

CORE LOUNGE™ CONTOUR

INSTRUCTION MANUAL

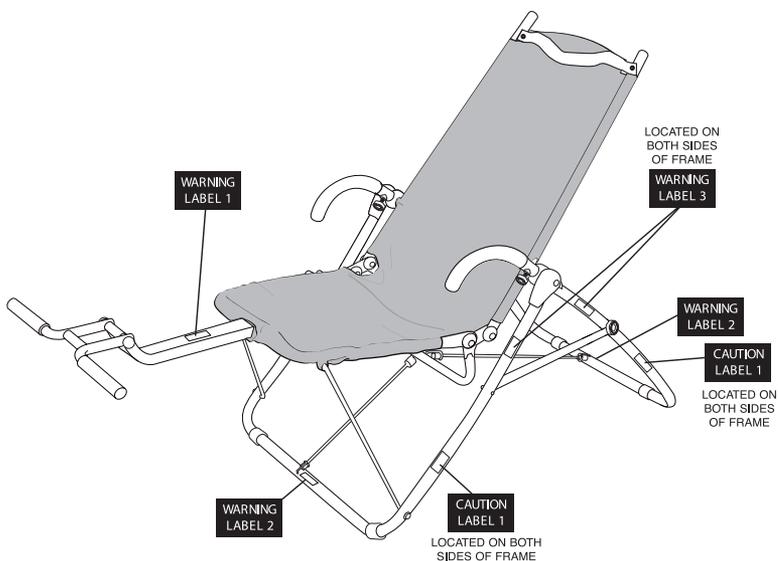


For exclusive Core Lounge workouts and more, download the Echelon Fit® App today!



READ INSTRUCTIONS CAREFULLY AND THOROUGHLY BEFORE FIRST USE

WARNING LABELS



WARNING LABEL 1

WARNING LABEL 2

! WARNING

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. WEIGHT CAPACITY: 250 LBS
 MODEL: CORELU04-0X
MADE IN CHINA
ECHELON
 ECHELON FITNESS MULTIMEDIA, LLC
 605 CHESTNUT ST., SUITE 700
 CHATTANOOGA, TN 37450
 1-888-784-2835
 CS@ECHELONFIT.COM
 ECHELONFIT.COM
 YYWW

! WARNING

DETACH THIS END OF BAND FROM FRAME BEFORE FOLDING. FAILURE TO DO SO MAY RESULT IN INJURY.

WARNING LABEL 3

CAUTION LABEL 1

! WARNING

CRUSH HAZARD
 Keep hands clear during folding. Failure to do so could result in crushed fingers.

! CAUTION

Place hand here when folding. Keep hand outside of tubes to prevent pinched fingers.

IMPORTANT SAFETY INSTRUCTIONS

**READ ALL INSTRUCTIONS BEFORE USING THE CORE LOUNGE CONTOUR.
DO NOT THROW AWAY THESE INSTRUCTIONS.**

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 Core Lounge Contour, 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?

IF YOU ANSWER "YES" TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD SEEK FURTHER ADVISE FROM YOUR DOCTOR PRIOR TO USING THE CORE LOUNGE CONTOUR.

Read the user manual fully and follow all instructions. This helps to ensure your safety.

WARNINGS

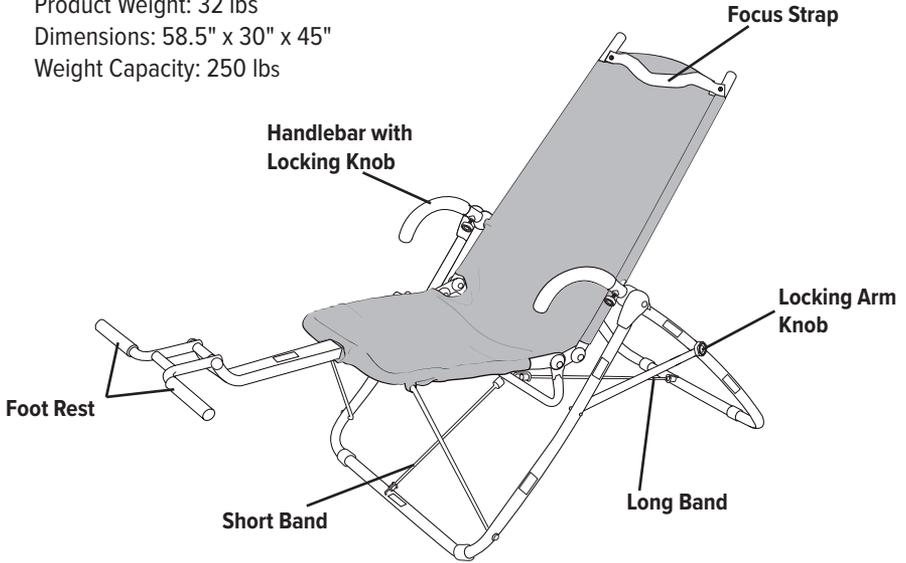
- ALWAYS use the Core Lounge Contour on solid, level ground and in a well lit and ventilated area.
- ALWAYS check that the unit is secure before use.
- NEVER allow children to play on or around the unit. This helps protect them from injury from moving parts.
- ALWAYS check the unit before use.
- NEVER use the unit if it is not properly and completely assembled or if it is damaged in any way.
- NEVER exceed the weight limit for this unit. The weight limit for the Core Lounge Contour is 250 pounds. Do not use the Core Lounge Contour if your body weight is in excess of 250 pounds.
- NEVER use the Core Lounge Contour 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 Core Lounge Contour.
- ALWAYS keep hands away from moving parts.
- 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 Core Lounge Contour again.
- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the unit and will affect the warranty of the unit.
- ALWAYS ensure that the Core Lounge Contour is wiped down after each use to keep it sanitary.
- Use this equipment ONLY for its intended use.
- Product is NOT intended for children. Use adult supervision.
- Ensure you have a minimum of three feet of clearance behind and in front of unit. Keep children, pets, furniture, and other objects out of the way when using equipment.

If any problems arise affecting the performance of the Core Lounge Contour, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

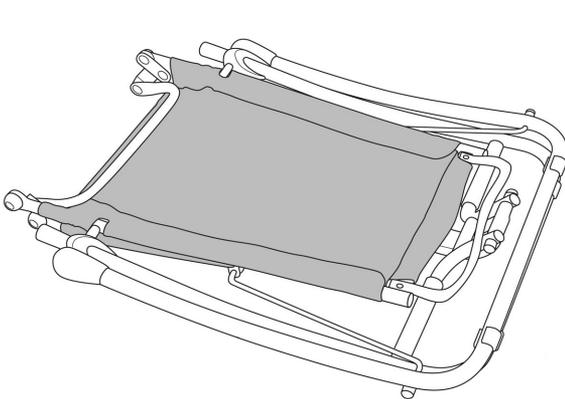
THIS SAFETY INFORMATION AND USER MANUAL DO NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE CORE LOUNGE CONTOUR!

TECHNICAL SPECIFICATIONS

Product Weight: 32 lbs
Dimensions: 58.5" x 30" x 45"
Weight Capacity: 250 lbs



PARTS LIST



Frame Assembly



Handlebar with Knob (2)



Long Band



Short Band

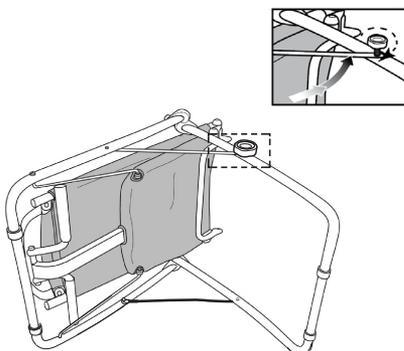


Locking Arm Knob

ASSEMBLY

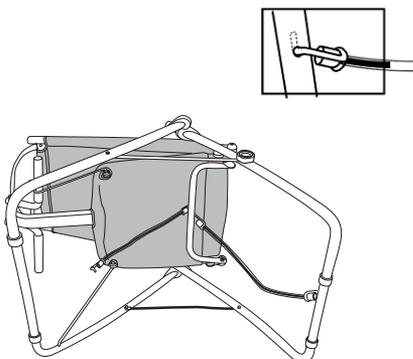
STEP 1

- Place Frame Assembly on its side and open frame legs until locking cable is taught.
- Extend Locking Arm and align with hole on rear leg.
- Install Locking Arm Knob, turning clockwise until tight.



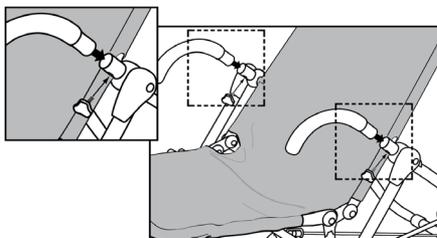
STEP 2

- Hook Long Band into hole on base of rear leg.
- Hook opposite end of Long Band into hole on seat support frame.
- Hook Short Band into remaining hole on seat support frame.
- Push seat support frame towards front leg until Long Band is taught.
- Stretch Short Band and hook into hole on base of front leg.



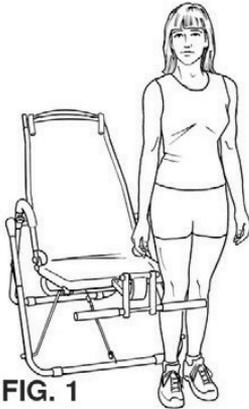
STEP 3

- Turn Core Lounge upright and unfold seat into open position.
- Remove knob from Handlebar.
- Insert Handlebar into handlebar tube and align locking holes.
- Install knob into locking hole and turn clockwise until tightened.
- Repeat on opposite side.



GETTING ON THE CORE LOUNGE

1. Stand next to Core Lounge near the footrest (fig. 1).
2. Place one hand lightly on handlebar and carefully step over footrest cross bar (fig. 2).
3. Facing the footrest, carefully sit down in the seat (fig. 3).
4. With hips centered, lean back into reclined position.
5. Lift feet, one at a time, and place on footrests. (fig. 4).
6. Reach overhead to grasp Focus Strap with a light grip.



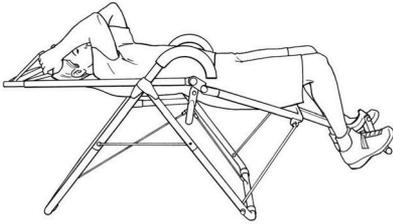
GETTING OFF THE CORE LOUNGE

1. Release Focus Strap and lean forward until upright.
2. Lower feet and place flat on floor.
3. Slowly stand, using handlebars to push up, and carefully step over footrest cross bar.

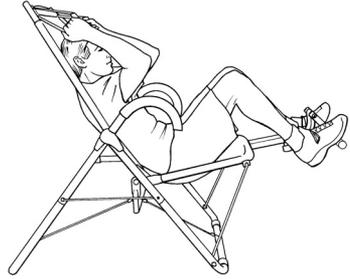
EXERCISES

BASIC JACKKNIFE

STEP 1



STEP 2



OBLIQUE JACKKNIFE

STEP 1



STEP 2



EXTENDED ARM JACKKNIFE

STEP 1

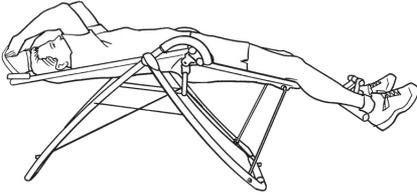


STEP 2

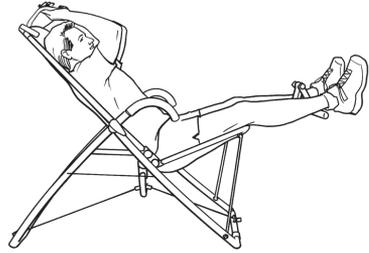


EXTENDED LEG JACKKNIFE

STEP 1

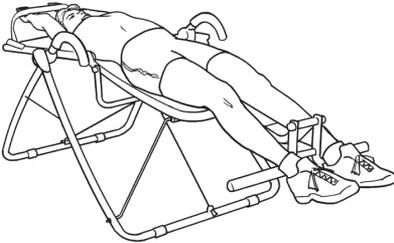


STEP 2



ADVANCED JACKKNIFE

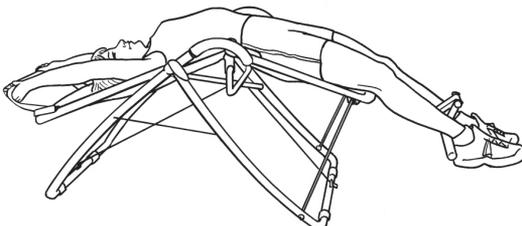
STEP 1



STEP 2

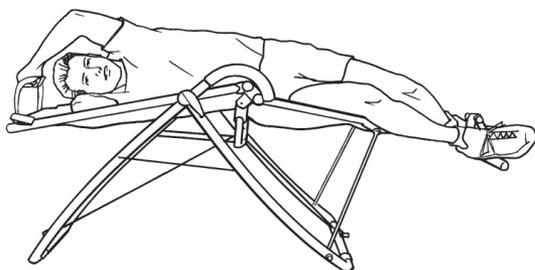


TORSO & HIP FLEXOR STRETCH

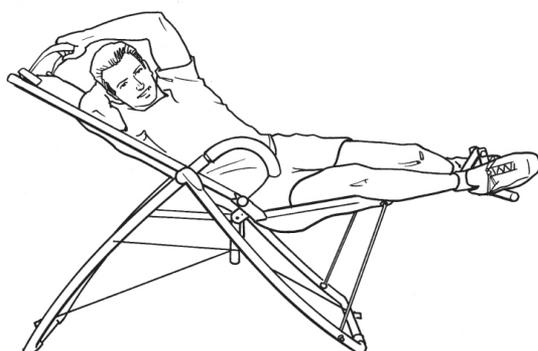


LATERAL JACKKNIFE

STEP 1



STEP 2

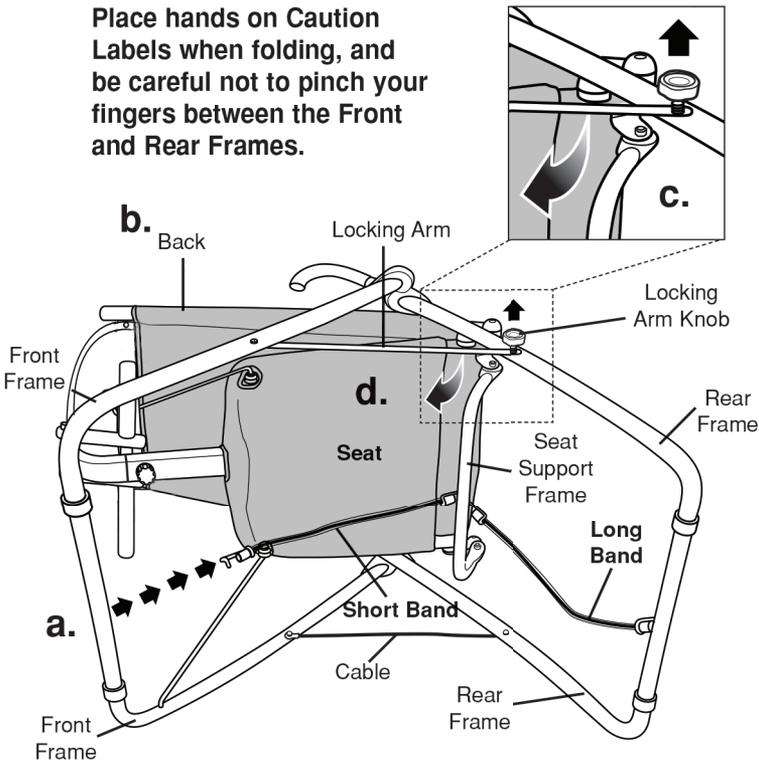


STORING THE CORE LOUNGE

1. Loosen handlebar knobs and turn handles to face in toward seat with storage position holes aligned.
2. Reinstall knobs to secure handlebars in storage position.
3. Lay Core Lounge on right side.
4. Unhook Short Band from front leg and Long Band from rear leg, leaving both bands connected to seat support frame.
5. Push seat back toward seat until aligned with front leg.
6. Remove Locking Arm Knob from rear leg.
7. Rotate locking arm until aligned with front leg and reinstall Locking Arm Knob for storage.
8. Pull front and rear legs together until Core Lounge is flat.
9. Store in cool, dry location. Store away from children, pets, and high traffic areas.

IMPORTANT:

Place hands on Caution Labels when folding, and be careful not to pinch your fingers between the Front and Rear Frames.



CARE AND MAINTENANCE

- Keep Core Lounge clean by wiping sweat, dust, or other residue off seat, foot rest, and handlebars with a soft cloth after each use.
- Before each use, check bands, fabric, and stitching for signs of fraying. If you notice wear, stop use immediately and contact Customer Service.
- To protect Core Lounge from stains and dirt, spray fabric with any protective fabric spray.
- Before each use, check frame and pivot assembly to be sure of proper working condition. Check that all nuts and bolts are properly tightened. If Core Lounge is not in proper working condition, stop using immediately and contact Customer Service.

Echelon® 1-Year Limited Warranty

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 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 37402

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

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

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[ECHELONFIT.COM](https://echelonfit.com)



Read Instructions
Before Opening

PATENT PENDING



REV: 10092024

Made in
CHINA

For indoor
use only

MODEL: CORELU04-OX