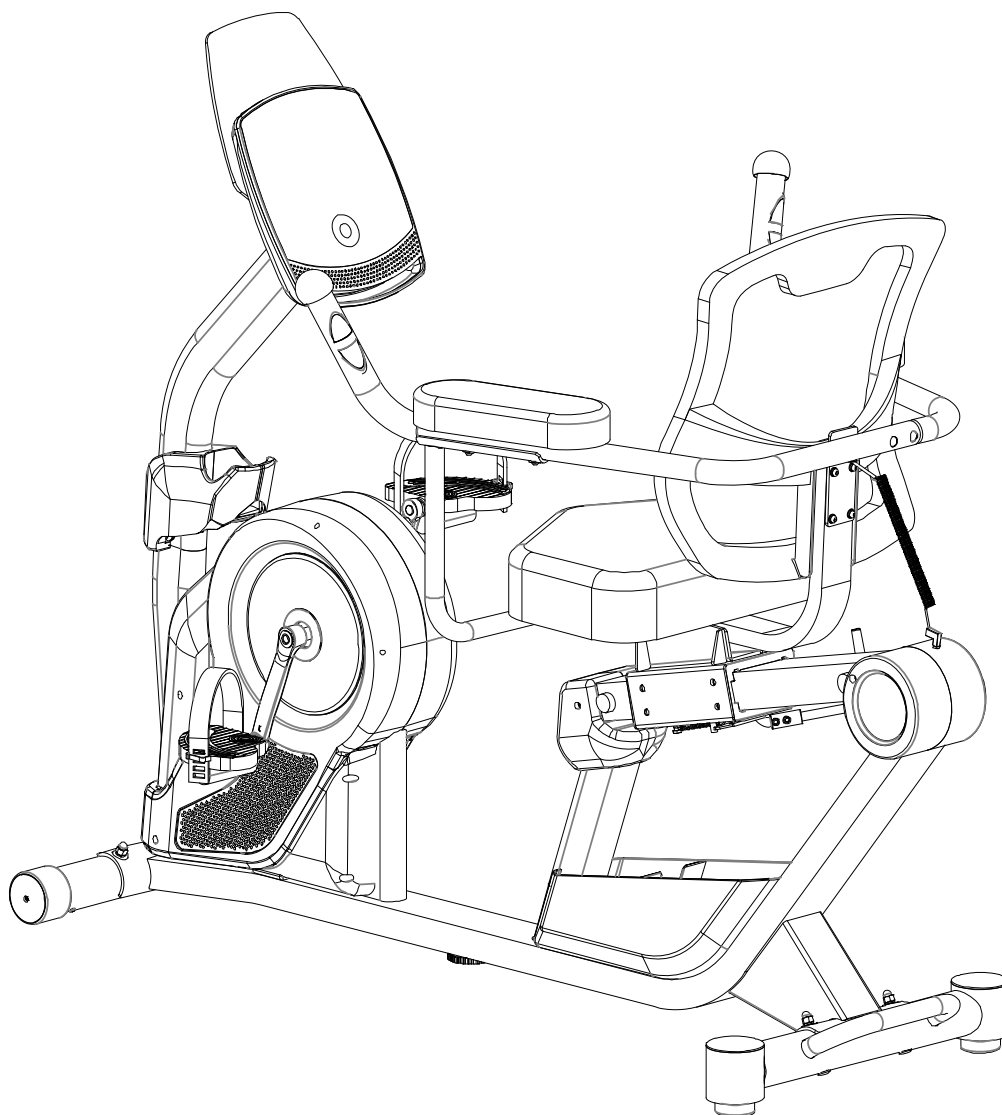




## 410 ST SMART TECHNOLOGY RECUMBENT BIKE



**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. 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**

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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.**

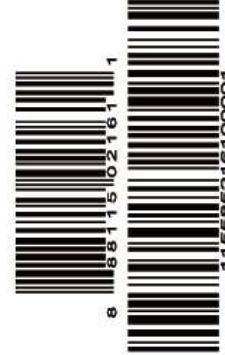
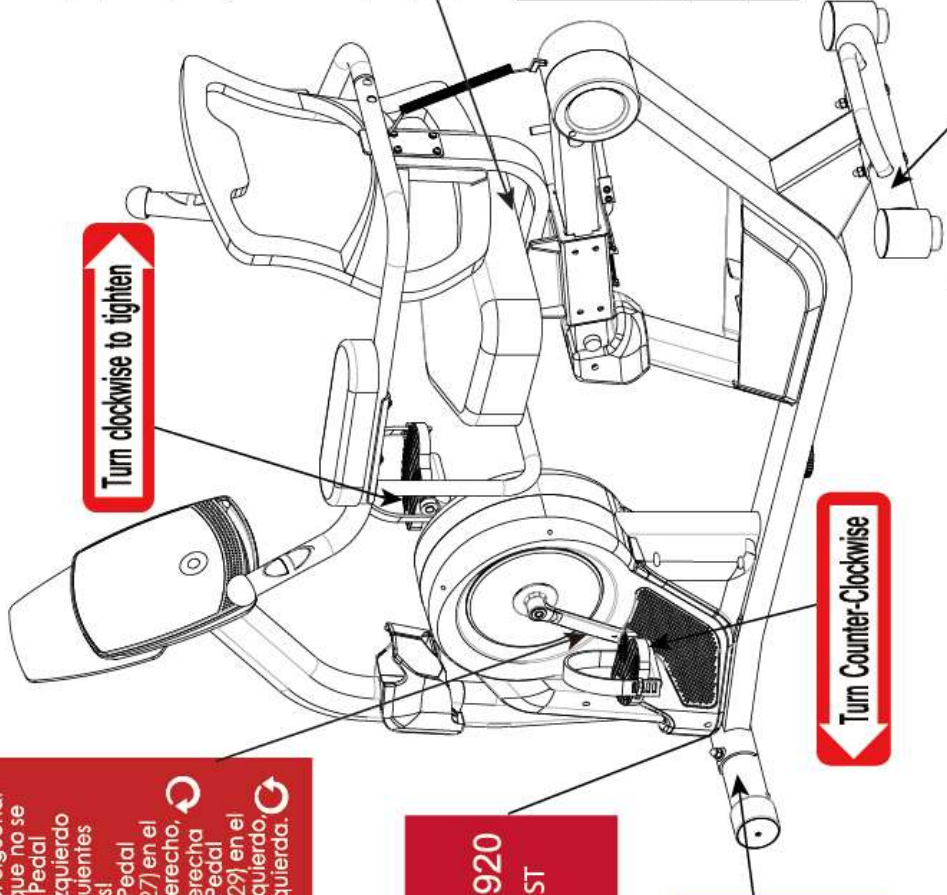
**Paradigm Health & Wellness, Inc.**

**1189 Jellick Ave.**

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

# LABEL PLACEMENT

<p><b>UNDER PENALTY OF LAW THIS TAG IS NOT TO BE REMOVED EXCEPT BY THE CONSUMER.</b></p> <p><b>ALL NEW MATERIAL CONSISTING OF POLYURETHANE</b></p> <p><b>OAM PAD, 100%</b></p> <p><b>REGISTRY NO. VA25302 (CN)</b></p> <p>Certification is made by the manufacturer that the materials used in the manufacture of this product conform to the requirements of the California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.</p>	<p><b>NOTICE</b></p> <p>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>SOUS PEINE DE SANCTION LEGALE, CETTE ÉTIQUETTE NE PEUT ÊTRE ENLEVÉE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR.</b></p> <p><b>INTERBIEN FABRIQUÉ DE MATÉRIAU À 100% REMBOURRAGE EN MOUSSAUX EN POLYURÉTHANE 100 %</b></p> <p><b>NO D'ENREGISTREMENT VA25302 (CN)</b></p> <p>Cette étiquette est apposée conformément aux lois canadiennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>	<p><b>AVIS</b></p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité 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>SE SANCIONA LEGALMENTE A QUITARLA.</b></p> <p><b>SOLO EL CONSUMIDOR PUEDE QUITARLA.</b></p> <p><b>MATERIAL COMPLETAMENTE NUEVO COMPUESTO DE 100% RELENDO DE ESPUMA DE POLIURETANO.</b></p> <p><b>NO. DE REG VA25302 (CN)</b></p> <p>El fabricante certifica que los materiales utilizados en la fabricación de este producto cumplen con los requisitos de la Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarets ardientes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>	<p><b>NOTIFICACIÓN</b></p> <p>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>



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

The Crank will be damaged if the Right or Left Pedal are not tightened as per below instructions!

- Tighten Right Pedal (27) Into the Right Crank Clockwise
- Tighten Left Pedal (29) Into the Left Crank Counter Clockwise

La manivelle pourrait être endommagée si les pédale droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

- Serrez le pédale droit (27) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (29) dans la manivelle gauche dans le sens antihoraire

¡Se dañará el cigüeñal en caso de que no se aprieten los Pedal derecho e izquierdo según las siguientes instrucciones!

- Apriete el Pedal derecho (27) en el cigüeñal derecho, hacia la derecha
- Apriete el Pedal izquierdo (29) en el cigüeñal izquierdo, hacia la izquierda.

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 325 lbs.**

**Le poids maximum pout ce produit est 147 kgs.**

**La capacidad de peso máxima es 147 kg.**

# IMPORTANT SAFETY GUIDELINES

**Read all instructions before using the equipment. When using the equipment, basic precautions should always be followed. WARNING - To reduce the risk of injury to persons, read and under the following:**

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 and stretching of the major muscle groups.
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 or near water.
9. Use this product 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. **DO NOT** pedal in reverse.
15. This product requires a minimum of 6 square feet of space for safe operation.
16. **ASSEMBLY ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
17. **Warning:** - Risk of Personal Injury - Consult with your personal physician to see if this 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.
18. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
19. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
20. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
21. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
22. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using the Bike.

## 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 (load):**

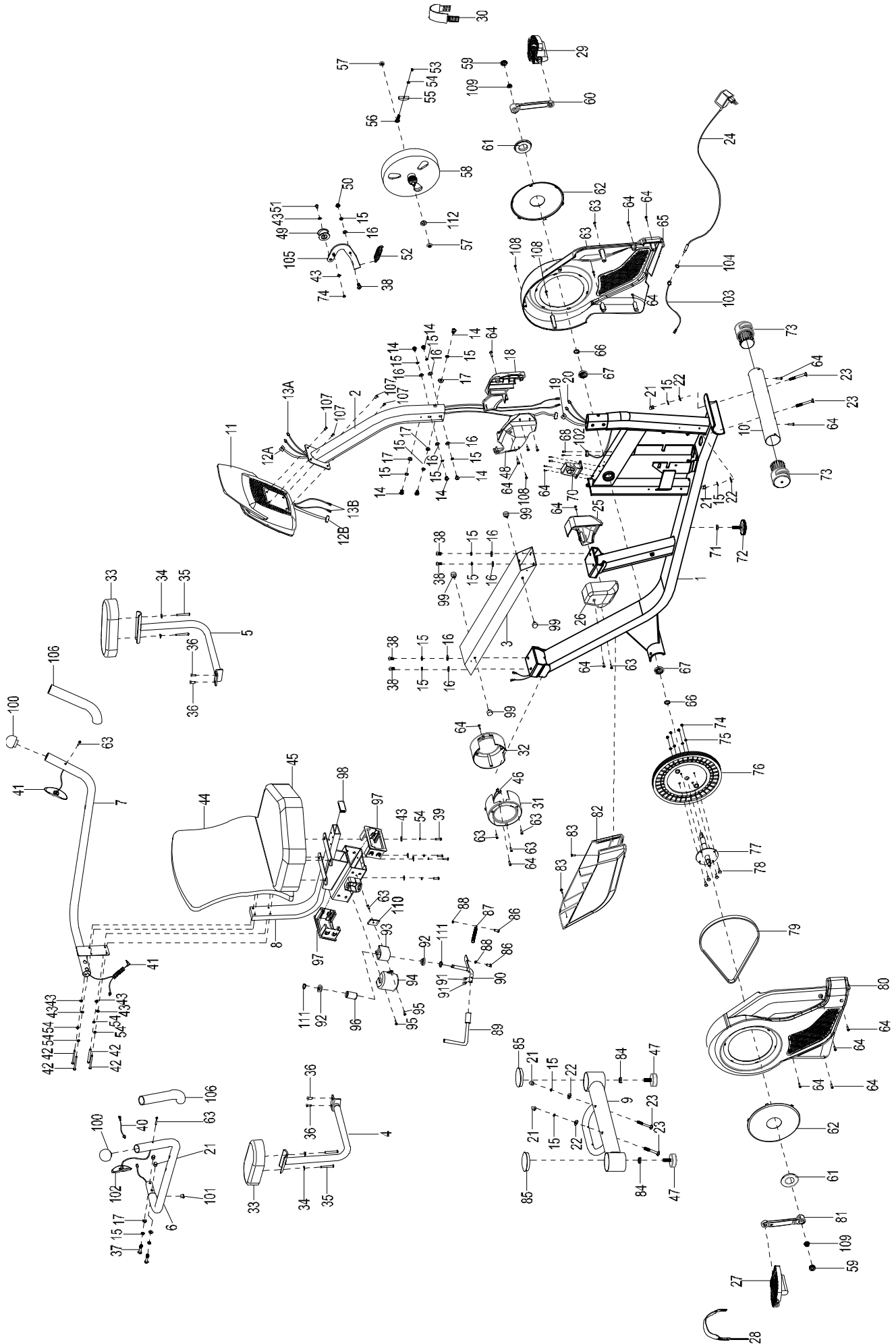
**The Maximum Weight Capacity for this product is 325lbs/147kgs.**

**The Maximum User Height for this product is 6'3"/190cm.**

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

## SAVE THESE GUIDELINES

# OVERVIEW DRAWING



# PARTS LIST

No.	Description	Q'ty
1	Main Frame	1
2	Front Post	1
3	Seat Sliding Tube	1
4	Right Handrail Support Tube	1
5	Left Handrail Support Tube	1
6	Right Handlebar	1
7	Left Handlebar	1
8	Seat Post	1
9	Rear Stabilizer	1
10	Front Stabilizer	1
11	Console	1
12	Console Wire L=700MM	1
13	Hand Pulse Wire L=750MM	1
14	Hex Bolt M8*20	7
15	Spring Washer Φ8	18
16	Flat Washer Φ8*Φ16*1.5	10
17	Curved Washer Φ8*Φ16*1.5	5
18	Left Cup Holder	1
19	Lower Console Wire L=900MM	1
20	Lower Hand Pulse Wire L=2400MM	1
21	Cap Nut M8	6
22	Curved Washer Φ8*Φ20*2.0	4
23	Carriage Bolt M8*70	4
24	Adaptor	1
25	Left Front Cover	1
26	Right Front Cover	1
27	Right Pedal	1
28	Right Pedal Strap	1
29	Left Pedal	1

No.	Description	Q'ty
30	Left Pedal Strap	1
31	Rear Right Cover	1
32	Rear Left Cover	1
33	Arm Rest	2
34	Big Curved Washer Φ6*Φ16*1.5	4
35	Hex Bolt M6*50	4
36	Socket Phillips Screw M6*15	4
37	Hex Bolt M8x43	4
38	Hex Bolt M8x20	5
39	Hex Bolt M6*20	4
40	Hand Pulse Extension Wire L=200MM	1
41	Hand Pulse I L=1450MM	2
42	Hex Bolt M6*45	2
43	Flat Washer Φ6	10
44	Backrest	1
45	Seat	1
46	Hand Pulse Extension Wire II L=100MM	1
47	Adjustable Pad	2
48	Right Cup Holder	1
49	Idle Wheel	1
50	Anti-Loosen Hex Nut M8	1
51	Phillips Screw M6*10	1
52	Tension Spring Φ17*60*2.0	1
53	Hex Nut M6	1
54	Spring Washer Φ6	9
55	U-Shape Bracket 31*30*δ1.0	1
56	Eye Bolt M6*36	1
57	Flange Nut M10*1.0*6	2
58	Magnet Wheel	1

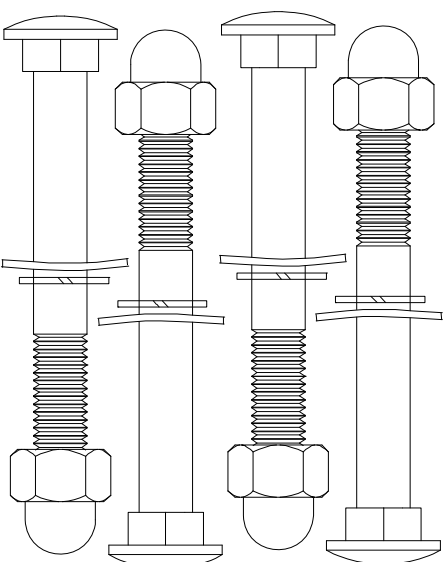
# PARTS LIST

No.	Description	Q'ty
59	Crank Cap	2
60	Left Crank	1
61	Protective Cover $\phi 70 \times \phi 35 \times 7$	2
62	Crank Cover	2
63	Screw ST4.2*20	14
64	Self-Drilling Screw ST4.2*20	19
65	Right Cover	1
66	Bearing Cup	2
67	Ball Bearing	2
68	Self-Drilling Screw ST2.9	7
69	Square Sensor	1
70	Motor	1
71	Hex Nut M10	1
72	Adjustable Leveler M10	1
73	Front Stabilizer End Cap	2
74	Anti-Loosen Hex Nut M6	5
75	Spring Washer $\phi 6$	4
76	Belt Pulley	1
77	Axle	1
78	Phillips Screw M6*15	4
79	Belt	1
80	Right Cover	1
81	Right Crank	1
82	Container	1
83	Self-Drilling Screw ST4.8*20	2
84	Hex Nut M10	2
85	Rear Stabilizer End Cap	2

No.	Description	Q'ty
86	Hex Bolt M6*15	2
87	Spring	1
88	Hex Nut M6	2
89	Adjustable Rod	1
90	Brake Adjustment	1
91	Hex Bolt M6*15	2
92	Plastic Bushing	2
93	Link Stopper	1
94	Brake Cover	1
95	Phillips Screw M5*15	2
96	Eccentric Shaft $\phi 26 \times 41$	1
97	Seat Post Bushing	2
98	End Cap	1
99	Buffer	4
100	Round End Cap	2
101	Wire Plug	1
102	Hand Pulse II L=1200MM	1
103	Adaptor Wire L=550mm	1
104	Flat Hex Nut 1/2" S15	1
105	Idle Arm	1
106	Foam Grip $\phi 31 \times \phi 37 \times 160$	2
107	Phillips Screw M5*10	4
108	Self-Tapping Screw ST2.9*16	5
109	Flange Nut M10x1.25	2
110	Brake Buffer	1
111	Clip $\phi 11 \times \phi 13.6 \times 1.0$	2
112	Flat Washer $\phi 10$	1

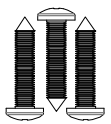
2161 - Hardware Pack

STEP 2



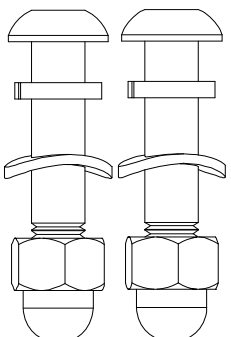
- #23 Carriage Bolt M8\*75 4PCS
- #22 Curved Washer  $\phi 8^* \phi 20^* 2.0$  4PCS
- #21 Cap Nut M8 4PCS
- #15 Spring Washer  $\phi 8$  4PCS

STEP 5



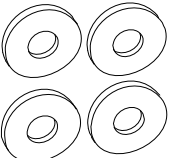
- #108 Self-Tapping Phillips Screw ST2.9\*16 3PCS

STEP 10



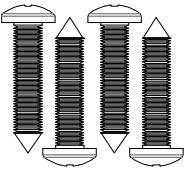
- #37 Hex Bolt M8\*43 2PCS
- #15 Spring Washer  $\phi 8$  2PCS
- #17 Curved Washer  $\phi 8^* \phi 16^* 1.5$  2PCS
- #21 Cap Nut M8 2PCS

STEP 11



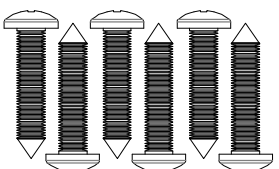
- #34 Big Curved Washer  $\phi 6$  4PCS
- #35 Hex Bolt M6\*50 4PCS

STEP 7

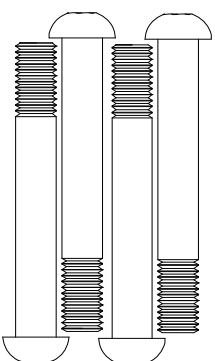


- #63 Self-Tapping Phillips Screw ST4.2\*20 4PCS

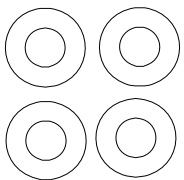
STEP 5&7



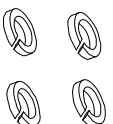
- #64 Self-Drilling Phillips Screw ST4.2\*20 6PCS



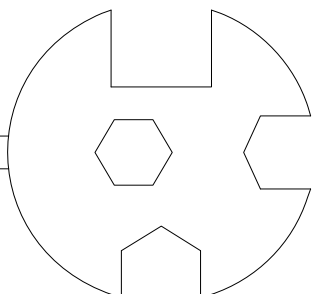
- #42 Hex Bolt M6\*45 4PCS



- #43 Flat Washer  $\phi 6$  4PCS



- #54 Spring Washer  $\phi 6$  4PCS



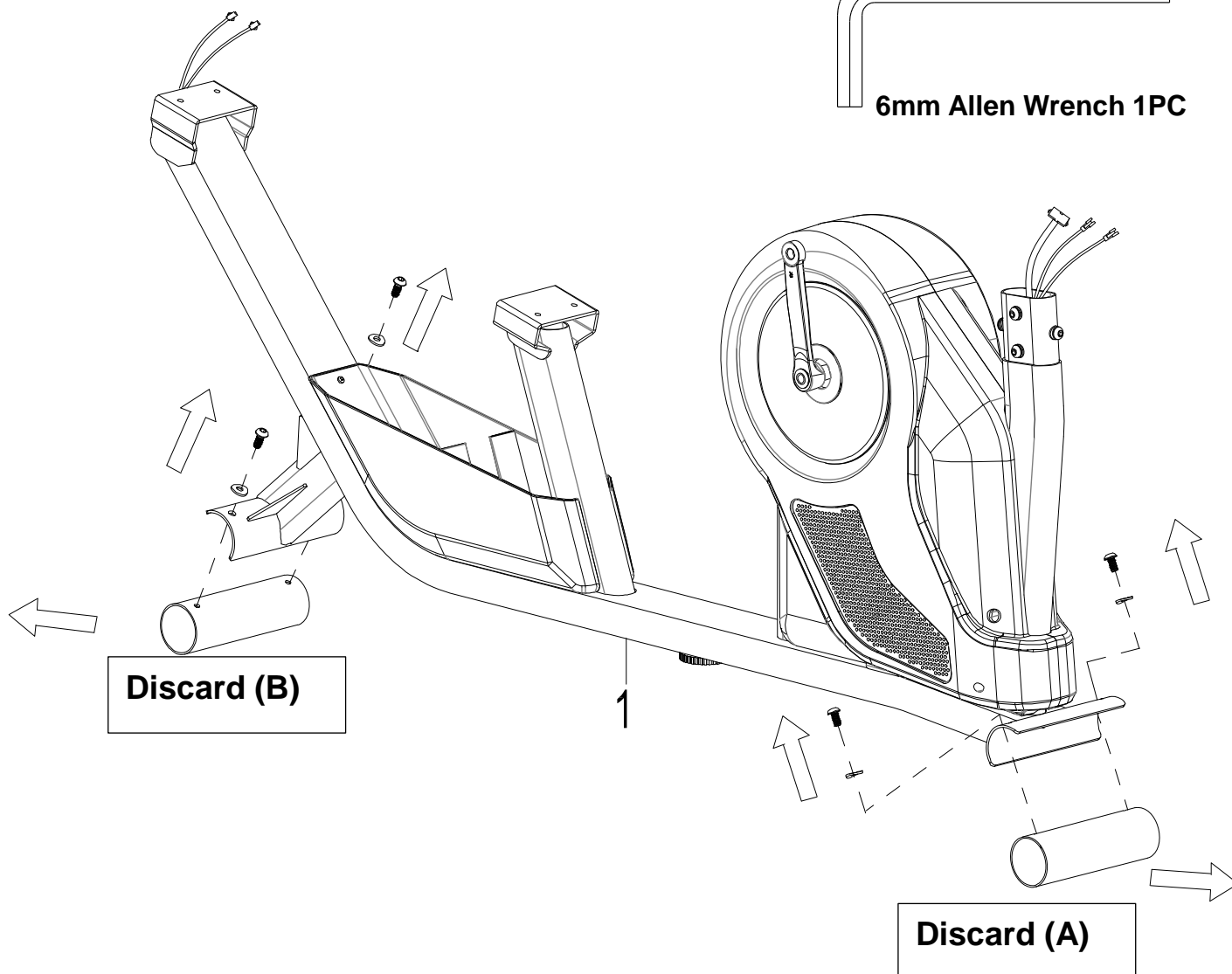
- 5mm Allen Wrench 1PC
- 6mm Allen Wrench 1PC
- Multi-Hex Tool with Phillips Screwdriver 1PC

# ASSEMBLY

## Tools:



6mm Allen Wrench 1PC

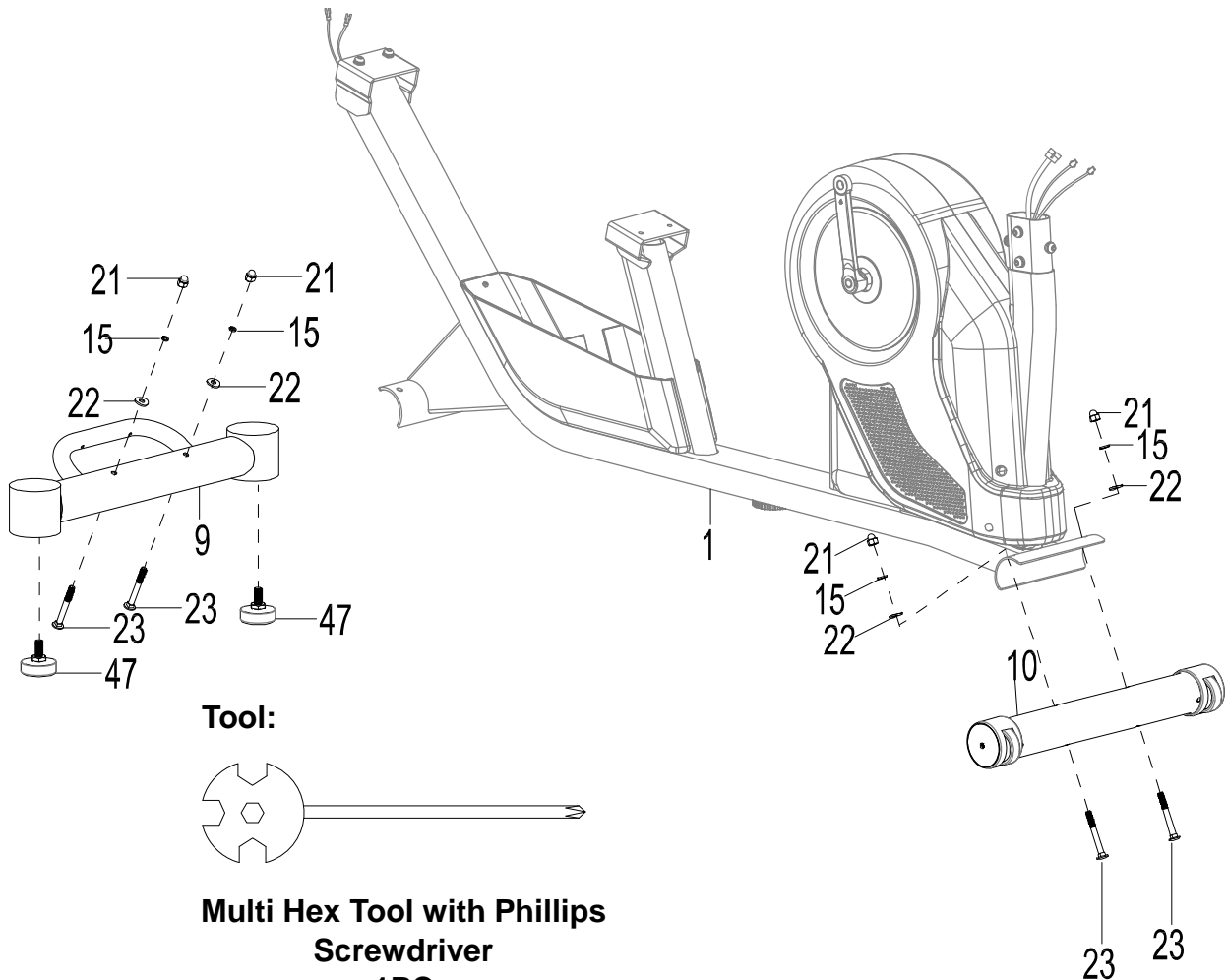


## Step 1

**1a.** Remove the **Metal Tubes** from the **Main Frame (1)** by using **6mm Allen Wrench** provided.

**1b.** Discard the **metal tubes A and B** and the associated hardware at that was removed. These parts are not needed for the assembly of the bike.

# ASSEMBLY



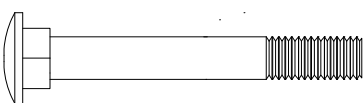
## Step 2

**2a. Front Stabilizer Installation** – Lift up the front of the **Main Frame (1)**, and attach the **Front Stabilizer (10)** onto the front curve of the **Main Frame (1)** with two **Carriage Bolts (23)**, two **Curve Washers (22)**, two **Spring Washers (15)**, and two **Cap Nuts (21)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (21)** until they are firm and secure.

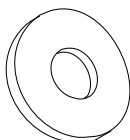
**2b. Attach the Adjustable Pads (47)** onto the underside of the **Rear Stabilizer (9)**.

**2c. Rear Stabilizer Installation** – Lift up the rear of the **Main Frame (1)**, and attach the **Rear Stabilizer (9)** onto the rear curve of the **Main Frame (1)** with two **Carriage Bolts (23)**, two **Curve Washers (22)**, two **Spring Washers (15)**, and two **Cap Nuts (21)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (21)** until they are firm and secure.

## Hardware Pack:



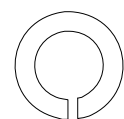
**(23) Carriage Bolt**  
4 PCS



**(22) Curved Washer**  
4PCS



**(21) Cap Nut**  
4PCS



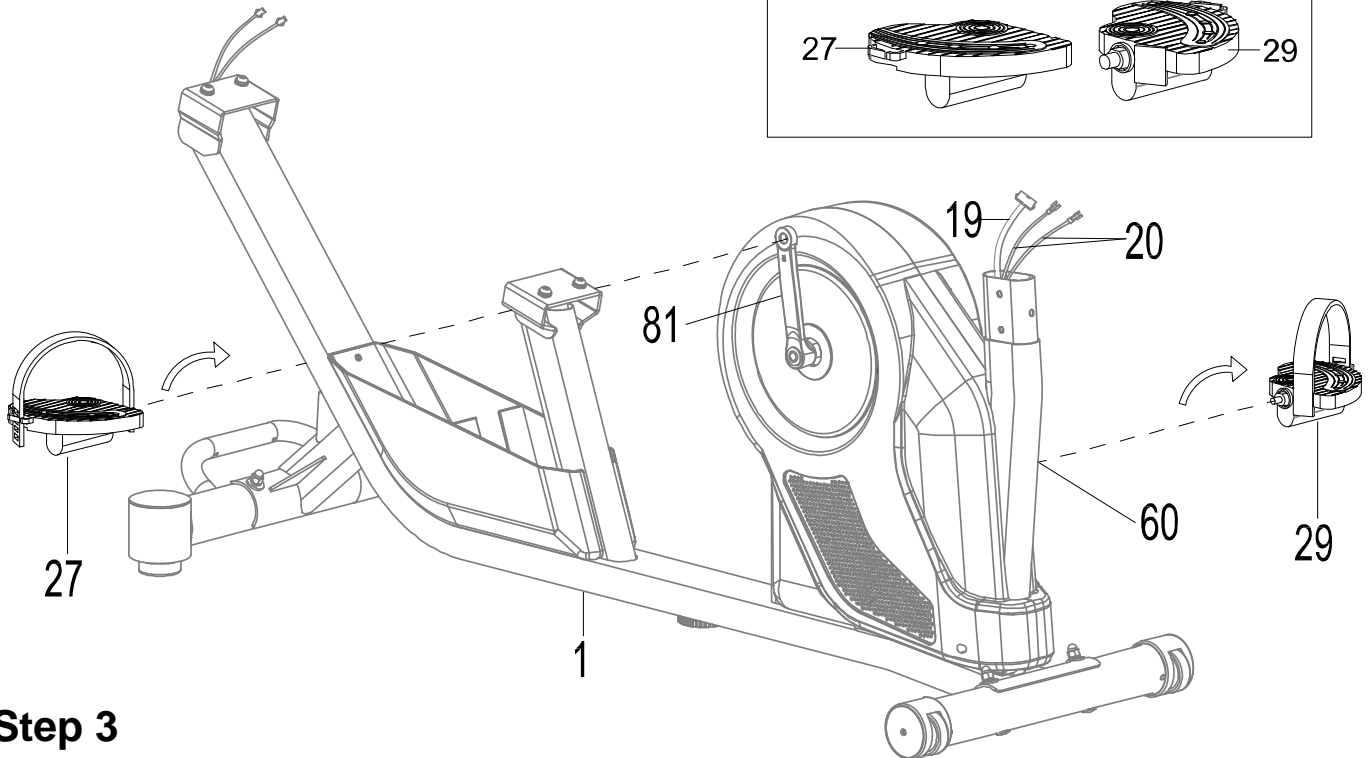
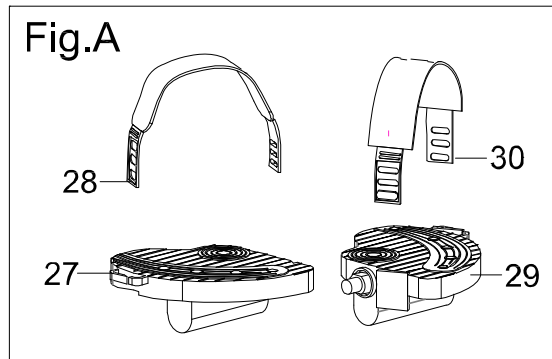
**(15) Spring Washer**  
4PCS

# ASSEMBLY

## Tool:



**Multi Hex Tool with Phillips  
Screwdriver  
1PC**



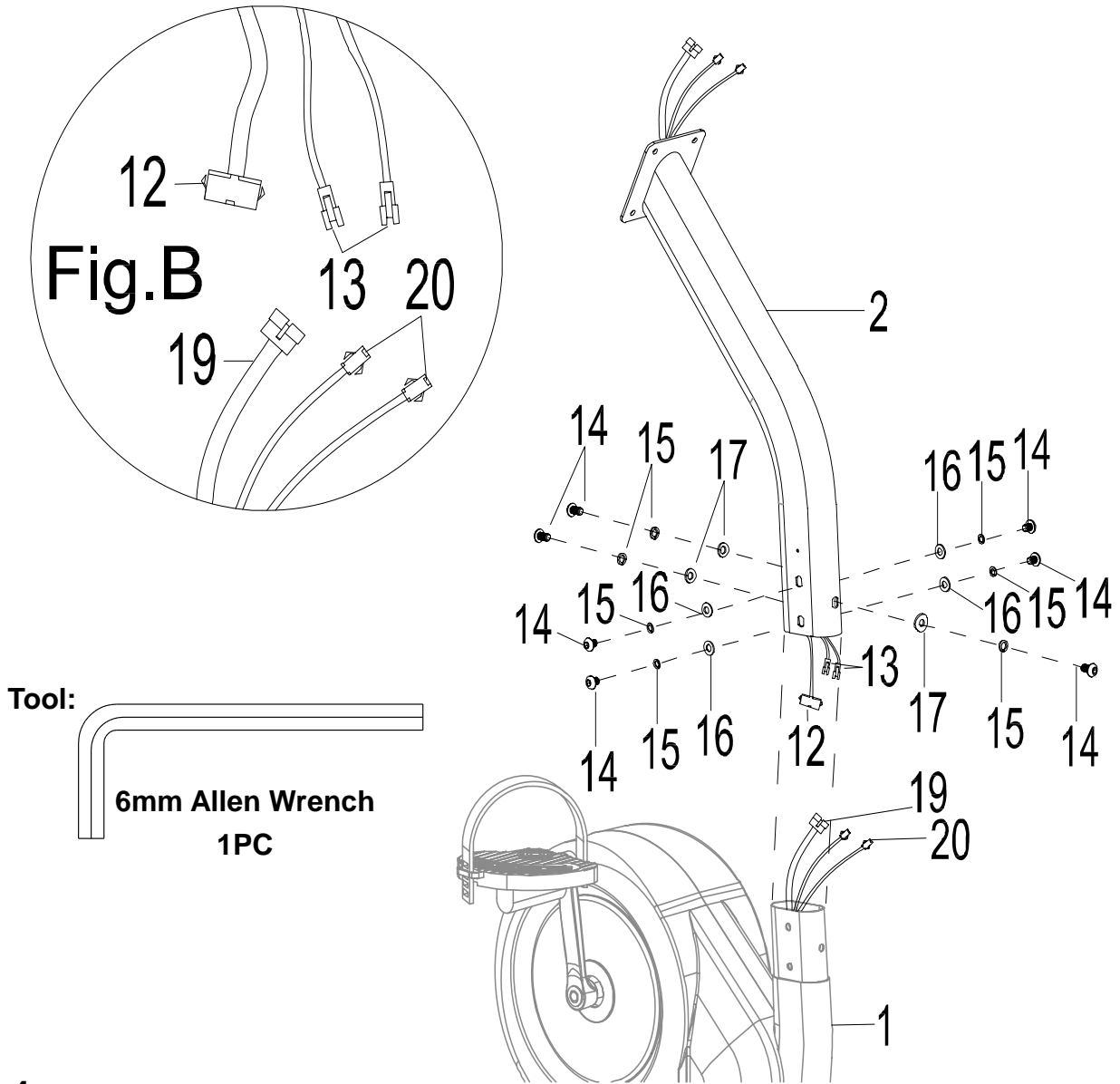
## Step 3

**3a. Installing the Left & Right Pedal Straps to the Pedals:** Install the **Left Pedal Strap (30)** onto the **Left Pedal (29)**. Install the **Right Pedal Strap (28)** onto the **Right Pedal (27)**. See **Figure A**.

**3b. Installing the Left Pedal:** Insert the threaded shaft of the **Left Pedal (29)** into the threaded hole on the **Left Crank (60)**. Turn the pedal shaft by hand in a **counter-clockwise** direction until snug. Finish off the tightening of the **Left Pedal (29)** in the same direction as instructed with the **Multi Hex Tool with Phillips Screwdriver**.

**3c. Installing the Right Pedal:** Insert the threaded shaft of the **Right Pedal (27)** into the threaded hole on the **Right Crank (81)**. Turn the pedal shaft by hand in a **clockwise** direction until snug. Finish off the tightening of the **Right Pedal (27)** in the same direction as instructed with the **Multi Hex Tool with Phillips Screwdriver**.

**WARNING:** Tighten the pedal shaft in the direction instructed for the **Right Pedal (27)** and **Left Pedal (29)**. Failing to do so may strip the threads on the pedal shafts.



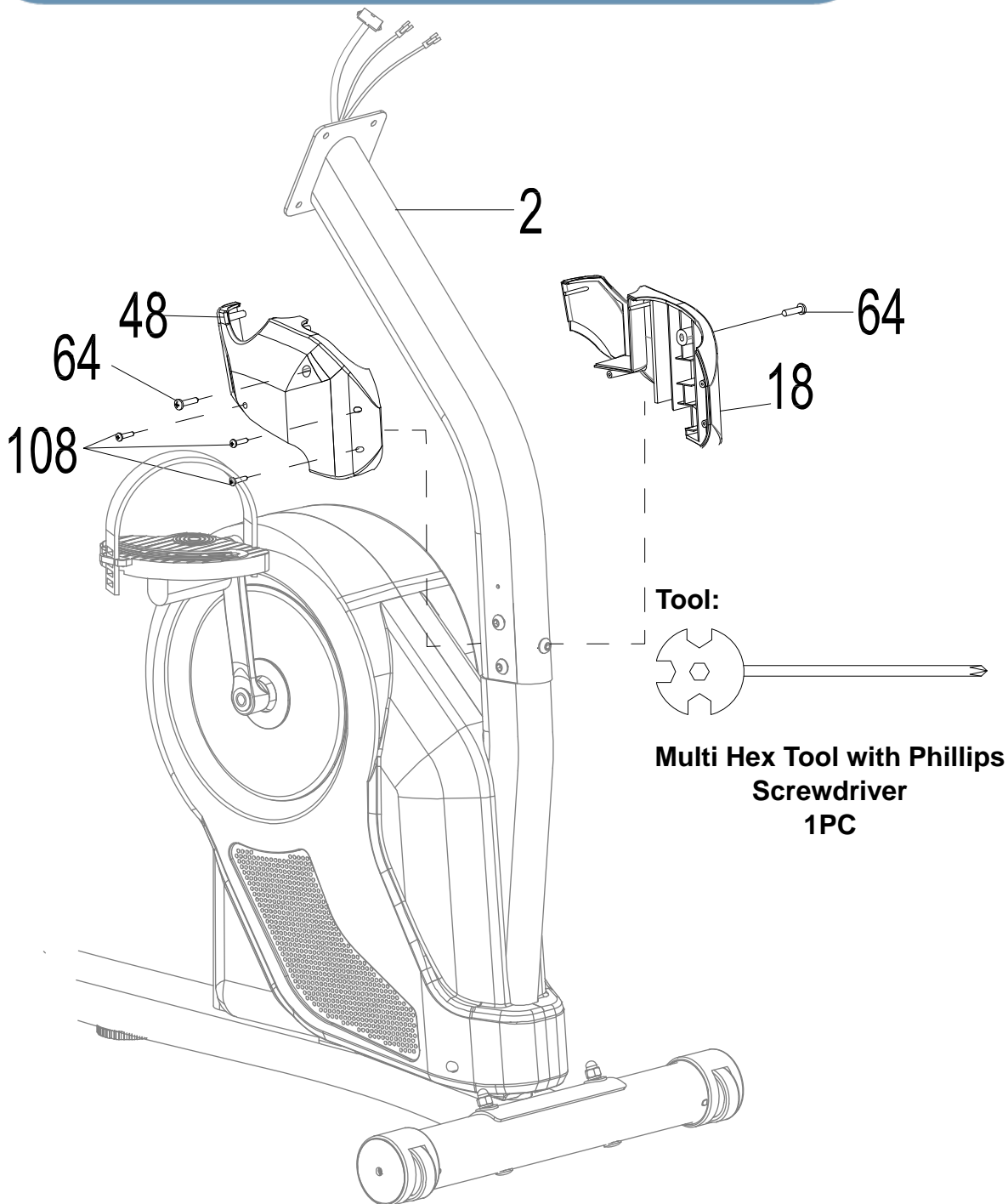
## Step 4

**4a. Removal of Hardware for Installation:** Remove four **Flat Washers (16)**, seven **Hex Bolts (14)**, seven **Spring Washers (15)** and three **Curved Washers (17)** from the **Main Frame (1)**.

**4b. Connecting the Pulse and Console Wires:** Connect the **Console Wire (12)** from the **Front Post (2)** to the **Lower Console Wire (19)** from the **Main Frame (1)**. Connect the **Hand Pulse Wire (13)** from the **Front Post (2)** to the **Lower Hand Pulse Wire (20)** from the **Main Frame (1)**. See **Figure B**.

**4c. Installing the Front Post to the Main Frame:** Carefully insert the extra length of wire from the **Front Post (2)** into the **Main Frame (1)**. Slide the **Front Post (2)** onto the **Main Frame (1)**. Align the holes of the **Front Post (2)** and **Main Frame (1)**. Fasten the **Front Post (2)** to the **Main Frame (1)** with the previously removed four **Flat Washers (16)**, seven **Hex Bolts (14)**, seven **Spring Washers (15)** and three **Curved Washers (17)**. Tighten all the bolts by using the **6mm Allen Wrench** provided.

## ASSEMBLY



### Step 5

**5a. Left & Right Cup Holder Installation:** Attach the **Left and Right Cup Holder (18) & (48)** onto the **Front Post (2)** with two **Self-Drilling Screws (64)** using the **Multi Hex Tool with Phillips Screwdriver** provided..

**5b.** Align the edges of the **Left and Right Cup Holder (18) & (48)**.

**5c.** Secure the **Left and Right Cup Holder (18) & (48)** together with three **Self-Tapping Screws (108)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

**Hardware Pack:**

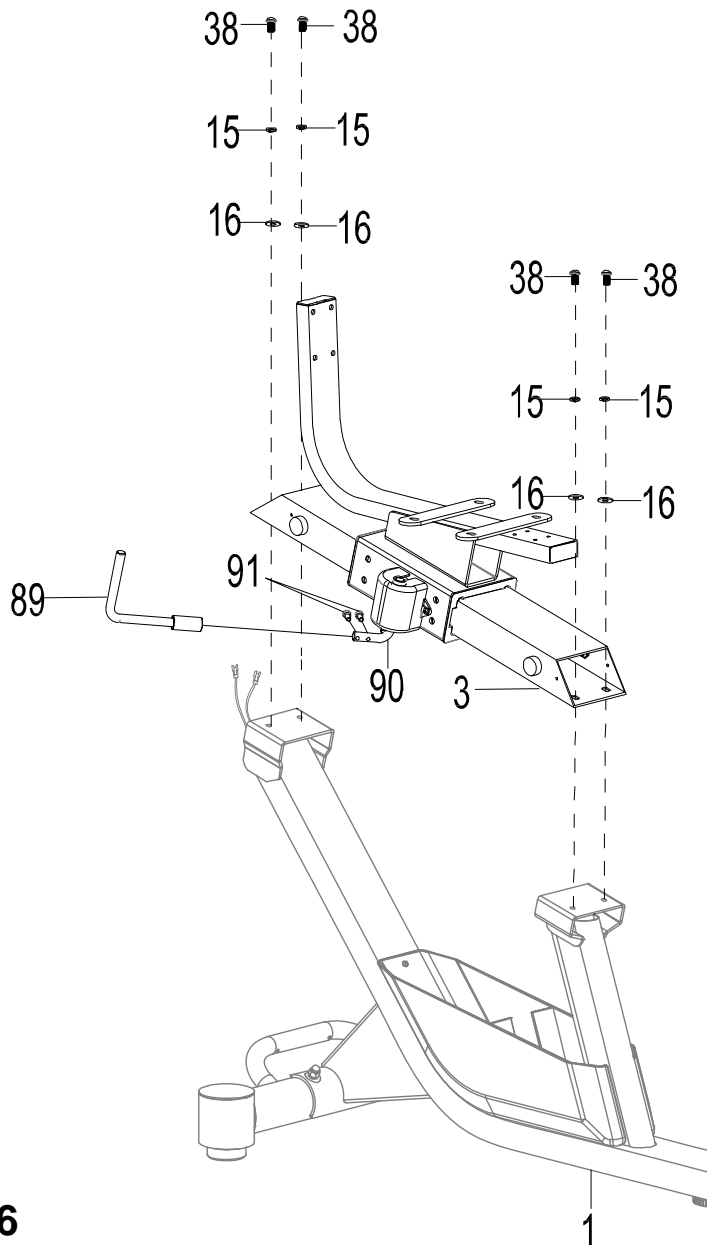


**(64)Self-Drilling  
Screw 2pcs**



**(108)Self-Tapping  
Screw 3pcs**

# ASSEMBLY



## Tools:



**6mm Allen Wrench  
1PC**



**5mm Allen Wrench  
1PC**

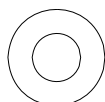
## Step 6

**6a. Removal of Hardware for Installation:** Remove four **Hex Bolts (38)**, four **Spring Washers (15)** and four **Flat Washers (16)** from the **Main Frame (1)**.

**6b. Installing the Seat Slide Tube:** Attach the **Seat Slide Tube (3)** onto the **Main Frame (1)** by aligning the four holes on the **Seat Slide Tube (3)** and the **Main Frame (1)** using the previously removed four **Hex Bolts (38)**, four **Flat Washers (16)**, and four **Spring Washers (15)**. Tighten the **Hex Bolts (38)** with the **6mm Allen Wrench** provided.

**6c. Adjustable Pole Installation:** Remove two **Hex Cap Bolts (91)** from the **Brake Adjustment (90)**. Insert the **Brake Adjustment (90)** into the **Adjustable Rod (89)** and secure using the previously removed two **Hex Cap Bolts (91)**. Tighten the **Hex Cap Bolts (91)** with the **5mm Allen Wrench** provided.

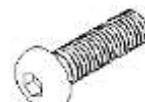
## Pre-Installed Hardware:



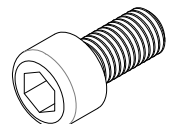
**(16) Flat Washer  
4PCS**



**(15) Spring  
Washer 4PCS**

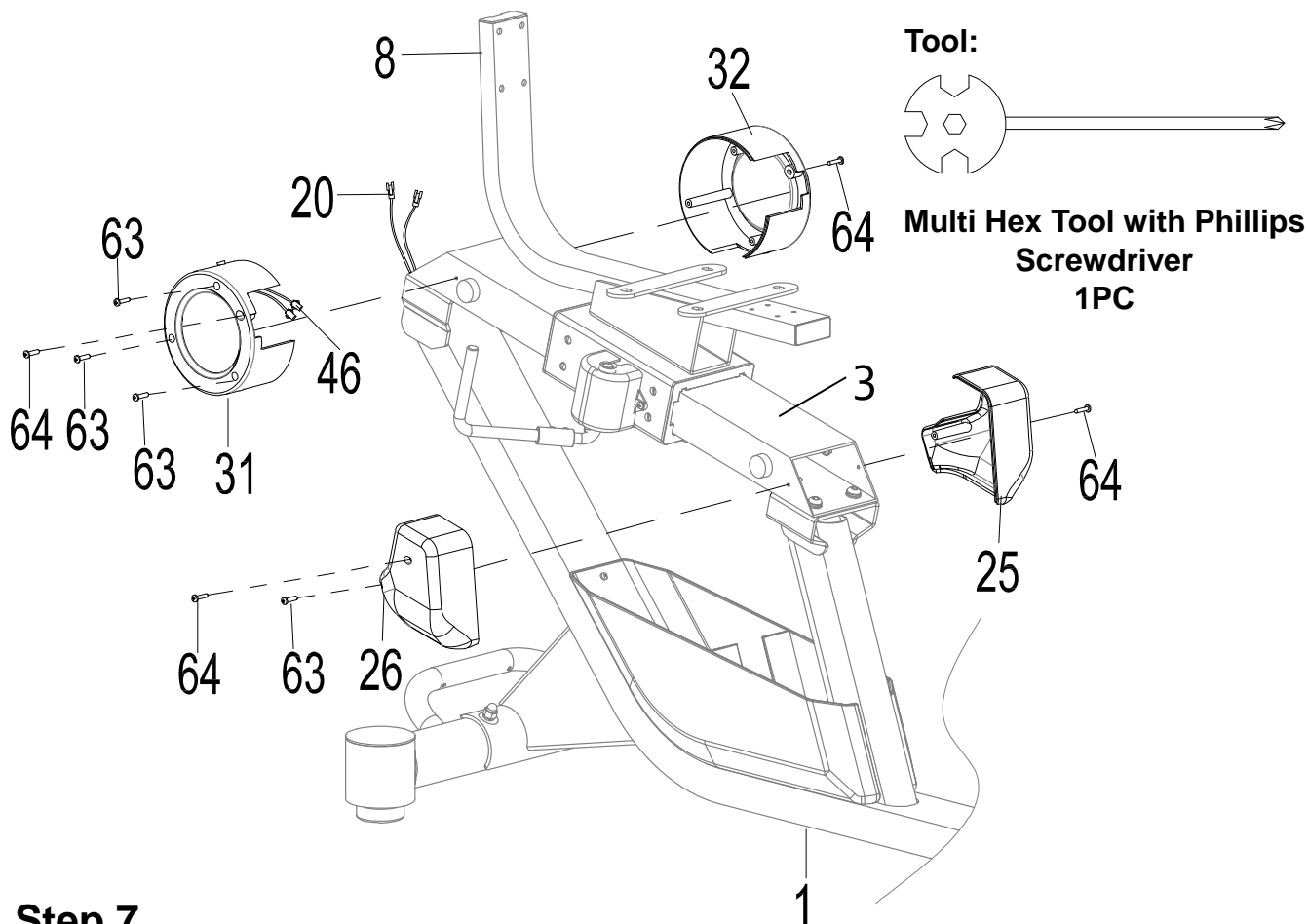


**(38) Hex Socket  
Bolt 4PCS**



**(91) Hex Cap Bolt  
2PCS**

# ASSEMBLY



## Step 7

**7a. Installing the Left and Right Front Cover:** Attach the **Left Front Cover (25)** and **Right Front Cover (26)** onto the **Seat Slide Tube (3)** with two **Self-Drilling Screws (64)**. Align the edges of the covers and use one **Screw (63)** to secure both covers together. Tighten the hardware using the **Multi Hex Tool with Phillips Screwdriver** provided.

**7b.** Connect the **Lower Hand Pulse Wire (20)** to the **Hand Pulse Extension Wire II (46)** from the inside the **Right Rear Cover (31)**.

**7c. Installing the Right and Left Rear Cover:** Attach the **Left Rear Cover (32)** and **Right Rear Cover (31)** onto the **Seat Slide Tube (3)** with two **Self-Drilling Screws (64)**. Align the edges of the covers and use three **Screws (63)** to secure both covers together. Tighten the hardware using the **Multi Hex Tool with Phillips Screwdriver** provided.

Note: If there are problems aligning the covers, loosening the Seat Slide Tube in step 6 and shift the Seat Slide Tube as needed. Re-tighten the seat slide tube hardware before finishing the installation of the covers.

Note: If the covers make noise while riding, slightly loosen the hardware that holds both sides of the covers together.

### Hardware Pack:



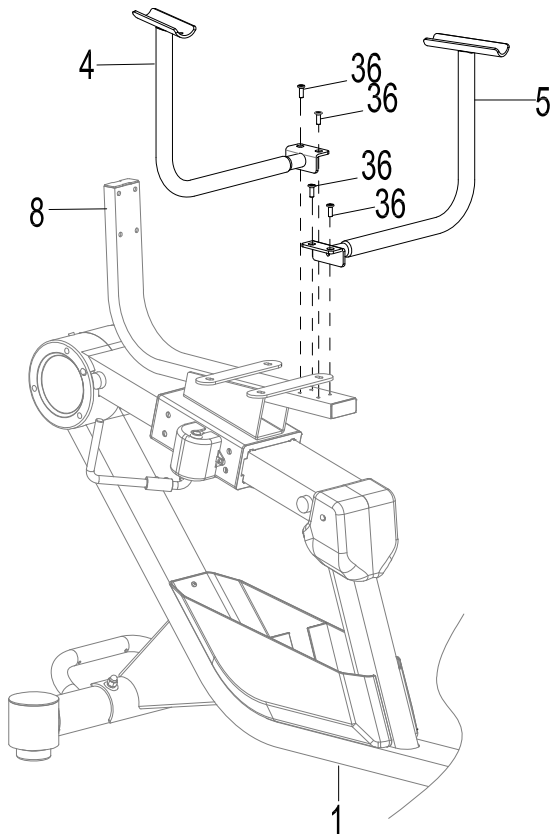
**(63) Screw**  
**4 PCS**



**(64) Self-Drilling**  
**Screw 4 PCS**

# ASSEMBLY

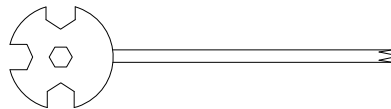
## Step 8



**8a. Removing Hardware for Installation:** Remove four **Socket Phillips Screws (36)** from the **Seat Post (8)**.

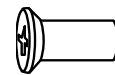
**8b. Handrail Support Tube Installation:** Attach the both **Right and Left Handrail Support Tubes (4) & (5)** onto the **Seat Post (8)** with the four **Socket Phillips Screws (36)**. Tighten all the **Screws (36)** with the **Multi Hex Tool with Phillips Screwdriver** provided.

**Tools:**



**Multi Hex Tool with Phillips (36) Socket Phillip Screw Screwdriver 1PC**

**Pre-Installed Hardware:**

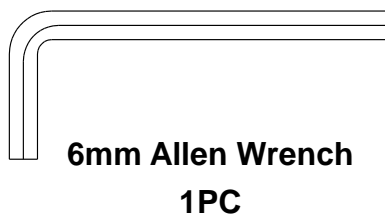
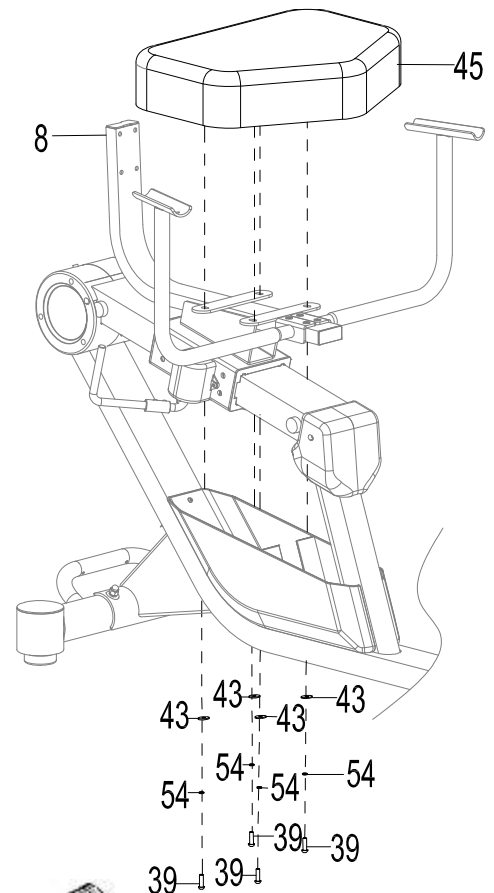


**4PCS**

## Step 9

**9a. Removal of Hardware for Installation:** Remove four **Hex Bolt (39)**, four **Spring Washers (54)**, and four **Flat Washers (43)** from the underside of the **Seat (45)**.

**9b. Installing the Seat to the Seat Post:** Align the holes of the **Seat (45)** to the holes on the **Seat Post (8)**. Secure the **Seat (8)** with the previously removed four **Hex Bolt (39)**, four **Spring Washers (54)**, and four **Flat Washers (43)**. Tighten the **Hex Bolts (39)** using the **6mm Allen Wrench** provided.



**6mm Allen Wrench 1PC**

**Pre-Installed Hardware:**



**(43) Flat Washer 4PCS**

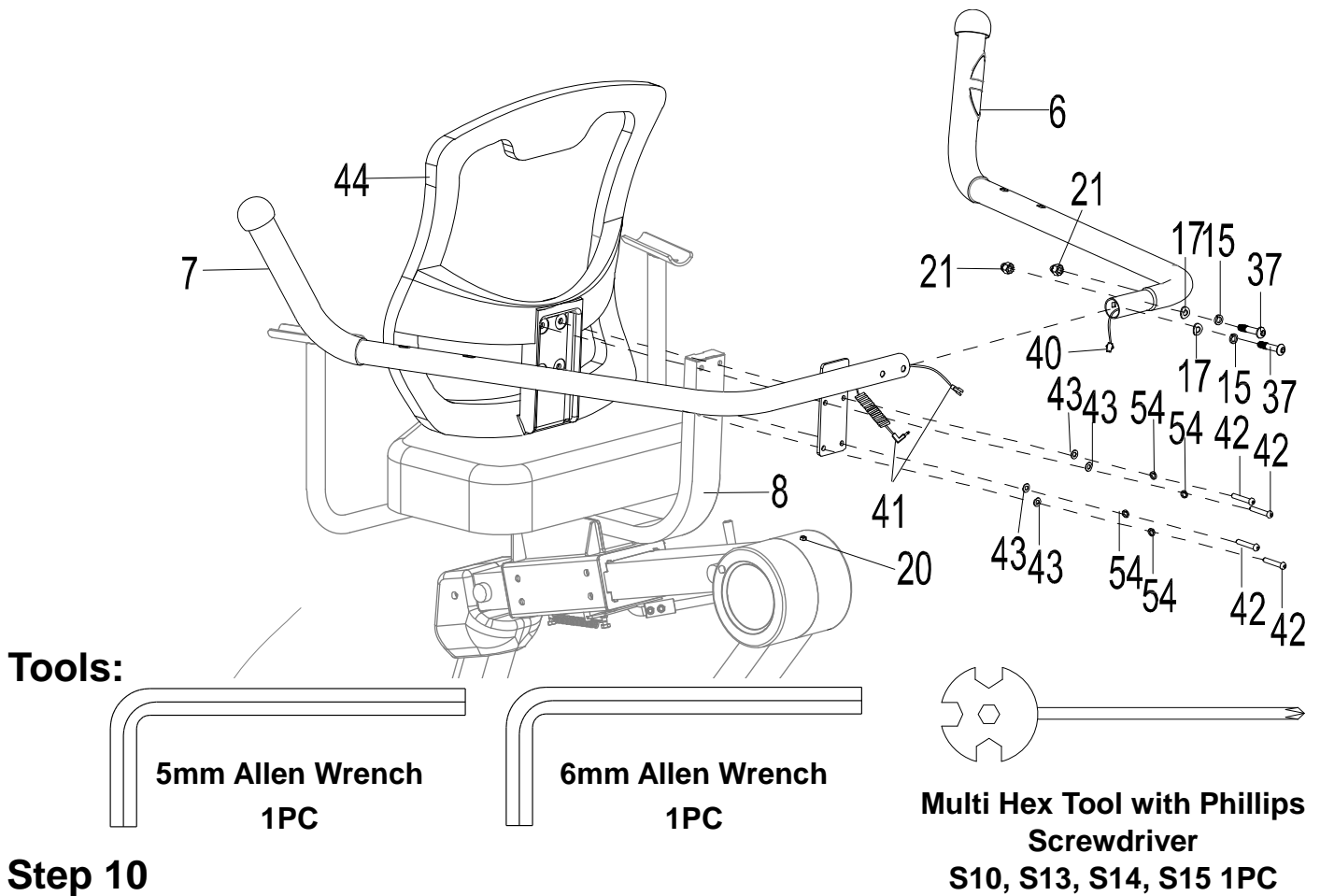


**(54) Spring Washer 4PCS**



**(39) Hex Socket Bolt 4PCS**

# ASSEMBLY



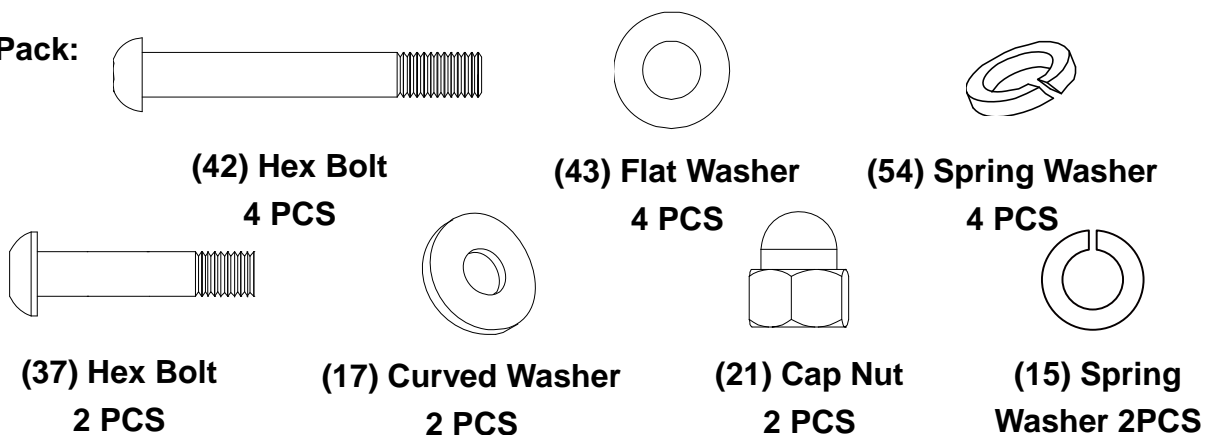
## Step 10

**10a. Installing the Left Handlebar and Backrest:** Align the holes of the **Backrest (44)** and **Left Handlebar (7)** to the holes of the **Seat Post (8)**. Secure the **Backrest (44)** and **Left Handlebar (7)** with four **Hex Bolts (42)**, four **Spring Washers (54)** and four **Flat Washers (43)**. Tighten the **Hex Bolts (42)** using the **5mm Allen Wrench** provided.

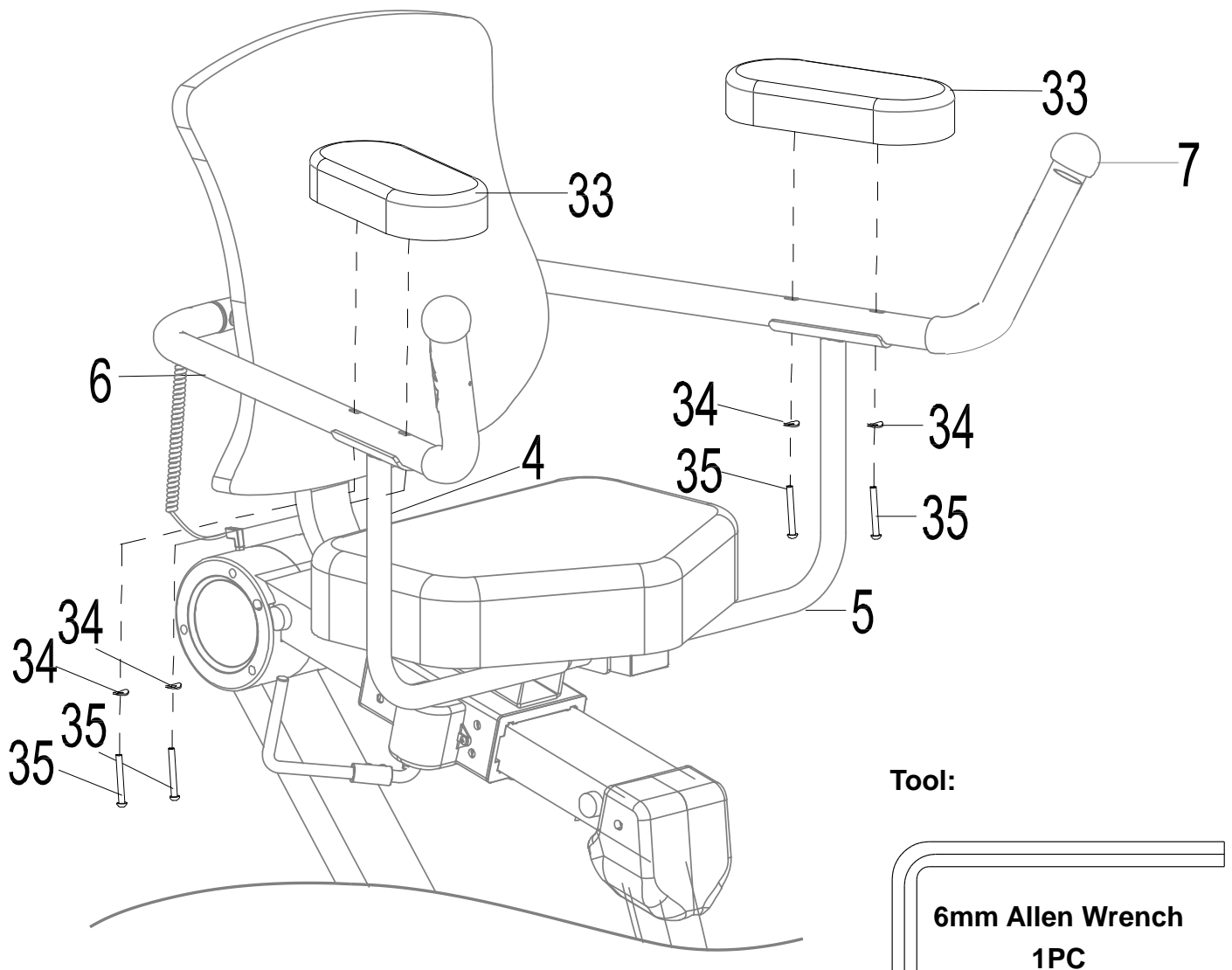
**10b. Installing the Right Handlebar:** Connect the **Hand Pulse Wire (41)** from the **Left Handlebar (7)** and **Hand Pulse Extension Wire (40)** from the **Right Handlebar (6)**. Carefully tuck the excess wire into the **Left Handlebar (7)** and then insert the **Right Handlebar (6)** into the **Left Handlebar (7)**. Secure the **Right Handlebar (6)** to the **Left Handlebar (7)** with two **Hex Bolts (37)**, two **Curved Washers (17)**, two **Spring Washers (15)** and two **Cap Nuts (21)**. Tighten the **Cap Nuts (21)** and **Hex Bolts (37)** using the **Multi Hex Tool with Phillips Screwdriver** and **6 mm Allen Wrench** provided.

**10c. Connecting the Pulse Wire to the Frame:** Plug in the coiled section of the **Hand Pulse Wire (41)** to the **Lower Hand Pulse Wire (20)**.

### Hardware Pack:



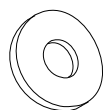
# ASSEMBLY



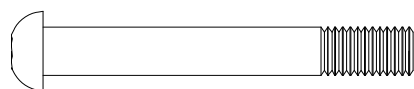
## Step 11

**11a. Installing the Arm Rests:** Attach both **Arm Rest (33)** to the **Right/Left Handlebars (6) & (7)** and **Right/Left Handrail Support Tubes (4) & (5)** with four **Hex Bolts (35)** and four **Big Curved Washers (34)**. Tighten the **Hex Bolts (35)** using the **6mm Allen Wrench** provided.

**Hardware Pack:**



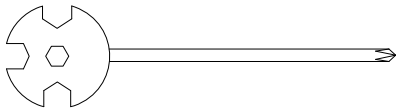
**(34) Big Curved Washer**  
4 PCS



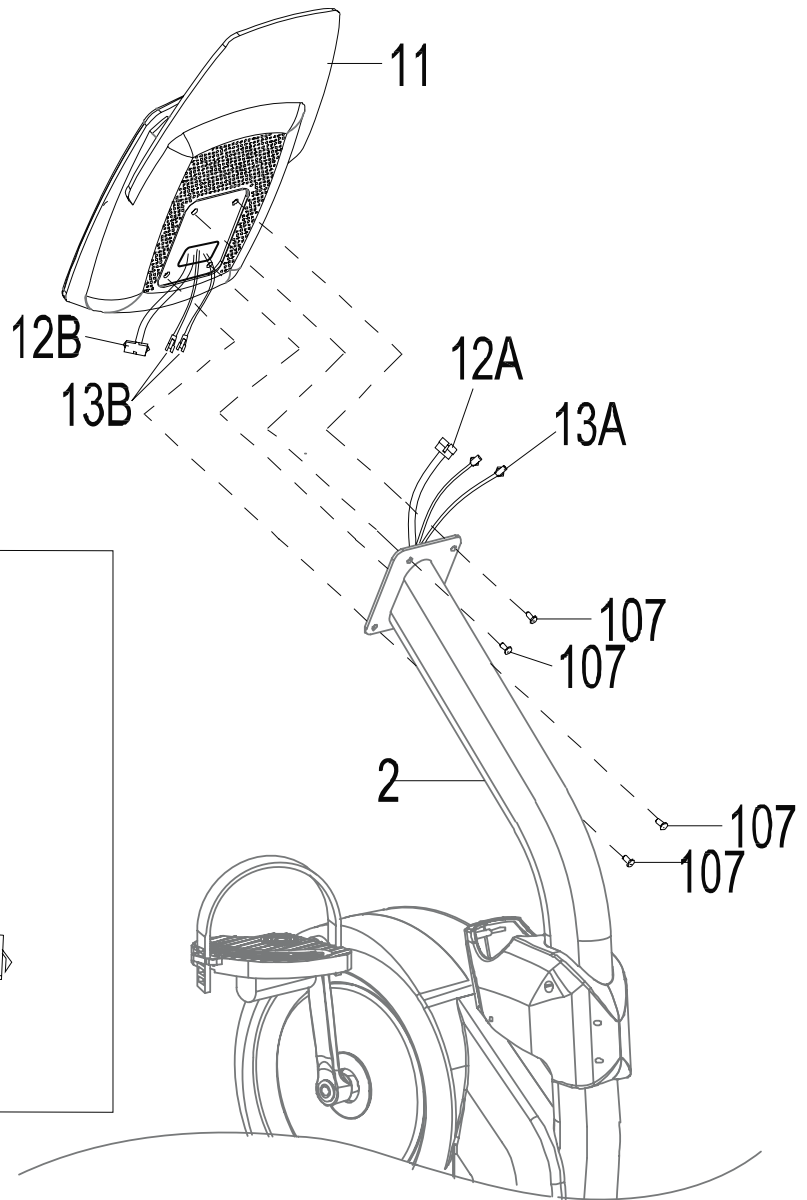
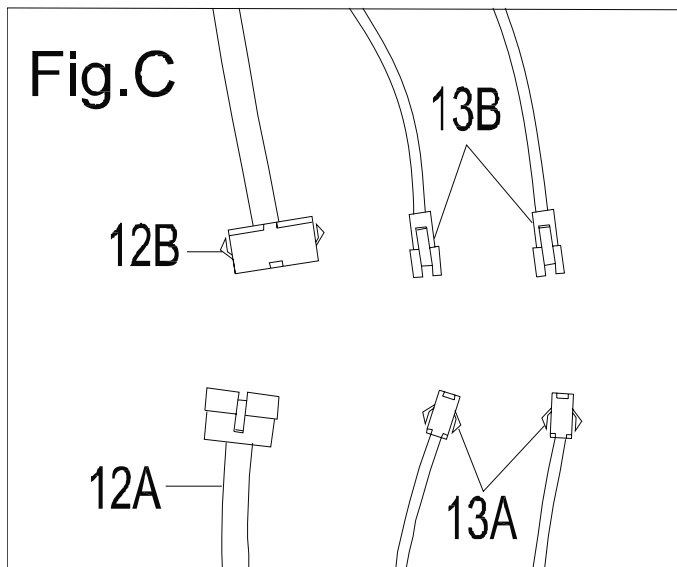
**(35) Hex Bolt**  
4 PCS

# ASSEMBLY

## Tool:



**Multi Hex Tool with Phillips  
Screwdriver  
1PC**

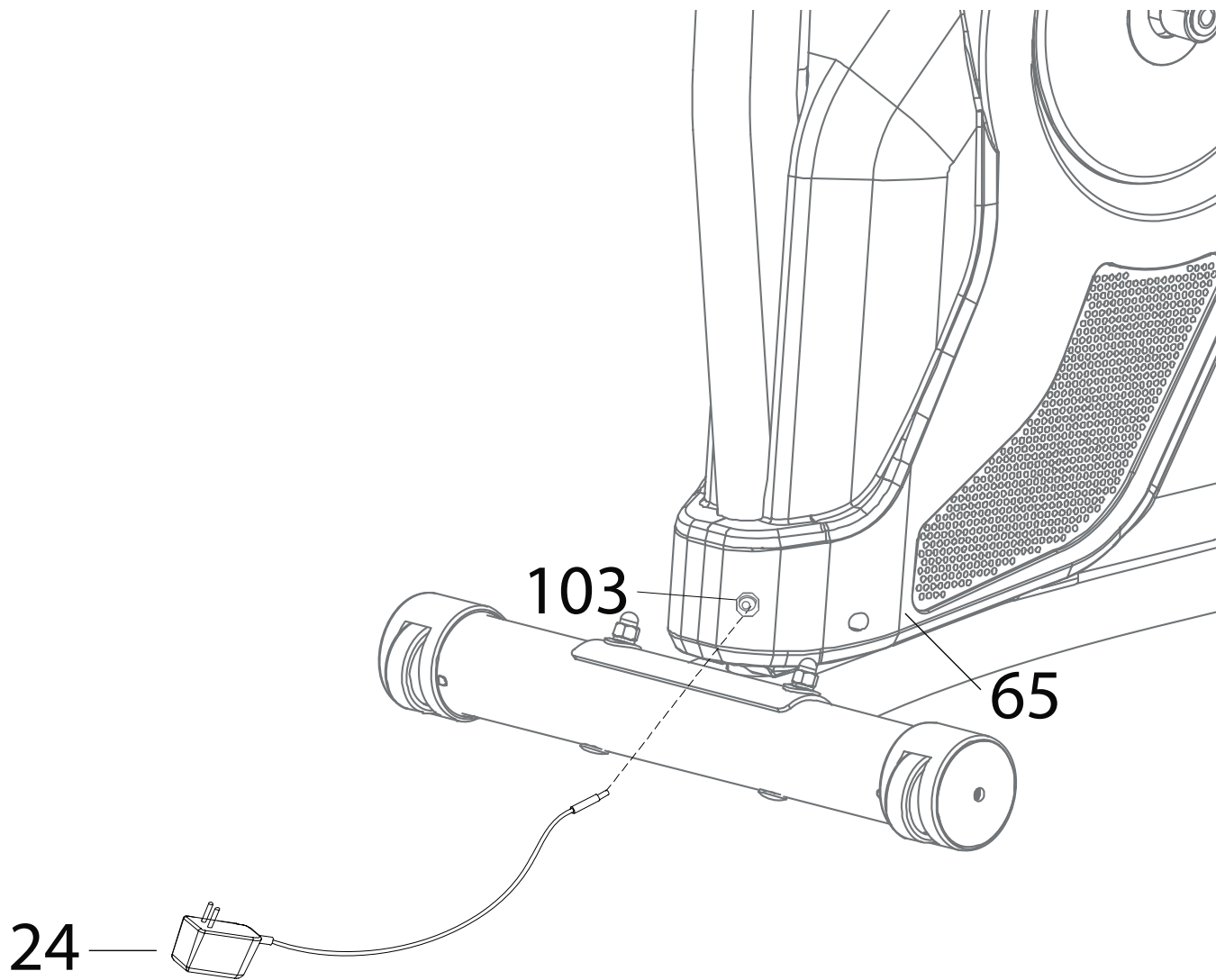


## Step 12

**12a. Removal of Hardware for Installation:** Remove the four **Phillips Screws (107)** from the back of the **Console (11)**.

**12b. Connecting the Console Wires:** Connect the **Console Wire (12A)** from the **Front Post (2)** to the **Upper Console Wire (12B)** from the **Console (11)**. Connect the **Hand Pulse Wire (13A)** from the **Front Post (2)** to the **Upper Hand Pulse Wires (13B)** from the **Console (11)**. See **Figure C**.

**12c. Installing the Console:** Attach the **Console (11)** onto the **Front Post (2)** with the four **Phillips Screws (101)**. Tighten the **Phillips Screws (101)** using the **Multi Hex Tool with Phillips Screwdriver** provided.



## Step 13

**13. Installing the Power Adaptor:** Plug the small end of the **Adaptor (24)** into the **Adaptor Wire (103)** located on the front of the **Right Cover (65)**.

## 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.

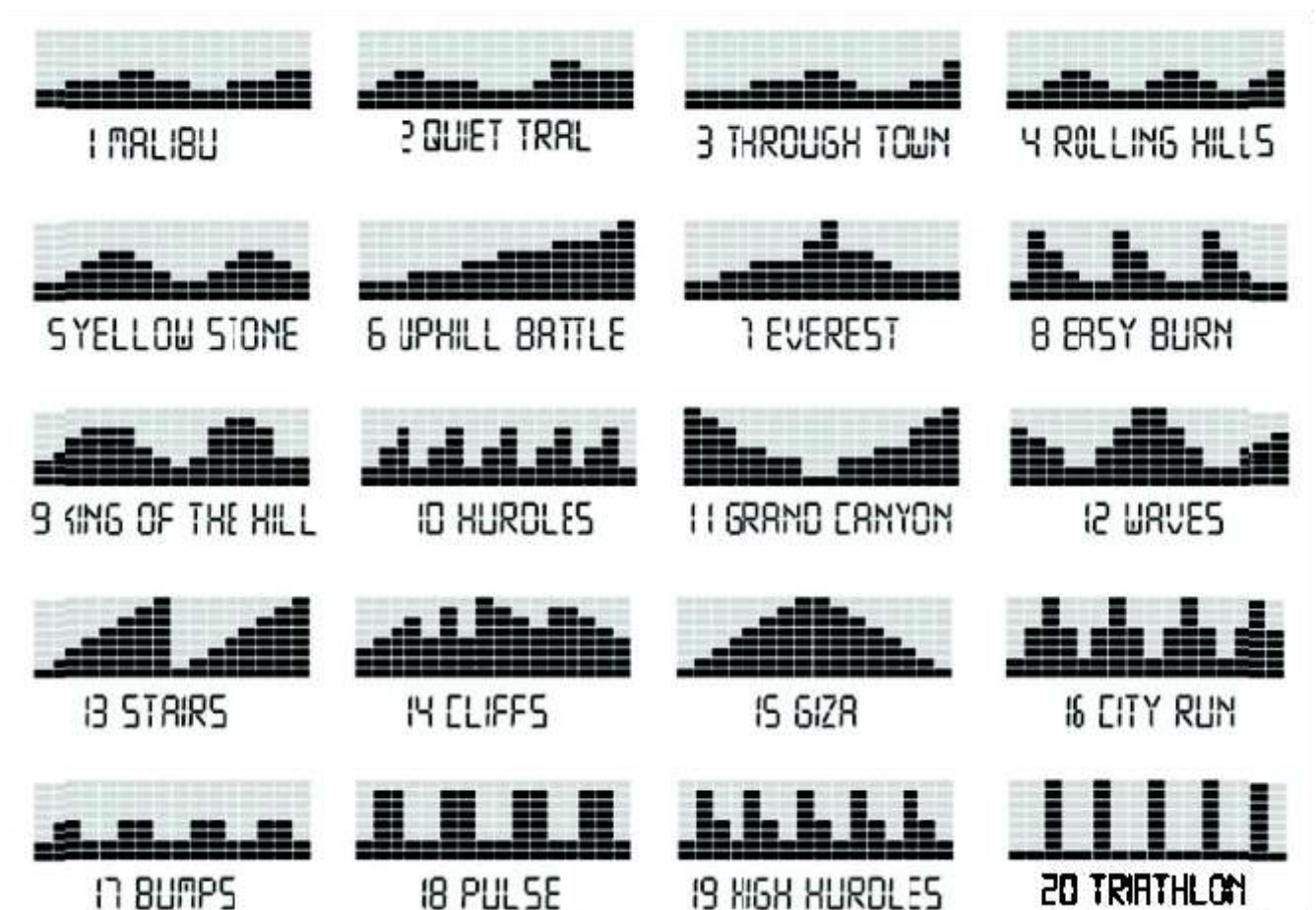
## QUICK START:

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.



## 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.

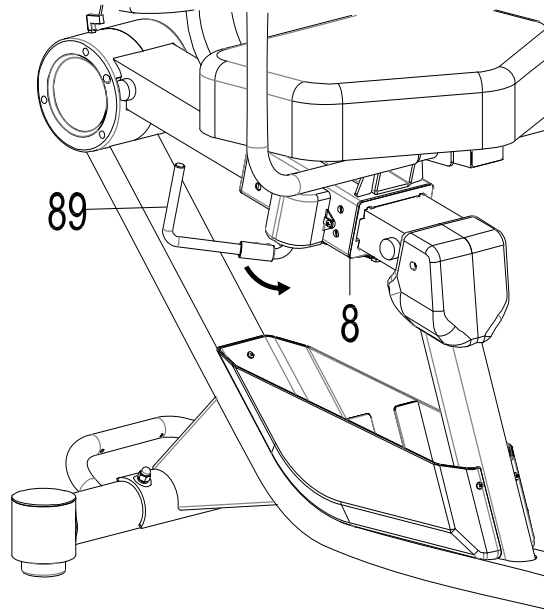
### Error Codes:

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
<b>Console Displays “E2”</b>	Tension Adjustment motor is not adjusting the tension.	Contact Customer Service, AD value issue.

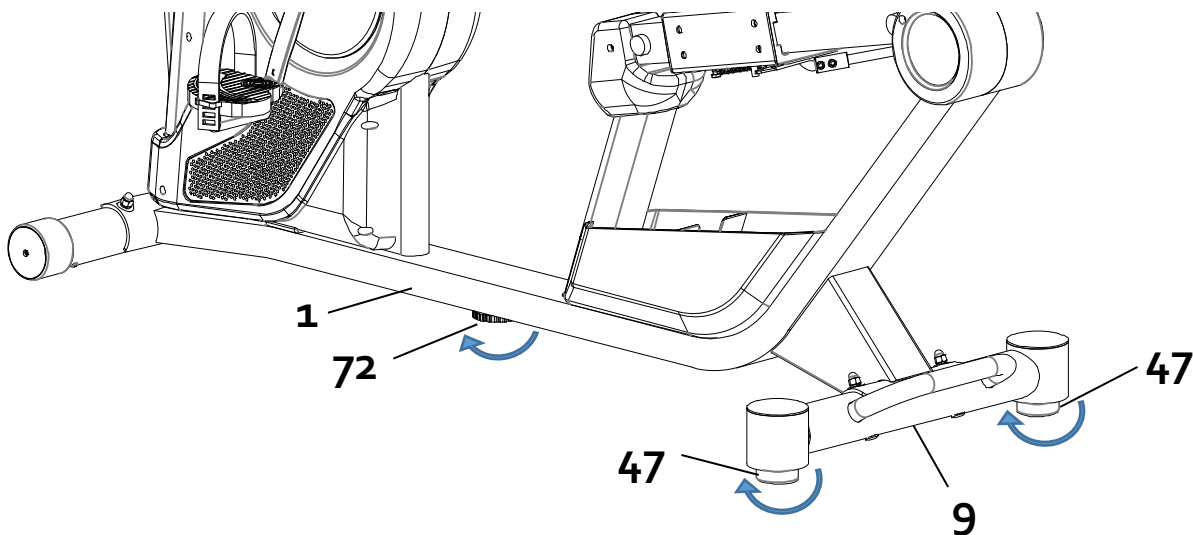
2. When doing an HRC program, the console will show “HOLD HAND PULSE SENSORS” if no heart rate signal is detected for 10 seconds.

## ADJUSTMENTS



### Adjusting the Seat Forward or Back

1. To adjust the seat to your height, move the **Adjustable Rod (89)** forward to release the **Seat Post (8)**.
2. Adjust the seat to a comfortable position and then move the **Adjustable Rod (89)** back to lock the **Seat Post (8)** into place.



### Adjusting the Stability of the Bike

1. Turn the **Adjustable Pads (47)** on the **Rear Stabilizer (9)** as needed to level the recumbent bike.
2. Turn the **Adjustable Leveler (72)** so that it is making contact with the floor, this is to help prevent the middle of the frame bouncing.
3. **Do not extend the Adjustable Leveler (82) too far, as this will cause the bike to tilt and be off balance.**

## TROUBLE SHOOTING

1. **PROBLEM:** The recumbent bike wobbles when in use.
  - 1) **SOLUTION:** Turn the **Adjustable Pads (47)** on the **Rear Stabilizer (9)** or the **Adjustable Leveler (72)** on the bottom of the **Main Frame (1)** as needed to level the recumbent bike.
2. **PROBLEM:** The display on the **Console (11)** does not turn on.
  - 1) **SOLUTION:** Remove the **Console (11)** and verify that the wires from the **Console (11)** are properly connected to the wires of the **Front Post (2)**.
  - 2) **SOLUTION:** Check that the **Adaptor (24)** is securely connected to the **Adaptor Wire (103)**, and that it is plugged into an electrical outlet.
3. **PROBLEM:** Not displaying, inconsistent, or erratic heart rate readings
  - 1) **SOLUTION:** Always hold onto the **Hand Pulse Sensors (41)** with both hands. Maintain moderate pressure when holding onto the **Hand Pulse Sensors (41)**.
  - 2) **SOLUTION:** Make sure the wire connections for the **Hand Pulse Sensors (41)** are all securely connected.
  - 3) **SOLUTION:** Wipe your excess moisture off your hands.
4. **PROBLEM:** The recumbent bike makes a squeaking noise when in use.
  - 1) **SOLUTION:** The bolts may be loose on the recumbent bike. Inspect all of the bolts and tighten any loose bolts.

## MAINTENANCE

### Cleaning:

1. The recumbent bike can be cleaned with a soft clean damp cloth.
2. **Do not** use abrasives or solvents on the plastic parts.
3. Wipe your perspiration off the recumbent bike after each use.
4. Be careful not to get excessive moisture on the console display as this might cause an electrical hazard or the electronics to fail.
5. Keep the recumbent bike, especially the computer console out of direct sunlight to prevent screen damage.
6. Inspect that all assembly bolts, nuts, screws, and pedals on the machine are thoroughly tightened every week. Tighten any loose parts.

## TROUBLESHOOTING & MAINTENANCE

Problem	Potential Cause	Correction
E1	1. The motor does not activate	<b>Motor Problems</b> Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then contact customer service.

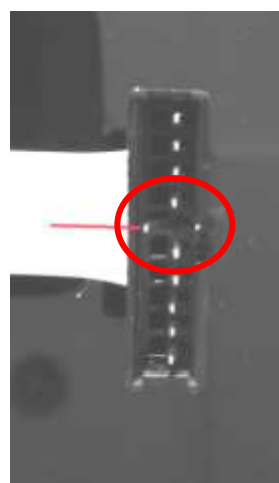
Problem	Potential Cause	Correction
E2	1. There is something wrong with the cables.	Check if the cables are damaged or not to cause circuit short.
	2. There is something wrong with the computer.	Change the computer. Contact customer service
	3. There is something wrong with the motor.	Change the motor. Contact customer service

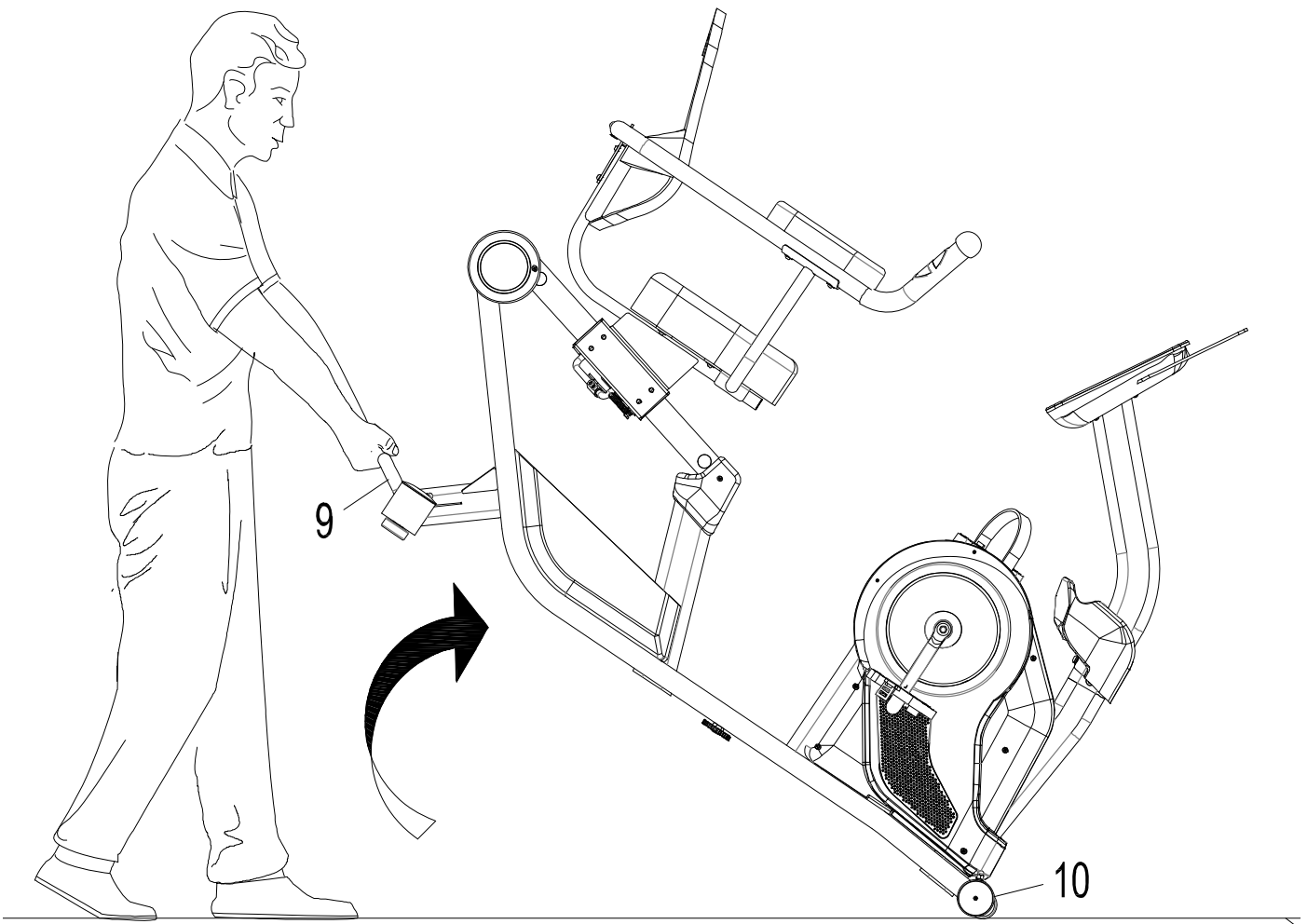
**WARNING: Before connecting any cables, make sure the Metal Prongs of the cables are OKAY.**

**Correct**



**Incorrect**





### Transporting the Bike

Lift the **Rear Stabilizer (9)** with both hands until the Wheels of the **Front Stabilizer (10)** make contact with the ground. Pull or push the bike to the desired work out area or storage area. Gently lowering the bike after transporting, and always maintain both hands on the handle of the **Rear Stabilizer (9)** while transporting.

### Storage

Store the bike in a clean and dry environment away from pets and 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:

<b><u>COMPONENT</u></b>	<b><u>LENGTH OF WARRANTY</u></b>
<b>Structural Frame</b>	<b>5 years For Home Use Only</b>
<b>Parts</b>	<b>1 year For Home Use Only</b>
<b>Electronic/Wearable Parts</b>	<b>1 year For Home Use Only</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, 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**

# 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