Echelon 6S-10

Echelon Stride Treadmill 6S-10 User Manual

Model: 6S-10 | Brand: Echelon

Introduction

Welcome to your new Echelon Stride Treadmill 6S-10. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your treadmill.



Image: A person running on the Echelon Stride Treadmill 6S-10, showcasing its sleek design and functional use.

Important Safety Information

- Read all instructions before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting a workout.
- Ensure the treadmill is placed on a flat, stable surface.

- Do not operate the treadmill if it has a damaged cord or plug.
- Consult a physician before starting any exercise program.



Image: A close-up view of the treadmill's console area, highlighting the safety key attachment point and integrated cup holders.

Setup and Assembly

The Echelon Stride Treadmill 6S-10 comes largely pre-assembled. Follow these steps for final setup.

1. **Unpack the Treadmill:** Carefully remove the treadmill from its packaging and place it on a flat, stable surface.
2. **Lift the Uprights:** Lift the uprights from the handlebars until they click into place.
3. **Rotate Handlebars:** Rotate the handlebars downward until a "click" sound is heard, securing them in position.
4. **Adjust Console:** Pull the console set to the appropriate reading angle for your comfort.
5. **Plug in Power Cord:** Locate the power input on the treadmill and securely plug in the power cord.

6. **Turn on Power Switch:** Locate the power switch, typically near the power cord input, and flip it to the "ON" position.
7. **Plug in Safety Key:** Insert the safety key into its designated slot on the console.
8. **Attach Safety Clip:** Attach the safety key clip to your clothing.

Your browser does not support the video tag.

Video: Official Echelon Fitness assembly guide for the Stride 6s treadmill, demonstrating the steps for setting up the unit from its folded state.

Operating Instructions

Starting a Workout

1. Ensure the treadmill is powered on and the safety key is attached.
2. Press the "Start" button on the console to begin.
3. On the 10-inch HD touchscreen, choose a class and instructor from the available options.

Adjusting Speed and Incline

- **Handlebar Quick Adjust:** Use the intuitive track wheel on the handlebars to quickly increase or decrease speed.
- **Console Controls:** Use the dedicated buttons on the console to precisely adjust speed and incline levels. The treadmill offers speeds up to 12.5 MPH and 12 incline levels.

Monitoring Heart Rate

The treadmill features handlebar sensors to track your heartbeat. Simply grip the sensors firmly during your workout to view your heart rate on the display.

Using the Fan

Press the fan button on the console to activate the built-in cooling fan for added comfort during your workout.



Image: A detailed view of the treadmill's console, illustrating the various control buttons and the safety key.



Image: A close-up of the handlebar showing the intuitive track wheel, used for quick adjustments during a workout.

Key Features

- **10-inch Class HD Touchscreen:** Provides vibrant clarity for following instructors and tracking real-time progress.
- **Whisper-Quiet DC Brushless Motor:** (3.0 CHP / 3.5 PHP) Ensures a smooth and quiet workout experience.
- **Customizable Speed & Incline:** Reach speeds up to 12.5 MPH and adjust 12 incline levels.
- **Innovative Waterfall Open-Front Design:** Maximizes workout space while maintaining a compact footprint.
- **Spacious Running Deck:** A 20.5 x 60 inch running area provides stability and comfort.
- **Auto-Fold Design:** Effortless folding mechanism for easy storage.
- **Pulse Sensors:** Built into the center handlebar for heart rate monitoring.
- **Removable Accessory Tray:** Includes two water bottle holders for convenience.



Image: A view of the treadmill's running deck, highlighting the DuraSoft Cushions and the Open Front Waterfall Design for enhanced comfort and space.



Image: The spacious running deck of the treadmill, indicating its dimensions of 20.5 inches by 60 inches, suitable for various stride lengths.



Image: The treadmill in use, with overlaid icons indicating its powerful 3.0 HP motor, 12 levels of power incline, and a maximum speed of 12.4 MPH.

Maintenance

Cleaning

Regularly wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.

Lubrication

The running deck may require periodic lubrication. Refer to the specific instructions provided with your treadmill's lubrication kit or contact Echelon support for guidance.

Belt Adjustment

If the running belt becomes misaligned or slips, it may need adjustment. Consult the detailed instructions in the full user

manual or seek professional assistance.

Troubleshooting

Common Issues and Solutions

Issue	Possible Cause	Solution
Treadmill does not power on	Power cord unplugged, power switch off, safety key not inserted	Check power connections, ensure power switch is ON, insert safety key
Running belt slips	Belt too loose, lack of lubrication	Adjust belt tension, lubricate running deck
Unusual noises	Loose parts, motor issue	Inspect for loose components, contact support if noise persists

Specifications

Feature	Detail
Model	Stride 6S-10
Brand	Echelon
Product Dimensions	64.3"D x 32"W x 57"H
Folded Size	32" x 2.7" x 4.75"
Item Weight	182 lbs (82.5 kg)
Maximum Weight Recommendation	300 Pounds
Maximum Speed	12.5 Miles per Hour
Maximum Incline Percentage	12.5 (12 levels)
Motor	DC brushless (3.0 CHP / 3.5 PHP)
Screen Size	10-inch Class HD Touchscreen
Deck Length	60 Inches
Deck Width	20.5 Inches
Material	Alloy Steel, Aluminum
Connectivity Technology	USB, Bluetooth
UPC	810091989159



Image: A side profile of the Echelon Stride Treadmill 6S-10, illustrating its full dimensions and compact design.

Warranty Information

The Echelon Stride Treadmill 6S-10 comes with a **1 Year Manufacturer Warranty**. For detailed terms and conditions, please refer to the warranty card included with your product or visit the official Echelon website.

Customer Support

For any questions, technical assistance, or warranty claims, please contact Echelon Customer Support:

- **Website:** www.echelonfit.com

- **Phone:** Refer to your product documentation for regional support numbers.
- **Online Help:** Visit the Echelon Fitness support page for FAQs and troubleshooting guides.

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.

Submit question