



# INDOOR TRAINING BIKE



**OWNER'S**

Item #1211

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## SERVICE

### **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](mailto:service@paradigmhw.com)  
Please visit our website at [www.paradigmhw.com](http://www.paradigmhw.com).

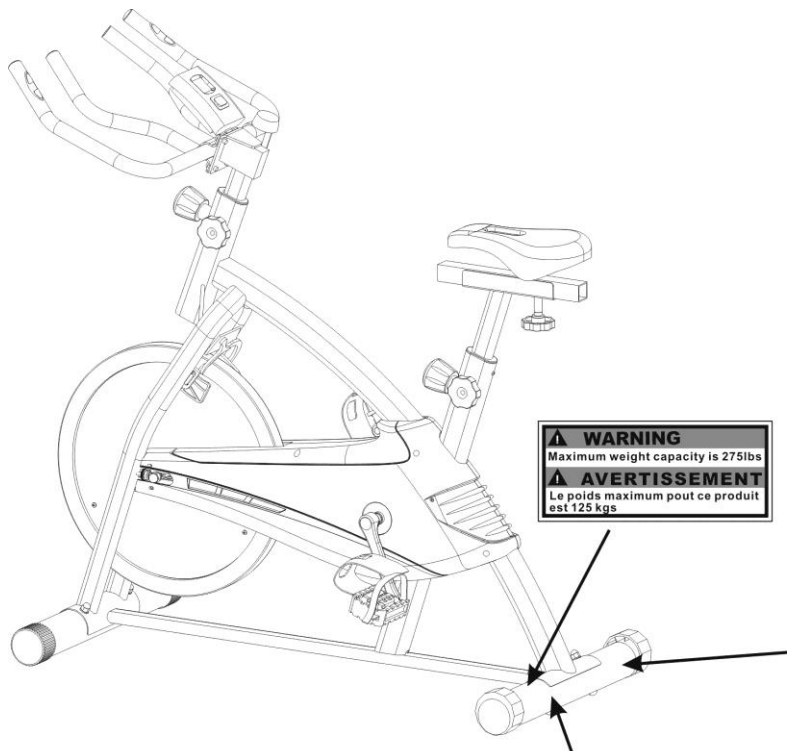
**Please have the following information ready when requesting for service:**

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 LABEL



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

Pour le service à la clientèle  
composer le:  
**1-866-924-1688**  
Du lundi au vendredi  
8:00 h - 17 h (HNP)

## PRODUCT SAFETY

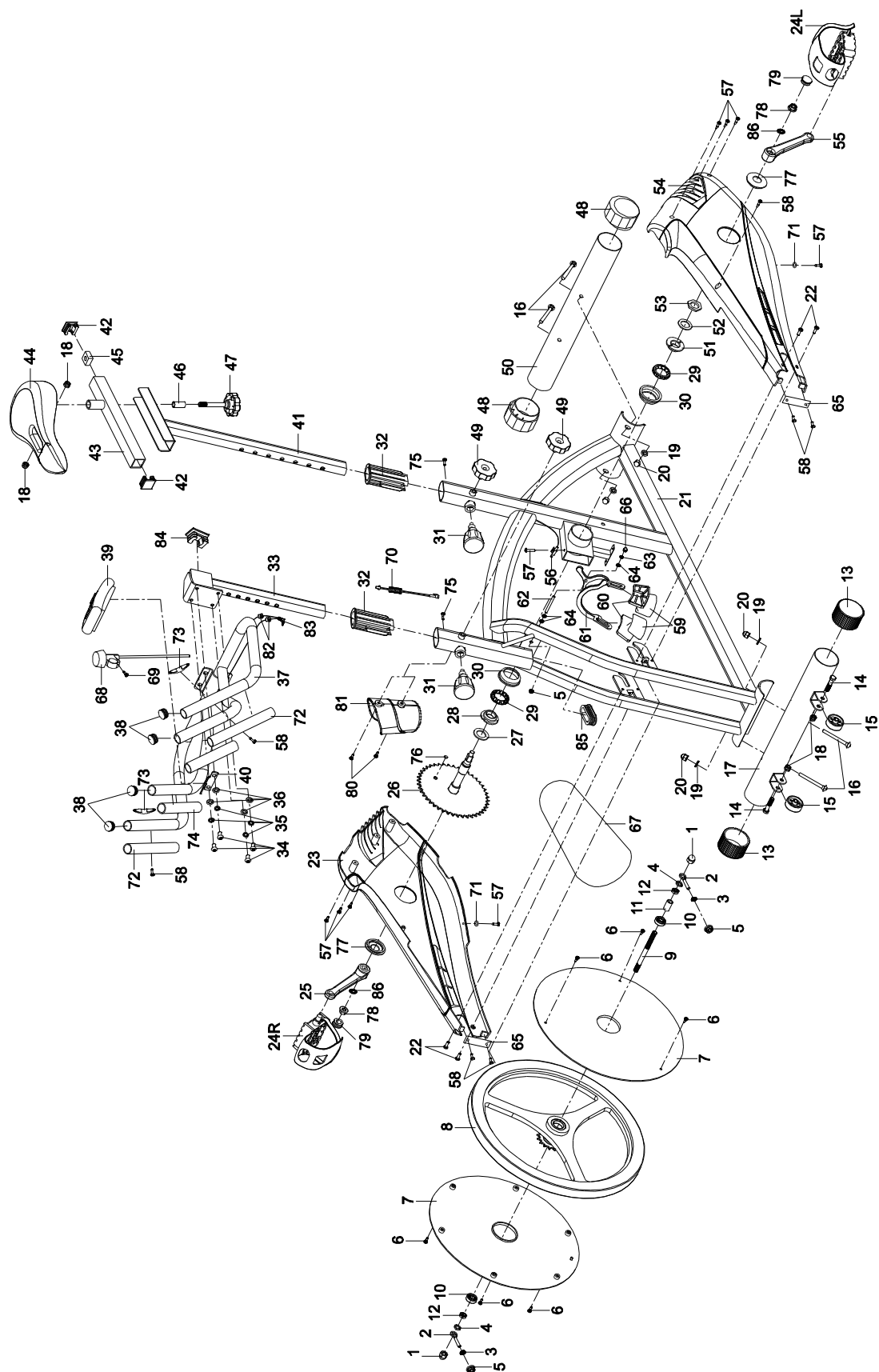
**Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.**

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising and to avoid injuring your muscles, perform warm-up exercise for each muscle group is highly recommended. Please refer to Warm Up section of the Owner's Manual.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that get caught in any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult with customer service at Paradigm.
6. Keep dry - do not operate in wet or moist condition.
7. Always hold on to the handlebar while using the training bike.
8. To dismount, reduce pedaling speed gradually before you stop.
9. Do not use the equipment outdoors.
10. This equipment is for household use only.
11. Only one person should be on the equipment at any time.
12. Keep children and pets away from the product while in use. This machine is designed for adults only.  
This product requires a minimum of 6 feet of space for safe operation.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
14. The maximum weight capacity for this product is 275 lbs/125 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.

# OVERVIEW



## PART LIST

No.	Description	Qty	No.	Description	Qty
001	Cap Nut M10x1	2	028	Bearing Nut II 15/16"	1
002	Eyebolt M6	2	029	Bearing	2
003	Spring Washer Ø6	2	030	Bearing Cup	2
004	Spring Washer Ø10	2	031	Round Knob M16	2
005	Hexagon Flange Nut M6	3	032	Plastic Bushing	2
006	Screw ST4.2x17	6	033	Handlebar Post	1
007	Flywheel Cover Ø387x2.3	2	034	Bolt M8x15	4
008	Flywheel	1	035	Spring Washer Ø8	4
009	Flywheel Axle Ø10x132	1	036	Washer Ø8	4
010	Bearing 6000-2RS	2	037	Hand Pulse Handlebar	1
011	Flywheel Sleeve Ø14x1.8	1	038	Hand Pulse Handlebar End Cap Ø25x2	4
012	Nut M10x1	2	039	Computer LT8817	1
013	Front Stabilizer End Cap Ø60	2	040	Computer Bracket Ø2.5	1
014	Bolt M8x40	2	041	Seat Post	1
015	Transport Wheel Ø42xØ8.3x22	2	042	Seat Sliding Tube End Cap 30x30x1.5	2
016	Bolt M8x70	4	043	Seat Sliding Tube	1
017	Front Stabilizer	1	044	Seat Cushion DD-6619	1
018	Nylon Nut M8	4	045	Square Nut 24x24x12	1
019	Curve Washer Ø8	4	046	Spacer Ø14x1.8	1
020	Cap Nut M8	4	047	Seat Adjustment Knob M10x70	1
021	Main Frame	1	048	Rear Stabilizer End Cap Ø60	2
022	Bolt M5x15	4	049	Lock Knob M16	2
023	Right Cover	1	050	Rear Stabilizer Ø60x500	1
024L	Left Foot Pedal 9/16"	1	051	Bearing Nut I 7/8"	1
024R	Right Foot Pedal 9/16"	1	052	Washer 7/8"	1
025	Right Crank 9/16"	1	053	Nut 7/8"	1
026	Chain Pulley	1	054	Left Cover 755x293x64	1
027	Washer 15/16"	1	055	Left Crank 9/16"	1

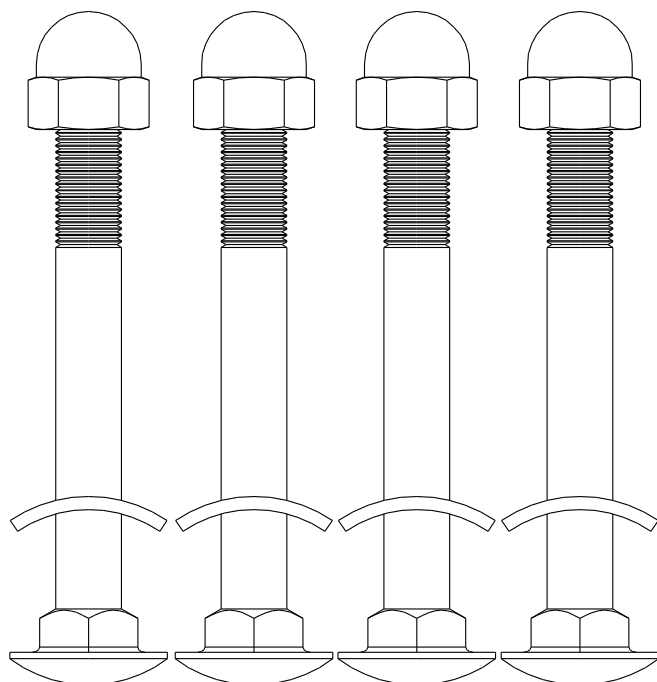
## PART LIST

No.	Description	Qty	No.	Description	Qty
056	Sensor with Wire L=1000 mm	1	072	Handlebar Foam Grip Ø33xØ23x450	2
057	Phillips Pan Head Self Drilling Screw ST4.2x19	9	073	Hand Pulse Sensor	2
058	Screw ST4.2x19	7	074	Handlebar Foam Grip Ø33xØ23x340	2
059	Brake Pad 80x39x9	2	075	Screw ST3.5x8	2
060	Brake Bracket	2	076	Small Magnet Ø15x7	1
061	Brake Assembly	1	077	Cover Cap	2
062	Brake Axle M6x45	1	078	Nut 3/8"	2
063	Hexagon Head Nut M6	1	079	Crank Cover Ø22	2
064	Washer Ø12xØ6.2x2	3	080	Bolt M5x10	2
065	Rectangular Cover Plate 70x23x2	2	081	Bottle Holder Ø88x134	1
066	Cap Nut M6	1	082	Wire Grommet Ø12	2
067	Chain	1	083	Hand Pulse Sensor Wire L=700mm	1
068	Dial Tension Control Knob L=500	1	084	Handlebar Post End Cap 53.5x23.5x1.5	1
069	Screw ST3.5x12	1	085	Oval End Cap 60x30x1.5	1
070	Extension Sensor Wire L=250 mm	1	086	Serrated Lock Washer External Teeth Ø10	2
071	Big Washer Ø5	2			



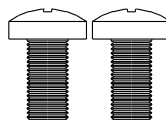
## HARDWARE & TOOLS

- (16) Bolt M8x70 4 PCS  
 (19) Curve Washer Ø8 4 PCS  
 (20) Cap Nut M8 4 PCS

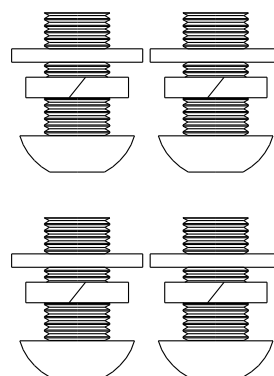


**STEP 1**

- (80) Bolt M5x10 2 PCS



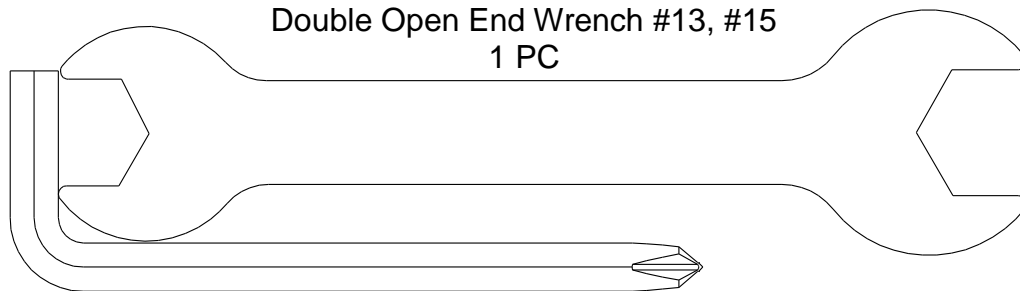
**STEP 2**



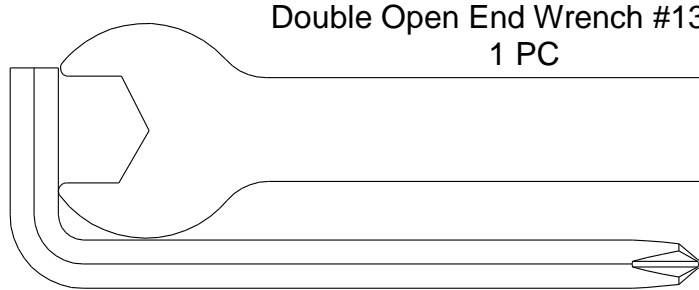
- (34) Bolt M8x15 4 PCS  
 (35) Spring Washer Ø8 4 PCS  
 (36) Washer Ø8 4 PCS

**STEP 3**

- Double Open End Wrench #13, #15 1 PC

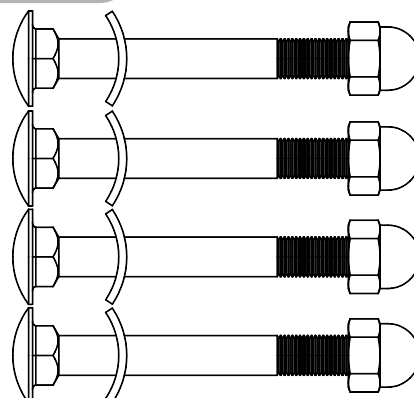


- Allen Wrench with Phillips Screwdriver #6 1 PC

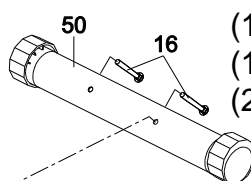


# ASSEMBLY

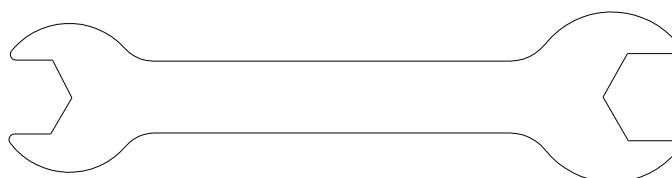
## Hardware (STEP 1):



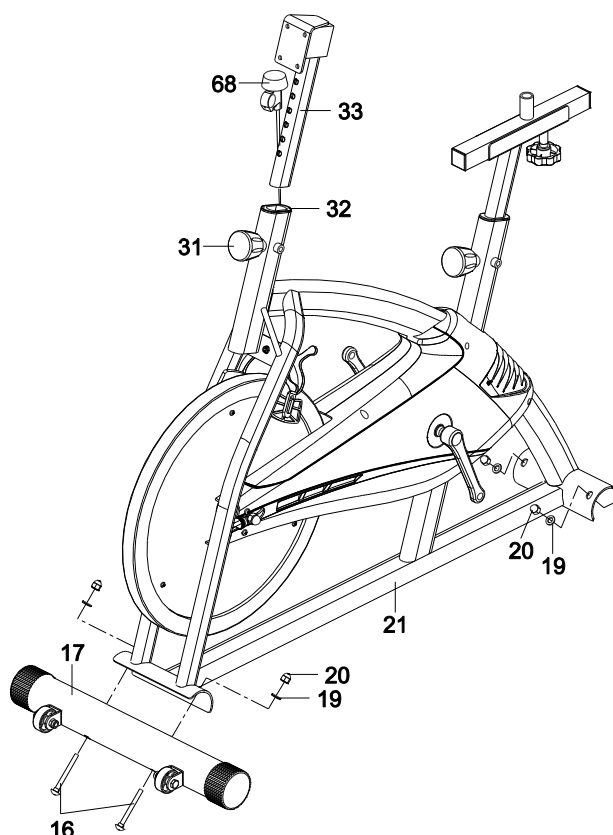
- |                      |       |
|----------------------|-------|
| (16) Bolt M8x70      | 4 PCS |
| (19) Curve Washer Ø8 | 4 PCS |
| (20) Cap Nut M8      | 4 PCS |



## Tool:



*Double Open End Wrench #13, #15*



## 1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (17) in front of the Main Frame (21) and align bolt holes. Attach the Front Stabilizer (17) onto the front curve of the Main Frame (21) with two M8x70 Bolts (16), two Ø8 Curve Washers (19), and two M8 Cap Nuts (20). Tighten cap nuts with the #13, #15 Double Open End Wrench provided.

Position the Rear Stabilizer (50) behind the Main Frame (21) and align bolt holes. Attach the Rear Stabilizer (50) onto the rear curve of the Main Frame (21) with two M8x70 Bolts (16), two Ø8 Curve Washers (19), and two M8 Cap Nuts (20). Tighten cap nuts with the #13, #15 Double Open End Wrench provided.

Turn the Round Knob (31) on the Main Frame (21) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (31) and then insert the Handlebar Post (33) into the Plastic Bushing (32) on the tube of the Main Frame (21). Slide the Handlebar Post (33) up or down direction to the suitable position. Lock the Handlebar Post (33) in place by releasing the Round Knob (31) and sliding the Handlebar Post (33) up or down slightly until the Round Knob (31) "pops" down into the locked position. For added safety, tighten the Round Knob (31) in a clockwise direction.

**NOTE: When adjusting the height of handlebar post, the STOP line cannot be higher than the edge of plastic bushing.**

# ASSEMBLY

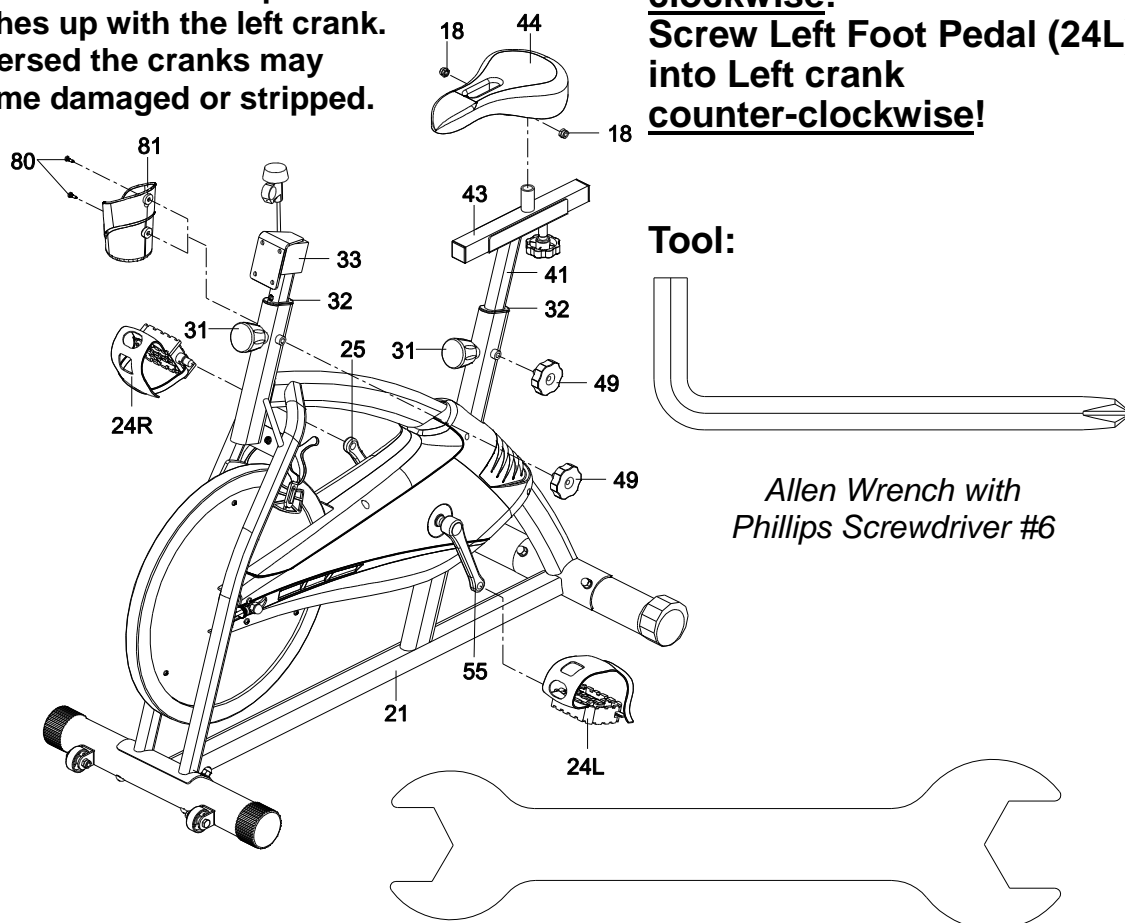
## Important:

Please make sure the right foot pedal matches up with the right crank and the left foot pedal matches up with the left crank. If reversed the cranks may become damaged or stripped.

## Important:

**Screw Right Foot Pedal (24R) into right crank clockwise!**

**Screw Left Foot Pedal (24L) into Left crank counter-clockwise!**



*Allen Wrench with  
Phillips Screwdriver #6*

*Double Open End Wrench #13, #15*

## 2. Left/Right Foot Pedals, Seat Cushion, and Bottle Holder 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 (24L) into threaded hole in the Left Crank (55). 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 (24L) with the #13, #15 Double Open End Wrench provided.

Insert pedal shaft of Right Foot Pedal (24R) into threaded hole in Right Crank (25).

Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (24R) with the #13, #15 Double Open End Wrench provided.

Attach the Lock Knob (49) onto the tube of the Main Frame (21) by turning it in a clockwise direction to lock the Handlebar Post (33) in place.

## ASSEMBLY

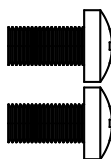
Turn the Round Knob (31) on the Main Frame (21) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (31) and then slide the Seat Post (41) up or down direction to the suitable position. Lock the Seat Post (41) in place by releasing the Round Knob (31) and sliding the Seat Post (41) up or down slightly until the Round Knob (31) "pops" down into the locked position. For added safety, tighten the Round Knob (31) in a clockwise direction.

Attach the Lock Knob (49) onto the tube of the Main Frame (21) by turning it in a clockwise direction to lock the Seat Post (41) in place.

**NOTE: When adjusting the height of seat post, the STOP line cannot be higher than the edge of plastic bushing.**

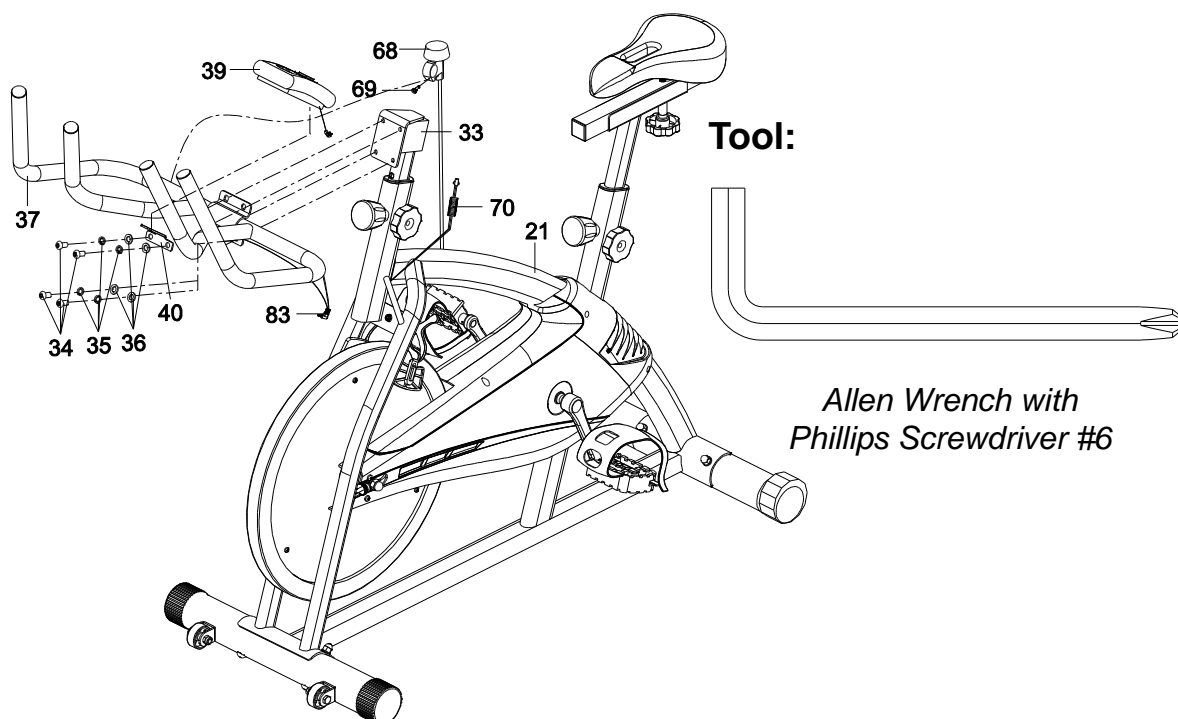
Loosen both M8 Nylon Nuts (18) from underside of the Seat Cushion (44) with the #13, #15 Double Open End Wrench provided. Then install the Seat Cushion (44) onto the Seat Sliding Tube (43) and secure with both M8 Nylon Nuts (18) that were loosened. Tighten both M8 Nylon Nuts (18) with the #13, #15 Double Open End Wrench provided. Attach the Bottle Holder (81) onto the Main Frame (21) with two M5x10 Bolts (80). Tighten bolts with the #6 Allen Wrench with Phillips Screwdriver provided.

### Hardware (STEP 2):



(80) Bolt M5x10  
2 PCS

## ASSEMBLY



### 3. Hand Pulse Handlebar, Dial Tension Control Knob, and Computer Installation

Attach the Hand Pulse Handlebar (37) with Computer Bracket (40) onto the Handlebar Post (33) with four M8x15 Bolts (34), four Ø8 Spring Washers (35), and four Ø8 Washers (36). Tighten bolts with the #6 Allen Wrench with Phillips Screwdriver provided.

Remove a ST3.5x12 Screw (69) from the Dial Tension Control Knob (68). Remove screw with the #6 Allen Wrench with Phillips Screwdriver provided.

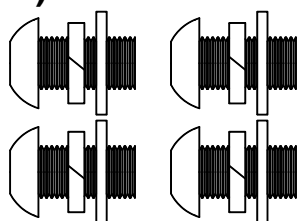
Attach the Dial Tension Control Knob (68) onto the Hand Pulse Handlebar (37) with a ST3.5x12 Screw (69) that was removed. Tighten screw with the #6 Allen Wrench with Phillips Screwdriver provided.

Slide the Computer (39) onto the Computer Bracket (40) until it locks into place.

Connect the Extension Sensor Wire (70) to the wire that comes from the Computer (39).

Plug the Hand Pulse Sensor Wire (83) into the receptacle located on the back of the Computer (39).

### Hardware (STEP 3):

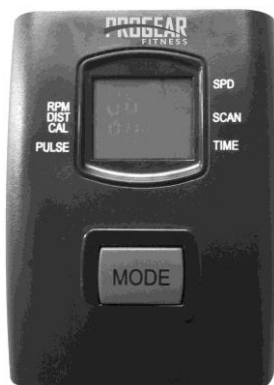


(34) Bolt M8x15  
4 PCS

(35) Spring Washer Ø8  
4 PCS

(36) Washer Ø8  
4 PCS

## COMPUTER



### USING YOUR COMPUTER

The computer can be activated by pressing the button 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 4 seconds to reset all data values to zero.

### COMPUTER FUNCTIONS:

**SCAN:** Press the MODE button until the “►” points to SCAN, the computer will automatically scan each function in sequence with change every 4 seconds.

**TIME:** Press the MODE button until the “►” points to TIME, the computer will display your elapsed workout time in minutes and seconds.

**SPD (SPEED):** Press the MODE button until the “►” points to SPD (SPEED), the computer will display the current training speed.

**DIST (DISTANCE):** Press the MODE button until the “►” points to DIST (DISTANCE), the computer will display the accumulative distance traveled during workout.

**CAL (CALORIES):** Press the MODE button until the “►” points to CAL (CALORIES), the computer will display the total accumulated calories burned during workout.

**RPM:** Press the MODE button until the “►” points to RPM, the computer will display the revolutions per minute.

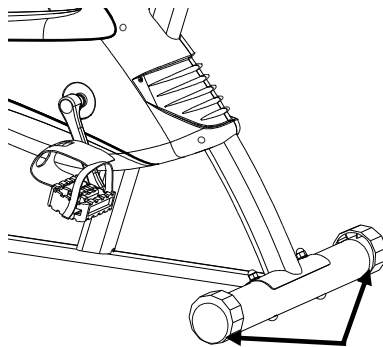
**PULSE:** Press the MODE button until the “►” points to PULSE, the computer will display your current heart-rate readings after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, always hold on to the handlebar pulse sensors with both hands instead of one hand when you are trying to monitor your heart-rate reading.

## ADJUSTMENTS

### 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 in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove the batteries and wait 15 seconds before reinstalling.

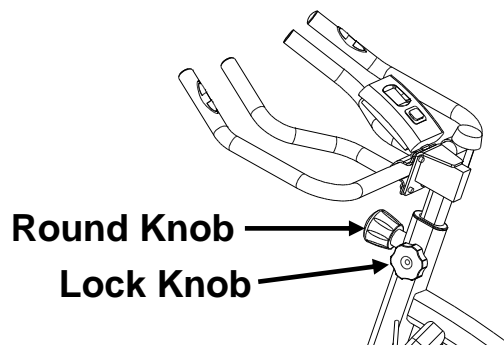
## ADJUSTMENTS



**Rear Stabilizer End Cap**

### Adjusting the Rear Stabilizer End Cap

Turn the Rear Stabilizer End Cap on the rear stabilizer as needed to level the bike.

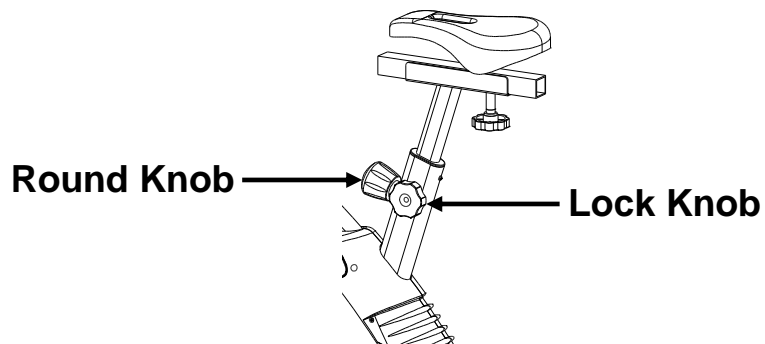


### Adjusting the Handlebar Height

Loosen the Lock Knob and then loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Handlebar Post up or down direction to the suitable position. Lock the Handlebar Post in place by releasing the Round Knob and sliding the Handlebar Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten both Lock Knob and Round Knob in a clockwise direction.

**NOTE: When adjusting the height of handlebar post, the STOP line cannot be higher than the edge of plastic bushing.**

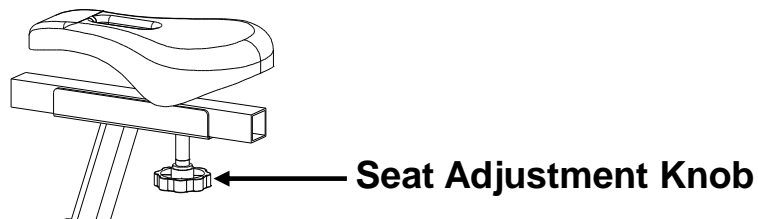
## ADJUSTMENTS



### Adjusting the Seat Height

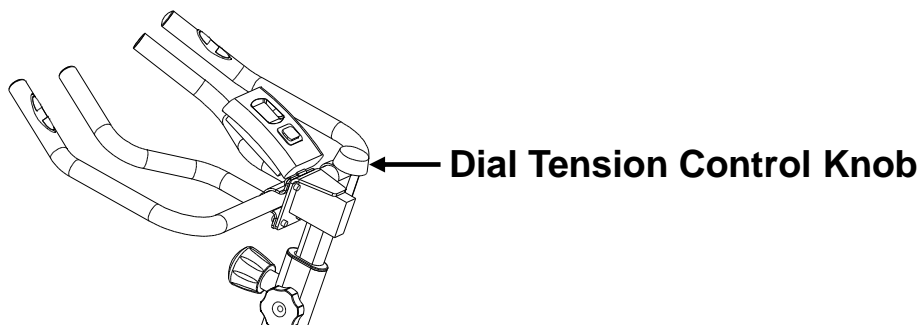
Loosen the Lock Knob and then loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Seat Post up or down direction to the suitable position. Lock the Seat Post in place by releasing the Round Knob and sliding the Seat Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten both Lock Knob and Round Knob in a clockwise direction.

**NOTE: When adjusting the height of handlebar post, the STOP line cannot be higher than the edge of plastic bushing.**



### Adjusting the Seat Forward or Back

Loosen the Round Knob by turning it in a counterclockwise direction. Slide the Seat Sliding Tube in a forward direction to the suitable position. Lock the Seat Sliding Tube in place by turning it in a clockwise direction.

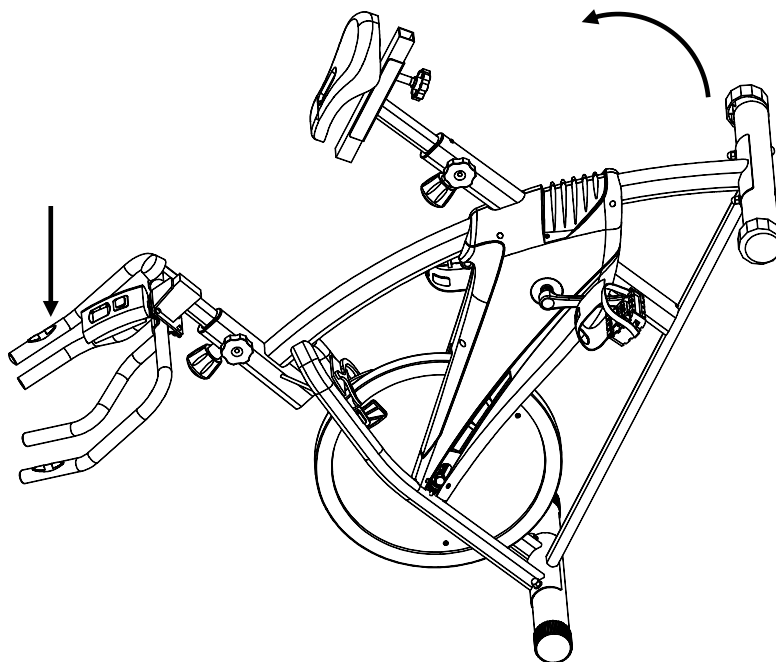


### Adjusting the Dial Tension Control Knob

To increase the tension, turn the Dial Tension Control Knob in a clockwise direction. To decrease the tension, turn the Dial Tension Control Knob in a counterclockwise direction.



## MOVING THE BIKE



Start by carefully pushing down on the handlebar until the rear end of the bike lifts in the air. Carefully push the bike to the desired location.

## TROUBLESHOOTING &

### TROUBLESHOOTING

**PROBLEM:** The training bike wobbles when in use.

**SOLUTION:** Turn the rear stabilizer on the rear stabilizer as needed to level the training bike.

**PROBLEM:** There is no display on the computer console.

**SOLUTION:** Verify the wire that comes from the computer console is properly connected to the wire that comes from the computer.

**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 hand pulse sensor wire is plugged into receptacle located on the back of the computer.

**SOLUTION:** To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with both hands instead of just with one hand.

**SOLUTION:** Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

**PROBLEM:** The training bike makes a squeaking noise when in use.

**SOLUTION:** The bolts may be loose on the training bike. Please inspect all of the bolts and tighten any loose bolts.

### MAINTENANCE

#### Cleaning

The training 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 training bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the training bike, especially, the computer console, out of direct sunlight to prevent screen damage or premature wear.

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 to your groin as possible. Gently push your knees towards the floor and hold for 15 counts.



### **Toe Touching**

Slowly bend forward from your waist, letting your 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.



## WARRANTY

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. 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**

## FAX FORM

### 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: \_\_\_\_\_