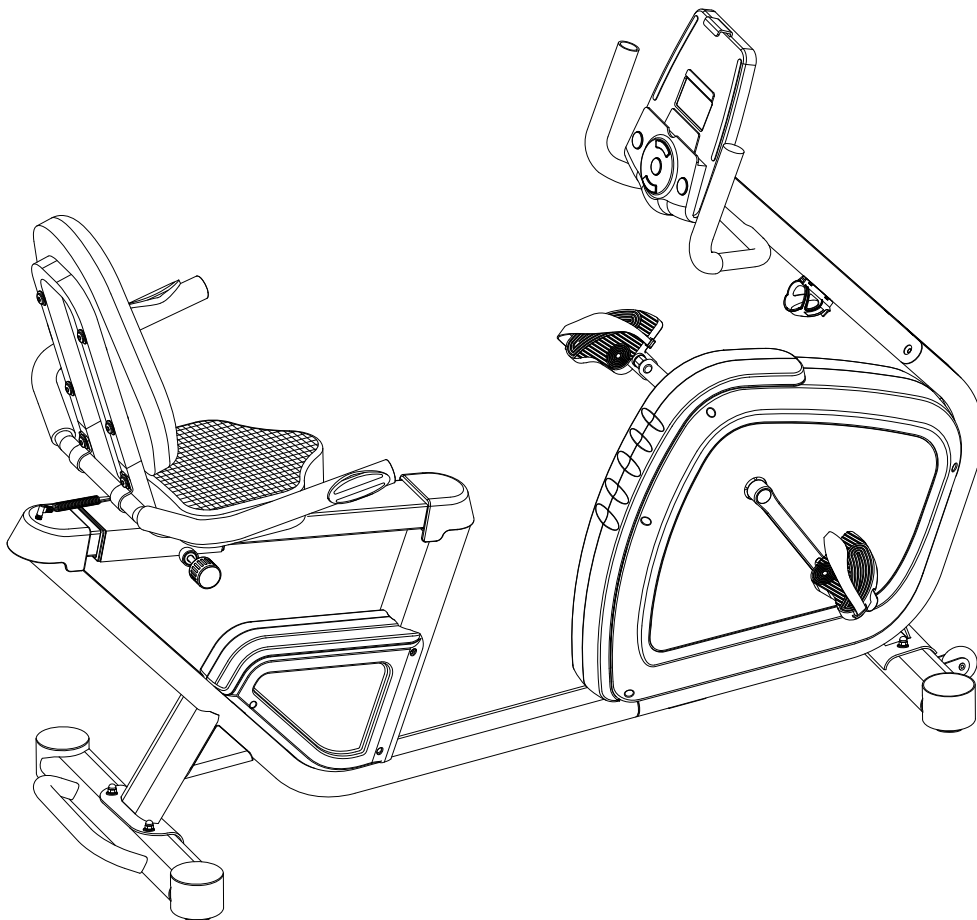


OWNER'S MANUAL



IRONMAN Recumbent Bike with Bluetooth

Model 6155

The specifications of this product may vary from this photo and are subject to change without notice.
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This product is licensed by the World Triathlon Corporation.

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IMPORTANT: FOR NORTH AMERICA ONLY

**For best product service, please
e-mail: Servic@paradigmhw.com**

Response Time: 1-2 Business Days.

Or call 1-844-641-7922

Daily, 8:00 AM – 5:00PM Pacific Standard Time.

Please have the following information ready when requesting service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

**Before returning this product to the store please contact
customer service.**

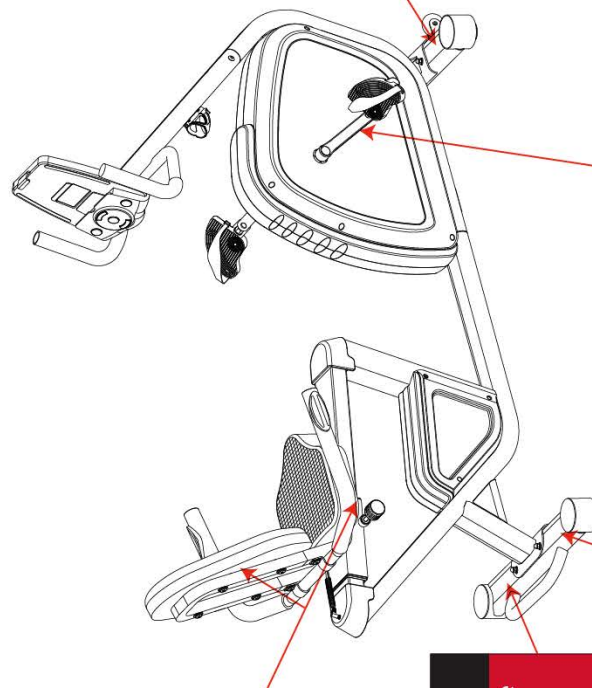
Paradigm Health & Wellness, Inc.

1189 Jellick Ave

City of Industry, CA 91748 USA

www.paradigmhw.com

<p>Under Penalty of law this tag not to be removed except by the consumer</p> <p>ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD, 100%</p>	<p>NOTICE</p> <p>This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin, 117 Care should be exercised near open flame or with burning cigarettes.</p>
<p>REGISTRY NO. VA25302 (CN)</p>	<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'innocuité 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.)</p>
<p>SOUS PEINE DE SANCTION LÉGALE, CETTE ÉTIQUETTE NE PEUT ÊTRE ENLEVÉE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR</p> <p>ENTÈREMENT FABRIQUÉ DE MATÉRIAUX NEUFS</p> <p>REMBOURNAGE DE MOUSSE DE POLYURÉTHANE 100%</p>	<p>NO D'ENREGISTREMENT VA25302 (CN)</p> <p>Cette étiquette est apposée Conformément aux lois Canadiennes.</p>
<p>Paradigm Health and Wellness, Inc. 1180 Jellick Ave. City of Industry, CA 91748 USA</p>	



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)

CAUTION (Model 6155)

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

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

ATTENTION (N° 6155)

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

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

WARNING

Maximum weight capacity is 300 lbs.

AVERTISSEMENT

Le poids maximum pour ce produit est 136 kgs.

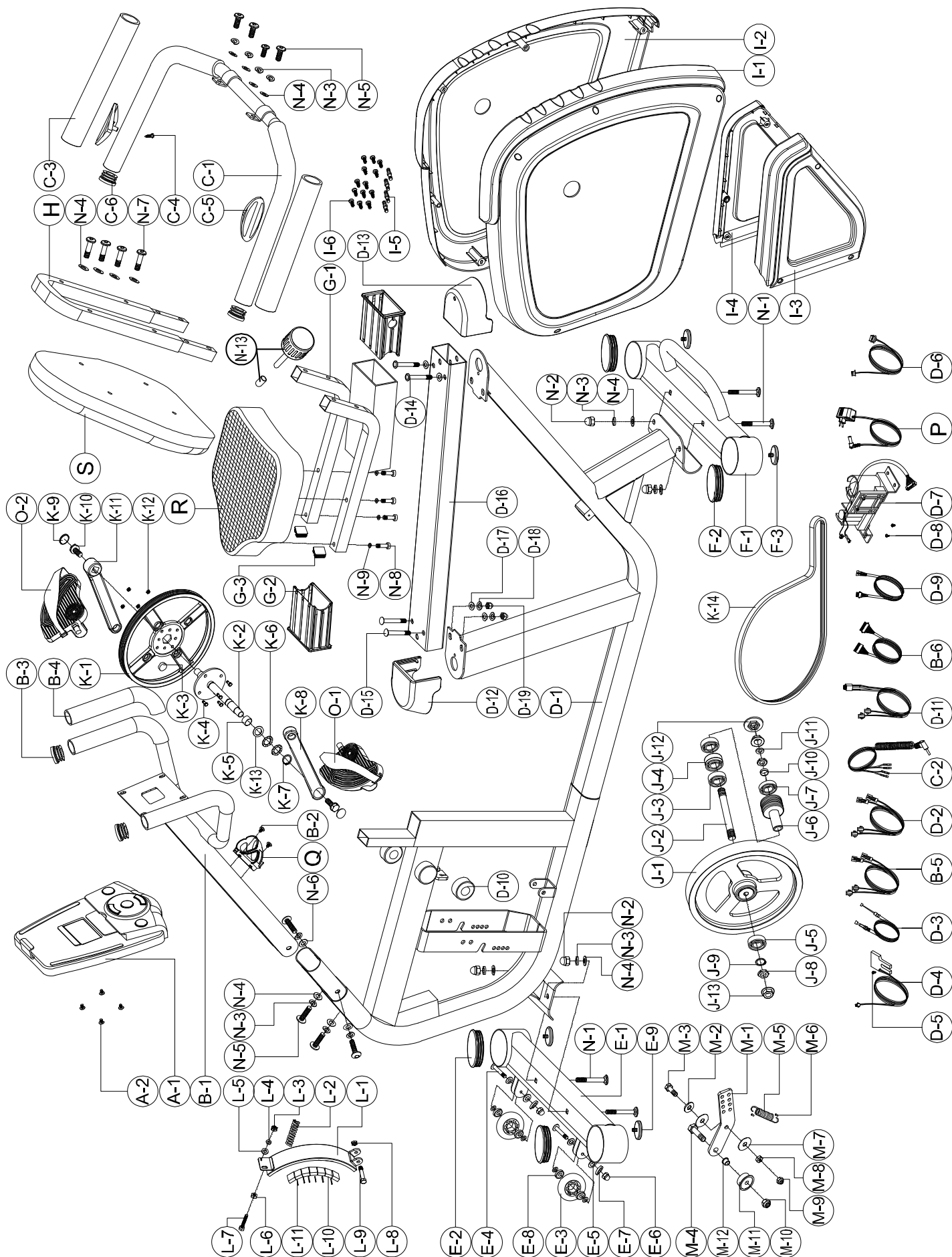
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

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 300 lbs / 136 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

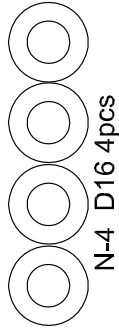


6155

Step 1

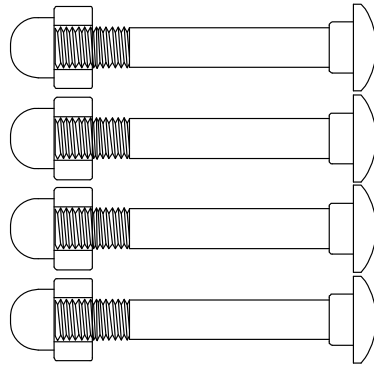


N-3 D13.2 4pcs



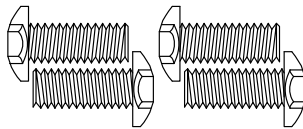
N-4 D16 4pcs

N-2 M8*15L 4pcs



N-1 M8*60L 4pcs

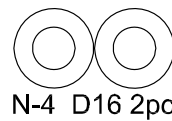
Step 2



N-5 M8*20L 4pcs



N-6 D22 2pcs

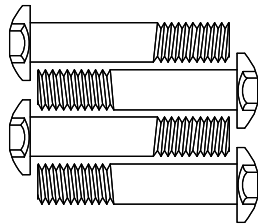


N-4 D16 2pcs

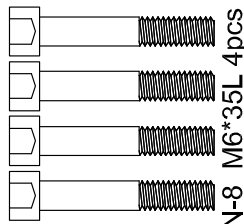


N-3 D13.2 4pcs

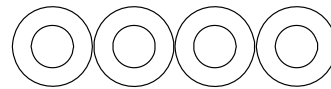
Step 4



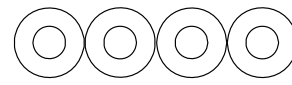
N-7 M8*40L 4pcs



N-8 M6*35L 4pcs

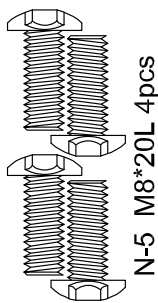


N-4 D16 4pcs



N-9 D14 4pcs

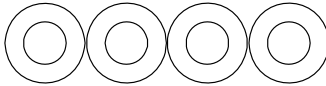
Step 5



N-5 M8*20L 4pcs

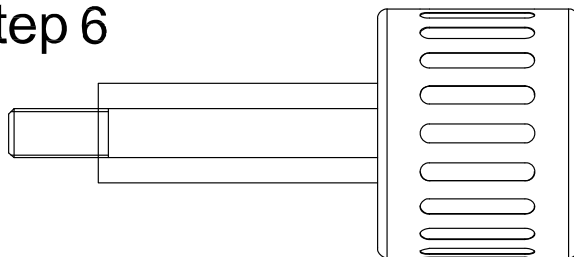


N-3 D13.2 4pcs



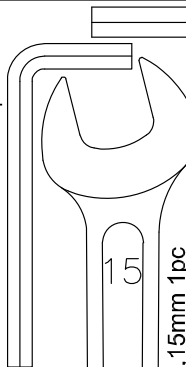
N-4 D16 4pcs

Step 6

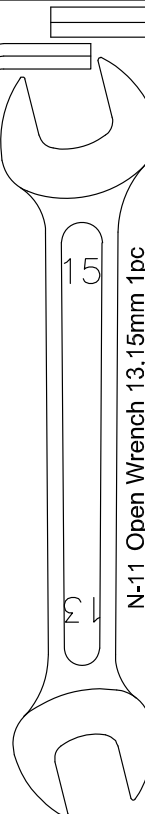


N-13 M10*50L 1pcs

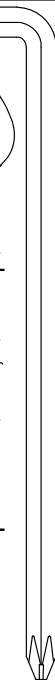
N-12 Allen Wrench 5mm 1pc



N-11 Open Wrench 13,15mm 1pc



N-10 Allen Wrench With Phillips Screwdriver 6mm 1pc



(mm)

PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
A	Computer set	1	D-14	Allen Bolt M8x1.25x55L	2
A-1	Computer	1	D-15	Square Neck Bolt M8x1.25x55L	2
A-2	Screw M5x10L	4	D-16	Sliding Tube	1
B	Handlebar Post Set	1	D-17	Flat Washer D16xD8.5x1.2T	4
B-1	Handlebar Post	1	D-18	Spring Washer D15.4xD8.2x2T	2
B-2	Screw M5x0.8x15L	2	D-19	Domed Nut M8x1.25x15L	2
B-3	Cap	2	E	Front Stabilizer Set	1
B-4	Foam	2	E-1	Front Stabilizer	1
B-5	Upper Hand Pulse Cable	2	E-2	End Cap	2
B-6	Upper Computer Cable	1	E-3	Round Wheel	2
C	Handlebar Set	1	E-4	Allen Bolt M8x1.25x50L	2
C-1	Seat Handlebar	1	E-5	Flat Washer D16xD8.5x1.2T	8
C-2	Handle Pulse Cable	1	E-6	Domed Nut M8x1.25x15L	2
C-3	Foam	2	E-7	Spring Washer D15.4xD8.2x2T	2
C-4	Screw ST4x1.4Lx20L	2	E-8	Bushing D22.2xD8.2x7T	4
C-5	Handle Pulse Sensor	2	E-9	Adjustable Wheel	2
C-6	Cap	2	F	Rear Stabilizer Set	1
D	Main Frame Set	1	F-1	Rear Stabilizer	1
D-1	Main Frame	1	F-2	End Cap	2
D-2	Lower Hand Pulse Cable	2	F-3	Adjustable Leveler	2
D-3	Tension Cable	1	G	Seat Post Set	1
D-4	Sensor Cable	1	G-1	Seat Post	1
D-5	Bolt M5x0.8x12L	1	G-2	Bushing	2
D-6	Power Supply Cable	1	G-3	Square Cap	2
D-7	Motor	1	H	Backrest Bracket	1
D-8	Screw ST4.2x15L	2	I	Chain Cover Set	1
D-9	Lower Computer Cable	1	I-1	Left Chain Cover	1
D-10	Bearing	2	I-2	Right Chain Cover	1
D-11	Lower Hand Pulse Cable Jack	1	I-3	Rear Chain Cover(Left)	1
D-12	Rear Cover	1	I-4	Rear chain cover(Right)	1
D-13	Front Protective Cover	1	I-5	Pin	4

PART LIST

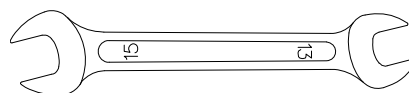
No.	Description	Q'ty	No.	Description	Q'ty
I-6	Screw ST4.2x1.4x20L	13	L-1	Fixed Plate for Magnet	1
J	Flywheel Set	1	L-2	Spring D1.0x55L	1
J-1	Flywheel	1	L-3	Nylon Nut M6x1.0x6T	1
J-2	Flywheel Axle	1	L-4	Flat Washer D13xD6.5x1.0T	1
J-3	Bearing	2	L-5	Nylon Washer D13xD19x1.5T	1
J-4	Unilateral BearingD35x16	1	L-6	Nut M6x1x6T	1
J-5	Bearing	1	L-7	Hex Bolt M6x65L	1
J-6	Flywheel	1	L-8	Nylon Nut M8x1.25x8T	1
J-7	Bearing	1	L-9	Hex Bolt M8*52LxT15mm	1
J-8	Nut D9.5x4T	2	L-10	Magnet	8
J-9	C-clip	1	L-11	Magnet Cell	7
J-10	Fixed Ring D13xD10x1.9T	1	M	Fixed Plate for Idle Wheel Set	1
J-11	Flat Washer D22xD10x2T	1	M-1	Fixed Plate for Idle Wheel	1
J-12	Screw Cover D35x8	1	M-2	Flat Washer D30xD8.5x2.0T	1
J-13	Anti-Loosen Nut 3/8"-26UNFx6.5T	2	M-3	Hex Bolt M8x25xT15mm	1
K	Crank Set	1	M-4	Allen Bolt M10x35L	1
K-1	Belt Wheel	1	M-5	Spring D2.2xD14x65L	1
K-2	Crankshaft	1	M-6	Plastic Cover	2
K-3	Round Magnet	1	M-7	Plastic Washer D10xD24x0.4T	2
K-4	Hex Bolt M6x1.0x15L	4	M-8	Nut M8x1.25x6T	1
K-5	Spacer D22.5xD17.2x6.4T	1	M-9	Nylon Nut M8x1.25x8T	1
K-6	Waved Washer D22xD17x0.3T	2	M-10	Nylon Nut M10x1.5x10T	1
K-7	C-clip	1	M-11	Idle Wheel	1
K-8	Left Crank	1	M-12	Bushing D13.5xD10x9	1
K-9	Screw Cover	2	N	Screw Set	1
K-10	Hex Bolt M8x1.25x25	2	N-1	Carriage Bolt M8x1.25x60L	4
K-11	Right Crank	1	N-2	Cap Nut M8x1.25x15L	4
K-12	Nylon Nut M6x1.0x6T	4	N-3	Spring Washer D13.2xD8.2x2T	12
K-13	Flat Washer D23xD17.2x1.5T	1	N-4	Flat Washer D16xD8.5x1.2T	14
K-14	Belt	1	N-5	Allen Bolt M8x1.25x20L	8
L	Fixed Plate for Magnet Set	1	N-6	Curved Washer D22xD8.5x1.5T	2

PART LIST

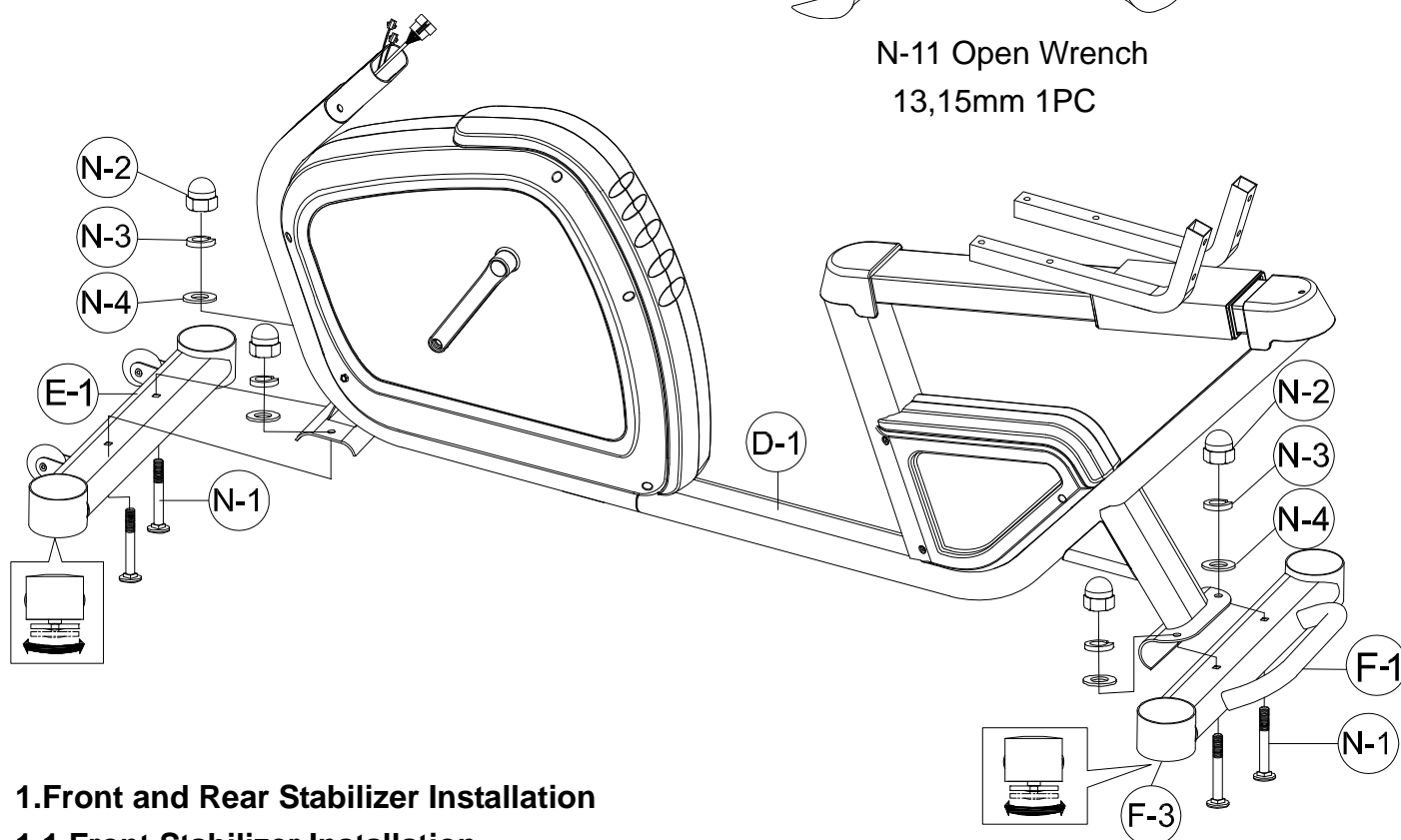
No.	Description	Q'ty	No.	Description	Q'ty
N-7	Allen Bolt M8x1.25x40L	4	O-1	Left Pedal	1
N-8	Allen Bolt M6x1.0x35L	4	O-2	Right Pedal	1
N-9	Flat Washer D14xD6.5x0.8T	4	P	Adaptor	1
N-10	Allen Wrench 6mm w/Screwdriver	1	P-1	Power Jack	1
N-11	Open Wrench 13,15mm	1	Q	Bottle Holder	1
N-12	Allen Wrench 5mm	1	R	Seat	1
N-13	Round Knob	1	S	Backrest	1
O	Pedal Set	1			

ASSEMBLY

Tool:



N-11 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 Carriage Bolts (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 (N-11) provided.

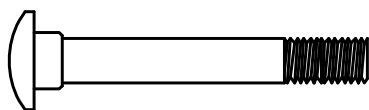
1.2 Rear Stabilizer Installation.

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

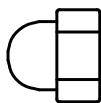
1.3 Adjustable Levelers

Turn the Adjustable Levelers (F-3) 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:



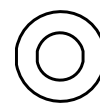
N-1 Carriage Bolt
M8x1.25x60L
4PCS



N-2 Cap Nut
M8x1.25x15L
4PCS



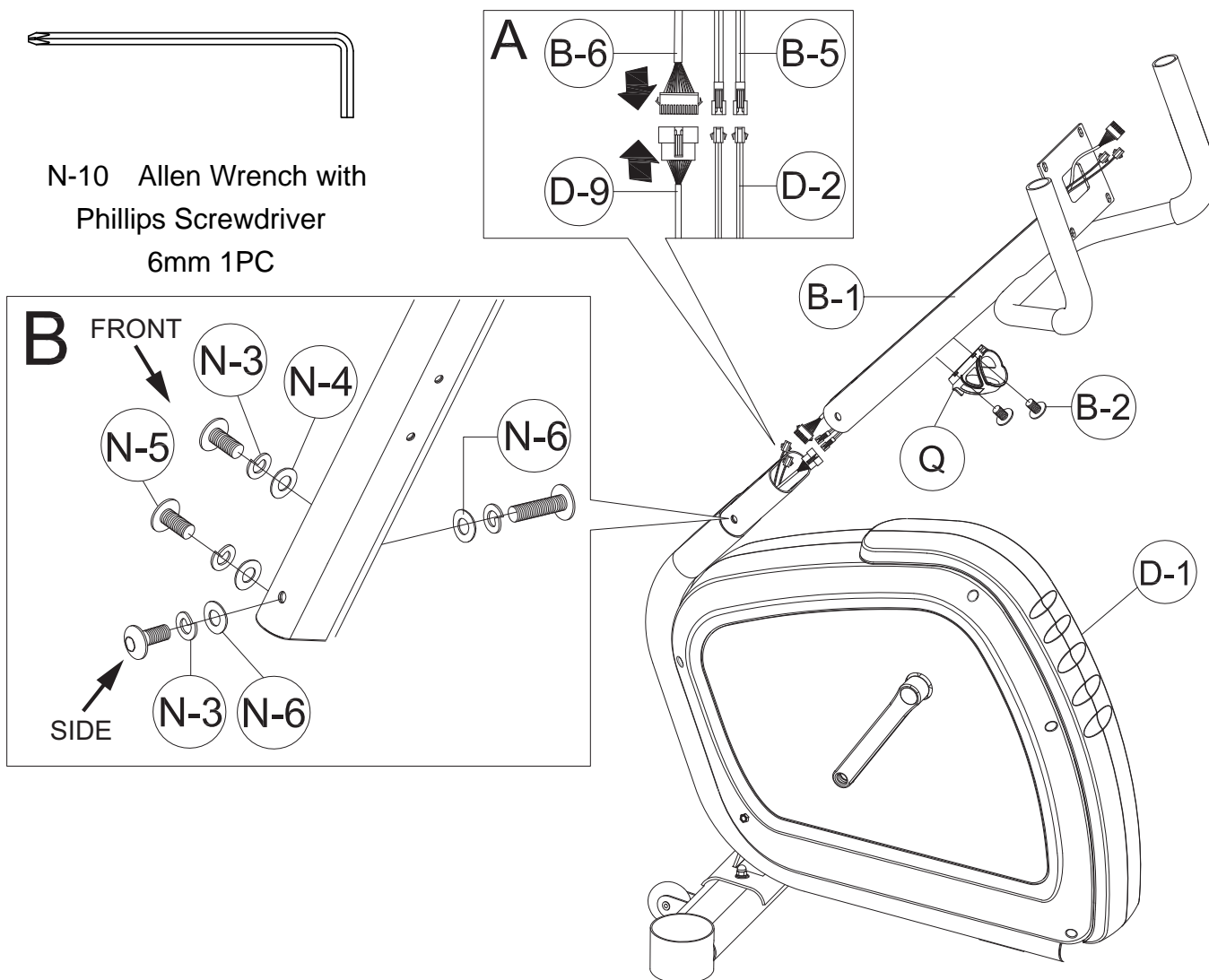
N-3 Spring Washer
D13.2x D8.2x2T
4PCS



N-4 Flat Washer
D16x D8.5x1.2T
4PCS

ASSEMBLY

Tool:



2A. Handlebar Post Installation

Pull out the Upper Hand Pulse Cable (B-5) from the Handlebar Post (B-1), then connect it with the Lower Handle Pulse Cable (D-2) from the Main Frame (D-1). Connect the Upper Computer Cable (B-6) from the Handlebar Post (B-1) to the Lower Computer Cable (D-9) from the Main Frame (D-1) as shown in Pic. A.

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). Install the following hardware on the **SIDE**, using 2 Curved Washers (N-6), 2 Spring Washers (N-3) and 2 Allen Bolts (N-5).

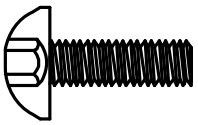
Install 2 Flat Washer (N-4), 2 Spring Washers (N-3) and 2 Allen Bolts (N-5) to the **FRONT** of Handlebar Post (B-1). Tighten the Handlebar Post (B-1) to the Main Frame (D-1) using the Allen Wrench (N-10) provided.

***Hardware pictures provided on next page.**

2B. Bottle Holder Installation

Remove the two pre-installed Screws (B-2) from the Handlebar Post (B-1) by using the Allen Wrench (N-10). Attach the Bottle Holder (Q) onto the handlebar and tighten with the same screws.

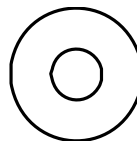
Hardware:



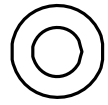
N-5 Allen Bolt
M8x1.25x20L
4PCS



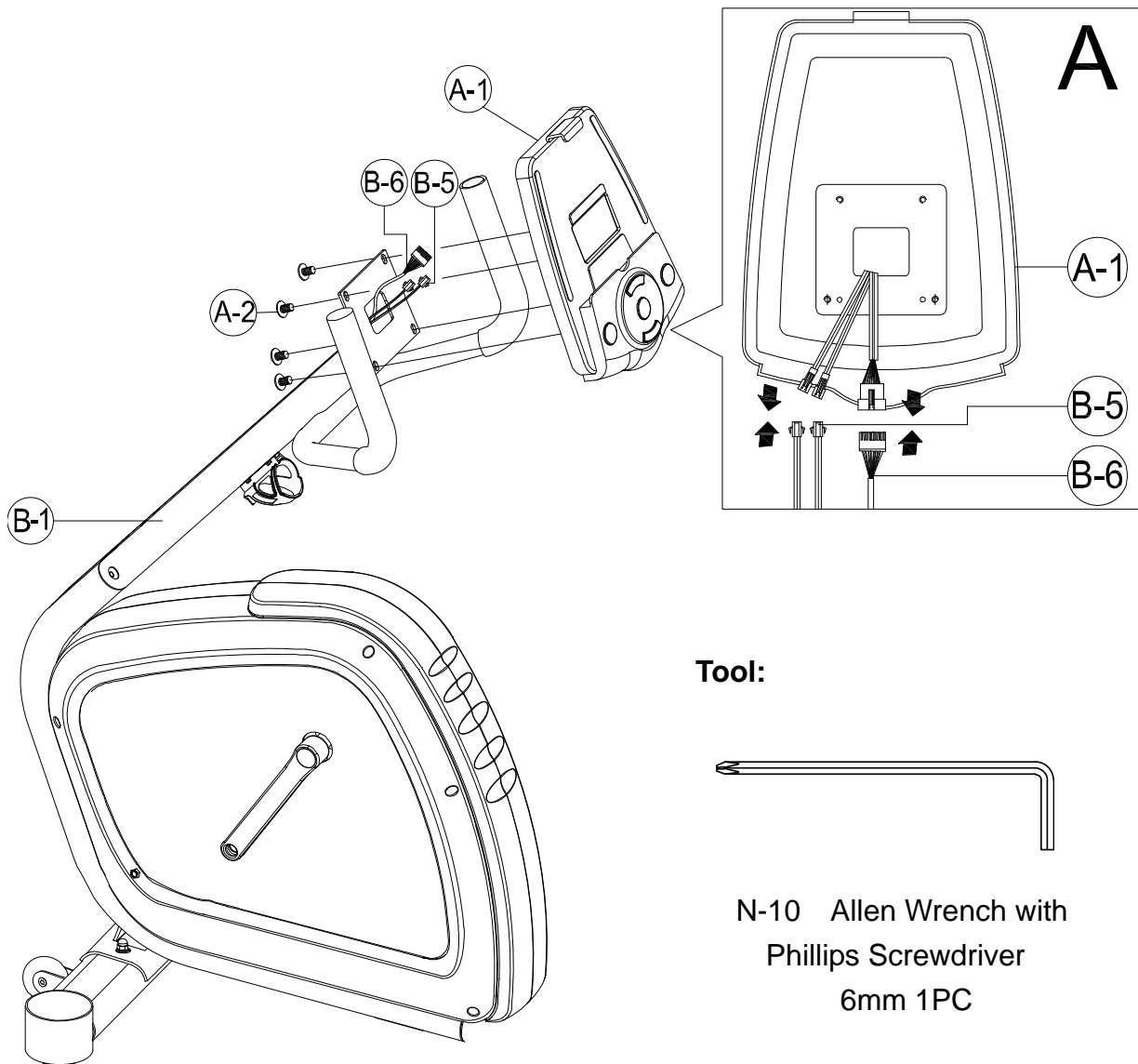
N-3 Spring Washer
D13.2x D8.2 x 2T
4PCS



N-6 Curved Washer
D22x D8.5x1.5T
2PCS



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



Tool:



N-10 Allen Wrench with
Phillips Screwdriver
6mm 1PC

3. Computer Installation

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

Connect Upper Hand Pulse Cable (B-5) to the Console Pulse Cable.

Connect the Upper Computer Cable (B-6) to Console Computer Cable.

Attach the Computer (A-1) onto the mounting plate of the Handlebar Post (B-1) and tighten with the four previously removed Screws (A-2).

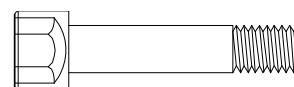
ASSEMBLY

Tool:

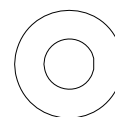


N-12 Allen Wrench
5mm 1PC

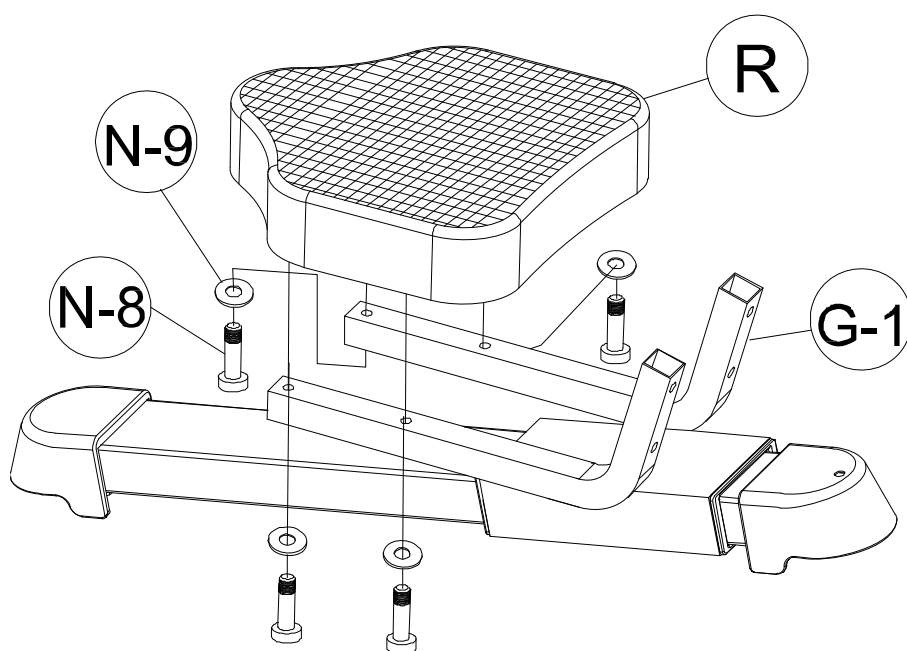
Hardware:



N-8 Allen Bolt
M6x1.0x35L 4PCS



N-9 Flat washer
D14xD6.5x0.8T 4PCS



4A. Seat Installation

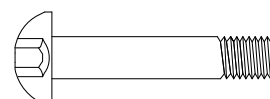
Align the holes of the Seat (R) to the Seat Post (G-1). Secure the seat with four Allen Bolts (N-8) and four Flat Washers (N-9) by using the Allen Wrench (N-12) provided.

Tool:



N-10 Allen Wrench with
Phillips Screwdriver
6mm 1PC

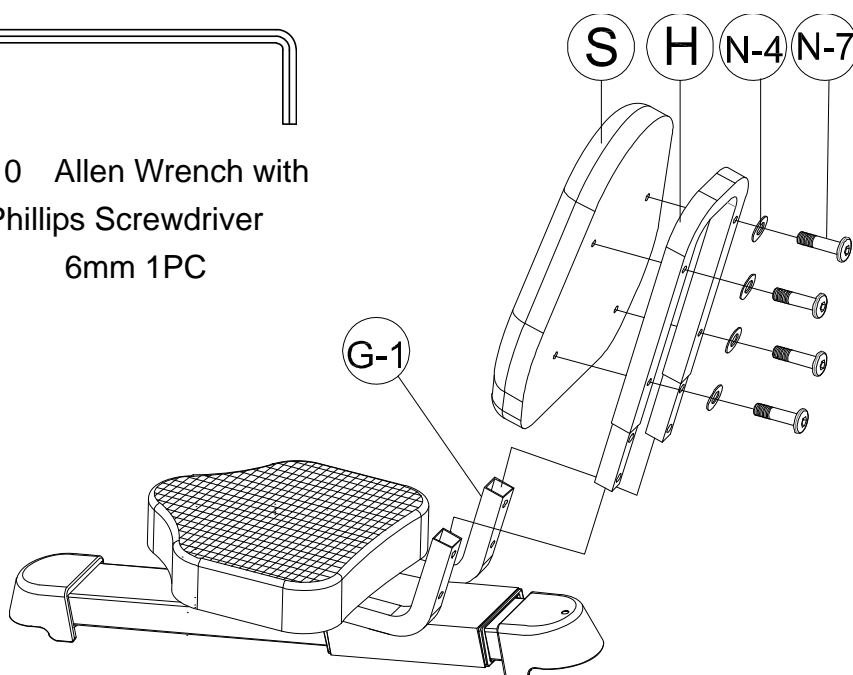
Hardware:



N-7 Allen Bolt
M8x1.25x40L
4PCS



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



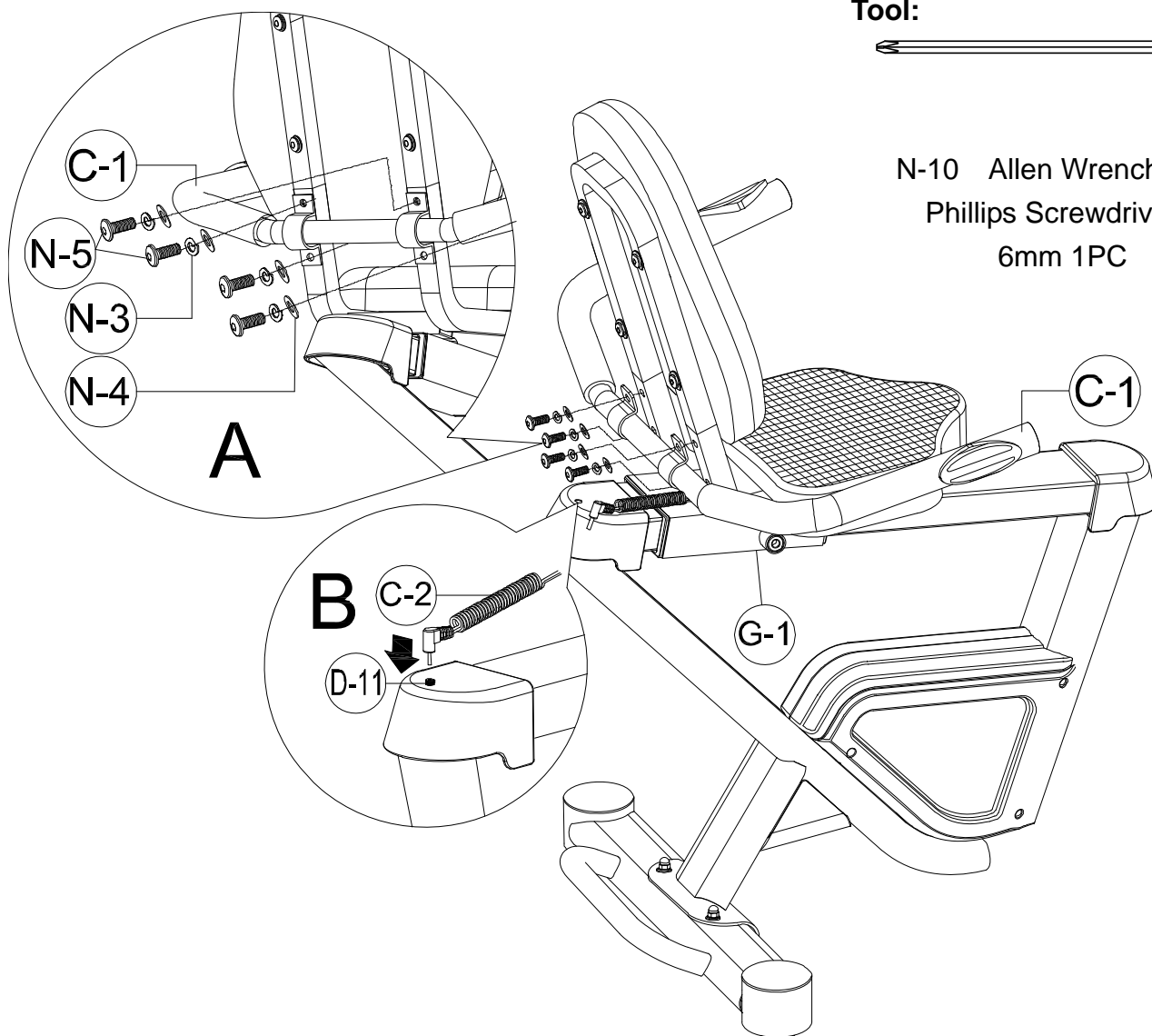
4B. Backrest installation

Align the Backrest Bracket (H) with the Backrest (S), Install 4 Allen Bolts (N-7) with 4 Flat Washers (N-4) into the holes and tighten with the Allen Wrench (N-10) provided. Insert the Backrest (H) into the Seat Post (G-1).

Tool:



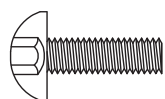
N-10 Allen Wrench with
Phillips Screwdriver
6mm 1PC



5. Seat Handlebar installation

Attach the Seat Handlebar (C-1) to the Seat Post (G-1) with four Allen Bolts (N-5), four Spring Washers (N-3) and four Flat Washers (N-4) then tighten with the Allen Wrench (N-10) provided as shown in Pic. A. , then plug the Hand Pulse Cable (C-2) into the Lower Hand Pulse Cable Jack (D-11) as shown in Pic. B.

Hardware:



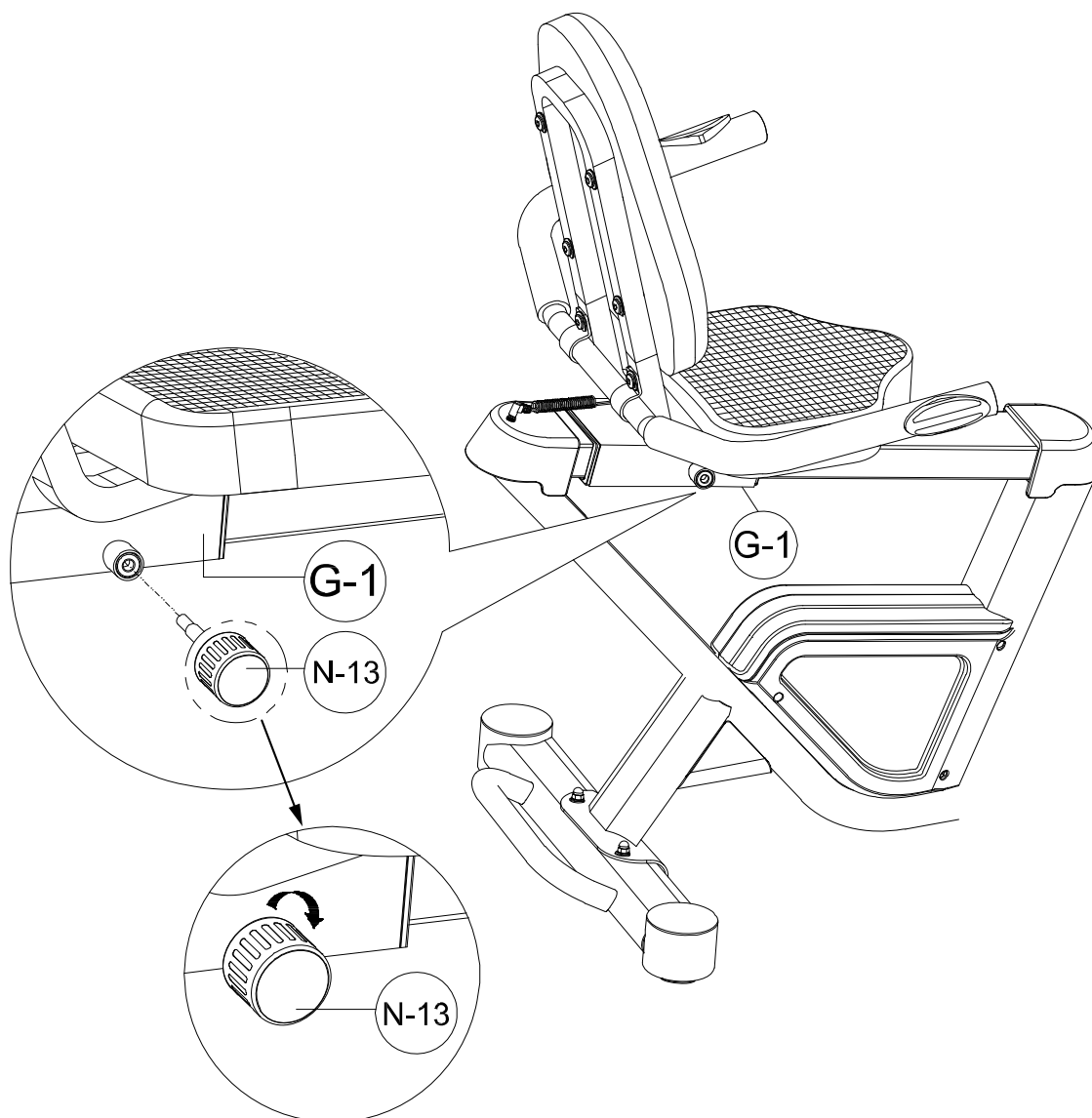
N-5 Allen Bolt
M8x1.25x20L
4PCS



N-3 Spring Washer
D13.2 XD8.2x2T
4PCS

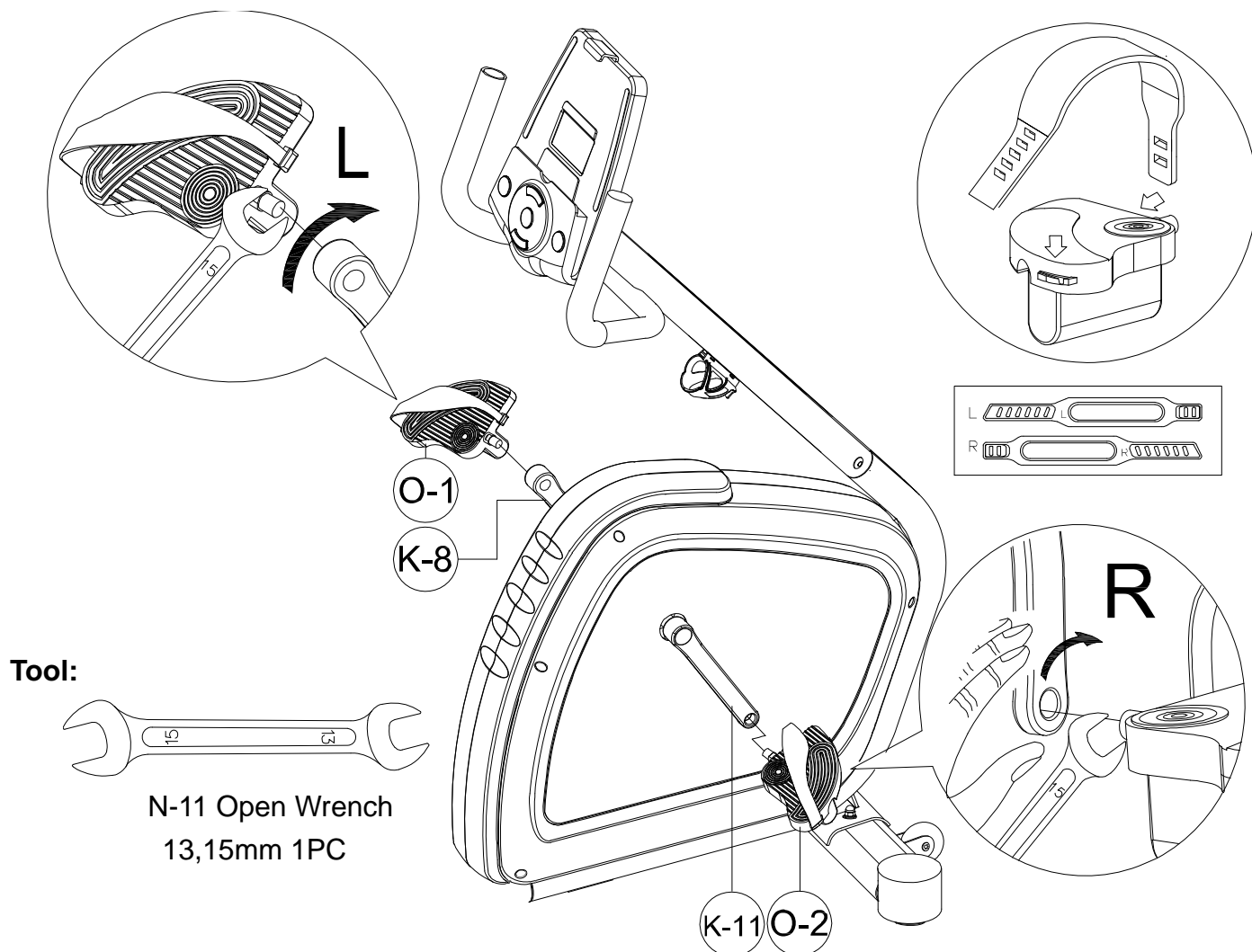


N-4 Flat washer
D16xD8.5x1.2T
4PCS



6. Seat Adjustment

Adjust the seat to the desired position and insert the Round Knob (N-13) into the hole on the side of Seat Post (G-1) turn the Round Knob into Clockwise until secured.



7. Pedal Installation

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

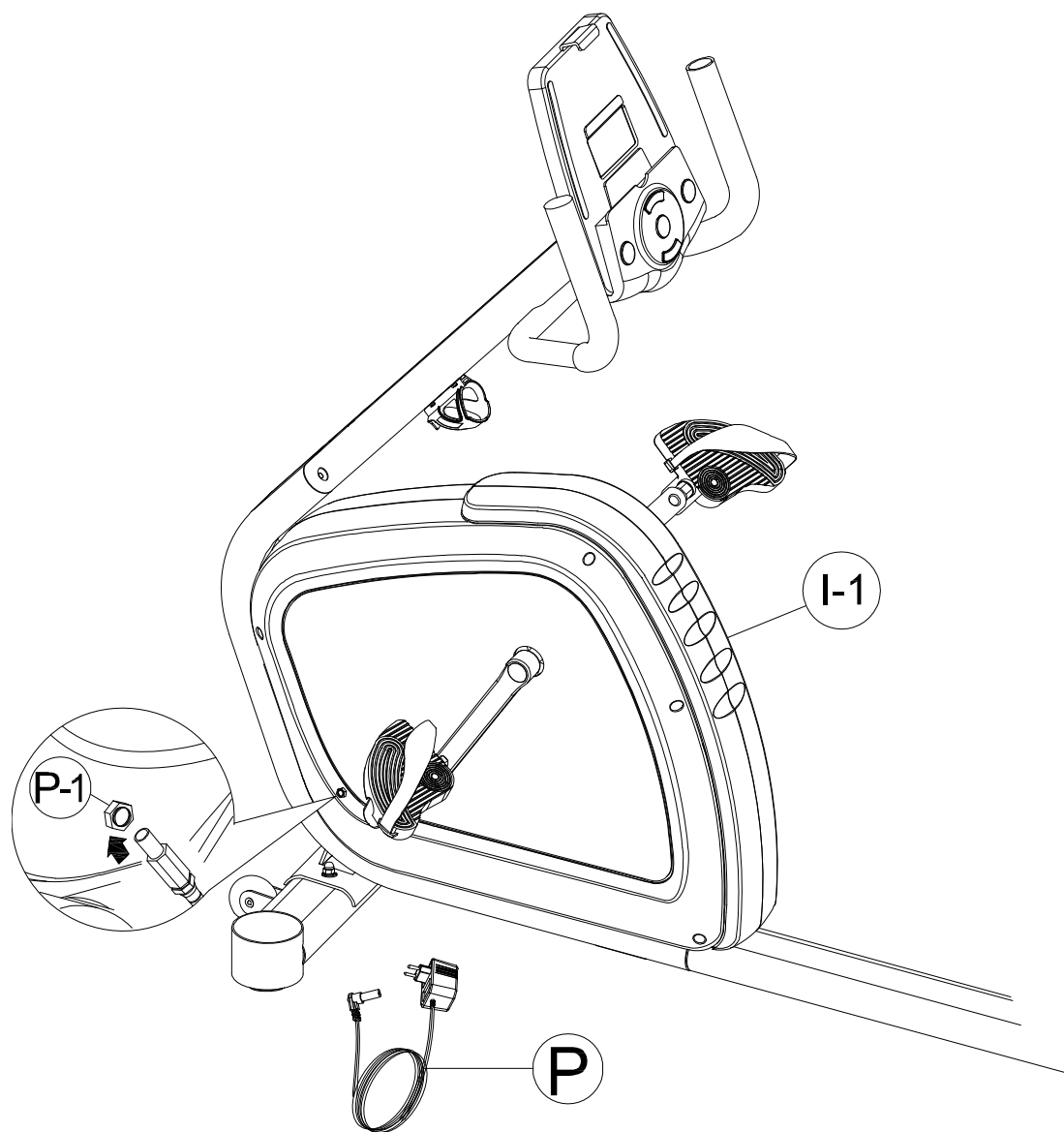
The Cranks and Pedals are marked “R” for Right and “L” for Left.

Insert the **Left** Pedal (O-1) into the **Left** Crank (K-8). 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** Pedal (O-1) with the Open Wrench (N-11) provided.

Insert the **Right** Pedal (O-2) into the **Right** Crank (K-11). Turn the pedal shaft by hand in the **CLOCKWISE** direction until snug. Tighten the pedal shaft of the **Right** Pedal (O-2) with the Open Wrench (N-11) provided.



8. Adaptor Installation

Plug one end of the Adaptor (P) into the Power Jack (P-1) located on the front of the Left Chain Cover (I-1). Plug the other end of the Adaptor (P) to the electrical wall outlet.



DISPLAY FUNCTIONS :

ITEM	DESCRIPTION
TIME	Workout time displayed during exercise. Range 0:00 ~ 99:59
SPEED	Workout speed displayed during exercise. Range 0.0 ~ 99.9
DISTANCE	Workout distance displayed during exercise. Range 0.0 ~ 99.9
CALORIES	Burned calories during workout display. Range 0 ~ 9990
PULSE	Pulse bpm displayed during exercise. Pulse alarm when over preset target pulse.
RPM	Revolutions Per Minute Range Range 0 ~ 999
WATT	Workout power consumption In Watt Program mode, the computer will maintain a pre-set watt value of resistance (setting range 10~350)
MANUAL	Manual mode workout.
PROGRAM	12 PROGRAM selection.
CARDIO	Cardio mode will automatically adjust the machine resistance levels to keep you within your selected heart rate zone.

KEY FUNCTION:

ITEM	DESCRIPTION
Up	<ul style="list-style-type: none"> • Increase resistance level • Setting selection.
Down	<ul style="list-style-type: none"> • Decrease resistance level • Setting selection.
Enter	<ul style="list-style-type: none"> • Confirm setting or selection.
Reset	<ul style="list-style-type: none"> • Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	<ul style="list-style-type: none"> • Start or Stop workout.

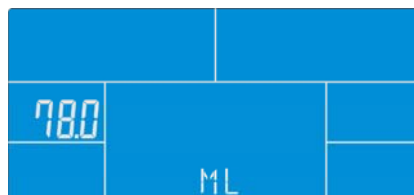
OPERATION:

POWER ON

After plugging the Power Jack in, the computer will beep and display all segments of the LCD for 2 seconds. Display wheel diameter and unit of measurement for 1s.

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key to resume the console.



WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt

Manual Mode

Press START in main menu may start workout in manual mode.



1. Press UP or DOWN to select workout program, choose Manual and press ENTER.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press ENTER to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Beginner Mode

1. Press UP or DOWN to select workout program, choose Beginner mode and press ENTER.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Advance Mode

1. Press UP or DOWN to select workout program, choose Advance mode and press ENTER.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Sporty Mode

1. Press UP or DOWN to select workout program, choose Sporty mode and press ENTER.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Cardio Mode

1. Press UP or DOWN to select workout program, choose Cardio and press ENTER.
2. Press UP or DOWN to select age and press ENTER to confirm.
3. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
4. Press UP or DOWN to preset workout TIME.
5. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

Note: Place your hands on the pulse sensors during heart rate work outs. Console will pause if it does not detect a pulse for 30 seconds.

Watt Mode

1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

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 the 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 the sealant to dry, do not use the bike until the thread sealant get well 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.



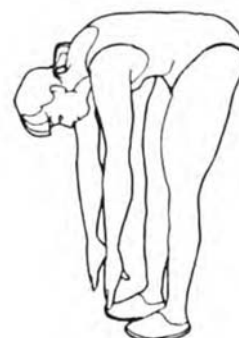
Inner Thigh Stretch

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.



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:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Frame	Lifetime
Normal Wearable Parts / Electronics	1 year (upholstery, brake, pads, foam grips, pedals etc...)
Labor and Other Parts	3 years

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

For best service, please email our customer service department:

Service@paradigmhw.com

Response Time : 1-2 Business Days

Or call toll free at 1-844-641-7922, Daily 8:00AM – 5:00PM (PST).

Response Time may vary.

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

Paradigm Health & Wellness, Inc.

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

**OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO
service@paradigmhw.com**

NAME: _____

ADDRESS: _____

CITY _____ **STATE** _____ **ZIP** _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION/REASON	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

OFFICIAL USE ONLY

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____