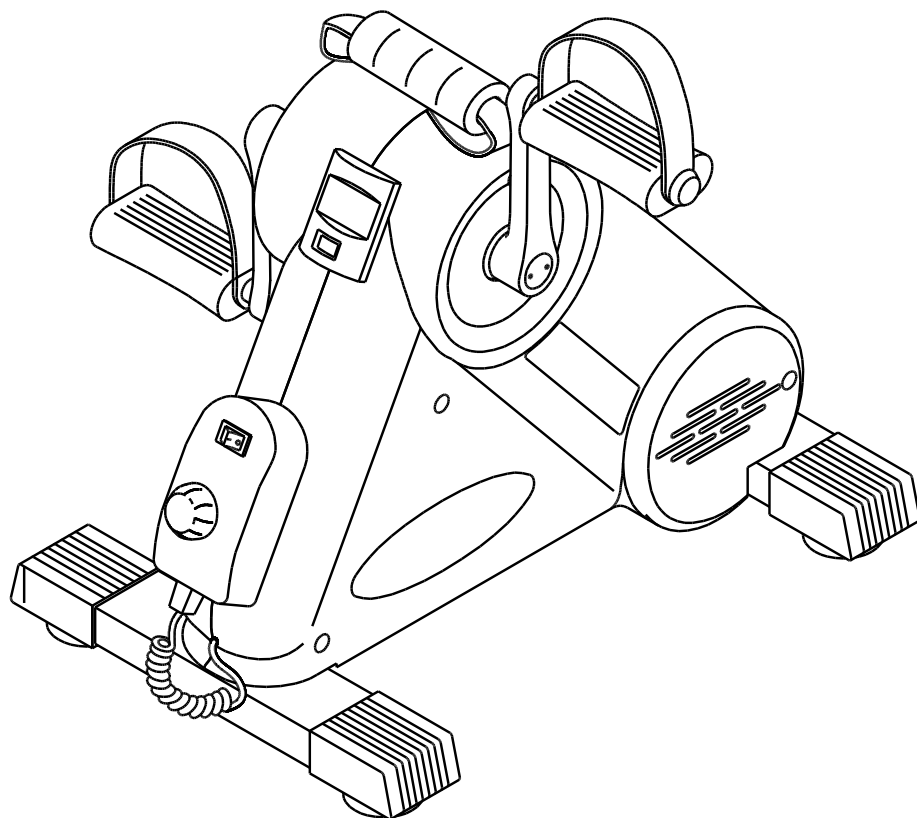


EXERPEUTIC
THERAPEUTIC FITNESS

ACTIVcycle



Item#7101

OWNER'S MANUAL

TABLE OF CONTENTS

SERVICE	2
LABEL PALCEMENT	3
PRODUCT SAFETY	4
OVERVIEW DRAWING	5
PARTS LIST	6
SET UP.....	7
HOW TO USE.....	8
WORKOUT PRINCIPAL.....	9
EXERCISES.....	10
WARRANTY.....	12
FAX FROM.....	13

SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

**To request product service and order replacement parts, please call our customer service department at:
1-844-641-7921**

Daily, 8:00 AM-5:00 PM Pacific Standard Time,
or email us at: service@paradigmhw.com
Please visit our website at www.paradigmhw.com.

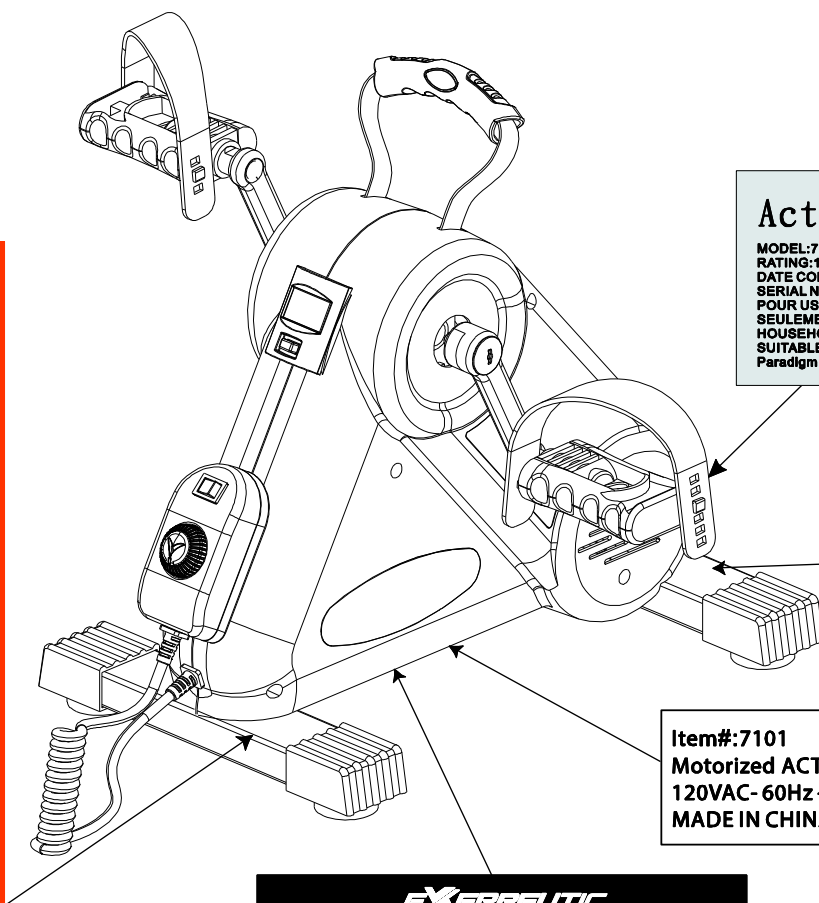
Please have the following information ready when requesting for service:

Your name
Phone number
Model number
Serial number
Part number
Proof of Purchase

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

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

LABEL PLACEMENT



ActivCycle

MODEL: 7101
 RATING: 120Vac 8.5W 60Hz
 DATE CODE:
 SERIAL NO.:
 POUR USAGE DOMESTIQUE
 SEULEMENT
 HOUSEHOLD USE
 SUITABLE FOR DRY LOCATION ONLY
 Paradigm Health&Wellness Inc.



Intertek
 3169838
 CONFORMS TO ANSI/UL
 STD. 1847
 CERTIFIED TO CAN/CSA
 C22.2 NO. 68



114344710100001

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

Item#: 7101
 Motorized ACTIVcycle
 120VAC - 60Hz - 8.5W
 MADE IN CHINA

#D'article: 7101
 Motorisé ACTIVcycle
 120VAC - 60 Hz - 8.5W
 FABRIQUÉ EN CHINE

EXERPEUTIC

For customer assistance call:
1-844-641-7921
 8 am - 5 pm PST
 Mon - Sun

Pour le service à la clientèle
 composer le:
1-844-641-7921
 Du lundi au dimanche
 8:00 h - 17 h (HNP)

⚠ WARNING

For seated position use only.
 Power cord must be plugged
 into a power outlet before use.

⚠ AVERTISSEMENT

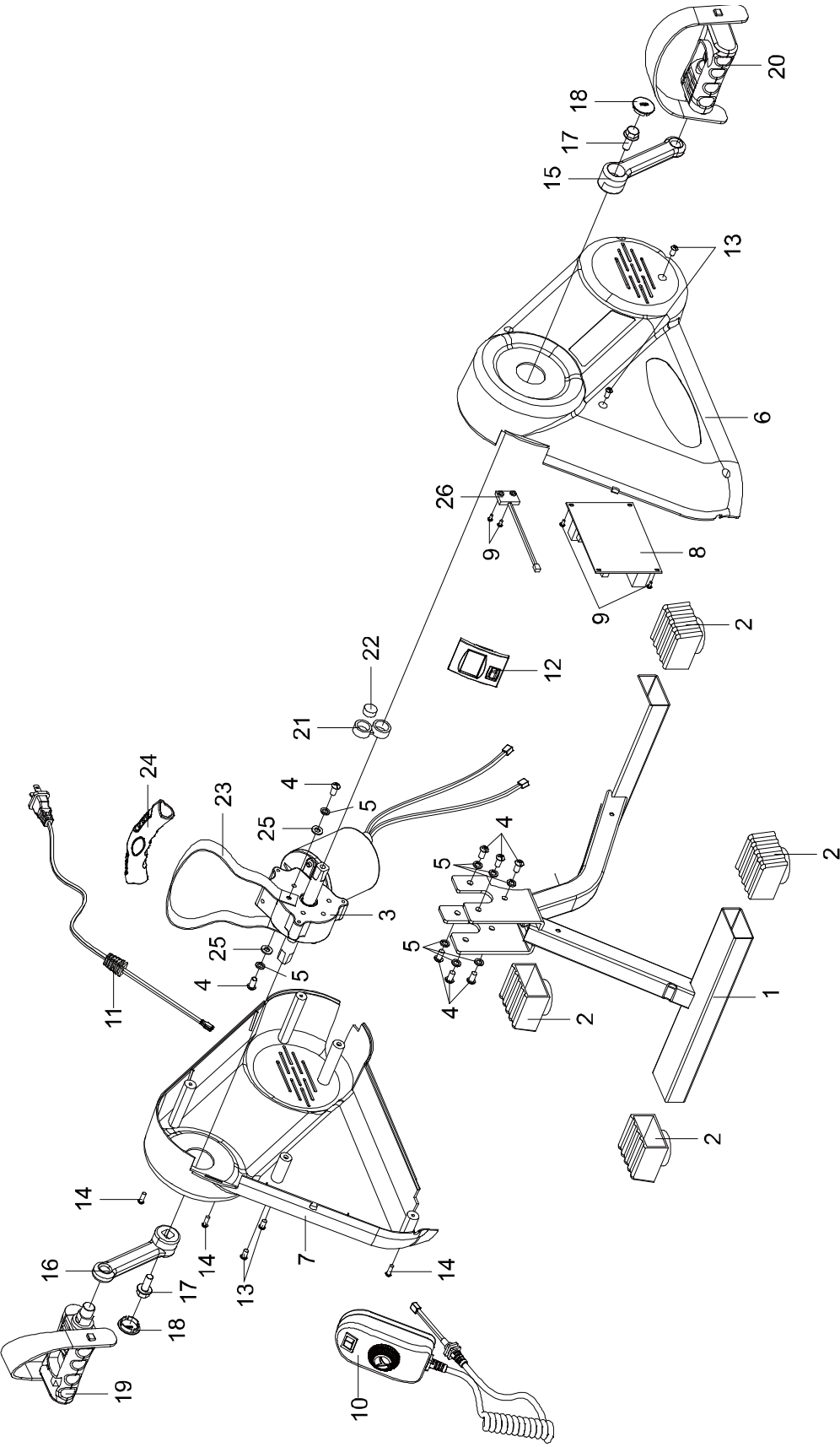
Pour une utilisation en position assise seulement.
 Le cordon d'alimentation doit être branché dans
 une prise de courant avant de l'utiliser.

SAFETY PRECAUTIONS

CAUTION: Read all instructions carefully before operating this product. Retain this owner's manual and keep all original transaction receipt for future reference.

1. Consult your physician or other health care professional before beginning this or any other exercise program.
2. If you experience any irregular physical condition such as dizziness, severe muscle or joint pain, pain in the chest, stop exercising and consult with your physician immediately.
3. Keep children and pets away from the machine while in use.
4. Do not operate this or any exercise equipment if it is damaged.
5. Set up ACTIVcycle as directed in Set Up instructions and place unit on level, non-slip surface.
6. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
7. Perform 3 to 5 minutes of warm-up and stretching before beginning your daily exercise.
8. Never exercise to exhaustion.
9. Do not stand on the ACTIVcycle, only exercise in seated position.
- 10. Keep a minimum safety clearance during operation. The ACTIVcycle is designed as a home use exercise device. User must have full control of their muscles to operate this unit. It may not be suitable for people who are quadriplegic or paraplegic.**
Please consult your doctor or physician.
11. Exercise equipment is to be regularly inspected for maintenance for loose or broken parts.
12. Exercise equipment is for consumer use only.

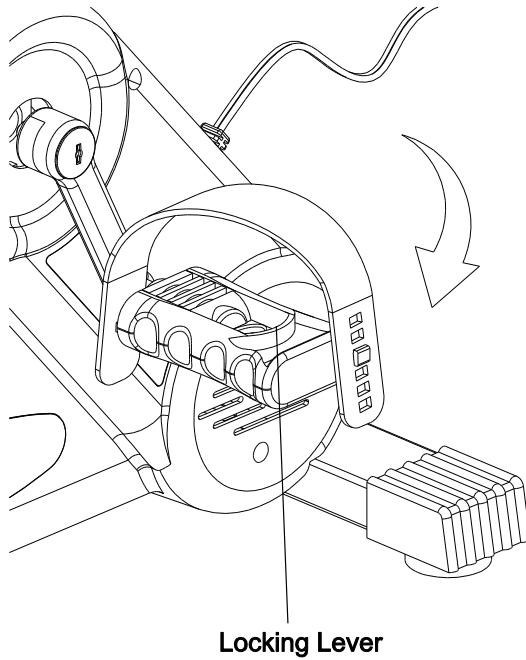
OVERVIEW DRAWING



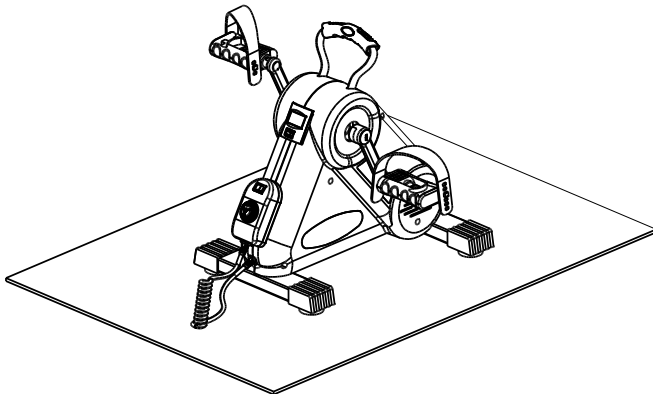
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame 400x320x279	1	15	Right Crank 4" (9/16")	1
2	End Cap(□25x50)	4	16	Left Crank 4" (9/16")	1
3	Motor	1	17	Bolt M8x20mm	2
4	Bolt M6x12mm	8	18	Plastic Cap Ø26x8	2
5	Spring WasherØ6.5xØ10.5x1.4T	8	19	Left Pedal JD-32A (9/16")	1
6	Right Cover 395x316x77	1	20	Right Pedal JD-32A (9/16")	1
7	Left Cover 395x316x73.3	1	21	Round Magnet Holder	1
8	Power Control Board	1	22	Round Magnet	1
9	Screw ST2.9x6.5mm	4	23	Strap	1
10	Controller	1	24	Handle	1
11	AC Power Cable2.07M+SR	1	25	Washer Ø6.5xØ13x1.5T	2
12	Display	1	26	Square Sensor	1
13	Bolt M5x10mm	4	27	Non-slip Mat	1
14	Screw ST4.2x15mm	3			

SET UP



Pull Locking Lever fully to unlock pedal to unfold the pedals.



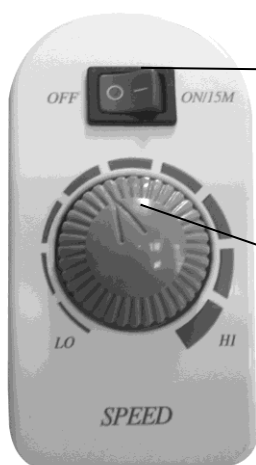
Place the ACTIV cycle on a level surface on the non-slip mat.



Make sure the controller is set to off position before plug the power cord into the electrical outlet.

HOW TO USE

CONTROLLER



ACTIV cycle is on a 15-minute timer after turned on.
Turn power switch OFF and ON again to restart 15-minute timer.

Speed control knob.
Turn knob clockwise to increase speed.

For the first two weeks, you should begin with 5-10 minutes once a day at a low speed. After the first two weeks, you can increase the time on the device to 15-20 minutes as you become more accustomed to the exercise. The speed can also be increased to the high setting once you have adapted to the device. Longer periods of exercise will result in greater gains for you.

DISPLAY



Display function:

Scan	Displays each function for 3 seconds.
Reps	Repetitions, each cycle counts as one repetition.
Timer	Counts up the time.
Total Reps	Accumulation of repetitions of exercise sessions.
Calories	Estimated calories burn during exercise.
Distance	Estimated distance travel during exercise.

To select function display: Press MODE button.

Press and hold MODE button for 5 seconds to reset function values except the function of Total Reps.

BATTERY REPLACEMENT



Remove the Display by using a flat screw driver.



Remove the battery with the screw driver.
Replace with a new LR44 button cell battery.

WORKOUT PRINCIPAL

Workout Factors

1. Personal goals includes shaping, strengthening, available time, present fitness level, previous injuries, and cardiovascular. By using the ACTIV cycle correctly and on a regular basis, you can achieve your goals.
2. Available time is one of a major element in determining what we do in our daily lives. If you can only exercise for 15 minutes, develop a 15 minute program with the ACTIV cycle.
3. Exercising and working out on the ACTIV cycle should be an enjoyable part of your daily life.
4. Focus on the exercises for your muscles work. No matter what your level of fitness, you can complete each exercise in a short range of time and sense the increase level of strength and endurance.
5. Always start your exercise slowly to warm up muscles.
6. The ACTIV cycle provides you with bio-mechanically correct exercises. The design of the ACTIV cycle allows you to exercise your muscles with movements that are natural and efficient.
7. Being exercise specific is the common sense approach to exercise or training. For example, a marathon runner concentrates on long distance endurance training and does not practice starting. A sprinter, on the other hand, practices starting but does not run 10 miles a day. Practice doesn't make perfect, perfect practice makes perfect. Tailor your workouts to achieve your goals. Overall fitness and muscle balance is important for a healthy lifestyle and injury prevention.

The Overload Principal

In order for you to strengthen your body, you must develop a series of exercise workouts each day. When you work out on a regular basis, your body specifically your muscles, adjust to the new level of work. It's called increasing local metabolic efficiency. As a result, your muscles work better and you get stronger. If you keep working at the same level of metabolic efficiency, you can't improve muscle efficiency. So from time to time you need to increase the frequency and/or duration of the exercise. Thus, in order to improve your fitness level, you must progressively increase your work load to reach your personal goal.

EXERCISES

How to use your ACTIV cycle

The ACTIV cycle can only be used after the power cord is plugged into the electrical outlet. Do NOT use the ACTIV cycle without the power plugged in as this will damage the equipment. When using it with the power-on (motor assisted), the proper way to exercise is to set the desired speed by using the controller, and then following that speed to get the best results. Peddling at excessive speeds or applying excessive force will activate the overload protection circuitry to stop the motor (to allow user pull out their feet/hands). If the overload situation persists, it may cause motor damage.

Range of motion and flexibility

This device can be used both upper and lower body. As a lower body device, it works with passive motion to increase tone of the quadriceps muscles (muscles in the thigh) and circulate blood flow to the entire lower leg and foot. For upper body use, it perform as a resistance device allowing the user to use the pedals as hand grips to exercise the muscles of the arm (biceps, triceps, deltoids and the smaller muscles of the forearms).

Routine

People vary in how they adapt to repetitive exercises. In developing an exercise routine pay attention to how you feel especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially the next day. However, they should not hurt or cramp. No matter what the recommended exercise routine, never exercise beyond the point of discomfort.

EXERCISES



Leg Exercise

For use as a lower body device- secure the device on a non slip surface prior to use, and sit comfortably in a chair with the device directly in front of you such that the knee joint is not flexed less than 90 degrees. It is important that the user use a rubber soled shoe when on this device so they do not slip off the pedals during the exercise.

WARNING

Do not stand on the unit to exercise, only exercise at seated position. Make sure the seat does not move or pivot. Do not sit in a chair with casters.



Arm Exercise

When using this device for upper body exercise- it should be placed directly in front of the user on a table top, and the user should be seated in a comfortable chair such that they can easily reach the pedals without hyperextending (over straightening) the elbow joint. This can be accomplished by either placing a seat cushion on top of the seat or by moving the device closer to the user.

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>
Structural Frame	1 year
All Other Components (computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)	90 days

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

FAX FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT 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***