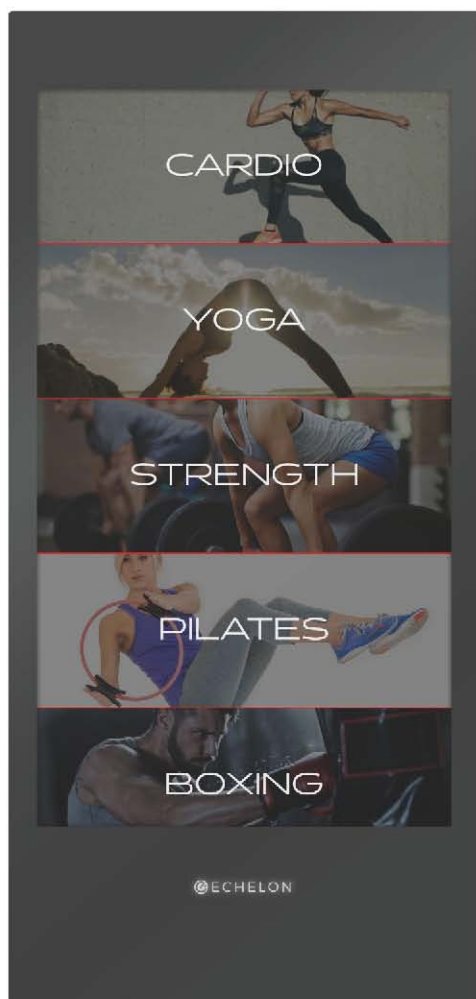




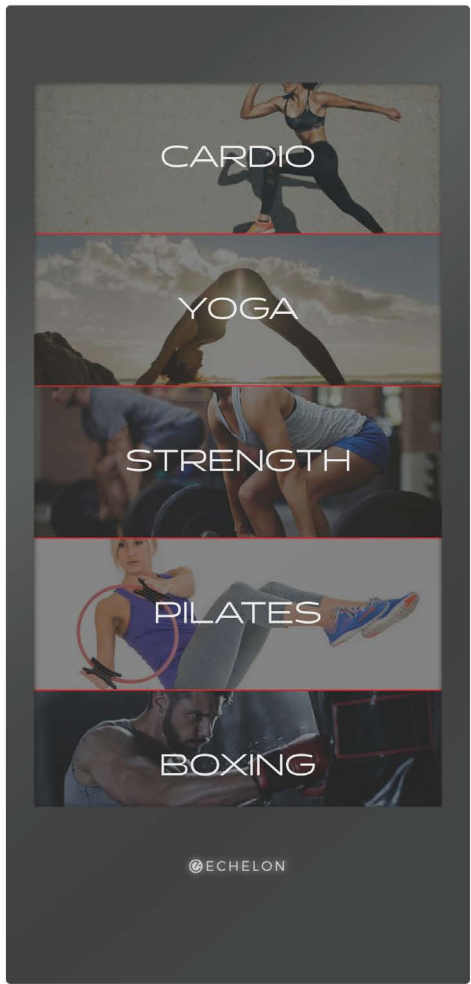
## INSTRUCTION MANUAL



[ECHELONREFLECT.COM](https://echelonreflect.com)

# PARTS LIST

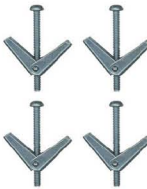
1.



2.



3.



4.



5.

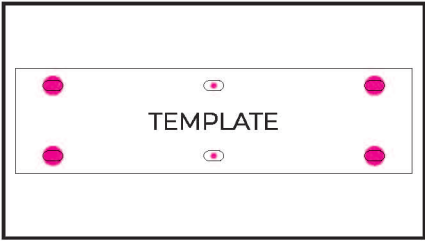
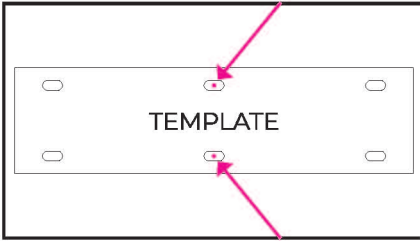


# INCLUDES

- |                                   |               |
|-----------------------------------|---------------|
| 1. Echelon Reflect Fitness Mirror | 4. Washer (8) |
| 2. Wood screw (2)                 | 5. Wall mount |
| 3. Toggle bolt anchor (4)         |               |

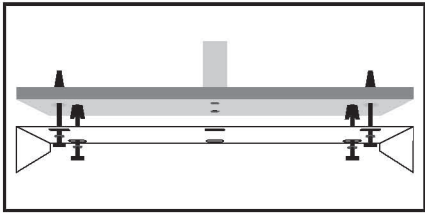
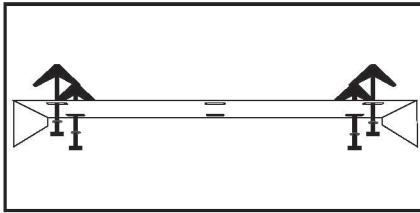
# INSTALLING THE MOUNT

It is highly recommended that the Echelon Reflect be mounted directly to a wall stud.



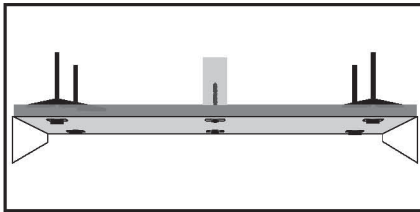
1. Locate stud within the wall you intend to hang your Reflect on. Tape up the wall mount template with the middle two holes centered over stud.

2. Mark all six holes. Using a 5/16" drill bit, drill the two pilot holes for the wood screws. Using a 5/8" drill bit, drill the holes for the toggle bolts.

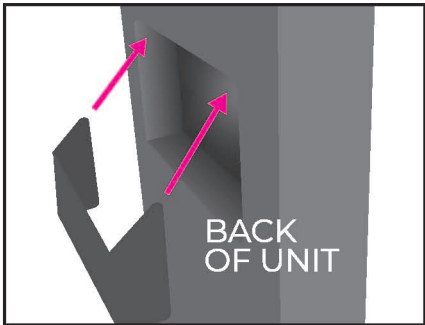


3. Place the bolts with washer through the wall mount and attach the toggles to bolt as shown above.

4. Push all toggle bolts into drywall and tighten down. Make sure the two center drill holes are visible.



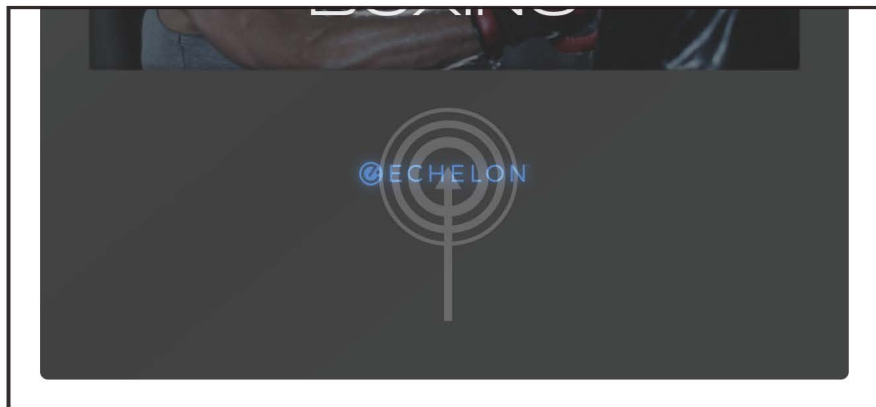
3. Drive in the wood screws with washers into predrilled holes.



4. Place the Reflect onto the wall mount as shown about.

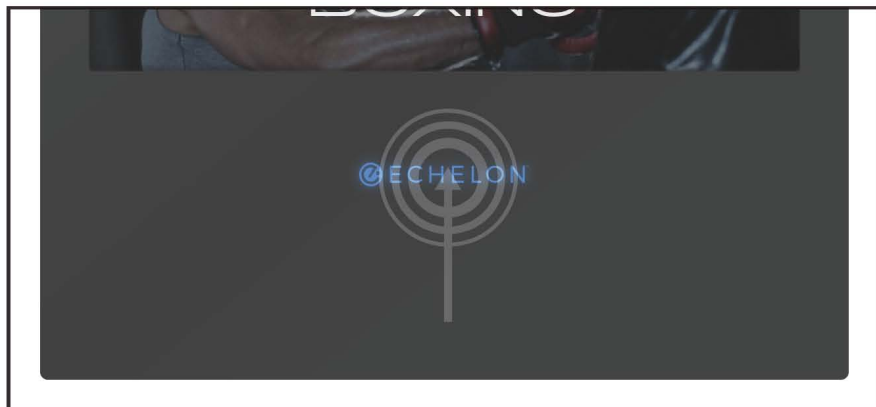
## TURNING ON THE REFLECT

TO TURN ON THE REFLECT, TOUCH THE ECHELON™ LOGO. THE LOGO WILL TURN BLUE WHEN PRESSED. (SHOWN BELOW)



## TURNING OFF THE REFLECT

TO TURN OFF THE REFLECT, PRESS AND HOLD THE ECHELON™ LOGO FOR SIX SECONDS. (SHOWN BELOW)



## **CONNECTING YOUR REFLECT TO WIFI**

1. On initial startup, the Reflect app will check if the mirror is connected to a WiFi network.
2. If the Reflect is already connected to a WiFi network, you will be sent to the home screen.
3. If the Reflect isn't already connected to a WiFi network, the Reflect's hotspot will turn on.
4. On the WiFi connection page, the Reflect will display a QR code. Then hold your Reflect App up to the QR code, to connect the Reflect hot-spot.
5. Once connected, you will see your network name in the app and you will then need to type in your network password.
  - 5b. If the Reflect doesn't connect after 20 seconds, the connection attempt will time out. Repeat Step 4.
6. If the connection is successful, the Reflect will restart and show the home screen.

### **PLEASE NOTE:**

App and software updates may change user functionality. Please refer to on-screen instructions, as they will be the most up to date.

## **CONNECTING YOUR PHONE TO THE REFLECT**

1. In the Reflect app, select the “More” tab on the bottom right.
2. Press “Select Equipment”.
3. Make sure your phone is connected to your home network WiFi.
4. Press continue in the Reflect app.
5. Scan the QR code on the Reflect.
6. Enter desired name for your Reflect, then press continue.
7. Enter your WiFi password to connect to your home network.
  - 7b. The Reflect app may not close the “Connection” display. Press the “Back” or “X” to close the window and return to the Reflect app.
8. If there is Echelon heart rate monitor, Bluetooth will locate and connect to it.

### **PLEASE NOTE:**

App and software updates may change user functionality. Please refer to on-screen instructions, as they will be the most up to date.

# FCC

## FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

### 15.21

WARNING: CHANGES OR MODIFICATIONS TO THIS UNIT NOT EXPRESSLY APPROVED BY THE PARTY 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.  
CE DISPOSITIF EST CONFORME AUX LIMITES ÉTABLIES D'EXPOSITION AUX RADIOFRÉQUENCES EN ENVIRONNEMENT NON CONTRÔLÉ. UNE DISTANCE D'AU MOINS 20 CM DOIT ÊTRE MAINTENUE ENTRE LE CORPS DE L'UTILISATEUR ET LE DISPOSITIF.

### 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 UNDESIRABLE OPERATION

### THIS DEVICE CONTAINS LICENSE-EXEMPT TRANSMITTER(S)/RECEIVER(S) THAT COMPLY WITH INNOVATION, SCIENCE AND ECONOMIC DEVELOPMENT CANADA'S LICENSE-EXEMPT RSS(S). OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

1. THIS DEVICE MAY NOT CAUSE INTERFERENCE.
2. THIS DEVICE MUST ACCEPT ANY INTERFERENCE, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRABLE OPERATION OF THE DEVICE.

**L'ÉMETTEUR/RÉCEPTEUR EXEMPT DE LICENCE CONTENU DANS LE PRÉSENT APPAREIL EST CONFORME AUX CNR D'INNOVATION, SCIENCES ET DÉVELOPPEMENT ÉCONOMIQUE CANADA APPLICABLES AUX APPAREILS RADIO EXEMPTS DE LICENCE. L'EXPLOITATION EST AUTORISÉE AUX DEUX CONDITIONS SUIVANTES :**

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

## **IMPORTANT SAFETY INSTRUCTIONS**

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using THE ECHELON™ REFLECT.

### **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 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.

**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™ Reflect, 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™ REFLECT.**

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

# WARNINGS

- NEVER use Echelon™ Reflect when sick or fatigued.
- ALWAYS warm up/stretch before starting exercise.
- 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™ Reflect again.
- ALWAYS ensure that the Echelon™ Reflect is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance shall not be made by children without supervision.
- The appliance is suitable for moderate climates only.
- The ventilation must not be impaired by covering the appliance with items such as newspapers, table cloths, curtains, etc.
- Naked flame sources, such as candles, must not be placed on appliance.
- The disconnection from line voltage is made by inlet/plug.
- The socket-outlet shall be installed near the equipment and shall be easily accessible.
- In case of broken cords or plugs the appliance must be disposed.
- The appliance is suitable for indoor use only.
- Never use if the glass breaks.

If any problems arise affecting the performance of the Echelon™ Reflect, 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™ Reflect!

# NOTES

## CLEANING THE REFLECT

WHILE CLEANING YOUR ECHELON™ REFLECT, PLEASE USE AN AMMONIA FREE WINDOW CLEANER TO WIPE DOWN THE MIRROR. DO NOT USE CORROSIVE CHEMICAL LIQUIDS WHICH MAY DAMAGE THE MIRROR.

## SAVE THESE INSTRUCTIONS

**FOR ANSWERS TO FREQUENTLY ASKED  
QUESTIONS, PLEASE VISIT [ECHELONREFLECT.COM](http://ECHELONREFLECT.COM)**



Read Instructions  
Before Operating

MADE IN  
CHINA



PATENT  
PENDING

Rev: 070219

[ECHELONFIT.COM](http://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 [info@echelonfit.com](mailto:info@echelonfit.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 [info@echelonfit.com](mailto:info@echelonfit.com).

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

Customer Service / Le service à la clientèle / Servicio al Consumidor

☎ 833-937-2453 (+1.423.402.9010) ✉ [info@echelonfit.com](mailto:info@echelonfit.com)

Model:

ECH-REFLO1

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

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