

OWNER'S MANUAL



H-Class 610
Smart Technology Elliptical Trainer with Bluetooth

Model 6336

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 damaged, defective products, 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 products 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



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)



114225633600001

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

WARNING

Maximum weight capacity is 275 lbs.

AVERTISSEMENT

**Le poids maximum pour ce produit
est 125 kgs.**

SAFELY MOUNTING YOUR ELLIPTICAL MACHINE

1. Move the pedal on the side you intend to mount to its lowest position.
2. Take hold of the handlebar nearest you with the appropriate hand.
3. Place the appropriate foot onto the near side pedal first, then the far pedal second.
4. Follow these steps in reverse order for dismounting.

Monter sur l'exerciseur elliptique et en descendre

1. Mettre en position la plus basse la pédale du côté où l'on monte ou descend.
2. Agripper la poignée la plus près de vous avec la main appropriée.
3. Mettre le pied sur la pédale du côté le plus proche en premier, puis l'autre pied sur la seconde.
4. Suivre ces mêmes instructions en sens inverse pour descendre.

PRODUCT SAFETY

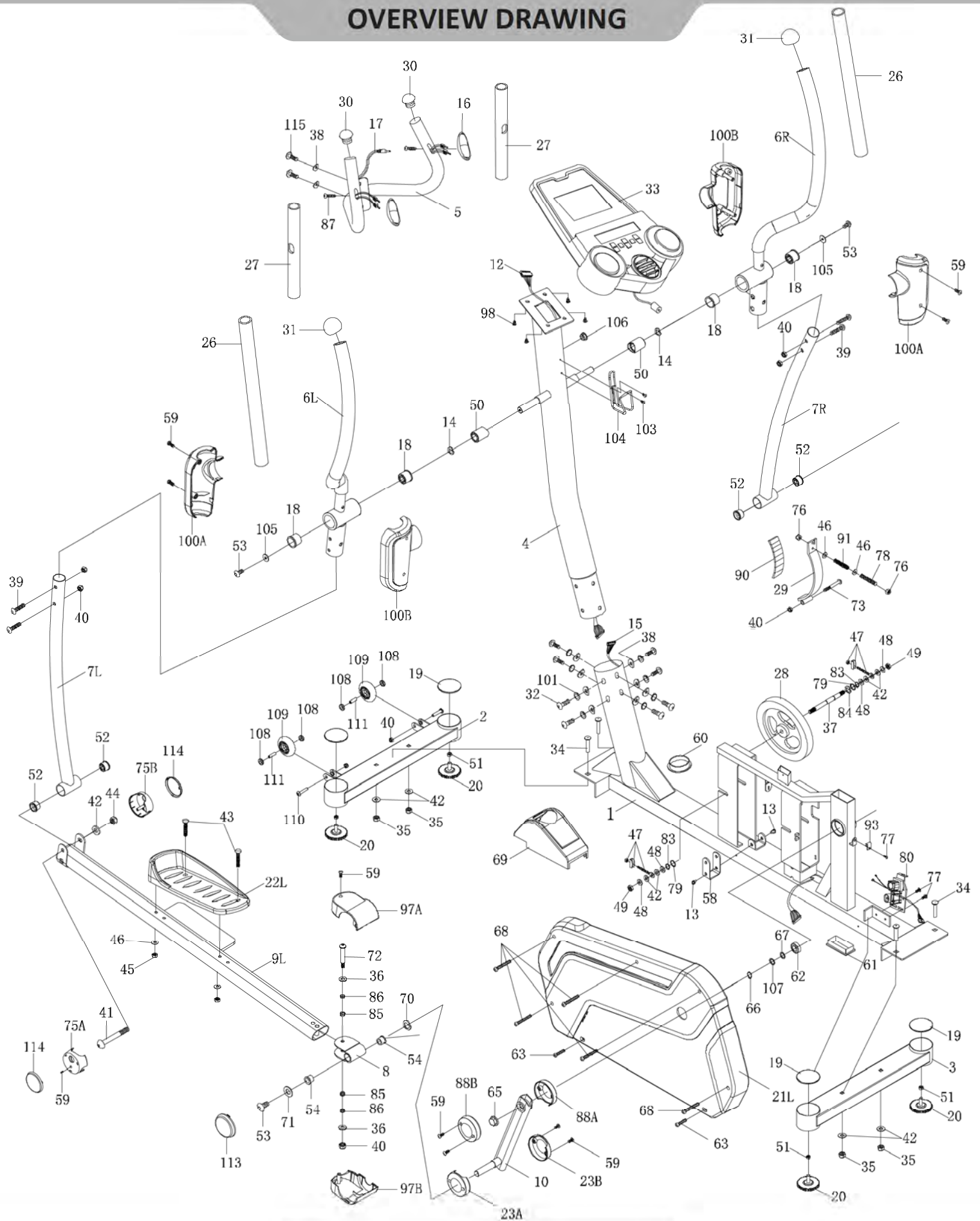
Basic precautions should always be followed, including the following Important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this product.
2. Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended.
3. Ensure all parts are not damaged and functioning before use. This product should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Wear proper clothes and shoes when using this equipment; do not wear clothes that might catch 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. Be careful when stepping on or leaving the pedals. Make sure to hold on to the handlebars when mounting and dismounting. When mounting, make sure the pedal is at its lowest point before you step on. While in use, hold onto the handlebars and use both the pedals and the handlebars in tandem to insure a smooth, effective workout.
7. Do not use the product outdoors.
8. This product is for household use only.
9. Only one person should be on the product while in use.
10. 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.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. **The maximum weight capacity for this product is 275 lbs/125 kgs.**

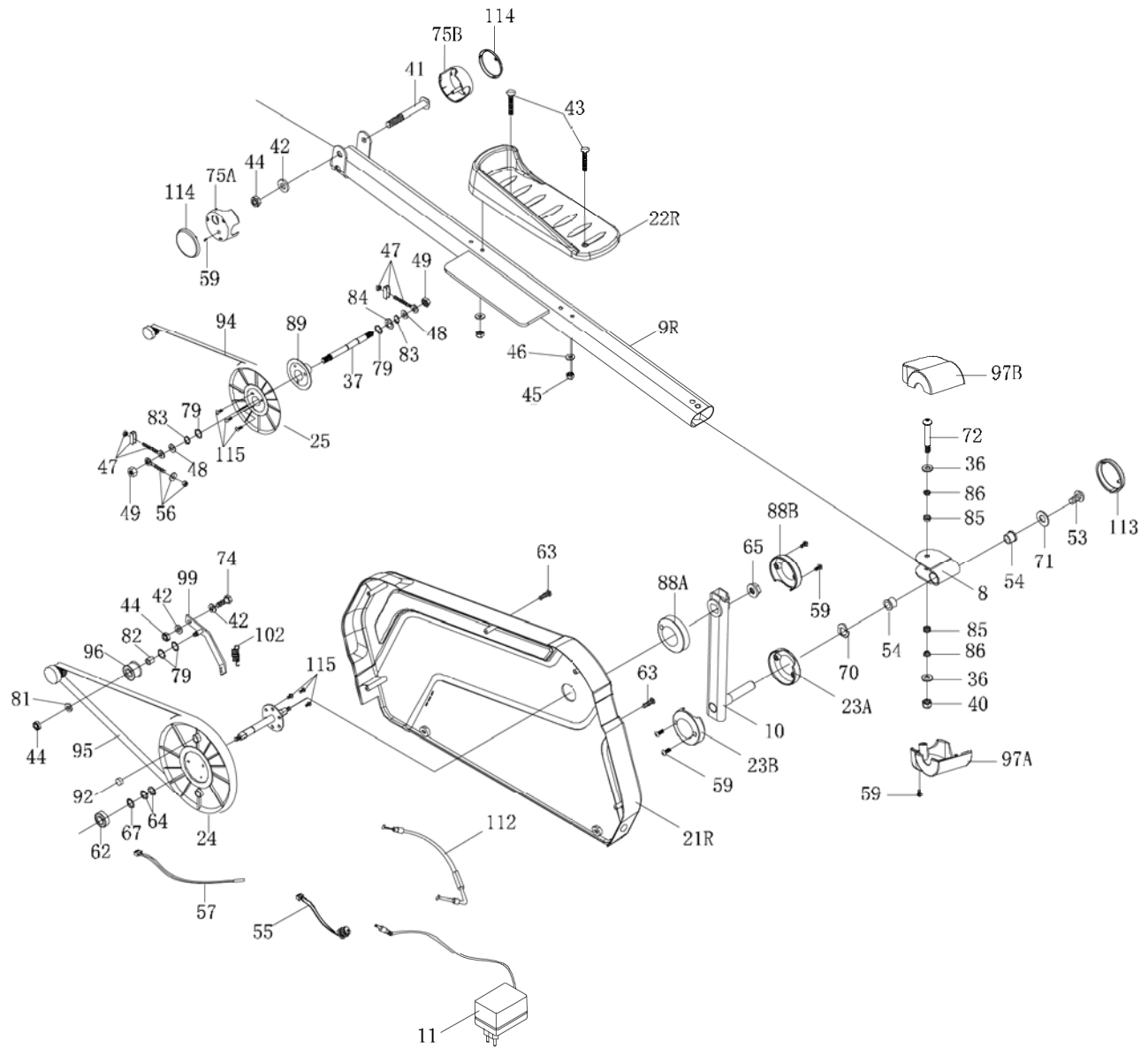
WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

OVERVIEW DRAWING



OVERVIEW DRAWING



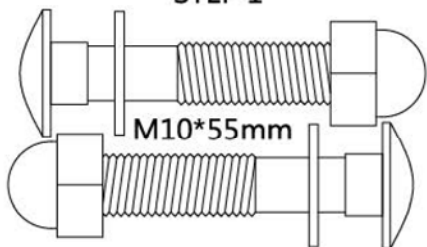
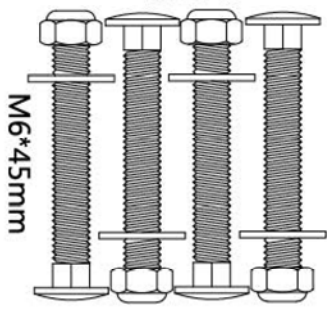
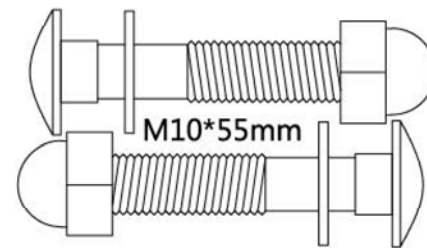
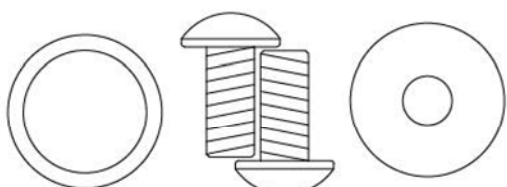
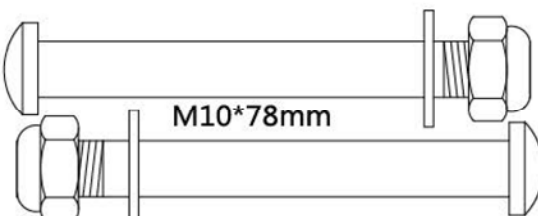
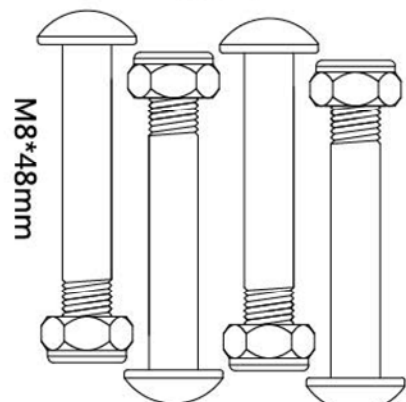
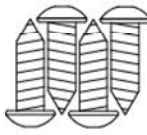
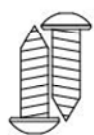
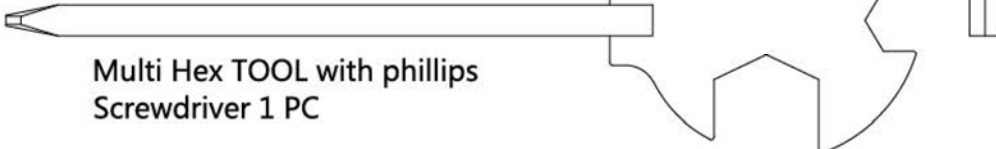
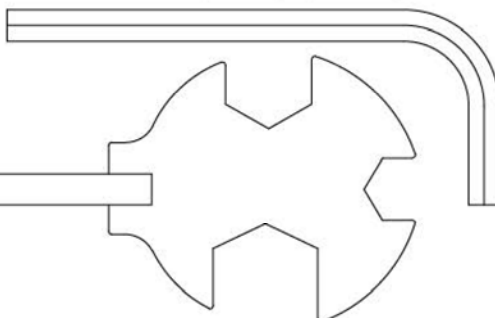
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	22L	Left Foot Pedal	1
2	Front Stabilizer 40x80x2.0T	1	22R	Right Foot Pedal	1
3	Rear Stabilizer 40x80x2.0T	1	23A	Lower Crank Cover A (Black)	2
4	Front Post Ø76x2.0T	1	23B	Lower Crank Cover B (Black)	2
5	Handlebar Ø32	1	24	Belt Pulley Ø214	1
6L	Outer Handlebar Left Ø32x1.6T	1	25	Belt Pulley Ø180	1
6R	Outer Handlebar Right Ø32x1.6T	1	26	Handrail Foam Grip Ø32x5.0T	2
7L	Handlebar Arm Left Ø38x1.5T	1	27	Handlebar Foam Grip Ø32x3.0T	2
7R	Handlebar Arm Right Ø38x1.5T	1	28	Flywheel Ø200 / 5KGS	1
8	U Shape Bracket	2	29	Magnet Bracket	1
9L	Left Foot Bar 30x60x2.0T	1	30	Handlebar End Cap Ø32	2
9R	Right Foot Bar 30x60x2.0T	1	31	Handrail End Cap Ø50	2
10	Crank	2	32	Hexagon Socket Head Bolt M8x15	8
11	Adaptor w/Cable	1	33	Computer	1
12	Computer Wire	1	34	Carriage Bolt M10x55	4
13	Bolt M6x12	2	35	Cap Nut M10	4
14	Wave Washer Ø20xØ25x0.5T	2	36	Washer Ø8xØ16x1.5T	4
15	Extension Sensor Wire	1	37	Belt Pulley Shaft Ø12	1
16	Hand Pulse Sensor	2	38	Curve Washer Ø8xØ21x2.0T	10
17	Hand Pulse Sensor Wire	1	39	Allen Bolt M8x48	4
18	Bushing + Ball Bearing	4	40	Locknut M89	9
19	End Cap Ø76	4	41	Hexagon Socket Head Bolt M10x78	2
20	Levelers M10x25	4	42	Washer Ø10xØ19x1.5T	12
21L	Left Cover	1	43	Carriage Bolt M6x45	4
21R	Right Cover	1	44	Nylon Locknut M10	4
45	Nylon Locknut M6	4	73	Hexagon Socket Head Bolt M8x50	1
46	Washer Ø6xØ14x1.0T	6	74	Hexagon Head Bolt M10x25	1
47	Tension Bracket & Eyebolt Set I	4	75A	Foot Bar Cover-A	2
48	Washer Ø10xØ20x3.0T	6	75B	Foot Bar Cover-B	2
49	Hex Nut 3/8"x26tx6T	4	76	Nylon Nut M5	2
50	Plastic Bushing + Ball Bearing	2	77	Bolt M5x12	3
51	Hex Nut M10x6T	4	78	Bolt M5x60	1
52	Bushing Ø10x26	4	79	Washer Ø12xØ17x1.0T	6

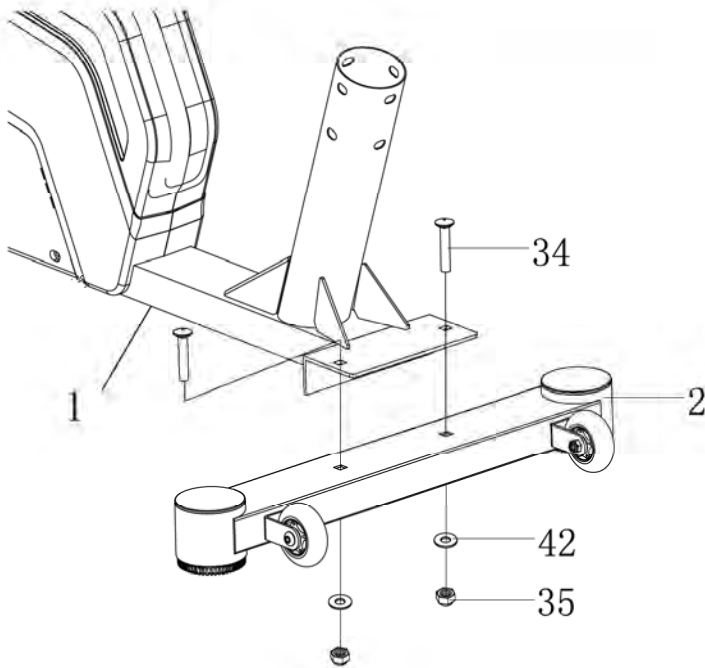
PARTS LIST

No.	Description	Qty	No.	Description	Qty
53	Allen Bolt M8x18	4	80	Motor	1
54	Bushing Ø17x35	4	81	Washer Ø10xØ16x1.5T	1
55	Power Supply Cable	1	82	Spacer Ø12xØ17x9T	1
56	Tension Bracket & Eyebolt Set II	1	83	Inner C Ring Ø12	4
57	Sensor with Wire L=150mm	1	84	Wave Washer Ø12xØ17x0.2T	2
58	U shape plate	1	85	Bushing Ø12xØ18x11.5	4
59	Self Tapping Screw M4.5x15	16	86	Conical Washer Ø8.15xØ11x3.5	4
60	Decorate Cover Ø60	1	87	Self Tapping Screw M4x20	2
61	Decorate Cover □ 30x60	1	88A	Upper Crank Cover A (Silver)	2
62	Bearing R12	2	88B	Upper Crank Cover B (Silver)	2
63	Self Tapping Screw M5x15	5	89	Belt Pulley Bracket	1
64	Washer Ø19.5xØ25.2	2	90	Magnet set	1
65	Flange Nut M10	2	91	Spring Ø0.8x13	1
66	Inner C Ring Ø19	1	92	Sensor Magnet Ø15x7	1
67	Washer Ø19.5xØ25x3.0T	2	93	Sensor Bracket	1
68	Round Head Self Tapping Screw M4.5x25	5	94	Belt 330 J4	1
69	Front Post Cover	1	95	Belt 855 PK5	1
70	Wave Washer Ø17.2xØ22x0.4T	2	96	Idle Wheel	1
71	Washer Ø8xØ25x2.0T	2	97A	U Shape Bracket Cover A	2
72	Hexagon Socket Head Bolt M8x54	2	97B	U Shape Bracket Cover B	2
98	Bolt for Computer	4	107	Washer Ø19.5xØ25x0.5T	1
99	Idle wheel fixture	1	108	Plastic bearing Ø12.8xØ21.4x6.7	4
100A	Handlebar Arm Cover-A	2	109	Transport Pulley Ø70	2
100B	Handlebar Arm Cover-B	2	110	Hexagon Socket Head Bolt M8x38	2
101	Spring washer Ø8	8	111	Plastic sleeve Ø7.9xØ12.7x23.5	2
102	Spring Ø2.6x18	1	112	Magnetic Brake Cable	1
103	Bolt M5x15	2	113	End Cap	2
104	Bottle Holder	1	114	Plastic End Cap (small)	4
105	Washer Ø8xØ30x2.0T	2	115	Hexagon Socket Head Bolt M8x15	8
106	Wire Plug	1	116	Axis Ø19.05	1

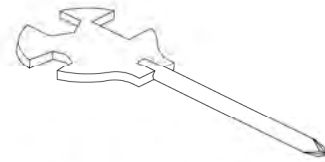
HARDWARE LIST & TOOLS

STEP 1  M10*55mm NO.34x2 NO.35x2 NO.42x2	STEP 8  M6*45mm NO.43x4 NO.45x4 NO.46x4		
STEP 2  M10*55mm NO.34x2 NO.35x2 NO.42x2	STEP 9  NO.71x2 NO.53x2 NO.70x2		
STEP 6  NO.14x2 NO.53x2 NO.105x2	STEP 10  M10*78mm NO.41x2 NO.42x2 NO.44x2		
STEP 7  M8*48mm NO.39x4 NO.40x4	STEP 11  NO.59x4	STEP 12  NO.59x2	STEP 13  NO.59x2
Multi Hex TOOL with phillips Screwdriver 1 PC 			
Allen Wrench 1 PC 			

ASSEMBLY



Tool:

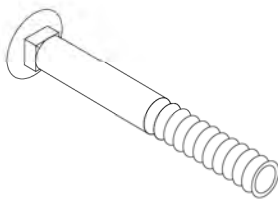


*Multi Hex Tool with
Phillips Screwdriver*

1. Front Stabilizer Installation.

Lift up the main frame (1) from the front, and then align the Front Stabilizer (2) onto the front curve of the Main Frame (1). Attach two Carriage Bolts (34) and on the other ends of bolts with two Washers (42) and two Cap Nuts (35). Hold the Front Stabilizer (2) to the Main Frame (1) and use the Multi Hex Tool with Phillips Screwdriver to tighten the Cap Nuts (35) until firm and secure.

Hardware:



(#34) Carriage Bolt
2 PCS

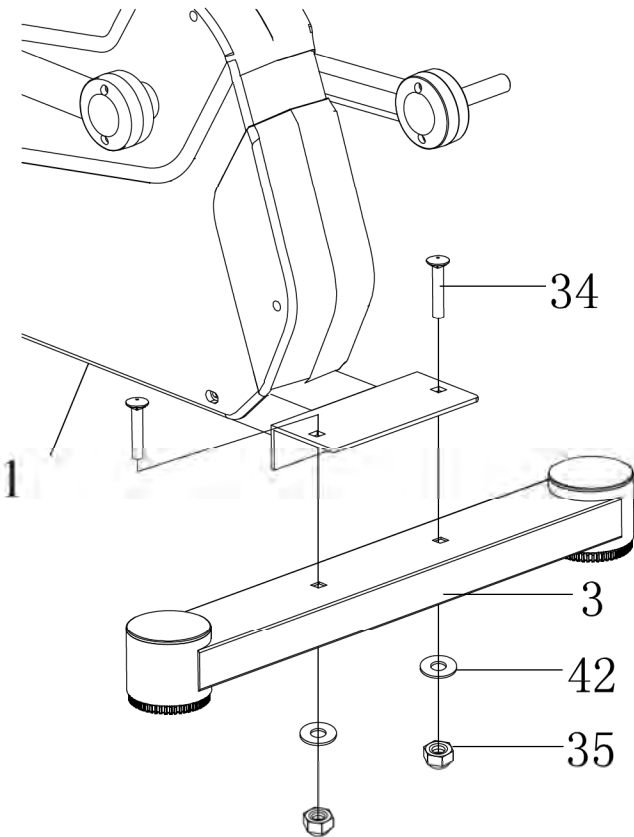


(#35) Cap Nut M8
2 PCS

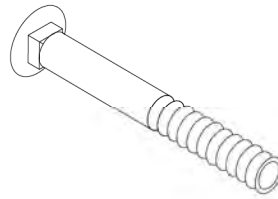


(#42) Washer
2 PCS

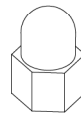
ASSEMBLY



Hardware:



(#34) Carriage Bolt
2 PCS

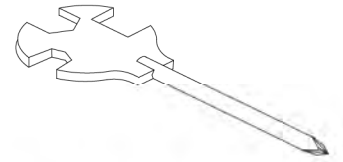


(#35) Cap Nut M10
2 PCS



(#42) Washer
2 PCS

Tool:

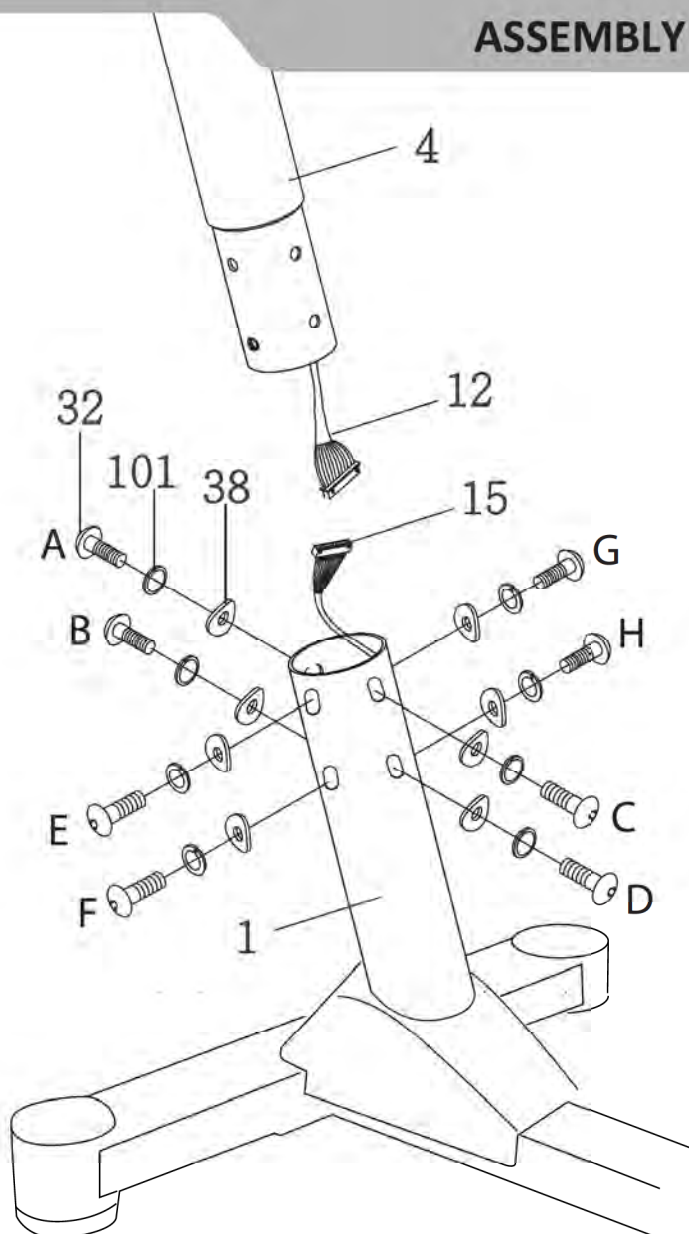


*Multi Hex Tool with
Phillips Screwdriver*

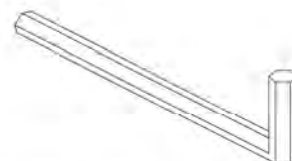
2. Rear Stabilizer Installation.

Lift up the Main Frame (1) towards the rear, and then align the Rear Stabilizer (3) onto the rear curve of the Main Frame (1). Attach Two Carriage Bolts (34) and on the other ends of bolts with two Washers (42) and two Cap Nuts (35). Hold the Rear Stabilizer (3) to the Main Frame (1) and use the Multi Hex Tool with Phillips Screwdriver to tighten the Cap Nuts (35) until firm and secure.

ASSEMBLY



Tool:



Allen Wrench 5mm

MUST TIGHTEN IN SEQUENCE: A,B,C,D,E,F,G,H.

3A. Assemble Front Post.

Use the Allen Wrench to remove eight Hexagon Socket Head Bolts (32), eight Spring Washers (101), and eight Curve Washers (38) from the Front Post (4).

Connect the Computer Wire (12) from the Front Post (4) with the Extension Sensor Wire (15) from the Main Frame (1). Insert the Front Post (4) into Main Frame (1). Make sure the wires stay connected. Tighten the eight Hexagon Socket Head Bolts (32), eight Spring Washers (101), and eight Curve Washers (38) with the Allen Wrench.

ASSEMBLY

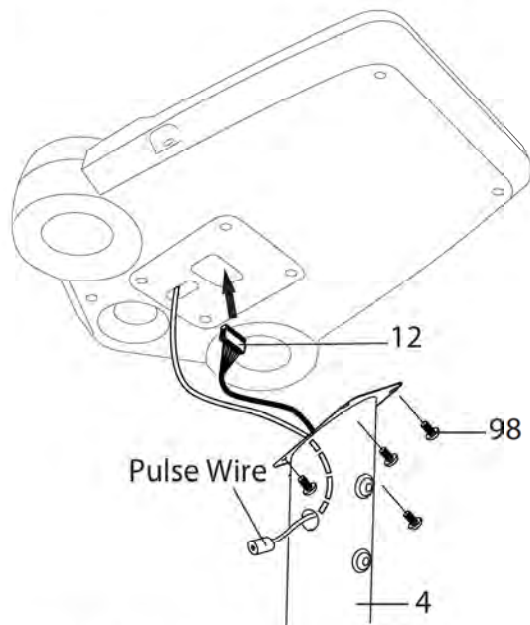
3B. Computer Installation

Remove the four Bolts (98) from the back of the computer .

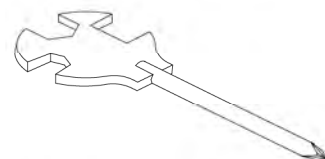
CAREFULLY insert the Computer Wire (12) into the WHITE 9-pin socket on the computer and run the Pulse Wire through the top plate and out the side hole on the Front Post (4).

CAUTION: To prevent damage, ensure the wires are NOT folded or pinched during installation.

Attach the computer onto the Front Post using the four Bolts (98)



Tools:



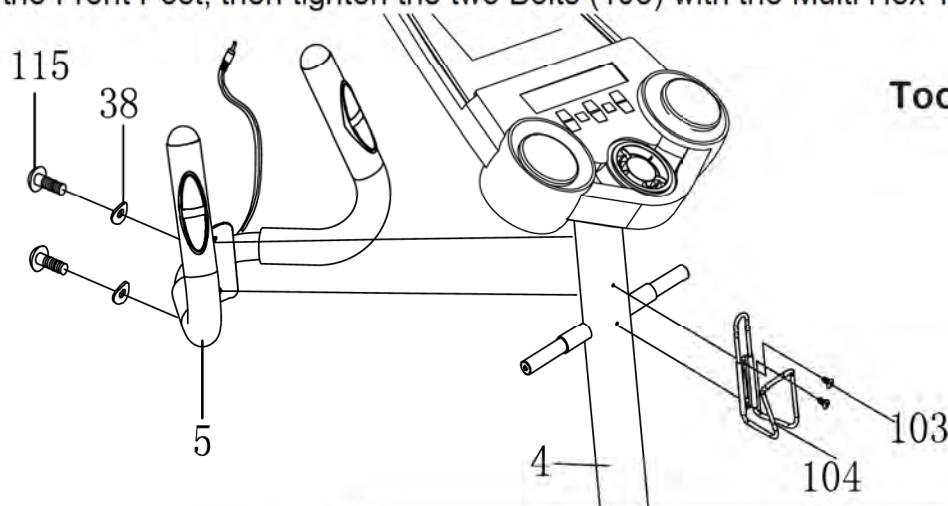
*Multi Hex Tool with
Phillips Screwdriver*

4. Assemble Handlebar

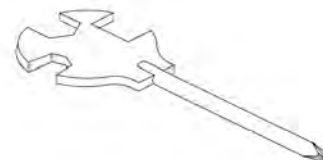
Use the Allen Wrench to remove two Bolts (115) and two Curve Washers (38) from the Front Post (4). Attach the Handlebar (5) to the Front Post (4), and then tighten the two Bolts (115) and two Curve Washers (38) using the Allen Wrench.

Bottle Holder Installation.

Remove two Bolts (103) on the Front Post (4). Attach the Bottle Holder (104) onto the Front Post, then tighten the two Bolts (103) with the Multi Hex Tool.



Tools:



*Multi Hex Tool with
Phillips Screwdriver*



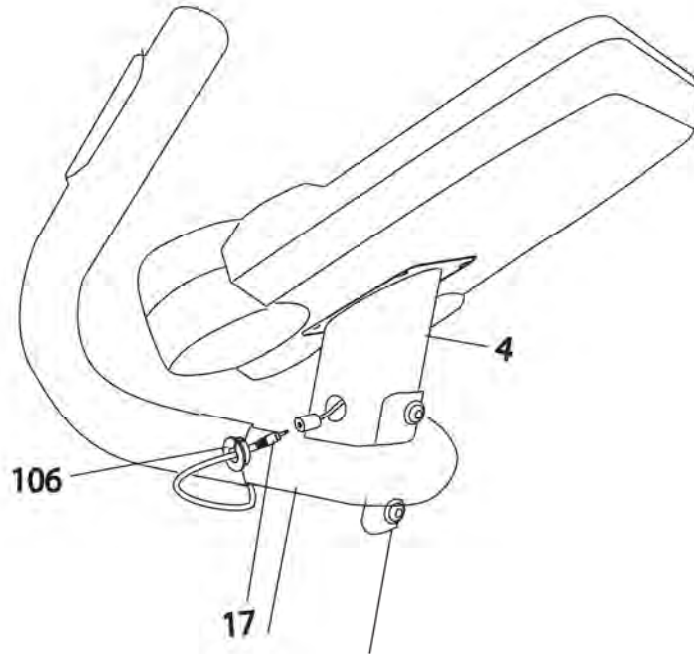
*Allen Wrench 5mm
1 PCS*

ASSEMBLY

5. Connect Pulse Wire

Attach the Wire Plug (106) onto the Hand Pulse Wire (17)

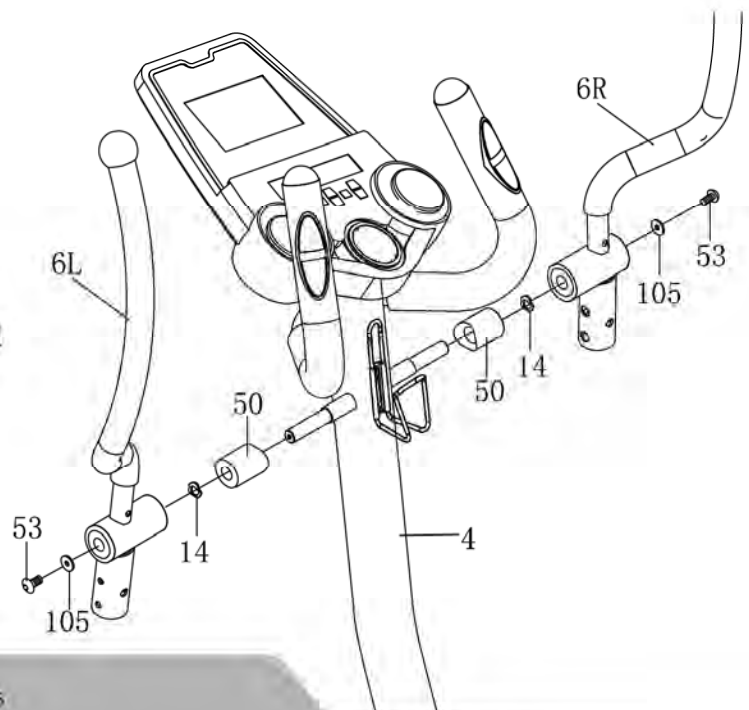
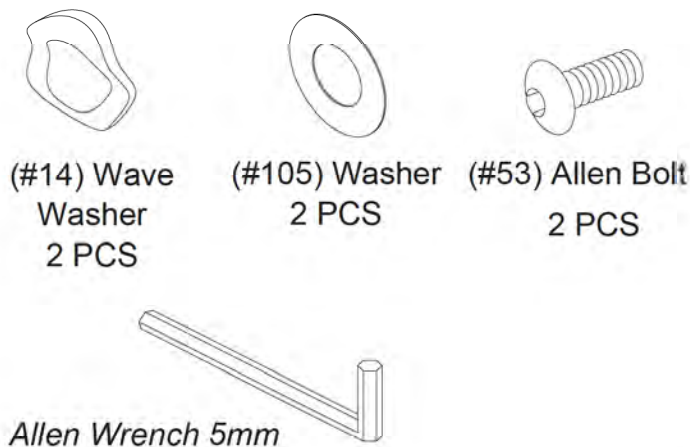
Connect the two ends of the Hand Pulse Wire (17) and gently feed the extra wire length into the round hole until the Wire Plug (106) is installed.



6. Assemble Outer Handlebars

Insert the Plastic Bushing (50) followed by the Wave Washer (14) onto the Front Post (4). Slide Outer Handlebar Left (6L) onto the Front Post. Install Washer (105) and Allen Bolt (53), tighten with the Allen Wrench.

Repeat for the opposite side



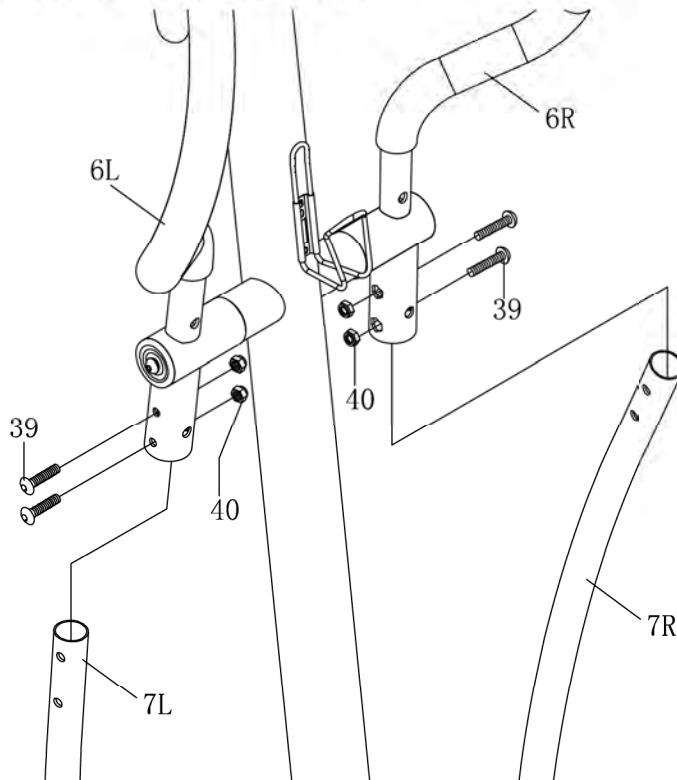
ASSEMBLY

7. Assemble Handlebar Arms

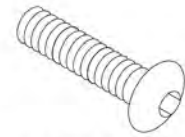
Insert Handlebar Arm Left (7L) into Outer Handlebar Left (6L)

Tighten using two Allen Bolt (39) and two Locknuts (40)

Repeat for the opposite side



Hardware:

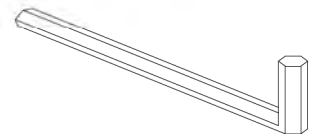


(#39) Allen Bolt
M8, 4 PCS



(#40) Locknut
4 PCS

Tool:



Allen Wrench 5mm

8. Assemble Foot Pedals

Place the 2 Carriage Bolts (43) into the Right Foot Pedal (22R) holes and through the Right Foot Bar (9R). Insert 2 Washers (46) and 2 Nylon Locknuts (46) and tighten with the Multi-Hex Tool. If you're taller than 5'8", we recommend to use the holes toward the back.

Repeat for the opposite side

Hardware:



(#43) Carriage Bolt
4 PCS



(#45) Nylon Locknut
4 PCS

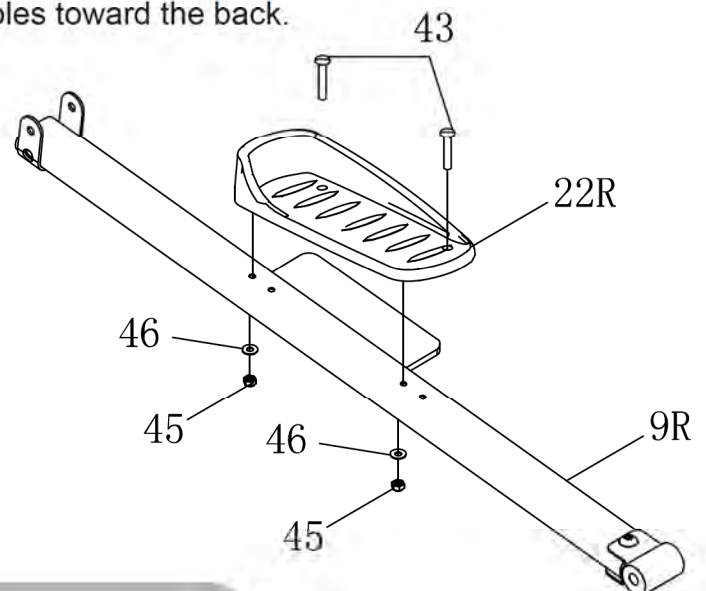
Tool:



Multi Hex Tool with
Phillips Screwdriver



(#46) Washer
4 PCS

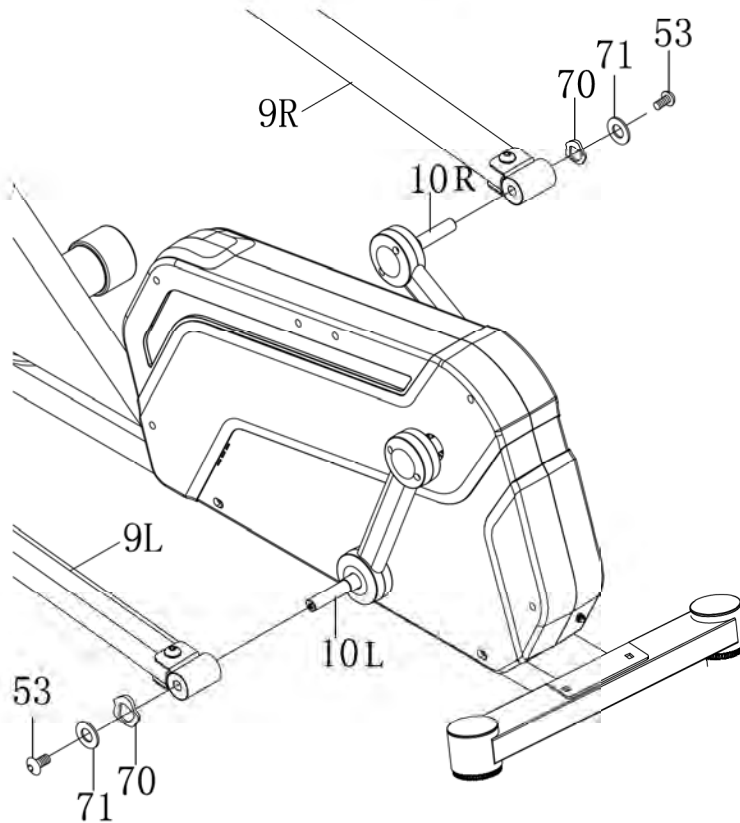


ASSEMBLY

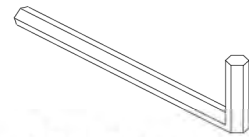
9. Assemble Foot Bars

Insert the Left Foot Bar (9L) onto the Left Crank (10L)

Center and install Wave Washer (70) Washer (71) and Allen Bolt (53) into the hole of the Left Foot Bar (9L). Tighten with the Allen Wrench. *Repeat for the opposite side*



Tool:



Allen Wrench 5mm

Hardware:



(#53) Allen Bolt
2 PCS



(#70) Wave Washer
2 PCS



(#71) Washer
2 PCS

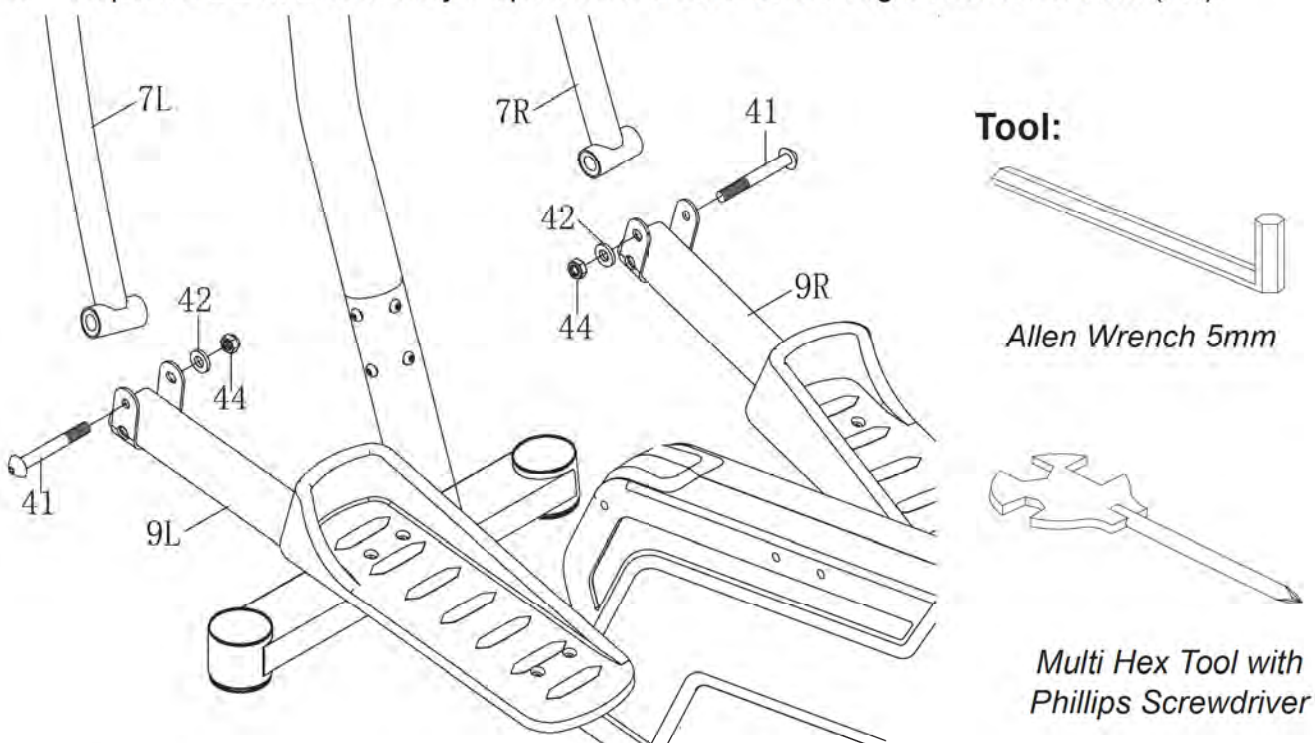
ASSEMBLY

10. Assemble Handlebar Arms: "R" is for right side and "L" is for left side.

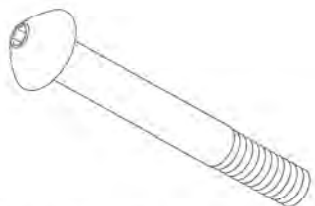
- A. Place the Left Handlebar Arm (7L) into the U shape bracket from Left Foot Bar (9L).

Align the hole then install one Hexagon Socket Head Bolt (41), one Washer (42) and one Nylon Locknut (44). Tighten with the Allen Wrench and Multi Hex Tool together until secure.

- B. Repeat the same assembly steps on the above for the Right Handlebar Arm (7R).



Hardware:



(#41) Hexagon Socket
Head Bolt
2 PCS



(#42) Washer
2 PCS



(#44) Nylon Locknut
2 PCS

Troubleshooting Tip: If you are having difficulty installing Hexagon Socket Head Bolt (41), try loosening up the joints in Step 7 and Step 9. After installation of the Bolt (41), remember to re-tighten all joints.

ASSEMBLY

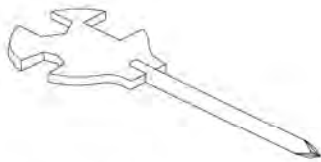
11. Assemble Front and Rear Covers for Front Post and Handlebar Arm Covers A/B.

- A. Remove two Round Head Self Tapping Screws (59) from the hardware pack.
- B. Place the Hand Rail Arm Covers A/B (100A, 100B) onto the Upper Left Handrail (6L).

Ensure the protruding side of the covers are facing the Front Post (4).
Attach the covers by using the screws (59) that you removed from the previous step.

- C. Repeat the same assembly steps above to attach the right side Hand Rail Arm Covers (100A,100B) to the Outer Right Handrail (6R)

Tool:

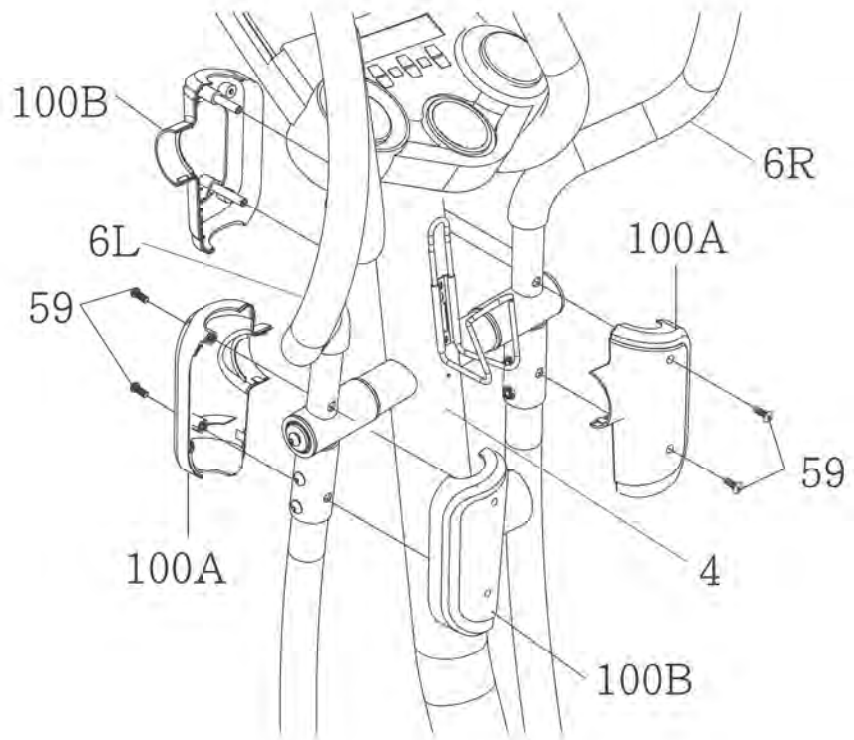


*Multi Hex Tool with
Phillips Screwdriver*

Hardware:



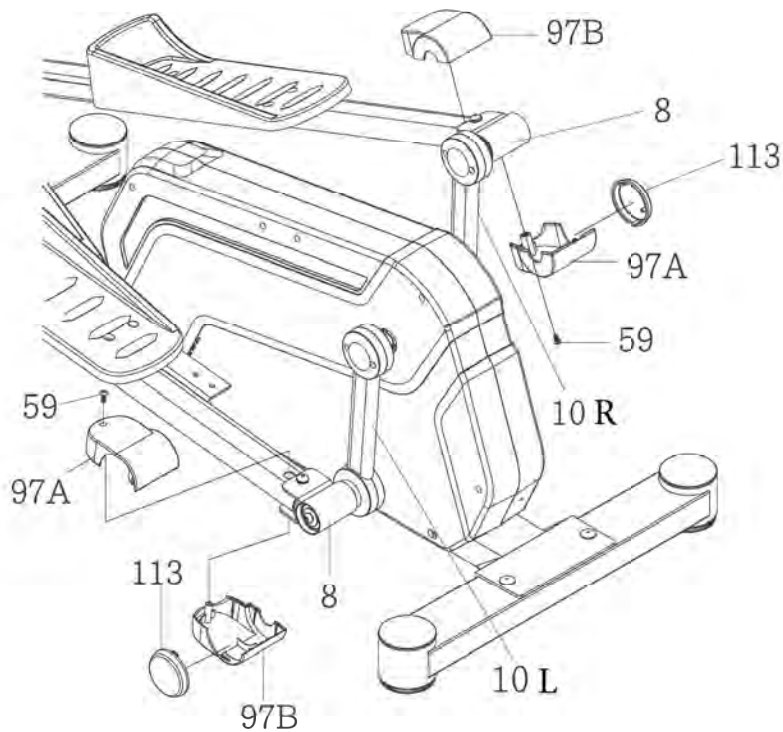
(#59) Round Head Self
Tapping Screw
4 PCS



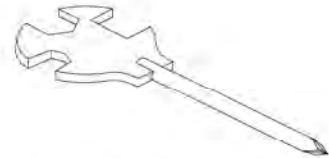
ASSEMBLY

12. Assemble U Shape Bracket Covers.

Place the U Shape Bracket Covers (97A, 97B) around the U Shape Brackets (8). Tighten the two Self Tapping Screws (59) using the Multi Hex Tool with Screwdriver. Attach two End Caps (113) onto the U Shape Bracket Covers A, B



Tool:



*Multi Hex Tool with
Phillips Screwdriver*

Hardware:



(#59) Round Head Self
Tapping Screw
2 PCS

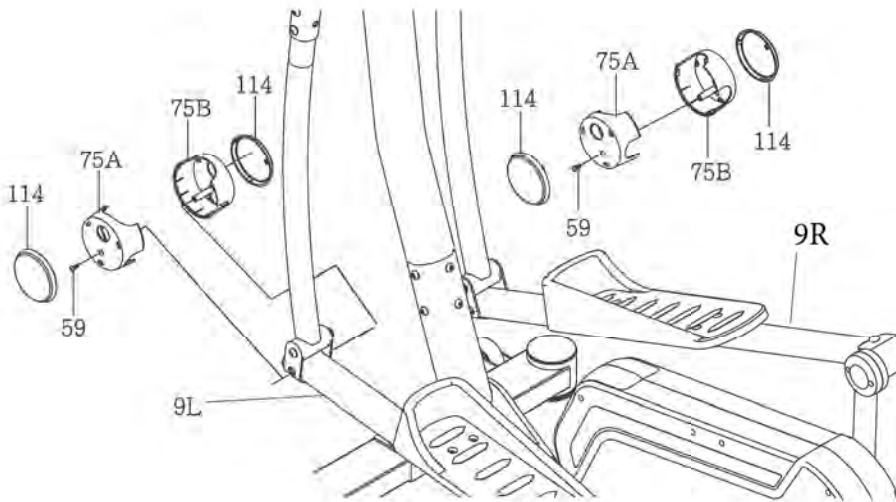
NOTE: In the configuration above, cover 97B on the LEFT side will be placed at the bottom and cover 97A (with the screw hole) will be secured at the top.

On the RIGHT side, this is reversed. Cover 97B is on the top and 97A (with the screw hole) is secured from the bottom.

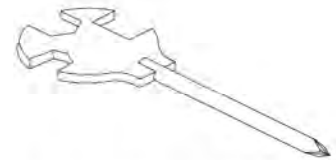
ASSEMBLY

13. Assemble Foot Bar Covers A/B.

Place the Foot Bar Covers (75A, 75B) around the Left Foot Bar (9L). Tighten them with a Round Head Self Tapping Screw (59) by using the Multi Hex Tool. Attach two Plastic End Caps (114) onto the Foot Bar Covers (75A, 75B). Repeat the above step for the Right Side.



Tool:



*Multi Hex Tool with
Phillips Screwdriver*

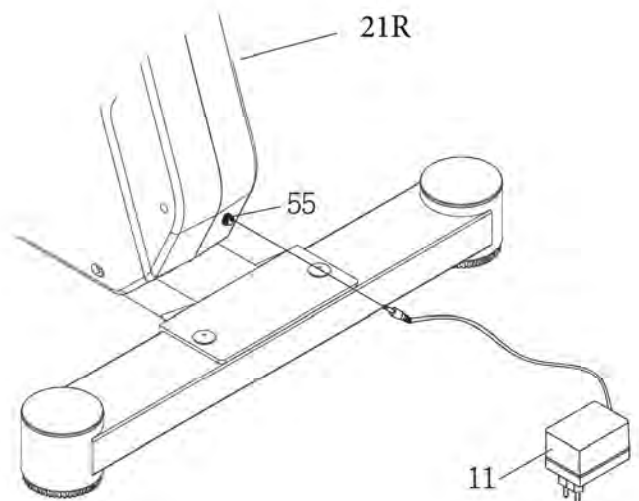
Hardware:



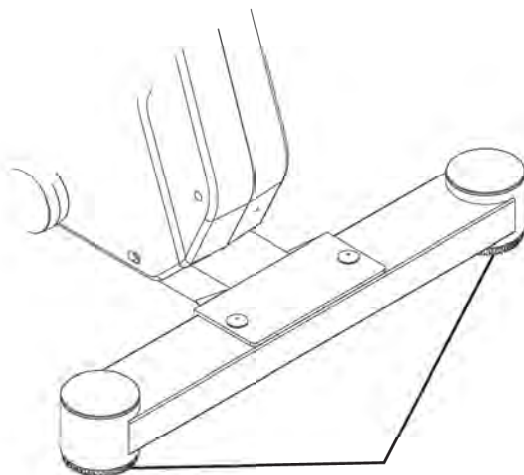
(#59) Round Head Self
Tapping Screw
2 PCS

14. Adaptor Installation.

Plug one end of the Adaptor (11) into the Power Supply Cable hole (55) on the back of the Right Cover (21R). Plug the other end of the Adaptor (11) into the electrical wall outlet.



ASSEMBLY



**Rear Levelers
(20)**

Adjusting the Front and Rear Levelers

Turn the Front/Rear Levelers as needed to level the elliptical. This will help provide stability and eliminate squeaking noises.



BUTTON FUNCTION:

ON/OFF FAN	Turn the fan on or off
QUICK START STOP	To start or stop workout
UP/DOWN	To select training mode or adjust function value
RESET	In stop mode, press the button to return to main menu. Press and hold for 2 seconds to reboot the computer and reset all values to 0.
ENTER	Confirm setting or selection
RECOVERY	To test heart rate recovery level

COMPUTER

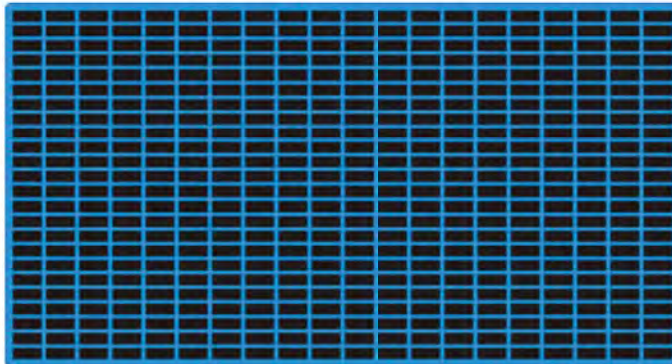
DISPLAY FUNCTION

Function	DisplayRange	SettingRange	Unit
TIME	00:00~99:59	±1;00:00~99:00	Minutes
DISTANCE	0.0~99.99	±1;00:00~99:00	ML
CALORIES	0~9999	±10;00:00~9990	CAL
PULSE	30~230	±1; 30~230	BPM
SPEED	0.0~99.9	N/A	ML
RPM	0~999	N/A	RPM
WATT	0~999	±5; 10~350	W

OPERATING PROCEDURE

1.POWER ON/OFF –

After connecting the power, console will power on with a long beep sound, LCD display all segments and then enter into User Profile set up mode. Console will enter sleep mode after 5 minutes of inactivity.



Quick Start - Press QUICK START to start exercise in MANUAL mode immediately without inputting any settings.

2.USER PROFILE



Press UP/DOWN to select User #



Press UP/DOWN to turn profile editing on or off
If you choose EDIT ON, you can edit your profile values.



Use UP/DOWN and ENTER to input profile value of sex, age, height and weight.



The console needs your profiles to better calculate the workout values



3.WORKOUT SELECTION

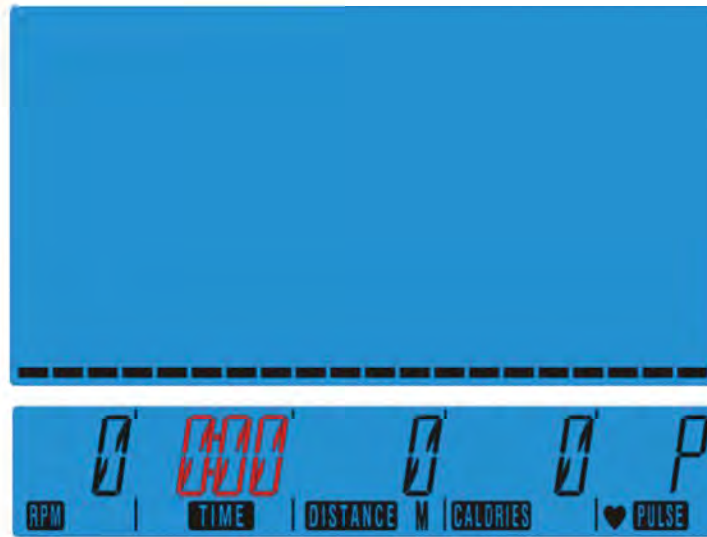
In main menu, press UP/DOWN to scroll through MANUAL, PROGRAM (12 programs), USER PROGRAM, HRC and WATT. Press ENTER to confirm selection.

3.1. Manual mode

Before exercising in Manual mode, user can set up Time, Distance, Calories, and Pulse target and press ENTER to confirm. After set up of all the targets, press the START to start workout.

Resistance level can be adjusted during exercise by pressing UP or DOWN.

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.

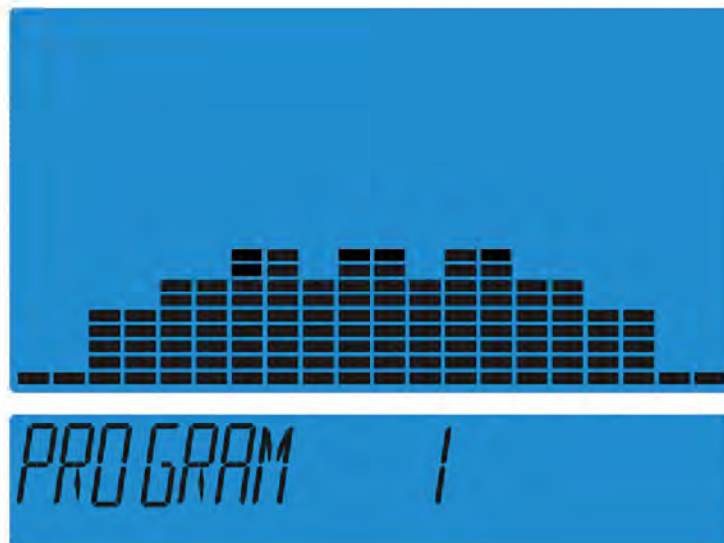


3.2. Program Mode

Press UP or DOWN to select between 12 different workout programs and then press ENTER to set up Target Time . Press START to start workout.

Resistance levels can be adjusted during exercise by pressing UP or DOWN.

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.



3.3 User Program

User Program allows you to create your own workouts based on resistance level and time intervals.

Press UP and DOWN to create the profile, press ENTER to input additional resistance level, then press and hold ENTER for 2 seconds to exit profile setting. Press START to start work out.

Standard work out time is 20 minutes.

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.



3.4. Heart Rate Control (HRC)

Input or select your user profile U1-U4. HRC will automatically adjust the machine's resistance levels to keep you at your selected target heart rate.

There are 4 target heart rate zones: 55%, 75%, 90% and TAG (allows you to set your own target heart rate); press UP and DOWN to select one program and press ENTER to set up exercise time. Press START to start workout.



If console did not receive the pulse signal, the bottom LCD will show "Pulse Input" for reminder.

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page

TARGET HEART RATE ZONE

100%

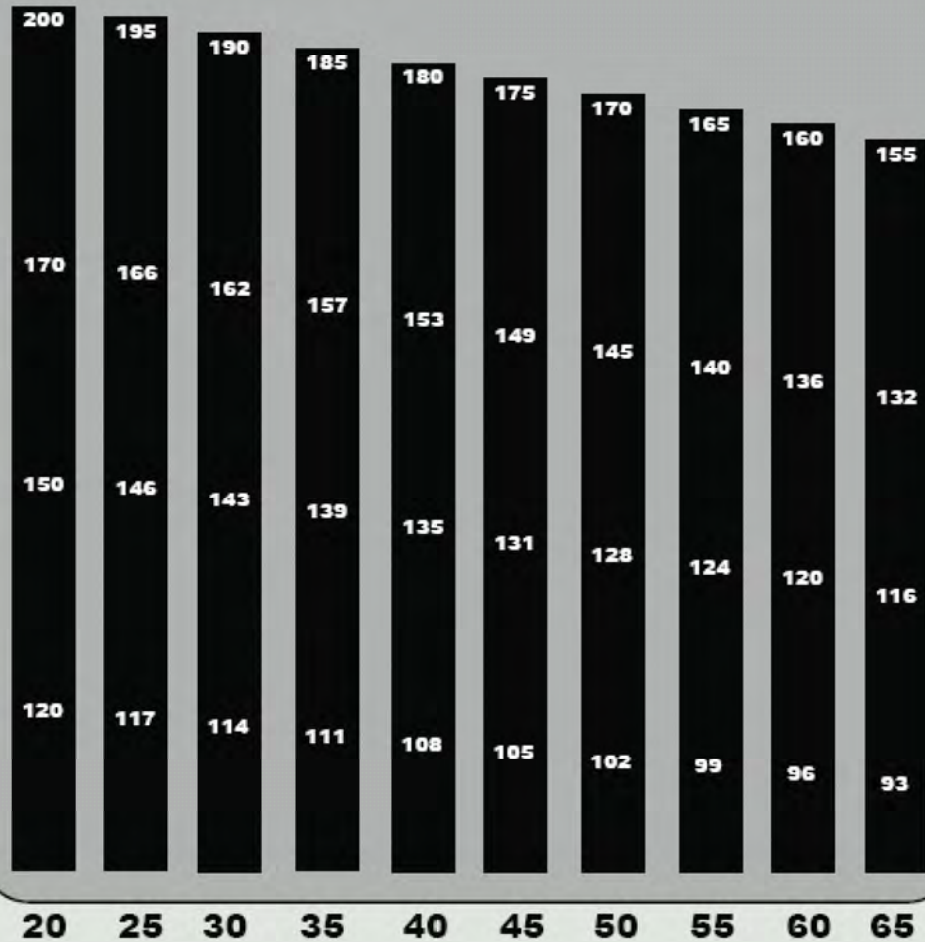
 Serious
athletic
training range

90%

 Cardiovascular
conditioning
range

75%

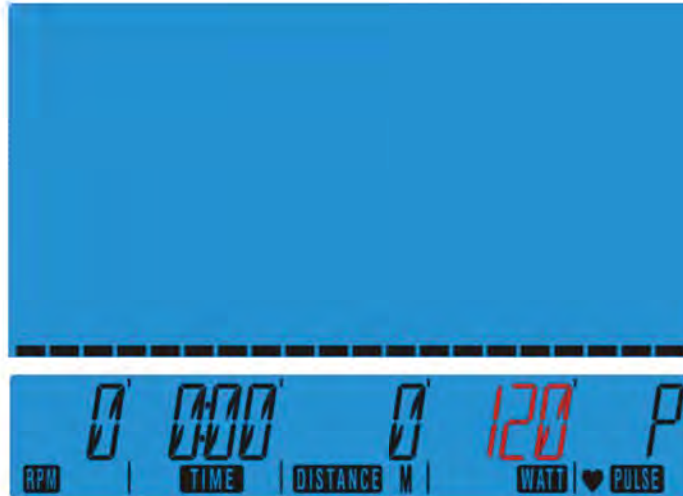
 Fat burning
range

55%

AGE

3.5 WATT

Press UP and DOWN to setting WATT and Time target. Press START to start work out.

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page



4. Recovery: A fitness test which measures how quickly your heart rate returns to normal after exercising

After exercise press RECOVERY and hold both hands on handpulse. TIME starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1,F2....to F6. F1 represents the fastest recovery time, F6 represents the slowest.

Press the RECOVERY button again to return to main display



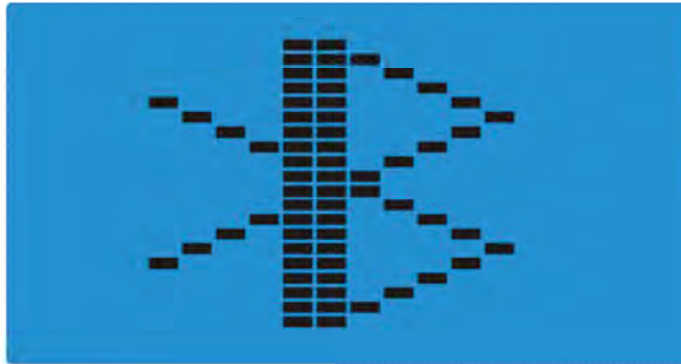
Start Recovery Function



Test Result

5. Bluetooth Mode

Enable Bluetooth on your smart device, search for and connect to the console (name is on the back of the console). When your smart device is connected to the console, the Bluetooth symbol will appear on the LCD.



Note:

1. If the console is unresponsive, unplug / plug in the adaptor.
2. Holding down the RESET button for 2 seconds will reset the console and your Bluetooth connection.

TROUBLE SHOOTING

PROBLEM: The elliptical wobbles when in use.

SOLUTION: Turn the front or rear stabilizer end caps as needed to level the elliptical.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post.

PROBLEM: There is no heart rate reading or there is erratic / inconsistent reading.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of just with one hand only.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The elliptical makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the elliptical. Inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

Cleaning

The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Wipe your perspiration off the elliptical after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Keep the elliptical, especially, the computer console out of direct sunlight to prevent screen damage.

Inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

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

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>
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:

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.

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***