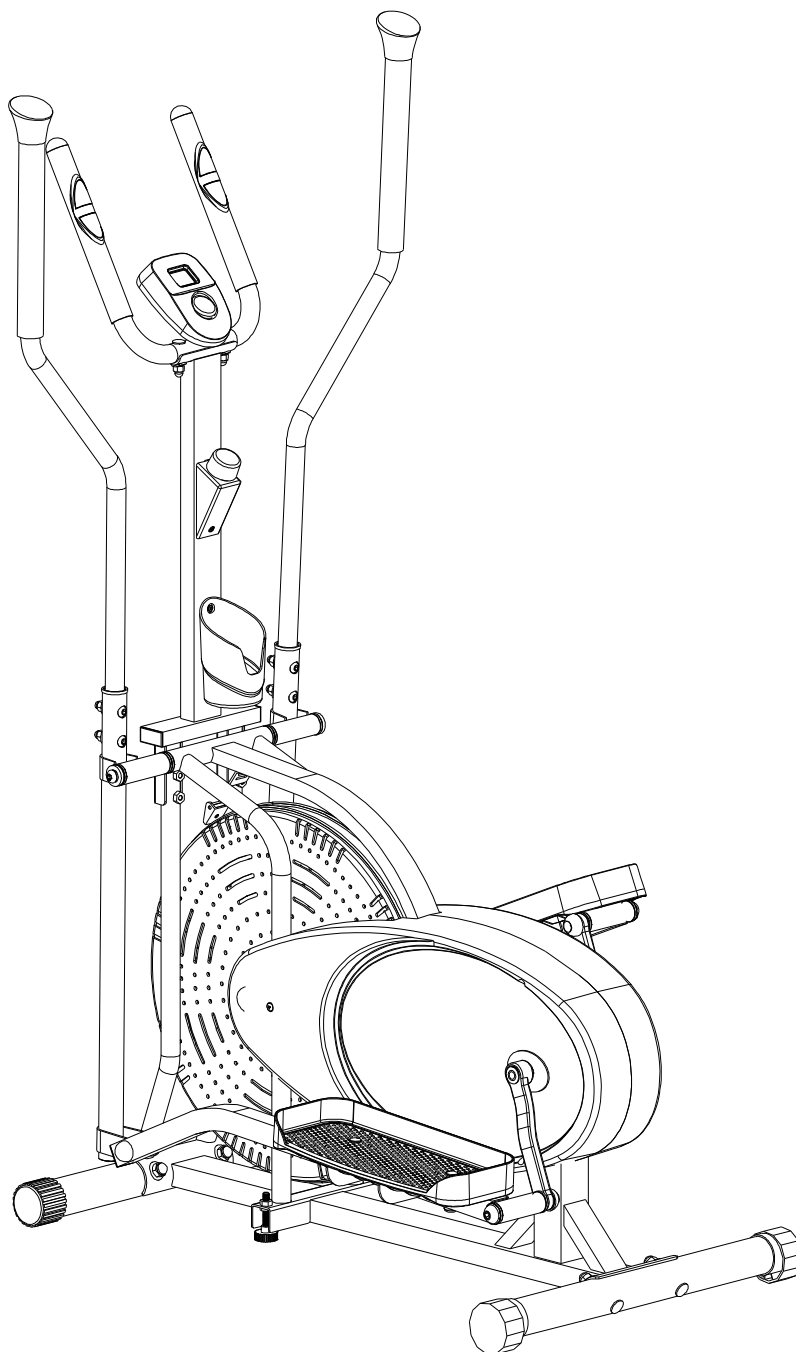


Air Elliptical



IMPORTANT: Read all the instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo and, subject to change without notice.



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:

Service@paradigmhw.com

Or call us at:

1-844-641-7920

Hours:

8:00 am to 5:00 pm (PST) Daily

TABLE OF CONTENT

SERVICE -----	2
LABEL PLACEMENT -----	3
IMPORTANT SAFETY GUIDELINES -----	4
OVERVIEW DRAWING -----	6
PARTS LIST -----	7
HARDWARE & TOOLS PACK -----	9
ASSEMBLY -----	10
CONSOLE -----	22
OPERATIONS & ADJUSTMENTS -----	23
TRANSPORTATION -----	25
STORAGE & MAINTENANCE -----	26
TROUBLESHOOTING -----	27
WARRANTY -----	29
PARTS REQUEST FORM -----	30

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 by the below methods:

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7920

(8:00 AM - 5:00 PM Pacific Standard Time, Daily)

Response time may vary via calling

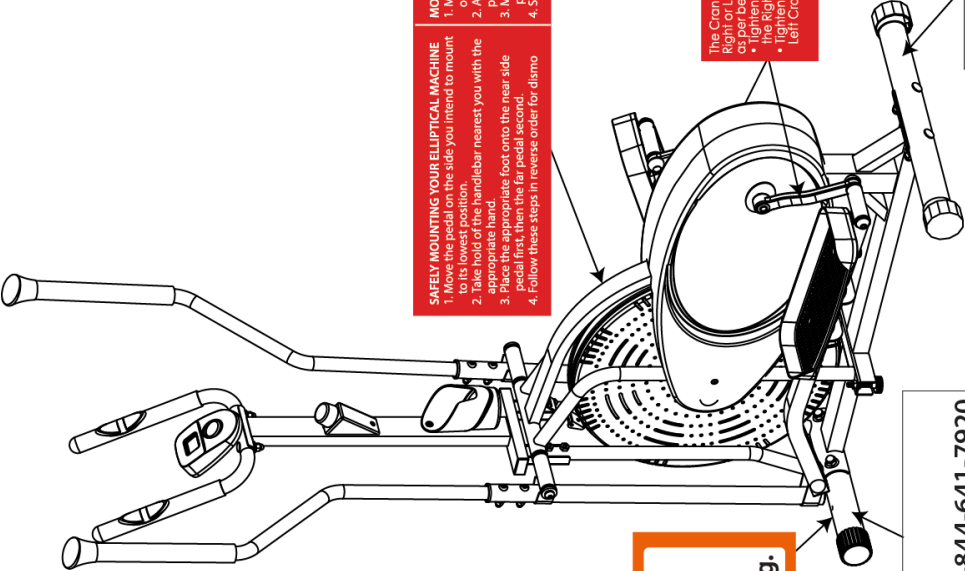
Please have the following information ready when requesting for service:

- 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



**Maximum weight capacity is 275 lbs.
Le poids maximum pout ce produit
est 125 kgs.
La capacidad de peso máxima es 125 kg.**

SAFELY MOUNTING YOUR ELLIPTICAL MACHINE
1. Mount the pedal on the side you intend to mount.
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 SÛRE L'EXERCISEUR ELLIPTIQUE ET EN DESCENDRE
1. Mettre en position la pédale du côté où l'on monte.
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.

CÓMO SUBIRSE DE FORMA SEGURA EN SU MÁQUINA ELÍPTICA
1. Montar el pedal del lado en el que desea subirse, a la posición más cercana a usted.
2. Con la mano adecuada, sostenga el manubrio que esté más cerca de usted.
3. Coloque primero el pie adecuado en el pedal del lado más cercano y luego en el pedal más alejado.
4. Siga estos pasos en orden inverso para bajarse.

The Crank will be damaged if the Right or Left Bolts are not tightened as per below instructions!
• Tighten Right Bolt (21) into the Right Crank Counter Clockwise.
• Tighten Left Bolt (22) into the Left Crank Counter Clockwise.

La manivelle pourrait être endommagée si les boulons droit ou gauche ne sont pas serrés selon les instructions ci-dessous.
• Serrez le Boulon droit (21) dans la manivelle droite dans le sens horaire.
• Serrez le Boulon gauche (22) dans la manivelle gauche dans le sens antihoraire.

Se doñard el cigüeñal en caso de que no se aprieten los pernos derecho e izquierdo según las siguientes instrucciones!
• Apriete el pernos derecho (21) en el cigüeñal derecho en sentido horario.
• Apriete el pernos izquierdo (24) en el cigüeñal izquierdo, hacia la izquierda.

8 1129 05 9 810 13 07 11 6

112229130700001

Serial number / Numéro de série / Número de serie:
MADE IN CHINA / FABRIQUE EN CHINE / HECHO EN CHINA

PROFORM FITNESS

For customer assistance, daily:
Pour le service à la clientèle
composer le, tous les jours:
Para servicios al cliente,
llame al, diario:

1-844-641-7920
8 am - 5 pm PST

IMPORTANT SAFETY GUIDELINES

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

Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.

1. Make sure all the components are not damaged and are in working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar, covering material on the ground is recommended.
2. Wear proper fitness apparel when using this equipment. Do not wear loose clothing or accessories that may get caught by any part of the equipment.
3. Make sure all the components are not damaged and are in working order before using this equipment.
4. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or moist condition.
5. Do not use the equipment outdoors. This equipment is for household use only.
6. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
7. Only one person should be on the equipment at a time. Keep children and pets away from the product at all times. This machine is designed for adults only.
8. Be careful to always hold onto the handlebars when you're mounting and dismounting. Be careful to have the pedals at their lowest point when stepping off.
9. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
10. This product requires a minimum of 6 square feet around for safe operation.
11. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
12. **DO NOT** pedal in reverse.
13. **ASSEMBLY ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
14. **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.
15. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
Warning: - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
17. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
18. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
19. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using the Bike. Retain this Owner's manual for future reference.

IMPORTANT SAFETY GUIDELINES

Do not use this equipment if you have any of the following conditions or ailments:

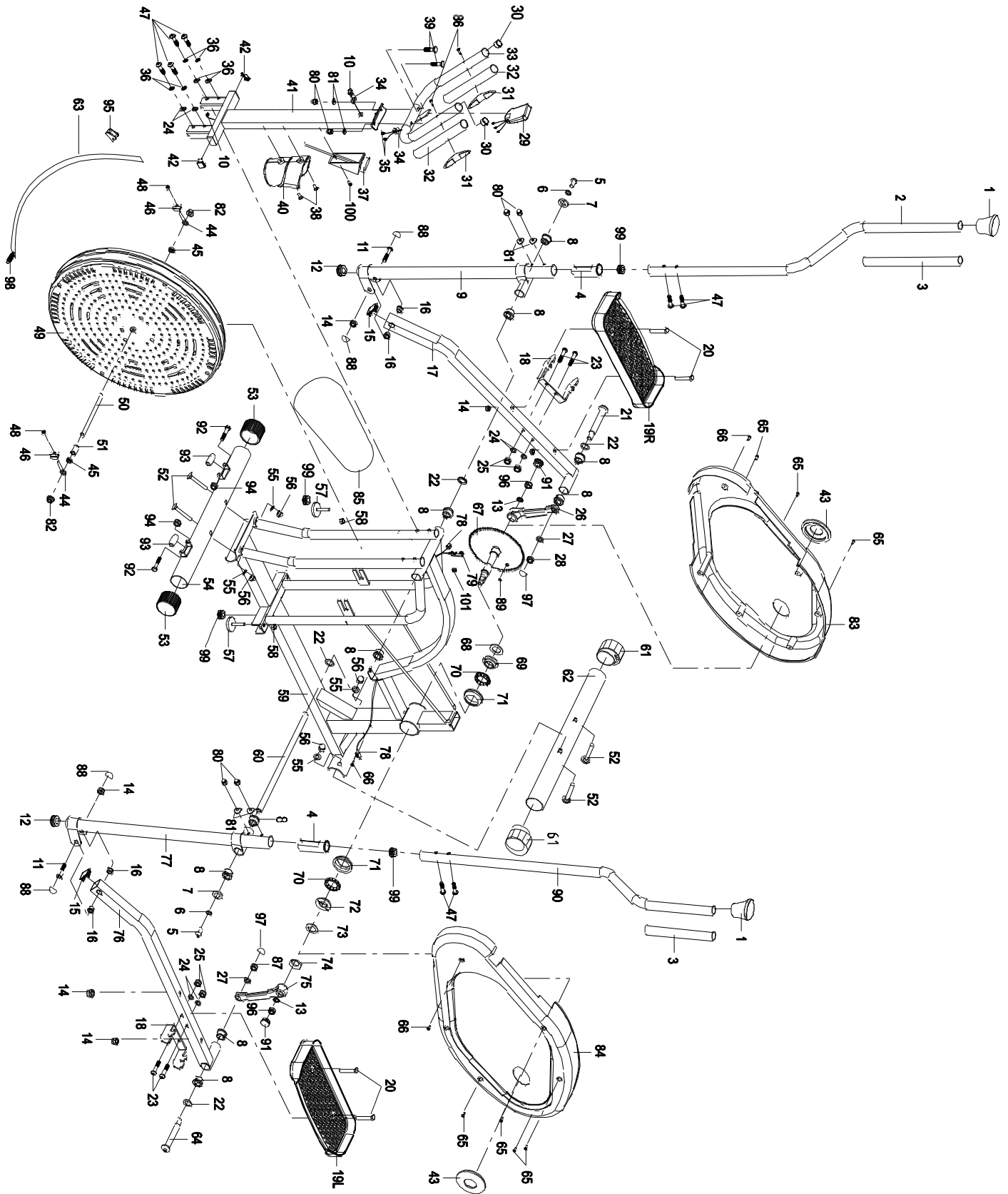
- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you are being treated
- High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modular pins, or surgically implanted orthopedic supports.

**Do not exceed the maximum rated weight (load):
The Maximum Weight Capacity for this product is 275lbs/125kgs.**

Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Handrail Arm End Cap Ø25	2
2	Right Handrail Arm Ø25x1.8x990	1
3	Handrail Arm Foam Grip Ø24xØ34x280	2
4	Handrail Arm Plastic Bushing Ø32x1.5	2
5	Bolt M10x18	2
6	Spring Washer Ø10xØ18x3	2
7	D Washer Ø28xØ16xØ5	2
8	Powder Metal Bushing Ø24.5xØ16x14	10
9	Right Handrail	1
10	Extension Sensor Wire L=650 mm	1
11	Bolt M10x55	2
12	Handrail End Cap Ø32x1.5	2
13	Serrated Lock Washer External Teeth Ø10	2
14	Nylon Nut M10	6
15	Foot Bar End Cap 30x30x1.5	2
16	Powder Metal Bushing Ø14xØ10x10	4
17	Right Foot Bar	1
18	Foot Pedal Support Bracket 245x38xØ3.0	2
19L	Left Foot Pedal 349x150x56	1
19R	Right Foot Pedal 349x150x56	1
20	Bolt M10x45	4
21	Right Crank Bolt Ø16x89xL23	1
22	Wave Washer Ø28xØ17x0.3	4

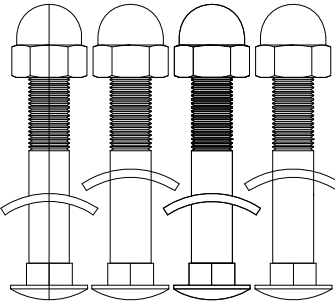
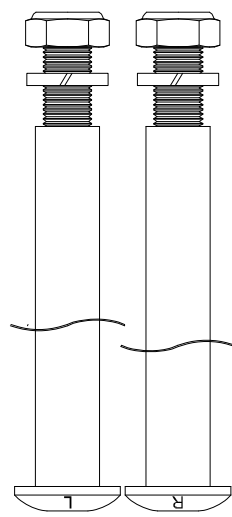
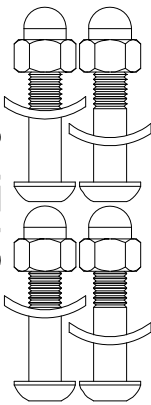
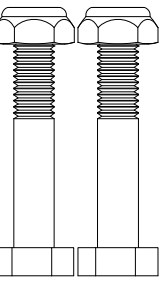
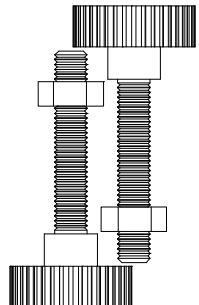
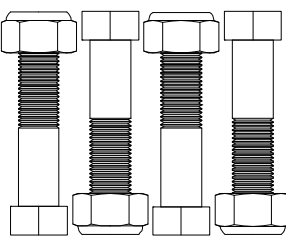
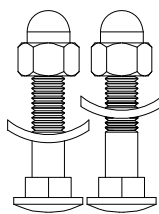
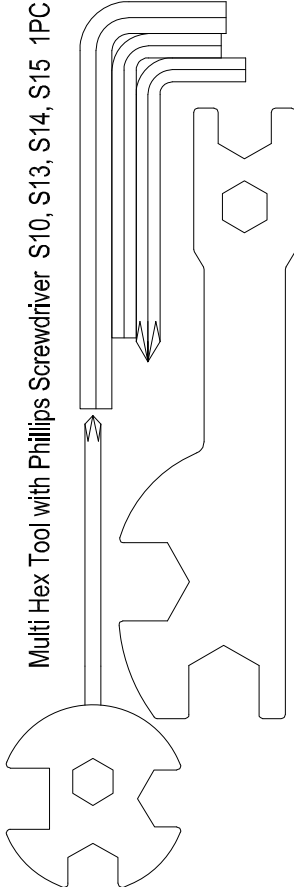
No.	Description	Qty
23	Bolt M8x43	4
24	Washer Ø8	8
25	Nylon Nut M8	4
26	Right Crank 6.7"	1
27	Spring Washer Ø20xØ13x2	2
28	Right Nylon Nut Crank 1/2"	1
29	Computer Console M1202	1
30	Hand Pulse Handlebar End Cap Ø25x1.5	2
31	Hand Pulse Sensor	2
32	Hand Pulse Handlebar Foam Grip Ø24xØ30x240	2
33	Hand Pulse Handlebar	1
34	Wire Grommet Ø12.1	2
35	Hand Pulse Sensor Wire L=500 mm	2
36	Spring Washer Ø8	4
37	Tension Control Knob	1
38	Bolt M5x15	2
39	Carriage Bolt M8x35	2
40	Bottle Holder	1
41	Hand Pulse Handlebar Support Frame	1
42	Hand Pulse Handlebar Support Frame End Cap 30x20x2.0	2
43	Cover Cap Ø25	2
44	Eyebolt M6x33	2
45	Nut M10x1xB5	2

PARTS LIST

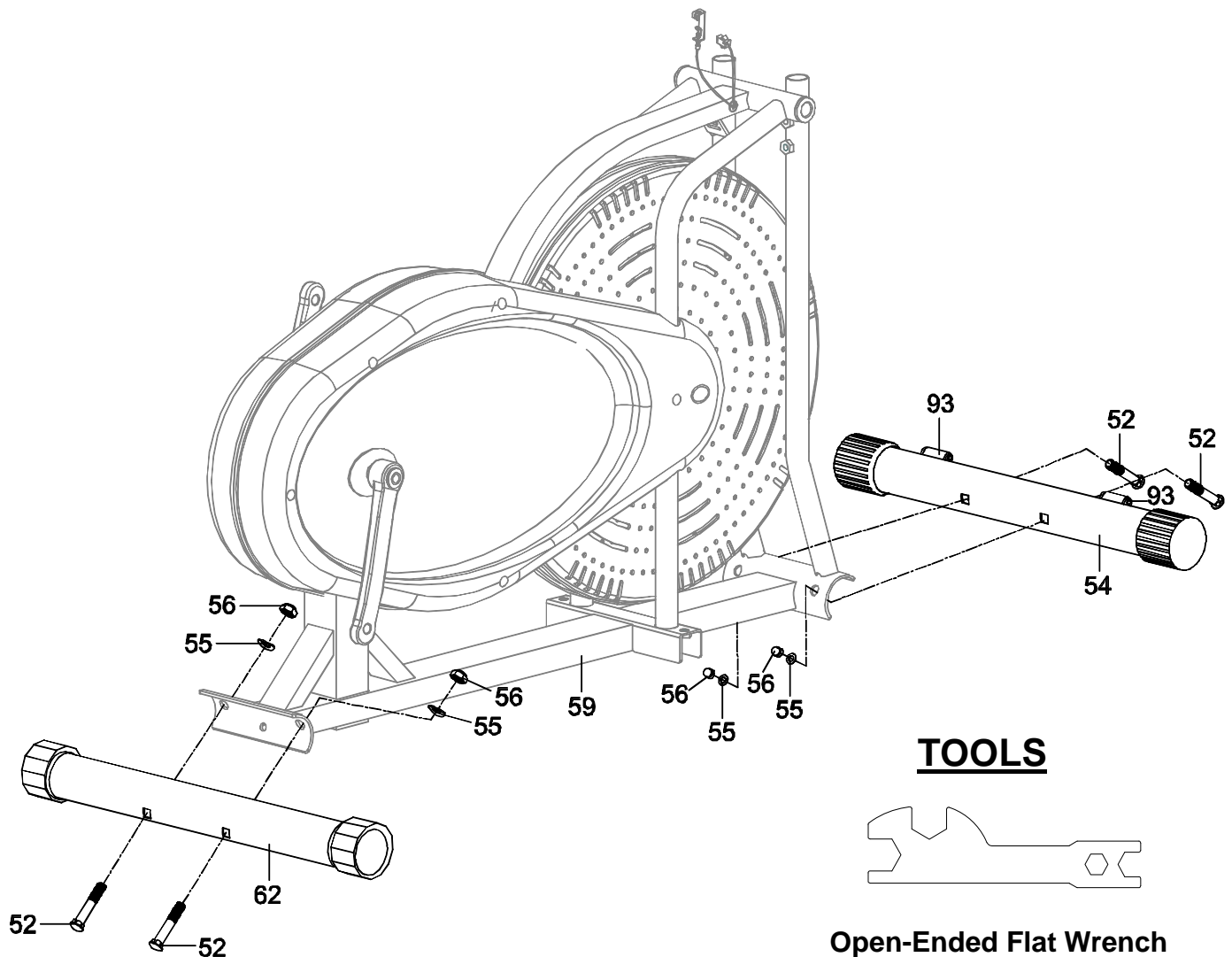
No.	Description	Qty
46	Tension Bracket	2
47	Bolt M8x38	8
48	Nut M6	2
49	Fan Wheel Ø503x85	1
50	Fan Wheel Axle M10x1xL150xL25xL40	1
51	Spacer Ø16xØ10x20	1
52	Bolt M10x57	4
53	Front Stabilizer End Cap Ø50	2
54	Front Stabilizer Ø50x1.5	1
55	Curve Washer Ø10xØ25x2	4
56	Cap Nut M10	4
57	Adjustable Leveler M8x45	2
58	Nut M8	2
59	Mainframe	1
60	Rotation Rod Ø15.8x376	1
61	Rear Stabilizer End Cap Ø50	2
62	Rear Stabilizer Ø50x1.5x540	1
63	Tension Strap 1150x18	1
64	Left Crank Bolt Ø16x89xL23	1
65	Screw ST4.8x40	7
66	Phillips Self Drilling Screw ST4.8x20	3
67	Chain Pulley	1
68	Washer Ø40x24x3	1
69	Bearing Nut II 15/16"	1
70	Bearing	2
71	Bearing Cup	2
72	Bearing Nut I 7/8"	1
73	Washer Ø34.5x23x2.5	1
74	Nut 7/8"	1

No.	Description	Qty
75	Left Crank 6.7"	1
76	Left Foot Bar	1
77	Left Handrail	1
78	Sensor with Wire L=900 mm	1
79	Tension Cable L=1020 mm	1
80	Cap Nut M8	6
81	Big Curve Washer Ø8xØ20x2	6
82	Flange Nut M10x1xB10	2
83	Right Cover 705x362	1
84	Left Cover 705x362	1
85	Chain	1
86	Screw ST4.2x20	2
87	Left Nylon Nut 1/2"	1
88	Nut Cap S16	4
89	Small Magnet Ø15x7	1
90	Left Handrail Arm Ø25x1.8x990	1
91	Crank Cover Ø22	2
92	Bolt M6x45	2
93	Transport Wheel Ø23xØ6x32	2
94	Nylon Nut M6	2
95	Plastic Clip 20	1
96	Flange Nut M10x1.25	2
97	Nut Cap S18	2
98	Spring Ø12x1.8x32	1
99	Round Plug Ø25x1.5	4
100	Cross Recessed Pan Head Screw M5x15	1
101	Clip	1

1307-Hardware Pack

<div>STEP1</div> <div></div> <div>#52 - 4PCS #55 - 4PCS #56 - 4PCS</div>	<div>STEP2&3&4</div> <div></div> <div>#21 - 1PC #64 - 1PC #22 - 2PCS #27 - 2PCS #28 - 2PCS #23 - 4PCS #24 - 4PCS #25 - 4PCS</div>	<div>STEP6</div> <div></div> <div>#47 - 4PCS #81 - 4PCS #80 - 4PCS</div>	<div>STEP7&8</div> <div></div> <div>#11 - 2PCS #14 - 2PCS</div>	<div>STEP10</div> <div></div> <div>#57 - 2PCS #58 - 2PCS</div>	<div>STEP5</div> <div></div> <div>#14 - 4PCS #20 - 4PCS</div>	<div>STEP9</div> <div></div> <div>#39 - 2PCS #81 - 2PCS #80 - 2PCS</div>	<div>Multi Hex Tool with Phillips Screwdriver S10, S13, S14, S15 1PC</div> <div></div> <div>Open-Ended Flat Wrench 1PC 8mm Allen Wrench 1PC 6mm Allen Wrench 1PC 6mm Allen Wrench with Phillips Screwdriver 1PC</div>
---	---	---	---	---	---	---	--

ASSEMBLY



STEP 1

1A Installing The Front Stabilizer: Ensuring that the ARROW STICKER IS POINTING UP so that the **Transport Wheels (93)** are parallel to the floor, align the holes of the **Front Stabilizer (54)** to the curved bracket at the front end of the **Mainframe (59)**. Insert two **Bolts (52)** through the **Front Stabilizer (54)** and secure with two **Curve Washers (55)** and two **Cap Nuts (56)**. Using the **Open-Ended Flat Wrench**, tighten the **Cap Nuts (56)** until they are secure.

1B Installing The Rear Stabilizer: Align and attach the **Rear Stabilizer (62)** to the bracket located at the bottom of the back end of **Mainframe (59)** with two **Bolts (52)**. Secure the two **Bolts (52)** with two **Curve Washers (55)** and two **Cap Nuts (56)**. Using the **Open-Ended Flat Wrench**, tighten the **Cap Nuts (56)** until they are secure.

HARDWARE PACK



(52) Bolt
4PCS



(55) Curve Washer
4PCS



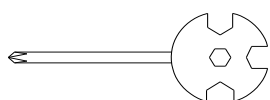
(56) Cap Nut
4PCS

ASSEMBLY

TOOLS



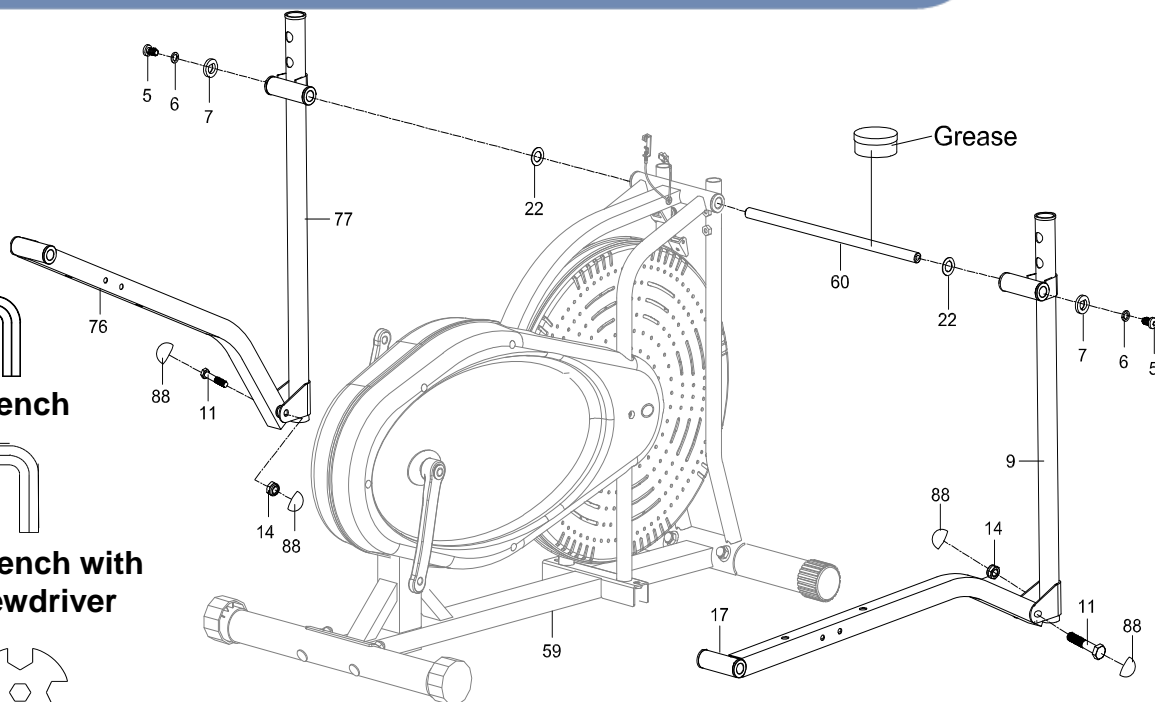
6mm Allen Wrench with Phillips Screwdriver



Multi-Hex Tool With Phillips Screwdriver



Open-Ended Flat Wrench



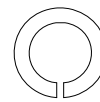
PRE-INSTALLED HARDWARE



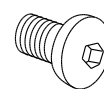
(22) Wave Washer
2PCS



(7) D Washer
2PCS



(6) Spring Washer
2PCS



(5) Bolt
2PCS

STEP 2

2A Greasing The Rotation Rod: Remove the Pre-Assembled two **Bolts (5)**, two **Spring Washer (6)**, two **D Washers (7)**, two **Wave Washer (22)** from the **Rotation Rod (60)**. Use the **Grease** provided to lubricate a thin, even coat of grease onto the **Rotation Rod (60)**. The **Grease** will be used in future steps. Insert the **Rotation Rod (60)** into the top of the **Main Frame (59)**.

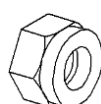
2B Installing The Handrails: Install the **Right Handrail (9)** onto the right end of the **Rotation Rod (60)** with one **Wave Washer (22)**, one **D Washer (7)**, one **Spring Washer (6)**, and one **Bolt (5)**. Repeat this step for the **Left Handrail (77)**. Be sure the **D Washers (7)** sit properly along the **Rotation Rod (60)**. Simultaneously tighten both **Bolts (5)** with the **6mm Allen Wrench** and **6mm Allen Wrench With Phillips Screwdriver**.

2C Installing The Foot Bars: With the bend going downwards install the **Right Foot (17)** to the bottom end of the **Right Handrail (9)** with one **Hex Head Bolt (11)** and one **Nylon Nut (14)**. Simultaneously tighten the **Hex Head Bolt (11)** and **Nylon Nut (14)** with the **Multi-Hex Tool With Phillips Screwdriver** and **Open-Ended Flat Wrench**. Repeat this process for the **Left Foot Bar (76)**. Cover the **Nylon Nuts (14)** and the **Hex Head Bolts (11)** with **Nut Caps (88)**.

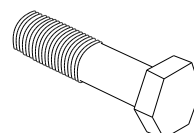
HARDWAREWARE PACK



Grease
1PC



(14) Nylon Nut
2PCS



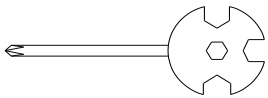
(11) Hex Head Bolt
2PCS

ASSEMBLY

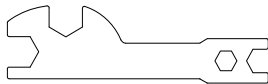
TOOLS



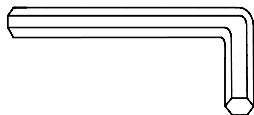
6mm Allen Wrench



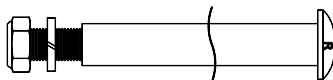
Multi-Hex Tool With
Phillips Screwdriver



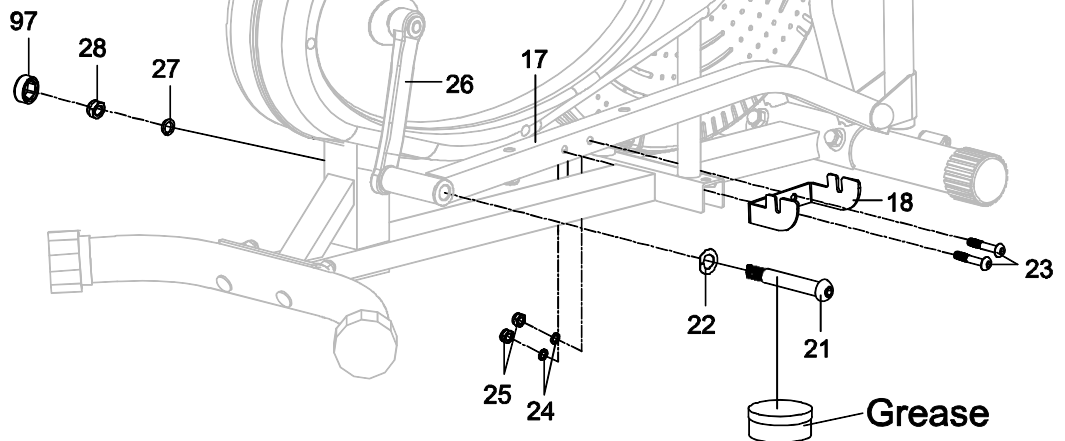
Open-Ended Flat
Wrench



8mm Allen Wrench



R for right bolt



Important:
Installing right bolt into right
crank can only be done by
turning right (CLOCKWISE).

STEP 3

3A Foot Pedal Support Bracket and Right Crank Bolt Installation: Attach the **Foot Pedal Support Bracket (18)** onto the right side of the **Right Foot Bar (17)** using two **Bolts (23)**, two **Washers (24)**, and two **Nylon Nuts (25)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to tighten the **Foot Pedal Support Bracket (18)** to the **Right Foot Bar (17)**.

3B Inserting The Right Crank Bolt Through The Right Foot Bar: Lubricate the **Right Crank Bolt (21)** with some of the **Grease** provided. Insert the **Right Crank Bolt (21)** and one **Wave Washer (22)** through the outside holes of the **Right Foot Bar (17)**.

3C Installing The Right Crank Bolt: Make sure the **Right Crank Bolt (21)** is perfectly level and straight as you insert it into the **Right Crank (26)**, through the **Right Foot Bar (17)** in a CLOCKWISE direction. Use the **8mm Allen Wrench** to tighten the **Right Crank Bolt (21)**. Put one **Spring Washer (27)** and one **Right Nylon Nut (28)** onto the threaded end of the **Right Crank Bolt (21)** in a COUNTER-CLOCKWISE direction. Use the **Open-Ended Wrench** on the **Right Nylon Nut (28)** and the **8mm Allen Wrench** on the **Right Crank Bolt (21)** simultaneously to tighten the **Right Nylon Nut (28)**. Cover the **Right Nylon Nut (28)** with one **Nut Cap (97)**.

Read the note on next page regarding tightening guidelines. Refer to the illustration showing the correct installation of the **Right Crank Bolt (21)**. See Figure A on the next page.

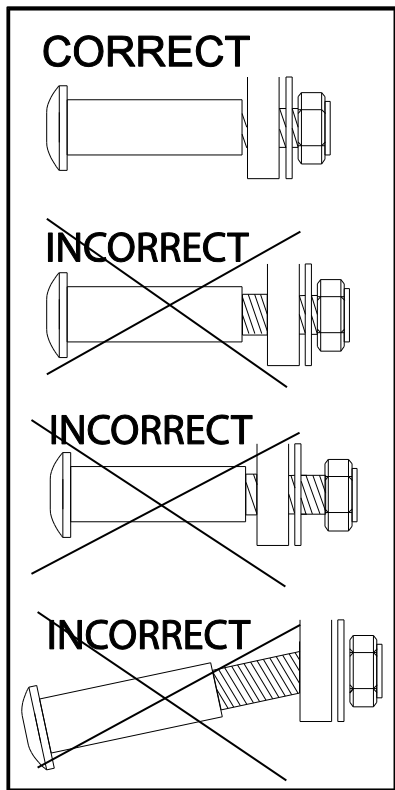
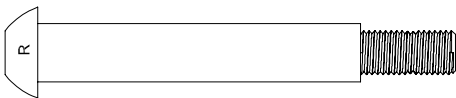


Figure A

Note: Figure A shows the correct installation of the **Right Crank Bolt (21)**. Keep the bolt perfectly straight when the bolt goes through the **Right Foot Bar (17)**, and is being screwed into the **Right Crank (26)**. If the bolt is screwed into the crank at an angle, this may damage the equipment. Only screw the **Right Crank Bolt (21)** in a CLOCKWISE manner.

Make sure that the Right Crank Bolt (21) is used with the Right Crank (26) only and the left bolt is for the left crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

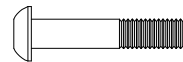
HARDWARE PACK



**(21) Right Crank Bolt
1PC**



**(22) Wave Washer
1PC**



**(23) Bolt
2PCS**



**(24) Washer
2PCS**



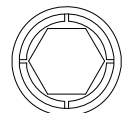
(25) Nylon Nut 2PCS



**(27) Spring Washer
1PC**



**(28) Right Nylon Nut
1PC**

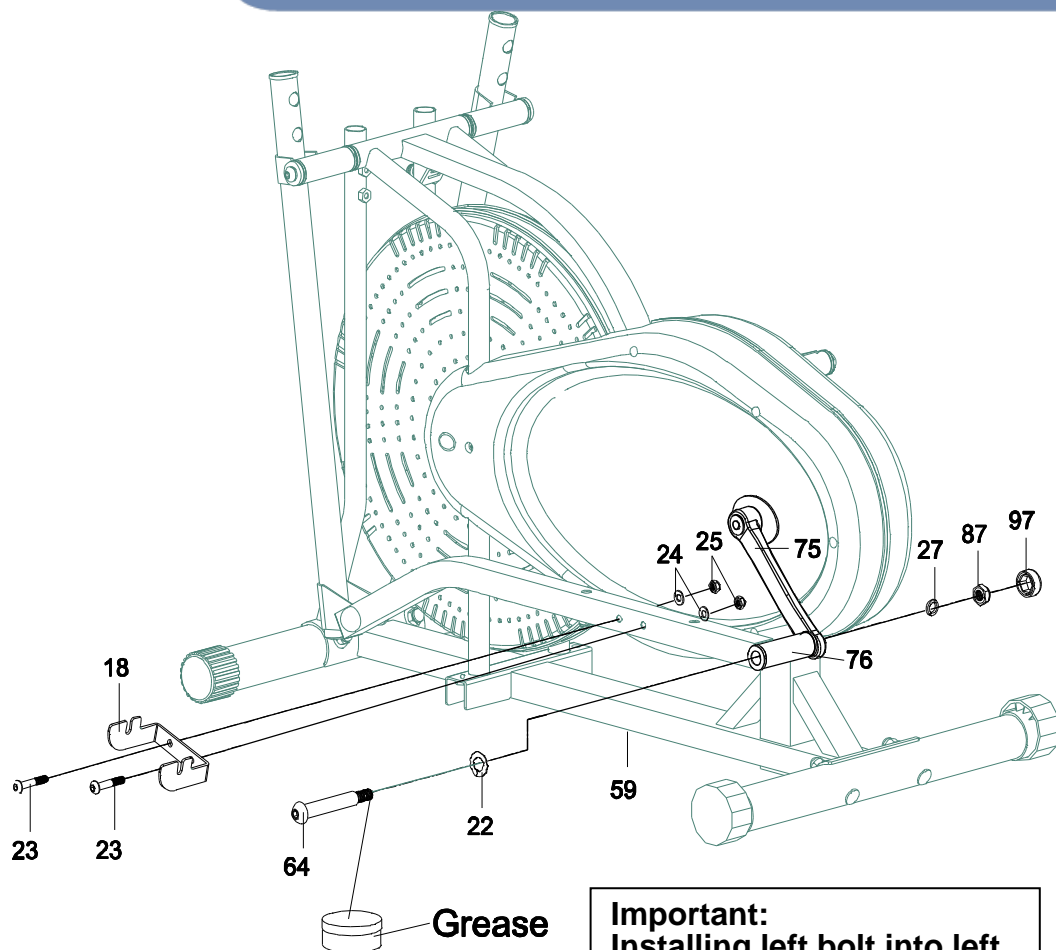


**(97) Nut Cap
1PC**



**Grease
1PC**

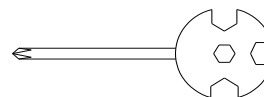
ASSEMBLY



TOOLS



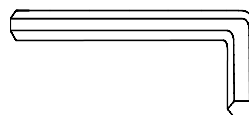
6mm Allen Wrench



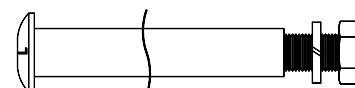
Multi-Hex Tool With Phillips Screwdriver



Open-Ended Flat Wrench



8mm Allen Wrench



L for left bolt

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

STEP 4

4A Foot Pedal Support Bracket and Left Crank Bolt Installation: Attach the **Foot Pedal Support Bracket (18)** onto the left side of the **Left Foot Bar (76)** using two **Bolts (23)**, two **Washers (24)**, and two **Nylon Nuts (25)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to tighten the **Foot Pedal Support Bracket (18)** to the **Left Foot Bar (76)**.

3B Inserting The Left Crank Bolt Through The Right Foot Bar: Lubricate the **Left Crank Bolt (64)** with some of the **Grease** provided. Insert the **Left Crank Bolt (64)** and one **Wave Washer (22)** through the outside holes of the **Left Foot Bar (76)**.

3C Installing The Left Crank Bolt: Make sure the **Left Crank Bolt (64)** is perfectly level and straight as you insert it into the **Left Crank (75)**, through the **Left Foot Bar (76)** in a COUNTER-CLOCKWISE direction. Use the **8mm Allen Wrench** to tighten the **Left Crank Bolt (64)**. Put one **Spring Washer (27)** and one **Left Nylon Nut (87)** onto the threaded end of the **Left Crank Bolt (64)** in a CLOCKWISE direction. Use the **Open-Ended Wrench** on the **Left Nylon Nut (64)** and the **8mm Allen Wrench** on the **Left Crank Bolt (64)** simultaneously to tighten the **Left Nylon Nut (64)**. Cover the **Left Nylon Nut (64)** with one **Nut Cap (97)**.

Read the note on next page regarding tightening guidelines. Refer to the illustration showing the correct installation of the Left Crank Bolt (64). See Figure A on the next page.

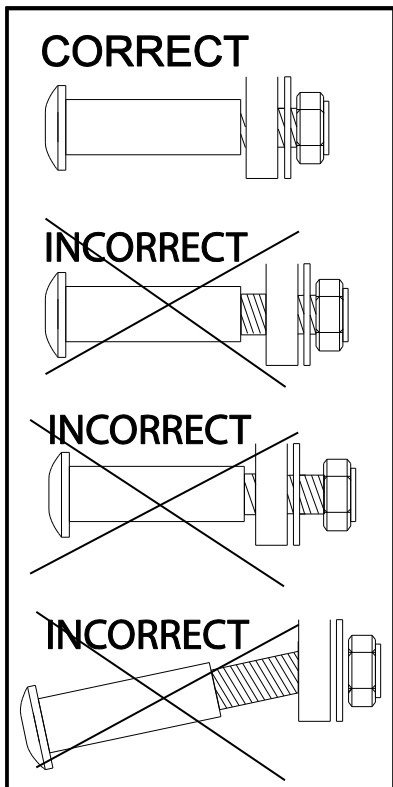
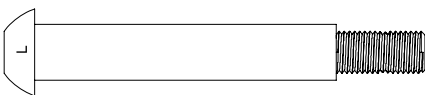


Figure A.

Note: Figure A shows the correct installation of the **Left Crank Bolt (64)**. Keep the bolt perfectly straight when the bolt goes through the **Left Foot Bar (76)**, and is being screwed into the **Left Crank (75)**. If the bolt is screwed into the crank at an angle, this may damage the equipment. Install the **Left Crank Bolt (64)** ONLY in the COUNTER-CLOCKWISE direction.

Make sure that the Left Crank Bolt (64) is used with the Left Crank (75) only and the left bolt is for the left crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

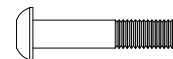
HARDWARE PACK



(64) Left Crank Bolt
1PC



(22) Wave Washer
1PC



(23) Bolt
2PCS



(24) Washer
2PCS



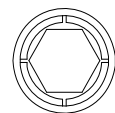
(25) Nylon Nut
2PCS



(27) Spring Washer
1PC



(87) Left Nylon Nut
1PC



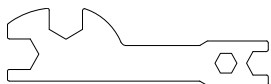
(97) Nut Cap
1PC



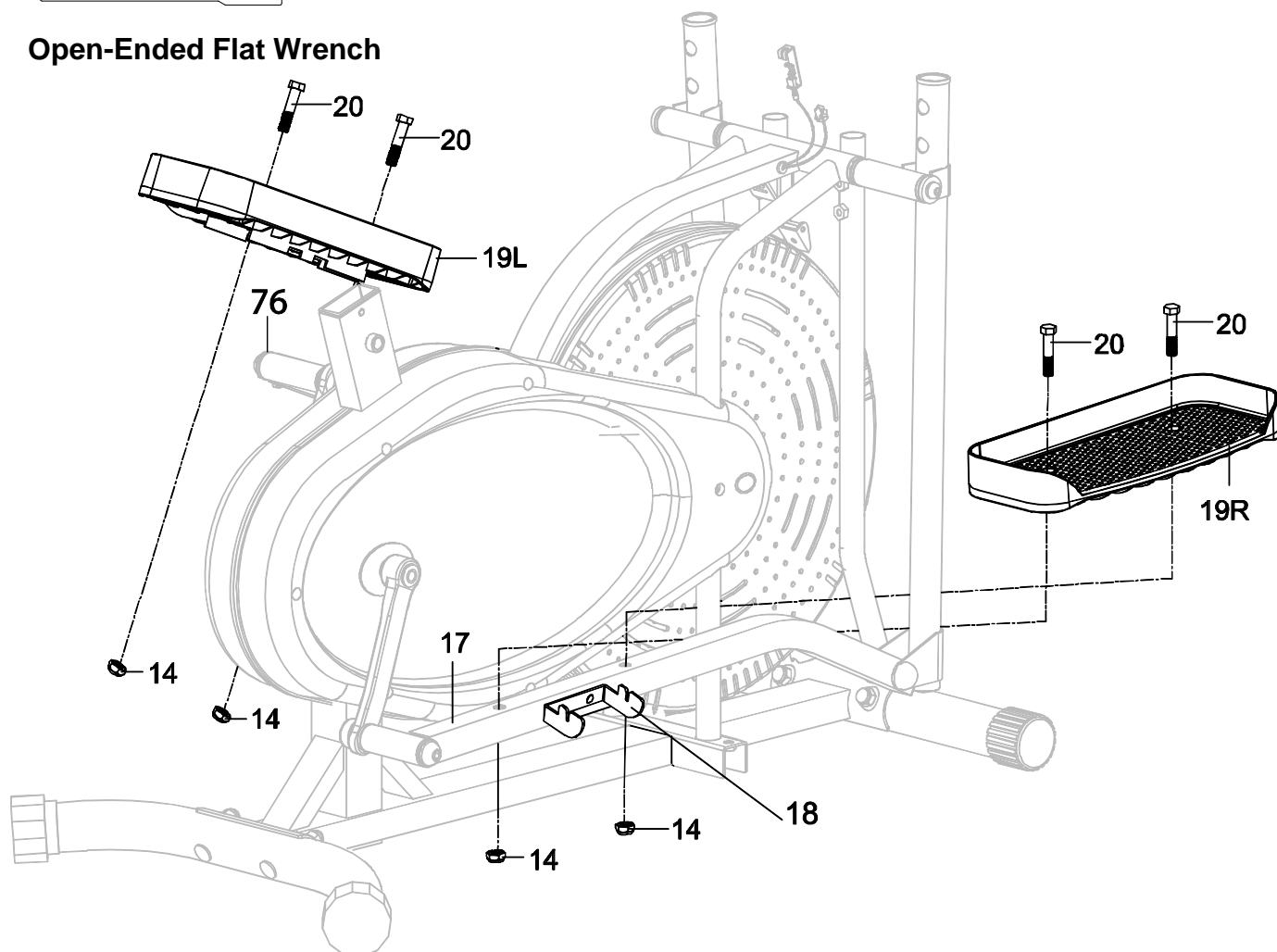
Grease
1PC

ASSEMBLY

TOOLS



Open-Ended Flat Wrench

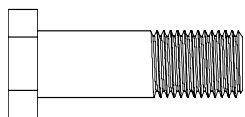


STEP 5

5A Right Pedal Installation: Attach the **Right Foot Pedal (19R)** onto the top of the right side **Foot Pedal Support Bracket (18)** located on the **Right Foot Bar (17)** with two **Bolts (20)** and two **Nylon Nuts (14)**. Tighten the **Nylon Nuts (14)** using the **Open-Ended Flat Wrench** provided.

5B Left Pedal Installation: Attach the **Left Foot Pedal (19L)** onto the top of the left side **Foot Pedal Support Bracket (18)** located on the **Left Foot Bar (76)** with two **Bolts (20)** and two **Nylon Nuts (14)**. Tighten the **Nylon Nuts (14)** using the **Open-Ended Flat Wrench** provided.

HARDWARE PACK

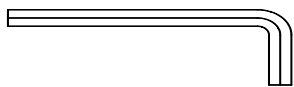


(20) Bolt
4PCS

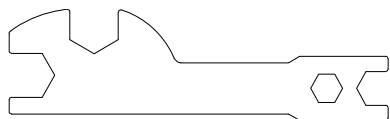


(14) Nylon Nut
4PCS

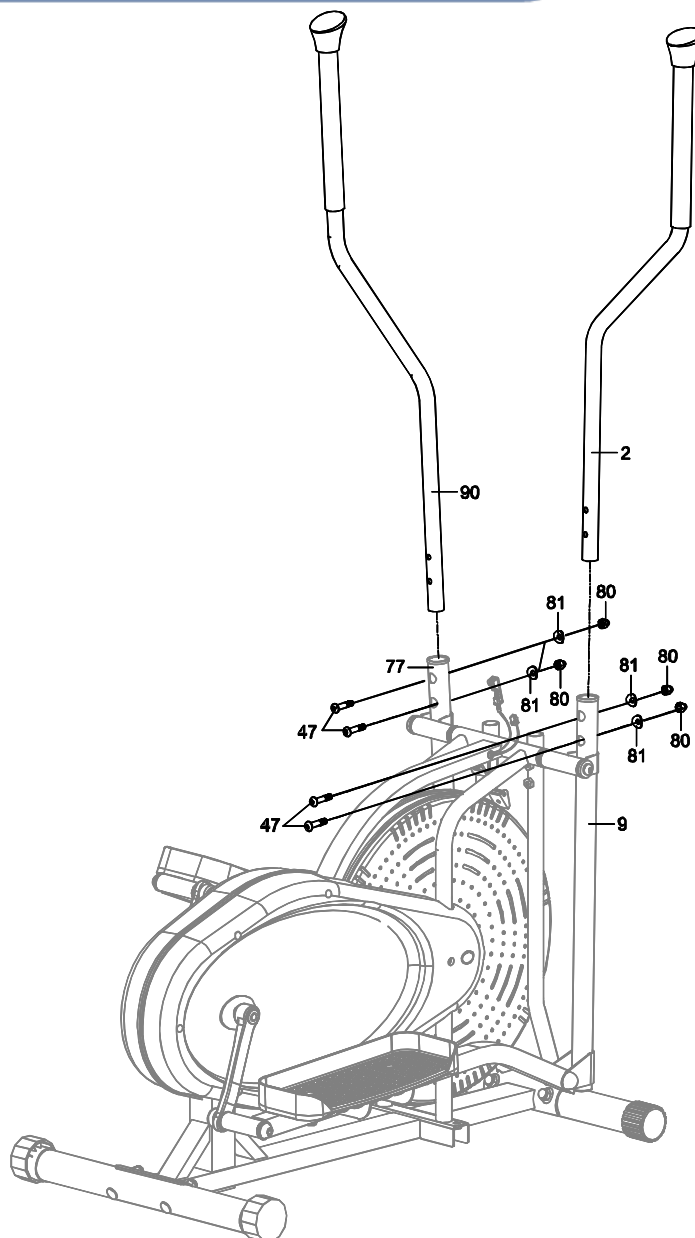
TOOLS



6mm Allen Wrench



Open-Ended Flat Wrench

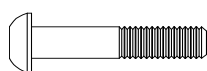


STEP 6

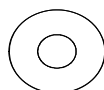
6A Right Handrail Arms Installation: Insert the **Right Handrail Arm (2)** with the handlebar grip bent outwards into the **Right Lower Handrail (9)** and align the holes. Secure the **Right Handrail Arm (2)** using two **Big Curve Washers (81)**, two **Bolts (47)**, and two **Cap Nuts (80)**. Tighten the **Cap Nuts (80)** and **Bolts (47)** using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** simultaneously.

6B Left Handrail Arm Installation: Insert the **Left Handrail Arm (90)** with the handlebar grip facing outwards into the **Left Lower Handrail (77)** and align the holes. Secure the **Left Handrail Arm (90)** using two **Big Curve Washers (81)**, two **Bolts (47)**, and two **Cap Nuts (80)**. Tighten the **Cap Nuts (80)** and **Bolts (47)** using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** simultaneously.

HARDWARE PACK



(47) Bolt
4PCS

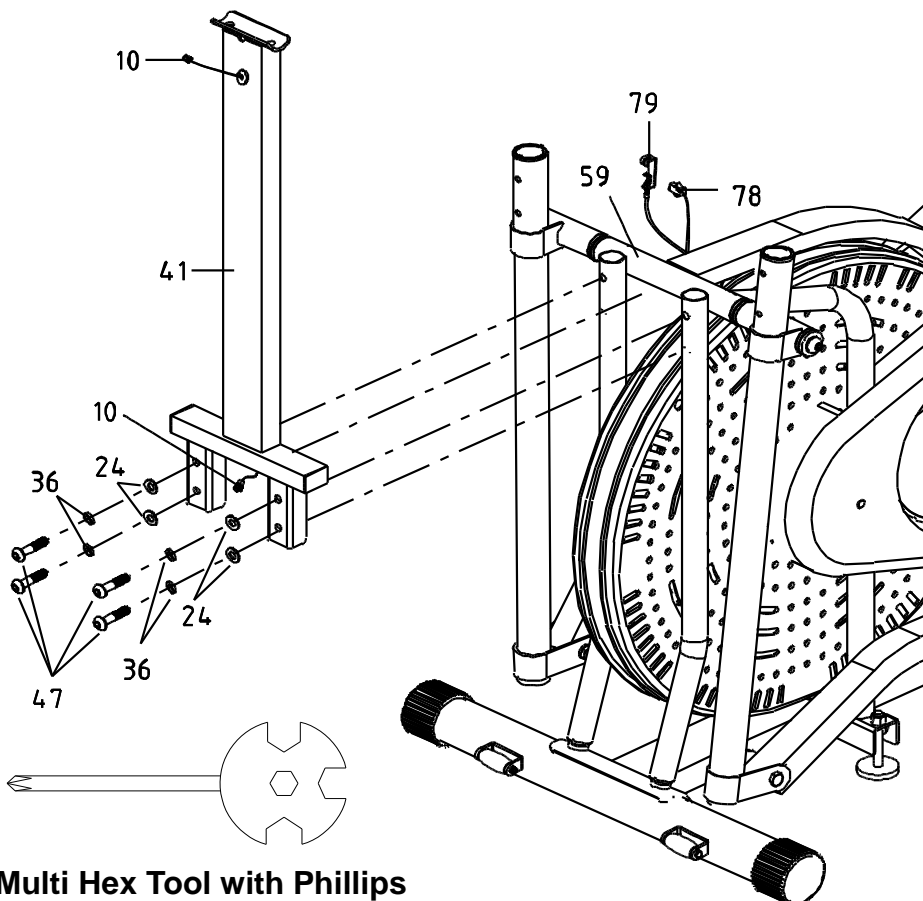
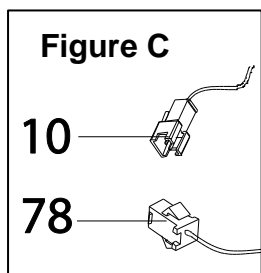
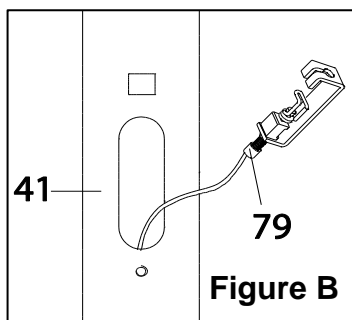


(81) Big Curve Washer
4PCS

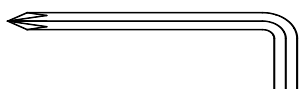


(80) Cap Nut
4PCS

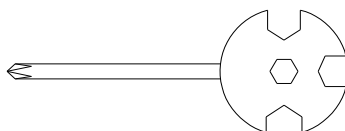
ASSEMBLY



TOOLS



6mm Allen Wrench with
Phillips Screwdriver



Multi Hex Tool with Phillips
Screwdriver

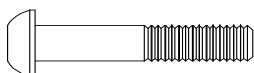
STEP 7

7A Support Frame Handlebar Installation: As you begin to mount the **Hand Pulse Handlebar Support Frame (41)** to the **Mainframe (59)**, insert the **Tension Cable (79)** through the bottom opening in the shaft of the **Hand Pulse Handlebar Support Frame (41)** and pull it out through the shaft opening located midway up the support frame. See **Figure B**.

7B Installing The Hand Pulse Handlebar Support Frame: Fully mount the **Hand Pulse Handlebar Support Frame (41)** to the **Mainframe (59)**. After being mounted, secure the **Hand Pulse Handlebar Support Frame (41)** onto the **Mainframe (59)** with four **Bolts (47)**, four **Spring Washers (36)**, and four **Washers (24)**. Use the **6mm Allen Wrench with Phillips Screwdriver** to tighten the **Bolts (47)** until they are firm and secure.

7C Installing The Sensor Wires To The Mainframe: Connect the **Sensor Wire (78)** attached to the **Mainframe (59)** to the **Extension Sensor Wire (10)** coming from the bottom end of the **Hand Pulse Handlebar Support Frame (41)**. Make sure the connectors "click" when connected. See **Figure C**.

HARDWARE PACK



(47) Bolt
4PCS



(24) Washer
4PCS



(36) Spring Washer
4PCS

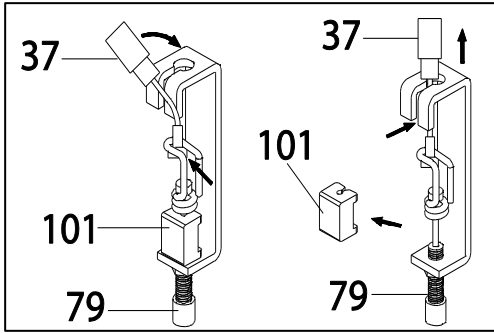


Figure D

Figure E

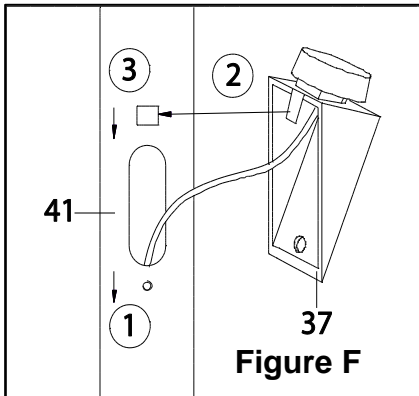
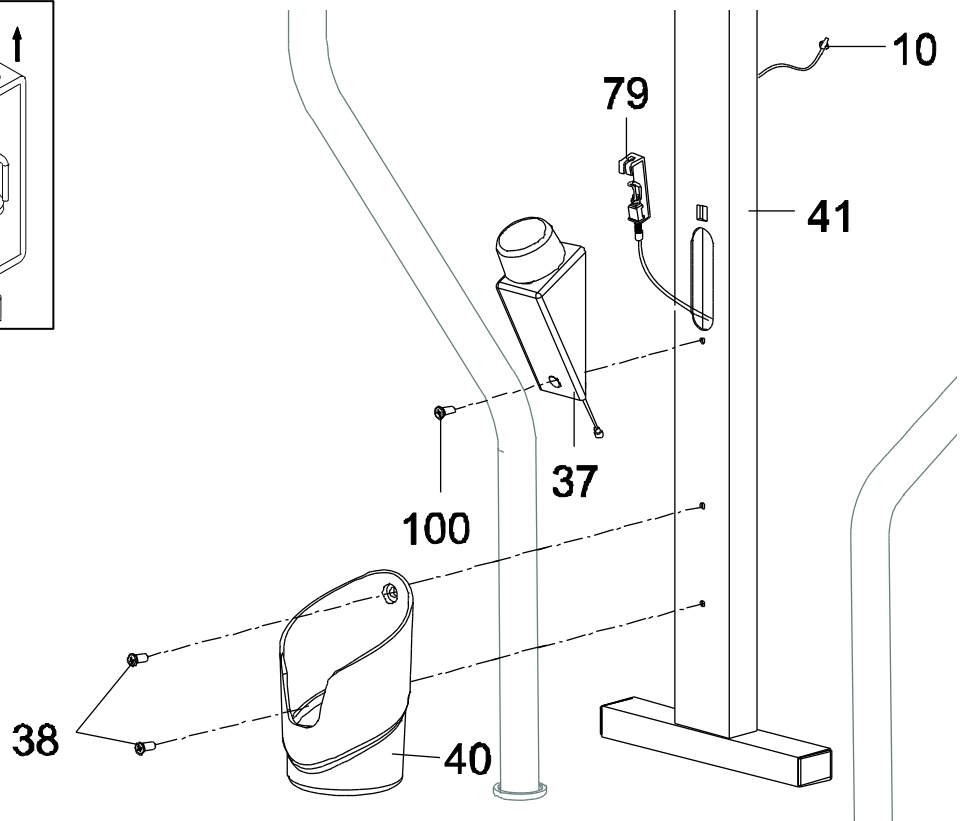


Figure F



STEP 8

8A Connecting The Tension Cable From The Knob To The Tension Cable: First turn the **Tension Control Knob (37)** to the lowest setting COUNTER-CLOCKWISE. Hook the end of the resistance cable connected to the **Tension Control Knob (37)** to the **Tension Cable (79)**, see **Figure D**. Insert the remaining cable at the end of the **Tension Control Knob (37)** in to the slot on top of the **Tension Cable (79)**, See **Figure E**. Turn the **Tension Control Knob (37)** to the highest setting (turn it CLOCKWISE), then remove the **Clip (101)** from the **Tension Cable (79)**. Safely dispose of the **Clip (101)**.

Caution: Do not force the **Tension Control Knob (37)** beyond its lowest or highest settings. Refer to our Operations & Adjustments Page 23.

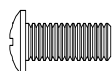
8B Mounting The Tension Control Knob: Mount the **Tension Control Knob (37)** to the **Hand Pulse Support Frame (41)** as shown in **Figure F**. Secure the **Tension Control Knob (37)** to the **Hand Pulse Support Frame (41)** with the **Cross Recessed Pan Head Screw (100)**. Tighten the screw with the **Multi-Hex Tool with Phillips Screwdriver** until it is firm and secure.

8C Installing The Bottle Holder: Attach the **Bottle Holder (40)** onto the **Hand Pulse Handlebar Support Frame (41)** with two **Bolts (38)**. Tighten both **Bolts (38)** using the **Multi Hex Tool with Phillips Screwdriver**.

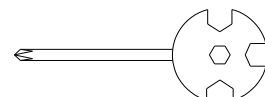
HARDWARE PACK



(38) Bolt
2PCS

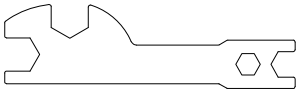


(100) Cross Recessed Pan
Head Screw 1PC

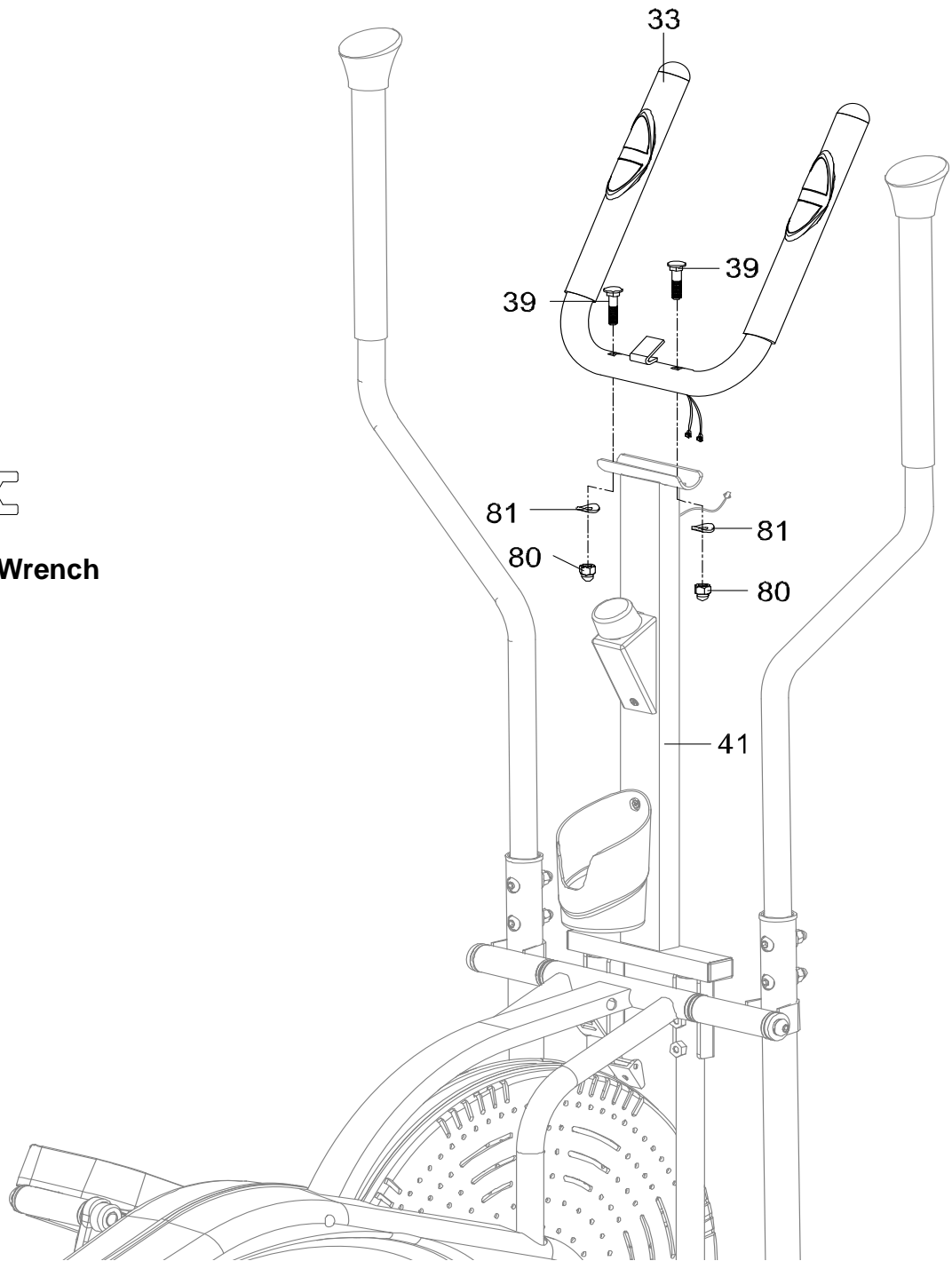


Multi Hex Tool with Phillips
Screwdriver

TOOL



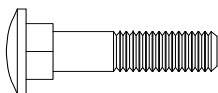
Open-Ended Flat Wrench



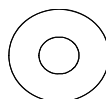
STEP 9

9A Hand Pulse Handlebar Installation: Mount the **Hand Pulse Handlebar (33)** onto the top support bracket of the **Hand Pulse Handlebar Support Frame (41)** with two **Carriage Bolts (39)**, two **Cap Nuts (80)**, and two **Big Curve Washers (81)**. Using the **Open-Ended Flat Wrench**, tighten the **Cap Nuts (80)** until they are firm and secure.

HARDWARE PACK



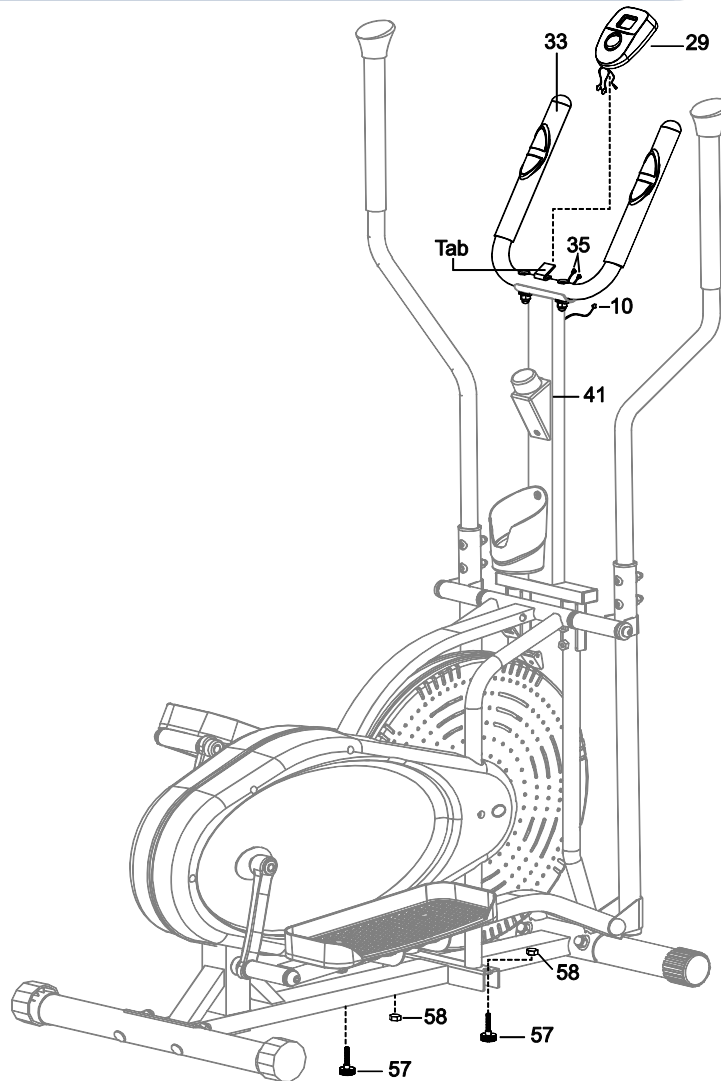
(39) Carriage Bolt
2PCS



(81) Big Curve Washer
2PCS



(80) Cap Nut
2PCS



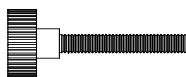
STEP 10

10A Computer Console Installation: Connect the **Extension Sensor Wire (10)** coming out from the top side of the **Hand Pulse Handlebar Support Frame (41)** to the wire with a male connector coming out from under the **Computer Console (29)**. Make sure the connectors “click” when connected. Connect the two **Hand Pulse Sensor Wires (35)** coming out from the **Hand Pulse Handlebar (33)** to the two wires with female connectors coming out from the **Computer Console (29)**. Make sure the connectors “click” when connected. Attach the **Computer Console (29)** by sliding the back of the console onto the **Tab** located on the top of the **Hand Pulse Handlebar (33)** then slide it down to lock in position. See illustration above.

10B Installing The Adjustable Leveler: Remove the **Nut (58)** from the **Adjustable Leveler (57)**. Screw the leveler onto the bottom of the **Mainframe (59)** and reinstall the **Nut (58)** by hand-tightening the nut on to the leveler. Repeat this for the left side.

IMPORTANT: To prevent the air elliptical from wobbling during a workout, be sure to adjust the levelers as instructed on page 24.

PRE-INSTALLED HARDWARE



(57) Adjustable Leveler
2PCS

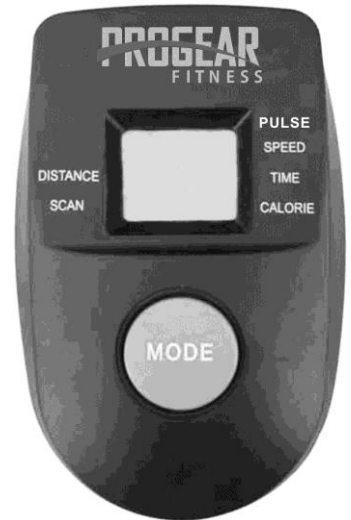


(58) Nut
2PCS

CONSOLE

SPECIFICATIONS:

TIME -----	00:00-99:59	MIN: SEC
SPEED -----	0.0-999.9	MPH
DISTANCE -----	0.00-99.99	MILE
CALORIE -----	0.0-999.9	KCAL
PULSE -----	40-200	BPM



USING YOUR CONSOLE

The computer console can be activated by pressing the MODE button or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.

MODE BUTTON FUNCTIONS:

Press the MODE button once to select the desired function of the computer console.

Press and hold the MODE button for 4 seconds to reset all data values.

CONSOLE FUNCTIONS:

SCAN: Press the MODE button until the arrow points to SCAN, the computer console will automatically scan through each function except the PULSE function every 6 seconds.

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

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

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

CALORIE: Press the MODE button until the arrow points to CALORIE, the computer console will display the ESTIMATED number of calories you have burned during the workout. Please note that the readings are only estimates and there are many factors that can't be accounted for such as fitness level, body fat percentage, age, weight, and gender.

PULSE: Press the MODE button until the arrow points to PULSE, the computer console will display your current heart rate readings. This will work ONLY if BOTH hands are gripping the hand-pulse sensors. No readings or inaccurate readings may occur if only one hand is gripping the hand pulse sensor.

HOW TO INSTALL THE BATTERIES:

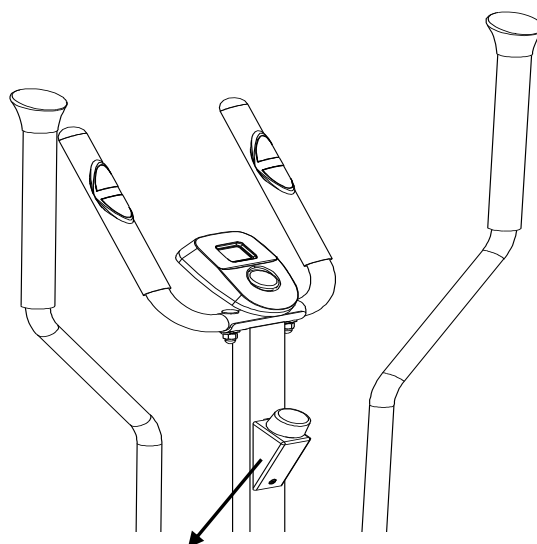
1. Remove the battery cover on the back of the computer console.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Ensure that the batteries are correctly positioned and the battery springs are in physical contact with the batteries.
4. Replace the battery cover on to the back of the console.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

OPERATIONS & ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the tension, turn the **Tension Control Knob (37)** in a CLOCKWISE direction. To decrease the tension, turn the **Tension Control Knob (37)** in a COUNTER-CLOCKWISE direction.

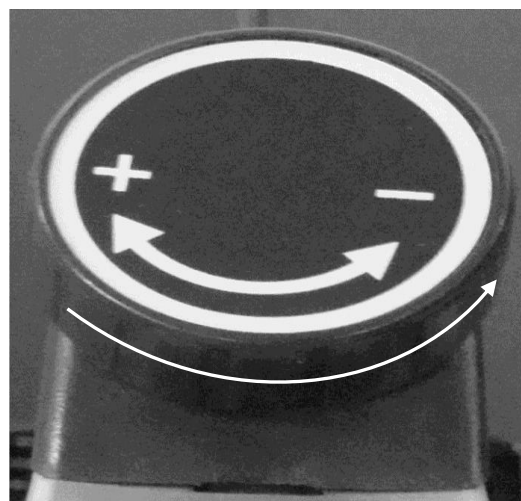
NOTE: After prolong use of the equipment, the **Tension Strap (63)** will begin to stretch out and it will become necessary to tighten the strap for optimum performance.



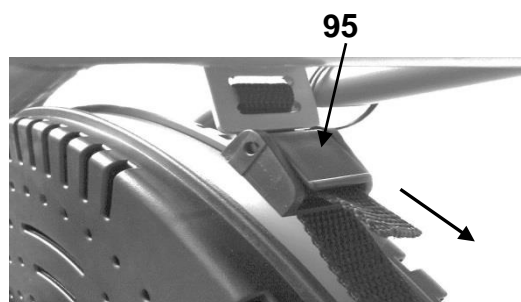
Tension Control Knob (37)

1. Before tightening the **Tension Strap (63)**, the **Tension Control Knob (37)** must be set to its lowest setting. To do this turn the **Tension Control Knob (37)** in a COUNTER-CLOCKWISE direction until it is at its lowest setting.

Do not continue to turn the Tension Control Knob (37) after reaching its lowest or highest setting for it may damage the knob.



2. To tighten the **Tension Strap (63)**, undo the buckle of the **Plastic Clip (95)** and then pull the top strap on the front of the unit away (downward). Close the buckle of the **Plastic Clip (95)** to lock in place. Only minimal adjustment is needed.



3. Without changing the tension, you should now be able to feel a little resistance (i.e. the **Fan Wheel (49)** is not turning freely). If you are satisfied with the base level tension, then you may select the desired tension and continue exercising.



OPERATIONS & ADJUSTMENTS

Adjusting the Rear Stabilizer End Cap

The air elliptical has to be set up on a flat surface. Otherwise, shaking or wobble might occur during the workout. Please use the following two methods to adjust the air elliptical.

IMPORTANT: Follow these steps to ensure the stability of the elliptical equipment while in use.

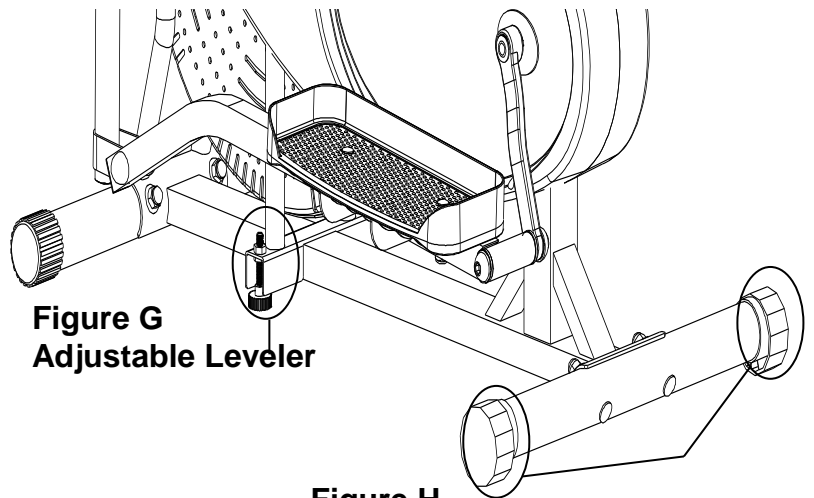


Figure G
Adjustable Leveler

Figure H
Rear Stabilizer End Cap



Figure H

Adjusting the Rear Stabilizer End Caps (61)

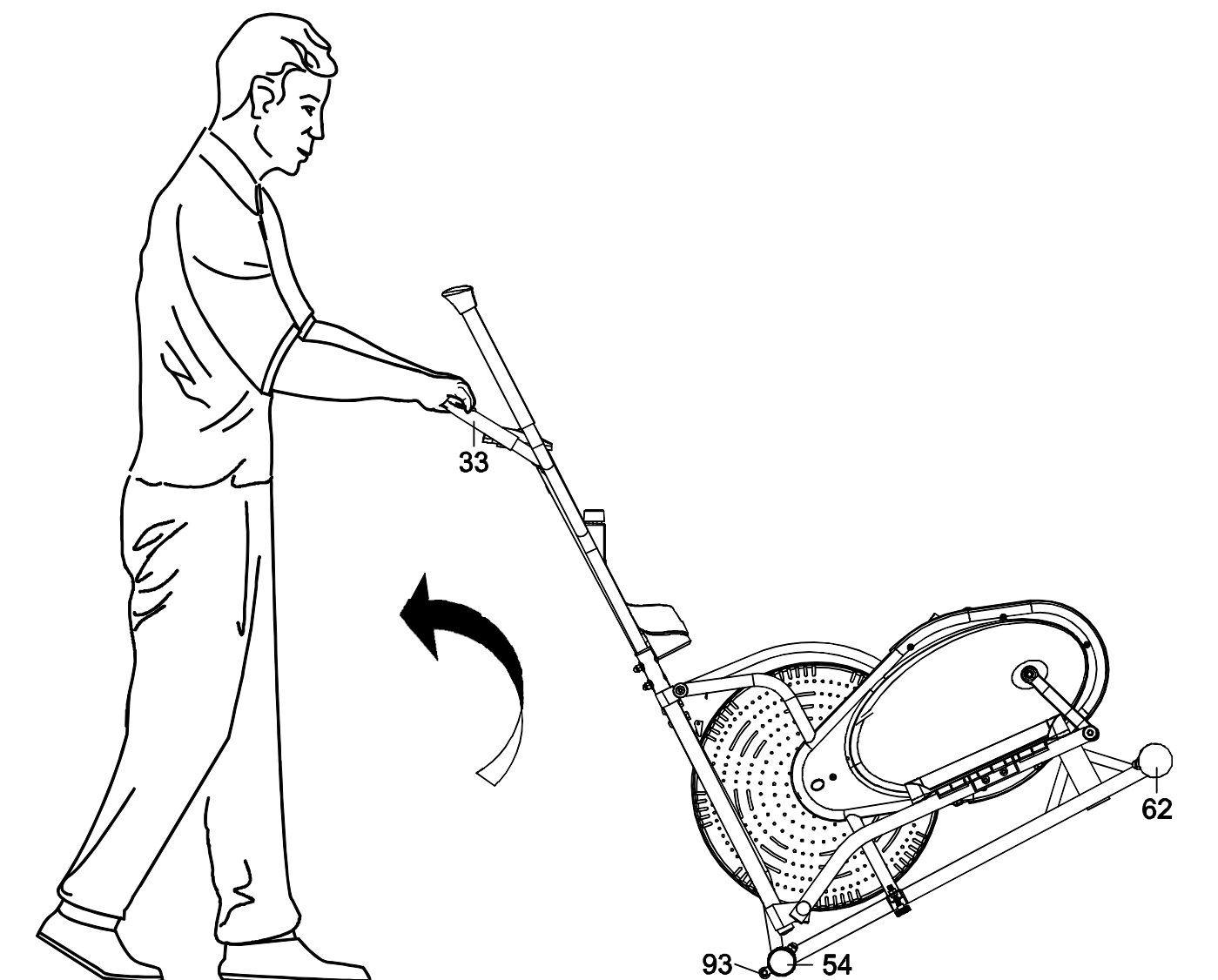
The **Rear Stabilizer End Cap (61)** is designed with different angled surfaces to level the equipment during usage. Please rotate the **Rear Stabilizer End Cap (61)** until there is a flat surface that is in contact and parallel to the ground.



Figure G

Adjusting the Adjustable Levelers (57)

The **Adjustable Leveler (57)** is designed to evenly distribute the weight of the equipment and the user to the floor. **You should adjust the Adjustable Leveler (57)** until it is slightly in contact with the floor, making sure they are level with front and rear stabilizer end caps. If the equipment is set up on a carpet, ensure sure that the **Adjustable Levelers (57)** reaches the floor instead of the carpet surface. Tighten the **Nuts (58)** by hand.;



Transporting the elliptical equipment

Hold the **Hand Pulse Handlebar (33)** and slowly lean the machine towards you until the **Transport Wheels (93)** on the **Front Stabilizer (54)** make contact with the floor. Push or pull the unit to the desired location. Then gently lower the **Rear Stabilizer (62)** to the ground when you have found an appropriate storage area.

STORAGE & MAINTENANCE

Regular maintenance of the equipment is necessary to extend the life and will allow it to continue to function properly. Please keep the air 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 equipment can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on the plastic parts. Be careful to not get excessive moisture on the computer console display panel as such actions might cause an electrical hazard or electronics to fail. Immediately wipe your perspiration off the elliptical equipment after each use and to keep it clean for the next use.

Lubrication

Make sure to lubricate the moving parts of the elliptical equipment to prevent it from squeaking and help to extend the life of the equipment.

1. Check the floor where the air elliptical sits to confirm a level and unobstructed floor. An uneven floor could create unnecessary stress on the moving parts of the elliptical equipment, which might lead to squeaks and premature machinery wear and tear.
2. Spray an 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 equipment.
3. Spray lubricant onto the bolts connecting the foot bars to the crank and the bolts connecting the crank to the mainframe.

Storage

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

PROBLEM	SOLUTION
The computer console will not power up.	<ol style="list-style-type: none"> 1. Check that the batteries are inserted properly with the correct polarity (see markings on the inside of 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 reading on the computer console display.	<ol style="list-style-type: none"> 1. Check that the Sensor Wire (78) coming out from the Mainframe (59) is securely connected to the Extension Sensor Wire (10) coming from the bottom of the Hand Pulse Handlebar Support Frame (41). See Step 7 page 18. 2. Check that the Extension Sensor Wire (10) coming out from the top side of the Hand Pulse Handlebar Support Frame (41) is securely connected to the wire with a male connector coming out from the Computer Console (29). See Step 10 page 21. 3. Check that the two Hand Pulse Sensor Wires (35) from the hand pulse handlebar are connected to the two wires with female connectors coming out from the Computer Console (29). See Step 10 page 21. 4. Check the wires for cuts, tears, or stripped and exposed wires.
The elliptical equipment makes a squeaking noise.	<ol style="list-style-type: none"> 1. The bolts may be loose on the air elliptical, so inspect and tighten any loose bolts, nuts, and caps. 2. See Assembly page 18 and page 24.
Clicking Noise.	<p>After prolong use, the chain may get loose and start to have a clicking noise.</p> <ol style="list-style-type: none"> 1. Open the Right Cover (83) & Left Cover (84) to reach the Nut M6 (48). Tighten the Chain (85) by turning the Nut M6 (48) <u>CLOCKWISE</u>. 2. Repeat for the other side. <div data-bbox="770 1536 1206 1856" data-label="Image"> </div> <ol style="list-style-type: none"> 3. Ensure that the mounts are intact and not damaged when inspecting the inside of the covers.

TROUBLESHOOTING

PROBLEM	SOLUTION
The elliptical equipment is not sturdy enough.	<ol style="list-style-type: none">1. Make sure both the Adjustable Levelers (57) are touching the ground.2. Make sure the elliptical equipment is leveled. Please refer to page 24.
The tension adjustment doesn't work.	<ol style="list-style-type: none">1. Undo the buckle of the Plastic Clip (95) and then pull the top strap on the front of the unit away (downward) to re-tighten the tension belt. Refer to page 23.
The pedal assembly is coming loose.	<ol style="list-style-type: none">1. Ensure that all bolts and nuts are thoroughly tightened.
The sensor is not reading correctly.	<ol style="list-style-type: none">1. Open the left and right covers and realign the magnet sensor.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame **1 year**

All Other Components **90 days**

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

Exclusions from Warranty Coverage:

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

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

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