



ROW

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 handwritten signature in white ink, appearing to read 'Lou Lentine', is positioned at the bottom left of the page.



FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

15.21

YOU ARE CAUTIONED THAT CHANGES OR MODIFICATIONS NOT EXPRESSLY APPROVED BY THE PART RESPONSIBLE FOR COMPLIANCE COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

15.105(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 UNDESIRED 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 RSS 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.

AVIS CANADIEN

LE PRÉSENT APPAREIL EST CONFORME AUX CNR D'ISED APPLICABLES AUX APPAREILS RADIO EXEMPTS DE LICENCE. L'EXPLOITATION EST AUTORISÉE AUX DEUX CONDITIONS SUIVANTES :

- (1) L'APPAREIL NE DOIT PAS PRODUIRE DE BROUILLAGE, ET
- (2) L'UTILISATEUR DE L'APPAREIL DOIT ACCEPTER TOUT BROUILLAGE RADIOÉLECTRIQUE SUBI, MÊME SI LE BROUILLAGE EST SUSCEPTIBLE D'EN COMPROMETTRE LE FONCTIONNEMENT.

CAUTION: EXPOSURE TO RADIO FREQUENCY RADIATION.

1. TO COMPLY WITH THE CANADIAN RF 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 RSS 102 RF EXPOSURE COMPLIANCE REQUIREMENTS, A SEPARATION DISTANCE OF AT LEAST 20 CM MUST BE MAINTAINED BETWEEN THE ANTENNA OF THIS DEVICE AND ALL PERSONS.

ATTENTION: EXPOSITION AU RAYONNEMENT RADIOFRÉQUENCE.

1. POUR SE CONFORMER AUX EXIGENCES DE CONFORMITÉ RF CANADIENNE L'EXPOSITION, CET APPAREIL ET SON ANTENNE NE DOIVENT PAS ÊTRE CO-LOCALISÉS OU FONCTIONNANT EN CONJUNCTION AVEC UNE AUTRE ANTENNE OU TRANSMETTEUR.
2. POUR SE CONFORMER AUX EXIGENCES DE CONFORMITÉ CNR 102 RF EXPOSITION, UNE DISTANCE DE SÉPARATION D'AU MOINS 20 CM DOIT ÊTRE MAINTENUE ENTRE L'ANTENNE DE CET APPAREIL ET TOUTES LES PERSONNES



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 TO PLACE 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

RISK OF PERSONAL INJURY
KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM MACHINE.

- Please keep away from moving parts at all times. Contact with moving parts may result in serious injury.
- Visit equipechelon.com for more information.
- Set up and operate ECHELON® ROW on a solid level surface.
- Keep the machine clean and dry.
- This ECHELON® ROW should only be used after a thorough review of the operation manual.
- All warnings and instructions be read and followed and, for institutional fitness equipment, that proper instruction be obtained prior to use.
- Refer to the owner's manual for additional warnings and safety information.
- Disconnect all power before servicing.
- Do not operate electrically powered equipment on damp or wet locations.
- NEVER use ECHELON® ROW in a standing position.



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 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 13 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 plug from 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 exercise?
- 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 a 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 center line of the Echelon® Connect.
- NEVER adjust the resistance 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 which undergo wear are checked regularly.

THIS SAFETY INFORMATION AND USER MANUAL DOES NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE ECHELON® CONNECT!

Adapter Input: 100-240V~, 50/60Hz Max 0.8A

Adapter Output: 9V $\overline{\text{---}}$ 3A

QDID: 124882

FCC ID: 2AMDBBLE003

CAN ICES-3(B)/NMB-3(B) HVIN: BLE003

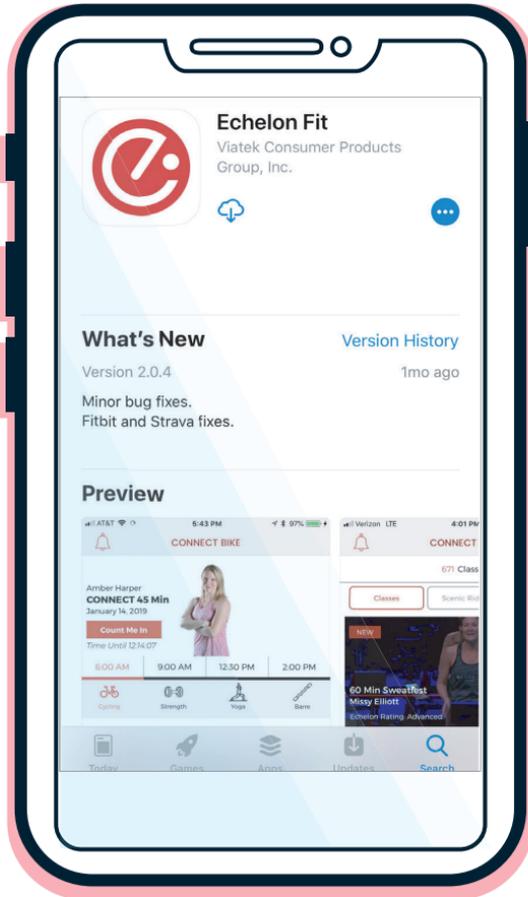
IC : 22882-BLE003

DIMENSIONS: 85"L X 21"W X 45"H

INCLUDES

1. Echelon® Row Base
2. Echelon® Row Rail
3. Rear Foot
4. Front Foot
5. 10 Big Screws
6. 8 Small Screws
7. Hex Key
8. Left Foot Carriage
9. Right Foot Carriage
10. Seat





ACCOUNT CREATION

Go to **member.echelonfit.com** and follow the on-screen instructions to choose a plan and setup your account. This info will be needed to login to your account on the Echelon Fit App.

All account info and plans are managed at member.echelonfit.com and use the same login. After creating your account login on member.echelonfit.com, write down your login info. This will be the same login for the App.

DOWNLOAD THE ECHELON FIT APP

Ensure latest version of the Echelon Fit™ App is installed from the Google Play Store or the App Store.

OPERATIONAL INSTRUCTIONS

Connect to the Echelon Fit app to access tutorials and operation instructions.





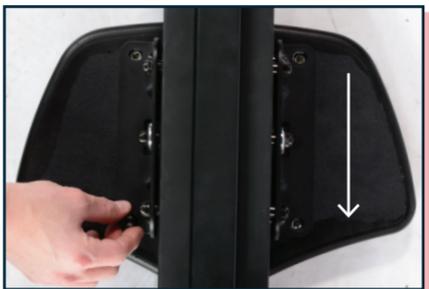
1. Place the front foot and hand tighten screws into place.



2. Tighten the screws with hex key.



4. Set rower upright and adjust the arm of phone holder to your desired level.



5. Place seat on ground and lay the rail onto seat so the screw holes on the bracket align with screw holes on seat.

*Arrow pointing towards side with handle.



6. Place all four screws into screw holes and tighten with hex key.



7. Place the rail onto rail bracket.





8. Place the four screws into rail and hand tighten.



9. Tighten screws with hex key.



10. Align front foot with screw holes on the rail and hand tighten screws into the foot.



11. Tighten screws with hex key.



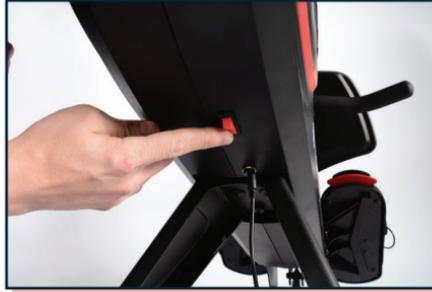
12. Align the right foot carriage with the screw holes on the body of the rower and hand tighten the three screws.



13. Tighten screws with hex key. Repeat with left foot carriage.



14. Connect the power cord.



15. Toggle the power switch, as shown above.



16. Route the power cable through the cable routing clips legs, as shown above.



17. To lower the rail, press down the foot pedal at the joint and lower the rail gently to the ground.



18. To lock into place, pull up on this handle until you hear a click. Once you hear the click, the rower is safe to use.





BATTERY STRIP REMOVAL



Flip over the handle and place into the handle cradle.



While keeping thumb on cover, remove battery cover with a small flat-head screwdriver.



Pull on battery activation strip.



Slightly press down on battery to make sure it is seated properly.



Replace the battery cover.



Flip handle back over and place into handle cradle.



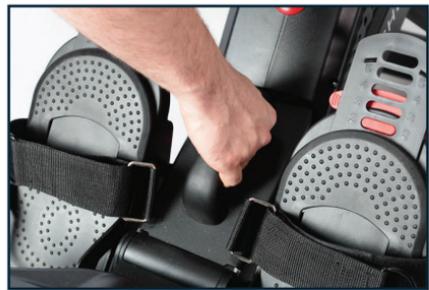
Press down the folding lock with your foot.



Lift up the rail until you hear a click to ensure the rail is securely locked.



To lower the rail, press down the foot pedal at the joint and lower the rail gently to the ground.



To lock into place, pull up on this handle until you hear a click. Once you hear the click, the rower is safe to use.



Pull up on the handle located under the rail.



Move the product. (Make sure the adaptor is put away before moving.)



ADJUSTING RESISTANCE / FOOTREST



To turn up the resistance, press the right toggle.



To turn down the resistance, press the left toggle.



To adjust footrest, push down on the red locking mechanism on the footrest.



While holding red locking mechanism, pull up or push down the black sliding adjustment.





Read Instructions
Before Operating

MADE IN
CHINA



PATENT
PENDING

Rev: 042220

ECHELONFIT.COM

**For questions, assistance, or replacement parts, do not return to your retailer. Contact Echelon® 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@echelon.com to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure carton clearly identifies sender by name and address. Attach a letter or card describing 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 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.

Register your product online at echelonfit.com/pages/register-warranty/

Customer Service / Le service a la clientele / Servicio al Consumidor

☎ 833-937-2453 (+1.423.402.9010) ✉ cs@echelonfit.com

Model:
ECH-ROW

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

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