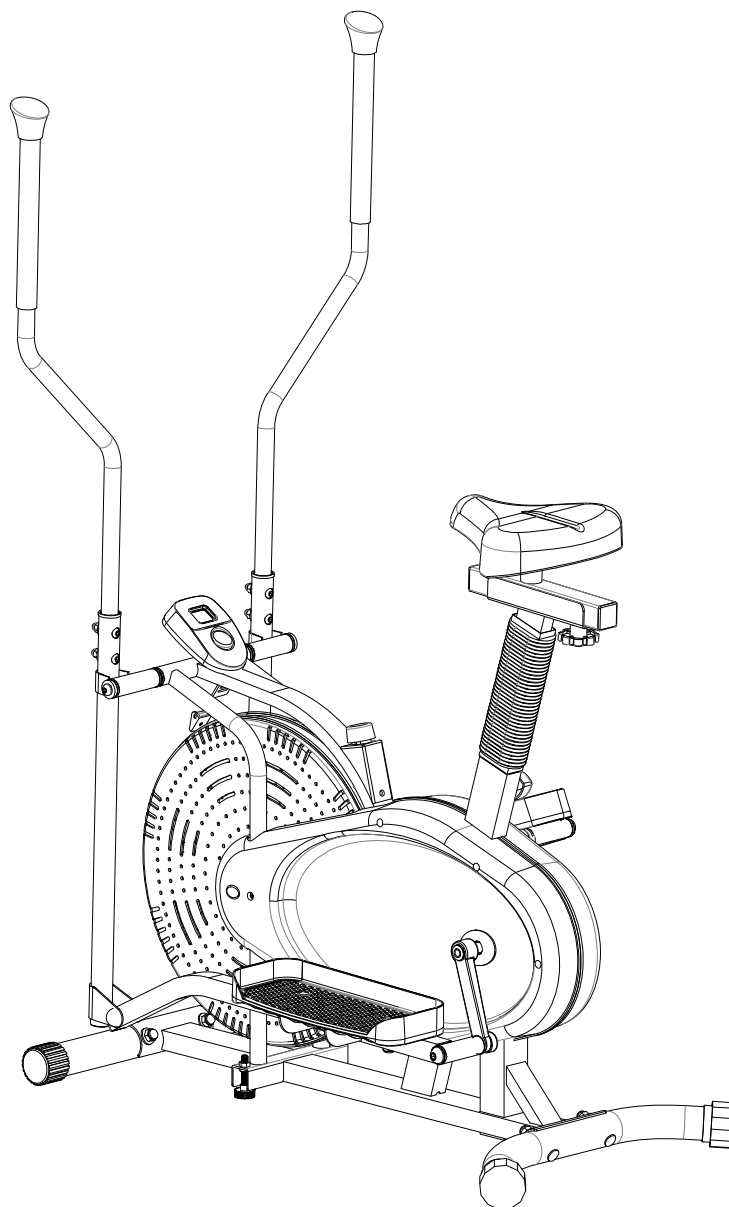


Air Elliptical with the Seat



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.



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:

1-844-641-7921

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

(8:00 AM - 5:00 PM Pacific Standard Time, Daily) by the below methods:

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

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:

1-844-641-7921

Response time may vary via calling

Refer to our email for the best response time

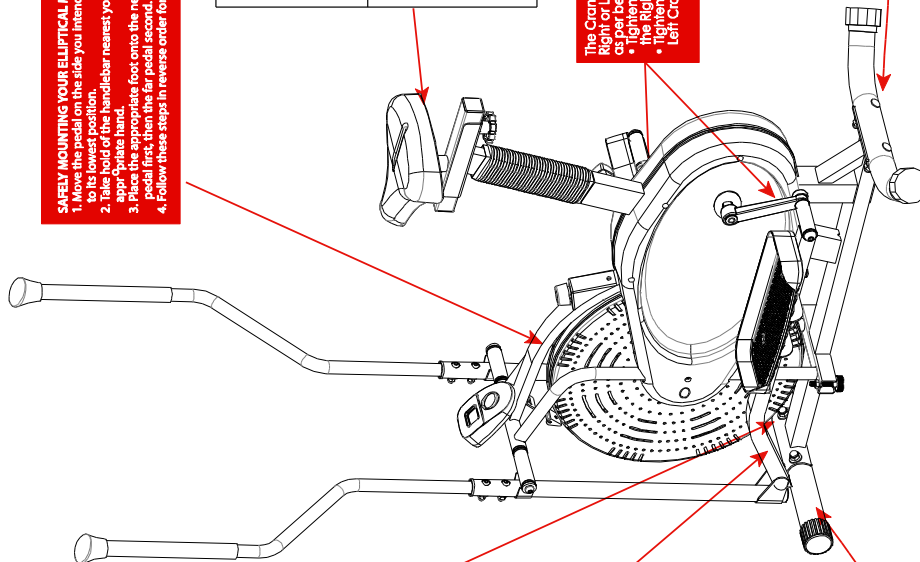
Please have the following information ready when requesting for service:

- 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 230 lbs.
Le poids maximum pout ce produit
est 104 kgs.
La capacidad de peso máxima es 104 kg.**

⚠ WARNING
RISK OF INJURY: To avoid injury, use extreme caution when stepping onto or off this machine. Read the instructional manual before use.

⚠ AVERTISSEMENT
RISQUE DE BLESSURES - Pour éviter les blessures, utiliser une extrême prudence lors de monter sur ou hors de cet équipement. Lire le manuel d'instructions avant utilisation.

⚠ ADVERTENCIA
PARA REDUCIR EL RIESGO DE LESIONES - Para evitar lesiones, tenga mucho cuidado al pisar o fuera de este equipo. Lea todas las precauciones e instrucciones importantes de este manual antes de usar.

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

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

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.

COMO SUBIRSE DE FORMA SEGURA EN SU MÁQUINA ELIPTICA
1. Mueva el pedal del lado en el que desea subir, 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 bajar.

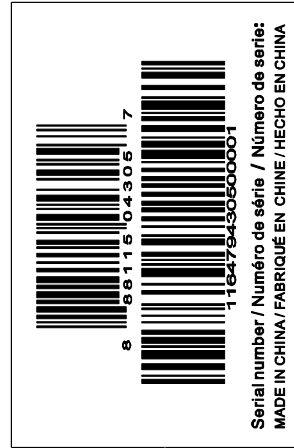
MONTER SURE LEVERCESSEUR ELLIPTIQUE ET EN DESCENDRE
1. Mettre en position la plus basse la pédale du côté où l'on monte ou descend.
2. Agripper la poignée la plus près de vous avec la main appropriée.
3. Mettre le pied sur la pédale du côté le plus proche en premier, puis l'autre pied sur la seconde.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

NOTICE 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. Pradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA	REGISTRY NO. VA25302 (CN) Certification is made by the manufacturer that the materials in this article are described in accordance with law. Pradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA	AVIS Ce produit ne satisfait pas aux critères d'incinérabilité spécifiés à l'article 117 du décret technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.) Pradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA	NO PIRINGESTAMENTO VASE302 (CN) Esta etiqueta está asociada al control de calidad de la espuma de poliuretano. 100% Pradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA	NOTIFICACIÓN Este artículo no se ajusta a los requisitos de California de mobiliario de poliuretano. 100% Pradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA	NO. DE REG. VA25302 (CN) El fabricante certifica que los materiales de esta etiqueta se describen según la ley. Pradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA
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The Crank will be damaged if the Right or Left Bolts are not tightened in the correct order.

La manivela podría ser dañada si los tornillos derecho e izquierdo no se aprietan en el orden correcto.

- Tighten Right Bolt (39) Into the Right Crank Clockwise
- Apriete el Tornillo derecho (39) en el cigüeñal derecho, hacia la derecha
- Tighten Left Bolt (35) Into the Left Crank Counter Clockwise
- Apriete el Tornillo izquierdo (35) en el cigüeñal izquierdo, hacia la izquierda.



IMPORTANT SAFETY GUIDELINES

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

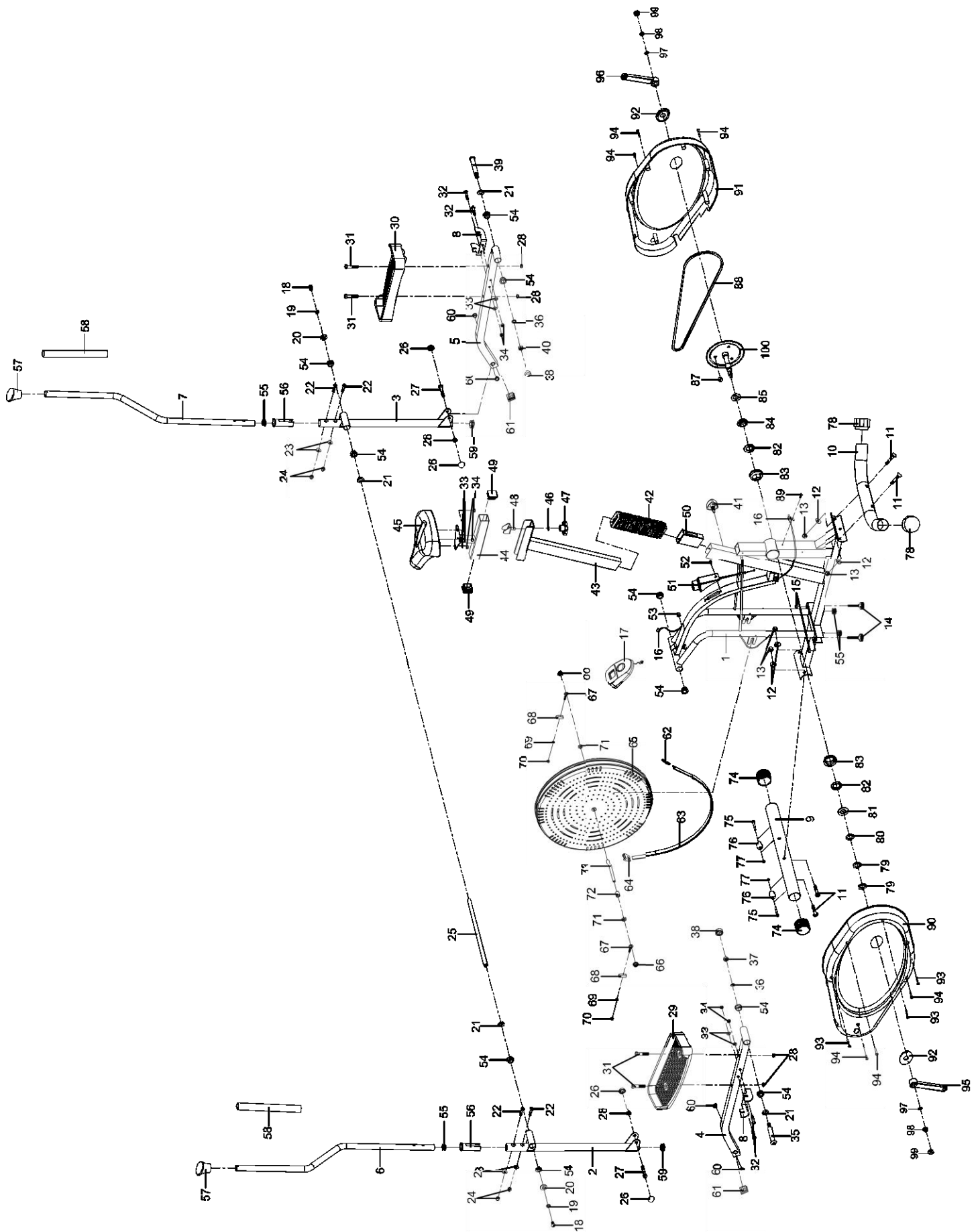
1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.
2. Make sure all the components are not damaged and are in working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar, covering material on the ground is recommended.
3. Wear proper fitness apparel when using this equipment. Do not wear loose clothing or accessories that may get caught by any part of the equipment.
4. Make sure all the components are not damaged and are in working order before using.
5. Remember to tighten the pedaling straps. Be cautious when stepping on and off the machine.
6. Keep dry. Do not operate the equipment in wet or moist condition.
7. Do not use the equipment outdoors. This equipment is for household use only.
8. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
9. Only one person should be on the equipment at a time. Keep children and pets away from the machine at all times. This machine is designed for adults only.
10. Be careful to always hold onto the handlebars when you're mounting and dismounting. Be careful to have the pedals at their lowest point when stepping off.
11. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
12. This product requires a minimum of 6 square feet around for safe operation.
13. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
14. DO NOT pedal in reverse.

The maximum weight capacity for this product is **230lbs / 104kg**.

⚠ WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems.

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

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Left Handrail	1
3	Right Handrail	1
4	Left Foot Bar	1
5	Right Foot Bar	1
6	Left Handrail Arm Ø25x2.0x850	1
7	Right Handrail Arm Ø25x2.0x850	1
8	Pedal Support Bracket 250x38xØ3.0	2
9	Front Stabilizer	1
10	Rear Stabilizer	1
11	Carriage Bolt M10x57	4
12	Big Curved Washer Ø10xØ25x2.0	4
13	Cap Nut M10	4
14	Adjustable Leveler M8x45	2
15	Hex Nut M8	2
16	Sensor with Wire L=900mm	1
17	Computer	1
18	Pan Head Hex Socket Bolt M10x18	2
19	Spring Washer Ø10xØ18x3.0	2
20	Washer Ø28xØ16xØ5.0	2
21	Waved Washer Ø28xØ17x0.3	4
22	Hex Socket Bolt M8x38	4
23	Big Curved Washer Ø8xØ20x2.0	4
24	Cap Nut M8	4
25	Rotation Rod Ø16x396	1
26	Nut Cap S16	4
27	Hex Bolt M10x55	2
28	Hex Check Nut M10	6
29	Left Pedal 349x150x56	1
30	Right Pedal 349x150x56	1
31	Hex Bolt M10x45	4
32	Hex Socket Bolt M8x43	4
33	Flat Washer Ø8	7
34	Hex Check Nut M8	7
35	Left Pedal Bolt	1
36	Spring Washer Ø20xØ13x2.0	2
37	Left Nylon Nut 1/2"	1
38	Nut Cap S18	2

No.	Description	Qty
39	Right Pedal Bolt Ø16x74xL23	1
40	Right Nylon Nut 1/2"	1
41	Seat Adjustment Knob	1
42	Seat Post Plastic Tube	1
43	Seat Post	1
44	Seat Sliding Tube	1
45	Seat	1
46	Flat Washer Ø10xØ20x2.0	1
47	Flange Nut M10	1
48	U shape Bracket	1
49	End Cap	2
50	Seat Post Bushing	1
51	Tension Control Knob	1
52	Phillips countersunk head self-tapping screwsST4.8x15	1
53	Wire Plug Ø12.1	1
54	Power Metal Bushing Ø24.5xØ16x14	10
55	Round Plug	4
56	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	2
57	Handrail Arm End Cap	2
58	Foam Grip Ø24xØ34x280	2
59	Handrail End Cap	2
60	Bushing Ø14xØ10x10	4
61	Foot Bar End Cap	2
62	Spring Ø12x1.8x32	1
63	Tension Strap	1
64	Strap Clip	1
65	Fly Wheel Ø503x85	1
66	Flange Nut M10x1.0x10	2
67	Eyebolt M6x33	2
68	Tension Bracket 31x30xØ1.0	2
69	Spring Washer Ø6	2
70	Hex Nut M6	2
71	Nut M10x1.0x5	2
72	Spacer Ø16xØ10x20	1
73	Fly Wheel Axle M10x1.0xL150	1
74	Front Stabilizer End Cap	2
75	Hex Bolt M6x45	2
76	Transport Wheel Ø23xØ6x32	2

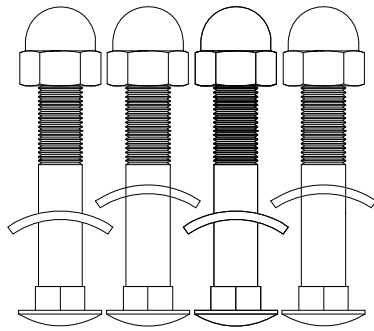
PARTS LIST

No.	Description	Qty
77	Hex Check Nut M6	2
78	Rear Stabilizer End Cap	2
79	Flat Hex Nut 7/8"	2
80	Flat Washer II Ø34.5xØ23x2.5	1
81	Bearing Nut 7/8"	1
82	Bearing	2
83	Bearing Cup	2
84	Bearing Nut 15/16"	1
85	Flat Washer I Ø40xØ24x3.0	1
87	Magnet Ø15x7	1
88	Chain	1
89	Phillips Self-Tapping Screw ST4.8x20	1

No.	Description	Qty
90	Left Cover 735x406x93	1
91	Right Cover 735x406x96	1
92	Cover Cap Ø40xØ25x10	2
93	Phillips Pan Head Self-Tapping Screw ST4.8x40	3
94	Phillips Pan Head Self-Trilling Screw ST4.8x20	6
95	Left Crank	1
96	Right Crank	1
97	External Tooth Washer Φ 10*Φ18*1.0	2
98	Flange Nut M10*1.25*6	2
99	Crank Cap	2
100	Chain Pulley	1

4305-Hardware Pack

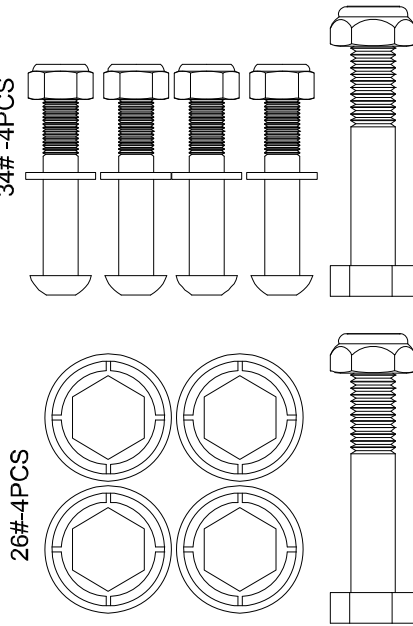
STEP1



11#-4PCS 12#-4PCS 13#-4PCS

STEP3&4

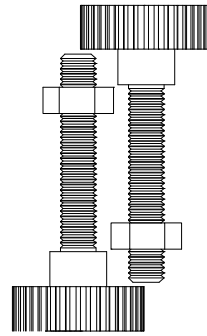
32# -4PCS
33# -4PCS
34# -4PCS



26#-4PCS

27#-2PCS 28#-2PCS

STEP9

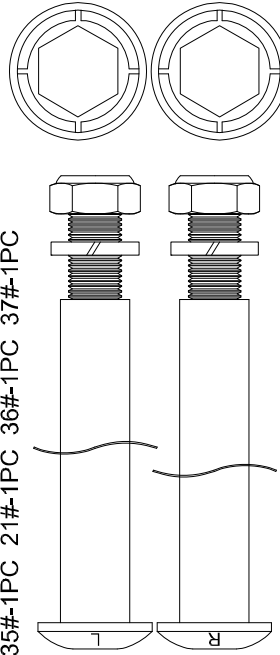


14#-2PCS 15#-2PCS

STEP5

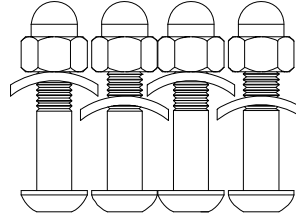
38#-2PCS

35#-1PC 21#-1PC 36#-1PC 37#-1PC



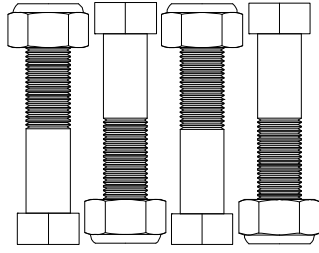
39#-1PC 21#-1PC 36#-1PC 40#-1PC

STEP7

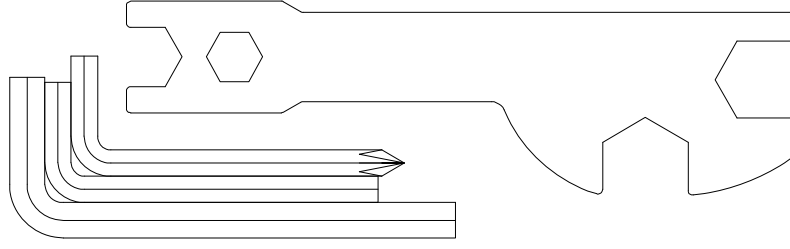


22# -4PCS
23# -4PCS
24# -4PCS

STEP6



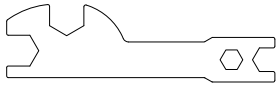
31#-4PCS 28#-4PCS



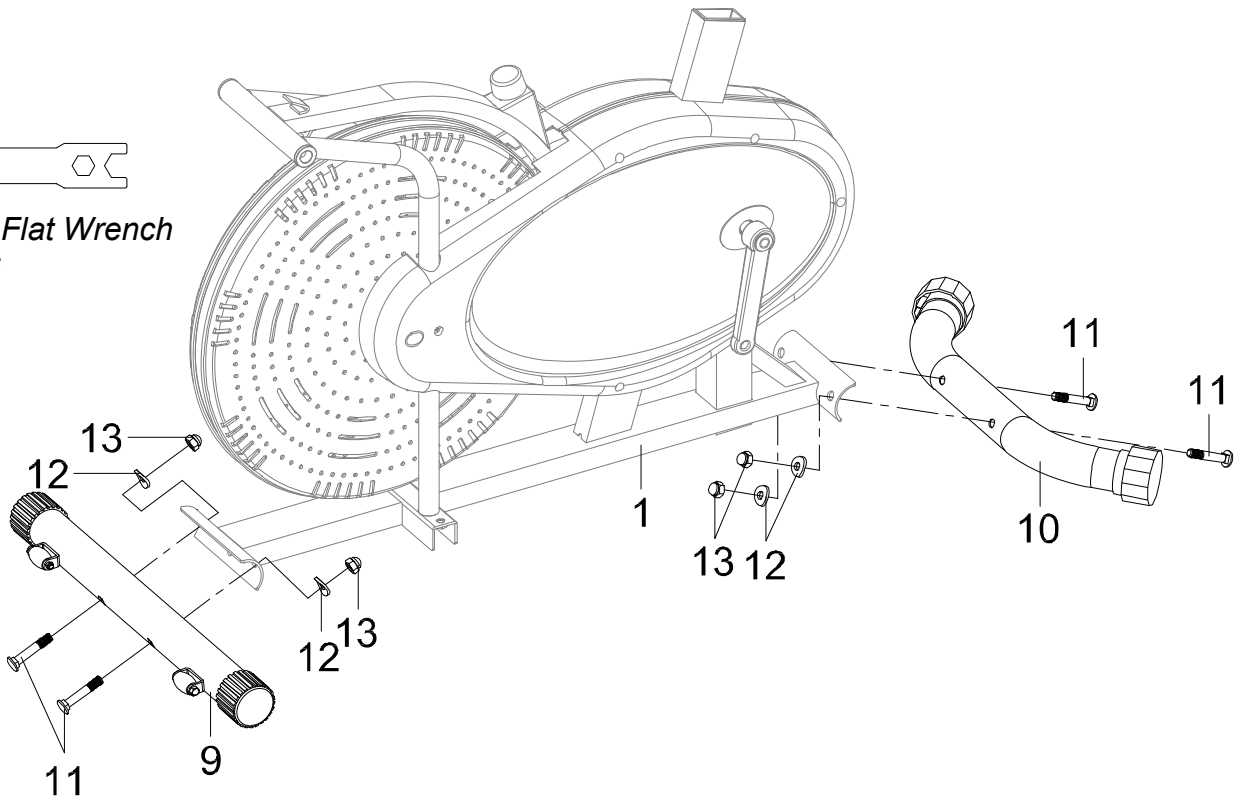
Open-Ended Flat Wrench 2PCS 8mm Allen Wrench 1PC 6mm Allen Wrench 1PC
6mm Allen Wrench with Phillips Screwdriver 1PC

ASSEMBLY

Tool:



Open-Ended Flat Wrench
1PC

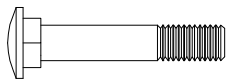


Step 1

Front Stabilizer Installation: Align the **Front Stabilizer (9)** onto the front curve of the **Mainframe (1)**. Make sure the arrow is pointing **UP** on the **Front Stabilizer (9)** and that the **Transport Wheels (76)** are positioned toward the front and parallel to the floor. Insert two **Carriage Bolts (11)** through the holes, and on the other ends of bolts attach two **Big Curved Washers (12)** and two **Cap Nuts (13)**. Using the **Open-Ended Flat Wrench**, tighten the **Cap Nuts (13)** until they are secure.

Rear Stabilizer Installation: Align and attach the **Rear Stabilizer (10)** onto the rear curve of the **Mainframe (1)** using two **Carriage Bolts (11)**, two **Big Curved Washers (12)** and two **Cap Nuts (13)**. Using the **Open-Ended Flat Wrench**, tighten the **Cap Nuts (13)** until they are secure.

Hardware:



(11) Carriage Bolt
4 PCS

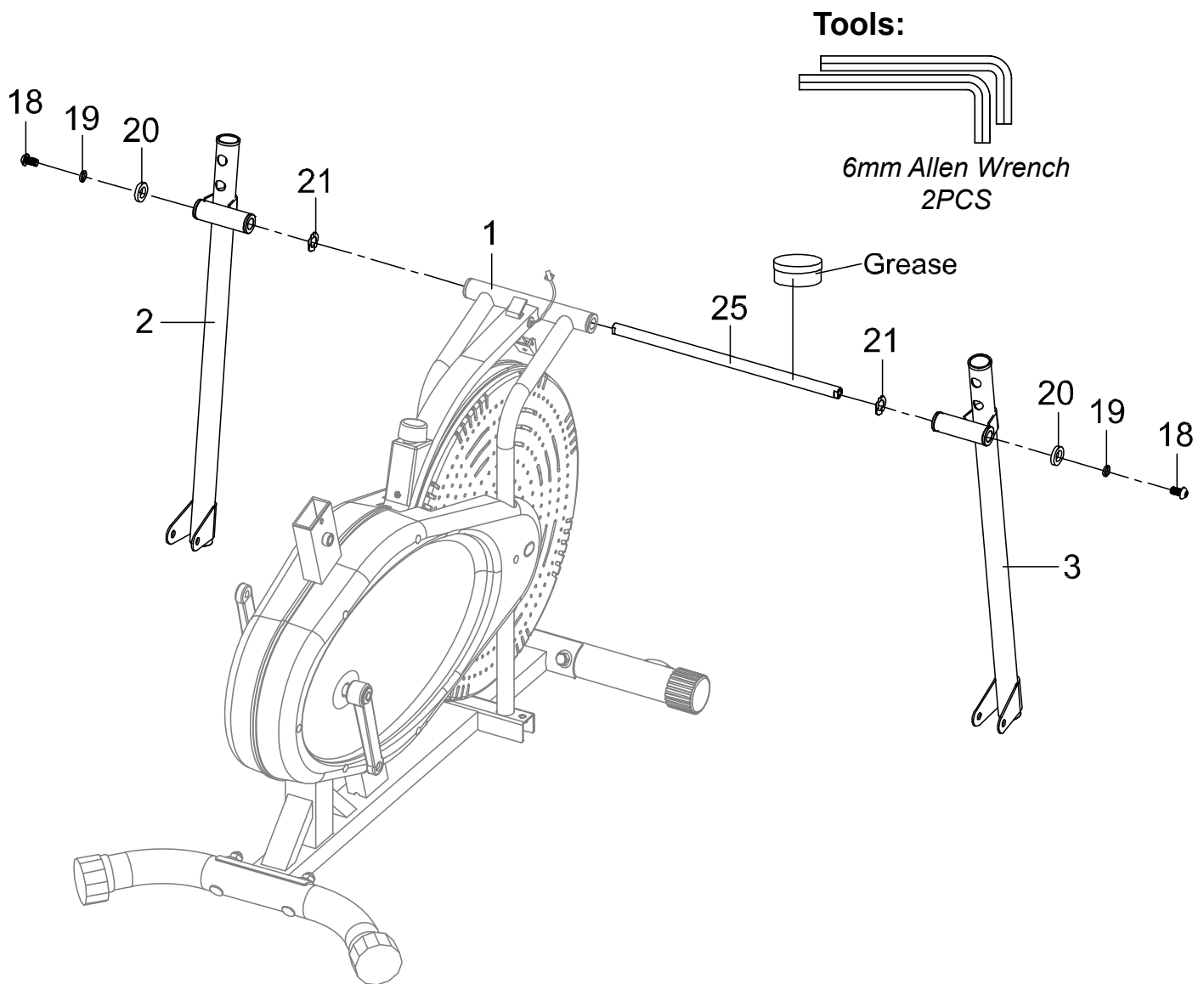


(12) Big Curved Washer
4 PCS



(13) Cap Nut
4 PCS

ASSEMBLY



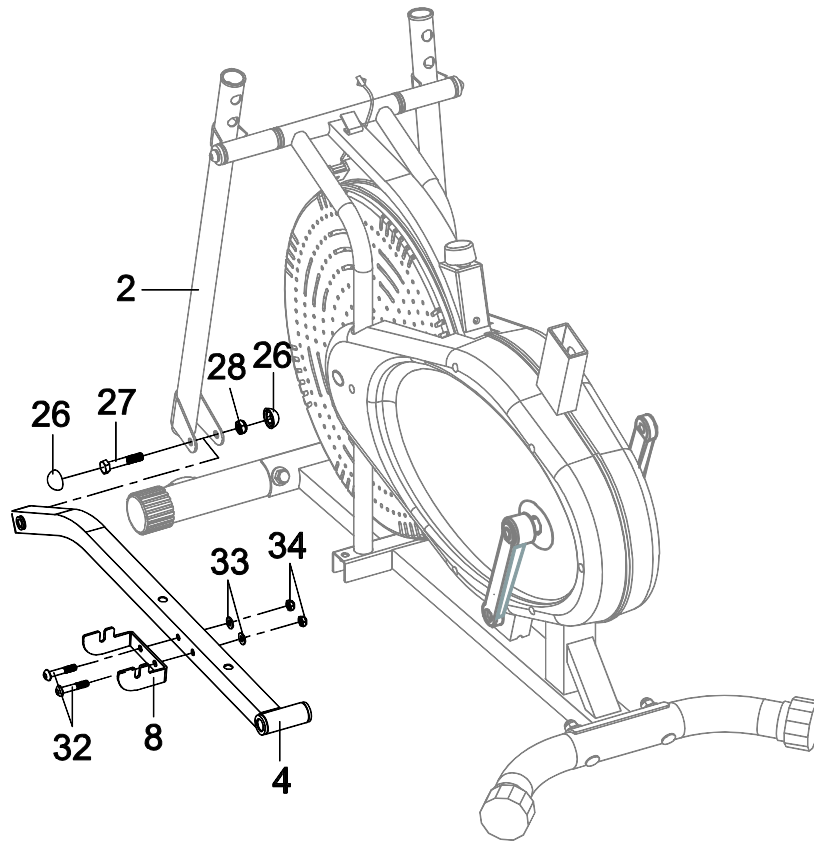
Step 2

Handrails Installation: Using the **6mm Allen Wrench**, remove two **Bolts (18)**, two **Spring Washers (19)**, two **Washers (20)**, and two **Wave Washers (21)** that are PRE-ASSEMBLED on both ends of the **Rotation Rod (25)**.

Lubricate the Rotation Rod (25) with some grease provided: Insert the **Rotation Rod (25)** into the hole on top of the **Mainframe (1)** and slide a **Wave Washer (21)** on each side of the **Rotation Rod (25)**. Slide the **Right Handrail (3)** onto the **Rotation Rod (25)** and secure it in place using one **Washer (20)**, one **Spring Washer (19)** and one **Hex Socket Bolt (18)**. Then slide the **Left Handrail (2)** onto the **Rotation Rod (25)** and secure it in place using one **Washer (20)**, one **Spring Washer (19)** and one **Hex Socket Bolt (18)**. Use two **6mm Allen Wrenches** to secure both **Hex Socket Bolts (18)** and tighten the **Hex Socket Bolts (18)** until firm.

Note: Save some grease for later steps.

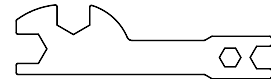
ASSEMBLY



Tools:



6mm Allen Wrench
1PC



Open-Ended Flat Wrench
2PCS

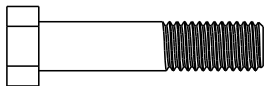
Step 3

Left Foot Bars: Attach the **Left Foot Bar (4)** onto the bottom end of the **Left Handrail (2)** with one **Hex Bolt (27)** and one **Nylon Nut (28)**.

Left Foot Bar Installation: Make sure the **Left Foot Bar (4)** is angled downward for correct installation. Use one **Open-Ended Flat Wrench** to secure the **Hex Bolt (27)** and the other **Open-Ended Flat Wrench** to tighten the **Nylon Nut (28)** until firm. For correct tightness, the bolt's threads **MUST** protrude out through the **Nylon Nut (28)** until it no longer turns. Attach a **Nut Cap (26)** onto the **Hex Bolt (27)** and **Nylon Nut (28)** on the **Left Handrail (2)**.

Left Foot Pedal Support Bracket Installation: Attach the **Foot Pedal Support Bracket (8)** onto the left side of the **Left Foot Bar (4)** with two **Hex Socket Bolts (32)**, two **Flat Washers (33)**, and two **Hex Check Nuts (34)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to secure the **Foot Pedal Support Bracket (8)** to the **Left Foot Bar (4)**.

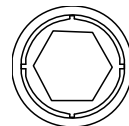
Hardware:



(27) Hex Bolt
1 PC



(28) Hex Check Nut
1 PC



(26) Nut Cap
2 PC



(32) Hex Socket Bolt
2 PCS



(33) Flat Washer
2 PCS



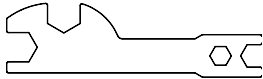
(34) Hex Check Nut
2 PCS

ASSEMBLY

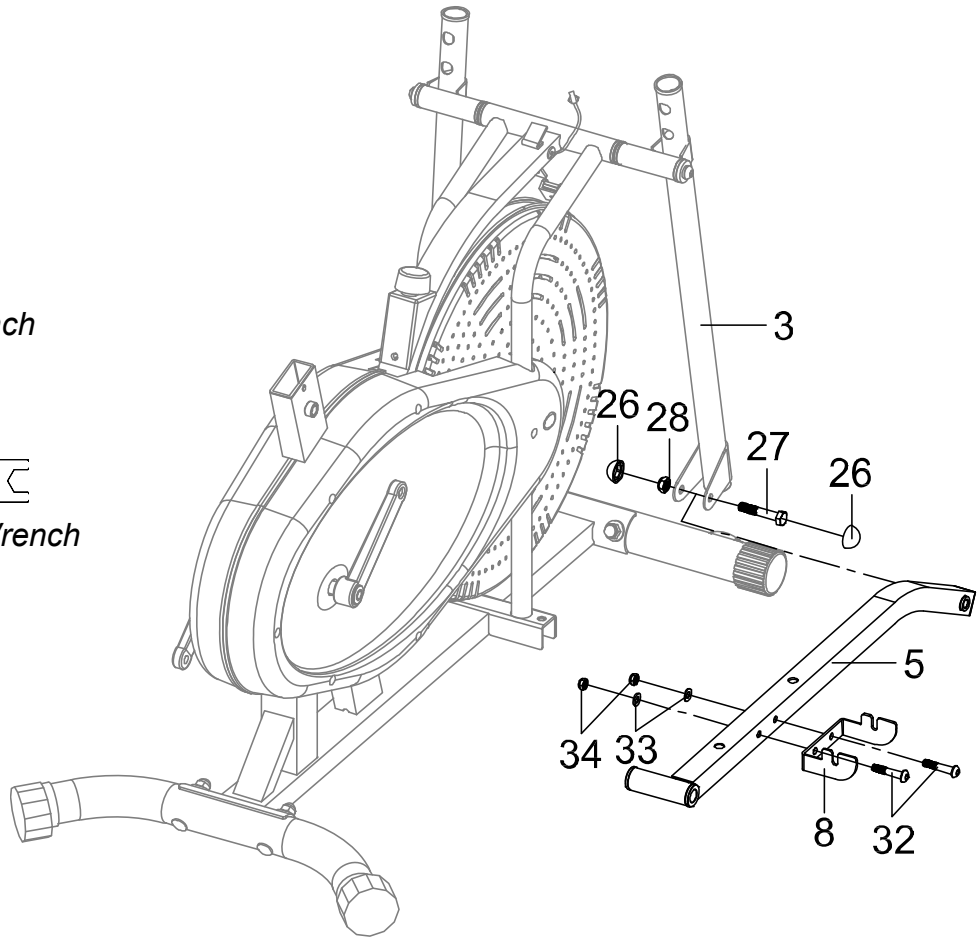
Tools:



6mm Allen Wrench
1PC



Open-Ended Flat Wrench
2PCS



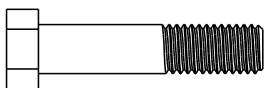
Step 4

Right Foot Bars: Attach the **Right Foot Bar (5)** onto the bottom end of the **Right Handrail (3)** with one **Hex Bolt (27)** and one **Nylon Nut (28)**.

Right Foot Bar Installation: Make sure the **Right Foot Bar (5)** is angled downward for correct installation. Use one **Open-Ended Flat Wrench** to secure the **Hex Bolt (27)** and the other **Open-Ended Flat Wrench** to tighten the **Nylon Nut (28)** until firm. For correct tightness, the bolt's threads **MUST** protrude out through the **Nylon Nut (28)** until it no longer turns. Attach a **Nut Cap (26)** onto the **Hex Bolt (27)** and **Nylon Nut (28)** on the **Right Handrail (3)**.

Right Foot Pedal Support Bracket Installation: Attach the **Foot Pedal Support Bracket (8)** onto the right side of the **Right Foot Bar (5)** with two **Hex Socket Bolts (32)**, two **Flat Washers (33)**, and two **Hex Check Nuts (34)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to secure the **Foot Pedal Support Bracket (8)** to the **Right Foot Bar (5)**.

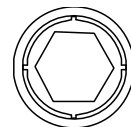
Hardware:



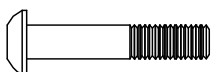
(27) Hex Bolt
1 PC



(28) Hex Check Nut
1 PC



(26) Nut Cap
2 PC



(32) Hex Socket Bolt
2 PCS

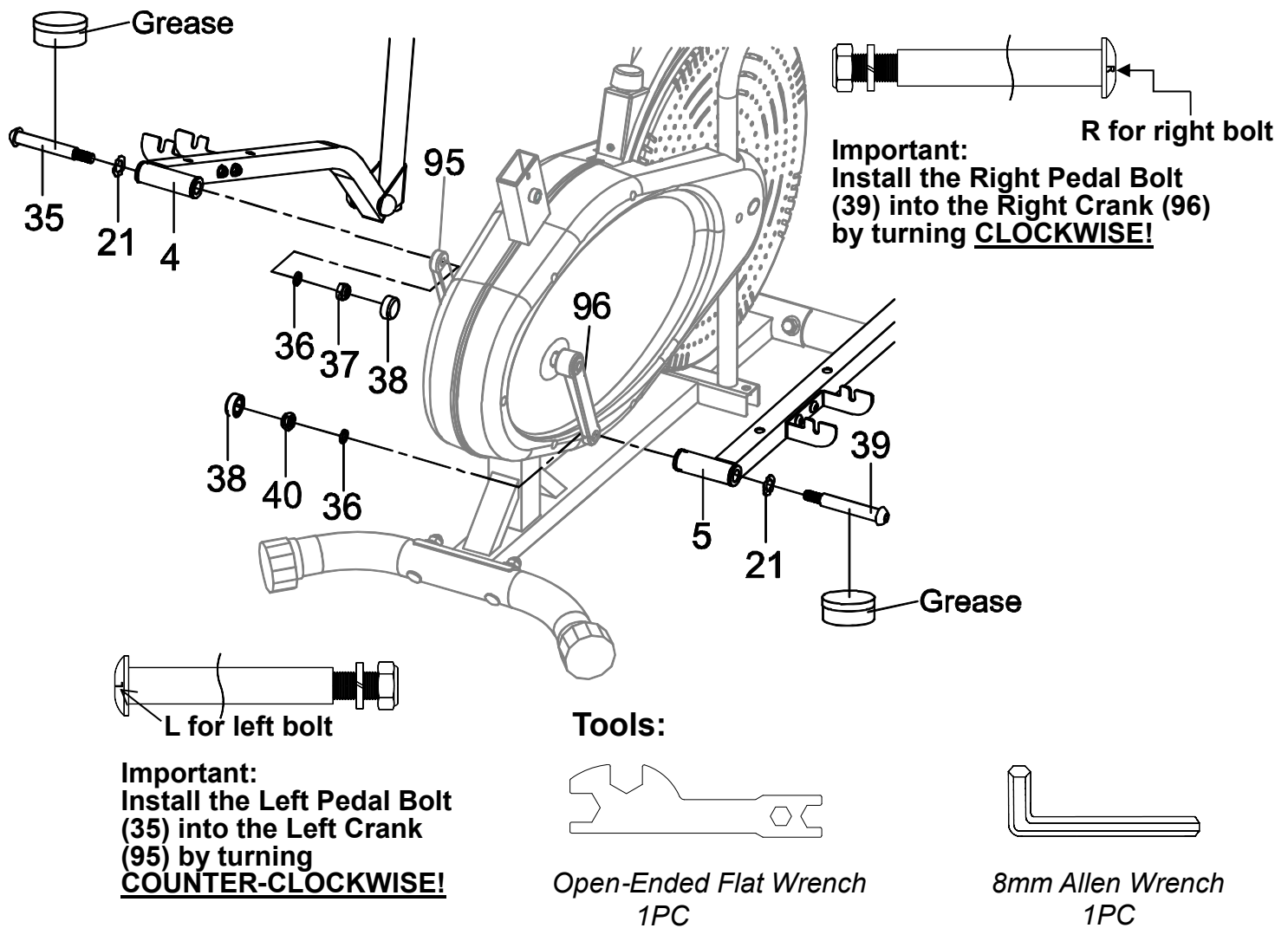


(33) Flat Washer
2 PCS



(34) Hex Check Nut
2 PCS

ASSEMBLY



Step 5

Lubricate the Right Pedal Bolt (39) with some grease provided.

Right Bolt Installation: Insert the **Right Pedal Bolt (39)** and one **Wave Washer (21)** through the **RIGHT** side of the **Right Foot Bar (5)**. Align the **Right Foot Bar (5)** with the **Right Crank (96)** so that they are perfectly centered with each other.

Tightening the Crank Bolt: Screw the **Right Pedal Bolt (39)** through the **Right Crank (96)** by turning it **clockwise** by hand until it stops. Then thoroughly tighten the **Right Pedal Bolt (39)** with the **8mm Allen Wrench**. Put a **Spring Washer (36)** on the threaded end of the **Right Pedal Bolt (39)** and attach the **Right Nylon Nut (40)**. Using the **Open-Ended Wrench** and **8mm Allen Wrench**, secure the **Right Nylon Nut (40)** in a **clockwise** fashion. Proper tightness is extremely important to prevent parts from coming loose or damaging the unit. Cover the **Right Nylon Nut (40)** with a **Nut Cap (38)**.

Repeat this procedure for the **Left Crank (95)** and note that the **Left Pedal Bolt (35)** turns **counter-clockwise** and the **Left Nylon Nut (37)** turns **counter-clockwise**. Install a **Nut Cap (38)** onto the **Left Nylon Nut (37)** after installation.

ASSEMBLY

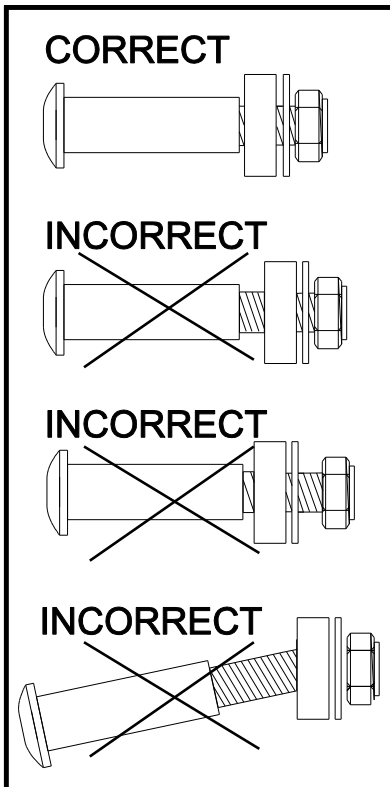
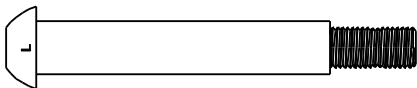


Figure A

NOTE: Look to **Figure A** for the correct installation of the **Crank Bolts**. Keep the bolt perfectly straight when the bolt goes through the **Foot Bars**, and is being screwed into the **Crank Shaft correctly**. If the bolt is screwed into the crank at an angle, this may damage the equipment.

! Installing Right Pedal Bolt (39) into Right Crank (96) can only be done by turning right (CLOCKWISE). Installing the Left Pedal Bolt (35) into the Left Crank (95) can only be done by turning left (COUNTER-CLOCKWISE).

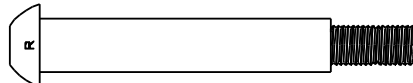
Hardware:



(35) Left Pedal Bolt
1 PC



(37) Left Nylon Nut
1 PC



(39) Right Pedal Bolt
1 PC



(40) Right Nylon Nut
1 PC



(36) Spring Washer
2 PCS

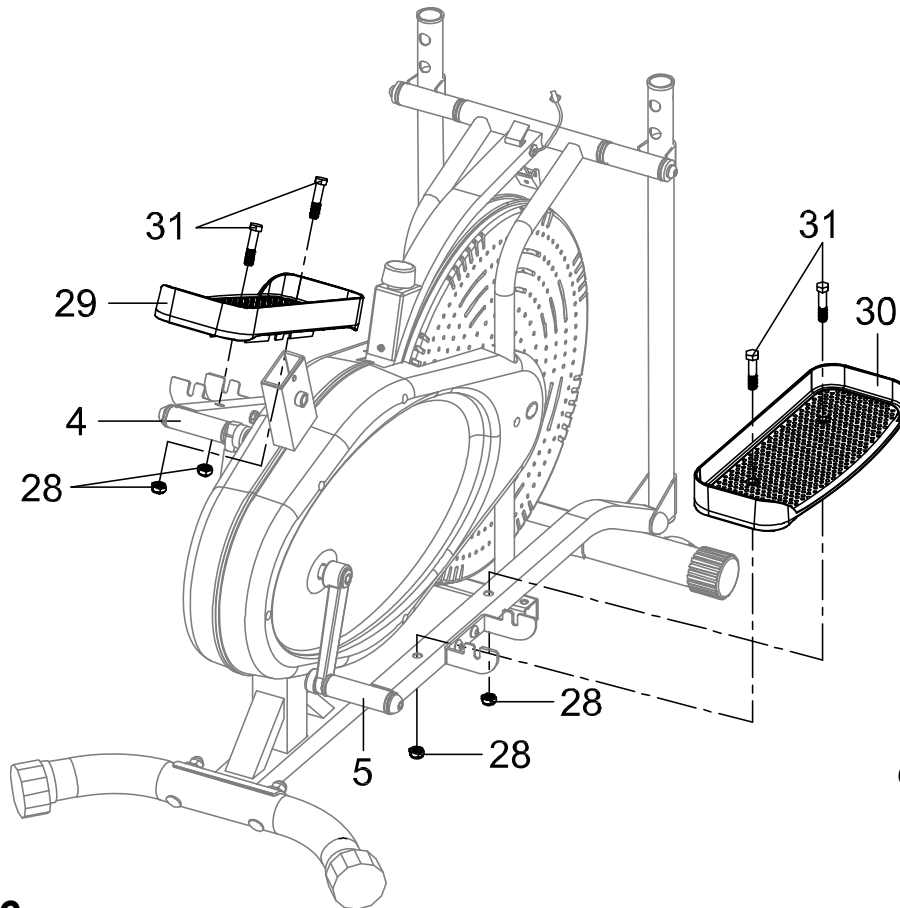


(21) Wave Washer
2 PCS

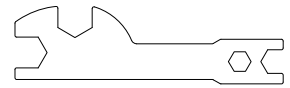


(38) Nut Cap
2 PCS

ASSEMBLY



Tool:



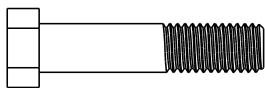
*Open-Ended Flat Wrench
1PC*

Step 6

Right and Foot Pedals Installation: Attach the **Right Foot Pedal (30)** onto the right side of the **Right Foot Bar (5)** with two **Hex Bolts (31)** and two **Hex Check Nuts (28)**. Tighten the **Hex Check Nuts (28)** using the **Open-Ended Wrench** provided.

Repeat the steps above to install the **Left Foot Pedal (29)**.

Hardware:

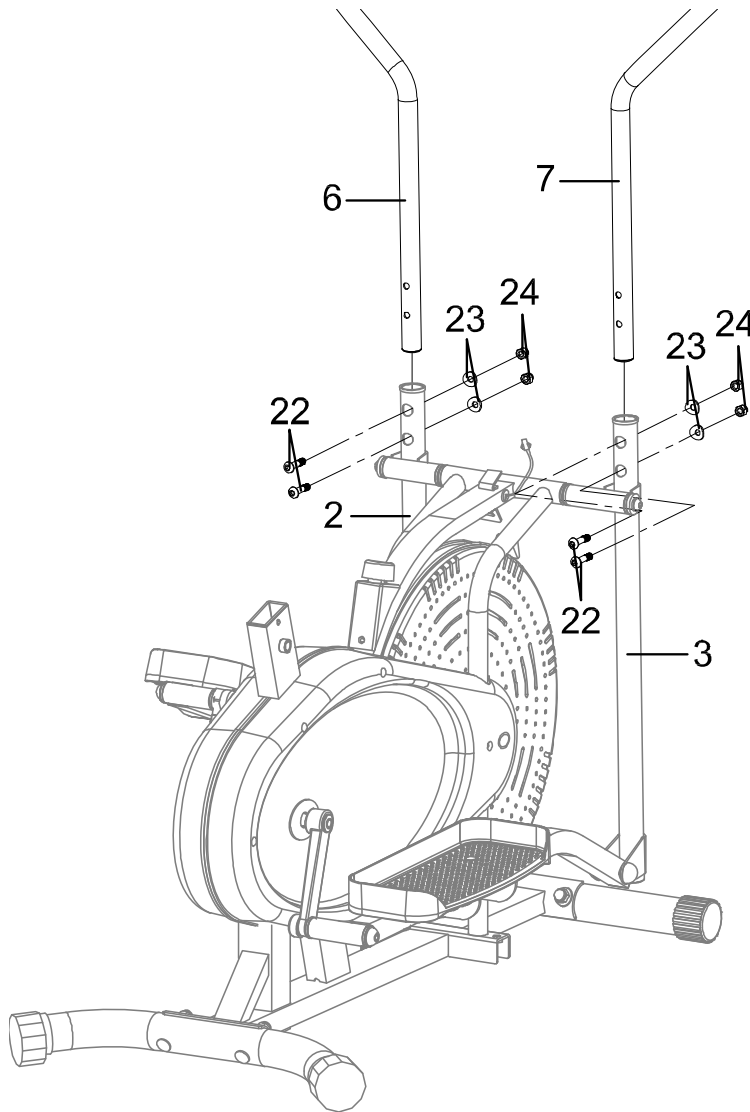


(31) Hex Bolt
4 PCS

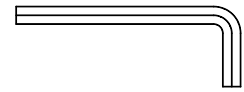


(28) Hex Check Nut
4 PCS

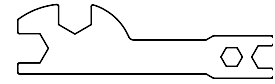
ASSEMBLY



Tools:



6mm Allen Wrench
1PC



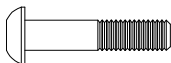
Open-Ended Flat Wrench
1PC

Step 7

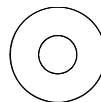
Right Arms Installation: Insert the **Right Handrail Arm (7)** into the **Right Handrail (3)** and secure it using two **Big Curved Washers (23)**, two **Hex Socket Bolts (22)**, and two **Cap Nuts (24)**. Tighten using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** provided.

Left Arm Installation: Insert the **Left Handrail Arm (6)** into the **Left Handrail (2)** and secure it using two **Big Curved Washers (23)**, two **Hex Socket Bolts (22)**, and two **Cap Nuts (24)**. Tighten using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** provided.

Hardware:



(22) Hex Socket Bolt
4PCS



(23) Big Curve Washer
4PCS

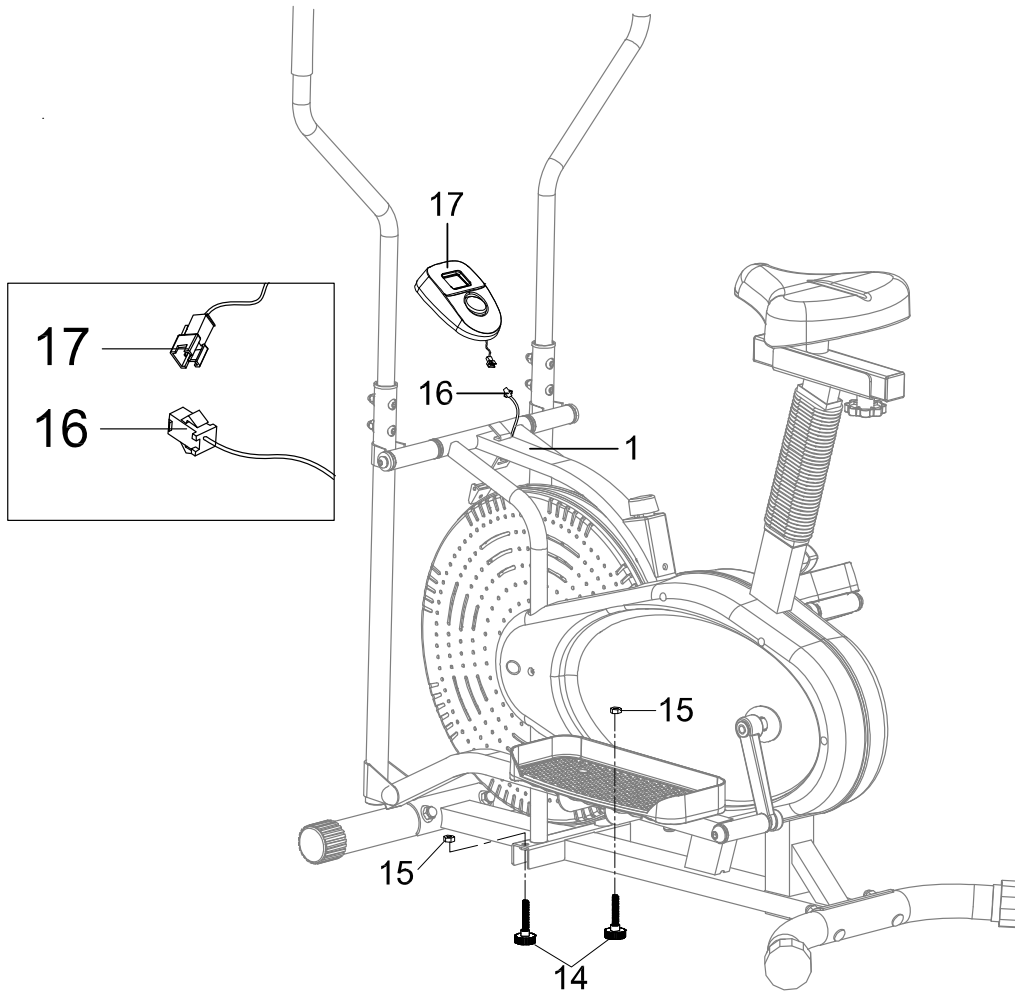


(24) Cap Nut
4PCS

[illegible]

17

ASSEMBLY



Step 9

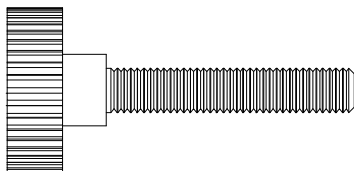
Computer Installation: Connect the **Sensor Wire (16)** to the **Computer (17)**. Place the **Computer (17)** onto the plate of the **Mainframe (1)** and slide it down into the locked position.

Adjustable Levelers Installation: Remove the **Hex Nut (15)** from the **Adjustable Leveler (14)**. Screw the **Adjustable Leveler (14)** onto the bottom of the **Mainframe (1)**. Attach the **Hex Nut (15)** and tighten by hand.

Repeat the steps to install the leveler on the opposite side.

IMPORTANT: To prevent the elliptical from wobbling, make sure you adjust the levelers as instructed on the Operations & Adjustment pages.

Hardware:



(14) Adjustable Leveler
2PCS



(15) Hex Nut
2PCS

COMPUTER CONSOLE

SPECIFICATIONS:

TIME -----0:00-99:59 MIN: SEC
SPEED -----0.0-999.9 MPH
DISTANCE -----0.00-99.99 MILE
CALORIES -----0.0-999.9 KCAL



FUNCTIONS AND OPERATIONS:

AUTO ON /OFF: The Computer will automatically turn on when exercise begins. After 4 minutes of inactivity, The Computer will automatically turn off.

SCAN: Press the MODE button until the arrow points to SCAN, the computer will automatically scan through the functions every 6 seconds.

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

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

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

CALORIES: Press the MODE button until the arrow points to CALORIES, the computer will display the total calories burned during workout.

(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

RESET: Press and hold the MODE button for 4 seconds for all data values to clear to zero.

HOW TO INSTALL THE BATTERIES:

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

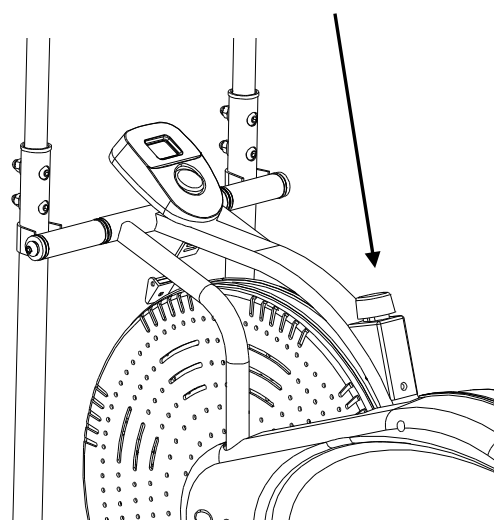
Adjusting the Tension Control Knob

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

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

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.

Tension Control Knob



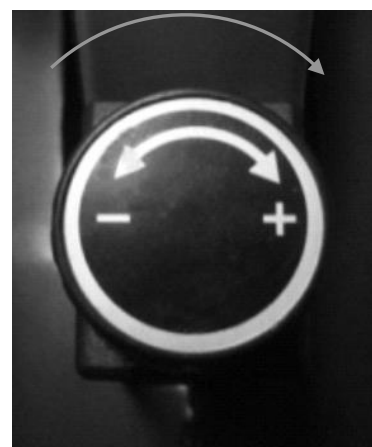
1. Before tightening the strap, the tension knob must be set to its lowest setting. To do this turn the knob in a counterclockwise direction until it is at its lowest setting. Do not continue to turn the knob after reaching its lowest or highest setting for it may damage the knob.



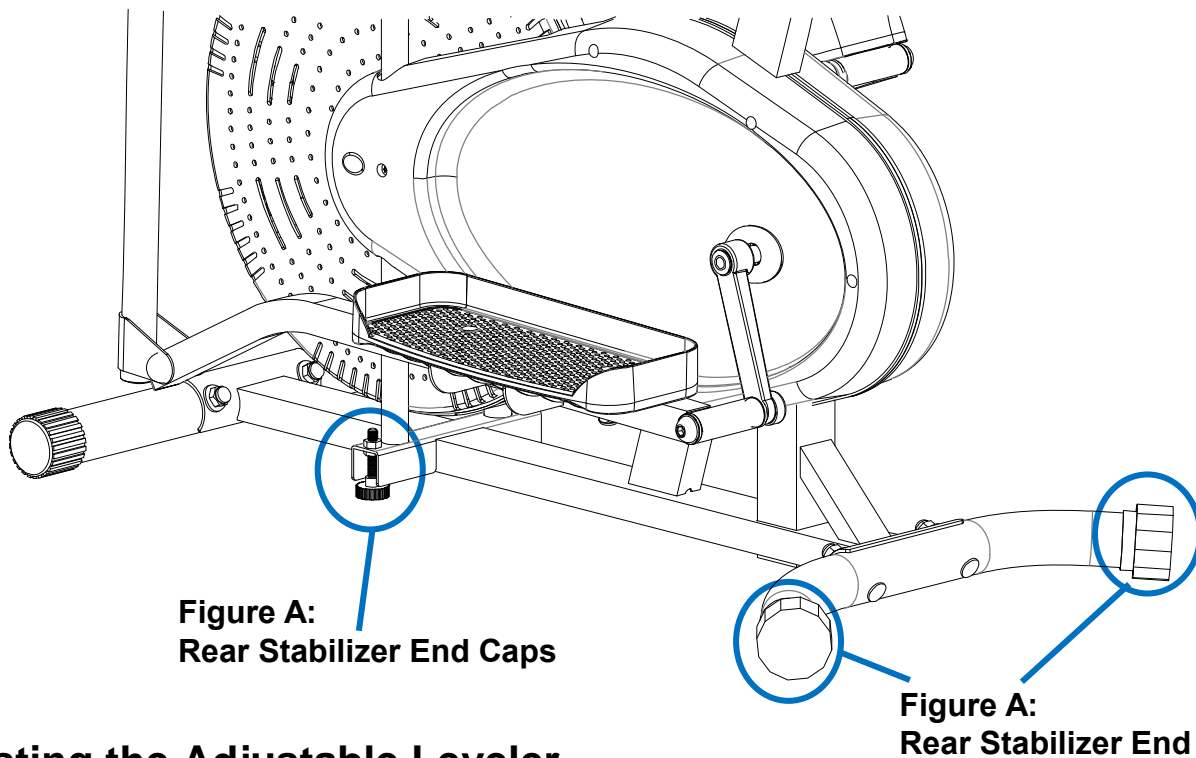
2. To tighten, undo the buckle of the plastic clip and then pull the top strap on the front of the unit away (downward). Close the buckle of the plastic clip to lock in place. Only minimal adjustment is needed.



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



OPERATIONS & ADJUSTMENTS



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.

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



A. Adjusting the Rear Stabilizer End Caps (78)

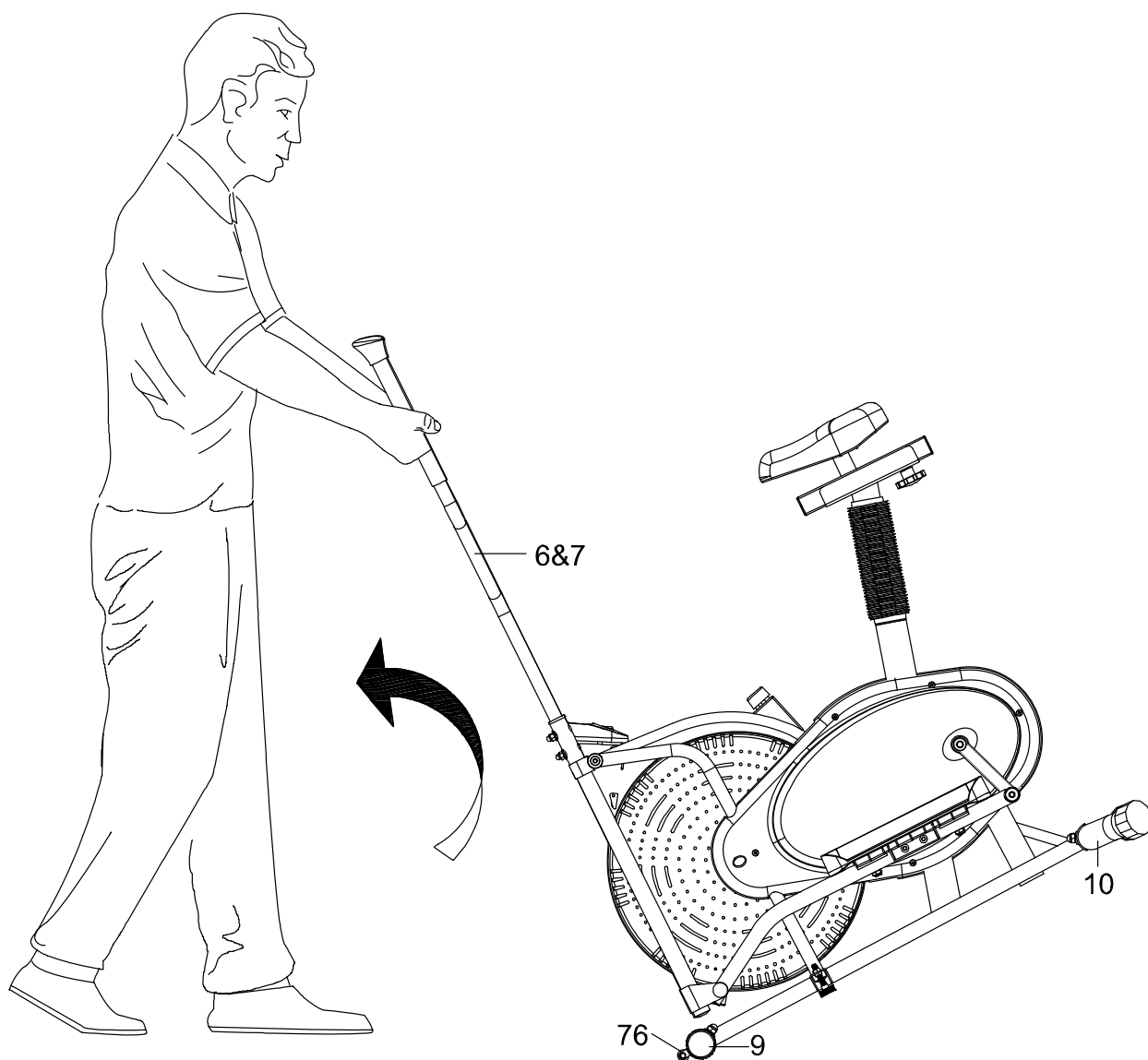
The **Rear Stabilizer End Caps (78)** are designed with different angles of flat surfaces to level the Elliptical. Rotate the **Rear Stabilizer End Caps (78)** till both caps have flat surfaces settled to the floor.



B. Adjusting the Adjustable Leveler (14)

The **Adjustable Leveler (14)** is designed to evenly distribute the weight of the equipment and the user to the floor. **You should adjust the Adjustable Leveler (14)** 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 (14)** reaches the floor instead of the carpet surface.

TRANSPORTING THE ELLIPTICAL



Transporting the Elliptical

Hold the **Left/Right Handrail Arms (6/7)** and pull the machine down until the **Transport Wheels (76)** on the **Front Stabilizer (9)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (10)** to the ground.

MAINTENANCE

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

Cleaning

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

Lubrication

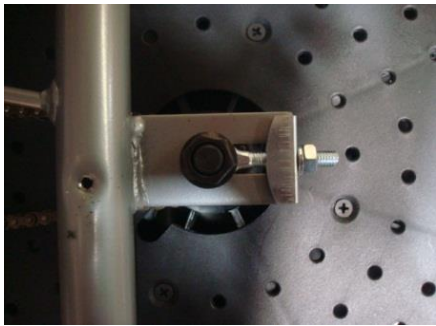
Regularly inspect your machine for any loose connections and tighten them. Creating a consistent lubrication routine on the moving parts of the elliptical can stop it from squeaking.

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 a squeak.
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.

TROUBLESHOOTING

PROBLEM	SOLUTION
The computer will not power up.	<ol style="list-style-type: none"> 1. Check that the batteries are inserted properly with the correct polarity (see marking inside 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 readings on the computer display	Check that the Sensor Wire (16) coming out from the Mainframe (1) is securely connected to the wire that coming from the Computer (17) .
The elliptical makes a squeaking noise.	<ol style="list-style-type: none"> 1. The bolts may be loose on the elliptical, inspect and tighten any loose bolts. 2. See page for lubrication.
Clicking Noise.	<p>After long use, the chain may get loose and start to have clicking noise. Open the Right and Left Covers (90/91) to reach the Nut (70). Tighten the chain by screwing the Nut (70) clockwise. Repeat for the other side.</p> 
The elliptical is not sturdy enough.	Make sure both the Adjustable Levelers (14) are touching the ground. Make sure the elliptical is leveled.
Tension adjustment doesn't work.	Undo the buckle of the plastic clip and then pull the top strap on the front of the unit away (downward) to re-tighten the tension belt.
Pedal assembly is coming loose.	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. Proper tightness is extremely important to prevent parts from coming loose or damage during use.

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

(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 too, 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 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 in Fax #: 626-810-2166**