





# Fitness Reality X-Class 710ST Smart Technology

# Indoor Training Cycle



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and is subject to change without notice.

# Owner's Manual Le Manuel Du Proprietaire

2252.2-110117



# PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at: Service@paradigmhw.com

# Or call us at:

1-844-641-7920 Hours: 8:00 am to 5:00 pm (PST) Daily

# TABLE OF CONTENTS

SERVICE	2
LABEL PLACEMENT	3
IMPORTANT SAFETY GUIDELINES	4
OVERVIEW DRAWING	6
HARDWARE & TOOLS PACK	8
PART LIST	-9
ASSEMBLY	11
OPERATIONS & ADJUSTMENTS	20
CONSOLE FUNCTIONS	22
TROUBLESHOOTING & MAINTENANCE	· 24
WARRANTY	25
PARTS REQUEST FORM	26

## SERVICE

## **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 The Best Service, please Email:

service@paradigmhw.com <u>Response Time: 1-2 Business Days</u> <u>Emailing us with the information above will be the best method to receive a response</u> <u>during peak business hours</u>

Website: www.paradigmhw.com

Toll-Free: 1-844-641-7920 Response time may vary via calling Refer to our email for the best response time

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 PLACEMENTS



# Read all instructions before using the Indoor Cycle. When using an Indoor Cycle, basic precautions should always be followed, including the following:

#### WARNING - To reduce the risk of injury to persons:

- 1. Make sure your equipment is correctly assembled before you use it.
- 2. Be sure all screws, nuts, and bolts are tightened prior to use.
- 3. The equipment weighs more than 44lbs / 20kgs and should be assembled by two or more people.
- 4. Before using this equipment, we recommend that you do warm up exercises for each muscle group.
- 5. Only one person should use the equipment at a time.
- 6. Never operate this equipment if it is damaged, if it is not working properly, has been dropped, or damaged. If a problem is encountered contact Customer Service before using the equipment again.
- 7. Always use this equipment on a clear and level surface.
- 8. For household use only.
- 9. Do not use outdoors or near water.
- 10. Use the indoor cycle only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 11. Do not wear loose clothing when using the equipment.
- 12. Keep all hands and feet away from any moving parts.
- 13. Never drop or insert any object into any opening.
- 14. Close supervision is necessary when the indoor cycle is used near children, or by or near invalids or disabled persons.
- 15. If at any time you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any discomfort.
- 16. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
- 17. Warning: Risk of Personal Injury Consult with your personal physician to see if this bike

equipment is appropriate for you. This is especially important for people with pre-existing health

problems. Do not use this equipment without your physician's approval.

- 18. Warning: Risk of Personal Injury Do not allow children to use this machine.
- 19. **Warning:** Risk of Personal Injury Keep children under the age of 13 away from the machine while in use.
- 20. **Warning:** Risk of Personal Injury Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
- 21. **Warning:** Risk of Personal Injury Do not attempt to service the unit yourself. Discontinue use and contact customer service.
- 22. **Warning:** To Reduce The Risk Of Personal Injury Read And Understand All Read The Instructions Before Using the bike.

#### Do not use this equipment if you have any of the following conditions or ailments:

- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you are being treated
- High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack

• Bone weaknesses including Osteoporosis, Unhealed fractures, Modular pins, or surgically implanted orthopedic supports.

#### Do not exceed the maximum rated weight (load).

## The Maximum Weight Capacity for this product is 300lbs/136kgs.

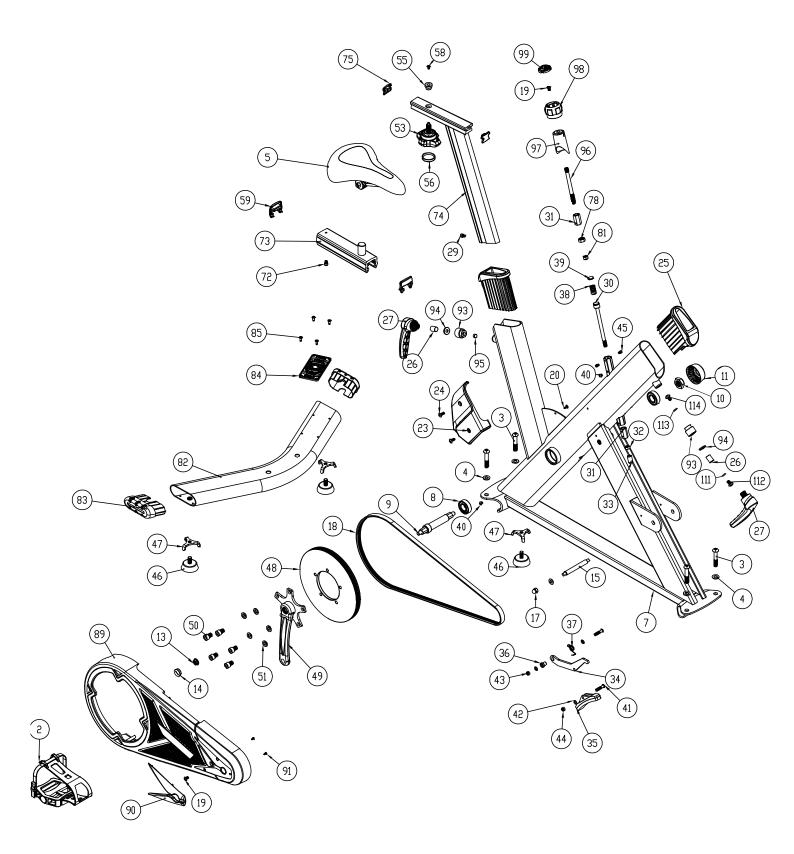
# Retain this owner's manual and keep the original purchase receipt for future reference.

#### SAVE THESE GUIDELINES

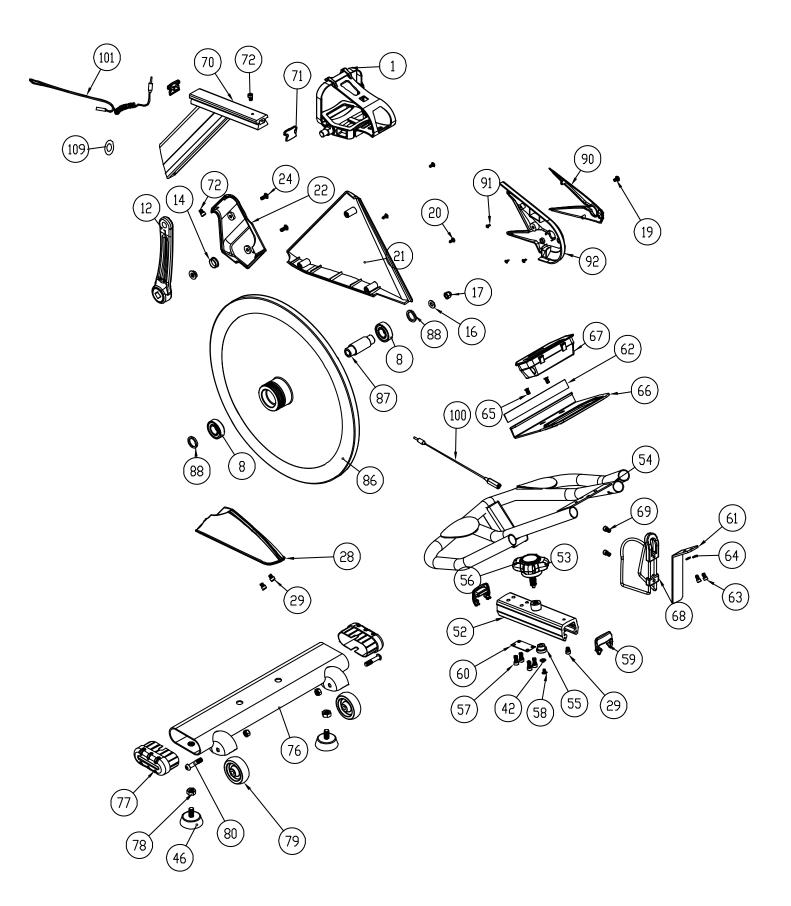


The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

# **OVERVIEW DRAWING**



## **OVERVIEW DRAWING**



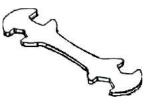
# HARDWARE & TOOLS PACK



3mm Allen Wrench 1 PC



(29) Hex Screw 1PC



13, 14, 15, 17mm Wrench Tool 1 PC



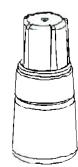
4mm Allen Wrench 1 PC



(3) Hexagonal Bolt 4 PCS



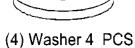
15mm Combination Wrench 1 PC



(107) Thread Sealant 1 PC



5mm Allen Wrench 1 PC



6mm Allen Wrench with Phillips Screwdriver 1 PC

# PARTS LIST

No.	Description	Qty
1	PEDAL(L)	1
2	PEDAL(R)	1
3	HEXAGONAL BOLT M10×L:55(mm)	4
4	WASHER ~10× 20×t2.0(mm)	4
5	Seat Cushion	1
7	MAIN FRAME SET	1
8	BEARING-6004ZZ ~20x ~ 42×12 (mm)	4
9	CRANK AXLE	1
10	HEXAGONAL NUT M20	1
11	RUBBER CAP~60× L:23(mm)	1
12	CRANK	1
13	PREVAILING TORQUE HEX FLANGE NUT	2
14	CRANK CAP~23× 8(mm)	2
15	FLYWHEEL AXLE	1
16	WASHER ~18× ~ 8.5×t:2(mm)	2
17	CAP NUT M8x6.5t mm	2
18	BELT	1
19	SCREW M5×10(mm)	3
20	BOLT	4
21	LEFT SIDE COVER	1
22	DECORATIVE COVER (L)	1
23	DECORATIVE COVER (R)	1
24	SCREW M5×15(mm)	4
25	POST BUSHING 120L×12405W×46.5H(mm)	2
26	SPACER ~14× 30(mm)	2
27	FIXED HANDLE	2
28	MUDGUARD	1
29	HEXAGONAL SCREW M6×8(mm)	4
30	MIDDLE BRAKE AXLE	1
31	BRAKE HEXAGONAL SLEEVE	2

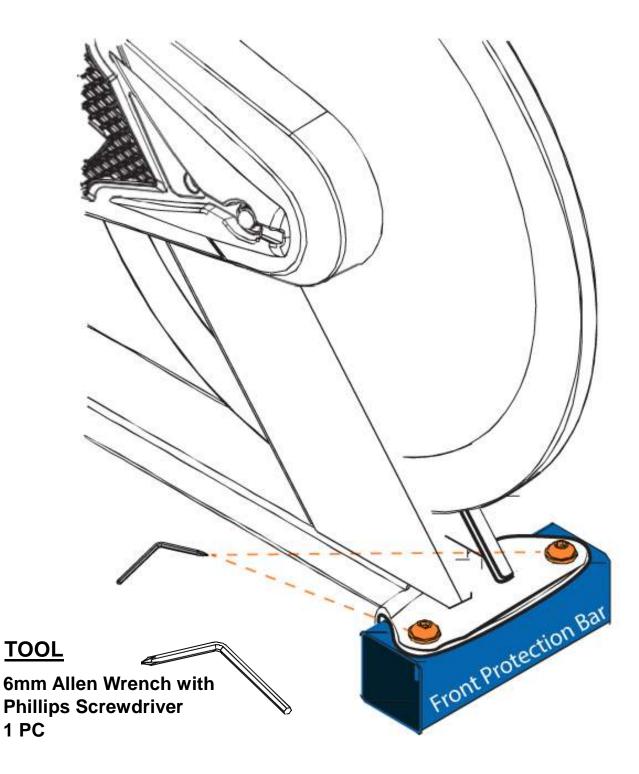
No.	Description	Qty
32	HEXAGONAL NUT M8×7(mm)	1
33	LOWER BRAKE AXLE	1
34	BRAKE BALANCE BAR	1
35	BRAKE PAD	1
36	BRAKE BALANCE BUSHING	1
37	SPRING 37×20×~ 1.5(mm)	1
38	SPRING ~15× ~ 2.3×25(mm)	1
39	BRAKE WASHER ~16.8×t:3(mm)	1
40	HEXAGONAL BOLT	2
41	HEXAGONAL BOLT M6×L:30(mm)	2
42	WASHER ~6× ~ 12×t:2(mm)	5
43	HEXAGONAL NUT M6	1
44	HEXAGONAL NUT M6	1
45	HEXAGONAL SCREW	2
46	RUBBER KNOB ~50× 57(mm)	5
47	SPECIAL NUT L:58×W:50×H:15(mm)	3
48	BELT PULLEY	1
49	CRANK	1
50	BOLT M10×15(mm)	5
51	SPRING WASHER M10(mm)	5
52	HANDLEBAR SLIDER	1
53	ADJUSTABLE KNOB	2
54	HANDLEBAR SET	1
55	SPACER <sup>~</sup> 22× 16(mm)	2
56	KNOB TOP	2
57	HEXAGONAL SCREW M6×15(mm)	4
58	TRUSS SCREW M4×8(mm)	2
59	UPPER SLIDER END CAP 50Lx40Wx15H(mm)	4
60	WASHER L:52×W:26×H:2(mm)	1
61	BOTTLE HOLDER PLATE	1

# PARTS LIST

No.	Description	Qty
62	RUBBER PAD	1
63	BOLT	2
64	WASHER	2
65	BOLT	2
66	CONSOLE PLATE	1
67	CONSOLE	1
68	BOTTLE HOLDER	1
69	BOLT	2
70	HANDLEBAR ADJUSTABLE POST	1
71	LOWER SLIDE ENDCAP 34L×24.5W×16H(mm)	2
72	HEXAGONAL SCREW M6×8(mm)	3
73	SEAT SLIDER	1
74	SEAT ADJUSTABLE POST	1
75	LOWER SLIDER END CAP 34L×24.5W×16H(mm)	1
76	FRONT STABILIZER SET with TRANSPORT WHEELS	1
77	FRONT STABILIZER CAP 97L×50W×40H(mm)	2
78	HEXAGONAL NUT M10×8(mm)	3
79	WHEEL	2
80	HEXAGONAL SCREW M8×L:40(mm)	2
81	HEXAGONAL NUT M8	3
82	REAR STABILIZER SET	1
83	REAR STABILIZER CAP L:123xW:5 0XH:40(mm)	2
84	ANTI-SLIP PAD	1
85	HEXAGONAL SCREW M5×10(mm)	4

No.	Description	Qty
86	FLYWHEEL	1
87	AXLE SLEEVE	1
88	WASHER ~27x ~ 20.5xt:3(mm)	2
89	CHAIN COVER	1
90	DART-SHAPED COVER	2
91	SELF-TAPPING SCREW M3×8(mm)	6
92	FRONT LEFT COVER	1
93	HUB	2
94	WASHER ~21. 3×t=3.0(mm)	2
95	MAGNET~10× 7(mm)	2
96	UPPER BRAKE AXLE	1
97	HEXAGONAL BUSHING COVER	1
98	ADJUSTABLE KNOB	1
99	KNOB TOP	1
100	Sensor Wire(UP)	1
101	Speed Sensor Wire(DOWN)	1
107	Thread Sealant	1
109	Wire Plug	1
110	Screw 15mm	1
111	Washer 19x6.2x1.5t	1
112	Screw M5x20mm	1
113	Washer 10x6.x1.5	1
114	Hex Bolt M5x12	1

### **PRE-ASSEMBLY**



#### **Pre-Assembly:** Remove Front Protection Bar

Loosen the **Bolts** with the **6mm Allen Wrench with Phillips Screwdriver** provided and remove the **Front Protection Bar** from the Main Frame.

This bar is used to protect the bracket from deformation during shipping. It will not be used in assembly and should be discarded.

#### **STEP 1**

1A. Installation of the front stabilizer with wheels

Attach the Front Stabilizer Set with Transport Wheels (76) to the Main Frame Set (7) with two Washers (4) and two Hexagonal Bolt (3). Tighten the two bolts using the 6mm Allen Wrench with Phillips Screwdriver until they are both firm and secure.

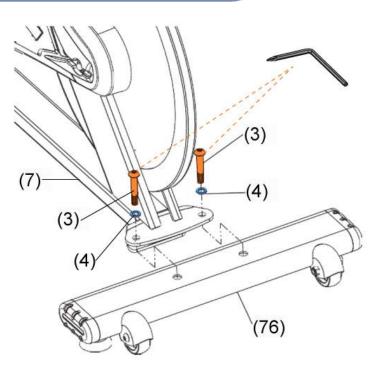
<u>TOOL</u>

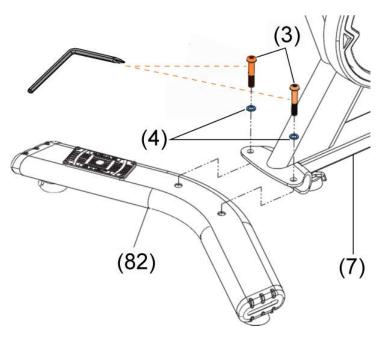
**1 PC** 

6mm Allen Wrench with Phillips Screwdriver

#### **STEP 2**

2A. Installation of the rear stabilizer Attach the Rear Stabilizer Set (82) to the Main Frame Set (7) with two Washers (4) and two Hexagonal Bolt (3). Tighten the two bolts using the 6mm Allen Wrench with Phillips Screwdriver until they are both firm and secure.

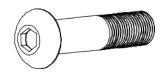




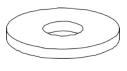
## <u>TOOL</u>

6mm Allen Wrench with Phillips Screwdriver 1 PC

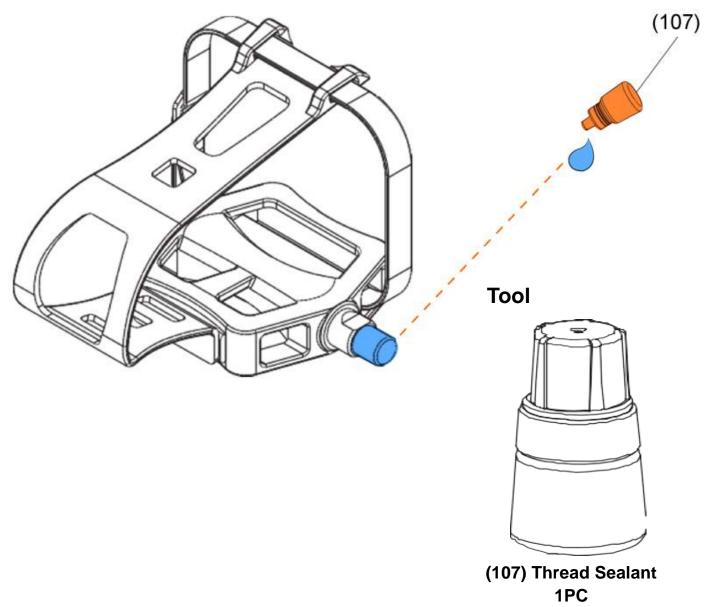
HARDWARE



(3) Hexagonal Bolt 4PCS



(4) Washer 4PCS

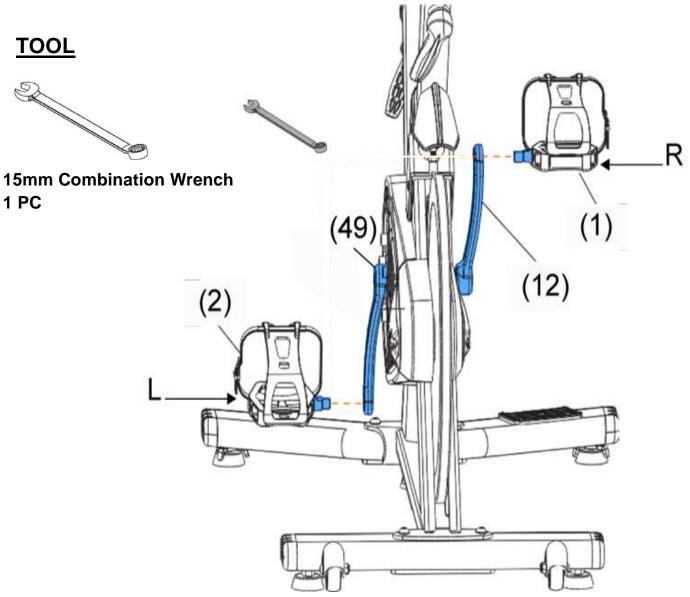


#### **STEP 3**

#### 3A. Applying the Thread Sealant

Fully coat the threads of both Left (1) & Right Pedals (2) with Thread Sealant (107) before the pedal assembly.

**Note:** Before applying **Thread Sealant (107)**, make sure parts are clean. Allow the sealant to cure for at least 12 hours before use.



#### **STEP 4**

#### 4A. Installing the Left and Right Pedal

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

**Left Pedal:** Insert the **Left Pedal (1)** into the threaded hole in the **Left Crank (12)**. Be straight when inserting the pedal. Hand-tighten the pedal shaft in a **counter-clockwise**  $\sigma$  direction until it is snug. Use the **15mm Combination Wrench** to fully tighten the pedal shaft **counter-clockwise**  $\sigma$ .

**Right Pedal:** Insert the **Right Pedal (2)** into the threaded hole in the **Right Crank (49)**.Be straight when inserting the pedal. Hand-tighten the pedal shaft in a **clockwise** ☉ direction until it is snug. Use the **15mm Combination Wrench** to fully tighten the pedal shaft **clockwise** ☉.

## STEP 5

5A. Console installation

Insert **4 AA batteries** into the back of the **Console** (67). Attach the **Console** (67) to the **Console Plate** (66). Use the **3mm Allen Wrench** to tighten the **Console Plate** (66) to the **Handlebar Set** (54) with two **Bolts** (65).

(61)

(64)

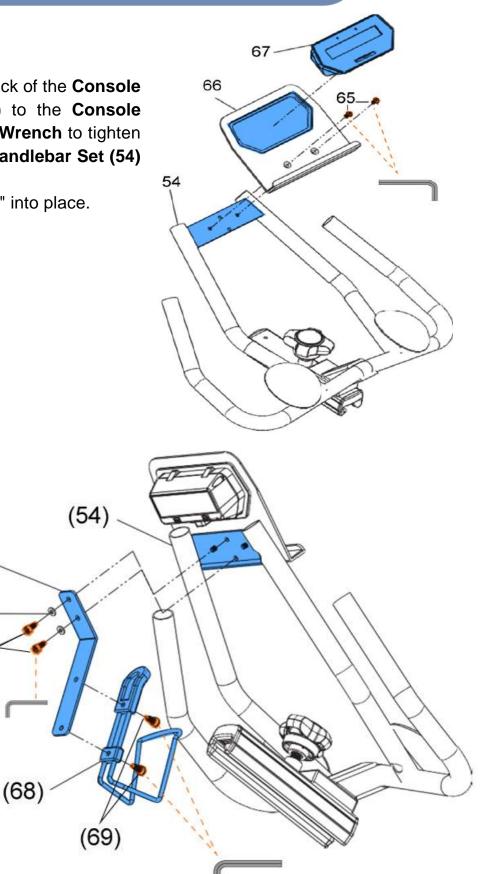
(63)

Note: The Console should "click" into place.

## <u> TOOL</u>



3mm Allen Wrench 1 PC



## <u> TOOL</u>

4mm Allen Wrench 1 PC

### **STEP 6**

#### 6A. Installing the bottle holder

Attach the **Bottle holder plate (61)** with two **Washers (64)** and two **Bolts (63)** to the **Handlebar set (54).** Attach the **Bottle Holder (68)** to the **Bottle Holder Plate (61)** with two **Bolts (69).** Tighten all the bolts using the **4mm Allen Wrench** provided.

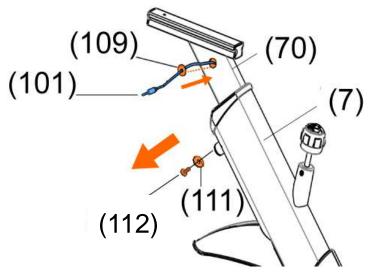
#### STEP 7

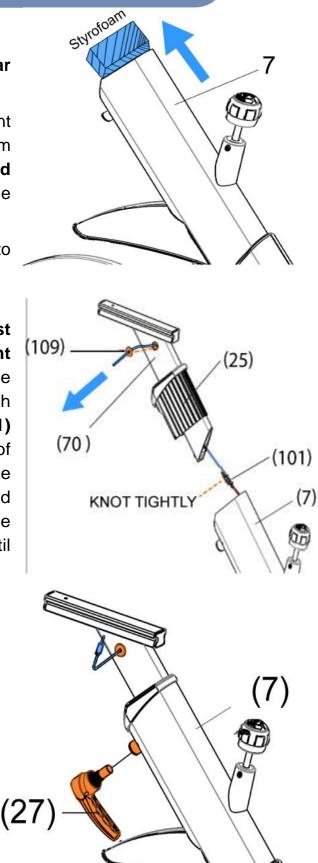
#### 7A. Preassembly to installing the Handlebar Adjustment Post

Carefully pull the **Styrofoam Block** out of the front of the **Main Frame Set (7)**. Underneath the foam will be a twist tie, remove it and tie it to the **Speed Sensor Wire (101)** that is coming out from the **Main Frame Set (7)**.

**Note:** Do not let the sensor wire recoil back into the frame.

7B. Installing the Handlebar Adjustment Post As you're inserting the Handlebar Adjustment Post (70) with the Post Bushing (25) into the Main Frame Set (7), run the twist tie (which should be tied to the Speed Sensor Wire (101) at this point) through the side hole on the top of the Handlebar Adjustment Post (70). Make sure the Speed Sensor Wire (101) is pulled fully through and get rid of the twist tie. Push the Handlebar Adjustment Post (70) down until the Post Bushing (25) is barely visible.





#### 7C. Installing the Speed Sensor Wire

Insert the Speed Sensor Wire (101) through the Wire Plug (109) and slide the Wire Plug (109) all the way until it is pressed firmly against the hole on the side of the Handlebar Adjustment Post (70). Then remove the Washer (111) and Screw (112) from the Main Frame Set (7) and screw the Fixed Handle (27) into the hole in front of the Main Frame Set (7) by turning it <u>CLOCKWISE</u> U.

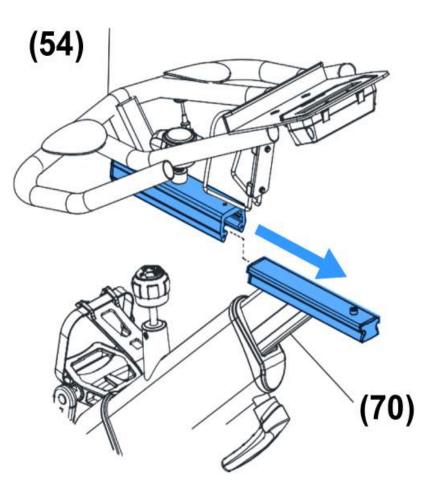
#### **STEP 8**

8A. Securing the Handlebar Slide

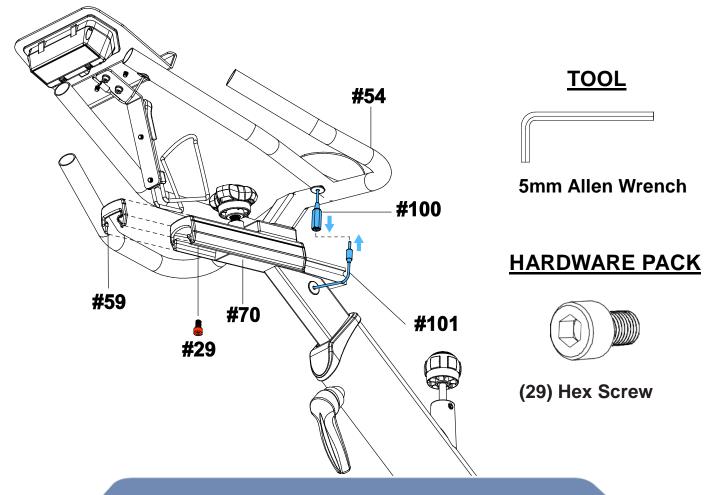
Slide the **Handlebar Set (54)** onto the **Handlebar Adjustable Post** (70) in the direction shown to the left.

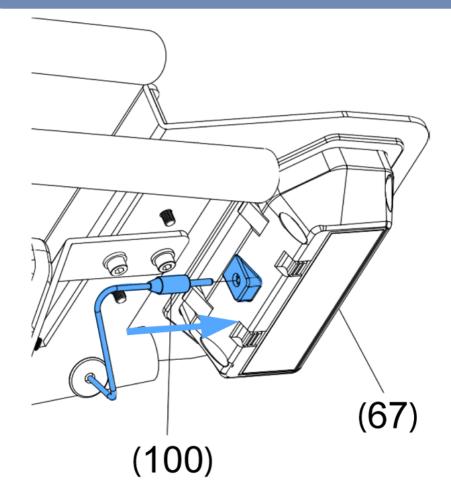
Note: The Hex Screw (29) and Upper Slider End Caps (59) were packaged with this manual.

Install the Hex Screw (29) from <u>underneath</u> the Handlebar Adjustable Post (70) and tighten it using the 5mm Allen Wrench that's provided. Refer to the illustration below.



Snap on place the two **Upper Slider End Caps (59)** on each end of the slider on the **Handlebar Set (54)**.

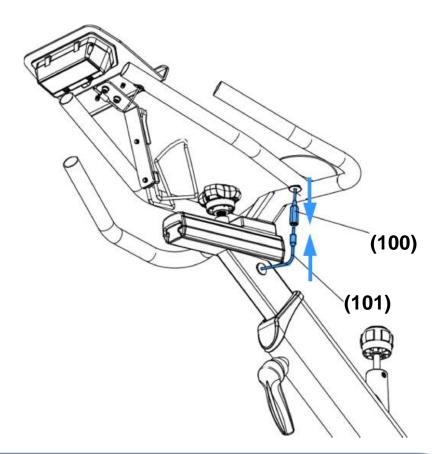




## **STEP 9**

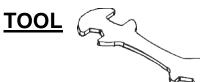
#### 9A. Linking the sensor wire to the console.

Insert the Sensor Wire (100) into the port located underneath the Console (67). Connect the Sensor Wire (100) to the Speed Sensor Wire (101).

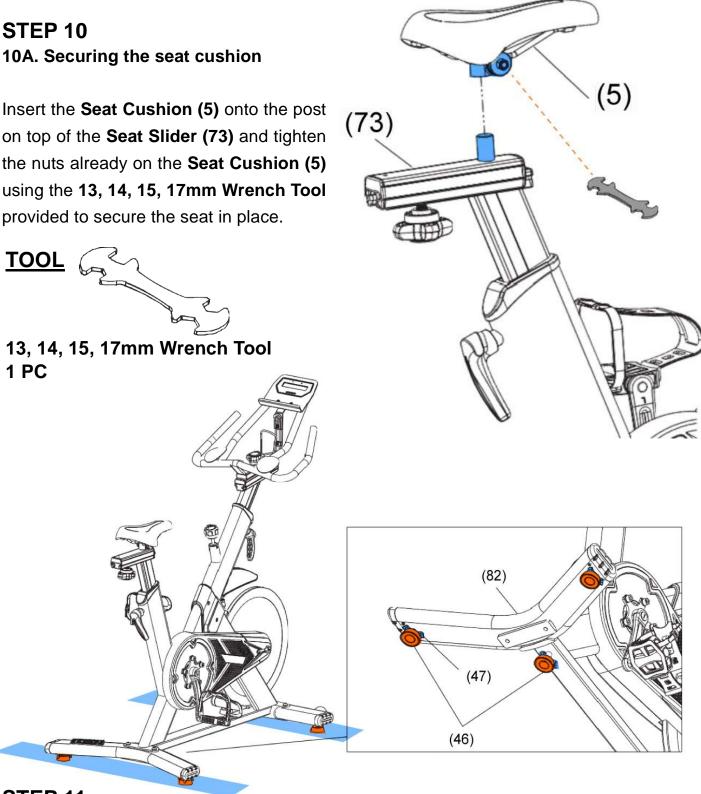


# **STEP 10**

Insert the Seat Cushion (5) onto the post on top of the Seat Slider (73) and tighten the nuts already on the Seat Cushion (5) using the 13, 14, 15, 17mm Wrench Tool provided to secure the seat in place.



13, 14, 15, 17mm Wrench Tool **1 PC** 



**STEP 11** leveling the bike

The bike should be on a level surface. If it isn't, rotate the Rubber Knobs (46) underneath the bike to adjust your desired height. Make sure all Rubber Knobs (46) are rotated evenly so they all touch the floor. Turn the Special Nut (47), located right on top of the **Rubber Knobs (46)**, clockwise <sup>ひ</sup> to lock the knobs in position.

# **OPERATIONS & ADJUSTMENTS**

## Seat Height Adjustment

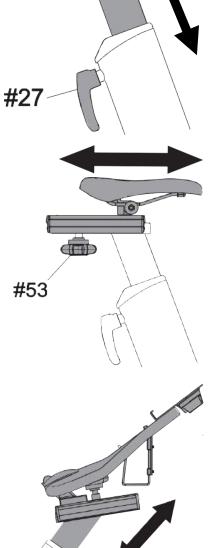
Turn the **Fixed Handle (27)** <u>counter-clockwise</u> ♂ to loosen the post. Adjust the seat up or down to your desired position. Turn the **Fixed Handle (27)** <u>clockwise</u> ♂ to secure the seat again. **Do not raise the seat post over the STOP line.** 

#### Seat Slide Adjustment

Turn Adjustable Knob (53) <u>counter-clockwise</u> ♂ to loosen the seat. Slide the seat to your desired reach. Turn the Adjustable Knob (53) <u>clockwise</u> ℃ to lock.

## Handlebar height adjustment

Turn the **Fixed Handle (27**) <u>counter-clockwise</u> ♂ to loosen the handles. Slide the handlebar up or down to your desired position. Turn the **Fixed Handle (27)** <u>clockwise</u> ひ to lock. **Do not raise the handlebar post over the STOP line.** 



#27

#53

#### Handlebar slide adjustment

Turn **Adjustable Knob (53)** <u>counter-clockwise</u> ♂ to loosen the handles. Slide the handlebar to desired reach. Turn the **Adjustable Knob (53)** <u>clockwise</u> ℃ to lock.

## **OPERATIONS & ADJUSTMENTS**

## **Tension Adjustment**

Turn the **Adjustable Knob (98)** <u>clockwise</u> <sup>ひ</sup> to increase tension Turn **Adjustable Knob (98)** <u>counter-clockwise</u> <sup></sup> to decrease tension.

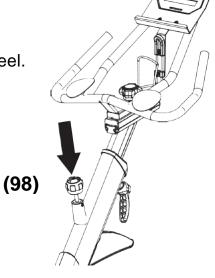
# **Emergency Stop**

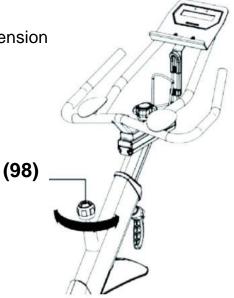
Press down on the Adjustable Knob (98) to stop the flywheel.

## **Foot Strap**

Put your foot as forward as possible into the shoe cage, and then pull the foot strap until it is snug around your shoe to avoid slipping off the pedal. See the illustration to the right.







## **CONSOLE FUNCTIONS**



## **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.

### **DISPLAY FUNCTION**

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

## **CONSOLE FUNCTIONS**

### **OPERATING PROCEDURE**

#### POWER ON:

Start Training by pedaling.



#### MANUAL PROGRAM

Set Target Time, Distance and Calories by pressing the MODE button.



#### Note:

- 1. The console requires four 1.5 Volt AA Alkaline Battery.
- 2. When user stops pedaling for 4 minutes, the console will enter into sleep mode automatically.
- 3. If the console acts abnormal you can press the "Reset" button, this will clear your screen.
- 4. The red low power light will turn on when batteries are low.

### TROUBLESHOOTING

#### The console is not working correctly or is not working at all.

Be sure to check to that the console cables are all connected securely. Be sure that there is adequate battery life for the console. Refer to our Console Functions page for more information on how to use the console.

#### The bike trainer wobbles or shakes when in use

Adjust the stabilizers located underneath the bikes for both the front and the rear. The stabilizers needs to all be evenly touching the ground and locked in place. Refer to our Operations & Adjustments pages on leveling the stabilizers.

#### There are squeaking noises occurring during usage

There may be loose bolts and nuts that were not assembled correctly. Be sure to inspect all the bolts and nuts and tighten them if they are not already. Be sure that there are bolts where the assembly instructed installation of bolts.

#### I do not see readings or there are inconsistent/erratic heart rate readings

Before wearing, try adding a few drops of water to the sensor strips of the chest belt. Do not add more than a few drops of water. Refer to our Heart Rate Chest Belt page for more information on the guidelines of the belt usage.

### MAINTENANCE

#### Cleaning

The bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any plastic parts. Wipe your perspiration off the bike trainer after each use. Be careful not to get excessive moisture on the console display panel as that might cause an electrical hazard or the electronics to fail. Please keep the bike, especially the 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 if used frequently.

#### Storage

Store the bike trainer in a clean and dry environment and away from children and pets.

#### Thread sealant instruction

If any parts need to be applied with the thread sealant, the parts must be cleaned before application. Wait at least 12 hours for the sealant to cure after application. Use the bike only after the part applied with thread sealant has time to cure.

## 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:

#### **COMPONENT LENGTH OF WARRANTY**

Frame	10 Years For Home Use Only
Parts	5 Years For Home Use Only
Electronic/Wearable Parts	2 Years 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. 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**

For best service, please email our customer service department:

#### Service@paradigmhw.com

Response Time: 1-2 Business Days

Daily 8:00 AM - 5:00 PM (PST). Response Time may vary.

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

## PARTS REQUEST FORM

# Paradigm Health & Wellness, Inc.

#### EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

# Service@paradigmhw.com \*

NAME:				
ADDRESS:				
CITY:		_ STATE:	_ ZIP:	
TELEPHONE:	(Day)			
SERIAL#:				
MODEL#:				
PURCHASE DAT	E:			

PART #	DESCRIPTION	QTY

#### "YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

This form can also be faxed in Fax #: 626-810-2166