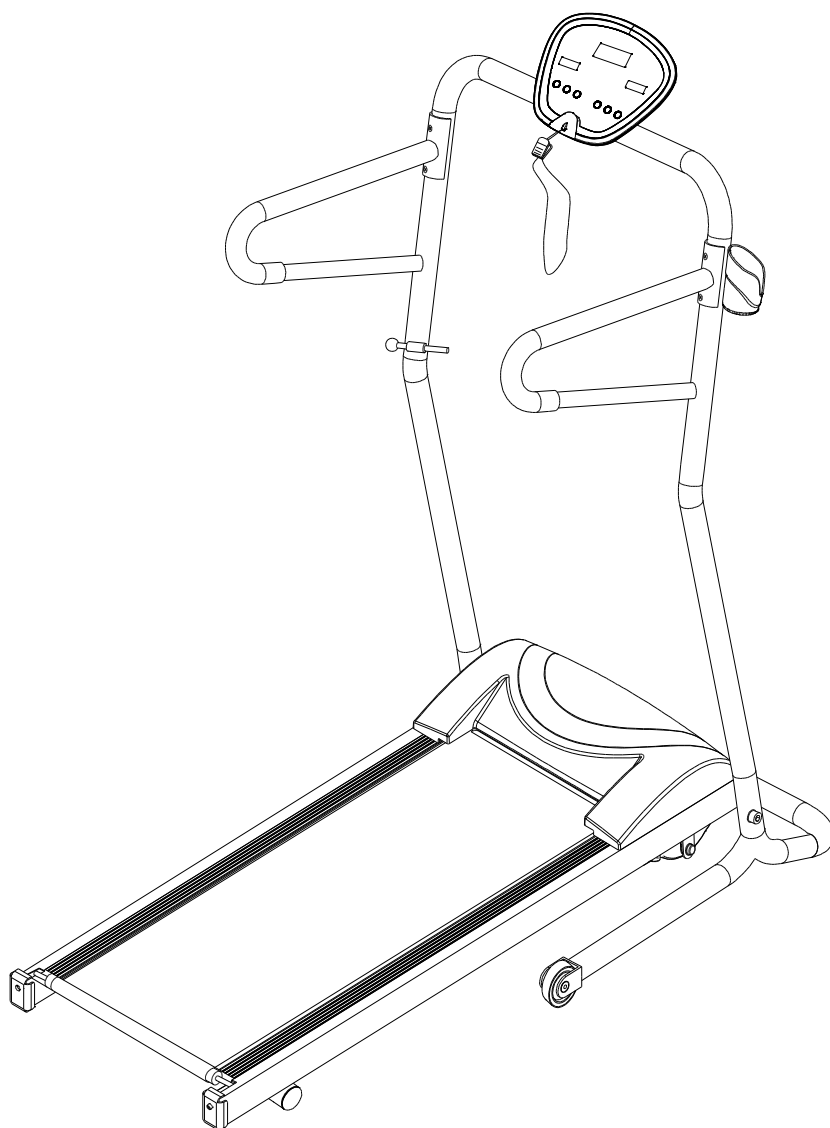# PROGEAR FITNESS

TREADMILL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.

TABLE OF CONTENTS

IMPORTANT: FOR NORTH AMERICA ONLY

To request product service and order replacement parts, please call our customer service department at:
1-866-924-1688

**Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,
or email us at: service@paradigmhw.com**
Please visit our website at www.paradigmhw.com.

Please have the following information ready when requesting for service:

Your name
Phone number
Model number
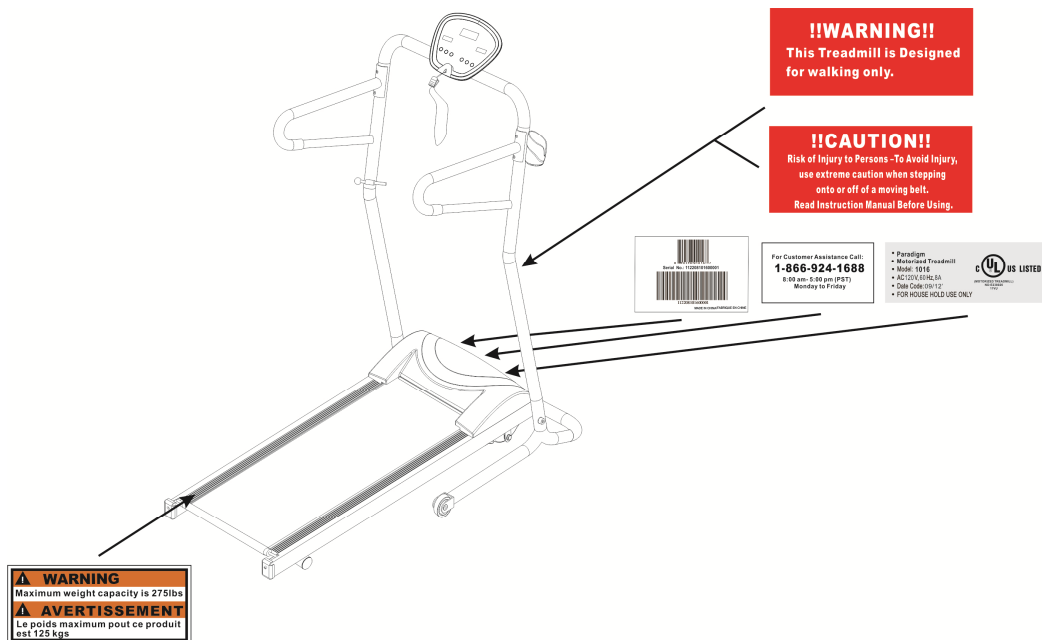**Serial number**
Part number
Proof of Purchase

Before returning this product to the store please contact customer service at the contact number.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

!!WARNING!!
This Treadmill is Designed for walking only.

!!CAUTION!!
Risk of Injury to Persons –To Avoid Injury, use extreme caution when stepping onto or off of a moving belt.
Read Instruction Manual Before Using.

Serial No.: 1120901816600001

For Customer Assistance Call:
1-866-924-1688
8:00 am- 5:00 pm (PST)
Monday to Friday

MADE IN CHINA/FABRIQUÉ EN CHINE

• Paradigm
• Motorized Treadmill
• Model: 1016
• AC120V,60Hz,6A
• Date Code:09/12'
• FOR HOUSE HOLD USE ONLY

C (UL) US LISTED
(MOTORIZED TREADMILL)
NO.E243809
11223

⚠ **WARNING**
Maximum weight capacity is 275lbs
⚠ **AVERTISSEMENT**
Le poids maximum pout ce produit est 125 kgs

PRODUCT SAFETY

Basic precautions should always be followed, including the following safety instructions when using this treadmill.   Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, please read the

following:
● Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.
NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or

injury to any persons, please read the following:
● Never leave the treadmill unattended while plugged in.   Disconnect by turning off the master power switch, and unplugging from outlet when not in use and before putting on or taking off parts.
● Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
● Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly.   If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
● Do not attempt any maintenance or adjustments other than those described in this manual.   Should any problems arise, discontinue use and consult an *Authorized Service Representative.*
● Never operate the appliance with the air openings blocked.   Keep the air openings free of lint, hair, and the like.
● Do not use the treadmill outdoors.
● Do not pull the treadmill by its power cord or use the cord as a handle.
● Keep children and pets away from the equipment while in use.   This machine is designed for adults only.   Close supervision is necessary when this treadmill is used by on, near invalids or disabled persons.
● Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
● Keep Dry - do not operate in a wet or moist condition.   Save these instructions.
● Do not operate the treadmill near a blanket.   Excessive heating can occur and cause fire, electrical shock, or injury to user.
● Keep electrical cord away from heated surfaces.
● Never insert any object into any opening.

- Keep the treadmill on a solid, level surface with the minimum safety area clearance of 6ft x 3ft around the treadmill.   Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only.
- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill.   Do not use the treadmill barefoot, in only socks or in sandals.   Always wear athletic shoes.   Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 12 year-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This appliance is not intended for use by persons (including children) 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. Children should be supervised to ensure that they do not play with the appliance.
- Pull up the Safety Tether Key for emergency stop.   Reinstall the Safety Tether Key onto the Computer Console.   Press the START button to begin exercise again.
- CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving belt.   Read instruction manual before using.
- **Maximum Weight Capacity is 275 lbs.**

Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.

WARNING: **Connect the treadmill to a properly grounded outlet only.   See grounding instructions.**

# <u>SAVE THESE INSTRUCTIONS</u>

.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. * **This treadmill is equipped with a grounded cord and a grounded plug.   The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the treadmill grounding conductor

can result in the risk of electric shock.   Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded.   Do not modify the plug provided with the treadmill.   If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.

This product is for use on a nominal 120 volt circuit and has a grounding plug that looks like the plug illustrated in Figure 1.
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.

GROUNDED OUTLET

**GROUNDING PIN**

GROUNDED OUTLET BOX

Figure 1
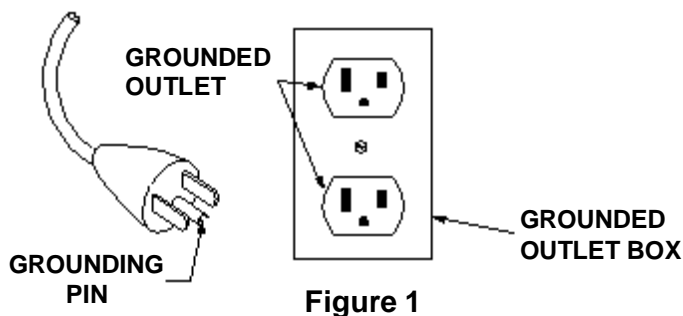
- This unit must be plugged into a nominal 120 volt outlet which has been grounded.
- Keep hands clear of all moving parts.   Never place hands, feet under the Treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before using the treadmill, check that the belt is aligned and centered on the walking deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury to young children.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.
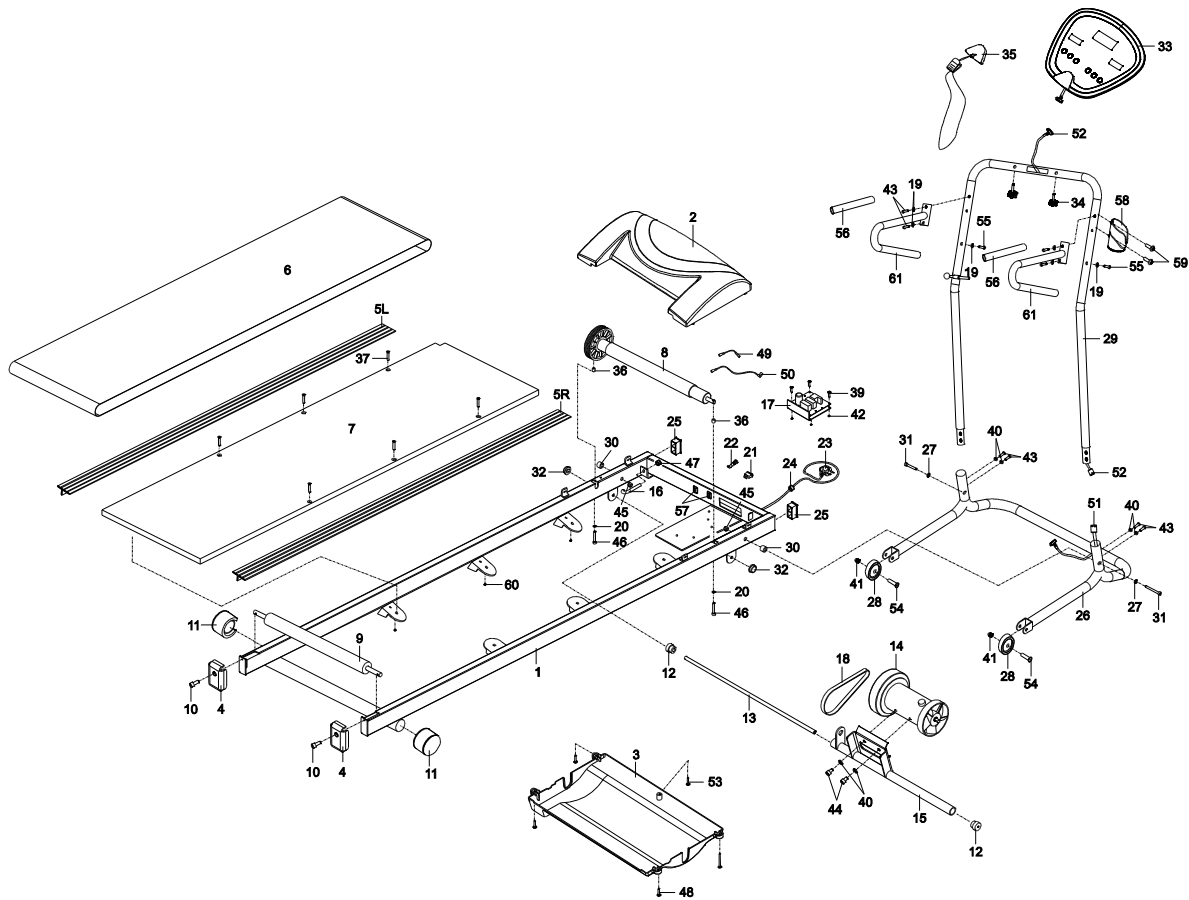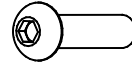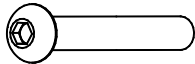
(19) Curve Washer M8
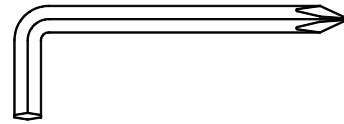6 PCS

(40) Spring Washer M8
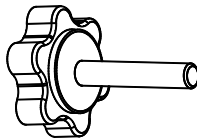4 PCS

(43) Bolt M8x16
8 PCS

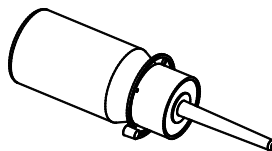(55) Bolt M8x45
2 PCS

(59) Bolt M6x12
2 PCS

Allen Wrench with Phillips
Screwdriver 5mm
1 PC

COMPUTER KNOBS INCLUDED

(34) Computer Knob M5x45
2 PCS

# SILICONE OIL INCLUDED

Silicone Oil
1 PC

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	027	Washer M10	2
002	Upper Motor Cover	1	028	Transport Wheel Ø50xØ8	2
003	Lower Motor Cover	1	029	Handlebar Support Tube	1
004	Main Frame Rear End Cap	2	030	Spacer Ø16xØ10.5x19	2
005L	Left Side Rail 955xW27	1	031	Bolt M10x105	2
005R	Right Side Rail 955xW27	1	032	Cap Nut	2
006	Running Belt 2200x380	1	033	Computer	1
007	Running Deck 985x480x15	1	034	Computer Knob M5x45	2
008	Front Roller	1	035	Safety Tether Key	1
009	Rear Roller	1	036	Spacer Ø12xØ8.5x18	2
010	Bolt M6x60	2	037	Bolt M6x35	6
011	Round Cap Ø32	2	038		
012	Bushing Ø20xØ10	2	039	Bolt M4x12	3
013	Motor Support Axis	1	040	Spring Washer M8	6
014	Motor	1	041	Cap Nut M8	2
015	Motor Bracket	1	042	Nylon Nut M4	3
016	Motor Hook	1	043	Bolt M8x16	8
017	Power Control Board	1	044	Bolt M8x12	2
018	Belt 5PJ180	1	045	Nylon Nut M10	2
019	Curve Washer M8	6	046	Bolt M6x50	2
020	Spring Washer M6	2	047	Nylon Nut M8	1
021	Switch, AC Power	1	048	Round Head Phillips Self Tapping Screw ST4x45	4
022	Fuse Box	1	049	Wire for Fuse Box	1
023	Power Cord	1	050	Cable Switch/PCB	1
024	Wire Grommet 6P-4	1	051	Sensor Wire I (650 mm.)	1
025	Rectangular End Cap (50x25)	2	052	Sensor Wire II (1750 mm.)	1
026	Base Frame	1	053	Round Head Phillips Self Tapping Screw ST4x21	1

No.	Description	Qty	No.	Description	Qty
054	Bolt M8x40	2	058	Cup Holder	1
055	Bolt M8x45	2	059	Bolt M6x12	2
056	Handlebar Foam Grip T4xØ26x550	2	060	Nylon Nut M6	6
057	Cable Tie Holder	3	061	Handlebar	2

Tool:

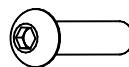*Allen Wrench with Phillips Screwdriver 5mm*
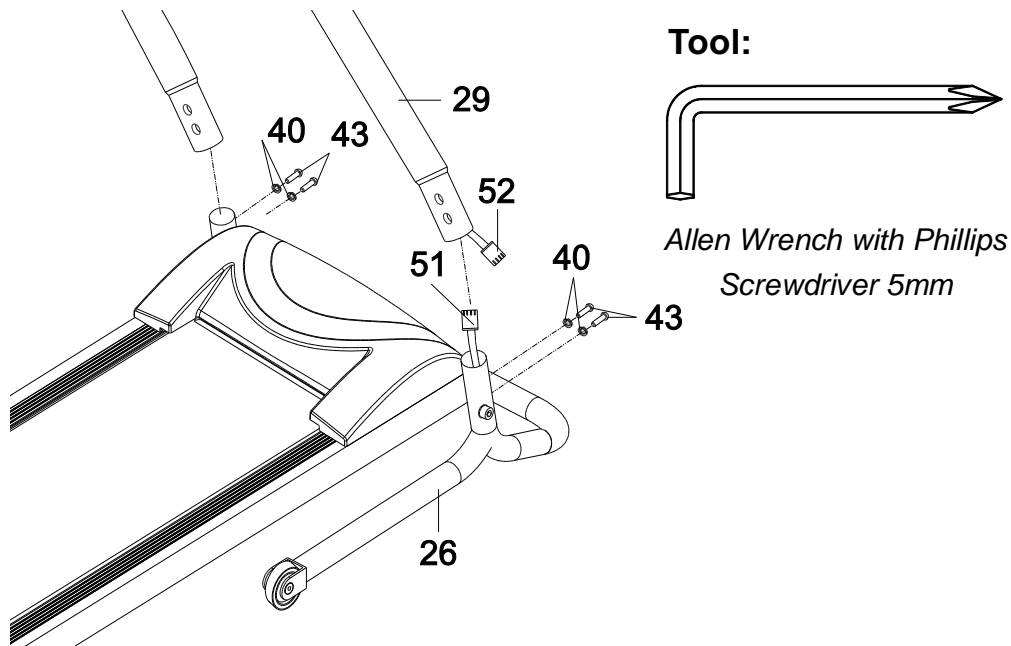
Step 1

Connect the Sensor Wire I (51) from the Base Frame (26) to the Sensor Wire II (52) from the Handlebar Support Tube (29).   Then install the Handlebar Support Tube (29) to the Base Frame (26) by inserting the Handlebar Support Tube (29) into the Base Frame (26), using four M8 Spring Washers (40) and four M8x16 Bolts (43).   Tighten bolts with the 5mm Allen Wrench with Phillips Screwdriver Provided.

IMPORTANT: While sliding the handlebar support tube into the base frame, make sure the wires are installed inside the handlebar support tube and pay attention not to pinch the wires.
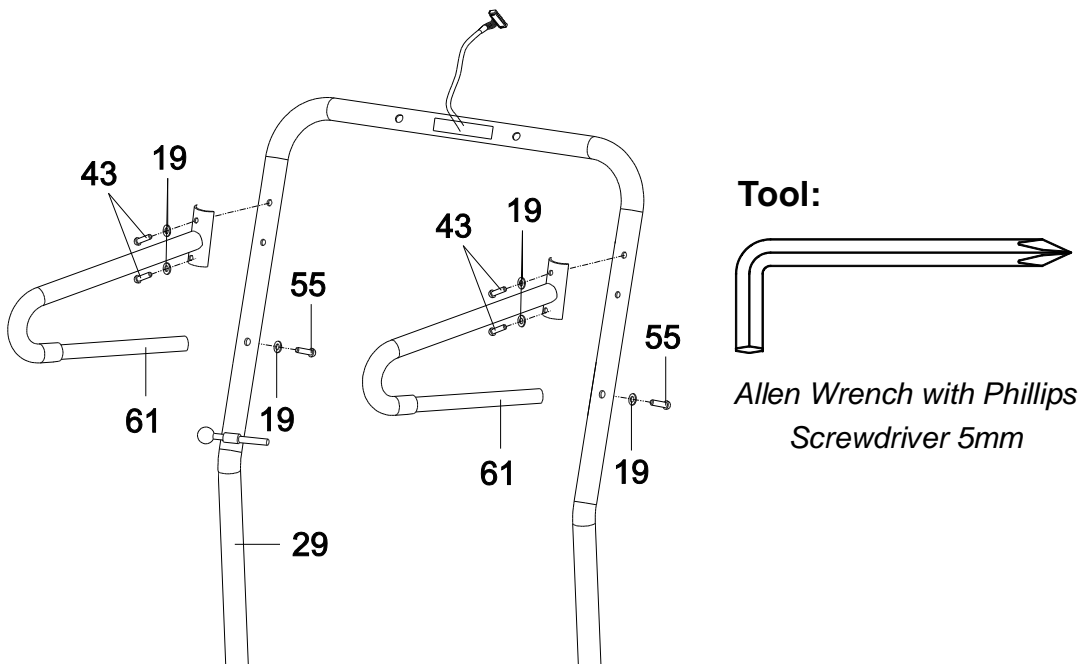
Hardware:

(40) Spring Washer M8
4 PCS

(43) Bolt M8x16
4 PCS

Tool:

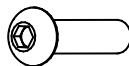*Allen Wrench with Phillips Screwdriver 5mm*

Step 2

Attach both Handlebars (61) onto the Handlebar Support Tube (29) with two M8x45 Bolts (55), four M8x16 Bolts (43), and six M8 Curve Washers (19). Tighten bolts with the 5mm Allen Wrench with Phillips Screwdriver provided.
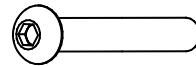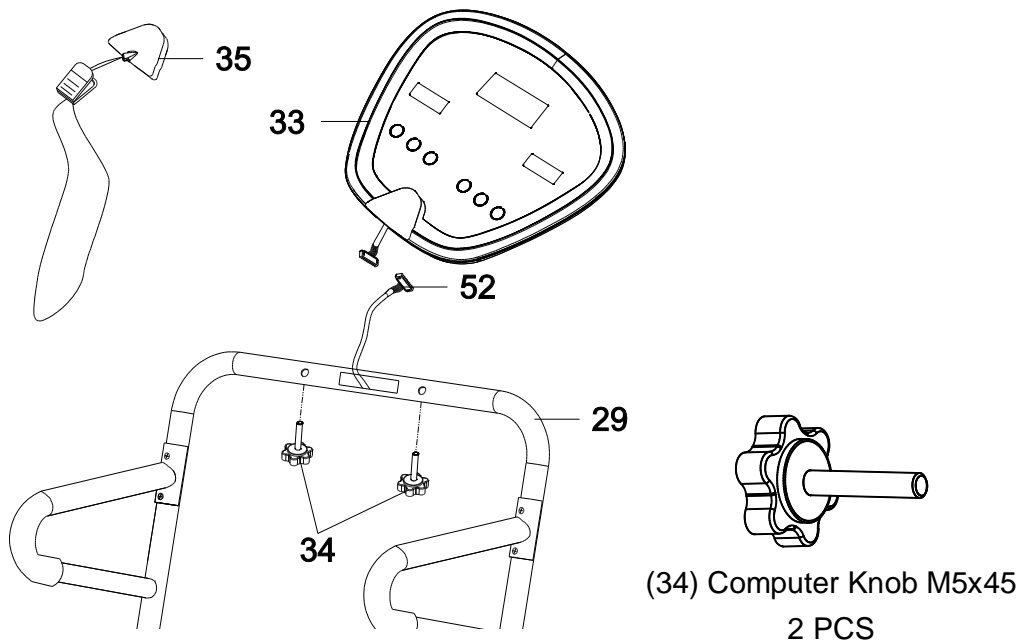
Hardware:

(19) Curve Washer M8
6 PCS

(43) Bolt M8x16
4 PCS

(55) Bolt M8x45
2 PCS

35

33

52

29

34

(34) Computer Knob M5x45
2 PCS

Step 3

Connect the Sensor Wire II (52) from the Handlebar Support Tube (29) to the wire that comes from the Computer (33).

Tuck wires into the Handlebar Support Tube (29).

Attach the Computer (33) onto the Handlebar Support Tube (29) with two M5x45 Computer Knobs (34).

Place the Safety Tether Key (35) onto the Computer (33).

Tool:

Allen Wrench with Phillips Screwdriver 5mm

58

59

29
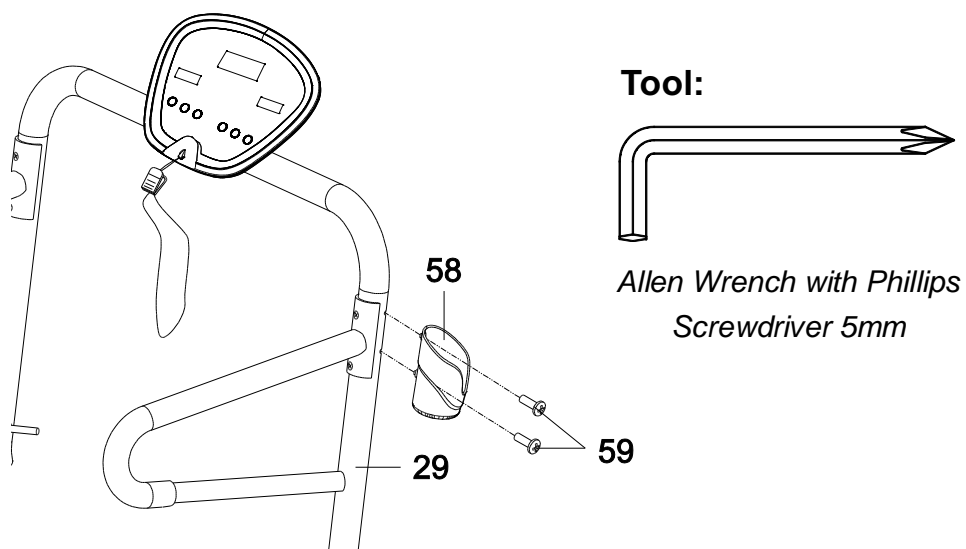
Step 4

Attach the Cup Holder (58) onto the Handlebar Support Tube (29) with two M6x12 Bolts (59).   Tighten bolts with the 5mm Allen Wrench with Phillips Screwdriver provided.

Hardware:

(59) Bolt M6x12
        2 PCS

Quick Start:

Flip the Master Power Switch that is located at the front of the treadmill to the ON position.   The treadmill will self-test for a 2 second long beep.   Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.   Always begin the treadmill standing on the side rails, not on the belt.

In TIME mode you may change the CLOCK setting.   To set the time, starting with hours first, press the FAST or SLOW button to change the hours and then press the MODE button, once again press the FAST or SLOW button to change the minutes and press the SET button to confirm the CLOCK setting.   The computer display will leave set up mode if no buttons are pressed for 6 seconds. After set up is done, the computer will display training mode.

Press the START button to start exercise, the TIME window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt will start moving with an initial speed of 0.5 MPH.   The TIME window will display your elapsed workout TIME.   The DISTANCE window will display your cumulative DISTANCE.   You may press the FAST or SLOW button on the computer console to increase or decrease the running speed during exercise.   The treadmill's speed range is from 0.5 MPH to 6.0 MPH.   The SPEED window will display your current speed.   During training, you may press the STOP button to stop the treadmill running at any time, press the START button to start the treadmill running again.   You may pull out the safety tether key to stop the treadmill running.

Button Functions:

START: To start training.

STOP: To stop training.

MODE: To select each function (time or distance) for target pre-setting.   To select hours and minutes for time setting.

SET: To confirm the CLOCK setting.

FAST: Used to make upward adjustments of hours and minutes for setting the clock in time mode.   To make upward adjustments for pre-setting target training time or distance.   Makes speed adjustments during all training periods on different training modes.

SLOW: Used to make backward adjustments of hours and minutes for setting the clock in time mode.   To make backward adjustments for pre-setting target training time or distance.   Makes speed adjustments during all training periods on different training modes.

Computer Functions:

TIME: Displays your elapsed workout time in minutes and seconds.   You may also pre-set target time in STOP mode before training.   To set TIME press the MODE button until you see the TIME window begin blinking.   Then press the FAST or SLOW button to change the time.   Each time you press the FAST or SLOW button the TIME should change in 1 minute increments.   The pre-set target time range is from 5:00 to 99:00 minutes.   Once you pre-set target time, press the START button to start exercising.   TIME window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt will start moving with an initial speed of 0.5 MPH.   TIME starts counting down from pre-set target time to 0:00 in 1 second increments.   When the pre-set target time counts down to 0:00, the computer will begin beeping to remind you.   The running speed will decelerate half of original speed.   The TIME window will countdown from 2:30 minutes to 0:00.   The computer is entering into cool down mode.   When time counts down to 0:00, the treadmill will stop operation automatically.

SPEED: Displays the current speed from the minimum 0.5 MPH to the maximum 6.0 MPH.   You may increase or decrease the speed by pressing the FAST or SLOW button on the computer console.

DISTANCE: Displays the cumulative distance traveled during your workout. You may also pre-set target distance in STOP mode before training.   To set DISTANCE press the MODE button until you see the DISTANCE window begin blinking.   Press the FAST or SLOW button to change the distance, each time you press the FAST or SLOW DOWN button DISTANCE should change in 0.1 mile increments.   The pre-set target distance range is from 0.30 to 999.9 miles. Once you pre-set target distance, press the START button to start exercising. TIME window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving.   The running belt will start moving with an initial speed of 0.5 MPH.   Distance starts counting down from the pre-set target distance to 0.00.   When the pre-set target distance counts down to 0.00, the

computer will begin beeping to remind you.   The running speed will decelerate half of original speed.   The TIME window will countdown from 2:30 minutes to 0:00.   The computer is entering into cool down mode.   When time counts down to 0:00, the treadmill will stop operation automatically.

NOTE: If you leave the equipment inactive and it is not used for 4 minutes, the computer will display (shows up) the clock (time) and room temperature; that is called sleep mode.   In sleep mode, all other functions will turn off but all previous pre-set data and training data are kept and will show up when any button is pressed.

STORAGE

LIFTING UP THE TREADMILL

Lift the rear end of the main frame up and align Lock Knob hole. Tighten the Lock Knob by turning it in a clockwise direction into a hole of the main frame. (See diagrams A and B.)

The unit can be carefully tilted onto its transport wheels for easy moving and storage. Ensure the master power switch is off and is in the off position and the power plug is un-plugged from the electrical wall outlet. Store the treadmill in a clean and dry environment away from children.

A

B
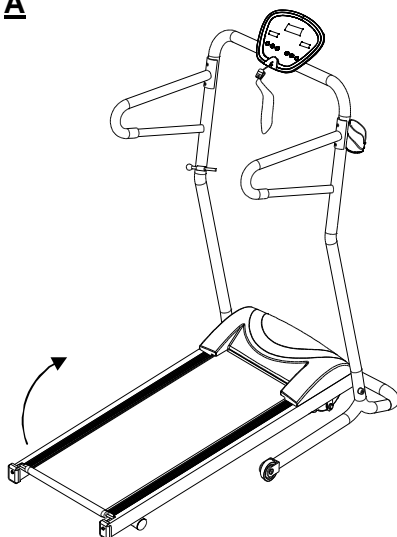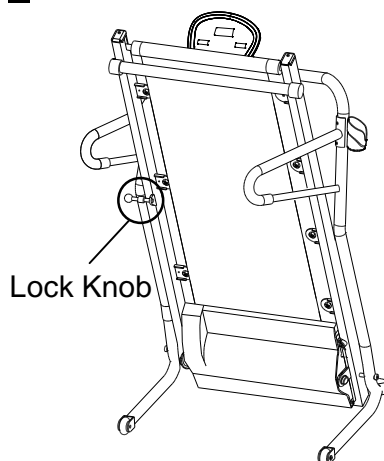
Lock Knob

SETTING DOWN THE TREADMILL

Place one hand on the rear end of main frame and the other hand to loosen the Lock Knob by turning it in a counterclockwise direction. Pull the Lock Knob out and then lower the main frame down. (See diagrams C and D.)
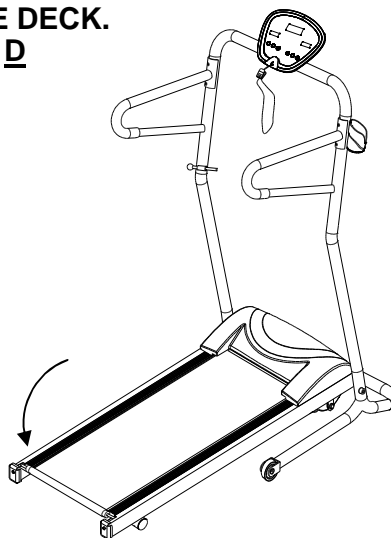
Note: Do not stand under the deck when setting down the treadmill.
TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.

C

D

Lock Knob
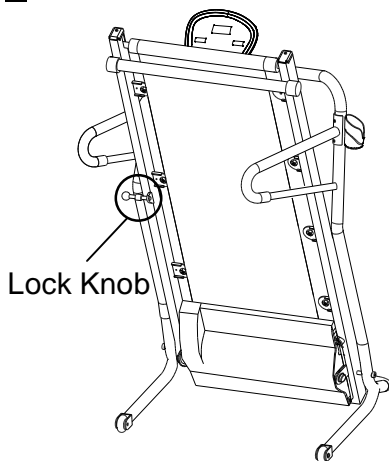
WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

CLEANING

The treadmill can be cleaned with a soft cloth and mild detergent.   Do not use abrasives or solvents.   Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.
Please keep the treadmill, especially the console out of direct sunlight to prevent screen damage.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	1. Not plugged in. 2. Safety tether key not connected. 3. House circuit breaker tripped. 4. Treadmill circuit breaker tripped.	1. Put the power plug into the electrical wall outlet. 2. Install the safety tether key. 3. Reset or have an electrician replace the breaker in home. 4. Wait five minutes and then press the switch back on.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates When stepped on.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight.	1. Apply silicone lubricant. 2. Adjust the belt tension.
Belt is off centered.	Running belt tension is not even across the rear roller.	Center the belt.

Belt Adjustment:
The belt is adjusted at the factory; it may come loose during transportation and/or from use.   After prolong use of the treadmill, the belt will stretch out. If the belt begins shifting to the left, turn on the main power switch of treadmill and let the belt run at a speed of 1-1.5 MPH.   Using the Allen wrench provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction.   You should see the belt start to correct its position by moving back toward the center.   Repeat the above procedure until the belt is properly centered.   If the belt begins shifting to the right, repeat the above procedure but turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction instead of the left.   You should see the belt start to correct itself by moving back toward the center.   Repeat the above procedure until the belt is properly centered.   If the belt is slipping during use, turn off and unplug the treadmill. Using the Allen wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn in the clockwise direction, then turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH.   You should now walk on to the belt to determine if the belt is still slipping.   Repeat the above procedure until the belt no longer slips.
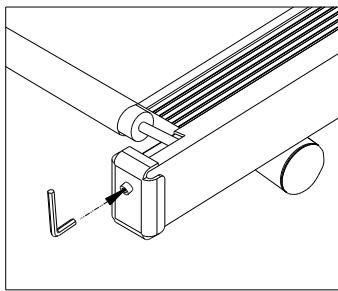
Lubrication:
The treadmill has already been coated with a "Silicone Oil". Silicone oil is a non-volatile oil and by the time you receive should have permeated through the belt.   There will be no need to re-apply the oil under normal circumstances.   To maintain the belt, the "Silicone Oil" may be re-applied once the resistance has been increased and the belt starts rubbing against the running deck.   To re-apply "Silicone Oil" to the treadmill, lift up the belt, one side at a time, and apply the oil directly to the center of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.
Attention: Only use "Silicone Oil" lubricants for this equipment.   **In addition, do not use any other type of oil; otherwise the treadmill will be damaged. Do not over-lubricate the walking board.   Excess lubricant should be wiped off with a clean towel.**
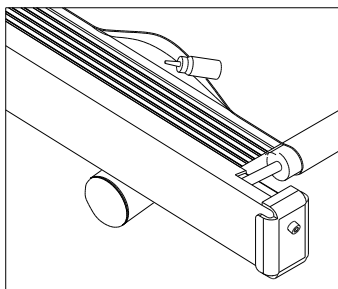
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up.   Bring your heel as close to your buttocks as possible.   Hold for 15 counts and repeat with left foot up.
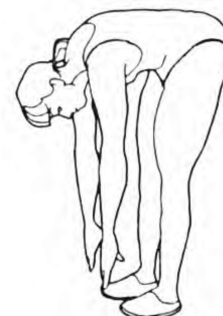
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward.   Pull your feet as close to your groin as possible.   Gently push your knees towards the floor. Hold for 15 counts.

Toe Touching

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes.   Reach down as far as you can and hold for 15 counts.

Hamstring Stretch

Sit with your right leg extended.   Rest the sole of your left foot against your right inner thigh.   Stretch toward your toe as far as possible.   Relax and hold for 15 counts. Repeat with left leg extended.
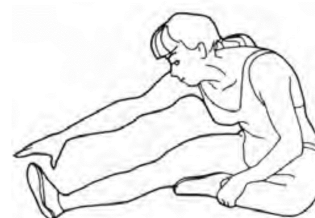
Paradigm Health & Wellness, Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm Health & Wellness, Inc.'s Owner's Manual.   Paradigm Health & Wellness, Inc.'s obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.   From the date of purchase, the product is warranted to be free from defects for 1 (one) year.   All parts and workmanship, including computer display, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware are to be free from defects for 90 days.   5 years warranty on Motor and Frame.   This warranty is offered only to the original owner and is not transferable.   Proof of purchase is required.   This warranty is offered only to the original owner and is not transferable.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department

service@paradigmhw.com

1-866-924-1688

Monday through Friday, 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. Owner's Manual
2. Model Number
3. Description of Parts
4. Part Number
5. Date of Purchase

Paradigm Health & Wellness, Inc.

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO
service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ **STATE** _____ **ZIP** _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION/REASON	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____