



# **FITNATION™**

## **FLEX EXPRESS**

INSTRUCTION MANUAL



## **ECHELON™ FIT**

FITNESS APP FOR SMARTPHONES AND TABLETS



### **LIVE / ON-DEMAND CLASSES**

lead by certified instructors

### **SCENIC RIDES**

recorded in beautiful locations

### **“THE EXTRA MILE”**

to warm-up and cool-down

### **STAY TOGETHER**

by connecting with family & friends

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## **READ MANUAL BEFORE OPERATING**

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.

# WARNINGS

*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 Flex Express 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 have 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 shouldn't exercise?
- Are you over 35 years old and physically inactive?
- Have you been told by a doctor that you shouldn't exercise?
- **IF YOU ANSWER "YES" TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD SEEK FURTHER ADVICE FROM YOUR DOCTOR PRIOR TO USING THE FLEX EXPRESS.**
- **ALWAYS** read the user's manual fully and follow all instructions, this ensures your safety.
- **ALWAYS** use the Flex Express on solid, level ground and in a well lit and ventilated area. Check that the seat and handlebars are securely fastened before use.
- **NEVER** allow children to play on or around the bike. Injury could ensue from a child's curiosity in the moving parts of the stationary bike.
- **ALWAYS** set the bike up properly for your specific body type. The Flex Express offers up/down and fore/aft adjustments that are clearly marked to ensure a quick and easy customization for each workout.
- **ALWAYS** check the stationary bike before use.
- **NEVER** use the stationary bike if it is not properly/completely assembled or is damaged in any way.
- **NEVER** use Flex Express when sick or fatigued.
- **NEVER** exceed the weight limit for this bike. The weight limit for this bike is 300 pounds. Do not use the Flex Express if your body weight is in excess of 300 pounds.

# WARNINGS

- **ALWAYS** wear proper attire and footwear that fully covers your feet. Long hair should be tied back or tucked away. Ensure that any shoelaces are tucked into your shoes.
- **ALWAYS** warm up/stretch before starting to exercise.
- **ALWAYS** be cautious when getting on and off the Flex Express.
- **ALWAYS** move pedal to lowest position on the side you mount or dismount.
- **ALWAYS** wait until the pedals have come to a complete stop before taking your feet off of the pedals or dismounting. Do not stand or climb on the handlebars.
- **ALWAYS** keep hands away from moving parts and ensure that hands are never placed where there is no rubber handlebar grip.
- **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 Flex Express 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 the Flex Express in a standing position at high revolutions per minute (RPM).
- **ALWAYS** keep your pelvis positioned over the center line of the Flex Express stationary bike.
- **NEVER** adjust the resistance of the flywheel and the resistance of the Flex Express Handlebar System whilst standing.
- **NEVER** use accessory attachments that have not been recommended by the manufacturer – using these attachments may cause injury or damage to the bike and will affect the warranty of the bike.
- Please ensure that the Flex Express is wiped down after each use to keep it sanitary.
- If any problems arise affecting the performance of the Flex Express, please contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.
- For household, consumer use only.

# WARNINGS

- It is recommended to have a minimum clearance of 0.5 m (19.7 in) on at least one side and 0.5 m (19.7 in) in front and behind exercise bike for easy access to, passage around, and emergency dismount.
- Store in a clean, cool, dry place away.
- **THIS SAFETY INFORMATION AND USER'S MANUAL DOES NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE STATIONARY BIKE!**

Do not mix old and new batteries.

Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.

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

**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.

# INTRODUCTION

## FLEX EXPRESS

Congratulations on purchasing the Flex Express, one of the highest performance stationary bikes on the fitness market. The Flex Express will offer you an excellent whole body workout through the inclusion of upper-body movements on the bike. Accelerating, pushing up from the saddle, and recovering are all natural and dynamic total body movements for outdoor cyclists. Climbing steep hills and sprinting involves significant engagement through the core and upper-body to control the lower-body and propel the bike forward. The Flex Express uses a unique and revolutionary handlebar system to mimic and access this level of realistic intensity. Welcome to the Flex Express Revolution!

## BEFORE YOU START

Prior to leaving the factory, your Flex Express was inspected and thoroughly tested for proper operation. In order to minimize damage through shipping, the bike was examined and carefully packaged.

Your Flex Express stationary bike will have arrived in 1 carton. When receiving the package check for any damage. Discuss and point out any damage to the delivery person and have them record any damage on the delivery paperwork. Contact Customer Service to report any damage (see details on the back of this manual). If you follow the detailed instructions, then the Flex Express will be unpacked and assembled with ease.

# PARTS LIST



Also includes 2 AAA batteries (not shown)

- |                                   |   |
|-----------------------------------|---|
| <b>1. Main frame</b>              | <b>12. Pedal straps</b>   |
| <b>2. Control panel</b>           | <b>13. Washers and screws</b>   |
| <b>3. Handlebars</b>              | · 2 washers for seat handles  |
| <b>4. Front foot with rollers</b> | · 2 screws for seat handles   |
| <b>5. Rear foot</b>               | · 2 screws for backrest   |
| <b>6. Seat handles</b>            | (Other screws, washers, and nuts come installed in parts. See ASSEMBLY INSTRUCTIONS for details.) |
| <b>7. Seat post</b>               | <b>14. Wrench</b>   |
| <b>8. Backrest support</b>        | <b>15. Large hex key/<br/>screwdriver tool</b>  |
| <b>9. Seat</b>                    | <b>16. Small hex key tool</b>   |
| <b>10. Backrest</b>               |   |
| <b>11. Pedals</b>                 |   |

# ASSEMBLY INSTRUCTIONS

1.



Loosen circular knob on main frame and pull outward to adjust recline angle to 1 (highest setting).

2.



Take both nuts and washers off of rear foot.

3.



Place the nuts and washers to the side for now.

4.



Install rear foot into rear main frame leg. See image to ensure rear foot is installed on correct leg.

5.



Place the washer onto screw.

6.



Screw on the nut.

# ASSEMBLY INSTRUCTIONS

7.



Tighten nut onto screw with included wrench. Repeat on other side.

8.



Take both nuts and washers off of front foot with rollers.

9.



Place the nuts and washers to the side for now.

10.



Install front foot onto front main frame leg.

The rollers help to move the bike when it is tilted forward and should not touch the floor when the bike is in a regular standing position. When properly installed, the rollers will face outward from the front of the bike (see images). If the rollers touch the floor, uninstall the foot, turn around, and reinstall.

11.



Place the washer onto screw.

12.



Screw on the nut.

# ASSEMBLY INSTRUCTIONS

13.



Tighten nut onto screw with included wrench. Repeat on other side.

14.



Take nuts and washers off of the seat cushion.

15.



Place the nuts and washers to the side for now.

16.



Fit seat post onto seat cushion screws.

17.



Place the washers over the screws from seat cushion.

18.



Finger tighten each nut onto the screws from seat cushion. If difficult to tighten, nut may be upside-down.

# ASSEMBLY INSTRUCTIONS

19.



Tighten nut onto screw with included wrench. Repeat on other two nuts.

20.



Loosen triangular knob and remove from the main frame.

21.



Insert seat post into main frame.

22.



Secure knob back into place at desired height. Ensure knob engages hole in seat post and is secure.

23.



Remove screw, nut, and washer from the backrest support.

24.



Place the screw, nut, and washer to the side for now.

# ASSEMBLY INSTRUCTIONS

25.



Align backrest support with hole in the seat post.

26.



Insert screw through hole in backrest support.

27.



Place washer onto the screw.

28.



Place nut on screw and finger tighten. If difficult to tighten, nut may be upside-down.

29.



Tighten the nut with the included wrench.

30.



Place washers onto screws for the seat handles (see parts diagram).

# ASSEMBLY INSTRUCTIONS

31.



Align the seat handles with holes on the bottom of the backrest support.

32.



Place screws into holes and finger tighten.

33.



Tighten down screws with included large hex key/screwdriver tool.

34.



Align backrest against backrest support. Insert screws and finger tighten (see parts diagram).

35.



Tighten down screws with included large hex key/screwdriver tool.

# ASSEMBLY INSTRUCTIONS

36.



Remove screws from handle bar.

37.



Place screws to the side for now.

38.



Feed handle bar posts into the slots on the top of the main frame.

39.



Place screws into holes and finger tighten.

40.



Tighten down screws with included small hex key tool.

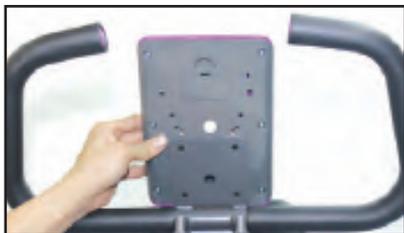
41.



Remove screws from the back of the control panel.

# ASSEMBLY INSTRUCTIONS

**42.**



Place control panel onto the handle bar bracket.

**43.**



Insert screws and finger tighten.

**44.**



Tighten screws with included large hex key/screwdriver tool.

**45.**



Connect wire to the control panel.

# ASSEMBLY INSTRUCTIONS

→ READ THIS SECTION CAREFULLY ←

46.



Connect the right pedal to the right crank arm. Both parts are marked **R**.

47.



Hold the right pedal with one hand and screw the pedal bolt onto the crank arm with the other hand in a **standard clockwise** motion. Finish tightening with the included wrench.



**RIGHT bolt screws in CLOCKWISE  
(standard direction)**

48.



Connect the left pedal to the left crank arm. Both parts are marked **L**.

49.



Hold the left pedal with one hand and screw the pedal bolt onto the crank arm with the other hand in a **non-standard counterclockwise** motion. Finish tightening with the included wrench.



**LEFT bolt screws in COUNTERCLOCKWISE  
(NON-standard direction)**

50.



The strap marked **R** goes on the right pedal. The strap marked **L** goes on the left pedal. With the **R** or **L** marking facing upward, attach the end of the strap with 3 holes to the inside of the pedal.

51.



Attach the end of the strap with 4 holes to the outside of the pedal. Adjust to your preference.

# CONTROL PANEL 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. Open battery compartment door on the back of the Flex Express's control panel.



2. Note the diagram inside the compartment that shows the correct battery installation polarity.



3. Install 2 AAA batteries (included) according to the correct polarity.



4. Replace the battery compartment door.

# CONTROL PANEL

## BUTTONS:

**[RESET]** clears data from selected mode.

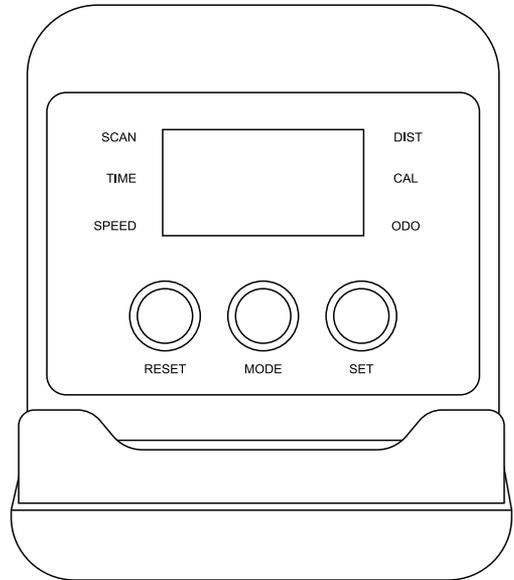
- To reset all stored information from previous workout, press for 3 seconds.
- Does not clear total exercise miles (**ODO**).

**[MODE]** selects mode.

- To reset all stored information from previous workout, press for 3 seconds.
- Does not clear total exercise miles (**ODO**).

**[SET]** programs new setting for selected mode.

- To increase setting more quickly, press for 3 seconds. Release and press again to program.



## DISPLAY:

Display turns off after 4 minutes when not in use.

**TIME, DIST, and CAL:** Default to previous setting until reset (**[RESET]**) or programmed with new setting (**[SET]**).

**SCAN:** Cycles through all functions below. Press **[MODE]** to make selection.

**TIME:** Press **[RESET]** to time workout or **[SET]** to program a countdown timer. When countdown reaches 0, alarm will sound. Press any button to silence.

**SPEED:** Displays estimated MPH.

**DIST:** Press **[RESET]** to display distance in miles for current workout or **[SET]** to program a countdown from distance goal. When countdown reaches 0, alarm will sound. Press any button to silence.

**CAL:** Press **[RESET]** to display estimated calories expended or **[SET]** to program a countdown from calorie goal. When countdown reaches 0, alarm will sound. Press any button to silence.

**ODO:** Displays total exercise miles of all workouts.

# ADJUSTING RECLINE ANGLE



Twist circular knob on main frame to the left to loosen the bolt (do not fully remove). While stepping on the rear foot, lift up on the bike while pulling the knob to adjust angle.



Level 1

Level 2

Level 3

# ADJUSTING SEAT HEIGHT



Level 1: Seat is lowered as far as the seat post will go. Unscrew and remove triangular knob. Pull up on seat to move levels. Screw knob back into place at desired level.



Level 1



Level 2



Level 3



Level 4

# ADJUSTING PEDAL TENSION

Turn the tension control knob to adjust pedal tension from 1 to 8.



# ADJUSTING RESISTANCE BANDS

<b>SHORTEN BANDS</b> INCREASES RESISTANCE	<b>LENGTHEN BANDS</b> DECREASES RESISTANCE
<p>Push the band up into the band locking compartment. Hold the band underneath the handle and pull out. Only one side adjusts, so if the band cannot be pulled from one side of the handle, pull from the other side.</p>	<p>Push the band on one side of handle down into the band locking compartment. Only one side adjusts, so if the band cannot be pushed from one side of the handle, push from the other side. Pull the band out of the other side of the locking compartment.</p>
<p>When desired length and resistance is reached, grab band on either side of locking compartment and pull tight to lock band into place. If band slips during workout, it may need to be pulled more tightly.</p>	

# USING FLEX EXPRESS



Lean back against backrest and grab handles attached under seat. Keeping your back straight, pedal at desired pace.



Lean forward and grab onto handlebars. Keeping your back straight, pedal at desired pace.

# USING FLEX EXPRESS



Lean back against backrest and grab both resistance band handles. Keeping your back straight and elbows close to torso, pull the right handle towards right shoulder. Repeat with left arm.



Lean back against backrest and grab both resistance band handles. Keeping your back straight and elbows close to torso, pull both resistance band handles toward body. Lower slowly and repeat.

## USING FLEX EXPRESS



Keeping your back straight and arms locked out straight, grab the resistance band handles and pull to shoulder height. Lower slowly and repeat.

# QUESTIONS?

## CONTACT CUSTOMER SERVICE

### 1-888-784-2835

With your purchase of the FITNATION Flex Express with Echelon Experience, a 30 minute instructional workout is available through a YouTube link found on the Flex Express's item page on qvc.com. If preferred, a physical copy of this workout video can be sent to your home free of charge by calling the number below.

1-888-784-2835



Read Instructions  
Before Operating

MADE IN  
CHINA



PATENT  
PENDING

Rev: 080719

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 [info@echelon.com](mailto:info@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 [info@echelonfit.com](mailto:info@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) ✉ [info@echelonfit.com](mailto:info@echelonfit.com)

Model:  
BIKEEX

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

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