



## ECHELON EX-4s Instruction Manual

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**EX-4s  
INSTRUCTION MANUAL**



**Hello,**

I am Lou Lentine, President 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, Lou Lentine  
CEO, Echelon Fitness Multimedia, LLC

A black and white signature of Lou Lentine in a cursive script.

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## **INCLUDES**



1. Handlebar Adjustment Knob	15. Seat
2. Handlebar Post Frame	16. Water Bottle Holders
3. Resistance Adjustment Knob	17. Rear Foot
4. Cranks	18. Pedals
5. Seat Post	19. Dumbbell Holders
6. Seat Height Adjustment Lever	20. Foot Bolts
7. Seat Slide Adjustment Knob	21. Screen Post Bolts with Washers
8. Front Bracket	22. Dumbbell Holder Screws
9. Rear Bracket	23. Water Bottle Holder Screws
10. 10" HD Screen	24. Handlebar Bolts
11. Front Foot	25. Double-Sided Wrench
12. Handlebars	26. Wrench
13. Screen Post	27. Hex Key with Phillips Screwdriver Head
14. Handlebar Post	28. Power Adapter

## ACCOUNT CREATION

If this product was purchased on the [echelonfit.com](https://echelonfit.com) website, you should have received an activation email. Please follow the steps within the email to activate your account.

Go to [member.echelonfit.com](https://member.echelonfit.com) and follow the on-screen instructions to choose a plan and set up your account. This info will be needed to log in to your account.

**All account info and plans are managed at [member.echelonfit.com](https://member.echelonfit.com) and use the same login. After creating**

**your account login on [member.echelonfit.com](https://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 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](https://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 payment information. You will not be charged until the next month.

Once assembly is complete, you will be required to sign into your account, choose a class, and connect your bike.

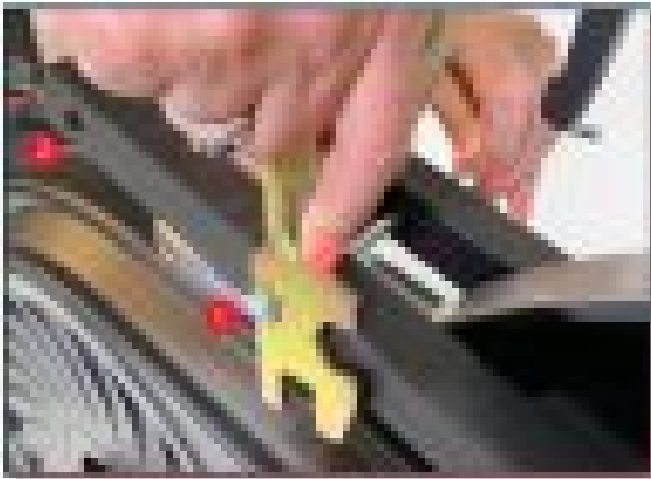
**REMOVAL OF FRAME**



Loosen bolts in order.

Remove bolts in order.

Re



Remove bolts in order with included tools as shown.

Remove bolts on both sides with included tools as shown .

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## ASSEMBLY



Use a pair of scissors or wire cutters to cut zip ties around wheel chocks. Using one of the wrenches, knock out the front then the back chock.

Use the included hex key to remove the metal front bracket support. Repeat for the rear bracket support.



Insert foot bolts into front foot.

Tighten down foot bolts with included hex key.



Insert foot bolts into the rear foot.

Tighten down foot bolts with included hex key.



Place seat onto seat post and tighten down and secure with included wrench.

Pull the wires out of the handlebar post frame.



Insert the post into the frame while pulling out the handlebar adjustment knob.



Place handlebars on handlebar post. While holding handlebars in place, insert the handlebar bolts and finger tighten.



Connect the wire from the top of the handlebar post to the wire from the bottom of the screen post.



Insert the screen post into the handlebar post. Finger tighten the screen post bolts



Remove nut from right pedal by turning counterclockwise.

Screw right pedal onto the right crank arm clockwise.



Hold pedal with double-sided wrench and use a single sided wrench to tighten nut clockwise.

Then finger tighten nut clockwise back onto the pedal bolt.





Screw left pedal onto the crank arm counterclockwise.



Use a double-sided wrench to ensure the pedal is firmly seated against the crank arm.



Finger tighten nut counterclockwise back onto the pedal bolt.



Remove the two pre-installed screws with the included screwdriver from the cover and set aside.  
NOTE: WE RECOMMEND HAVING HELP WITH TABLET INSTALLATION.



Remove the four pre-installed screws with screwdriver end of hex key and set aside.



Install power cord into DC port.



Attach cover and screw in the two screws with the included screwdriver.



Hold water bottle holder against holes at the base of handlebar post frame and attach with screws.



Finger tighten screws, then use the screwdriver on included hex key to secure. Repeat on opposite side.

## SEAT/HANDLEBAR ADJUSTMENT

		
<p>Turn seat slide adjustment knob counterclockwise to loosen. Move the seat along the track to the desired location. Turn the knob clockwise to secure.</p>	<p>Turn seat height adjustment lever counterclockwise until you are able to pull the lever halfway out.</p>	<p>Pul adju to th adju sec</p>
		
<p>Turn the handlebar adjustment knob counterclockwise until you are able to pull the lever halfway out. Raise or lower lockwise until secure.</p>		

## 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.IOS(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 UNDESIRE 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 RRSS 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 UNDESIRE OPERATION OF THE DEVICE.

**CAUTION: EXPOSURE TO RADIOFREQUENCY RADIATION.**

1. TO COMPLY WITH THE CANADIAN PF 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 PSS 702 PF EXPOSURE COMPLIANCE REQUIREMENTS, A SEPARATION DISTANCE OF AT LEAST 20 CM MUST BE MAINTAINED BETWEEN THE ANTENNA OF THIS DEVICE AND ALL PERSONS.

**NOTE:** 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.

**THE MANUFACTURER RECOMMENDS PLACING THE ECHELON CONNECT 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 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.**

## **IMPORTANT SAFETY INSTRUCTIONS**

When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using THE ECHELON CONNECT.

### **DANGER**

#### **TO REDUCE THE RISK OF ELECTRIC SHOCK:**

1. 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 a 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 73 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 the plug from the 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. Before using the Echelon™ Connect, 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 exercising?
- 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.

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

- **ALWAYS** use the Echelon Connect on solid, level ground and in a well-lit and ventilated area.
- **ALWAYS** check that the seat and handlebars 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 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 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.
- **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 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 in a standing position at high revolutions per minute (RPM) (see OPERATION section, Fig. 2).
- **ALWAYS** keep your pelvis positioned over the centerline of the Echelon Connect.
- **NEVER** adjust the resistance or the position of the flywheel or the position of the handlebars while in a standing position (see OPERATION section, Fig. 2).
- **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 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, contact the manufacturer immediately. Always ensure that parts that 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!

## WARRANTY



Read Instructions  
Before Operating

MADE IN  
CHINA



PATENT  
PENDING

Rev: 092520

[ECHELONFIT.COM](http://ECHELONFIT.COM)

For questions, assistance, or replacement parts, do not return to your retailer. Contact Echelon®'s customer service below. For refunds on items not purchased from Echelon® directly, please contact your retailer.

#### **ECHELON® FIT 1-YEAR LIMITED WARRANTY**

Echelon® warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Echelon® will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Echelon® customer service at 833-937-2453 or at [cs@echelonfit.com](mailto:cs@echelonfit.com) to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure the carton clearly identifies the sender by name and address. Attach a letter or card describing the defect and original sales receipt. Mail prepaid to Echelon Fitness Multimedia, LLC 6011 Century Oaks Dr. Chattanooga, TN 37416.

This warranty is void if damage or malfunction is due to abuse or failure to operate the product in accordance with instructions and on recommended electrical current. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If you have any questions or would like to learn more about Echelon, please contact us at 833-937-2453 or at [cs@echelonfit.com](mailto:cs@echelonfit.com).

Register your product online at [echelonfit.com/pages/register-warranty/](http://echelonfit.com/pages/register-warranty/)

#### **Customer Service**



833-937-2453 (+1.423.402.9010)



[cs@echelonfit.com](mailto:cs@echelonfit.com)

#### **Model:**

**ECHEX-4S-10-C**

**DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES PER LOCAL & FEDERAL GUIDELINES.**

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Echelon Fitness Multimedia, LLC 6011 Century Oaks Dr. Chattanooga, TN 37 416

#### **Documents / Resources**



[ECHELON EX-4s](#) [pdf] Instruction Manual  
ECHELON, EX-4s