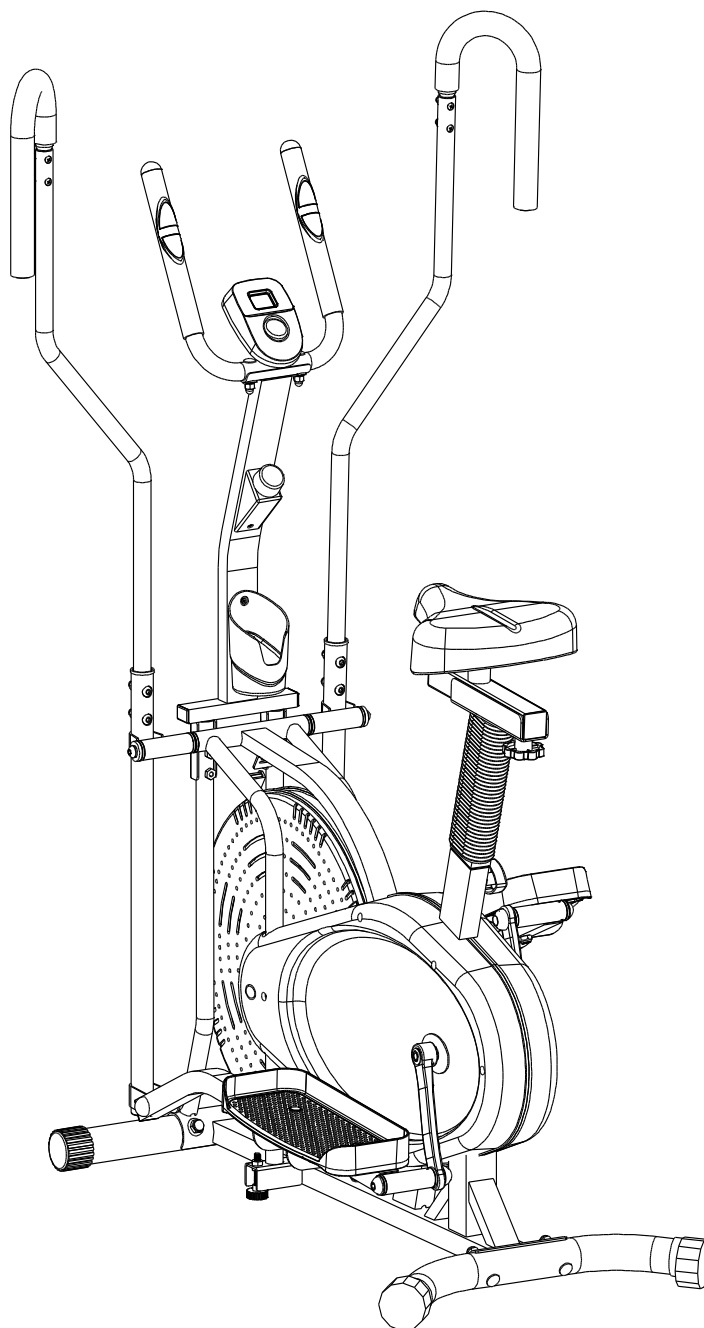


AIR ELLIPTICAL



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.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:
Service@paradigmhw.com

Or call us at:
1-844-641-7920
Hours:
8:00 am to 5:00 pm (PST) Daily

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, please Email:

service@paradigmhw.com

Response Time: 1-2 Business Days

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

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7920

(8:00 AM - 5:00 PM Pacific Standard Time, Daily)

Response time may vary via calling

Please have the following information ready when requesting for service:

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

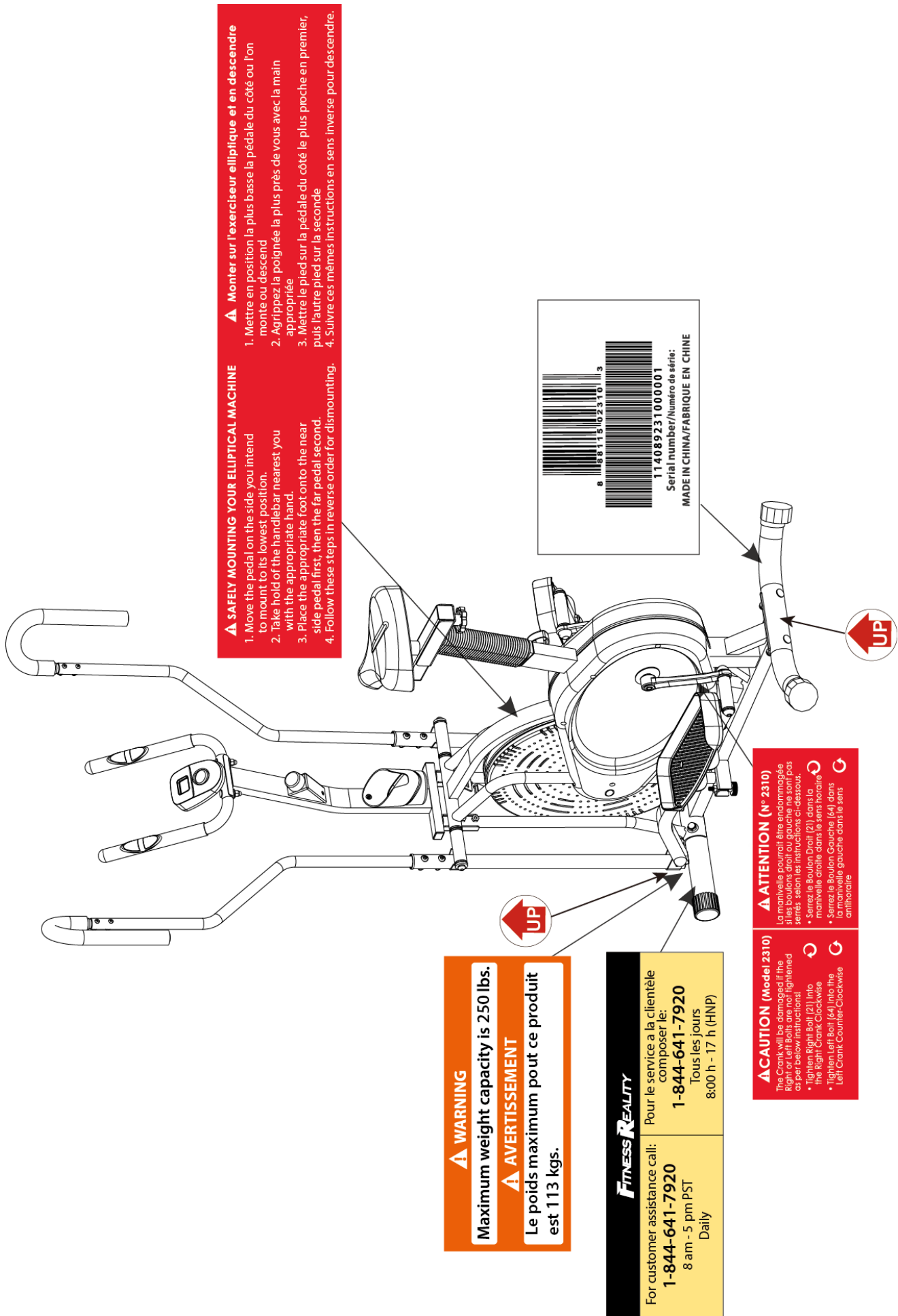
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENTS

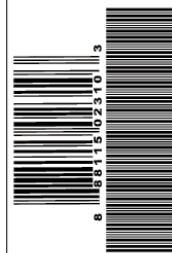


▲ SAFELY MOUNTING YOUR ELLIPTICAL MACHINE

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.



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)

▲ CAUTION (Model 2310)
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° 2310)
La manivelle pourrait être endommagée si les boulons droit ou gauche ne sont pas serrés selon les instructions ci-dessous.
• Serez le Boulon Droit (21) dans la manivelle droite dans le sens horaire
• Serez le Boulon Gauche (64) dans la manivelle gauche dans le sens antihoraire

▲ WARNING
Maximum weight capacity is 250 lbs.
▲ AVERTISSEMENT
Le poids maximum pour ce produit est 113 kgs.

IMPORTANT SAFETY GUIDELINES

Read all instructions before using the Elliptical Trainer. When using an Elliptical Trainer, basic precautions should always be followed, including the following:

WARNING - To reduce the risk of injury to persons:

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Before using this equipment, we recommend doing warm ups.
4. Only one person should be using the equipment at a time.
5. Never operate this Equipment if it is damaged, if it is not working properly, has been dropped, or damaged. If a problem is encountered contact Customer Service before using the equipment again.
6. Always use this equipment on a clear and level surface.
7. For household use only.
8. Do not use outdoors or near water.
9. Use the inversion table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
10. Do not wear loose clothing when using the equipment.
11. Never drop or insert any object into any opening.
12. If at any time you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any discomfort.
13. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
14. This product requires a minimum of 6 square feet of space for safe operation.
15. **Warning:** - Risk of Personal Injury - Consult with your personal physician to see if exercise equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.
16. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
17. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
18. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
19. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
20. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using The Elliptical Trainer.

IMPORTANT SAFETY GUIDELINES

Do not use this equipment if you have any of the following conditions or ailments:

- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you are being treated
- High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modular pins, or surgically implanted orthopedic supports.

Do not exceed the maximum rated weight (load) and maximum rated user height:

The Maximum Weight Capacity for this product is 250lbs / 113kgs.

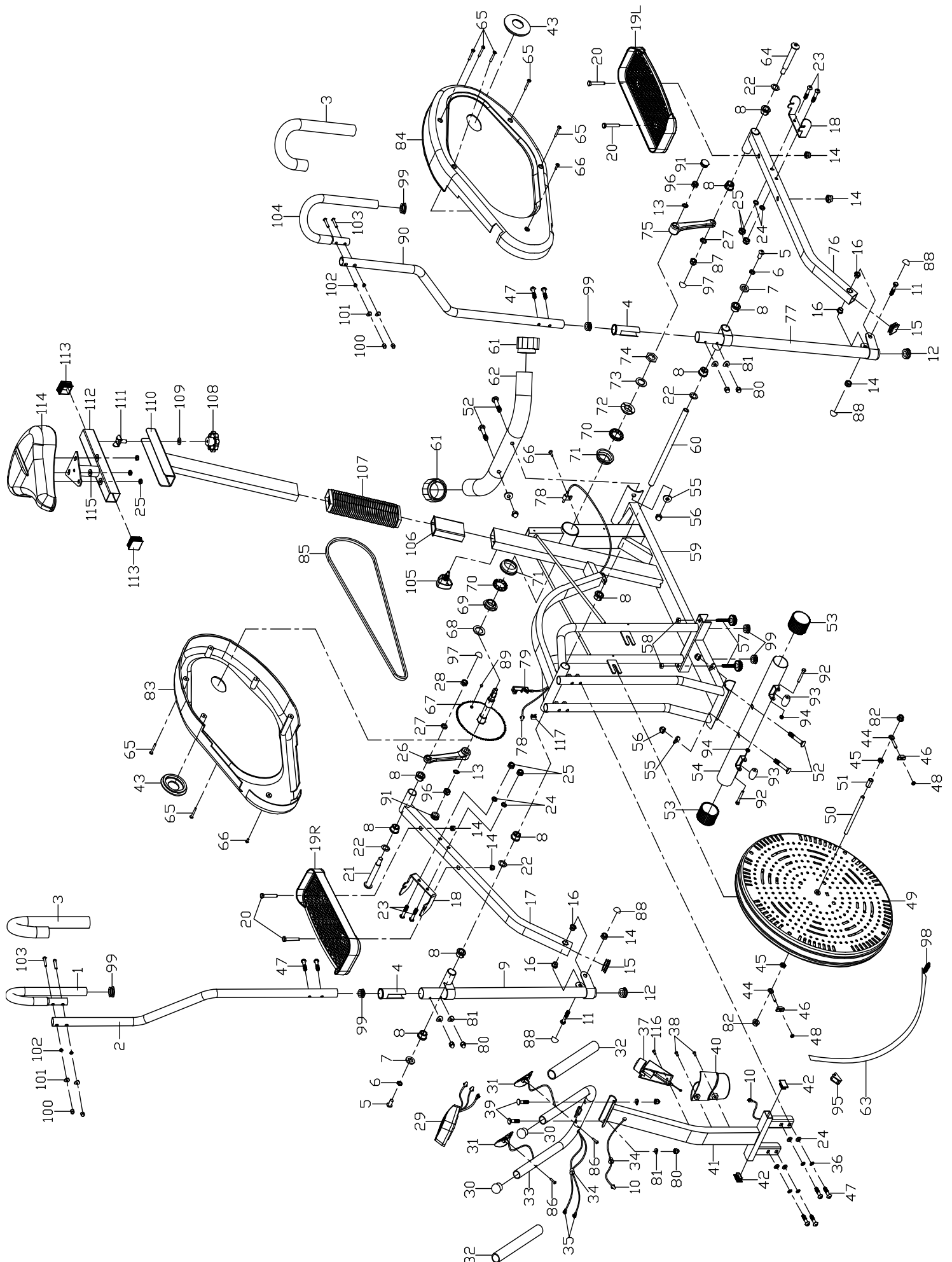
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES



The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
01	Right U Shape Grab Bar Ø25x1.8	1
02	Right Handrail Arm Ø25x1.8	1
03	U-Shaped Grab Bar Foam Grip Ø24xØ34x410	2
04	Handrail Arm Plastic Bushing Ø32x1.5	2
05	Bolt M10x18	2
06	Spring Washer Ø10xØ18x3	2
07	Washer Ø28xØ16xØ5	2
08	Powder Metal Bushing Ø24.5xØ16x14	10
09	Right Handrail Ø32x1.5	1
10	Extension Sensor Wire L=650 mm	1
11	Hex Bolt M10x55	2
12	Handrail End Cap Ø32x1.5	2
13	Serrated Lock Washer External Teeth Ø10	2
14	Nylon Nut M10	6
15	Foot Bar End Cap 30x30x1.5	2
16	Powder Metal Bushing Ø14xØ10x10	4
17	Right Foot Bar	1
18	Foot Pedal Support Bracket 245x38xØ3.0	2
19L	Left Foot Pedal 349x150x56	1
19R	Right Foot Pedal 349x150x56	1
20	Bolt M10x45	4
21	Right Crank Bolt Ø16x89xL23	1
22	Wave Washer Ø28xØ17x0.3	4
23	Bolt M8x43	4
24	Washer Ø8	8
25	Nylon Nut M8	7
26	Right Crank 6.7"	1
27	Spring Washer Ø20xØ13x2	2

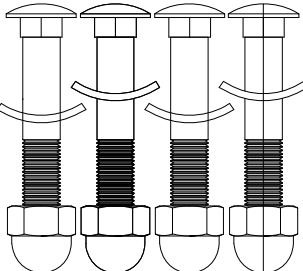
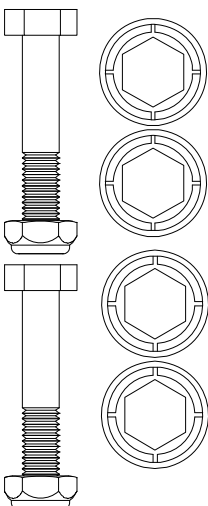
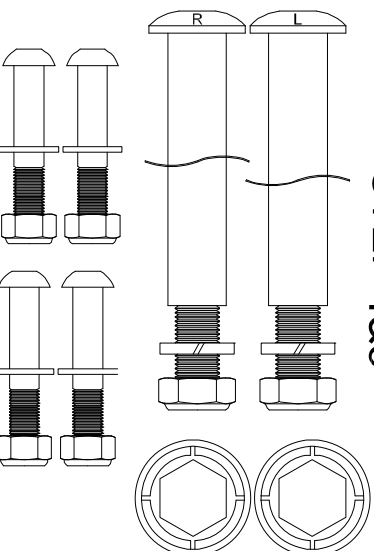
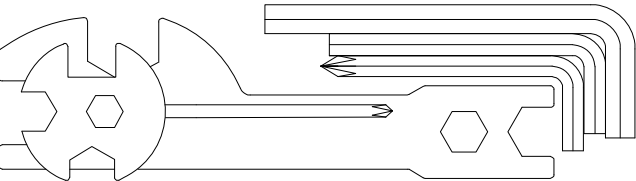
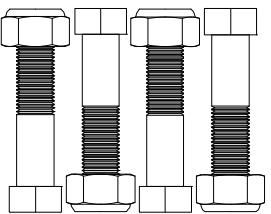
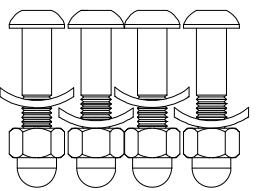
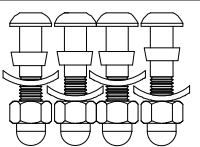
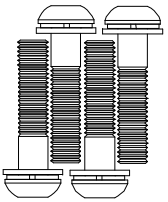

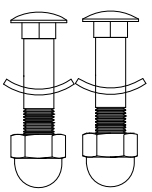
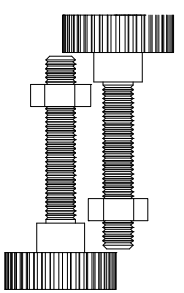
No.	Description	Qty
28	Right Nylon Nut 1/2"	1
29	Computer Console M1202	1
30	Hand Pulse Handlebar End Cap Ø25x1.5	2
31	Hand Pulse Sensor	2
32	Hand Pulse Handlebar Foam Grip Ø24xØ30x240	2
33	Hand Pulse Handlebar Ø25x1.5	1
34	Wire Grommet Ø12.1	2
35	Hand Pulse Sensor Wire L=500 mm	2
36	Spring Washer Ø8	4
37	Tension Control Knob L=40 mm	1
38	Bolt M5x15	2
39	Carriage Bolt M8x35	2
40	Bottle Holder	1
41	Hand Pulse Handlebar Support Frame	1
42	Hand Pulse Handlebar Support Frame End Cap 30x20x2	2
43	Cover Cap Ø25	2
44	Eyebolt M6x33	2
45	Nut M10x1xB5	2
46	Tension Bracket	2
47	Bolt M8x38	8
48	Nut M6	2
49	Fly Wheel Ø503x85	1
50	Fan Wheel Axle M10x1xL150xL25xL40	1
51	Spacer Ø16xØ10x20	1
52	Carriage Bolt M10x57	4
53	Front Stabilizer End Cap Ø50	2
54	Front Stabilizer Ø50x1.5x540	1
55	Big Curve Washer Ø10xØ25x2	4

PARTS LIST

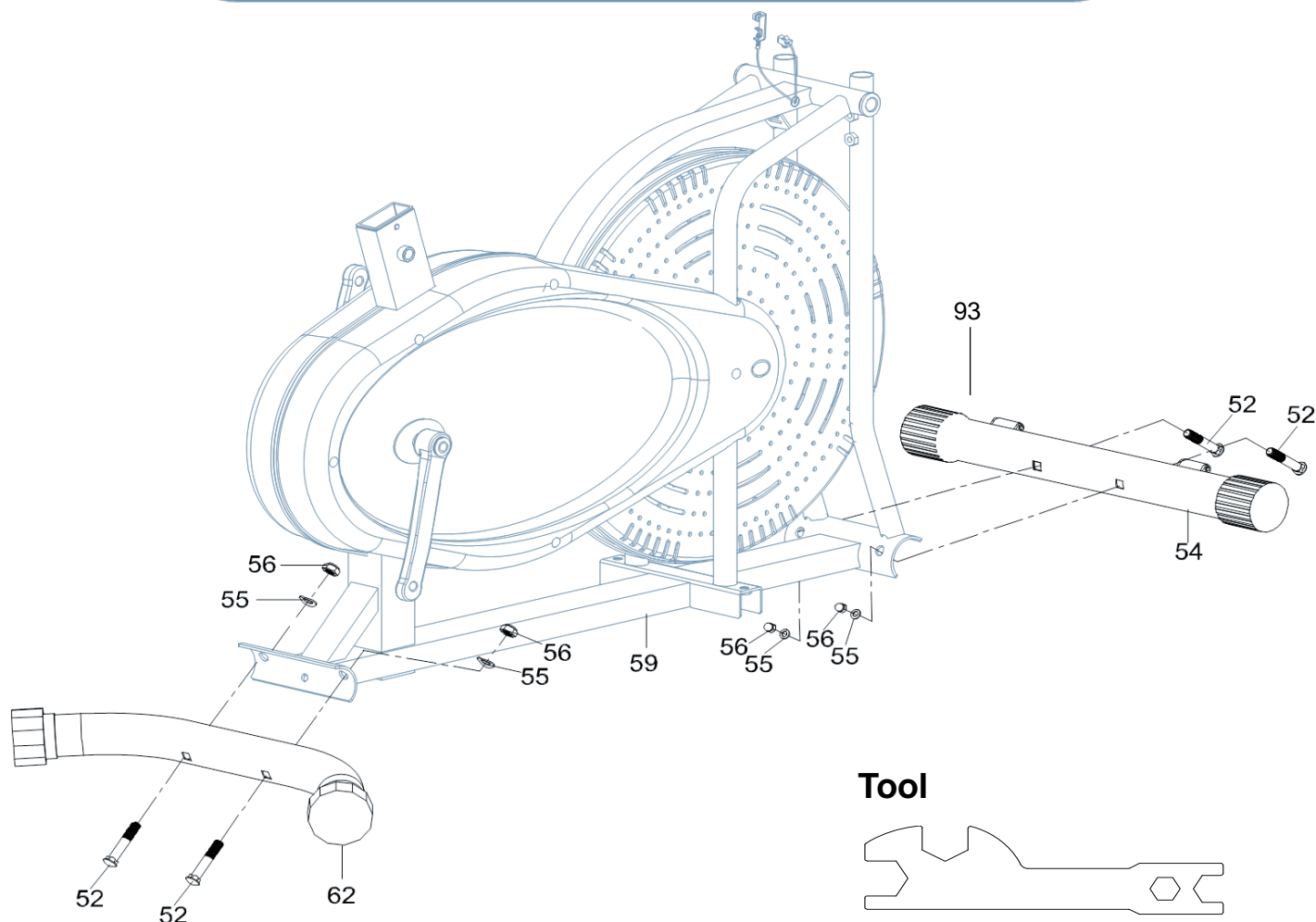
No.	Description	Qty
56	Cap Nut M10	4
57	Adjustable Leveler M8x45	2
58	Nut M8	2
59	Mainframe	1
60	Rotation Rod Ø15.8x376	1
61	Rear Stabilizer End Cap Ø50	2
62	Rear Stabilizer Ø50x1.5x550	1
63	Tension Strap 1150x18	1
64	Left Crank Bolt fØ16x89xL23	1
65	Screw ST4.8x40	7
66	Phillips Self Drilling Screw ST4.8x20	3
67	Chain Pulley	1
68	Washer Ø40x24x3	1
69	Bearing Nut II 15/16"	1
70	Bearing	2
71	Bearing Cup	2
72	Bearing Nut I 7/8"	1
73	Washer Ø34.5x23x2.5	1
74	Nut 7/8"	1
75	Left Crank 6.7"	1
76	Left Foot Bar	1
77	Left Handrail	1
78	Sensor with Wire L=900 mm	1
79	Tension Cable L=1020 mm	1
80	Cap Nut M8	6
81	Big Curve Washer Ø8xØ20x2	6
82	Flange Nut M10x1xB10	2
83	Right Cover 705x362	1
84	Left Cover 705x362	1
85	Chain	1
86	Screw ST4.2x20	2
87	Left Nylon Nut 1/2"	1

No.	Description	Qty
88	Cap Nut 16mm	4
89	Small Magnet Ø15x7	1
90	Left Handrail Arm Ø25x1.8	1
91	Crank Cover Ø22	2
92	Bolt M6x45	2
93	Transport Wheel Ø23xØ6x32	2
94	Nylon Nut M6	2
95	Plastic Clip 20	1
96	Flange Nut M10x1.25	2
97	Cap Nut 18mm	2
98	Spring Ø12x1.8x32	1
99	Round Plug Ø25x1.5	6
100	Cap Nut M6	4
101	Big Curve Washer Ø6xØ16x1.5	4
102	Conical Washer Ø6xØ10.5x5	4
103	Bolt M6x30	4
104	Left U Shape Grab Bar Ø25x1.8	1
105	Seat Post Knob M12	1
106	Seat Post Plastic Bushing	1
107	Seat Post Plastic Tube	1
108	Seat Adjustment Knob M10	1
109	Washer Ø10xØ20x2	1
110	Seat Post	1
111	U Shape Bolt M10	1
112	Seat Sliding Tube	1
113	Seat Sliding Tube End Cap 38x38x1.5	2
114	Seat Cushion DD-98-4T	1
115	Big Washer Ø8xØ20x2	3
116	Cross Recessed Pan Head Screw M5x15	1
117	Clip	1

HARDWARE & TOOLS PACK

<p>STEP1</p> 		<p>STEP3</p> 		<p>STEP 4&5</p> 			
<p>STEP6</p> 	<p>STEP7</p> 	<p>STEP8</p> 	<p>STEP9</p> 	<p>STEP10</p> 	<p>STEP11</p> 	<p>STEP13</p> 	

ASSEMBLY

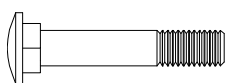


Step 1

1a. Front Stabilizer Installation: Align the **Front Stabilizer (54)** onto the front curved bracket of the **Mainframe (59)**. Make sure the arrow is pointing **UP** on the front stabilizer and that the wheels are positioned toward the front and are parallel off the floor. Insert two **Carriage Bolts (52)** through the **Front Stabilizer (54)** holes and attach two **Big Curve Washers (55)** and two **Cap Nuts (56)** at the end. Using the **Flat Wrench** tighten the **Cap Nuts (56)** until they are firm and secure.

1b. Rear Stabilizer Installation: Align and attach the **Rear Stabilizer (62)** onto the rear curved bracket of the **Mainframe (59)** with two **Carriage Bolts (52)** then attach two **Big Curve Washers (55)** and two **Cap Nuts (56)** on the ends of the bolts. Using the **Flat Wrench** tighten the **Cap Nuts (56)** until firm.

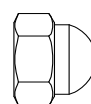
HARDWARE



(52) Carriage Bolt
4 PCS

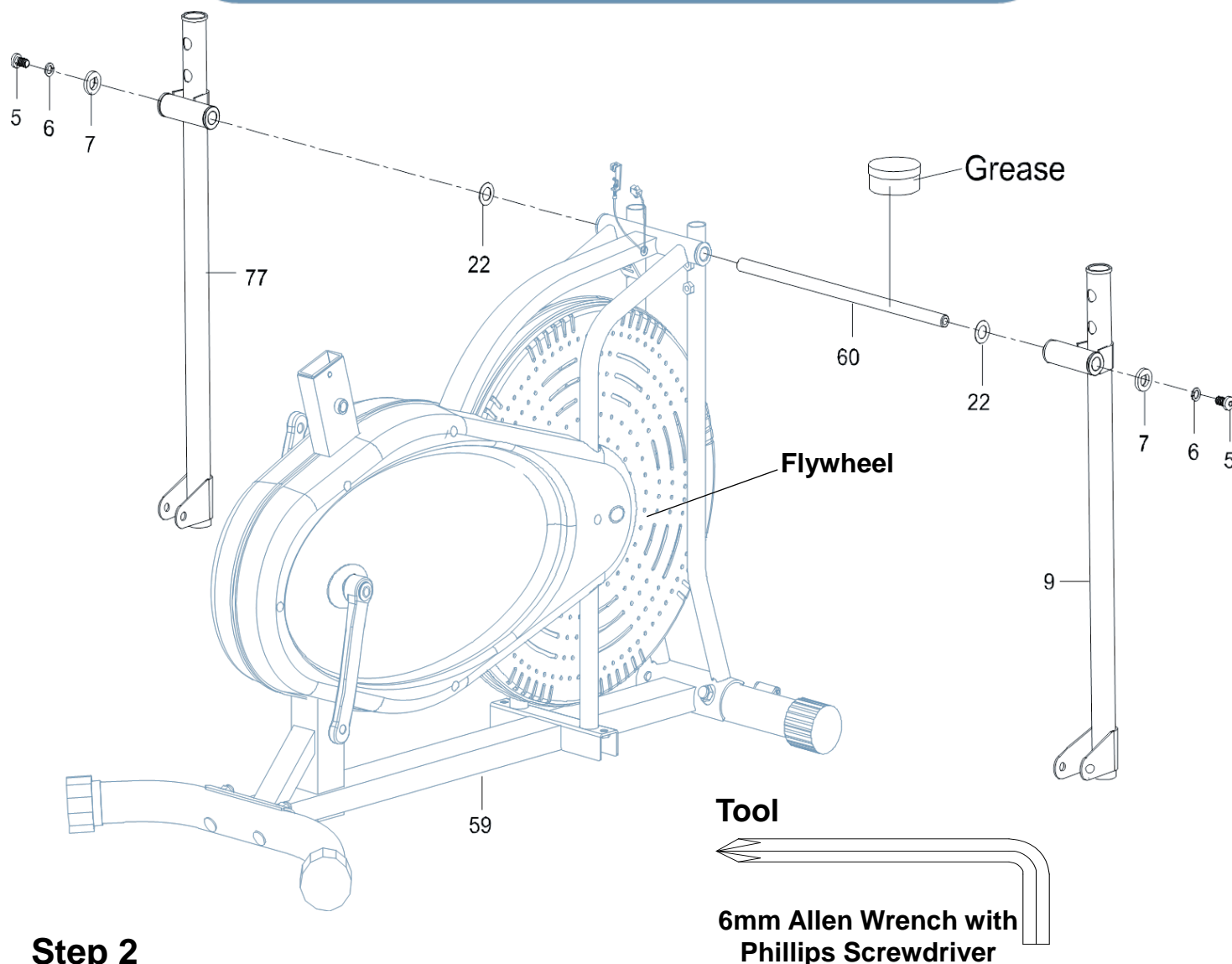


(55) Big Curved Washer
4 PCS



(56) Cap Nut
4 PCS

ASSEMBLY



Step 2

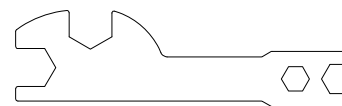
2a. Rotation Rod Lubrication: Use the **6mm Allen Wrench with Phillips Screwdriver** provided to remove the following PRE-ASSEMBLED hardware from both ends of the **Rotation Rod (60)**: two **Bolts (5)**, two **Spring Washers (6)**, two **Washers (7)**, and two **Wave Washers (22)**. Put the removed hardware to the side. Lubricate the **Rotation Rod (60)** with some of the **Grease** provided.

2b. Rotation Rod Reassembly and Handrail Installation: Insert the **Rotation Rod (60)** into the tube on top of the **Mainframe (59)**, located above the **Flywheel (49)** and place a **Wave Washer (22)** on each end. Attach the **Right Handrail (9)** onto one end of the **Rotation Rod (60)** and secure it in place with one **Bolt (5)**, one **Spring Washer (6)**, one **Washer (7)**. **Do not tighten any bolts until both handrails are attached.** Repeat the steps above for the attachment of the **Left Handrail (77)** to the other end of the **Rotation Rod (60)**.

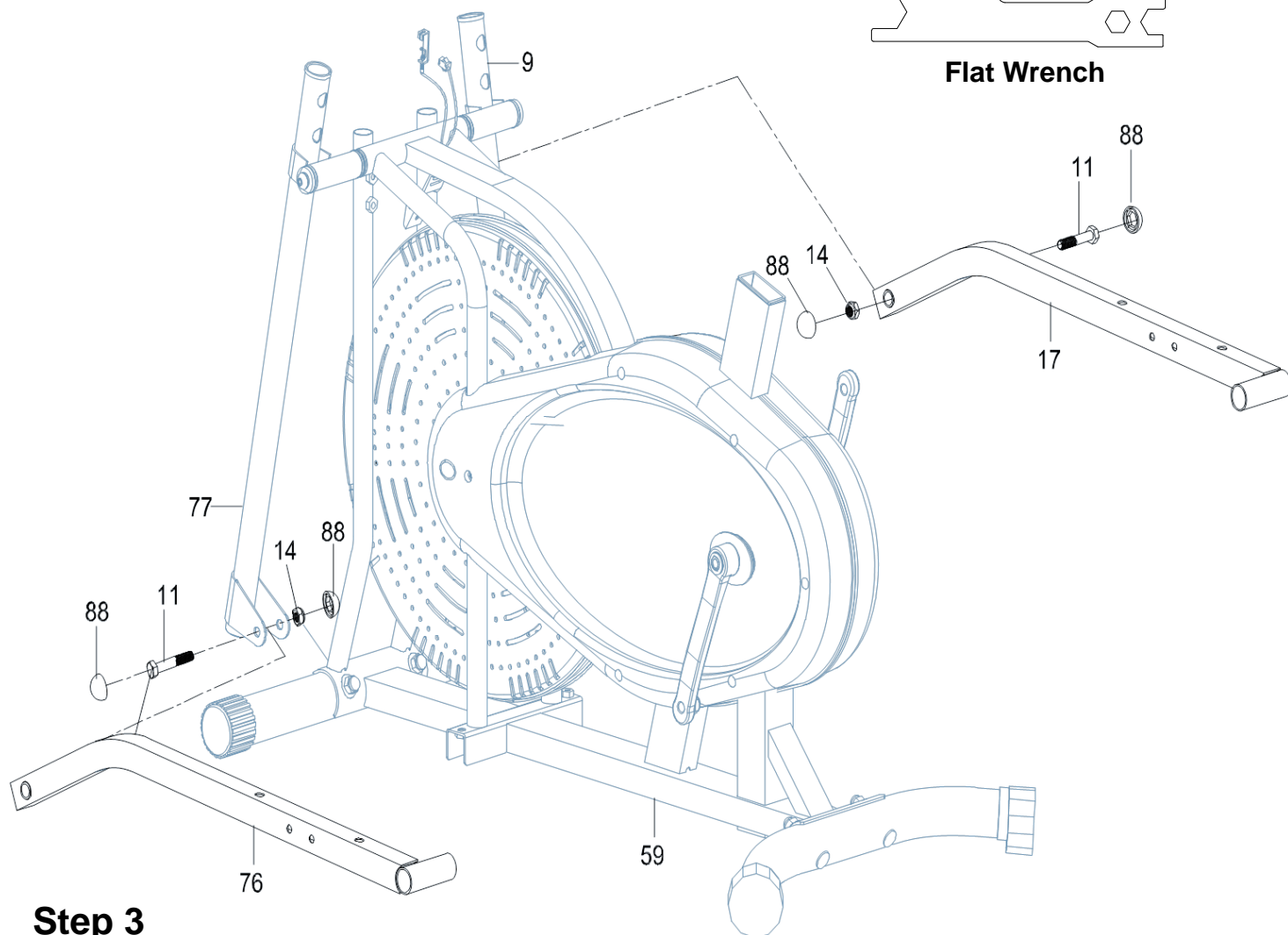
2c. Rotation Rod Tightening: After both handrails have been attached, tighten the handrails using the **6mm Allen Wrench with Phillips Screwdriver** provided to simultaneously secure in both **Bolts (5)** at the two ends of the rotation rod until they are firm.

ASSEMBLY

Tool



Flat Wrench

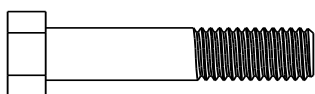


Step 3

3a. Left Foot Bar Installation: Make sure the **Left Foot Bar (76)** is angled downward for correct installation. Refer to the above illustration. Attach the **Left Foot Bar (76)** onto the bottom end of the **Left Handrail (77)** with one **Hex Bolt (11)** and one **Nylon Nut (14)**. Use one **Open Ended Flat Wrench** to secure the bolt and the other flat wrench to tighten the nylon nut until they are both firm. **Be sure that the bolt thread end is protruding through the nylon bolt as you are tightening.** Otherwise, the bolt and nut are not being tightened correctly. Attach a **Cap Nut (88)** onto both the **Hex Bolt (11)** and **Nylon Nut (14)**.

3b. Right Foot Bar Installation: Repeat the steps above for the installation of the **Right Foot Bar (17)** to the **Right Handrail (9)**.

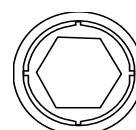
HARDWARE



(11) Hex Bolt
2 PCS

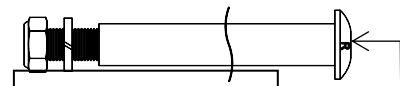


(14) Nylon Nut
2 PCS



(88) Cap Nut
4 PCS

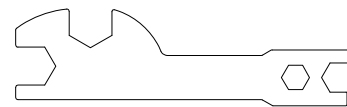
ASSEMBLY



R for right bolt

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

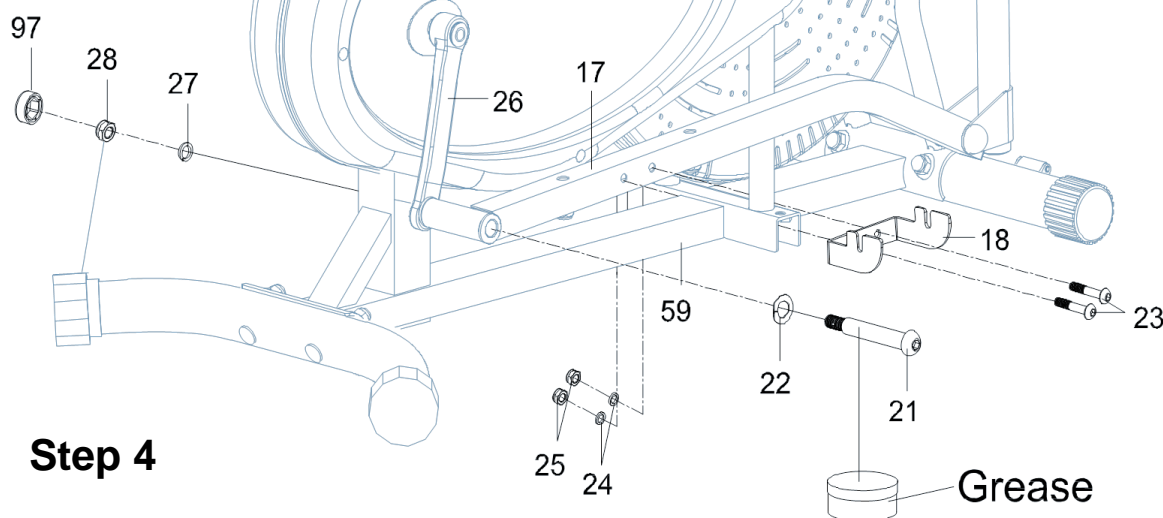
Tools



Flat Wrench



8mm Allen Wrench



Step 4

4a. Foot Pedal Support Bracket 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)**. Simultaneously use the **Flat Wrench** and the **6mm Allen Wrench** provided to tighten the nuts and bolts.

4b. Right Crank Bolt Lubrication and Alignment: 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 hole of the **Right Crank (26)**.

4c. Right Crank Bolt Installation: Make sure the **Right Crank Bolt (21)** is perfectly level and straight as you insert it through the aligned hole of the **Right Crank (26)**. Turn the **Right Crank Bolt (21)** clockwise by hand until it is firm. After the initial hand tightening, use the **8mm Allen Wrench** provided to tighten the bolt until it is secure. Put one **Spring Washer (27)** and one **Right Nylon Nut (28)** onto the threaded end of the **Right Crank Bolt (21)**. Simultaneously use the **Flat Wrench** on the **Right Nylon Nut (28)** and the **8mm Allen Wrench** on the **Right Crank Bolt (21)** to tighten the **Right Nylon Nut (28)**. Be sure to tighten the Crank Bolt only clockwise. Cover the **Right Nylon Nut (28)** with one **Cap Nut (97)**.

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

ASSEMBLY

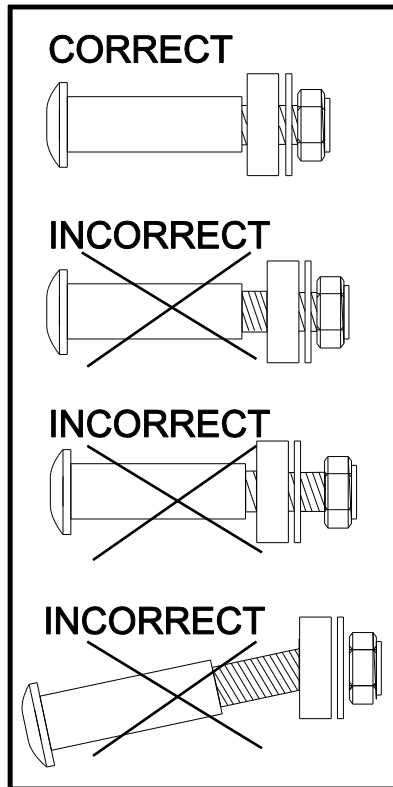


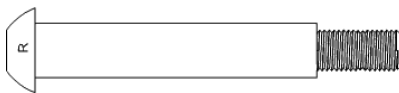
Figure F

NOTE: Look to **Figure F** for 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.

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

⚠ 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
1PC



(23) Bolt
2PCS



(24) Washer
2PCS



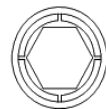
(25) Nylon Nut
2PCS



(27) Spring Washer
1PC



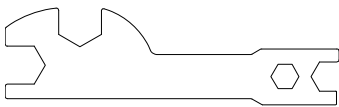
(28) Right Nylon Nut
1PC



(97) Cap Nut
1PC

ASSEMBLY

Tools



Flat Wrench

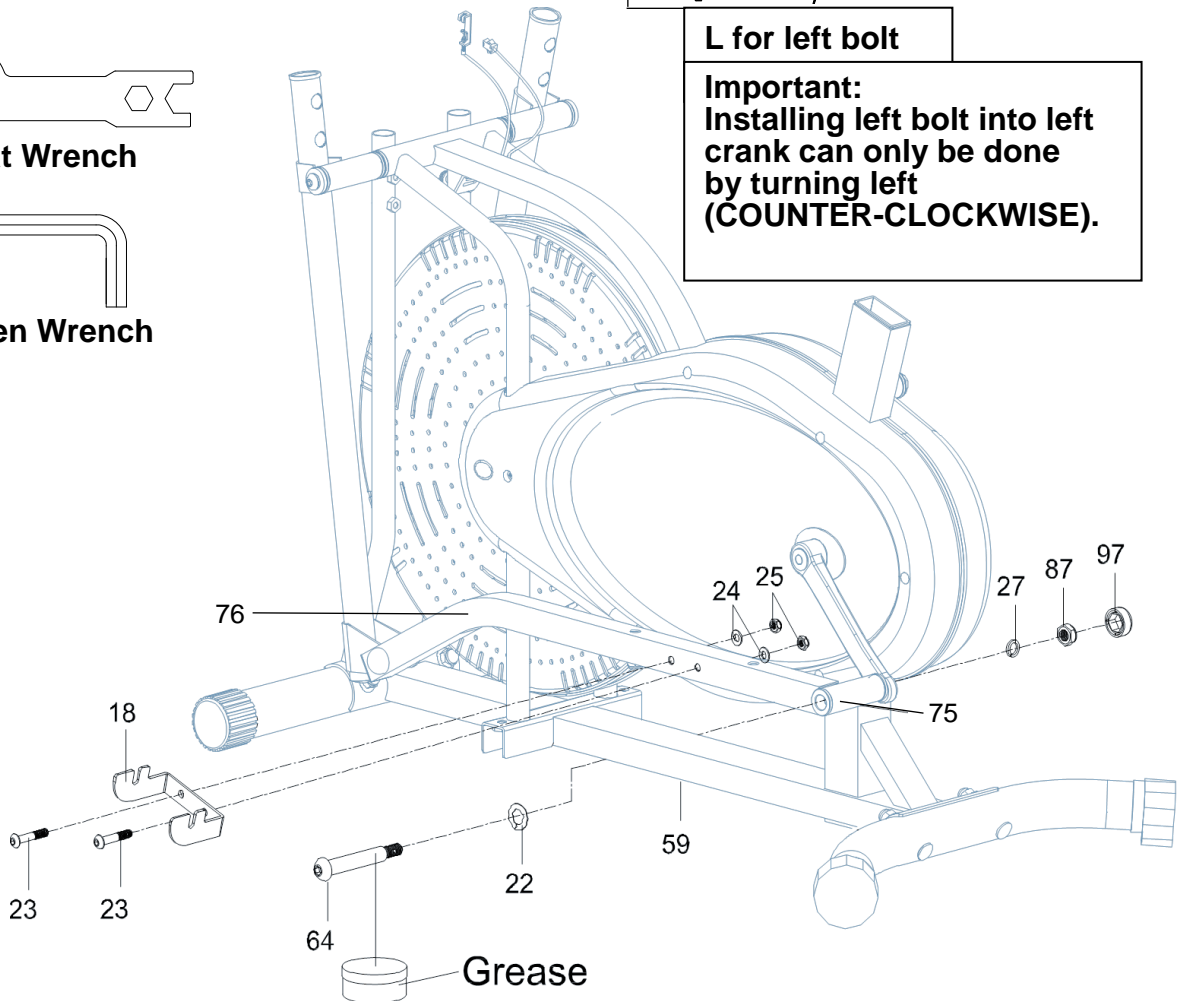


8mm Allen Wrench



L for left bolt

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



Step 5

5a. Foot Pedal Support Bracket Installation: Attach the **Foot Pedal Support Bracket (18)** onto the right side of the **Left Foot Bar (76)** using two **Bolts (23)**, two **Washers (24)**, and two **Nylon Nuts (25)**. Simultaneously use the **Flat Wrench** and the **6mm Allen Wrench** provided to tighten the nuts and bolts.

5b. Left Crank Bolt Lubrication and Alignment: 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 right 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)**.

5c. Left Crank Bolt Installation: Make sure the **Left Crank Bolt (64)** is perfectly level and straight as you insert it through the aligned hole of the **Left Crank (75)**. Turn the **Left Crank Bolt (64)** **counter-clockwise** by hand until it is firm. After the initial hand tightening, use the **8mm Allen Wrench** provided to tighten the bolt until firm. Put one **Spring Washer (27)** and one **Left Nylon Nut (87)** onto the threaded end of the **Left Crank Bolt (64)**. Simultaneously use the **Flat Wrench** on the **Left Nylon Nut (87)** and the **8mm Allen Wrench** on the **Left Crank Bolt (64)** to tighten the **Left Nylon Nut (87)**. Cover the **Left Nylon Nut (87)** with one **Cap Nut (97)**.

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

ASSEMBLY

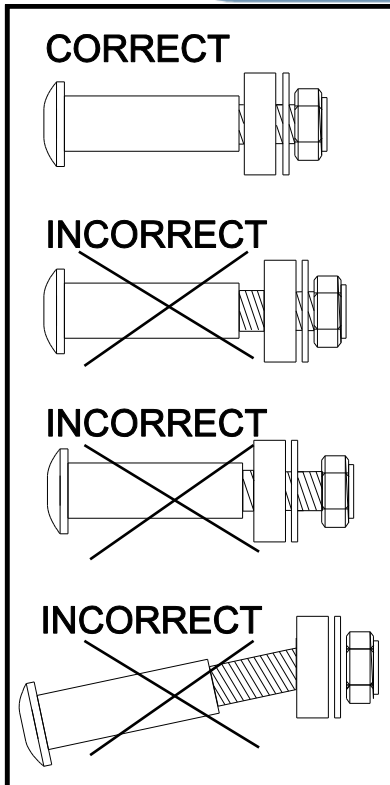


Figure F

NOTE: Look to **Figure F** for 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.

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

⚠ 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



(64) Left Crank Bolt
1PC



(22) Wave Washer
1PC



(23) Bolt
2PCS



(24) Washer
2PCS



(25) Nylon Nut
2PCS



(27) Spring Washer
1PC

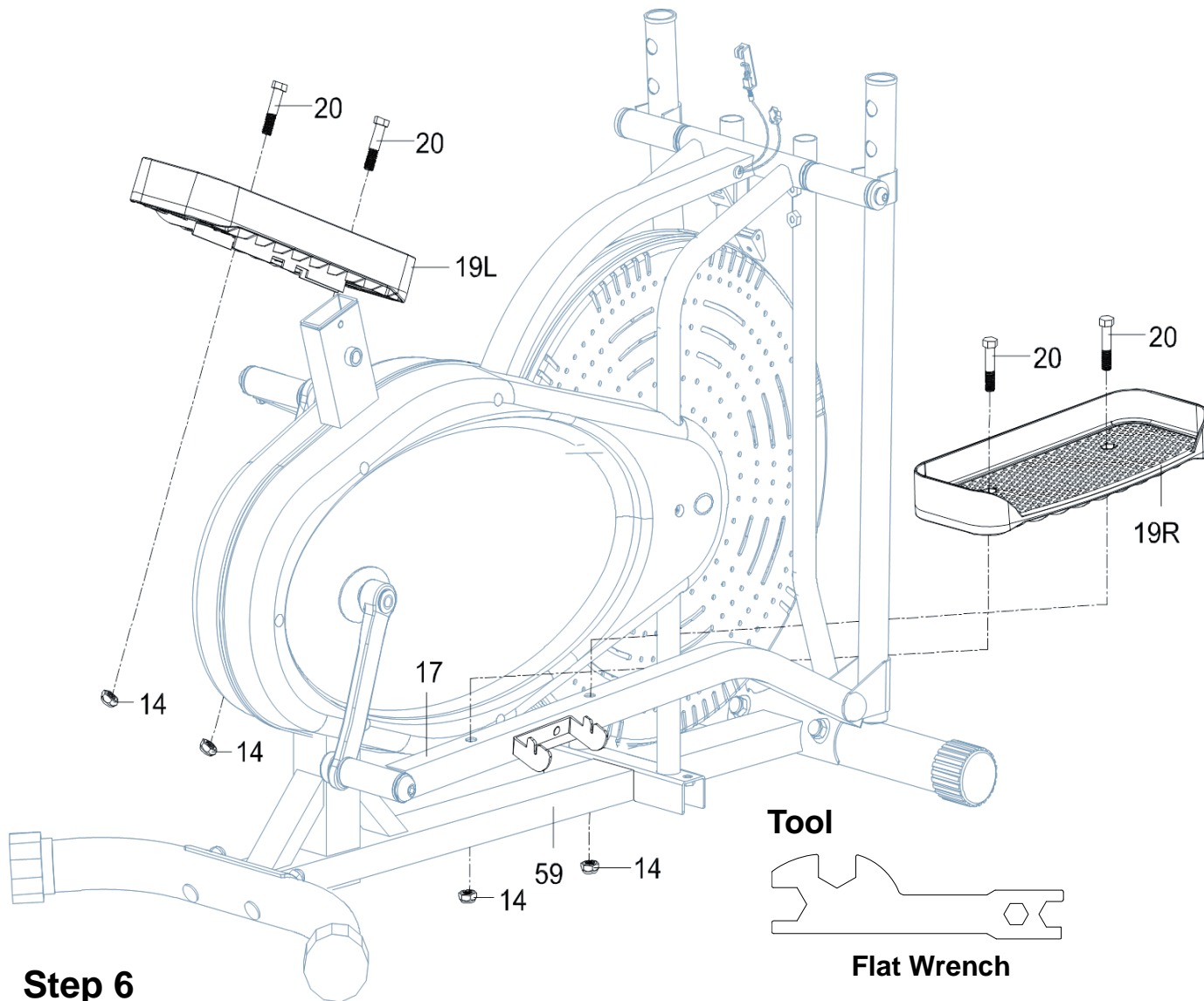


(87) Left Nylon Nut
1PC



(97) Nut Cap
1PC

ASSEMBLY

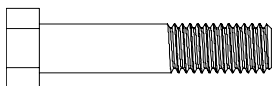


Step 6

6a. Right Foot Pedal Installation: Attach the **Right Foot Pedal (19R)** onto the top of the **Right Foot Bar (17)** and the **Foot Pedal Support Bracket (18)**. Use two **Bolts (20)** and two **Nylon Nuts (14)** to attach the pedal to the bar. Tighten the **Nylon Nuts (14)** using the **Flat Wrench** provided.

6c. Left Foot Pedals Installation: Attach the **Left Foot Pedal (19L)** onto the top of the **Left Foot Bar (76)** and the **Foot Pedal Support Bracket (18)**. Use two **Bolts (20)** and two **Nylon Nuts (14)**. Tighten the **Nylon Nuts (14)** until they are firm and secure using the **Flat Wrench** provided.

HARDWARE



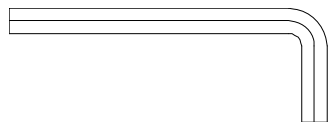
(20) Bolt
4PCS



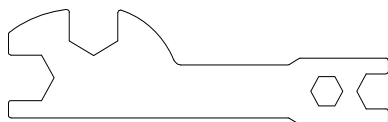
(14) Nylon Nut
4PCS

ASSEMBLY

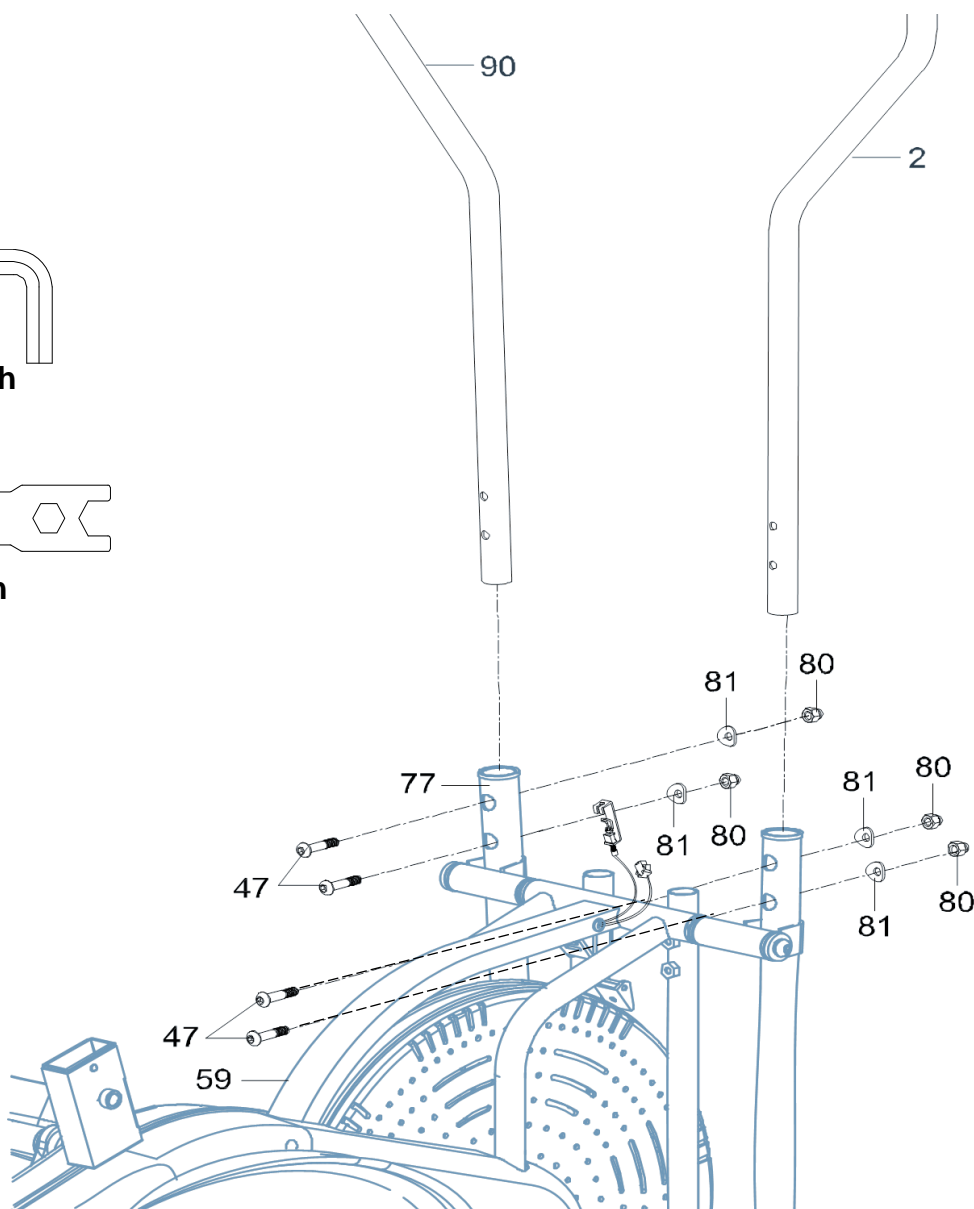
Tools



6mm Allen Wrench



Flat Wrench

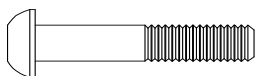


Step 7

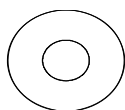
7a. Right Handrail Arm Installation: Insert the **Right Handrail Arm (2)** with the handlebar grip bent outwards into the **Right Handrail (9)** and align the holes. Secure the **Right Handrail Arm (2)** using two **Big Curve Washers (81)**, two **Bolts (47)**, and two **Cap Nuts (80)**. Simultaneously tighten the nuts and bolts using the **6mm Allen Wrench** and the **Flat Wrench**.

7b. Left Handrail Arms Installation: Insert the **Left Handrail Arm (90)** with the handlebar grip facing outwards into the **Left 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)**. Simultaneously tighten the nuts and bolts using the **6mm Allen Wrench** and **Flat Wrench**.

HARDWARE



(47) Bolt M8x38
4PCS



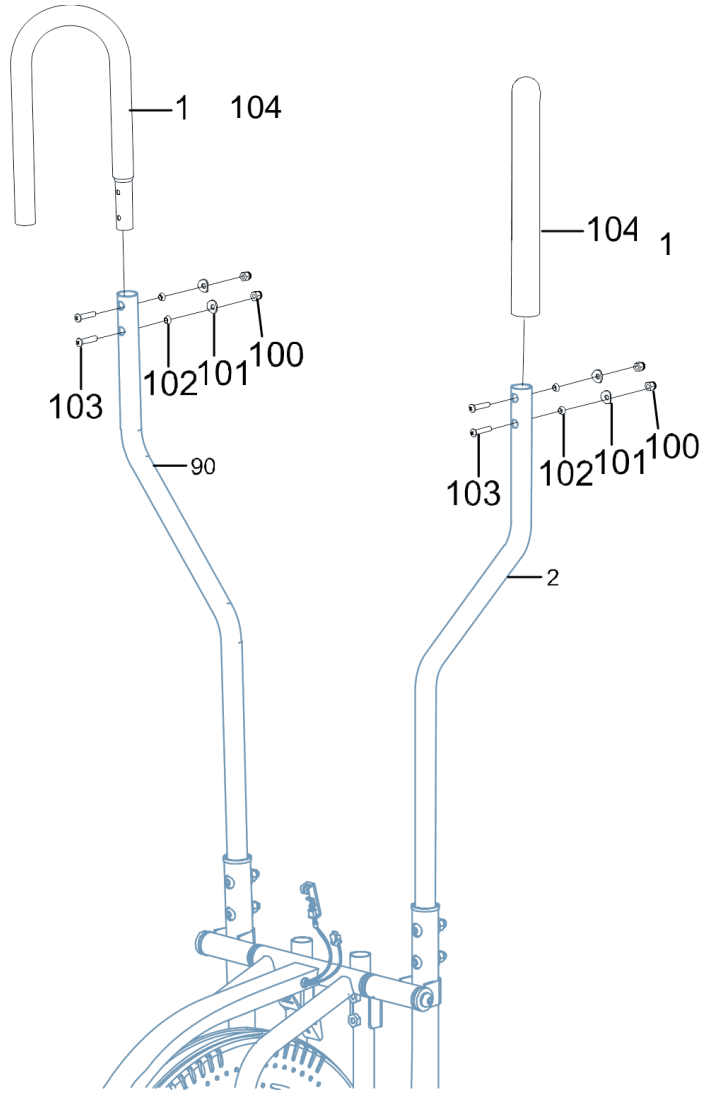
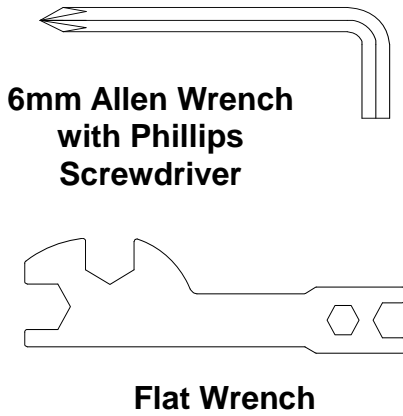
(81) Big Curve Washer
Ø8xØ20x2
4PCS



(80) Cap Nut M8
4PCS

ASSEMBLY

Tools

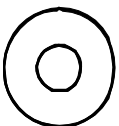


Step 8

8a. Right U Shape Grab Bar Installation: Insert the **Right U Shape Grab Bar (1)** into the **Right Handrail Arm (2)**. Secure the **Right U Shape Grab Bar (1)** using two **Bolts (103)**, two **Conical Washers (102)**, two **Big Curve Washers (101)** and two **Cap Nut (100)**. Simultaneously tighten the nuts and bolts using the **6mm Allen Wrench with Phillips Screwdriver** and the **Flat Wrench**.

8b. Left U Shape Grab Bar Installation: Repeat the steps above for **Left U Shape Grab Bar (104)** installation into the **Left Handrail Arm (90)**.

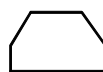
HARDWARE



(101) Big Curve
Washer
4PCS



(103) Bolt
4PCS

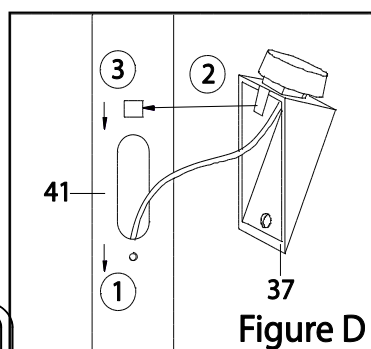
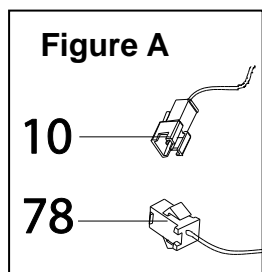
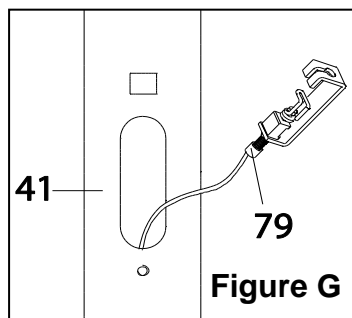


(102) Conical Washer
4PCS



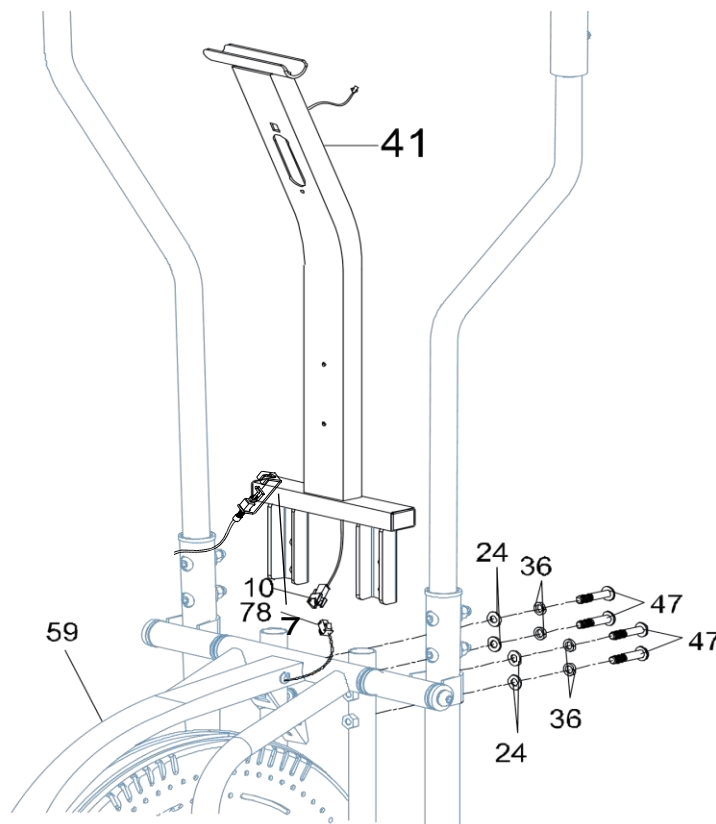
(100) Cap Nut
4PCS

ASSEMBLY



Tool

6mm Allen Wrench with
Phillips Screwdriver



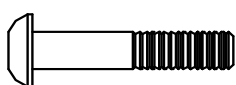
Step 9

9a. Tension Cable Connection: As you begin to mount the **Hand Pulse Handlebar Support Frame (41)** to the **Mainframe (59)**, insert the **Tension Cable (79)**, coming out from the **Mainframe (59)**, through the bottom opening in the shaft of the **Hand Pulse Handlebar Support Frame (41)** and pull it out through the shaft opening located near the top of the **Hand Pulse Handlebar Support Frame (41)**. See **Figure G**.

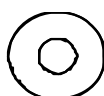
9b. Sensor Wire Connection: Connect the **Sensor Wire (78)** attached to the **Mainframe (59)** to the **Extension Sensor Wire (10)** coming from the bottom end of the **Hand Pulse Handlebar Support Frame (41)**. Make sure the connectors “click” when connected. See **Figure A**.

9c. Hand Pulse Handlebar Support Frame Installation: 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 all firm and secure.

HARDWARE



(47) Bolt
4PCS

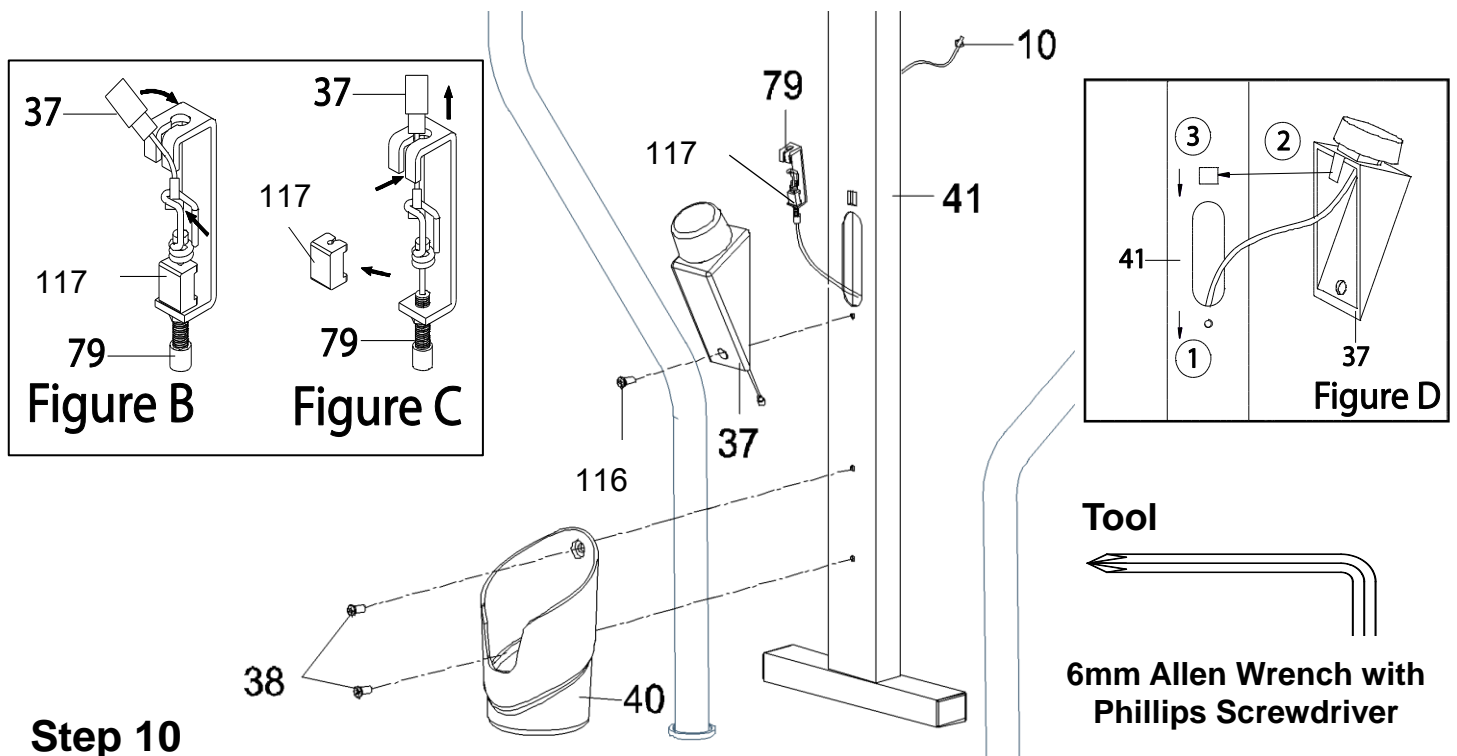


(24) Washer
4PCS



(36) Spring Washer
4PCS

ASSEMBLY



10a. Tension Cable and Tension Control Knob Connection: First set the **Tension Control Knob (37)** to the lowest tension setting by turning it **counterclockwise**. Take the resistance cable attached to the **Tension Control Knob (37)** and thread it to connect to the **Tension Cable (79)**, which should be coming out from an upper hole of the **Main Frame (41)**. Refer to **Figure B** and **Figure C**. Turn the **Tension Control Knob (37)** to the highest setting (clockwise), then remove the **Clip (117)** from the **Tension Cable (79)**. Safely dispose of the **Clip (117)**.

10b. Tension Control Knob Tightening: 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 (116)**. Tighten the screw with the **6mm Allen Wrench with Phillips Screwdriver** until it is firm and secure.

10c. Securing Bottle Holder to Hand Pulse Handlebar Support Frame: Attach the **Bottle Holder (40)** onto the **Hand Pulse Handlebar Support Frame (41)** with two **Bolts (38)**. Tighten both **Bolts (38)** using the **6mm Allen Wrench with Phillips Screwdriver** provided.

⚠ Do not force the **Tension Control Knob (37)** beyond its lowest or highest settings. Refer to the Tension Adjustment section.

HARDWARE



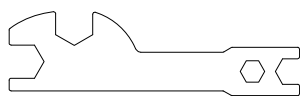
(38) Bolt
2PCS



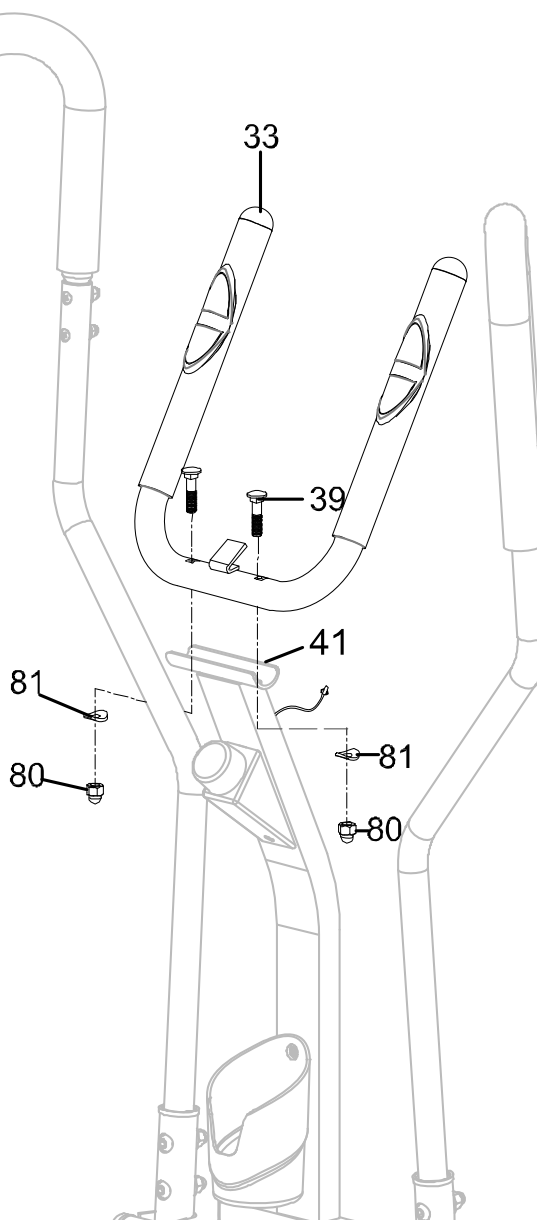
(116) Cross Recessed Pan Head
Screw 1PC

ASSEMBLY

Tools:



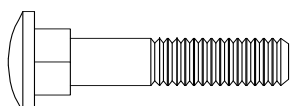
Flat Wrench



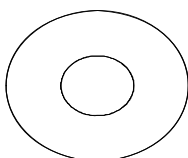
Step 11

11a. Hand Pulse Handlebar Installation: Mount the **Hand Pulse Handlebar (33)** onto the curved bracket at the top of **Hand Pulse Handlebar Support Frame (41)** with two **Carriage Bolts (39)**, two **Big Curve Washers (81)**, and two **Cap Nuts (80)**. Use the **Flat Wrench** to tighten the **Cap Nuts (80)** until they are firm and secure.

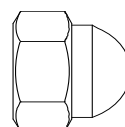
HARDWARE



**(39) Carriage Bolt
2PCS**

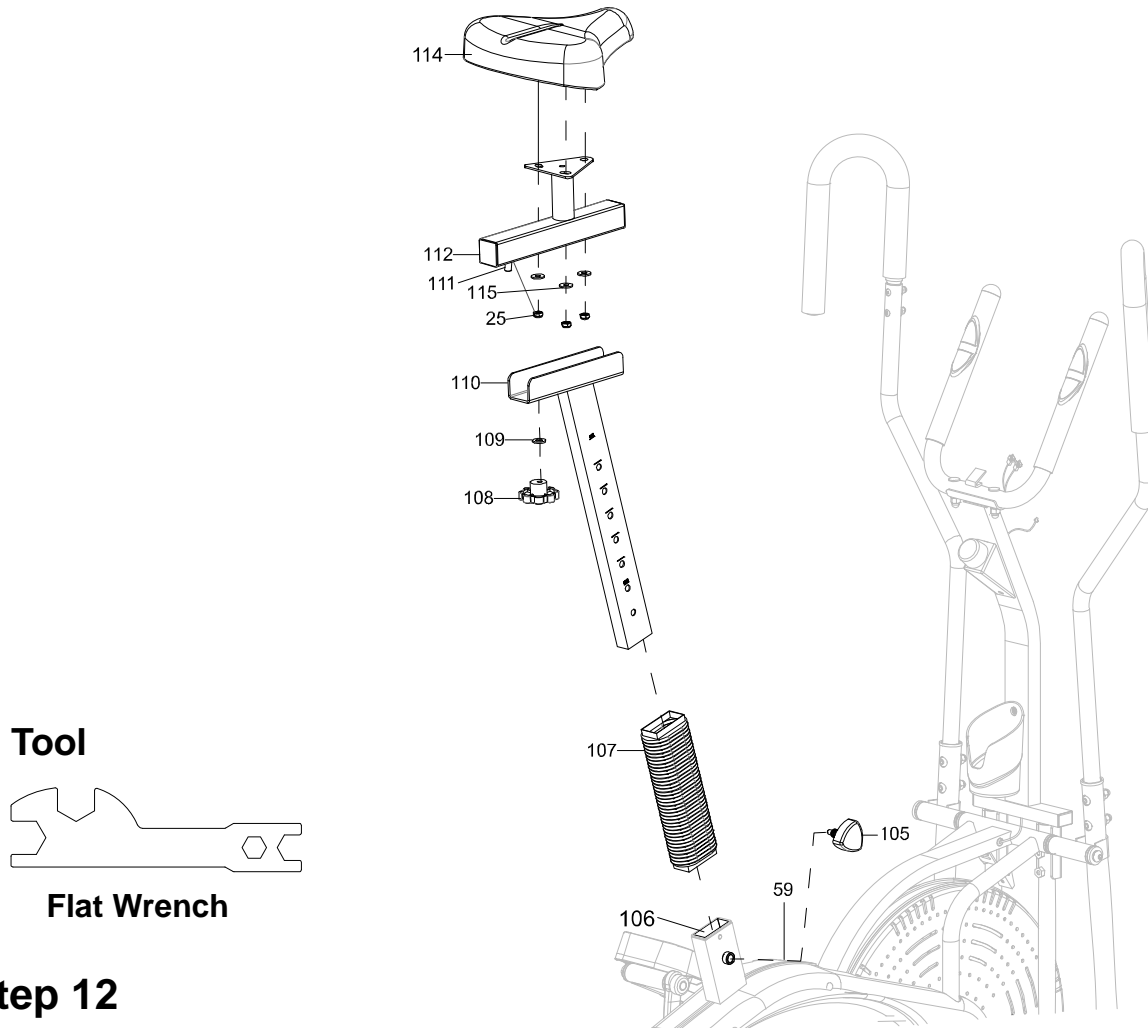


**(81) Big Curve Washer
4PCS**

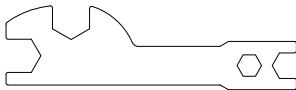


**(80) Cap Nut
2PCS**

ASSEMBLY



Tool



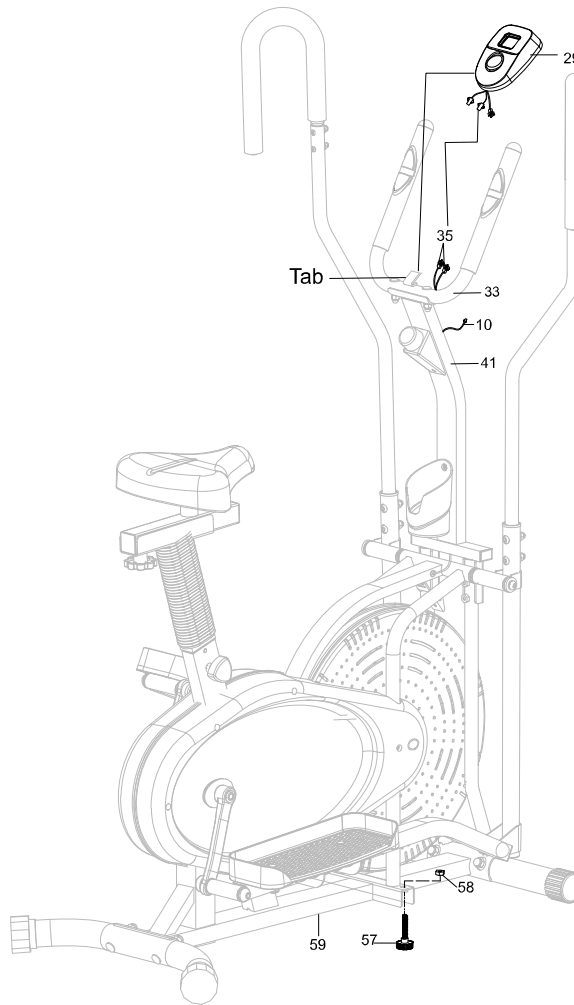
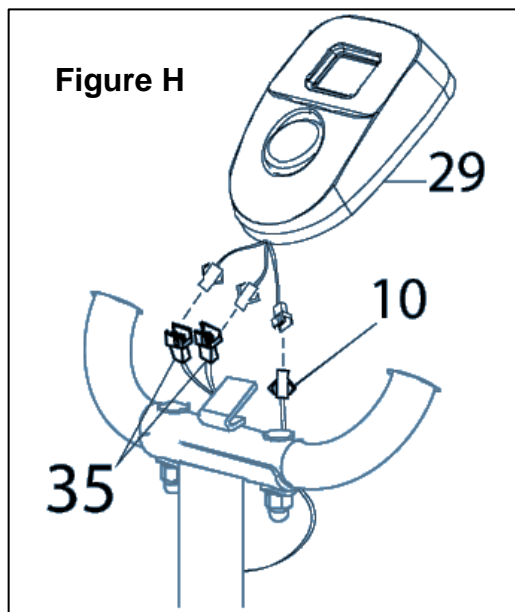
Flat Wrench

Step 12

12a. Seat Cushion and Seat Sliding Tube Installation: Remove the three **Nylon Nuts (25)** and the three **Flat Washers (115)** from the three bolts coming out from the underside of the **Seat Cushion (114)** using the **Flat Wrench** provided. Put these nuts and washers aside. Guide the bolts coming out from the underside of the **Seat Cushion (114)** through the holes of the triangular plate on the top the **Seat Sliding Tube (112)**. After the bolts are through the triangular plate, put back in place the removed **Nylon Nuts (25)** and **Flat Washers (115)**. Use the **Flat Wrench** to tighten the **Nylon Nuts (25)** until they are firm and secure.

12b. Seat Sliding Tube to Seat Post Installation: Remove one **Washer (109)** and one **Seat Adjustment Knob (108)** from the **U Shape Bolt (111)** which is already inserted into the square tube of the **Seat Sliding Tube (112)**. Align and insert the **U Shape Bolt (111)** through the hole of the u-shaped bracket located on the top of the **Seat Post (110)**. Place the previously removed **Washer (109)** and the **Seat Adjustment Knob (108)** back onto the **U Shape Bolt (111)** after it has protruded through the **Seat Post (110)** u-shaped bracket.

12c. Seat Post Plastic Tube: Slide the **Seat Post Plastic Tube (107)** over the **Seat Post (110)**. Slide the **Seat Post (110)** down passed the **Seat Post Plastic Bushing (106)** and into the seat tube of the **Mainframe (59)**. Put in place the **Seat Post Knob (105)** onto the right side of the seat tube of the **Mainframe (59)**, and turn it in a clockwise direction until the **Seat Post (110)** is firm in position at your desired height.



Step 13

13a. 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 male connector wire 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 female connectors coming out from the **Computer Console (29)**. Make sure the connectors “click” when connected. Firmly slide the back of the **Computer Console (29)** onto the **Tab** located on the top of the **Hand Pulse Handlebar (33)**. Refer to **Figure H** and the illustration above.

13b. Adjustable Leveler Installation: Remove the **Nut (58)** from the **Adjustable Leveler (57)**. Put the nut aside. Screw the **Adjustable Leveler (57)** upwards into the bottom right u-shaped bracket of the **Mainframe (59)** and place the removed **Nut (58)** back onto the **Adjustable Leveler (57)**. Hand-tighten the **Adjustable Leveler (57)** to secure the **Nut (58)** until it is firm and secure. Repeat the previous steps to install the **Adjustable Leveler (57)** on the left side.

IMPORTANT: To prevent the elliptical from wobbling during a workout, make sure you adjust the levelers as instructed in the adjustments section.

HARDWARE



(57) Adjustable Leveler
2PCS



(58) Nut
2PCS

COMPUTER CONSOLE

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

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

CONSOLE FUNCTIONS:

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

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

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

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

CALORIE: Press the MODE button until the arrow points to CALORIE. The console will display the ESTIMATED number of calories you have burned during the workout. 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 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 mold.
3. Ensure that the batteries are correctly positioned and the battery springs are in physical contact with the batteries and are in the right orientation.
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.



TENSION ADJUSTMENT

Adjusting the Tension Control Knob

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

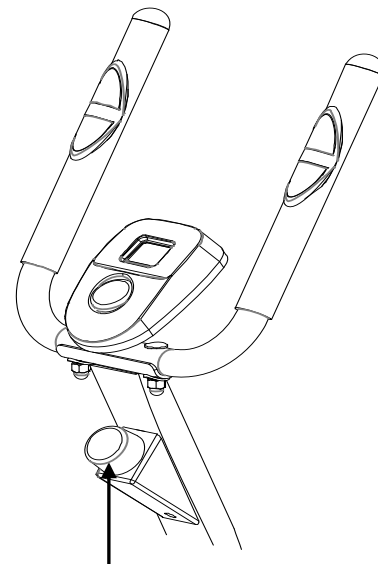
To decrease the tension, turn the tension control knob in a counter-clockwise direction

⚠ After prolong use of the elliptical trainer, the strap will begin to stretch out and it will become necessary to tighten the strap for optimum performance.

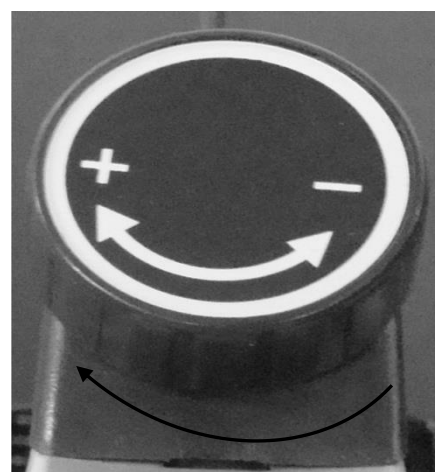
1. Before tightening the strap, the tension knob must be set to its lowest setting. To do this turn the knob in a counterclockwise direction until it is at its lowest setting. Do not continue to turn the knob after reaching its lowest or highest setting for it may damage the knob.

2. To tighten, undo the buckle of the plastic clip and the pull the top strap on the front of the unit away and downwards as tight as you can. Close the buckle of the plastic clip to lock it in place.

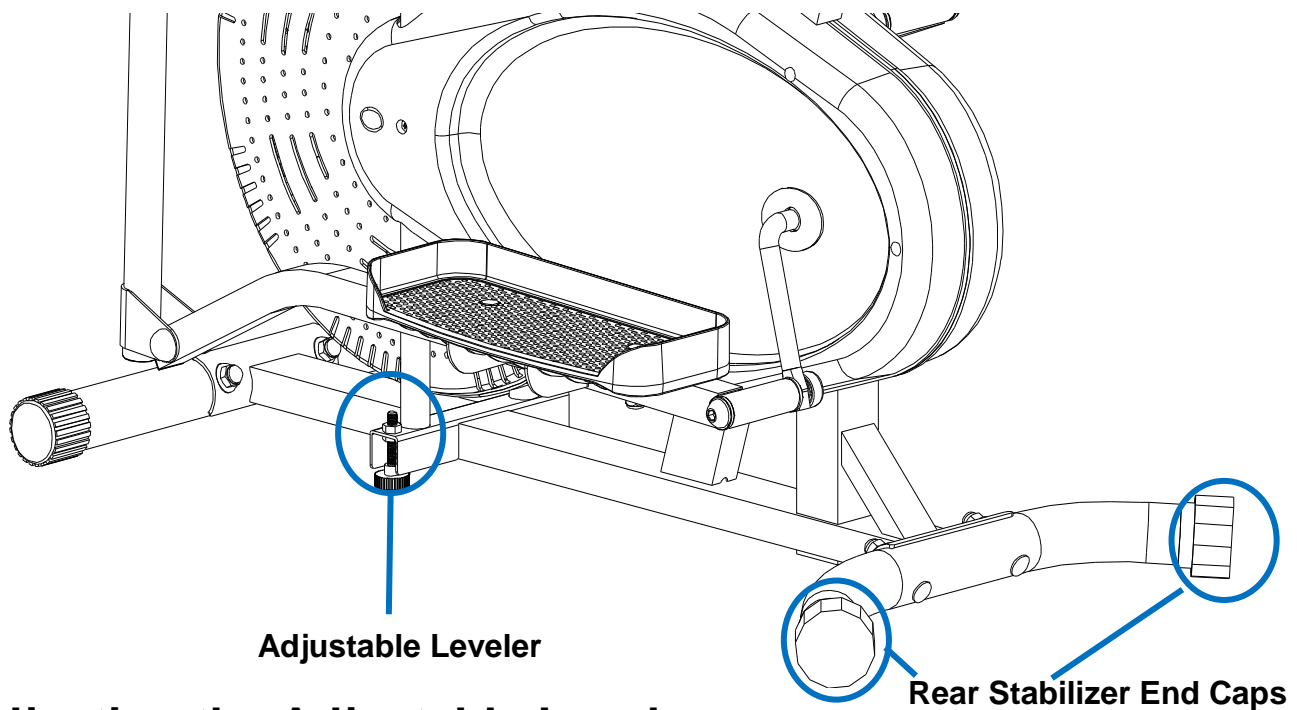
3. Without changing the tension, you should now be able to feel a little resistance (i.e. the flywheel is not turning freely). If you are satisfied with the base level tension, then you may select the desired tension and continue exercising.



Tension Control Knob



LEVEL ADJUSTMENT



Adjusting the Adjustable Leveler

The Elliptical has to be set up on a flat surface. Otherwise there might be shaking or wobbling during usage of the elliptical.

⚠ Follow these important steps to ensure the stability of the elliptical when in use.



Adjusting the Rear Stabilizer End Caps (61)

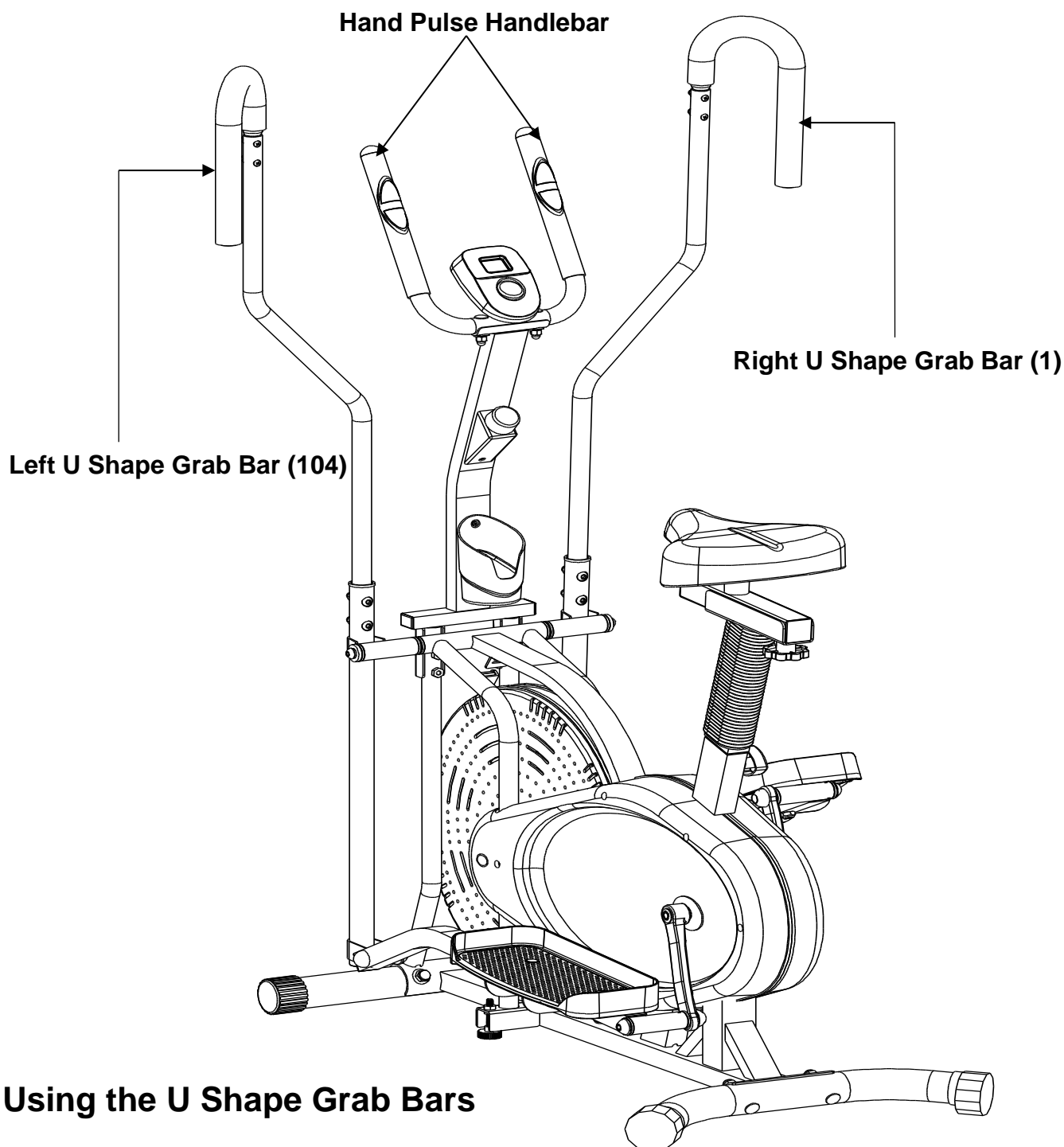
The **Rear Stabilizer End Caps (61)** are designed with different angles of flat surfaces to level the Elliptical. Rotate the **Rear Stabilizer End Caps (61)** till both caps have flat surfaces settled to the floor.



Adjusting the Adjustable Leveler (57)

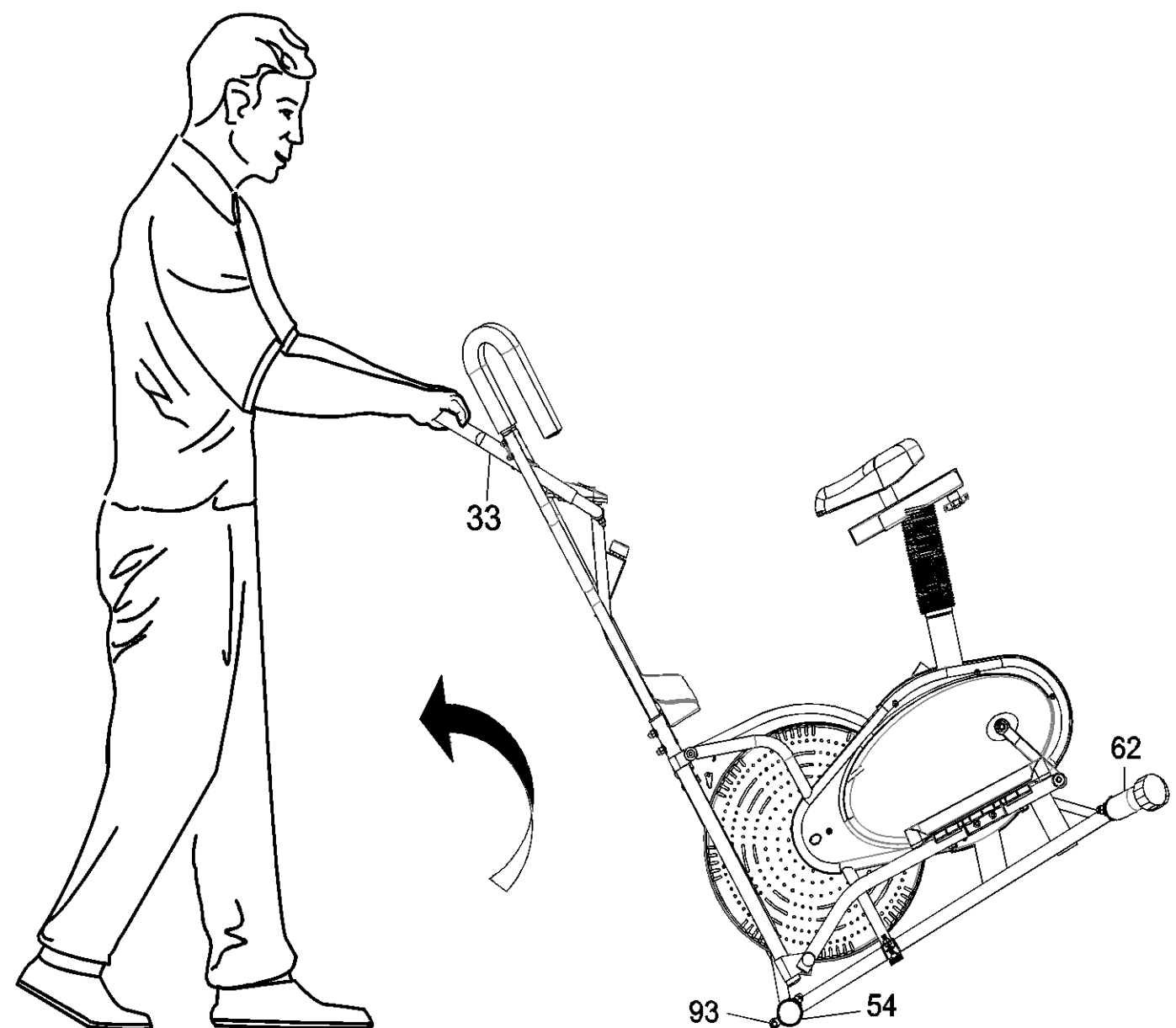
The **Adjustable Leveler (57)** is designed to evenly distribute the weight of the equipment and the user to the floor. **You should adjust the Adjustable Leveler (57)** until it is slightly in contact with the floor, so that they are at the same level as the front and rear stabilizer end caps. If the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

USING THE U SHAPE GRAB BARS



Using the U Shape Grab Bars

This **Air Elliptical** can be used either as an elliptical trainer or an exercise bike. The User can choose to stand up when you want to use the elliptical trainer or sit down on the seat when you use the exercise bike. The user can choose to engage your upper body muscles more by moving with the U Shape Grab Bars using this equipment as an elliptical trainer. The user can also choose to focus on your lower body muscles more with the fixed Hand Pulse Handlebar when using as an exercise bike. Users with longer arm lengths can safely sit down on the seat and still grab the U Shape Grab Bars. It is recommended that users who have shorter arm lengths sit while using the U Shape Grab Bars.



Transporting the Elliptical Equipment

Hold the **Handlebar (33)** and slowly lean the machine towards you until the **Transport Wheels (93)** on the **Front Stabilizer (54)** 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.

MAINTENANCE

Regular maintenance of your elliptical is necessary to extend the life of your machine and will allow it to continue to function properly. Keep the elliptical, especially the 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. It is recommended that a soft cloth and mild detergent be used cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any of the plastic parts. Be careful to not get excessive moisture on the console display panel as this might cause an electrical hazard. Immediately wipe off any perspiration on the elliptical after each use.

Lubrication

Regularly inspect your machine for any loose connections and tighten them. Creating a consistent lubrication routine on the moving parts of the elliptical can stop it from squeaking.

1. Check the floor where the elliptical sits to verify the floor is level. An uneven floor could create unnecessary stress on the moving parts of the elliptical, creating squeaks.
2. Spray an aerosol 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.
3. Spray the lubricant onto the bolts connecting the foot bars to the crank and the bolts connecting the crank to the mainframe.

Storage

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

TROUBLESHOOTING

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). 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). 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). 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.
Clicking Noise.	<ol style="list-style-type: none"> 1. After prolonged use, the chain may get loose and start to have a clicking noise. Open the Right Cover (83) & Left Cover (84) to reach the Nut M6 (48). Tighten the chain by turning the Nut M6 (48) clockwise. Repeat for the other side. <div data-bbox="738 1339 1177 1662" data-label="Image"> </div> 2. Ensure that the mounts are intact and not damaged when inspecting the inside of the covers.

TROUBLESHOOTING

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.
The tension adjustment doesn't work.	<ol style="list-style-type: none"> 1. Undo the buckle of the Clip (117) and then pull the top strap on the front of the unit away (downward) to re-tighten the tension belt.
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.
The sensor is not reading correctly.	Open the left and right covers and realign the magnet sensor.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

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

COMPONENT LENGTH OF WARRANTY

Structural Frame **1 year**

All Other Components **90 days**

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**

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

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