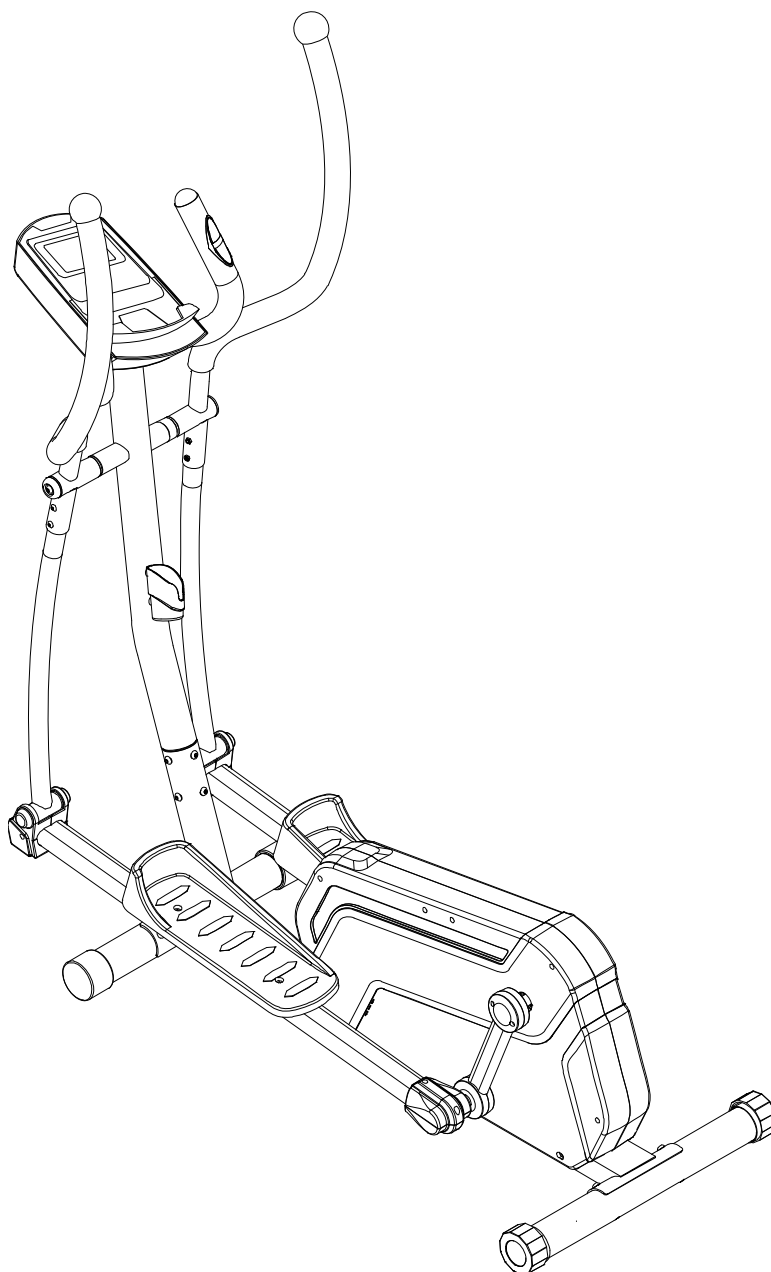


ELLIPTICAL



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.

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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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

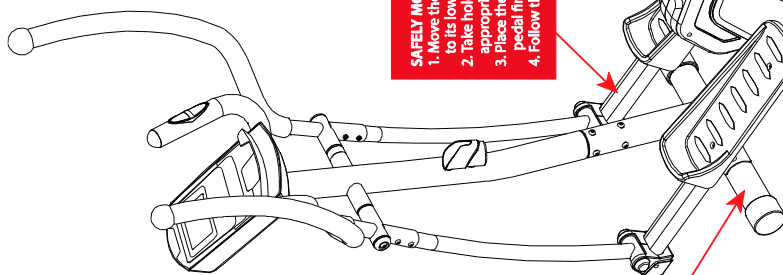
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT

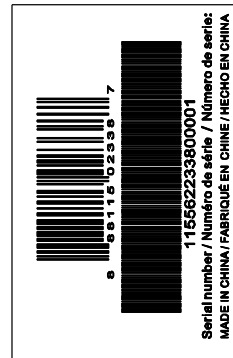


Maximum weight capacity is 270 lbs.
Le poids maximum pour ce produit
est 123 kgs.
La capacidad de peso máxima es 123 kg.

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 dismount.

MONTER SÛRE 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.

CÓMO SUBIRSE DE FORMA SEGURA EN SU MÁQUINA ELÍPTICA
 1. Mueva el pedal del lado en el que desea subirse, a la posición más baja.
 2. Con la mano adecuada, sostenga el manubrio que esté más cerca de usted.
 3. Coloque primero el pie adecuado en el pedal del lado más cercano y luego en el pedal más alejado.
 4. Siga estos pasos en orden inverso para bajarse.



Fitness Reality

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

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

IMPORTANT SAFETY GUIDELINES

Read all guidelines before using this machine. When using this machine, 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 machine 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. Be careful to always hold onto the handlebars when you're mounting and dismounting.
16. Be careful to have the pedals at their lowest point when stepping off.
17. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
18. **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.
19. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
20. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
21. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
22. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
23. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using This Machine

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 CAPACITY

The Maximum Weight Capacity for this product is **270 lbs/123 kgs.**

**RETAIN THIS OWNER'S MANUAL AND KEEP THE
ORIGINAL PURCHASE RECEIPT FOR FUTURE
REFERENCE.**

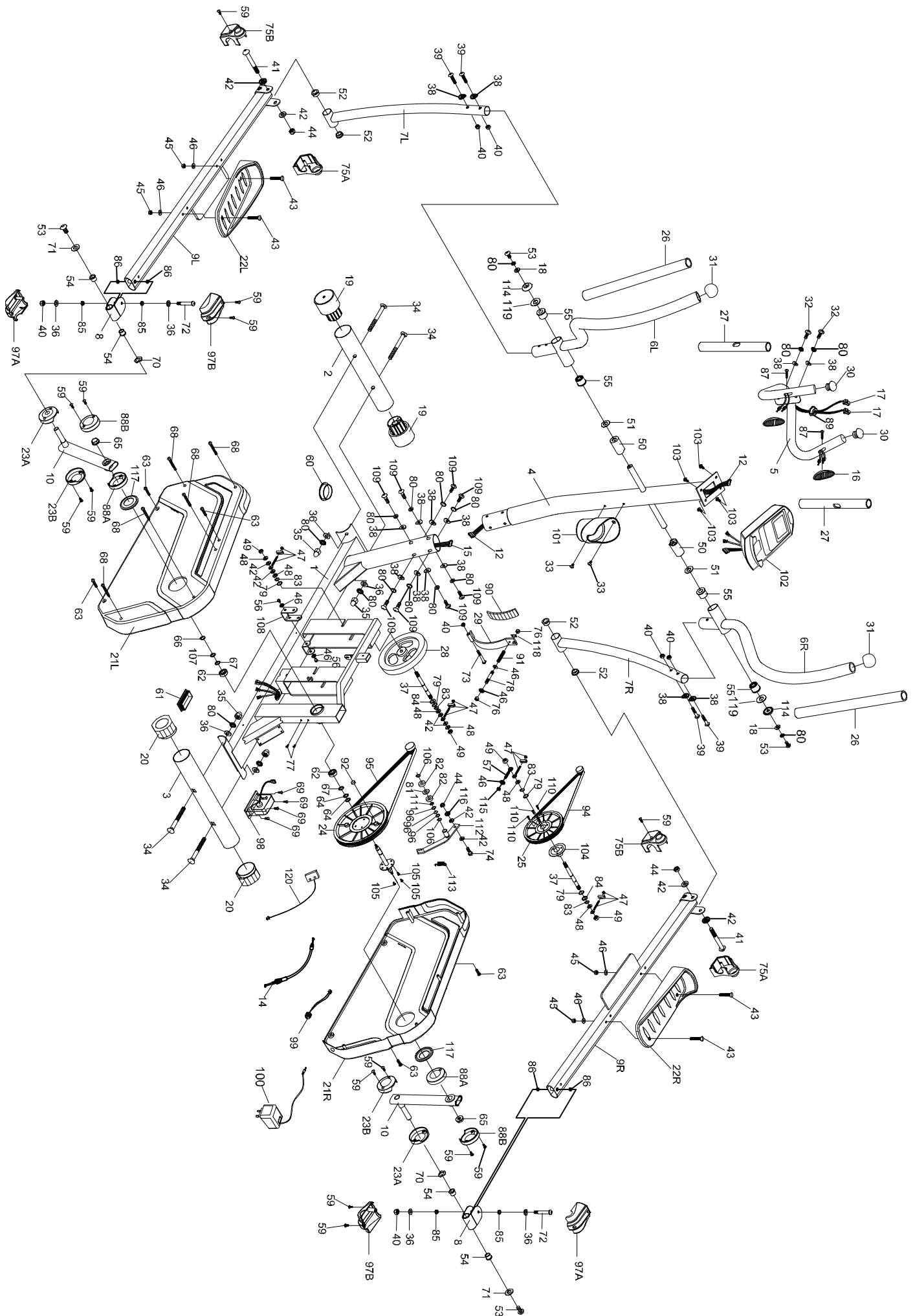
&

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
1	Main Frame	1
2	Front Stabilizer Ø60x1.5tx510mm	1
3	Rear Stabilizer Ø60x1.5tx590mm	1
4	Front Post Ø60x2.0tx975mm	1
5	Handlebar Ø32*1.6t	1
6L	Upper Left Handrail Ø32	1
6R	Upper Right Handrail Ø32	1
7L	Left Handrail Arm Ø32	1
7R	Right Handrail Arm Ø32	1
8	U Shape Bracket	2
9L	Left Foot Bar	1
9R	Right Foot Bar	1
10	Crank	2
12	Computer Wire L=1050mm	1
14	Tension control cable	1
15	Extension Sensor Wire L=1250mm	1
16	Hand Pulse Sensor	2
17	Hand Pulse Sensor Wire L=750mm	2
18	Washer Ø8xØ21x2.0T	2
19	Front Stabilizer End Cap Ø60	2
20	Rear Stabilizer End Cap Ø60	2
21L	Left Cover	1
21R	Right Cover	1
22L	Left Foot Pedal	1
22R	Right Foot Pedal	1
23A	Lower Crank Cover A (Black)	2
23B	Lower Crank Cover B (Black)	2
24	Belt Pulley Ø214	1
25	Belt Pulley Ø180	1
26	Handrail Foam Grip Ø32x5tx750mm	2
27	Handlebar Foam Grip Ø32x3tx380mm	2
28	Flywheel Ø200	1
29	Magnet Bracket	1
30	Handlebar End Cap Ø32	2
31	Handrail End Cap Ø50	2

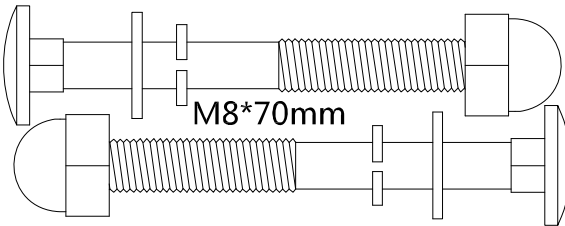
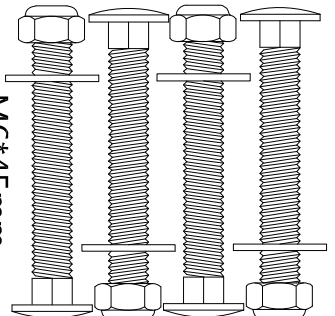
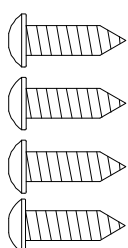
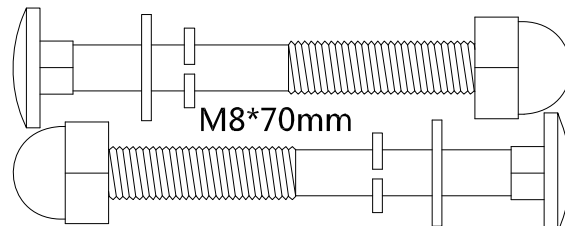
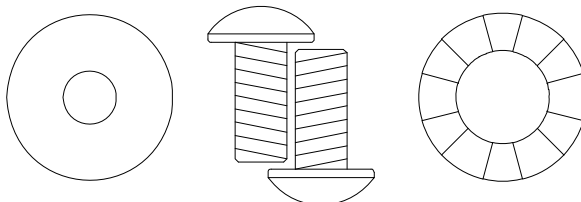
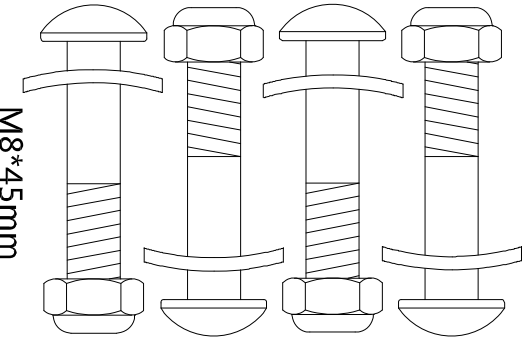
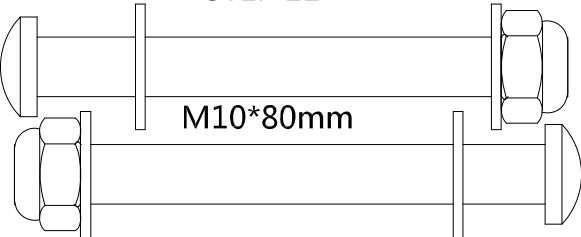
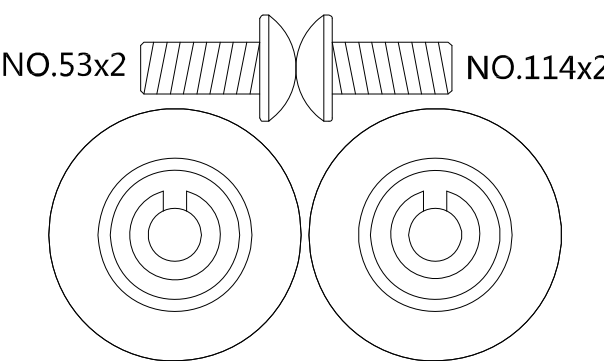
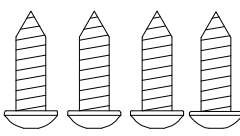
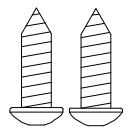
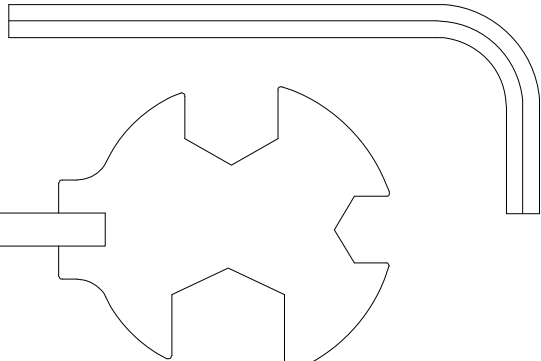
No.	Description	Qty
32	Hexagon Socket Head Bolt M8x15mm	2
33	Phillips Screw M5x20mm	2
34	Carriage Bolt M8x70mm	4
35	Cap Nut M8	4
36	Washer Ø8xØ16x1.5T	8
37	Belt Pulley Shaft Ø12x90mm	2
38	Curve Washer Ø21xØ8x2t	14
39	Hexagon Socket Head Bolt M8x45mm	4
40	Nylon Locknut M8	7
41	Hexagon Socket Head Bolt M10x80mm	2
42	Washer Ø10xØ19x1.5t	10
43	Carriage Bolt M6x45mm	4
44	Nylon Locknut M10	3
45	Nylon Locknut M6	4
46	Washer Ø6xØ14x1.0t	9
47	Tension Bracket & Eyebolt Set I	4
48	Washer Ø10xØ20x3.0T	6
49	Nut 3/8"x26tx6mm	4
50	Plastic Bushing Ø19xØ38x64mm	2
51	Washer Ø19.5xØ38x0.5T	2
52	Bushing Ø10x32x2.5	4
53	Hexagon Socket Head Bolt M8x18mm	4
54	Bushing Ø16.3x22.4	4
55	Bushing Ø19x38	4
56	Bolt M6x12	2
57	Adjustment Screw 6x60mml	1
59	Round Head Self Tapping Screw M4.5x15mm	14
60	Decorate Cover Ø60	1
61	Decorate Cover □ 30x60	1
62	Bearing R12	2
63	Self Tapping Screw M5x15mm	5
64	Washer Ø19.5xØ25x2.0T	2
65	Nut M10	2
66	Inner C Ring Ø19	1
67	Washer Ø19.5xØ25x3.0T	2

PARTS LIST

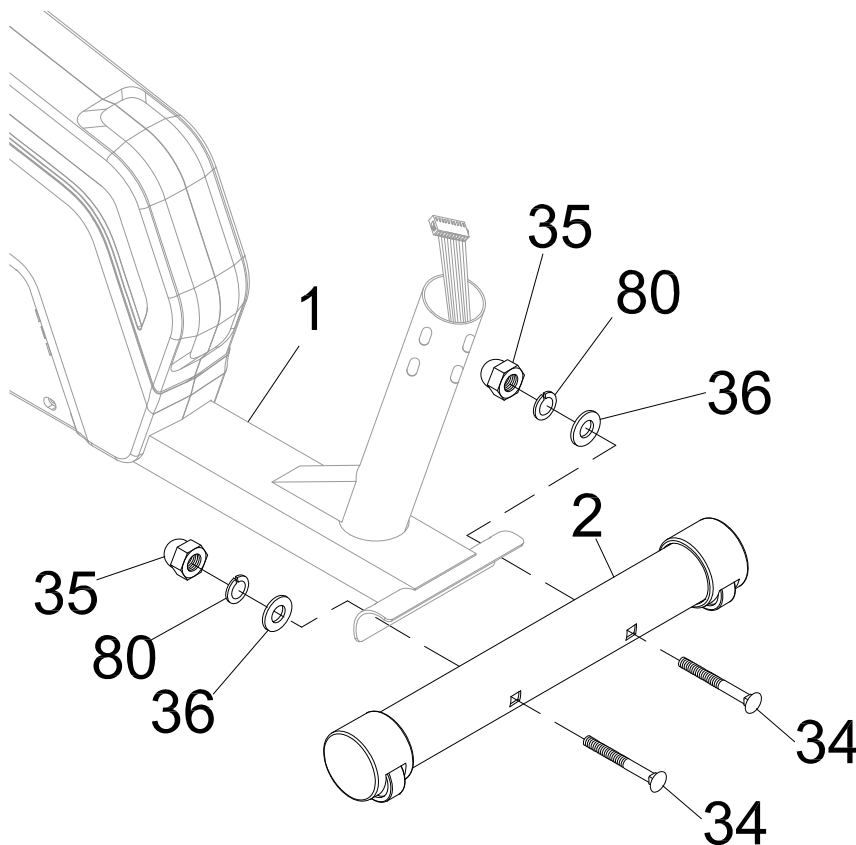
No.	Description	Qty
68	Round Head Self Tapping Screw M4.5x25mm	5
69	Screw M5x12mm	4
70	Wave Washer Ø16.2xØ25x0.5t	2
71	Washer Ø8xØ25x2.0T	2
72	Hexagon Socket Head Bolt M8x54mm	2
73	Hexagon Socket Head Bolt M8x50mm	1
74	Hexagon Head Bolt M10x25	1
75A	Foot Bar Cover-A	2
75B	Foot Bar Cover-B	2
76	Nylon Nut M5	2
77	Screw M4x15	2
78	Bolt M5x60mm	1
79	Washer Ø12xØ17x0.3T	4
80	Spring washer 8mm	16
81	Plastic Washer 20.1x41.8x4mm	1
82	Bearing 6004-2RS	2
83	Inner C Ring Ø12	4
84	Wave Washer Ø12xØ17x0.2t	2
85	Conical Washer Ø8.15xØ11x3.5	4
86	Bushing Ø12xØ18x11.5	4
87	Self Tapping Screw M4x20mm	2
88A	Upper Crank Cover A (Pantone)	2
88B	Upper Crank Cover B (Pantone)	2
89	Wire Plug	1
90	Magnet	1
91	Spring 0.8x13	1
92	Sensor Magnet Ø15x7mm	1
94	Belt 330J4	1

No.	Description	Qty
95	Belt 855PK5	1
96	Washer 20.5x25x1mm	3
97A	U Shape Bracket Cover A	2
97B	U Shape Bracket Cover B	2
98	Motoer	1
99	DC Wire	1
100	Adaptor	1
101	Bottle Holder	1
102	Console	1
103	Bolt for Computer	4
104	Belt Wheel	1
105	Hex Bolt M8x12mm	3
106	C-ring Ø 20mm	2
107	Washer 19.5x25x0.5mm	1
108	U shape plate	1
109	Hexagon Socket Head Bolt M8x15mm	8
110	Hex Bolt M8x10mm	3
111	Wave Washer 21x27x0.3mm	1
112	Idle wheel fixture	1
113	Spring 2.6x18	1
114	Screw Side Cover	2
115	Nylon Locknut M6	1
116	Spring washer 10mm	1
117	Crank Cover	2
118	Metal Keeper	1
119	D-Washer 38x19.2x3mm	2
120	Inductor	1

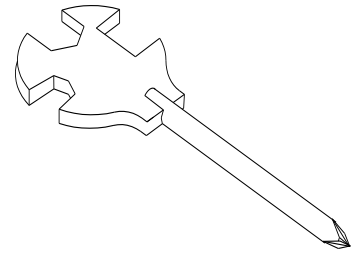
2338-Hardware Pack

<p>STEP 1</p>  <p>NO.34x2 NO.35x2 NO.36x2 NO.80x2</p>	<p>STEP 8</p>  <p>M6*45mm NO.43x4 NO.45x4 NO.46x4</p>	<p>STEP 9</p>  <p>NO.59x4</p>
<p>STEP 2</p>  <p>NO.34x2 NO.35x2 NO.36x2 NO.80x2</p>	<p>STEP 10</p>  <p>NO.71x2 NO.53x2 NO.70x2</p>	
<p>STEP 6</p>  <p>M8*45mm NO.38x4 NO.39x4 NO.40x4</p>	<p>STEP 11</p>  <p>M10*80mm NO.41x2 NO.42x4 NO.44x2</p>	
<p>STEP 7</p>  <p>NO.53x2 NO.114x2 NO.80x2 NO.18x2 NO.51x2 NO.119x2</p>		<p>STEP 12</p>  <p>NO.59x4</p>
<p>STEP 13</p>  <p>NO.59x2</p>		<p>Allen Wrench 1 PC</p>  <p>Multi Hex TOOL with phillips Screwdriver 1 PC</p>

ASSEMBLY



Tool:



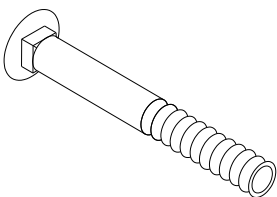
**Multi Hex Tool with Phillips
Screwdriver**

STEP 1

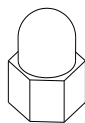
1a. Installing the Front Stabilizer –Lift up the front of the **Main Frame (1)**, and then align the holes of the **Front Stabilizer (2)** with the holes on the front curve of the **Main Frame (1)**. Insert Two **Carriage Bolts (34)** into the square shaped holes of the **Front Stabilizer (2)** until the threads reach all the way through to the other side. Attach two **Washers (36)**, two **Spring Washers (80)**, and two **Cap Nuts (35)** to the threaded side of two **Carriage Bolts (34)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (35)** until firm and secure.

Note: The wheels on the **Front Stabilizer (2)** should not be touching the floor when installed, the wheels should only touch the ground when the unit is tilted forward for transporting.

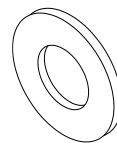
HARDWARE PACK



(34) Carriage Bolt 2
PCS



(35) Cap Nut M8
2 PCS

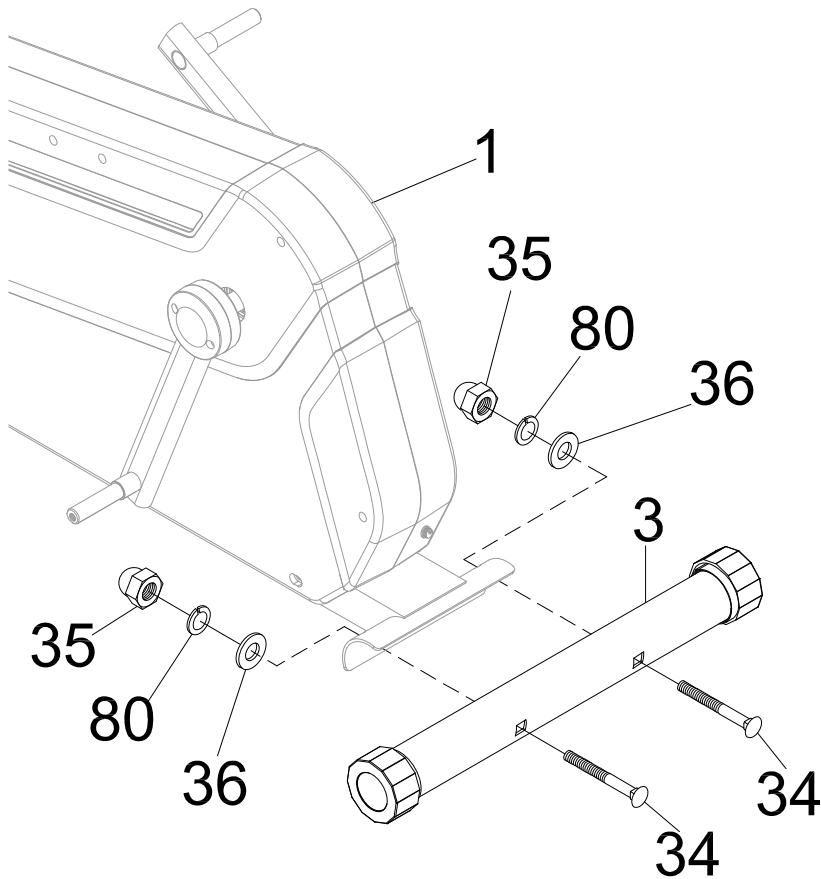


(36) Washer
2 PCS

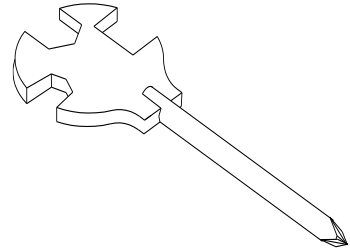


(80) Spring Washer
2 PCS

ASSEMBLY



Tool:

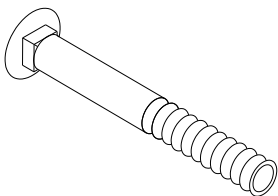


Multi Hex Tool with Phillips
Screwdriver

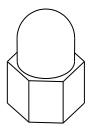
STEP 2

2a. Installing the Rear Stabilizer –Lift up the front of the **Main Frame (1)**, and then align the holes of the **Rear Stabilizer (3)** with the holes on the front curve of the **Main Frame (1)**. Insert Two **Carriage Bolts (34)** into the square shaped holes of the **Rear Stabilizer (3)** until the threads reach all the way through to the other side. Attach two **Washers (36)**, two **Spring Washers (80)**, and two **Cap Nuts (35)** to the threaded side of two **Carriage Bolts (34)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (35)** until firm and secure.

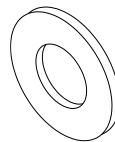
HARDWARE PACK



(34) Carriage Bolt 2
PCS



(35) Cap Nut M8
2 PCS

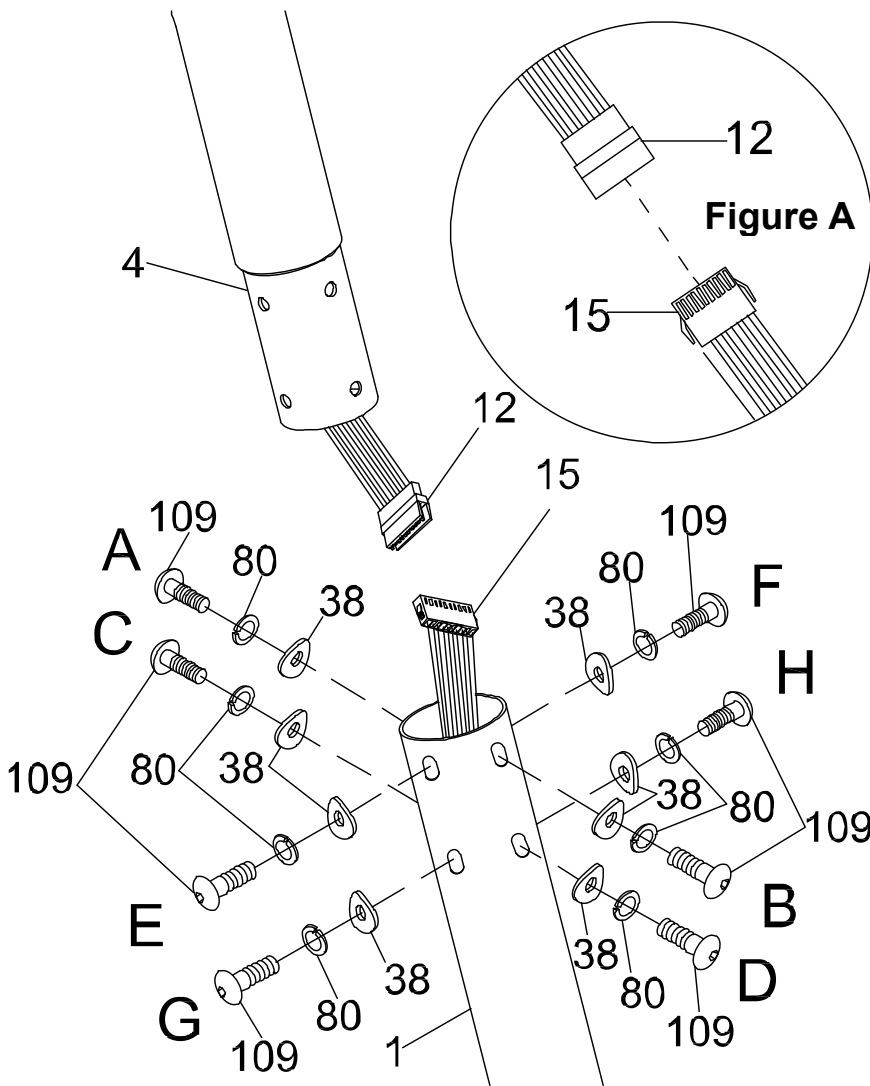


(36) Washer
2 PCS

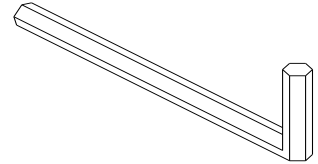


(80) Spring Washer
2 PCS

ASSEMBLY



Tool:



5 mm Allen Wrench

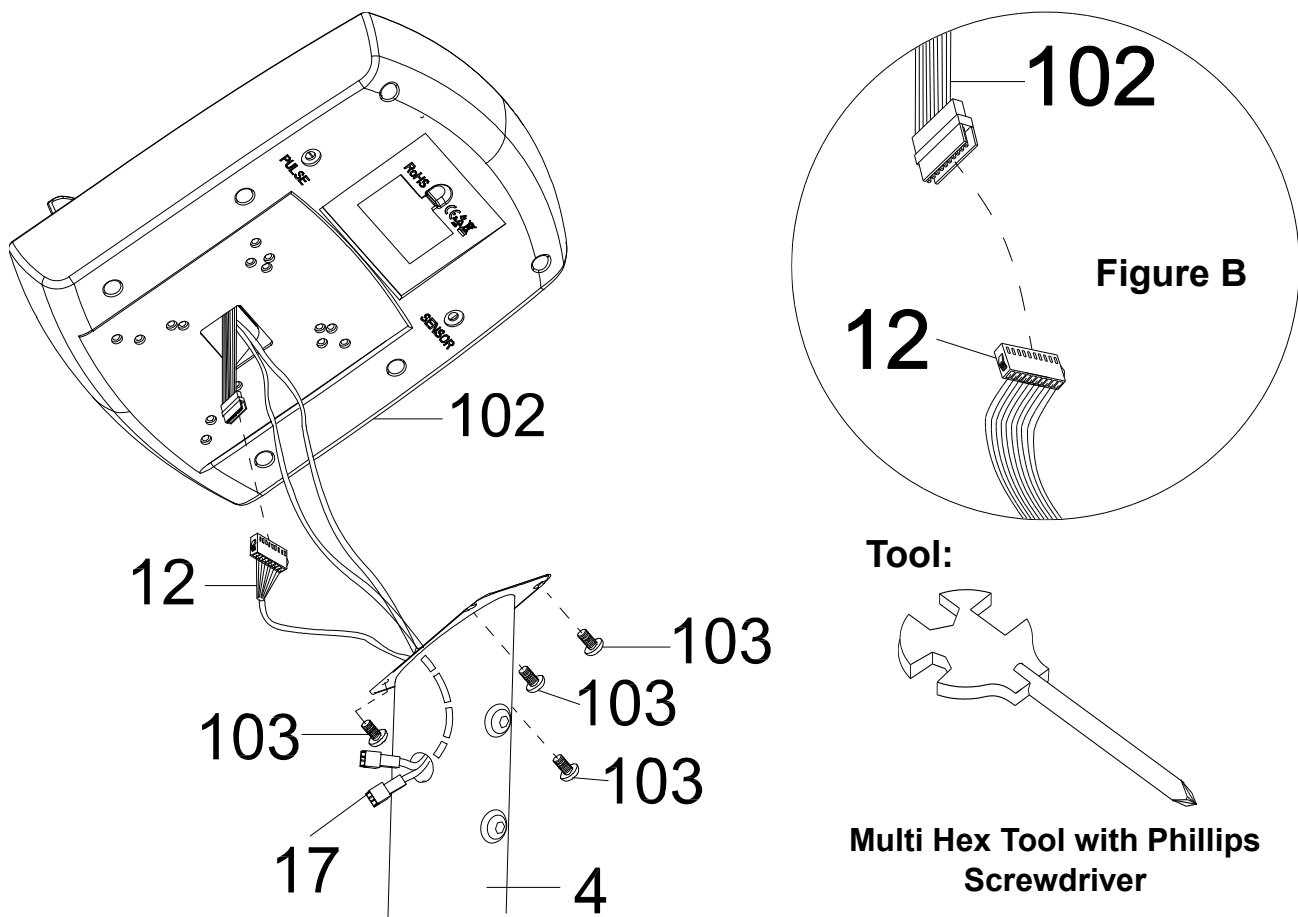
⚠ MUST TIGHTEN IN SEQUENCE: A,B,C,D,E,F,G,H.

STEP 3

3a. Removing The Hardware From The Front Post –Use the **5mm Allen Wrench** to remove the eight **Hexagon Socket Head Bolts (109)**, eight **Spring Washers (80)**, and eight **Curve Washers (38)** from the **Front Post (4)**.

3b. Connecting The Console Wires –Connect the **Console Wire (12)** from the **Front Post (4)** to the **Extension Sensor Wire (15)** coming out from the **Main Frame (1)** as shown in **Figure A**.

3c. Installing The Front Post –Guide the wires into the **Main Frame (1)** as you insert the **Front Post (4)** into the **Main Frame (1)**; make sure the wire are not pinched and stay connected. Place the **Front Post (4)** onto the **Main Frame (1)**. Reinstall the previously removed hardware: eight **Hexagon Socket Head Bolts (109)**, eight **Spring Washers (80)**, and eight **Curve Washers (38)** and securely tighten the bolts in sequence using the **5mm Allen Wrench** provided.



STEP 4

4a. Removing The Hardware From The Console—Use the **Multi Hex Tool with Phillips Screwdriver** to remove the four **Bolts (103)** from backside of the **Console (102)**.

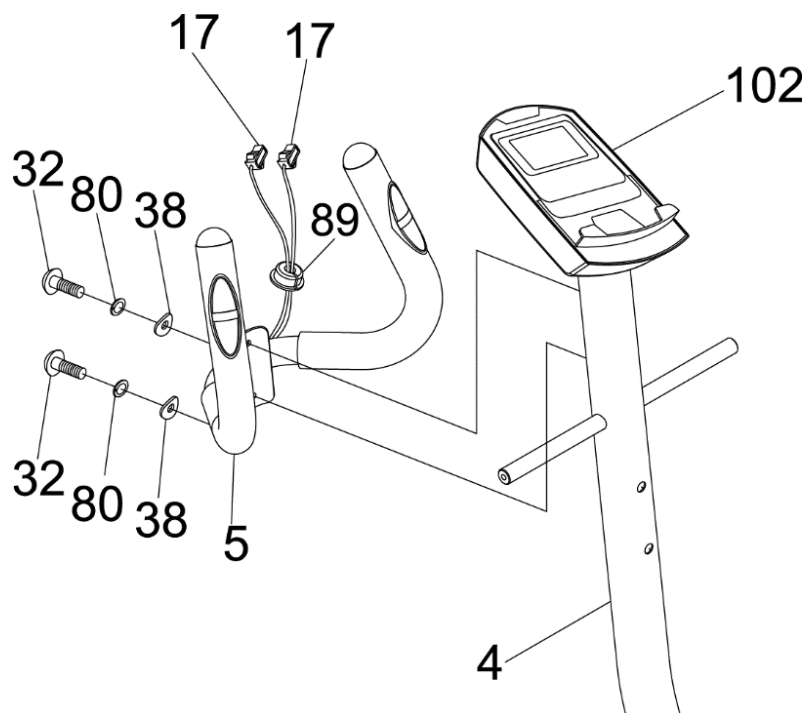
4b. Connecting The Console Wires – Connect the **Console Wire (12)** to the black 10 pin wire coming out from the back of the **Console (102)** as shown in **Figure B**.

4c. Installing The Console —Mount the **Console (102)** to the top of the **Front Post (4)**, while the carefully inserting the excess length of cables into the top plate of the **Front Post (4)**. Pull the extra length of the **Hand Pulse Sensor Wires (17)** out from the right side of the **Front Post (4)**.

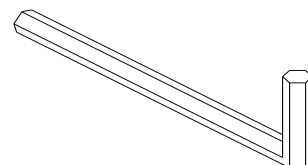
CAUTION: To prevent damage, ensure the wires are NOT folded or pinched during installation.

Attach the **Console (102)** onto the top of the **Front Post (4)** using the four **Bolts (103)** that were previously removed. Then tighten the **Bolts (103)** with the **Multi Hex Tool with Philips Screwdriver** provided.

ASSEMBLY



Tool:

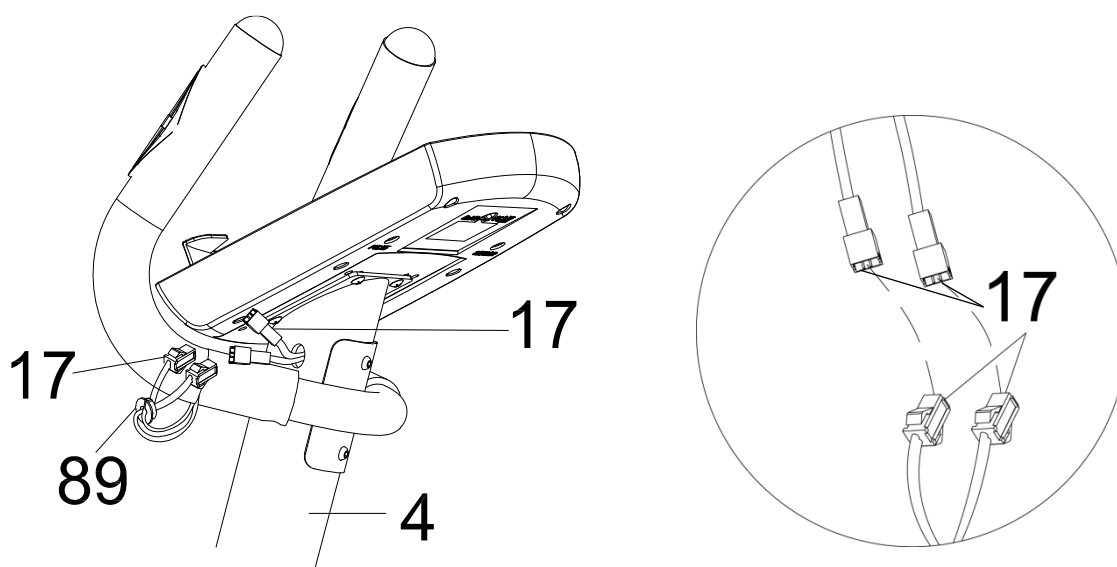


5 mm Allen Wrench

STEP 5

5a. Removing The Hardware From The Front Post – Use the **5mm Allen Wrench** to remove two **Hexagon Socket Head Bolts (32)**, two **Spring Washers (80)**, and two **Curve Washers (38)** from the **Front Post (4)**.

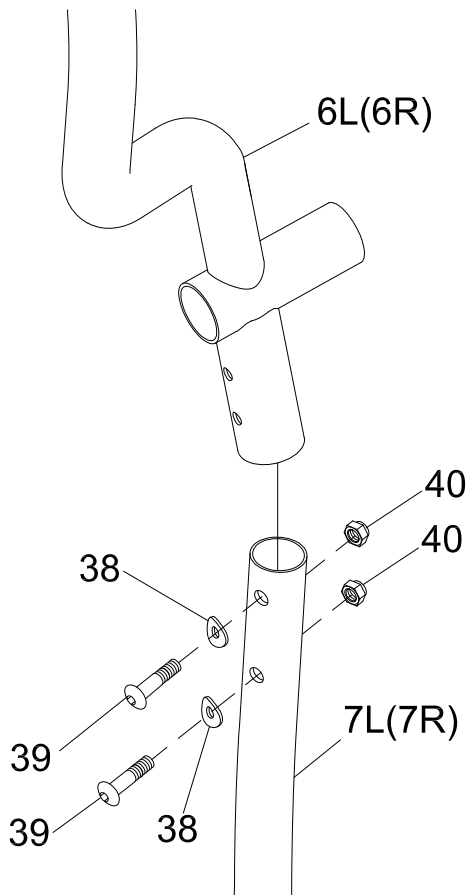
5b. Installing the Handlebar – Attach the **Handlebar (5)** to the **Front Post (4)** using the previously removed **Hexagon Socket Head Bolts (32)**, **Spring Washers (80)**, and **Curved Washers (38)**, tighten with the **5mm Allen Wrench** provided.



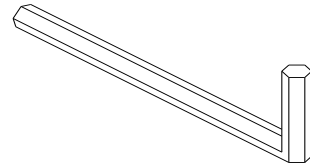
5c. Connecting The Hand Pulse Sensor Wire – Connect the two sets of **Hand Pulse Sensor Wires (17)** to each other as shown in **Fig. AA-3**.

5d. Slide the **Wire Plug (89)** over the **Hand Pulse Sensor Wires (17)** and carefully insert the excess **Hand Pulse Sensor Wires (17)** and **Wire Plug (89)** into the right side of the **Front Post (4)**.

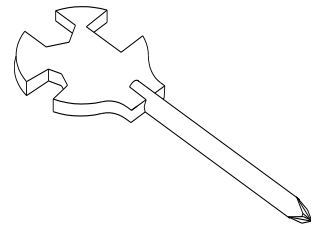
ASSEMBLY



Tool:



5 mm Allen Wrench



**Multi Hex Tool with Phillips
Screwdriver**

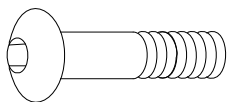
STEP 6

Note: The parts are marked with an “R” for right side and “L” for left side.

6a. Installing the Upper Handrails and Handrail Arms – Insert the **Left Handrail Arm (7L)** into **Upper Left Handrail (6L)**. Attach the two parts with two **Hexagon Socket Head Bolts (39)**, two **Curve Washers (38)** and two **Nylon Locknuts (40)**. Tighten the hardware using both the **5mm Allen Wrench** and the **Multi Hex Tool with Phillips Screwdriver**.

6b. Repeat the same Handrail assembly steps for the **RIGHT** side.

HARDWARE PACK



(39) Hexagon Socket
Head Bolt
4 PCS

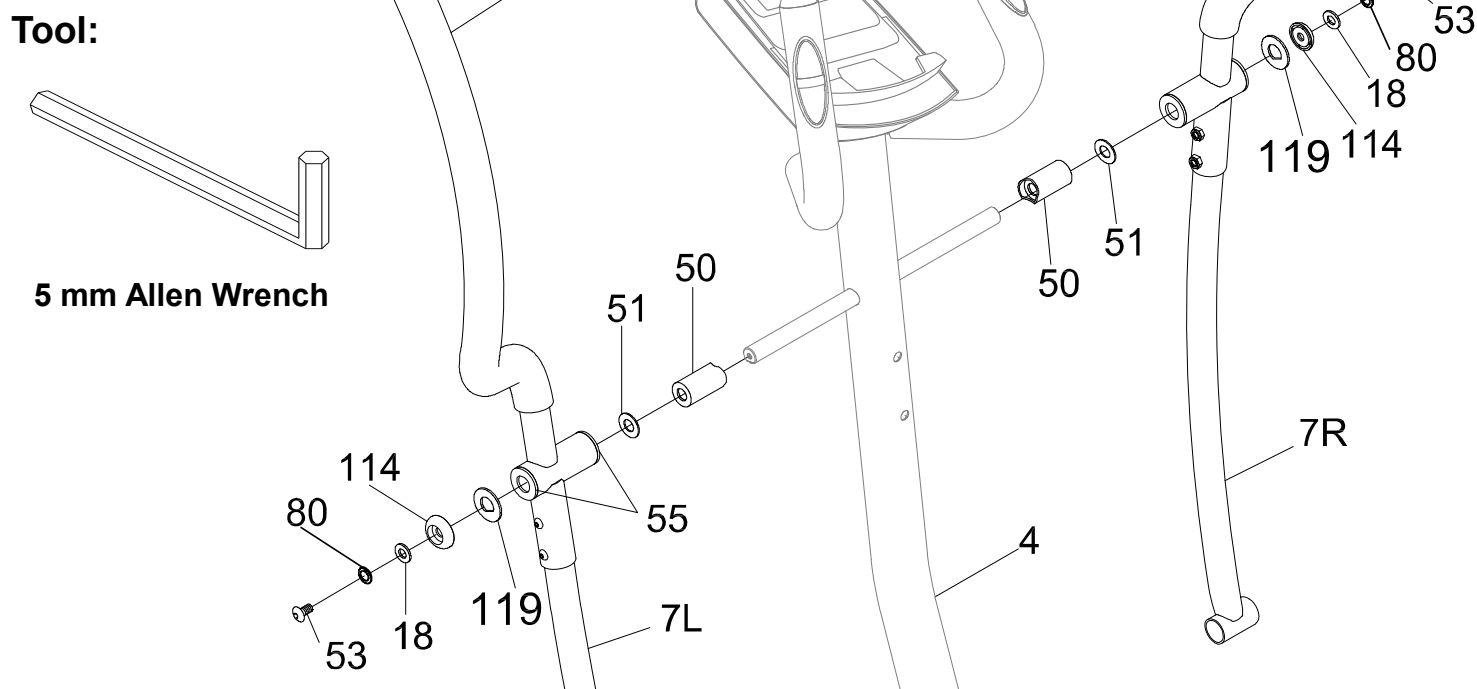


(40) Nylon Locknut
4 PCS



(38) Curve Washer
4 PCS

ASSEMBLY



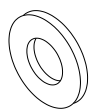
STEP 7

Note: The parts are marked with an “R” for right side and “L” for left side.

7a. Installing the Upper Handrails and Front Post – Install the **Plastic Bushings (50)** onto both sides of the posts on the **Front Post (4)**. Then insert a **Washer (51)** on each side. Insert the **Upper Left/Right Handrails (6L, 6R)** onto their corresponding sides on the **Front Post (4)**. Insert one **Hexagon Socket Head Bolt (53)**, one **Spring Washer (80)**, one **Washer (18)** and one **D Washer (119)** into the central axis of **Front Post (4)**. Tighten the hardware by using the **5mm Allen Wrench** until firm and secure.

Repeat the same assembly steps for installing the **Upper Right Handrail (6R)** onto the **Front Post (4)**.

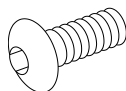
HARDWARE PACK



(18) Washer
2 PCS



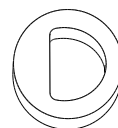
(51) Washer
2 PCS



(53) Hexagon Socket
Head Bolt
2 PCS

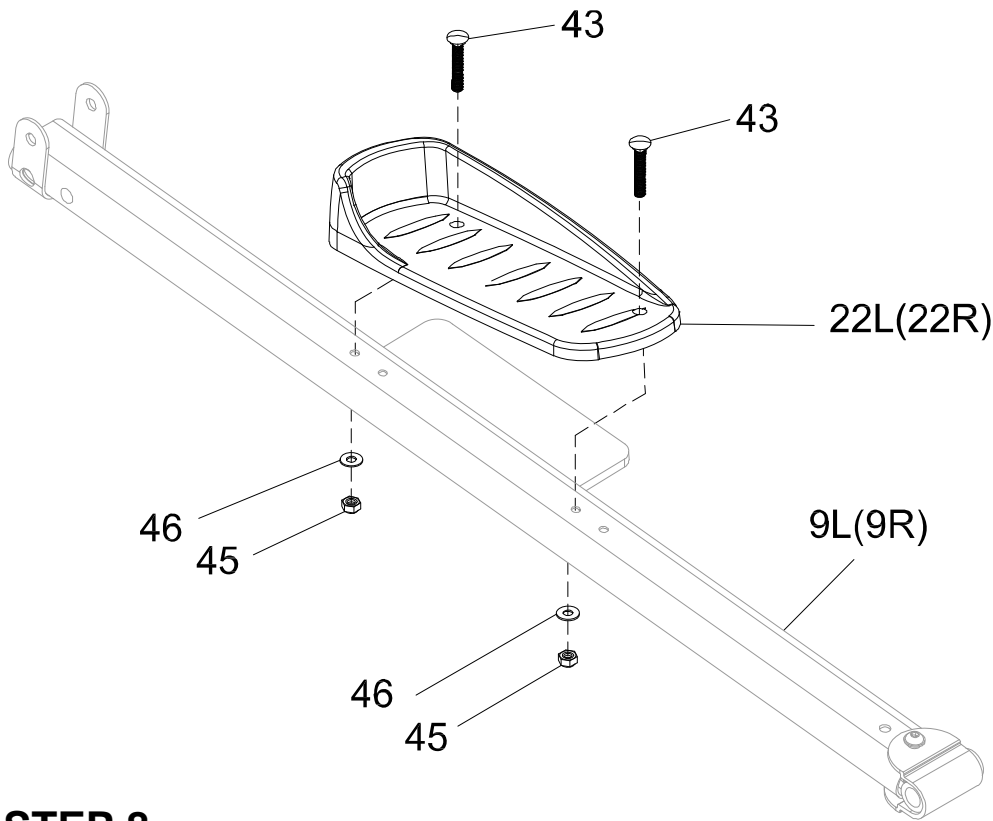


(80) Spring Washer
2 PCS

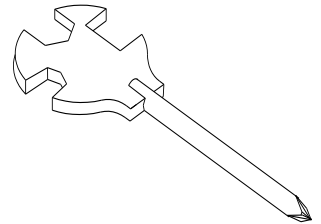


(119) D Washer
2 PCS

ASSEMBLY



Tool:



**Multi Hex Tool with Phillips
Screwdriver**

STEP 8

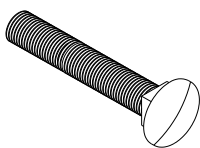
Note: The parts are marked with an “R” for right side and “L” for left side.

8a. Installing The Left Pedal – Install the **Left Pedal (22L)** onto the **Left Foot Bar (9L)** and align to the holes. Insert two **Carriage Bolts (43)** into the **Left Pedal (22L)**. Attach two **Washers (46)**, and two **Nylon Locknuts (45)** to the threaded side of the two **Carriage Bolts (43)**. Tighten the hardware with the **Multi Hex Tool with Phillips Screwdriver**.

8b. Installing The Right Foot Pedal Onto The Right Foot Bar: Repeat the same assembly steps to install the **Right Foot Pedal (22R)** onto the **Right Foot Bar (9R)**.

Note: There are four holes on the Left/Right Foot Bars (9L, 9R) which allow for two different Left/Right Foot Pedal (22L/22R) positions. Once the unit is completely assembled you can test which position suits you best. Both Left/Right Foot Pedals (22L/22R) should be installed in the same position on both sides.

HARDWARE PACK



(43) Carriage Bolt
4 PCS

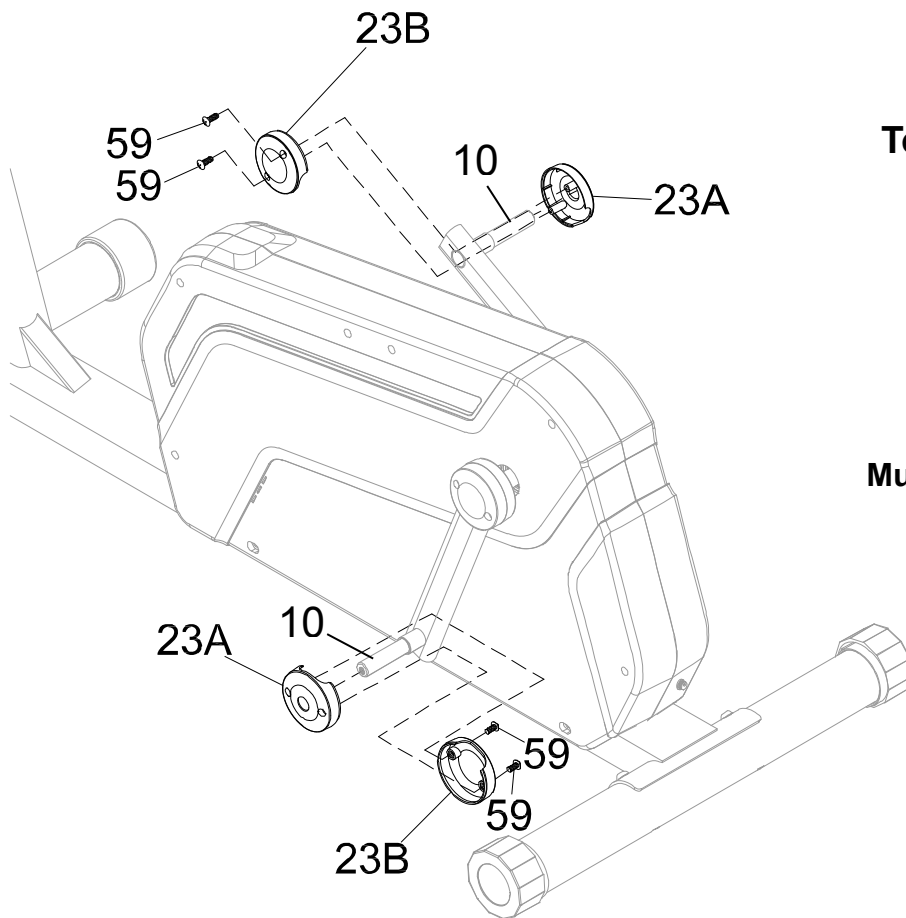


(45) Nylon Locknut
4 PCS

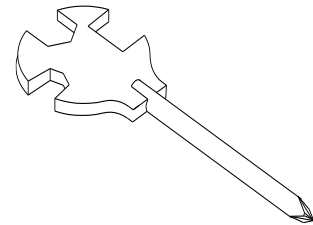


(46) Washer
4 PCS

ASSEMBLY



Tool:



**Multi Hex Tool with Phillips
Screwdriver**

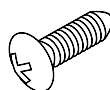
STEP 9

9a. Remove the plastic tape covering the **left Crank (10)** and Rotate the **Crank (10)** to its highest position.

9b. Installing the left side Upper Crank Cover A & B – Slide one **Pedal Cover A (23A)** all the way down the shaft of the **left side of Crank (10)**. Hold one **Pedal Cover B (23B)** onto the backside of the **left Crank (10)**. Attach the **Pedal Cover A (23A)** to **Pedal Cover B (23B)** with two **Round Head Self Tapping Screws (59)**. Then tighten the hardware with the **Multi Hex Tool with Phillips Screwdriver** provided.

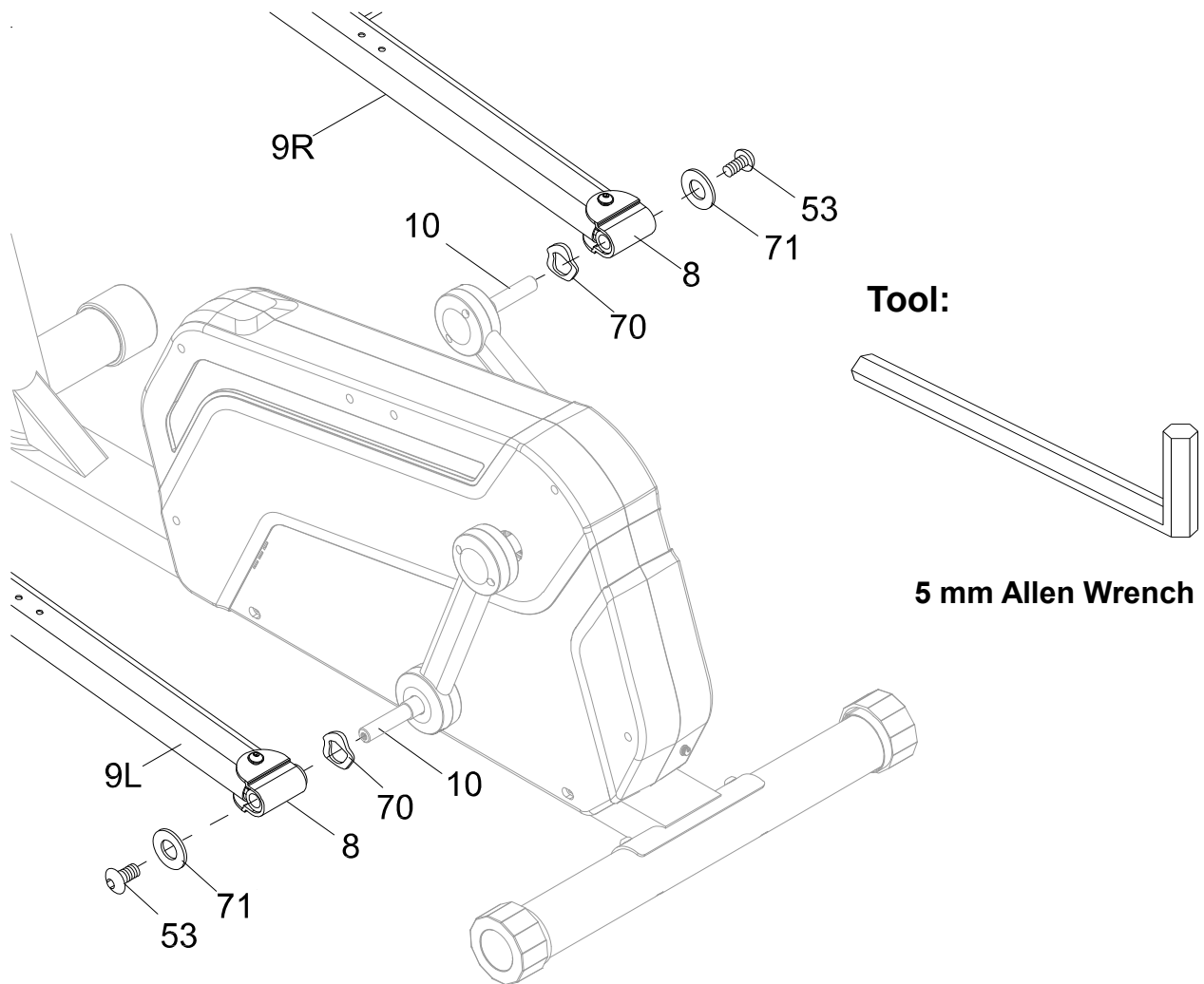
9c. Installing the right side Upper Crank Cover A & B – Repeat the same assembly step for the **right side of Crank (10)**.

HARDWARE PACK



(59) Round Head Self
Tapping Screw
4 PCS

ASSEMBLY



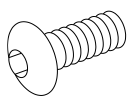
STEP 10

Note: The parts are marked with an “R” for right side and “L” for left side.

10a. Installing the left side Foot Bar – Slide the **U Shape Bracket (8)** all the way down the shaft of the **left side of Crank (10)**. Insert one **Hexagon Socket Head Bolt (53)**, one **Wave Washer (70)**, and one **Washer (71)**. Tighten the hardware by using the **5mm Allen Wrench** until firm and secure.

10b. Installing the right side Foot Bar – Repeat the same assemble steps for installing the **Right Foot Bar (9R)** onto the **right side of Crank (10)**.

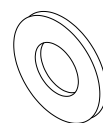
HARDWARE PACK



(53) Hexagon Socket
Head Bolt
2 PCS

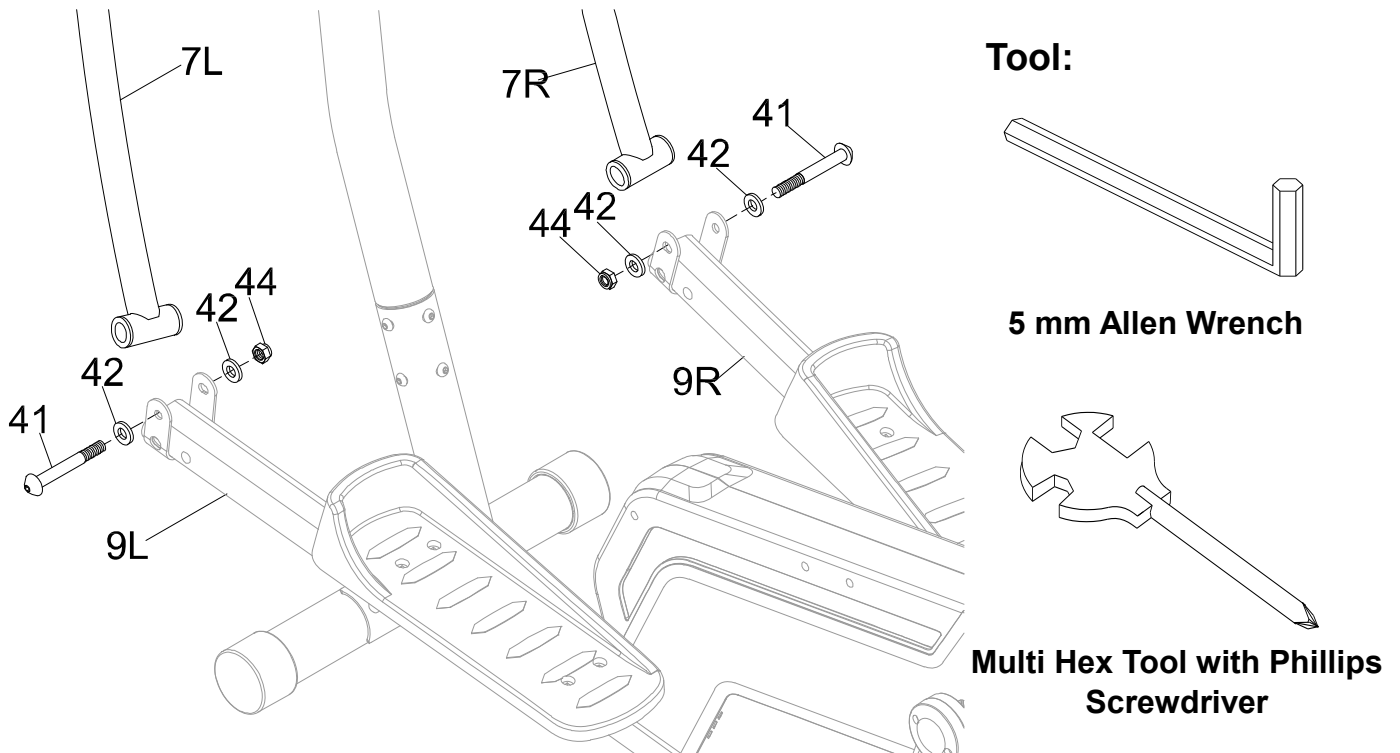


(70) Wave Washer
2 PCS



(71) Washer
2 PCS

ASSEMBLY



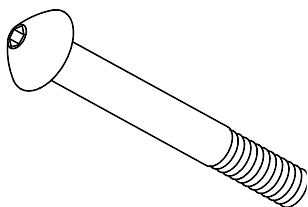
STEP 11

Note: The parts are marked with an “R” for right side and “L” for left side.

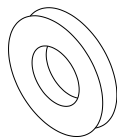
11A. Installing the Handrail Arms –Insert the **Left Handrail Arm (7L)** into the **U shaped Bracket (8)** at the front of the **Left Foot Bar (9L)**. Align the holes and insert one **Hexagon Socket Head Bolt (41)**, two **Washers (42)** and one **Nylon Locknut (44)**. Tighten the hardware together with both the **5mm Allen Wrench** and **Multi Hex Tool with Phillips Screwdriver** until firm and secure.

Repeat the same assemble steps for installing the **Right Handrail Arm (7R)** onto the **Right Foot Bar (9R)**

HARDWARE PACK



(41) Hexagon Socket
Head Bolt
2 PCS

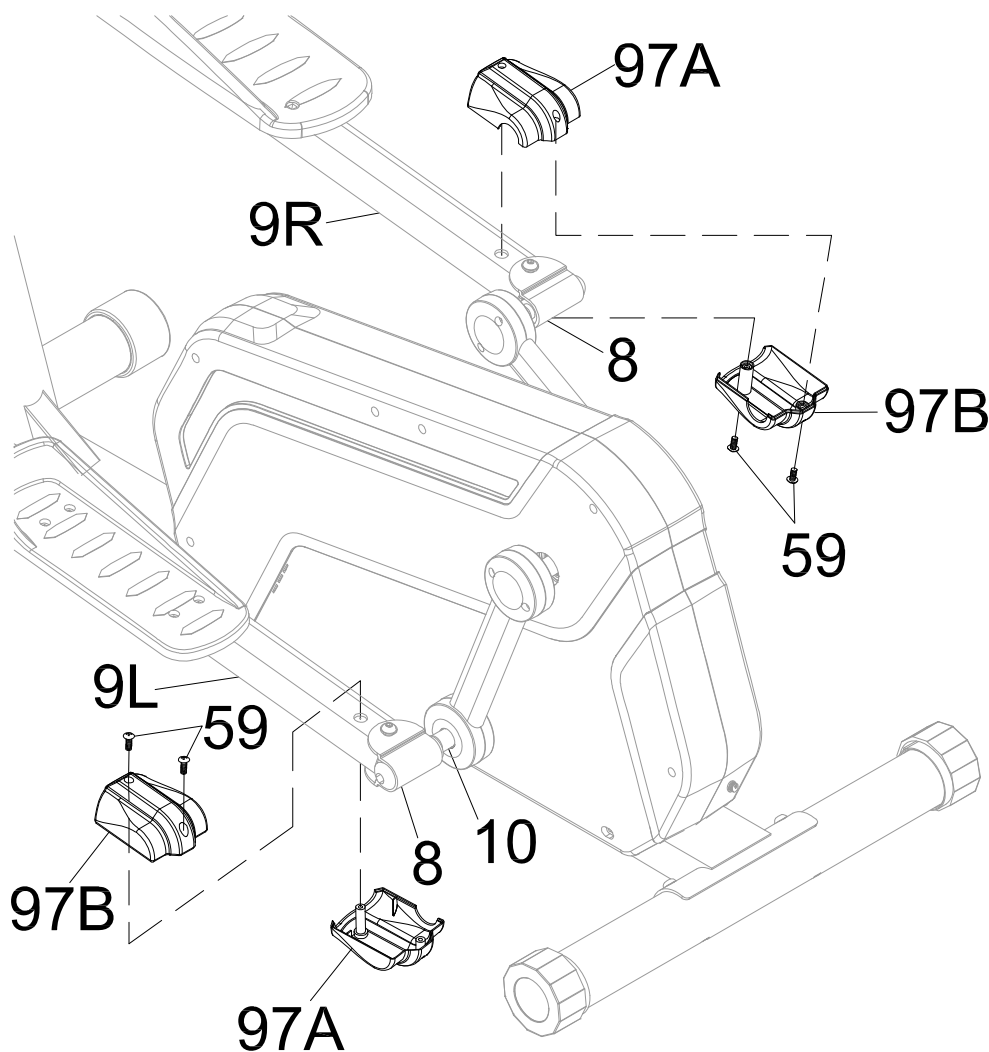


(42) Washer
4 PCS

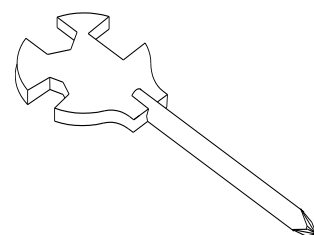


(44) Nylon Locknut
2 PCS

ASSEMBLY



Tool:



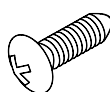
Multi Hex Tool with
Phillips Screwdriver

STEP 12

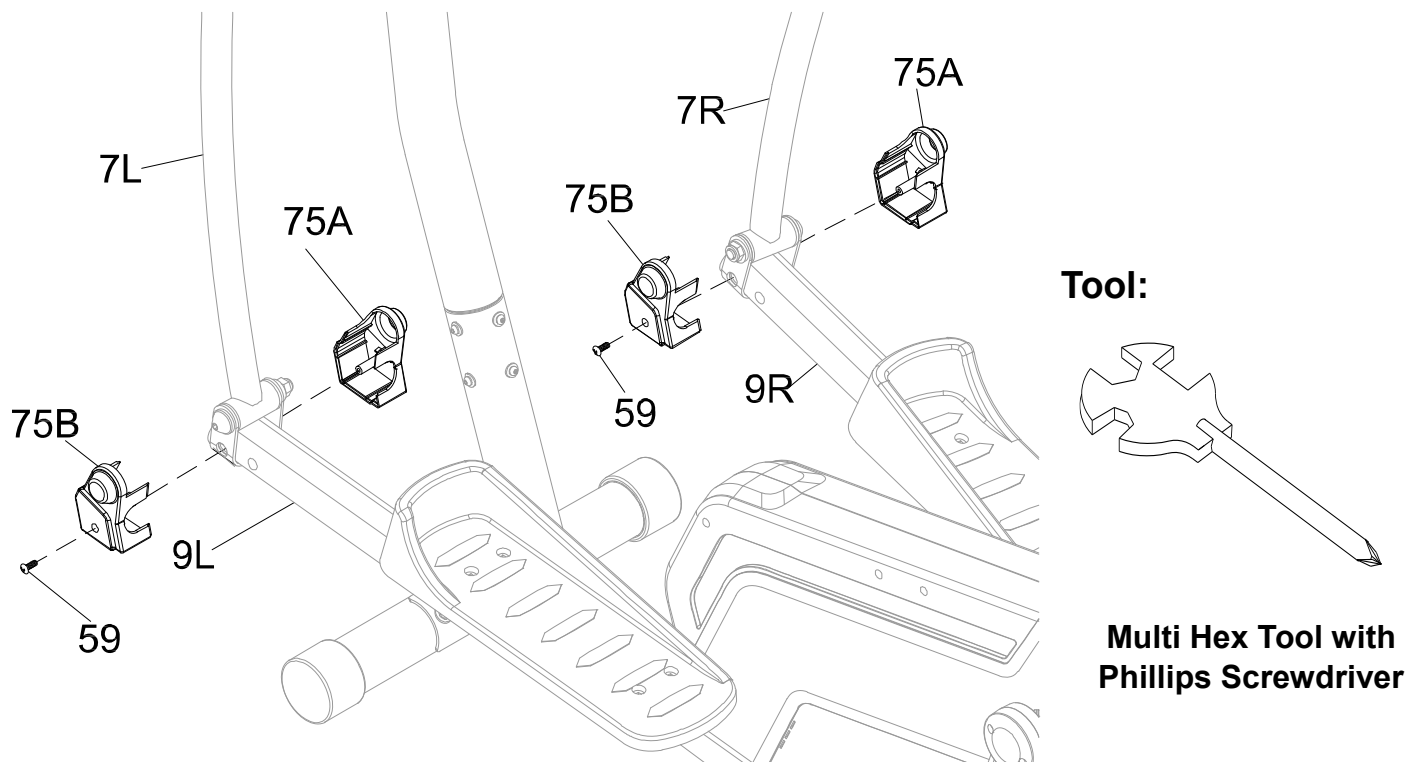
12a. Installing the U Shape Bracket Covers –Turn the **U Shaped Bracket Covers A/B (97A,97B)** so that the cut outs on the side are facing the **Crank (10)**. Insert the posts of the **U Shape Bracket Covers A/B (97A,97B)** into the holes at the rear of the **Left/Right Foot Bars (9L,9R)** and enclose the **U Shape Brackets (8)**. Attach the **U Shaped Bracket Covers A/B (97A,97B)** around the **U Shaped Bracket (8)** with four **Round Head Self Tapping Screws (59)**. Tighten the hardware with the **Multi Hex Tool with Phillips Screwdriver** until firm and secure.

Note: The screws will insert from above on the left side, and the screws on the right side will insert from below.

HARDWARE PACK



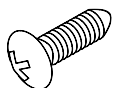
(59) Round Head Self
Tapping Screw
4 PCS



STEP 13

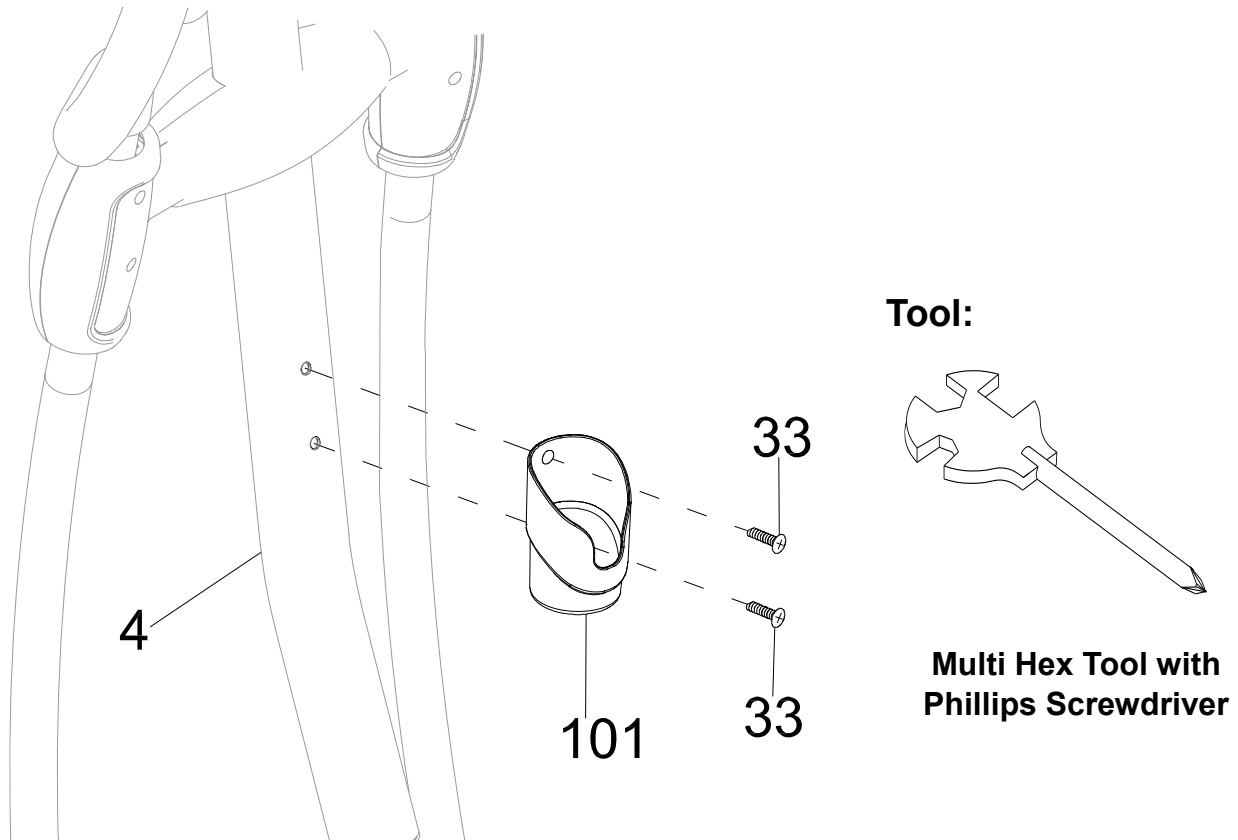
13a. Installing the Foot Bar Covers A & B – Insert the posts of the **Foot Bar Covers A / B (75A, 75B)** into the holes at the front of the **Left/Right Foot Bars (9L, 9R)**. Enclose the bracket of the **Left/Right Foot Bars (9L, 9R)** with the **Foot Bar Covers A/B (75A, 75B)**. Attach the **Foot Bar Covers A/B (75A, 75B)** around the bracket of the **Left/Right Foot Bars (9L, 9R)**. Make sure the side with cut-outs on the **Foot Bar Covers A / B (75A, 75B)** are facing the **Left/Right Foot Bars (9L, 9R)**. Tighten the two halves of the **Covers A/B (75A, 75B)** together with two **Round Head Self Tapping Screws (59)** by using the **Multi Hex Tool with Phillips Screwdriver** until firm and secure.

HARDWARE PACK



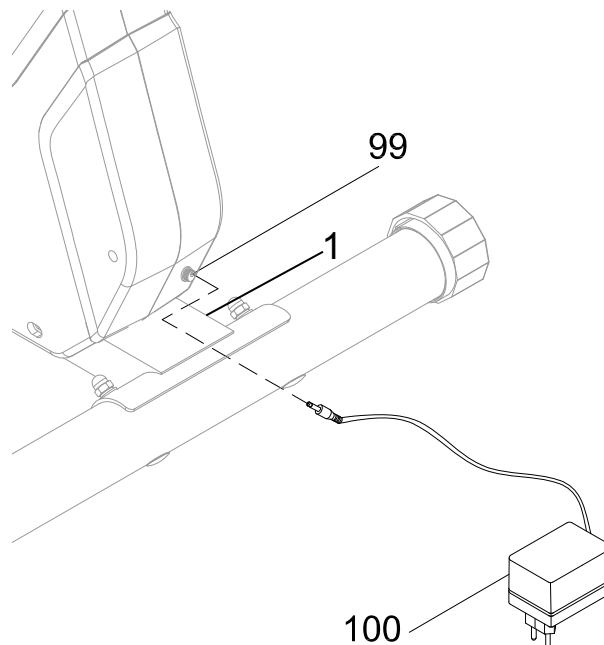
(59) Round Head Self
Tapping Screw
2 PCS

ASSEMBLY



STEP 15

15a. Installing the Bottle Holder – Remove the two **Pan Head Screws (33)** on the **Front Post (4)**. Attach the **Bottle Holder (101)** onto the **Front Post (4)**. Tighten the **Bolts (33)** by using the **Multi Hex Tool with Phillips Screwdriver** until firm and secure.



STEP 16

16a. Plugging In The Machine – Connect the **Adaptor (100)** to the **Power Jack (99)** on the rear of the **Main Frame (1)**.

Console Buttons:

START/STOP BUTTON:

1. Starts and Pauses a workout.
2. Holding the button for 3 seconds will reset the console for a new workout.

DOWN BUTTON:

1. Press to decrease the value of the selected workout parameter: TIME, DISTANCE, CALORIES.
2. Pressing during a workout will decrease the resistance load.

UP BUTTON:

1. Press to Increase the value of the selected workout parameter: TIME, DISTANCE, CALORIES.
2. Pressing during a workout will increase the resistance load.

ENTER BUTTON:

1. Press to select the Goal option (TIME, DISTANCE, CALORIES) prior to starting a workout.

RECOVERY BUTTON:

1. Press to enter into Recovery function when Console has the heart rate value.
 - a. The Recovery Scale is a range of F1 – F6, F1 signifies great fitness, and F6 signifies poor fitness.

MODE BUTTON:

1. Press to switch displayed workout values RPM to SPEED, ODO to DIST, and WATT to Calories during workout resistance during exercise.

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

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



PROGRAMS:

Profile Program:

The console has 21 Preset Program options to choose from to help challenge you and meet your fitness goals. See the diagram below.

How to quick start a Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. To start an immediate workout press the START button once you have selected the desired program profile. Control the resistance level by pressing the UP or DOWN arrow buttons.

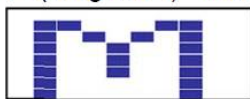
The console can be set to count down a Workout Goal based on TIME, DISTANCE, and CALORIES.

How to set a Workout Goal Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. Pressing the ENTER button will cause one of the work parameters to flash, those parameters are: TIME, DISTANCE, or CALORIES. To choose among the parameters press the ENTER button until the parameter you wish to change is flashing. When the parameter you want is flashing, you can assign a value from which the console will count down by using the UP or DOWN buttons. Press the START button to initiate your workout. When a goal is achieved the console will sound an alarm and stop the workout.

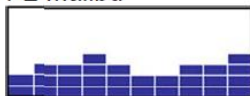
Note: Multiple Workout Goals can be set. When one of the parameter reaches zero the console will stop your workout. To continue your workout and reach the other Workout Goals you have set, press the START button twice in order to resume.

Program Profiles:

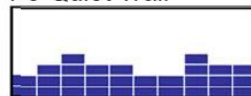
P1(Program 1) Manual



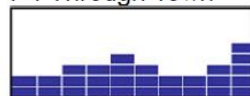
P2 Malibu



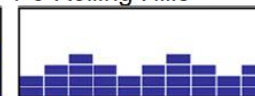
P3 Quiet Trail



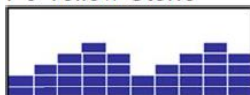
P4 Through Town



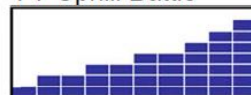
P5 Rolling Hills



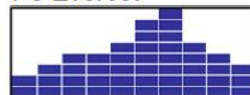
P6 Yellow Stone



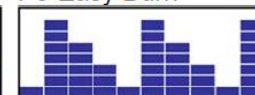
P7 Uphill Battle



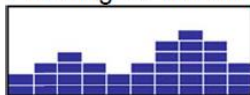
P8 Everest



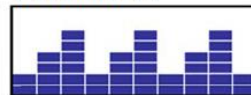
P9 Easy Burn



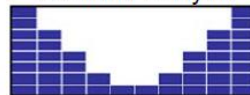
P10 King Of The Hill



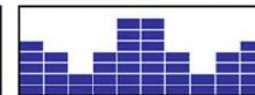
P11 Hurdles



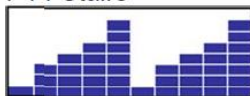
P12 Grand Canyon



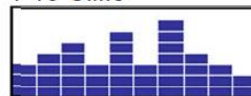
P13 Waves



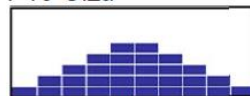
P14 Stairs



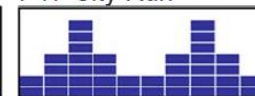
P15 Cliffs



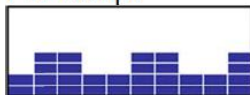
P16 Giza



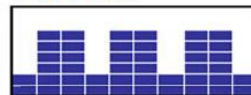
P17 City Run



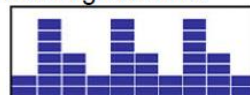
P18 Bumps



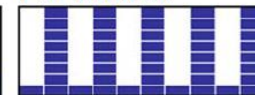
P19 Pulse



P20 High Hurdles



P21 Ironman

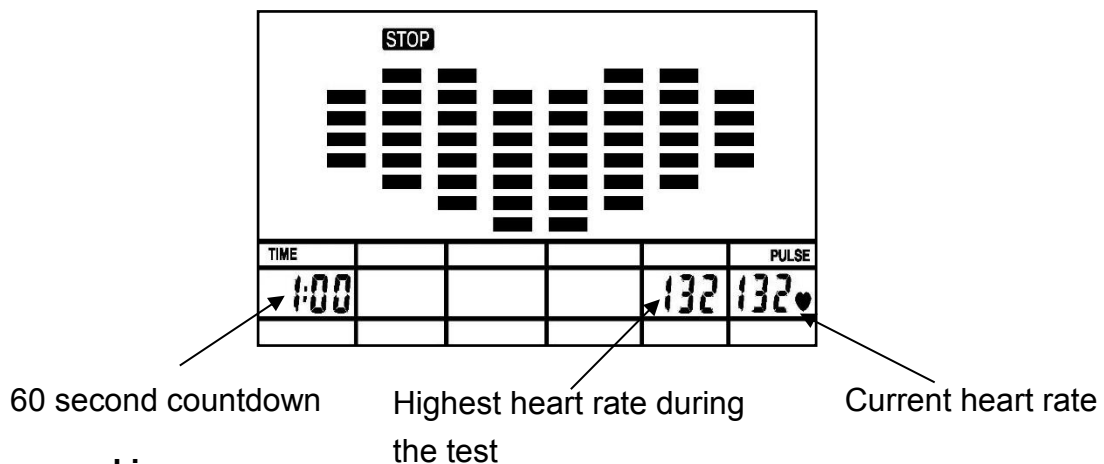


Recovery Program:

The Recovery Program gives you feedback about the rate at which your heart recovers after a workout. The recovery rating is a value in which your personal fitness can be judged. Your recovery rating is calculated by evaluating how large the difference is between your peak heart rate at the end of a workout and your heart rate after 60 seconds of resting.

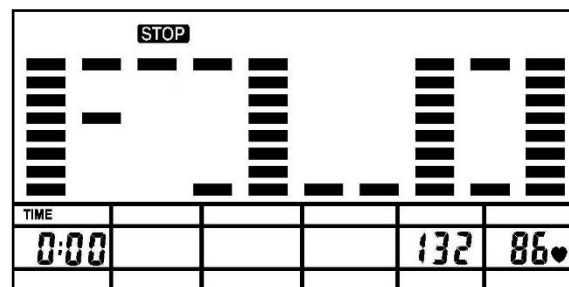
How it works: The larger the difference between your peak heart rate and your resting heart rate after 60 seconds, the better your recovery rating. A fit person's heart rate will decrease faster and be scored closer to F1.

How to activate Recovery Program: After your workout stop pedaling and hold the heart rate sensors so the console detects a pulse. Push the RECOVERY button. A large heart will be displayed on the screen, along with your highest heart rate during the test, your current heart rate, and the time remaining for the test. The test will last 60 seconds, hold the heart rate sensors for the entire duration. Once the test is complete, the console will beep 3 times, and display your score. The two heart rate values (your highest heart rate and your heart rate at the end of the test) will continue to be displayed on the lower right corner.



The fitness ranking

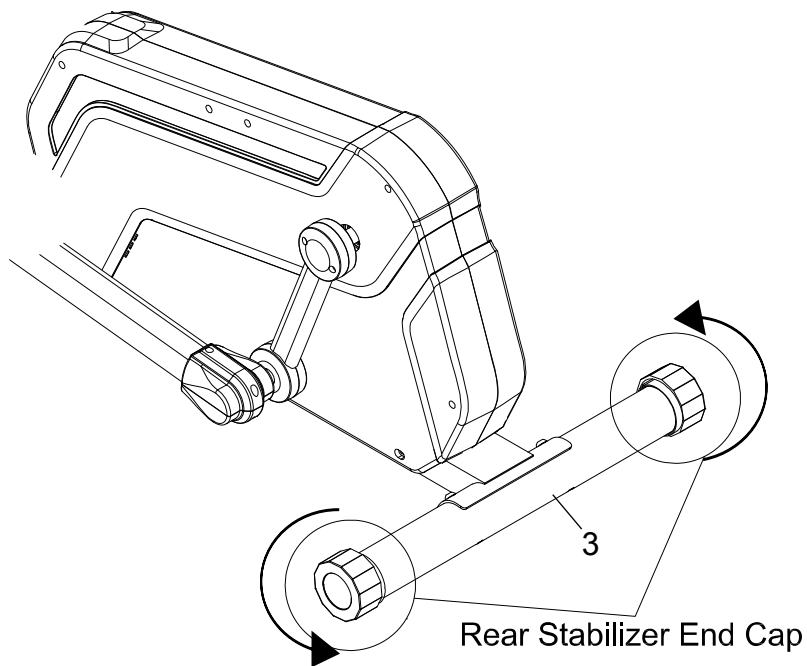
- F1 – excellent fitness
- F2 – good fitness
- F3 – satisfactory fitness
- F4 – minimal fitness
- F5 – fitness needs improvement
- F6 – fitness needs major improvement



Score screen: F1.0

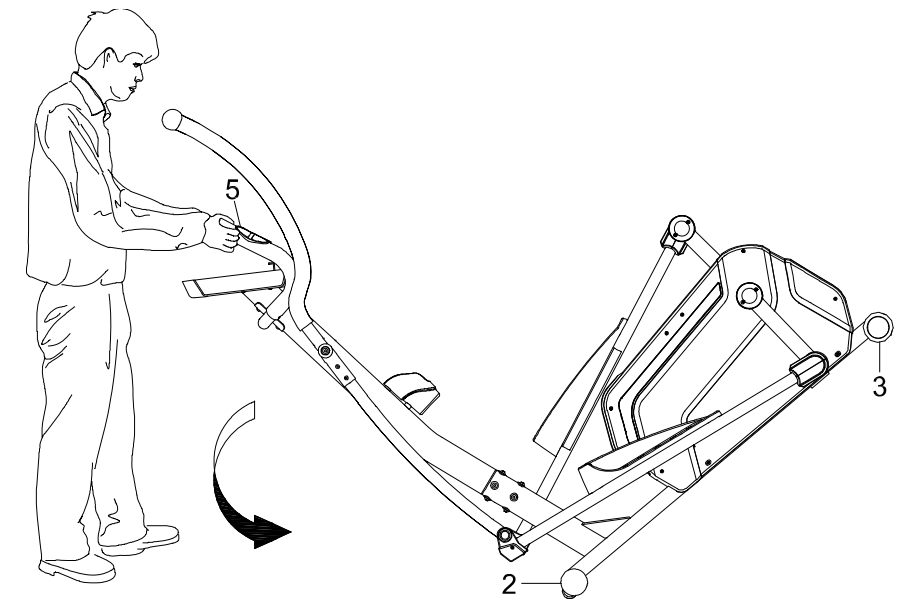
Note: These ranking are for very basic fitness tracking, for more accurate health information consult with your personal care physician.

ADJUSTMENTS



Adjusting the Rear Stabilizer End Cap

Turn the Rear Stabilizer End Caps on the **Rear Stabilizer (3)** as needed to level the elliptical.



Transporting the Elliptical

Hold the **Handlebar (5)** and pull the machine until the wheels on the **Front Stabilizer (2)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (3)** to the ground.

TROUBLE SHOOTING

PROBLEM: The elliptical wobbles when in use.

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

PROBLEM: There is no display on the console.

SOLUTION: Remove the console and verify the wires that come from the console are properly connected to the wires that come from the front post.

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

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

SOLUTION: To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of just with one hand.

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

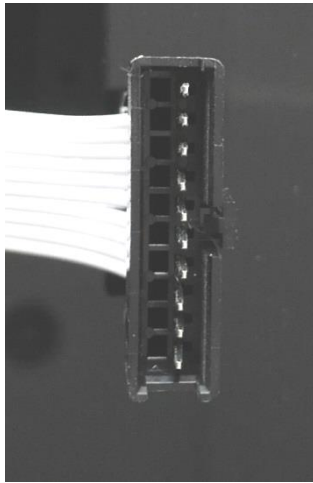
PROBLEM: The elliptical makes a squeaking noise when in use.

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

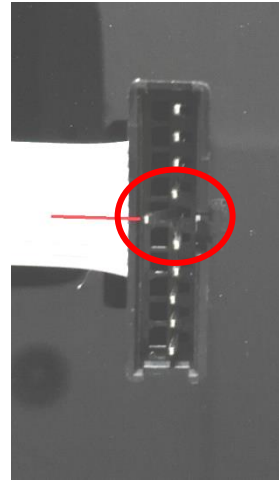
Problem	Potential Cause	Correction
E1	1. The motor does not activate	1) Motor Problems Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then contact customer service.

Problem	Potential Cause	Correction
E2	1. There is something wrong with cables.	Check if the cables are damaged
	2. There is something wrong with console.	Change the console. contact customer service
	3. There is something wrong with motor.	Change the motor. contact customer service

Correct



Incorrect



*Before connecting any cables, please make sure the metal prongs of the cable are not damaged.

MAINTENANCE

Cleaning

The unit can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Wipe your sweat off the unit after each use. Be careful not to get excessive moisture on the console display panel, as this might cause an electrical hazard or cause the electronics to fail. Keep the unit and the console out of direct sunlight to prevent screen damage or premature wear. Inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

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

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 For Home Use Only**

All Other Components **90 days For Home Use Only**

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, or accumulate dirt or stains; or
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

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