



echelon[®]

STAIR CLIMBER MAX
INSTRUCTION MANUAL





Lou Lentine
Founder & CEO
Echelon Fitness
Multimedia, LLC


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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
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(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

 See owner's manual for additional warnings and safety information. Failure to read and follow the safety instructions stated in the owner's manual may result in possible serious injury or death.

Keep children away.
Household use only.
Obtain proper instruction prior to use.
Read all warnings and instructions prior to use.
Replace label if damaged, illegible, or removed.

 Référez-vous à la notice pour d'autres avertissements et consignes de sécurité. Il est important de lire et de suivre les consignes de sécurité figurant dans le manuel afin d'éviter des blessures graves pouvant être mortelles.

Éloignez les enfants.
Pour usage domestique uniquement.
Procurez-vous des consignes adaptées avant de l'utiliser.
Lisez tous les avertissements et instructions avant utilisation.
Remplacez l'étiquette si elle est endommagée, illisible ou retirée.

 Consulte el manual del propietario para obtener advertencias e información de seguridad adicionales. El no leer o seguir las instrucciones de seguridad establecidas en el manual del propietario no puede resultar en posibles lesiones graves o la muerte.

Mantenga alejados a los niños.
Solo uso doméstico.
Obtenga las instrucciones adecuadas antes del uso.
Lea todas las advertencias e instrucciones antes de usar.
Reemplace la etiqueta si está dañada, ilegible o se ha quitado.



WARNING | AVERTISSEMENT | ADVERTENCIA

Crush Hazard
Keep hands and feet clear of moving parts. Failure to do so could result in serious hand or foot injury.

Risque d'écrasement
Veuillez à ce que vos mains et vos pieds ne touchent à distance de toutes les pièces en mouvement.
Autrement, vous risquez de vous faire écraser les mains ou les pieds.

Peligro de aplastamiento
Mantenga las manos y los pies alejados de todas las piezas móviles. El no hacerlo podría resultar en marcas o lesiones graves.



 WARNING AVERTISSEMENT ADVERTENCIA		
		<p>Crush Hazard Keep hands and feet clear of moving parts. Failure to do so could result in crushed hands or feet.</p> <p>Risque d'écrasement Veuillez à ce que vos mains et vos pieds se trouvent à distance de toutes les pièces en mouvement. Autrement, vous risquez de vous faire écraser les mains ou les pieds.</p> <p>Peligro de aplastamiento Mantenga las manos y los pies alejados de todas las piezas móviles. El no hacerlo podría resultar en manos y pies aplastados.</p>

WARNING



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Failure to read and follow the safety instructions stated in the owner's manual may result in possible serious injury or death.

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Read all warnings and instructions prior to use.

Replace label if damaged, illegible, or removed.



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Il est important de lire et de suivre les consignes de sécurité figurant dans le manuel afin d'éviter des blessures graves pouvant être mortelles.

Éloignez les enfants.

Pour usage domestique uniquement.

Procurez-vous des consignes adaptées avant de l'utiliser.

Lisez tous les avertissements et instructions avant utilisation.

Remplacez l'étiquette si elle est endommagée, illisible ou retirée.



Consulte el manual del propietario para obtener advertencias e información

de seguridad adicionales. El no leer o seguir las instrucciones de seguridad establecidas en el manual del propietario puede resultar en posibles lesiones graves o la muerte.

Mantenga alejados a los niños.

Solo uso doméstico.

Obtenga las instrucciones adecuadas antes del uso.

Lea todas las advertencias e instrucciones antes de usar.

Reemplace la etiqueta si está dañada, ilegible o se ha quitado.

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IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the Echelon® Stair Climber Max.

FOR HOUSEHOLD USE ONLY.

SAVE THESE INSTRUCTIONS.

1. To reduce the risk of serious injury, read the following Safety Instructions before using the Stair Climber Max.
2. Save these instructions and ensure that other exercisers read this manual prior to using the Stair Climber Max for the first time.
3. Read all warnings and cautions posted on the Stair Climber Max.
4. The Stair Climber Max should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
5. We recommend that two people be available for assembly of this product.
6. Keep children away from the Stair Climber Max. Do not allow children to use or play on the Stair Climber Max. Keep children and pets away from the Stair Climber Max when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the Stair Climber Max on a solid level surface. Do not position the Stair Climber Max on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the Stair Climber Max.
10. Before using, inspect the Stair Climber Max for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the Stair Climber Max.
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Stair Climber Max, loss of balance may result in a fall and bodily injury.
16. The Stair Climber Max should not be used by persons weighing over 300 lbs /135 kgs.
17. The Stair Climber Max should have the training area of 23.63 inch / 60 cm surrounded the product.



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® Stair Climber Max, 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® Stair Climber Max.

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

- NEVER exceed the weight limit for this stair climber. The weight limit for this equipment is 300 lbs / 135 kg. Do not use the Echelon® Stair Climber Max if your body weight is in excess of 300 lbs / 135 kg.
- NEVER use the equipment if it is not properly / completely assembled or is damaged in any way.

- NEVER allow children or pets to play on or around the stair climber during operation. This helps protect them from injury from moving parts.
- ALWAYS set the equipment up properly for your specific body type.
- NEVER use the Echelon® Stair Climber Max 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.
- ALWAYS hold the handrails when beginning your workout on the equipment until you are familiar with the use of the equipment.
- Do not stand or climb on the handrails.
- ALWAYS keep 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® Stair Climber Max.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the equipment and will affect the warranty of the equipment.
- ALWAYS ensure that the Echelon® Stair Climber Max is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance shall not be made by children without supervision.

- NEVER use the Echelon® Stair Climber Max in a standing position at high revolutions per minute (RPM).
- ALWAYS keep your pelvis positioned over the centerline of the Echelon® Stair Climber Max.

If any problems arise affecting the performance of the Echelon® Stair Climber Max, 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® Stair Climber Max!

BATTERY REQUIREMENTS

This product requires ×4 AA batteries.

Do not mix old and new batteries.

Do not mix alkaline, standard (Carbon-zinc), or rechargeable (Ni-Cd, Ni-Mh, etc.) batteries.



STAIR CLIMBER MAX SPECIFICATIONS



Smart Device Holder



3" Console

Handlebar Adjustment
Lever

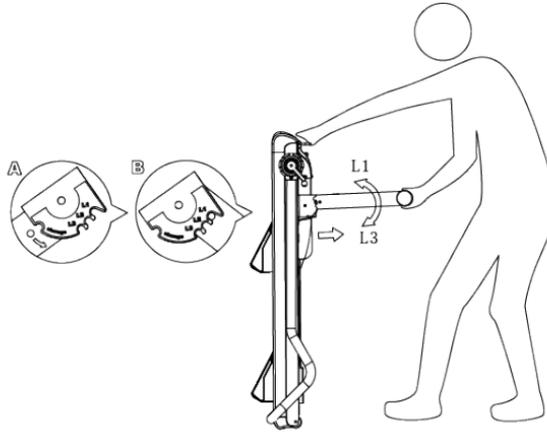
Incline Support Leg

Transport Wheels



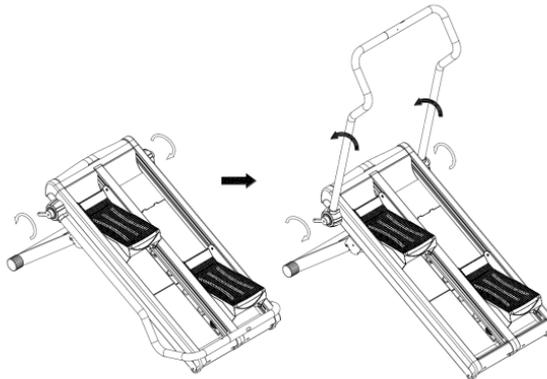
ASSEMBLY

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



- Remove Stair Climber Max from packaging and place in assembly location.
- Pull down on Incline Support Leg to release from locked position.
- Move Incline Support Leg into L1 locking position by positioning latch into corresponding groove.

STEP
1



- Turn lever on both sides 3 times counterclockwise to loosen handlebar.
- Lift handlebar into desired position.
- Turn lever on both sides clockwise to tighten and secure handlebar in place.

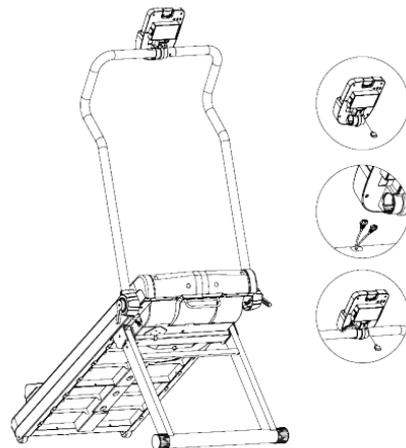
STEP
2



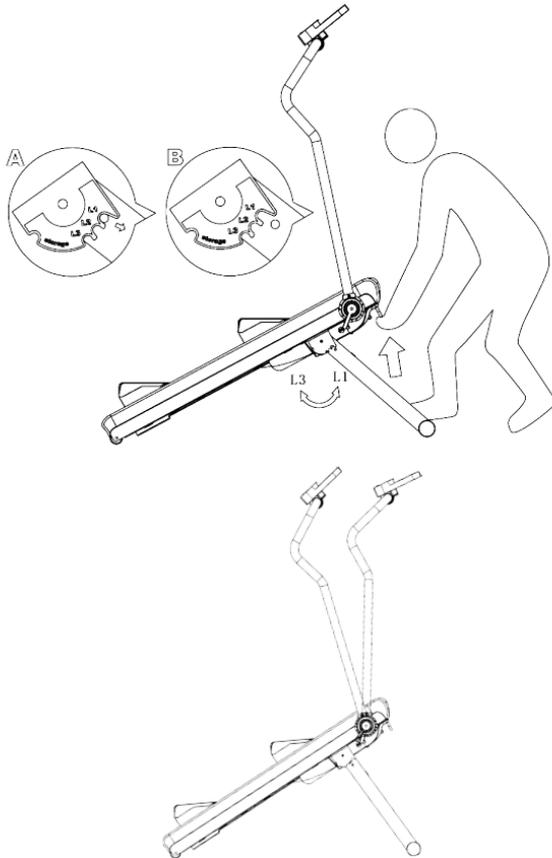
ASSEMBLY

- a. Remove knob from handlebar clamp on back of console.
- b. Connect console wires to handlebar wires.
- c. Install handlebar clamp on handlebar and replace knob to secure in place.
- d. Adjust console to desired angle before tightening fully.

STEP
3



USING THE STAIR CLIMBER MAX



Beginner Instruction

- Mount Stair Climber Max by placing foot on bottom step first then top step.
- Hold handlebar for balance throughout session.
- For best results, shift weight to top step before bottom step reaches lowest point.

Incline Adjustment

- To adjust incline, place one foot on bottom of Incline Support Leg and lift Main Frame.
- Choose desired incline level L1, L2, or L3.
- Position latch to rest in corresponding groove and lower Main Frame to lock in place.

Handlebar Adjustment

- To adjust Handlebar angle, rotate side levers counterclockwise three times.
- Use both hands to position Handlebar to correct angle for chosen incline level.
- Rotate side levers clockwise until Handlebar is secured.



ECHELON MEMBERSHIP ACTIVATION



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

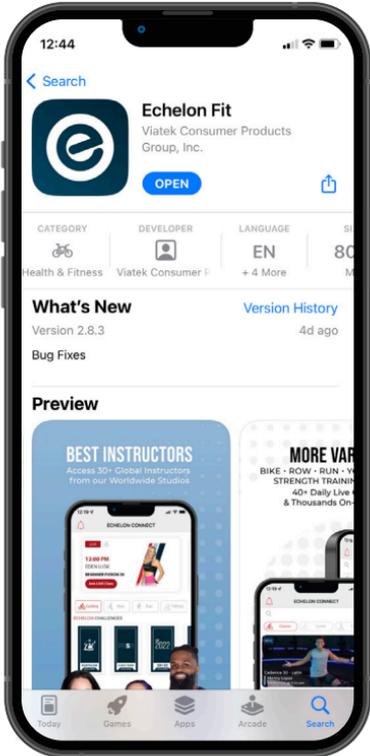
If this product was purchased on the echelonfit.com website, you should have received an activation email. Click the link in the activation email and follow the on-screen instructions. Enter your information to verify payment information. **You will not be charged until the next month.**

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.



CONNECTING TO THE APP



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.



CONSOLE OPERATION

DISPLAY DEFINITION

Time:

- Displays duration of exercise session.
- In Time Countdown program, counts down selected duration of workout.
- Display range: 00:00 ~ 99:59 minutes:seconds

Climb/min:

- Displays distance traveled in 1 minute at current speed.
- Display range: 0 to 9999 distance/minute.

Elevation:

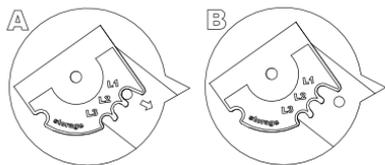
- Displays accumulated distance of exercise session.
- In Elevation Countdown program, counts down selected distance of workout.
- Display range: 0 to 9999 meters/feet.

SPM (Steps Per Minute):

- Displays number of steps climbed in 1 minute at current speed.
- Display range: 0 to 99 steps/minute.

Incline:

- Displays manual incline level.
- Display range: 1-3.



Level:

- Displays current level of resistance chosen.
- Display range: 1-32 levels.

Steps:

- Displays accumulated number of steps of current session.
- In Step Countdown program, counts down selected number of steps to climb for workout.
- Display range: 0 to 9999 steps.

Total Steps:

- Displays total number of steps accumulated in all exercise sessions.
- Display range: 0 to 9999 steps.
- To clear data, remove and reinstall the battery.

Calories:

- Displays total calories burned during exercise session.
- In Calorie Countdown program, counts down selected number of calories to be burned in workout.
- Display range: 0 to 9999 Kcals.
- Incline level will affect calories burned during exercise with incline level 1 burning lowest amount of calories and incline level 3 burning highest amount of calories.

Battery:

- Displays current battery level.
- Battery indicator bar 0: < 2.2V.
- Battery indicator bar 3: > 2.2V.
- When battery indicator shows 0 bars, console may continue to function though motor resistance adjustment will lock.

Bluetooth:

- Connect to Stair Climber Max in Echelon Fit App for complete app experience.
- When connected, only resistance level will display on console. Time, Steps, SPM, and Floors will display in app.

CONSOLE BUTTON DEFINITION

Mode / Enter:

- Press and hold for 3-5 seconds to enter Program mode.
- Press to confirm incline level entered.
- Press to cycle between Preset Program, Time, Step, Elevation, and Calorie selection.

Up Button:

- Press to increase value in selected field.
- Press to increase resistance during exercise session.

Down Button:

- Press to decrease value in selected field.
- Press to decrease resistance during exercise session.



CONSOLE OPERATION (cont'd.)

GETTING STARTED

- Start stepping or press any button to turn on console.
- When console turns on, all windows will display for 1 second and console will beep.
- Press ▲ to select correct incline level.
- Begin stepping and press Enter to view workout statistics.
- Increase or decrease resistance level using ▲ and ▼ buttons.
- Cycle between current session step count and total step count by pressing Enter.
- If there is no activity for more than 4 seconds, the monitor will go into standby mode.
- When powering on, the display will show the incline selection options, incline 1 ~ incline 3. No other settings will be displayed. When you set the incline, the display will go into standby screen.

PROGRAMS

- To enter Program mode, hold MODE button for 3-5 seconds.
- Set current incline level and press MODE button to enter Program mode.
- Select desired program: Preset Workout, Time Countdown, Step Countdown, Elevation Countdown, Calorie Countdown.
- When desired program is set, begin stepping to start program.

Countdown:

- In Program mode, press MODE button until desired metric is blinking (Time, Step, Elevation, Calorie).
- Press ▲/▼ buttons to increase or decrease selected value to desired countdown limit.
- Begin workout to start countdown.
- When countdown reaches 0, chosen metric and program will flash and console will beep.
- Console will start counting upwards after reaching 0.
- Time countdown can be selected at 1 minute intervals between 1 and 99.
- Steps countdown can be selected at 10 step intervals between 10 and 9990.
- Elevation countdown can be selected at 0.1 foot intervals between 0.1 and 9999.
- Calorie countdown can be selected at 10 calorie intervals between 10 and 9990.



Preset Program:

- In Program mode, press MODE button until P0 is blinking.
- Press ▲/▼ buttons to select preset programs P1 through P5 and press ENTER to confirm.
- Default program time is 20 minutes. Press ▲/▼ to increase or decrease time.
- Default stage time is 1 minute. Stage time will increase by 3 seconds per minute that program time is increased.
- Begin workout to start preset program and time countdown.
- During workout, all display windows show current training data and matrix display shows preset resistance levels for each stage.
- Raising preset resistance level for a stage will automatically adjust the resistance level of remaining stages upwards.
- To end program before time reaches 0, press and hold MODE button to restart console.

P1	1	1	17	17	1	1	17	17	1	1	17	17	1	1	17	17	1	1	17	17
P2	1	1	9	9	1	1	17	1	1	9	9	1	1	17	1	1	9	9	1	1
P3	1	9	17	1	9	17	1	9	17	1	9	17	1	9	17	1	9	17	1	1
P4	1	1	1	1	1	5	5	5	5	5	17	17	17	17	17	9	9	9	9	9
P5	1	1	1	1	5	5	5	5	9	9	9	9	13	13	13	13	17	17	17	17

Engineer Mode

- Press and hold MODE and UP buttons for 3 seconds to enter factory setting mode.
- Press ▲/▼ to change Elevation between meter and feet.
- Press MODE to confirm and exit Engineer Mode.



CARE & MAINTENANCE

Each Use

1. Make sure all locking pins and adjustments are set before use. Not doing so could result in user harm.

Weekly

1. Inspect foot platforms for damage or deformation. If any looseness is felt, remove and inspect the rollers carefully for any damage and clean the track of any dirt and debris.
2. Use a clean microfiber rag to clean out the track for the foot platforms thoroughly.
3. Assess the incline adjustment mechanism for any damage to the frame. Clean any dirt and debris.
4. Make sure to test your batteries to make sure you always have a reliable source of power to your console. We recommend rechargeable batteries to ensure you always have a backup set.
5. Inspect the plastic housing for damage. If you find that any parts are damaged, contact Customer Service (833-937-2453) to order a new part.
6. Test console functions thoroughly to make sure the device is in proper working order. If a replacement console is needed, contact Customer Service (833-937-2453) to order a replacement. Depending on your unit, some of the functions you will need to check are the following:



Weekly (cont'd)

- a. Start & Stop Button
- b. Program Modes Button
- c. Resistance & Resistance Buttons
- d. USB Charger

Monthly

1. Remove back cover with a phillips head screwdriver and inspect the belt for damage by having an assistant move the pedals back and forth. If any damage or fraying of the belt is observed, contact Customer Service (833-937-2453) for further steps on troubleshooting or replacements.
2. If any looseness is felt on the belt, or any noise is heard from the inside of the unit during it's operation. locate the two 6mm bolts at the bottom of the unit that are attached to the springs. These tighten each bolt 1/4 turn to tighten the belt evenly. Do not tighten more than what fixes the pedal slippage or internal noise. Doing so may damage the belt over time or cause injury or harm to the user.
3. If your Echelon Stair Climber Max develops a metal-on-metal sound, open the back plastic cover with a phillips head screw. Locate and tighten or loosen the center bolt over the flywheel using a 5mm Allen Wrench to adjust the flywheel's position closer or further from the magnet to prevent the metal-on-metal sound.



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

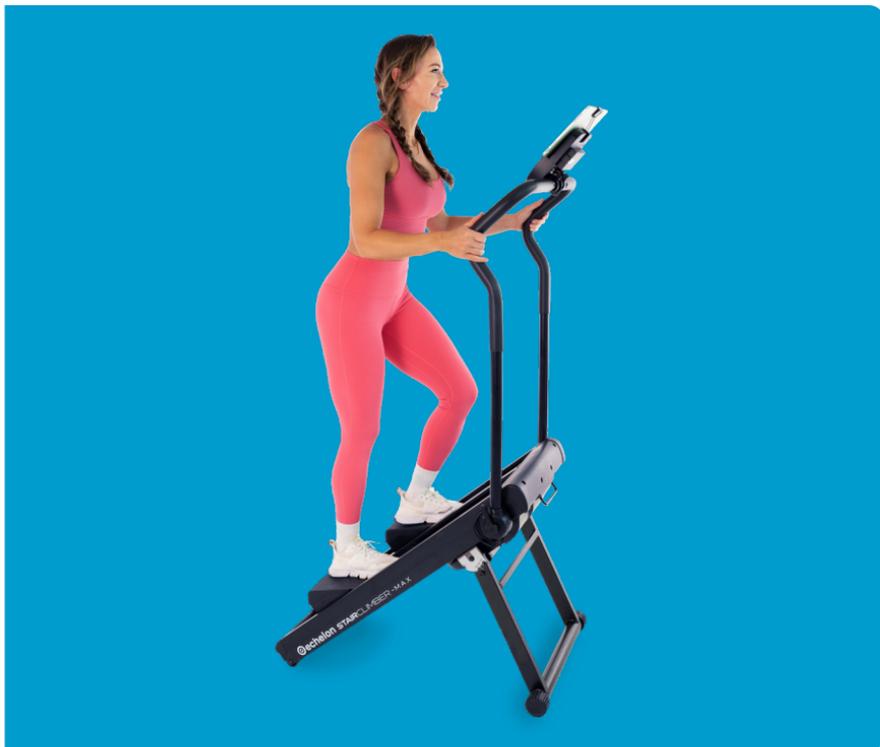
✉ cs@echelonfit.com

Submit a Request:



Warranty Information

Your Echelon Stair Climber Max 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-EC-SPT2
ECHELON FITNESS MULTIMEDIA, LLC
605 CHESTNUT STREET, SUITE 700
CHATTANOOGA, TN 37450
ECHELONFIT.COM



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA



PATENT
PENDING

REV: 09262024