

Model # 7105

# OWNER'S MANUAL



# ***ACTIVcycle***



## WE ARE HERE TO HELP YOU

To request for product service and order replacement parts, please call our customer service department at

**1-866-924-1688**

8:00 am – 5:00 pm (PST) Monday through Friday

Email: [service@paradigmhw.com](mailto:service@paradigmhw.com)

When request for service, please have the following information ready:

1. Owner's manual
2. Model number
3. Parts number and description
4. Date of purchase

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

# TABLE OF CONTENTS SAFETY PRECAUTIONS

## TABLE OF CONTENTS

|                        |   |
|------------------------|---|
| Safety Precaution..... | 1 |
| Warranty.....          | 2 |
| Electrical Safety..... | 3 |
| Part List.....         | 4 |
| Set Up.....            | 5 |
| Workout Principal..... | 6 |
| Exercises.....         | 7 |
| Storage.....           | 9 |

## SAFETY PRECAUTIONS

*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 conditions 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 a 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.



# WARRANTY

## ***One Year Limited Warranty***

Paradigm 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 owner's manual. Paradigm's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. All parts and workmanship, including electronic and its console cases, upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanism, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

# ELECTRICAL SAFETY

When using an electrical appliance, basic precautions should always be followed, including the following:

## **DANGER WARNING**

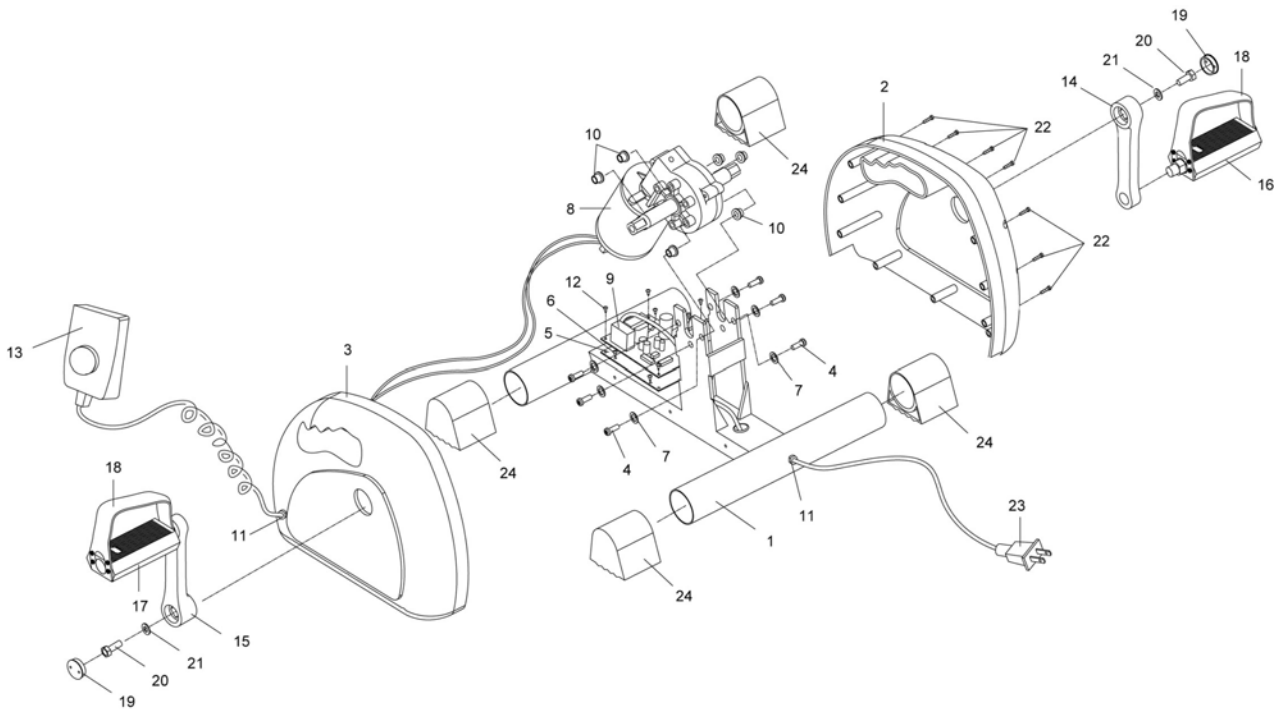
To reduce the risk of electric shock

To reduce the risk of burns, fire, electric shock, or injury to persons

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury.
3. Close supervision is necessary when this unit is used by, on, or near children, or disabled person.
4. Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this unit if it has a damaged cord, been dropped or in water.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surface.
8. Never operate the unit with the air openings blocked; keep the air openings free of lint.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.
14. For Household Use Only.

## **SAVE THESE INSTRUCTIONS**

# PART LIST



| Part# | Part Name     | Qty | Part# | Part Name         | Qty |
|-------|---------------|-----|-------|-------------------|-----|
| 1     | Main Frame    | 1   | 13    | Controller        | 1   |
| 2     | Left Housing  | 1   | 14    | Left Crank        | 1   |
| 3     | Right Housing | 1   | 15    | Right Crank       | 1   |
| 4     | Cross Screw   | 6   | 16    | Left Pedal        | 1   |
| 5     | Lower Plate   | 1   | 17    | Right Pedal       | 1   |
| 6     | Screw         | 4   | 18    | Pedal Strap       | 2   |
| 7     | Washer        | 6   | 19    | Plastic Cap       | 2   |
| 8     | Motor         | 1   | 20    | Hex Screw (M8*20) | 2   |
| 9     | Upper Plate   | 1   | 21    | Washer            | 2   |
| 10    | Motor Cap     | 6   | 22    | Cross Screw       | 7   |
| 11    | Wire Clip     | 2   | 23    | AC Power Cord     | 1   |
| 12    | Screw         | 4   | 24    | Round Cap         | 4   |

## SET UP



Place the ACTIVCycle on a level surface on the non-slip mat.



Hold the end of the pedal and fold down until you hear a click sound.



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

# WORKOUT PRINCIPAL

## Workout Factors

1. Personal goals includes shaping, strengthening, available time, present fitness level, previous injuries, and cardiovascular. By using the ACTIVCycle 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 ACTIVCycle.
3. Exercising and working out on the ACTIVCycle 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 ACTIVCycle provides you with bio-mechanically correct exercises. The design of theACTIVCycle 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 ACTIVCycle

The ACTIVCycle can be used without plugging it in or turning on the power (active mode). 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).



## 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.

***Do not stand on the unit to exercise, only exercise at seated position. Make sure the seat does not move or pivot .***

# EXERCISES



## 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.

## Routine

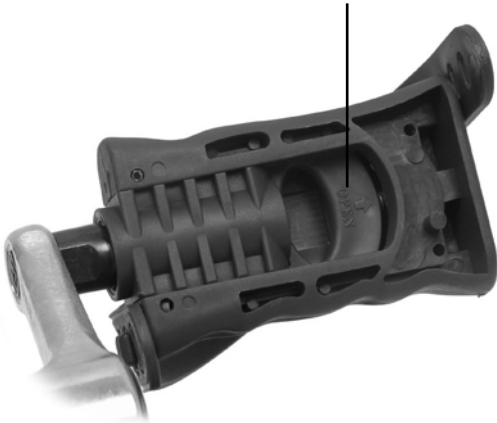
People vary in how they adapt to repetitive exercises. In developing an exercise routine pay attention to how you feel especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially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



This is a variable speed device and the speed can be adjusted by using the knob on the front of the device. For the first two weeks, the user should begin with 5-10 minutes once a day at a low speed. After the first two weeks, the user can increase the time on the device to 15-20 minutes as they become more accustomed to the exercise. The speed can also be increased to the high setting once the user has adapted to the device. Please note that longer periods of exercise will result in greater gains for the user.

# STORAGE

locking lever



***Pedals can be folded for storage.***

Pull locking lever fully to unlock pedal before folding the pedal.

