EXPLODED DRAWING CHART

NO	Description	Specification	QTY
1	Main frame		1
2	Left main frame		1
3	Right main frame		1
4	Main frame connecting tube		6
5	Middle connecting tube		3
6	Lower supporting tube		1
7	Footrest		2
8	Foot plate bottom plate		1
9	Supporting tube trim plate		1
10	Trim plate connecting plate		2
11	Bottom plate		1
12	Stepping cushion		2
13	Sensor bracket		1
14	Controller plate		1
15	Switch plate		1
16	Main frame upper cover	645×485×106×t4.0	1
17	Main frame lower cover	792×637×177×t4.0	1
18	Left outer cover	1860×660×100×t4.0	1
19	Right outer cover	1860×660×100×t4.0	1
20	Left inner cover	1542×660×92.5×t4.0	1
21	Right inner cover	1542×660×92.5×t4.0	1
22	Step	500×281×33×t3.0	9
23	Step supporting part	527×203×20×t4.0	9
24	Foot plate cover	700×302×70×t4.0	1
25	Screw post		20
26	Turntable rubber buckle	Φ12.4×13(POM)	6
27	Bearing spacer	t2.0X26X26	4
28	Wheel	φ71X45	2
29	Deep groove ball bearing	R12Z	4

30	Axle	Φ19×60×M6	2
31	End cap	Φ31×t1.2	4
32	Allen full thread bolt	M6×15(black)	4
33	Foot pad	Φ50×Φ41×17×M8×27	9
34	Power cable fixing part		1
35	Philips full thread bolt	M3×10	4
36	Controller		1
37	Sensor transmitter		2
38	Sensor receiver		2
39	Sensor receiving wire	LT02TB/L=2300mm	2
40	Sensor transmitting wire	LT02TB/L=2300mm	2
41	Sensor adapter wire	LT03TB/L=150mm	2
42	Emergency stop wire	LT02TB/L=2200mm	2
43	Choke	Φ31×Φ19×t16	2
44	Removed cable socket		1
45	Power switch	KCD4	1
46	Reset Switch	6A/ABR21-16/250VAC	1
47	Power connection cable	L-500mm (red)	1
48	Power connection cable	L-500mm (black)	1
49	Power connection cable	L-100mm (red)	1
50	LED strip		2
51	RGB plate		1
52	LED strip communication wire	L-2300mm	1
53	communication wire	L-2300mm	1
54	Philips full thread bolt	M4×10(black)	2
55	Philips full thread bolt	M4×10(steel)	8
56	Philiips self tapping screw	ST4×16	82
57	Philiips self tapping screw	ST4×15	4
58	Allen full thread bolt	M8×15	29
59	Allen half thread bolt	M8×65×20	18
60	Allen half thread bolt	M8×75×20	6
61	Lock washer	Φ5	1
62	Elastic washer	Φ5	1

63	Front sprocket		1
64	Rear sprocket		1
65	pressure band bracket		1
66	Step chain	08A-01×25×9	2
67	Central axis	Φ30×Φ25×713	1
68	Headless half thread bolt	M8×595×8	9
69	Step connecting shaft	Φ8×492	9
70	Small transmission wheel	Φ75×Φ42×Φ17×23.5	1
71	Large transmission wheel	Φ222×Φ42×Φ17×26	2
72	Hex lock nut	M8	18
73	E-shaped retaining ring for shaft	φ7	18
74	T-shaped shaft sleeve	Φ16×Φ12×Φ8.1×5	108
75	Bearing with seat	FL205	6
76	Deep groove ball bearing	6000ZZ	2
77	Sleeve	Φ12×Φ8×3.2	16
78	Flat key	7.9×7.9×17	3
79	PU wheel set	Φ35.7×13	18
80	Flat washer	Φ8	18
81	Flat washer	Φ8×Φ30×t3.0	3
82	Motor belt	430JP8	1
83	Motor belt	510JP8	1
84	Tensioning wheel set	Φ43.5×25	1
85	External retaining ring	φ8	1
86	Hex nut	M8	3
87	Allen full thread bolt	M8×65	3
88	Allen half thread bolt	M10×30×20	8
89	Allen half thread bolt	M10×35×20	4
90	Hex lock nut	M10	4
91	Magnetic reluctance device		1
92	Proximity Sensor		1
93	Switching power supply	DC24V/7A	1
94	Flywheel pressure band bracket		1
95	Deep groove ball bearing	6203-ZZ	2

96	External retaining ring	Φ17	1
97	Allen full thread bolt	M6×10	10
98	Allen full thread bolt	M6×30	1
99	Hex nut	M6	1
100	Left lower upright		1
101	Left upper upright		1
102	Right lower upright		1
103	Right upper upright		1
104	Handrail emergency stop trim cover		1
105	Emergency stop switch		2
106	Philiips self tapping screw	M4×15	4
107	Left upright cover-L	294×220×30×t3.0	1
108	Left upright cover-R	294×220×30×t3.0	1
109	Right upright cover-L	294×220×30×t3.0	1
110	Right upright cover-R	294×220×30×t3.0	1
111	Handrail		1
112	Reed switch fixed plate	51×220×30×t2.5	1
113	Reed switch		1
114	console PCB	t1.0×110×90mm	1
115	Upper console cover	208×183×56.5×t3.0	1
116	Lower console cover	208×183×26×t3.0	1
117	Safety lock clip	7630TA/118.7×49.4×94.7	1
118	Button PCB	t1.0×117×63mm	1
119	Button socket	7630TA/112×57×13	1
120	One key stop button	7630TA/105.4×35.4×11	1
121	Wireless charging raised part	7630TA/60.5×54×9.4	1
122	Safety key with clip	6840EA/φ125×125	1
123	Safety key ring sticker		1
124	Handrail emergency stop trim cover	t2.0×83×46 内 R50	1
125	LED strip communication wire	LT02EB/L=1000mm	1
126	Tablet	21.5"	1
127	Tablet bracket		1

128	Philips full thread bolt	M4×10	8
129	Tablet upper rear cover	230×88.5×13	1
130	Tablet lower rear cover	347.5×127×34.5	1
131	Water cup	137×137×123	2
132	Handgrip trim cover	65×45×41×t3.0	2
133	Safety key socket	t1.0×52×18mm	1
134	Hole plug	Φ20(PP)	2
135	Handgrip wire	L-700mm/5P	2
136	Philiips self tapping screw	ST3×25	4
137	Philiips self tapping screw	ST3×15	4
138	Hand pulse upper cover	193×41.5×25	2
139	Hand pulse lower cover	193×41.5×20.5	2
140	Resistance handgrip assy		1
141	Start/pause handgrip assy		1
142	Hand pulse	101.7×33×0.5	4
143	Wireless charging pad	LT03EB/200×100×13	1
144	EVA sticker for iPad holder	t5.0×170×12	1
145	Step sticker		9
146	Type-C charging module	DC/5V/10W	1
147	switch power supply	DC12V/7A	1
148	Communication wire	L-1000mm	1
149	T-shaped wrench	6×80	1
150	L-shaped wrench	5×35S×85	1
151	Allen full thread bolt	M6×15	4
152	Allen full thread bolt	M8×12	10
153	LED strip transparent sticker	t1.0×593×25mm	2
154	Filter	6A	1
155	Inductance	6A/L-500	1
156	Wire clip	3/8(UC-2)	15
157	DC male wire	L-2300mm male connector	1
158	DC extended wire	L=1300mm/DC5.5×2.5	1
159	Power cable		1
160	Network cable lower section	LT05TB/L=2300mm	1

161	Network cable middle section	LT05TB/L=1000mm	1
162	Network cable upper section	LT05TB/L=300mm	1

STAIRMILL STRUCTURE

Tablet

Console

Safety key

Emergency stop

Handgrip

Handrail

Upper upright

Emergency stop

Step

Supporting

Footrest

Bottom
frame
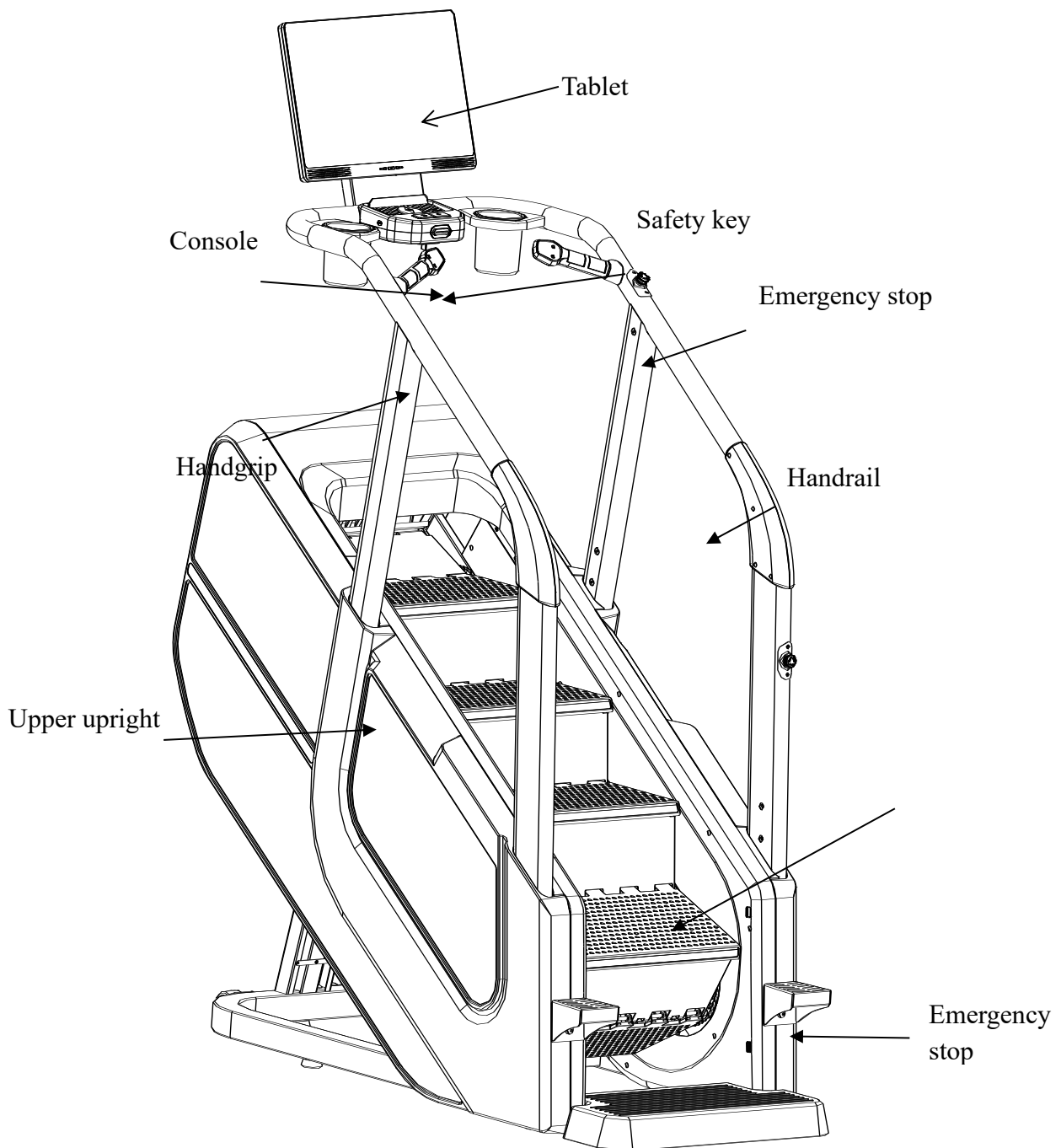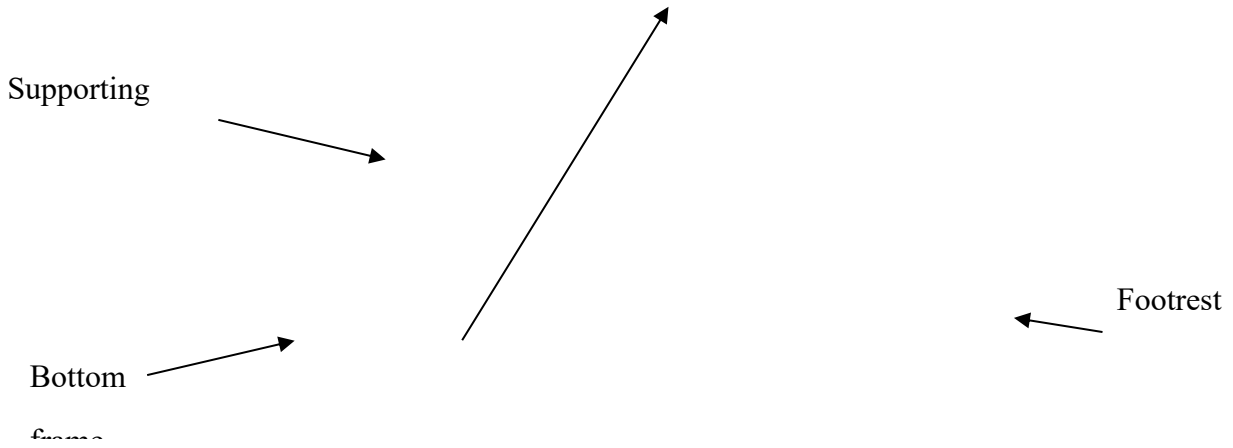
Lower
upright

TECHNICAL INFORMATION

Foot plate
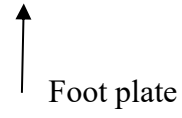
Product size	1643*790*2210mm
Step size	500*260*183mm
Speed level	1-15level（14-160pace/min）
Effective step	3
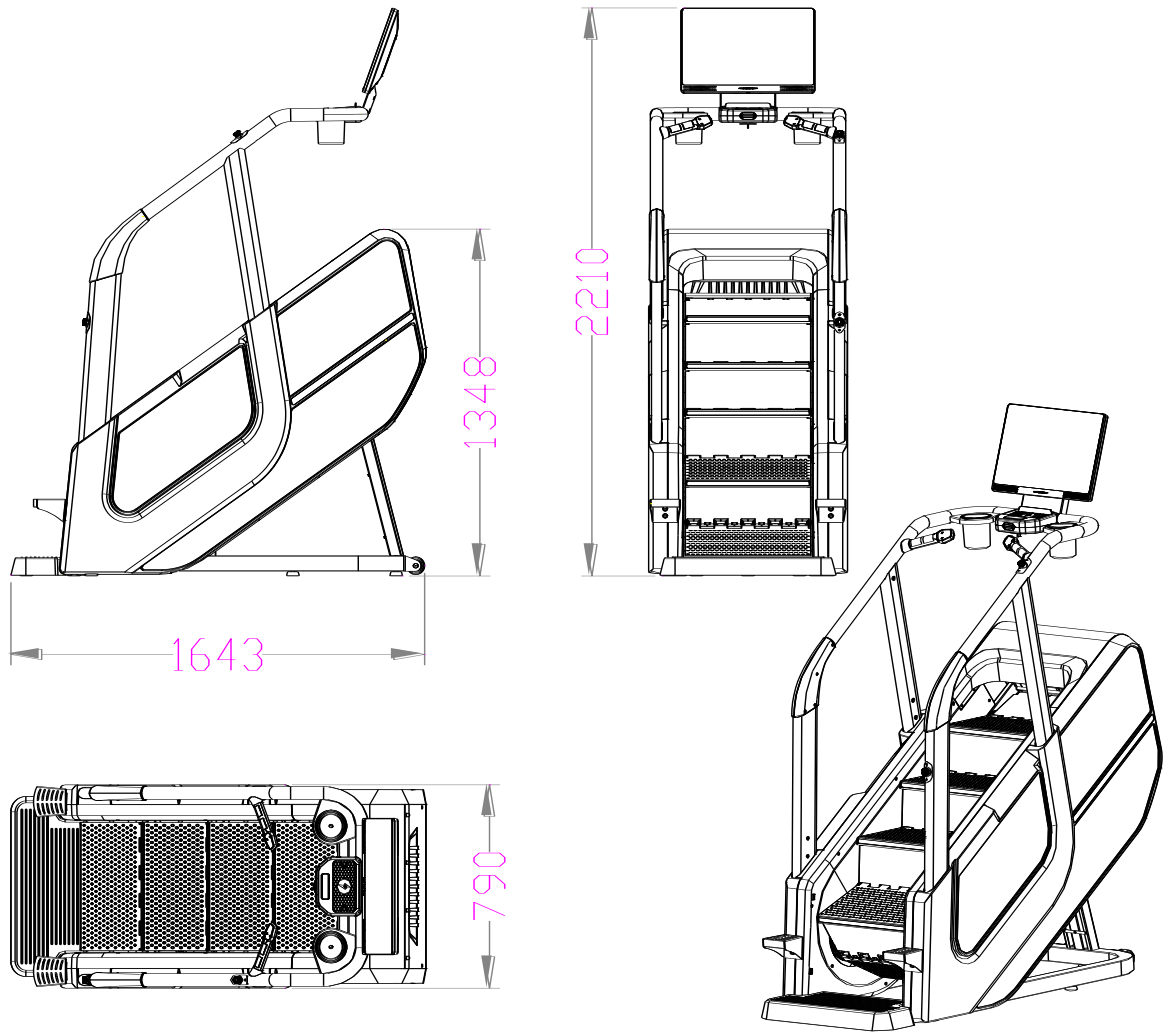
WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Packing parts
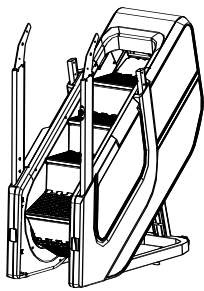
Base
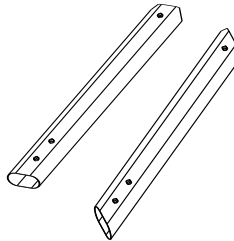
Upper upright
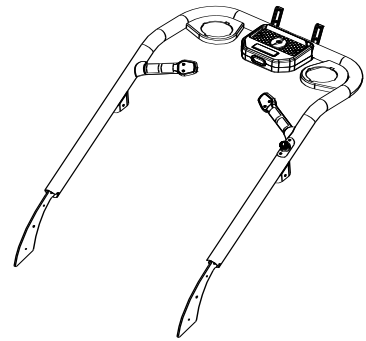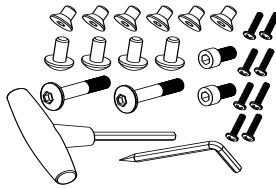
Handrail
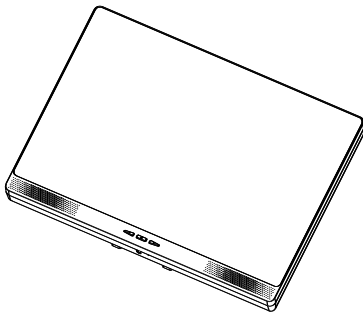
Tablet
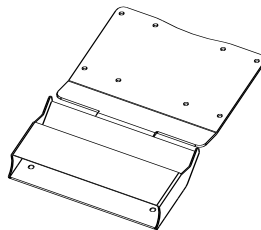
Tablet bracket

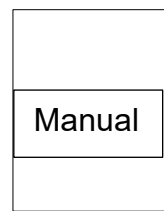Water cup
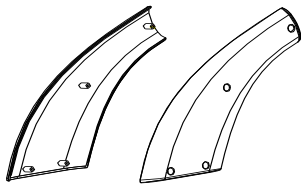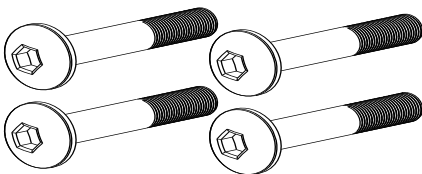
Left upright trim
cover
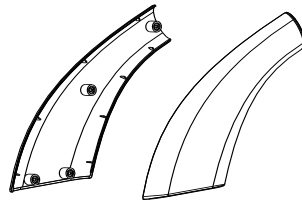
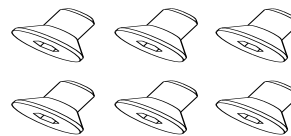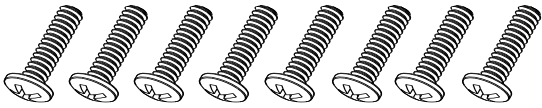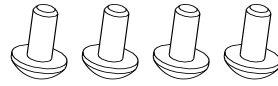Right upright trim
cover
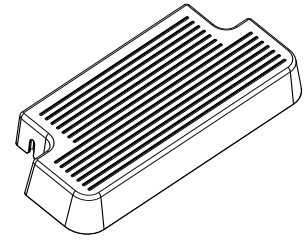
Foot plate
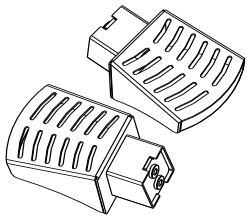
Footrest

Hardware kit

User manual

Hardware kit

Allen half thread bolt (M8*75*20) 4ea
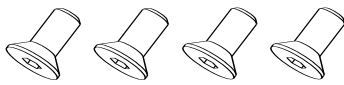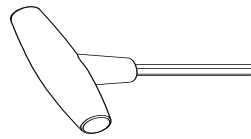
Allen full thread bolt (M8*12) 6ea

Philips self-tapping screw (ST4*16) 8ea

Allen full thread bolt(M8*15) 4ea

Allen full thread bolt (M6*15) 4ea

T-shaped wrench (6*×80) 1ea

L-shaped wrench (5×35×85S) 1ea

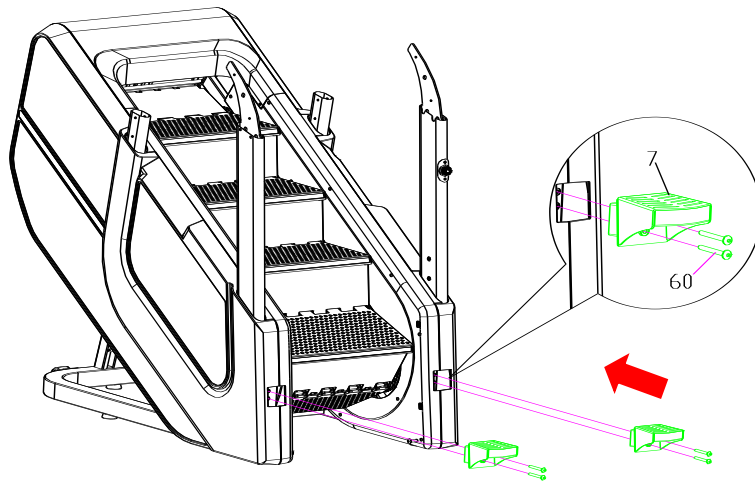L-shaped wrench (4*30*80) 1ea

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 base on a flat and stable ground, and attach two footrest (7) by 4ea M8*75*20 bolt (60) with T-shaped wrench from hardware kit.
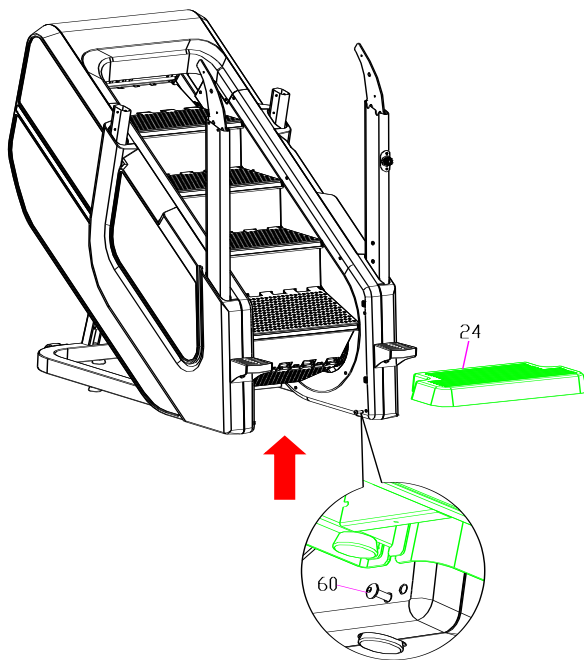
Step 2: There are bolt (60) from inner side of bottom base;   Attach the footplate (24) by inserting its concave hole under the footplate on to bolt (60) . Note: the footplate shall be fixed inserted onto the bolt.
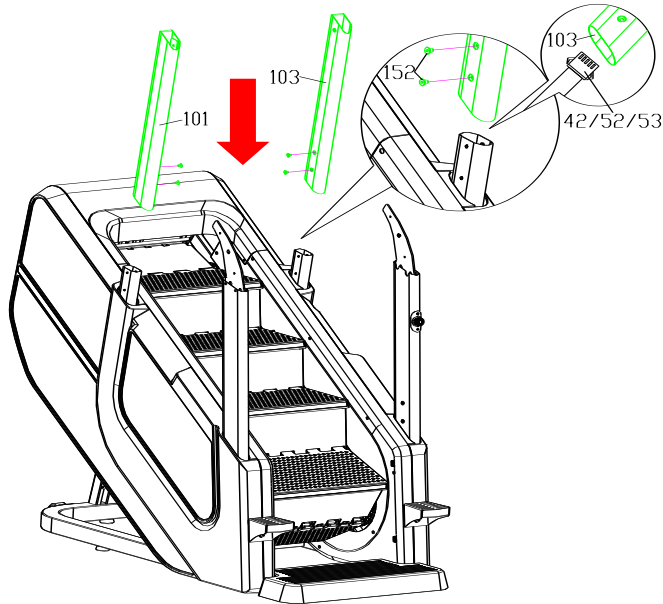
Step 3: As picture shown, take out the left and right upper upright (101 and 103), feed the emergency stop connection wire (42), LED strip communication wire (52), and main communication wire (53) into the right upper upright (103), then attach both upright onto clamps at each side by 4ea M8 * 12 bolt (152) (but don't tighten the bolt)
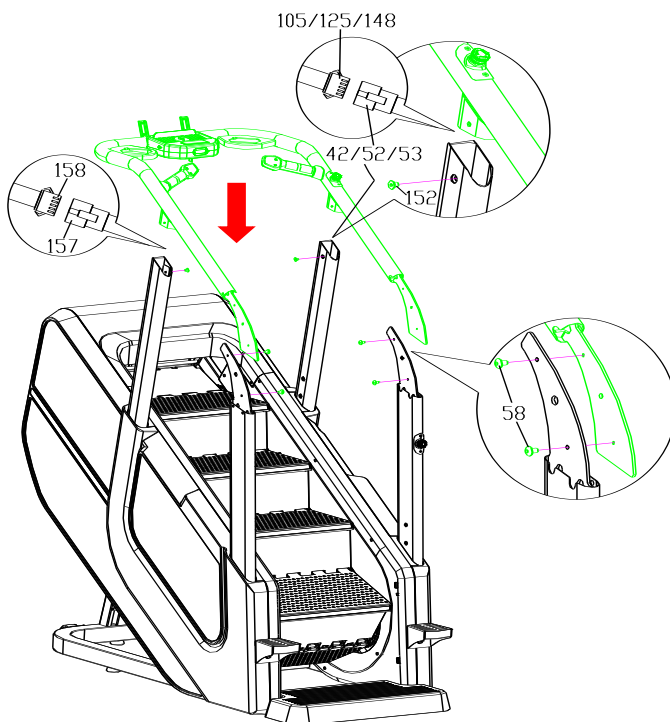

Step 4: Take out the handrail (111), connect the emergency stop connection wire (42), LED strip communication wire (52), and main communication wire (53) well, insert them into the upper upright as picture shown, fix them to the upper upright with 2ea M8 * 12 bolt (152), and then another 4ea M8 * 15 bolt (58) to the lower upright (Note: don't tighten the bolts)
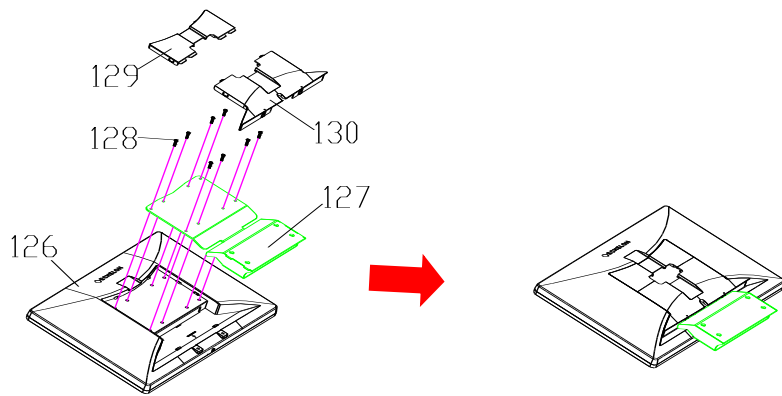
Step 5: Take out the the tablet (126) from box, place it on a flat surface. Firstly remove the upper and lower rear covers (129 and 130) from tablet, then remove the 8 bolts (128) from the back. Attach the tablet bracket (127) at the back, re-install the 8 bolts and rear cover again.
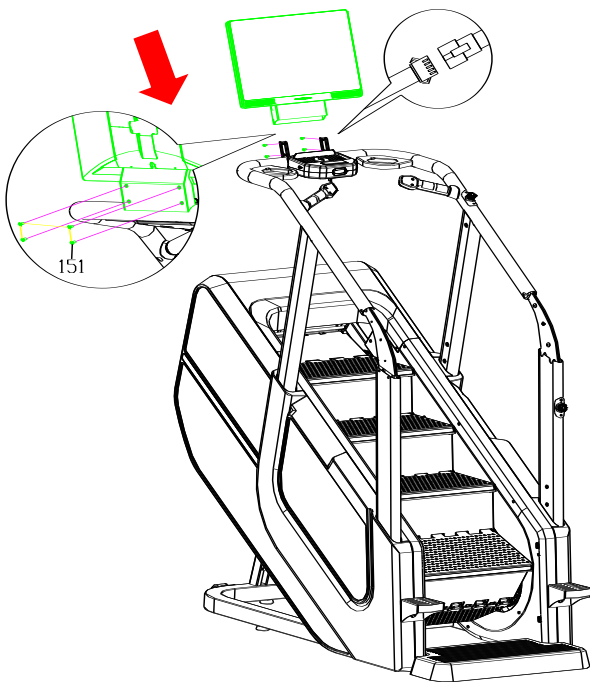
Step 6: Take out the tablet with installed tablet bracket, connect the communication/network/power cables from the console, insert them into the handrail as picture shown, and fix them with 4 allen bolts (151). (Just slightly lock the bolts, do not tighten them yet)
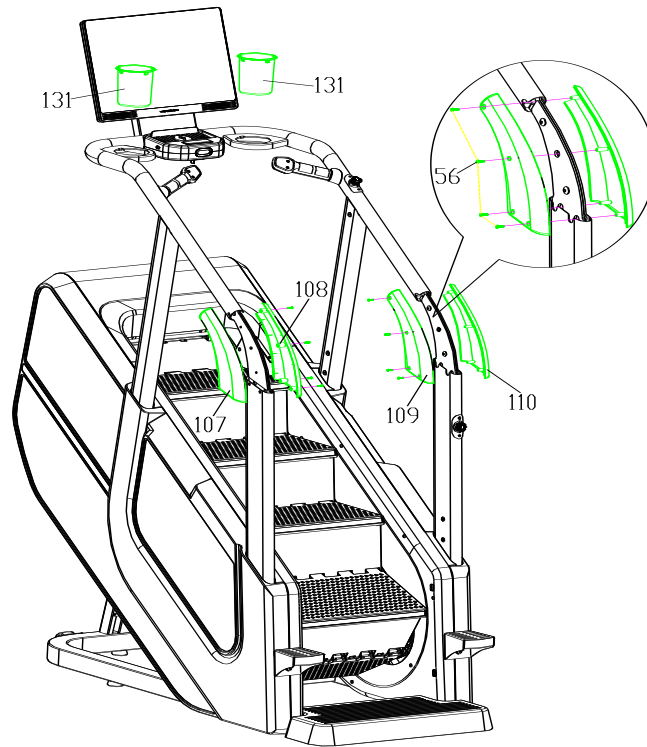
Step 7: Attach the left and right upright trim covers onto the left and right lower upright separately by 8 ST4 * 16 screws (56). Then install water cup (131) . Finally, tighten all bolts and double check to ensure that all fasteners are firm. The installation of the whole machine is completed.

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
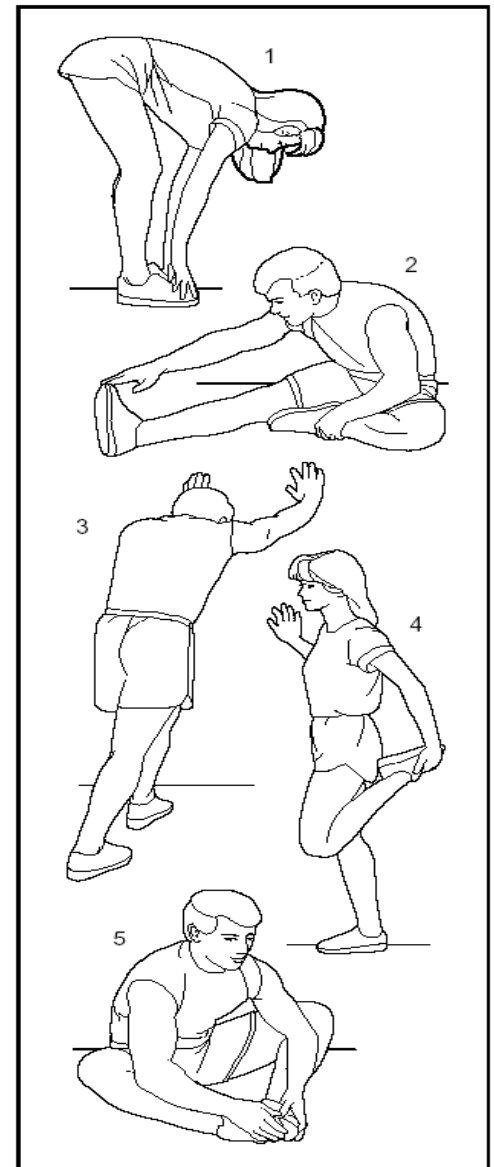
your toes. Maintain this position for 10-15 seconds if possible and relax. Repeat three times. See pic.1

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

One start/stop key

Wireless charging dock

Magnet safety key

Start

stop

Speed+

Speed-

Pulse sensor

Stop key at handrail;

The 2nd Stop key at upright

Function keys

One START/STOP KEY: start / stop the stairmill

4 control keys at handgrip:

START

STOP

Up: To adjust the stair paces from L1 to L15. Press UP and the stairs will move faster.

Down: To adjust the stair paces from L15 to L1. Press DOWN and the stairs will move more slowly.

Emergency stop key: Press to stop the stairmill; Rotate clockwise to resume workout; There are two emergency stop key: one at the handrail, the other at the upright;

Safety key

Safety key being lost will trigger the stairmill to stop.

Pulse sensor at handgrip

Put both hands on pulse sensors, and it will show in PULSE at tablet;

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately";
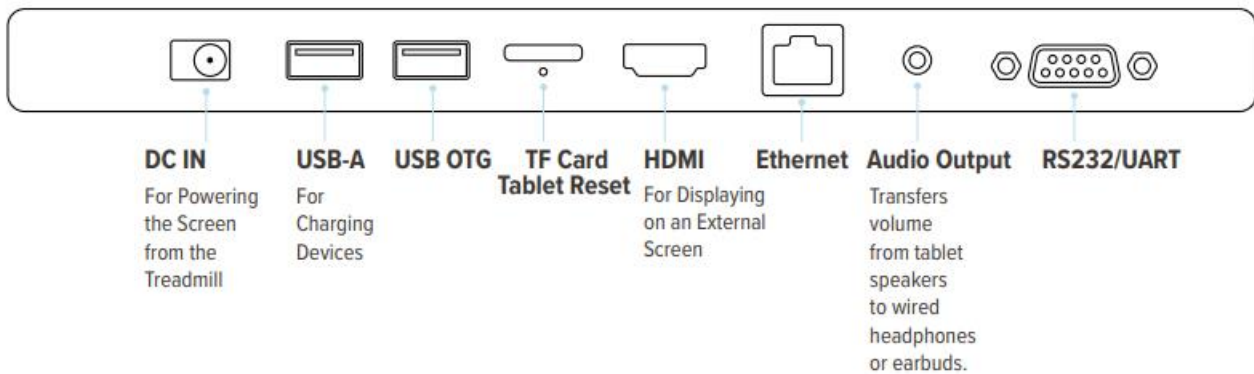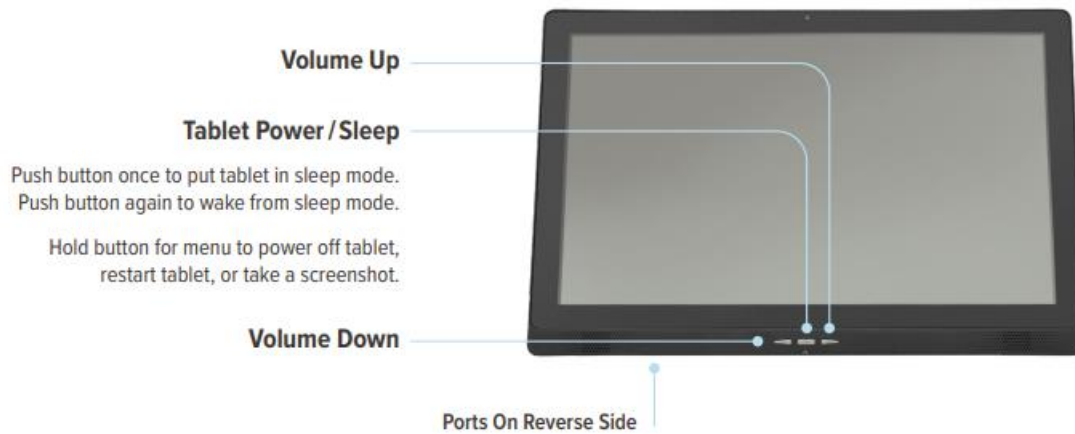

Sensor

The stair mill can only be activated working when over 35KGS; If lower than 35KG, it cannot run, so to protect the safety of Children.

There are two sensors at the inner bottom of the stairmill, when the user come down and trigger the sensor, the stairmill will stop immediately for safety protections.

When return to stairmill after suddenly coming down, the user shall press the START key again to resume the stairmill running at initial level.

Screen specification

Volume Up

Tablet Power / Sleep

Push button once to put tablet in sleep mode.
Push button again to wake from sleep mode.

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

Volume Down

Ports On Reverse Side

DC IN

For Powering
the Screen
from the
Treadmill

USB-A

For
Charging
Devices

USB OTG

TF Card
Tablet Reset

HDMI

For Displaying
on an External
Screen

Ethernet

Audio Output

Transfers
volume
from tablet
speakers
to wired
headphones
or earbuds.

RS232/UART

PRODUCT USE

Membership Activation *Required* to Unlock the Echelon Stride-9s Pro Treadmill Experience

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.
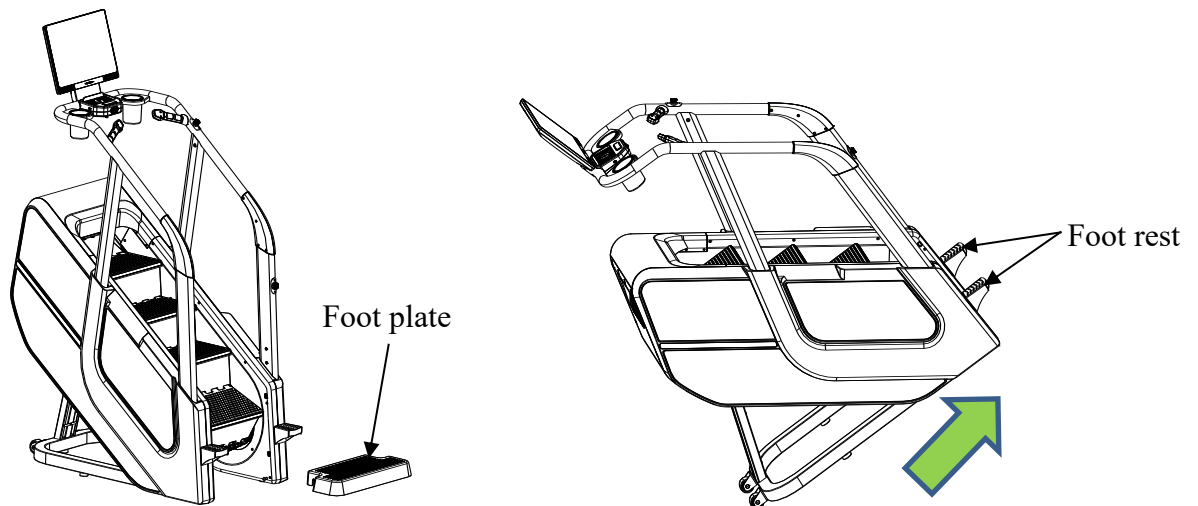
Using instruction：

Stair mill moving:

Please ensure below before moving：

1：the power is off；

2：the plug has been pulled out from the socket；

Take off the footplate, lift the footrest by both hands by tilting up 30~40°, move the stair mill slowly, as below picture.

Foot plate

Foot rest

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 level 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 . 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 tablet.

Steps to climb the stairs:

1. Preparation: Stand in the center of the step, hold the handrail (if available), keep your body upright, and look straight ahead. Tighten your core.

2. Start the movement: Step on the upper step with your right foot → Follow with your left leg, alternating; Control the speed: Beginners are advised to choose a low gear (e.g., preset program L1-L3).

3. Posture tips: Avoid bending or leaning forward excessively. Keep your knees aligned with your toes and avoid inward rotation.

Steps to descend the stairs:

1. Reverse mode setting: Choose the "Descend" mode or manually adjust the resistance.

2. Movement process: Slowly lower your right foot to the lower step → Follow with your left leg, alternately; Control the eccentric force to avoid rapid descent impacting your knees.

NOTE:

a. Precautions for climbing and descending stairs: Hold the handrail when descending to maintain balance. Those with greater knee pressure are advised to reduce the duration of descending training.

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

c. 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

Customer Service

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Questions or Concerns
Our members are our priority! If you require assistance or have concerns, please contact our customer service team.
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Submit a Request: