



Instruction Manual



Read instructions carefully and thoroughly before first use.

1

WHAT'S INCLUDED

(1) SET OF SLIM TREX WALKING POLES

(5) INTERCHANGEABLE TIPS

(1) PEDOMETER



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USE

PLEASE READ ALL INSTRUCTIONS BEFORE USING THE SLIM TREX POLES.
DO NOT THROW AWAY THESE INSTRUCTIONS.

These trekking poles are equipped with a hardened metal tip and is intended for trekking in the countryside, on ice or on other smooth surfaces. It is also equipped with an asphalt pad which can be attached and removed easily when trekking on asphalt or other hard surfaces. Disc change system with asphalt pad holder: when the asphalt pads or trekking pole discs are not used on the current trail, they can be attached to or inserted in the disc change system.

SAFETY NOTICES

1. Do not attempt any repairs that might put your safety at risk.
2. We recommend using a heart rate monitor (*not included*).
3. Consult your doctor before engaging in sports activities, especially if you have a known cardiovascular problem.
4. Use sport shoes with treaded soles and supportive sides.
5. Avoid sporting activities in the dark or use reflectors worn on the body at dusk.
6. Check the screws on the trekking poles before use.
7. As soon as you ascertain any damage in the stick segments, or anything faulty that will affect the function of the trekking poles, cease use of the stick immediately.
8. If possible, avoid public roads in order to minimize risk of accidents.
9. Trekking poles are not suitable for downhill skiing.
10. Please do not use oil as all types of oil can negatively influence the retention force of the adjustment mechanism.
11. Remember that the tip of the trekking pole may damage floors.
12. Do not sit on the pole as it could break.
13. Pointed poles are dangerous for children.
14. This equipment is solely intended for private use. This equipment is not guaranteed for commercial use.
15. During use, please check the locking system regularly.

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ADJUSTING THE POLE LENGTH

Your trekking poles are height-adjustable from 26.38in to 53.15in (67cm to 135cm) and should be adjusted according to your height and the type of use.

WALKING ON SMOOTH SURFACES (Fig. A/B)

Set the pole length so that the upper and lower arms form a 90° angle. Ensure that both poles are adjusted to the same length. Information regarding the length of the stick can be found on the central and lower stick segments. To change the length of the trekking poles, refer to the markings located on the central and lower stick segments. Fix both the central and lower stick segments so that the marking is just visible above the upper stick segment.

FIG. A



FIG. B



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TRAVERSING (Fig. C)

The upper pole should be shortened and the lower pole lengthened so that both offer support.

FIG. C



ASCENT/DESCENT (Fig. D/E)

When walking uphill, the poles should be shortened in such a way that they offer comfortable support. When walking downhill, the poles should be extended so that they help to support a comfortable, upright posture.

FIG. D



FIG. E

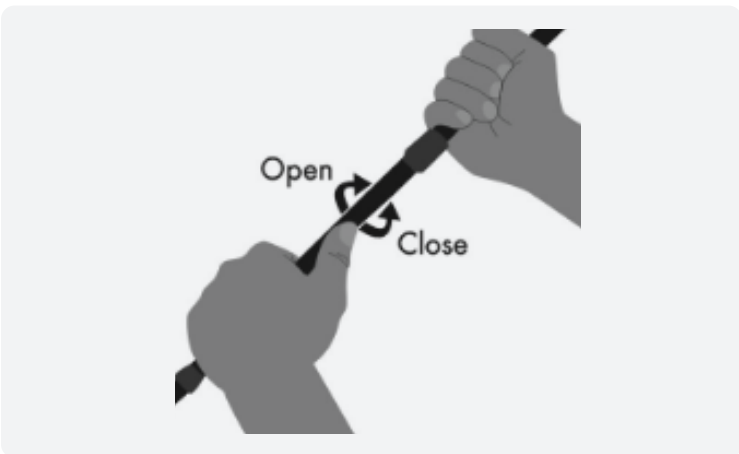


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OPEN/CLOSE

The direction of force required to open and close is displayed on the upper section of the trekking pole. Hold the upper part of the pole firmly and turn the lower section to the right to tighten and to the left to open. Screw shut only as tightly as required so that you are able to loosen it again.

FIG. F



NOTE

- After locking the strap, ensure the closures are secure by lightly leaning onto the pole.
- Do not tighten the poles past the "STOP" mark.
- At very high tightening forces, the closure system of the trekking poles reaches a clamping force of about 121lbs (55kg).
- Loads over 220lbs (100kg) can cause damage to the damping system, should the damping system be deactivated at the time.
- In the case that the stick refuses to close correctly, pull each individual segment out of the pole itself. Turn the locking system manually 2-3 turns to the right, until the orange clamping device starts to widen slightly (see fig. G). Then place the individual stick segments into the stick once again and fix to the desired length.

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The spring cushioning system should be used on hard terrains where your joints would be more susceptible to shock while using the poles. Locking the pole is recommended when used on softer terrains like grass or mud, so the maximum amount of force can be asserted against the low resistance of the ground. To deactivate the cushioning system, tighten the poles, as detailed in the "Adjusting Pole Length" section on page 4. Turn the central section of the trekking pole slightly against the screw direction. You will hear a loud click. The cushioning system is now deactivated. Turn the central part of the trekking pole gently in the screw direction to reactivate the cushioning system.

A schematic diagram of a mechanical assembly, possibly a valve or actuator. It features a central vertical shaft with a handle at the top. Two large, curved arrows point outwards from the sides of the central body, indicating a diverging or spreading motion. A smaller, curved arrow at the bottom indicates a rotational or pivoting movement.

Slide hand through loop, tighten by pulling the end of the strap to the desired comfort level.

- Wear gloves in cold weather. Wear clothing appropriate for weather.
- Ensure that you consume enough liquid when undertaking long walks. It may be worth investing in either a drink rucksack or a drink belt.

To switch out trekking pole tips dependent on your terrain, pull off with a little pressure. The baskets thread onto the poles, requiring the tip to be bare to slide the basket into place.

	BARE TIPS	Ice + Packed Dirt + Gravel
	MUD BASKETS	Sand + Mud + Silt
	BOOT TIPS	Flat Road
	RUBBER TIPS	Rocky Surface
	SNOW BASKETS	Light Snow

- You can store the asphalt pad and trekking-pole plate in the composite support. The asphalt pad should be used on stony, hard ground, and the trekking-pole plate should be used on soft ground to prevent the trekking-pole from sinking in too deep.
- You may also remove the composite support. Pull the red elastic ring from its flap out of the fixture guide. The fixture can then be pulled off of the pole.
- In order to replace the combination fixture, place onto the pole once again and bind the rubber ring around the pole, then place it in the fixture guide in the composite fixture.

- Long press "R" to clear the count
- Short press "R" to clear the table for seconds
- "M" is the switch mode function
- Function-
 - * Count: When the mode is in the counting function, kilometers and miles can be converted by pressing "M," long press "R" key to clear.
 - * Calories: When the mode is in the calorie state, press "S" key to select the weight setting, and "R" key to assist debugging.
 - * Mileage: When the mode is in the mileage state, press "S" key to select the step distance, and "R" key to assist debugging.
 - * Clock 12/24 hour system: When the mode is in the clock state, you can press the "S" key to debug the time setting, and the "R" key to assist in debugging.
 - * Stopwatch function: When the mode is in the clock state, you can press the "S" key to start or end, short press the "R" key to clear zero.

1. 12/24 hour switching operation: In the time mode state, short press "R" key to switch 12/24 hours. How to debug the clock: Debug the time when the time mode state, short press the "S" button once. The clock display flashes to debug the hour, short press the "S" button twice. The minutes display jumping to debug the minutes. Press "R" key for clock or minute debugging respectively. When the clock is set, press "S" key again for confirmation after successful debugging.
2. How to switch the number of steps taken to kilometers/miles: Press "M" on the mileage interface (KM/MIL) and long press "R" for 5 seconds to switch the metric distance, respectively. Press "S" to set the metric distance (70CM/30In is the initial value) (during the conversion period, zero will be cleared before switching to the metric distance). In the metric distance switching state, Press "S" to select the corresponding metric step distance to convert the number of steps taken.
3. Long press "R" for 5 seconds in the calorie state to switch the weight setting. Press "S" to display the weight and press "R" to set the weight (60KG/120LB is the initial value).

Clean the trekking poles with a cloth soaked in lukewarm or soapy water. Do not attempt to clean the poles using detergent or abrasive cleaning agents. These may permanently damage the plastic parts and printed marks.

Do not leave the trekking poles exposed to direct sunlight or excessive temperatures as this could cause cracks to appear, causing them to disintegrate, reducing their lifespan and drastically reducing their use. Store the trekking poles in a dry place. Dry wet poles with a cloth before collapsing to prevent rust. Always attach the rubber bumpers to the tips when transporting the poles.

Always warm up and stretch extensively before hiking (see Fig. M-P).

Pull your foot up in the direction of your posterior.

Press your rear heel to the ground and angle your body forwards.

Push your pelvis in an obliquely downward direction.

Lift your heels several times and place them on the ground again.

A silhouette of a person in a wide, athletic stance, using two trekking poles. The person is wearing a short-sleeved shirt and shorts. The poles are planted on the ground, and the person's feet are positioned far apart, demonstrating a wide base of support.

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 the defect and original sales receipt.

Mail prepaid to Echelon Fitness Returns, 2001 Riverside Drive, Building 2, Chattanooga, TN 34702

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/

/Le service a la clientele/ Servicio al Consumidor
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cs@echelonfit.com

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

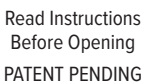
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