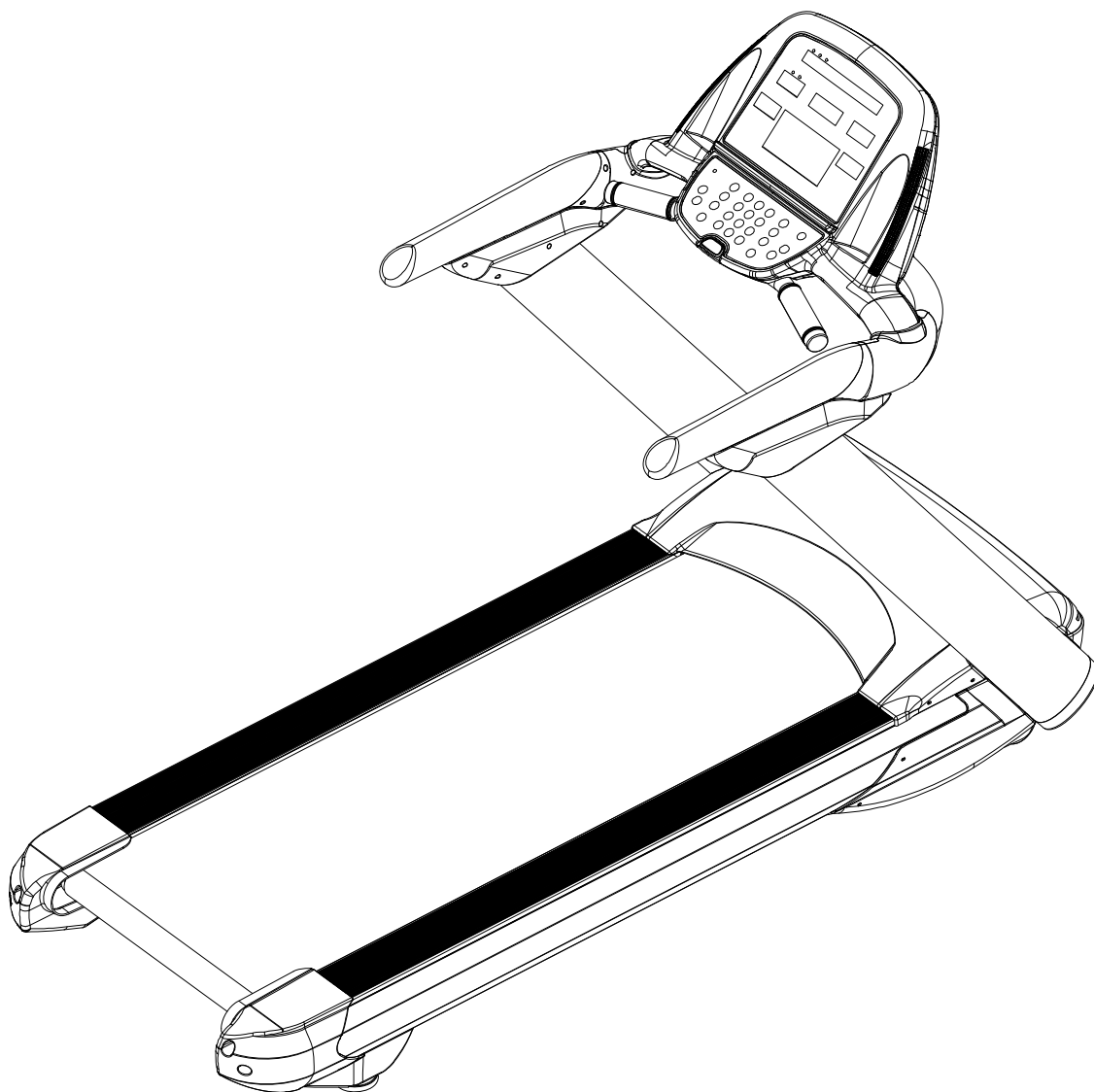


Electric Treadmill with Pulse



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



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

Hours: 8:00 AM to 5:00 PM (PST)

Monday thru Friday

Or call us at:

1-844-641-7920

TABLE OF CONTENT

SERVICE	2
LABEL PLACEMENT	3
IMPORTANT SAFETY GUIDELINES	4
OVERVIEW DRAWING	8
HARDWARE & TOOLS PACK	9
PARTS LIST	10
ASSEMBLY	12
COMPUTER	19
TRANSPORT	23
MAINTENANCE & TROUBLE SHOOTING	24
ADJUSTMENT & LUBRICATION	27
WARRANTY	28
PARTS REQUEST FORM	29

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, Monday thru Friday)

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

WARNING: Risk of personal injury - Keep children under the age of 13 away from the machine.
ATTENTION: Risque de blessures - Gardez les enfants de moins de 13 ans loin de la machine.
ADVERTENCIA: Riesgo de lesiones personales - Mantenga a los niños bajo la edad de 13 años lejos de la máquina.

Paradigm Health & Wellness, Inc.					
DC:PM					
CATALOG	LISTING	VOLTS	AMP		
ZYT124-121		90	29		
H.P. RPM	ROTATION	DUTY	FIELD		
2.5	CW	TREADMILL	PM		

POWER CORD
CORDON D'ALIMENTATION
CABLE DE ALIMENTACIÓN

POWER
PUISSANCE
PODER

OFF ON

**For customer assistance,
Monday - Friday:**
Pour le service à la clientèle
composer le, lundi à vendredi:
Para servicios al cliente,
llame al, lunes a viernes.

1-844-641-7920
8 am - 5 pm PST

CAUTION: Risk of Injury from Moving Parts or Electric Shock - Unplug Before Servicing.
ATTENTION: Risque de blessure pour les personnes - Pour éviter les blessures, soyez extrêmement prudent lorsque vous marchez ou descendez ceinture mobile.
PRECAUCIÓN: Riesgo de lesiones para las personas; para evitar lesiones, tenga extrema precaución al subir o bajar de una correa móvil. Lea el manual de instrucciones antes de usar.

Paradigm Health & Wellness
Ultra Max XL Electric Treadmill
Tapis Roulant Electrique Ultra Max XL
Ultra Max XL Cinta de Correr Eléctrica
Modèle 2080 AC 120V, 60 Hz, 10A
Date: 06/17
UL US LISTED
(MOTORIZED TREADMILL)
NO: E238026
11VU
FOR HOUSEHOLD USE ONLY
POUR USAGE DOMESTIQUE SEULEMENT
PARA USO DOMÉSTICO SOLAMENTE

CAUTION: To Reduce The Risk Of Injury From Moving Parts or Electric Shock - Unplug Before Servicing.
ATTENTION: Pour réduire le risque de blessure De pièces mobiles ou choc électrique - Débranchez avant Entretien.
PRECAUCIÓN: para reducir el riesgo de lesiones De partes móviles o descarga eléctrica: Desenchufe antes Servicio.

**Maximum weight capacity is 350 lbs.
Le poids maximum pour ce produit est 159 kgs.
La capacidad de peso máxima es 159 kg.**

IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety instructions when using this treadmill:

Read ALL GUIDELINES BEFORE USING THIS TREADMILL.

DANGER: To reduce the risk of electric shock, read the following:

- Always unplug the treadmill from the electrical outlet immediately after usage. Also unplug the treadmill before cleaning, assembling, or servicing.

NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, read the following:

- Never leave the treadmill unattended when plugged in. Always disconnect the treadmill by turning off the master power switch and unplugging the power cord before any assemblage.
- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- **DO NOT** operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, Contact Customer Service before continuing use.
- **DO NOT** use the treadmill outdoors.
- **DO NOT** attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and contact customer service.
- Never operate the unit with the air openings blocked. Keep the air openings free of lint, hair, and any other foreign objects.
- **DO NOT** pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is being administered.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep Dry - **do NOT** operate in a wet or moist condition.
- **DO NOT** operate the treadmill on or near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.

IMPORTANT SAFETY GUIDELINES

- Keep the electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of 6 square feet around the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only. Use this machine in doors only.
- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks, or in sandals. Always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- **DO NOT** leave children who are under 13 year-old unsupervised near or on the treadmill.
- To disconnect the machine, turn all controls to the off position, then remove the plug from outlet.
- This unit is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the unit by a person responsible for their safety. Children should be supervised, if near the machine, to stay away from the machine at all times.
- Always clip the Safety Tether Key to your clothes before starting a workout. Pull up the Safety Tether Key for the emergency stop. Reinstall the Safety Tether Key onto the Console to reactivate the treadmill. Press the START/STOP button to begin exercise again.
- **CAUTION:** Risk of Injury to Persons –To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read all instructions & guidelines before using the treadmill.

WARNING: DO NOT EXCEED SUGGESTED MAXIMUM USER WEIGHT CAPACITY

The Maximum Weight Capacity is 350 lbs / 159 kg.

WARNING: Connect the treadmill to a properly grounded outlet only.

See grounding instructions.

Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.

GROUNDING INSTRUCTIONS

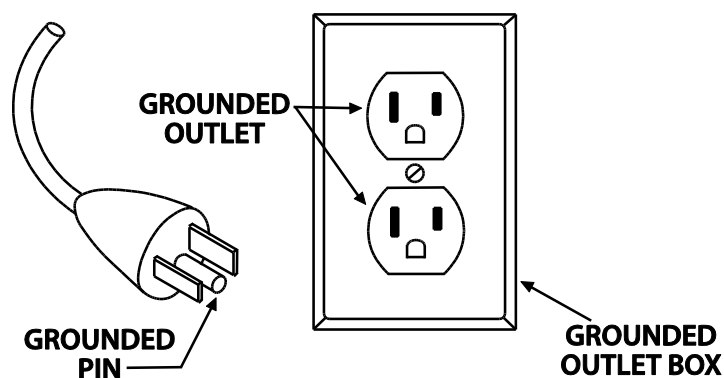
- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current reducing the risk of electric shock.

*** This treadmill is equipped with a cord having equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the treadmill grounding conductor can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.

This product is for use on a nominal 120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



- This unit must be plugged into a nominal 120 volt outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the Treadmill while in use.
- **DO NOT** use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before using the treadmill, check that the belt is aligned and centered on the walking deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

IMPORTANT SAFETY GUIDELINES

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury to young children.

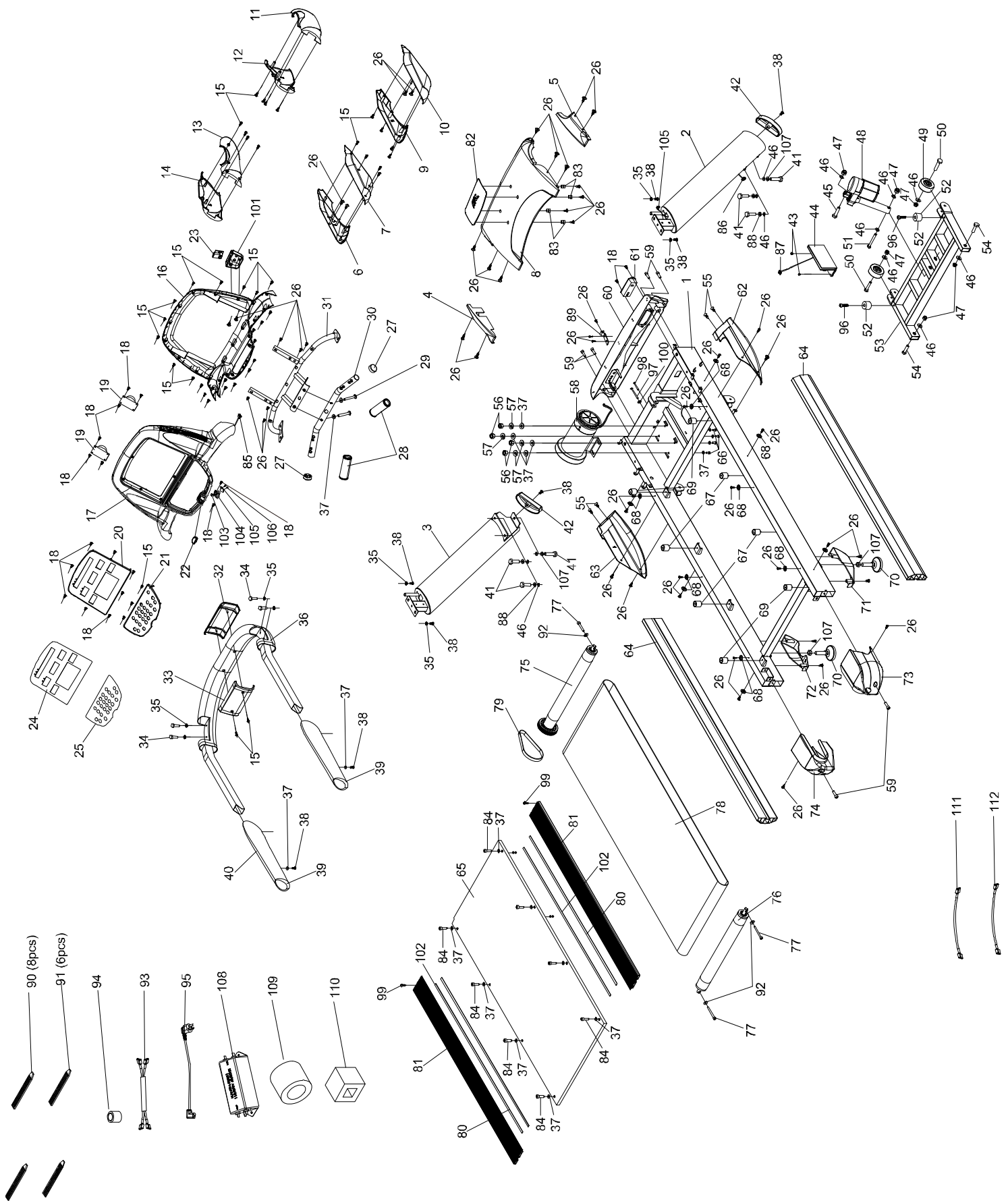
CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

SAVE THESE INSTRUCTIONS



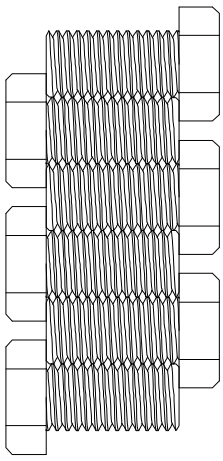
The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble the unit.

OVERVIEW DRAWING



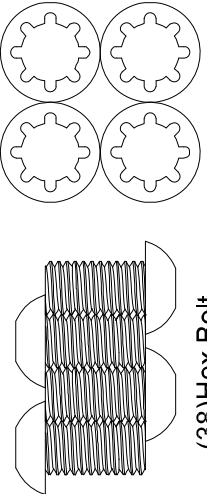
2080-Hardware Pack

Step 2



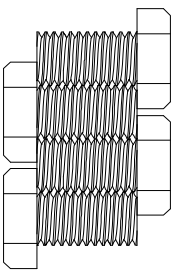
(41) Hex Bolt M10x20 6PCS
(46) Flat Washerφ10.5 6PCSC (88) Spring Washerφ10.2 6PCS

Step 3

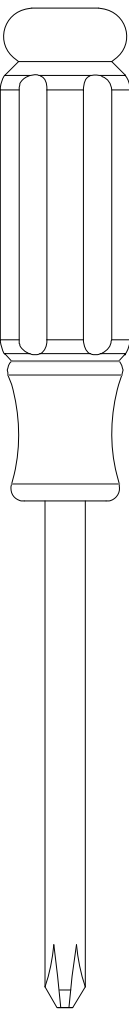


(38) Hex Bolt M8x15 4PCS
(35) Tooth Locking Washerφ8.4 4PCS

Step 4

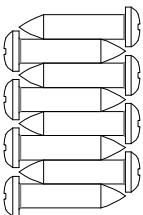


(34) Hex Bolt M8x15 4PCS
(35) Tooth Locking Washerφ8.4 4PCS



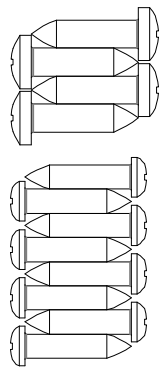
Phillips Screwdriver 1PC

Step 5




(15) Self-Tapping Phillips Screw ST4.2x15, 8PCS


Step 6




(15) Self-Tapping Phillips Screw ST4.2x15, 8PCS
(#26) Flat Head Self-Tapping Phillips Screw ST4.2x15 4PCS



Open Wrench 1PC



6mm Allen Wrench 1PC



5mm Allen Wrench with Phillips Screwdriver 1PC

PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Right Post	1
3	Left Post	1
4	Left Motor Cover	1
5	Right Motor Cover	1
6	Left Upper Cover	1
7	Left Lower Cover	1
8	Motor Cover	1
9	Right Lower Cover	1
10	Right Upper Cover	1
11	Right Upper Handlebar Cover	1
12	Right Lower Handlebar Cover	1
13	Left Lower Handlebar Cover	1
14	Left Upper Handlebar Cover	1
15	Self-Tapping Phillips Screw ST4.2x15	43
16	Lower Console Cover	1
17	Upper Console Cover	1
18	Flat-Head Self-Tapping Phillips Screw ST4.2x10	18
19	Speaker	2
20	Console	1
21	Keyboard	1
22	Safety Tether Key	1
23	USB Socket	1
24	LCD Plate Sticker	1
25	Keyboard Sticker	1
26	Flat-Head Self-Tapping Phillips Screw ST4.2x15	51
27	Round End Cap	2
28	Hand Pulse Handlebar	2
29	Hex Bolt M8x18	2
30	Handlebar Bracket	1
31	Console Supporter	1
32	Rear Handlebar Cover	1

No.	Description	Qty
33	Front Handlebar Cover	1
34	Hex Bolt M8x15	4
35	Tooth Locking Washer Ø8.4xØ15x0.8	8
36	Handlebar Frame	1
37	Flat Washer Ø8.4xØ16x1.6	20
38	Hex Bolt M8x15	8
39	Right Handlebar Arm	1
40	Left Handlebar Arm	1
41	Hex Bolt M10x20	6
42	Oval End Cap 150x52x42.5	2
43	Phillips Screw M4x15	2
44	Inductor	1
45	Hex Bolt M10x45	1
46	Flat Washer Ø10.5xØ20x2.0	13
47	Anti-Loosen Nut M10	6
48	Incline Motor	1
49	Transport Wheel	2
50	Hex Bolt M10x65	2
51	Hex Bolt M10x110	1
52	Buffer Ø40xØ9x30	2
53	Incline Adjustment	1
54	Hex Bolt M10x55	2
55	Trim Head Phillips Screw ST4.5x15	4
56	Anti-Loosen Nut M8	4
57	Spring Washer Ø10.5xØ20x2.0	4
58	DC Motor	1
59	Socket Head Bolt M8x15	6
60	Rear Cap	1
61	Switch Module	1
62	Right Cover	1
63	Left Cover	1
64	Side Rail	2

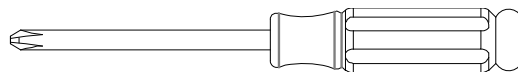
PARTS LIST

No.	Description	Qty
65	Running Deck	1
66	Hex Bolt M8x20	4
67	Black Deck Bumper	4
68	Deck Washer Ø27x3.6	12
69	Black Deck Bumper	4
70	Rear Bracket	2
71	Rear Right Cap Cover	1
72	Rear Left Cap Cover	1
73	Rear Right Cap	1
74	Left Right Cap	1
75	Font Roller	1
76	Rear Roller	1
77	Socket Hex Bolt M8x75	3
78	Running Belt	1
79	Belt	1
80	Single Side Adhesive	1
81	Side Rail	2
82	Logo Cover	1
83	Cap	4
84	Socket Hex Bolt M8x25	8
85	Upper Wire	1
86	Middle Wire	1
87	Lower Wire	1
88	Spring Washer Ø10.2x Ø15.4x2.6	6

No.	Description	Qty
89	Connecting Plate	1
90	Zip Tie ST-100	8
91	Zip Tie ST-200	6
92	Flat Washer Ø8.4xØ16x1.6	3
93	Wire	1
94	Magnet Ring Ø28xØ16x28	1
95	Power Cord	1
96	Socket Hex Bolt M8x30	2
97	Hex Bolt M8x135	1
98	Hex Bolt M8x130	1
99	Flat Head Phillips Screw ST4.2x20	2
100	Flat Washer Ø8.4xØ24x2.0	1
101	Bluetooth Bracket	1
102	Double Side Adhesive	2
103	Safety Tether Key Metal	1
104	Safety Tether Key Bracket	1
105	Reed Switch	1
106	Self-Tapping Phillips Screw ST3.0x10	2
107	Hex Bolt M16	2
108	Filter	1
109	Magnet Ring	1
110	Magnet Clip	1
111	Wire I	1
112	Wire II	1

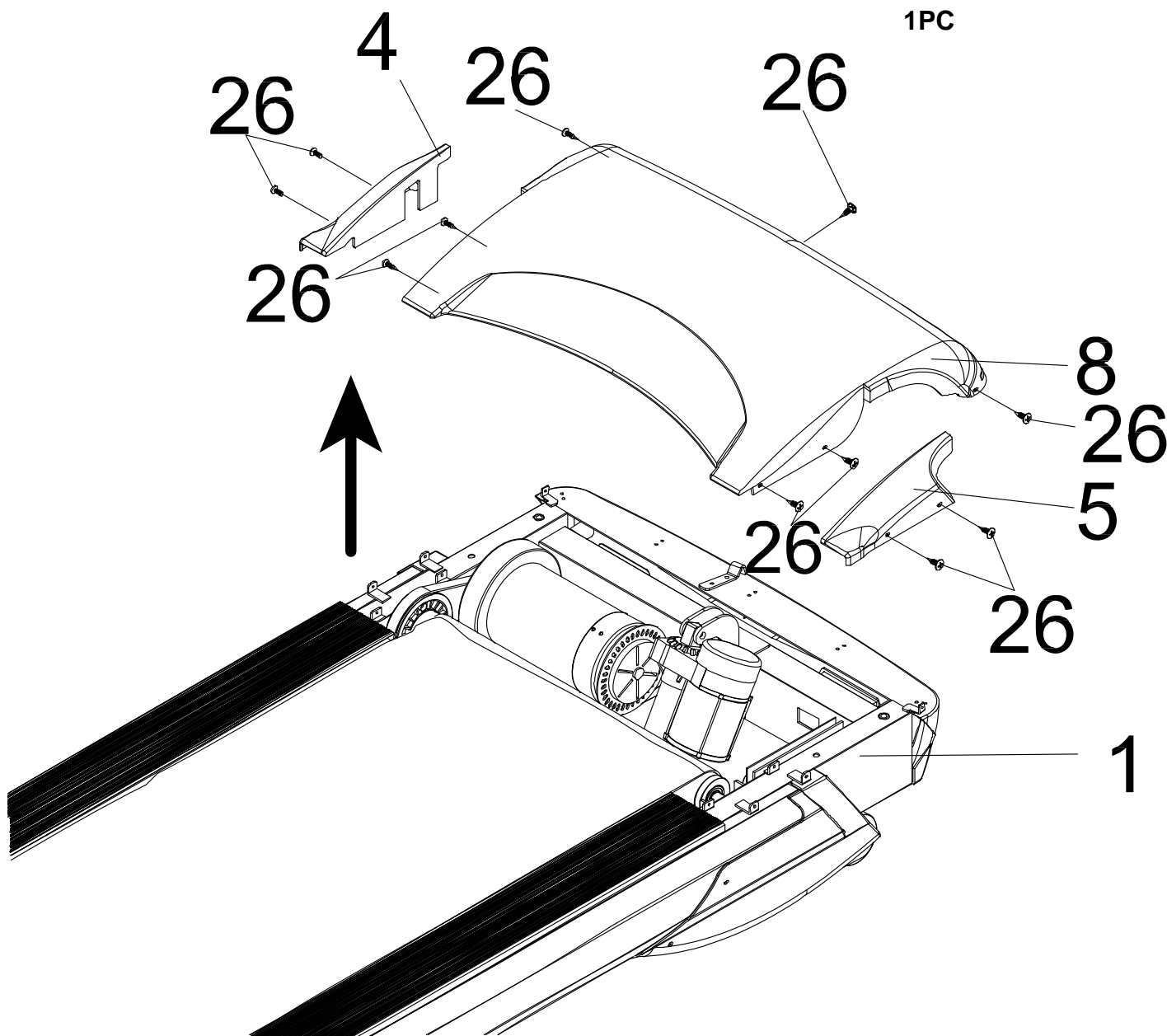
ASSEMBLY

Tool:



Phillips Screwdriver

1PC



Step 1

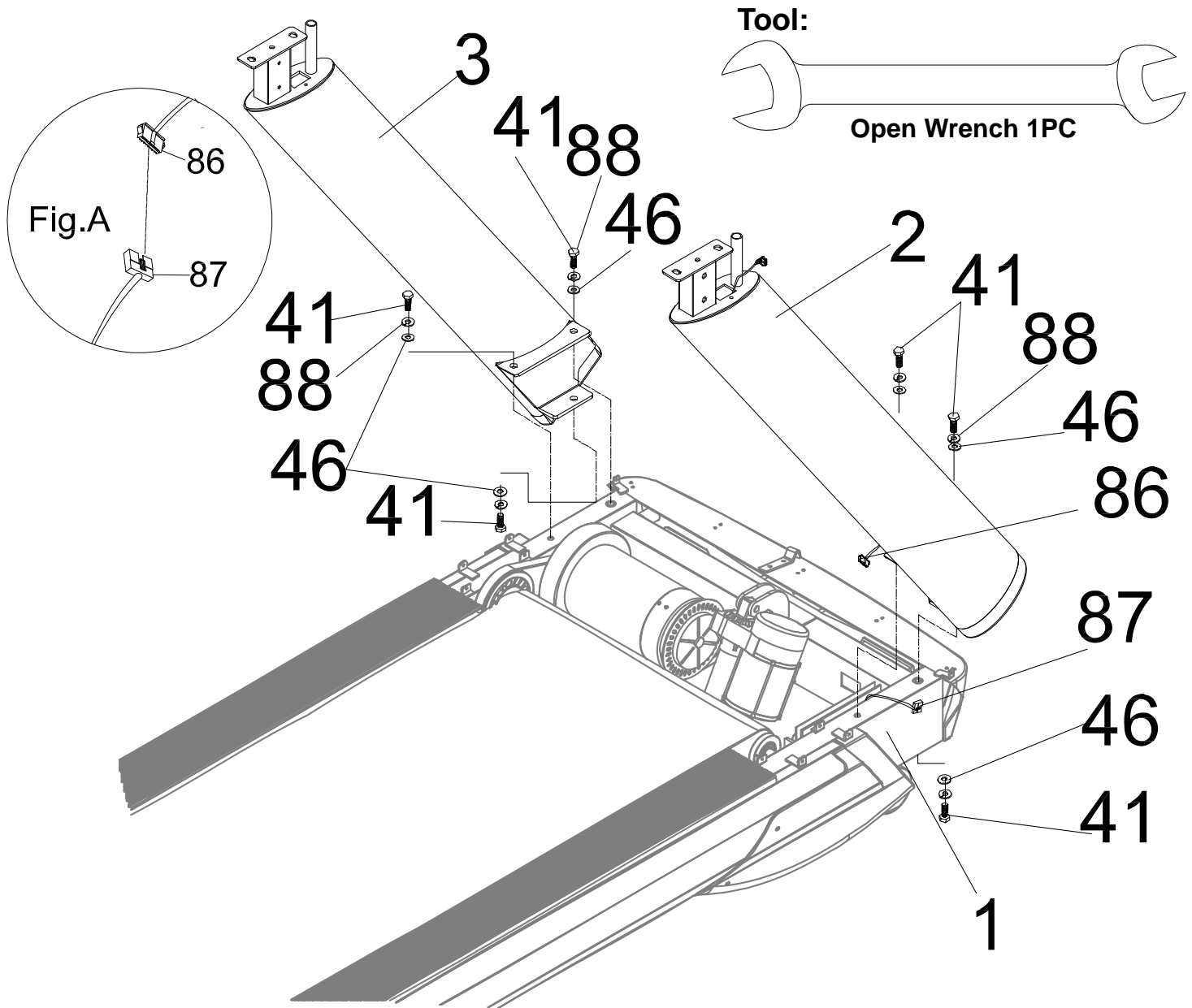
1A. Removing the Screws from the Main Frame:

Remove the Eleven Flat-Head Self-Tapping Phillips Screws from the **Motor Cover (8)**, **Left Motor Cover (4)**, and **Right Motor Cover (5)** with the **Phillips Screwdriver** provided.

1B. Removing the Motor Cover from the Main Frame:

Remove the motor covers from the **Main Frame (1)** and set them aside until needed for **STEP 7**.

ASSEMBLY



Step 2

2A. Installing the Left & Right Post:

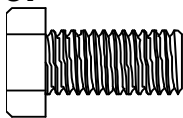
Slide the **Left Post (3)** and **Right Post (2)** onto the **Main Frame (1)**. Attach the posts to the **Main Frame (1)** with six **Hex Bolts (41)**, six **Spring Washers (88)**, and six **Flat Washers (46)**.

Do NOT tighten the hardware until after **Step 4**.

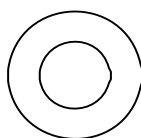
2B. Connecting the Wire:

Connect **Lower Wire (87)** from the **Main Frame (1)** and the **Middle Wire (86)** from the **Right Post (2)** as shown in **Fig. A**.

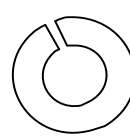
Hardware:



(41) Hex Bolt
6pcs

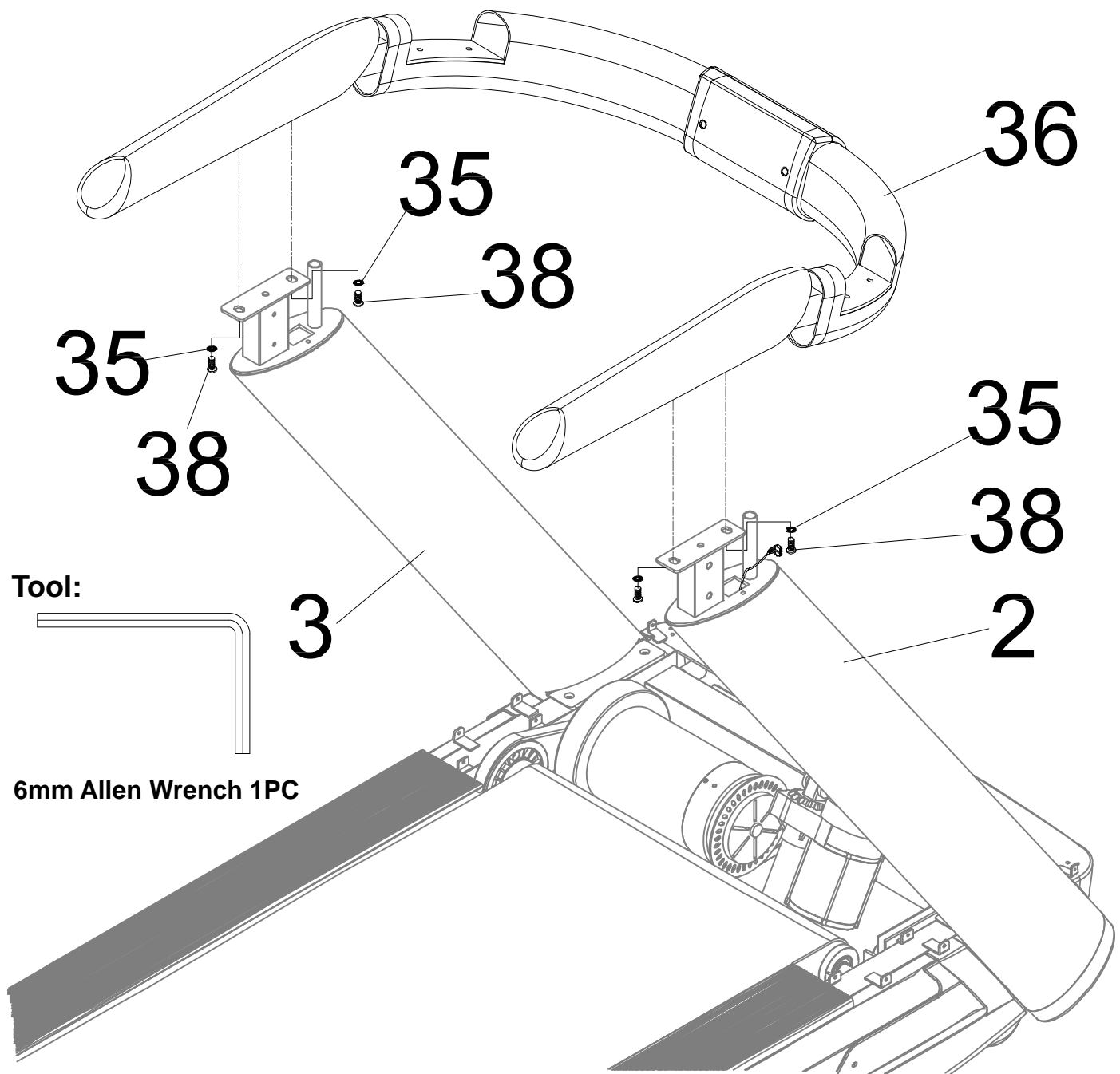


(46) Flat Washer
6pcs



(88) Spring Washer
6pcs

ASSEMBLY



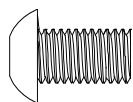
Step 3

3A. Installing the Handlebar Frame:

Attach the **Handlebar Frame (36)** onto the both **Left Post (3)** and **Right Post (2)** with four **Hex Bolts (38)** and four **Tooth Locking Washers (35)**.

Do NOT tighten the hardware until after Step 4.

Hardware:

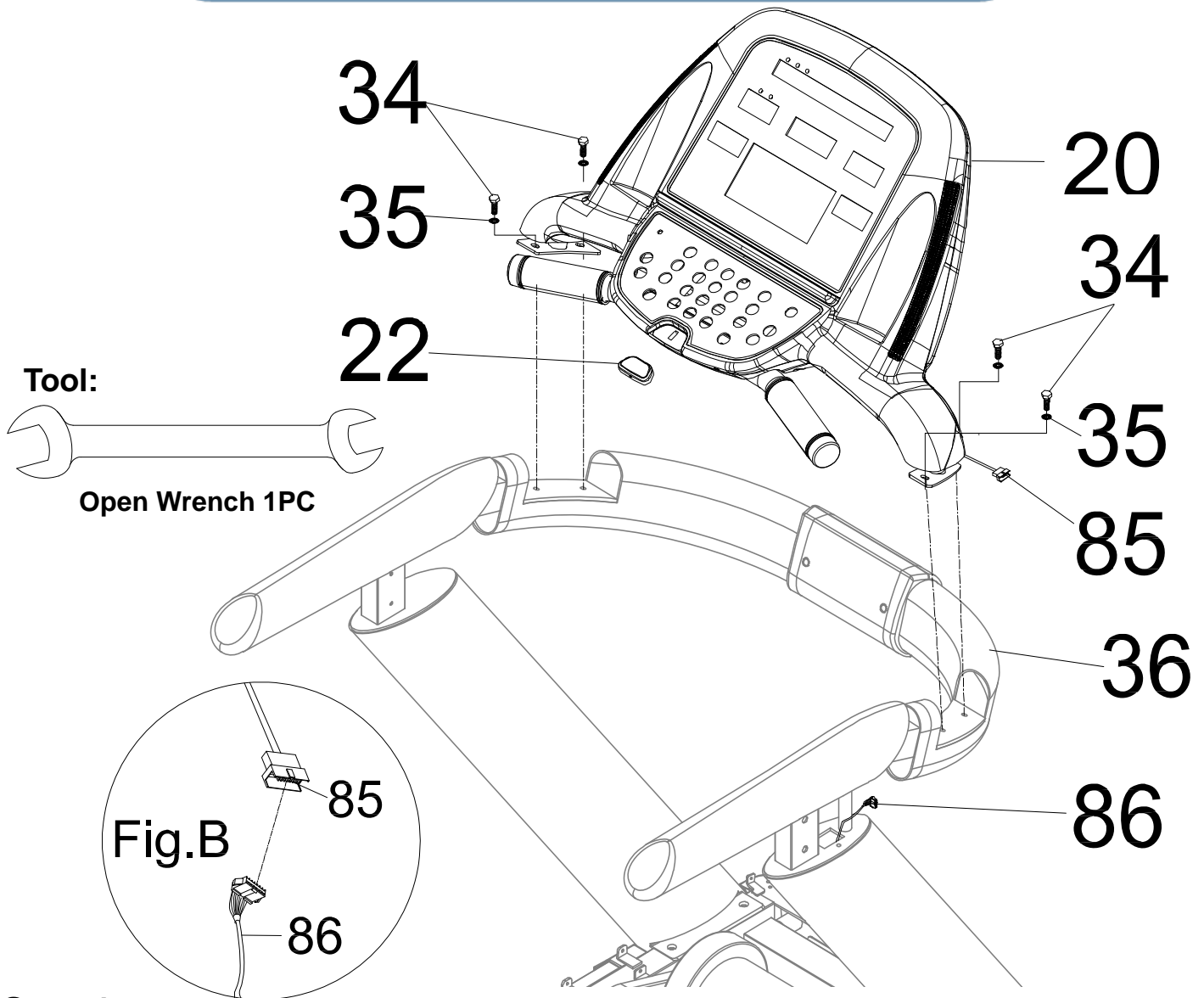


(38) Hex Bolt
4pcs



(35) Tooth Locking
Washer 4pcs

ASSEMBLY



Step 4

4A. Installing the Console:

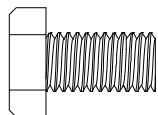
Attach the **Console (20)** onto the **Handlebar Frame (36)**. Connect the **Upper Wire (85)** and the **Middle Wire (86)** as shown in **Fig. B**. Secure the **Console (20)** to the **Handlebar Frame (36)** with four **Hex Bolts (34)** and four **Tooth Locking Washers (35)**. Now fully tighten the hardware in steps 2, 3, and 4 with the tools shown in each step.

4B. Installing the Safety Key:

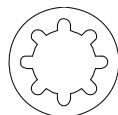
Place the **Safety Tether Key (22)** onto the **Console (20)**.

WARNING: Always attach the clip end of the **Safety Tether Key (22)** to your clothes before starting the treadmill. Pull off the **Safety Tether Key (22)** in cases of an emergency stop. Reinstall the **Safety Tether Key (22)** onto the **Console (20)** to reactivate the treadmill. Press the **START/STOP** button to begin exercise again.

Hardware:

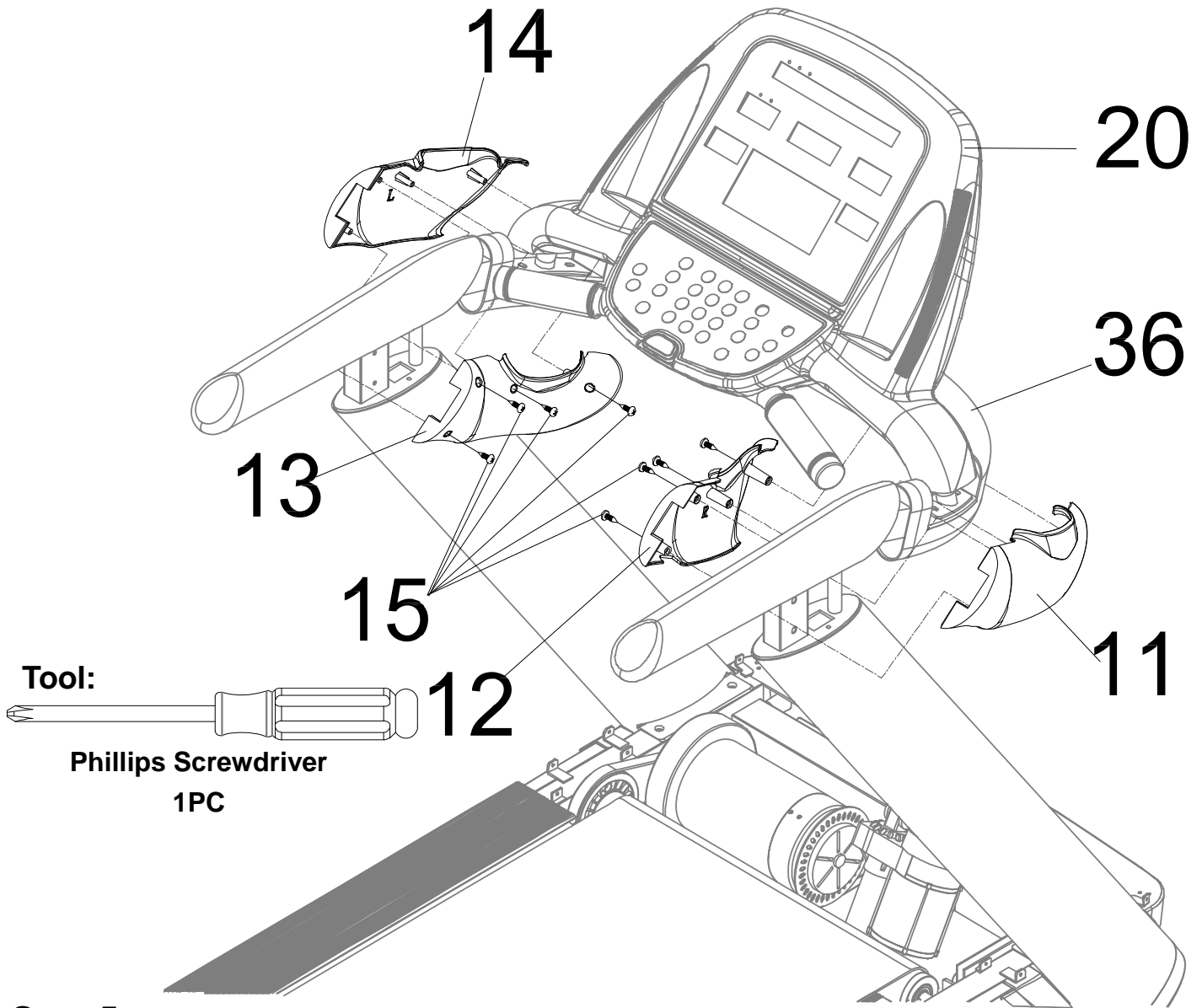


(34) Hex Bolt
4pcs



(35) Tooth Locking Washer
4pcs

ASSEMBLY



Step 5

5A. Installing the RIGHT Handlebar Cover:

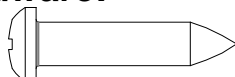
Attach the **Right Upper Handlebar Cover (11)** and **Right Lower Handlebar Cover (12)** onto the right side of the **Handlebar Frame (36)** with four **Self-Tapping Phillips Screws (15)**. Tighten the screws with the **Phillips Screwdriver** provided.

5B. Installing the LEFT Handlebar Cover:

Attach the **Left Upper Handlebar Cover (14)** and **Left Lower Handlebar Cover (13)** onto the left side of the **Handlebar Frame (36)** with four **Self-Tapping Phillips Screws (15)**. Tighten the screws with the **Phillips Screwdriver** provided.

NOTE: The covers have a molded R or L on the inside of the cover for identifying which side they go on.

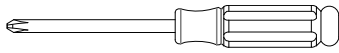
Hardware:



(15) Self-Tapping Phillips Screw
8pcs

ASSEMBLY

Tool:

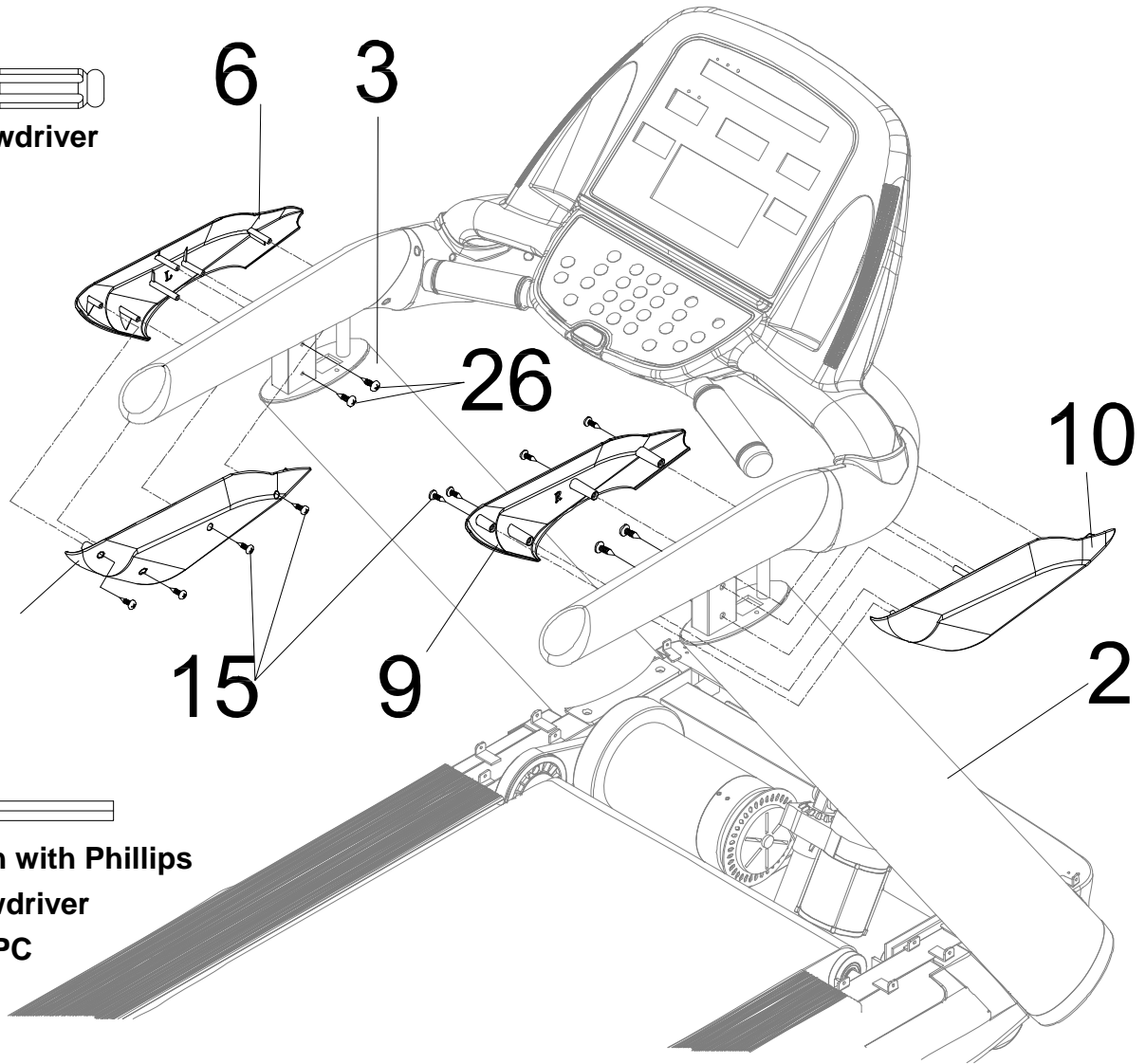


Phillips Screwdriver
1PC

Tool:



**Allen Wrench with Phillips
Screwdriver**
1PC



Step 6

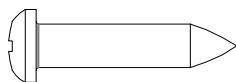
6A. Installing the Upper & Lower Cover

Attach the **Left Upper Cover (6)** to the outward facing side of the **Left Post (3)** with two **Flat Head Self-Tapping Phillips Screws (26)**. Attach the **Left Lower Cover (7)** to the **Left Upper Cover (6)** with four **Self-Tapping Phillips Screws (15)**. Tighten the screws using the **Phillips Screwdriver** or **5mm Allen Wrench with Phillips Screwdriver** provided.

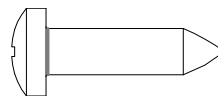
Repeat the same step for attaching the **Right Upper Cover (10)** and **Right Lower Cover (9)** onto the right side of the **Right Post (2)**.

NOTE: The covers have a molded R or L on the inside of the cover for identifying which side they go on.

Hardware:



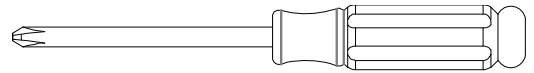
**(15) Self-Tapping Phillips
Screw 8pcs**



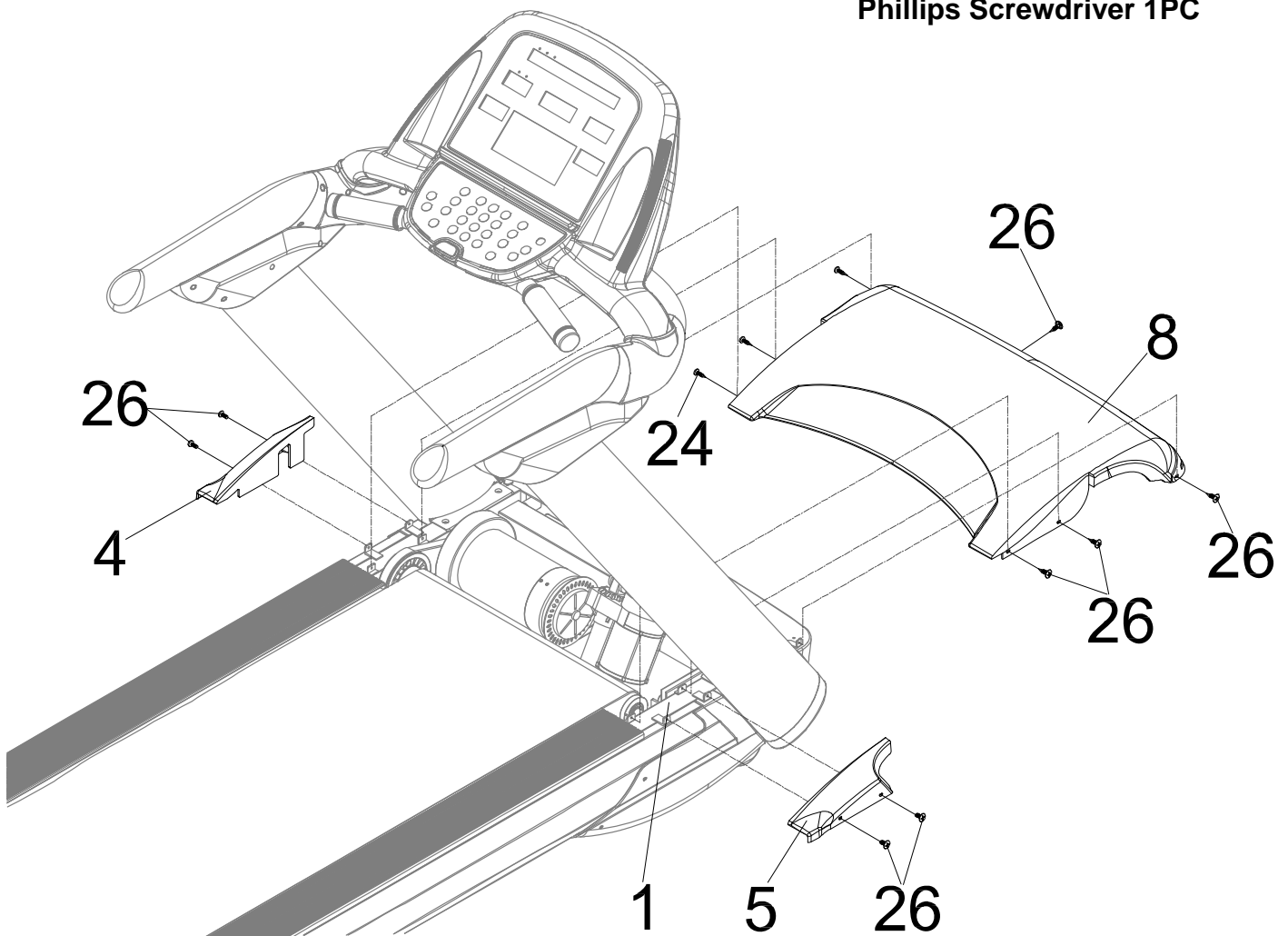
**(26) Flat Head Self-Tapping
Phillips Screw 4pcs**

ASSEMBLY

Tool:



Phillips Screwdriver 1PC



Step 7

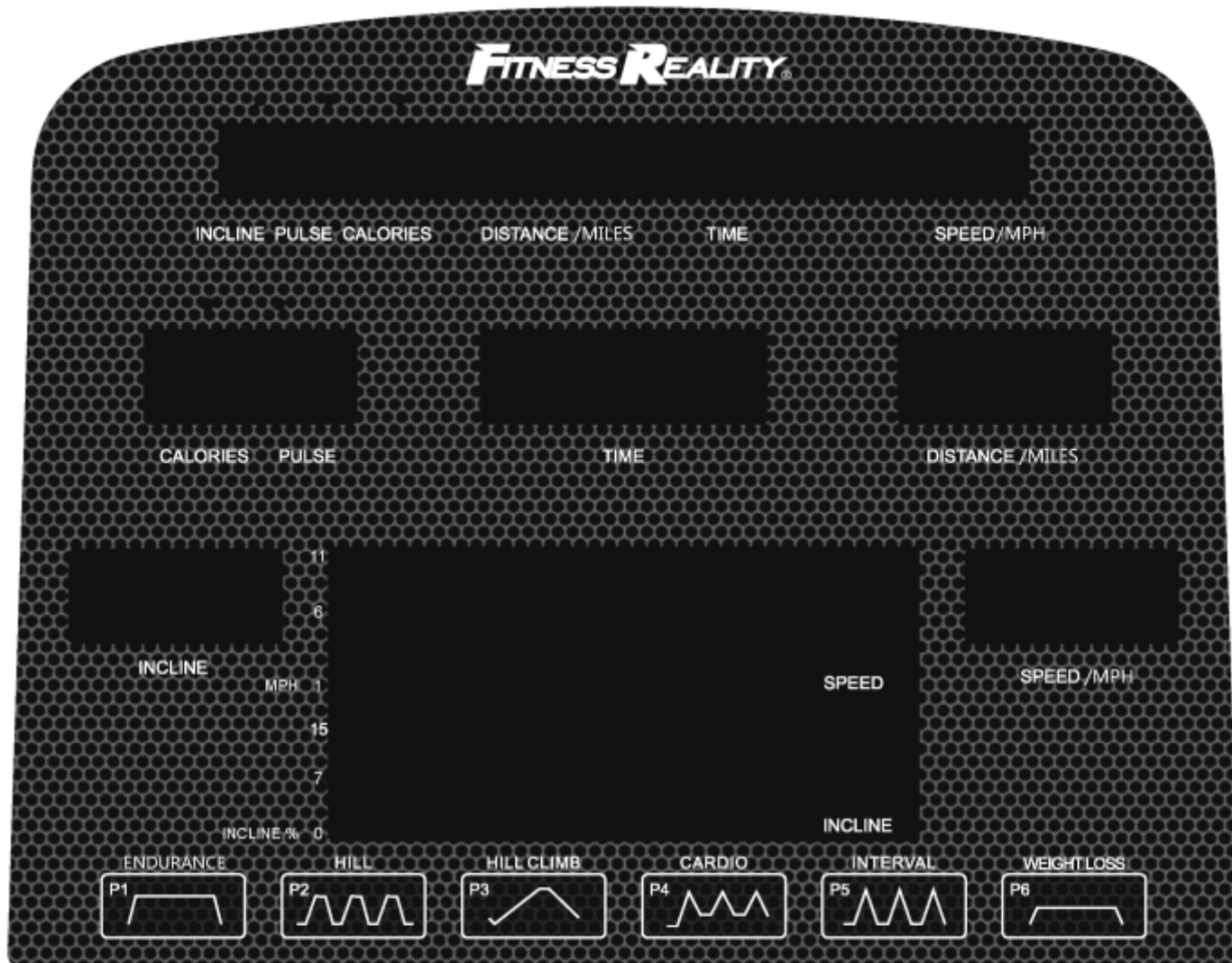
7A. Installing the Motor Cover

Attach the **Motor Cover (8)** onto the **Main Frame (1)** with the seven **Flat Head Self-Tapping Phillips Screws (26)** that were removed in **Step 1**. Tighten the screws using the **Phillips Screwdriver** provided.

7B. Installing the Left and Right Motor Cover

Attach the **Left Motor Cover (4)** and **Right Motor Cover (5)** onto the side of the **Main Frame (1)** with the four **Flat Head Self-Tapping Phillips Screws (26)** that were previously removed in **Step 1**. Tighten the screws using the **Phillips Screwdriver** provided.

COMPUTER



1. Display windows:

LED display: TIME, DISTANCE, INCLINE, SPEED, TIME, CALORIES, PULSE

2. Buttons:

- 1). START: Press this button to start the machine.
- 2). STOP: Press this button to stop the machine and enter the state of standby. Press the button a second time when in standby mode to reset the console.
- 3). SPEED +: Press this button to increase the speed.
- 4). SPEED -: Press this button to decrease the speed.
- 5). INCLINE +: Press this button to increase the incline.
- 6). INCLINE -: Press this button to decrease the incline.
- 7). PROGRAM: Press this button to select the workout program P01-P09 when this machine is in standby mode.
- 8). MODE: Press this button to set TIME, CALORIE, and DISTANCE countdown when the machine is in standby mode.
- 9). VOLUME: Press this button to MUTE the audio playing from the speakers.
- 10). VOLUME +: Press this button to increase the volume of music.
- 11). VOLUME -: Press this button to decrease the volume of music.
- 12). The key pad 0-9 can be used as key quick speed adjustment keys during a workout. The keypad can also be used for setting up a user defined program.

3. Countdown Mode:

When the machine is in standby mode, press the "MODE" button to set up a time countdown, distance countdown, or a calorie countdown. Press "MODE" until the corresponding windows is flashing. Press the SPEED+/- or INCLINE+/- to adjust the countdown Value. Only one countdown can be set for a workout.

4. Built-in program: P01-P06:

This system has 6 built-in programs. When the treadmill is in standby mode, press the "PROGRAM" key and notice the "DISTANCE/MILES" window as it will display the program you select ("P01-P06"). The lower display will show the speed and incline of each program, the top section shows the speed, the lower section shows the incline.

After selecting the desired program, the display will flicker and show "30:00". Use keypad or press "SPEED+/-" or "INCLINE+/-" to adjust the time period, then press the "START" button to begin the workout. The built-in program is divided into 16 Columns, each programmed with different speed and incline modes (see table on the next page). When the program moves to the next column, 3 "beep" tones will be issued and the display window will show the new rate of speed and incline level.

After entering the 16th step, the equipment will run at a default speed, later prompting a continuous "be---" sound as the program comes to an end. At the end of the tone, the treadmill will automatically start a cool down period that lasts for 2:30 minutes. The work out will be concluded with a final 3 "beep" sounds before the treadmill comes to a complete stop

COMPUTER

Each built-in program with its corresponding speed and incline:

	Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01	Speed	6.8	6.8	6.8	6.8	6.8	6.8	6.8	6.8	6.8	6.8	6.8	6.8	6.8	6.8	6.8	6.8
	Incline	5	7	9	10	10	9	8	6	8	10	10	9	8	7	6	5
	Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P02	Speed	5	5	7.6	7.6	5	5	7.6	7.6	5	5	7.6	7.6	5	5	7.6	7.6
	Incline	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P03	Speed	5	4.4	2.9	4.4	5	6.2	7.6	9.1	10.6	10.6	10.6	9.1	7.6	6.2	5	4.4
	Incline	5	7	8	9	8	7	6	7	8	7	6	8	9	10	8	7
	Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P04	Speed	5	5	6.8	8.1	9.9	8.1	6.8	6.8	8.1	9.9	8.1	6.8	6.8	8.1	9.9	8.1
	Incline	5	5	7	7	9	10	9	8	7	6	9	9	7	7	5	5
	Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P05	Speed	5	5	7.5	9.1	7.2	5	5	7.5	9.1	7.2	5	5	7.2	9.1	6.6	5
	Incline	5	5	10	5	5	10	5	5	10	5	5	10	5	5	10	5
	Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P06	Speed	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	Incline	5	6	6	7	7	8	8	7	7	6	6	7	7	6	6	5
	Step	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

5. User defined program: P07 – P09:

In standby mode, press the "PROGRAM" key to select the P07, P08, or P09 program options. The lower display will show the speed and incline of each program, the top section shows the speed, the lower section shows the incline.

To customize the speed and incline of each column, press "MODE" and an "S-01" (Step 1) will be displayed on the time screen. Select and adjust speed and incline by pressing "SPEED+/-" and "INCLINE+/-." Press "MODE" to complete setting up "S-01" (Step 1) and then enter "S-02" (Step 2). Each step is automatically saved upon pressing "MODE". Repeat the procedure until the all 16 steps are set.

The speed and incline can also be set by using the key pad. Press the "SPEED" button under the keypad to type in the desired speed with the 0-9 buttons. Press the "INCLINE" button under the keypad to type in the desired incline with the 0-9 buttons. Move to the next column by pressing "MODE" after setting both speed and incline.

6. Safety and Operation:

Press "PROGRAM" or "MODE" to select the appropriate exercise program based on your preference and body condition. Always clip the Safety Tether Key (22) to your clothes before starting a workout. To begin exercising, press "START." After a 3-second countdown, the belt will start moving. To adjust the exercise intensity during a workout, press "SPEED+/-" or "INCLINE+/-."

When you press "STOP," the speed will decrease and the treadmill will slowly come to a stop. Pull off the **Safety Tether Key (22)** in cases requiring an emergency stop. When the key is detached from the equipment, the display window will show "SAFETY KEY DISCONNECTED." Reinstall the **Safety Tether Key (22)** onto the **Console (20)** to reactivate the treadmill.

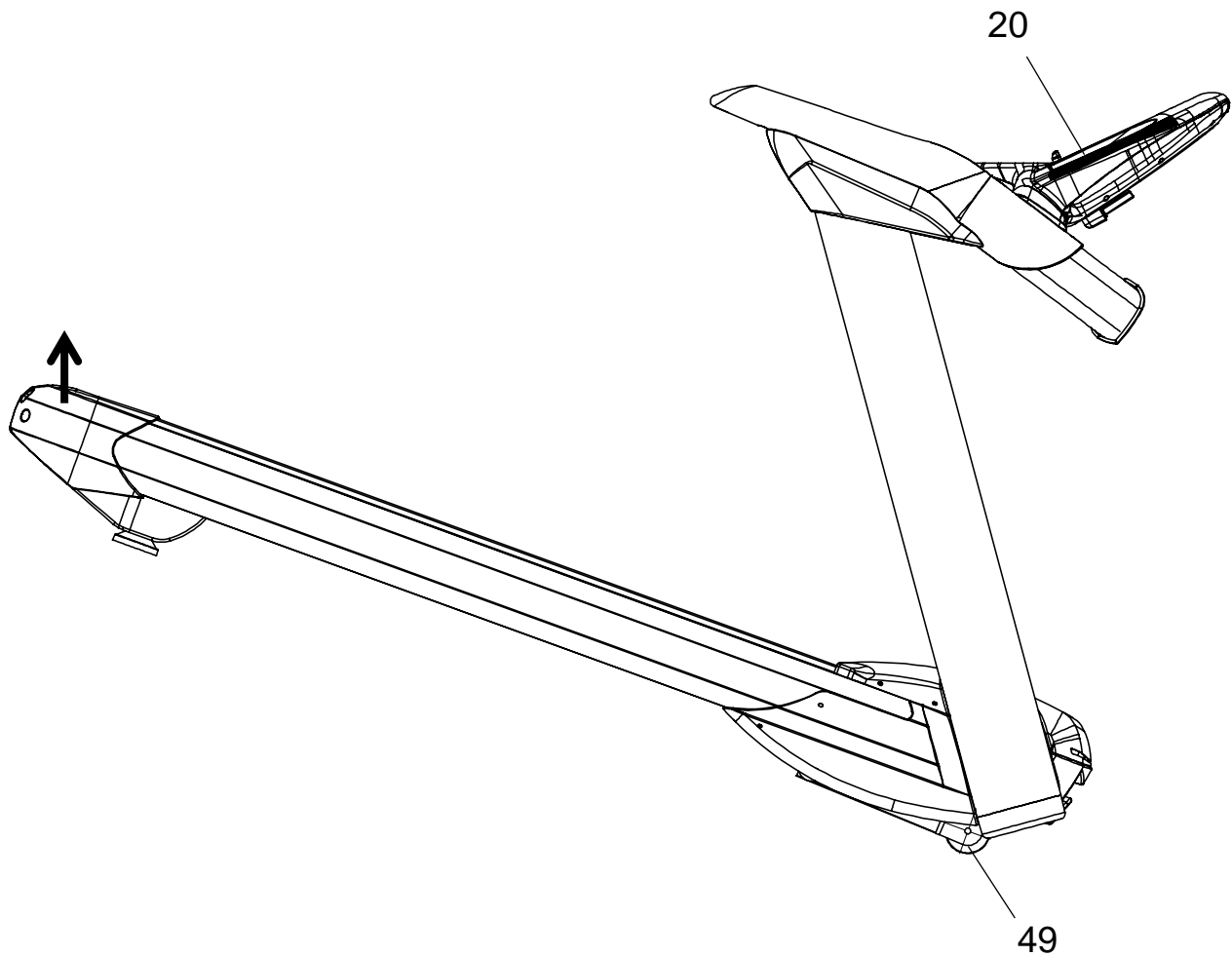
COMPUTER

Hold onto the **Hand Pulse Handlebar (28)** with both hands to display your heart rate on the PULSE display. The hold the **Hand Pulse Handlebar (28)** firmly and for at least a minute to get a good reading.

NOTE: Data shown can only be used as reference and it is NOT medical data. Consult your physician before beginning any exercise program and should any problem arises.

6. Treadmill Specification Ranges:

	Default	Setting range	Showing range	Remark
Speed	0.5 (mph)	0.5—11.0(mph)	0.5—11.0(mph)	Adjustable only after start
Incline	0	0-15	0-15	Adjustable only after start
Time	30:00(minute)	5:00—99:00(minute)	0:00—99:59(minute)	Each adjust for 1:00 minute
Distance	5.00(miles)	0.5—99.9(miles)	0.00—99.9(miles)	Each adjust for 0.1 m
Calorie	100(Cal)	10.0—999(Cal)	0—999(Cal)	Each adjust for 1 Cal



Transporting the Treadmill:

Lift the rear of the treadmill to gently tilt the equipment forward onto the Transport Wheels (49). Move the treadmill to your desired location and slowly lower it back to the ground.

WARNING: Turn the power switch off and unplug the power cord.

WARNING: Fix the power cord to the frame so it does NOT drag on the floor while moving the treadmill.

WARNING: The treadmill weights more than 100 lbs / 45 kg. DO NOT move the treadmill if you are not strong enough to balance that much weight on the transport wheels. It is highly recommended that at least 2 people move the unit.

WARNING: Keep the treadmill, especially, the Console (20), out of direct sunlight to prevent screen damage and paint discoloration.

MAINTENANCE & TROUBLESHOOTING

WARNING: To prevent electrical shock, turn off and unplug the treadmill before cleaning or performing routine maintenance.

Cleaning:

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail. Keep the treadmill, especially the **Console (20)**, out of direct sunlight to prevent screen damage and paint discoloration.

Troubleshooting Guide:

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none">1. Not plugged in.2. Power Switch turned off3. Safety Tether Key (22) is not connected.4. House circuit breaker tripped.5. Treadmill circuit breaker tripped.	<ol style="list-style-type: none">1. Plug the Power Cord into an electrical wall outlet.2. Ensure the Power Switch is flipped to the ON position.3. Install the Safety Tether Key (22) onto the Console (20).4. Reset or have an electrician replace the breaker in home.5. Wait five minutes and then press the switch back on.
Belt slips.	<ol style="list-style-type: none">1. Belt is not tight enough.	<ol style="list-style-type: none">1. Adjust belt tension. See Adjustments.
Belt hesitates When stepped on.	<ol style="list-style-type: none">1. Not enough lubrication applied onto the running deck.2. Belt is too tight.	<ol style="list-style-type: none">1. Apply silicone lubricant to the running deck. See Adjustments.2. Adjust the belt tension. See Adjustments.
Belt is off centered.	<ol style="list-style-type: none">1. Running belt tension is not even across the rear roller.	<ol style="list-style-type: none">1. Center the belt. See Adjustments.

MAINTENANCE & TROUBLESHOOTING

Error Codes Cause and Solutions

Fault Code	Cause	Solution
SAFE	SAFETY TETHER KEY PROTECTION	<ol style="list-style-type: none"> 1. Ensure that the Safety Tether Key (22) is installed on the Console (20). 2. Restart the power after 1 minute and install the Safety Tether Key (22). 3. Computer IC Board is damaged, contact Customer Service.
E01	DRIVER COMMUNICATION FAULT	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute. 2. Ensure the sensor cable is connected correctly. 3. Signal cable or computer LC board damaged. Discontinue use and contact Customer Service
E02	MOTOR STALL FAULT	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute. 2. Check the motor cable to make sure it is connect correctly. 3. Check the motor quality to make sure there is no visible damage. 4. Ensure the running belt is thoroughly lubricated. 5. Motor or power LC board damaged. Discontinue use and contact Customer Service.
E03	SPEED SENSOR FAULT	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute. 2. Check the speed cable to make sure it is connect <p>Discontinue use and contact Customer Service.</p>
E04	INCLINE SELF CHECK FAULT	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute. 2. Check the wires that connect the incline motor to the LC board. <p>Discontinue use and contact Customer Service.</p>
E05	OVER CURRENT PROTECTION	<ol style="list-style-type: none"> 1. Restart the power and retry after 1 minute. Check if the input voltage is lower. Use when voltage is normal 2. Signal Cable or power LC board damaged. 3. Make sure the belt and deck are not damaged, and there is enough lubrication between the running belt and deck. <p>Discontinue use and contact Customer Service.</p>

MAINTENANCE & TROUBLESHOOTING

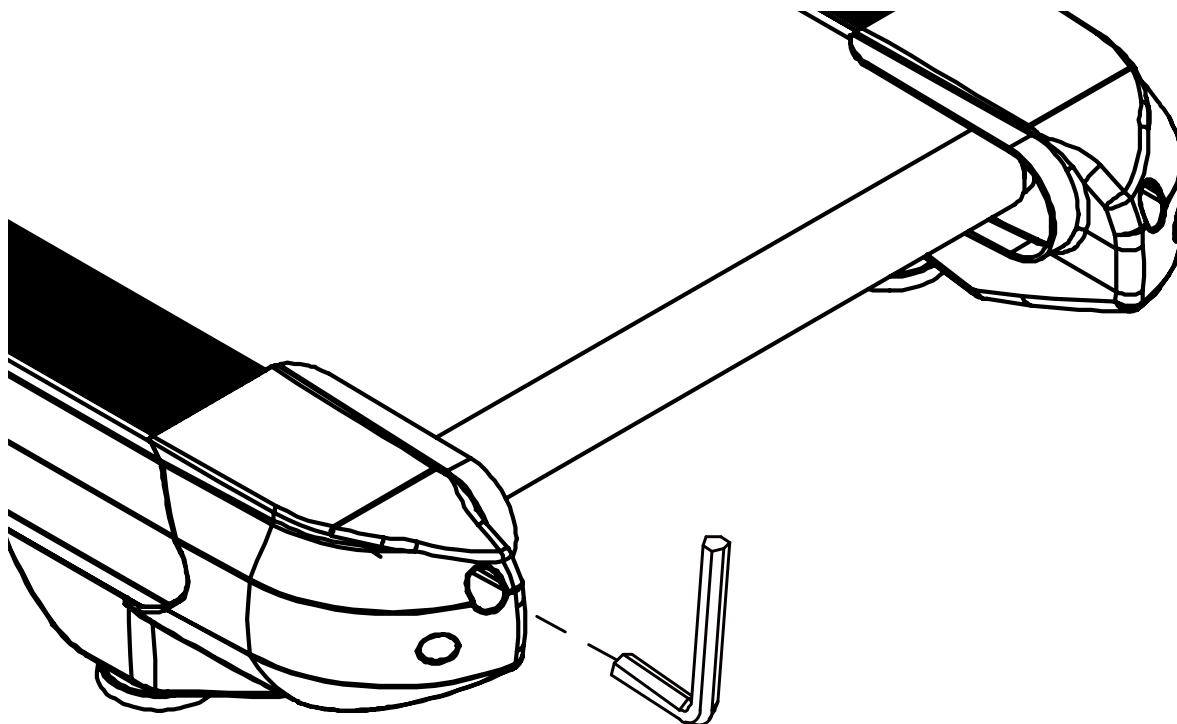
Fault Code	Cause	Solution
E06	MOTOR OPEN CIRCUIT	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute. 2. Check the motor cable to make sure it is connect correctly. 3. Check the motor quality to make sure there is no visible damage. 4. Ensure the running belt is thoroughly lubricated. 5. Motor or power LC board damaged. Discontinue use and contact Customer Service.
E08	DRIVER FAULT	<ol style="list-style-type: none"> 1. Restart the power and retry after 1 minute. Check if the input voltage is lower. Use when voltage is normal 2. Signal Cable or power LC board damaged. Discontinue use and contact Customer Service.
E10	MOTOR SHORT CIRCUIT	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute. 2. Check the motor cable to make sure it is connect correctly. 3. Check the motor quality to make sure there is no visible damage. 4. Ensure the running belt is thoroughly lubricated. 5. Motor or power LC board damaged. Discontinue use and contact Customer Service.
E13	NO CONTROL SIGNALS	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute. 2. Ensure that the cables are connected correctly. 3. Signal cable or power LC board damaged. Discontinue use and contact Customer Service.

ADJUSTMENTS

Belt Adjustment:

The belt tension is properly set before shipping. The belt may become loose during transportation and/or from use. After prolonged use of the treadmill, the belt will stretch out. To correct belt issues reference the following situations for the appropriate actions:

1. **Belt is shifting to the LEFT:** turn on the main power switch of treadmill and let the belt run at a speed of 1-1.5 MPH. Using the **6mm Allen Wrench** provided, turn the left rear roller adjustment bolt 1/4 turn in the CLOCKWISE direction. You should see the belt start to correct itself by moving back toward the center. **Repeat the above procedure until the belt is properly centered.**
2. **Belt is shifting to the RIGHT:** turn on the main power switch of treadmill and let the belt run at a speed of 1-1.5 MPH. Using the **6mm Allen Wrench** provided, turn the right rear roller adjustment bolt 1/4 turn in the CLOCKWISE direction. You should see the belt start to correct itself by moving back toward the center. **Repeat the above procedure until the belt is properly centered.**
3. **Belt is slipping during use:** turn off and unplug the treadmill. Using the **6mm Allen Wrench** provided to turn both the left and right rear roller adjustment bolts 1/4 turn in a CLOCKWISE direction, then turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. You should now walk on to the belt to determine if the belt is still slipping. **Repeat the above procedure until the belt no longer slips.**



ADJUSTMENTS

Lubrication:

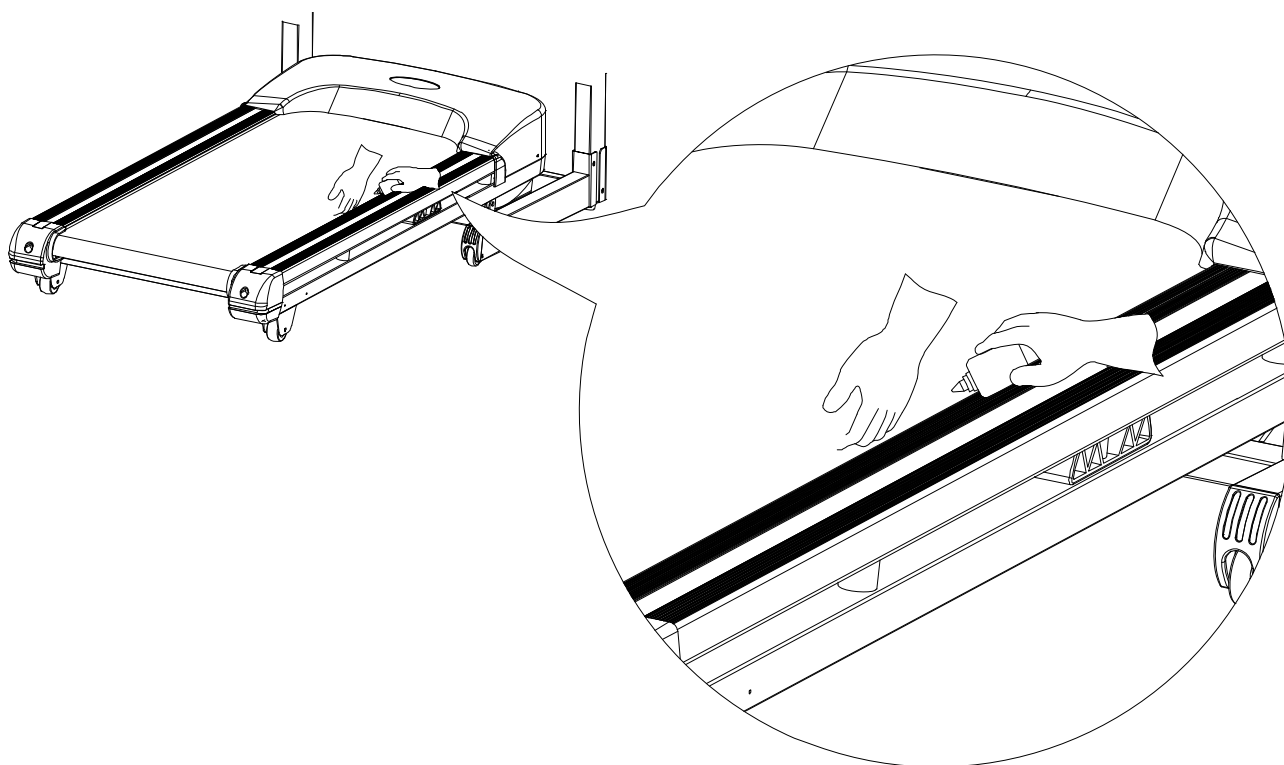
The treadmill has already been coated with "Silicone Oil," a non-volatile oil, which lubricates the running deck. Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

Before your first time running on the treadmill apply some of the silicon lubricant that is included.

To apply lubricant, lift up the side of the belt and use the included tube to apply lubricant as close to the center of the running deck. Repeat this on the other side. Allow the silicone oil to 'set' for one minute before using the treadmill. To maintain the belt, the oil may be re-applied once the resistance increases and the belt starts rubbing against the running deck.

ATTENTION: Do NOT use any other type of oil other than "Silicone Oil" lubricants otherwise the treadmill will be damaged. Do NOT over-lubricate the running deck. Excess lubricant should be wiped off with a clean towel.

WARNING: To prevent electrical shock, turn off and unplug the treadmill before cleaning or performing routine maintenance.



WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame	5 years For Home Use Only
Motor	5 year For Home Use Only
Electronics	2 years For Home Use Only
Parts	3 years For Home Use Only
Wearable parts	1 year For Home Use Only

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

Exclusions from Warranty Coverage:

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

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

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

Ordering Replacement Parts

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

Service@paradigmhw.com

Open Monday thru Friday, 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 in Fax #: 626-810-2166***