

echelon[®]

REFLECT 60

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,

A handwritten signature in white ink, appearing to read 'Lou Lentine', written in a cursive style.

Lou Lentine
CEO, Echelon Fitness Multimedia, LLC

FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

15.21

Changes or modifications to this unit 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.

CANADIAN NOTICE

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

This equipment complies with FCC's and IC's RF radiation exposure limits set forth for an uncontrolled environment. The antenna(s) used for this transmitter must be installed and operated to provide a separation distance of at least 20 cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter. Installers must ensure that 20cm separation distance will be maintained between the device and users.

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

AVIS CANADIEN

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

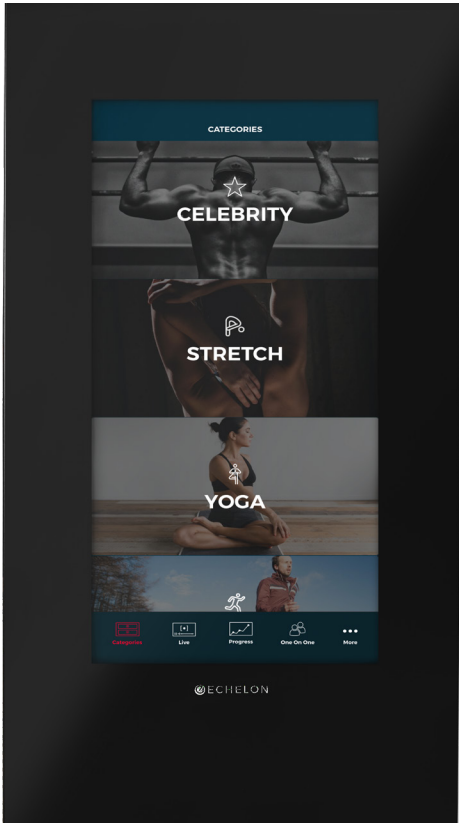
1. L'appareil ne doit pas produire de brouillage.
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet appareil est conforme aux limites d'exposition au rayonnement RF stipulées par la FCC et l'IC pour une utilisation dans un environnement non contrôlé. Les antennes utilisées pour cet émetteur doivent être installées et doivent fonctionner à au moins 20 cm de distance des utilisateurs et ne doivent pas être placées près d'autres antennes ou émetteurs ou fonctionner avec ceux-ci. Les installateurs doivent s'assurer qu'une distance de 20 cm sépare l'appareil des utilisateurs.

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1



(6 for UK only)

INCLUDES

1. Echelon® Reflect Fitness Mirror
2. Bolt (4)
3. Lag screw (2)
4. Washer (6)
5. Zip toggle anchor (4)
6. Wall mount
7. Sleeve anchor (6 for UK only)

IMPORTANT SAFETY INSTRUCTIONS

WHILE CLEANING YOUR ECHELON® REFLECT 60, 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® Reflect 60.

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.

Before using the Echelon® Reflect 60, 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® Reflect 60.

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

ALWAYS use the Echelon® Reflect 60 in a well lit and ventilated area.

- ALWAYS check the mirror before use.
- NEVER use the mirror if it is not properly/completely assembled or is damaged in any way.
- NEVER use Echelon® Reflect 60 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.
- 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® Reflect 60 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 accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the mirror and will affect the warranty of the mirror.
- ALWAYS ensure that the Echelon® Reflect 60 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® Reflect 60, 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® Reflect 60!

FREQUENCY:
POWER:

[DOC Document](#)

CE/UK	Operating Frequency	Max EIRP (dBm)	Max EIRP (mW)
BT	2402 MHz to 2480 MHz	9.3	8.51
BLE	2402 MHz to 2480 MHz	9.9	9.77
2.4G WIFI	2412 MHz to 2472 MHz	18.5	70.79
5G WIFI	5180 MHz to 5240 MHz	17.90	61.66
	5260 MHz to 5320MHz	18.30	67.61
	5500 MHz to 5700MHz	15.70	37.15
	5745 MHz to 5825MHz	12.91	19.54



IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

GROUNDING INSTRUCTIONS

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

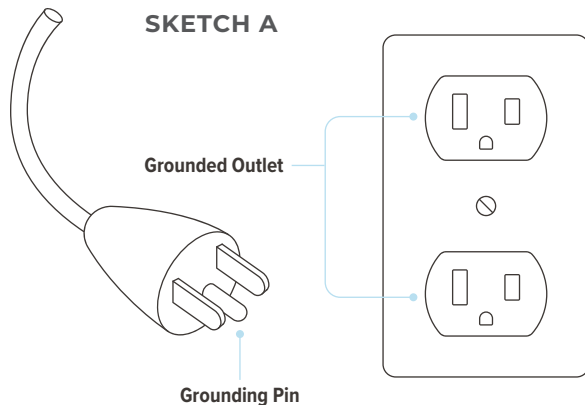
Two common types of outlets presently in Homes are: GFCI (Ground Fault Circuit Interrupter) and AFCI (Arc Fault Circuit Interrupter). Should hazardous wiring occur, either outlets are programmed to trip. Due to this, treadmills and other equipment have poor interactions with the GFCI or AFCI outlets.

Oftentimes, GFCI outlets are installed in either bathrooms or kitchens. These can be identified with either a red or white reset switch that is located on the front of the outlet. Should an excessive amount of power go through the group port, the GFCI outlet will flip their breaker. Due to treadmills and other equipment using the ground prong to help disperse static electricity, it is not ideal to use a GFCI outlet to power your machine. It is recommended that equipment be plugged into a different type of outlet that will prevent the machine from continually shutting down. Please note that GFCI outlets can be connected to other outlets (even if they're not that specific type of outlet) and it is recommended moving the equipment to a space that is not electrically tied together. Do not plug your equipment into surge protectors or other types of units, it is recommended that the equipment is plugged into a dedicated circuit.

Electrical arcs are detected by AFCI outlets and are designed to disrupt and cancel the flow of electricity. Due to this, treadmills and other equipment would likely have issues of shutting down if plugged into AFCI outlets. Newer building codes now require AFCI outlets, however, if you're having persistent issues, here are some recommended solutions: consult an electrician or switch to a different type of outlet.

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.

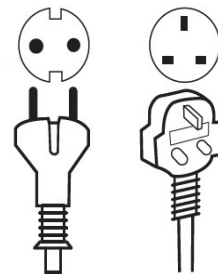
For use in the USA, products are designed to operate on a nominal 120-V circuit and have a grounding plug that looks like the plug illustrated in sketch A. For use in the EU and UK, products are designed to operate on a nominal 220-V circuit and have a grounding plug that looks like the plug illustrated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



SKETCH B

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

**Standard EURO/UK
Frequency**
50 HZ



INSTALLING THE MOUNT

Drywall

- The Echelon® Reflect is required to be mounted directly to a wall stud or suitable floor stand. Note: **Standard installation height is 69" to the top of the wall mount.**
- Locate stud within the wall you intend to hang your Reflect and mark with a pencil. Level and tape wall mount template with middle two cross marks centered over stud mark.
- Mark all six holes by pressing the tip of a lag screw through the center of each cross mark.

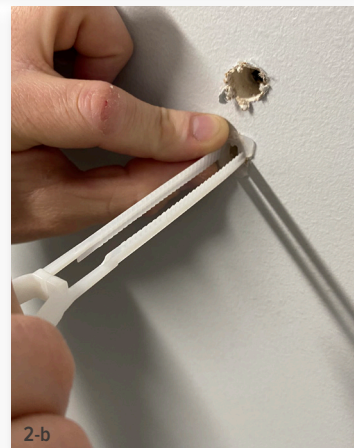
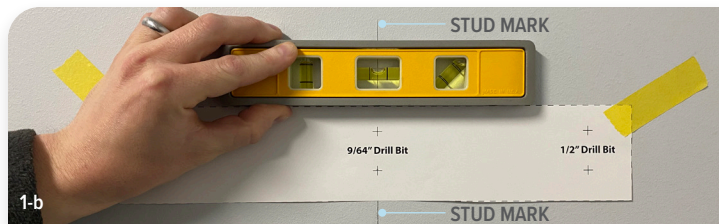
* Ensure that you press hard enough to leave a hole in the drywall behind the template.

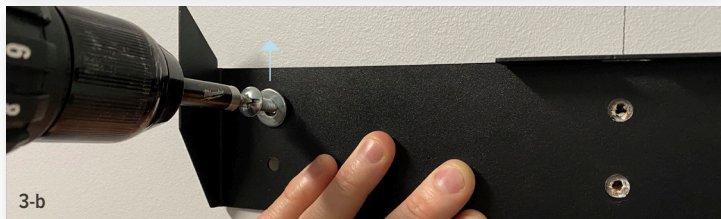
STEP
1

STEP
2

- Using a 9/64" drill bit, drill two pilot holes for the lag screws. Using a 1/2" drill bit, drill four holes for the zip toggles.
- Insert zip toggles into 1/2" holes and push the zip toggle plate until it is flush against the wall.

* Ensure eyelet of zip toggle is oriented as shown above.





- a. Snap off excess plastic from the zip toggle.
**Before starting the next step, make sure wall mount is facing upright as shown by the arrow in next step.
- b. Hand screw in bolts into the zip toggles. Use drill to tighten down.
* If installing onto an insulated wall, ensure anchor sits flush inside inner wall before tightening down.

STEP
3

INSTALLING THE MOUNT

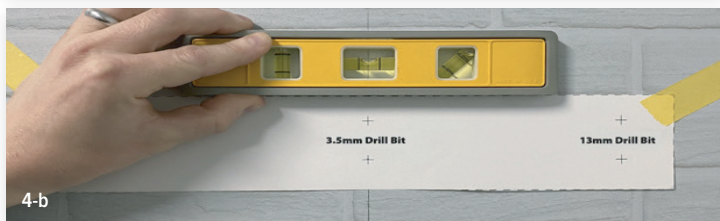
Brickwall or Concrete

- Locate mounting bracket and Sleeve Anchor hardware within the box.
- Level and tape wall mount template. Mark all six holes by pressing the tip of a pencil through the center of each cross mark.
*Ensure that you press hard enough to leave a mark behind the template.

STEP
1

STEP
2

- Using appropriate tools, drill a hole the same diameter as the sleeve anchor diameter, and at least 15mm deeper than the sleeve anchor depth. An 8mm drill bit would allow for tightest fit but may require force to insert the sleeve anchor. Increase bit size up to 9mm as needed.
- Insert the sleeve anchor through the wall bracket into the hole in the base material until the washer and nut are tight against the wall bracket. A hammer may be required.





3-a



3-b

- a. Turn the nut until finger tight.
- b. Use a wrench to set the anchor by turning the nut three to four full turns.

STEP
3

STEP
4



4-a

- a. Drive in the two lag screws into the pre-drilled pilot holes.



INSTALLING THE STAND

Reflect Stand

- a. Locate 5x Phillips Head Screws and Reflect Stand.
- b. Align holes on Reflect Stand with screw holes on back of Reflect mirror casing.

STEP
1

STEP
2

- a. Using appropriate tools, attach Reflect Stand beginning with middle screw and working outward.
- b. Do not fully tighten screws until all screws have been installed.



POWERING ON/OFF

STEP 1

- a. To turn on the Reflect, flip the switch on the back of the unit to the right then press the power button on the right side of the mirror. The power button will turn blue when PRESSED. (fig. 1-a)

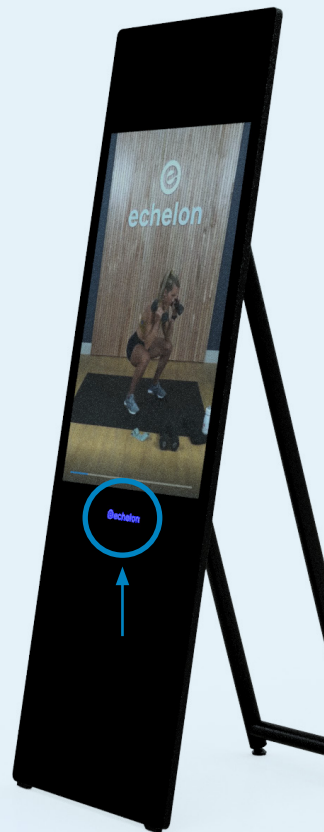
STEP 2

- a. To turn off the Reflect, press and hold the echelon® logo for six seconds. (fig. 2-a)

1-a



2-a



ECHELON MEMBERSHIP ACTIVATION



Activate Echelon Premier Membership to connect to classes.

To learn more about the membership, visit echelonfit.com/membership.

- a. Scan QR code below or visit **member.echelonfit.com**.
- b. Follow prompts to complete membership enrollment.



1. CHOOSE “SIGN UP NOW”

2. SELECT PURCHASE LOCATION

Select purchase location and follow the on-screen instructions.

3. CHOOSE YOUR PLAN

Monthly / 1-Year and 2-Year

4. SET UP PAYMENT METHOD

5. ENTER PERSONAL ACCOUNT INFO

6. VIEW YOUR ACCOUNT

Edit your billing info, add family members, manage subscriptions, and (if on your mobile device) download the app and sign in.

ACCOUNT ACTIVATION

If this product was purchased on the echelonfit.com website, you should have received an activation email. Click the link in the activation email and follow the on-screen instructions. Enter your information to verify payment information. **You will not be charged until the next month.**

ACCOUNT CREATION

All account info and plans are managed at member.echelonfit.com and use the same login. After creating your account login on member.echelonfit.com, write down your login info. This will be the same login for the App.



PRODUCT USE

FAVORITES:

Press Flag icon on top left of screen to see classes that have been added to the Favorites list.

SORT:

Press Sort on top right of screen to filter classes alphabetically or by popularity.

CATEGORIES:

Press to view class categories. Select category to view all classes in that category.

LIVE:

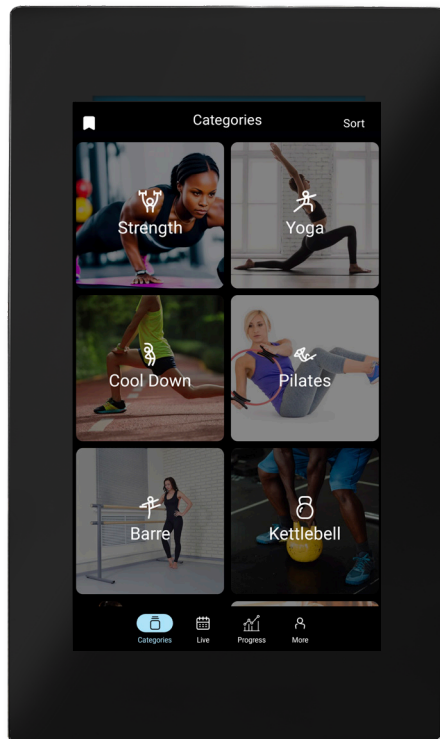
Press to view Live class schedule. Upcoming Live classes will show a countdown until the class begins.

PROGRESS:

Press to view Weekly / Monthly goals, Weekly Stats, Badges earned, and My Workouts.

MORE:

Press to see Settings menu, Sign Out, Switch User, and Check for Updates.



CONNECTING TO WIFI:

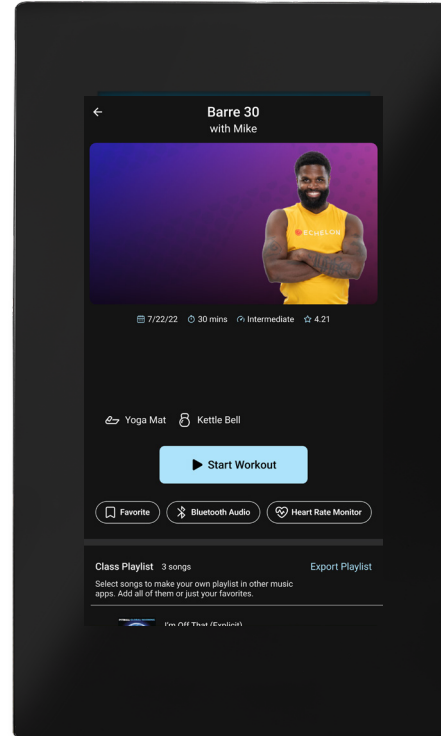
- WiFi menu will automatically pop up upon initial start up.
- Select network and enter password if secured.
- Connection attempt will time out after 20 seconds. If attempt times out, check wifi router to be sure the signal is strong then repeat step 2.

CONNECTING HEARTRATE MONITOR:

- Choose class and press to select.
- Once in the class, be sure your heart rate monitor is in pairing mode then press the Heart icon.
- When successfully paired, the Heart icon will change from white to red.

CONNECTING BLUETOOTH AUDIO DEVICE

- Choose class and press to select.
- Once in the class, press the headphone icon to open Bluetooth device menu.
- Ensure Bluetooth Audio Device is in pairing mode.
- Select desired Bluetooth device in Bluetooth device menu.



CARE & MAINTENANCE

CARE AND MAINTENANCE:

Daily

- Clean the REFLECT mirror surface with a soft cloth dampened by non-acidic (NO ammonia, chlorine, or alcohol) cleaner. Do NOT spray cleaning solution directly on mirror as electrical components could be damaged.
- Inspect plug for damage. If plug is damaged, discontinue use immediately and contact customer service..

Weekly

- Update firmware and app on REFLECT if updates are available. Failure to update firmware and app will result in poor performance of REFLECT and app.
- Ensure that your WiFi router is operating normally and that streaming speeds are within normal range.



Questions or Concerns

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

Residential:

☎ (855) 4-GETFIT

✉ cs@echelonfit.com

Commercial:

☎ (906) 208-8862

✉ commercialsupport@echelonfit.com

Submit a Request:



Warranty Information

Your Echelon® Reflect Mirror comes with a minimum 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 warranty options and extensions are available by speaking with our renewal team.

Residential:

☎ (938) 336-2624

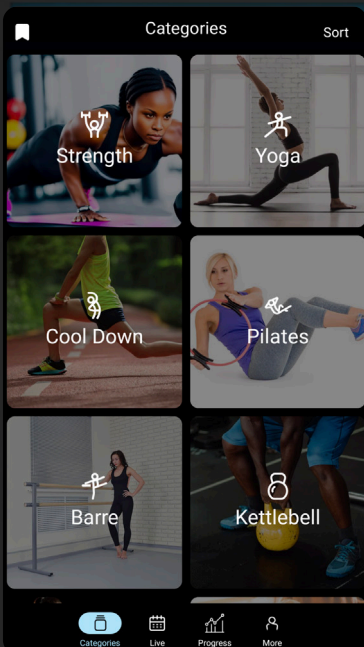
✉ cs@echelonfit.com

Commercial:

☎ (833) 586-1216

✉ commercialrenewal@echelonfit.com





MODEL: ECH-REFL-06
ECHELON FITNESS MULTIMEDIA, LLC
605 CHESTNUT STREET, SUITE 700
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ECHELONFIT.COM



READ INSTRUCTIONS
BEFORE OPERATING

MADE IN
CHINA



PATENT
PENDING

REV: 04102026

