

# **FITNATION**<sup>™</sup> **ROCK 'N' FIT**



## **USER GUIDE**

- ◆ Before using this product, make sure you read the safety instructions thoroughly to ensure proper use.
- ◆ Store instructions in a safe place so you can reference at any time.
- ◆ If you transfer the product to others, the user guide must be transferred together.

## **Catalog**

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# Safety Instructions

- Please read safety instructions before using this product.
- This product follows regulations for UL 1647, C22.2 No. 68, Class HC (H= home use)



## Warning

### IMPORTANT SAFETY INSTRUCTIONS

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

Read all instructions before using this product.

**DANGER** – To reduce the risk of electric shock:

Always unplug this product 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) The product 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 product 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 product by a person responsible for their safety. Keep children under the age of 13 away from this product.
  - 4) Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
  - 5) Never operate this product 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 product to a service center for examination and repair.
  - 6) Do not carry this product by supply cord or use cord as a handle.
  - 7) Keep the cord away from heated surfaces.
  - 8) Never drop or insert any object into any opening.
  - 9) Do not use outdoors.
  - 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
  - 11) To disconnect, turn all controls to the off position, then remove plug from outlet.
  - 12) Do not mix old and new batteries.
  - 13) Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni- Cd, Ni-Mh, etc) batteries.
- WARNING** – Connect this product to a properly grounded outlet only. See Grounding Instructions.



**Must  
be  
followed**

# Warning

## SAVE THESE INSTRUCTIONS

### GROUNDING INSTRUCTIONS:

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120 V circuit and has a grounding plug. 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.



**Must  
be  
followed**

People under below conditions are not recommended to use the product.

- People are under treatment, not in good condition, with malignant tumor, with Osteoporosis, or with heart disease.
- People are pregnant or in menstrual period.
- People are with artificial limb, heart pacemaker, or other medical electronic instrument implanted.
- People are sensitive to vibration and strenuous exercise.

Please do not use the product together with other medical equipments.  
Please do not use the product for therapeutic purpose.

For your own safety, inspect the product for damage & wear regularly and before each use, especially on the seat, screws, knob, exercise bands, and power cord. If you find any missing or damaged parts, nicks, cuts, scratches or gouges in the product, please discontinue use.

Warning: Incorrect posture can cause injury. To avoid injury, follow the safety instructions in this user guide. If you are new to this product, we suggest you only use it for a maximum of 30 minutes a day. Excessive training might cause muscle pain. Do not use more than 10 minutes per usage.

Please stop immediately if you experience discomfort during exercise.


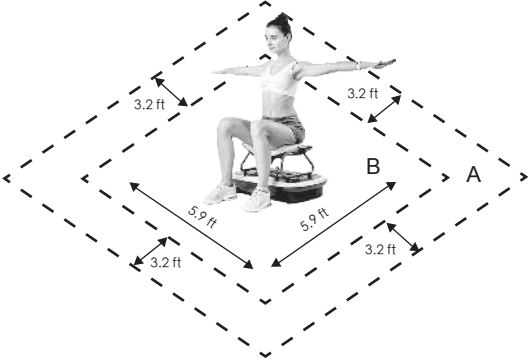
Do not use the product immediately after a meal or after drinking alcohol as accidents or injury may occur.

Set up the product in a suitable location for exercise. If the location is inappropriate, it may lead to falls or cause injury.




Please use the product on flat, hard surfaces. If the location is inappropriate, it may result in falls or cause injury.

Appropriate and well-fitting sportswear must be worn during use. Failure to do so may lead to injury or accident.

Make sure you complete a warm-up before exercise. Exercise without warming up the body puts unnecessary stress on the body.

 <p><b>Must be followed</b></p>	<p>Please use the product on flat, hard surfaces. If the location is inappropriate, it may result in falls or cause injury.</p>
	<p>Appropriate and well-fitting sportswear must be worn during use. Failure to do so may lead to injury or accident.</p>
	<p>Make sure you complete a warm-up before exercise. Exercise without warming up the body puts unnecessary stress on the body.</p>
	<p>Please refer to instructions for usage tips to mount and operate the product properly as shown in the diagrams.</p>
	<p>Always turn off the power switch and unplug the power cord after each use.</p>
	<p>Warning: Max. exercise bands pull length are limited as 6 feet. Overstressing may lead to injury or accident. Please attach the exercise bands to the product only. Do not attach them to other unsuitable structures. Please do not expose or store the exercise bands under direct sunlight. Failure to do so will damage the bands or lead to accident.</p>
<p>When using the product, allow an area of 3.2 feet (Free area: A) around all sides of the equipment (Training Area: B), so it is clear of all obstructions and positioned far enough away from children, bystanders and pets.</p>	
	

## **Warning**

<b>Child safety</b>	<p>Never allow children to use this product unattended as this may lead to injuries.</p> <p>Keep young children and pets clear while the product is in use.</p>
 <p><b>Do not disassemble</b></p>	<p>Never repair or modify the product by yourself. This may lead to abnormal movement or cause an accident. Contact the original dealer in case of a failure or damage.</p>
 <p><b>Confirmation</b></p>	<p>Before using the product, make sure the screws and knobs are secured properly. Improper use may lead to accidents like toppling backwards or may cause damage.</p> <p>Check if the voltage complies with the one specified for the product. Do not connect multiple electric products and operate with same power outlet at same time.</p>
 <p><b>Forbidden</b></p>	<p>Only use this product for its intended purpose. Improper use may result in a fall, damage, equipment malfunction or injury.</p> <p>Do not attempt any exercises that have not been listed in this user guide. Otherwise, an injury or accident may occur.</p> <p>Do not allow more than one person to use the product at the same time. This product is designed for use by one individual at a time. Improper use may result in an accident or injury.</p> <p>This product is limited to general home use. Improper use may cause an accidental injury.</p> <p>It is forbidden to put fingers or other foreign bodies into the gap between the middle cover and base cover of the product.</p>

# In The Box

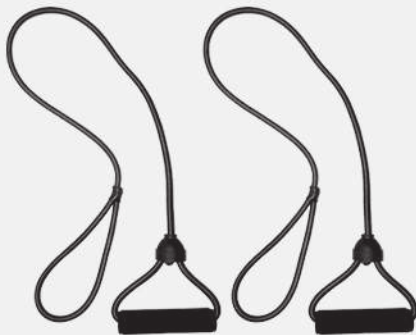
## Rock N Fit



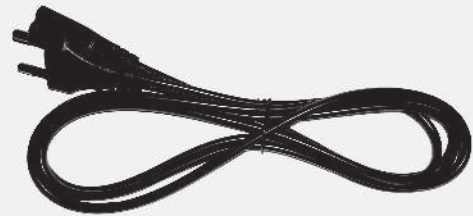
**Exercise Seat**



**Vibration Shaper**



**Exercise Bands**



**Power Cord (w/plug)**



**Remote Control**  
(w/ AAA batteries x 2)



**Hex Wrench**



# Assembly

## Exercise Seat Assembly

### Required parts and tool



Hex screw x 4



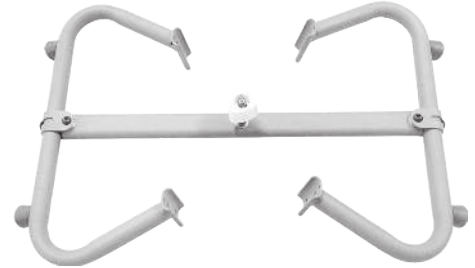
Washer x 4



Seat top frame



Hex wrench



Seat base frame

Note: Hex screws and Washers are pre-secured on the bottom of the Seat top frame.

### STEP 01 Assemble exercise seat

1. Lift up the side support of the seat base frame and mount seat top frame on the seat base frame.



3. Tighten the hex screw with hex wrench.



2. Secure the seat base frame with hex screws and washers.

### STEP 02 Tighten the middle support

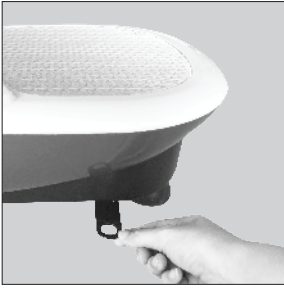


Tighten the hex screw on the middle support of the seat base frame with hex wrench.

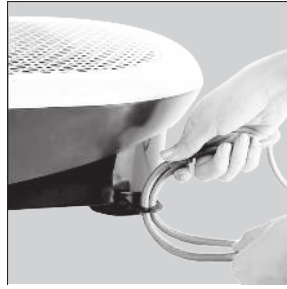
# Assembly

## Accessory Assembly & Flatness Adjustment

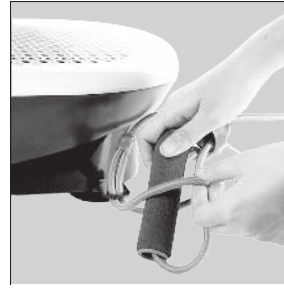
### Attach exercise bands



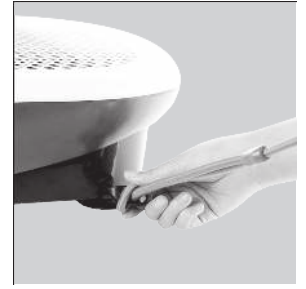
Unfold two hoops from the side of the vibration shaper.



Hold the end loop of the exercise band and thread it through the hoop at the side of the vibration shaper.



Hold the end loop of the exercise band and thread the handle through the loop to make a knot.



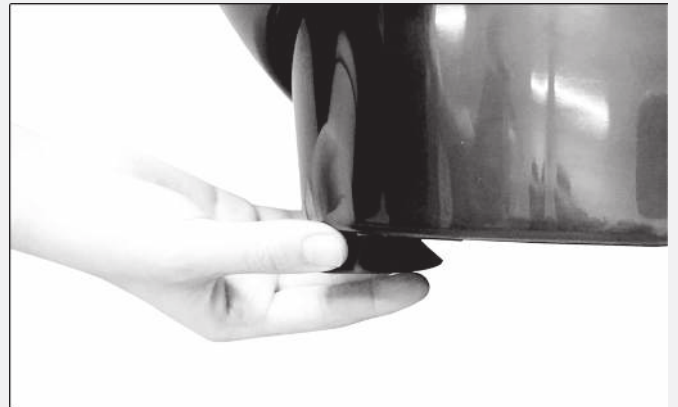
Pull the bands outward to make the knot firmly.

### Flatness Adjustment

If there is abnormal noise or shake, please check if the product is placed on the flat ground.



Place the product on the flat ground and check if 4 rubber feet sit evenly on the ground.



Make flatness adjustment via rotating rubber foot.

### Attach the exercise seat



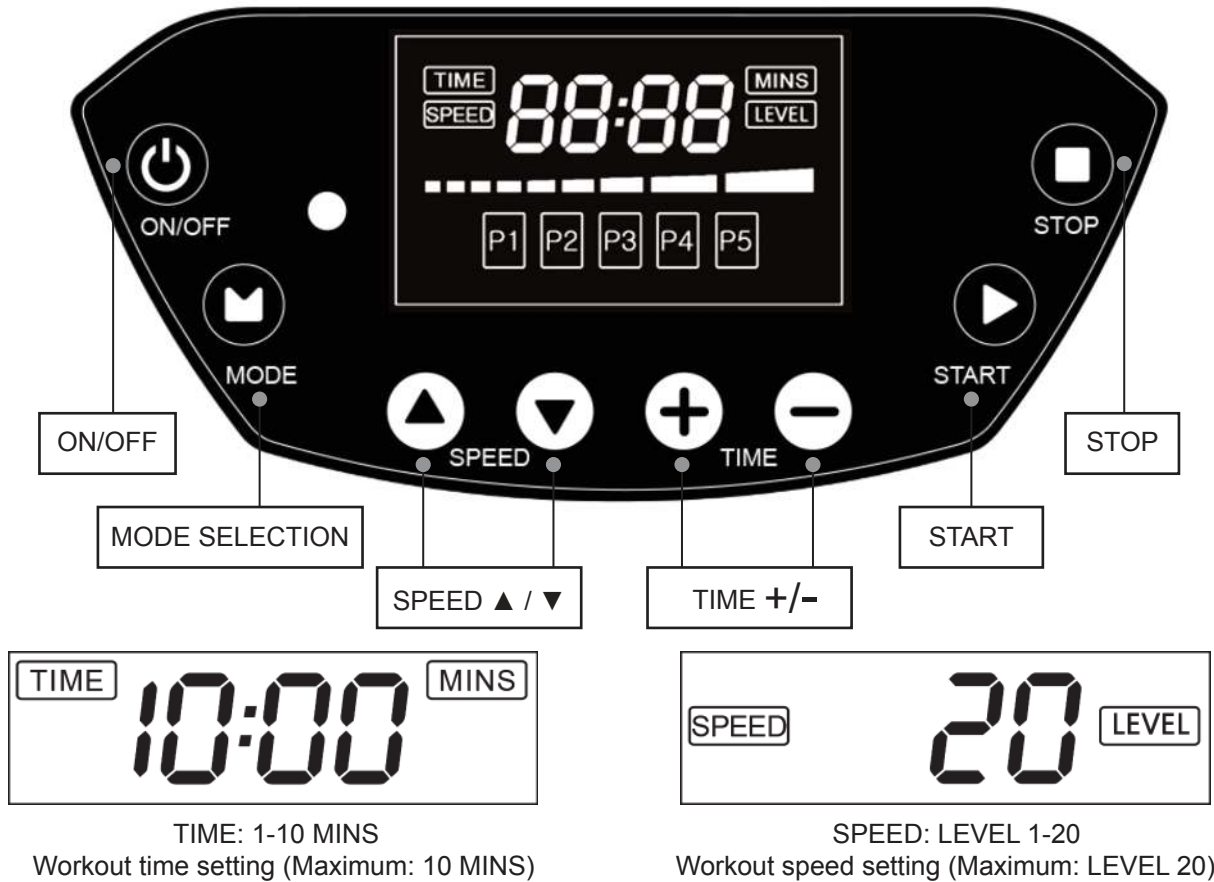
Mount the exercise seat on the vibration shaper.



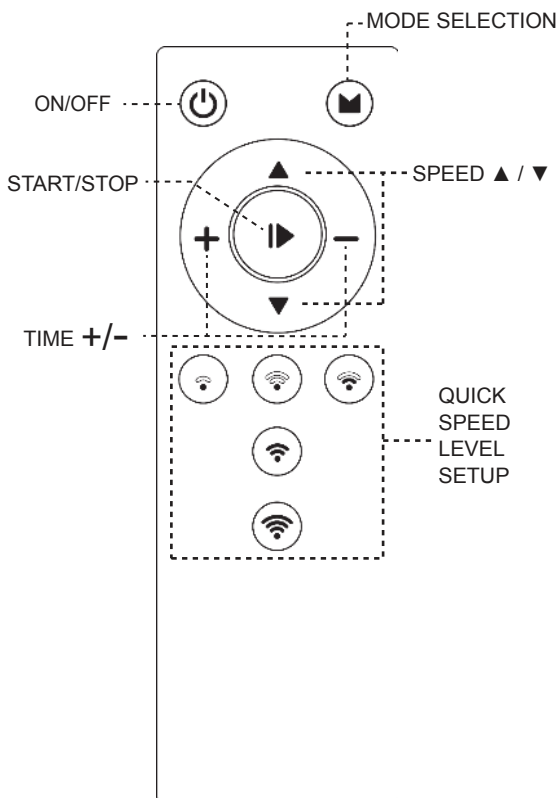
Tighten the knob to fix the exercise seat on the vibration shaper steady and firmly.

# Getting Started

## Panel control function



## Remote control function



**ON/OFF:**  
To turn on or turn off the product.



**START/STOP:**  
To start or stop the operation.



**MODE SELECTION:**  
Select auto mode for program P1~P5 or manual mode.



**SPEED ADJUSTMENT:**  
Adjust speed level 1-20 (for manual mode operation only).  
User could adjust the speed level after starting workout.



**WORKOUT TIME ADJUSTMENT:**  
Adjust workout time for 1-10 minute (for manual mode operation only) before starting workout (It is not allowed to adjust workout time during workout).

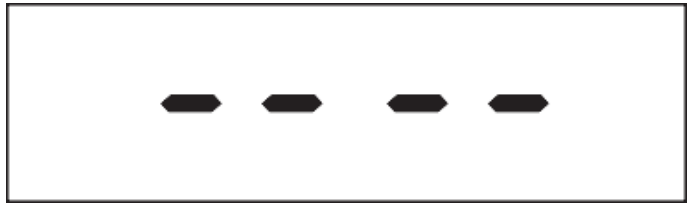


**QUICK SPEED LEVEL SETUP**  
(\*For manual mode operation only)

# Getting Started



Turn on the Main Power Switch on the side of the product.



Standby status to save power



Press ON/OFF button.



Ready status for workout operation

Note : After unplugging the power cord or turning off the main power switch, the panel will be light-off automatically.

## Manual Mode Setup



Turn on the Main Power Switch.



Press ON/OFF button to turn on the panel control.



Adjust required workout time. (1~10 minutes)



Press START button to start workout.



Adjust required speed level. (Level 1~20)

- The workout time would be setup for 10 minutes automatically.
- You could adjust workout time (1~10 minutes) before starting workout.
- You could adjust the speed level during workout.

Note: The workout time could not be adjusted during workout. You could stop workout by pressing stop button any time.

# Getting Started

## Auto Mode Setup



Turn on the Main Power Switch.



Press ON/OFF button to turn on the panel control.



Press MODE SELECTION button to choose among P1~P5.



Press START button to start workout.



There are 5 programs (P1~P5) for Auto mode operation. Each program is with unique workout time and speed level setting. Under auto mode, the user could not change workout time and speed. The panel will display remaining workout time and current speed alternatively every 5 seconds. The machine will beep and stop, when the time is up.

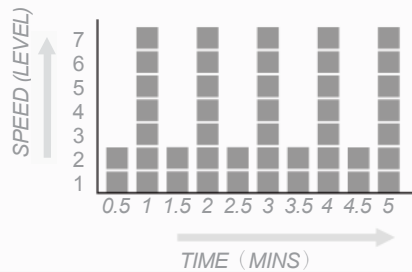
## Auto Mode Program

**P1**



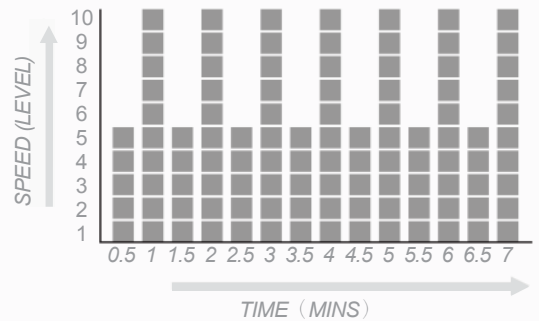
**3 minute workout**

**P2**



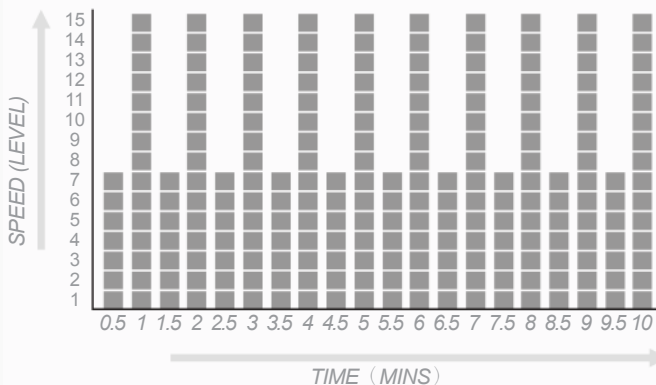
**5 minute workout**

**P3**



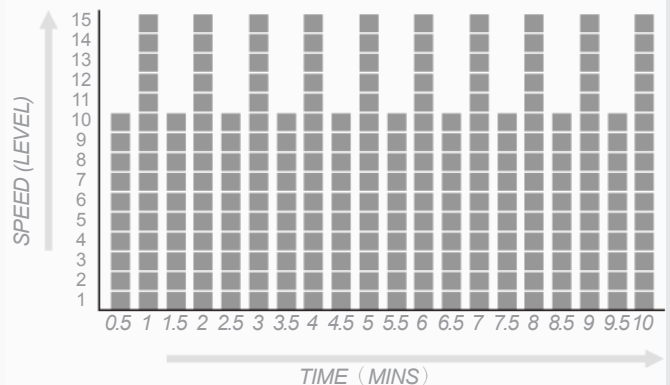
**7 minute workout**

**P4**



**10 minute workout**

**P5**



**10 minute workout**

# How To Use

**Beginner Setting: Speed Level 1-5**  
**Intermediate Setting: Speed Level 6-15**  
**Advanced Setting: Speed Level 16-20**



**Mountain**



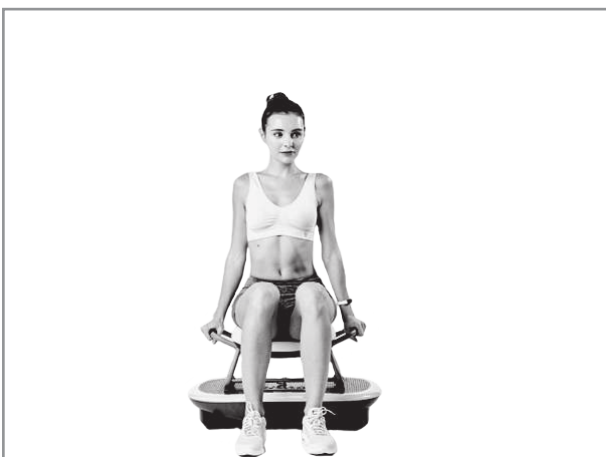
**Squat**



**High Plank**



**Elevated Bridge**



**Side to Side Rock**



**Standing Lateral Shoulder  
Raise with Bands**

# Storage & Maintenance

## Storage

- Always turn off the main power switch and unplug the power cord, when it is not in use. Store out of reach of children.
- Store away from high temperatures, moisture and direct sunlight. Keep the product in a clean place with good ventilation.

## Transportation

Please remove the exercise seat from the vibration shaper before transportation.

## Cleaning

- Always turn off the main power switch and unplug the power cord before cleaning.
- Clean with diluted neutral cleansing detergents, wipe dry with a dry cloth. Avoid using alkaline cleaning agents or solvents as they may damage this product. Please always clean the panel, power connection area, and remote control with dry cloth only.

## Maintenance/Inspection

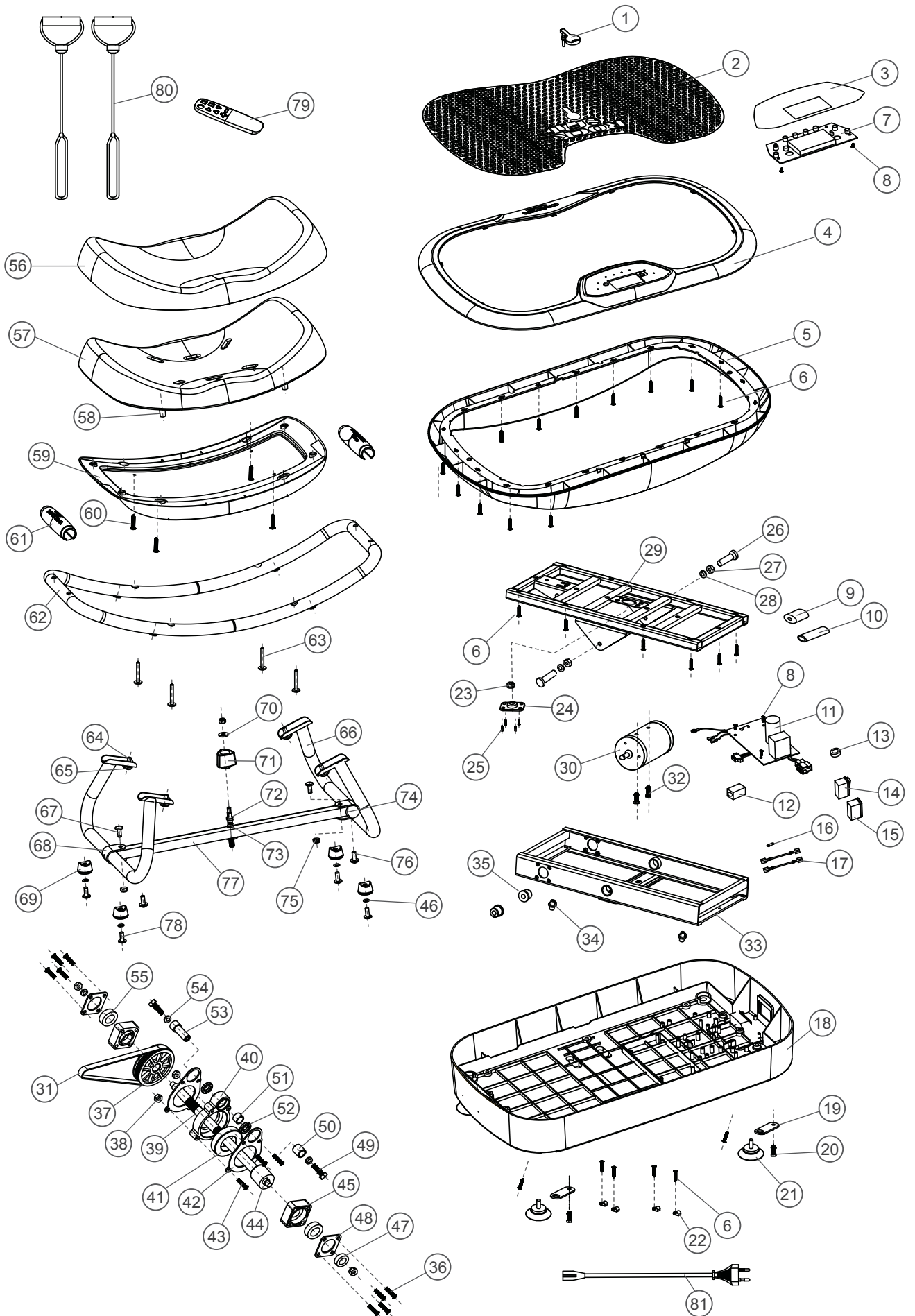
Routinely check to make sure that the product is in good, working order. If the product gets wet carelessly, please unplug and wait till it is completely dry, then check the operation function by then.

In the event of failure or abnormal occurrences, please contact the dealer. If there is anything about the product that you do not understand, please contact the customer service center.

## Waste Disposal

Refer to local waste and recycling laws in your region.

# Exploded View



# Parts List

Part#	Description	QTY
1	Anti-dust plug	1
2	Rubber mat	1
3	Panel label	1
4	Upper Cover	1
5	Middle Cover	1
6	Screw ST4*12	42
7	Main control board	1
8	Screw ST3*10	8
9	Magnet ring $\phi 11.5 \times 21.5$	1
10	Jacket	1
11	PCB	1
12	Magnet ring 14*15*23	1
13	Magnet ring 34 34.5*21*12	1
14	Power switch	1
15	Power socket	1
16	Fuse	1
17	Electrical wire	2
18	Base cover	1
19	Exercise band Fixture	2
20	Hex screw set M6*10	2
21	Rubber Foot	4
22	Cable clamp 4R	4
23	Flange nut M8	1
24	Knob shaft fixture	1
25	Screw M5*10	4
26	Pivot pin	2
27	Flat washer $\phi 8$	2
28	Nylon nut M8	4
29	Vibration plate	1
30	Motor	1
31	Belt	1
32	Hex bolt set M8*14	2
33	Main frame	1
34	Insulation bushing	2
35	Bushing	2
36	Screw set M5*30	8
37	Pulley	1
38	Nylon nut M5	4
39	Main shaft	1
40	Sleeve	1
41	Bearing 6006	1

Part#	Description	QTY
42	Fixture plate for sleeve	2
43	Screw set M5*25	4
44	Eccentric block	1
45	Brackct for main shaft	2
46	Flat washer $\phi 5$	4
47	Bearing 6201	2
48	Fixture plate for main shaft	2
49	Hex bolt M8*20	2
50	Outer bushing	1
51	Inner bushing	1
52	Bearing 6801	2
53	Sleeve lock pin	1
54	Spring washer $\phi 8$	4
55	Bearing sleeve	2
56	Seat cover	1
57	Foam	1
58	Foam support	1
59	Seat base	1
60	Screw ST4*12	4
61	Handle grip	2
62	Upper bracket	1
63	Screw ST5*16	4
64	Hex screw M6*20	4
65	Arc washer $\phi 6$	4
66	Side bracket	2
67	Hex screw M6*30	2
68	U-shaped fixture	2
69	Rubber foot for exercise seat	4
70	Flat washer $\phi 6$	5
71	Knob	1
72	Knob bolt	1
73	Knob spring	1
74	Tube plug	2
75	Nylon nut M6	3
76	Hex screw M6*12	2
77	Middle bracket	1
78	Screw M4*16	4
79	Remote control	1
80	Exercise bands	2
81	Power cord	1

# Notes



## Specifications:

Model #	ROCK N FIT RNF-72
Dimension (LxWxH)	Vibration Shaper: 24.2x14.5x5.4 in Exercise Seat: 22.4x12.5x9 in
Weight	About 12.4 kg
Material	Steel - PVC - ABS - TPE
Maximum User's Weight	150 kg
Rated Power and Voltage	200 W, AC 120 V, 50 / 60 Hz, 1.8 A
Country of Origin	China

Max. exercise bands pull length: 185 cm	
Bands length and pull force:	
48.9 N	Pull the bands to 72.8 in, Tolerance: +/- 5 N



Read Instructions  
Before Operating

MADE IN  
CHINA



PATENT  
PENDING

Rev: 082019

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 1-YEAR LIMITED 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@echelon.com](mailto:cs@echelon.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 Multimedia, LLC 6011 Century Oaks Dr. Chattanooga, TN 37416.

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](mailto:cs@echelonfit.com).

Register your product online at [echelonfit.com/pages/register-warranty/](http://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](mailto:cs@echelonfit.com)**

Model:

**ROCK N FIT RNF-72**

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

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