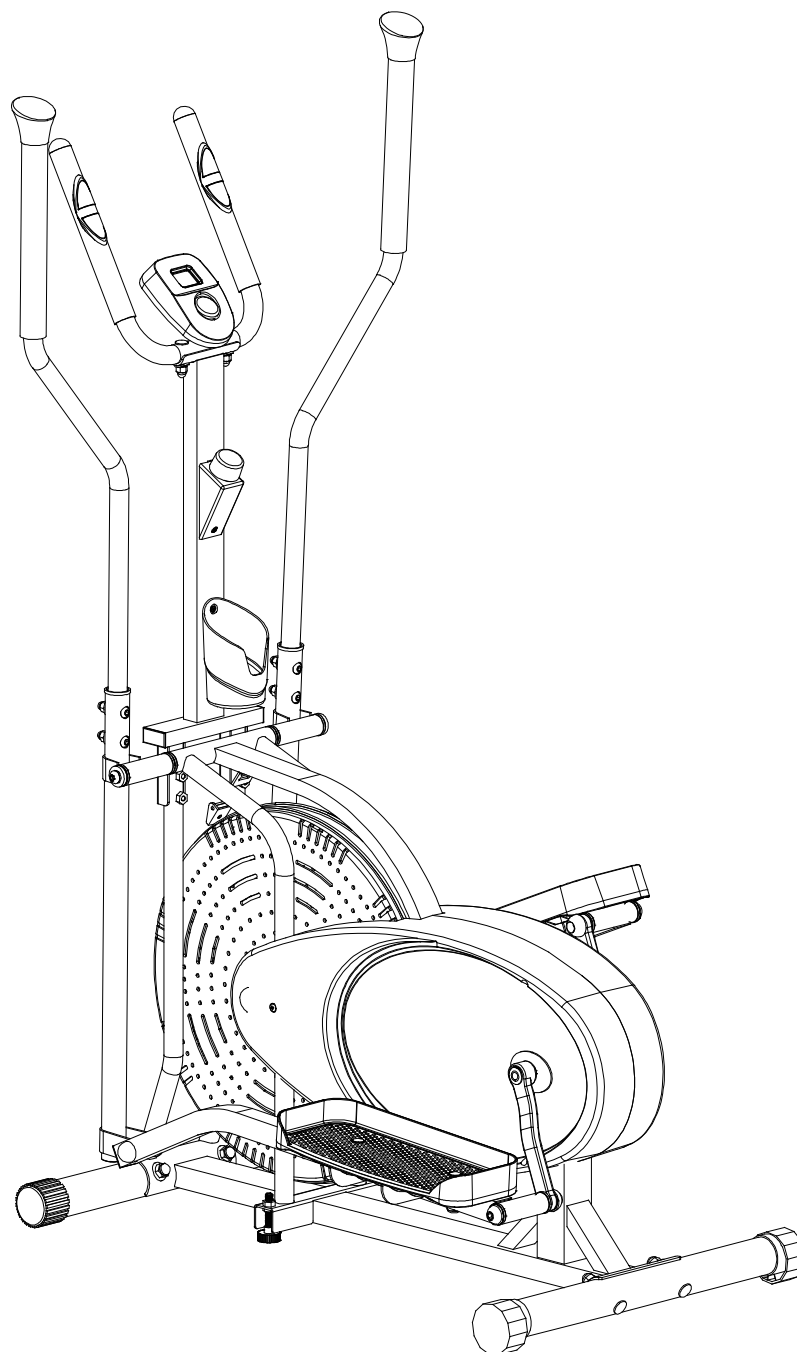


Air Elliptical Pro



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.



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

If you need help with Product information, assembly, or replacement parts. Please contact Customer Service.

Email us at:

Service@paradigmhw.com

Hours: 8:00 AM to 5:00 PM (PST) Daily

Or call us at:

1-844-641-7920

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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

Website:
www.paradigmhw.com**

Toll-Free:
1-844-641-7920
Response time may vary via calling.

Please have the following information ready when requesting for service:

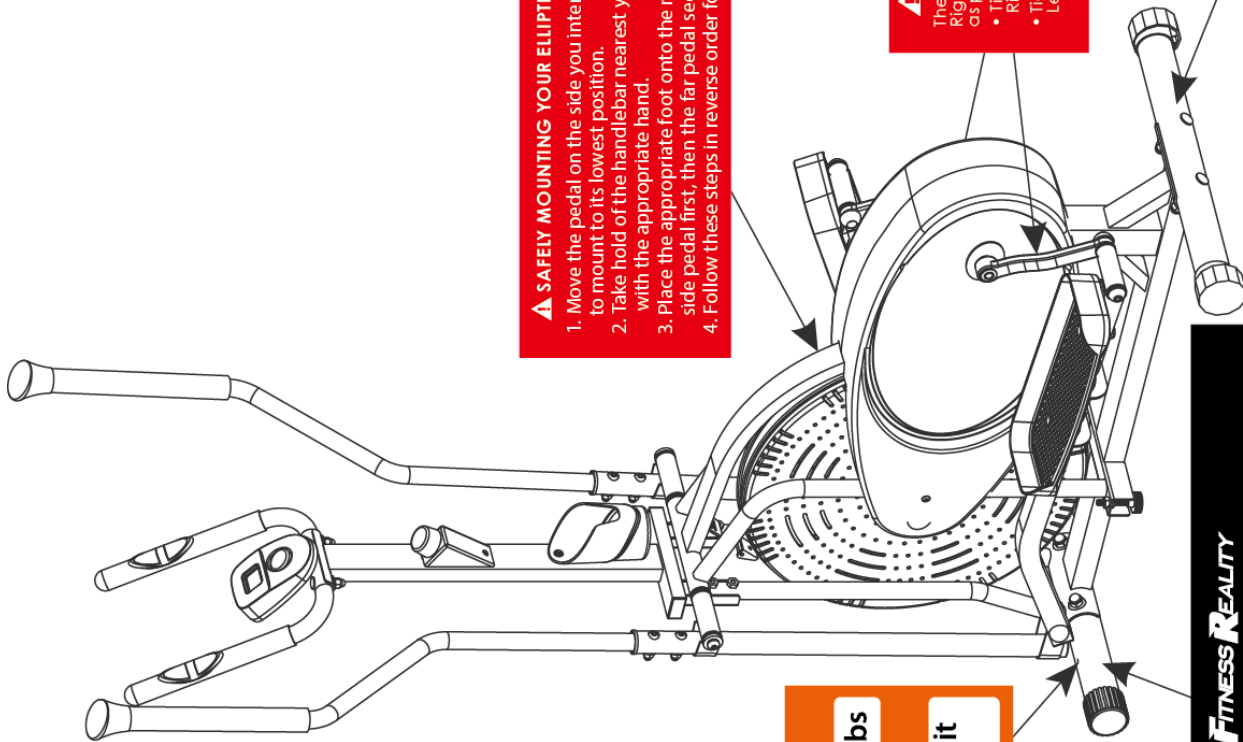
- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

***Emailing us with the information above will be the best method to receive a response during peak business hours.**

****Response time may vary.**

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



SAFELY MOUNTING YOUR ELLIPTICAL MACHINE

1. Move the pedal on the side you intend to mount to its lowest position.
2. Take hold of the handlebar nearest you with the appropriate hand.
3. Place the appropriate foot onto the near side pedal first, then the far pedal second.
4. Follow these steps in reverse order for dismounting.

Monter sur l'exerciseur elliptique et en descendre

1. Mettre en position la plus basse la pédale du côté où l'on monte ou descend
2. Agripper la poignée la plus près de vous avec la main appropriée
3. Mettre le pied sur la pédale du côté le plus proche en premier, puis l'autre pied sur la seconde
4. Suivre ces mêmes instructions en sens inverse pour descendre.

WARNING

Maximum weight capacity is 275 lbs

AVERTISSEMENT

Le poids maximum pour ce produit est 125 kgs.

CAUTION (Model 2307)

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

- Tighten Right Bolt (21) into the Right Crank Clockwise
- Tighten Left Bolt (64) into the Left Crank Counter Clockwise

ATTENTION (N° 2307)

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

- Serrez le boulon droit (21) dans la manivelle droite dans le sens horaire
- Serrez le boulon gauche (64) dans la manivelle gauche dans le sens antihoraire



8 1881151023071 3

11419323070001

Serial number/Numéro de série:

MADE IN CHINA/FABRIQUE EN CHINE

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)

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

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.
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 material on the ground is recommended.
3. Please 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. 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.
5. Be careful when stepping on or stepping off the pedals. Always hold onto the handlebars first and step on the pedals when they are closest to the ground.
6. With your other leg, swing over the main frame and come to rest onto the other pedal. To ensure the pedals run smoothly, push or pull on the handlebars first before testing the leg motions. To dismount, reduce pedaling speed gradually before you stop. When stepping off the machine, make sure you step off one leg at a time. One leg should be on a pedal at its lowest while the other leg dismounts slowly off the other pedal. Hold onto the equipment for balance while fully dismounting.
7. Keep dry. Do not operate the equipment in wet or moist condition. Do not use the equipment outdoors. This equipment is for household use only.
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. This product requires a minimum of 6 feet of space in radius for safe operation.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult with your physician before continuing.

The maximum weight capacity for this product is 275 lbs/125 kgs.

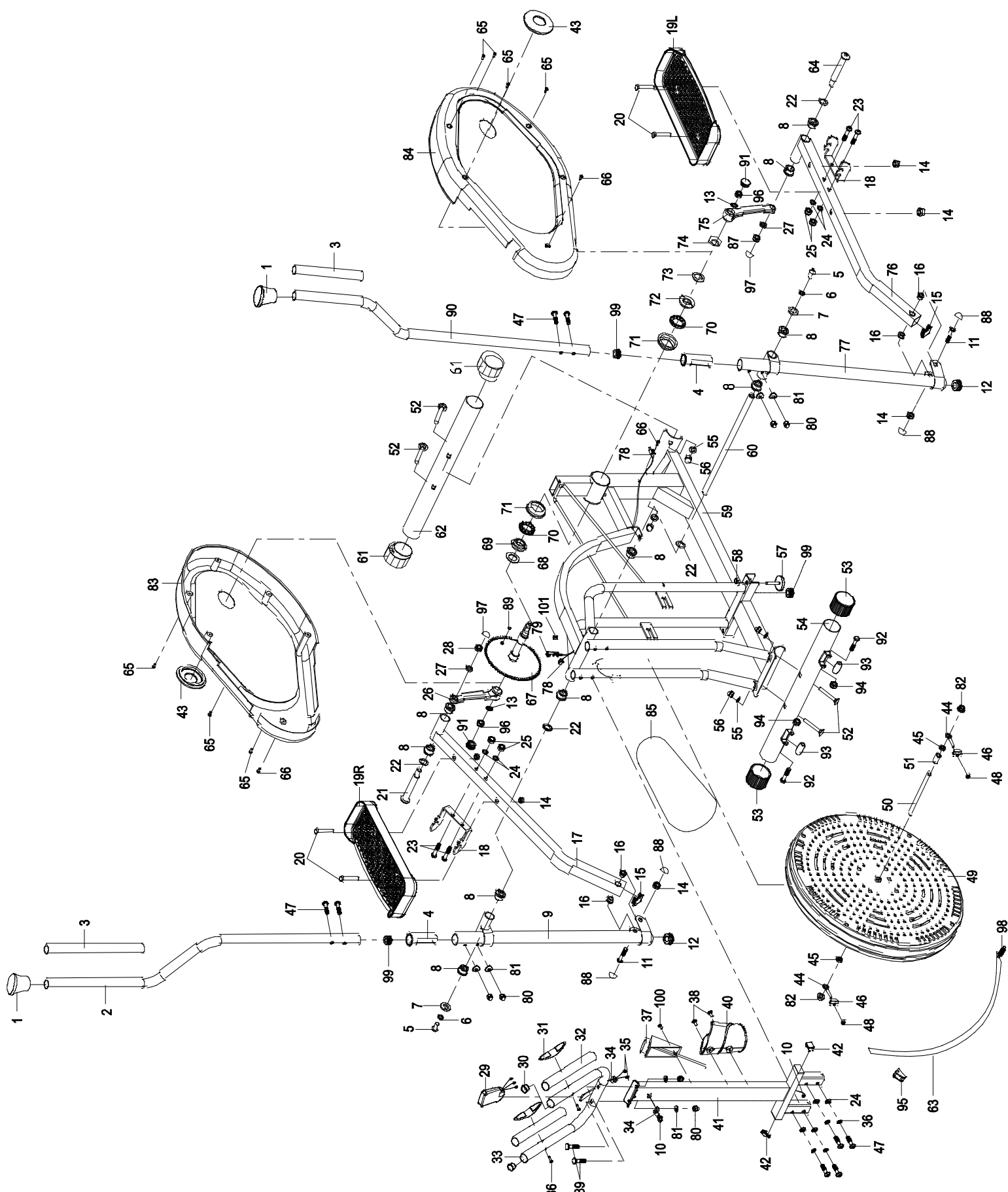
WARNING: Before beginning any exercise program consult your physician.

This is especially important for the people who are over 35 years old or who have pre-existing health problems.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
001	Handrail Arm End Cap Ø25	2
002	Right Handrail Arm Ø25x1.8x990	1
003	Handrail Arm Foam Grip Ø24xØ34x280	2
004	Handrail Arm Plastic Bushing Ø32x1.5	2
005	Bolt M10x18	2
006	Spring Washer Ø10xØ18x3	2
007	Washer Ø28xØ16xØ5	2
008	Powder Metal Bushing Ø24.5xØ16x14	10
009	Right Handrail	1
010	Extension Sensor Wire L=650 mm	1
011	Bolt M10x55	2
012	Handrail End Cap Ø32x1.5	2
013	Serrated Lock Washer External Teeth Ø10	2
014	Nylon Nut M10	6
015	Foot Bar End Cap 30x30x1.5	2
016	Powder Metal Bushing Ø14xØ10x10	4
017	Right Foot Bar	1
018	Foot Pedal Support Bracket 245x38xØ3.0	2
019L	Left Foot Pedal 349x150x56	1
019R	Right Foot Pedal 349x150x56	1
020	Bolt M10x45	4
021	Right Bolt for Right Crank Ø16x89xL23	1
022	Wave Washer Ø28xØ17x0.3	4

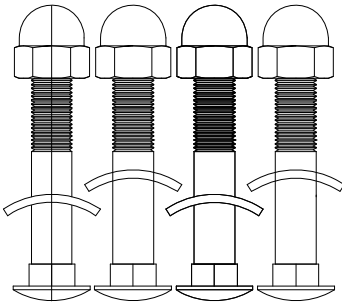
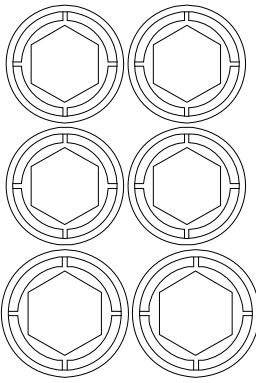
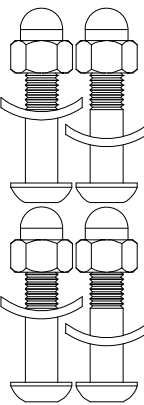
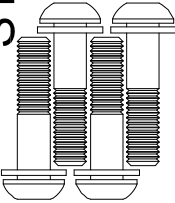
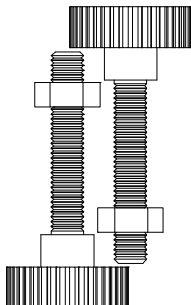
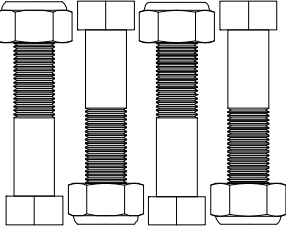
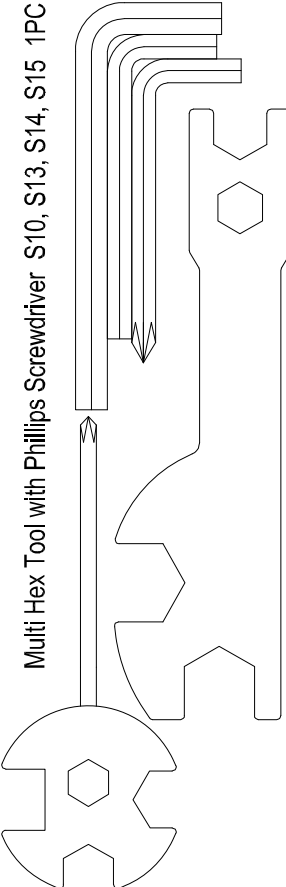
No.	Description	Qty
023	Bolt M8x43	4
024	Washer Ø8	8
025	Nylon Nut M8	4
026	Right Crank 6.7"	1
027	Spring Washer Ø20xØ13x2	2
028	Nylon Nut for Right Crank 1/2"	1
029	Computer Console M1202	1
030	Hand Pulse Handlebar End Cap Ø25x1.5	2
031	Hand Pulse Sensor	2
032	Hand Pulse Handlebar Foam Grip Ø24xØ30x240	2
033	Hand Pulse Handlebar	1
034	Wire Grommet Ø12.1	2
035	Hand Pulse Sensor Wire L=500 mm	2
036	Spring Washer Ø8	4
037	Tension Control Knob	1
038	Bolt M5x15	2
039	Carriage Bolt M8x35	2
040	Bottle Holder	1
041	Hand Pulse Handlebar Support Frame	1
042	Hand Pulse Handlebar Support Frame End Cap 30x20x2.0	2
043	Cover Cap Ø25	2
044	Eyebolt M6x33	2
045	Nut M10x1xB5	2

PARTS LIST

No.	Description	Qty
046	Tension Bracket	2
047	Bolt M8x38	8
048	Nut M6	2
049	Fan Wheel Ø503x85	1
050	Fan Wheel Axle M10x1xL150xL25xL40	1
051	Spacer Ø16xØ10x20	1
052	Bolt M10x57	4
053	Front Stabilizer End Cap Ø50	2
054	Front Stabilizer Ø50x1.5	1
055	Curve Washer Ø10xØ25x2	4
056	Cap Nut M10	4
057	Adjustable Leveler M8x45	2
058	Nut M8	2
059	Mainframe	1
060	Rotation Rod Ø15.8x376	1
061	Rear Stabilizer End Cap Ø50	2
062	Rear Stabilizer Ø50x1.5x540	1
063	Tension Strap 1150x18	1
064	Left Bolt for Left Crank Ø16x89xL23	1
065	Screw ST4.8x40	7
066	S Phillips Self Drilling Screw ST4.8x20	3
067	Chain Pulley	1
068	Washer Ø40x24x3	1
069	Bearing Nut II 15/16"	1
070	Bearing	2
071	Bearing Cup	2
072	Bearing Nut I 7/8"	1
073	Washer Ø34.5x23x2.5	1

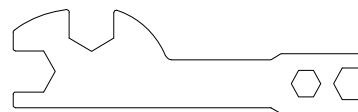
No.	Description	Qty
074	Nut 7/8"	1
075	Left Crank 6.7"	1
076	Left Foot Bar	1
077	Left Handrail	1
078	Sensor with Wire L=900 mm	1
079	Tension Cable L=1020 mm	1
080	Cap Nut M8	6
081	Big Curve Washer Ø8xØ20x2	6
082	Flange Nut M10x1xB10	2
083	Right Cover 705x362	1
084	Left Cover 705x362	1
085	Chain	1
086	Screw ST4.2x20	2
087	Nylon Nut for Left Crank 1/2"	1
088	Nut Cap S16	4
089	Small Magnet Ø15x7	1
090	Left Handrail Arm Ø25x1.8x990	1
091	Crank Cover Ø22	2
092	Bolt M6x45	2
093	Transport Wheel Ø23xØ6x32	2
094	Nylon Nut M6	2
095	Plastic Clip 20	1
096	Flange Nut M10x1.25	2
097	Nut Cap S18	2
098	Spring Ø12x1.8x32	1
099	Round Plug Ø25x1.5	4
100	Cross Recessed Pan Head Screw M5x15	1
101	Clip	1

2307-Hardware Pack

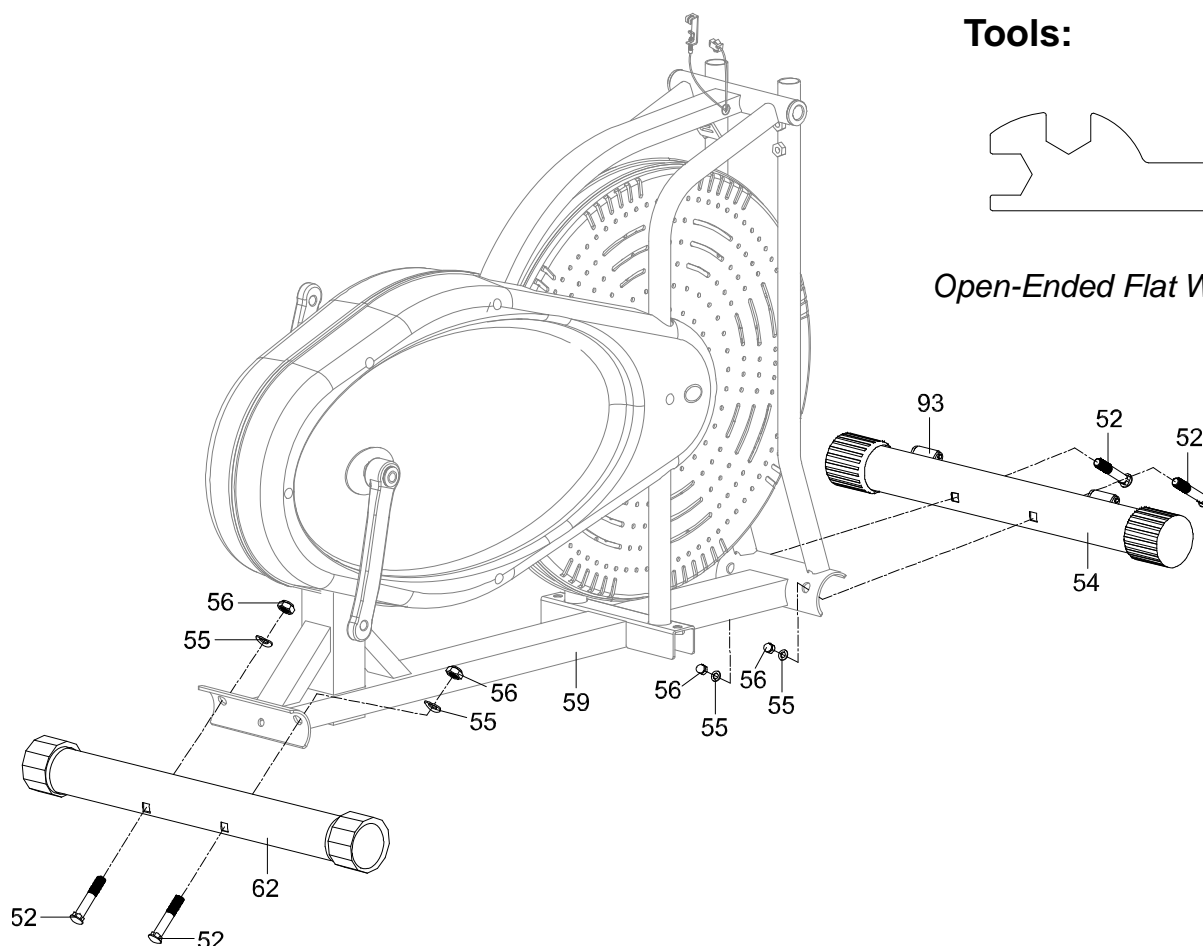
<div>STEP1</div> <div></div> <div>#52 - 4PCS #55 - 4PCS #56 - 4PCS</div>	<div>STEP2&3&4</div> <div></div> <div>#21 - 1PC #64 - 1PC #22 - 2PCS #27 - 2PCS #28 - 2PCS #23 - 4PCS #24 - 4PCS #25 - 4PCS</div>	<div>STEP6</div> <div></div> <div>#47 - 4PCS #81 - 4PCS #80 - 4PCS</div>	<div>STEP7&8</div> <div></div> <div>#38 - 2PCS #100 - 1PC</div>	<div>STEP10</div> <div></div> <div>#57 - 2PCS #58 - 2PCS</div>	<div>STEP5</div> <div></div> <div>#14 - 4PCS #20 - 4PCS</div>	<div>STEP9</div> <div></div> <div>Multi Hex Tool with Phillips Screwdriver S10, S13, S14, S15 1PC</div> <div>Open-Ended Flat Wrench 1PC 8mm Allen Wrench 1PC 6mm Allen Wrench 1PC 6mm Allen Wrench with Phillips Screwdriver 1PC</div> <div>#39 - 2PCS #81 - 2PCS #80 - 2PCS</div>
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Tools:



Open-Ended Flat Wrench

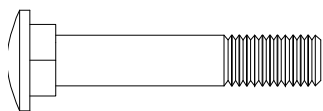


1. Front/Rear Stabilizers and Adjustable Levelers Installation:

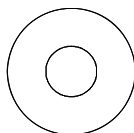
Align the holes of the **Front Stabilizer (54)** to the bracket located at the front end of the **Mainframe (59)**. Make sure the arrow sticker on the **Front Stabilizer (54)** is pointing **up** so that the **Transport Wheels (93)** are positioned toward the front and parallel to the floor. Insert two **Bolts (52)** through the **Front Stabilizer (54)** and secure with two **Curve Washers (55)** and two **Cap Nuts (56)**. Using the Open-Ended Flat Wrench, tighten the **Cap Nuts (56)** until they are secure.

Align and attach the **Rear Stabilizer (62)** to the bracket located at the bottom of the back end of **Mainframe (59)** with two **Bolts (52)**. Secure the **two Bolts (52)** with two **Curve Washers (55)** and two **Cap Nuts (56)**. Using the Open-Ended Flat Wrench, tighten the **Cap Nuts (56)** until they are secure.

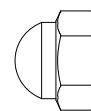
Hardware:



(52) Bolt M10x57
4PCS



(55) Curve Washer
Ø10xØ25x2
4PCS



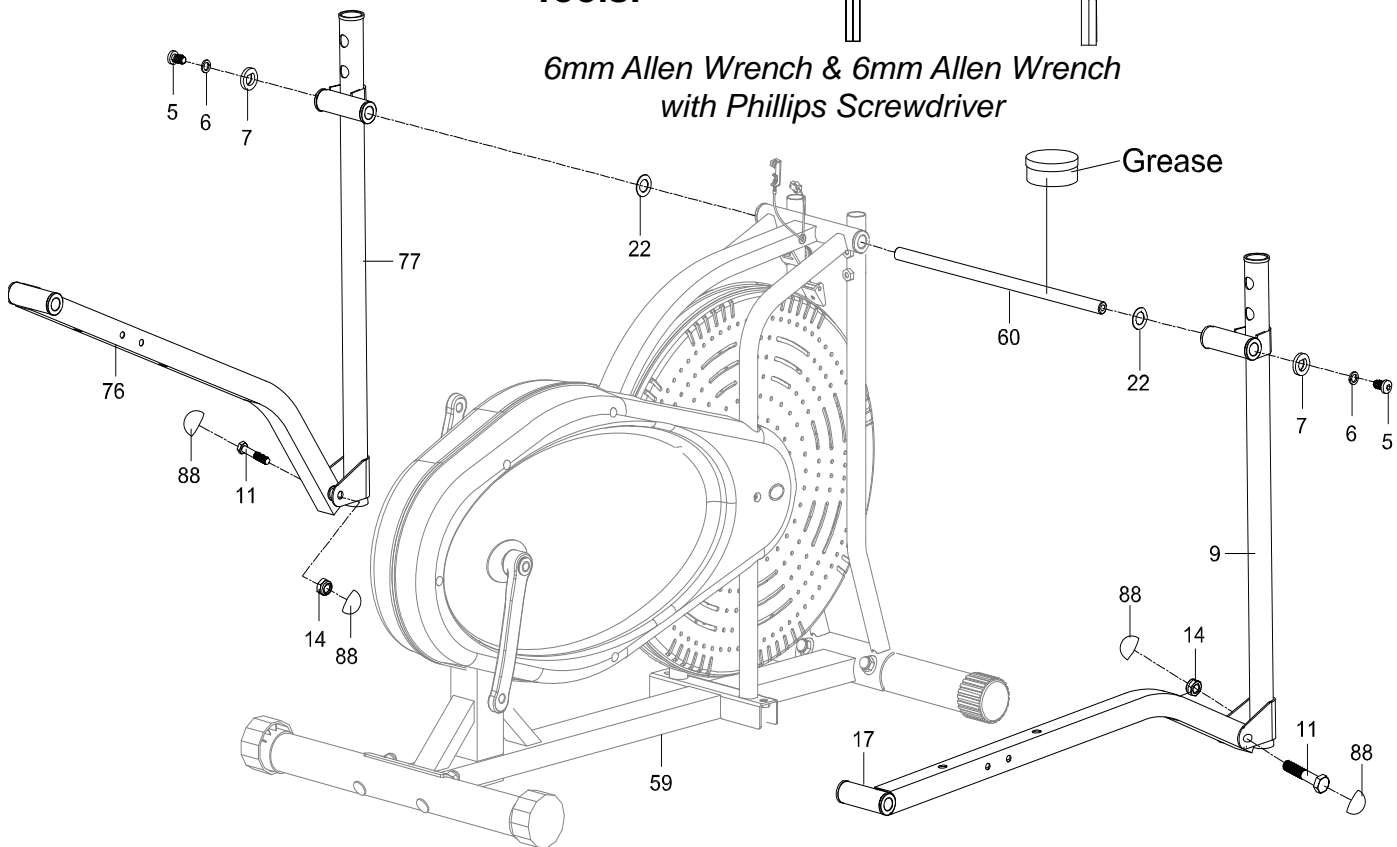
(56) Cap Nut M10
4PCS

ASSEMBLY

Tools:



6mm Allen Wrench & 6mm Allen Wrench
with Phillips Screwdriver



2. Handrails, Foot Bars and Rotation Rod Installation:

Position the **Right Foot Bar (17)** so that it angles downwards as shown above. Attach the **Right Foot Bar (17)** onto the brackets on the bottom end of the **Right Handrail (9)** with one **Bolt (11)** and one **Nylon Nut (14)**. Tighten the bolt until it is firm against the bracket on the **Right Handrail (9)**. Cover the **Bolt (11)** and **Nylon Nut (14)** with two **Nut Caps (88)**.

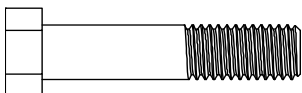
Using the provided **6mm Allen Wrench**, remove the PRE-ASSEMBLED bolts and washers from both sides of the **Rotation Rod (60)** and put them to the side. Take the **Rotation Rod (60)** and lubricate it with the **Grease** provided.

Insert the **Rotation Rod (60)** into the tube on the top of the **Mainframe (59)** (above the flywheel). Slide the **Right Handrail (9)** onto the right end of the **Rotation Rod (60)** and insert a **Bolt (5)**, **Spring Washer (6)**, **Washer (7)**, and **Waves Washer (22)** on to the right end of the **Rotation Rod (60)**. Do not tighten the Bolt (5) until both handrails have been mounted to the **Rotation Rod (60)**.

Repeat the steps above for installing the Left side parts (**75**), and (**77**) onto the **Rotation Rod (60)**.

Use both the **6mm Allen Wrench** and the **6mm Allen Wrench with a Phillips Screwdriver** to secure the **Bolts (5)** on both ends of the **Rotation Rod (60)**. Tighten the both **Bolts (5)** at the same time until firm and secure.

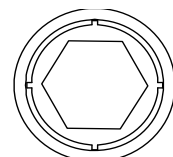
Hardware:



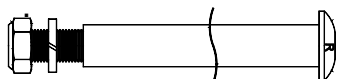
(11) Bolt M10x55
2PCS



(14) Nylon Nut M10
2PCS

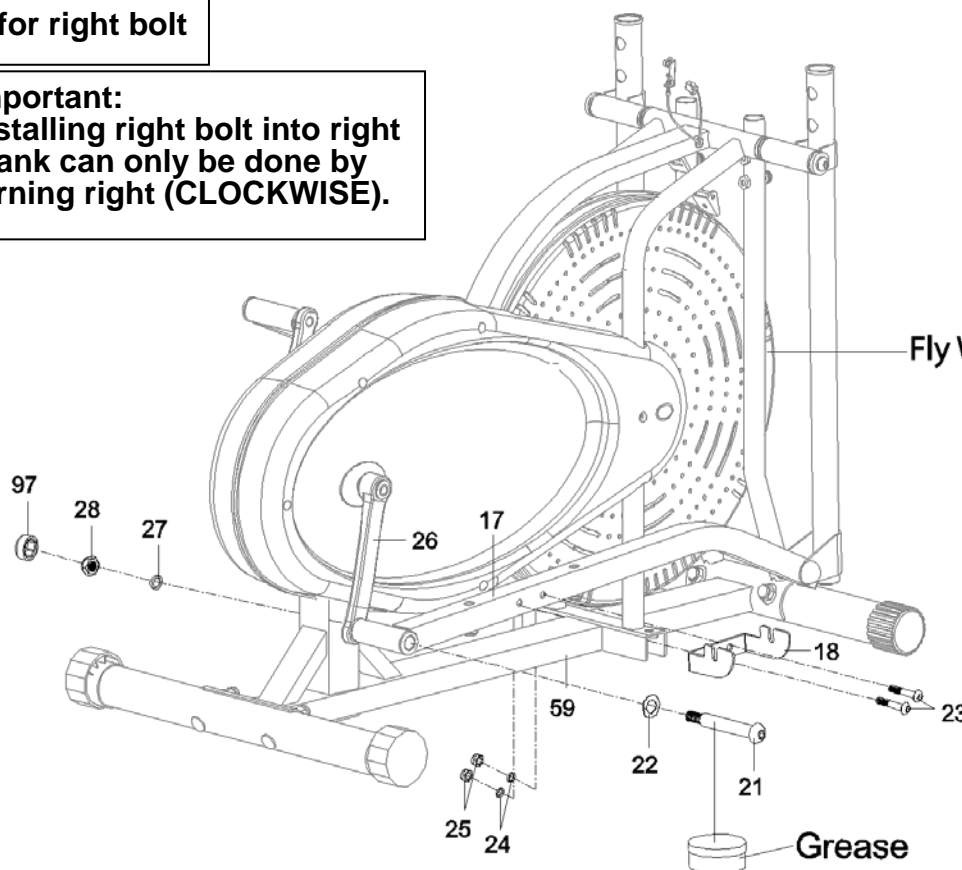


(88) Nut Cap S16
4PCS



R for right bolt

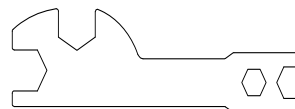
Important:
Installing right bolt into right crank can only be done by turning right (CLOCKWISE).



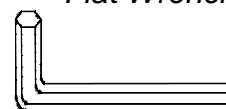
Tools:



6mm Allen Wrench



Open-Ended Flat Wrench



8mm Allen Wrench

3. Foot Pedal Support Bracket and Right Crank Bolt Installation:

Attach the **Foot Pedal Support Bracket (18)** onto the right side of the **Right Foot Bar (17)** using two **Bolts (23)**, two **Washers (24)**, and two **Nylon Nuts (25)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to tighten the **Foot Pedal Support Bracket (18)** to the **Right Foot Bar (17)**.

Lubricate the **Right Crank Bolt (21)** with some of the **Grease** provided. Insert the **Right Crank Bolt (21)** and one **Wave Washer (22)** through the right holes of the **Right Foot Bar (17)**. Raise the rear end of the **Right Foot Bar (17)** and align it with the threaded hold of the **Right Crank (26)**.

Make sure the **Right Crank Bolt (21)** is perfectly level and straight as you insert it through the hole of the **Right Crank (26)**. Turn the **Right Crank Bolt (21)** **clockwise** by hand until it is firm. After hand tightening, completely tighten the **Right Crank Bolt (21)** with the **8mm Allen Wrench** provided. Put one **Spring Washer (27)** and one **Right Nylon Nut (28)** on to the threaded end of the **Right Crank Bolt (21)**. Use the **Open-Ended Wrench** on the **Right Nylon Nut (28)** and the **8mm Allen Wrench** on the **Right Crank Bolt (21)** simultaneously to tighten the **Right Nylon Nut (28)**.

Cover the **Right Nylon Nut (28)** with one **Cap (97)**.

Read the note on next page regarding tightening guidelines. Refer to the illustration showing the correct installation of the **Right Crank Bolt (21)**. See Figure F on the next page.

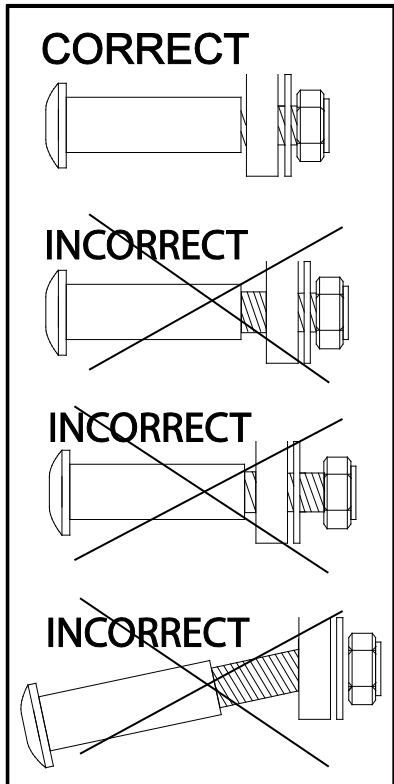
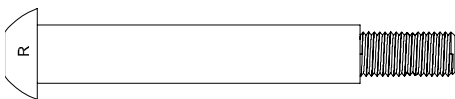


Figure F.

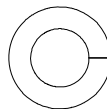
Note: Figure F shows the correct installation of the **Right Crank Bolt (21)**. Keep the bolt perfectly straight when the bolt goes through the **Right Foot Bar (17)**, and is being screwed into the **Right Crank (26)**. If the bolt is screwed into the crank at an angle, this may damage the equipment.

Please make sure the right bolt is for the right crank only and the left bolt is for the left crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

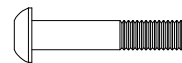
Hardware



(21) Right Crank Bolt
1PC



(22) Wave Washer
Ø28xØ17x0.3
1PC



(23) Bolt M8x43
2PCS



(24) Washer Ø8
2PCS



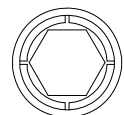
(25) Nylon Nut M8
2PCS



(27) Spring Washer
Ø20xØ13x2
1PC



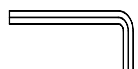
(28) Right Nylon Nut
1PC



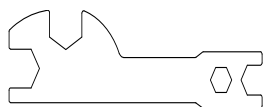
(97) Nut Cap S18
1PC

ASSEMBLY

Tools:



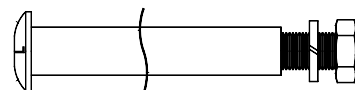
6mm Allen Wrench



Open-Ended Flat Wrench

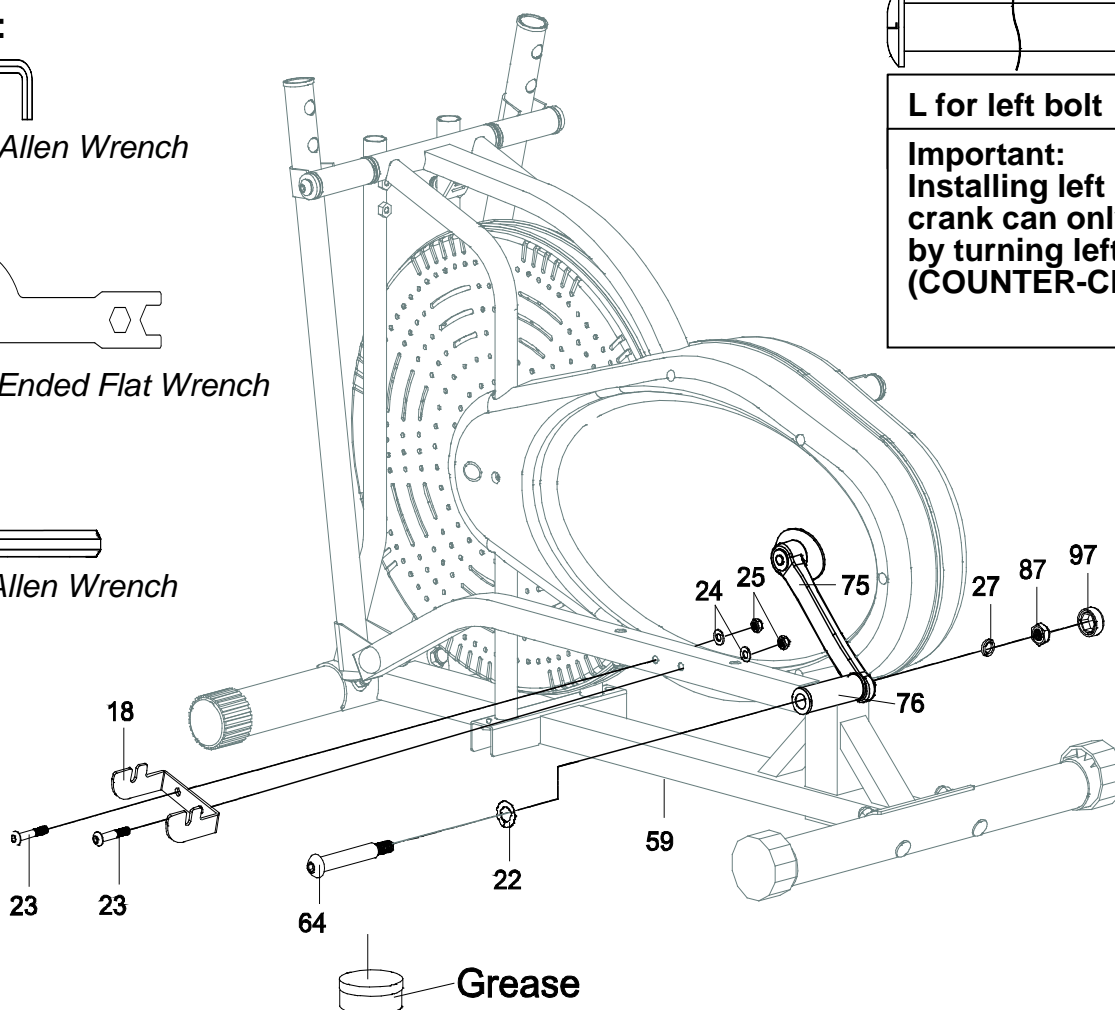


8mm Allen Wrench



L for left bolt

Important:
Installing left bolt into left crank can only be done by turning left (COUNTER-CLOCKWISE).



4. Foot Pedal Support Bracket and Left Crank Bolt Installation:

Attach the **Foot Pedal Support Bracket (18)** onto the left side of the **Left Foot Bar (76)** using two **Bolts (23)**, two **Washers (24)**, and two **Nylon Nuts (25)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to tighten the **Foot Pedal Support Bracket (18)** to the **Left Foot Bar (76)**.

Lubricate the **Left Crank Bolt (64)** with some of the grease provided. Insert the **Left Crank Bolt (64)** and one **Wave Washer (22)** through the left holes of the **Left Foot Bar (76)**. Raise the rear end of the **Left Foot Bar (76)** and align it with the threaded hold of the **Left Crank (75)**.

Make sure the **Left Crank Bolt (64)** is level and straight as you insert it through the threaded hole of the **Left Crank (75)**. Turn the **Left Crank Bolt (64)** **counter-clockwise** by hand until it is firm. After hand tightening, completely tighten the **Left Crank Bolt (64)** with the **8mm Allen Wrench** provided. Put one **Spring Washer (27)** and one **Left Nylon Nut (87)** on to the threaded end of the **Left Crank Bolt (64)**. Use the **Open-Ended Wrench** on the **Left Nylon Nut (87)** and the **8mm Allen Wrench** on the **Left Crank Bolt (64)** simultaneously to tighten the **Left Nylon Nut (87)**.

Cover the **Left Nylon Nut (87)** with one **Cap (97)**.

Read the note on next page regarding tightening guidelines. Refer to the illustration showing the correct installation of the **Left Crank Bolt (64)**. See Figure F on the next page.

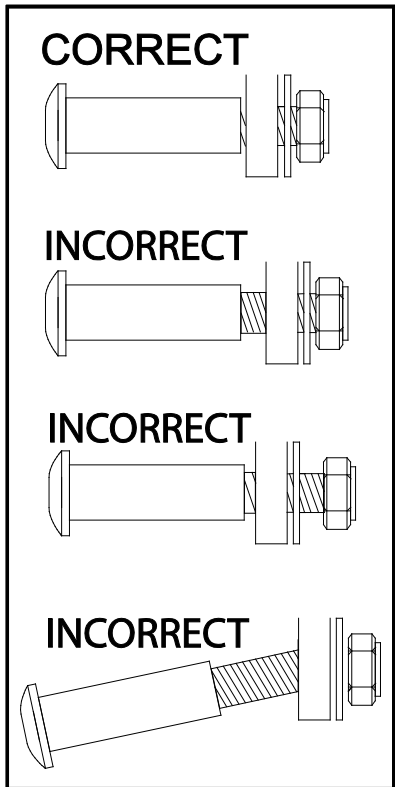
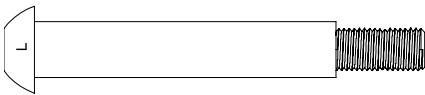


Figure F.

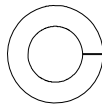
Note: Figure F shows the correct installation of the **Left Crank Bolt (64)**. Keep the bolt perfectly straight when the bolt goes through the **Left Foot Bar (76)**, and is being screwed into the **Left Crank (75)**. If the bolt is screwed into the crank at an angle, this may damage the equipment.

Please make sure the right bolt is for the right crank only and the left bolt is for the left crank only. If secured incorrectly, the bolts and/or cranks may be damaged or stripped.

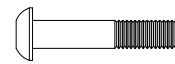
Hardware:



(64) Left Crank Bolt
1PC



(22) Wave Washer
Ø28xØ17x0.3
1PC



(23) Bolt M8x43
2PCS



(24) Washer Ø8
2PCS



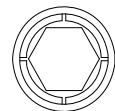
(25) Nylon Nut M8
2PCS



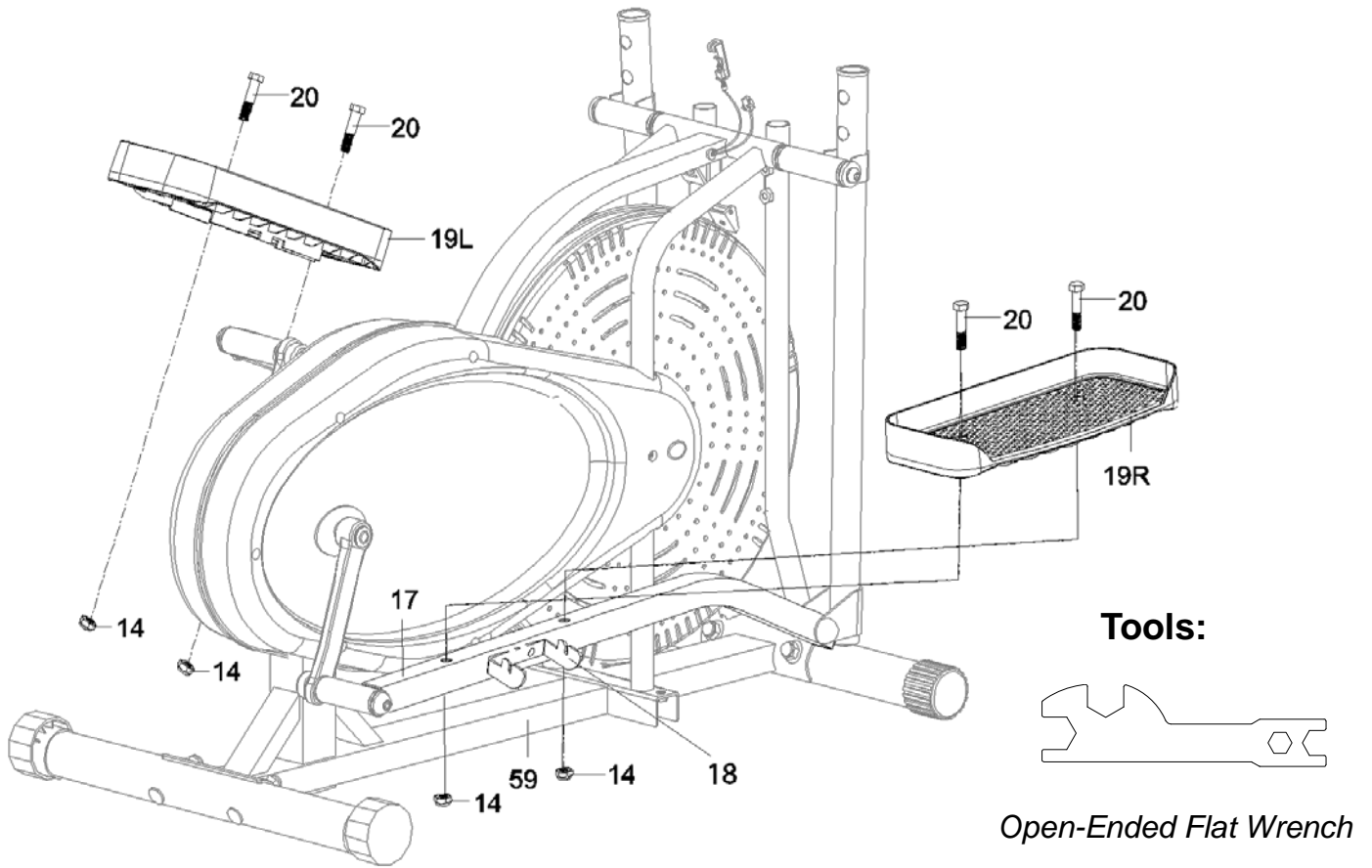
(27) Spring Washer
Ø20xØ13x2
1PC



(87) Left Nylon Nut
1PC



(97) Nut Cap S18
1PC

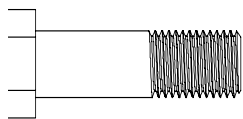


5. Right and Left Foot Pedals Installation:

Attach the **Right Foot Pedal (19R)** onto the top of the right side **Foot Pedal Support Bracket (18)** located on the **Right Foot Bar (17)** with two **Bolts (20)** and two **Nylon Nuts (14)**. Tighten the **Nylon Nuts (14)** using the **Open-Ended Flat Wrench** provided.

Attach the **Left Foot Pedal (19L)** onto the top of the left side **Foot Pedal Support Bracket (18)** located on the **Left Foot Bar (76)** with two **Bolts (20)** and two **Nylon Nuts (14)**. Tighten the **Nylon Nuts (14)** using the **Open-Ended Flat Wrench** provided.

Hardware:



(20) Bolt M10x45
4PCS

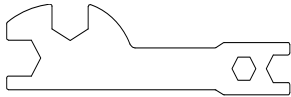


(14) Nylon Nut M10
4PCS

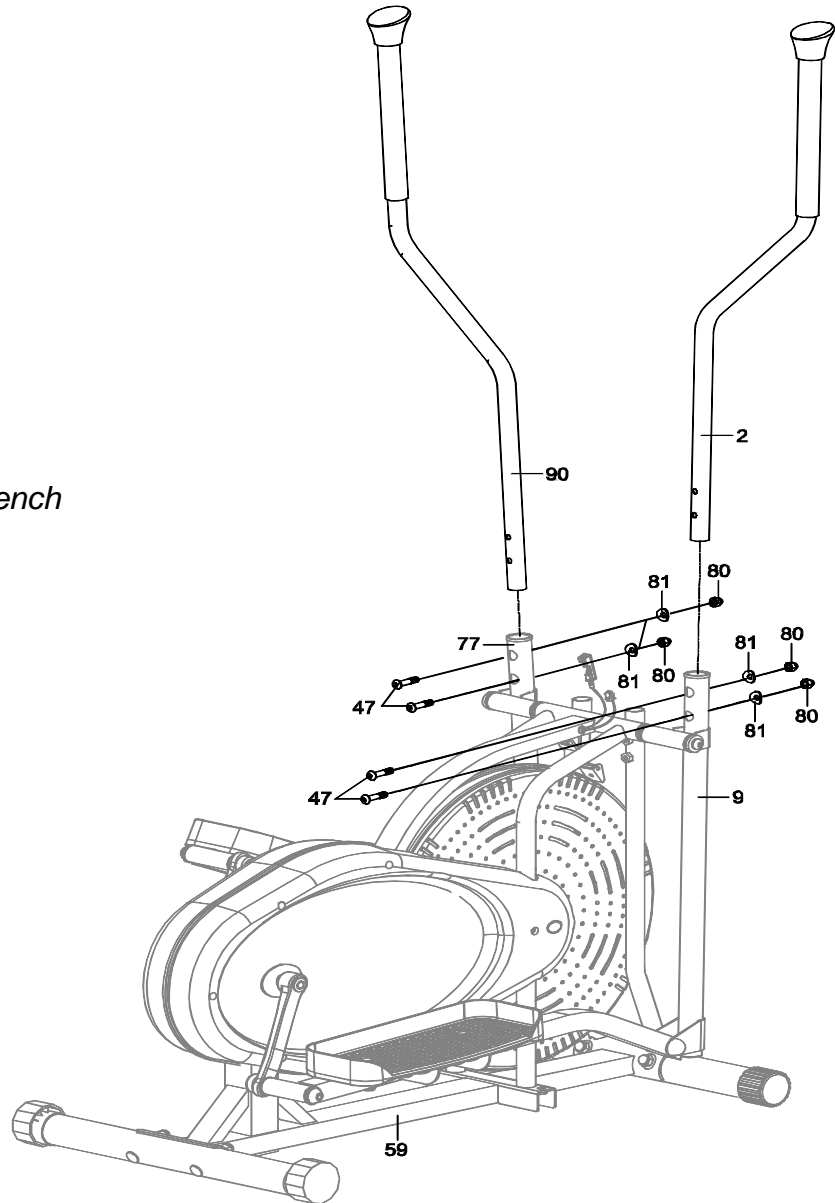
Tools:



6mm Allen Wrench



Open-Ended Flat Wrench

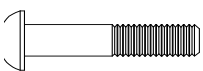


6. Right and Left Handrail Arms Installation:

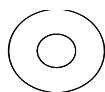
Insert the **Right Handrail Arm (2)** with the handlebar grip bent outwards into the **Right Lower Handrail (9)** and align the holes. Secure the **Right Handrail Arm (2)** using two **Big Curve Washers (81)**, two **Bolts (47)**, and two **Cap Nuts (80)**. Tighten the nuts and bolts using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** simultaneously.

Insert the **Left Handrail Arm (90)** with the handlebar grip facing outwards into the **Left Lower Handrail (77)** and align the holes. Secure the **Left Handrail Arm (90)** using two **Big Curve Washers (81)**, two **Bolts (47)**, and two **Cap Nuts (80)**. Tighten the nuts and bolts using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** simultaneously.

Hardware:



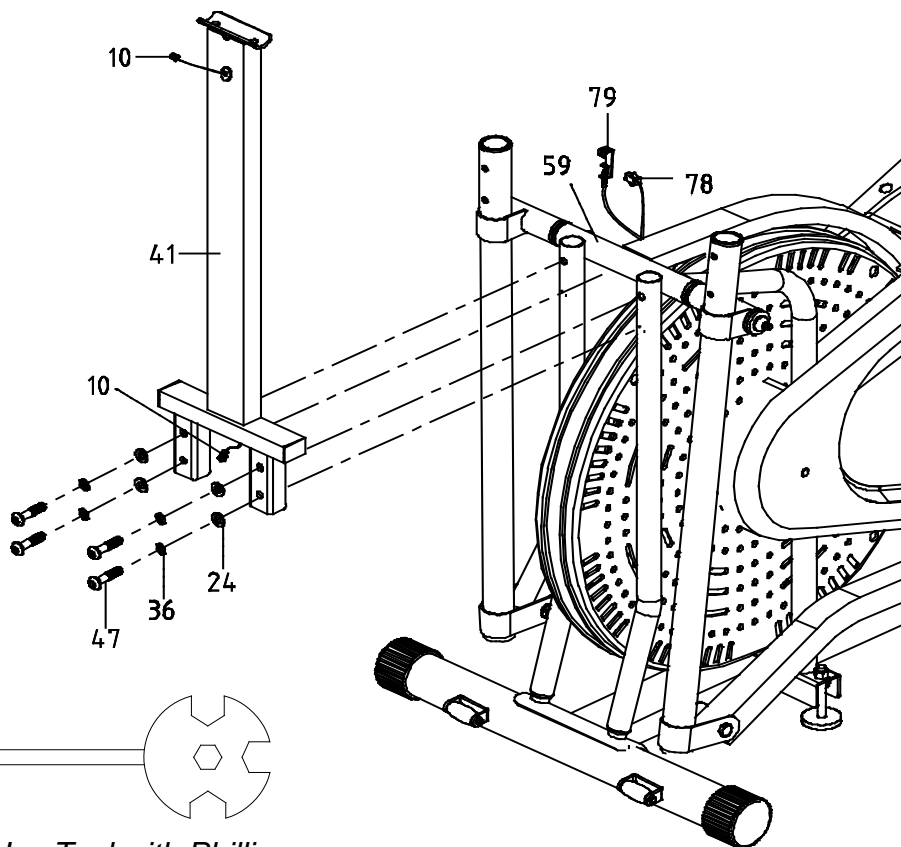
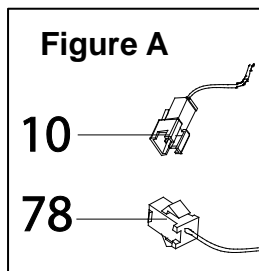
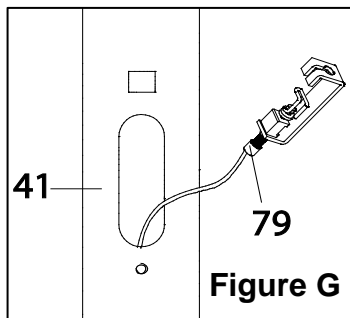
(47) Bolt M8x38
4PCS



(81) Big Curve Washer
Ø8xØ20x2
4PCS



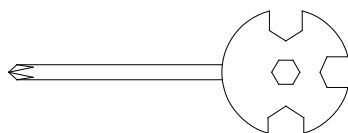
(80) Cap Nut M8
4PCS



Tools:



6mm Allen Wrench with
Phillips Screwdriver



Multi Hex Tool with Phillips
Screwdriver

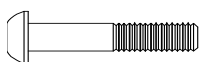
7. Support Frame Handlebar Installation:

As you begin to mount the **Hand Pulse Handlebar Support Frame (41)** to the **Mainframe (59)**, insert the **Tension Cable (79)** through the bottom opening in the shaft of the **Hand Pulse Handlebar Support Frame (41)** and pull it out through the shaft opening located midway up the support frame. See **Figure G**.

Fully mount the **Hand Pulse Handlebar Support Frame (41)** to the **Mainframe (59)**. After being mounted, secure the **Hand Pulse Handlebar Support Frame (41)** onto the **Mainframe (59)** with four **Bolts (47)**, four **Spring Washers (36)**, and four **Washers (24)**. Use the **6mm Allen Wrench with Phillips Screwdriver** to tighten the bolts until they are firm and secure.

Connect the **Sensor Wire (78)** attached to the **Mainframe (59)** to the **Extension Sensor Wire (10)** coming from the bottom end of the **Hand Pulse Handlebar Support Frame (41)**. Make sure the connectors “click” when connected. See **Figure A**.

Hardware:



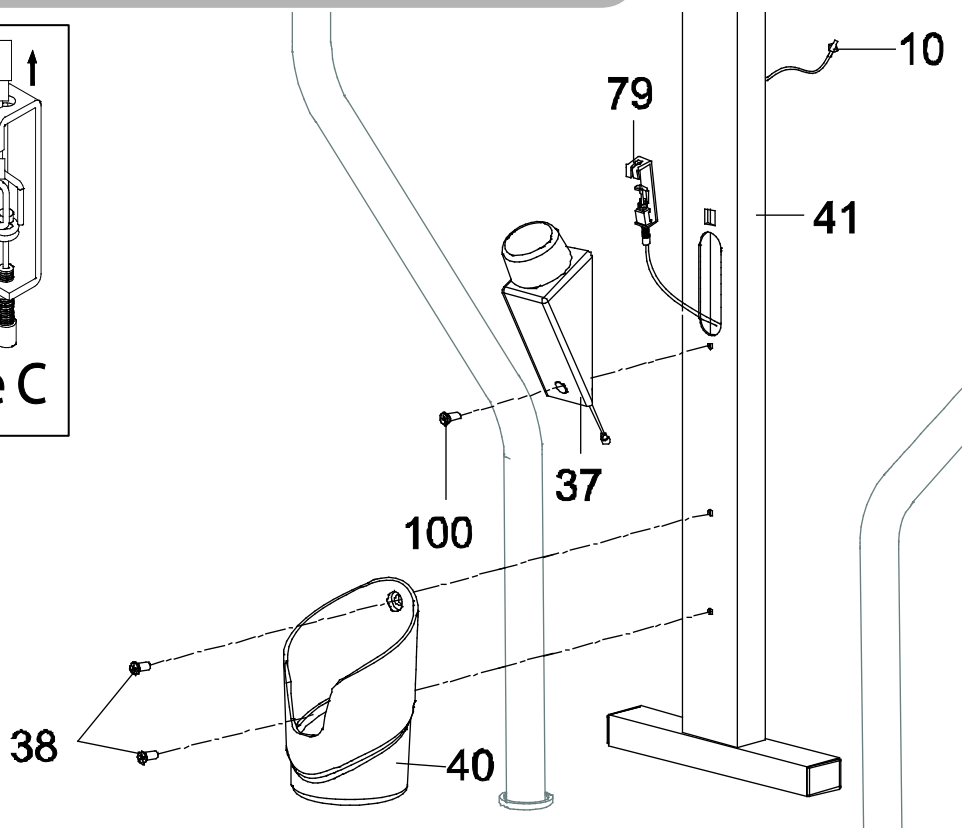
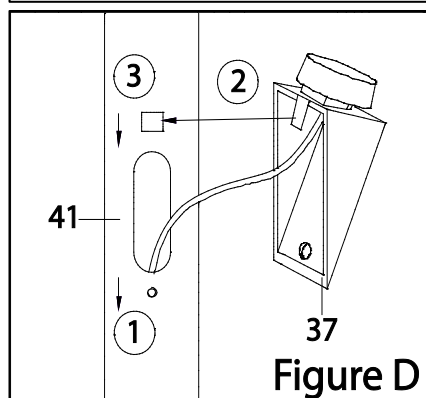
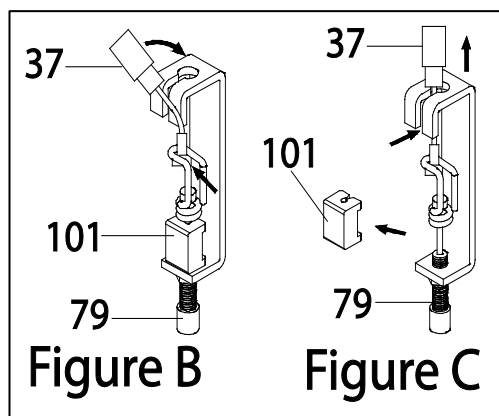
(47) Bolt M8x38
4PCS



(24) Washer Ø8
4PCS



(36) Spring Washer Ø8
4PCS



8. Bottle holder and Tension Control Knob Installation:

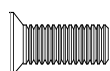
First turn the **Tension Control Knob (37)** to the lowest setting (counterclockwise). Hook the end of the resistance cable connected to the **Tension Control Knob (37)** to the **Tension Cable (79)**, See **Figure B**. Insert the remaining cable at the end of the **Tension Control Knob (37)** in to the slot on top of the **Tension Cable (79)**, See **Figure C**. Turn the **Tension Control Knob (37)** to the highest setting (clockwise), then remove the **Clip (101)** from the **Tension Cable (79)**. Safely dispose of the Clip (101).

Mount the **Tension Control Knob (37)** to the **Hand Pulse Support Frame (41)** as shown in Figure D. Secure the **Tension Control Knob (37)** to the **Hand Pulse Support Frame (41)** with the **Cross Recessed Pan Head Screw (100)**. Tighten the screw with the **Multi-Hex Tool with Phillips Screwdriver** until it is firm and secure.

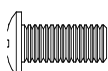
Attach the Bottle Holder (40) onto the **Hand Pulse Handlebar Support Frame (41)** with two **Bolts (38)**. Tighten both **Bolts (38)** using the **Multi Hex Tool with Phillips Screwdriver**.

Caution: Do not force the **Tension Control Knob (37)** beyond its lowest or highest settings. Refer to our Tension Adjustment page 26.

Hardware:

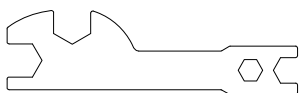


(38) Bolt M5x15
2PCS

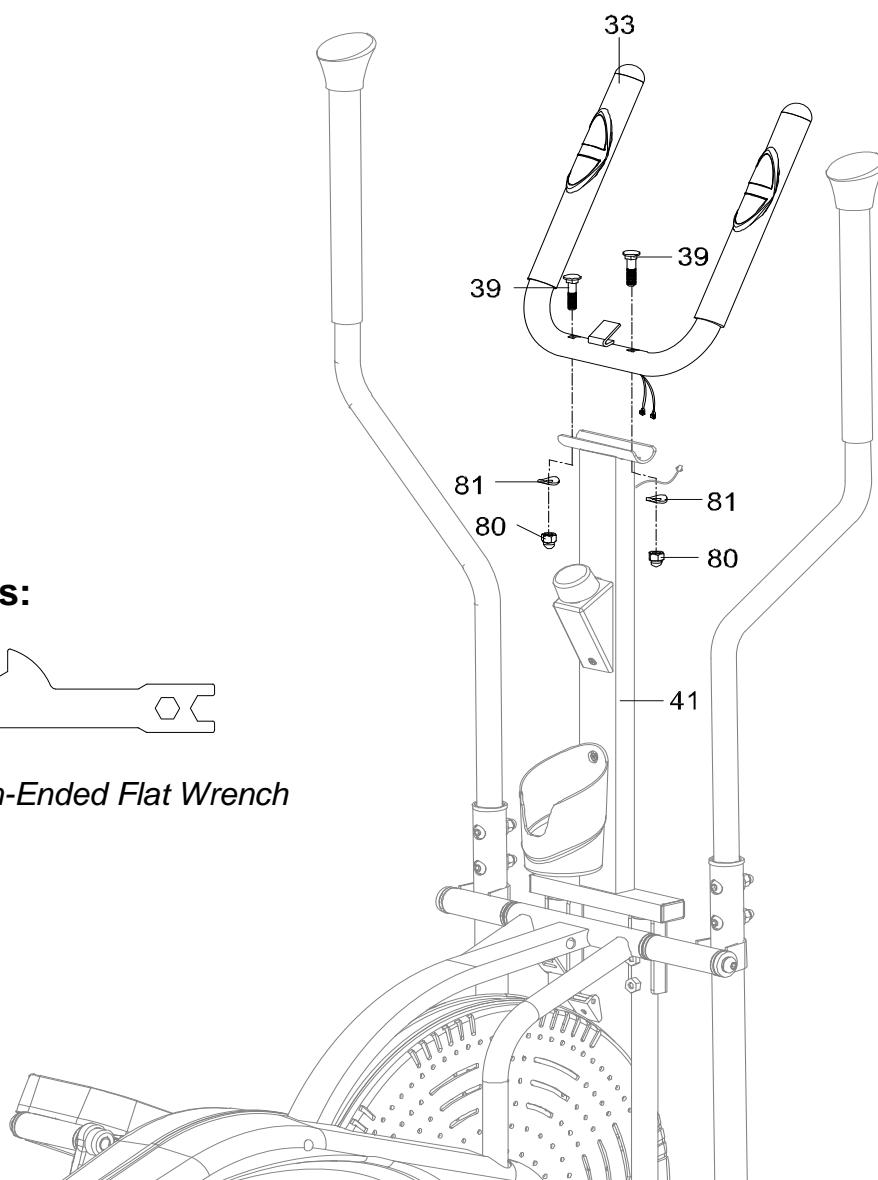


(100) Cross Recessed Pan
Head Screw M5x15
1PC

Tools:



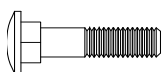
Open-Ended Flat Wrench



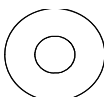
9. Hand Pulse Handlebar Installation:

Mount the **Hand Pulse Handlebar (33)** onto the top support bracket of the **Hand Pulse Handlebar Support Frame (41)** with two **Carriage Bolts (39)**, two **Cap Nuts (80)**, and two **Big Curve Washers (81)**. Using the **Open-Ended Flat Wrench**, tighten the cap nuts until they are firm and secure.

Hardware:



(39) Carriage Bolt
M8x35
2PCS

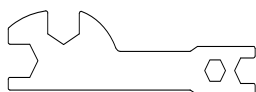


(81) Big Curve Washer
Ø8xØ20x2
2PCS

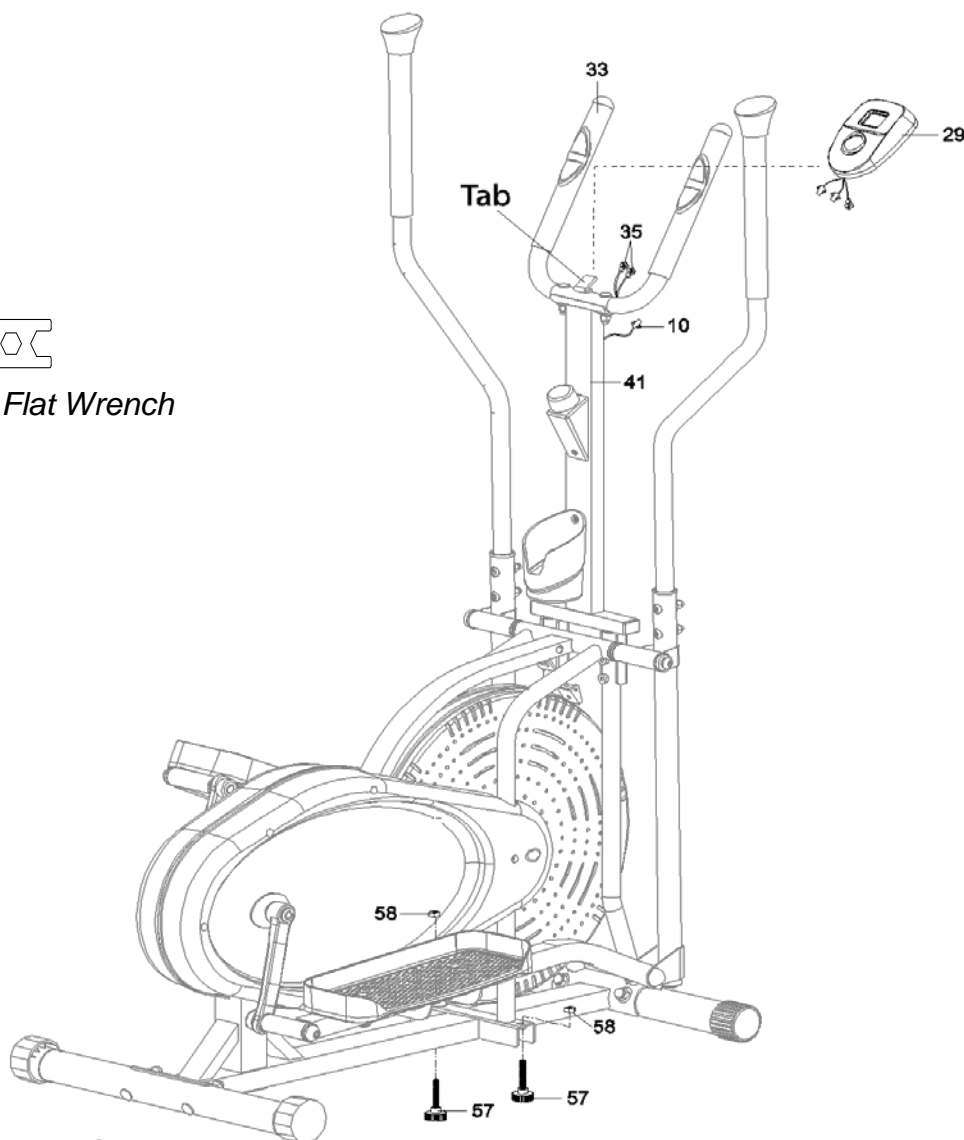


(80) Cap Nut M8
2PCS

Tools:



Open-Ended Flat Wrench



10. Computer Console Installation:

Connect the **Extension Sensor Wire (10)** coming out from the top side of the **Hand Pulse Handlebar Support Frame (41)** to the wire with a male connector coming out from under the **Computer Console (29)**. Make sure the connectors “click” when connected. Connect the **two Hand Pulse Sensor Wires (35)** coming out from the **Hand Pulse Handlebar (33)** to the two wires with female connectors coming out from the **Computer Console (29)**. Make sure the connectors “click” when connected. Attach the Computer Console (29) firmly by sliding the back of the console onto the **Tab** located on the top of the **Hand Pulse Handlebar (33)** then slide it down to lock in position. See illustration above.

Remove the **Nut (58)** from the **Adjustable Leveler (57)**. Screw the leveler onto the bottom of the **Mainframe (59)** and reinstall the **Nut (58)** by hand-tightening the nut on to the leveler. Repeat this for the left side.

IMPORTANT: To prevent the elliptical from wobbling during a workout, make sure you adjust the levelers as instructed on page 26.

Hardware:



(57) Adjustable
Leveler M8x45
2PCS



(58) Nut M8
2PCS

SPECIFICATIONS:

TIME -----	00:00-99:59	MIN: SEC
SPEED -----	0.0-999.9	MPH
DISTANCE -----	0.00-99.99	MILE
CALORIE -----	0.0-999.9	KCAL
PULSE -----	40-200	BPM

USING YOUR COMPUTER CONSOLE

The computer console can be activated by pressing the MODE button or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.

MODE BUTTON FUNCTIONS:

Press the MODE button once to select the desired function of the computer console.

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



COMPUTER CONSOLE FUNCTIONS:

SCAN: Press the MODE button until the arrow points to SCAN, the computer console will automatically scan through each function except the PULSE function every 6 seconds.

TIME: Press the MODE button until the arrow points to TIME, the computer console will display your elapsed workout time in minutes and seconds.

SPEED: Press the MODE button until the arrow points to SPEED, the computer console will display the current training speed.

DISTANCE: Press the MODE button until the arrow points to DISTANCE, the computer console will display the cumulative distance traveled during the workout.

CALORIE: Press the MODE button until the arrow points to CALORIE, the computer console will display the ESTIMATED number of calories you have burned during the workout. Please note that the readings are only estimates and there are many factors that can't be accounted for such as fitness level, body fat percentage, age, weight, and gender.

PULSE: Press the MODE button until the arrow points to PULSE, the computer console will display your current heart rate readings. This will work ONLY if BOTH hands are gripping the hand-pulse sensors. No readings or inaccurate readings may occur if only one hand is gripping the hand pulse sensor.

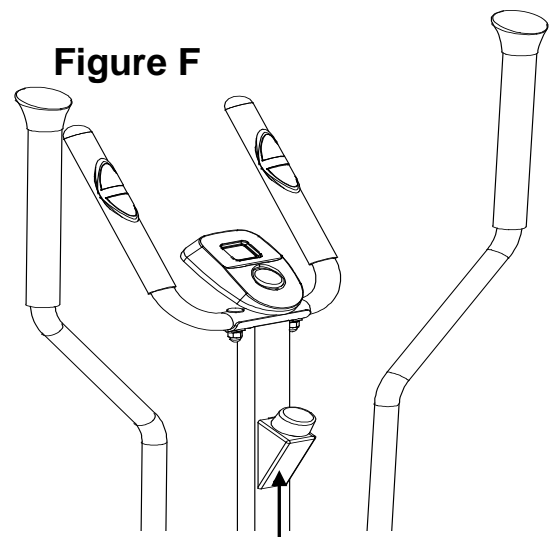
HOW TO INSTALL THE BATTERIES:

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

Adjusting the Tension Control Knob

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

NOTE: After prolong use of the equipment, the strap will begin to stretch out and it will become necessary to tighten the strap for optimum performance.



Tension Control Knob

1. Before tightening the strap, the tension knob must be set to its lowest setting. To do this turn the knob in a counter-clockwise direction until it is at its lowest setting. Do not continue to turn the knob after reaching its lowest or highest setting for it may damage the knob.



2. To tighten the strap, undo the buckle of the plastic clip and then pull the top strap on the front of the unit away (downward). Close the buckle of the plastic clip to lock in place. Only minimal adjustment is needed.



3. Without changing the tension, you should now be able to feel a little resistance (i.e. the flywheel is not turning freely). If you are satisfied with the base level tension, then you may select the desired tension and continue exercising.



LEVEL ADJUSTMENTS

Adjusting the Rear Stabilizer End Cap

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

IMPORTANT: Follow these steps to ensure the stability of the elliptical equipment while in use.

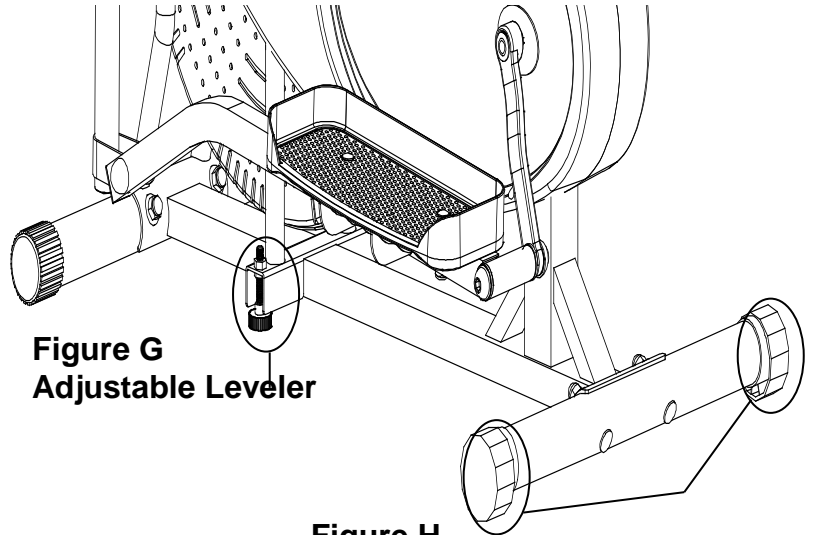


Figure G
Adjustable Leveler

Figure H
Rear Stabilizer End Cap



Figure G

Adjusting the Rear Stabilizer End Cap (61)

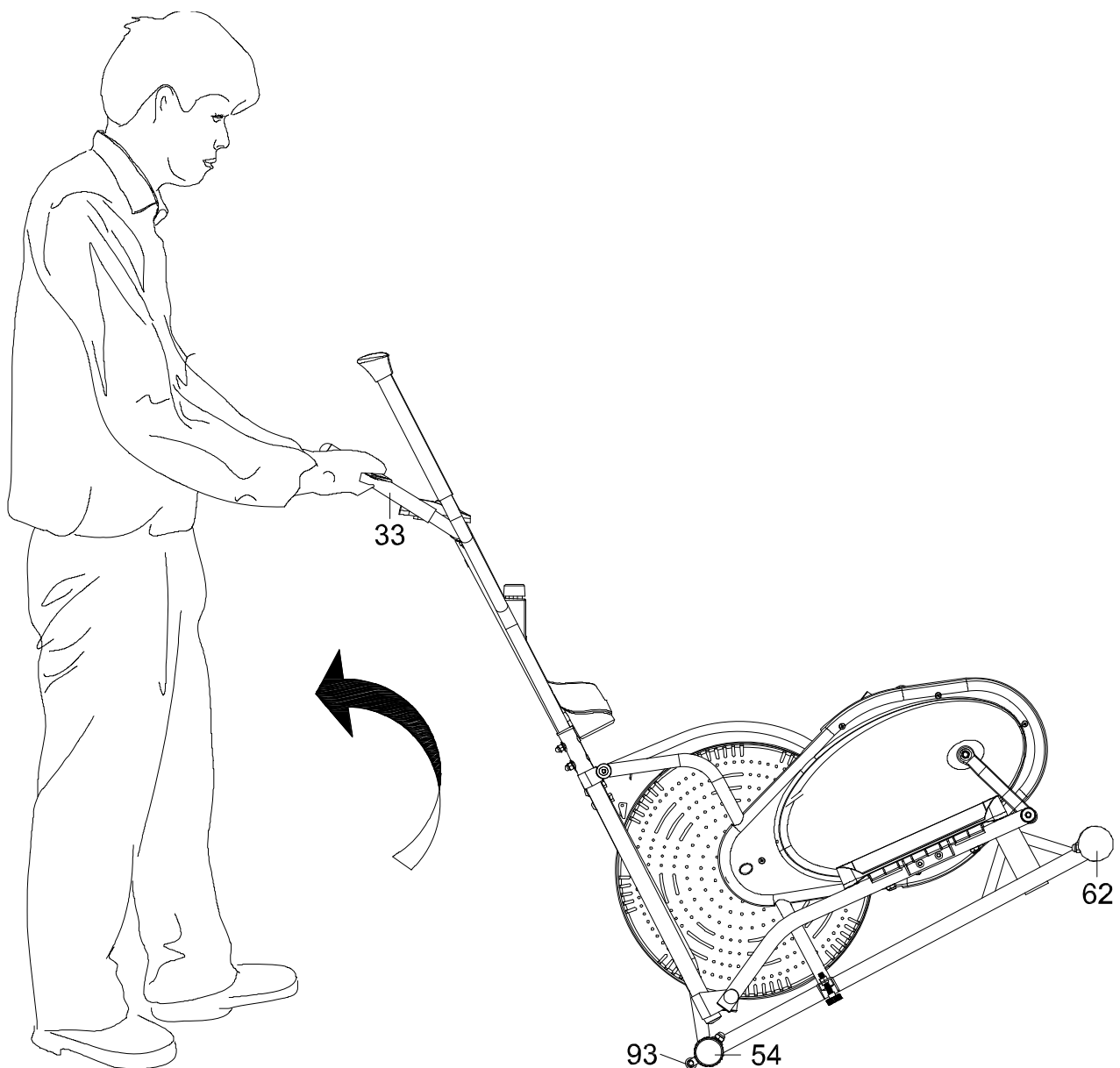
The **Rear Stabilizer End Cap (61)** is designed with different angled surfaces to level the equipment during usage. Please rotate the **Rear Stabilizer End Cap (61)** until there is a flat surface that is in contact and parallel to the ground.



Figure H

Adjusting the Adjustable Leveler (57)

The **Adjustable Leveler (57)** is designed to evenly distribute the weight of the equipment and the user to the floor. **You should adjust the Adjustable Leveler (57)** until it is slightly in contact with the floor, so that they are at the same level as the front and rear stabilizer end caps. If the equipment is set up on a carpet, please make sure the **Adjustable Leveler (57)** reaches the floor instead of the carpet surface.



Transporting the elliptical equipment

Hold the **Handlebar (33)** and slowly lean the machine towards you until the wheels on the **Front Stabilizer (93)** make contact with the floor. Push or pull the unit to the desired location while balancing on the wheels. Then gently lower the **Rear Stabilizer (62)** to the ground when you have found an appropriate storage area.

Regular maintenance of your equipment is necessary to extend the life and will allow it to continue to function properly. Please keep the elliptical equipment, especially the computer console, out of direct sunlight to prevent screen damage or premature wear.

Cleaning

Keep the machine clean and free of any debris by vacuuming around the moving parts and wiping the machine down with a clean cotton cloth. The elliptical equipment can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on the plastic parts. Be careful to not get excessive moisture on the computer console display panel as such actions might cause an electrical hazard or electronics to fail. Immediately wipe your perspiration off the elliptical equipment after each use and to keep it clean for the next use.


Lubrication

Make sure to lubricate the moving parts of the elliptical equipment to prevent it from squeaking and help to extend the life of the equipment.

1. Check the floor where the elliptical equipment sits to confirm a level and unobstructed floor. An uneven floor could create unnecessary stress on the moving parts of the elliptical equipment, which might lead to squeaks and faster machinery wear and tear.
2. Spray an multi-purpose or silicon-based lubricant onto the bolts that connect the handlebars to the lower arms. The lower arms support the footpads or pedals on the elliptical equipment.
3. Spray lubricant onto the bolts connecting the foot bars to the crank and the bolts connecting the crank to the mainframe.

Storage

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

PROBLEM	SOLUTION
The computer console will not power up.	<ol style="list-style-type: none"> 1. Check that the batteries are inserted properly with the correct polarity (see markings on the inside of the battery compartment). 2. Check that the battery springs are in proper contact with batteries. 3. Remove the old batteries and replace with the new batteries.
There is no reading on the computer console display.	<ol style="list-style-type: none"> 1. Check that the Sensor Wire (78) coming out from the Mainframe (59) is securely connected to the Extension Sensor Wire (10) coming from the bottom of the Hand Pulse Handlebar Support Frame (41). See Step 7 page 18 2. Check that the Extension Sensor Wire (10) coming out from the top side of the Hand Pulse Handlebar Support Frame (41) is securely connected to the wire with a male connector coming out from the Computer Console (29). See Step 10 page 21. 3. Check that the two Hand Pulse Sensor Wires (35) from the hand pulse handlebar are connected to the two wires with female connectors coming out from the Computer Console (29). See Step 10 page 21. 4. Check the wires for cuts, tears, or stripped and exposed wires.
The elliptical equipment makes a squeaking noise.	<ol style="list-style-type: none"> 1. The bolts may be loose on the elliptical equipment, so inspect and tighten any loose bolts, nuts, and caps. 2. See Assembly page 21 and page 24
Clicking Noise.	<p>After prolong use, the chain may get loose and start to have a clicking noise.</p> <ol style="list-style-type: none"> 1. Open the Right Cover (83) & Left Cover (84) to reach the Nut M6 (48). Tighten the chain by turning the Nut M6 (48) clockwise. 2. Repeat for the other side.  <ol style="list-style-type: none"> 3. Ensure that the mounts are intact and not damaged when inspecting the inside of the covers.

PROBLEM	SOLUTION
The elliptical equipment is not sturdy enough.	<ol style="list-style-type: none"> 1. Make sure both the Adjustable Levelers (57) are touching the ground. 2. Make sure the elliptical equipment is leveled. Please refer to page 24.
The tension adjustment doesn't work.	<ol style="list-style-type: none"> 1. Undo the buckle of the Clip (101) and then pull the top strap on the front of the unit away (downward) to re-tighten the tension belt. See page 23.
The pedal assembly is coming loose.	<ol style="list-style-type: none"> 1. Make sure the bolt is secured to the foot bar and into the crank with the nylon nut. When tightening the bolt, make sure the bolt threads protrude out through the nylon nut. 2. Proper tightness is extremely important to prevent parts from coming loose or damage during use. See page 12 & 14.
The sensor is not reading correctly.	<ol style="list-style-type: none"> 1. Open the left and right covers and realign the magnet sensor.

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**

Includes: computer console 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 or atmosphere which can cause colored surfaces too, among other things, flake, chalk, accumulate dirt and or stains.
7. Improper operation, alteration, handling, storage, abuse and or neglect of the equipment and parts.

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**

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

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”****This form can also be faxed to #: 626-810-2166***