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## Echelon Echelon Stride Treadmill

# Echelon Stride Treadmill Instruction Manual

Model: Echelon Stride Treadmill (ASIN: B09H28DTZP)

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Echelon Stride Smart Foldable Treadmill. Please read this manual thoroughly before operating the treadmill and retain it for future reference.

The Echelon Stride Treadmill is designed for home workouts, featuring a smart foldable design, motorized incline, and a comfortable air cushioning deck. It supports users up to 300 lbs and includes a USB charging port for convenience.

## 2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all important precautions and instructions in this manual and on your treadmill before using it.

- Always consult with a physician before beginning any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with at least 6 feet of clear space behind it and 2 feet on each side.
- Ensure the safety lanyard is properly attached to your clothing and the treadmill console before starting any workout.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 300 pounds (136 kg).
- The Echelon Stride Treadmill meets UL & EN safety standards.



## LOOK MA... **NO HANDS!**



Our patented auto-fold features keeps storage easy.



Keep tabs on that beat with integrated heart rate sensors built right into the handles.



Safety first! We pass both UL & EN safety standards.



Test your limits, not your joints, with the Duro50 cushioned running deck.

## WE PUT THE EASE IN **EAS-Y!**



Connect any device to the USB charging port.



Keep it secure with the built-in device holder.

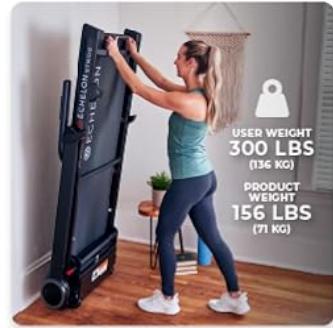


Move with confidence using the steel transport handle.



The deets—1.75 CPH Energy-Efficient Brushless DC Motor.

PULLOUT SAFETY LANYARD | 110V AC POWER | 2 WATER BOTTLE HOLDERS



*Image: Diagram of the Echelon Stride Treadmill highlighting key features such as the Duro50 suspension system for cushioning, integrated heart rate sensors in the handles, and a USB charging port. Dimensions are also indicated.*

## 3. SETUP AND ASSEMBLY

The Echelon Stride Treadmill is designed for minimal assembly. It features an auto-fold mechanism for easy setup and storage.

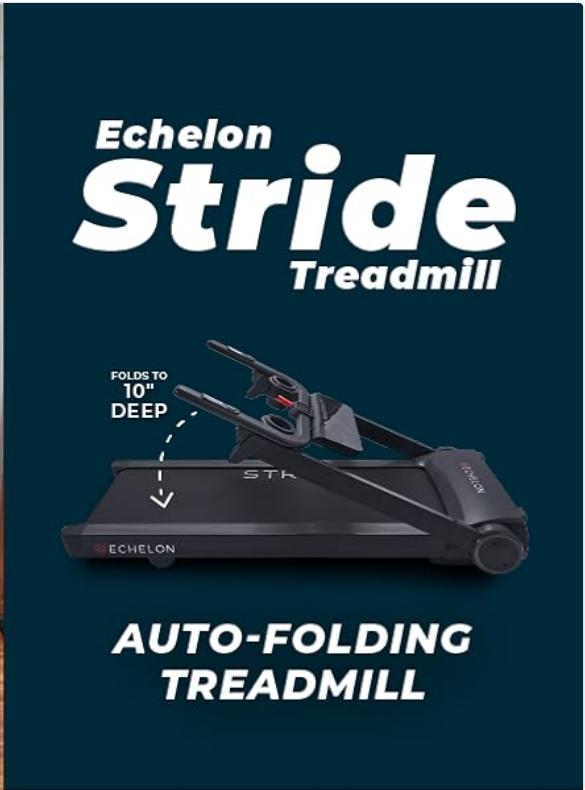
### 3.1 Unfolding the Treadmill

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, stable surface.
3. Gently lift the console and running deck until it locks into the unfolded position. The auto-fold feature assists in this process.
4. Ensure all locking mechanisms are securely engaged before use.

### 3.2 Folding for Storage

The treadmill folds to a compact size (approximately 10 inches deep or 8 inches tall when folded vertically) for convenient storage.

1. Ensure the treadmill is powered off and unplugged.
2. Follow the instructions on the treadmill for releasing the locking mechanism.
3. Gently lower the running deck until it is fully folded.
4. Utilize the integrated transport handle and wheels to move the folded treadmill.



*Image: A user exercising on the Echelon Stride Treadmill, demonstrating its operational state. An additional image shows the treadmill in its compact, folded position, highlighting its space-saving design.*

## 4. OPERATING THE TREADMILL

### 4.1 Powering On and Off

- Connect the power cord to a grounded 110V AC outlet.
- Locate the power switch, typically near the front base of the treadmill, and turn it to the 'ON' position.
- To power off, press the 'STOP' button on the console, then turn the power switch to 'OFF' and unplug the unit.

### 4.2 Console Controls

The console provides controls for speed, incline, and displays workout metrics.

- **Start/Stop:** Initiates or pauses/stops your workout.
- **Speed Controls:** Adjust the running belt speed. Incremental buttons and quick-select buttons may be available.
- **Incline Controls:** Adjust the motorized incline up to 12%. Incremental buttons and quick-select buttons may be available.
- **Heart Rate Sensors:** Grip the integrated heart rate sensors on the handlebars to monitor your pulse.
- **USB Charging Port:** Located on the console, allows charging of mobile devices during your workout.
- **Device Holder:** An oversized holder is provided to secure your tablet or smartphone.



40+ daily live classes & 1000's on-demand.



Supportive global fitness community with private events.



Beginner to expert programs with world-class Instructors.



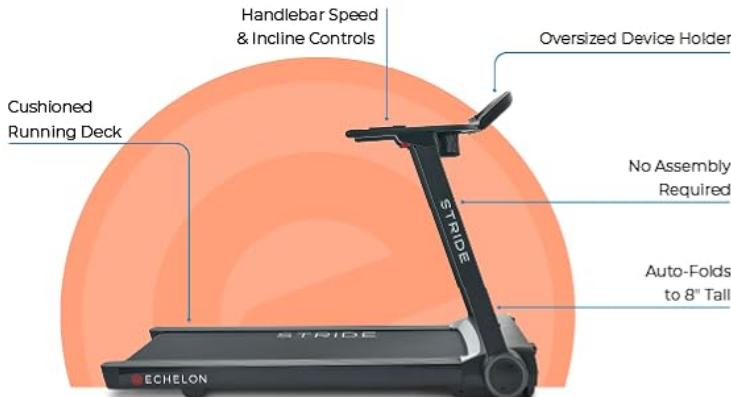
Up to 5 user profiles per membership.



App syncs with Strava, Zwift, Apple Health, FitBit & Spotify.

## Innovative. Empowering. Fun.

Revolutionize your runs with the dynamic design, epic workouts, and enhanced safety of the Echelon Stride Treadmills. Embrace the excellence of YOU.



*Image: An illustrative diagram of the Echelon Stride Treadmill, pointing out key operational components such as the handlebar controls for speed and incline, the cushioned running deck, and the oversized device holder. It also notes the auto-fold capability.*

### 4.3 Using the Safety Lanyard

The safety lanyard is a critical safety feature. Clip the lanyard to your clothing before starting any workout. If you lose balance or need to stop the treadmill quickly, pulling the lanyard will immediately stop the running belt.

## 5. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and safe operation of your Echelon Stride Treadmill.

- Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- Belt Alignment and Tension:** Periodically check the running belt for proper alignment and tension. Refer to the full user manual for detailed instructions on adjustment.
- Lubrication:** The running deck may require lubrication over time. Consult the official Echelon Stride user manual for recommended lubrication schedules and procedures.
- Power Cord:** Inspect the power cord regularly for any damage. If damaged, contact customer support for replacement.

## 6. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill. For more complex problems, refer to the full user manual or contact Echelon customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power switch off; circuit breaker tripped.	Ensure cord is securely plugged in. Turn power switch ON. Check household circuit breaker.
Running belt stops unexpectedly.	Safety lanyard disconnected; motor overload.	Ensure safety lanyard is properly attached. Reduce load or allow motor to cool.
Belt slips or hesitates.	Belt tension too loose; belt requires lubrication.	Adjust belt tension (refer to manual). Lubricate deck if necessary.
Incline not adjusting.	Obstruction; motor issue.	Check for obstructions under the treadmill. If problem persists, contact support.

## 7. PRODUCT SPECIFICATIONS

- Model Name:** Echelon Stride Treadmill
- ASIN:** B09H28DTZP
- UPC:** 781602447461
- Maximum Incline Percentage:** 12%
- Maximum Weight Recommendation:** 300 Pounds (136 kg)
- Deck Length:** 40 Inches (101.6 cm)
- Input Power:** 1000 Watts
- Product Weight:** Approximately 156 lbs (71 kg)
- Folded Dimensions:** Folds to approximately 10 inches deep or 8 inches tall (when stored vertically).
- Power Requirement:** 110V AC

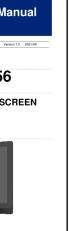
## 8. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the official Echelon Stride Treadmill User Manual or visit the Echelon Fitness website. Warranty terms and conditions may vary.

If you require technical assistance or have questions not covered in this manual, please contact Echelon customer support.

**Official User Manual (PDF):** [Download Here](#)

**Echelon Store on Amazon:** [Visit Store](#)

 <b>INSTRUCTION MANUAL</b>	<p><a href="#">Echelon Stride-8s Treadmill: Instruction Manual &amp; User Guide</a></p> <p>Comprehensive instruction manual for the Echelon Stride-8s Treadmill, covering safety, assembly, product use, maintenance, troubleshooting, and specifications. Learn how to set up and use your Echelon treadmill for an optimal fitness experience.</p>
 <b>Packing parts</b> <ul style="list-style-type: none"> <li> Box</li> <li> Open weight</li> <li> Bedroll</li> <li> LCD screen</li> <li> Pad</li> <li> Pad cover</li> <li> Left weight trim</li> <li> Right weight trim</li> <li> Foot pads</li> </ul>	<p><a href="#">Echelon Summit Stairmill Pro (ECHSLT05): Assembly, Operation, and Fitness Guide</a></p> <p>Comprehensive user manual for the Echelon Summit Stairmill Pro (ECHSLT05) by Echelon Fitness Multimedia. Covers assembly, product features, operation, fitness tips, maintenance, and troubleshooting.</p>
 <b>INSTRUCTION MANUAL</b>	<p><a href="#">Echelon EX-5 Instruction Manual and Assembly Guide</a></p> <p>Comprehensive instruction and assembly manual for the Echelon EX-5 exercise bike, including setup, operation, safety guidelines, and warranty information. Learn how to assemble, connect, and safely use your Echelon EX-5.</p>
 <b>Echelon 1-Year Limited Warranty</b> <p>This document outlines the Echelon 1-Year Limited Warranty for VERSAT02 products, covering manufacturing defects, repair and replacement procedures, customer service contact information, and warranty terms and conditions.</p>	<p><a href="#">Echelon 1-Year Limited Warranty for VERSAT02 Fitness Products</a></p> <p>This document outlines the Echelon 1-Year Limited Warranty for VERSAT02 products, covering manufacturing defects, repair and replacement procedures, customer service contact information, and warranty terms and conditions.</p>
 <b>ECHTES-156</b> <b>ECHELON TOUCH SCREEN</b>	<p><a href="#">ECHTES-156 Echelon Touch Screen User Manual</a></p> <p>User manual for the ECHTES-156 Echelon Touch Screen, providing detailed information on specifications, features, installation, compliance, and usage. Includes technical details and safety guidelines.</p>
 <b>INSTRUCTION MANUAL</b>	<p><a href="#">Echelon Elliptical Sport 2 Instruction Manual</a></p> <p>Comprehensive instruction manual for the Echelon Elliptical Sport 2, covering assembly, operation, safety, and maintenance for home fitness users. Learn how to set up and use your Echelon elliptical trainer effectively.</p>