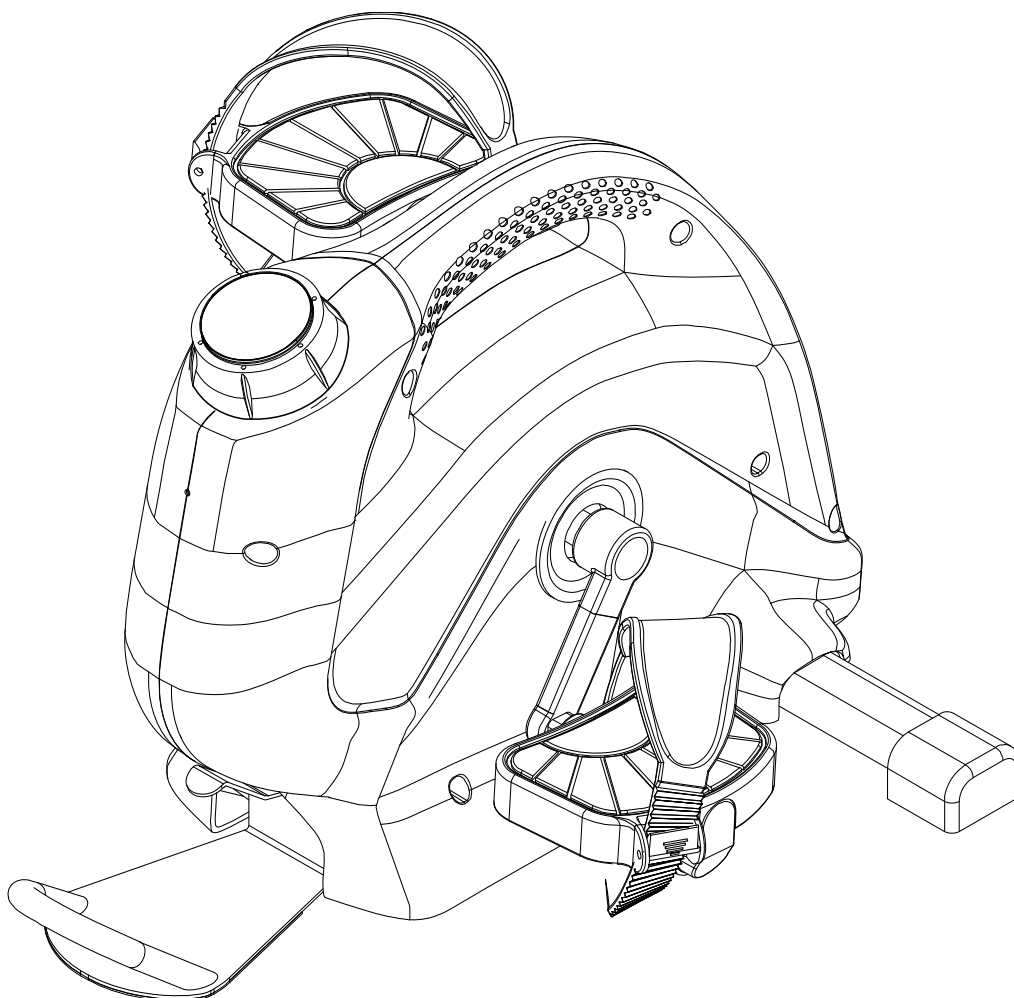


Under Desk Bike



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



**PLEASE DO NOT RETURN THIS PRODUCT
TO THE STORE.**

**STOP. Contact customer service if you have any questions
regarding assembly or proper operation of the machine.**

Email us at:
Service@paradigmhw.com

Or call us at:
1-844-641-7921
Hours:
8:00 am to 5:00 pm (PST)
Monday thru Friday

TABLE OF CONTENTS

SERVICE-----	2
LABEL PLACEMENT-----	3
IMPORTANT SAFETY GUIDELINES-----	4
OVERVIEW DRAWING-----	6
PARTS LIST-----	7
HARDWARE & TOOLS PACK-----	8
ASSEMBLY-----	9
CONSOLE -----	11
ADJUSTMENTS & TRANSPORTION -----	12
MAINTENANCE & TROUBLESHOOTING-----	13
WARRANTY-----	14
PART REQUEST FORM-----	15

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, 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

EXERWIRK

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

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



Serial number / Numéro de série / Número de serie:
MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

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

- Tighten Right Pedal (16) Into the Right Crank Clockwise
- Tighten Left Pedal (15) Into the Left Crank Counter Clockwise

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

- Serrez le pédale droit (16) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (15) dans la manivelle gauche dans le sens antihoraire

¡Se dañará el cigüeñal en caso de que no se aprieten el pedal derecho y el izquierdo según las siguientes instrucciones!

- Apriete el Pedal derecho (16) en el cigüeñal derecho, hacia la derecha
- Apriete el Pedal izquierdo (15) en el cigüeñal izquierdo, hacia la izquierda


⚠ WARNING


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

IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety guidelines when using this desk bike. Read all of the guidelines before using this desk bike.

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.
2. Make sure all the components are not damaged and are in working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar, covering material on the ground is recommended.
3. Wear proper fitness apparel when using this equipment. Do not wear loose clothing or accessories that may get caught by any part of the equipment.
4. Make sure all the components are not damaged and are in working order before using this equipment.
5. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or
6. moist condition.
7. Do not use the equipment outdoors. This equipment is for household use only.
8. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
9. Only one person should be on the equipment at a time. Keep children and pets away from the product at all times. This machine is designed for adults only.
10. Be careful to always hold onto the handlebars when you're mounting and dismounting. Be careful to have the pedals at their lowest point when stepping off.
11. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
12. This product requires a minimum of 7 square feet around for safe operation.
13. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
14. **DO NOT pedal in reverse.**
15. **DO NOT stand on the machine.**
16. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
17. **WARNING: CANCER AND REPRODUCTIVE HARM--WWW.P65WARNINGS.CA.GOV.**

 WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems.

 WARNING: Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.

 CAUTION: Read all guidelines carefully before operating this product. Retain this Owner's Manual for future reference.

IMPORTANT SAFETY GUIDELINES

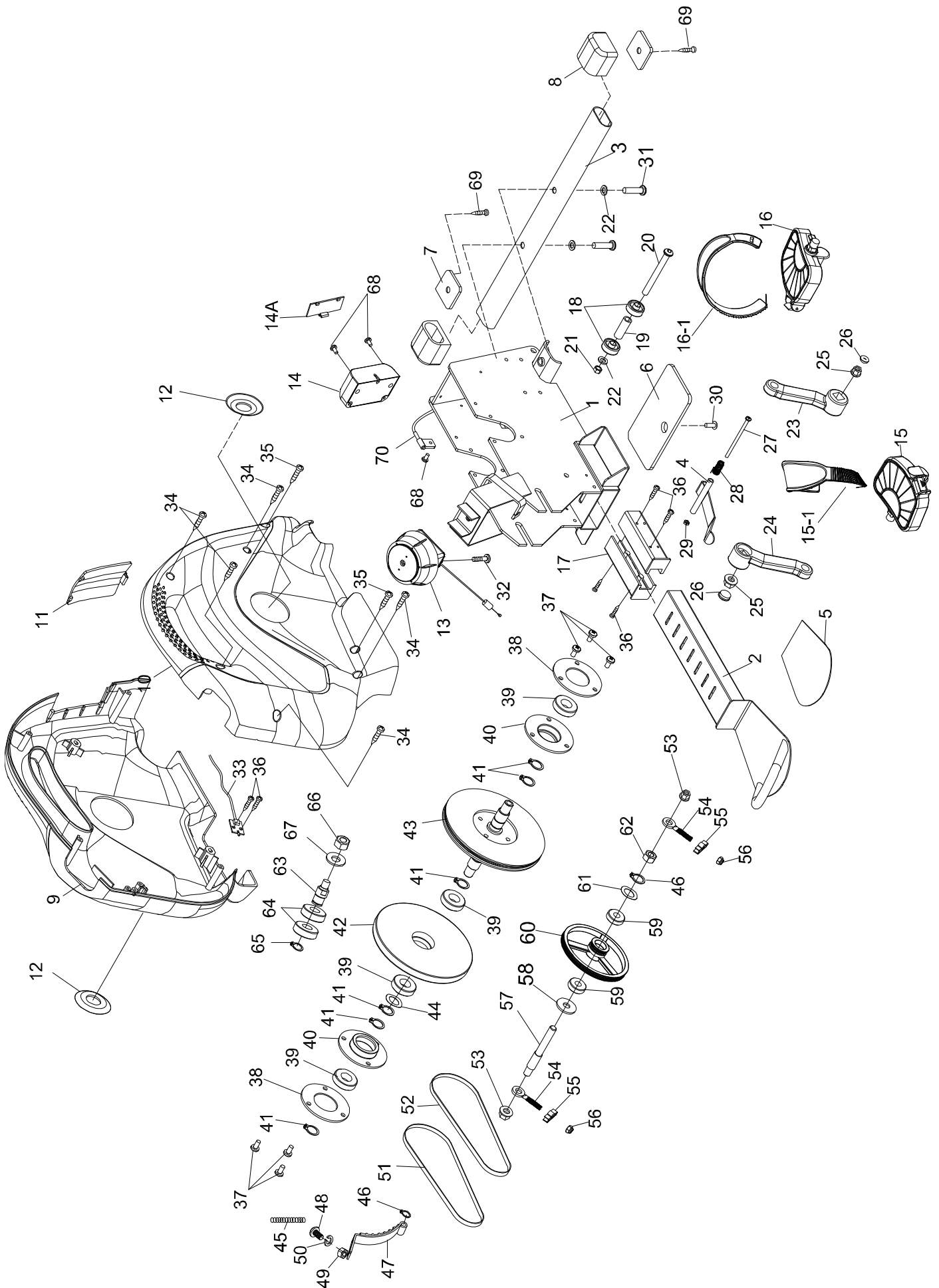
Do not use this equipment if you have any of the following conditions or ailments:

- 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.

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

SAVE THESE GUIDELINES

OVERVIEW DRAWING

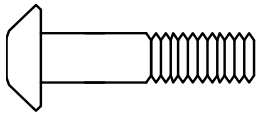


PARTS LIST

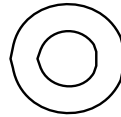
No.	Description	Qty
1	Main Frame	1
2	Chair Hook	1
3	Stabilizer	1
4	Lever	1
5	Stabilizer Rubber Pad	1
6	Main Frame Rubber Pad	1
7	Cap Rubber Pad	2
8	Stabilizer End Cap	2
9	Left Cover	1
10	Right Cover	1
11	Bluetooth Cover	1
12	Crank Cover	2
13	Tension Controller	1
14	Console (0507)	1
14A	Battery Case Cover	1
15	Right Pedal	1
15-1	Right Pedal Strap	1
16	Left Pedal	1
16-1	Left Pedal Strap	1
17	Bushing	2
18	Transporting Wheel	2
19	Bushing	1
20	Hex Bolt M8x85L	1
21	Nylon Nut M8	1
22	Washer ID8.2	3
23	Left Crank	1
24	Right Crank	1
25	Flange Nut M10	2
26	Crank Cap	2
27	Phillips Screw M5x80	1
28	Spring	1
29	Nylon Nut M5	1
30	Phillips Screw M6x15	1
31	Hex Bolt M8x30	2
32	Phillips Screw M5x10	1
33	LED Wire	1
34	Self-Tapping Phillips Screw	5

No.	Description	Qty
35	Self-Drilling Phillips Screw	4
36	Self-Tapping Phillips Screw M4x15	6
37	Phillips Screw M6x10	6
38	Fixed Plate	2
39	Bearing 6003RS	4
40	Bearing Bracket	2
41	C-Ring ID17	6
42	Flywheel	1
43	Belt Pulley	1
44	Waved Washer ID17	1
45	Spring	1
46	C-Ring ID10	2
47	Magnet Bracket	1
48	Phillips Screw M6x20	1
49	Hex Nut M6	1
50	Spring Washer Ø6.2	1
51	Belt 230J3	1
52	Belt 240J3	1
53	Flange Nut M10	2
54	Eye Bolt	2
55	Eye Bolt Plate	2
56	Nylon Nut M6	2
57	Axle Ø12.8*94L	1
58	Plastic Washer	1
59	Bearing 6000z	2
60	Plastic Pulley	1
61	Waved Washer ID10	1
62	Nut M10	1
63	Idler axle	2
64	Bearing 6902	2
65	C-Ring	1
66	Nylon Nut M10	1
67	Washer ID10.2*OD25	1
68	Hex Bolt M4x10	3
69	Self-Tapping Phillips Screw M4x10	2
70	Speed Sensor	1

HARDWARE & TOOLS PACK



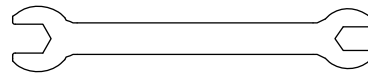
(31) Hex Bolt
2 PCS



(22) Flat Washer
2 PCS



5mm Allen Wrench
1 PC



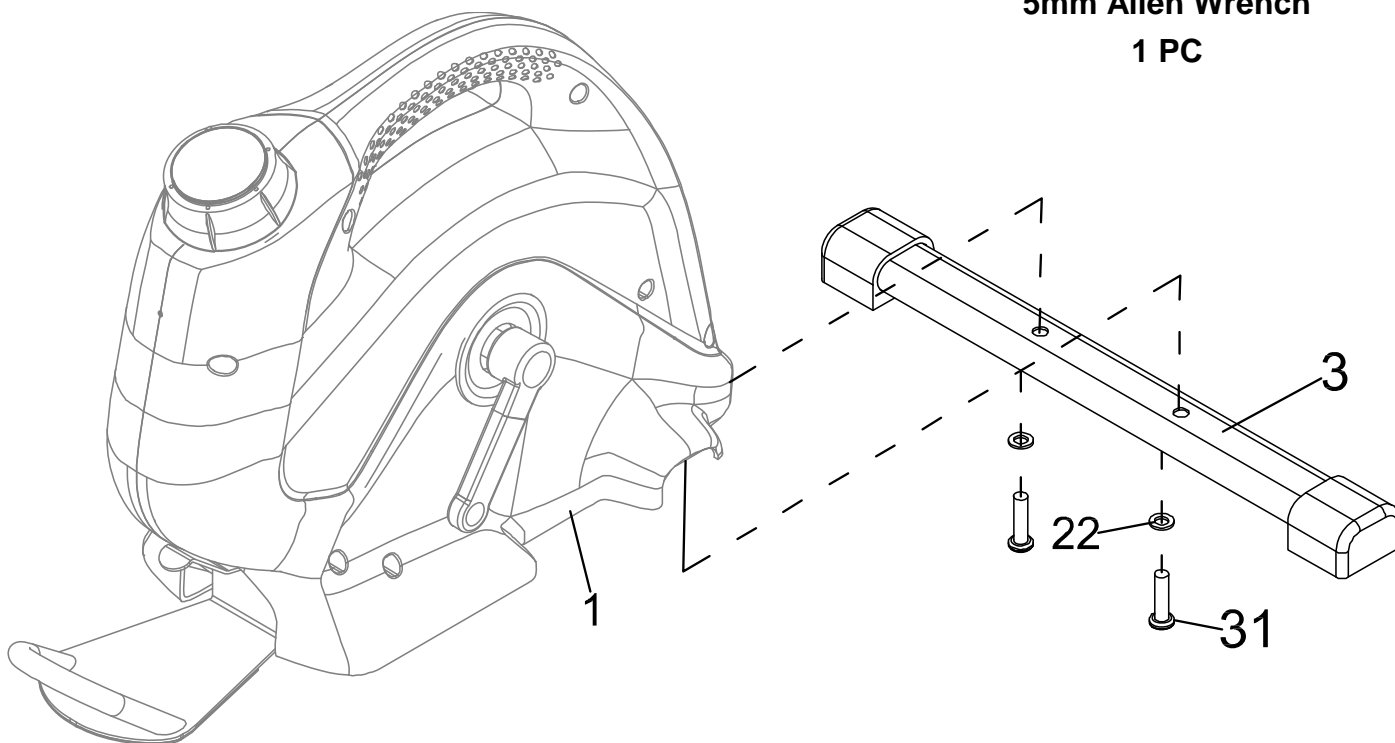
13-15mm Wrench
1 PC

ASSEMBLY

TOOL:



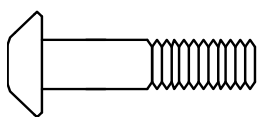
5mm Allen Wrench
1 PC



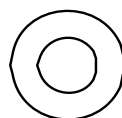
STEP 1

1A. Installing the Stabilizer: Attach the **Stabilizer (3)** to the **Main Frame (1)** with two **Washers (22)** and two **Hex Bolts (31)**. Tighten the hardware using the **5mm Allen Wrench** provided.

HARDWARE:



(31) Hex Bolt
2 PCS



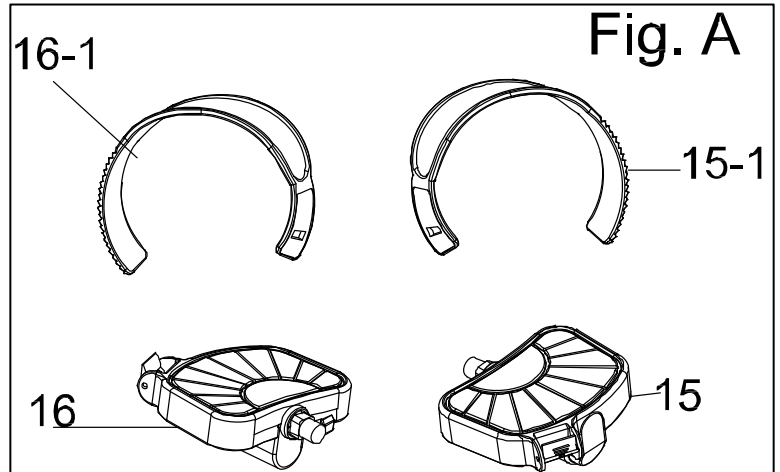
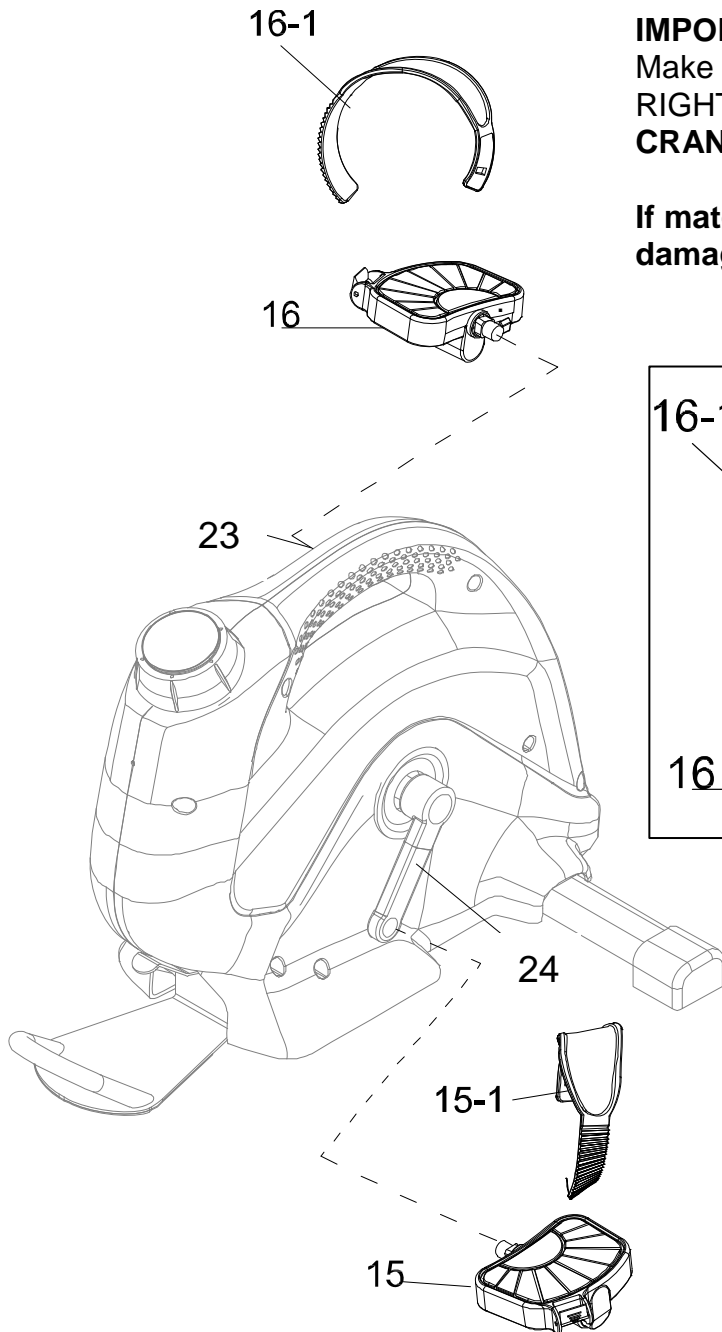
(22) Flat Washer
2 PCS

ASSEMBLY

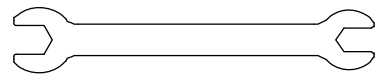
IMPORTANT:

Make sure to match the **RIGHT PEDAL** with the **RIGHT CRANK** and the **LEFT PEDAL** with the **LEFT CRANK**.

If matched incorrectly, the cranks may become damaged or stripped.



TOOL:



13-15mm Wrench
1 PC

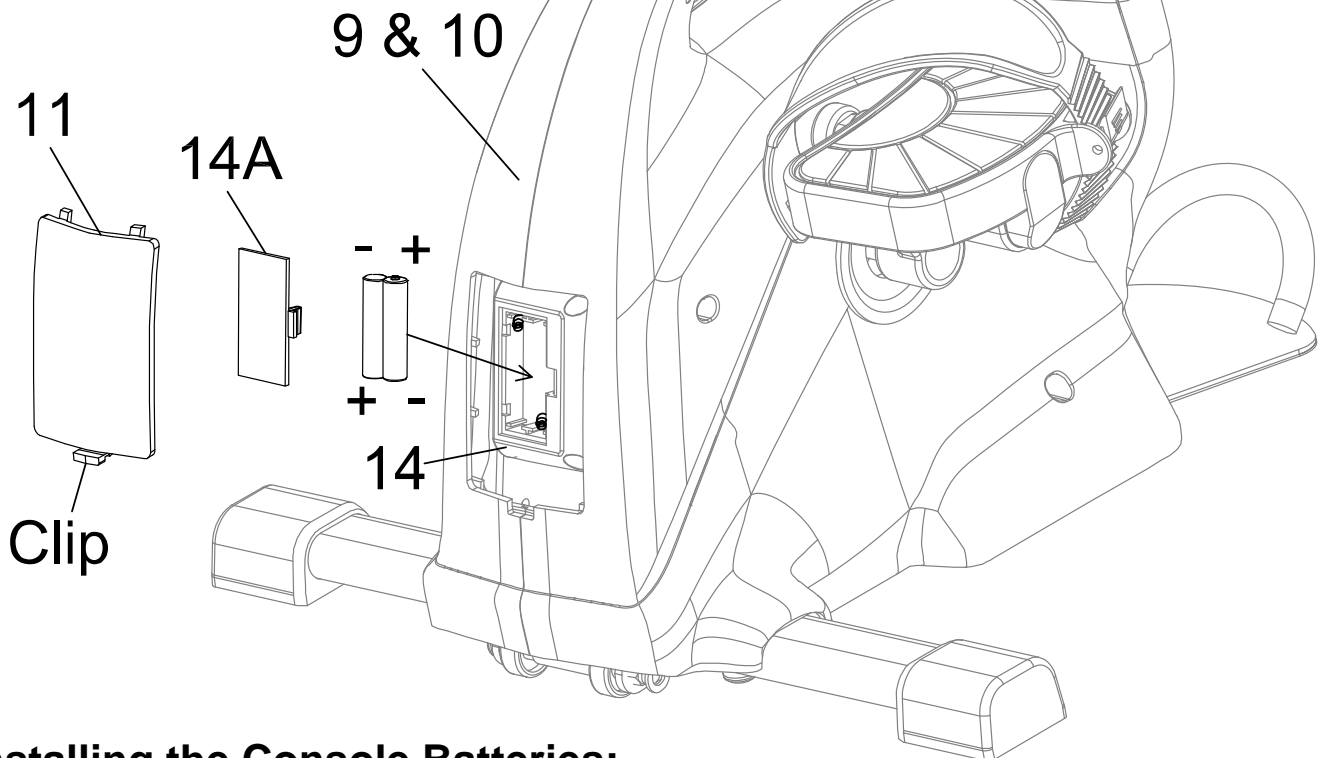
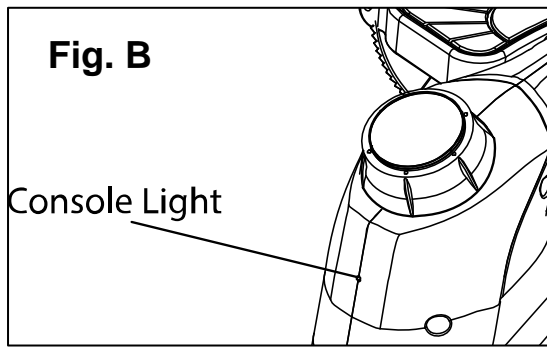
STEP 2

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

2A. Installing the Pedal Straps: Install the **Right & Left Pedal Straps (15-1, 16-1)** on to the **Left & Right Pedals (16, 15)**. See Fig. A.

2B. Installing the Left Pedal: Insert the **Left Pedal (16)** into the threaded hole in the **Left Crank (23)**. Turn the **Left Pedal (16)** by hand in a COUNTER-CLOCKWISE direction until snug. Tighten the **Left Pedal (16)** using the **13-15 mm Wrench** by turning it COUNTER-CLOCKWISE.

2C. Installing the Right Pedal: Insert the **Right Pedal (15)** into the threaded hole in the **Right Crank (24)**. Turn the **Right Pedal (15)** by hand in a CLOCKWISE direction until snug. Simultaneously tighten the **Right Pedal (15)** with the **13-15 mm Wrench** in the CLOCKWISE direction.



Installing the Console Batteries:

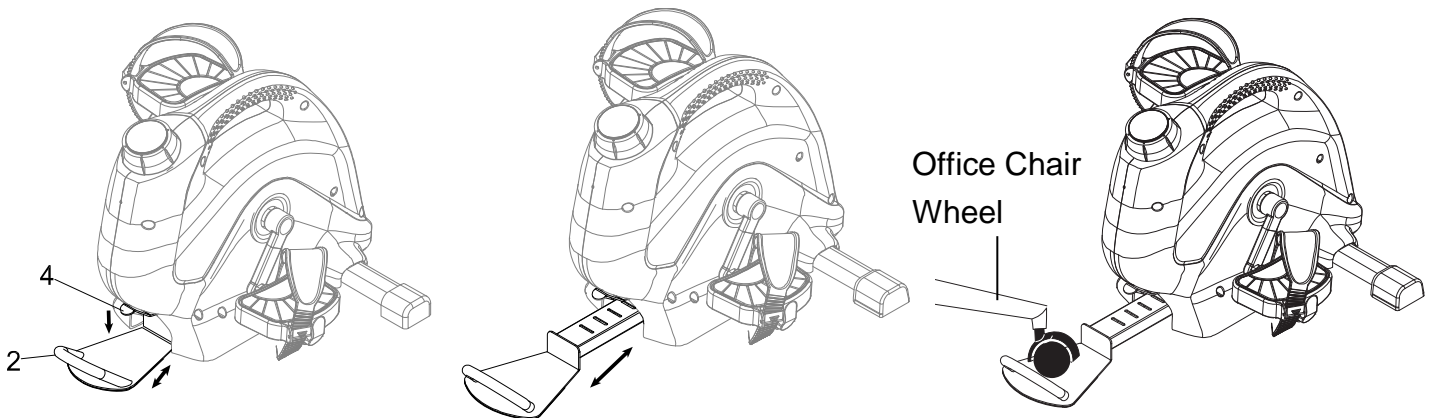
1. Remove the **Bluetooth Cover (11)** from the **Left and Right Covers (9, 10)**.
2. Remove the **Battery Case Cover (14A)** from the **Console (14)**.
3. Install two AAA batteries, as illustrated with the POSITIVE and NEGATIVE contacts, into the **Console (14)**.
4. Replace the covers after the battery installation.

Console Operation:

1. Turn on the console by pedaling.
2. The console light will quickly flash 3 times every 5 seconds when the console is ON and the batteries charge is GOOD. **See Fig. B.**
3. The console light will flash 1 time every 5 seconds when the console is ON and the batteries charge is LOW. **See Fig. B.**
4. The console light will not flash when the batteries are completely discharged.

NOTE: Always installed fresh batteries when replacing dead batteries. **NEVER** mix old and new batteries.

ADJUSTMENTS & TRANSPORTING

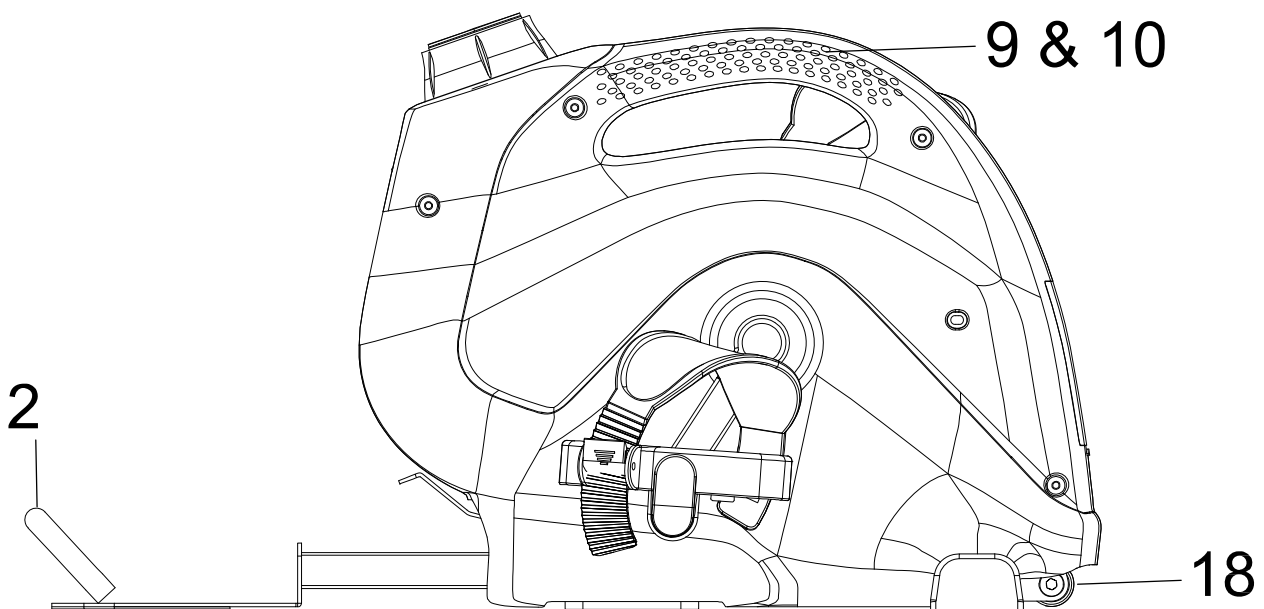


Extending the Chair Hook for different user heights:

1. Press down on the **Lever (4)** and pull back on the **Chair Hook (2)** to extend the frame.
2. Place the caster wheel of an office chair on the **Chair Hook (2)** to prevent from pushing away from the under desk bike when pedaling.
3. Extending the **Chair Hook (2)** is better to taller users.

Retracting the Chair Hook for different user heights:

1. The **Chair Hook (2)** can be pushed into the frame without pressing down on the **Lever (4)**.
2. Retracting the **Chair Hook (2)** is better for shorter users.



Transporting the Bike:

1. The bike can be moved by gripping and lifting the handle on the **Left and Right Covers (9 & 10)**.
2. The bike can be moved by extending the **Chair Hook (2)** out all the way and using it as a grip to raise the bike until the **Transporting Wheels (18)** make contact with the ground. **This is the best way for adjust the placement of the bike under a desk for use.**

MAINTENANCE

Cleaning

The bike can be cleaned with a soft cloth and a mild detergent. Do not use abrasives or solvents on the plastic parts. Be sure to wipe your perspiration off the bike after each use. Be careful to not get excessive moisture on the console display panel as this may cause an electrical hazard or the electronics to fail. Inspect all of the assembly bolts and the pedals on the machine for proper tightness every week.

Storage

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

TROUBLESHOOTING

PROBLEM: There console light is not flashing.

SOLUTION: Check if the batteries are correctly positioned and the battery springs are in proper contact with the batteries.

SOLUTION: The batteries in the console may be dead. Install new batteries. Never mix old and new batteries.

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

SOLUTION: The bolts and nuts may be loose on the bike. Inspect all of the bolts and tighten any loose bolts and nuts.

**If you need further assistance,
contact our Customer Service.**

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 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, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Monday thru Friday 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

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