



PEDAL PRO

Instruction Manual



ECHELON FIT™ APP

FITNESS APP FOR SMARTPHONES AND TABLETS



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Read instructions carefully and thoroughly before first use.




Requires 2× AAA batteries (included. Do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (NiCd, Ni-Mh, etc) batteries.

WARNING LABELS

WARNING LABEL 1

 WARNING	
<p>SEE OWNER'S MANUAL FOR ADDITIONAL WARNINGS AND SAFETY INFORMATION. FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. CONSUMER USE ONLY. OBTAIN PROPER INSTRUCTION PRIOR TO USE.</p> <p>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.</p> <p>FCC MODEL NO.: 3605-FQ-BLUE, 3605-FQ-PURPLE, 3605-FQ-RED, 3605-FQ-BLACK, 3605-FQ-TEAL</p>	<p>MODEL: FNMS01 MADE IN CHINA ECHELON ECHELON FITNESS MULTIMEDIA, LLC 605 Chestnut Street, Suite 700, Chattanooga, TN 37450 1-833-937-2453 CS@ECHELONFIT.COM ECHELONFIT.COM YYWW</p>

WARNING LABEL 2

 WARNING	
	
<p>Crush Hazard</p> <p>Keep hands and feet clear of moving parts during assembly and use. Failure to do so could result in crushed hands and feet.</p>	

PARTS LIST



1. MAIN FRAME
2. BASE BOARD
3. LEFT AND RIGHT PEDALS
4. BASE BOARD PEDALS AND RUBBER STANDS

5. ALLEN WRENCH
6. FRONT TUBE BOLTS
7. PEDAL BOLTS

ASSEMBLY

STEP 1 - FRONT TUBE ASSEMBLY



Attach the Front Tube to the Main Frame.

STEP 2 - BASE BOARD ASSEMBLY



Attach the Base Board to the Main Frame using the Base Board Bolts and Rubber Stands.

Tighten and secure the Base Board Bolts with the Allen Wrench.

STEP 3 - PEDAL ASSEMBLY



Attach the Left Pedal to the Left Pedal Arm with 2 bolts.

Tighten and secure the bolts with the Allen Wrench.

Repeat for the right pedal.

Note: The side without the raised lip of the pedal should be facing the away from the Main Frame.

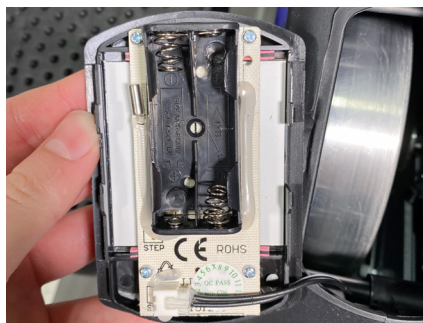
BATTERY INSTALLATION

Requires 2 AAA Batteries (Included)

Do not mix old and new batteries.
Do not mix alkaline standard (carbon-zinc),
or rechargeable (NiCd, Ni-Mh, etc.) batteries.



1. Remove the display screen on top of the Pedal Pro to find the battery compartment.



2. Note the diagram inside the compartment that shows the correct battery installation polarity. Install 2 AAA batteries (included) according to the correct polarity.



3. Replace the display screen. Gently press down in place to ensure the cover is secure.



USAGE INSTRUCTIONS

ONLY USE THE PEDAL PRO WHILE SITTING



RESISTANCE ADJUSTMENT

The Pedal Pro has 8 levels of magnetic resistance that can be adjusted easily by foot. Use the adjustment lever to change the resistance level at any time during your workout. Adjusting resistance level will allow you to increase or decrease your intensity level. **To lower or increase** the resistance level, come to a complete stop and use feet to push up or down on the lever.



Increasing Resistance



Lowering Resistance

DISPLAY SCREEN



DISTANCE: Displays total distance traveled in MPH during workout session.

CALORIES: Displays total amount of calories burned during workout session.

ODOMETER: Displays total distance in MPH of all workouts combined.

RPM: Displays number of rotations per minute.

SCAN: Cycles through each display function.

TIME: Displays the total duration of the workout session.

STORAGE

The Pedal Pro comes with a built-in handle for easy portability and storage. The Pedal Pro can be stored underneath a work desk or table.

IMPORTANT SAFETY INSTRUCTIONS

WARNING

Read all instructions before using this machine. It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

PLEASE KEEP THIS MANUAL WITH YOU AT ALL TIMES

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. NEVER use the Pedal Pro while standing. Standing during use may result in injury. Only use the Pedal Pro while in a sitting position.
3. Keep children and pets away from the equipment. This equipment is designed for adult use only.
4. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
5. This equipment is designed for indoor and family use only.
6. Do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc.) batteries.
7. Always keep this instruction manual and assembly tools at hand for quick reference.

This device complies with Part 15 of 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.

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.

Please note that changes or modifications of this product is not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Battery Disposal Information

- Remove the batteries if the exercise computer is not to be used for an extended period of time.
- Never mix different types of batteries, or old and new batteries for the exercise computer.
- Stop using the exercise computer if there is a fluid leak in the battery. If your clothes or skin are exposed to the leaking battery fluid, wash off with clean water.
- If the leaking battery fluid has been swallowed, rinse the inside of the mouth thoroughly and consult a doctor.
- Do not recharge or disassemble the batteries.

Battery must be recycled or disposed of properly.
Do not short circuit or dispose of in fire.
Do not swallow.

SAVE THESE INSTRUCTIONS

**THE PEDAL PRO IS INTENDED FOR
CONSUMER USE ONLY.**

QUESTIONS?

CONTACT CUSTOMER SERVICE

833-937-2453



Read Instructions
Before Operating

MADE IN
CHINA



PATENT
PENDING

Rev: 080321

ECHELONFIT.COM

For questions, assistance, or replacement parts, do not return to your retailer. Contact Echelon® customer service below. For refunds on items not purchased from Echelon® directly, please contact your retailer.

ECHELON® FIT 90-DAY LIMITED WARRANTY

Register your equipment online at www.registermyechelon.com to upgrade your
90-Day warranty to a 1-Year warranty.

Echelon® warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Echelon® will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Echelon® customer service at 833-937-2453 or at cs@echelonfit.com to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure carton clearly identifies sender by name and address. Attach a letter or card describing defect and original sales receipt. Mail prepaid to Echelon Fitness Returns 2001 Riverside Drive, Building 2, Chattanooga, TN 37406.

This warranty is void if damage or malfunction is due to abuse or failure to operate product in accordance with instructions and on recommended electrical current. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If you have any questions, or would like to learn more about Echelon®, please contact us at 833-937-2453 or at cs@echelonfit.com.

Register your product online at echelonfit.com/pages/register-warranty/

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

☎ 833-937-2453 (+1.423.402.9010) ✉ cs@echelonfit.com

Model:

3605-FQ / FNMS01

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

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