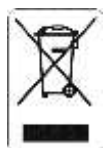
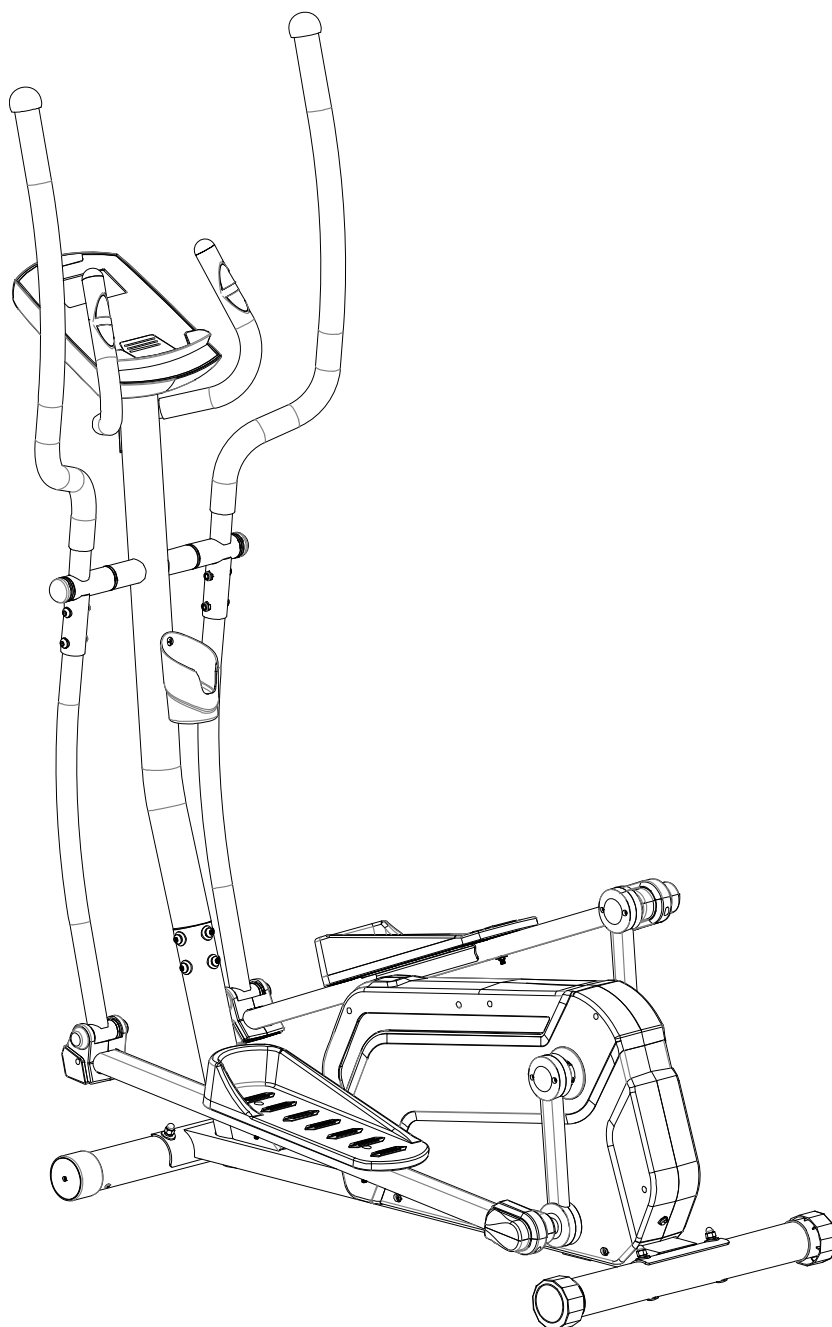


ELLIPTICAL



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.



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:
1-844-641-7920
Hours:
8:00 am to 5:00 pm (PST)
Monday thru Friday

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IMPORTANT: FOR NORTH AMERICA ONLY

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

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

Response Time: 1-2 Business Days

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

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7920

(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

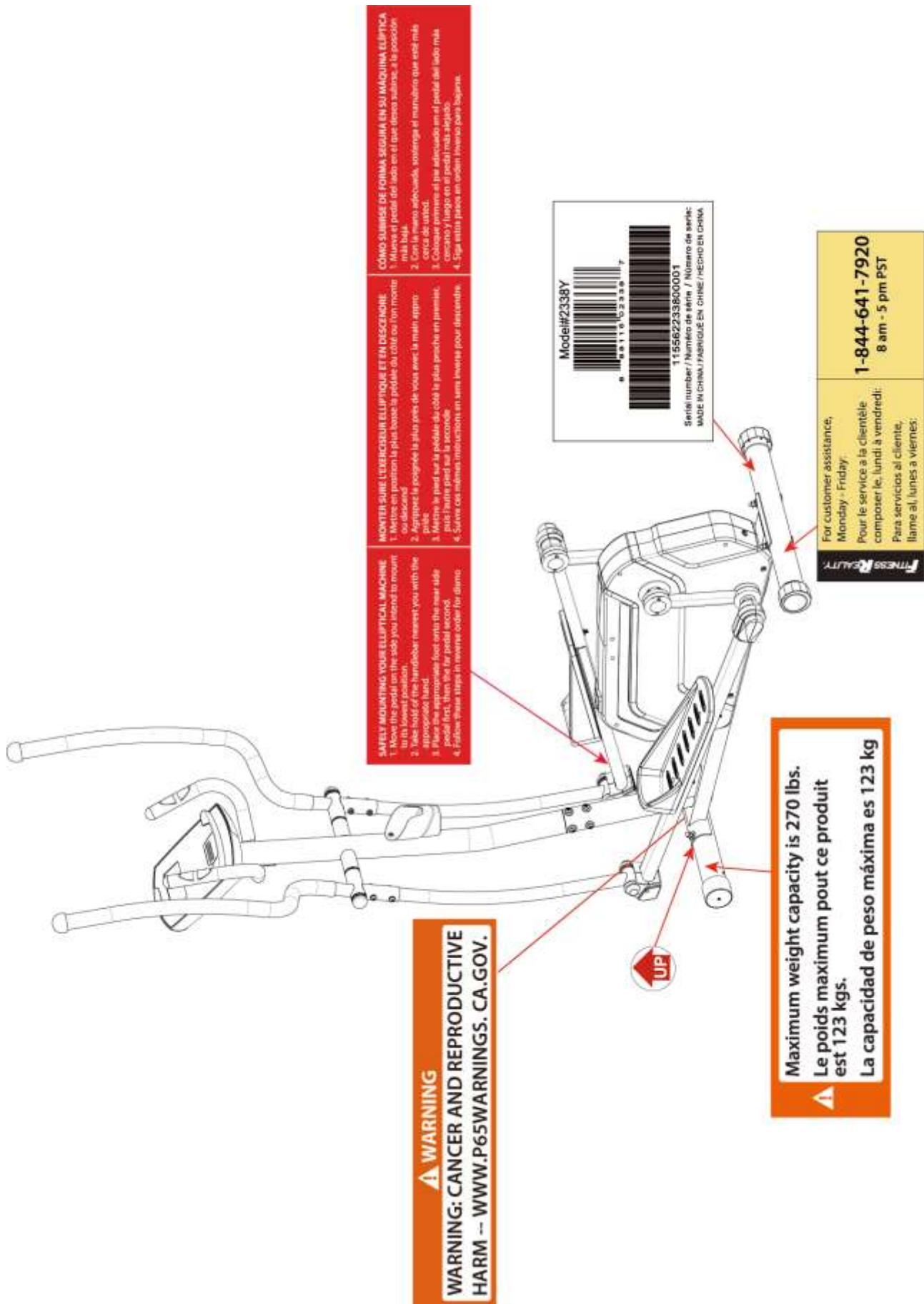
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



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

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 **270 lbs/123 kgs.**

**RETAIN THIS OWNER'S MANUAL AND KEEP THE
ORIGINAL PURCHASE RECEIPT FOR FUTURE
REFERENCE.**

&

SAVE THESE GUIDELINES

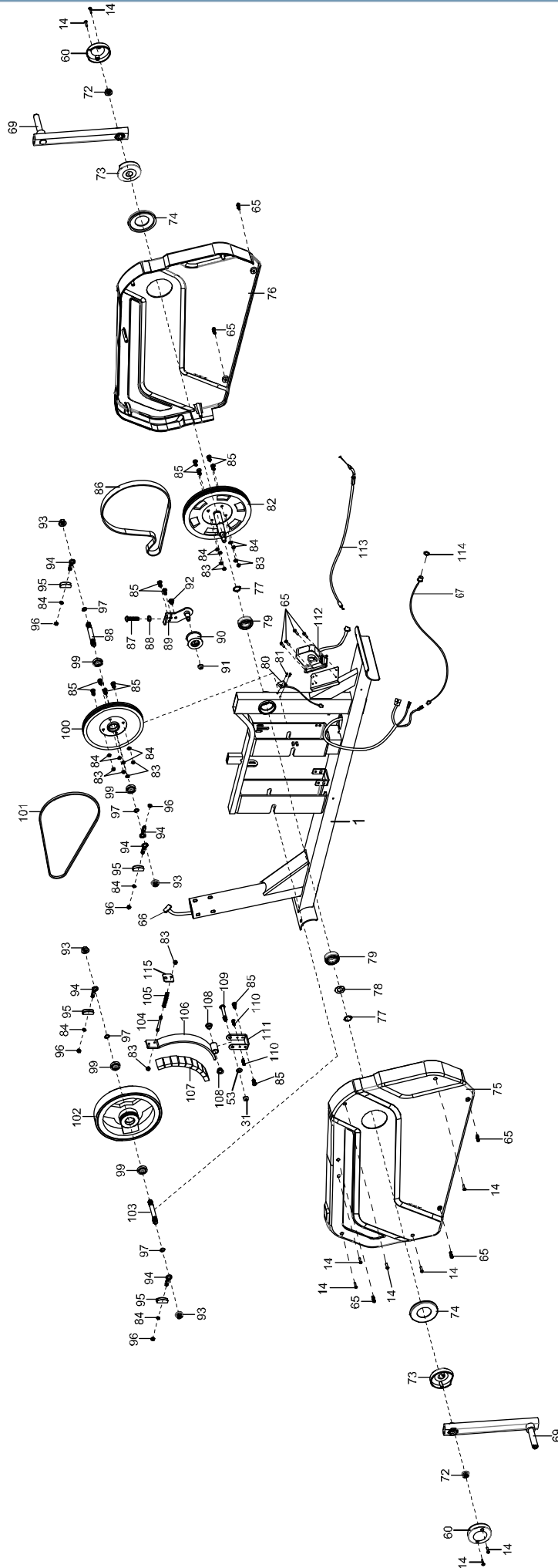


The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

OVERVIEW DRAWING



OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Front Post	1
3	Handrail Arm	2
4	Left Handrail	1
5	Right Handrail	1
6	Left Foot Bar	1
7	Right Foot Bar	1
8	Front Stabilizer $\Phi 60 \times 1.5 \times 480$	1
9	Rear Stabilizer $\Phi 60 \times 1.5 \times 580$	1
10	Handlebar Post	1
11	Handlebar End Cap	2
12	Foam Grip $\phi 27 \times \phi 33 \times 360$	2
13	Hand Pulse Sensor	2
14	Self-Tapping Phillips Screw ST4.2*20	21
15	Console	1
16	Hex Bolt M5*10	4
17	Console Wire L=1100	1
18	Handrail End Cap	2
19	Foam Grip $\phi 31 \times \phi 37 \times 830$	2
20	Hex Bolt S6 M8*20	12
21	Spring Washer $\phi 8$	18
22	Big Curved Washer $\phi 20 \times \phi 8 \times 2$	14
23	Nut Cap $\Phi 38$	2
24	Dished Washer $\phi 8 \times \phi 33 \times 2.0$	2
25	D-Washer $\phi 38 \times 3$	2
26	Wave Washer $\Phi 19 \times \Phi 23 \times 0.3$	2
27	Metal Bushing $\phi 38, \phi 32, \phi 19, 14$	4
28	Bushing $\phi 38 \times 60$	2
29	Hex Bolt M8*45	4
30	Curved Washer $\phi 8 \times \phi 16 \times 1.5$	4
31	Anti-Loose Hex Nut M8	7
32	Metal Bushing $\phi 32 \times \phi 16.2 \times 15$	4
33	Spacer $\phi 16 \times 1.5 \times 59.7$	2
34	Left Foot Bar Cover I	1
35	Left Foot Bar Cover II	1

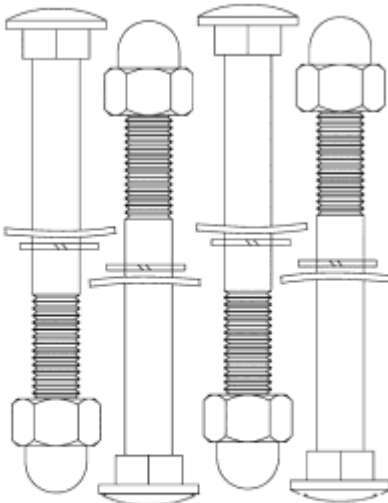

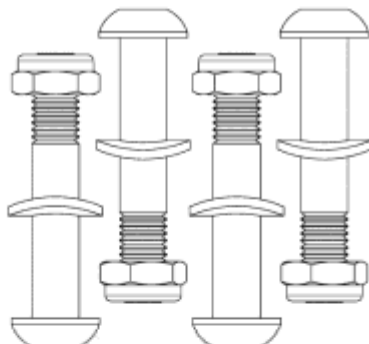
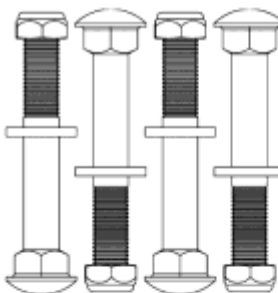
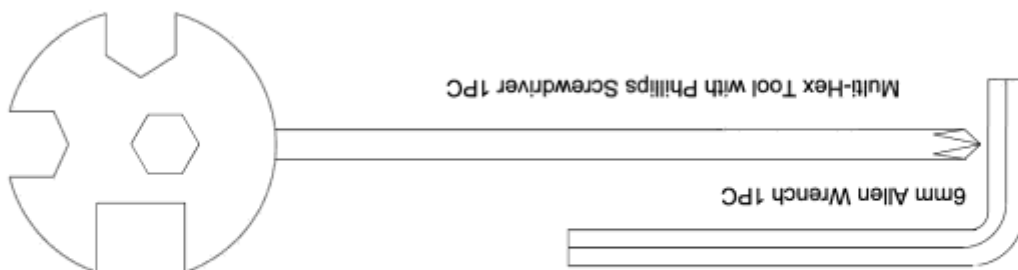
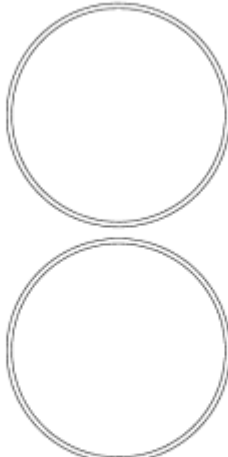
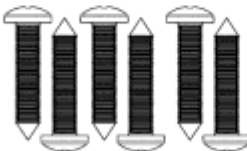
No.	Description	Qty
36	Right Foot Bar Cover I	1
37	Right Foot Bar Cover II	1
38	Hex Bolt M12*80	2
39	Flat Washer $\phi 24 \times \phi 12.5 \times 2$	2
40	Anti-Loose Hex Nut M12	2
41	Left Pedal	1
42	Right Pedal	1
43	Carraige Bolt M6*45	4
44	Flat Washer $\phi 6 \times \phi 12 \times 1.0$	8
45	Anti-Loose Hex Nut M6	4
46	Powder Metal Bushing $\phi 18 \times \phi 8 \times 10$	4
47	Flat Hex Bolt S6 M8*20	2
48	Big Flat Washer $\phi 8 \times \phi 25 \times 2.0$	2
49	D Washer $\phi 28 \times 2$	2
50	Wave Washer $\phi 28 \times \phi 17 \times 0.3$	2
51	Powder Metal Bushing $\Phi 24.5 \times \Phi 16 \times 14$	4
52	Hex Bolt M8*50	2
53	Flat Washer $\Phi 8 \times \Phi 16 \times 1.5$	3
54	Left U Shape Bracket Cover I	1
55	Left U Shape Bracket Cover II	1
56	Right U Shape Bracket Cover I	1
57	Right U Shape Bracket Cover II	1
58	U Shape Bracket	2
59	Crank Cover I	2
60	Crank Cover II	4
61	Carriage Bolt M8*75	4
62	Cap Nut M8	4
63	Rear Stabilizer End Cap	2
64	Front Stabilizer End Cap	2
65	Self-Tapping Phillips Screw ST4.2*20	11
66	Lower Conosle Wire	1
67	Power Jack	1
68	Adaptor	1
69	Crank	2
70	Bottle Holder	1

PARTS LIST

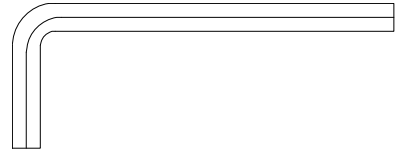
No.	Description	Qty
71	Self-Tapping Phillips Screw ST4.8*15	2
72	Flange Nut M10*1.25*6	2
73	Crank Cover III	2
74	Shroud Plug $\phi 82 \times \phi 42 \times 8$	2
75	Left Protective Cover	1
76	Right Protective Cover	1
77	C-Ring $\phi 17 \times 1.0$	2
78	Wave Washer $\phi 20 \times \phi 24 \times 0.3$	1
79	Bearing 6004-2Z	2
80	Inductor	1
81	Self-Tapping Phillips Screw ST2.9*12	2
82	Belt Pulley $\phi 200$	1
83	Anti-Loose Hex Nut M6	10
84	Spring Washer $\phi 6$	12
85	Cross Pan Head Bolt M6*15	12
86	Belt	1
87	Hex Bolt M8*35	1
88	Hex Nut M8	1
89	Idle Wheel Fixture	1
90	Idle Wheel	1
91	Anti Loose Nut M8	1
92	Hex Bolt M8*10	1
93	Flange Nut M10*1.0*6	4

No.	Description	Qty
94	Eye Bolt M6*36	5
95	U-Bracket 31*30* $\delta 1.0$	4
96	Hex Nut M6	5
97	Axle Ring $\phi 12 \times 1.0$	4
98	Belt Pulley Shaft $\phi 12 \times 94$ -M10*1	1
99	Bearing 6001	4
100	Belt Pulley	1
101	Belt 330 PJ3	1
102	Fly Wheel $\phi 180$	1
103	Flywheel Shaft	1
104	Bolt M6*60	1
105	Spring $\phi 8 \times \phi 1 \times 50$	1
106	Magnet Bracket	1
107	Square Magnet 30*20*12	9
108	Sleeve $\phi 18 \times \phi 8 \times 10$	2
109	Hex Bolt M8*55; L20	1
110	Self-Tapping Phillips Screw ST4.8*20	2
111	Bracket Supporter	1
112	Motor	1
113	Tension Cable	1
114	Flat Hex Nut S15	1
115	Metal Plate 30*30* $\delta 2.0$	1

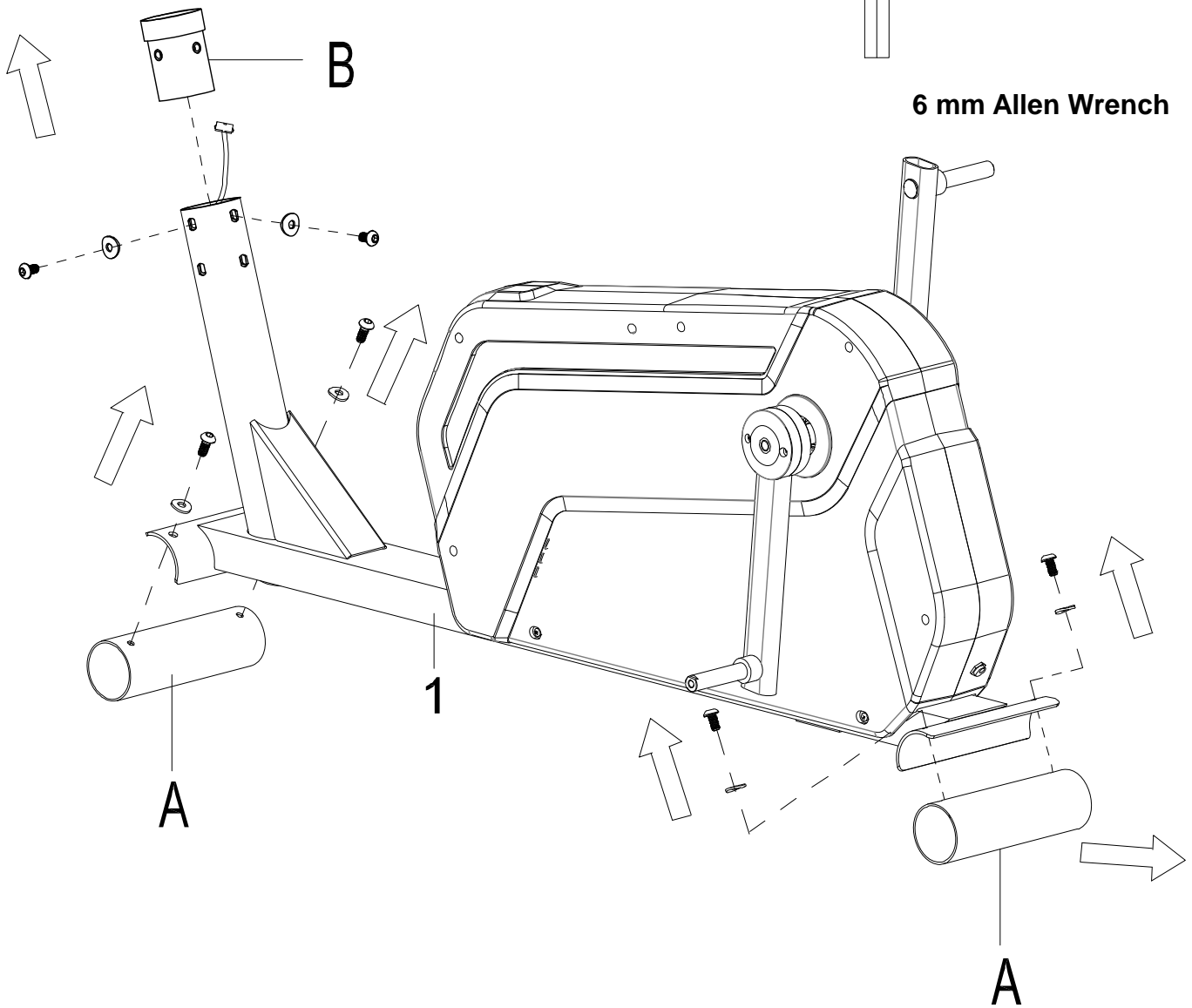
2338Y-Hardware Pack

<div>STEP 2</div> <div></div> <div>(61) Carriage Bolt M8*75 4PCS (22) Big Curved Washer $\phi 8^* \phi 20^* 2.0$ 4PCS (21) Spring Washer $\phi 8$ 4PCS (62) Cap Nut M8 4PCS</div>	<div>STEP 5</div> <div></div> <div>(14) Self-Tapping Phillips Screw ST4.2*20 4PCS</div>	<div>STEP 6&7</div> <div></div> <div>(29) Hex Bolt M8*45 4PCS (30) Curved Washer $\phi 8^* \phi 16^* 1.5$ 4PCS (31) Anti-Loosen Hex Nut M8 4PCS</div>	<div>STEP 8</div> <div></div> <div>(43) Carriage Bolt M6*45 4PCS (44) Flat Washer $\phi 6^* \phi 12^* 1.0$ 4PCS (45) Anti-Loosen Hex Nut M6 4PCS</div>	<div></div> <div>6mm Allen Wrench 1PC Multi-Hex Tool with Phillips Screwdriver 1PC</div>
<div>STEP 4</div> <div></div> <div>(23) Nut Cap $\phi 38$ 2PCS</div>	<div>STEP 9 & 10</div> <div></div> <div>(14) Self-Tapping Phillips Screw ST4.2*20 6PCS</div>			

Tool:



6 mm Allen Wrench

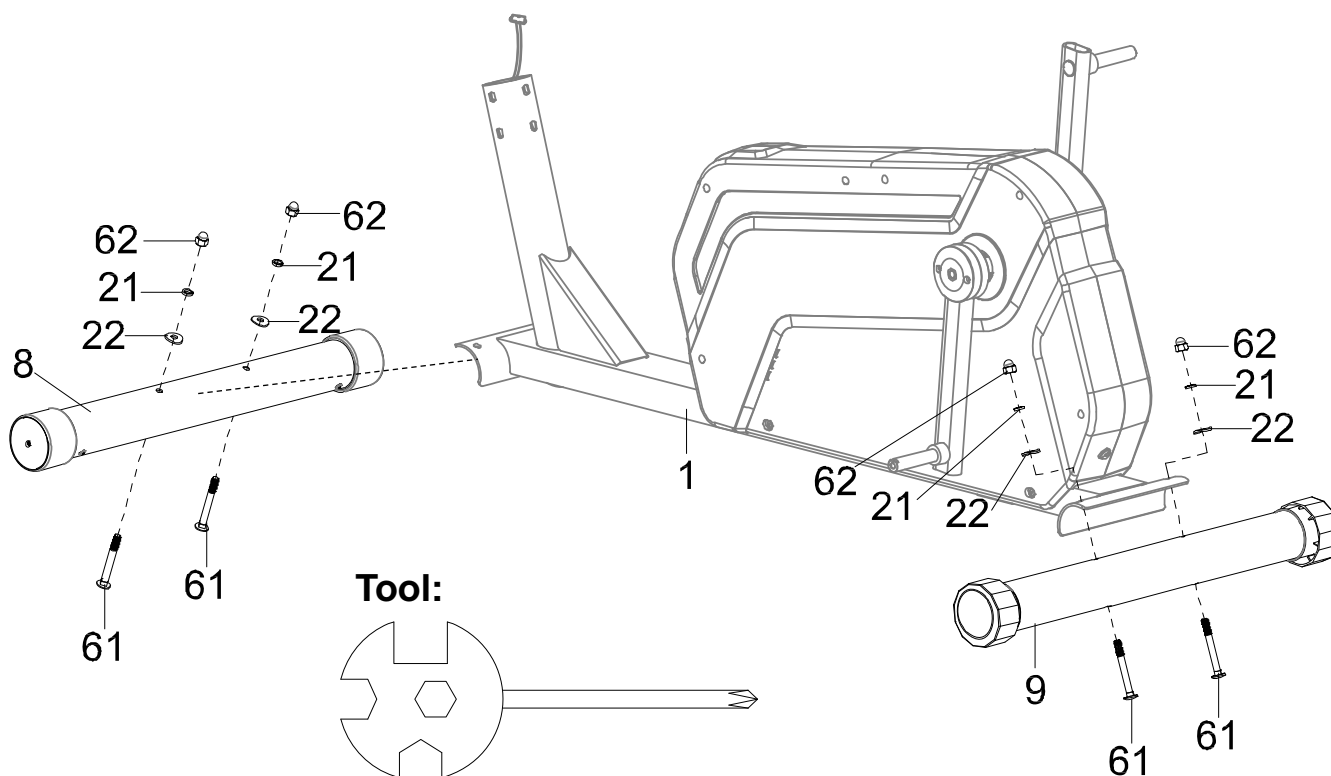


Step 1

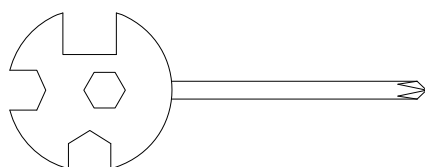
1a. Remove the **Metal Tubes A & B** from the **Main Frame (1)** by using **6mm Allen Wrench** provided.

1b. Discard the **Metal Tubes A & B** and the associated hardware at that was removed. These parts are not needed for the assembly of the elliptical.

ASSEMBLY



Tool:



**Multi Hex Tool with Phillips
Screwdriver**

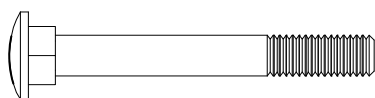
STEP 2

2a. Installing the Front Stabilizer –Lift up the front of the **Main Frame (1)**, and then align the holes of the **Front Stabilizer (8)** with the holes on the front curve of the **Main Frame (1)**. Insert two **Carriage Bolts (61)** and attach two **Big Curved Washers (22)**, two **Spring Washers (21)**, and two **Cap Nuts (62)** to the threaded side of the two **Carriage Bolts (61)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (62)** until firm and secure.

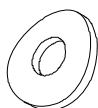
Note: The wheels on the **Front Stabilizer (8)** should not be touching the floor when installed, the wheels should only touch the ground when the unit is tilted forward for transporting. See the UP sticker on the stabilizer.

2b. Repeat the same process for installing the **Rear Stabilizer (9)**.

HARDWARE PACK



**(61) Carriage Bolt
4 PCS**



**(22) Big Curved
Washer
4 PCS**

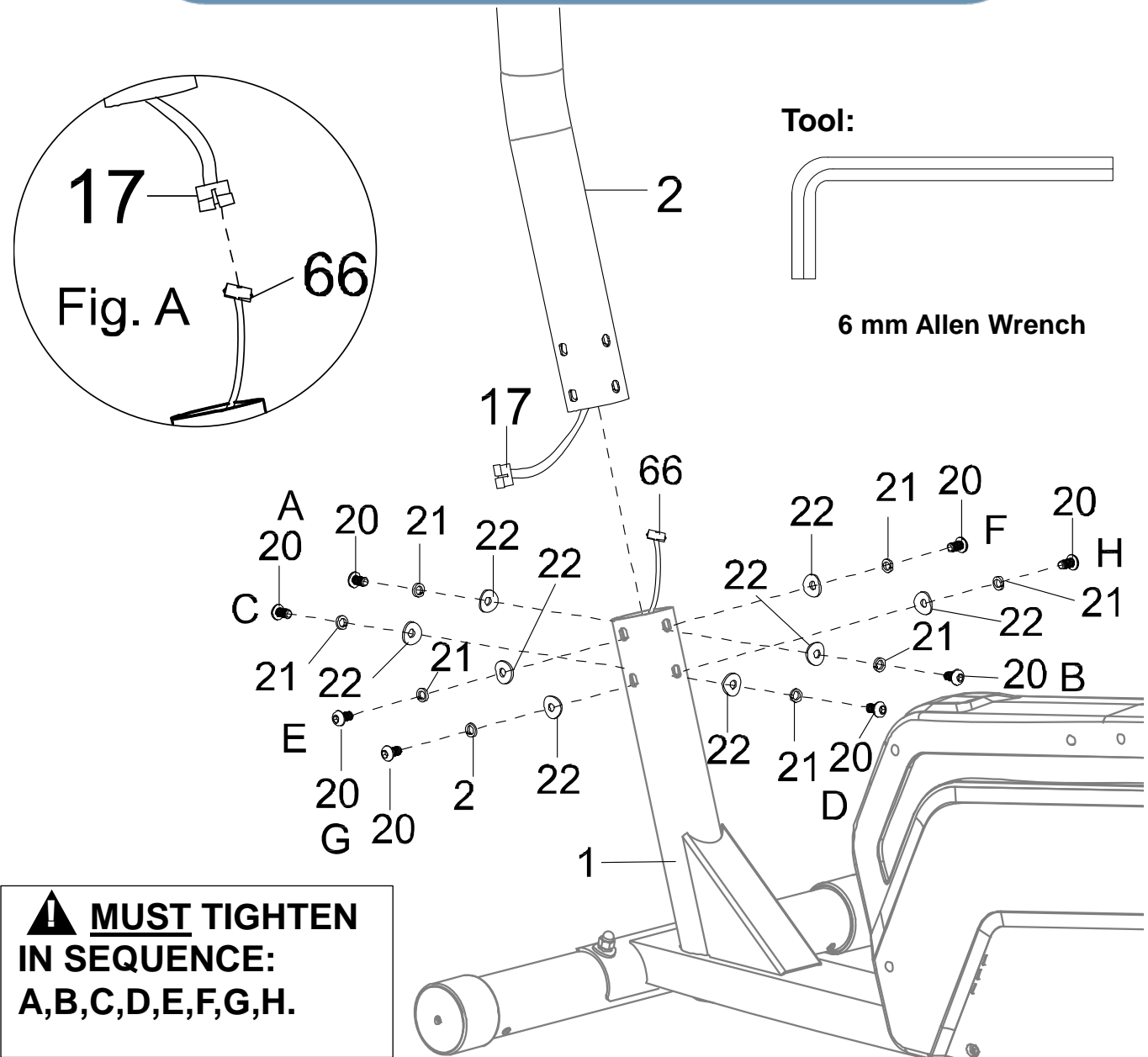


**(62) Cap Nut M8
4 PCS**



**(21) Spring Washer
4 PCS**

ASSEMBLY



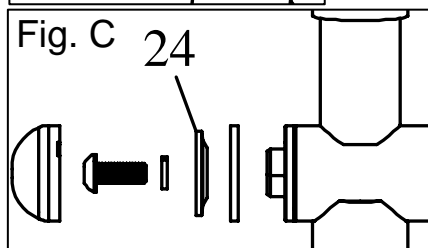
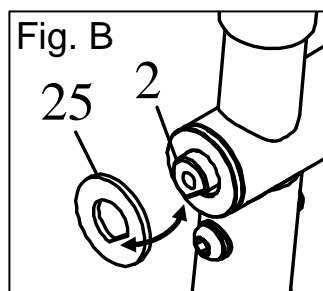
STEP 3

3a. Removing The Hardware From The Front Post –Use the **6mm Allen Wrench** to remove the eight **Hex Bolts (20)**, eight **Spring Washers (21)**, and eight **Big Curved Washers (22)** from the **Front Post (2)**.

3b. Connecting The Console Wires –Connect the **Console Wire (17)** from the **Front Post (2)** to the **Lower Console Wire (66)** coming out from the **Main Frame (1)** as shown in **Figure A**.

3c. Installing The Front Post –Guide the wires into the **Main Frame (1)** as you insert the **Front Post (2)** into the **Main Frame (1)**; make sure the wires are not pinched and stay connected. Place the **Front Post (2)** onto the **Main Frame (1)**. Reinstall the previously removed hardware: eight **Hex Bolts (20)**, eight **Spring Washers (21)**, and eight **Big Curved Washers (22)** and securely tighten the bolts in sequence using the **6mm Allen Wrench** provided.

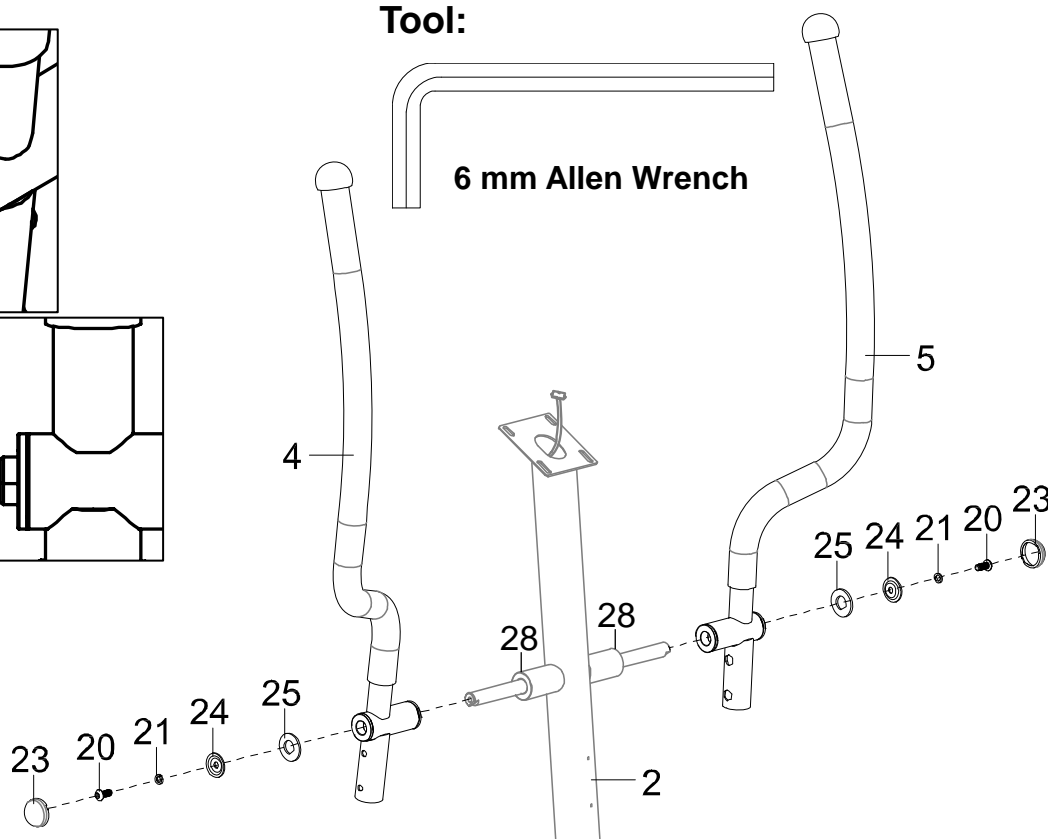
ASSEMBLY



Tool:



6 mm Allen Wrench



STEP 4

Note: The parts are marked with an “R” for right side and “L” for left side.

4a. Removing The Hardware From The Front Post – Use the **6mm Allen Wrench** to remove the two **D Washers (25)**, two **Dished Washers (24)**, two **Spring Washers (21)** and two **Hex Bolts (20)** from the **Front Post (2)**.

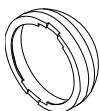
4b. Installing the Left Handrail – Keep the **Bushing (28)** in place and slide the **Left Handrail (4)** onto the left side of the **Front Post (2)**. Insert one **D Washer (25)**, one **Dished Washer (24)**, one **Spring Washer (21)** and one **Hex Bolt (20)** that were previously removed. Tighten the hardware by using the **6mm Allen Wrench** until firm and secure. Firmly press one **Nut Cap (23)** onto the **Dished Washers (24)**.

NOTE: The **D Washer (25)** should be installed as shown in **Fig. B** so it fits with the D shaped shaft on the **Front Post (2)**.

NOTE: The **Dished Washer (24)** should be installed as showing in **Fig. C** with the open side of the dish facing away from the **Front Post (2)**.

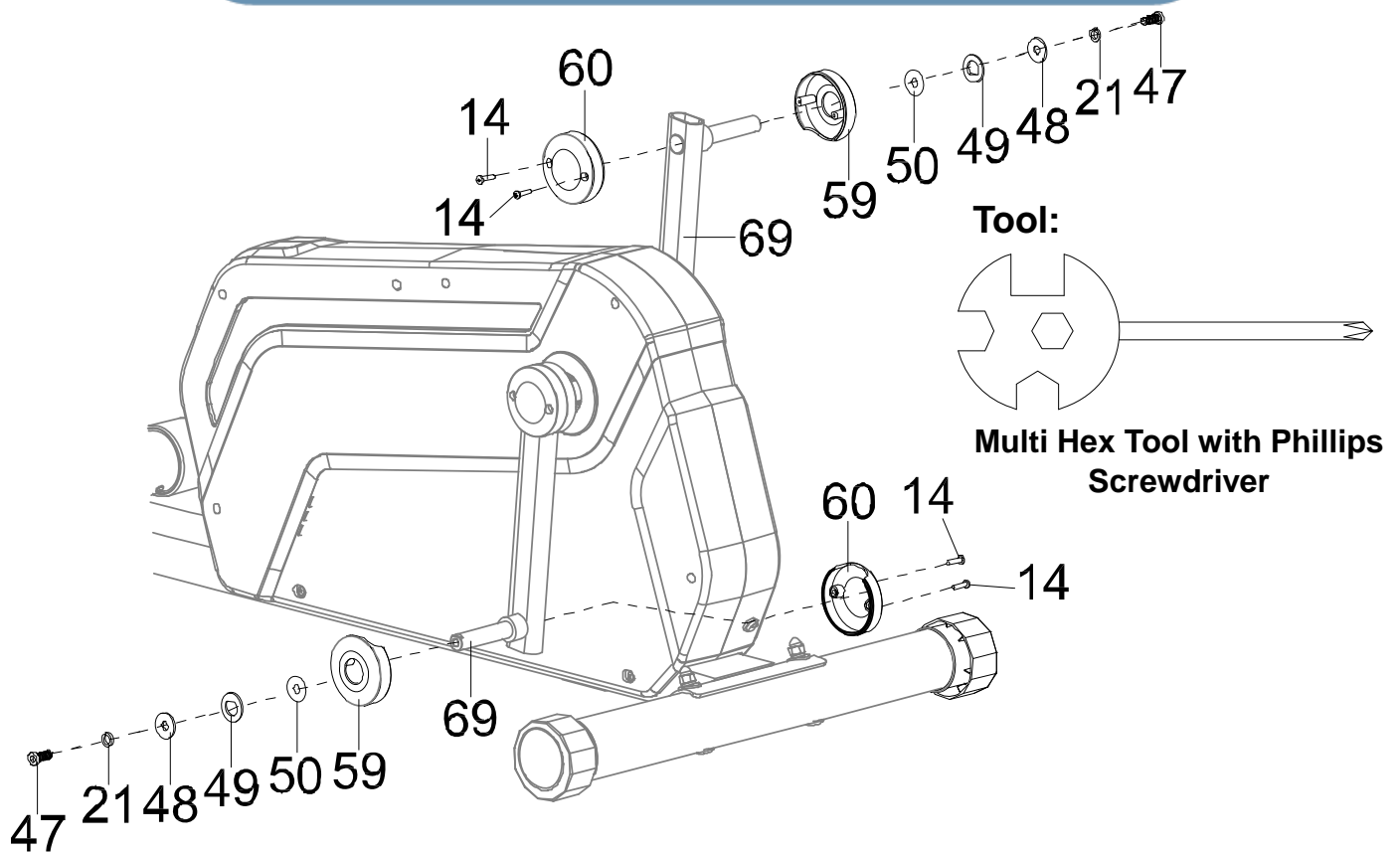
4c. Repeat the same assembly steps for installing the **Right Handrail (5)** onto the **Front Post (2)**.

HARDWARE PACK



(23) Nut Cap
2 PCS

ASSEMBLY



STEP 5

5a. Removing Hardware-Remove the two **Flat Hex Bolts (47)**, two **Spring Washers (21)**, two **Big Flat Washers (48)**, two **Wave Washers (50)**, and two **D Washers (49)** from the both **Cranks (69)**. Keep this hardware for steps 6 & 7.

5b. Installing the Crank Covers I and II (59) & (60)-Slide one **Crank Cover I (59)** all the way down the shaft of the **Left side of Crank (69)**. Hold one **Crank Cover II (60)** onto the backside of the **Left side of Crank (69)**. Attach the **Crank Cover I (59)** to the **Crank Cover II (60)** with two **Self-Tapping Phillips Screws (14)**. Tighten the screws with the **Multi Hex Tool with Phillips Screwdriver** provided.

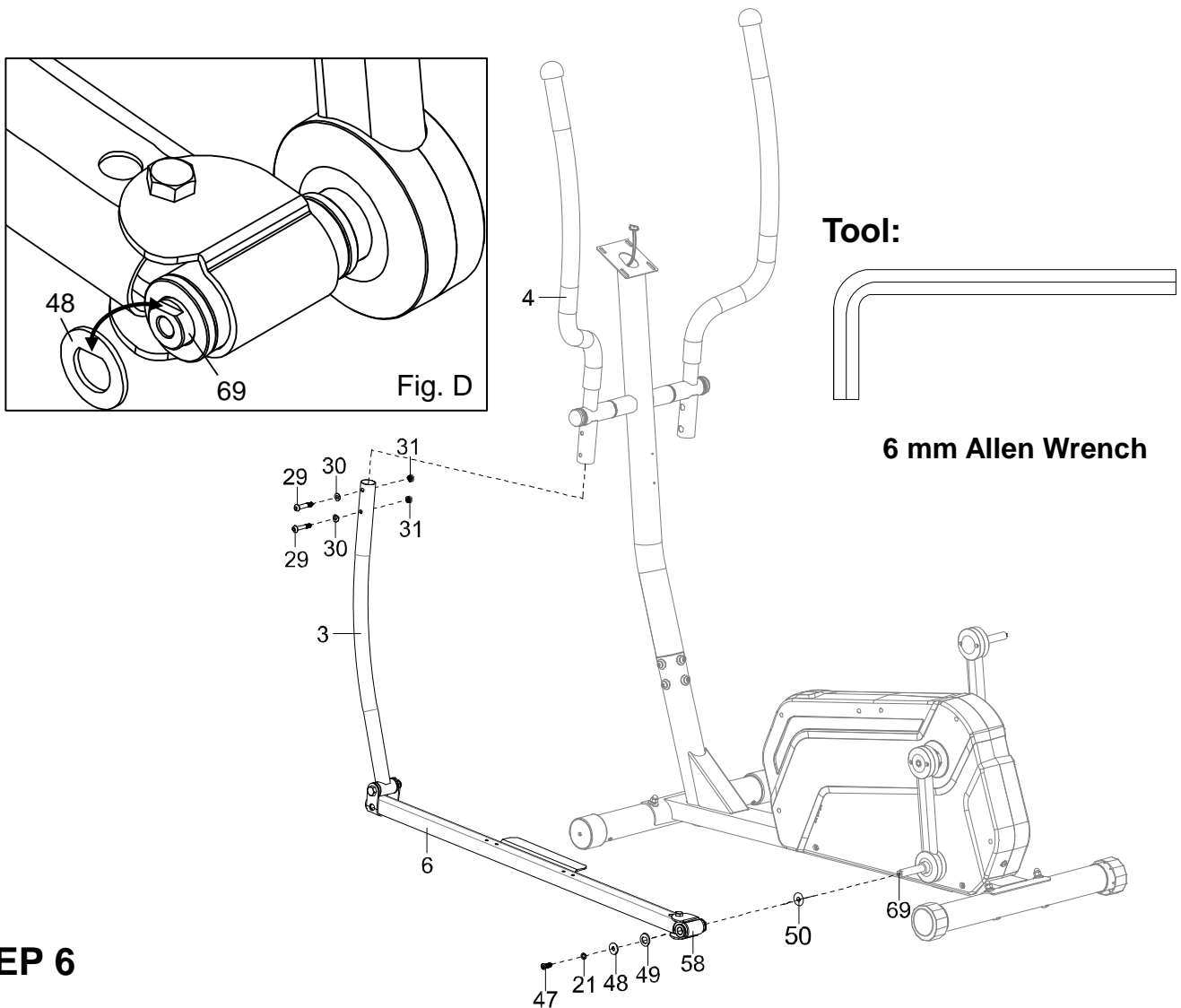
5c. Repeat the same assembly step for installing the second set of **Crank Covers I and II (59) & (60)** on to the the right side **Crank (69)**.

HARDWARE PACK



**(14) Self-Tapping
Phillips Screws
4 PCS**

ASSEMBLY



STEP 6

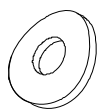
Note: The parts are marked with an “R” for right side and “L” for left side.

6a. Installing the Left Foot Bar – Slide one **Wave Washer (50)** followed by the **U Shape Bracket (58)** on to the shaft of the left side **Crank (69)**. Insert one **D Washer (49)**, one **Big Flat Washer (48)**, one **Spring Washer (21)** and one **Flat Hex Bolt (47)** that were previously removed from **STEP 5**. Tighten the hardware by using the **6mm Allen Wrench** until firm and secure.

NOTE: The **D Washer (48)** should be installed as shown in **Fig. D** so it fits with the D shaped shaft on the **Crank (69)**.

6b. Installing the Left Handrail Arm – Insert the left **Handrail Arm (3)** into the **Left Handrail (4)**. Insert two **Hex Bolts (29)**, two **Curved Washers (30)**, and two **Anti-Loosen Hex Nut (31)**. Tighten the hardware with the **6mm Allen Wrench** provided.

HARDWARE PACK



**(30) Curved Washer
2PCS**

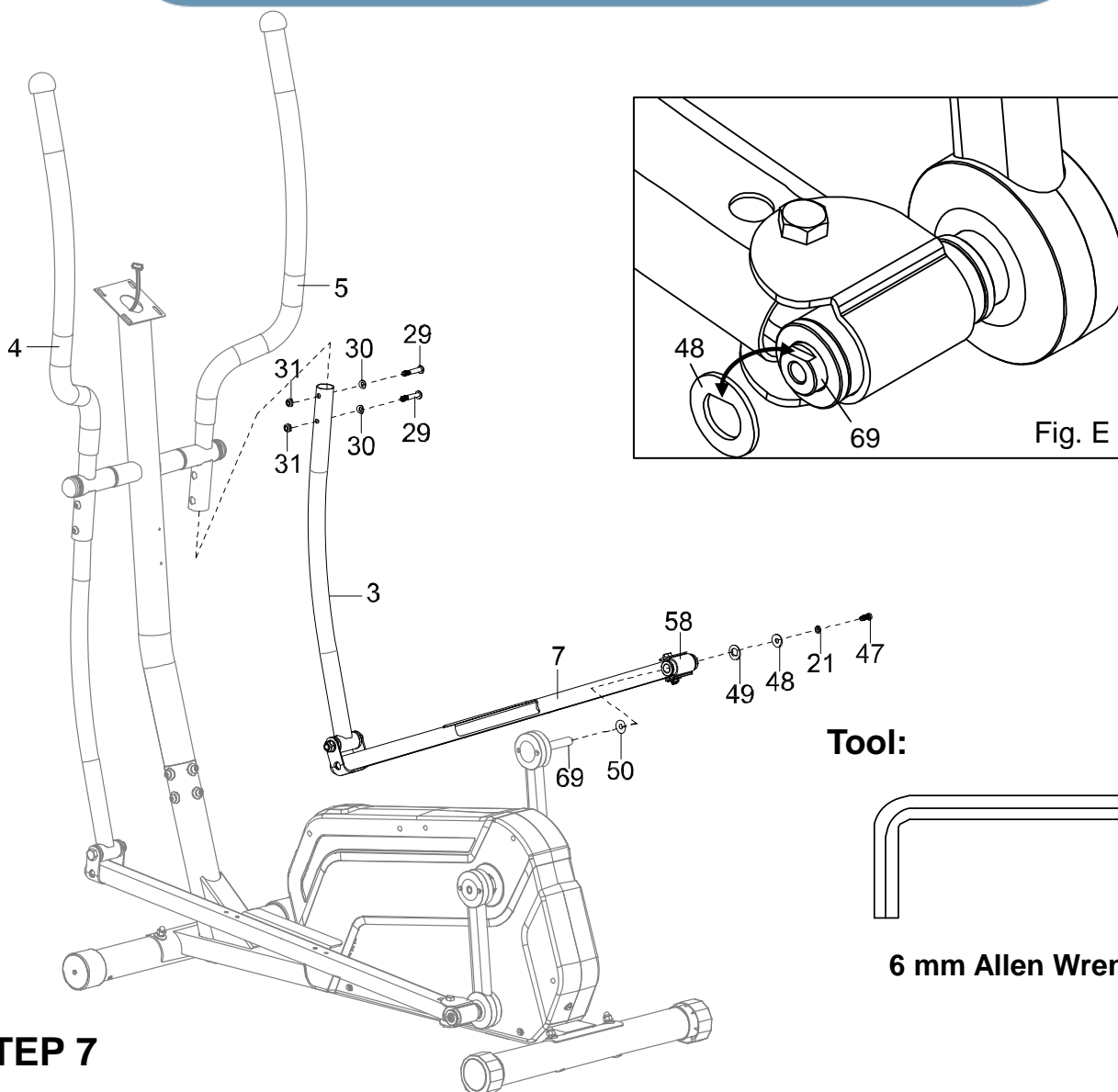


**(31) Anti-Loosen
Hex Nut 2PCS**



**(29) Hex Bolt
2PCS**

ASSEMBLY



STEP 7

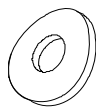
Note: The parts are marked with an “R” for right side and “L” for left side.

7a. Installing the Right Foot Bar – Slide one **Wave Washer (50)** followed by the **U Shape Bracket (58)** on to the shaft of the right side **Crank (69)**. Insert one **D Washer (49)**, one **Big Flat Washer (48)**, one **Spring Washer (21)** and one **Flat Hex Bolt (47)** that were previously removed from **STEP 5**. Tighten the hardware by using the **6mm Allen Wrench** until firm and secure.

NOTE: The **D Washer (48)** should be installed as shown in **Fig. E** so it fits with the D shaped shaft on the **Crank (69)**.

7b. Installing the Right Handrail Arm – Insert the left **Handrail Arm (3)** into the **Right Handrail (5)**. Insert two **Hex Bolts (29)**, two **Curved Washers (30)**, and two **Anti-Loosen Hex Nut (31)**. Tighten the hardware with the **6mm Allen Wrench** provided.

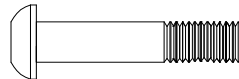
HARDWARE PACK



(30) Curved Washer
2PCS

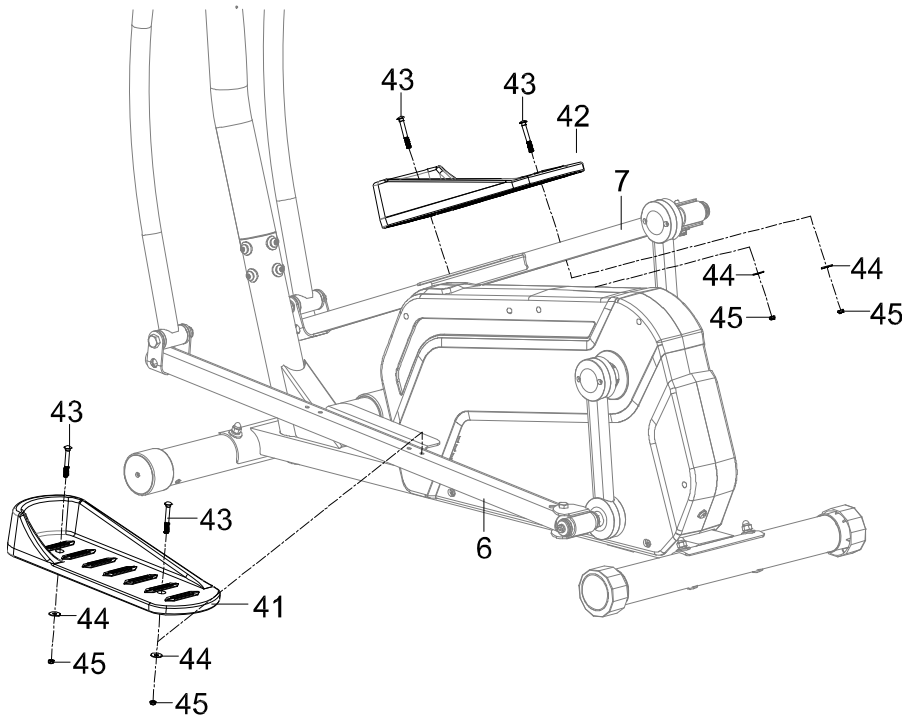


(31) Anti-Loosen Hex
Nut 2PCS

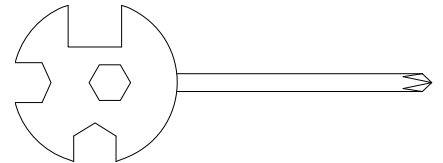


(29) Hex Bolt
2PCS

ASSEMBLY



Tool:



**Multi Hex Tool with Phillips
Screwdriver**

STEP 8

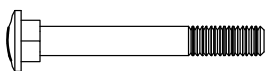
Note: The parts are marked with an “R” for right side and “L” for left side.

8a. Installing The Left Pedal – Install the **Left Pedal (41)** onto the **Left Foot Bar (6)** and align the holes. Insert two **Carriage Bolts (43)** into the **Left Pedal (41)**. Attach two **Flat Washers (44)**, and two **Anti-Loosen Hex Nuts (45)** to the threaded side of the two **Carriage Bolts (43)**. Tighten the hardware with the **Multi Hex Tool with Phillips Screwdriver**.

8b. Installing The Right Foot Pedal: Repeat the same assembly steps to install the **Right Foot Pedal (42)** onto the **Right Foot Bar (7)**.

NOTE: There are four holes on the Left/Right Foot Bars (6, 7) which allow for two different Left/Right Foot Pedal (41/42) positions. Once the unit is completely assembled you can test which position suits you best. Both Left/Right Foot Pedal (41/42) should be installed in the same position on both sides.

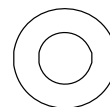
HARDWARE PACK



**(43) Carriage Bolt
4PCS**

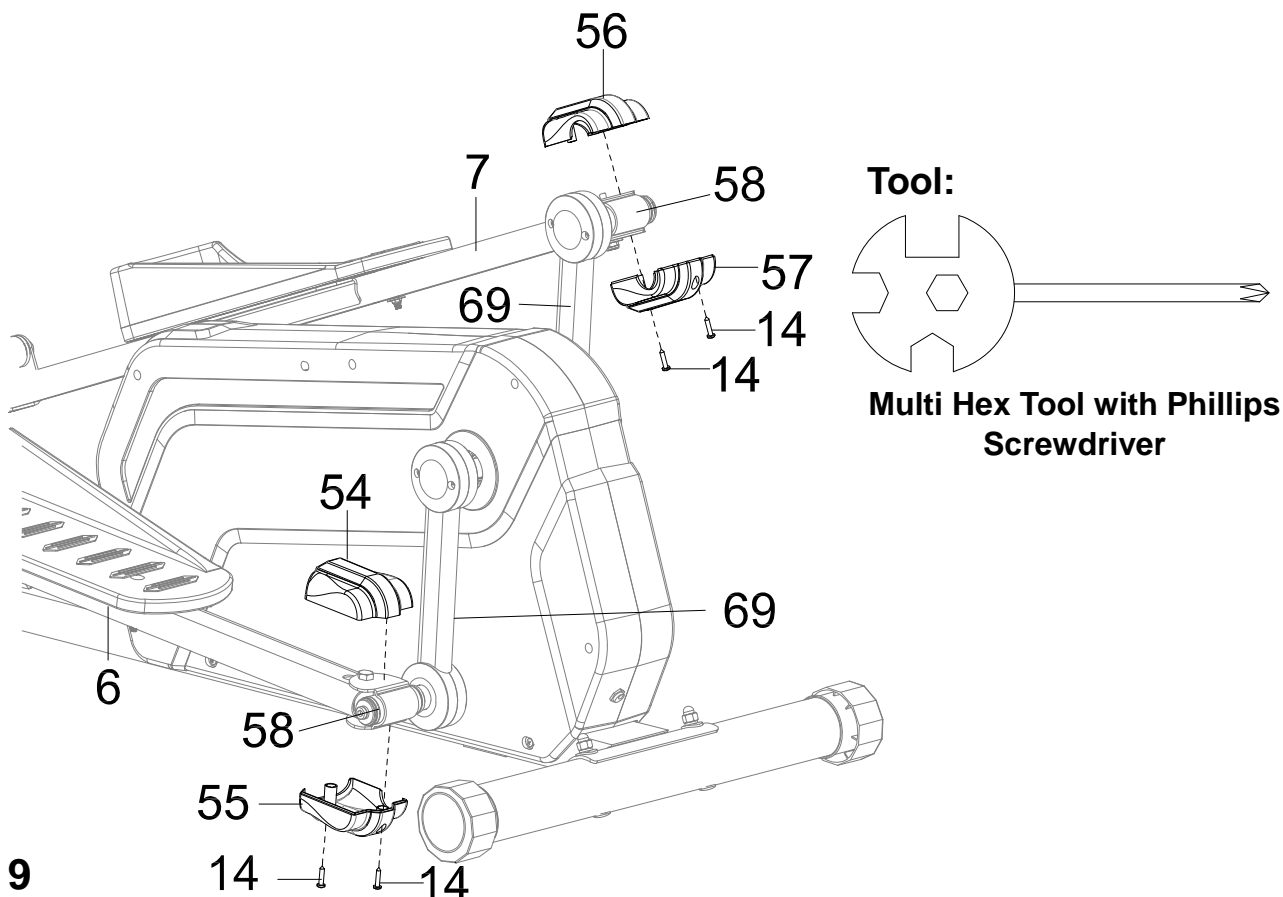


**(45) Anti-Loosen
Hex Nut 4PCS**



**(44) Flat Washer
4PCS**

ASSEMBLY



STEP 9

9a. Installing the U Shape Bracket Covers –Turn the Left U Shape Bracket Covers I /II (54,55) so that the cut outs on the side are facing the Crank (69). Insert the posts of the Left U Shape Bracket Covers I /II (54,55) into the hole at the rear of the Left Foot Bars (6) and enclose the U Shape Brackets (58). Attach the Left U Shape Bracket Covers I /II (54,55) around the U Shaped Bracket (58) with two Self-Tapping Phillips Screws (14). Tighten the hardware with the Multi Hex Tool with Phillips Screwdriver until firm and secure.

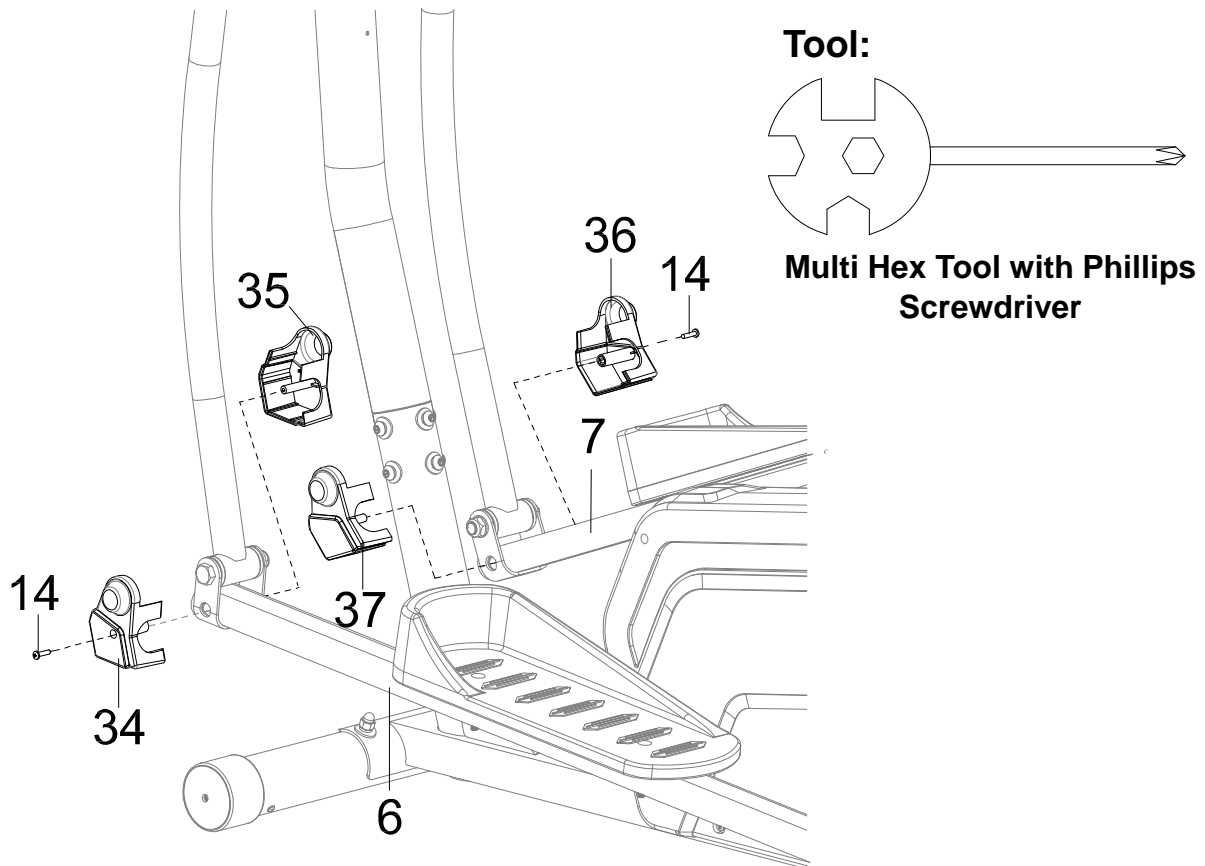
9b. Repeat the same assembly step for the Right U Shape Bracket Covers I /II (57/58) .

HARDWARE PACK



**(14) Self-Tapping
Phillips Screws
4 PCS**

ASSEMBLY



STEP 10

10a. Installing the Foot Bar Covers – Insert the posts of the **Left Foot Bar Covers I/II (34/35)** into the holes at the front of the **Left Foot Bar (6)**. Enclose the bracket of the **Left Foot Bar (6)** with the **Left Foot Bar Covers I/II (34/35)**. Attach the **Left Foot Bar Covers I/II (34/35)** around the bracket of the **Left Foot Bar (6)** with with one **Self-Tapping Phillips Screws (14)**. Tighten the hardware using the **Multi Hex Tool with Phillips Screwdriver** until firm and secure.

10b. Repeat the same assembly step for the **Right Foot Bar Covers I/II (36/37)** and the **Right Foot Bar (7)**.

HARDWARE PACK



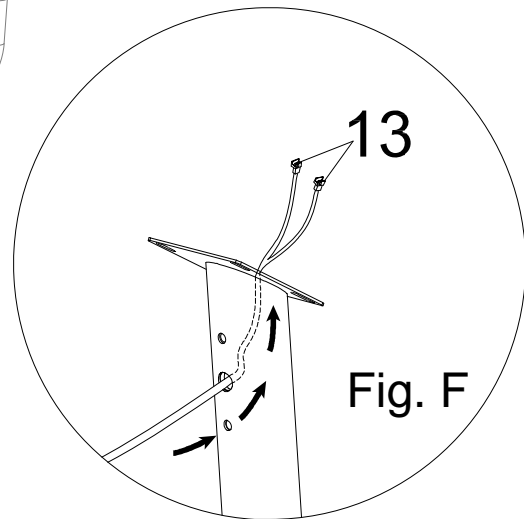
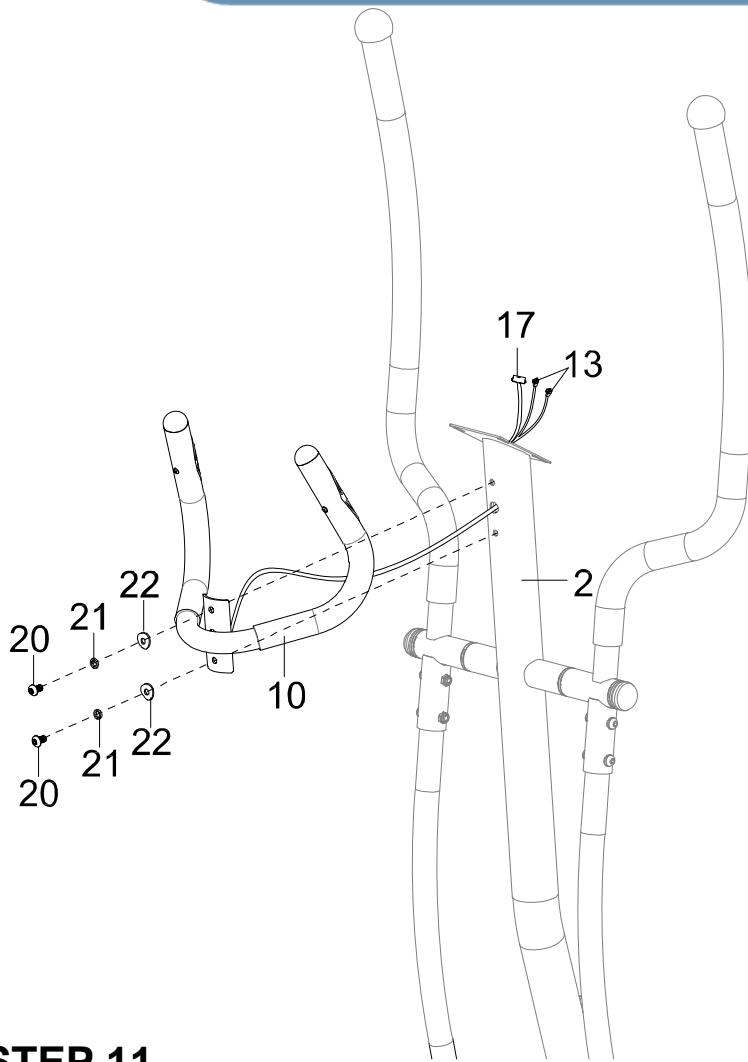
**(14) Self-Tapping
Phillips Screws
2 PCS**

ASSEMBLY

Tool:



6 mm Allen Wrench



STEP 11

11a. Removing The Hardware From The Front Post – Remove the two **Hex Bolts (20)**, two **Spring Washers (21)** and two **Big Curved Washers (22)** from the **Front Post (2)** using the **6mm Allen Wrench** provided.

11b. Installing the Handlebar – Gently insert the **Hand Pulse Sensor Wire (13)** into the **Front Post (2)** and pull them out from the top of the **Front Post (2)** as you are mounting the **Handlebar (10)** (See Fig. F). Attach the **Handlebar (10)** to the **Front Post (2)** with two **Hex Bolts (20)**, two **Spring Washers (21)** and two **Big Curved Washers (22)** . Tighten the hardware using the **6mm Allen Wrench** provided.

NOTE: Console Wire (17) should already be coming out from the top of the **Front Post (2)**.



To prevent damage, ensure that none of the wires are bent or pinched during installation.

ASSEMBLY

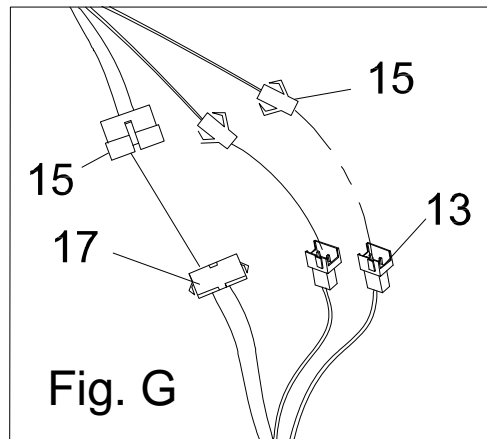
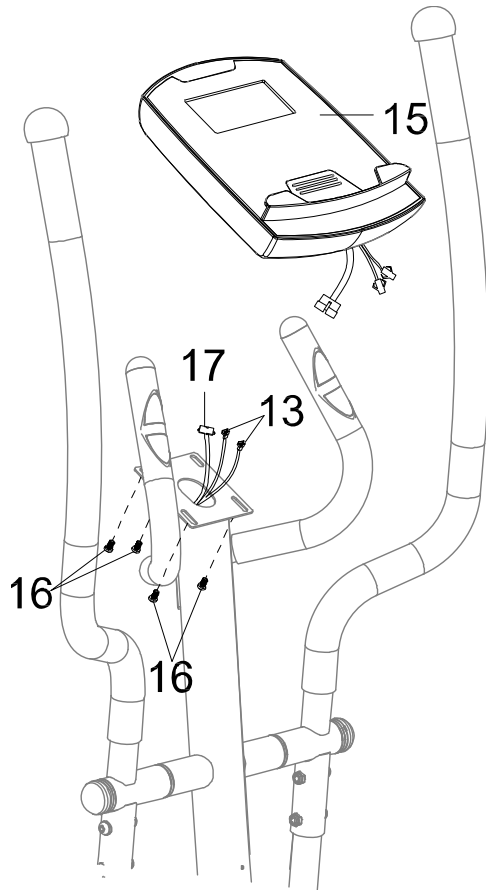
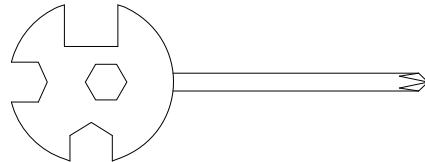


Fig. G

Tool:



**Multi Hex Tool with Phillips
Screwdriver**

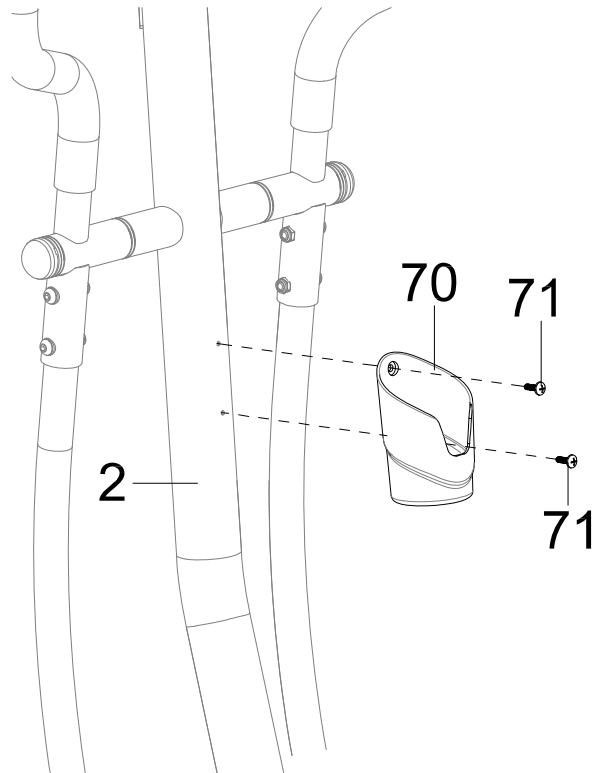
STEP 12

12a. Removing The Hardware From The Console – Use the **Multi Hex Tool with Phillips Screwdriver** to remove the four **Hex Bolts (16)** from the backside of the **Console (15)**.

12b. Connecting The Console Wires – Connect the **Console Wire (17)** and the **Hand Pulse Sensor Wire (13)** to the wires at the rear of the **Console (15)** as shown in **Figure. G**.

12c. Installing The Console –Mount the **Console (15)** to the top of the **Front Post (2)**, while the carefully inserting the excess length of cables into the top plate of the **Front Post (2)**.

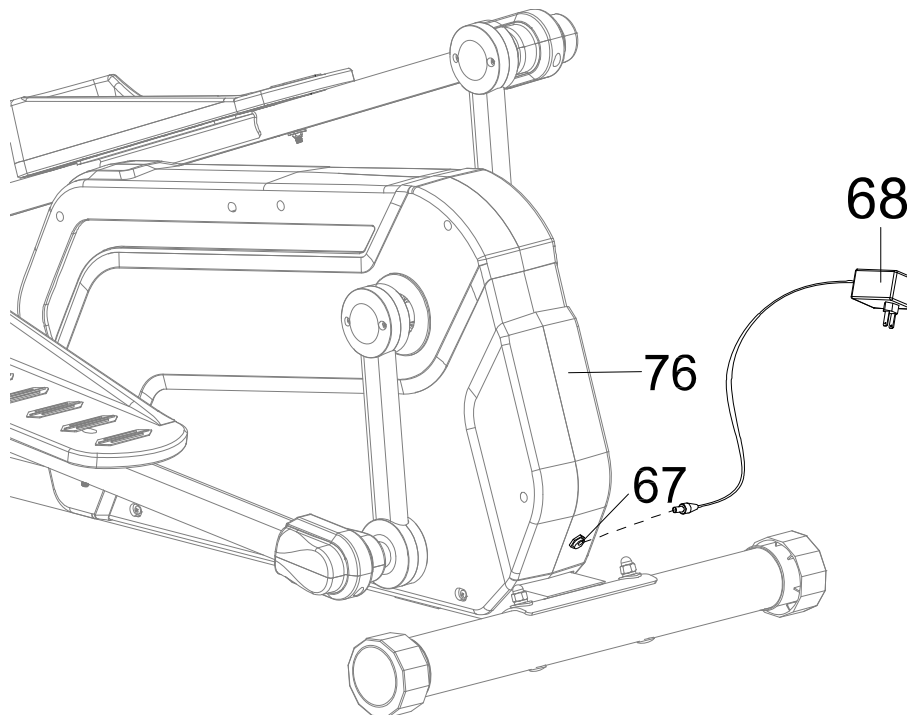
CAUTION: To prevent damage, ensure the wires are NOT folded or pinched during installation. Tighten the **Hex Bolts (16)** that were previously removed with the **Multi Hex Tool with Phillips Screwdriver** until firm and secure.



STEP 13

13a. Removing The Hardware From The Front Post – Use the **Multi Hex Tool with Phillips Screwdriver** to remove the two **Self-Tapping Phillips Screws (71)** from the **Front Post (2)**.

13b. Installing the Bottle Holder – Attach the **Bottle Holder (70)** onto the **Front Post (2)** with two **Self-Tapping Phillips Screws (71)**. Tighten the hardware using the **Multi Hex Tool with Philips Screwdriver** provided.



13c. Plugging In The Machine – Connect the **Adaptor (68)** to the **Power Jack (67)** on the rear of the **Right Protective Cover (76)**.

Console Buttons:

START/STOP BUTTON:

1. Starts and Pauses a workout.
2. Holding the button for 3 seconds will reset the console for a new workout.

DOWN BUTTON:

1. Press to decrease the value of the selected workout parameter: TIME, DISTANCE, CALORIES.
2. Pressing during a workout will decrease the resistance load.

UP BUTTON:

1. Press to Increase the value of the selected workout parameter: TIME, DISTANCE, CALORIES.
2. Pressing during a workout will increase the resistance load.

ENTER BUTTON:

1. Press to select the Goal option (TIME, DISTANCE, CALORIES) prior to starting a workout.

RECOVERY BUTTON:

1. Press to enter into Recovery function when Console has the heart rate value.
 - a. The Recovery Scale is a range of F1 – F6, F1 signifies great fitness, and F6 signifies poor fitness.

MODE BUTTON:

1. Press to switch displayed workout values RPM to SPEED, ODO to DIST, and WATT to Calories during workout resistance during exercise.

DOWN: Press the DOWN button to navigate through the training program modes (Manual, Pre-set Programs, or User Program). To set target goals, and to decrease resistance during exercise.

ENTER: Press the ENTER button to confirm the selection of training program modes (Manual, Pre-set Programs, or User Program), and to Confirm Target goals.



PROGRAMS:

Profile Program:

The console has 21 Preset Program options to choose from to help challenge you and meet your fitness goals. See the diagram below.

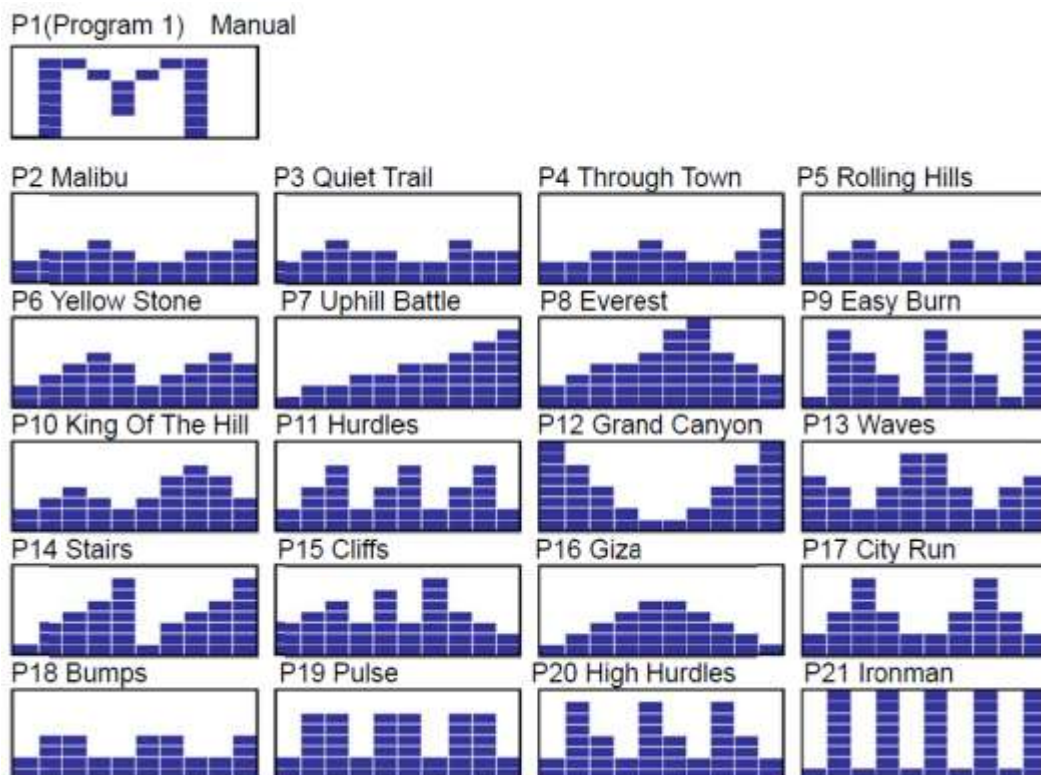
How to quick start a Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. To start an immediate workout press the START button once you have selected the desired program profile. Control the resistance level by pressing the UP or DOWN arrow buttons.

The console can be set to count down a Workout Goal based on TIME, DISTANCE, and CALORIES.

How to set a Workout Goal Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. Pressing the ENTER button will cause one of the work parameters to flash, those parameters are: TIME, DISTANCE, or CALORIES. To choose among the parameters press the ENTER button until the parameter you wish to change is flashing. When the parameter you want is flashing, you can assign a value from which the console will count down by using the UP or DOWN buttons. Press the START button to initiate your workout. When a goal is achieved the console will sound an alarm and stop the workout.

Note: Multiple Workout Goals can be set. When one of the parameter reaches zero the console will stop your workout. To continue your workout and reach the other Workout Goals you have set, press the START button twice in order to resume.

Program Profiles:

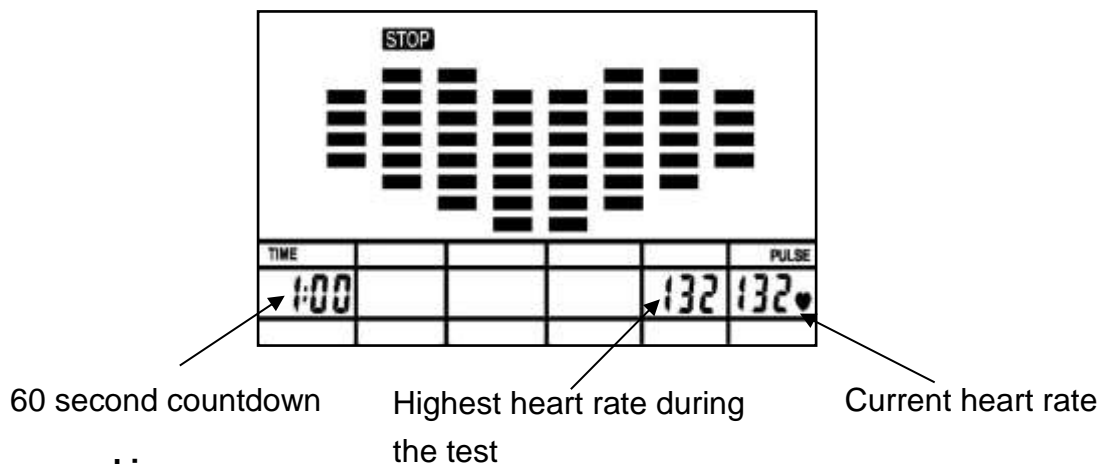


Recovery Program:

The Recovery Program gives you feedback about the rate at which your heart recovers after a workout. The recovery rating is a value in which your personal fitness can be judged. Your recovery rating is calculated by evaluating how large the difference is between your peak heart rate at the end of a workout and your heart rate after 60 seconds of resting.

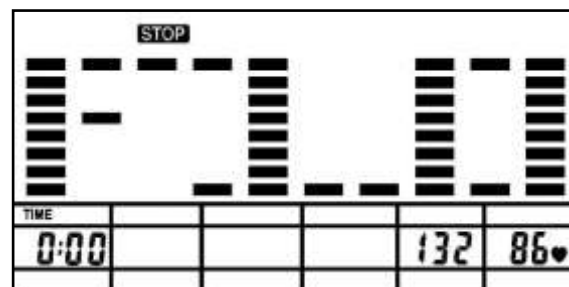
How it works: The larger the difference between your peak heart rate and your resting heart rate after 60 seconds, the better your recovery rating. A fit person's heart rate will decrease faster and be scored closer to F1.

How to activate Recovery Program: After your workout stop pedaling and hold the heart rate sensors so the console detects a pulse. Push the RECOVERY button. A large heart will be displayed on the screen, along with your highest heart rate during the test, your current heart rate, and the time remaining for the test. The test will last 60 seconds, hold the heart rate sensors for the entire duration. Once the test is complete, the console will beep 3 times, and display your score. The two heart rate values (your highest heart rate and your heart rate at the end of the test) will continue to be displayed on the lower right corner.



The fitness ranking

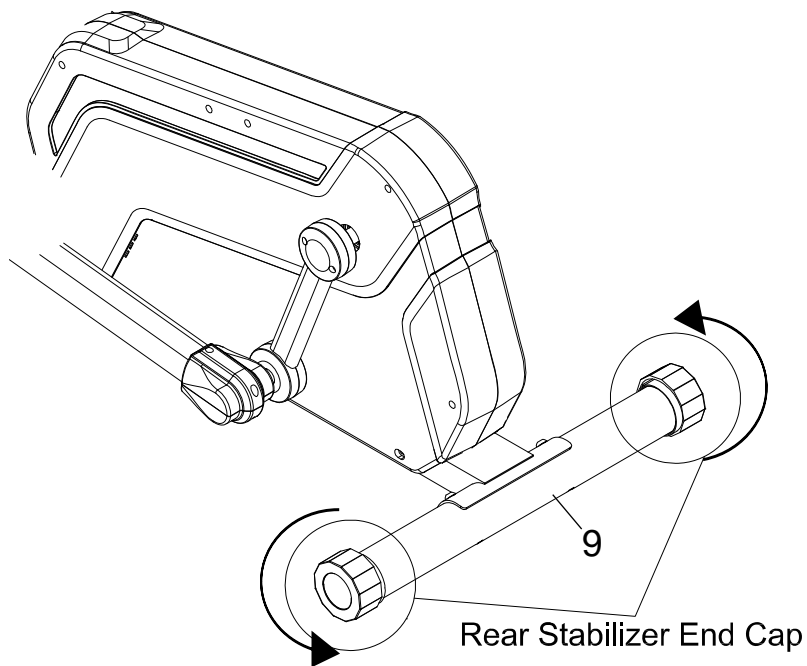
- F1 – excellent fitness
- F2 – good fitness
- F3 – satisfactory fitness
- F4 – minimal fitness
- F5 – fitness needs improvement
- F6 – fitness needs major improvement



Score screen: F1.0

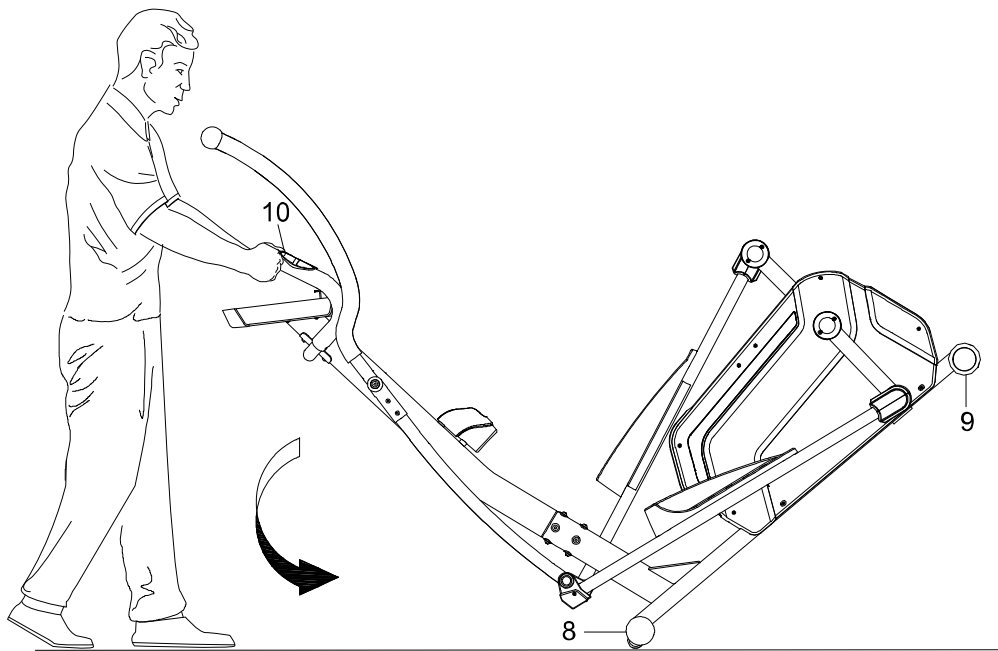
Note: These ranking are for very basic fitness tracking, for more accurate health information consult with your personal care physician.

ADJUSTMENTS



Adjusting the Rear Stabilizer End Cap

Turn the Rear Stabilizer End Caps on the **Rear Stabilizer (9)** as needed to level the elliptical.



Transporting the Elliptical

Hold the **Handlebar (10)** and pull the machine until the wheels on the **Front Stabilizer (8)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (9)** to the ground.

TROUBLE SHOOTING

PROBLEM: The elliptical wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical.

PROBLEM: There is no display on the console.

SOLUTION: Remove the console and verify the wires that come from the console are properly connected to the wires that come from the front post.

PROBLEM: There is no heart rate reading or there is erratic / inconsistent reading.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of just with one hand.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

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

SOLUTION: The bolts may be loose on the elliptical. Please inspect all of the bolts and tighten any loose bolts.

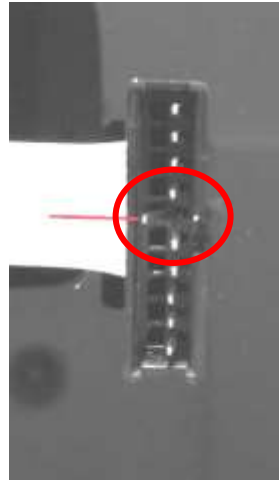
Problem	Potential Cause	Correction
E1	1. The motor does not activate	1) Motor Problems Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then contact customer service.

Problem	Potential Cause	Correction
E2	1. There is something wrong with cables.	Check if the cables are damaged
	2. There is something wrong with console.	Change the console. contact customer service
	3. There is something wrong with motor.	Change the motor. contact customer service

Correct



Incorrect



*Before connecting any cables, please make sure the metal prongs of the cable are not damaged.

MAINTENANCE

Cleaning

The unit can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Wipe your sweat off the unit after each use. Be careful not to get excessive moisture on the console display panel, as this might cause an electrical hazard or cause the electronics to fail. Keep the unit and the console out of direct sunlight to prevent screen damage or premature wear. Inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the unit 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:

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 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