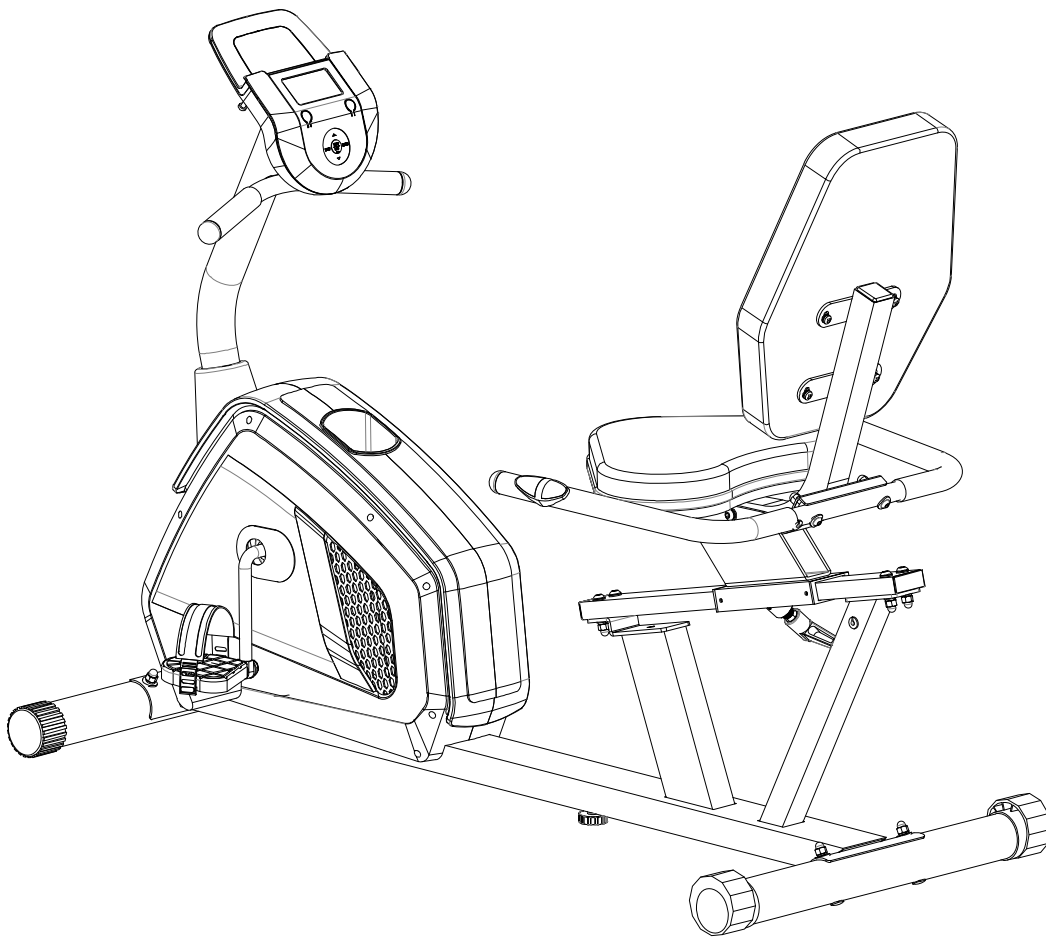


RECUMBENT BIKE GOLD 975XBT WITH 21 WORKOUT PROGRAMS



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) Daily

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

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

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7921

(8:00 AM - 5:00 PM Pacific Standard Time, Daily)

Response time may vary via calling

Please have the following information ready when requesting for service:

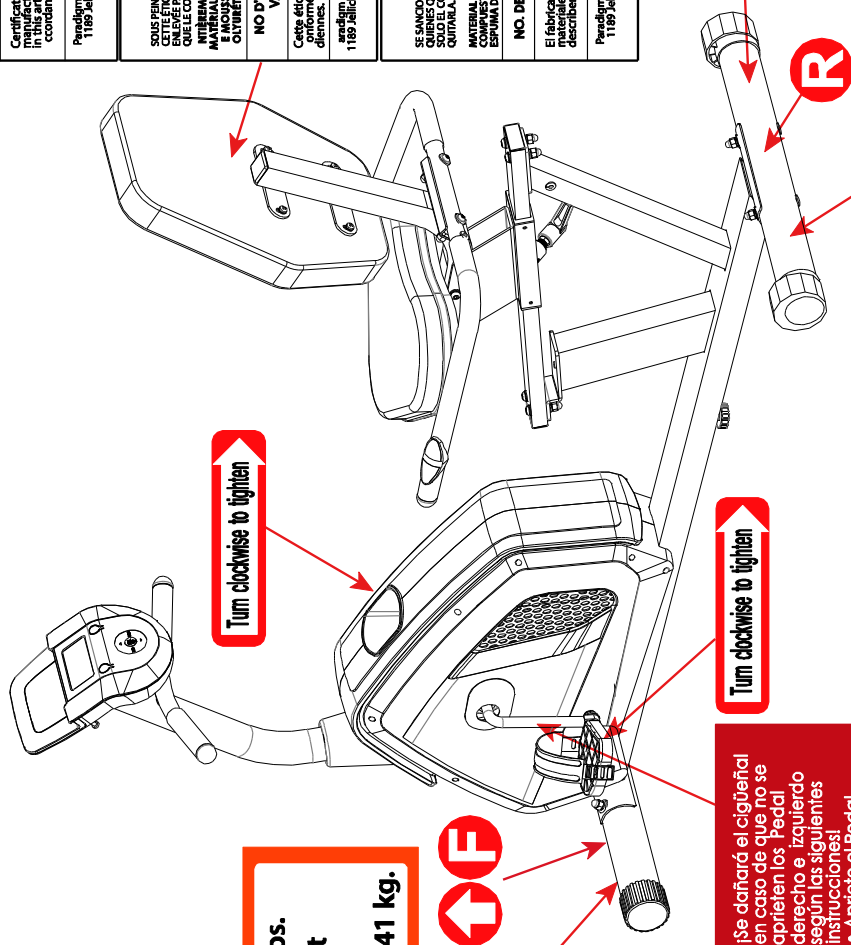
- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

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

<p>UNDER PENALTY OF LAW THIS TAG IS NOT TO BE REMOVED EXCEPT BY THE ORIGINAL MANUFACTURER.</p> <p>ALL NEW MATERIALS CONSENTING OF POLYURETHANE</p> <p>CAAM PAD 100%</p>	<p>NOTICE</p> <p>This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.</p>
<p>REGISTRY NO. VA35302 (CN)</p> <p>Certification is made by the manufacturer that the materials in this article are described in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry CA 91748, USA</p>	<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)</p>
<p>SE SANCIONARÁ LEGALMENTE A QUIEN ESTE ETIQUETA SÓLO SE REMUEVA SIN SU AUTORIZACIÓN.</p> <p>MATERIAL COMPLETAMENTE NUEVO COMPUESTO DE 100% RELLENO DE ESPUMA DE POLIURETANO.</p> <p>NO. DE REG. VA35302 (CN)</p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry CA 91748, USA</p>	<p>NOTIFICACIÓN</p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarets ardientes.</p>



Maximum weight capacity is 310 lbs.
Le poids maximum pout ce produit est 141 kgs.
La capacidad de peso máxima es 141 kg.

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

- Tighten Right Pedal (14) Into the Right Crank Clockwise
- Tighten Left Pedal (38) Into the Left Crank Counter Clockwise

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

- Serrez le pédale droit (14) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (38) dans la manivelle gauche dans le sens antihoraire

Se dañará el cigüeñal en caso de que no se aprieten los Pedal derecho e izquierdo según las siguientes instrucciones!

- Apriete el Pedal derecho (14) en el cigüeñal derecho; hacia la derecha
- Apriete el Pedal izquierdo (38) en el cigüeñal izquierdo; hacia la izquierda.

For customer assistance, daily:
 Pour le service à la clientèle composer le, tous les jours:
 Para servicios al cliente, llame al, diario:

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 understand 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. **DO NOT** pedal in reverse.
15. This product requires a minimum of 6 square feet of space for safe operation.
16. **ASSEMBLE ALL PARTS AND 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 The Instructions Before Using the Bike.

IMPORTANT SAFETY GUIDELINES

Do not use this equipment if you have any of the following conditions or ailments:

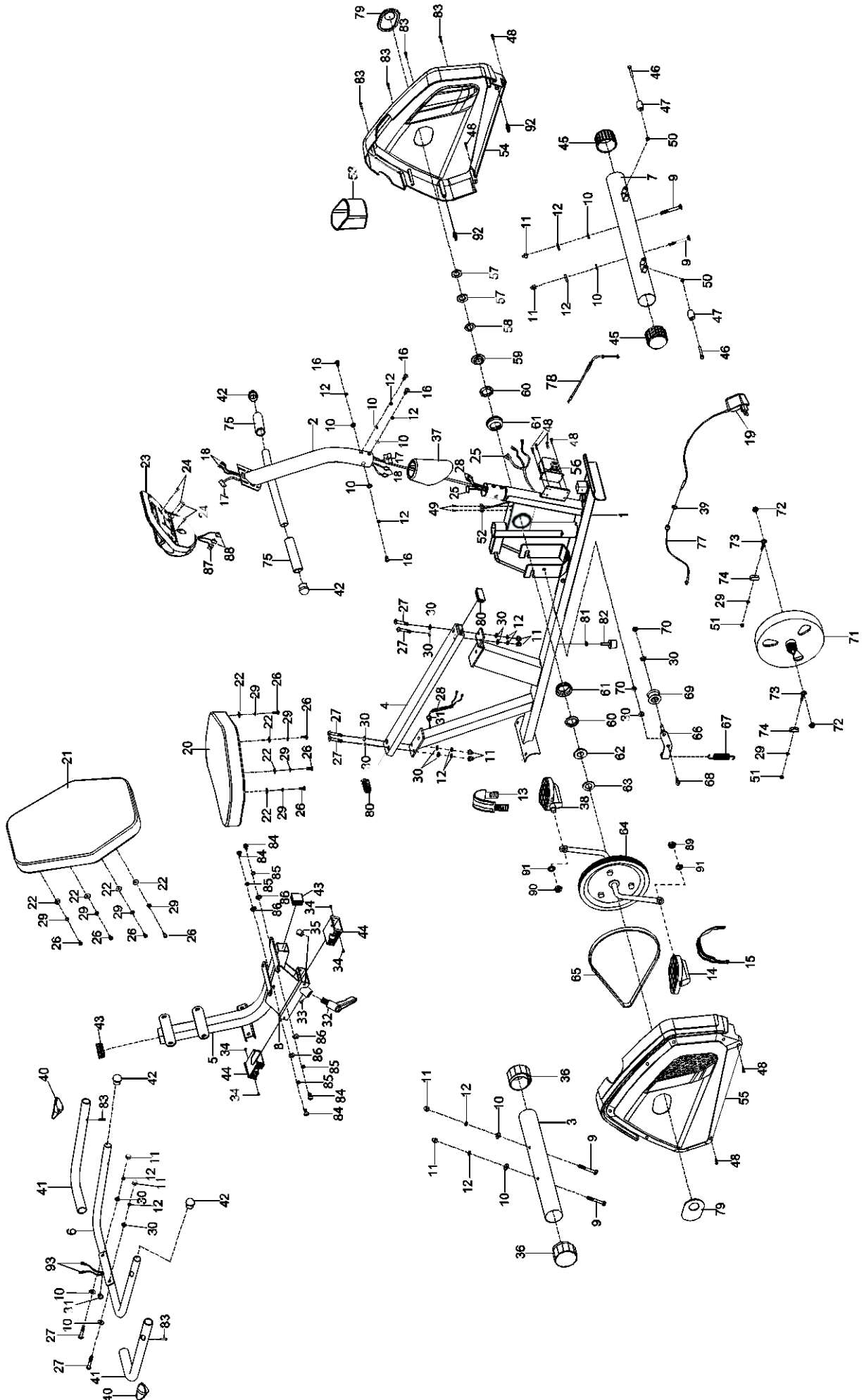
- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you 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 310lbs/141kgs.**

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	Main Frame	1
2	Front Post	1
3	Rear Stabilizer $\phi 60 \times 1.5 \times 580$	1
4	Seat Slide Tube	1
5	Seat Post	1
6	Handlebar	1
7	Front Stabilizer	1
8	Slide Tube Bracket	1
9	Carriage Bolt M8*75	4
10	Curved Washer $\phi 8 \times \phi 20 \times 1.5$	10
11	Cap Nut M8	10
12	Spring Washer $\phi 8$	14
13	Left Pedal Strap	1
14	Right Pedal	1
15	Right Pedal Strap	1
16	Hex Bolt M8*15-S6	4
17	Middle Console Wire	1
18	Hand Pulse Wire A	2
19	AC Adaptor	1
20	Seat	1
21	Backrest	1
22	Flat Washer $\phi 6 \times \phi 16 \times 1.2$	8
23	Console	1
24	Phillips Screw M5*10	4
25	Lower Console Wire L=600	1
26	Phillips Screw M6*15	8
27	Hex Bolt M8*45	6

No.	Description	Qty
28	Hand Pulse Wire B L=2100mm	1
29	Spring Washer $\phi 6$	10
30	Flat Washer $\phi 8 \times \phi 16 \times 1.5$	12
31	Wire Plug $\phi 12.1$	2
32	Knob M16*1.5*20	1
33	Hex Socket Bolt M6*8	1
34	Self-Tapping Phillips Screw ST4.2*6	4
35	Stopper $\phi 18 \times 8$	1
36	Rear Stabilizer End Cap $\phi 60 \times 1.5$	2
37	Front Post Cover	1
38	Left Pedal	1
39	Hex Nut 1/2" S15	1
40	Hand Pulse Sensor	2
41	Foam Grip I $\phi 30 \times \phi 24 \times 510$	2
42	Round End Cap	4
43	Square End Cap	2
44	Bushing	2
45	Front Stabilizer End Cap	2
46	Hex Bolt M6*48	2
47	Wheel	2
48	Phillips Pan Head Self-Drilling Screw ST4.2*15	8
49	Self-Tapping Phillips Screw ST2.9*12	2
50	Lock Nut M6	2
51	Hex Nut M6 S10	2
52	Square Sensor L=300mm	1
53	Cup Holder	1
54	Left Cover 632*366*84	1

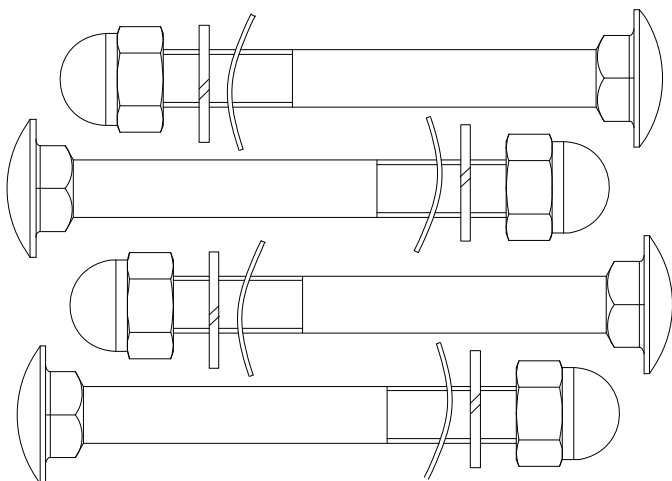
PARTS LIST

No.	Description	Qty
55	Right Cover 632*366*81	1
56	Motor	1
57	Flat Hex Nut 7/8"	2
58	Flat Washer II $\Phi 23 \times \Phi 34.5 \times \delta 2.5$	1
59	Bearing Nut II 7/8"	1
60	Ball Bearing	2
61	Bearing Cup	2
62	Bearing Nut I 15/16"	1
63	Flat Washer I $\Phi 24 \times \Phi 40 \times \delta 3.0$	1
64	Crank	1
65	Belt	1
66	Idle Arm	1
67	Spring $\Phi 18 \times 56 \times \Phi 3.0$	1
68	Hexagon head bolts with non - standard head M8*18 S5	1
69	Pressure Pulley	1
70	Lock Nut M8	2
71	Fly Wheel $\phi 230$	1
72	Flange Nut M10*1.0*6 S14	2
73	Eye Bolt M6*36	2
74	Tension Bracket 31*30* $\delta 1.0$	2

No.	Description	Qty
75	Foam Grip II $\Phi 30 \times \Phi 24 \times 160$	2
77	Power Supply Cable	1
78	Lower Motor Wire	1
79	Crank Cover $\Phi 60 \times \Phi 26 \times 6.5$	2
80	End Cap	2
81	Hex Nut M8	1
82	Adjustable Leveler	1
83	Self-Tapping Phillips Screw ST4.2*20	6
84	Hex Bolt M10x20	4
85	Spring Washer $\Phi 10$	4
86	Flat Washer $\Phi 10$	4
87	Upper Console Wire	1
88	Hand Pulse Wire C	2
89	Right Nylon Nut	1
90	Left Nylon Nut	1
91	Spring Washer $\Phi 20 \times \Phi 13 \times 2.0$	2
92	Shroud Plug	2
93	Hand Pulse Wire D	2

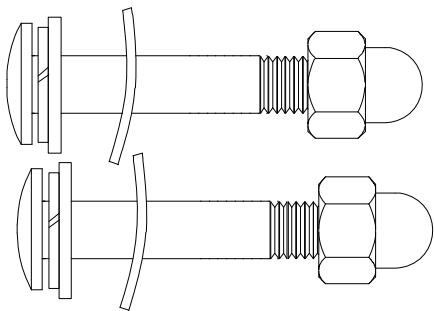
HARDWARE & TOOLS LIST

Step 1

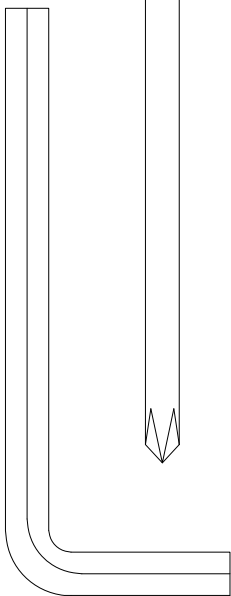
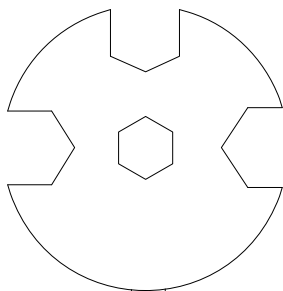


- #9 Carriage Bolt M8*75 4PCS
- #10 Curved Washer Ø8 4PCS
- #11 Cap Nut M8 4PCS
- #12 Spring Washer Ø8 4PCS

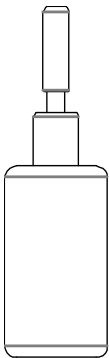
Step 7



- #27 Hex Bolt M8*45 2PCS
- #30 Flat Washer Ø8 2PCS
- #10 Curved Washer Ø8 2PCS
- #11 Cap Nut M8 2PCS
- #12 Spring Washer Ø8 2PCS



- Allen Wrench 6mm 1PC
- Multi-Hex Tool with Phillips Screw S10,S13,S14,S15 1PC
- Open Wrench 19mm 1PC



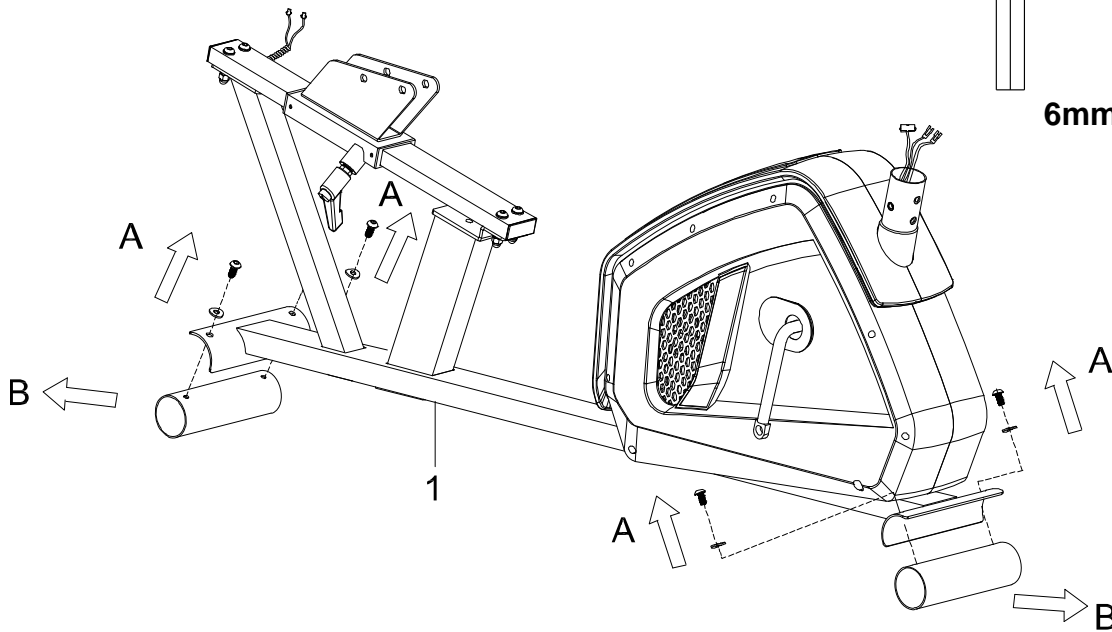
Silicon Oil 1 Bottle

REMOVE THE METAL TUBE

TOOL



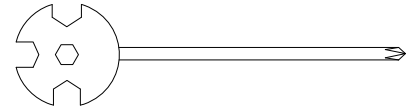
6mm Allen Wrench
1PC



Remove the Metal Tubes from the **Main Frame (1)** by using **6mm Allen Wrench** provided. Discard the metal tubes and hardware, they will not be used in assembly.

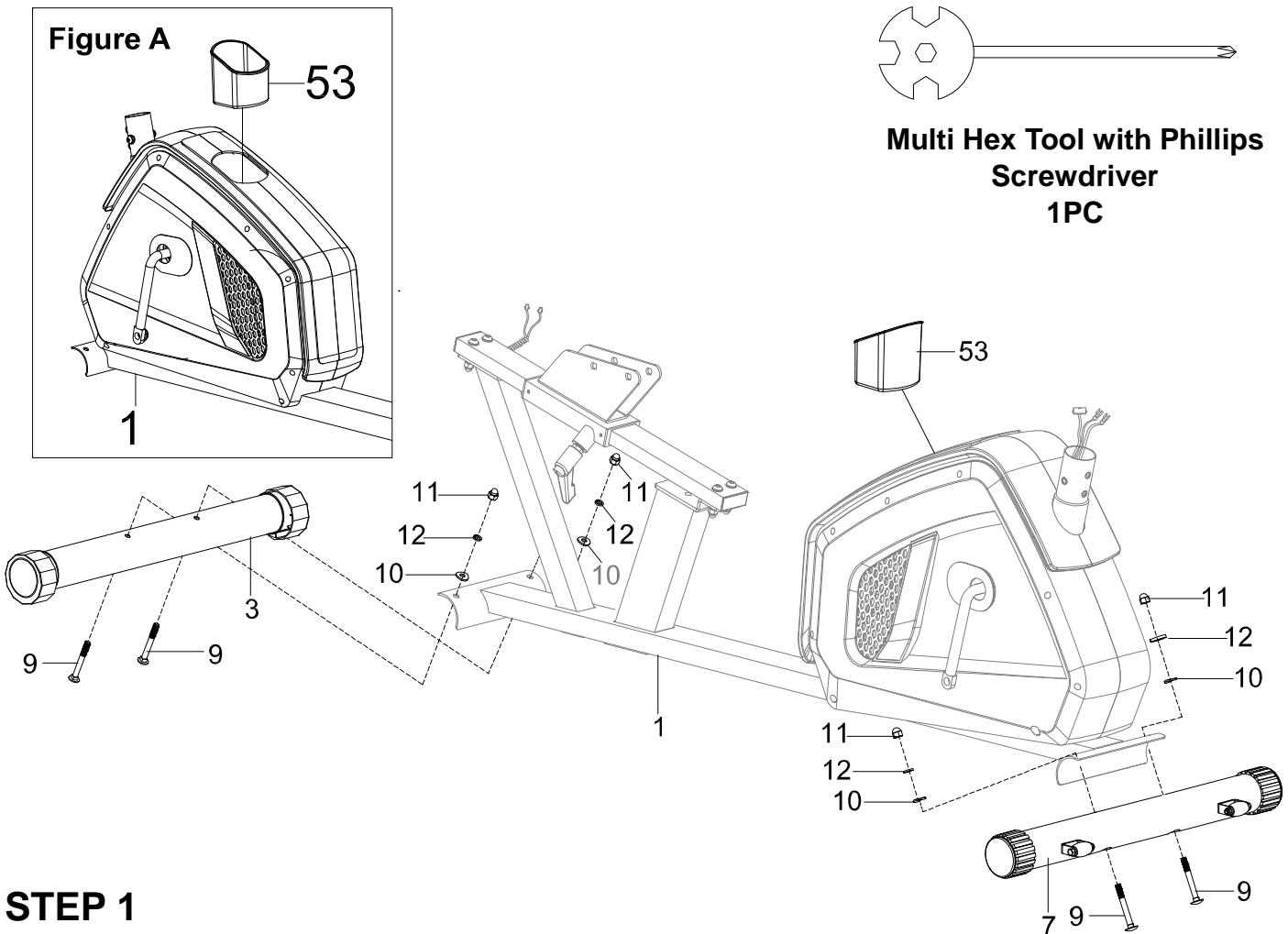
ASSEMBLY

TOOL



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

Figure A



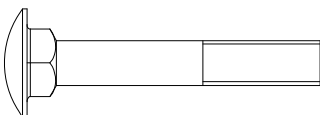
STEP 1

1a. Insert the **Cup Holder (53)** into the **Main Frame (1)**. See **Figure A**.

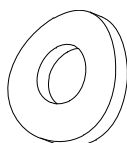
1b. Front Stabilizer Installation: Lift up the front of the **Main Frame (1)**, and attach the **Front Stabilizer (7)** onto the front curve of the **Main Frame (1)** with two **Carriage Bolts (9)**, two **Curve Washers (10)**, two **Spring Washers (12)**, and two **Cap Nuts (11)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (11)** until they are firm and secure.

1c. Rear Stabilizer Installation: Lift up the rear of the **Main Frame (1)**, and attach the **Rear Stabilizer (3)** onto the rear curve of the **Main Frame (1)** with two **Carriage Bolts (9)**, two **Curve Washers (10)**, two **Spring Washers (12)**, and two **Cap Nuts (11)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (11)** until they are firm and secure.

HARDWARE PACK



**(9) Carriage Bolt
4 PCS**



**(10) Curved Washer
4PCS**



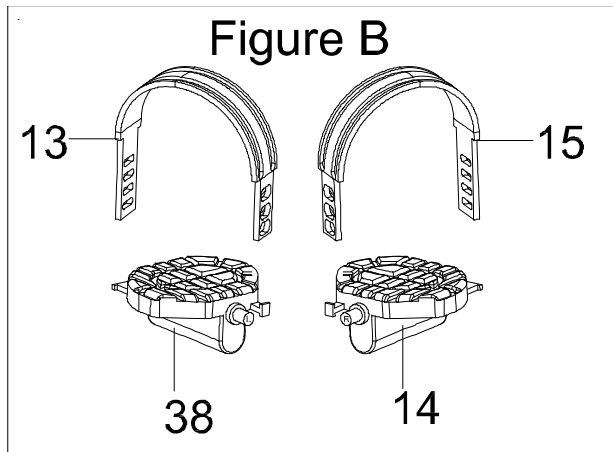
**(11) Cap Nut
4PCS**



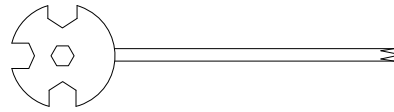
**(12) Spring Washer
4PCS**

ASSEMBLY

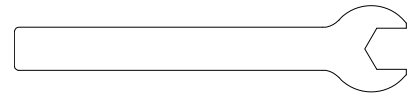
The Cranks, Pedal Straps, Pedal Shafts, and Foot Pedals are marked “R” for Right and “L” for Left.



TOOL

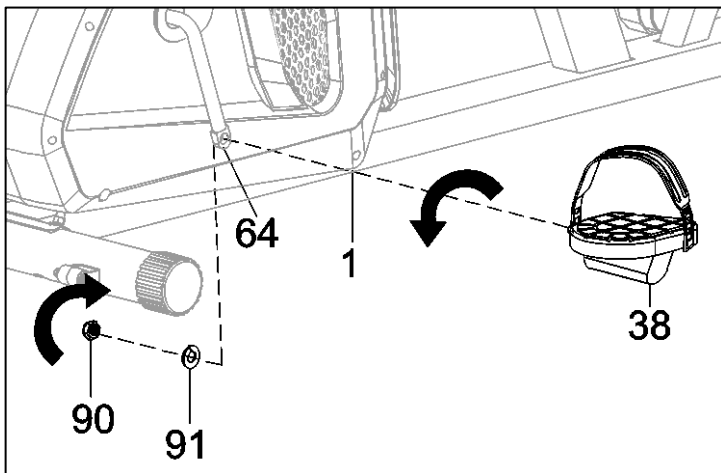


Multi Hex Tool with Phillips
Screwdriver
1PC

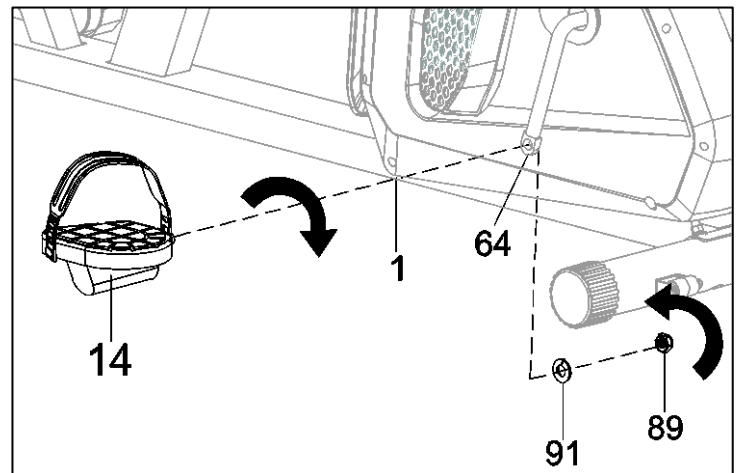


Open Wrench
1PC

Left



Right



STEP 2

2a. Installing the Left & Right Pedal Straps to the Pedals: Install the **Left Pedal Strap (13)** onto the **Left Pedal (38)**. Install the **Right Pedal Strap (15)** onto the **Right Pedal (14)**. See **Figure B**.

2b. Installing the Left Pedal: Insert the threaded shaft of the **Left Pedal (38)** into the threaded hole on the **Left Crank (64)**. Turn the pedal shaft by hand in a COUNTER-CLOCKWISE direction until snug. Install the **Left Nylon Nut (90)** and **Spring Washer (91)** onto the protruding thread of the **Left Pedal (38)** in a CLOCKWISE direction. After doing so, finish off the tightening of the parts in the same direction as instructed with the **Multi Hex Tool with Phillips Screwdriver** and **Open Wrench** provided.

2c. Installing the Right Pedal: Insert the threaded shaft of the **Right Pedal (14)** into the threaded hole on the **Right Crank (64)**. Turn the pedal shaft by hand in a CLOCKWISE direction until snug. Install the **Right Nylon Nut (89)** and **Spring Washer (91)** onto the protruding thread of the **Right Pedal (14)** in a COUNTER-CLOCKWISE direction. After doing so, finish off the tightening of the parts in the same direction as instructed with the **Multi Hex Tool with Phillips Screwdriver** and **Open Wrench** provided.

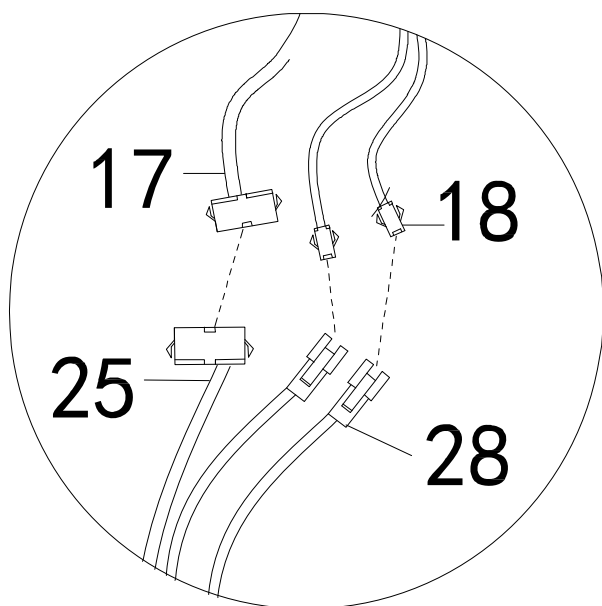
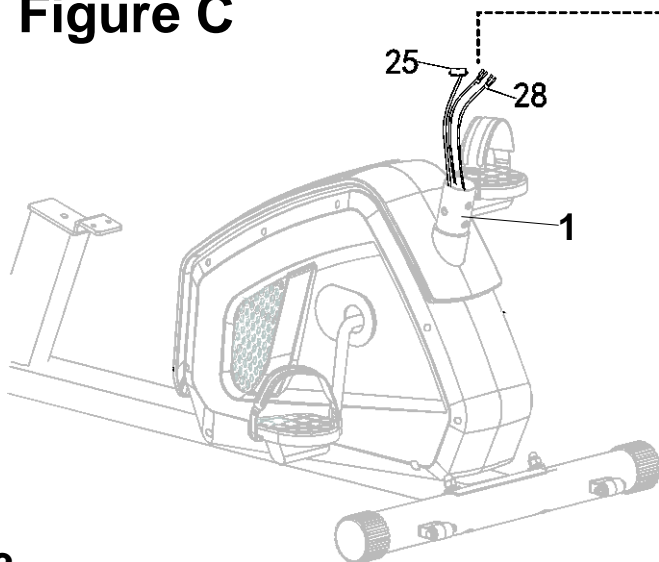
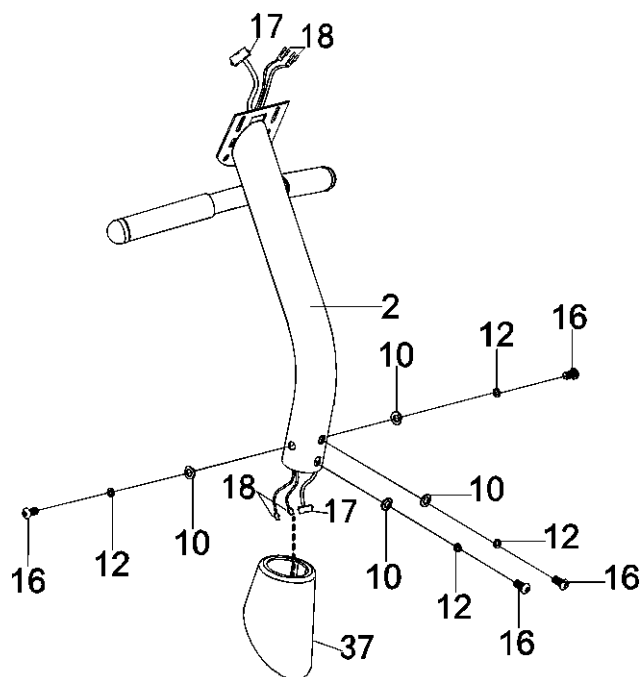


Figure C



TOOL



**6mm Allen Wrench
1PC**

STEP 3

3a. Removal of Hardware for Installation: Remove four **Hex Bolts (16)**, four **Spring Washers (12)** and four **Curved Washers (10)** from the **Main Frame (1)**. Slide the **Front Post Cover (37)** onto the **Front Post (2)** before going onto the next sub step.

3b. Connecting the Pulse and Console Wires: Connect the **Upper Console Wire (17)** from the **Front Post (2)** to the **Lower Console Wire (25)** from the **Main Frame (1)**. Connect the **Extension Hand Pulse Wire A (18)** from the **Front Post (2)** to the **Hand Pulse Wire B (28)** from the **Main Frame (1)**. See Figure C.

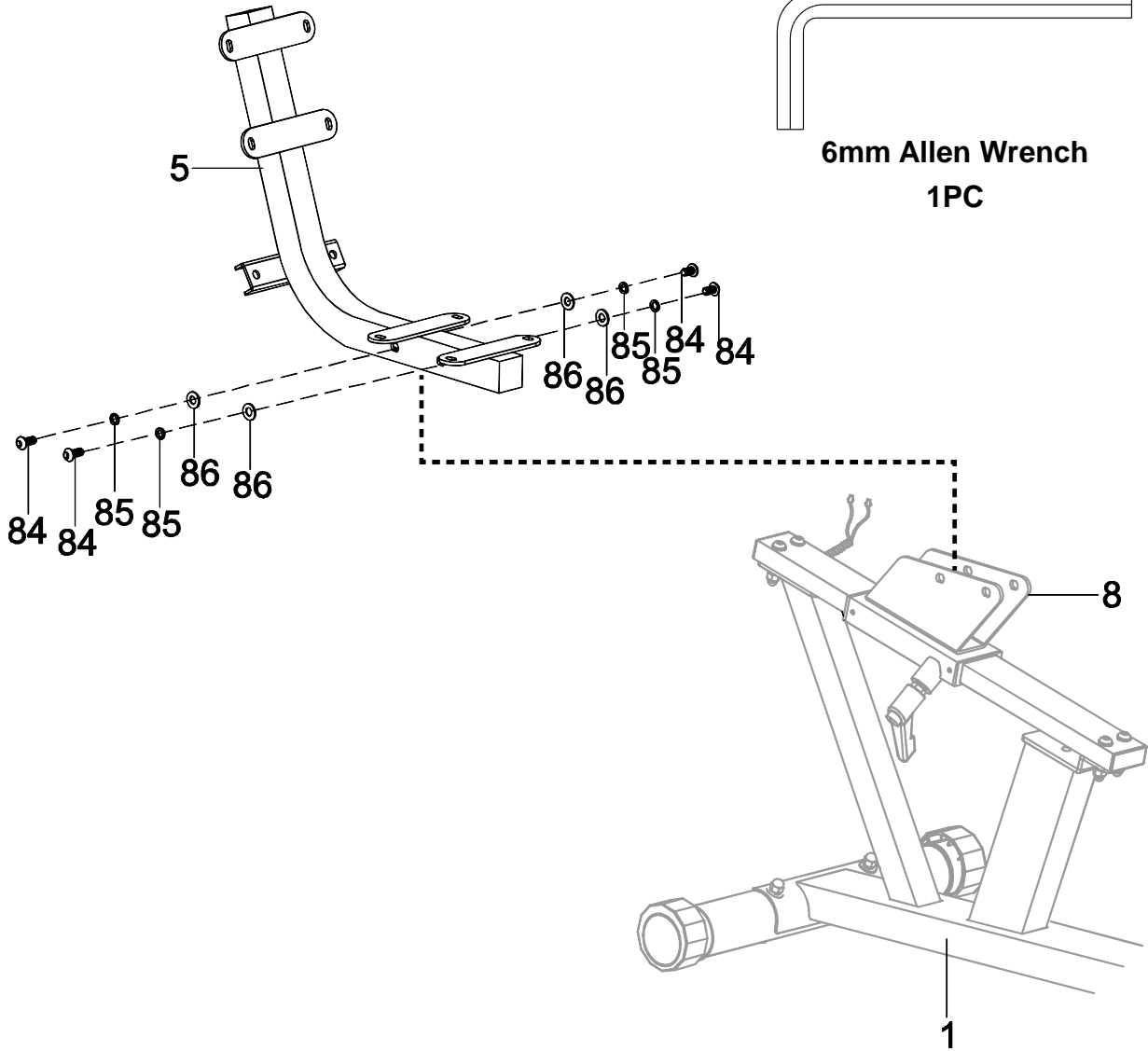
3c. Installing the Front Post to the Main Frame: Slide the **Front Post (2)** onto the **Main Frame (1)**. Align the holes of the **Front Post (2)** and **Main Frame (1)**. Fasten the **Front Post (2)** to the **Main Frame (1)** with the previously removed four **Hex Bolts (16)**, four **Spring Washers (12)** and four **Curved Washers (10)**. Then tighten all the **Bolts (16)** by using the **6mm Allen Wrench** provided.

ASSEMBLY

TOOL



6mm Allen Wrench
1PC

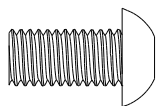


STEP 4

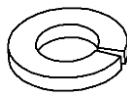
4a. Removal of Hardware for Installation: Remove four **Hex Bolts (84)**, four **Spring Washers (85)** and four **Flat Washers (86)** from the **Seat Post (5)**.

4b. Installing the Seat Post to the Main Frame: Attach the **Seat Post (5)** inside the brackets of the **Slide Tube Bracket (8)** with four **Hex Bolts (84)**, four **Spring Washers (85)** and four **Flat Washers (86)**. Tighten all the **Bolts** with the **6mm Allen Wrench** provided.

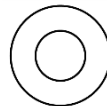
PRE-INSTALLED HARDWARE



(84) Hex Bolt
4PCS



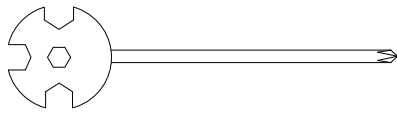
(85) Spring
Washer
4PCS



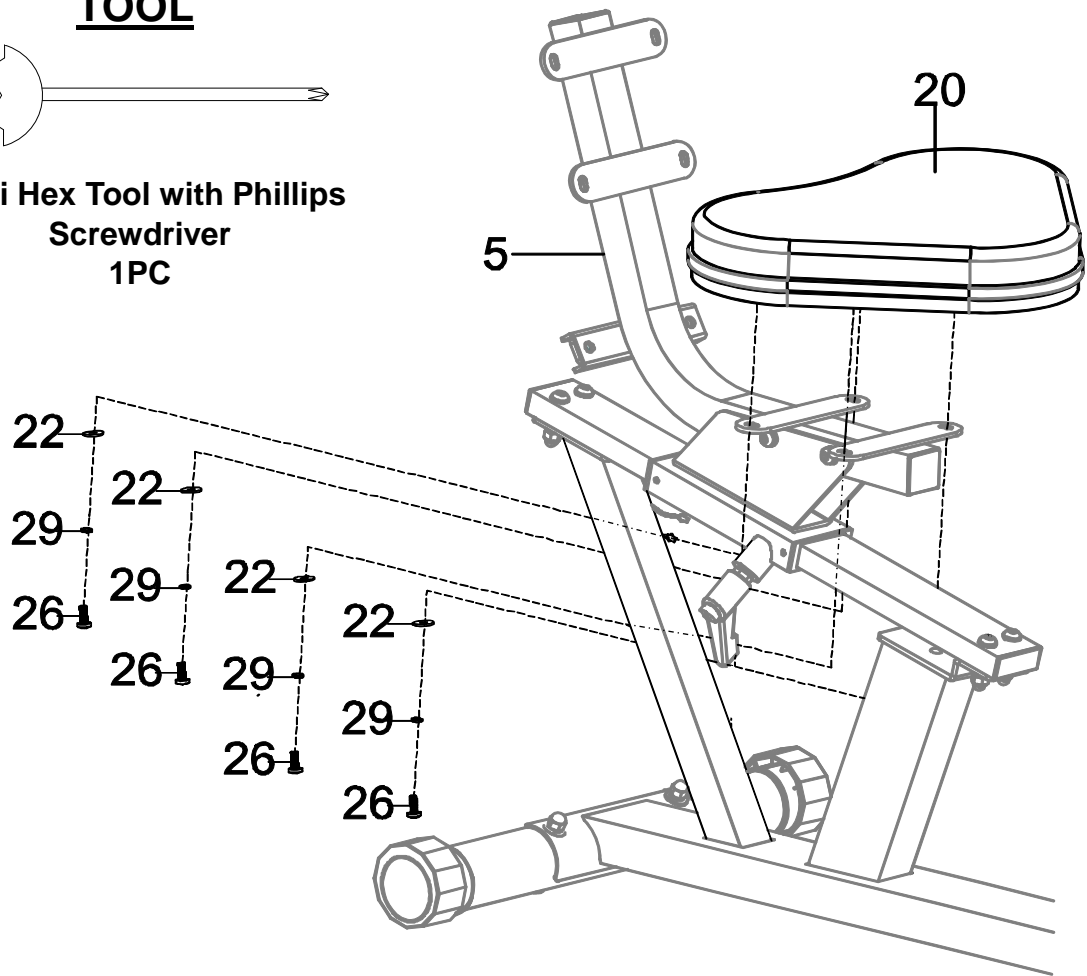
(86) Flat
Washer
4PCS

ASSEMBLY

TOOL



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

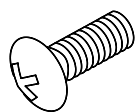


STEP 5

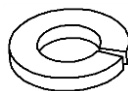
5a. Removal of Hardware for Installation: Remove four **Phillips Screws (26)**, four **Spring Washers (29)**, and four **Flat Washers (22)** from the underside of the **Seat (20)**.

5b. Installing the Seat to the Main Frame: Align the holes of the **Seat (20)** to the holes of the **Seat Post (5)**. Secure the **Seat (20)** with the previously removed four **Phillips Screws (26)**, four **Spring Washers (29)** and four **Flat Washers (22)**. Tighten the **Phillips Screws (26)** using the **Multi Hex Tool with the Phillips Screwdriver** provided.

PRE-INSTALLED HARDWARE



**(26) Phillips
Screw
4PCS**

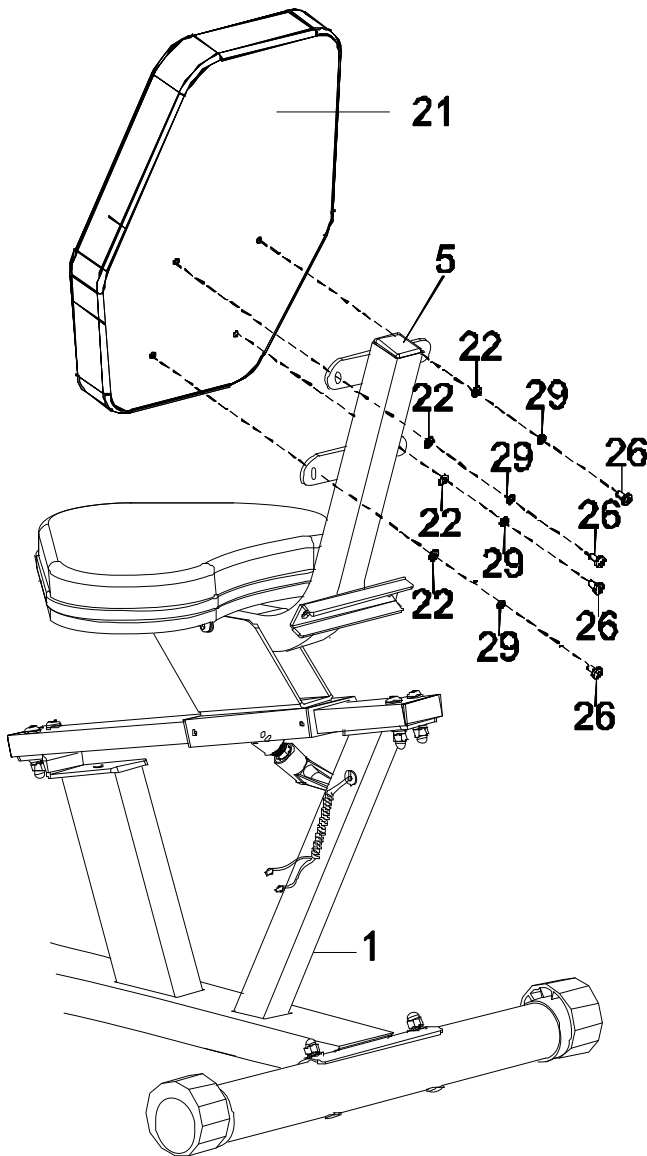


**(29) Spring
Washers
4PCS**



**(22) Flat
Washer
4PCS**

ASSEMBLY

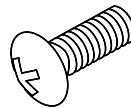


TOOL

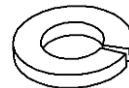


Multi Hex Tool with Phillips
Screwdriver
1PC

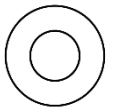
PRE-INSTALLED HARDWARE



(26) Phillips
Screw
4PCS



(29) Spring
Washers
4PCS



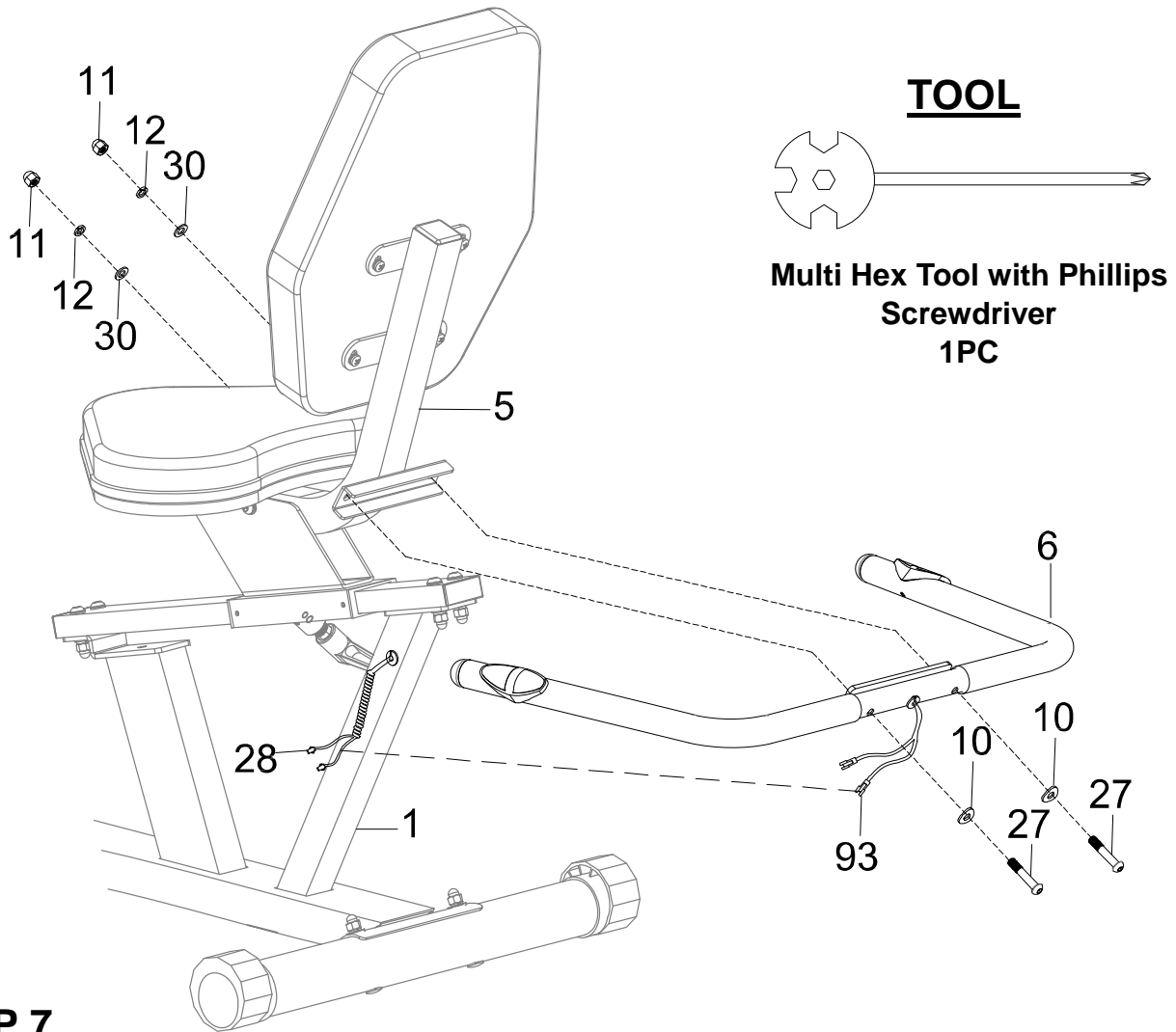
(22) Flat
Washer
4PCS

STEP 6

6a. Removal of Hardware for Installation: Remove four **Phillips Screws (26)**, four **Spring Washers (29)** and the four **Flat Washers (22)** from the **Backrest (21)** with the **Multi-Hex Tool with Phillips Screwdriver**.

6b. Installing the Backrest: Align the holes of the **Backrest (21)** to the holes of the **Seat Post (5)**. Secure the **Backrest (21)** with four **Phillips Screws (26)**, four **Spring Washers (29)** and four **Flat Washers (22)**. Tighten the **Phillips Screws (26)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

ASSEMBLY

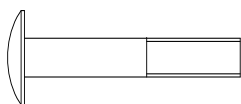


STEP 7

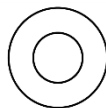
7a. Installing the Handlebar: Attach the **Handlebar (6)** onto the **Seat Post (5)** with two **Hex Bolts (27)**, two **Curved Washers (10)**, two **Flat Washers (30)**, two **Spring Washers (12)** and two **Cap Nuts (11)**.

7b. Connecting the Pulse Wires: Connect the **Hand Pulse Wires D (93)** from the **Handlebar (6)** to the **Hand Pulse Wire B (28)** from the **Main Frame (1)**.

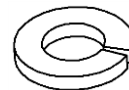
HARDWARE PACK



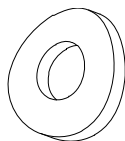
(27) Hex Bolt
2PCS



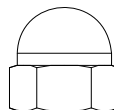
(30) Flat Washer
2PCS



(12) Spring Washer
2PCS



(10) Curved Washer
2PCS



(11) Cap Nut
2PCS

TOOL



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

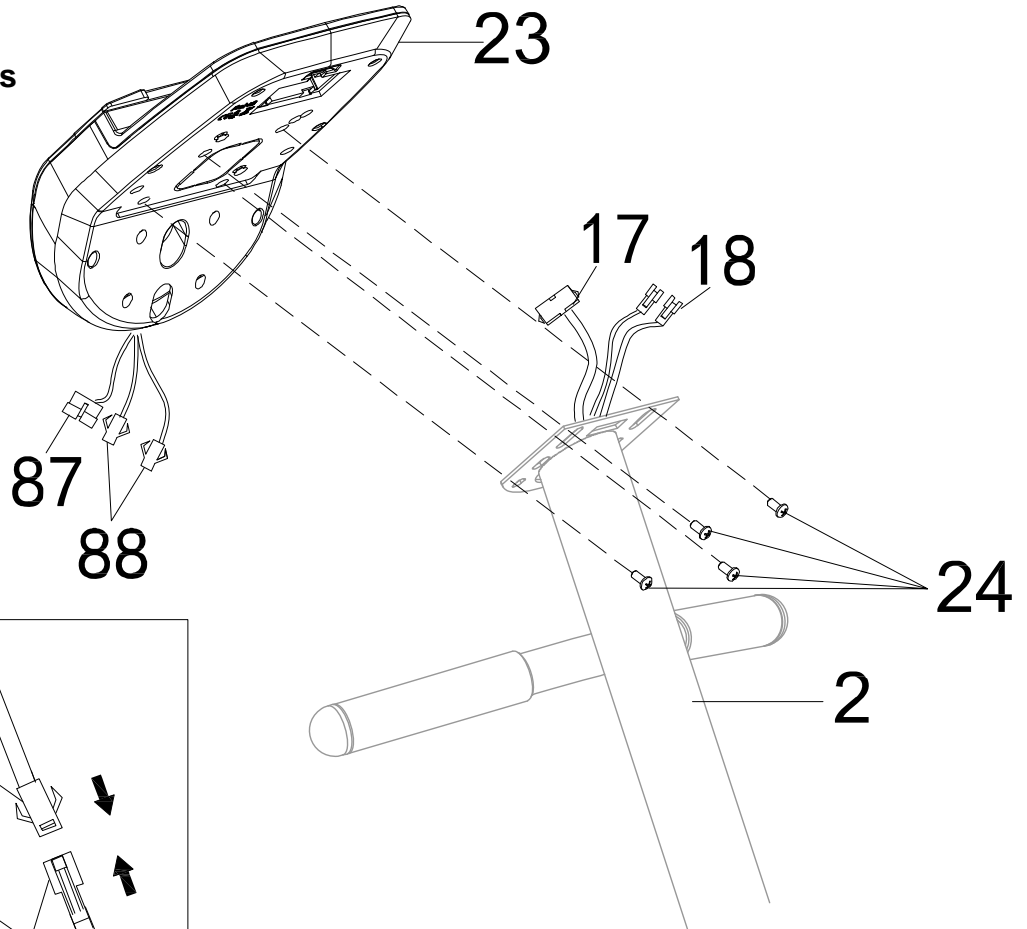
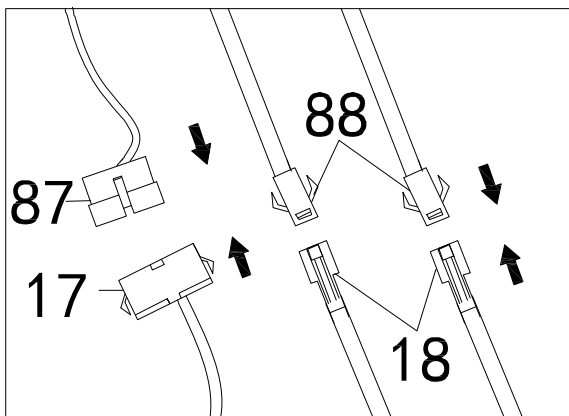


Figure D



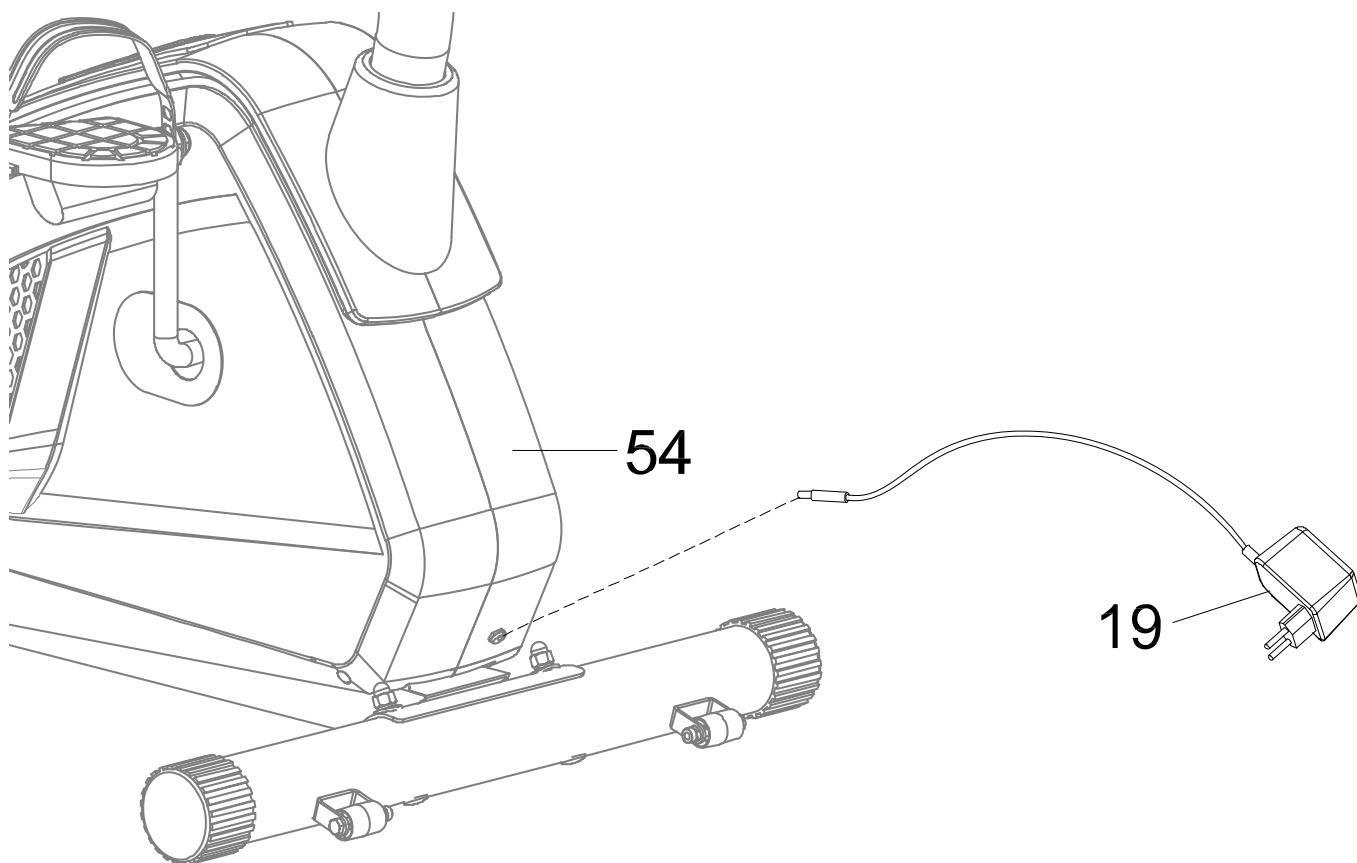
Step 8

8a. Removal of Hardware for Installation: Remove four **Phillips Screws (24)** from the **Console (23)**.

8b. Connecting the Console Wires: Connect the **Lower Console Wire (17)** from the **Front Post (2)** to the **Upper Console Wire (87)** from the **Console (23)**. Connect the **Hand Pulse Wire A (18)** coming from the **Front Post (2)** to the **Hand Pulse Wires C (88)** coming from the **Console (23)**. See **Figure D**.

8c. Installing the Console: Attach the **Console (23)** onto the **Front Post (2)**, and tighten the four **Phillips Screws (24)** with the **Multi Hex Tool with Phillips Screwdriver** provided.

WARNING: This Console Is Not Battery Operated. Use The Adaptor Provided To Power The Console. See Step 9.



STEP 9

9a. Plugging In The Machine – Connect the **AC Adaptor (19)** to the cable plug on the front of the **Left Cover (54)**.

CONSOLE

Display Information:

TIME-----	00:00-99:00
SPEED -----	0.0-99.9 MPH / KM
DISTANCE (DIST) -----	0.0-999.9 ML
CALORIES (CAL) -----	0.0-999.9 CAL
ODOMETER (ODO) -----	0-999.9 ML



CONSOLE BUTTONS:



Start/Stop Button: Starts and pauses workouts.



Mode Button: Switches displayed workout values:
RPM \longleftrightarrow MPH/KMPH // DIST \longleftrightarrow ODO // CAL \longleftrightarrow WATT



Up Button: Increases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, PROGRAMS



Down Button: Decreases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, PROGRAMS

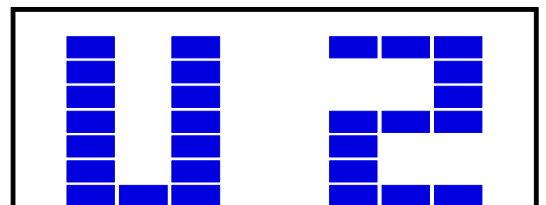
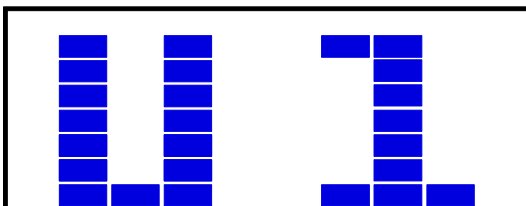


Enter Button: Confirms a selection or toggles through: TIME, DISTANCE/ODO, CALORIES, PROGRAMS

USER Set Up:

The first screen that will appear after you turn on the Console will prompt you to choose between USER 1 and USER 2.

1. Press **▲** or **▼** to choose between USER 1 and USER 2. After choosing one of the user profiles press ENTER.
2. Press **▲** or **▼** to choose a gender, see the Male and Female Symbol in the top right corner, after choosing press ENTER.
3. Press **▲** or **▼** to set an age, after choosing press ENTER.
4. Press **▲** or **▼** to set a height, after choosing press ENTER.
5. Press **▲** or **▼** to set a weight, after choosing press ENTER.
6. Once you go through the set up the display will return to the U1 or U2 screen.



Quick Start:

Pressing START at the user selection screen will take you into a “QUICKSTART” manual workout using the selected user profile. You can set a consistent resistance level for the entire workout with the **▲** or **▼** buttons.

Workout Program:

Challenge yourself with one of the 21 preset workout programs.

1. Pressing the MODE button at the user selection screen will take you into the PROGRAM workout menu using the selected user profile.
2. Use the **▲** or **▼** buttons to scroll through the workout programs.
3. Press the START button to begin a workout with the displayed workout program. The clock will count up from zero.

Target Workout Goal Program:

Set a goal for yourself when using one of the 21 preset workout programs:

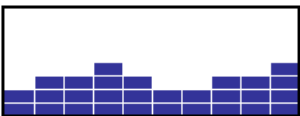
1. Pressing the MODE button at the user selection screen will take you into the PROGRAM workout menu using the selected user profile.
2. Use the **▲** or **▼** buttons to select a workout program.
3. Pressing the ENTER button will cause the TIME, DISTANCE, or CALORIES display values to flash.
4. Use the **▲** or **▼** buttons to change the value of the flashing digits.
5. Press the START button to begin a workout using the set target workout goal. The set value will count down to zero. NOTE: only one target workout goal can be set.

PRE-SET Programs:

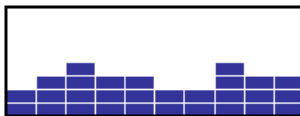
P1 (Manual)



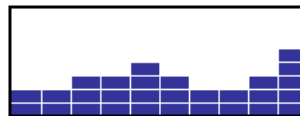
P2



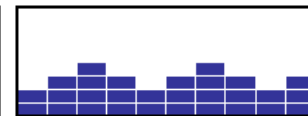
P3



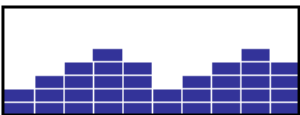
P4



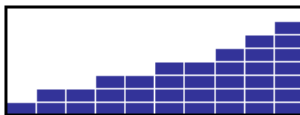
P5



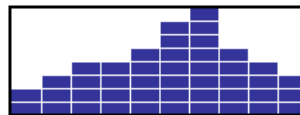
P6



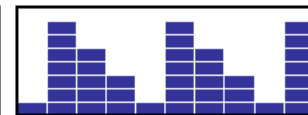
P7



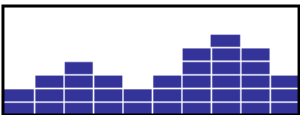
P8



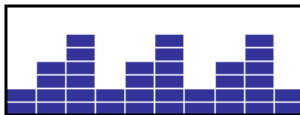
P9



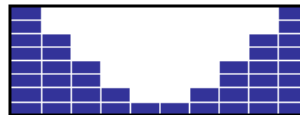
P10



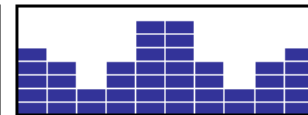
P11



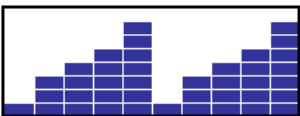
P12



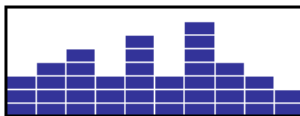
P13



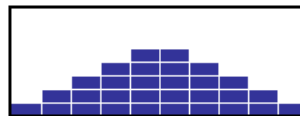
P14



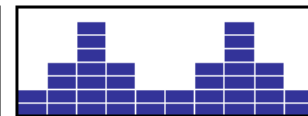
P15



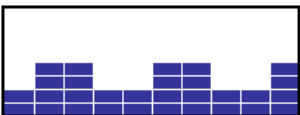
P16



P17



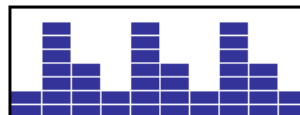
P18



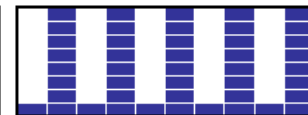
P19



P20



P21



CONSOLE FEATURES:



CHANGE UNITS OF MEASUREMENT: Pressing and holding **▲** and **▼** for 3 seconds will reset the console display and will change the units between Metric (kilometers) & Imperial (miles).

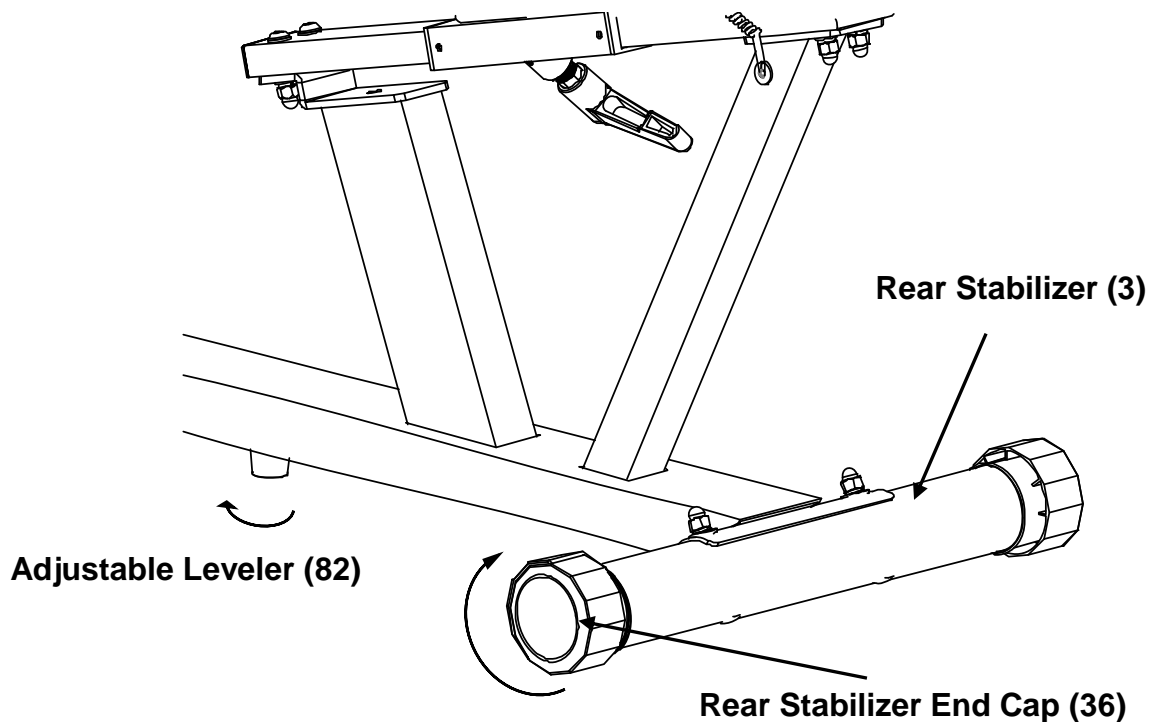


Pressing and holding the START button for 3 seconds will reset the console display.

Shut Off: The Console will go into standby after 4 minutes of inactivity.

Resistance: The Resistance can be adjusted during an active Pre-set Program, but the adjustment only affects the current column/interval.

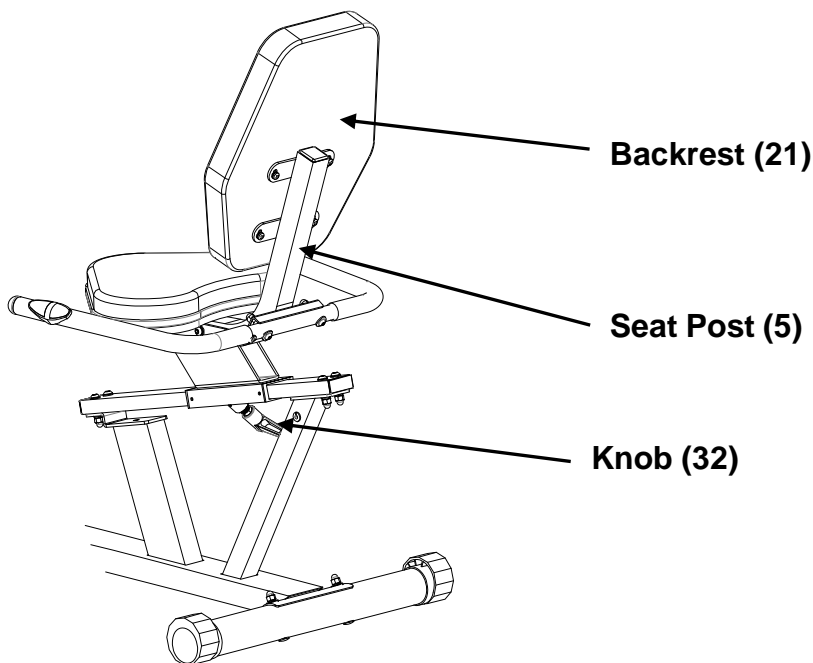
ADJUSTMENTS



Adjusting the Rear Stabilizer End Cap and Adjustable Leveler

Turn the **Rear Stabilizer End Caps (36)** on the **Rear Stabilizer (3)** as needed to level the recumbent bike.

Turn the **Adjustable Leveler (82)** so that it is making contact with the floor. **Do not extend the Adjustable Leveler (82) too far, as this will cause the bike to tilt and be off balance.**



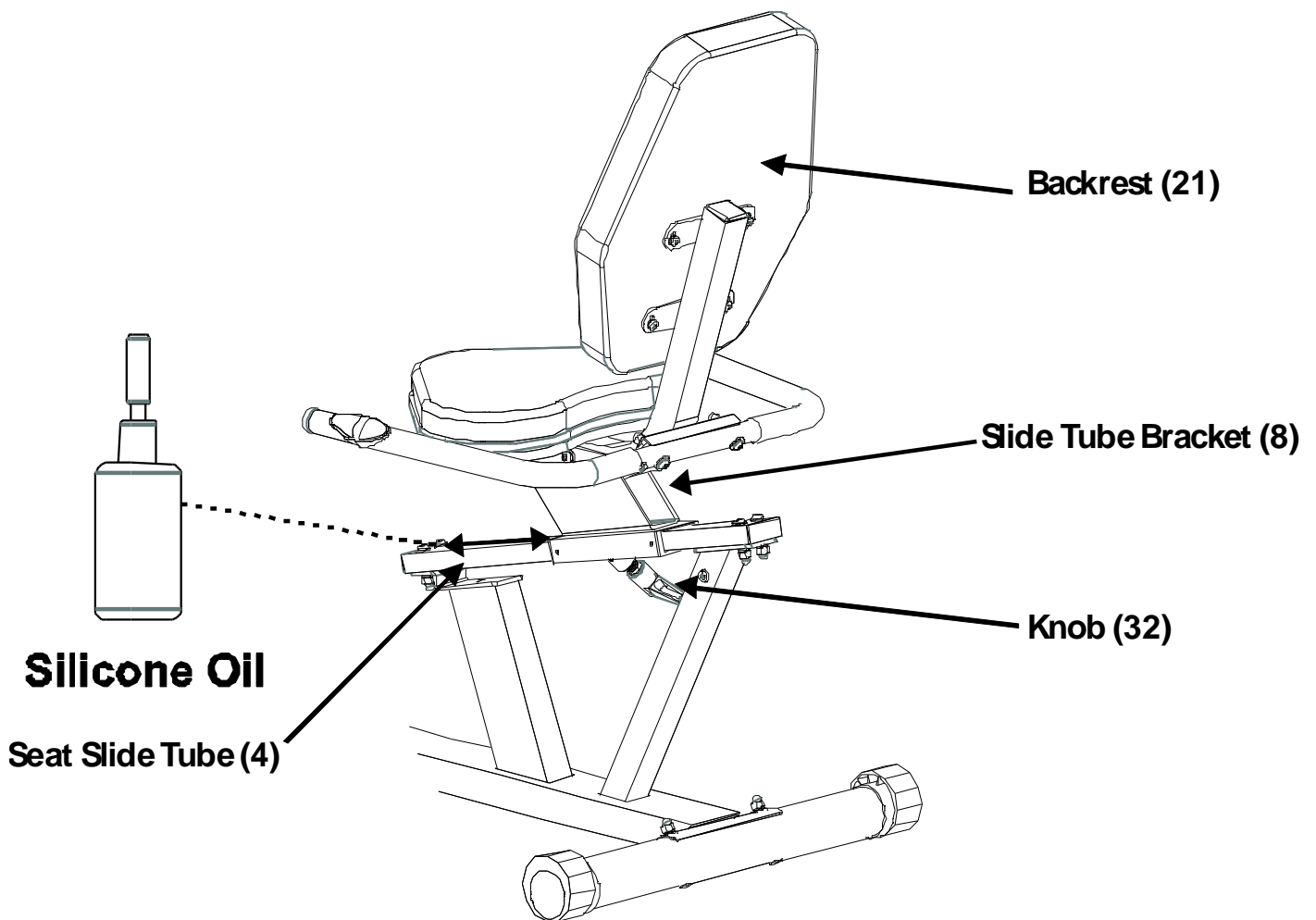
Adjusting the Seat Forward or Back

Loosen the **Knob (32)** in a COUNTER-CLOCKWISE direction until the seat is loosened. Standing behind the seat, use two hands to push or pull the **Backrest (21)**. Once you adjust to the position you like, lock the **Seat Post (5)** into place by tightening the **Round Knob (32)** in a CLOCKWISE direction until it is secured tightly.

Lubricating the Seat Slide Tube

If the **Backrest (21)** is difficult to move along the **Seat Slide Tube (4)** when the **Knob (32)** has been loosened, apply ten drops of the **Silicone Oil** to the rear of the **Seat Slide Tube (4)**. Grab the **Backrest (21)** to shift the **Seat Slide Bracket (8)** forward and backward to allow the **Silicone Oil** to evenly spread over the **Seat Slide Tube (4)**. If there is still resistance when moving the **Backrest (21)** forward and back then repeat with the ten drops of **Silicone Oil** until the **Seat Slide Bracket (8)** is moving without resistance.

WARNING: Store the silicon oil in a safe place away from children.



TROUBLE SHOOTING

1. **PROBLEM:** The recumbent bike wobbles when in use.
 - 1) **SOLUTION:** Turn the **Rear Stabilizer End Caps (33)** on the **Rear Stabilizer (3)** or **Adjustable Leveler (82)** on the bottom of the rear **Main Frame (1)** as needed to level the recumbent bike.
2. **PROBLEM:** The display on the **Console (23)** does not turn on.
 - 1) **SOLUTION:** Remove the **Console (23)** and verify that the wires from the **console (23)** are properly connected to the wires of the **Front Post (2)**.
 - 2) **SOLUTION:** Check that the **AC Adaptor (19)** is securely connected to the **Power Supply Cable (77)**, and that it is plugged into an electrical outlet:
3. **PROBLEM:** Not displaying/inconsistent/erratic heart rate readings
 - 1) **SOLUTION:** Always hold onto the **Hand Pulse Sensors (40)** with both hands. Maintain moderate pressure when holding onto the **Hand Pulse Sensors (40)**.
 - 2) **SOLUTION:** Make sure the wire connections for the **Hand Pulse Wires D (93)** are connected.
 - 3) **SOLUTION:** Wipe your excess moisture off your hands.
4. **PROBLEM:** The recumbent bike makes a squeaking noise when in use.
 - 1) **SOLUTION:** The bolts may be loose on the recumbent bike. Inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

1. The recumbent bike can be cleaned with a soft clean damp cloth.
2. **Do not** use abrasives or solvents on the plastic parts.
3. Wipe your perspiration off the recumbent bike after each use.
4. Be careful not to get excessive moisture on the Console display as this might cause an electrical hazard or the electronics to fail.
5. Keep the recumbent bike, especially the computer console out of direct sunlight to prevent screen damage.
6. Be sure all assembly bolts, nuts, screws, and pedals on the machine are thoroughly tightened prior to use. Tighten any loose parts.

TROUBLESHOOTING & MAINTENANCE

Problem	Potential Cause	Correction
E1	1. The motor does not activate	Motor Problems Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then contact customer service.

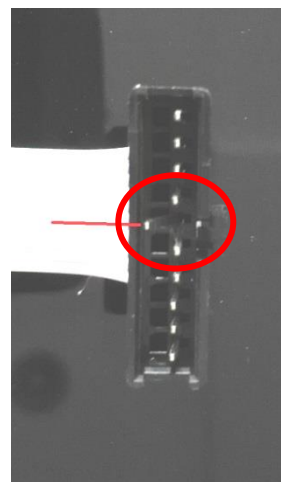
Problem	Potential Cause	Correction
E2	1. There is something wrong with the cables.	Check if the cables are damaged, causing a circuit short.
	2. There is something wrong with the computer.	Change the computer. Contact customer service
	3. There is something wrong with the motor.	Change the motor. Contact customer service

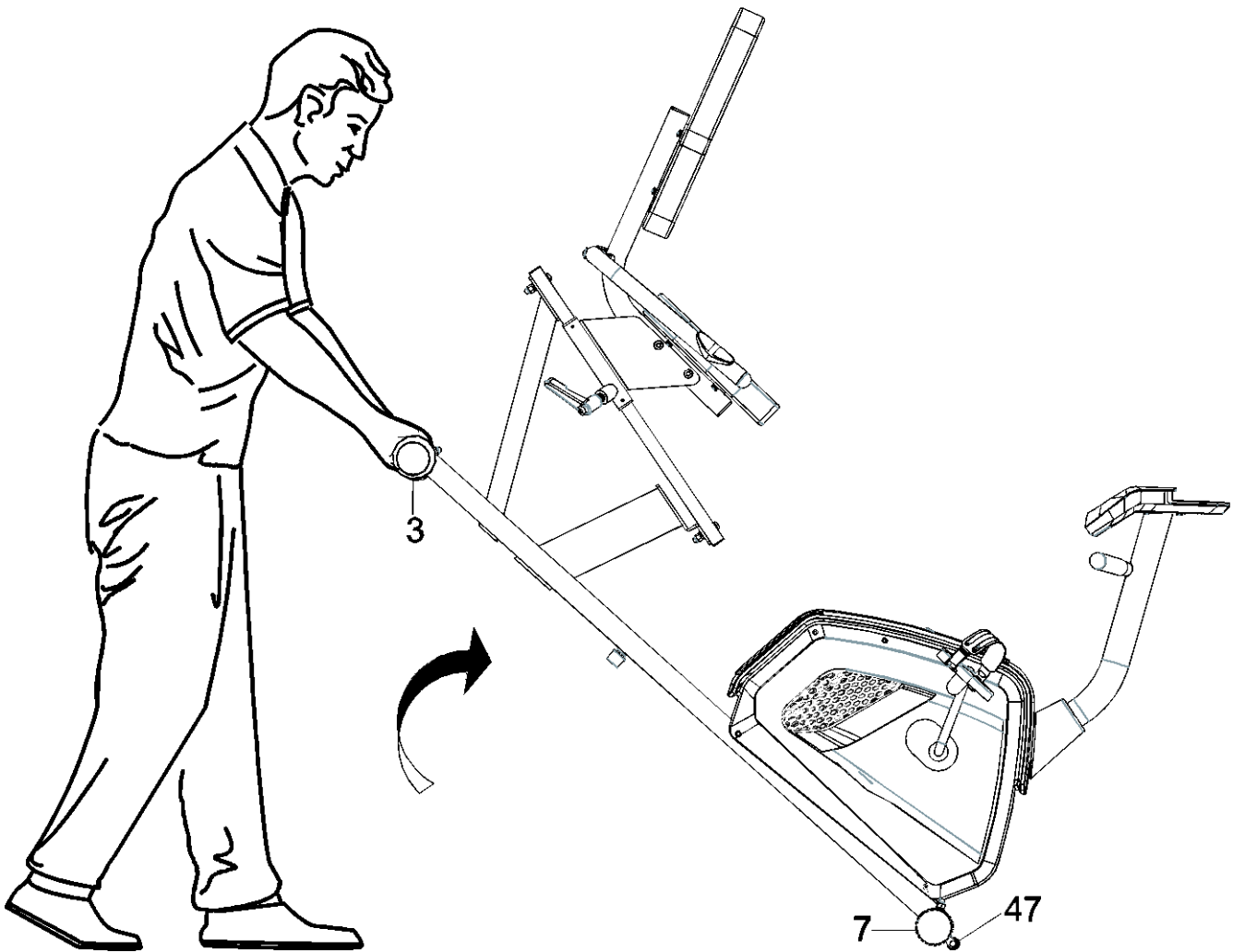
WARNING: Before connecting any cables, make sure the Metal Prongs of the cables are aligned like in the Correct image on the left.

Correct



Incorrect





Transporting the Bike

Lift the **Rear Stabilizer (3)** with both hands until the **Wheels (47)** on the **Front Stabilizer (7)** make contact with the ground. Pull or Push the Bike to the desired storage area before gently lowering the Bike. Always maintain both hands on the Bike during transportation.

Storage

Store the bike in a clean and dry environment away from pets and children.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

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

<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 Daily 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