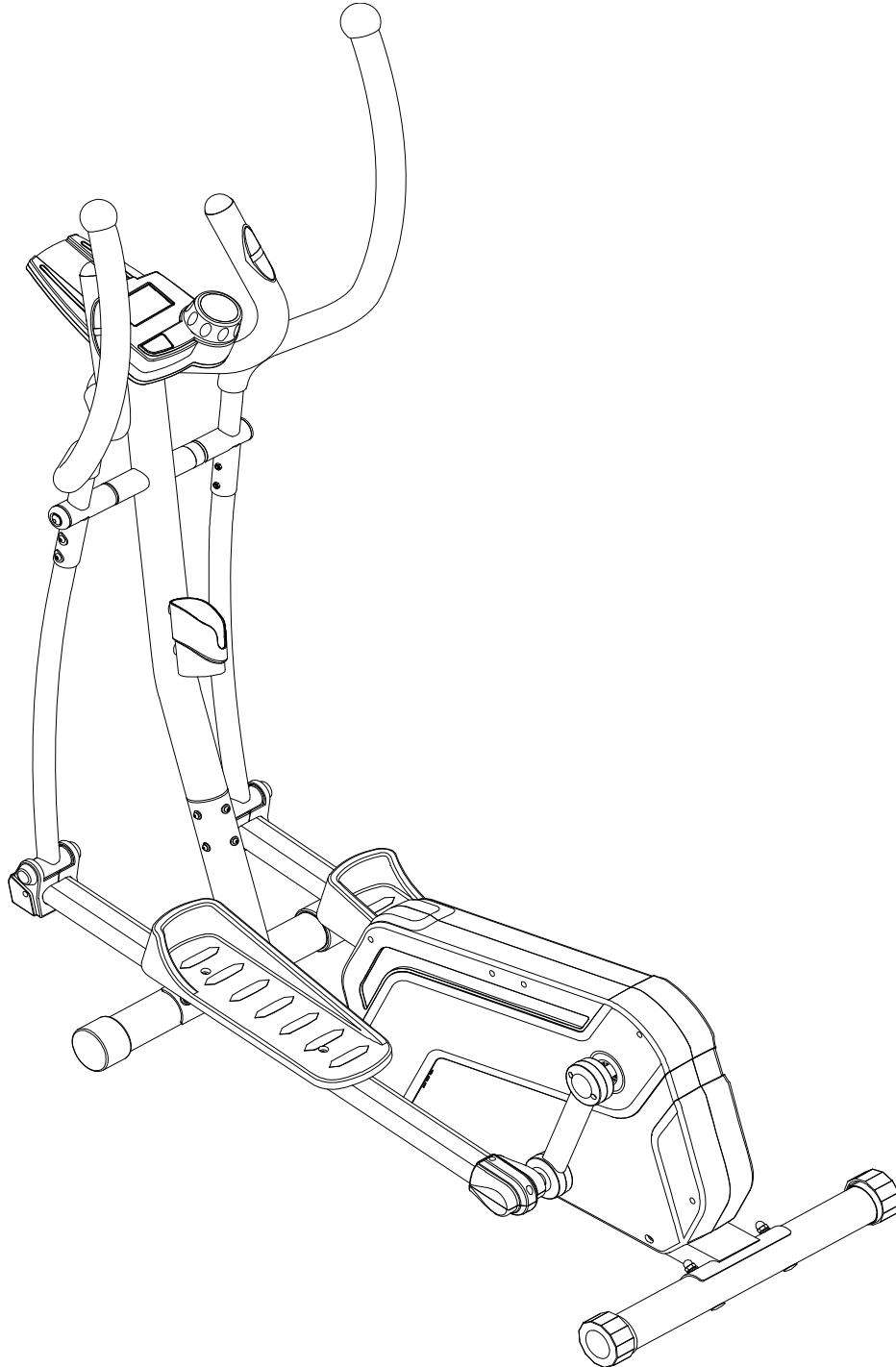


## Elliptical Trainer



**Read all instructions carefully before using this product.** Retail this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.

1317.5-101016

# OWNER'S MANUAL





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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 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](http://www.paradigmhw.com)**

Toll-Free: 1-844-641-7921\*\*

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





# IMPORTANT SAFETY GUIDELINES

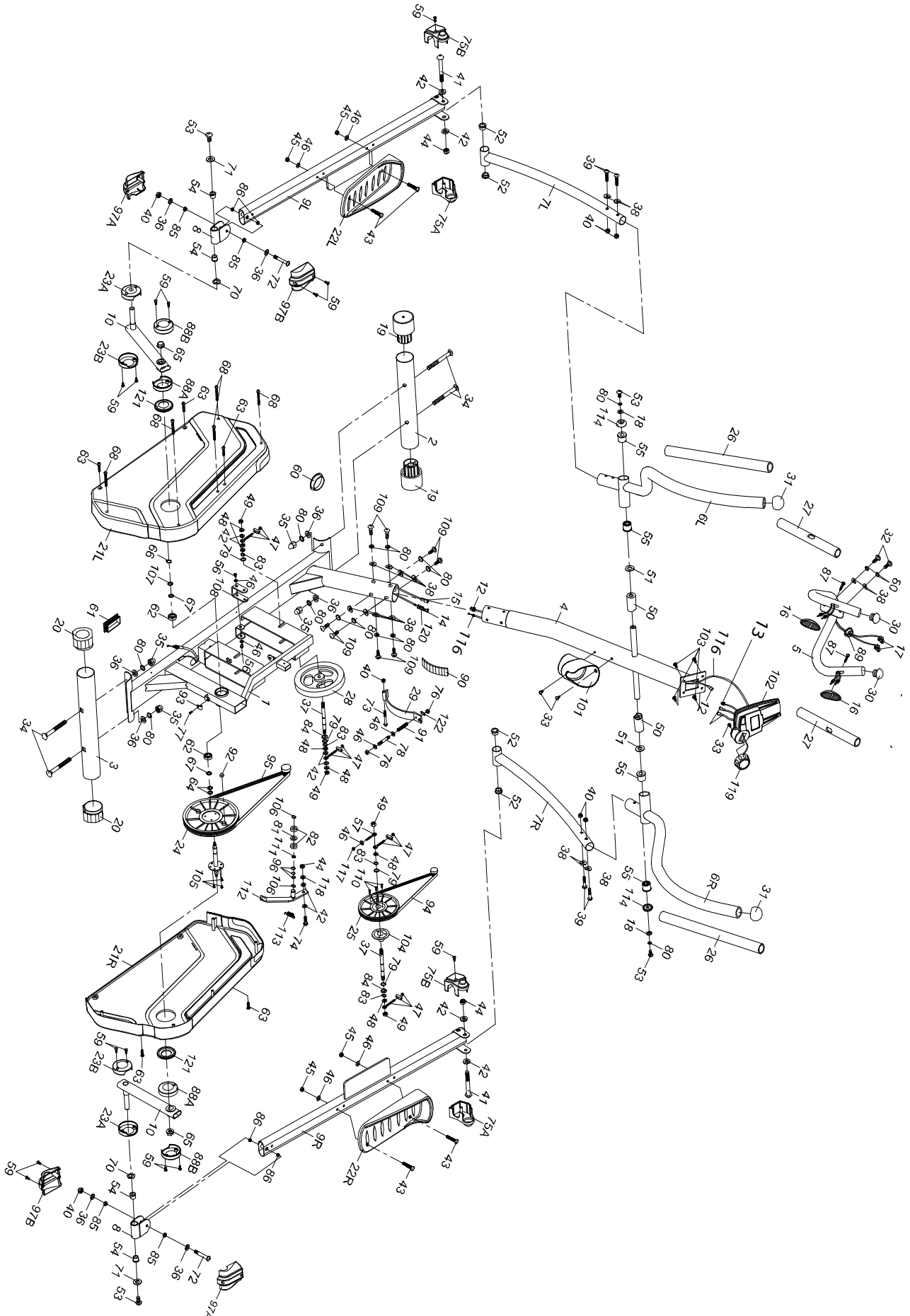
**Basic precautions should always be followed, including the following safety guidelines when using this equipment. Read all of the guidelines before using this equipment.**

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.
2. 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.
3. 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.
4. Make sure all the components are not damaged and are in working order before using.
5. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or moist condition.
6. Do not use the equipment outdoors. This equipment is for household use only.
7. 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.
8. 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.
9. 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.
10. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
11. This product requires a minimum of 6 square feet around for safe operation.
12. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
13. **DO NOT** pedal in reverse.
14. **The maximum weight capacity for this product is 270 lbs/123 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.

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

# OVERVIEW DRAWING





# PARTS LIST

| No.  | Description                        | Qty |
|------|------------------------------------|-----|
| 1    | Main Frame                         | 1   |
| 2    | Front Stabilizer                   | 1   |
| 3    | Rear Stabilizer                    | 1   |
| 4    | Front Post Ø60x2.0tx975mm          | 1   |
| 5    | Handlebar                          | 1   |
| 6L   | Upper Left Handrail                | 1   |
| 6R   | Upper Right Handrail               | 1   |
| 7L   | Left Handrail Arm                  | 1   |
| 7R   | Right Handrail Arm                 | 1   |
| 8    | U shape Bracket                    | 2   |
| 9L   | Left Foot Bar                      | 1   |
| 9R   | Right Foot Bar                     | 1   |
| 10   | Crank                              | 2   |
| 12   | Console Extension Wire<br>L=1050mm | 1   |
| 13   | Console Connection Wire            | 1   |
| 15   | Tension Cable                      | 1   |
| 16   | Extension Sensor Wire L=1400mm     | 1   |
| 17   | Hand Pulse Sensor                  | 2   |
| 18   | Hand Pulse Sensor Wire L=750mm     | 2   |
| 19   | Washer Ø8xØ21x2.0T                 | 2   |
| 020  | Front Stabilizer End Cap Ø60       | 2   |
| 021L | Rear Stabilizer End Cap Ø60        | 2   |
| 021R | Left Cover                         | 1   |
| 22L  | Right Cover                        | 1   |
| 22R  | Left Foot Pedal                    | 1   |
| 23A  | Right Foot Pedal                   | 1   |
|      | Lower Crank Cover A                | 2   |
|      |                                    |     |
|      |                                    |     |

| No. | Description                          | Qty  |
|-----|--------------------------------------|------|
| 23B | Lower Crank Cover B                  | 2    |
| 24  | Belt Pulley Ø214                     | 1set |
| 25  | Belt Pulley Ø180                     | 1    |
| 26  | Handrail Foam Grip<br>Ø32x5tx750mm   | 2    |
| 27  | Handlebar Foam Grip<br>Ø32x3tx380mm  | 2    |
| 28  | Flywheel Ø200                        | 1    |
| 29  | Magnetic bracket                     | 1    |
| 030 | Handlebar End Cap Ø32                | 2    |
| 031 | Handrail End Cap Ø50                 | 2    |
| 32  | Hexagon Socket Head Bolt<br>M8x15mm  | 2    |
| 33  | Pan Head Screw                       | 3    |
| 34  | Carriage Bolt M8x70 mm               | 4    |
| 35  | Cap Nut M8                           | 4    |
| 36  | Washer Ø8x Ø16x1.5T                  | 8    |
| 37  | Belt Pulley Shaft Ø12x90mm           | 2    |
| 38  | Curve Washer Ø21x Ø8x2t              | 14   |
| 39  | Hexagon Socket Head Bolt<br>M8x45mm  | 4    |
| 40  | Nylon Locknut M8                     | 7    |
| 41  | Hexagon Socket Head Bolt<br>M10x80mm | 2    |
| 42  | Washer Ø10xØ19x1.5t                  | 12   |
| 43  | Carriage Bolt M6x45mm                | 4    |
| 44  | Nylon Locknut M10                    | 3    |
| 45  | Nylon Locknut M6                     | 4    |
| 46  | Washer Ø6xØ14x1.0t                   | 9    |
| 47  | Tension Bracket & Eyebolt Set I      | 4set |
| 48  | Washer Ø10xØ20x3.0T                  | 6    |
| 49  | Nut 3/8"x26tx6mm                     | 4    |
| 50  | Plastic Bushing Ø19xØ38x64mm         | 2    |
| 51  | Washer Ø19.5xØ38x0.5T                | 2    |

# PARTS LIST

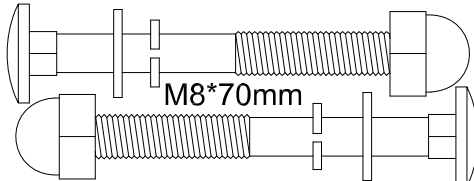
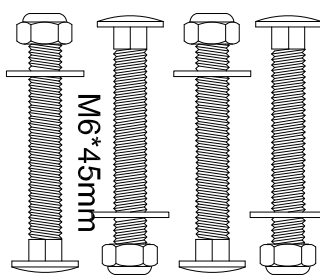
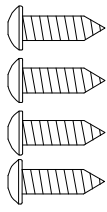
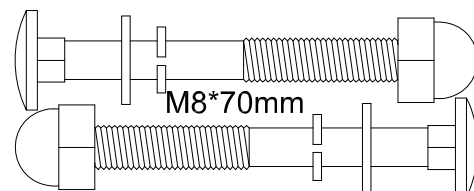
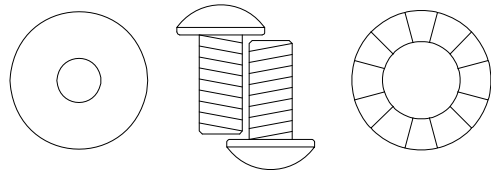
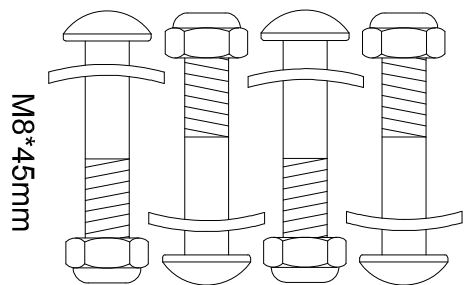

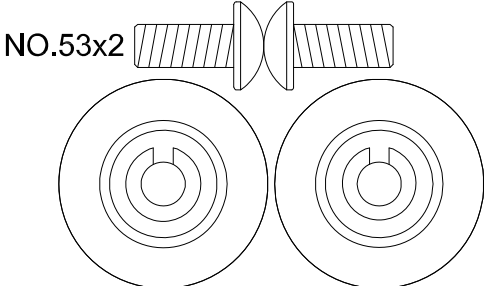
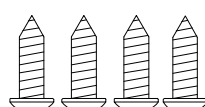
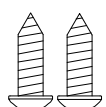
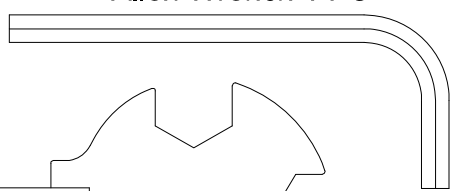

| No. | Description                             | Qty |
|-----|---|-----|
| 52  | Bushing Ø10x32x2.5                      | 4   |
| 53  | Hexagon Socket Head Bolt M8x18mm        | 4   |
| 54  | Bushing Ø16.3x22.4                      | 4   |
| 55  | Bushing Ø19x38                          | 4   |
| 56  | Bolt M6x12                              | 2   |
| 57  | Adjustment Screw                        | 1   |
| 59  | Round Head Self Tapping Screw M4.5x15mm | 14  |
| 60  | Decorate Cover Ø60                      | 1   |
| 61  | Decorate Cover □ 30x60                  | 1   |
| 62  | Bearing R12                             | 2   |
| 63  | Self-Tapping Screw M5x15mm              | 5   |
| 64  | Washer Ø19.5xØ25x2.0T                   | 2   |
| 65  | Nut M10                                 | 2   |
| 66  | Inner C Ring Ø19                        | 1   |
| 67  | Washer Ø19.5xØ25x3.0T                   | 2   |
| 68  | Round Head Self Tapping Screw M4.5x25mm | 5   |
| 70  | Wave Washer Ø16.2xØ25x0.5t              | 2   |
| 71  | Washer Ø8xØ25x2.0T                      | 2   |
| 72  | Hexagon Socket Head Bolt M8x54mm        | 2   |
| 73  | Hexagon Socket Head Bolt M8x50mm        | 1   |
| 74  | Hexagon Head Bolt M10x25                | 1   |
| 75A | Foot Bar Cover-A                        | 2   |
| 75B | Foot Bar Cover-B                        | 2   |
| 76  | Nylon Nut M5                            | 2   |
| 77  | Bolt M5x12 For Sensor Bracket           | 1   |
| 78  | Bolt M5x60mm                            | 1   |

| No. | Description                  | Qty |
|-----|------------------------------|-----|
| 79  | Washer Ø12xØ17x0.3T          | 4   |
| 80  | Spring Washer 8mm            | 16  |
| 81  | Plastic Washer 20.1*41.8*4mm | 1   |
| 82  | Bearing 6004-2RS             | 2   |
| 83  | Inner C Ring Ø12             | 4   |
| 84  | Wave Washer Ø12xØ17x0.2t     | 2   |
| 85  | Conical Washer Ø8.15xØ11x3.5 | 4   |
| 86  | Bushing Ø12xØ18x11.5         | 4   |
| 87  | Self-Tapping Screw M4x20mm   | 2   |
| 88A | Upper Crank Cover A          | 2   |
| 88B | Upper Crank Cover B          | 2   |
| 89  | Wire Plug                    | 1   |
| 90  | Magnet                       | 1   |
| 91  | Spring 0.8x13                | 1   |
| 92  | Sensor Magnet Ø15x7mm        | 1   |
| 93  | Sensor Bracket               | 1   |
| 94  | Belt 330J4                   | 1   |
| 95  | Belt 855PK5                  | 1   |
| 96  | Washer 20.5*25*1mm           | 3   |
| 97A | U Shape Bracket Cover A      | 2   |
| 97B | U Shape Bracket Cover B      | 2   |
| 101 | Bottle Holder                | 1   |
| 102 | Console                      | 1   |
| 103 | Bolt For Console             | 4   |
| 104 | Belt Wheel                   | 1   |
| 105 | Screw M8*12mm                | 3   |

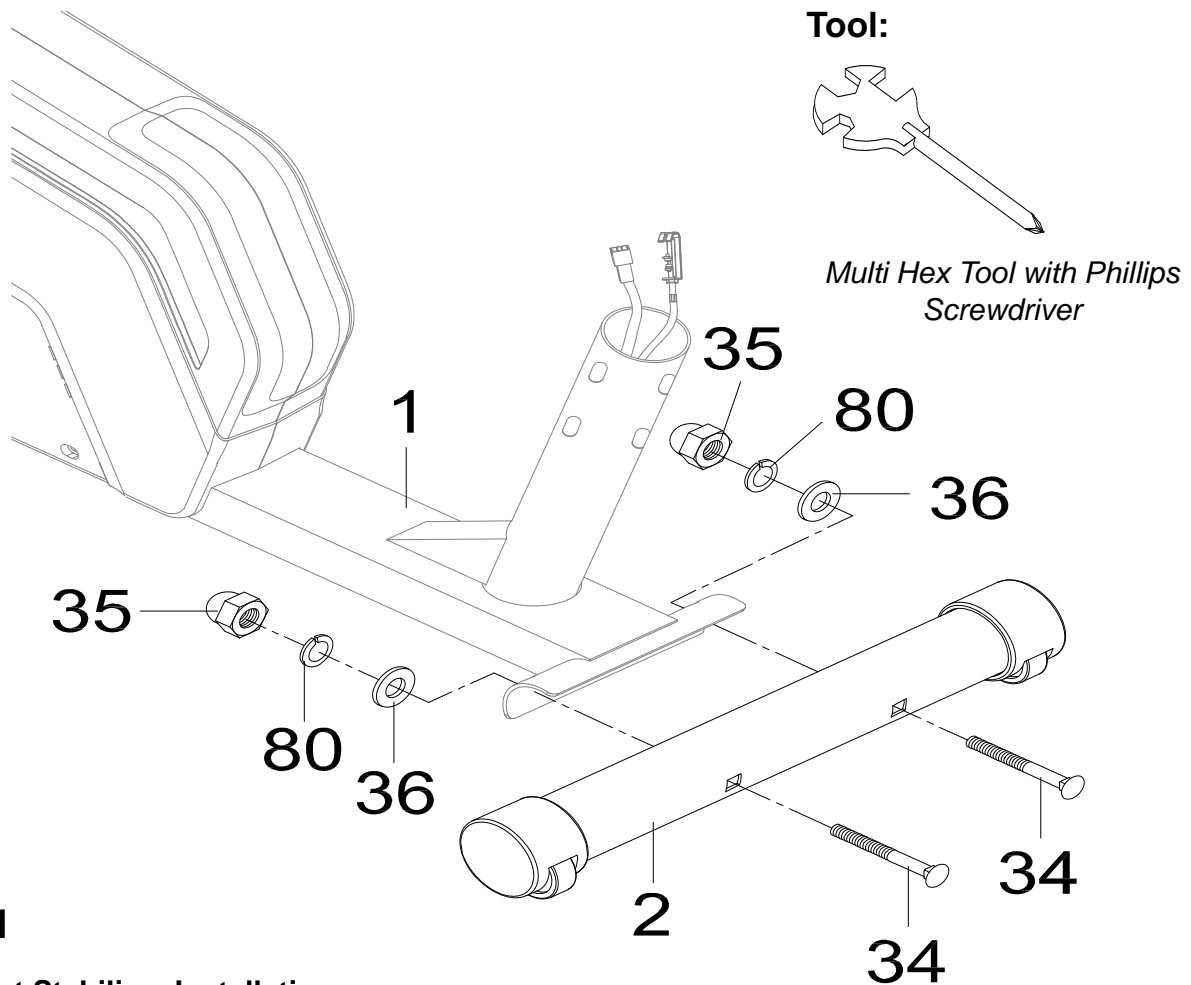
## PARTS LIST

| No. | Description                         | Qty |
|-----|-------------------------------------|-----|
| 106 | C Clip 20mm                         | 2   |
| 107 | Washer 19.5*25*0.5mm                | 1   |
| 108 | U Shape Plate                       | 1   |
| 109 | Hexagon Socket Head Bolt<br>M8x15mm | 8   |
| 110 | Bolt M8*10mm                        | 3   |
| 111 | Wave Washer 21*27*0.3               | 1   |
| 112 | Idle Wheel Fixture                  | 1   |
| 113 | Spring 2.6*18                       | 1   |
| 114 | Screw Side Cover                    | 2   |

| No. | Description                | Qty |
|-----|----------------------------|-----|
| 116 | Tension Control Knob Cable |     |
| 117 | Nylon Locknut M6           | 1   |
| 118 | Spring Washer 10mm         | 1   |
| 119 | Tension Control Knob       | 1   |
| 120 | Plastic Buckle             | 1   |
| 121 | Crank Plug                 | 2   |
| 122 | Cable Locking Plate        | 1   |
| 122 | Cable Locking Plate        | 1   |

|   |  |  |
|---|--|--|
| <p><b>STEP 1</b></p>  <p>M8*70mm</p> <p>NO.34x2 NO.35x2 NO.36x2 NO.80x2</p>  | <p><b>STEP 8</b></p>  <p>M6*45mm</p> <p>NO.43x4 NO.45x4 NO.46x4</p>    | <p><b>STEP 9</b></p>  <p>NO.59x4</p>  |
| <p><b>STEP 2</b></p>  <p>M8*70mm</p> <p>NO.34x2 NO.35x2 NO.36x2 NO.80x2</p>  | <p><b>STEP 10</b></p>  <p>NO.71x2 NO.53x2 NO.70x2</p>                  |  |
| <p><b>STEP 6</b></p>  <p>M8*45mm</p> <p>NO.38x4 NO.39x4 NO.40x4</p>   | <p><b>STEP 11</b></p>  <p>M10*80mm</p> <p>NO.41x2 NO.42x4 NO.44x2</p> |  |
| <p><b>STEP 7</b></p>  <p>NO.53x2</p> <p>NO.80x2 NO.18x2 NO.51x2 NO.114x2</p>   |  | <p><b>STEP 12</b></p>  <p>NO.59x4</p> <p><b>STEP 13</b></p>  <p>NO.59x2</p> |
| <p><b>Allen Wrench 1 PC</b></p>  <p><b>Multi Hex TOOL with phillips Screwdriver 1 PC</b></p>  |  |  |

# ASSEMBLY

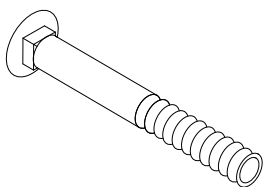


## Step 1

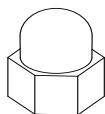
### 1-A Front Stabilizer Installation

Lift up the front of the **Main Frame (1)** and align the **Front Stabilizer (2)** onto the front curved bracket of the frame so that the transport wheels on the stabilizer are facing outwards and parallel to the ground. Insert two **Carriage Bolts (34)** through the stabilizer and the front curved bracket and secure the bolts using two **Washers (36)**, two **Spring Washers (80)**, and two **Cap Nuts (35)**. Use the Multi Hex Tool with Phillips Screwdriver provided to tighten the **Cap Nuts (35)** until they are firm and secure.

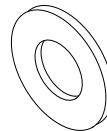
### Hardware:



(34) Carriage Bolt  
2 PCS



(35) Cap Nut M8  
2 PCS

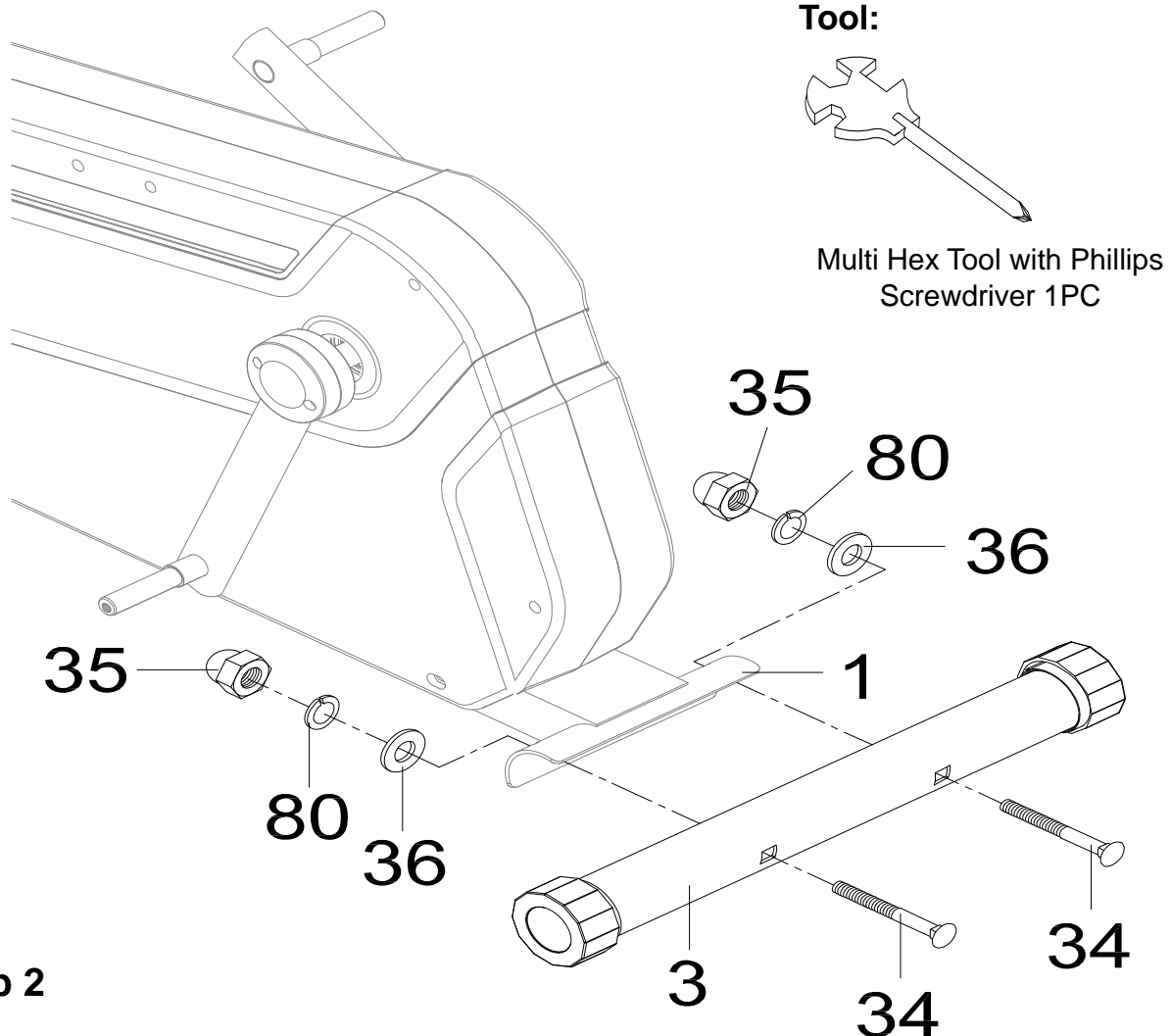


(36) Washer  
2 PCS



(80) Spring Washer  
2 PCS

# ASSEMBLY

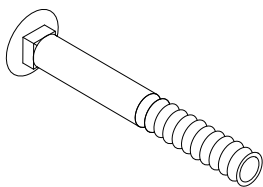


## Step 2

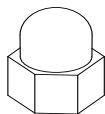
### 2-A Rear Stabilizer Installation

Lift up the front of the **Main Frame (1)** and align the **Rear Stabilizer (2)** onto the back curved bracket. Insert two **Carriage Bolts (34)** through the stabilizer and the front curved bracket and secure the bolts using two **Washers (36)**, two **Spring Washers (80)**, and two **Cap Nuts (35)**. Use the **Multi Hex Tool with Phillips Screwdriver** provided to tighten the **Cap Nuts (35)** until they are firm and secure.

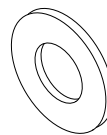
### Hardware:



(34) Carriage Bolt  
2 PCS



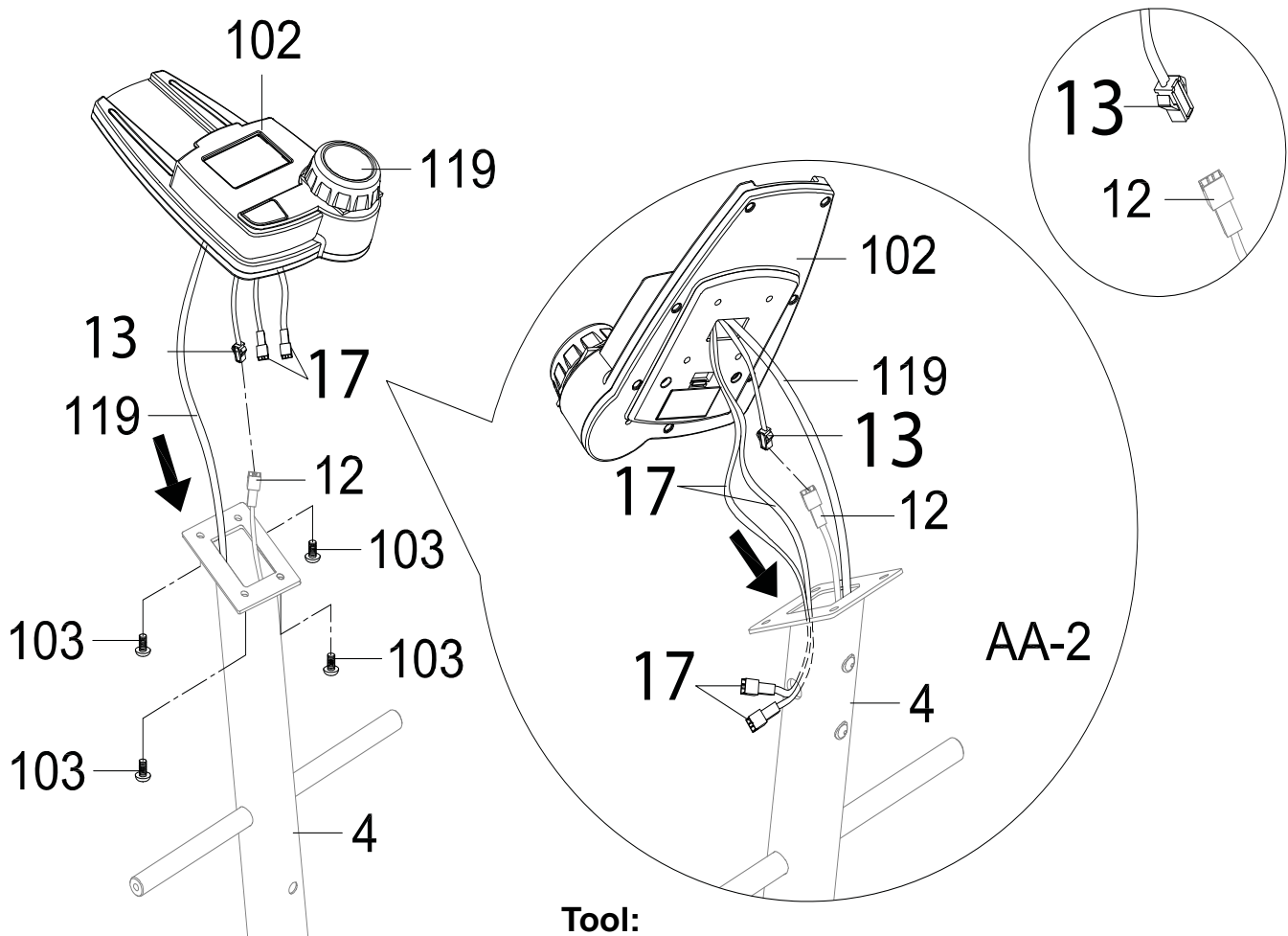
(35) Cap Nut M8  
2 PCS



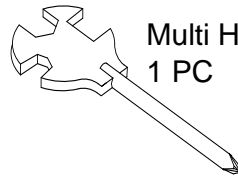
(36) Washer  
2 PCS



(80) Spring Washer  
2 PCS



## Tool:



Multi Hex Tool with Phillips Screwdriver  
1 PC

## Step 3

### 3-A Computer Console Installation

Remove the four **Screws (103)** from the backside of the **Console (102)**. Put them aside. Insert the **Hand Pulse Sensor Wires (17)** in the tube of the **Front Post (4)** and out of the same tube through a side hole. The **Hand Pulse Sensor Wires (17)** are both females. See **Fig. AA-2**.

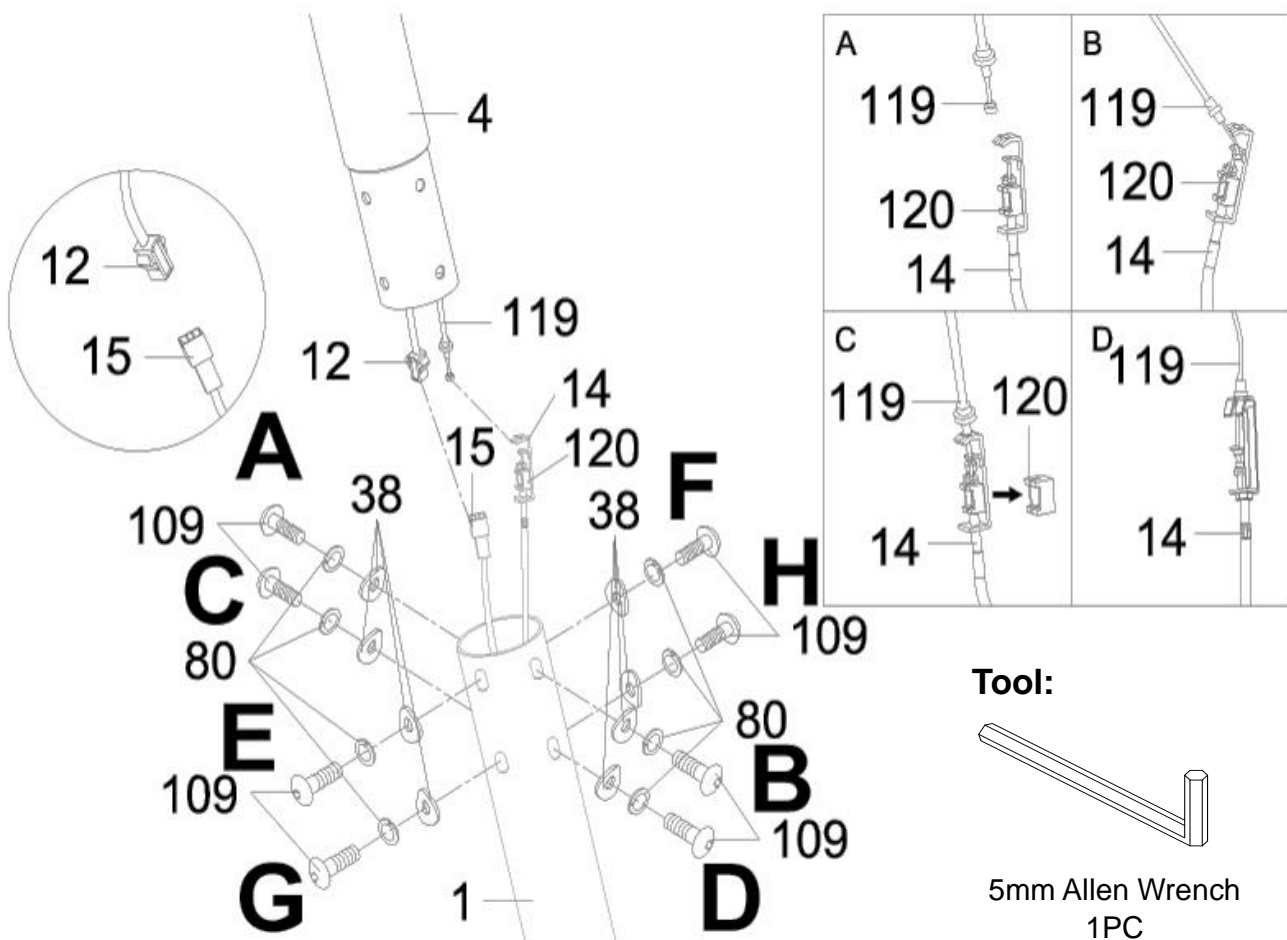
Connect the **Console Extension Wire (12)** to the **Console Connection Wire (13)** coming out from the back of the **Console (102)**. Refer to **Fig. AA-2**.

Mount the **Console (102)** to the plate on the top of the **Front Post (4)** while the carefully tucking in the loose wiring. Be sure to pull out the **Hand Pulse Sensor Wires (17)** fully out from the right side of the **Front Post (4)** as you are mounting the console.

**⚠** To prevent damage, ensure that none of the wires are folded or pinched during installation.

Secure the console using the four **Screws (103)** that were previously removed. Then tighten the screws with the **Multi Hex Tool with Phillips Screwdriver** provided.

# ASSEMBLY



**!** MUST TIGHTEN IN SEQUENCE: A,B,C,D,E,F,G,H.

## Step 4

### Assembly of Front Post.

Use the **5mm Allen Wrench** to remove eight **Hexagon Socket Head Bolts (109)**, eight **Spring Washers (80)**, and eight **Curve Washers (38)** from the **Front Post (4)**. Put these hardware aside.

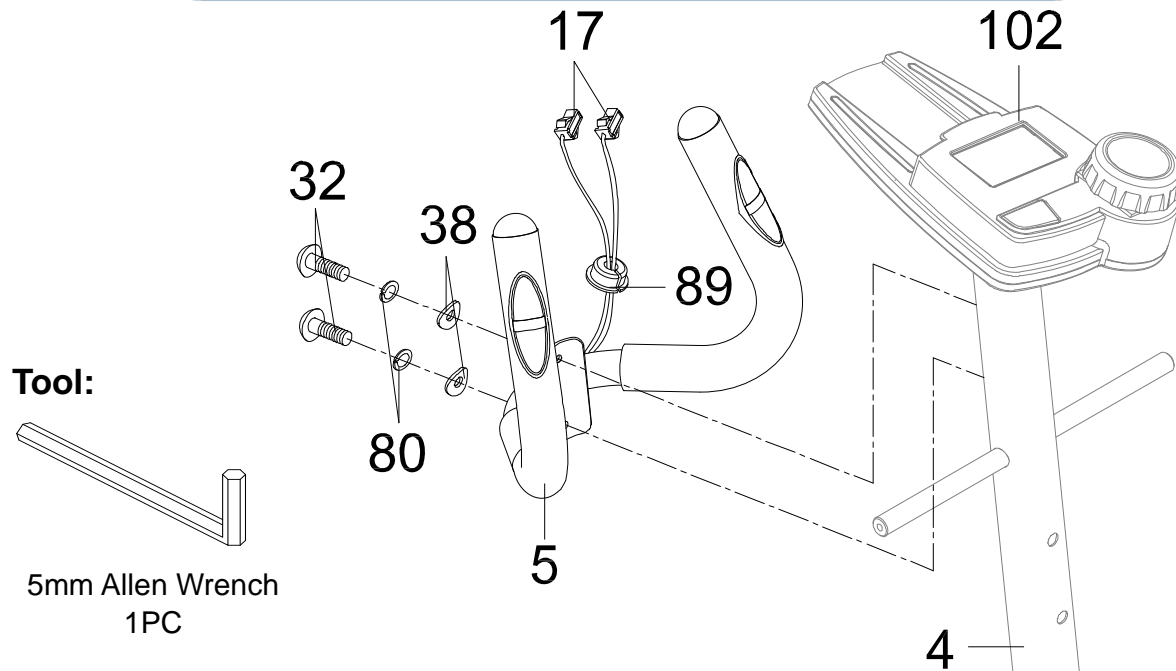
Thread the **Tension Control Knob Cable (116)** cable coming out from under **Main Post (4)** into the cable lock end of the **Tension Cable (14)**. See **Figure A**. Once the **Tension Control Knob Cable (116)** is in place, give it a good tug upwards into the slot of the metal bracket of the **Tension Cable (14)**. See **Figure B**. Remove the **Clip (120)** from the cable lock end of the **Tension Cable (14)**. **Figure C**. If threaded correctly, the connection should look like **Figure D**.

Connect the **Console Extension Wire (12)** from the **Front Post (4)** with the **Extension Sensor Wire (15)** from the **Main Frame (1)**.

Insert the **Front Post (4)** into the **Main Frame (1)**. Reinstall the previously removed hardware: eight **Hexagon Socket Head Bolts (109)**, eight **Spring Washers (80)**, and eight **Curve Washers (38)** and securely tighten the bolts using the **5mm Allen Wrench** provided.



## ASSEMBLY

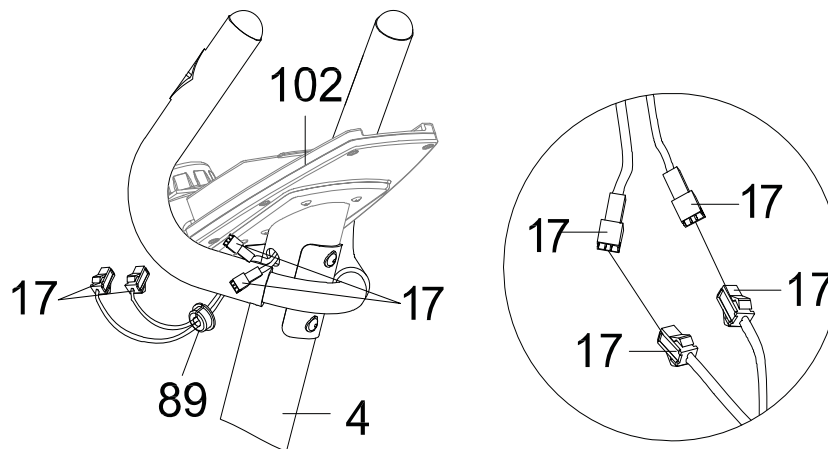


### Step 5

#### Assemble Handlebar.

Use the **5mm Allen Wrench** to remove two **Hexagon Socket Head Bolts (32)**, two **Spring Washers (80)**, and two **Curve Washers (38)** from the **Front Post (4)**.

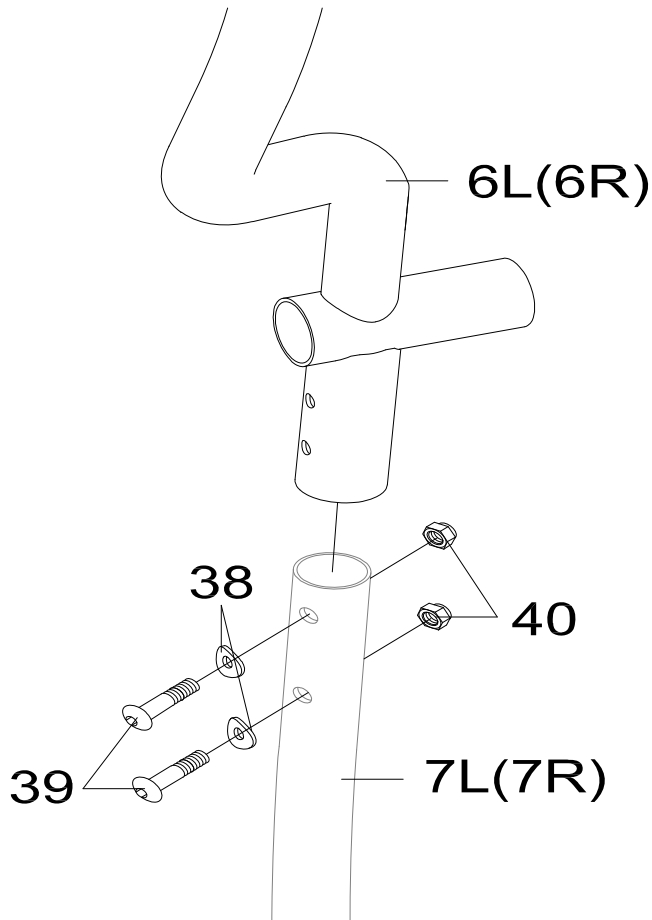
Attach the **Handlebar (5)** to the **Front Post (4)** using the previously removed hardware: two **Hexagon Socket Head Bolts (32)**, two **Spring Washers (80)**, and two **Curved Washers (38)**. Tighten the bolts using the **5mm Allen Wrench** until they are firm and secure.



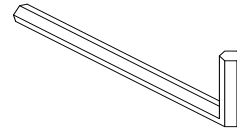
### AA-3

There will be another set of **Hand Pulse Sensor Wires (17)** coming out from the **Handlebar (5)**. Connect that set to the other set of **Hand Pulse Sensor Wires (17)** coming from the console as shown in **Figure AA-3**.

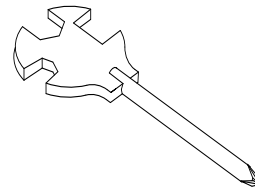
Slide the **Wire Plug (89)** over the **Hand Pulse Sensor Wires (17)** and carefully tuck the excess **Hand Pulse Sensor Wires (17)** and **Wire Plug (89)** into the right side of the **Front Post (4)**.



## Tools:



5mm Allen Wrench  
1PC



Multi Hex Tool with Phillips  
Screwdriver 1PC

## Step 6

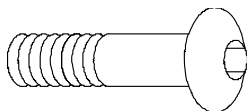
### Assemble Upper Handrails and Handrail Arms:

**⚠** The parts are marked with a “R” for the right side and a “L” for the left side.

Insert the **Upper Left Handrail (6L)** over the **Left Handrail Arm (7L)** and secure in place with two **Hexagon Socket Head Bolts (39)**, two **Curve Washers (38)** and two **Nylon Locknuts (40)**. Simultaneously tighten the bolt and nut using both the **5mm Allen Wrench** and **Multi Hex Tool with Phillips Screwdriver**.

Repeat the steps above for the installation of the **Right Handrail Arm (7R)** over the **Upper Right Handrail (6R)**.

## Hardware:



(39) Hexagon Socket  
Head Bolt  
4 PCS

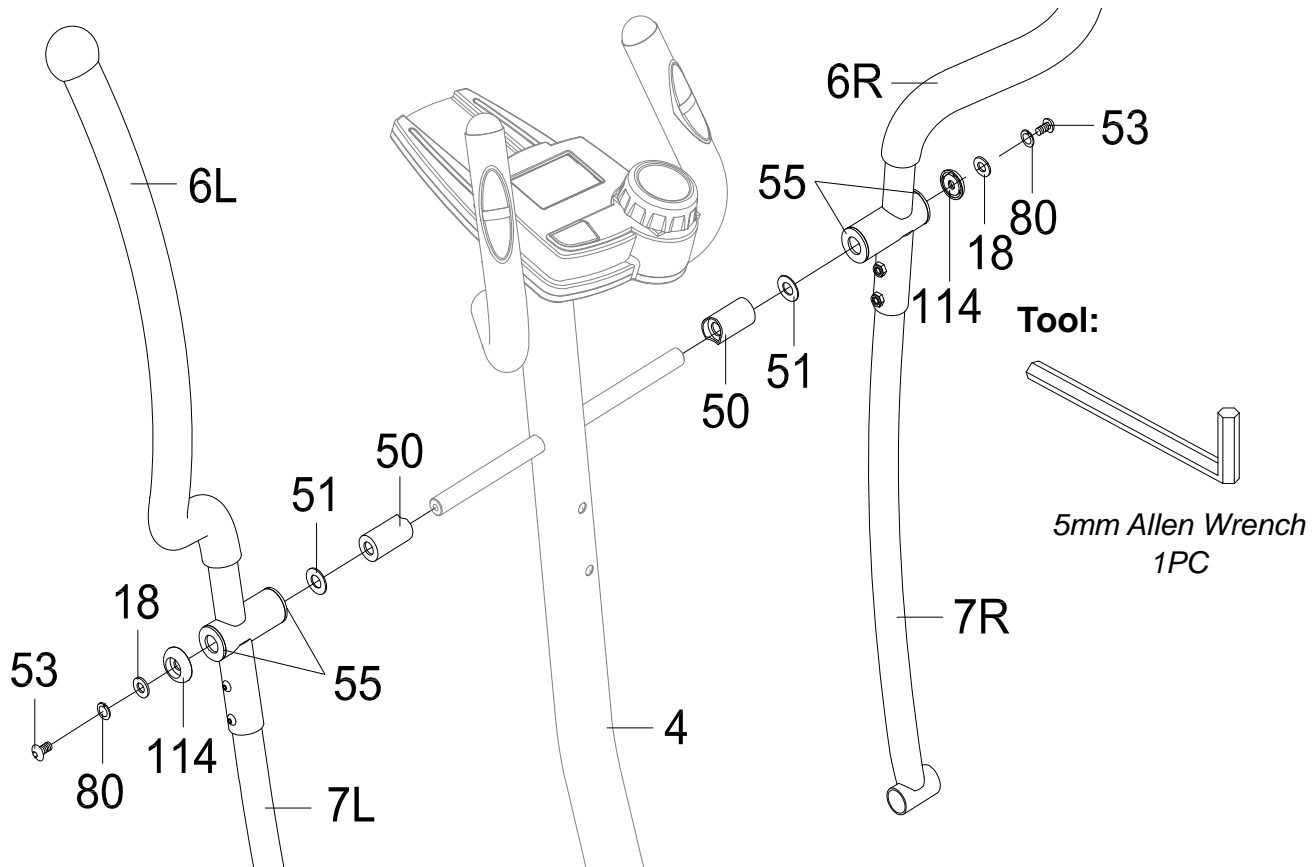


(40) Nylon Locknut  
4 PCS



(38) Curve Washer  
4 PCS

# ASSEMBLY



## Step 7

### Attaching Upper Handrails and Front Post:

**⚠** The parts are marked with an “R” for right side and “L” for left side.

Attach two **Plastic Bushings (50)** onto the rods coming out from the **Front Post (4)**. Then insert a **Washer (51)** on each side.

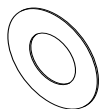
Insert the **Upper Left Handrails (6L) & (6R)** onto the left side of the **Front Post (4)**. Hold and align one **Screw Side Cover (114)** to where the bushing of the **Upper Left Handrail (6L)** are while inserting one **Hexagon Socket Head Bolt (53)**, one **Spring Washer (80)**, and one **Washer (18)** into the left side axis of **Front Post (4)**. Tighten the bolt by using the **5mm Allen Wrench** until it is firm and secure.

Repeat the same assembly steps for installing the **Upper Right Handrail (6R)** onto the **Front Post (4)**.

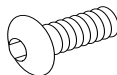
### Hardware:



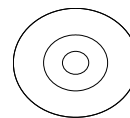
(18) Washer  
2 PCS



(51) Washer  
2 PCS



(53) Hexagon Socket  
Head Bolt  
2 PCS

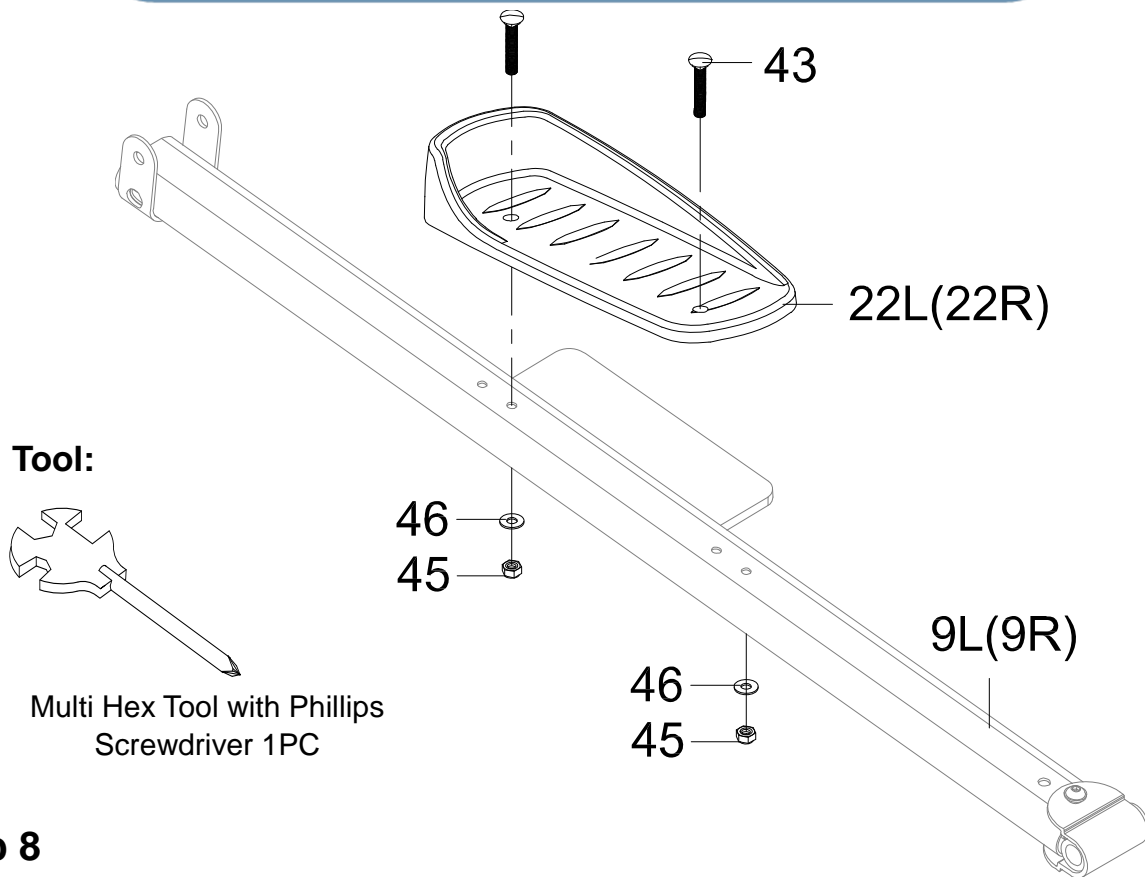


(114) Screw Side  
Cover  
2 PCS



(80) Spring Washer  
2 PCS

## ASSEMBLY



### Step 8

#### Assemble Foot Pedals:

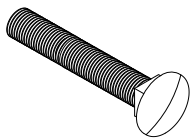
**⚠** The parts are marked with an “R” for right side and “L” for left side.

Place the **Left Foot Pedal (22L)** on top of the **Left Foot Bar (9L)**, and align to the holes. Insert two **Carriage Bolts (43)** into the aligned holes of the pedal and bar Left Foot Pedal (22L). Secure the bolts in place using two **Washers (46)** and two **Nylon Locknuts (45)**. Tighten the bolts with the **Multi-Hex Tool with Phillips Screwdriver** provided.

Repeat the same assembly steps to install the **Right Foot Pedal (22R)** onto the **Right Foot Bar (9R)**.

**Note:** There are four holes on the **Left Foot Bar (9L)** & **Right Foot Bar (9R)** which allow for two different positions. Once the machine is completely assembled you can test which positions suit you best. Both the Left Foot Pedals (22L) & the Right Foot Pedals (22R) should be installed in the same position on both sides.

#### Hardware:



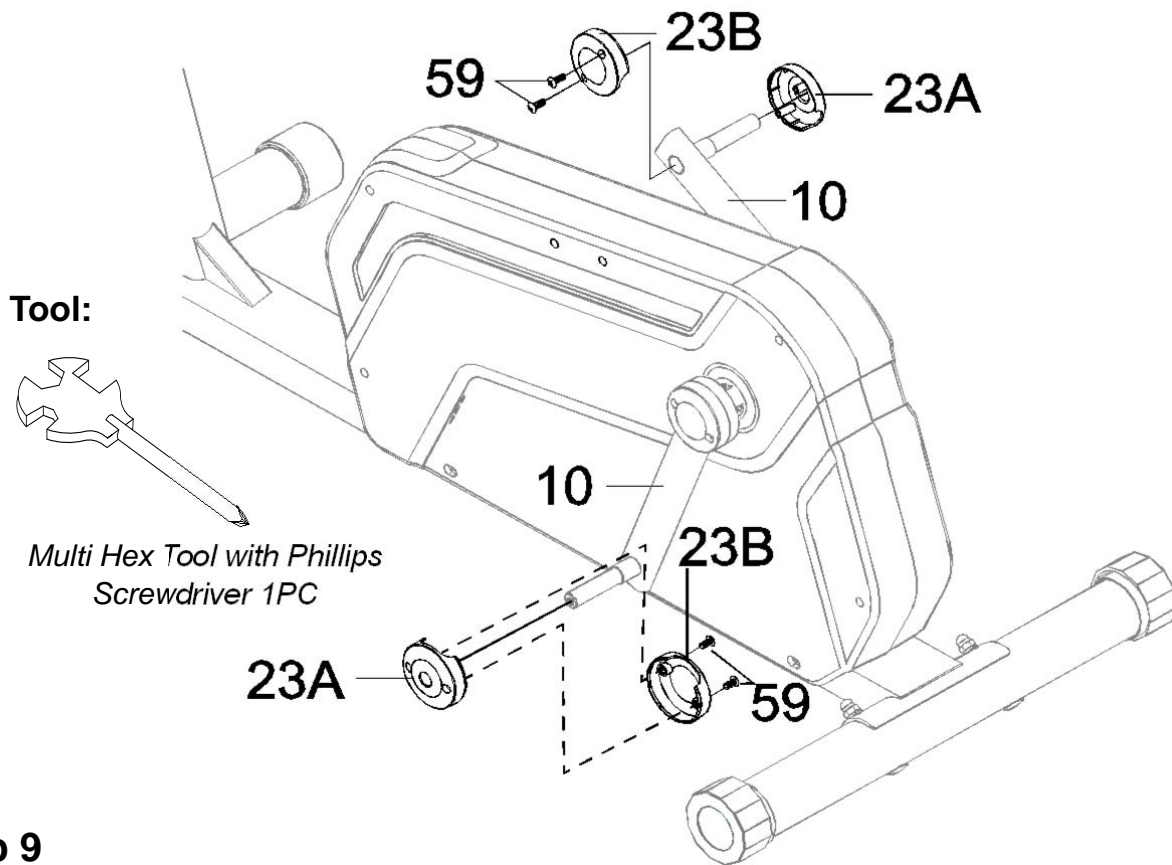
(43) Carriage Bolt  
4 PCS



(45) Nylon Locknut  
4 PCS



(46) Washer  
4 PCS



## Step 9

### Assemble Upper Crank Cover A/B

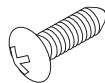
Remove the plastic tape covering the left side **Crank (10)** and rotate the left side Crank (10) to its highest position.

Slide one **Pedal Cover A (23A)** all the way towards the outwards facing side of the left side **Crank (10)**. Hold one **Pedal Cover B (23B)** onto the inside of the left **Crank (10)**. Attach the **Pedal Cover A (23A)** to **Pedal Cover B (23B)** with two **Round Head Self Tapping Screws (59)**. Then tighten the hardware with the **Multi Hex Tool with Phillips Screwdriver 1PC** until they are both firm and secure.

Repeat the same assembly step for the right side **Crank (10)**.

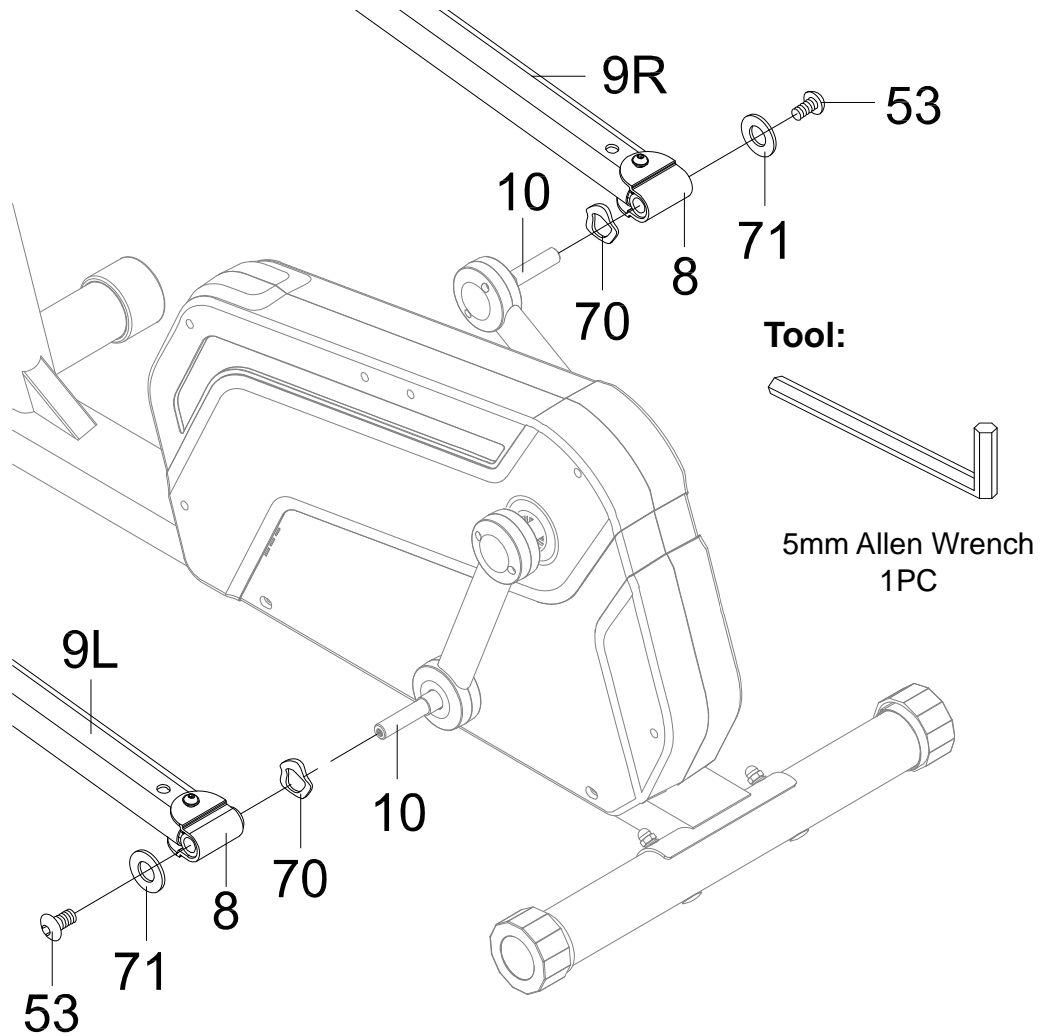
**Note:** The **Pedal Cover A (23A)** will be covering on the outwards on a crank while the **Pedal Cover B (23B)** will cover the inside of the crank.

### Hardware:



(59) Round Head Self  
Tapping Screw  
4 PCS

## ASSEMBLY



### Step 10

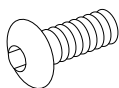
#### Assemble Foot Bars:

**⚠** The parts are marked with an “R” for right side and “L” for left side.

Slide the **U Shape Bracket (8)** all the way in the shaft of the left side **Crank (10)**. Insert one **Hexagon Socket Head Bolt (53)**, one **Wave Washer (70)**, and one **Washer (71)**. Tighten the bolt using the **5mm Allen Wrench** until it is firm and secure.

Repeat the same assemble steps for installing the **Right Foot Bar (9R)** onto the right side **Crank (10)**.

#### Hardware:



(53) Hexagon Socket  
Head Bolt  
2 PCS



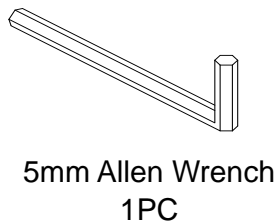
(70) Wave Washer  
2 PCS



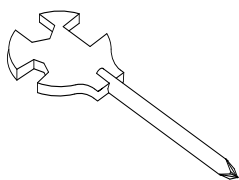
(71) Washer  
2 PCS

# ASSEMBLY

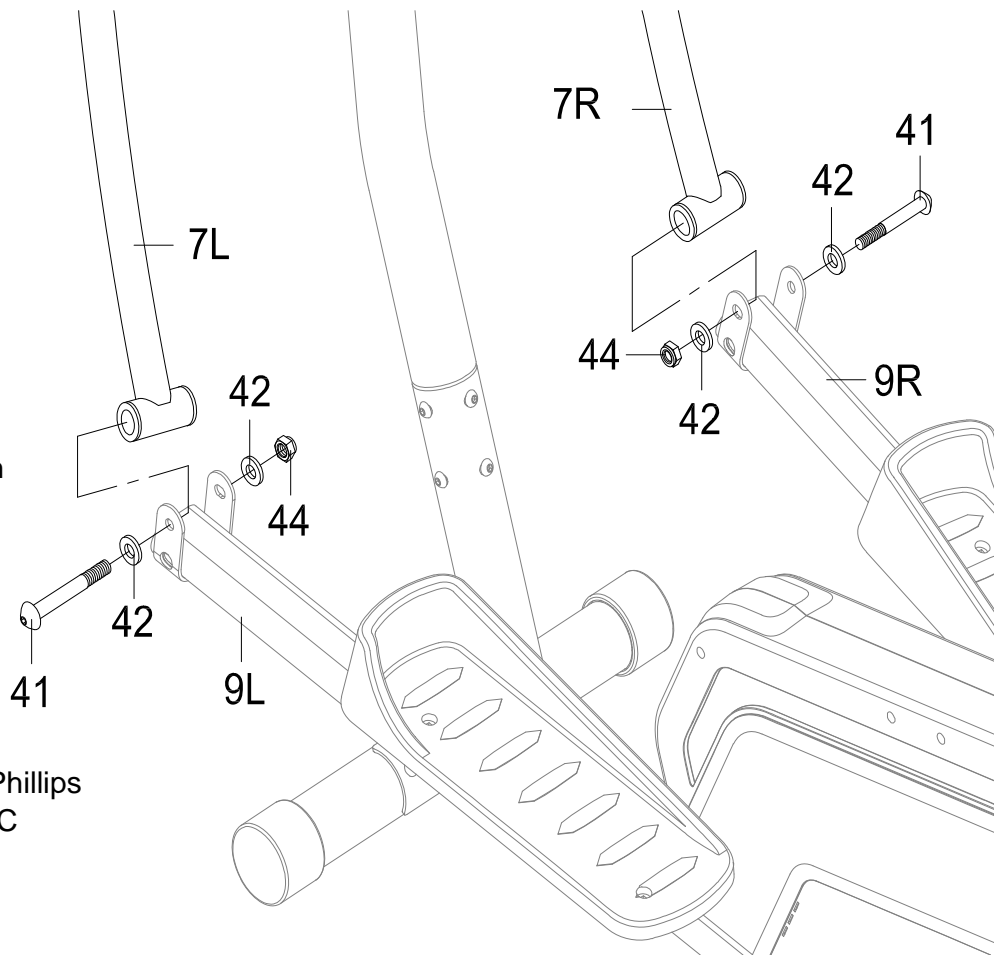
## Tools:



5mm Allen Wrench  
1PC



Multi Hex Tool with Phillips  
Screwdriver 1PC



## Step 11

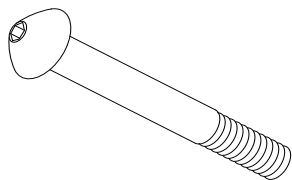
### Assemble Handrail Arms:

**⚠** The parts are marked with an “R” for right side and “L” for left side.

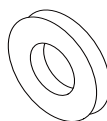
Insert the **Left Handrail Arm (7L)** into the U shaped Bracket at the front end of the **Left Foot Bar (9L)**. Align the holes and insert one **Hexagon Socket Head Bolt (41)**, two **Washers (42)** and one **Nylon Locknut (44)**. Simultaneously tighten the bolt and nut with both the **5mm Allen Wrench** and **Multi Hex Tool with Phillips Screwdriver** until they are firm and secure.

Repeat the same assemble steps for installing the **Right Handrail Arm (7R)** onto the **Right Foot Bar (9R)**.

## Hardware:



(41) Hexagon Socket  
Head Bolt  
2 PCS

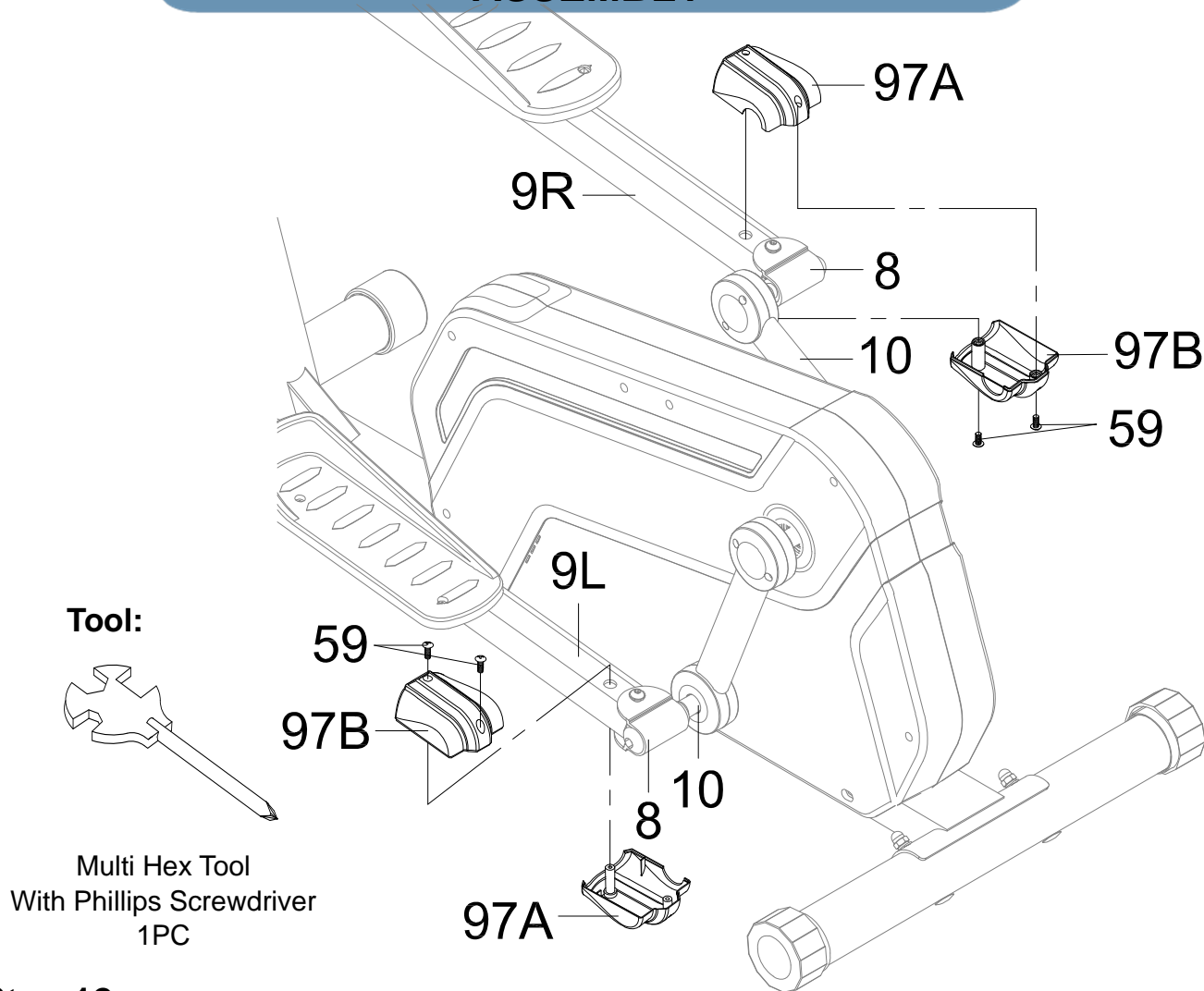


(42) Washer  
4 PCS



(44) Nylon Locknut  
2 PCS

## ASSEMBLY



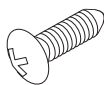
### Step 12

#### Assemble U Shape Bracket Covers.

Pair the **U Shaped Bracket Covers A (97A) & Covers B (97B)** for each of the Cranks (10). Ensure that each pair are orientated so that the cut-out edges are facing the **Crank (10)**. Insert the posts of the U Shape Bracket Covers B (97B) into the holes at the rear of the Left (9L) & Right Foot Bars (9R) and enclose the U Shape Brackets (8) of the foot bars by sandwiching the **U Shape Bracket Covers A (97A)** over it. Secure all the **U-Shaped Bracket Covers A (97A)** and **Covers B (97B)** with four **Round Head Self Tapping Screws (59)**. Tighten the screws with the **Multi Hex Tool with Phillips Screwdriver** until they are firm and secure.

**⚠** The screws will insert from above on the left side. The screws on the right side will insert from below

#### Hardware:

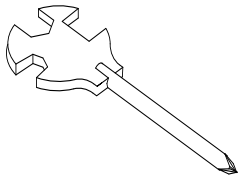


(59) Round Head Self  
Tapping Screw  
4 PCS

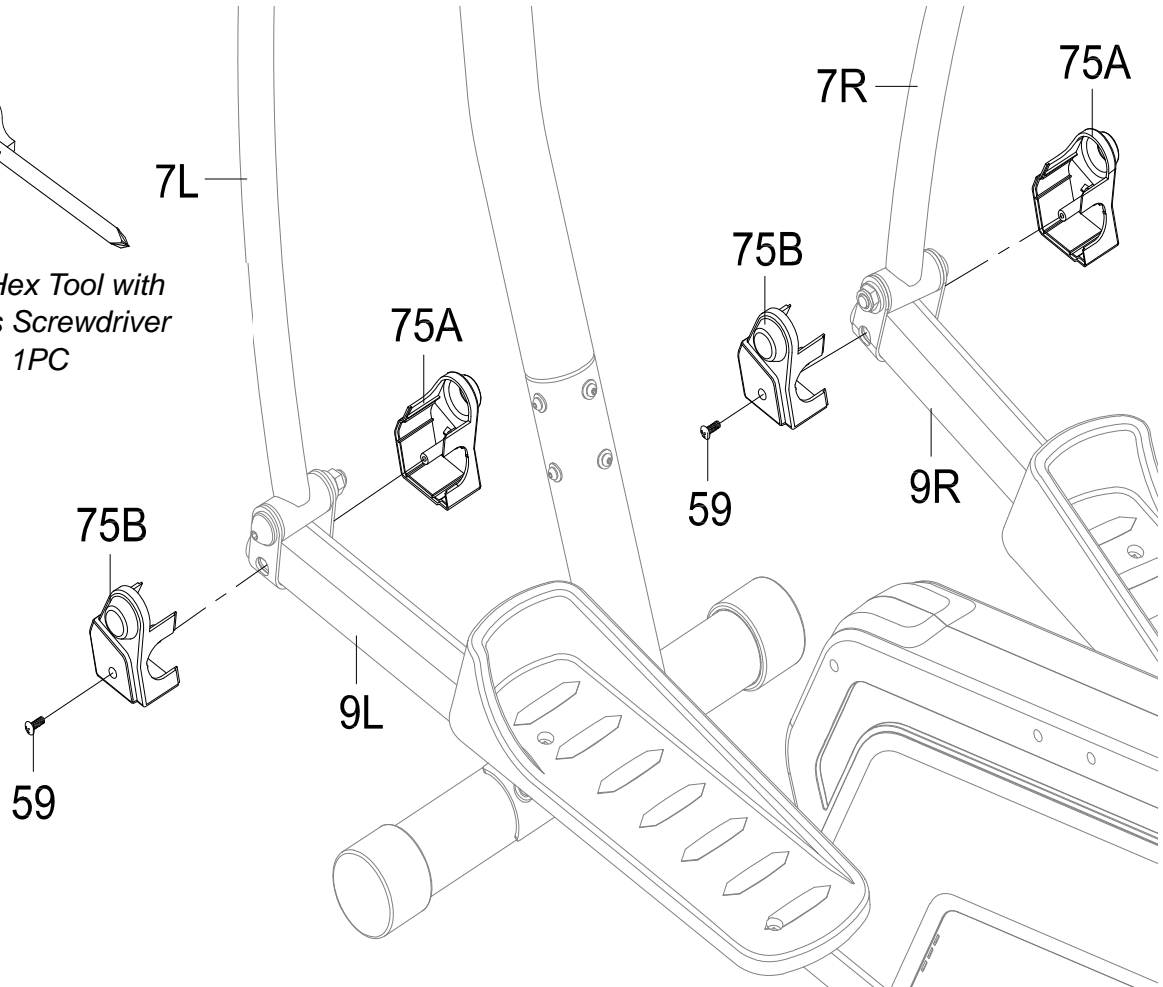


# ASSEMBLY

## Tool:



*Multi Hex Tool with  
Phillips Screwdriver  
1PC*

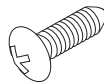


## Step 13

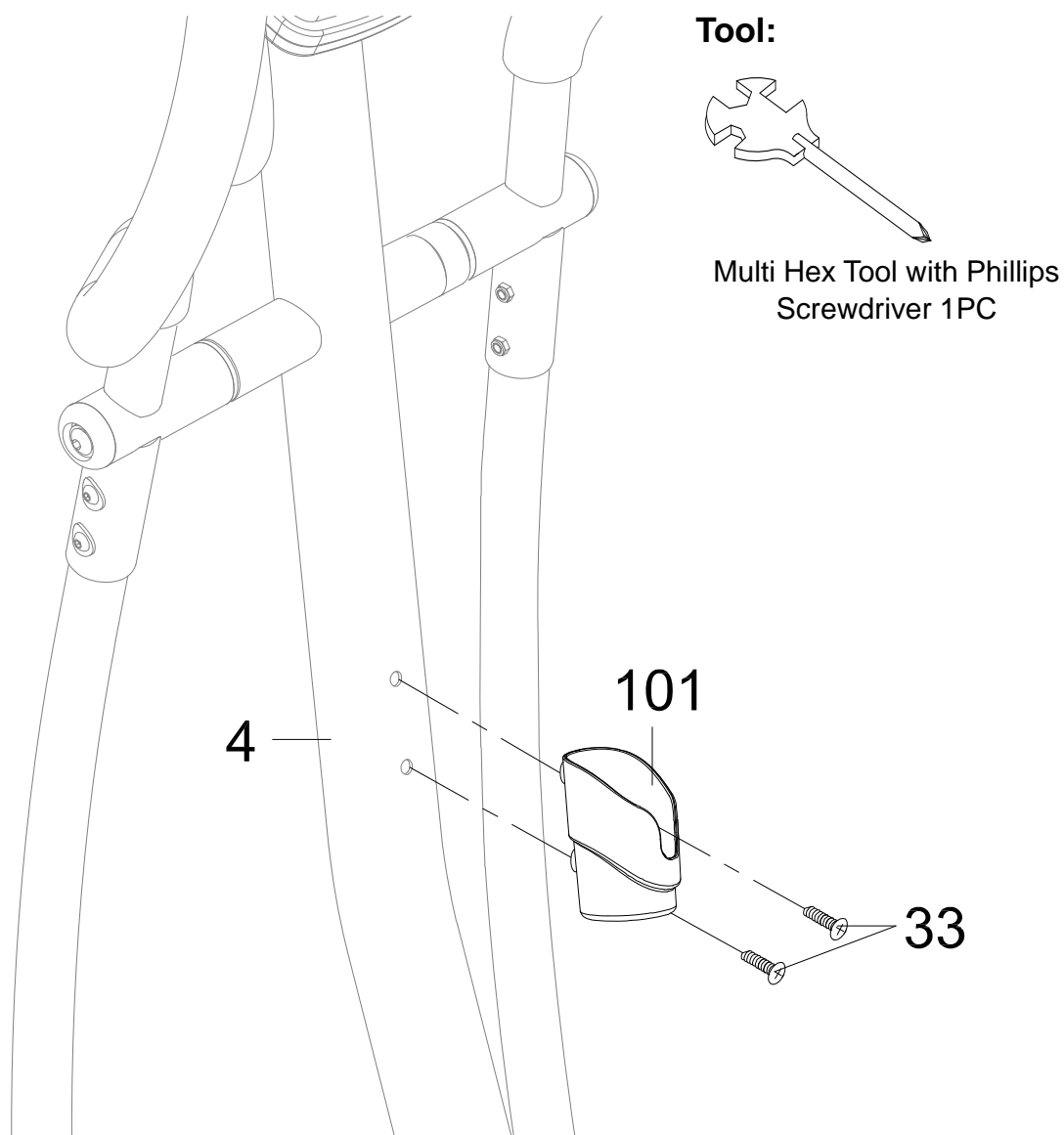
### Assemble Foot Bar Covers A/B.

Sandwich each of the axis brackets where the **Left Foot Bar (9L)** & **Right Foot Bar (9R)** meet with their respective **Handrail Arms (7L)** & **(7R)** with both the **Foot Bar Covers A (75A)** & **Covers B (75B)**. Enclose the axis brackets with the covers using two **Round Head Self Tapping Screws (59)** by using the **Multi Hex Tool with Phillips Screwdriver** until they are firm and secure.

## Hardware:



(59) Round Head Self  
Tapping Screw  
2 PCS



## Step 14

### Bottle Holder Installation:

Use the Multi-Hex Tool with Phillips Screwdriver to remove two **Bolts (33)** on the **Front Post (4)**. Attach the **Bottle Holder (101)** onto the **Front Post (4)** and tighten them with two **Bolts (33)** that were previously removed using the same Multi-Hex Tool with Phillips Screwdriver.

# COMPUTER CONSOLE

## USING YOUR COMPUTER CONSOLE

The computer can be activated by pressing the button or by pedaling. If you leave the equipment idle for approximate 5 minutes, the power will turn off automatically.

## BUTTON FUNCTIONS:

Press the button to select each function of computer.

Press and hold the button for 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.



## CONSOLE FUNCTIONS

**SCAN:** Press the button until the screen displays SCAN, the computer will automatically scan each function every 6 seconds.



**TIME:** Displays your elapsed workout time in minutes and seconds.



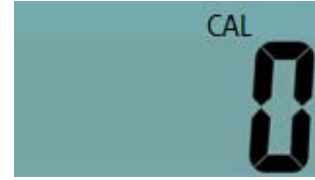
**SPD (SPEED):** Displays the current training speed.



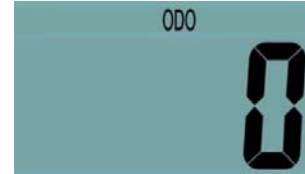
**DIST (DISTANCE):** Displays the accumulative distance traveled during workout.



**CAL (CALORIES):** Displays the total accumulated calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).



**ODO (ODOMETER):** Displays the total accumulative distance traveled.



**RPM (Revolutions per Minute):** Displays the current revolutions per minute.

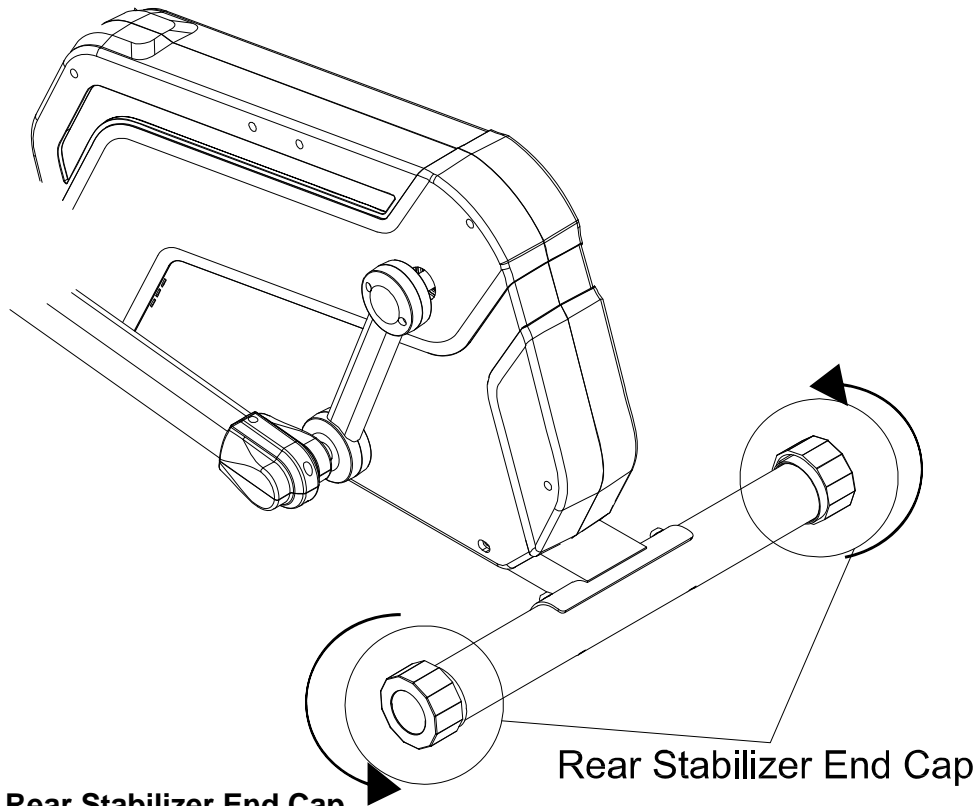


**PULSE** ❤️: Displays your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

## HOW TO INSTALL THE BATTERIES:

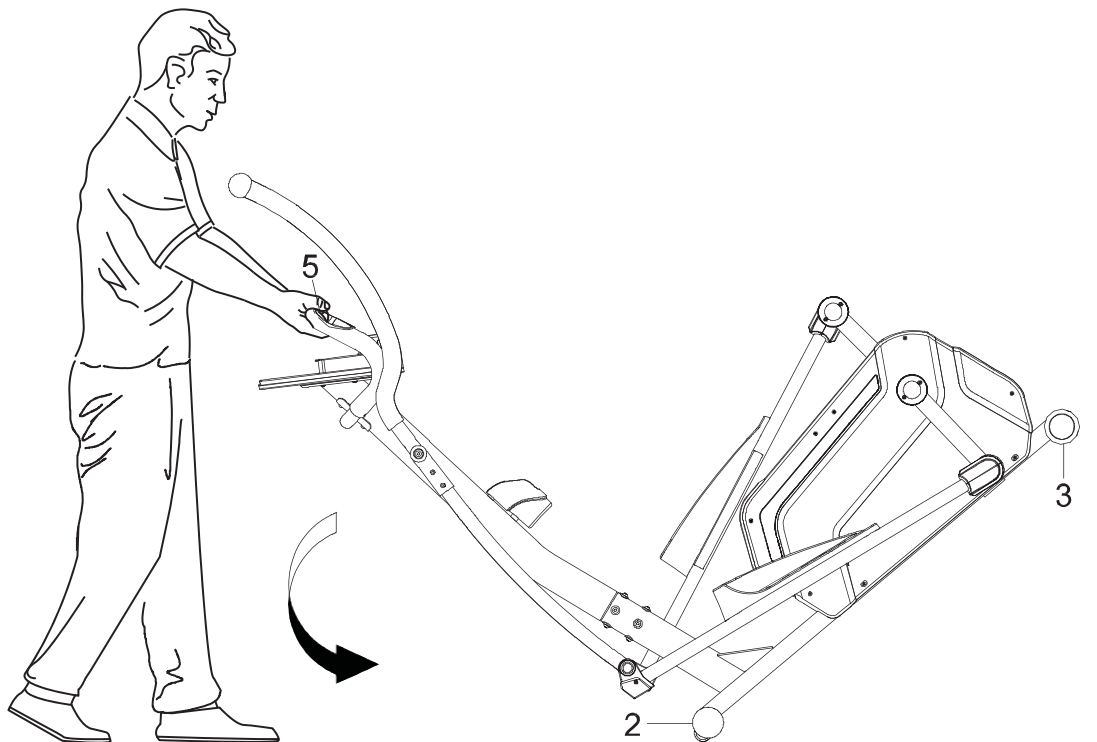
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

## LEVEL ADJUSTMENTS & TRANSPORT



### Adjusting the Rear Stabilizer End Cap

Turn the **Rear Stabilizer End Caps** on the **Rear Stabilizer (3)** as needed to level the elliptical.



### Transporting the Elliptical

Hold the **Handlebar (5)** and pull the machine until the wheels on the **Front Stabilizer (2)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (3)** to the ground.

## TROUBLE SHOOTING

**PROBLEM:** The elliptical wobbles when in use.

**SOLUTION:** Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical.

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

**SOLUTION:** Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post.

**PROBLEM:** There is no heart rate reading or there is erratic / inconsistent reading.

**SOLUTION:** Make sure that the wire connections for the hand pulse sensors are secure.

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

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

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

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

## MAINTENANCE

### Cleaning

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

Please keep the elliptical, especially, the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

### Storage

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

# 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**

**(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, or accumulate dirt or stains; or
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

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

## **Ordering Replacement Parts**

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

**Service@paradigmhw.com**

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

When ordering replacement parts please have the following information ready:

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

## PARTS REQUEST FORM

### Paradigm Health & Wellness, Inc.

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

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: (Day) \_\_\_\_\_

(Night) \_\_\_\_\_

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

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

PURCHASE DATE: \_\_\_\_\_

PLACE OF PURCHASE: \_\_\_\_\_

| PART # | DESCRIPTION | QTY |
|--------|-------------|-----|
|        |             |     |
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|        |             |     |

***"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"***

***\*This form can also be faxed to #: 626-810-2166***