



echelon[®]

STRENGTH PRO

INSTRUCTION MANUAL





Lou Lentine
Founder & CEO
Echelon Fitness
Multimedia, LLC



Hello,

I am Lou Lentine, Founder & CEO of Echelon, and I would like to welcome you to the Echelon community. You've made a great decision for yourself and your family. The Echelon Experience is an innovative combination of fitness products integrated with our state-of-the-art Echelon Fit® app. This brand-new, fitness lifestyle connects your family, friends, the Echelon community, and Echelon instructors together to help you with your fitness goals. With thousands of live and on-demand classes, no matter your schedule or experience, there is always a new and exciting class for you to join.

We embrace your decision to join our Echelon family in the pursuit of living a healthier lifestyle. We are committed to continue engineering cutting edge, world-class fitness products to improve quality of life through workout experiences that make an active lifestyle more accessible and sustainable.

Thank you again for choosing Echelon and I look forward to seeing you in the next live class!

Best personal regards,

A handwritten signature in black ink, appearing to read 'Lou Lentine', with a stylized, cursive script.

Lou Lentine
Founder & CEO of Echelon Fitness Multimedia, LLC

FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

15.21

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

15.105(A)

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at their own expense.

FCC RF RADIATION EXPOSURE STATEMENT:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body.

THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation.

INNOVATION, SCIENCE AND ECONOMIC DEVELOPMENT CANADA (ISED) INNOVATION, SCIENCE ET DÉVELOPPEMENT ÉCONOMIQUE CANADA (ISED)

THIS CLASS B DIGITAL APPARATUS COMPLIES WITH CANADIAN ICES-003.

CET APPAREIL NUMÉRIQUE DE CLASSE B EST CONFORME À LA NORME NMB-003.

CANADIAN NOTICE

This device complies with ISED license-exempt RSS standard(s). Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

AVIS CANADIEN

Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage, et
2. L'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CAUTION: EXPOSURE TO RADIO FREQUENCY RADIATION

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

ATTENTION: EXPOSITION AU RAYONNEMENT RADIOFRÉQUENCE

1. Pour se conformer aux exigences de conformité RF canadienne l'exposition, cet appareil et son antenne ne doivent pas être co-localisés ou fonctionnant en conjonction avec une autre antenne ou transmetteur.
2. Pour se conformer aux exigences de conformité CNR 102 RF exposition, une distance de séparation d'au moins 20 cm doit être maintenue entre l'antenne de cet appareil et toutes les personnes.

WARNING LABELS



WARNING (AVERTISSEMENT / ADVERTENCIA)

RISK OF PERSONAL INJURY. KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM MACHINE.

Always read and interpret manual in full and pay attention. For correct installation of the equipment, refer also to the place to refer to the owner's manual for additional warnings and safety information.

The equipment exercise machine should be used only after a thorough review of the operator manual (personnel training exercise equipment) available for the owner's manual of the exercise machine (personnel training exercise equipment).

This equipment operates with very high pressure (up to 100 kg) and is not to be used for children or people with physical disabilities with this equipment. When you finish and practice with without assistance always return the equipment.

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

Visit <http://heliofitness.com/usa> for more information. Set up and operate this exercise machine equipment in a safe and secure place. Use the correct safety procedure for the equipment. When finished with working out, always make sure to lock the arms completely to avoid any obstruction to the surrounding area.

Always keep hands clear of any other parts of the equipment. Failure to maintain safe use for the equipment could result in serious injury to the user and damage to critical components of the equipment.

Discontinue use of the equipment if you experience any pain or discomfort. Always ensure the equipment is in the recommended position in relation to the user's frame.

MEQUE DE BLESSURE CORPORELLE. EMPÊCHER L'ACCÈS À L'APPAREIL, AUX ENFANTS DE MOINS DE 13 ANS.

Tous les utilisateurs de cet équipement doivent lire le manuel. Pour les aspects de sécurité de l'équipement, consultez le manuel d'utilisation. Les utilisateurs doivent lire l'équipement et les conseils de sécurité de l'utilisateur pour les événements et les conseils de sécurité de l'utilisateur.

L'équipement ne doit être utilisé qu'après avoir lu attentivement le manuel d'utilisation (personnel training exercise equipment) disponible pour le manuel d'utilisation de l'équipement (personnel training exercise equipment).

Cet équipement est conçu pour fonctionner avec des personnes pesant environ 100 kg (220 lb). Il ne faut pas l'utiliser pour des personnes pesant plus de 100 kg (220 lb) ou des personnes qui ne peuvent pas le faire correctement.

Ne faites pas usage de cet équipement si vous ressentez la douleur ou le malaise. Arrêtez-vous immédiatement si vous ressentez la douleur ou le malaise. Ne faites pas usage de cet équipement si vous ressentez la douleur ou le malaise.

Ne touchez pas les parties mobiles de l'équipement. Le contact avec les parties mobiles de l'équipement peut entraîner des blessures graves.

Visitez <http://heliofitness.com/usa> pour plus d'informations. Réglez et utilisez l'équipement dans un endroit sûr et sécurisé.

L'équipement doit être utilisé et manipulé avec précaution. Utilisez l'équipement dans un endroit sûr et sécurisé. Ne touchez pas les parties mobiles de l'équipement. Le contact avec les parties mobiles de l'équipement peut entraîner des blessures graves.

Évitez toujours de se tenir près de la zone de mouvement de l'équipement. Ne touchez pas les parties mobiles de l'équipement. Le contact avec les parties mobiles de l'équipement peut entraîner des blessures graves.

Si vous avez des doutes sur la façon d'utiliser l'équipement, consultez le manuel d'utilisation. Ne touchez pas les parties mobiles de l'équipement. Le contact avec les parties mobiles de l'équipement peut entraîner des blessures graves.

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WARNING (AVERTISSEMENT / ADVERTENCIA)



Tip-Over Hazard
Do not use the equipment if the machine is not properly secured. The machine may tip over and cause injury or damage.

Danger de basculement
Ne pas utiliser l'équipement si la machine n'est pas correctement sécurisée. La machine peut basculer et causer des blessures ou des dommages.

Plage de poids
Ne pas utiliser l'équipement si le poids est supérieur à la limite maximale indiquée. Le poids excessif peut entraîner des blessures ou des dommages.

Ne pas utiliser l'équipement si le poids est supérieur à la limite maximale indiquée. Le poids excessif peut entraîner des blessures ou des dommages.

WARNING (AVERTISSEMENT / ADVERTENCIA)



No Hanging
Do not hang from the machine. Hanging from the machine may cause injury or damage.

No Dragging
Do not drag the machine. Dragging the machine may cause injury or damage.

No Pulling
Do not pull the machine. Pulling the machine may cause injury or damage.

No Pushing
Do not push the machine. Pushing the machine may cause injury or damage.

No Ankle
Do not use the machine with your ankles. Using the machine with your ankles may cause injury or damage.

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WARNING / AVERTISSEMENT / ADVERTENCIA

Tip-Over Hazard
Do not operate equipment at maximum weight with an arm fully extended laterally without securing the equipment to the ground. Operating without securing the equipment to the ground may cause tipping and result in injury.

Danger of Basculement
Évitez d'utiliser l'appareil avec la charge maximale avec un bras entièrement déplié latéralement sans avoir fixé l'appareil au sol au préalable. Si l'appareil n'est pas correctement fixé au sol, vous courez le risque de basculer et de vous blesser.

Peligro de Vuelco
No opere el equipo a peso máximo con un brazo totalmente extendido lateralmente sin asegurar el equipo al suelo. Operar sin asegurar el equipo al suelo puede causar que vuelque y resulte en lesiones.

WARNING / AVERTISSEMENT / ADVERTENCIA

RISK OF PERSONAL INJURY. KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM MACHINE.

⚠ Warnings and instructions must be read and followed. For consumer/institutional fitness equipment, notice shall also be given to refer to the owner's manual for additional warnings and safety information.

The stationary exercise equipment should only be used after a thorough review of the operation manual (consumer/stationary exercise equipment) or under the direct supervision of a trained instructor (institutional stationary exercise equipment).

This equipment operates with very high-powered motors up to 132 lbs / 60 kg. Negligence is not an excuse for understanding your physical limitations with the equipment. Know your limits and practice safe workout etiquette always when using the equipment.

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

Visit <http://echelonfitness.zendesk.com/hc/en-us> for more information.

Set up and operate stationary exercise equipment on a solid level surface. Care should be taken while operating the stationary equipment. When finished with working out, always make sure to fold the arms completely in to avoid any obstruction to the surrounding area.

Never hang from the arms or any other part of the equipment.

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

Disconnect ⚡ power before servicing the equipment (if applicable).

Always service the equipment to the maintenance guidelines as stated in the owner's manual.

WARNING / AVERTISSEMENT / ADVERTENCIA

No Hanging
Do not hang from the arms.
Ne Pas Suspendre
Ne pas suspendre par les bras.
No Colgarse
No se cuelgue de los brazos

No Dragging
Do not drag equipment by the arms.
Ne Pas Faire Glisser
Ne pas faire glisser l'appareil en le tirant par les bras.
No Arrastrar
No arrastre el equipo por los brazos.

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/professionnel, les utilisateurs doivent être également invités à se reporter au manuel d'utilisation pour les avertissements et les consignes de sécurité supplémentaires.

L'appareil stationnaire ne doit être utilisé qu'après avoir lu attentivement le manuel d'utilisation (appareils stationnaires destinés au grand public) ou sous la surveillance directe d'un instructeur formé (rameurs stationnaires destinés aux professionnels).

Cet appareil est doté de moteurs très puissants pouvant atteindre 132 livres (60 kg). Il est important de bien connaître vos limites physiques lorsque vous utilisez l'appareil. Il est également important de ne pas aller au-delà de ses limites et de toujours respecter les consignes de sécurité lorsque vous utilisez l'appareil.

Veillez rester toujours à distance des pièces en mouvement. Tout contact avec des pièces en mouvement comporte un risque de blessure grave.

Allez sur <http://echelonfitness.zendesk.com/hc/en-us> pour en savoir plus.

Régulez et utilisez l'appareil de remise en forme stationnaire sur une surface stable et plane.

L'appareil stationnaire doit être utilisé et manipulé avec précaution. Une fois votre séance d'entraînement terminée, veillez toujours à replier complètement les bras afin d'éviter d'obstruer l'espace qui se trouve autour.

Évitez toujours de le suspendre par les bras ou d'une autre partie de l'appareil.

Si vous ne prenez pas soin de votre appareil et que vous ne l'entretenez pas, vous vous exposez à un risque de blessure grave et les principaux composants de l'appareil 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 décrites dans le manuel de l'utilisateur pour réaliser l'entretien de l'appareil.

RIESGO DE LESIONES PERSONALES. MANTENGASE 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/instituciones, también se debe consultar el manual del propietario para obtener advertencias e información de seguridad adicionales.

El equipo de ejercicio estacionario solo debe usarse después de una revisión exhaustiva del manual de operación (equipo de ejercicio estacionario para el consumidor) o bajo la supervisión directa de un instructor capacitado (equipo de ejercicio estacionario institucional).

Este equipo opera con motores de muy alta potencia hasta 132 lbs / 60 kg. La negligencia no es excusa para comprender sus limitaciones físicas con el equipo. Conozca sus límites y practique la etiqueta de entrenamiento seguro siempre que use el equipo.

Manténgase alejado de las piezas móviles en todo momento. El contacto con las piezas móviles puede provocar lesiones graves.

Visite <http://echelonfitness.zendesk.com/hc/en-us> para más información.

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

Se debe tener cuidado al operar el equipo estacionario. Cuando termine de hacer ejercicio, siempre asegúrese de plegar los brazos completamente para evitar cualquier obstrucción en el área circundante.

Nunca cuelgue de los brazos o de cualquier otra parte del equipo.

En caso de descuido, la falta de mantenimiento y cuidado del equipo podría provocar lesiones graves al usuario y daños a los componentes críticos del equipo.

Desconecte toda la energía antes de reparar el equipo (si corresponde). Siempre de servicio al equipo según las pautas de mantenimiento que se indican en el manual del propietario.



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IMPORTANT SAFETY INSTRUCTIONS

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

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

While cleaning your Echelon® Strength Pro, 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 exterior components of unit.

ONLY use a cleaning agent that is approved for computer displays and touchscreens on the integrated tablet.

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

Read all instructions before using the Echelon® Strength Pro.

FOR COMMERCIAL AND HOUSEHOLD USE.

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. For best machine performance keep the Echelon® Strength Pro on a dedicated 15amp circuit.
2. 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.
3. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
4. 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.**
5. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
6. Connect this appliance to a properly grounded outlet only. See Grounding Instructions on page 12.
7. 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.
8. Do not carry this appliance by supply cord or use cord as a handle.
9. Keep the cord away from heated surfaces.
10. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
11. Never drop or insert any object into any opening.
12. Do not use outdoors.



IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

13. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

14. 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® Strength Pro, 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® Strength Pro.

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

- ALWAYS use the Echelon® Strength Pro on solid, level ground and in a well-lit and ventilated area.

- ALWAYS check the Echelon® Strength Pro for wear or loose components before use.
- NEVER use the Echelon® Strength Pro if it is not properly / completely assembled or is damaged in any way.
- NEVER allow children or pets to play on or around the Echelon® Strength Pro during operation. This helps protect them from injury from moving parts.
- ALWAYS set the Echelon® Strength Pro up properly for your specific body type.
- NEVER use the Echelon® Strength Pro 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 accessories.
- NEVER stand or climb on the arms.
- ALWAYS wear proper attire and footwear that fully covers your feet. Do not wear loose or dangling clothing while using the Echelon® Strength Pro. 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.
- When the Echelon® Strength Pro is not in use, position the arms so that the accessory attachment end is facing the ground and tucked into the sides of the machine so that they do not obstruct foot traffic and avoid injury.



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

This safety information and user manual do not replace the need to be alert and to use common sense when using the Echelon® Strength Pro!

Avoid any chemicals (cleaning or otherwise) that could degrade nylon when sanitizing the equipment. Including, but not limited to, any solutions containing the following chemicals: Citric Acid, Acetic Acid, Alcohols, Calcium Chloride, Hypo Chlorite, Bromine Liquids, Diacetone & other derivatives.

When not using the Echelon® Strength Pro, unplug the unit and store the plug in a hard-to-reach area away from children or mentally handicapped individuals.



IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

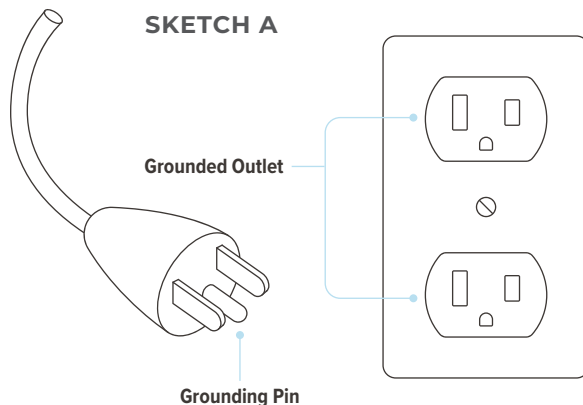
GROUNDING INSTRUCTIONS

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

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.

- a. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

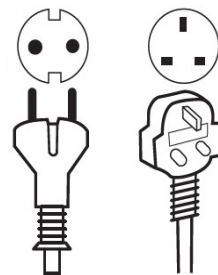
For use in the USA, products are designed to operate on a nominal 120-V circuit and have a grounding plug that looks like the plug illustrated in sketch A. For use in the EU and UK, products are designed to operate on a nominal 220-V circuit and have a grounding plug that looks like the plug illustrated in sketch B. 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.



SKETCH B

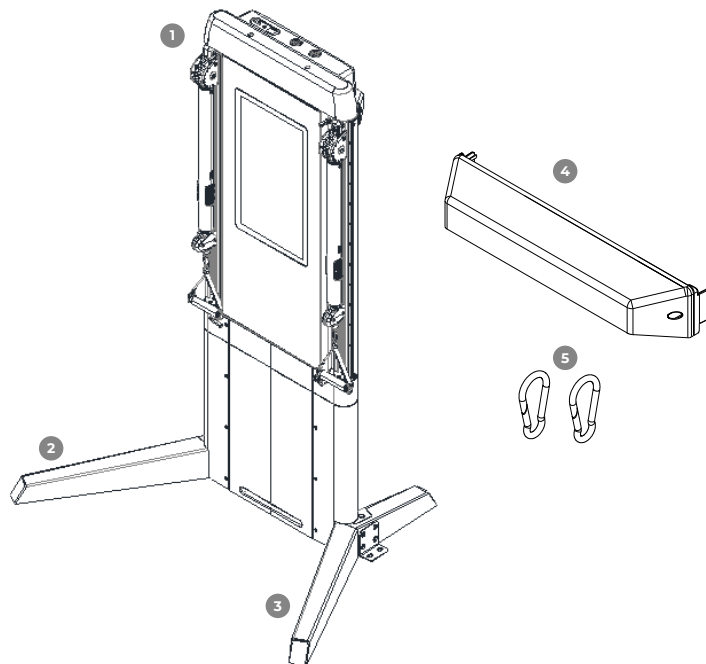
**Standard EURO/UK
Voltage**
220 - 240 VAC

**Standard EURO/UK
Frequency**
50 HZ



INCLUDES

1. Strength Machine
2. Right Leg (Weighted)
3. Left Leg (Weighted)
4. Accessory Rack
5. Snap Hook ×2
6. Accessories (pg. 19)
 - Handle Grips
 - Ankle Strap
 - Straight Bar
 - Rope Grip
7. Power Cord (Not Pictured)
8. Hardware Kit (Pg. 14)

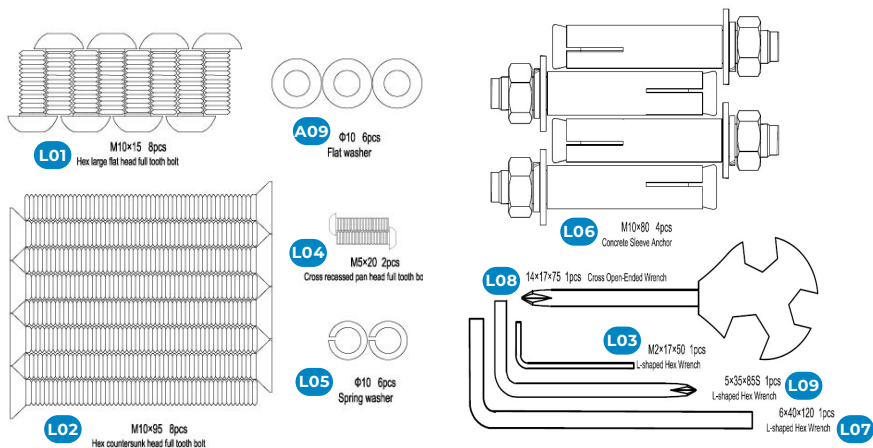


HARDWARE PACK

Do not open sections of hardware pack until they are needed.

Part No.

- L Hardware Kit (2)
- L01 Hex Large Flat Head Full Tooth Bolt (8) M10×15
- L02 Hex Countersunk Head Full Tooth Bolt (8) M10×95
- L03 L-Shaped Wrench M2×17×50
- L04 Cross Recessed Pan Head Full Tooth Bolt (2) M5×20
- L05 Spring Washer (6) Ø10
- A09 Flat Washer (6) Ø10
- L06 Concrete Sleeve Anchor (4) M10×80
- L07 L-Shaped Hex Wrench (1) 6×40×120
- L08 Cross Open-Ended Wrench (1) 14×17×75
- L09 L-Shaped Wrench (1) 5×35×85

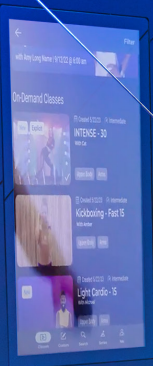


Definitions

Ø = Diameter



echelon



STRENGTH PRO SPECIFICATIONS



For replacement parts,
refer to the MASTER
PARTS LIST on page 15.



ACCESSORIES & PORT SPECIFICATIONS



Handle Grips

[Pause & Resume Class](#)



Rope Grip



Straight Bar

[Pause | Resume | Adjust Resistance](#)



Ankle Strap

**Power
Cable**

**Reset
Switch**

Off/On



**USB
OTG**

USB

**Network
Cable**

ASSEMBLY

Assembly Setup

- Remove Main Frame from packaging and stand upright in assembly location.
- Remove wooden support panels from both sides of Main Frame, being sure to keep Main Frame stabilized. **IMPORTANT NOTE:** Main Frame will **NOT** stand without support before stabilizer legs are assembled.

We recommend 2–3 people minimum for assembly.

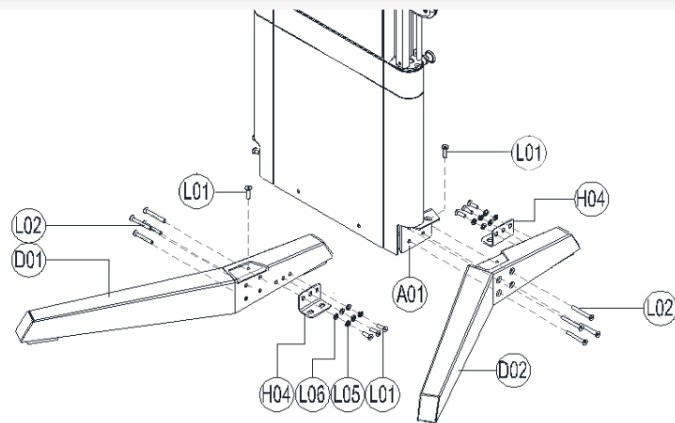
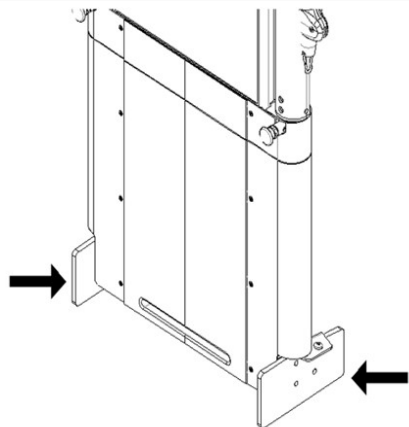
STEP
1

Assembly should take place on a soft surface, such as carpet or a rug, or with the cardboard box opened to protect the floor.

STEP
2

Assembling the Legs

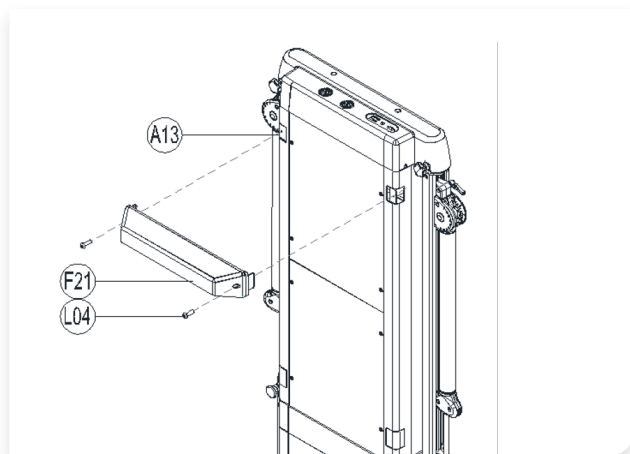
- Affix left Stabilizer Leg (D01) and right Stabilizer Leg (D02) to Main Frame (A01) with bolt M10×15 (L01). Do not fully tighten bolts.
- Fasten legs to Main Frame (A01) with 4x bolt M10×95 (L02) per side. Tighten all screws from above steps.
- Affix Concrete Mounting Bracket (H04) at inner side of Stabilizer Legs with 3x bolt M10×25 (L01), 3x spring washer (L05) and 3x flat washer (A09) per side and tighten.



STEP
3

Assembling the Accessory Rack

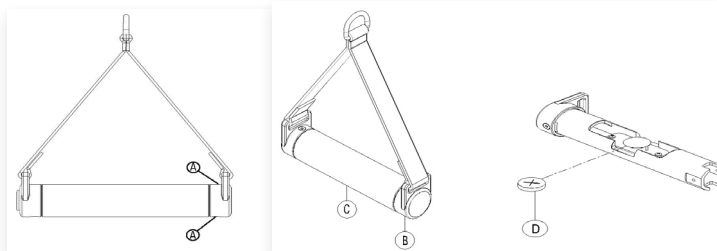
- a. Attach Accessory Rack Cover (F21) into C-shaped holder (A13) with 2x bolt M5×20 (L04) and tighten.



BATTERY INSTALLATION

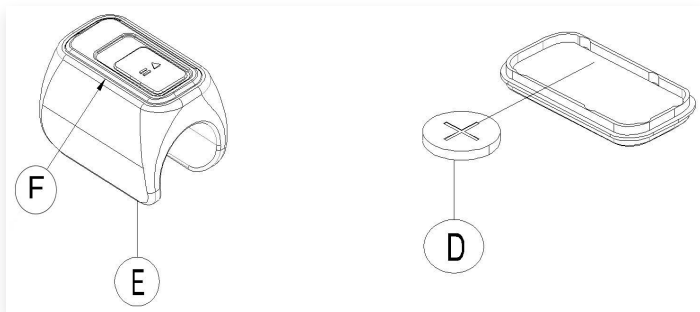
Handle Grip Battery Installation

- Loosen and remove screws (A) from Handle Grip end cap without button using the included L-Shaped Wrench (L03).
- Remove End Cap (B) and Handle Tube (C).
- Insert Button Battery (D) into battery compartment with positive (+) pole facing upwards.
- Fix Handle Tube (C) and End Cap (B) back into place and replace screws (A).



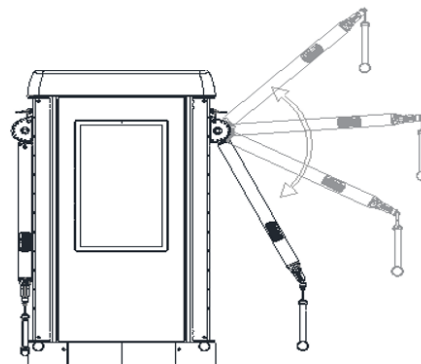
Smart Bar Module Battery Installation

- Remove Button Panel (F) from Silicone Base (E).
- Insert Button Battery (D) into battery compartment with positive (+) pole facing upwards.
- Press Button Panel (F) back into place on Silicone Base (E).



Lateral rotation adjustment (9 levels).

- Lift arm a little bit for easy operation, slide and hold the slider (C26) following the arrow direction to unlock.
- Rotate arm vertically till proper position.
- Then release the slider (C26) to lock the position.
- There are 9 levels to choose from.

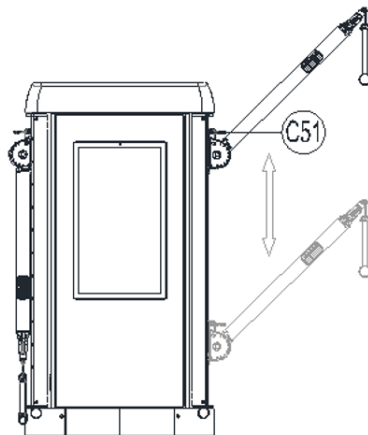
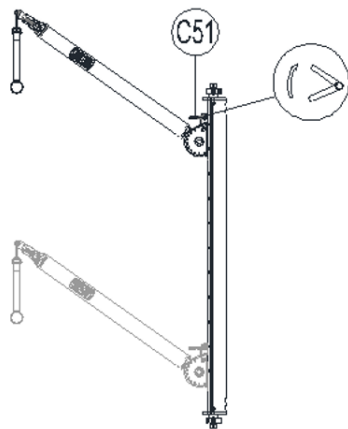


STEP
1

ARM ADJUSTMENTS (cont'd.)

Sliding up and down adjustment (11 levels).

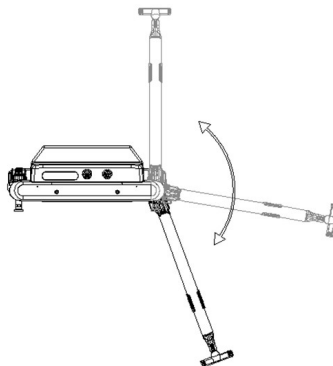
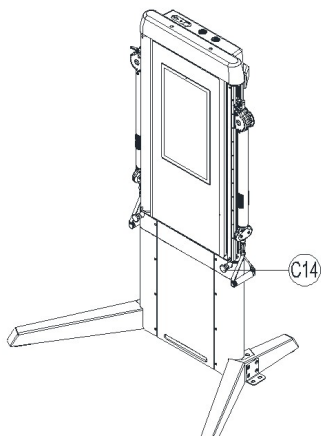
- Pull up the 7-shaped lever (C51) to unlock, slide the arm up and down to the required height.
- release the 7-shaped lever (C51) to lock the position.
- There are 11 heights to choose from.



STEP
2

Horizontal rotation adjustment (3 levels).

- a. Pull and hold the pull pin head (C14), rotate the arm horizontally to the required position.
- b. Release the pull-pin head into place to lock the position.



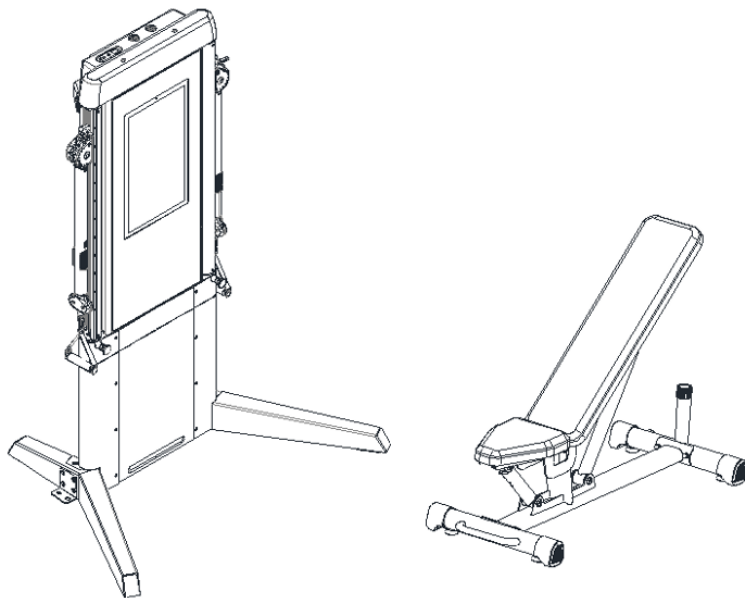
STEP
3



STRENGTH MACHINE USED WITH BENCH

The bench (not provided) is placed in front of the strength machine, adjust the arm to the proper position for variety exercises, e.g., squat presses, seated pull-ups.

Bench Not Provided



WORKOUTS



Shoulder Press



Cable Squat



Chest Fly



Cable Kickback



Bicep Curl



Row



Abdominal Crunch



Incline Bench Press



Rope Pull-Down



Cable Twist



USING THE ECHELON STRENGTH PRO

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.



TERMINOLOGY

CLASSES

Classes

30 Categories

Barre

Boxing

Boxing Bootcamp

Cool Down

HIIT

Kick Boxing

Classes

Custom

Series

Me

CLASS LIST

Tabata

Filter

Upcoming Live

New Explicit Ensure

Class Name Long Longer

Longest - 30

with Amy Long Name | 9/12/22 @ 6:00 am

On-Demand Classes

New Explicit

Tabata 20 - Pop

with (Instructor Name)

Upper Body Arms

5/22/23 Intermediate

Tabata 30 - Mixtape

with (Instructor Name)

Upper Body Arms

New

Tabata 20 - Dance

with (Instructor Name)

Upper Body Arms

Classes

Custom

Series

Me

FILTERS

Filters

Clear All

Duration (Minutes)

Under 10

10 - 19

20 - 29

30 - 39

40 - 49

50 - 59

Over 60

Difficulty

Beginner

Intermediate

Advanced

Expert

Instructors

A Instructor Name

B Instructor Name

C Instructor Name

D Instructor Name

Accessories

Bench

Bar

Handles

Rope Thing

Show (#) Results

WORKOUT DETAILS

Echelon Custom Workout Title

45 Minutes Total

Lower Body

Upper Body

By Echelon | Last workout 12/30/2022 | Created 5/20/2023 | 45 mins

Required: Bench Handles

Start Workout

Devices Past Stats

This Workout

Movement 1

About 10 minutes

Bicep Curl

3 sets x 8 reps

Rest 60 seconds between sets

END WORKOUT STATS

Upper Body 30

with (Instructor Name)

Great workout!

Total Volume 11,043 lbs

Total Duration 29:54

Time Under Tension 14:11

How would you rate this class? ★★★★★

Health Info

Calories Burned 212 kcal

Avg Heart Rate 123 bpm

Max Heart Rate 151 bpm

Movement Insights

Summary All Details

Movements 6

Total Sets 30

Total Reps 180

Power Per Rep Avg 68%

Time Per Rep Avg 8.3 seconds

Favorite Done

APP INSTRUCTIONS | 27

APP INSTRUCTIONS (cont'd.)

THE BASICS

Introducing the Echelon Strength Pro

The all-new cutting edge digital strength machine. Upgrade your personalized digital training with 100's of movements, numerous pre-built workouts, and the ability to create and save custom workouts.

SETUP

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.

Connecting to the Echelon Fit® App

Ensure your Echelon Strength Pro is powered on.

- a. Follow the link from the activation email.
- b. Choose **"Sign Up Now"** and follow the prompts to complete your membership enrollment.

Log in to the Echelon Fit® App.

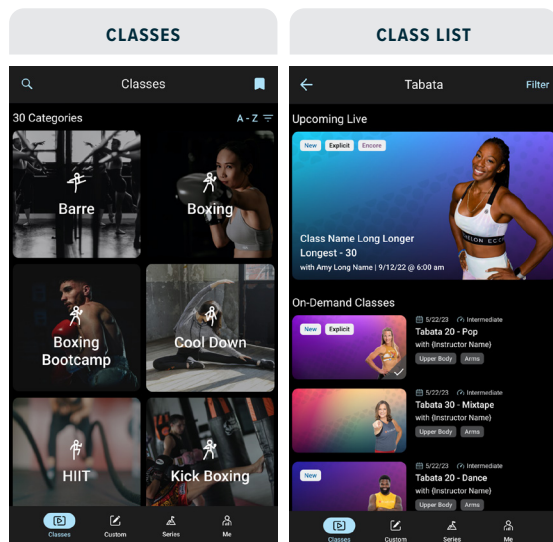
- a. Use the email and password used to create your membership account. If you haven't made an account, visit **member.echelonfit.com** and follow the prompts and begin account creation.
- b. Select user. There may only be one option.

Select a class.

- a. We recommend a welcome class, but any class will work.
- b. Press play.



GENERAL FUNCTIONALITY



Introducing the Echelon Strength Pro

The Classes Page can be found on the far left side of the navigation bar at the bottom of the screen.

This page will show the available categories for classes.

You can scroll through the available class categories. Select one to display all available classes for that category.

Sort

Sorts classes A–Z, Z–A, or by Most Popular.

How do I see classes?

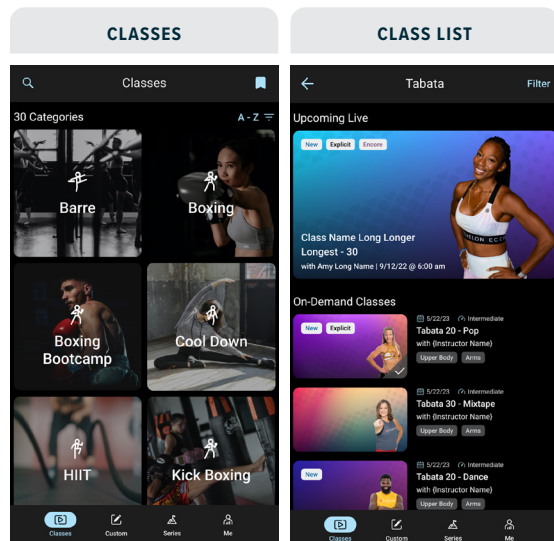
Classes are found by going to the Classes page and selecting a category. Once a category is selected, the class list will be displayed.

At the top of the class list, it will show any upcoming Live classes for that category. It will only show a current live class or the next upcoming live class. **If there isn't one scheduled, the live section will not appear.**



APP INSTRUCTIONS (cont'd.)

GENERAL FUNCTIONALITY (cont'd.)



FROM PREVIOUS PAGE

How does the search work?

The Search can be found by going to the Classes page and selecting the magnifying glass in the top left corner. On the search page you will see popular searches and recent searches. You can search for class names, keywords, instructors or class types.

Favorites Page

Tapping the bookmark icon at the top of the Classes screen will take you to your Favorites page. This page contains a collection of all the classes you have favorited.

The Favorites screen will include Filter capabilities to quickly sort through and find classes.

Custom Page

Movement Filters for creating a custom workout.

WORKOUTS

General

What is a 'circuit' for my workout?

A circuit will cycle through each movement. You will do one set of the first movement, one set of the next, one set of the following, then start from the beginning until all sets have been completed.

Echelon

What is an Echelon Workout?

An Echelon Workout is one created by the Echelon team. These do NOT have a video.

Where are Echelon Workouts found?

Echelon workouts are found on the 'Custom' page. Once on the Custom page, the workouts will be split into 2 sections:

'My Workouts' and 'By Echelon'.

Select the 'By Echelon' header to see all available Echelon Workouts.

How do I know if it's an Echelon Workout?

Echelon Workouts will be indicated by the 'By Echelon' tag on the workout details page.

Custom

What is a custom workout?

A custom workout is made by you, the user. It can be whatever duration, type and intensity you choose.

How do I make a custom workout?

Start by going to the 'Custom' page, found on the bottom navigation bar.

1. Start by going to the 'Custom' page, found on the bottom navigation bar.
2. Select 'Create Workout' in the bottom right.
3. You will be prompted to enter a name for the new workout.
4. Once named, you will be brought to your new custom workout! From here you will add movements.
5. Select '+ Movement' from the bottom.
6. On the 'Movement' page, you will be able to select, scroll, filter, or search for a movement.
7. Select your first movement and you will be on the



APP INSTRUCTIONS (cont'd.)

WORKOUTS (cont'd.)

'Edit Movement' page. From here you can edit:

- a. Sets — the collections of Reps
- b. Reps — the amount of movements
- c. Use Interval sets will allow you to use time in lieu of reps for each set. **If toggle is applied, the 'reps' change to 'time'.**
- d. Rest between sets — allows you to modify your rest between sets
- e. Estimated Movement Time — this is the time you, the user, thinks this movement will take. This applies to the whole movement, not each set. This is used to calculate the estimated time of the workout.
- f. Add Rest after Movement - this allows you to enable and set the rest time between this movement and the next one.
- g. Once one, select '+ Add to Workout'. You will be taken back to the workout screen with all movements. From here you can continue adding movements. You will see rest times between movements and you can use the arrows to edit the order of the movements.
- h. After you are done adding and editing movements, select 'Done'.
- i. Your custom workout is now ready!

Freestyle

What is freestyle?

Freestyle allows a user to pick up and go on the strength machine. There is no pre-determined workout structure, allowing the user to do what they wish.

Disengaging the weight and pausing the workout will progress the user to the next set and reset their rep counter. Users can choose their workout style by tapping the button above the reps and set statistics.

They may choose: 'Show Single Rep Counter' or 'Show Left and Right Rep Counters'.

Note: In **Commercial mode**, Freestyle is found in the standard navigation on the bottom of the screen. In **Residential mode**, you can find Freestyle via an option on the 'Custom' Tab, similar to where you would find Echelon Created Workouts.



RESISTANCE MODES

What is a resistance mode?

Resistance modes can vary based on workout type, movements, and preference. The modes are:

Standard — constant resistance applied for both eccentric and concentric movements.

Concentric — the resistance for the lifting or pulling motion is increased only.

Isokinetic — pulling speed remains constant, but resistance change based on pace of movement

Chain — the further into the lift, the heavier the resistance gets.

How to change resistance modes.

When in a class, pause the workout.

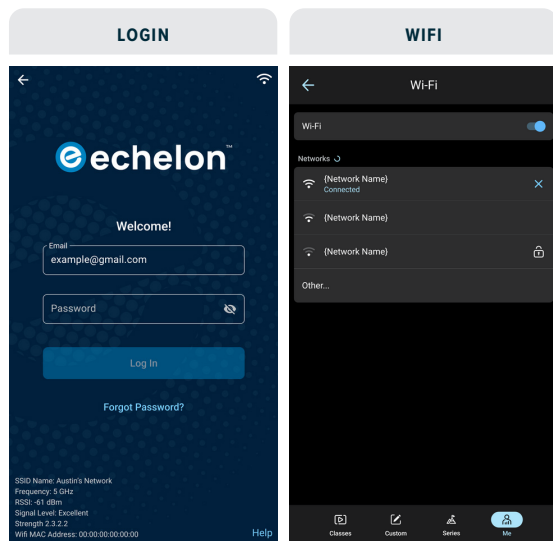
Select the button in the top left that shows the current resistance mode.

Select your resistance mode and tap out of the Resistance Mode container. You should see that the Resistance Mode has updated to your preference. The new mode will apply as soon as you resume your workout.



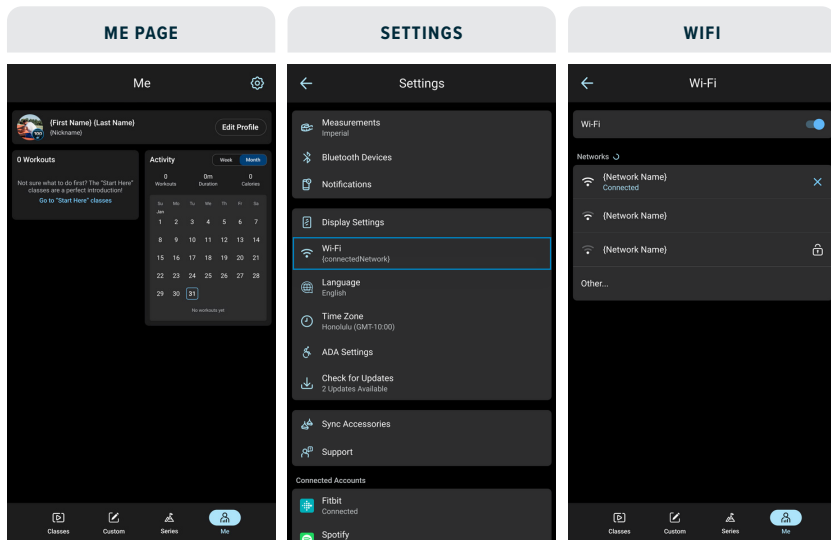
APP INSTRUCTIONS (cont'd.)

WIFI CONNECTION



Before logging in:

Tap the WiFi icon in the upper right corner to enter the WiFi page.
Select your network to connect.



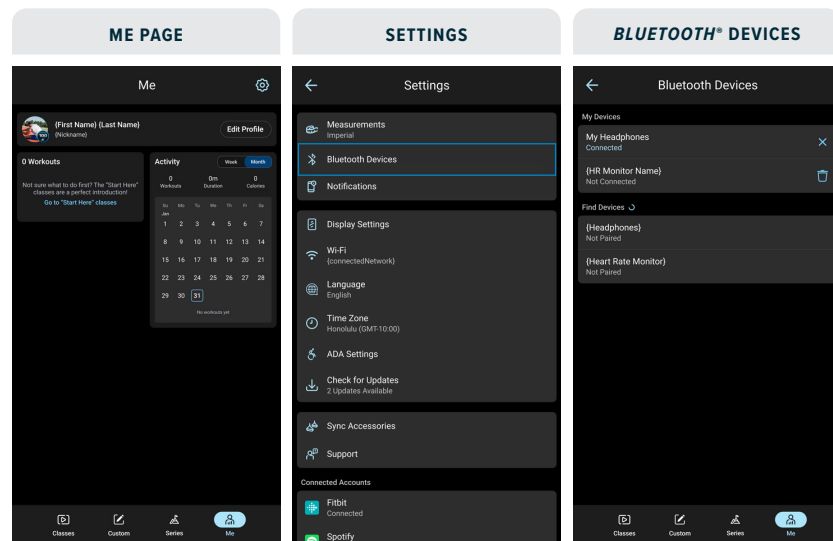
Already logged in:

Tap the 'Me' icon in the bottom menu bar to enter the 'Me' page. Tap the Settings gear icon in the upper right corner to enter the Settings page. Tap WiFi and select your network.



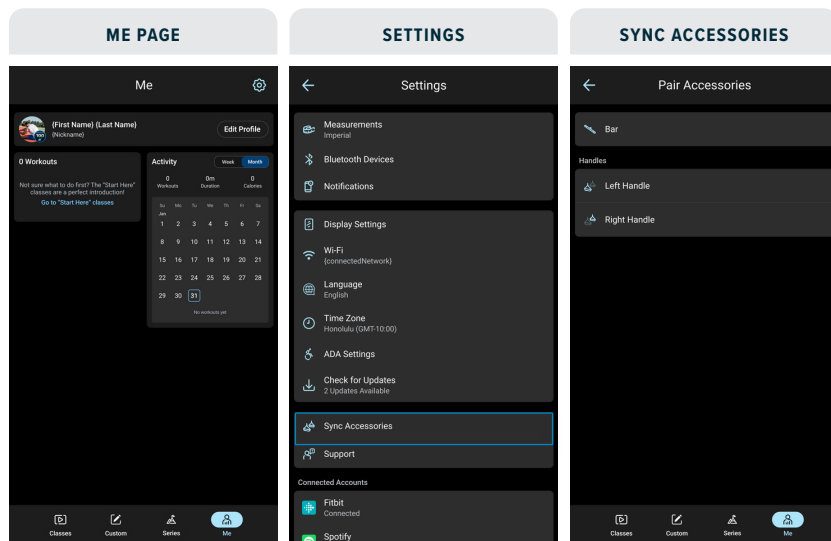
APP INSTRUCTIONS (cont'd.)

BLUETOOTH® CONNECTION



Tap the 'Me' icon in the bottom menu bar to enter the 'Me' page. Tap the Settings gear icon in the upper right corner to enter the Settings page. Tap **Bluetooth®** Devices and select your **Bluetooth®** device to connect.

SMART ACCESSORIES CONNECTION



Tap the 'Me' icon in the bottom menu bar to enter the 'Me' page. Tap the Settings gear icon in the upper right corner to enter the Settings page. Tap 'Sync Accessories' to select and pair the Straight Bar and Handle Grips.



CONNECTING TO THE APP

Connecting to the Echelon Fit® App

1. **Ensure your Echelon® Strength Pro is both powered on.**
 - a. The power cord should be plugged into the wall and the base of the Echelon® Strength Pro.
2. **Log in to the Echelon Fit® App.**
 - a. Use the email and password used to create your membership account, as described on page 26.
 - b. Select user. There may only be one option.
3. **Select a class.**
 - a. We recommend a welcome class, but any class will work.
 - b. Press play.



Daily

1. Power off the Echelon® Strength Pro and clean any high-use areas, like the accessories and console, with a non-acidic cleaner (NO ammonia, chlorine, or alcohol) on a soft cloth. Do not spray cleaning solution directly on the Echelon® Strength Pro as that could ruin any electrical components.
2. Inspect the power cord for damage. If damaged, replace immediately by contacting Customer Service (833-937-2453).
Note: When the Echelon® Strength Pro is not in use, unplug and store the power cord in a secure, dry area and away from children.
3. When the Echelon® Strength Pro is not in use, position the arms so that the accessory attachment end is facing the ground and tucked into the sides of the machine as to not obstruct foot traffic and avoid injury.
4. Inspect the accessory snap hooks for damage. If damaged, replace by contacting Customer Service (833-937-2453).

Weekly

1. Clean the console and arms 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. Stabilizing Legs
 - b. Accessory Rack



Daily | 4



Weekly | 5-c

CARE & MAINTENANCE (cont'd)

Weekly (cont'd.)

3. Dust and vacuum the Echelon® Strength Pro and the surrounding area. To clean underneath the Echelon® Strength Pro, turn off the power, and move the Echelon Strength Pro to an alternate location. Return the Echelon Strength Pro to its original location after cleaning.
4. Ensure your app and equipment firmware are up-to-date with the latest versions.
5. Test smart accessory and adjustment functions thoroughly to make sure the device is in proper working order. If a replacements are needed, contact Customer Service (833-937-2453) for replacement. Depending on your strength machine model, some functions may not be available.
 - a. Straight Bar Center Controller
 - b. Handle Grip Buttons
 - c. Up/Down Slide Adjustment Levers
 - d. Lateral Arm Adjustment Sliders
 - e. Horizontal Rotation Adjustment Pins



Monthly

1. Assess the components around the cable pulley. If there is an intense build up of dust or debris, contact our customer service to schedule a technician to properly clean and restore the components before using your Echelon Strength Pro again.
2. Inspect the cables for damage. If damaged, replace by contacting Customer Service (833-937-2453).
3. If you find the column unable to swivel, the motor for the locking pin will require adjustment or lubrication. Using a step ladder, remove the two 6mm bolts from the top cap of the unit to assess the arm locking motor for any issues related to this failure.

Yearly

1. Contact customer service (833-937-2453) if you are experiencing any issues.



CUSTOMER SERVICE

Questions or Concerns

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

☎ (423) 455-8989

✉ cs@echelonfit.com

Submit a Request:



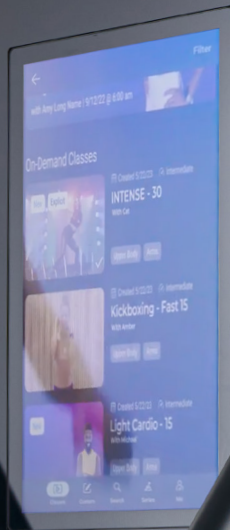
Warranty Information

Your Echelon® Strength Pro 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.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

echelon



MODEL: ECH-STRENGTHPR

ECHELON FITNESS MULTIMEDIA, LLC
605 CHESTNUT STREET, SUITE 700
CHATTANOOGA, TN 37450

ECHELONFIT.COM / ECHELONCOMMERCIAL.COM



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA



PATENT
PENDING

REV:
04162024