



echelonTM

CONNECT SPORT BIKE

INSTRUCTION MANUAL





Lou Lentine
CEO
Echelon Fitness
Multimedia, LLC



Hello,

I am Lou Lentine, 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 white, handwritten signature of Lou Lentine on a blue background.

Lou Lentine
CEO, 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



IMPORTANT | IMPORTANTE

The left pedal is reverse threaded. Insert carefully and turn left to tighten the pedal into place. Use only your hands and provided tools.

La pédale gauche possède un pas de vis inversé. Insérez-la avec précaution et tournez vers la gauche pour la visser. Utilisez uniquement vos mains et les outils fournis.

El pedal izquierdo tiene rosca inversa. Insértelo con cuidado y gire a la izquierda para apretar el pedal en su lugar. Use solo sus manos y las herramientas provistas.

IMPORTANT | IMPORTANTE

Make sure cord is clear of moving parts before use.

Assurez-vous que le cordon est dégagé des pièces mobiles avant utilisation.

Asegúrese de que el cable esté alejado de las piezas móviles antes de usarlo.

WARNING | AVERTISSEMENT | ADVERTENCIA

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

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

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

Stationary peddle can cause injury. This exercise bicycle does not have a freewheel and pedal speed must be reduced in a controlled manner. Always keep away from moving parts at all times. Contact with moving parts may result in serious injury.

Visit <http://schwinfbikefitness.com/fitness> for more information.

Set up and operate stationary exercise bike on a solid level surface.

Care should be taken in assembling and disassembling the stationary exercise bike. Before mounting or dismounting, lower the pedal to the mounting or dismounting stop in its lowest position and bring the machine to a complete stop.

Keep the top surface of the pedal clean and dry.

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

Improvement of power before starting the equipment (if applicable).

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

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

Tous les avertissements et les instructions doivent être lus et suivis. Pour les appareils de remise en forme destinés à un usage privé, les utilisateurs doivent lire également soigneusement le manuel d'utilisation pour les avertissements et les consignes de sécurité supplémentaires.

La vélo stationnaire ne doit être utilisé qu'après avoir lu attentivement le manuel d'utilisation (vélo d'exercice stationnaire destiné au grand public) ou sous la surveillance directe d'un instructeur formé (vélo d'exercice stationnaire destiné aux professionnels).

Le mouvement des pédales peut comporter un risque de blessure. Ce vélo n'a pas de roue libre et la vitesse des pédales doit être réduite de manière contrôlée.

Assurez-vous toujours à distance des pièces en mouvement. Tout contact avec des pièces en mouvement comporte un risque de blessure grave.

Visitez <http://schwinfbikefitness.com/fitness> pour en savoir plus.

Montez et démontez la vélo stationnaire sur une surface stable et sèche.

Adoptez un soin particulier au montage et au démontage du vélo d'exercice stationnaire. Avant de procéder au montage et au démontage, baissez la pédale sur le côté de montage et de démontage à sa position la plus basse et arrêtez complètement la machine.

Assurez-vous que la surface de la partie supérieure des pédales reste propre et sèche.

Le non-respect des consignes d'entretien et de maintenance du vélo peut entraîner des blessures graves pour l'utilisateur et endommager les composants critiques du vélo en cas de négligence.

Améliorez la puissance avant de commencer l'exercice (si applicable) à une vitesse plus élevée.

Effectuez toujours l'entretien de la vélo conformément aux directives d'entretien indiquées dans le manuel de propriétaire.

RIESGO DE LESIONES PERSONALES. NO PERMITA QUE NIÑOS MENORES DE 13 AÑOS USEN LA MÁQUINA.

Antes de montar y operar la bicicleta estacionaria, lea detenidamente el manual de instrucciones (bicicleta estacionaria para uso doméstico) o bajo la supervisión directa de un instructor capacitado (bicicleta estacionaria para uso profesional).

La bicicleta estacionaria puede causar lesiones. Esta bicicleta estacionaria no tiene rueda libre y la velocidad del pedal debe reducirse de manera controlada. Manténgase siempre a la distancia de las partes móviles en todo momento. El contacto con las piezas móviles puede provocar lesiones graves.

Visite <http://schwinfbikefitness.com/fitness> para obtener más información. Visite y opere la bicicleta de ejercicio estacionaria sobre una superficie sólida y nivelada.

Se debe tener cuidado al montar y desmontar la bicicleta de ejercicio estacionaria. Antes de montar o desmontar, cruce el pedal hacia el montaje o desmontaje en su posición más baja y detenga la máquina por completo.

Monte la superficie superior del pedal limpia y seca.

La falta de mantenimiento y cuidado de la bicicleta puede provocar lesiones graves al usuario y dañar a los componentes críticos de la máquina si se descuida.

Disminuya la resistencia antes de responder al equipo (si corresponde).

Realice siempre el mantenimiento de la bicicleta según las directrices de mantenimiento indicadas en el manual de propietario.



IMPORTANT | IMPORTANTE

Make sure cord is clear of moving parts before use.

Assurez-vous que le cordon est dégagé des pièces mobiles avant utilisation.

Asegúrese de que el cable esté alejado de las piezas móviles antes de usarlo.

IMPORTANT | IMPORTANTE

The left pedal is reverse threaded. Insert carefully and turn left to tighten the pedal into place. Use only your hands and provided tools.

La pédale gauche possède un pas de vis inversé. Insérez-la avec précaution et tournez vers la gauche pour la visser. Utilisez uniquement vos mains et les outils fournis.

El pedal izquierdo tiene rosca inversa. Insértelo con cuidado y gire a la izquierda para apretar el pedal en su lugar. Use solo sus manos y las herramientas provistas.

WARNING | AVERTISSEMENT | ADVERTENCIA

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

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

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

Spinning pedals can cause injury. This exercise bicycle does not have a freewheel and pedal speed must be reduced in a controlled manner. Please keep away from moving parts at all times. Contact with moving parts may result in serious injury.

Visit <https://echelonfit.zendesk.com/hc/en-us> for more information. Set up and operate stationary exercise bike on a solid level surface.

Care should be taken in mounting and dismounting the stationary exercise bike. Before mounting or dismounting move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.

Keep the top surface of the pedal clean and dry.

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

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

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

RISQUE DE BLESSURE CORPORELLE. EMPÊCHEZ L'ACCÈS À L'APPAREIL AUX ENFANTS DE MOINS DE 13 ANS.

Tous les avertissements et les instructions doivent être lus et suivis. Pour les appareils de remise en forme destinés à un usage privé, les utilisateurs doivent être également invités à se reporter au manuel d'utilisation pour les avertissements et les consignes de sécurité supplémentaires.

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

Le mouvement des pédales peut comporter un risque de blessure. Ce vélo d'exercice ne possède pas de roue libre et la vitesse des pédales doit être réduite de manière progressive.

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

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

Réglez et utilisez le vélo stationnaire sur une surface stable et plane.

Apportez un soin particulier au montage et au démontage du vélo d'exercice stationnaire. Avant de procéder au montage et au démontage, déplacez la pédale sur le côté de montage et de démontage à sa position la plus basse et arrêtez complètement la machine.

Veuillez à ce que la surface de la partie supérieure des pédales reste propre et sèche.

Le non-respect des consignes d'entretien et de maintenance du vélo peut entraîner des blessures graves pour l'utilisateur et endommager les composants essentiels du vélo en cas de négligence.

Mettez le vélo hors tension avant de procéder à l'entretien ou à une réparation (le cas échéant).

Faites toujours l'entretien du vélo conformément aux directives d'entretien indiquées dans le manuel du propriétaire.

RIESGO DE LESIONES PERSONALES. NO PERMITA QUE NIÑOS MENORES DE 13 AÑOS USEN LA MÁQUINA.

Deben leerse y seguirse todas las advertencias e instrucciones. En el caso de los equipos de fitness para el consumidor, también se debe consultar el manual del propietario para obtener advertencias e información de seguridad adicionales.

La bicicleta estática para ejercicios solo debe utilizarse después de una revisión exhaustiva del manual de funcionamiento (bicicletas estáticas para el consumidor) o bajo la supervisión directa de un instructor capacitado (bicicletas de ejercicios estacionarias institucionales).

Los pedales al girar pueden causar lesiones. Esta bicicleta estática no tiene rueda libre y la velocidad del pedal debe reducirse de manera controlada.

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

Visite <https://echelonfit.zendesk.com/hc/en-us> para obtener más información. Instale y opere la bicicleta de ejercicios estacionaria sobre una superficie sólida y nivelada.

Se debe tener cuidado al montar y desmontar de la bicicleta de ejercicio estacionaria. Antes de montar o desmontar, mueva el pedal del lado de montar o desmontar a su posición más baja y detenga la máquina por completo.

Mantenga la superficie superior del pedal limpia y seca.

La falta de mantenimiento y cuidado de la bicicleta podría provocar lesiones graves al usuario y daños a los componentes críticos de la misma si se descuida.

Desconecte toda la energía antes de reparar el equipo (si corresponde).

Realice siempre el mantenimiento de la bicicleta según las directrices de mantenimiento indicadas en el manual del propietario.

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IMPORTANT SAFETY INSTRUCTIONS

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

The manufacturer recommends placing the Echelon® Connect Sport bike in a space where you have two feet of clearance on all sides of the bike for safe mounting and dismounting of the exercise bike.

The minimum dimensions are: 0.5 m (19.7 in.) on at least one side, and 0.5 m (19.7 in.) either behind or in front of the exercise bike.

While cleaning your Echelon® Connect Sport bike, 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® Connect Sport Bike.

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. 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 this appliance by supply cord or use cord as a handle.
7. Keep the 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.

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.



IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

Before using the Echelon® Connect Sport Bike, 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® Connect Sport Bike.

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

- ALWAYS use the Echelon® Connect Sport Bike on solid, level ground and in a well-lit and ventilated area.
- ALWAYS check that the seat, handlebars, and pedals are securely fastened before use.
- NEVER allow children to play on or around the bike. This helps protect them from injury from moving parts.
- ALWAYS set the bike up properly for your specific body type. The Echelon® Connect Sport Bike offers up/down and fore/aft adjustments that are clearly marked to ensure quick and easy customization for each workout.
- ALWAYS check the bike before use.

- NEVER use the bike if it is not properly/completely assembled or is damaged in any way.
- NEVER exceed the weight limit for this bike. The weight limit for this bike is 300 pounds. Do not use the Echelon® Connect Sport Bike if your body weight is in excess of 300 pounds.
- NEVER use Echelon® Connect 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® Connect Sport Bike.
- ALWAYS wait until the pedals have come to a complete stop before taking your feet off of the pedals or dismounting. Do not stand or climb on the handlebars.
- ALWAYS keep hands away from moving parts and ensure that hands are never placed where there is no rubber handlebar grip.
- 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® Connect Sport Bike 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.
- NEVER use the Echelon® Connect Sport Bike in a standing position at high revolutions per minute (RPM).
- ALWAYS keep your pelvis positioned over the center line of the Echelon® Connect Sport Bike.



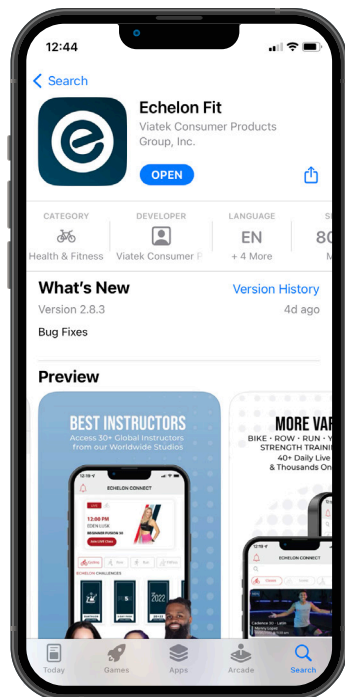
- NEVER adjust the resistance of the flywheel or the position of the handlebars while in a standing position.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the bike and will affect the warranty of the bike.
- ALWAYS ensure that the Echelon® Connect Sport Bike 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® Connect Sport Bike, 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® Connect Sport Bike!



ACCOUNT CREATION



DOWNLOAD THE ECHELON FIT® APP

Ensure 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.



Scan Here to Start Your Free Trial



If this product was purchased on the **echelonfit.com** website, you should have received an activation email.

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

All account info and plans are managed at member.echelonfit.com and use the same login. After creating your account login on member.echelonfit.com, write down your login info. This will be the same login for the app.

1. CHOOSE SIGN UP NOW

2. SELECT PURCHASE LOCATION

Select purchase location and follow the on-screen instructions.

3. CHOOSE YOUR PLAN

Monthly / 1-Year / 2-Year

4. SET UP YOUR PAYMENT METHOD

5. ENTER PERSONAL ACCOUNT INFO

6. VIEW YOUR ACCOUNT

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

ACCOUNT ACTIVATION

If this product was purchased on the echelonfit.com website, you should have received an activation email. Click the link in the activation email and follow the on-screen instructions. Enter your information to verify your payment information.

You will not be charged until the next month.

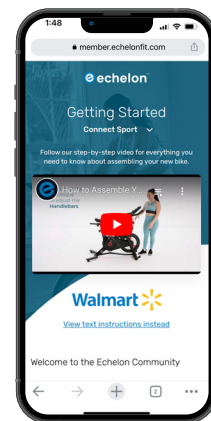


PARTS LIST



INCLUDES

1. Handlebar Height Adjustment Knob
2. Handlebar Post Frame
3. Resistance Knob/Brake
4. Crank Arm
5. Seat Height Adjustment Knob
6. Shipping Insert (Remove Before Riding)
7. Front Bracket
8. Rear Bracket
9. Wheel Chock (Not Visible)
10. Handlebars
11. Front Foot
12. Rear Foot
13. Handlebar Post
14. Seat
15. Water Bottle Holder
16. Pedals
17. Seat Post
18. Seat Slide Adjustment Knob
19. Power Adapter
20. Handlebar Bottom Bracket
21. Waterbottle Holder Screws (x2)
22. Handlebar Post Screw
23. Foot Bolts (x4)
24. Hex Key with Philips Screwdriver Head
25. Double-Sided Wrench
26. Wrench



VIRTUAL STEP-BY-STEP ASSEMBLY DIRECTIONS

SCAN CODE TO GET STARTED



ASSEMBLY

Open the box and remove the bike parts and accessories.

- a. Carefully cut the tape holding the styrofoam together and the bike parts and accessories in place.
- b. Remove the seat, handlebars, rails, and other accessories from the top and sides of the styrofoam.
- c. Remove hardware blister pack but do not open sections until needed.
- d. Remove all the plastic.
- e. Have one person lift the front of the bike body while the second removes the styrofoam.
- f. Repeat with the back.
- g. Styrofoam, tape, and plastic can be discarded.

STEP
1

STEP
2

Lay the Connect Sport Bike on its side.

- a. Remove wheel chock bolts.
- b. Using your wrench or fingers, pull wheel chock out and set aside.

Assembly should take place on a soft surface, such as carpet or a rug, or with the cardboard box opened to protect the floor. Two people are recommended for assembly.





Place the front foot with wheels facing forward under the front bracket.

- a. Insert foot bolts into front foot and tighten down with hex key.

STEP
3



Place the rear foot under the rear bracket.

- a. Insert foot bolts into rear foot and tighten down with the hex key.

STEP
4

ASSEMBLY (cont'd.)

Assemble the handlebar post to the bike.

- Unscrew handlebar height adjustment knob, but do not remove. Pull knob out and fully insert handlebar post into frame. Release lever and make sure post is secure.
- Connect the coiled wire from the bike to the wire coming out from the handlebar post.

STEP
5



STEP
6

Place the handlebars on the handlebar post.

- Place the handlebar bottom bracket and screw in the handlebar post screw with hex key.
- Place water bottle holder over the two screw holes near the Sport logo and secure with two water bottle holder screws.





Fig. a



7-a

For right pedal, remove nut as pictured by turning the nut counterclockwise.

- Assemble the **Right Pedal** using the double sided wrench, turning clockwise until the pedal is seated firmly against the crank arm.
- Take the correlating nut and finger tighten the nut counterclockwise onto the exposed side of the pedal bolt.
- Using the double sided wrench secure the pedal.
- While the pedal is secured with the double-sided wrench use the other wrench to tighten the nut by turning counterclockwise.

For left pedal, remove nut as pictured by turning the nut clockwise. (Fig. a)

- Assemble the **Left Pedal** using the double sided wrench, turning counterclockwise until the pedal is seated firmly against the crank arm.
- Take the correlating nut and finger tighten the nut clockwise onto the exposed side of the pedal bolt.
- Using the double sided wrench secure the pedal.
- While the pedal is secured with the double-sided wrench use the other wrench to tighten the nut by turning clockwise.

STEP
7



8-a

- Hold pedal with double sided wrench and use single sided wrench to tighten the nut back onto the pedal clockwise (left side) or counterclockwise (right side).

STEP
8



ASSEMBLY (cont'd.)

- a. Place seat onto seat post and adjust the position.
- b. Evenly tighten the nut on each side, and make sure once your seat is positioned in the right setting that the nuts are tightened down very tight.

STEP
9



STEP
10

After ensuring the pedals are safely attached, the Connect Sport Bike is almost ready to ride.

- a. Plug power adapter into port located on the rear foot bracket then plug into wall outlet.
- b. Attention! Please remove the yellow plastic insert located on the front before riding the bike.





Fig. a

Remove yellow shipping insert before riding! (See location in Fig. a)

STEP
11

Congratulations! You now have your assembled Connect Sport Bike.

Please note that a minimum of 3 feet of clearance space around the bike is recommended.



To adjust seat:

- a. Turn seat slide adjustment knob counterclockwise to loosen. Move seat along track to desired location. Turn seat slide adjustment knob clockwise to tighten and secure in place.
- b. Turn seat height adjustment lever counterclockwise until you are able to pull the knob halfway out. Pull and hold the seat height adjustment lever and raise the seat to desired position. Ensure lever engages one of the adjustment holes. You can check this by lifting up on, or pushing down on the seat post until you hear the pin “click” into place. (You may need to loosen the knob to get the pin to seat in place). Turn seat height adjustment knob clockwise until secure.

Trouble Connecting?

If your bike does not connect, navigate to the Settings app on the tablet and select Apps™ (on older versions of Android™ you will select ‘Application’ and then ‘Application Manager’). At the top right, select the ‘MORE’ icon and then select ‘Show System’ or ‘Show System Apps’. Select ‘Bluetooth Share’, then ‘Storage’, and then either ‘Clear Data’ or ‘Clear Cache’, depending on which button is highlighted. Restart the Echelon Fit® App and attempt connection again. If you have any issues after completing this process, please contact us at: appsupport@echelonfit.com



Fig. 1



Fig. 2

There are two different positions you will see during classes on the Echelon Fit® App. Fig. 1 demonstrates a relaxed upper body while in a seated position.

Fig. 2 demonstrates proper hand placement and weight distribution while in an upright position.

OPERATION (cont'd.)

To adjust resistance while using the Echelon Connect Sport, turn the resistance adjustment knob to the left or right, as shown in Fig. 3. To stop the bike press down on the resistance adjustment knob, as shown in Fig. 4.

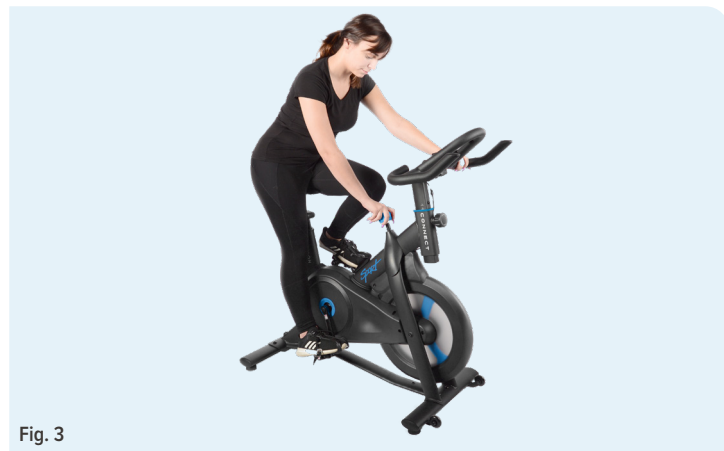


Fig. 3



Fig. 4

Daily

Inspect the pedals of your bike before each ride for any looseness or deformation. Doing this ensures your safety, the quality of your experience, and the overall life of your bike. If any issues are found cease using the equipment immediately and call a customer service representative.

(If applicable) Check your SPD cleats if using cycling shoes to make sure they are oriented straight to ensure proper clipping into the SPD clip on the pedal. Take care to tighten the cleat down as needed to avoid any potential malfunction when riding.

It is important to inspect your SPD's before each ride to ensure there is no damage to the clip, if any damage is detected cease using the equipment until a replacement pair of pedals can be installed. If a replacement is needed contact customer service (833-937-2453).

Power off the bike and clean every high use or exposed areas with a non acidic cleaner (no ammonia, alcohol, or chlorine). Take care NOT to spray any solution directly onto the bike. This could ruin any electrical components, ports on the bike, or the supplied tablet (specific models). Raise seat and handlebar posts to their highest setting to expose any excess moisture.

Inspect the power cord to make sure it has no damage, if damaged replace immediately by calling our customer service department (note: take care to store these in a secure dry area, away from children).

Inspect for any noises that could indicate potential issues, If a troubling noise is indicated please contact our customer service team for any service needs.

Weekly

Inspect all the assembled and pre-assembled hardware to find if anything needs to be tightened down or secured better.

This includes but is not limited to:

- All height and distance adjustment knobs/levers
- Tablet securing screws (select models)
- Dumbbell rack & drink holder bolts
- Handlebar securing bolts (select models)
- Bolts for the tablet amount
- Hinge bolt for tablet mount (select models)
- SPD clips and toe cages
- Seat clamp

We recommend lightly applying threadlocker to your pedal threads if the equipment is used more than 2 to 5 times a week.

Power off the bike, dust, vacuum and wipe down all the areas around and on the bike, that are not normally cleaned in your daily cleaning procedures, (note: move the bike to a staging area for cleaning if cleaning on stainable flooring).

Ensure your app and equipment firmware are up to date with the latest versions.

Assess the feet leveling system to make sure your bike is sitting level to the floor (adjust all four rubber feet accordingly). Adjust the left foot if the bike is leaning to the left and vice versa.



CARE & MAINTENANCE (cont'd.)

Monthly

Assess the saddle and handlebar adjustments for wear and tear. If a replacement is needed contact customer service (833-937-2453).

Assess the quality of the drive belt every 5–6 months by CAREFULLY removing the screws from the right side frame cover and using a flashlight to assess the belt from the top down while pedaling with one hand.

Check nylon foot straps on toe cages for wear.

Yearly

Inspect the vertical and horizontal adjustment knobs and call customer service for replacements if they are determined to be worn out. When this occurs the user will be unable to tighten the lever or knob down no matter how hard they try.

As Needed

Test the brake pads for wear periodically by utilizing the emergency brake a few times during a controlled sprint.

To adjust the belt tension for slipping:

- Open the right side panel by removing the bolt that is positioned over the flywheel.
- Remove the screws around the perimeter of the flywheel cover.
- Remove all the conjoining screws from the opposite side of the flywheel cover.
- Peel back the plastic cover to expose the belt tension nut, use a 3/8" Ratchet Wrench with a 6" extension, and a 13mm socket to tighten the nut from the underside of the bike (may require assistance keeping the frame open).
- Tighten 1/4 turn, resecure the flywheel cover bolt and test until your forward momentum feels smooth.

Note: it is important that proper adjustment is followed to avoid any premature belt fraying and damage occurs



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

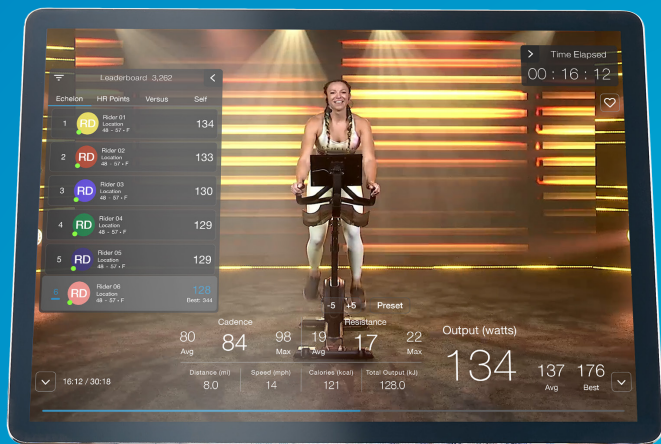
Your Echelon Connect Sport bike comes with a 1-year parts and labor warranty. Should the need arise, all you need is a proof of purchase and our customer service team will be happy to assist. Additional 1- or 3-year extended warranties are available through customer service.



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

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

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



TABLET NOT INCLUDED



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA



PATENT
PENDING

ECHELONFIT.COM

REV: 03092023

MODEL # ECH-SPORT
ECHELON FITNESS MULTIMEDIA, LLC.
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