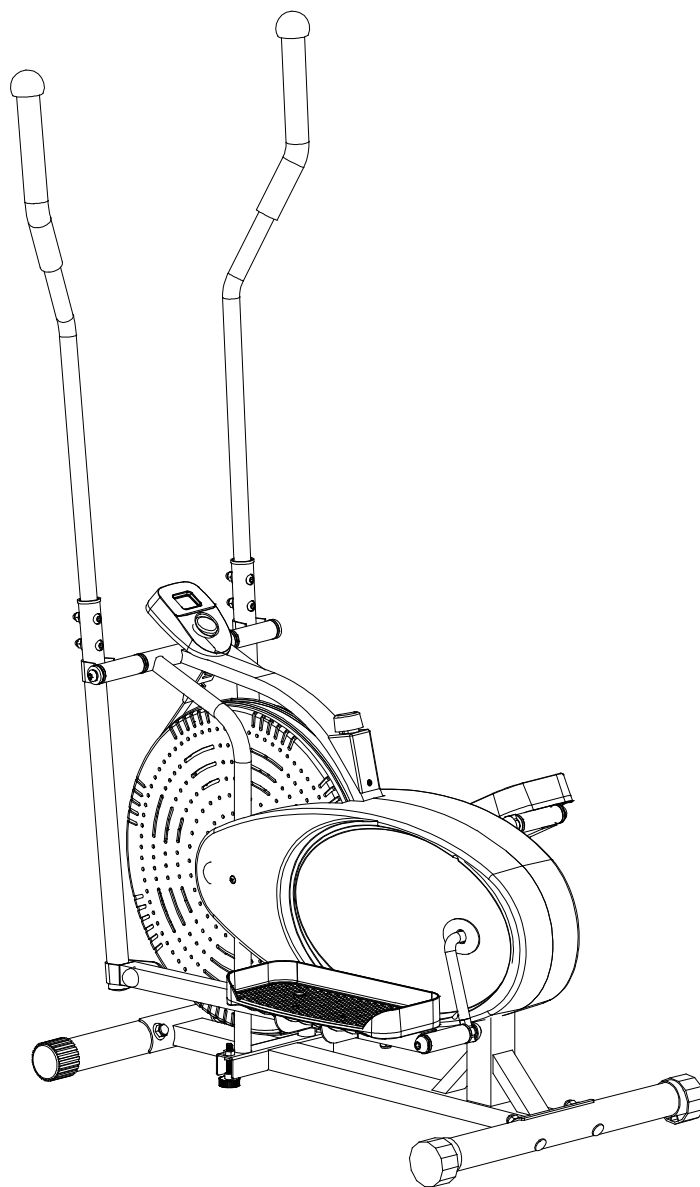


Air Elliptical



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.

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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 Days

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7921

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

⚠ CAUTION (Model 1301)

The Crank will be damaged if the Right or Left Bolts are not tightened as per below instructions!

- Tighten Right Bolt (15R) Into the Right Crank Clockwise
- Tighten Left Bolt (15L) Into the Left Crank Counter Clockwise

⚠ ATTENTION (N° 1301)

La manivelle pourrait être endommagée si les boulons droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

- Serrez le boulon droit (15R) dans la manivelle droite dans le sens horaire
- Serrez le boulon gauche (15L) dans la manivelle gauche dans le sens antihoraire

⚠ WARNING

Maximum weight capacity is 220 lbs.

⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 100 kgs.

EXERPEUTIC

For customer assistance call:
1-844-641-7921
8 am - 5 pm PST
Daily

Pour le service à la clientèle composer le:
1-844-641-7921
Tous les jours
8:00 h - 17 h (HNP)

⚠ SAFELY MOUNTING YOUR ELLIPTICAL MACHINE

1. Move the pedal on the side you intend to mount to its lowest position.
2. Take hold of the handlebar nearest you with the appropriate hand.
3. Place the appropriate foot onto the near side pedal first, then the far pedal second.
4. Follow these steps in reverse order for dismounting.

⚠ Monter sur l'exerciceur elliptique et en descendre

1. Mettre en position la plus basse la pédale du côté où l'on monte ou descend
2. Agripper la poignée la plus près de vous avec la main appropriée
3. Mettre le pied sur la pédale du côté le plus proche en premier, puis l'autre pied sur la seconde
4. Suivre ces mêmes instructions en sens inverse pour descendre.



114059130100001
Serial number/Numéro de série:
MADE IN CHINA/FABRIQUE EN CHINE

IMPORTANT SAFETY INSTRUCTIONS

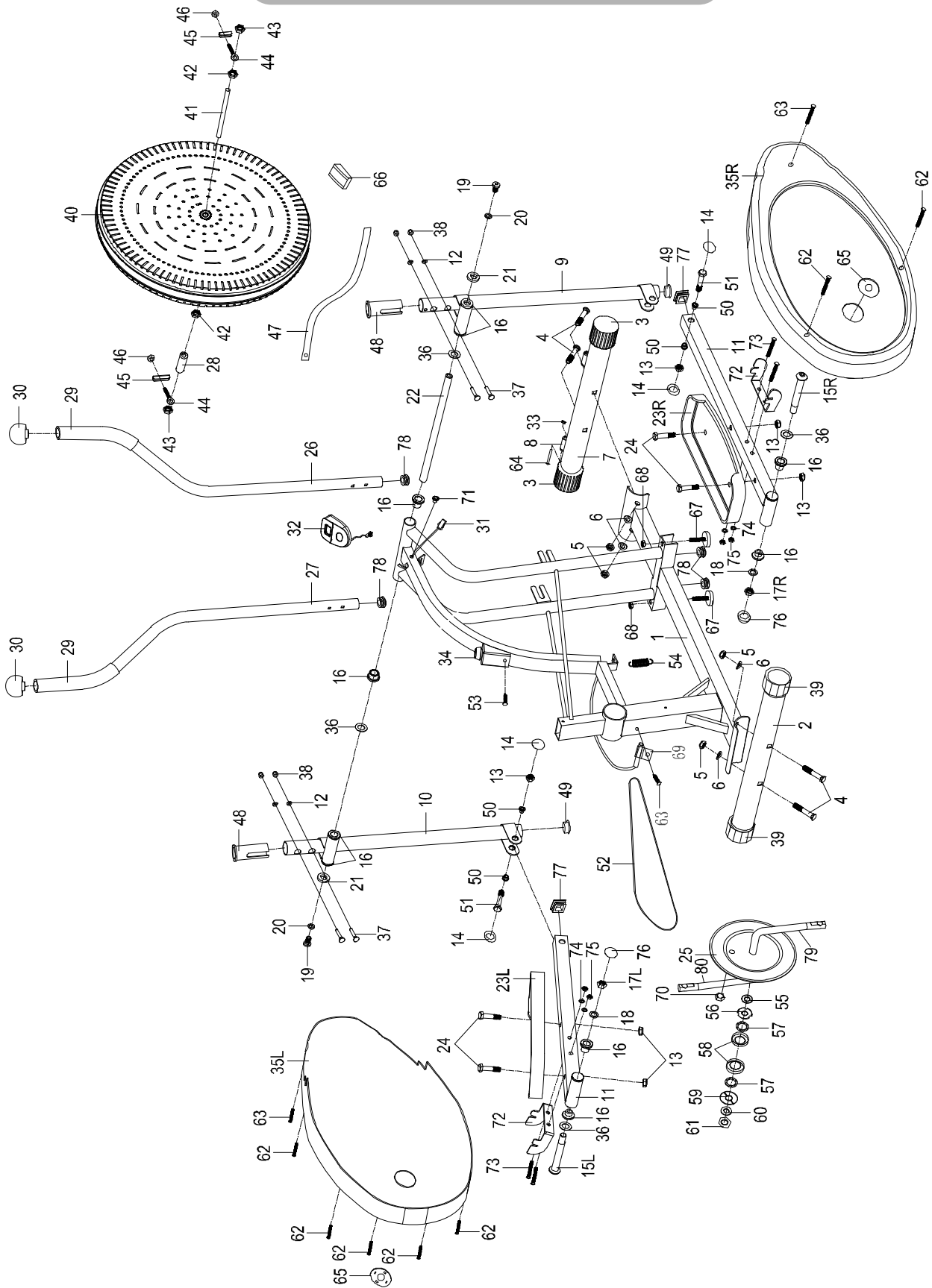
Basic precautions should always be followed when using this equipment. Read all instructions before using this equipment which include the following safety instructions:

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising, and in order to avoid injuring your muscles, it is recommended that you perform warm-up exercises for every muscle group.
3. Make sure all the components are not damaged and tightened 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. Wear proper clothes and shoes when using this equipment; do not wear clothes that might get caught by 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 customer service.
6. Do not use or leave 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 square feet of space for safe operation.
10. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
11. **The maximum weight capacity for this product is 220 lbs/100 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 DRAWING



PARTS LIST

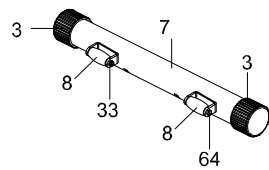
No.	Description	Qty	No.	Description	Qty
001	Mainframe 823x210x630	1	027	Left Handrail Arm Ø25x2x950	1
002	Rear Stabilizer Ø50x1.5x540	1	028	Spacer Ø16xØ10x20	1
003	Front Stabilizer End Cap Ø50	2	029	Handrail Arm Foam Grip Ø24xØ34x300	2
004	Bolt M10x57	4	030	Handrail Arm End Cap Ø25	2
005	Cap Nut M10	4	031	Sensor with Wire L=900	1
006	Big Curve Washer Ø10xØ25x2.0	4	032	Computer M1202	1
007	Front Stabilizer Ø50x1.5x540	1	033	Nylon Nut M6	2
008	Transport Wheel Ø23xØ6x32	2	034	Tension Control Knob Ø5x286	1
009	Right Handrail Ø32x584x1.5	1	035L	Left Cover 705x362	1
010	Left Handrail Ø32x584x1.5	1	035R	Right Cover 705x362	1
011	Foot Bar 30x30x1.5x630	2	036	Wave Washer Ø28xØ17x0.3	4
012	Big Curve Washer Ø8XØ20X2	4	037	Bolt M8x37	4
013	Nylon Nut M10	6	038	Cap Nut M8	4
014	Cap S16	4	039	Rear Stabilizer End Cap Ø50	2
015L	Bolt for left Crank Ø16x89xL23	1	040	Fan Wheel Ø503x85	1
015R	Bolt for right Crank Ø16x89xL23	1	041	Fan Wheel Axle M10x1xL150	1
016	Powder Metal Bushing Ø24.5xØ16x14	10	042	Nut M10x1xB5	2
017L	Nylon Nut for left Crank 1/2"	1	043	Flange Nut M10x1xB10	2
017R	Nylon Nut for right Crank 1/2"	1	044	Eyebolt M6x33	2
018	Spring Washer Ø20xØ13x2	2	045	Tension Bracket 31x30xØ1	2
019	Bolt M10x18	2	046	Nut M6	2
020	Spring Washer Ø10xØ18x3	2	047	Strap 1150x18	1
021	D Washer Ø28xØ16xØ5	2	048	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	2
022	Rotation Rod Ø15.8x376	1	049	Handrail End Cap Ø32	2
023L	Left Foot Pedal 349x150x56	1	050	Powder Metal Bushing Ø14xØ10x10	4
023R	Right Foot Pedal 349x150x56	1	051	Bolt M10x55	2
024	Bolt M10x45	4	052	Chain	1
025	Chain Pulley with Crank 5.5"	1	053	Screw ST4.8x15	1
026	Right Handrail Arm Ø25x2x950	1	054	Spring Ø12x1.8x32	1

PARTS LIST

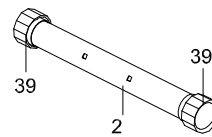
No.	Description	Qty	No.	Description	Qty
055	Washer Ø40xØ24x3	1	068	Nut M8	2
056	Notched Bearing Nut	1	069	Sensor Bracket	1
057	Bearing	2	070	Small Magnet	1
058	Bearing Cup	2	071	Wire Plug Ø12.1	1
059	Slotted Bearing Nut	1	072	Foot Pedal Support Bracket 250x38x3	2
060	Washer Ø34.5xØ23x2.5	1	073	Bolt M8x43	4
061	Hexagon Nut 7/8"	1	074	Washer Ø8	4
062	Screw ST4.8x40	7	075	Nylon Nut M8	4
063	Phillips Self Drilling Screw ST4.8x20	3	076	Cap S18	2
064	Bolt M6x45	2	077	Square Plug 30x30x1.5	2
065	Cover Cap (oval 85x64xØ25)	2	078	Round Plug Ø25x1.5	4
066	Plastic Clip 20	1	079	Right Crank	1
067	Adjustable Leveler M8x45	2	080	Left Crank	1

ASSEMBLY GROUP

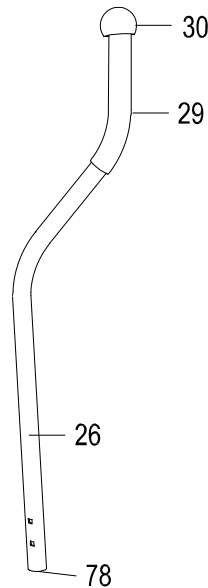
A1 Front Stabilizer Set



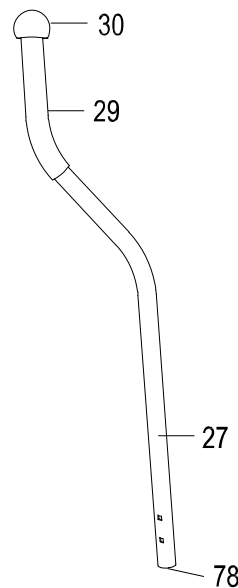
A2 Handlebar Set



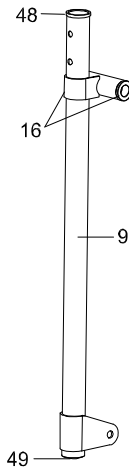
A3 Right Handrail Arm Set



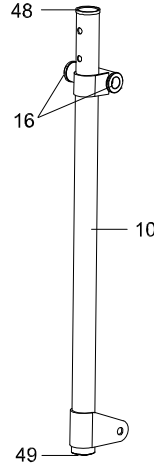
A4 Left Handrail Arm Set



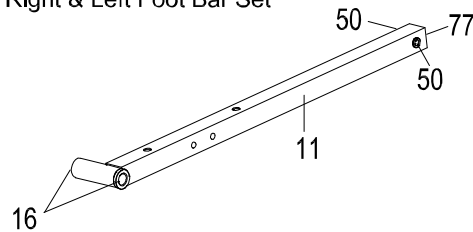
A5 Right Handrail Set



A6 Left Handrail Set




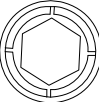
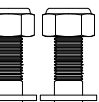

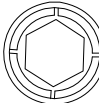
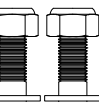
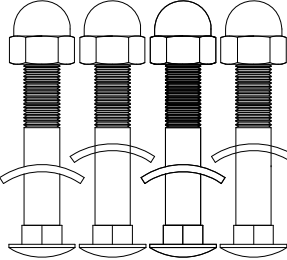
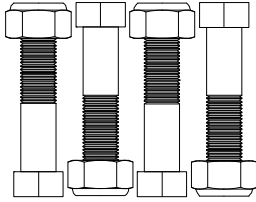
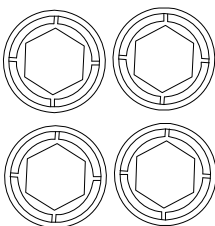
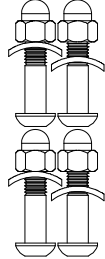
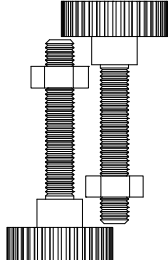
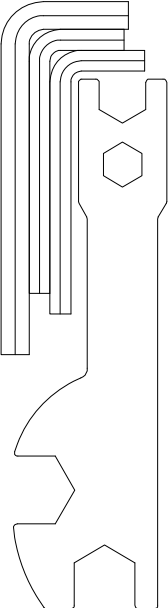
A7 Right & Left Foot Bar Set



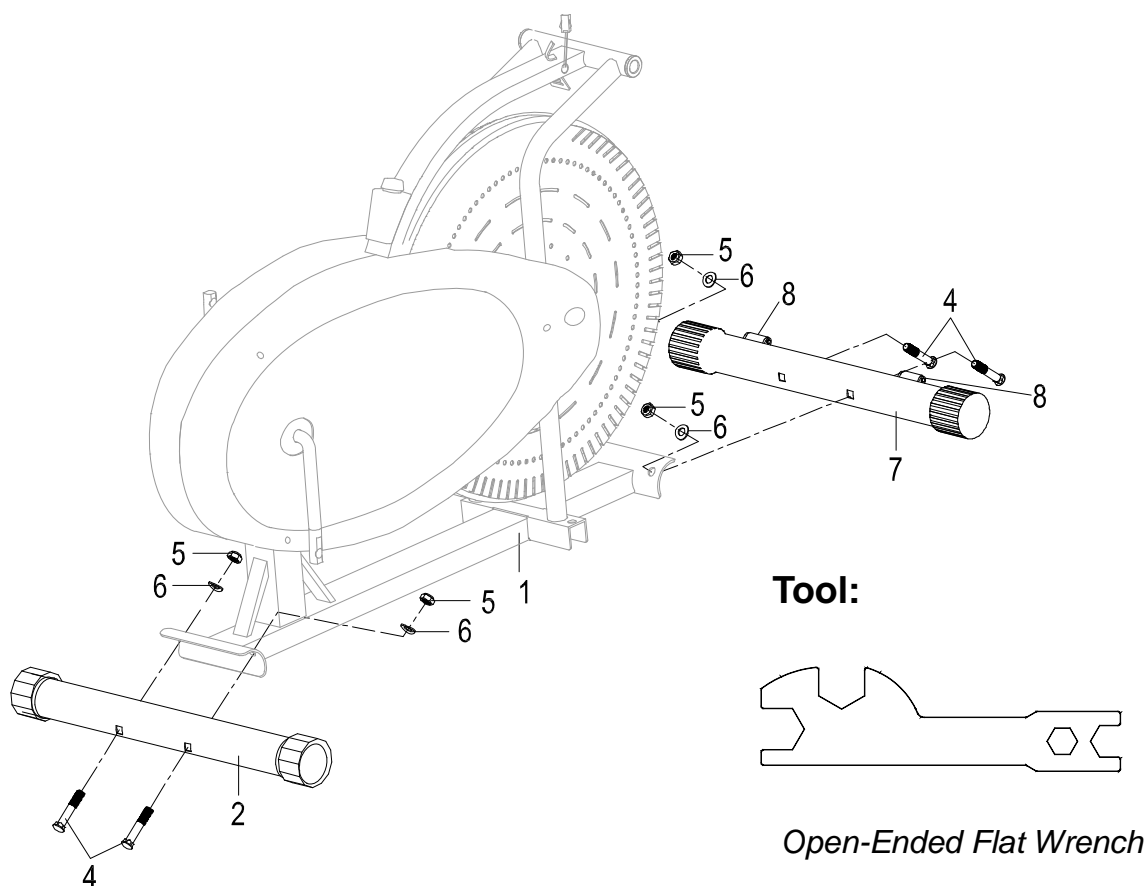
GROUP LIST

Assembly Group	No.	Description	Q'TY
A1	7	Front Stabilizer Ø50x1.5x540	1
	3	Front Stabilizer End Cap Ø50	2
	64	Bolt M6x45	2
	8	Transport Wheel Ø23xØ6x32	2
	33	Nylon Nut M6	2
A2	2	Rear Stabilizer Ø50x1.5x540	1
	39	Rear Stabilizer End Cap Ø50	2
A3	26	Right Handrail Arm Ø25x2x950	1
	29	Handrail Arm Foam Grip Ø24xØ34x300	1
	30	Handrail Arm End Cap Ø25	1
	78	Round Plug Ø25x1.5	1
A4	27	Left Handrail Arm Ø25x2x950	1
	29	Handrail Arm Foam Grip Ø24xØ34x300	1
	30	Handrail Arm End Cap Ø25	1
	78	Round Plug Ø25x1.5	1
A5	9	Right Handrail Ø32x584x1.5	1
	48	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	1
	16	Powder Metal Bushing Ø24.5xØ16x14	2
	49	Handrail End Cap Ø32	1
A6	10	Left Handrail Ø32x584x1.5	1
	48	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	1
	16	Powder Metal Bushing Ø24.5xØ16x14	2
	49	Handrail End Cap Ø32	1
A7	11	Foot Bar 30x30x1.5x630	1
	16	Powder Metal Bushing Ø24.5xØ16x14	2
	77	Square Plug 30x30x1.5	1
	50	Powder Metal Bushing Ø14xØ10x10	2

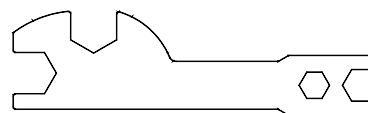
1301-Hardware Pack

<p>STEP3</p>  <p>NO. 15 Bolt for Right Crank 1pc NO. 17 Nylon Nut for Right Crank 1pc NO. 18 Spring Washer 1pc NO. 36 Wave Washer 1pc</p>   <p>NO. 76 Cap 1pc NO. 73 Bolt 2pcs NO. 74 Washer 2pcs NO. 75 Nylon Nut 2pcs</p>	<p>STEP4</p>  <p>NO. 15 Bolt for Left Crank 1pc NO. 17 Nylon Nut for Left Crank 1pc NO. 18 Spring Washer 1pc NO. 36 Wave Washer 1pc</p>   <p>NO. 76 Cap 1pc NO. 73 Bolt 2pcs NO. 74 Washer 2pcs NO. 75 Nylon Nut 2pcs</p>	<p>STEP1</p>  <p>NO. 4 Bolt 4pcs NO. 5 Cap Nut 4pcs NO. 6 Big Curve Washer 4pcs</p>	<p>STEP5</p>  <p>NO. 24 Bolt 4pcs NO. 13 Nylon Nut 4pcs</p>	<p>STEP2</p>  <p>NO. 14 Cap 4pcs</p>	<p>STEP6</p>  <p>NO. 37 Bolt 4pcs NO. 38 Cap Nut 4pcs NO. 12 Big Curve Washer 4pcs</p>	<p>STEP7</p>  <p>NO. 67Adjustable Leveler 2pcs NO. 68 Nut 2pcs</p>	 <p>Allen Wrench #6 2pcs Allen Wrench #8 1pc Open-Ended Flat Wrench 1pc</p>
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ASSEMBLY



Tool:



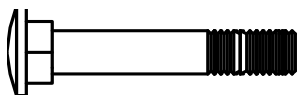
Open-Ended Flat Wrench

1. Front and Rear Stabilizers Installation:

Step A: Align the **Front Stabilizer (7)** onto the front curve of the **Mainframe (1)**, With the **Transport Wheels (8)** facing forward. Align the holes and attach two **Bolts (4)** and on the other ends of bolts attach two **Big Curve Washers (6)** and two **Cap Nuts (5)**. Tighten the **Cap Nuts (5)** using the **Open-Ended Flat Wrench** provided.

Step B: Align and attach the **Rear Stabilizer (2)** onto the rear curve of the **Mainframe (1)**, using two **Bolts (4)**. On the other end of the **Bolts (4)**, Attach two **Big Curve Washers (6)**, and two **Cap Nuts (5)**. Tighten the **Cap Nuts (5)** using the **Open-Ended Flat Wrench** provided.

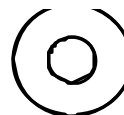
Hardware:



(4) Bolt 4 PCS

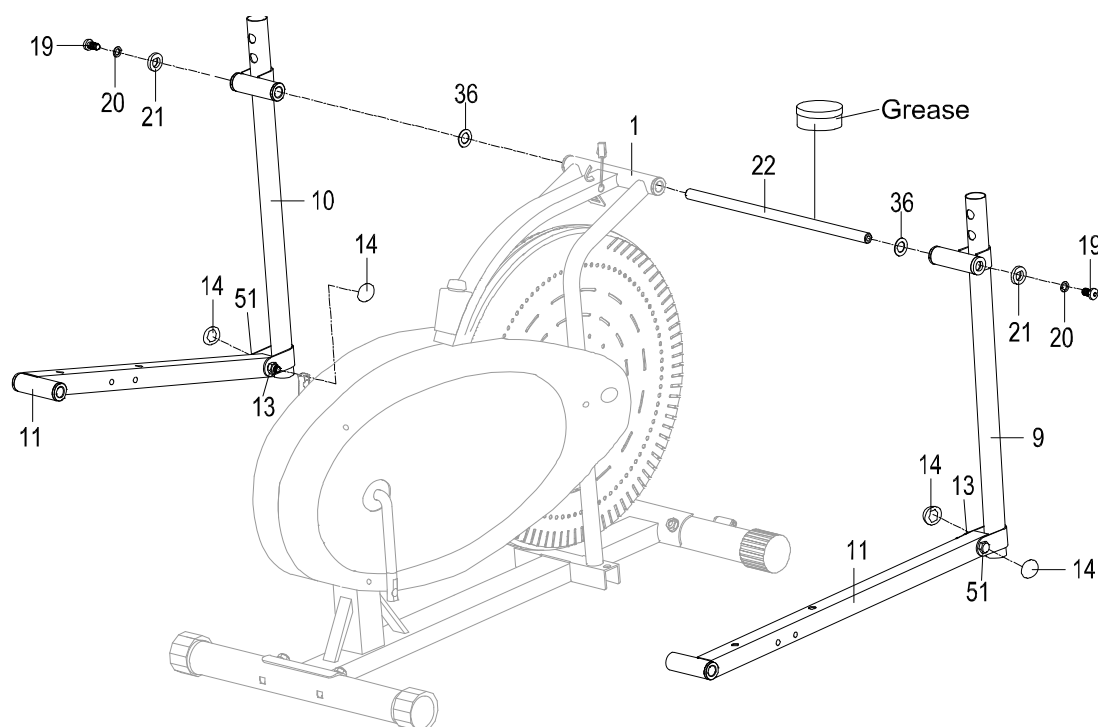


(5) Cap Nut 4 PCS

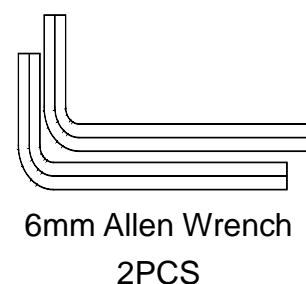


(6) Big Curve Washer
4 PCS

ASSEMBLY



Tool:



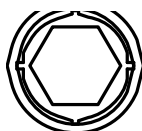
2. Handrails, Foot Bars and Rotation Rod Installation:

Use the two **6mm Allen Wrenches** to remove the two Pre-Assembled **Bolts (19)**, two **Spring Washers (20)**, two **D Washers (21)**, and two **Wave Washers (36)** from the **Rotation Rod (22)**. Lubricate the **Rotation Rod (22)** with the grease provided, and slide it through the tube on the top of the **Mainframe (1)**. Slide a **Wave Washer (36)** onto each side of the **Rotation Rod (22)**, attach the **Left Handrail (10)** onto the **Rotation Rod (22)** and secure it in place with one **Bolt (19)**, one **Spring Washer (20)**, one **D Washer (21)**.

Repeat this Step for the **Right Handrail (9)** then tighten the **Bolts (19)** using the two **6mm Allen Wrenches** provided.

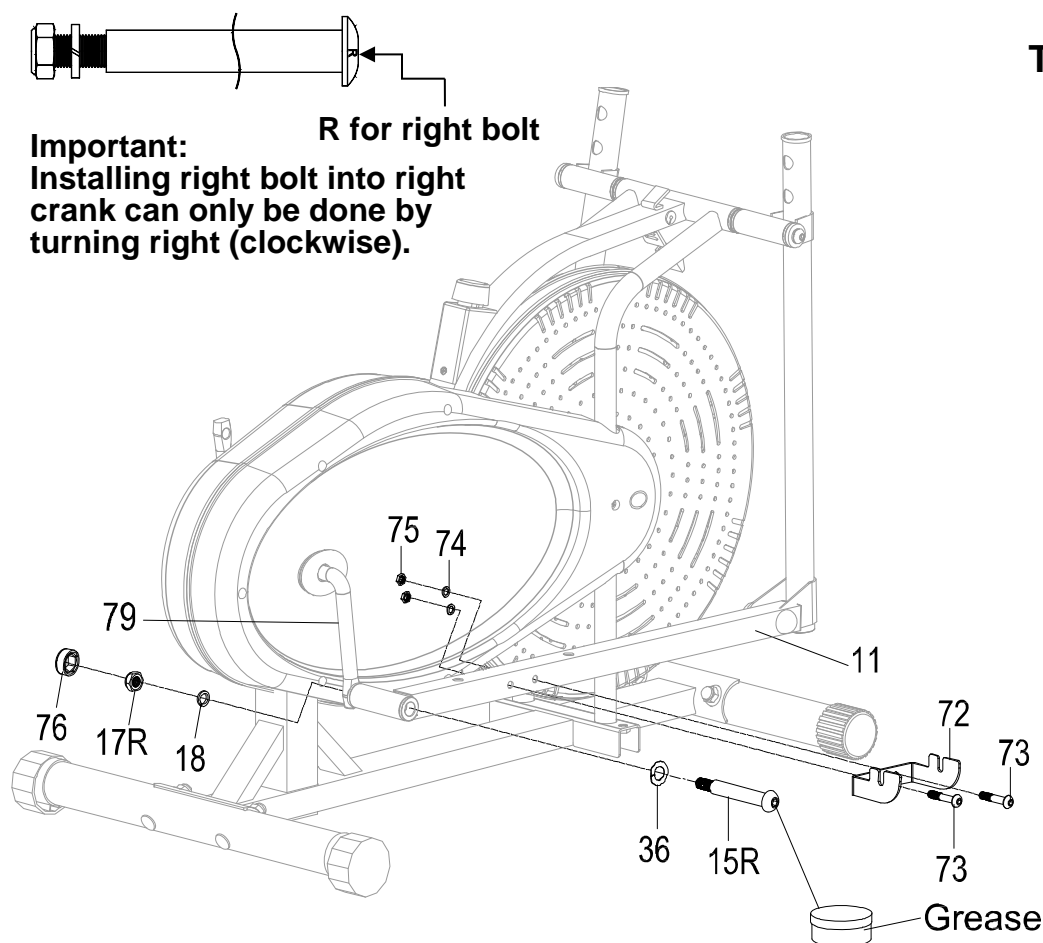
Attach a **Cap (14)** onto the **Bolt (51)** and **Nylon Nut (13)** on each **Foot Bar (11)**.

Hardware:

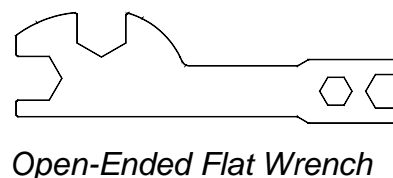
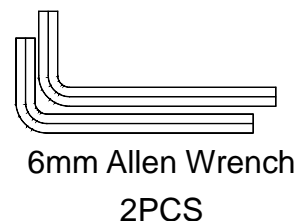


(14) Cap
4 PCS

ASSEMBLY



Tool:



3. Foot Pedal Support Bracket and Right Bolt for Crank Installation

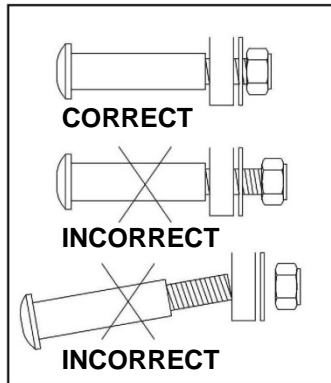
Attach the **Foot Pedal Support Bracket (72)** onto the right side of the right **Foot Bar (11)** with two **Bolts (73)**, two **Washers (74)**, and two **Nylon Nuts (75)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to secure the **Foot Pedal Support Bracket (72)** to the **Foot Bar (11)**.

Lubricate the **Right Crank Bolt (15R)** with some grease provided. Insert the **Right Crank Bolt (15R)** and **Wave Washer (36)** through the RIGHT side of the **Foot Bar (11)**. Align the **Foot Bar (11)** with the **Right Crank (79)** so that they are **perfectly center**. Screw the **Right Crank Bolt (15R)** through the crank by turning it **CLOCKWISE** by hand until it stops, Then thoroughly tighten the **Right Crank Bolt (15R)** with the **8mm Allen Wrench**. Put a **Spring Washer (18)** on the threaded end of the **Right Crank Bolt (15R)** and attach the **Right Nylon Nut (17R)**. Using the **Open-Ended Wrench** and **8mm Allen Wrench**, secure the **Right Nylon Nut (17R)**.

Proper tightness is extremely important to prevent parts from coming loose or damaging the unit.

Cover the **Right Nylon Nut (17R)** with **Cap (76)**.

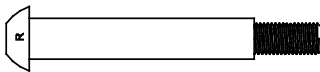
ASSEMBLY



Note: In order to install the bolt properly, keep it perfectly straight when the bolt goes through the foot bar and the crank. If the bolt is connected to the crank at an angle, damage to the bolt and/or the crank may occur.

Please make sure the RIGHT bolt is for the RIGHT crank only and the LEFT bolt is for the LEFT crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

Hardware:



(15R) Right Crank
Bolt



(17R) Right Nylon
Nut



(18) Spring Washer
1PC



(36) Wave Washer
1PC



(73) Bolt
2 PCS



(74) Washer
2 PCS

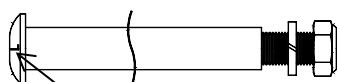
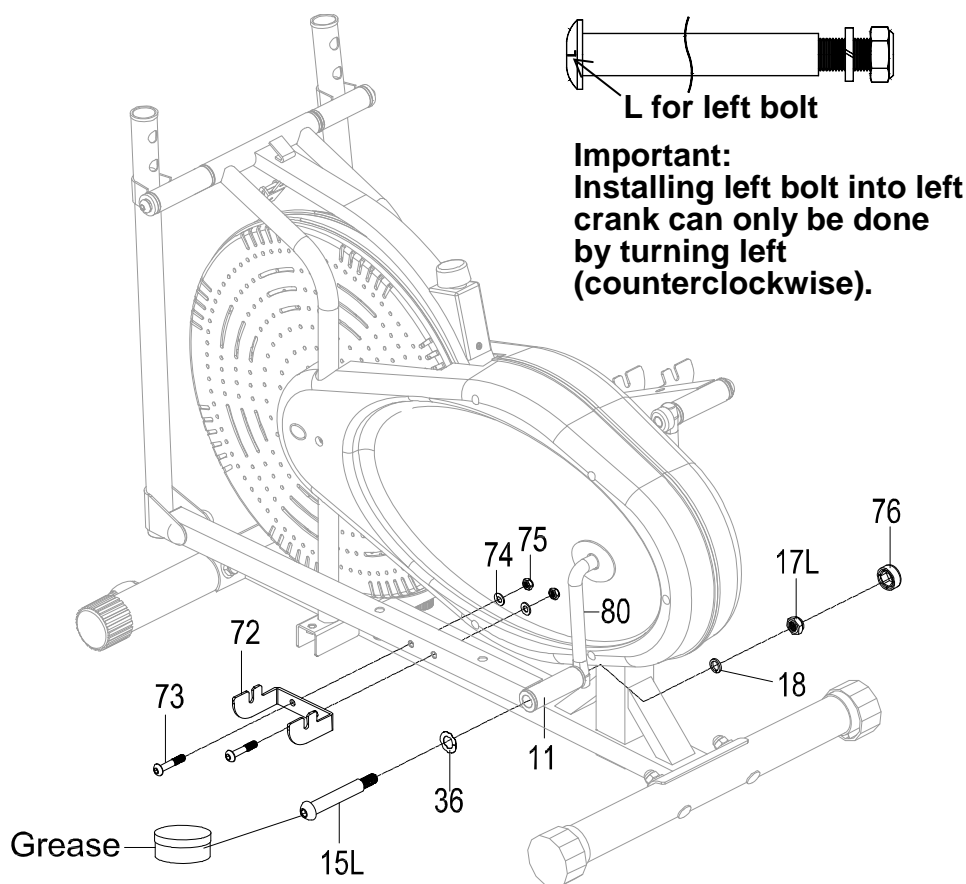


(75) Nylon Nut
2 PCS



(76) Cap
1 PC

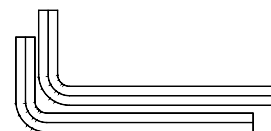
ASSEMBLY



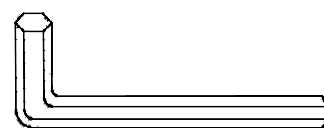
L for left bolt

Important:
Installing left bolt into left crank can only be done by turning left (counterclockwise).

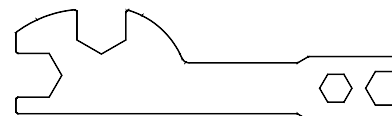
Tool:



6mm Allen Wrench
2PCS



8mm Allen Wrench



Open-Ended Flat Wrench

4. Foot Pedal Support Bracket and Left Bolt for Crank Installation

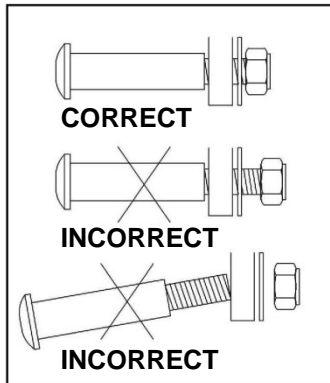
Attach the **Foot Pedal Support Bracket (72)** onto the left side of the **Foot Bar (11)** with two **Bolts (73)**, two **Washers (74)**, and two **Nylon Nuts (75)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to secure the **Foot Pedal Support Bracket (72)** to the **Foot Bar (11)**.

Lubricate the **Left Crank Bolt (15L)** with some grease provided. Insert the **Left Crank Bolt (15L)** and **Wave Washer (36)** through the LEFT side of the **Foot Bar (11)**. Align the **Foot Bar (11)** with the **Left Crank (80)** so that they are **perfectly center**. Screw the **Left Crank Bolt (15L)** through the crank by turning it **CLOCKWISE** by hand until it stops, Then thoroughly tighten the **Left Crank Bolt (15L)** with the **8mm Allen Wrench**. Put a **Spring Washer (18)** on the threaded end of the **Left Crank Bolt (15R)** and attach the **Left Nylon Nut (17L)**. Using the **Open-Ended Wrench** and **8mm Allen Wrench**, secure the **Left Nylon Nut (17L)**.

Proper tightness is extremely important to prevent parts from coming loose or damaging the unit.

Cover **Left Nylon Nut (17L)** with **Cap (76)**.

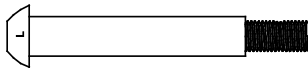
ASSEMBLY



Note: In order to install the bolt properly, keep it perfectly straight when the bolt goes through the foot bar and the crank. If the bolt is connected to the crank at an angle, damage to the bolt and/or the crank may occur.

Please make sure the RIGHT bolt is for the RIGHT crank only and the LEFT bolt is for the LEFT crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

Hardware:



(15L) Left Crank
Bolt



(17L) Left Nylon
Nut



(18) Spring Washer
1PC



(36) Wave Washer
1PC



(73) Bolt
2 PCS



(74) Washer
2 PCS

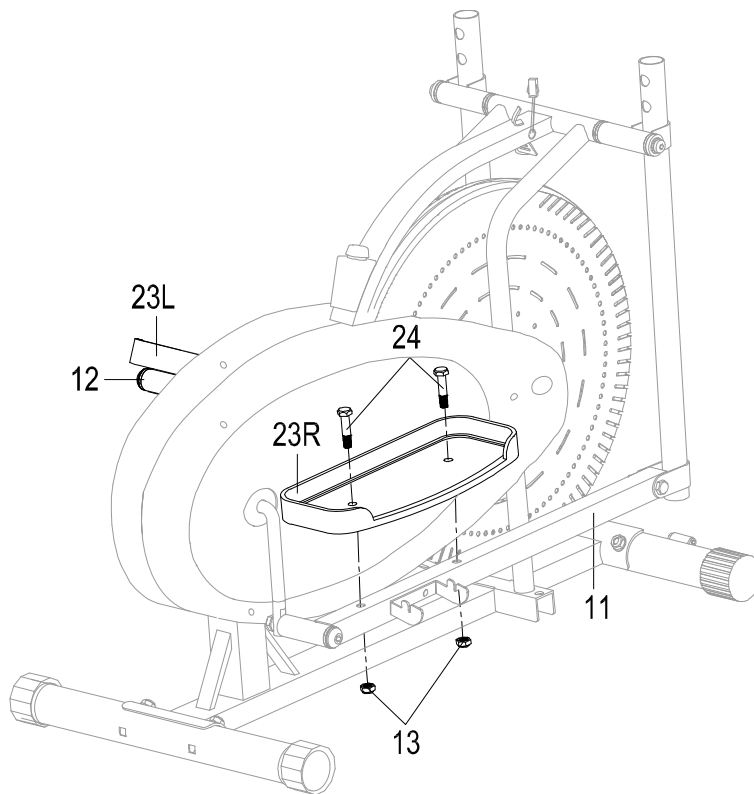


(75) Nylon Nut
2 PCS

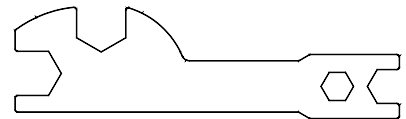


(76) Cap
1 PC

ASSEMBLY



Tool:



Open-Ended Flat Wrench

5. Right and Left Foot Pedals Installation:

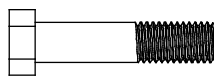
Attach the **Right Foot Pedal (23R)** onto the right side of the **Foot Bar (11)** with two **Bolts (24)** and two **Nylon Nuts (13)**. Tighten the **Nylon Nuts (13)** using the **Open-Ended Wrench** provided.

Repeat step above for the **Left Foot Pedal (23L)**.

Hardware:

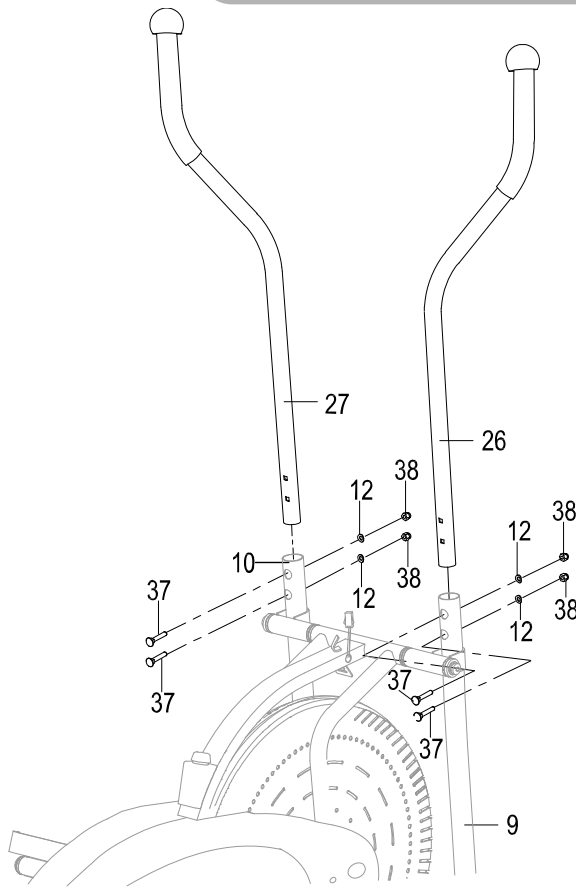


(13) Nylon Nut
4 PCS

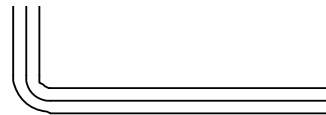


(24) Bolt
4 PCS

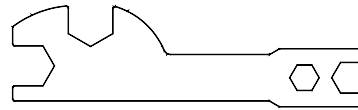
ASSEMBLY



Tool:



6mm Allen Wrench



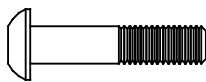
Open-Ended Flat Wrench

6. Right and Left Handrail Arms Installation:

Step A: Insert the **Right Handrail Arm (26)** into the **Right Handrail (9)** and secure it using two **Big Curve Washers (12)**, two **Bolts (37)**, and two **Cap Nuts (38)**. Tighten using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** provided.

Step B: Insert the **Left Handrail Arm (27)** into the **Left Handrail (10)** and secure it using two **Big Curve Washers (12)**, two **Bolts (37)**, and two **Cap Nuts (38)**. Tighten using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** provided.

Hardware:



(37) Bolt
4 PCS

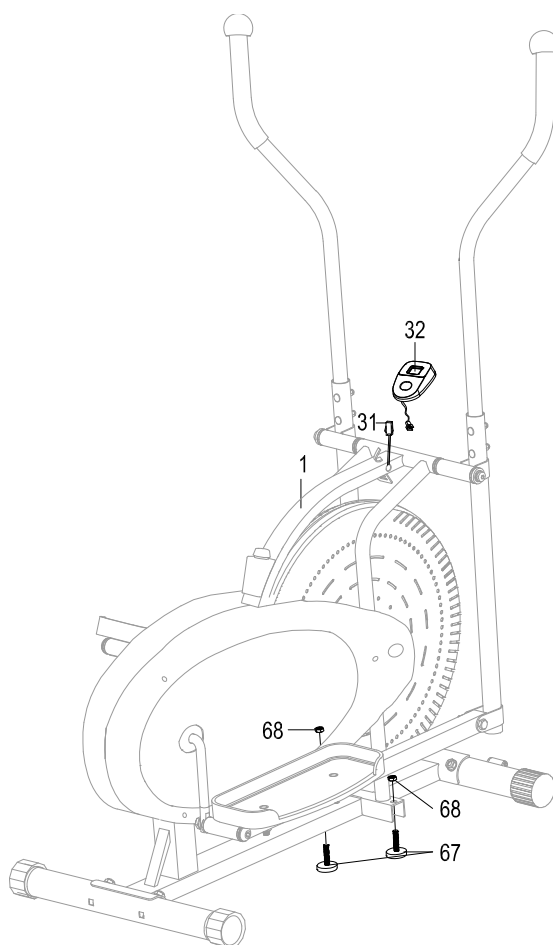


(12) Big Curve Washer
4 PCS



(38) Cap Nut
4 PCS

ASSEMBLY



7. Adjustable Levelers and Computer Installation:

Step A : Computer Installation:

Connect the **Sensor Wire (31)** to the **Computer (32)**. Place the **Computer (32)** onto the plate of the **Mainframe (1)** and slide it down into the lock position.

Step B: Adjustable Levelers Installation:

Remove the **Nut (68)** from the **Adjustable Leveler (67)**. Screw the **Adjustable Leveler (67)** onto the bottom of the **Mainframe (1)**. Attach the **Nut (68)** and tighten by hand.

Repeat for the other side.

IMPORTANT: To prevent Elliptical from wobbling, make sure you adjust the levelers as instructed on Page 18.



(67) Adjustable Leveler
2 PCS



(68) Nut
2 PCS

COMPUTER

SPECIFICATIONS:

TIME -----	00:00-99:59 MIN: SEC
SPEED -----	0.0-999.9 MPH
DISTANCE -----	0.00-99.99 MILE
CALORIES -----	0.0-999.9 KCAL



FUNCTIONS AND OPERATIONS:

AUTO ON /OFF: The Computer will automatically turn on when exercise begins. After 4 minutes of inactivity, The Computer will automatically turn off.

SCAN: Press the MODE button until the arrow points to SCAN, the computer will automatically scan through the functions every 6 seconds.

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

SPEED: Press the MODE button until the arrow points to SPEED, the computer will display the current training speed.

DISTANCE: Press the MODE button until the arrow points to DISTANCE, the computer will display the cumulative distance traveled during workout.

CALORIES: Press the MODE button until the arrow points to CALORIES, the computer will display the total calories burned during workout.
(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

RESET: Press and hold the MODE button for 4 seconds, all data values will clear to zero.

HOW TO INSTALL THE BATTERIES:

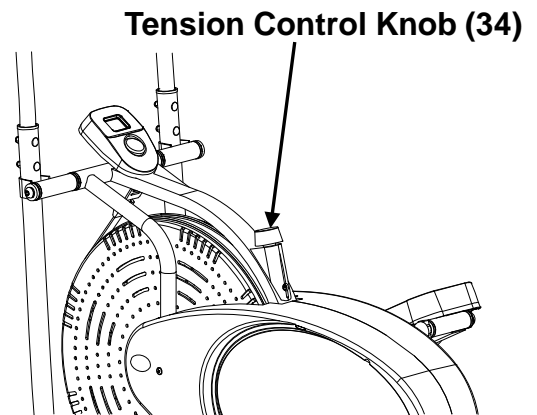
1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Ensure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

TENSION ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the tension, turn the **Tension Control Knob (34)** in a **clockwise direction**.

To decrease the tension, turn the **Tension Control Knob (34)** in a **counterclockwise** direction.



After prolong use of the elliptical trainer, the strap will begin to stretch out and it will become necessary to tighten the strap for optimum performance.

1. Before tightening the strap the tension knob must be set to its lowest setting. To do this turn the knob in a counter-clockwise direction until it becomes difficult to continue turning it.



2. Undo the buckle of the plastic clip and then pull the top strap at the front of the unit away from the unit to tighten it. Only minimal tightening should be required. Finally, lock the buckle of the plastic clip.



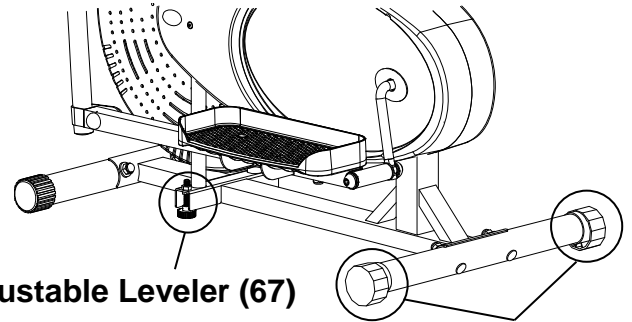
3. Now with the strap tightened and without changing the tension when you get on you should feel a slight bit of tension (i.e. the flywheel should not turn freely). When you are satisfied with the base level tension turn the tension knob clockwise and continue exercising like normal.



LEVELER ADJUSTMENTS

Adjusting the Rear Stabilizer End Cap or Adjustable Leveler

The Elliptical has to be set up on a flat surface. Otherwise, shaking or wobble might occur during the workout. Use the following two methods to adjust the Elliptical Level.



Adjustable Leveler (67)

Rear Stabilizer End Cap (39)

IMPORTANT: Follow these important steps to ensure the stability of the elliptical when in use.



A. Adjusting the Rear Stabilizer End Cap:

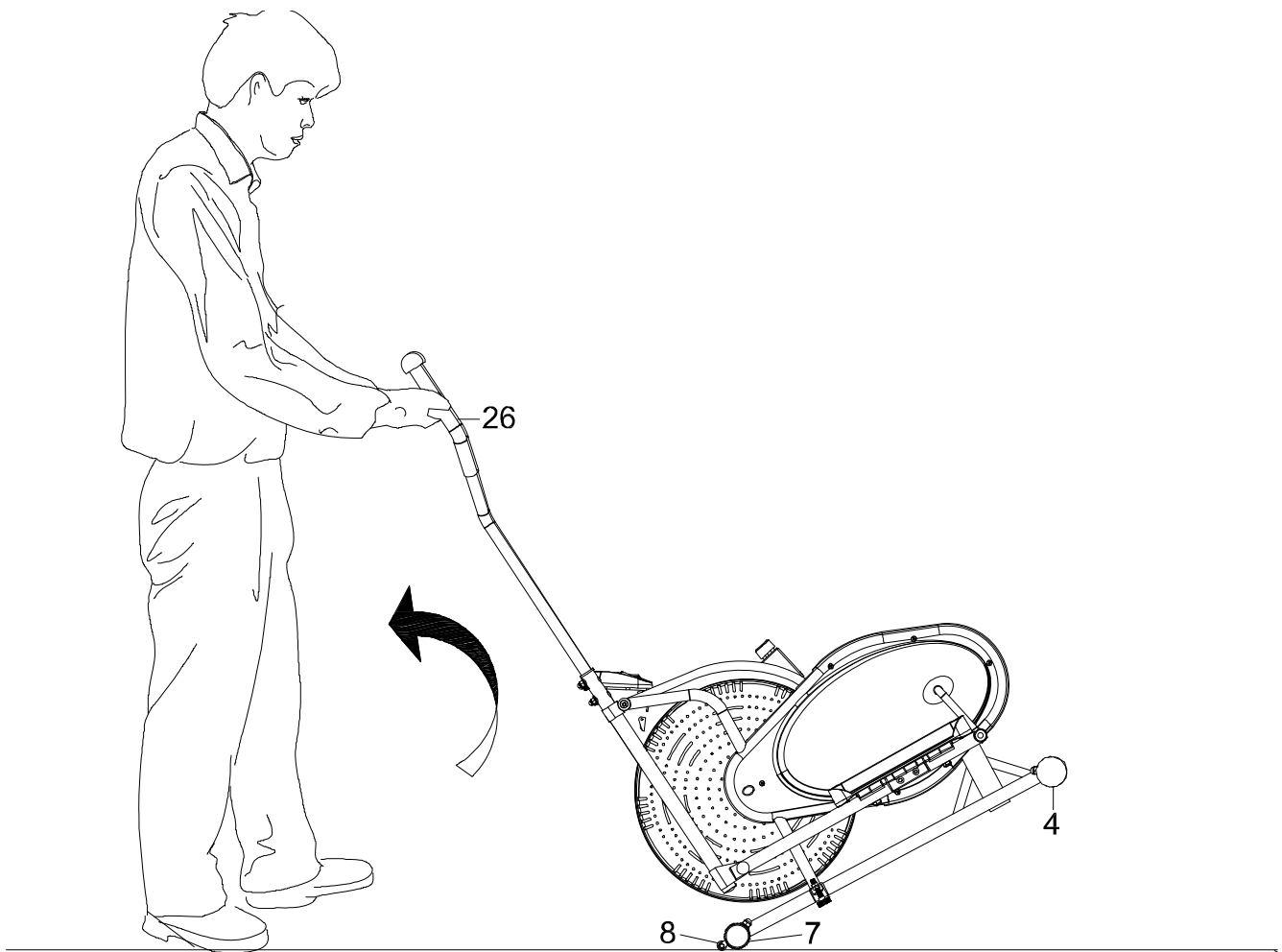
The **Rear Stabilizer End Cap (39)** is designed with different angle surfaces to level the Elliptical. Rotate the **Rear Stabilizer End Cap (39)** till one of the surfaces firmly settle on the floor.



B. Adjusting the Adjustable Leveler:

The **Adjustable Leveler (67)** is designed to distribute the Elliptical and User's weight to the ground level evenly. You should adjust the **Adjustable Leveler (67)** until it makes contacts with the floor, so that they are at the same level as the front and rear stabilizer end cap. If the Elliptical is set up on a carpet, make sure the **Adjustable Leveler (67)** instead of the carpet surface.

MOVING THE ELLIPTICAL



Transporting the Elliptical

Hold the **Handlebar (26)** and pull the machine until the wheels on the **Front Stabilizer (7)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (4)** to the ground.

MAINTENANCE

Regular maintenance of your elliptical is necessary to extend the life of your machine and allow it to continue to function properly. Keep the elliptical, especially the computer console, out of direct sunlight to prevent screen damage or premature wear.

Cleaning

Keep the machine clean and free of any debris by vacuuming around the moving parts and wiping the machine down with a clean cotton cloth. The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Immediately wipe your perspiration off the elliptical after each use.

Lubrication


Regularly inspect your machine for any loose connections and tighten them. Creating a consistent lubrication routine on the moving parts of the elliptical can stop it from squeaking.

1. Check the floor where the elliptical sits to verify the floor is level. An Uneven floor could create unnecessary stress on the moving parts of the elliptical, creating a squeak.
2. Spray an aerosol multi-purpose or silicon-based lubricant onto the bolts that connect the handlebars to the lower arms. The lower arms support the footpads or pedals on the elliptical.
3. Spray the lubricant onto the bolts connecting the foot bars to the crank and the bolts connecting the crank to the mainframe.

Storage

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

TROUBLE SHOOTING

PROBLEM	SOLUTION
The computer will not power up.	<ol style="list-style-type: none"> 1. Check that the batteries are inserted properly with the correct polarity (see marking inside the battery compartment). 2. Check that the battery springs are in proper contact with batteries. 3. Remove the old batteries and replace with the new batteries.
There is no readings on the computer display	Check that the Sensor Wire (31) coming out from the Mainframe (1) is securely connected to the wire that coming from the Computer (32) . See Step 7 page 19.
The elliptical makes a squeaking noise.	<ol style="list-style-type: none"> 1. The bolts may be loose on the elliptical, please inspect and tighten any loose bolts. 2. See page for lubrication.
Clicking Noise.	<p>After long use, the chain may get loose and start to have clicking noise. Open the Right and Left Covers (35R, 35L) to reach the Nut (46). Tighten the chain by screwing the Nut (46) clockwise. Repeat for the other side.</p> 
The elliptical is not sturdy enough.	Make sure both the Adjustable Levelers (67) are touching the ground. Make sure the elliptical is leveled. Please refer to page 22..
Tension adjustment doesn't work.	Undo the buckle of the plastic clip and then pull the top strap on the front of the unit away (downward) to re-tighten the tension belt. See page 21.
Pedal assembly is coming loose.	Make sure the bolt is secured to the foot bar and into the crank with the nylon nut. When tightening the bolt, make sure the bolt threads protrude out through the nylon nut. Proper tightness is extremely important to prevent parts from coming loose or damage during use. See page 12-15.

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 be 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 (computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)	90 days

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, or accumulate dirt or stains; or
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**

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

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

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE 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***