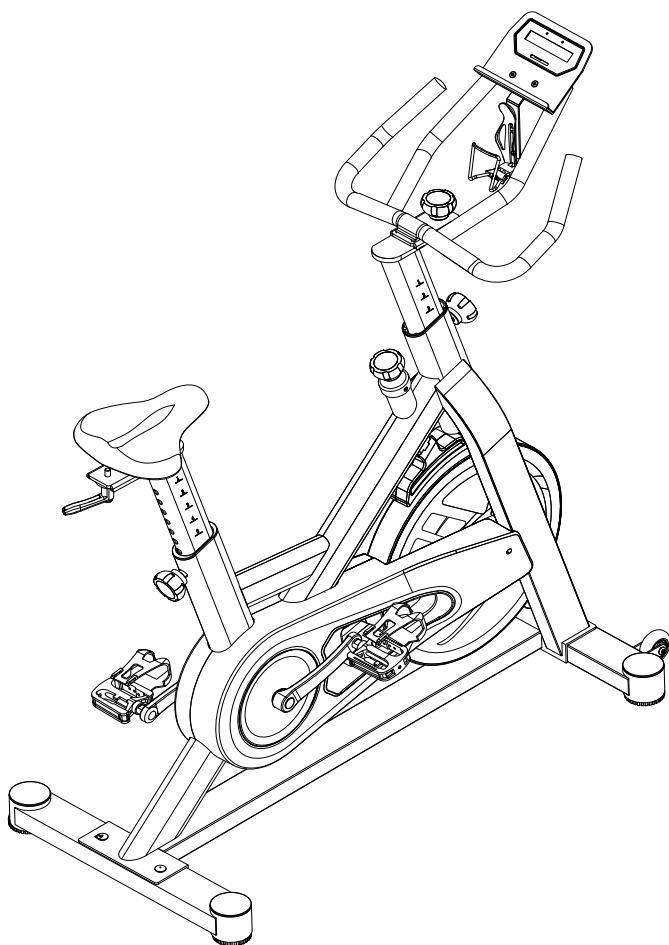


OWNER'S MANUAL



H-Class 520 Magnetic Tension Indoor Training Cycle

6250.6-080916

The specifications of this product may vary from this photo and are subject to change without notice.
IRONMAN, IRONMAN TRIATHLON and M-DOT are registered trademarks of World Triathlon Corporation.
This product is licensed by the World Triathlon Corporation.

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IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by the below methods:

For 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

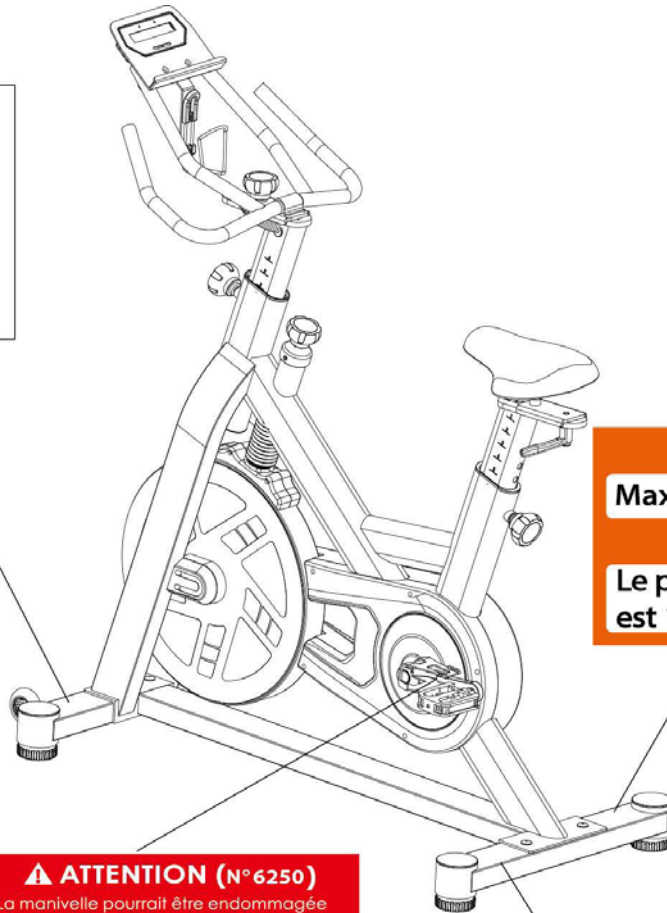
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



⚠ CAUTION (Model 6250)

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

- Tighten Right Pedal (20R) Into the Right Crank Clockwise
- Tighten Left Pedal (20L) Into the Left Crank Counter Clockwise

⚠ ATTENTION (N° 6250)

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

- Serrez le pédale droit (20R) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (20L) 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.

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

Du lundi au vendredi

8:00 h - 17 h (HNP)

PRODUCT SAFETY

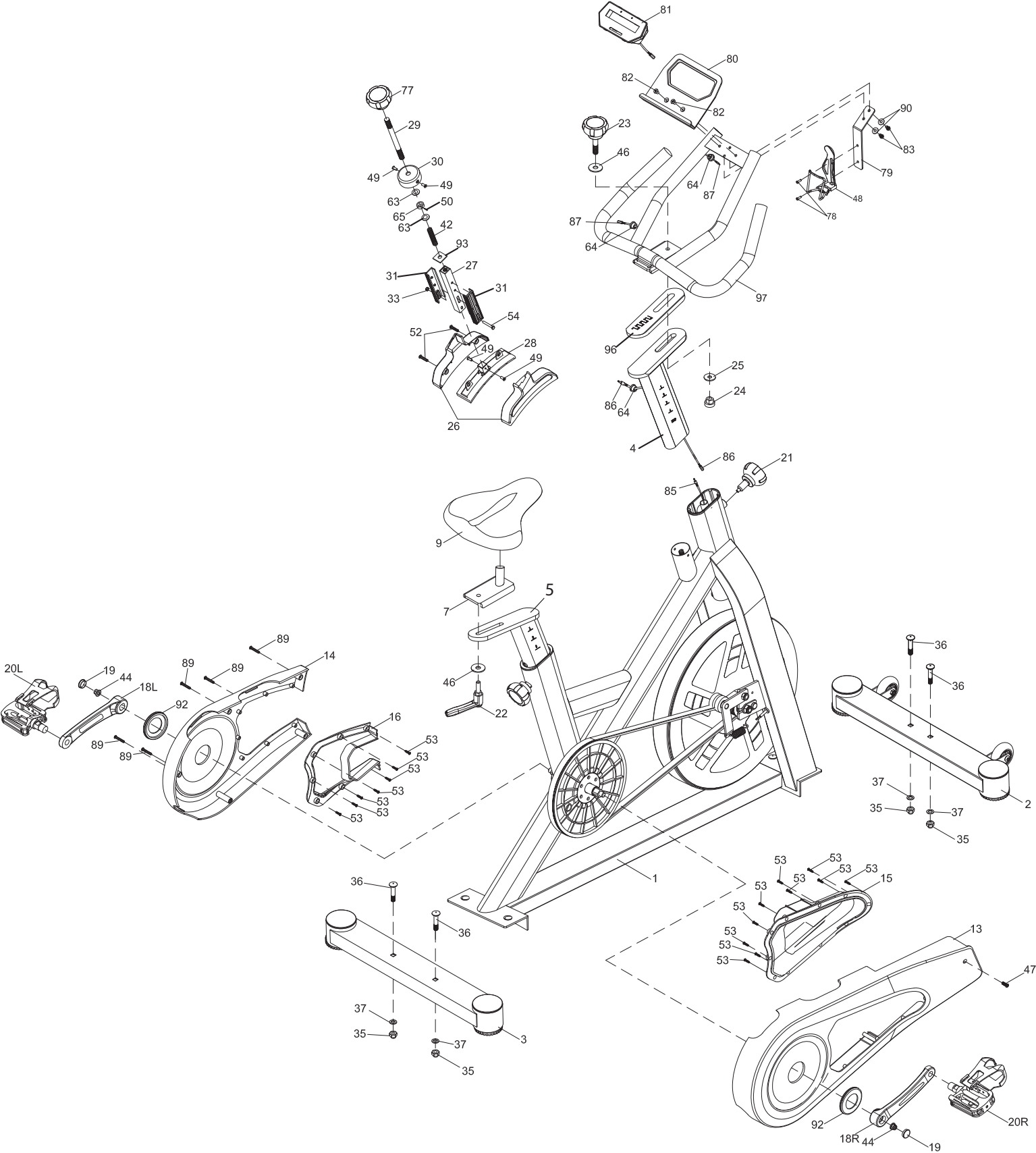
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. 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.
3. Wear proper clothes and shoes when using this equipment; do not wear clothes that might get caught on any part of the equipment.
4. 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 Health and Wellness.
5. Keep dry - do not operate in wet or moist condition.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment at any time.
9. Keep children and pets away from the product while in use.
10. This machine is designed for adults only.
11. This product requires a minimum of 6 feet of space for safe operation.
12. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
13. **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 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

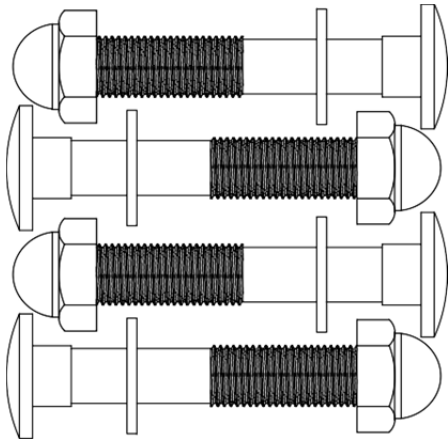


PART LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	037	Washer 10x19x1.5	4
002	Front Stabilizer	1	042	Compressed Spring Ø1.5x9	1
003	Rear Stabilizer	1	044	Flange Nut M12x1.5x10.4T	2
004	Upright Post 40x80x2T	1	046	Washer 10x29x2T	2
007	Seat Slide Guide	1	047	Self-Tapping Screw M5x12	1
009	Seat VL-6100	1	048	Bottle Holder	1
013	Main Chain Cover-R	1	049	Screw M5x10	4
014	Main Chain Cover-L	1	050	Metal Pin Ø3x20	1
015	Inner Chain Cover-R	1	052	Self-Tapping Screw M4.5x15	2
016	Inner Chain Cover-L	1	053	Self-Tapping Screw M4.2x10	17
018L	Left Crank	1	063	Plastic Washer 10x20x2T	2
018R	Right Crank	1	064	Wire Plug Ø17	3
019	Plastic Cap for Crank	2	065	Steel Sleeve Ø10.3x15x8	1
020L	Left Foot Pedal	1	077	Tension Control Knob Ø70	1
020R	Right Foot Pedal	1	078	Bolt M5x10	2
021	Spring Knob M16x26	1	079	Fixed Plate for Bottle Holder	1
022	L-Knob M10x20	1	080	Computer Holder	1
023	Knob M10x28	1	081	Computer	1
024	Lock Nut M10	1	082	Bolt M5x10	2
025	Washer 19.5x38x2T	1	083	Bolt M5x12	2
026	Magnet Plastic Cover	2	085	Sensor Wire	1
027	Support Bar 20x20x1.4T	1	086	Sensor Connecting Wire-2	1
028	Magnet Bracket	1	087	Sensor Connecting Wire-1	1
029	Tension Control Bar	1	089	Self-Tapping Screw M4.5x25	5
030	Fixed Cover	1	090	Washer 6x14x1T	2
031	Π Shape Faster	2	092	Plastic Cover for Chain Cover	2
033	Nylon Nut M6	1	093	Plastic Plate 34.8x34.8x6T	1
035	Nylon Nut M10	4	096	Upper Post Plate	1
036	Carriage Bolt M10x55	4	097	Handlebars	1

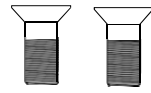
HARDWARE & TOOL LIST

STEP 1



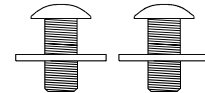
NO.35x4 NO.36X4 NO.37X4

STEP 2



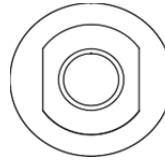
NO.82X2

STEP 3

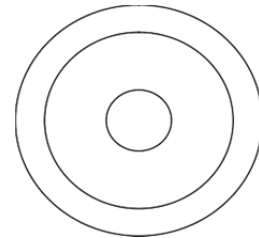


NO.83X2 NO.90x2

STEP 6

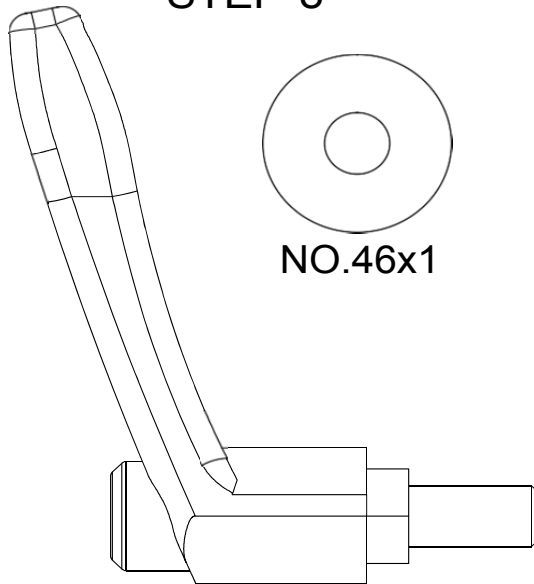


NO.24x1

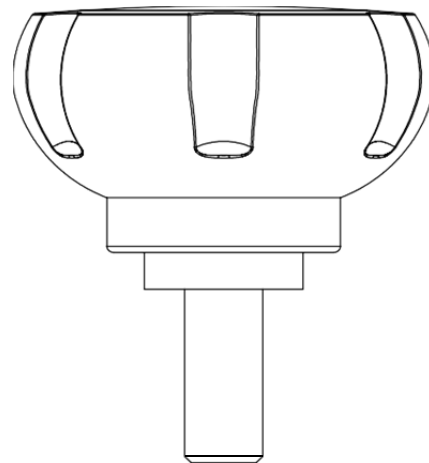


NO.25x1 NO.46x1

STEP 8

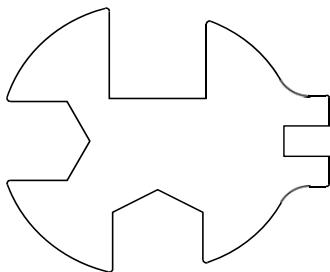


NO.22x1



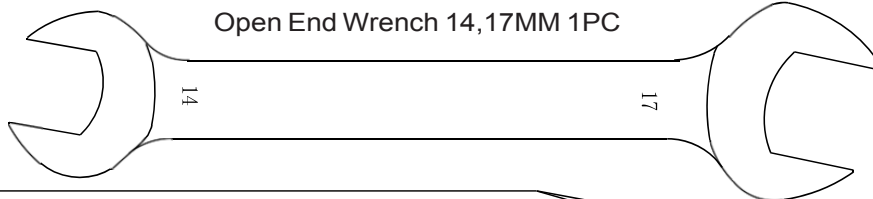
NO.23x1

Multi Hex Toolwith
Phillips Screwdriver1PC

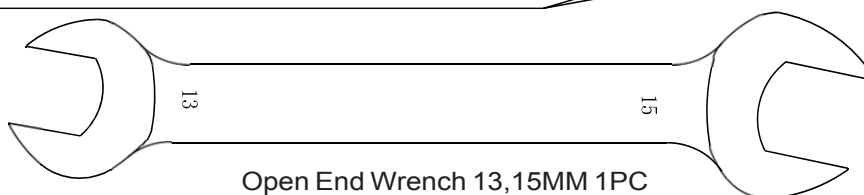


6250

Open End Wrench 14,17MM 1PC



Open End Wrench 13,15MM 1PC



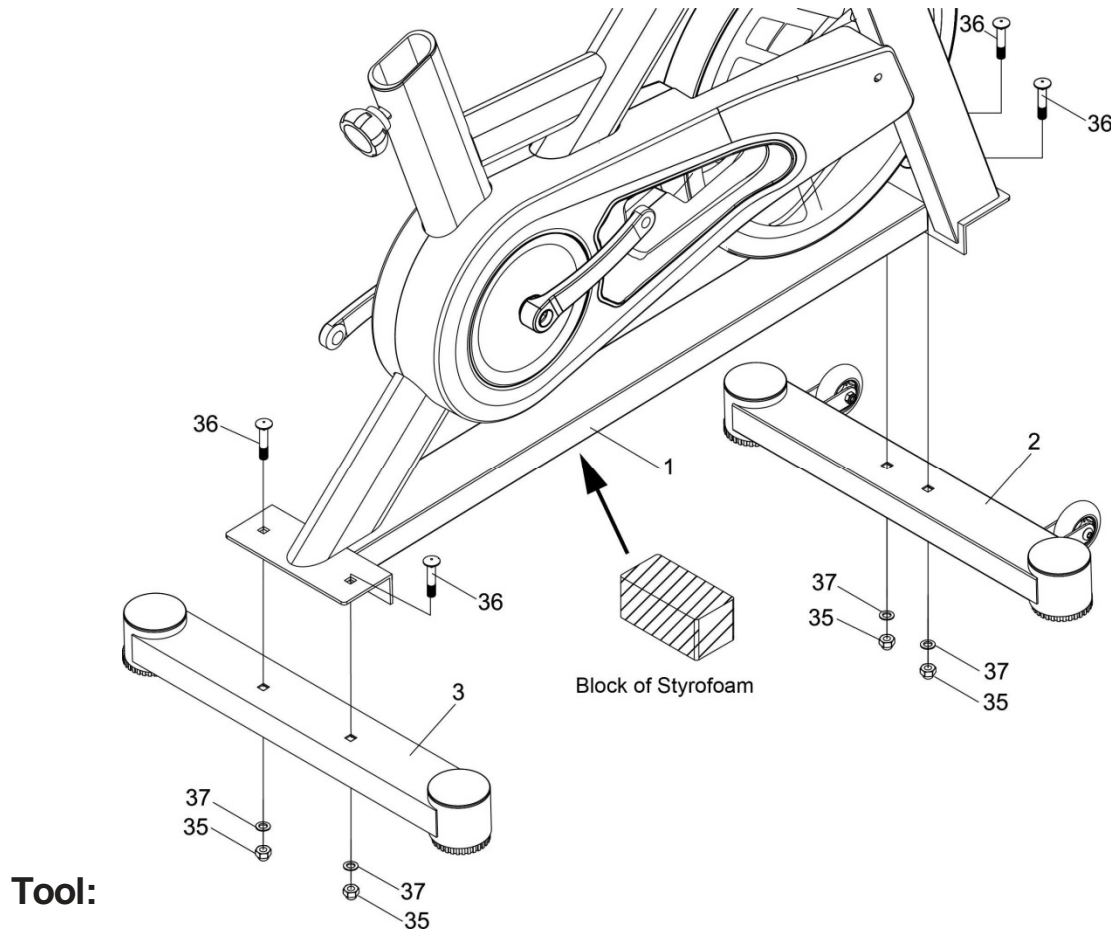
ASSEMBLY

Step 1

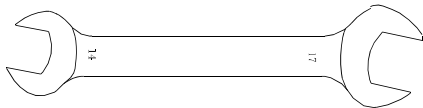
Place a block of styrofoam underneath the Main Frame (1) for easier installation.
Attach the Front Stabilizer (2) to the Main Frame by aligning the bolt holes and installing two Carriage Bolts (36), two Washers (37) and two Cap Nuts (35) as shown below.

Tighten the Cap Nuts (35) with the 14,17mm Open End Wrench Provided.

Install the Rear Stabilizer (3) to the Main Frame (1) using the same method as above.

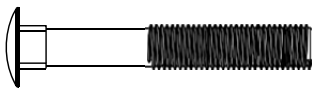


Tool:

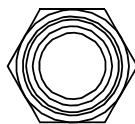


14, 17mm Open End Wrench
1PC

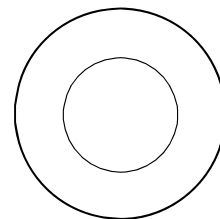
Hardware:



(36) Carriage Bolt
M10x55
4 PCS



(35) Cap Nut M10
4PCS



(37) Washer
10x19x1.5T
4 PCS

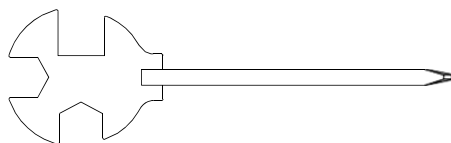
ASSEMBLY

Step 2

Attach the Computer Holder (80) onto the Handlebars (97) and tighten it using the two Bolts (82) and the Multi Hex Tool with Phillips Screwdriver provided.

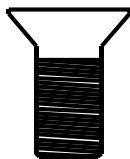
Insert the batteries into the Computer (81) and insert the Computer (81) into the Computer Holder (80). Ensure that the computer clicks into position.

Tool:

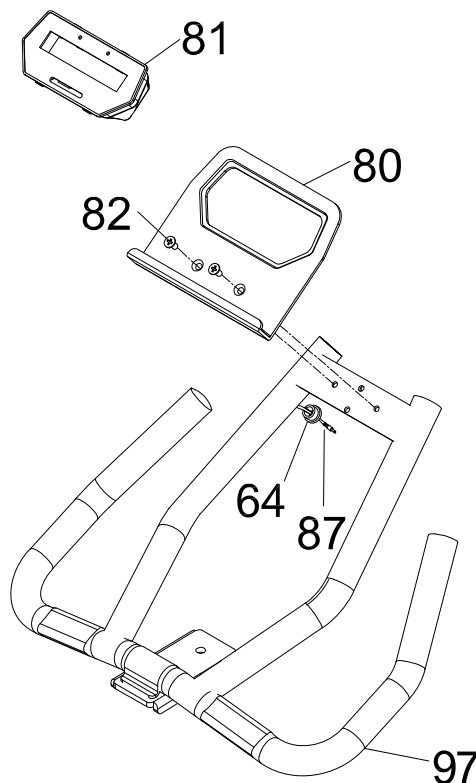


Multi Hex Tool with
Phillips Screwdriver 1PC

Hardware:

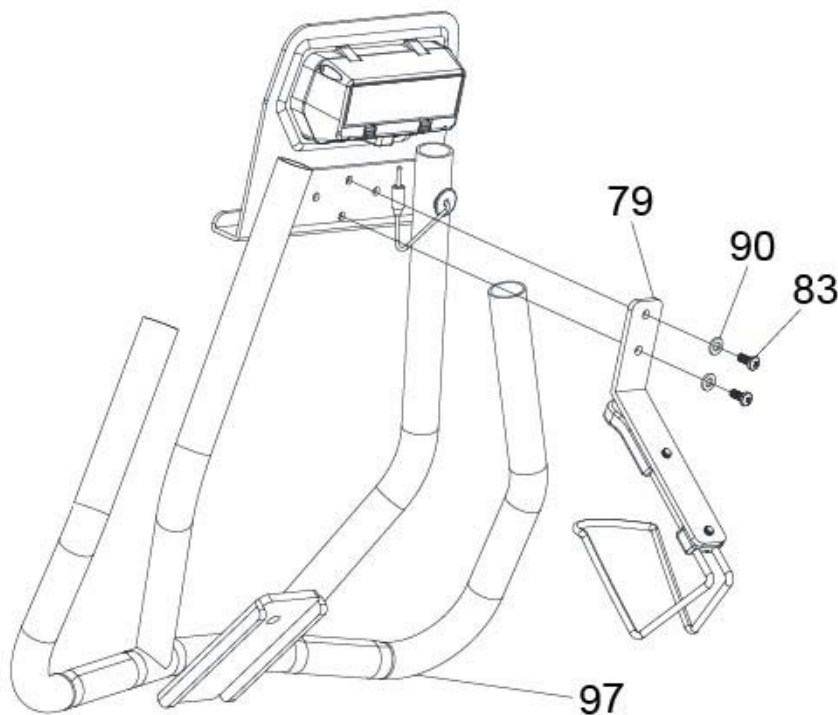


(82) Bolt
M6x10
2PCS

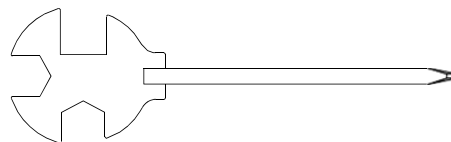


Step 3

Attach the Fixed Plate for bottle holder (79) to the Handlebar (97) with 2 Bolts (83) and 2 Washers (90). Tighten with the Multi Hex Tool with Phillips Screwdriver provided.

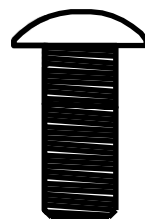


Tool:

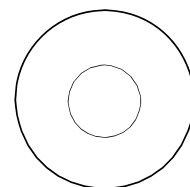


Multi Hex Tool with
Phillips Screwdriver 1PC

Hardware:



(83) Bolt
M5x12
2PCS



(90) Washer
6x14x1T
2PCS

Connect the Sensor wire (85) and Sensor connecting wire-2 (86).

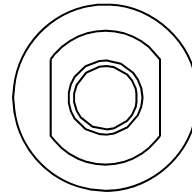
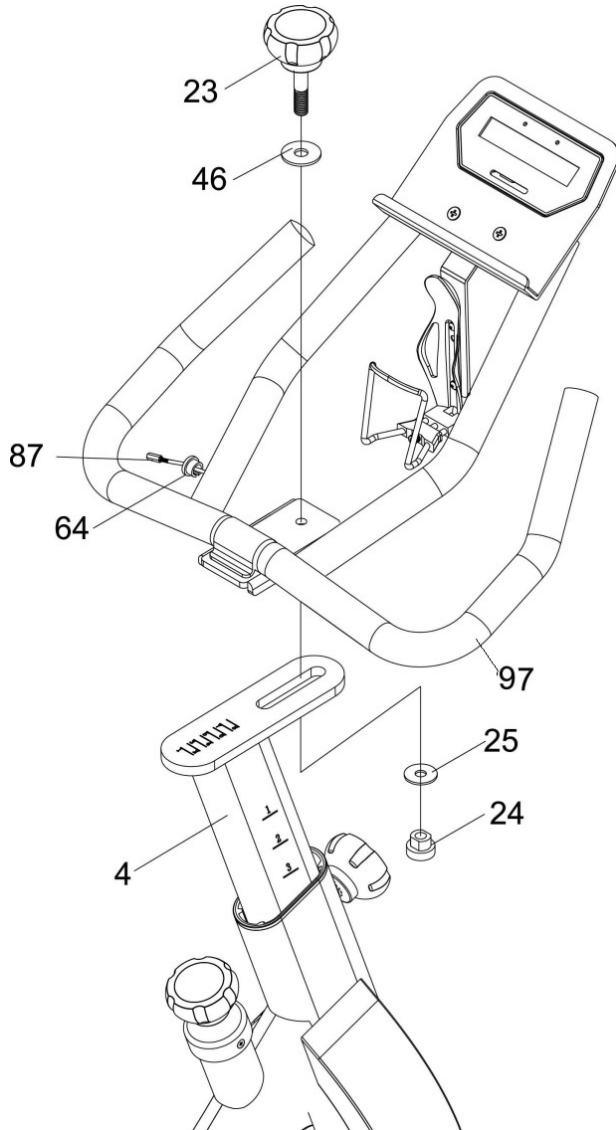
Slide the Upright Post up or down until the Spring Knob "pops" into the hole. Then tighten the Spring Knob (21) in a clockwise direction.

12

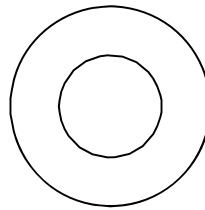
Step 5

Slide the Handlebar (97) onto the front of the Upright Post (4) and attach it by sliding the Washer (46) onto Knob (23). Then insert the knob through the handlebar bracket hole and the Upright Post (4) slot. Next, slide the Washer (25) and Lock Nut (24) onto the knob and secure by turning the knob clockwise while holding the washer and locknut in place.

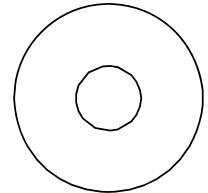
Hardware:



(24) Lock Nut
M10
1PC



(25) Washer
19.5x38x2T
1PC



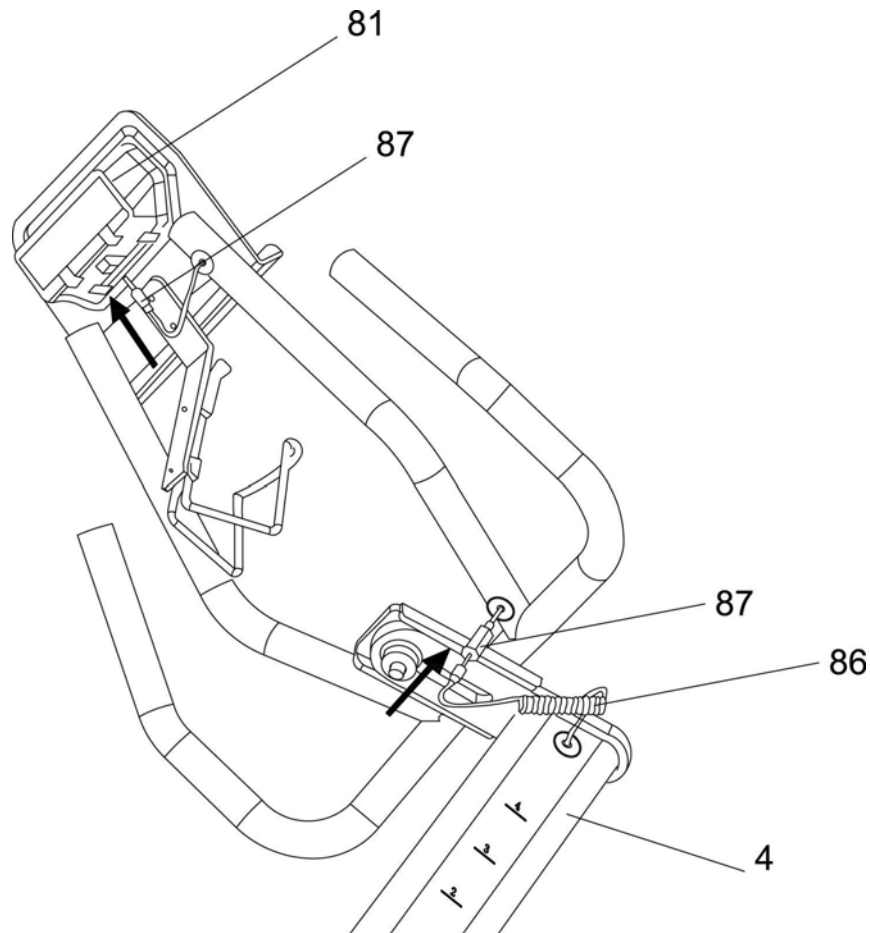
(46) Washer
10x29x2T
1PC

ASSEMBLY

Step 6

Plug the lower end of the Sensor Connecting Wire 2 (86) from the left side of the Front Post (4) to Sensor Wire 1 (87) on the handlebars.

Plug the upper end of the Sensor Connecting Wire 1 (87) located at the top portion of the handlebars, into the computer (81).

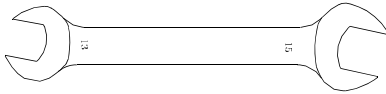


ASSEMBLY

Step 7

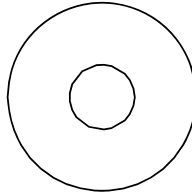
Install the Seat Slide Guide (7) onto the Seat Post (5) and tighten with L-Knob (22) and Washer (46). Install the Seat (9) onto the Seat Slide Guide (7) and tighten with the 13,15mm Wrench.

Tool:

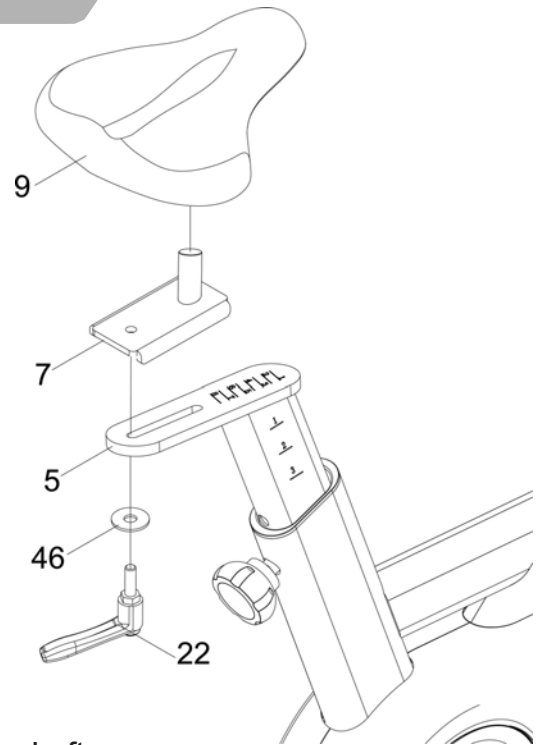


13, 15mm Open End Wrench 1PC

Hardware:



(46) Washer
10x29x2T
2PCS



Step 8

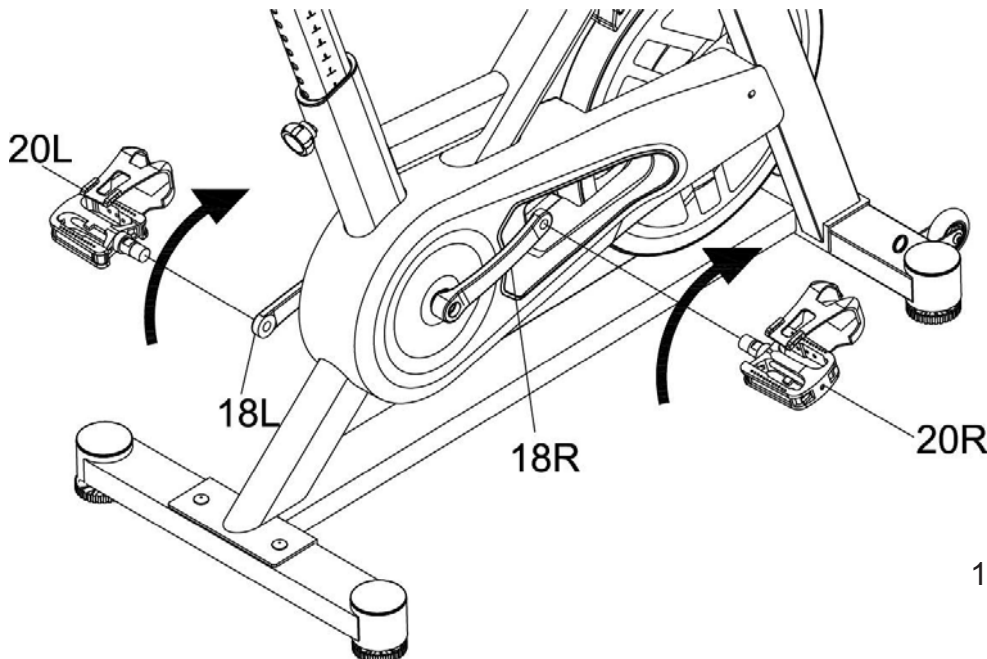
The Cranks and Foot Pedals are marked "R" for Right and "L" for Left.

Insert the Left Foot Pedal (20L) into the Left Crank (18L). Turn the pedal shaft by hand in a **counter-clockwise** direction until snug.

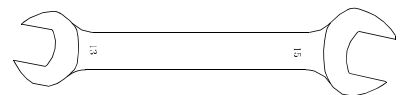
Note: DO NOT turn the left pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft using the 15mm Wrench.

Repeat these installation step for the RIGHT side while using a **CLOCKWISE** turn



Tool:

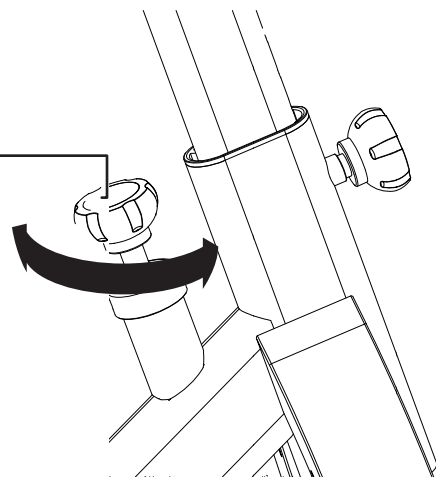


13, 15mm Open End Wrench 1PC

HOW TO USE

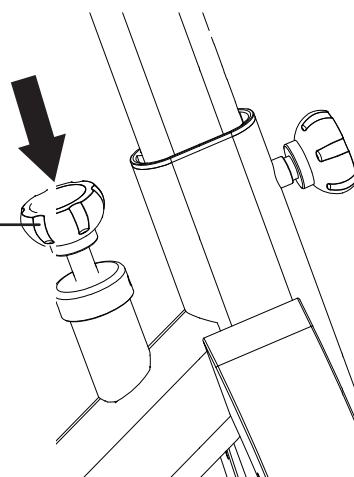
Tension Adjustment

Turn knob clockwise to increase tension
Turn knob counter-clockwise to decrease tension



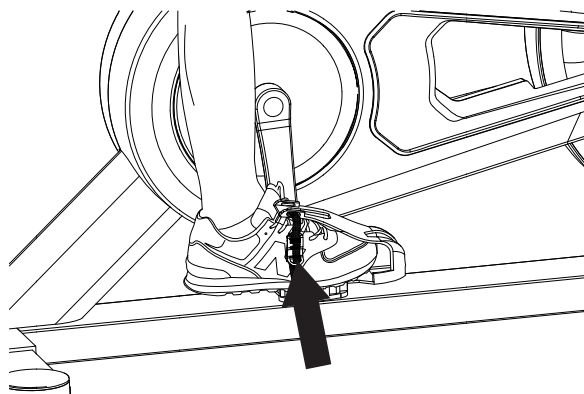
Emergency Stop

Press down the knob to stop the flywheel



Foot Strap

Put your foot forward as possible into the shoe cage, pull the foot strap snugly around your shoe to avoid slipping off the pedal, see picture.



COMPUTER



BUTTON FUNCTION

UP	To select training mode and adjust function value up.
DOWN	To select training mode and adjust function value down.
RESET	Total Reset. To reboot the console.
MODE	Confirm setting or selection.
Bluetooth symbol	To turn on Bluetooth function

DISPLAY FUNCTION

TIME	Display range 0:00~99:59.
DISTANCE	Display range 0.00~99.9.
CALORIES	Display range 0~9999.
PULSE	Display range 30~230.
SPEED	0.0~99.9 m/H.
RPM	0~999

COMPUTER

OPERATING PROCEDURE

1. POWER ON:

The Computer will automatically turn on when you begin exercise.

2. MANUAL PROGRAM

Set Target Time, Distance and Calories by MODE button .



3. BLUETOOTH CONNECTION

Press  to turn on the Bluetooth (BT) function.

The BT status light will flash once every 5 seconds when the BT function is on but has not yet connected to a smart device (phone, tablet).

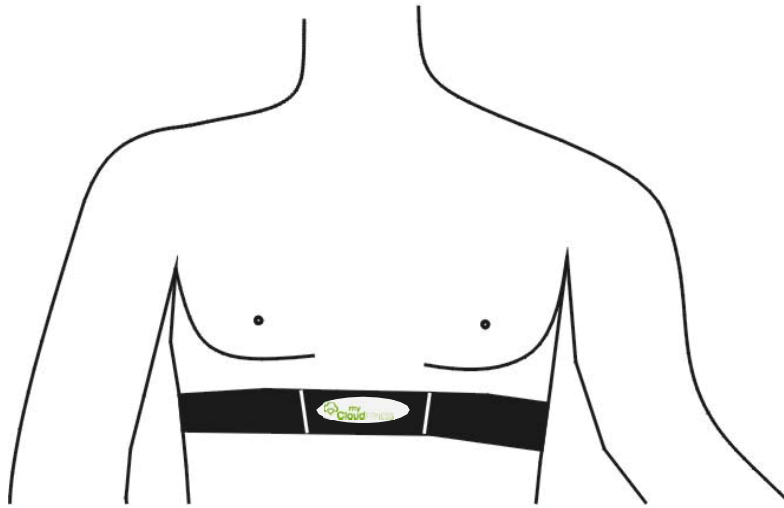
Turn on the BT in your smart device and search for the computer name (located on back of computer). If asked, ENTER "0000" for the pin code.

BT status light will flash 2 times per second after connecting with a smart device.

Remark

1. The console requires four 1.5V AA Alkaline Battery.
2. When users stops pedaling for 4 minutes, console will enter into sleep mode.
3. If the console acts abnormal you can press the "Reset" button, this will clear your screen and reset your Bluetooth connection.
4. The red low power light will turn on when batteries are low.
5. The PIN CODE for Bluetooth is 0000.

HEART RATE CHEST BELT



1. For the most accurate readings, the transmitter belt must have direct contact with the skin.
2. For accurate readings, stay within 4 feet of the computer.
3. The belt will send your pulse to the computer.
4. To change the battery use a flat head screwdriver or coin to turn the battery cap counter clockwise. Replace the dead battery with a new CR2032 3V battery. Replace the battery cover and turn clockwise to tighten.
5. You can check battery function without the computer by placing one hand on each sensor strip. The red light above the logo will flash.

TROUBLESHOOTING

Computer not working correctly

Check to make sure the computer cable is connected securely.

The bike wobbles or shakes when in use

Turn the adjustable leveler on the front stabilizer or rear stabilizer as needed to level the bike.

Squeaking noise when in use

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

No readings or inconsistent/erratic heart rate readings

Before wearing, try adding a few drops of water to the sensor strips of the chest belt.

MAINTENANCE

Cleaning

The bike trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. 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. Keep the bike trainer, especially the computer console, out of direct sunlight to prevent screen damage or premature wear. 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

must be cleaned before applying. It needs at least 12 hours to a day to wait the sealant dry, do not use the bike until the thread sealant is fully dry.

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

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 Part**
- 4. Part Number**
- 5. Date of Purchase**

Paradigm Health & Wellness, Inc

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

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

****This form can also be faxed to #: 626-810-2166***