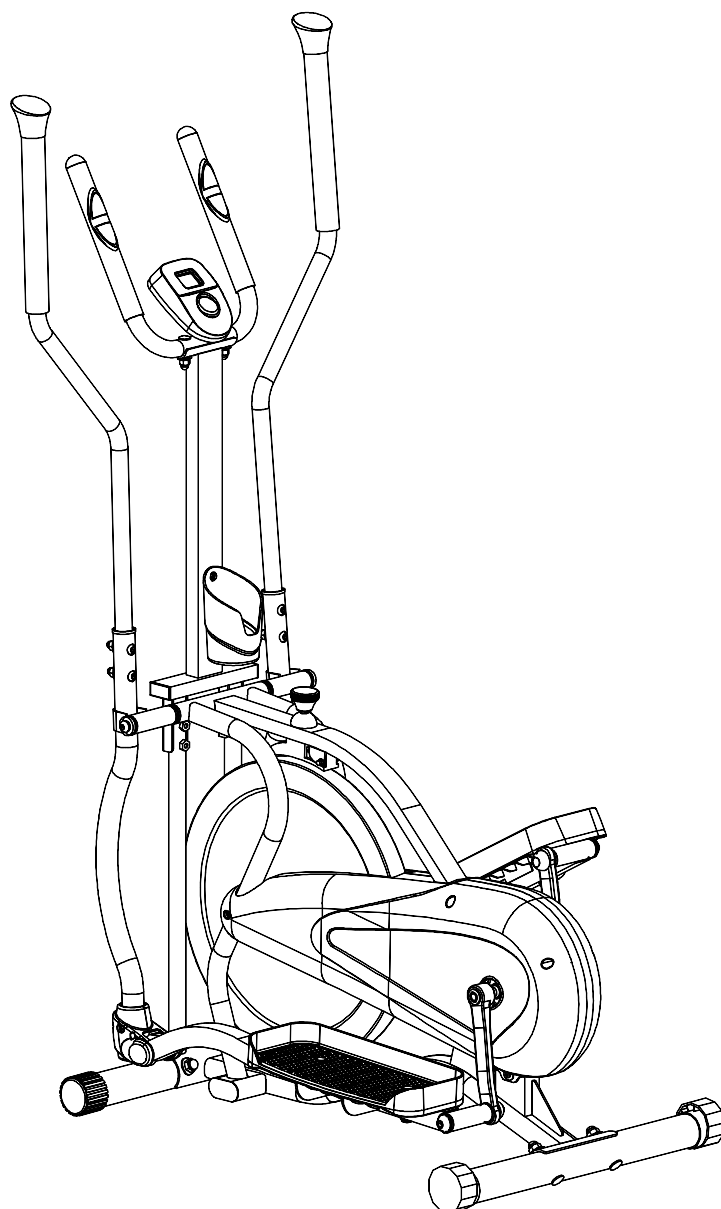


INDOOR ELLIPTICAL



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 and, subject to
change without notice.

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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:

1-844-641-7920

Response time may vary.

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

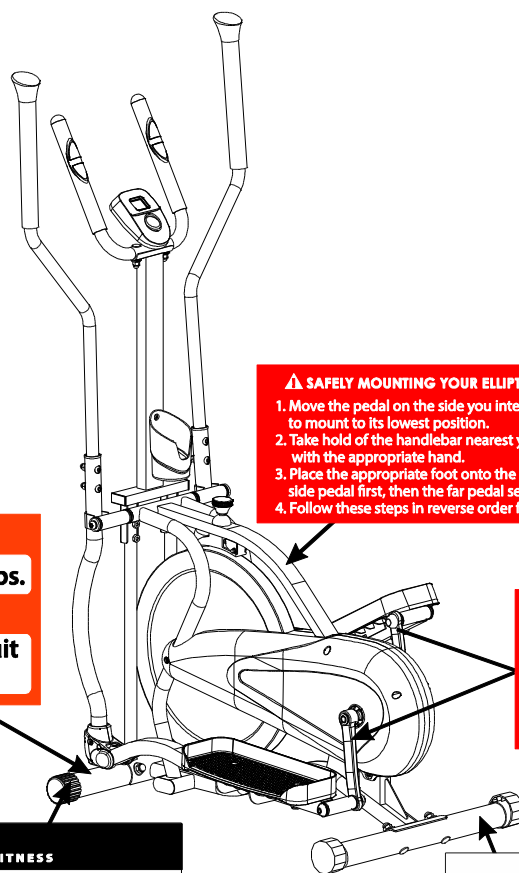
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



⚠ WARNING

Maximum weight capacity is 275 lbs.

⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 125 kgs.

⚠ 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'exerciseur 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.

⚠ CAUTION (Model 1310)

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

- Tighten Right Bolt (23) Into the Right Crank Clockwise
- Tighten Left Bolt (79) Into the Left Crank Counter Clockwise

ATTENTION (N° 1310)

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

- Serrez le boulon droit (23) dans la manivelle droite dans le sens horaire
- Serrez le boulon gauche (79) dans la manivelle gauche dans le sens antihoraire

PROGEAR FITNESS

For customer assistance call:

1-844-641-7920

8 am - 5 pm PST
Daily

Pour le service à la clientèle composer le:

1-844-641-7920

Tous les jours
8:00 h - 17 h (HNP)



8 605681 01310 6



113581131000001

Serial number/Numéro de série:

MADE IN CHINA / FABRIQUÉ EN CHINE

PRODUCT SAFETY

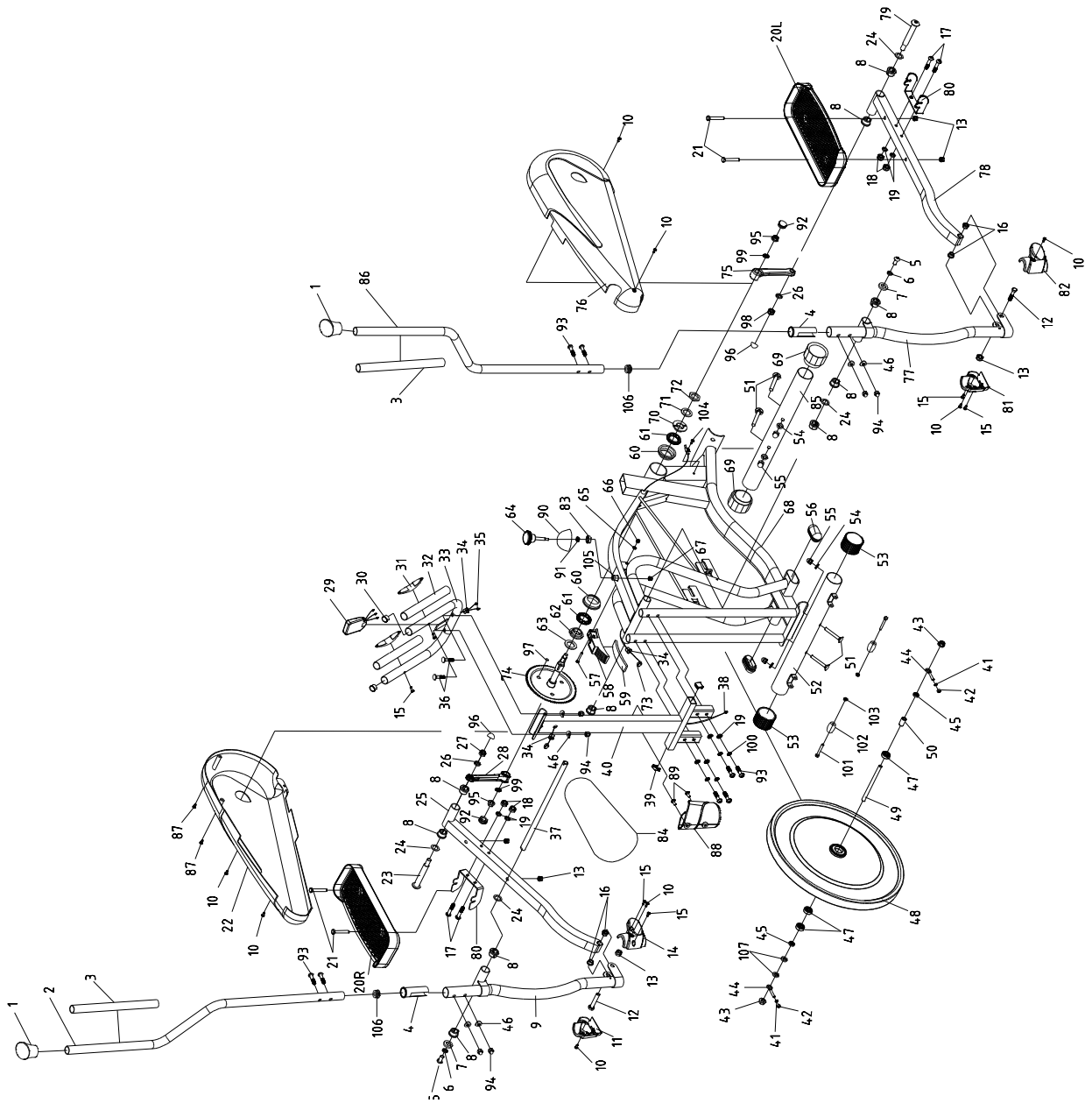
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group. Please refer to Warm Up section of the Owner's Manual.
2. Please make sure all components are not damaged and are working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar material on the ground is recommended.
3. Please wear proper clothes and shoes when using this equipment. Do not wear loose clothing that may get caught by any part of the equipment.
4. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue use and consult with customer service at Paradigm.
5. Be careful when stepping on or stepping off the pedals. Always hold onto the handlebars first and make sure the pedal at your side is at its lowest position, then step on. With your other leg, stride over the main frame and come to rest onto the other pedal. To ensure the pedals run smoothly, push or pull on the handlebars first, then follow with leg motion. To dismount, reduce pedaling speed gradually before you stop. When stepping off the machine, make sure one pedal is at its lowest position and step out of there before stepping out of the pedal at the highest position.
6. Keep dry - do not operate in wet or moist condition.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person should be on the equipment at a time.
10. Keep children and pets away from the product at all times.
11. This machine is designed for adults only.
12. This product requires a minimum of 6 feet of space for safe operation.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult with your physician before continuing.
14. **The maximum weight capacity for this product is 275 lbs/125 kgs.**

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

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

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Handrail Arm End Cap Ø25	2	023	Right Bolt for Right Crank Ø16x89xL23	1
002	Right Handrail Arm Ø25x1.8x980	1	024	Wave Washer Ø28xØ17x0.3	4
003	Handrail Arm Foam Grip Ø24xØ34x280	2	025	Right Foot Bar	1
004	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	2	026	Spring Washer Ø20xØ13x2.0	2
005	Bolt M10x18	2	027	Nylon Nut for Right Crank 1/2"	1
006	Spring Washer Ø10x Ø18x3.0	2	028	Right Crank 6.7", 1/2"	1
007	Washer Ø28xØ16.2xØ5.0	2	029	Computer XLG-203	1
008	Powder Metal Bushing Ø24.5xØ16x14	10	030	Hand Pulse Handlebar End Cap Ø25x1.5	2
009	Right Handrail	1	031	Hand Pulse Sensor	2
010	Phillips Pan Head Self Tapping Screw ST4.2x20	8	032	Hand Pulse Handlebar Foam Grip Ø24xØ30x240	2
011	Right Handrail Decoration Cover A 100x80x38	1	033	Hand Pulse Handlebar	1
012	Bolt M10x55	2	034	Wire Grommet Ø12.1	3
013	Nylon Nut M10	6	035	Hand Pulse Sensor Wire L=500 mm	2
014	Right Handrail Decoration Cover B 100x80x37	1	036	Bolt M8x35	2
015	Screw ST4.2x20	6	037	Rotation Rod Ø15.8x376(M10x22)	1
016	Powder Metal Bushing Ø14xØ10x10	4	038	Extension Sensor Wire L=650 mm	1
017	Bolt M8x43	4	039	Hand Pulse Handlebar Support Frame End Cap 40x20x1.5	2
018	Nylon Nut M8	4	040	Hand Pulse Handlebar Support Frame	1
019	Washer Ø8	8	041	Spring Washer Ø6	2
020L	Left Foot Pedal 349x150x56	1	042	Nut M6	2
020R	Right Foot Pedal 349x150x56	1	043	Flange Nut M10x1xB10	2
021	Bolt M10x45	4	044	Eyebolt M6x33	2
022	Right Cover 696x286x91	1	045	Nut M10x1xB5	2

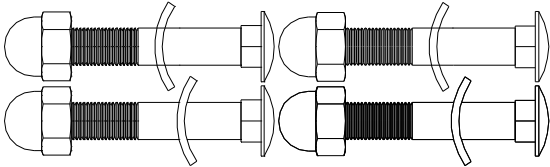
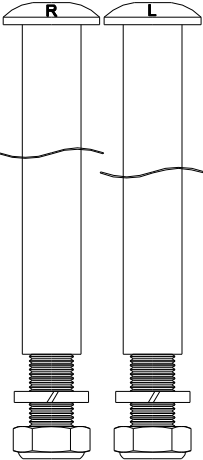
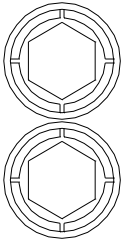
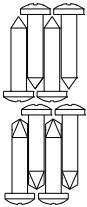
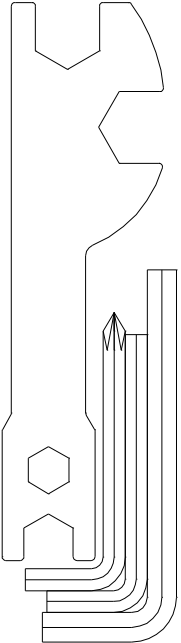
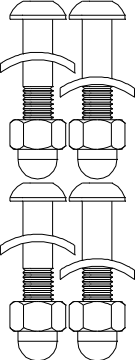
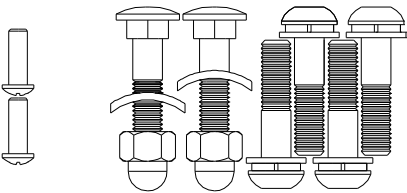
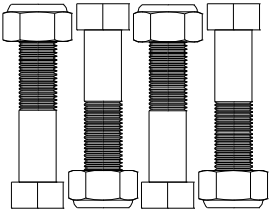
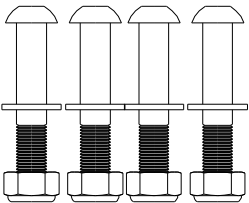
PARTS LIST

No.	Description	Qty	No.	Description	Qty
046	Big Curve Washer Ø8xØ20x2.0	6	073	Sensor with Wire L=900 mm	1
047	Bearing 6000ZZ	3	074	Chain Pulley	1
048	Flywheel Ø450x35 P=6.35	1	075	Left Crank 6.7", 1/2"	1
049	Flywheel Axle M10x1.0xL140	1	076	Left Cover 696x286x90	1
050	Spacer Ø15xØ10x28	1	077	Left Handrail	1
051	Bolt M10x57	4	078	Left Foot Bar	1
052	Front Stabilizer Ø50x1.5	1	079	Left Bolt for Left Crank Ø16x89xL23	1
053	Front Stabilizer End Cap Ø50	2	080	Foot Pedal Support Bracket 245x38xØ3.0	2
054	Big Curve Washer Ø10xØ25x2.0	4	081	Left Handrail Decoration Cover A 100x80x39	1
055	Cap Nut M10	4	082	Left Handrail Decoration Cover B 100x80x38	1
056	Main Frame End Cap 60x30x1.5	2	083	Nut M14xB8	1
057	Bolt M5x33	1	084	Chain	1
058	Tension Bracket 119x30x35	1	085	Rear Stabilizer Ø50x1.5x540	1
059	Tension Pad 115x25x6	1	086	Left Handrail Arm Ø25x1.8x980	1
060	Bearing Cup	2	087	Screw ST4.2x25	2
061	Ball Bearing	2	088	Bottle Holder 133x89x86	1
062	Bearing Nut I 15/16"	1	089	Bolt M5x15	2
063	Washer Ø40xØ24x3.0	1	090	Protection Cover for Tension Control Knob Ø38x19	1
064	Tension Control Knob M8x43	1	091	Nut M8xB4	1
065	Washer Ø5xØ10x1.0	1	092	Crank Cover Ø24	2
066	Nylon Nut M5	1	093	Bolt M8x37	8
067	Cap Nut M6	1	094	Nut Cap M8	6
068	Mainframe	1	095	Flange Nut M10x1.25x10	2
069	Rear Stabilizer End Cap Ø50	2	096	Nut Cap S18	2
070	Bearing Nut II 7/8"	1	097	Small Magnet Ø15x7	1
071	Washer Ø34.5xØ23x2.5	1	098	Nylon Nut for Left Crank 1/2"	1
072	Nut 7/8"	1	099	Serrated Lock Washer External Teeth Ø10xØ18x1.0	2

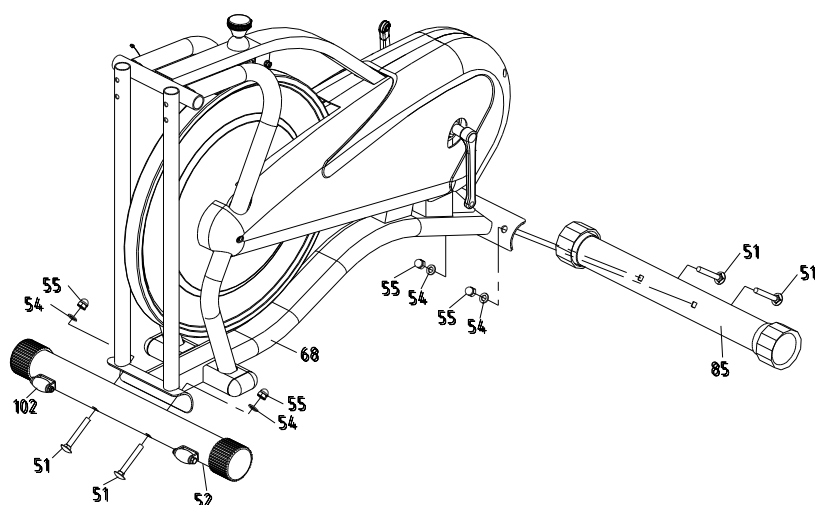
PARTS LIST

No.	Description	Qty	No.	Description	Qty
100	Spring Washer Ø8	4	104	Phillips Pan Head Self Tapping Screw ST4.8x20	1
101	Bolt M6x45	2	105	Nut M14x20	1
102	Transport Wheel Ø23xØ6x32	2	106	Handrail Arm Round Plug Ø25x1.5	2
103	Nylon Nut M6	2	107	Washer Ø10x20x2.0	2

HARDWARE & TOOLS LIST

<div data-bbox="1141 398 1184 551">STEP 1</div> <div data-bbox="518 389 1070 555"></div>	<div data-bbox="1141 801 1184 954">STEP 2</div> <div data-bbox="911 645 1114 1102"></div> <div data-bbox="703 674 825 913"></div> <div data-bbox="738 1039 825 1245"></div> <div data-bbox="454 645 635 1285"></div>	<div data-bbox="1141 1305 1184 1458">STEP 5</div> <div data-bbox="959 1205 1094 1563"></div> <div data-bbox="884 1406 927 1559">STEP 3</div> <div data-bbox="454 1384 863 1576"></div>	<div data-bbox="1141 1682 1184 1834">STEP 4</div> <div data-bbox="844 1653 1114 1861"></div> <div data-bbox="496 1659 745 1861"></div>
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ASSEMBLY



Tool:



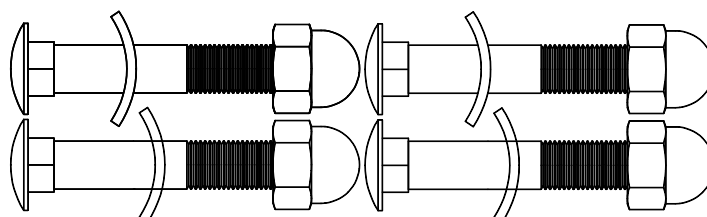
Open-Ended Flat Wrench

1. Front and Rear Stabilizers Installation:

Align the Front Stabilizer (52) onto the front curve of the Mainframe (68). Make sure the arrow is pointing **UP** on the front stabilizer and that the Transport Wheels (102) position toward the front and parallel off the floor. Attach two Bolts (51) and on the other ends of bolts with two Big Curve Washers (54) and two Cap Nuts (55). Using the flat wrench, tighten the cap nuts until firm.

Align and attach the Rear Stabilizer (85) onto the rear curve of the Mainframe (68) with two Bolts (51) and the other ends with two Big Curve Washers (54) and two Cap Nuts (55). Using the flat wrench, tighten the cap nuts until firm.

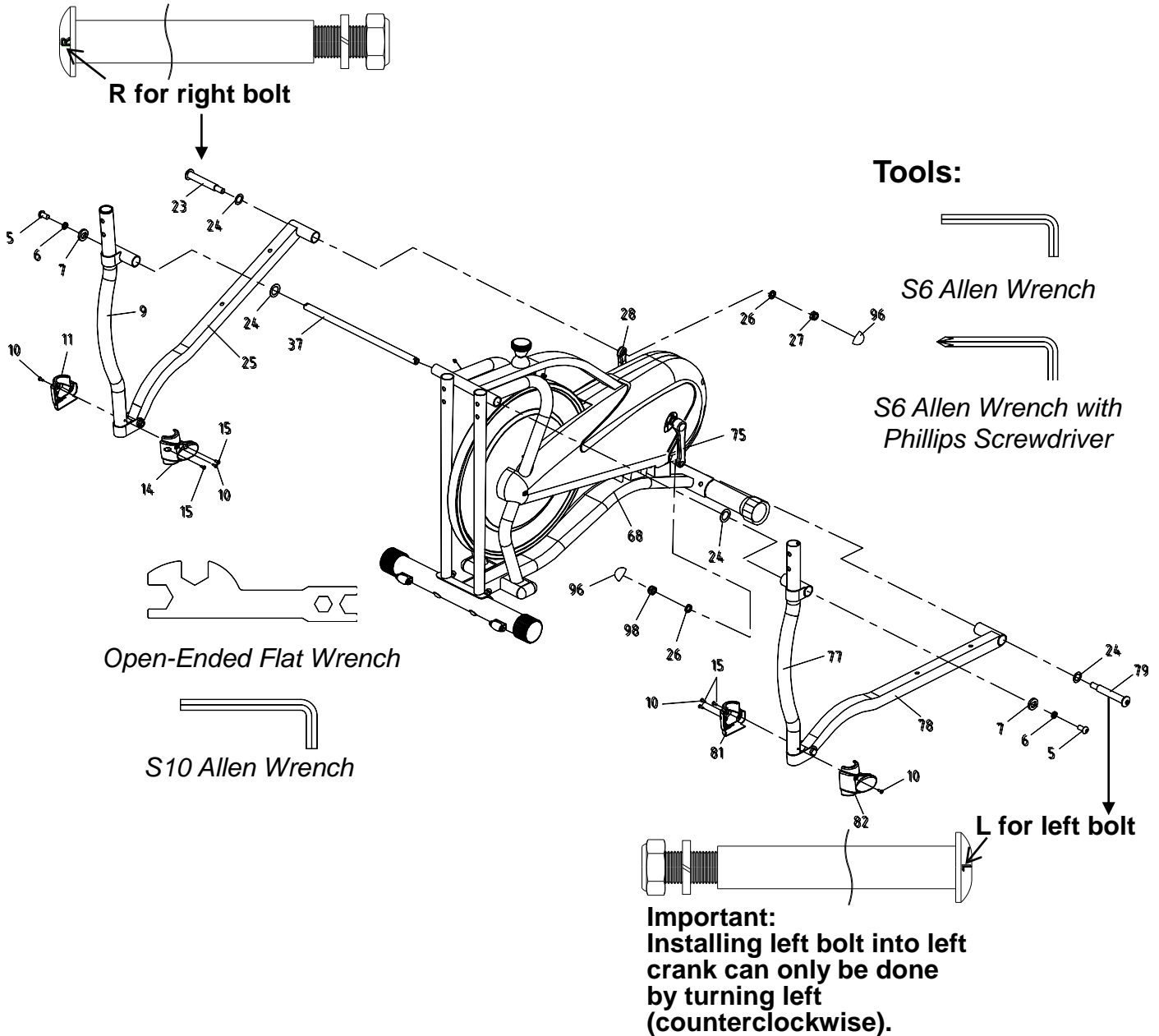
Hardware:



(51) Bolt	4 PCS
(55) Big Curve Washer	4 PCS
(56) Cap Nut	4 PCS

ASSEMBLY

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



2. Handrails, Foot Bars, and Rotation Rod Installation:

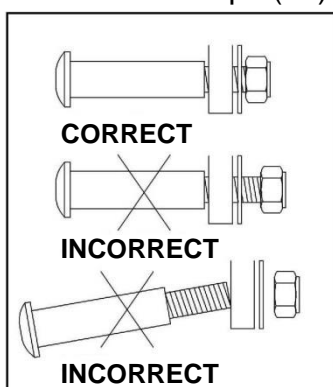
Using S6 Allen Wrench, remove two Bolts (5), two Spring Washers (6), two Washers (7), and two Wave Washers (24) PRE-ASSEMBLED from both ends of the Rotation Rod (37). Insert the Rotation Rod (37) into the hole on top of the Mainframe (68). Slide the Right Handrail (9) onto the Rotation Rod (37) and secure in place with one set of the above hardware that was removed. Use one S6 Allen Wrench to secure the bolt on one end of the rod and the other S6 Allen Wrench to the bolt on the other end of the rod to tighten the bolts until firm. Repeat step above for the left side.

ASSEMBLY

It is important that you first read and understand the procedures before installing the bolts to the cranks. Left bolt and left nylon nut are reverse threaded and the correct direction to tighten is by turning to the *left* (counterclockwise). **If not done correctly, the bolts and/or cranks may be damaged or stripped.**

Insert the Right Bolt for Right Crank (23) and Wave Washer (24) through the right side of the Right Foot Bar (25). Align the right foot bar with the Right Crank (28) so that they are **perfectly center**. Screw the Right Bolt for Right Crank (23) through the crank by turning right (clockwise) by hand until it stops. Put a Spring Washer (26) and screw the Nylon Nut (27) by turning right onto the bolt by hand until it stops. Use one flat wrench to secure the nylon nut and S10 Allen Wrench to tighten the bolt through the nylon nut until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns. Proper tightness is extremely important to prevent parts from coming loose or damage during use.

Repeat this procedure for the left side assembly and note that left bolt and left nylon nut are tighten by turning to the **LEFT** (counterclockwise). Cover both Nylon Nuts (27, 98) with two Nut Caps (96).

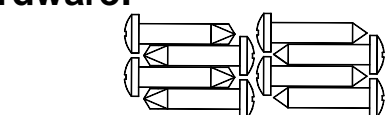


Note: In order to install the bolt properly, keep it perfectly straight when the bolt goes through the foot bar and the crank. If the bolt is connected to the crank at an angle, damage to the bolt and/or the crank may occur.

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.

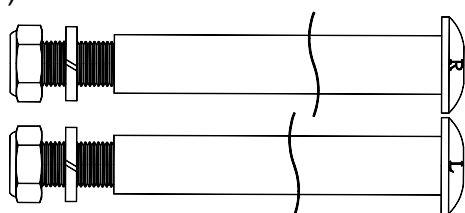
Attach both Right Handrail Decoration Covers A and B (11, 14) onto the end of the Right Handrail (9) with two Phillips Pan Head Self Tapping Screws (10) and two Screws (15). Tighten screws with the S6 Allen Wrench with Phillips Screwdriver provided. Repeat this procedure for the left side assembly.

Hardware:

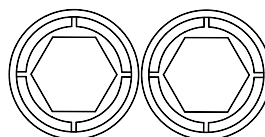


(10) Phillips Pan Head Self Tapping Screw 4 PCS

(15) Screw 4 PCS

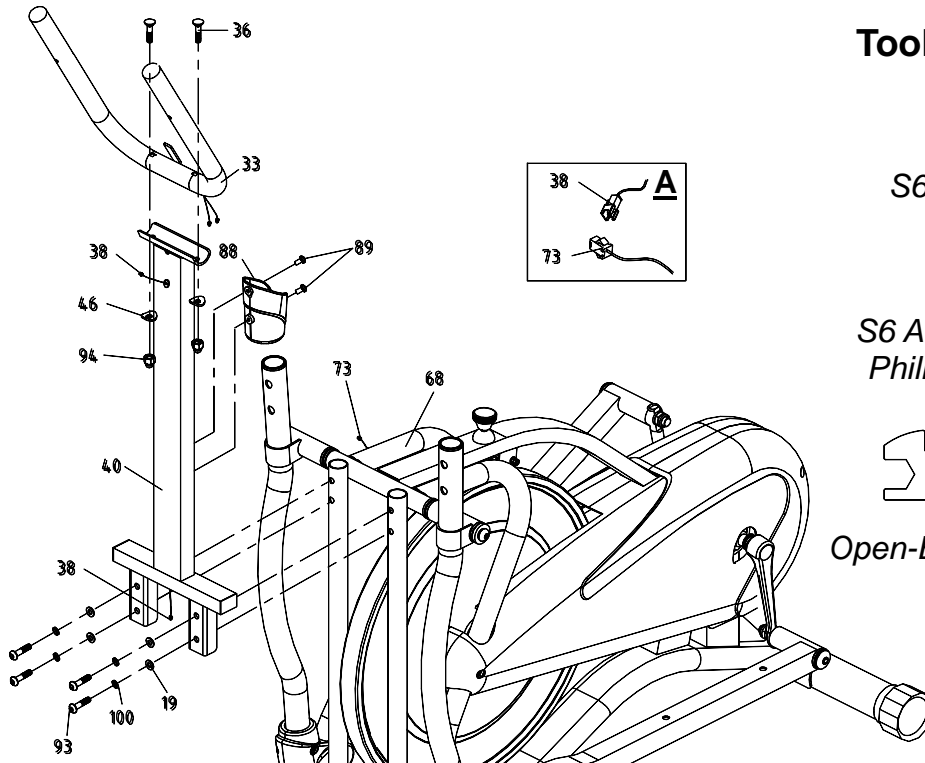


- | | |
|---------------------------------|-------|
| (23) Right Bolt for Right Crank | 1 PC |
| (24) Wave Washer | 2 PCS |
| (26) Spring Washer | 2 PCS |
| (27) Nylon Nut for Right Crank | 1 PC |
| (79) Left Bolt for Left Crank | 1 PC |
| (98) Nylon Nut for Left Crank | 1 PC |



(96) Nut Cap
2 PCS

ASSEMBLY



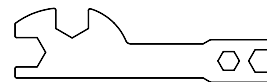
Tools:



S6 Allen Wrench



S6 Allen Wrench with
Phillips Screwdriver



Open-Ended Flat Wrench

3. Hand Pulse Handlebar Support Frame, Bottle Holder, and Hand Pulse Handlebar Installation:

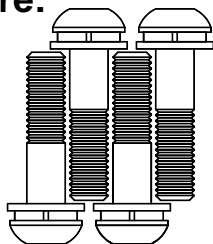
Attach the Hand Pulse Handlebar Support Frame (40) onto the Mainframe (68) with four Bolts (93), four Spring Washers (100), and four Washers (19). Using the S6 Allen Wrench, tighten the bolts until firm.

Connect the Sensor Wire (73) coming out from the Mainframe (68) to the Extension Sensor Wire (38) coming from the bottom of the Hand Pulse Handlebar Support Frame (40). Make sure the connectors “click” when connected. See Figure A.

Attach the Bottle Holder (88) onto the Hand Pulse Handlebar Support Frame (40) with two Bolts (89). Using the screwdriver, tighten both Bolts (89) until firm.

Attach the Hand Pulse Handlebar (33) onto the top end of the Hand Pulse Handlebar Support Frame (40) with two Bolts (36), two Spring Washers (46), and two Nut Caps (94). Using the flat wrench, tighten the cap nuts until firm.

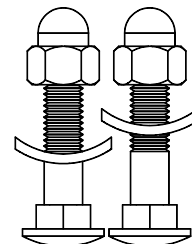
Hardware:



(19) Washer	4 PCS
(93) Bolt	4 PCS
(100) Spring Washer	4 PCS

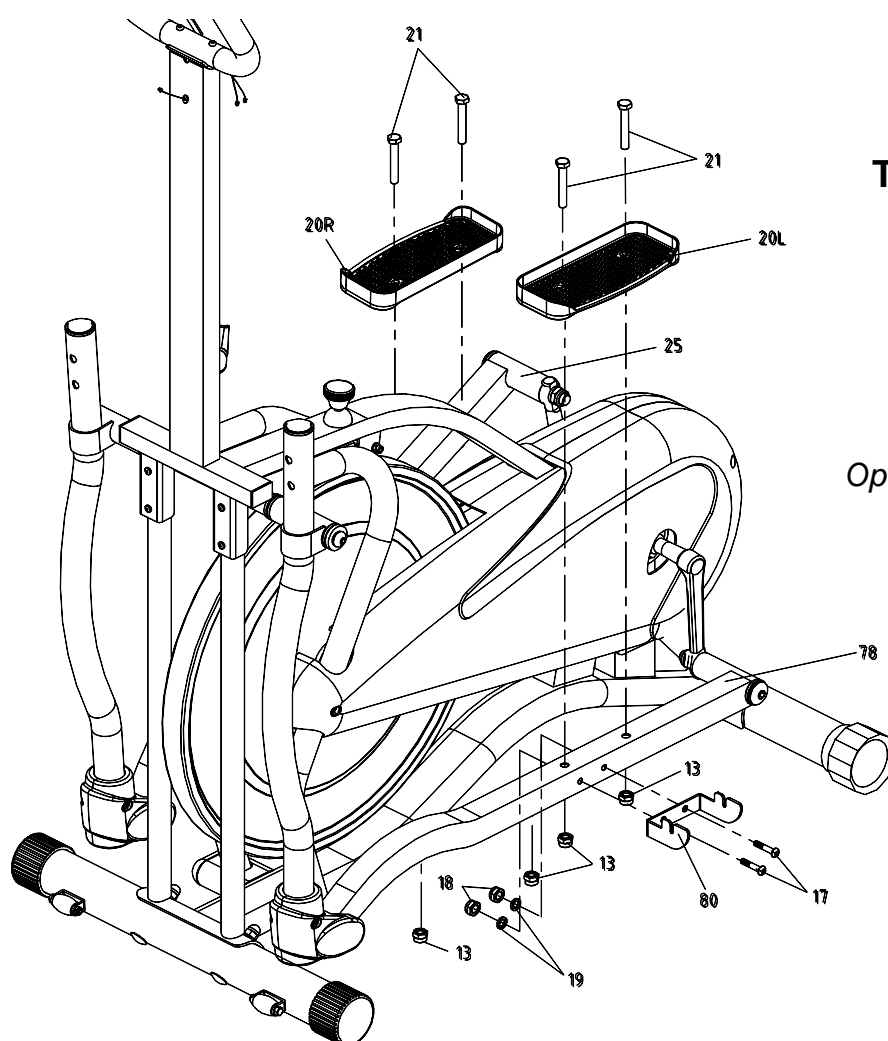


(89) Bolt	2 PCS
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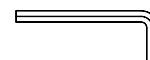


(36) Bolt	2 PCS
(46) Spring Washer	2 PCS
(94) Nut Cap	2 PCS

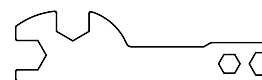
ASSEMBLY



Tools:



S6 Allen Wrench



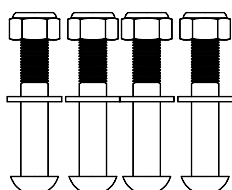
Open-Ended Flat Wrench

4. Right and Left Foot Pedals Installation:

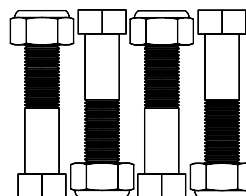
Attach two Foot Pedal Support Brackets (80) onto both the Right/Left Foot Bars (25, 78) with four Bolts (17) and the other ends with four Washers (19) and four Nylon Nuts (18). Use a flat wrench to secure the nylon nut and S6 Allen Wrench to tighten the bolt through the nylon nut until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns.

Attach the Right Foot Pedal (20R) onto the Right Foot Bar (25) with two Bolts (21) and two Nylon Nuts (13). Using a flat wrench, tighten the nylon nuts until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns. Repeat step above for the left side.

Hardware:

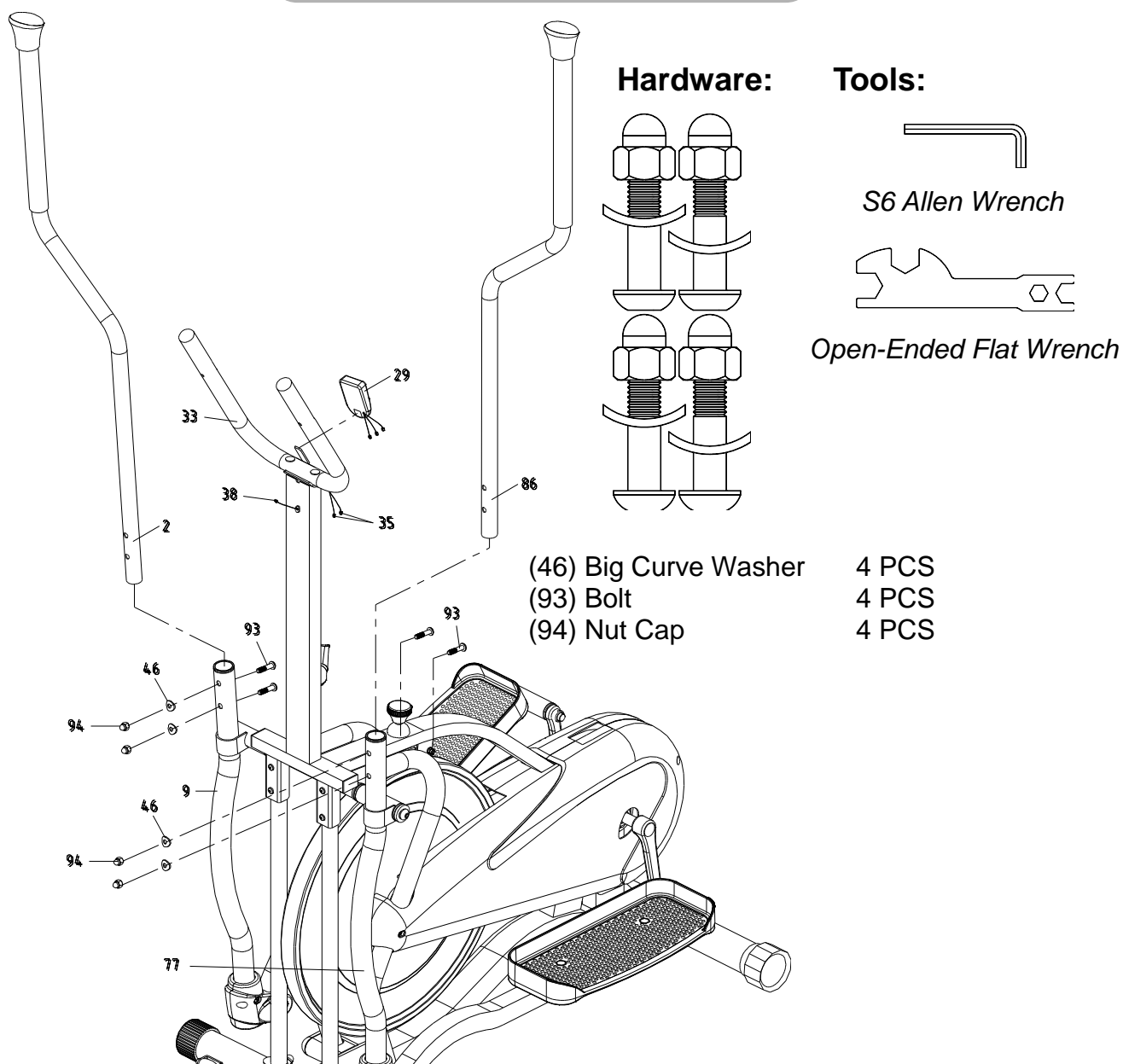


(17) Bolt 4 PCS
(19) Washer 4 PCS
(18) Nylon Nut 4 PCS



(13) Nylon Nut 4 PCS
(21) Bolt 4 PCS

ASSEMBLY



5. Right/Left Handrail Arms and Computer Installation:

Insert the Right Handrail Arm (2) onto the Right Handrail (9) and secure with two Bolts (93), two Big Curve Washers (46), and two Nut Caps (94). Use a flat wrench to secure the nylon cap and S6 Allen Wrench to tighten the bolt through the nylon cap until firm. Repeat step above for the left side.

Connect the Extension Sensor Wire (38) coming out from the top side of the Hand Pulse Handlebar Support Frame (40) to the wire with a male connector coming out from the Computer (29). Make sure the connectors “click” when connected.

Connect the two Hand Pulse Sensor Wires (35) from the Hand Pulse Handlebar (33) to the two wires with female connectors coming out from the Computer (29). Make sure the connectors “click” when connected.

Place the Computer (29) onto the plate of the Hand Pulse Handlebar (33) then slide it down to lock in position.

COMPUTER

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 COMPUTER

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

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the arrow points to SCAN, the computer 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 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.

CALORIE: Press the MODE button until the arrow points to CALORIE, the computer will display the ESTIMATED number of calories you are burning 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 will display your current heart-rate readings 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.

COMPUTER

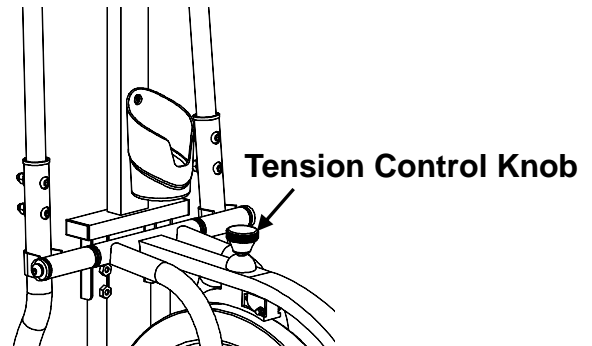
HOW TO INSTALL THE BATTERIES:

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

ADJUSTMENTS

Adjusting the Tension Control Knob

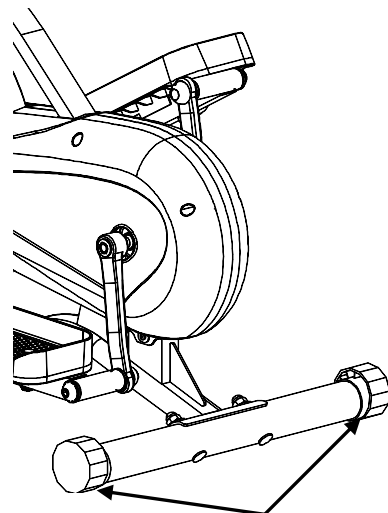
To increase the tension, turn the tension control knob in a clockwise direction.
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Adjusting the Rear Stabilizer End Cap

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

IMPORTANT: Please follow this important step to ensure the stability of the elliptical when in use.



Rear Stabilizer End Cap



Adjusting the Rear Stabilizer End Cap #69:
The Rear Stabilizer End Cap #69 is designed with different angle surfaces to level the Elliptical. Please rotate the Rear Stabilizer End Cap #69 till one of the surfaces firmly settle on the floor.

MAINTENANCE

Regular maintenance of your elliptical is necessary to extend the life of your machine and allow it to continue to function properly. Please 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.	<ol style="list-style-type: none"> 1. Check that the Sensor Wire (73) coming out from the Mainframe (68) is securely connected to the Extension Sensor Wire (38) coming from the bottom of the Hand Pulse Handlebar Support Frame (40). See Step 3 page 13. 2. Check that the Extension Sensor Wire (38) coming out from the top side of the Hand Pulse Handlebar Support Frame (40) is securely connected to the wire with a male connector coming out from the Computer (29). See Step 5 page 15. 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 (29). See Step 5 page 15.
The elliptical makes a squeaking noise.	The bolts may be loose on the elliptical, please inspect and tighten any loose bolts.
The elliptical is not sturdy enough.	Rotate the Rear Stabilizer End Cap (69) till one of the surfaces firmly settle on the floor. Make sure the elliptical is leveled. Please refer to page 18.
Pedal assembly is coming loose.	Make sure the bolt is secured to the footbar 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.

WARM UP

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



Inner Thigh Stretch

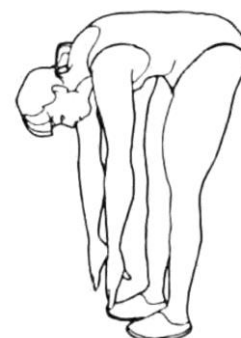
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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



Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



WARRANTY

MANUFACTURER'S LIMITED WARRANTY

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

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
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Structural Frame	1 year
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All Other Components	90 days
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(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

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

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

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

Ordering Replacement Parts

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

Service@paradigmhw.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. Owner's Manual
2. Model Number
3. Description of Parts
4. Part Number
5. Date of Purchase

PART REQUEST FORM

Paradigm Health & Wellness, Inc.

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

NAME: _____

ADDRESS: _____

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***