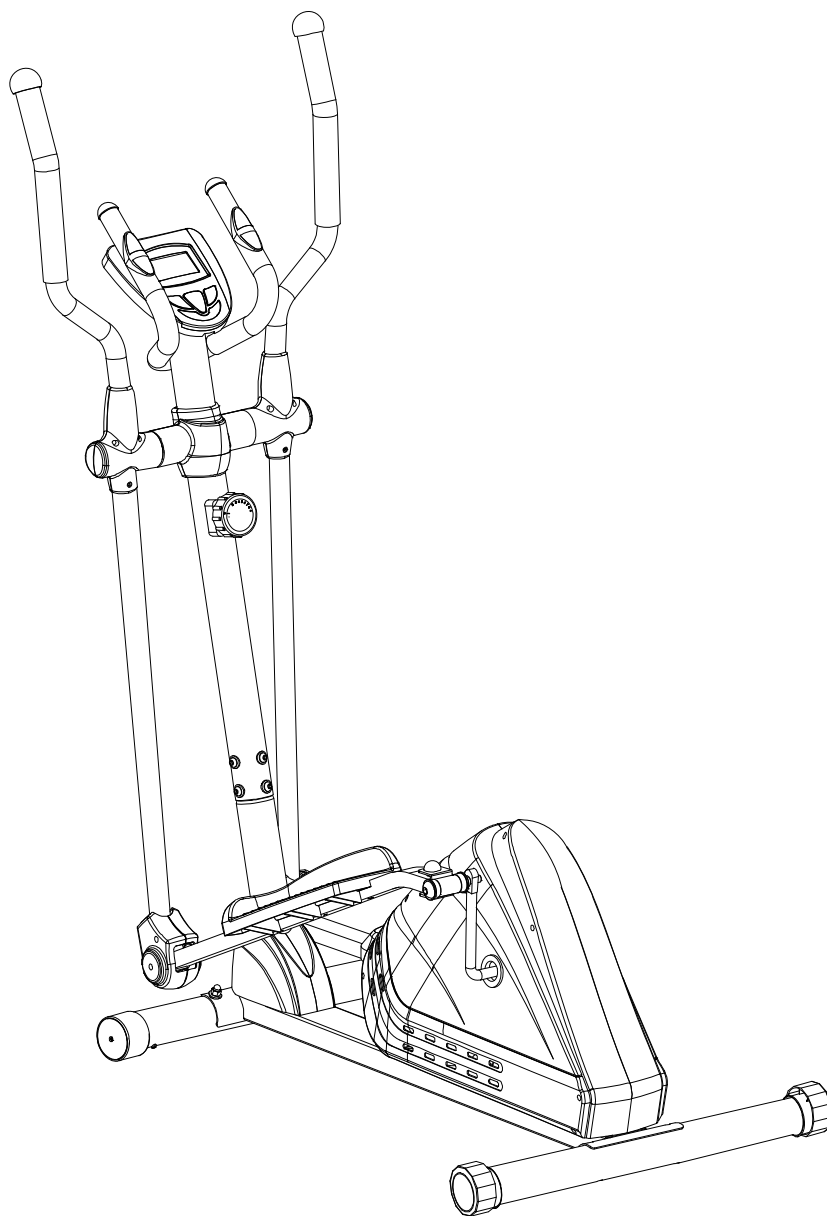


## Elliptical



**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.

**THIS PAGE WAS INTENTIONALLY LEFT BLANK**



**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](mailto: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 by the below methods:

**For The Best Service, please Email:**  
**[service@paradigmhw.com](mailto:service@paradigmhw.com)**

**Response Time: 1-2 Business Days**

**Emailing us with the information above will be the best method to receive a response during peak business hours**

**Website:**  
**[www.paradigmhw.com](http://www.paradigmhw.com)**

**Toll-Free:**

**1-844-641-7921**

**(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:**

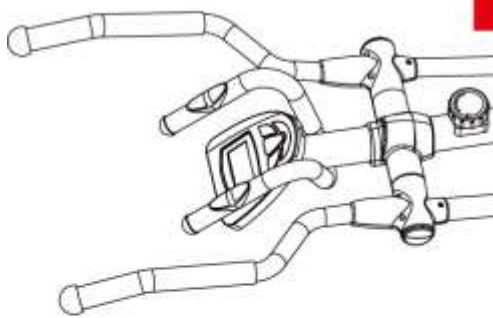
- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

**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



## ⚠ SAFETY MOUNTING- YOUR ELLIPTICAL MACHINE

1. Move the pedal on the side you intend to mount to its lowest position.
2. Take hold of the handlebar 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.

## ⚠ Monter sur 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.

## ⚠ WARNING

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

## ⚠ CAUTION (Model 1302)

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

- Tighten Right Bolt (130) into the Right Crank Clockwise
- Tighten Left Bolt (131) into the Left Crank Counter Clockwise

## ⚠ ATTENTION (N° 1302)

La manivelle pourrait être endommagée si les boulons droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

- Serrer le Boulon droit (130) dans la manivelle droite dans le sens horaire
- Serrer le Boulon gauche (131) dans la manivelle gauche dans le sens antihoraire

## ⚠ WARNING

**Maximum weight capacity is 300 lbs.**

## ⚠ AVERTISSEMENT

**Le poids maximum pour ce produit est 136 kgs.**



118896913020001

Serial number/Numéro de série

MADE IN CHINA/FABRIQUE EN CHINE

**EXERPEUTIC.**

For customer assistance call:

**1-844-641-7921**

8 am - 5 pm PST

Monday - Friday

Pour le service à la clientèle composer le:

**1-844-641-7921**

Lundi à vendredi

8:00 h - 17 h (HNP)

# 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](http://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 300 lbs/136 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



# PARTS LIST

No.	Description	Qty
1	Main Frame	1
2R	Right Foot Bar	1
2L	Left Foot Bar	1
3L	Left Handrail Post	1
3R	Right Handrail Post	1
4L	Left Handrail Arm $\Phi 32 \times 1.5$	1
4R	Right Handrail Arm $\Phi 32 \times 1.5$	1
5	Front Post	1
6	Handlebar $\Phi 25 \times 1.5$	1
7	Front Stabilizer $\Phi 60 \times 1.5 \times 480$	1
8	Rear Stabilizer	1
9	Carriage Bolt M8*70	4
10	Rear Stabilizer End Cap	2
11	Curve Washer $\phi 20 \times \phi 8$	12
12	Cap Nut M8	4
13L	Left Pedal Bolt	1
13R	Right Pedal Bolt	1
14L	Left Nylon Nut	1
14R	Right Nylon Nut	1
15	Wave Washer $\phi 28 \times \phi 17 \times 0.3$	2
16	Bushing $\Phi 24.5 \times \Phi 16 \times 14$	4
17	Spring Washer $\Phi 20$	2
18	Bearing 6000 2Z 轴承	2
19	Flat Washer 7/8"	1
20	U-Shape Bracket	2
21	Lock Nut M8	2
23	Hex Bolt M8*45	2
24	Lock Nut M6	10
25	Flat Washer $\Phi 6$	6
26	Hex Bolt M6*40 L20	6


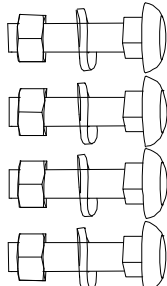
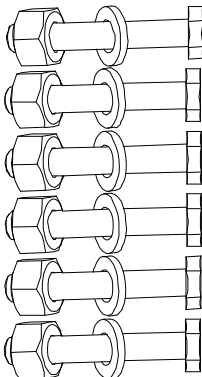
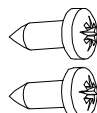
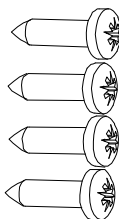
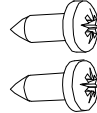
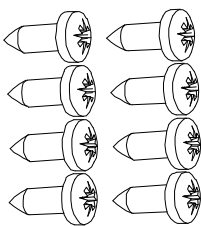
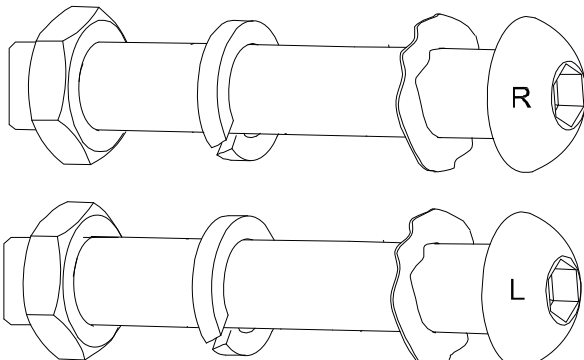
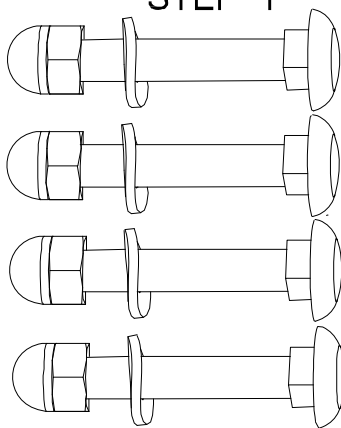
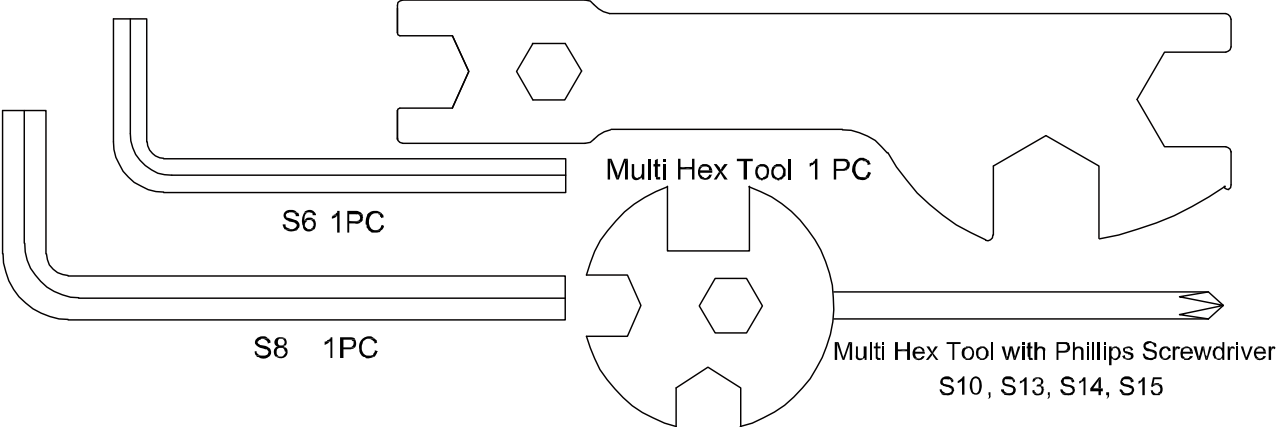
No.	Description	Qty
27	Tension Cable 1800	1
28	Nut Cap S13	2
29	Self-Tapping Phillips Screw ST4.2*25	11
30L	Left Foot Bar Cover	2
30R	Right Foot Bar Cover	2
31	Big Flat Washer $\Phi 6 \times \Phi 18 \times 1.5$	3
32	Bolt $\phi 15.8 \times 62.5$	2
33	Left Pedal 395*150*65	1
34	Right Pedal 395*150*65	1
35	Front Stabilizer End Cap	2
37	Crank Cover $\phi 40 \times \phi 25 \times 10$	2
38	Socket Hex Bolt S6-M8*15 全牙	10
39	Bushing $\phi 14.2 \times \phi 10.2 \times 10$	4
40	Socket Hex Bolt S6 M8*20	2
41	Spring Washer $\phi 8$	14
42	D Washer $\phi 38 \times 3$	2
43	Bushing $\phi 38, \phi 32, \phi 19, 14$	4
44	Carriage Bolt M6*35	4
45	Curve Washer $\Phi 6$	4
46	Big Flat Washer $\phi 8$	2
47	Phillips Screw M6*10	1
48	Bushing $\phi 32 \times \phi 16 \times 5 \times \phi 50$	2
49R	Right Front Handlebar Cover	1
49L	Left Front Handlebar Cover	1
50R	Right Rear Handlebar Cover	1
50L	Left Rear Handlebar Cover	1
51	Tension Control Knob	1
52	Self-Tapping Phillips Screw ST4.2*20	4
53	Console	1
54	Rear Front Post Cover	1

# PARTS LIST

No.	Description	Qty
55	Hand Pulse Sensor	2
56	Foam Grip $\phi 31 \times \phi 37 \times 480$	2
57	Foam Grip $\phi 27 \times \phi 33 \times 360$	2
58	Ball Cap	2
59	Round Cap	2
60	Self-Drilling Phillips Screw ST4.2*25	8
61	Curve Washer $\Phi 20 \times \Phi 5.2$	1
62	Phillips Screw M5*55	1
64	Sensor Wire I L=1100	1
65	Sensor Wire II L=1600	1
66	Self-Tapping Screw ST2.9*12	2
67	Left Cover	1
68	Right Cover	1
69	Bearing Cup $\Phi 51.5$	2
70	Ball Bearing	2
71	Bushing 15/16"	1
72	Bushing 7/8"	1
73	Flat Washer $\phi 34.5 \times \phi 23 \times 2.5$	1
74	Flat Hex Nut 7/8"	2
75	Pulley with Crank 6.5"/ $\Phi 260$	1
77	Flange Nut M10*1.0	2
78	Idle Wheel $\Phi 230 \times 40 \times 32$	1
79	Belt	1

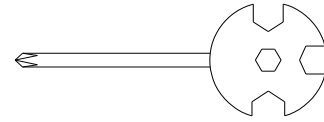
No.	Description	Qty
80	Idle Wheel Bracket	1
81	Phillips Screw M6*15	2
82	Eye Bolt M6*36	2
83	U Shaped Bracket	2
84	Hex Nut M6	2
85	Spring Washer $\Phi 6$	2
86	Bushing $\phi 18 \times \phi 8 \times 5$	4
88	Phillips Screw M5*10	2
89	Socket Hex Bolt M8*10	1
90	Front Post Cover	1
91	Left Main Frame Cover	1
92	Right Main Frame Cover	1
93	Curve Washer $\phi 16 \times \phi 8$	2
94	Self-Tapping Phillips Screw ST4.2*15	8
95	Flat Washer $\phi 14 \times \phi 10 \times 1$	2
96	Clip 13.5*18*11.5	1
97	Screw ST4.2*20	2
98	Socket Hex Bolt M8*25	1
99	Spring Washer with External Teeth $\phi 10 \times \phi 18 \times 1$	2
100	Big Flat Washer $\phi 25 \times \phi 8.2$	4
101	Hand Pulse Sensor Wire	2
102	Wave Washer $\phi 19 \times \phi 26 \times 0.3$	2

**1302-HARDWARE PACK**

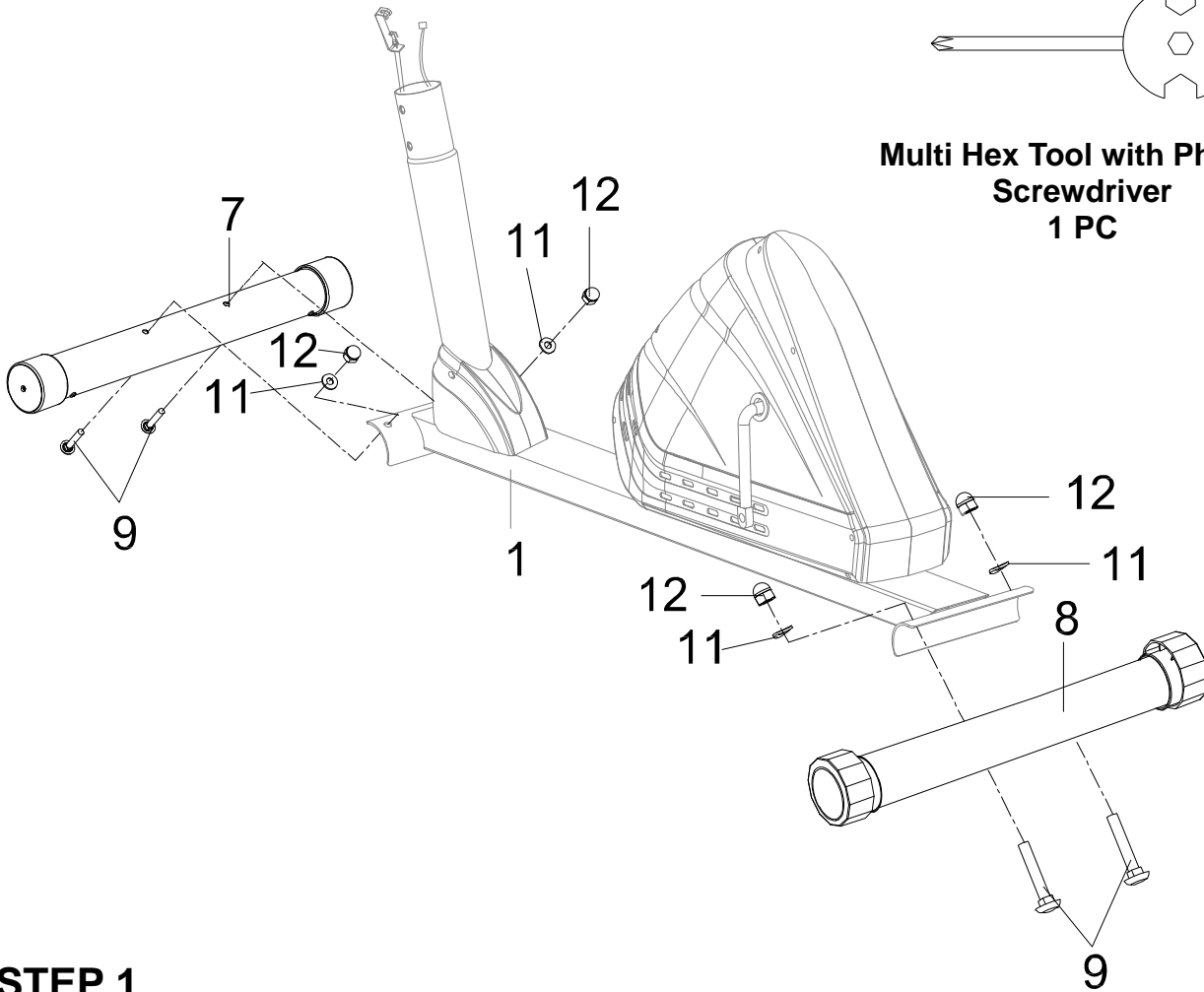
<div>STEP 4</div> <div></div> <div>#28 2PCS</div>	<div>STEP 7</div> <div></div> <div>#44 4PCS #45 4PCS #24 4PCS</div>	<div>STEP 5</div> <div></div> <div>#24 6PCS #25 6PCS #26 6PCS</div>	<div>STEP 6</div> <div></div> <div># 97 2PCS</div> <div></div> <div>#60 4PCS</div>	<div>STEP 9</div> <div></div> <div>#29 2PCS</div> <div></div> <div>#94 8PCS</div>
<div>STEP 4</div> <div></div> <div>#13R/L 2PCS    #17 2PCS #14R/L 2PCS    #15 2PCS</div>		<div>STEP 1</div> <div></div> <div>#9 4PCS #11 4PCS #12 4PCS</div>		
<div></div> <div>S6 1PC</div> <div>S8 1PC</div> <div>Multi Hex Tool 1 PC</div> <div>Multi Hex Tool with Phillips Screwdriver S10, S13, S14, S15</div>				

# ASSEMBLY

## TOOL



**Multi Hex Tool with Phillips  
Screwdriver  
1 PC**

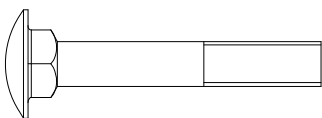


## STEP 1

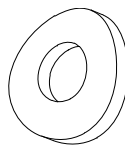
**1a. Installing the Front Stabilizer** – Align the **Front Stabilizer (7)** onto the front curve of the **Main frame (1)**. Make sure the transport wheels are positioned toward the front and parallel to the floor. Install two **Carriage Bolts (9)** from the bottom, and on the other ends of the bolts attach two **Curve Washers (11)** and two **Cap Nuts (12)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (12)** until secure.

**1b. Installing the Rear Stabilizer** – Align and Install the **Rear Stabilizer (8)** onto the rear curve of the **Main frame (1)** using two **Carriage Bolts (9)**, two Big **Curve Washers (11)**, and two **Cap Nuts (12)**. Securely tighten the **Cap Nuts (12)** with the Multi Hex Tool with Phillips Screwdriver provided.

## HARDWARE PACK



**(9) Carriage Bolt  
4 PCS**

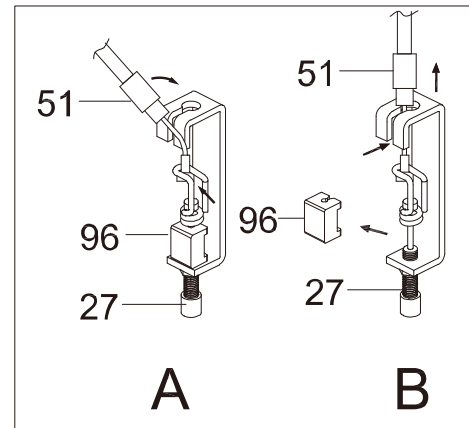
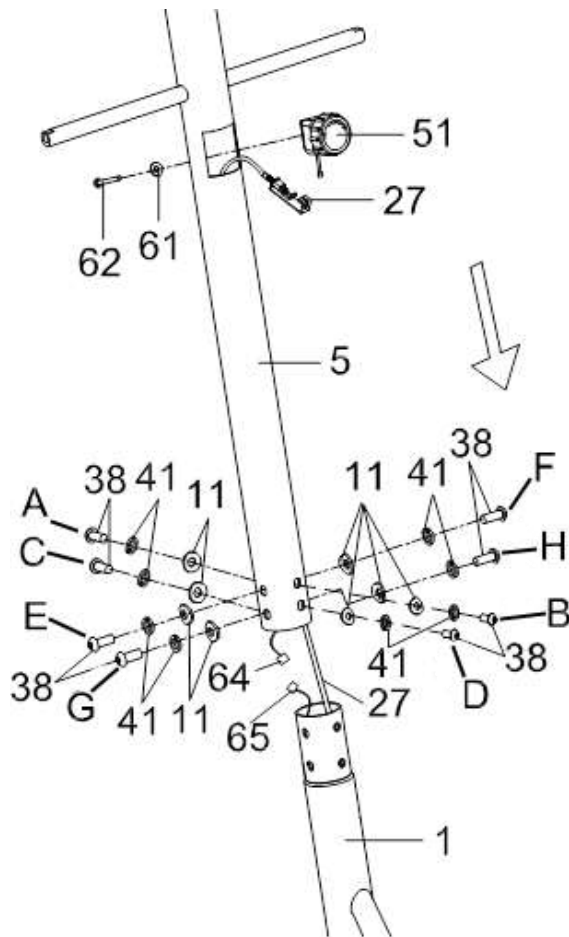


**(11) Curve Washer  
4PCS**



**(12) Cap Nut  
4PCS**

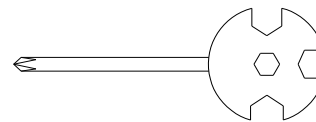
# ASSEMBLY



## TOOL



6mm Allen Wrench 1PC



Multi Hex Tool with Phillips Screwdriver  
1 PC

**⚠ MUST TIGHTEN IN SEQUENCE: A,B,C,D,E,F,G,H.**

## STEP 2

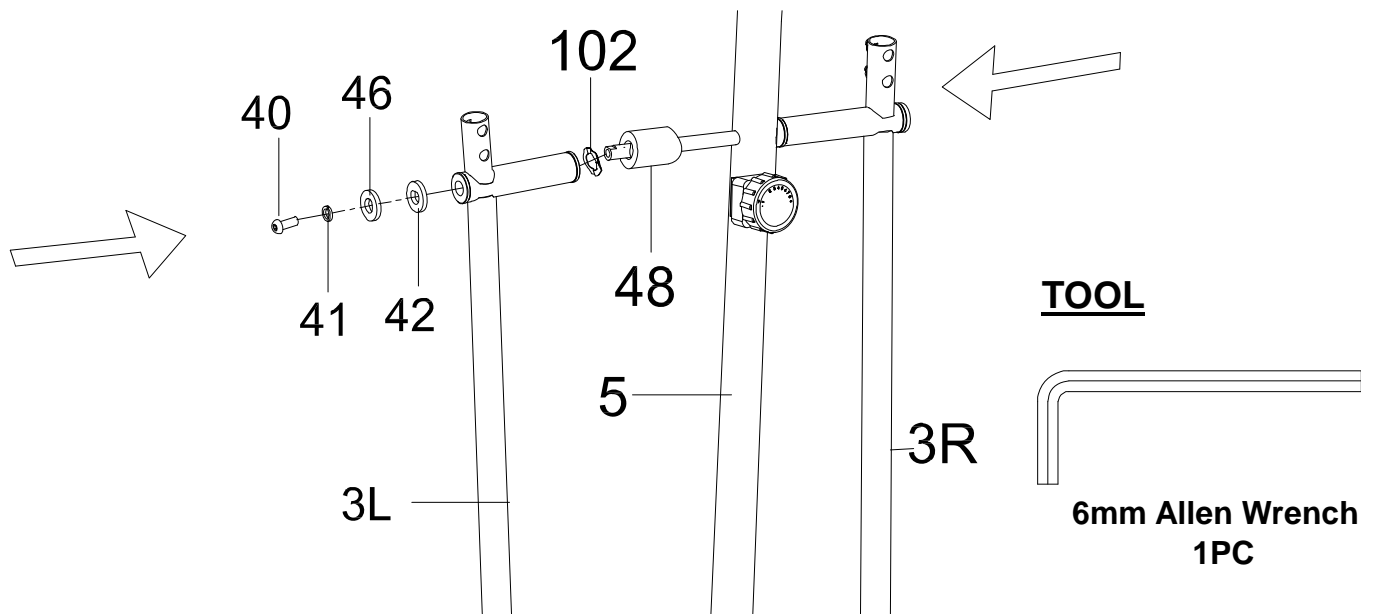
**2a. Removing The Hardware From The Front Post** – Use the **6mm Allen Wrench** to remove eight **Socket Hex Bolts (38)**, eight **Curve Washers (11)**, and eight **Spring Washers (41)** from the **Main Frame (1)**.

**2b. Connecting The Console Wires** – Insert the **Tension Cable (27)** into the **Front Post (5)** and pull it out through the square hole on the top of the **Front Post (5)**. Connect the **Sensor Wires (64)** and **(65)**. Make sure the wires stay connected.

**2c. Installing The Front Post** – Place the **Front Post (5)** onto the **Main Frame (1)**. Reinstall the previously removed hardware: eight **Socket Hex Bolts (38)**, eight **Curve Washers (11)**, and eight **Spring Washers (41)** and securely tighten the bolts in sequence using the **6mm Allen Wrench** provided.

**2d. Installing the Tension Control Knob** – Remove the **Phillips Screw (62)** and **Curve Washer (61)** from the back of the **Tension Control Knob (51)**. Turn the **Tension Control Knob (51)** to the highest tension setting. Attach the end of the resistance cable on the **Tension Control Knob (51)** into the spring hook of the **Tension Cable (27)**. **See Figure A**). Pull the Resistance Cable of the **Tension Control Knob (51)** up and gently remove the **Clip (96)** (**See Figure B**). Install the **Tension Control Knob (51)** in to the **Front Post (5)** using the **Phillips Screw (62)** and **Curve Washer (61)** previously removed. Then tighten with the **Multi Hex tool with Phillips Screwdriver** provided.

## ASSEMBLY



### STEP 3

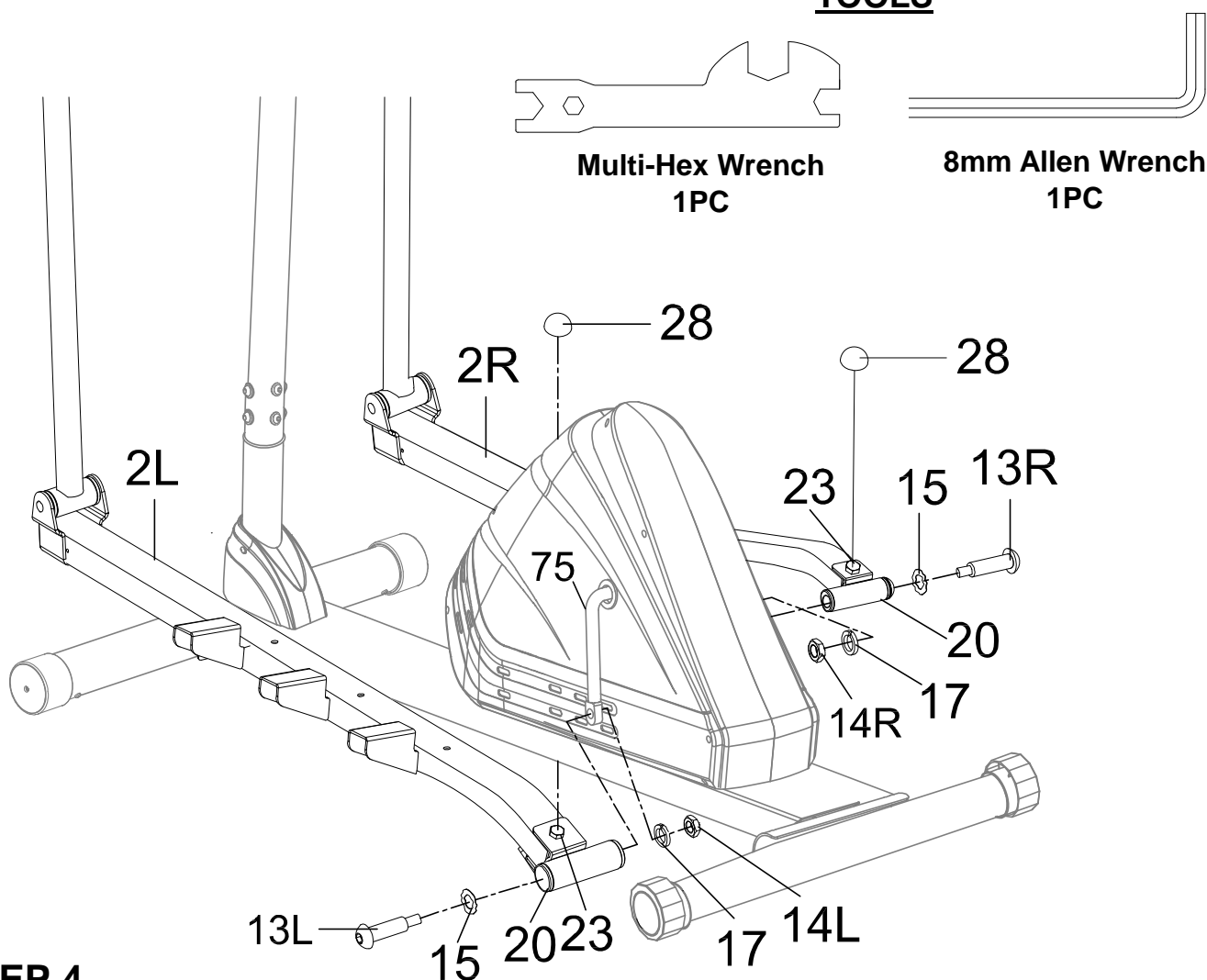
**3a. Removing The Hardware From The Front Post**—Remove the Pre-Installed **Hexagon Socket Head Bolts (40)**, **Spring Washers (41)**, **Big Washers (46)**, **Washers (42)**, and **Wave Washers (102)** from the left and right horizontal posts on the **Front Post (5)**.

**3b. Installing The Left Handrail Post** —Slide a **Plastic Bushing (48)** and a **Wave Washer (102)** down the horizontal shaft on the left side of **Front Post (5)**, and then attach the **Left Handrail Post (3L)** onto the left horizontal post on the **Front Post (5)**. Secure it using one **Socket Hex Bolt (40)**, one **Spring Washer (41)**, one **Big Washer (46)**, and one **Washer (42)** that was removed previously. Tighten the **Socket Hex Bolt (40)** using the **6mm Allen Wrench** provided.

**3c. Installing The Right Handrail Post** – Repeat the same assembly steps above for installing the **Right Handrail Post (3R)** onto the right rod of the **Front Post (5)**.

# ASSEMBLY

## TOOLS



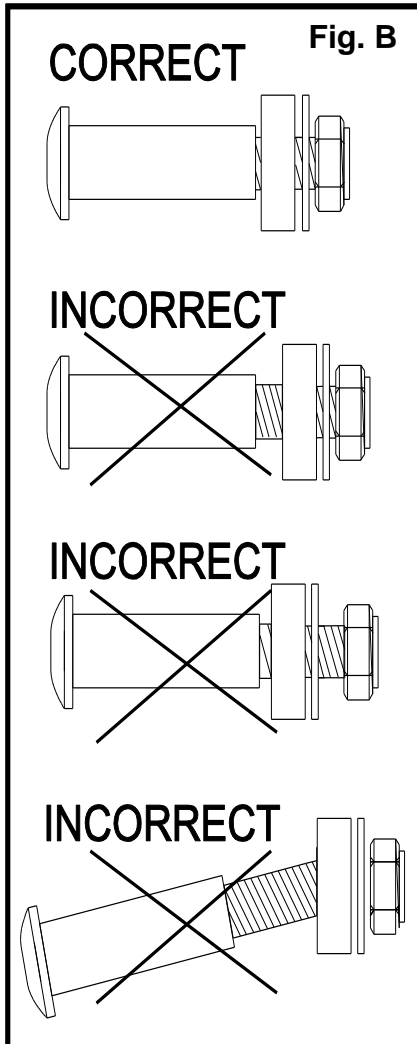
## STEP 4

**4a. Left Foot Bar Installation** – Insert the **Left Bracket Bolt (13L)** along with a **Wave Washer (15)** through the **U Shaped Bracket (20)** located on the back of the **Left Foot Bar (2L)**. Secure the **Left Bracket Bolt (13L)** to the Left side of the **Crank (75)** by turning the Bolt **Counter-Clockwise**. Tighten the **Left Bracket Bolt (13L)** with the **8mm Allen Wrench** provided. Next, install a **Spring Washer (17)** and **Left Nylon Nut (14L)** on the remaining threads of the **Left Bracket Bolt (13L)**. Turn the **Left Nylon Nut (14L)** in a **Clockwise** direction, and then tighten using the **8mm Allen Wrench** and **Multi Hex Wrench** provided. Then place the **Nut Cap (28)** onto the Head of the **Hex Bolt (23)**.

**4b. Right Foot Bar Installation** – Repeat the above assembly steps to install the **Right Foot Bar (2R)** into the **Right Crank (75)**. When installing the **Right Pedal Bolt (13R)** turn the **Right Pedal Bolt (13R)** **CLOCKWISE** and the **Right Nylon Nut (14R)** **COUNTER-CLOCKWISE**.



# ASSEMBLY

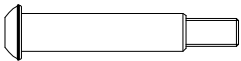


**NOTE:** Look to **Fig. B** for the correct installation of the **Pedal Bolts**. Keep the bolt perfectly straight when the bolt goes through the **Foot Bars**, and is being screwed into the **Crank** correctly. If the bolt is screwed into the crank at an angle, this may damage the equipment.

Installing Right Pedal Bolt into Right Crank can only be done by turning it **CLOCKWISE**. Installing the Left Pedal Bolt into the Left Crank can only be done by turning **COUNTER-CLOCKWISE**.

Installing the Right Nylon Nut can only be done by turning it **COUNTERLOCKWISE**. Installing the Left Nylon Nut can only be done by turning it **CLOCKWISE**.

## **HARDWARE PACK**



(13R/L) Right / Left Pedal Bolt 2PCS



(14R) Right Nylon Nut 1PC



(17) Spring Washer 2PCS



(15) Wave Washer 2PCS

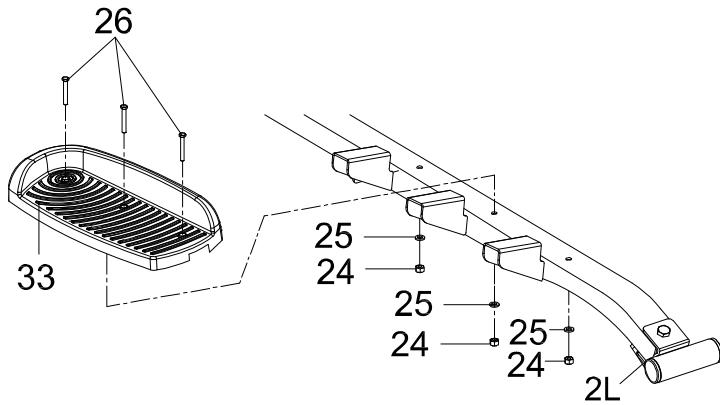


(28) Nut Cap 2PCS

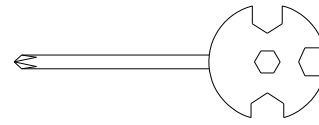


(14L) Left Nylon Nut 1PC

# ASSEMBLY



## TOOLS



Multi Hex Tool with Phillips Screwdriver  
1 PC

## STEP 5

**5a. Pedal Installation** – Install the **Left Pedal (33)** onto the **Left Foot Bar (2L)** using three **Bolts (26)**, three **Flat Washers (25)** and three **Lock Nuts (24)**. Tighten the **Lock Nuts (24)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

Repeat the same step to attach the **Right Pedal (34)** to the **Right Foot Bar (2R)**.

## HARDWARE PACK



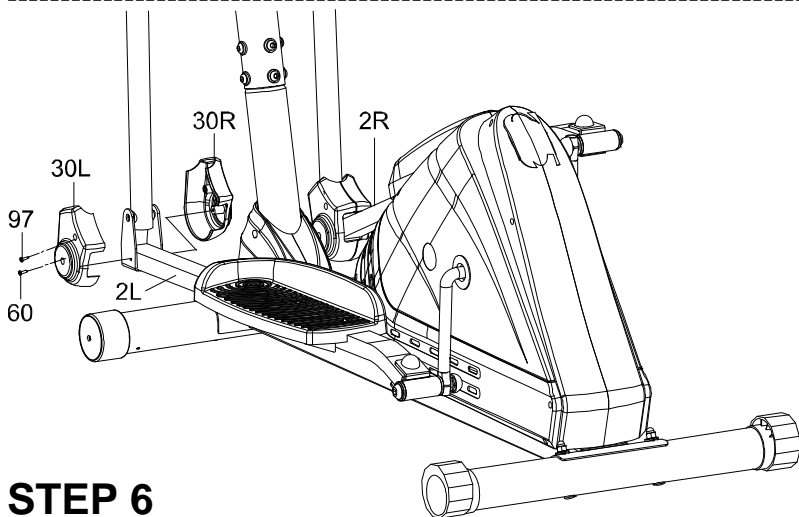
(24) Lock Nut  
6 PCS



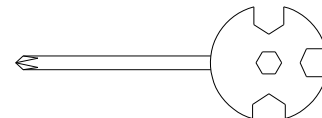
(25) Washer  
6 PCS



(26) Bolt  
6 PCS



## TOOLS



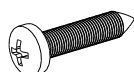
Multi Hex Tool with Phillips Screwdriver  
1 PC

## STEP 6

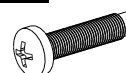
**6. Foot Bar Cover Installation** - Attach the **Left and Right Foot Bar Covers (30L, 30R)** onto the **Left Foot Bar (2L)** using one **Screw (97)** and two **Self-Drilling Phillips Screws (60)**. Tighten using the **Multi Hex Tool with Phillips Screwdriver** provided.

\*Repeat these steps for the **Right Foot Bar (2R)**.

## HARDWARE PACK

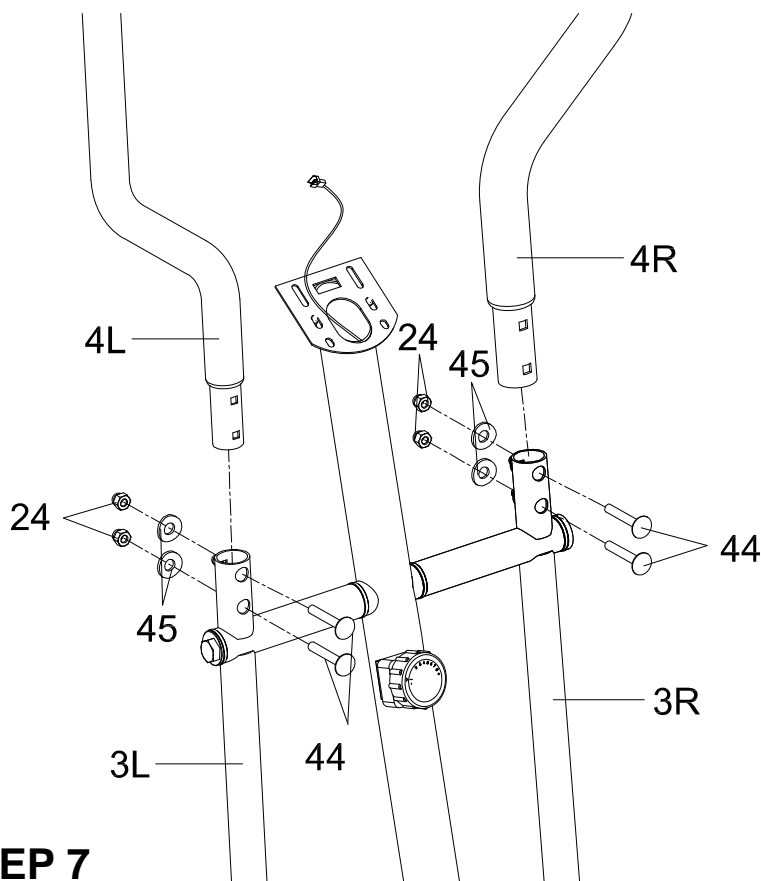


(97) Screw  
2PCS

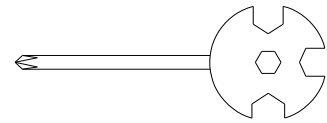


(60) Self-Drilling Phillips Screw  
4 PCS

# ASSEMBLY



## TOOL



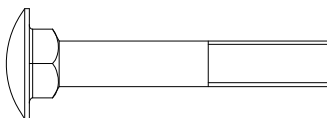
Multi Hex Tool with Phillips Screwdriver  
1 PC

## STEP 7

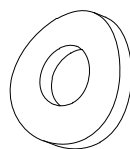
**7a. Installing the Left Handrail Arm –** Insert the **Left Handrail Arm (4L)** onto the **Left Handrail Post (3L)** using two **Carriage Bolts (44)**, two **Curve Washers (45)** and two **Lock Nut (24)**. Tighten the **Lock Nut (24)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

**7b. Installing the Right Handrail Arm –** Insert the **Right Handrail Arm (4R)** onto the **Right Handrail Post (3R)** using two **Carriage Bolts (44)**, two **Curve Washers (45)** and two **Lock Nut (24)**. Tighten the **Lock Nut (24)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

## HARDWARE PACK



**(44) Carriage Bolt**  
4 PCS

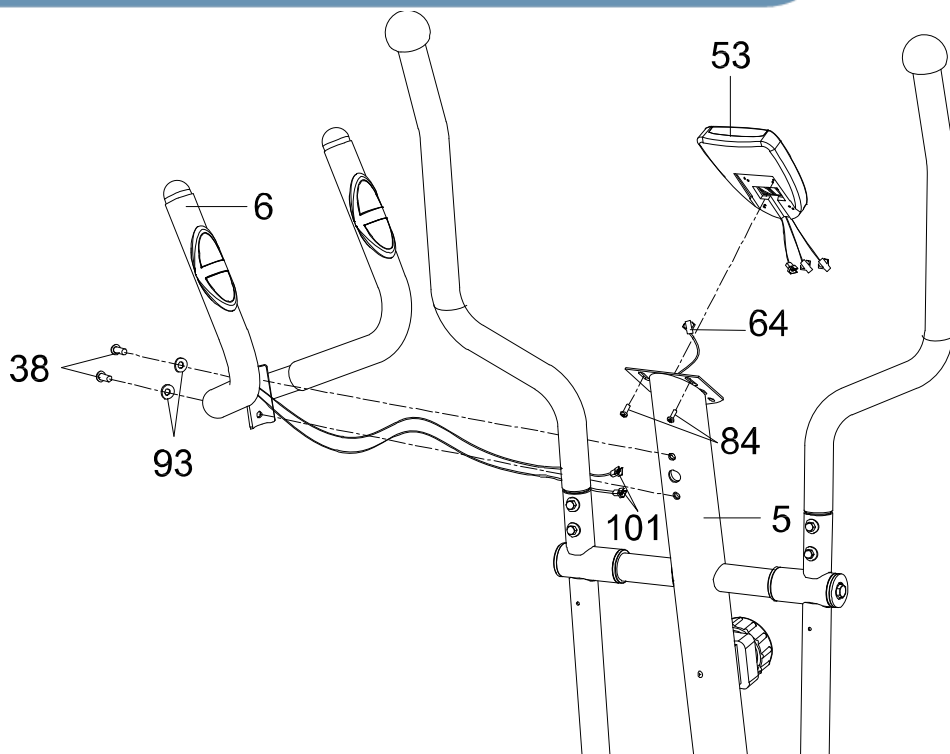
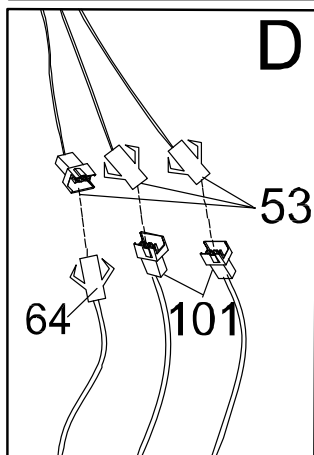
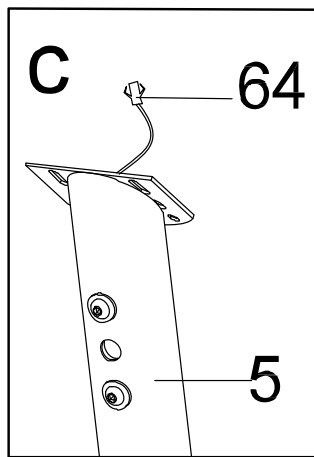


**(45) Curve Washer**  
4 PCS

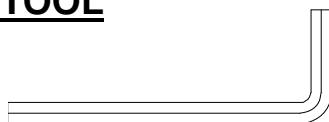


**(24) Lock Nut**  
4 PCS

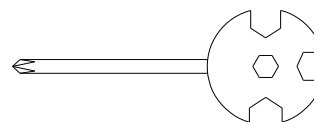
# ASSEMBLY



## TOOL



6mm Allen Wrench  
1PC



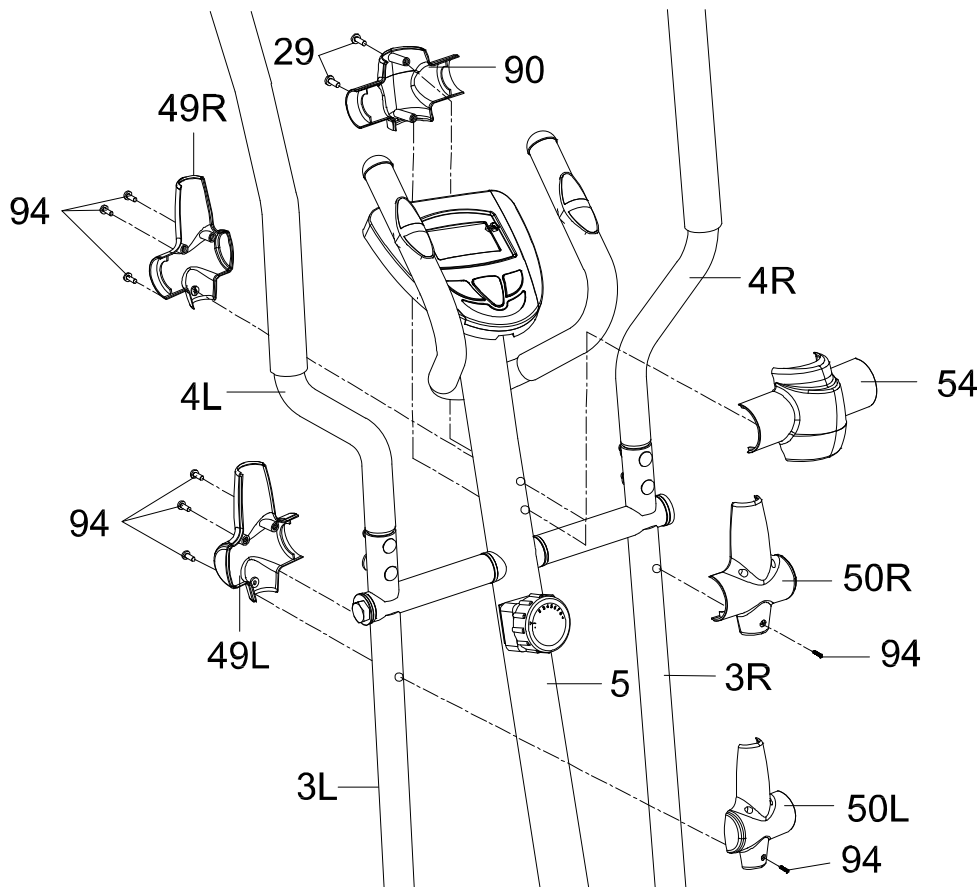
Multi Hex Tool with Phillips  
Screwdriver  
1 PC

**8a. Hardware Removal-** Remove the two **Phillips Screws (88)** from the back of the **Console (53)**. Then remove the two **Socket Hex Bolts (38)** and two **Curve Washers (93)** from the **Front Post (5)**.

**8b. Console Installation -** Insert the **Hand Pulse Sensor Wires (101)** from the **Handlebar (6)** into the hole on the forward facing side of the **Front Post (5)**, and pull them up, and out of the top end of the **Front Post (5)**. Connect the **Hand Pulse Sensor Wires (101)** to the **Sensor Wires** coming from the back of the **Console (53)**. Then connect the **Sensor Wire I (64)** to the connection **Sensor Wire** coming from the back of the **Console (53)** (See Figure D). Place the **Console (53)** onto the plate on the **Front Post (5)** and secure it into place using the two **Bolts (88)** and tighten using the **Multi Hex Tool with Phillips Screwdriver** provided.

**8c. Handlebar Installation -** Attach the **Handlebar (16)** onto the **Front Post (5)** using the two **Bolts (38)** and two **Curve Washers (93)** that were previously removed. Then tighten using the **6mm Allen Wrench** provided.

# ASSEMBLY

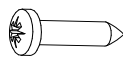


**9a. Cover Installation** - Attach the **Front and Rear Front Post Covers (90, 54)** onto the **Front Post (5)** using two **Self-Tapping Phillips Screws (29)**. Then, tighten using the **Multi Hex Tool with Phillips Screwdriver** provided.

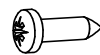
Attach the **Left Front Handrail Post Cover (49L)** and **Left Rear Handrail Post Cover-B (50L)** onto the **Left Handrail Post (3L)** with four **Screws (94)** and tighten using the **Multi Hex Tool with Phillips Screwdriver**.

\*Repeat these steps for the **Right Handrail Arm (3R)**.

## Hardware:



(29) Self-Tapping  
Phillips Screw  
2 PCS



(94) Self-Tapping  
Phillips Screw  
8 PCS

# CONSOLE



## Button functions:

**MODE:** Press to change the current statistics being displayed.

Hold for 3 seconds to reset all the workout statistics to 0, except odometer.

**SET:** Use to set a goal value for TIME, DISTANCE, CALORIES, or PULSE.

**RESET:** Resets the current exercise values, as well as goal values.

Hold for 3 seconds to reset all the workout statistics to 0, except odometer.

## Display functions:

**SCAN** Automatically switches through all the display functions every 6 seconds.

**TIME** Displays the time exercised.

**SPEED** Displays the current speed.

**DISTANCE** Displays the distance traveled during the current workout session.

**CALORIES** Displays the calories burned during the current workout session.

**ODOMETER** Displays the cumulative distance traveled from all workout sessions.

*This data is a rough guide for comparison of different exercise sessions and should not be used as a basis for medical treatment.*

## Set a goal value:

When an exercise goal has been set, the value (Time, Distance, or Calories) will count down until the goal has been met.

Press SET to assign a value, and then start your workout.

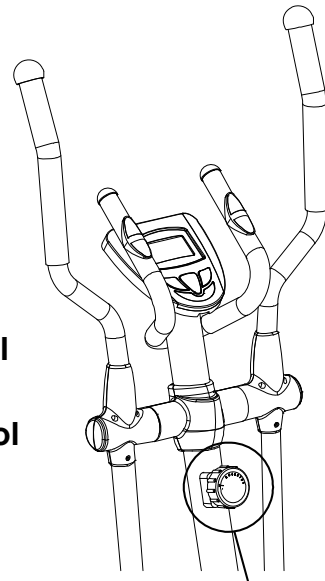
You can also set a Target Heart Rate to keep up with during your workout.

# ADJUSTMENTS

## Adjusting the Tension Control Knob

To increase the resistance, turn the **Tension Control Knob (51)** in a **CLOCKWISE** direction.

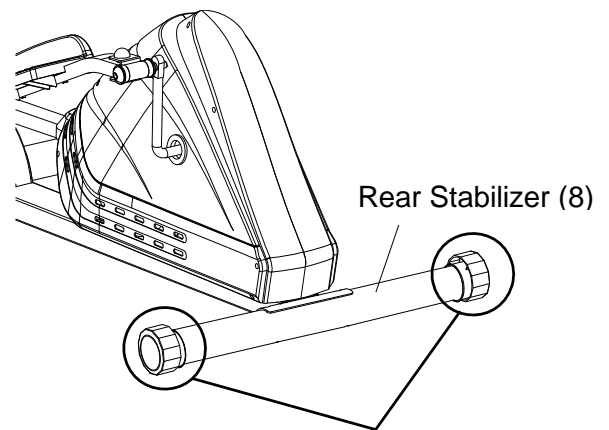
To decrease the resistance, turn the **Tension Control Knob (51)** in a **COUNTER-CLOCKWISE** direction.



Tension Control Knob (51)

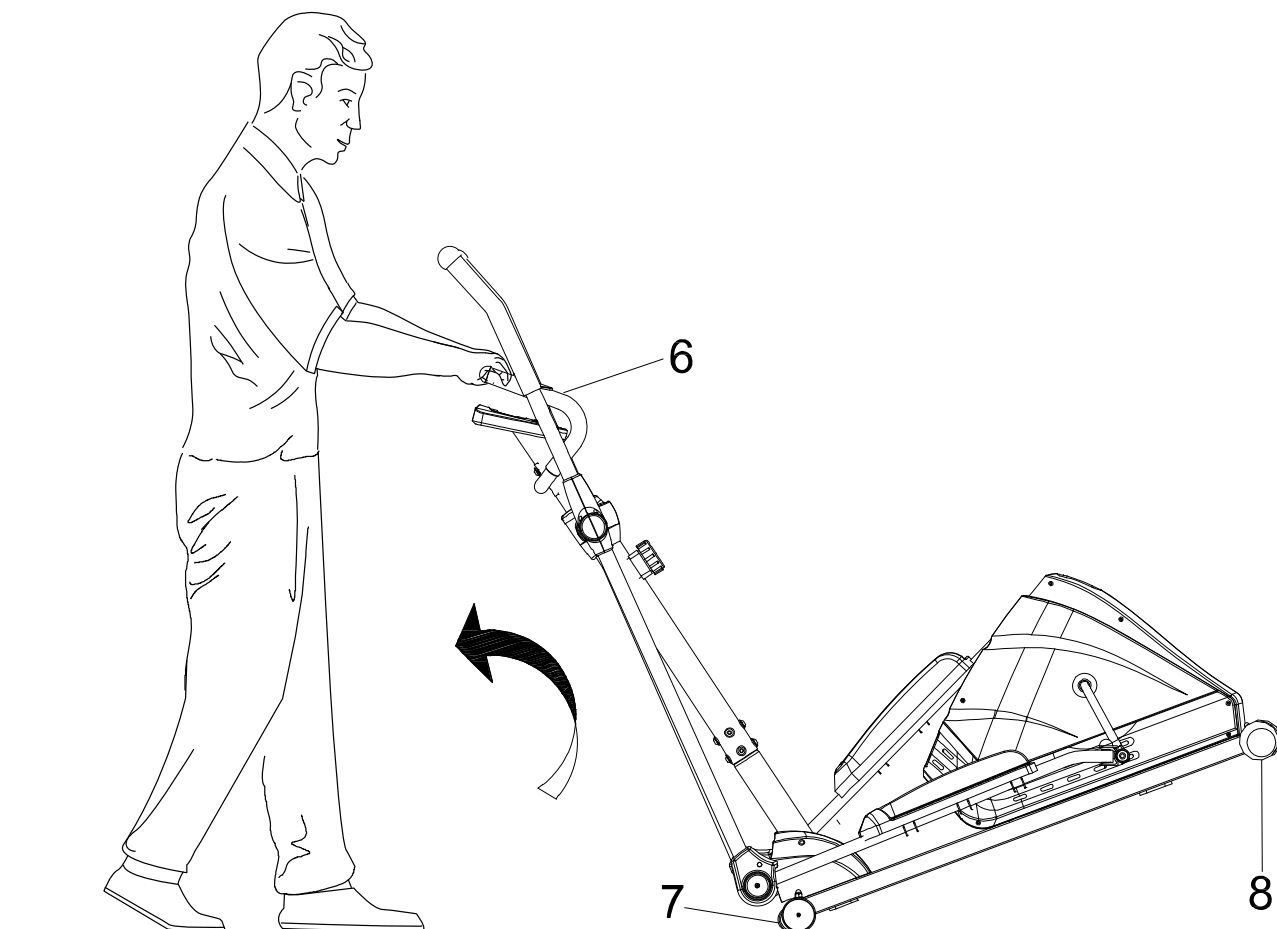
## Adjusting the Rear Stabilizer End Cap

Turn the **Rear Stabilizer End Caps (10)** on the **Rear Stabilizer (8)** as needed to level the Elliptical.



Rear Stabilizer End Cap (10)

## TRANSPORTING THE ELLIPTICAL



### Transporting the Elliptical

Hold the **Handlebar (6)** and lift up the machine until the wheels on the **Front Stabilizer (7)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the machine and **Rear Stabilizer (8)** until it makes contact with the ground.



## TROUBLESHOOTING

**PROBLEM:** The elliptical wobbles when in use.

**SOLUTION:** Turn the **Rear Stabilizer End Cap (10)** on the **Rear Stabilizer (8)** as needed to level the elliptical.

**PROBLEM:** The **Console (53)** does not turn on.

**SOLUTION:** Remove the **Console (53)** and verify that ALL wires that come from the **Console (53)** are properly connected to the wires that come from the **Front Post (5)**.

**PROBLEM:** There is no Pulse reading or there is erratic / inconsistent readings.

**SOLUTION:** Make sure that the **Hand Pulse Wires (101)** are securely connected to the **Sensor Wire** comes from the **Console (53)**.

**SOLUTION:** To ensure the pulse readout is more precise, always hold on to the **Hand Pulse Sensors (55)** with two hands instead of just one.

**SOLUTION:** Avoid gripping the **Hand Pulse Sensors (55)** too tight. Try to maintain moderate pressure while holding onto the **Hand Pulse Sensors (55)**.

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

**SOLUTION:** Bolts may be loose on the elliptical. Inspect all bolts and tighten any that have become loose over time.

## MAINTENANCE

### Cleaning

1. The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts.
2. Wipe your perspiration off the elliptical after each use.
3. Be careful not get excessive moisture on the **Console (53)** as this might cause an electrical hazard or electronics to fail.
4. Keep the elliptical, especially, the **Console (53)** out of direct sunlight to prevent screen damage.
5. Inspect all assembly bolts, nuts, and Screws on the machine for proper tightness every week.

### Storage

Store the elliptical in in doors and in a clean and dry environment away from 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](mailto:Service@paradigmhw.com)** \*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: (Day) \_\_\_\_\_

(Night) \_\_\_\_\_

SERIAL#: \_\_\_\_\_

MODEL#: \_\_\_\_\_

PURCHASE DATE: \_\_\_\_\_

PLACE OF PURCHASE: \_\_\_\_\_

PART #	DESCRIPTION	QTY

**“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”**

This form can also be faxed to #: 626-810-2166