



echelon[®]

STRENGTH HOME
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



Veillez insérer sous-utiliser nos
cartes grises dans le manuel de
l'utilisateur pour valider l'installation de
l'appareil.



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IMPORTANT SAFETY INSTRUCTIONS

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- Care should be taken when raising or lowering the workout platform of the Echelon® Strength Home. Before lowering the workout platform, be sure the area is clear of obstacles that could cause damage.
- Care should be taken when raising or lowering the workout platform of the Echelon® Strength Home. Before lowering the workout platform, be sure the area is clear of obstacles that could cause damage.
- The manufacturer recommends placing a dedicated mat under the Echelon® Strength Home to prevent damage to flooring.
- While cleaning your Echelon® Strength Home, 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 machine.
- When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the Echelon® Strength Home.

FOR HOUSEHOLD USE ONLY.

SAVE THESE INSTRUCTIONS.

DANGER – TO REDUCE THE RISK OF ELECTRIC SHOCK:

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

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



IMPORTANT IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

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 Home, 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 Home.

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

- **ALWAYS** use the Echelon® Strength Home on solid, level ground and in a well-lit and ventilated area.
- **ALWAYS** check that any accessories are securely fastened before use.

- **ALWAYS** check that all adjustable points are fully locked before use.
- **NEVER** allow children to play on or around the strength machine. This helps protect them from injury from moving parts.
- **ALWAYS** set the strength machine up properly for your specific body type. The Echelon® Strength Home features moving parts to allow customization of multiple workouts for many body types.
- **ALWAYS** check the strength machine before use.
- **NEVER** use the strength machine if it is not properly/completely assembled or is damaged in any way.
- **NEVER** exceed the maximum load limit for this strength machine. The maximum load limit for this strength machine is 110 pounds per arm. Do not use the Echelon® Strength Home with a load in excess of 110 pounds.
- **NEVER** jump while standing on the workout platform. Doing so could cause damage to the mirror or workout platform.
- **NEVER** use Echelon® Strength Home when sick or fatigued.
- **ALWAYS** wear proper attire and footwear that fully covers your feet. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- **ALWAYS** warm up/stretch before starting exercise.
- **ALWAYS** be cautious when getting on and off the Echelon® Strength Home.

- **ALWAYS** wait until cables have fully retracted before releasing your hold.
- **ALWAYS** keep hands away from moving parts and ensure that hands are never placed where there are moving cables or pulleys.
- **NEVER** overexert yourself or work to exhaustion. If you feel faint, dizzy, short of breath, or if you have chest or other pains, STOP IMMEDIATELY! Consult your physician before using the Echelon® Strength Home again.
- **ALWAYS** ensure that you have a water bottle filled with at least 12 oz. of water and a towel close by to absorb sweat from your body and the handlebars.
- **ALWAYS** use proper form for exercises while using the Echelon® Strength Home.
- **NEVER** adjust the position of pulleys while cables are extended.
- **NEVER** use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the strength machine and will affect the warranty of the strength machine.
- **ALWAYS** ensure that the Echelon® Strength Home is wiped down after each use to keep it sanitary.
- **ALWAYS** return workout platform to folded storage position when not in use.
- Cleaning and user maintenance shall not be made by children without supervision.

Ingestion Hazard: This product contains a button cell or coin battery. Death or serious injury can occur if ingested. A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours. Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body. Keep new and used batteries out of reach of children.

If any problems arise affecting the performance of the Echelon® Strength Home, 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 Home!



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.

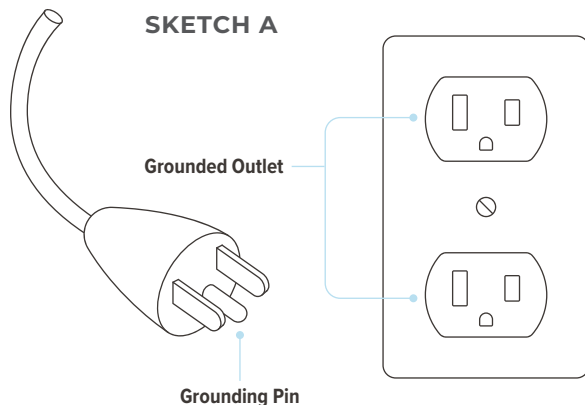
Two common types of outlets presently in Homes are: GFCI (Ground Fault Circuit Interrupter) and AFCI (Arc Fault Circuit Interrupter). Should hazardous wiring occur, either outlets are programmed to trip. Due to this, treadmills and other equipment have poor interactions with the GFCI or AFCI outlets.

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

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

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

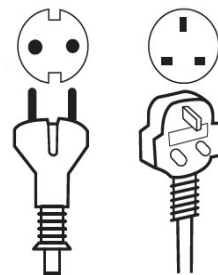
For use in the USA, products are designed to operate on a nominal 120-V circuit and have a grounding plug that looks like the plug illustrated in sketch A. For use in the EU and UK, products are designed to operate on a nominal 220-V circuit and have a grounding plug that looks like the plug illustrated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

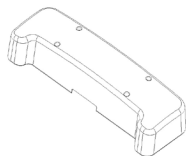
**Standard EURO/UK
Frequency**
50 HZ



PARTS LIST



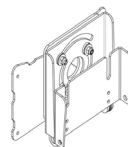
A Strength machine 1pc



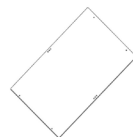
B Top frame cover



C 23.8" tablet



D Tablet rotation bracket



E Mirror



F Bar 1pc



G Smart handle 1 pair



H Snap hook 1 pair



I Smart bar control module 1 pc



J Rope 1 pc



K Power cord 1 pc



L Button battery 3 pcs



M Cushion rubber 2pc

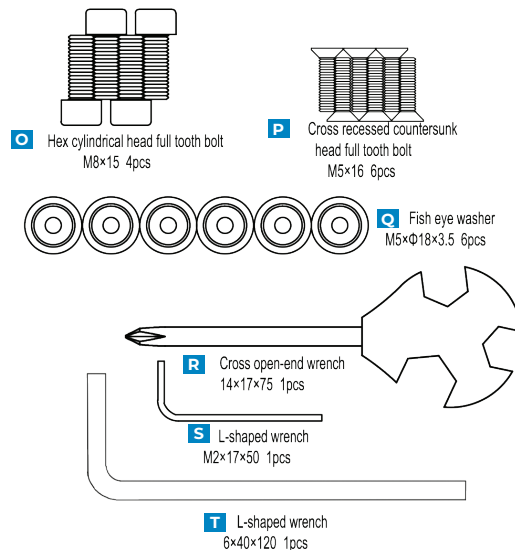


N Ankle strap 1 pc

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

Part No.

- O** Hex cylindrical head full tooth bolt (4) M8×15
- P** Cross recessed countersunk head full tooth bolt (6) M5×16
- Q** Fish eye washer (6) M5×Φ18×3.5
- R** Cross open-end wrench (1) 14×17×75
- S** L-shaped wrench (1) 6×40×120
- T** L-shaped wrench (1) M2×17×50



STRENGTH HOME SPECIFICATIONS



ACCESSORIES & PORT SPECIFICATIONS



Handle Grips
Pause & Resume Class



Rope Grip



Straight Bar
Pause | Resume | Adjust Resistance



Ankle Strap



DC IN



USB-A



USB OTG



TF CARD
Tablet Reset



HDMI



Ethernet



**Audio
Output**



DC OUT

ASSEMBLY

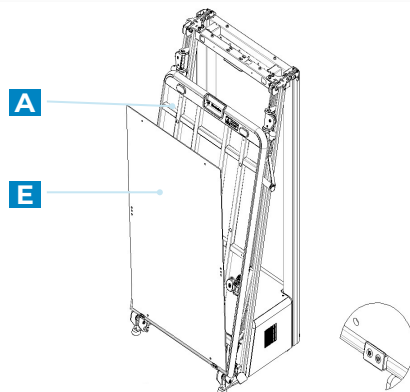
STEP

1

2-3 person assembly is strongly recommended

Assembly Setup

- Remove Strength Home from packaging and place in desired location.
- Remove Mirror (E) from packaging, and check for damage prior to installation.
- Gently lift mirror (E) into place so it rests on support brackets and lean mirror against Main Frame (A). Be sure that Echelon logo is facing outward at bottom of mirror.

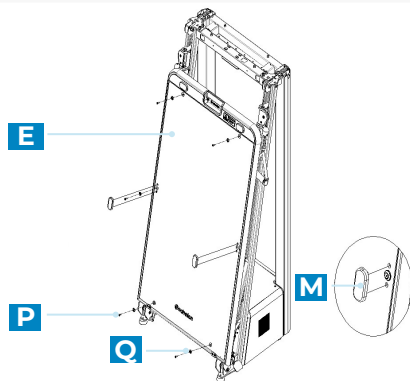


STEP

2

IMPORTANT NOTE: Do NOT overtighten assembly screws. Overtightening assembly screws can damage Mirror.

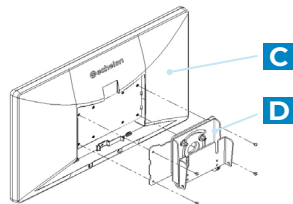
- Before installing, be sure that all mirror bolt holes are properly aligned with main frame bolt holes.
- Place 6x Washer M5 (Q) onto 6x Bolt M5x16 (P), being sure bolt head rests in rounded side of washer.
- Using Bolt M5x16 (P) and Washer M5 (Q), attach Mirror (E) to Main Frame (A) with Cross Open End Wrench (R). Tighten bolts individually, being sure not to overtighten, to prevent damage to mirror.
- Install Rubber Pad (M) over bolts on both sides of Mirror (E) as shown in diagram.



STEP 3

Touchscreen Setup

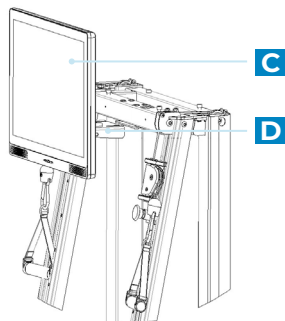
- Remove Touchscreen (C) and Rotation Bracket (D) from packaging.
- Remove 2x rear covers from back of touchscreen (C) to reveal 4x Mounting Screws. Using cross open-end wrench, remove Mounting Screws.
- Attach Rotation Bracket (D) to Touchscreen (C) using cross open-end wrench and 4x Mounting Screws.
- Snap rear covers into place on back of Touchscreen (C) and covering Rotation Bracket (D).



STEP 4

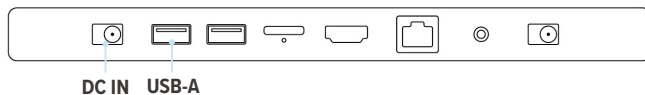
NOTE: It is best to have a minimum of 2 people for this assembly step

- Carefully lower platform and unfold Rotation Bracket (D) to access assembly bolt grooves.
- Slide assembly bolt grooves onto preinstalled bolts of Mounting Plate located on underside of Main Frame Upper Cross Bar.
- Using L-Shaped Wrench (S), tighten Mounting Plate Bolts to secure Rotation Bracket (D) w/ Touchscreen (C) onto Main Frame.



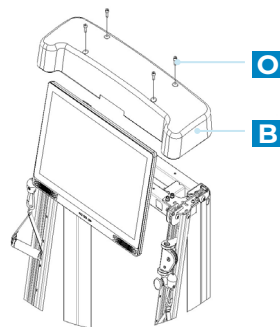
STEP 5

- a. Insert Main Frame USB cable into Touchscreen USB port.
- b. Insert Main Frame DC Cable into Touchscreen DC IN port.



STEP 6

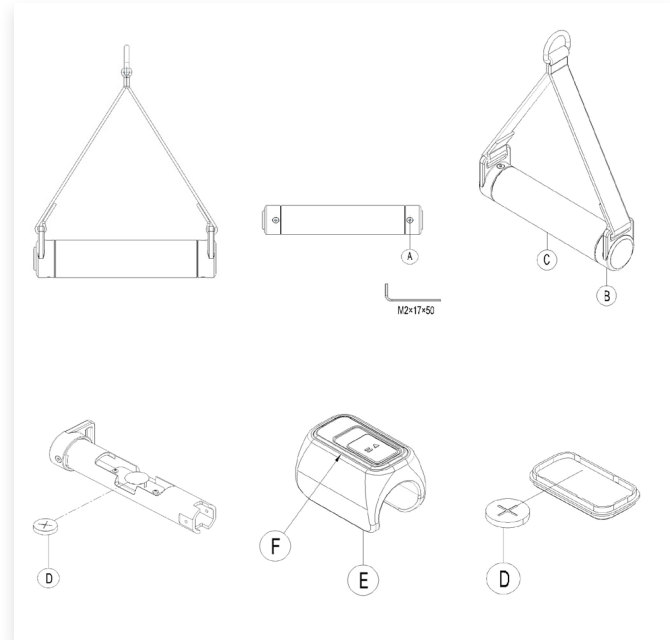
- a. Attach Frame Cover (B) onto top of Main Frame (A) using 4x Bolt M8×15 (O) with L-Shaped Wrench (S).



BATTERY INSTALLATION

Handle Grip

- Loosen and remove screws (A) from Handle Grip end cap without button using the included L-Shaped Wrench
- Remove End Cap (B) and Handle Tube (C).
- Insert CR2032 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.



Smart Bar Module

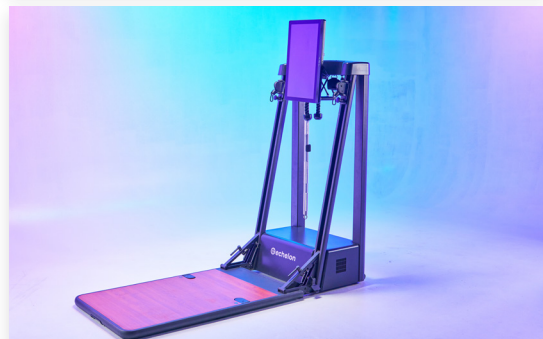
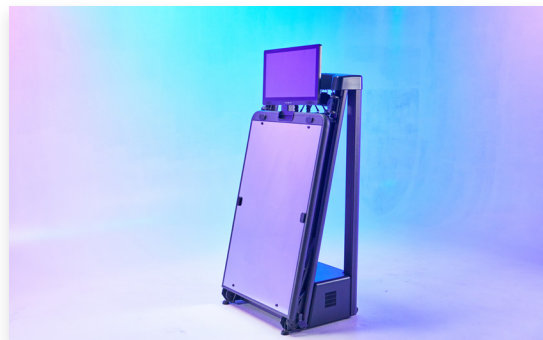
- Remove Button Panel (F) from Silicone Base (E).
- Insert CR2032 Button Battery (D) into battery compartment with positive (+) pole facing upwards.
- Press Button Panel (F) back into place on Silicone Base (E).

USER INSTRUCTIONS

IMPORTANT NOTE: Be sure unit and screen are powered on before pulling resistance cables

Rotate Touchscreen

- Rotate Touchscreen into Horizontal position before lowering workout platform.
- Rotate Touchscreen into Vertical position once platform is lowered and workout is ready to begin.





IMPORTANT NOTE: Be sure unit and screen are powered on before pulling resistance cables

Workout Platform

- Step down on pedal release on the lower right side of strength machine.
- Pull platform away from main frame and carefully lower into workout position.



USER INSTRUCTIONS (cont'd.)

IMPORTANT NOTE: Be sure to engage platform locks prior to use. Failure to do so could result in tipping and personal injury.

Platform Locks

Rotate the L-shaped handles on both sides platform at bottom of Main Frame to lock platform into place.

- **Unlocked** – Handles pointing up, parallel to bar
- **Locked** – Handles pointing down, parallel to bar



Adjustment Slider

- Pull slider lock pin and raise or lower the adjustment slider to desired position (A-K).
- When adjustment slider is in position, release slider lock pin and allow it to lock into place.
- Be sure left and right adjustment sliders are at the same level and fully locked into position before beginning workout.





Platform Pulleys

- Set weight to lowest setting (10lbs) and move left and right adjustment sliders into lowest position (K) and lock into place.
- On the platform, press pulley release button to allow pulley to spring free from platform.
- Pull cable until long enough to wrap cable under pulley with snap hook fixed in position.
- Be sure cable is fully seated in the pulley groove prior to use.

When the platform pulley is not in use, unwrap cable from pulley and fold pulley back into platform.

WORKOUTS



Chest Fly



Bent Over Row



Cable Twist



Cable Kickback



Cable Squat



Bicep Curl



Overhead Tricep



Shoulder Press



Side Lunge



Bench Press

(Bench Not Included)

THE BASICS

Introducing the Echelon Strength Home

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 Home 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.

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.

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.

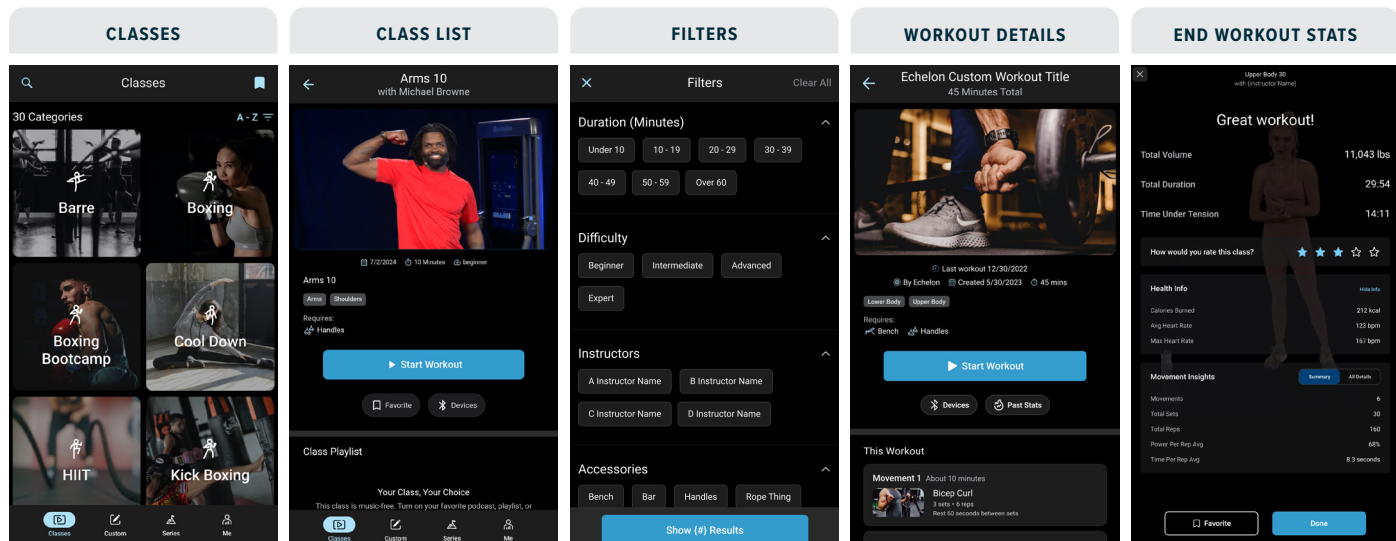
Select a class.

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

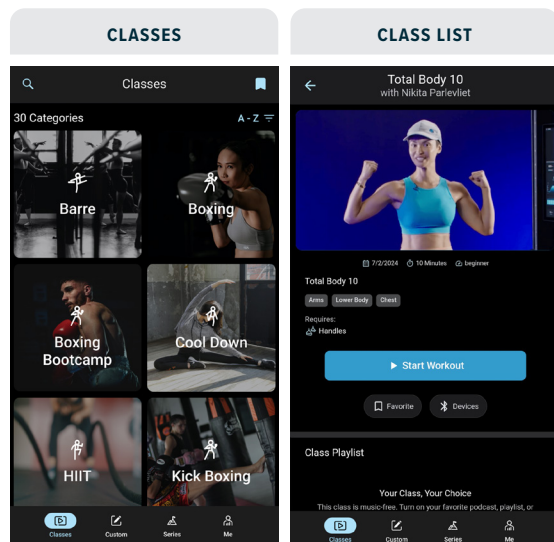


APP INSTRUCTIONS (cont'd.)

TERMINOLOGY



GENERAL FUNCTIONALITY



Introducing the Echelon Strength Home

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.)

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.

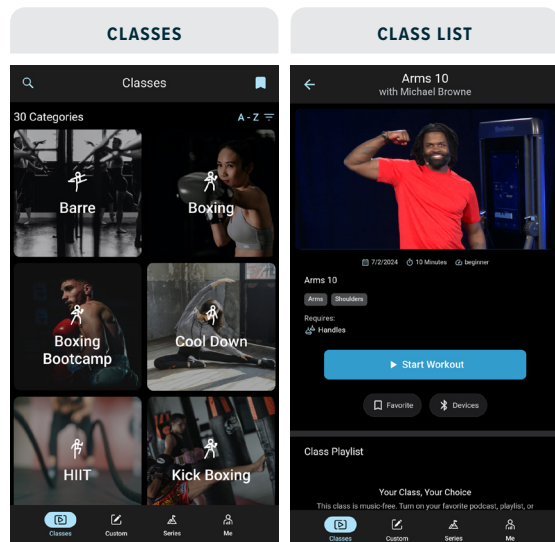
Favorites Page

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.



FROM PREVIOUS PAGE



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.

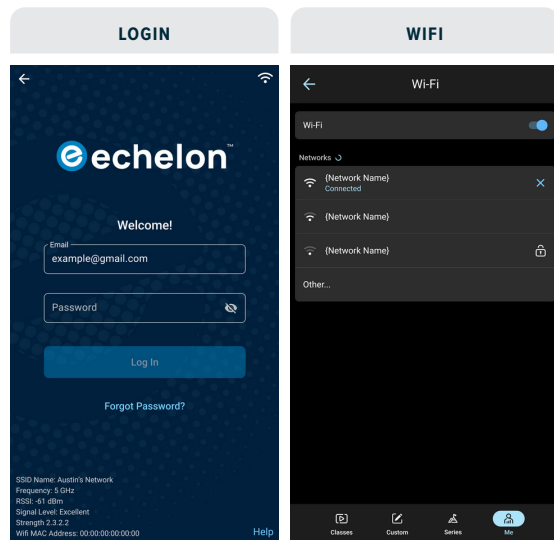


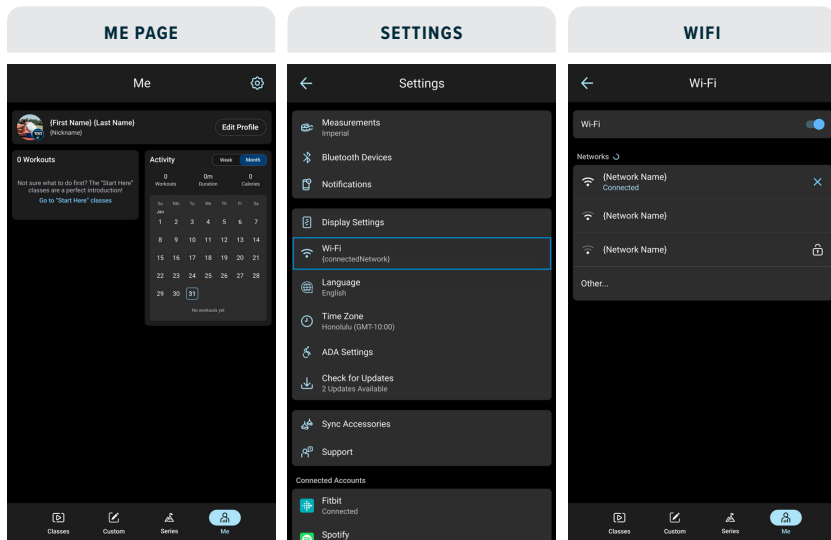
APP INSTRUCTIONS (cont'd.)

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:

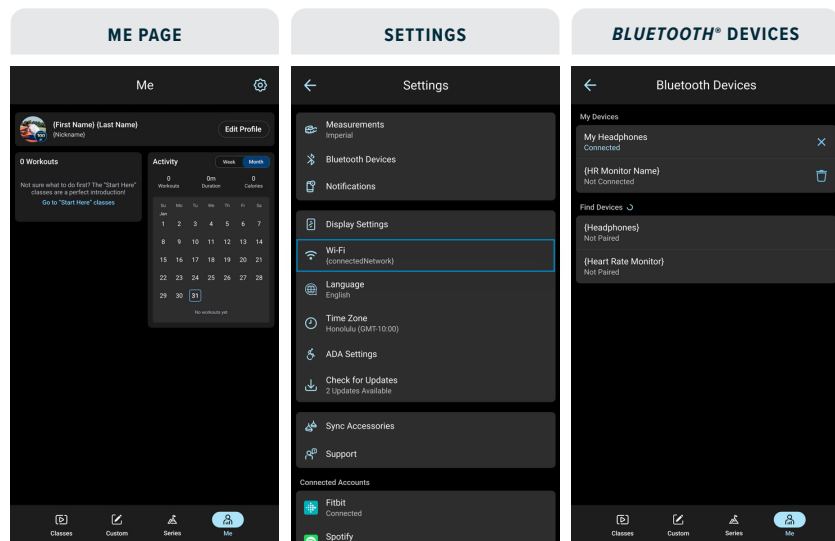
Tap the 'Me' icon in the bottom menu bar to enter the 'Me' page. Tap the Settings gear icon in the upper right corner to enter the Settings page. Tap WiFi and select your network.



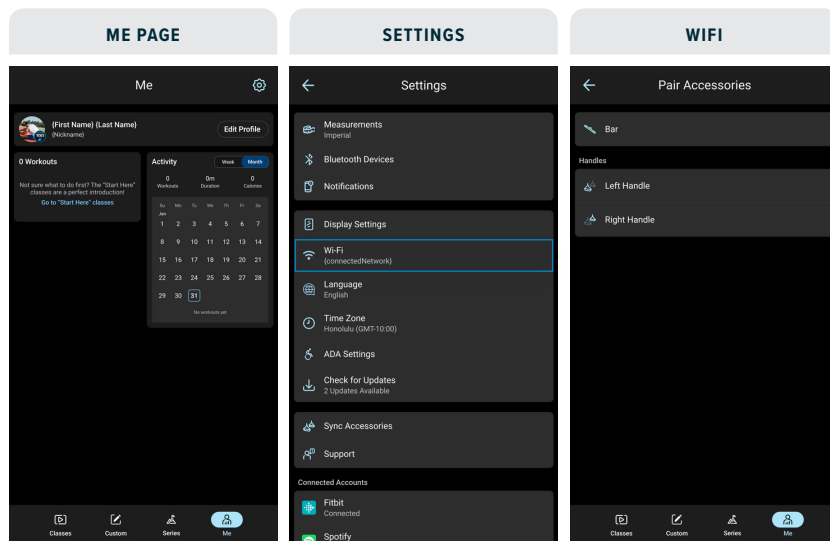
APP INSTRUCTIONS (cont'd.)

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 Home is both powered on.**
 - a. The power cord should be plugged into the wall and the base of the Echelon® Strength Home.
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 Home 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 Home 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 Home is not in use, unplug and store the power cord in a secure, dry area and away from children.
3. When the Echelon® Strength Home is not in use, fold workout platform into storage position and store accessories on accessory rack to limit obstruction to foot traffic and avoid injury or damage to the unit.
4. Inspect the accessory snap hooks for damage. If damaged, replace by contacting Customer Service (833-937-2453).

Weekly

1. Clean the console and Main Frame 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. Mirror
 - b. Accessory Rack
 - c. Rotation Bracket
 - d. Adjustment Slider

CARE & MAINTENANCE (cont'd.)

Weekly (cont'd.)

3. Dust and vacuum the Echelon® Strength Home and the surrounding area. To clean underneath the Echelon® Strength Home, turn off the power, and move the Echelon Strength Home to an alternate location. Return the Echelon Strength Home 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 for replacement. Depending on your strength machine model, some functions may not be available.
 - a. Straight Bar Center Controller
 - b. Handle Grip Buttons
 - c. Adjustment Sliders
 - d. Platform Pulleys

Weekly | 5-a



Weekly | 5-b



Monthly | 1



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 Home again.
2. Inspect the cables for damage. If damaged, replace by contacting Customer Service.
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.



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 Home 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-STRENGTHHM

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

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08292024