

# OWNER'S MANUAL



Ironman X- Class 410  
Recumbent Bike with Bluetooth

Model 6152

The specifications of this product may vary from this photo and are subject to change without notice.  
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## TABLE OF CONTENT

SERVICE .....	2
LABEL PLACEMENT .....	3
PRODUCT SAFETY .....	4
OVERVIEW DRAWING .....	5
HARDWARE AND TOOLS LIST .....	6
PART LIST .....	7
ASSEMBLY .....	10
SEAT AND BACKREST ADJUSTMENTS.....	19
COMPUTER .....	21
TROUBLESHOOTING & MAINTENANCE .....	29
WARM UP .....	30
WARRANTY .....	31
PART REQUEST FORM .....	32

## **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](mailto:Service@paradigmhw.com)**

**Response Time: 1-2 Business Days**

**Website:**

**[www.paradigmhw.com](http://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

## ⚠ CAUTION (Model 6152)

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

- Tighten Right Pedal (0-1) Into the Right Crank Clockwise
- Tighten Left Pedal (0-2) Into the Left Crank Counter Clockwise

## ⚠ ATTENTION (N° 6152)

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

- Serrez le pédale droit (0-1) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (0-2) dans la manivelle gauche dans le sens antihoraire

## ⚠ WARNING

Maximum weight capacity is 350 lbs.

## ⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 159 kgs.

**IRONMAN**

For customer assistance call:  
**1-844-641-7922**  
8 am - 5 pm PST  
Daily

Pour le service à la clientèle composer le:  
**1-844-641-7922**  
Tous les jours  
8:00 h - 17 h (HNP)



6 881154061521 5



114067615200001

Serial number/Numéro de série:  
MADE IN CHINA / FABRIQUÉ EN CHINE

Under Penalty of law this tag not to be removed except by the consumer  
**ALL NEW MATERIAL**  
**CONSISTING OF**  
**POLYURETHANE FOAM PAD, 100%**

**REGISTRY NO.**  
**VA25302 (CN)**

Certification is made by the manufacturer that the materials in this article are described in accordance with law.

Paradigm Health and Wellness, Inc.  
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SOUS PEINE DE SANCTION LÉGALE, CETTE ÉTIQUETTE NE PEUT ÊTRE ENLEVÉE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR.

**ENTièrement fabriqué de**  
**MATÉRIAUX NEUFS**  
**REMBOURRAGE DE MOUSSE DE**  
**POLYURÉTHANE 100%**

**NO D'ENREGISTREMENT**  
**VA25302 (CN)**

Cette étiquette est apposée Conformément aux lois Canadiennes.

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## 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.

## AVIS

Ce produit ne satisfait pas aux critères d'incendie 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 nue (cigarettes, etc.)

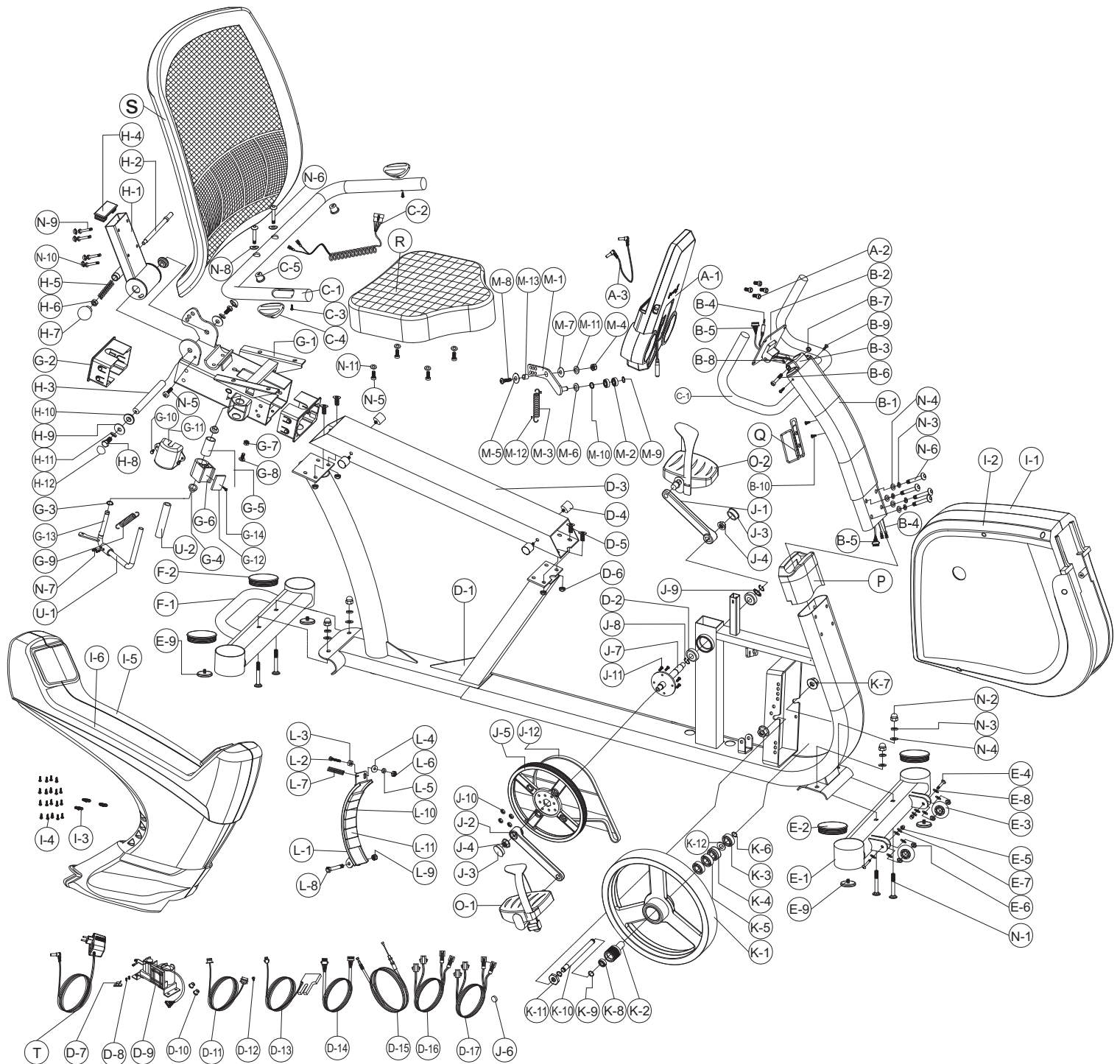
**Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.**

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising and to avoid injuring your muscles, perform warm-up exercise for each muscle group is highly recommended. Please refer to Warm Up section of the Owner's Manual.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult with customer service at Paradigm.
6. Caution should be taken when getting on or off the equipment. To get on, make sure the left foot pedal is at the lowest position. Grab the stationary handlebar firmly with both hands then place your left foot onto the left foot pedal. Once your left foot is secured, place your right foot onto the right foot pedal. To begin exercising, push/pull on the handrails first and then follow with leg motion. To get off, come to a complete stop and do the above in reverse.
7. Keep dry - do not operate in wet or moist condition.
8. Do not use the equipment outdoors.
9. This equipment is for household use only.
10. Only one person should be on the equipment at any time.
11. Keep children and pets away from the product while in use.
12. This machine is designed for adults only.
13. This product requires a minimum of 6 feet of space for safe operation.
14. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
15. **The maximum weight capacity for this product is 350 lbs /159 kgs.**

**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. 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



# HARDWARE & TOOLS LIST

## Step 1

# 6152

(N-2) M8\*15L 4PCS

(N-1) M8\*60L 4PCS

## Step 2

(N-3) D13.2 4PCS

(N-4) D16 4PCS

(N-5) M6\*15L 1PC

## Step 3

(N-3) D13.2 4PCS

(N-4) D16 4PCS

(N-6) M8\*50L 4PCS

## Step 7A

(N-7) M6\*10L 2PCS

(N-6) M8\*50L 2PCS

(N-8) D22 2PCS

## Step 7B

(N-5) M6\*15L 4PCS

(N-11) D14 4pcs

## Step 7C

(N-9) 1/4"-20x40L 4PCS

(N-10) D28x17xM6 4PCS (mm)

(N-15) Allen Wrench 5mm 1pc

(N-14) Allen Wrench 4mm 1pc

(N-13) Open Wrench 13,15mm 1pc

(N-12) Allen Wrench with Phillips Screwdriver 6mm 1pc



## PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
A	Computer set	1	D-11	Electric cable	1
A-1	Computer	1	D-12	Bolt M5x0.8x12L	1
A-2	Computer Screw M5*0.8*10L	4	D-13	Sensor cable	1
A-3	Audio cable	1	D-14	Lower computer cable	1
B	Handlebar post set	1	D-15	Tension cable	1
B-1	Handlebar post	1	D-16	Lower hand pulse cable	2
B-2	Fixing plate of computer	1	D-17	Upper hand pulse cable	1
B-3	Computer bracket	1	E	Front stabilizer set	1
B-4	Upper hand pulse cable	1	E-1	Front stabilizer	1
B-5	Upper computer cable	1	E-2	End cap	2
B-6	Allen bolt M8*1.25*45L	1	E-3	Round moveable wheel	2
B-7	Nylon nut M8*1.25*8T	1	E-4	Allen bolt M8x1.25x40L	2
B-8	Bushing D8xD12.7x23	1	E-5	Domed nut M8x1.25x15L	2
B-9	Cross screw ST4.2x1.4x15L	2	E-6	Bushing D22.2xD8.2x7T	4
B-10	Bolt M5*0.8x15L	2	E-7	Spring washer D15.4xD8.2x2T	2
C	Handlebar set	1	E-8	Flat washer D16xD8.5x1.2T	6
C-1	Handlebar	1	E-9	Adjustable Levers	4
C-2	Hand pulse cable	2	F	Rear stabilizer set	1
C-3	Cross screw ST4x1.41x25L	2	F-1	Rear stabilizer	1
C-4	Hand pulse cable	2	F-2	End cap	2
C-5	Cable plug	1	G	Seat post set	1
D	Main frame set	1	G-1	Seat adjustment bracket	1
D-1	Main frame	1	G-2	Bushing	2
D-2	Bearing M8x1.25x15L	2	G-3	C-clip	2
D-3	Sliding beam	1	G-4	Bushing D29xD11.9x9T	2
D-4	Buffer	4	G-5	Eccentric shaft	1
D-5	Allen bolt M8x1.25x15L	4	G-6	Link stopper	1
D-6	Nylon nut M8*1.25*8T	4	G-7	Nut	1
D-7	Fixing clip	1	G-8	Hex bolt M8x1.25x15L	1
D-8	Cross screw ST4.2x1.4x15L	2	G-9	Spring D1.8xD14x70L	1
D-9	Motor	1	G-10	Bolt M5x0.8x10L	2
D-10	Cable plug	2	G-11	Protective cover	1

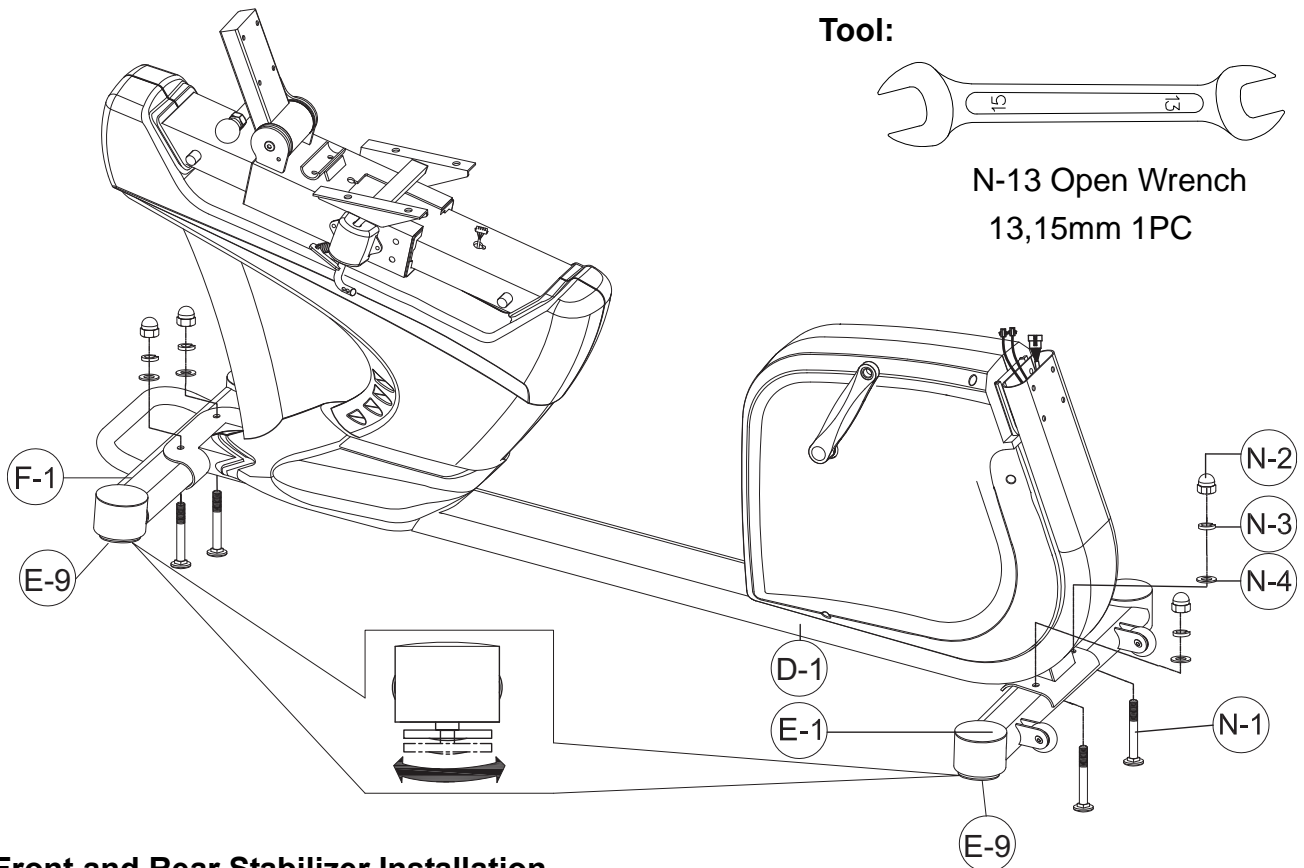
## PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
G-12	Bushing	1	J-8	C-clip D22.5xD18.5x1.2T	2
G-13	Adjustable pole	1	J-9	Waved washer D27xD21x0.3T	1
G-14	Cross screw ST4x1.41x12L	1	J-10	Nylon nut M6x1.0x6T	4
H	Bracket adjustable tube set	1	J-11	Hex bolt M6x1.0x15L	4
H-1	Backrest bracket	1	J-12	Multiple-groove belt	1
H-2	Pin	1	K	Fly-wheel set	1
H-3	Swing shaft	1	K-1	Fly-wheel	1
H-4	End cap	1	K-2	Little fly-wheel	1
H-5	Spring D1.0x131.9	1	K-3	Bearing	1
H-6	Nut M18x1.5x14	1	K-4	Bearing D35x16	1
H-7	Backrest Adjustment Knob	1	K-5	Bearing	2
H-8	Hex bolt M8x1.25x15L	2	K-6	C-clip D15.5xD10.8x1T	2
H-9	Flat washer D25xD8.5x2T	2	K-7	Nylon nut 3/8"-26UNFx6.5T	2
H-10	Bushing D29xD12.1x9T	2	K-8	Bearing	1
H-11	Spring washer D15.4 xD8.2x2T	2	K-9	Fixing ring	1
H-12	screw cover D28x14(M8)	2	K-10	Flywheel axle	1
I	chain cover set	1	K-11	Nut D9.5x8T(3/8"-26UNFx8T)	1
I-1	Left chain cover	1	K-12	Washer D36.8xD31.5x1T	1
I-2	Right chain cover	1	L	Fixing plate for magnet set	1
I-3	Pin	3	L-1	Fixing plate for magnet	1
I-4	Cross screw ST4.2x1.4x20L	19	L-2	Hex bolt M6x60L	1
I-5	Left chain cover	1	L-3	Nut M6x1x6T	1
I-6	Right chain cover	1	L-4	Nylon washer D6xD19x1.5T	1
J	Crank set	1	L-5	Flat washer D13xD6.5x1.0T	1
J-1	Left crank	1	L-6	Nylon nut M6x1x6T	1
J-2	Right crank	1	L-7	Spring D1.0x55L	1
J-3	screw cover D26x11L	2	L-8	Hex bolt M8x52L	1
J-4	Anti-loosen nut M10x1.25x10T	2	L-9	Nylon nut M8x1.25x8T	1
J-5	Belt wheel	1	L-10	Magnet cell	8
J-6	Round magnet	1	L-11	Magnet	9
J-7	Crank axle set	1	M	Idle wheel set	1

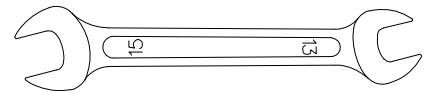
## PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
M-1	Fixing plate for idle wheel	1	N-8	Curved washer D22xD8.5x1.5T	2
M-2	Bearing	2	N-9	Screw 1/4"x20x40L,	4
M-3	Spring D2.2xD14x55L	1	N-10	screw cover	4
M-4	Nylon nut M8x1.25x8T	1	N-11	Flat washer D14xD6.5x0.8T	4
M-5	Plastic washer D50xD10x1.0T	1	N-12	Allen Wrench with Philips Screwdriver 6mm	1
M-6	Flat washer D30xD8.2x6T	1	N-13	Open Wrench 13,15mm	1
M-7	Plastic flat washer D10xD24x0.4T	1	N-14	Allen Wrench 4mm	1
M-8	Allen bolt M8x1.25x30L	1	N-15	Allen Wrench 5mm	1
M-9	C-clip	1	O	Pedal set	1
M-10	Waved washer D21xD16.2x0.3T	1	O-1	Right Pedal	1
M-11	Flat washer D24xD16x1.5T	1	O-2	Left Pedal	1
M-12	Sleeve D3x30L	2	P	Upper protective cover	1
M-13	Spacer D17.8xD8.2x5.2	1	Q	Bottle holder	1
N	Screw set	1	R	Seat	1
N-1	Carriage bolt M8x1.25x60L	4	S	Air backrest	1
N-2	Cap nut M8x1.25x15L	4	T	Adaptor	1
N-3	Spring washer D13.2xD8.2x2T	8	T1	A/C Plug	1
N-4	Flat washer D16xD8.5x1.2T	8	U	Adjustable pole set	1
N-5	Allen Screw M6x1x15L	5	U-1	Adjustable pole(II)	1
N-6	Allen bolt M8x1.25x50L	6	U-2	Foam	1
N-7	Screw M6x1x10L	2			

# ASSEMBLY



**Tool:**



**N-13 Open Wrench  
13,15mm 1PC**

## 1. Front and Rear Stabilizer Installation

### 1.1 Front Stabilizer Installation.

Lift up the main frame (D-1) from the front, and then align the Front Stabilizer (E-1) onto the front curve of the Main Frame (D-1). Insert 2 Square Neck Screws (N-1) from the bottom, followed by 2 Flat Washers (N-4), 2 Spring Washers (N-3) and 2 Cap Nuts (N-2). Hold the Front Stabilizer (E-1) to the Main Frame (D-1) then tighten by using the open wrench 13, 15mm (N-13) provided.

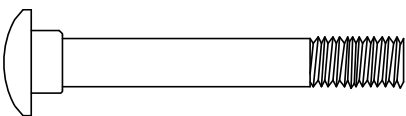
### 1.2 Rear Stabilizer Installation.

Repeat the above step to install the REAR stabilizer (F-1).

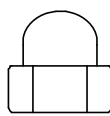
### 1.3 Adjustable Levelers

Turn the Adjustable Levelers (E-9) to the desired height and make sure the bike is stable on the floor after the adjustment. **Proper leveling will reduce wobbling and squeaking.**

**Hardware:**



**N-1 Carriage Bolt  
M8x1.25x60L  
4PCS**



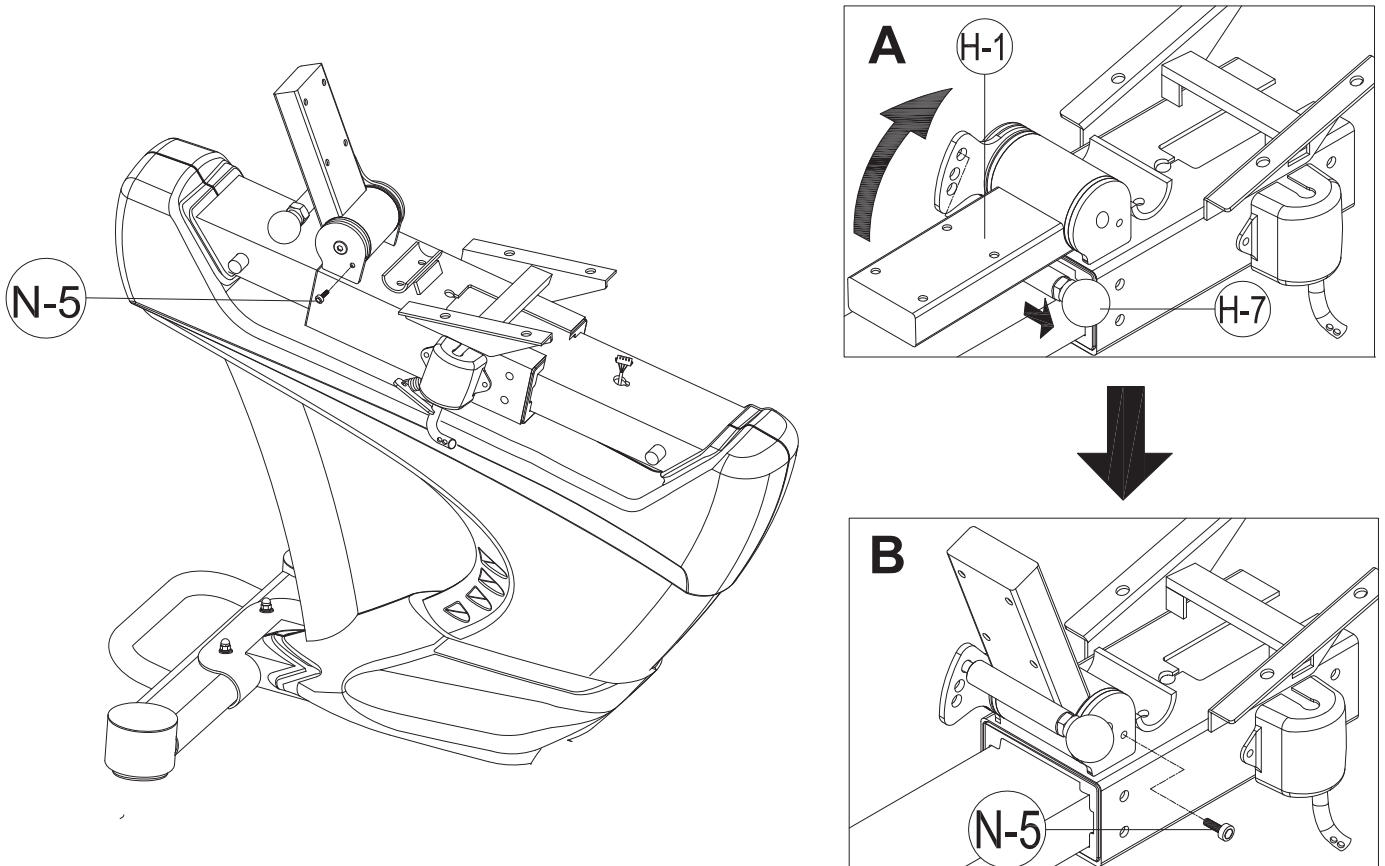
**N-2 Cap Nut  
M8x1.25x15L  
4PCS**



**N-3 Spring washer  
D13.2xD8.2x2T  
4PCS**



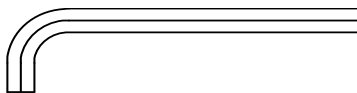
**N-4 Flat washer  
D16xD8.5x1.2T  
4PCS**



## 2.Backrest Adjustable tube fixed

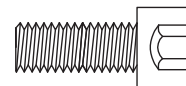
Pull out the Backrest Adjustment Knob (H-7), see diagram A, then adjust the Backrest bracket (H-1) into any of the 3 adjustment holes. Then, install the Allen Screw (N-5) into the Backrest bracket (H-1) by using the 5mm Allen Wrench (N-15) provided as shown in diagram B.

### Tool:

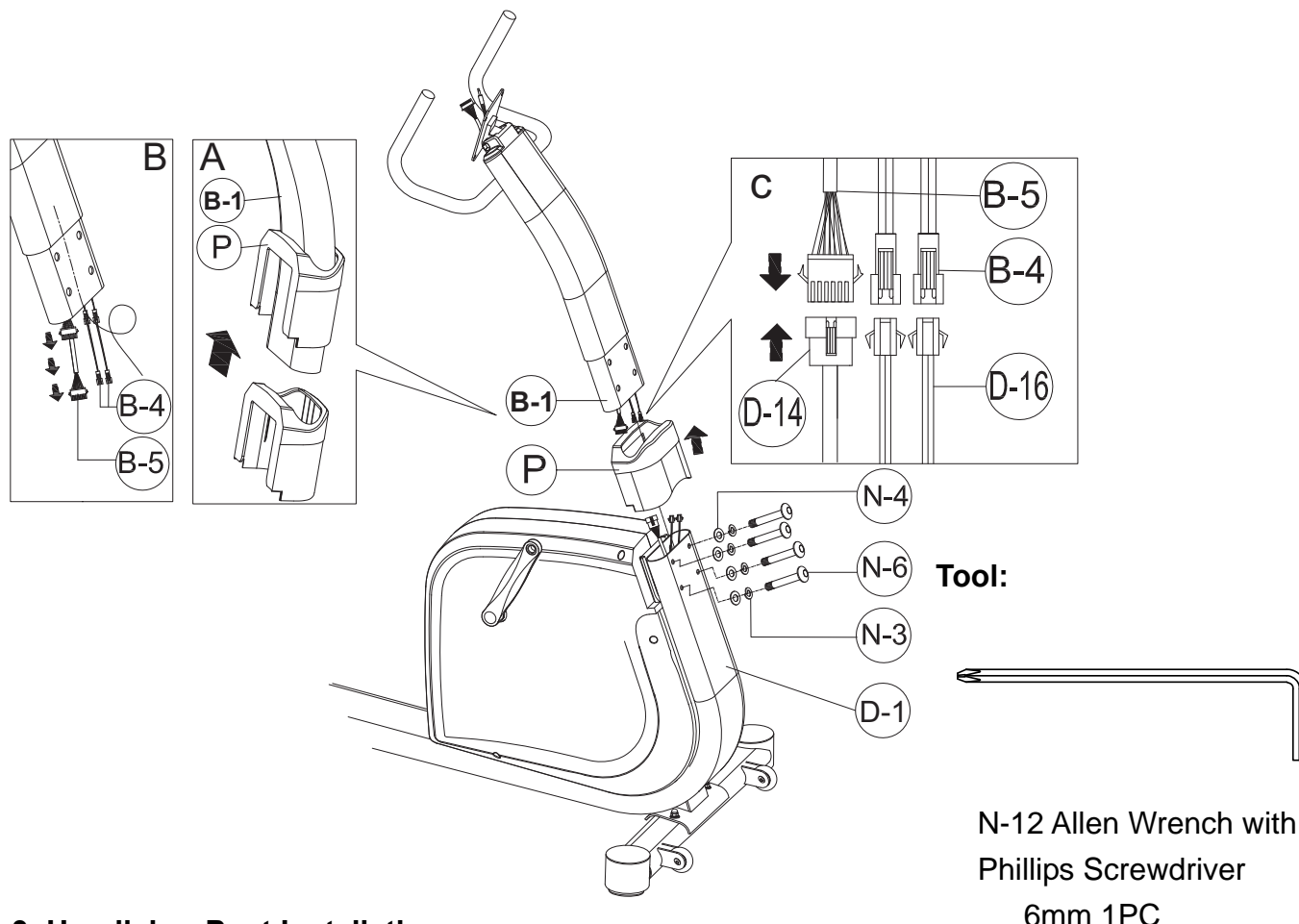


N-15 Allen Wrench  
5mm 1PC

### Hardware:



N-5 Allen Screw M6\*1\*15L  
1PC



### 3. Handlebar Post Installation

Slide the Upper protective cover (P) onto the Handlebar Post (B-1) see Pic. A. Pull out the Upper pulse cable (B-4) from the Handlebar Post (B-1) as shown in Pic. B. Then connect it with the Lower hand pulse cable (D-16) from the Main Frame (D-1). Connect the Computer cable (B-5) from the Handlebar Post (B-1) to the Lower computer cable (D-14) from the Main Frame (D-1) as shown in Pic. C.

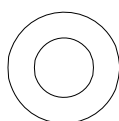
**CAUTION:** To prevent damage, ensure that the wires are not excessively folded or pinched during installation. Wires must stay connected for the computer to function properly.

CAREFULLY insert the Handlebar Post (B-1) into the Main Frame (D-1) and attach it using four Allen Bolts (N-6), four Spring Washers (N-3) and four Washers (N-4). Tighten the Handlebar Post (B-1) to the Main Frame (D-1) using the 6mm Allen Wrench (N-12) provided.

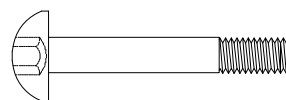
#### Hardware:



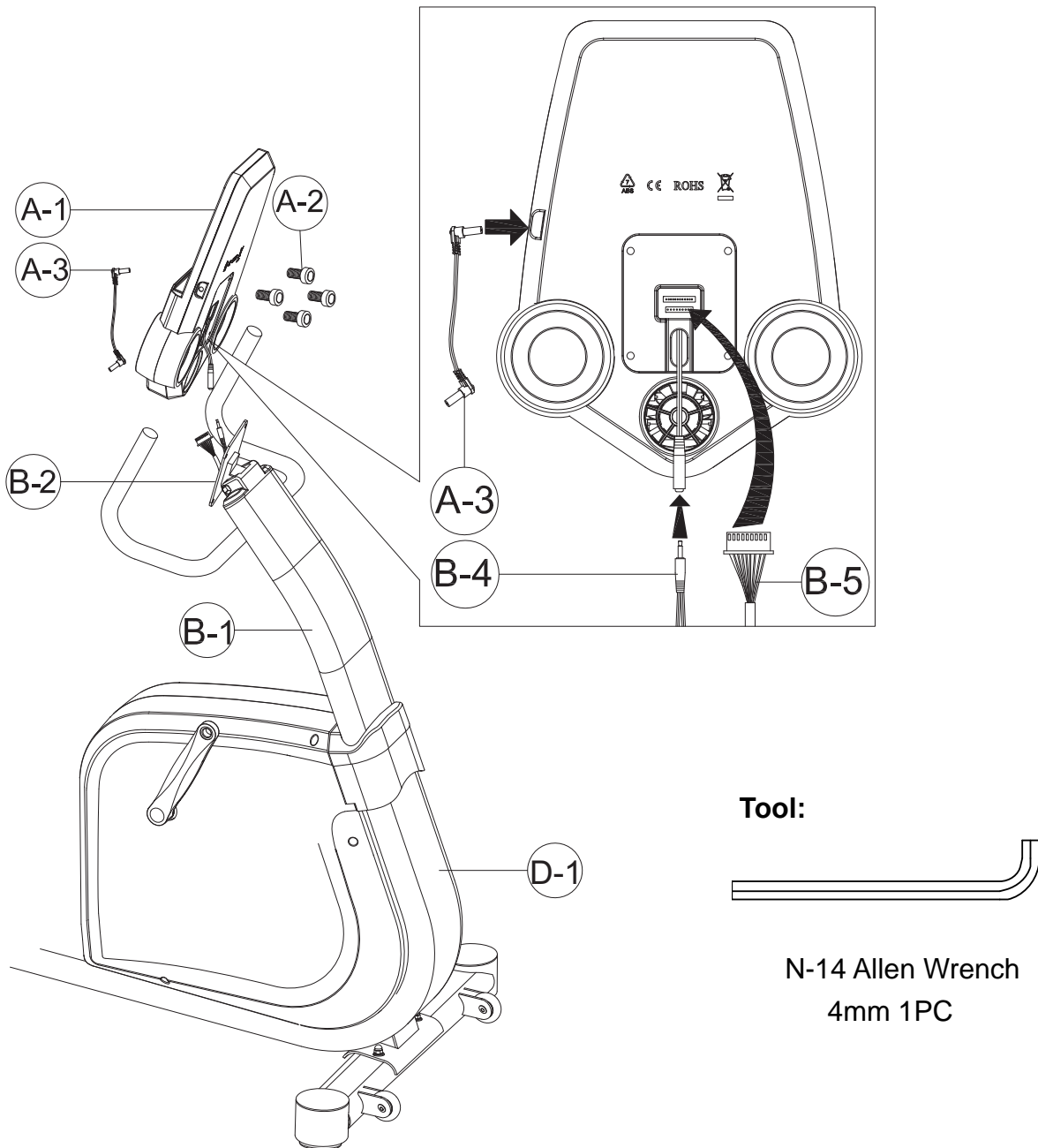
N-3 Spring washer  
D13.2xD8.2x2T  
4PCS



N-4 Flat washer  
D16xD8.5x1.2T  
4PCS



N-6 Allen Bolt  
M8x1.25x50L  
4PCS



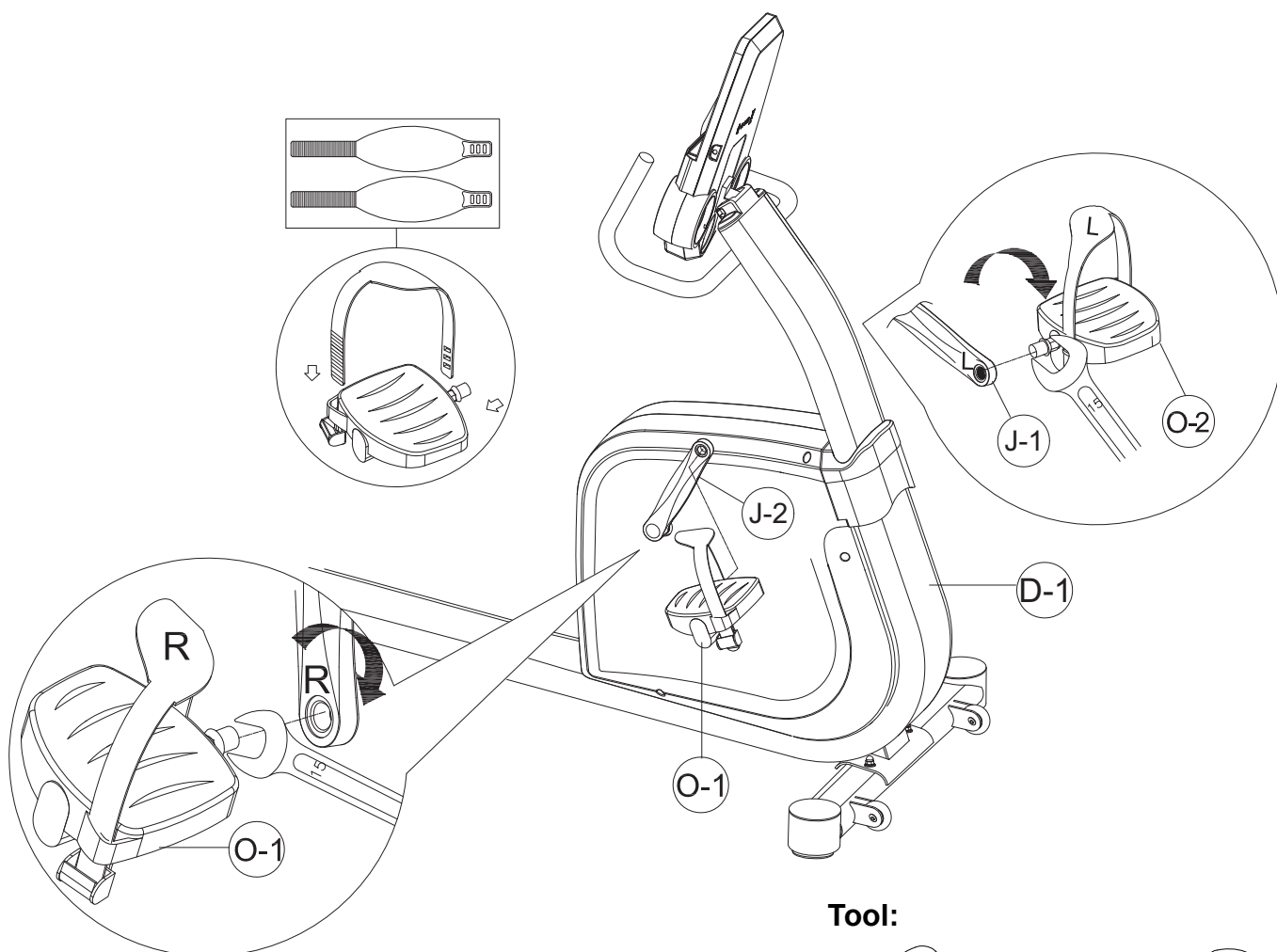
## 4. Computer Installation

Remove the four Screws (A-2) from the back of the Computer (A-1)

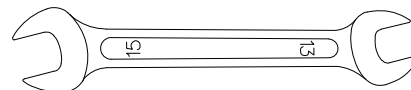
Connect the upper pulse cable (B-4) to the console (B-4) pulse cable.

Connect the computer cable (B-5) to the 9 pin WHITE socket in the back of the computer.

Install the Computer onto the computer plate (B-2) on the front post and tighten the four Screws (A-2) with the Allen Wrench (N-14).



**Tool:**



**N-13 Open Wrench  
13,15mm 1PC**

## 5. Foot Pedals Installation

Put the pedal strap onto the Left and Right pedal first.

**The Cranks and Foot Pedals are marked “R” for Right and “L” for Left.**

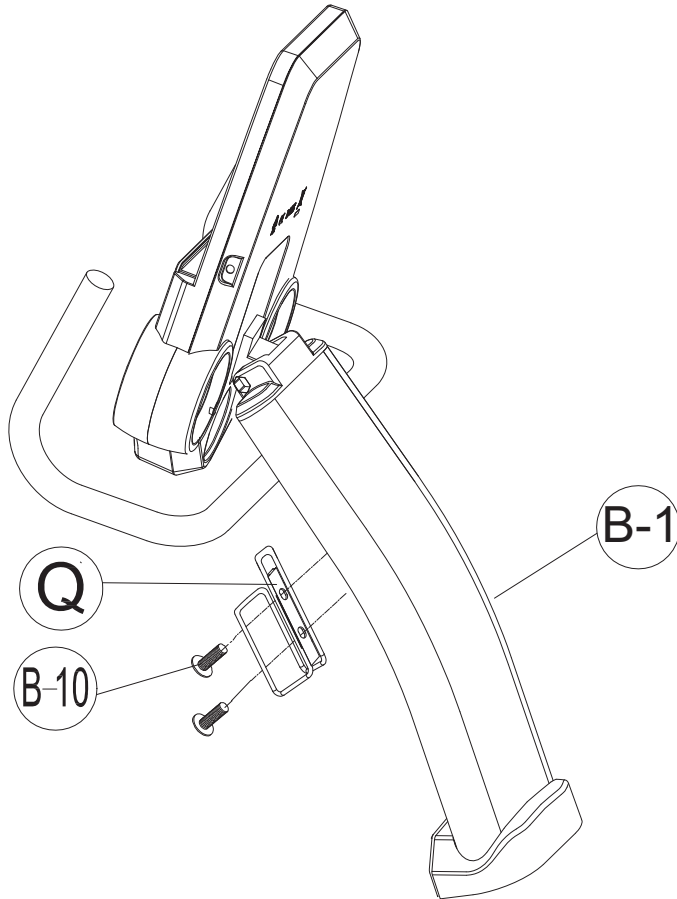
Insert the pedal shaft of the Left Foot Pedal (O-2) into the threaded hole of the Left Crank (J-1). Turn the pedal shaft by hand in the **COUNTER-CLOCKWISE** direction until snug.

**Note: DO NOT turn the Left pedal shaft in the clockwise direction, doing so will strip the threads.**

Tighten the pedal shaft of the Left Foot Pedal (O-2) with the Open Wrench (N-13) provided.

Insert pedal shaft of the Right Foot Pedal (O-1) into the threaded hole of the Right Crank (J-2). Turn the pedal shaft by hand in the **CLOCKWISE** direction until snug. Tighten the pedal shaft of the Right Foot Pedal with the Open Wrench (N-13) provided.





## Tool:



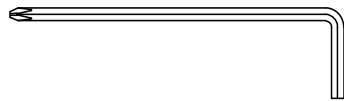
N-12 Allen Wrench with  
Phillips Screwdriver  
6mm 1PC

## 6. Bottle Holder Installation

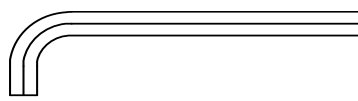
Remove the two pre-installed Screws (B-10) from the Handlebar Post (B-1) using the 6mm Allen Wrench with Phillips screwdriver (N-12). Attach the Bottle Holder (Q) onto the handlebar and tighten with the same screws.

# ASSEMBLY

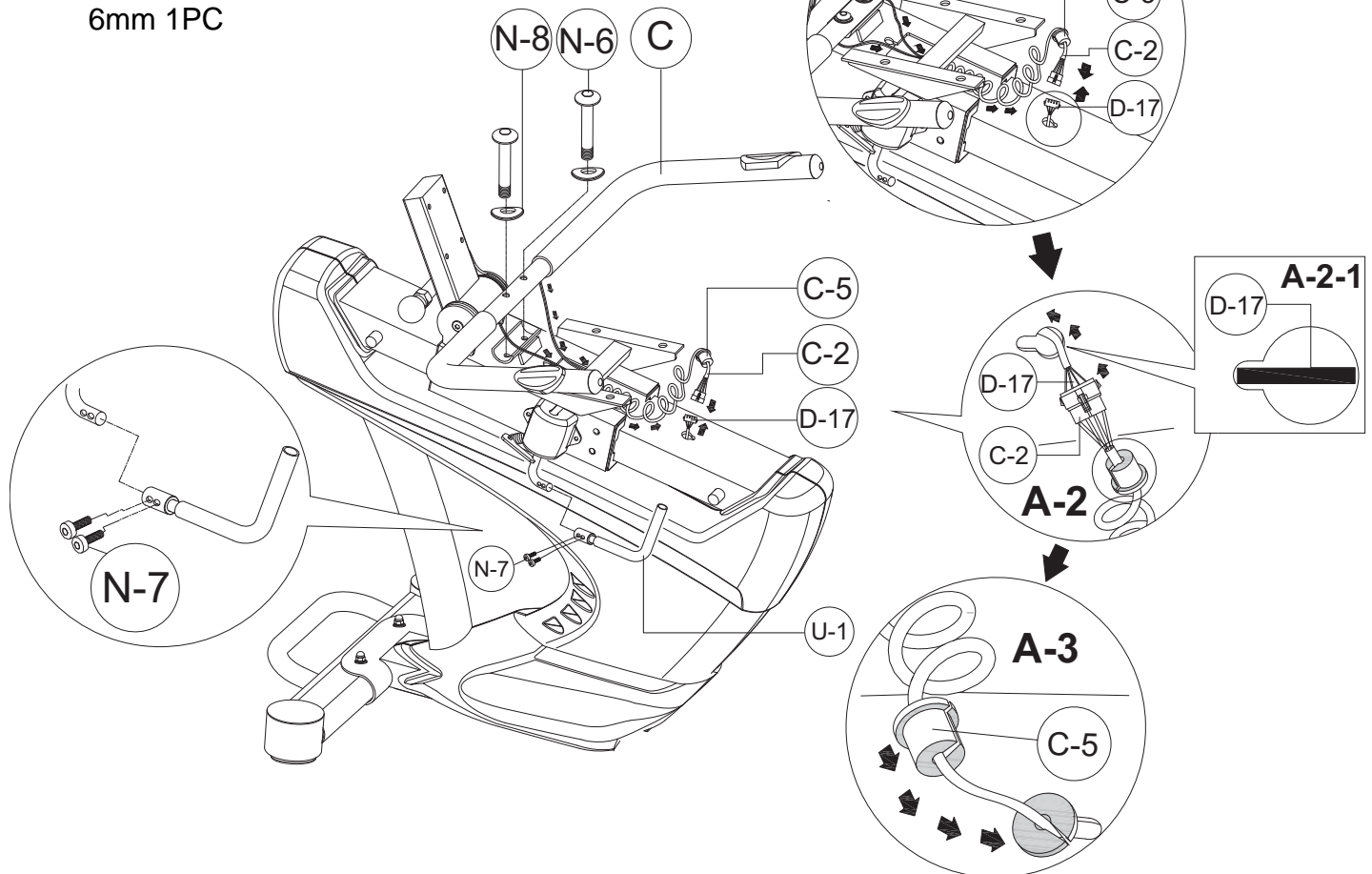
## Tool:



N-12 Allen Wrench with  
Phillips Screwdriver  
6mm 1PC



N-15 Allen Wrench  
5mm 1PC



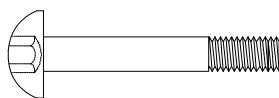
## 7A. Seat Handlebar installation

Attach the Seat Handlebar (C) with two Allen bolts (N-6) and two Curved Washers (N-8) tighten using the 6mm Allen Wrench (N-12). Slide the Hand Pulse cable (C-2) UNDER the Seat Adjustment bracket (G-1), then connect Hand Pulse Cable (C-2) and Upper hand pulse cable (D-17) see Pic (A-1).

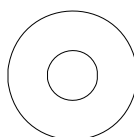
Gently rotate the attached cable so it fits through the slot (see Pic. A-2-1) then insert the Cable Plug (C-5) into the hole, (see Pic. A-3.)

Assemble Adjustable handle (U-1) with two Screws (N-7) using the 5mm Allen Wrench (N-15).

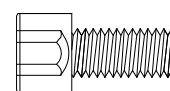
## Hardware:



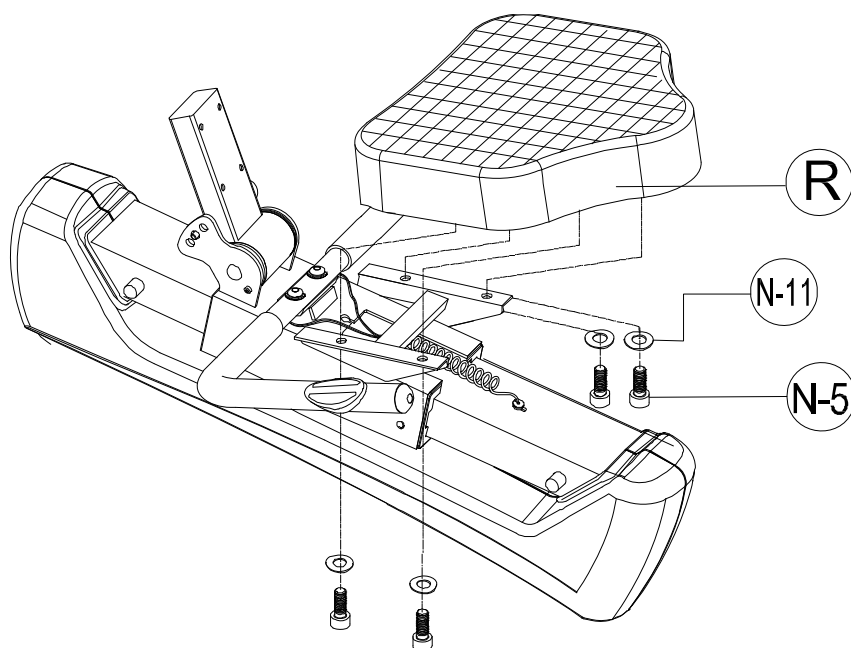
N-6 Allen Bolt  
M8x1.25x50L  
2PCS



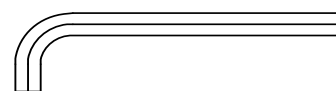
N-8 Curved Washer  
D22xD8.5x1.5T  
2PCS



N-7 Screw  
M6x1x10L  
2PCS



## Tool:



N-15 Allen Wrench  
5mm 1PC

## Hardware:



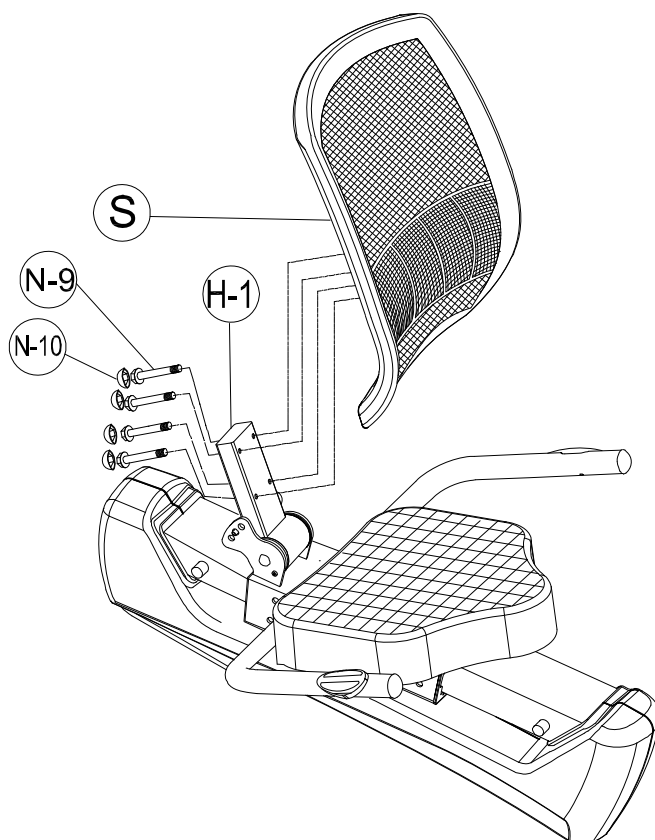
N-11 Flat Washer  
4PCS



N-5 Allen Screw  
M6\*1\*15L  
4PCS

## 7B. Seat Installation

Attach the Seat (R) to the Seat adjustment bracket (G-1). Tighten with four Allen Screws (N-5) and four Flat Washers (N-11) using the 5mm Allen Wrench provided (N-15).



## Tool:



N-14 Allen Wrench  
4mm 1PC

## Hardware:



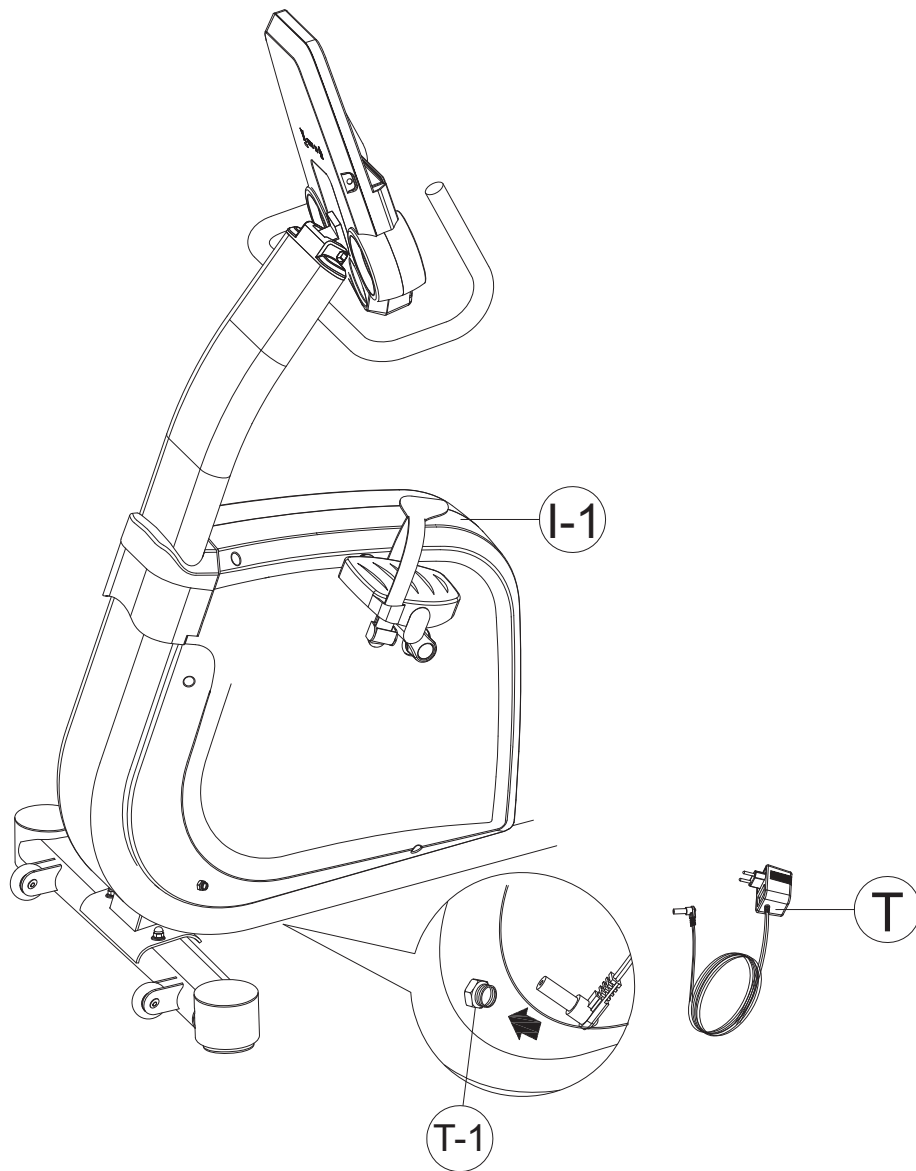
N-9 Hex Flange Bolt  
1/4"-20x40L  
4PCS



N-10 Screw Cover  
D28x17xM6  
4PCS

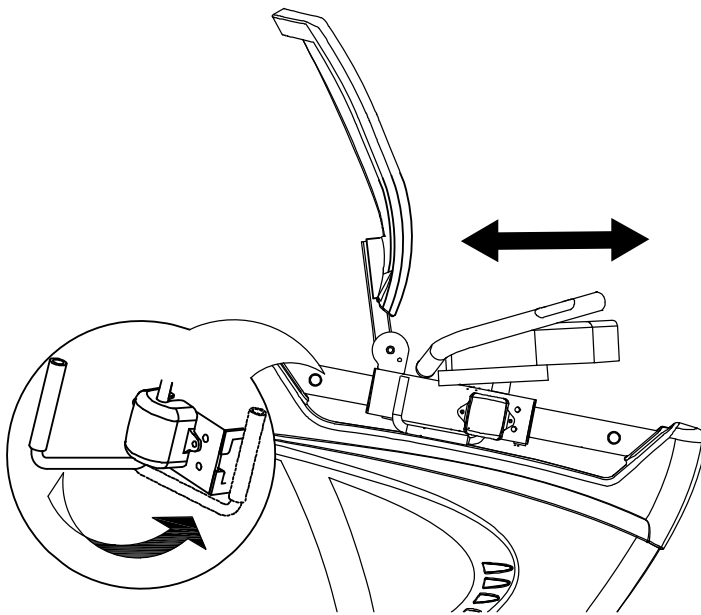
## 7C. Backrest installation

Align and hold the Backrest (S) onto the Backrest bracket (H-1), use 4mm Allen Wrench (N-14) to tighten four Bolts (N-9) then place 4 screw covers (N-10), over the bolt heads.



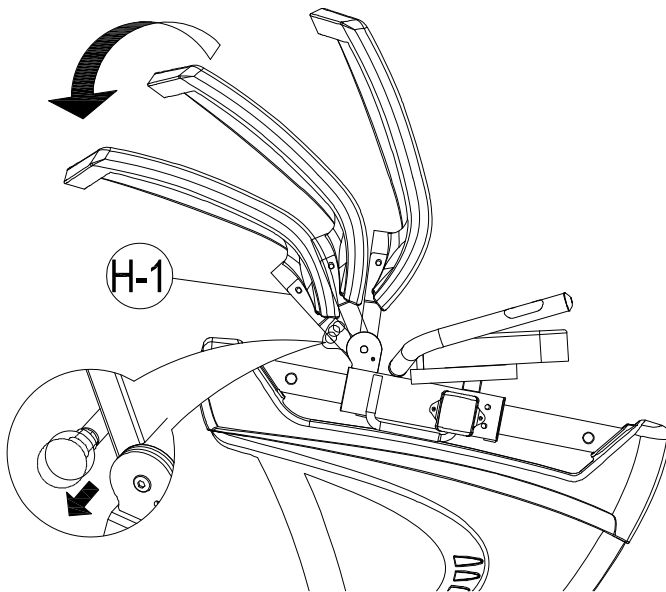
## 8. Adaptor Installation

Plug one end of the Adaptor (T) into the power jack (T-1) of the power supply cable on the front of the Left Chain Cover (I-1). Before plugging in, make sure to carefully check the specifications on the Adaptor. Plug the other end of the Adaptor (T) to the electrical wall outlet.



### Seat Adjustment

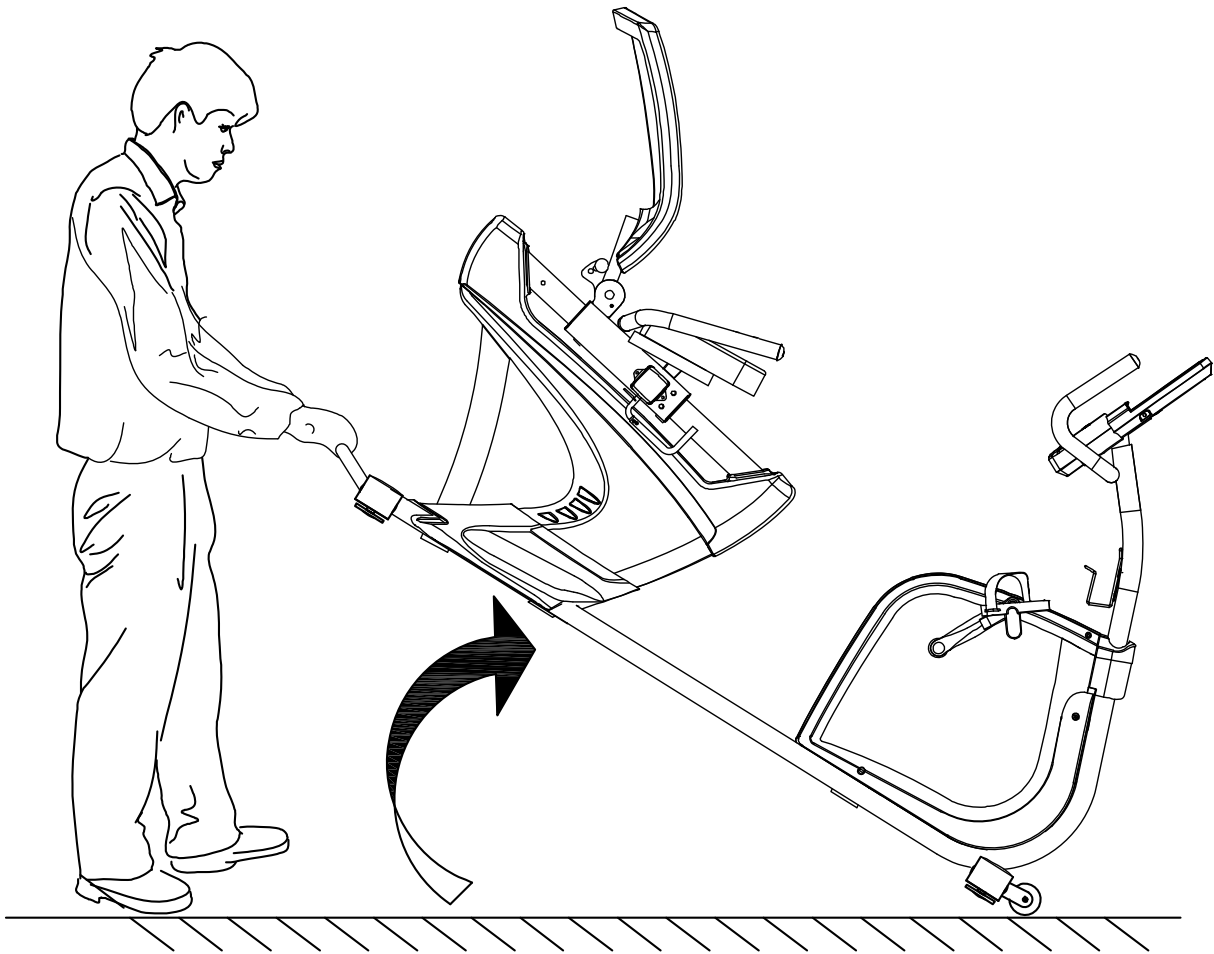
Push lever forward to unlock, slide the seat to desired position, and release the lever to lock. To fully tighten and reduce wobbling, pull back on the lever until it's snug.



### Backrest Adjustment

Pull knob out to unlock, release knob into 1 of the 3 holes on the Backrest bracket (H-1).

## MOVING THE BIKE



Move the bike by using the handlebar located on the Rear Stabilizer (F-1).



## BUTTON FUNCTION:

<b>ON/OFF FAN</b>	Turn the fan on or off
<b>QUICK START STOP</b>	To start or stop workout
<b>UP/DOWN</b>	To select training mode or adjust function value
<b>RESET</b>	In stop mode, press the button to return to main menu. Press and hold for 2 seconds to reboot the computer and reset all values to 0.
<b>ENTER</b>	Confirm setting or selection
<b>RECOVERY</b>	To test heart rate recovery level.

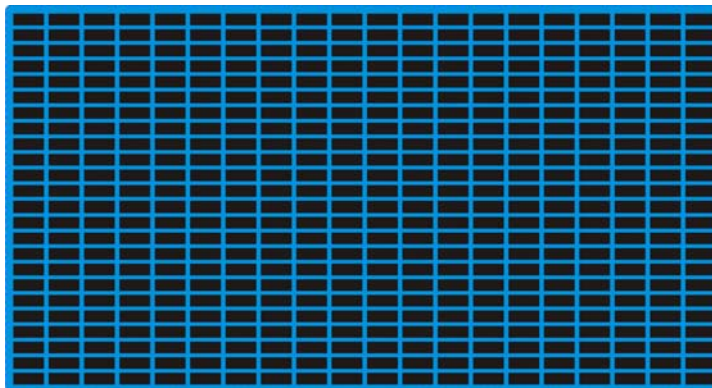
## DISPLAY FUNCTION

Function	Display Range	Setting Range	Unit
TIME	00:00~99:59	±1;00:00~99:00	Minutes
DISTANCE	0.0~99.99	±1;00:00~99:00	ML
CALORIES	0~9999	±10;00:00~9990	CAL
PULSE	30~230	±1; 30~230	BPM
SPEED	0.0~99.9	N/A	ML
RPM	0~999	N/A	RPM
WATT	0~999	±5; 10~350	W

## OPERATING PROCEDURE

### 1.POWER ON/OFF –

After connecting the power, the console will power on with a long beep sound, LCD display all segments and then enter into User Profile set up mode. Console will enter sleep mode after 5 minutes of inactivity.



**Quick Start** – Press QUICK START to start exercise in MANUAL mode immediately without inputting any settings.



## 2. USER PROFILE



Press UP **▲** / DOWN **▼** to select User #.



Press UP **▲** / DOWN **▼** to turn profile editing on or off.



If you choose EDIT ON, you can edit the profile values below.



Use UP **▲** / DOWN **▼** and ENTER to input profile value of sex, age, height and weight.



*The console needs your profiles to better calculate the work out values.*



## 3. WORKOUT SELECTION

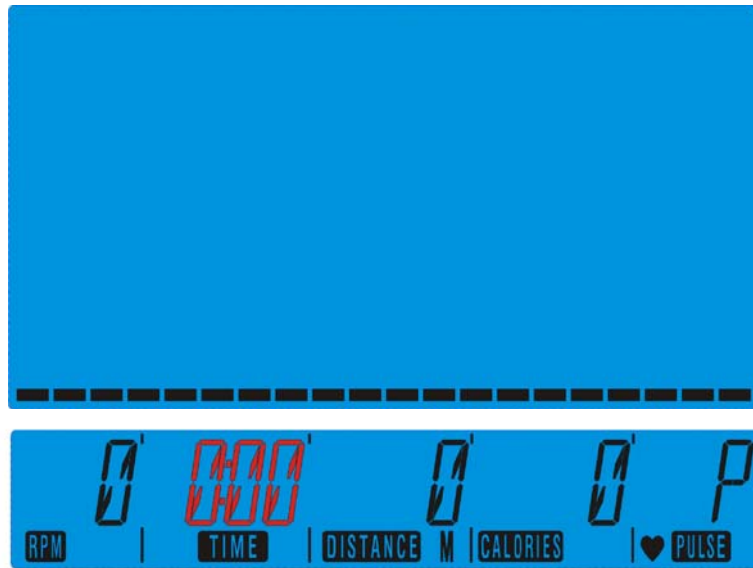
In main menu, press UP/DOWN to scroll through MANUAL, PROGRAM (12 programs), USER PROGRAM, HRC and WATT. Press ENTER to confirm selection.

### 3.1 Manual mode

Before exercising in Manual mode, user can set up Time, Distance, Calories, and Pulse target and press ENTER to confirm. After set up of all the targets, press the START to start workout.

Resistance level can be adjusted during exercise by pressing UP **▲** or DOWN **▼**

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.

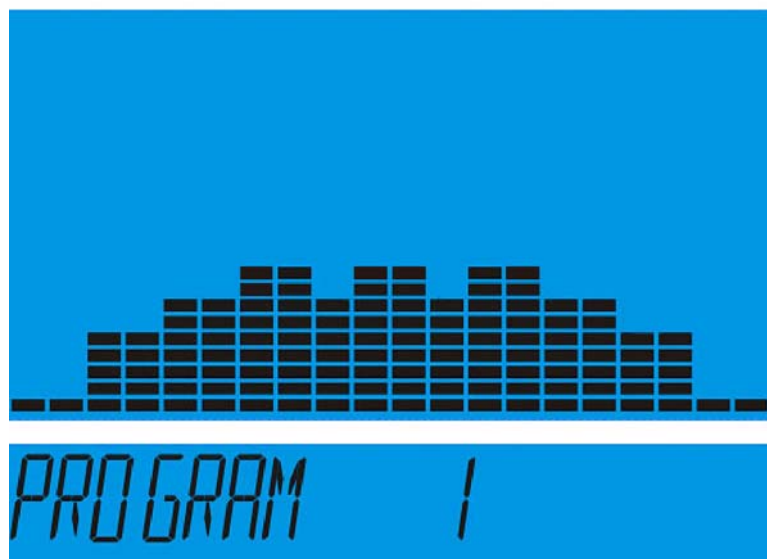


### 3.2. Program Mode

Press UP or DOWN to select between 12 different workout programs and then press ENTER to set up Target Time. Press START to start workout.

Resistance levels can be adjusted during exercise by pressing UP **▲** or DOWN **▼**

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.



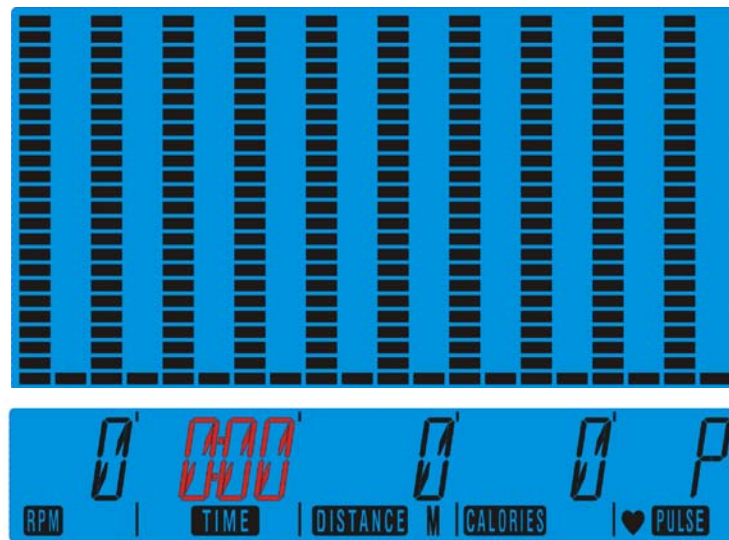
### 3.3 User Program

User Program allows you to create your own workouts based on resistance level and time intervals.

Press UP **▲** and DOWN **▼** to create the profile, press ENTER to input additional resistance level, then press and hold ENTER for 2 seconds to exit profile setting. Press START to start work out.

Standard work out time is 20 minutes.

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.



### 3.4 Heart Rate Control (HRC)

Input or select your user profile U1-U4. HRC will automatically adjust the machine's resistance levels to keep you at your selected target heart rate.

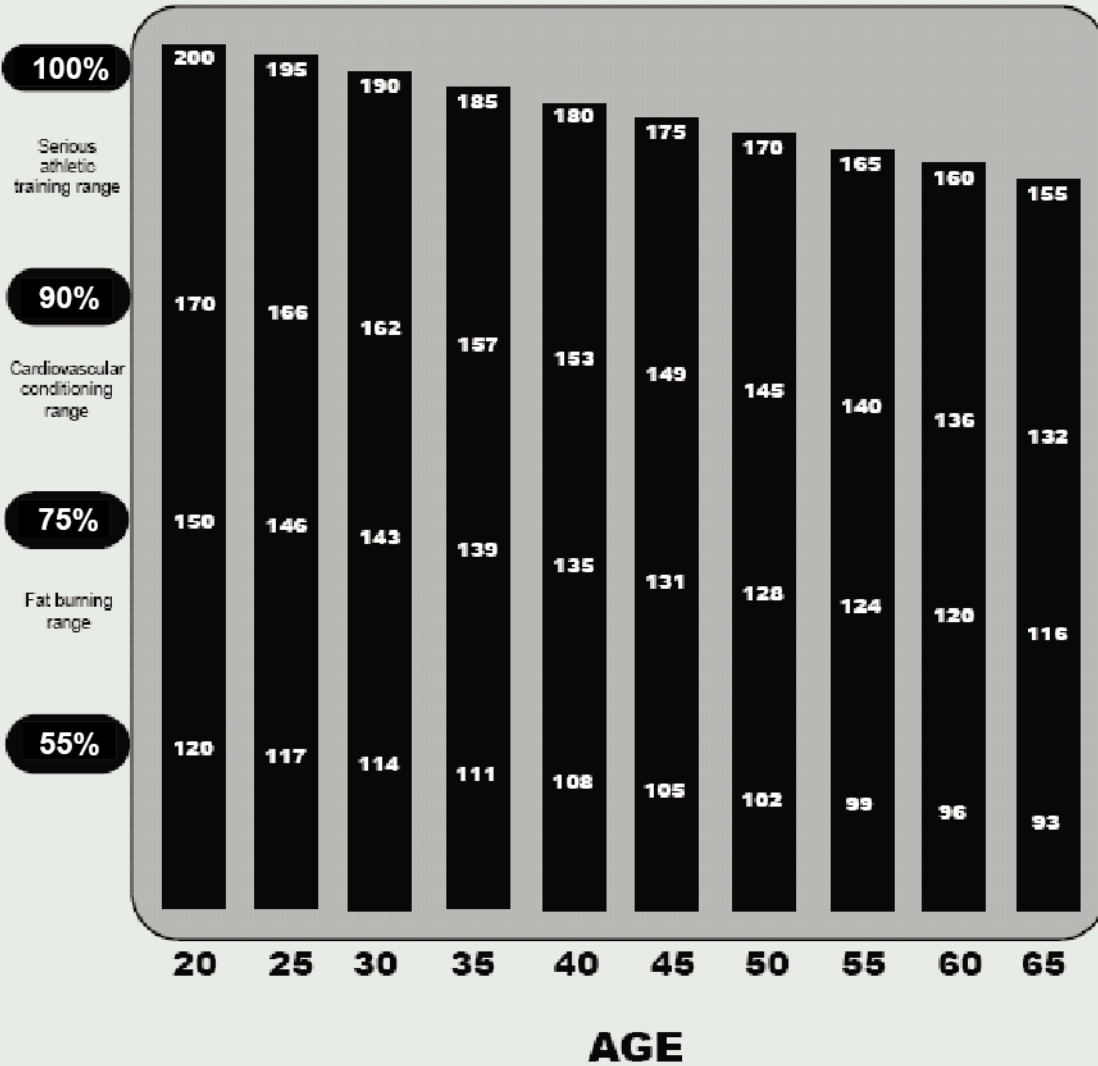
There are 4 target heart rate zone :55%, 75%, 90% and TAG (allows you to set your own target heart rate ); press UP and DOWN to select one program and press ENTER to set up exercise time. Press START to start workout.



If the console does not receive the pulse signal, the bottom LCD will show "Pulse Input" for reminder.

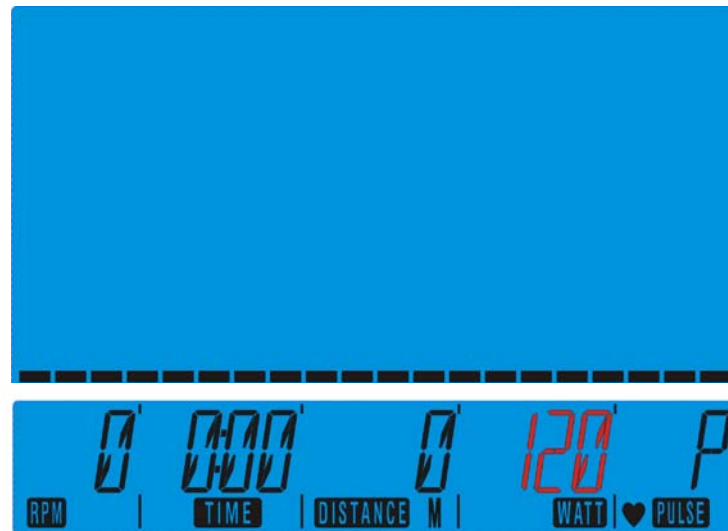
Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.

## TARGET HEART RATE ZONE



**3.5WATT**

Press UP **▲** and DOWN **▼** to setting WATT and Time target. Press START to start workout. Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.



**4. Recovery : A fitness test which measures how quickly your heart rate returns to normal after exercising**

After exercising press RECOVERY and place both hands on the hand pulse. TIME starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1, F2....to F6.

F1 represents the fastest recovery time, F6 represents the slowest.

*Press the RECOVERY button again to return to main display.*



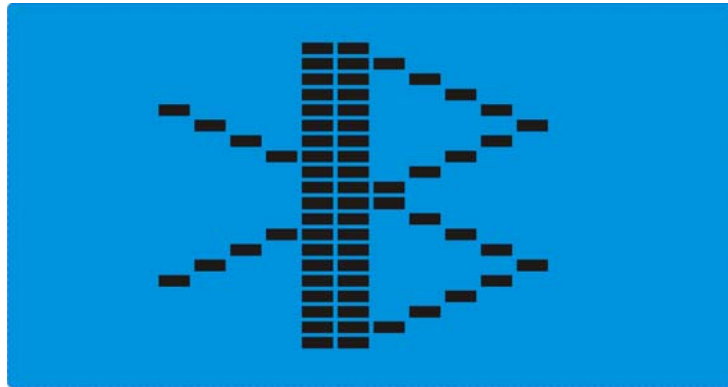
Start Recovery Function



Test Result

## 5. Bluetooth Mode

Enable Bluetooth on your smart device. Search for and connect to console (name is on the back of the console). When your smart device is connected to the console, the Bluetooth symbol will appear on the LCD.



### **Please note:**

1. Holding down the RESET button for 2 seconds will reset the console and your Bluetooth connection.

### TROUBLESHOOTING

#### **Computer not working correctly**

Check to make sure the computer cable is connected securely.

Check that the AC Adaptor is securely connected to the Power Supply Cable and to the electrical wall outlet.

#### **The bike trainer wobbles or shakes when in use**

Turn the adjustable leveler on the front stabilizer or U shape rail as needed to level the bike trainer.

#### **Squeaking noise when in use**

The bolts may be loose on the bike trainer. Inspect all bolts and tighten as needed.

#### **No readings or inconsistent/erratic heart rate readings**

Always hold on to the handlebar grip sensors with both hands instead of just one.

Try to maintain moderate pressure while holding onto the hand pulse sensors.

Make sure that the wire connections for the hand pulse sensors are secured.

Make sure to wipe sweat off your hands.

### MAINTENANCE

#### **Cleaning**

The bike trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the bike trainer after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Please keep the bike trainer, especially 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 trainer in a clean and dry environment away from children.

#### **Thread sealant instruction**

If any parts need to be applied thread sealant, the parts must be cleaned before applying. It needs at least 8 hours to a day to wait for the sealant to dry, do not use the bike until the thread sealant is completely dry.

### **Quadriceps Stretch**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



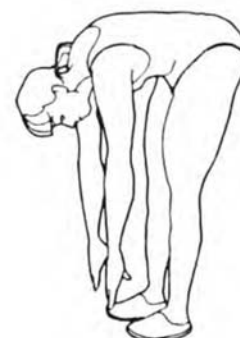
### **Inner Thigh Stretch**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor and hold for 15 counts.



### **Toe Touching**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



### **Hamstring Stretch**

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Relax and hold for 15 counts. Repeat with left leg extended.





## **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:

<b>COMPONENT</b>	<b>LENGTH OF WARRANTY</b>
<b>Frame</b>	<b>Lifetime</b>
<b>Normal Wearable Parts /Electronics</b>	<b>2 years</b> (upholstery, brake, pads, foam grips, pedals etc...)
<b>Labor and Other Parts</b>	<b>5 years</b>

### **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](mailto: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](mailto: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***