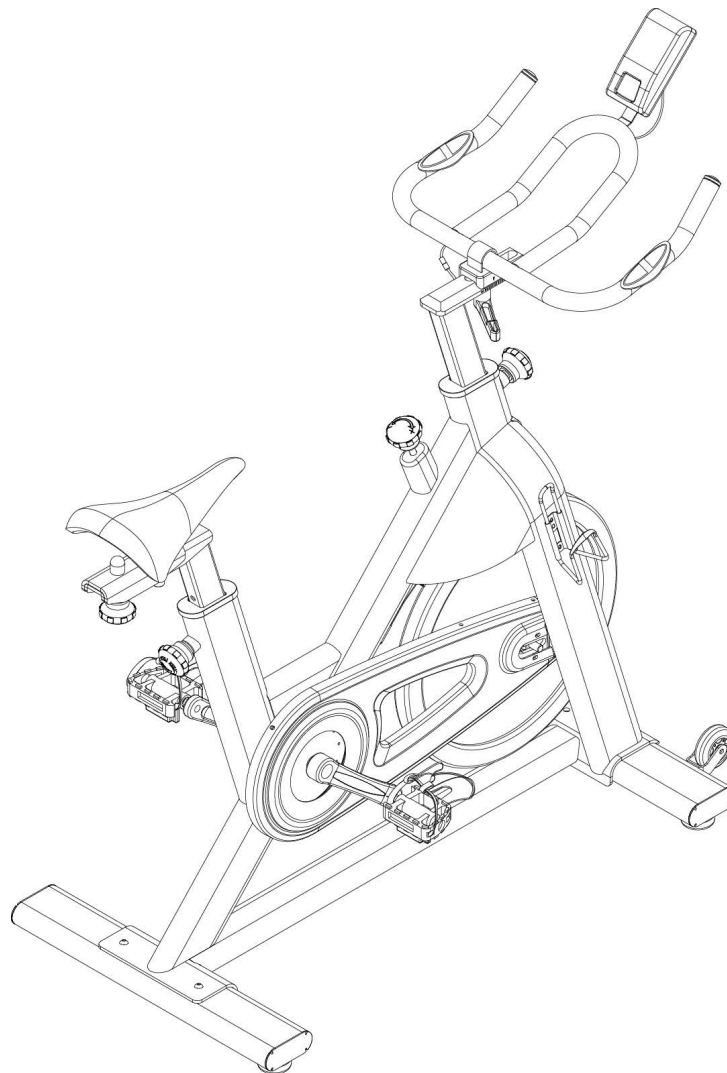


OWNER'S MANUAL



H-Class 510 Indoor Training Cycle

Model 6200

The specifications of this product may vary from this photo and are subject to change without notice.
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IMPORTANT: FOR NORTH AMERICA ONLY

**For best product service, please
e-mail: Service@paradigmhw.com
Reponse Time: 1-2 Business Days.**

Or call 1-844-641-7922

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

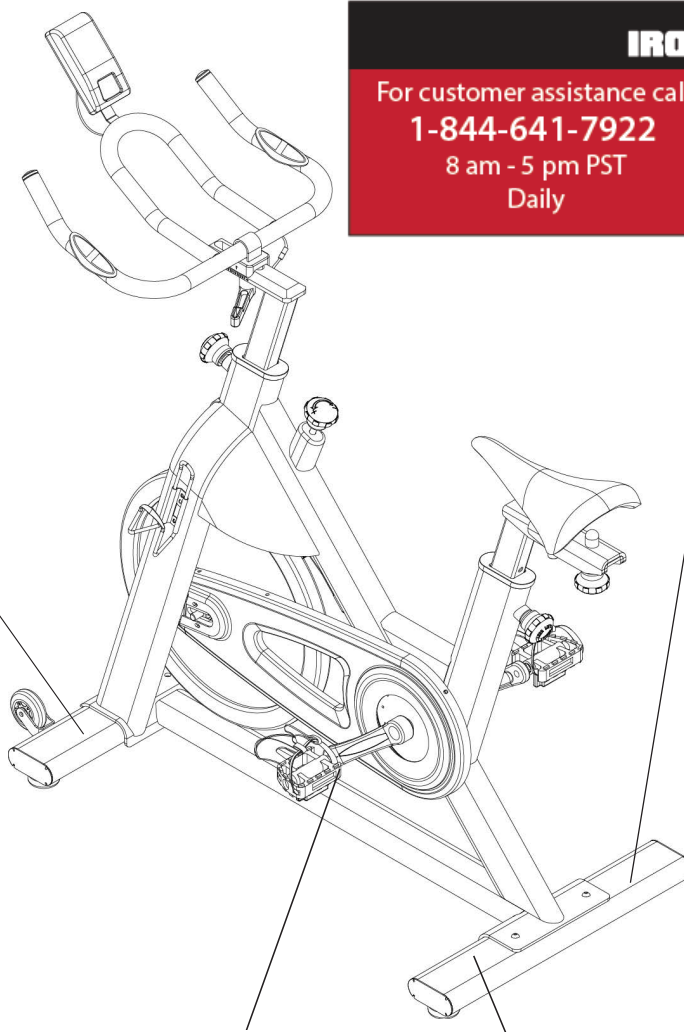
Please have the following information ready when requesting service:

**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**

LABEL PLACEMENT



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 6200)

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

- Tighten Right Pedal (18R) Into the Right Crank Clockwise ↻
- Tighten Left Pedal (18L) Into the Left Crank Counter Clockwise ↺

⚠ ATTENTION (N°6200)

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

- Serrez le pédale droit (18R) dans la manivelle droite dans le sens horaire ↻
- Serrez le pédale gauche (18L) dans la manivelle gauche dans le sens antihoraire ↺

⚠ WARNING

Maximum weight capacity is 275 lbs.

⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 125 kgs.

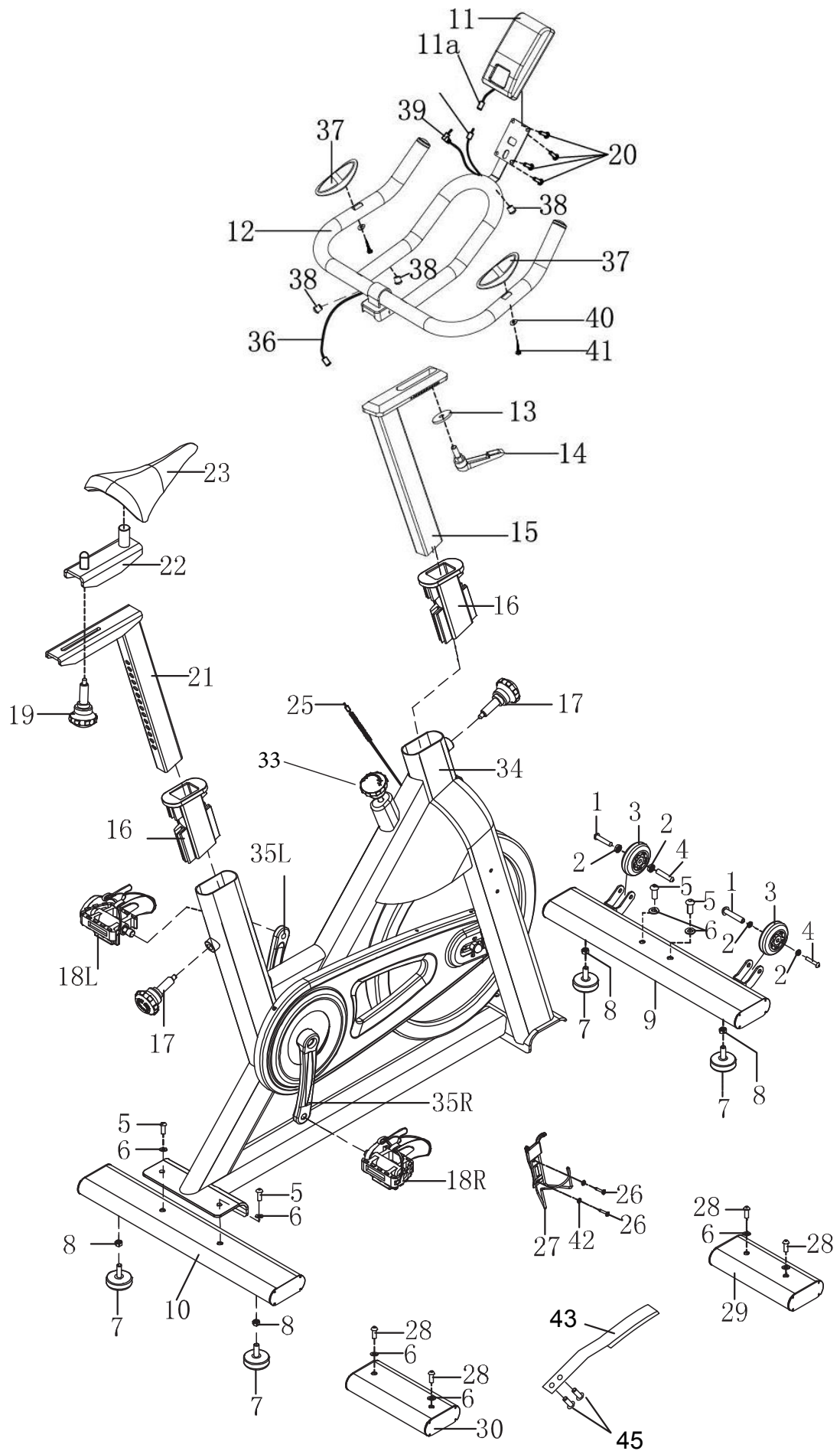
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up pages for pre and post workout.
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 get caught 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 an *Authorized Service Representative*.
6. Keep Dry - do not operate in wet or moist condition.
7. Always hold on to the handlebar while using the training bike.
8. To dismount, reduce pedaling speed gradually before you stop.
9. Do not use the equipment outdoors.
10. This equipment is for household use only.
11. Only one person should be on the equipment while in use.
12. Keep children and pets away from the product while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space 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. **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 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.

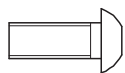
OVERVIEW DRAWING



PART LIST

No	Description	Qty	No	Description	Qty
1	Metal Cylinder	2	23	Seat 6801	1
2	Bearing 608ZZ Φ8	4	25	Sensor	1
3	Wheel Φ71*Φ19*24	2	26	Bolt M5*16*Φ8.5	2
4	Bolt M6*12*S5	2	27	Bottle holder	1
5	Hexagon Socket Pan Head Cap Bolt (Silver) M10x25xS6	4	28	Bolt M10*16*S6	4
6	Washer d10*Φ20*2.0	8	29	Front Protection Bar	1
7	Foot pad M10*30*Φ52*49	4	30	Rear Protection Bar	1
8	Nut M10*H7*S17	4	31	Multi Hex Tool with Phillips Screwdriver S13-14-15	1
9	Front stabilizer	1			
10	Rear stabilizer	1	32	Allen Wrench S6	1
11	Computer ST 6504-71	1	33	Brake Knob	1
11a	Computer Wire	1	34	Main frame	1
12	Handlebar	1	35L/R	Crank	2
13	Washer	1	36	Sensor Wire	1
14	Handlebar Knob	2	36a	Sensor Wire	1
15	Handlebar Post	1	37	Pulse Sensor	2
16	Bushing PT100*40*J50*20*188 PP	2	38	Plug	3
17	Knob Φ58*97*M16*1.5*42	2	39	Pulse Sensor wire	1
18L/R	Pedal JD-308 9/16	2	40	Washer d6*Φ12*1	2
19	Knob Φ58*44*M8*18	1	41	Pan Head Phillips Self Tapping Screw ST14*19*Φ7	2
20	Phillips Pan Head Cap Screws	4	42	Washer d5*Φ13*1	2
21	Seat Post	1	43	Brake Pad	1
22	Seat Bracket	1	44	Cardboard	1
			45	Hexagon Head Screw	2

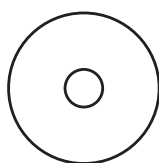
HARDWARE AND TOOLS



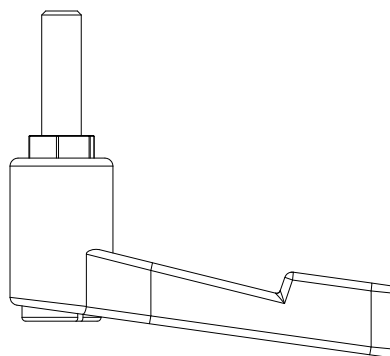
(5) Hexagon Socket Pan
Head Cap Bolt
M10*25*S6 4PCS



(6) Washer d10* Φ 20*2.0
4PCS



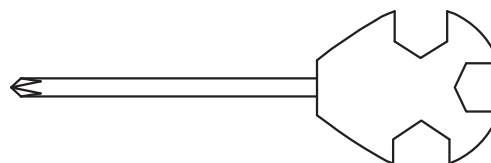
(13) Flat Washer
d10* Φ 40*4 1PC



(14) Handlebar Knob 1PC



(32) Allen Wrench S6 1PC

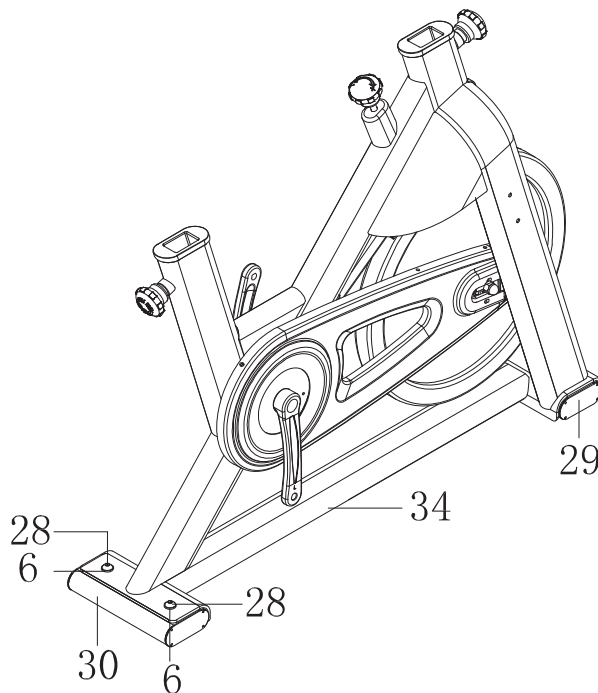


(31) Multi Hex Tool with Phillips
Screwdriver S13, S14, S15 1PC

1. Remove Front and Rear Protection Bar

Loosen the Bolt (28) and Washer (6) with Allen Wrench S6 (32) provided, and remove the Front Protection Bar (29) from the Main Frame (34). Repeat the same procedure for removal of Rear Protection Bar.

Note: These bars are used to protect the brackets from deformation during shipping. These Bars, Bolts and Washers will not be installed onto the bike and can be discarded.



Hardware Pack:



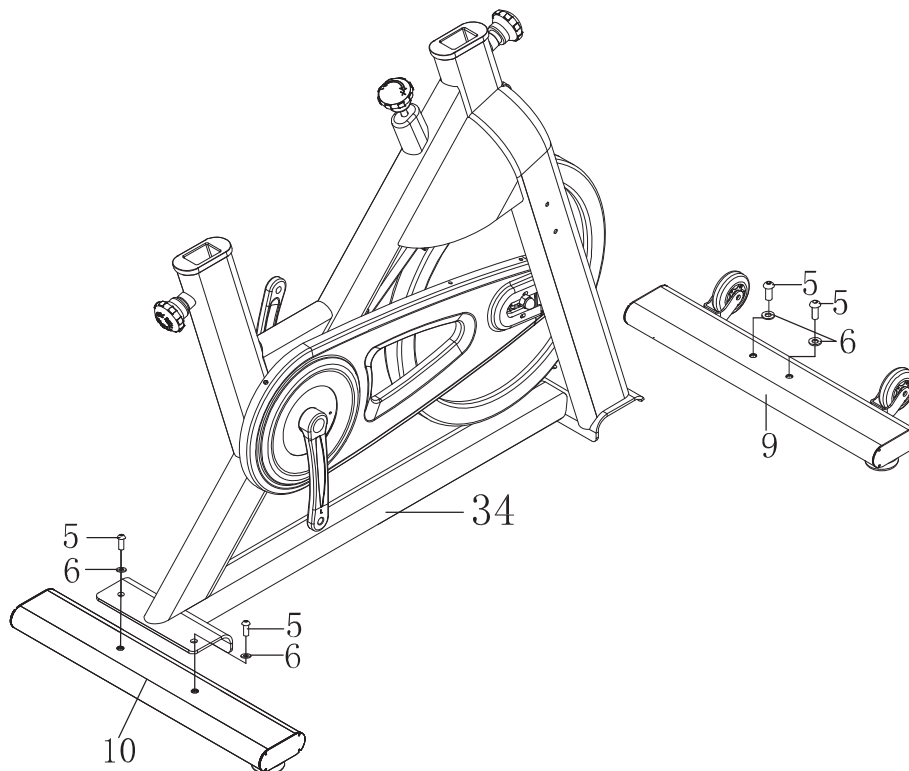
(32) Allen Wrench S6
1PCS

ASSEMBLY

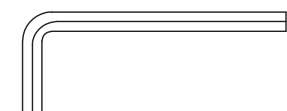
2. Front and Rear Stabilizers Installation

Insert the Front Stabilizer (9) into the front bracket of the Main Frame (34) and align the bolt holes. Install the Front Stabilizer with two Hexagon Socket Pan Head Cap Bolt (5) and two Washers (6). Tighten the bolts with the Allen Wrench S6 (32) provided.

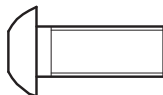
Repeat the above instructions for installation of the Rear Stabilizer (10).



Hardware Pack:



(32) Allen Wrench
S6 1PC



(5) Hexagon
Socket Pan Head
Cap Bolt
M10*25*S6 4PCS

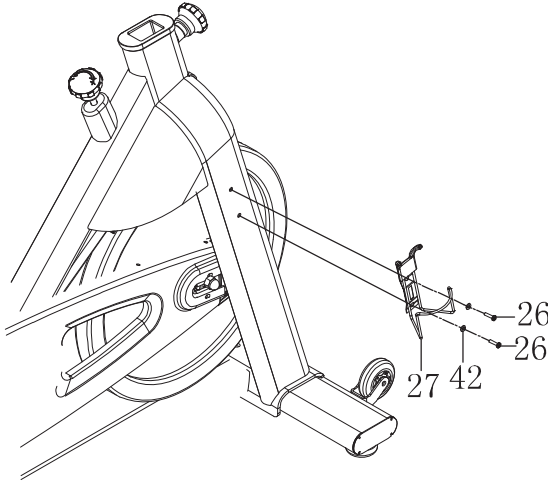


(6) Washer d10* Φ 20*2.0
4PCS

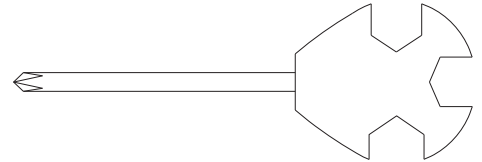
ASSEMBLY

3. Water Bottle Holder Installation

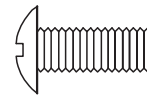
Remove the 2 pre-installed Bolts (26) and two Washers (42) from the frame and use them to attach the Water Bottle Holder (27) onto the Main Frame (34).



Tool:



(31) Multi Hex Tool with Phillips Screwdriver



(26) Bolt M5*16*~ 8.5
2PCS



(42) Washer
d5x13x1
2PCS

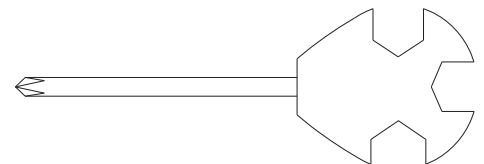
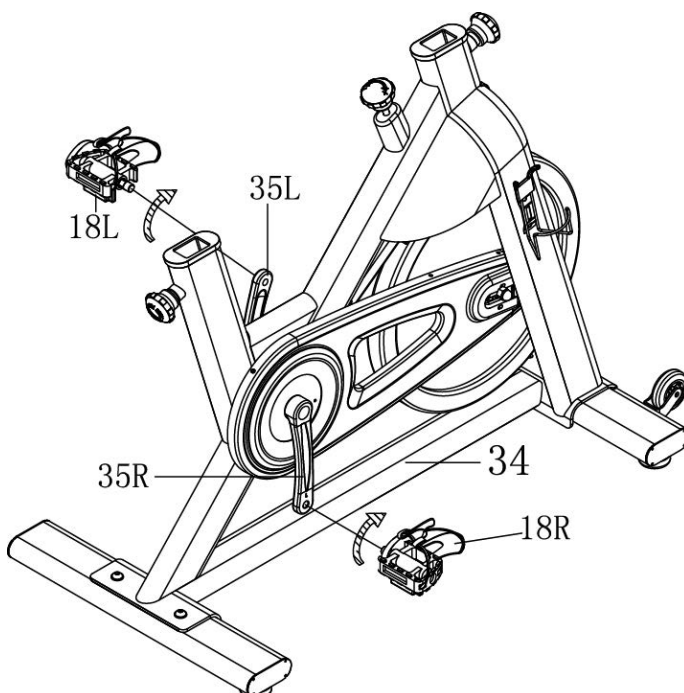
4. Foot Pedal Installation

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

Insert the Left Foot Pedal (18L) into the Left Crank (35L)
Turn the LEFT pedal shaft by hand **COUNTER-clockwise** until snug.
Tighten the pedal shaft with the Multi Hex Tool (31) provided.

DO NOT turn the left pedal shaft in the clockwise direction, doing so will strip the threads.

Insert the RIGHT Foot Pedal (18R) into the Right Crank (35R) and tighten in a **CLOCK-WISE** direction.



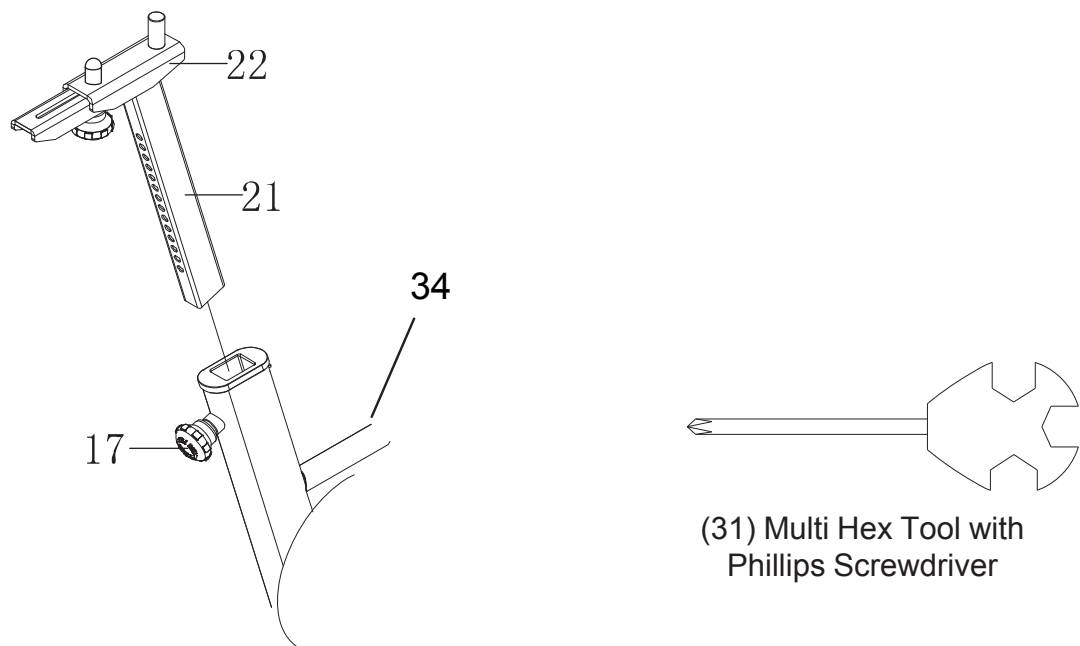
(31) Multi Hex Tool with Phillips Screwdriver

5. Seat Installation

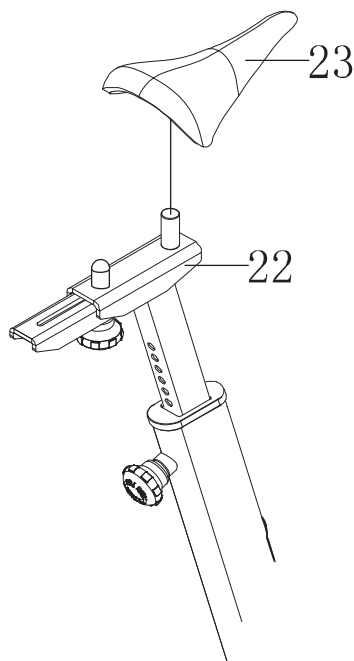
Turn the Round Knob (17) on the Main Frame (34) in a counter-clockwise direction until it can be pulled out. Pull the Round Knob as you insert the Seat Post (21).

Release the Round Knob and slide the Seat Post up or down until the Round Knob pops into one of the adjustment holes. Tighten the Round Knob in a clockwise direction to lock.

Caution: Do not raise the Seat Post higher than the MAX LINE indicator.



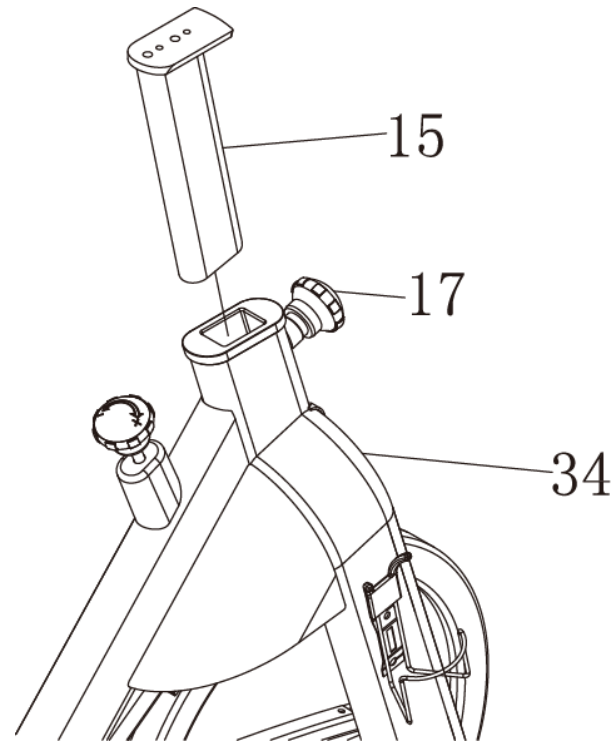
Put the Seat (23) onto the Seat Bracket (22) Tighten the Seat using the Multi Hex Tool (31).



6. Handlebar Post Installation

Turn the Round Knob (17) on the Main Frame (34) in a counter-clockwise direction until it can be pulled out. Pull the Round Knob as you insert the Handlebar Post (15). Slide the Handlebar Post up or down until the Round Knob “pops” into the hole. Tighten the Round Knob in the clockwise direction to lock the Handlebar Post (15) in place.

Caution: Do NOT raise the Handlebar Post above the MAX LINE indicator.

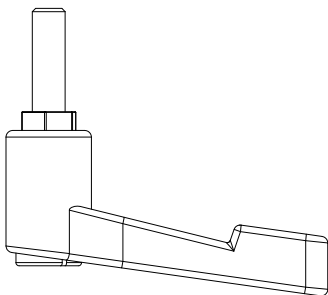


7. Handlebar Installation

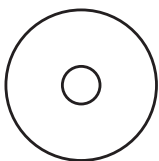
Align the Handlebar (12) with the grooves on the Handlebar Post (15). Place the Washer (13) onto the threads of the Handlebar Knob (14) and install it into the hole on the underside of the Handlebar (12). Tighten the knob. Connect speed sensor wires (25, 36).

***CAUTION: ALWAYS make sure the handlebar is secured tightly before use.**

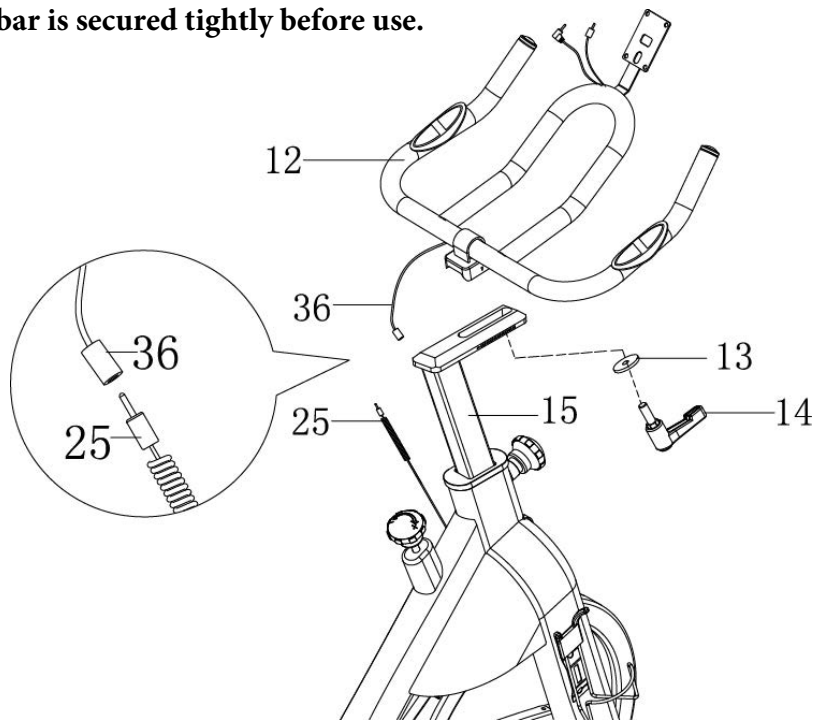
Hardware Pack:



Handlebar Knob (14)
1PC

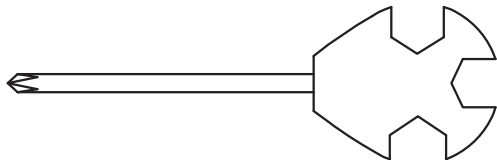


(13) Flat Washer
d10*Φ40*4 1PC

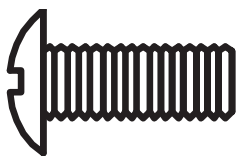


8. Computer Installation

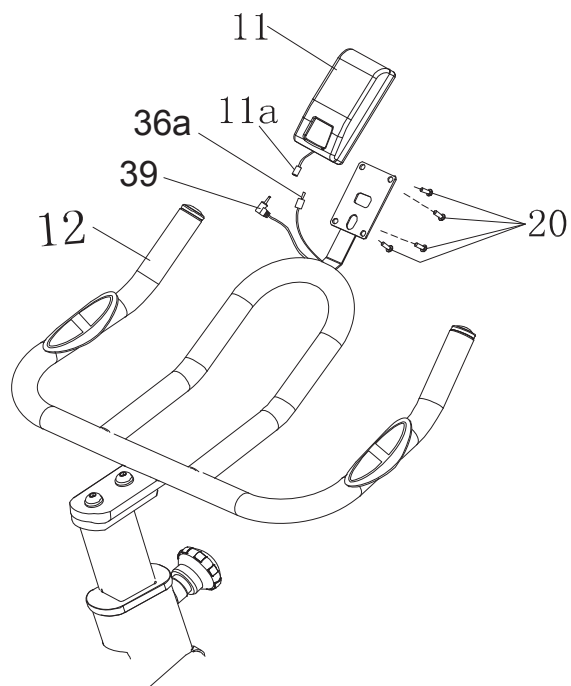
Remove the 4 pre-installed screws (20) from the back of the Computer (11). Use them to attach the Computer onto the metal plate. Connect Sensor Wires (11a, 36a). Plug the Pulse Sensor Wire (39) into the side of the Computer.

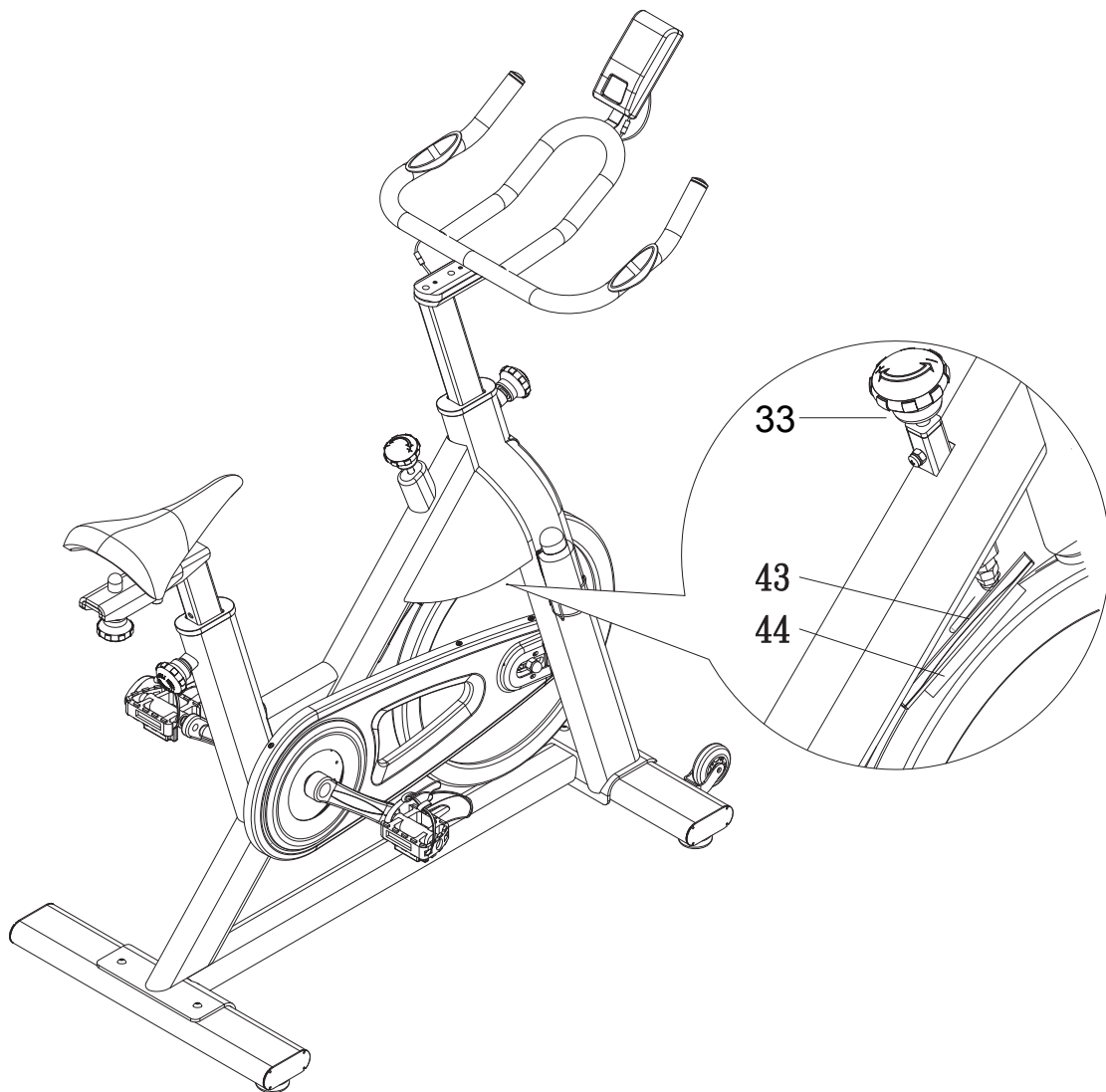


(31) Multi Hex Tool with Phillips Screwdriver



(20) Phillips Pan Head Cap Screw
4 PCS





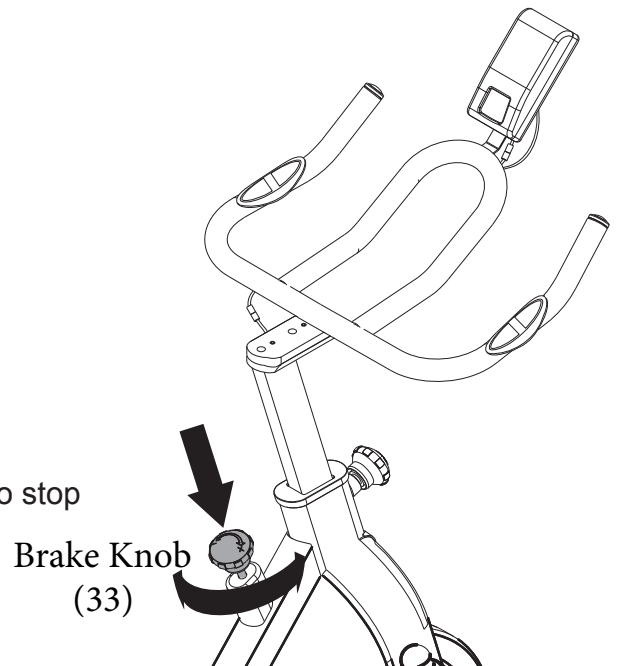
9. Remove the cardboard

Loosen the Brake Knob (33) to remove the Cardboard (44) between the flywheel and Brake Pad (43), then turn the Knob to the desired tension before exercise.

Adjusting the Brake Knob

Turn the Brake Knob (33) clockwise to increase tension, counter-clockwise to decrease tension.

Emergency Stop: Press down on the Brake Knob to stop the flywheel.

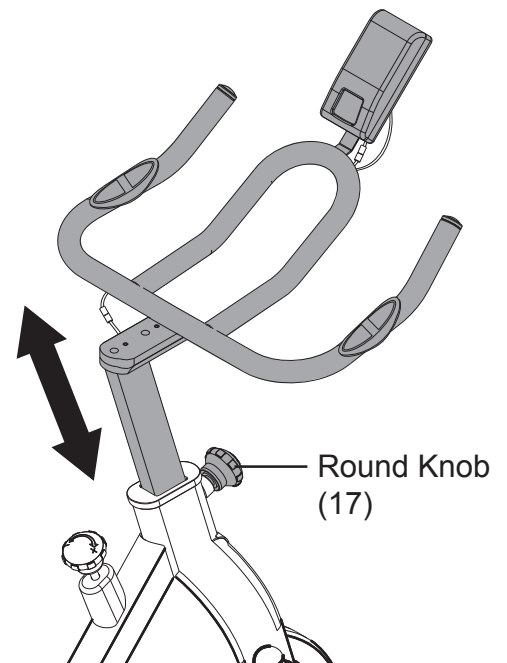


Handlebar Height Adjustment

Turn the Round Knob (17) counter-clockwise to loosen. Pull and hold the Knob as you raise or lower the handlebar.

Release the Round Knob (17) and allow it to pop into the hole. Tighten the Round Knob by turning clockwise.

Caution: Do NOT raise the Handlebar Post above the MAX LINE indicator.

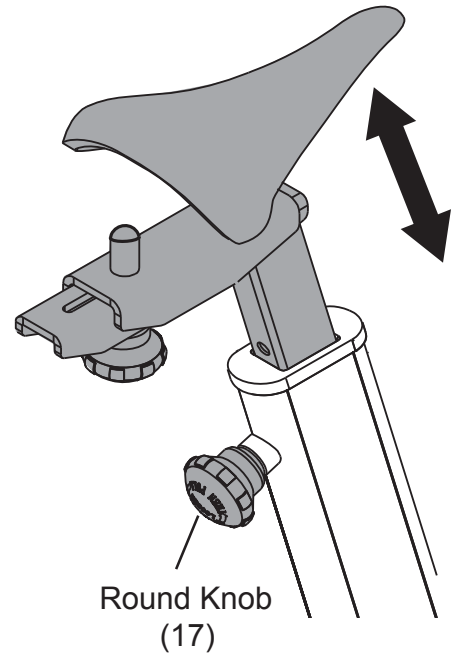


Seat Height Adjustment

Turn the Round Knob (17) counter-clockwise to loosen. Pull and hold the Round Knob as you raise or lower the seat.

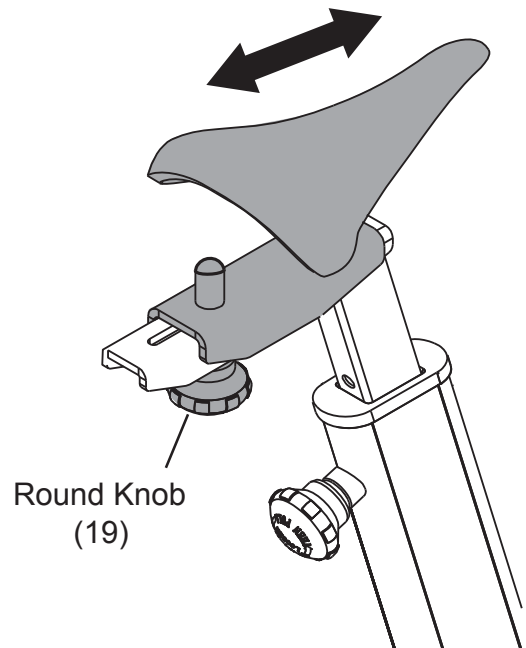
Release the Round Knob and allow it to pop into the hole. Tighten the Round Knob by turning clockwise.

Caution: Do NOT raise the Seat Post above the MAX LINE indicator.



Seat Slide Adjustment

Turn the Round Knob (19) counter-clockwise to loosen. Slide the seat to a suitable position, turn the Round Knob clockwise to lock.





BUTTONS

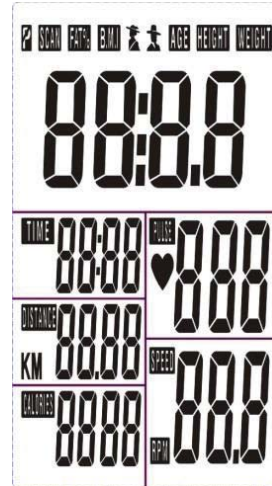
- MODE** To confirm all settings.
- SET** To set up the value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button to increase the value fast. (The computer has to be in stop condition.)
- RESET** Press and hold RESET key 2 seconds to reset all the values.
- RECOVERY** To test heart rate recovery status

FUNCTIONS

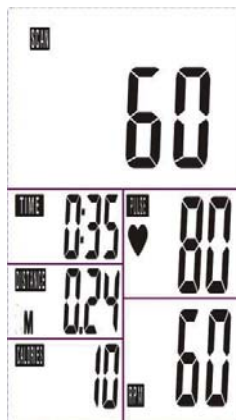
- SCAN:** Displays all function TIME, DISTANCE, CALORIES, PULSE and RPM/SPEED
- RPM:** Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- SPEED:** Displays the user's exercise speed.
- TIME:** 1. You can press "SET" button to set target time between 0:00 to 99:00 for count down function.
2. It can be set up by the user or accumulated automatically for count up function.
- DISTANCE:** 1. You can press "SET" button to set target distance between 0 and 99.5.
2. It can be set up by the user or accumulated automatically for count up function.
- CALORIES:** 1. You can press the "SET" button to set target calories between 0 to 9990 for the count down function.
2. It can be set up by the user or accumulated automatically for count up function
- PULSE:** Displays the user's pulse when holding the Pulse sensors. You can set a target pulse using the SET button and confirming it using MODE. Once you reach your target pulse the computer will beep to indicate you have reached the target.

OPERATION PROCEDURE

1. Install 2 pcs of 1.5V “AAA” batteries

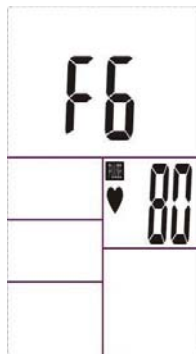
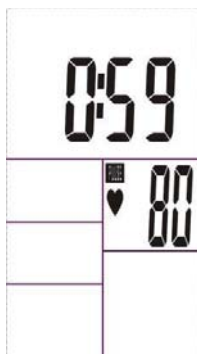


2. In setup mode, you can set target values for TIME/DISTANCE/CALORIES and PULSE. press the MODE button to choose the function to set and change the value with the SET button.
3. When pedaling, the value of TIME, DISTANCE, CALORIES starts to count up automatically. However, if you have entered a preset target (IE TIME,DISTANCE or CALORIES), the function will count down from your target value until it reaches 0. Once the target is achieved at 0, the monitor will beep for 8 seconds.
4. In SCAN mode, values of TIME/DISTANCE/CALORIES/PULSE/ SPEED/RPM will display for 6 seconds



5. While exercising ,you can also press the MODE button to select a single function display. RPM and Speed function will switch displays in the same square.
6. RECOVERY: After exercising press RECOVERY, place both hands on the hand pulse sensor. A fitness test will commence which measures how quickly your heart rate returns to normal after exercising, TIME starts counting down from 60 seconds to 0.

The screen will display your recovery with a number F1 - F6. F1 being the Healthiest, F6 meaning the most room for improvement.



TROUBLE SHOOTING

PROBLEM: The training bike wobbles when in use.

SOLUTION: Turn the Front and Rear stabilizer foot pads as needed to level the bike.

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

SOLUTION: The bolts may be loose on the training bike. Please inspect all of the bolts and tighten any loose bolts.

PROBLEM: Computer displays abnormally

SOLUTION: Replace the batteries.

MAINTENANCE

Cleaning

The training bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the training bike after each use.

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

Storage

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

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:

COMPONENT	LENGTH OF WARRANTY
Frame	Life time
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, or accumulate dirt or stains; or
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 customer service at:

Service@paradigmhw.com

Response Time: 1-2 Business Days

Or you can call us toll free at **1-844-641-7922**

Daily 8:00 AM - 5:00 PM (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: _____