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› ECHANFIT Elliptical Exercise Machine Model 6503-2 User Manual

ECHANFIT 6503-2

ECHANFIT Elliptical Exercise Machine User Manual

Model: 6503-2

Brand: ECHANFIT

1. INTRODUCTION

Thank you for choosing the ECHANFIT Elliptical Exercise Machine Model 6503-2. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and keep it for future reference.

15.5" Ergonomic Stride Length

Suitable for users up to 6'5" tall



Image 1.1: ECHANFIT Elliptical Exercise Machine Model 6503-2

Key Features:

- **Hyper-Quiet Magnetic Drive System:** Operates under 20 dB for a silent workout experience.
- **16 Resistance Levels:** Adjustable resistance for various fitness levels.
- **15.5-inch Stride:** Designed to simulate natural walking motion.
- **350 LBS Weight Capacity:** Reinforced steel frame ensures durability and support.

- **Backlit LCD Monitor:** Displays TIME, SPEED, DISTANCE, CALORIES, PULSE, and ODOMETER.
- **Smart APP Compatibility:** Supports Kinomap and Zwift via Bluetooth.
- **90% Pre-Assembled:** Facilitates quick and easy setup.
- **Space-Saving Design:** Features front-mounted transportation wheels for easy movement.

2. ASSEMBLY INSTRUCTIONS

Your ECHANFIT Elliptical Machine comes 90% pre-assembled for a straightforward setup. Please follow the steps below carefully. A tool kit and user manual are included. For a visual guide, please refer to the assembly video provided.

Your browser does not support the video tag.

Video 2.1: Official ECHANFIT Elliptical Assembly Video. This video demonstrates the step-by-step process of assembling the elliptical machine, including attaching the base, pedals, handlebars, and monitor.

Step-by-Step Assembly Guide:

1. **Unboxing and Preparation:** Carefully remove all components from the packaging. Ensure all parts listed in the manual are present.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools. (Refer to video 0:06-1:55)
3. **Connect Main Frame:** Attach the main upright post to the base unit, ensuring all connections are tight. (Refer to video 1:56-3:00)
4. **Install Pedal Arms:** Mount the pedal arms to the designated points on the machine. Pay attention to left (L) and right (R) markings. (Refer to video 3:01-4:56)
5. **Attach Moving Handlebars:** Secure the moving handlebars to the main frame, ensuring they are correctly aligned and fastened. (Refer to video 4:57-6:45)
6. **Install Monitor and Connect Cables:** Insert batteries into the LCD monitor. Connect the sensor cables from the main frame to the monitor. Mount the monitor onto its bracket. (Refer to video 6:46-9:14)

Quick & Easy Assembly



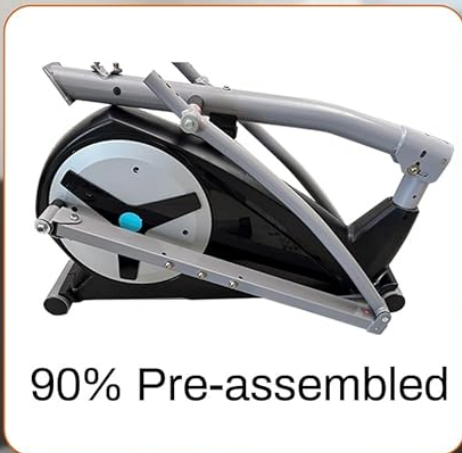
Assembly tools



User manual



Assembly video



90% Pre-assembled



Image 2.2: Quick and easy assembly process, showing the main components and tools.

3. OPERATING INSTRUCTIONS

3.1 Getting Started

- Place the elliptical on a flat, stable surface.
- Step onto the pedals, ensuring your feet are securely placed.


- Grasp the moving handlebars for support and to engage your upper body.


3.2 Adjusting Resistance


The ECHANFIT Elliptical features 16 levels of magnetic resistance. To adjust the resistance, turn the tension control knob located on the main frame. Turn clockwise for higher resistance (more challenging workout) and counter-clockwise for lower resistance (easier workout).

Take Your Workout Further

Now Stronger, Smoother, Smarter







Ours		Others
1-16 Levels	Resistance	1-8 Levels
16LBS	Flywheel	8LBS
350LBS	Weight Capacity	220LBS
15.5"	Natural Stride	11"
Backlit Display - Easy to Read Even in the Dark	Display / Monitor	Non-Backlit Display — Hard to See in Low Light
Ultra Smooth & Quiet	Performance	Stiff & Loud Noise
Floor Stabilizers	Unique Design	X
Durable ABS Industrial-Grade Plastic	Material	Standard Plastic Housing
True Elliptical Motion Path	Motion Path	Non-Elliptical Path

Image 3.1: Close-up of the 16-level tension control knob for adjusting workout intensity.

3.3 Using the LCD Monitor

The backlit LCD monitor tracks your workout data in real-time. It displays:

- **TIME:** Duration of your workout.
- **SPEED:** Current speed.
- **DISTANCE:** Distance covered during the current session.
- **CALORIES:** Estimated calories burned.
- **PULSE:** Heart rate (if equipped with pulse sensors on handlebars).
- **ODOMETER:** Total accumulated distance.
- **SCAN:** Automatically cycles through all display functions every 6 seconds.

Use the 'MODE' button to select a specific display function or activate the 'SCAN' mode. The 'RESET' button clears current workout data.

Backlit LCD Monitor

Tracks Your Workout



TIME



SPEED



DISTANCE



ODOMETER



CALORIES



SCAN



Image 3.2: The backlit LCD monitor clearly shows various workout statistics.

3.4 Smart APP Compatibility

Connect your elliptical to Kinomap APP and Zwift via Bluetooth for an enhanced fitness experience. These apps offer virtual routes, interactive coaching, and detailed workout analysis to make your sessions more engaging.

16-Level Resistance for Family



Level 1-4

Leisure Sports



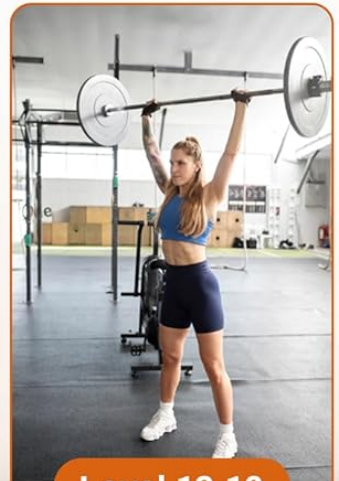
Level 5-8

Slimming & Fat
Burning



Level 9-12

Cardiorespiratory
Training



Level 13-16

Body Shaping &
Strengthening



Image 3.3: Elliptical machine with device holder, demonstrating smart app compatibility for interactive workouts.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your ECHANFIT Elliptical Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are securely fastened. Tighten any loose components.

- **Lubrication:** While the magnetic drive system is generally maintenance-free, occasionally check for any squeaking noises from moving joints. Apply a silicone-based lubricant if necessary, following the lubricant manufacturer's instructions.
- **Storage:** When not in use, store the elliptical in a dry, clean environment. Utilize the transport wheels for easy relocation.



Image 4.1: The elliptical's transport wheels allow for easy movement and storage.

5. TROUBLESHOOTING

If you encounter any issues with your elliptical machine, please refer to the following common troubleshooting tips:

- **Machine is noisy:** Ensure all bolts and nuts are tightened. Check for any obstructions around the flywheel or pedal arms. Lubricate moving joints if necessary.
- **Resistance is not changing:** Verify that the tension control cable is properly connected and not damaged. Ensure the resistance knob is functioning correctly.
- **LCD Monitor not displaying:** Check if the batteries are correctly installed and have sufficient charge. Ensure all sensor cables are securely connected to the monitor.
- **Unstable during use:** Make sure the machine is placed on a level surface. Adjust the floor stabilizers if needed to eliminate wobbling.

If the problem persists after attempting these solutions, please contact ECHANFIT customer service for further assistance.

6. SPECIFICATIONS

Feature	Specification
Model Name	6503-2
Brand	ECHANFIT
Color	Black
Product Dimensions (D x W x H)	42.52"D x 22.83"W x 61.02"H
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Stride Length	15.5 Inches
Number of Resistance Levels	16
Maximum Weight Recommendation	350 Pounds

7. WARRANTY AND SUPPORT

The ECHANFIT Elliptical Exercise Machine Model 6503-2 comes with a **1-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use.

For any questions, concerns, or warranty claims, please contact our professional customer service team. Our support team is dedicated to assisting you quickly and professionally.

Contact information can typically be found on the ECHANFIT official website or through your purchase platform.

