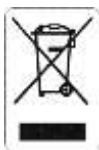
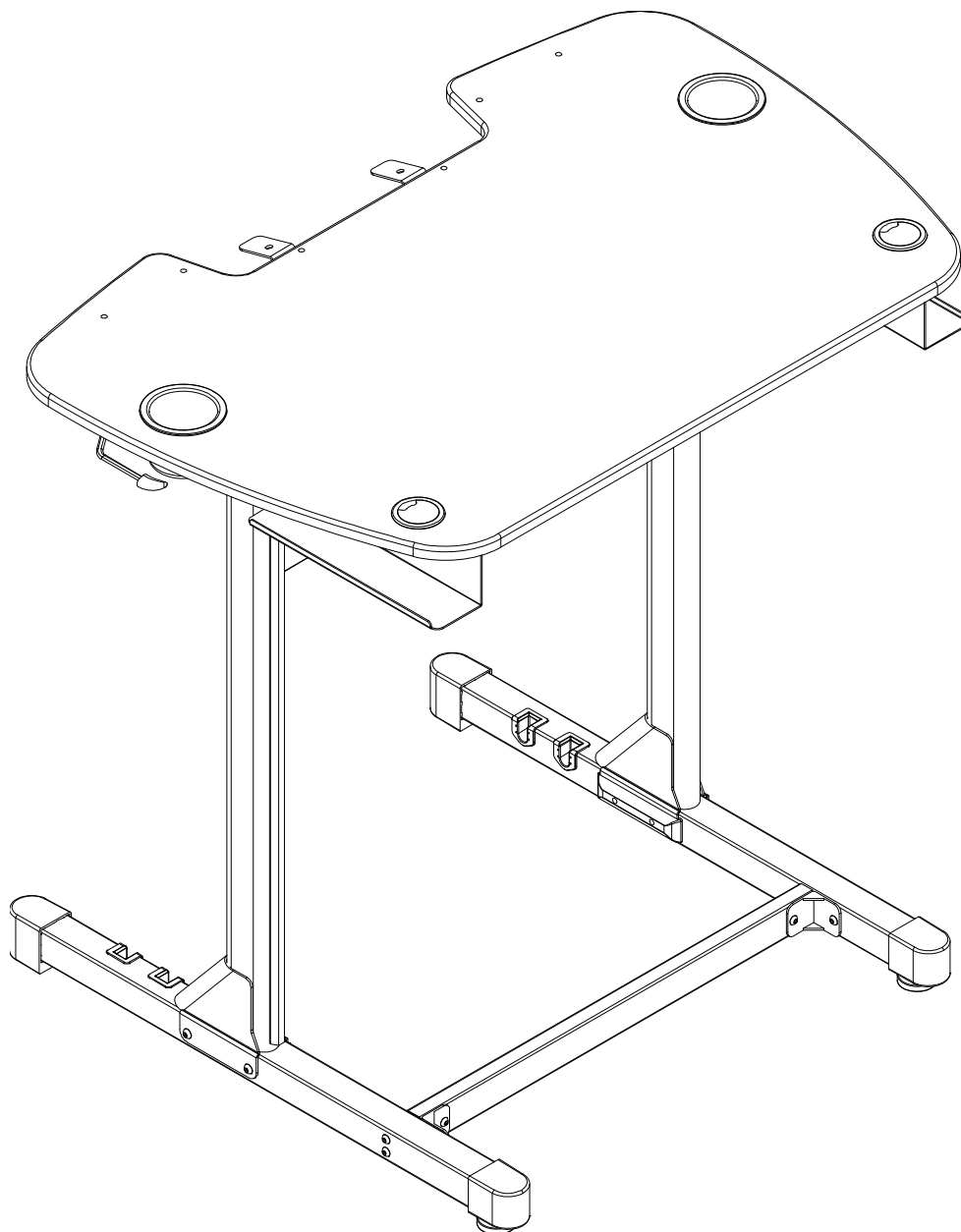


# Standing Desk



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

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

# TABLE OF CONTENT

SERVICE .....	2
LABEL PLACEMENT .....	3
IMPORTANT SAFETY GUIDELINES .....	4
OVERVIEW DRAWING .....	6
PARTS LIST .....	7
HARDWARE & TOOLS PACK .....	8
ASSEMBLY .....	9
ADJUSTMENTS .....	15
MAINTENANCE AND STORAGE .....	16
WARRANTY .....	18
PARTS REQUEST FORM.....	19

# 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:**

**1-844-641-7921**

**(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.**

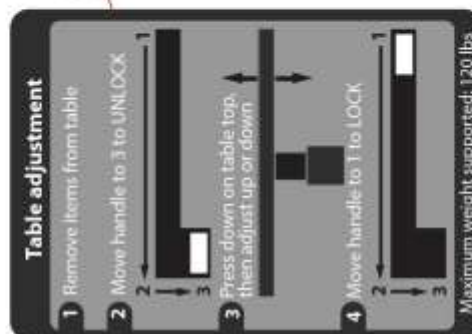
**City of Industry, CA 91748, USA**

# LABEL PLACEMENT

**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.



**CAUTION:** Risk of injury to persons - To Avoid injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.  
**ATTENTION:** Risque de blessure pour les personnes - Pour éviter les blessures, soyez extrêmement prudent lorsque vous marchez ou descendez ceinture mobile. Lire le manuel d'instructions avant l'utilisation.  
**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.



# IMPORTANT SAFETY GUIDELINES

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

## READ ALL GUIDELINES BEFORE USING THIS STANDING DESK.

**DANGER:** Failure to follow these instructions may lead to personal injury and cause damage to the standing desk. Save these instructions.

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

- Use this appliance only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- Make sure all hardware is installed according to the instructions listed in this manual and all screws are tightened before use.
- The desk must be placed and stationed on a stable and flat surface to prevent danger and injury to users.
- **DO NOT** attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult Customer Service.
- Remove all items from the desk before making any adjustment to prevent danger and injuries.
- Keep children and pets away from the equipment while in use. This equipment 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 equipment.
- Keep Dry - **DO NOT** store and station the desk in a wet or moist condition.
- This standing desk is for household use only.

## IMPORTANT SAFETY GUIDELINES

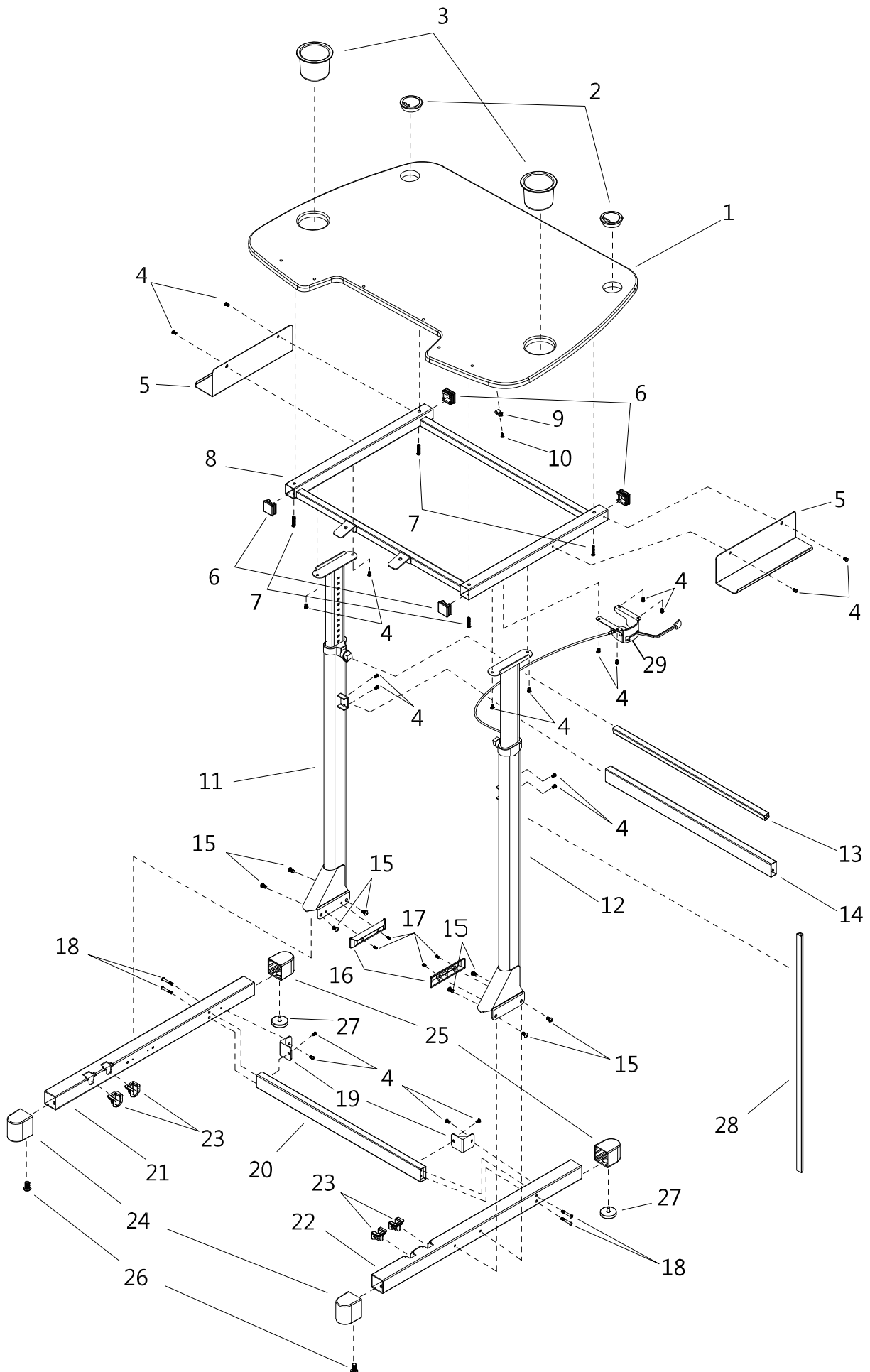
- Maximum Desktop Load is 120 lbs / 54 kg
- This product weights over 44 lbs/19 kg and should be handled and assembled by two people.
- **NOTE:** It is the obligation of the owner to review and explain these safety precautions to all users of this standing desk. Save these instructions.

**WARNING:** Before beginning any exercise program consult your physician. This is especially important for the persons 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 equipment without properly fitted guards, as the moving parts can present 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

# OVERVIEW DRAWING





# PARTS LIST

Part #	Description	Qty
1	Desk	1
2	Wire Cap	2
3	Cup Holder	2
4	Hex Bolt M6x13	20
5	Wire Holder	2
6	Square End Cap	4
7	Hex Bolt M6x55	4
8	Deck Frame	1
9	Wire Clip	1
10	Self-Tapping Phillips Screw 4x12	1
11	Left Support Tube	1
12	Right Support Tube	1
13	Tube A	1
14	Tube B	1
15	Hex Bolt M8x15	8

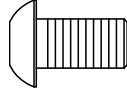
Part #	Description	Qty
16	Protective Cover	2
17	Hex Bolt M4x15	4
18	Hex Bolt M6x70	4
19	Fixing Plate	2
20	Bottom Tube	1
21	Left Foot Bar	1
22	Right Foot Bar	1
23	Locking Slot	4
24	Front End Cap	2
25	Rear End Cap	2
26	Hex Bolt M8x15	2
27	Adjustable Foot Pad	2
28	Wire Groove	1
29	Desk Height Lever	1

# HARDWARE & TOOL PACK

## Hardware:



**(17) Hex Bolt  
M4x15  
4PCS**



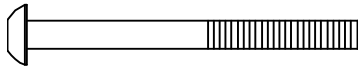
**(15) Hex Bolt  
M8x15  
8PCS**



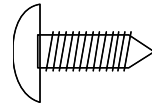
**(9) Wire Clip  
1PC**



**(4) Hex Bolt  
M6x12  
20PCS**



**(18) Hex Bolt  
M6x70  
4PCS**



**(10) Phillips Screw  
4x12  
1PC**



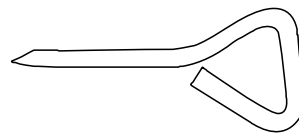
**2.5 mm  
Allen Wrench**



**5 mm  
Allen Wrench**

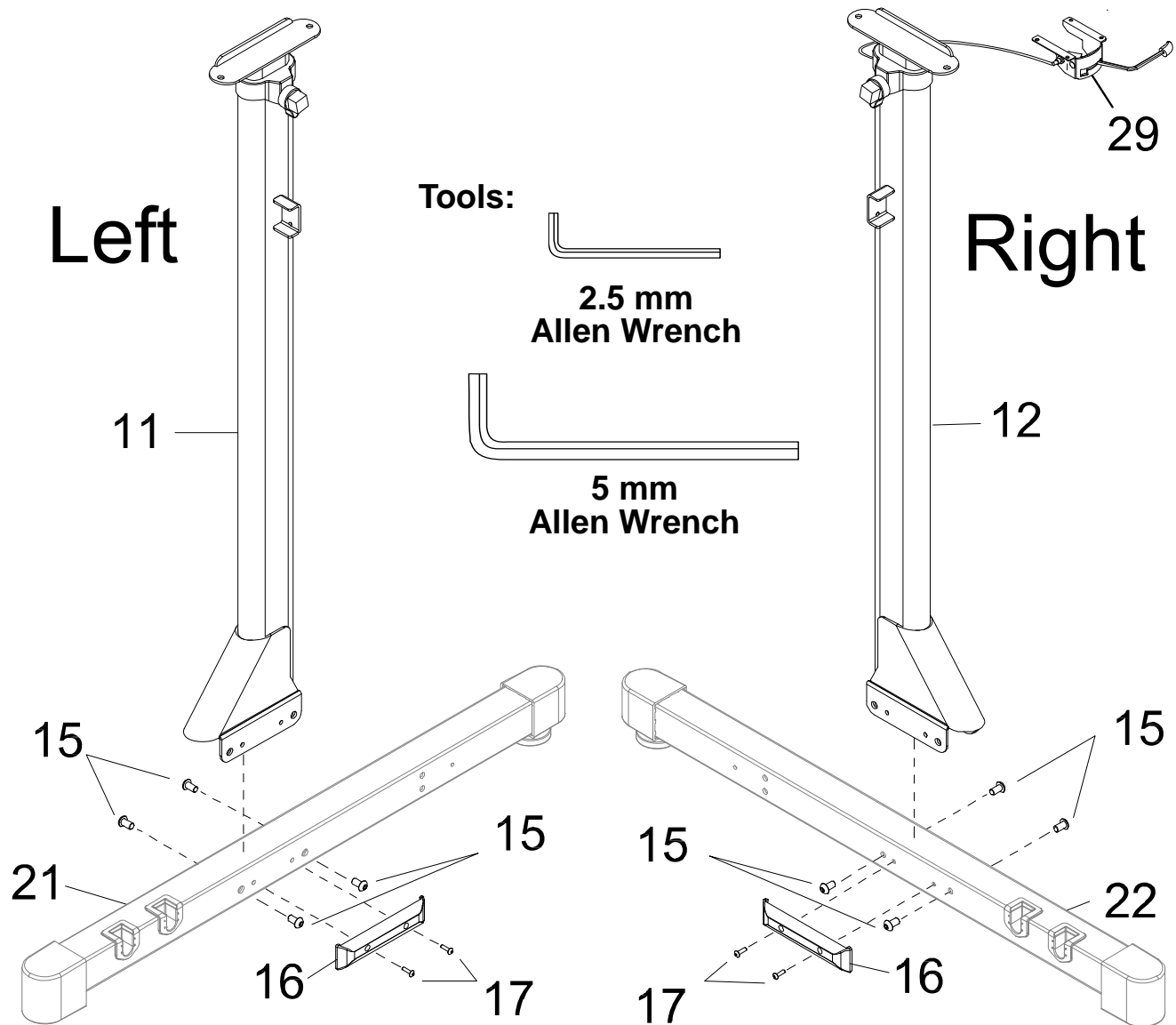


**4 mm  
Allen Wrench**



**Phillips Screwdriver**

# ASSEMBLY



## Step 1

### 1A. Installing the Left Support Tube

Attach the **Left Support Tube (11)** onto the **Left Foot Bar (21)**. Insert four **Hex Bolts (15)** and tighten with the **5mm Allen Wrench** provided.

Attach the **Protective Cover (16)** onto the **Left Support Tube (11)**. Insert two **Hex Bolts (17)** and tighten with the **2.5mm Allen Wrench** provided.

### 1B. Installing the Right Support Tube

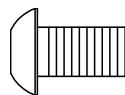
Repeat the above steps to assemble the **Right Support Tube (12)**.

**NOTE:** The **Desk Height Lever (29)** will be hanging from the **Right Support Tube (12)**.

### Hardware:



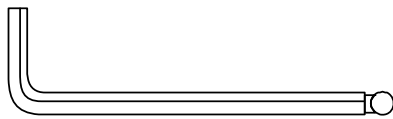
**(17) Hex Bolt**  
**4PCS**



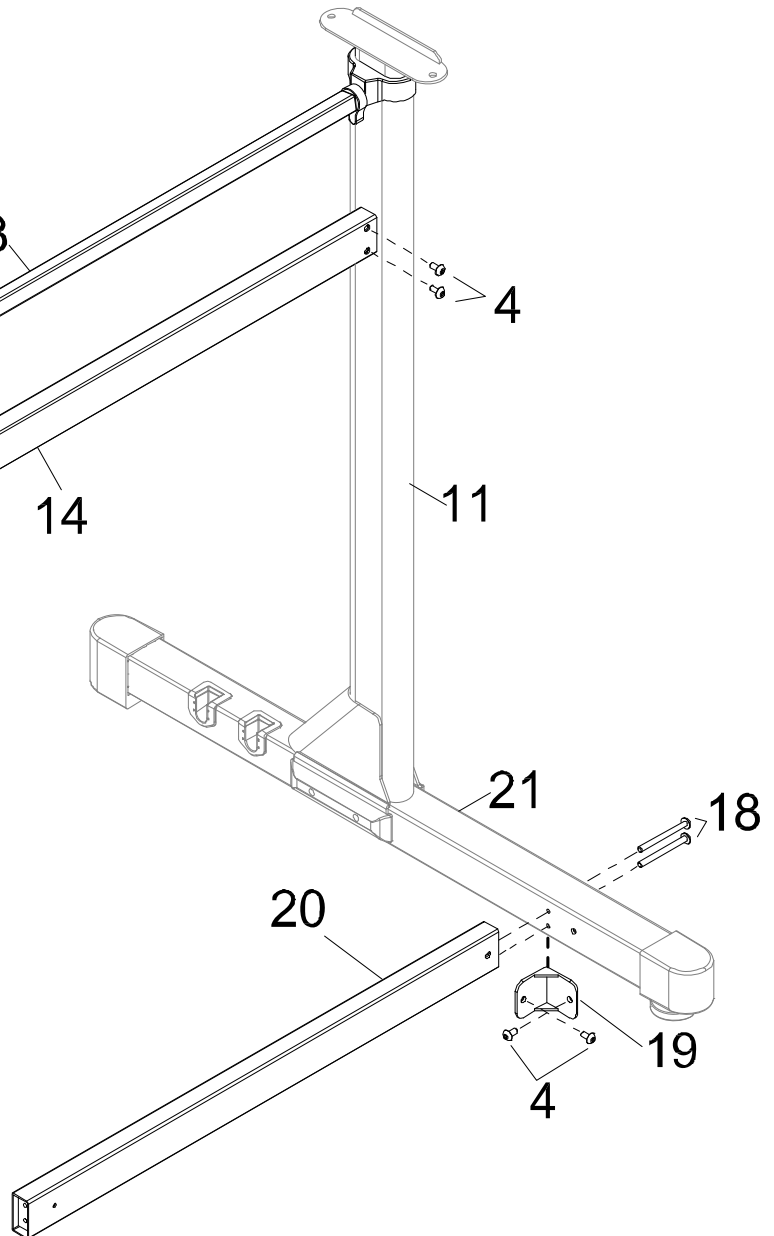
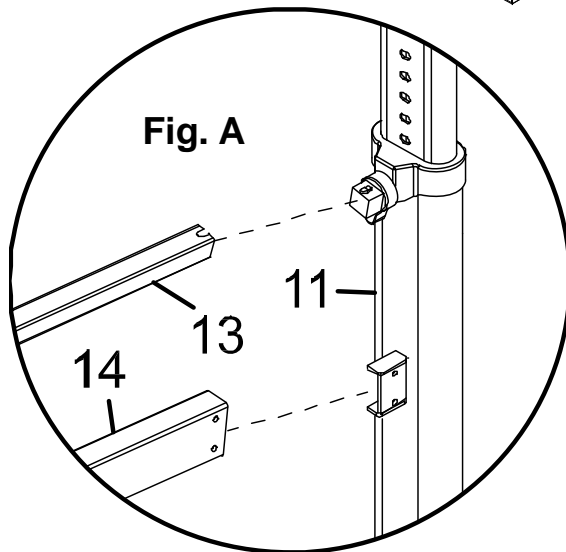
**(15) Hex Bolt**  
**8PCS**

# ASSEMBLY

## Tool:



4 mm  
Allen Wrench



## Step 2

### 2A. Installing the Bottom Tube

Attach the **Bottom Tube (20)** to the **Left Foot Bar (21)** with two **Hex Bolts (18)**. Tighten the hardware with the **4mm Allen Wrench** provided.

Attach the **Fixing Plate (19)** onto both the **Left Foot Bar (21)** and **Bottom Tube (20)** with two **Hex Bolts (4)**. Tighten the hardware with the **4mm Allen Wrench** provided.

### 2B. Installing the Upper Cross Tubes

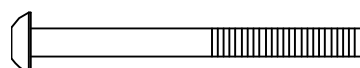
Align the **D-shaped** notch and attach the **Tube A (13)** onto the square shaft on the **Left Support Tube (11)**. See **Fig. A**.

Attach the **Tube B (14)** onto the **C-shaped** bracket on the **Left Support Tube (11)** with two **Hex Bolts (4)**. Tighten the hardware with the **4mm Allen Wrench** provided.

## Hardware:

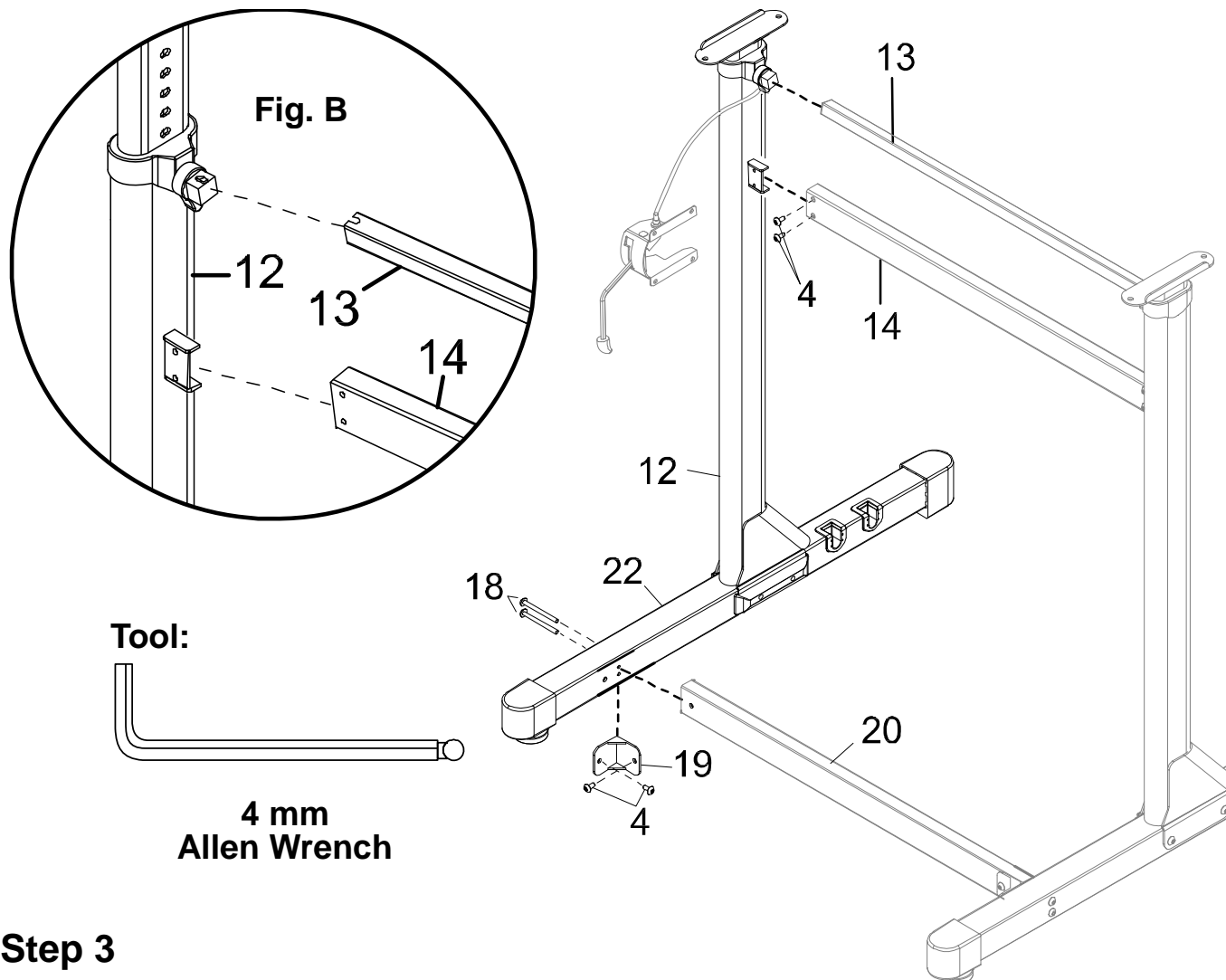


(4) Hex Bolt  
4PCS



(18) Hex Bolt  
2PCS

# ASSEMBLY



## Step 3

### 3A. Installing the Bottom Tube

Attach the **Bottom Tube (20)** to the **Right Foot Bar (22)** with two **Hex Bolts (18)**. Tighten the hardware with the **4mm Allen Wrench** provided.

Attach the **Fixing Plate (19)** onto both the **Right Foot Bar (22)** and **Bottom Tube (20)** with two **Hex Bolts (4)**. Tighten the hardware with the **4mm Allen Wrench** provided.

### 3B. Installing the Upper Cross Tubes

Align the **D-shaped** notch and attach the **Tube A (13)** onto the square shaft on the **Right Support Tube (12)**. See **Fig. B**.

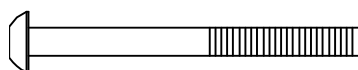
Attach the **Tube B (14)** onto the **C-shaped** bracket on the **Right Support Tube (12)** with two **Hex Bolts (4)**. Tighten the hardware with the **4mm Allen Wrench** provided.

**NOTE:** The **Desk Height Lever (29)** will be hanging from the **Right Support Tube (12)**.

### Hardware:



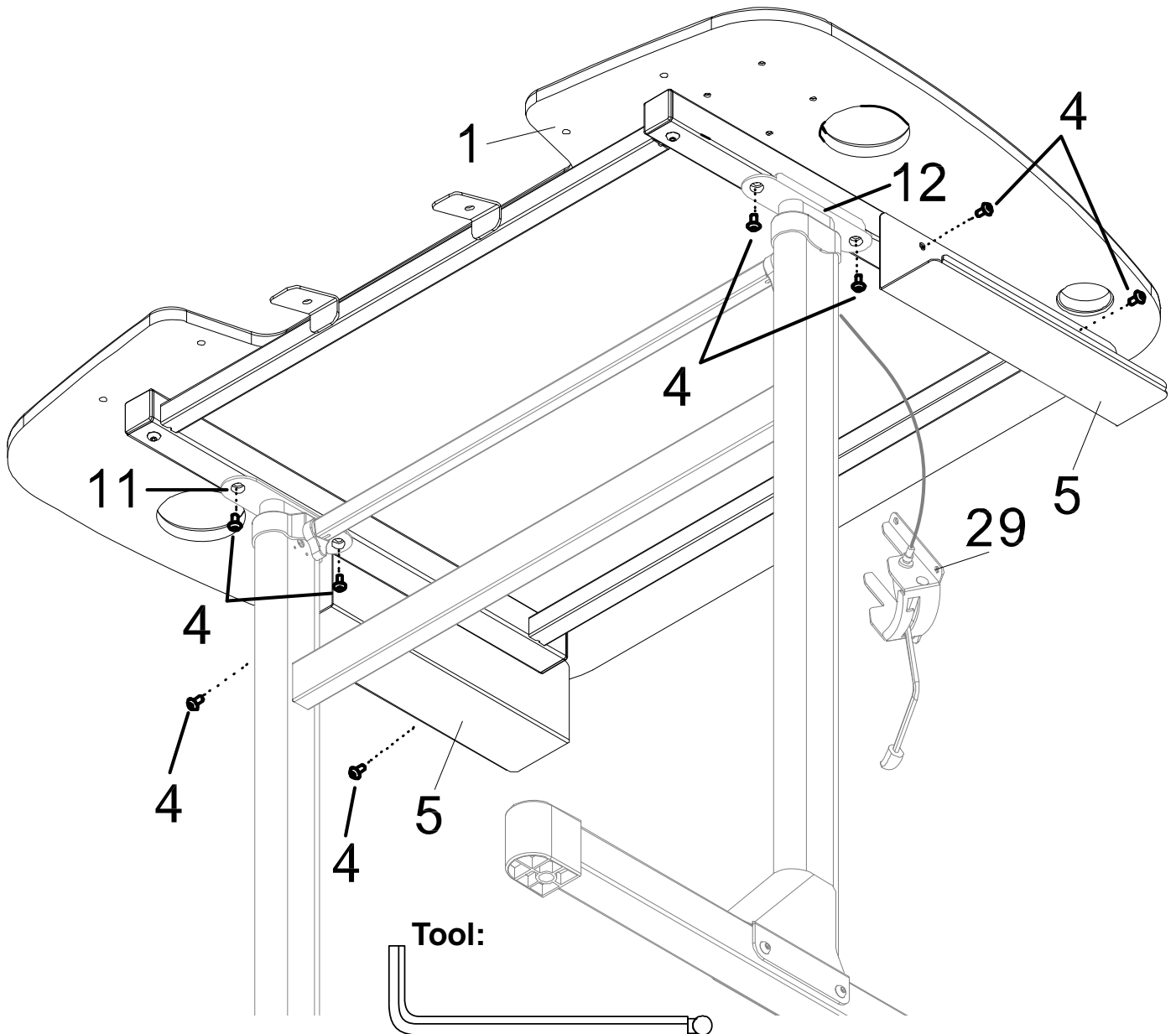
**(4) Hex Bolt  
4PCS**



**(18) Hex Bolt  
2PCS**

# ASSEMBLY

**WARNING: TWO PEOPLE ARE NEEDED FOR THIS STEP.**



## Step 4

**4 mm  
Allen Wrench**

### 4A. Installing the Desk

Attach the **Desk (1)** onto the top of the **Left and Right Support Tube (12) & (11)** with four **Hex Bolts (4)**. Tighten the hardware with the **4mm Allen Wrench** provided.

**4B.** Attach the two **Wire Holders (5)** onto the left and right sided of the **Desk (1)** with four **Hex Bolts (4)**. Tighten the hardware with the **4mm Allen Wrench** provided.

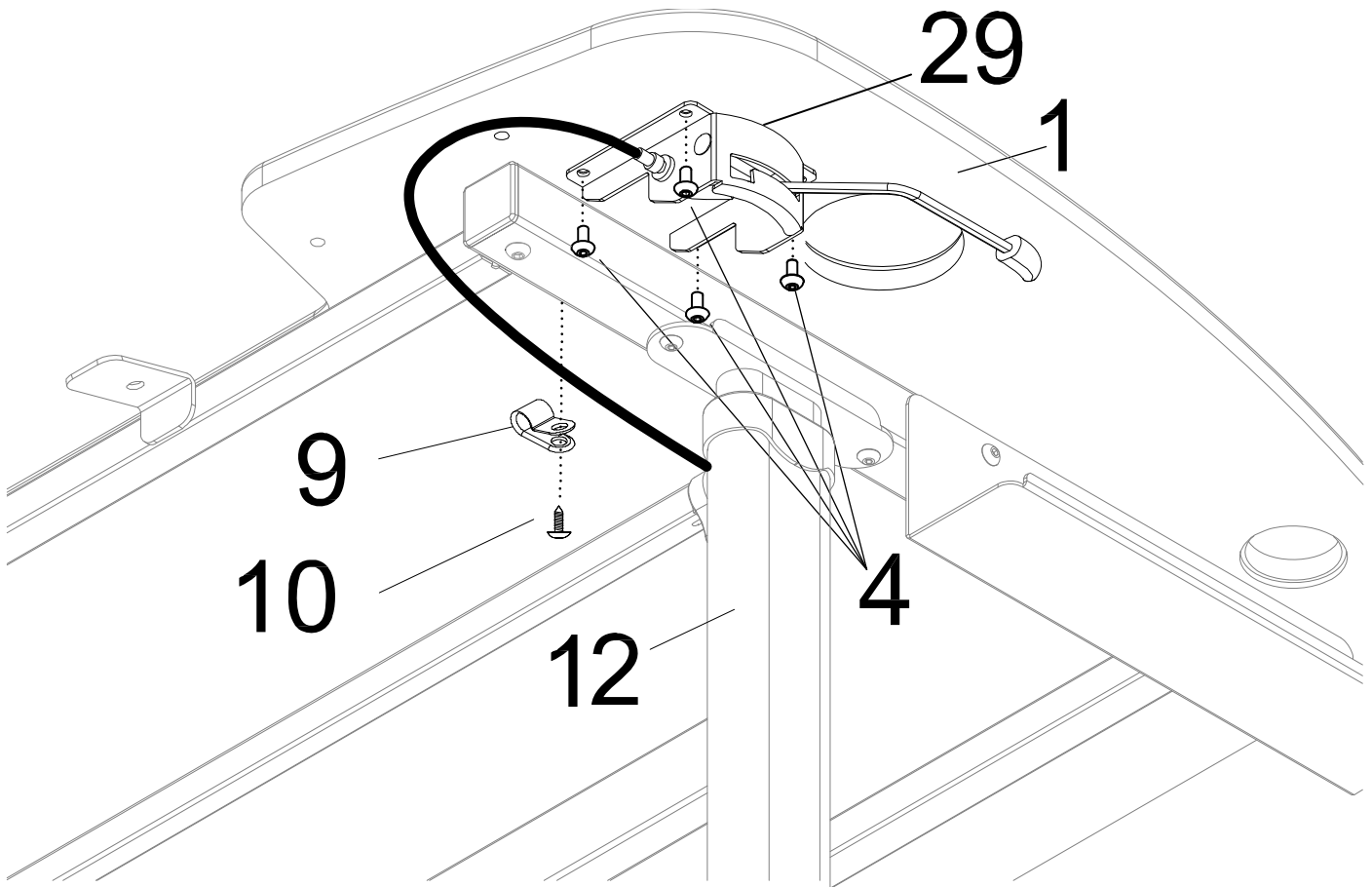
**NOTE:** The **Desk Height Lever (29)** will be hanging from the **Right Support Tube (12)**.

**Hardware:**



**(4) Hex Bolt  
6PCS**

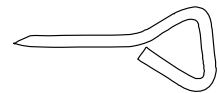
# ASSEMBLY



Tool:



4 mm  
Allen Wrench



Phillips Screwdriver

## Step 5

### 5A. Installing the Leveler Adjustment

Attach the **Leveler Adjustment (29)** onto the underside of the **Desk (1)** with four **Hex Bolts (4)**, by **4mm Allen Wrench** provided. Tighten the hardware with the **4mm Allen Wrench** provided.

**5B.** attach **Leveler Adjustment (29)** wire to the underside of the desk with one **Wire Clip (9)** and one **Phillips Screw (10)**. Tighten the hardware with the **Phillips Screwdriver** provided.

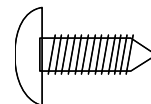
Hardware:



(4) Hex Bolt  
4PCS

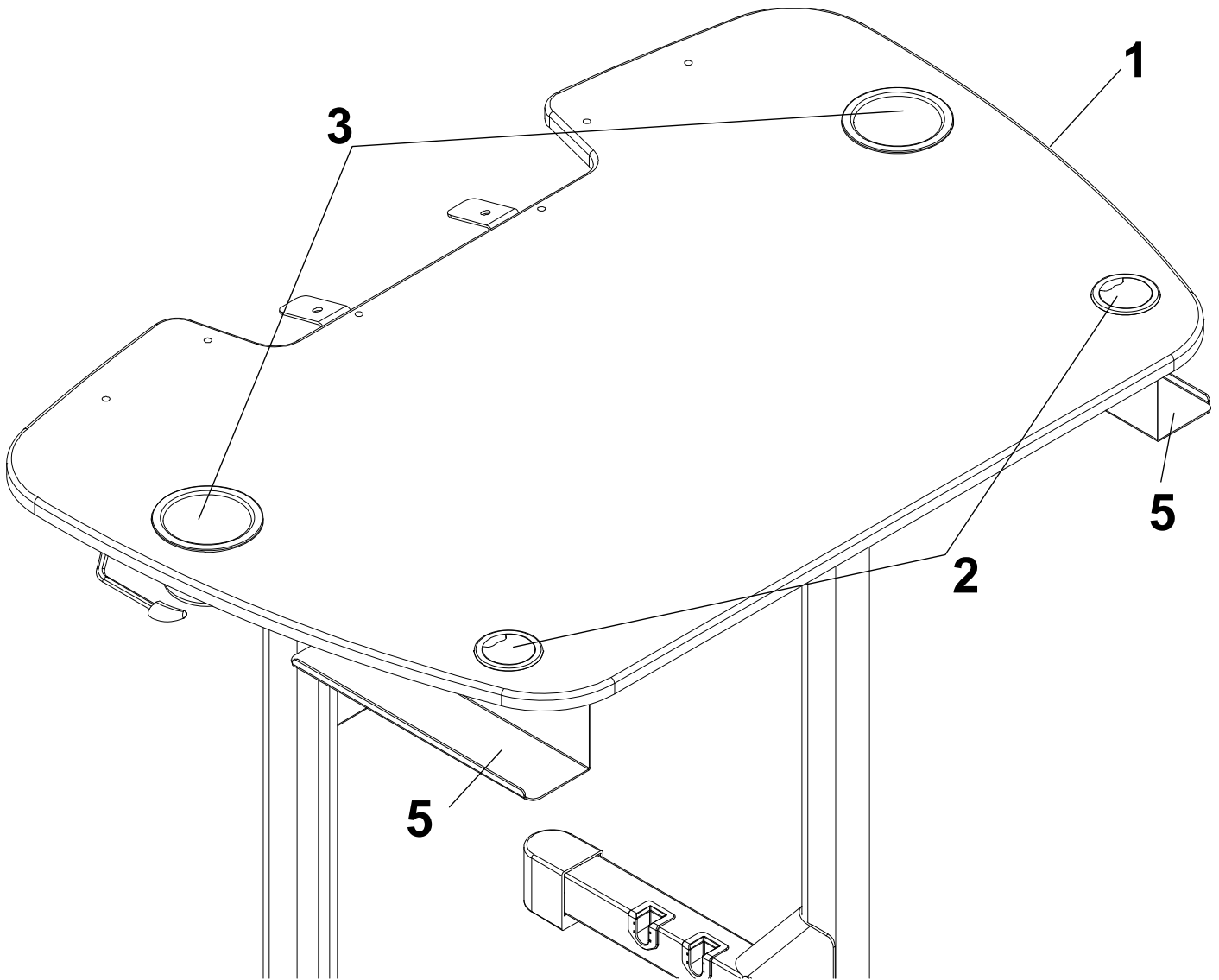


(9) Wire Clip  
1PC



(10) Phillips Screw  
1PC

# ASSEMBLY



## Step 6

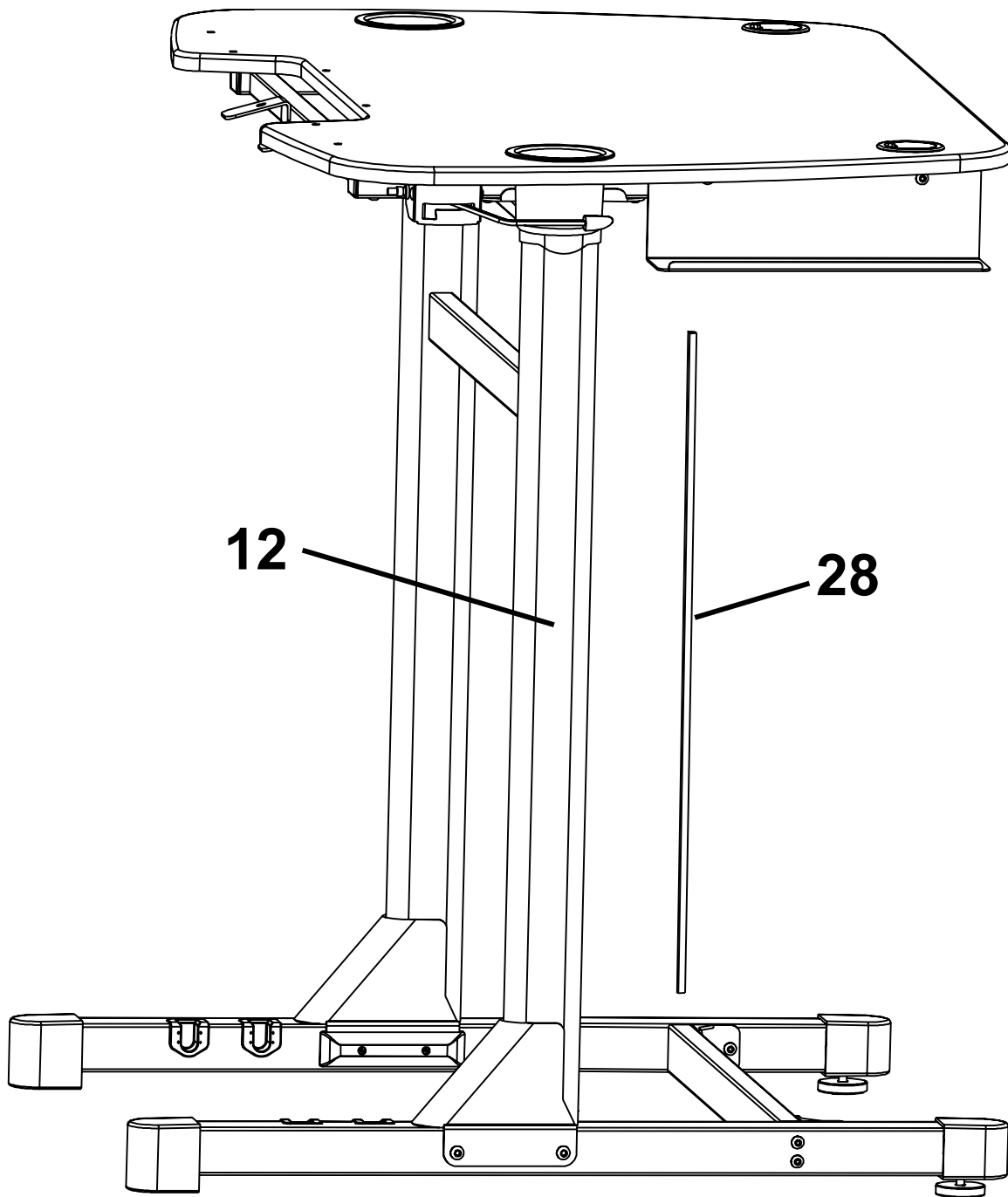
### 6A. Installing Cup Holders

Insert the two **Cup Holders (3)** into the **Desk (1)**.

### 6B. Installing the Wire Caps

Insert the two **Wire Caps (2)** into the **Desk (1)**. These caps can be opened to allow power cords of computer cables to be routed through the **Desk (1)**. Use the two **Wire Holders (5)** as shelves to organize power strips or other computer wires.





## Step 7

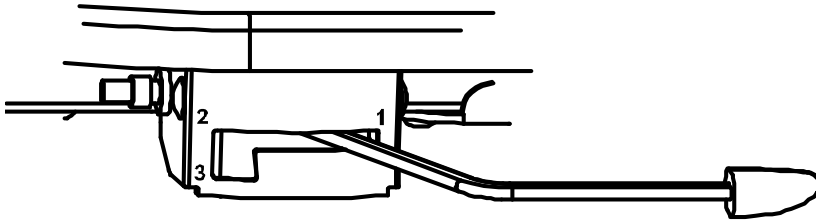
### 7A. Installing the Wire Groove

Remove the plastic wrap on the adhesive strip of the **Wire Groove (28)**. Attached the **Wire Groove (28)** to the back side of the **Right Support Tube (12)**.

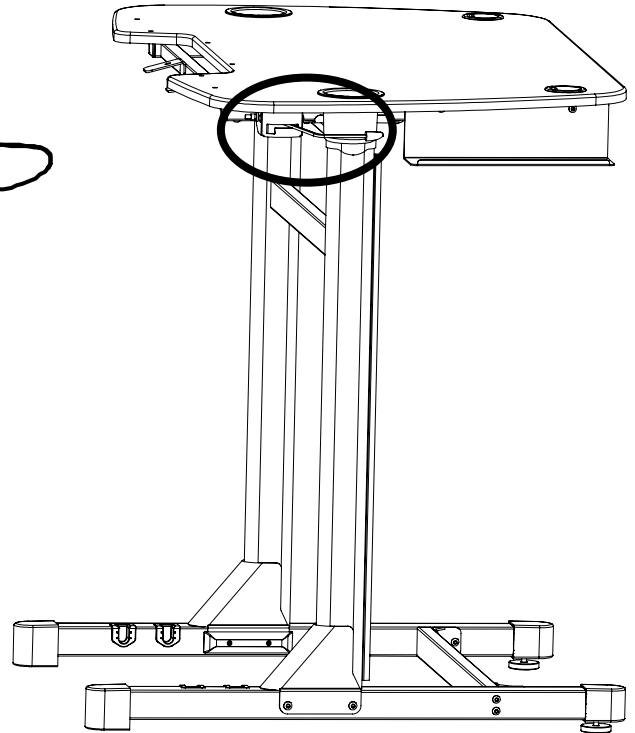
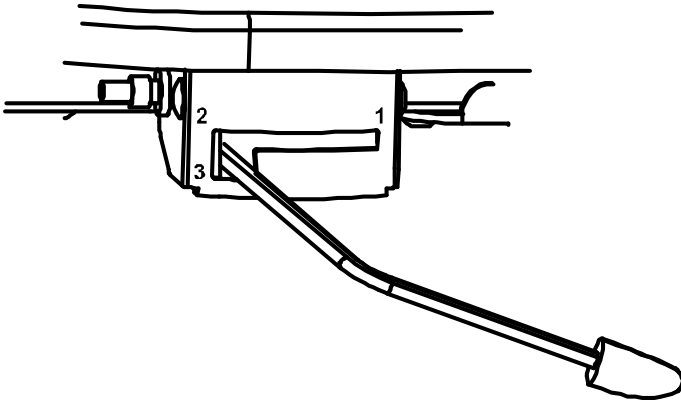
**NOTE:** The **Wire Groove (28)** can be separated into to piece to store the wire that goes from the treadmill up to the console.

# ADJUSTMENT

## LOCKED



## UNLOCKED

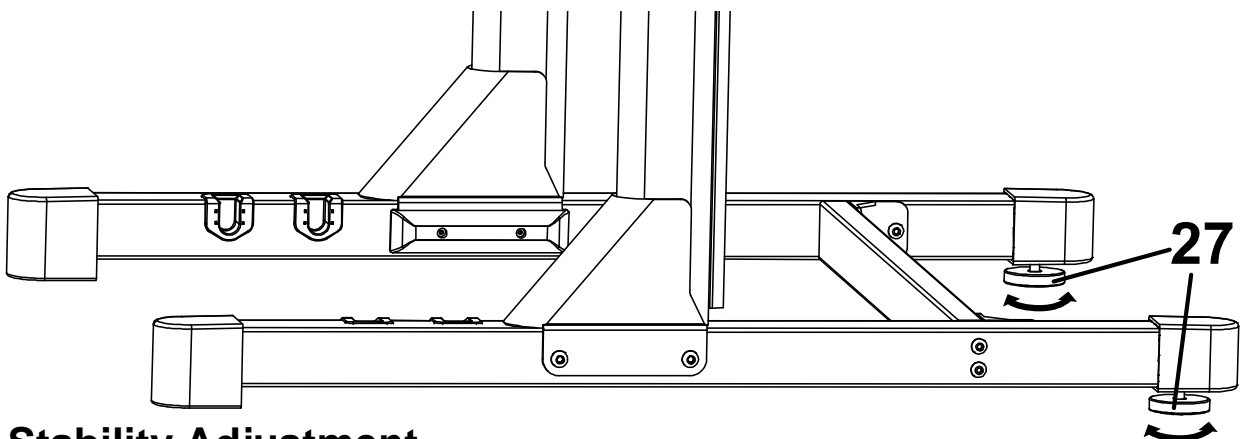


## Desk Height Adjustment

1. To raise the desk, move the **Leveler Adjustment (29)** handle from point 1 to point 3.
2. Leave the **Leveler Adjustment (29)** handle at point 3.
3. Push down on the top of the desk down to release the desk from its current height setting.
4. The desk should be free to adjust up or down to the desired height.
5. When desired height is reached, lock the standing desk in place by returning the **Leveler Adjustment (29)** from point 3 to point 1.

**WARNING:** The maximum load on desktop is 120 lbs/ 54 kg.

**WARNING:** Remove all items from the desk before making any adjustment to prevent danger and injuries.



## Desk Stability Adjustment

1. Turn the **Foot Pads (27)** as needed to level the standing desk.
2. Turn the **Foot Pads (27)** so that they are making contact with the floor, this is to help prevent instability.

**NOTE:** Do **NOT** extend the **Foot Pads (27)** too far, as this will cause the standing desk to tilt and be off balance.

## CLEANING THE DESK

1. The desk can be cleaned with a soft, clean, damp cloth. It is recommended to wipe down the desk after each use.
2. Do **NOT** use abrasives or solvents on the equipment to prevent damage to the surface.
3. Inspect all the bolts and screws on the desk are thoroughly tightened. Tighten any loose parts.

**WARNING:** The desk **MUST** be placed and stationed on a stable and flat surface to prevent danger and injury to users.

**WARNING:** The desk weighs over 44 lbs/19 kg, ensure there is more than one person handling and moving the desk to prevent injury.

## STORING THE DESK

1. Store the desk in a clean and dry environment away from pets and children.
2. Keep the desk out of direct sunlight, excessive moisture, and extreme weather conditions to prevent damage.

# 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>3 year For Home Use Only</b>
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<b>All Other Components</b>	<b>90 days 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 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 to #: 626-810-2166