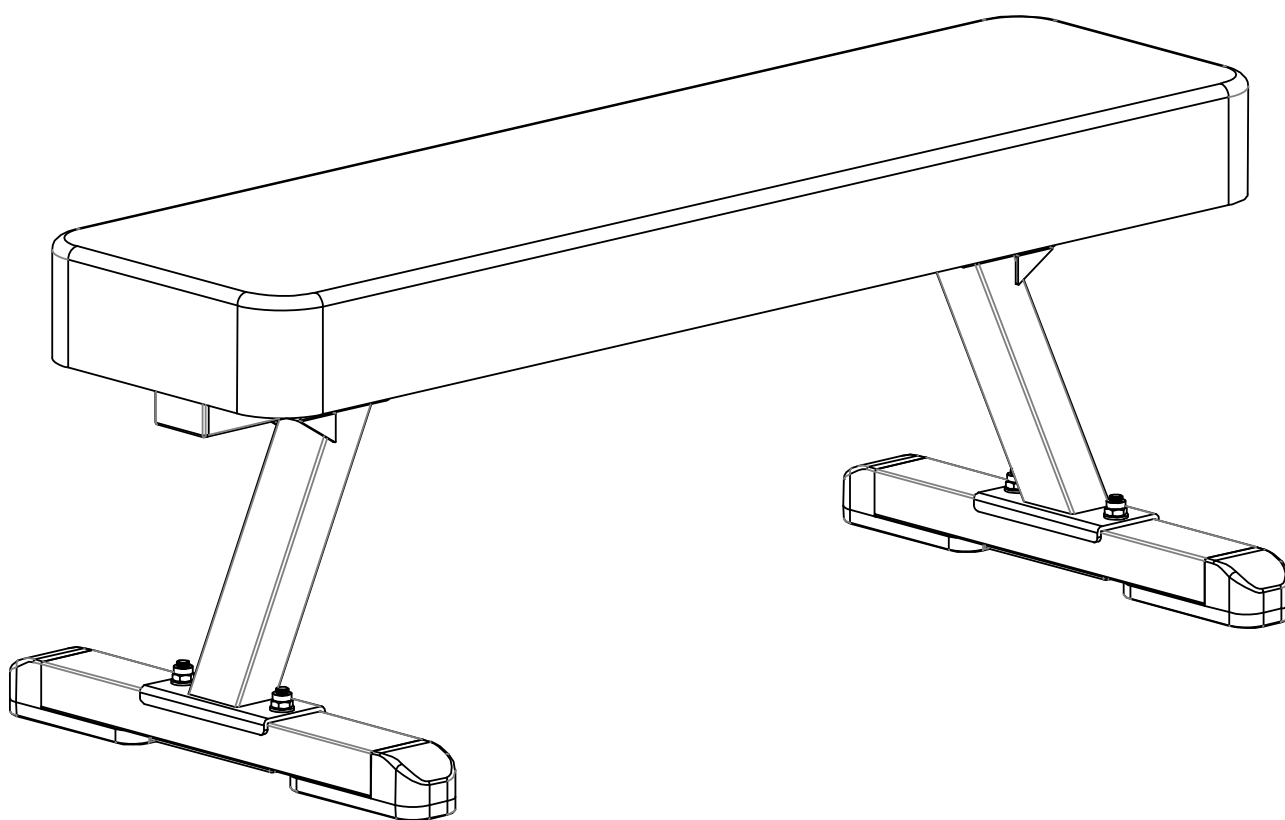


# Weight Bench



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



**PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.**

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

**Email us at:**  
**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

**Or call us at:**  
**1-844-641-7920**  
**Hours:**  
**8:00 am to 5:00 pm (PST)**  
**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](mailto: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](http://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

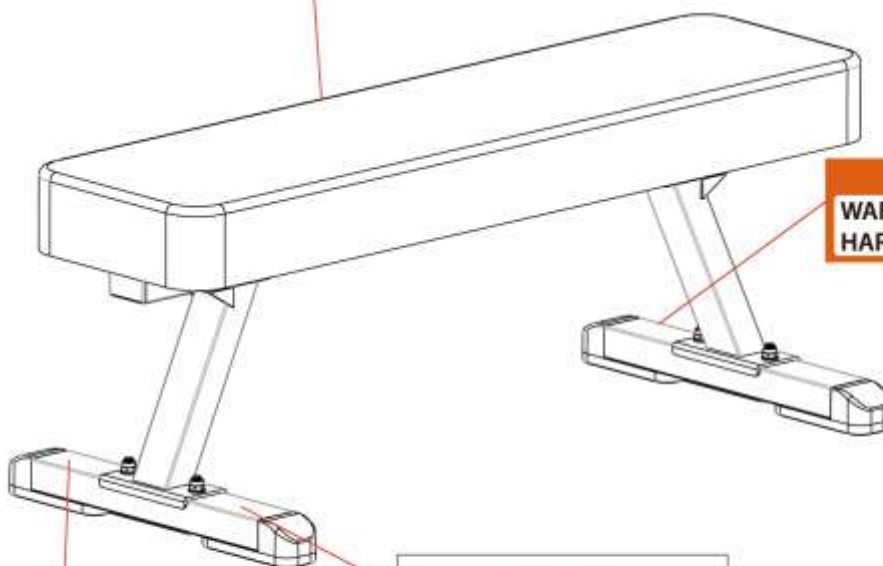
**For damaged or defective product please contact our customer service before returning to the store.**

**Paradigm Health & Wellness, Inc.**  
**1189 Jellick Ave.**

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

# LABEL PLACEMENT

<p><b>NOTICE</b></p> <p>The article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flames or with burning cigarettes.</p>	<p><b>AVIS</b></p> <p>Ce produit ne satisfait pas aux critères d'incendabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)</p>	<p><b>NOTIFICACIÓN</b></p> <p>Este artículo no se ajusta a la inflamabilidad requerida de Oficina de Modificación de California 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarrillos encendidos.</p>
<p>USED QUALITY OF ARTICLES NOT TO BE REMITTED EXCEPT THE COMPARISON OF THE FOLLOWING: POAM TAP, UNITS.</p> <p><b>REGISTRY NO. VA3302 (CN)</b></p> <p>Certification is made by the manufacturer that the material in this article is described in accordance with the:</p> <p>Product Health and Welfare, Inc. 1180 Jolly Road, CA 91744, USA.</p>	<p>SEUS BENS DE SANCTO ESSE, OTIS, ESTOES, ETC. AQUELES QUE SÃO DE QUALIDADE, NÃO SÃO DE QUALIDADE. NÃO SE COMPARA A QUALIDADE DE QUALQUER OUTRO MATERIAL (ARTIGO) DE QUALIDADE. NÃO SE COMPARA A QUALIDADE DE QUALQUER OUTRO MATERIAL (ARTIGO) DE QUALIDADE.</p> <p><b>NO D'EMERGEMENT VA3302 (CN)</b></p> <p>Certification is made by the manufacturer that the material in this article is described in accordance with the:</p> <p>Product Health and Welfare, Inc. 1180 Jolly Road, CA 91744, USA.</p>	<p>SE SUCEMAM LEGALMENTE A QUALIDADE ESTÁ AQUELA, NÃO É DE QUALIDADE. NÃO SE COMPARA A QUALIDADE DE QUALQUER OUTRO MATERIAL (ARTIGO) DE QUALIDADE.</p> <p><b>MATERIAL COMPLETAMENTE NOVO COMPARTO DE 100% BELLINDE ESPUMA DE POLIURETANO.</b></p> <p><b>NO. DE REG. VA3302 (CN)</b></p> <p>El fabricante certifica que los materiales en este artículo se describen según las leyes.</p> <p>Product Health and Welfare, Inc. 1180 Jolly Road, CA 91744, USA.</p>



**⚠ WARNING**  
**WARNING: CANCER AND REPRODUCTIVE HARM -- WWW.P65WARNINGS.CA.GOV.**

**Fitness Reality**

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



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

# IMPORTANT SAFETY GUIDELINES

**Read all instructions carefully before assembling and operating this product. This unit is designed with optimum safety in mind. Retain this owner's manual, do not remove any safety labels from the machine, and keep the original purchase receipt for future reference.**

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. Always wear proper exercise apparel when using the equipment. Use care when getting on or off the unit.
4. If 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 kind of discomfort.
5. Keep children and pets away from the equipment at all times.
6. Only one person should use the equipment at a time.
7. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
8. Do not operate this or any exercise equipment if it is damaged.
9. Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
10. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
11. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
12. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
13. Children under the age of 13 should not use this fitness equipment.
14. Children from 13 to 18 should have adult supervision.
15. **WARNING:** It is highly recommend that you have assistance during the assembly of the equipment.
16. **WARNING: CANCER AND REPRODUCTIVE HARM--[WWW.P65WARNINGS.CA.GOV](http://WWW.P65WARNINGS.CA.GOV).**

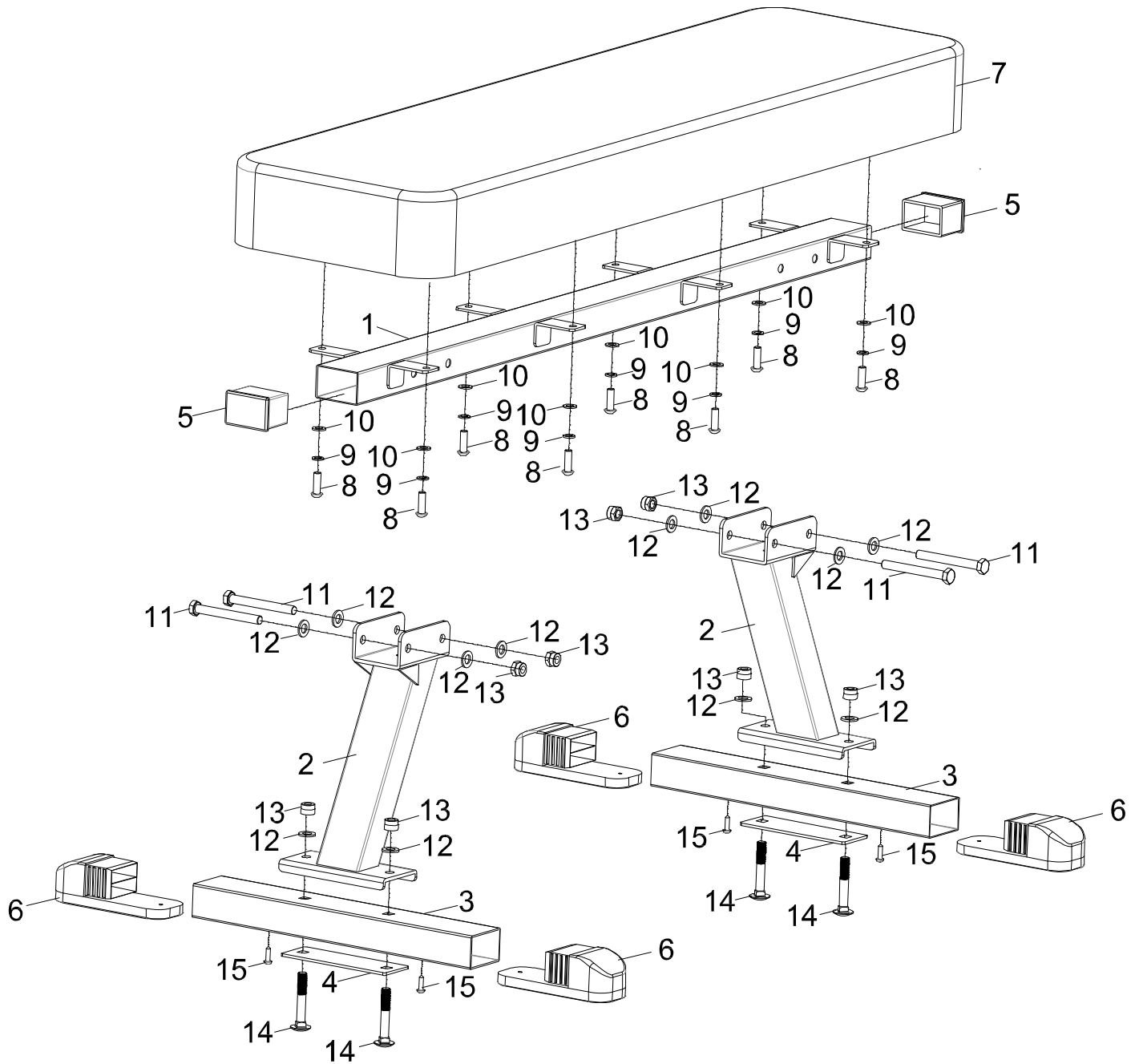
**WARNING:** Before using this equipment you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

**Do not exceed the maximum rated weight (load)**

**The maximum weight capacity of this machine is 1000lbs/454kgs.**

# OVERVIEW DRAWING

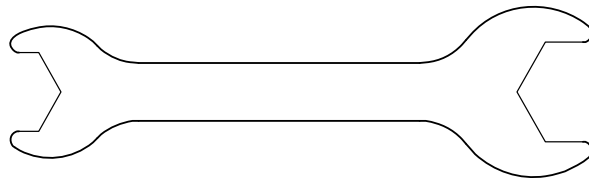


# PARTS LIST

Part #	Description	Q'ty
1	Main Frame	1
2	Frame Legs	2
3	Stabilizer	2
4	Stabilizer Plate	2
5	Square End Cap	2
6	Foot Pad 160*60*52	4
7	Backrest 1120*305*102	1
8	Hex Bolt M8*25	8
9	Flat Washer $\Phi 16*\Phi 9*1.5$	8
10	Spring Washer M8	8
11	Hex Bolt M10*85	4
12	Flat Washer $\Phi 20*\Phi 11*2.0$	12
13	Nylon Nut M10	8
14	Carriage Bolt M10*60	4
15	Phillips Screw ST5*18	4

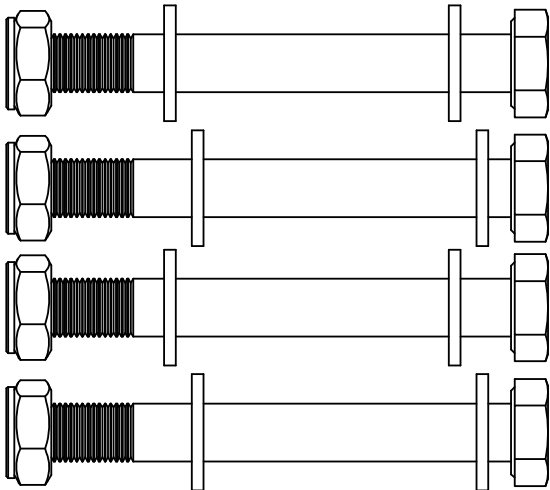


## 2802-Hardware Pack



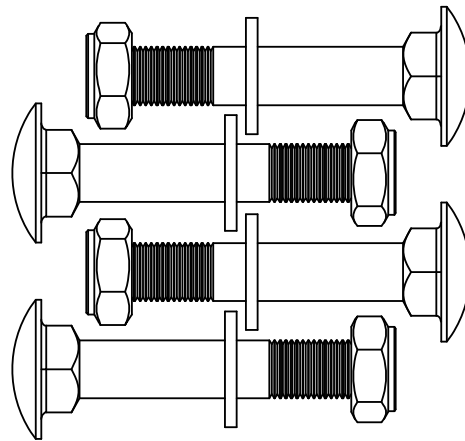
13,17mm Wrench 2 PCS

### Step 1



- (11) Hex Bolt M10x85 4 PCS
- (12) Flat Washer  $\Phi 20 \times \Phi 11 \times 2.0$  8 PCS
- (13) Nylon Nut M10 4 PCS

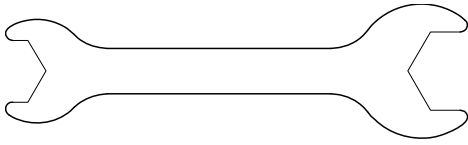
### Step 2



- (14) Carriage Bolt M10x60 4 PCS
- (12) Flat Washer  $\Phi 20 \times \Phi 11 \times 2.0$  4 PCS
- (13) Nylon Nut M10 4 PCS

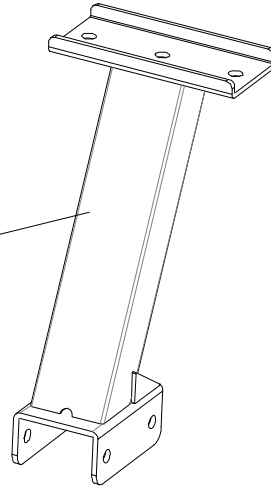
# ASSEMBLY

## Tool:

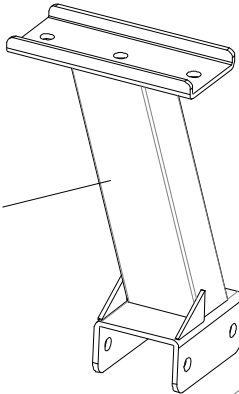


13,17mm Wrench  
2PCS

2



2



11

12

1

12

13

13 12

11

12

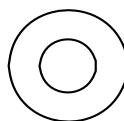
## STEP 1: Installing the Frame Legs

1. Attach the two **Frame Legs (2)** to the underside of the **Main Frame (1)**.
2. Secure the **Frame Legs (2)** to the **Main Frame (1)** with four **Hex Bolts (11)**, eight **Flat Washers (12)**, and four **Nylon Nuts (13)**.
3. Tighten the hardware with the two 13, 17mm **Wrenches** provided.

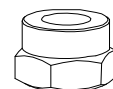
## Hardware:



(11) Hex Bolt 4PCS



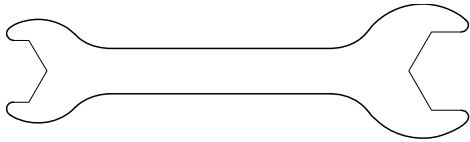
(12) Washer  
8PCS



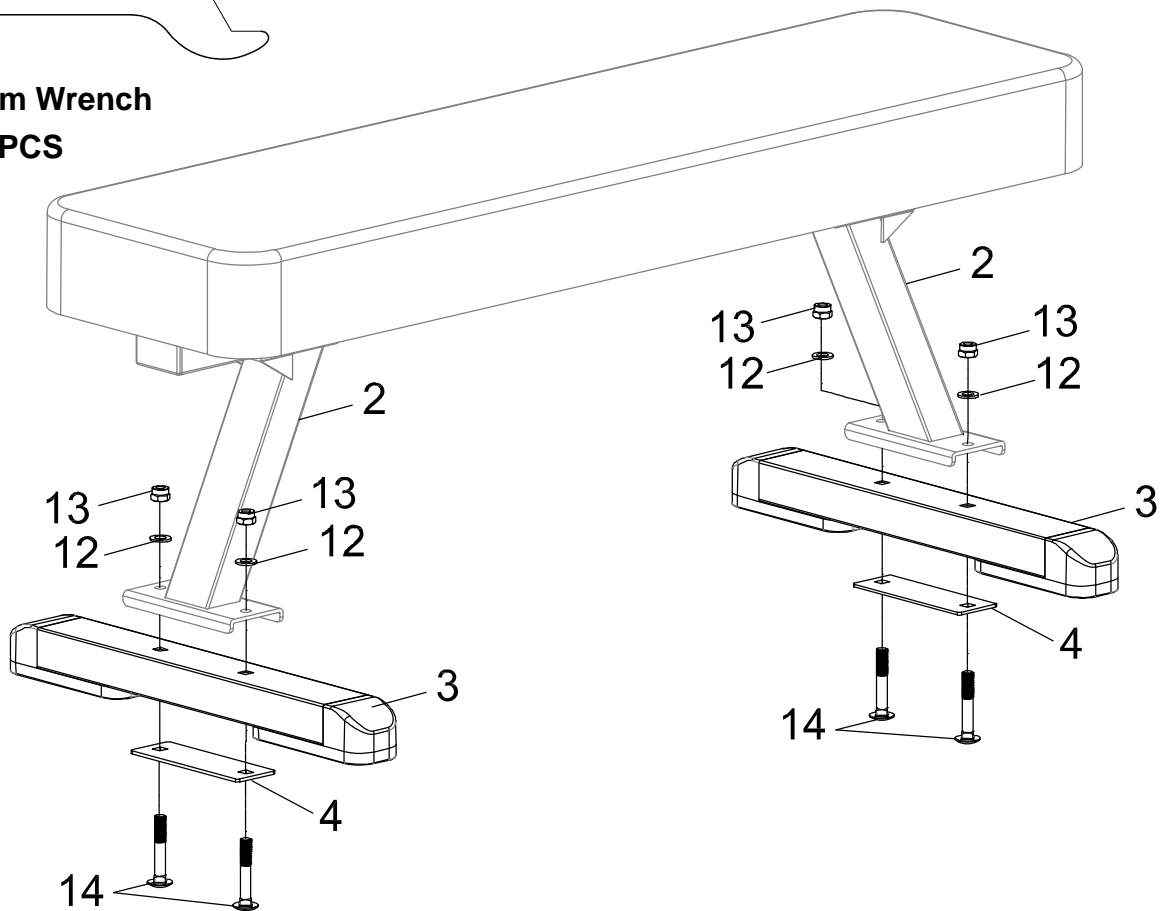
(13) Nylon Nut  
4PCS

# ASSEMBLY

## Tool:



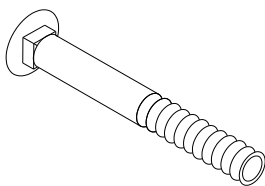
13,17mm Wrench  
2PCS



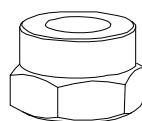
## STEP 2: Installing the Stabilizer

1. Lift up the **Frame Leg (2)** and align the holes on the **Stabilizer Plate (4)** and **Stabilizer (3)** with the holes on the **Frame Leg (2)**.
2. Insert two **Carriage Bolts (14)** through the **Stabilizer Plate (4)** and the **Stabilizer (3)** and through the **Standing Post (2)** until the boles reach through.
3. On the protruding end of the **Carriage Bolts (14)** secure on two **Flat Washers (12)** and two **Nylon Nuts (13)**.
4. Tighten the **Nylon Nuts (13)** with the 13, 17mm Wrench provided.
5. Repeat the same step for the second stabilizer.

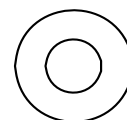
## Hardware:



(14) Carriage Bolt  
4 PCS



(13) Nylon Nut  
4PCS



(12) Washer  
4PCS

# 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>
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, and 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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness. 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

**Paradigm Health & Wellness, Inc.**

**EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO**  
**[Service@paradigmhw.com](mailto: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***