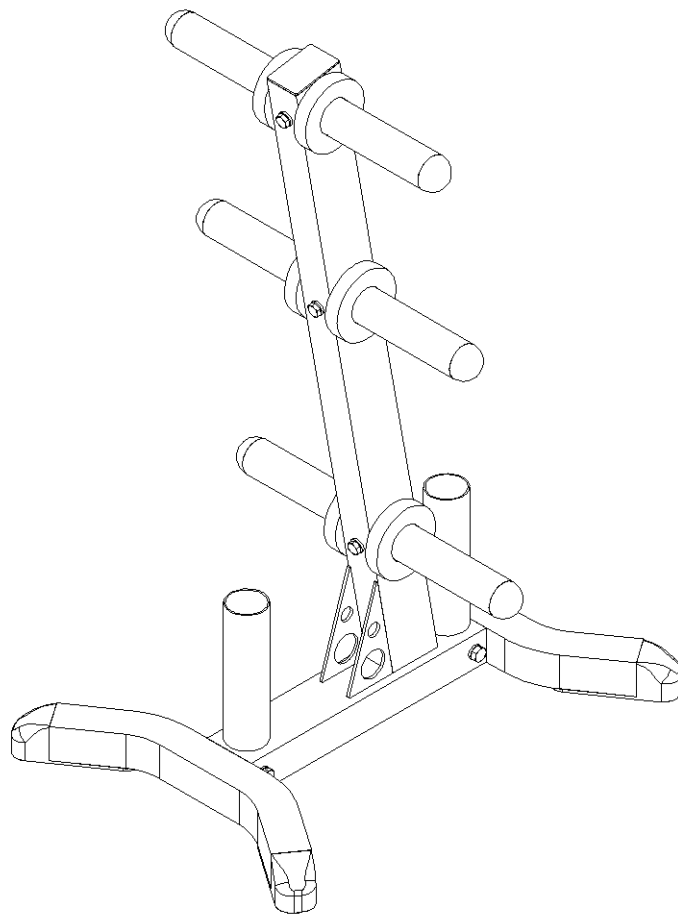
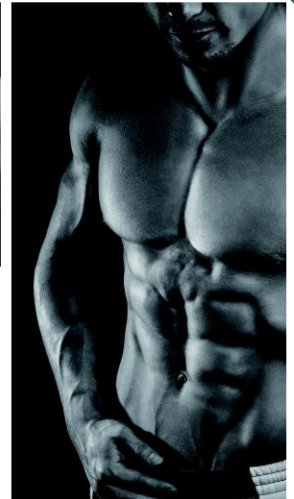


# OWNER'S MANUAL



## Weight Tree and Olympic Bar Holder

6805.3-093016

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 damage 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, Open Daily) by below methods:

For Best Service Email:

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

Website:

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

Toll-Free:

**1-844-641-7922**

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.

\* Emailing us with the information above will be the best method to receive a response during peak business hours.

**\*\*Response time may vary.**

Paradigm Health & Wellness, Inc.  
1189 Jellick Ave.  
City of Industry, CA 91748, USA

# LABEL PLACEMENT

## MAINTENANCE SCHEDULE

**CAUTION:** Make sure to remove any safety keys and unplug the power cord before performing any maintenance procedures on Electrical Equipment.

### DAILY

- Inspect and tighten securely (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).
- Replace any worn or torn parts immediately.
- Keep liquids away and avoid direct sunlight from console to avoid damages.
- Check to ensure the machine is leveled.
- Check Tension and Fitting on Safety Spring Loaded Pins.
- Check Adjustment: Knobs to be Securely Tightened.

### WEEKLY

- Inspect and tighten securely (Handlebars, Seat, Seat Post, Brake Pads, Pedals, etc.).
- Use a damp cloth to clean dust and moisture from equipment.
- Clean and Wipe Upholstery, Rollers, Track Wheels, Walking Belt.
- Check equipment Metal/Wood/Upholstery structure frame.
- Lubrication: See Owner's Manual.

## HORARIO DE MANTENIMIENTO

**PRECAUCIÓN:** Asegúrese de retirar las llaves de seguridad y desconectar el cable eléctrico antes de realizar cualquier procedimiento de mantenimiento del equipo eléctrico.

### DIARIO

- Revisarlos y apriételos bien (tuercas, pernos, pastillas de caucho, soportes de acero, etc.).
- Reemplace inmediatamente cualquier parte desgastada o rota.
- Mantenga alejados los líquidos y retire de la luz solar directa reflejada por la consola, para evitar daños.
- Revise para asegurarse que la máquina está nivelada.
- Chequee la tensión y ajuste las clavijas de seguridad accionadas por resorte.
- Revise que las perillas de ajuste estén apretadas firmemente.

### SEMANA A SEMANA

- Revise y apriete firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, los pedales, etc.).
- Utilice un paño húmedo para limpiar el polvo y humedad del equipo.
- Limpie y pase un trapo por la tapicería, los rodillos, ruedas de pista, cinta para caminar.
- Revise el marco de la estructura de metal/madera / tapicería del equipo.
- Lubricación: Ver el Manual del dueño.

## HEURES ENTRETIEN

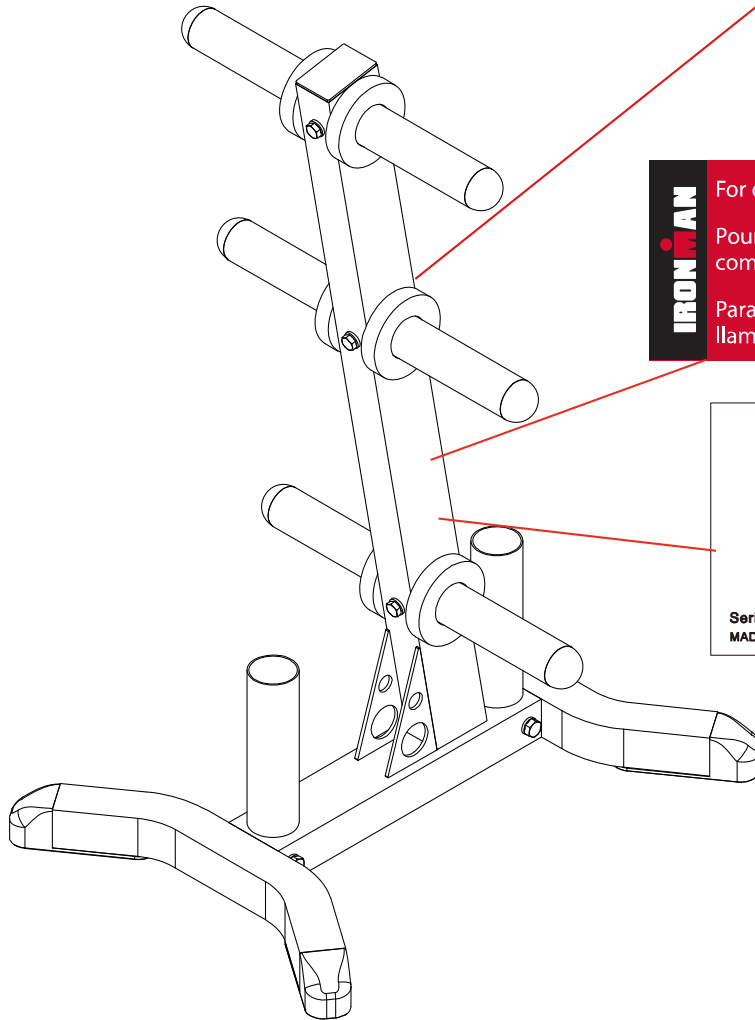
**ATTENTION:** Veillez à supprimer toutes les clés de sécurité et débranchez le cordon d'alimentation avant d'effectuer les procédures de maintenance sur les équipements électriques.

### QUOTIDIEN

- Inspectez et serrez solidement (écrous, boulons, tapis en caoutchouc, supports en acier, etc.).
- Remplacer toutes les pièces usées ou déchirées immédiatement.
- Éloignez les liquides et évitez les rayons directs du soleil depuis la console pour éviter des dommages.
- Vérifiez pour assurer la machine est nivelée.
- Pins vérifier la tension et d'assemblage sur Spring Loaded sécurité.
- Vérifiez molettes de réglage pour être bien serrés.

### HEBDOMADAIRE

- Inspectez et serrez (guidon, la selle, tige de selle, plaquettes de frein, pédales, etc.).
- Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement.
- Propre et essuyez ameublement, rollers, Jantes Piste, ceinture de marche.
- Vérifier l'équipement / bois / ameublement cadre de la structure métallique.
- Lubrification: Voir le Manuel du propriétaire.



**IRONMAN**

For customer assistance, daily:

Pour le service à la clientèle composer le, tous les jours:

Para servicios al cliente, llame al, diario:

**1-844-641-7922**  
08:00 - 17:00 Los Angeles



11406768050001

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

**WARNING: Before using this equipment you should consult with your personal physician to see if Weight Tree and Olympic Bar Holder is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:**

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

**The Maximum Loading Weight for this product is 1000lbs/454kgs.**

**Read all instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.**

This weight storage was designed and built for optimum safety. However, certain precautions apply whenever you use this weight storage. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using the weight storage.
2. Always wear proper exercise apparel when using the equipment. Use care when mounting plates onto or off of the unit.
3. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any discomfort.
4. Keep children and pets away from the equipment at all times.
5. Only one person should use the equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use. Check screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Watch your body: do not lift with your back. Do lift with your legs.
9. Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
10. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors.
11. Keep hands and feet away from any moving parts. Do not insert any object into any openings on the equipment.
12. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
13. Children under the age of 12 should not use this fitness equipment.

**Warning:** It is highly recommend that you have assistance during the assembly of this IRONMAN strength equipment.

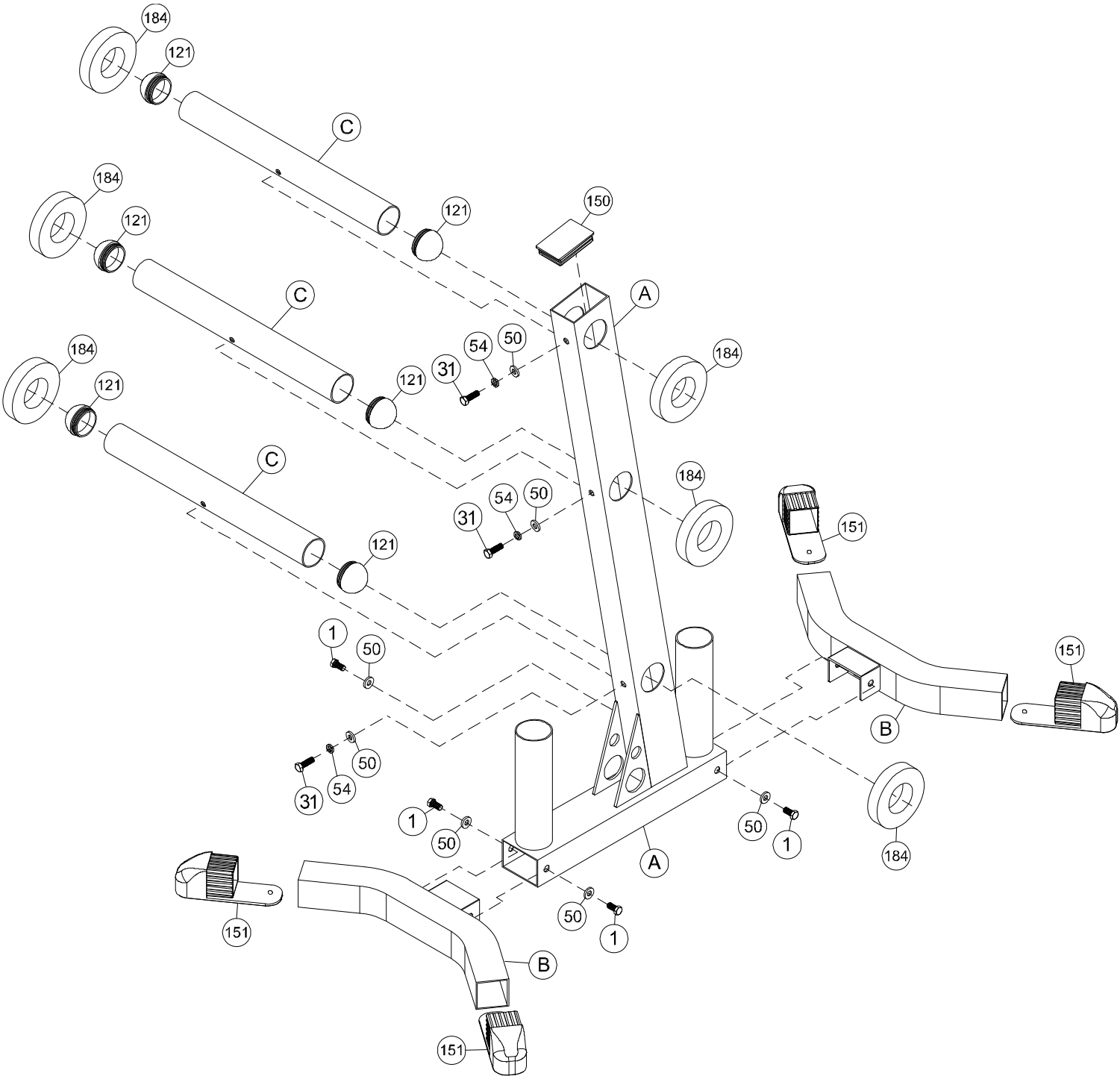
1. Tools for assembly:

General tools you may need for the assembling this IRONMAN strength equipment:

- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

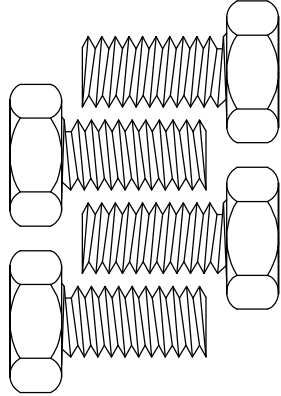
2. Insert the bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the IRONMAN strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the items of that step.
6. To aid in assembly of the equipment, the hardware (bolts, nuts, washer...etc.) has been presorted according to their corresponding steps. **Each bag of hardware is labeled with its corresponding step number.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. See page 2.

# OVERVIEW DRAWING

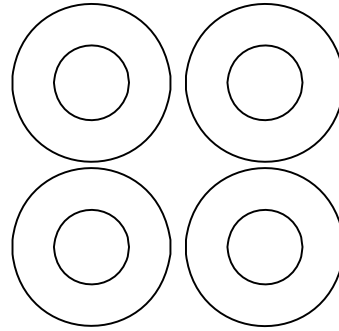




## Step-1



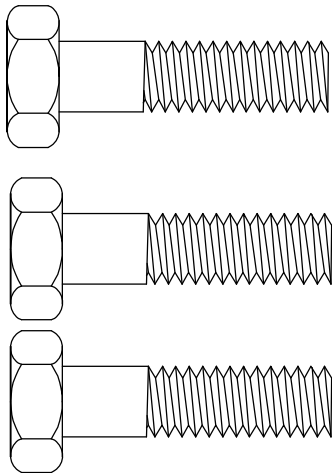
① M8x1.25x15 4pcs



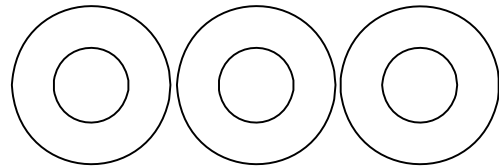
⑤① D18xD8.5x1.2T 4pcs

## Step-2

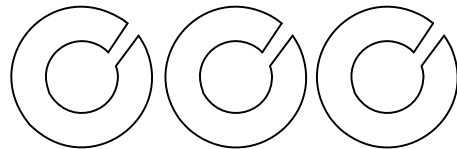
③① M8x1.25x30 3pcs



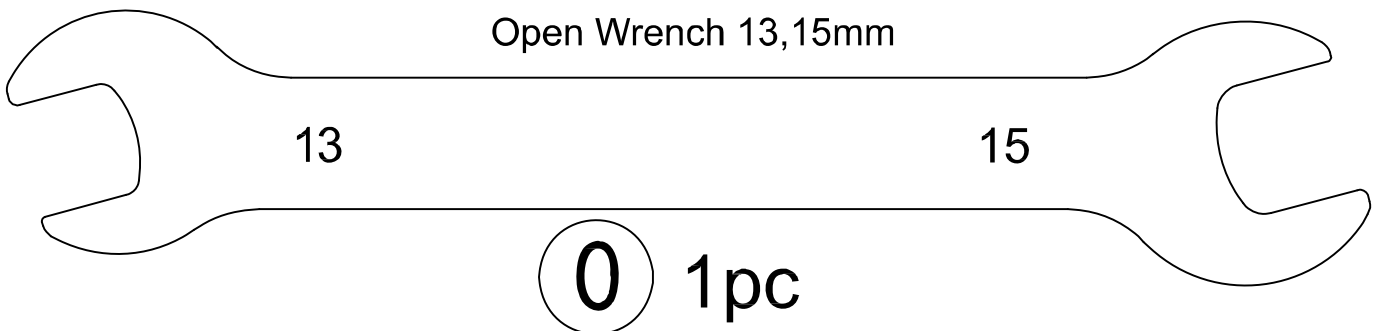
⑤① D18xD8.5x1.2T 3pcs



⑤④ D15.4xD8.2x2T 3pcs



Open Wrench 13,15mm



(MM)

## PART LIST

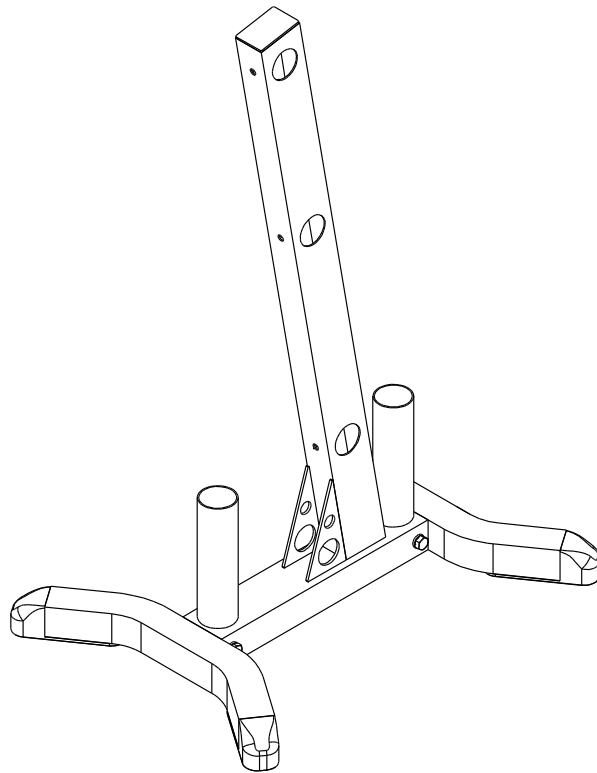
Part#	Description	Q'ty.
A	Main Frame	1
B	Base Stabilizer	2
C	Weight Horn D48x1.5Tx460L	3
1	Hex Bolt M8x1.25x15L	4
31	Hex Bolt M8x1.25x30L	3
50	Flat Washer D18xD8.5x1.2T	7
54	Spring Washer D15.4xD8.2x2T	3
121	Round Cap D48*36L	6
150	Square Cap 50x75x21L	1
151	Square Foot Cap 54.5x50x160L	4
184	Bumper D85xD47.7x10T	6



## STEP 1

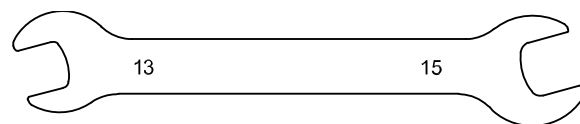
- 1A.** Attach the 2 Base Stabilizers (B) to the Main Frame Post (A) using:
- 4 - (1) Hex Bolt M8x1.25x15L**
  - 4 - (50) Flat washer D18xD8.5x1.2T**

**Thoroughly tighten the hardware once complete**

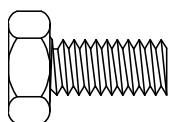
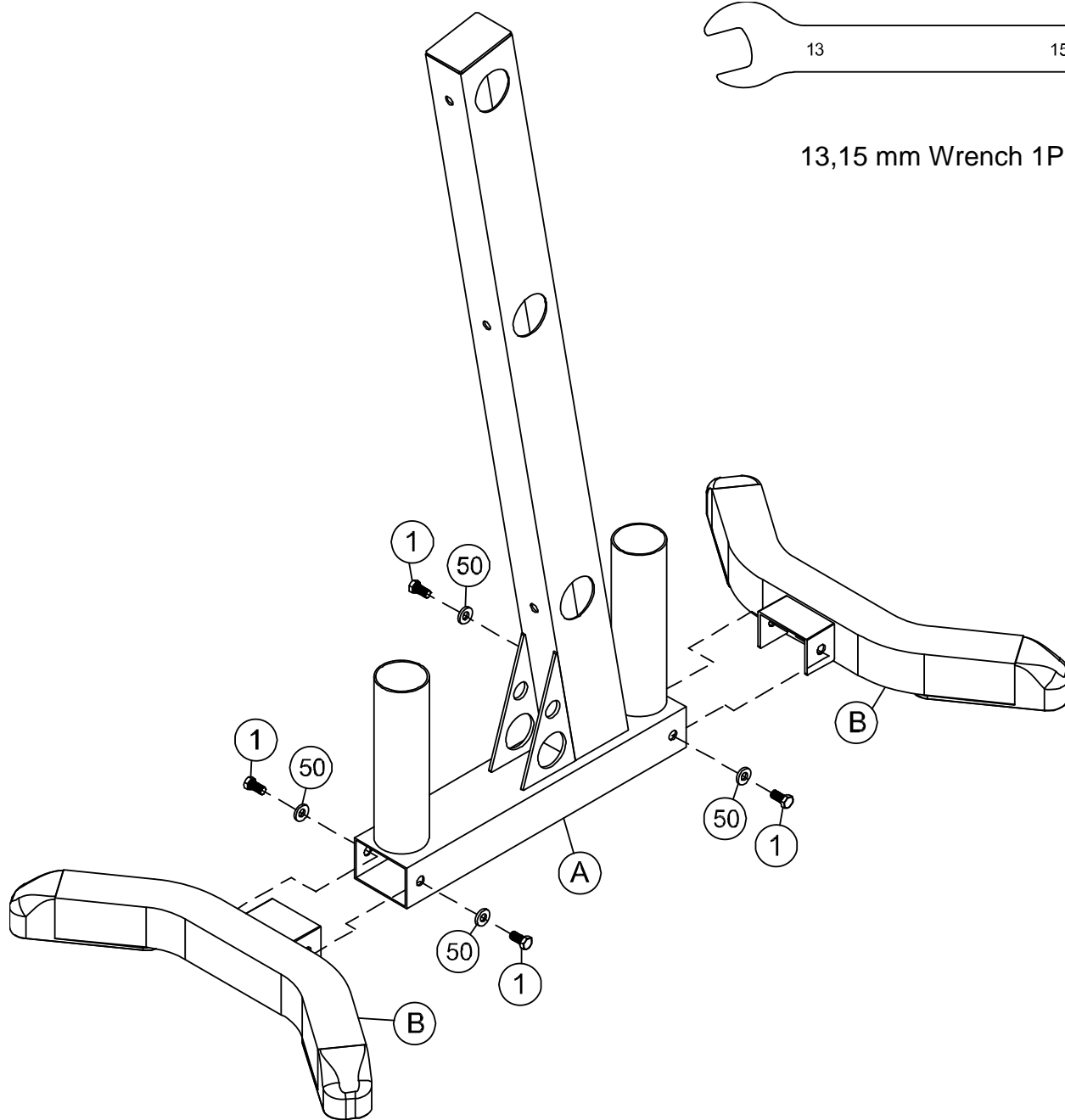


**Appearance upon completion of step 1.**

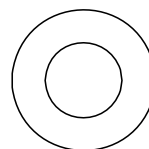
## STEP 1



13,15 mm Wrench 1PC



NO.1 Hex Bolt  
M8x1.25x15L  
4PCS



NO.50 Flat Washer  
D18xD8.5x1.2T  
4PCS

## STEP 2

**2A.** Insert the Weight Horn (C) midway along its length into the top most hole of the Main Frame (A). Align the holes on the Weight Horn (C) and Main Frame Post (A). Fasten using:

- 1 - (31) Hex Bolt M8x1.25x30L**
- 1 - (50) Flat Washer D18xD8.5x1.2T**
- 1 - (54) Spring Washer D15.4xD8.2x2T**

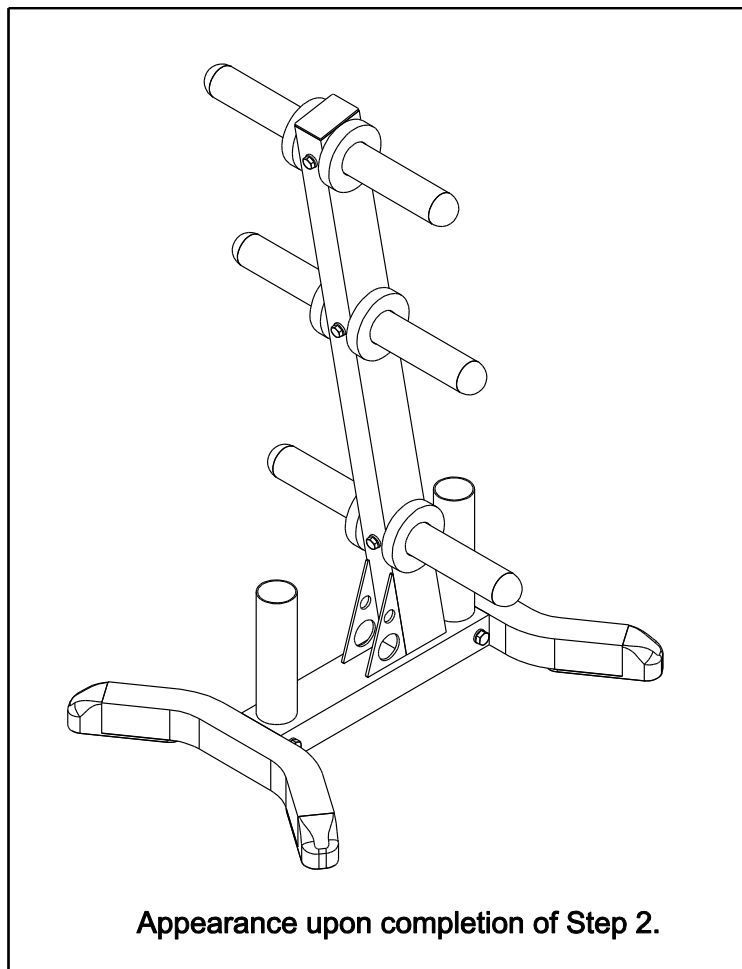
**2B.** Repeat the step 2A for the two holes below the top most hole on Main Frame Post (A) using:

- 2 - (31) Hex Bolt M8x1.25x30L**
- 2 - (50) Flat Washer D18xD8.5x1.2T**
- 2 - (54) Spring Washer D15.4xD8.2x2T**

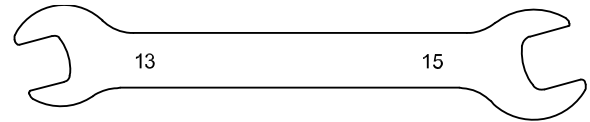
**2C.** Install Bumper (184) all the way to the base of each of the Weight Horn (C) posts using:

- 6 - (184) Bumper D85xD47.7x10T**

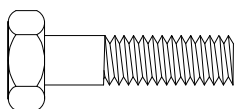
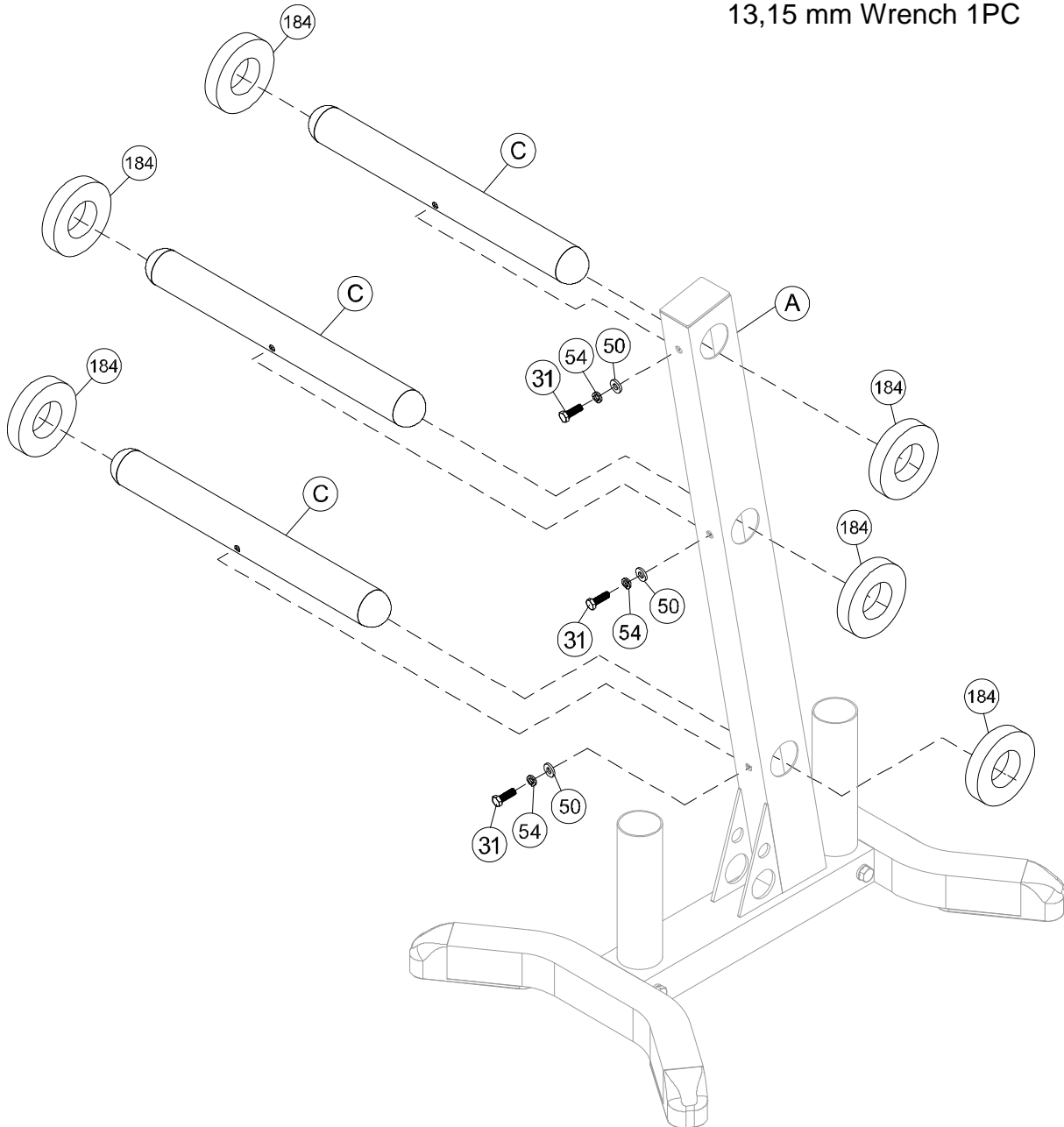
**Thoroughly tighten the hardware once complete**



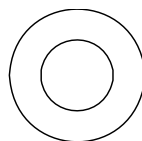
## STEP 2



13,15 mm Wrench 1PC



NO. 31 Hex Bolt  
M8x1.25x30L  
3PCS



NO.50 Flat Washer  
D18xD8.5x1.2T  
3PCS



NO.54 Spring Washer  
D15.4xD8.2x2T  
3PCS

# WARRANTY

## MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees 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>
All Components	Limited Lifetime Guarantee for home use only

### **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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, 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, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

**Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.**

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

**Service@paradigmhw.com**

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**



**PART REQUEST FORM**

**Paradigm Health & Wellness, Inc.**

**EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO**  
**[Service@paradigmhw.com](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 in Fax #: 626-810-2166***