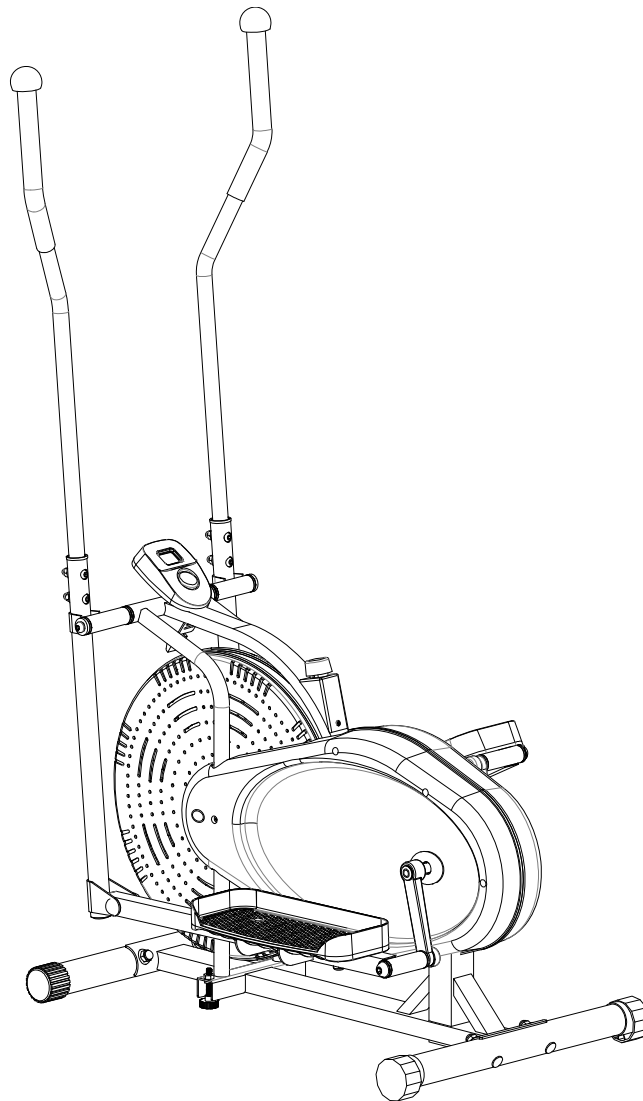


Air Elliptical



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, 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

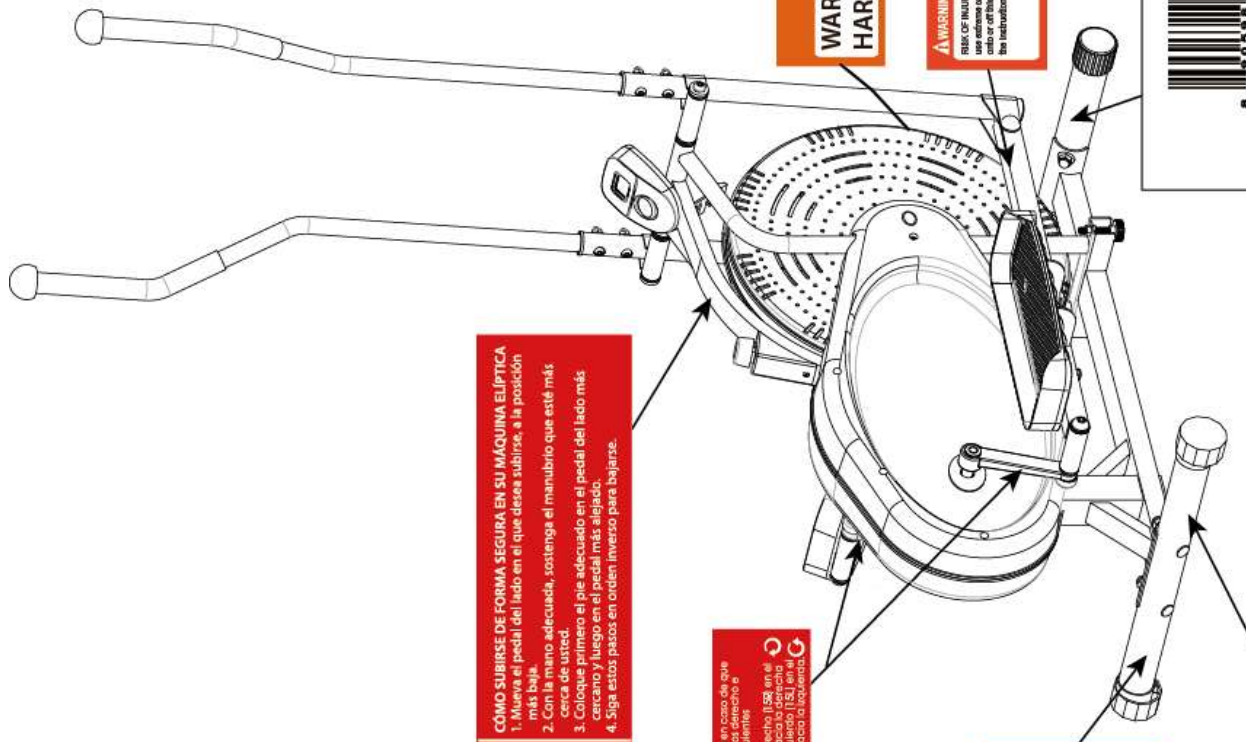
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



COMO SUBIRSE DE FORMA SEGURA EN SU MAQUINA ELIPTICA

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 lejano.
4. Siga estos pasos en orden inverso para bajarse.

MONTÉ SUR LE EXERCISEUR ELLIPTIQUE ET EN DESCENDEZ

1. Mettre en position la plus basse le pédale du côté où l'on monte ou descend.
2. Agrippez 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.

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 dismounting.

The Crank will be disassembled if the Right or Left Bolt are not tightened as per below instructions:

- Tighten Right Bolt (150) into the Right Crank Counter Clockwise
- Tighten Left Bolt (151) into the Left Crank Counter Clockwise

La manivela quedará aflojada si los tornillos de la manivela no se aprietan como se indica a continuación:

- Apriete el tornillo derecho (150) en el eje derecho de la manivela en sentido contrario a las agujas del reloj.
- Apriete el tornillo izquierdo (151) en el eje izquierdo de la manivela en sentido contrario a las agujas del reloj.

Se deberá el cuidado en caso de que los tornillos de la manivela no se aprietan como se indica a continuación:

- Apriete el tornillo derecho (150) en el eje derecho de la manivela en sentido contrario a las agujas del reloj.
- Apriete el tornillo izquierdo (151) en el eje izquierdo de la manivela en sentido contrario a las agujas del reloj.

⚠ WARNING

WARNING: CANCER AND REPRODUCTIVE HARM — WWW.P65WARNINGS.CA.GOV.

⚠ AVERTISSEMENT

AVERTISSEMENT

POUR RÉDUIRE LE RISQUE DE CANCER ET DE LÉSIONS REPRODUCTIVES, lisez attentivement les instructions d'utilisation de cet équipement avant de l'utiliser. Les toutes les précautions et les instructions importantes de cette notice sont de s'en tenir.

⚠

Maximum weight capacity is 220 lbs.

Le poids maximum pout ce produit est 100 kgs.

La capacidad de peso máxima es 100 kg.



EXERPEUTIC

For customer assistance,
Monday - Friday:
Pour le service à la clientèle
composer le, lundi à vendredi:
Para servicios al cliente,
llame al, lunes a viernes:

1-844-641-7921
8 am - 5 pm PST

IMPORTANT SAFETY GUIDELINES

Read all instructions before using the equipment. When using the equipment, basic precautions should always be followed. WARNING - To reduce the risk of injury to persons, read and under the following:

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Before using this equipment, we recommend doing warm ups and stretching of the major muscle groups.
4. Only one person should be using the equipment at a time.
5. Never operate this Equipment if it is 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 this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
10. Do not wear loose clothing when using the equipment.
11. Never drop or insert any object into any opening.
12. If at any time you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any discomfort.
13. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
14. Keep children and pets away from the equipment while in use. This machine is designed for adults only.
15. This product requires a minimum of 6 square feet of space for safe operation.
16. **ASSEMBLY ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
17. **Warning:** - Risk of Personal Injury - Consult with your personal physician to see if this exercise equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.
18. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
19. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
20. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
21. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
22. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using the Bike.
23. **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:

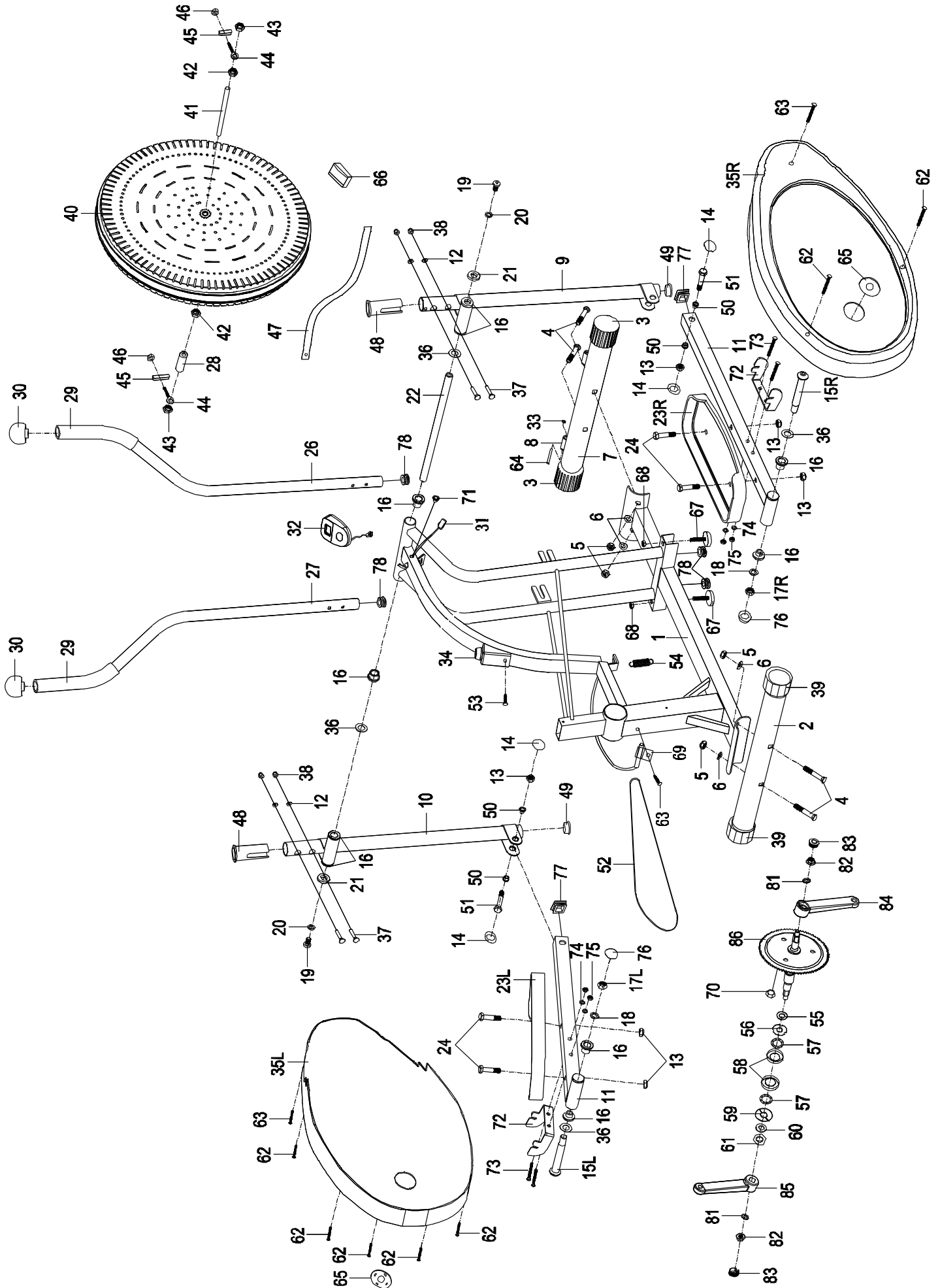
- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you 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 (load):
The Maximum Weight Capacity for this product is 220lbs/100kgs.**

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

SAVE THESE GUIDELINES

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Mainframe 823x210x630	1
2	Rear Stabilizer Ø50x1.5x540	1
3	Front Stabilizer End Cap Ø50	2
4	Bolt M10x57	4
5	Cap Nut M10	4
6	Big Curve Washer Ø10xØ25x2.0	4
7	Front Stabilizer Ø50x1.5x540	1
8	Transport Wheel Ø23xØ6x32	2
9	Right Handrail Ø32x584x1.5	1
10	Left Handrail Ø32x584x1.5	1
11	Foot Bar 30x30x1.5x630	2
12	Big Curve Washer Ø8XØ20X2	4
13	Nylon Nut M10	6
14	Cap S16	4
15L	Bolt for left Crank Ø16x89xL23	1
15R	Bolt for right Crank Ø16x89xL23	1
16	Powder Metal Bushing Ø24.5xØ16x14	10
17L	Nylon Nut for left Crank 1/2"	1
17R	Nylon Nut for right Crank 1/2"	1
18	Spring Washer Ø20xØ13x2	2
19	Bolt M10x18	2
20	Spring Washer Ø10xØ18x3	2
21	D Washer Ø28xØ16xØ5	2
22	Rotation Rod Ø15.8x376	1
23L	Left Foot Pedal 349x150x56	1
23R	Right Foot Pedal 349x150x56	1
24	Bolt M10x45	4
26	Right Handrail Arm Ø25x2x950	1
27	Left Handrail Arm Ø25x2x950	1
28	Spacer Ø16xØ10x20	1
29	Handrail Arm Foam Grip Ø24xØ34x300	2

No.	Description	Qty
30	Handrail Arm End Cap Ø25	2
31	Sensor with Wire L=900	1
32	Computer M1202	1
33	Nylon Nut M6	2
34	Tension Control Knob Ø5x286	1
35L	Left Cover 705x362	1
35R	Right Cover 705x362	1
36	Wave Washer Ø28xØ17x0.3	4
37	Bolt M8x37	4
38	Cap Nut M8	4
39	Rear Stabilizer End Cap Ø50	2
40	Fan Wheel Ø503x85	1
41	Fan Wheel Axle M10x1xL150	1
42	Nut M10x1xB5	2
43	Flange Nut M10x1xB10	2
44	Eyebolt M6x33	2
45	Tension Bracket 31x30xØ1	2
46	Nut M6	2
47	Strap 1150x18	1
48	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	2
49	Handrail End Cap Ø32	2
50	Powder Metal Bushing Ø14xØ10x10	4
51	Bolt M10x55	2
52	Chain	1
53	Screw ST4.8x15	1
54	Spring Ø12x1.8x32	1
55	Washer Ø40xØ24x3	1
56	Notched Bearing Nut	1
57	Bearing	2
58	Bearing Cup	2
59	Slotted Bearing Nut	1


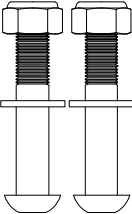
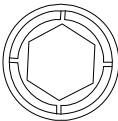

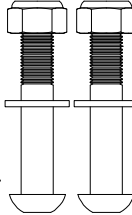
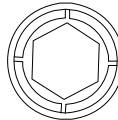
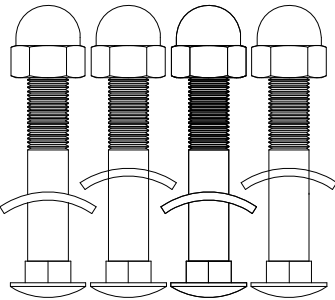
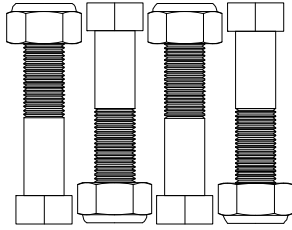
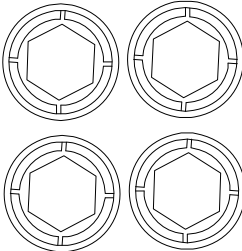
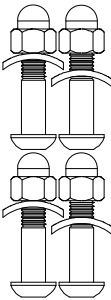
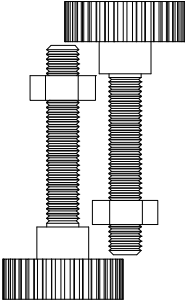
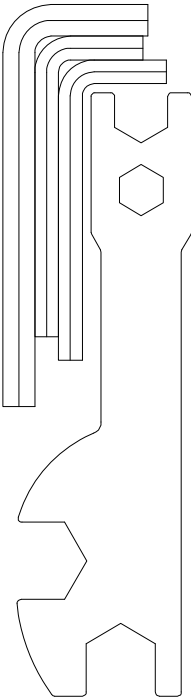
PARTS LIST

No.	Description	Qty
60	Washer Ø34.5xØ23x2.5	1
61	Hexagon Nut 7/8"	1
62	Screw ST4.8x40	7
63	Phillips Self Drilling Screw ST4.8x20	3
64	Bolt M6x45	2
65	Cover Cap (oval 85x64xØ25)	2
66	Plastic Clip 20	1
67	Adjustable Leveler M8x45	2
68	Nut M8	2
69	Sensor Bracket	1
70	Small Magnet	1
71	Wire Plug Ø12.1	1
72	Foot Pedal Support Bracket 250x38x3	2

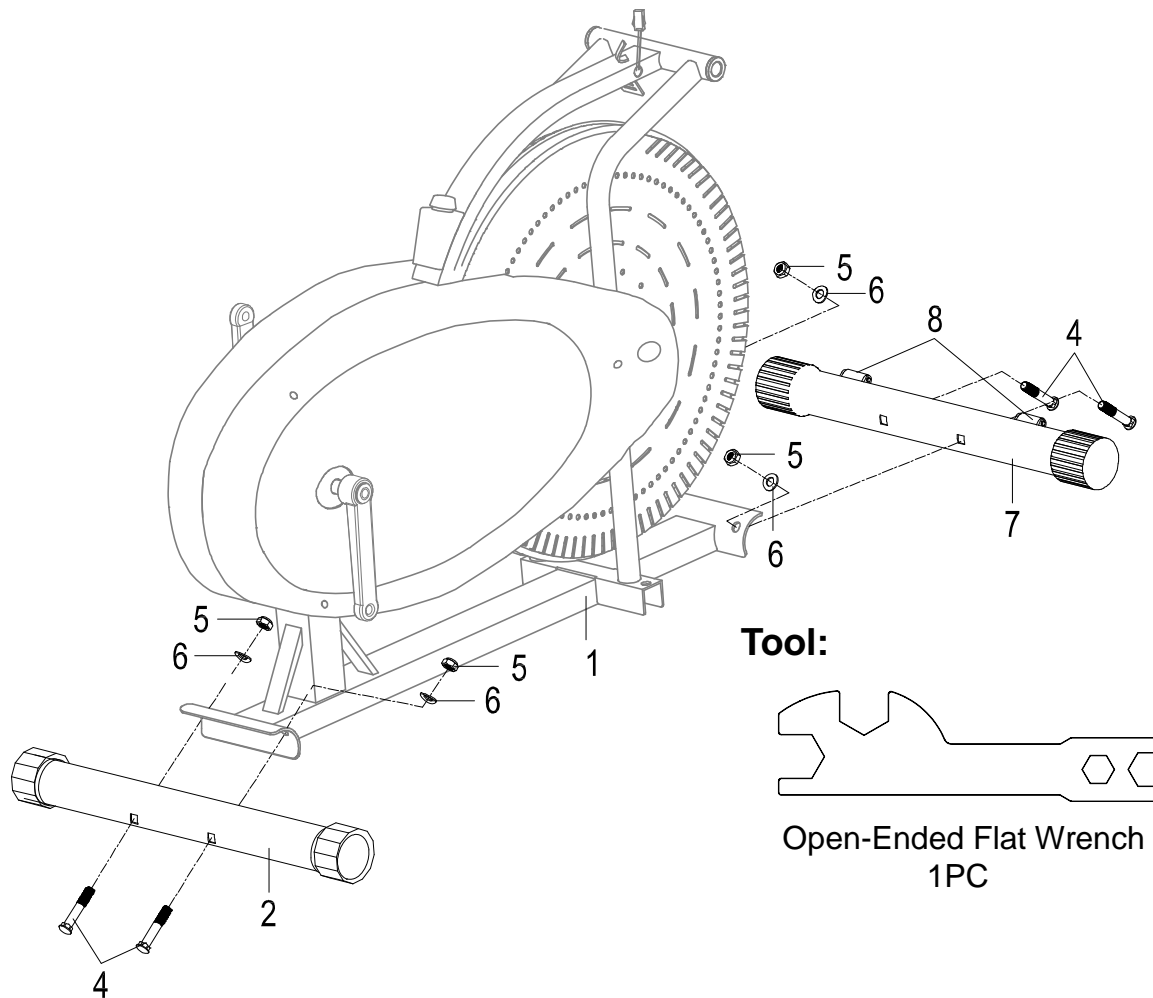
No.	Description	Qty
73	Bolt M8x43	4
74	Washer Ø8	4
75	Nylon Nut M8	4
76	Cap S18	2
77	Square Plug 30x30x1.5	2
78	Round Plug Ø25x1.5	4
81	External Tooth Washer Ø10xØ18x1.0	2
82	Flange Nut M10x1.25x6	2
83	Crank Cover Ø25	2
84	Right Crank	1
85	Left Crank	1
86	Chain Pulley	1

HARDWARE & TOOL LIST

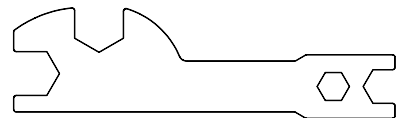
1301-Hardware Pack

<div>STEP3</div> <div><p>NO. 15 Bolt for Right Crank 1pc NO. 17 Nylon Nut for Right Crank 1pc NO. 18 Spring Washer 1pc NO. 36 Wave Washer 1pc</p><p>NO. 76 Cap 1pc NO. 73 Bolt 2pcs NO. 74 Washer 2pcs NO. 75 Nylon Nut 2pcs</p></div>	<div>STEP4</div> <div><p>NO. 15 Bolt for Left Crank 1pc NO. 17 Nylon Nut for Left Crank 1pc NO. 18 Spring Washer 1pc NO. 36 Wave Washer 1pc</p><p>NO. 76 Cap 1pc NO. 73 Bolt 2pcs NO. 74 Washer 2pcs NO. 75 Nylon Nut 2pcs</p></div>	<div>STEP1</div> <div><p>NO. 4 Bolt 4pcs NO. 5 Cap Nut 4pcs NO. 6 Big Curve Washer 4pcs</p></div>	<div>STEP5</div> <div><p>NO. 24 Bolt 4pcs NO. 13 Nylon Nut 4pcs</p></div>	<div>STEP2</div> <div><p>NO. 14 Cap 4pcs</p></div>	<div>STEP6</div> <div><p>NO. 37 Bolt 4pcs NO. 38 Cap Nut 4pcs NO. 12 Big Curve Washer 4pcs</p></div>	<div>STEP7</div> <div><p>NO. 67Adjustable Leveler 2pcs NO. 68 Nut 2pcs</p></div>	<div></div> <div><p>Allen Wrench #6 2pcs Allen Wrench #8 1pc Open-Ended Flat Wrench 1pc</p></div>
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ASSEMBLY



Tool:



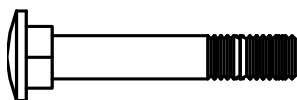
Open-Ended Flat Wrench
1PC

1. Front and Rear Stabilizers Installation:

Step A: Align the **Front Stabilizer (7)** onto the front curve of the **Mainframe (1)**, With the **Transport Wheels (8)** facing forward. Align the holes and attach two **Bolts (4)** and on the other ends of bolts attach two **Big Curve Washers (6)** and two **Cap Nuts (5)**. Tighten the **Cap Nuts (5)** using the **Open-Ended Flat Wrench** provided.

Step B: Align and attach the **Rear Stabilizer (2)** onto the rear curve of the **Mainframe (1)**, using two **Bolts (4)**. On the other end of the **Bolts (4)**, Attach two **Big Curve Washers (6)**, and two **Cap Nuts (5)**. Tighten the **Cap Nuts (5)** using the **Open-Ended Flat Wrench** provided.

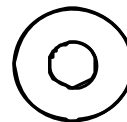
Hardware:



(4) Bolt 4 PCS



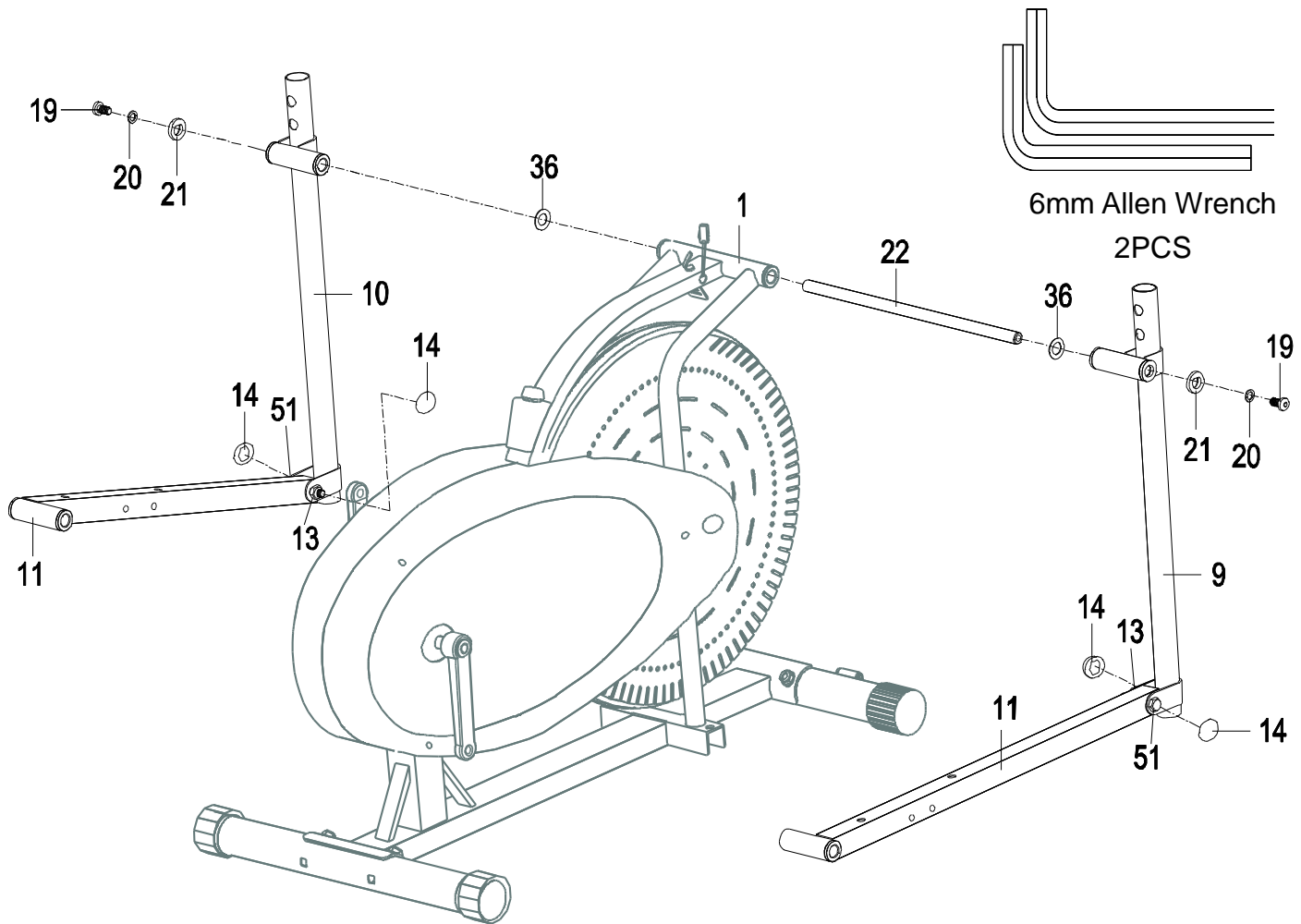
(5) Cap Nut 4 PCS



(6) Big Curve Washer
4 PCS

ASSEMBLY

Tool:



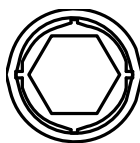
2. Handrails, Foot Bars and Rotation Rod Installation:

Use the two **6mm Allen Wrenches** to remove the two Pre-Assembled **Bolts (19)**, two **Spring Washers (20)**, two **D Washers (21)**, and two **Wave Washers (36)** from the **Rotation Rod (22)**. Lubricate the **Rotation Rod (22)** with the grease provided, and slide it through the tube on the top of the **Mainframe (1)**. Slide a **Wave Washer (36)** onto each side of the **Rotation Rod (22)**, attach the **Left Handrail (10)** onto the **Rotation Rod (22)** and secure it in place with one **Bolt (19)**, one **Spring Washer (20)**, one **D Washer (21)**. Ensure that the notch in the **D Washer (21)** is securely in the divot of the **Rotation Rod (22)**.

Repeat this Step for the **Right Handrail (9)** then tighten the **Bolts (19)** using the two **6mm Allen Wrenches** provided.

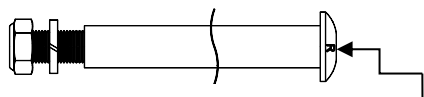
Attach a **Cap (14)** onto the **Bolt (51)** and **Nylon Nut (13)** on each **Foot Bar (11)**.

Hardware:



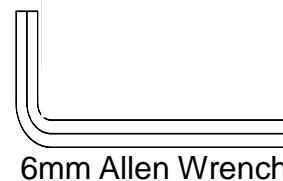
(14) Cap
4 PCS

ASSEMBLY

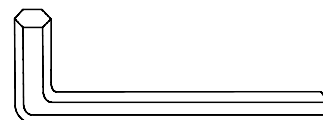


Important:
Installing right bolt into right crank can only be done by turning right (clockwise).

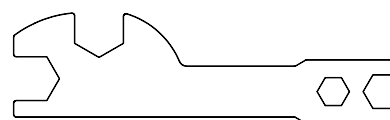
Tool:



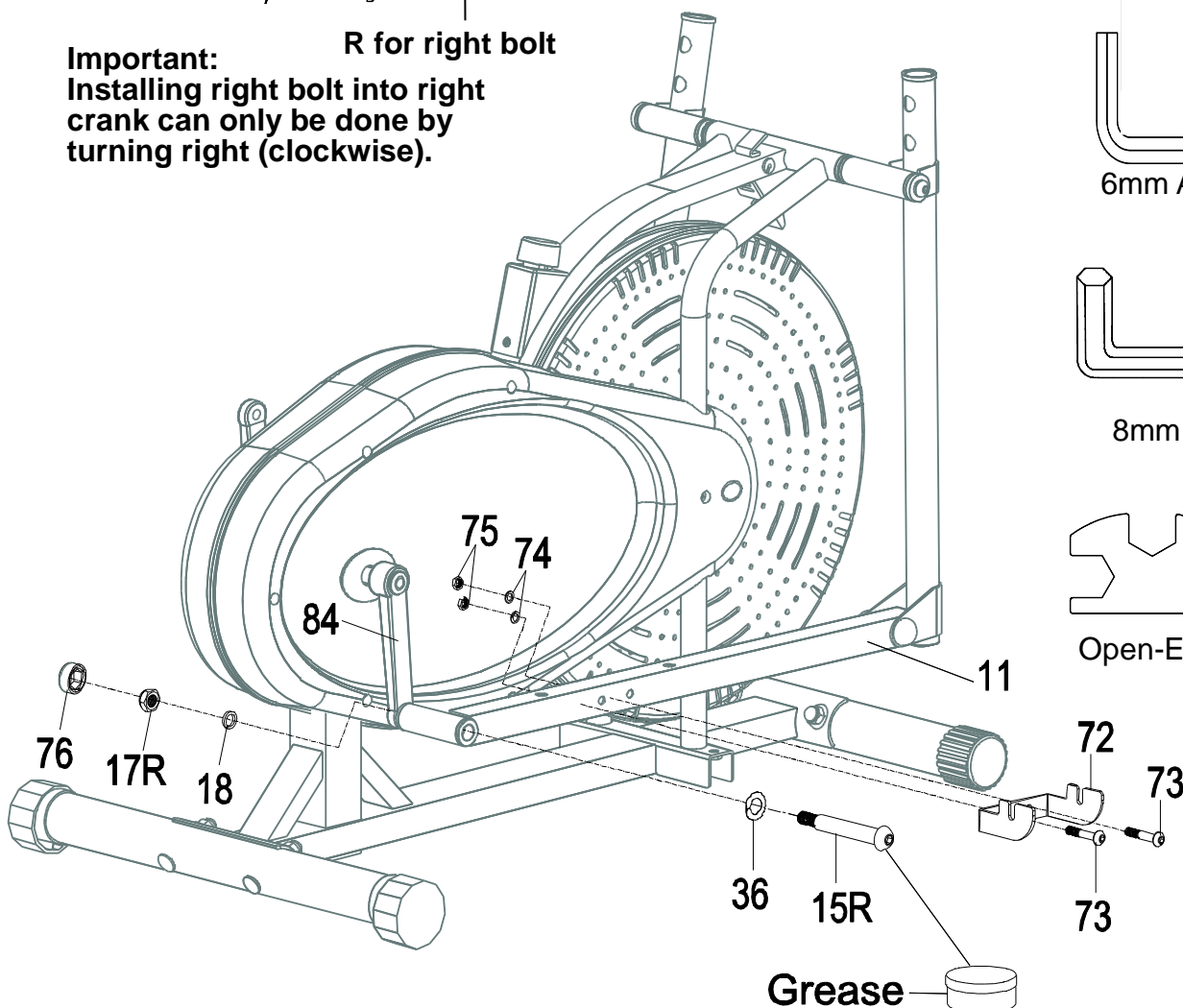
6mm Allen Wrench
1PC



8mm Allen Wrench
1PC



Open-Ended Flat Wrench
1PC



3. Foot Pedal Support Bracket and Right Bolt for Crank Installation

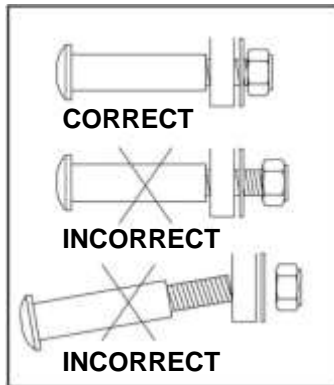
Attach the **Foot Pedal Support Bracket (72)** onto the right side of the right **Foot Bar (11)** with two **Bolts (73)**, two **Washers (74)**, and two **Nylon Nuts (75)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to secure the **Foot Pedal Support Bracket (72)** to the **Foot Bar (11)**.

Lubricate the **Right Crank Bolt (15R)** with some grease provided.

Insert the **Right Crank Bolt (15R)** and **Wave Washer (36)** through the RIGHT side of the **Foot Bar (11)**. Align the **Foot Bar (11)** with the **Right Crank (84)** so that they are **perfectly center**. Screw the **Right Crank Bolt (15R)** through the **Right Crank (84)** by turning it **CLOCKWISE** by hand until it stops, Then thoroughly tighten the **Right Crank Bolt (15R)** with the **8mm Allen Wrench**. Put a **Spring Washer (18)** on the threaded end of the **Right Crank Bolt (15R)** and attach the **Right Nylon Nut (17R)**. Using the **Open-Ended Wrench** and **8mm Allen Wrench**, secure the **Right Nylon Nut (17R)**. Proper tightness is extremely important to prevent parts from coming loose or damaging the unit.

Cover the **Right Nylon Nut (17R)** with **Cap (76)**.

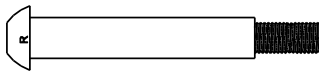
ASSEMBLY



Note: In order to install the bolt properly, keep it perfectly straight when the bolt goes through the foot bar and the crank. If the bolt is connected to the crank at an angle, damage to the bolt and/or the crank may occur.

Please make sure the RIGHT bolt is for the RIGHT crank only and the LEFT bolt is for the LEFT crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

Hardware:



(15R) Right Crank
Bolt



(17R) Right Nylon
Nut



(18) Spring Washer
1PC



(36) Wave Washer
1PC



(73) Bolt
2 PCS



(74) Washer
2 PCS

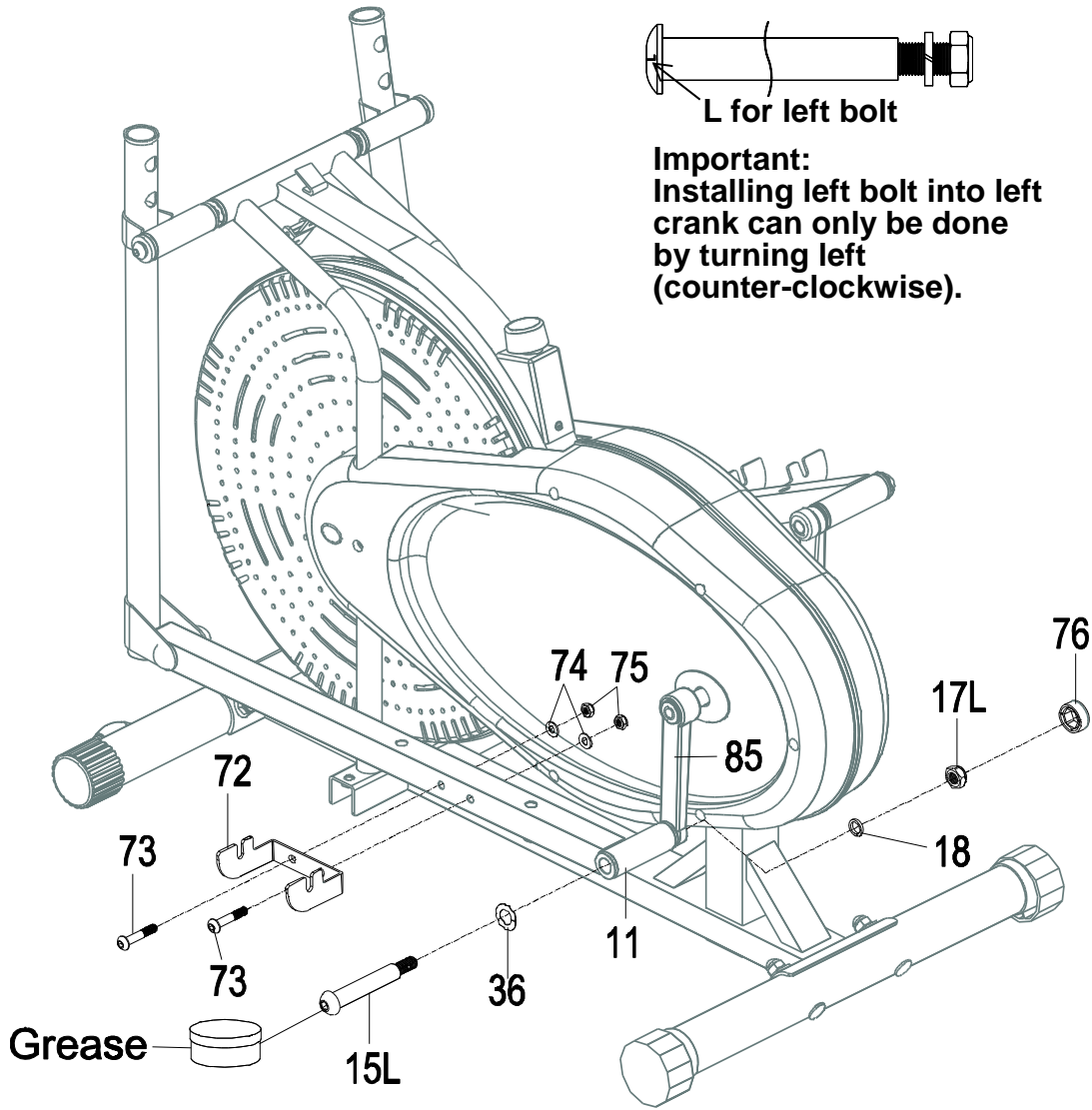


(75) Nylon Nut
2 PCS

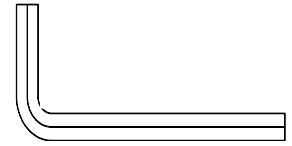


(76) Cap
1 PC

ASSEMBLY



Tool:



6mm Allen Wrench
2PCS



8mm Allen Wrench
1PC



Open-Ended Flat Wrench
1PC

4. Foot Pedal Support Bracket and Left Bolt for Crank Installation

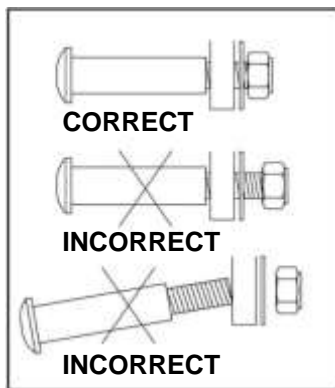
Attach the **Foot Pedal Support Bracket (72)** onto the left side of the **Foot Bar (11)** with two **Bolts (73)**, two **Washers (74)**, and two **Nylon Nuts (75)**. Use the **Open-Ended Flat Wrench** and **6mm Allen Wrench** to secure the **Foot Pedal Support Bracket (72)** to the **Foot Bar (11)**.

Lubricate the **Left Crank Bolt (15L)** with some grease provided.

Insert the **Left Crank Bolt (15L)** and **Wave Washer (36)** through the LEFT side of the **Foot Bar (11)**. Align the **Foot Bar (11)** with the **Left Crank (85)** so that they are **perfectly center**. Screw the **Left Crank Bolt (15L)** through the **Left Crank (85)** by turning it **COUNTER-CLOCKWISE** by hand until it stops, Then thoroughly tighten the **Left Crank Bolt (15L)** with the **8mm Allen Wrench**. Put a **Spring Washer (18)** on the threaded end of the **Left Crank Bolt (15R)** and attach the **Left Nylon Nut (17L)**. Using the **Open-Ended Wrench** and **8mm Allen Wrench**, secure the **Left Nylon Nut (17L)**. Proper tightness is extremely important to prevent parts from coming loose or damaging the unit.

Cover **Left Nylon Nut (17L)** with **Cap (76)**.

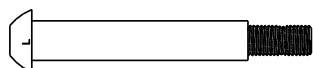
ASSEMBLY



Note: In order to install the bolt properly, keep it perfectly straight when the bolt goes through the foot bar and the crank. If the bolt is connected to the crank at an angle, damage to the bolt and/or the crank may occur.

Please make sure the RIGHT bolt is for the RIGHT crank only and the LEFT bolt is for the LEFT crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

Hardware:



(15L) Left Crank
Bolt



(17L) Left Nylon
Nut



(18) Spring Washer
1PC



(36) Wave Washer
1PC



(73) Bolt
2 PCS



(74) Washer
2 PCS



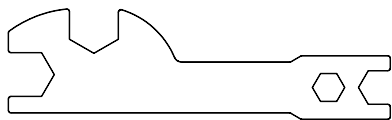
(75) Nylon Nut
2 PCS



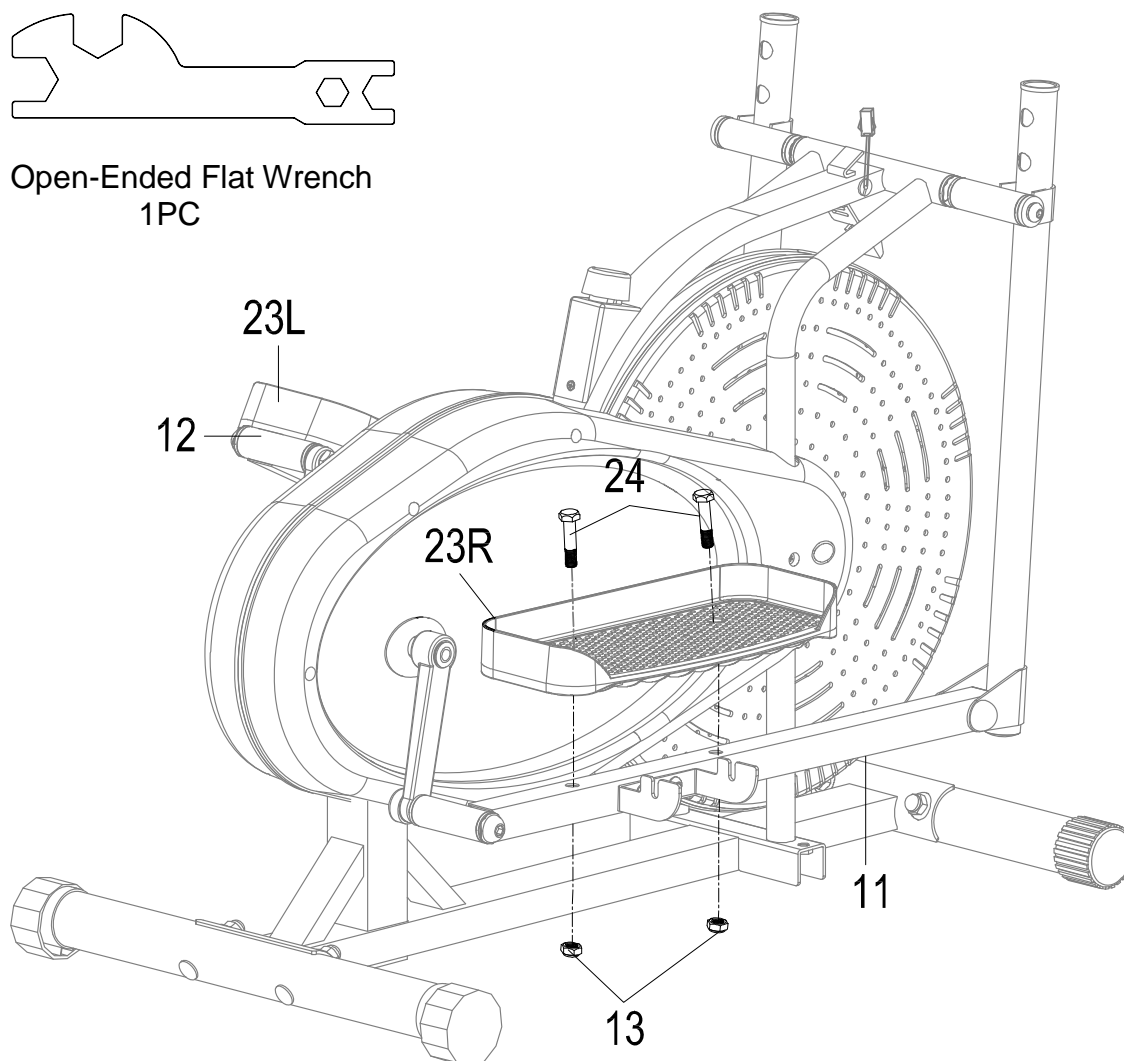
(76) Cap
1 PC

ASSEMBLY

Tool:



Open-Ended Flat Wrench
1PC



5. Right and Left Foot Pedals Installation:

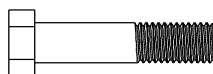
Attach the **Right Foot Pedal (23R)** onto the right side of the **Foot Bar (11)** with two **Bolts (24)** and two **Nylon Nuts (13)**. Tighten the **Nylon Nuts (13)** using the **Open-Ended Wrench** provided.

Repeat step above for the **Left Foot Pedal (23L)**.

Hardware:

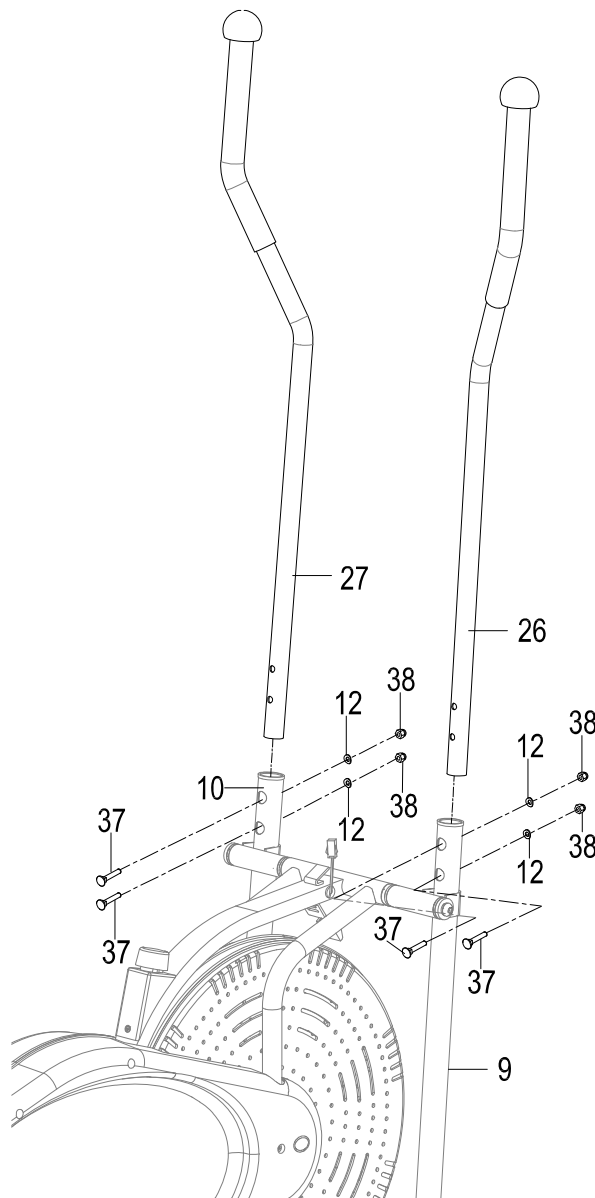


(13) Nylon Nut
4 PCS

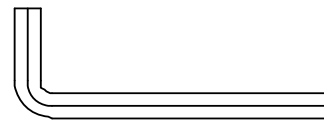


(24) Bolt
4 PCS

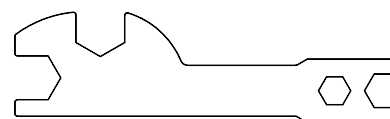
ASSEMBLY



Tool:



6mm Allen Wrench
1PC



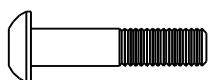
Open-Ended Flat Wrench
1PC

6. Right and Left Handrail Arms Installation:

Step A: Insert the **Right Handrail Arm (26)** into the **Right Handrail (9)** and secure it using two **Big Curve Washers (12)**, two **Bolts (37)**, and two **Cap Nuts (38)**. Tighten using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** provided.

Step B: Insert the **Left Handrail Arm (27)** into the **Left Handrail (10)** and secure it using two **Big Curve Washers (12)**, two **Bolts (37)**, and two **Cap Nuts (38)**. Tighten using the **6mm Allen Wrench** and **Open-Ended Flat Wrench** provided.

Hardware:



(37) Bolt
4 PCS

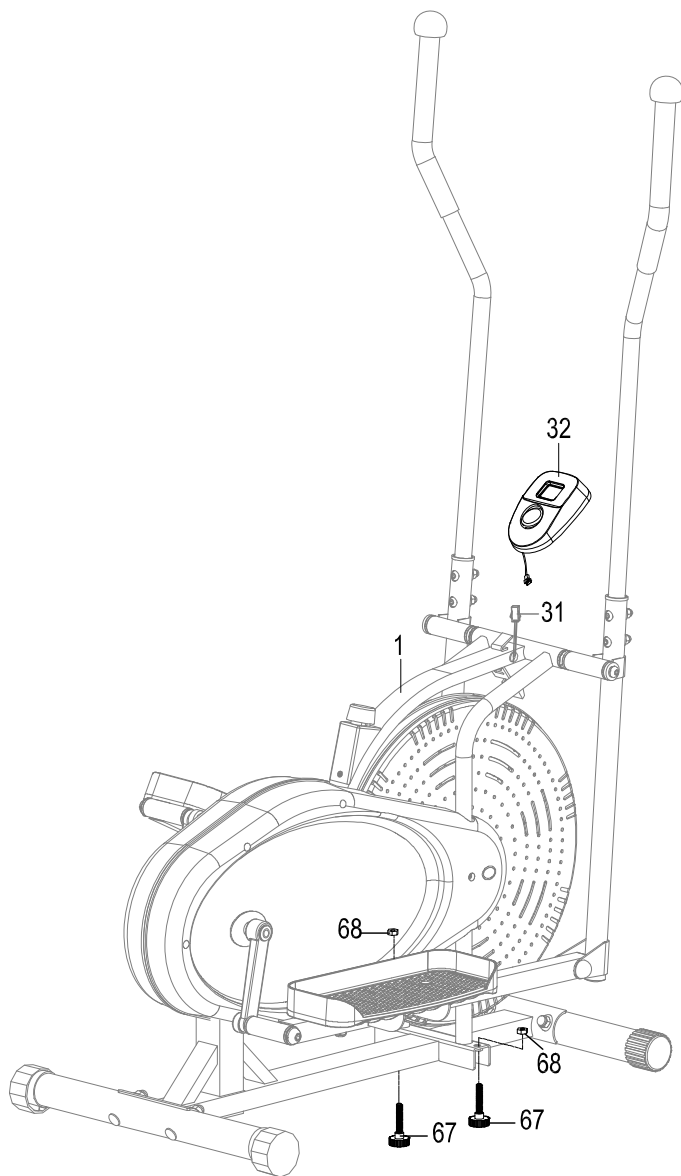


(12) Big Curve Washer
4 PCS

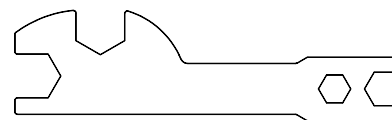


(38) Cap Nut
4 PCS

ASSEMBLY



Tool:



Open-Ended Flat Wrench
1PC

7. Adjustable Levelers and Computer Installation:

Step A: Computer Installation:

Connect the **Sensor Wire (31)** to the **Computer (32)**. Place the **Computer (32)** onto the plate of the **Mainframe (1)** and slide it down into the lock position.

Step B: Adjustable Levelers Installation:

Remove the **Nut (68)** from the **Adjustable Leveler (67)**. Screw the **Adjustable Leveler (67)** onto the bottom of the **Mainframe (1)**. Attach the **Nut (68)** and tighten by hand.

Repeat for the other side.

IMPORTANT: To prevent Elliptical from wobbling, make sure you adjust the levelers as instructed on Page 18.



(67) Adjustable Leveler
2 PCS



(68) Nut
2 PCS

CONSOLE

Display Information:

TIME-----	00:00-99:00
SPEED -----	0.0-99.9 MPH / KM
DISTANCE (DIST) -----	0.00-999.9 ML
CALORIES (CAL) -----	0.0-999.9 CAL
ODOMETER (ODO) -----	0.0-999.9 ML



FUNCTIONS AND OPERATIONS:

AUTO ON /OFF: The Computer will automatically turn on when exercise begins. After 4 minutes of inactivity, The Computer will automatically turn off.

SCAN: Press the MODE button until the arrow points to SCAN, the computer will automatically scan through the TIME/SPEED/DISTANCE/CALORIE functions every 6 seconds.

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

SPEED: Press the MODE button until the arrow points to SPEED, the computer will display the current training speed.

DISTANCE: Press the MODE button until the arrow points to DISTANCE, the computer will display the cumulative distance traveled during workout.

CALORIES: Press the MODE button until the arrow points to CALORIES, the computer will display the total calories burned during workout.
(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

RESET: Press and hold the MODE button for 4 seconds, all data values will clear to zero.

HOW TO INSTALL THE BATTERIES:

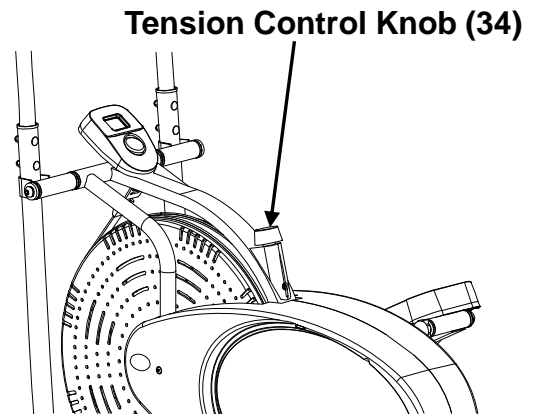
1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Ensure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

TENSION ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the tension, turn the **Tension Control Knob (34)** in a **clockwise direction**.

To decrease the tension, turn the **Tension Control Knob (34)** in a **counterclockwise** direction.

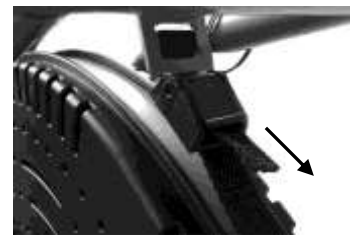


After prolong use of the elliptical trainer, the strap will begin to stretch out and it will become necessary to tighten the strap for optimum performance.

1. Before tightening the strap the tension knob must be set to its lowest setting. To do this turn the knob in a counter-clockwise direction until it becomes difficult to continue turning it.



2. Undo the buckle of the plastic clip and then pull the top strap at the front of the unit away from the unit to tighten it. Only minimal tightening should be required. Finally, lock the buckle of the plastic clip.



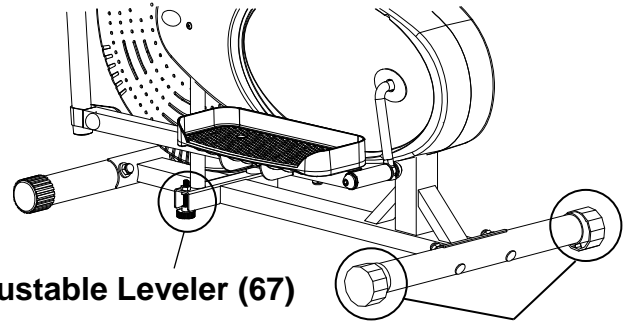
3. Now with the strap tightened and without changing the tension when you get on you should feel a slight bit of tension (i.e. the flywheel should not turn freely). When you are satisfied with the base level tension turn the tension knob clockwise and continue exercising like normal.



LEVELER ADJUSTMENTS

Adjusting the Rear Stabilizer End Cap or Adjustable Leveler

The Elliptical has to be set up on a flat surface. Otherwise, shaking or wobble might occur during the workout. Use the following two methods to adjust the Elliptical Level.



Adjustable Leveler (67)

Rear Stabilizer End Cap (39)

IMPORTANT: Follow these important steps to ensure the stability of the elliptical when in use.



A. Adjusting the Rear Stabilizer End Cap:

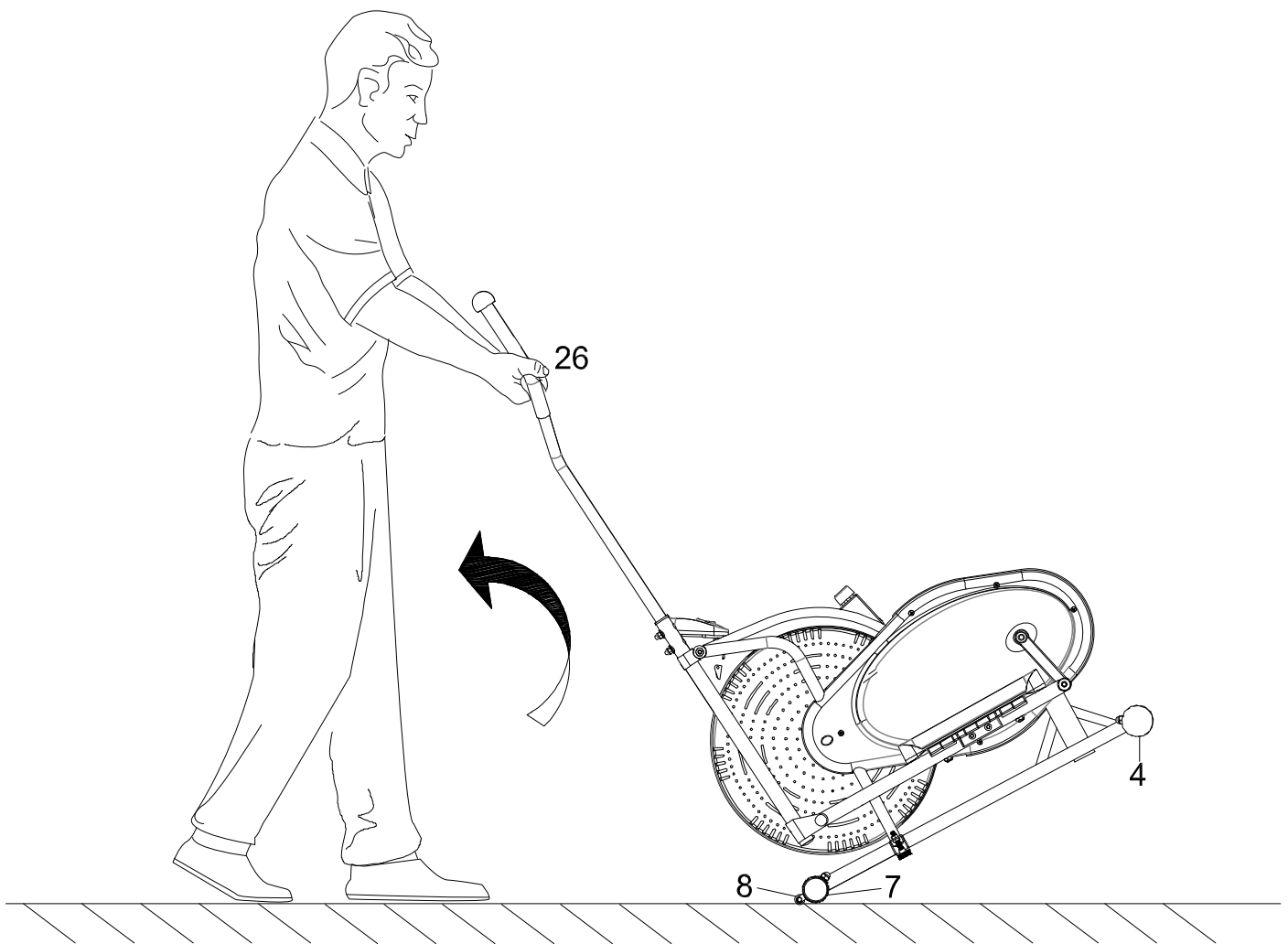
The **Rear Stabilizer End Cap (39)** is designed with different angle surfaces to level the Elliptical. Rotate the **Rear Stabilizer End Cap (39)** till one of the surfaces firmly settle on the floor.



B. Adjusting the Adjustable Leveler:

The **Adjustable Leveler (67)** is designed to distribute the Elliptical and User's weight to the ground level evenly. You should adjust the **Adjustable Leveler (67)** until it makes contacts with the floor, so that they are at the same level as the front and rear stabilizer end cap. If the Elliptical is set up on a carpet, make sure the **Adjustable Leveler (67)** instead of the carpet surface.

MOVING THE ELLIPTICAL



Transporting the Elliptical

Hold the **Handlebar (26)** and pull the machine until the **Transport Wheels (8)** on the **Front Stabilizer (7)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (4)** to the ground.

Regular maintenance of your elliptical is necessary to extend the life of your machine and allow it to continue to function properly. Keep the elliptical, especially the computer console, out of direct sunlight to prevent screen damage or premature wear.

Cleaning

Keep the machine clean and free of any debris by vacuuming around the moving parts and wiping the machine down with a clean cotton cloth. The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Immediately wipe your perspiration off the elliptical after each use.

Lubrication


Regularly inspect your machine for any loose connections and tighten them. Creating a consistent lubrication routine on the moving parts of the elliptical can stop it from squeaking.

1. Check the floor where the elliptical sits to verify the floor is level. An Uneven floor could create unnecessary stress on the moving parts of the elliptical, creating a squeak.
2. Spray an aerosol multi-purpose or silicon-based lubricant onto the bolts that connect the handlebars to the lower arms. The lower arms support the footpads or pedals on the elliptical.
3. Spray the lubricant onto the bolts connecting the foot bars to the crank and the bolts connecting the crank to the mainframe.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

TROUBLE SHOOTING

PROBLEM	SOLUTION
The computer will not power up.	<ol style="list-style-type: none"> 1. Check that the batteries are inserted properly with the correct polarity (see marking inside the battery compartment). 2. Check that the battery springs are in proper contact with batteries. 3. Remove the old batteries and replace with the new batteries.
There is no readings on the computer display	Check that the Sensor Wire (31) coming out from the Mainframe (1) is securely connected to the wire that coming from the Computer (32) . See Step 7 page 18.
The elliptical makes a squeaking noise.	<ol style="list-style-type: none"> 1. The bolts may be loose on the elliptical, please inspect and tighten any loose bolts. 2. See page for lubrication.
Clicking Noise.	<p>After long use, the chain may get loose and start to have clicking noise. Open the Right and Left Covers (35R, 35L) to reach the Nut (46). Tighten the chain by screwing the Nut (46) clockwise. Repeat for the other side.</p> 
The elliptical is not sturdy enough.	Make sure both the Adjustable Levelers (67) are touching the ground. Make sure the elliptical is leveled. Please refer to page 21.
Tension adjustment doesn't work.	Undo the buckle of the plastic clip and then pull the top strap on the front of the unit away (downward) to re-tighten the tension belt. See page 20.
Pedal assembly is coming loose.	Make sure the bolt is secured to the foot bar and into the crank with the nylon nut. When tightening the bolt, make sure the bolt threads protrude out through the nylon nut. Proper tightness is extremely important to prevent parts from coming loose or damage during use. See page 12-15.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Structural Frame	1 year
All Other Components (computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)	90 days

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