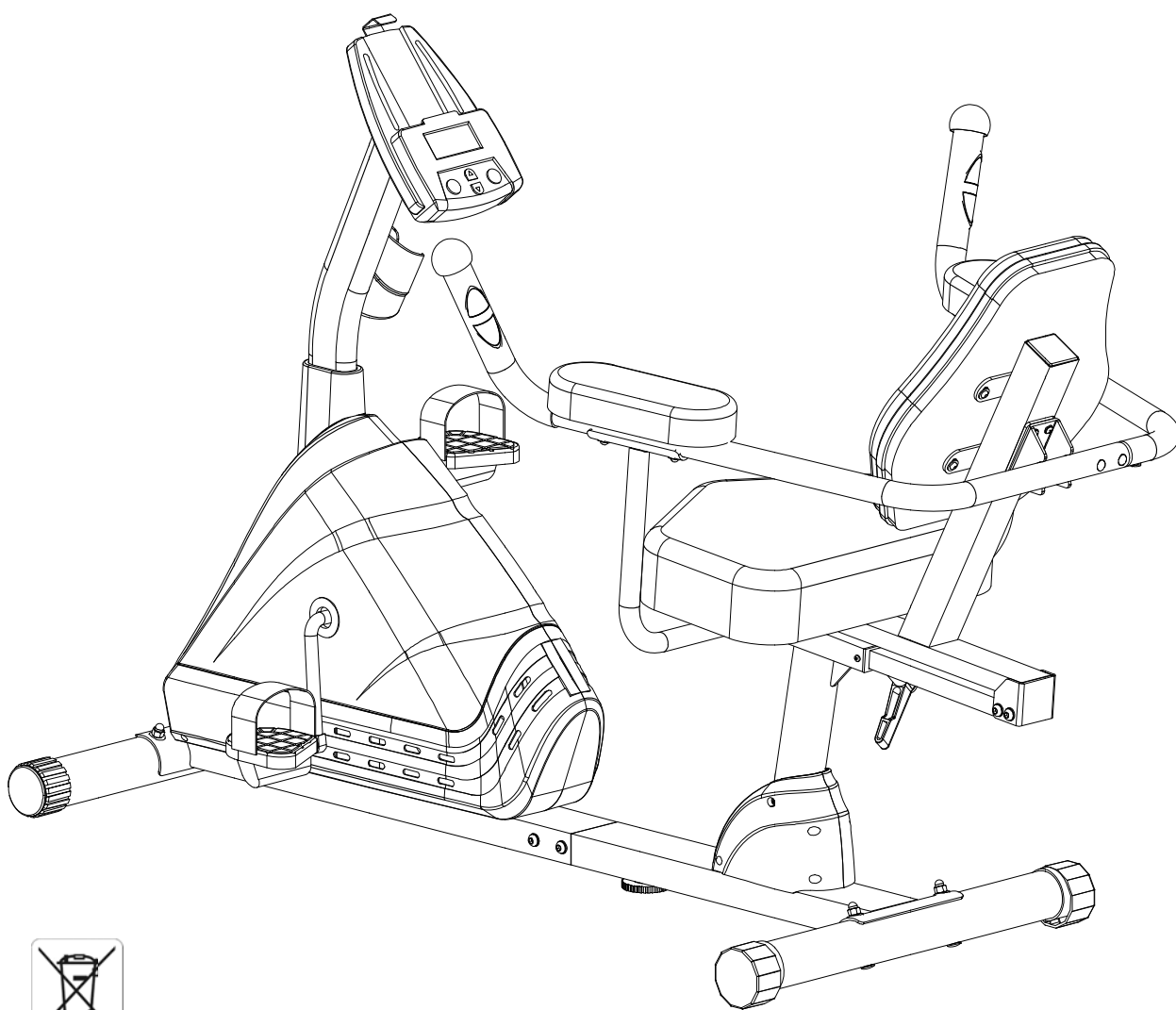


Programmable Recumbent Bike



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

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damage 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 below methods:

For Best Service Email:

Service@paradigmhw.com *

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7920

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.

*** Email us with detailed information will be this is the best method to receive immediately responds during peak business hours**

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT

⚠ CAUTION (Model 2150)

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

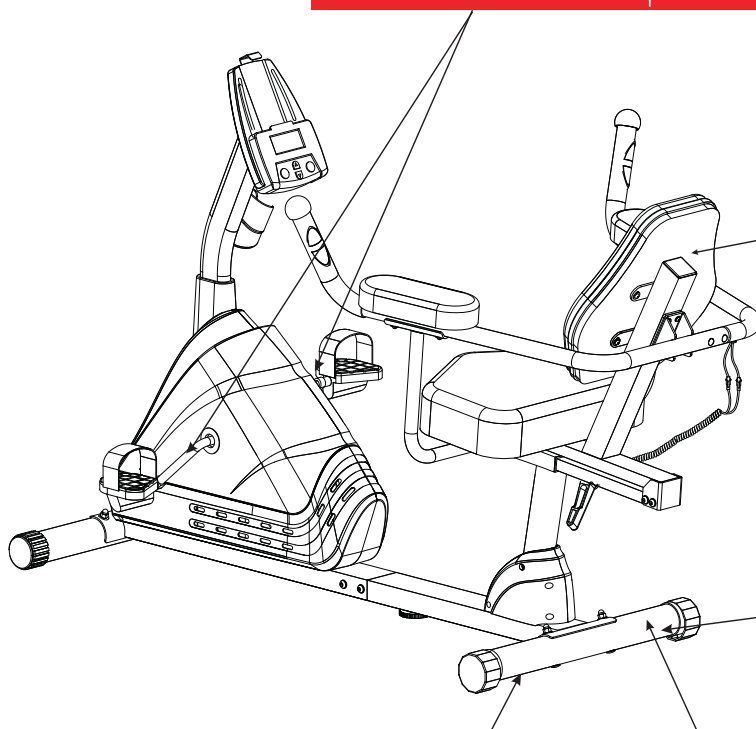
- Tighten Right Pedal (61) Into the Right Crank Clockwise
- Tighten Left Pedal (63) Into the Left Crank Counter Clockwise



⚠ ATTENTION (N°2150)

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

- Serrez le pédale droit (61) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (63) dans la manivelle gauche dans le sens antihoraire



Under Penalty of law this tag not to be removed except by the consumer	
ALL NEW MATERIAL	
CONSISTING OF	
POLYURETHANE FOAM PAD, 100%	
REGISTRY NO.	
VA25302 (CN)	
Certification is made by the manufacturer that the materials in this article are described in accordance with law.	
Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA	
SOUS PEINE DE SANCTION LÉGALE, CETTE ÉTIQUETTE NE PEUT ÊTRE ENLEVÉE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR	
ENTIÈREMENT FABRIQUÉ DE	
MATÉRIAUX NEUFS	
REMBOURNAGE DE MOUSSE DE	
POLYURÉTHANE 100%	
NO D'ENREGISTREMENT	
VA25302 (CN)	
Cette étiquette est apposée Conformément aux lois Canadiennes.	
Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA	
NOTICE	This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin, 117 Care should be exercised near open flame or with burning cigarettes.
AVIS	Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)

⚠ WARNING

Maximum weight capacity is 300 lbs.

⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 136 kgs.

FITNESS REALITY

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)



11417421500001

Serial number/Numéro de série
MADE IN CHINA/FABRIQUE EN CHINE

PRODUCT SAFETY

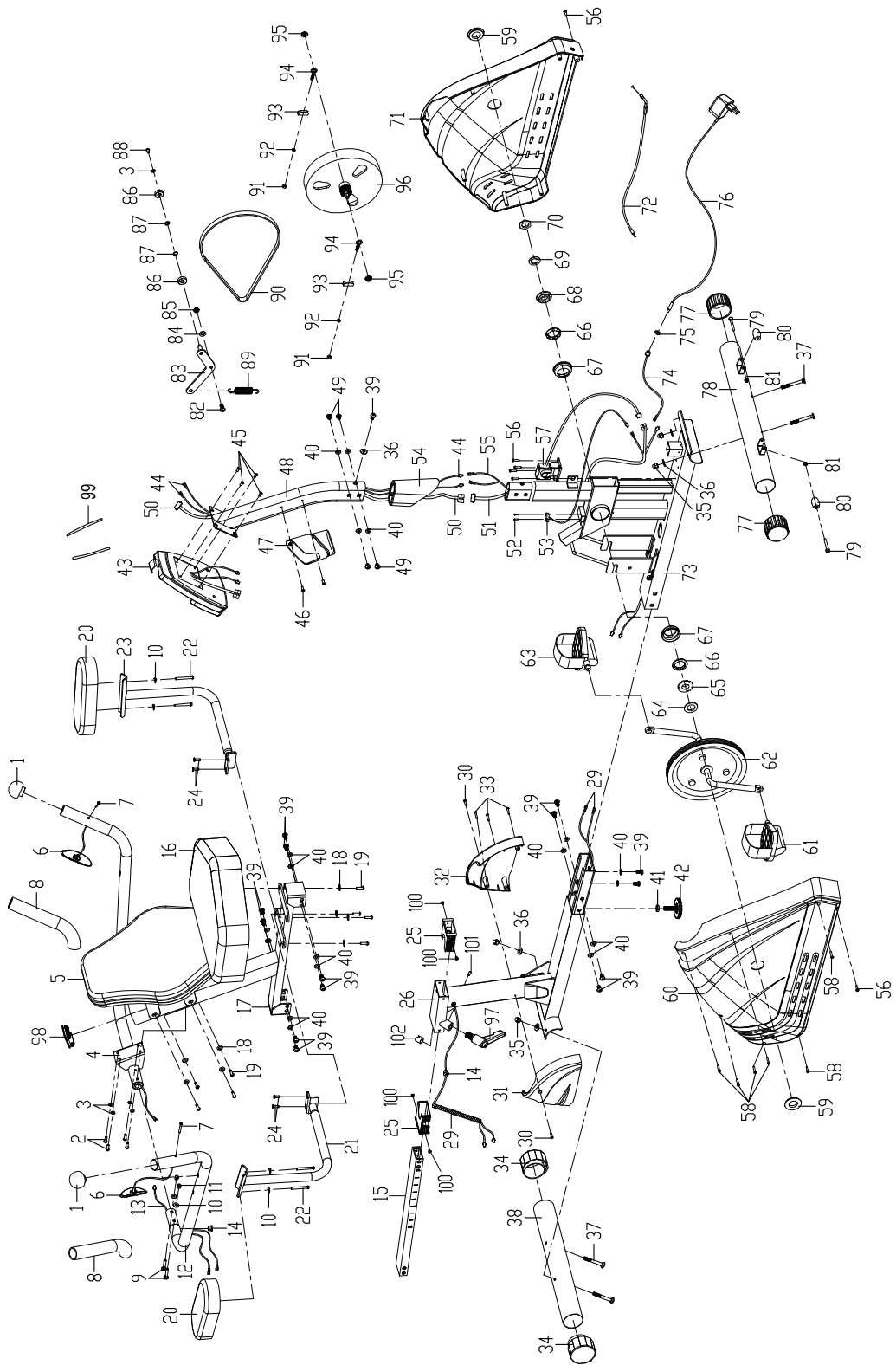
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up pages. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. 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*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. **The maximum weight capacity for this product is 300 lbs/136 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 End Cap Ø32x1.5	2	025	Bushing	2
002	Bolt M6x15	4	026	Rear Main Frame	1
003	Washer Ø6xØ12x1.0	5	029	Extension Hand Pulse Sensor Wire I L=1300 mm	1
004	Left Handrail Ø32x1.5x1085	1	030	Phillips Self Tapping Screw ST4.8x20	2
005	Backrest 407x364x50	1	031	Right Decorate Cover Ø60	1
006	Hand Pulse Sensor with Wire L=1150 mm	2	032	Left Decorate Cover Ø60	1
007	Screw ST4.2x30	2	033	Screw ST4.8x25	3
008	Handrail Foam Grip Ø31xØ37x230	2	034	Rear Stabilizer End Cap Ø60	2
009	Bolt M6x35	2	035	Cap Nut M8	4
010	Big Curve Washer Ø6xØ16x1.5	6	036	Big Curve Washer Ø8xØ20x2.0	5
011	Cap Nut M6	2	037	Bolt M8x70	4
012	Right Handrail Ø32x1.5x929	1	038	Rear Stabilizer Ø60x1.5x580	1
013	Extension Hand Pulse Sensor Wire L=200 mm	1	039	Bolt M8x15	15
014	Wire Grommet Ø12.1	2	040	Washer Ø8xØ16x1.5	18
015	Seat Sliding Tube 53x23x2	1	041	Hexagon Nut M10xH5	1
016	Seat 430x330x90	1	042	Adjustable Leveler M10	1
017	Back and Seat Support Bracket 53x23x2	1	043	Computer TZ-4633	1
018	Big Washer Ø6xØ18x1.5	8	044	Extension Hand Pulse Sensor Wire III L=650 mm	2
019	Bolt M6x20	8	045	Bolt M5x10	4
020	Armrest 250x110x45	2	046	Bolt M5x15	2
021	Right Handrail Support Tube Ø25x1.5	1	047	Bottle Holder	1
022	Bolt M6x50	4	048	Front Post 70x30x1.5	1
023	Left Handrail Support Tube Ø25x1.5	1	049	Bolt M8x10	4
024	Bolt M6x15	4	050	Extension Sensor Wire I L=600 mm	1

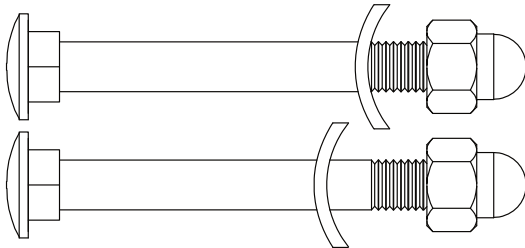
PARTS LIST

No.	Description	Qty	No.	Description	Qty
051	Extension Sensor Wire L=600 mm	1	077	Front Stabilizer End Cap Ø60	2
052	Screw ST2.9x12	2	078	Front Stabilizer Ø60x1.5x580	1
053	Sensor with Wire L=300 mm	1	079	Bolt M6x45	2
054	Front Post Cover	1	080	Transport Wheel Ø23xØ6x32	2
055	Extension Hand Pulse Sensor Wire II L=1200 mm	1	081	Nylon Nut M6	2
056	Phillips Self Tapping Screw ST4.2x20	6	082	Bolt M8x20	1
057	DC Motor with Wire L=300 mm	1	083	Idler Arm	1
058	Screw ST4.2x25	6	084	Big Washer Ø8xØ20x2	1
059	Cover Cap Ø40xØ25x10	2	085	Nylon Nut M8	1
060	Right Cover 672x79x448	1	086	Bearing 6000-2Z	2
061	Right Foot Pedal (YH-30X)	1	087	Washer Ø10xØ14x1.0	2
062	Crank with Belt Pulley Ø240	1	088	Bolt M6x10	1
063	Left Foot Pedal (YH-30X)	1	089	Spring Ø17x80xØ2.5	1
064	Washer Ø24xØ40x3.0	1	090	Belt PJ360 J6	1
065	Bearing Nut I 15/16"	1	091	Nut M6	2
066	Ball Bearing	2	092	Spring Washer Ø6	2
067	Bearing Cup	2	093	Tension Bracket	2
068	Bearing Nut II 7/8"	1	094	Adjustable Bolt M6x36	2
069	Washer Ø23xØ34.5x2.5	1	095	Nut M10x1.0x6	2
070	Hexagon Nut 7/8"	1	096	Flywheel Ø230	1
071	Left Cover 672x83x448	1	097	L Shape Knob M6x1.5	1
072	Magnetic Brake Cable L=280 mm	1	098	End Cap 50x50x1.5	1
073	Front Main Frame 80x40x2	1	099	Anti-Slip Rubber Pad	2
074	Power Supply Cable L=300 mm	1	100	Phillips Self-Tapping Screw ST4.2x6	4
075	Hexagon Nut 1/2"	1	101	Hex Bolt M6x8	1
076	Adapter L=2000 mm	1	102	Stopper Ø18x18	1

HARDWARE & TOOLS LIST

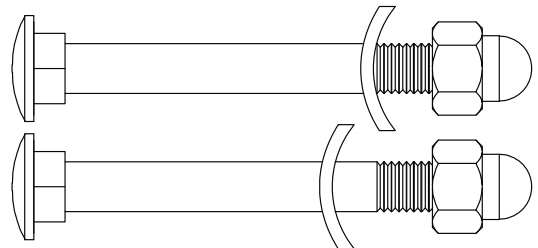
2150 Hardware Pack

STEP 1



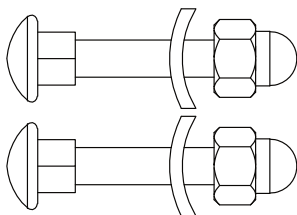
(#35) Cap Nut M8 2 PCS
 (#36) Big Curve Washer 2 PCS
 (#37) Bolt M8*70 2 PCS

STEP 2



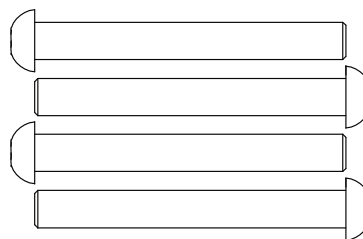
(#35) Cap Nut M8 2 PCS
 (#36) Big Curve Washer 2 PCS
 (#37) Bolt M8*70 2 PCS

STEP 8

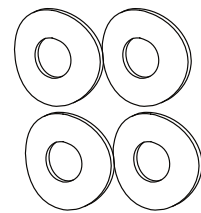


(#9) Bolt M6*35 2 PCS
 (#11) Cap Nut M6 2 PCS
 (#10) Big Curve Washer 2 PCS

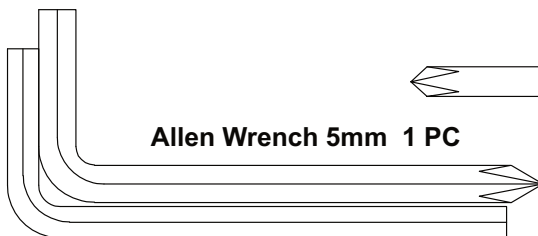
STEP 9



(#22) Bolt M6*50
 4 PCS

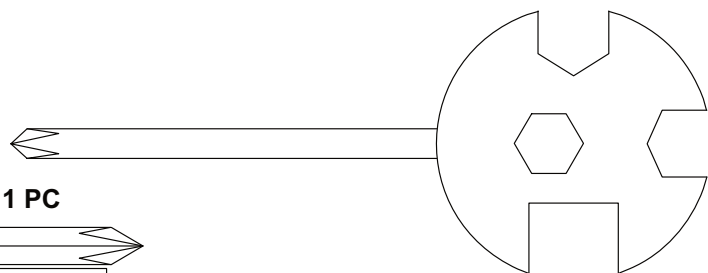


(#10) Big Curve Washer
 4 PCS



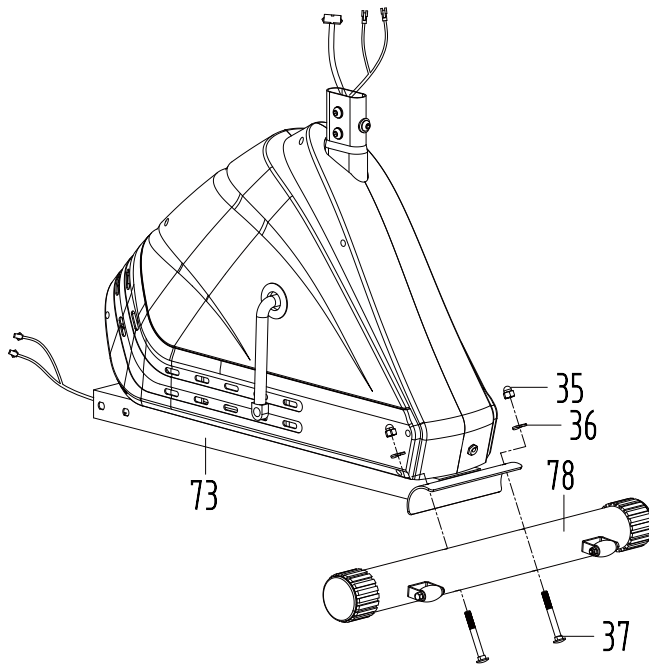
Allen Wrench 5mm 1 PC

Allen Wrench 6mm 1 PC

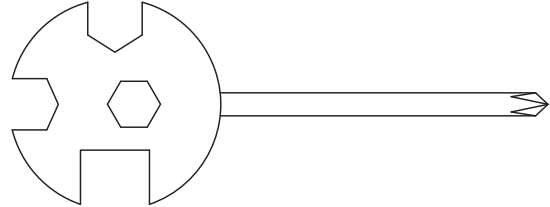


Multi Hex Tool with Phillips Screwdriver
 S10, S13, S14, S15 1 PC

ASSEMBLY



Tool:



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

1. Front Stabilizer Installation

Lift up the Front Main Frame (73) and align the Front Stabilizer (78) onto the front curve of the Front Main Frame (73). Attach two Bolts (37) and on the other ends of bolts attach two Big Curve Washers (36) and two Cap Nuts (35). Hold the Front Stabilizer (78) to the Front Main Frame (73) and use the Multi Hex Tool with Phillips Screwdriver to tighten the Cap Nuts (35) until secure.

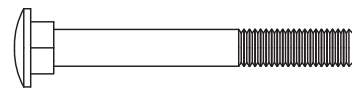
Hardware:



(#35) Cap Nut
2 PCS

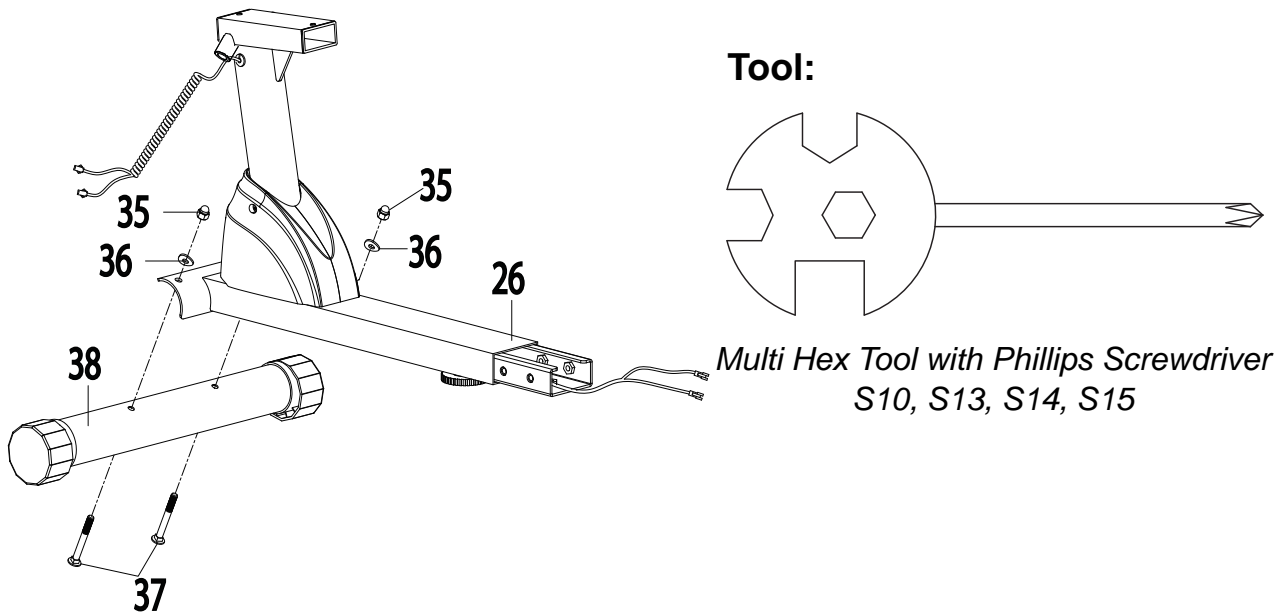


(#36) Big Curve Washer
2 PCS



(#37) Bolt
2 PCS

ASSEMBLY



2. Rear Stabilizer Installation

Lift up the Rear Main Frame (26), and align the Rear Stabilizer (38) onto the rear curve of the Rear Main Frame (26). Attach two Bolts (37) and on the other ends of bolts attach two Big Curve Washers (36) and two Cap Nuts (35). Hold the Rear Stabilizer (38) to the Rear Main Frame (26) and use the Multi Hex Tool with Phillips Screwdriver to tighten the Cap Nuts (35) until secure.

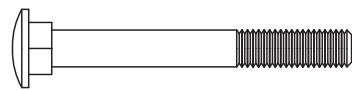
Hardware:



(#35) Cap Nut
2 PCS



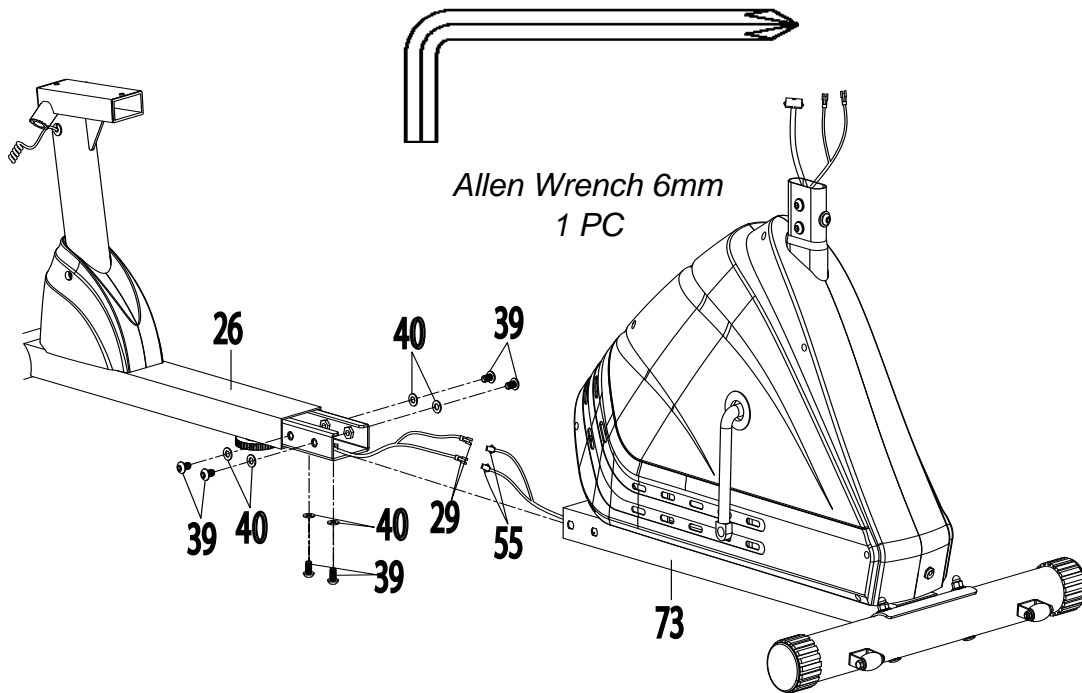
(#36) Big Curve Washer
2 PCS



(#37) Bolt
2 PCS

ASSEMBLY

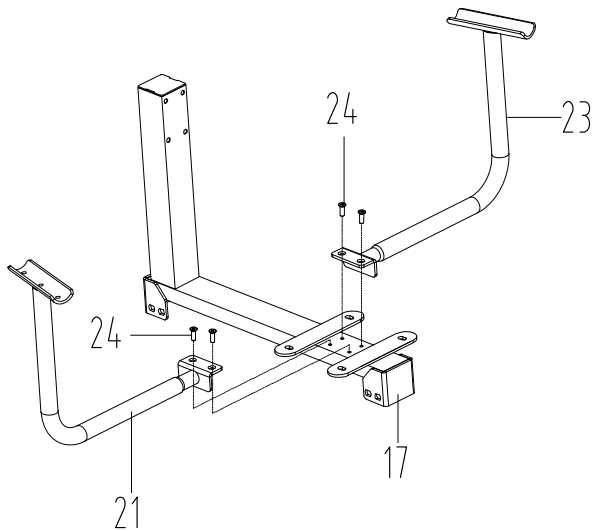
Tool:



3. Rear Main Frame Installation

Use the 6mm Allen Wrench with Phillips Screwdriver to remove six Bolts (39) and six Washers (40) from the Rear Main Frame (26). Connect the Extension Hand Pulse Sensor Wire I (29) from the Rear Main Frame (26) with the Extension Hand Pulse Sensor Wire II (55) from the Front Main Frame (73). Insert the Rear Main Frame (26) into Front Main Frame (73). Make sure the wires stay connected and are not pinched. Tighten the six Bolts (39) and six Washers (40) using the 6mm Allen Wrench with Phillips Screwdriver Provided.

ASSEMBLY



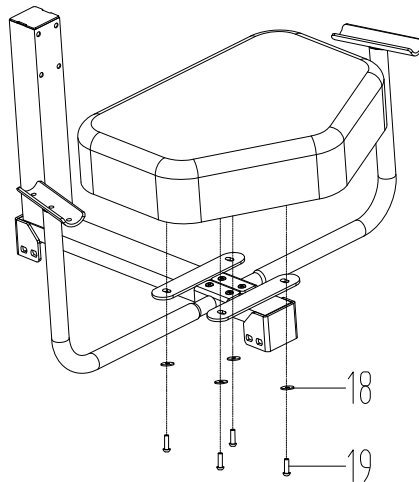
Tool:



6mm Allen Wrench with
Phillips Screwdriver
1PC

4.1 Right/Left Handrail Support Tubes Installation

Use the Multi Hex Tool with Phillips Screwdriver to remove four Bolts (24) from the Back and Seat Support Bracket (17). Align and hold the Right Handrail Support Tube (21) onto the Back and Seat Support Bracket (17), use the Multi Hex Tool with Phillips Screwdriver to tighten the Bolts (24) until secure. Repeat the same assembly steps to the Left Handrail Support Tube (23).



Tool:



5mm Allen Wrench
1PC

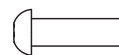
4.2 Seat Installation

Use the 5mm Allen Wrench to remove four Big Washers (18) and four Bolts (19) from the Seat (16). Align and hold the Seat (16) onto the Back and Seat Support Bracket (17), use the 5mm Allen Wrench to tighten four Big Washers (18) and four Bolts (19) until secure..

Hardware:

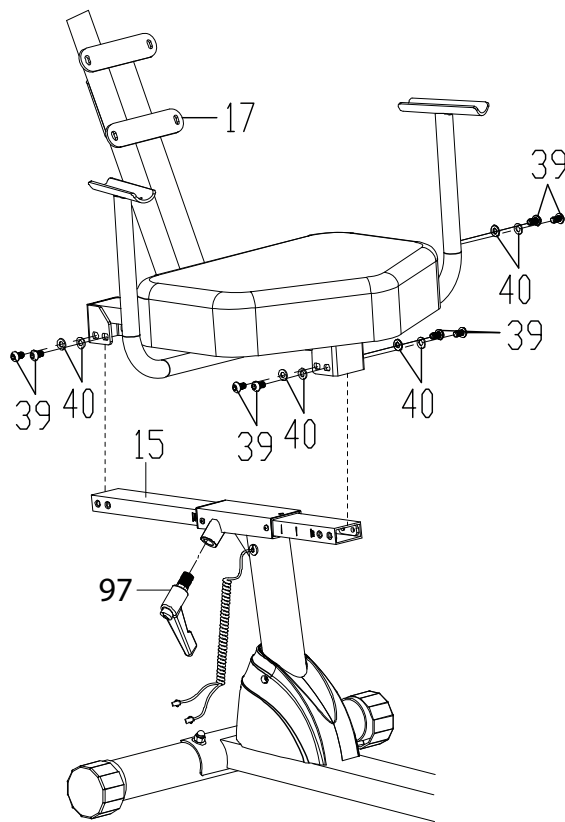


(#18) Big Washer
4 PCS



(#19) Bolt
4 PCS

ASSEMBLY



Tool:

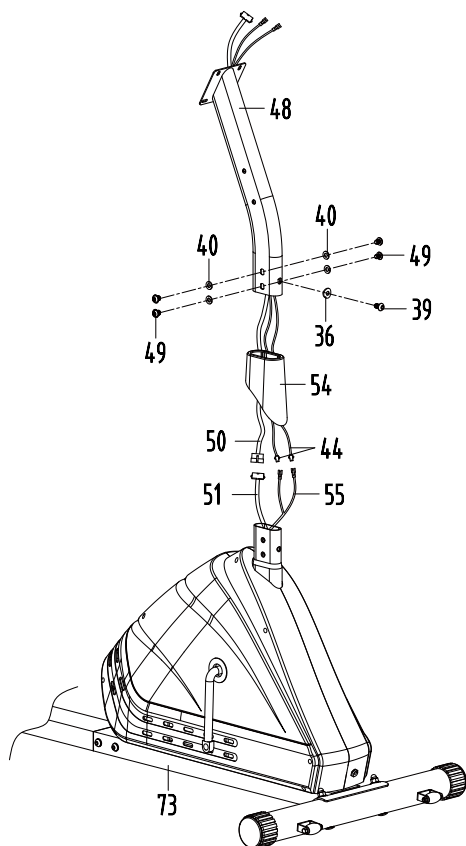


6mm Allen Wrench with
Phillips Screwdriver
1 PC

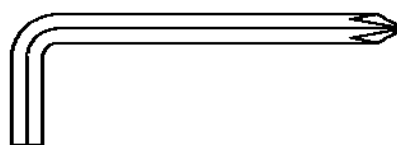
5. Back/Seat Support Bracket Installation

Use the 6mm Allen Wrench with Phillips Screwdriver to remove eight Bolts (39) and eight Washers (40) from the Seat Sliding Tube (15). Insert the Seat Sliding Tube (15) into the Bushings (25) of the Rear Main Frame (26). Attach the Back and Seat Support Bracket (17) onto the Seat Sliding Tube (15) with eight Bolts (39) and eight Washers (40) that were removed. Tighten the bolts using the 6mm Allen Wrench with Phillips Screwdriver provided. Adjust the seat position and insert the L Shape Knob (97). Turn the L Shape Knob (97) in a clockwise direction to tighten.

ASSEMBLY



Tool:



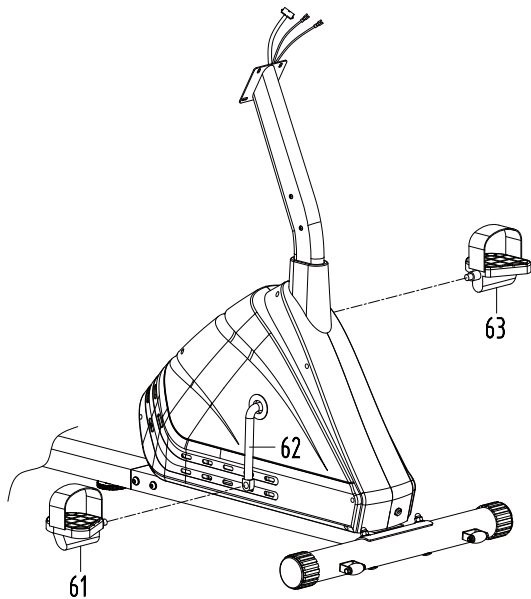
*6mm Allen Wrench with
Phillips Screwdriver
1 PC*

6. Front Post and Front Post Cover and Foot Pedals Installation

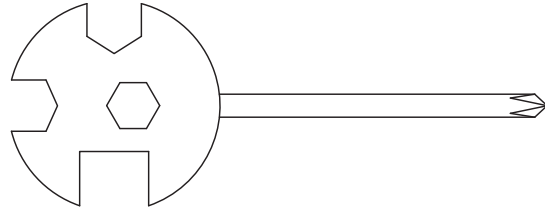
Use the 6mm Allen Wrench with Phillips Screwdriver to remove four Washers (40), four Bolts (49), one bolt (39), and one Big Curve Washer (36) from the tube of the Front Main Frame (73). Slide the Front Post Cover (54) up to the Front Post (48). Connect the Extension Sensor Wire (51) and Extension Hand Pulse Sensor Wire II (55) from the Front Main Frame (73) to the Extension Sensor Wire I (50) and Extension Hand Pulse Sensor Wire III (44) from the Front Post (48).

Insert the Front Post (48) onto the tube of the Front Main Frame (73) and secure it with four Washers (40), four Bolts (49), one bolt (39), and one Big Curve Washer (36) that were removed. Lightly tighten four Bolts (49) on the side of the Front Post (48) and one Bolt (39) on the front of the Front Post (48) by hand. After all five bolts are tightened by hand, tighten the front Bolt (39) with 6mm Allen Wrench with Phillips Screwdriver until secure. Then tighten the other four Bolts (49) on the side of the Front Post (48) with 6mm Allen Wrench with Phillips Screwdriver. Slide the Front Post Cover (54) down to the Front Main Frame (73).

ASSEMBLY



Tool:



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

7. Left and Right Foot Pedals Installation

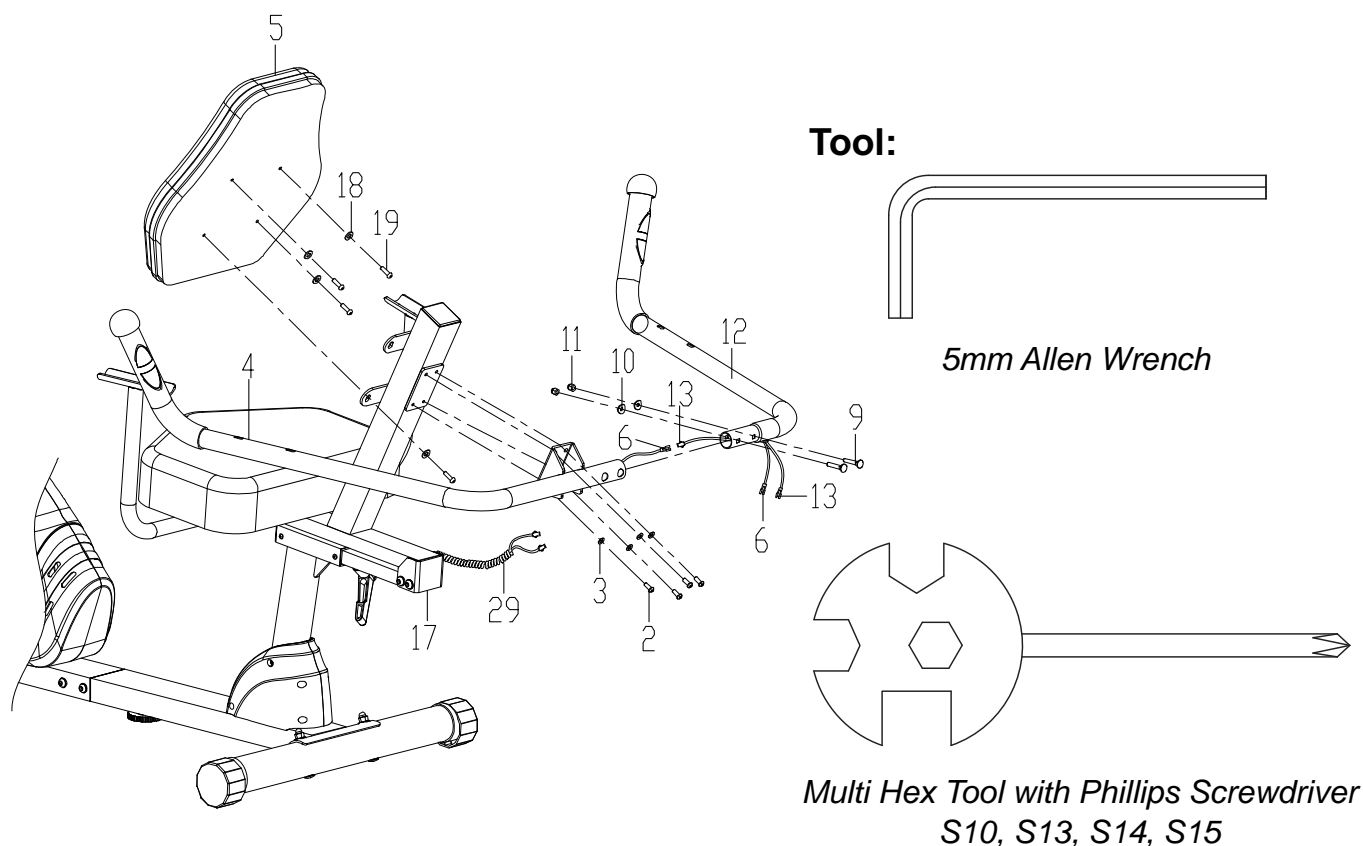
The Cranks, Pedal Shafts, and Foot Pedals are marked “R” for Right and “L” for Left.

Insert the Left Foot Pedal (63) into the threaded hole in the left Crank (62). Turn the pedal shaft by hand in a counter-clockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the Left Foot Pedal (63) using the Multi Hex Tool with Phillips Screwdriver provided. Insert the Right Foot Pedal (61) into the threaded hole in right Crank (62). Turn the pedal shaft by hand in a clockwise direction until snug. Tighten the pedal shaft of Right Foot Pedal (61) with the Multi Hex Tool with Phillips Screwdriver provided.

ASSEMBLY

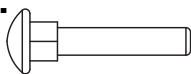


8. Left/Right Handrails and Backrest Installation

Use the 5mm Allen Wrench to remove four Big Washers (18) and four Bolts (19) from the Backrest (5). Align and hold the Backrest (5) onto the Back and Seat Support Bracket (17), use the 5mm Allen Wrench to tighten four Big Washers (18) and four Bolts (19) until firm and secure. Use the Multi Hex Tool with Phillips Screwdriver to remove four Bolts (2) and four Washers (3) from the Back and Seat Support Bracket (17). Align and hold the Left Handrail (4) onto the Back and Seat Support Bracket (17), use the Multi Hex Tool with Phillips Screwdriver to tighten four Bolts (2) and four Washers (3) until firm and secure.

Connect the Hand Pulse Sensor Wire (6) from the Left Handrail (4) to the Extension Hand Pulse Sensor Wire (13) from the Right Handrail (12). Insert the Right Handrail (12) into the tube hole of the Left Handrail (4) and secure with two Bolts (9), two Big Curve Washer (10), and two Cap Nuts (11). Tighten the Cap Nuts (11) using the Multi Hex Tool with Phillips Screwdriver provided. Connect the Extension Hand Pulse Sensor Wire I (29) to the Hand Pulse Sensor Wire (6) and Extension Hand Pulse Sensor Wire (13).

Hardware:



(#9) Bolt
2 PCS

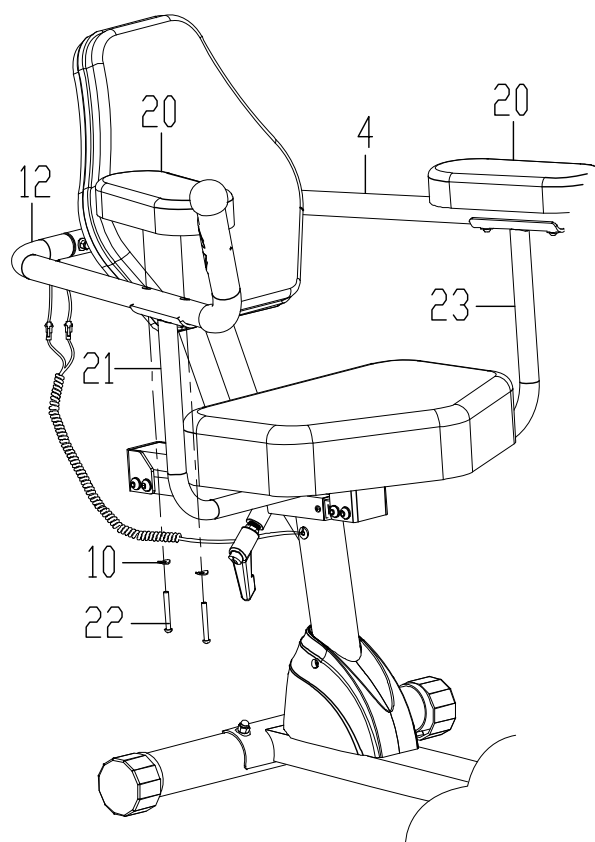


(#10) Big Curve Washer
2 PCS



(#11) Cap Nut
2 PCS

ASSEMBLY



Tool:



Allen Wrench 5mm

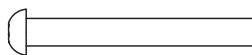
9. Armrests Installation

Align and hold the Armrest (20) onto the Right Handrail (12), use the 5mm Allen Wrench to tighten two Bolts (22) and two Big Curve Washers (10) until firm and secure. Repeat these steps to the other Armrest (20) onto the Left Handrail (4).

Hardware:

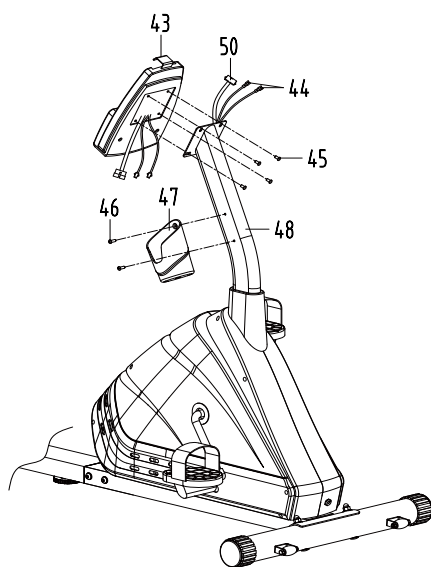


(#10) Big Curve Washer
4 PCS

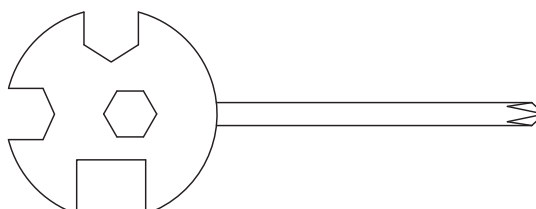


(#22) Bolt
4 PCS

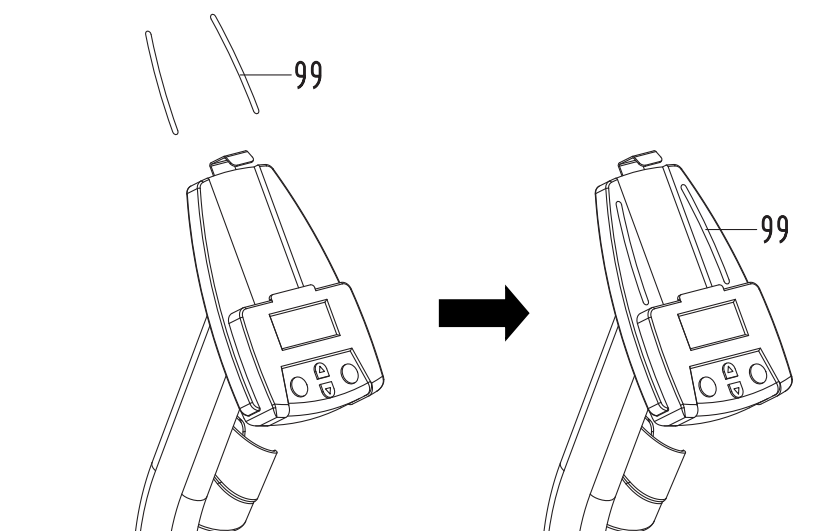
ASSEMBLY



Tool:



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

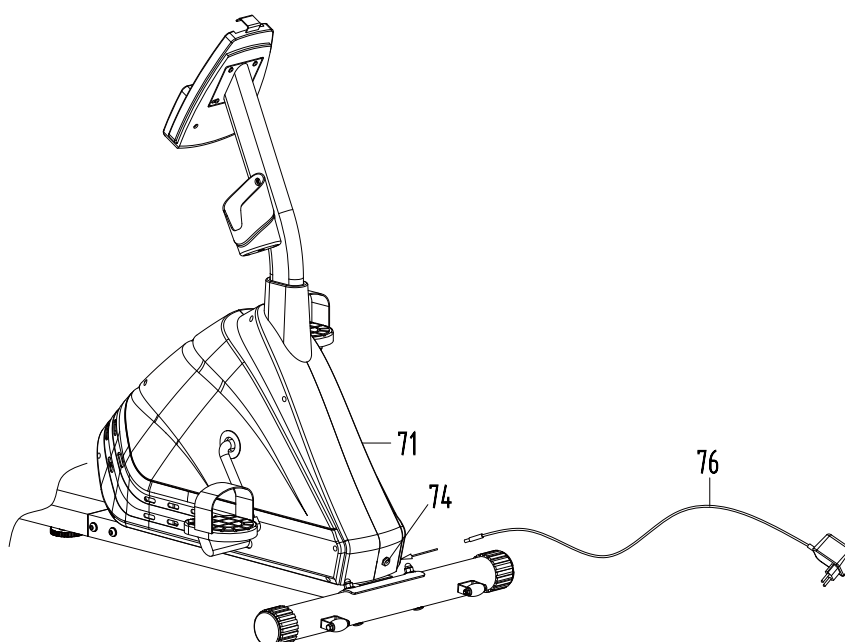


10. Computer and Bottle Holder Installation

Use the Multi Hex Tool with Phillips Screwdriver to remove four Bolts (45) from the Computer (43). Connect the Extension Hand Pulse Sensor Wires III (44) and Extension Sensor Wire I (50) to the wires that come from the Computer (43). Tuck these wires into the Front Post (48) and attach the Computer (43) onto the Front Post (48) with the four Bolts (45) that were removed. Tighten the bolts with the Multi Hex Tool with Phillips Screwdriver provided. Use the Multi Hex Tool with Phillips Screwdriver to remove two Bolts (46) from the Front Post (48). Attach the Bottle Holder (47) onto the Front Post (48) with the two Bolts (46) that were removed. Tighten the bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Place the two Anti-slip Rubber Pads (99) in the optimal place for your smart device (phone, tablet etc...)

ASSEMBLY



11. Adapter Installation

Plug one end of the Adapter (76) into the power jack of the Power Supply Cable (74) on the Left Cover (71). Before plugging in, make sure to carefully check the specifications on the Adapter. Plug the other end of the Adapter (76) into the electrical wall outlet.

COMPUTER



There are 3 basic training program modes:

1 Manual, 5 Pre-programs, and 1 User Program.

Button Functions:

START/STOP: Press the START/STOP button to start or stop exercise.

Press and hold the START/STOP button for 3 seconds, to reset all values to 0.

UP: Press the UP button to navigate through the training program modes (Manual, Pre-set Programs, or User Program). To set target goals, and to increase resistance during exercise.

DOWN: Press the DOWN button to navigate through the training program modes (Manual, Pre-set Programs, or User Program). To set target goals, and to decrease resistance during exercise.

SET: Press the SET button to confirm the selection of training program modes (Manual, Pre-set Programs, or User Program), and to Confirm Target goals.

COMPUTER

Display Functions:

SCAN: The computer will display each function every 6 seconds.
SPEED/RPM/TIME/DISTANCE/CALORIES/PULSE.

SPEED: Displays the current speed. The split window of SPEED and RPM will display SPEED and RPM alternately every 6 seconds.

RPM: Displays the current RPM (Rotation per Minute). The split window of SPEED and RPM will display SPEED and RPM alternately every 6 seconds.

TIME: Displays your total workout time in minutes and seconds. In manual training modes, the time counts up. In different training program modes the time will count down from a set duration.

LEVEL: Indicates the resistance level selected from LEVEL 1 to LEVEL 8. During exercise, press the UP or DOWN button increase or decrease the resistance.

DISTANCE: Displays your total distance traveled in workout in miles. In manual training modes, the distance counts up. In different training program modes the distance will count down from a set distance.

CALORIES: Displays the approximate calories burned during exercise. In manual training modes, the calories will count up. In different training program modes the calories will count down from a set number.

PULSE: While gripping the Hand Pulse Sensors, The console will display your current heart rate.

COMPUTER

Operating Ranges

Function	Range (Count up)	Count down	Default Value	Increment (Decrement)
TIME (MIN: SEC)	0:00 ~ 99:59	99:00 ~ 5:00	0:00	1:00
DISTANCE (MPH)	0.00 ~ 99.9	99.50 ~ 0.5	0.00	0.5
CALORIES (KCAL)	0 ~ 9999	9990 ~ 10	0	10.0
PULSE (BEATS/MIN)	40 ~ 240	240 ~ 40	0	1

Manual Program:

Please note that only one target TIME or target DISTANCE can be set at a time. If user sets a target time for exercise, then a target distance cannot be set.

Press the UP or DOWN button to select "MANUAL". Then press the SET button to edit the Manual Program. Set a target Time using the UP and DOWN buttons, Then Press the Set Button to confirm the target time.

IF YOU DO NOT WANT TO SET A TARGET TIME, PRESS THE SET BUTTON.

Set a target Distance using the UP and DOWN buttons, Then Press the Set Button to confirm the target time.

IF YOU DO NOT WANT TO SET A TARGET DISTANCE, PRESS THE SET BUTTON.

Set a target Calorie goal using the UP and DOWN buttons, Then Press the Set Button to confirm the target. If you do not want to set a target Calorie goal, Press the Set Button.

Set a target Heart Rate goal using the UP and DOWN buttons, Then Press the Set Button to confirm the target goal. If you do not want to set a target Heart Rate goal, Press the Set Button. Be sure to hold the Hand Pulse Sensors firmly, and with both hands. While Exercising with a Target Heart Rate goal, The users current heart rate will show on the display, If at any point the users Heart Rate is above the Target Heart Rate, The Heart Rate value will begin to flash.

This is a warning for user to slow down or to lower the level of resistance.

COMPUTER

Pre-programs:

There are 5 Pre-set Programs for use: INTERVALS, CLIMBING, HILL, PLATEAU, and VALLEY.

Press the UP or DOWN button to select one of five Pre-set Programs, Then press the SET button to edit the Pre-Set Program. Set a target Time using the UP and DOWN buttons, Then Press the Set Button to confirm the target time.

IF YOU DO NOT WANT TO SET A TARGET TIME, PRESS THE SET BUTTON.

Set a target Distance using the UP and DOWN buttons, Then Press the Set Button to confirm the target time.

IF YOU DO NOT WANT TO SET A TARGET DISTANCE, PRESS THE SET BUTTON.

Set a target Calorie goal using the UP and DOWN buttons, Then Press the Set Button to confirm the target. If you do not want to set a target Calorie goal, Press the Set Button.


Set a target Heart Rate goal using the UP and DOWN buttons, Then Press the Set Button to confirm the target goal. If you do not want to set a target Heart Rate goal, Press the Set Button. Be sure to hold the Hand Pulse Sensors firmly, and with both hands. While Exercising with a Target Heart Rate goal, The users current heart rate will show on the display, If at any point the users Heart Rate is above the Target Heart Rate, The Heart Rate value will begin to flash.

This is a warning for user to slow down or to lower the level of resistance.

COMPUTER

User Program:

There is one User Program available for creating a Custom program. Users are free to set the values in the order of TIME, DISTANCE, CALORIES, PULSE, and LEVEL. The values and profiles will be stored in the memory after setup.

Press the UP or DOWN button to select User Program, the “” icon will flash, then press the SET button to edit the User Program.

Set a target Time using the UP and DOWN buttons, Then Press the Set Button to confirm the target time.

IF YOU DO NOT WANT TO SET A TARGET TIME, PRESS THE SET BUTTON.

Set a target Distance using the UP and DOWN buttons, Then Press the Set Button to confirm the target time.

IF YOU DO NOT WANT TO SET A TARGET DISTANCE, PRESS THE SET BUTTON.

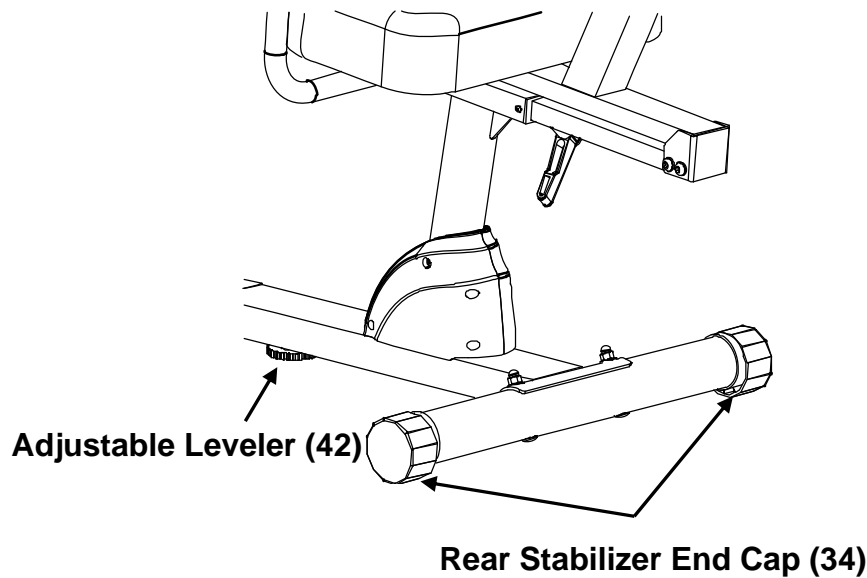
Set a target Calorie goal using the UP and DOWN buttons, Then Press the Set Button to confirm the target. If you do not want to set a target Calorie goal, Press the Set Button.

Set a target Heart Rate goal using the UP and DOWN buttons, Then Press the Set Button to confirm the target goal. If you do not want to set a target Heart Rate goal, Press the Set Button. Be sure to hold the Hand Pulse Sensors firmly, and with both hands. While Exercising with a Target Heart Rate goal, The users current heart rate will show on the display, If at any point the users Heart Rate is above the Target Heart Rate, The Heart Rate value will begin to flash.

This is a warning for user to slow down or to lower the level of resistance.

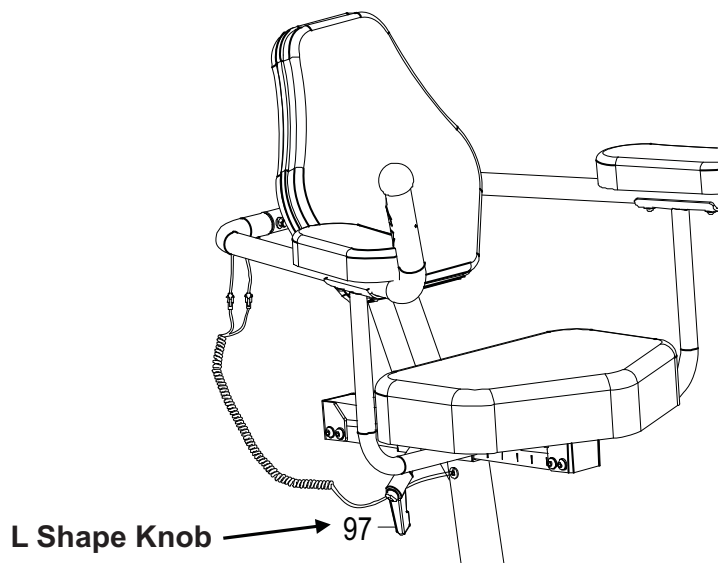
The Graph will start to flash on the display, Use the UP and DOWN buttons to set the resistance of the Program. Press the Set button to confirm the Level selection. Do this for all 10 intervals. Press the Set button to begin the exercise. At anytime during the exercise, the UP and DOWN buttons may be used to increase or decrease the resistance.

ADJUSTMENTS



Adjusting the Rear Stabilizer End Cap or Adjustable Level

Turn the Rear Stabilizer End Caps (34) or the Adjustable Level (42) as needed to level the Bike with the ground.



Adjusting the Seat Forward or Back

Turn the L Shape Knob (97) in a counter-clockwise direction until it can be pulled out. Pull out the L Shape Knob (97) and then slide Seat back or forth to a suitable position. Lock the Seat in place by turning the L shape knob (97) clockwise to tighten.

NOTE: When adjusting the seat back or forth direction, make sure the bushing does not exceed the mark line on the seat sliding tube.

TROUBLE SHOOTING

PROBLEM: The recumbent bike wobbles when in use.

SOLUTION: Turn the Rear Stabilizer End Caps on the Rear Stabilizer or Adjustable Leveler on the bottom of the Rear Main Frame as needed to level the recumbent bike. See the Adjustments page 25 for reference.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the Computer and verify that the wires that come from the Computer are properly connected to the wires that come from the Front Post.

SOLUTION: Unplug the AC adaptor, Wait 30 seconds and plug it back in.

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

SOLUTION: Make sure that the wire connections for the Hand Pulse Sensors are secure.

SOLUTION: Be sure to hold on to the Hand Pulse Sensors with two hand at all times. This will ensure that the reading is more accurate.

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

PROBLEM: The recumbent bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the recumbent bike. Inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

Cleaning

The recumbent bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Wipe perspiration off the recumbent bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Keep the recumbent bike, especially the computer console out of direct sunlight to prevent screen damage.

Inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage

Store the recumbent bike in a clean and dry environment away from children and pets.

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
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, 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

PARTS 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***