

# OWNER'S MANUAL



**Paradigm™**  
Health & Wellness

**Tahoe**  
by **EXERPEUTIC®**

## MASSAGE TABLE



**9434.1-102717**

The specifications of this product may vary from photo and are 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](mailto:Service@paradigmhw.com)**

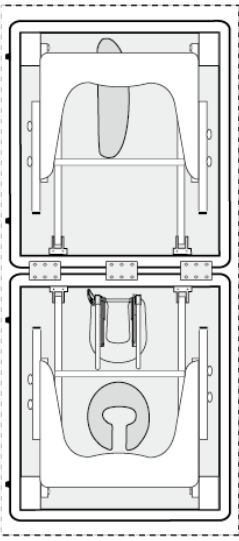
**Or call us at:**  
**1-844-641-7921**  
**Hours:**  
**8:00 am to 5:00 pm (PST) Daily**

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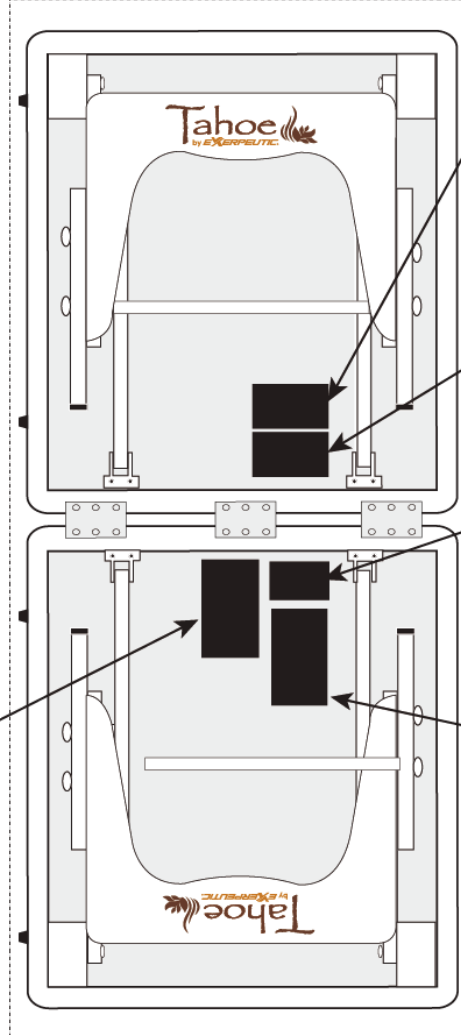
# LABEL PLACEMENT

Correct placement for massage table accessories.  
Colocación correcta de accesorios para la mesa de masaje.



Pour le service à la clientèle composer le:  
**1-844-641-7921**  
Tous les jours 8:00 h - 17 h (HNP)

For customer assistance call:  
**1-844-641-7921**  
8 am - 5 pm PST Daily




Not to be removed until delivered to the consumer  This label is affixed in compliance with Provincial Law  This article contains NEW MATERIAL ONLY  Made by reg. no.09T-1264507	Ne pas enlever avant la livraison au consommateur  Cette étiquette est apposée conformément à la loi de la province  Cet article contient des MATÉRIAUX NEUFS SEULEMENT  Fabriqué par N° de permis :09T-1264507
<b>Content</b> Polyurethane Foam	<b>Contenu</b> Mousse de Polyuréthane

**NOTICE**  
This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.

**AVIS**  
Ce produit ne satisfait pas aux critères d'incendabilité spécifiés à l'article 117 du décret technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)

**NOTICE**  
THIS PRODUCT DOES NOT MEET THE CALIFORNIA BUREAU OF HOME FURNISHINGS TECHNICAL BULLETIN 117. CARE SHOULD BE EXERCISED NEAR OPEN FLAME OR WITH BURNING CIGARETTES.

**AVIS**  
CE PRODUIT NE S'ACCOMMODE PAS AUX CRITÈRES D'INCENDABILITÉ SPÉCIFIÉS À L'ARTICLE 117 DU DÉCRET TECHNIQUE DU CALIFORNIA BUREAU OF HOME FURNISHINGS. NE PAS UTILISER PRÈS D'UNE SOURCE DE CHALEUR OU D'UNE FLAMME NUE (CIGARETTES, ETC.).



Serial number / Numéro de série: 117655811900001  
MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

**CAUTION**

- Maximum weight capacity: 2000 lbs static weight, 500 lbs working weight.
- Do NOT sit on the extreme edge of the table, doing so may cause the table to fold, collapse or personal injury.
- When getting up from the table, please do not use the armrest to push yourself up as the armrest will break.

**ATTENTION**

- Le poids maximum: statique 909 kg, actif 227 kg.
- Ne vous asseyez pas sur le bord extrême de la table, pendant que faire peut causer ainsi la table de plier ou s'écrouler et causer le dégât de la table ou blessure personnelle.
- En se levant de la table, svp n'utilisez pas l'accoudoir pour se soulever car l'accoudoir se cassera.

## 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](mailto: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](http://www.paradigmhw.com)**

**Toll-Free:**

**1-844-641-7921**

**(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.**

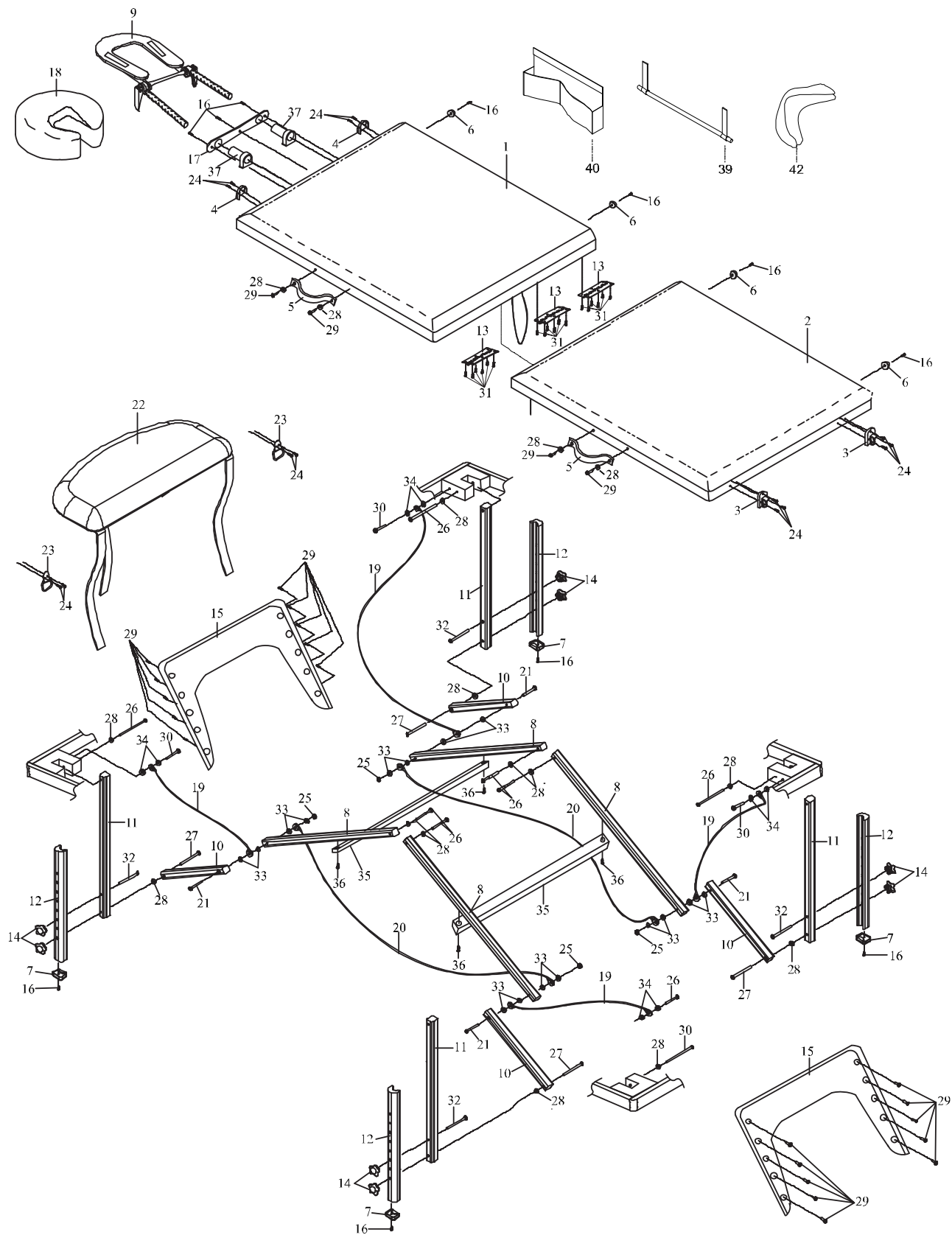
**1189 Jellick Ave.**

**City of Industry, CA 91748, USA**

## SAFETY PRECAUTIONS

1. Examine the Massage Table for damage before each use.
2. Maintain the table periodically. Make sure all screws are secure and the cable has not deteriorated or frayed. Make sure there are no cracks in the wood structure.
3. Use the Massage Table on a level surface.
4. Do not use alcohol based cleaners when cleaning the vinyl. This could cause damage to the vinyl material. Use warm soapy water and wipe dry.
5. Make sure when using the table that all four legs should be adjusted to the same level. Using the legs at different levels can cause the Massage Table to be unstable and cause injury.
6. Do not allow children to play on the Massage Table.
7. Do not overload the table beyond the recommended weight limit. This could result in serious injury to the user.
8. Maximum weight capacity- static weight: 2000 lbs / 907 kgs  
working weight: 500 lbs / 227 kgs

# OVERVIEW DRAWING



## PARTS LIST

01	Front Bed Frame	1
02	Red Bed Frame	1
03	Upper Buckle	2
04	Lower Buckle	2
05	Handle	2
06	Rubber Foot Pad	4
07	Lower Leg End Cap	4
08	Long Brace	4
09	Face Frame	1
10	Short Brace	4
11	Upper Leg	4
12	Lower Leg	4
13	Hinge	3
14	Leg Knob	8
15	End Panel	2
16	Self-Tapping Screw M4x20mm	11
17	Headrest Bushing Plate	1
18	Face Cushion	1
19	Short Cable	4
20	Long Cable	2

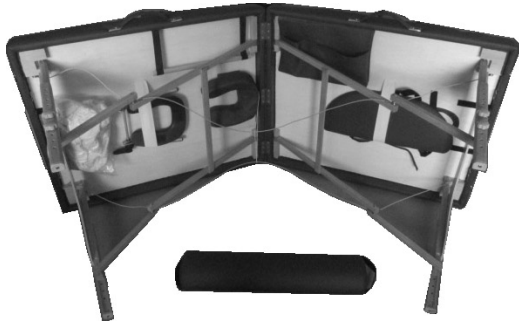
21	Self-Tapping Bolt M6x65mm	4
22	Armrest	1
23	Armrest Loop	2
24	Self-Tapping Screw M3x20mm	14
25	Nylon Nut M6	4
26	Bolt M6x75mm	8
27	Self-Tapping Bolt M6x75mm	4
28	Plastic Washer Ø18xØ6x2t	16
29	Truss Head Screw M4x20mm	24
30	Bolt M6x30mm	4
31	Self-Tapping Screw M4x20mm	18
32	Self-Tapping Screw M6x50mm	4
33	Plastic Washer Ø13xØ6x2t	16
34	Plastic Washer Ø15xØ6x4t	8
35	Cross Brace	2
36	Self-Tapping Bolt M4x20mm	4
37	U Shaped Headrest Bushing	2
39	Towel Frame	1
40	Oil Pouch	1
42	Headrest Cover	1



# ASSEMBLY

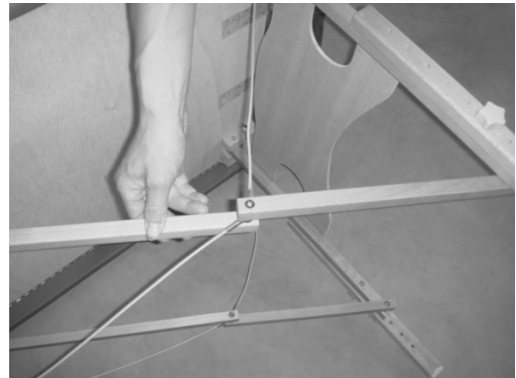
1

Remove table from bag. Release the **Upper/Lower Buckles (3/4)** and then open the table so that it is standing on the side with the **Rubber Foot Pads (6)**. Take out the **Headrest Cover (42)**, **Face Frame (9)**, **Armrest (22)**, and **Face Cushion (18)** from underneath of the table.



2

Pull out the **Upper and Lower Legs (11/12)** and straighten each joint.



3

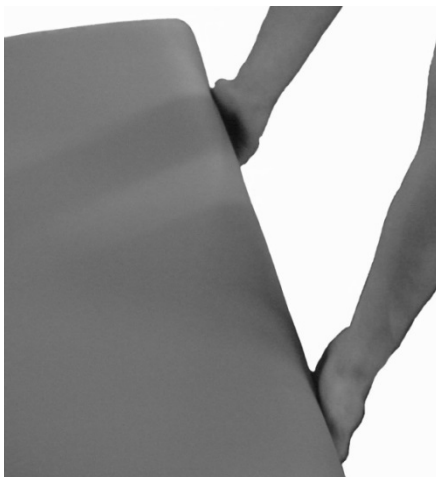
Lift the table up until the **Upper and Lower Legs (11/12)** are flat on the floor.



## ASSEMBLY

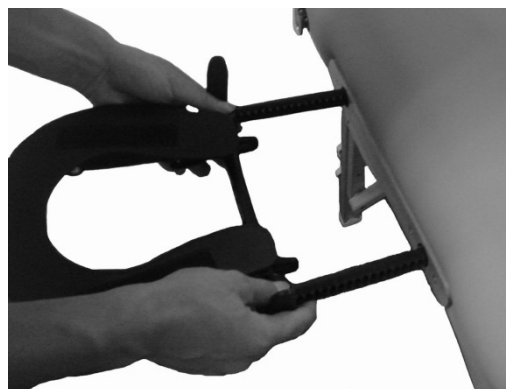
4

Lift one end of the table and pull out to open table fully. Both sides of the massage table must be parallel with the floor before anyone gets onto the table.



5

Insert the **Face Frame (9)** rods into the **Headrest Bushing Plate (17)** on the **Front Bed Frame (1)**. Lock **Face Frame (9)** with the lever on the side of the **Face Frame (9)** after adjusting to desired angle.



6

Attach the **Armrest (22)** straps onto **Armrest Loops (23)** underneath the **Front Bed Frame (1)**. Adjust the length of the armrest straps as needed.



## ASSEMBLY

7

Attach the front strap of the **Armrest (22)** to the **Face Frame (9)**.



8

Put the **Headrest Cover (42)** onto the **Face Cushion (18)**.



9

Place the **Face Cushion (18)** onto the **Face Frame (9)** by lining up the Velcro pads on the **Face Frame (9)** to the underside of the **Face Cushion (18)**

***WARNING: HEADREST IS FOR LIGHT USE ONLY! DO NOT PLACE HEAVY WEIGHT OR STRONG PRESSURE WHEN RESTING.***



# ADJUSTMENT

## Adjusting the angle of the Headrest

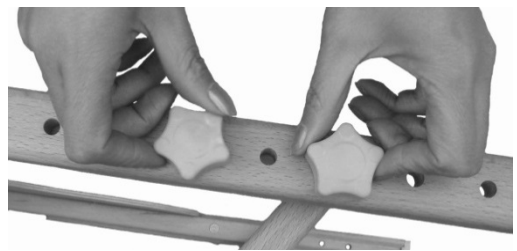
Pull the lever on the **Face Frame (9)** and then adjust the Headrest to the desired angle. Return the lever to the locked position after adjusting the angle.

**TIP:** Turn the lever clockwise before locking to increase grip of the lock that holds the headrest angle.



## Adjusting the Table Height

Lay the table on its side so it is resting on the **Rubber Foot Pads (6)**. Remove the **Leg Knobs (14)**.



Slide the **Lower Leg (12)** to the desired height position. Line up the holes on the **Lower Leg (12)** with the **Upper Leg (11)** so they line up with the desired holes for the height of the table.



Re-insert and tighten the **Leg Knobs (14)** after adjusting.

**NOTE:** Set all of the four Legs to the same height.



## STORAGE



1. Lay the table on its side.
  2. Place the **Short/Long Cables (19/20)**, **Face Frame (9)**, **Arm Rest (22)**, **Face** and **Cushion (18)** on the underside of the table before closing it.
  3. Fold the **Lower/Upper Legs (11/12)** flat against the table and bring both sides together to close the table.
  4. Lock the **Upper/Lower Buckles (3/4)** to secure the table.
  5. Store the **Headrest Cover (42)** in the storage bag with the massage table.
- Warning: Make sure not to compress the foam pads when storing.**

## TRANSPORTING



The table is easy to carry with the shoulder strap of carry bag.

## MAINTENANCE INSTRUCTIONS

You should check your massage table for any kind of wear and tear before each and every use.

1. Check the legs, bed and cables for wear and tear.
2. Replace damaged and worn components immediately.
3. Keep all damaged equipment out of use until it is repaired.

# 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:

<b><u>COMPONENT</u></b>	<b><u>LENGTH OF WARRANTY</u></b>
<b>Structural Frame</b>	<b>1 year FOR HOME USE ONLY</b>

### **Exclusions from Warranty Coverage:**

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

**Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.**

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

**Service@paradigmhw.com**

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

## PART REQUEST FORM

**Paradigm Health & Wellness, Inc.**

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO  
**[Service@paradigmhw.com](mailto: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