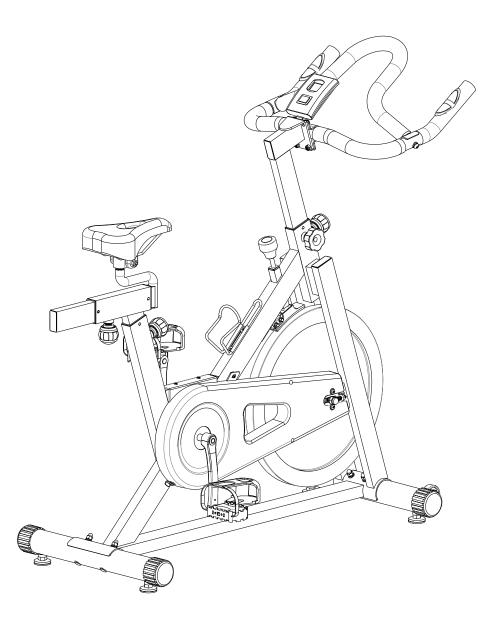


Indoor Training Bike





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



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:

1-844-641-7921 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 (8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday) 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 Response time may vary via calling Refer to our email for the best response time

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 PLACEMENTS



IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety guidelines when using this equipment. Read all of the guidelines before using this equipment.

- 1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.
- 2. Make sure all the components are not damaged and are in working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar, covering material on the ground is recommended.
- 3. Wear proper fitness apparel when using this equipment. Do not wear loose clothing or accessories that may get caught by any part of the equipment.
- 4. Make sure all the components are not damaged and are in working order before using this equipment.
- 5. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or moist condition.
- 6. Do not use the equipment outdoors. This equipment is for household use only.
- 7. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
- 8. Only one person should be on the equipment at a time. Keep children and pets away from the product at all times. This machine is designed for adults only.
- 9. Be careful to always hold onto the handlebars when you're mounting and dismounting. Be careful to have the pedals at their lowest point when stepping off.
- 10. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
- 11. This product requires a minimum of 6 square feet around for safe operation.
- 12. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
- 13. DO NOT pedal in reverse.
- 14. The maximum weight capacity for this product is 300lbs/136kg
- 15. WARNING: CANCER AND REPRODUCTIVE HARM--WWW.P65WARNINGS.CA.GOV.

WARNING: Before beginning any exercise program consult your physician. This is

especially important for the people who are over 35 years old or who have pre-existing health problems.

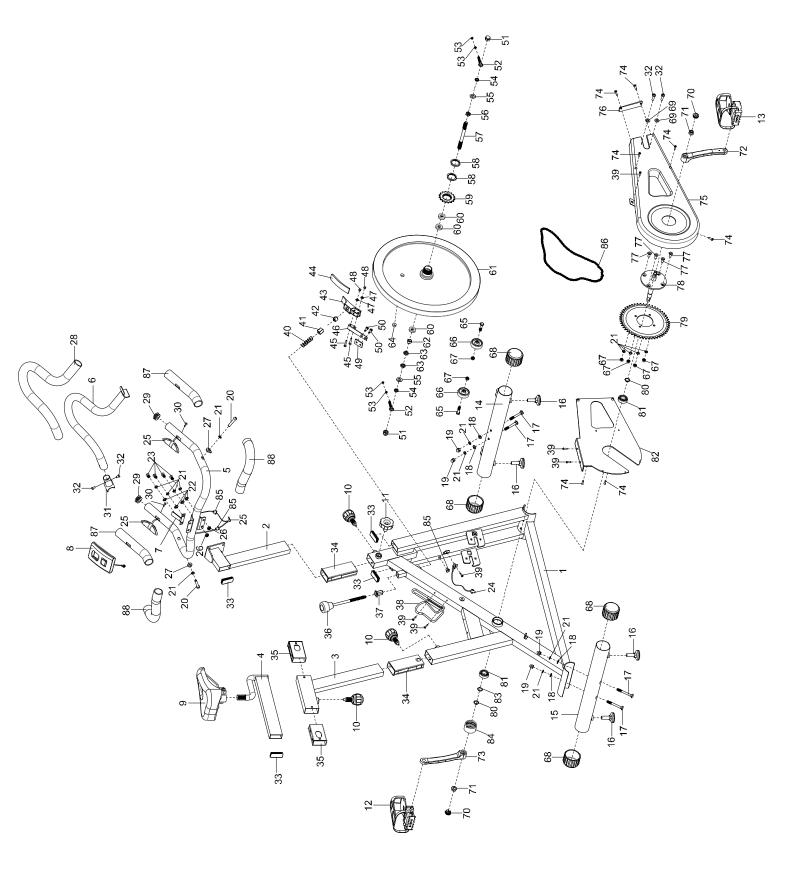
AWARNING: Risk of Personal Injury - Do not attempt to service the unit yourself.

Discontinue use and contact customer service.

ACAUTION: Read all instructions carefully before operating this product. Retain this

Owner's Manual for future reference.

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Handlebar Post	1
3	Seat Post	1
4	Seat Slide Tube	1
5	Hand Pulse Handlebar	1
6	Handlebar	1
7	Console Bracket 64*60*δ2.5	1
8	Console	1
9	Seat	1
10	Round Knob M16*1.5*18	3
11	Lock Knob M16*1.5*20	1
12	Left Pedal	1
13	Right Pedal	1
14	Front Stabilizer	1
15	Rear Stabilizer	1
16	Adjustable Leveler M12*30	4
17	Carriage Bolt M8*75	4
18	Curved Washer φ8*φ16*1.5	4
19	Cap Nut M8	4
20	Hex Bolt M8*45	2
21	Spring Washer φ8	14
22	Flat Washer Ф8*Ф16*1.5	4
23	Hex Bolt M8*20	4
24	Sensor Wire L=700mm	1
25	Hand Pulse Sensor Wire	1
	L=750mm	
26	Lock Nut M8	2
27	Big Curved Washer Ф8*Ф20*2	2
28	Foam	1
29	End Cap	2
30	Cross pan head self-tapping	2
	screws ST4.2*20	

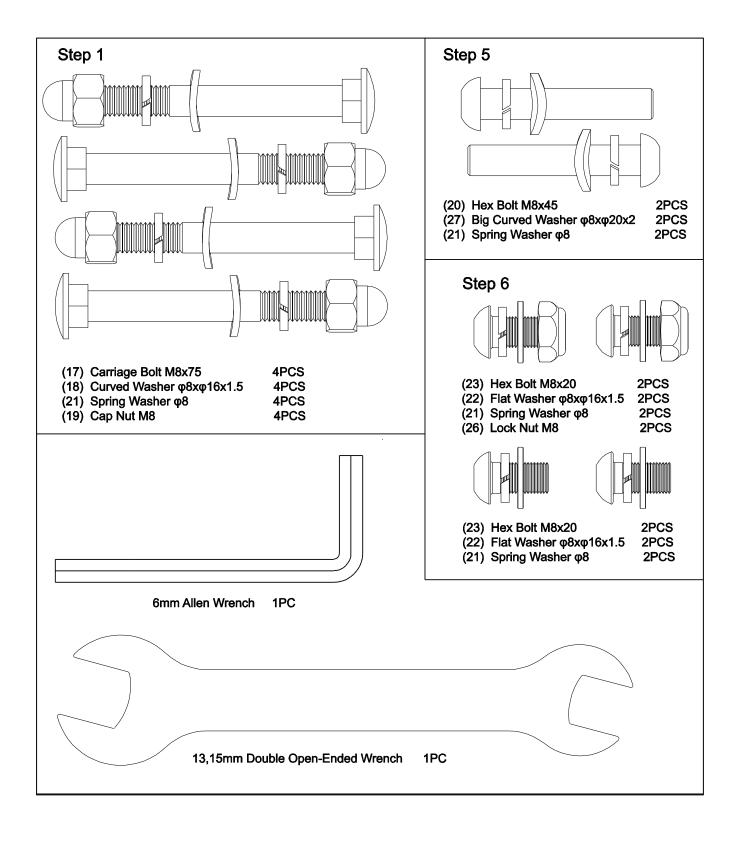
No.	Description	Qty
31	Small Handlebar Connector	1
32	Phillips pan head screws M6*10	4
33	Square End Cap	4
34	Bushing 150mm	2
35	Bushing 98mm	2
36	Brake Knob	1
37	Square Bushing 20*20*30	1
38	Bottle Holder	1
39	Cross pan head self-tapping	6
	screws ST4.2*20	
40	Spring φ15*φ2*60	1
41	Square Nut 15*15*20*M10	1
42	Tapered Nut	1
43	Brake Bracket 119*30*35	1
44	Brake Pad 115*25*6	1
45	Hex Bolt M5*35	2
46	Spring Plate δ1.5	1
47	Flat Washer Φ5*Φ10*1.0	2
48	Cap Nut M5	2
49	Rubber Pad 38*25*ō4.0	1
50	Hex Bolt M6*15	2
51	Cap Nut M12	2
52	Eyebolt M6*48	2
53	Hex Nut M6	4
54	Spacer Ф16*Ф12*5	2
55	Flat Washer Φ12*Φ24*2.5	2
56	Taper Hex Nut M12*1.0*7	1
57	Flywheel Axle M12*152	1
58	Lock Nut φ41*M33*1.0*4	2
59	Small Chain Wheel	1
60	Bearing	3

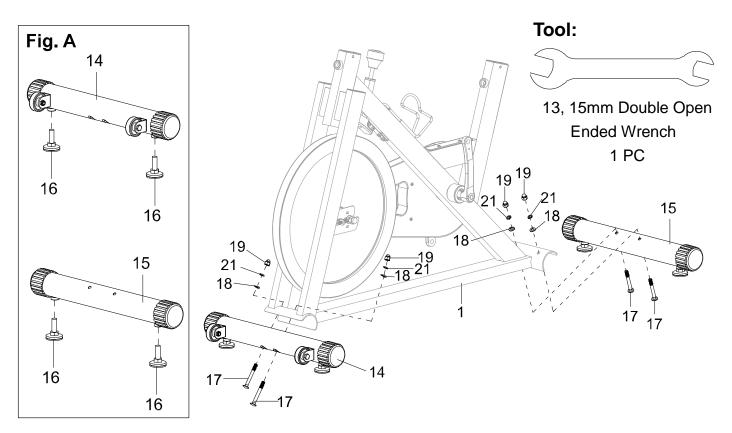
PARTS LIST

No.	Description	Qty
61	Flywheel Φ453*35	1
62	Flywheel Sleeve Ф18*Ф12*11	1
63	Hex Nut M12*1.0*7	2
64	Round Magnet Φ15*7	1
65	Hex Bolt M8*40	2
66	Transport Wheel Ф50*Ф8.5*21	2
67	Lock Hex Nut M8	6
68	Stabilizer End Cap φ60	4
69	Flat Washer Ф6*Ф16*1.2	2
70	Crank Cover	2
71	Flange Nut M10*1.25*9	2
72	Right Crank 9/16"	1
73	Left Crank 9/16"	1
74	Cross pan head self-tapping	
74	screws ST4.2*15	

No.	Description	Qty
75	Chain Cover	1
76	Rectangular Cover Plate	1
77	Phillips head screws	4
78	Belt Pulley Shaft Φ17*176	1
79	Chain Wheel Φ205*δ2.5	1
80	Sleeve	2
81	Bearing	2
82	Inner Chain Cover	1
83	Wave Washer Ф17*Ф21*0.3	1
84	Casing Ф45	1
85	Wire Plug Φ12.1	3
86	Chain	1
87	Foam Roller Ф31*Ф37*205	2
88	Foam Roller Φ31*Φ37*255	2

HARDWARE & TOOLS PACK





Step 1

1a. Attach the four Adjustable Levelers (16) onto the Front and Rear Stabilizers (14 / 15). See Fig.A.

1b. Front Stabilizer Installation: Lift up the front of the Main Frame (1), and attach the Front Stabilizer (14) onto the front curve of the Main Frame (1) using two Carriage Bolts (17), two Curved Washers (18), two Spring Washers (21), and two Cap Nuts (19). Then tighten the Cap Nuts (19) using the 13, 15 mm Double Open-Ended Wrench provided until they are firm and secure.

1c. Rear Stabilizer Installation: Remove the Metal Shipping Tube from the Rear of the Main
Frame (1) using the two 13, 15 mm Double Open-Ended Wrenches provided. Discard the tube and the hardware for they will not be needed to complete the bike assembly.

1d. Lift up the rear of the Main Frame (1), and attach the Rear Stabilizer (15) onto the rear curve of the Main Frame (1) using two Carriage Bolts (17), two Curved Washers (18), two Spring Washers (21), and two Cap Nuts (19). Then tighten the Cap Nuts (19) using the 13, 15 mm Double Open-Ended Wrench provided they are until firm and secure.

Hardware:



(17) Carriage Bolt M8x75 4PCS

(18)	Curved Washer

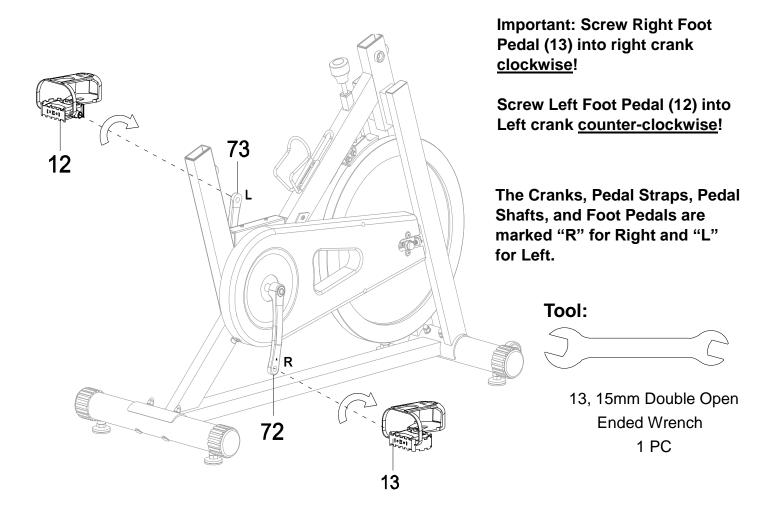
φ8xφ16x1.5 4PCS

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(19) Cap Nut M8 4PCS

(21) Spring Washer φ8 4PCS

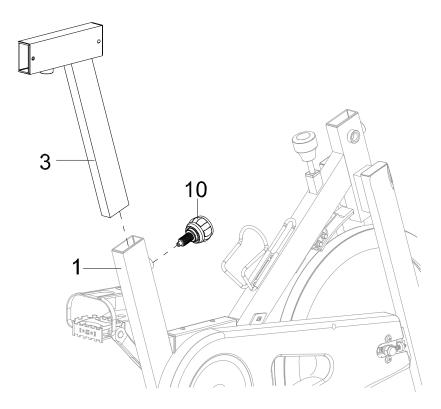


Step 2

2a. Insert the Left Pedal (12) into the threaded hole in the Left Crank (73). Turn the pedal shaft by hand in a counter-clockwise direction until snug.

Note: DO NOT turn the LEFT pedal shaft in a clockwise direction; doing so will strip the threads.

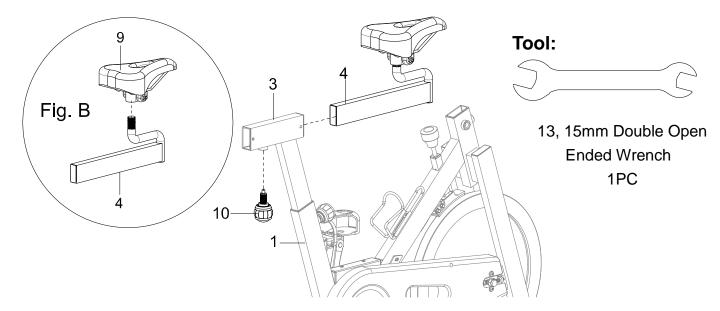
2b.Tighten the Left Pedal (12) using the 13, 15 mm Double Open-Ended Wrench provided. Insert the Right Pedal (13) into the threaded hole in the Right Crank (72). Turn the pedal shaft by hand in a clockwise direction until snug. Tighten the Right Pedal (13) using the 13, 15 mm Double Open-Ended Wrench provided.



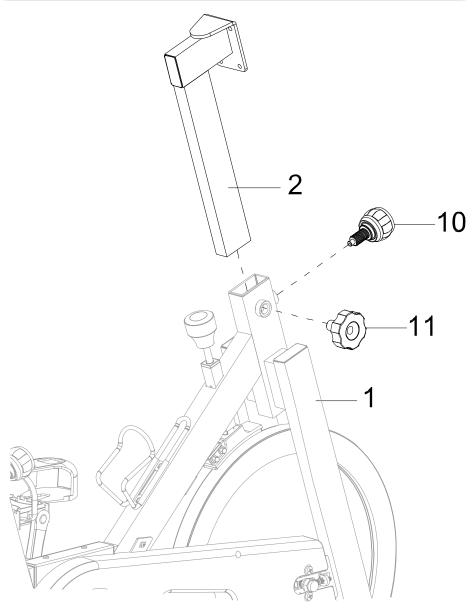
Step 3

3a.Turn the **Round Knob (10)** on **the Main Frame (1)** in a <u>counterclockwise</u> direction until it can be pulled out. Pull out the **Round Knob (10)** and then slide the **Seat Post (3)** up or down to a suitable position. Lock the **Seat Post (3)** in place by releasing the **Round Knob (10)** and sliding the **Seat Post (3)** up or down slightly until the **Round Knob (10)** "pops" into the locked position. Then tighten the **Round Knob (10)** in a clockwise direction.

NOTE: When adjusting the height of the seat post, the MAX line should NOT be higher than the edge of plastic bushing.



3b. Install the **Seat (9)** onto the **Seat Slide Tube (4)** and tighten using the one **13, 15 mm Double Open Ended Wrench** provided as shown in **Fig. B.** Insert the **Seat Sliding Tube (4)** into the **Seat Post (3)**, and attach the **Round Knob (10)** onto the tube of the **Seat Post (3)** by turning it in a <u>clockwise</u> direction.

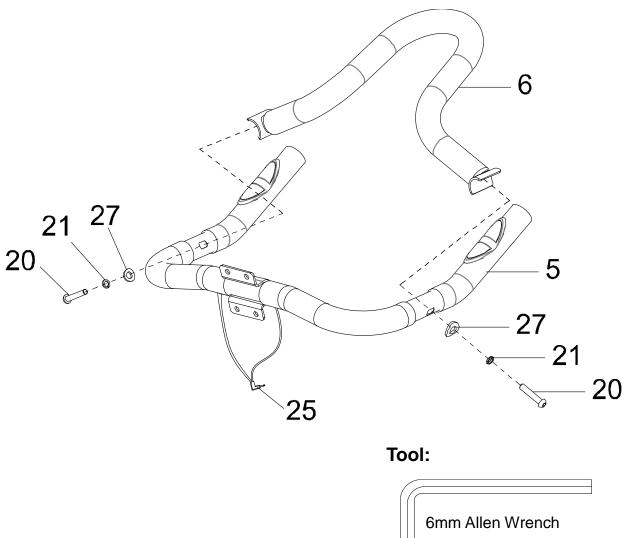


Step 4

4a. Insert the Handlebar Post (2) into the tube of the Main Frame (1) and then attach the Round Knob (10) onto the tube of the Main Frame (1).

NOTE: When adjusting the height of the handlebar post, the MAX line should not be higher than the edge of the plastic bushing.

4b. Finally, attach the **Lock Knob (11)** onto the side of the **Main Frame (1)** by turning it in a clockwise direction until firm and secured.



1 PC

Step 5

5a. Attach the **Handlebar (6)** onto the **Hand Pulse Handlebar (5)** with two **Big Curve Washers (27)**, two **Spring Washers (21)**, and two **Hex Bolts (20)**. Tighten the **Hex Bolts (20)** with the **6mm Allen Wrench** provided.

Hardware:

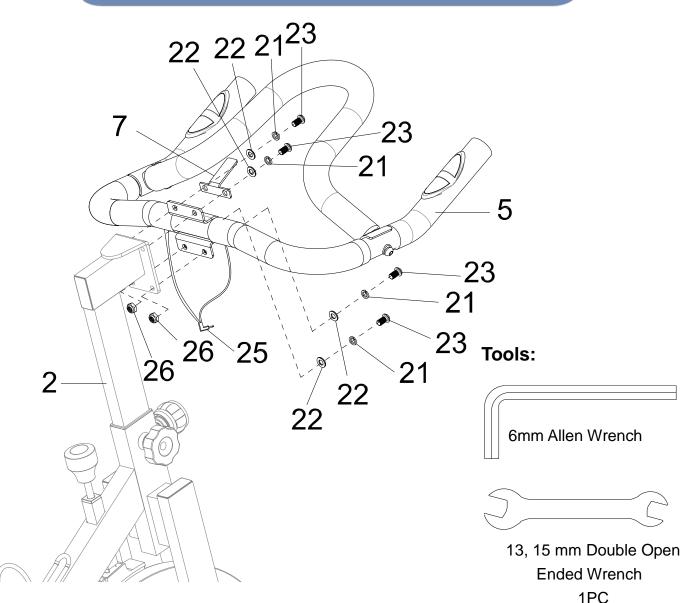


(20) Hex Bolt M8x45 2PCS



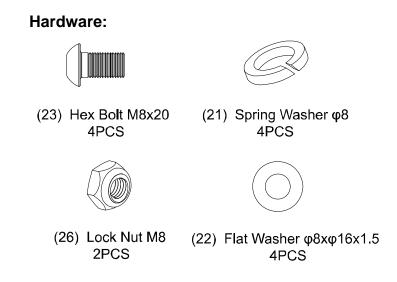
(21) Spring Washer φ8 2PCS

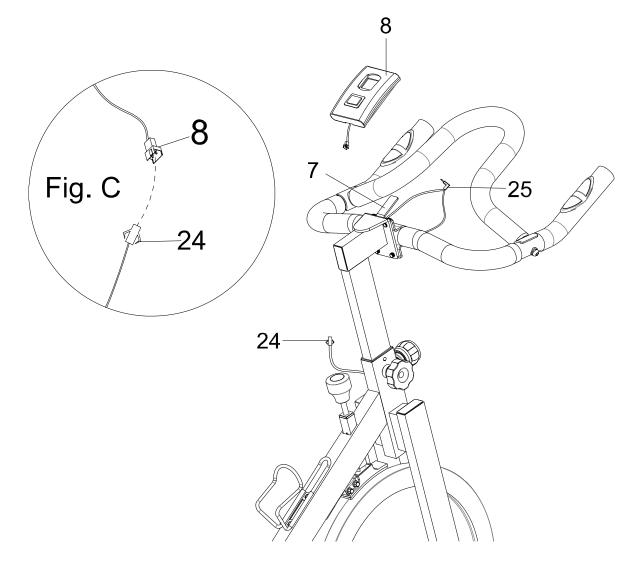
(27) Big Curved Washer φ8xφ20x2 2PCS



Step 6

6a. Attach the Console Bracket (7) and Hand Pulse Handlebar (5) onto the Handlebar Post (2) with four Hex Bolts (23), four Spring Washers (21), four Flat Washers (22) and two Lock Nuts (26). Tighten the Hex Bolts (23) and Lock Nuts (26) with the 6mm Allen Wrench and 13, 15 mm Double Open-Ended Wrench provided.





Step 7

7a. Securing The Console To The Bracket: Attach the Console (8) onto the Console Bracket (7).

7b.Connecting Sensor Wires: Connect the Sensor Wire (24) to the wire that comes from the Console (8). See Fig.B. Plug the Hand Pulse Sensor Wire (25) into the receptacle located on the back of the Console (8).

CONSOLE FUNCTIONS

USING YOUR CONSOLE

The console can be activated by pressing the MODE button or by pedaling. If you leave the console idle for 4 minutes, the power will shut off automatically.

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the console.

Press and hold the MODE button for 4 seconds to reset all data values to zero.

CONSOLE FUNCTIONS:

SCAN: Press the MODE button until the "◀" points to SCAN, the console will

automatically scan each function in sequence changing every 4 seconds.

TIME: Press the MODE button until the "◀" points to TIME, the console will display your elapsed workout time in minutes and seconds.

SPEED: Press the MODE button until the "▶" points to SPEED, the console will display the current training speed in MPH.

DIST (DISTANCE): Press the MODE button until the "▶" points to DIST (DISTANCE), the console will display the accumulative distance traveled during a workout in Miles.

CAL (CALORIES): Press the MODE button until the "▶" points to CAL (CALORIES), the console will display the total accumulated calories burned during a workout.

RPM: Press the MODE button until the "▶" points to RPM, the console will display the revolutions per minute.

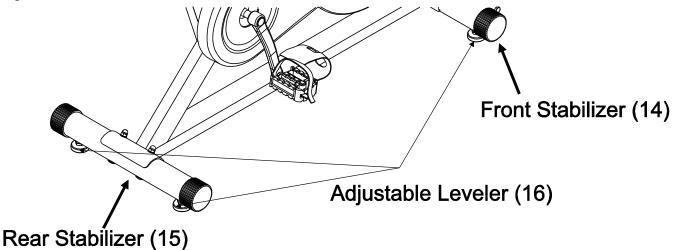
PULSE: Press the MODE button until the "◄" points to PULSE. While gripping the hand pulse sensors, the console will display your current heart. To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of just one hand.



To Install Batteries

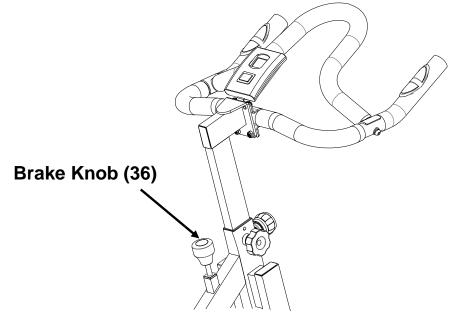
- 1. Remove the battery cover on the back of the **Console Computer (8)**.
- 2. Place two "SIZE-AA" batteries into the battery housing.
- 3. Ensure that the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
- 4. Re-install the battery cover.
- 5. If the display is illegible or only partial segments appear, remove the batteries and wait 15 seconds before reinstalling.

Adjustment



Adjusting the Adjustable Leveler

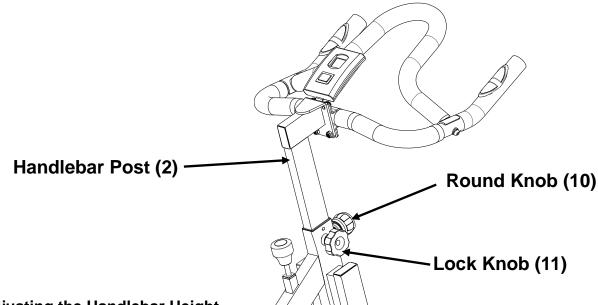
Turn the **Adjustable Levelers (16)** on the **Front and Rear Stabilizers (14/15)** as needed to level the bike.



Adjusting the Brake Knob

To increase the tension, turn the **Brake Knob (36)** in a clockwise direction. To decrease the tension, turn the **Brake Knob (36)** in a counterclockwise direction.

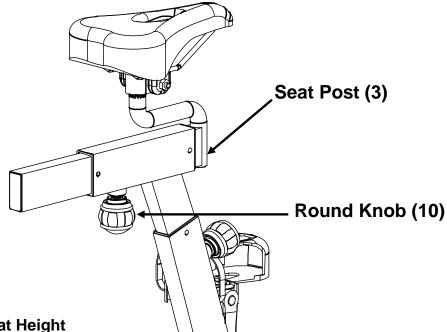
OPERATIONS & ADJUSTMENTS



Adjusting the Handlebar Height

Loosen the Lock Knob (11) and then loosen the Round Knob (10) by turning in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (10) and then slide the Handlebar Post (2) up or down to a suitable position. Lock the Handlebar Post (2) in place by releasing the Round Knob (10) and sliding the Handlebar Post (2) up or down slightly until the Round Knob (10) "pops" into a locked position. Then tighten both the Lock Knob (11) and the Round Knob (10) by turning them in a clockwise direction.

NOTE: When adjusting the height of the handlebar post, the MAX line cannot higher than the edge of the plastic bushing.

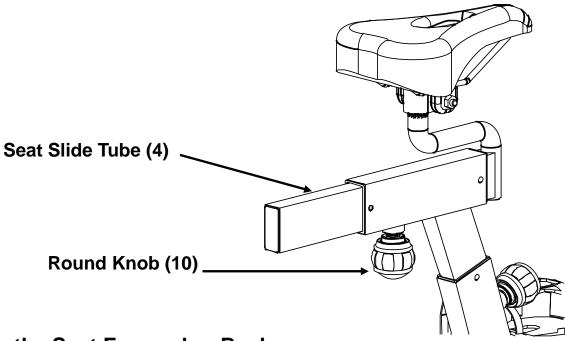


Adjusting the Seat Height

Loosen the **Round Knob (10)** by turning in a counterclockwise direction until it can be pulled out. Pull out the **Round Knob (10)** and then slide the **Seat Post (3)** up or down to a suitable position. Lock the **Seat Post (3)** in place by releasing the **Round Knob (10)** and sliding the **Seat Post (3)** up or down slightly until the **Round Knob (10)** "pops" into the locked position. Then tighten the **Round Knob (10)** in a clockwise direction.

NOTE: When adjusting the height of seat post, the MAX line cannot higher than the edge of plastic bushing.

OPERATIONS & ADJUSTMENTS

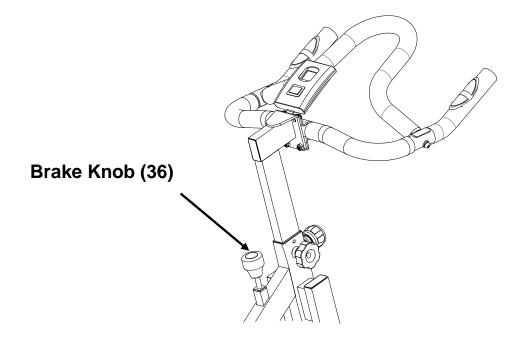


Adjusting the Seat Forward or Back

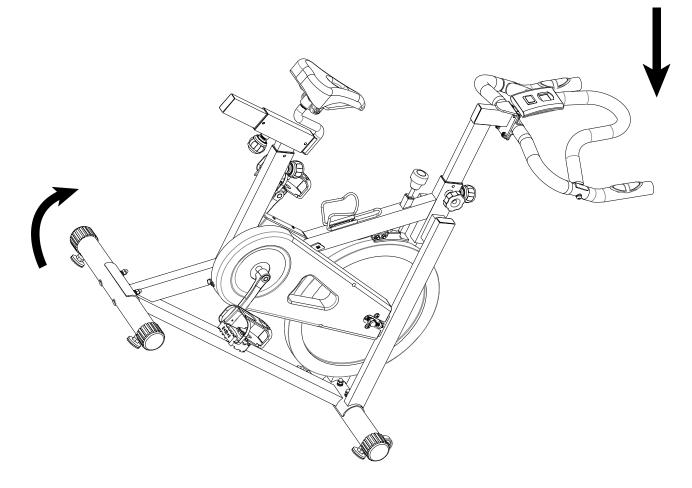
Loosen the **Round Knob (10)** by turning it in a counterclockwise direction. Slide the **Seat Slide Tube (4)** forward or backward to a suitable position. Lock the **Seat Slide Tube (4)** in place by turning the **Round Knob (10)** in a clockwise direction.

EMERGENCY STOP

To immediately stop the flywheel, press firmly down onto the **Brake Knob (36)**. Continue holding the **Brake Knob (36)** down until the pedals and flywheel come to a complete stop.



TRANSPORTATION



Transporting the bike. Start by carefully pushing down on the handlebars until the rear end of the bike lifts up. Keep the bike balanced on the transport wheels and carefully move the bike to the desired location.

MAINTENANCE

The training bike can be cleaned with a soft, clean damp cloth. Do not use abrasives or solvents on plastic parts. Wipe your perspiration off the training bike after each use. Be careful not to get excessive moisture on the console display panel as this might cause an electrical hazard or cause the electronics to fail. Keep the training bike, especially the console out of direct sunlight to prevent screen damage.

Inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

TROUBLE SHOOTING

PROBLEM: The training bike wobbles when in use.

SOLUTION: Turn the Adjustable Levelers on the Front and Rear Stabilizers as needed to level the training bike.

PROBLEM: There is no display on the console.

SOLUTION: Verify that the wire coming from the console is properly connected to the sensor wire. **SOLUTION:** Check if the batteries are correctly positioned and the battery springs are in proper contact with the batteries.

SOLUTION: The batteries in the console may be dead. If so then replace with new batteries.

PROBLEM: There is no heart rate reading or the heart rate reading is erratic or inconsistent.

SOLUTION: Make sure that the hand pulse sensor wire is plugged into the receptacle located on the back of the console.

SOLUTION: To ensure the pulse readout is precise, always hold on to the

handlebar grip sensors with two hands instead of just with one hand.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

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

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

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 Frame1 year For Home Use OnlyAll Other Components90 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 too, 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 D	ATE:			
PLACE OF PU	RCHASE:			

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS" This form can also be faxed to #: 626-810-2166