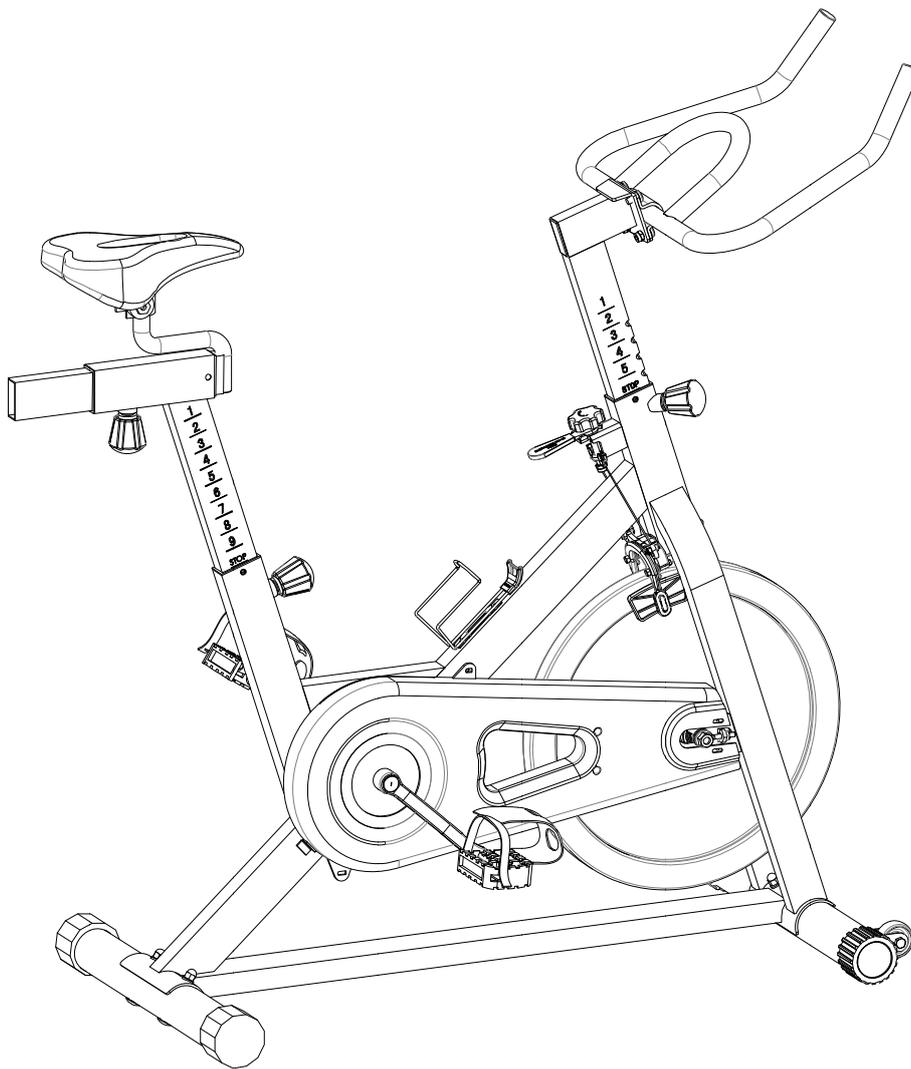


## TRAINING CYCLE



**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.

Item #2210

**Owner's Manual**  
**Le Manuel Du Propriétaire**



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## SERVICE

### **IMPORTANT: FOR NORTH AMERICA ONLY**

**For damaged, defective products, 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**

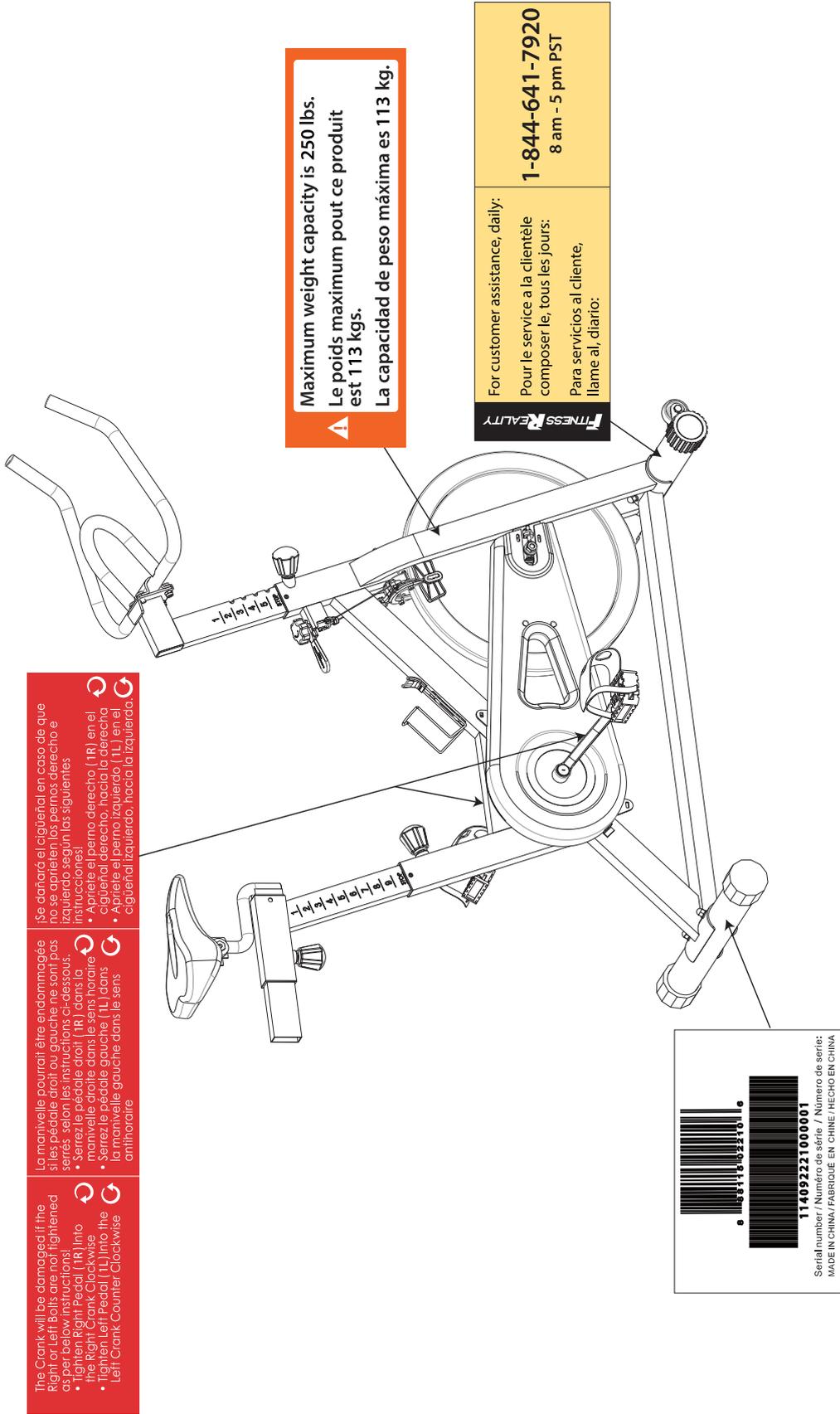
**For damaged or defective products please contact our customer service before returning to the store.**

**Paradigm Health & Wellness, Inc.**

**1189 Jellick Ave.**

**City of Industry, CA 91748, USA**

# LABEL PLACEMENT



¡Se dañará el cigüeñal en caso de que no se aprieten los pernos derecho e izquierdo según las siguientes instrucciones!

- Apriete el perno derecho (1R) en el cigüeñal derecho, hacia la derecha
- Apriete el perno izquierdo (1L) en el cigüeñal izquierdo, hacia la izquierda.

La manivela podría, être endommagée si les pédales droit ou gauche ne sont pas serrés, selon les instructions ci-dessous.

- Serrez le pédale droit (1R) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (1L) dans la manivelle gauche dans le sens antihoraire

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

- Tighten Right Pedal (1R) into the Right Crank Clockwise
- Tighten Left Pedal (1L) into the Left Crank Counter Clockwise

**Maximum weight capacity is 250 lbs.  
Le poids maximum pout ce produit est 113 kgs.  
La capacidad de peso máxima es 113 kg.**

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

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

**1140922100001**

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

## PRODUCT SAFETY

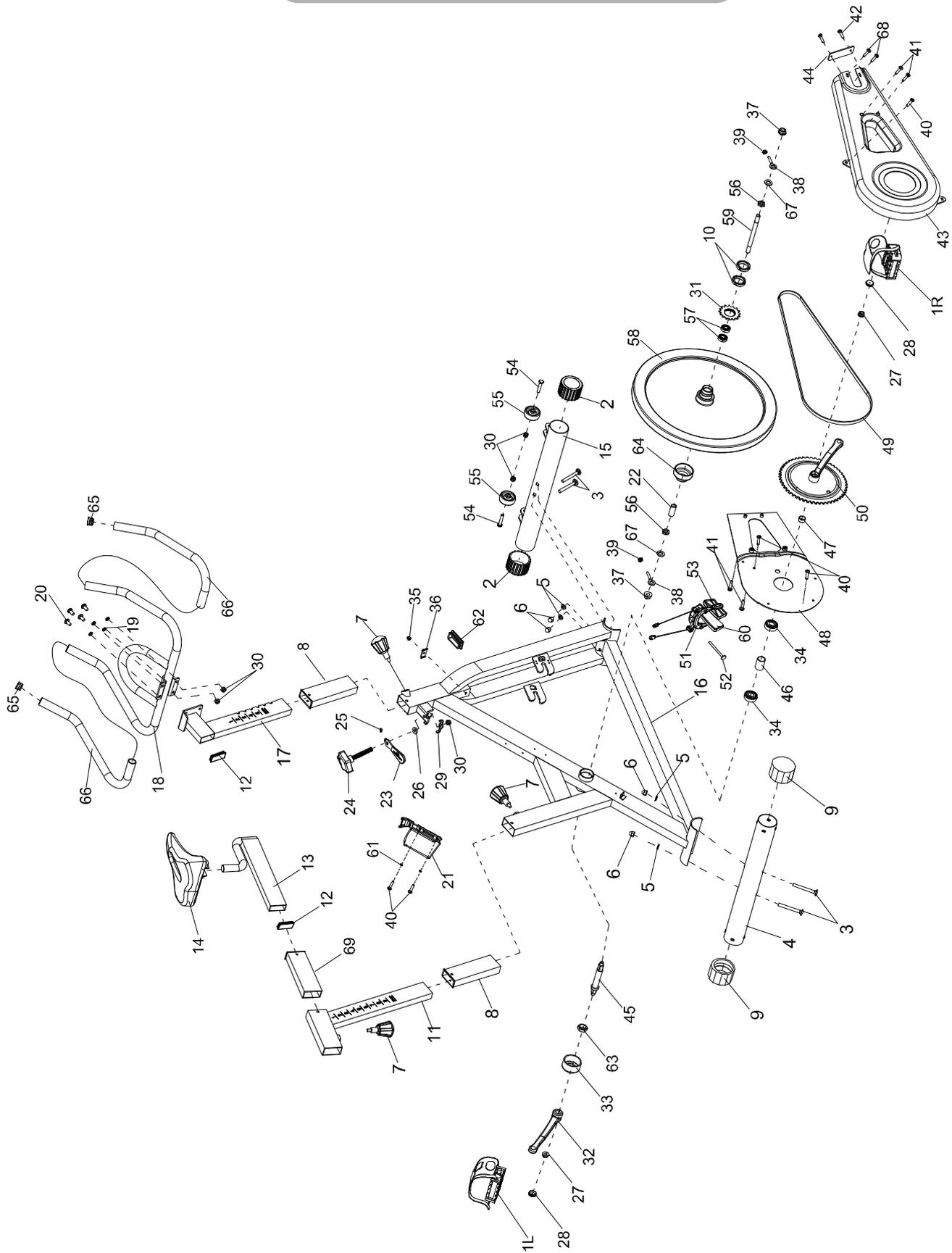
**Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.**

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 your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up pages for pre and post workout.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that get caught in any part of the equipment.
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. Keep Dry - do not operate in wet or moist condition.
7. Always hold on to the handlebar while using the training bike.
8. To dismount, reduce pedaling speed gradually before you stop.
9. Do not use the equipment outdoors.
10. This equipment is for household use only.
11. Only one person should be on the equipment while in use.
12. Keep children and pets away from the product while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
14. **The maximum weight capacity for this product is 250 lbs/ 113 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

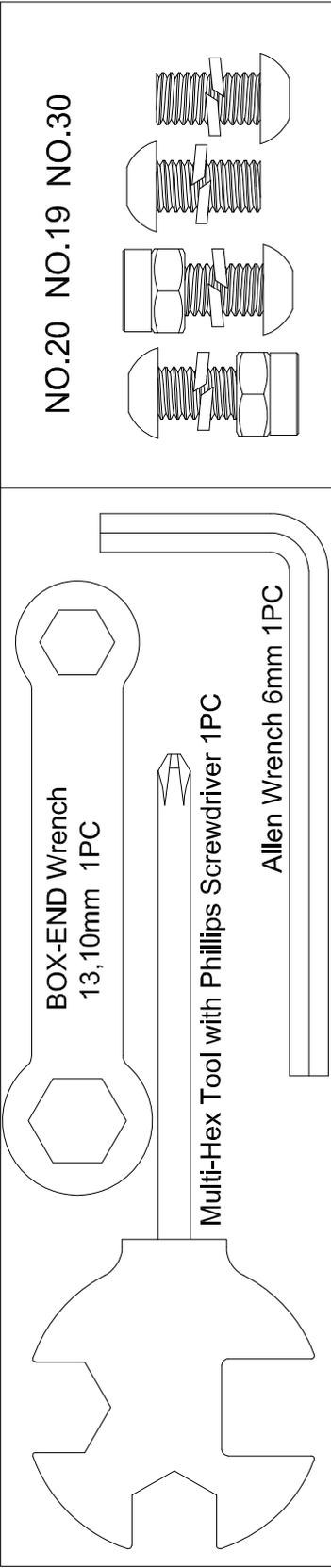


## PARTS LIST

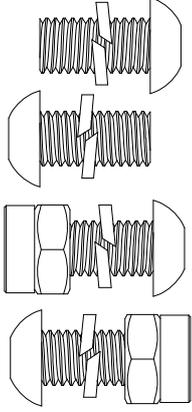
No.	Description	Qty	No.	Description	Qty
01L	Left Pedal	1	35	Domed Nut M8	1
01R	Right Pedal	1	36	U Bracket	1
02	End Cap Ø69*43	2	37	Fixing Nut M12*1.25	2
03	Carriage Bolt M8*75	4	38	Fixing Bolt M6*57*Ø12.5	2
04	Rear Stabilizer	1	39	Nut M6	2
05	Arc Washer	4	40	Screw ST4.2*16	7
06	Domed Nut M8	4	41	Screw ST4.2*19	7
07	Spring Adjustment Knob	3	42	Screw ST4.2*9.5	2
08	Plastic Sleeve 53.5*23.5*1.5	2	43	Outer Chain Cover	1
09	End Cap Ø60*1.5	2	44	Little Chain Cover	1
10	Lock Nut M33*1*4	2	45	Axis Ø20*137	1
11	Vertical Seat Post	1	46	Long Fixing Tube	1
12	End Cap2 53.5*23.5*1.5	2	47	Short Fixing Tube	1
13	Seat Post	1	48	Inner Chain Cover	1
14	Seat	1	49	Chain	1
15	Front Stabilizer	1	50	Right Crank	1
16	Main Frame	1	51	Brake	1
17	Handlebar Post	1	52	Special Bolt M6*75	1
18	Handlebar	1	53	Brake Plastic	2
19	Spring Washer	4	54	Bolt M8*40	2
20	Bolt M8*15	4	55	Wheel	2
21	Bottle Holder	1	56	Fixing Nut M12*1.25	2
22	Fixing Tube	1	57	Bearing	2
23	Brake Handle	1	58	Flywheel	1
24	Adjustment Knob	1	59	Flywheel Shaft	1
25	Little Plastic Ring 14*8*9	1	60	Woolly Block	2
26	Plastic Ring Ø20*Ø9*3	1	61	Flat Washer	2
27	Fixing Nut M10*1.25	2	62	End Cap 60*30*1.5	1
28	Crank End Cap Ø23*7.5	2	63	Fixing Nut Ø28*M20*1	1
29	Sheet Iron	1	64	Flywheel Cover	1
30	Lock Nut M8	5	65	End Cap Ø25*1.5	2
31	Chain Wheel	1	66	Foam Grip	2
32	Left Crank 170*43	1	67	Flat Washer	2
33	Crank Cover Ø45*28	1	68	Screw ST4.2*13	2
34	Bearing	2	69	Plastic Sleeve	1

# HARDWARE PACKING LIST & TOOLS

## 1241 HARDWARE PACK

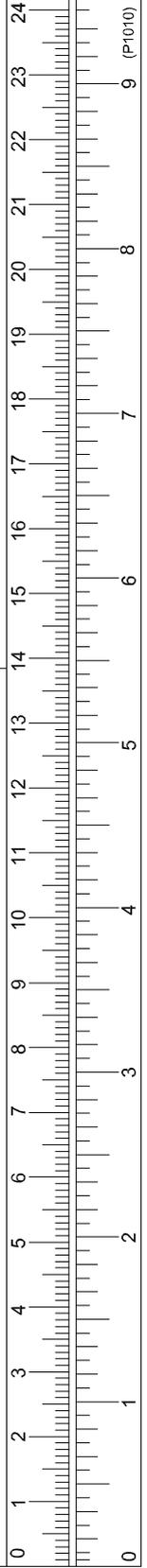
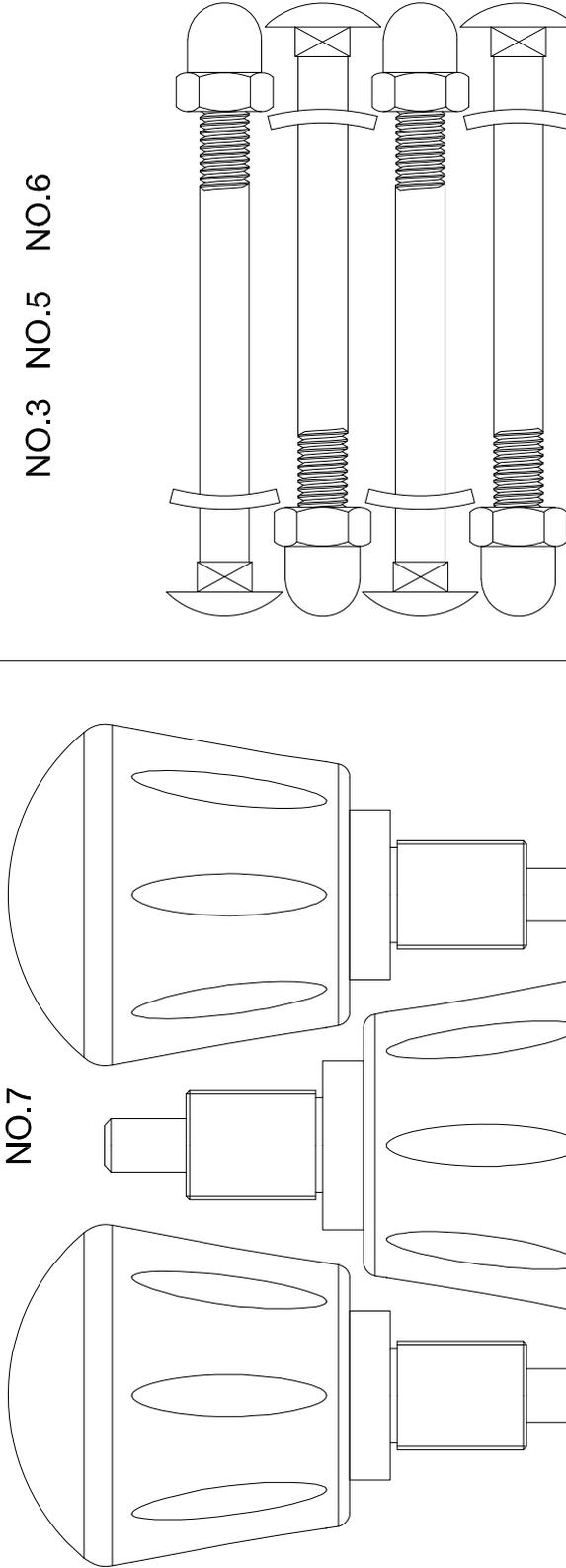


NO.20 NO.19 NO.30



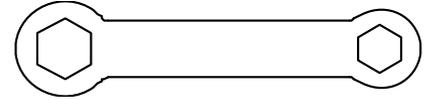
NO.7

NO.3 NO.5 NO.6

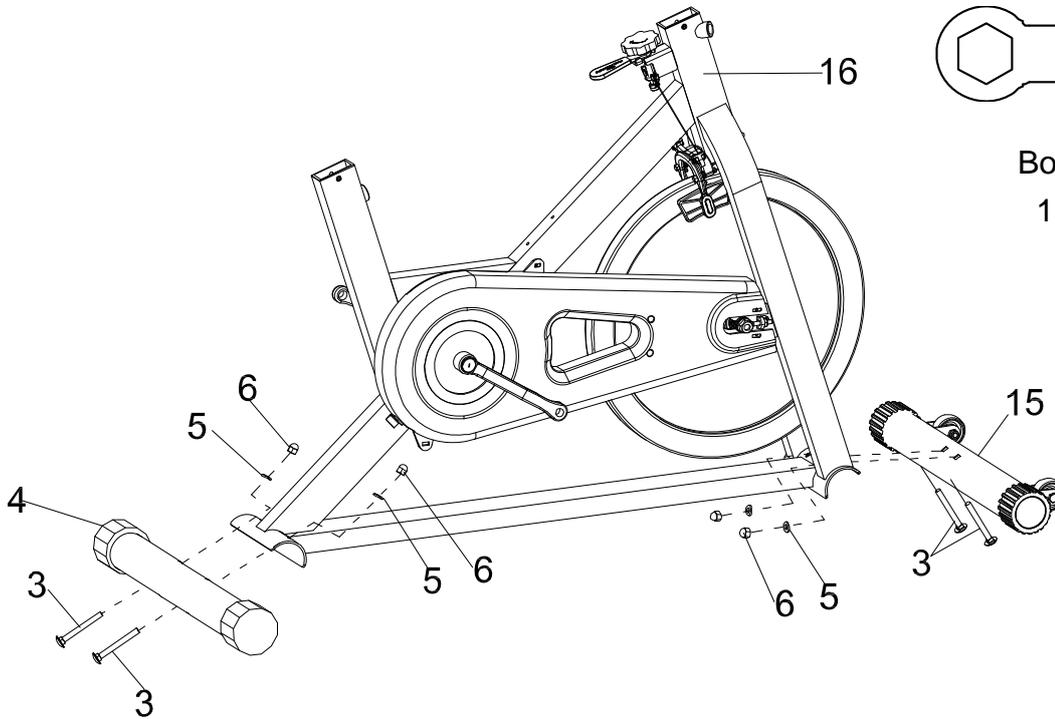


# ASSEMBLY

## Tool:



Box-End Wrench  
13,10mm 1PC



## 1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (15) in front of the Main Frame (16), align bolt holes and attach the Front Stabilizer (15) onto the front curve of the Main Frame (16) with two Carriage Bolts (3), two Arc Washers (5), and two Domed Nuts (6) and tighten with the Box-End Wrench provided.

Position the Rear Stabilizer (4) behind the Main Frame (16), align bolt holes and attach the Rear Stabilizer (4) onto the front curve of the Main Frame (16) with two Carriage Bolts (3), two Arc Washers (5), and two Domed Nuts (6) and tighten with the Box-End Wrench provided.

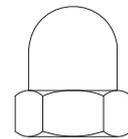
## Hardware:



(3) Carriage Bolt  
4 PCS

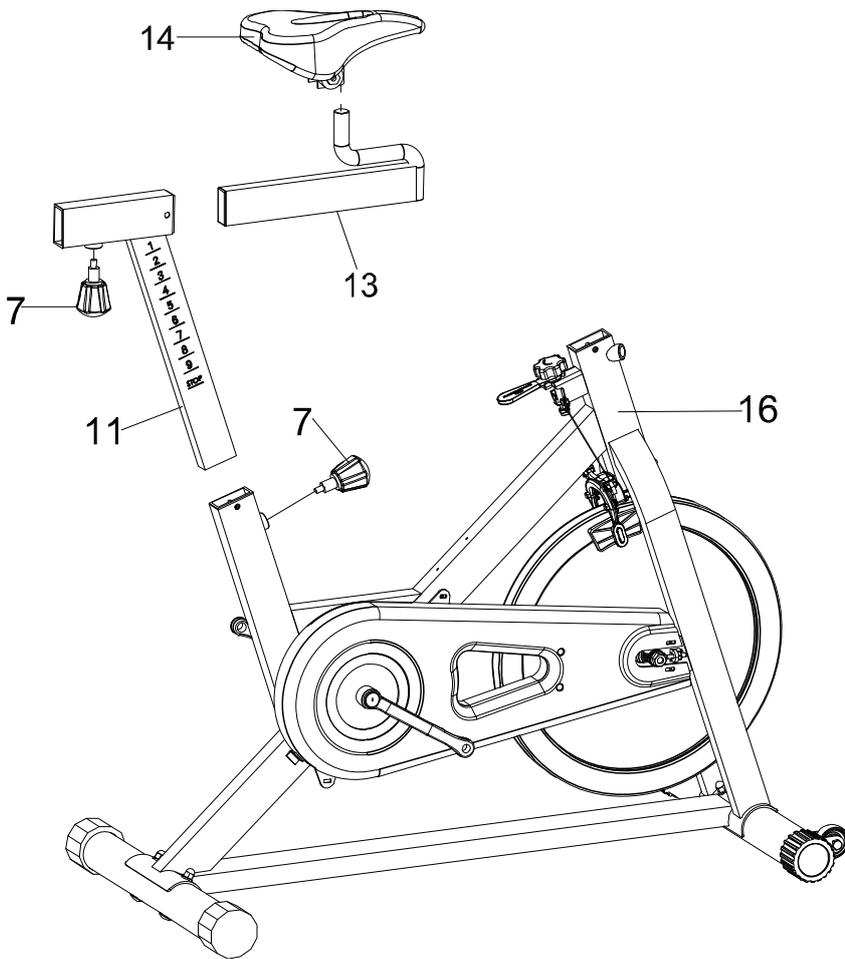


(5) Arc Washer  
4 PCS

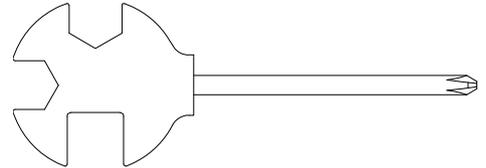


(6) Domed Nut  
4 PCS

## ASSEMBLY

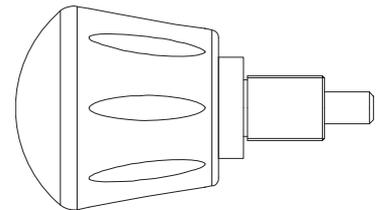


### Tool:



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

### Hardware:



(7) Spring Adjustment Knob  
2PCS

## 2. Vertical Seat Post, Seat, Seat Sliding Tube Installation

### Vertical Seat Post Installation

Insert the Vertical Seat post (11) into the tube of the Main Frame (16). Slide the Seat Post (11) up or down direction to the suitable position. Lock the Seat Post (11) in place by releasing the Spring Adjustment Knob (7) and sliding the Vertical Seat Post (11) up or down slightly until the Spring Adjustment Knob (7) “pops” down into the locked position. For added safety, tighten the Spring Adjustment Knob (7) in a clockwise direction.

**NOTE: When adjusting the height of vertical seat post, the STOP line cannot be higher than the edge of bushing.**

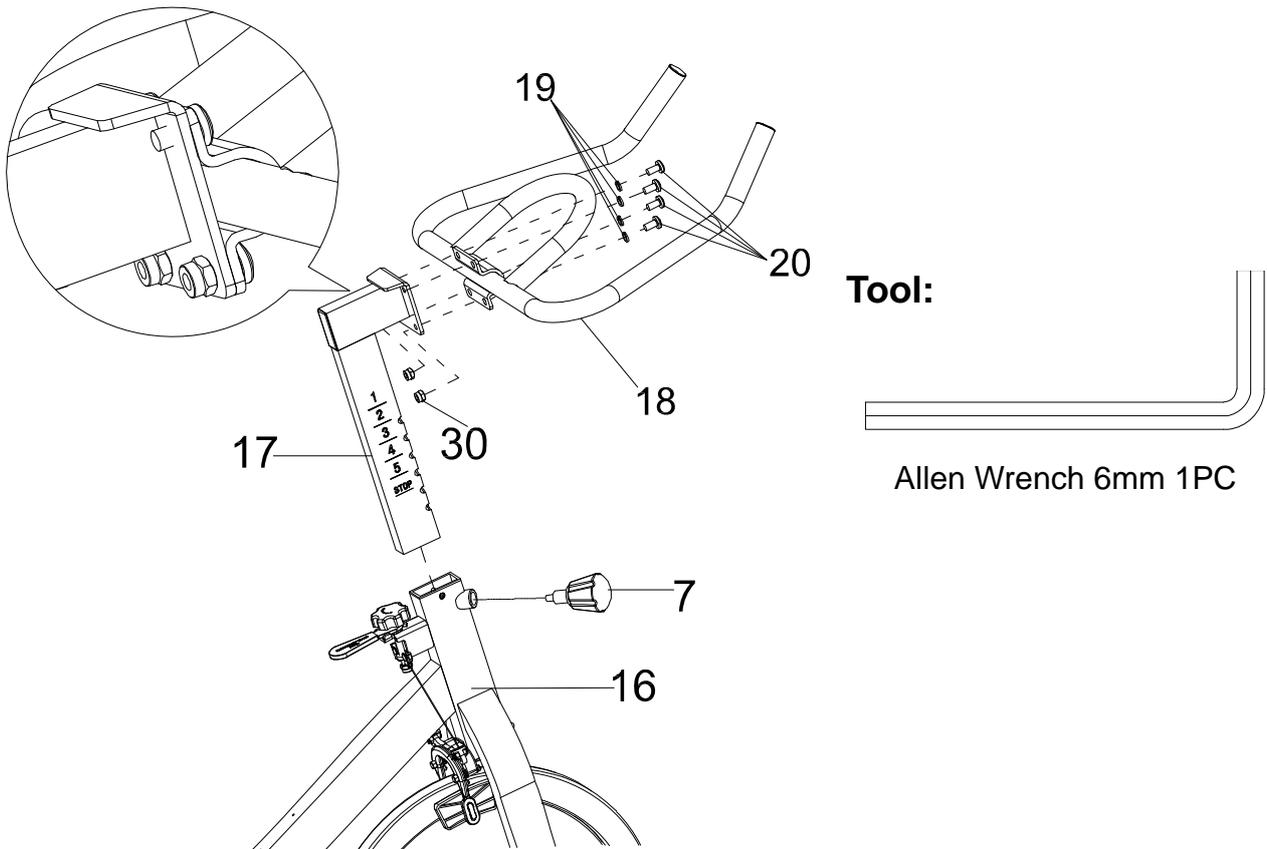
### Seat Installation

Install the Seat (14) onto the Seat Post (13) and tighten with Multi Hex Tool with Phillips Screwdriver provided.

### Seat Sliding Tube Installation

Insert the Seat Post (13) into the tube of the Vertical Seat Post (11). Slide the Seat Sliding Tube (13) back or forth direction to the suitable position. Lock the Seat Sliding Tube (13) in place by releasing the Spring Adjustment Knob (7) and sliding the Seat Post (13) back or forth slightly until the Spring Adjustment Knob (7) “pop” down into the locked position. For added safety, tighten the Spring Adjustment Knob (7) in a clockwise direction.

## ASSEMBLY



### 3. Handlebar Installation

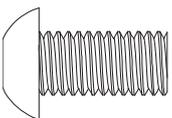
Insert the Handlebar Post (17) into the tube of the Main Frame (16). Slide the Handlebar Post (17) up or down direction to the suitable position. Lock the Handlebar Post (17) in place by releasing the Round Knob (7) and sliding the Handlebar Post (17) up or down slightly until the Spring Adjustment Knob (7) “pop” down into the locked position. For added safety, tighten the Spring Adjustment Knob (7) in a clockwise direction.

**NOTE: When adjusting the height of handlebar post, the STOP line cannot be higher than the edge of bushing.**

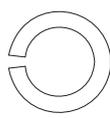
#### 3.1 Handlebar Installation

Attach the Handlebar (18) onto the Handlebar Post (17), align four Bolts (20), four Spring Washers (19) and two Lock Nuts (30) onto the handlebar bracket and tighten Bolts (20) with Allen Wrench 6mm provided.

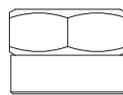
#### Hardware:



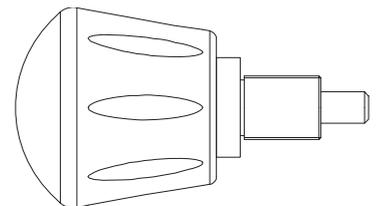
(20) Bolt M8x15  
4PCS



(19) Spring Washer  
4PCS



(30) Lock Nut M8  
4PCS

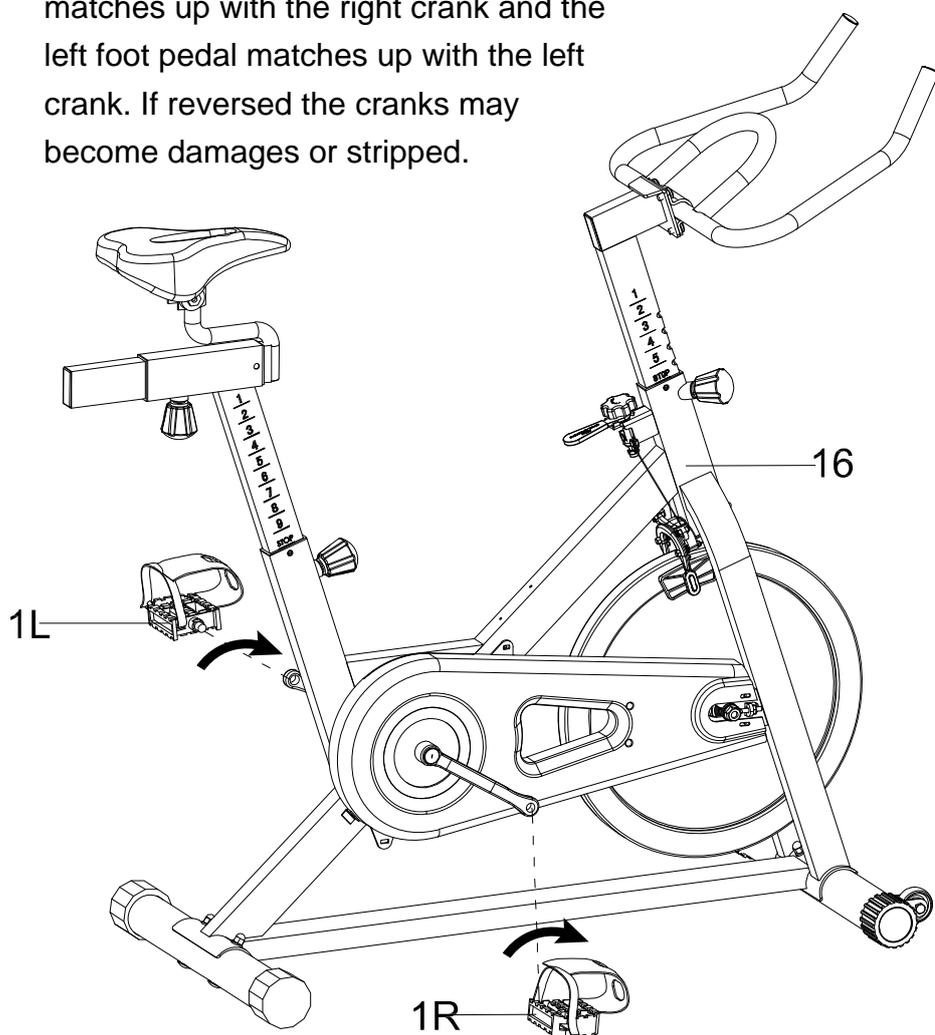


(7) Spring Adjustment Knob  
1PC

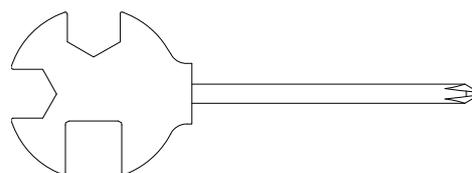
## ASSEMBLY

### Important:

Please make sure the right foot pedal matches up with the right crank and the left foot pedal matches up with the left crank. If reversed the cranks may become damaged or stripped.



### Tool:



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

### Important:

Screw Right Foot Pedal (1R)  
into right crank **clockwise!**  
Screw Left Pedal (1L)  
into Left crank **counter-clockwise!**

### 4. Foot Pedals Installation

**The Cranks and Foot Pedals are marked "R" for Right and "L" for Left.**

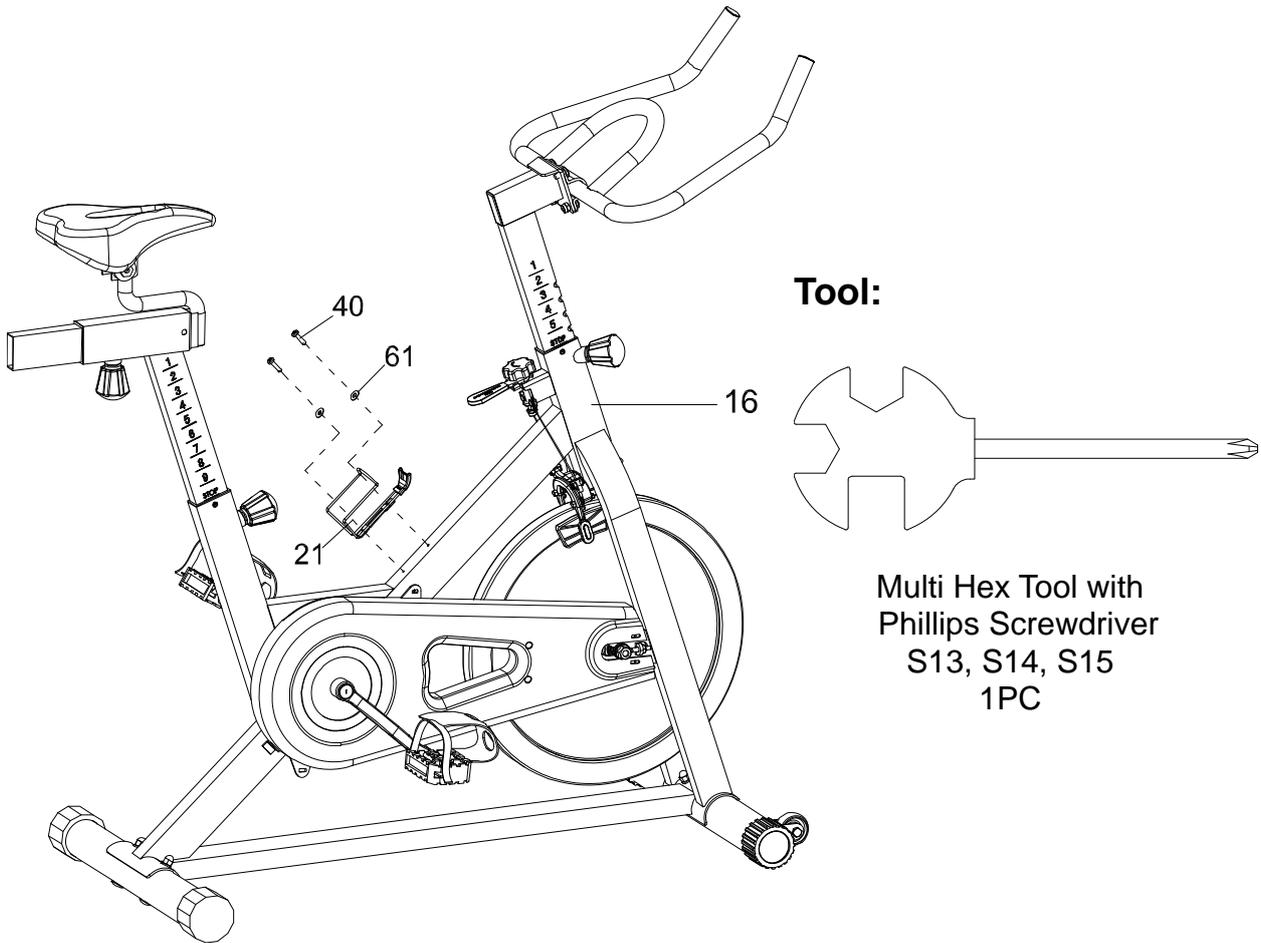
Insert the pedal shaft of Left Foot Pedal (1L) into threaded hole in the Left Crank. Turn the pedal shaft by hand in the counter-clockwise direction until snug.

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

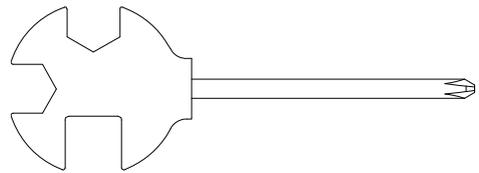
Tighten the pedal shaft of Left Foot Pedal (1L) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (1R) into threaded hole in Right Crank. Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (1R) with the Multi Hex Tool with Phillips Screwdriver provided.

## ASSEMBLY



### Tool:

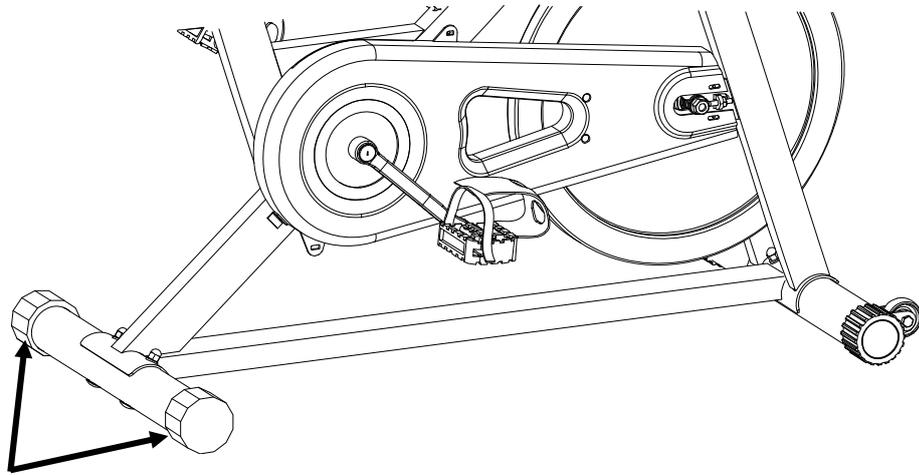


Multi Hex Tool with  
Phillips Screwdriver  
S13, S14, S15  
1PC

### 5. Water Bottle Holder Installation

Remove two Screws (40) and two Flat Washers (61) from the Main Frame (16)  
Attach the Water Bottle Holder (21) onto the Main Frame (16) with two Flat Washers (61) and two Screws (40) that were removed with the Multi Hex Tool with Phillips Screwdriver provided.

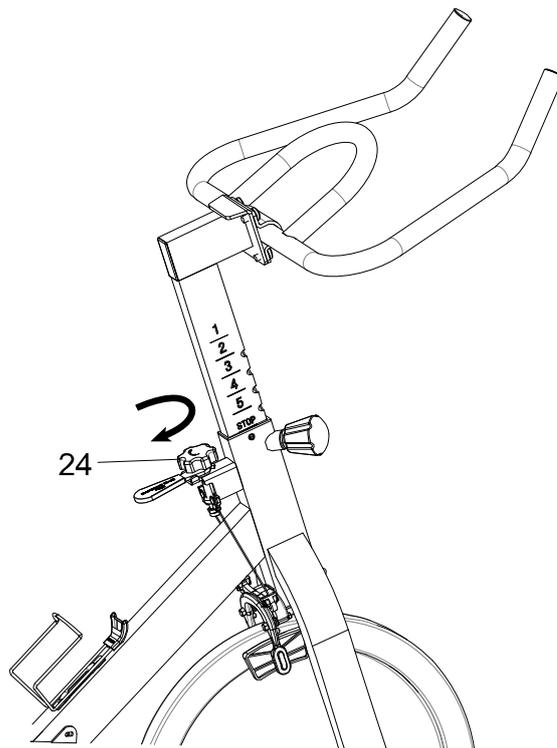
## ADJUSTMENTS



**Rear Stabilizer End Cap**

### **Adjusting the Adjustable Leveler**

Turn the Adjustable Leveler on the front and rear stabilizers as needed to level the bike.

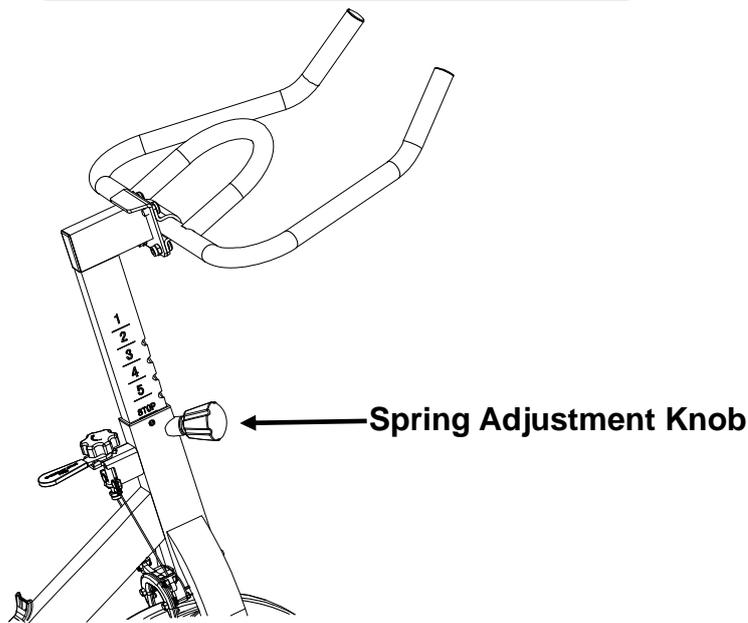


### **Adjusting the Brake Knob**

To increase the tension, turn the Adjustment Knob (24) in a clockwise direction.

To decrease the tension, turn the Adjustment Knob (24) in a counterclockwise direction.

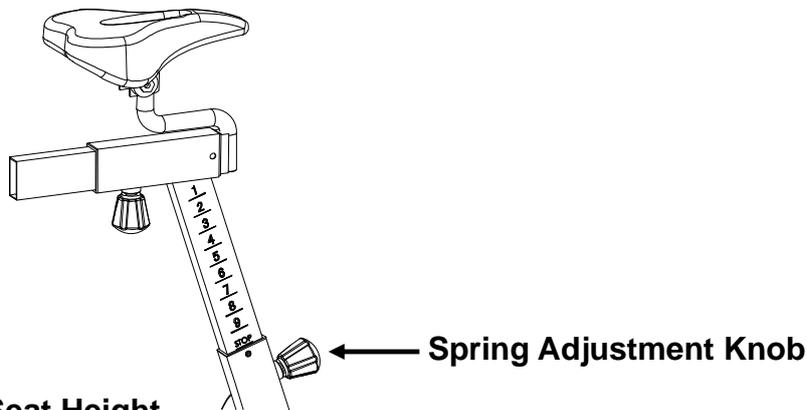
## ADJUSTMENTS



### Adjusting the Handlebar Height

Loosen the Spring Adjustment Knob by turning counterclockwise direction until it can be pulled out. Pull out the Spring Adjustment Knob and then slide the Handlebar Post up or down direction to the suitable position. Lock the Handlebar Post in place by releasing the Spring Adjustment Knob and sliding the Handlebar Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten the Spring Adjustment Knob in a clockwise direction.

**NOTE: When adjusting the height of handlebar post, the STOP line cannot higher than the edge of plastic bushing.**



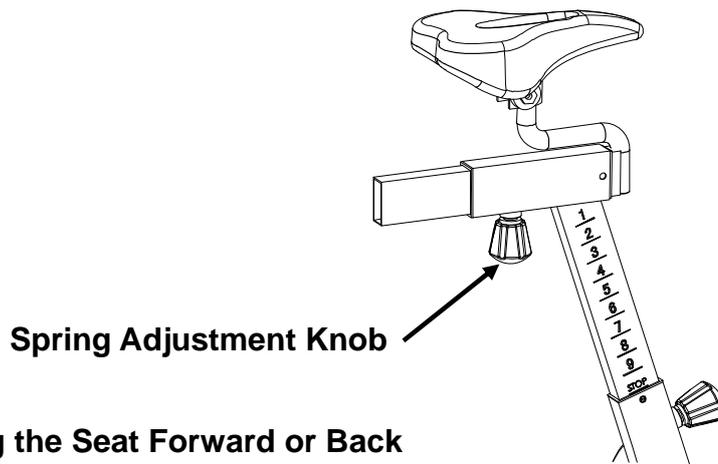
### Adjusting the Seat Height

Loosen the Spring Adjustment Knob by turning counterclockwise direction until it can be pulled out. Pull out the Spring Adjustment Knob and then slide the Seat Post up or down direction to the suitable position.

Lock the Seat Post in place by releasing the Spring Adjustment Knob and sliding the Seat Post up or down slightly until the Spring Adjustment Knob "pops" down into the locked position. For added safety, tighten the Round Spring Adjustment Knob in a clockwise direction.

**NOTE: When adjusting the height of seat post, the STOP line cannot higher than the edge of plastic bushing.**

## EMERGENCY STOP

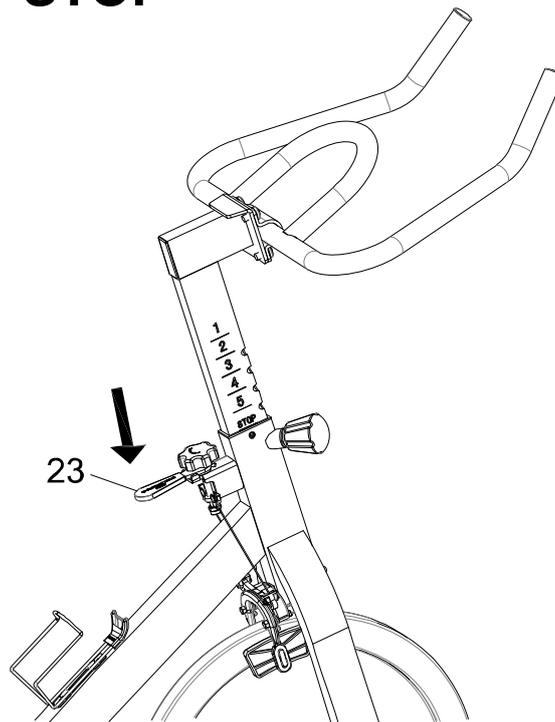


Spring Adjustment Knob

### Adjusting the Seat Forward or Back

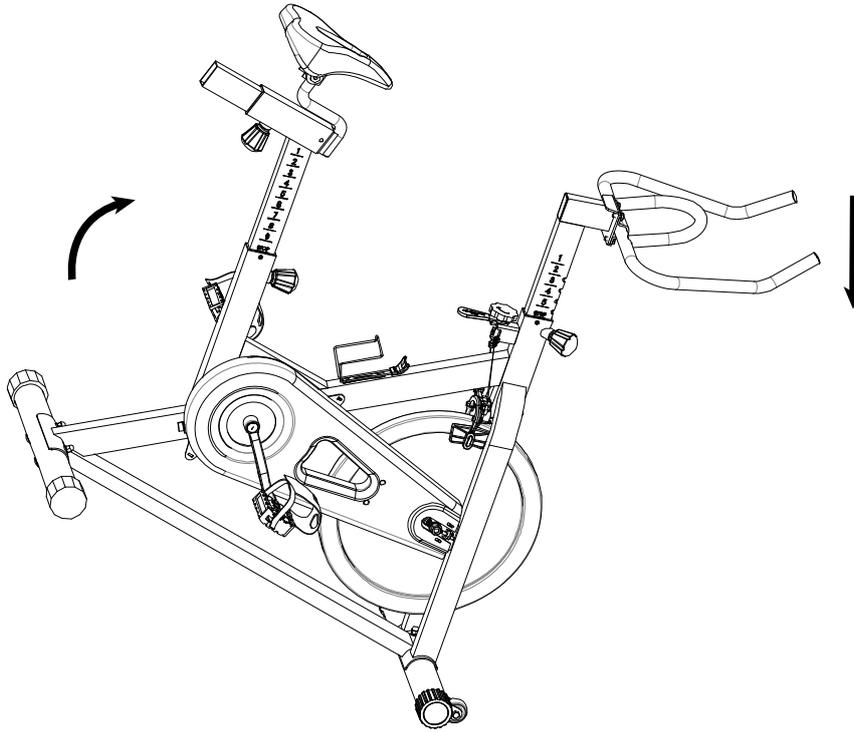
Loosen the Spring Adjustment Knob by turning it in a counterclockwise direction. Slide the Seat Sliding Tube in a forward direction to the suitable position. Lock the Seat Sliding Tube in place by turning it in a clockwise direction.

## EMERGENCY STOP



To emergency stop, press firmly down onto the **Break Handle**. Continue holding the **Break Handle** down until the flywheel comes to a complete stop.

## MOVING THE BIKE



Start by carefully pushing down on the handlebar until the rear end of the bike lifts in the air. Carefully push the bike to the desired location.

### TROUBLE SHOOTING

**PROBLEM:** The training bike wobbles when in use.

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

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

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

### MAINTENANCE

#### Cleaning

The training bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the training bike after each use.

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

#### Storage

Store the bike 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

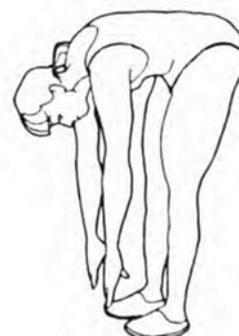
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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



### Toe Touches

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



### Hamstring Stretches

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



# WARRANTY

## MANUFACTURER'S LIMITED WARRANTY

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

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Structural Frame	1 year
All Other Components	90 days

### 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](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**

