



echelon[®]

STRIDE-4
INSTRUCTION MANUAL





Lou Lentine
Founder & CEO
Echelon Fitness
Multimedia, LLC


echelon



Hello,

I am Lou Lentine, Founder and 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 white ink, appearing to read 'Lou Lentine', written in a cursive style.

Lou Lentine
Founder 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(B)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC RF RADIATION EXPOSURE STATEMENT:

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

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

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

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

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

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

CANADIAN NOTICE

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

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

AVIS CANADIEN

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

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

CAUTION: EXPOSURE TO RADIO FREQUENCY RADIATION

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

ATTENTION: EXPOSITION AU RAYONNEMENT RADIOFRÉQUENCE

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

WARNING LABELS

⚠ WARNING | AVERTISSEMENT | ADVERTENCIA

KEEP CHILDREN AWAY FROM MACHINE
 Risk of serious injury or death if a child is injured in any part.
 Read and follow all warnings and instructions. Use consumer equipment only after proper instructions are obtained prior to use.

CAUTION:
 Risk of personal injury. Keep children away from the side of the treadmill.
 Do not use the side of the treadmill for carrying parts, unless before consulting the user manual.
 Do not use the side of the treadmill for carrying parts unless a warning label is present.

TENIR LES ENFANTS À L'ÉCART DE LA MACHINE.
 Risque de blessures ou de mort si l'enfant est blessé en tout point.
 Avant l'utilisation, lisez toutes les instructions et les avertissements. Utilisez l'équipement de consommation uniquement après avoir obtenu les instructions appropriées.

ATTENTION :
 Risque de blessure. Tenez les enfants à l'écart de la machine.
 Ne placez pas de pièces sur le côté de la machine, sauf avant de consulter le manuel d'utilisateur.
 Ne placez pas de pièces sur le côté de la machine, sauf avant de consulter le manuel d'utilisateur.

MAINTENGA A LOS NIÑOS ALEJADOS DE LA MÁQUINA.
 Peligro de lesiones graves o de muerte si un niño es herido en cualquier parte.
 Lea y siga todas las advertencias e instrucciones, y el uso de equipo de consumo solamente después de obtener las instrucciones apropiadas antes de su uso.

PRECAUCIÓN:
 Peligro de lesiones personales. Mantenga a los niños alejados de la máquina.
 No ponga partes de repuesto en el lado de la máquina, a menos que antes de consultar el manual de instrucciones.
 No ponga partes de repuesto en el lado de la máquina, a menos que antes de consultar el manual de instrucciones.

Warning Label on front right side of treadmill motor cover.

Pinch warning label on left rear roller cap.



Foot Placement & Folding Instruction on front of cylinder.



⚠ WARNING | AVERTISSEMENT | ADVERTENCIA

KEEP CHILDREN AWAY FROM MACHINE

Risk of serious injury or death may occur if caution is not used.

Read and follow all warnings and instructions. For consumer equipment, ensure that proper instructions are obtained prior to use.

CAUTION:

Risk of personal injury. Keep children under the age of 13 away from machine.

To reduce the risk of injury from moving parts, unplug before servicing.

To reduce the risk of electric shock, unplug before cleaning or servicing.

TENIR LES ENFANTS À L'ÉCART DE LA MACHINE.

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

Avant l'utilisation, lire tous les avertissements et directives et, dans le cas d'équipement de conditionnement physique en établissement, obtenir toutes les directives appropriées.

ATTENTION :

Risque de blessure. Tenez les enfants de moins de 13 ans à distance de la machine.

Pour limiter le risque de blessure liée aux pièces en mouvement. Débranchez avant de réaliser l'entretien.

Pour limiter le risque de choc électrique. Débranchez avant de nettoyer ou de réaliser l'entretien.

MANTENGA A LOS NIÑOS ALEJADOS DE LA 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.

Para reducir el riesgo de lesiones por piezas móviles. Desenchufa antes de reparar.

Para reducir el riesgo de descarga eléctrica. Desenchufe antes de limpiar o reparar.



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IMPORTANT SAFETY INSTRUCTIONS

Care should be taken in mounting or dismantling the treadmill. Before mounting or dismantling, move the pedal on the mounting or dismantling side to its lowest position and bring the machine to a complete stop.

The manufacturer recommends placing the Echelon® Stride-4 treadmill in a space where you have the following minimum clearance dimensions for safe mounting and dismantling of the treadmill:

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

While cleaning your Echelon® Stride-4 treadmill, please use a soft rag with mild detergent or water to wipe down the machine. Do not use corrosive chemical liquids which may damage the cover.

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

Read all instructions before using the Echelon® Stride-4 treadmill.

FOR HOUSEHOLD USE ONLY.

SAVE THESE INSTRUCTIONS.

DANGER – TO REDUCE THE RISK OF ELECTRIC SHOCK:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. **Keep children under the age of 13 away from this machine.**
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Connect this appliance to a properly grounded outlet only. See Grounding Instructions on page 12.
6. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
7. Do not carry this appliance by supply cord or use cord as a handle.
8. Keep the cord away from heated surfaces.
9. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
10. Never drop or insert any object into any opening.
11. Do not use outdoors.
12. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.



IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

13. To disconnect, turn all controls to the off position, then remove plug from outlet.

BEFORE starting any fitness or strength program, consult with your physician or health official. This will ensure that you engage in the proper strength or fitness program for your age and physical condition.

Before using the Echelon® Stride-4 treadmill, answer these questions:

- Have you been sick recently?
- Have you had prolonged dizziness recently?
- Have you been out of breath for no reason recently?
- Have you had chest pain recently?
- Do you currently have any injuries preventing you from exercise?
- Are you pregnant?
- Do you have any conditions or reasons you should NOT exercise?
- Are you over 35 years old and physically inactive?
- Have you been told by a doctor that you should NOT exercise?

If you answer “yes” to any of the above questions, you should seek further advice from your doctor prior to using the Echelon® Stride-4 treadmill.

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

- NEVER exceed the weight limit for this treadmill. The weight limit for this treadmill is 330 lbs / 150 kg. Do not use the Echelon® Stride-4 if your body weight is in excess of 330 lbs / 150 kg.

- ALWAYS use the Echelon® Stride-4 on solid, level ground and in a well-lit and ventilated area. Do not place the treadmill on thick carpet as it may interfere with ventilation.
- ALWAYS check the treadmill for wear or loose components before use.
- NEVER use the treadmill if it is not properly / completely assembled or is damaged in any way.
- NEVER allow children or pets to play on or around the treadmill during operation. This helps protect them from injury from moving parts.
- ALWAYS set the treadmill up properly for your specific body type.
- NEVER use the Echelon® Stride-4 when sick or fatigued.
- ALWAYS warm up / stretch before starting exercise.
- ALWAYS ensure that you have a water bottle filled with at least 12 oz. of water and a towel close by to absorb sweat from your body and the handrails.
- NEVER start the treadmill while you are standing on the running belt. After turning the power on and adjusting the speed control, there may be a pause before the running belt begins to move. Always stand on the side rails of the frame until the belt begins to move.
- ALWAYS hold the handrails when initially walking or running on the treadmill until you are familiar with the use of the treadmill.
- Do not stand or climb on the handrails.
- ALWAYS wear proper attire and footwear that fully covers your feet. Do not wear loose or dangling clothing while using the treadmill. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- ALWAYS keep hands away from moving parts and ensure that hands are safely placed on handlebars during use.



- ALWAYS be cautious when getting on and off the Echelon® Stride-4.
- ALWAYS wait until the incline is lowered all the way and running belt comes to a complete stop before dismounting.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the treadmill and will affect the warranty of the treadmill.
- ALWAYS ensure that the Echelon® Stride-4 is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance shall not be made by children without supervision.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general. 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.
- Product may not be sufficient for all disabilities.
- NEVER use the Echelon® Stride-4 in a standing position at high revolutions per minute (RPM).
- ALWAYS keep your pelvis positioned over the center line of the Echelon® Stride-4.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the treadmill and will affect the warranty of the treadmill.
- ALWAYS ensure that the Echelon® Stride-4 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® Stride-4, 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® Stride-4!



IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

GROUNDING INSTRUCTIONS

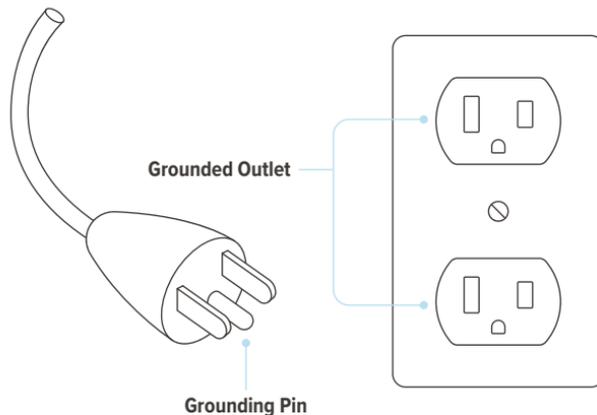
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into 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.

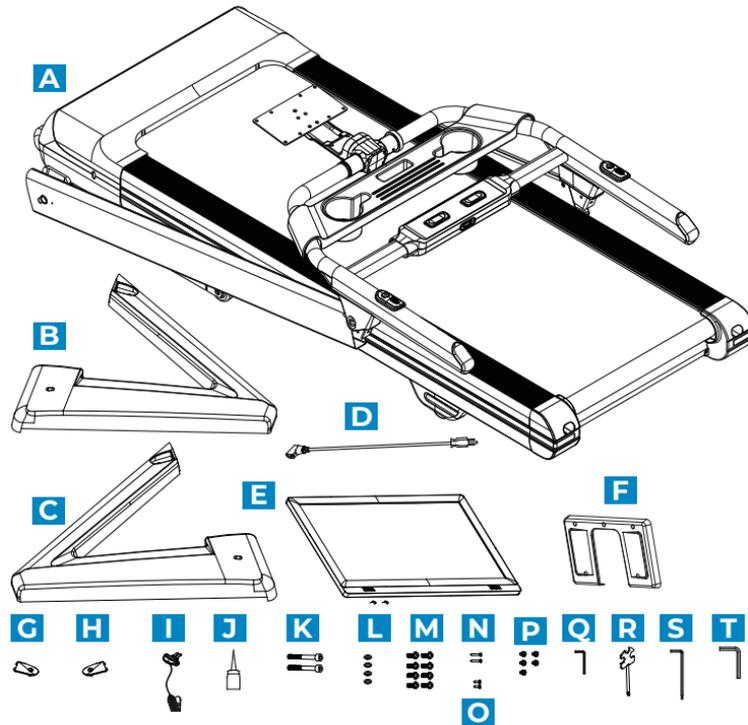
This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Do not use a GFCI outlet or a GFCI circuit breaker. A dedicated line will assure that adequate power is available for safe operation over the life of your Echelon® product.



INCLUDES

- A. Main Frame
- B. Left Side Cover
- C. Right Side Cover
- D. Power Cord
- E. Console
- F. Console Cover
- G. Left Screw Cap
- H. Right Screw Cap
- I. Safety Key
- J. Silicone Oil
- K. Socket Head Cap Screw (2)
- L. Flat Washer (4)
- M. Button Head Cap Screw (8)
- N. Phillips Flat Head Self-Tapping Screw (2)
- O. Phillips Pan Head Self-Drilling Screw (2)
- P. Phillips Pan Head Screw *M4x8* (5)
- Q. Allen Key *5mm*
- R. Allen Key *8mm*
- S. Open End Wrench
- T. Allen Key *4mm*



TREADMILL SPECIFICATIONS

Max User Weight: 330 lbs
Assembly Dimension: 72.8" x 33.5" x 61.4"
Folded Dimension: 72.8" x 33.5" x 13"
Running Area: 20" x 60"
Speed: 0.5 – 12.4 mph // Incline: 12 levels



ASSEMBLY



Note: Do not remove bands securing upright posts to main frame until treadmill is in desired assembly location. Doing so could result in injury.

Two person assembly is strongly recommended. Assembly should take place on a soft surface, such as a carpet or rug, or with the cardboard packaging opened to protect the floor.

- a. Remove all Stride-4 assembly pieces from packaging and place on flat ground or floor in assembly location.

STEP
1

Note: Do not fully tighten all screws at this step.

STEP
2

- a. Remove band securing uprights to main frame.
b. Holding left and right handlebars, lift uprights into locked position. Locked position is indicated with a “click”.
c. Insert Socket Head Cap Screw (K) into bottom of left upright and tighten using Allen Key 8mm (R). Repeat step to secure right upright.



2-a



2-c



ASSEMBLY

Note: Fully tighten all screws at this step.

- a. Hold left and right handlebars and push down into locked position indicated by a "click".
- b. Secure handlebar to left upright using button head cap screw (M) and flat washer (L) on upper, back side of left upright and tighten using Allen Key 5mm(Q). Repeat step to secure handlebar to right upright.

STEP
3



STEP
4

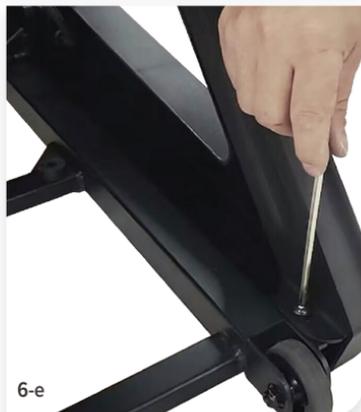
- a. Complete handlebar assembly using 2x button head cap screw (M), 2x flat washer (L), and Allen Key 5mm (Q) on upper, inner side of left upright. Repeat step on right upright.
- b. Fully tighten all assembled screws at this time.





- a. Lift rear of treadmill and lock into folded position.
- b. There will be a “click” when treadmill is locked into place.

STEP
5



Note: Do not fully tighten all screws at this step.

- a. Align left side cover (B) with left upright and main frame base.
- b. Insert Button Head Cap Screw (M) into left side cover and left upright screw hole and tighten using Allen Key 5mm (Q).
- c. Gently push left side cover (B) against left upright and main frame base until fully seated.
- d. Secure left side cover (B) to main frame base using button head cap screw (M) and Allen Key 5mm (Q).
- e. Repeat steps a-d for right side cover (C).

STEP
6



ASSEMBLY (cont'd.)

- a. Ensure hole on left side cover (B) is aligned with screw hole on left upright.
- b. Secure side cover to upright using Open End Wrench (S) to fully tighten Phillips Pan Head Self Drilling Screw (O). Repeat on right side.
- c. Fully tighten all screws from STEP 6.

STEP
7

STEP
8

- a. Install Left Screw Cap (G) onto Left Side Cover (B) using Phillips Flat Head Self-Tapping Screw (N) and Open End Wrench (S).
- b. Repeat with Right Screw Cap (H) and Right Side Cover (C).





- Grasp bar at end of running deck and gently push up.
- Use foot to push cylinder as indicated by label on cylinder and disengage lock.
- Gently lower running deck to floor.

STEP
9



- Adjust console support bracket so it is parallel to the floor.
- Remove 8x screws from back of console and use to secure console to console support bracket.
- Return console support bracket to upright position.

STEP
10



ASSEMBLY (cont'd.)

- a. Connect Console (E) cables to Main Frame (A) cables. Be sure cables are securely connected.
- b. Install Console Cover (F) onto back of Console using 5x Phillips Pan Head Screw M4x8 (P) and Open End Wrench (S). Be sure wires are not pinched or protruding from cover before tightening screws.

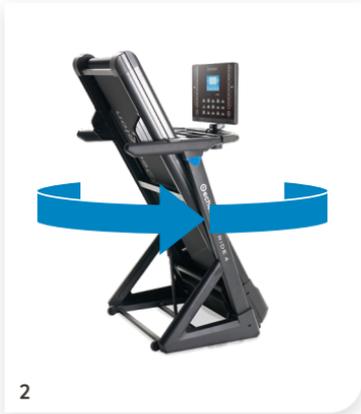
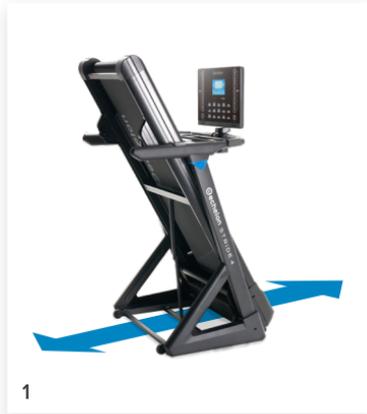
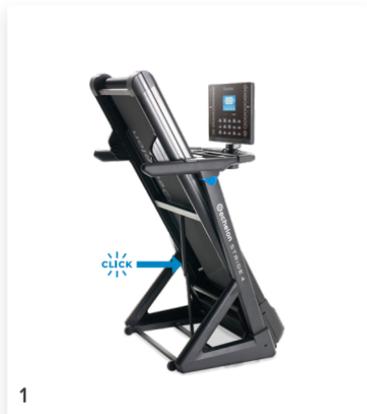
STEP
11



STEP
12

- a. Fully tighten all assembly screws.
- b. Insert Safety Key (I).
- c. Plug Power Cord (D) into treadmill power port and grounded wall socket.
- d. Flip power switch to ON position.





Folding and Unfolding the Treadmill

Make sure treadmill is at the lowest incline position and powered OFF before proceeding.

1. Folding

- Ensure treadmill is at the lowest incline level and powered off.
- Firmly hold rear deck and lift up. Listen for an audible “click” to lock the cylinder.

2. Unfolding

- Firmly hold rear end of the treadmill.
- Gently push the running deck up.
- At the same time, push a foot into the cylinder (as indicated by labeling on cylinder) to lower the running deck to the floor.

Note: DO NOT turn treadmill power on during the unfolding process.

Transporting the Treadmill

Make sure treadmill is at the lowest incline level and powered OFF before proceeding.

1. Forward/Backward Transport

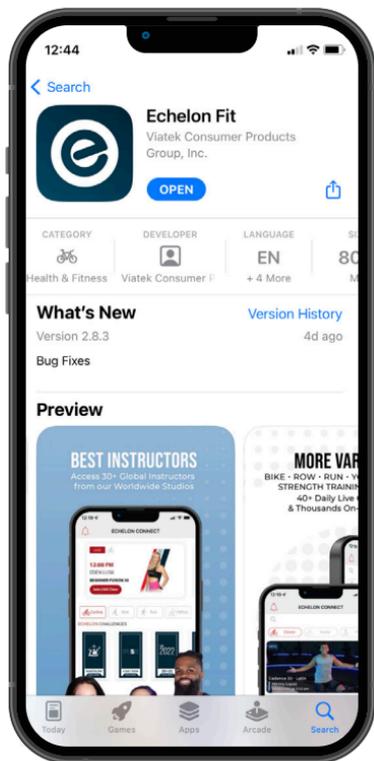
- Hold left and right handlebars to move the treadmill forward or backward.

2. 360° Turn

- Hold left and right handlebars and tilt back onto rear wheels.
- Turn left or right to rotate the treadmill.



ECHELON MEMBERSHIP ACTIVATION



Download the Echelon Fit® App

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

Operational Instructions

Connect to the Echelon Fit® App to access tutorials and operation instructions.





Membership
Activation
Required
to Unlock the
Stride-4
Experience

Activate Echelon Premier Membership to connect to classes.

To learn more about the membership, visit echelonfit.com/membership.

- a. Scan QR code below or visit member.echelonfit.com.
- b. Follow prompts to complete membership enrollment.



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 and 2-Year

4. SET UP PAYMENT METHOD

5. ENTER PERSONAL ACCOUNT INFO

6. VIEW YOUR ACCOUNT

Edit your billing info, add family members, manage subscriptions, and (if on your mobile device) download the app and sign in.

ACCOUNT ACTIVATION

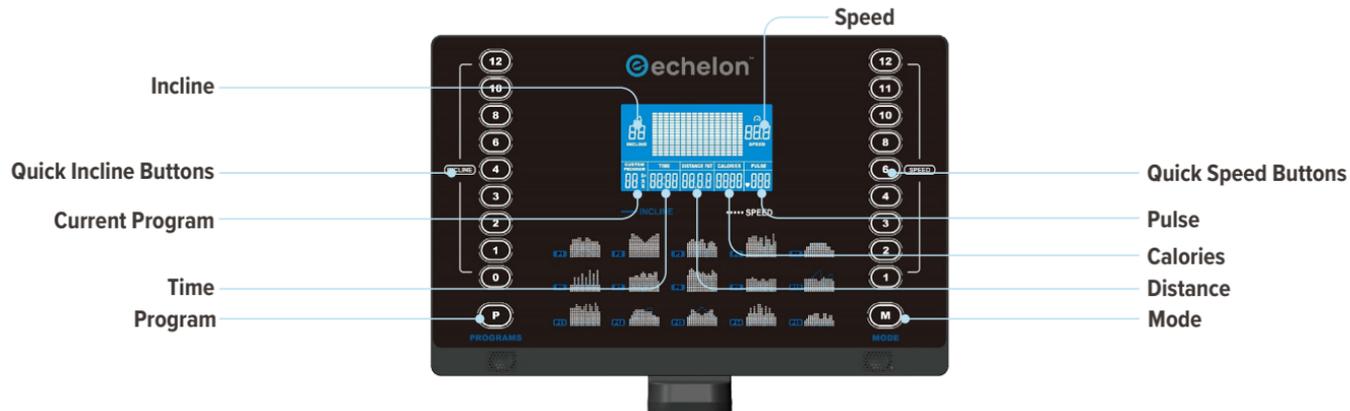
If this product was purchased on the echelonfit.com website, you should have received an activation email. Click the link in the activation email and follow the on-screen instructions. Enter your information to verify payment information. **You will not be charged until the next month.**

ACCOUNT CREATION

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.



CONSOLE OPERATION



Console Display



Start/Stop Button Display

DISPLAY DEFINITION:

Incline: Displays current incline level of exercise

Speed: Displays current running speed of exercise

Time: Displays duration of exercise

Distance: Displays accumulated distance of exercise

Calories: Displays calories burned during exercise

Pulse: Once heart rate signal is detected, displays current heart rate

CONTROL BUTTON DEFINITION:

Program:

- Press to select training program
- 15 preset programs: P01 - P15
- 3 user programs: U01 - U03
- BMI

Mode:

- Press to enter countdown mode and choose between Time, Distance, and Calorie countdown.
- Adjust default countdown setting up or down using Quick Wheel Buttons.

Quick Incline:

- 9 selections to quickly choose desired level of incline

Quick Speed:

- 9 selections to quickly choose desired speed

EXERCISE DATA RANGE

Display Range:

- Speed: 0.5 m/h – 12.4 m/h
- Incline: Level 0 – Level 12
- Time: 0:00 – 99:59
- Distance: 0 mile – 99.9 miles
- Calories: 0 Kcal – 9999 Kcal

Start:

- Press to begin exercise after 3 second countdown

Stop:

- Press Stop once to pause exercise and enter Standby mode. Speed will reduce to zero and incline will pause at current level. Press Start to resume exercise.
- After 10 minutes in Pause status, treadmill will enter Sleep mode. Press any button to exit sleep mode. Press Start to resume exercise.
- Press Stop twice to end exercise.

Safety Key / Emergency Stop:

- Insert Safety Key into safety key port and attach clip to clothing during exercise. Important Note: Treadmill will NOT power on until Safety Key has been inserted into safety key port.
- To immediately stop treadmill running belt, pull Safety Key from safety key port.



CONSOLE OPERATION (cont'd.)

Right Quick Wheel:

- Rotate wheel to adjust speed to desired level.
 - » Increase: Rotate forward
 - » Decrease: rotate backward
- Press button to alternate between 0.1mph and 1.0mph speed adjustment.
 - » BLUE wheel light indicates 0.1mph speed adjustment.
 - » GREEN wheel light indicates 1.0mph speed adjustment.

Left Quick Wheel:

- Rotate wheel to adjust incline or speaker volume to desired level.
 - » Increase: rotate forward
 - » Decrease: rotate backward
- Press button to alternate between incline adjustment and speaker volume adjustment.
 - » BLUE wheel light indicates Incline adjustment
 - » GREEN wheel light indicates speaker volume adjustment

Switching from MPH to KPH:

- Press and hold Program and Mode buttons for a minimum of 5 seconds until display shows F01 to enter factory mode.
- Switch to preferred distance metric by pressing left or right Quick Wheel button.
 - » KPH: 0
 - » MPH: 1
- Press Mode button to confirm setting and exit factory mode.

FEATURES:

CHARGING PORTS:

USB-A and USB-C charging ports are located on back side of Start/Stop button bar. Ports may only be used one at a time. When device is successfully charging, battery icon on Start/Stop button bar will light up GREEN.

PULSE:

To detect and display heart rate, use wearable heart rate tracker and connect via Bluetooth. Pulse window displays the spotted pulse value. May take 5 to 7 seconds for a reading and 7 - 10 seconds for a more accurate reading.

IMPORTANT: The detected pulse value is not for medical purposes.



PROGRAMS:

When treadmill is powered on, display lights up for 2 seconds and enters standby mode.

MANUAL:

- Insert safety key firmly into safety key port and press Start button. Display will countdown for 3 seconds before belt begins to move at lowest speed of 0.5 mph (0.8 km/h).
- To adjust Speed or Incline, press Quick button on console or use Quick Wheel on handlebar.
- To end exercise, press Stop button twice or fully remove safety key.

BMI PROGRAM:

- Connect wearable heart rate monitor to treadmill via Bluetooth.
- In Standby Mode, press Program button and choose FAT program.
- Press MODE to enter basic data: Gender / Age / Height / Weight.
 - » In each category, use Quick Wheel Buttons to adjust value up or down.
 - » Press Mode to confirm setting for each category.
- Display will show F-5 and — then begin to read heart rate monitor data. After a minimum of 5 seconds, calculated BMI will show on display.

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

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

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



CONSOLE OPERATION (cont'd.)

PRESET PROGRAMS:

- Press Program button to select from 15 pre-set programs.
- Corresponding program number will display in Current Program display window.
- Adjust default program time up or down using Quick Wheel Buttons.
- Press “Start” button to begin exercise after choosing program.
- Preset programs have 16 stages. Time duration of each stage is 1/16 of set time duration.
- When current stage is completed, console automatically adjusts speed and incline settings based on next stage.
- User can adjust the speed and incline to fit one’s personal condition.

IMPORTANT: Speed and Incline will return to preset default level with each stage of program. Please use caution when adjusting preset Speed and Incline levels.



PROGRAMS / SECTIONS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	7	10	10	10	11	11	9	9	11	11	10	9	9	9	9	7
	INCLINE	0	0	2	2	4	4	6	4	6	4	4	2	2	2	2	0
P2	SPEED	10	12.4	12.4	12	12	11	10	9	8	9	10	11	12	12	12.4	12.4
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P3	SPEED	8	9	10	10	9	7	9	10	10	8	5	8	9	9	8	6
	INCLINE	0	2	4	4	2	0	3	5	5	3	0	4	6	6	4	0
P4	SPEED	8	11	11	12	12	12	9	11	11	6	12	10	10	7	12.4	9
	INCLINE	0	2	2	0	0	0	5	4	4	7	1	3	3	6	0	0
P5	SPEED	4	6	6	8	8	8	3	8	5	8	8	8	6	6	4	4
	INCLINE	0	2	4	6	6	8	8	6	8	8	6	4	4	4	2	0
P6	SPEED	4	4	8	4	8	4	10	4	8	4	12	4	10	4	12	4
	INCLINE	0	2	4	2	4	2	6	2	4	2	6	2	4	2	6	0
P7	SPEED	8	8	8	9	9	8	10	11	10	8	10	10	9	11	11	6
	INCLINE	0	2	4	2	2	4	2	0	2	4	2	2	4	2	2	0
P8	SPEED	9	12	12.4	12	11	12	11	10	11	10	9	10	9	12	11	10
	INCLINE	0	0	0	0	4	4	4	6	6	6	8	8	8	0	0	0
P9	SPEED	7	7	7	8	7	7	6	6	7	7	6	6	7	7	7	7
	INCLINE	0	0	2	0	2	2	4	4	2	0	4	4	2	0	2	0
P10	SPEED	7	7	7	7	7	7	7	6	6	7	8	7	7	7	7	6
	INCLINE	0	3	4	7	8	9	10	11	12	5	3	5	7	9	10	0
P11	SPEED	10	10	10	12	11	11	9	11	12	8	12	11	8	12.4	11	8
	INCLINE	0	2	2	0	2	2	0	2	2	0	2	2	0	2	2	0
P12	SPEED	4	6	8	9	9	9	9	9	8	8	8	8	6	6	5	5
	INCLINE	3	3	4	4	5	6	6	7	8	9	10	10	5	5	0	0
P13	SPEED	5	6	9	9	8	7	7	6	6	7	7	8	9	9	6	5
	INCLINE	0	4	5	6	7	8	9	10	10	9	8	7	6	5	4	0
P14	SPEED	5	7	10	7	11	7	12	12	10	6	11	7	10	7	7	5
	INCLINE	0	0	4	2	4	2	3	2	2	0	4	2	4	2	1	0
P15	SPEED	3	4	6	6	6	7	7	7	4	4	7	7	4	6	6	3
	INCLINE	0	0	2	2	0	0	2	2	0	0	2	2	0	2	0	0



CARE & MAINTENANCE

Belt Adjustment

1. Swerving Right

- Remove the safety key and turn the power OFF.
- Turn the right adjusting bolt 1/4 clockwise. Re-insert the safety key and turn the power ON.
- Run the treadmill (3–4 mph/6–8 kph) and observe the Echelon logo alignment within the orange guides.
- Repeat above steps **a–c** until belt is centered.

2. Swerving Left

- Remove the safety key and turn the power OFF.
- Turn the left adjusting bolt 1/4 clockwise. Re-insert the safety key and turn the power ON.
- Run the treadmill (3–4 mph/6–8 kph) and observe the Echelon logo alignment within the orange guides.
- Repeat above steps **a–c** until belt is centered.

3. Tightening Belt

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



Belt Lubrication

The Echelon Stride-4 requires lubrication as a part of routine maintenance according to the recommended schedule below.

Light Usage	Medium Usage	Heavy Usage
Once Every 60 Days	Once Every 45 Days	Once Every 30 Days

- Keeping the deck lubricated at the recommended intervals above ensures the longest life possible for your treadmill.
 - Failure to lubricate the deck at regular intervals may void the warranty.
 - It is recommended every other month to reach between the belt and deck to verify there is lubrication present every other month.
1. Power off the treadmill and unplug the power cord.
 2. Using Allen Wrench (B), loosen rear adjusting bolts with 5–10 counter-clockwise turns.
 3. Lift the running belt and apply silicone oil in a zigzag pattern across the entire running deck surface. Use 1/2 bottle of silicone oil. DO NOT apply the silicone oil on top of the running belt.
 4. Lay the running belt flat and tighten the rear adjusting bolts clockwise the same number of times loosened from step 2.
 5. After the lubricant is applied, plug in the power cord, insert the safety key, and turn power the treadmill on.

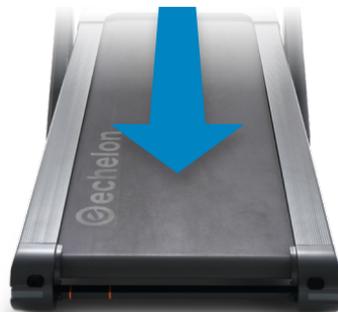


CARE & MAINTENANCE (cont'd.)

Belt Lubrication (cont'd.)

6. Stay off the treadmill and press START. Allow the belt to run at 3 MPH for 3 minutes to spread the silicone oil.
7. Walk on the treadmill at a comfortable speed for an additional 3 minutes to sufficiently spread the silicone oil and check the running belt for proper tightness and alignment. Refer to page 33 for belt adjustment instructions.
8. Once the belt is centered and properly tightened, stop the belt. Wipe away any excess silicone oil with a damp microfiber cloth.

6



Daily

1. Power off the treadmill and clean any high-use areas, like the handlebars and console, with a non-acidic cleaner (NO ammonia, chlorine, or alcohol) on a soft cloth. Do not spray cleaning solution directly on the treadmill as that could ruin any electrical components.
2. Inspect the power cord for damage. If damaged, replace immediately by contacting Customer Service (833-937-2453).
Note: When the treadmill is not in use, unplug and store the power cord in a secure, dry area and away from children.
3. The safety key and power cord should be removed after each use so the treadmill is not accidentally powered on when not in use.
4. Inspect for any noises that could indicate potential issues. If a troubling noise is indicated please contact Customer Service (833-937-2453).

Weekly

1. Clean the running belt, console, uprights, and motor cover with non-acidic cleaners and a soft cloth. Cleaners should be applied to the cloth and never sprayed onto the equipment directly.
2. Inspect all the assembled and pre-assembled hardware and tighten or re-secure as-needed. This includes but is not limited to the following:
 - a. Handlebars & Uprights (page 15, 16, & 18)
 - b. Tablet (page 24)
 - c. Running Belt (page 34)

Weekly | 2-a



CARE & MAINTENANCE (cont'd.)

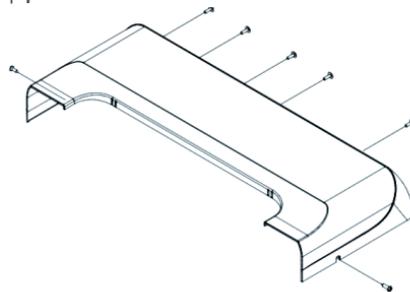
Weekly (cont'd.)

3. Dust and vacuum the treadmill and the surrounding area. To clean underneath the treadmill, turn off the power, fold, and roll the treadmill to an alternate location. Return the treadmill to its original location after cleaning.
4. Check the belt for any looseness, this will cause the treadmill to receive improper info when calculating metrics if it is not properly tightened. When tightening make sure to adjust both sides of the rear roller evenly with the provided Allen Wrench, turning clockwise to tighten.

Monthly

1. Assess the components under the motor cover monthly for excess build-up of dust or debris. Unplug the machine and leave it powered off for 45 minutes. Use a vacuum with a crevice nozzle to **carefully** clean between the motor, incline motor, and lightly over the electrical components. Do not touch or attempt to remove any electrical components. If you require assistance with this task, contact Customer Service (833-937-2453) to schedule a technician to properly clean and restore the components before using your treadmill again.
 - a. We recommend using a mat underneath your treadmill to avoid placing on high pile (shag) carpets. This will reduce the risk of overheating and debris build-up that may cause damage to your treadmill or flooring.

Monthly | 1



Remove bolts then motor cover to assess components.

Monthly (cont'd.)

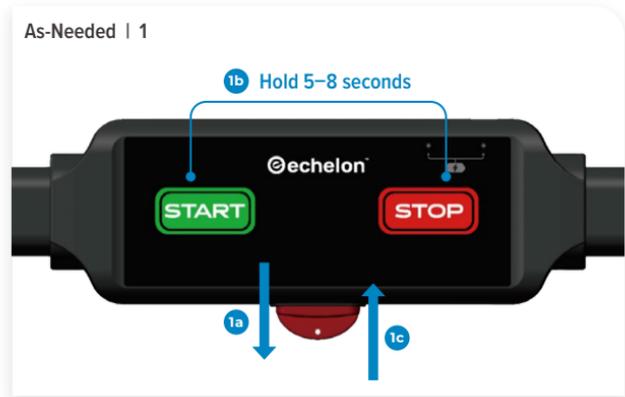
2. Check the alignment on the treadmill running belt by ensuring it is centered and glides smoothly over the running deck. Utilize the instructions located in your user manual for "re-centering" the belt to troubleshoot and fix. Refer to page 30 for belt adjustment instructions.
3. Start the treadmill at a low speed and test for any slippage of the belt to ensure the motor is applying the proper torque.
4. Stop using the treadmill and contact Customer Service (833-937-2453) if you hear rubbing noises or if the belt is off-center and can't be recentered using the instructions on page 30.
5. Lubricate the running deck every 1-2 months depending on usage or 500 miles/km (whichever comes first) per the provided steps on page 34–35.

As-Needed

1. To calibrate your incline in the case that it cannot be adjusted using the buttons on the console or handlebars:
 - a. Remove the safety key.
 - b. Hold the Start & Stop keys on the button pad for 5–8 seconds.
 - c. Allow treadmill to calibrate by observing it from off the treadmill.
 - d. Re-insert the safety key and start workout.

Yearly

1. Contact customer service (833-937-2453) if your running deck is damaged or if you are experiencing any issues.



ERROR CODES & TROUBLESHOOTING

ERROR CODE	PROBLEMS	SOLUTIONS
E00	No signal detection of safety key from lower control board	<ol style="list-style-type: none">1. Check if the safety key wire is connected to the lower control board.2. Replace with a new safety key wire.
E01	Connection fails between “PCB” and “Lower Control Board”	<ol style="list-style-type: none">1. Check if every wire is well connected between the tablet and the lower control board.2. Check if any of the wires are damaged.3. Check to see if the wires to the tablet or lower control board are in good condition. If any chip is damaged, change the specific wire or the lower control board.
E02	Overloading Protection	<ol style="list-style-type: none">1. Check if power outlet has low voltage supply. If so, change a power outlet.2. Check if lower control board has bad smell. If so, change a lower control board.3. Check if wires connected to motor are well connected.
E03	No signal from speed sensor	<ol style="list-style-type: none">1. Check if the wire of the speed sensor is well connected.2. Check if the wire or the speed sensor is damaged. If so, replace wire and speed sensor.
E04	Incline motor damage	Perform incline calibration <ol style="list-style-type: none">1. Remove the safety key.2. Press and hold both “Start” and “Stop” buttons for 5–8 seconds.3. After the incline calibration is completed, test the treadmill again by powering on and pressing the “Start” button.



ERROR CODE	PROBLEMS	SOLUTIONS
E05	Over-current Protection	<ol style="list-style-type: none"> 1. Check if any part on the motor is stuck. Unplug power cable and adjust motor. Plug back in the power cable and re-start to run the treadmill. 2. Check if the motor has a burnt smell. If so, change a motor. 3. Check if the lower control board has burnt smell. If so, change the lower control board. 4. Check if the power outlet has low voltage supply. If so, change the power outlet.
E06	Self-checking error on controller	<ol style="list-style-type: none"> 1. Check if wires of motor are well-connected and in good condition. 2. Check if the lower control board has a burnt smell.
E07	Parameter lost	Replace lower control board. Please contact customer service at 833-937-2453.
E08	EEPROM damage (on lower control board)	Replace the lower control board. Please contact customer service at 833-937-2453.
E09	Voltage issue or IPM over-heated	Replace the lower control board. Please contact customer service at 833-937-2453.
EEP	EEPROM damage (upper control board)	Replace the button platform set (upper control board is assembled together with button platform).
NO CODE SHOWN	Motor damage or motor circuit damage	<ol style="list-style-type: none"> 1. Check if wires connected to motor are well connected. 2. Check if fuse on the lower control board is damaged. If so, replace the lower control board. 3. Check if IGBT on the lower control board is working by using the multi-meter. If so, change a lower control board. Please contact customer service at 833-937-2453.



CUSTOMER SERVICE

Questions or Concerns

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

☎ (833) 937-2453

✉ cs@echelonfit.com

Submit a Request:



Warranty Information

Your Echelon Stride-4 treadmill comes with a 1-year parts and labor warranty. Should the need arise, all you need is a proof of purchase and our customer service team will be happy to assist. Additional 1- or 2-year extended warranties are available through customer service.





MODEL: ECH-STRIDE-4

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

ECHELONFIT.COM



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA



PATENT
PENDING

REV: 09142024