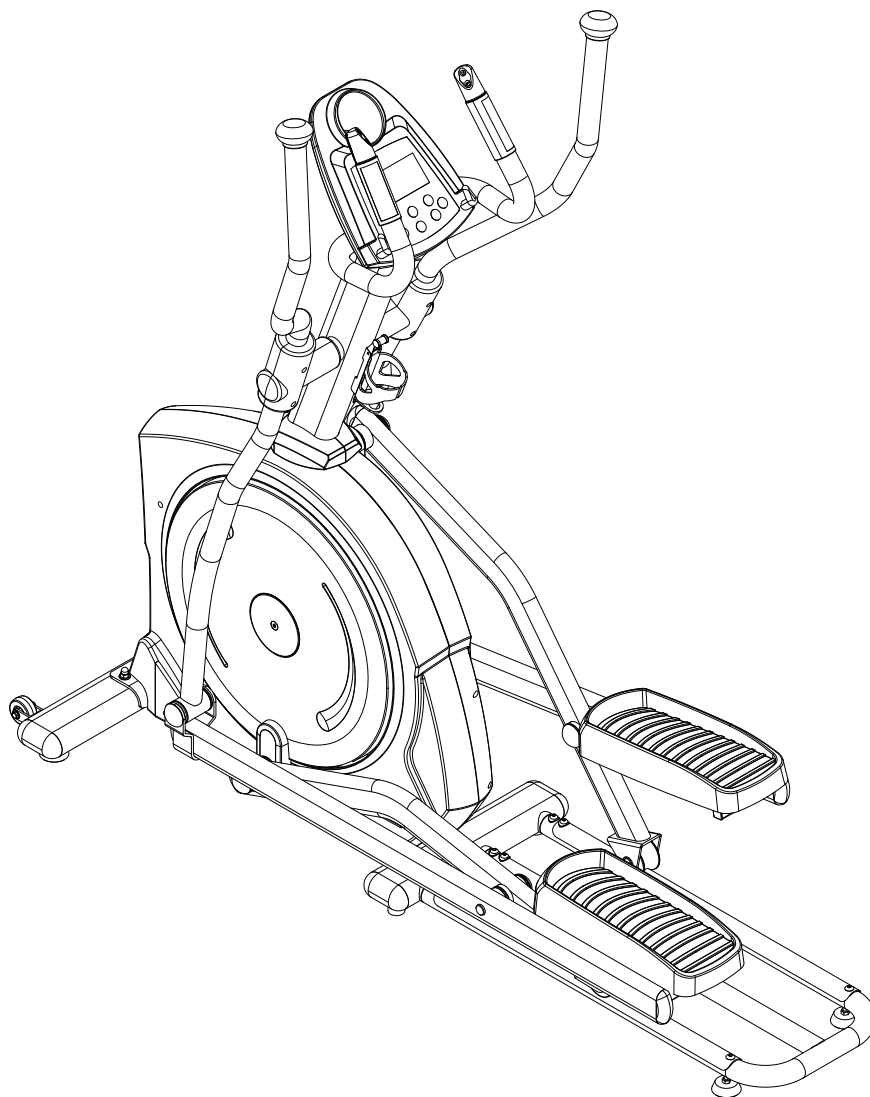




Pro Stride 23 Elliptical



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.

OWNER'S MANUAL

Item #1305

TABLE OF CONTENTS

SERVICE	2
LABEL PLACEMENT	3
PRODUCT SAFETY	4
OVERVIEW DRAWING	5
BOX CONTENTS	6
PARTS LIST	8
ASSEMBLY	10
COMPUTER	24
ADJUSTMENT	29
TROUBLESHOOTING & MAINTENANCE	30
WARM UP	31
WARRANTY	32
FAX FORM	33

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
Please visit our website at www.paradigmhw.com.

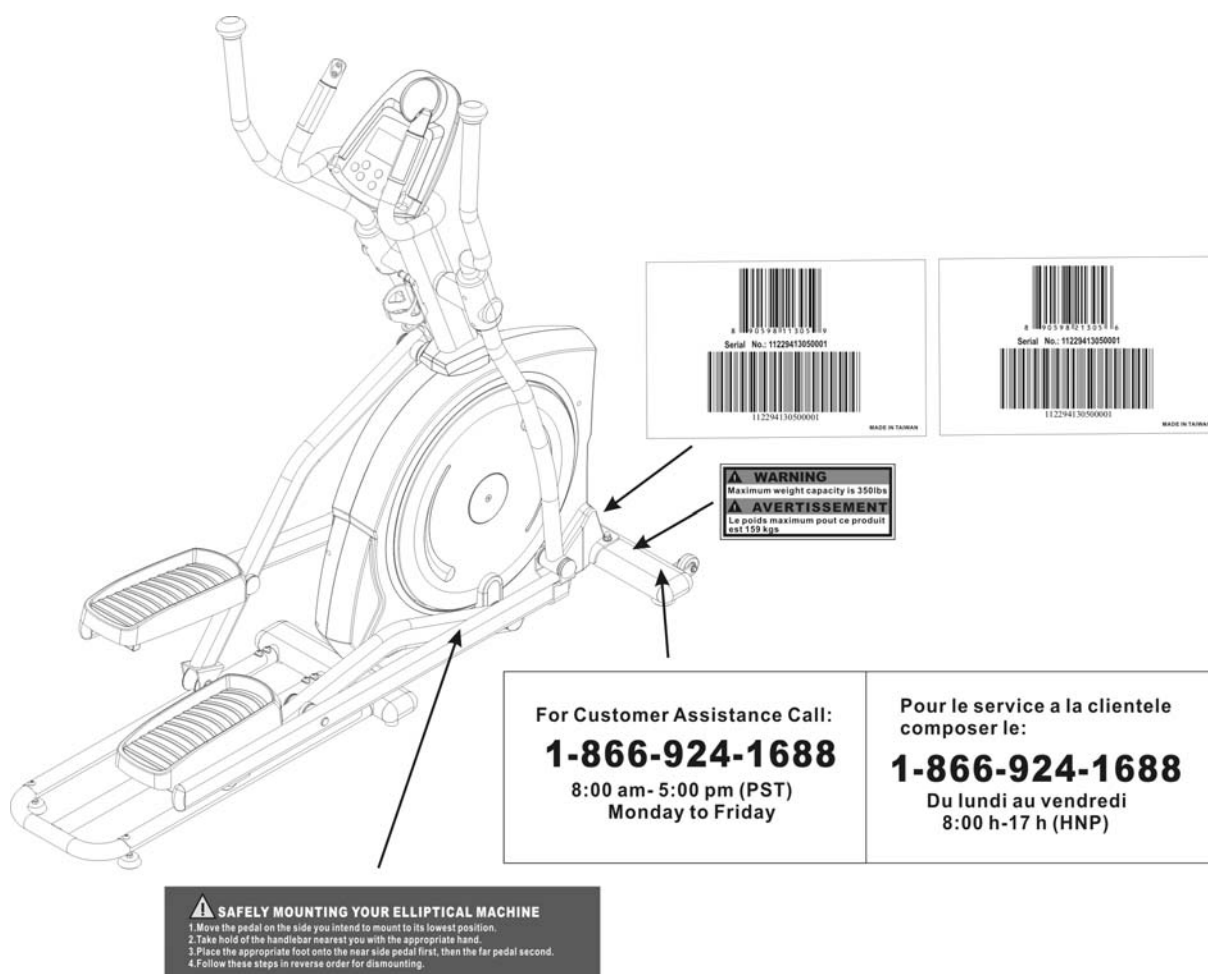
Please have the following information ready when requesting for service:

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

LABEL PLACEMENT



PRODUCT SAFETY

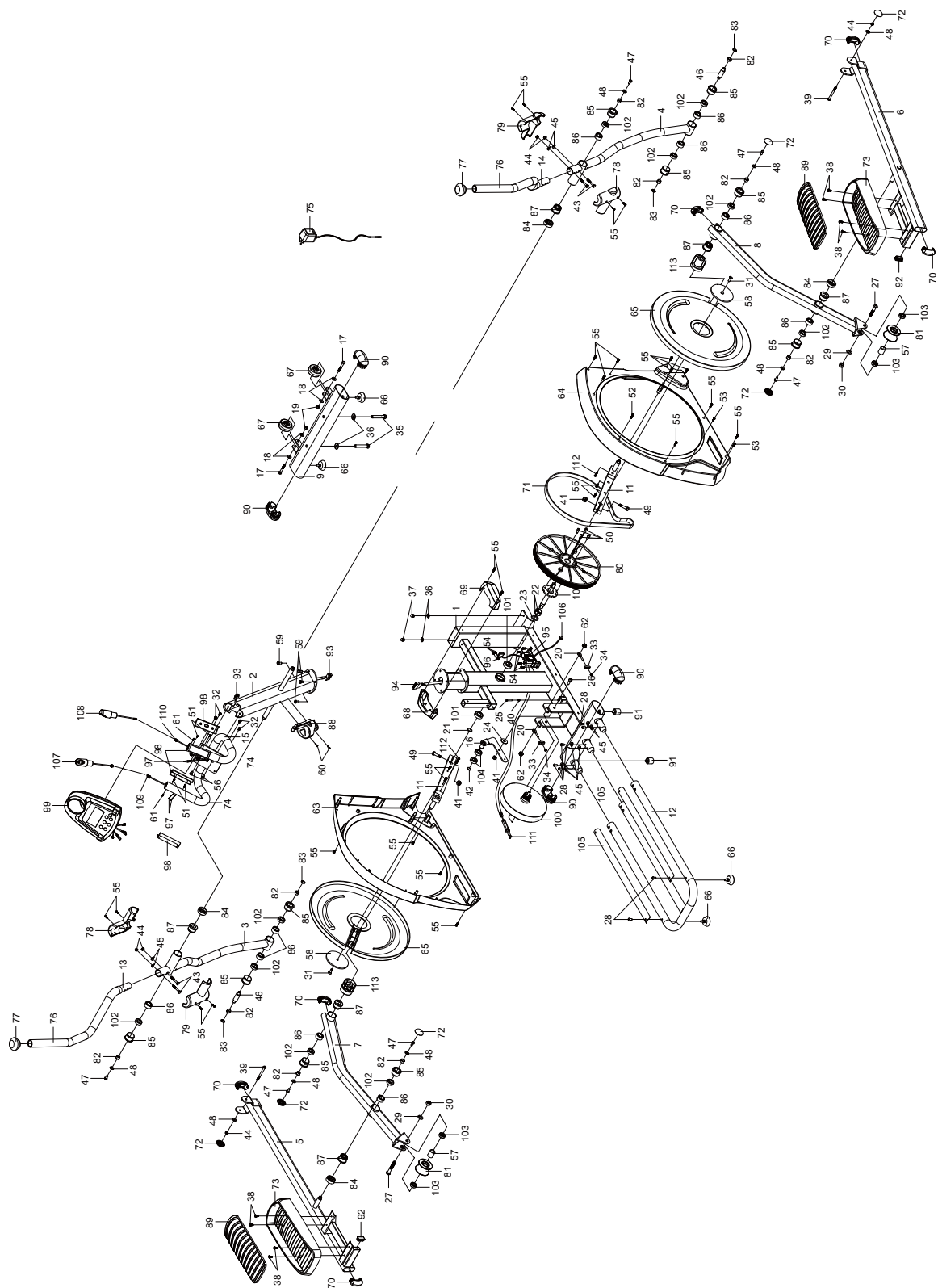
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
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 might catch 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. Caution should be taken when getting on or off the equipment. To get on, make sure the left foot pedal is at the lowest position. Grab the stationary handlebar firmly with both hands then place your left foot onto the left foot pedal. Once your left foot is secured, place your right foot onto the right foot pedal. To begin exercising, push/pull on the handrails first and then follow with leg motion. To get off, come to a complete stop and do the above in reverse.
7. Keep dry - do not operate in wet or moist condition.
8. Do not use the equipment outdoors.
9. This equipment is for household use only.
10. Only one person should be on the equipment at any time.
11. Keep children and pets away from the product while in use.
12. This machine is designed for adults only.
13. This product requires a minimum of 6 feet of space for safe operation.
14. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
15. The maximum weight capacity for this product is 350 lbs/159 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.

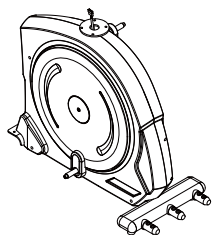
CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

OVERVIEW DRAWING

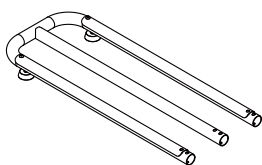


BOX CONTENTS

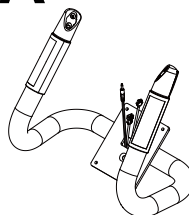
BOX A



(A1) Main Body
1 SET



(A2) U Shape Rail Set
1 SET

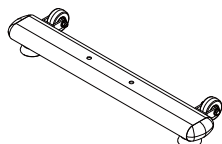


(A3) Hand Pulse
Handlebar Set
1 SET

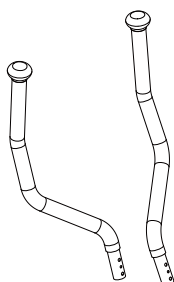


(99) Computer
1 PC

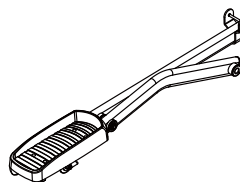
BOX B



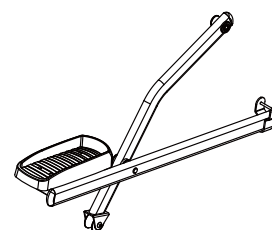
(B1) Front Stabilizer Set
1 SET



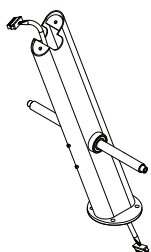
(B2) Handrails Set
1 SET



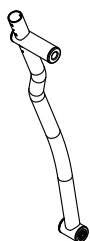
(B3) Left Foot Bar Set
1 SET



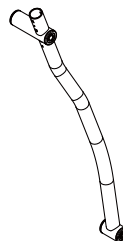
(B4) Right Foot Bar Set
1 SET



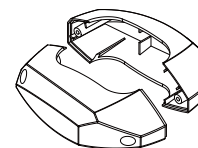
(B5) Front Post Set
1 SET



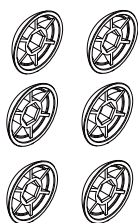
(B6) Left Handrail
Arm Set
1 SET



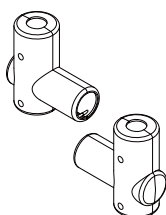
(B7) Right Handrail
Arm Set
1 SET



(68/69) Right/Left Front
Post Decorative Covers
1 SET



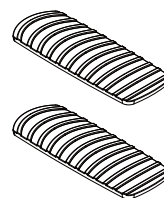
(72) Nut Cap M8x45
6 PCS



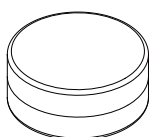
(78/79) Handrail Arm
Decorative Covers-A/B
2 SETS



(88) Bottle Holder
1 PC



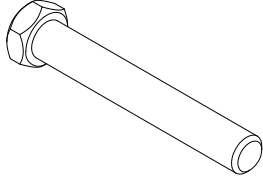
(89) Foot Pedal Pad
2 PCS



Lubricant
1 PC

BOX CONTENTS

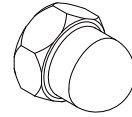
BOX B CONTAINS HARDWARE & TOOLS



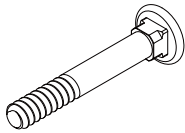
(35) Bolt 3/8"x64mm
2 PCS



(36) Washer 3/8"x20x2.0T
4 PCS



(37) Cap Nut 3/8"x17T
2 PCS



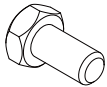
(43) Bolt M8x50mm
4 PCS



(44) Nylon Nut M8x7.7T
4 PCS



(45) Curve Washer
M8x20x1.5T
4 PCS



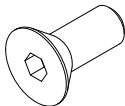
(47) Hexagon Head Bolt
M8x16mm
4 PCS



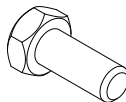
(48) Washer 5/16"x20x2.0T
4 PCS



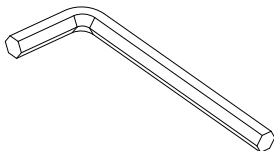
(55) Bolt M5x16mm
10 PCS



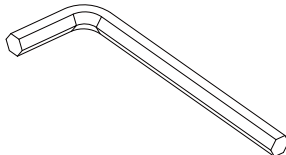
(56) Bolt M8x25mm
2 PCS



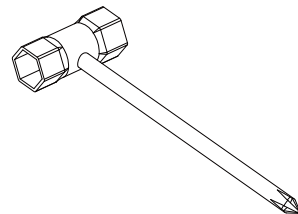
(59) Hexagon Head Bolt
M8x20mm
4 PCS



Allen Wrench (M4)
1 PC



Allen Wrench (M5)
1 PC



Hex Tool with Phillips Screwdriver
(13mm/14mm)
1 PC

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	033	U Bracket 10x30	2
002	Front Post	1	034	Nut M6x6.0T	2
003	Left Handrail Arm	1	035	Bolt 3/8"x64mm	2
004	Right Handrail Arm	1	036	Washer 3/8"x20x2.0T	4
005	Left Foot Bar	1	037	Cap Nut 3/8"x17T	2
006	Right Foot Bar	1	038	Bolt M6x15mm	8
007	Left Rotate Bar	1	039	Bolt M8x92	2
008	Right Rotate Bar	1	040	Nut M8x6.3T	1
009	Front Stabilizer	1	041	Nut M10xP1.5x10T	3
010	Belt Pulley Shaft	1	042	C Clip 17	1
011	Crank	2	043	Bolt M8x50mm	4
012	U Shape Rail	1	044	Nylon Nut M8x7.7T	6
013	Left Handrail	1	045	Curve Washer M8x20x1.5T	10
014	Right Handrail	1	046	Handrail Arm Axle 20x70mm	2
015	Hand Pulse Handlebar	1	047	Hexagon Head Bolt M8x16mm	6
016	Idler Arm	1	048	Washer 5/16"x20x2.0T	8
017	Bolt 1/4"x1-3/4"(44mm)	2	049	Bolt M10x50mm	2
018	Washer 1/4"x16x1.5T	4	050	Bolt M8x10mm	4
019	Nut 1/4"x8.0T	2	051	Bolt M3x25mm	4
020	Bolt M6x45mm	2	052	Bolt 3/16"x2"	1
021	C Clip 20	1	053	Bolt M3x16mm	2
022	Wave Washer M21x30x0.4T	2	054	Bolt M4x16mm	6
023	Washer M20x26x1T	1	055	Bolt M5x16mm	27
024	Washer 38x10x2t	1	056	Bolt M8x25mm	2
025	Bolt M8x35mm	1	057	Rotate Bar Wheel Spacer 16x12.7x24.1L	2
026	Bolt M10x25mm	1	058	Small Round Plastic Cover 6T	2
027	Bolt M12x70mm	2	059	Hexagon Head Bolt M8x20mm	4
028	Bolt M8x16mm	8	060	Bolt M5x12mm	2
029	Washer 1/2x23x2.0T	2	061	Bolt M3x15mm	2
030	Nut M12x11.8T	2	062	Nut 3/8x26x11T	2
031	Bolt M8x20mm	2	063	Left Shroud	1
032	Computer Bolt	4	064	Right Shroud	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Round Plastic Disk	2	090	Front Stabilizer End Cap Ø50xØ100	4
066	Adjustable Leveler M8/16.5	4	091	Footpad Ø30x25xM8x12mm	2
067	Transport Wheel Ø50xØ6.5x22.5	2	092	Square End Cap 20x40	2
068	Left Front Post Decorative Cover	1	093	Extension Sensor Wire I (L=850L)	1
069	Right Front Post Decorative Cover	1	094	Extension Sensor Wire II (L=1000L)	1
070	Oval End Cap Ø30xØ70x2.0mm	6	095	Motor with Cable	1
071	Belt 520-J7	1	096	Sensor Wire (L=400L)	1
072	Nut Cap M8x45	6	097	Hand Pulse Sensor Wire	1
073	Foot Pedal	2	098	Hand Pulse Sensor	2
074	Hand Pulse Handlebar Foam Grip (HDR) 30x3x380mm	2	099	Computer SM7605	1
075	AC Adaptor	1	100	Flywheel	1
076	Handrail Foam (HDR) 30x3x750mm	2	101	Bearing 6004	2
077	Handrail End Cap	2	102	Bearing 6003	10
078	Handrail Arm Decorative Cover-A	2	103	Bearing 6001	4
079	Handrail Arm Decorative Cover-B	2	104	Bearing 6203	2
080	Belt Pulley Ø360	1	105	U Shape Rail Aluminum Plate 730L	2
081	Rotate Bar Wheel Ø65	2	106	Power Supply Cable 300L	1
082	Bushing CH3820A	10	107	Left Control Buttons with Wire	1
083	Plastic Washer Ø14x20x2T	4	108	Right Control Buttons with Wire	1
084	Spacer	4	109	Left Control Buttons Extension Wire	1
085	Bearing Bushing 6003	10	110	Right Control Buttons Extension Wire	1
086	Bearing Fixed Bushing 6003	10	111	Motor Tension Cable	1
087	Axle Bushing	6	112	Bolt M5x30mm	2
088	Bottle Holder	1	113	Crank Cover	2
089	Foot Pedal Pad	2			

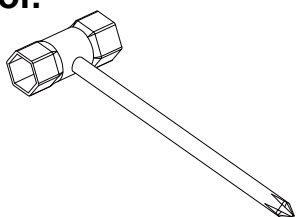
ASSEMBLY

1. Front Stabilizer Installation

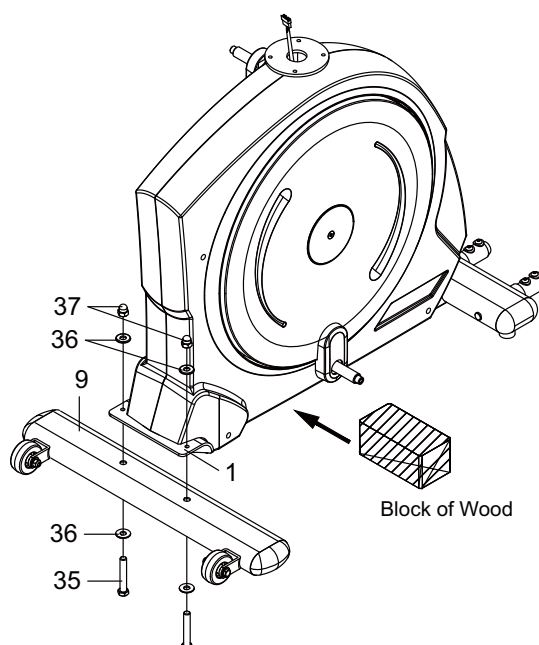
For easier installation of the Front Stabilizer (9), place a block of wood under the main body.

Position the Front Stabilizer (9) in front of Main Frame (1) and align bolt holes. Attach the Front Stabilizer (9) onto the front curve of the Main Frame (1) with two 3/8"x64mm Bolts (35), four 3/8"x20x2.0T Washers (36), and two 3/8"x17T Cap Nuts (37). Tighten bolts with the Hex Tool with Phillips Screwdriver provided.

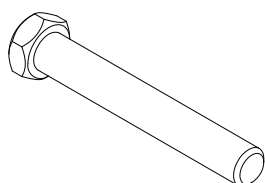
Tool:



*Hex Tool with Phillips
Screwdriver (14mm)*



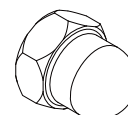
Hardware:



(35) Bolt 3/8"x64mm
2 PCS



(36) Washer 3/8"x20x2.0T
4 PCS



(37) Cap Nut 3/8"x17T
2 PCS

ASSEMBLY

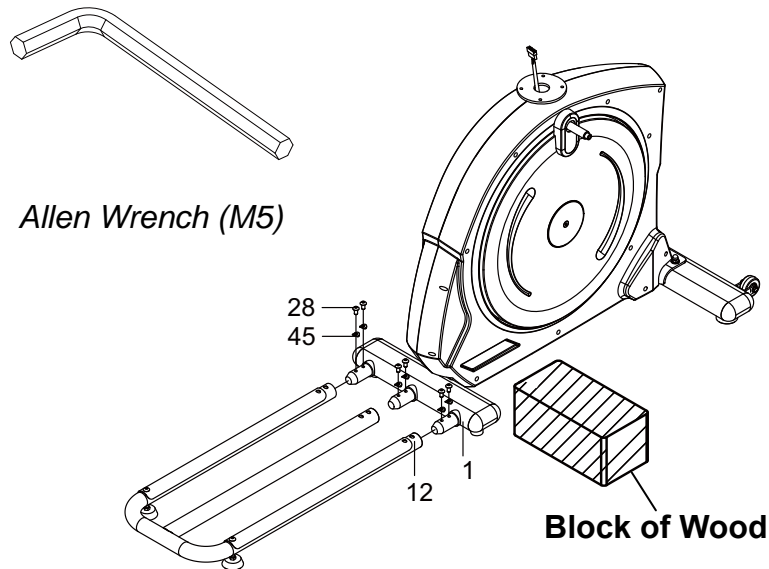
2. U Shape Rail Installation

For easier installation of the U Shape Rail (12), place a block of wood under the main body.

Remove six M8x16mm Bolts (28) and six M8x20x1.5T Curve Washers (45) from the Main Frame (1). Remove bolts with the M5 Allen Wrench provided.

Attach the U Shape Rail (12) onto the tubes of the Main Frame (1) with six M8x16mm Bolts (28) and six M8x20x1.5T Curve Washers (45) that were removed. Tighten bolts with the M5 Allen Wrench provided.

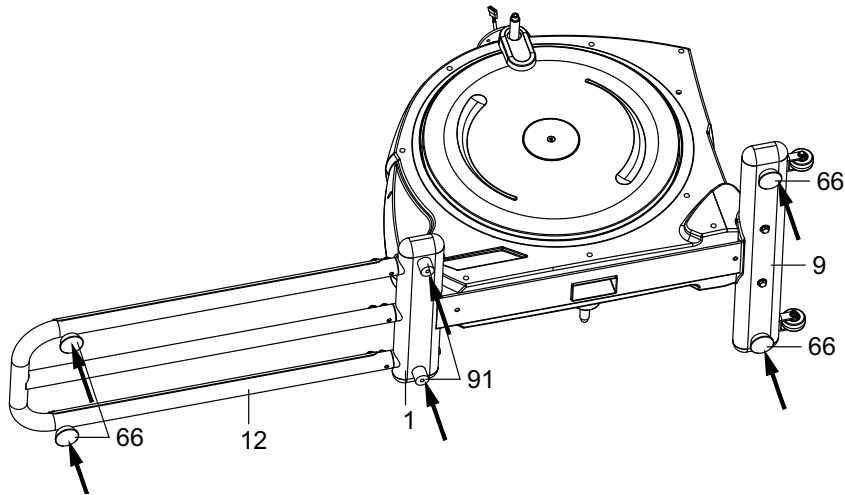
Tool:



ASSEMBLY

3. Adjusting the Adjustable Leveler

Turn the Adjustable Levelers (66) on the Front Stabilizer (9) and U Shape Rail (12) or turn the Footpads (91) on the Main Frame (1) as needed to level the elliptical trainer. The elliptical trainer has to be leveled to prevent from wobbling or shaking during the exercise.



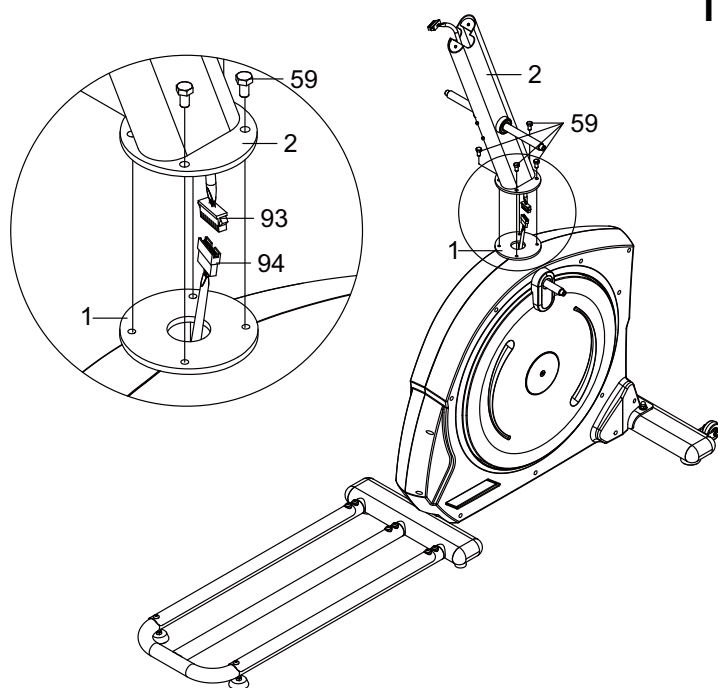
ASSEMBLY

4. Front Post Installation

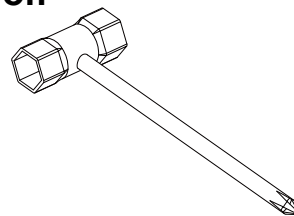
Connect the Extension Sensor Wire II (94) from the Main Frame (1) to the Extension Sensor Wire I (93) from the Front Post (2) and carefully tuck the wires into the Main Frame (1) before attaching the Front Post (2) onto the Main Frame (1).

Attach the Front Post (2) onto the Main Frame (1) and hand tighten with four M8x20mm Hexagon Head Bolts (59).

NOTE: PLEASE DO NOT FULLY TIGHTEN M8x20MM HEXAGON HEAD BOLTS (59) WITH THE HEX TOOL WITH PHILLIPS SCREWDRIVER PROVIDED UNTIL STEP #6 ON PAGE 16.



Tool:



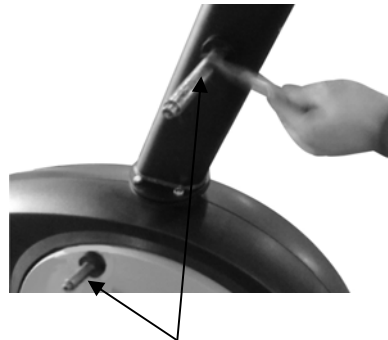
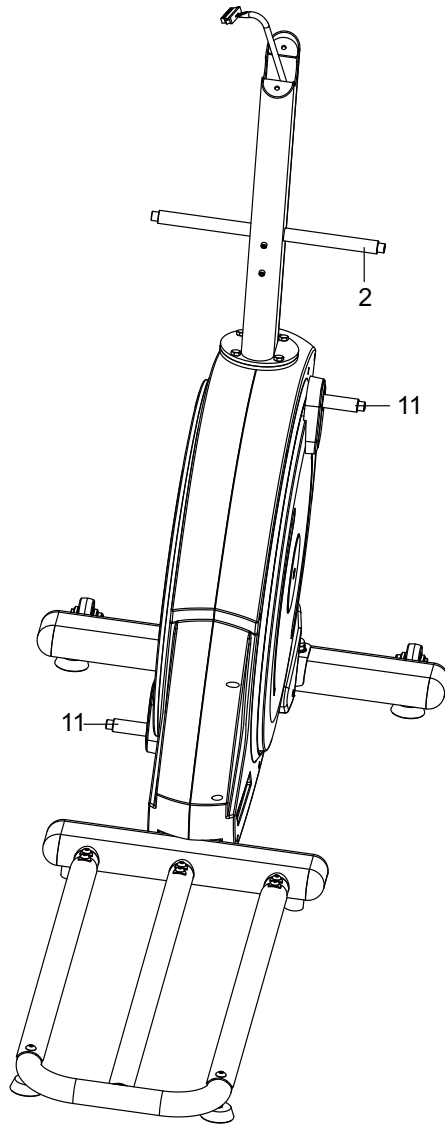
*Hex Tool with Phillips
Screwdriver (13mm)*

ASSEMBLY

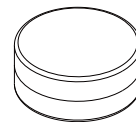
5. Lubricating the Horizontal Axle and Crank Axle

Apply lubricant to the horizontal axles of the Front Post (2) and the axles of the right and left Crank (11).

Remark: Gently apply lubricant evenly on Front Post (2). Brush tool is recommended.



Lubricating the horizontal axle and crank axle.



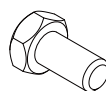
Lubricant
1 PC

ASSEMBLY

6. Right and Left Foot Bar Sets Installation

Remove the tape from the joint of the Right Handrail Arm (4).

Insert the Right Handrail Arm (4) all the way onto the horizontal axle of the Front Post (2) and secure the Right Handrail Arm (4) in position with one M8x16mm Hexagon Head Bolt (47) and one 5/16"x20x2.0T Washer (48). Tighten bolt with the Hex Tool with Phillips Screwdriver provided.



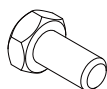
(47) Hexagon Head Bolt
M8x16mm
1 PC



(48) Washer
5/16"x20x2.0T
1 PC

Remove the tape from the joint of the Right Rotate Bar (8).

Insert the Right Rotate Bar (8) onto the Crank (11) axle. The Rotate Bar Wheel (81) has to be placed on the U Shape Rail Aluminum Plate (105). Secure the Right Rotate Bar (8) in position with one M8x16mm Hexagon Head Bolt (47) and one 5/16"x20x2.0T Washer (48). Tighten bolt with the Hex Tool with Phillips Screwdriver provided.



(47) Hexagon Head Bolt
M8x16mm
1 PC



(48) Washer
5/16"x20x2.0T
1 PC

**CAUTION: MAKE SURE
THE BUSH (82) WAS
PERFECTLY IN POSITION
BEFORE SECURING THE
BOLTS.**

Untie the wire and remove two Ø14x20x2T Plastic Washers (83) from the bottom end of the Right Handrail Arm (4). Place two Ø14x20x2T Plastic Washers (83) back onto the joint of the Right Handrail Arm (4).



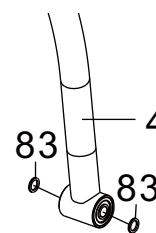
**Untie the
wire.**



**Remove the
wire and Plastic
Washers (83).**

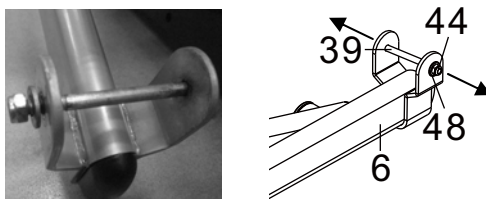


**Place two Plastic
Washers (83) back onto
the joint of the Right
Handrail Arm (4).**

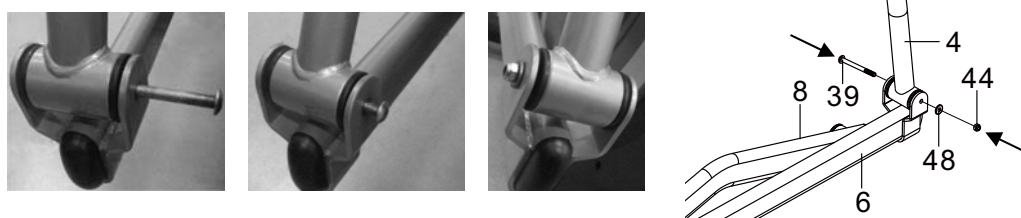


ASSEMBLY

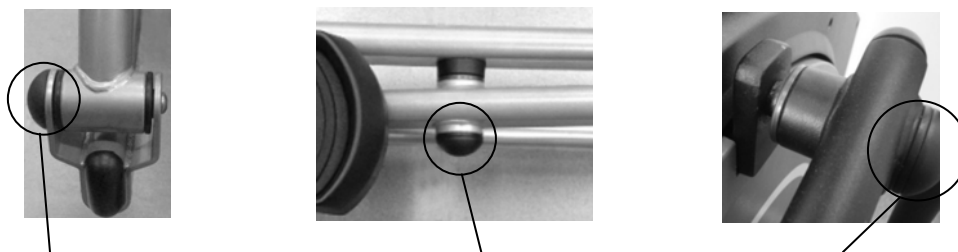
Remove one M8x92 Bolt (39), one M8x7.7T Nylon Nut (44), and one 5/16"x20x2.0T Washer (48) from the Right Foot Bar (6). Remove bolt and nylon nut with the Hex Tool with Phillips Screwdriver and M5 Allen wrench provided.



Pull the Right Foot Bar (6) up onto the Right Handrail Arm (4) and align bolt holes. Then attach the Right Foot Bar (6) onto the Right Handrail Arm (4) with one M8x92 Bolt (39), one M8x7.7T Nylon Nut (44), and one 5/16"x20x2.0T Washer (48) that were removed. Tighten bolt and nylon nut with the Hex Tool with Phillips Screwdriver and M5 Allen wrench provided.



Install three M8x45 Nut Caps (72) with one on M8x7.7T Nylon Nut (44) and the other two onto M8x16mm Hexagon Head Bolts (47) of the Right Rotate Bar (8).



M8x45 Nut Cap (72)

M8x45 Nut Cap (72)

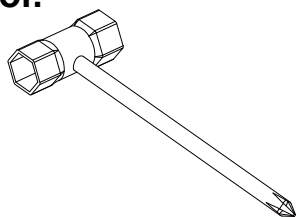
M8x45 Nut Cap (72)

Repeat above steps to install the Left Handrail Arm (3) onto the horizontal axle of the Front Post (2) and Left Rotate Bar (7) onto the Crank (11) axle.

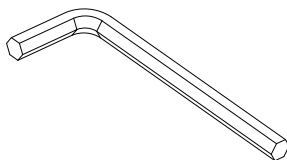
NOTE: PLEASE FULLY TIGHTEN M8x20MM HEXAGON HEAD BOLTS (59) WITH THE HEX TOOL WITH PHILLIPS SCREWDRIVER PROVIDED IN STEP 4.

ASSEMBLY

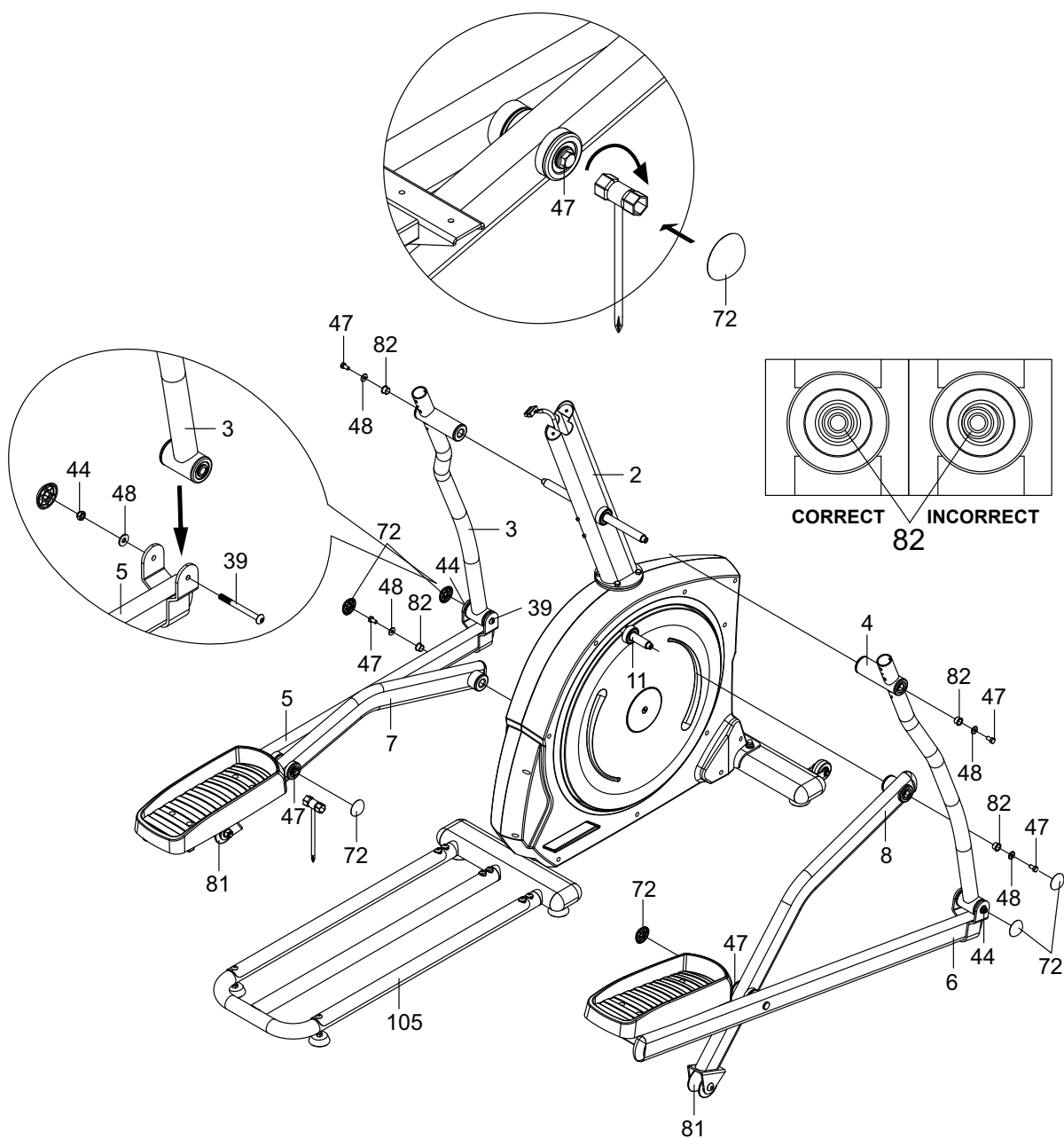
Tool:



*Hex Tool with Phillips
Screwdriver (13mm)*



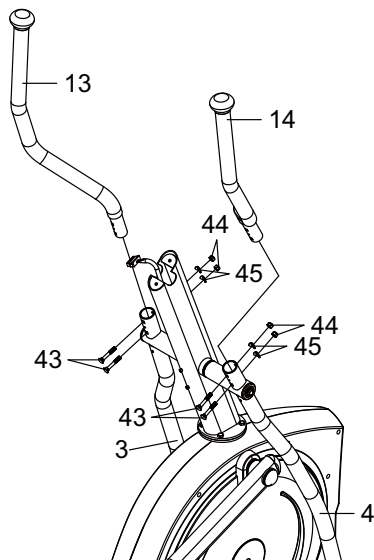
Allen Wrench (M5)



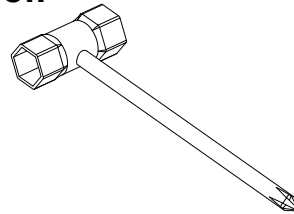
ASSEMBLY

7. Left and Right Handrails Installation

Attach the Left/Right Handrails (13, 14) into the Left/Right Handrail Arms (3, 4) with four M8x50mm Bolts (43), four M8x7.7T Nylon Nuts (44), and four M8x20x1.5T Curve Washers (45). Tighten nylon nuts with the Hex Tool with Phillips Screwdriver provided.

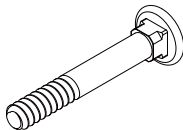


Tool:



*Hex Tool with Phillips
Screwdriver (13mm)*

Hardware:



(43) Bolt M8x50mm
4 PCS



(44) Nylon Nut M8x7.7T
4 PCS



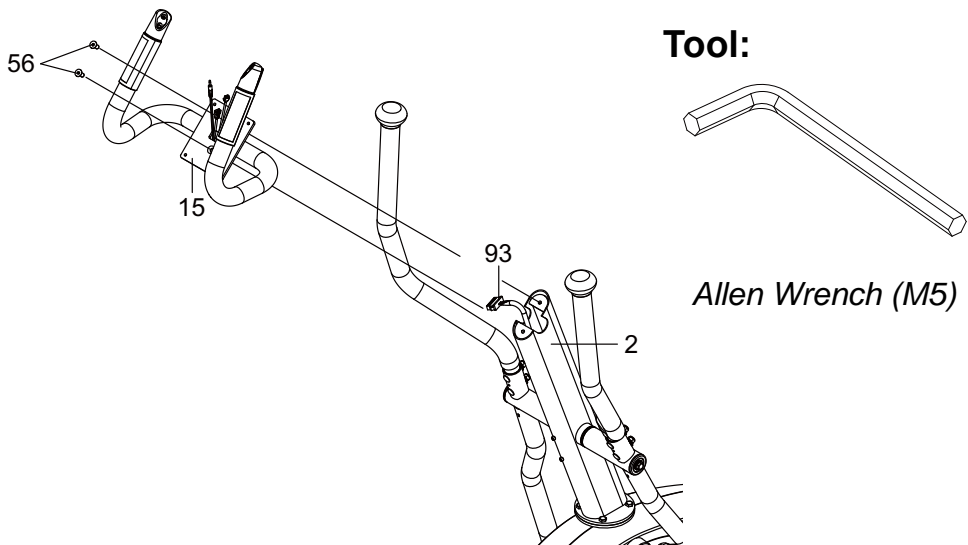
(45) Curve Washer
M8x20x1.5T
4 PCS

ASSEMBLY

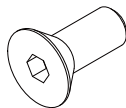
8. Hand Pulse Handlebar Installation

Insert the Extension Sensor Wire I (93) from the Front Post (2) into the hole on the Hand Pulse Handlebar (15) and then pull it out from the Hand Pulse Handlebar (15).

Attach the Hand Pulse Handlebar (15) onto the Front Post (2) with two M8x25mm Bolts (56). Tighten bolts with the M5 Allen Wrench provided.



Hardware:

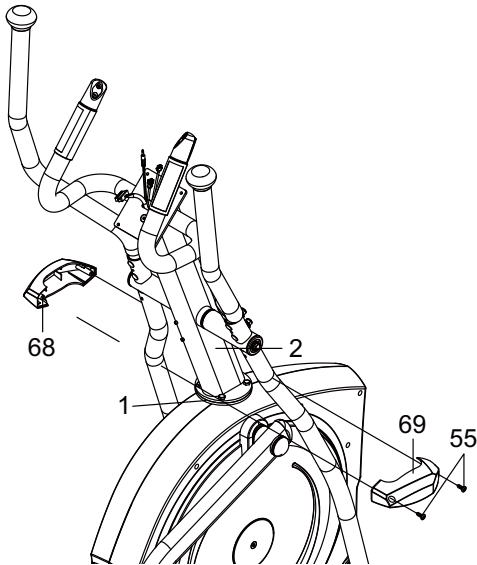


(56) Bolt M8x25mm
2 PCS

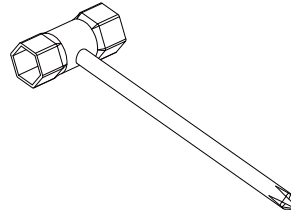
ASSEMBLY

9. Left/Right Front Post Decorative Covers Installation

Attach the Left/Right Front Post Decorative Covers (68, 69) onto the Front Post (2) with two M5x16mm Bolts (55). Tighten bolts with the Hex Tool with Phillips Screwdriver provided.



Tool:



Hex Tool with Phillips Screwdriver

Hardware:



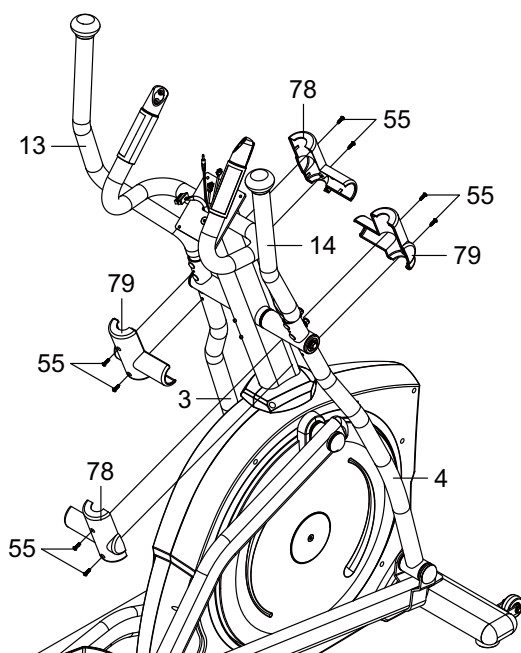
(55) Bolt M5x16mm
2 PCS

ASSEMBLY

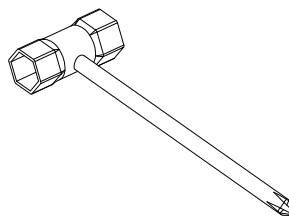
10. Handrail Arm Decorative Covers-A/B Installation

Attach the Handrail Arm Decorative Cover-A (78) and Handrail Arm Decorative Cover-B (79) onto the Left Handrail Arm (3) with four M5x16mm Bolts (55). Tighten bolts with the Hex Tool with Phillips Screwdriver provided.

Attach the Handrail Arm Decorative Cover-A (78) and Handrail Arm Decorative Cover-B (79) onto the Right Handrail Arm (4) with four M5x16mm Bolts (55). Tighten bolts with the Hex Tool with Phillips Screwdriver provided.



Tool:



Hex Tool with Phillips Screwdriver

Hardware:

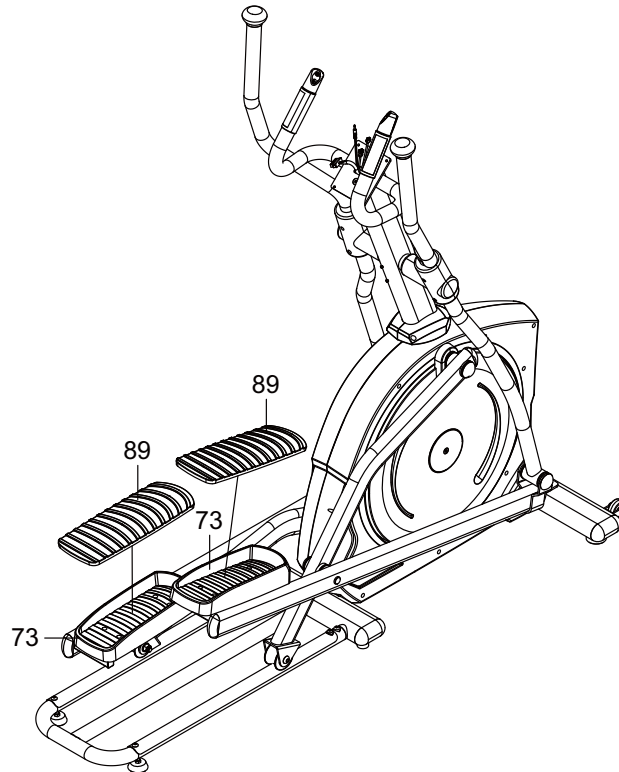


(55) Bolt M5x16mm
8 PCS

ASSEMBLY

11. Foot Pedal Pad Installation

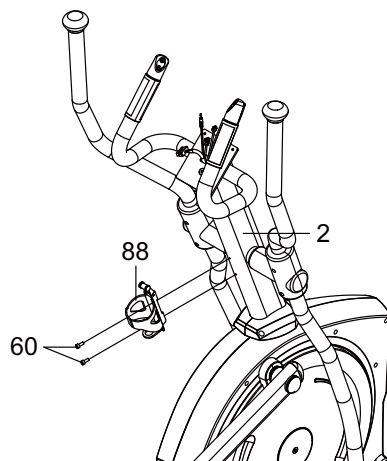
Place both Foot Pedal Pads (89) onto both Foot Pedals (73).



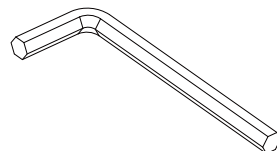
12. Bottle Holder Installation

Remove two M5x12mm Bolts (60) from the Front Post (2). Remove bolts with the M4 Allen Wrench provided.

Attach the Bottle Holder (88) onto the Front Post (2) with two M5x12mm Bolts (60) that were removed. Tighten bolts with the M4 Allen Wrench provided.



Tool:

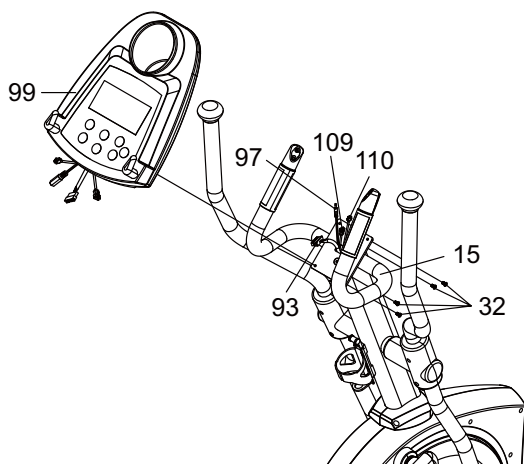


Allen Wrench (M4)

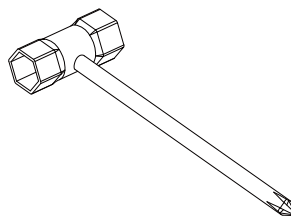
ASSEMBLY

13. Computer Installation

Remove four Computer Bolts (32) from the back of the Computer (99). Remove bolts with the Hex Tool with Phillips Screwdriver provided. Connect the Extension Sensor Wire I (93), Hand Pulse Sensor Wire (97), Left Control Buttons Extension Wire (109), and Right Control Buttons Extension Wire (110) to the wires that come from the Computer (99) and then attach the Computer (99) onto the top end of the Hand Pulse Handlebar (15) with four Computer Bolts (32) that were removed. Tighten bolts with the Hex Tool with Phillips Screwdriver provided.



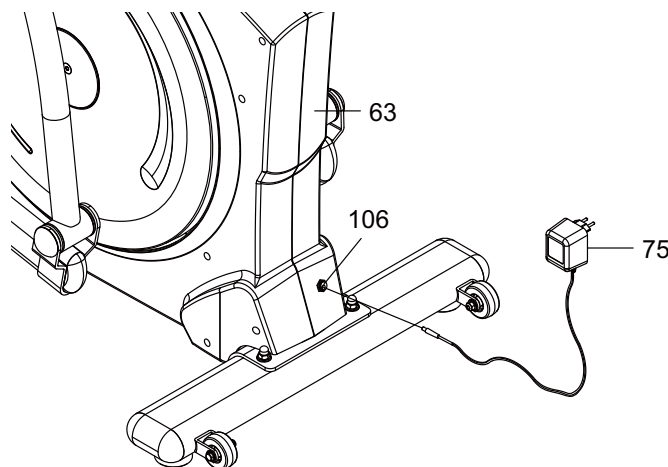
Tool:



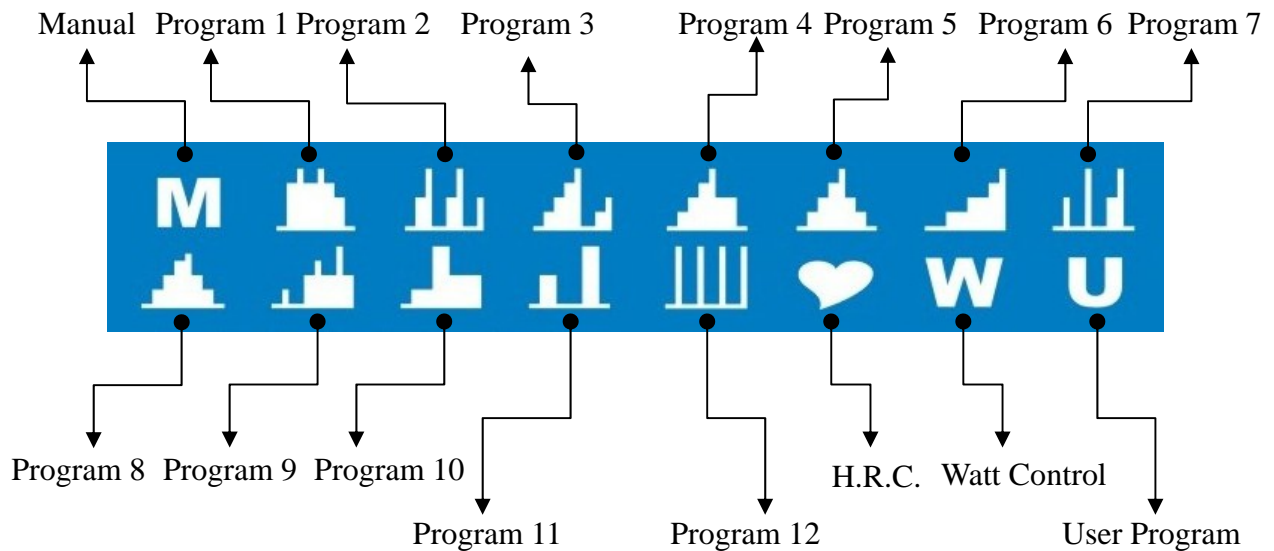
Hex Tool with Phillips Screwdriver

14. AC Adaptor Installation

Plug one end of the AC Adaptor (75) into the power jack of the Power Supply Cable (106) on the front of the Left Shroud (63). Before plugging in, make sure to check carefully the specifications on the Adaptor. Plug the other end of the AC Adaptor (75) into the electrical wall outlet.



COMPUTER



BUTTON FUNCTIONS:

UP	<ul style="list-style-type: none"> • Increase tension level. • Setting selection.
DOWN	<ul style="list-style-type: none"> • Decrease tension level. • Setting selection.
MODE	<ul style="list-style-type: none"> • Confirm setting or selection.
RESET	<ul style="list-style-type: none"> • Press and hold the RESET button for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during pre-setting workout value or stop mode.
START/ STOP	<ul style="list-style-type: none"> • Start or Stop workout.
RECOVERY	<ul style="list-style-type: none"> • Test heart rate recovery status.
TOTAL RESET	<ul style="list-style-type: none"> • Power on again and all data setting will be erased.

COMPUTER

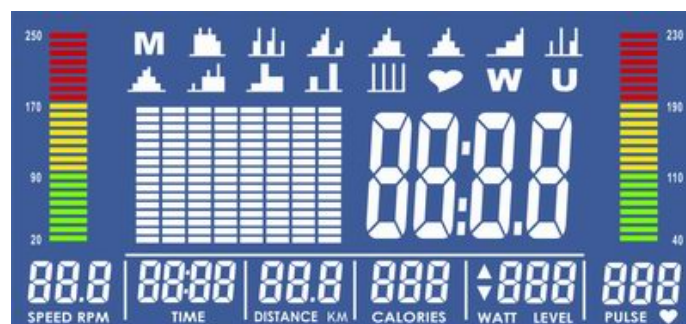
DISPLAY FUNCTIONS:

FUNCTION	DESCRIPTION
TIME	.Workout time displayed during exercise. .Display Range 0:00 ~ 99:59 minute:second .Setting Range 0:00~99:00 minute:second
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9 ML/H
DISTANCE	.Workout distance displayed during exercise. .Range 0.0 ~ 99.9 ML
CALORIES	.Burned calories during exercise. .Display Range 0 ~ 999 KCAL .Setting Range 0~990 KCAL
PULSE	.Pulse (beats per minute) displayed during exercise. .Pulse alarm when over pre-set target pulse. .Display Range 30~230 bpm .Setting Range 30~230 bpm
RPM	.Rotation (of flywheel) per minute .Range 0 ~ 999 rpm
WATTS	.Workout power consumption. .Setting range in Watt control program 10 ~ 350 watts. .Display actual watt range 0 ~ 999 watts

OPERATING PROCEDURE:

POWER UP

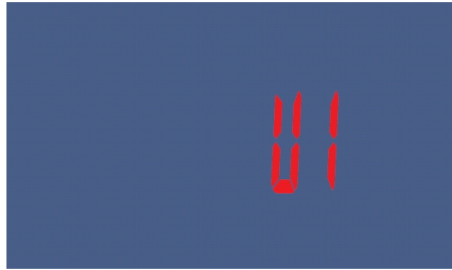
Plug one end of the AC Adaptor into the power jack of the Power Supply Cable on the front of the Left Shroud. Before plugging in, make sure to check carefully the specifications on the Adaptor. Plug the other end of the AC Adaptor into the electrical wall outlet. The computer will produce a beeping sound when powered on.



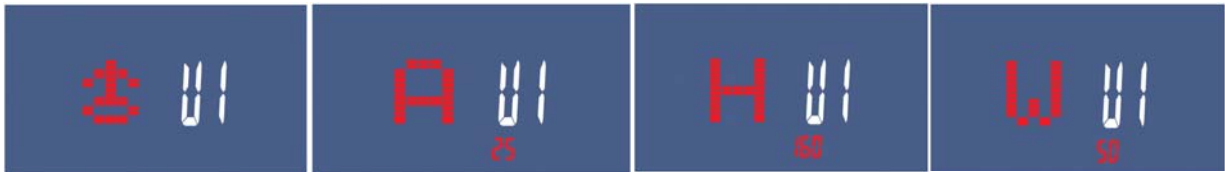
COMPUTER

USER PROFILE SET UP

Use UP (▲) and DOWN (▼) button to select a user profile from U1~U4, press the MODE button to confirm when a user profile is selected.

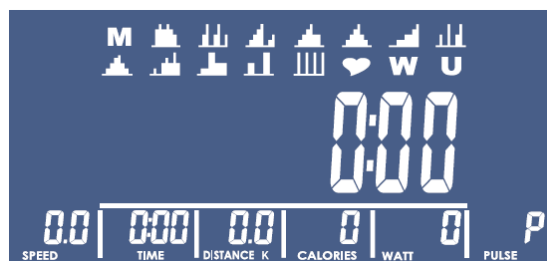


Press the MODE button each time when value's determined for SEX, AGE, HEIGHT, and WEIGHT settings and all entered data will be saved in user profile U1~U4.



WORKOUT SELECTING

Programs display on LCD in sequence of **M** (MANUAL) → **12 PROGRAMS** → **♥** (HEART RATE CONTROL) → **W** (WATT) → **U** (USER PROGRAM) → **M** (MANUAL) in cycle order.



Use UP (▲) and DOWN (▼) button to select a program and press the MODE button to confirm.

COMPUTER

Manual Mode

Customize your own workout manually.

1. Press the UP or DOWN button to select workout program, choose **M** and then press the MODE button to confirm.
2. Press the UP or DOWN button to pre-set LEVEL, TIME, DISTANCE, CALORIES, or PULSE for target presetting and then press the MODE button to confirm.
3. Press the START/STOP button to start workout. Press the UP or DOWN button to adjust the tension level.
4. Press the START/STOP button to pause workout. Press the RESET button to return to main menu.



Program Mode

Choose a pre-set workout program.

1. Press the UP or DOWN button to select workout program, choose Program and then press the MODE button to confirm.
2. Press the UP or DOWN button to pre-set workout LEVEL or TIME.
3. Press the START/STOP button to start workout. Press the UP or DOWN button to adjust the tension level.
4. Press the START/STOP button to pause workout. Press the RESET to return to main menu.

Heart Rate Control Mode

Target a heart rate for your workout.

1. Press the UP or DOWN button to select workout program, choose ♥ and then press the MODE button to confirm.
2. Press the UP or Down button to select 55%, 75%, 90% or TA (TARGET HEART RATE) (default: 100). The computer will calculate pre-set heart rate value automatically according to your age setting.
3. Press the UP or DOWN button to pre-set workout TIME.
4. Press the START/STOP button to start or stop workout.



COMPUTER

User Program Mode

User may pre-set his/her own workout profile.

1. Press the UP or DOWN button to select workout program, choose **U** and then press the MODE to confirm.
2. Press the UP or DOWN button to set tension of each column and then press the MODE button to move to the next column. Hold on pressing the MODE button to finish the setting.
3. Press the UP or DOWN button to pre-set workout TIME.
4. Press the START/STOP button to start workout. Press the UP or DOWN button to adjust the tension level.
5. Press the START/STOP button to pause workout. Press the RESET to return to main menu.

Watt Constant Mode

See the energy output of your workout.

1. Press the UP or DOWN button to select workout program, choose **W** and then press the MODE button to confirm.
2. Press the UP or DOWN button to pre-set WATT target.
3. Press the UP or DOWN button to pre-set TIME.
4. Press the START/STOP button to start or stop workout.

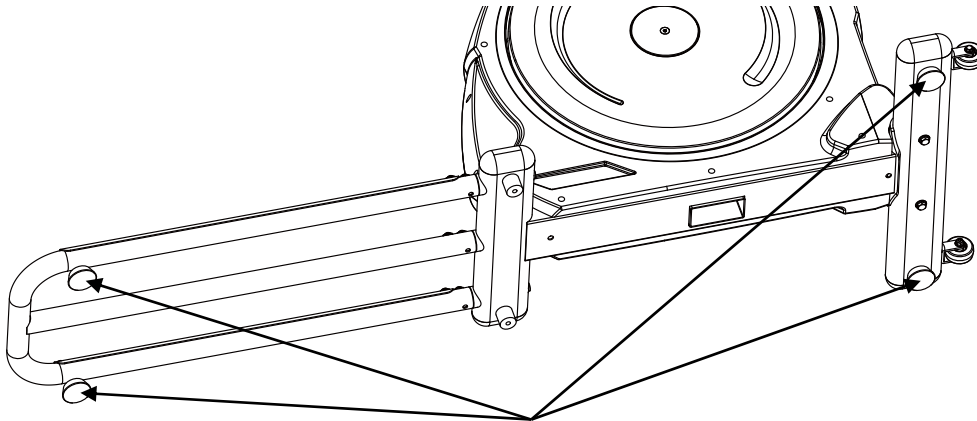
Recovery Mode

See your heart rate recovery ability.

1. When pulse value display on the computer (hold onto handlebar hand pulse sensors), press the RECOVERY button.
2. TIME shows "0:60" (seconds) and countdown.
3. Computer will show heart rate recovery levels from F1 to F6 after countdown. See the F level chart below for your recovery status.

1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

ADJUSTMENT



Adjustable Leveler

Adjusting the Adjustable Leveler

Turn the adjustable leveler on the front stabilizer or U shape rail as needed to level the elliptical trainer. The elliptical trainer has to be leveled to prevent from wobbling or shaking during the exercise.

TROUBLESHOOTING & MAINTENANCE

TROUBLESHOOTING

Computer not working correctly

Check to make sure the computer cable is connected securely.

Check that the AC Adaptor is securely connected to the Power Supply Cable and to the electrical wall outlet.

The elliptical trainer wobbles or shakes when in use

Turn the adjustable leveler on the front stabilizer or U shape rail as needed to level the elliptical trainer.

Squeaking noise when in use

The bolts may be loose on the elliptical trainer. Inspect all bolts and tighten as needed.

No readings or inconsistent/erratic heart rate readings

Always hold on to the handlebar grip sensors with both hands instead of just one.

Try to maintain moderate pressure while holding onto the hand pulse sensors.

Make sure that the wire connections for the hand pulse sensors are secured.

MAINTENANCE

Cleaning

The elliptical trainer 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 elliptical trainer 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 elliptical trainer, 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 elliptical trainer 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.



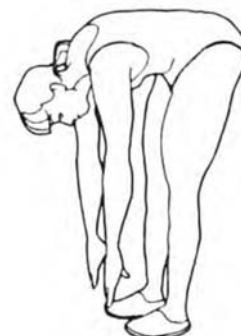
Inner Thigh Stretch

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's Owner's Manual. Paradigm'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 frame and welding of this product are warranted to be free from defects for 3 (three) years. All other parts and workmanship, including computer display, upholstery, foam, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware are to be free from defects for 180 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

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: _____