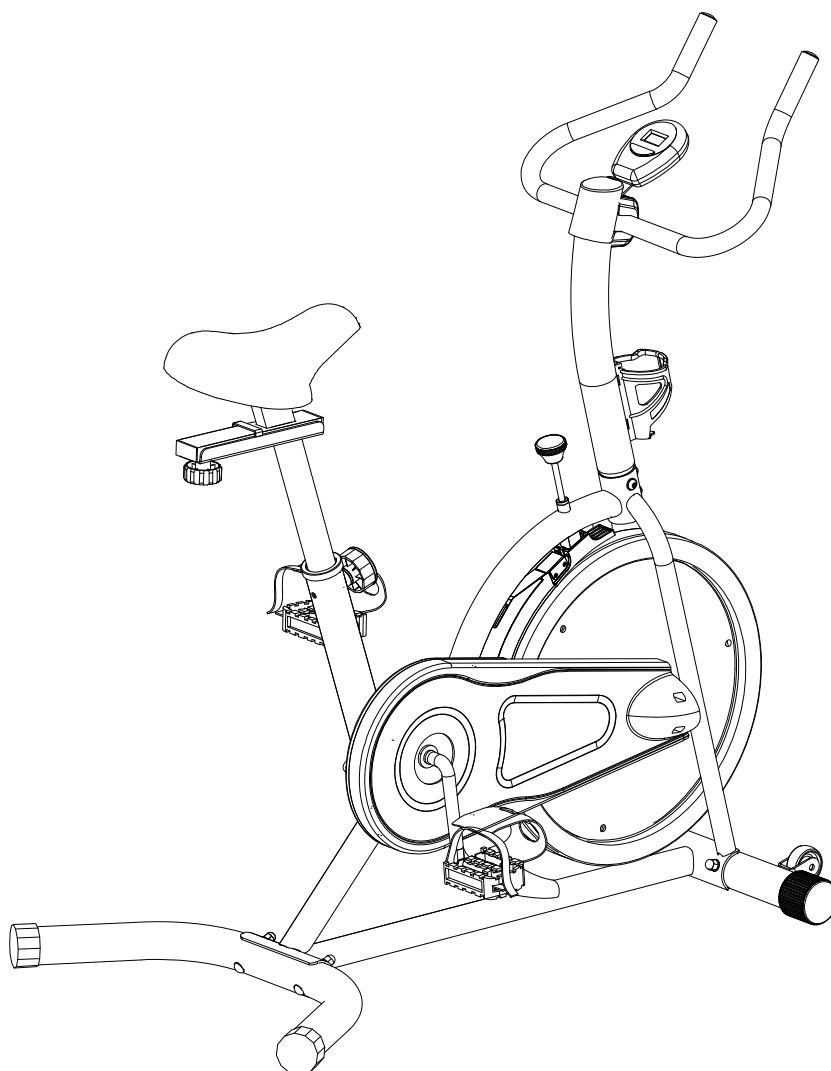


TRAINING CYCLE



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. 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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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

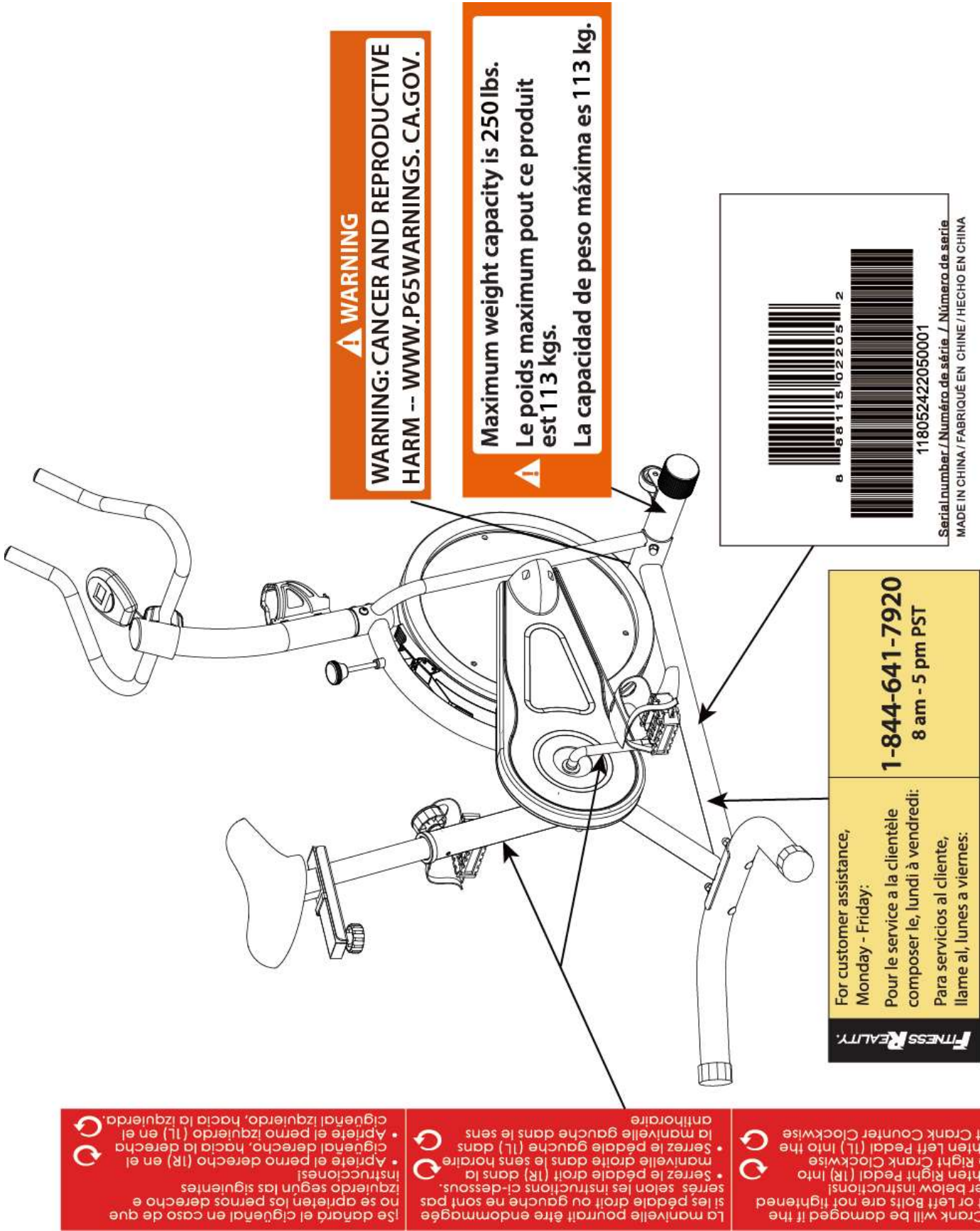
Please have the following information ready when requesting for service:

- 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

LABEL PLACEMENT



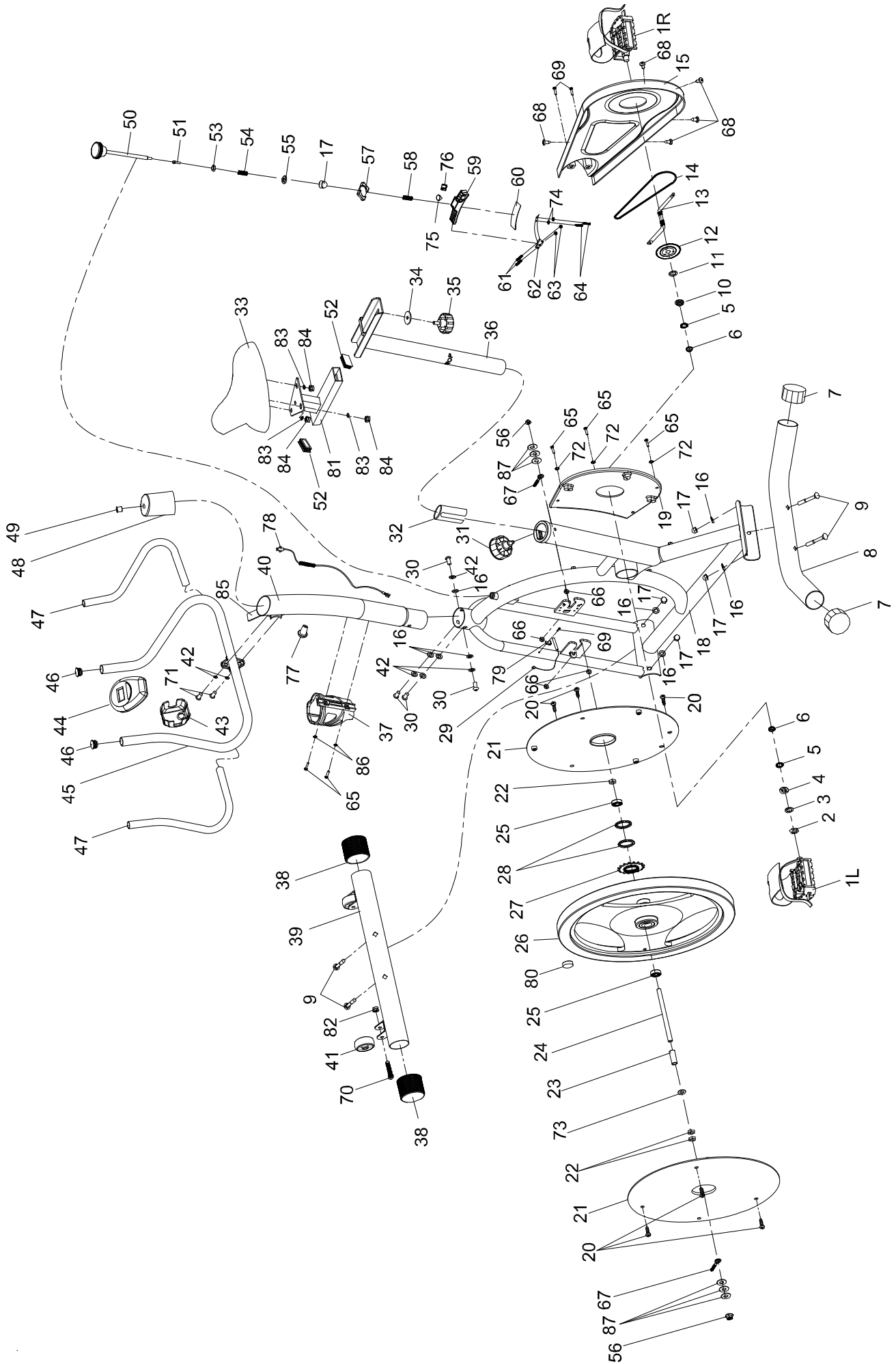
IMPORTANT SAFETY GUIDELINES

Read all instructions before using the Training Cycle. 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. Only one person should be using the equipment at a time.
4. Never operate this Training Cycle 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 Training Cycle again.
5. Always use this equipment on a clear and level surface.
6. For household use only.
7. Do not use outdoors or near water.
8. Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
9. Do not wear loose clothing when using the equipment.
10. Never drop or insert any object into any opening.
11. 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.
12. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
13. **DO NOT** pedal in reverse.
14. This product requires a minimum of 7 square feet of space for safe operation.
15. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
16. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
17. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
18. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
19. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using the Bike.
20. **Warning:** - Before beginning any exercise program consult your physician. This is especially important for the people over the age of 35 years old or who have pre-existing health problems. Read all the instructions before using any fitness equipment.
21. **WARNING: CANCER AND REPRODUCTIVE HARM--**WWW.P65WARNINGS.CA.GOV

The maximum weight capacity for this product is 250 lbs/113 kgs. DO NOT EXCEED MAXIMUM WEIGHT CAPCITY.

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1L	LEFT PEDAL	1
1R	RIGHT PEDAL	1
2	NUT 7/8"	1
3	WASHER(L) $\phi 35 \times 22.8 \times 2$	1
4	FIXING WASHER(L) 7/8"	1
5	COLLAR BALL/ COLLAR HOUSING $\phi 44.5$	2
6	COLLAR HOUSING $\phi 55.5 \times 16$	4
7	ADJUSTABLE END CAP 62×42	2
8	REAR STABILIZER	1
9	CARRIAGE BOLT $M8 \times 57$	4
10	FIXING WASHER (R) $15/16"$	1
11	WASHER (R) $\phi 40 \times 2.5$	1
12	CHAIN WHEEL	1
13	CRANK $\phi 16 \times 140$	1
14	CHAIN	1
15	OUTER CHAIN COVER $677 \times 280 \times 29$	1
16	ARC WASHER $\phi 8$	8
17	CAP NUT M8	5
18	MAIN FRAME	1
19	INNER CHAIN COVER $277 \times 260 \times 18.5$	1
20	SCREW $ST4.2 \times 9.5$	6

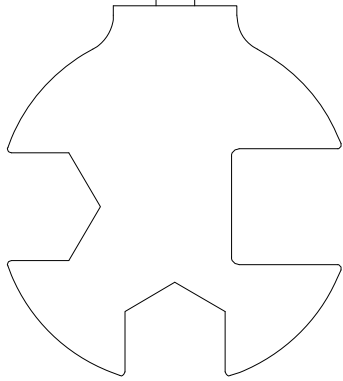
No.	Description	Qty
21	FLYWHEEL COVER $\phi 387 \times 6.5$	2
22	FIXING NUT $M10 \times 1.0$	3
23	FIXING TUBE $\phi 13.6 \times \phi 10.3 \times 35$	1
24	FLYWHEEL SHAFT $\phi 10 \times 155$	1
25	BEARING 6000ZZ	2
26	FLYWHEEL	1
27	CHAIN WHEEL 16T(1.37")	1
28	LOCK NUT $M33 \times 1 \times 4$	2
29	SENSOR WIRE 250mm	1
30	BOLT $M8 \times 15$	4
31	SPRING ADJUSTMENT KNOB $\phi 57 \times 62$	1
32	PLASTIC SLEEVE 38.1×2.0	1
33	SEAT	1
34	FLAT WASHER $\phi 32 \times \phi 8.2 \times 2$	1
35	ADJUSTMENT KNOB $\phi 52 \times 47$	1
36	SEAT POST	1
37	BOTTLE HOLDER $117 \times 85 \times 90$	1
38	FRONT END CAP $\phi 65 \times 46$	2
39	FRONT STABILIZER	1
40	HANDLE BAR POST	1
41	WHEEL $\phi 50 \times 23$	2

PARTS LIST

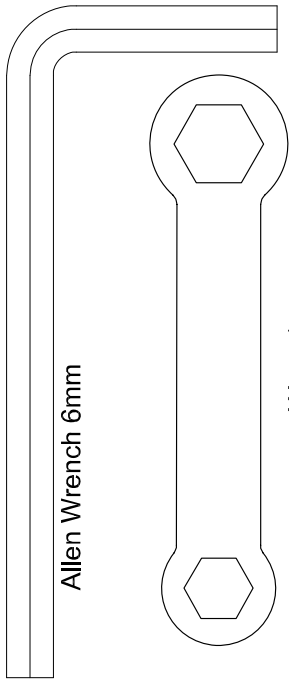
No.	Description	Qty
42	SPRING WASHER $\phi 8$	6
43	HANDLEBAR COVER	1
44	CONSOLE	1
45	HANDLEBAR	1
46	END CAP $\phi 25 \times 1.5$	2
47	FOAM GRIP $\phi 23 \times \phi 29 \times 500$	2
48	HANDLEBAR COVER 115*89*75	1
49	LITTLE END CAP $\phi 13$	1
50	BRAKE HANDLE $\phi 40 \times 118$	1
51	SLEEVE $\phi 16 \times 25$	2
52	END CAP 40*20*1.5	2
53	FIXING NUT M8	1
54	SPRING $\delta 1.8 \times 25$	1
55	FLAT WASHER $\phi 8$	1
56	FIXING NUT M10*1.0	2
57	RUBBER/SPRING COVER 32*23*2	1
58	SPRING $\phi 2.2$	1
59	PLASTIC FRAME 200*47*30	1
60	WOOLLY BLOCK 113*25*5	1
61	BOLT M5*30	2
62	TENSION ARM	1
63	NYLON NUT M5	2
64	BOLT M5*10	2

No.	Description	Qty
65	SCREW ST4.2X19	5
66	BOLT M6	4
67	FIXING BOLT M6*55	2
68	SCREW ST4.2*9.5	5
69	SCREW ST4.2*16	3
70	BOLT M8*40	2
71	BOLT M8*30	2
72	FLAT WASHER $\phi 6$	3
73	LITTLE WASHER $\phi 16$	1
74	SPRING WASHER $\phi 5$	2
75	SPRING $\phi 16.4 \times 16$	1
76	SPRING COVER 14*9*14	1
77	LITTLE END CAP $\phi 14 \times 14$	1
78	SENSOR Wire 350mm	1
79	FIXING FRAME	1
80	MAGNET $\phi 15 \times 7$	1
81	SEAT BRACKET	1
82	NYLON NUT M8	2
83	WASHER $\phi 8$	3
84	NUT M8	3
85	CONSOLE POST	1
86	FLAT WASHER $\phi 5$	2
87	FLAT WASHER $\phi 10$	6

2205 HARDWARE PACK



Multi Hex Tool with Phillips Screwdriver
S13, 14, 15

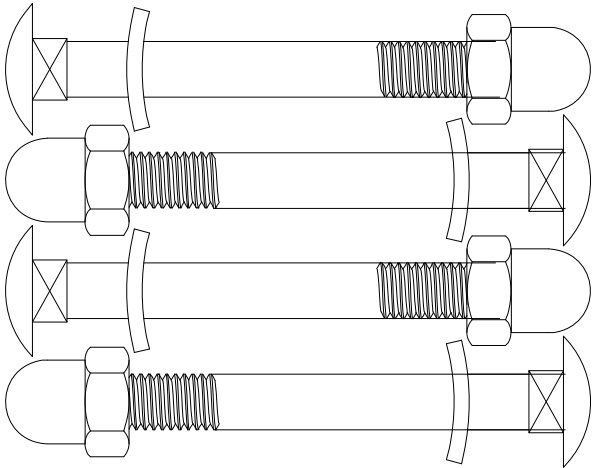


Allen Wrench 6mm

Wrench

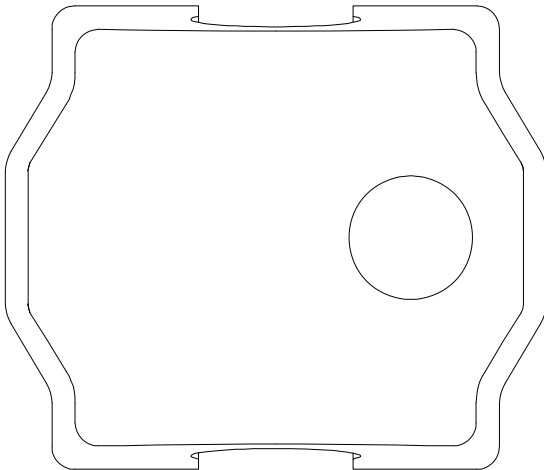
STEP 1

NO. 9 NO. 16 NO. 17



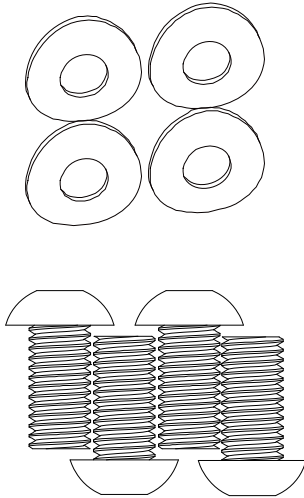
STEP 4

NO. 43

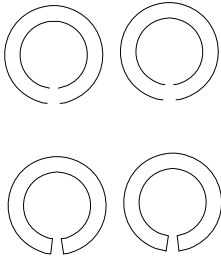


STEP 3

NO. 30 NO. 16



NO. 42



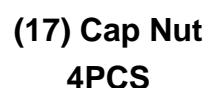
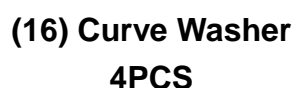
TOOLS



1A Installing The Front Stabilizer: Position the **Front Stabilizer (39)** with the **Wheels (41)** onto the front curve of the **Main Frame (18)** and align the bolt holes. Secure the **Front Stabilizer (39)** in place with two **Carriage Bolts (9)**, two **Curve Washers (16)**, and two **Cap Nuts (17)**. Tighten the **Cap Nuts (17)** with the **Multi-Hex Tool with Phillips Screwdriver** provided.

1B Installing The Rear Stabilizer: Position the **Rear Stabilizer (8)** onto the rear curve of the **Main Frame (18)** and align the bolt holes. Secure the **Rear Stabilizer (8)** in place with two **Carriage Bolts (9)**, two **Curve Washers (16)**, and two **Cap Nuts (17)**. Tighten the **Cap Nuts (17)** with the **Multi-Hex Tool with Phillips Screwdriver** provided.

HARDWARE PACK



ASSEMBLY

PRE-INSTALLED

HARDWARE



(83) Flat Washer
3PCS



(84) Nylon Nut
3PCS

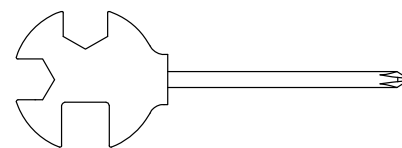


(34) Flat Washer
1PC

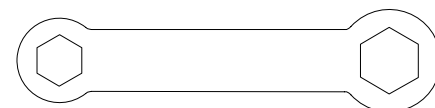


(35) Seat Adjustment
Knob
1PC

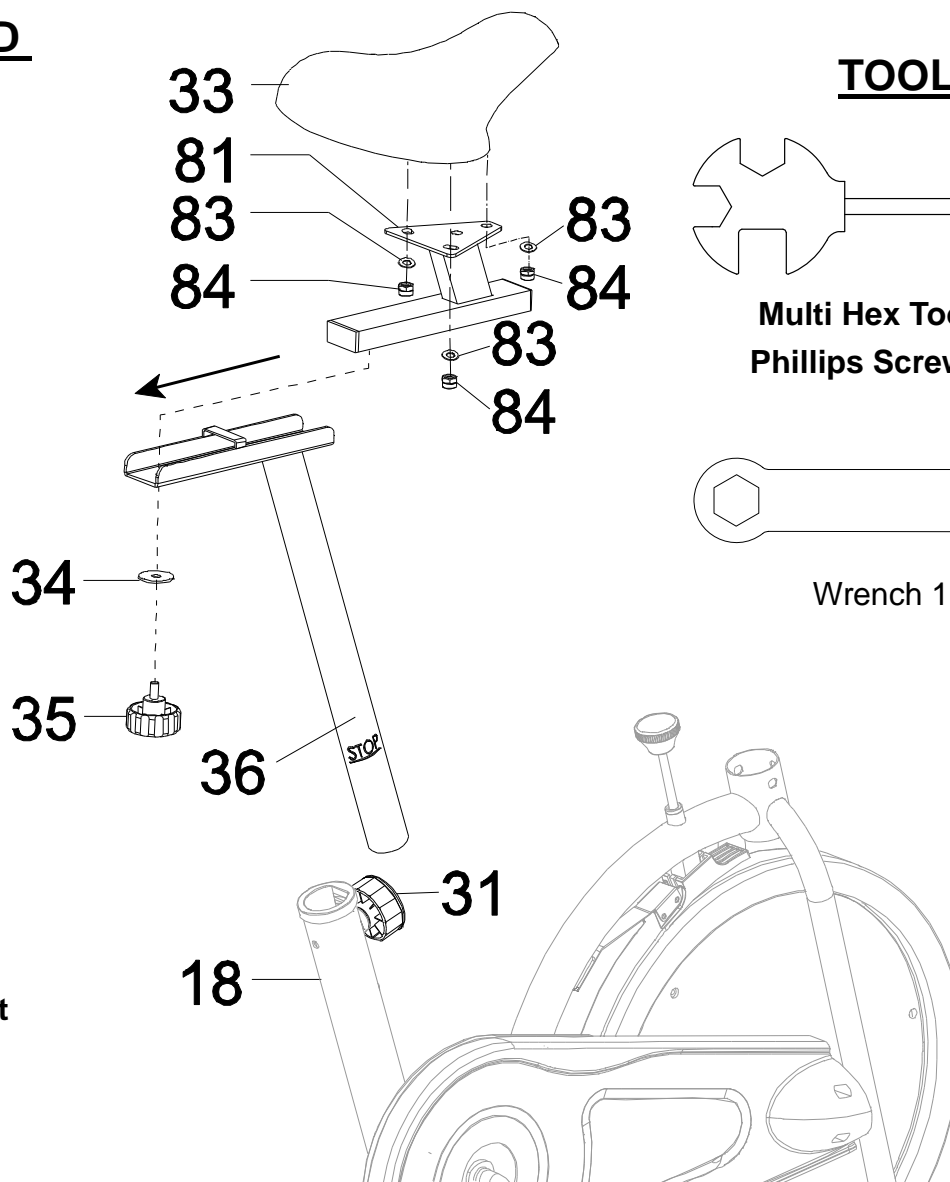
TOOL



Multi Hex Tool with
Phillips Screwdriver



Wrench 1PC



STEP 2

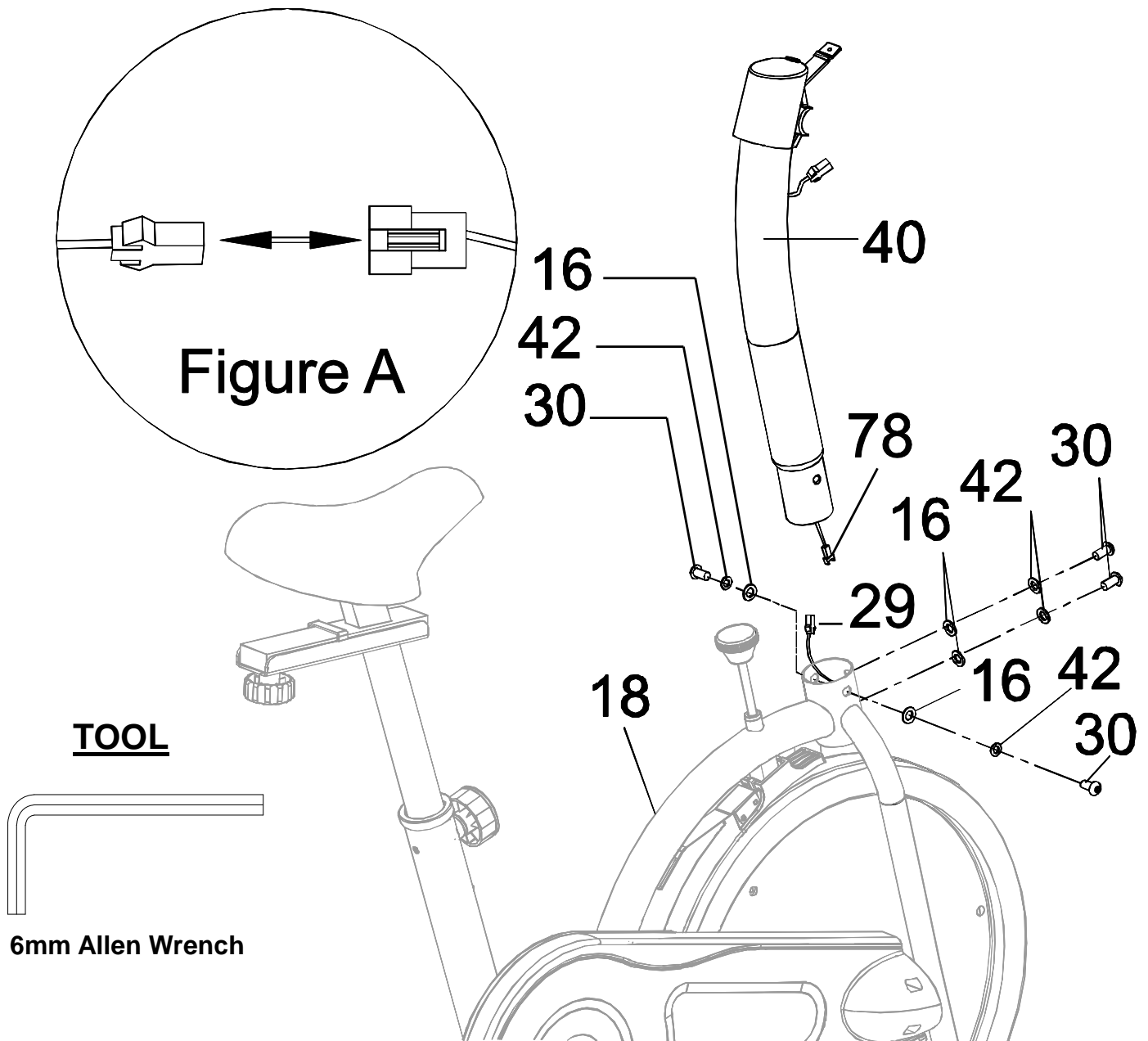
2A Seat Installation: Remove the three **Nylon Nuts (84)** and three **Flat Washers (83)** from the underside of the **Seat (33)**. Place the **Seat (33)** onto the **Seat Bracket (81)**. Attach the **Seat (33)** onto the **Seat Bracket (81)** using the previously removed **Nylon Nuts (84)** and **Flat Washers (83)**. Then tighten the **Nylon Nuts (84)** using the **Wrench** provided.

2B Seat Bracket Installation: Remove the **Adjustment Knob (35)** and the **Flat Washer (34)** from the bottom of the **Seat Bracket (81)**. Position the **Seat Bracket (81)** onto the top of the **Seat Post (36)**. Slide the **Seat Bracket (81)** back along the **Seat Post (36)**. Secure the **Seat Bracket (81)** to the **Seat Post (36)** by installing the **Adjustment Knob (35)** with one **Flat Washer (34)**.

Tip: When adjusting the height of the vertical **Seat Post (36)**. **DO NOT** exceed the **STOP** line on the **Seat Post (36)**; the height of the STOP line cannot be higher than the top of the tube of the **Main Frame (18)**.

2C Seat Post Installation: Insert the **Seat Post (36)** into the tube of the **Main Frame (18)**. Turn the **Spring Adjustment Knob (31)** COUNTER CLOCKWISE. Pull and hold while inserting the **Seat Post (36)** into the **Main Frame (18)**. Release the **Spring Adjustment Knob (31)** and slide the **Seat Post (36)** up or down slightly until the **Spring Adjustment Knob (31)** "POPS" into the locked position. Secure the **Seat Post (36)** by turning the **Spring Adjustment Knob (31)** in a CLOCKWISE direction.

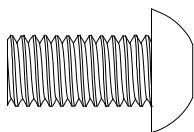
ASSEMBLY



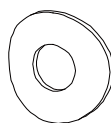
STEP 3

3A Handlebar Post Installation: Connect the **Sensor Wire (78)** from the bottom of the **Handle Bar Post (40)** to the **Sensor Wire (29)** coming from the **Main Frame (18)** as shown in **Figure A**. Insert the **Handlebar Post (40)** into the **Main Frame (18)** and secure it using four **Bolts (30)**, four **Curve Washers (16)** and four **Spring Washers (42)**. Tighten the **Bolts (30)** with the **6mm Allen Wrench** Provided.

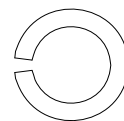
HARDWARE PACK



(30) Bolt
4PCS



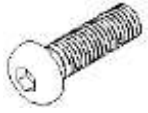
(16) Curve Washer
4PCS



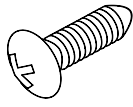
(42) Spring Washer
4PCS

ASSEMBLY

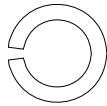
PRE-INSTALLED HARDWARE



(71) Bolt
2PCS



(65) Screws
2PCS



(42) Spring Washer
2PCS

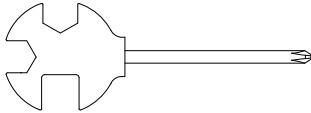


(75) Flat Washer
2PCS



(43) Handlebar Cover
1PC

TOOLS



Multi Hex Tool with
Phillips Screwdriver



6mm Allen Wrench

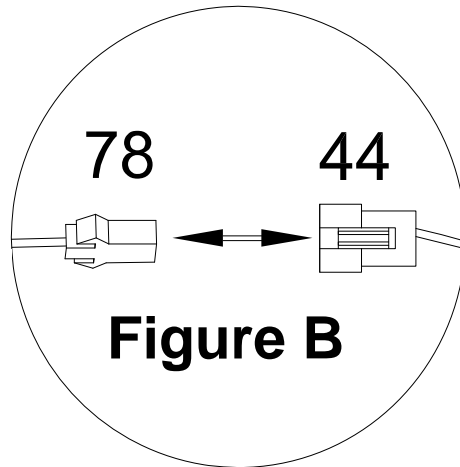
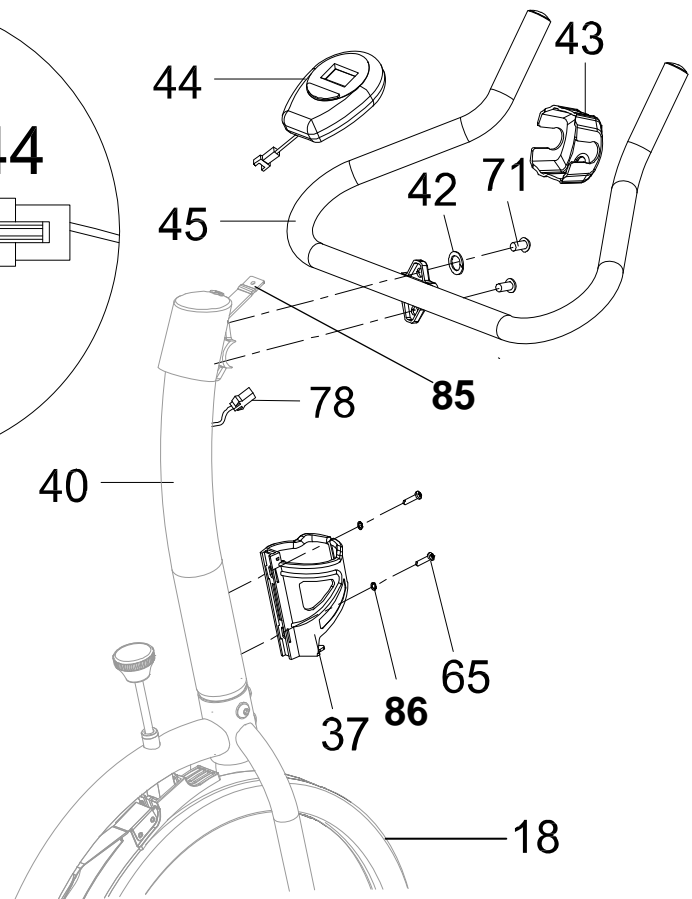


Figure B



STEP 4

4A Handlebar Post Installation: Remove the two **Bolts (71)** and two **Spring Washers (42)** from the **Handlebar Post (40)**. Attach **Handlebar (45)** onto the **Handlebar Post (40)** by aligning the bolt holes and inserting two **Bolts (71)**, with two **Spring Washers (42)** and tighten with **6mm Allen Wrench**.

4B Console Installation: Slide the **Console (44)** onto the **Console Post (85)**. Connect the **Sensor Wire (78)** from the **Handlebar Post (40)** to the wire at the back of the **Console (44)**. See **Figure B**.

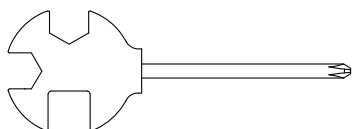
4C Bottle Holder Installation: Remove the two **Screws (65)** and two **Flat Washers (86)** from the **Handlebar Post (40)**. Attach the **Bottle Holder (37)** onto the **Handlebar Post (40)** with two **Screws (65)** and two **Flat Washers (86)**, and tighten with the **Multi Hex Tool with Phillips Screwdriver** provided.

4D Handlebar Cover Installation: Take the **Handlebar Cover (43)** and firmly press it onto the center of the **Handlebar (45)**, so that it covers the two **Spring Washers (42)** and two **Bolts (71)**.

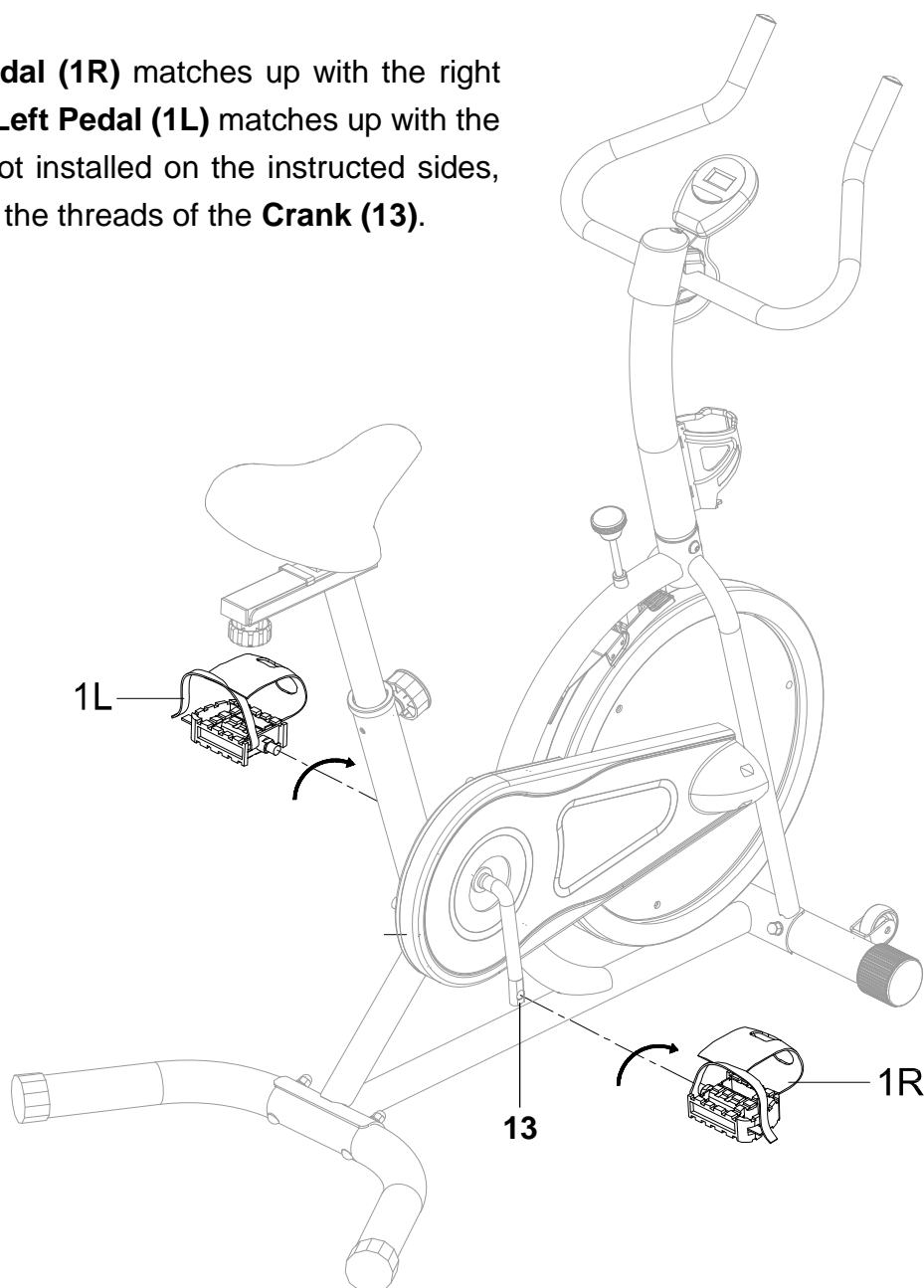
IMPORTANT

Make sure the **Right Pedal (1R)** matches up with the right side **Crank (13)** and the **Left Pedal (1L)** matches up with the left side **Crank (13)**. If not installed on the instructed sides, the Pedal shafts will strip the threads of the **Crank (13)**.

TOOL



**Multi Hex Tool with
Phillips Screwdriver**



STEP 5

Tip: The Cranks and Pedals are marked “**R**” for **Right** and “**L**” for **Left**. Install the **Pedals** in the direction instructed or otherwise the **Crank (13)** will be stripped.

5A Right Pedal Installation: Insert the **Right Pedal (1R)** STRAIGHT into the threaded hole in the **right side** of the **Crank (13)** in the CLOCKWISE direction. Fully tighten the **Right Pedal (1R)** with the **Multi-Hex Tool with Phillips Screwdriver** in the CLOCKWISE direction.

5B Left Pedal Installation: Insert the **Left Pedal (1L)** STRAIGHT into the threaded hole in the **left side** of the **Crank (13)** in the COUNTER-CLOCKWISE direction. Fully tighten the **Left Pedal (1L)** with the **Multi-Hex Tool with Phillips Screwdriver** in the COUNTER-CLOCKWISE direction.

CONSOLE

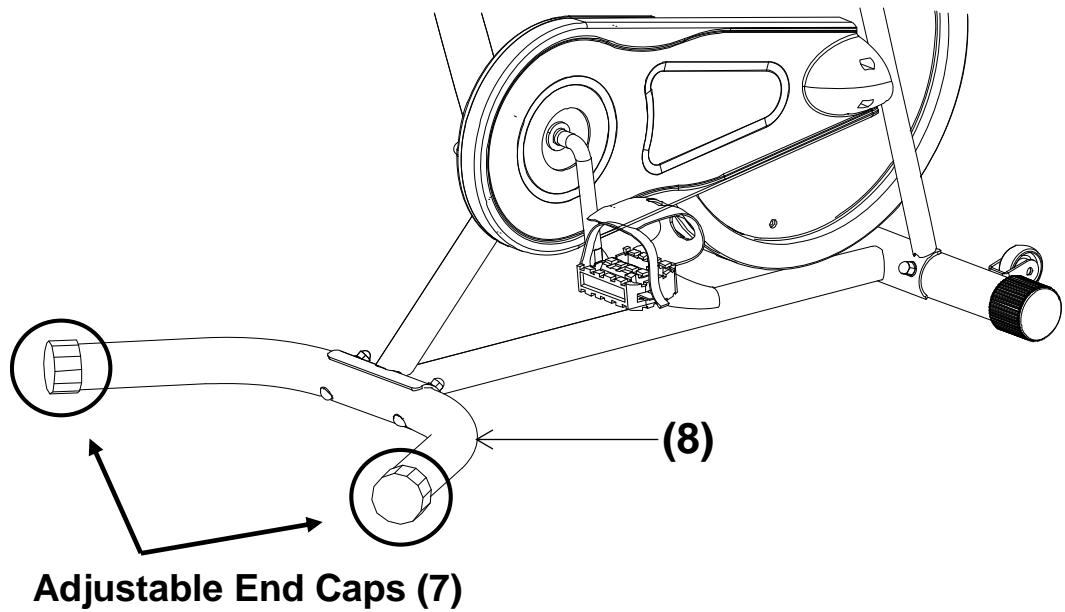


SPECIFICATION	Auto Scan	Every 4 seconds
	Time	00:00~99:59 Minutes:Seconds
	Speed	0.0~99.9 Miles/Hour
	Distance	0.000~99.99 Miles
	Calorie	0.00~999.9 Calories

COMPUTER FUNCTION:	
Power On	Press the MODE button to turn on the console. The unit will display the statistics of the last workout session.
Reset	Press the MODE button for 3 seconds to reset the workout statistics.
Scan	Press the MODE button until the arrow (▲) displays on left up side of the display. The computer will automatically scan the function of TIME, SPEED, CALORIE, and DISTANCE every 4 seconds.
Time	Press the mode key until the arrow (▲) points to "TIME" to display your elapsed workout time in minutes and seconds. The computer will automatically count up from 00:00~99:59 in one second intervals.
Speed	When the arrow (▲) points to "SPEED" the console will display your workout speed in miles per hour.
Distance	When the arrow (▲) points to "DIST" the console will display the distance traveled during the workout, up to a maximum of 99.99 miles.
Calories	When the arrow (▲) points to "CAL" the console will display the estimated calories burned up to that time during the workout. The display will count from 0 to 999.9 calories.
Auto off	The console will shut off after 4 minutes of inactivity when the bike is not in use.

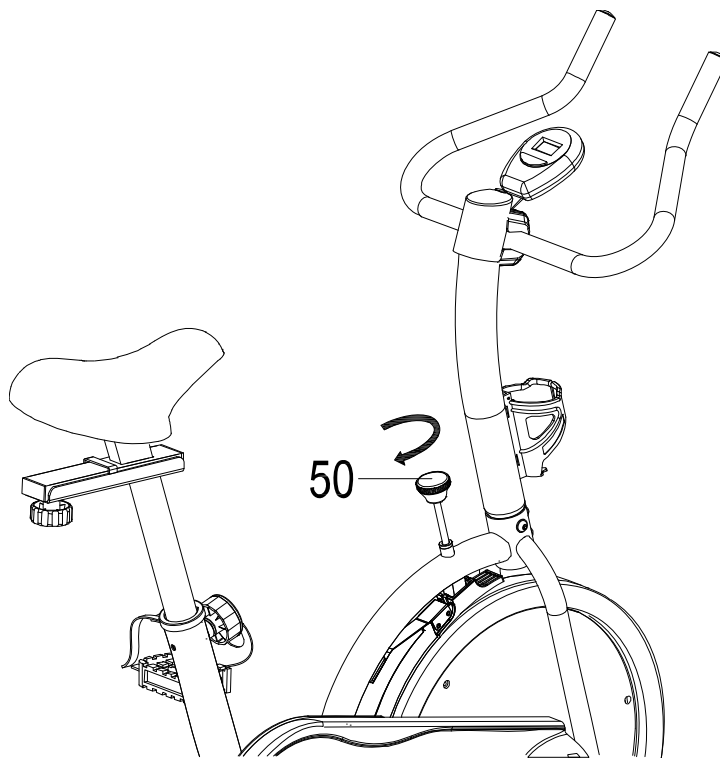
HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover at the rear of console.
2. Place ONE "SIZE-AA" battery into the battery housing.
3. Ensure battery is correctly positioned and battery springs are making contact with the battery.
4. Re-install the battery cover.
5. If the display is illegible or only partial legible, remove battery and wait 15 seconds before reinstalling.



How To Level The Bike

Turn the **Adjustable End Caps (7)** on the **Rear Stabilizer (8)** as needed to level the bike and prevent wobbling.



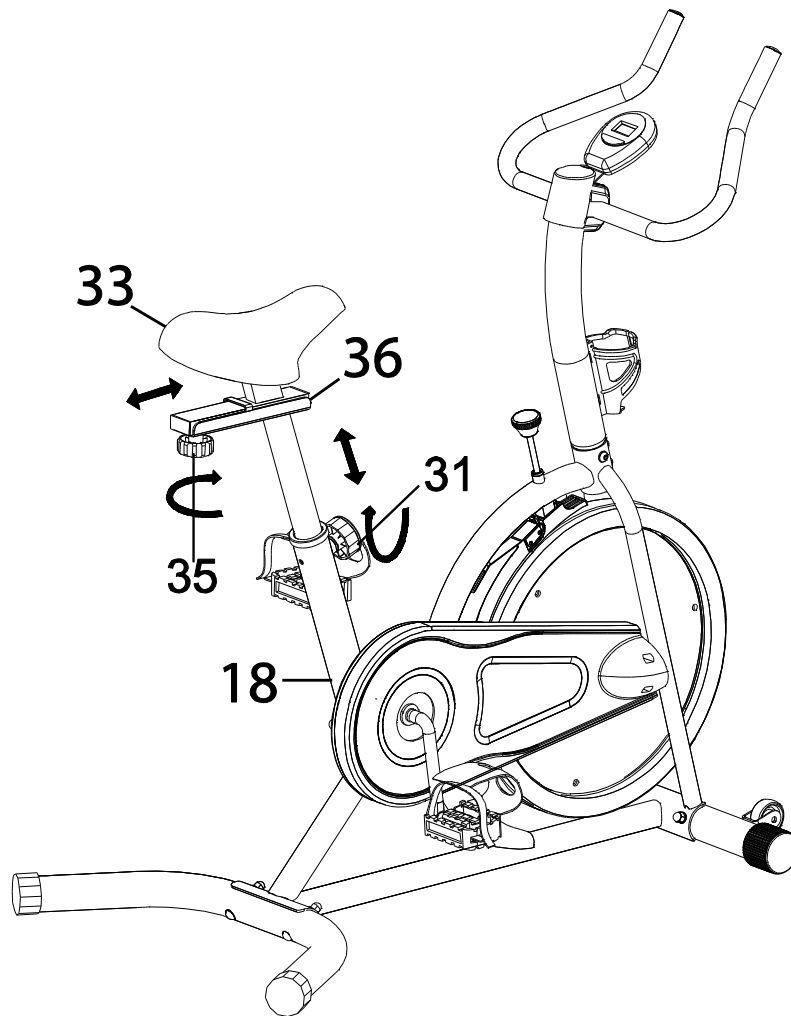
Adjusting the Tension Control Knob

Increase Tension:

Turn the **Tension Control Knob (50)** CLOCKWISE. ↻

Decrease Tension:

Turn the **Tension Control Knob (50)** COUNTER-CLOCKWISE. ↺



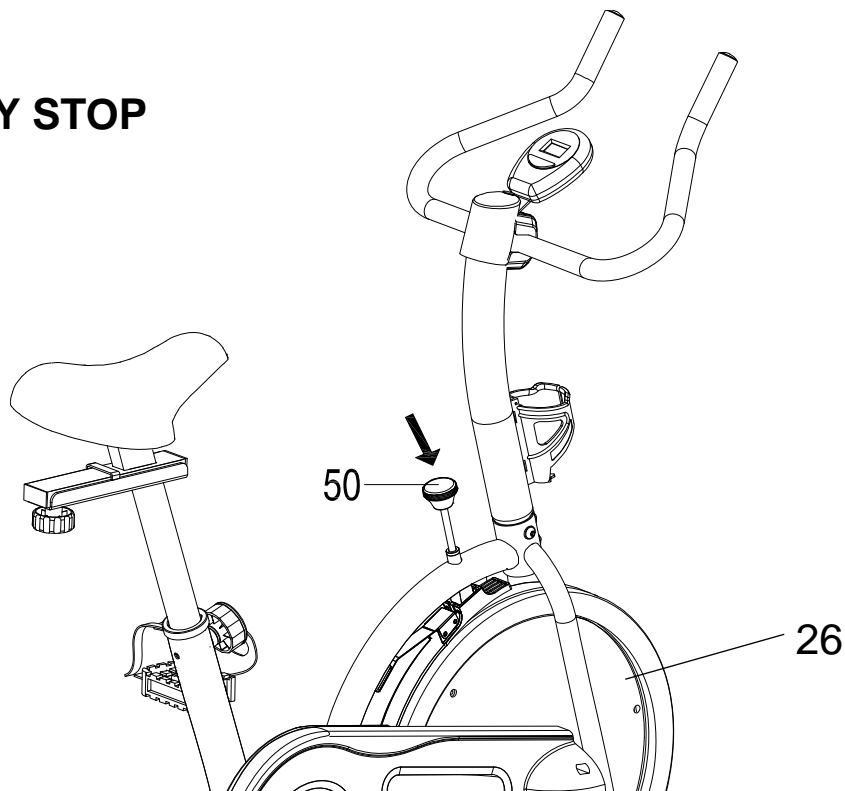
Seat And Seat Post Adjustment

Seat Adjustment: Loosen the **Adjustment Knob (35)** by turning it in a COUNTER CLOCKWISE direction, and move the **Seat (33)** forward or backward to the desired position. Tighten the **Adjustment Knob (35)** to secure the **Seat (33)** at the desired position by turning it in a CLOCKWISE direction.

Seat Post Adjustment: Loosen the **Spring Adjustment Knob (31)** by turning it in a COUNTER-CLOCKWISE direction. When loosened, the **Spring Adjustment Knob (31)** can be pulled forward slightly to release the **Seat Post (36)**, allowing it to slide up and down. Release the **Spring Adjustment Knob (31)** at the desired height and shift the **Seat Post (36)** up and down slightly to make sure it “POPS” into one of the nearest available height adjustment holes on the **Seat Post (36)**. Tighten the **Spring Adjustment Knob (31)** by turning it in a CLOCKWISE direction in order to secure the height of the **Seat Post (36)**.

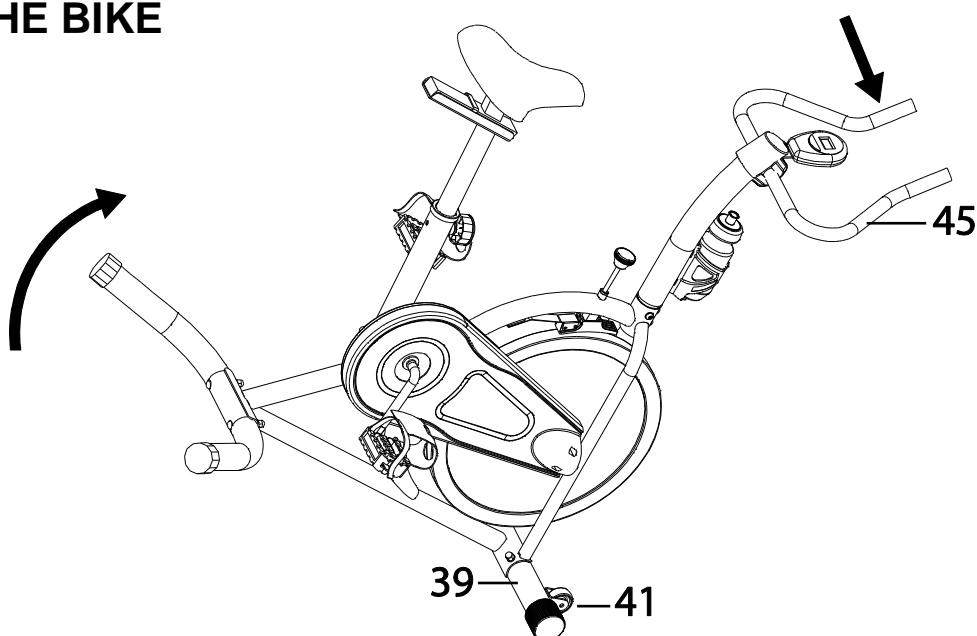
Tip: When adjusting the height of the vertical **Seat Post (36)**, **DO NOT** exceed the **STOP** line on the **Seat Post (36)**. The word **STOP** line cannot be higher than the top of the **Main Frame (18)** tube.

EMERGENCY STOP



To immediately **STOP** exercising and bring the Flywheel (26) to a **STOP**, press down firmly onto the Tension Control Knob (50). Continue holding down the Tension Control Knob (50) until the machine comes to a complete stop.

MOVING THE BIKE



To move the bike, carefully tilt the Handlebar (45) forward until the Wheels (41) on the Front Stabilizer (39) makes contact with the ground. Keep the bike balanced on the Wheels (41) and carefully move the bike to the desired location, then gently lower the bike to the floor.

TROUBLE SHOOTING

PROBLEM: The training bike wobbles when in use.

SOLUTION: Turn the **Adjustable End Caps (7)** on the **Rear Stabilizer (8)** as needed to level the bike.

PROBLEM: The training bike makes a squeaking noise when in use.

SOLUTION: The bolts and other hardware may be loose on the training bike. Inspect all of the parts of the machine and tighten any loose parts.

MAINTENANCE

Cleaning

The training bike can be cleaned with a soft clean damp cloth.

Do not use abrasives or solvents on the plastic parts. Wipe your perspiration off the training bike after each use.

Inspect all of the assembly bolts, nuts, screws, and pedals on the machine for proper tightness on a weekly basis.

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:

COMPONENT	LENGTH OF WARRANTY
Structural Frame	1 year For Home Use Only
All Other Components	90 days For Home Use Only

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***