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Echelon Stride 4s+22

Echelon Stride Series Treadmill Instruction Manual

Model: Stride 4s+22 | Brand: Echelon

Introduction Safety Information Package Contents Setup Operating Instructions Maintenance Troubleshooting Specifications Warranty & Support

1. Introduction

The Echelon Stride Series Treadmill, model Stride 4s+22, is designed to provide a comprehensive and engaging fitness experience. This smart foldable treadmill combines functionality with advanced technology, making it suitable for various fitness levels and home environments. Its compact design allows for easy storage, while integrated features enhance workout efficiency and user comfort.

This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your Echelon Stride 4s+22 Treadmill. Please read all instructions carefully before initial use.



Figure 1.1: Echelon Stride 4s+22 Treadmill in operation, showcasing its sleek design and integrated touchscreen.

2. Safety Information

To ensure safe operation and prevent injury, adhere to the following safety guidelines:

- **Read the Manual:** Familiarize yourself with all instructions before operating the treadmill.
- **Supervision:** Do not allow children or pets near the treadmill, especially during operation.
- **Safety Key:** Always attach the safety key clip to your clothing before starting a workout. In case of an emergency, the safety key will disengage, stopping the treadmill.
- **Clearance:** Maintain a minimum clearance of 6 feet (1.8 meters) behind the treadmill and 2 feet (0.6 meters) on each side.

- **Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Health Check:** Consult a physician before beginning any exercise program, especially if you have pre-existing health conditions.
- **Weight Limit:** The maximum user weight capacity for this treadmill is 300 pounds (136 kg). Do not exceed this limit.
- **Stable Surface:** Place the treadmill on a solid, level surface. Do not place it on thick carpet, which may interfere with ventilation.
- **Power Cord:** Ensure the power cord is not pinched or damaged. Do not use extension cords.
- **Emergency Stop:** Know how to use the emergency stop button and the safety key.

3. Package Contents

Carefully unpack the box and verify that all components are present and undamaged. If any items are missing or damaged, contact Echelon customer support immediately.

- Echelon Stride 4s+22 Treadmill (Main Unit)
- Safety Key
- Power Cord
- User Manual (this document)
- Assembly Tools (if required for minor setup)

4. Setup

The Echelon Stride 4s+22 Treadmill is largely pre-assembled for convenience. Minimal setup is required before first use.

1. **Unpacking:** Remove the treadmill from its packaging. It is recommended to have two people for this step due to the weight of the unit.
2. **Placement:** Position the treadmill on a flat, stable surface, ensuring adequate clearance around the unit as specified in the Safety Information section.
3. **Unfolding:** Carefully unfold the treadmill deck from its compact storage position. Refer to the visual guide below for the folding mechanism. Ensure the deck is securely locked in the operational position before use.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. Do not use extension cords or adapters.
5. **Initial Check:** Before starting, ensure all parts are secure and there are no loose components.



Figure 4.1: The Echelon Stride 4s+22 Treadmill features a folding mechanism for space-saving storage.



Figure 4.2: Step-by-step illustration of the treadmill's folding and unfolding process.

For a visual assembly guide, Echelon provides an instructional video accessible via a QR code typically found on the packaging or in supplementary materials. This video demonstrates the unfolding and initial setup process.

5. Operating Instructions

5.1 Powering On and Off

- **To Power On:** Ensure the treadmill is plugged in and the safety key is properly inserted into its receptacle on the console. The touchscreen will illuminate.
- **To Power Off:** Press the stop button on the console or remove the safety key. For complete power off, unplug the unit from the wall outlet.

5.2 Console and Controls

The Stride 4s+22 features a premium 22-inch HD touchscreen and intuitive handlebar controls for a seamless workout experience.

- **22-inch HD Touchscreen:** This display provides access to workout programs, metrics, and entertainment. It can tilt and swivel 180 degrees for versatile cross-training and off-treadmill workouts.
- **Handlebar Controls:** Adjust speed, incline, and volume directly from the handlebars for quick and safe modifications during your workout.
- **LED Intuitive Track Wheel:** Located on the console, this wheel allows for fine-tuned adjustments of speed and incline.
- **Heart Rate Sensors:** Integrated into the handlebars, these sensors monitor your heart rate when gripped.
- **USB Charging Port:** Conveniently located for charging your smart devices during workouts.
- **Water Bottle Holders:** Two holders are provided for hydration during your exercise.



Figure 5.1: The 22-inch HD touchscreen offers 180-degree swivel and tilt for versatile viewing angles.



Figure 5.2: Detail of the intuitive track wheel for precise control of speed and incline.

5.3 Starting a Workout

1. Step onto the side rails of the treadmill.
2. Attach the safety key clip to your clothing.
3. Select a workout program from the console or the Echelon Fit App. The console includes 8 pre-programmed workouts.
4. Press the Start button. The belt will begin to move at a low speed.
5. Carefully step onto the moving belt and gradually increase speed and incline using the console or handlebar controls to your desired level.



Figure 5.3: The treadmill supports speeds up to 12 MPH and inclines up to 10% for varied workouts.

5.4 Using the Echelon Fit App

The Echelon Stride 4s+22 integrates with the Echelon Fit App via Bluetooth connectivity, offering an expansive library of live and on-demand classes.

- Download the Echelon Fit App on your smart device.
- Connect your treadmill to the app via Bluetooth.
- Access over 40 daily live classes and thousands of on-demand workouts, including off-treadmill modalities.
- Track your performance stats and progress within the app.



Figure 5.4: The Echelon Fit App provides a variety of classes and performance tracking.

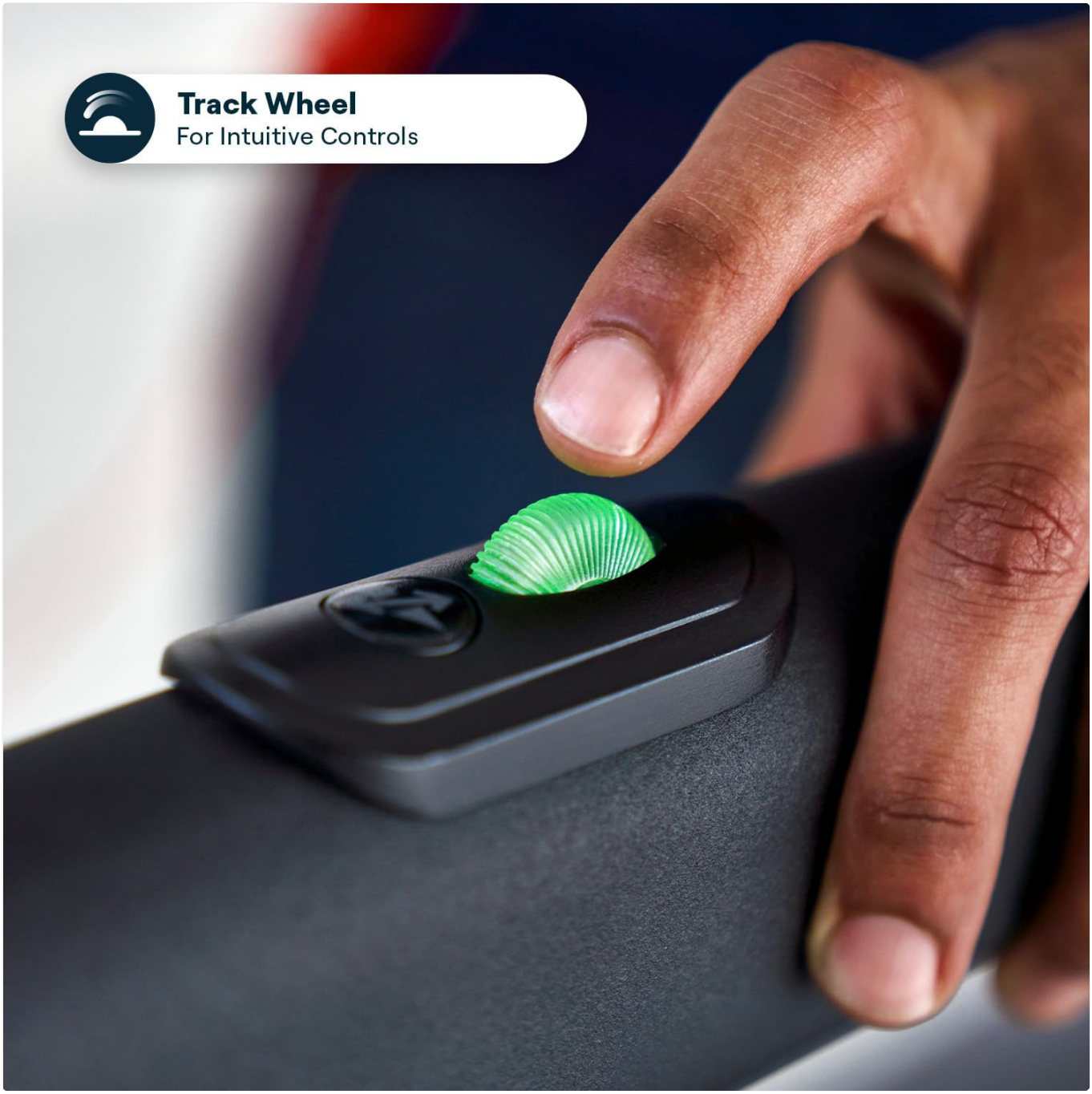


Figure 5.5: The app supports both on-treadmill and off-treadmill workouts for a complete fitness regimen.

5.5 Folding for Storage

The Stride 4s+22 is designed for convenient storage, folding down to a compact 10 inches.

- Ensure the treadmill is powered off and unplugged.
- Follow the unfolding instructions in reverse, carefully lifting the running deck until it locks into the vertical storage position.
- Utilize the built-in transport wheels to move the folded treadmill for storage.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your Echelon Stride 4s+22 Treadmill.

- **Cleaning:** Wipe down the treadmill surfaces, including the console and running deck, with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Belt Cleaning:** Periodically clean the running belt and the area beneath it to prevent dust and debris buildup.

- **Belt Lubrication:** The running belt may require lubrication over time. Refer to the Echelon support website or contact customer service for specific instructions and recommended lubricants.
- **Belt Tension and Alignment:** If the running belt feels loose or drifts to one side, it may need adjustment. Consult the Echelon support resources for detailed instructions on how to properly tension and align the belt.
- **Hardware Check:** Regularly inspect all bolts and nuts to ensure they are tightened. Tighten any loose hardware.
- **Power Cord Inspection:** Check the power cord for any signs of damage or fraying. If damaged, discontinue use and contact customer support.

7. Troubleshooting

This section addresses common issues you might encounter with your treadmill. For problems not listed here, or if solutions do not resolve the issue, contact Echelon customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Safety key not inserted; Circuit breaker tripped.	Ensure power cord is securely plugged into a grounded outlet. Insert the safety key fully. Check your home's circuit breaker.
Running belt stops or slips.	Belt tension too loose; Belt requires lubrication; Overload (user weight exceeds limit).	Adjust belt tension (refer to maintenance section or support). Lubricate the belt if necessary. Ensure user weight is within the 300 lbs limit.
Unusual noises during operation.	Loose hardware; Belt rubbing; Motor issue.	Check and tighten all visible bolts and nuts. Inspect the belt for proper alignment. If noise persists, contact Echelon support.
Touchscreen is unresponsive.	Software glitch; Power cycle needed.	Restart the treadmill by unplugging it for 30 seconds and plugging it back in. If the issue continues, contact Echelon support.

8. Specifications

Key technical specifications for the Echelon Stride 4s+22 Treadmill:

Model: Stride 4s+22

Brand: Echelon

Color: Black

Material: Alloy Steel

Product Dimensions (LxWxH): 74"D x 31"W x 53"H (188 cm x 79 cm x 135 cm)

Folded Size (LxWxH): 74"D x 31"W x 10"H (188 cm x 79 cm x 25 cm)

Product Weight: Approximately 176 lbs (80 kg)

Maximum User Weight Recommendation: 300 lbs (136 kg)

Motor: 3.0 CHP (Continuous Horsepower) Brushless Motor

Maximum Speed: 12 Miles per Hour (19.3 km/h)

Maximum Incline Percentage: 10%

Running Deck Length: 55 inches (140 cm)

Running Deck Width: 20 inches (51 cm)

Screen Size: 22 Inches HD Touchscreen

Connectivity: Bluetooth, USB for charging

Power Source: AC adapter (900 Watts Input Power)

Metrics Measured: Incline, Speed, Heart Rate

Included Components: Safety Key

Assembly Required: No (Minimal setup)



Figure 8.1: Key dimensions and weight specifications of the Echelon Stride 4s+22 Treadmill.



Figure 8.2: The running deck features DuraSoft Cushions for enhanced support and impact absorption.

9. Warranty & Support

9.1 Product Warranty

The Echelon Stride 4s+22 Treadmill comes with a **1-year limited warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage resulting from misuse, accidents, unauthorized modifications, or improper maintenance.
For detailed warranty terms and conditions, please refer to the official Echelon website or contact customer support.

9.2 Customer Support

If you have any questions, require technical assistance, or need to report an issue with your treadmill, please contact Echelon customer support:

- **Website:** Visit the official Echelon Fitness website for FAQs, support articles, and contact forms.
- **Phone:** Refer to the Echelon website for the most current customer service phone numbers.

- **Online Resources:** Explore the Echelon community forums and online resources for additional tips and user experiences.

When contacting support, please have your product model (Stride 4s+22) and purchase information readily available.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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