RESOLVE®

Indoor Cycling 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.

Owner's Manual Le Manuel Du Proprietaire



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at: Service@paradigmhw.com

Or call us at:

1-844-641-7923

Hours:

8:00 am to 5:00 pm (PST) Monday Thru Friday

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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:

1-844-641-7923

(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

LABEL PLACEMENT



IMPORTANT SAFETY GUIDELINES

Read all instructions before using the Indoor Cycle. When using an Indoor Cycle, basic precautions should always be followed, including the following:

WARNING - To reduce the risk of injury to persons:

- 1. Make sure your equipment is correctly assembled before you use it.
- 2. Be sure all screws, nuts, and bolts are tightened prior to use.
- 3. The equipment weighs more than 44lbs / 20kgs and should be assembled by two or more people.
- 4. Before using this equipment, we recommend that you do warm up exercises for each muscle group.
- 5. Only one person should use the equipment at a time.
- 6. 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.
- 7. Always use this equipment on a clear and level surface.
- 8. For household use only.
- 9. Do not use outdoors or near water.
- 10. Use the indoor cycle only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 11. Do not wear loose clothing when using the equipment.
- 12. Keep all hands and feet away from any moving parts.
- 13. Never drop or insert any object into any opening.
- 14. Close supervision is necessary when the indoor cycle is used near children, or by or near invalids or disabled persons.
- 15. 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.
- 16. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
- 17. **Warning:** Risk of Personal Injury Consult with your personal physician to see if this bike 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 while in use.
- 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 300lbs/136kgs.

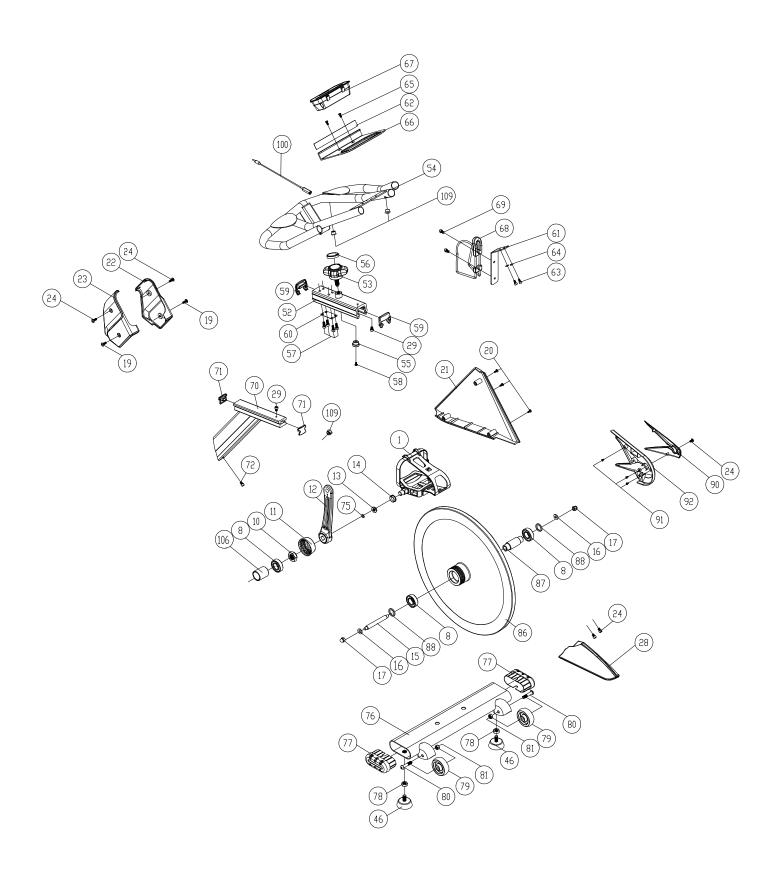
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES

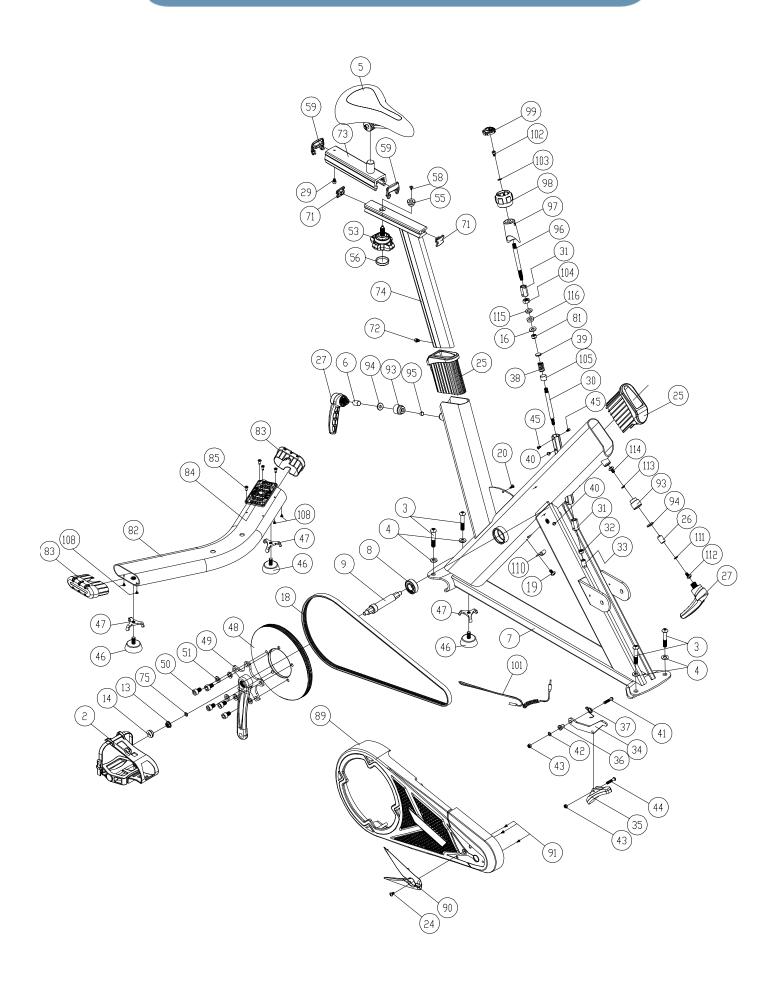


The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

OVERVIEW DRAWING



OVERVIEW DRAWING



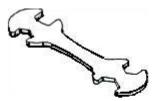
HARDWARE & TOOLS PACK



3mm Allen Wrench 1 PC



(29) Hex Screw 1PC



13, 14, 15, 17mm Wrench Tool 1 PC



4mm Allen Wrench 1 PC



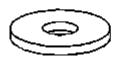
(3) Hex Bolt 4PCS



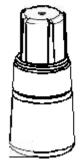
15mm Combination Wrench 1 PC



5mm Allen Wrench 1 PC



(4) Washer 4 PCS



(107) Thread Sealant 1 PC



6mm Allen Wrench with Phillips Screwdriver 1 PC

PARTS LIST

No.	Description	Qty
1	Left Pedal	1
2	Right Pedal	1
3	Hex Bolt M10x55mm	4
4	Washer Ø20 x Ø10 x 12	4
5	Seat Cushion	1
6	Spacer Ø14x22	1
7	Main Frame	1
8	Bearing 6004ZZ	4
9	Crank Axle	1
10	Hex Nut M20	1
11	Rubber Cap M20	1
12	Left Crank	1
13	Prevailing Torque Hex Flange Nut	2
14	Crank Cap	2
15	Flywheel Axle	1
16	Washer Ø16 x Ø8.2x1.5	2
17	Cap Nut M8	2
18	Belt	1
19	Screw M5x10L	3
20	Self-Tapping Screw M4x12	4
21	Left Side Cover	1
22	Left Protective Cover	1
23	Right Protective Cover	1
24	Screw M5×15L	4
25	Post Bushing	2
26	Tapping Spacer Ø14x22	2
27	Knob	2
28	Protective Board	1
29	Hex Screw M6x8L	4
30	Middle Brake Axle	1

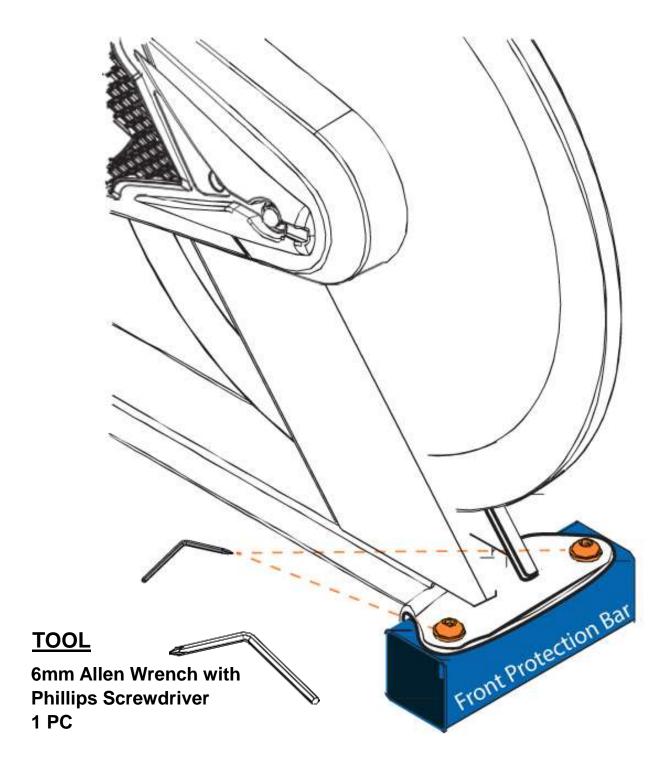
No.	Description	Qty
31	Brake Sleeve	2
32	Hex Nut M8x 1.25	1
33	Brake Axle	1
34	Brake Bracket	1
35	BRAKE PAD	1
36	Brake U-Bracket Bushing	1
37	Spring Ø1.6x4.8L	1
38	Spring Ø16x25L	1
39	Brake Washer Ø16.8x3t	1
40	Hex Bolt M5x5L	2
41	Hex Bolt M6x30L	2
42	Washer Ø13	5
43	Hex Nut M6	1
44	Hex Nut M6	1
45	Hex Screw M4x6L	2
46	Rubber Pad	5
47	Rubber Pad Bracket	3
48	Belt Pulley	1
49	Right Crank	1
50	Bolt M10×15(mm)	5
51	Spring Washer Ø10	5
52	Handlebar Slider	1
53	Adjustable Knob	2
54	Handlebar	1
55	Spacer Ø22x16	2
56	Knob Cover	2
57	Hex Screw M6×20L	4
58	Truss Screw M4x10L	2
59	Slider End Cap	4
60	Slider Bracket	1

PARTS LIST

No.	Description	Qty
61	Bottle Holder Bracket	1
62	Rubber Pad	1
63	Bolt M5x15	2
64	Washer Ø12	2
65	Bolt M5x12	2
66	Console Plate	1
67	Console	1
68	Bottle Holder	1
69	Bolt M5x12L	2
70	Handlebar Post	1
71	Handlebar Post End Cap	2
72	Hex Screw M6x10L	3
73	Seat Slider	1
74	Seat Adjustment Post	1
75	Lower Slider End Cap	1
76	Front Stabilizer	1
77	Front Stabilizer End Cap	2
78	HEXAGONAL NUT M10×8(mm)	3
79	WHEEL	2
80	Hex Screw M8x40L	2
81	Hex Nut M8	3
82	Rear Stabilizer	1
83	Rear Stabilizer End Cap	2
84	Anti-Slip Pad	1
85	Hex Screw M5x10L	4
86	Flywheel	1
87	Axle Sleeve	1
88	Washer Ø27	2

No.	Description	Qty
89	Chain Cover	1
90	Dart-Shaped Cover	2
91	Self-Tapping Screw M3×8(mm)	6
92	Front Left Cover	1
93	Hub	2
94	Washer Ø20	2
95	Magnet	2
96	Upper Brake Axle	1
97	Axle Cover	1
98	Adjustable Knob	1
99	Knob Cover	1
100	Sensor Wire(UP)	1
101	Speed Sensor Wire	1
102	Hex Bolt M5x8L	1
103	Washer Ø16	1
104	Hex Nut	1
105	Brake Sleeve	1
106	Bushing	1
107	Thread Sealant	1
108	Self-Tapping Screw M4x10	4
109	Wire Plug	1
110	Fixer	1
111	Washer Ø19	1
112	Screw M5x20L	1
113	Washer Ø10	1
114	Hex Bolt M5x12L	1
115	Washer Ø10	1
116	Washer Ø16	1

PRE-ASSEMBLY



Pre-Assembly:

Remove Front Protection Bar

Loosen the **Bolts** with the **6mm Allen Wrench with Phillips Screwdriver** provided and remove the **Front Protection Bar** from the Main Frame.

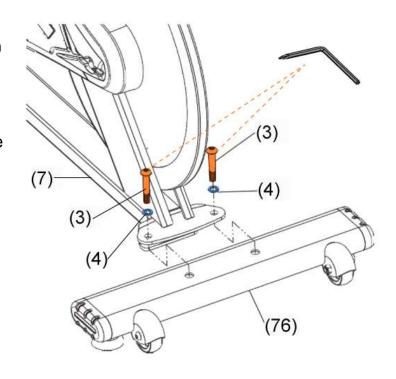
This bar is used to protect the bracket from deformation during shipping. It will not be used in assembly and should be discarded.

STEP 1

1A. Installation of the front stabilizer with wheels

Attach the Front Stabilizer (76) to the Main Frame (7) with two Washers (4) and two Hex Bolt (3). Tighten the two bolts using the 6mm Allen Wrench with Phillips Screwdriver until they are both firm and secure.



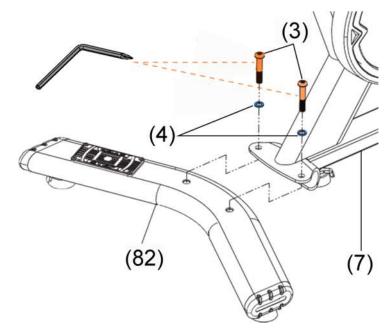


STEP 2

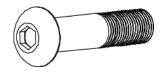
1 PC

2A. Installation of the rear stabilizer
Attach the Rear Stabilizer (82) to the Main
Frame (7) with two Washers (4)
and two Hex Bolt (3). Tighten the two bolts
using the 6mm Allen Wrench with Phillips
Screwdriver until they are both firm and
secure.

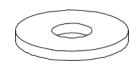




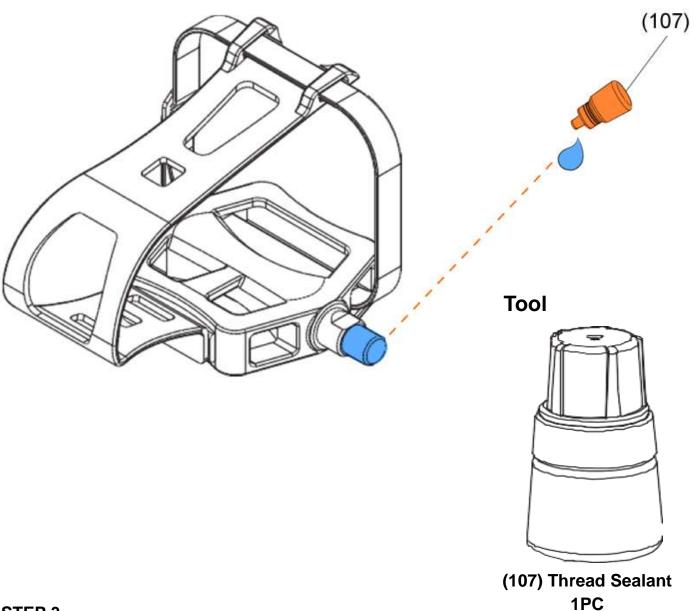
HARDWARWE



(3) Hex Bolt 4PCS



(4) Washer 4PCS

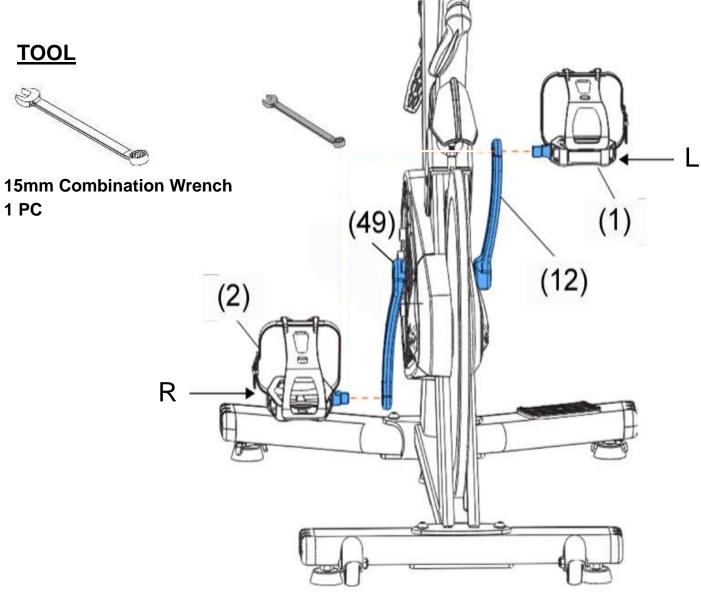


STEP 3

3A. Applying the Thread Sealant

Fully coat the threads of both Left (1) & Right Pedals (2) with Thread Sealant (107) before the pedal assembly.

Note: Before applying Thread Sealant (107), make sure parts are clean. Allow the sealant to cure for at least 12 hours before use.



STEP 4

4A. Installing the Left and Right Pedal

Note: The Cranks and Pedals are marked "R" for Right and "L" for Left.

Left Pedal: Insert the **Left Pedal (1)** into the threaded hole in the **Left Crank (12)**. Be straight when inserting the pedal. Hand-tighten the pedal shaft in a **counter-clockwise** \circlearrowleft direction until it is snug. Use the **15mm Combination Wrench** to fully tighten the pedal shaft **counter-clockwise** \circlearrowleft .

Right Pedal: Insert the Right Pedal (2) into the threaded hole in the Right Crank (49).Be straight when inserting the pedal. Hand-tighten the pedal shaft in a clockwise ℧ direction until it is snug. Use the 15mm Combination Wrench to fully tighten the pedal shaft clockwise ℧.

STEP 5

5A. Console installation

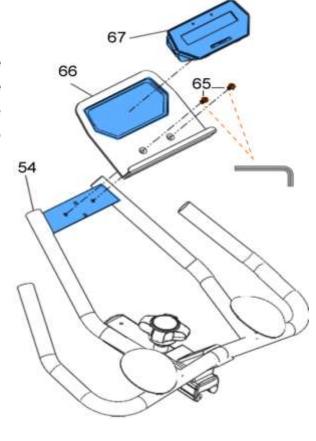
Insert 4 AA batteries into the back of the Console (67). Attach the Console (67) to the Console Plate (66). Use the 3mm Allen Wrench to tighten the Console Plate (66) to the Handlebar (54) with two Bolts (65).

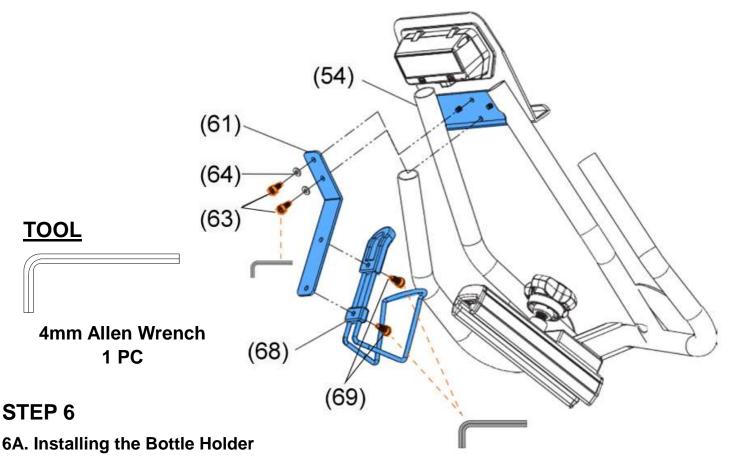
Note: The Console should "click" into place.

TOOL



3mm Allen Wrench 1 PC





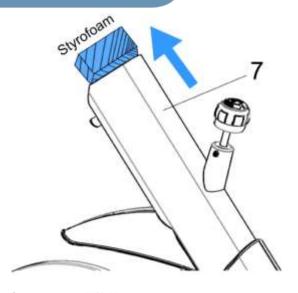
Attach the Bottle Holder Bracket (61) with two Washers (64) and two Bolts (63) to the Handlebar set (54). Attach the Bottle Holder (68) to the Bottle Holder Bracket (61) with two Bolts (69). Tighten all the bolts using the 4mm Allen Wrench provided.

STEP 7

7A. Preassembly to installing the Handlebar Adjustment Post

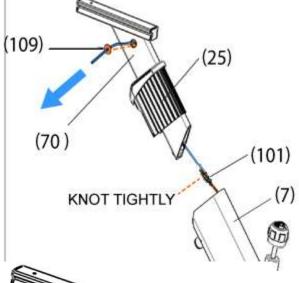
Carefully pull the **Styrofoam Block** out of the front of the **Main Frame (7)**. Underneath the foam will be a twist tie, remove it and tie it to the **Speed Sensor Wire (101)** that is coming out from the **Main Frame (7)**.

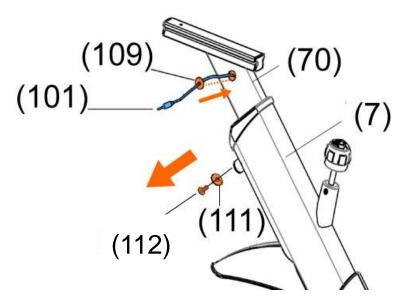
Note: Do not let the sensor wire recoil back into the frame.

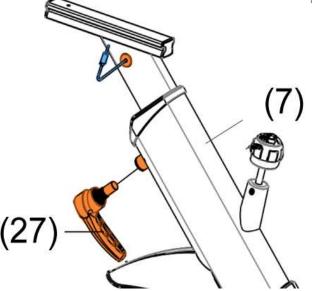


7B. Installing the Handlebar Post

As you're inserting the Handlebar Post (70) with the Post Bushing (25) into the Main Frame (7), run the twist tie (which should be tied to the Speed Sensor Wire (101) at this point) through the side hole on the top of the Handlebar Post (70). Make sure the Speed Sensor Wire (101) is pulled fully through and get rid of the twist tie. Push the Handlebar Post (70) down until the Post Bushing (25) is barely visible.







7C. Installing the Speed Sensor Wire

Insert the **Speed Sensor Wire (101)** through the **Wire Plug (109)** and slide the **Wire Plug (109)** all the way until it is pressed firmly against the hole on the side of the **Handlebar Post (70)**. Then remove the **Washer (111)** and **Screw (112)** from the **Main Frame (7)** and screw the **Knob (27)** into the hole in front of the **Main Frame (7)** by turning it CLOCKWISE \mathfrak{D} .

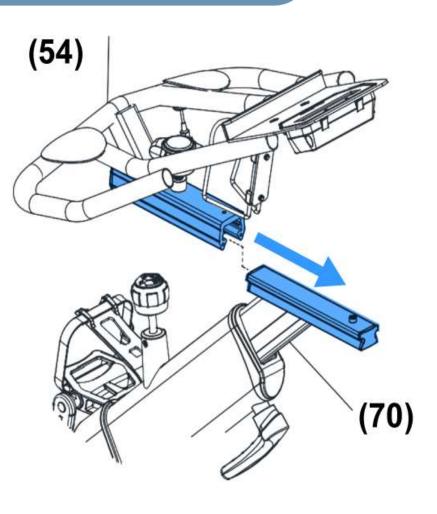
STEP 8

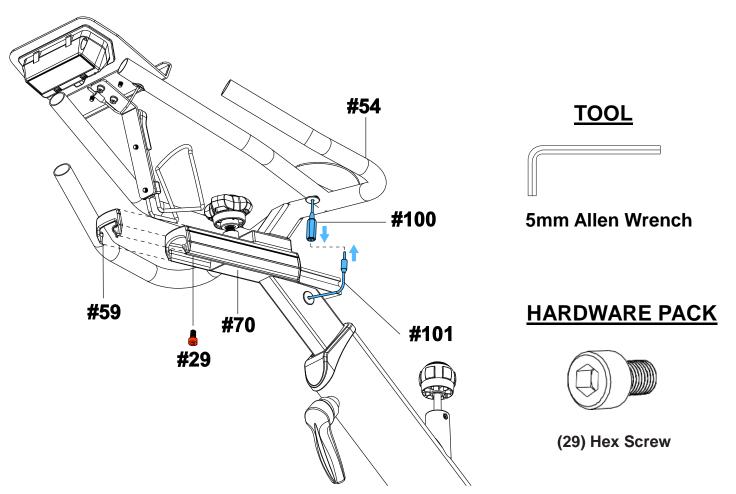
8A. Securing the Handlebar Slide
Slide the Handlebar (54) onto the
Handlebar Post (70) in the direction
shown to the left.

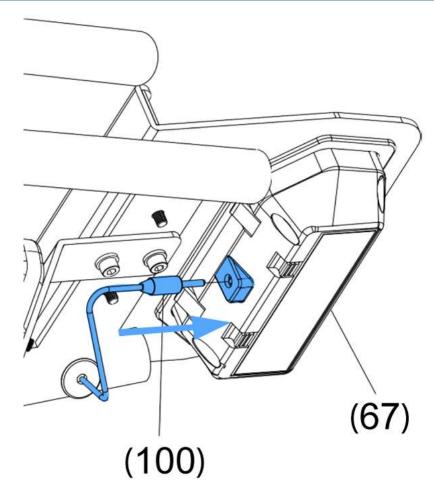
Note: The Hex Screw (29) and Upper Slider End Caps (59) were packaged with this manual.

Install the **Hex Screw (29)** from underneath the **Handlebar Post (70)** and tighten it using the **5mm Allen Wrench** that's provided. Refer to the illustration below.

Snap on place the two **Upper Slider End Caps (59)** on each end of the slider on the **Handlebar (54)**.



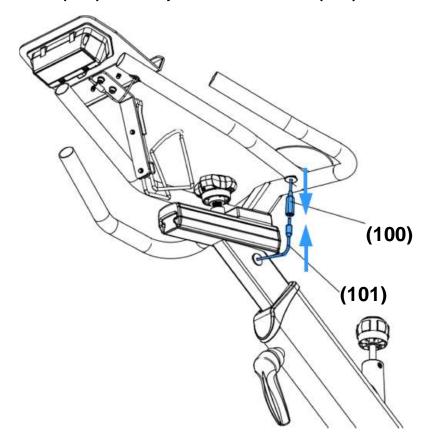




STEP 9

9A. Linking the sensor wire to the console.

Insert the Sensor Wire (100) into the port located underneath the Console (67). Connect the Sensor Wire (100) to the Speed Sensor Wire (101).

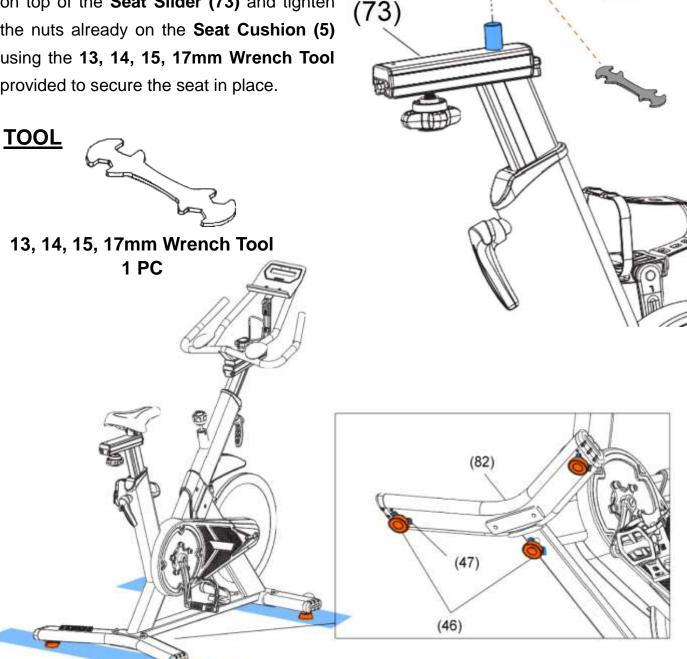


(5)

STEP 10

10A. Securing the seat cushion

Insert the Seat Cushion (5) onto the post on top of the Seat Slider (73) and tighten the nuts already on the Seat Cushion (5) using the 13, 14, 15, 17mm Wrench Tool provided to secure the seat in place.



STEP 11

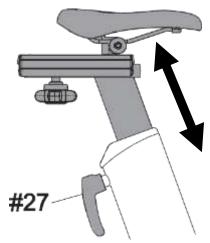
11A. Leveling the bike

The bike should be on a level surface. If it isn't, rotate the Rubber Pads (46) underneath the bike to adjust your desired height. Make sure all Rubber Pads (46) are rotated evenly so they all touch the floor. Turn the Rubber Pad Bracket (47), located right on top of the **Rubber Pads (46)**, clockwise \circlearrowleft to lock the knobs in position.

OPERATIONS & ADJUSTMENTS

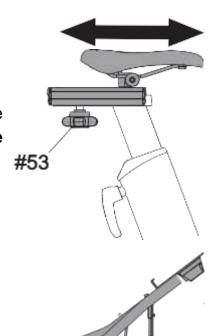
Seat Height Adjustment

Turn the **Knob (27)** counter-clockwise of to loosen the post. Adjust the seat up or down to your desired position. Turn the **Knob (27)** clockwise of to secure the seat again. **Do not raise** the seat post over the **STOP line**.



Seat Slide Adjustment

Turn **Adjustable Knob (53)** <u>counter-clockwise</u> ♂ to loosen the seat. Slide the seat to your desired reach. Turn the **Adjustable Knob (53)** <u>clockwise</u> ♂ to lock.

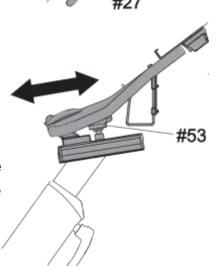


Handlebar Height Adjustment

Turn the **Knob (27)** counter-clockwise of to loosen the handles. Slide the handlebar up or down to your desired position. Turn the **Knob (27)** clockwise of to lock. **Do not raise the handlebar post over the STOP line.**



Turn **Adjustable Knob (53)** <u>counter-clockwise</u> ♂ to loosen the handles. Slide the handlebar to desired reach. Turn the **Adjustable Knob (53)** <u>clockwise</u> ♂ to lock.

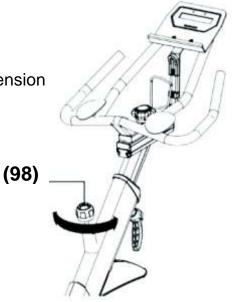


OPERATIONS & ADJUSTMENTS

Tension Adjustment

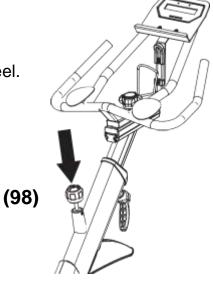
Turn the Adjustable Knob (98) clockwise v to increase tension

Turn **Adjustable Knob (98)** counter-clockwise of to decrease tension.



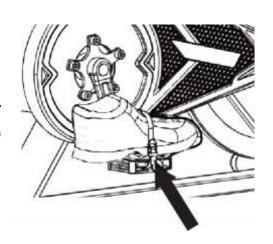
Emergency Stop

Press down on the Adjustable Knob (98) to stop the flywheel.



Foot Strap

Put your foot as forward as possible into the shoe cage, and then pull the foot strap until it is snug around your shoe to avoid slipping off the pedal. See the illustration to the right.



CONSOLE FUNCTIONS



BUTTON FUNCTION

UP	To select training mode and adjust function value up.
DOWN	To select training mode and adjust function value down.
RESET	Total Reset. To reboot the console.
MODE	Confirm setting or selection.

DISPLAY FUNCTION

TIME	Display range 0:00~99:59.
DISTANCE	Display range 0.00~99.9.
CALORIES	Display range 0~9999.
SPEED	0.0~99.9 m/H.
RPM	0~999

CONSOLE FUNCTIONS

OPERATING PROCEDURE

POWER ON:

Start Training by pedaling.



MANUAL PROGRAM

Set Target Time, Distance and Calories by pressing the MODE button.



Note:

- 1. The console requires four 1.5 Volt AA Alkaline Battery.
- 2. When user stops pedaling for 4 minutes, the console will enter into sleep mode automatically.
- 3. If the console acts abnormal you can press the "Reset" button, this will clear your screen.
- 4. The red low power light will turn on when batteries are low.

TROUBLESHOOTING & MAINTANENCE

TROUBLESHOOTING

The console is not working correctly or is not working at all.

Be sure to check to that the console cables are all connected securely. Be sure that there is adequate battery life for the console. Refer to our Console Functions page for more information on how to use the console.

The bike trainer wobbles or shakes when in use

Adjust the stabilizers located underneath the bikes for both the front and the rear. The stabilizers needs to all be evenly touching the ground and locked in place. Refer to our Operations & Adjustments pages on leveling the stabilizers.

There are squeaking noises occurring during usage

There may be loose bolts and nuts that were not assembled correctly. Be sure to inspect all the bolts and nuts and tighten them if they are not already. Be sure that there are bolts where the assembly instructed installation of bolts.

I do not see readings or there are inconsistent/erratic heart rate readings

Before wearing, try adding a few drops of water to the sensor strips of the chest belt. Do not add more than a few drops of water. Refer to our Heart Rate Chest Belt page for more information on the guidelines of the belt usage.

MAINTENANCE

Cleaning

The bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any plastic parts. Wipe your perspiration off the bike trainer after each use. Be careful not to get excessive moisture on the console display panel as that might cause an electrical hazard or the electronics to fail. Please keep the bike, especially the console, out of direct sunlight to prevent screen damage or premature wear. Inspect all assembly bolts and pedals on the machine for proper tightness every week if used frequently.

Storage

Store the bike trainer in a clean and dry environment and away from children and pets.

Thread sealant instruction

If any parts need to be applied with the thread sealant, the parts must be cleaned before application. Wait at least 12 hours for the sealant to cure after application. Use the bike only after the part applied with thread sealant has time to cure.

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:

COMPONENTLENGTH OF WARRANTYStructural Frame10 years For Home Use OnlyParts5 years For Home Use OnlyElectronic/Wearable Parts2 years For Home Use Only

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

Exclusions from Warranty Coverage:

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

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

PART#	DESCRIPTION	QTY

This form can also be faxed to #: 626-810-2166

[&]quot;YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"