

CORE LOUNGE™ ULTRA

Instruction Manual



ECHELON FIT™ APP

FITNESS APP FOR SMARTPHONES AND TABLETS



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Read instructions carefully and thoroughly before first use.

WARNING LABELS

WARNING LABEL 1

 WARNING
<p>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: CORELU03-FN MADE IN CHINA ECHELON ECHELON FITNESS MULTIMEDIA, LLC 605 CHESTNUT STREET, SUITE 700, CHATTANOOGA, TN 37450 1-833-937-2453 CS@ECHELONFIT.COM ECHELONFIT.COM YYWW</p>

WARNING LABEL 2

 WARNING
<p>DETACH THIS END OF BAND FROM FRAME BEFORE FOLDING. FAILURE TO DO SO MAY RESULT IN INJURY.</p>

WARNING LABEL 3

 WARNING

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

CAUTION LABEL 1

 CAUTION

<p>Place hand here when folding. Keep hand outside of tubes to prevent pinched fingers.</p>

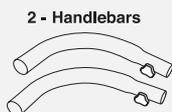
PARTS DIAGRAM



- 1. Frame
- 2. Handlebars × 2
- 3. Short Band
- 4. Long Band
- 5. Adjustment Knob
- 6. Locking Arm Knob
- 7. Foot Rest

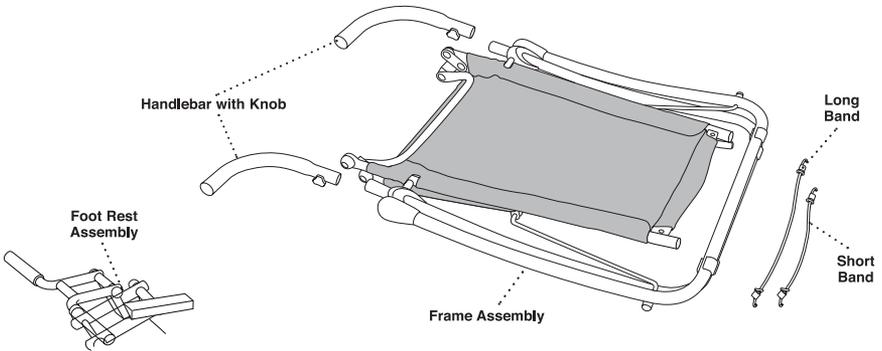
PARTS BOX

The following parts are located in the parts box. Please make sure you have all of the parts before beginning assembly of your equipment.



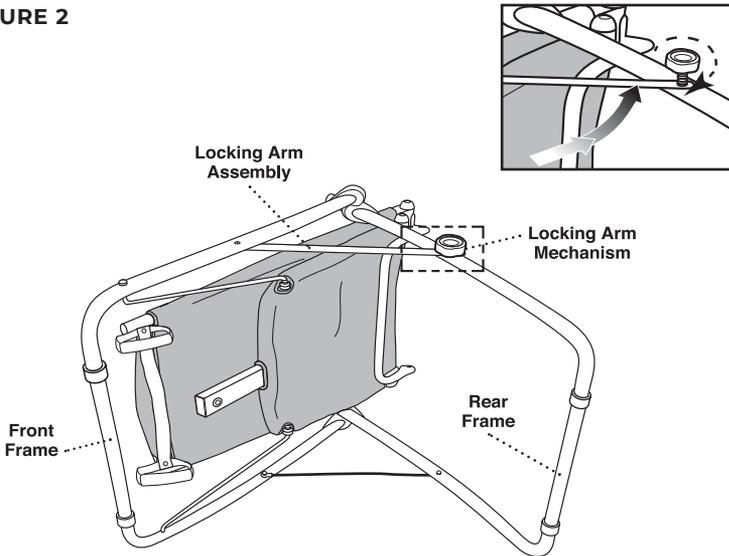
ASSEMBLY

FIGURE 1



1. Remove all parts from packaging and lay out pieces as shown above in Figure 1.

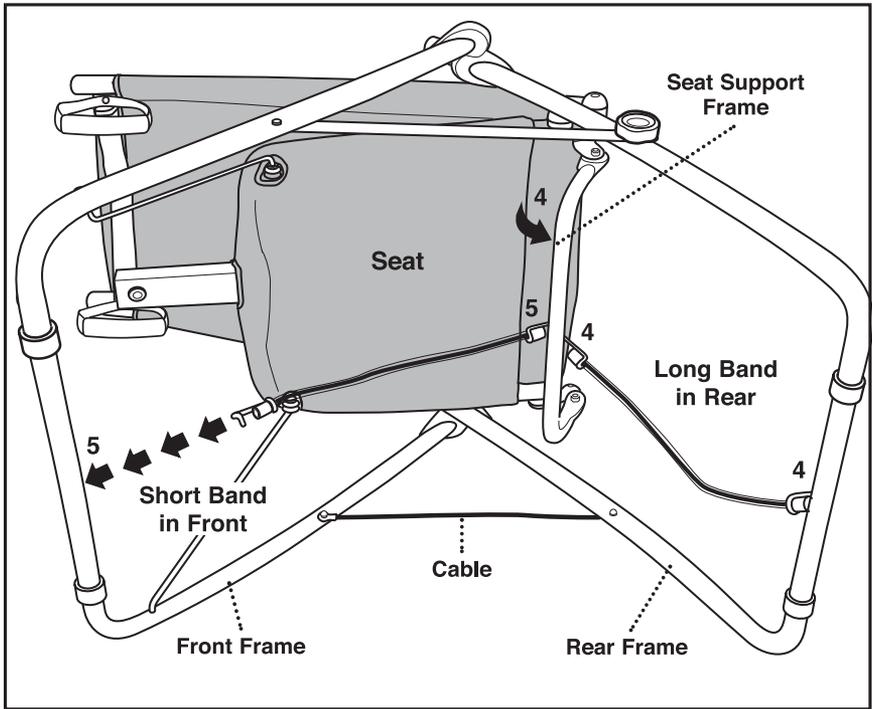
FIGURE 2



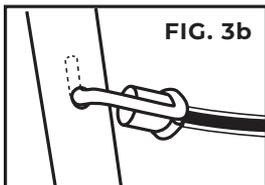
2. Move locking arm into position as shown above in Figure 2 and secure with locking arm knob.

ASSEMBLY

FIGURE 3



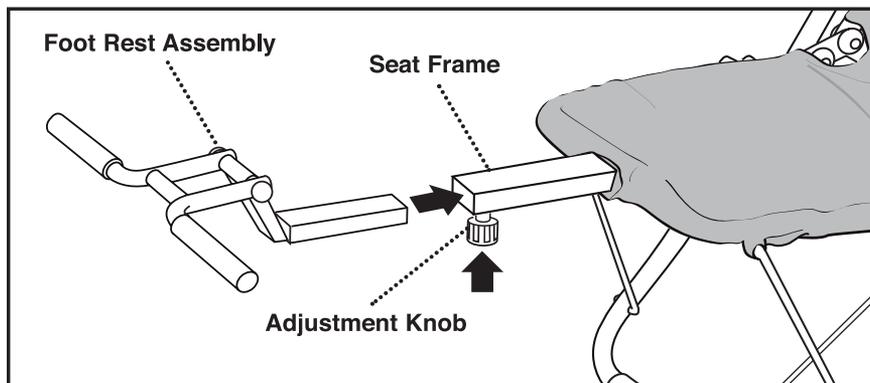
3. Hook the long band over and attach to the lower hole of the seat support frame. Hook the other end of the long band in the hole on the rear frame. Make sure the hooks are inserted completely as shown below in Figure 3b. Place the short band hook into the upper hole on the seat support frame and hook the other end into the hole on the front frame.



SET THE UNIT UPRIGHT.

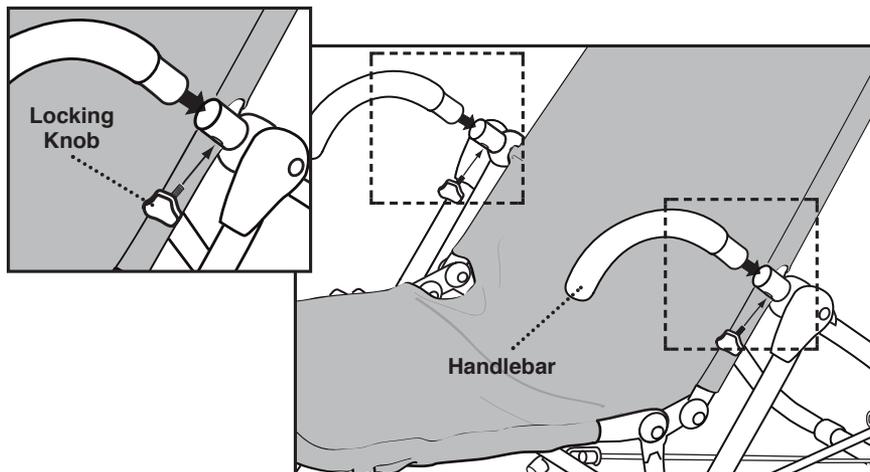
ASSEMBLY

FIGURE 4



4. Insert foot rest assembly into the foot rest adjustment tube as shown above in Figure 4. Secure in place by screwing foot rest adjustment knob until tight.

FIGURE 5



5. Remove handlebar locking knobs from handlebars and set aside. Insert both handlebars with curve facing down towards the ground as shown above in Figure 5. Screw in handlebar locking knobs as shown above in Figure 5 and tighten down to secure.

GETTING ON

1. Stand next to the unit near foot rest (fig. 1).
2. Place one hand lightly on handlebar and carefully step over footrest cross bar connecting seat and foot rest (fig. 2).
3. Facing the foot rest, slowly sit down on seat (fig. 3).
4. When your hips feel centered, lean back into a comfortable reclining position. Lift feet, one at a time, and place on foot rests. Reach overhead and grasp the Iso-Grip™ handles or Focus Strap™ with a light grip (fig. 4).



FIG. 1



FIG. 2



FIG. 3



FIG. 4

GETTING OFF

1. Release hands from Iso-Grip™ handles or Focus Strap™ and lean forward until you are upright.
2. Lower feet, one foot at a time, until flat on floor.
3. Stand up slowly using handlebars on sides of unit, and carefully step back over bar to one side of unit.

ADJUSTING FOOT REST

1. Grasp knob on the underside of foot rest crossbar. Pull pin out and slide foot rest closer or further away from crossbar (fig. 5).
2. Replace pin into one of holes in crossbar. Make sure pin is secure before placing feet on bar.
3. Foot rest should be adjusted where knees are bent at a right angle, about 90 degrees, when feet are resting on bar (fig. 6).

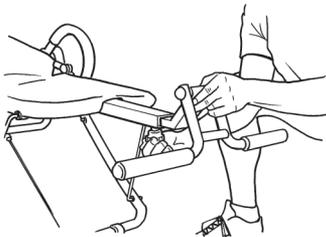


FIG. 5



FIG. 6

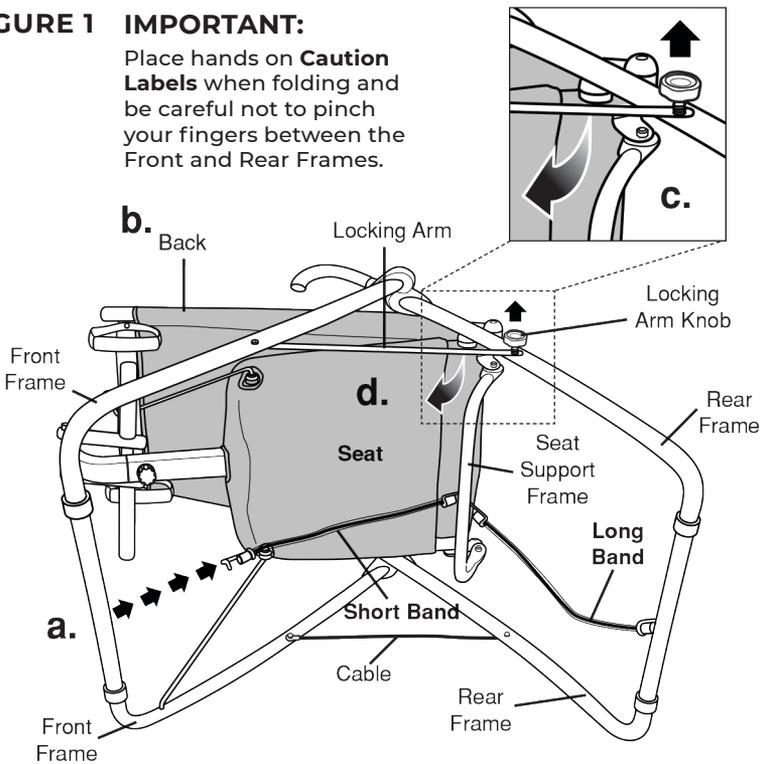
FOLDING UNIT

Always review these instructions prior to folding unit.

1. Lay unit on right side as shown in Fig. 1 below.
2. Unhook Short Band from Front Frame and Long Band from Rear Frame. Leave both Bands connected to Seat Support Frame for storage (fig. 1a).
3. Push the Back toward the Seat until it aligns with Front Frame (fig. 1b).
4. Remove Locking Arm Knob from Rear Frame (fig. 1c).
5. Rotate Locking Arm toward Front Frame and re-install Locking Arm Knob for storage.
6. Grasp Front Frame with one hand and Rear Frame with other hand and slowly pull together.
7. For unit to store flat, you must fold Handlebars in. Loosen Handlebar Knobs and turn Handlebars inward toward unit and tighten Knobs to keep in place.
NOTE: Before using unit, be sure Handlebars are back in correct position and Knobs are tightened.

FIGURE 1 IMPORTANT:

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



CARE

- Keep equipment clean by wiping sweat, dust, or other residue off seat, foot rest, and handlebars with a soft, clean cloth after each use.
- Before each use, check bands, fabric, and stitching for signs of fraying. If you notice any wear, stop using immediately. Call Customer Service to order replacement parts (see back page of this manual for contact info).
- To protect equipment from stains and dirt, you may spray fabric with any type of protective fabric spray.
- Before each use, check frame and pivot assembly to be sure it is properly working. Check all nuts and bolts to be sure they are tight. If unit is not in proper working order, stop using immediately.

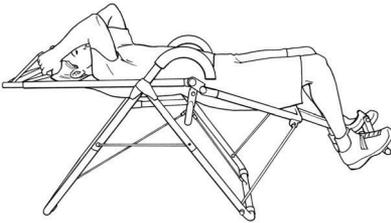
STORAGE

- Follow folding instructions outlined in **FOLDING UNIT** section.
- Store unit in a dry place away from children and high traffic areas.

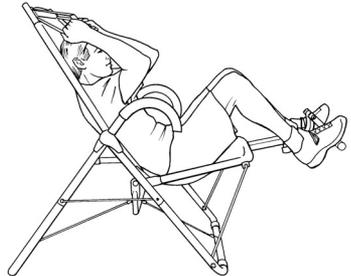
EXERCISES

BASIC JACKKNIFE

STEP 1



STEP 2



OBLIQUE JACKKNIFE

STEP 1

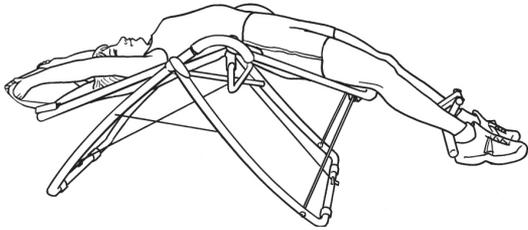


STEP 2



EXERCISES

TORSO & HIP FLEXOR STRETCH



EXTENDED ARM JACKKNIFE

STEP 1

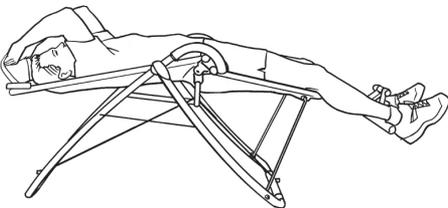


STEP 2

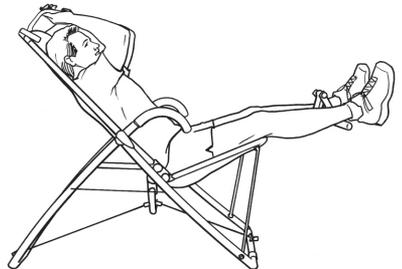


EXTENDED LEG JACKKNIFE

STEP 1



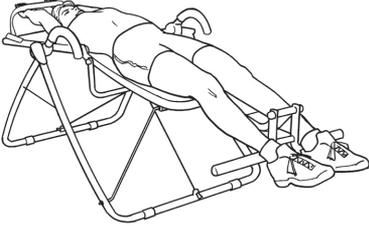
STEP 2



EXERCISES

ADVANCED JACKKNIFE

STEP 1

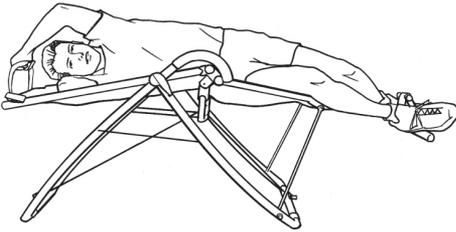


STEP 2



LATERAL JACKKNIFE

STEP 1



STEP 2



IMPORTANT SAFETY INFO

When using exercise equipment, basic precautions should always be followed, including the following:

Read all instructions before using the Core Lounge Ultra.

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 Ultra, 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 CORE LOUNGE ULTRA.

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

WARNINGS

- ALWAYS use the Core Lounge Ultra 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/completely assembled or is damaged in any way.
- NEVER exceed the weight limit for this unit. The weight limit for this unit is 250 lbs (113.4 kg). Do not use the Core Lounge Ultra if your body weight is in excess of 250 lbs (113.4 kg).
- NEVER use Core Lounge Ultra 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.

IMPORTANT SAFETY INFO

SAVE THESE INSTRUCTIONS

THE CORE LOUNGE ULTRA IS INTENDED FOR CONSUMER USE ONLY.

- ALWAYS warm up/stretch before starting exercise.
- ALWAYS be cautious when getting on and off the Core Lounge Ultra.
- 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 Ultra 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 Ultra is wiped down after each use to keep it sanitary.
- Use this equipment ONLY for 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 Ultra, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

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

SPECIFICATIONS

PRODUCT WEIGHT: Approx. 32 lbs (14.5 kg)

LENGTH: 58.5 in. (148.6 cm)

WIDTH: 30 in. (76.2 cm)

HEIGHT: 45 in. (114.3 cm)

WEIGHT CAPACITY: 250 lbs (113.4 kg)

REPITION COUNTER

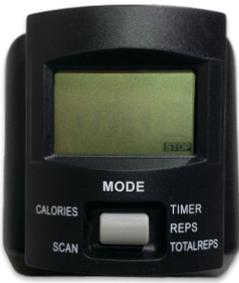


Attach the repitition counter on the center of the foot rest tube.



Repitition counter display will turn on when movement is detected from the workout.

DISPLAY MODES



CALORIES: Displays the amount of calories burned during your workout session.

SCAN: Cycles through each mode.

TIMER: Displays total duration of the workout session.

REPS: Displays total number of repetitions during your current workout session.

TOTAL REPS: Displays total number of repetitions for all workout sessions combined.

STOP: Appears in bottom right corner of display when movement during the workout has stopped.

CHANGING MODES

To manually cycle through each mode, press the center gray button.

DISPLAY TIME OUT

After an extended time with no detected movement, the display screen will turn off. This does not reset the data from the previous workout.

RESETTING THE DISPLAY DATA

To reset the data on the display screen, press and hold the center gray button until the data resets.



NOTES

QUESTIONS?

CONTACT CUSTOMER SERVICE

1-833-937-2453



Read Instructions
Before Operating

MADE IN
CHINA



PATENT
PENDING

Rev: 080521

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 90-DAY LIMITED WARRANTY

Register your equipment online at www.registermyechelon.com to upgrade your 90-Day warranty to a 1-Year 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@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 37406.

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

Model:

CORELU03-FN

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

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