



echelon[®]

STRENGTH
CABLE CROSSOVER PRO

INSTRUCTION MANUAL



FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

15.21

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

15.105(A)

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at their own expense.

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.

Indoor use only

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 undesired 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 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.

Indoor use only

WARNING LABELS



! WARNING / AVERTISSEMENT / ADVERTENCIA

**DO NOT OPEN
RISK OF ELECTRIC SHOCK**

To prevent electric shock, do not remove the cover or screws. No user serviceable parts inside. Refer servicing to qualified personnel.

**NE PAS OUVRIR
RISQUE DE CHOC
ELECTRIQUE**

Para evitar descargas eléctricas, no retire la cubierta ni los tornillos. En el interior no hay piezas que el usuario pueda reparar. Consulte el servicio a personal calificado.

**NO ABRIR
RIESGO DE SHOCK
ELECTRICO**

Para evitar descargas eléctricas, no retire la cubierta ni los tornillos. En el interior no hay piezas que el usuario pueda reparar. Consulte el servicio a personal calificado.



! WARNING / AVERTISSEMENT / ADVERTENCIA

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

All warnings and instructions must be read and followed. For consumer/institutional fitness equipment, notice shall also be given to refer to the owner's manual for additional warnings and safety information.

The stationary exercise equipment should only be used after a thorough review of the operation manual (consumer stationary exercise equipment) or under the direct supervision of a trained instructor (institutional stationary exercise equipment).

This equipment operates with very high-powered motors up to 220 lbs. / 100 kg. Negligence is not an excuse for understanding your physical limitations with the equipment. Know your limits and practice safe workout etiquette always when using the equipment.

Please keep away from moving parts at all times. Contact with moving parts may result in serious injury.

Visit <https://echelonfit.zendesk.com/hc/en-us> for more information.

Set up and operate stationary exercise equipment on a solid level surface.

Care should be taken while operating the stationary equipment.

Never hang from the pulleys of the equipment.

Failure to maintain and care for the equipment could result in serious injury to the user and damage to critical components of the equipment if neglected.

Disconnect all power before servicing the equipment (if applicable).

Always service the equipment to the maintenance guidelines as stated in the owner's manual.

When Stopping/Pausing A Workout

Wait 5 seconds for the upper locking pin to disengage the column before pulling lower pin to adjust arm.

**Lors de l'arrêt/de la pause
d'un entraînement**

Attendez 5 secondes pour la goupille de verrouillage supérieure pour dégager la colonne avant de tirer goupille inférieure pour ajuster le bras.

**Al detener o pausar
un entrenamiento**

Espera 5 segundos para que el pasador de bloqueo superior para desengancha la columna antes de tirar pasador inferior para ajustar el brazo.

echelon
CABLE CROSSOVER PRO

Echelon Fitness Multimedia, LLC
602 Chestnut Street, Suite 700, Chattanooga, TN 37404
1-833-937-2453 / 1-423-402-9010

Model / Modèle / Modelo: ECH-STCROSS-22
FCC ID: 2AWD4-STCROSS22 IC: 26147-STCROSS22
Made in China / Fabriqué en Chine / Hecho en China
Max. Load Capacity / Capacité de charge maximale /
Capacidad de carga máxima: 300 lbs / 136 kg

Input / Entrée / Entrada: AC100-220V - 50/60Hz
Power / Alimentation / Potencia: 3000W
CAN ICES-3 (B)/NMB-3(B) HVIN: 1.0

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 ne peut pas provoquer d'interférences nuisibles, 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 puede causar interferencias dañinas, y (2) este dispositivo debe aceptar cualquier interferencia recibida, incluida las interferencias que pueden causar un funcionamiento no deseado del dispositivo.

YWWW

For institutional use.

SERIAL # BARCODE

SERIAL #

Usage Institutional.

Use Institutional.



Intertek

RISQUE DE BLESSURE CORPORELLE. EMPÊCHEZ L'ACCÈS À L'APPAREIL AUX ENFANTS DE MOINS DE 13 ANS.

Tous les avertissements et les instructions doivent être lus et suivis. Pour les appareils de remise en forme destinés à un usage privé/professionnel, les utilisateurs doivent être également invités à se reporter au manuel d'utilisation pour les avertissements et les consignes de sécurité supplémentaires.

L'appareil stationnaire ne doit être utilisé qu'après avoir lu attentivement le manuel d'utilisation (appareils stationnaires destinés au grand public) ou sous la surveillance directe d'un instructeur formé (rameurs stationnaires destinés aux professionnels).

Cet appareil est doté de moteurs très puissants pouvant atteindre 220 livres (100 kg). Il est important de bien connaître vos limites physiques lorsque vous utilisez l'appareil. Il est également important de ne pas aller au-delà de ses limites et de toujours respecter les consignes de sécurité lorsque vous utilisez l'appareil.

Veillez rester toujours à distance des pièces en mouvement. Tout contact avec des pièces en mouvement comporte un risque de blessure grave.

Allez sur <http://echelonfit.zendesk.com/hc/en-us> pour en savoir plus.

Réglez et utilisez l'appareil de remise en forme stationnaire sur une surface stable et plane.

L'appareil stationnaire doit être utilisé et manipulé avec précaution.

Ne manipulez jamais les poulies de l'équipement.

Si vous ne prenez pas soin de votre appareil et que vous ne l'entretenez pas, vous vous exposez à un risque de blessure grave et les pièces ou composants de l'appareil pourraient être endommagés ou présenter un dysfonctionnement en cas de négligence.

Mettez l'appareil hors tension avant de procéder à l'entretien ou à une réparation (le cas échéant).

Veillez à toujours vous référer aux consignes décrites dans le manuel de l'utilisateur pour réaliser l'entretien de l'appareil.

RIESGO DE LESIONES PERSONALES. MANTENGA A LOS NIÑOS MENORES DE 13 AÑOS ALEJADOS DE LA MÁQUINA.

Deben leerse y seguirse todas las advertencias e instrucciones. En el caso de los equipos de fitness para el consumidor/institucional, también se debe consultar el manual del propietario para obtener advertencias e información de seguridad adicionales.

El equipo de ejercicio estacionario solo debe usarse después de una revisión exhaustiva del manual de operación (equipo de ejercicio estacionario para el consumidor) o bajo la supervisión directa de un instructor capacitado (equipo de ejercicio estacionario institucional).

Este equipo opera con motores de muy alta potencia hasta 220 lbs. / 100 kg. La negligencia no es excusa para comprender sus limitaciones físicas con el equipo. Conozca sus límites y practique la etiqueta de entrenamiento seguro siempre que use el equipo.

Manténgase alejado de las piezas móviles en todo momento. El contacto con las piezas móviles puede provocar lesiones graves.

Visite <http://echelonfit.zendesk.com/hc/en-us> para más información.

Instale y opere el equipo de ejercicio estacionario en una superficie sólida y nivelada.

Se debe tener cuidado al operar el equipo estacionario.

Nunca lo maneje desde las poleas del equipo.

En caso de descuido, la falta de mantenimiento y cuidado del equipo podría provocar lesiones graves al usuario y daños a los componentes críticos del equipo.

Desconecte toda la energía antes de reparar el equipo (si corresponde).

Siempre de servicio al equipo según las pautas de mantenimiento que se indican en el manual del propietario.



CONTENTS

▲ IMPORTANT SAFETY INSTRUCTIONS	7
PARTS LIST	11
ASSEMBLY	12
TOUCHSCREEN OPERATION	18
MODES	20
Standard	21
Eccentric	22
Isokinetic & Elastic	23
TRAINING RESULTS	24
STRENGTH TEST	25
EQUIPMENT INTRODUCTION	27
CARE & MAINTENANCE	28
ERROR CODES	30
CUSTOMER SERVICE	31

IMPORTANT SAFETY INSTRUCTIONS

The manufacturer recommends placing the Echelon® Strength Cable Crossover Pro in a space where you have the following minimum clearance dimensions for safe use of the Echelon Strength Cable Crossover Pro:

- The minimum clearance area behind the Echelon Strength Cable Crossover Pro is 2.0 m (78.7 in) × the width of the machine. This area must be free of any and all obstructions.
- The minimum clearance area on each side of the Echelon® Strength Cable Crossover Pro is: 500 mm (19.7 in).

While cleaning your Echelon® Strength Cable Crossover Pro, use a soft rag with mild detergent or water to wipe down the machine. Do not use corrosive chemical liquids which may damage the exterior components of unit.

ONLY use a cleaning agent that is approved for computer displays and touchscreens on the integrated tablet.

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

Read all instructions before using the Echelon® Strength Cable Crossover Pro.

FOR COMMERCIAL AND HOUSEHOLD USE.

SAVE THESE INSTRUCTIONS.

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. For best machine performance keep the Echelon® Strength Cable Crossover Pro on a dedicated 15amp circuit.
2. 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.
3. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
4. 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.**
5. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
6. Connect this appliance to a properly grounded outlet only. See Grounding Instructions on page 12.
7. 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.
8. Do not carry this appliance by supply cord or use cord as a handle.
9. Keep the cord away from heated surfaces.
10. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
11. Never drop or insert any object into any opening.
12. Do not use outdoors.



IMPORTANT SAFETY INSTRUCTIONS (CONT'D.)

13. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

14. 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® Strength Cable Crossover Pro, 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® Strength Cable Crossover Pro.

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

- ALWAYS use the Echelon® Strength Cable Crossover Pro on solid, level ground and in a well-lit and ventilated area.
- ALWAYS check the Echelon® Strength Cable Crossover Pro for wear or loose components before use.
- NEVER use the Echelon® Strength Cable Crossover Pro if it is not properly / completely assembled or is damaged in any way.
- NEVER allow children or pets to play on or around the Echelon® Strength Cable Crossover Pro during operation. This helps protect them from injury from moving parts.
- ALWAYS set the Echelon® Strength Cable Crossover Pro up properly for your specific body type.
- NEVER use the Echelon® Strength Cable Crossover Pro when sick or fatigued.
- ALWAYS warm up / stretch before starting exercise.
- 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 accessories.
- 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® Strength Cable Crossover Pro again.
- ALWAYS wear proper attire and footwear that fully covers your feet. Do not wear loose or dangling clothing while using the Echelon® Strength Cable Crossover Pro. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- ALWAYS keep hands away from moving parts and ensure that hands are safely placed on handlebars during use.

- ALWAYS ensure that the weight pin is fully inserted before use. Do not use nonmanufacturer-provided weight pins to avoid injury.
- ALWAYS check cables to ensure they are properly placed on pulleys before use and pay attention to ends of cables.
- ALWAYS use the provided weight devices or those provided by the manufacturer when using the equipment. Do not add weight to the equipment with other unauthorized means.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the Echelon® Strength Cable Crossover Pro and will affect the warranty of the Echelon® Strength Cable Crossover Pro.
- ALWAYS ensure that the Echelon® Strength Cable Crossover Pro 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® Strength Cable Crossover Pro, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

This safety information and user manual do not replace the need to be alert and to use common sense when using the Echelon® Strength Cable Crossover Pro!

Avoid any chemicals (cleaning or otherwise) that could degrade nylon when sanitizing the equipment. Including, but not limited to, any solutions containing the following chemicals: Citric Acid, Acetic Acid, Alcohols, Calcium Chloride, Hypo Chlorite, Bromine Liquids, Diacetone & other derivatives.

When not using the Echelon® Strength Cable Crossover Pro, unplug the unit and store the plug in a hard-to-reach area away from children or mentally handicapped individuals.



IMPORTANT SAFETY INSTRUCTIONS (CONT'D.)

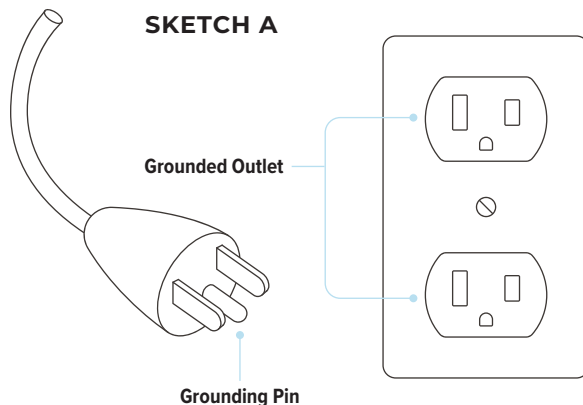
GROUNDING INSTRUCTIONS

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.

- a. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

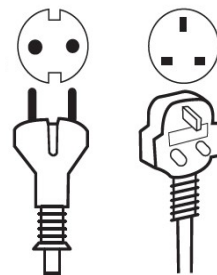
For use in the USA, products are designed to operate on a nominal 120-V circuit and have a grounding plug that looks like the plug illustrated in sketch A. For use in the EU and UK, products are designed to operate on a nominal 220-V circuit and have a grounding plug that looks like the plug illustrated in sketch B. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



SKETCH B

**Standard EURO/UK
Voltage**
220 - 240 VAC

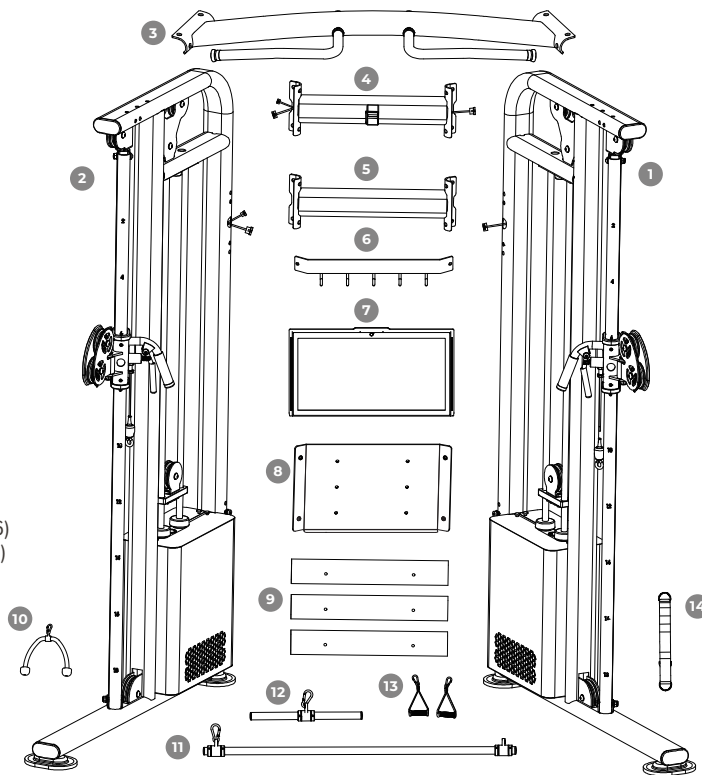
**Standard EURO/UK
Frequency**
50 HZ



INCLUDES

1. Right Frame
2. Left Frame
3. Crossbeam
4. Upper Connecting Frame
5. Lower Connecting Frame
6. Accessory Rack
7. Touchscreen
8. Counterweight Mount
9. Counterweight (3)
10. Rope Grip
11. Straight Bar
12. Short Straight Bar
13. Handle Grip (2)
14. Ankle Strap

- A. Cylindrical Head Hex Socket Screw M10 x 25 (22)
- B. Phillips Pan Head Fully Threaded Bolt M4 x 45 (2)
- C. Cylindrical Head Hex Fully Threaded Bolt M8 x 20 (6)
- D. Umbrella Head Hex Fully Threaded Bolt M10 x 20 (6)
- E. Spring Washer M10 (28)
- F. Spring Washer M8 (6)
- G. Flat Washer $\varnothing 20 \times \varnothing 10.5 \times 2$ (28)
- H. Flat Washer $\varnothing 16 \times \varnothing 8.4 \times 1.6$ (6)



ASSEMBLY

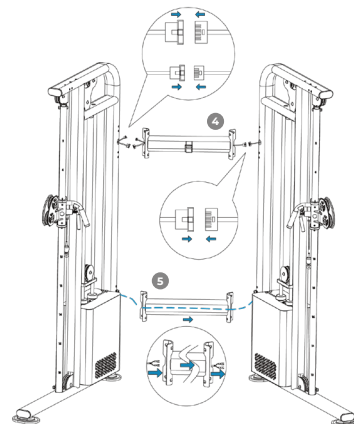
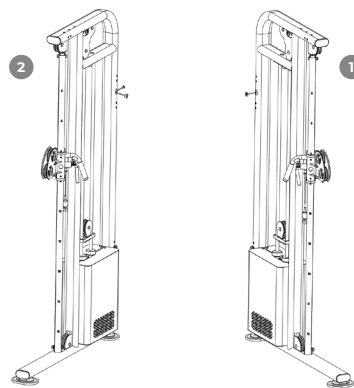
2-3 person assembly is strongly recommended for this product.

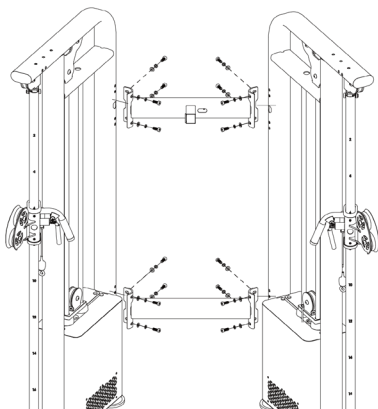
- a. Remove Right Frame (1) and Left Frame (2) from packaging and stand upright in assembly location.
- b. Be sure that frames are positioned as shown in illustration for ease of assembly.

STEP
1

STEP
2

- a. Locate Upper Connecting Frame (4) and Lower Connecting Frame (5).
- b. Connect upper cables of Right Frame (1) and Left Frame (2) to cables of Upper Connecting Frame (4).
- c. Thread lower cable of Left Frame (2) through Lower Connecting Frame and into corresponding hole on lower Right Frame (1).

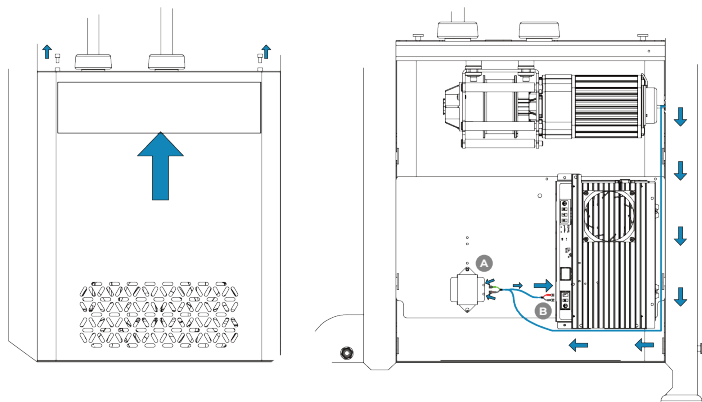




Note: Do not fully tighten screws at this time.

- Being sure not to pinch or damage wires, attach Upper Connecting Frame (4) to Left Frame (2) and Right Frame (1) using 8 Cylindrical Head Hex Socket Screw M10 x 25 (A), 8 Spring Washer M10 (E), and 8 Flat Washer $\varnothing 20 \times \varnothing 10.5 \times 2$ (G).
- Attach Lower Connecting Frame (5) to Left Frame (2) and Right Frame (1) using 8 Cylindrical Head Hex Socket Screw M10 x 25 (A), 8 Spring Washer M10 (E), and 8 Flat Washer $\varnothing 20 \times \varnothing 10.5 \times 2$ (G).

STEP
3



- Remove screws securing outer shell of Right Frame (1).
- Slide outer shell upwards to remove from frame.
- Locate cable threaded into Right Frame (1) in Step 2 and gently pull into place as indicated by arrows in illustration.
- Attach Green/Grey connector couple to illustrated point A.
- Attach Red/Blue connector couple to illustrated point B and tighten screws to complete connection.

NOTE: Red connector corresponds to L, Blue connector corresponds to N.

- Do not reinstall outer shell until assembly is complete and machine is working properly.

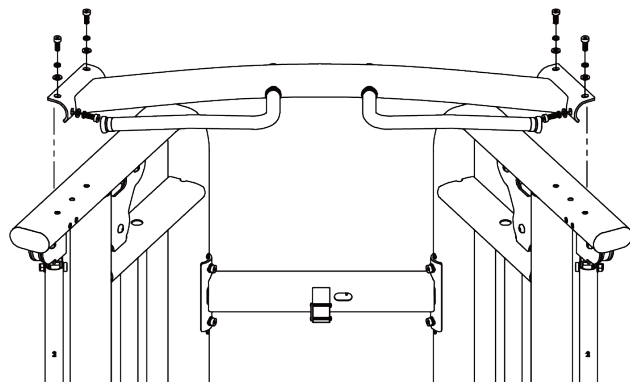
STEP
4

ASSEMBLY (CONT'D.)

Note: Do not fully tighten screws at this time.

- a. Locate Crossbeam (3) and attach to top of Right and Left Frames using 6 Cylindrical Head Hex Socket Screw M10 x 25 (A), 6 Spring Washer M10 (E), and 6 Flat Washer $\varnothing 20 \times \varnothing 10.5 \times 2$ (G).

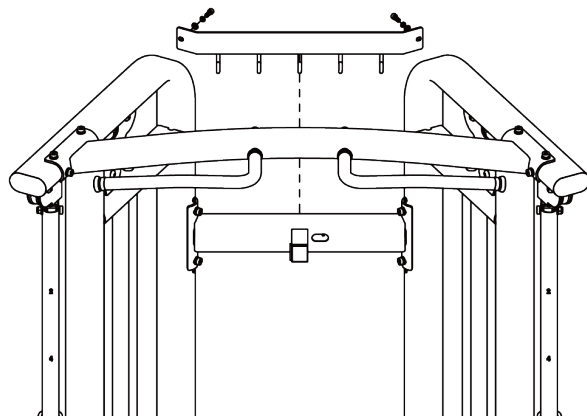
STEP
5

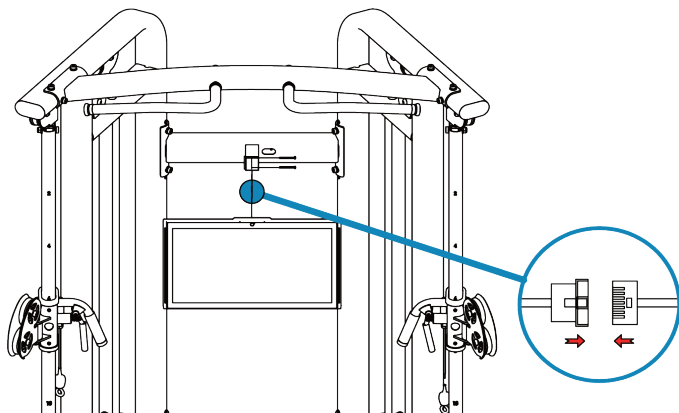


STEP
6

Note: Do not fully tighten screws at this time.

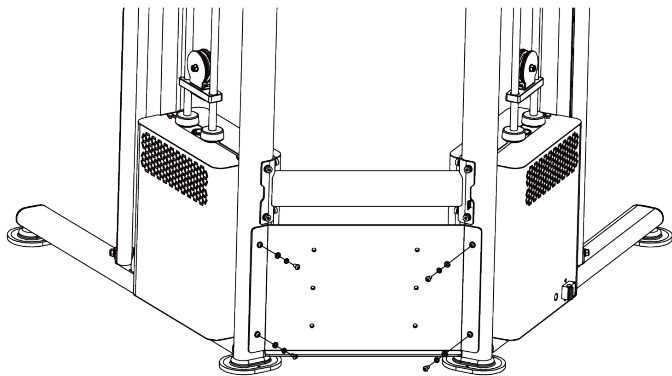
- a. Locate Accessory Rack (6) and attach to back side of Left and Right Frames using 2 Cylindrical Head Hex Fully Threaded Bolt M8 x 20 (C), 2 Spring Washer M8 (F), and 4 Flat Washer $\varnothing 16 \times \varnothing 8.4 \times 1.6$ (H).





- a. Locate Touchscreen (7) and attach connector to Upper Connecting Frame (4) central wire connector.
- b. Attach Touchscreen (7) to Upper Connecting Frame (4) using 2 Phillips Pan Head Fully Threaded Bolt M4 x 45 (B).

STEP
7



- a. Locate Counterweight Mount (8) and attach to bottom of left and Right Frames using 4 Cylindrical Head Hex Fully Threaded Bolt M8 x 20 (C), 4 Spring Washer M8 (F), and 4 Flat Washer Ø16 x Ø8.4 x 1.6 (H).

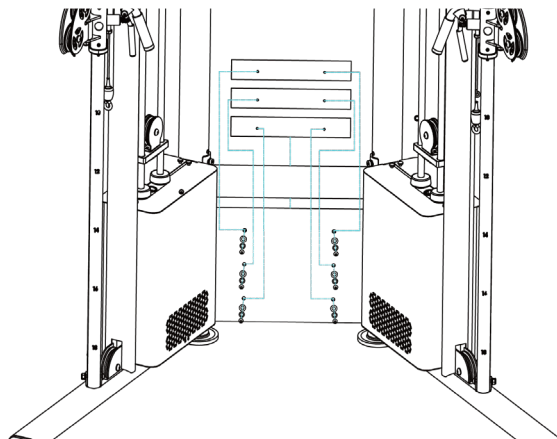
Note: Fully tighten **ALL** screws from **ALL** assembly steps at this time.

STEP
8

ASSEMBLY (CONT'D.)

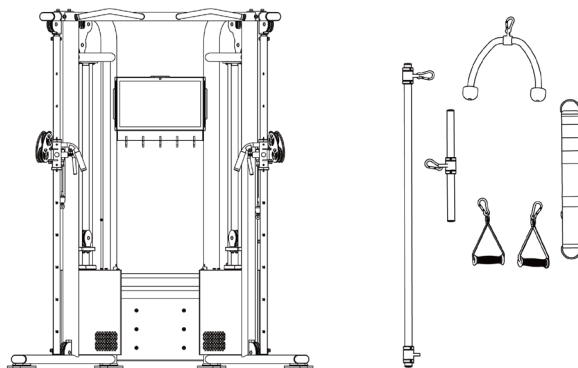
STEP 9

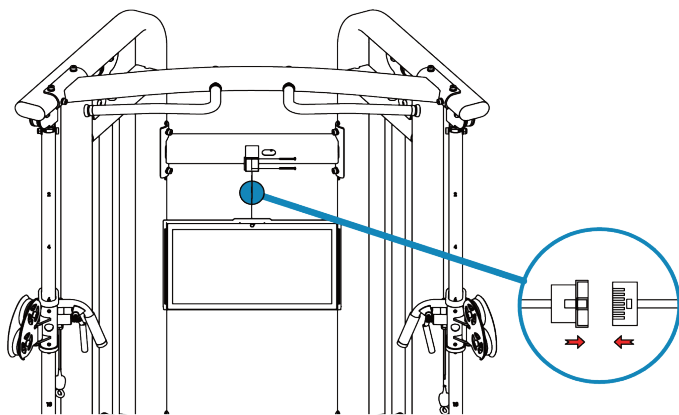
- a. Locate 3 Counterweights (9) and attach to back of Counterweight Mount (8) using 6 Umbrella Head Hex Fully Threaded Bolt M10 x 20 (D), 6 Spring Washer M10 (E), and 6 Flat Washer $\varnothing 20 \times \varnothing 10.5 \times 2$ (G).



STEP 10

- a. Locate accessories: Rope Grip (10), Straight Bar (11), Short Straight Bar (12), 2 Handle Grips (13), and Ankle Strap (14).
- b. Hang accessories on Accessory Rack (6),





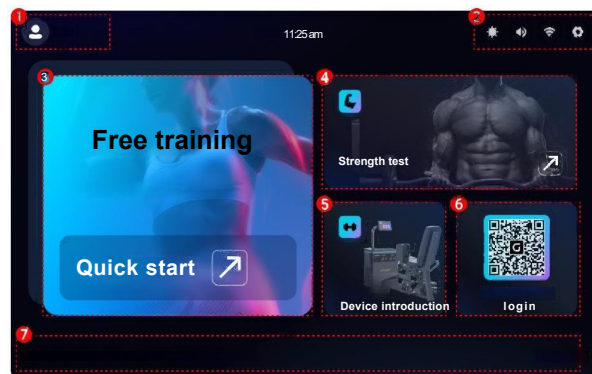
- a. Be sure **ALL** screws are fully tightened and secure.
- b. Plug Cable Crossover Pro into grounded outlet and use power switch to power on.
- c. Check Touchscreen to ensure proper function.
- d. Once proper function is confirmed, replace outer shell of Right Frame to protect electrical components.

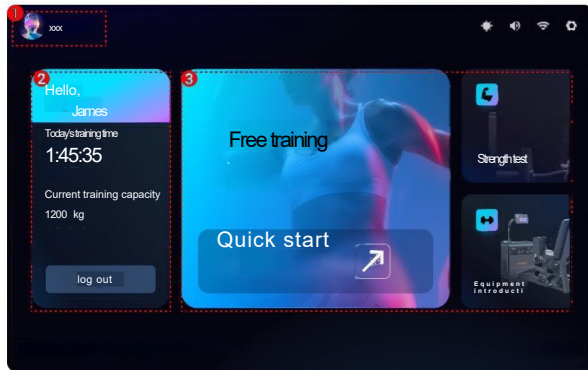
STEP
11

TOUCHSCREEN OPERATION

INTERFACE OVERVIEW

- 1. Login Status:** Default view, no one is logged in, no data is stored.
- 2. Settings:** Swipe down to access adjustment panel for customizations such as brightness, volume, settings, etc.
- 3. Free training:** Tap to enter training mode, resistance setting, and begin training session.
- 4. Strength Test:** Tap to access short test for intelligent evaluation and recommendation of suitable training program.
- 5. Equipment:** Tap to learn more about training muscles and equipment movement details.
- 6. Login Code:** Scan QR code to log in.
- 7. Notification:** Notification portal can be configured to set default introduction language.





USERS LOGIN

Users may scan QR code to log in and upload workout data to cloud when training is completed.

- 1. Login Status:** Top login status will show account name after QR code is scanned.
- 2. Personal Information:** Module displays current logged in user's exercise data such as today's exercise length and volume.
- 3. Scrolling Module:** After log in, module on left displays personal information. Scroll module to display data.

MODES

STANDARD MODE

- **Weight is standard pulling and releasing.**

ECCENTRIC MODE

- **Additional weight when retracting and less weight when pulling**
- **Set weight is the actual weight when cable is retracting and lessens when cable is being pulled out.**
- **Allows heavier muscle stimulation and heavier training weight.**

ISOKINETIC MODE

- **Resistance changes dynamically with applied force.**
- **When sensing exertion of stronger force for faster pull speed, resistance is increased to ensure consistent pull speed and full muscle stimulation.**
- **Intentionally constrains speed to keep movements from becoming erratic and less effective.**

ELASTIC MODE

- **Resistance feel is similar to pulling an elastic band.**
- **Longer pull lengths result in greater resistance**
- **Gear adjustment can vary resistance when pulling to same length.**
- **Levels are similar to standard resistance band color coding.**

INDICATOR DEFINITION

TRAINING TIME: Length of time from beginning to end of session.

REPS: Repetition of training movements completed.

TRAINING CAPACITY: Sum of cumulative weights of each session.

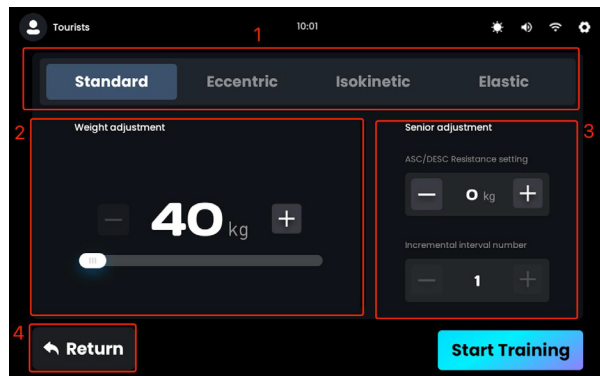
CALORIC EXPENDITURE: Total calorie expenditure from beginning to end of training, including rest and training states.

AVERAGE SPEED: Average displacement velocity (ratio of movement displacement to movement time) used in training to complete the movement.

AVERAGE POWER: Average of power of each training movement (product of training resistance and speed).

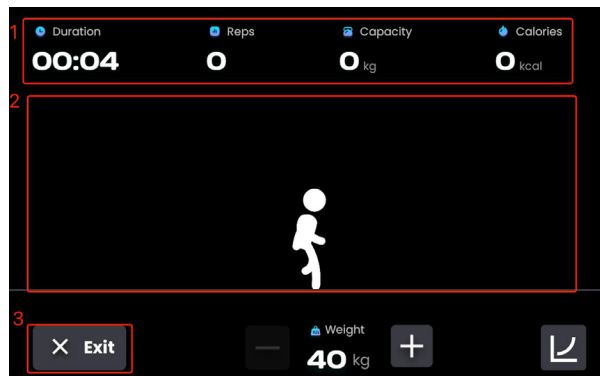
MUSCULAR ENDURANCE RESISTANCE: When you need to increase endurance of muscle training weight, recommended number of repetitions under this weight is 15~20 times.

WEIGHTS FOR MUSCLE BUILDING: When you need to increase muscle dimension or mass of training weight, recommended number of repetitions at this weight is 8 to 12 times.



Weight is standard pulling (concentric) and releasing (eccentric).

1. System defaults to Standard Mode
2. Drag slider to set training resistance or tap +/- buttons. Resistance increases sliding right and decreases sliding left.
3. Advanced settings change increment of resistance change.
4. Tap Back button to return to home page or tap Start to begin session.

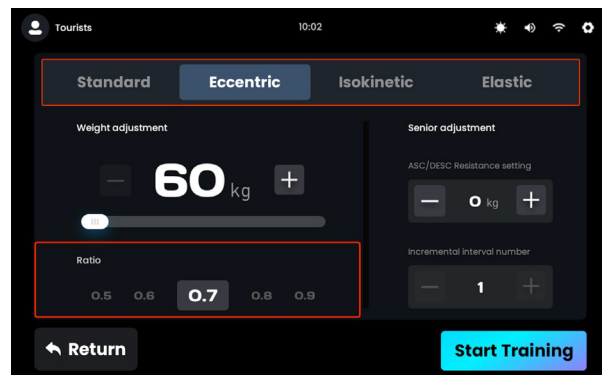


1. Top bar displays current duration, reps completed, capacity of session, and calories burned in real time.
2. Motion track shows figure walking during rest. Figure jumps with each rep completed.
3. Operational controls: Tap +/- to adjust weight. Tap Exit to end session.

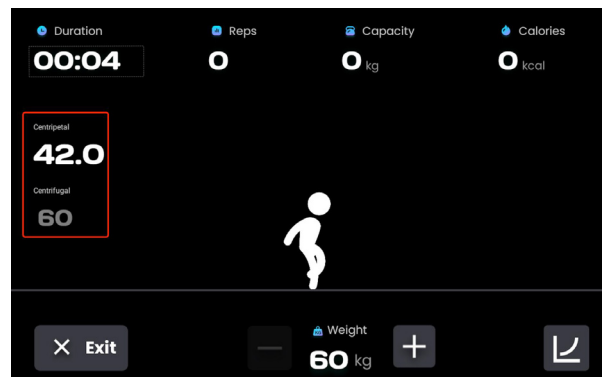
ECCENTRIC MODE

Additional weight when retracting and less weight when pulling.

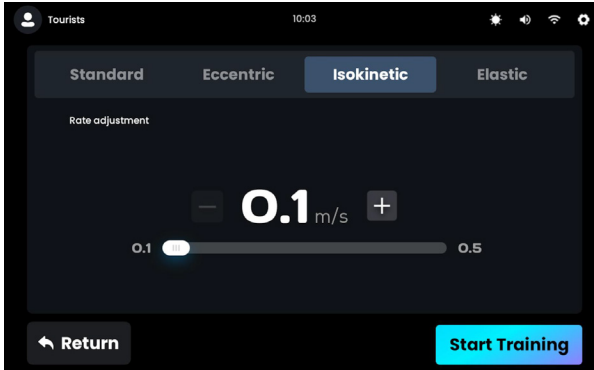
1. Choose Eccentric in top selection bar.
2. Choose eccentric/concentric ratio.
3. Advanced settings change increment of resistance change.
4. Tap Back button to return to home page or tap Start to begin session.



1. Top bar displays current duration, reps completed, capacity of session, and calories burned in real time.
2. Display shows centripetal (pulling) and centrifugal (retracting) resistance during session. Display highlights motion being performed in real time.
3. Motion track shows figure walking during rest. Figure jumps with each rep completed.
4. Operational controls: Tap +/- to adjust weight. Tap Exit to end session.



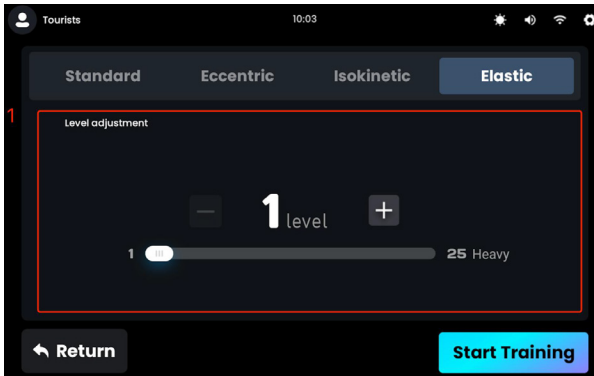
ISOKINETIC & ELASTIC MODES



ISOKINETIC

Resistance changes dynamically with speed of movement.

1. Choose Isokinetic in top selection bar.
2. Drag slider to set resistance speed or tap +/- buttons. Resistance speed increases sliding right and decreases sliding left.
3. Tap Back button to return to home page or tap Start to begin session.



ELASTIC

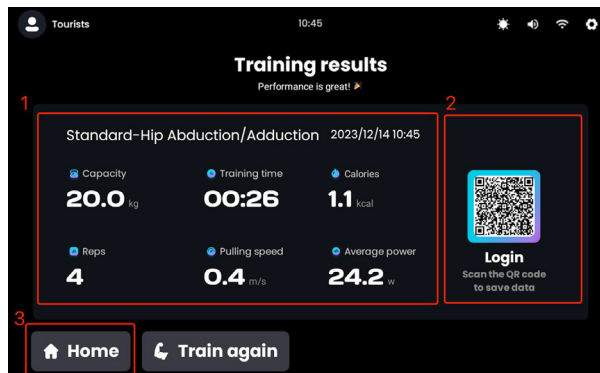
Longer pull lengths and higher gear setting for increased resistance.

1. Choose Elastic in top selection bar.
2. Drag slider to set gear level or tap +/- buttons. Gear level increases sliding right and decreases sliding left.
3. Tap Back button to return to home page or tap Start to begin session.

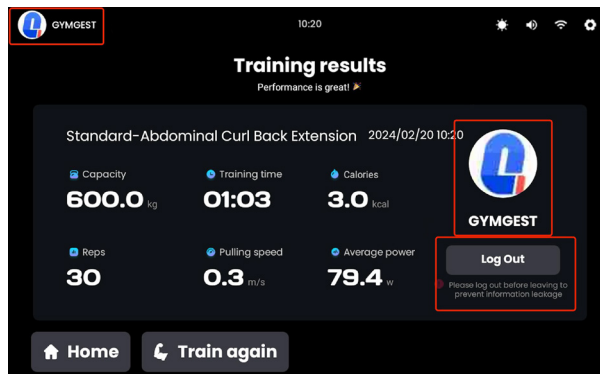
TRAINING RESULTS

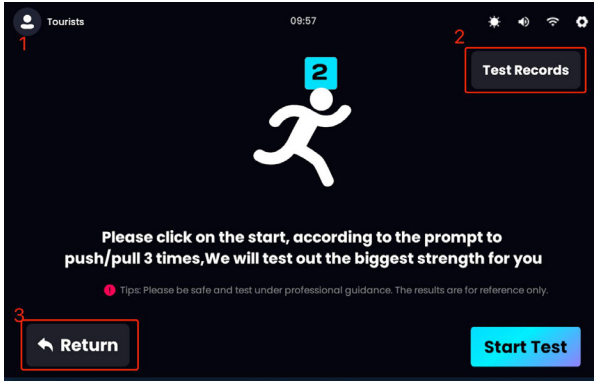
Training results are shown at end of each session.

1. Displays training mode selected, date of session, end time of session, and all session statistics.
2. QR code login to store session data if not already logged in.
3. Return to Home page. Users not logged in will lose session data.



1. When logged in, user's profile photo, nickname, and logout button will display.
2. Tap Log Out to return to home screen. If data upload failed, session data will be lost.





Guided Strength Test evaluates training level

1. Animation shows steps of Strength Test.
2. Test Records shows past Strength Test results if available.
3. Tap Return to go back to Home page.
4. Tap Start to begin test.

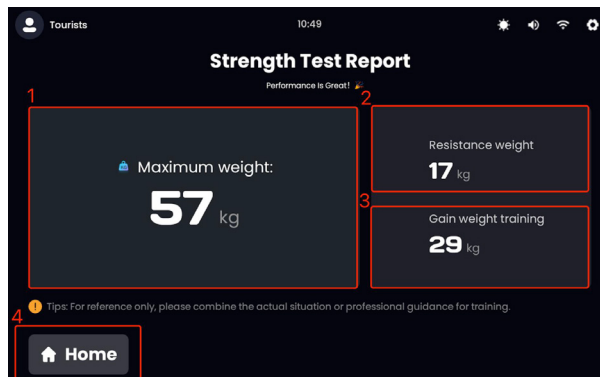


1. Perform each test movement 3 times as instructed.
2. Movement tracker counts down from 3 until evaluation of movement is completed.
3. Resistance shows maximum test resistance for evaluation.
4. Tap exit to end Strength Test and return to introduction page.

STRENGTH TEST RESULTS

Results automatically display at end of test.

1. Maximum Weight: Displays maximum weight of 3 completed movements during test.
2. Endurance Training Weight: Displays recommended weight for endurance session.
3. Muscle Building: Displays recommended weight for increasing muscle strength.

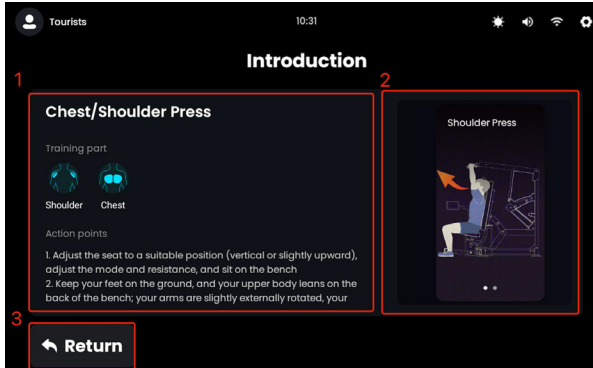


When logged in, user may view past Strength Test results.

1. Test Date: Displays date of past tests.
2. Weight: Displays maximum weight used in past tests.



EQUIPMENT INTRODUCTION



1. Displays equipment name, key movements, and recommended precautions for current equipment.
2. Displays motion used with equipment. Slide right to see multiple training motions.

CARE & MAINTENANCE (CONT'D)

Daily

1. Power off the Echelon® Strength Cable Crossover Pro and clean any high-use areas, like the accessories and console, with a non-acidic cleaner (NO ammonia, chlorine, or alcohol) on a soft cloth. Do not spray cleaning solution directly on the Echelon® Strength Cable Crossover Pro as that could ruin any electrical components.
2. Clean frame using lukewarm water and damp cloth.
3. Clean chrome pieces using soft cloth dampened with alcohol.
4. Inspect the power cord for damage. If damaged, replace immediately by contacting Customer Service (833-937-2453).
Note: When the Echelon® Strength Cable Crossover Pro is not in use, unplug and store the power cord in a secure, dry area and away from children.
5. Inspect the accessory snap hooks for damage. If damaged, replace by contacting Customer Service (833-937-2453).

Weekly

1. Clean the console, frame, and accessories with non-acidic cleaners and a soft cloth. Cleaners should be applied to the cloth and never sprayed onto the equipment directly.
2. Inspect all the assembled and pre-assembled hardware and tighten or re-secure as-needed. This includes but is not limited to the following: Touchscreen, Accessory Rack, Counterweights, Crossbeam, etc.
3. Dust and vacuum the Echelon® Strength Cable Crossover Pro and the surrounding area. To clean underneath the Echelon® Strength Cable Crossover Pro, turn off the power, and move to an alternate location. Return to original location after cleaning.
4. Ensure app and equipment firmware are up-to-date with latest versions.
5. Test smart accessory and adjustment functions thoroughly to make sure device is in proper working order. If replacements are needed, contact Customer Service (833-937-2453). Depending on your Strength Cable Crossover machine model, some functions may not be available.
 - a. Straight Bar Center Controller
 - b. Handle Grip Buttons



Monthly

1. Check transmission steel cables for wear (damaged outer covering, kinks, or deformations) and adjust tension as needed. If damaged, replace by contacting Customer Service (833-937-2453).
2. Check guide rods and clean using soft cloth dampened with alcohol. Once cleaned, lubricate rods with rust preventive oil. Do not allow oil to accumulate on guide rods.
3. Check counterweight irons for any damage caused by strong impacts or excessive friction with guide rods.
4. Check surface of pulley grooves for cleanliness and smooth rotation.
5. Check screws and fasteners, wipe surface with soft cloth dipped in alcohol, and apply rust preventive oil.
6. Check screws on base for looseness or damage and tighten as needed. If damaged, replace by contacting Customer Service (833-937-2453).
7. Check main frame and base frame for rust or paint damage due to collisions. When removing rust, use sandpaper to remove rusted areas and apply a layer of matching original paint.
8. Ensure that all bearings in equipment are clean and lubricated to maintain smooth operation.
9. Check for any oil leakage in hydraulic cylinders.
10. Check for any damage to rubber pads.

Yearly

1. Contact customer service (833-937-2453) if you are experiencing any issues.



ERROR CODES

Fault Codes	Issues	Suggested measures to address the issue
0x00000040	The FO signal of the IPM is constantly low	Restart the machine, if still can not be recovered please contact our after-sales staff
0x00000080	FO error during operation	Restart the machine, if still can not be recovered please contact our after-sales staff
0x00000100	PM Over Temperature Alarm	Leave the machine for 10 minutes after power off, then restart the machine If it still can't be recovered, please contact our after-sales
0x00000400	overvoltage	Restart the machine, if still can not be recovered please contact our after-sales staff
0x00000800	undervoltage	Restart the machine, if still can not be recovered please contact our after-sales staff
0x00040000	Error in encoder offset value	Restart the machine, if still can not be recovered please contact our after-sales staff
0x00080000	encoder values step changes	Restart the machine, if still can not be recovered please contact our after-sales staff
0x00400000	Encoder not wired	Restart the machine, if still can not be recovered please contact our after-sales staff
0x00800000	Sampling current offset value calculation error	Restart the machine, if still can not be recovered please contact our after-sales staff
0x04000000	U VW wiring error	Restart the machine, if still can not be recovered please contact our after-sales staff
0x10000000	Feedback brake overload abnormality	Leave the machine for 10 minutes after power off, then restart the machine If it still can't be recovered, please contact our after-sales
0x40000000	Motor overload	Leave the machine for 10 minutes after power off, then restart the machine If it still can't be recovered, please contact our after-sales staff



Questions or Concerns

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

☎ (423) 455-8989

✉ commercialsupport@echelonfit.com

Submit a Request:



Warranty Information

Your Echelon® Strength Cable Crossover Pro comes with a 2-year parts and labor warranty. Should the need arise, all you need is a proof of purchase and our customer service team will be happy to assist. Upgrade warranty to 5 years with premiere membership of Echelon Fit App.



MODEL: ECH-STCROSS-S-22
ECHELON FITNESS MULTIMEDIA, LLC
605 CHESTNUT STREET, SUITE 700
CHATTANOOGA, TN 37450
ECHELONFIT.COM / ECHELONCOMMERCIAL.COM



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA



PATENT
PENDING

REV:
10142024