

Owner's Manual

Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

Warning label



5V 500mA



echelon

Echelon Fitness Multimedia, LLC
695 Chestnut Street, Suite 700, Chattanooga, TN 37450
1-833-937-2453 / 1-423-402-9010

Model / Modèle / Modelo: ECH-SC-HMS-22
FCC ID: 2AWD4-ECHSLT03TB IC: 26147-ECHSLT03TB
Made in China / Fabriqué en Chine / Hecho en China
Max. User Weight / Poids max. utilisateur /
Max. peso del usuario: 285 lbs / 130 kg

Input / Entrée / Entrada: 120V-60Hz
Class / Classe / Clase: HC
Speed / Vitesse / Velocidad: 14-140 step/min
Power / Énergie / Energía: 85W
Current / Courant / Corriente: 1.1A

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 of the device.

Cet appareil est conforme à la partie 15 des règles de la FCC. Son fonctionnement est soumis aux deux conditions suivantes: (1) cet appareil peut provoquer des interférences nocives, et (2) cet appareil doit accepter les interférences reçues, y compris celles qui peuvent causer un dysfonctionnement.

Este dispositivo cumple con la Parte 15 de las Reglas de la FCC. El funcionamiento está sujeto a las dos condiciones siguientes: (1) Este dispositivo no pueda causar interferencias dañinas y (2) este dispositivo debe aceptar cualquier interferencia recibida, incluida las interferencias que puedan causar un funcionamiento no deseado del dispositivo.

SERIAL # BARCODE

YYWW

For consumer use only.
Exclusivement destiné à un usage privé.
Solo para uso del consumidor.

Conforms to UL STD. 1647.
Certified to CSA STD. C22.2 NO. 68
Conforme à UL STD. 1647
Certifié à CSA STD. C22.2 NO. 68
Cumple con UL STD. 1647
Certificado según CSA STD. C22.2 NO. 68



802220

⚠ DANGER | AVERTISSEMENT | PELIGRO

To avoid risk of electric shock, connect this appliance to a properly grounded outlet. DO NOT modify the plug provided with the treadmill. If the plug does not fit the outlet, get a proper outlet installed by a qualified technician.

Pour éviter tout risque de choc électrique, branchez cet appareil sur une prise de courant reliée à la terre. NE MODIFIEZ PAS la fiche fournie avec le tapis roulant. Si la fiche ne rentre pas dans la prise, faites installer une prise adaptée par un électricien qualifié.

Para evitar el riesgo de descarga eléctrica, conecta este aparato a una toma de corriente adecuadamente conectada a tierra. NO MODIFIQUE el enchufe que viene con la caminadora. Si el enchufe no encaja en el tomacorriente, comuníquese con un electricista calificado.

! WARNING | AVERTISSEMENT | ADVERTENCIA

KEEP CHILDREN AWAY FROM MACHINE

Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt.

Read Instruction Manual Before Using.

Read and follow all warnings and instructions. For consumer equipment, ensure that proper instructions are obtained prior to use.

To reduce the risk of injury from moving parts, unplug before servicing.

To reduce the risk of electric shock, unplug before cleaning or servicing.

CAUTION:

Risk of personal injury. Keep children under the age of 13 away from machine.

Always wait for the stairmill to come to a complete stop before resuming or ending a workout.

TENIR LES ENFANTS A L'ÉCART DE LA MACHINE.

Risque de blessures corporelles - Pour éviter les blessures, soyez extrêmement prudent lorsque vous montez ou descendez d'une courroie en mouvement.

Lire le manuel d'instructions avant utilisation.

Avant l'utilisation, lire tous les avertissements et directives et, dans le cas d'équipement grand public, obtenir toutes les directives appropriées.

Pour limiter le risque de blessure liée aux pièces en mouvement. Débranchez avant de réaliser l'entretien.

Pour limiter le risque de choc électrique. Débranchez avant de nettoyer ou de réaliser l'entretien.

ATTENTION :

Risque de blessure. Tenez les enfants de moins de 13 ans à distance de la machine.

Attendez toujours l'escalier s'arrêter complètement avant de reprendre ou de terminer un entraînement.

MANTENGA A LOS NIÑOS ALEJADOS DE LA MAQUINA.

Riesgo de lesiones a las personas: para evitar lesiones, tenga mucho cuidado al subir o bajar de una correa en movimiento. Lea el manual de instrucciones antes de usar.

Lea y siga todas las advertencias e instrucciones y, en el caso de equipos de consumo, obtenga las instrucciones adecuadas antes de su uso.

Para reducir el riesgo de lesiones por piezas móviles. Desenchufe antes de reparar.

Para reducir el riesgo de descarga eléctrica. Desenchufe antes de limpiar o reparar.

PRECAUCIÓN:

Riesgo de lesiones personales. Mantenga a los niños menores de 13 años lejos de la máquina.

Espera siempre a la escalera detenerse por completo antes de continuar o terminar un entrenamiento.

! WARNING | AVERTISSEMENT | ADVERTENCIA

Cease exercise if you feel faint or dizzy.

Heart Rate monitoring system may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Keep body, clothing, and fitness accessories clear of all moving parts.

Inspect the equipment before use and do not use if the machine appears damaged or inoperable.

REMOVE SAFETY KEY WHEN NOT IN USE AND STORE OUT OF REACH OF CHILDREN.

Arrêtez l'exercice si vous vous sentez faible ou étourdi.

Le système de surveillance de la fréquence cardiaque peut être inexacte. Un exercice excessif peut entraîner des blessures graves, voire la mort. Si vous vous sentez faible, arrêtez immédiatement de faire de l'exercice.

Gardez votre corps, vos vêtements et votre forme physique accessoires dégagés de toutes pièces mobiles.

Inspectez l'équipement avant utilisation et faites ne pas utiliser si la machine semble endommagée ou inutilisable.

RETIREZ LA CLÉ DE SÉCURITÉ LORSQUE VOUS NE L'UTILISEZ PAS ET RANGEZ-LA HORS DE PORTÉE DES ENFANTS.

Deje de hacer ejercicio si se siente débil o mareado.

El sistema de monitoreo de frecuencia cardíaca puede ser incorrecto. El ejercicio excesivo puede provocar lesiones graves o la muerte. Si te sientes débil, deja de hacer ejercicio inmediatamente.

Mantenga el cuerpo, la ropa y la forma física. accesorios libres de todas las piezas móviles.

Inspeccione el equipo antes de usarlo y no No utilizar si la máquina parece dañada. o inoperable.

QUITE LA LLAVE DE SEGURIDAD CUANDO NO ESTÉ EN USO Y GUARDE FUERA DEL ALCANCE DE LOS NIÑOS.

! WARNING | AVERTISSEMENT | ADVERTENCIA



REMOVE POWER CORD WHEN NOT IN USE

Remove power cord to avoid damage from transport or storage.



RETIREZ LE CÂBLE D'ALIMENTATION LORSQUE L'APPAREIL N'EST PAS UTILISÉ

Retirez le câble d'alimentation pour éviter tout dommage lié au transport ou au stockage.



RETIRE EL CABLE DE ALIMENTACIÓN CUANDO NO LO UTILICE

Retire el cable de alimentación para evitar que se dañe durante el transporte o el almacenamiento.



AC120V



5V 500mA

Operation Frequency: 2402-2480MHz for BLE, 2412-2462 for 2.4G Wi-Fi

Max output power: 0.84dBm for BLE, 22.53dBm for 2.4G Wi-Fi (MIMO)

Wi-Fi 5G Operation Frequency: U-NII-1: 5180-5240MHz, U-NII-2A: 5260-5320MHz, U-NII-2C: 5500-5700MHz, U-NII-3: 5745-5825MHz

Max output power for Wi-Fi 5G: 18.02 dBm (MIMO)

Operation in the band 5150–5250 MHz is only for indoor use

Manufacturer name: Echelon Fitness Multimedia LLC

Manufacturer address: 605 Chestnut Street, Suite 700, Chattanooga, Tennessee, 37450

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules and Industry Canada licence-exempt RSS standard(s). 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.

Le présent appareil est conforme aux CNR d'Industrie 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, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

NOTE: 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 & IC Radiation Exposure Statement:

This equipment complies with FCC and Canada radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Déclaration d'IC sur l'exposition aux radiations:

Cet équipement est conforme aux limites d'exposition aux radiations définies par le Canada pour des environnements non contrôlés. Cet équipement doit être installé et utilisé à une distance minimum de 20 cm entre l'antenne et votre corps.

Cet émetteur ne doit pas être installé au même endroit ni utilisé avec une autre antenne ou un autre émetteur.

THANK YOU

Thanks for purchasing this product. The product will help you keep fitter, healthier and better in a very easy way. Read and follow all warnings and instructions. For consumer fitness equipment, ensure that proper instructions are obtained prior to use.

IMPORTANT SAFETY INSTRUCTION

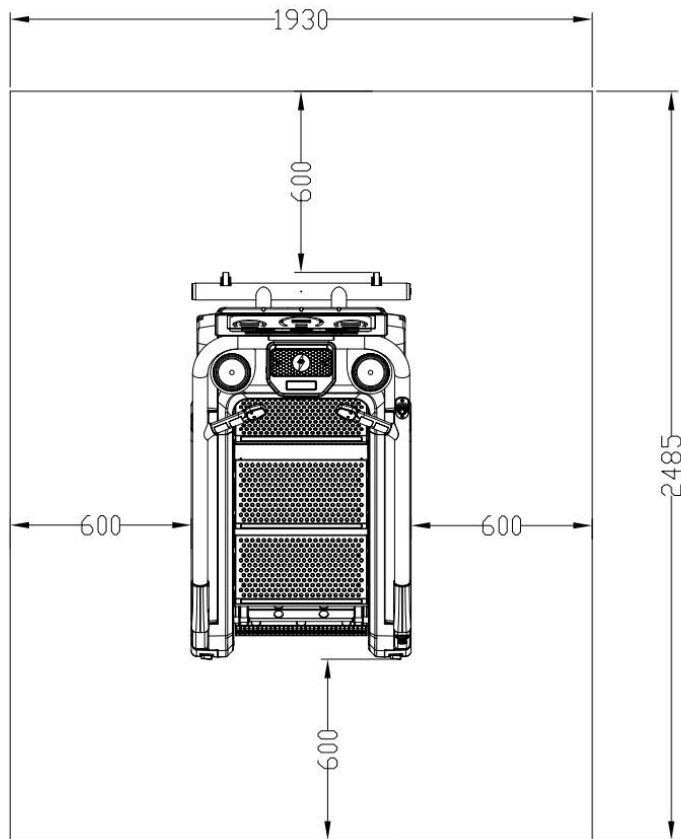
- **Care should be taken in mounting or dismounting the stairmill.**
Before mounting or dismounting, bring the machine to a complete stop.

Read all instructions before using the stairmill
For HOUSEHOLD USE ONLY.
SAVE THESE INSTRUCTIONS.

- When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using (this appliance).
- Place the stair mill indoors to avoid any water and no heavy stuff.
- The stair mill shall be installed on a stable and levelled base.
- When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
- Keep Children away from the stair mill to avoid any accident.
- Prior to use, inspect the stair mill to ensure there is no incorrect, worn, or loose components and all components are in good condition and tighten properly. Refer to maintenance chapter for more information.
- Refer to stair mill maintenance keep the top side of the moving surface clean and dry.
- Refer to stair mill maintenance to replace defective components immediately and/or keep the equipment out of use until repair and pay special attention to components most susceptible to wear.
- No overload to give damages to controller, bearing, step, chain and other transmission parts and etc. Please make regular maintenance.
- The safety and integrity designed into the machine can only be maintained when the treadmill is regularly examined for damage and repaired. It is the sole

responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately, or the stair mill removed from service until the repair is made. Only manufacturer-supplied or-approved components shall be used to maintain and repair the treadmill.

- The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- Keep less dust indoors and keep a certain extent of humidity to avoid interference of console and controller.
- For home use stair mill, keep the stair mill continuous running no more than 2 hours. Indoor use, class HC.
- Keep good air circulation when running.
- The recommended minimum clearance required around each stair mill for access to and passage around shall be 500 mm (19.7 in.) on each side of the stair mill. There shall be 2000x1000mm safe space at the stair mill end when running.
- The minimum clearance area behind the stair mill shall be: 2.0 m (78.7 in.). This clearance shall encompass the entire width of the treadmill or the entire length of a row of stair mills. This clearance zone shall be free of all obstructions.
- the free area shall be not less than 0,6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.



- Read, understand, and test the emergency stop procedures before use. Refer to how to use emergency key for more information.
- Do not exceed maximum user weight 130KG.
- Stop running if any discomfort and consult the doctor.
- “WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately”;
- Keep the silicone oil bottle out of reach from children and avoid eating by mistake.
- After workout, don't jump out of the stair mill directly, so to prevent accident.
- Pull out of the power plug gently from the socket.
- Correct biomechanical positioning of the user on stair mill is important for healthy workout. Injuries to health may result from incorrect or excessive training.
- During workout, stop use the machine if anything wrong and cut the power immediately.
- The value of the A-weighted emission sound pressure level at the trainer's ear:

68.4dB.

- Noise emission under load is higher than without load.
- Ask local distributor to handle any issue or provide service. It's not allowed to dismantle the components personally. If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- This stair mill is 112KGS.
- DANGER – To reduce the risk of electric shock: 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.
- CAUTION – To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.
- WARNING – To Reduce the Risk of Electric Shock – Unplug Before Cleaning or Servicing
- CAUTION - Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
- For household use only.
- Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
- SAVE THESE INSTRUCTION

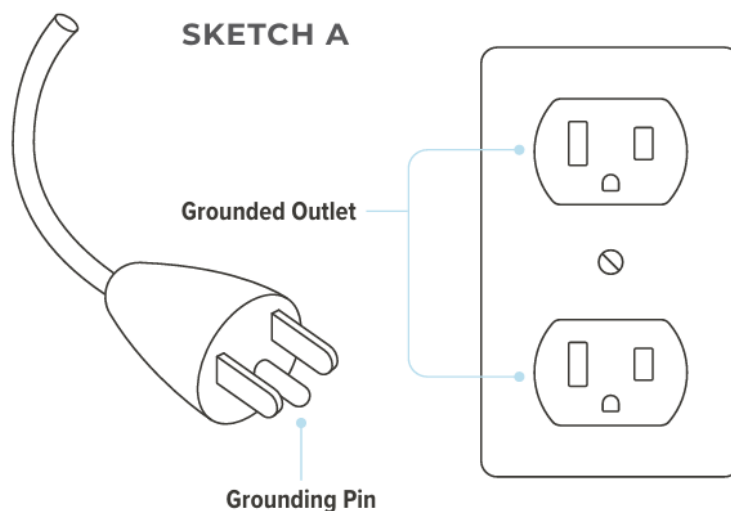
USE GUIDE

- Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
- Ensure the stair mill stable on the ground before use.
- Check if its function normal or not before running.
- Stand on the middle of the step when the stair mill starts.
- Attach the safety key to your clothes when stepping to control any emergency.
- Press “start” button to get the stair mill started.
- Before the formal workout, users shall use level 1 to do the trial climbing training to adapt to the stair mill running mode, so to ensure the safety of the exercise!
- The user can adjust the speed according to their own needs. For safe use, it is suggested that the new beginner shall speed up slowly to adapt to the workout, so as to avoid unnecessary injuries caused by over speed.
- ONLY FOR ONE PERSON. Overload not allowed.

- After workout, pull out the safety key or press “stop” button to get it stopped.
- After workout, remember to turn off the power and pull out the plug.
- When you have workouts on the stair mill, if you feel uncomfortable, please stop to run immediately and consult doctors.
- When you are assembling or running the machine, please ensure no person or pets around it.

GROUNDING INSTRUCTIONS

- This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
- **DANGER-** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet installed by a qualified electrician.
- This product is for use on nominal 120-V circuit, and has a grounding plug that looks like the plug illustrated in sketch A in below picture. The adaptor is not allowed for use.



DANGER !

To reduce accidents or do harm to any others, check following rule.

- ◆ Ensure zipping up before running.
- ◆ Don't wear the clothes, which is easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ Keep children away from the treadmill.
- ◆ If anything goes wrong, you can make push-up on the handlebar, leave both leg from the running belt, and jump from outside the treadmill.
- ◆ Cut off the power before moving the treadmill.
- ◆ Don't open motor and roller cover unless professional technician.
- ◆ This machine is used under 10A circuit.
- ◆ Make sure that only one person at a time uses the fitness device.
- ◆ The treadmill HRC devices is not professional medical devices, and may not be as exact as medical devices, its results are for reference only.

Stop exercising immediately, should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

INAPPROPRIATE USER

Following patients under treatment need to get use of the treadmill after approval of professional doctor.

- ◆ The person with backache or used to get hurt in the leg, waist, neck.
- ◆ The patient with arthritis deformans, rheumatism or gout.
- ◆ The patient with osteoporosis.
- ◆ The patient with a bad circulatory system like heart disease, vascular disorders and vascular hypertension.
- ◆ The patient with respiratory disturbance.
- ◆ The patient with Artificial heart rhythm problem.
- ◆ The patient with malignant tumors.
- ◆ The patient with thrombosis.
- ◆ The patient with diabetes-caused perceptual disturbance.
- ◆ The person with skin injury.
- ◆ The patient with a high fever above 38° C.
- ◆ The person with bent back bone.
- ◆ The person with pregnancy or in (menstrual) period.
- ◆ The person feels uncomfortable.
- ◆ The person sleeps badly.

PROHIBITION

Don't use treadmill in following cases, or it will lead to fire or get damaged.

- ◆ Do not use the machine when some cover or inner component is not complete
- ◆ Do not jump on or jump off the treadmill
- ◆ Do not use or place it outdoors or rainy or humid environment.
- ◆ Do not use or place it under strong sunlight or high-temperature environment.
- ◆ Do not use when there is damage or loose to the power cord or socket

- ◆ Do not twist or damage the power cord or put something heavy on it .
- ◆ Do not use by two persons at the same time. Keep other people far away from it.
- ◆ Do not let the disabled or somebody who cannot operate the machine to use .
- ◆ Do not dismantle the machine personally.

Attention!

- ◆ Do not take strong exercise if you are a lazy fitter on common days .
- ◆ Do not work out just after meal or when you feel tired , flaccid or uncomfortable.
- ◆ Do not use it when you are drunk .
- ◆ Do not use when your pocket is full of hard things.
- ◆ Do not have any dust, waste, and water on the power plug.
- ◆ Do not use with damp hands.
- ◆ Do not pull out or plug in the power cord, otherwise you can be hurt or get an electric shock.

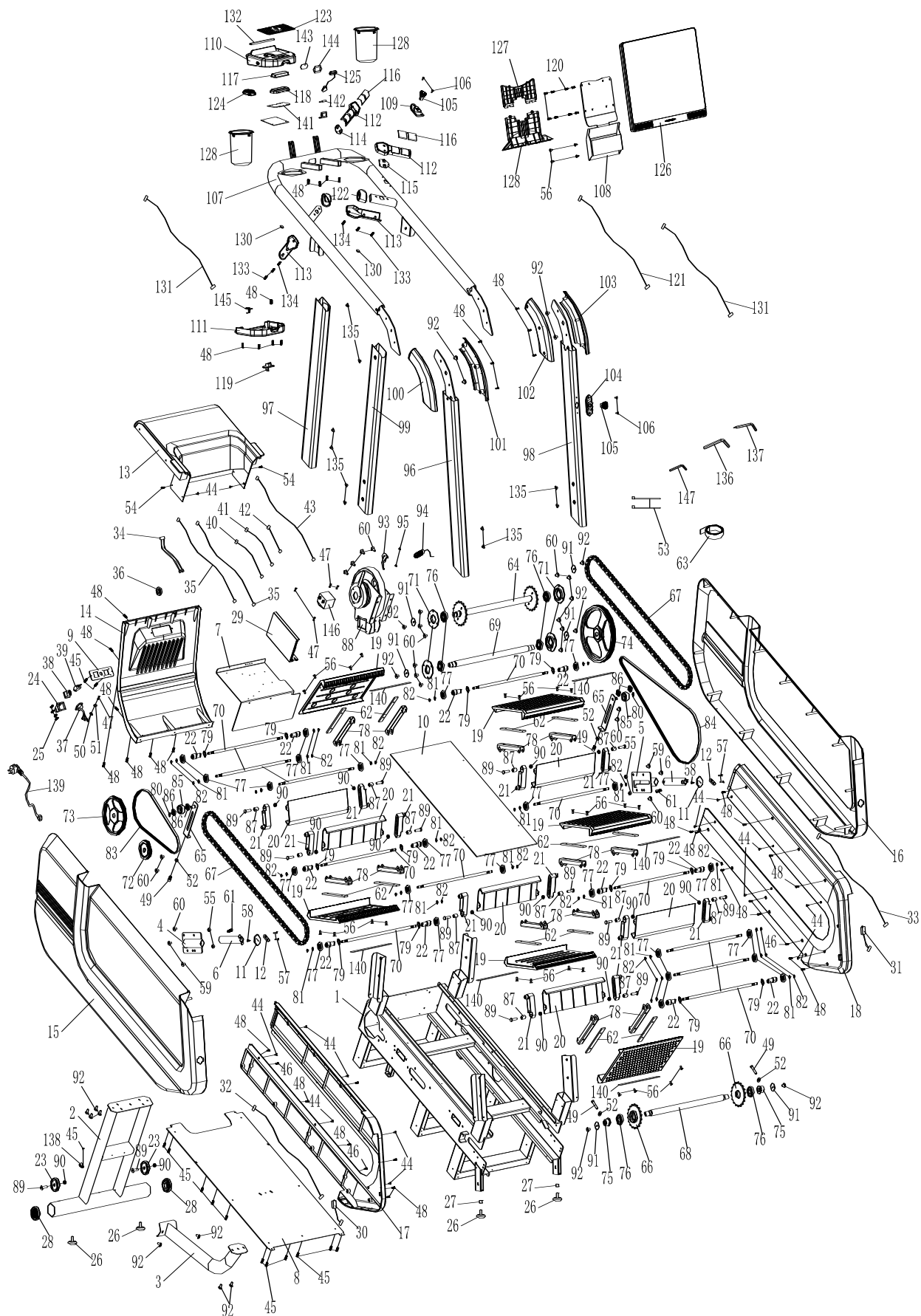
PLUG OUT TIPS

In following cases, please pull out the power cord from the socket, otherwise can lead to fire as dust and humidity will get the power cord insulation worse OR you can be hurt or get an electric shock.

- ◆ The machine is not used
- ◆ When the machine is under maintenance
- ◆ Can not start or appear abnormal
- ◆ Have the power failure.
- ◆ When you are plugging out, don't hold the power cord only. You should hold the power cord head and then plug out.

- ◆ The machine shall be grounded to get less electric shock as grounding provide narrowest channel to the resistance. Please follow local rule to assemble the socket and plug in a proper way. Or you can consult a professional technician. Adaptor socket is not allowed.

EXPLODED DRAWING



EXPLODED DRAWING CHART

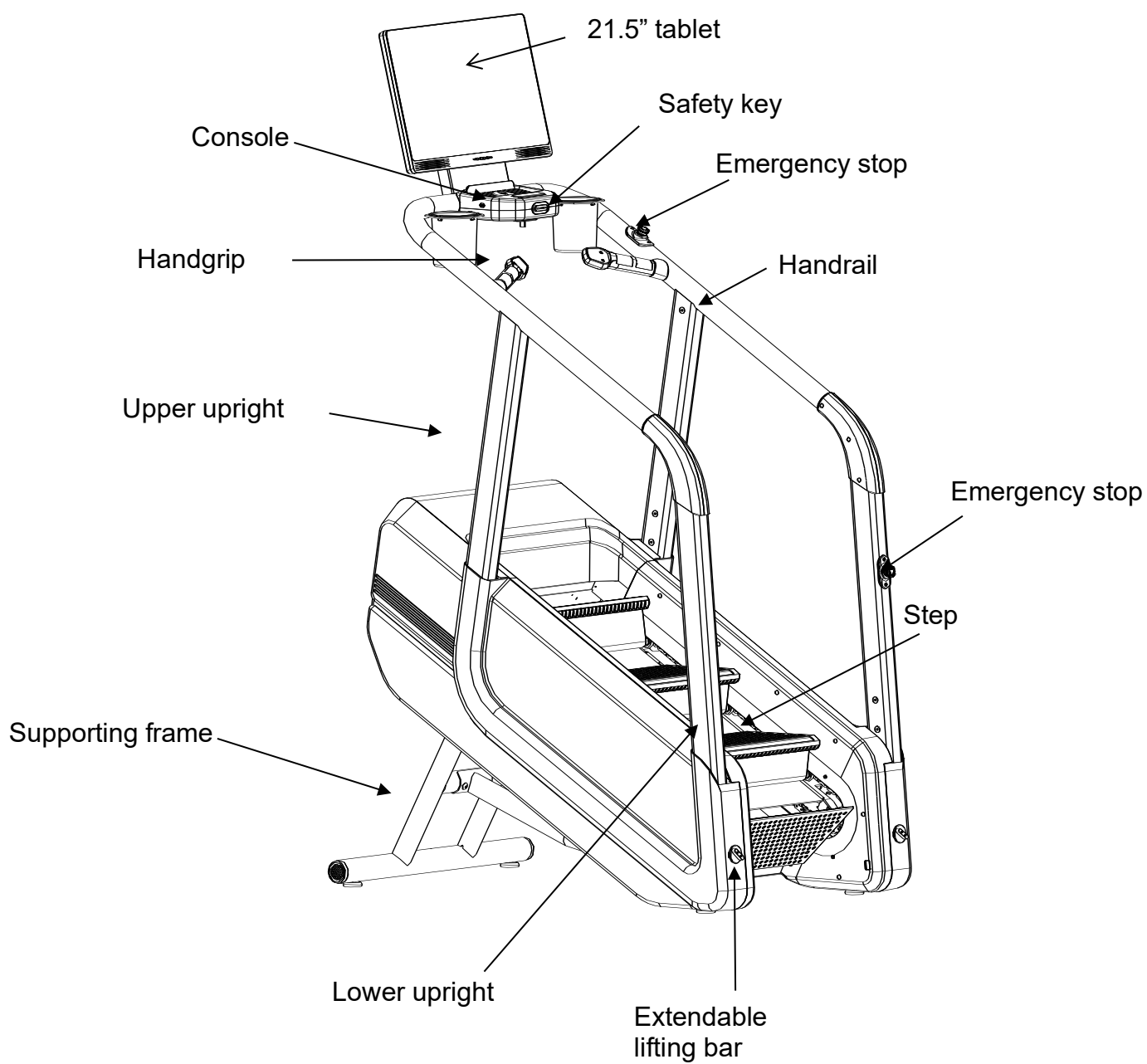
NO	Description	Specification	QTY
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1	Main frame		1
2	Supporting frame		1
3	Connecting frame		1
4	Fixing plate to left handle		1
5	Fixing plate to right handle		1
6	Extendable lifting bar		2
7	Controller fixing plate		1
8	Bottom plate		1
9	Switch piece		1
10	Step partition		1
11	Handle stopper		2
12	Handle block		2
13	Main frame upper cover		1
14	Main frame lower cover		1
15	Left outer cover		1
16	Right outer cover		1
17	Left inner cover		1
18	Right inner cover		1
19	Step		6
20	Step cover		6
21	Step connecting bracket		12
22	Step gap sleeve		12
23	Wheel		2
24	Power cord socket		1
25	Philips full thread bolt	M3×10	4
26	Foot pad	Φ47×10.5×M10×22	4
27	bushing	Φ14×Φ10.5×10	2
28	Round pipe plug	Φ55×19.5	2
29	Controller		1
30	Sensor transmitter		1
31	Sensor receiver		1
32	Sensor receiving wire	LT03TB/L=1500mm	1
33	Sensor transmitting wire	LT03TB/L=1500mm	1
34	Sensor adapter wire	LT03TB/L=150mm	1
35	Emergency stop wire	LT03TB/L=1500mm	2
36	Choke	Φ31×Φ19×t16	1
37	Removed cable socket		1
38	Power switch		1
39	Reset Switch		1
40	Power connection cable	L-500mm/(red)	1
41	Power connection cable	L-500mm/(black)	1
42	Power connection cable	L-100mm/(red)	1
43	Communication line	L-1500mm	1
44	Philips full thread bolt	M4×12	14
45	Philips full thread bolt	M4×10	23
46	Philips pointed full thread bolt	M4×16	6
47	Philips full thread bolt	M4×10	5
48	Philips self-tapping bolt	ST4×16	48
49	Allen full thread bolt	M8×65	4
50	External serrated locking washer	Φ5	1
51	Elastic gasket	Φ5	1
52	Hex nut	M8	4

53	Zip ties	3×100	10
54	Philips self-tapping bolt	ST4×10	4
55	Sleeve	Φ14×Φ8×10	4
56	Allen full thread bolt	M6×15	28
57	Philips full thread bolt	M4×30	4
58	Philips full thread bolt	M4×8	2
59	Allen full thread bolt	M8×20	4
60	Allen full thread bolt	M8×10	22
61	Allen full thread bolt	M8×15	2
62	Step EVA	t3.0×155×25	12
63	EVA rubber pad	t1.0×30×4000	0.35
64	Rear sprocket		1
65	Pressure roller bracket		2
66	Front sprocket		2
67	Step chain		2
68	Front axle		1
69	Central axis		1
70	Step shaft		12
71	Bearing seat		4
72	Small transmission wheel	Φ75×Φ42×Φ17×23.5	1
73	Middle transmission wheel	Φ153×Φ42×Φ17×23.5	1
74	Large transmission wheel	Φ222×Φ42×Φ17×26	1
75	Bushing		2
76	Deep groove ball bearing	6004ZZ	6
77	PU wheel set	Φ35.7×13	24
78	Step fixing clamp ring		12
79	External Circlips	Φ15	12
80	External Circlips	Φ10	2
81	External Circlips	φ8	12
82	External Circlips	φ7	12
83	Motor belt	330JP6	1
84	Motor belt	550JP6	1
85	Pressure roller	Φ38×22	2
86	Deep groove ball bearing	6000ZZ	4
87	bushing	Φ14×Φ8.2×25	12
88	Magnetic reluctance device		1
89	Allen pan head half thread bolt	M8×40×20	14
90	Hex lock nut	M8	14
91	Flat washer	Φ8×Φ30×t3.0	5
92	Allen full thread bolt	M8×15	29
93	Sensor bracket		1
94	Proximity Sensor		1
95	Philips pan head full thread bolt	M5×6	2
96	Left lower upright		1
97	Left upper upright		1
98	Right lower upright		1
99	Right upper upright		1
100	Left upright cover-L		1
101	Left upright cover-R		1
102	Right upright cover-L		1
103	Right upright cover-R		1
104	Upright emergency stop trim cover		1

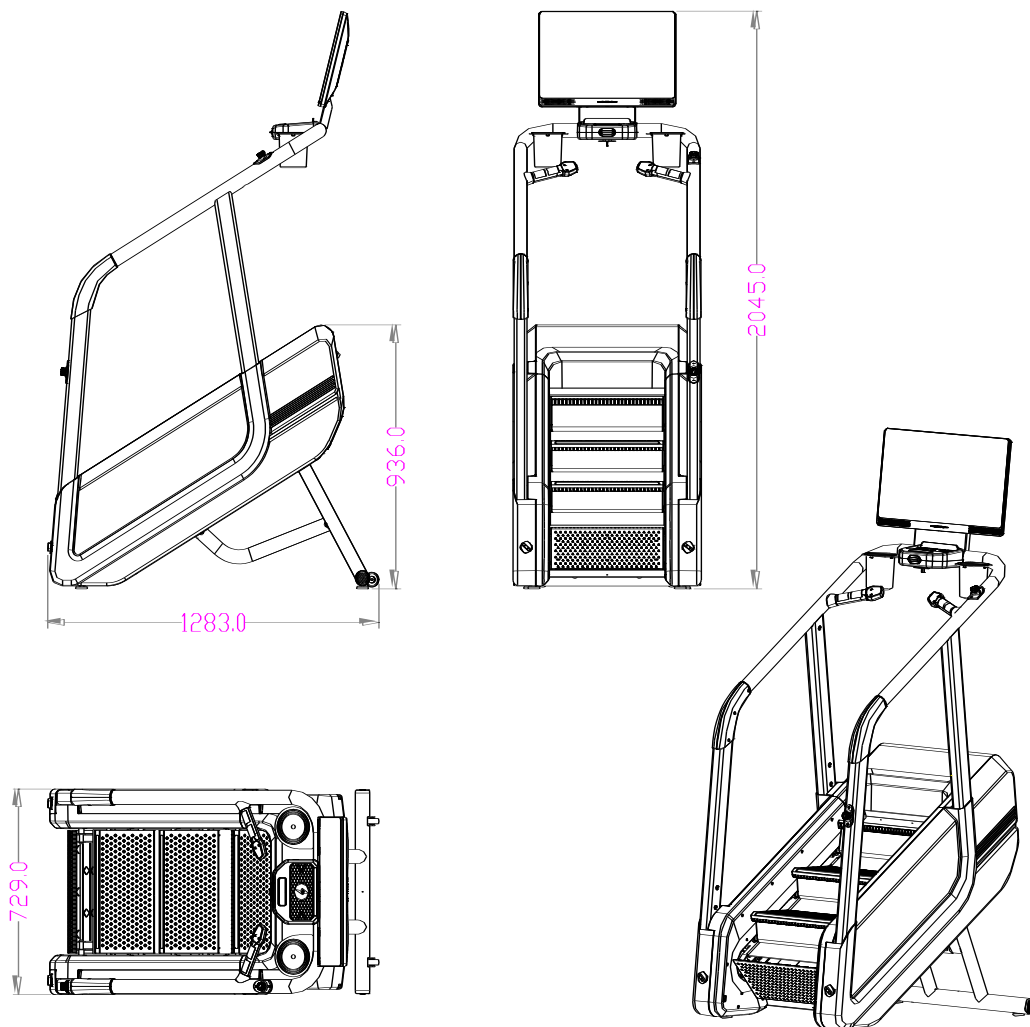
105	Emergency stop switch		1
106	Philips self-tapping screw	ST4×15	4
107	Handrail		1
108	Tablet bracket		1
109	Handrail emergency stop trim cover		1
110	Upper console cover		1
111	Lower console cover		1
112	Upper handgrip cover		2
113	Lower handgrip cover		2
114	Start/Stop handgrip button		1
115	Level+/- handgrip button		1
116	Hand pulse sensor		4
117	One key stop button		1
118	Button socket		1
119	Safety lock clip		1
120	Philips pan head full thread bolt	M4 x 10	8
121	Communication wire	L-1000mm	1
122	Handgrip trim cover		2
123	Wireless charging pad		1
124	Wireless charging raised part		1
125	Safety key with clip		2
126	21.5" tablet		1
127	Rear upper cover		1
128	Rear lower cover		1
129	Water cup		2
130	Hole plug	Φ20	2
131	Handgrip wire	L-700mm	2
132	EVA sticker for iPad holder	t5.0×170×12	1
133	Philips pan head self-tapping screw	ST3×25	4
134	Philips pan head self-tapping screw	ST3×15	2
135	Allen full thread bolt	M8×12	10
136	L-shaped wrench	6×35×80	1
137	L-shaped wrench	5×35S×85	1
138	Wire clamp	3/8(UC-2)	1
139	Power cord	3×1.318mm ² ×2500(16#)	1
140	Step sticker	t1.0×399×13mm	6
141	Button PCB	t1.0×117×63mm	1
142	Reed switch		1
143	Safety key socket	t1.0×52×18mm	1
144	Safety key ring sticker		1
145	Type-C charging module		1
146	Filter		1
147	L-shaped wrench	4×30×80	1

STAIRMILL STRUCTURE



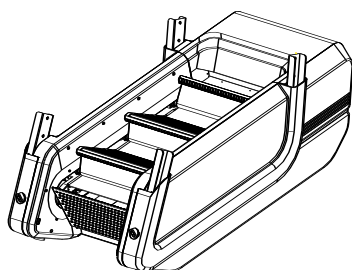
TECHNICAL INFORMATION

Product size	1283*729*1984mm
Step size	435*230*150mm
Speed level	1-15level (14-140pace/min)
Effective step	3

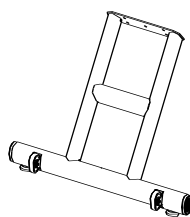


WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

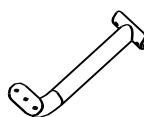
Packing parts



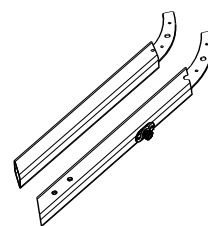
Base



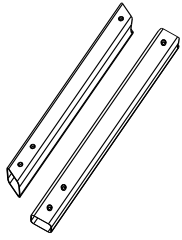
Supporting
frame



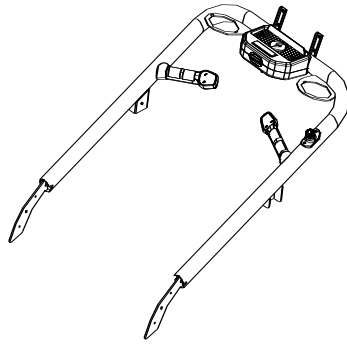
Connecting
frame



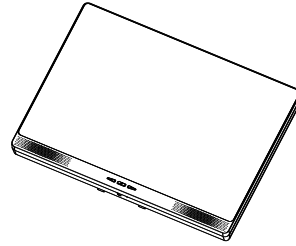
Lower upright



Upper upright



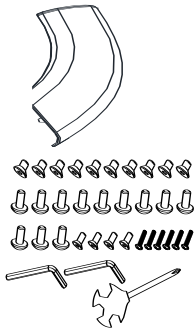
Handrail



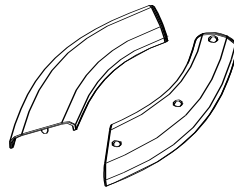
21.5" tablet



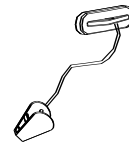
Water cup



Left upright trim
cover (L R)

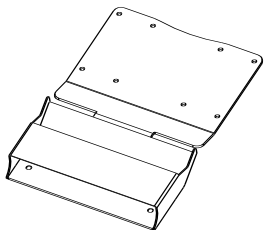


Right upright trim
cover (L R)

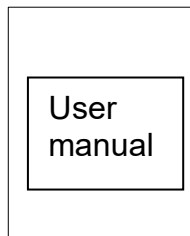


Safety key

Hardware
pack

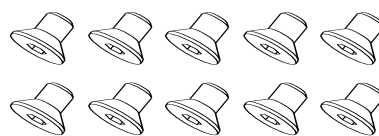
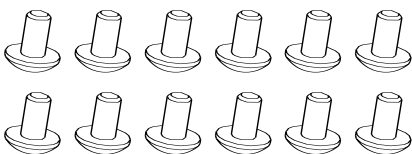


Tablet bracket

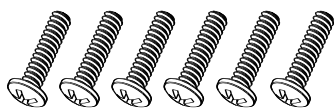


User manual

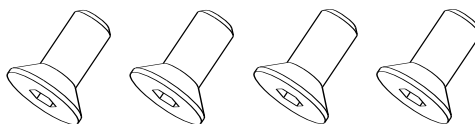
Hardware kit



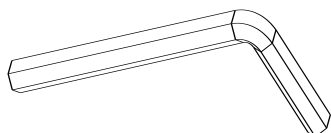
Allen full thread bolt (M8x15) 12ea



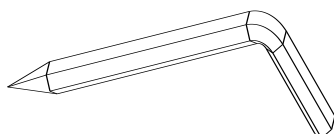
Allen full thread bolt (M8x12) 10ea ↑



Philips self tapping bolt (ST4x16) 6ea



Allen full thread bolt (M6x15) 4ea



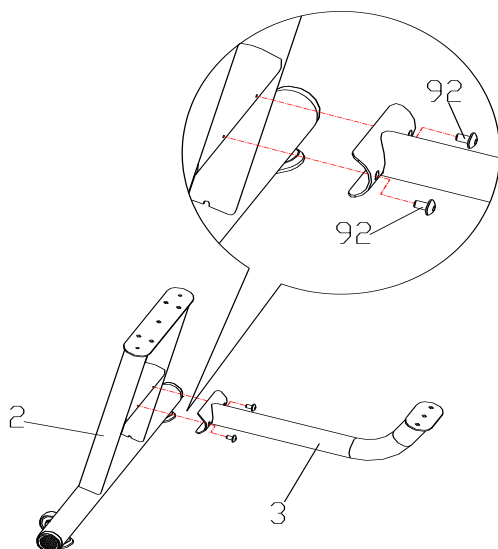
L-shaped wrench
(6×35×80) 1ea

L-shaped wrench
(5×35×85S) 1ea

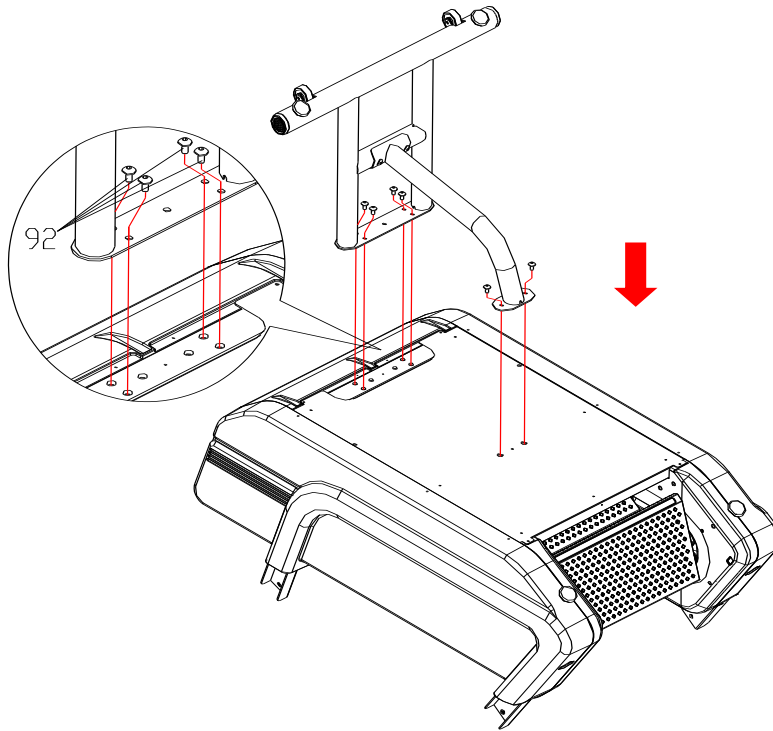
L-shaped wrench
(4×30×80) 1ea

ASSEMBLY INSTRUCTION

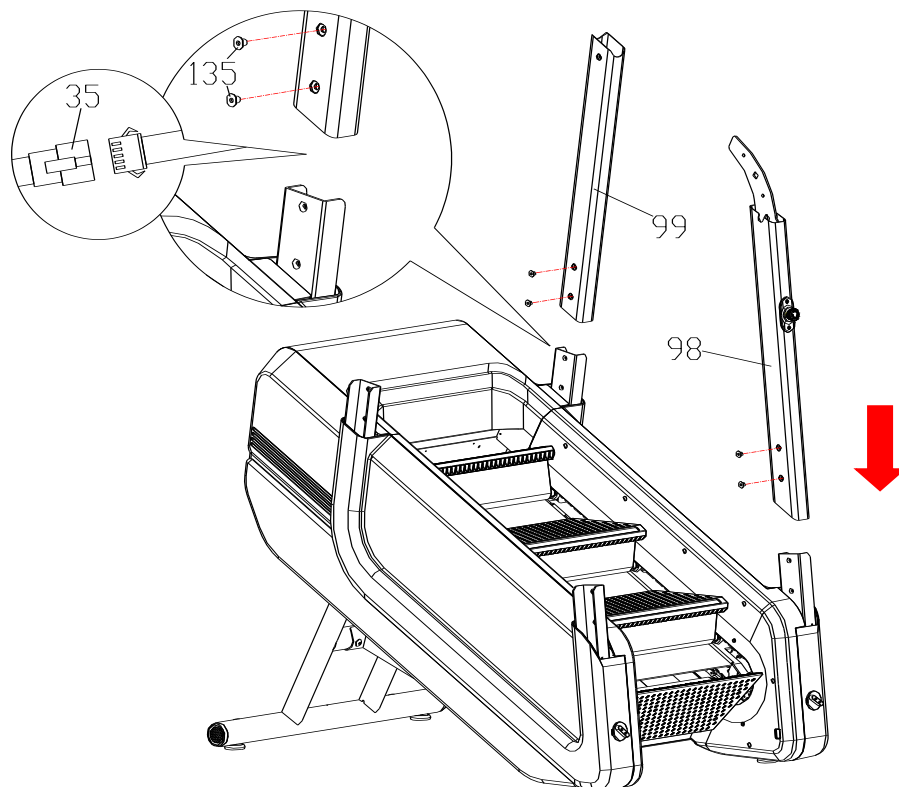
NOTE: During assembly, don't lock all screws tight firstly.
When all parts are completely assembled, lock all screws tight.



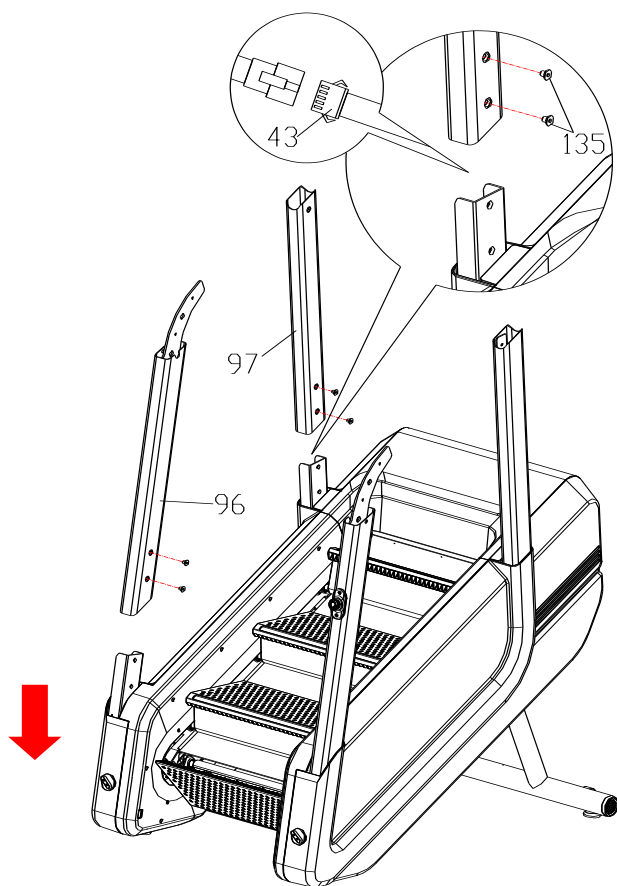
Step 1: Organize all materials well according to the packing list, place the supporting frame (2) on a flat and stable ground, and attach it to the connecting frame (3) by 2ea M8 x 15 allen full thread bolts (92) from hardware kit.



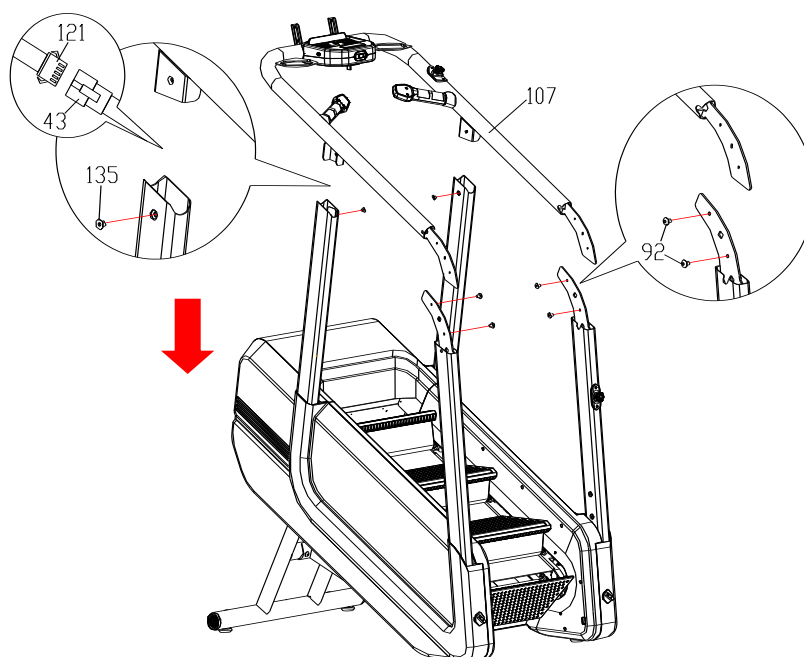
Step 2: Turn the base upside down and fix the supporting frame assembly onto the base by 6ea M8 x 15 allen full thread bolts (92) from hardware kit.



Step 3: Take out the right upper and lower upright (98, 99), firstly connect the emergency stop wire (35) and thread it well as picture shown, then insert both uprights into the clamp rings by fixing 4ea M8 x 12 allen full thread bolts (135) separately (do not tighten the bolts yet.)



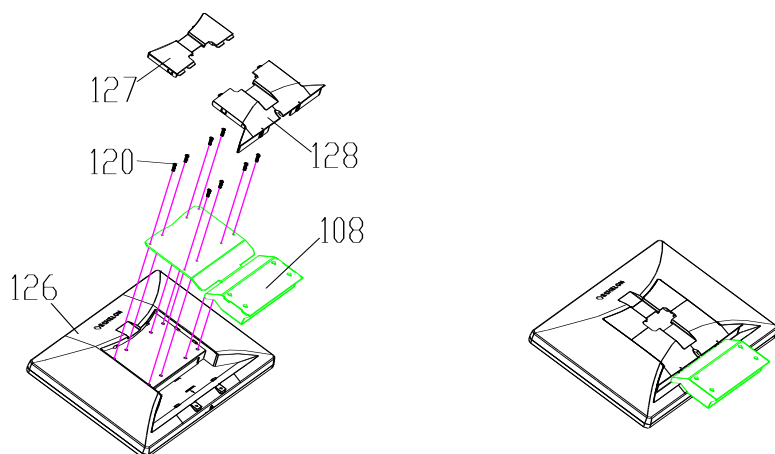
Step 4: Take out the left upper and lower upright (96, 97), firstly connect the communication line (43) and thread it well as picture shown, then insert both uprights into the clamp rings by fixing 4ea M8 x 12 allen full thread bolts (135) separately (do not tighten the bolts yet.)



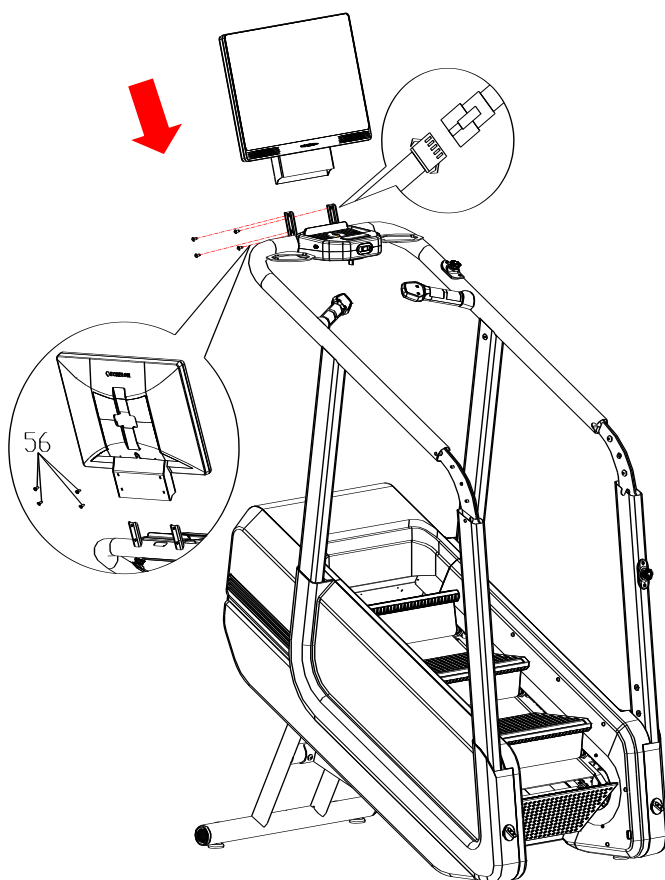
Step 5: Take out the handrail (107), connect the communication line and the handrail emergency

stop wire well, attach the handrail onto both upper and lower upright, as picture shown, by fixing 2ea M8 x 12 allen full thread bolts (135) on the upper upright, while another 4ea M8 x 15 allen full thread bolts (92) on the lower upright (do not tighten the bolts yet)

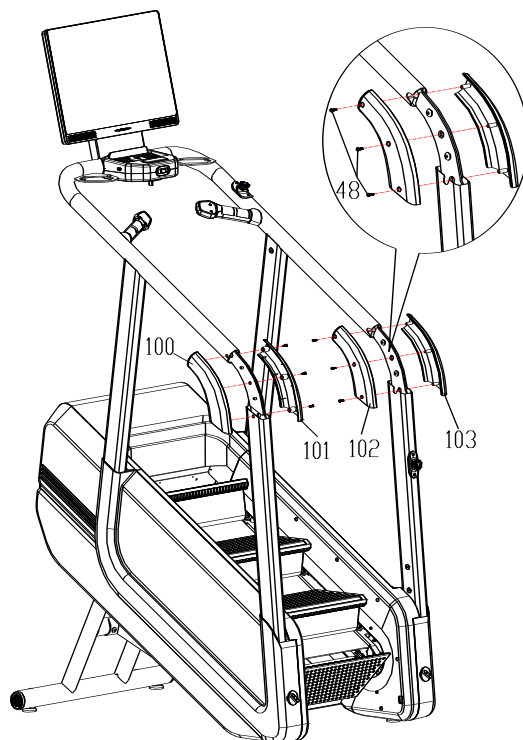
Note: Attaching handrail to inner side of lower uprights will make Step 8 impossible to complete



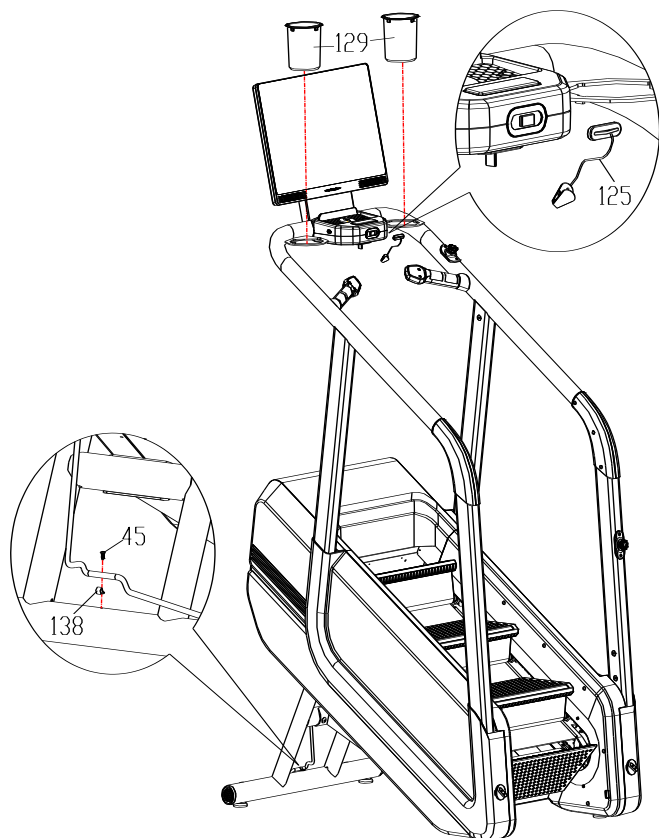
Step 6: take out the 21.5" tablet from box, and put it on level surface, remove the rear upper & lower cover (127,128), then remove 8 bolts (120) from the tablet; Attach the tablet bracket (108) onto the tablet, fix the bolts and the rear cover again.



Step 7: Take out the 21.5" tablet, connect the communication wire well, before insert it into the handrail, as picture shown, and fix them by 4ea M6×15 allen full thread bolts (56) (do not tighten the bolts yet.)



Step 8: Attach the left and right upright inner and outer covers (100,101,102,103) onto both lower uprights by 6ea ST4 x 16 phillips self-tapping screws (48) .



Step 9: Remove the wire clamp (138) from the supporting frame, insert power cord in and lock it, then put the water cup (129) on water bottle. Finally, check and tighten all bolts, so to ensure that all fasteners are secure. Insert the safety key (125) and the stair mill installation is complete.

GENERAL FITNESS TIPS

Warm-Up

Do some warm-up for at least 5 to 10 minutes before every exercise.

Breathe

Make sure you breathe regularly, properly and calmly when exercising.

Exercise Frequency

It should have 48 hours of rest for the same muscles.

Load

Do exercise as per your own condition, can enhance exercise force step by step .In the beginning ,it's normal to get aching pain of muscles. This pain can be removed in the late phase.

Relax

Remember to have some relax at least 5 minutes to do some stretch after running.

Drink and Meal

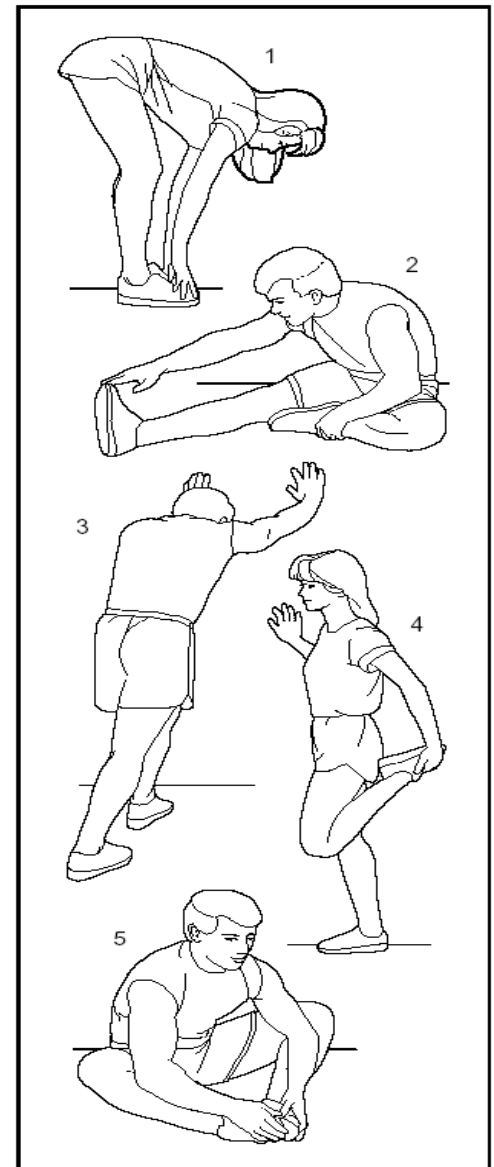
Start running on the treadmill after 1 hour of your meal.
And you can start your meal after half an hour of finishing exercise. Drink less water and no large drink when running.

Stretching Exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

1. TOUCH TOES

Bend your trunk slowly forwards and try to touch your



feet with your hands. Reach down as far as possible to your toes. Maintain this position for 10-15 seconds if possible and relax. Repeat three times. See pic.1

2. EXERCISES FOR THE KNEES

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull you 10-15 seconds if possible. Repeat three times for each leg .See pic.2

3. EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 10-15 seconds if possible. Repeat this exercise 2 times for each leg. See pic.3

4. EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 10-15 seconds if possible and repeat this exercise 2 times for each leg. See pic.4

5. INSIDE UPPER THIGH

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 10-15 seconds if possible. Repeat this exercise 3 times for each leg. See pic.5

CONSOLE KEYPRESS INSTRUCTION



NOTE: Start/stop, level +/- toggle key will switch position in new version

PRODUCT USE

CONTROL BUTTON DEFINITION

START:

- “Start” buttons are located on main console above safety key and on **right** handle.
- Press “Start” button to begin exercise after a 3 second countdown.
- After the countdown has finished, the stairmill will start moving and the LED will turn Red.

STOP:

- “Stop” buttons are located on main console above safety key and on **right** handle.
- Press “Stop” button to temporarily stop the exercise (Pause Status).
- Speed goes to zero and Stairmill will slow down then stop. LED will change to Green.

SPEED (**LEFT** HANDLE):

- Speed can be adjusted on **left** handle.
- Press + to increase speed; press – to decrease speed (speed range: 15 Levels // 14 - 140 pace per min)

PRODUCT FEATURES

SAFETY KEY:

When safety key is pulled out, stairmill stops with flashing Red LED; when safety key is inserted, press Start key to restart the workout.

SAFETY SENSOR:

- The safety sensor prevents use for any weight under 77 lbs (+ or - 11 pounds). An individual over 77 lbs must be standing on the Stairmill for it to begin moving. **IMPORTANT NOTE:** An individual under 77 lbs can activate the Stairmill by applying enough force (e.g. jumping, falling, or carrying heavy objects). Care should ALWAYS be taken with children and pets.
- Safety sensors on the inner bottom of the stairmill will cause the unit to stop immediately when triggered while in use. To resume use once safety sensors have been triggered, properly mount the stairmill and press "Start" once in position.

HAND PULSE:

Place both hands on hand pulse monitors. Once pulse is detected, it will appear in the tablet. (Note: This value is not to be used as medical data, only for workout reference.)

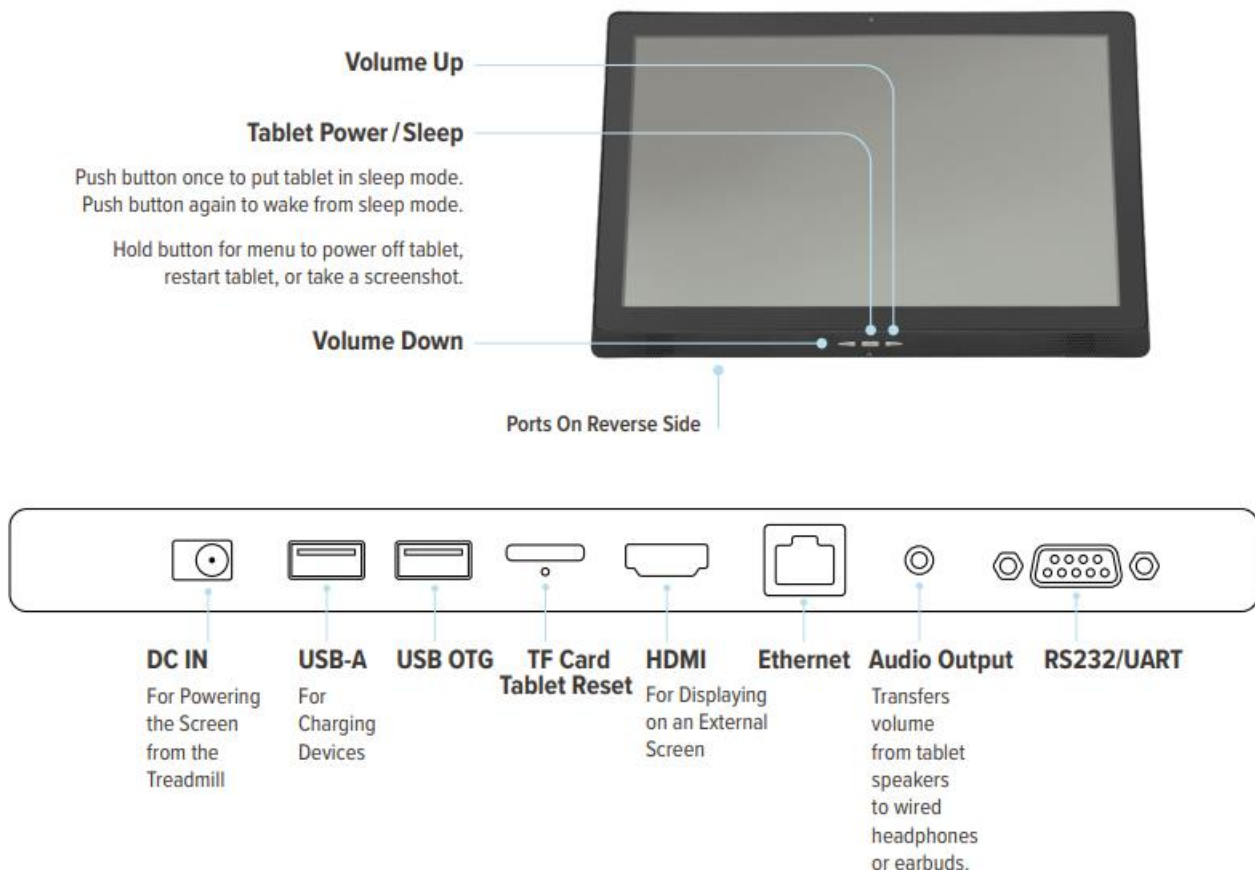
WIRELESS CHARGING DOCK:

Place phone with wireless charging capability on wireless charging dock to charge. Note: some phone cases may impede wireless charging. Remove case to charge.

EMERGENCY STOP:

There are two emergency stop buttons: one on the right side of the handrail, and one on the right lower upright. Press to immediately stop the stairmill. To resume use of the stairmill, rotate the emergency stop clockwise.

Screen specification



PRODUCT USE



Connecting to the Commercial Echelon Fit® App

IMPORTANT***If commercially activating more than one unit. Power up one unit, activate it, power down. Repeat on subsequent units having only the unit that you are currently activating powered up.

1. Connect to the internet.
2. The tablet will prompt for an update. Please accept the update.
3. Once the update is complete, please follow all of the steps on the tablet.
 - a. Language, timezone, etc.
4. The screen will ask to connect to the serial number. Please select the correct serial number (the serial number can be found on the base of the unit on a sticker).
5. A firmware update will become available. Please accept the update.
 - a. If an error appears stating the update cannot continue on a hardwired connection, please unplug the USB cable plugged into the ECHL port on the back of the screen and tap "ok" on the error message.
6. Once the update is complete, the screen will ask to restart the tablet. Please tap "Restart".
 - a. If the UART Cable was unplugged from the back of the screen in order to continue with the firmware update, please plug the UART cord back into the RS232/UART port.
7. A residential Login screen will appear. "Go to Commercial Activation" will sit at the bottom of the screen. Please tap "Go to Commercial Activation".
8. Please enter the activation code that was provided to you by your sales rep.

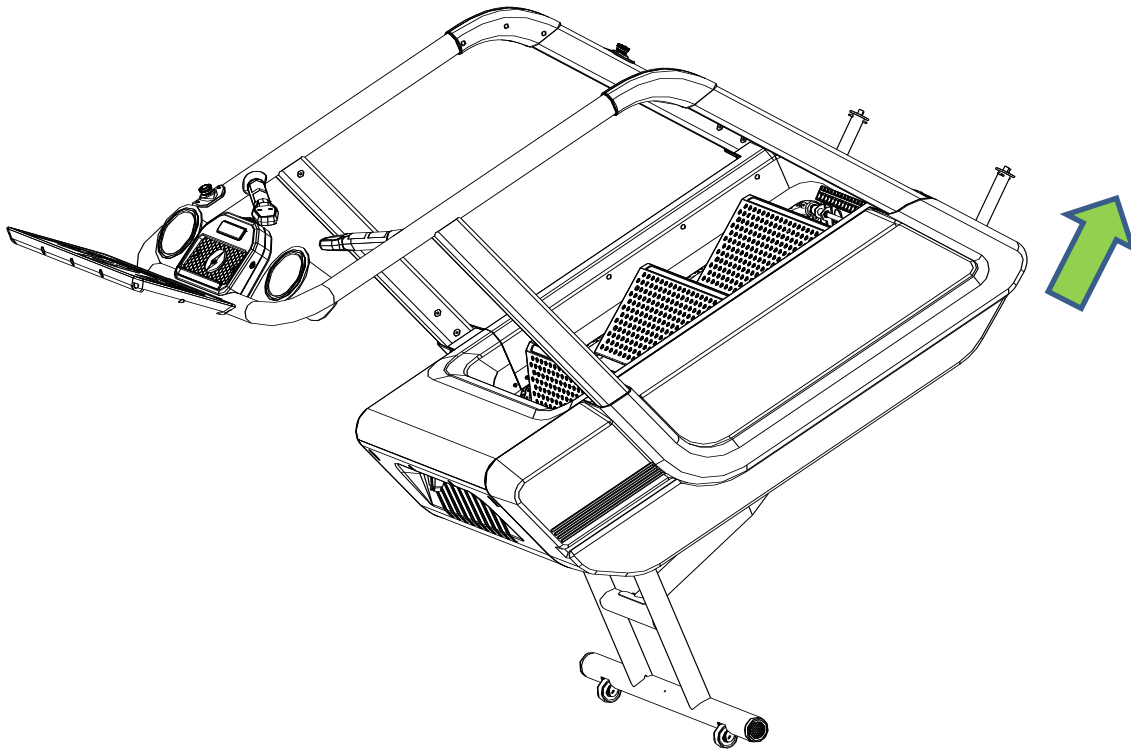
Using instruction:

Stair mill moving:

Please ensure below before moving:

- 1: the power is off;
- 2: the plug has been pulled out from the socket;

Take out and grab the extendable lifting bar by both hands by tilting up 30~40°, move the stair mill slowly, as below picture.



HOW TO USE THE PRODUCT

- 1, Turn the power on, keep the stair mill at level and stable ground and check if normal function.
- 2, Attach the safety key to your clothes by clips.
- 3, Check and ensure proper function and stability before use. The stairmill won't activate running if lower than 35KGS, for keeping children safety; before starting the stairmill, stand on the 2nd step and hold the handrail; when starting, one hand hold the stairmill, while the other hand press the one start/stop key, or Start key at handgrip, the stairmill will run at initial speed level 1; after adapting to the stairmill speed, the user can adjust the speed slowly by pressing up/down key at handgrip.
- 4, During workout, you can press up/down key at handgrip to get your speed, or the 4 quick speed key at console (the higher level, the faster the speed). It's suggested to speed up slowly to adapt to the speed, so to avoid accidents
- 5, Press Stop key to stop the stairmill immediately; the stairmill is configured with sensor at inner bottom, when user come down suddenly to reach the sensor position, it will trigger stop for safety; when return to the stairmill again, press start key, and the stairmill will run at initial speed level 1.
- 6, Heart rate testing: After the stairmill is powered on, hold your hands on the hand pulse, then you can see PULSE value on the display window.

NOTE:

- a. When the safety key is fallen off, the stairmill will stop immediately, and show error code --;

- b. There are two emergency stop key, one at the handrail, one at the upright; the user can press to stop for safety; Turn clockwise to release the key to resume stairmill workout.

STAIRMILL MAINTENANCE

1, Lubrication

After the machine is used for a period of time, there may be grease oxidation and accumulation of stains on the chain and the sprocket. It is recommended to clean it regularly and change the oil!

2, Note: Regular cleaning of belt and pulley groove cleaning

LED panel error code

APP Display	LED display	Description	Sending frequency	Trouble shooting
AA	All window show " - - - "	SAFE KEY Pulled out	Continue. Will not stop until the safety key is plugged.	Plug the safety key back.
A1	Time window shows A1	Upper and lower communication fails.	Continue. Stairmill will be disabled to use till troubleshooting is done	A1 Error If the LED panel displays "A1" after running, it is a communication failure. Possible reasons: 1. The communication between the controller and the LED panel is blocked. Check the connection between the LED panel and the lower controller communication line to ensure that each core is fully inserted. 2. Check whether the connection cable between the LED panel and the controller is damaged, and replace the connection cable. 3. Check whether the communication line of the LED panel or the controller is damaged. If damaged, replace the LED panel or controller.
F02	Time window shows F02	EMS Magnetic reluctance device is not detected.	Continue. Stairmill will be disabled to use till troubleshooting is done.	After the operation, if the LED panel displays "F02", replace the controller. Check whether the cables are good connected.
F05	Time window shows	EMS Magnetic reluctance	Continue. Stairmill will be	After the operation, if the LED panel displays "F05", replace the

	F05	device drive overcurrent fault	disabled to use till troubleshooting is done.	controller. Check whether the cables are good connected.
F06	Time window shows F06	The infrared sensor is blocked	When receiving F06 ,it will switch to PAUSE function; when the block is removed for 5s, the ERROR code will be gone, and press START key to continue workout.	
F08	F08 at the time window	EMS magnetic resistance is locked for safety during maintenance or repairs	Continuate. stairmill will be disabled to use till troubleshooting is done	After operation, if the console displays "F08", check whether the red handle on the EMS magnetic resistance is pulled up for locked.Unlock the red handle bar

Customer Service

Echelon Fitness Multimedia
605 Chestnut St. | Suite 700 | Chattanooga TN 37450

Questions or Concerns

Our members are our priority! If you require assistance or have concerns, please contact our customer service team.

(423) 455-8989

cs@echelonfit.com



Submit a Request: