

A black Echelon EX-8s exercise bike is shown from a side-front perspective. It features a large, curved digital display mounted on the handlebars, showing a colorful workout interface. The bike has a black frame, a black seat, and a black flywheel with a blue light ring. The brand name 'echelon' and model 'EX-8s' are visible on the frame. The background is a solid blue color with a pattern of lighter blue circles.

# echelon<sup>TM</sup> EX-8s

## INSTRUCTION MANUAL



**Lou Lentine**  
CEO  
Echelon Fitness  
Multimedia, LLC



Hello,

I am Lou Lentine, CEO 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

## 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(B)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### FCC RF RADIATION EXPOSURE STATEMENT:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body.

### THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation.

## INNOVATION, SCIENCE AND ECONOMIC DEVELOPMENT CANADA (ISED) INNOVATION, SCIENCE ET DÉVELOPPEMENT ÉCONOMIQUE CANADA (ISED)

### THIS CLASS B DIGITAL APPARATUS COMPLIES WITH CANADIAN ICES-003.

### CET APPAREIL NUMÉRIQUE DE CLASSE B EST CONFORME À LA NORME NMB-003.

### CANADIAN NOTICE

This device complies with ISED license-exempt RSS standard(s). Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause 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.

WARNING LABELS



Pinch Warning Labels on Crank Arm, Both Sides



Pinch Warning Labels on Flywheel Cover, Both Sides



- All warnings and instructions must be read and followed.
- For consumer fitness equipment, notice shall also be given to refer to the owner's manual for additional warnings and safety information.
- Spinning pedals can cause injury.
- This exercise bicycle does not have a freewheel and pedal speed must be reduced in controlled manner.
- The stationary exercise bicycle should only be used after a thorough review of the operation manual (consumer stationary exercise bicycles) or under the direct supervision of a trained instructor (institutional stationary exercise bicycles).
- Disconnect all power before servicing the equipment (if applicable).
- Please keep away from moving parts at all times. Contact with moving parts may result in serious injury.
- Visit [support.echelonfit.com](http://support.echelonfit.com) for more information.
- Set up and operate stationary exercise bike on a solid level surface.
- Care should be taken in mounting and dismounting the stationary exercise bike. Before mounting or dismounting move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- Keep the top surface of the pedal clean and dry.
- Veuillez rester toujours à distance des pièces en mouvement.
- Tout contact avec des pièces en mouvement comporte un risque de blessure grave.
- Consulter [support.echelonfit.com](http://support.echelonfit.com) pour en savoir plus.
- Réglez et utilisez le vélo stationnaire sur une surface stable et plane.
- Apportez un soin particulier au montage et au démontage du vélo d'exercice stationnaire. Avant de procéder au montage et au démontage, déplacez la pédale sur le côté de montage et de démontage à sa position la plus basse et arrêtez complètement la machine.
- Veillez à ce que la surface de la partie supérieure des pédales reste propre et sèche.

- Tous les avertissements et instructions doivent être lus et suivis.
- Pour les équipements de fitness grand public, un avis doit également être donné pour se référer au manuel du propriétaire pour des avertissements supplémentaires et des informations de sécurité.
- Les pédales qui tournent peuvent causer des blessures.
- Ce vélo d'appartement n'a pas de roue libre et la vitesse de la pédale doit être réduite de manière contrôlée.
- Le vélo d'exercice stationnaire ne doit être utilisé qu'après un examen approfondi du manuel d'utilisation (vélos d'exercice stationnaires grand public) ou sous la supervision directe d'un instructeur qualifié (vélos d'exercice stationnaires institutionnels).
- Débranchez toute alimentation avant de réparer l'équipement (le cas échéant).
- Manténgase alejado de las piezas móviles en todo momento. El contacto con las piezas móviles puede provocar lesiones graves.
- Visite [support.echelonfit.com](http://support.echelonfit.com) para obtener más información.
- Instale y opere la bicicleta de ejercicios estacionaria sobre una superficie sólida y nivelada.
- Se debe tener cuidado al subir y bajar de la bicicleta estática.
- Antes de montar o desmontar, mueva el pedal del lado de montaje o desmontaje a su posición más baja y detenga la máquina por completo.
- Mantenga la superficie superior del pedal limpia y seca.
- Todas las advertencias e instrucciones deben leerse y seguirse.
- En el caso de los equipos de fitness para el consumidor, también se debe notificar que consulte el manual del propietario para obtener advertencias e información de seguridad adicionales.
- Los pedales que giran pueden causar lesiones.
- Esta bicicleta estática no tiene rueda libre y la velocidad del pedal debe reducirse de manera controlada.
- La bicicleta estática para ejercicios solo debe utilizarse después de una revisión exhaustiva del manual de funcionamiento (bicicletas estáticas para el consumidor) o bajo la supervisión directa de un instructor capacitado (bicicletas para ejercicios estacionarios institucionales).
- Desconecte toda la energía antes de reparar el equipo (si corresponde).



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Care should be taken in mounting or dismounting the stationary exercise bike. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.

The manufacturer recommends placing the Echelon® Connect bike in a space where you have two feet of clearance on all sides of the bike for safe mounting and dismounting of the exercise bike.

The minimum dimensions are: 0.5 m (19.7 in.) on at least one side, and 0.5 m (19.7 in.) either behind or in front of the exercise bike.

While cleaning your Echelon® Connect bike, please use a soft rag with mild detergent or water to wipe down the machine. Do not use corrosive chemical liquids which may damage the cover.

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

**Read all instructions before using the Echelon® Connect.**

**FOR HOUSEHOLD USE ONLY.**

**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. 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.**

## IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

### Before using the Echelon® Connect, answer these questions:

- Have you been sick recently?
- Have you had prolonged dizziness recently?
- Have you been out of breath for no reason recently?
- Have you had chest pain recently?
- Do you currently have any injuries preventing you from exercise?
- Are you pregnant?
- Do you have any conditions or reasons you should NOT exercise?
- Are you over 35 years old and physically inactive?
- Have you been told by a doctor that you should NOT exercise?

**If you answer “yes” to any of the above questions, you should seek further advice from your doctor prior to using the Echelon® Connect.**

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

- ALWAYS use the Echelon® Connect on solid, level ground and in a well-lit and ventilated area.
- ALWAYS check that the seat, handlebars, and pedals are securely fastened before use.
- NEVER allow children to play on or around the bike. This helps protect them from injury from moving parts.
- ALWAYS set the bike up properly for your specific body type. The Echelon® Connect offers up/down and fore/aft adjustments that are clearly marked to ensure quick and easy customization for each workout.
- ALWAYS check the bike before use.

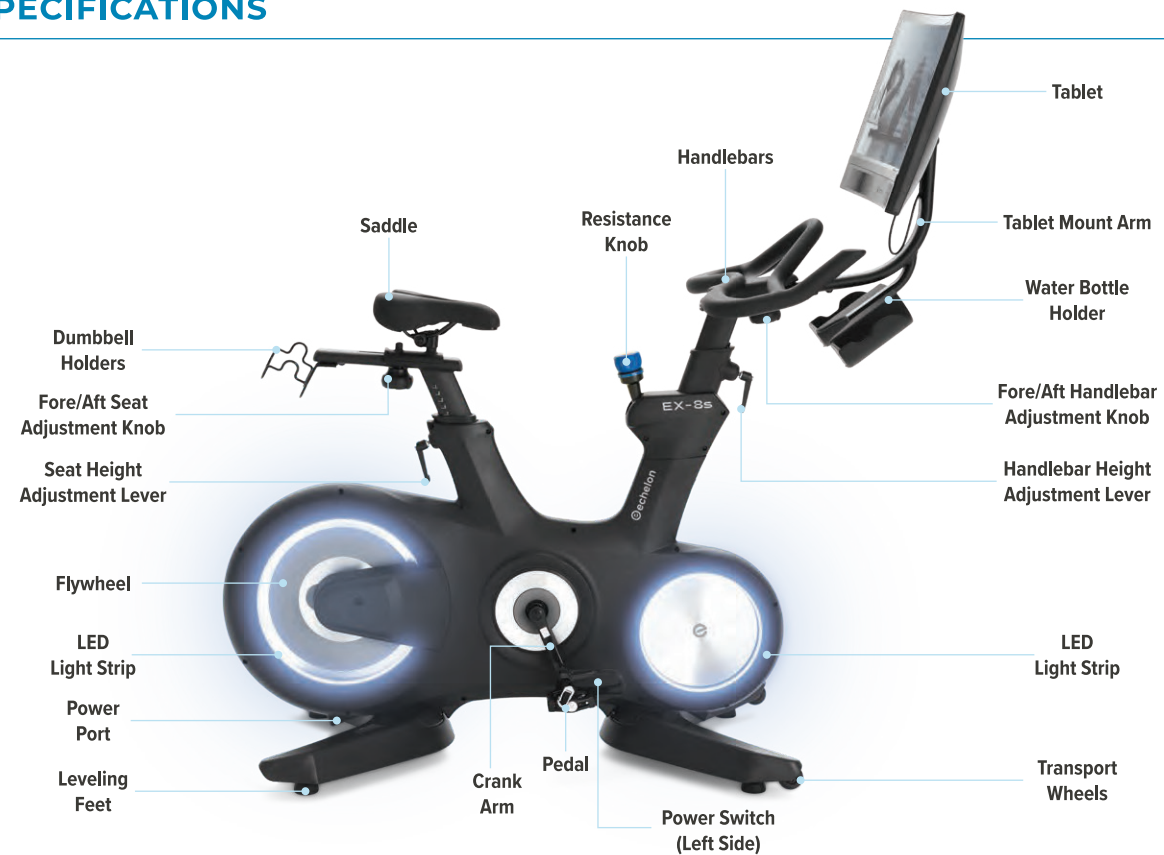
- NEVER use the bike if it is not properly/completely assembled or is damaged in any way.
- NEVER exceed the weight limit for this bike. The weight limit for this bike is 300 pounds. Do not use the Echelon® Connect if your body weight is in excess of 300 pounds.
- NEVER use Echelon® Connect when sick or fatigued.
- ALWAYS wear proper attire and footwear that fully covers your feet. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- ALWAYS warm up/stretch before starting exercise.
- ALWAYS be cautious when getting on and off the Echelon® Connect.
- ALWAYS wait until the pedals have come to a complete stop before taking your feet off of the pedals or dismounting. Do not stand or climb on the handlebars.
- ALWAYS keep hands away from moving parts and ensure that hands are never placed where there is no rubber handlebar grip.
- NEVER overexert yourself or work to exhaustion. If you feel faint, dizzy, short of breath, or if you have chest or other pains, STOP IMMEDIATELY! Consult your physician before using the Echelon® Connect again.
- ALWAYS ensure that you have a water bottle filled with at least 12 oz. of water and a towel close by to absorb sweat from your body and the handlebars.
- NEVER use the Echelon® Connect in a standing position at high revolutions per minute (RPM).
- ALWAYS keep your pelvis positioned over the center line of the Echelon® Connect.

- NEVER adjust the resistance of the flywheel or the position of the handlebars while in a standing position.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the bike and will affect the warranty of the bike.
- ALWAYS ensure that the Echelon® Connect is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance shall not be made by children without supervision.

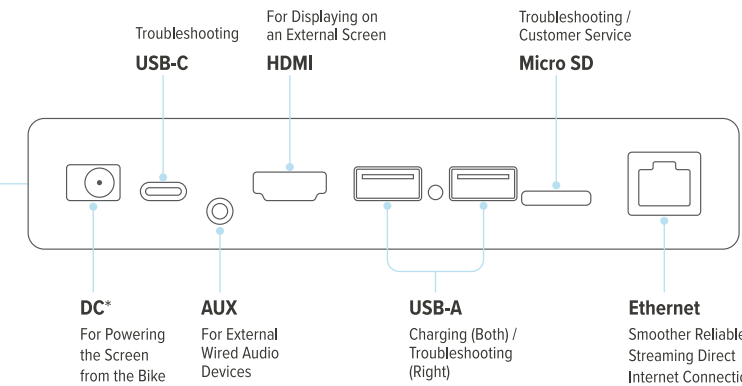
If any problems arise affecting the performance of the Echelon® Connect, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

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

## BIKE SPECIFICATIONS



## TABLET SPECIFICATIONS



### Tablet Power / Sleep

Push button once to put tablet in sleep mode.

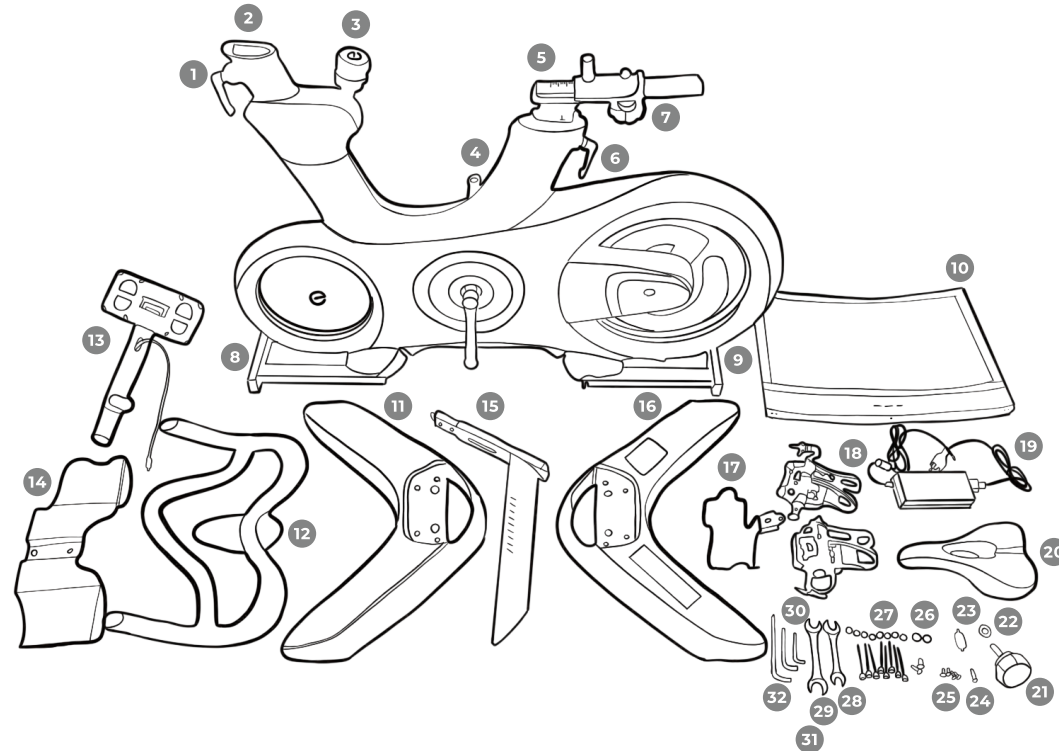
Hold button for menu to power off tablet, restart tablet, or take a screenshot.

Volume Up

Volume Down

\*DO NOT plug in the bike power cord with the power adapter into the tablet DC power port.

## PARTS LIST



## INCLUDES

1. Handlebar Height Adjustment Lever
2. Handlebar Post Frame
3. Resistance Knob
4. Crank Arm
5. Seat Post
6. Seat Height Adjustment Lever
7. Fore / Aft Seat Adjustment Knob
8. Front Packaging Fixer Tube
9. Back Packaging Fixer Tube
10. Tablet
11. Front Foot
12. Handlebars
13. Tablet Mount Arm
14. Water Bottle Holder
15. Handlebar Post
16. Back Foot
17. Dumbbell Holder
18. Pedals
19. Power Adapter
20. Saddle (Seat)
21. Fore / Aft Handlebar Adjustment Knob
22. Handlebar Support Bracket (K)
23. Decorative Cover (C)
24. Bolt (J)
25. Screws (H)
26. Bolts and Washers (G)
27. Bolts and Washers (I)
28. Wrench (B)
29. Wrench (A)
30. Hex Key for SPD Cleat (F)
31. Hex Key (E)
32. Hex Key with Phillips Screwdriver (D)

## ASSEMBLY

### Open the box and remove the bike parts and accessories.

- Carefully cut the tape holding the styrofoam together and the bike parts and accessories in place.
- Remove the seat, handlebars, rails, and other accessories from the top and sides of the styrofoam.
- Remove hardware blister pack but do not open sections until needed.
- Remove all the plastic.
- Have one person lift the front of the bike body while the second removes the styrofoam.
- Repeat with the back.
- Styrofoam, tape, and plastic can be discarded.



### Open the screen box and remove optional camera cover.

- Remove styrofoam.
- Remove optional camera cover from plastic covering.
- Remove plastic covering and discard.

Assembly should take place on a soft surface, such as carpet or a rug, or with the cardboard box opened to protect the floor. Two people are needed for assembly.



### Remove the front packaging fixer tube.

- First Person: Raise front bike body to allow access to packaging fixer tube.
- Second person: Remove bolts from front packaging fixer tube with the hex key (D).
- Remove the fixer tube and bolts. Discard.

### Assemble the front foot.

- Gather front foot (with transport wheels) and (4) corresponding bolts and washers (I).
- Ensure one washer is placed on each bolt.
- First Person: Raise front bike body.
- Second Person: Align front foot to bike (open side of the "V" shape pointing out). Ensure the foot is aligned flush to the bottom of the front bike frame.
- Finger tighten the four bolts.
- Tighten bolts with the hex key (D) until snug.
- Gently lower bike body to the floor.

## ASSEMBLY (cont'd.)

STEP  
5

### Remove the back packaging fixer tube.

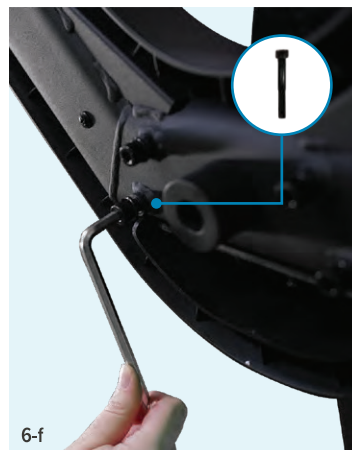
- First Person: Raise back bike body to allow access to packaging fixer tube.
- Second person: Remove bolts from back packaging fixer tube with the hex key (D).
- Remove the back packaging fixer tube and flywheel bolts.
- Use hex key (D) to remove flywheel lock bolt. Discard.



STEP  
6

### Assemble the back foot.

- Gather back foot (no wheels) and (4) corresponding bolts and washers (I).
- Ensure one washer is placed on each bolt.
- First Person: Raise back bike body.
- Second Person: Align back foot to bike (open side of the "V" shape pointing out). Ensure the foot is aligned flush to the bottom of the front bike frame.
- Finger tighten the four bolts.
- Tighten bolts with the hex key (D) until snug.
- Gently lower the bike body to the floor.



### Place the saddle (seat).

- Place the saddle on the saddle bar.
- Adjust the saddle left and right until centered with the nose facing the front of the bike.

STEP  
7

STEP  
8

### Secure the saddle (seat).

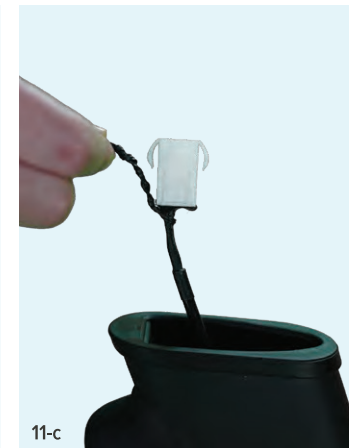
- Use small wrench (B) to tighten nuts on right underside of saddle.
- Repeat on the left side.
- Ensure nuts are fully tightened. If not fully secured, the saddle may move.



## ASSEMBLY (cont'd.)

### Raise your saddle to full height.

- Loosen the adjustment lever counterclockwise.  
**Note:** To reposition the angle of the handle on the adjustment lever without tightening or loosening, pull the handle out, reposition, and return.
- Grasp saddle and pull up until you see "MAX" on rail.
- Tighten adjustment lever clockwise.



### Prep handlebar post.

- Loosen handlebar adjustment lever by twisting counterclockwise. Do not fully remove.
- Undo twist tie from lever.
- Pull up on twist tie until main wire is visible.
- Grasp main wire. Do not allow wire to drop down into handlebar post.



### Connect handlebar wire to handlebar post wire.

- Gather handlebars and locate wire.
- First Person: Hold handlebars.
- Second Person: Connect wires from handlebar to wires from handlebar post.
- Listen for audible click to ensure complete connection.
- Discard twist ties.

STEP  
9

STEP  
10

### Attach the dumbbell holder.

- Gather dumbbell holder, screws (H), and hex key (D).
- Hold dumbbell holder flush to saddle rail below corresponding holes by grasping around the rail (for easier grip).
- Use (1) screw (H) to attach the small hole (towards the bike) first with hex key (D).
- Attach second screw (H) with hex key (D).

STEP  
11

STEP  
12

## ASSEMBLY (cont'd.)

STEP  
13

### Attach handlebar post.

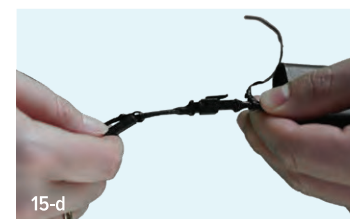
- Place handlebars in handlebar post with top bar facing out.
- Fully lower the handlebars.



STEP  
14

### Attach placement screw.

- Gather bolt (J) and hex key (E).
  - Finger tighten bolt (J).
  - Tighten bolt (J) with hex key (E).
  - Attach decorative cover (C).
- Note:** do not skip this step! Bolt (J) prevents handlebars from accidentally being removed from bike.



### Attach tablet mount wires to bike.

- Pull out the wire from tablet mount arm.
- Pull out the wire from handlebar top bar.
- Connect the wire from tablet mount arm to the wire from handlebar top bar. Make sure connection is secure.
- Remove twist ties and discard.

STEP  
15



### Attach tablet mount arm.

- Gather (2) bolts and washers (G).
- Ensure one washer is on each bolt.
- Feed wire into tablet mount arm.
- Slide tablet mount arm onto handlebar top bar.
- Finger tighten bolt (G).
- Tighten bolt (G) with hex key (D).

STEP  
16

## ASSEMBLY (cont'd.)

### Attach handlebars.

- Gather handlebar knob and handlebar support bracket (K).
- Put washer (K) onto handlebar knob post.
- First Person: Place handlebars, facing up, onto handlebar mount arm.
- Second Person: Place knob post into hole in handlebar mount arm and slide forward until resistance is hit.
- Tighten handlebar adjustment knob clockwise.



17-a – b



17-c



17-c



17-e



18-b



18-d



19-b



19-c



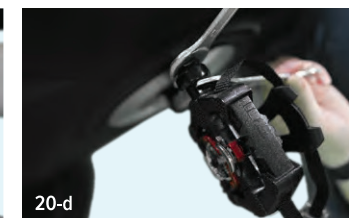
20-a



20-b



20-c



20-d

### Prep right pedal.

- Gather right pedal and both large and small wrenches.
- Both pedal and crank arm feature letter "R."
- Remove right pedal nut with small wrench.

### Attach right pedal.

- Hold right pedal shaft up to hole in crank arm.
- Use small wrench to attach right pedal by turning clockwise until halfway screwed onto crank arm.  
**Note:** For pedal shaft, wrench should turn towards front of bike.
- Place pedal nut onto pedal shaft with white side facing bike.
- Hold pedal nut with large wrench and finish tightening pedal shaft clockwise.
- Ensure pedal nut is fully tightened by holding pedal shaft with small wrench and tightening pedal nut clockwise.  
**Note:** For pedal nut, wrench should turn towards back of bike.

STEP  
17

STEP  
18

STEP  
19

STEP  
20

## ASSEMBLY (cont'd.)

### STEP 21

#### Prep left pedal.

- Gather left pedal and both large and small wrenches.
- Both pedal and crank arm feature letter "L."
- Remove left pedal nut with small wrench.



### STEP 22

#### Attach left pedal.

- Hold left pedal shaft up to hole in crank arm.
- Use small wrench to attach left pedal by turning counterclockwise until halfway screwed onto crank arm.  
**Note:** For pedal shaft, wrench should turn towards front of bike.
- Place pedal nut onto pedal shaft with white side facing bike.
- Hold pedal nut with large wrench and finish tightening pedal shaft counterclockwise.
- Ensure pedal nut is fully tightened by holding pedal shaft with small wrench and tightening pedal nut counterclockwise.  
**Note:** For pedal nut, wrench should turn towards back of bike.



#### Prep tablet.

- Gather tablet and Phillips screwdriver (D).
- Remove lower decorative cover by hooking thumbs underneath cover and pulling out + up.
- Remove upper decorative cover by hooking thumbs underneath cover and pulling out + up.

### STEP 23

### STEP 24

#### Attach tablet.

- Remove all (8) screws from tablet with Phillips screwdriver (D).
- First Person: Hold tablet so screw holes align with corresponding holes on tablet mount.
- Second Person: Use Phillips screwdriver to screw in (8) screws in corresponding holes.

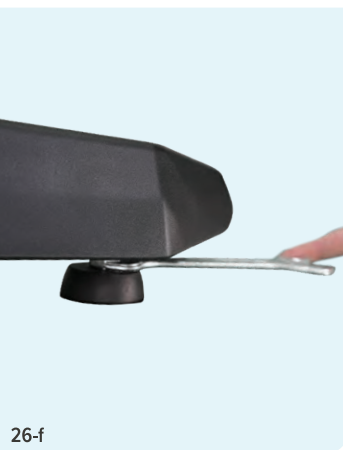


## ASSEMBLY (cont'd.)

### Finish tablet assembly.

- Grab DC cable from **tablet holder rail\*** and plug into tablet.
- Reattach top decorative cover.
- Pivot tablet up and reattach lower decorative cover.  
**Note:** ensure the lower decorative cover is fully clipped in, including the outer edges.

\*The correct DC cable to connect the tablet to the bike is located in the tablet holder rail. DO NOT plug in the bike power cord with the power adapter into the tablet DC power port.



### Plug in bike.

- Gather power adapter and power plug cord.
- Attach power plug cord to power adapter.
- Plug power adapter into DC power port\* located at rear base of bike.
- Plug power plug cord into wall socket.
- Flip the power switch, located behind the front "wheel" on the right side of the bike, to "on".

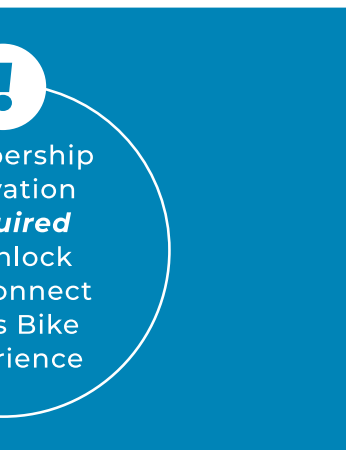
\*DO NOT plug in the power adapter into the tablet DC power port.

STEP  
25

STEP  
26

### Move bike to final location.

- With two people, move bike to final location. If unlevel, proceed to steps **b–c**.
- Gather large wrench.
- First Person: Lift back of bike so back feet are angled up.
- Second Person: Adjust height by twisting leveling foot. Twist to right to raise height, or twist to left to lower.
- Repeat for other leveling foot until bike is level.
- Tighten nut on each leveling foot with large wrench to secure height.
- Repeat steps **c–f** for leveling feet on front of bike.



### Activate Echelon Premier Membership to connect to classes.

To learn more about the membership, visit [echelonfit.com/membership](https://echelonfit.com/membership).

- Scan QR code below or visit [member.echelonfit.com](https://member.echelonfit.com).
- Follow prompts to complete membership enrollment.



STEP  
27

STEP  
28

## USING THE ECHELON EX-8s CONNECT BIKE

### Saddle & Handlebar Adjustment

Before riding your EX-8s, adjust your saddle and handlebars to ensure proper form.

#### 1. Adjust the saddle (seat) height.

- Loosen adjustment lever by twisting counterclockwise.
- Raise or lower until the saddle is even with your hip bones.
- Tighten adjustment lever clockwise until secure.  
**Note:** To reposition angle of handle on adjustment lever without tightening or loosening, pull handle out, reposition, and return.



#### 2. Adjust the saddle fore/aft (forward/backward).

- Loosen the saddle adjustment knob by twisting counterclockwise. You do not need to fully unscrew.
- Slide the saddle forward or backward to reach desired location.  
**Note:** Distance between the front of the saddle and the back base of the handlebars should be the same as your elbow to fingertips. You may need to readjust the location of the saddle after adjusting your handlebars.
- Tighten the saddle adjustment knob by twisting clockwise until secure.



#### 3. Adjust the handlebar height.

- Loosen the adjustment lever by twisting counterclockwise.
- Raise or lower until the handlebars are at least even with the saddle. You may want to raise higher depending on preference.
- Tighten the adjustment lever clockwise until secure.  
**Note:** To reposition angle of handle on adjustment lever without tightening or loosening, pull handle out, reposition, and return.



#### 4. Adjust handlebars fore/aft (forward/backward).

- Loosen handlebar adjustment knob by twisting counterclockwise. You do not need to fully unscrew.
- Slide handlebars forward or backward to reach desired location.  
**Note:** Distance between the front of the saddle and the back base of the handlebars should be the same as your elbow to fingertips. You may need to readjust the location of the saddle after adjusting your handlebars.
- Tighten the handlebar adjustment knob by twisting clockwise until secure.



## USING THE ECHELON EX-8s CONNECT BIKE (cont'd.)

### Troubleshooting

If the indicator light, located at the base of the handlebar rail, continues to blink the bike and tablet are not paired.

1. Ensure the bike DC cable is fully inserted into the bike DC port located below the rear flywheel.
2. Ensure the tablet DC cable that comes from the tablet mount arm is fully inserted into the DC port at the base of the back of the tablet.
3. Retry pairing. If bike will not pair, please contact Customer Service (833-937-2453) for further assistance.



### Connecting to the Echelon Fit® App

When using your Echelon EX-8s Connect Bike for the first time, you must pair the tablet (screen) to the bike via *Bluetooth®*.

#### 1. Ensure your bike and tablet (screen) are both powered on.

- a. The power adaptor plug with DC cable should be plugged into the wall and the base of the bike.
- b. The screen should be plugged into the bike via the DC cable coming from the tablet mount arm.
- c. You may need to power on the tablet by pushing the power button located on the front lower center of the tablet.

#### 2. Log in to the Echelon Fit app.

- a. Use the email and password used to create your membership account, as described on page 29.
- b. Select user. There may only be one option.

#### 3. Select a class.

- a. We recommend a Welcome Ride, but any class will work.
- b. Press play.

#### 4. Connect your bike.

- a. Tap on the red banner that reads “disconnected” and appears at the top of the screen.
- b. Select your equipment (name will begin with ECHEX-8S-24C).
- c. The bike will beep and the indicator light, located at the base of the handlebar rail, will stop blinking when paired.

### Daily

1. Inspect the pedals of your bike before each ride for any looseness or deformation. Follow instructions from pages 23 – 24 to tighten, as needed. Doing this ensures your safety, the quality of your experience, and the overall life of your bike. If any issues are found, cease using the equipment immediately and contact customer service (833-937-2453).
2. If using cycling shoes, check that the SPD cleats on your shoes are oriented straight to ensure proper clipping onto the pedal. As needed, tighten the SPD cleats on your shoes.
3. Unplug the bike, and clean every high-use or exposed area with a non acidic cleaner (no ammonia, alcohol, or chlorine). Do NOT spray any solution directly onto the bike. This could ruin any electrical components, ports on the bike, or the tablet. Raise saddle and handlebar posts to their highest setting to expose any excess moisture.
4. Inspect the power cord for damage. If damaged, replace immediately by contacting Customer Service (833-937-2453).  
**Note:** When the bike is not in use, unplug and store the power cord in a secure, dry area and away from children.
5. Inspect for any noises that could indicate potential issues. If a troubling noise is indicated please contact Customer Service (833-937-2453).



It is important to ensure pedals are installed properly and routinely tightened.

### Weekly

1. Inspect all the assembled and pre-assembled hardware to find if anything needs to be tightened or resecured. This includes but is not limited to:
  - a. All height and distance adjustment knobs/levers (page 20, 24)
  - b. Tablet securing screws (page 28)
  - c. Dumbbell rack and water holder bolts (page 20, 24)
  - d. Handlebar securing bolts (page 24)
  - e. Bolts for the tablet mount (page 23)
  - f. Hinge bolt for tablet mount
  - g. SPD clips and toe cages on pedals
  - h. Screws securing saddle to the saddle post (page 19)
2. Power off the bike, dust, vacuum and wipe down all the areas around and on the bike that are not normally cleaned in your daily cleaning procedures.
3. Ensure your app and equipment firmware are up to date with the latest versions.
4. Assess the feet leveling system to make sure your bike is sitting level to the floor (adjust all four rubber feet accordingly). Reference page 28 for leveling instructions.



Tighten both right and left sides of the saddle post.

## CARE & MAINTENANCE (cont'd.)

### Monthly

1. Assess the saddle and handlebar adjustments for wear and tear. If a replacement is needed contact customer service (833-937-2453).
2. Assess the quality of the drive belt every 5–6 months by CAREFULLY removing the screws from the right side frame cover and using a flashlight to assess the belt from the top down while pedaling with one hand.
3. Check nylon foot straps on toe cages for wear.

### As Needed

1. Test the brake pads for wear periodically by utilizing the emergency brake a few times during a controlled sprint.
2. Adjust the belt tension for slipping:
  - a. Open the right-side panel by removing the bolt that is positioned over the flywheel.
  - b. Remove the two screws at the bottom of the frame
  - c. Remove the conjoining screw at the front of the bike from the opposite side.
  - d. Peel back the plastic cover to expose the belt tension nut, use a 3/8" Ratchet Wrench with a 6" extension, and a 13mm Socket to tighten the nut.
  - e. Tighten 1/4 turn, resecure the flywheel cover bolt and test until your forward momentum feels smooth.

**Note:** It is important that proper adjustment is followed to avoid any premature belt fraying and damage.



This is a maintenance compartment.

### Yearly

1. Assess the quality of the resistance encoder:
  - a. Remove the decorative tape surrounding the resistance knob.
  - b. Use a small Phillips head screwdriver to remove all (4) screws surrounding the knob and remove the knob.
  - c. Assess the motherboard for any dust, damage, or corrosion caused by sweat.
  - d. Clean the area for dust and debris with compressed air.
  - e. If a new resistance knob or resistance encoder is needed, contact customer service (833-937-2453) for replacement.
2. Inspect the height and distance adjustment knobs and levers. If worn and you are unable to tighten, contact customer service (833-937-2453) for replacement.





SPD Clip  
Tightening  
Screw

### Pedal With Clip-In Shoes

1. Make sure the SPD clip is showing on your pedal and is in the ball of your foot.
2. To install your shoes into the SPD clip, rotate your foot right to left to slide into the clip until you hear the clip snap your shoe into place.
3. Then begin pedaling forward, putting more of your body weight on the shoe you are working to clip in.
4. Repeat this clip-in process with your other shoe.
5. Be careful not to force your shoe into the clip; just rotate it gently right and left until you hear the “click” that signals you’ve locked your shoe into place. Pedal forward after both shoes are locked into place to ensure your feet are secure in the pedals.

### Tightening / Loosening the SPD Clip

1. Locate the SPD clip on the back of the pedal.
2. Assess the location of the tightening screw to ensure the securing bracket has an even amount of the screw showing on both sides of the pedal. **When tightening or loosening the screw take care not to over tighten or over loosen the screw;** doing so could damage the SPD clip.
3. Using the Hex Key for SPD Cleats (F), twist the screw to the right to tighten if you can’t keep clipped in, and to the left to loosen if you don’t feel the clip moving at all when clipping in.



### Questions or Concerns

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

☎ (833) 937-2453

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

Submit a Request:



### Warranty Information

Your Echelon EX-8s Connect Bike comes with a 1-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. Additional 1- or 3-year extended warranties are available through customer service.

[illegible][illegible]

## NOTES



MODEL: ECHEX-8S-24C  
ECHELON FITNESS MULTIMEDIA, LLC  
605 CHESTNUT STREET, SUITE 700  
CHATTANOOGA, TN 37450  
[ECHELONFIT.COM](http://ECHELONFIT.COM)



READ INSTRUCTIONS  
BEFORE OPERATING

MADE IN  
CHINA



PATENT  
PENDING

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