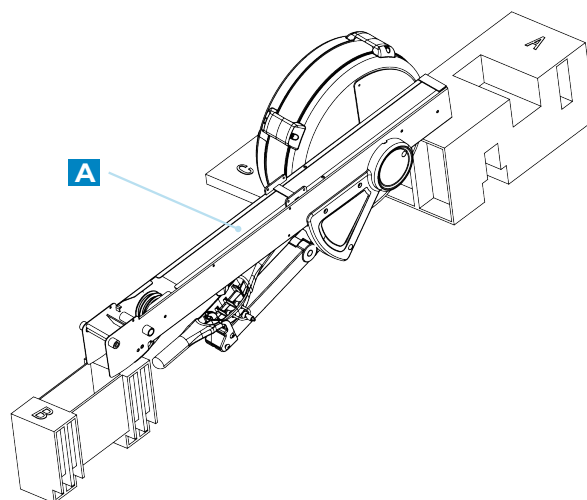
Note: Do not tighten all screws at this step.

Remove packaging and parts from carton and place in assembly area. DO NOT discard packaging pieces illustrated on the right.



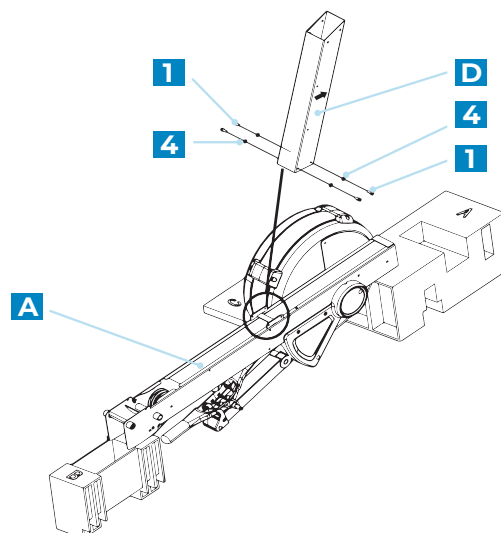
STEP 2

Place Main Frame (A) on cardboard packaging pieces with foam packaging piece C protecting shroud from resting on the ground.



STEP 3

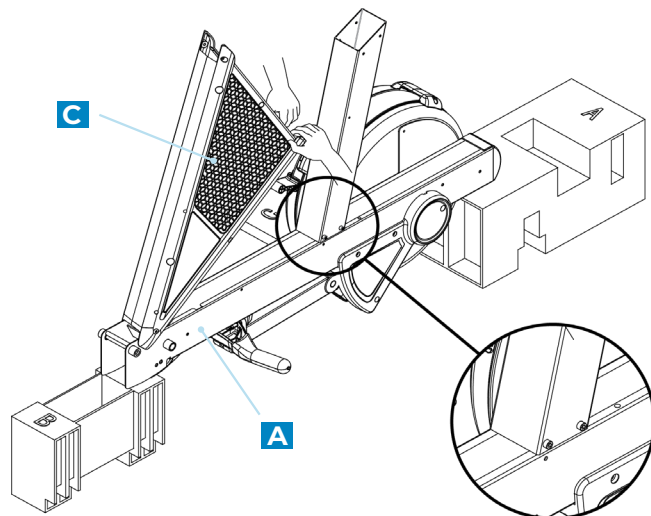
Ensure arrow marking on Front Support Leg (D) faces towards packaging piece A. Attach Front Support Leg (D) to Main Frame (A) using 4x Flat Washer M6 (4) and 4x Socket Head Cap Screw M6x16mm (1).



STEP 4

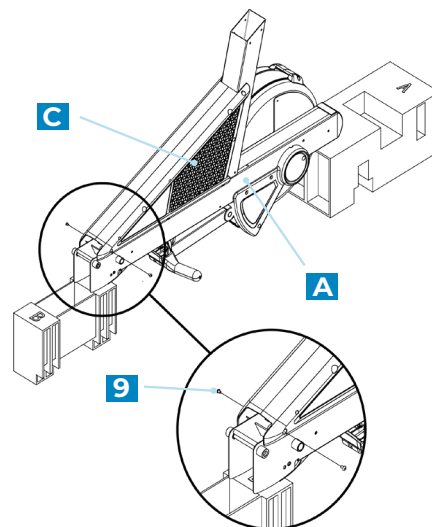
Be sure longest side of Housing Assembly (C) faces fan shroud and gently push Housing Assembly (C) onto Main Frame (A). In correct position, the Housing Assembly (C) will cover the back screw from assembly step 3.

Note: Do not use excessive force to position Housing Assembly (C). Doing so will damage the Housing Assembly (C).



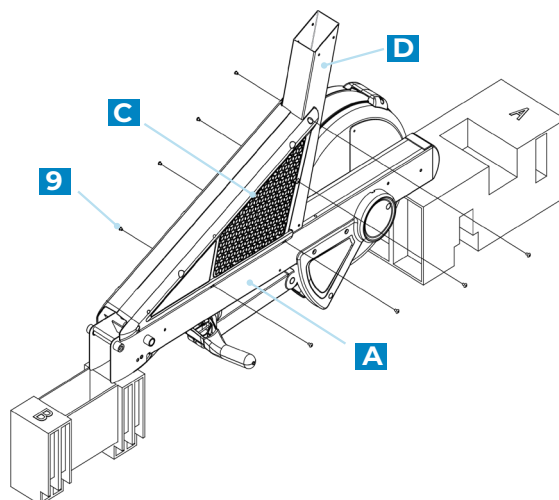
STEP 5

Attach Housing Assembly (C) to Main Frame (A) using 2x Phillips Pan Head Screw M6x12mm (9).



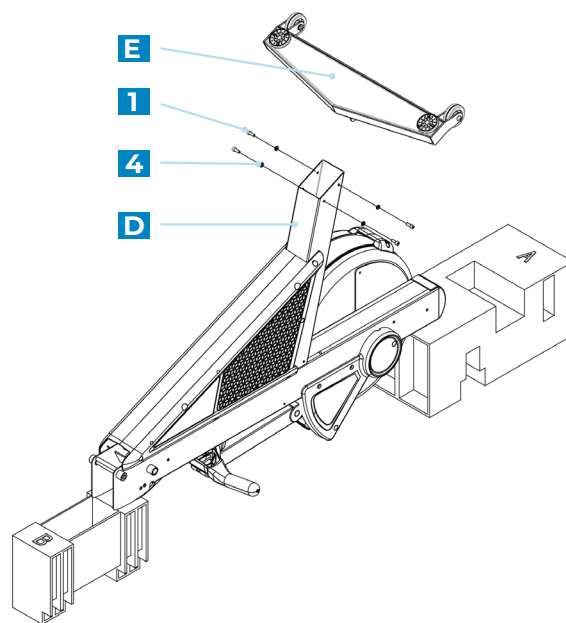
STEP 6

Fully attach Housing Assembly (C) to Front Support Leg (D) and Main Frame (A) using 8x Phillips Pan Head Screw M6x12mm (9).



STEP 7

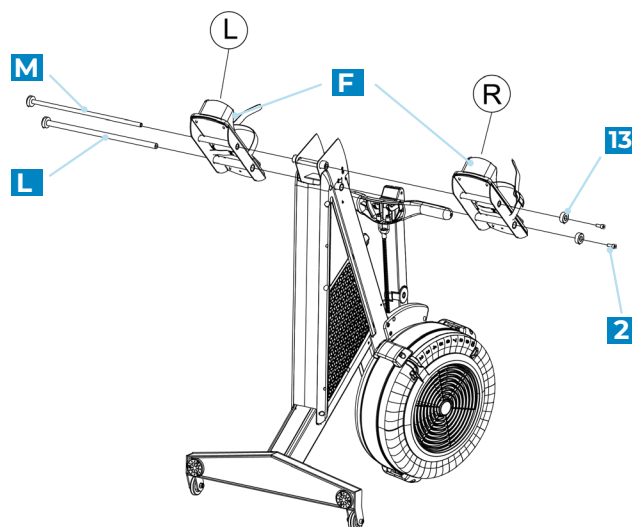
Attach Front Stabilizer (E) to Front Support Leg (D) using 4x Flat Washer M6 (4) and 4x Socket Head Cap Screw M6x16mm (1).



STEP 8

Carefully stand assembled pieces upright on transport wheels with fan shroud resting on foam packaging piece C. Discard packaging pieces A and B.

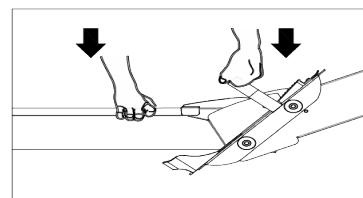
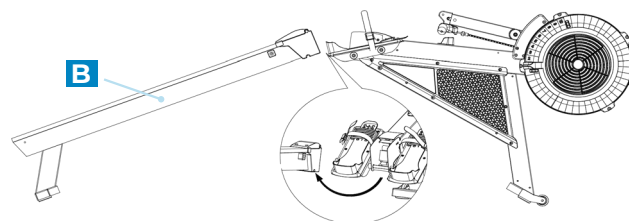
Attach left Pedal Support Plate (F) by inserting Pedal Shaft 16mm (L) into lower hole and Pedal Shaft 12mm (M) into upper hole. Slide right Pedal Support Plate (F) onto Pedal Shafts on right side of Main Frame (A). Secure in place using 2x Foot Pedal End Cap (13) and 2x Socket Head Cap Screw M8x20mm (2).



STEP 9

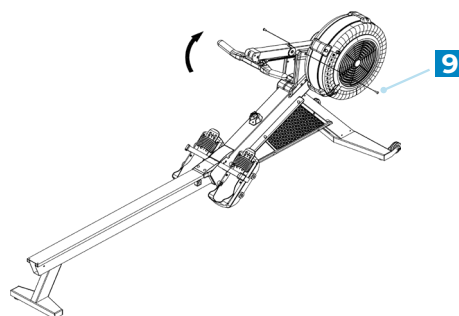
Carefully lower Main Frame (A) by holding Pedal Strap with one hand. Holding Rail Frame (B) with other hand, insert Rail Frame (B) into opening at end of Main Frame (A) with Pedal Shaft (M) 12mm resting in notch on bottom of Rail Frame (B). Insert Pull Pin (5) into hole between Main Frame (A) and Left Pedal Support (F). Discard foam packaging piece C.

Note: Be sure Pull Pin (5) is inserted through Main Frame (A) and Rail Frame (B) before adding any weight to the rower.



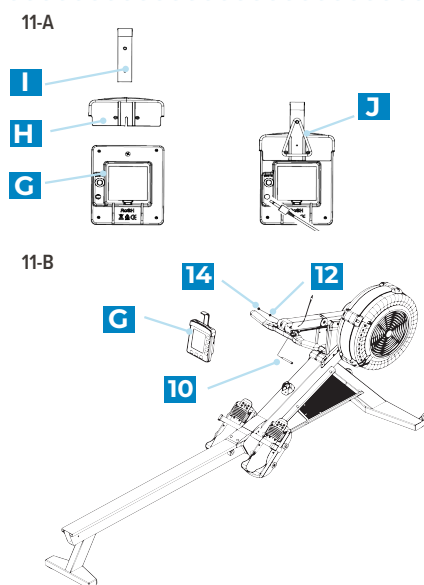
STEP 10

Lift lower console monitor post and secure to left and right side covers using 2x Phillips Pan Head Screw M6x12mm (9).



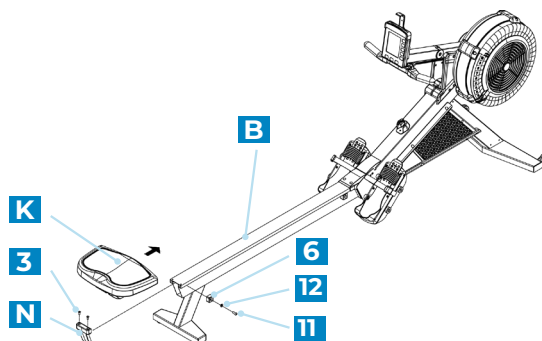
STEP 11

- Attach Console Bracket Base (H) to Console (G) using pre-installed Phillips Pan Head Self-Tapping Screw. Insert Console Bracket (I) into Console Bracket Base (H) and fix in place using 1 Attachment Ring (J).
- Attach Console (G) to console mounting bracket using Button Head Cap Screw M8x75mm (10), Flat Washer M8 (12), and Nylon Lock Nut M8 (14). Connect sensor cable to back of Console.



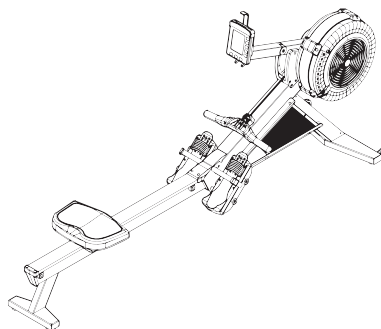
STEP 12

Slide Seat (K) onto Rail Frame (B) and attach Rail End Cap (N) to Rail Frame (B) using 2x Phillips Flat Head Screw M6x16mm (3). Install Stopper Bumper (6) onto Rail Frame (B) using Flat Washer M8 (12) and Button Head Cap Screw M8x20mm (11).



STEP 13

Check all assembly screws to be sure they are fully tightened. Assembly of the Echelon® XTR Rower is complete!



PRODUCT USE

LOAD ADJUSTMENT:

Move indicator on Fan Shroud to adjust the load between 1 and 10.

PEDAL ADJUSTMENT:

Pull foot pedal away from Pedal Support Plate then raise or lower foot pedal. Press foot pedal back into Pedal Support Plate to secure in desired position. Refer to numbers on pedals to be sure both pedals are adjusted at same level.

CONSOLE ADJUSTMENT:

Console can be adjusted up or down by changing angle of Console Monitor Post.

HANDLEBAR:

When not in use, Handlebar can be placed on hook of Console Monitor Post or secured in Handlebar holder.

BLUETOOTH:

- Console must be ON in order to connect Bluetooth.
- Bottom left of console screen will display “bt” when connected.

CONSOLE SETUP

Power On:

- Move handlebar to start exercising in Quick Start Program or press any button to go into IDLE mode.
- The first time turning on the console you will be asked to set the DATE and TIME. Use the arrow buttons to set the DATE. Continue pressing left button to set the TIME. Press ENTER button when finished setting both DATE and TIME.

Power Off:

- In IDLE mode, automatically shuts off after 20 seconds of inactivity.
- When running an Interval Program, automatically shuts off after 2 minutes of inactivity.
- In all other programs, automatically shuts off after 30 seconds of inactivity.

Battery Installation:

- Console operates on 2 Size D batteries. The battery compartment is on the back of the console. Battery is included.
- When no batteries are installed, console will work in Quick Start Program only.

CONTROL BUTTON DEFINITION

PROGRAM BUTTON:

- In IDLE mode, press and release PROG button to cycle through each program option. Stop on the program of your choosing. You can preset target values for DISTANCE, TIME, and CALORIES, or select an Interval Program of DISTANCE, TIME, and CALORIES. At the end is Memory Mode.
- NOTE: Default exercising mode is Quick Start Program.

DISPLAY BUTTON:

- When in any workout mode, press DISPLAY button. You will hear a BEEP to indicate a switch to secondary display. Press again until you hear 2 BEEPs to enter scan mode and cycle between the two displays.
- When viewing workout summary or in memory mode, press DISPLAY button to cycle between the two different display sets.

STOP BUTTON:

- When selecting programs, press the STOP button to go back in the selection. While selecting the value of the program, this also acts as a back button after you press ENTER.
- During any workout mode, press STOP button one time and to stop the workout. Calories and Watt will return to 0. Press STOP button a 2nd time to view workout summary. Press STOP button a 3rd time to return to IDLE mode.
- While in program mode press STOP button to save your workout. Quickstart does not allow workout to be saved.
- Hold STOP to reset and return to IDLE mode.

UP BUTTON:

- Press UP button to increase preset values. Hold to make value increase automatically, and release to stop.
- In Memory mode, press to change between different saved workouts.

DOWN BUTTON:

- Press DOWN button to decrease preset values. Hold to make value decrease automatically, and release to stop.
- In Memory mode, press to change between different saved workouts.

ENTER BUTTON:

- When selecting the program and target values, press ENTER to confirm or advance to next setting

RIGHT BUTTON:

- Press RIGHT button to navigate display and set values faster.
- In Memory and Summary modes, use to view different splits.

LEFT BUTTON:

- Press LEFT button to move navigate display and set values faster.
- In Memory and Summary modes, use it to view different splits.

CONSOLE OPERATION

TIME & D M Y (TIME & DATE):

- Display range: 0:00:00 ~ 17:59:59 (Hours:Minutes:Seconds)
- The workout time is recorded while in workout mode except for Time Countdown.
- TIME value in Quick Start mode is maxed out at 02:34:59. All other modes are maxed out at 17:59:59.
- To reset TIME and DATE, enter IDLE mode and hold PROG and DISPLAY buttons at the same time.

S/M (STROKE RATE):

- Display range: 1 ~ 99
- Displays current stroke per minute during exercise.

TIME/500M & AVE TIME/500M & REST TIME:

- Display range: 00:00 ~ 99:59 (Minutes:Seconds)
- TIME/500M shows estimated time to reach 500 meters based on current stroke rate.
- AVE TIME/500M shows average time needed to reach 500 meters during the duration of your workout.
- REST TIME is set in Interval Program.

STROKES:

- Display range: 0 ~ 9999
- Displays total number of strokes during exercise

CYCLE & LEVEL:

- Display range for CYCLE: 0 ~ 35 cycles; Display range for LEVEL: 1 ~ 10 levels
- Displays only in Interval Program to indicate which cycle of interval you are on.
- Displays current resistance level.

WATTS & AVE WATTS:

- Display range: 0 ~ 999
- Displays current watt value during the exercise
- AVE WATTS displays total average watts through entirety of workout.

PULSE & DRAG:

- Display range for PULSE: 40 ~ 220 beats per minute
- Must wear heart rate detection device with 5.3K Hz frequency compatibility to use this feature.
- Drag shows reference number of rowing cadence and resistance felt during workout.

TOTAL METER & TOTAL METER/30MIN:

- Display range: 0 ~ 99999 meters
- Shows accumulated distance in cycle mode. Number will revert to 0 if distance exceeds max value of 99999 meters.
- TOTAL METER shows accumulated meters of any workout except for Distance Countdown Program.
- TOTAL METER/30MIN is the estimated distance for 30 minutes with your current stroke rate.

CALORIES & CALORIES/HR:

- Display range: 0 ~ 9999
- Shows accumulated calorie burn in cycle mode. Number will revert to 0 if calories burned exceeds max value of 9999 calories.
- CALORIES/HR shows estimated calories burned per hour with current stroke rate.

SPLIT TIME/500M & SPLIT CALORIES:

- Display range for SPLIT TIME/500M: 00:00 ~ 99:59 (Hours:Minutes)
- Displays average TIME/500M on your current split.

SPLIT (XX):

- Display range: 0 ~ 35
- SPLIT shows in workout Summary and Memory modes.
- When SPLIT displays 0, no split is done and total workout data is shown.

TIME/500M & AVE TIME/500M & REST TIME:

- Display range: 00:00 ~ 99:59 (Minutes:Seconds)
- TIME/500M shows estimated time to reach 500 meters based on current stroke rate.
- AVE TIME/500M shows average time needed to reach 500 meters during the duration of your workout.
- REST TIME is set in Interval Program.

MEMORY:

- Display range: 0 ~ 35
- Displays training data of previous workouts. Only displayed in Memory mode.
- There are 35 Memory saves available. Newest training data will be saved in Memory 01, second newest data will be saved in Memory 02, and so forth. Older data will be erased when training sections exceed 35.

PROGRAMS

Press PROG button to switch between workout programs in the following sequence: Quick Start, Distance Countdown, Time Countdown, Calorie Countdown, Time Interval, Distance Interval, Calories Interval, Memory.

For all programs, press DISPLAY to choose data displayed in the display window, or let display alternate between values every 5 seconds.

Press STOP button once to stop counting and Calories and Watt values will display 0. Press STOP button again and console will show workout summary. Press STOP button a 3rd time while in workout summary to save workout in Memory and return to IDLE mode.

NOTE: Training data under Quick Start will not be saved in Memory mode.

QUICK START PROGRAM:

- To enter, pull Handlebar and begin training. All function values for console will begin to count upwards. Quick Start can be entered from OFF or IDLE modes this way.
- Press STOP to view workout summary. This data will not be saved into Memory.

DISTANCE COUNTDOWN PROGRAM:

- Workout setting range: 100 ~ 50000 meters
- Distance counts down from preset distance value.
- Pull Handlebar to start. When program is finished, monitor will show workout summary. Press STOP to save training data in Memory and return to IDLE mode.

TIME COUNTDOWN PROGRAM:

- TIME value setting range: 00:00:20 ~ 09:59:59 (Hours:Minutes:Seconds)
- REST TIME value setting range: 00:10 ~ 30:00 (Minutes:Seconds)
- When selected, TIME will flash and REST TIME will be displayed.
- Set desired workout TIME of each interval. Once set, press ENTER to set REST TIME for each interval.
- Interval cycle accumulates up to 35 cycles.

CALORIES INTERVAL PROGRAM:

- Workout calorie value setting range: 10 ~ 5000 cal
- Rest time value setting range: 00:10 ~ 30:00 (Minutes:Seconds)
- -When selected, CALORIES will flash and REST TIME will be displayed.
- Set desired workout CALORIES of each interval. Once set, press ENTER to set REST TIME of each interval.
- Interval cycle accumulates up to 35 cycles.

MEMORY MODE:

- Press PROG button to see MEMORY displayed. Press ENTER again to view past workouts. Use UP and DOWN to scroll through workout records.
- Press ENTER to view workout data. While viewing, press RIGHT or LEFT to view SPLIT data. Press STOP to go back and scroll to a different workout.
- Training data under Quick Start Program will not be saved to Memory Mode.
- Console memory will save up to 80 sets of training data or 80 splits of training data. Console will save up to 35 workouts. Example: When using Countdown Program for 1000 meters, you will save 3 sets of data. 1 total average and 2 500M split data.
- When attempting to save a workout summary and console does not have enough memory space, it will automatically erase oldest workout data in order to save newest workout into memory.
- The lower the number under Memory mode, the newer the workout is.
- In Memory mode, TIME window will scan between date (D M Y) and TIME every 5 seconds.
- Press DISPLAY button to switch window display.
- When SPLIT displays "00", it is showing total workout average with no splits.
- Workout data is split according to the charts below:

Time Countdown Mode

Rule	Splits By
10 hour > TIME > 5 hour	30min
5 hour ≥ TIME > 200min	15min
200min ≥ TIME > 100min	10min
100min ≥ TIME > 60min	5min
60min ≥ TIME > 20min	3min
20min ≥ TIME > 5min	1min
5min ≥ TIME > 1min	30sec
1min ≥ TIME	20sec

Calories Countdown Mode

Rule	Splits By
5000 ≥ Calories > 4000	250cal
4000 ≥ Calories > 3000	200cal
3000 ≥ Calories > 2000	150cal
2000 ≥ Calories > 1000	100cal
1000 ≥ Calories > 500	50cal
500 ≥ Calories > 100	20cal
100 ≥ Calories	10cal

Distance Countdown Modes

Rule	Splits By
500 ≥ Distance > 250	20km
250 ≥ Distance > 100	10km
100 ≥ Distance > 50	5km
50 ≥ Distance > 20	2km
20 ≥ Distance	1km

Interval Program Modes

Rule	Splits By
1 Cycle = 1 Split	Up to 35

ACCOUNT CREATION



Membership
Activation
Required
to Unlock
the Echelon
Echelon Row-
XTR Rower
Experience

Activate Echelon Premier Membership
to connect to classes.



Scan Here to Start Your Free Trial

Go to member.echelonfit.com and follow the on-screen instructions to choose a plan and setup your account. This info will be needed to login to your account on the Echelon Fit® App.

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.

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 / 2-Year

4. SET UP YOUR PAYMENT METHOD

5. ENTER PERSONAL ACCOUNT INFO

6. VIEW YOUR ACCOUNT

Where you can 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 your payment information.

You will not be charged until the next month.

CARE & MAINTENANCE

Each Use

1. 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, or in the rower, as that could ruin any electrical components and void your warranty.
2. Clean the top of the rail with a soft, dry cloth before and after each use to ensure the rail is clear of dust, debris, or sweat.

Weekly

1. Inspect all the assembled and pre-assembled hardware and tighten or resecure as needed.
2. If in need of replacement parts call our customer service department to order a replacement part (833-937-2453).
3. Dust and vacuum the rower and the surrounding area. To clean underneath the rower, roll the rower to an alternate location.
4. Use a battery tester to check the console's battery power. If needed, replace with 2x D batteries.
5. Pull on Handlebar to verify that resistance system provides tension and seat movement is smooth and stable.
6. Clean roller tracks of Rail with absorbent cloth.

Monthly

1. Check the inside of the rower to ensure there is no build-up of dust or sweat in the frame. Remove the right fan shroud and spray with compressed air to clean thoroughly. Stay 16" away from the rower when applying the compressed air.
2. Check the wheels in the seat chassis by removing the back cap of the rail and removing the chassis. As needed, tighten the bolts that lock the wheels into place.
3. Lubricate the seat chassis wheels every 1-3 months with a small amount of silicone or mineral oil. Slide the seat and chassis up and down the rail to properly distribute the oil. Use a rag to ensure none of the oil drips onto stain susceptible flooring.
4. Check condition of Chain and replace if cracked or broken.

Questions or Concerns

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

☎ (423) 455-8989

✉ commercialsupport@echelonfit.com

Submit a Request:



Warranty Information

Your Echelon Echelon Row-XTR rower comes with a 2-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. Upgrade your warranty to 5 years with a premiere membership of the Echelon Fit App.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



MODEL: ECH-ROW-XTR
ECHELON FITNESS MULTIMEDIA, LLC
605 CHESNUT STREET, SUITE 700
CHATTANOOGA, TN 37450

ECHELONFIT.COM



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA

PATENT
PENDING

REV: 07152024