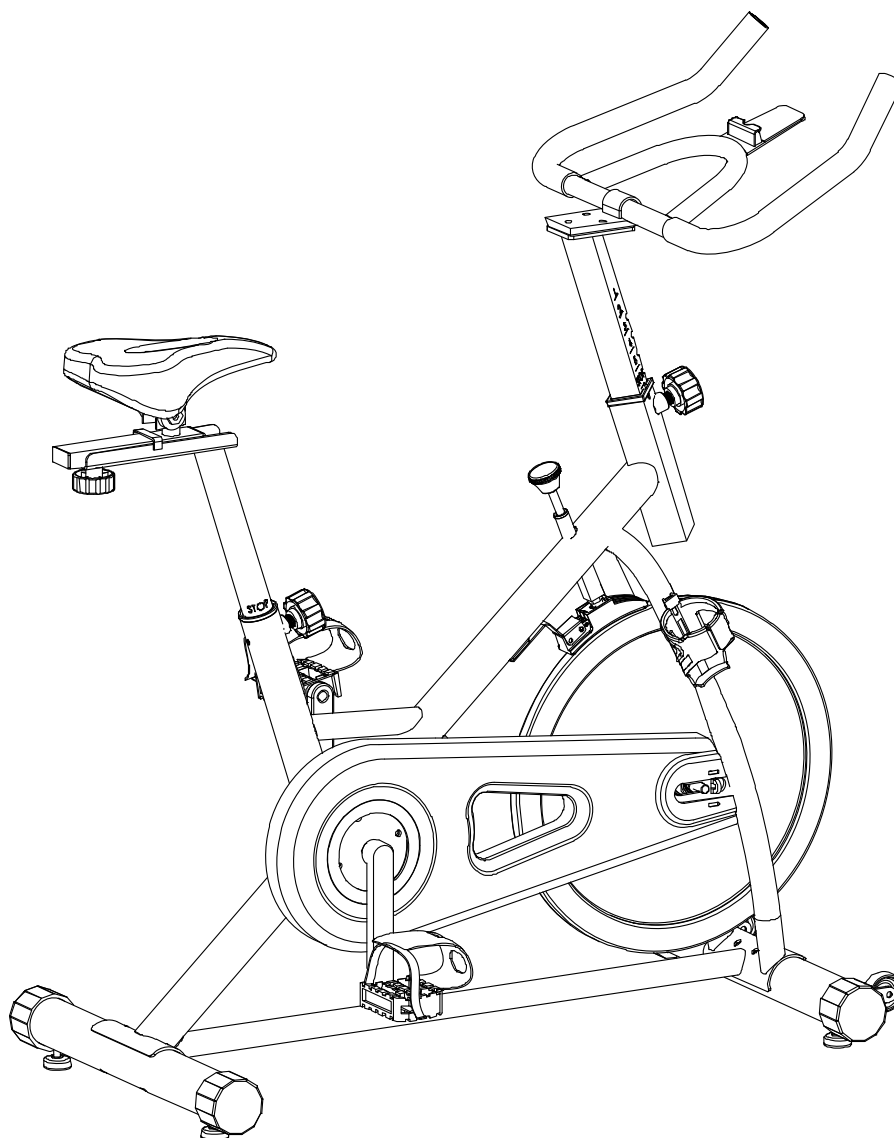




Momentum Bike



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 Propriétaire

3210.1-070318



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:
1-844-641-7920
Hours:
8:00 am to 5:00 pm (PST)
Monday thru Friday

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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

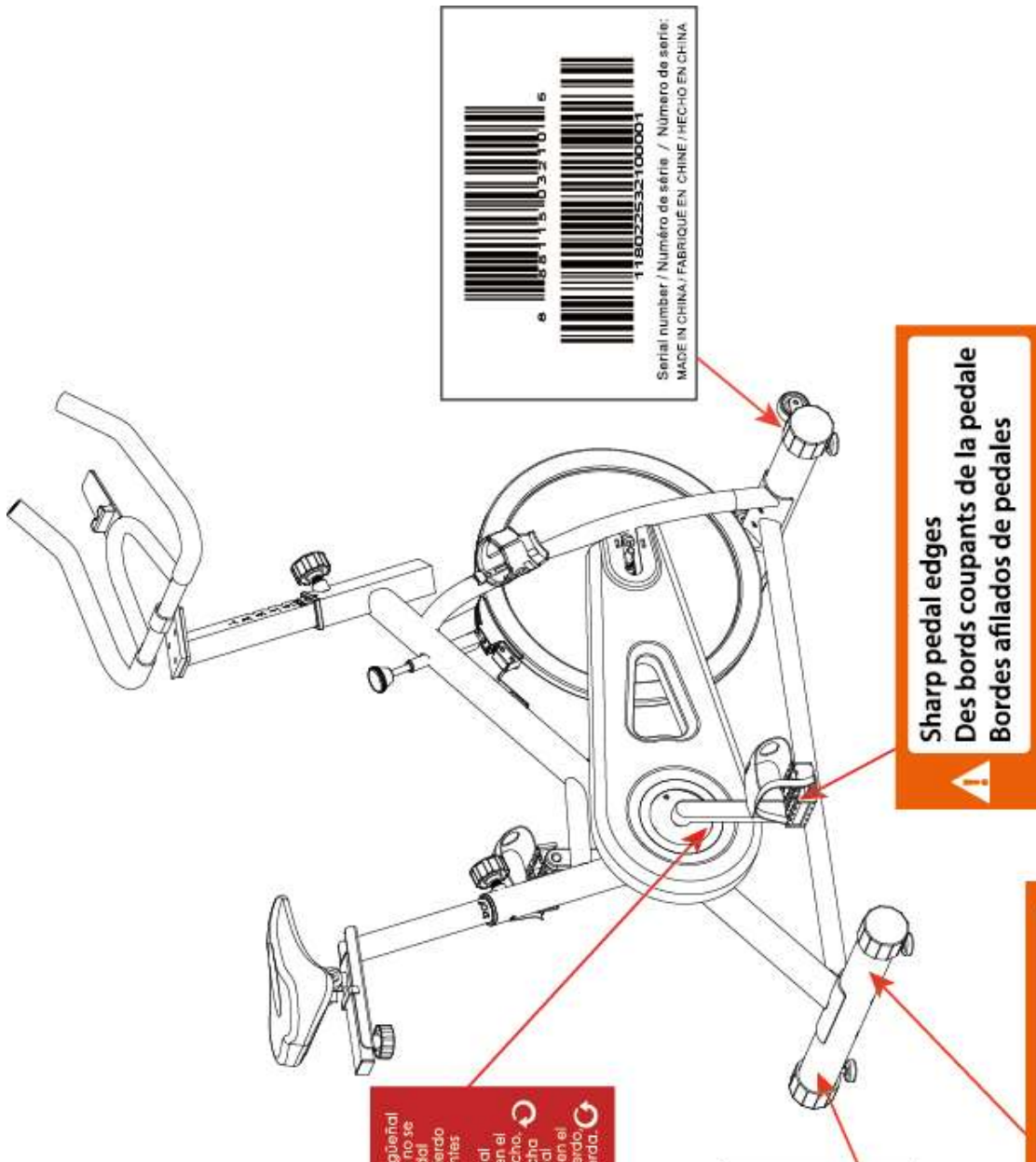
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



Sharp pedal edges
Des bords coupants de la pédale
Bordes afilados de pedales

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

- Tighten Right Pedal (R) into the Right Crank Clockwise
- Tighten Left Pedal (L) 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 (R) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (L) dans la manivelle gauche dans le sens antihoraire

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

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

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

Maximum weight capacity is 275 lbs.
Le poids maximum pour ce produit est 124 kgs.
La capacidad de peso máxima es 124 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 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. **ASSEMBLE 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.

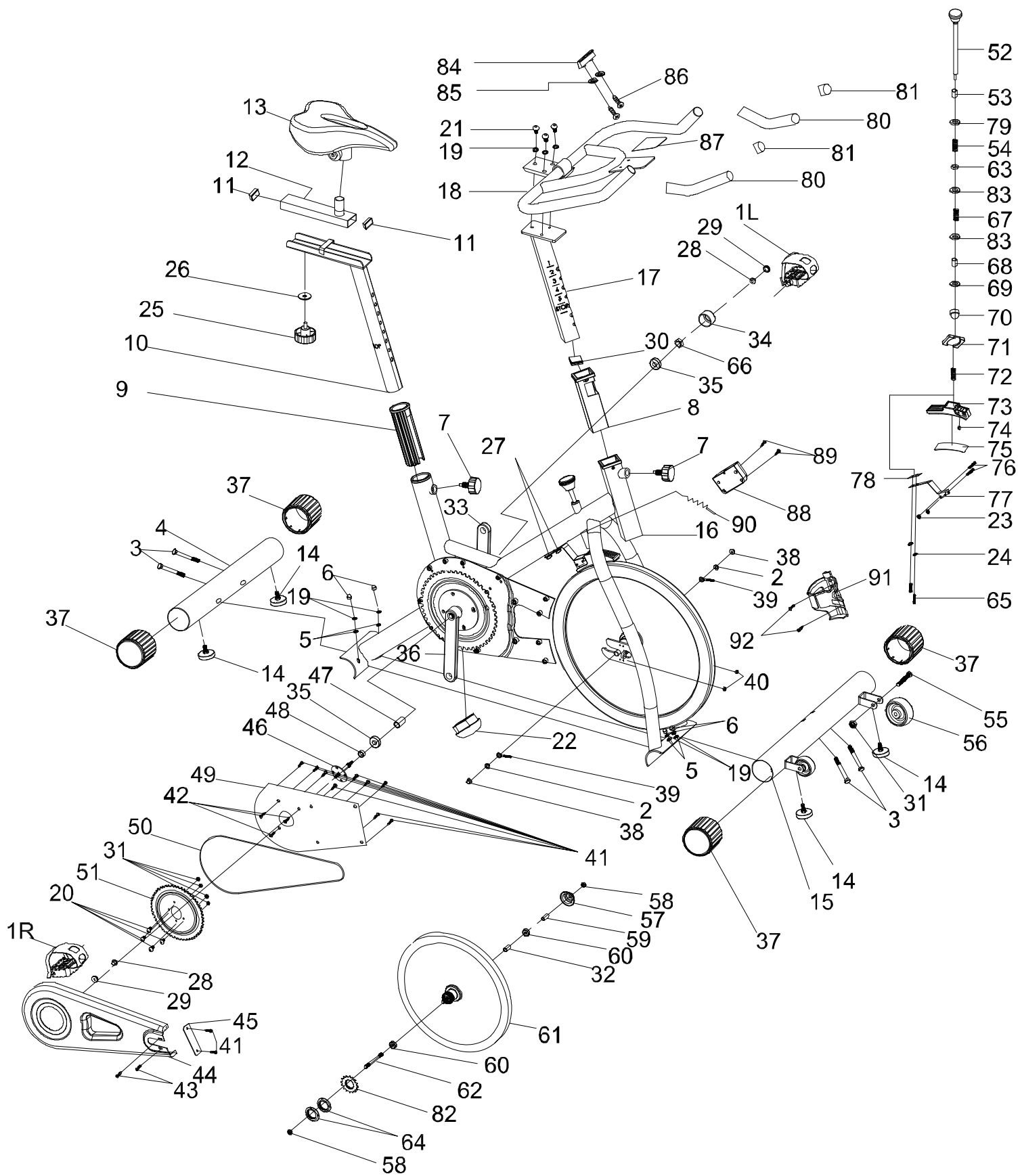
Do not exceed the maximum rated weight (load):

The Maximum Weight Capacity for this product is 300lbs / 136kgs.

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

SAVE THESE GUIDELINES

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1L	Left Pedal JD-301 (9/16")	1
1R	Right Pedal	1
2	Flat Washer Ø12	2
3	Carriage Bolt M8*76	4
4	Rear Stabilizer	1
5	Flat Washer Ø8	4
6	Cap Nuts M8	4
7	Spring Knob	2
8	Square Plastic Sleeve	1
9	D-Type Plastic Sleeve	1
10	Seat Post	1
11	End Cap	2
12	Seat Bracket	1
13	Seat	1
14	Adjustable Leveler	4
15	Front Stabilizer	1
16	Main Frame	1
17	Handlebar Post	1
18	Handlebar	1
19	Spring Washer Ø8	7
20	Bolt M8*16	4
21	Bolt M8*20	3
22	Frame Cap	1
23	Lock Nut M5	2
24	Spring Washer Ø5	2
25	Round Knob	1
26	Flat Washer φ32*φ8.2*2	1

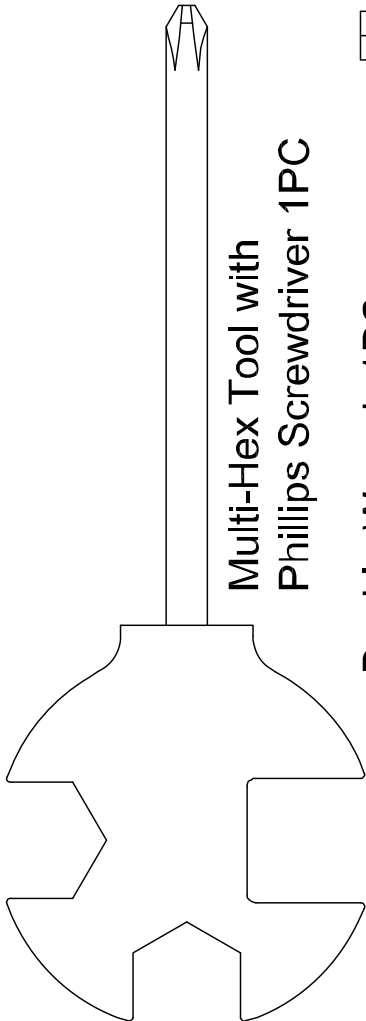


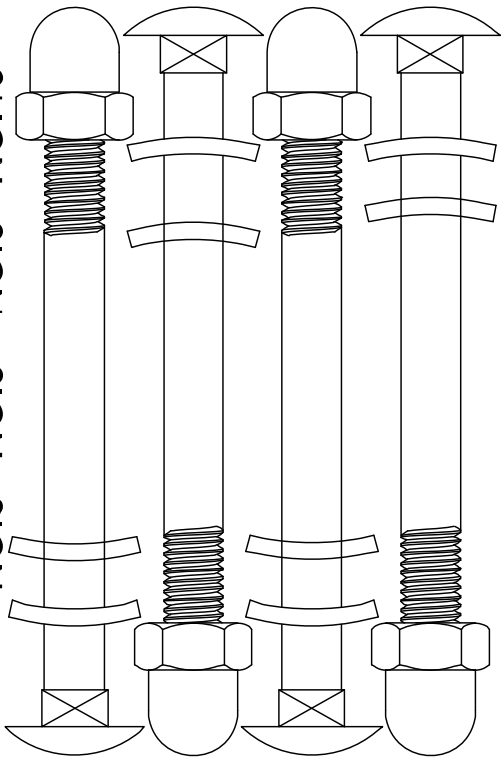
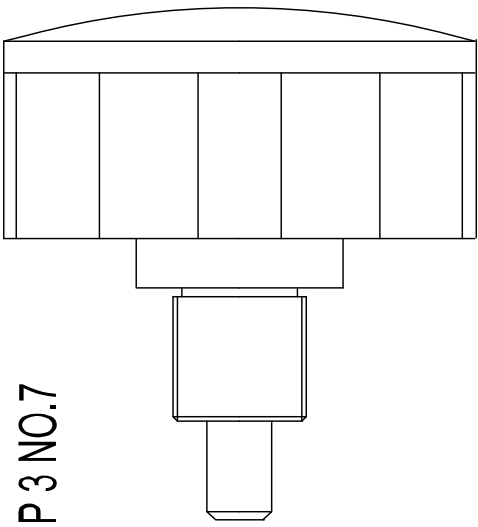
No.	Description	Qty
27	Brake Spring Bolts	2
28	Fixing Nut 2M10*1.25	2
29	Crank End Cap	2
30	End Cap	1
31	Lock Nut M8	6
32	Fixing Tube	1
33	Left Crank	1
34	Crank Cover	1
35	Bearing 6004ZZ	2
36	Right Crank	1
37	Stabilizer End Cap	4
38	Fixing Nut 2M12X1.25	2
39	Fixing Bolt M6*58	2
40	Nut M6	2
41	Screw 1 ST4.2*19	11
42	Screw 2 ST4.2X19	3
43	Screw 3 ST4.8X13	2
44	Outer Chain Cover	1
45	Small Chain Cover	1
46	Axle φ20*162	1
47	Long Fixing Tube φ25*φ20.2*41.2	1
48	Short Fixing Tube φ25*φ20.5*12	1
49	Inner Chain Cover *260*2 (220g)	1
50	Chain	1
51	Chain Wheel	1
52	Brake Knob	1
53	Bushing φ18*φ10*10	1

PARTS LIST

No.	Description	Qty
54	Spring 1δ1.8X40	1
55	Bolt M8*40	2
56	Transport Wheel	2
57	Flywheel COVER	1
58	Fixing Nut 2M12X1.25	2
59	Fixing Tube φ16*φ12.2*35	1
60	Bearing 6001ZZ	2
61	Flywheel	1
62	Flywheel Shaft	1
63	Fixing Nut 216X16X7	1
64	Lock Nut M33*1*4	2
65	Bolt 2 M5*10	2
66	Fixing Nut M20*1.0	1
67	Spring 2φ1.0X55	1
68	Short Fixing Tube φ14*φ10.2*8.5	1
69	Flat Washer 1 Ø6	1
70	Domed Nut 1M6	1
71	Spring Cover 32*23*2	1
72	Spring 3φ2.2	1
73	Brake Pad Holder 200*47*30	1

No.	Description	Qty
74	Brake Retainer Clip14*9*14	1
75	Brake Pad	1
76	Bolt 1M5*30	2
77	Brake Spring δ1.0	1
78	Flat Washer 235*20*2.0	1
79	Flat Washer 2 Ø10	1
80	Foam Grip φ23*φ29*465	2
81	Handle Bar End Cap	2
82	Small Chain Wheel	1
83	Washer φ16*φ10*φ1.5	2
84	Mobile phone rack	1
85	Flat Washer 1Ø4	2
86	Screw 5 ST2.5*8	2
87	EVA Pad74*68*1	1
88	Console	1
89	Bolt 3M4*8	2
90	Speed Sensor	1
91	Bottle Holder 117*85*90	1
92	Screw ST4.8X19	2

3210 Hardware & Tools Pack

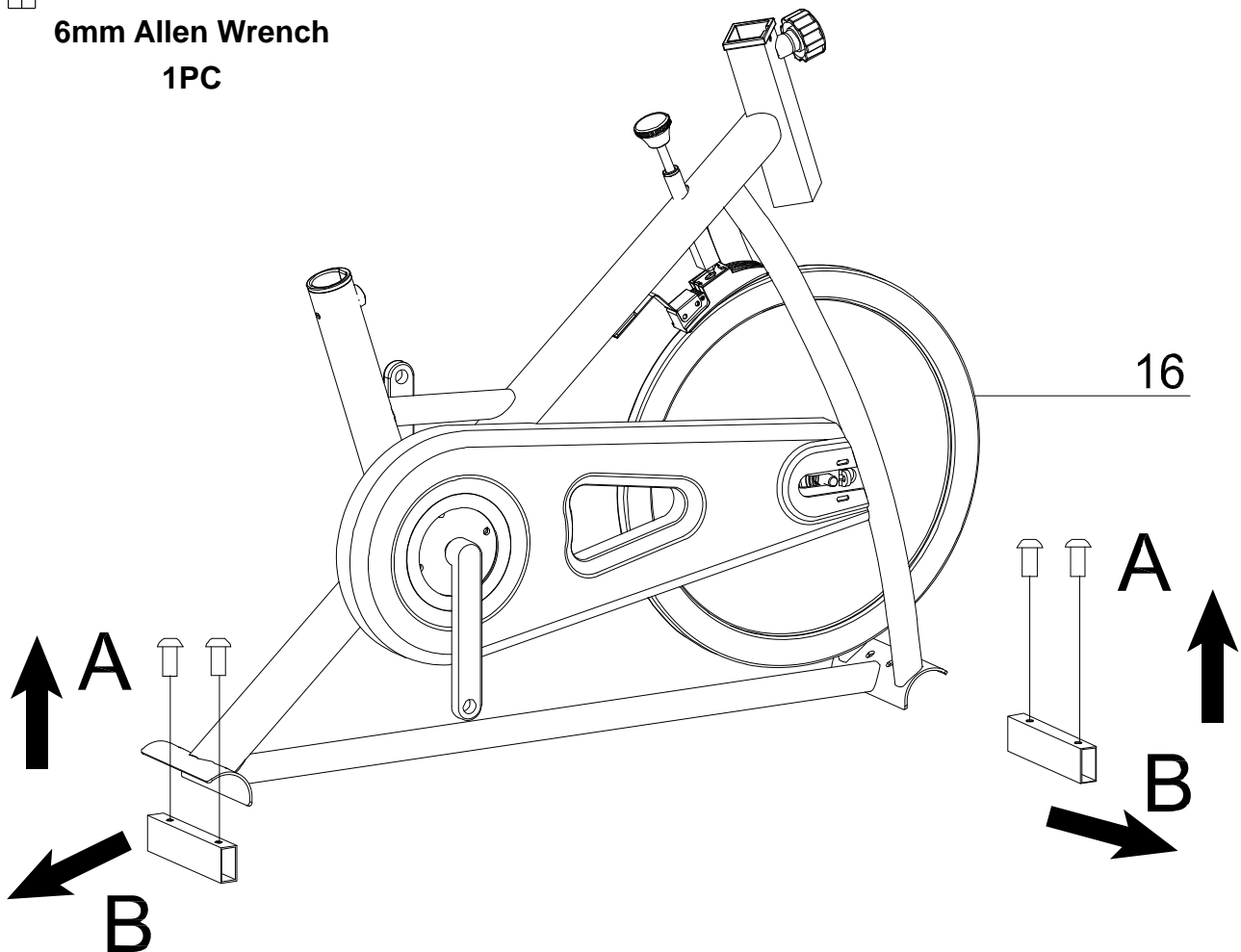
<p></p> <p>Multi-Hex Tool with Phillips Screwdriver 1PC</p> <p></p> <p>Double Wrench 1PC</p> <p></p> <p>6mm Allen Wrench 1PC</p>	<p>STEP 1</p> <p></p> <p>NO.3 NO.5 NO.6 NO.19</p>
<p>STEP 3 NO.7</p> <p></p>	

REMOVE THE METAL BAR

TOOL



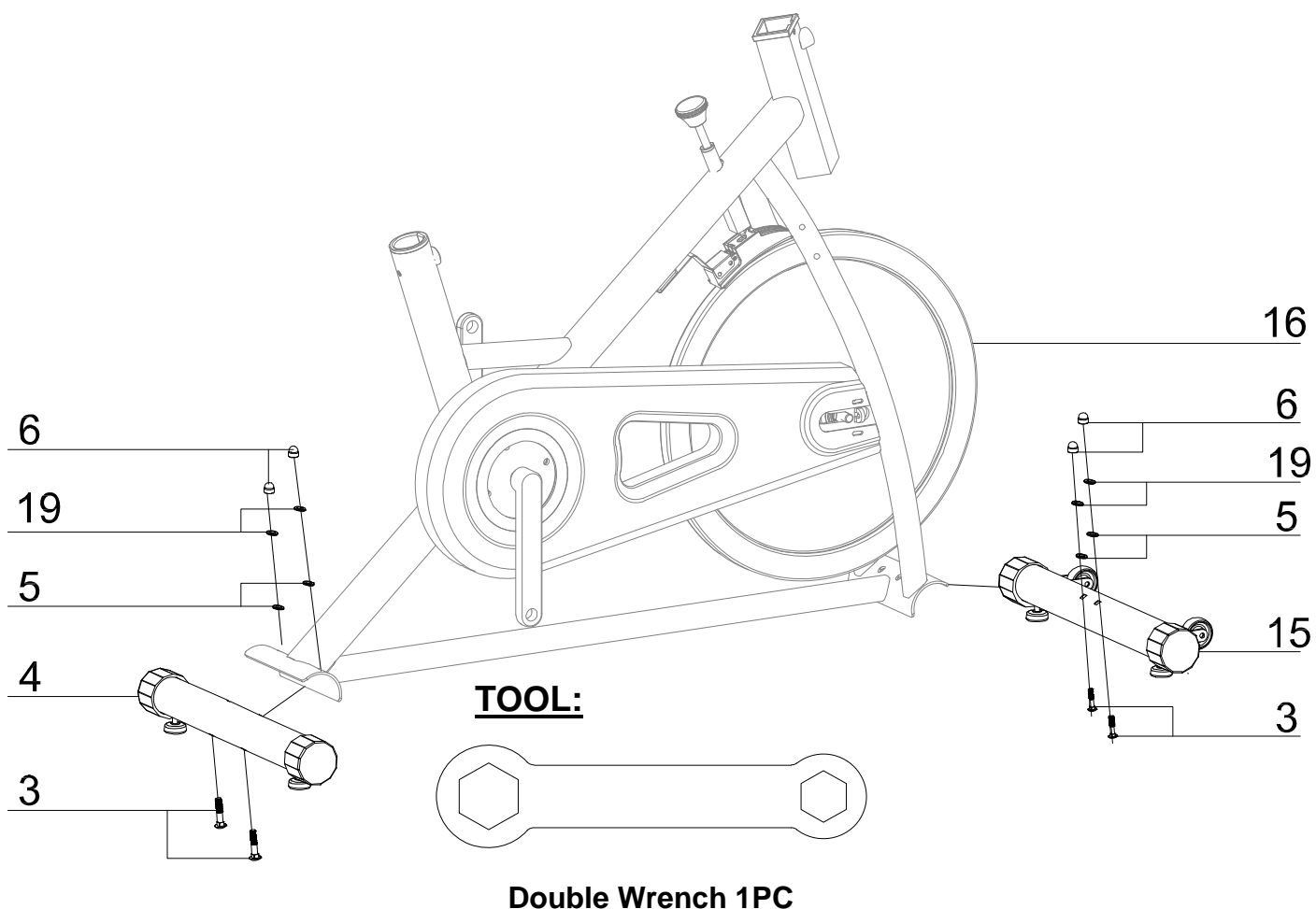
6mm Allen Wrench
1PC



NOTE* Have a second person help you hold the Main Frame (16) while you remove the tubes and during STEP 1.

Remove the Metal Tubes (B) from the Main Frame (16) by removing the bolts (A) using 6mm Allen Wrench provided. Discard the metal tubes and hardware; they will NOT be used in assembly.

ASSEMBLY

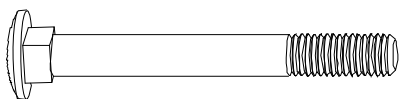


STEP 1

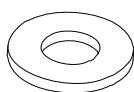
1a. Front Stabilizer Installation: Lift up the front of the **Main Frame (16)**, and attach the **Front Stabilizer (15)** onto the front bracket of the **Main Frame (16)** with two **Carriage Bolts (3)**, two **Flat Washers (5)**, two **Spring Washers (19)** and two **Cap Nuts (6)**. Use the **Double Wrench** to tighten the **Carriage Bolts (3)** and **Cap Nuts (6)** until they are firm and secure.

1b. Rear Stabilizer Installation: Lift up the front of the **Main Frame (16)**, and attach the **Front Stabilizer (15)** onto the front bracket of the **Main Frame (16)** with two **Carriage Bolts (3)**, two **Flat Washers (5)**, two **Spring Washers (19)** and two **Cap Nuts (6)**. Use the **Open Wrench** to tighten the **Carriage Bolts (3)** and **Cap Nuts (6)** until they are firm and secure.

HARDWARE PACK:



(3) Carriage Bolt
4PCS



(5) Flat Washer
4PCS

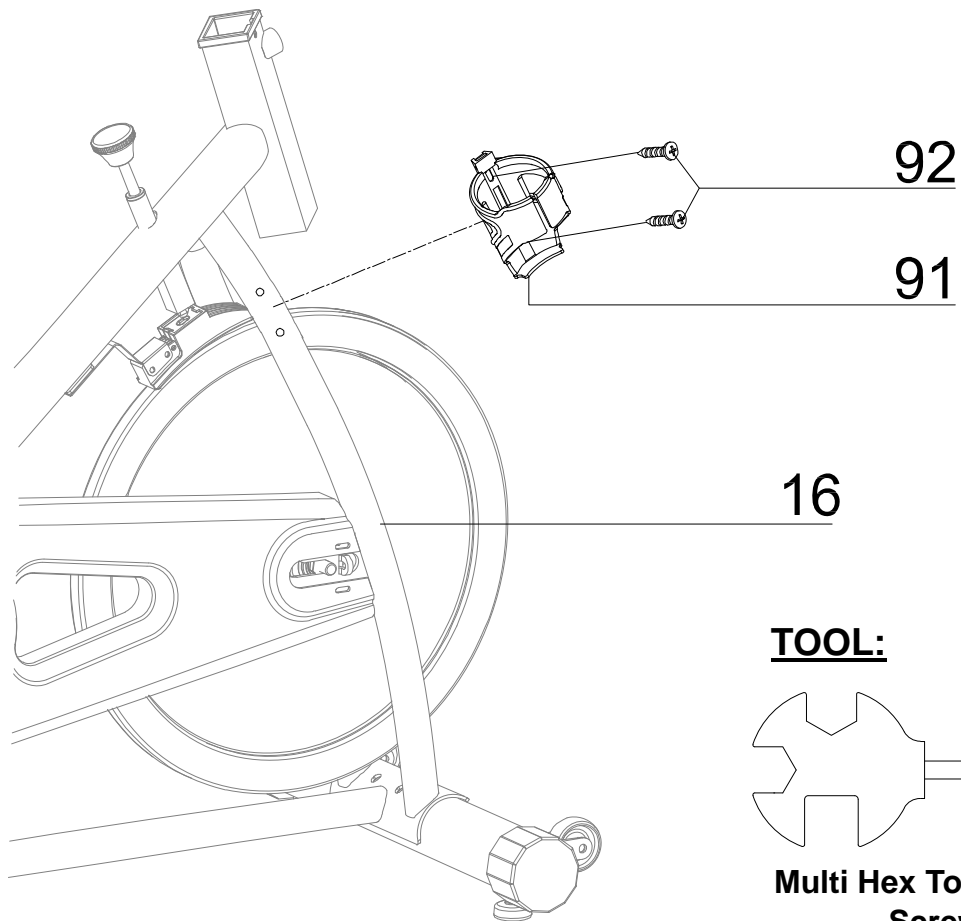


(6) Cap Nut
4PCS

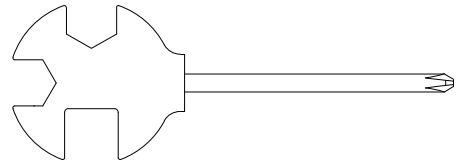


(19) Spring Washer
4PCS

ASSEMBLY



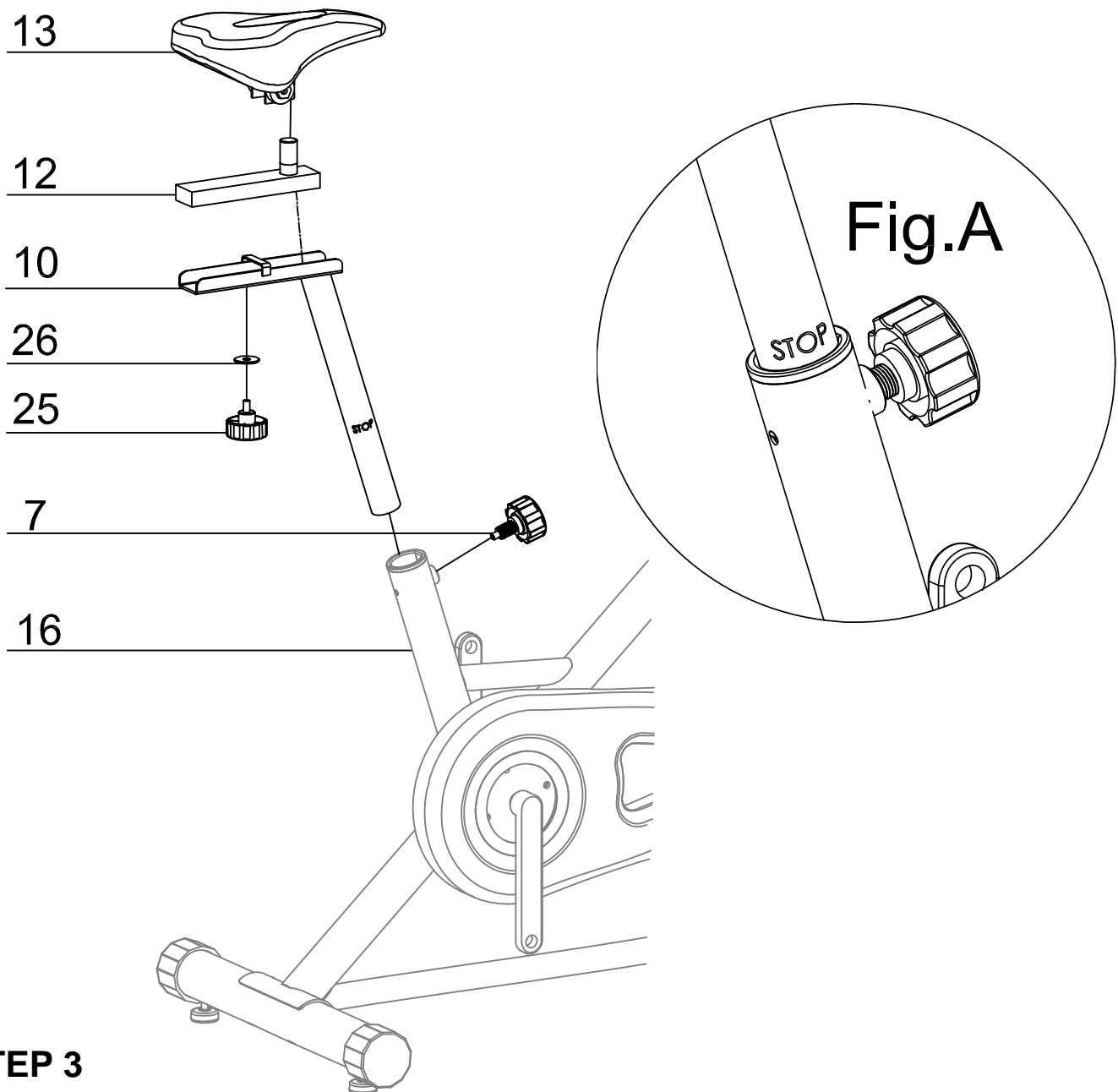
TOOL:



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

STEP 2

2a. Cup Holder Installation: Remove two **Screws (92)** from the **Main Frame (16)**. Attach the **Bottle Holder (91)** onto the **Main Frame (16)**, and tighten with two **Phillips Screws (92)** using the **Multi Hex Tool with Phillips Screwdriver** provided.



STEP 3

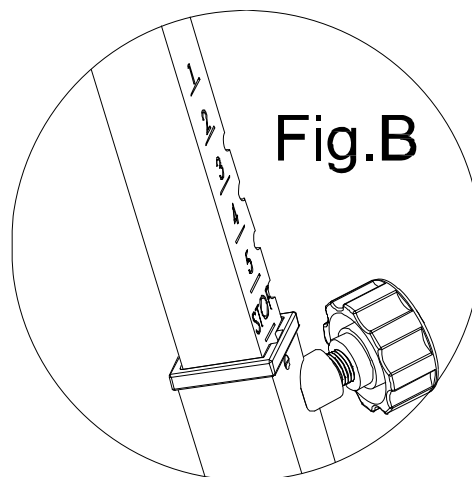
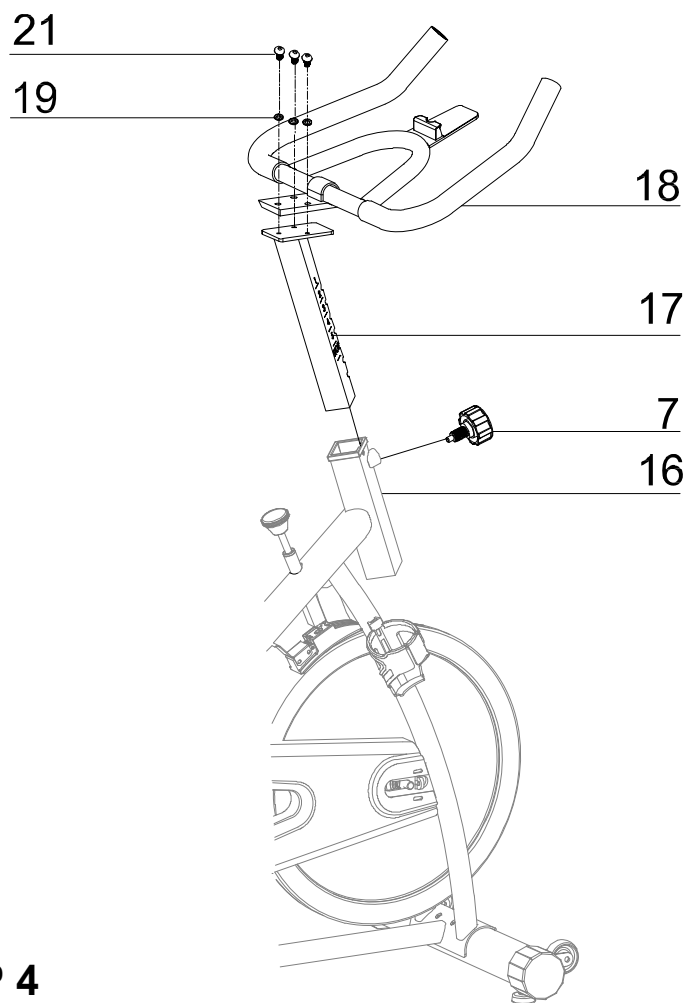
3a. Installing the Seat Post to the Main Frame: Insert the **Seat Post (10)** into the **Main Frame (16)**. Then secure it with the **Spring Knob (7)**.

TIP: When adjusting the height of **Seat Post (10)**, the STOP line cannot be higher than the edge of the plastic bushing. **See Fig. A.**

3b. Installing the Seat Bracket to the Seat Post: Remove pre-installed **Flat Washer (26)** and **Round Knob (25)** from **Seat Post (12)**. Insert the **Seat Bracket (12)** onto the **Seat Post (10)** and secure it with the **Flat Washer (26)** and **Round Knob (25)**.

3c. Installing the Seat to the Seat Post: Attach the **Seat (13)** onto the **Seat Post (12)**, and tighten with the **Multi-Hex Tool with Phillips Screwdriver** and the **Double Wrench** provided.

ASSEMBLY



TOOL



6mm Allen Wrench
1PC

STEP 4

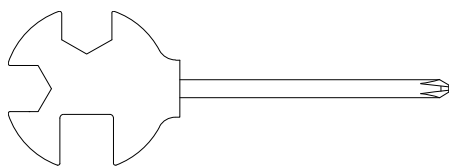
4a. Installing the Front Post to the Main Frame: Insert the **Front Post (17)** into the **Main Frame (16)**. Then secure and tighten with the **Spring Knob (7)**.

TIP : When adjusting the height of **Front Post (10)**, the **STOP** line cannot be higher than the edge of the plastic bushing. **See Fig. A.**

4b. Installing the Handlebars to the Front Post: Remove four pre- installed three **Bolts (21)** and three **Spring Washers (19)** from the **Handlebar (18)**. Attach the **Handlebar (18)** onto the **Front Post (17)**. Secure the **Handlebar (18)** with three **Bolts (21)** and three **Spring Washers (19)** that were previous removed, then fully tighten with the **6mm Allen Wrench** provided.

ASSEMBLY

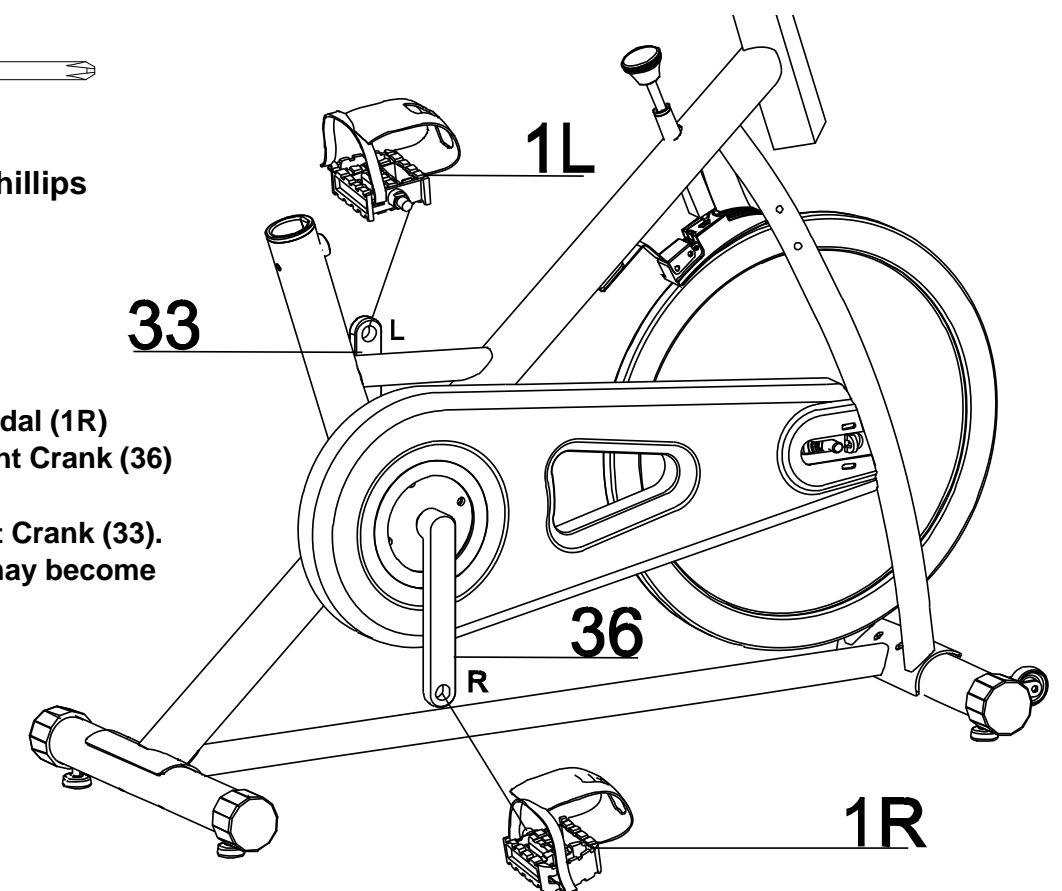
TOOL:



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

IMPORTANT:

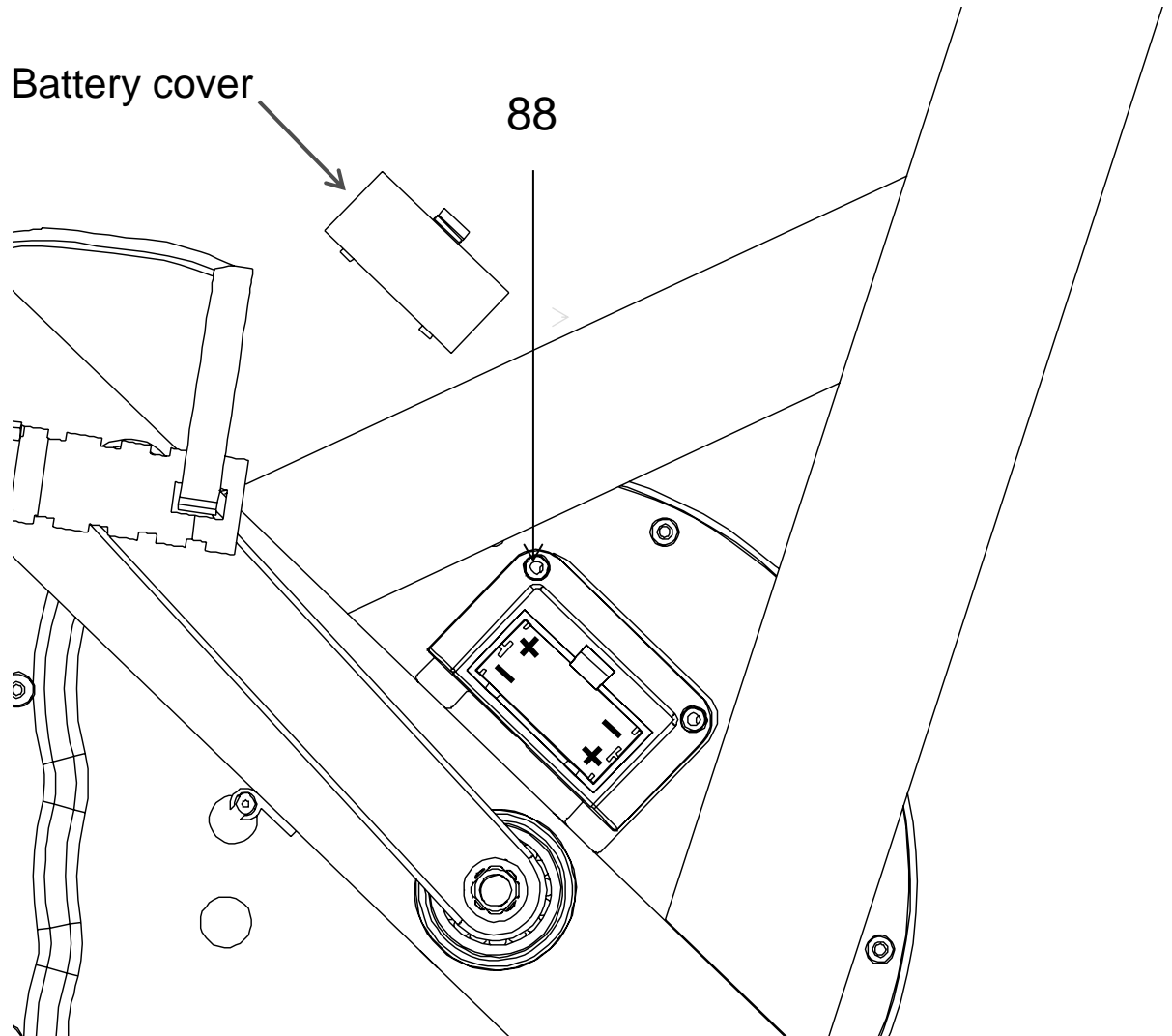
Ensure that the Right Pedal (1R) matches up with the Right Crank (36) and the Left Pedal (1L) matches up with the Left Crank (33). If reversed, the cranks may become damaged or stripped.



STEP 5

5a. Installing the Left Pedal: Insert the threaded shaft of the **Left Pedal (1L)** into the threaded hole in the **Left Crank (33)**. Turn the pedal shaft by hand in a **COUNTER-CLOCKWISE** direction until snug, then fully tighten with the **Multi-Hex Tool with Phillips Screwdriver** provided.

5b. Installing the Right Pedal: Insert the threaded shaft of the **Right Pedal (1R)** into the threaded hole in the **Right Crank (36)**. Turn the pedal shaft by hand in a **CLOCKWISE** direction until snug, then fully tighten with the **Multi-Hex Tool with Phillips Screwdriver** provided.



STEP 6

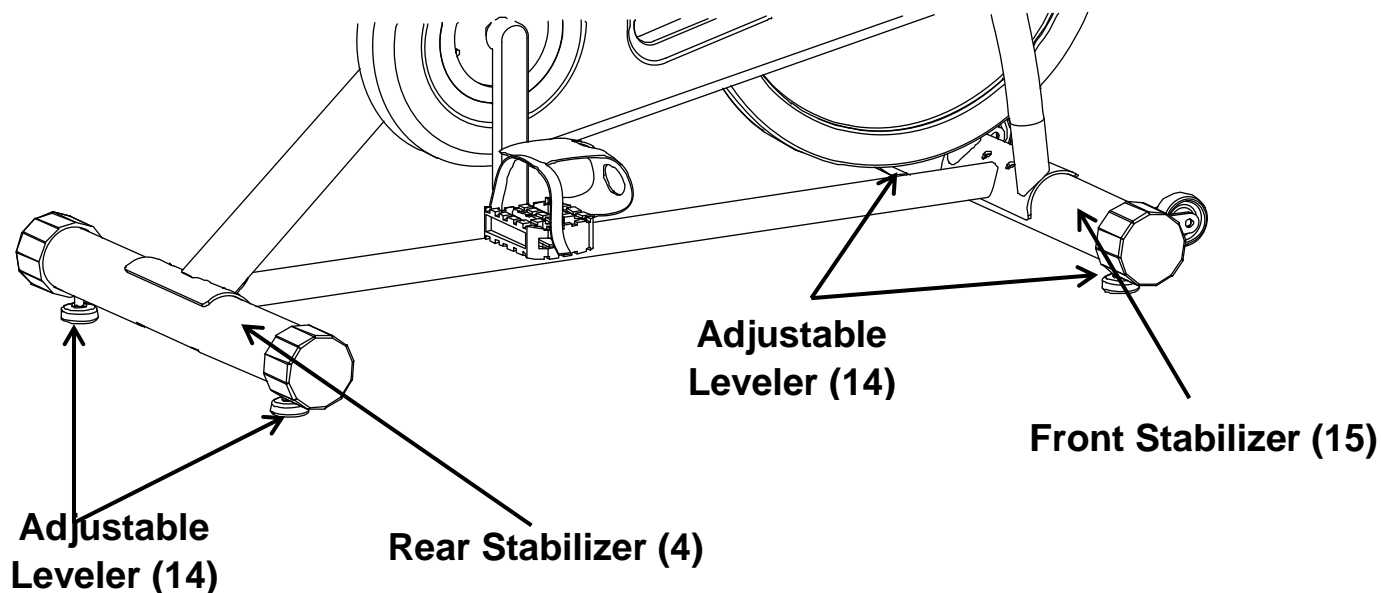
6a. BATTERY INSTALLATION: Remove the Battery Cover from the **Console (88)** and install **Two AAA batteries** provided into the battery tray in the correct polarity.

Please be sure to install batteries in correct order or damage will occur.

When the batteries are installed the red battery indicator light will blink three times.

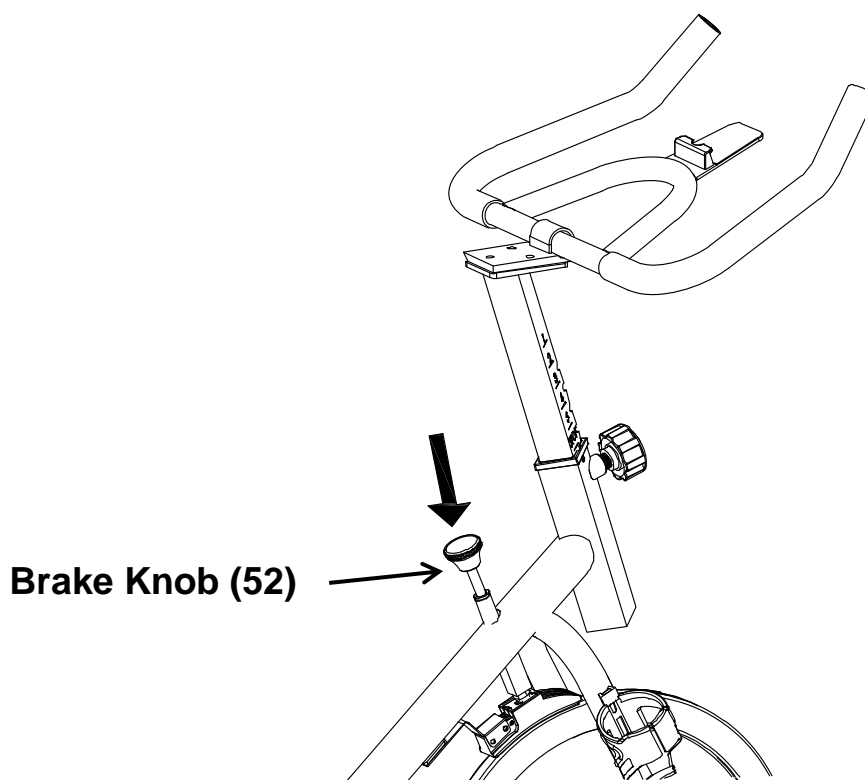
NOTE* When the batteries become low the red battery indicator light will blink once every 4 seconds. When there is good battery power the red indicator light will blink three times quickly.

ADJUSTMENTS



Adjusting the Foot Pad

Turn the **Adjustable Leveler (14)** on the **Front and Rear Stabilizers (15) & (4)** as needed to level the bike. Proper leveling will reduce noises and wobbling.

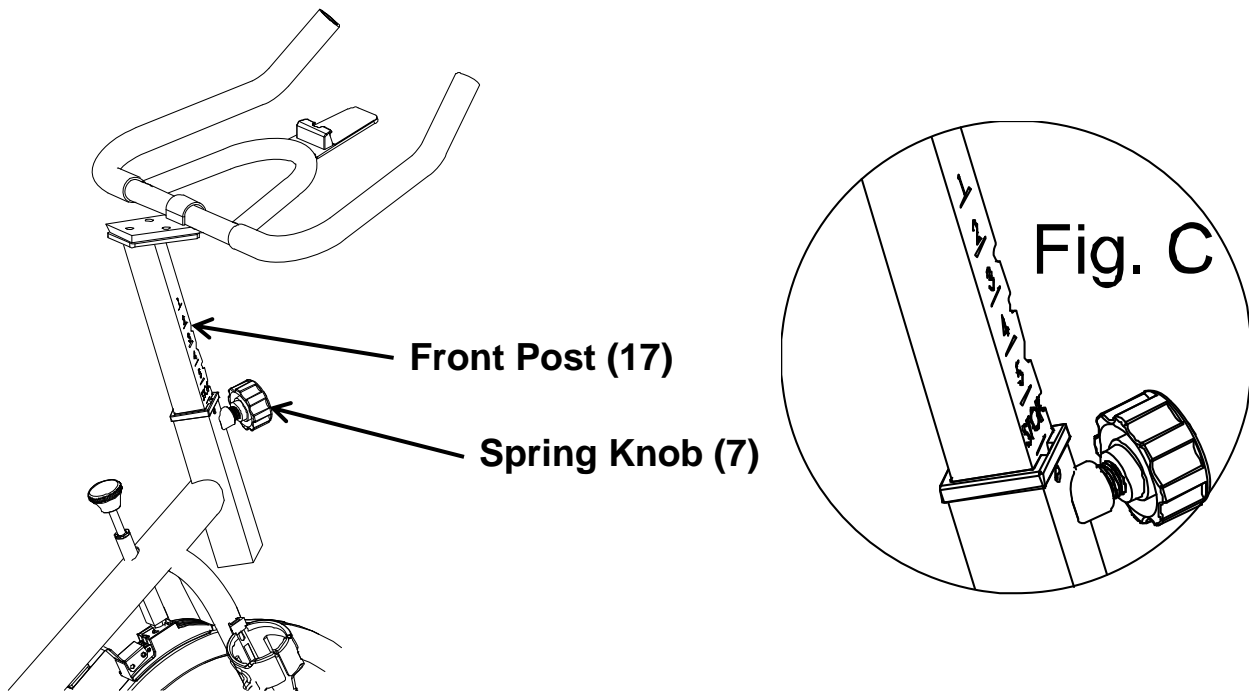


Adjusting the Brake Knob

To increase the tension, turn the **Brake Knob (52)** in a CLOCKWISE direction.

To decrease the tension, turn the **Brake Knob (52)** in a COUNTERCLOCKWISE direction.

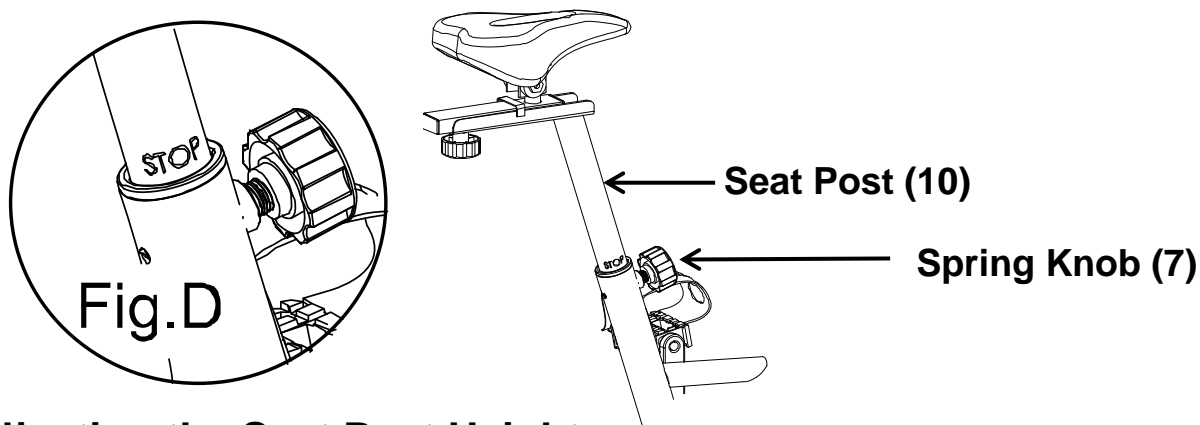
ADJUSTMENTS



Adjusting the Handlebar Height

TIP: When adjusting the height of Front Post (17), the STOP line cannot be higher than the edge of plastic bushing. See Fig. C.

Loosen the **Spring Knob (7)** by turning it COUNTER-CLOCKWISE direction until it can be pulled out. Pull out the **Spring Knob (7)** and then slide the **Front Post (17)** up or down and settle on the desired height. Lock the **Front Post (17)** in place by releasing the **Spring Knob (7)** and sliding the **Handlebar Post (17)** up or down slightly until the **Spring Knob (7)** "POPs" down into the locked position. Tighten the **Spring Knob (7)** in a CLOCKWISE direction.

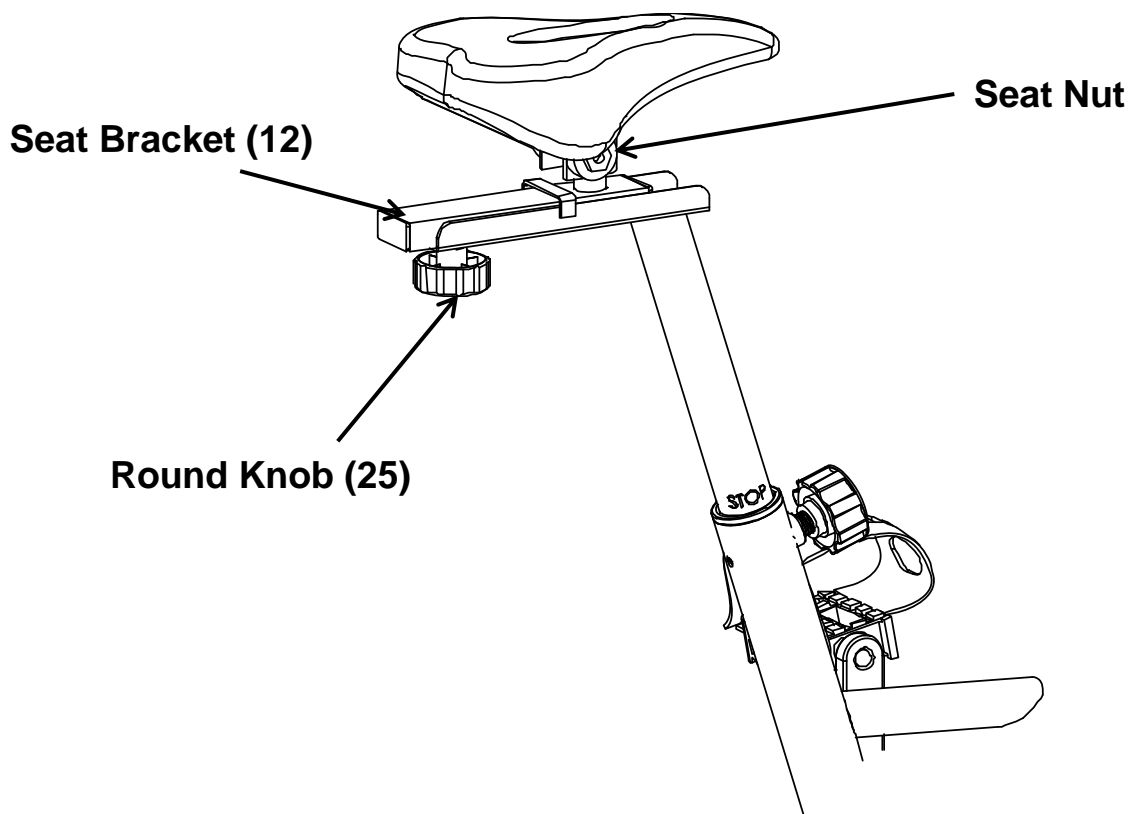


Adjusting the Seat Post Height

Loosen the **Spring Knob (7)** by turning it in the COUNTER-CLOCKWISE direction until it can be pulled out. Pull out the **Spring Knob (7)** and then slide the **Seat Post (10)** up or down direction to the suitable position. Lock the **Seat Post (10)** in place by releasing the **Spring Knob (7)** and sliding the **Seat Post (10)** up or down slightly until the **Spring Knob (7)** "pops" down into the locked position. For added safety, tighten the **Spring Knob (7)** in a clockwise direction.

NOTE: When adjusting the height of seat post, the STOP line cannot be higher than the edge of plastic bushing. See Fig. D.

ADJUSTMENTS



Adjusting the Seat Forward or Back:

Loosen the **Round Knob (25)** by turning it in a COUNTER-CLOCKWISE direction. Slide the **Seat Bracket (12)** in a forward direction to the suitable position. Lock the **Seat Bracket (12)** in place by turning it in a CLOCKWISE direction.

Adjusting the Seat angle: Using the **Multi Hex Tool with Phillips Screwdriver** and the **Double Wrench** loosen the nuts that secure the seat to the **Seat Post**. Adjust to desired angle and Re-tighten the nuts securely.

TROUBLE SHOOTING

1. **PROBLEM:** The bike wobbles when in use.

- 1) **SOLUTION:** Turn the **Foot Pads (14)** on the **Front and Rear Stabilizer (15) & (4)** or as needed to level the bike.

2. **PROBLEM:** The 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.

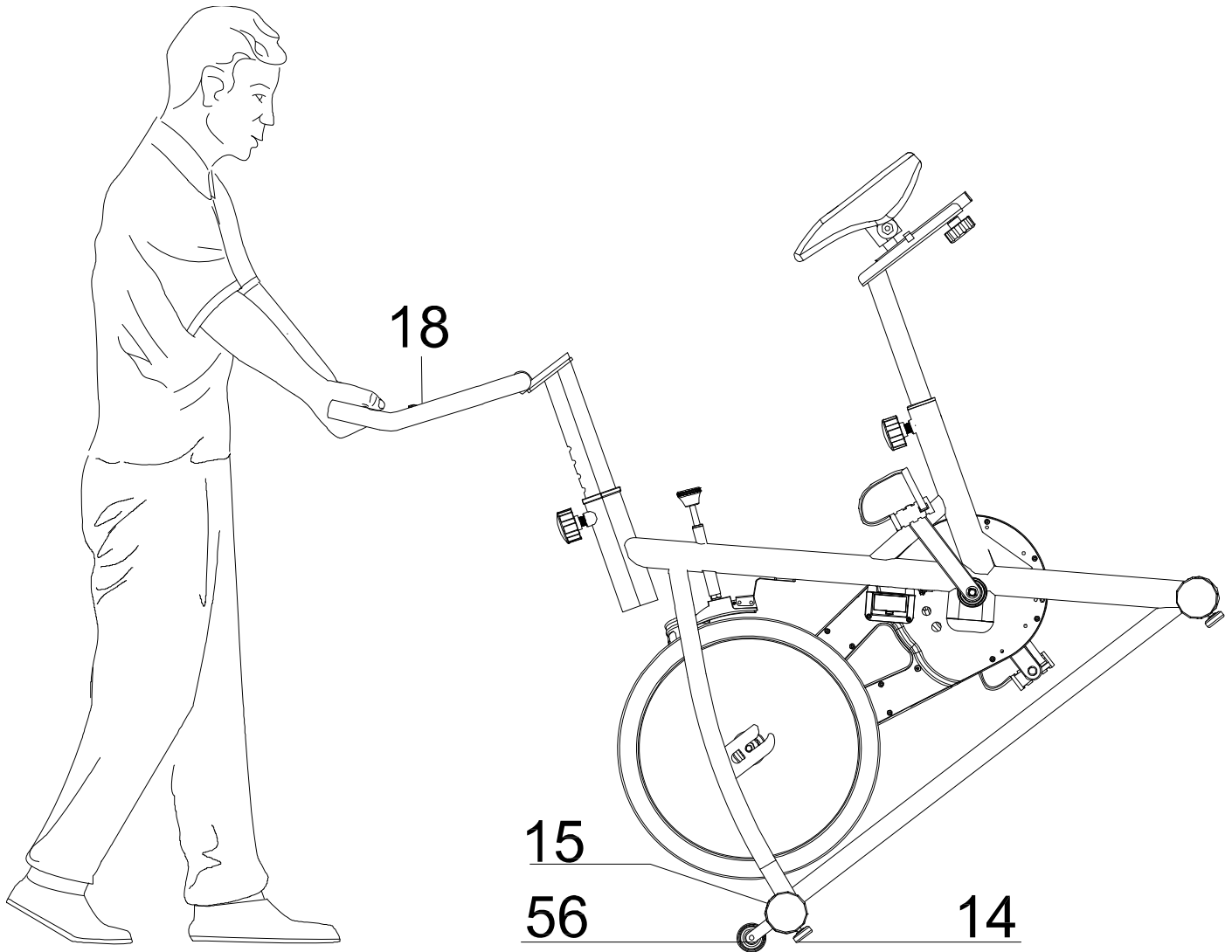
3. **PROBLEM:** The console won't pair with the device.

PROBLEM: The App disconnects.

- 1.) **SOLUTION:** Replace batteries with 2 fresh AAA batteries.

MAINTENANCE

1. The 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 bike after each use.
4. Be careful not to get excessive moisture on the Console as this might cause an electrical hazard or the electronics to fail.
5. Keep the bike, especially the computer console out of direct sunlight to prevent damage.
6. Be sure all assembly bolts, nuts, screws, and pedals on the machine are thoroughly tightened prior to use. Tighten any loose parts.



Transporting the Bike

Pull the **Handlebar (18)** with both hands until the **Transport Wheels (56)** on the **Front Stabilizer (15)** makes contact with the ground. Pull or Push the Bike to the desired storage area before gently lowering the Bike. Always maintain both hands on the Bike during transportation.

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:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Structural Frame	1 year For Home Use Only
All Other Components	90 days 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: _____

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