

## **Sit-Up Bench**



**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, are subject to change without notice.

# **Owner's Manual**

# **Le Manuel Du Propriétaire**



**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:**

**1-844-641-7920**

**Hours:**

**8:00 am to 5:00 pm (PST)**

**Monday thru Friday**

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### IMPORTANT: FOR NORTH AMERICA ONLY

For a 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:**

**1-844-641-7920**

**(8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday)**

Response time may vary via calling

Please have the following information ready when requesting for service:

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

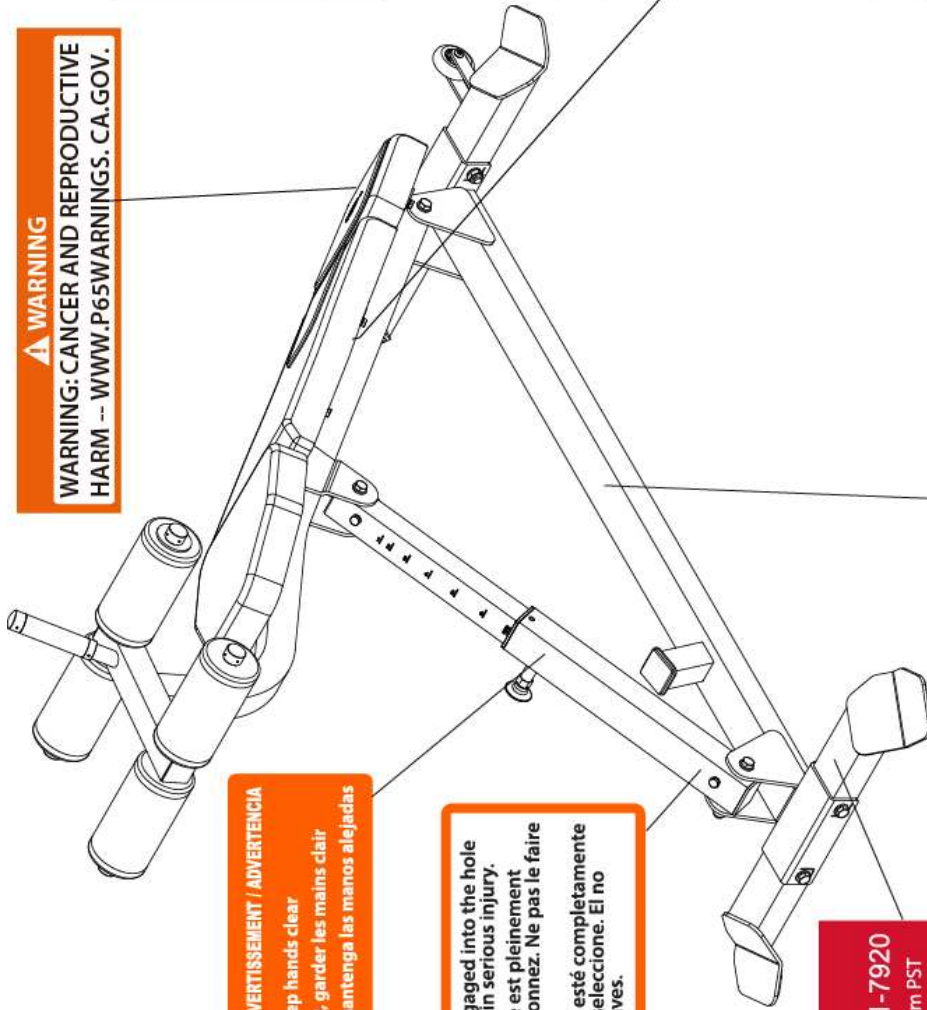
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

## LABEL PLACEMENT



**! WARNING**

**WARNING: CANCER AND REPRODUCTIVE HARM -- [WWW.P65WARNINGS.CA.GOV](http://WWW.P65WARNINGS.CA.GOV).**



**! WARNING / AVERTISSEMENT / ADVERTENCIA**

Pinch point, keep hands clear  
Pincez moment, garder les mains clair  
Punto Pinch , mantenga las manos alejadas



**WARNING  
AVERTISSEMENT  
ADVERTENCIA**

Always be sure that the pin is fully engaged into the hole you select. Failure to do so may result in serious injury. Assurez-vous toujours que la goupille est pleinement engagée dans le trou que vous sélectionnez. Ne pas le faire peut entraîner des blessures graves. Asegúrese siempre de que el pasador esté completamente encajado en el agujero que usted seleccionó. El no hacerlo puede resultar en lesiones graves.

**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:**

1-844-641-7920  
8 am - 5 pm PST

## MAINTENANCE SCHEDULE

**CAUTION:** Make sure to remove any safety keys and unplug the power cord before performing any maintenance procedures on Electrical Equipment.

- Inspect and tighten security (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).
- Replace any worn or torn parts immediately.
- Keep liquids away and avoid direct sunlight from console to avoid damages.
- Check to ensure the machine is leveled.
- Check tension and hitting on Safety Spring Loaded Pins.

- **Check Adjustment Knobs to be Securely Tightened.**

- Inspect and tighten securely (Handlebars, Seat, Seat Post, Brake Pads, Pedals, etc.)
- Use a damp cloth to clean dust and moisture from equipment.
- Clean and Wipe Upholstery, Rollers, Track Wheels, Walking Belt.
- Check equipment Metal/Wood/Upholstery structure frame.
- Lubrication: See Owner's Manual.

**PRECAUCIÓN:** Asegúrese de retirar las llaves de seguridad y desconectar el cable eléctrico antes de realizar cualquier procedimiento de mantenimiento del equipo eléctrico.

**DIARIO**

- Revisión y apriete los bien (tuerzas, pernos, pastillas de caucho, soportes de acero, etc.).
- Reemplace inmediatamente cualquier parte desgastada o rota.
- Mantenga alejados los líquidos y retire de la luz solar directa reflejada por la consola, para evitar daños.
- Revise para asegurarse que la máquina está nivelada.
- Cheque la tensión y ajuste las clavijas de seguridad accionadas por resorte.

- Revise que las pe

**SEMANALMENTE**

- Revise y apriete firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, los pedales, etc.).
- Utilice un paño húmedo para limpiar el polvo y humedad del equipo.
- Limpie y pase un trapo por la tapicería, los rodillos, ruedas de pista, cinta para caminar.
- Revise el marco de la estructura de metal / madera / tapicería del equipo.

HEURES ENTRETEN

**ATTENTION :** Veillez à supprimer toutes les clés de sécurité et débranchez le cordon d'alimentation avant d'effectuer les procédures de maintenance sur les équipements électriques.

**QUOTIDIEN**

- Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.).

**QUOTI**

- Inspectez et serrez solidement l'érou, boulons, lattes en caoutchouc, supports en acier, etc.
- Remplacez toutes les pièces usées ou défectueuses immédiatement.
- Nettoyez les liquides et l'événir les rayons directs du soleil depuis la console pour éviter des dommages.
- Vérifiez pour assurer la machine est nivelée.
- Vérifiez la tension et d'assemblage pour être bien serré.

**HEBDOMADAIRE**

- Nettoyez l'arrière d'un refuge pour être bien serré.
- Inspectez et serrez (goudron, la selle, tige de selle, plaquettes de frein, pédales, etc.)
- Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement.
- Nettoyez les surfaces de la machine avec un chiffon humide.
- Vérifier l'isolement / l'isol / assemblage cadre de la structure métallique.
- Lubrification: Voir le Manuel de propriétaire.

<p>UNDERPENALTY OF LAWS/THIS BAC NOT TO BE REMOVED EXCEPT BY FURNITURE MANUFACTURER ALL NEW MATERIALS CONSISTING OF POLYURETHANE FOAM PAD, 100%</p>	<p>REGISTRY NO. VA25302 (CN)</p> <p>Certification is made by the manufacturer of the materials in this article as described in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1189 Joliet Ave. City of Industry CA 91748, USA</p>	<p><b>NOTICE</b></p> <p>This article does not meet the flammability requirements of Cali Bureau of Home Fur nishing technical bulletin 117. Care should be exer nary open flame or with burning cigarettes.</p>	<p><b>AVIS</b></p> <p>Ce produit ne satisfait pas aux critères d'inflammabi lité 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><b>NOTIFICACI</b></p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técni 117. Cuidado de Cali deber ejercerse cerca de una llama abierta o c igarettes ardiendo.</p>
<p>SE SANCIONARA LEGALMENTE A QUIEN ELABORE O COMERCIALICE SOLAMENTE CONJUNTOS QUE CONTENGAN POLIURETANO FOAM PAD, 100%.</p>	<p>NO D'ENREGISTRAMENT VA25302 (CN)</p> <p>Cette étiquette est apposée conformément aux lois Cana diennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Joliet Ave. City of Industry CA 91748, USA</p>	<p><b>SOUS PEINE DE SANCTION LEGALE, L'ENLEVE PAR UNE PERSONNE AUTRE QUE LE COMMANDEUR ENTIEREMENT FABRIQUE DE POLYURETANE 100%.</b></p>	<p><b>NO D'ENREGISTRAMENT VA25302 (CN)</b></p> <p>Cette étiquette est apposée conformément aux lois Cana diennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Joliet Ave. City of Industry CA 91748, USA</p>	<p><b>SE SANCIONARA LEGALMENTE A QUIEN ELABORE O COMERCIALICE SOLAMENTE CONJUNTOS QUE CONTENGAN POLIURETANO FOAM PAD, 100%.</b></p>
<p>MATERIAL COMPLETAMENTE NUEVO COMPUESTO DE 100% RELENO DE ESPUMA DE POLIURETANO.</p>	<p>NO. DE REG VA25302 (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 Joliet Ave. City of Industry CA 91748, USA</p>	<p><b>NOTIFICACI</b></p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técni 117. Cuidado de Cali deber ejercerse cerca de una llama abierta o c igarettes ardiendo.</p>	<p><b>NOTIFICACI</b></p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técni 117. Cuidado de Cali deber ejercerse cerca de una llama abierta o c igarettes ardiendo.</p>	<p><b>NOTIFICACI</b></p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técni 117. Cuidado de Cali deber ejercerse cerca de una llama abierta o c igarettes ardiendo.</p>

## PRODUCT SAFETY

**WARNING:** Before using this equipment you should consult with your personal physician to see if the Sit-Up Bench is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, hypertension, recent stroke or transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- A hiatus hernia or a ventral hernia
- Bone weaknesses including osteoporosis, unhealed fractures, modularly pins, or surgically implanted orthopedic supports
- Use of anticoagulants including Aspirin in high doses

**The Maximum Weight Capacity for this product is 650lbs/295kgs.**

**Read all instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.**

This bench was designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using the Sit-Up Bench.
2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
3. If anytime you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
4. Keep children and pets away from this equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.

**WARNING: CANCER AND REPRODUCTIV HARM--[WWW.P65WARNINGS.CA.GOV](http://WWW.P65WARNINGS.CA.GOV).**

**Warning:** It is highly recommended that you have assistance during the assembly of this strength equipment.

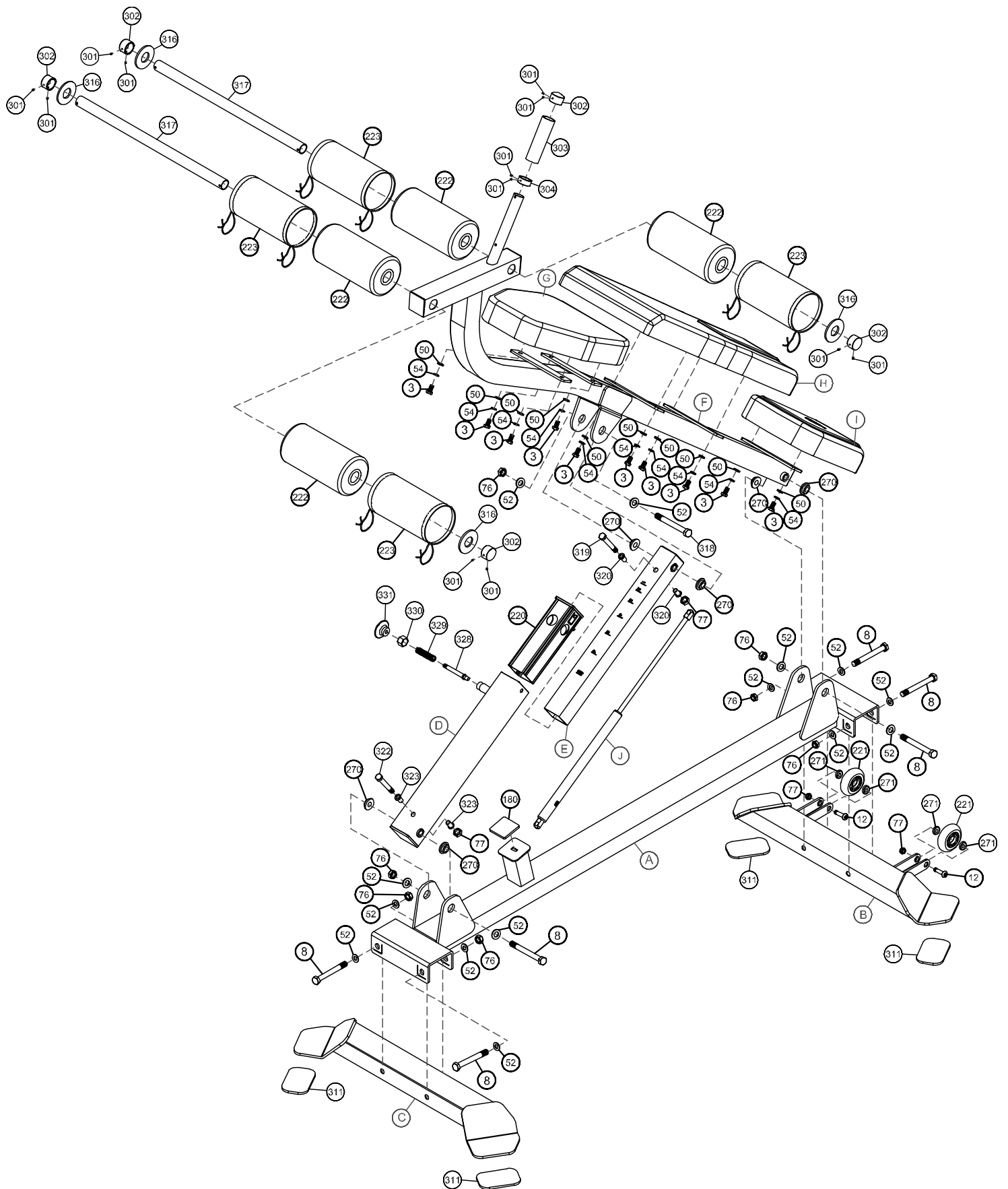
1. Tools for assembly:

General tools needed for the assembly of this strength equipment:

- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

2. Insert the bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the strength equipment. But, with the proper assistance, the right tools, strictly following the assembly steps, and given enough time, the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the items of that step.
6. To aid in assembly of the equipment, the hardware (bolts, nuts, washer...etc.) has been presorted according to their corresponding steps. **Each bag of hardware is labeled with its corresponding step number.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. See page 2.

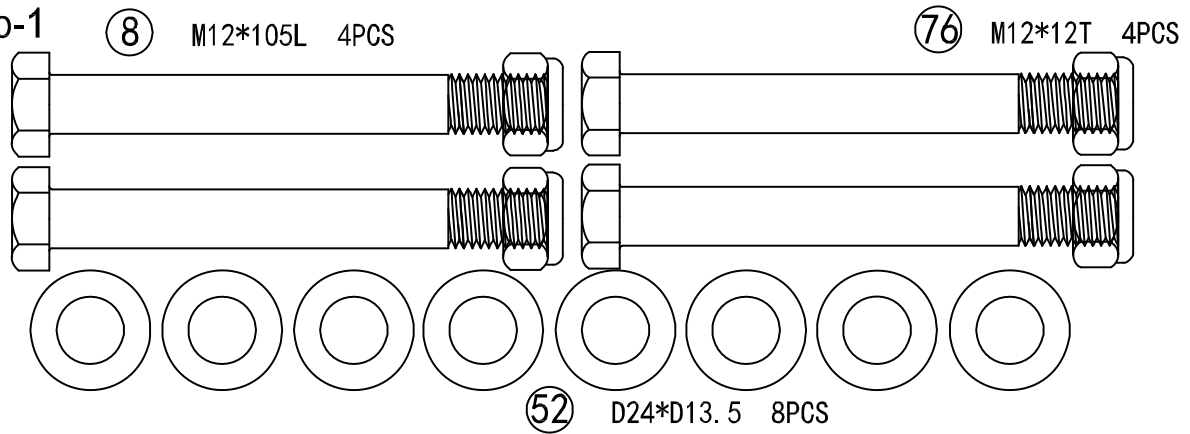
# OVERVIEW DRAWING



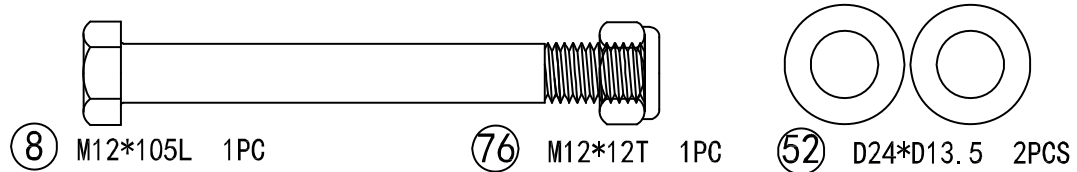


# HARDWARE PACK

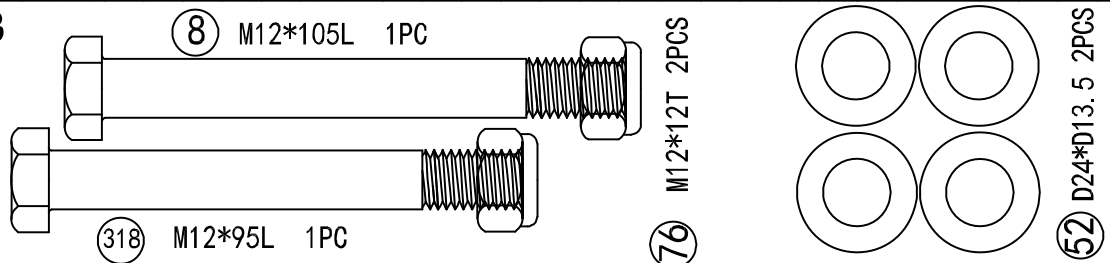
Step-1



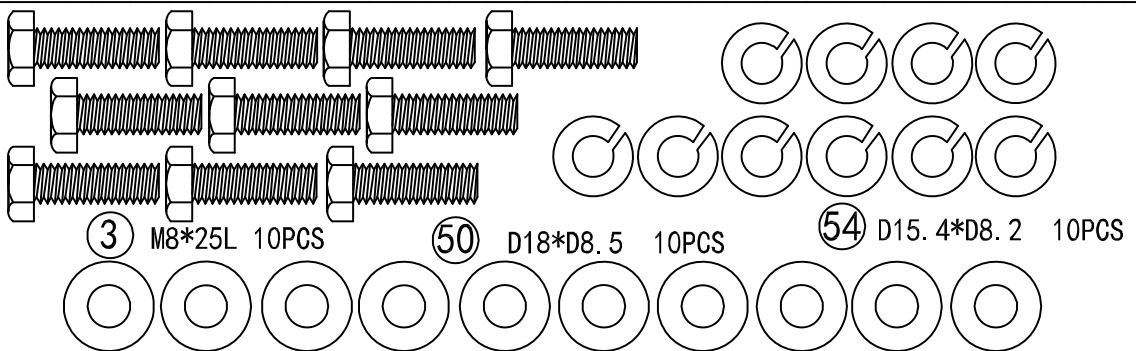
Step-2



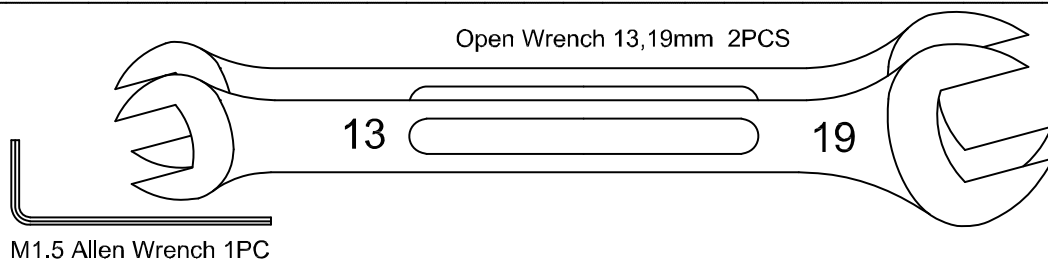
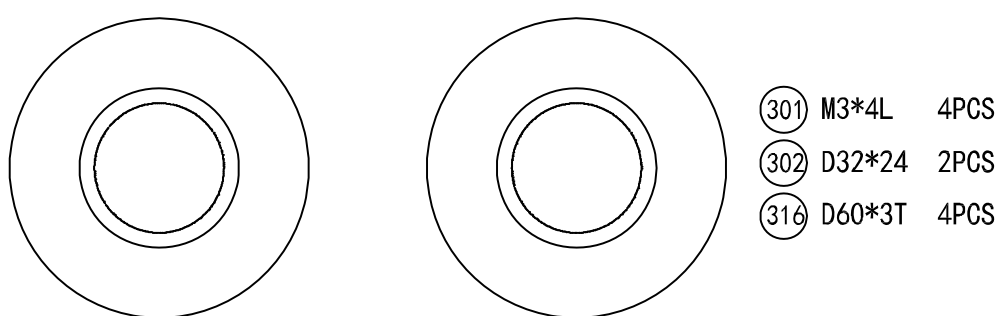
Step-3



Step-4



Step-5



## PART LIST

Part#	Description	Qty.
A	Main Frame	1
B	Rear Stabilizer	1
C	Front Stabilizer	1
D	Supporting Tube	1
E	Adjusting Tube	1
F	Bed Frame	1
G	Seat Pad	1
H	Backrest	1
I	Headrest	1
J	Air Piston	1
3	Hex Bolt M8*1.25*25L	10
8	Hex Bolt M12*1.75*105L	6
12	Allen Bolt M8*1.25*45L	2
50	Flat Washer D18*D8.5*1.2T	10

Part#	Description	Qty.
52	Flat Washer D24*D13.5*D2.5T	14
54	Spring Washer D15.4*D8.2*2T	10
76	Nylon Nut M12*1.75*12T	7
77	Nylon Nut M8*1.25*8T	4
180	Buffer 52*52*5T	1
220	Inner Tube 60*60*50*50*197L	1
221	Round Wheel D70.5*23	2
222	Foam	4
223	Sleeve	4
270	Bushing D29*D12.1*9T	6
271	Bushing D22.2*D8.2*7T	4
301	Allen Screw M3*0.5*4L	12
302	End Cap D32*D26*24	5
303	Dip Foam	1

## PART LIST

Part#	Description	Qty.
304	Fixing Ring D32*D26*13	1
311	Buffer(1) 65*100*5T	4
316	Disk D60*D26.5*3T	4
317	Roller Rod	2
318	Hex Bolt M12*1.75*95L	1
319	Hex Bolt M8*1.25*65L	1
320	Bushing D15*18.5L	2

Part#	Description	Qty.
322	Hex Bolt M8*1.25*75L	1
323	Bushing D15*23.5L	2
328	Adjustable Pin	1
329	Spring D12*D1.0*56.5L	1
330	Nut	1
331	Round Knob	1

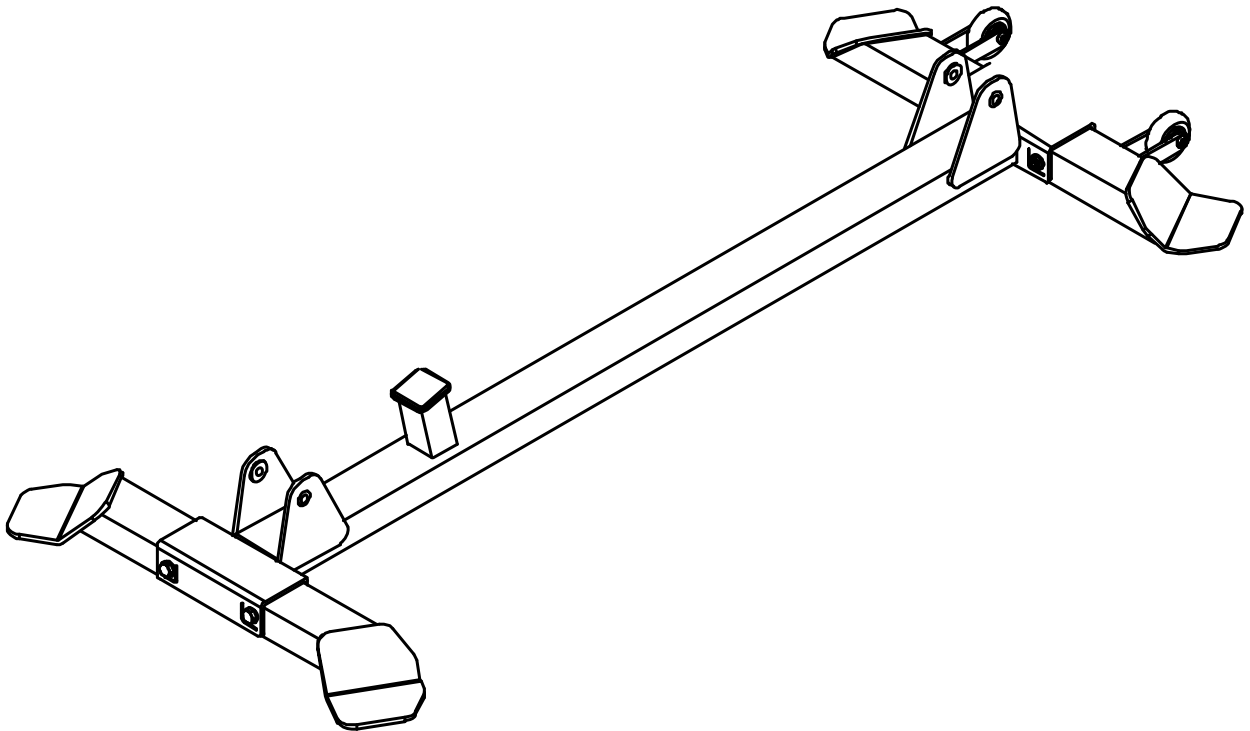
## STEP 1

1A. Attach the **Front Stabilizer (C)** onto the **Main Frame (A)**. Fasten the **Front Stabilizer (C)** to the **Main Frame (A)** using:

- 2 - (8) Hex Bolt M12x1.75x105L
- 4 - (52) Flat Washer D24xD13.5x2.5T
- 2 - (76) Nylon Nut M12x1.75x12T

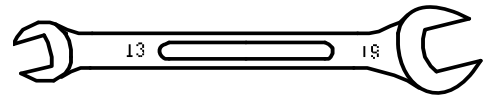
1B. Attach the **Rear Stabilizer (B)** onto the **Main Frame (A)**. Fasten the **Rear Stabilizer (B)** to the **Main Frame (A)** using:

- 2 - (8) Hex Bolt M12x1.75x105L
- 4 - (52) Flat Washer D24xD13.5x2.5T
- 2 - (76) Nylon Nut M12x1.75x12T

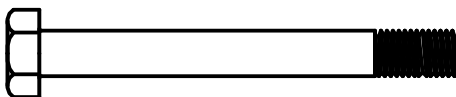
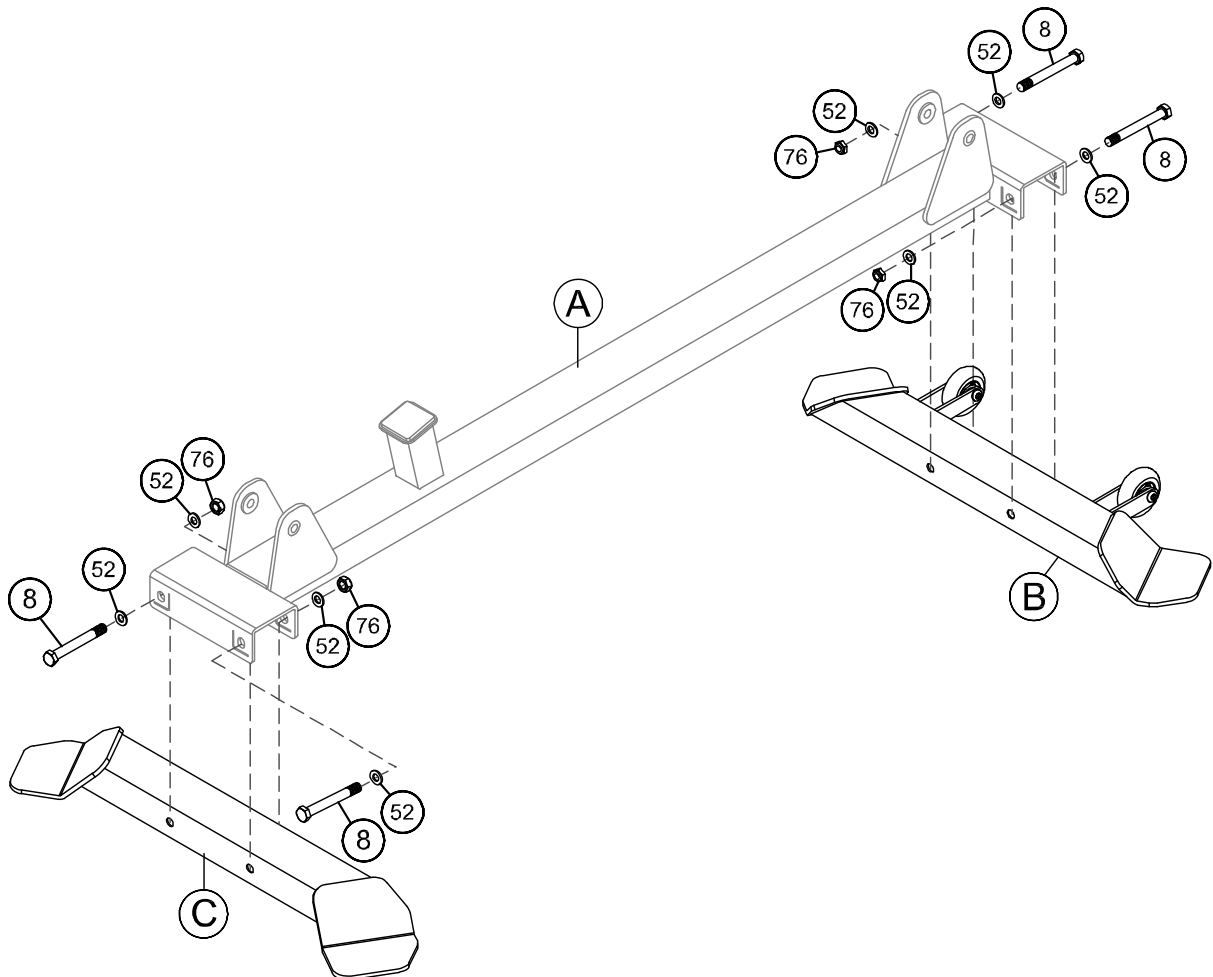


Appereance upon completion of Step 1

# STEP 1



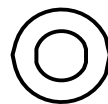
Open Wrench 13,19mm  
2 PCS



NO.8 Hex Bolt  
M12x1.75x105L  
4PCS



NO. 76 Nylon Nut  
M12x1.75x12T  
4PCS

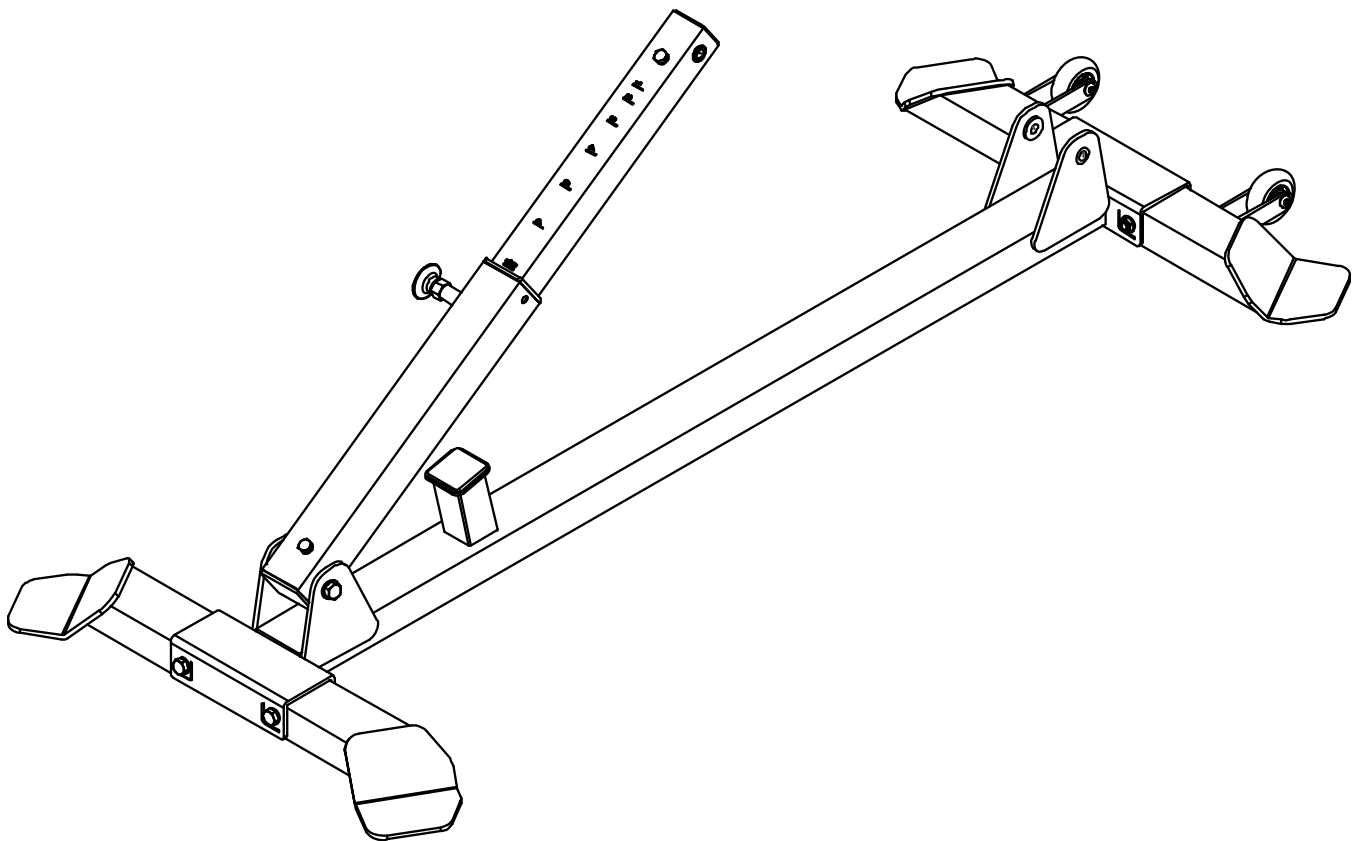


NO.52 Flat Washer  
D24xD13.5xD2.5T  
8PCS

## STEP 2

2A. Insert **Supporting Tube (D)** into the bracket of **Main Frame (A)** and fasten together using:

- 1 - (8) Hex Bolt M12x1.75x105L
- 2 - (52) Flat Washer D24xD13.5x2.5T
- 1 - (76) Nylon Nut M12x1.75x12T

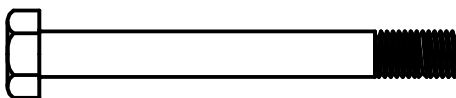
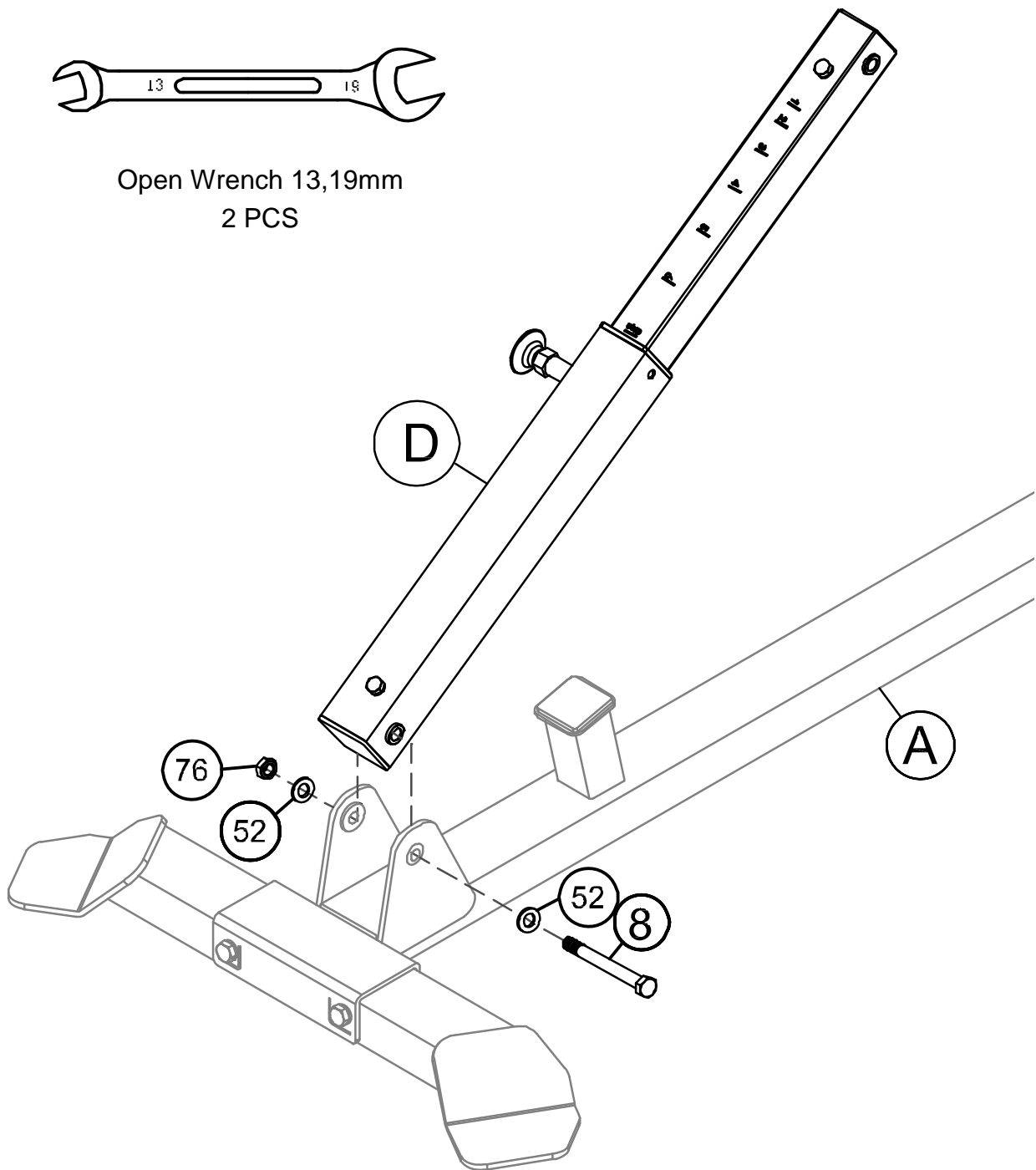


Appereance upon completion of Step 2

## STEP 2



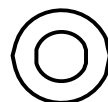
Open Wrench 13,19mm  
2 PCS



NO.8 Hex Bolt  
M12x1.75x105L  
1PC



NO. 76 Nylon Nut  
M12x1.75x12T  
1PC



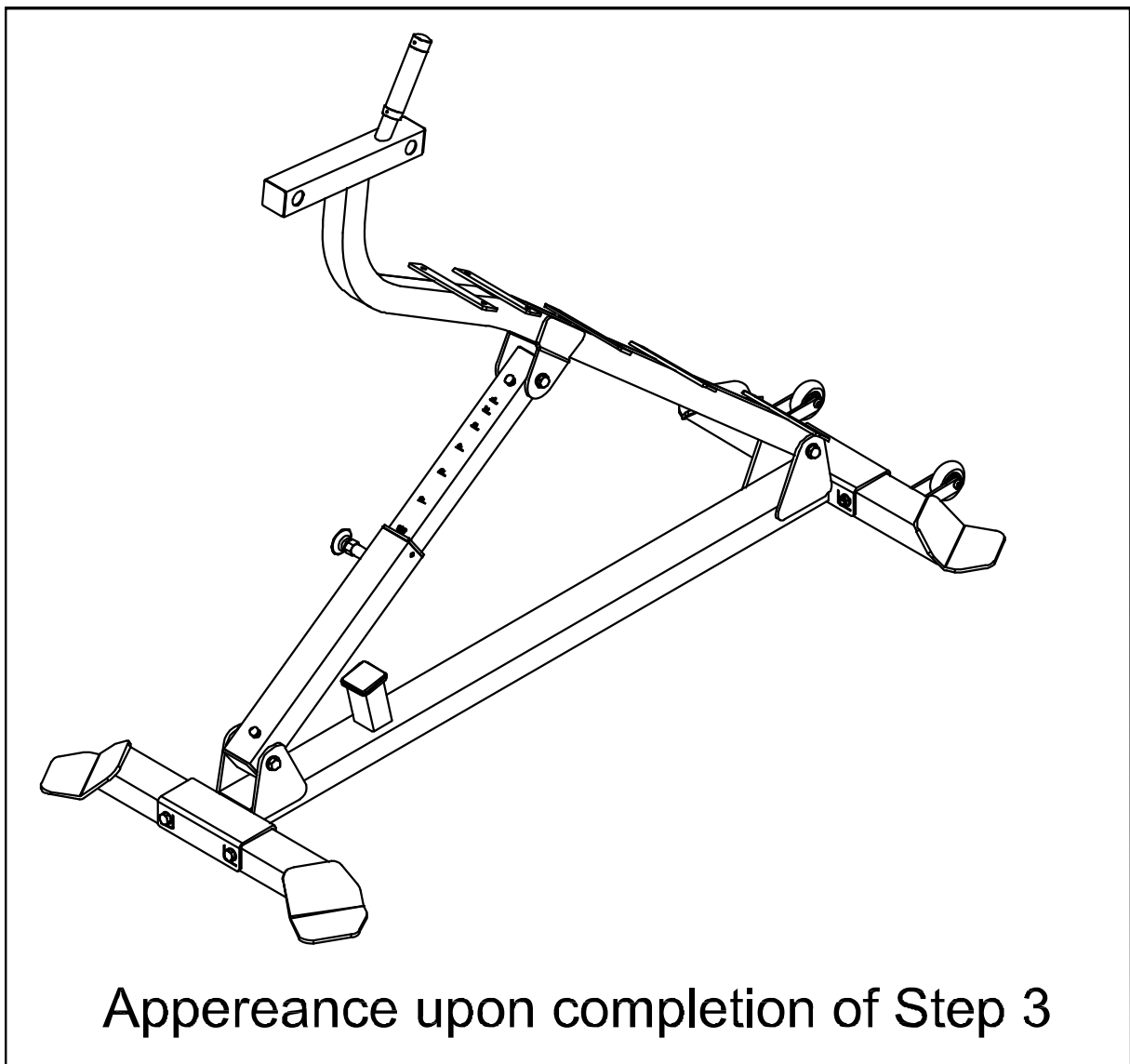
NO.52 Flat Washer  
D24xD13.5xD2.5T  
2PCS

## STEP 3

3A. Insert the front of the **Bed Frame (F)** into the bracket of **Main Frame (A)** using  
1 - (8) Hex Bolt M12x1.75x105L  
2 - (52) Flat Washer D24xD13.5x2.5T  
1 - (76) Nylon Nut M12x1.75x12T

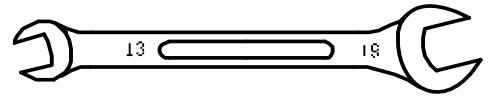
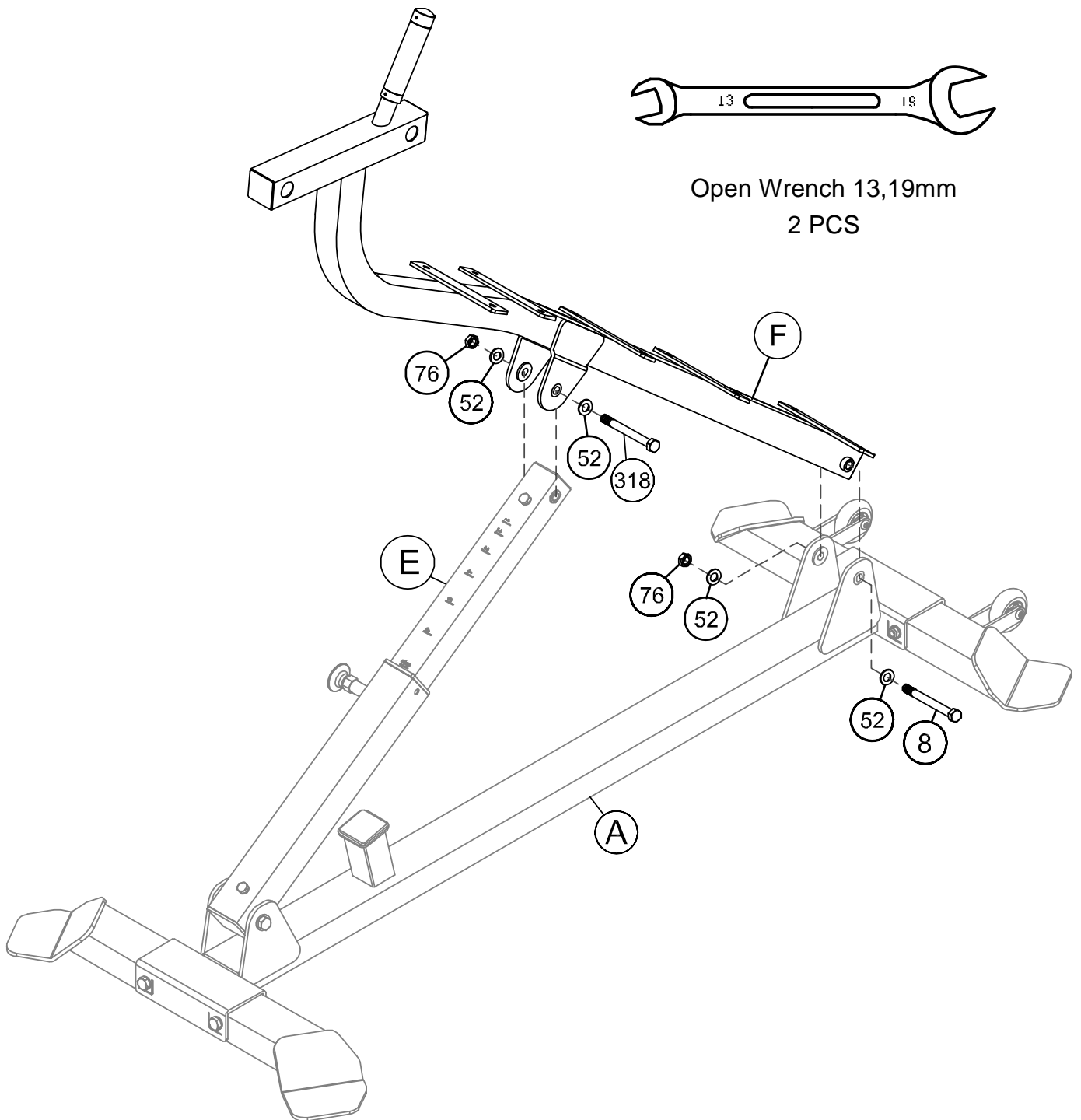
3B. Insert the free end of the **Adjustable Tube (E)** into the bracket under the **Bed Frame (F)** using:  
1 - (318) Hex Bolt M12x1.75x95L  
2 - (52) Flat Washer D24xD13.5x2.5T  
1 - (76) Nylon Nut M12x1.75x12T

3C. Now fully tighten the hardware installed on step 1, 2, and 3.

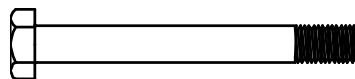




# STEP 3



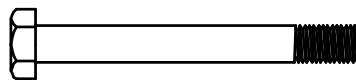
Open Wrench 13,19mm  
2 PCS



NO.8 Hex Bolt  
M12x1.75x105L  
1PC



NO. 76 Nylon Nut  
M12x1.75x12T  
2PCS



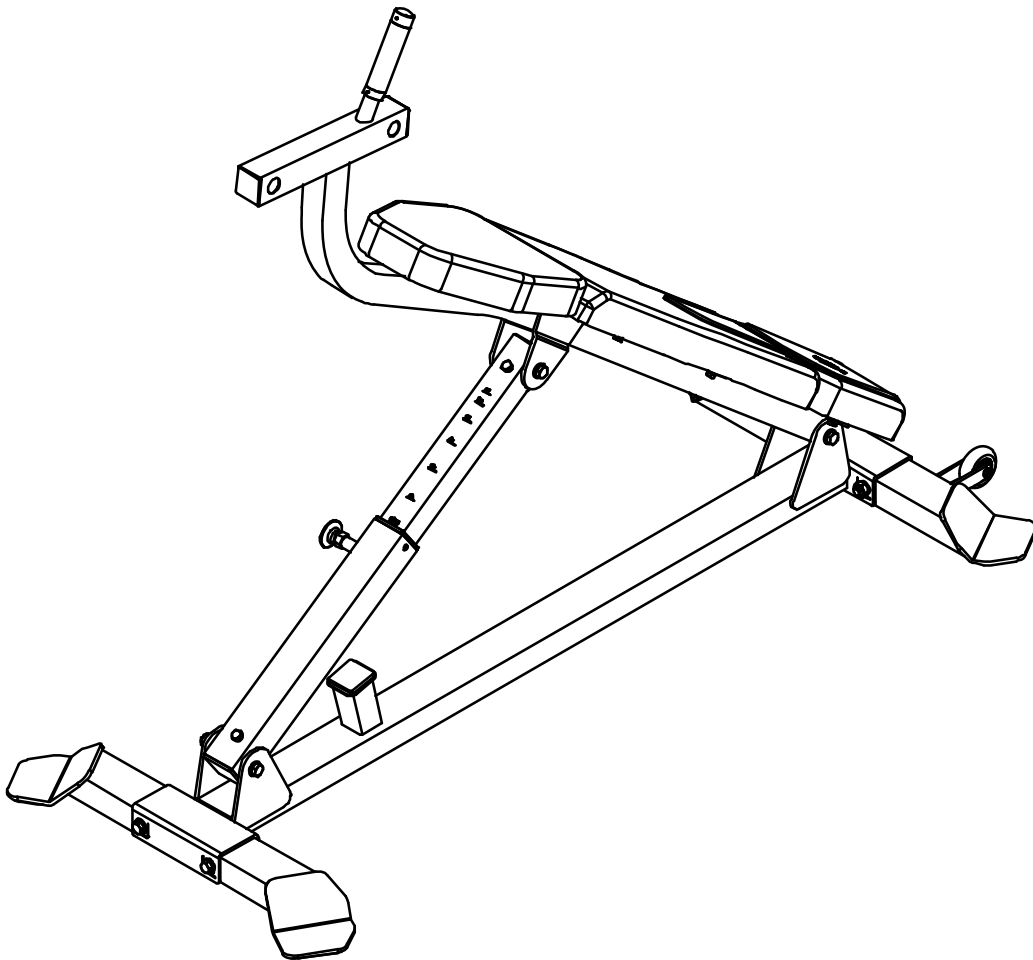
NO.318 Hex Bolt  
M12x1.75x95L  
1PC



NO.52 Flat Washer  
D24xD13.5xD2.5T  
4PCS

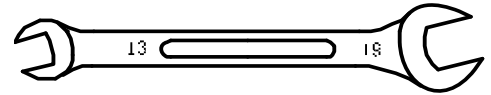
## STEP 4

- 4A. Attach the **Headrest (I)** onto the front of the **Bed Frame (F)** using:
- 2 - (3) Hex Bolt M8x1.25x25L
  - 2 - (54) Spring Washer D15.4xD8.2x2T
  - 2 - (50) Flat Washer D18xD8.5x1.2T
- 4B. Attach the **Backrest (H)** onto the middle of the **Bed Frame (F)** using:
- 4 - (3) Hex Bolt M8x1.25x25L
  - 4 - (54) Spring Washer D15.4xD8.2x2T
  - 4 - (50) Flat Washer D18xD8.5x1.2T
- 4C. Attach the **Seat Pad (G)** onto the middle of the **Bed Frame (F)** using:
- 4 - (3) Hex Bolt M8x1.25x25L
  - 4 - (54) Spring Washer D15.4xD8.2x2T
  - 4 - (50) Flat Washer D18xD8.5x1.2T

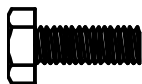
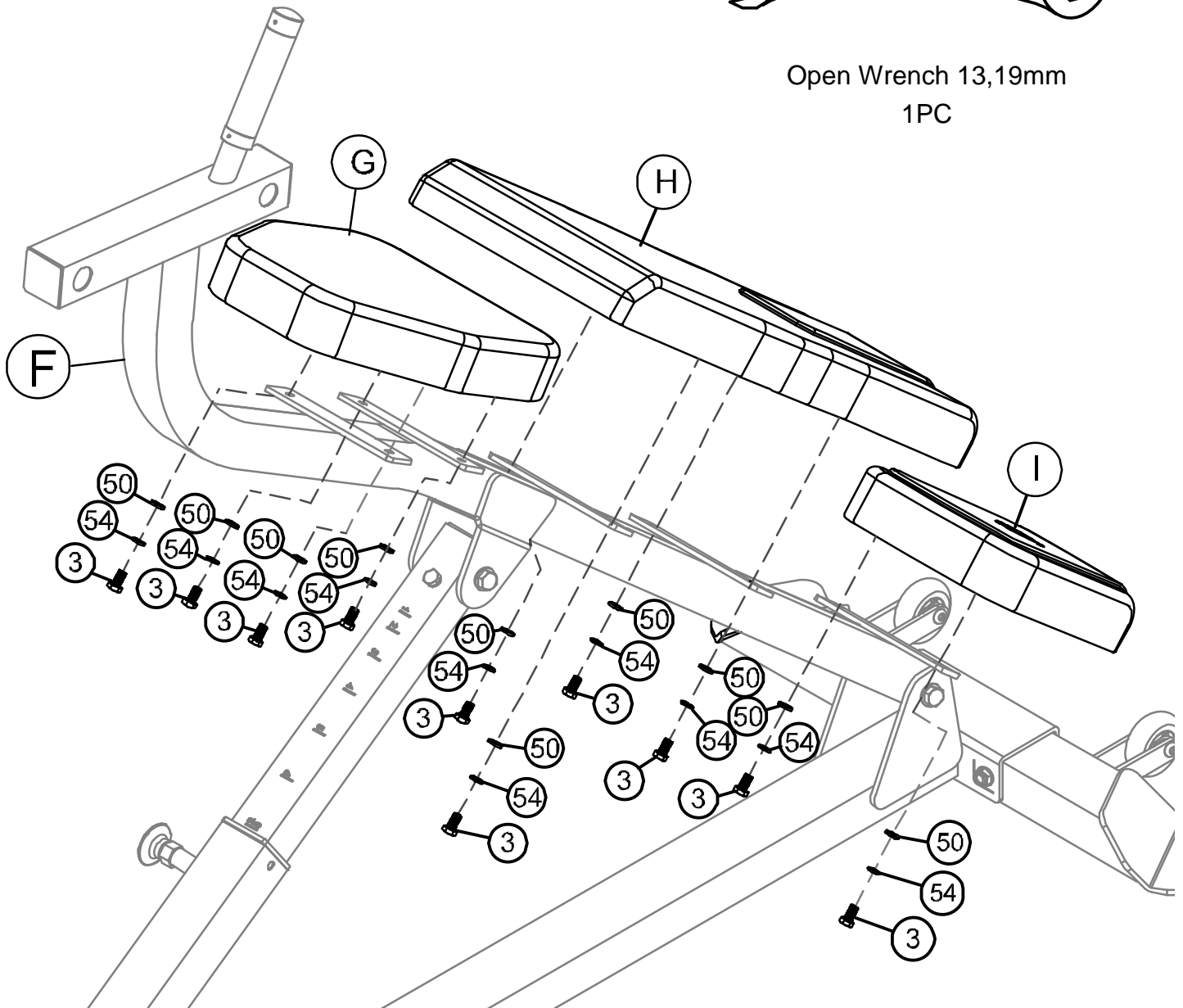


Appereance upon completion of Step 4

## STEP 4



Open Wrench 13,19mm  
1PC



NO.3 Hex Bolt  
M8x1.25x25L  
10PCS



NO.54 Spring Washer  
D15.4xD8.2x2T  
10PCS



NO.50 Flat Washer  
D18xD8.5x1.2T  
10PCS

## STEP 5

5A. Insert and center the **Roller Rods (317)** into the **Bed Frame (F)**. Slide the **Foam Rollers (222)** with **Sleeves (223)** onto the ends of the **Roller Rods (317)**. Slide the **Disks (316)** onto the tips of the **Roller Rods (317)**.

4 - (222) Foam Roller D23xD100x200L

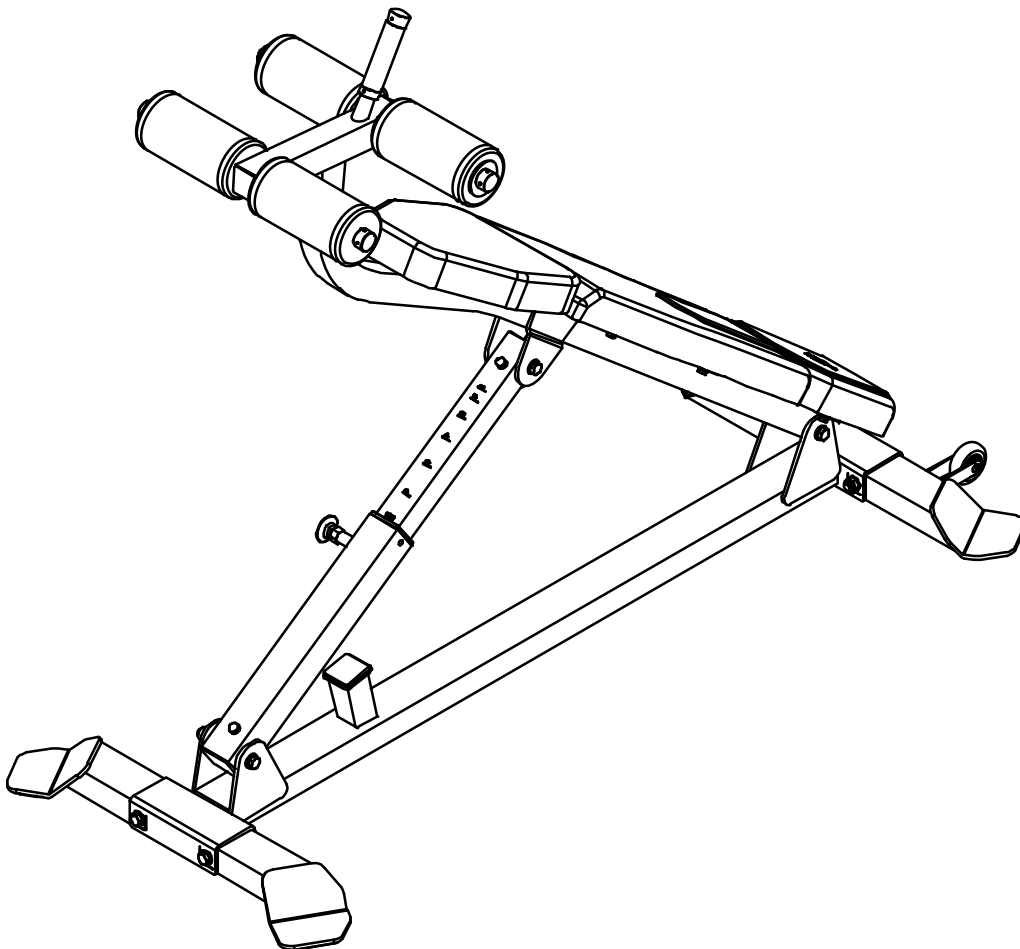
4 - (223) Sleeve (ALREADY INSTALLED ON PART 222)

2 - (316) Disk D60xD26.5x3T

5B. Loosen the **Allen Screws (301)** in the **End Cap (302)** using the **1.5mm Allen Wrench** to slide the **End Cap (302)** onto **Roller Rod (317)**. Position the two **Allen Screws (301)** to fit into the two dimples on **Roller Rods (317)**. Secure the **End Caps (302)** by tightening the **Allen Screws (301)** using the **1.5mm Allen Wrench**.

2 - (302) End Cap D32xD26x24

4 - (301) Allen Screw M3x0.5x4L (ALREADY INSTALLED ON PART 302)

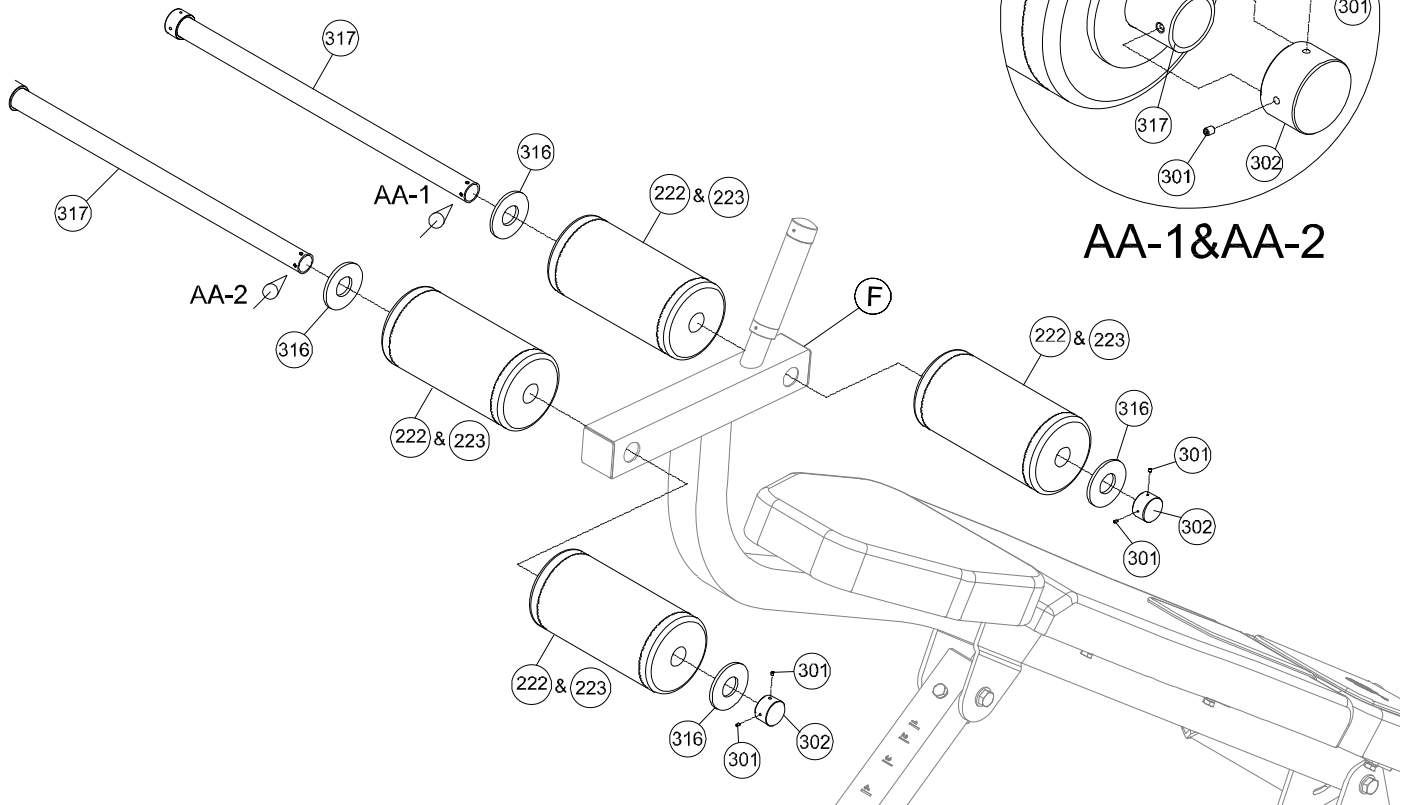


Appereance upon completion of Step 5

## STEP 5



1.5mm Allen Wrench  
1 PC



AA-1&AA-2



NO.301 Allen Screw  
M3x0.5x4L  
4PCS

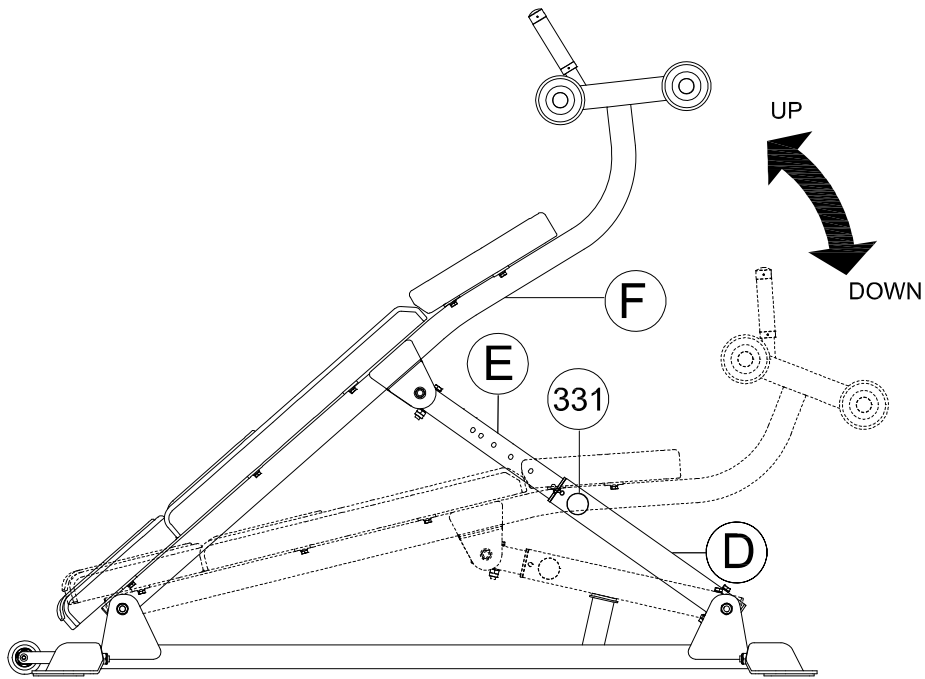


NO.302 End Cap  
D32xD26x24  
2PCS

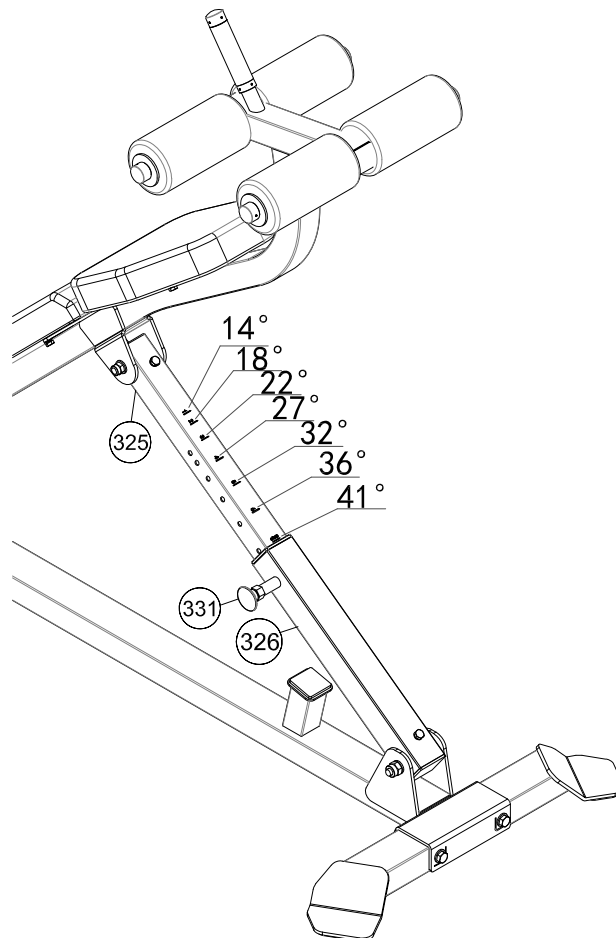


NO. 316 Disk  
D60xD26.5x3T  
2PCS

## ADJUSTMENTS



Pull the **Round Knob (331)**, located on the side, to raise or lower the bench to the desired workout angle. See the backrest angles below.



# WARRANTY

## **MANUFACTURER'S LIMITED WARRANTY**

Paradigm Health & Wellness guarantees 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:

<b>COMPONENT</b>	<b>LENGTH OF WARRANTY</b>
<b>Structural Frame</b>	<b>10 Years For Home Use Only</b>
<b>Parts</b>	<b>3 Years For Home Use Only</b>
<b>Wearable Parts</b>	<b>2 Years For Home Use Only</b>

### **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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, 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, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

**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**

## PART 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***