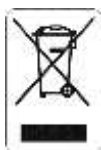
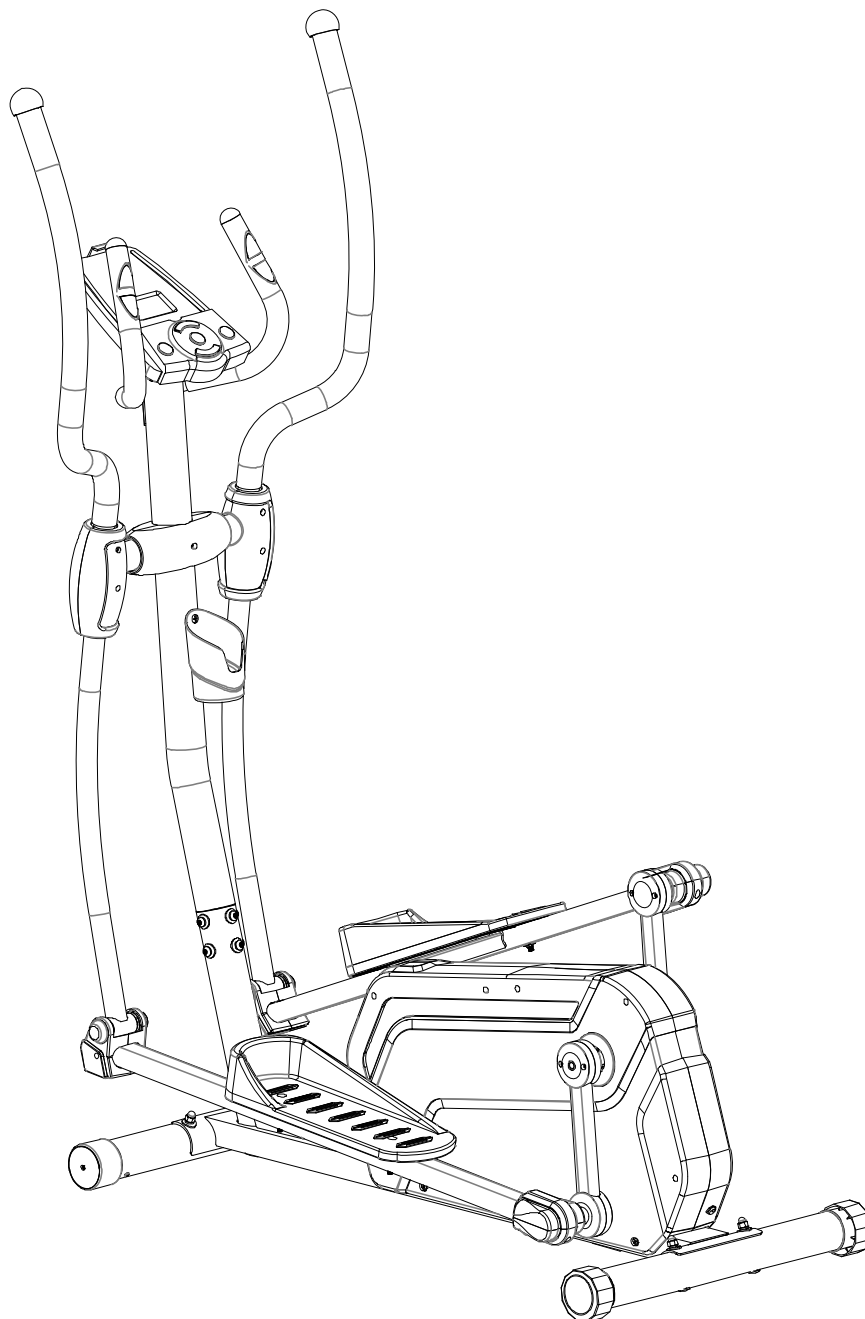


ELLIPTICAL



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 and, 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:
1-844-641-7921
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

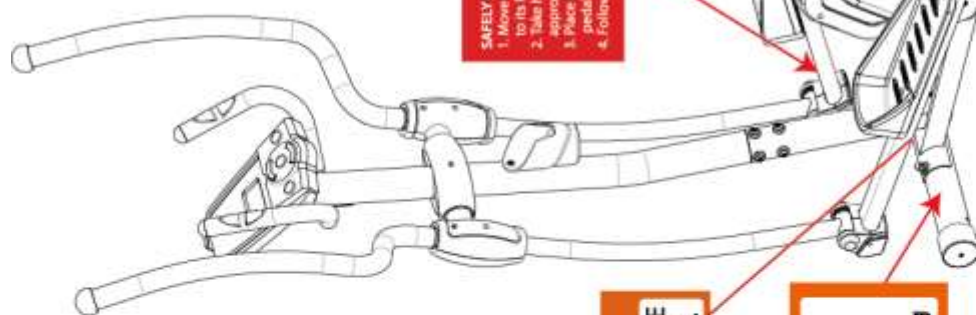
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



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

⚠ Maximum weight capacity is 270 lbs.
 Le poids maximum pour ce produit est 123 kgs.
 La capacidad de peso máxima es 123 kg

SAFELY MOUNTING YOUR ELLIPTICAL MACHINE
 1. Move the pedal on the side you intend to mount to its lowest position.
 2. Take hold of the handbar nearest you with the appropriate hand.
 3. Place the appropriate foot onto the near side pedal first, then the far pedal second.
 4. Follow these steps in reverse order for dismount.

MONTRE SURE L'EXERCISEUR ELLIPTIQUE ET EN DESCENDRE
 1. Mettre en position la plus basse la pédale du côté où l'on monte ou descend.
 2. Agripper la poignée la plus près de vous avec la main appropriée.
 3. Mettre le pied sur la pédale du côté le plus proche en premier, puis l'autre pied sur la seconde.
 4. Suivre ces mêmes instructions en sens inverse pour descendre.

CÓMO SUBIRSE DE FORMA SEGURA EN SU MÁQUINA ELÍPTICA
 1. Mueva el pedal del lado en el que desea subirse, a la posición más baja.
 2. Con la mano adecuada, sostenga el manubrio que esté más cerca de usted.
 3. Coloque primero el pie adecuado en el pedal del lado más cercano y luego en el pedal más alejado.
 4. Siga estos pasos en orden inverso para bajarse.



<p>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:</p>	<p>1-844-641-7921 8 am - 5 pm PST</p>
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IMPORTANT SAFETY GUIDELINES

Read all guidelines before using this machine. When using this machine, basic precautions should always be followed, including the following:

WARNING - To reduce the risk of injury to persons:

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.
4. Only one person should be using the equipment at a time.
5. Never operate this Equipment 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 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 the machine 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. This product requires a minimum of 6 square feet of space for safe operation.
15. Be careful to always hold onto the handlebars when you're mounting and dismounting.
16. Be careful to have the pedals at their lowest point when stepping off.
17. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
18. **Warning:** - Risk of Personal Injury - Consult with your personal physician to see if 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.
19. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
20. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
21. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
22. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
23. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using This Machine
24. **WARNING: CANCER AND REPRODUCTIVE HARM--**WWW.P65WARNINGS.CA.GOV

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 CAPACITY

The Maximum Weight Capacity for this product is **270 lbs/123 kgs.**

**RETAIN THIS OWNER'S MANUAL AND KEEP THE
ORIGINAL PURCHASE RECEIPT FOR FUTURE
REFERENCE.**

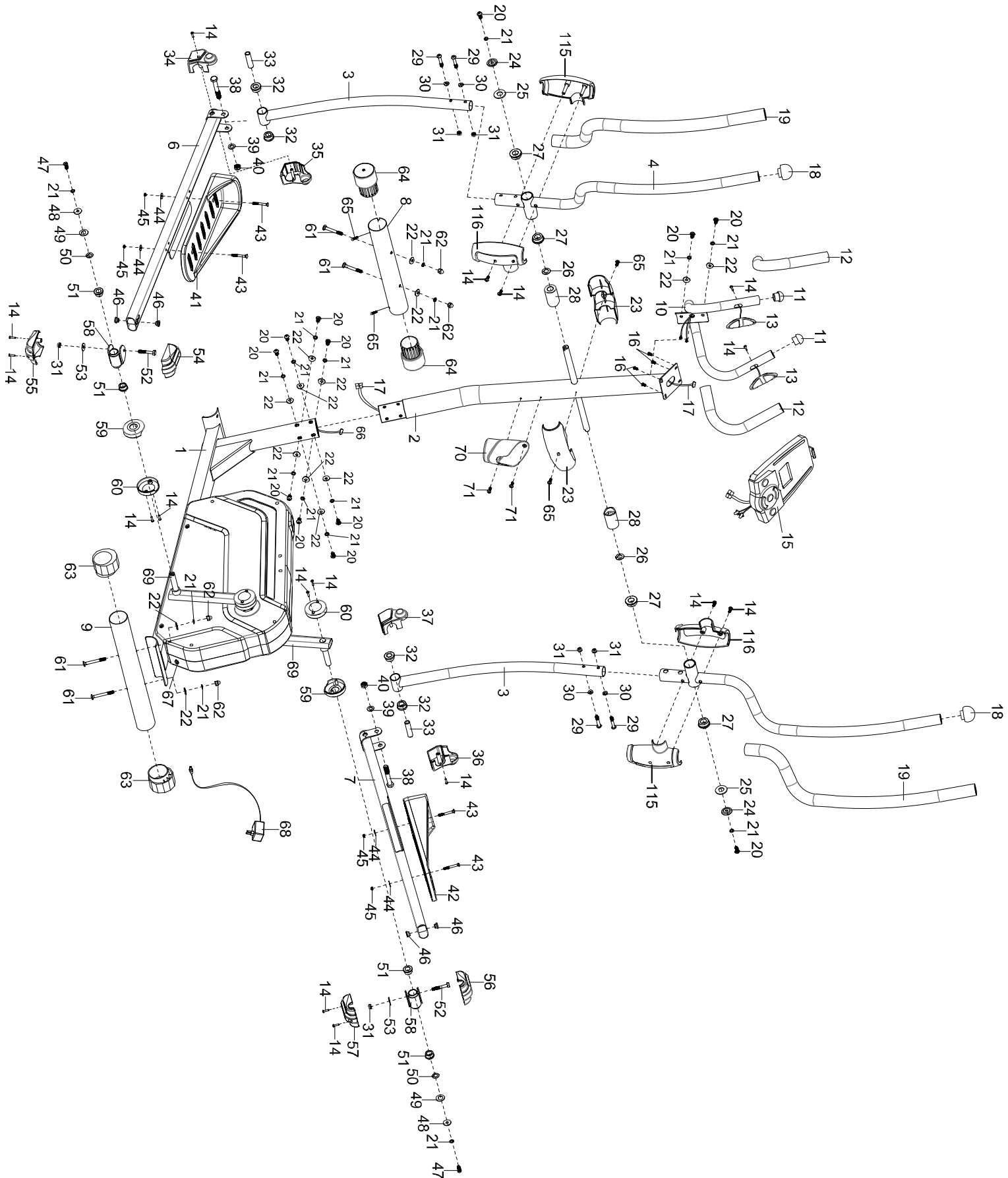
&

SAVE THESE GUIDELINES

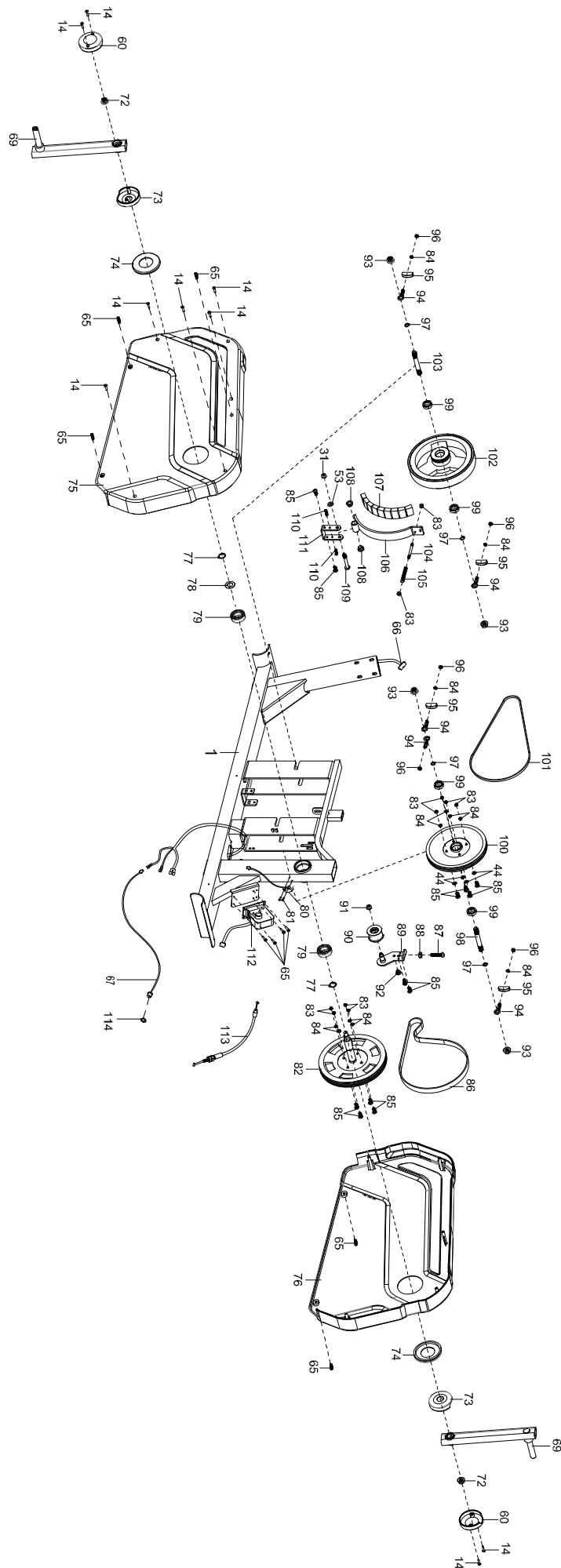


The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

OVERVIEW DRAWING



OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Front Post	1
3	Handrail Arm	2
4	Left Handrail	1
5	Right Handrail	1
6	Left Foot Bar	1
7	Right Foot Bar	1
8	Front Stabilizer $\Phi 60 \times 1.5 \times 480$	1
9	Rear Stabilizer $\Phi 60 \times 1.5 \times 580$	1
10	Handlebar Post	1
11	Handlebar End Cap	2
12	Foam Grip $\phi 27 \times \phi 33 \times 360$	2
13	Hand Pulse Sensor	2
14	Self-Tapping Phillips Screw ST4.2*20	25
15	Console	1
16	Hex Bolt M5*10	4
17	Console Wire L=1100	1
18	Handrail End Cap	2
19	Foam Grip $\phi 31 \times \phi 37 \times 830$	2
20	Hex Bolt S6 M8*20	12
21	Spring Washer $\phi 8$	18
22	Big Curved Washer $\phi 20 \times \phi 8 \times 2$	14
23	Front Post Cover	2
24	Dished Washer $\phi 8 \times \phi 33 \times 2.0$	2
25	D-Washer $\phi 38 \times 3$	2
26	Wave Washer $\Phi 19 \times \Phi 23 \times 0.3$	2
27	Metal Bushing $\phi 38, \phi 32, \phi 19, 14$	4
28	Bushing $\phi 38 \times 60$	2
29	Hex Bolt M8*45	4
30	Curved Washer $\phi 8 \times \phi 16 \times 1.5$	4
31	Anti-Loose Hex Nut M8	7
32	Metal Bushing $\phi 32 \times \phi 16.2 \times 15$	4
33	Spacer $\phi 16 \times 1.5 \times 59.7$	2
34	Left Foot Bar Cover I	1
35	Left Foot Bar Cover II	1

No.	Description	Qty
36	Right Foot Bar Cover I	1
37	Right Foot Bar Cover II	1
38	Hex Bolt M12*80	2
39	Flat Washer $\phi 24 \times \phi 12.5 \times 2$	2
40	Anti-Loose Hex Nut M12	2
41	Left Pedal	1
42	Right Pedal	1
43	Carraige Bolt M6*45	4
44	Flat Washer $\phi 6 \times \phi 12 \times 1.0$	8
45	Anti-Loose Hex Nut M6	4
46	Powder Metal Bushing $\phi 18 \times \phi 8 \times 10$	4
47	Flat Hex Bolt S6 M8*20	2
48	Big Flat Washer $\phi 8 \times \phi 25 \times 2.0$	2
49	D Washer $\phi 28 \times 2$	2
50	Wave Washer $\phi 28 \times \phi 17 \times 0.3$	2
51	Powder Metal Bushing $\Phi 24.5 \times \Phi 16 \times 14$	4
52	Hex Bolt M8*50	2
53	Flat Washer $\Phi 8 \times \Phi 16 \times 1.5$	3
54	Left U Shape Bracket Cover I	1
55	Left U Shape Bracket Cover II	1
56	Right U Shape Bracket Cover I	1
57	Right U Shape Bracket Cover II	1
58	U Shape Bracket	2
59	Crank Cover I	2
60	Crank Cover II	4
61	Carriage Bolt M8*75	4
62	Cap Nut M8	4
63	Rear Stabilizer End Cap	2
64	Front Stabilizer End Cap	2
65	Self-Drilling Phillips Screw ST4.2*20	13
66	Lower Conosle Wire	1
67	Power Jack	1
68	Adaptor	1
69	Crank	2
70	Bottle Holder	1

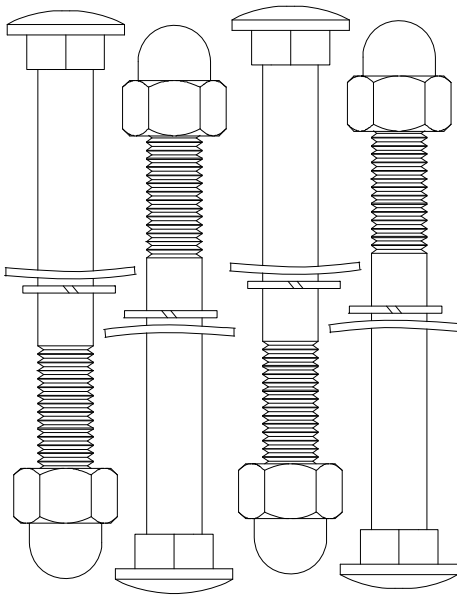
PARTS LIST

No.	Description	Qty
71	Self-Tapping Phillips Screw ST4.8*15	2
72	Flange Nut M10*1.25*6	2
73	Crank Cover III	2
74	Shroud Plug $\phi 82 \times \phi 42 \times 8$	2
75	Left Protective Cover	1
76	Right Protective Cover	1
77	C-Ring $\phi 17 \times 1.0$	2
78	Wave Washer $\phi 20 \times \phi 24 \times 0.3$	1
79	Bearing 6004-2Z	2
80	Inductor	1
81	Self-Tapping Phillips Screw ST2.9*12	2
82	Belt Pulley $\phi 200$	1
83	Anti-Loose Hex Nut M6	10
84	Spring Washer $\phi 6$	12
85	Cross Pan Head Bolt M6*15	12
86	Belt	1
87	Hex Bolt M8*35	1
88	Hex Nut M8	1
89	Idle Wheel Fixture	1
90	Idle Wheel	1
91	Anti Loose Nut M8	1
92	Hex Bolt M8*10	1
93	Flange Nut M10*1.0*6	4

No.	Description	Qty
94	Eye Bolt M6*36	5
95	U-Bracket 31*30* $\delta 1.0$	4
96	Hex Nut M6	5
97	Axle Ring $\phi 12 \times 1.0$	4
98	Belt Pulley Shaft $\phi 12 \times 94$ -M10*1	1
99	Bearing 6001	4
100	Belt Pulley	1
101	Belt 330 PJ3	1
102	Fly Wheel $\phi 180$	1
103	Flywheel Shaft	1
104	Bolt M6*60	1
105	Spring $\phi 8 \times \phi 1 \times 50$	1
106	Magnet Bracket	1
107	Square Magnet 30*20*12	9
108	Sleeve $\phi 18 \times \phi 8 \times 10$	2
109	Hex Bolt M8*55; L20	1
110	Self-Tapping Phillips Screw ST4.8*20	2
111	Bracket Supporter	1
112	Motor	1
113	Tension Cable	1
114	Flat Hex Nut S15	1
115	Front Hand Post Cover	2
116	Rear Hand Post Cover	2

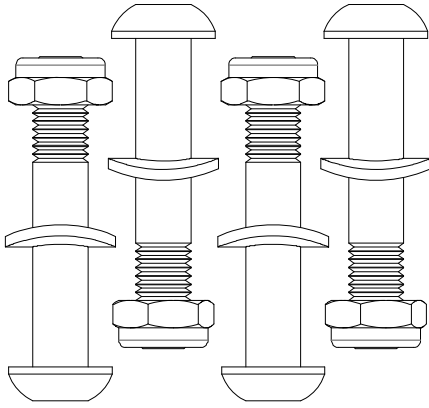
1318Y-Hardware Pack

STEP 2



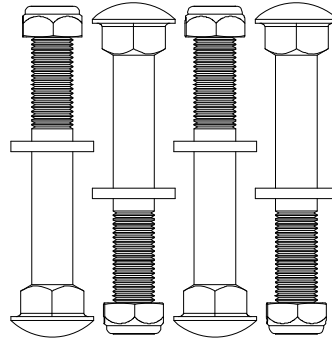
- (61) Carriage Bolt M8*75 4PCS
- (22) Big Curved Washer Φ8*Φ20*2.0 4PCS
- (21) Spring Washer Φ8 4PCS
- (62) Cap Nut M8 4PCS

STEP 6&7



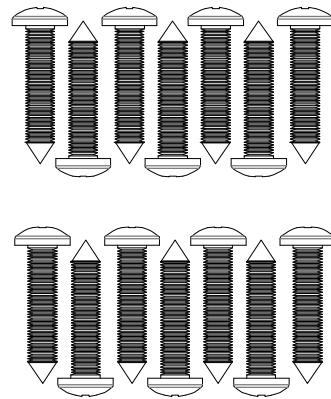
- (29) Hex Bolt M8*45 4PCS
- (30) Curved Washer Φ8*Φ16*1.5 4PCS
- (31) Anti-Loosen Hex Nut M8 4PCS

STEP 8

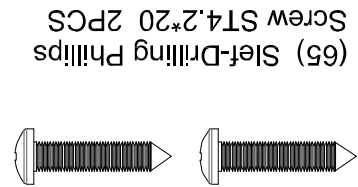


- (43) Carriage Bolt M6*45 4PCS
- (44) Flat Washer Φ6*Φ12*1.0 4PCS
- (45) Anti-Loosen Hex Nut M6 4PCS

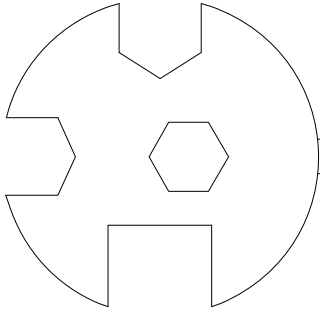
STEP 13



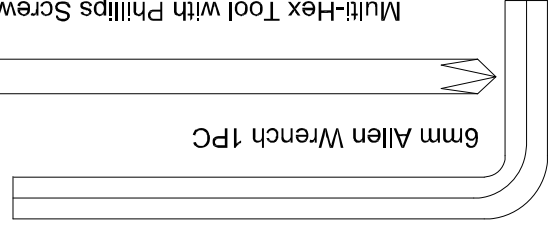
- (14) Self-Tapping Phillips Screw ST4.2*20 14PCS



- (65) Self-Drilling Phillips Screw ST4.2*20 2PCS



Multi-Hex Tool with Phillips Screwdriver 1PC



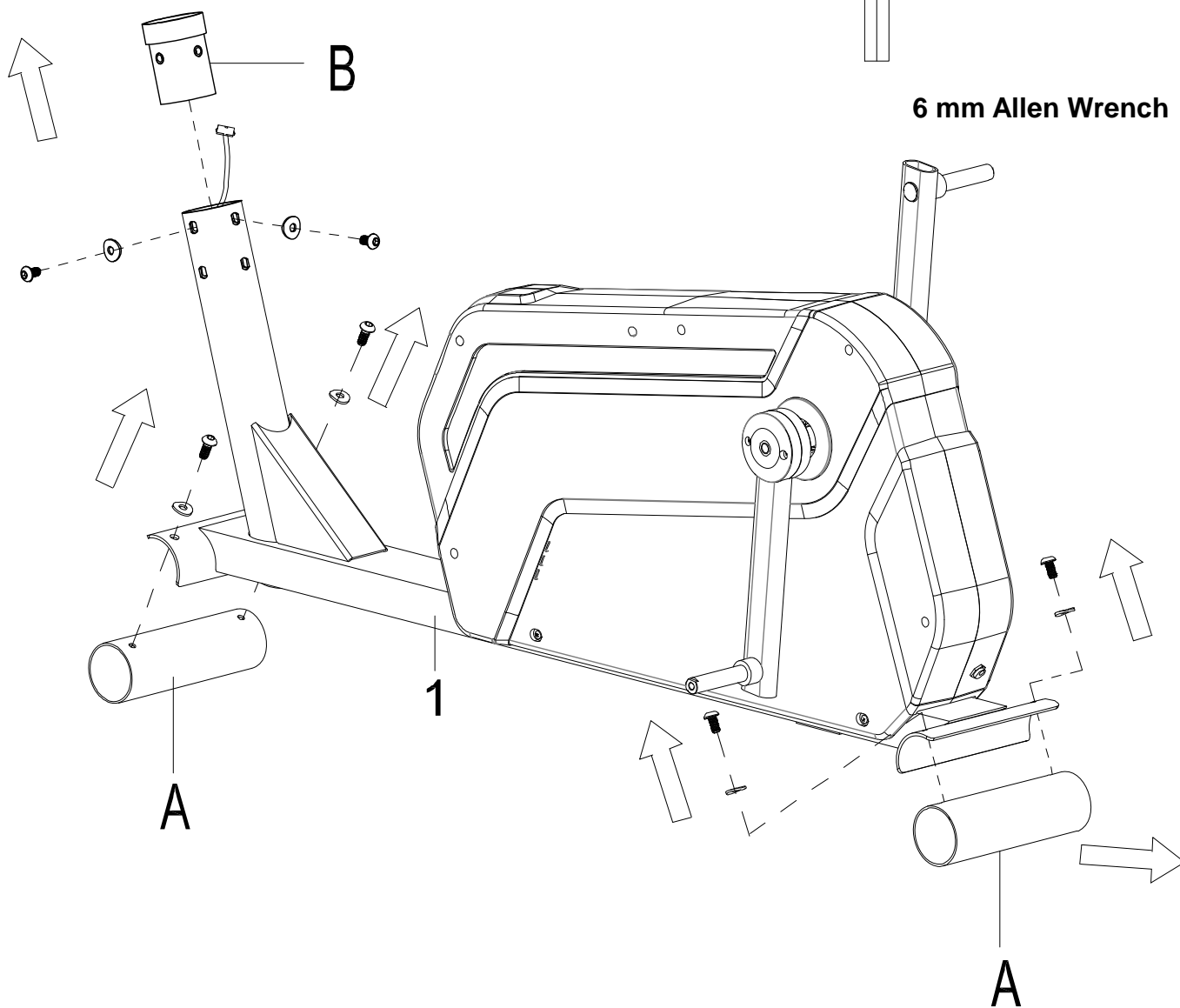
6mm Allen Wrench 1PC

ASSEMBLY

Tool:



6 mm Allen Wrench

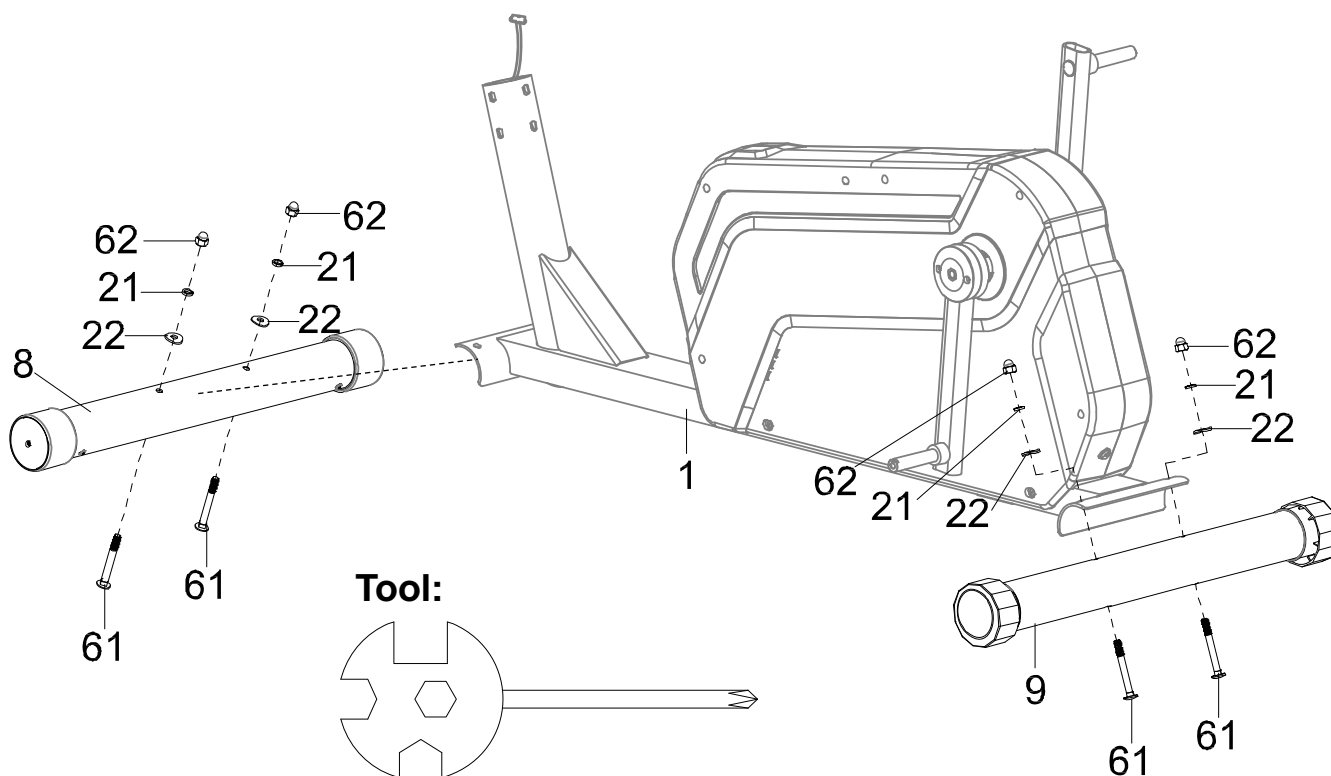


Step 1

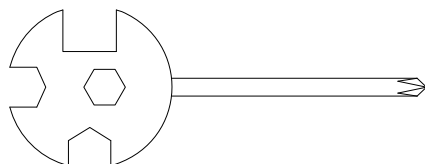
1a. Remove the **Metal Tubes A & B** from the **Main Frame (1)** by using **6mm Allen Wrench** provided.

1b. Discard the **Metal Tubes A & B** and the associated hardware at that was removed. These parts are not needed for the assembly of the elliptical.

ASSEMBLY



Tool:



**Multi Hex Tool with Phillips
Screwdriver**

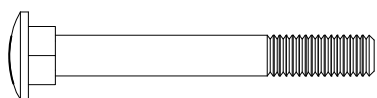
STEP 2

2a. Installing the Front Stabilizer –Lift up the front of the **Main Frame (1)**, and then align the holes of the **Front Stabilizer (8)** with the holes on the front curve of the **Main Frame (1)**. Insert two **Carriage Bolts (61)** and attach two **Big Curved Washers (22)**, two **Spring Washers (21)**, and two **Cap Nuts (62)** to the threaded side of the two **Carriage Bolts (61)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (62)** until firm and secure.

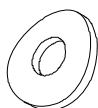
Note: The wheels on the **Front Stabilizer (8)** should not be touching the floor when installed, the wheels should only touch the ground when the unit is tilted forward for transporting. See the UP sticker on the stabilizer.

2b. Repeat the same process for installing the **Rear Stabilizer (9)**.

HARDWARE PACK



**(61) Carriage Bolt
4 PCS**



**(22) Big Curved
Washer
4 PCS**

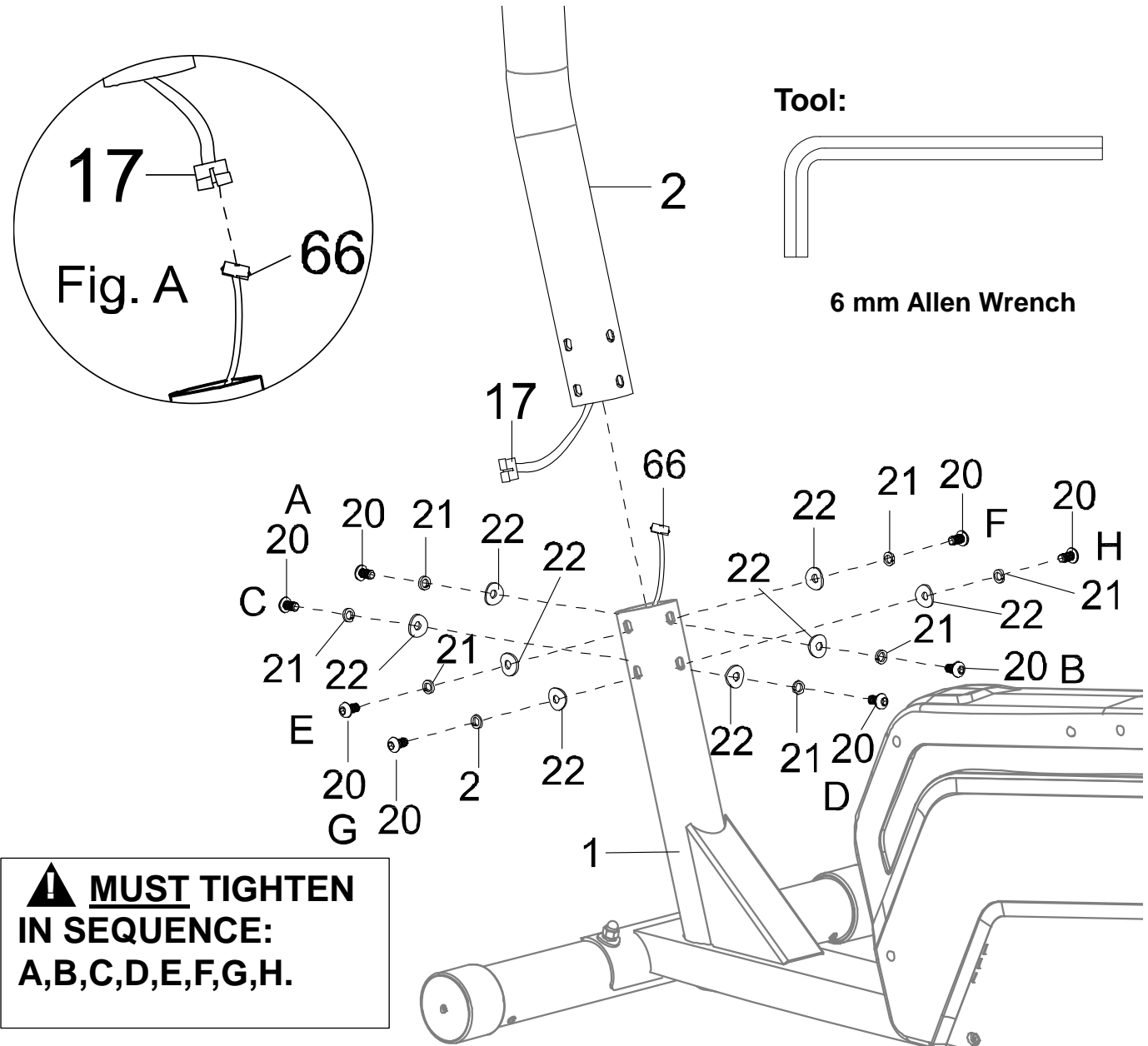


**(62) Cap Nut M8
4 PCS**



**(21) Spring Washer
4 PCS**

ASSEMBLY



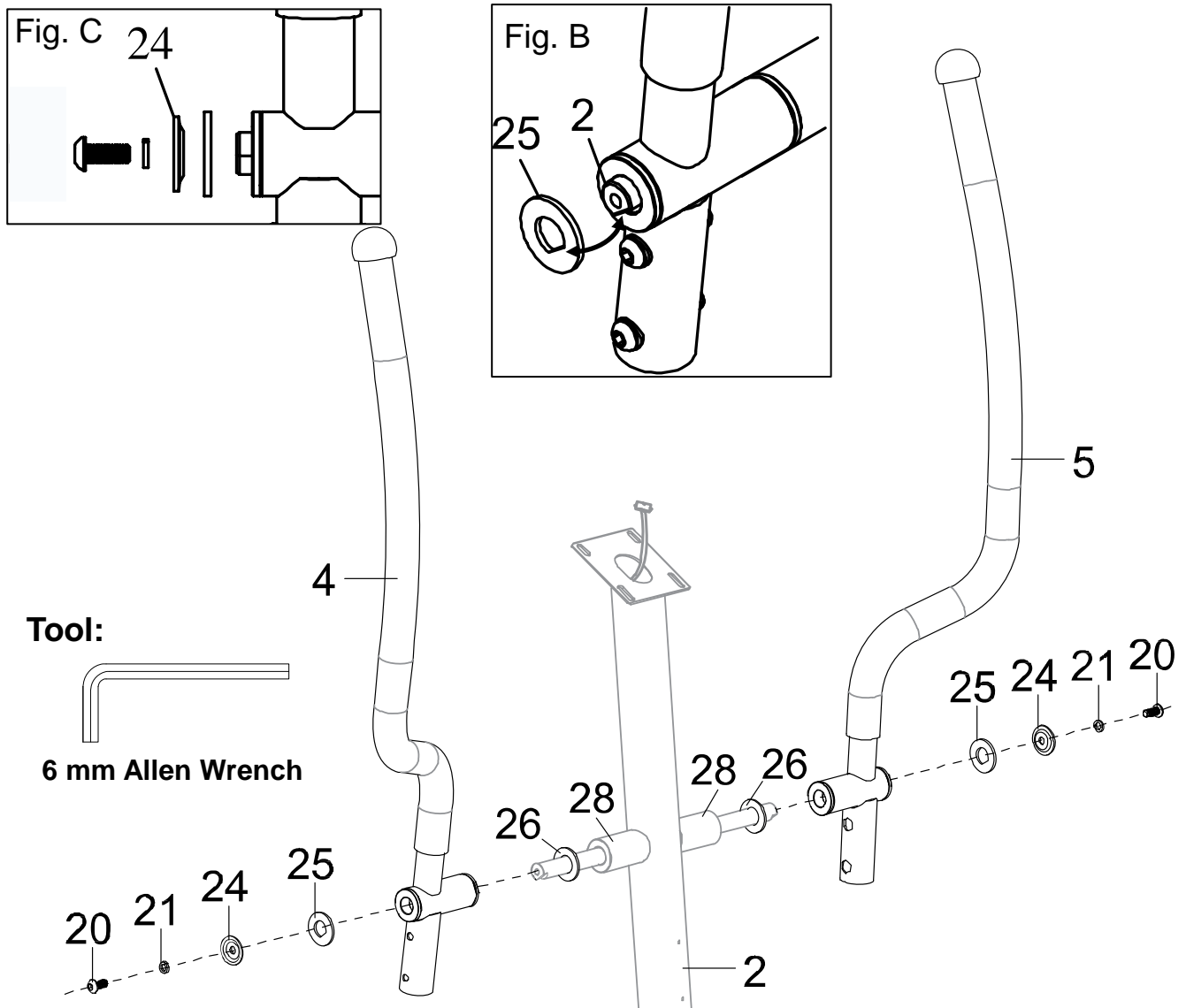
STEP 3

3a. Removing The Hardware From The Front Post –Use the **6mm Allen Wrench** to remove the eight **Hex Bolts (20)**, eight **Spring Washers (21)**, and eight **Big Curved Washers (22)** from the **Front Post (2)**.

3b. Connecting The Console Wires –Connect the **Console Wire (17)** from the **Front Post (2)** to the **Lower Console Wire (66)** coming out from the **Main Frame (1)** as shown in **Figure A**.

3c. Installing The Front Post –Guide the wires into the **Main Frame (1)** as you insert the **Front Post (2)** into the **Main Frame (1)**; make sure the wires are not pinched and stay connected. Place the **Front Post (2)** onto the **Main Frame (1)**. Reinstall the previously removed hardware: eight **Hex Bolts (20)**, eight **Spring Washers (21)**, and eight **Big Curved Washers (22)** and securely tighten the bolts in sequence using the **6mm Allen Wrench** provided.

ASSEMBLY



STEP 4

Note: The parts are marked with an “R” for right side and “L” for left side.

4a. Removing The Hardware From The Front Post – Use the **6mm Allen Wrench** to remove the two **D Washers (25)**, two **Dished Washers (24)**, two **Spring Washers (21)** and two **Hex Bolts (20)** from the **Front Post (2)**.

4b. Installing the Left Handrail – Keep the **Bushing (28)** and **Wave Washer (26)** in place and slide the **Left Handrail (4)** onto the left side of the **Front Post (2)**. Insert one **D Washer (25)**, one **Dished Washer (24)**, one **Spring Washer (21)** and one **Hex Bolt (20)** that were previously removed. Tighten the hardware by using the **6mm Allen Wrench** until firm and secure.

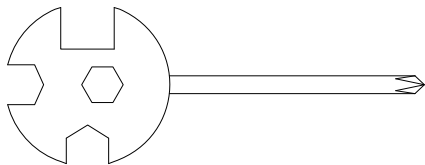
NOTE: The **D Washer (25)** should be installed as shown in **Fig. B** so it fits with the D shaped shaft on the **Front Post (2)**.

NOTE: The **Dished Washer (24)** should be installed as showing in **Fig. C** with the open side of the dish facing away from the **Front Post (2)**.

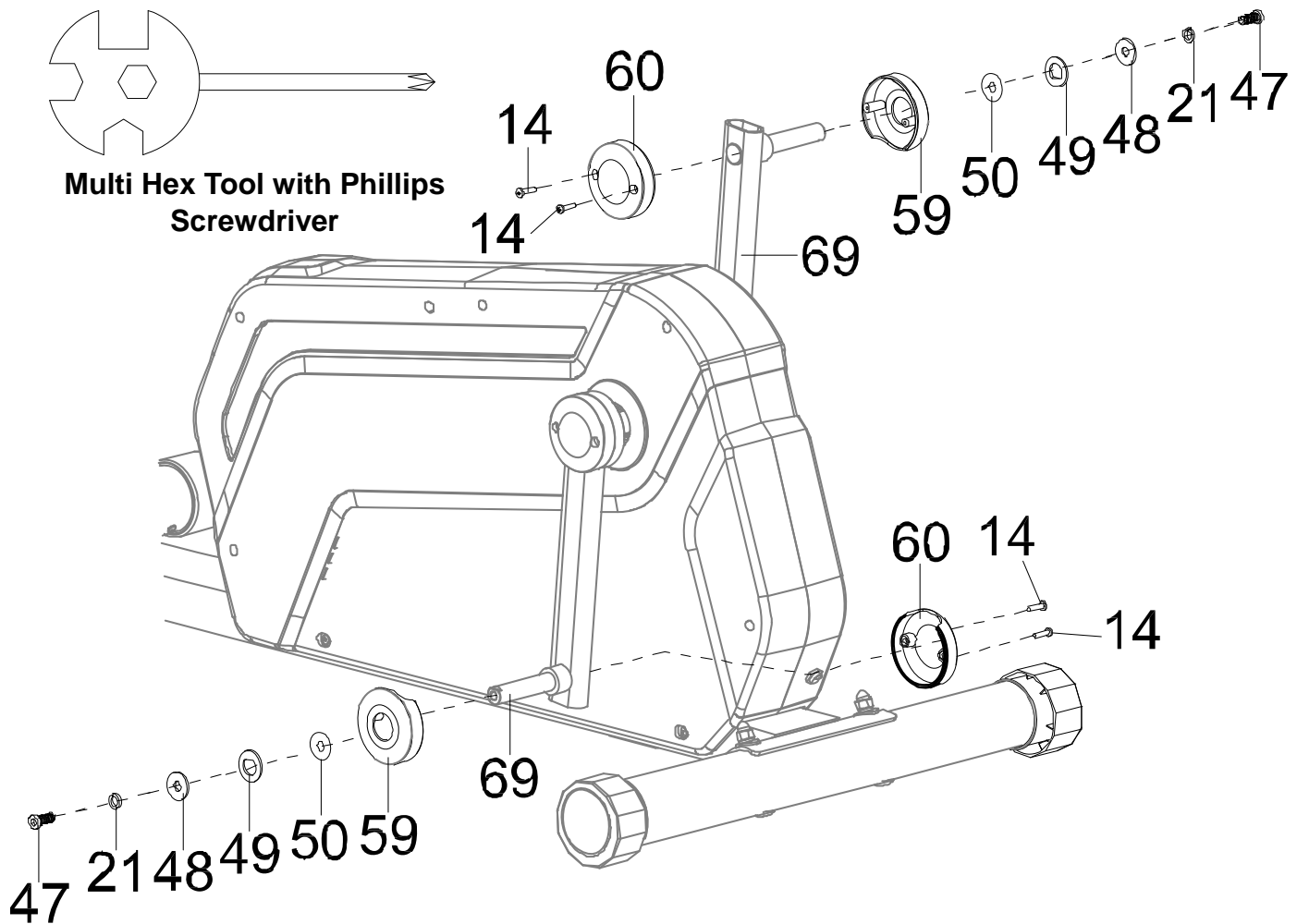
4c. Installing the Right Handrail – Repeat the same assembly steps for installing the **Right Handrail (5)** onto the **Front Post (2)**.

ASSEMBLY

Tool:



Multi Hex Tool with Phillips Screwdriver



STEP 5

5a. Removing Hardware-Remove the two **Flat Hex Bolts (47)**, two **Spring Washers (21)**, two **Big Flat Washers (48)**, two **Wave Washers (50)**, and two **D Washers (49)** from the both **Cranks (69)**. Keep this hardware for steps 6 & 7.

5b. Installing the Crank Covers I and II (59) & (60)-Slide one **Crank Cover I (59)** all the way down the shaft of the **Left side of Crank (69)**. Hold one **Crank Cover II (60)** onto the backside of the **Left side of Crank (69)**. Attach the **Crank Cover I (59)** to the **Crank Cover II (60)** with two **Self-Tapping Phillips Screws (14)**. Tighten the screws with the **Multi Hex Tool with Phillips Screwdriver** provided.

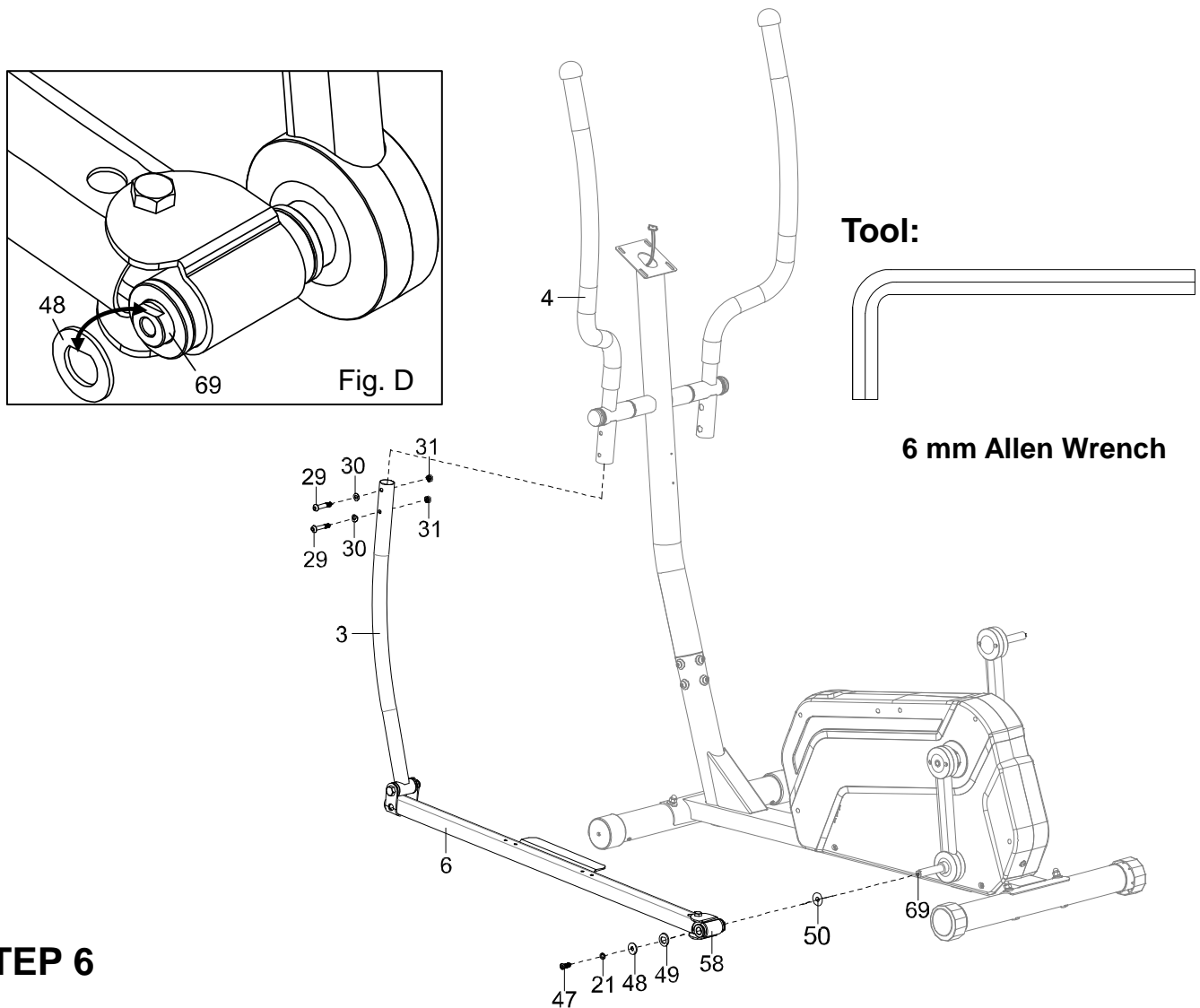
5c. Repeat the same assembly step for installing the second set of **Crank Covers I and II (59) & (60)** on to the the right side **Crank (69)**.

HARDWARE PACK



(14) Self-Tapping
Phillips Screws
4 PCS

ASSEMBLY



STEP 6

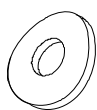
Note: The parts are marked with an “R” for right side and “L” for left side.

6a. Installing the Left Foot Bar – Slide one **Wave Washer (50)** followed by the **U Shape Bracket (58)** on to the shaft of the left side **Crank (69)**. Insert one **D Washer (49)**, one **Big Flat Washer (48)**, one **Spring Washer (21)** and one **Flat Hex Bolt (47)** that were previously removed from **STEP 5**. Tighten the hardware by using the **6mm Allen Wrench** until firm and secure.

NOTE: The **D Washer (48)** should be installed as shown in **Fig. D** so it fits with the D shaped shaft on the **Crank (69)**.

6b. Installing the Left Handrail Arm – Insert the left **Handrail Arm (3)** into the **Left Handrail (4)**. Insert two **Hex Bolts (29)**, two **Curved Washers (30)**, and two **Anti-Loosen Hex Nut (31)**. Tighten the hardware with the **6mm Allen Wrench** provided.

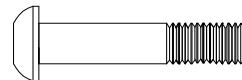
HARDWARE PACK



(30) Curved Washer
2PCS

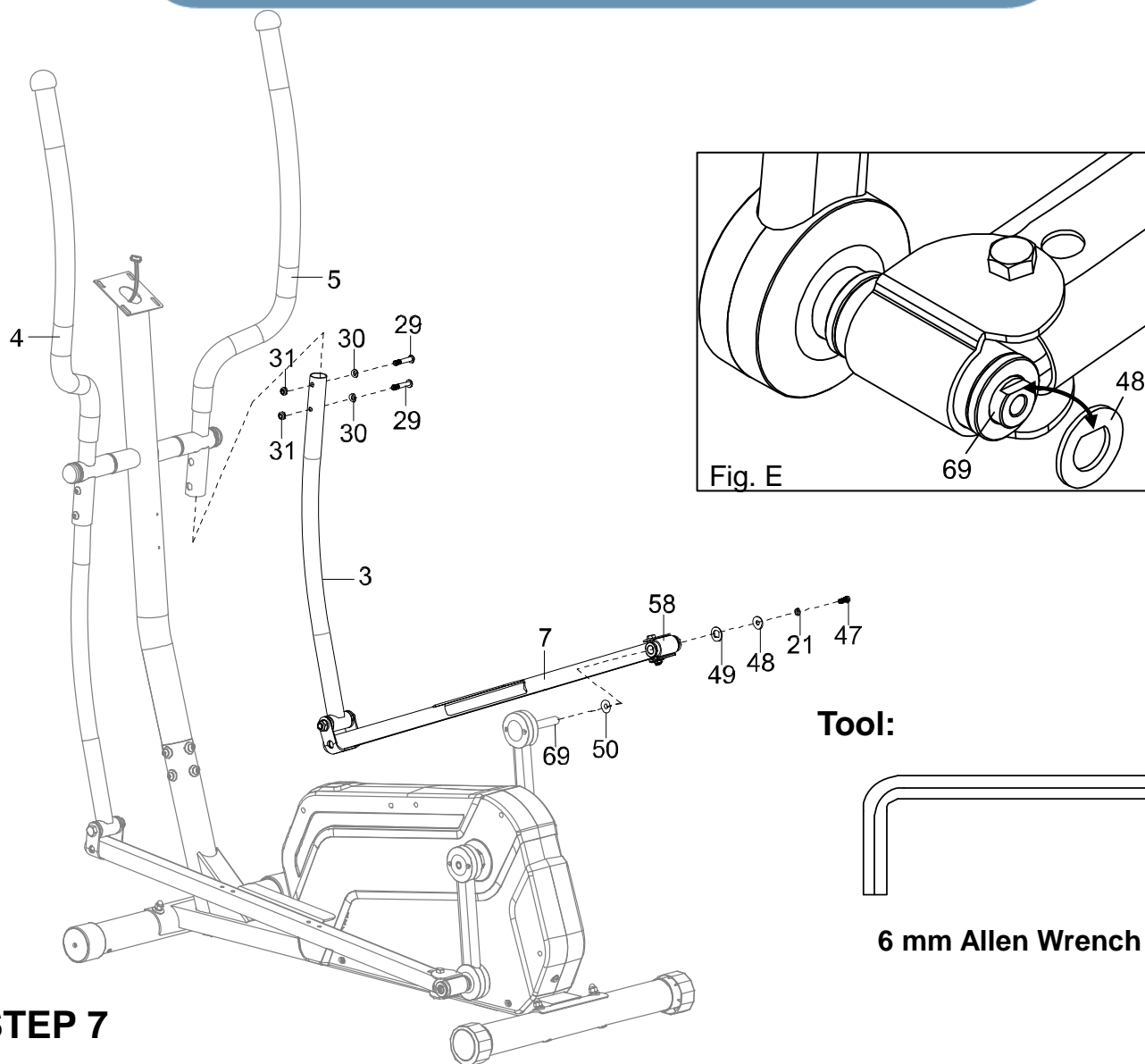


(31) Anti-Loosen
Hex Nut 2PCS



(29) Hex Bolt
2PCS

ASSEMBLY



STEP 7

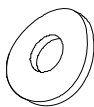
Note: The parts are marked with an “R” for right side and “L” for left side.

7a. Installing the Right Foot Bar – Slide one **Wave Washer (50)** followed by the **U Shape Bracket (58)** on to the shaft of the right side **Crank (69)**. Insert one **D Washer (49)**, one **Big Flat Washer (48)**, one **Spring Washer (21)** and one **Flat Hex Bolt (47)** that were previously removed from **STEP 5**. Tighten the hardware by using the **6mm Allen Wrench** until firm and secure.

NOTE: The **D Washer (48)** should be installed as shown in **Fig. E** so it fits with the D shaped shaft on the **Crank (69)**.

7b. Installing the Right Handrail Arm – Insert the left **Handrail Arm (3)** into the **Right Handrail (5)**. Insert two **Hex Bolts (29)**, two **Curved Washers (30)**, and two **Anti-Loosen Hex Nut (31)**. Tighten the hardware with the **6mm Allen Wrench** provided.

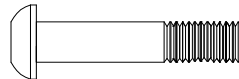
HARDWARE PACK



(30) Curved Washer
2PCS

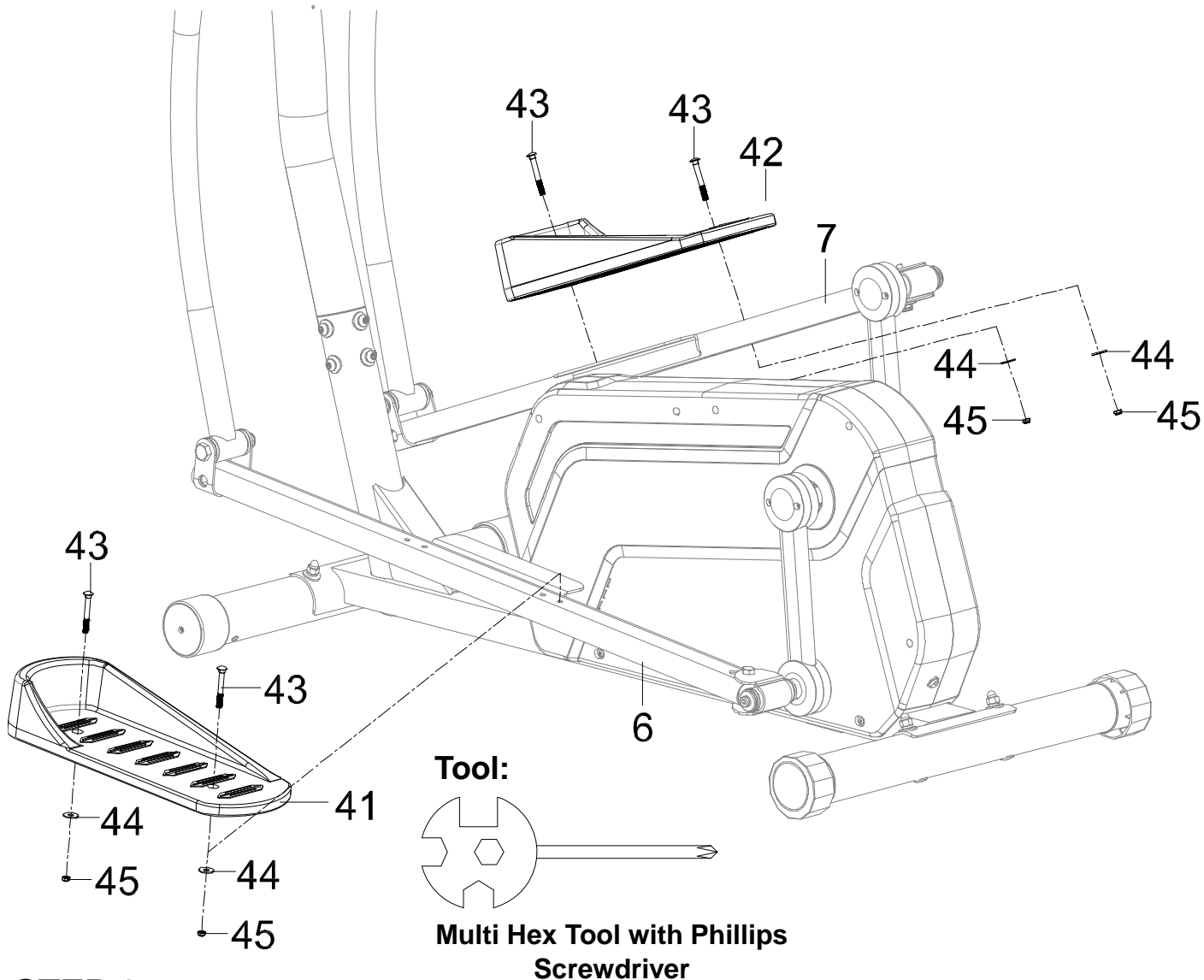


(31) Anti-Loosen Hex
Nut 2PCS



(29) Hex Bolt
2PCS

ASSEMBLY



STEP 8

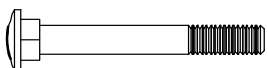
Note: The parts are marked with an “R” for right side and “L” for left side.

8a. Installing The Left Pedal – Install the **Left Pedal (41)** onto the **Left Foot Bar (6)** and align the holes. Insert two **Carriage Bolts (43)** into the **Left Pedal (41)**. Attach two **Flat Washers (44)**, and two **Anti-Loosen Hex Nuts (45)** to the threaded side of the two **Carriage Bolts (43)**. Tighten the hardware with the **Multi Hex Tool with Phillips Screwdriver**.

8b. Installing The Right Foot Pedal: Repeat the same assembly steps to install the **Right Foot Pedal (42)** onto the **Right Foot Bar (7)**.

NOTE: There are four holes on the Left/Right Foot Bars (6, 7) which allow for two different Left/Right Foot Pedal (41/42) positions. Once the unit is completely assembled you can test which position suits you best. Both Left/Right Foot Pedal (41/42) should be installed in the same position on both sides.

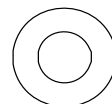
HARDWARE PACK



(43) Carriage Bolt
4PCS



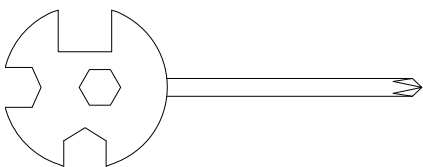
(45) Anti-Loosen
Hex Nut 4PCS



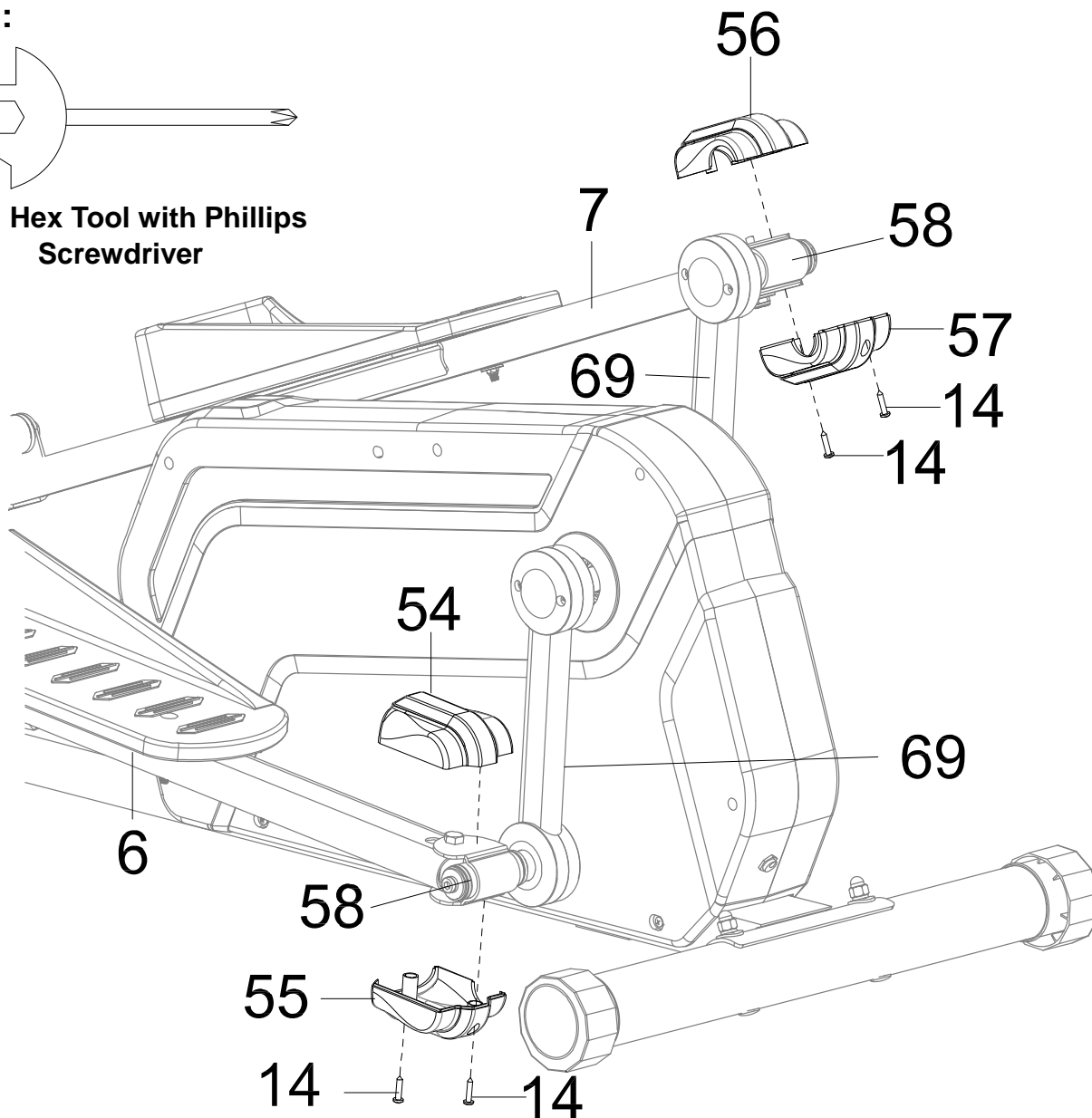
(44) Flat Washer
4PCS

ASSEMBLY

Tool:



**Multi Hex Tool with Phillips
Screwdriver**



STEP 9

9a. Installing the U Shape Bracket Covers –Turn the **Left U Shape Bracket Covers I /II (54,55)** so that the cut outs on the side are facing the **Crank (69)**. Insert the posts of the **Left U Shape Bracket Covers I /II (54,55)** into the hole at the rear of the **Left Foot Bars (6)** and enclose the **U Shape Brackets (58)**. Attach the **Left U Shape Bracket Covers I /II (54,55)** around the **U Shaped Bracket (58)** with two **Self-Tapping Phillips Screws (14)**. Tighten the hardware with the **Multi Hex Tool with Phillips Screwdriver** until firm and secure.

9b. Repeat the same assembly step for the **Right U Shape Bracket Covers I /II (57/58)** .

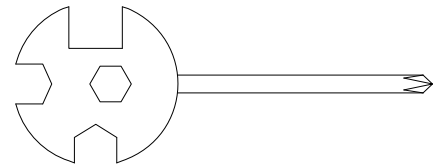
HARDWARE PACK



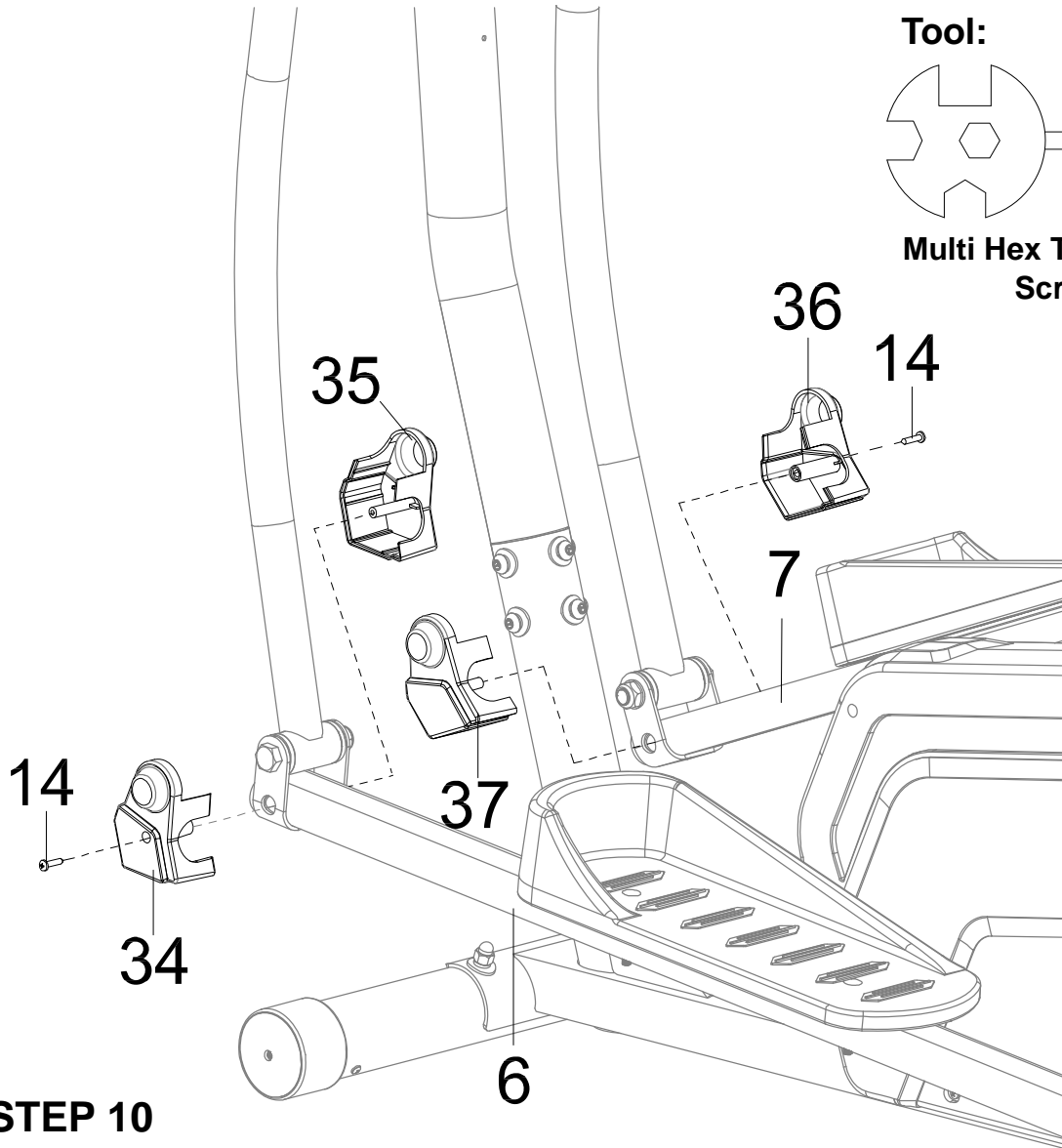
**(14) Self-Tapping
Phillips Screws
4 PCS**

ASSEMBLY

Tool:



Multi Hex Tool with Phillips
Screwdriver



STEP 10

10a. Installing the Foot Bar Covers – Insert the posts of the **Left Foot Bar Covers I/II (34/35)** into the holes at the front of the **Left Foot Bar (6)**. Enclose the bracket of the **Left Foot Bar (6)** with the **Left Foot Bar Covers I/II (34/35)**. Attach the **Left Foot Bar Covers I/II (34/35)** around the bracket of the **Left Foot Bar (6)** with with one **Self-Tapping Phillips Screws (14)**. Tighten the hardware using the **Multi Hex Tool with Phillips Screwdriver** until firm and secure.

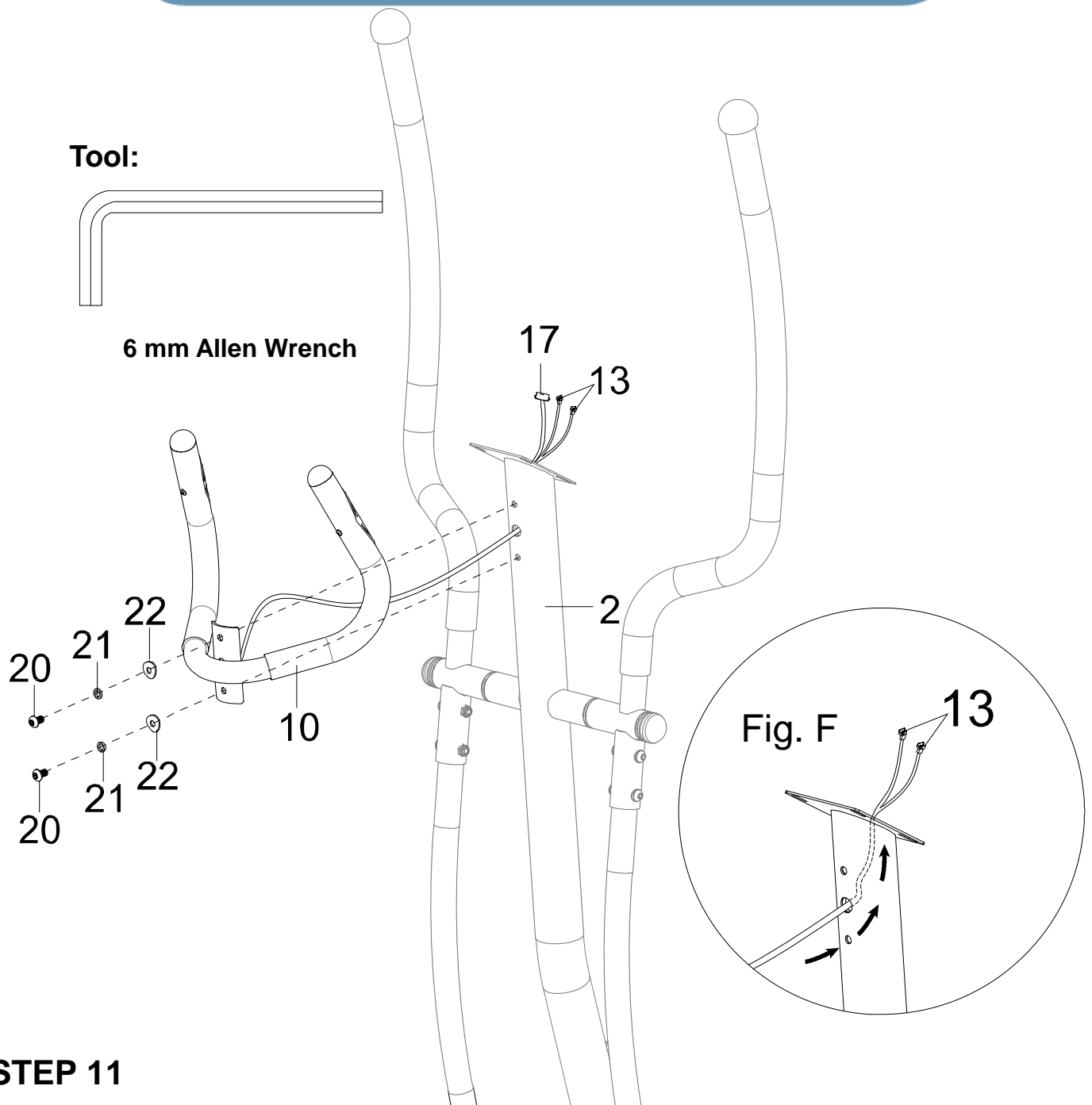
10b. Repeat the same assembly step for the **Right Foot Bar Covers I/II (36/37)** and the **Right Foot Bar (7)**.

HARDWARE PACK



(14) Self-Tapping
Phillips Screws
2 PCS

ASSEMBLY



STEP 11

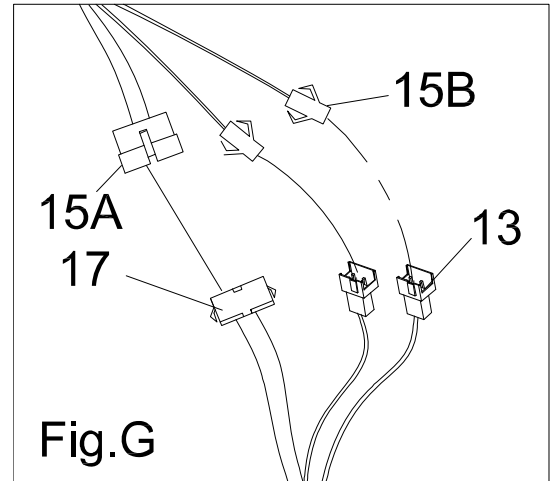
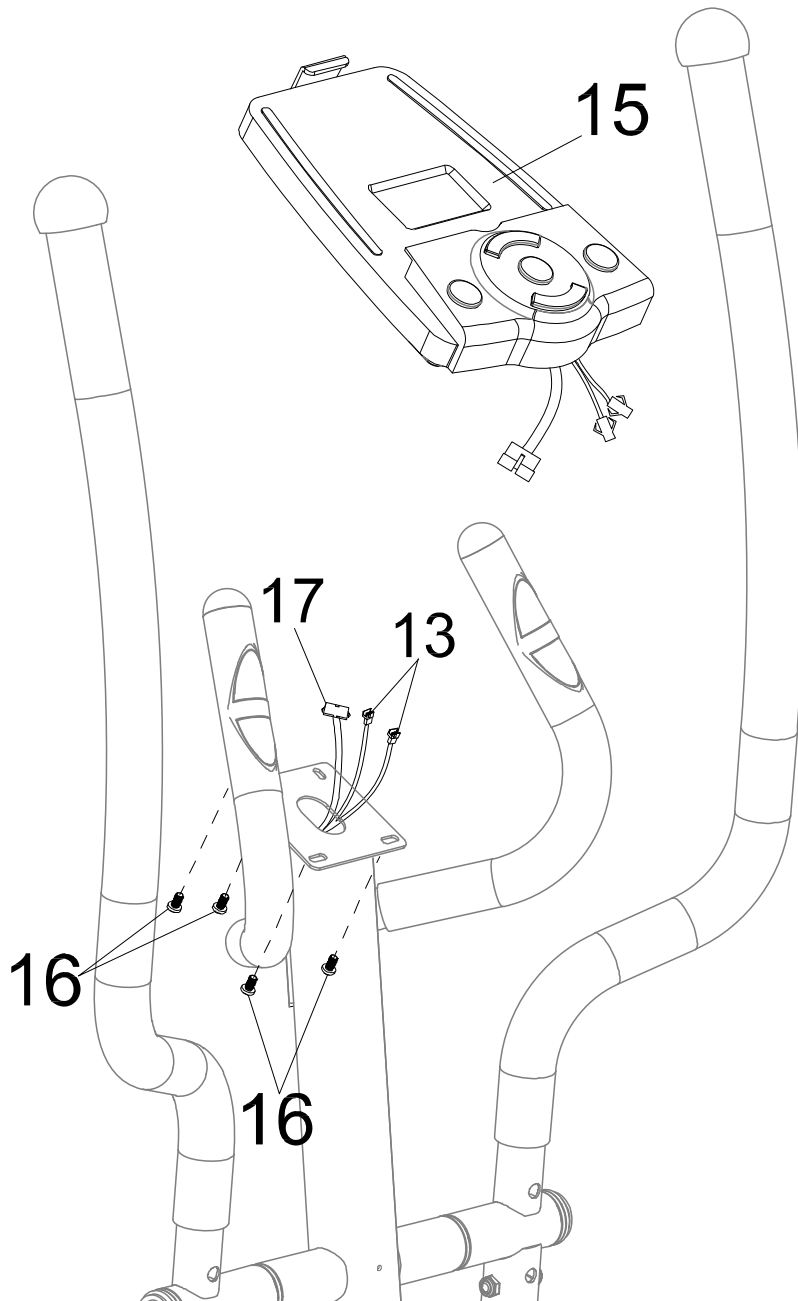
11a. Removing The Hardware From The Front Post – Remove the two **Hex Bolts (20)**, two **Spring Washers (21)** and two **Big Curved Washers (22)** from the **Front Post (2)** using the **6mm Allen Wrench** provided.

11b. Installing the Handlebar – Gently insert the **Hand Pulse Sensor Wire (13)** into the **Front Post (2)** and pull them out from the top of the **Front Post (2)** as you are mounting the **Handlebar (10)** (See Fig. F). Attach the **Handlebar (10)** to the **Front Post (2)** with two **Hex Bolts (20)**, two **Spring Washers (21)** and two **Big Curved Washers (22)** . Tighten the hardware using the **6mm Allen Wrench** provided.

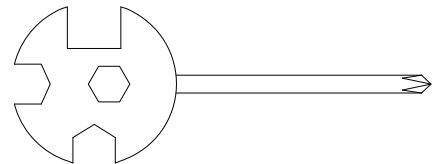
NOTE: **Console Wire (17)** should already be coming out from the top of the **Front Post (2)**.



To prevent damage, ensure that none of the wires are bent or pinched during installation.



Tool:



**Multi Hex Tool with Phillips
Screwdriver**

STEP 12

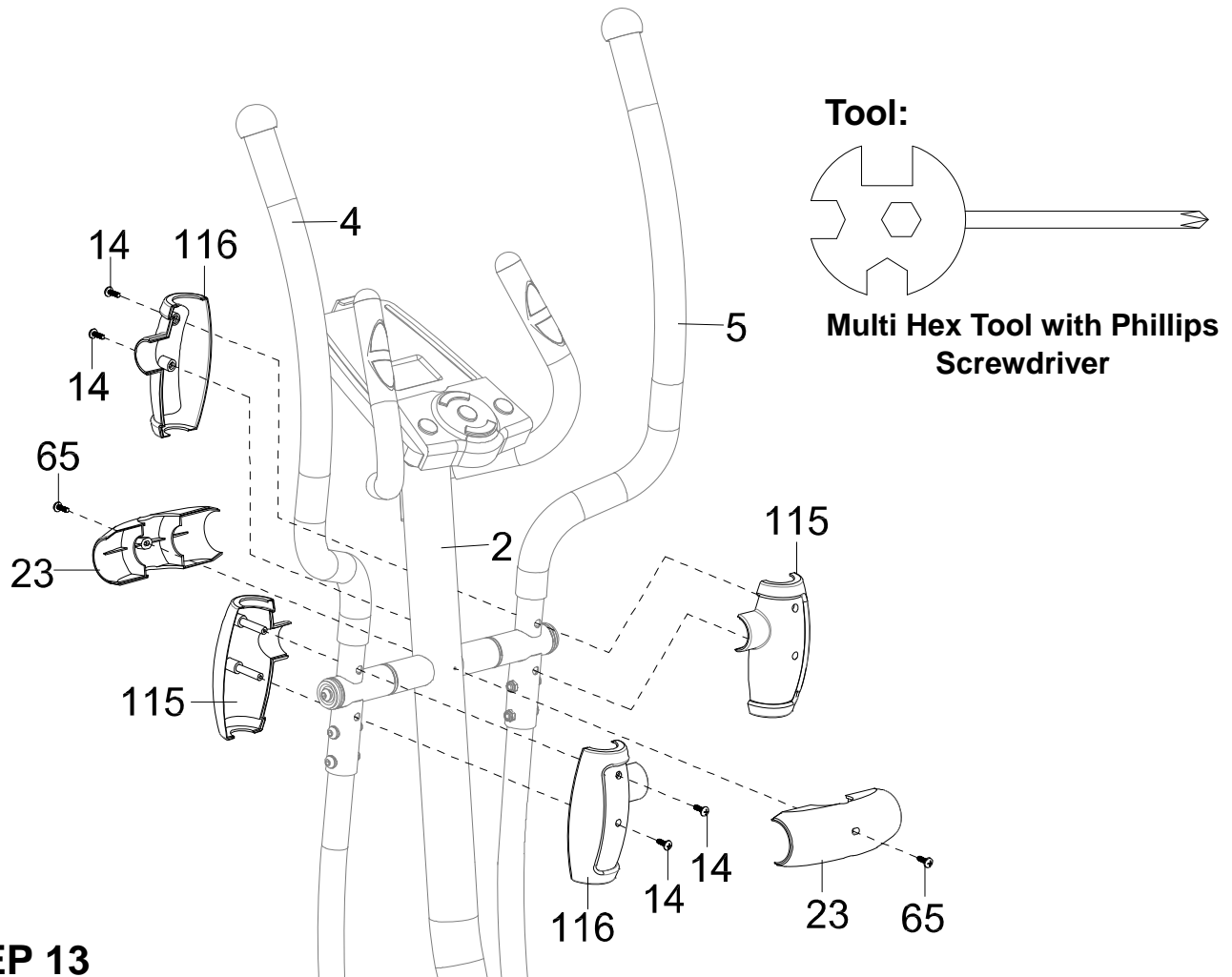
12a. Removing The Hardware From The Console – Use the **Multi Hex Tool with Phillips Screwdriver** to remove the four **Hex Bolts (16)** from the backside of the **Console (15)**.

12b. Connecting The Console Wires – Connect the **Console Wire (17)** and the **Hand Pulse Sensor Wire (13)** to the wires at the rear of the **Console (15)** as shown in **Figure. G**.

12c. Installing The Console – Mount the **Console (15)** to the top of the **Front Post (2)**, while the carefully inserting the excess length of cables into the top plate of the **Front Post (2)**.

CAUTION: To prevent damage, ensure the wires are NOT folded or pinched during installation. Tighten the **Hex Bolts (16)** that were previously removed with the **Multi Hex Tool with Phillips Screwdriver** until firm and secure.

ASSEMBLY



STEP 13

13a. Installing the Left Hand Post Covers – Insert one set of the **Front and Rear Hand Post Cover (115) & (116)** onto the **Left Hand Post (4)**. Attach the **Front and Rear Hand Post Cover (115) & (116)** with two **Self-Tapping Phillips Screws (14)**. Tighten the hardware using the **Multi-Hex Tool with Phillips Screwdriver** provided.

13b. Installing the Right Hand Post Covers – Repeat this for the **Right Hand Post (5)** and the second set of the **Front and Rear Hand Post Cover (115) & (116)**.

13c. Installing the Front Post Covers – Enclose the cross of the **Front Post (2)** with two **Front Post Covers (23)**. Attach the **Post Covers (23)** to the **Front Post (2)** with two **Self Drilling Screws (65)**. Before fully tightening the **Self Drilling Screws (65)**, make sure the edged of the two **Front Post Covers (23)** are flush when clamped together. Tighten the hardware with the **Multi-Hex Tool with Phillips Screwdriver** provided.

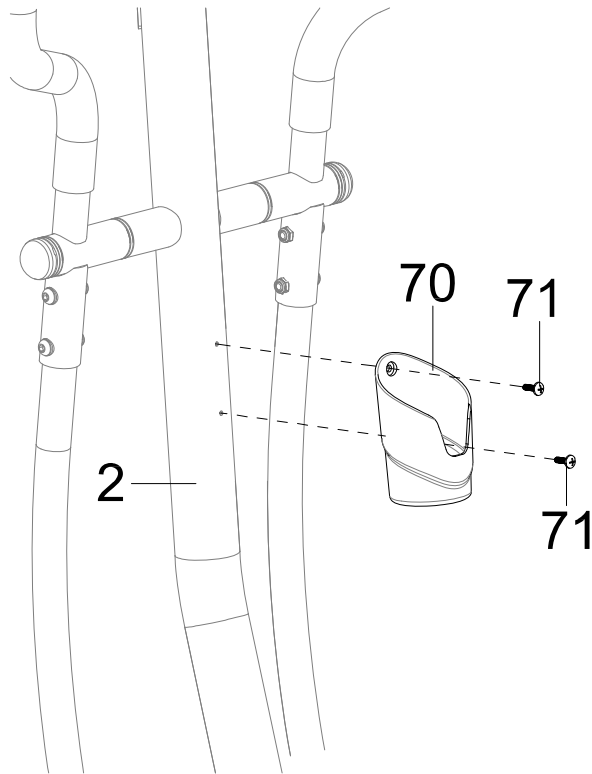
HARDWARE PACK



**(14) Self-Tapping
Phillips Screws
4 PCS**



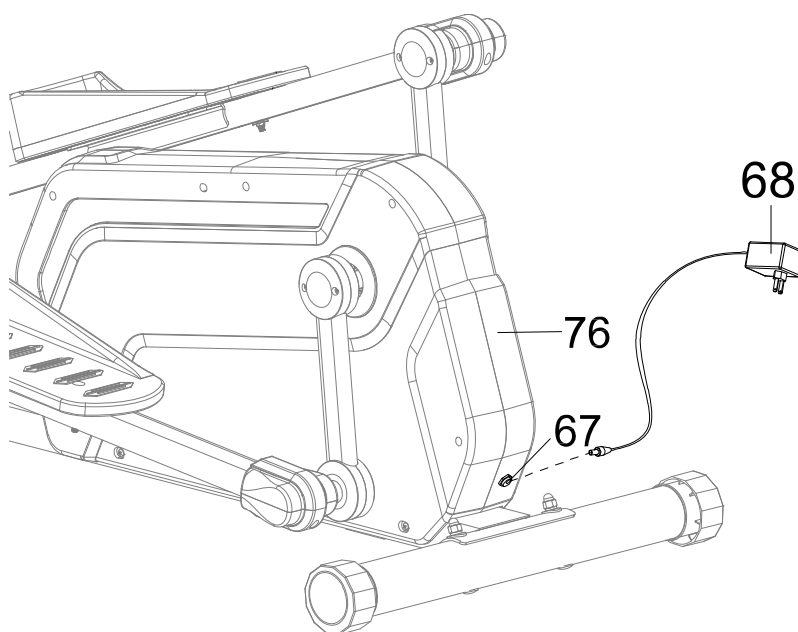
**(65) Self-Drilling
Phillips Screws
2 PCS**



STEP 14

14a. Removing The Hardware From The Front Post – Use the **Multi Hex Tool with Phillips Screwdriver** to remove the two **Self-Tapping Phillips Screws (71)** from the **Front Post (2)**.

14b. Installing the Bottle Holder – Attach the **Bottle Holder (70)** onto the **Front Post (2)** with two **Self-Tapping Phillips Screws (71)**. Tighten the hardware using the **Multi Hex Tool with Philips Screwdriver** provided.



14c. Plugging In The Machine – Connect the **Adaptor (68)** to the **Power Jack (67)** on the rear of the **Right Protective Cover (76)**.

CONSOLE



I. Display:

1. The LCD display shows the following workout statistics:
TIME, RPM, SPEED, DISTANCE, CALORIES, PULSE, and USER
2. Program Profiles: The LCD display will show the program profile you select on the 8 row by 16 column portion of the display.

II. Modes:

1. POWER Mode: When you plug in the machine, the console will beep, and the display will ask you to select a User Profile (U0~U4). There are a total of 5 profiles that can be saved. (Fig - 1, Fig - 2)
2. SLEEP Mode: After 4 minutes of inactivity the computer will automatically enter Sleep Mode. Pedal the machine or press any key to turn the display back on.



Fig - 1

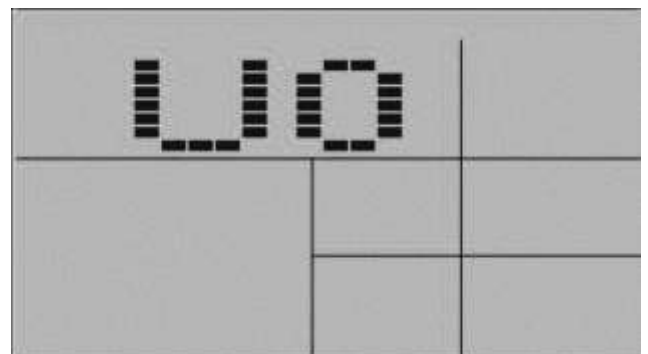


Fig - 2

III. Button Functions:

START/STOP: Press the START/STOP button to start or stop the workout clock.

UP: Press the UP button to navigate through the training program modes (Manual, Pre-set Programs, or User Program), to set target goals, and to increase the resistance level during the workout.

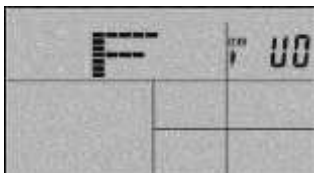
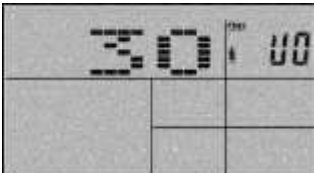


DOWN: Press the DOWN button to navigate through the training program modes (Manual, Pre-set Programs, or User Program), to set target goals, and to decrease the resistance level during the workout.

ENTER: Press the ENTER button to confirm the selection of training program modes (Manual, Pre-set Programs, or User Program), and to Confirm Target goals.

RESET: Press and hold the RESET button for 3 seconds, to reset all values to 0.

User Profile Operation Instructions (U0~U4)

1. Select a User Profile: User 0, User 1, User 2, User 3, or User 4.
2. Select Gender: Male or Female.
3. Enter user Age.
4. Enter User Height.
5. Enter User Weight.

GENDER	AGE	HEIGHT	WEIGHT
			

IV. PROGRAM OPTION INSTRUCTIONS:

MANUAL WORKOUTS: Lets you set the workout resistance level manual.

1. Select the MANUAL Program feature and then push the ENTER button.
2. Use the UP and DOWN buttons to set a RESISTANCE LEVEL. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.
3. Use the UP and Down buttons to set a TIME goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.
4. Use the UP and DOWN buttons to set a DISTANCE goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.
5. Use the UP and DOWN buttons to set a CALORIE goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.



PROGRAM WORKOUTS: Lets you follow one of the workout resistance level patterns printed on the console.

1. Select the PROGRAM feature and then push the ENTER button.
2. Select one of the 12 Pre-Set Programs and press the ENTER button to confirm your selection.
3. Use the UP and DOWN buttons to set a TIME goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
5. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm your selection.



Heart Rate Recovery Test: The tension adjusts to maintain a 50 WATT workout.

1. Select the FITNESS feature and then push the ENTER button.
2. Press the START/STOP button to begin the test.
3. Hold the Hand Pulse Sensors for the entire test. The test will last 8 minutes.



After the test has been completed, the results are as follows:

SCORE	State
F1	VERY GOOD
F2	GOOD
F3	FAIR
F4	POOR
F5	VERY POOR

WATT: The tension will adjust to maintain a 50 WATT workout.

1. Select the WATT feature and then push the ENTER button.
2. Use the UP and DOWN buttons to set a TIME goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.
3. Use the UP and DOWN buttons to set a DISTANCE goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.
4. Use the UP and DOWN buttons to set a CALORIE goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.



PERSONAL: Lets you set a custom work out profile. Set a pattern of resistance levels to follow your own workout.

1. Select the PERSONAL feature and then push the ENTER button.
2. Use the UP and DOWN buttons to adjust each column of the Graph using the UP and DOWN buttons. Once completing a column, Press the Enter Button to move to the next column. Do this for all 16 columns and press the ENTER button to confirm your selection.
3. Use the UP and DOWN buttons to set a TIME goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
5. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm



HEART RATE CONTROL (H.R.C.): Tension will change to get user to the selected Heart Rate Zone.

1. Select the H.R.C feature
2. Select a Heart Rate Zone, Either 55%, 75%, 90% or TAG.
3. Use the UP and DOWN buttons to set a TIME goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
5. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm your selection.



If the User selected "TAG": The Console will adjust the tension to keep the user at a selected Heart Rate.

1. Use the UP and DOWN buttons to set a HEART RATE goal. Press the ENTER button to confirm your selection.
2. Use the UP and DOWN buttons to set a TIME goal. Press the ENTER button to confirm your selection.
3. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm your selection.

CONSOLE

RANDOM: Generates a random workout profile for the user.

1. Select the RANDOM feature.
2. Use the UP and Down buttons to set a TIME goal. Press the ENTER button to confirm your selection.
3. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm your selection.



5. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
6. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm your selection.

VI. Functions View: Below is a list of Functions and their Values and how they display on the console.

Item	Display	Display Rang	Stored
1	GENDER	MALE/ FEM	Yes
2	AGE	10-100	Yes
3	WEIGHT	20-330 (Lb) 10-150 (KG)	Yes
4	HEIGHT	36-84 (INCH) 90-210 (CM)	Yes
5	TIME	0:00-99:59	No
6	DISTANCE	0.0-99.99	No
7	CALORIES	0-999	No
8	SPEED	0.0-99.9	No
9	PULSE	60-200 bpm	No
10	RPM	0-250 rpm	No
11	BRAKE RESISTANCE LEVEL	L1-L24	No
12	USER	U0-U4	Yes

VII. Pre-defined program profile:

- MANUAL



- PROGRAM



- FITNESS



- WATT



- PERSONAL



- H.R.C.



- RANDOM



Program Profile for the P1~P12 Program

- P1



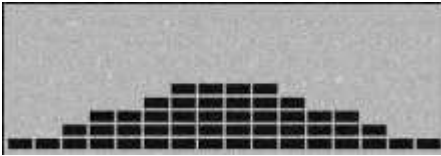
- P2



- P3



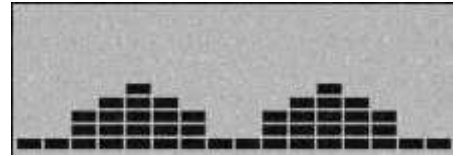
• P4



• P5



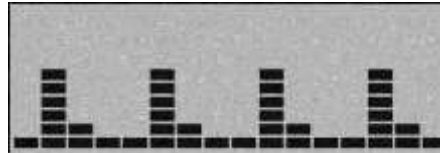
• P6



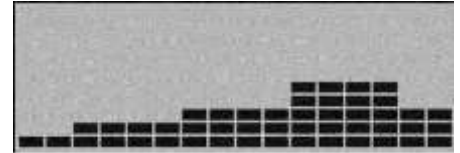
• P7



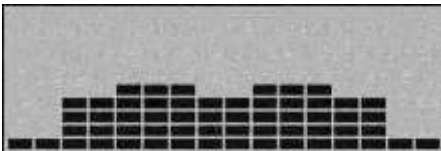
• P8



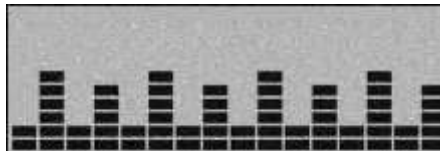
• P9



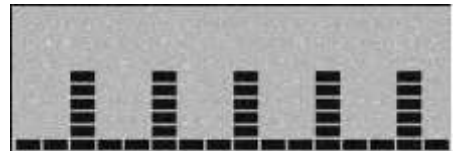
• P10



• P11

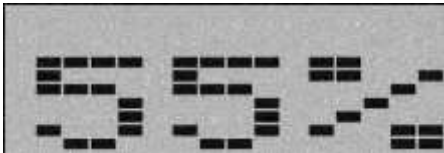


• P12

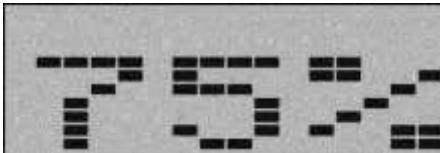


Program Profile for the H.R.C. (55%, 75%, 90%, Tag) Program

•HRC (55%)



•HRC (75%)



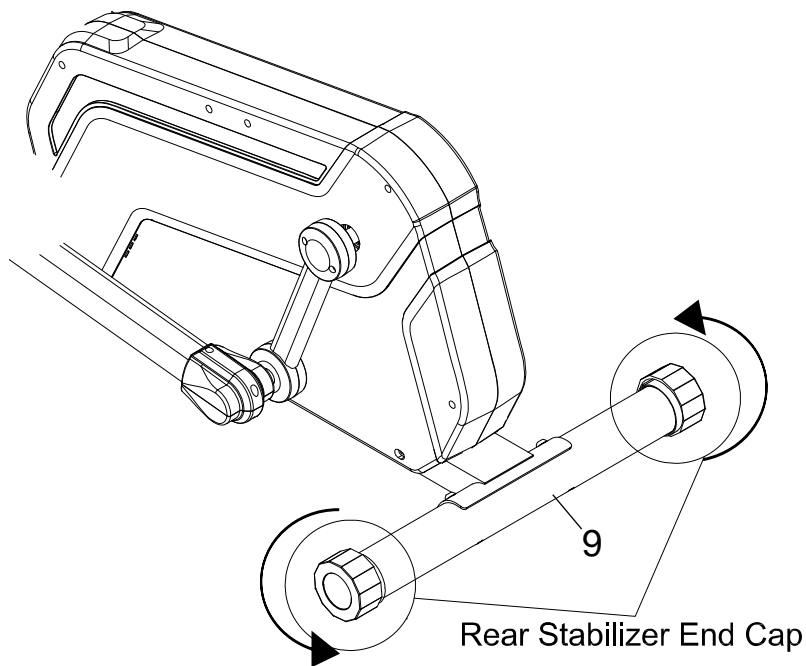
•HRC (90%)



•HRC (Tag)

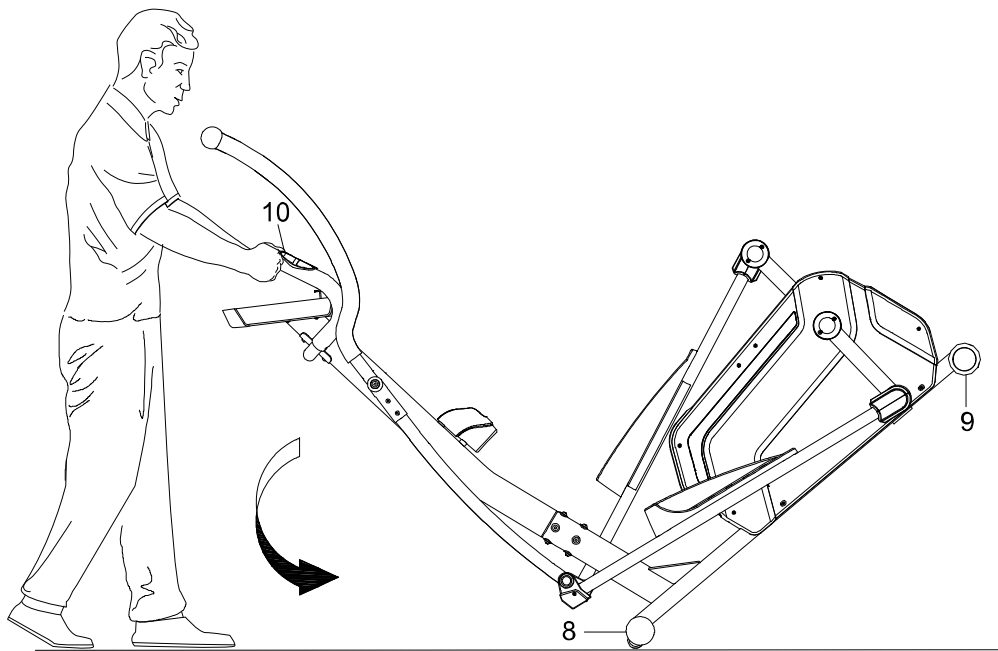


ADJUSTMENTS



Adjusting the Rear Stabilizer End Cap

Turn the Rear Stabilizer End Caps on the **Rear Stabilizer (9)** as needed to level the elliptical.



Transporting the Elliptical

Hold the **Handlebar (10)** and pull the machine until the wheels on the **Front Stabilizer (8)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (9)** to the ground.

TROUBLE SHOOTING

PROBLEM: The elliptical wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical.

PROBLEM: There is no display on the console.

SOLUTION: Remove the console and verify the wires that come from the console are properly connected to the wires that come from the front post.

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

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

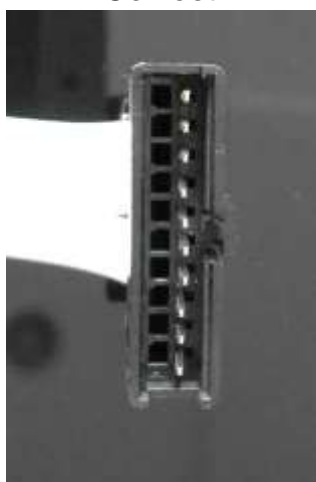
SOLUTION: To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of just with one hand.

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

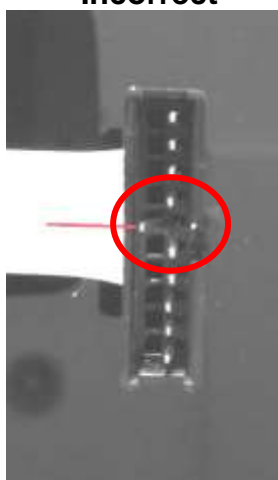
PROBLEM: The elliptical makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the elliptical. Please inspect all of the bolts and tighten any loose bolts.

Correct



Incorrect



Before connecting any cables, please make sure the metal prongs of the cable are not damaged.

MAINTENANCE

Cleaning

The unit can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Wipe your sweat off the unit 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 unit and the console out of direct sunlight to prevent screen damage or premature wear. Inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the unit 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**

(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, 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. 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