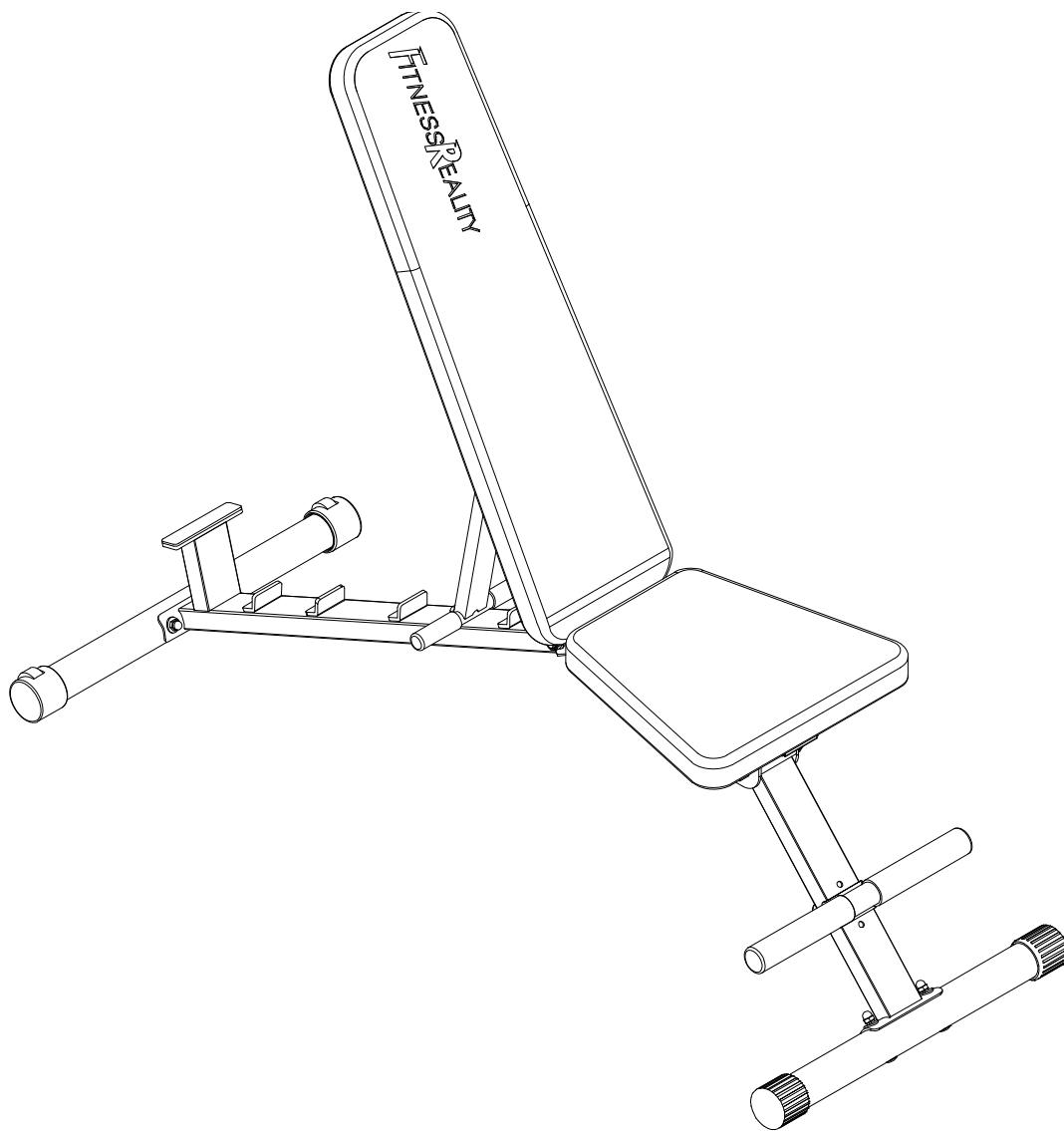


# Bench



**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, subject to change without notice.



**PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.**

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

# TABLE OF CONTENT

SERVICE .....	2
LABEL PLACEMENT .....	3
IMPORTANT SAFETY GUIDELINES .....	4
OVERVIEW DRAWING .....	5
PART LIST .....	6
HARDWARE & TOOLS PACK .....	7
ASSEMBLY .....	8
ADJUSTMENTS .....	11
TRANSPORTATION .....	14
WARRANTY .....	15
PARTS REQUEST FORM.....	16

# 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:**

**1-844-641-7920**

**(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

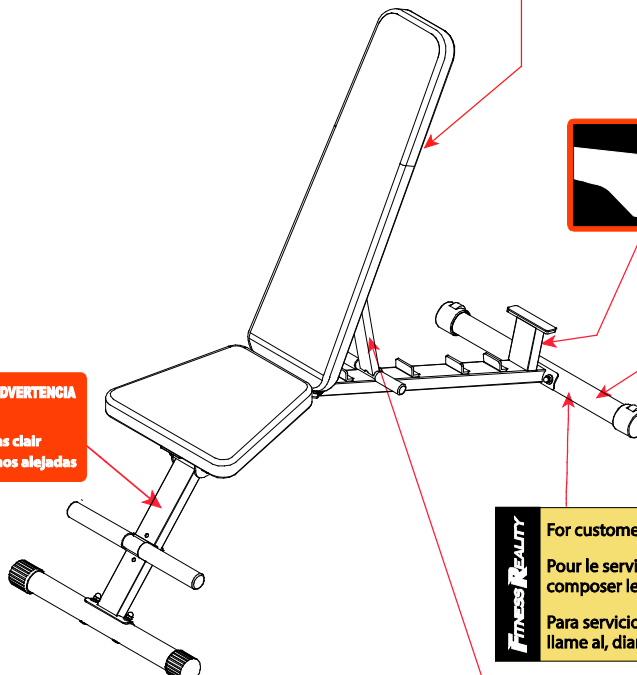
**For damaged or defective product please contact our customer service before returning to the store.**

**Paradigm Health & Wellness, Inc.**  
**1189 Jellick Ave.**

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

# LABEL PLACEMENT

<p><b>NOTICE</b> 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.</p>	<p><b>AVIS</b> Ce produit ne satisfait pas aux critères d'incinérabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)</p>	<p><b>NOTIFICACIÓN</b> Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarets ardientes.</p>
<p>UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER. <b>ALL NEW MATERIAL CONSISTING OF 100% POLYURETHANE FOAM PAD, 100%</b> <b>REGISTRY NO. VA25302 (CN)</b> Certification is made by the manufacturer that the materials in this article are described in accordance with law. Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>	<p>SOUS PENE DE SANCTION LEGALE CETTE ÉTIQUETTE NE PEUT ÊTRE ENLEVÉE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR. <b>MATÉRIEL COMPOSÉ ENTièrement DE MOUSSE DE POLYURÉTHANE 100 %</b> <b>NO D'ENREGISTREMENT VA25302 (CN)</b> Cette étiquette est apposée conformément aux lois Canadiennes. Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>	<p>SE SANCONARÁ LEGALMENTE A QUITARLA SOLO EL CONSUMIDOR PODRÁ. <b>MATERIAL COMPUESTAMENTE NUEVO COMPUESTO DE 100% BILLEN DE ESPUMA DE POLIURETANO.</b> <b>NO. DE REG VA25302 (CN)</b> El fabricante certifica que los materiales de este artículo se describen según las leyes. Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>



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

<p><b>MAINTENANCE SCHEDULE</b></p> <p><b>DAILY</b></p> <ul style="list-style-type: none"> <li>Inspect and tighten securely (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).</li> <li>Replace any worn or torn parts immediately.</li> <li>Check to ensure the machine is leveled.</li> <li>Check Tension and Fitting on Safety Spring Loaded Pins.</li> <li>Check Adjustment Knobs to be Securely Tightened.</li> </ul> <p><b>WEEKLY</b></p> <ul style="list-style-type: none"> <li>Inspect and tighten securely</li> <li>Use a damp cloth to clean dust and moisture from equipment.</li> <li>Clean and Wipe Upholstery</li> <li>Check equipment Metal/ Wood/ Upholstery structure frame.</li> </ul>
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<p><b>HORARIO DE MANTENIMIENTO</b></p> <p><b>DIARIO</b></p> <ul style="list-style-type: none"> <li>Revíselos y apriételos bien (tuercas, pernos, pestillas de caucho, soportes de acero, etc.).</li> <li>Reemplaza inmediatamente cualquier parte desgastada o rota.</li> <li>Revise para asegurarse que la máquina está nivelada.</li> <li>Chequee la tensión y ajuste las clavijas de seguridad accionadas por resorte.</li> <li>Revise que las pestillas de ajuste estén apretadas firmemente.</li> </ul> <p><b>SEMANAAMENTE</b></p> <ul style="list-style-type: none"> <li>Revise y apriete firmemente</li> <li>Utilice un paño húmedo para limpiar el polvo y humedad del equipo.</li> <li>Limpie y pase un trapo por la tapicería</li> <li>Revise el marco de la estructura de metal / madera / tapicería del equipo.</li> </ul>
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<p><b>HEURES ENTRETIEN</b></p> <p><b>QUOTIDIEN</b></p> <ul style="list-style-type: none"> <li>Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.).</li> <li>Remplacer toutes les pièces usées ou déchirées immédiatement.</li> <li>Vérifiez pour assurer la machine est nivelée.</li> <li>Pins vérifier la tension et d'assemblage sur Spring Loaded sécurité.</li> <li>Vérifiez molettes de réglage pour être bien serrés.</li> </ul> <p><b>HEBDOMADAIRE</b></p> <ul style="list-style-type: none"> <li>Inspectez et serrez</li> <li>Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement</li> <li>Propre et essuyer annuellement</li> <li>Vérifier l'équipement / bois / ameublement cadre de la structure métallique.</li> </ul>
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# IMPORTANT SAFETY GUIDELINES

**Read all instructions carefully before assembling and operating this product. This unit is designed with optimum safety in mind. Retain this owner's manual, do not remove any safety labels from the machine, and keep the original purchase receipt for future reference.**

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. Always wear proper exercise apparel when using the equipment. Use care when getting on or off the unit.
4. If 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 kind of discomfort.
5. Keep children and pets away from the equipment at all times.
6. Only one person should use the equipment at a time.
7. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
8. Do not operate this or any exercise equipment if it is damaged.
9. Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
10. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
11. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
12. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
13. Children under the age of 13 should not use this fitness equipment.
14. Children from 13 to 18 should have adult supervision.

**WARNING:** It is highly recommend that you have assistance during the assembly of the equipment.

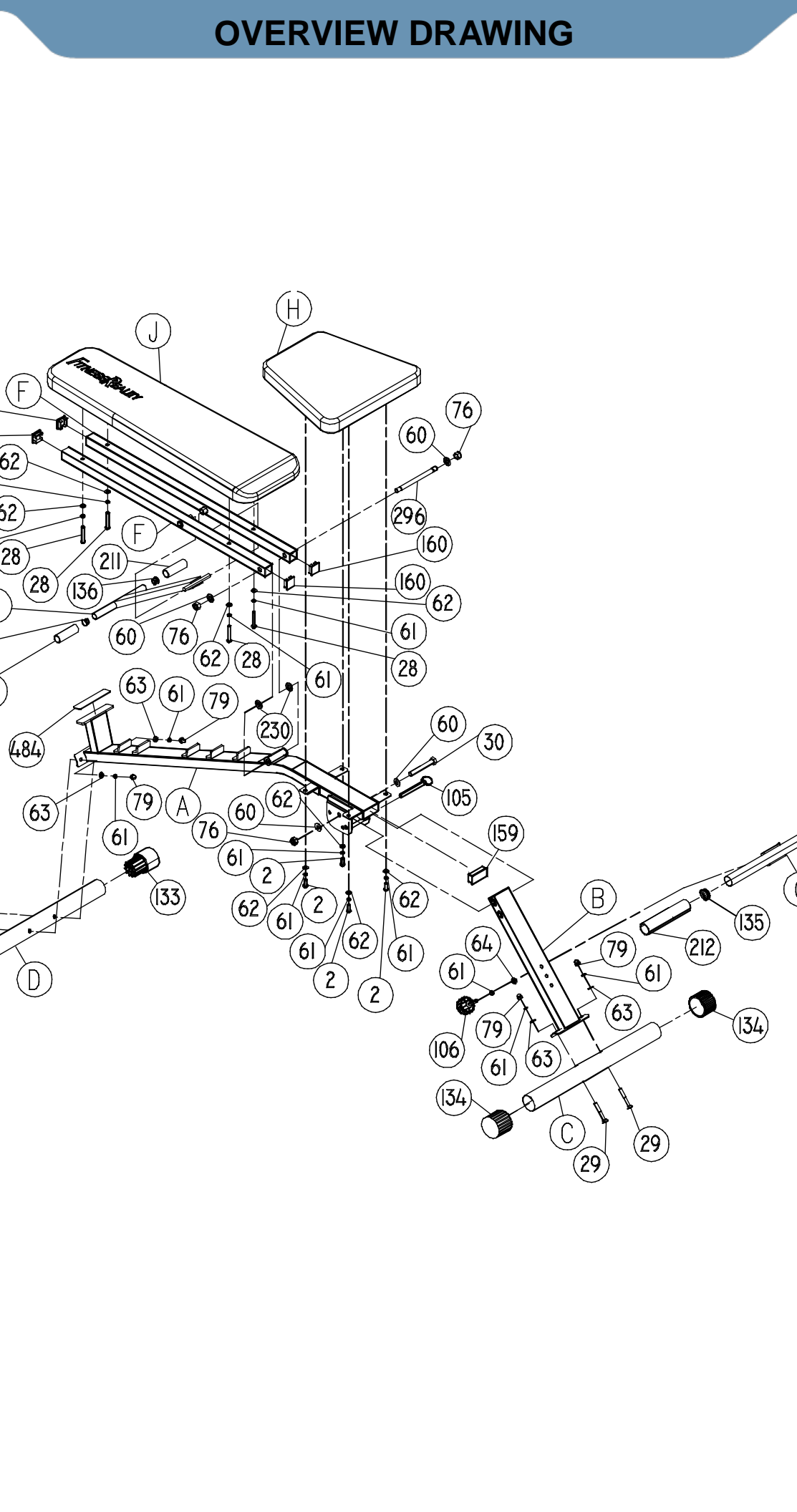
**WARNING:** Before using this equipment you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

**Do not exceed the maximum rated weight (load)**

**The maximum weight capacity of this machine is 800lbs/363kgs.**

## OVERVIEW DRAWING



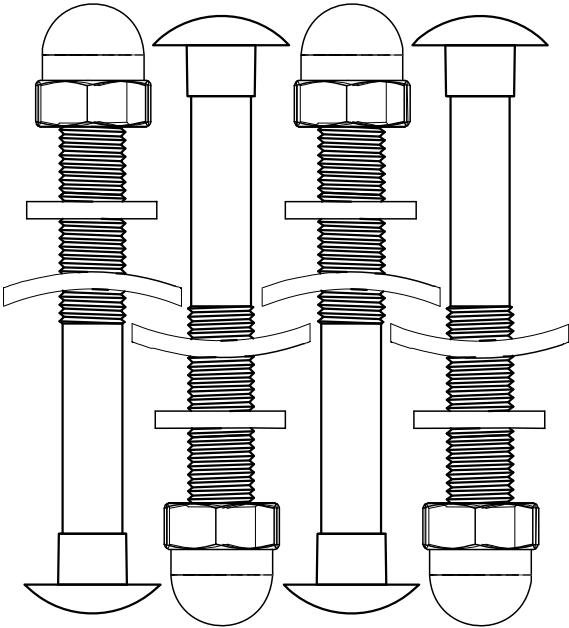
# PARTS LIST

Part #	Description	Q'ty
A	Main Frame	1
B	Front Support Tube	1
C	Front Stabilizer	1
D	Rear Stabilizer	1
E	Rear Support Tube	1
F	Backrest Support Tube	2
G	Leg Holder	1
H	Seat	1
J	Backrest	1
2	Hex Bolt M8x20mm	4
28	Hex Bolt M8x50mm	4
29	Carriage Bolt M8x60mm	4
30	Hex Bolt M12xL90	1
60	Flat Washer Ø12xØ24x2	4
61	Spring Washer Ø8	13
62	Flat Washer Ø8xØ16x1.5	8
63	Curved Washer Ø8xØ21x2	4
64	Flat Washer Ø8xØ21x2	1
76	Nylon Nut M12	3
79	Cap Nut M8	4
105	Pin Ø10x100	1
106	Round Knob M8x40mm	1
133	Wheel End Cap Ø50mm	2
134	Stability End Cap Ø50mm	2
135	Round End Cap Ø32	2
136	Round End Cap Ø19	2
159	Rectangle End Cap 30x60m	1
160	Square End Cap 30x30m	4
211	Hand Grip Ø19x75x3	2
212	Leg Hold Grip Ø32x168x3t	2
230	Washer Ø20x12x2.5T	2
296	Threaded Shaft Ø12x160m	1
484	Bumper Ø12x22x2	1



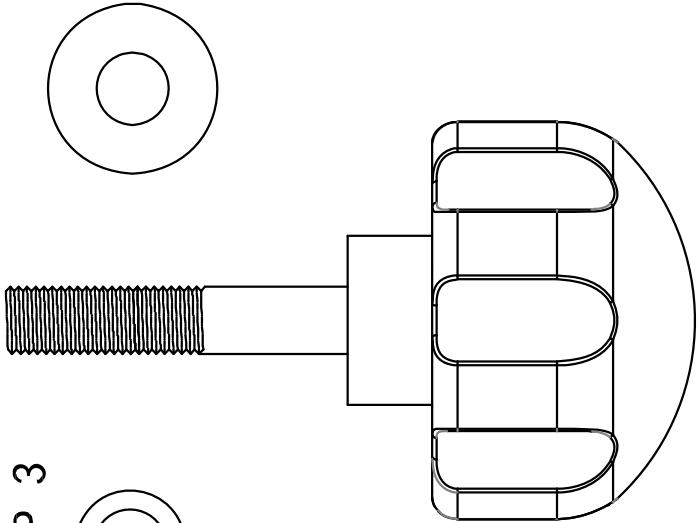
2804 Hardware Pack

STEP2



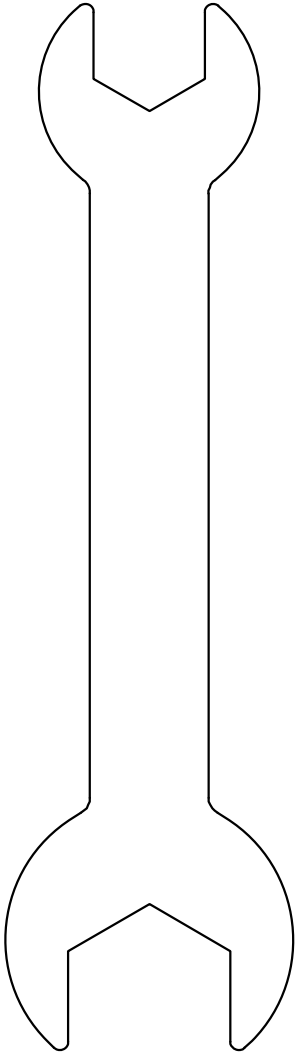
M8\*60mm

STEP 3

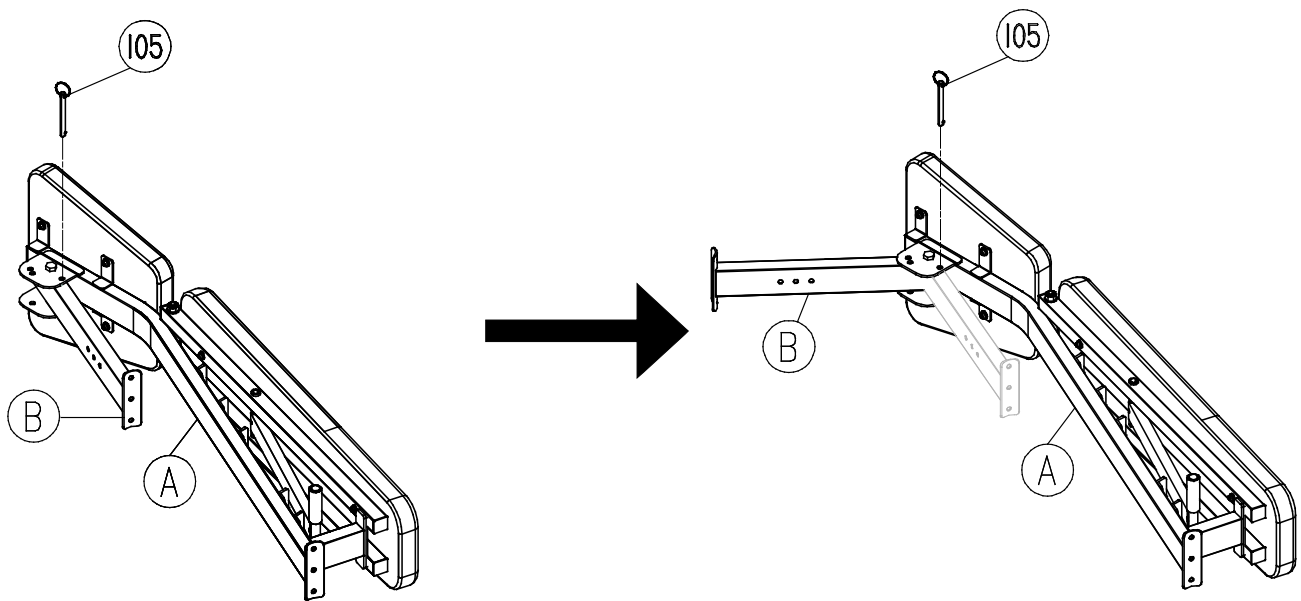


N0. 29X4 N0. 79X4 N0. 61X4 N0. 63X4

N0. 61X1 N0. 106X1 N0. 64X1



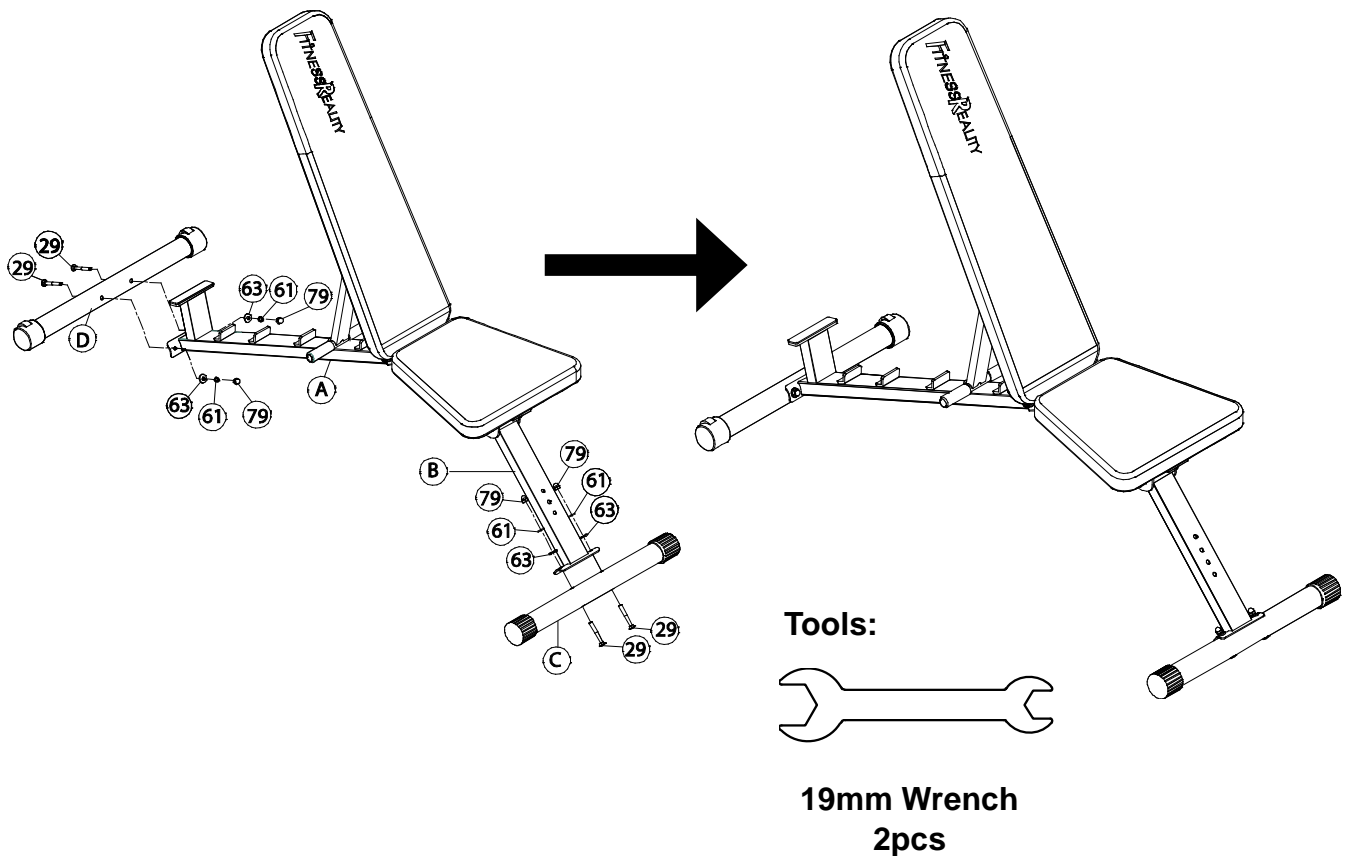
13-19mm Wrench 2Pcs



## STEP 1

- A. Rest the Bench on its side and completely pull out the **Pin (105)** from the bracket on the **Main Frame (A)**.
- B. Pull the **Front Support Tube (B)** outwards and completely reinsert the **Pin (105)** into the first hole on the bracket of **Main Frame (A)**.

# ASSEMBLY

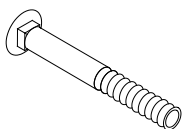


## STEP 2

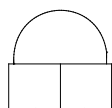
**A. Installing the Front Stabilizer:** Lift up the **Front Support Tube (B)**, and then align the **Front Stabilizer (C)** holes with the holes on the front curve of the **Front Support Tube (B)**. The square holes of the **Front Stabilizer (C)** should point towards the floor. Insert two **Carriage Bolts (29)** through the **Front Stabilizer (C)** and **Front Support Tube (B)** until the bolts reach through. On the protruding end of the **Carriage Bolts (29)**, secure on two **Curved Washers (63)**, two **Spring Washers (61)**, and two **Cap Nuts (79)**. Tighten the **Cap Nuts (79)** with the two **19mm Wrenches** provided.

**B. Installing the Rear Stabilizer:** Lift up the rear of the **Main Frame (A)**, and then align the **Rear Stabilizer (D)** holes with the holes on the rear curve of the **Main Frame (A)**. The square holes of the **Rear Stabilizer (D)** should point towards the floor with the Customer Service Stickers facing upward. Insert two **Carriage Bolts (29)** through the **Rear Stabilizer (D)** and the rear curve of the **Main Frame (A)** until the bolts reach through. On the protruding end of the **Carriage Bolts (29)**, secure on two **Curved Washers (63)**, two **Spring Washers (61)**, and two **Cap Nuts (79)**. Tighten the **Cap Nuts (79)** with the two **19mm Wrenches** provided.

### Hardware:



**(29) Carriage Bolt**  
4 PCS



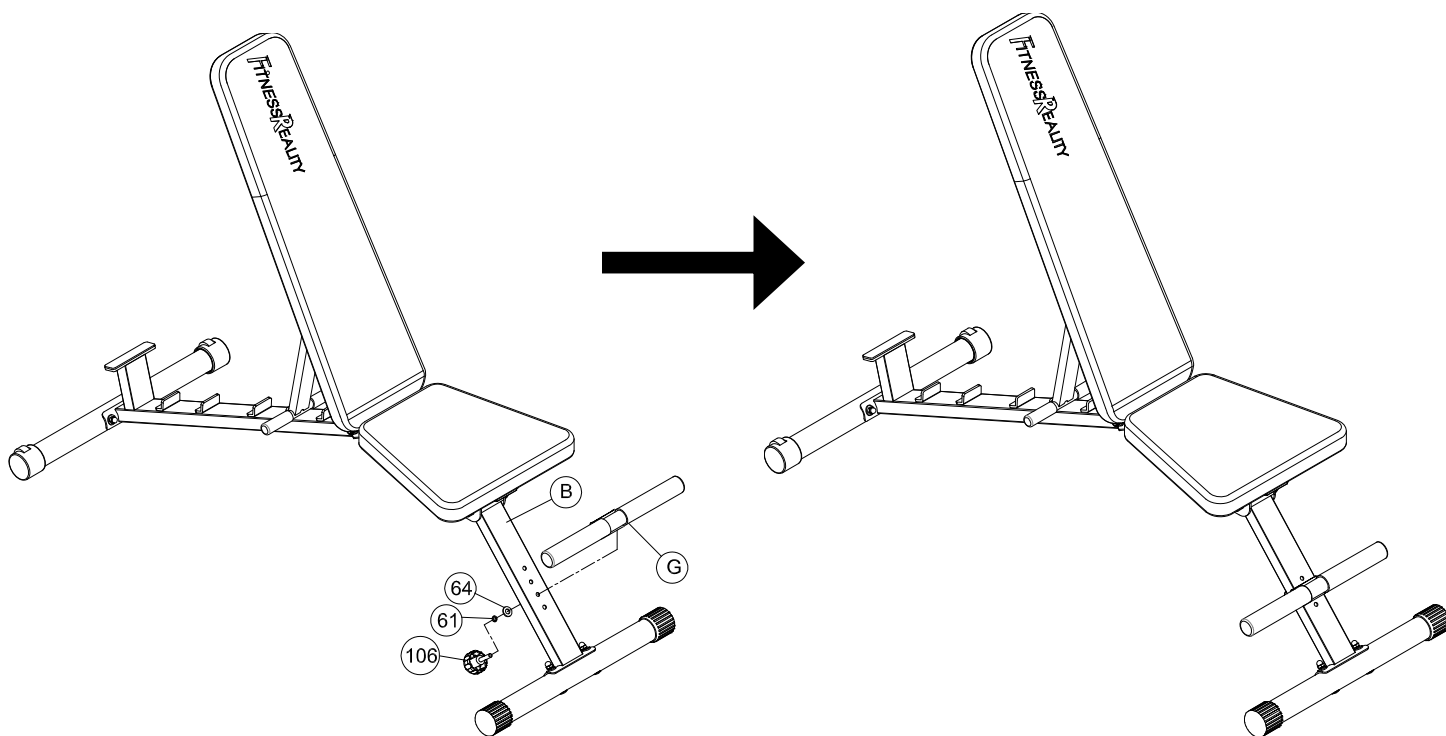
**(79) Cap Nuts**  
4 PCS



**(61) Spring Washer**  
4 PCS



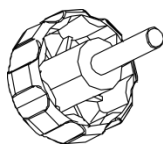
**(63) Curved Washer**  
4 PCS



## STEP 3

**A. Installing the Leg Holder:** There are four holes down the **Front Support Tube (B)**. They are for height levels. Pick one of the holes and insert the threaded end of the **Round Knob (106)** along with one **Spring Washer (61)** and one **Flat Washer (64)** through the back side. Align the **Leg Holder (G)** to the protruding threaded shaft of **Round Knob (106)**. Tighten the **Round Knob (106)** in a **clockwise** manner to secure in place the **Leg Holder (G)**.

### Hardware Pack:



**(106) Round Knob**  
1 PC

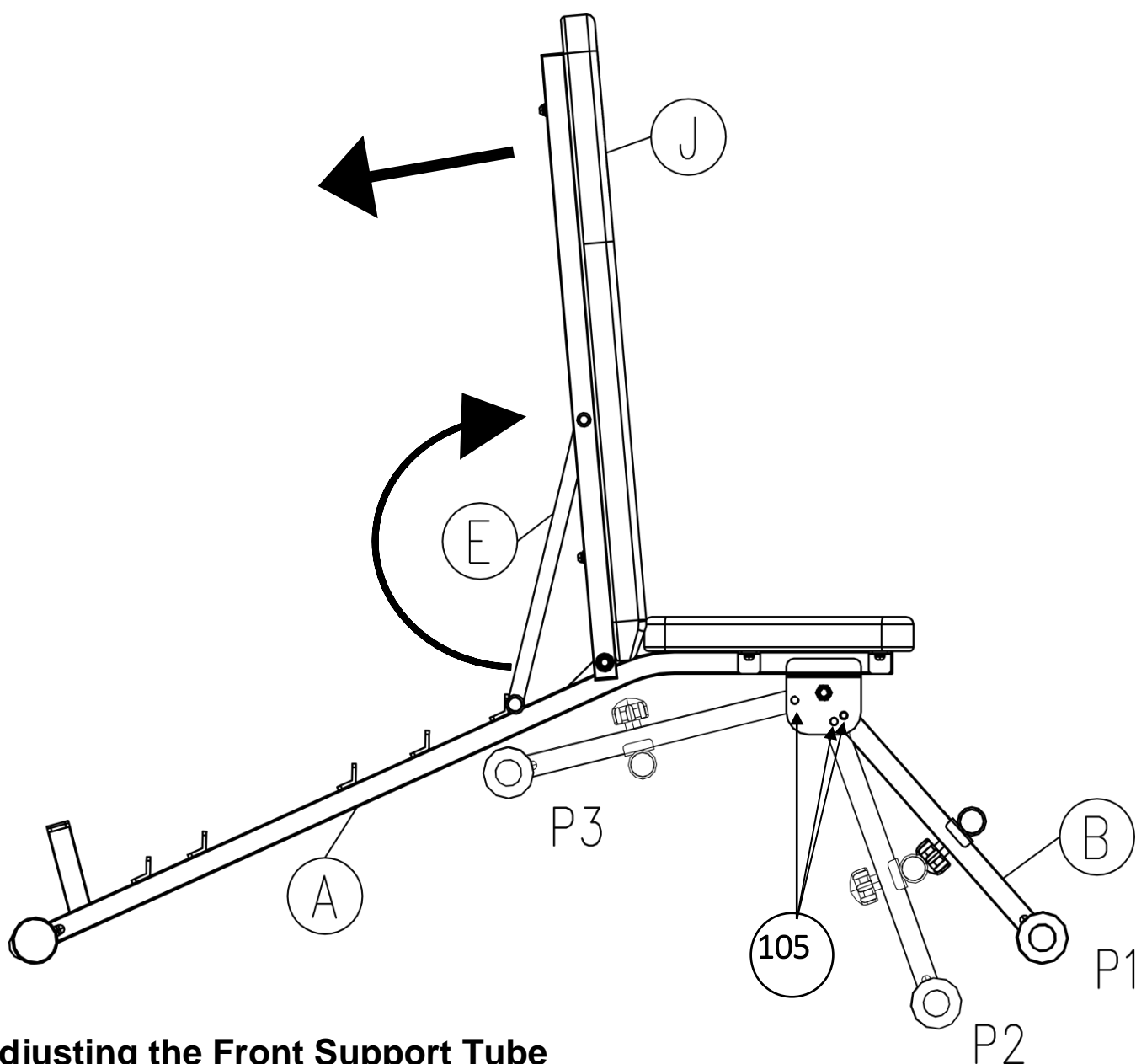


**(61) Spring Washer**  
1 PC



**(64) Flat Washer**  
1PC

## ADJUSTMENTS



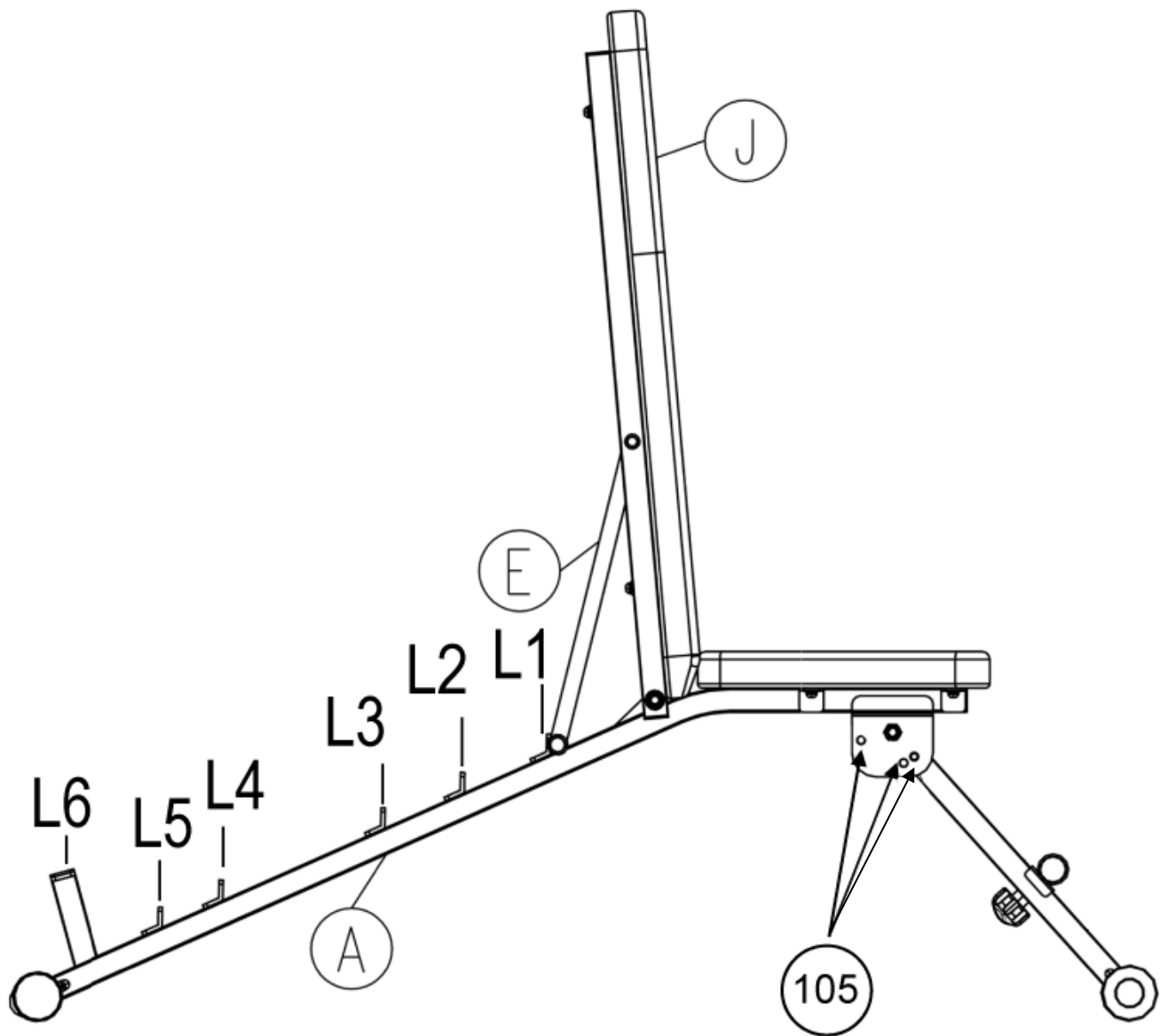
### Adjusting the Front Support Tube

Pull the **Pin (105)** out from the **Main Frame (A)** and swing the **Front Support Tube (B)** into one of the following positions:

- Position **P1** gives a flat and level seat for working out.
- Position **P2** gives an inclined seat for working out.
- Position **P3** is for folding up the Bench for storage.

Completely re-insert the **Pin (105)** into the hole of the bracket on the **Main Frame (A)** for the position you select.

# ADJUSTMENTS



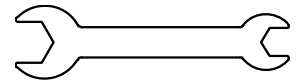
## Adjusting the Backrest

Push the **Backrest (J)** upwards to lift the **Rear Support Tube (E)** off of the tabs that run along the rear shaft of the **Main Frame (A)**. Then gently lower the **Backrest (J)** while guiding the **Rear Support Tube (E)** back into the new tab height so that your backrest angle is adjusted. There are six different adjustments:

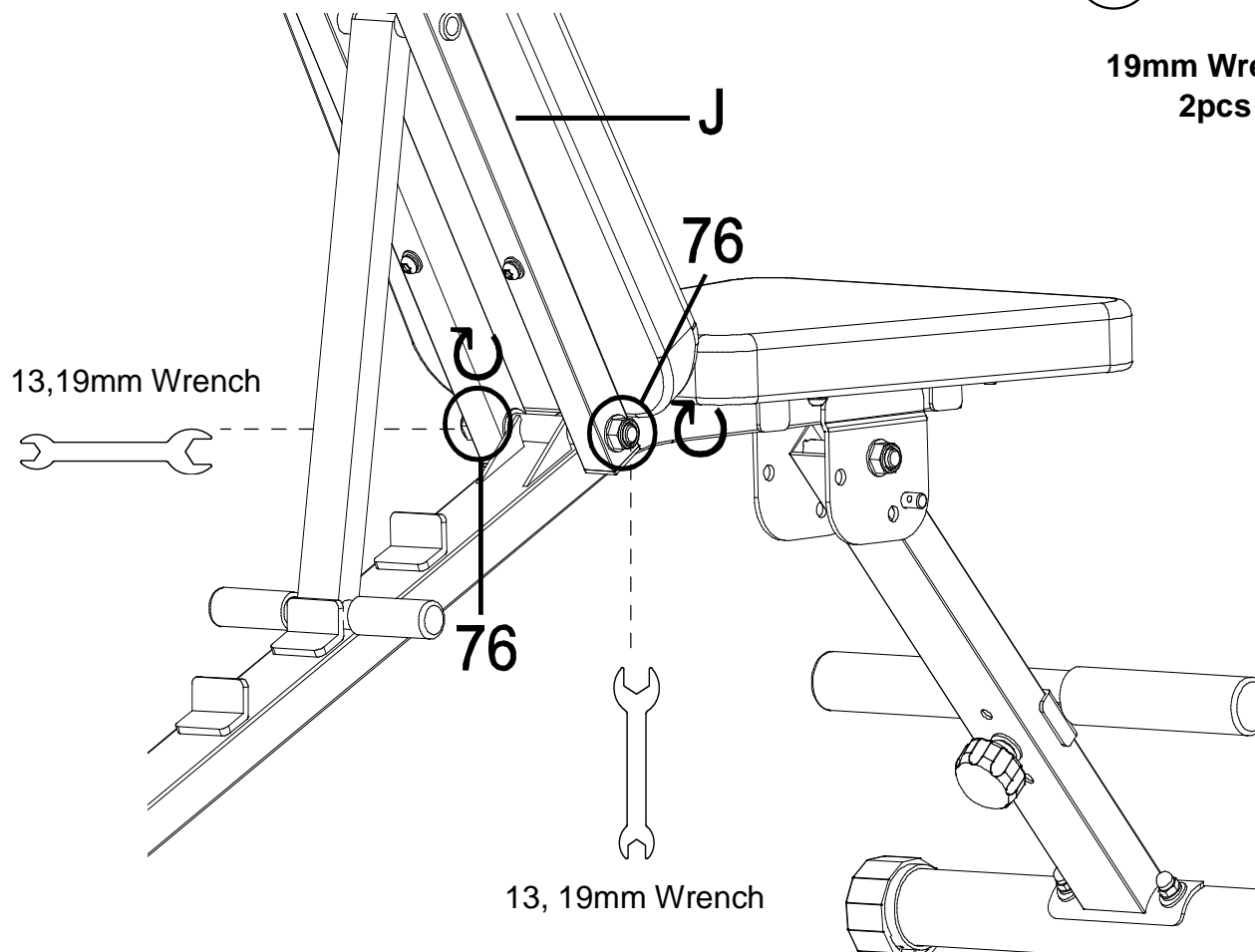
1. L1 = 80°
2. L2 = 60°
3. L3 = 40°
4. L4 = 15°
5. L5 = -10°
6. L6 = -20°

# ADJUSTMENTS

Tools:



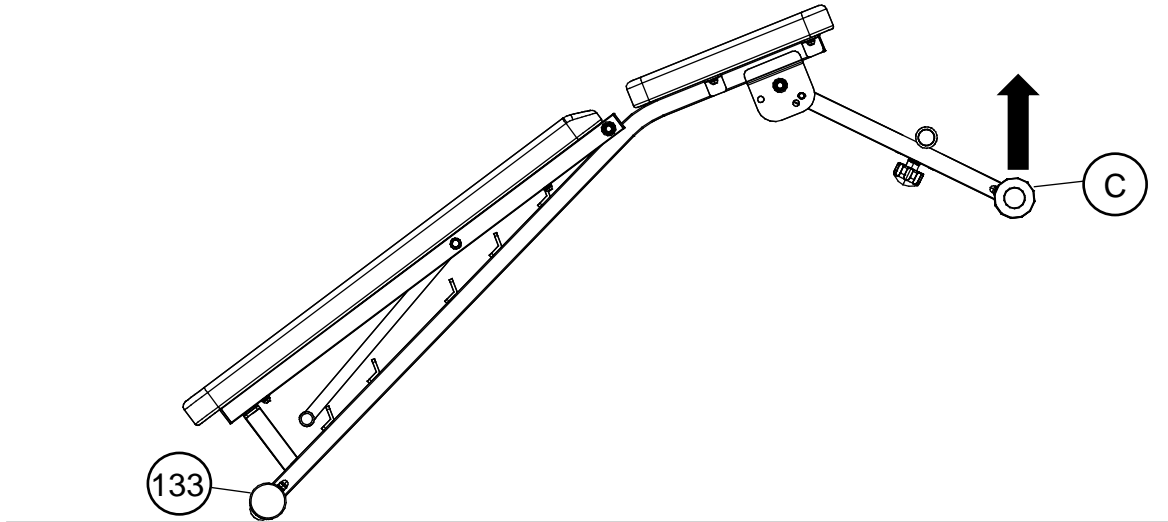
19mm Wrench  
2pcs



## Loose Backrest

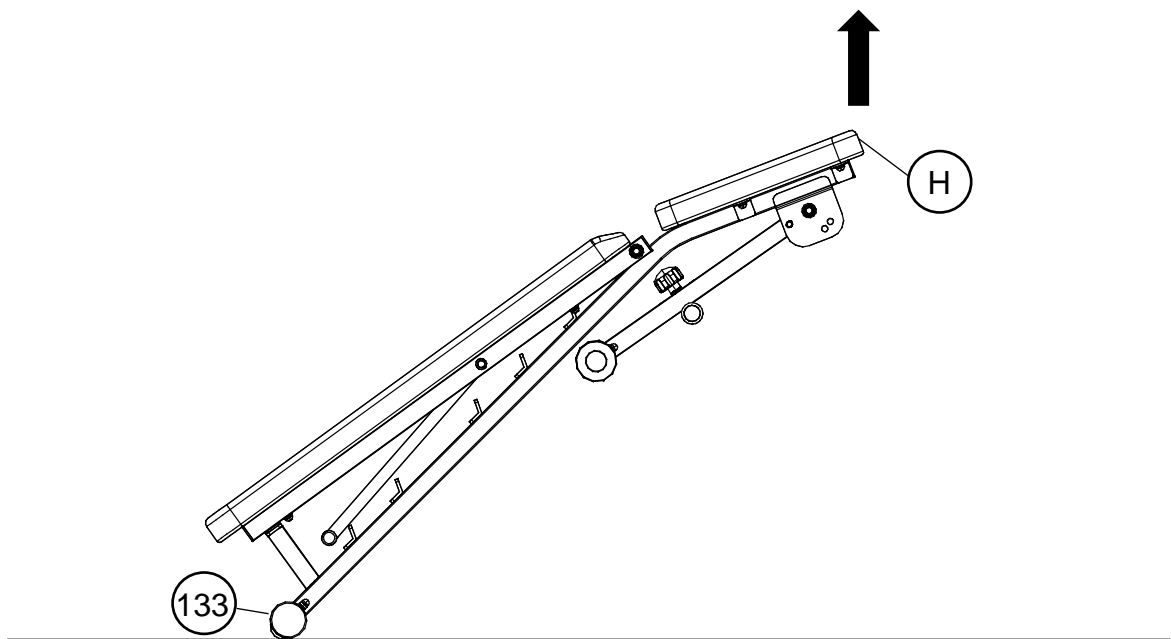
If the **Backrest (J)** feels loose, shifting side to side use the two included **19mm Wrenches** to tighten the **Nylon Nuts (76)**.

# TRANSPORTATION



## Transporting when the bench is set up:

Lift up the **Front Stabilizer (C)** until the wheels on the **Wheel End Caps (133)** make contact with the ground, then move the bench to your desired location.



## Transporting In Storage Mode:

Lift up the bench by holding the **Seat (H)** until the wheels on the **Wheel End Caps (133)** make contact with the ground, then move the bench to your desired location.



# 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</b>
-------------------------	---------------

<b>All Other Components</b>	<b>90 days</b>
-----------------------------	----------------

**(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, and 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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness. 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

**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#: \_\_\_\_\_

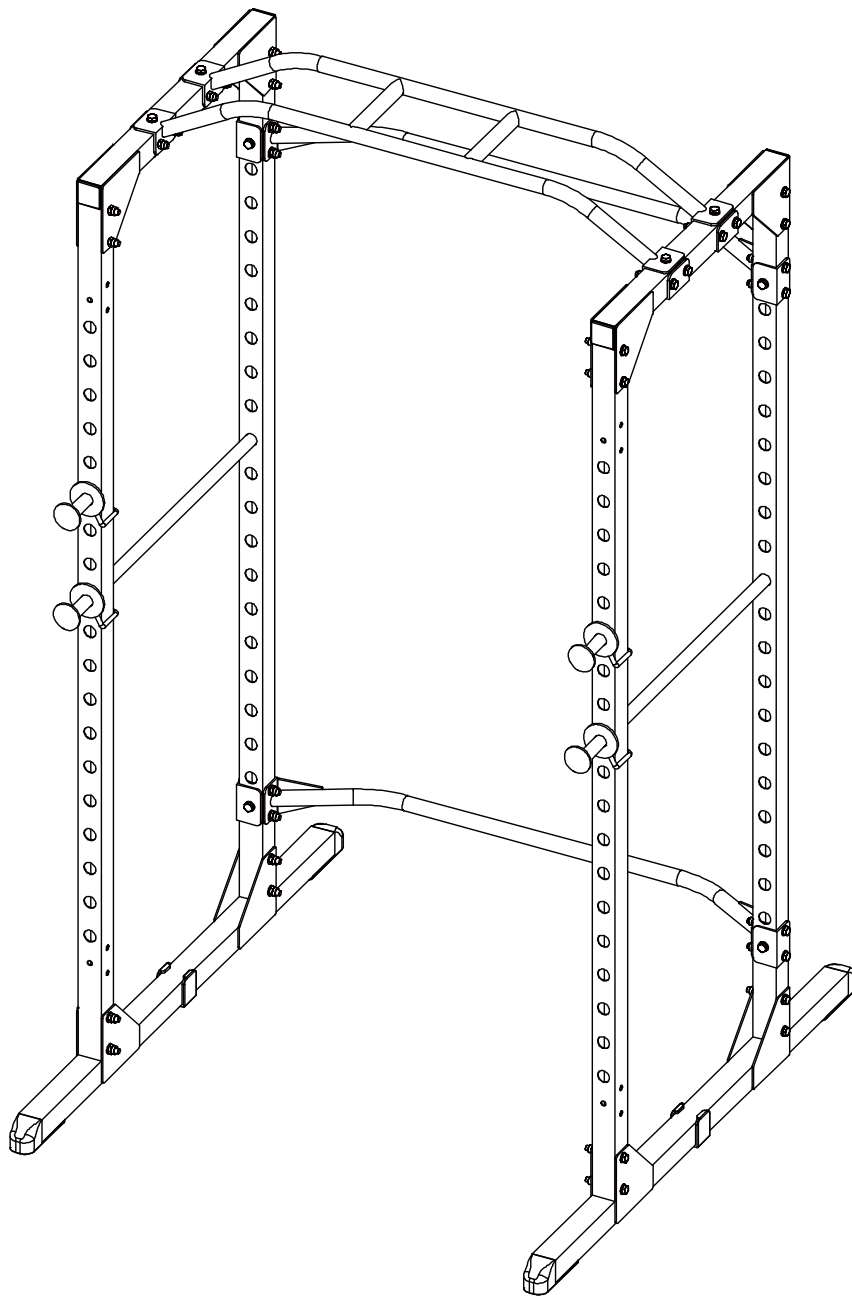
PURCHASE DATE: \_\_\_\_\_

PLACE OF PURCHASE: \_\_\_\_\_

PART #	DESCRIPTION	QTY

***“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”***

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



**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 and contact customer service if you have any questions regarding assembly or proper operation of the**

**Email us at:**

**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

**Or call us at:**

**1-844-641-7920**

## TABLE OF CONTENTS

SERVICE .....	2
LABEL PLACEMENT .....	3
IMPORTANT SAFETY GUIDELINES .....	4
ASSEMBLY PREPATION.....	5
OVERVIEW DRAWING .....	6
PART LIST .....	7
HARDWARE PACK .....	8
PRODUCT DRAWING .....	10
STEP 1 .....	11
STEP 2 .....	13
STEP 3 .....	15
STEP 4 .....	17
STEP 5 .....	19
STEP 6 .....	21
STEP 7 .....	23
STEP 8 .....	25
WARRANTY .....	27
PARTS REQUEST FORM .....	28

### 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:**

**1-844-641-7920**

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

**Response time may vary via calling**

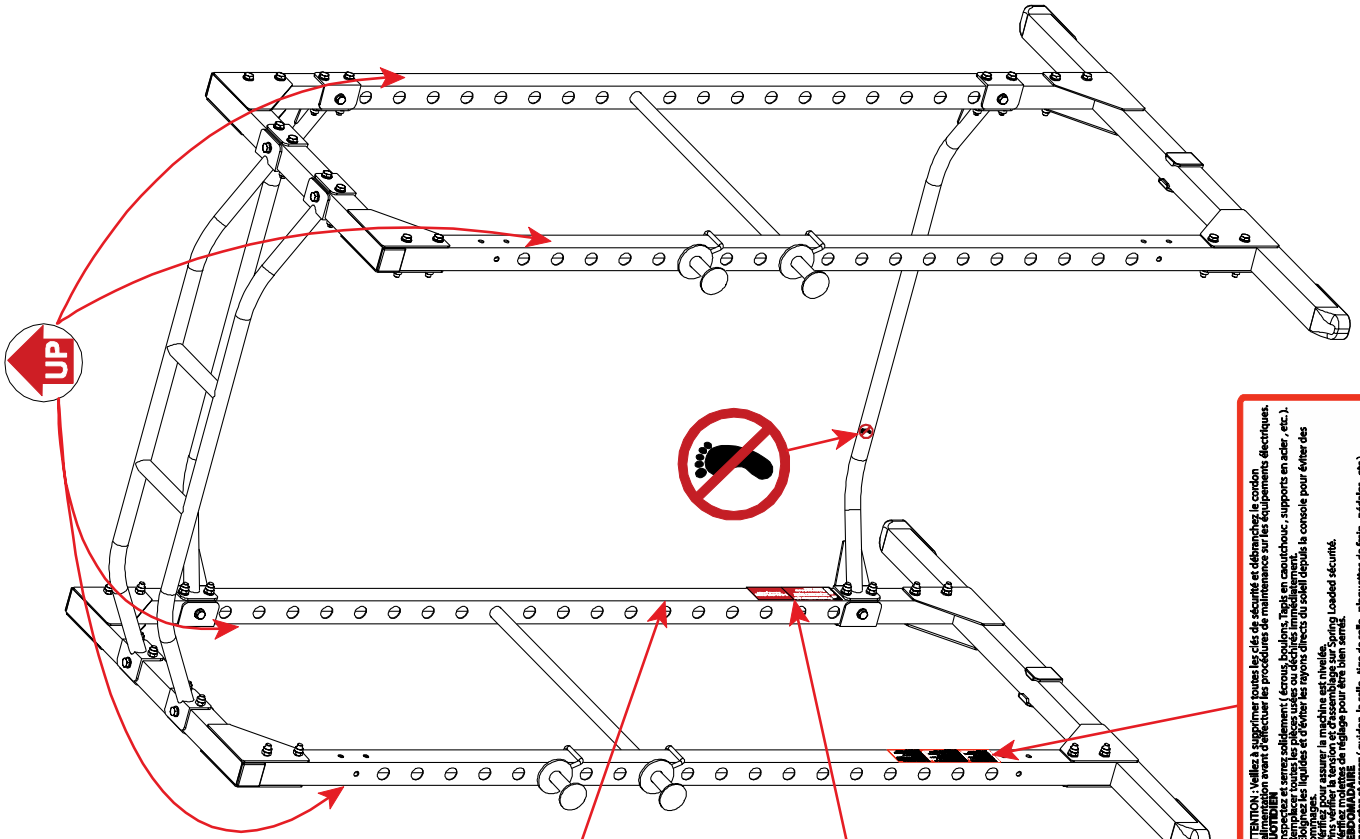
**Please have the following information ready when requesting for service:**

- 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 PLACEMENT

**REALTY FITNESS**

**For customer assistance, daily:  
Pour le service à la clientèle  
composer le, tous les jours:  
Para servicios al cliente,  
llame al, diario:**

**Número gratuito:**  
**01-800-099-0277**

**Numero local:**  
**+52(33) 41 60 08 11**  
**8am-5pm PST**

**CAUTION:** Make sure to remove any safety keys and unplug the power cord before performing any maintenance procedures on Electrical Equipment.

**DAILY**

- Inspect and tighten screws (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).
- Replace any worn or torn parts immediately.
- Keep liquids away and avoid direct sunlight from console to avoid damages.
- Clean the console and fittings with safety spray loaded pins.
- Check tension and fitting on safety spring loaded pins.
- Check adjustment knobs to be securely tightened.

**WEEKLY**

- Inspect and tighten screws (Handbrakes, Seat, Seat Pad, Braker Pads, Pistals, etc.)
- Use a damp cloth to clean dust and moisture from equipment.
- Clean and wipe up liquid spills, rollers, track wheels, trailing cable.
- Lubricate the rollers with a light weight lubricant spray on the planetary structure frame.
- Lubrication: See Owner's Manual.

## HORARIO DE MANTENIMIENTO

**PRECAUCIONES:** Asegúrese de retirar las llaves de seguridad y desconectar el cable eléctrico antes de utilizar cualquier procedimiento de mantenimiento del equipo eléctrico.

Reservados todos los derechos. No se permite la explotación económica ni la transformación de esta obra. Queda permitida la impresión en su totalidad.

Revisados y probados bien (tuercas, pernos, pastillas de freno, soporte de ascensor, etc.).

Mantenga alejados los líquidos y aceites de la luz directa reflejada por el cono para evitar daños.

Evite para asegurarse que la máquina que se está utilizando no sea una máquina de alta potencia.

Revise que las pastillas de freno estén ajustadas apropiadamente por resaca.

Verifique que las pastillas de freno estén ajustadas apropiadamente.

Revisar y ajustar firmemente (los manguitos, el asiento, el soporte del asiento, la pastilla de freno, el eje de la pastilla de freno).

Utilice un paño húmedo para limpiar el polvo y humedad del equipo.

Limpie y pase un trapo por el soporte, los manguitos, ruedas de pista, cinta para caminar.

Verifique el funcionamiento de la máquina.

Consulte el Manual del Operador.

Consulte el Manual del Operador.

HEURES ENTRETEN

[illegible]

**WARNING: Before using this equipment you should consult with your physician to see if this workout equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:**

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

**The Maximum Static Weight Capacity for this product is 800lbs / 363kgs.**

**Read all the instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.**

This workout equipment is designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, note the following safety instructions:

1. Consult your physician or other health care professionals before using this equipment.
2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
3. If at any time you feel faint, light-headed, or dizziness while operating this equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
4. Keep children and pets away from this equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all the screws, nuts, and bolts are tightened prior to use. Check the screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any objects into any openings on the equipment.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.
13. Children from 12 to 18 should have adult supervision.



**Warning:** It is highly recommended that you have assistance during the assembly of the strength equipment.

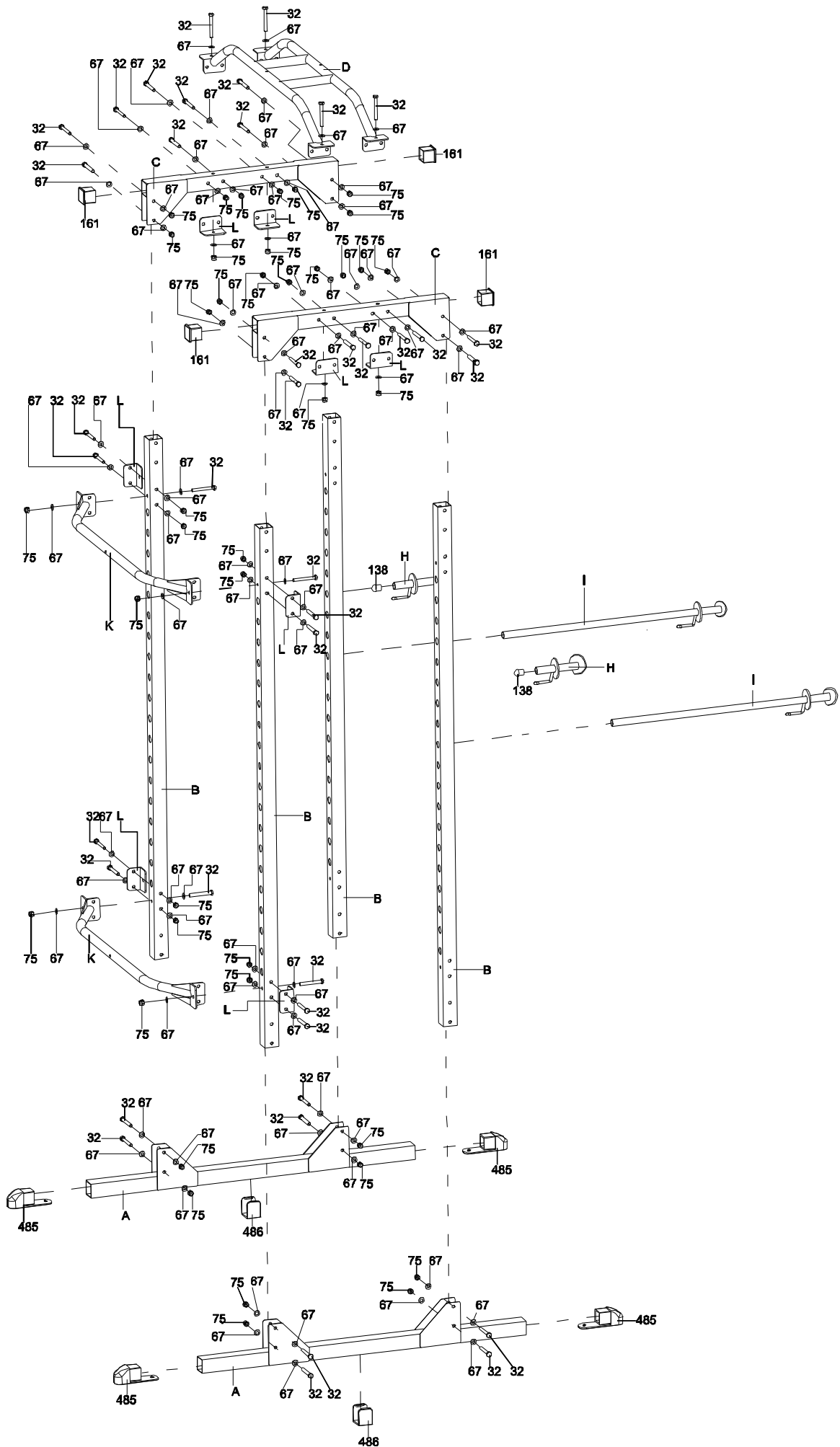
1. Tools for assembly:

General tools you may need for the assembling this strength equipment:

- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

2. Insert bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the parts of that step.
6. To aid in the assembly of the equipment, the hardware pack (bolts, nuts, washer...etc.) have been presorted according to their corresponding steps. **See the Hardware Pack page.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. **See page 2.**

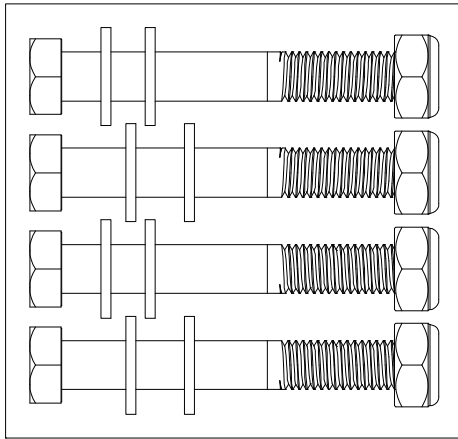
# OVERVIEW DRAWING



## PART LIST

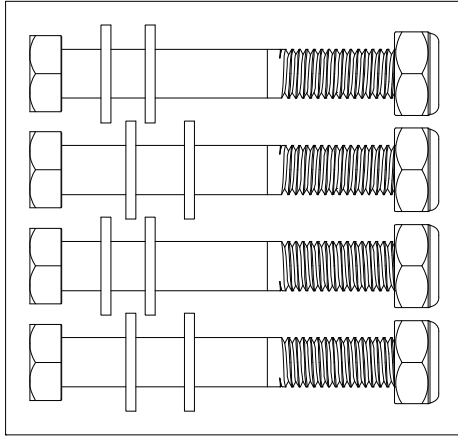
Part #	Description	Q'ty
A	Base Frame	2
B	Upright Frame	4
C	Upper Frame	2
D	Pull Up Bar	1
H	Short Safety Catch	2
I	Long Safety Catch	2
K	Rear Cross Bar	2
L	L-Bracket	8
32	Hexagon Head Bolt M10*73	40
67	Washer D10.5*D30*1.5t	80
75	Nylon Lock Nut M10	40
138	Domed End Caps	2
161	Square End Cap	4
485	Foot End Cap	4
486	U-Bracket	2

## STEP 1



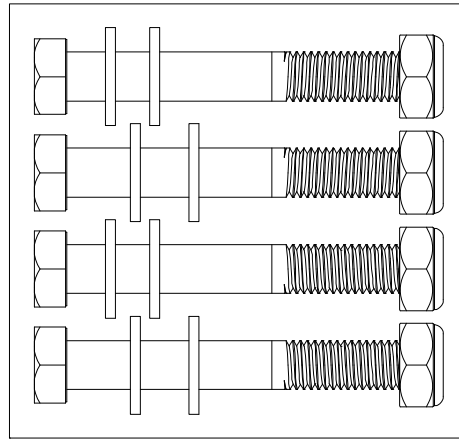
(32) Hexagon Head Bolt M10\*73 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  8pcs  
(75) Nylon Lock Nut M10 4pcs

## STEP 2



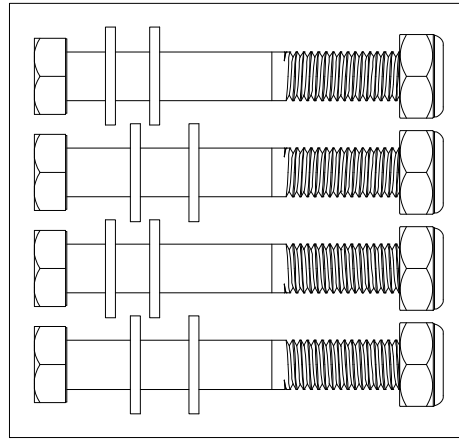
(32) Hexagon Head Bolt M10\*73 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  8pcs  
(75) Nylon Lock Nut M10 4pcs

## STEP 3



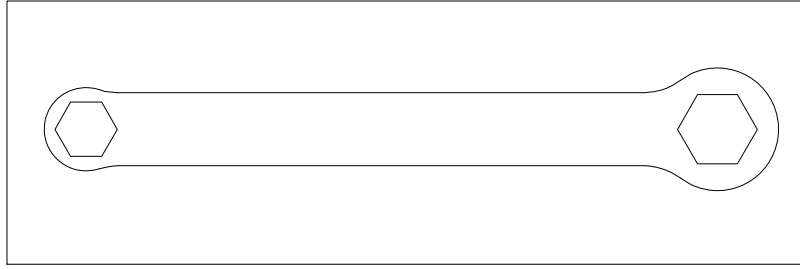
(32) Hexagon Head Bolt M10\*73 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  8pcs  
(75) Nylon Lock Nut M10 4pcs

## STEP 4

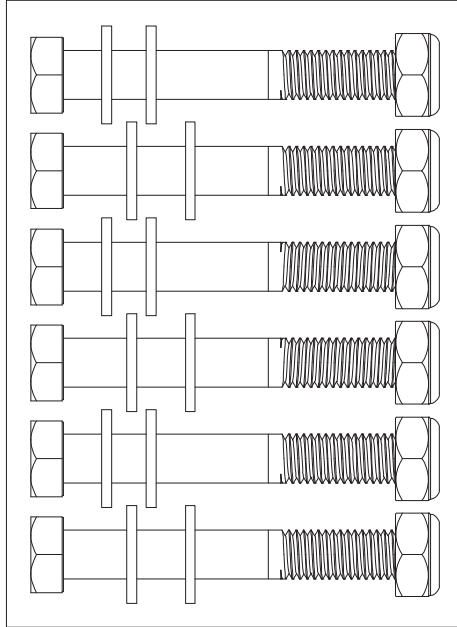


(32) Hexagon Head Bolt M10\*73 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  8pcs  
(75) Nylon Lock Nut M10 4pcs

Wrench S-17/S-13 2 PCS

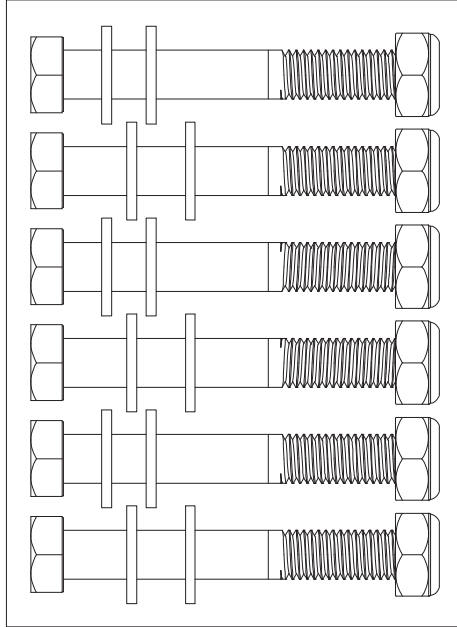


## STEP 5



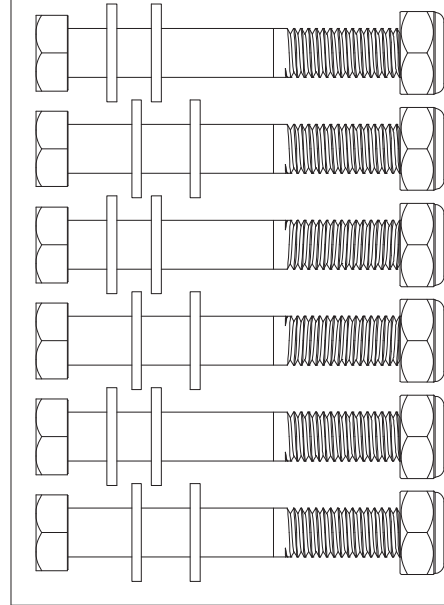
(32) Hexagon Head Bolt M10\*73 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  12pcs  
(75) Nylon Lock Nut M10 6pcs

## STEP 6

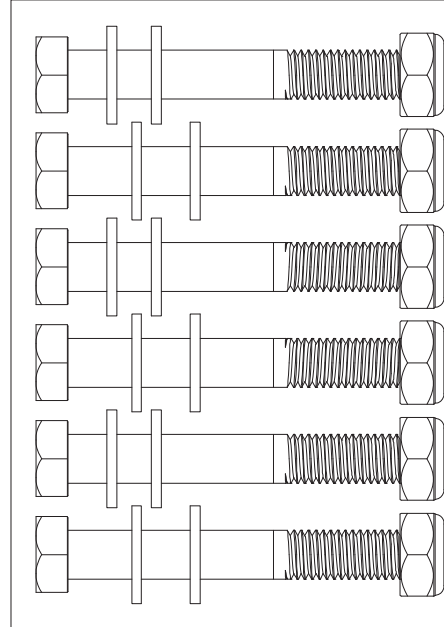


(32) Hexagon Head Bolt M10\*73 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  12pcs  
(75) Nylon Lock Nut M10 6pcs

## STEP 7

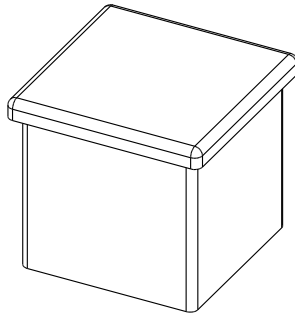


(32) Hexagon Head Bolt M10\*73 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  12pcs  
(75) Nylon Lock Nut M10 6pcs

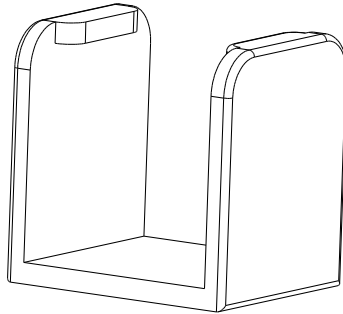


(32) Hexagon Head Bolt M10\*73 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  12pcs  
(75) Nylon Lock Nut M10 6pcs

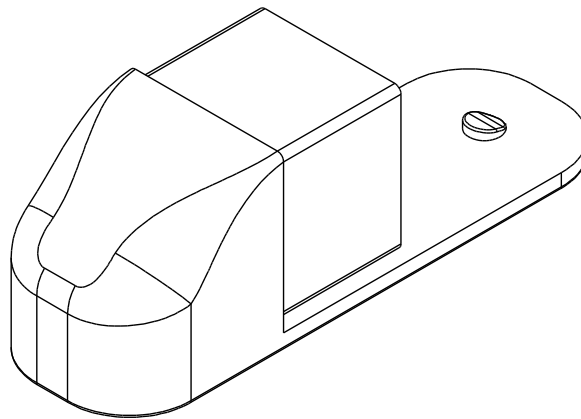
## HARDWARE PACK



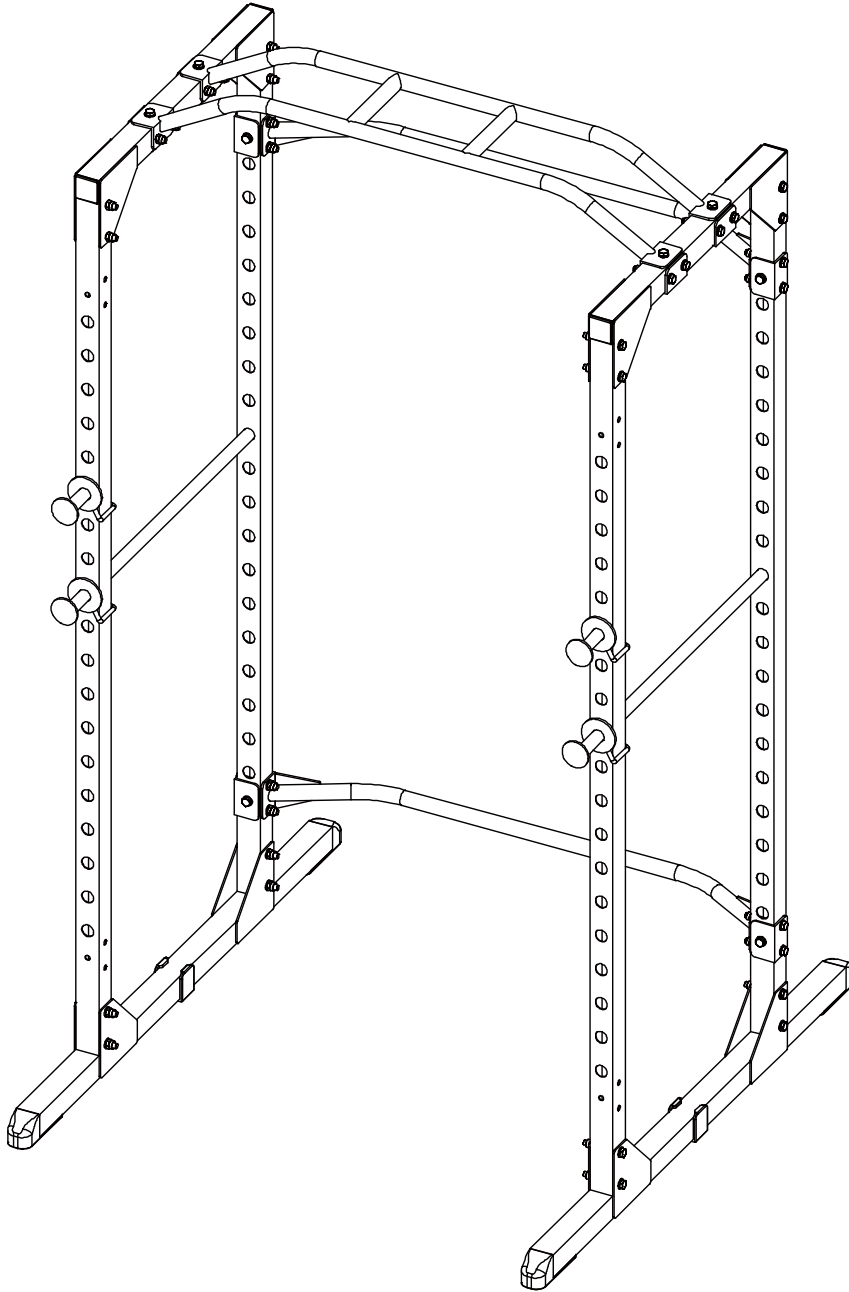
**(161) Square End Cap 4 PCS**



**(486) U-Bracket 2 PCS**



**(485) Foot End Cap 4 PCS**



## STEP 1

1A. Insert a **Foot End Cap (485)** into each side of the **Base Frame (A)**.

**2 - (485) Foot End Cap**

1B. Insert two **Upright Frames (B)** into the brackets of the **Base Frame (A)**.

Make sure the arrow stickers on the **Upright Frames (B)** are pointing away from the **Base Frame (A)**.

1C. Attach the **Base Frame (A)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

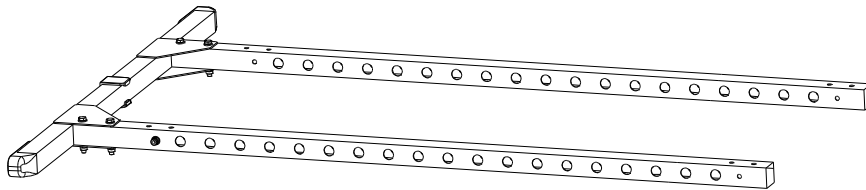
**8 - (67) Washer**

**4 - (75) Nylon Lock Nut**

1D. Attach the **U-Bracket (486)** onto the center of the **Base Frame (A)**.

**1 – (486) U-Bracket**

**Do not thoroughly tighten the hardware until instructed.**



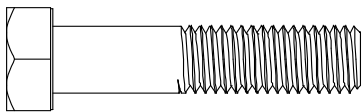
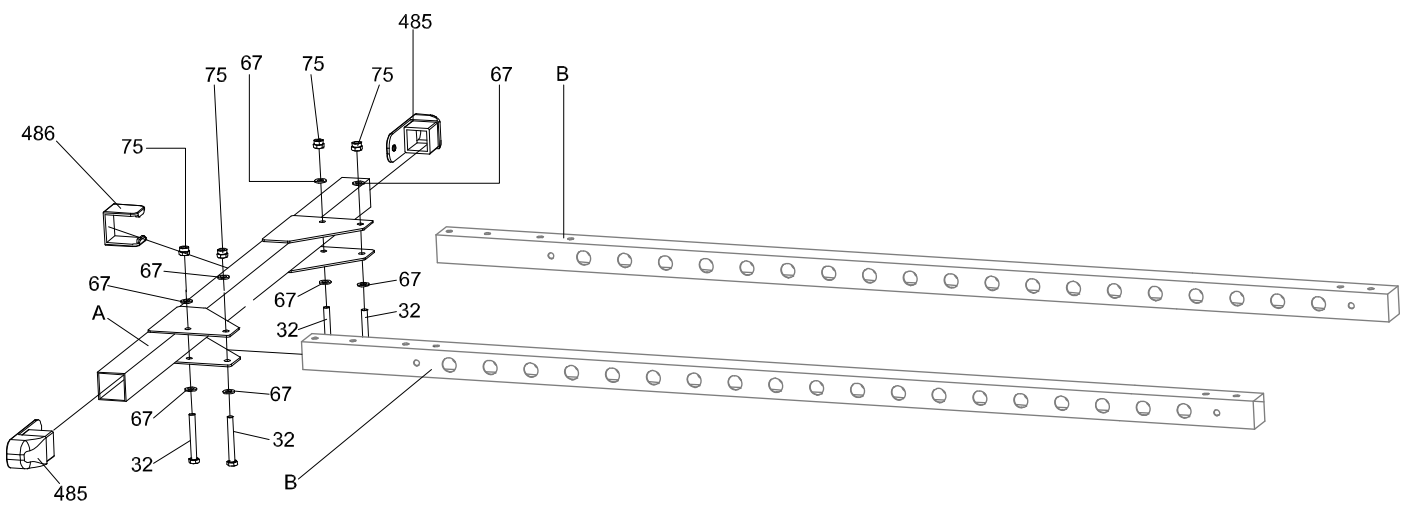
**Appearance upon completion of Step 1.**



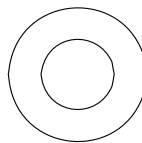
# STEP 1



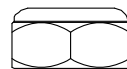
13-17mm Wrench  
2 PCS



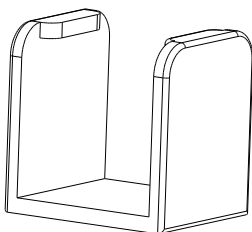
(32) Hexagon Head Bolt  
4PCS



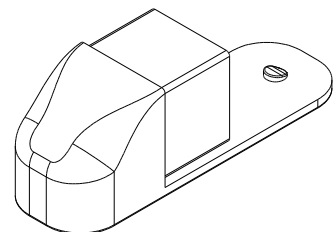
(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS



(486) U-Bracket  
1PC



(485) Foot End Cap  
2PCS

## STEP 2

2A. Slide the two **Upright Frames (B)** into the brackets at the ends of the **Upper Frame (C)**.

2B. Attach the **Upper Frame (C)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

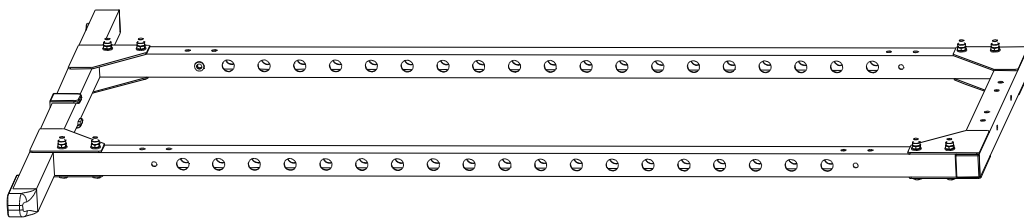
**8 - (67) Washer**

**4 - (75) Nylon Lock Nut**

2C. Insert a **Square End Cap (161)** into the both ends of the **Upper Frame (C)**.

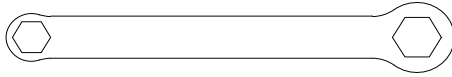
**2 - (161) Square End Cap**

**Do not thoroughly tighten the hardware until instructed.**

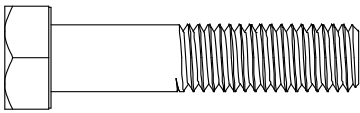
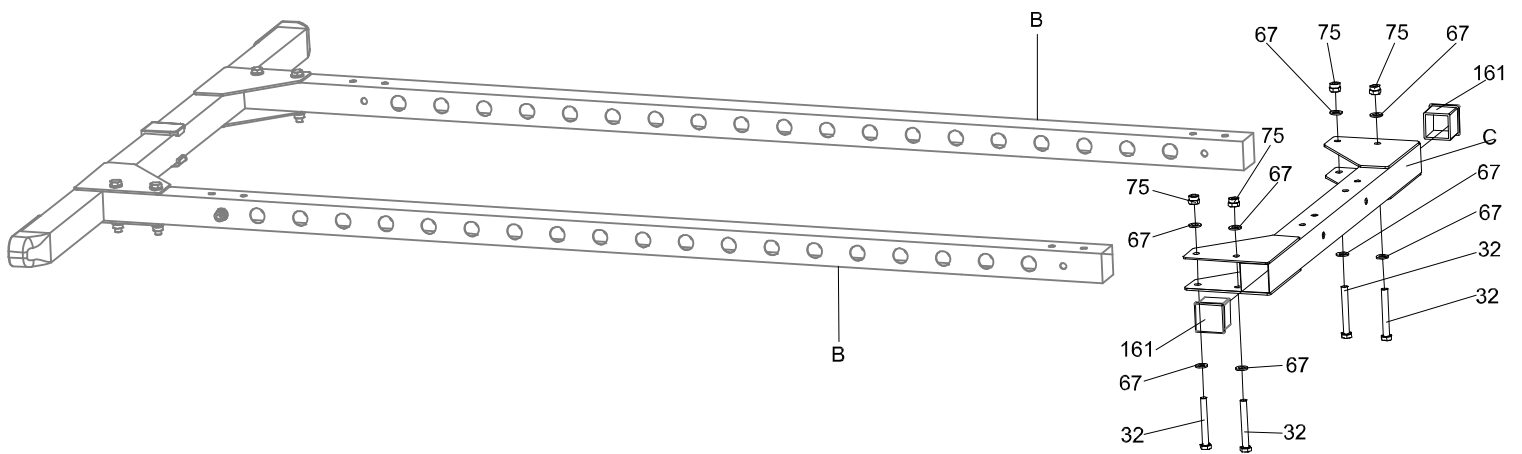


**Appearance upon completion of Step 2.**

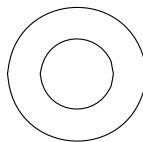
## STEP 2



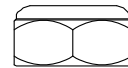
13-17mm Wrench  
2 PCS



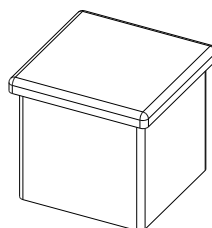
(32) Hexagon Head Bolt  
4PCS



(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS



(161) Square End Cap  
2PCS

## STEP 3

3A. Insert a **Foot End Cap (485)** into each side of the **Base Frame (A)**.

**2 - (485) Foot End Cap**

3B. Insert two **Upright Frames (B)** into the brackets of the **Base Frame (A)**.

Make sure the arrow stickers on the **Upright Frames (B)** are pointing away from the **Base Frame (A)**.

3C. Attach the **Base Frame (A)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

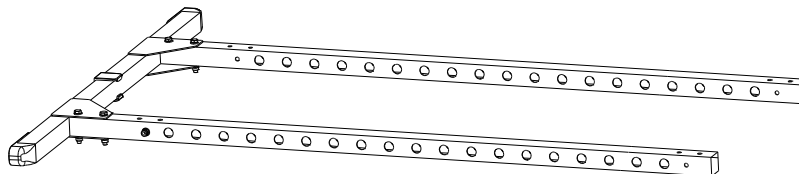
**8 - (67) Washer**

**4 - (75) Nylon Lock Nut**

3D. Attach the **U-Bracket (486)** onto the center of the **Base Frame (A)**.

**1 – (486) U-Bracket**

**Do not thoroughly tighten the hardware until instructed.**

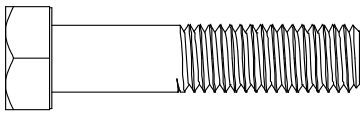
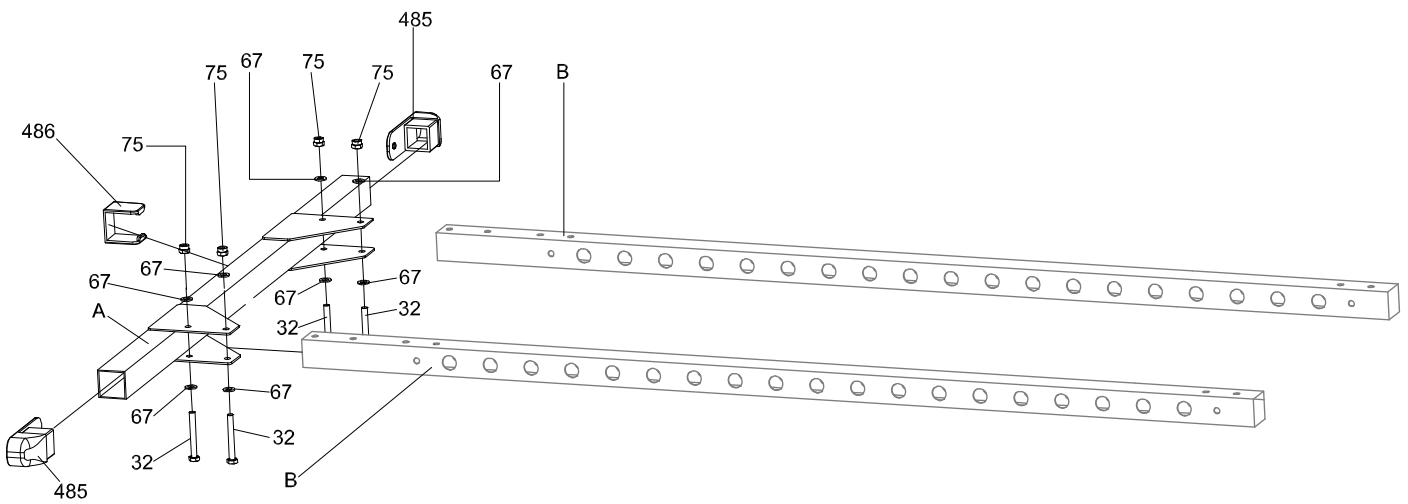


**Appearance upon completion of Step 3.**

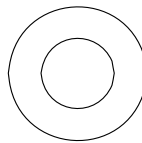
## STEP 3



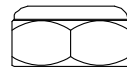
13-17mm Wrench  
2 PCS



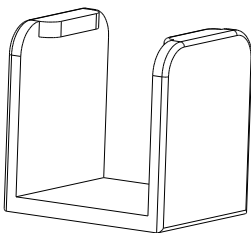
(32) Hexagon Head Bolt  
4PCS



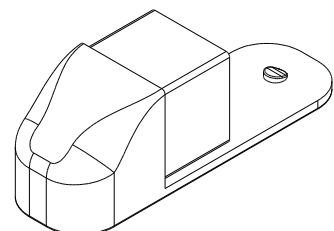
(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS



(486) U-Bracket  
1PC



(485) Foot End Cap  
2PCS

## STEP 4

4A. Slide the two **Upright Frames (B)** into the brackets at the ends of the **Upper Frame (C)**.

4B. Attach the **Upper Frame (C)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

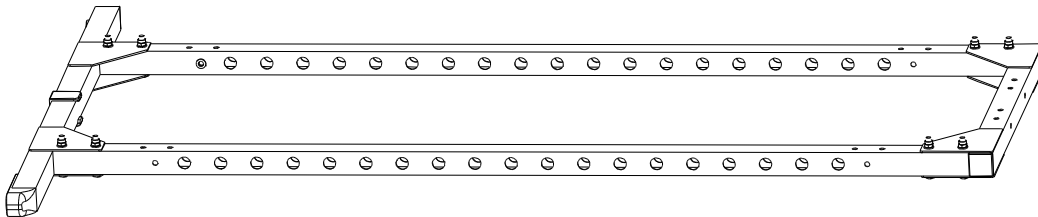
**8 - (67) Washer**

**4 - (75) Nylon Lock Nut**

4C. Insert a **Square End Cap (161)** into the both ends of the **Upper Frame (C)**.

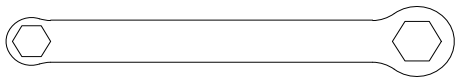
**2 - (161) Square End Cap**

**Do not thoroughly tighten the hardware until instructed.**

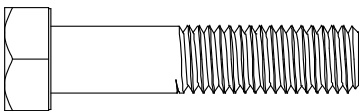
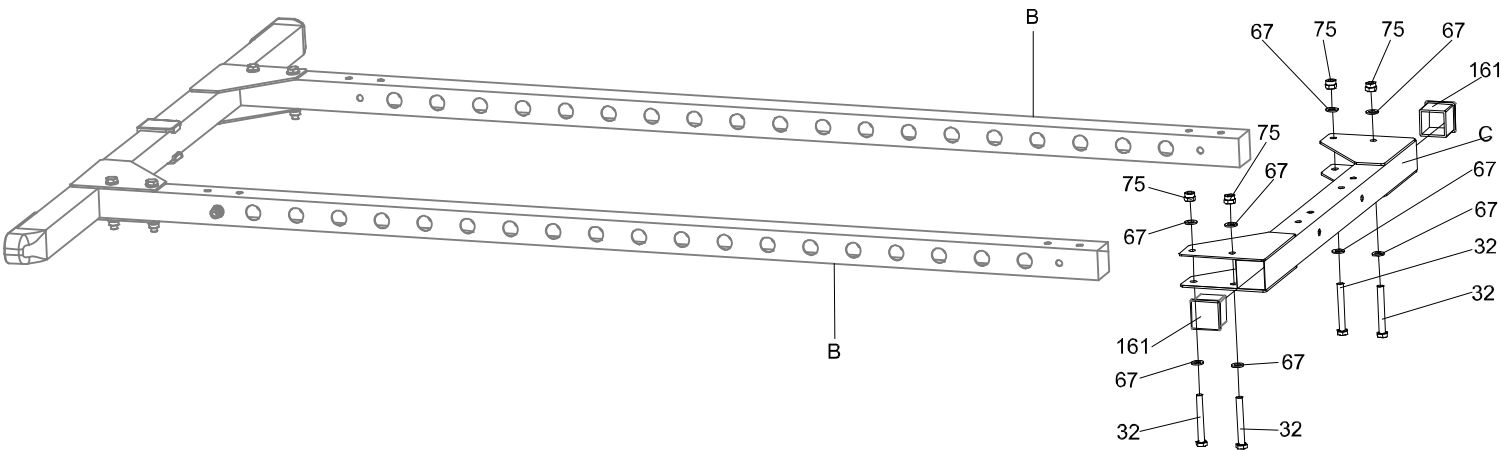


**Appearance upon completion of Step 4.**

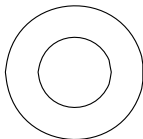
**STEP 4**



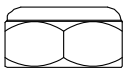
13-17mm Wrench  
2 PCS



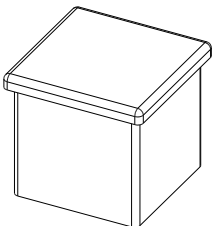
(32) Hexagon Head Bolt  
4PCS



(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS



(161) Square End Cap  
2PCS

## STEP 5

5A. Mount the **Pull Up Bar (D)** and two **L-Brackets (L)** to the **Upper Frame (C)**.

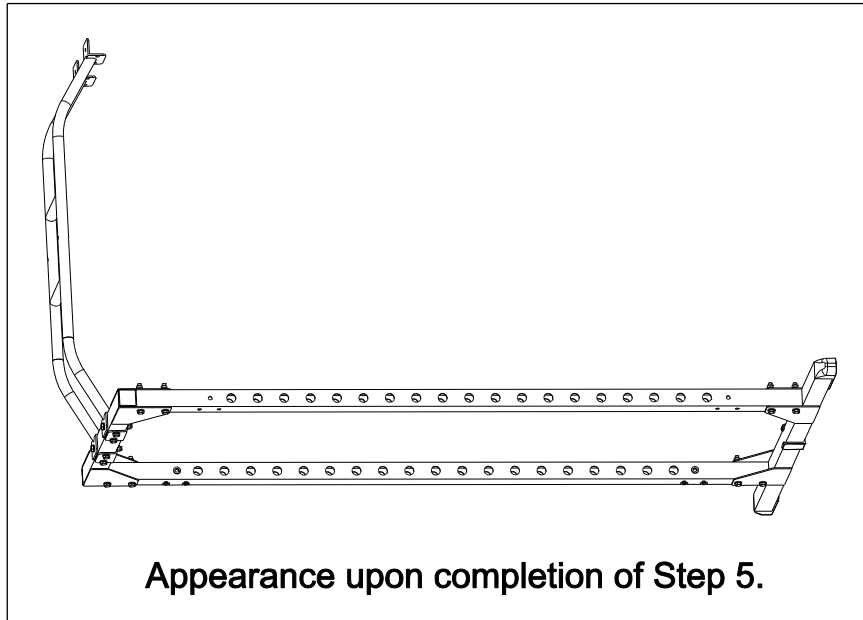
5B. Attach the **Pull Up Bar (D)** and **two L-Brackets (L)** to the **Upper Frame (C)** by using:

**6 - (32) Hexagon Head Bolt**

**12 - (67) Washer**

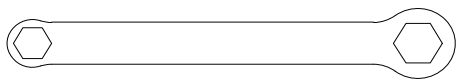
**6 - (75) Nylon Lock Nut**

**Do not thoroughly tighten the hardware until instructed.**

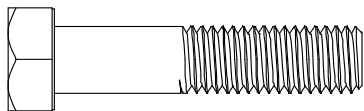
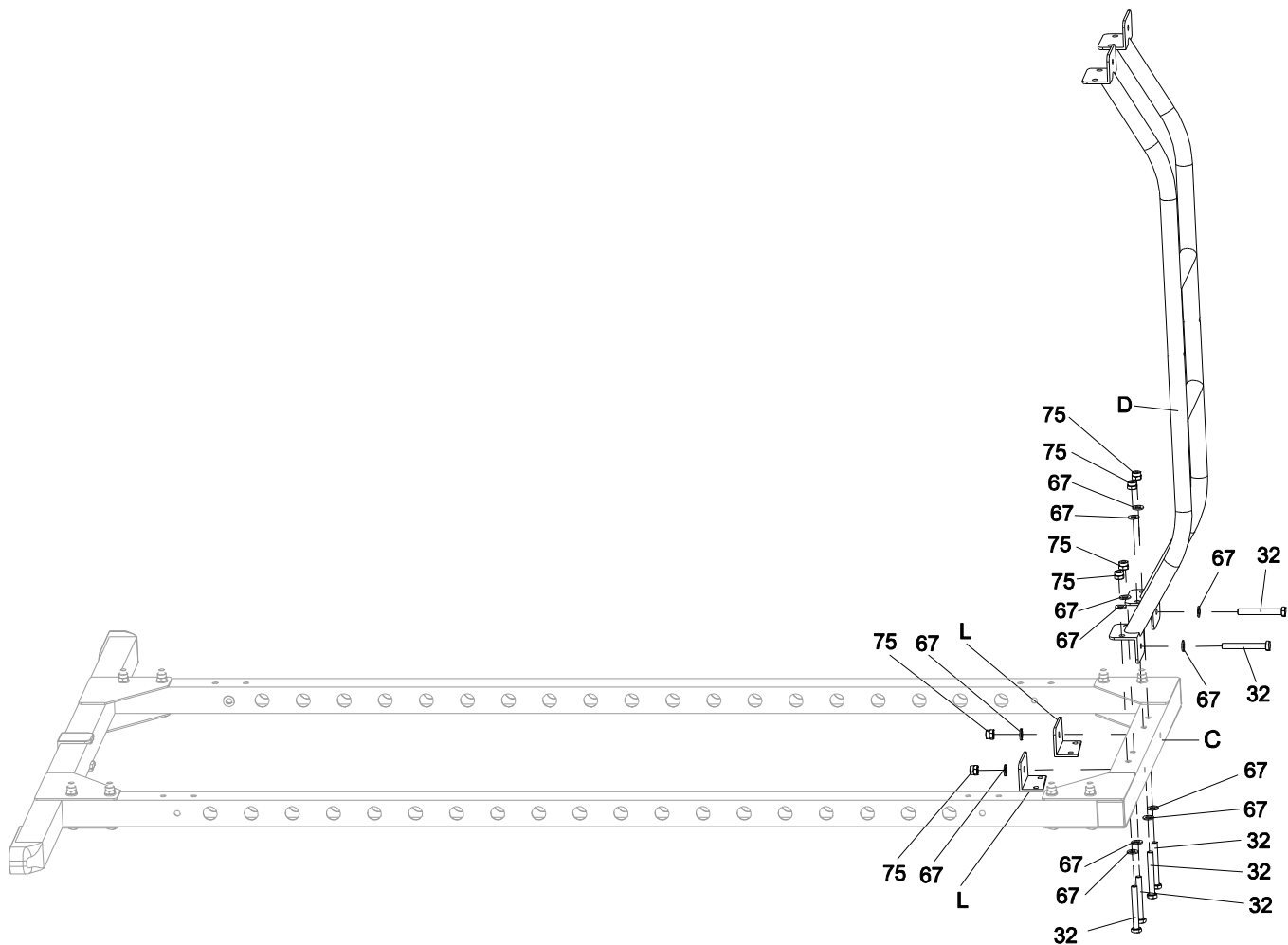




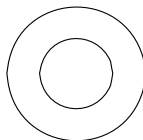
# STEP 5



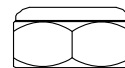
13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
6PCS



(67) Washer  
12PCS



(75) Nylon Lock Nut  
6PCS

## STEP 6

6A. Mount the **Pull Up Bar (D)** and two **L-Brackets (L)** to the **Upper Frame (C)**.

6B. Attach the **Pull Up Bar (D)** and **two L-Brackets (L)** to the **Upper Frame (C)** by using:

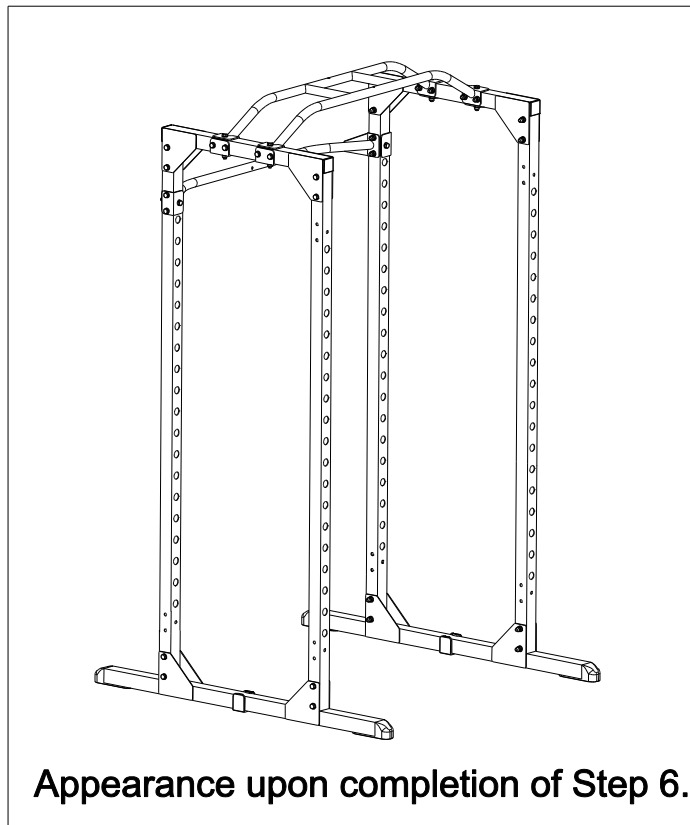
**6 - (32) Hexagon Head Bolt**

**12 - (67) Washer**

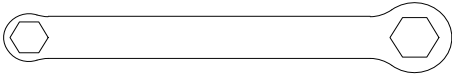
**6 - (75) Nylon Lock Nut**

**Do not thoroughly tighten the hardware until instructed.**

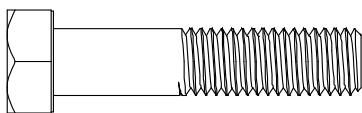
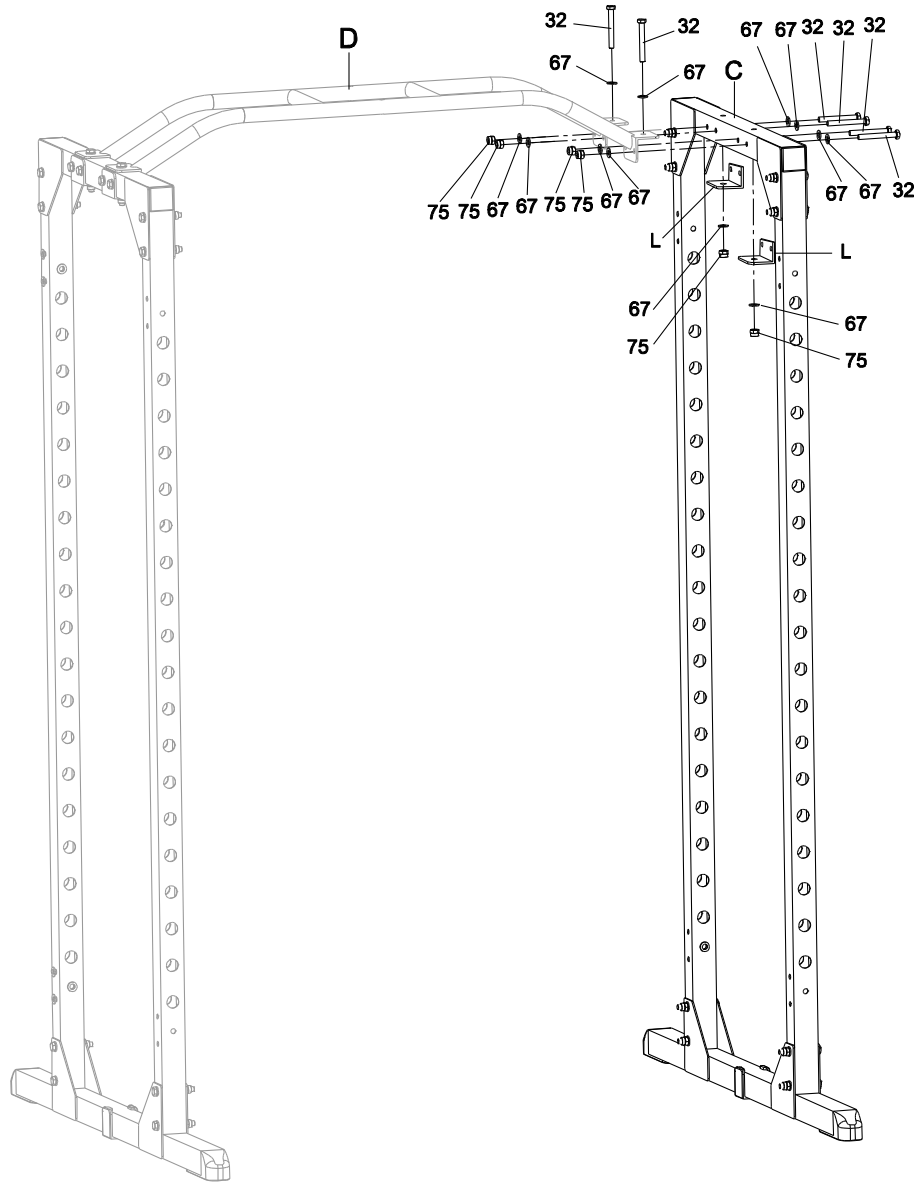
Note: Having someone to assist for this step is recommended.



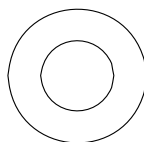
## STEP 6



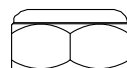
13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
6PCS



(67) Washer  
12PCS



(75) Nylon Lock Nut  
6PCS

## STEP 7

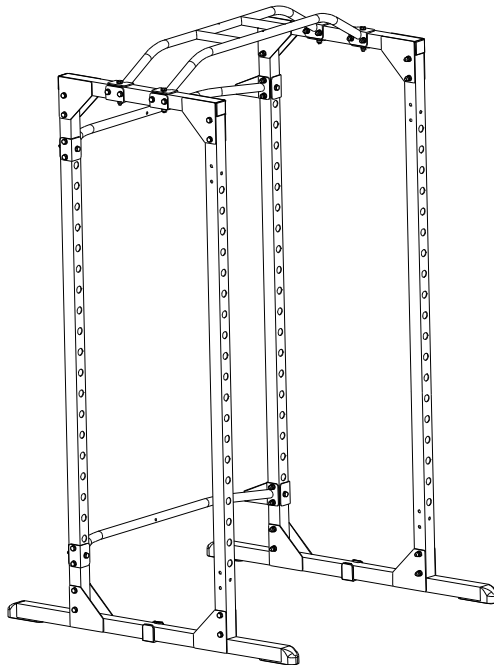
7A. Attach the two **Rear Cross Bars (K)** and four **L-Brackets (L)** to the **Upright Frames (B)** by using:

**12 - (32) Hexagon Head Bolt**

**24 - (67) Washer**

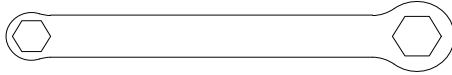
**12 - (75) Nylon Lock Nut**

**Give the cage a shake so all the structure can settle and then thoroughly tighten ALL the hardware.**



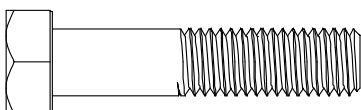
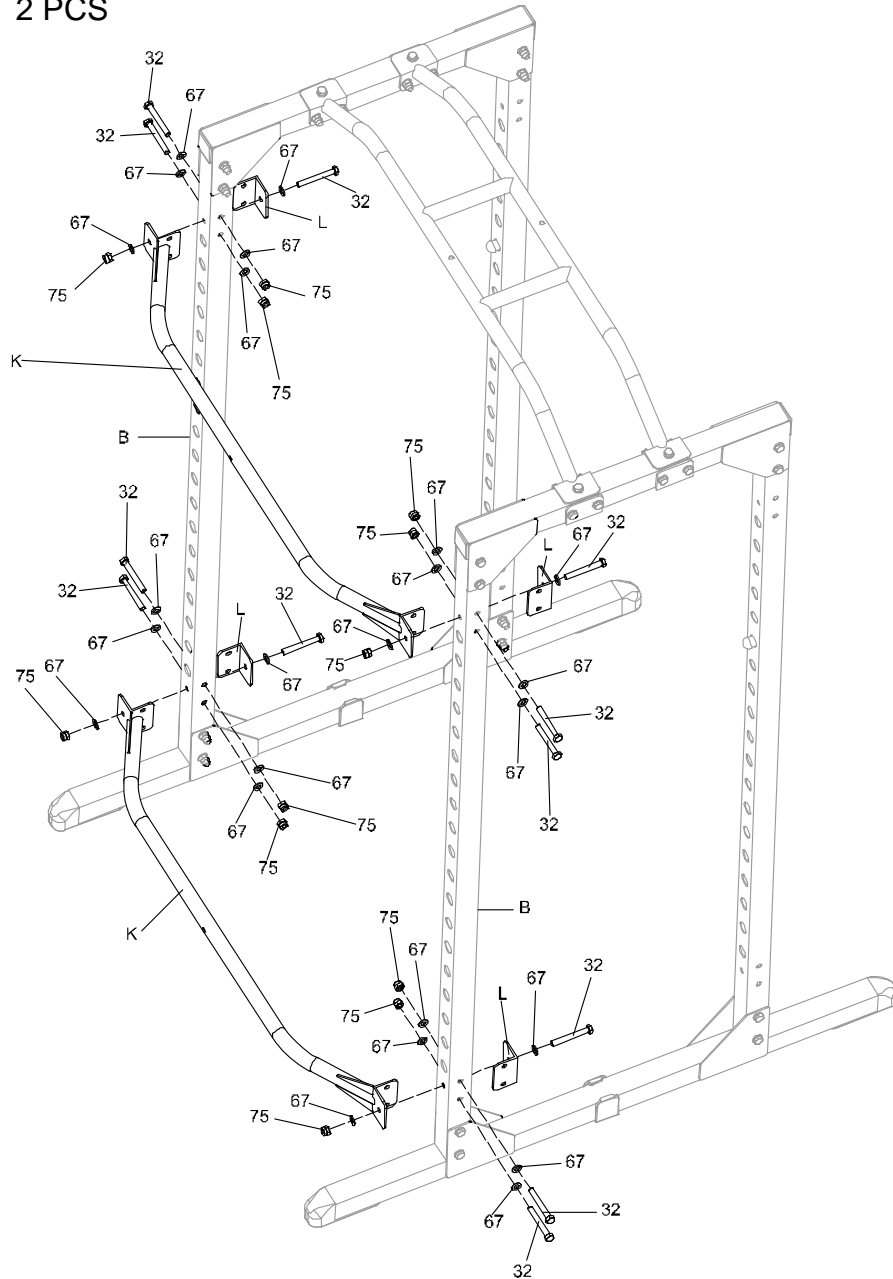
**Appearance upon completion of Step 7.**

## STEP 7

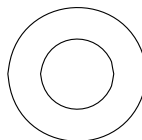


13-17mm Wrench

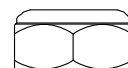
2 PCS



(32) Hexagon Head Bolt  
12PCS



(67) Washer  
24PCS



(75) Nylon Lock Nut  
12PCS

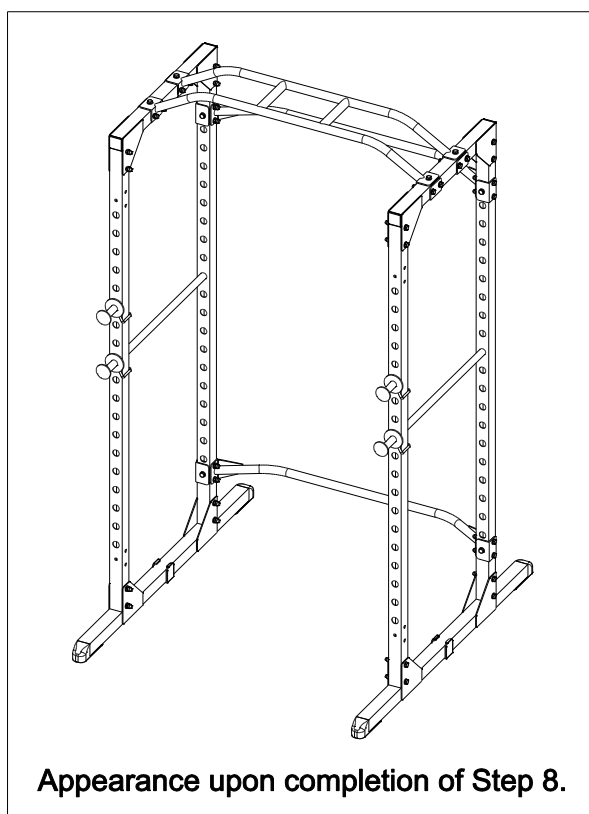
## STEP 8

A. The two **Long Safety Catches (I)** can be inserted into any of the holes along the **Upright Frame (B)**. Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

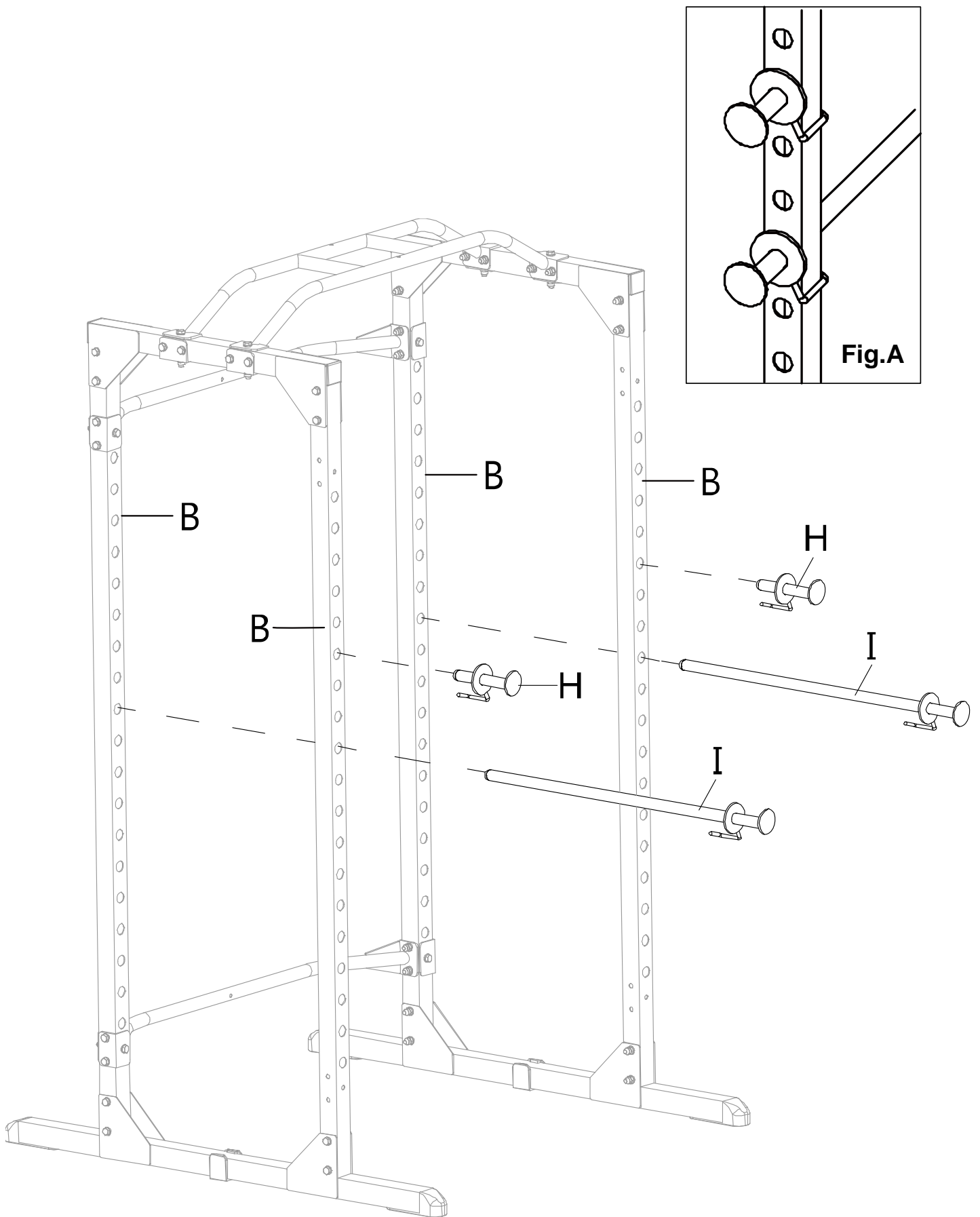
B. The two **Short Safety Catches (H)** can be inserted into any of the holes along the **Upright Frame (B)**. Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

C. The **Upright Frames (B)** have “U” shaped markings above some of the holes to help mark which holes are at the same level across the frame of the cage.

D. Make sure the hooks of the **Long Safety Catch (I)** and the **Short Safety Catch (H)** are wrapped around the **Upright Frames (B)** to lock the safety catches in place. When facing the front of the cage, the hooks should always be on the right side and be below the main shaft of the safety catches; this will allow the hooks to wrap around the back of the **Upright Frames (B)**. See Fig. A



## STEP 8



# 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>COMPONENT</b>	<b>LENGTH OF WARRANTY</b>
<b>Structural Frame</b>	<b>1 year For Home Use Only</b> (frame, welds)
<b>Parts</b>	<b>90 days For Home Use Only</b> (covers, internal mechanism, tension, wheels, knobs, hardware)
<b>Wearable Parts</b>	<b>90 days For Home Use Only</b> (upholstery, foam, ball bearings, pulleys, belts, cables, Shocks)

### **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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, 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, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

**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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness. 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](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 #: 1-844-641-7920**