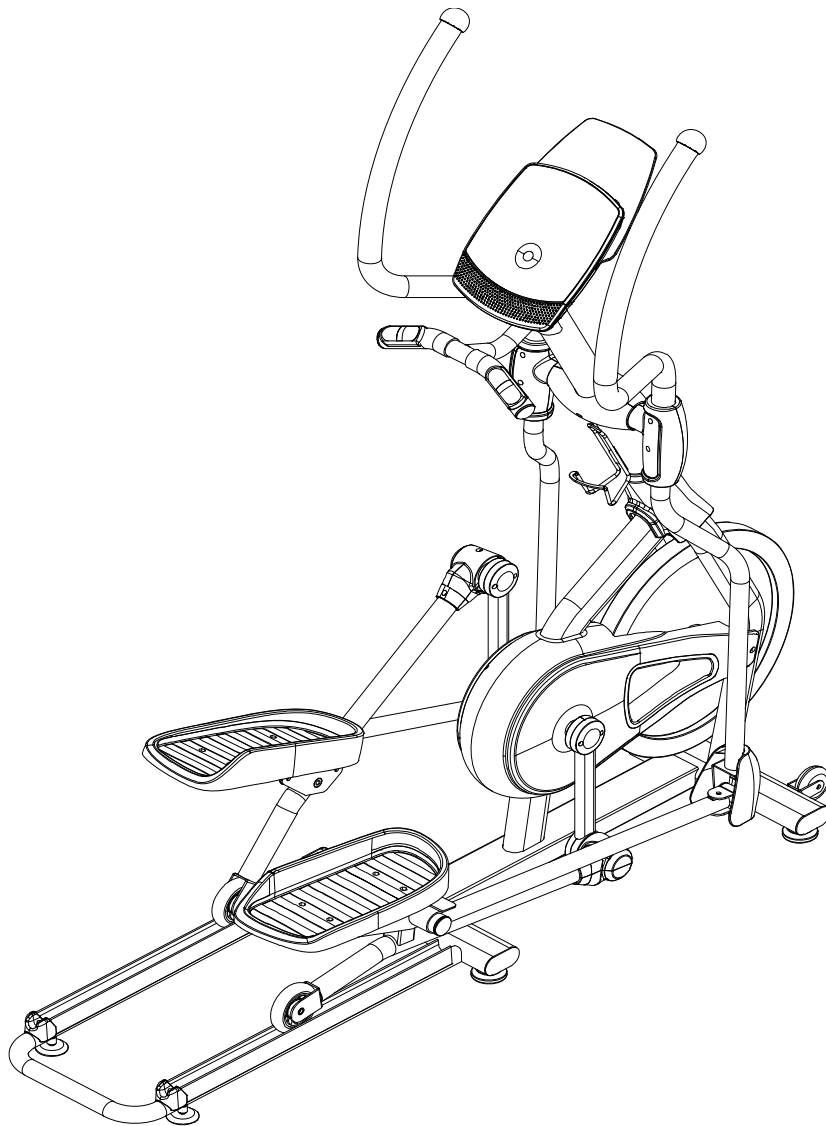




710ST SMART TECHNOLOGY FLYWHEEL ELLIPTICAL TRAINER



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, subject to change without notice.



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

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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 by the below methods:

For The Best Service, please Email:

service@paradigmhw.com

Response Time: 1-2 Business Days

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

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7920

(8:00 AM - 5:00 PM Pacific Standard Time, Daily)

Response time may vary via calling

Please have the following information ready when requesting for service:

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

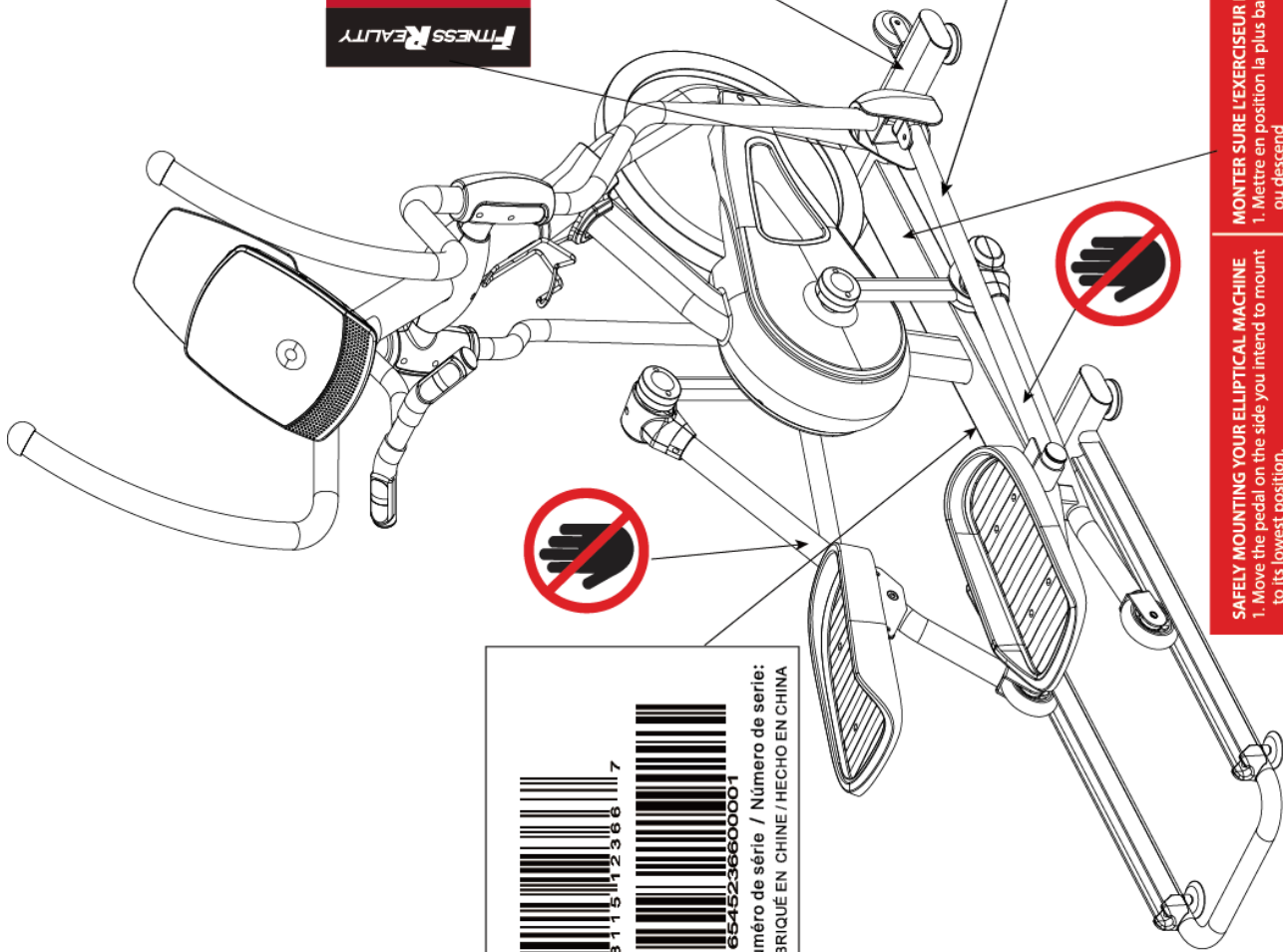
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENTS



Fitnes Reality

For customer assistance, daily:

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

Para servicios al cliente,
llame al, diario:

1-844-641-7920

8 am - 5 pm PST

Maximum weight capacity is 300 lbs.

**Le poids maximum pour ce produit
est 136 kgs.**

La capacidad de peso máxima es 136 kg



8 88115112366114



116545236600001

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

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 dismount.

MONTER SURE 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.

CÓMO SUBIRSE DE FORMA SEGURA EN SU MÁQUINA ELÍPTICA

1. Mueva el pedal del lado en el que desea subirse, a la posición más baja.
2. Con la mano adecuada, sostenga el manubrio que esté más cerca de usted.
3. Coloque primero el pie adecuado en el pedal del lado más cercano y luego el pedal más alejado.
4. Siga estos pasos en orden inverso para bajarse.

IMPORTANT SAFETY GUIDELINES

Read all guidelines before using this machine. When using this machine, 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. Before using this equipment, we recommend doing warm ups.
4. Only one person should be using the equipment at a time.
5. 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.
6. Always use this equipment on a clear and level surface.
7. For household use only.
8. Do not use outdoors, near water, or in a moist condition.
9. Use the machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
10. Do not wear loose clothing when using the equipment.
11. Never drop or insert any object into any opening.
12. 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.
13. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
14. This product requires a minimum of 6 square feet of space for safe operation.
15. Be careful to always hold onto the handlebars when you're mounting and dismounting.
16. Be careful to have the pedals at their lowest point when stepping off.
17. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
18. **Warning:** - Risk of Personal Injury - Consult with your personal physician to see if exercise 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.
19. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
20. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
21. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
22. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
23. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using This Machine

IMPORTANT SAFETY GUIDELINES

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 CAPACITY

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

The Maximum User Height for this product is **6'6"/198**cm.

**RETAIN THIS OWNER'S MANUAL AND KEEP THE ORIGINAL
PURCHASE RECEIPT FOR FUTURE REFERENCE.**

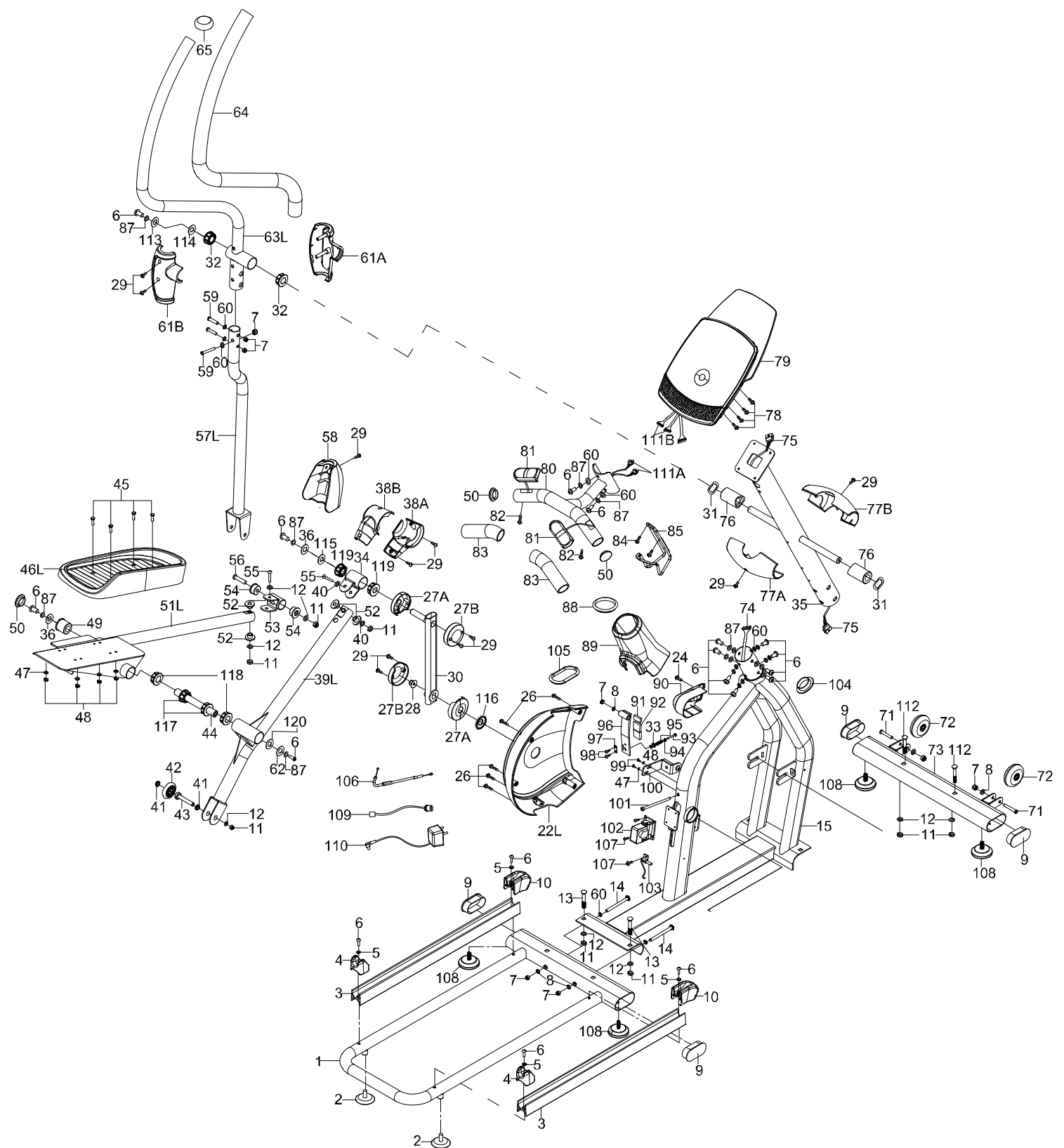
&

SAVE THESE GUIDELINES

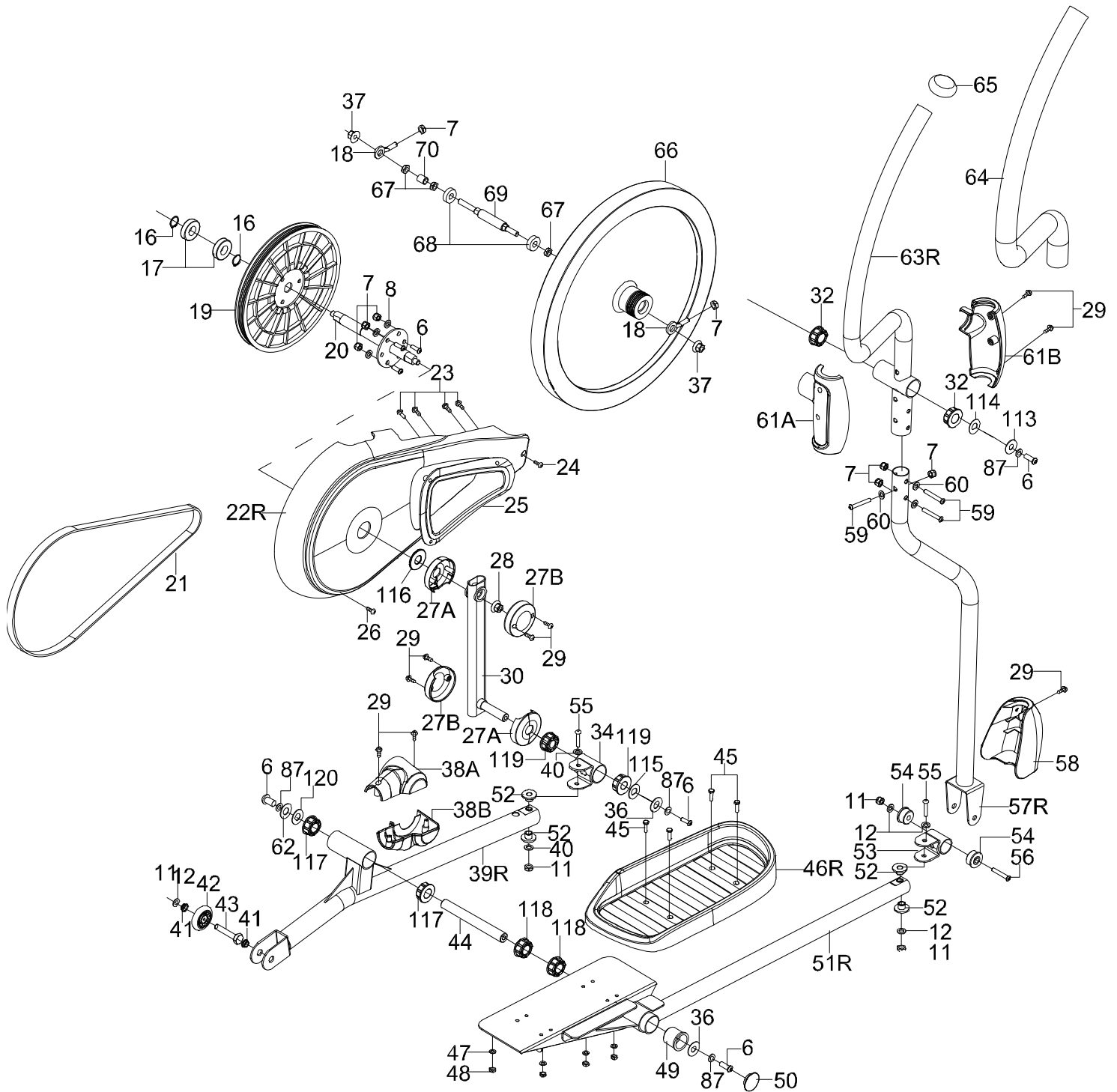


The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble the unit.

OVERVIEW DRAWING



OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Rear Stabilizator	1
2	Foot pad	2
3	Aluminum Track rail	2
4	Track Tube End cap	2
5	Tapered Spacer $\phi 11 \times \phi 8.2 \times 3.5$	4
6	Hexagon Socket Bolt M8*20	25
7	Locknut M8	16
8	Washer $\phi 8$	8
9	Elliptical Tube End Cap	4
10	Track Tube End Cap(Front) 77.5*60*45	2
11	Locknut M10	12
12	Washer $\phi 10$ Zinc Black	14
13	Carriage Bolt M10*60	2
14	Hexagon Socket Bolt M8*100	2
15	Main Frame	1
16	Washer on $\phi 19$	2
17	Bearing	2
18	Bolt M8	2
19	Pulley	1
20	Axle	1
21	Belt	1
22L	Left Axle Cover	1
22R	Right Axle Cover	1
23	Cross Recessed Pan Head Tapping Screw ST4.2*10	4
24	Cross Recessed Pan Head Screw M5*12	2
25	Right Axle Cover	1
26	Cross Recessed Pan Head Tapping Screw ST4.2*25	6
27A	Left Crank Cover	4
27B	Right Crank Cover	4
28	Hexagon Nuts with Flange M10*1.25	2

No.	Description	Qty
29	Cross Recessed Pan Head Tapping Screw ST4.2*16	20
30	Crank Assembly	2
31	Wave Washer $\phi 19$	2
32	Nylon Bushing $\phi 38.1 \times \phi 19.1 \times 15.38$	4
33	Washer $\phi 6$	1
34	Crank U-Bracket	2
35	Upright Post	1
36	Washer $\phi 8$	4
37	Hexagon Nuts with Flange M10*1	2
38A	Rail Tube Cover (upper)	2
38B	Rail Tube Cover (lower)	2
39L	Left Wheel Arm	1
39R	Right Wheel Arm	1
40	Washer $\phi 20 \times \phi 10.5 \times 1.0$	4
41	Wheel Bushing $\phi 16 \times \phi 10 \times 5$	4
42	Wheel	2
43	Hexagon Bolt M10*45	2
44	Pedal Axle	2
45	Hexagon Bolt M6*18,	8
46L	Left Pedal	1
46R	Right Pedal	1
47	Washer $\phi 6$	10
48	Lock Nut M6	8
49	Bushing $\phi 38 \times \phi 19 \times 32$	2
50	Round Tube End Cap	4
51L	Left Pedal Assembly	1
51R	Right Pedal Assembly	1
52	Nylon Bush $\phi 28 \times \phi 14 \times \phi 10.2 \times 10$	8
53	U Bracket	2
54	Bushing $\phi 32 \times \phi 10 \times 16$	4

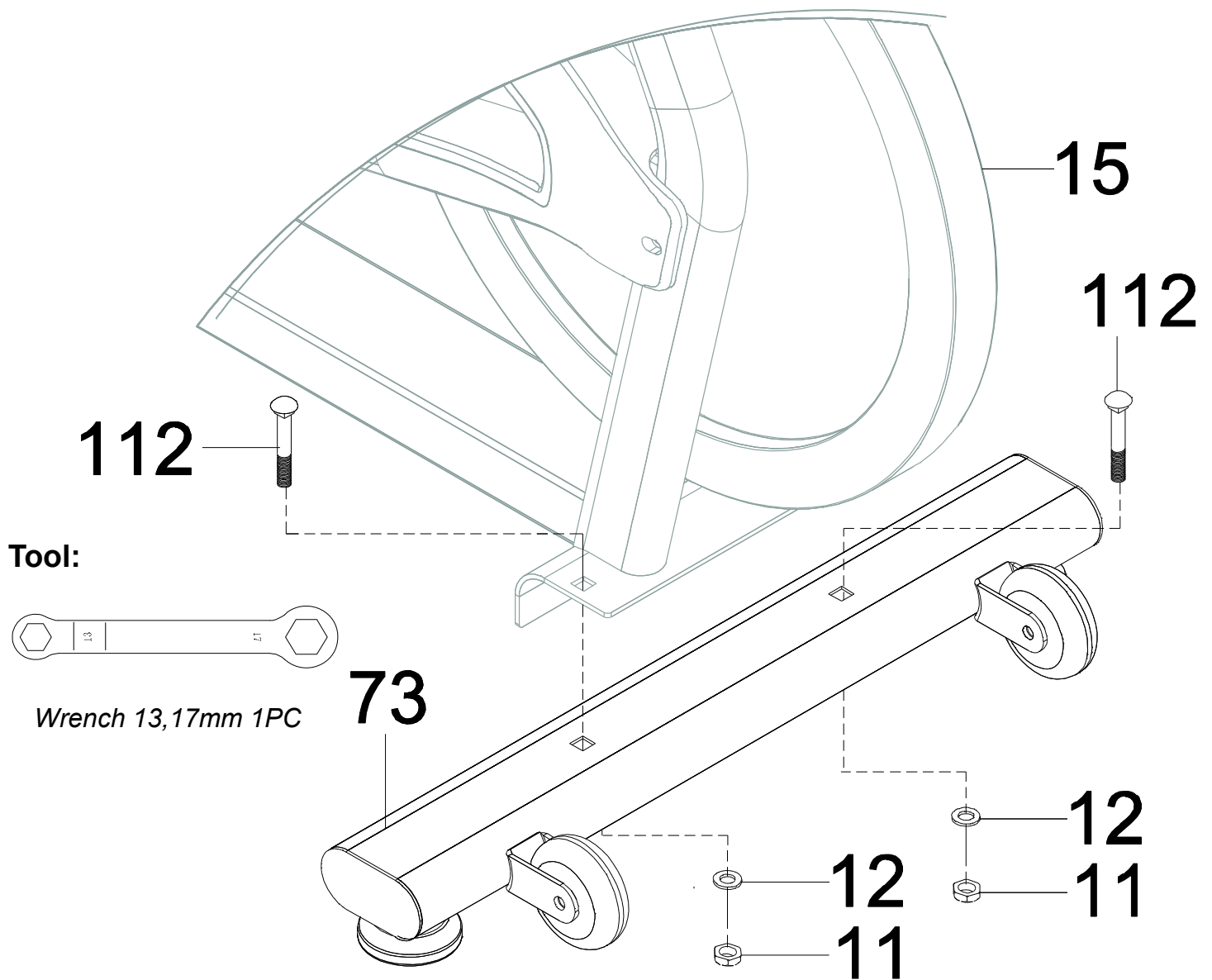
PARTS LIST

No.	Description	Qty
55	Hexagon Socket Bolt M10*55	4
56	Hexagon Socket Bolt M10*70	2
57L	Left Lower Handle Bar Assembly	1
57R	Right Lower Handle Bar Assembly	1
58	Pivot Cover	2
59	Hexagon Socket Button Head Bolt M8*45	6
60	Curve Washer Φ8	18
61A	Front Handlebar Shield	2
61B	Rear Handlebar Shield	2
62	Washer Φ38Φ8*1.75	4
63L	Left Handle Bar	1
63R	Right Handle Bar	1
64	Handle Grip	2
65	End Cap	2
66	Flywheel	1
67	Hexagon Nut M12*1.25	3
68	Ball Bearing	2
69	Fly Wheel Axle	1
70	Flywheel Bushing φ16*φ12*9.5	1
71	Hexagon Socket Bolt M8*42	2
72	Wheel Assembly φ68*24	2
73	Front Stabilizer	1
74	Main Frame Wire L600MM	1
75	Upright Wire L950MM	1
76	Bushing φ38*φ19.5*64.3	2
77A	Front Handle Joint cover	1
77B	Rear Handle Joint cover	1
78	Cross Recess Head Screw M4*10	4
79	Console L:50MM	1
80	Handle bar	1
81	Pulse Plate	2
82	Cross Tapping Screw ST4.2*25	2
83	Handle Bar Grip	2
84	Cross Recess Head Screw with Washer M5*15	2
85	Bottle holder	1

No.	Description	Qty
87	Spring Washer Φ8	18
88	Upright Rubber Ring	1
89	Upright Cover	1
90	Cover	1
91	Magnet 25.4*12.7*6.4	1
92	Magnet 25.4*25.4*6.35,	2
93	Hexagon Bolt M6*60	1
94	Hexagon Nut M6	2
95	Spring φ7*45	1
96	Magnet Plate	1
97	String Plate	1
98	Cross Recess Head Screw M4*10	6
99	Socket Head Cap Screw M6*15	2
100	Magnet Adjust Bracket	1
101	Hexagon Socket Screw M6*110	1
102	Motor	1
103	Sensor 150MM	1
104	Round Tube End Cap	1
105	Elliptical Tube Ring	1
106	Motor Cord	1
107	Cross Recess Head Screw ST4.2*15	1
108	Foot Pad	4
109	Wire 600MM	1
110	Transformer	1
111A	Pulse Sensor Wires I	2
111B	Pulse Sensor Wires II	2
112	Carriage Bolt M10*55	2
113	Washer Φ8*25.4*2.2mm	2
114	D Washer φ25*φ19.2	2
115	D Washer φ22*φ16.1	2
116	Crank Cover	2
117	Bushing Φ34.15*Φ19.04*δ2.5 Metal	4
118	Bushing φ34.1*φ19.15*2.3 POM	4
119	Bushing Φ34.1*Φ15.95*δ3.0 POM	4
120	Wave Washer Φ38	2



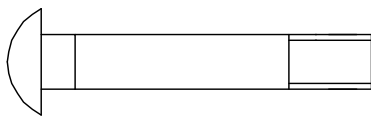
ASSEMBLY



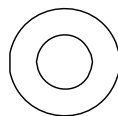
Step 1

1A. Installing The Front Stabilizer – Lift up the front of the **Main Frame (15)** and align the holes of the **Front Stabilizer (73)** with the bracket holes on the **Main Frame (15)**. Ensure that the wheels are facing outwards. Secure and tighten the **Front Stabilizer (73)** with two **Carriage Bolts (112)**, two **Locknuts (11)** and two **Washers (12)** using the **13, 17mm Wrench** provided.

Hardware:



(112) Carriage Bolt
2 PCS



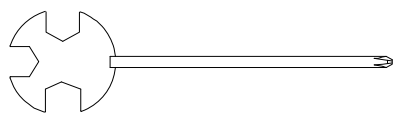
(12) Washer
2 PCS



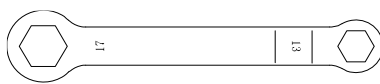
(11) Lock Nut
2 PCS

ASSEMBLY

Tools:



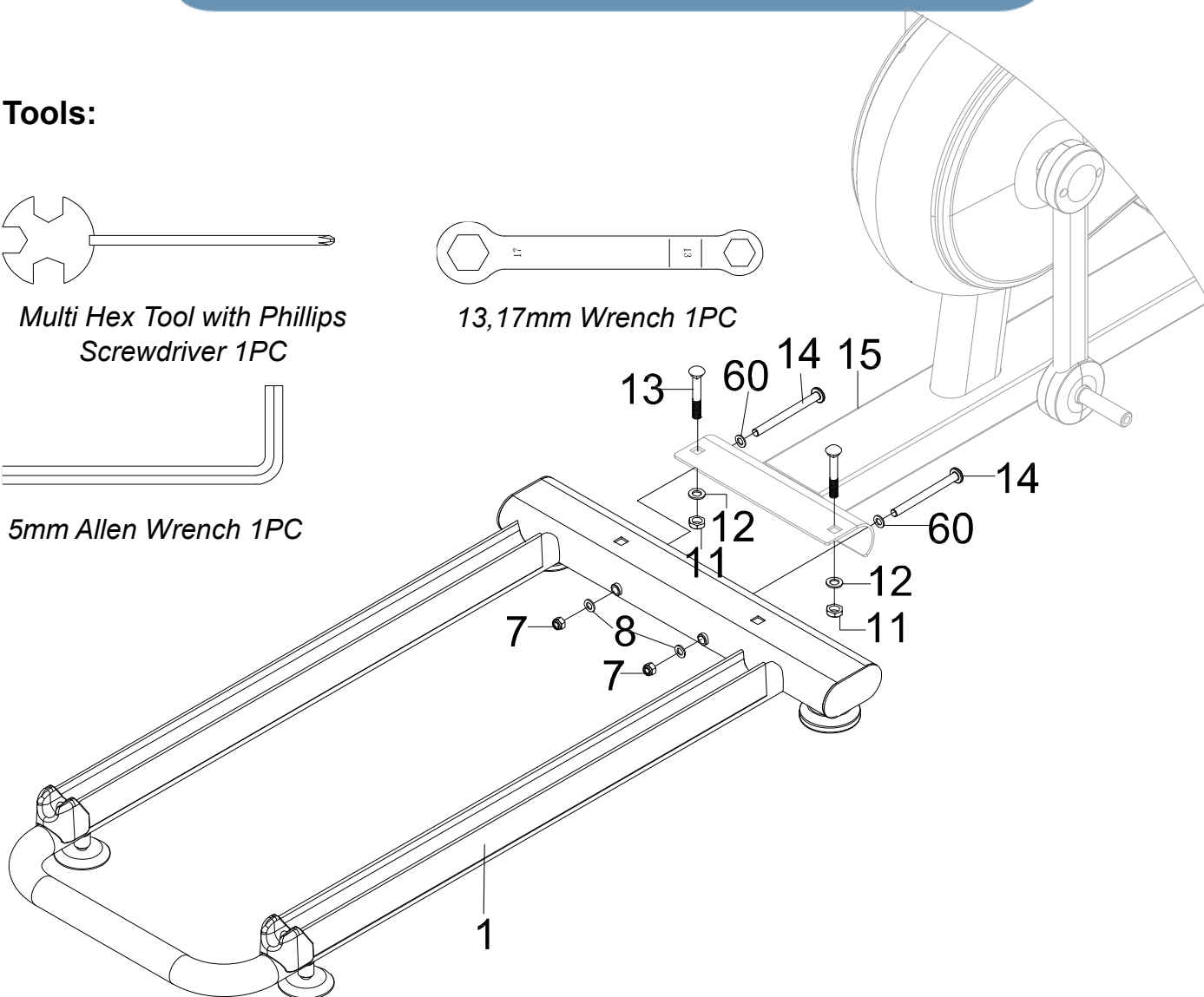
Multi Hex Tool with Phillips Screwdriver 1PC



13,17mm Wrench 1PC



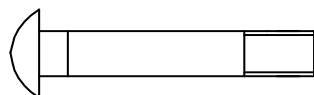
5mm Allen Wrench 1PC



Step 2

2A. Installing The Rear Stabilizer – Lift the **Main Frame (15)** up and slide the **Rear Stabilizer (1)** into the curved bracket. Align the holes on the **Main Frame (15)** and the **Rear Stabilizer (1)**. Insert two **Carriage Bolts (13)**, through the top, and secure with two **Washers (12)**, and two **Locknuts (11)**. Then on the side, attach two **Hexagon Socket Bolts (14)**, two **Curve Washers (60)**, two **Washers (8)**, and two **Locknuts (7)**. Tighten the Bolts and Nuts with the **Multi-Hex Tool with Phillips Screwdriver**, **13, 17mm Wrench**, and **5mm Allen Wrench** provided.

Hardware:



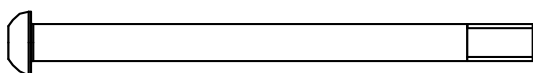
(13) Carriage Bolt
2 PCS



(12) Washer
2 PCS



(11) Locknut
2 PCS



(14) Hexagon Socket Bolt
2pcs



(8) Washer
2 PCS

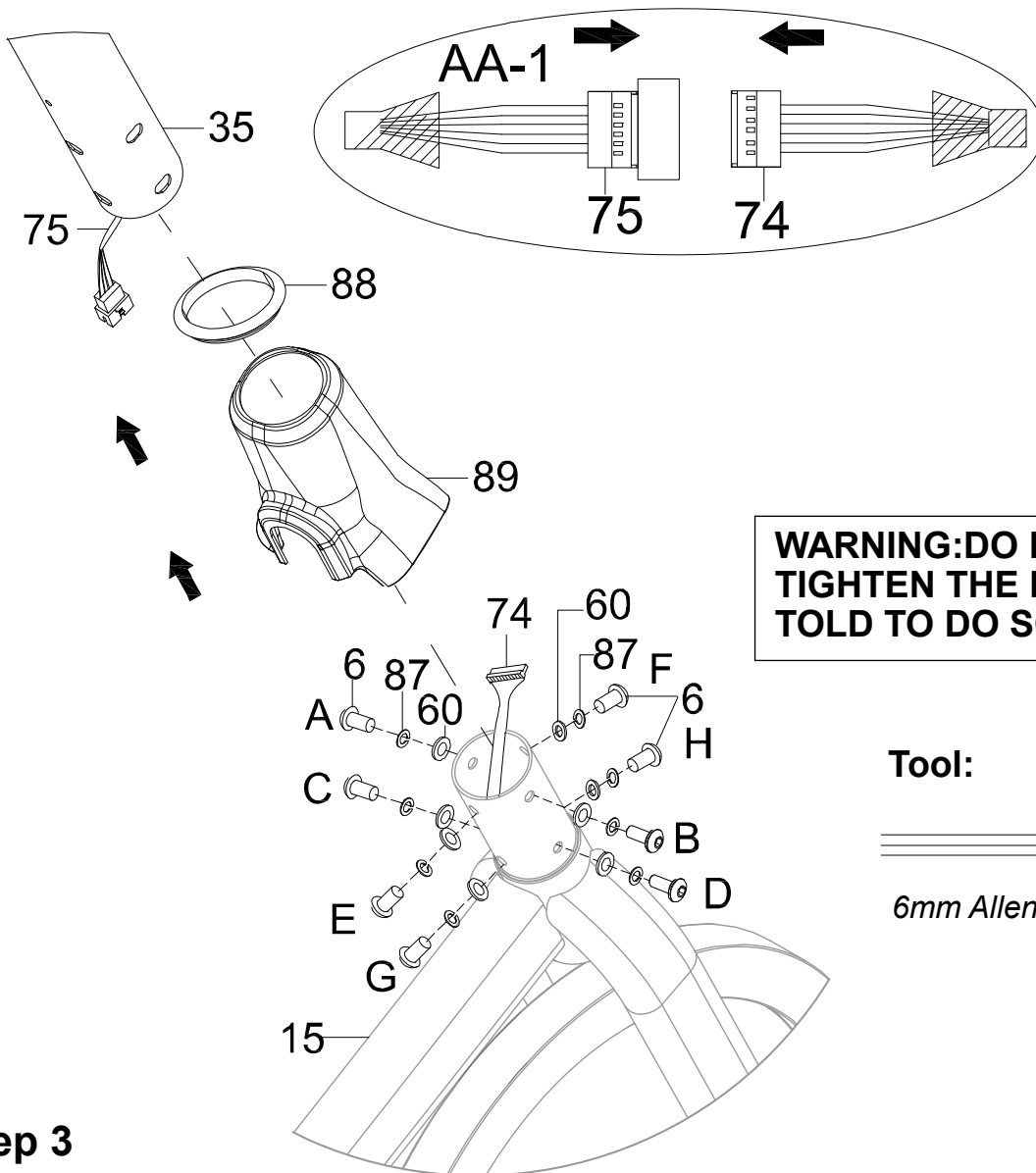


(7) Locknut
2 PCS



(60) Curve Washer
2 PCS

ASSEMBLY



Step 3

3A. Installing the Upright Cover & Ring – Slide the **Upright Rubber Ring (88)** and **Upright Cover (89)** onto the **Upright Post (35)**. Hold the parts above the bolt holes for the steps 3b and 3c.

3B. Connecting the Wires – Connect the **Upright Wire (75)** to the **Mainframe Wire (74)**. After connecting the wires carefully tuck the wires inside the tubes and slide the **Upright Post (35)** fully onto the **Main Frame (15)**.

3C. Installing the Upright Post - Secure the **Upright Post (35)** to the **Main Frame (15)** by hand tightening the eight **Hexagon Socket Bolts (6)**, eight **Spring Washers (87)**, and eight **Curve Washers (60)**.

WAIT: Fully tighten the bolts in **STEP 7** in the following sequence using the 6mm Allen Wrench provided: **A, B, C, D, E, F, G, and H**.

Hardware:



(6) Hexagon Socket Bolt
8pcs



(87) Spring Washer
8pcs



(60) Curve Washer
8 PCS

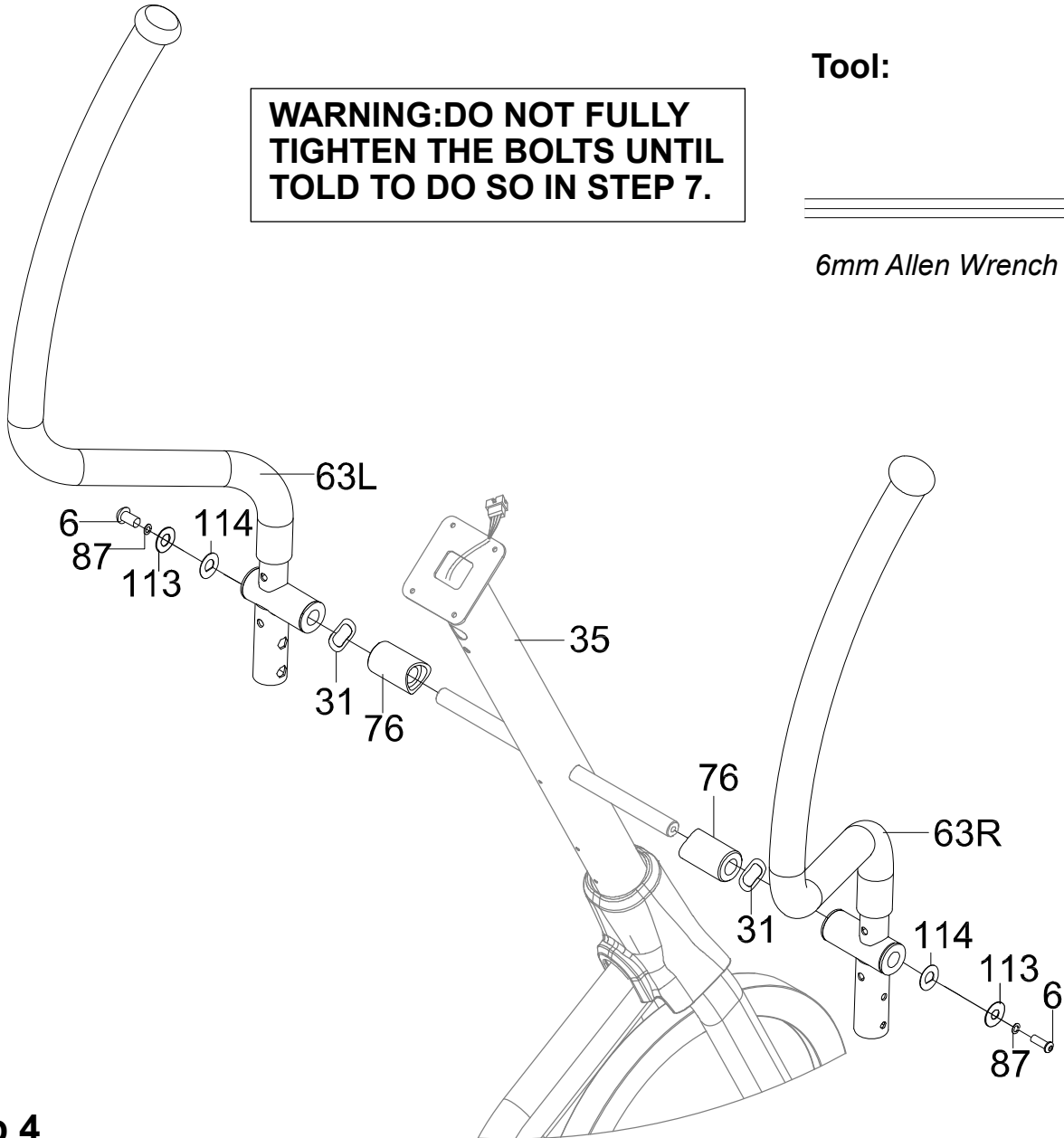
ASSEMBLY

**WARNING:DO NOT FULLY
TIGHTEN THE BOLTS UNTIL
TOLD TO DO SO IN STEP 7.**

Tool:



6mm Allen Wrench 1PC



Step 4

4A. Installing the Left & Right Handlebars – Insert a **Bushing (76)** and **Wave Washer (31)** onto the ends of the smaller tubes sticking out perpendicular to the **Upright Post (35)**. Attach the **Right Handlebar (63R)** with one **D Washer (114)**, one **Washer (113)**, one **Spring Washer (87)** and one **Hexagon Socket Bolt (6)**. Hand tighten the bolt and repeat this step for the **Left Handlebar (63L)**.

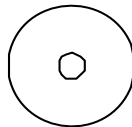
Hardware:



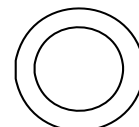
**(6) Hexagon Socket
Bolt 2pcs**



**(87) Spring Washer
2pcs**



**(113) Washer
2pcs**



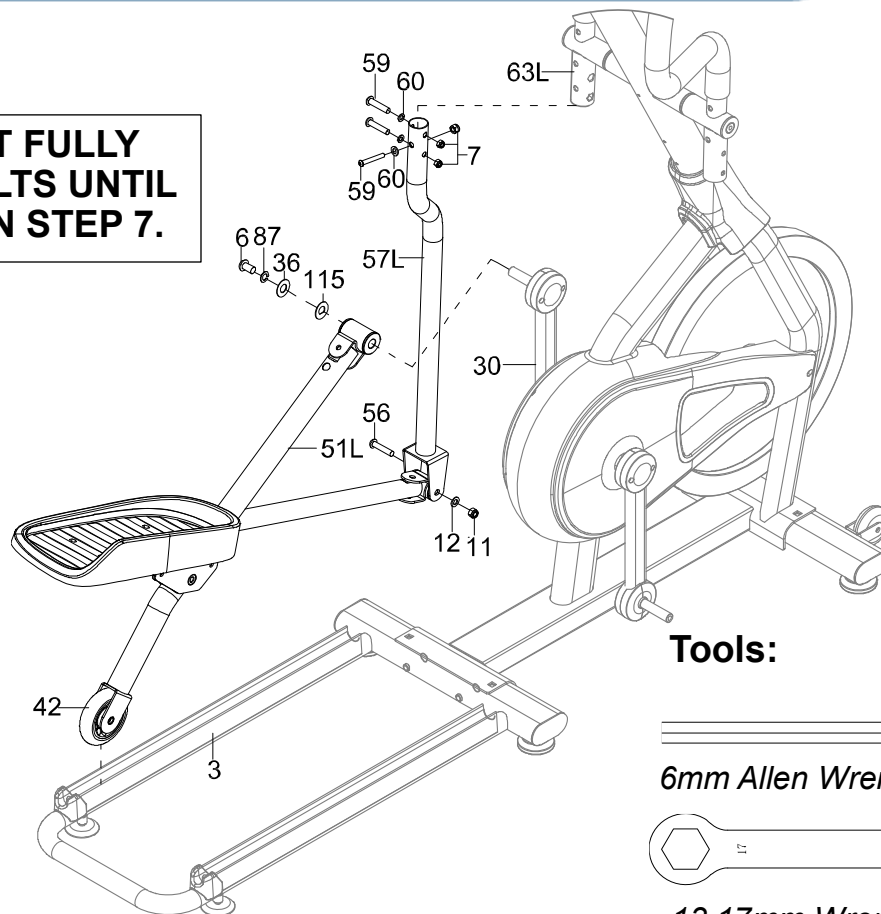
**(31) Wave Washer
2pcs**



**(114) D Washer
2pcs**

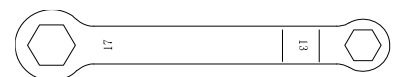
ASSEMBLY

**WARNING:DO NOT FULLY
TIGHTEN THE BOLTS UNTIL
TOLD TO DO SO IN STEP 7.**



Tools:

6mm Allen Wrench 1PC



13,17mm Wrench 1PC

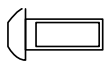
Step 5

5A. Installing the Left Side Lower Handlebar – Ensuring that the lower half curves outwards, install the **Left Lower Handlebar (57L)** to the **Left Handlebar (63L)** with three **Hexagon Socket Bolts (59)**, three **Curve Washers (60)**, three **Lock Nuts (7)**. Tighten the bolts with the **6mm Allen Wrench**. Make sure that the bolts are inserted as shown in the image.

5B. Installing The Left Pedal Assembly – Place the **Wheel (42)** on the **Aluminum Track Rail (3)** and lift the **Crank U Bracket (34)** to the **Crank (30)** and slide the bracket onto the crank. Secure the bracket with one **Hexagon Socket Bolt (6)**, one **Spring Washer (87)**, one **Washer (36)**, and one **D Washer (115)**. Tighten the bolt with the **6mm Allen Wrench** provided.

5C. Installing The Left Pedal Assembly To The Handlebars – Lift the **U Bracket (53)** and connect it to the **Left Lower Handlebar (57L)** with one **Hexagon Socket Bolt (56)**, one **Washer (12)**, one **Lock Nut (11)**. Tighten the bolt and nut simultaneously by using the **6mm Allen Wrench** and **13, 17mm Wrench**.

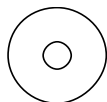
Hardware:



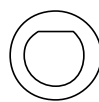
(6) Hexagon
Socket Bolt
1pc



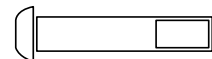
(87) Spring
Washer
1pc



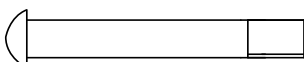
(36) Washer
1pc



(115) D Washer
1pc



(59) Hexagon
Socket Bolt
3pcs



(56) Hexagon
Socket Bolt 1pc



(12) Washer
1pc



(11) Lock Nut
1pc



(60) Curve Washer
3pcs



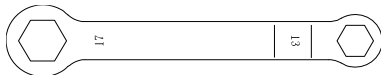
(7) Lock Nut
3pcs

ASSEMBLY

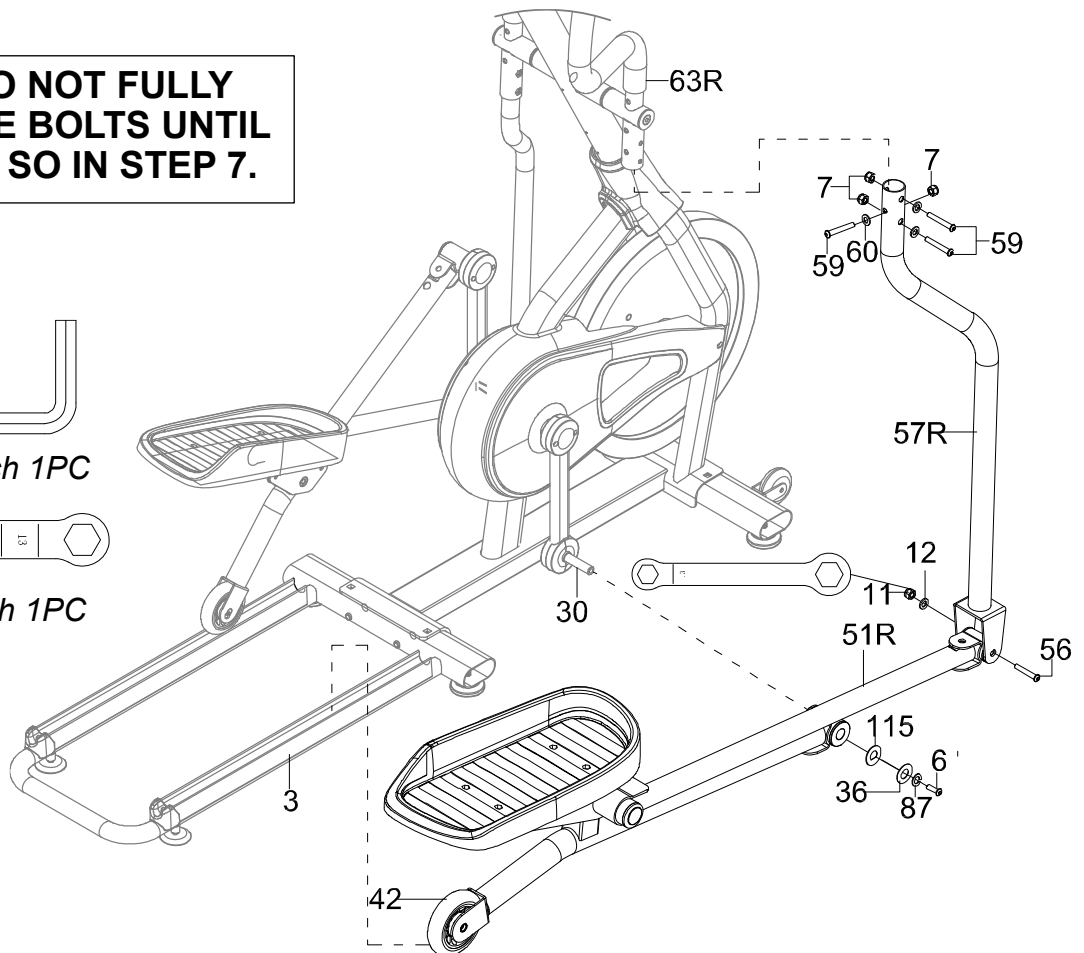
**WARNING:DO NOT FULLY
TIGHTEN THE BOLTS UNTIL
TOLD TO DO SO IN STEP 7.**

Tools:

6mm Allen Wrench 1PC



13,17mm Wrench 1PC



Step 6

6A Installing The Right Side Lower Handlebar – Ensuring that the lower half curves outwards, install the **Right Lower Handlebar (57R)** to the **Right Handlebar (63R)** with three **Hexagon Socket Bolts (59)**, three **Curve Washers (60)**, three **Lock Nuts (7)**. Tighten the bolts with the **6mm Allen Wrench**. Make sure that the bolts are inserted as shown in the image.

6B Installing The Right Pedal Assembly – Place the **Wheel (42)** on the **Aluminum Track Rail (3)** and lift the **Crank Bracket (34)** to the **Crank (30)** and slide the bracket onto the crank. Secure the bracket with one **Hexagon Socket Bolt (6)**, one **Spring Washer (87)**, one **Washer (36)**, and one **D Washer (115)**. Tighten the bolt with the **6mm Allen Wrench** provided.

6C Installing The Right Pedal Assembly To The Handlebars – Lift the **U Bracket (53)** and connect it to the **Right Lower Handlebar (57R)** with one **Hexagon Socket Bolt (56)**, one **Washer (12)**, one **Lock Nut (11)**. Tighten the bolt and nut simultaneously by using the **6mm Allen Wrench** and **13, 17mm Wrench**.

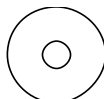
Hardware:



(6) Hexagon
Socket Bolt
1pc



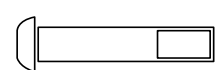
(87) Spring
Washer
1pc



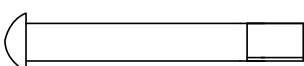
(36) Washer
1pc



(115) D Washer
1pc



(59) Hexagon
Socket Bolt
3pcs



(56) Hexagon Socket
Bolt 1pc



(12) Washer
1pc



(11) Lock Nut
1pc



(60) Curve Washer
3pcs



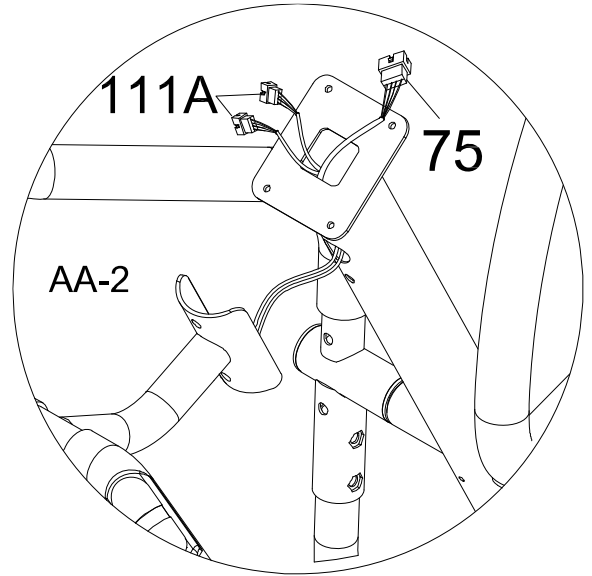
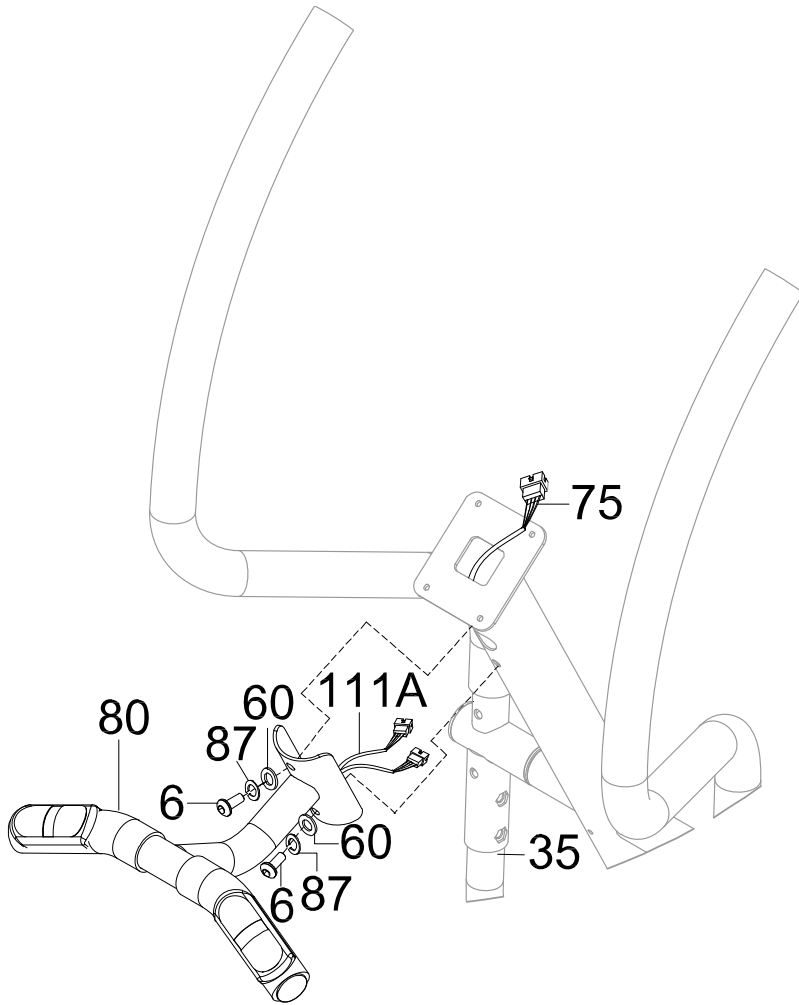
(7) Lock Nut
3pcs

Step 7

Tightening the Hardware of steps 4, 5, and 6:

To ensure smooth and quiet operation of the elliptical do the following:

1. Turn the **Flywheel (66)** 3 times to allow the parts of steps 3, 4, 5, and 6 to self-align.
2. Reference the tool images on each step that are needed.
3. First tighten the hardware of the left side first of the machine in the following order according to the step below:
 - a. Step 3
 - b. Step 4A
 - c. Step 5B
 - d. Step 5A
 - e. Step 5C
4. Make sure the **Wheel (42)** on the **Left Pedal Assembly (51L)** is NOT tilted too much to the LEFT or RIGHT.
5. Repeat 1-2 above for the right side of the machine and tighten the hardware as follows:
 - a.
 - b. Step 3
 - c. Step 4A
 - d. Step 6B
 - e. Step 6A
 - f. Step 6C
6. Make sure the **Wheel (42)** on the **Right Pedal Assembly (51R)** is NOT tilted too much to the LEFT or RIGHT.
7. Take the packet of **Silicon Oil** included and evenly distribute it along both of the **Aluminum Track Rails (3)**.
8. Turn the flywheel a few times to check for smooth and quiet operation of the elliptical.
9. Go through and double check the Hardware of steps 4, 5, and 6 are thoroughly tightened.



Tools:

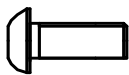


6mm Allen Wrench 1PC

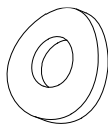
Step 8

8A. Installing The Handlebar – As you are slowly attaching the bracket end of the **Handlebar (80)** to the **Upright Post (35)**, feed the **Pulse Sensor Wires I (111A)** through the **Upright Post (35)** so that it comes out the top of the post. See **Figure AA-2**. Secure the **Handlebar (80)** to the post with two **Hexagon Socket Bolts (6)**, two **Spring Washers (87)**, and two **Curved Washers (60)**. Tighten the Screw with the **6mm Allen Wrench**.

Hardware:



(6) Hexagon Socket Bolt
2pcs

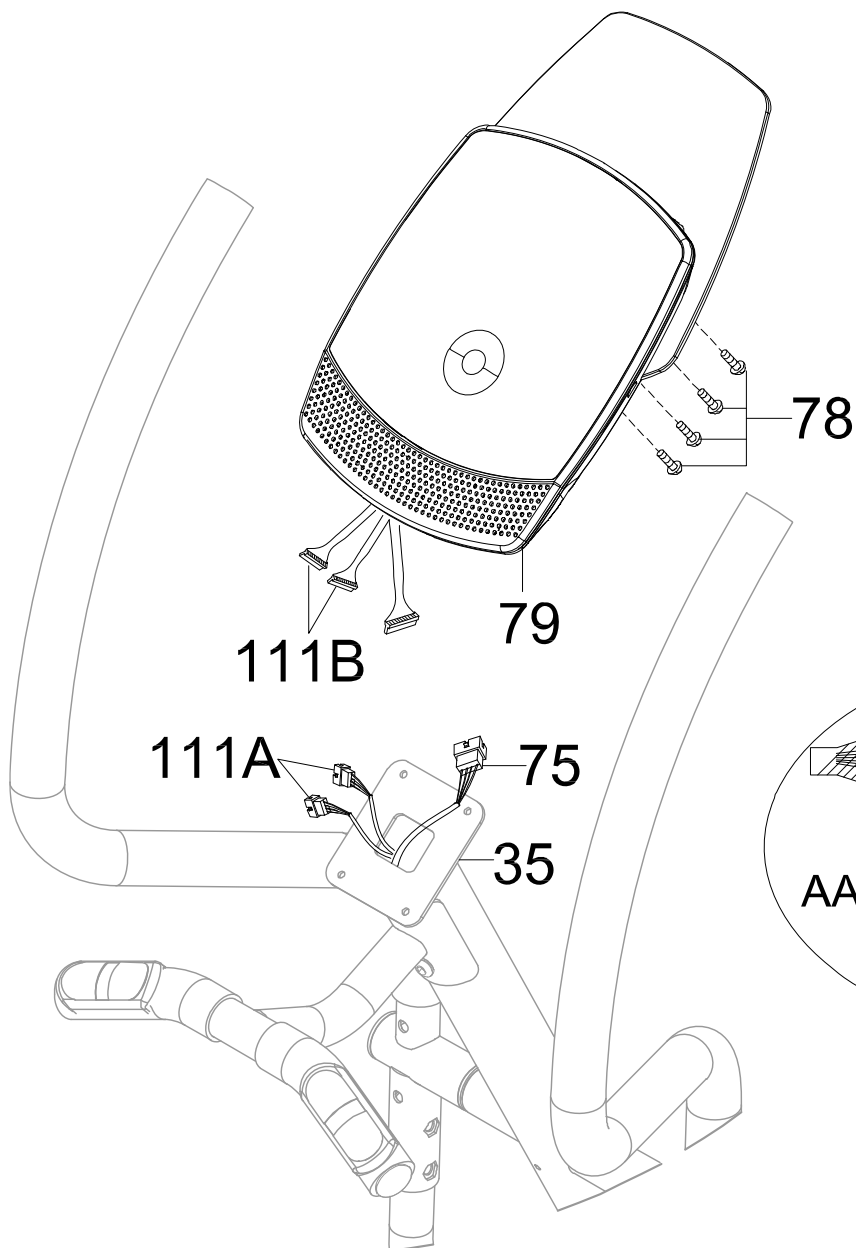


(60) Curved Washer
2pcs

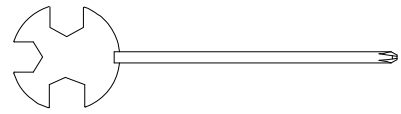


(87) Spring Washer
2pcs

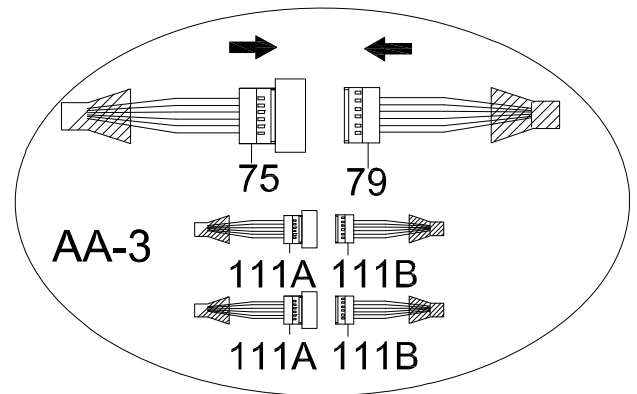
ASSEMBLY



Tool:



*Multi Hex Tool with Phillips
Screwdriver 1PC*



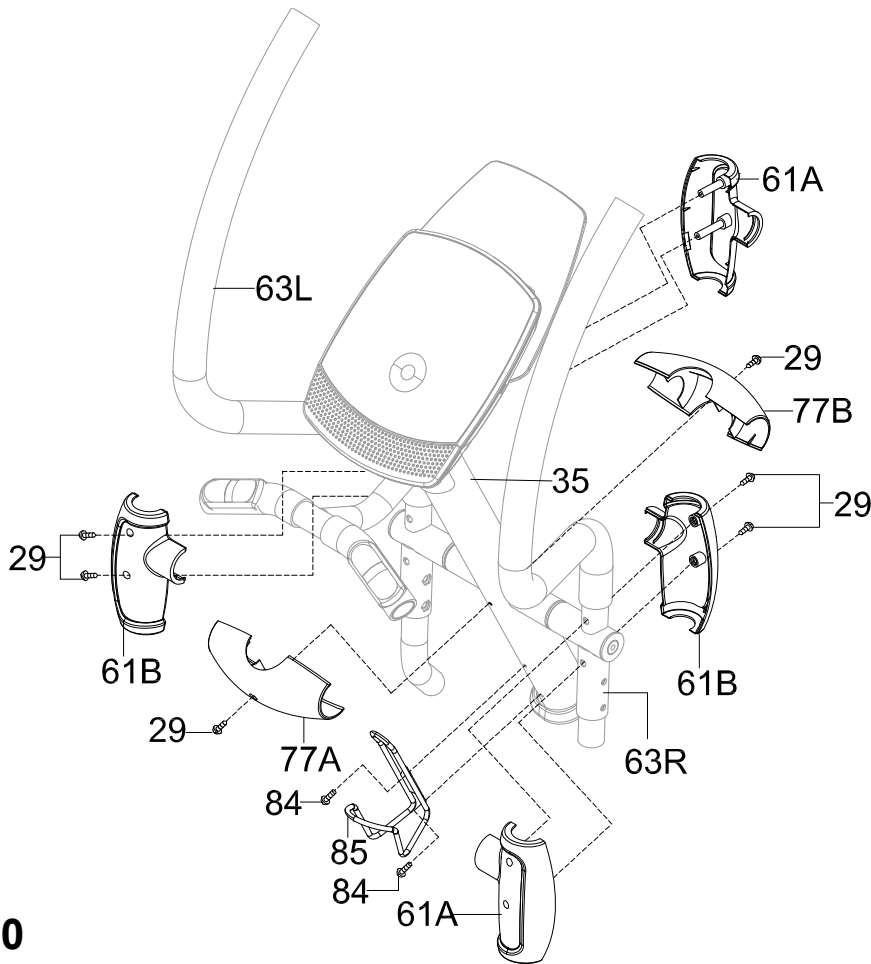
Step 9

9A. Removing the Hardware from the Console – Remove the four **Cross Recess Head Screw (78)** from the **Console (79)** with the **Multi-Hex Tool with Phillips Screwdriver**.

9B. Connecting the Console Wires - As you are lowering the **Console (79)** connect the main wire coming from the console to the **Upright Wire (75)** coming out from the **Upright Post (35)**. Also connect the **Pulse Sensor Wires I (111A)** to the **Pulse Sensor Wires II (111B)**. See **Figure AA-3**.

9C. Installing the Console – Making sure not to pinch any of the wires, push the connected wires down into the opening at the top of the **Upright Post (35)**. Install the **Console (79)** to the **Upright Post (35)** with four **Cross Recess Head Screw (78)**. Tighten the screws with the **Multi-Hex Tool with Phillips Screwdriver**.

ASSEMBLY



Tool:



*Multi Hex Tool with Phillips
Screwdriver 1PC*

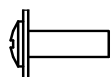
Step 10

10A. Installing The Handle Bar Shield – Install the left side **Front Handle Bar Shield (61A)** and **Rear Handle Bar Shield (61B)** onto the where the joint of the **Left Handlebar (63L)** is with two **Cross Recess Pan Head Tapping Screws (29)**. Tighten the screws using the **Multi—Hex Tool with Phillips Screwdriver**. Repeat the installation of the other **Handle Bar Shields (61A / 61B)** to the **Right Handlebar (63R)** using the same method. Tighten screws with **Multi-Hex Tool with Phillips Screwdriver**.

10B. Installing The Handle Joint Cover – Install the **Front Handle Joint Cover (77A)** and **Rear Handle Joint Cover (77B)** around the **Upright Post (35)** with two **Cross Recess Pan Head Tapping Screws (29)**, and tighten by **Multi-Hex Tool with Phillips Screwdriver**.

10C. Installing The Bottle Holder – Install the **Bottle Holder (85)** with two **Cross Recess Screw with Washers (84)**, and tighten by **Multi-Hex Tool with Phillips Screwdriver**.

Hardware:

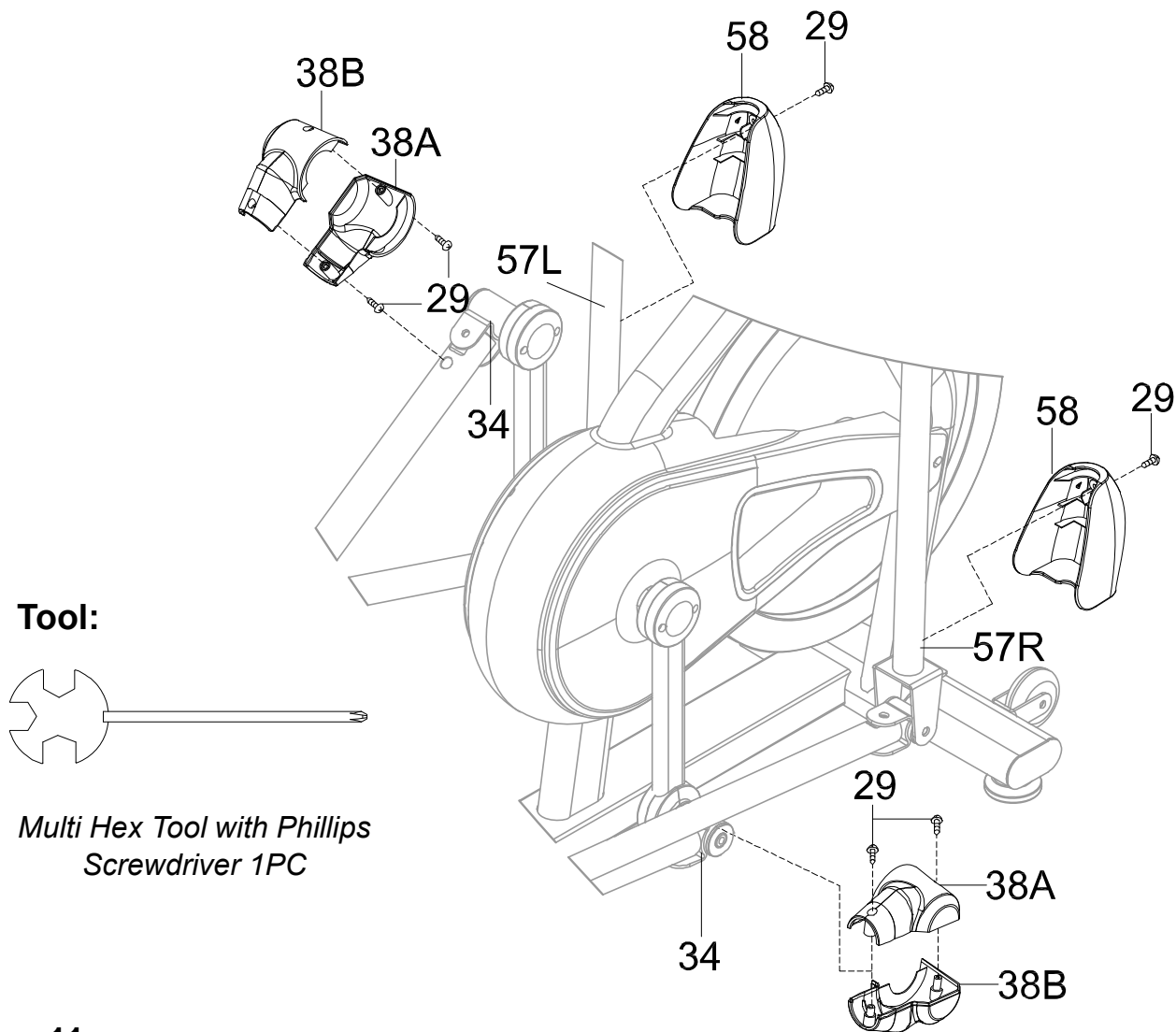


**(84) Cross Recess Head
Screw with Washer
2pcs**



**(29) Cross Recess Pan
Head Tapping Screw
6pcs**

ASSEMBLY



Step 11

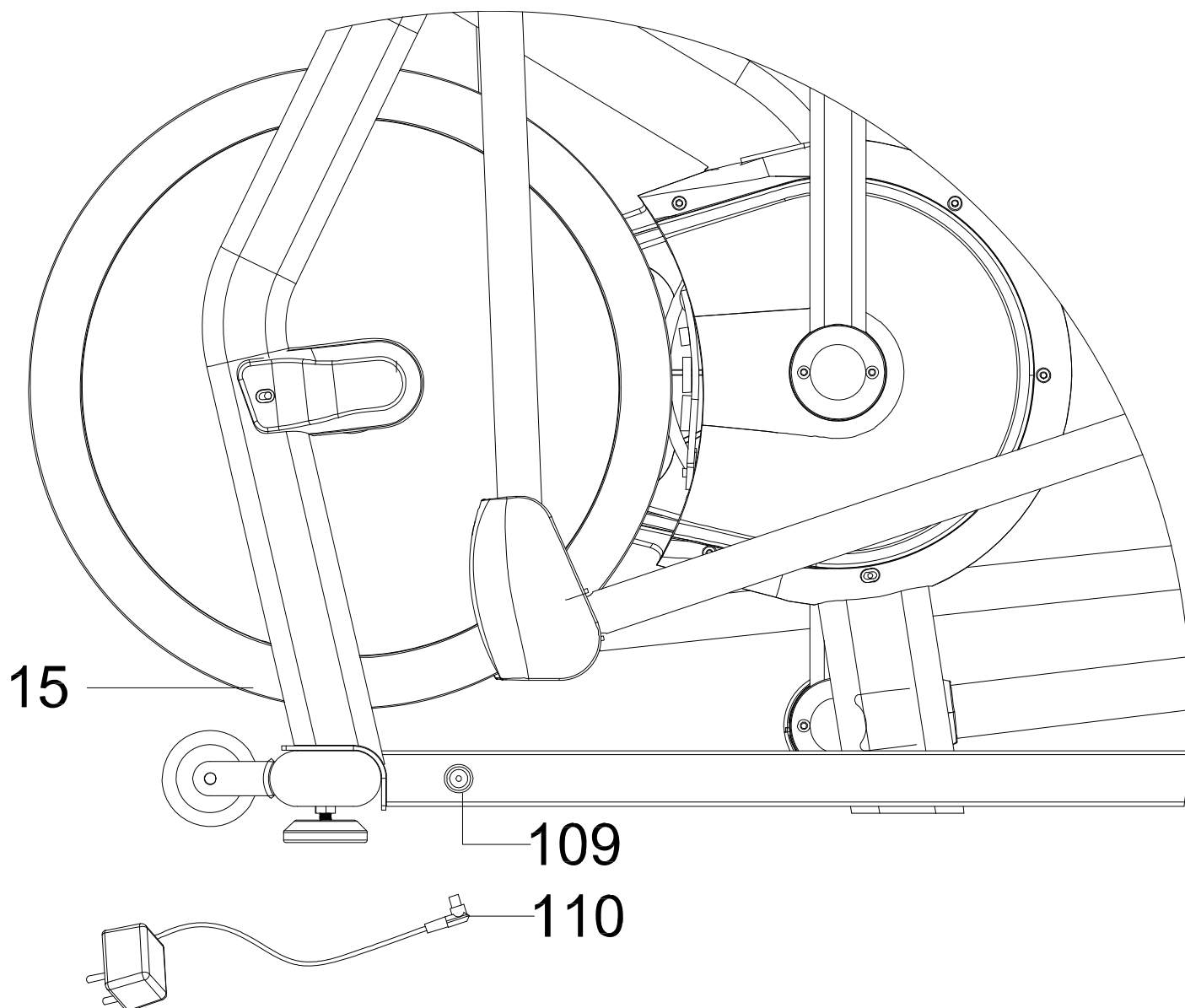
11A. Installing The Crank Covers – Install the **Pivot Covers (58)** to the lower portion of the **Right Lower Handlebar (57R)** and the **Left Lower Handlebar (57L)** with two **Cross Recess Screw Pan Head Tapping Screws (29)**. Tighten the screws using the **Multi—Hex Tool with Phillips Screwdriver**.

11B. Installing The Rail Tube Covers – Install the **Rail Tuber Covers (38A / 38B)** around where each of the **Crank Brackets (34)** are connected with two **Cross Recess Screw Pan Head Tapping Screws (29)**. Tighten the screws using the **Multi—Hex Tool with Phillips Screwdriver**.

Hardware:



**(29) Cross Recess Pan
Head Tapping Screw
6pcs**



Step 12

12A. Power Adaptor Installation – Plug the small end of the **Transformer (110)** into the **Wire (109)** at the rear of the **Main Frame (15)**. Before plugging in the **Transformer (110)** into an electrical outlet.

1. Button Functions

START :

1. Begins the desired workout.
2. Resumes a paused workout session.

STOP :

1. While exercising, press to pause a workout.
2. While paused, press to end the workout.
3. Press and hold for 3 seconds to reset the console.

RETURN:

1. Return to the previous screen.

UP ARROW :

1. While setting up a workout, press to navigate through the options.
2. While setting up a workout, press to increase a value when prompted.
3. While exercising, press to increase the workout resistance.

DOWN ARROW :

1. While setting up a workout, press to navigate through the options.
2. While setting up a workout, press to decrease a value when prompted.
3. While exercising, press to decrease the workout resistance.

OK :

1. Press to confirm a selection.

OK+STOP : Console Settings

1. Press and hold for 3 seconds to enter Setup mode to change the units of measurement and language.
 - a. **Unit options:** English (miles) and Metric (kilometers)
 - b. **Language option:** English, Spanish, and French.
2. This can only be done at the main start screen.

UP+DOWN : Tablet Holder Light

1. Turn on or turn off the tablet holder light.
2. This can be done at anytime.



GENERAL FUNCTIONS:

Use the UP or DOWN buttons to navigate the console options: **PROGRAMS**, and **USERS** then press OK to continue through each of the function's options.

QUICK START:

When the console first turns on you can enter a QUICK START work out by immediately pushing the START button at the main screen.

PROGRAM: Preset Program

1. At the main screen use the UP or DOWN buttons to navigate to the "**PROGRAMS**" selection, then press OK.
2. Select "**PROGRAMS**", and then press OK to confirm the selection.
3. Select one of the twenty preset programs and press OK. At the goals menu, you can set a target goal for Time, Calorie burn, or Distance.
 - a. **Time goals** can be set from 5:00 to 99:00 minutes.
 - b. **Calorie goals** can be set from 10 to 990 calories burned.
 - c. **Distance goals** can be set from 1.0 to 99.9 ML/KM.

The following are the 20 preset programs available.



1 MALIBU



2 QUIET TRAL



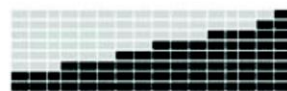
3 THROUGH TOWN



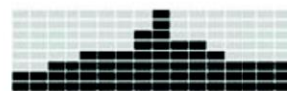
4 ROLLING HILLS



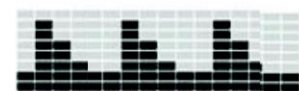
5 YELLOW STONE



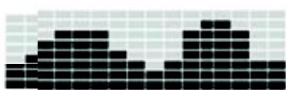
6 UPHILL BATTLE



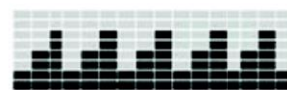
7 EVEREST



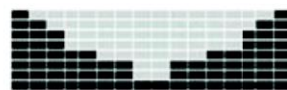
8 EASY BURN



9 KING OF THE HILL



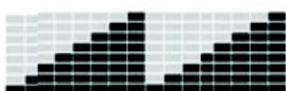
10 HURDLES



11 GRAND CANYON



12 WAVES



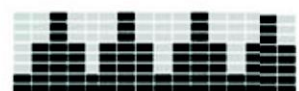
13 STAIRS



14 CLIFFS



15 GIZA



16 CITY RUN



17 BUMPS



18 PULSE



19 HIGH HURDLES



20 TRIATHLON

CUSTOM: Customized Programs

1. At the main screen use the UP or DOWN buttons to navigate to the **"PROGRAMS"** selection, then press OK.
2. Use the UP or DOWN buttons to navigate to **"CUSTOM"**, then press OK to confirm the selection.
3. Press the UP or DOWN buttons to select between C1 or C2, then Press OK.

Custom mode allows the user to create a preset workout profile.

1. Use the UP or DOWN buttons to change the resistance of each column, Press OK to confirm the selection and move to the next. Do this for all 16 Columns and press OK to save the Custom Program.
2. At the goals menu, you can set a target goal for Time, Calorie burn, or Distance.
 1. **Time goals** can be set from 5:00 to 99:00 minutes.
 2. **Calorie goals** can be set from 10 to 990 calories burned.
 3. **Distance goals** can be set from 1.0 to 99.9 ML/KM.

HRC PROGRAMS (Heart Rate Control):

Recovery Test

1. At the main screen use the UP or DOWN buttons to navigate to the **"PROGRAMS"** selection, then press OK.
2. Use the UP or DOWN buttons to navigate to **"HRC"**, then press OK to confirm the selection.
3. Use the UP or DOWN buttons to navigate to **"RECOVERY TEST"**.

The recovery test is meant to rank how quickly your heart rate returns to normal AFTER exercise. Hold the hand pulse sensors and stop exercising for 60 seconds. At the end of 60 seconds, you will be ranked on how well your heart rate returned to normal with A+, A, B+, B, C+, or C.

HRC Heart Rate Control Program

1. At the main screen use the UP or DOWN buttons to navigate to the **"PROGRAMS"** selection, then press OK.
2. Use the UP or DOWN buttons to navigate to the **"HRC"**, then press OK to confirm the selection.
3. Use the UP or DOWN buttons to navigate to **"Heart Rate Control"**. then press OK to confirm the selection.
4. Use the UP or DOWN buttons to navigate and select one of the following:
 - a. **MAX FAT BURN: 65% TIME:45 minutes**
 - b. **CARDIO ZONE: 75% TIME:30 minutes**
 - c. **ENDURANCE: 85% TIME:20 minutes**

The computer will automatically change the resistance to help keep you in the target heart rate zone. After selecting a heart rate control zone, press START to begin.

Note: During heart rate control, UP and DOWN cannot be used to adjust the resistance.

Note: You must have set and selected a User Profile to properly perform Heart Rate Control.

Users:

User Selection

1. At the main screen use the UP or DOWN buttons to navigate to the **"USERS"** selection, then press OK.
2. Use the UP or DOWN buttons to navigate to between **User1** through **User4** and press OK.
3. Use the UP or DOWN buttons to navigate to between the **PROGRAM** or **EDIT USER** functions and press OK.
 - a. PROGRAMS: Will take you to the menu choices to set up a workout using the selected user data.
 - b. EDIT USER: Here you will be able to set user settings such as Gender, Height, Weight, and Age. Once you have input your information, Press OK to confirm. You will be returned to the START screen as if the console just turned on.

Language and Measurement Selection:

1. At the main screen press and hold the STOP and OK buttons for 3 seconds
2. A screen will appear and allow you to choose between, English Units (Miles) or Metric Units (Kilometers). Press OK to confirm the selection.
3. Then a language option will appear. Users can select between English, French or Spanish.
4. Press OK to confirm the selection and to return to the main menu.

Error Codes:

1. When the console show "ERROR 2"
 - a) The Tension motor may be damaged.
 - b) There is a bad connection between the tension motor wire and the console.

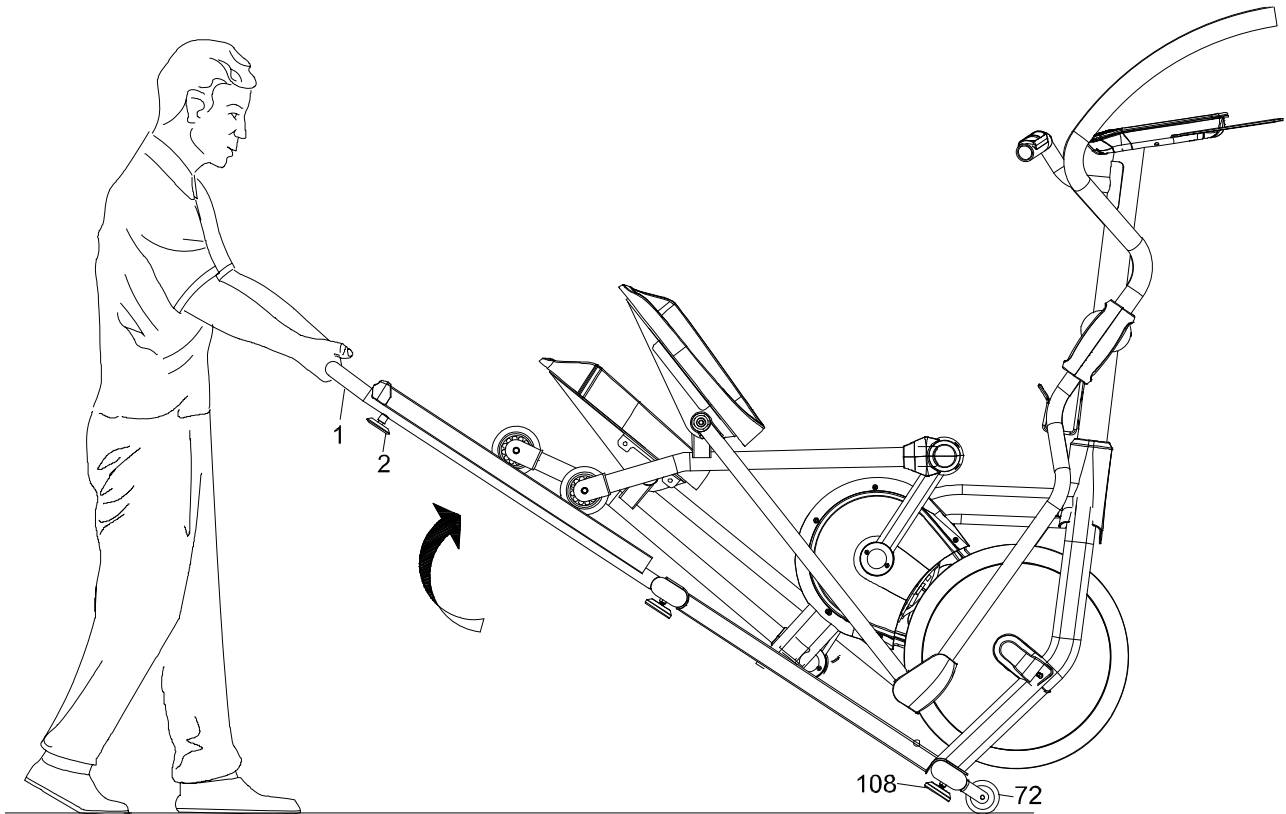
Problem	Reason	Solution
Console Displays "E2"	Tension Adjustment motor is not adjusting the tension.	Contact Customer Service, AD value issue.

2. When doing an HRC program, the console will show "HOLD HAND PULSE SENSORS" if no heart rate signal is detected for 10 seconds.

Track



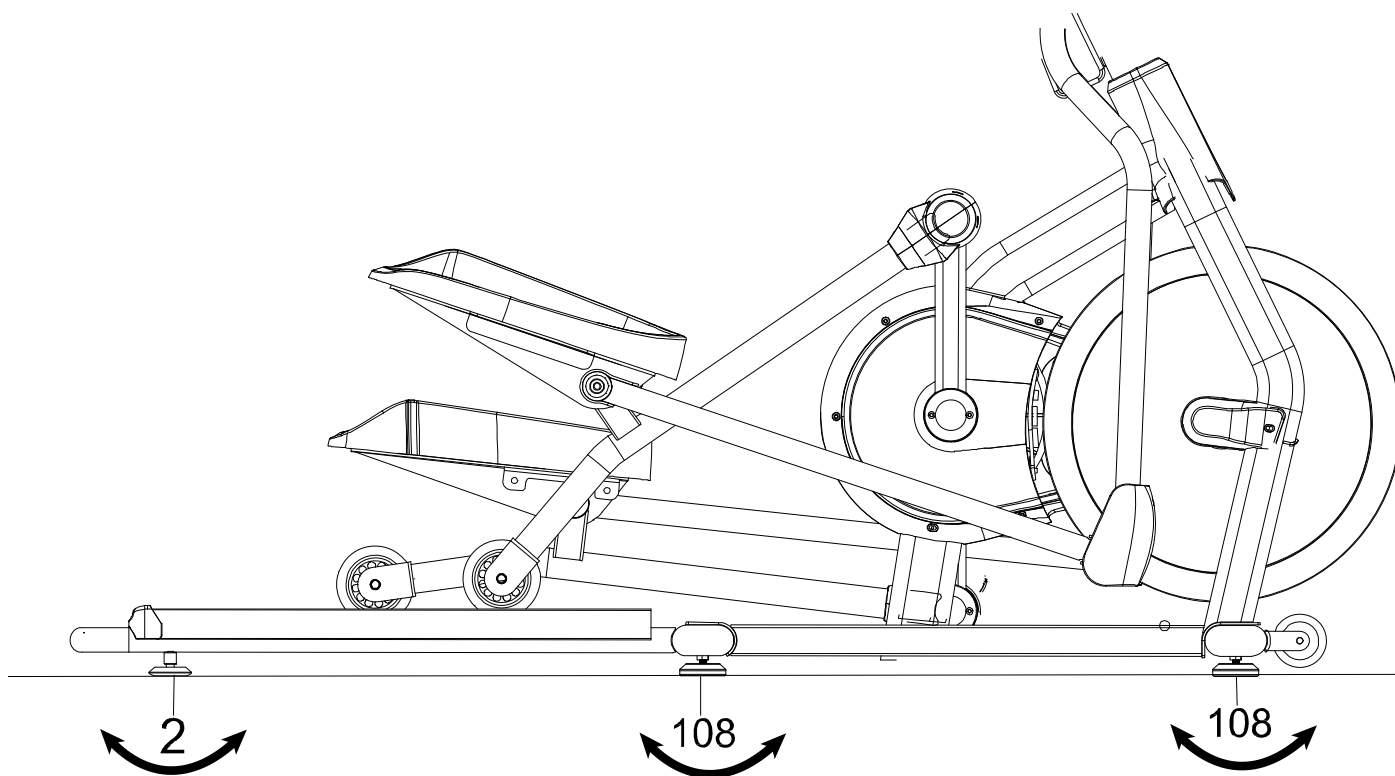
While exercising, the track will flash to indicate how far the user has traveled during exercise. Each segment of the Track is equal to .125 miles or 200 meters
The full Track is equal to a 2.5 mile or 4000 meters



Transporting the Elliptical

Hold the **Rear Stabilizer (1)** and lift up the rear of the machine until the **Wheels (72)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (1)** and **Foot Pads (2) & (108)** contact to the ground.

ADJUSTMENTS



Adjusting the Floor Stabilizers

If the machine wobbles when exercising turn the **Foot Pads (2)** and **Foot Pads (108)** until they make contact with the ground to level the machine.

TROUBLE SHOOTING

PROBLEM: The elliptical wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer 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. Please 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. Please 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.

Please keep the elliptical, especially, the computer console out of direct sunlight to prevent screen damage.

Please 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:

COMPONENT LENGTH OF WARRANTY

Structural Frame **10 years For Home Use Only**

Parts **3 years For Home Use Only**

Electronic/Wearable Parts **2 years For Home Use Only**

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

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, or accumulate dirt or stains; or
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**

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) _____

(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