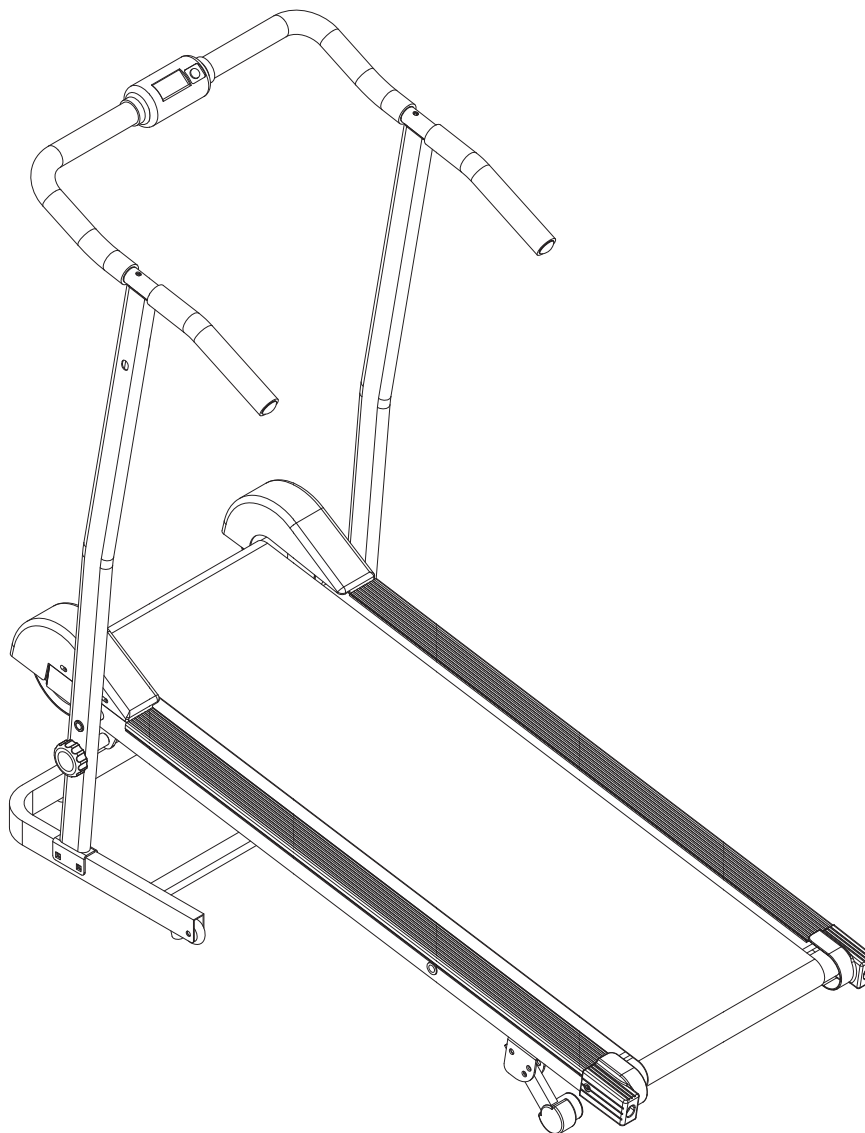


## Manual Treadmill



**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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## SERVICE

### IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by the below methods:

For Best Service, please Email:

**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

Response Time: 1-2 Business Days

Website:

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

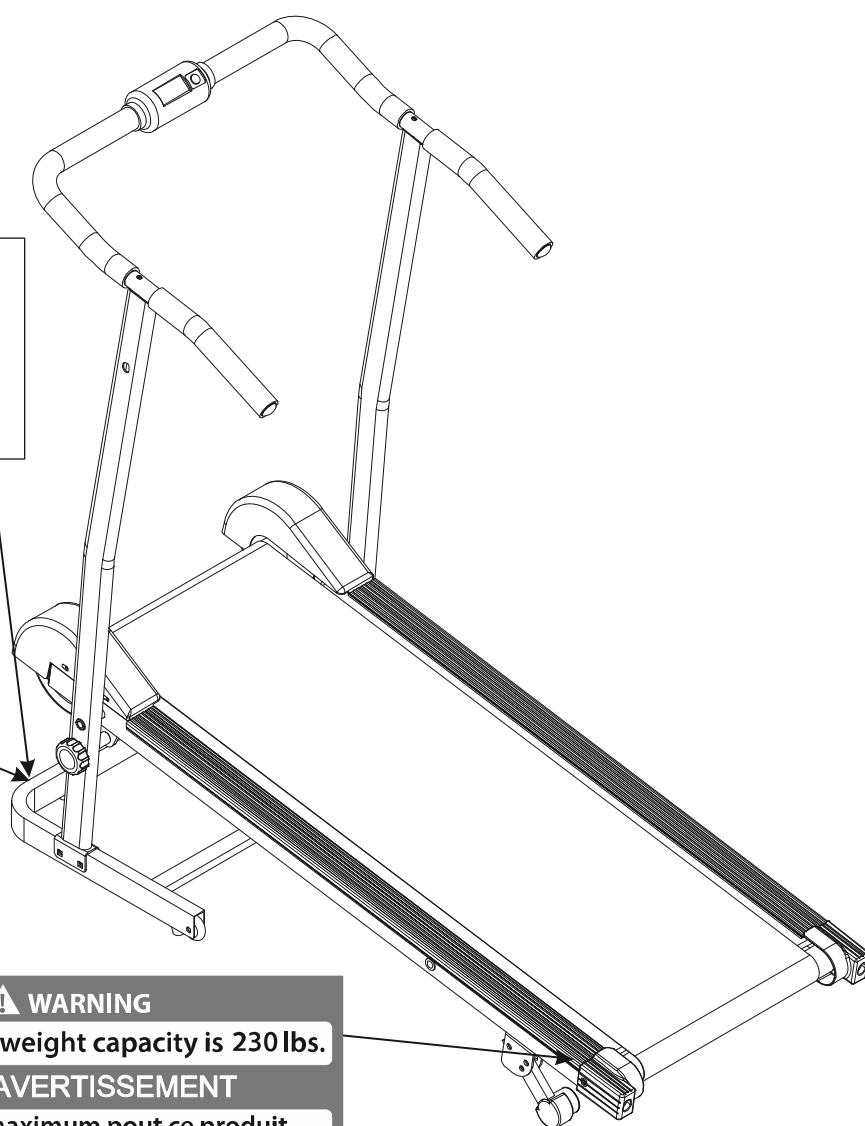
1189 Jellick Ave.

City of Industry, CA 91748, USA

## LABEL PLACEMENT



<b>FITNESS REALITY</b>	
For customer assistance call:	Pour le service à la clientèle composer le:
<b>1-844-641-7920</b>	<b>1-844-641-7920</b>
8 am - 5 pm PST	Tous les jours
Daily	8:00 h - 17 h (HNP)



**⚠ WARNING**  
**Maximum weight capacity is 230 lbs.**

**⚠ AVERTISSEMENT**  
**Le poids maximum pour ce produit est 104 kgs.**

## PRODUCT SAFETY

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

**DANGER:** To reduce the risk of electric shock, please read the following:

- Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.

**NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.**

**WARNING:** To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch, and unplugging from outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, do not use and consult an Authorized Service Representative at 1-844-641-7920
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. Close supervision is necessary when this treadmill is used by on, near those with disabilities.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep Dry - do not operate in a wet or moist condition. Save these instructions.
- Do not operate the treadmill near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.
- Keep electrical cord away from heated surfaces.
- Never insert any object into any opening.

## PRODUCT SAFETY

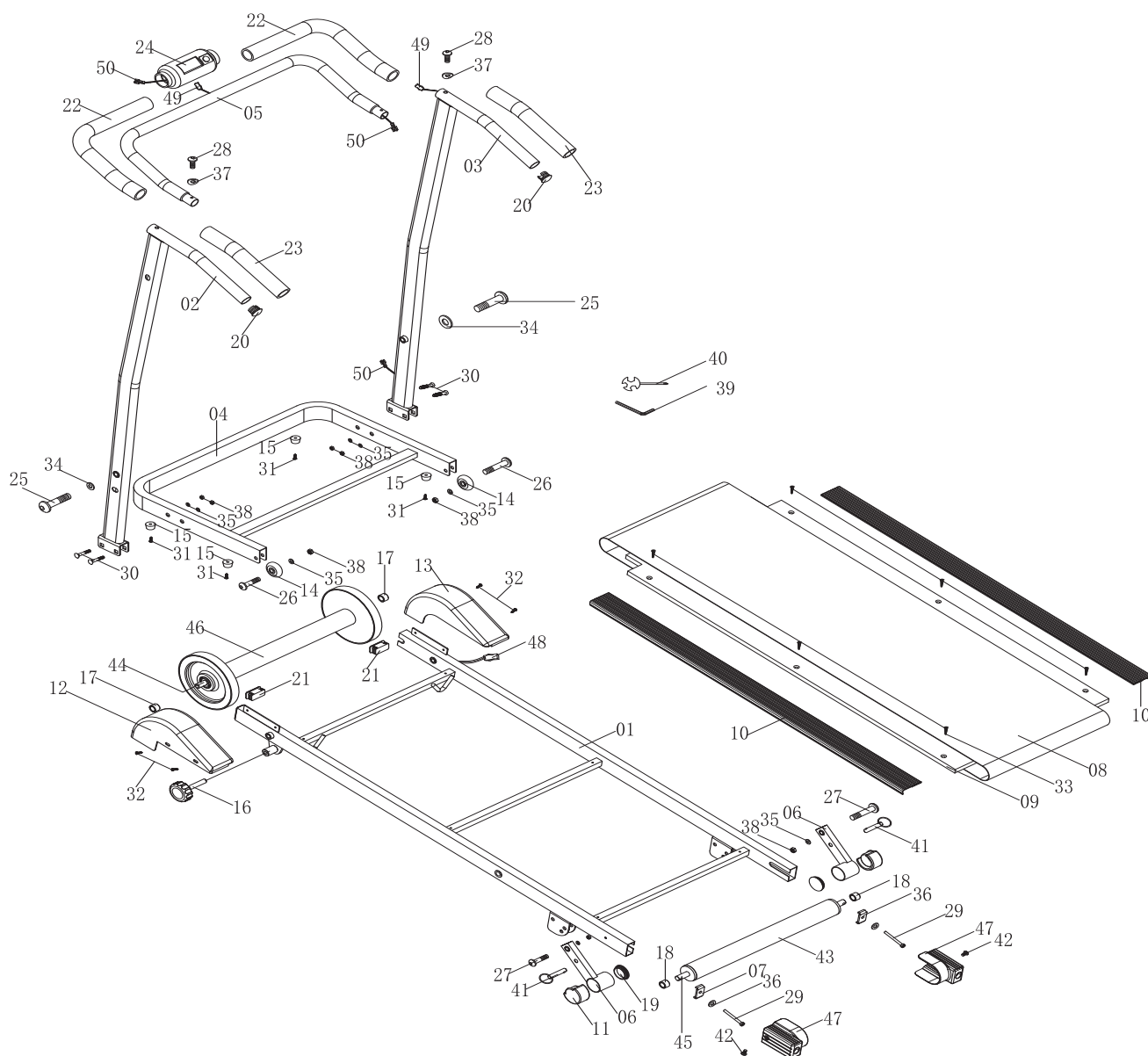
- Keep the treadmill on a solid, level surface with the minimum safety area clearance of 6ft x 3ft around the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only.
- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks or in sandals. Always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 12 year-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Pull up the Safety Tether Key for emergency stop. Reinstall the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.
- **CAUTION - RISK OF INJURY TO PERSONS** - To avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.
- **Maximum Weight Capacity is 230 lbs.**

**Note:** It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.

**WARNING:** Connect the treadmill to a properly grounded outlet only. See grounding instructions.

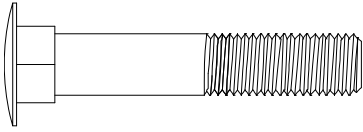
**SAVE THESE INSTRUCTIONS**

# OVERVIEW DRAWING





## HARDWARE LIST & TOOLS



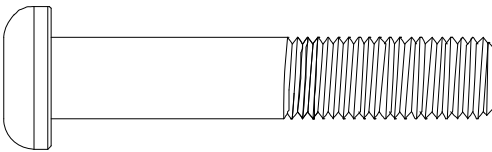
(#30) Carriage bolt  
M8\*35  
4 PCS



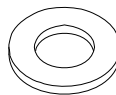
(#38) Nylon nut M8  
4 PCS



(#35) Flat washer  
 $\Phi 8.5 * \Phi 20 * 1.5$   
4 PCS



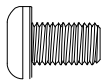
(#25) Allen bolt  
M10\*50  
2 PCS



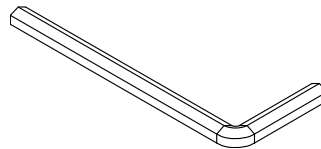
(#34) Flat washer  
 $\Phi 10.5 * \Phi 22 * 1.5$   
2 PCS



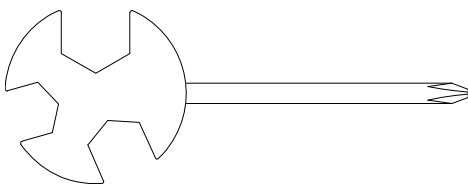
(#37) Curve washer  
 $\Phi 6.5 * \Phi 15 * 1.5$   
2 PCS



(#28) Allen bolt  
M6\*15  
2 PCS



S5 Allen Wrench  
1 PCS

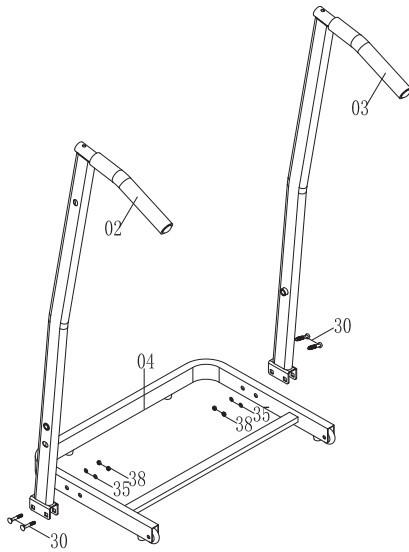


Multi Hex Tool with  
Phillips Screwdriver  
1 PCS

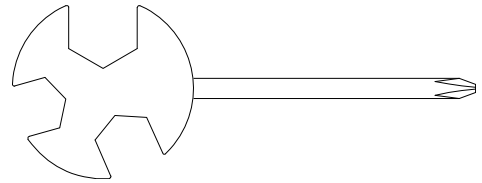
## PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main frame	1	026	Allen bolt M8*30	2
002	Left upright handle bar	1	027	Allen bolt M8*35	2
003	Right upright handle bar	1	028	Allen bolt M6*15	2
004	Base tube	1	029	Allen bolt M6*60	2
005	Computer frame	1	030	Carriage bolt M8*35	4
006	Rear base tube	1	031	Philips screw ST4.2*20	4
007	Adjustment U base	2	032	Philips screw ST4.8*15	4
008	Running belt	1	033	Philips screw ST4.8*25	6
009	Running board	1	034	Flat washer $\Phi 10.5 \times \Phi 22 \times 1.5$	2
010	Side rail	2	035	Flat washer $\Phi 8.5 \times \Phi 20 \times 1.5$	4
011	Foot pad	2	036	Flat washer $\Phi 6.5 \times \Phi 15 \times 1.5$	2
012	Motor cover (left)	1	037	Curve washer $\Phi 6.5 \times \Phi 15 \times 1.5$	2
013	Motor cover (right)	1	038	Nylon nut M8*8H	4
014	Transportation wheel	2	039	L wrench	1
015	Cushion pad	4	040	Cross complex wrench	1
016	Locking knob	1	041	Locking Pin	2
017	Front roller spacer	2	042	Philips screw M5*10	2
018	Rear roller spacer	2	043	Rear roller	1
019	Round inner plug for tube $\Phi 38 \times 1.5$	2	044	Front roller shaft	1
020	Round inner plug for tube $\Phi 25 \times 1.5$	2	045	Rear roller shaft	1
021	Square inner plug	2	046	Front roller	1
022	Foam for computer frame	2	047	Rear cover	2
023	Foam for hand pulse handle	2	048	Sensor	1
024	Computer	1	049	Sensor wire 1	3
025	Allen bolt M10*50	2	050	Sensor wire 2	3

## ASSEMBLY



### Tool:



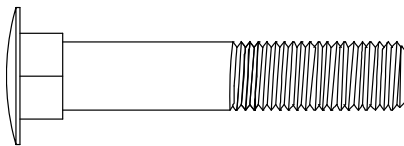
Multi Hex Tool with Phillips  
Screwdriver

### Step 1

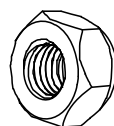
Inserting the left handlebar frame (02) to the left side of the base bracket (04) , Through the holes with two M8 carriage bolt (30) and two M8 Washers (35) , then secure the bolts with 8mm nylon nut (38) with 8 mm open end wrench .

And repeat for the right handlebar frame (03) to be installed on the right side of the base bracket (04) and put through two M8 carriage bolt (30) and two M8 Washers (35) , then secure the bolts with 8mm nylon nut (38) with 8 mm open end wrench .

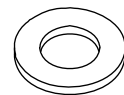
### Hardware:



(#30) Carriage Bolt  
4 PCS

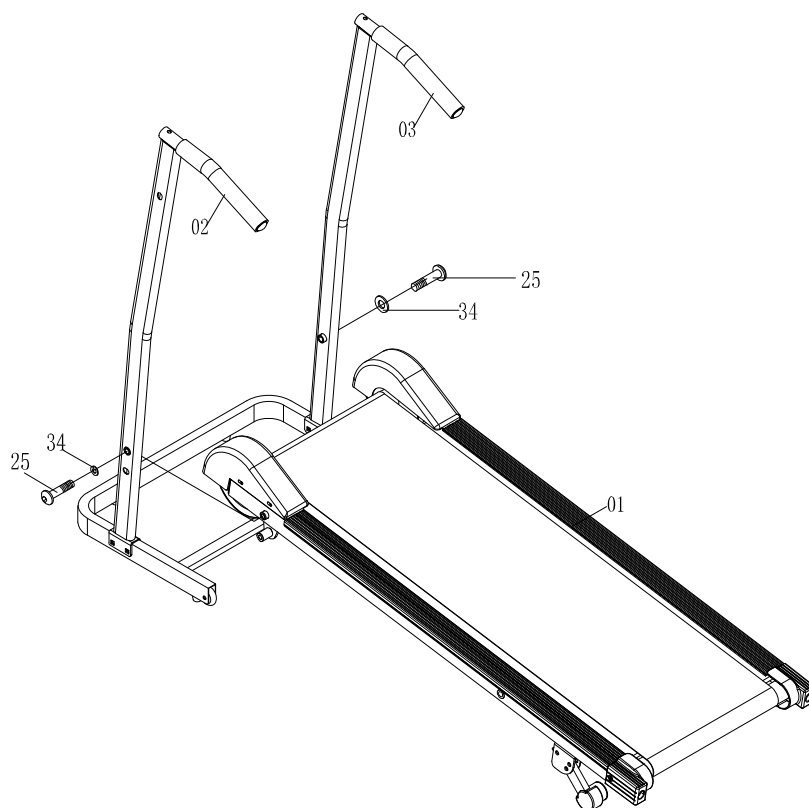


(#38) Nylon nut  
4 PCS

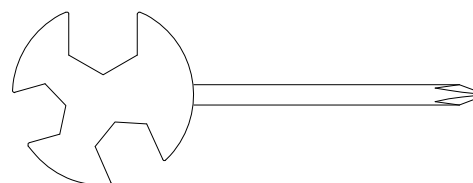


(#35) Flat washer  
4 PCS

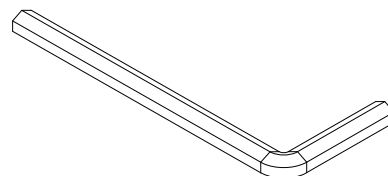
## ASSEMBLY



### Tool:



Multi Hex Tool with Phillips  
Screwdriver



S5 Allen Wrench

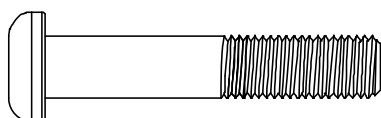
### Step 2

Lift the main frame (01) and insert & secure with bolt (25) and flat washer (34) through the holes of the left/right handlebar frame (02, 03).

**Note:** After attach the main frame (01) to the handlebar frame (02, 03), **DO**

**NOT** fully tighten the bolt (25), wait until complete Step 3, then tighten all bolts completely to make sure the main frame is secure attach to handlebar frame.

### Hardware:

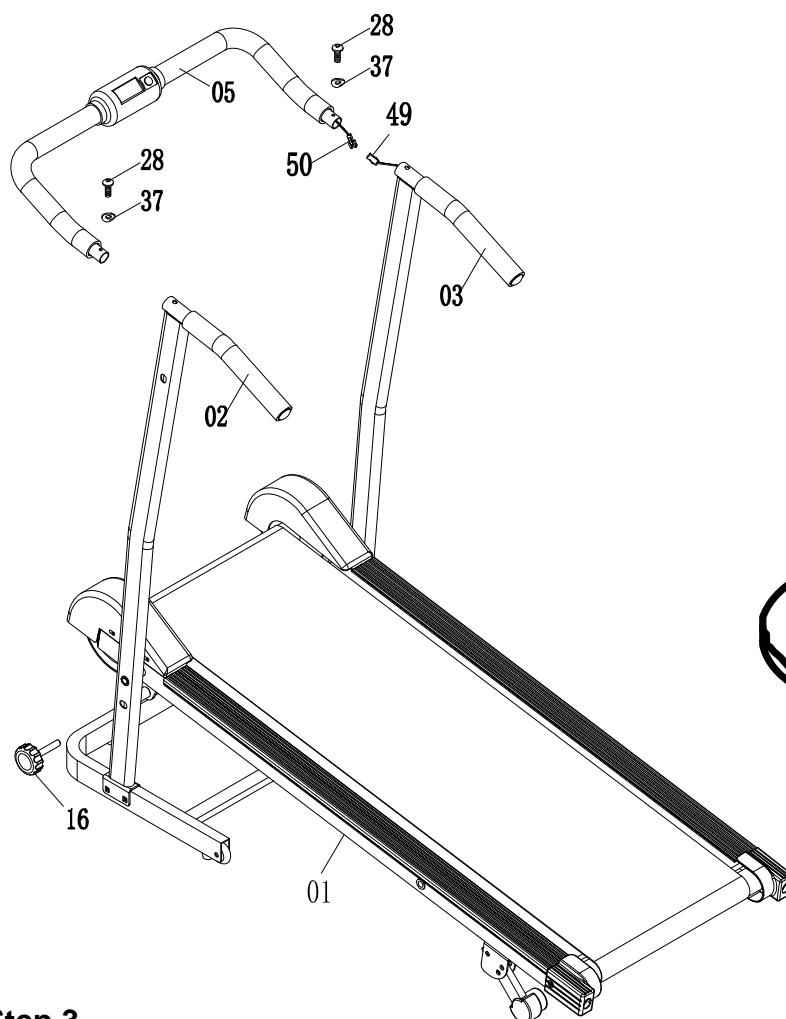


(#25) Allen bolt M10\*50  
2 PCS

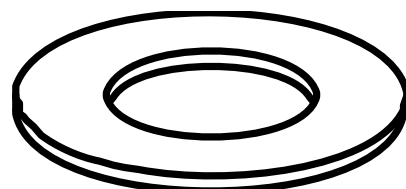


(#34) Flat washer  
2 PCS

## ASSEMBLY



### Tool:



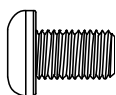
S5 Allen Wrench

### Step 3

Connect Sensor wire (49) and (50), insert the computer frame (05) onto the left/right handlebar frame (02, 03) and secure with bolt (28) and curve washer (37).

Put the Locking knob (16) through the left handlebar frame to secure the main frame (01).

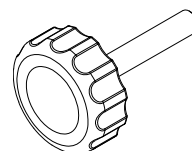
### Hardware:



(#28) Allen bolt M6\*15  
2 PCS



(#37) Curve washer  
 $\Phi 6.5 \times \Phi 15 \times 1.5$   
2 PCS



(#16) Locking  
Knob 1 PCS

## COMPUTER



Please load 2pcs of 1.5V “AAA” batteries before operating the console. Squeezing the top & bottom side of the front cover of the console on the marked area until the back cover comes apart.

### SPECIFICATIONS

TIME-----	0:00~99:59MIN
SPEED-----	0.0~999.9ML/H
DISTANCE-----	0.0~999.9ML
CALORIE-----	0.0~999.9KCAL
ODOMETER-----	0.00~99.99ML

### KEY FUNCTIONS:

MODE: This key lets you select and lock on to a particular function you want.  
Reset the value to zero by pressing the key for 4 seconds.

### FUNCTIONS:

1. TIME : Press the MODE key until pointer lock in to TIME. The total working time will be shown starting working exercise.
2. SPEED: Press the MODE key until pointer lock on to display current speed during working time.
3. DISTANCE : Press the MODE key until pointer lock on to DISTANCE . The distance of each workout will be displayed starting working exercise.
4. CALORIE :Press the MODE key until pointer lock on to CALORIE The calorie burned will be displayed starting working exercise.
5. ODOMETER: Automatically accumulates workout distance starting working exercise.

## COMPUTER

**SCAN :** Display changes according to the next diagram every 4 seconds.

Automatically display of the following functions in the order shown:

TIME---SPEED---DISTANCE---CALORIE---ODOMETER---SCAN

**NOTE:**

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the monitor automatically turns on.
3. Replace the batteries if the signal is getting improper on the LCD.

## STORAGE

### FOLDING UP THE TREADMILL

1. To fold up the treadmill, place one hand on the back end of the treadmill and the other hand to turn the locking knob (16) out of the left handlebar frame. Carefully lift the end of the treadmill up into the upright position. Insert the locking knob (16) through the handlebar hole into the side of the bed & secure.
2. Make sure the deck is securely locked before moving the treadmill.  
(See diagrams A & B )
3. The unit can be carefully tilted onto its transport wheels for easy moving and storage. Store the treadmill in a clean and dry environment away from children.

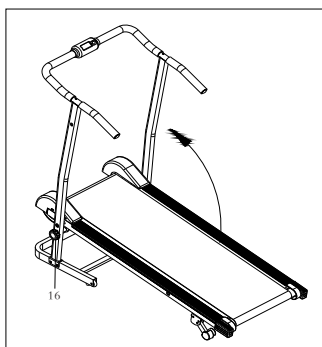


Diagram A

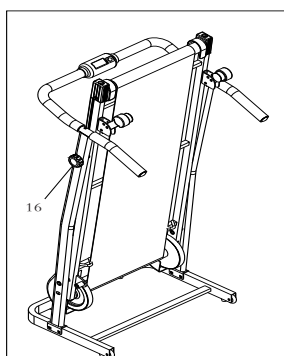


Diagram B

### SETTING DOWN THE TREADMILL

1. To set down the treadmill, place one hand on the back end of the treadmill and the other hand to turn the locking knob (16) off, then carefully lower the deck to the ground and have the locking knob to secure the running bed from the lower hole of the handlebar frame. (See diagrams C and D.)

Note: Do not stand under the deck when setting down the treadmill.  
TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD  
WHEN LIFTING UP OR SETTING DOWN THE DECK.

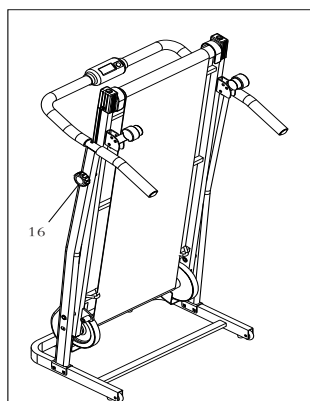


Diagram C

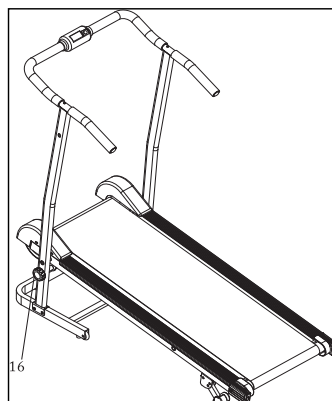
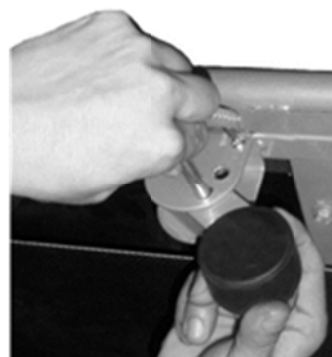
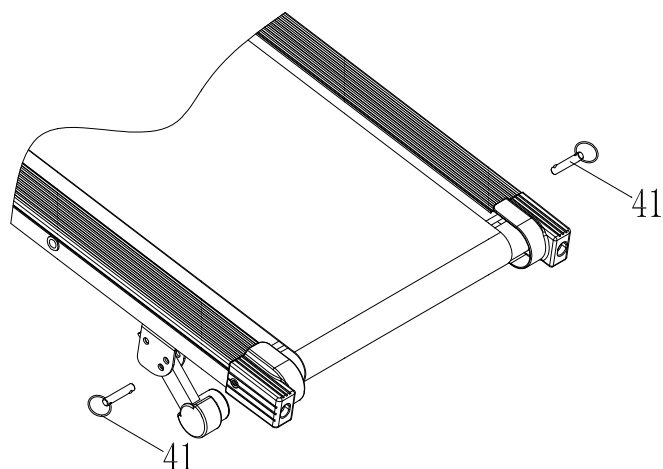


Diagram D



## ADJUSTMENTS

### Running Bed Incline Adjustment

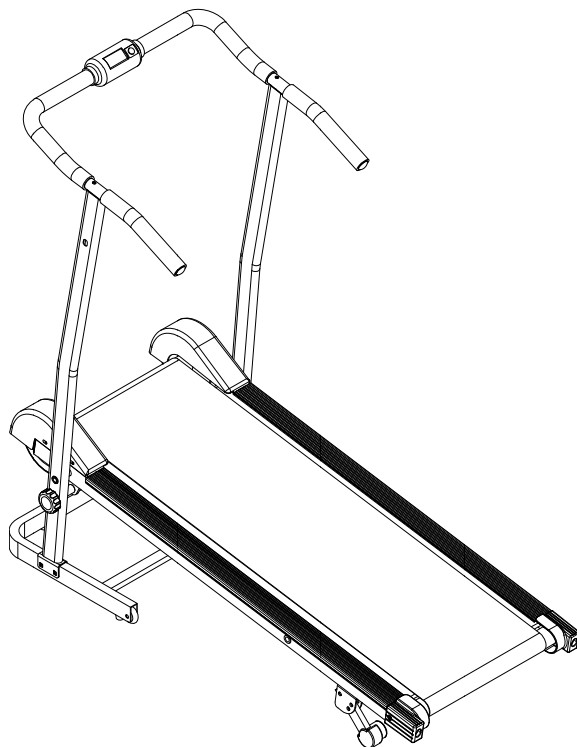


1. Place one hand on the rear end of the Main Frame, and then lift the rear end of the Main Frame up and use the other hand to remove the Locking Pin (41).
2. Adjust the Incline foot to the desired position and insert the Locking Pin(41) into the holes on the Main Frame and Incline Adjuster to lock the Incline Adjuster in place.

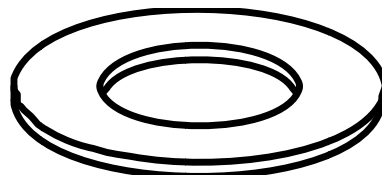
NOTE: Make sure when adjusting the incline angle of the Incline Adjuster that both Incline Adjusters should be adjusted to the same angle. Using the Incline Adjusters at different angles can cause the treadmill to be unstable and cause injury.

## ADJUSTMENTS

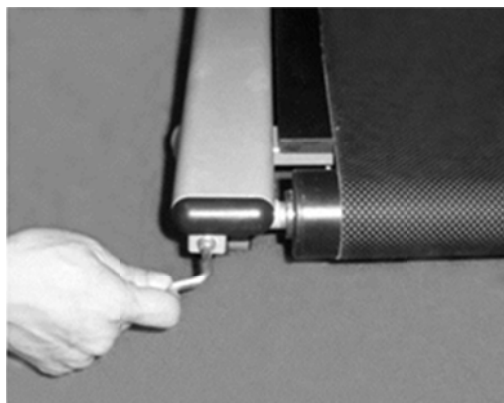
### Adjusting the Running Belt



**Tool:**



S5 Allen Wrench



1. The running belt is initially set and adjusted at the factory. However it may come loose during transportation and/or during use. After prolonged use, the belt will begin to stretch out.
2. If the running belt begins to shift to either left or right side, the user can stand on the main frame and hold the handlebars with both hands. Then use your right or left foot to run on the side of the running belt that is opposite to the direction of the slip.
3. If the belt begins to slip to the left use your right foot on the right side. You should see the belt start to correct itself by moving back towards the center. However, if the running belt is still shifting away from center, use the S5 Allen Wrench provided and turns the left or right Rear Roller. Adjustment Bolt 1/2 turn in a clockwise direction (turn the same side bolt that matches the direction of the slip).

## ADJUSTMENTS

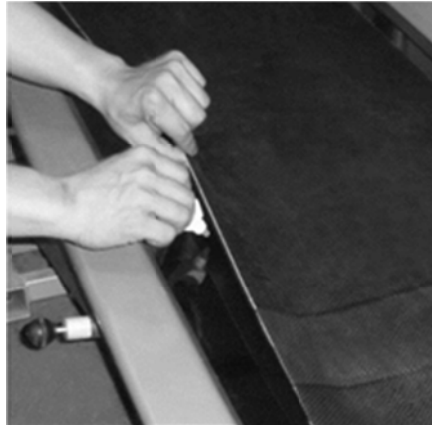
Then try running on the center of the running belt again. If the running belt is still shifting away from center, turn the same Allen Bolt (29) another 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center.

Repeat this procedure until the running belt is centered.

If the running belt is slipping during use, then uses the S5 Allen Wrench provided and turn both the left and right Allen Bolts (29) 1/4 turn in the clockwise direction.

You should now run on the running belt to determine if the running belt is still slipping. Repeating the above procedure until the running belt is not slipping.

## LUBRICATION



The treadmill has already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt.

There will be no need to re-spread the oil in normal circumstances. "Silicone Oil" may be re-spread once the resistance has been increased and the running belt starts rubbing against the running deck.

To hold open the running belt from two sides, apply the silicone oil with an even motion on the center of the running deck. Allow the silicone oil to 'set' for one minute before using the magnetic treadmill.

**Attention:** Only use "Silicone Oil" lubricants for this equipment. In addition, do not add any other oil ingredient; otherwise the magnetic treadmill will be damaged. Do not over-lubricate the running deck. Excess lubricant should be wiped off with a clean towel.

## TROUBLE SHOOTING

### TROUBLE SHOOTING

**PROBLEM:** Treadmill running belt slips or is not centered on rear roller.

**SOLUTION:** Refer to “Adjusting the Running Belt” section on page 18.

**PROBLEM:** Computer not working correctly

**SOLUTION:** Check to make sure the computer wires are connected securely.

**SOLUTION:** Check the batteries are correctly positioned and battery springs are proper contact with batteries.

**SOLUTION:** Make sure the batteries are not dead.

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

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

**SOLUTION:** 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.

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

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

**SOLUTION:** The bolts may be loose on the treadmill, please inspect the bolts and tighten the loose ones.

### MAINTENANCE

#### Cleaning

The manual treadmill 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 manual treadmill 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 manual treadmill, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts on the machine for proper tightness every week.

#### Storage

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

## WARM UP

### Quadriceps Stretch

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



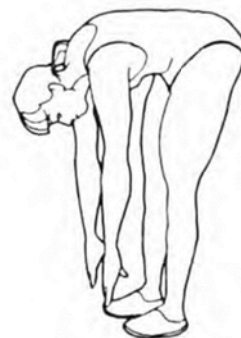
### Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



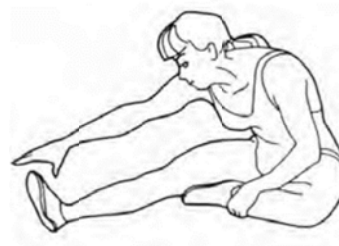
### Toe Touching

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



### Hamstring Stretch

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



## WARRANTY

### **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:

<b><u>COMPONENT</u></b>	<b><u>LENGTH OF WARRANTY</u></b>
-------------------------	----------------------------------

<b>Structural Frame</b>	<b>1 year</b>
-------------------------	---------------

<b>All Other Components</b>	<b>90 days</b>
-----------------------------	----------------

**(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](mailto: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**

## FAX FORM

### Paradigm Health & Wellness, Inc

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO  
[Service@paradigmhw.com](mailto: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***