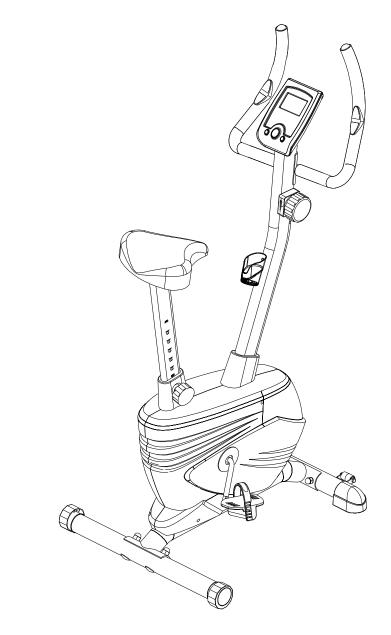


Upright Bike





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.



Item#1202

1202.2-082615

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts

or any other service support, please contact our customer

service department (8:00 AM - 5:00 PM Pacific Standard Time,

Daily) by the below methods:

For Best Service, please Email:

Service@paradigmhw.com *

Response Time: 1-2 Business Day

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7920 Response time may vary.

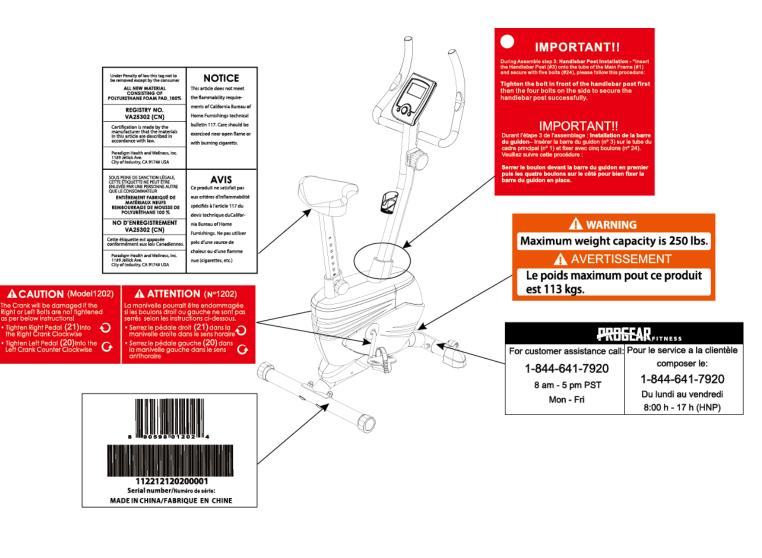
Please have the following information ready when requesting for service:

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

For damaged or defective product please contact our customer service before returning to the store.

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

LABEL PLACEMENT



PRODUCT SAFETY

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

- 1. Read all the instructions in this manual and do warm up exercises before using this equipment.
- Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up pages. After exercise, relaxation of the body is suggested for cool-down.
- 3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
- 4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
- 5. 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*.
- 6. Do not use the equipment outdoors.
- 7. This equipment is for household use only.
- 8. Only one person should be on the equipment while in use.
- 9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
- 10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- 11. The maximum weight capacity for this product is 250 lbs/113 kgs.

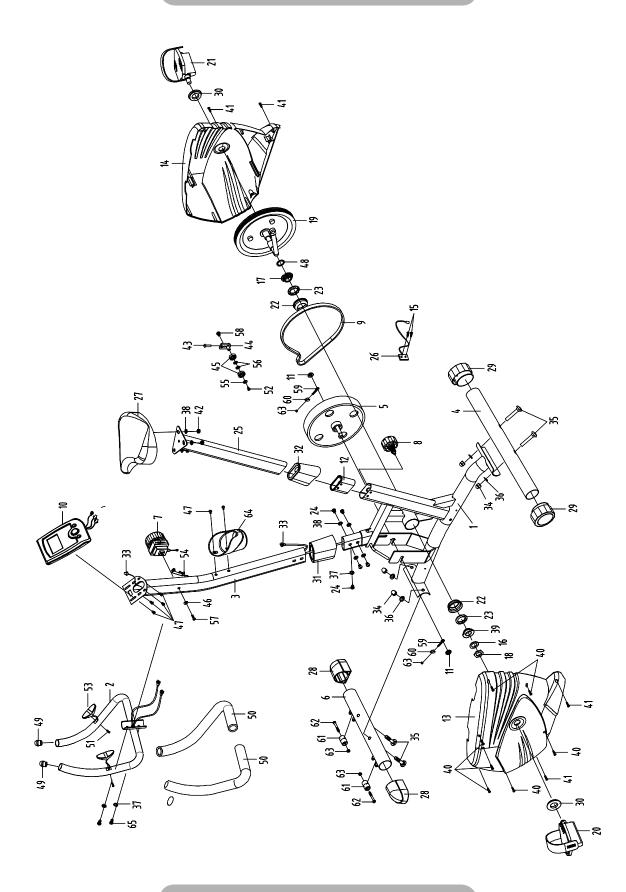
WARNING: Before beginning any exercise program consult

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.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

4

OVERVIEW DRAWING



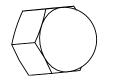
PARTS LIST

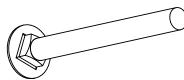
No.	Description	Qty	No.	Description	Qty
001	Main Frame Ø50x1.5t	1	028	Front Stabilizer End Cap Ø50	2
002	Handlebar Ø25x1.5t	1	029	Rear Stabilizer End Cap Ø50	2
003	Handlebar Post 70x30x1.5t	1	030	Cover Cap	2
004	Rear Stabilizer Ø50x1.5x15 inches	1	031	Handlebar Post Cover	1
005	Flywheel Ø230	1	032	Seat Post Cover	1
006	Front Stabilizer Ø50x1.5x16.9 inches	1	033	Extension Sensor Wire L=43.3 inches	1
007	Tension Control Knob	1	034	Cap Nut M10	4
800	Seat Post Knob M16x1.5	1	035	Carriage Bolt M10x2.4 inches	4
009	Belt 340J6	1	036	Big Curve Washer Ø10	4
010	Computer (KB5128-4)	1	037	Curve Washer Ø18xØ8x1.5t	3
011	Nut M10x1.0x6t	2	038	Washer Ø18xØ8x1.5t	7
012	Seat Post Bushing	1	039	Bearing Nut II 7/8"	1
013	Left Cover	1	040	Pan Head Phillips Self Tapping Screw ST4x22	7
014	Right Cover	1	041	Pan Head Phillips Self Drilling Screw ST4x16	4
015	Screw ST3x10	2	042	Nylon Nut M8	3
016	Washer Ø34.5x23x2.5t	1	043	Bolt M8x1.6 inches	1
017	Bearing Nut I 15/16"	1	044	Idle Wheel Bracket	1
018	Hexagon Nut 7/8"	1	045	Bearing 6000-2Z	2
019	Belt Pulley with Crank 240J6	1	046	Big Washer Ø5xØ20x1.5t	1
020	Left Foot Pedal JD-12A	1	047	Bolt M5x0.5 inches	6
021	Right Foot Pedal JD-12A	1	048	Washer Ø24xØ40x3t	1
022	Bearing Cup	2	049	Handlebar End Cap Ø25	2
023	Bearing	2	050	Handlebar Foam Grip Ø30xØ24x455	2
024	Bolt M8x0.5 inches	5	051	Screw ST4.2x20	2
025	Seat Post 60x20x1.8t	1	052	Bolt M6x10	1
026	Sensor with Wire L=14.9 inches	1	053	Hand Pulse Sensor with Wire L=29.5 inches	2
027	Seat Cushion DD-98-2AT	1	054	Tension Cable L=45.2 inches	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
055	Washer Ø12xØ6x1.5t	1	061	Transport Wheel Ø23xØ6x32	2
056	Washer Ø10.2xØ14x1t	2	062	Bolt M6x1.9 inches	2
057	Bolt M5x20	1	063	Nylon Nut M6	4
058	Bolt M8x12	1	064	Bottle Holder	1
059	Eyebolt M6x36	2	065	Bolt M8x0.6 inches	2
060	Tension Bracket	2			

HARDWARE LIST & TOOLS





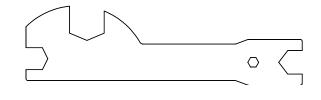


(#34) Cap Nut 4 PCS

(#35) Carriage Bolt 4 PCS

(#36) Big Curve Washer 4 PCS





Allen Wrench with Phillips Screwdriver 1 PC

Multi Hex Tool 1 PC

ASSEMBLY Important: Screw Right Pedal (#21) into right crank clockwise! Screw Left Pedal (#20) into Left crank counter-clockwise! Important: Please make sure the right pedal matches up 34 with the right crank and the left pedal 36 19 20 matches up with the left crank. If reversed the cranks may become damaged or stripped. Tool: Multi Hex Tool \bigcirc 35

1. Front/Rear Stabilizers and Right/Left Foot Pedals Installation

Position the Front Stabilizer (#6) in front of the Main Frame (#1) and align bolt holes. Attach the Front Stabilizer (#6) onto the front curve of the Main Frame (#1) with two Cap Nuts (#34), two Carriage Bolts (#35), and two Big Curve Washers (#36). Tighten cap nuts with the Multi Hex Tool provided.

Position the Rear Stabilizer (#4) behind the Main Frame (#1) and align bolt holes. Attach the Rear Stabilizer (#4) onto the rear curve of the Main Frame (#1) with two Cap Nuts (#34), two Carriage Bolts (#35), and two Big Curve Washers (#36). Tighten cap nuts with the Multi Hex Tool provided.

Foot Pedals Installation

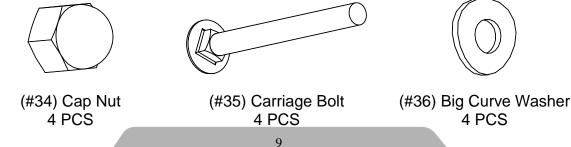
The Cranks, Pedal Shafts, and Foot Pedals are marked "R" for Right and "L" for Left.

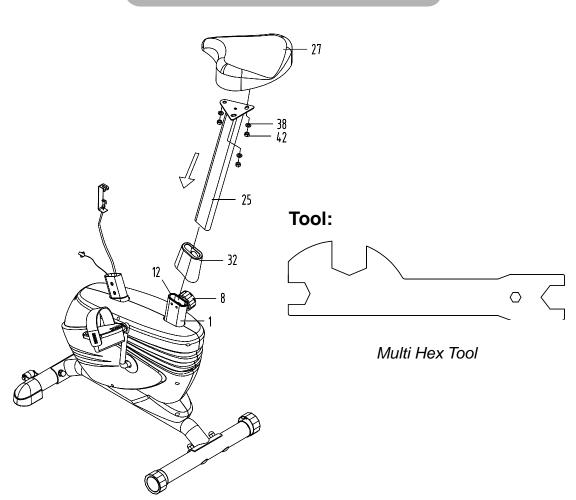
Insert the pedal shaft of Left Foot Pedal (#20) into threaded hole in the left Crank (#19). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (#20) with the Multi Hex Tool provided. Insert pedal shaft of Right Foot Pedal (#21) into threaded hole in right Crank (#19). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (#21) with the Multi Hex Tool provided.

Hardware:



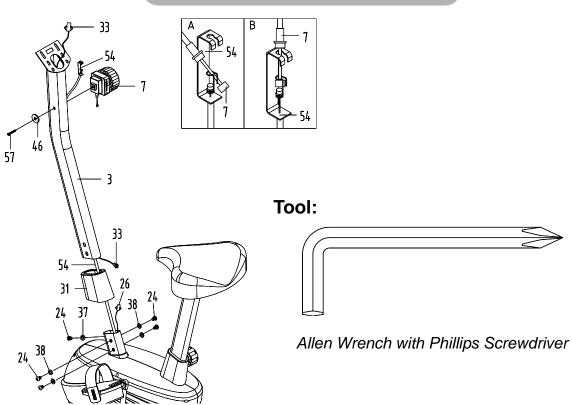


2. Seat Post, Seat Post Cover, and Seat Cushion Installation

Remove three Washers (#38) and three Nylon Nuts (#42) from underside of the Seat Cushion (#27). Remove nylon nuts and washers with the Multi Hex Tool provided. Guide bolts on underside of the Seat Cushion (#27) through holes on top of the Seat Post (#25), attach with three removed Washers (#38) and Nylon Nuts (#42). Tighten nylon nuts and washers with the Multi Hex Tool provided.

Remove the Seat Post Knob (#8) by turning it in a counterclockwise direction.

Slide the Seat Post Cover (#32) onto the tube of the Main Frame (#1). Insert the Seat Post (#25) into the Seat Post Bushing (#12) on the tube of the Main Frame (#1) and then attach the Seat Post Knob (#8) onto the tube of the Main Frame (#1) by turning it in a clockwise direction to lock the Seat Post (#25) in the suitable position.



3. Handlebar Post, Handlebar Post Cover, and Tension Control Knob Installation

Remove five Bolts (#24), four Washers (#38), and one Curve Washer (#37) from the tube of the Main Frame (#1). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.

Slide the Handlebar Post Cover (#31) up to the Handlebar Post (#3).

Insert the Tension Cable (#54) through into the bottom hole of Handlebar Post (#3) and pull it out from the square hole of Handlebar Post (#3).

Connect the Sensor Wire (#26) from the Main Frame (#1) to the Extension Sensor Wire (#33) from the Handlebar Post (#3).

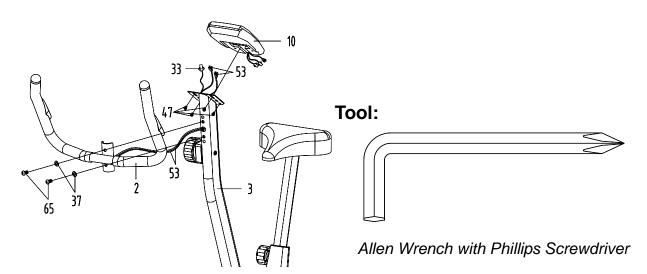
Insert the Handlebar Post (#3) onto the tube of the Main Frame (#1) and secure with five Bolts (#24), four Washers (#38), and one Curve Washer (#37) that were removed. Please follow this procedure:

Tighten the Bolt (#24) in front of the Handlebar Post (#3) first then the four Bolts (#24) on the side to secure the Handlebar Post (#3) successfully.

Slide the Handlebar Post Cover (#31) down to the Handlebar Post (#3).

Remove the Big Washer (#46) and Bolt (#57) from the Tension Control Knob (#7). Remove bolt with the Allen Wrench with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (#7) into the spring hook of Tension Cable (#54), see Figure A. Pull the resistance cable of Tension Control Knob (#7) up and force it into the gap of metal bracket of Tension Cable (#54), see Figure B. Attach the Tension Control Knob (#7) onto the Handlebar Post (#3) with the Big Washer (#46) and Bolt (#57) that were removed. Tighten bolt with the Allen Wrench with Phillips Screwdriver provided.



4. Handlebar and Computer Installation

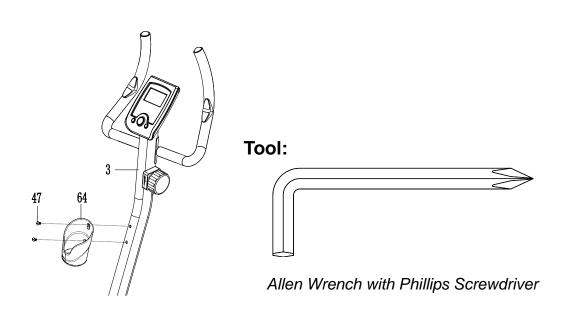
Remove two Bolts (#65) and two Curve Washers (#37) from the Handlebar Post (#3). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.

Insert the Hand Pulse Sensor Wires (#53) into the hole on the Handlebar Post (#3) and then pull them out from the top end of the Handlebar Post (#3).

Attach the Handlebar (#2) onto the Handlebar Post (#3) with two Bolts (#65) and two Curve Washers (#37) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Remove four Bolts (#47) from the Computer (#10). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.

Connect the Extension Sensor Wire (#33) and Hand Pulse Sensor Wires (#53) to the wires that come from the Computer (#10). Tuck wires into the Handlebar Post (#3). Attach the Computer (#10) onto the top end of the Handlebar Post (#3) with four Bolts (#47) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



5. Bottle Holder Installation

Remove two Bolts (#47) from the Handlebar Post (#3). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.

Attach the Bottle Holder (#64) onto the Handlebar Post (#3) with two Bolts (#47). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

COMPUTER

SPECIFICATIONS:

TMR (TIMER)	0:00-99:59 MIN: SEC
SPD (SPEED)	0.0-999.9 MPH
DIS (DISTANCE)	0.0-999.9 MILES
CAL (CALORIES)	0.0-999.9 CAL
ODO (ODOMETER)	0-9999 MILES
RPM	0-9999 REVOLUTIONS/MIN
P (PULSE)	40-239 BEATS/MIN



ACTIVATING THE COMPUTER

The computer can be activated by pressing the buttons or by pedaling. If you leave the computer idle for 4 minutes, the power will shut off automatically.

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the computer. Press and hold the MODE button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

SET: Press the SET button to set data values of TMR (TIMER), DIS (DISTANCE), CAL (CALORIES), or P (PULSE) for target pre-setting.

RESET: Press the RESET button to clear data values of TMR (TIMER),

DIS (DISTANCE), or CAL (CALORIES) to zero.

Press the RESET button to clear data values of TMR (TIMER), DIS (DISTANCE),

CAL (CALORIES), or P (PULSE) to zero for target pre-setting.

Press and hold the RESET button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

COMPUTER FUNTIONS:

SCAN: Press the MODE button until the screen displays SCAN on the bottom left, the computer will automatically scan each function in sequence with change every 6 seconds.

TMR (TIMER): Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TMR (TIMER) press the MODE button until you see the TMR on the screen. Press the SET button until TMR start blinking then press the SET button to change the time, each time you press the SET button, the TMR will increase by 1 minute. Press the RESET button to clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will beep to remind you.

COMPUTER

SPEED: Display the current speed.

DIS (DISTANCE): Displays the accumulative distance traveled during workout. You may also pre-set target distance in STOP mode before training. To set DIS (DISTANCE) press the MODE button until you see the DIS on the screen. Press the SET button until DIS start blinking then press the SET button to change the distance, each time you press the SET button, the value will increase by 1.0 mi. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.0 to 999.0 mi. Once you pre-set target distance then start to exercise, distance starts counting down from pre-set target distance to 0.0. When the pre-set target distance counts down to 0.0, distance will start to count up immediately and the computer will beep to remind you.

CAL (CALORIES): Displays the total accumulated calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CAL (CALORIES) press the MODE button until you see the CAL on the screen. Press the SET button until CAL start blinking then press the SET button to change the calories, each time you press the SET button, the value will increase by 1.0 calorie. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will beep to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO (ODOMETER): Displays the total accumulative distance traveled. The data values of ODO can not be clear to zero by pressing and holding the MODE or RESET button. If you need to reset the ODO, please take out the batteries from the computer, the ODO data values will clear to zero.

RPM: Displays the revolutions per minute.

P (PULSE): Displays your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold onto the handlebar grip sensors with two hands instead of just with one hand. You may also pre-set target heart rate in STOP mode before training. To set P (PULSE) press the MODE button until you see the P on the screen then press the SET button, target heart rate will start blinking. Press the SET button to pre-set target heart rate. Press the RESET button to clear the target heart rate to zero. The pre-set heart rate range is from 40 to 240 beats per minute. Once you pre-set target heart rate then start to exercise, please grip the handlebar sensors with both your hands during exercise. If the heart rate detected greater than the target heart rate, the computer will beep to remind you.

COMPUTER

HOW TO INSTALL THE BATTERIES:

- 1. Remove the battery cover on the back of the computer.
- 2. Place two "SIZE-AA" batteries into the battery housing.
- 3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
- 4. Re-install the battery cover.
- 5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the tension, turn the tension control knob in a clockwise direction. To decrease the tension, turn the tension control knob in a counterclockwise direction.

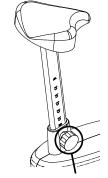
Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.

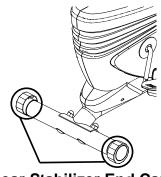
Adjusting the Seat Height

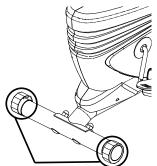
Turn the seat post knob in a counterclockwise direction until it can be pulled out. Pull out the seat post knob and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by releasing the seat post knob and sliding the seat post up or down slightly until the seat post knob "pops" down into the locked position. For added safety, tighten the seat post knob in a clockwise direction.

NOTE: When adjusting the height of seat post, make sure the seat post bushing does not exceed the mark line on the seat post.



Seat Post Knob





Tension Control Knob

Rear Stabilizer End Cap

TROUBLE SHOOTING & MAINTENANCE

TROUBLE SHOOTING

PROBLEM: The upright bike wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post.

SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart rate reading or there is erratic / inconsistent reading. **SOLUTION:** Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of just with one hand only. **SOLUTION:** Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The upright bike makes a squeaking noise when in use. **SOLUTION:** The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

Cleaning

The upright bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, especially, the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the bike in a clean and dry environment away from children.

WARM UP

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 into your groin as possible.

Gently push your knees towards the floor. Hold for 10 counts.

Toe Touches

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 Stretches

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. Hold for 15 counts Relax and then repeat with left leg extended.







WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness 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 accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year

All Other Components 90 days

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

- 1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
- 2. Use of this product beyond normal home use, or in an application for which it was not designed;
- 3. Cosmetic items such as scratches, dents or discolorations;
- 4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
- 5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
- 6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
- 7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Daily 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

PART REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO Service@paradigmhw.com

NAME:		 	
ADDRESS:		 	
		ZIP	
TELEPHONE:	(Day)	 	
	(Night)	 	
SERIAL#:		 	
MODEL#:		 	
PURCHASE D	DATE:		

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

* This form can also be faxed to #: 626-810-2166