



# REFLECT

## 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.

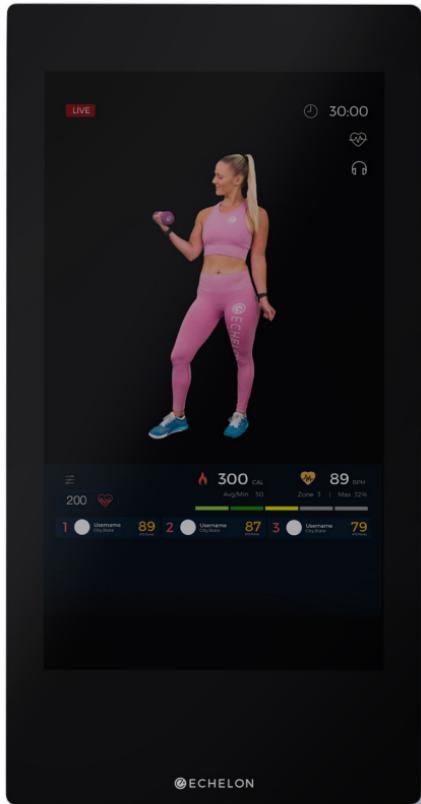
We embrace your decision to join our Echelon family in the pursuit of living a healthier lifestyle. We are committed to continue engineering cutting edge, world-class fitness products to improve quality of life through workout experiences that make an active lifestyle more accessible and sustainable.

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

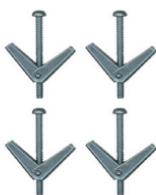
A handwritten signature in black ink that reads "Lou Lentine".



1



2



3



4



5

## INCLUDES

1. Echelon® Reflect Fitness Mirror
2. Wood Screws (2)
3. Toggle Bolt Anchor (4)
4. Washers (8)
5. Wall Mount

## ACCOUNT CREATION

If this product was purchased on the **echelonfit.com** website, you should have received an activation email.

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.

### 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

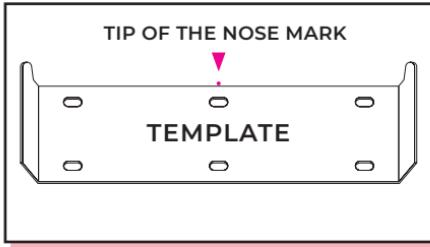
Where you can edit your billing info, add family members, manage subscriptions, and (if on your mobile device) download the app and sign in.

### DOWNLOAD THE REFLECT APP

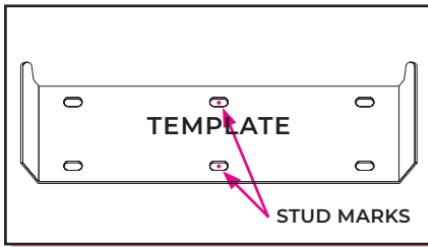
Ensure latest version of the Reflect App is installed from the Google Play Store or the App Store.



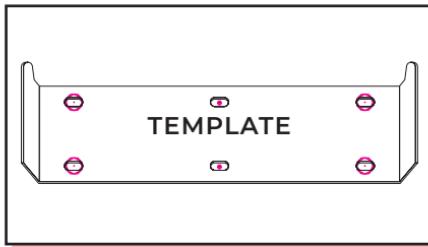
The Echelon® Reflect is required to be mounted directly to a wall stud or suitable floor stand.  
**NOTE:** Standard installation height is 62" to the top of the wall mount.



1. On the wall, measure down 7" from the tip of your nose. Place the top of the wall mount level to this point.

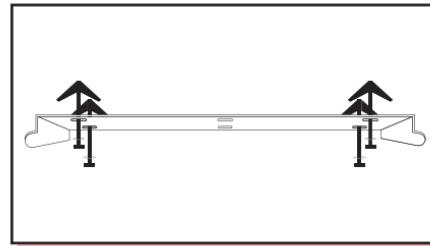


2. Locate stud within the wall you intend to hang your Reflect and mark with a pencil. Level and tape wall mount template with middle two cross marks centered over stud mark.

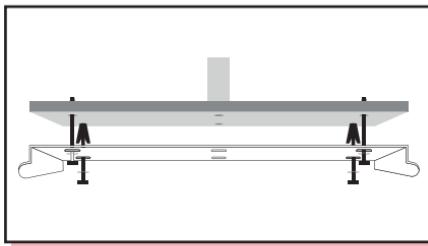


3. Mark all six holes. Using a 1/8" drill bit, drill the two pilot holes into the stud for the wood screws. Using a 5/8" drill bit, drill the holes for the toggle bolts.

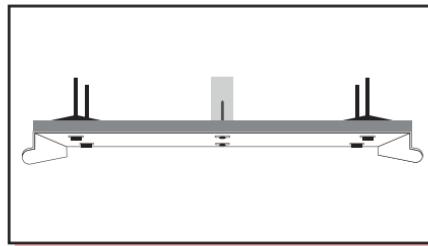
\* Ensure that you press hard enough to leave a hole in the drywall behind the template.



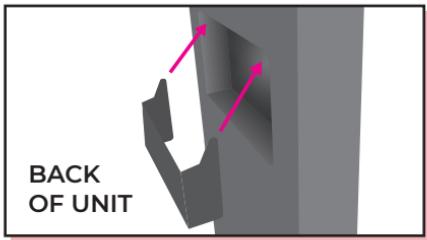
4. Place the bolts with washer through the wall mount and attach the toggles to bolt as shown above.



5. Push all toggle bolts into drywall and tighten down. Make sure the two center drill holes are visible and the bracket is level.



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



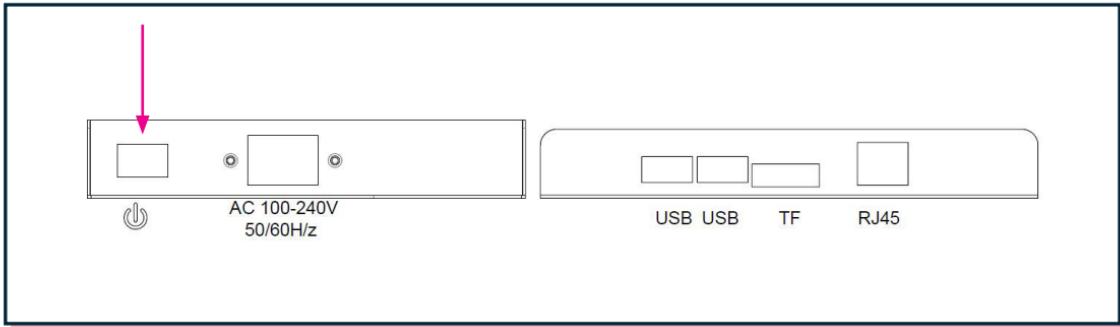
7. Place the Reflect onto the wall mount as shown above.

## NOTE:

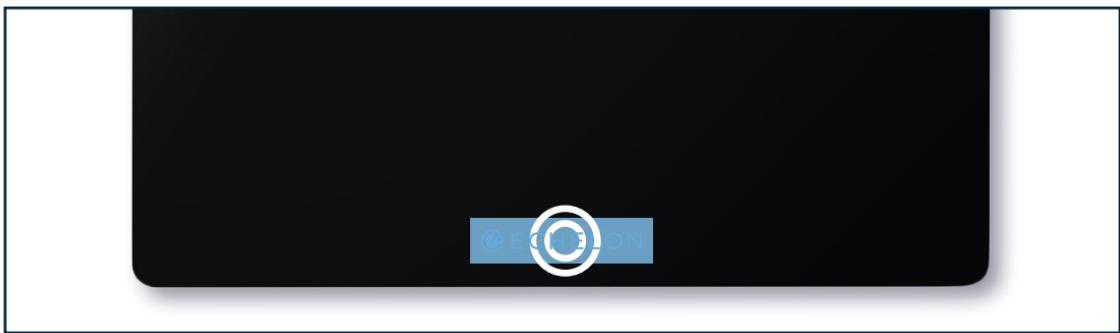
The Reflect may also be attached to a  $200 \times 200$  mm VESA mount stand with  $M8 \times 15$  mm bolts.



We also have an installation and setup tutorial videos available at  
**<https://www.echelonfit.com/help>**  
or simply scan the QR code.



To turn on the Reflect, toggle the power switch into the "ON" position. Then, touch the Echelon® logo on the front. The logo will turn blue when pressed.



To turn off the Reflect, press and hold the Echelon® logo for six seconds (shown above).

## 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)**

CAN ICES-003 / NMB-003

**CANADIAN NOTICE**

The device for operation in the band 5150–5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems.

THIS DEVICE CONTAINS LICENCE-EXEMPT TRANSMITTER(S)/RECEIVER(S) THAT COMPLY WITH INNOVATION, SCIENCE AND ECONOMIC DEVELOPMENT CANADA'S LICENCE-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 UNDESIRED OPERATION OF THE DEVICE.

**AVIS CANADIEN**

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.

**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 CONJONCTION 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

WHILE CLEANING YOUR ECHELON® REFLECT, 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® 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.
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® 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.

- ALWAYS use the Echelon® Reflect in a well lit and ventilated area.
- ALWAYS check the mirror before use.
- NEVER use the mirror if it is not properly/completely assembled or is damaged in any way.
- NEVER use Echelon® Reflect 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.
- 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 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 accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the mirror and will affect the warranty of the mirror.
- 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.

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!

**Operation temperature: 0~50 Celsius degree**





Read Instructions  
Before Operating

MADE IN  
CHINA



PATENT  
PENDING

Rev: 122420

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

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

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

📞 1-833-937-2453 (+1.423.402.9010) 📩 [cs@echelonfit.com](mailto:cs@echelonfit.com)

Model:

**ECH-REFL01-5G**

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

© 2020 ECHELON FITNESS MULTIMEDIA, LLC. All specifications are subject to change without notice. All rights reserved.  
Echelon Fitness Multimedia, LLC 6011 Century Oaks Dr. Chattanooga, TN 37416