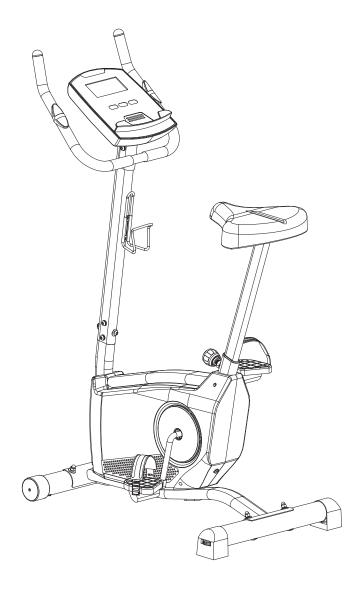
OWNER'S MANUAL











Programmable Upright Bike

6100.4-061716

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged, defective products, 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 Best Service, please Email:

Service@paradigmhw.com

Response Time: 1-2 Business Days

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7922

Response time may vary.

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

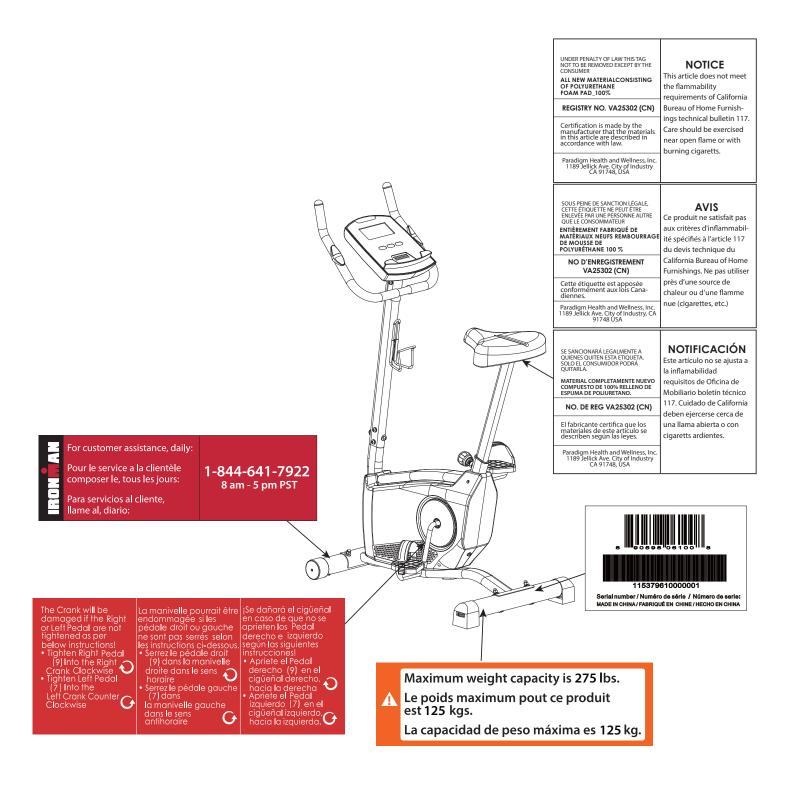
Part number

Proof of Purchase

For damaged or defective 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



PRODUCT SAFETY

Basic precautions should always be followed when using this equipment. Read all the 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 yourself, it is recommended that you perform warm-up exercises for every muscle group.
- 3. Please make sure that all the components are not damaged and that all the hardware
- is thoroughly tighten before use.
- 4. This equipment should be placed on a flat surface when using. Placing a mat or other covering material on the ground underneath the equipment is recommended.
- 5. Please wear proper clothing and shoes when using this equipment; do not wear clothes that are loose and might get caught by any part of the equipment; remember to tighten the pedal straps before working out.
- 6. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult customer service.
- 7. Do not use or leave the equipment outdoors.
- 8. This equipment is for household use only.
- 9. Only one person should be on the equipment while in use.
- 10. 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.
- 11. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
- 12. The maximum weight capacity for this product is 275 lbs/125 kgs.

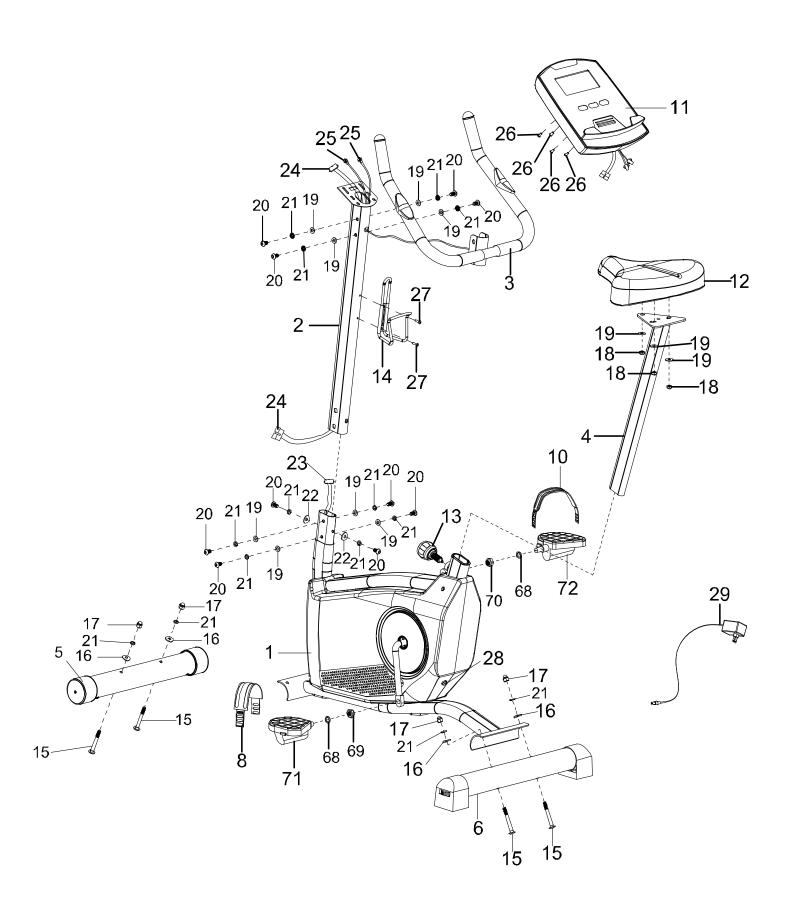
WARNING: Before beginning any exercise program consult your

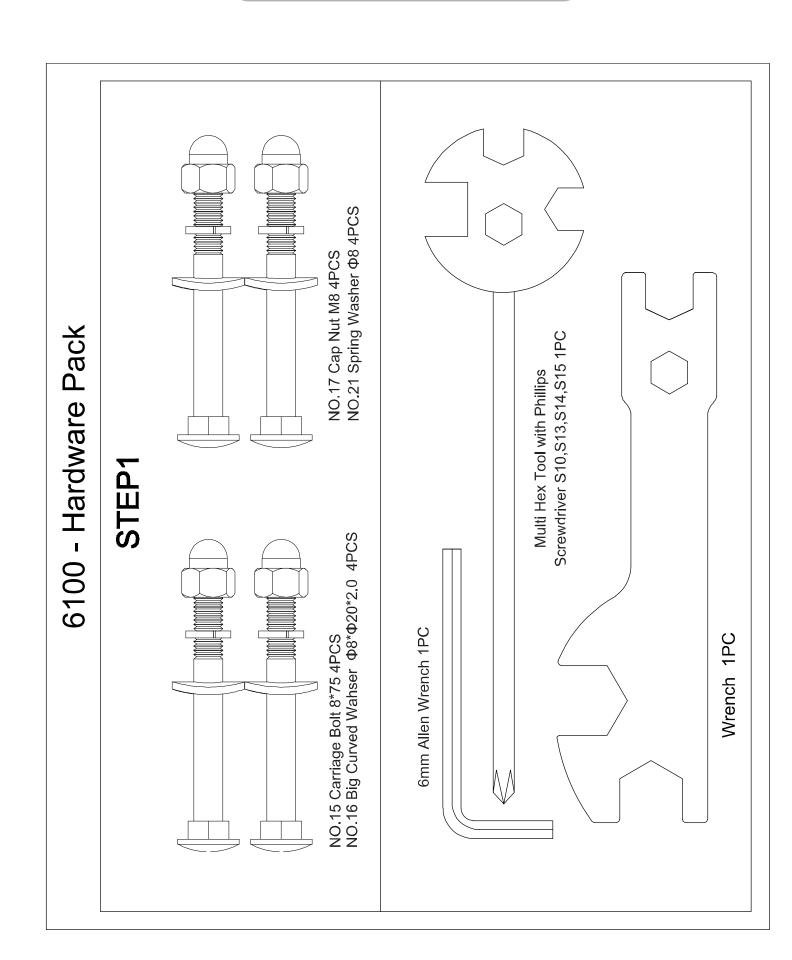
physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

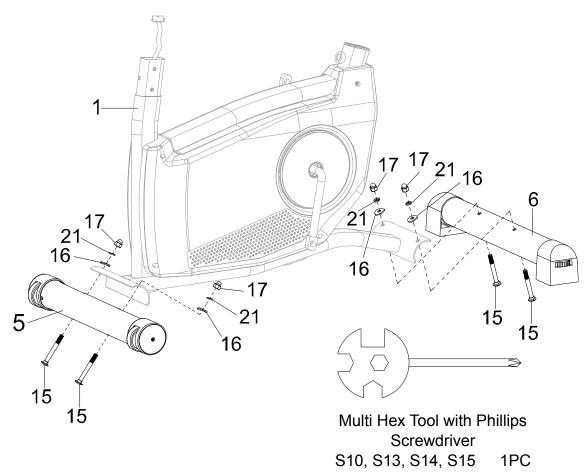
OVERVIEW DRAWING





PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	20	Hex Bolt M8*15	10
2	Front Post	1	22	Curved Washer φ16*φ8*1.5	2
3	Handlebar	1	23	Lower Console Wire	1
4	Seat Post	1	24	Upper Console Wire	1
5	Front Stabilizer	1	25	Sensor Wire	2
6	Rear Stabilizer	1	26	Philips Screw M5*10	4
8	Left Pedal Strap	1	27	Bottle Holder Screw ST4.8*15	2
10	Right Pedal Strap	1	28	Power Jack	1
11	Console	1	29	Adaptor	1
12	Seat	1	30	Allen Bolt M8*16	2
13	Adjustment Knob M16*1.5	1	34	Front Stabilizer End Cap	2
14	Bottle Holder	1	68	Spring Washer φ20*φ13*2.0	2
15	Carriage Bolt M8*75	4	69	Left Nylon Nut 1/2"	1
16	Big Curved Washer Ф8*Ф20*2.0	4	70	Right Nylon Nut 1/2"	1
17	Cap Nut M8	4	71	Left Pedal	1
18	Nylon Nut M8	3	72	Right Pedal	1
19	Flat Washer φ16*φ8*δ1.5	11			



1. Stabilizers Installation

- A. **Front Stabilizer:** Position the Front Stabilizer (5) in front of the Main Frame (1). Align the bolt holes and attach the Front Stabilizer (5) onto the front curve of the Main Frame (1) with two Carriage Bolts (15), two Big Curved Washers (16), two Spring Washers (21), and two Cap Nuts (17) and tighten with the Multi Hex Tool with Phillips Screwdriver (32) provided.
- B. **Rear Stabilizer:** Position the Rear Stabilizer (6) behind the Main Frame (1). Align the bolt holes and attach the Rear Stabilizer (6) onto the rear curve of the Main Frame (1) with two Carriage Bolts (15), two Big Curved Washers (16), two Spring Washers (21), and two Cap Nuts (17) and Tighten with the Multi Hex Tool with Phillips Screwdriver (32) provided.

Hardware:



(15) Carriage Bolt 4PCS



(16) Big Curved Washer 4PCS

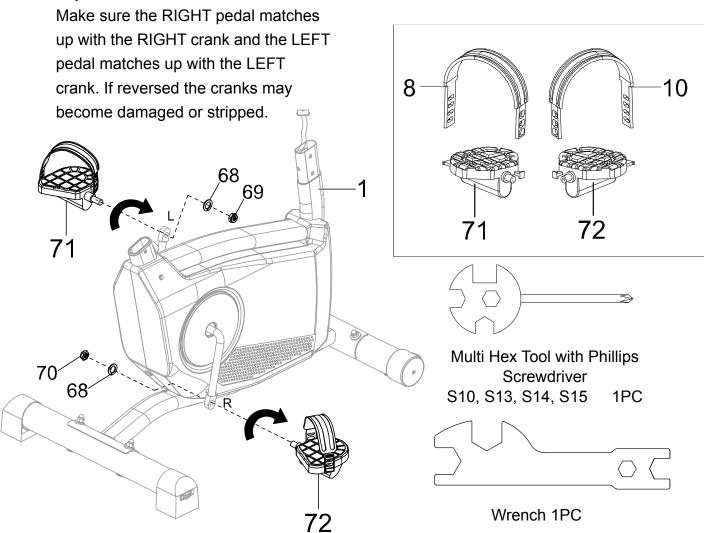


(17) Cap Nut 4PCS



(21) Spring Washer 4PCS

Important:



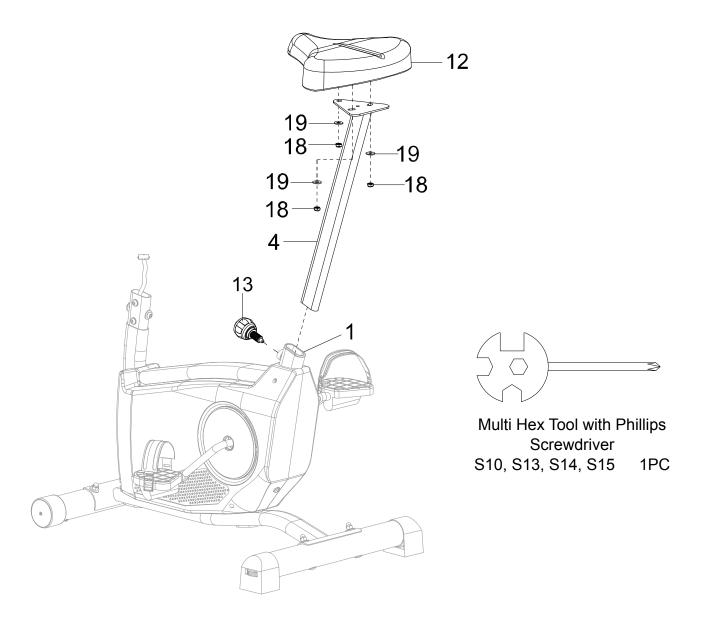
The Cranks, Pedals, and Pedal Straps are marked "R" for Right and "L" for Left.

2.1 Pedal Strap installation

A. Install the Left Pedal Straps (8) onto the Left Pedal (71), and then install the Right Pedal Strap (10) on to the Right Pedal (72). The Pedal straps (8,10) are label "L" for Left and "R" for Right

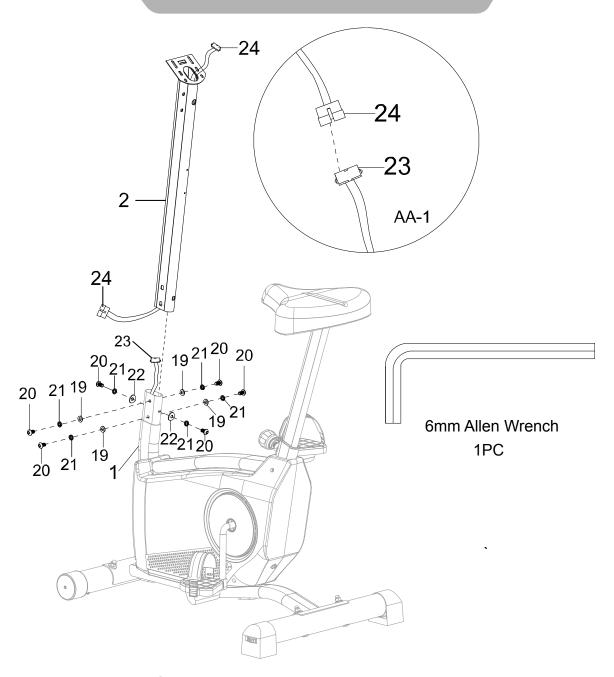
2.2 Pedals Installation

- A. Remove the Left Nylon Nut (69) and Spring Washer (68) and Right Nylon Nut (70) and Spring Washer (68) from the Left and Right Pedals (71/72) first.
- B. Left Pedal Installation: Insert the Left Pedal (71) into the threaded hole in the Left Crank. Turn the pedal shaft by hand in a counter-clockwise direction and then tighten using the Multi Hex Tool with Phillips Screwdriver. Attach the Left Nylon Nut (69) and Spring Washer (68) onto the Pedal shaft until snug, DO NOT turn the pedal shaft in the clockwise direction; doing so will strip the threads. Tighten the Left Nylon Nut (69) with the Wrench provided.
- C. Right Pedal Installation: Insert the Right Pedal (72) into the threaded hole in the Right Crank. Turn the pedal shaft by hand in a clockwise direction and tighten using the Multi Hex Tool with Phillips Screwdriver. Attach the Right Nylon Nut (70) and Spring Washer (68) onto the Pedal shaft until snug, DO NOT turn the pedal shaft in the clockwise direction; doing so will strip the threads. Tighten the Right Nylon Nut (70) with the Wrench provided.



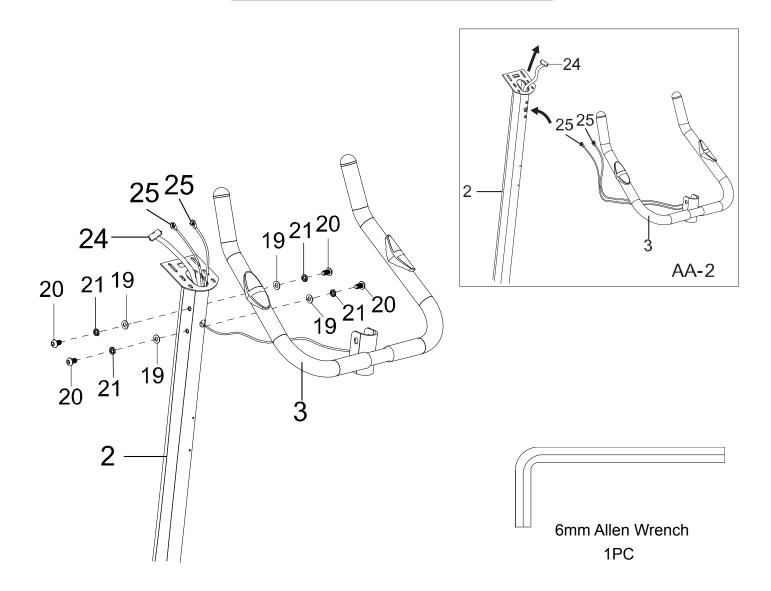
3. Seat Post and Seat Installation

- A. **Seat Installation:** Remove the 3 Nylon Nuts (18) and 3 Flat Washers (19) from the Seat (12). Attach the Seat (12) onto the seat bracket of the Seat Post (4), with 3 Nylon Nuts (18), and 3 Flat Washers (19). Then tighten the Nylon Nuts (18) with the Multi Hex Tool with Phillips Screwdriver (32) provided.
- B. **Seat Post Installation:** Loosely insert the Adjustment Knob (13) by turning it clockwise. Pull on the Adjustment Knob (13) to clear space to insert the Seat Post (4) into the tube of the Main Frame (1). Lock the Seat Post (4) in place by releasing the Adjustment Knob (13) and sliding the Seat Post (4) up or down slightly until the Adjustment Knob (13) "pops" into the locked position. Then securely tighten the Adjustment Knob (13) by twisting it in a clockwise direction until tight.



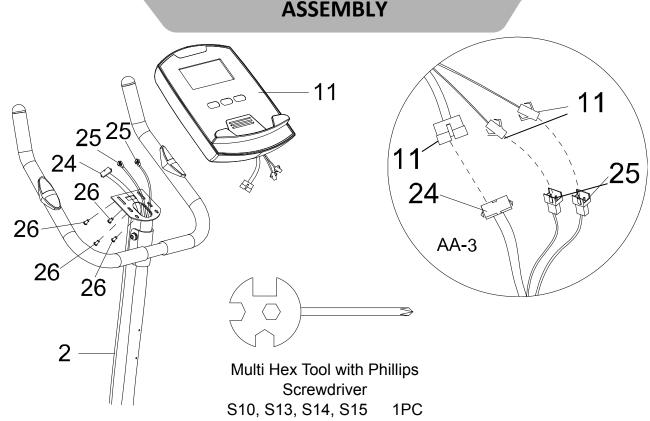
4. Front Post Installation

Remove six Hex Bolts (20), six Spring Washers (21), two Curved Washers (22), and four Flat Washers (19) from the Main Frame (1). Connect the Lower Console Wire (23) from the Main Frame (1) and Upper Console Wire (24) from the Front Post (2), as shown in Fig. AA-1. Slide the Front Post (2) down onto the Main Frame (1), being careful to not pinch or damage the wires. On the sides of the Front Post (2) install four Hex Bolts (20), four Spring Washers, and four Flat Washers by hand. Then install two Hex Bolts (20), two Spring Washers (21), and two Curved Washers (22) into the front and Back side of the Front Post (2) by hand. Once all the hardware has been installed tighten the Hex Bolts (20) with the 6mm Allen Wrench (31) provided.



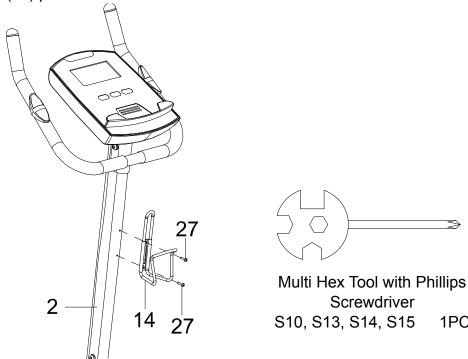
5. Handlebar Installation

Remove four Hex Bolts (20), four Spring Washers (21) and four Flat Washers (19) from the sides of the Front Post (2). Feed the Sensor Wires (25) into the hole on the Front Post (2) as shown in Fig. AA-2. Pull the sensor Wires (25) out from the large hole at the top of the Front Post (2) and leave them hanging outside of the Front Post (2) for the moment. Attach the Handlebar (3) onto the Front Post (2) with four Hex Bolts (20), four Spring Washers (21) and four Flat Washers (19). Tighten the Hex Bolts (20) with the 6 mm Allen Wrench (31) provided.



6. Console Installation

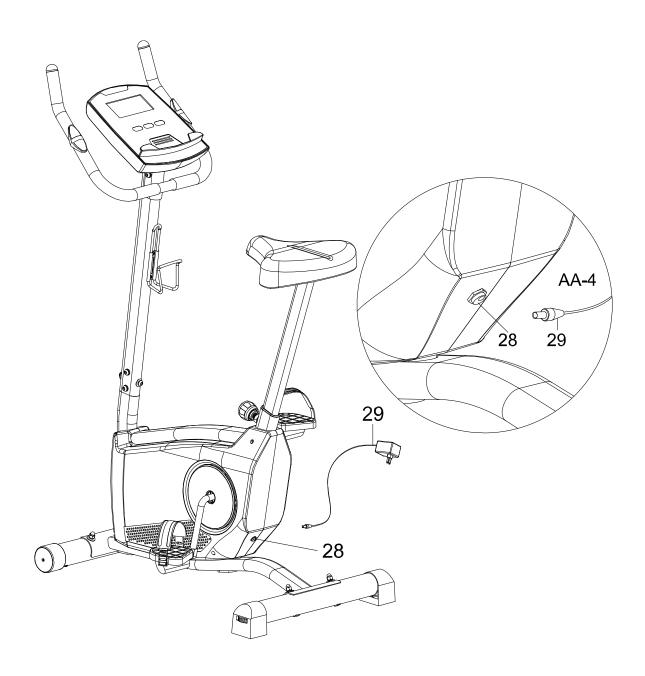
Remove the four Phillip Screws (26) from the backside of the Console (11). Connect the Upper Console Wire (24) and Sensor Wires (25) to the wires at the back of the Console (11), as shown in Fig. AA-3. Gently insert the computer wires into the Front Post (2) and be sure the wires aren't pinched or disconnected. Attach the Console (11) onto the Front Post (2) with the four Phillip Screws (26) previously removed. Then tighten the Phillip Screws (26) with the Multi Hex Tool with Phillips Screwdriver (32) provided.



7. Bottle Holder Installation

Remove two Bottle Holder Screws (27) from the Front Post (2). Attach the Bottle Holder (14) onto the Front Post (2) with the two Bottle Holder Screws (27) and tighten with the Multi Hex Tool with Phillips Screwdriver (32) provided.

1PC



8. Adaptor Installation

Plug the small end of the Adaptor (29) into the Power Jack (28) located at the rear of the Main Frame (1), as shown in Fig. AA-4. Before plugging in, make sure to carefully check the specifications on the Adaptor. Plug the Large end of the Adaptor (29) into the electrical outlet.

CONSOLE

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:

- 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.



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.

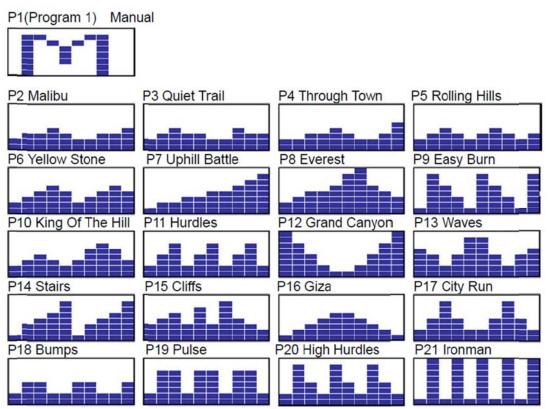
How to quick start a Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. To start an immediate workout press the START button once you have selected the desired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



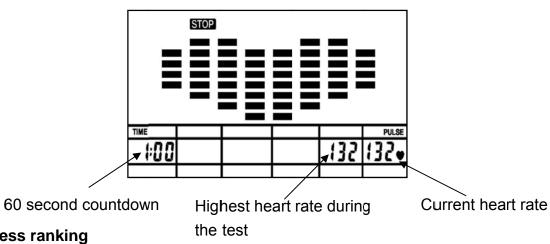
CONSOLE

Recovery Program:

The Recovery Program gives you feedback about the rate at which you heart recovers after a workout. The recovery rating is a value with 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 heartrate and your resting heartrate 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

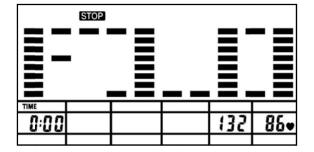
F2 – good fitness

F3 – satisfactory fitness

F4 - minimal fitness

F5 – fitness needs improvement

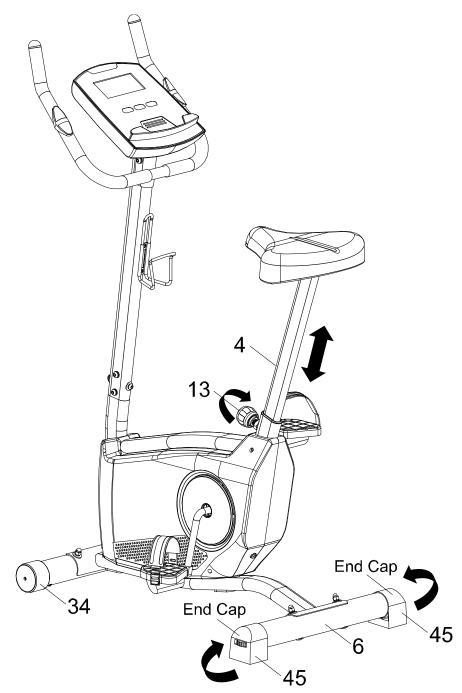
F6 – fitness needs major improvement



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



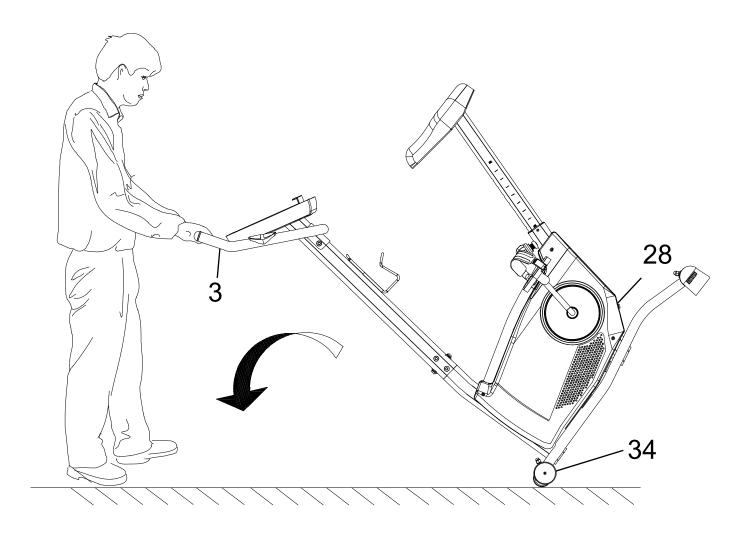
Seat Post Adjustment

Loosen Adjustment Knob (13) by first twisting **counter clockwise**. When loosen, the Adjustment Knob (13) can be pull out slightly to release the Seat Post (4), allowing it to slide up and down. Release the Adjustment Knob (13) at the desired height, allowing it to pop into one of the nearest available holes. Shift the Seat Post (4) up and down slightly to make sure it has "popped" into a hole. Tighten the Adjustment Knob (13) by turning it **clockwise** in order to secure Seat Post (4) height.

Floor Level Adjustment

Turn the dials in the Rear Stabilizer End Caps (45) at both sides of the Rear Stabilizer (6) to level the bike with the floor. It is very important that all Front /Rear Stabilizer End Caps (34) & (45) on the front and rear stabilizer make contact with the floor.

MOVING THE BIKE



Transporting the Bike

Unplug the Adaptor (29) from the Power Jack (28). Stand in front of the bike and firmly grip the Handlebars (3). Tilt the front of the bike downwards to balance the bike on the Front Stabilizer End Caps (34). Carefully roll the bike to your desired location and slowly tilt the bike back down to the ground.

TROUBLESHOOTING

Computer not working correctly

- Check that the computer cables are connected securely and are not damaged.
- •Check that the AC Adaptor (29) is securely connected to the Power Jack (28) and plugged into an electrical outlet.

The bike wobbles or shakes when in use

• Turn the adjustable levelers on the rear stabilizer to level the bike.

Squeaking noise when in use

• There may be loose bolts on the bike, inspect all the bolts and tighten as needed.

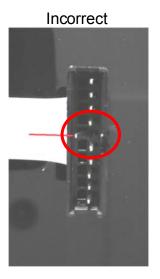
No readings or inconsistent/erratic heart rate readings

- Always hold on to the handlebar grip sensors with both hands.
- Try to maintain moderate pressure while holding onto the hand pulse sensors.
- Make sure that the wire connections for the hand pulse Sensor Wires (25) are plugged in and secured.
- Wipe excess moisture off of your hands.

Problem	Potential Cause	Correction
E1	1. The motor does not	1) Motor Problems
	activate	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	Check if the cables are damaged or not
	wrong with the cables.	to cause circuit short.
	2. There is something	Change the computer. contact customer
	wrong with the computer.	service
	3. There is something	Change the motor. contact customer
	wrong with the motor.	service





*Before connecting any cables, please make sure the metal prongs of the cable are OK.

MAINTENANCE

Cleaning

The bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on the plastic parts. Please wipe your sweat off the bike 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. Please keep the bike and the computer console out of direct sunlight to prevent screen damage or premature wear. Please inspect all assembly bolts 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.

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

Frame Lifetime

Normal Wearable Parts 1 year (upholstery, brake, pads, foam grips, pedals etc...)

Labor/Electronics and Other Parts 3 years

(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, 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

PART REQUEST FORM

Paradigm Health & Wellness, Inc.

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

NAME:		
ADDRESS	S:	
CITY	STATE	ZIP
TELEPHO	STATE NE: (Day)	
	(Night)	
SERIAL#:		
MODEL#:		
PURCHAS	SE DATE:	
PLACE OF	PURCHASE:	
PART#	DESCRIPTION	QTY

[&]quot;YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

^{*} This form can also be faxed in Fax #: 626-810-2166