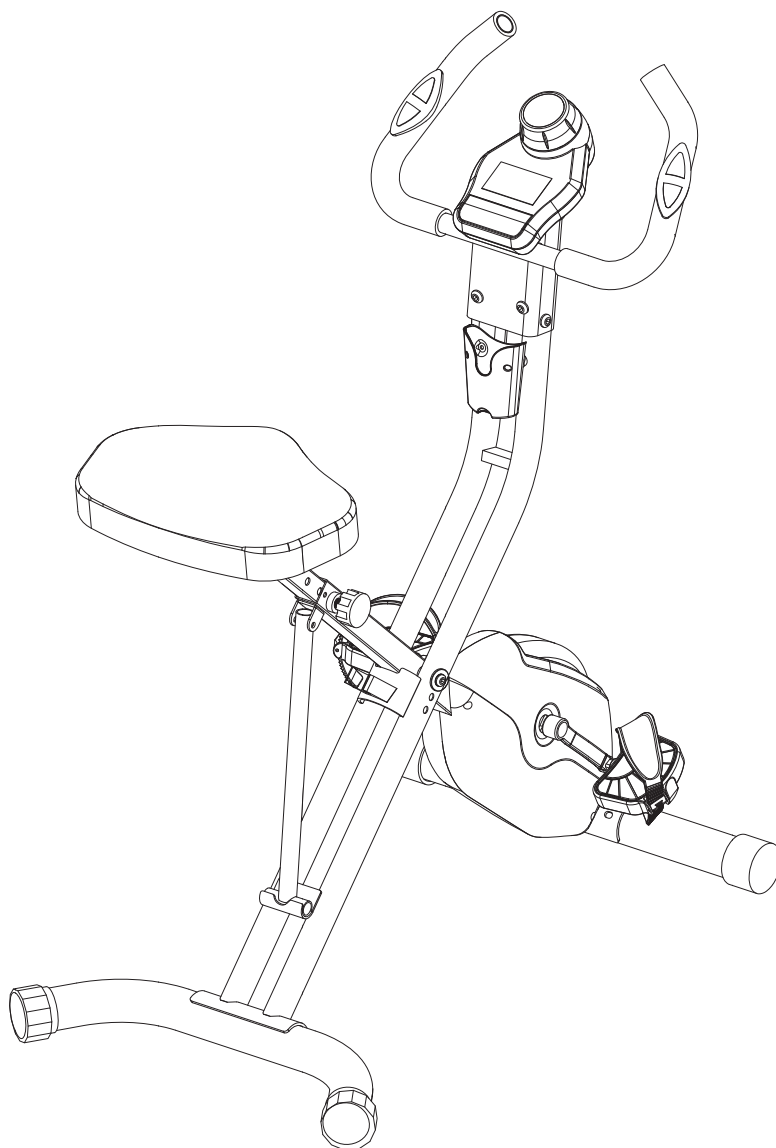


Folding Upright Bike with Pulse



IMPORTANT:

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

TABLE OF CONTENTS

SERVICE	2
LABEL PLACEMENT	3
PRODUCT SAFETY	4
OVERVIEW DRAWING	5
PART LIST	6
HARDWARE LIST & TOOLS	8
ASSEMBLY	9
COMPUTER	13
STORAGE	14
ADJUSTMENTS	15
TRANSPORTING THE BIKE	17
MAINTENANCE & TROUBLESHOOTING	18
WARRANTY	20
PARTS REQUEST FORM	21

SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective products, questions, replacement parts or any other service support, please contact our customer service department (Open 8:00 AM - 5:00 PM Pacific Standard Time, Daily) by the below methods:

For Best Service, please Email:

Service@paradigmhw.com *

Response Time: 1-2 Business Days

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7921

Response time may vary.

Please have the following information ready when requesting service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

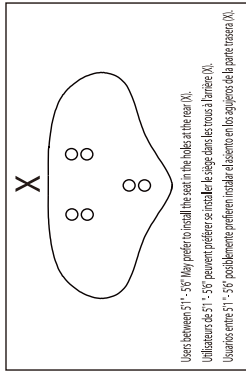
For damaged or defective products please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

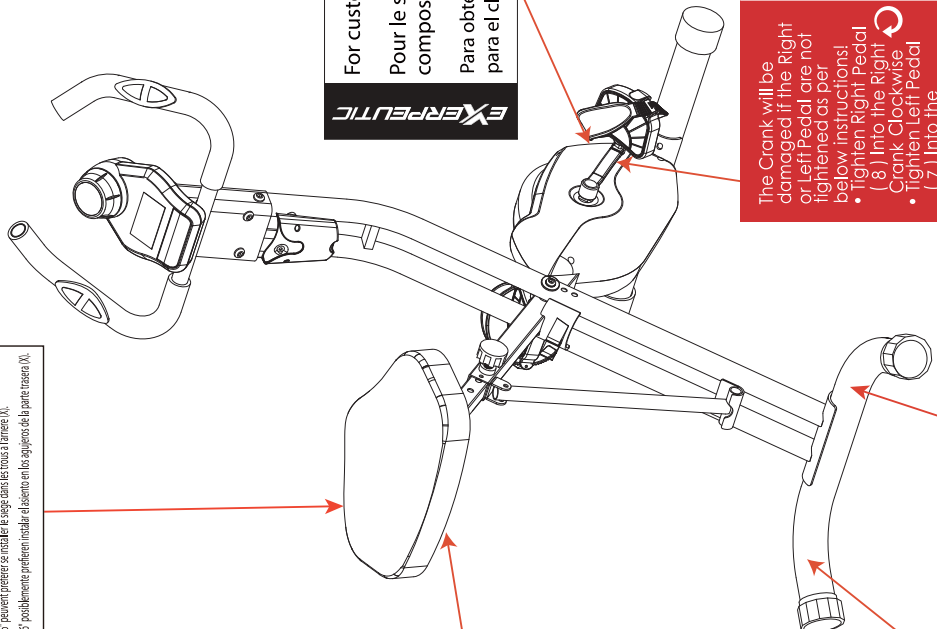
City of Industry, CA 91748 USA

LABEL PLACEMENT



<p>UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER</p> <p>ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD, 100%</p> <p>REGISTRY NO. VA25302 (CN)</p> <p>Certification is made by the manufacturer that the materials used in this product are in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA</p>	<p>NOTICE</p> <p>This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.</p>
<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme diennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>	<p>AVISO</p> <p>Este artículo no cumple con las normas de inflamabilidad del boletín técnico 117 de la Oficina de Mobiliario para el Hogar de California. Cuidé que el producto no esté cerca de las llamas o de cigarrillos encendidos.</p> <p>SE SANCIONARÁ LEGALMENTE A QUIENES QUITEN ESTA ETIQUETA. CONSUMIDOR PODRÁ QUITARLA.</p> <p>MATERIAL COMPLETAMENTE HECHO DE ESPUMA DE POLIURETANO. 100% LLENADO DE ESPUMA DE POLIURETANO.</p> <p>NO. DE REG. VA25302 (CN)</p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA</p>

Maximum weight capacity is 400 bs.
Le poids maximum pout ce produit est 181 kgs.
La capacidad de peso máxima es 181 kg.



For customer assistance, daily:
Pour le service à la clientèle composer le, tous les jours:
Para obtener asistencia diaria para el cliente, llame al:

1-844-641-7921
8 am - 5 pm PST

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

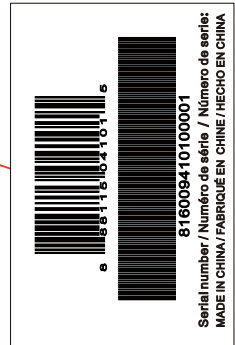
- Tighten Right Pedal (8) Into the Right Crank Clockwise
- Tighten Left Pedal (7) Into the Left Crank Counter Clockwise

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

- Serrez le pédale droit (8) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (7) dans la manivelle gauche dans le sens antihoraire

¡Se dañará el cigüeñal en caso de que no se aprieten el pedal derecho y el izquierdo según las siguientes instrucciones!

- Apriete el Pedal derecho (8) en el cigüeñal derecho, hacia la derecha.
- Apriete el Pedal izquierdo (7) en el cigüeñal izquierdo, hacia la izquierda.



PRODUCT SAFETY

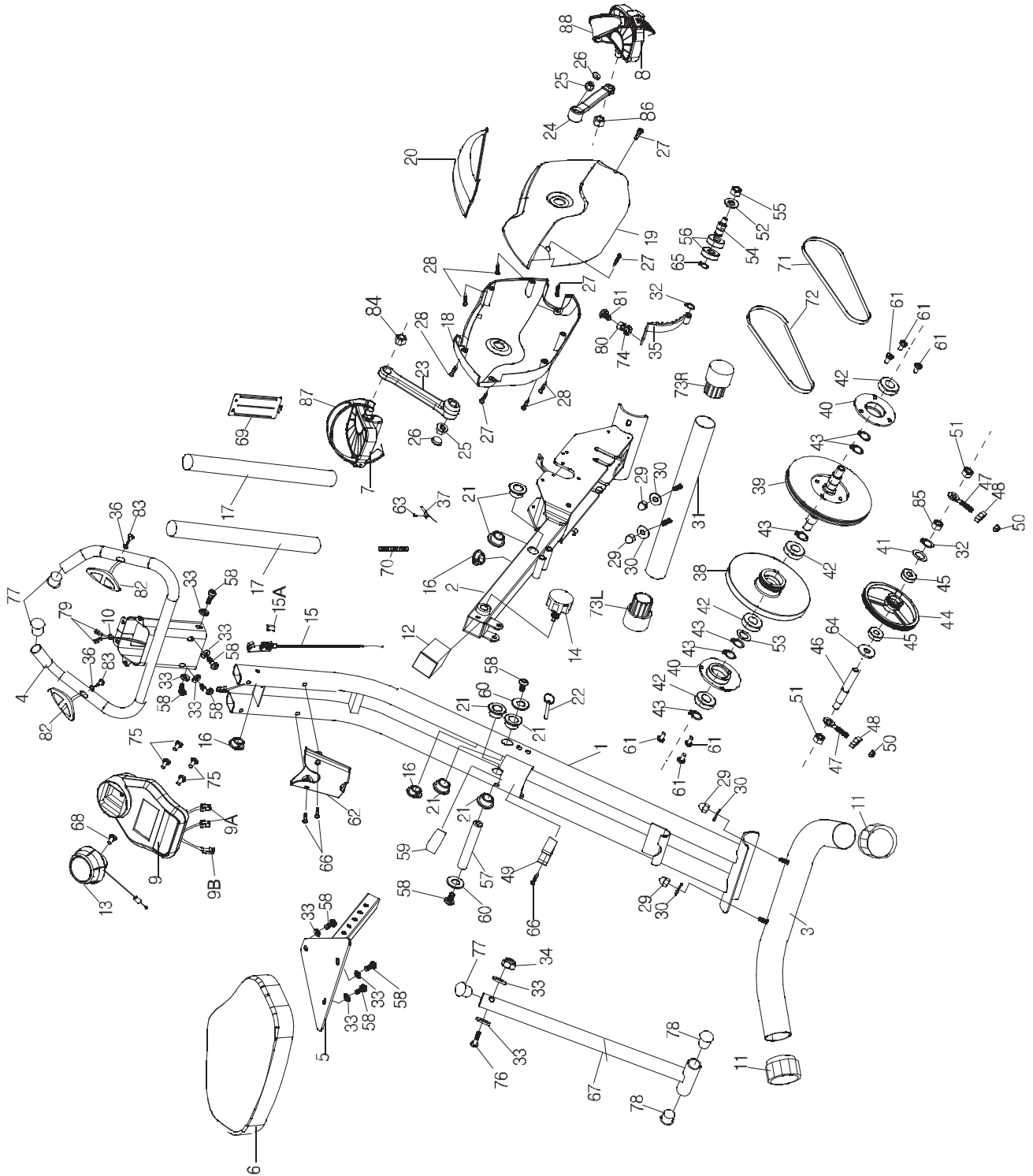
Basic precautions should always be followed when using this equipment. Read all instructions before using this equipment which include the following safety instructions:

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising, and in order to avoid injuring your muscles, it is recommended that you perform warm-up exercises for every muscle group.
3. Please make sure all the components are not damaged and tightened well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear loose clothes that might get caught by any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult customer service.
6. Do not use or leave the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. This product requires a minimum of 6 square feet of space for safe operation.
10. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
11. **DO NOT** pedal in reverse.
12. **The maximum weight capacity for this product is 400 lbs/181 kgs.**

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

OVERVIEW DRAWING



PART LIST

No.	Description	Q'ty
001	Front Frame	1
002	Rear Frame	1
003	Rear Stabilizer	1
004	Handlebar	1
005	Seat Post	1
006	Seat Cushion	1
007	Left Pedal	1
008	Right Pedal	1
009	Computer	1
09A	Hand Pulse Sensor	2
09B	Computer Wire	1
010	Wire Plug	1
011	Rear Stabilizer End Cap	2
012	Seat Post Bushing	1
013	Tension Control Knob	1
014	Seat Height Adjustment Knob	1
015	Tension Cable	1
015A	Clip	1
016	Oval Wire Plug	3
017	Handlebar Foam Grip	2
018	Left Cover	1
019	Right Cover	1
020	Top Cover	1
021	Plastic Bushing	6
022	Safety Pin	1
023	Left Crank	1
024	Right Crank	1
025	Flange Nut	2
026	Crank Cover	2
027	Round Phillips Head Drilling Screw M4x20	4
028	Round Phillips Head Tapping Screw M4x20	5

No.	Description	Q'ty
029	Hexagon Nut Cap M8	4
030	Curve Washer Ø8.2xØ22.2	4
031	Front Stabilizer Ø50x1.5tx550L	1
032	C-ring Ø10	2
033	Flat Washer Ø8.2xØ16.8	9
034	Nylon Nut M8	1
035	Magnet Bracket	1
036	Washer Ø6.2	2
037	Sensor Wire	1
038	Flywheel	1
039	Belt Wheel with Crank Axle	1
040	Bearing Bracket A	2
041	Wave Washer	1
042	Bearing	4
043	C-ring Ø17	6
044	Belt Wheel	1
045	Bearing 6000Z	2
046	Axle Ø12.8x94L	1
047	Eyebolt M6	2
048	Tension Bracket	2
049	Support Tube Holder	1
050	Nylon Nut M6	2
051	Nut M10	2
052	Washer Ø10.2xØ25	1
053	Wave Washer Ø17	1
054	Idle Wheel Axle	1
055	Nylon Nut M10	1
056	Bearing 6902Z	2
057	Axle Ø15.8x94.5L	1
058	Hexagon Socket Bolt M8x15	9
059	Rubber Cushion	1

PART LIST

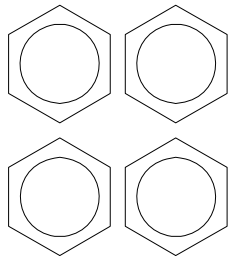
No.	Description	Q'ty
060	Washer Ø8.2x Ø25x2.0t	2
061	Flat Phillips Head Screw M6x10	6
062	Holder	1
063	Round Phillips Head Screw M4x10	1
064	Plastic Washer	1
065	C-ring Ø15	1
066	Screw M4x10L	3
067	Rear Frame Support Tube	1
068	Screw M5x20	1
069	Console cover	1
070	Spring	1
071	Belt 240J4	1
072	Belt 230J3	1
073R	Front Stabilizer Right End Cap	1
073L	Front Stabilizer Left End Cap	1

No.	Description	Q'ty
074	Spring Washer Ø6.2	1
075	Screw M5x10	4
076	Hexagon Socket Bolt M8x43L	1
077	Handlebar End Cap Ø25.4	3
078	Front Frame Support Tube End Cap Ø22.2	2
079	Hand Pulse Sensor Wire	2
080	Nut M6	1
081	Screw M6x15	1
082	Hand Pulse Sensor	2
083	Countersunk Phillips Head Cap Screw M4x20	2
084	Nylon Nut 9/16 UNC12(L)	1
085	NOT labeled correctly, not nut cap	1
086	Nylon Nut 9/16 UNC12(R)	1
087	Left Pedal Strap	1
088	Right Pedal Strap	1

4100 - HARDWARE PACK

HARDWARE LIST & TOOLS

STEP 1

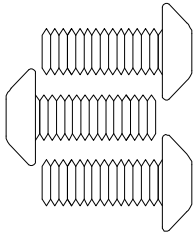


#29 4PCS

#30 4PCS



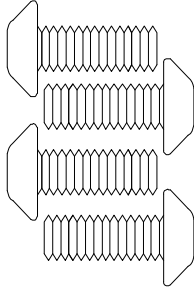
STEP 2



#58 3PCS

#33 3PCS

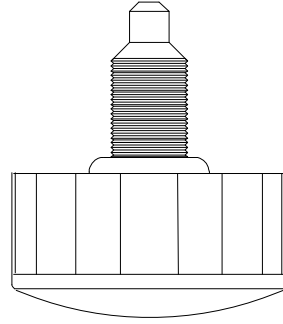
STEP 3



#58 4PCS

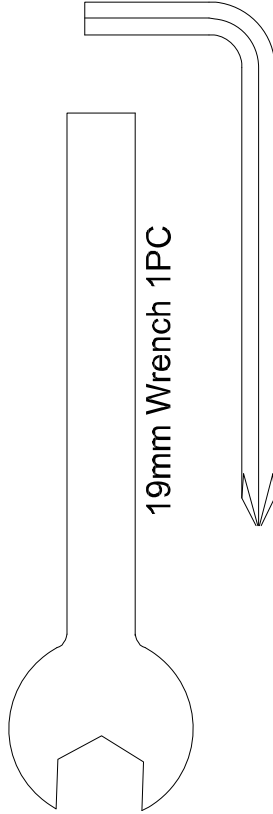
#33 4PCS

STEP 3



#14 1PC

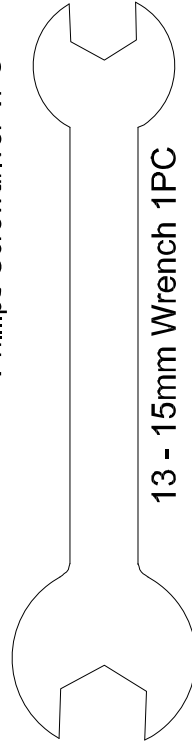
19mm Wrench 1PC



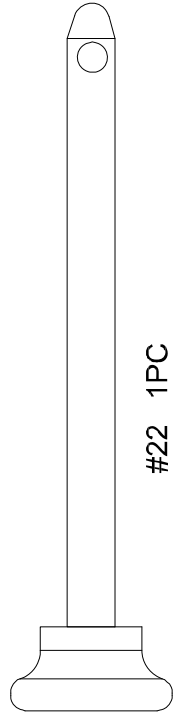
5mm Allen Wrench with
Phillips Screwdriver 1PC



13 - 15mm Wrench 1PC

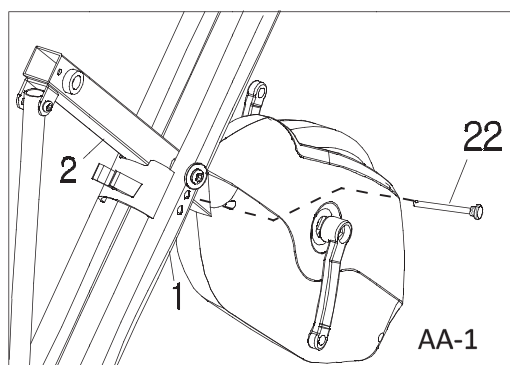


STEP 1

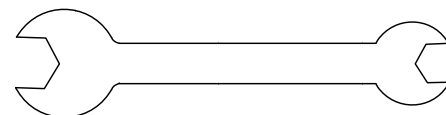


#22 1PC

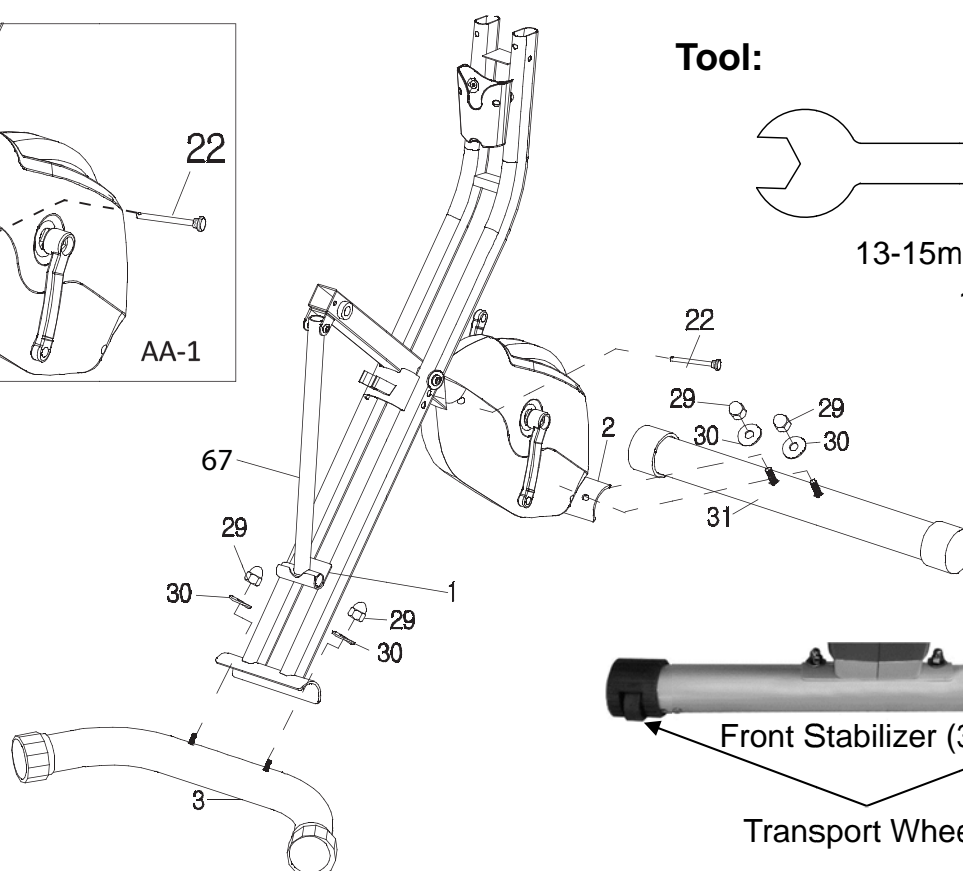
ASSEMBLY



Tool:



13-15mm Wrench
1PC



Step 1

Frame set up

Extend the Front Frame (1) and the Rear Frame (2). Rest the Rear Frame Support Tube (67) into the hooked plate on the Front Frame (1). Align the upper pin holes and then insert the Safety Pin (22) into the Front Frame (1) and the Rear Frame (2) to lock the frames in place (See Fig AA-1).

Stabilizer Installation

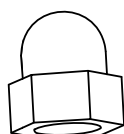
Attach the Front Stabilizer (31) with transport wheels onto the front curve of the Rear Frame (2). Place the Hexagon Nut Caps (29) and Curve Washers (30). Use the 13-15mm Wrench to tighten all the Hexagon Nut Caps (29) and Curve Washers (30).

Attach the Rear Stabilizer (3) onto the rear curve of the Front Frame (1). Place the Hexagon Nut Caps (29) and Curve Washers (30). Use the 13-15mm Wrench to tighten all the Hexagon Nut Caps (29) and the Curve Washers (30).

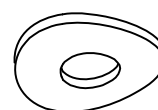
Hardware:



(22) Safety Pin
1 PC



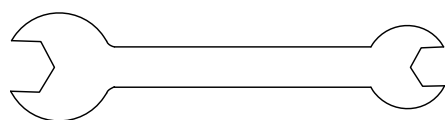
(29) Hexagon Nut Cap M8
4PCS



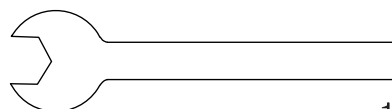
(30) Curve Washer
Ø8.2xØ22.2
4 PCS

ASSEMBLY

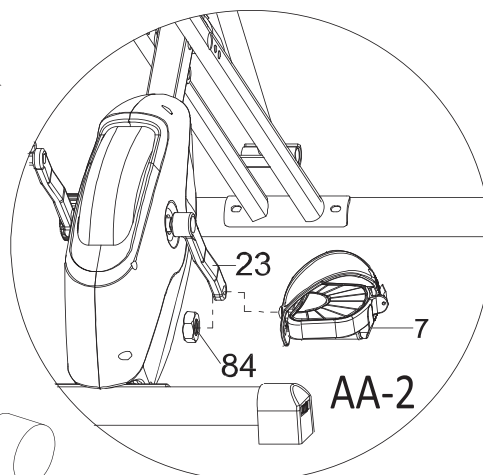
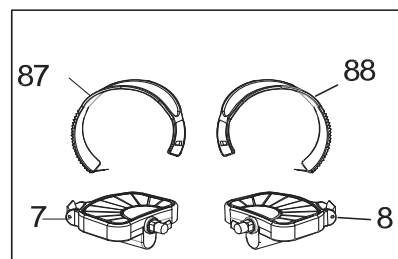
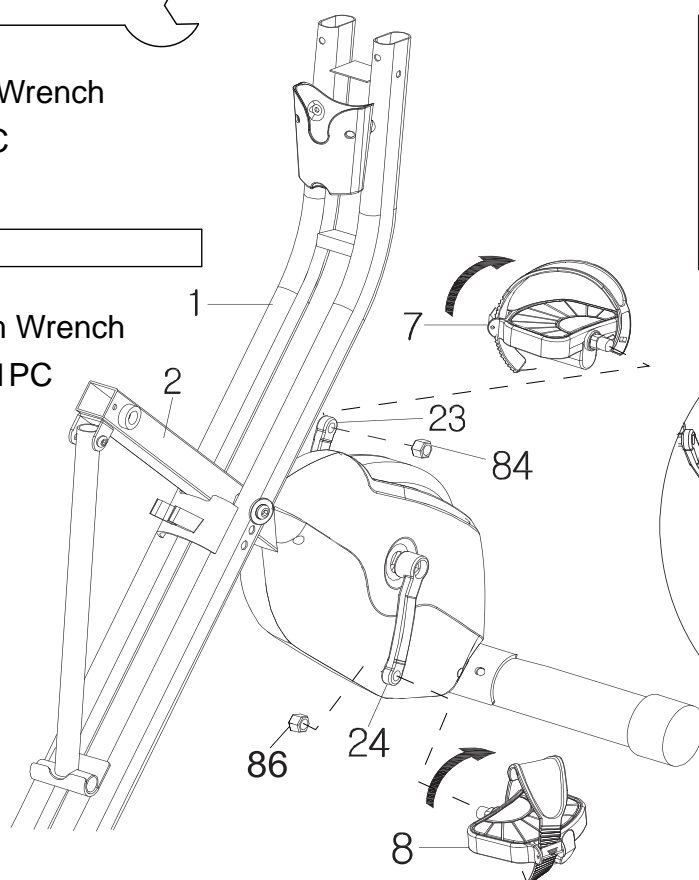
Tools:



13-15mm Wrench
1PC



19mm Wrench
1PC



Step 2

Remove the Left and Right Nylon Nuts (84) & (86) from the Left and Right Pedal (7) & (8).

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

Insert the Left Pedal (7) into the threaded hole in the Left Crank (23). Turn the pedal shaft by hand in a counter-clockwise direction until snug (See Fig AA-2).

Note: DO NOT turn the left pedal shaft in a clockwise direction; doing so will strip the threads of the left pedal shaft.

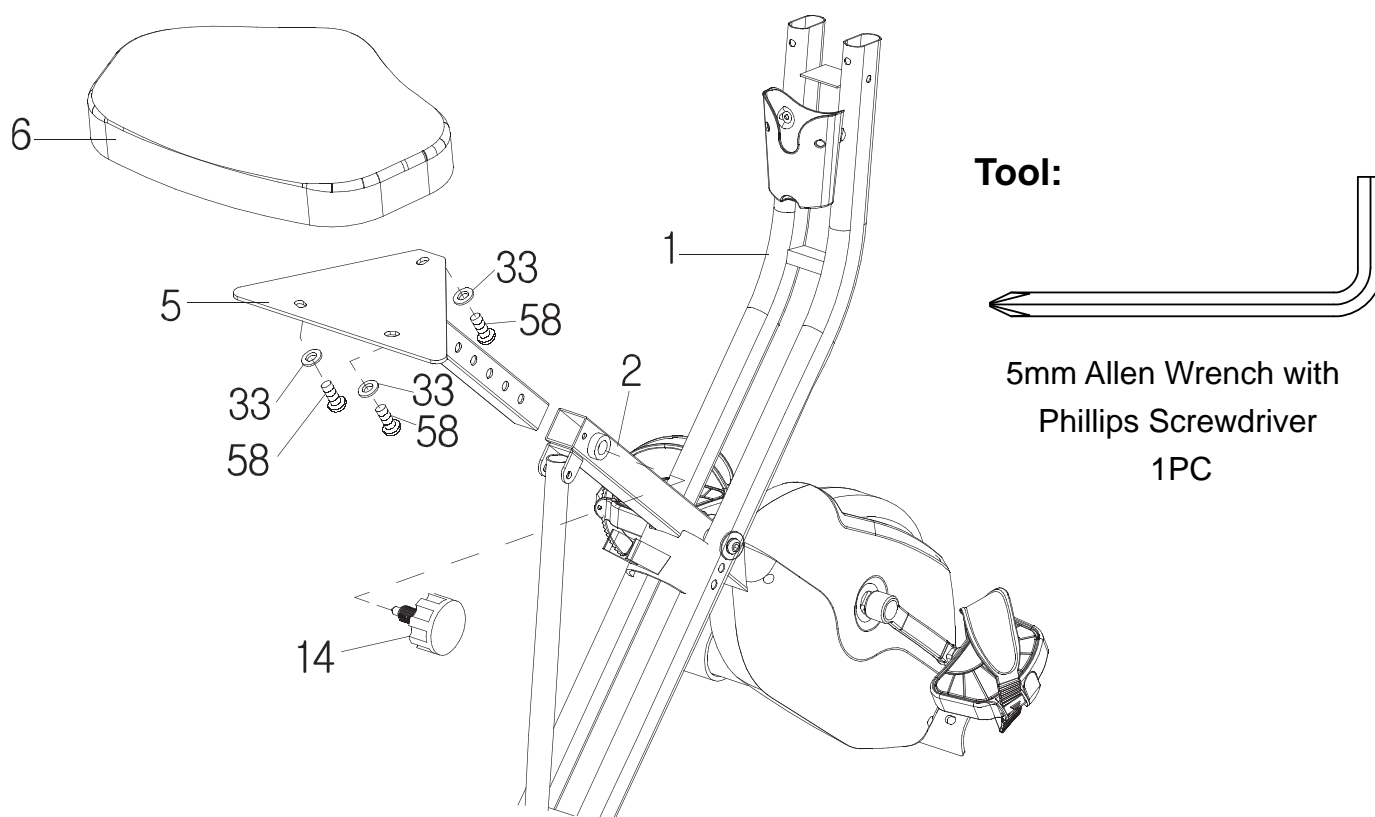
Tighten the Left Pedal (7) with the 13-15 mm Wrench provided, and then tighten the Left Nylon Nut (84) by turning it in a clockwise direction with the 19mm Wrench provided.

Insert the Right Pedal (8) into the Right Crank (24). Turn the pedal shaft by hand in a clockwise direction until snug. Tighten the Right Pedal (8) with the 19mm Wrench provided, and then tighten the Right Nylon Nut (86) by turning it counter clockwise with the 19mm Wrench provided.

Warning: This machine is not intended to be pedaled in reverse.

***See ADJUSTMENTS page 16 for instructions to install and adjust the pedal straps.**

ASSEMBLY



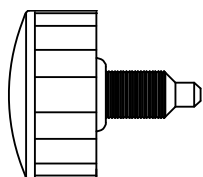
Step 3

The Seat Post (5) has 2 sets of adjustment holes. It is recommended that users between 5'1" – 5'6" use the holes towards the rear. It is recommended that users between 5'7" to 6'3" use the holes towards the front.

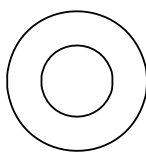
Align the bolt holes on the underside of the Seat Cushion (6) with the holes on top of the Seat Post (5). Then attach the Seat Cushion (6) to the Seat Post (5) with three Flat Washers (33), and three Hexagon Socket Bolts (58). Tighten the bolts with the 5mm Allen Wrench provided.

Insert the Seat Post (5) into the Rear Frame (2). Install the Seat Adjustment Knob (14) into the thread hole on the right side of the Rear Frame (2) by turning it clockwise, making sure that the safety pin of the Adjustment Knob (14) catches one of the height adjustment holes of the Seat Post (5).

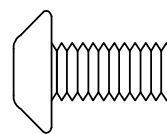
Hardware:



(14) Seat Height
Adjustment Knob
1 PC

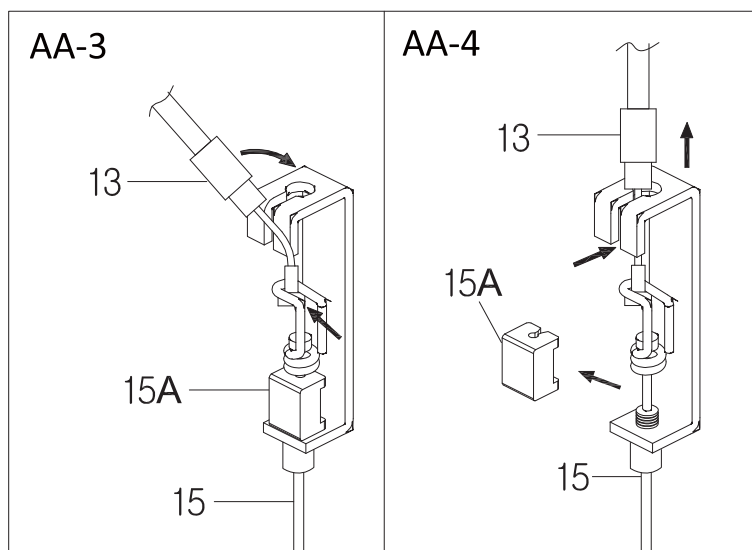


(33) Flat Washer
Ø8.2xØ16.8
3PCS



(58) Hexagon Socket Bolt
M8x15 3PCS

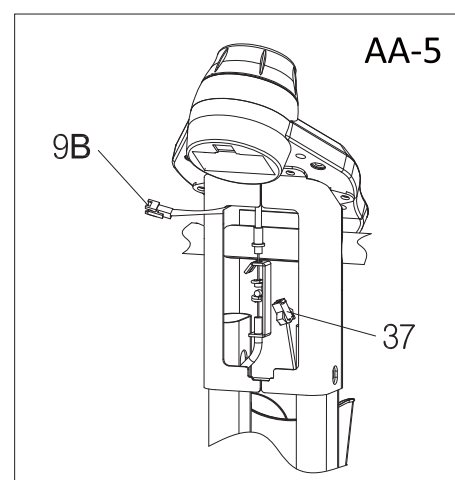
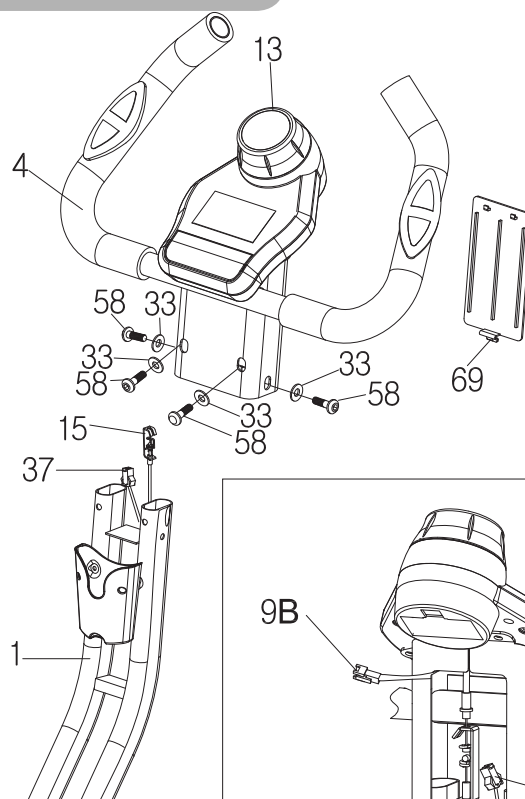
ASSEMBLY



Tool:



5mm Allen Wrench with
Phillips Screwdriver
1PC



Step 4

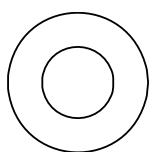
Place the Handlebar (4) onto the Front Frame (1), and remove the Console Cover (69) from the back of the Handlebar (4). Turn the Tension Control Knob (13) to level 8 and hook the cable end of the Tension Control Knob (13) into the cable lock of the Tension Cable (15) (See Fig AA-3).

Hook the Tension Control Knob (13) cable into the slot at the top of the Tension Cable (15), then gently remove the Clip (15A) after connecting the resistance cable of the Tension Control Knob (13) and the Tension Cable (15) (See Fig AA-4), **If you need more room lift the handlebars up.**

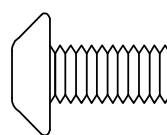
Connect the Computer Wire (9B) to the Sensor Wire (37) (See Fig AA-5). Then, Attach the Console Cover (69) onto the back side of the Handlebar (4).

Attach the Handlebar (4) onto the Front Frame (1), with four Flat Washers (33) and Hexagon Socket Bolts (58). Tighten the Hexagon Socket Bolts (58) by using the 5mm Allen Wrench provided.

Hardware:



(33) Flat Washer
Ø8.2xØ16.8 4PCS



(58) Hexagon Socket Bolt
M8x15 4PCS

COMPUTER

SPECIFICATIONS:

TIME-----	0:00~99:59MIN
CALORIE-----	0.0~999.9KCAL
SPEED-----	0.0~999.9ML/H (KM/H)
ODOMETER-----	0~9999ML (KM)
DISTANCE-----	0.0~999.9ML (KM)
PULSE-----	40~240BPM



KEY FUNCTIONS:

MODE: This key lets you select and lock on to a particular function you want.

COMPUTER FUNCTIONS:

TIME: Press the MODE key until the pointer locks onto TIME; this will display the amount of time the bike has been in use.

SPEED: Press the MODE key until the pointer locks onto SPEED; this will display the current speed being traveled.

DISTANCE: Press the MODE key until the pointer locks onto DISTANCE; this will display the distance traveled.

CALORIE: Press the MODE key until the pointer locks onto CALORIE; this will display the estimated calorie burned.

ODOMETER: Automatically accumulates total distance traveled since first use of bike.

PULSE: Press the MODE key, until the pointer locks onto PULSE; this displays the number of heart beats per minute.

SCAN: Changes the display periodically every 4 seconds

TIME---SPEED---DISTANCE---CALORIE---ODOMETER--- PULSE---SCAN

(Note: To leave the SCAN function, press the MODE key.)

HOW TO INSTALL THE BATTERIES:

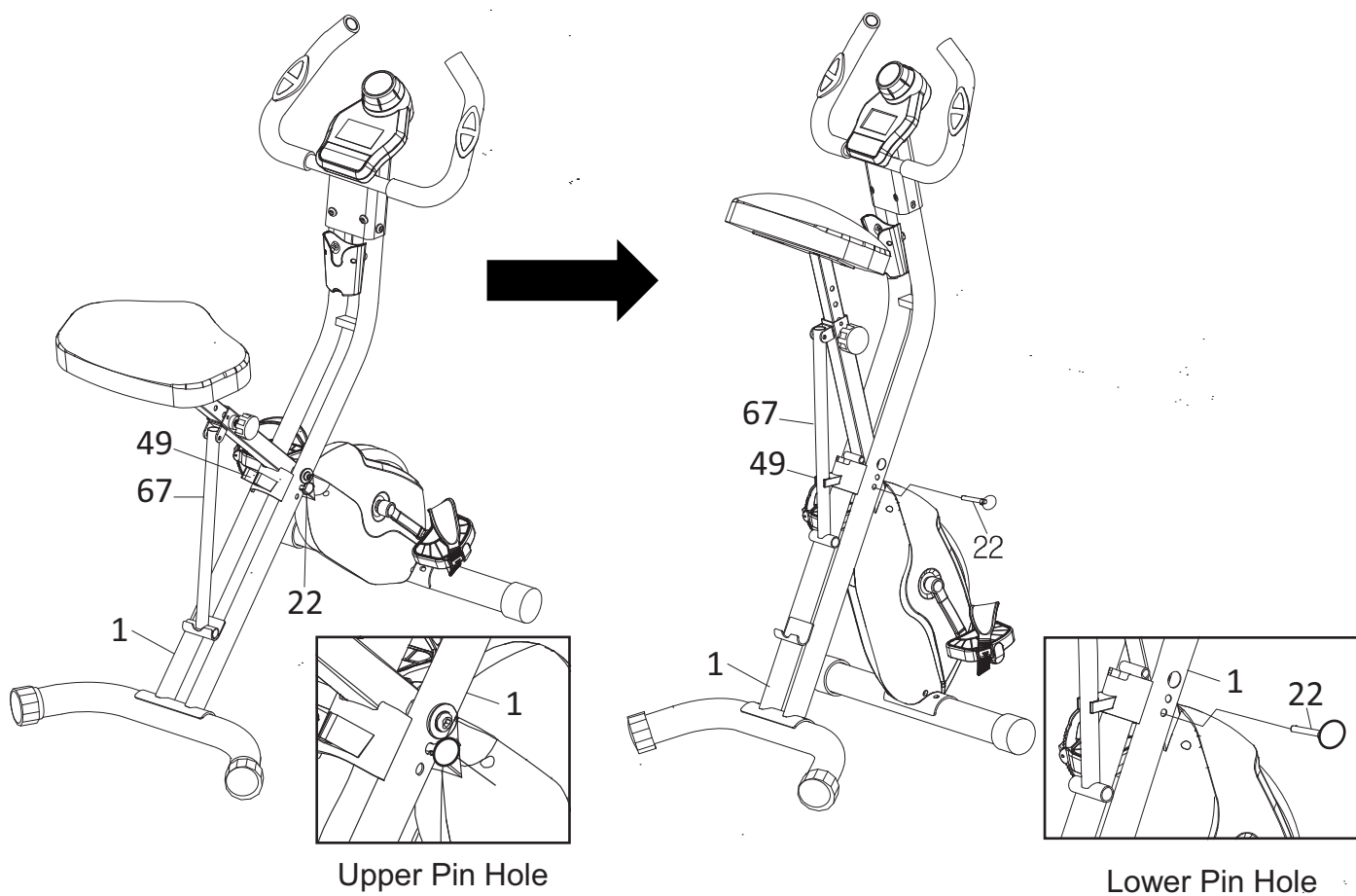
(Note: When installing the batteries, don't press the mode button.)

1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Insure the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
4. Re-install the battery cover.

NOTE:

1. When inactive for 4-5 minutes the LCD display will automatically shut off.
2. To clear the workout data, hold the MODE key down for 3-10 seconds (This will not clear ODOMETER)
3. When there is activity, the console will automatically turn on.
4. If the display is illegible or is partially illegible, remove batteries and wait 15 seconds before reinstalling.

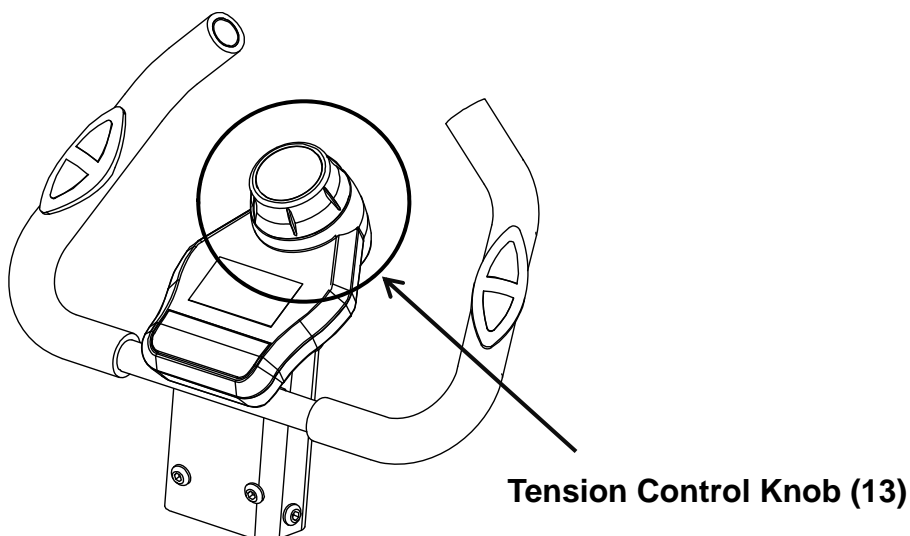
STORAGE



For your convenience, the bike can be folded up for storage.

1. Remove the Safety Pin (22) from the upper pin hole on the Front Frame (1)
2. Fold the Front and Rear frames together.
3. Re-insert the Safety Pin (22) into the lower pin hole on the Front Frame (1) to secure the Front and Rear frames together.
4. Place the Rear Frame Support Tube (67) into the Support Tube Holder (49).

ADJUSTMENTS



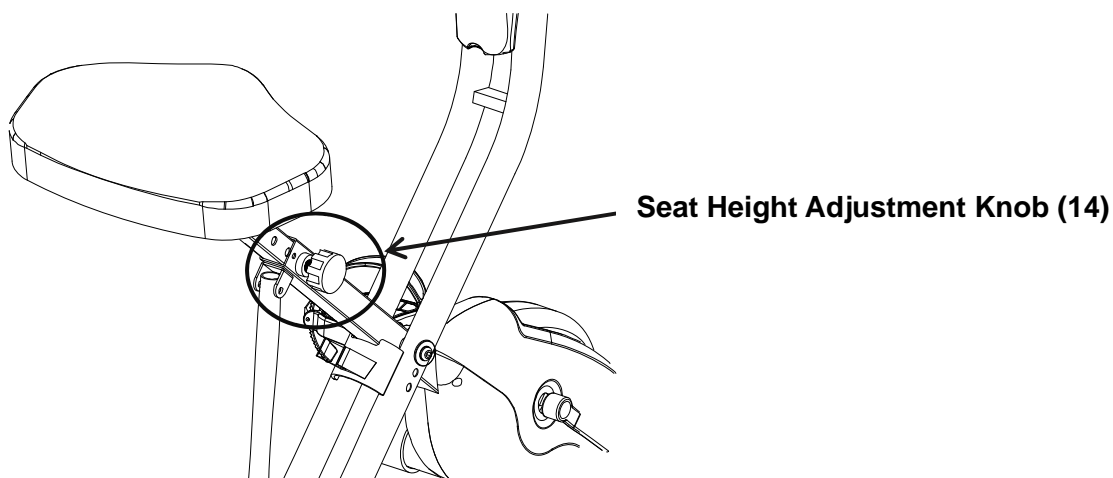
Adjusting the Tension Control Knob

Increase Tension:

Turn the tension control knob (13) clockwise.

Decrease Tension:

Turn the tension control knob (13) counterclockwise.



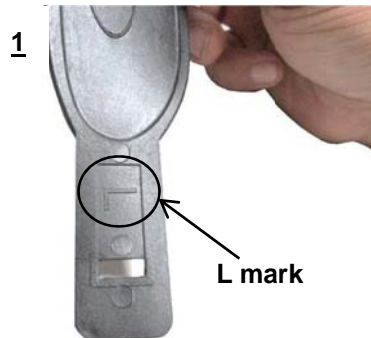
Adjusting the Seat Height

Loosen the Seat Height Adjustment Knob (14) by turning it counterclockwise and pull to release the pin. Adjust the Seat Post (5) to the desired height. Release the Seat Height Adjustment Knob (14) to allow the pin to catch one of the holes along the Seat Post (5). Then tighten Seat Height Adjustment Knob (14) by turning it clockwise to secure the seat in place.

NOTE: When adjusting the height of the Seat Post (5), make sure the height of the Seat Post (5) does not exceed the **MAX** line on the seat post (5).

ADJUSTMENTS

Adjusting the Pedal Strap



The Left Pedal Strap (87) has an L marked on the strap (see Figure 1).



Snap the slotted end of the Left Pedal Strap (87) onto the tab on the inside edge of the Left Pedal (7) (see Figures 2 and 3).



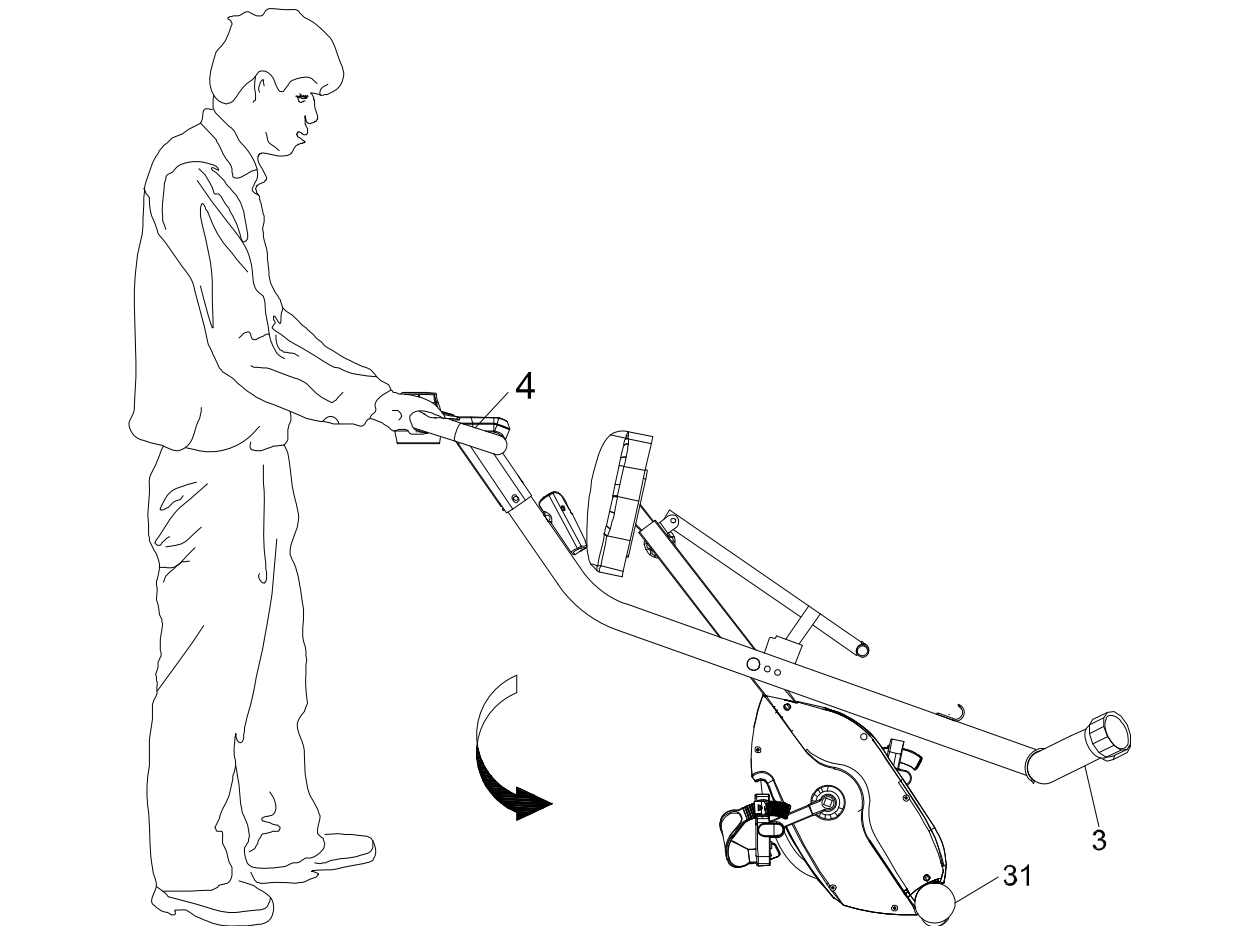
Insert the ridged end of the Left Pedal Strap (87) into the red clip on the Left Pedal (7) (see Figures 4).

Adjusting the Left Pedal Shaft (87)

To make the Left Pedal Strap (87) smaller, pull the lower ridged portion down (see Figures 5). To make the Left Pedal Strap (87) larger, push the red clip down and pull up on the upper portion of the Left pedal strap (87) (see Figures 5).

Use the same procedure to assemble and adjust the RIGHT pedal strap (88) onto the right pedal (8).

TRANSPORTING THE BIKE



Transporting the Bike

Hold the Handlebar (4) and tilt the bike forward until the wheels on the Front Stabilizer (31) make contact with the floor. Push or pull the unit to the desired location, then gently lower the Rear Stabilizer (3) back down to the ground.

MAINTENANCE

Cleaning

The bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on the plastic parts.

Please wipe your perspiration off the bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or the electronics to fail.

Please keep the computer console and the bike, out of direct sunlight to prevent screen damage.

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

Storage

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

TROUBLE SHOOTING

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the Console Cover (69) and verify that the wire that comes from the computer console is properly connected to the wires that come from the rear frame.

SOLUTION: Check if the batteries are correctly positioned and the battery springs are in proper contact with the batteries.

SOLUTION: The batteries in the computer console may be dead. Replace the dead batteries with new batteries.

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

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

SOLUTION: To ensure the pulse readout is accurate, 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 even pressure while holding onto the hand pulse sensors.

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

SOLUTION: The bolts may be loose on the equipment. Please inspect all of the nuts, bolts, screws and tighten any loose Hardware.

TROUBLE SHOOTING

PROBLEM: The pedals came unscrewed while in use.

SOLUTION: Reinstall the pedals and if you cannot, contact Customer Service.

PROBLEM: How to reset the data on display.

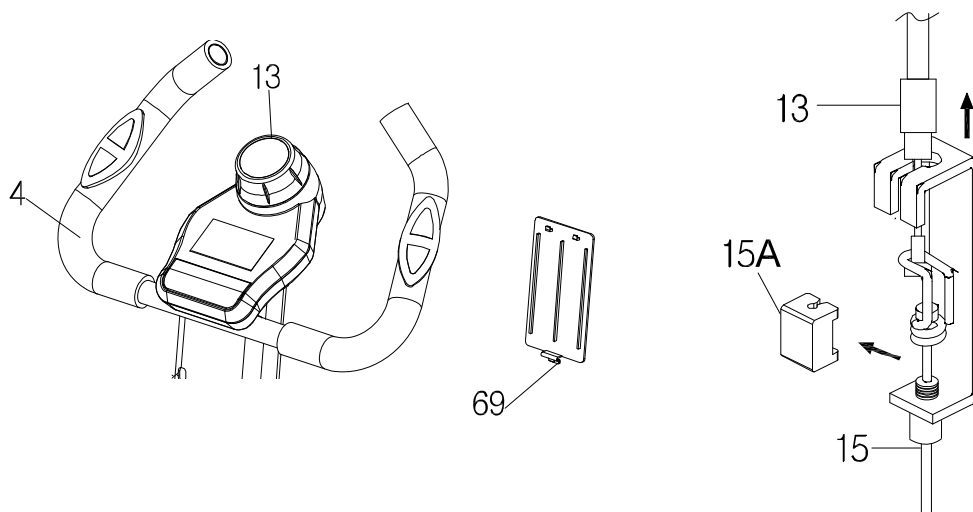
SOLUTION: Hold the Mode Key down for 3-10 Seconds, this will reset the display (Note: The Odometer will not be reset. To reset odometer, remove the batteries from the computer (9)).

PROBLEM: High Tension on all settings

SOLUTION: Remove the Console Cover (69) to verify that the Tension Control Knob (13) is properly connected to the Tension Cable (15). If not, un-hook the cables and reinstall the Tension Control Knob (13). (See Diagram Below)

SOLUTION: Make sure part Clip15A is removed. (See Diagram Below)

SOLUTION: Turn the tension knob to tension level one, then pull the Tension Control Knob (13) cable up as high as you can, this will reset the tension.



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

Exclusions from Warranty Coverage:

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

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

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

Ordering Replacement Parts

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

Service@paradigmhw.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO
Service@paradigmhw.com *

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

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