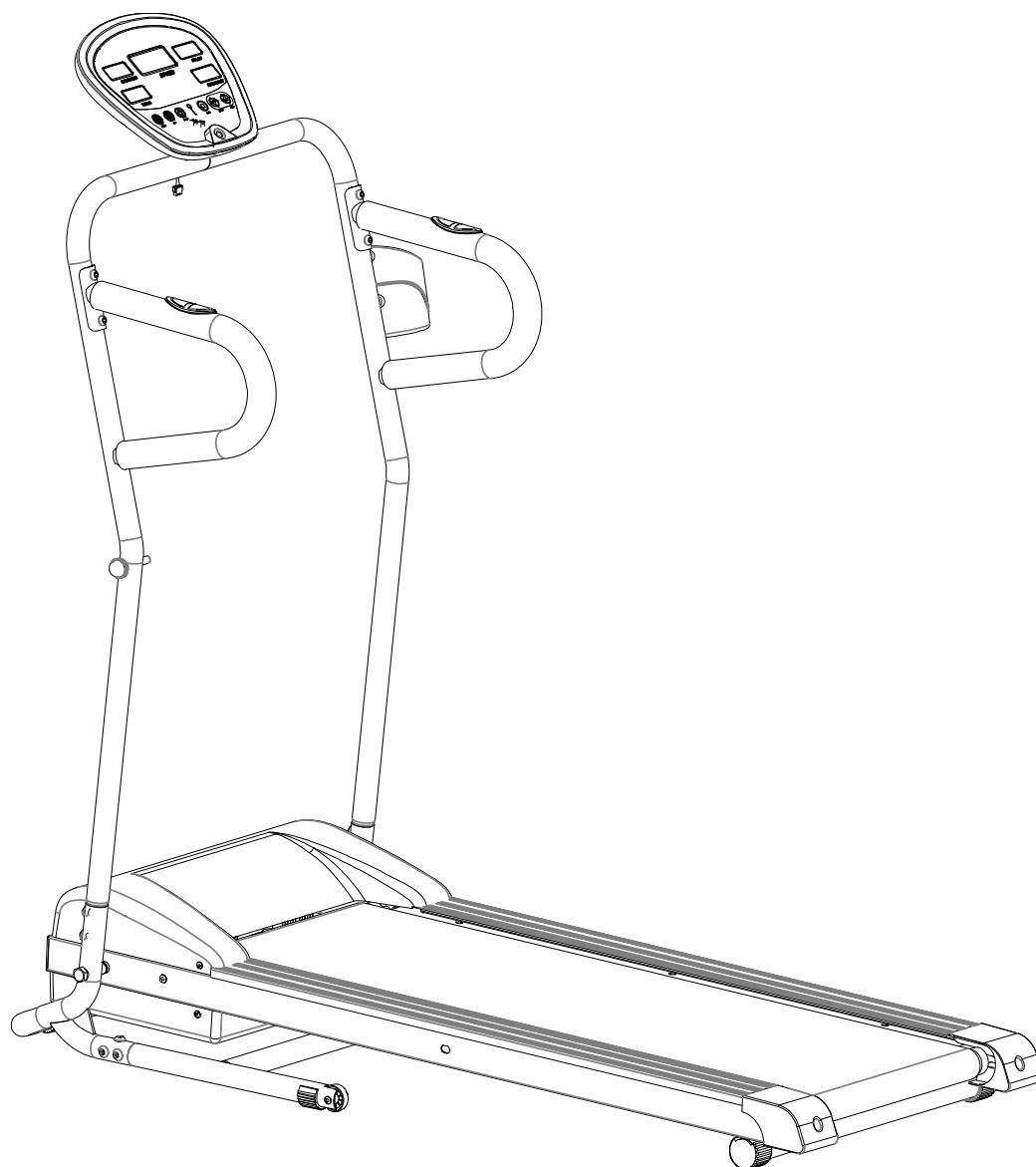


Electric Treadmill with Pulse



IMPORTANT: Read all instructions carefully before assembling and/or using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and is 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

**Hours: 8:00 AM to 5:00 PM (PST)
Monday thru Friday**

Or call us at:

1-844-641-7920

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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:

1-844-641-7920

(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:

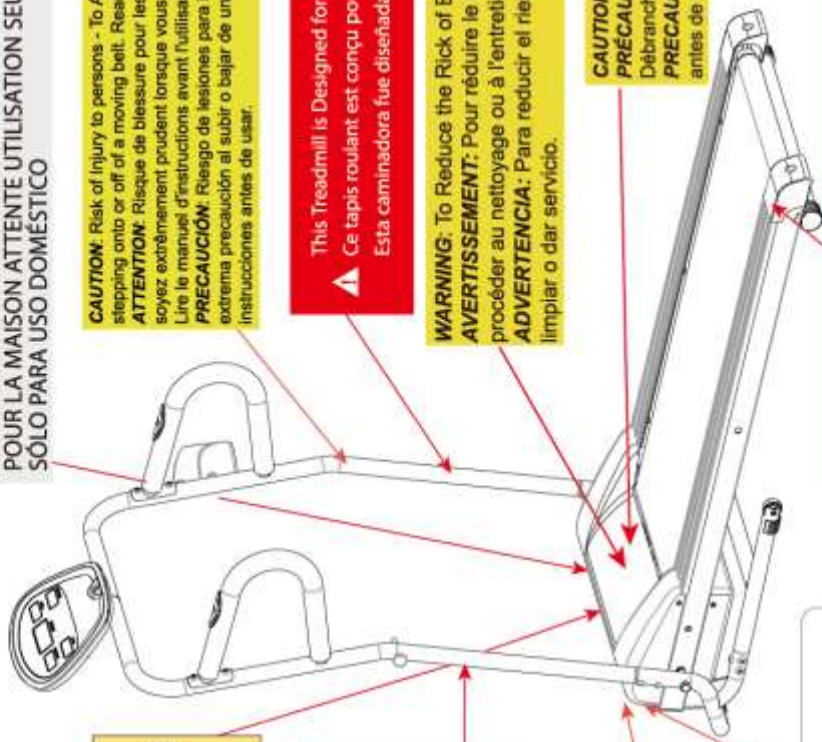
- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

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

Paradigm Health & Wellness
 Electric Treadmill with Pulse
 Tapis Roulant électrique Avec Impulsion
 Caminadora con Pulso de la Mano
 Model: 2050H Date: 09/17
 AC 120V, 60 Hz, 6A
UL US LISTED
NO: E238026
11VU
(MOTORIZED TREADMILL)
FOR HOUSEHOLD USE ONLY
POUR LA MAISON ATTENTE UTILISATION SEULEMENT
SOLO PARA USO DOMESTICO



CAUTION: Risk of Injury to persons - To Avoid injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
ATTENTION: Risque de blessure pour les personnes - Pour éviter les blessures, soyez extrêmement prudent lorsque vous marchez ou descendez ceinture mobile. Lire le manuel d'instructions avant l'utilisation.
PRECAUCIÓN: Riesgo de lesiones para las personas: para evitar lesiones, tenga extrema precaución al subir o bajar de una correa móvil. Lea el manual de instrucciones antes de usar.

This Treadmill is Designed for walking only.
▲ Ce tapis roulant est conçu pour la marche seulement
Esta caminadora fue diseñada solo para caminar.

WARNING: To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.
AVERTISSEMENT: Pour réduire le risque de choc électrique - Débranchez avant de procéder au nettoyage ou à l'entretien.
ADVERTENCIA: Para reducir el riesgo de descarga eléctrica: Desenchufe antes de limpiar o dar servicio.

CAUTION: To Reduce The Risk Of Injury From Moving - Unplug Before Servicing.
PRECAUTION: pour réduire le risque de blessure dû au déplacement - Débranchez avant d'effectuer l'entretien.
PRECAUCIÓN: Para reducir el riesgo de lesiones por movimiento: Desenchufe antes de realizar el mantenimiento.

Maximum weight capacity is 220 lbs.
Le poids maximum pout ce produit est 100 kgs.
La capacidad de peso máxima es 100 kg.

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

WARNING: Risk of personal injury - Keep children under the age of 13 away from the machine.
ATTENTION: Risque de blessures - Gardez les enfants de moins de 13 ans loin de la machine.
ADVERTENCIA: Riesgo de lesiones personales - Mantenga a los niños bajo la edad de 13 años lejos de la máquina.

Model#2050H

Serial number / Numéro de série / Número de serie:
 11809999 20500001
 MADE IN CHINA / FABRIQUE EN CHINE / HECHO EN CHINA

Paradigm Health & Wellness, Inc.

DC, PM	CATALOG	LISTING	VOLTS	AMP
	7810-8		100V	10.5
	H.P. RPM	ROTATION	DUTY	FIELD
	0.75 3800	CW	TREADMILL	PM

IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety instructions when using this treadmill: **Read ALL GUIDELINES BEFORE USING THIS TREADMILL.**

DANGER: To reduce the risk of electric shock, read the following:

- Always unplug the treadmill from the electrical outlet immediately after usage. Also unplug the treadmill before cleaning, assembling, or servicing.

NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, read the following:

- Never leave the treadmill unattended when plugged in. Always disconnect the treadmill by turning off the master power switch and unplugging the power cord before any assemblage.
- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- **DO NOT** operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, Contact Customer Service before continuing use.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and contact customer service.
- Never operate the unit with the air openings blocked. Keep the air openings free of lint, hair, and any other foreign objects.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep Dry - do not operate in a wet or moist condition.
- Do not operate the treadmill on or near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.

IMPORTANT SAFETY GUIDELINES

- Keep the electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of 6 square feet around the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only. Use this machine in doors only.
- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks, or in sandals. Always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 13 year-old unsupervised near or on the treadmill.
- To disconnect the machine, turn all controls to the off position, then remove the plug from outlet.
- This unit is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the unit by a person responsible for their safety. Children should be supervised, if near the machine, to stay away from the machine at all times.
- Pull up the Safety Tether Key for the emergency stop. Reinstall the Safety Tether Key onto the Computer Console to reactivate the treadmill. Press the START/STOP button to begin exercise again.
- This treadmill is designed for **WALKING** only.
- **CAUTION:** Risk of Injury to Persons –To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read all instructions & guidelines before using the treadmill.

Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.

WARNING: DO NOT EXCEED SUGGESTED MAXIMUM USER WEIGHT CAPACITY

The Maximum Weight Capacity is 220 lbs / 100 kgs.

WARNING: Connect the treadmill to a properly grounded outlet only. See grounding instructions.

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

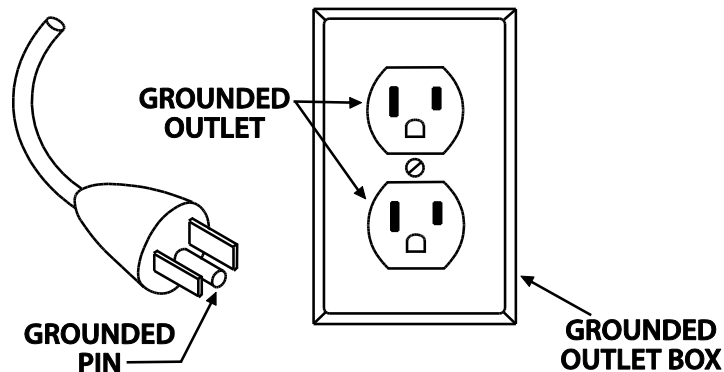
GROUNDING INSTRUCTIONS

- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current reducing the risk of electric shock. * **This treadmill is equipped with a cord having equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the treadmill grounding conductor can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.

This product is for use on a nominal 120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter or extension cord should be used with this product.



- This unit must be plugged into a nominal 120 volt outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the Treadmill while in it use.
- Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before using the treadmill, check that the belt is aligned and centered on the walking deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

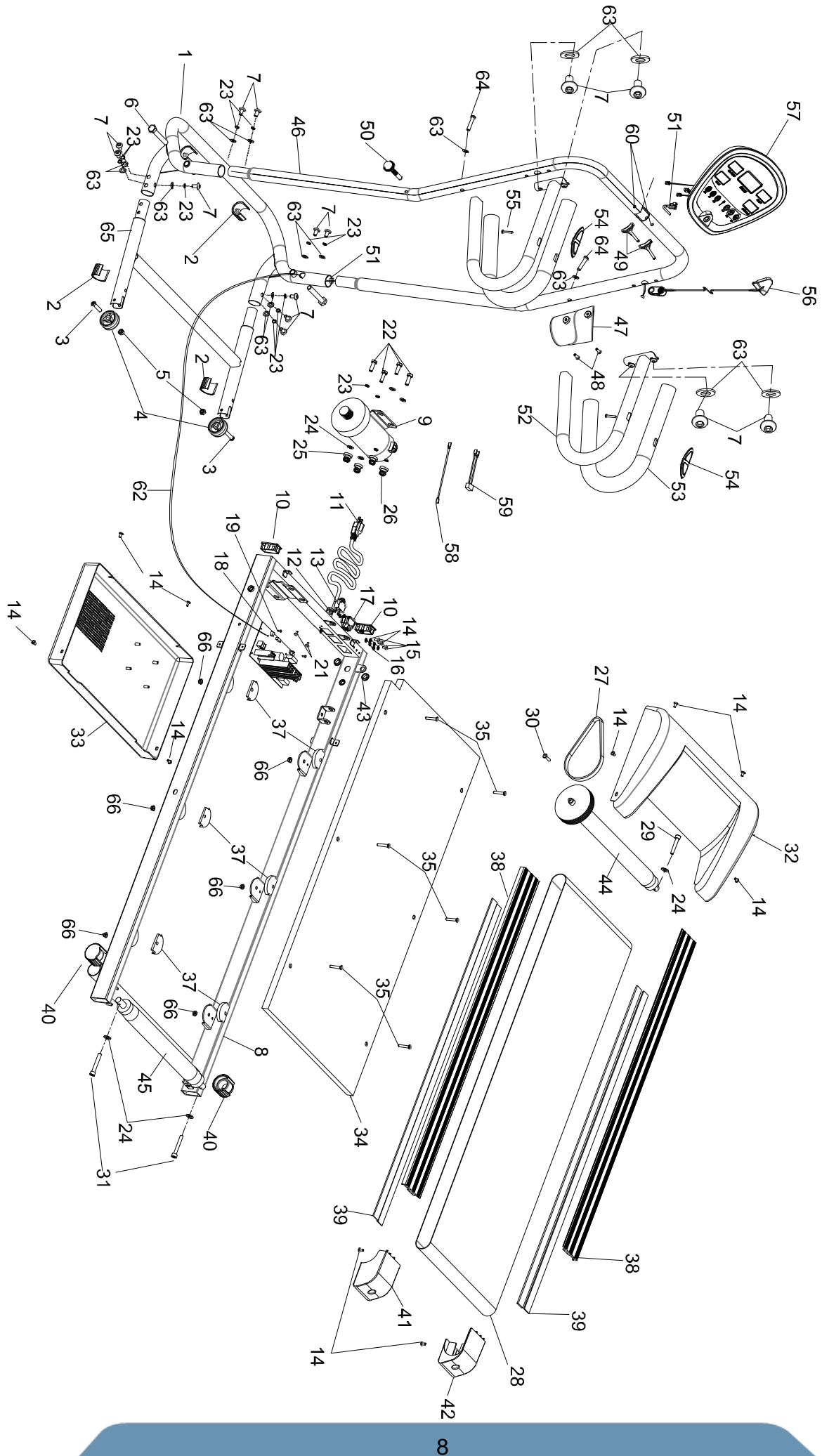
IMPORTANT SAFETY GUIDELINES

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. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury to young children.

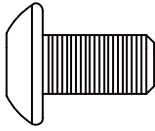
CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

SAVE THESE INSTRUCTIONS

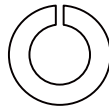
OVERVIEW DRAWING



HARDWARE & TOOLS PACK



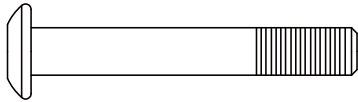
**(7) Hex Bolt
10 PCS**



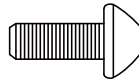
**(23) Spring Washer
6 PCS**



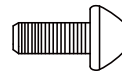
**(63) Curve Washer
12 PCS**



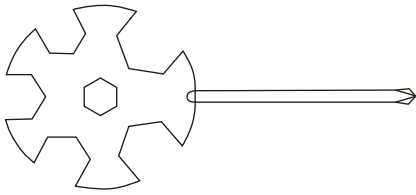
**(64) Hex Socket Bolt
2 PCS**



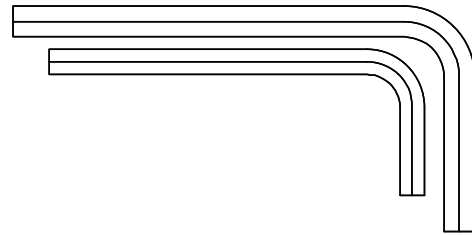
**(48) Cross Head
Screw
2 PCS**



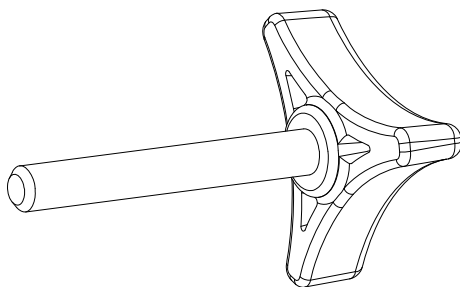
**(14) Phillips Screw
2 PCS**



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



**Allen Wrench 6mm 1PC
Allen Wrench 5mm 1PC**



**(49) Triangle Knob
2 PCS**



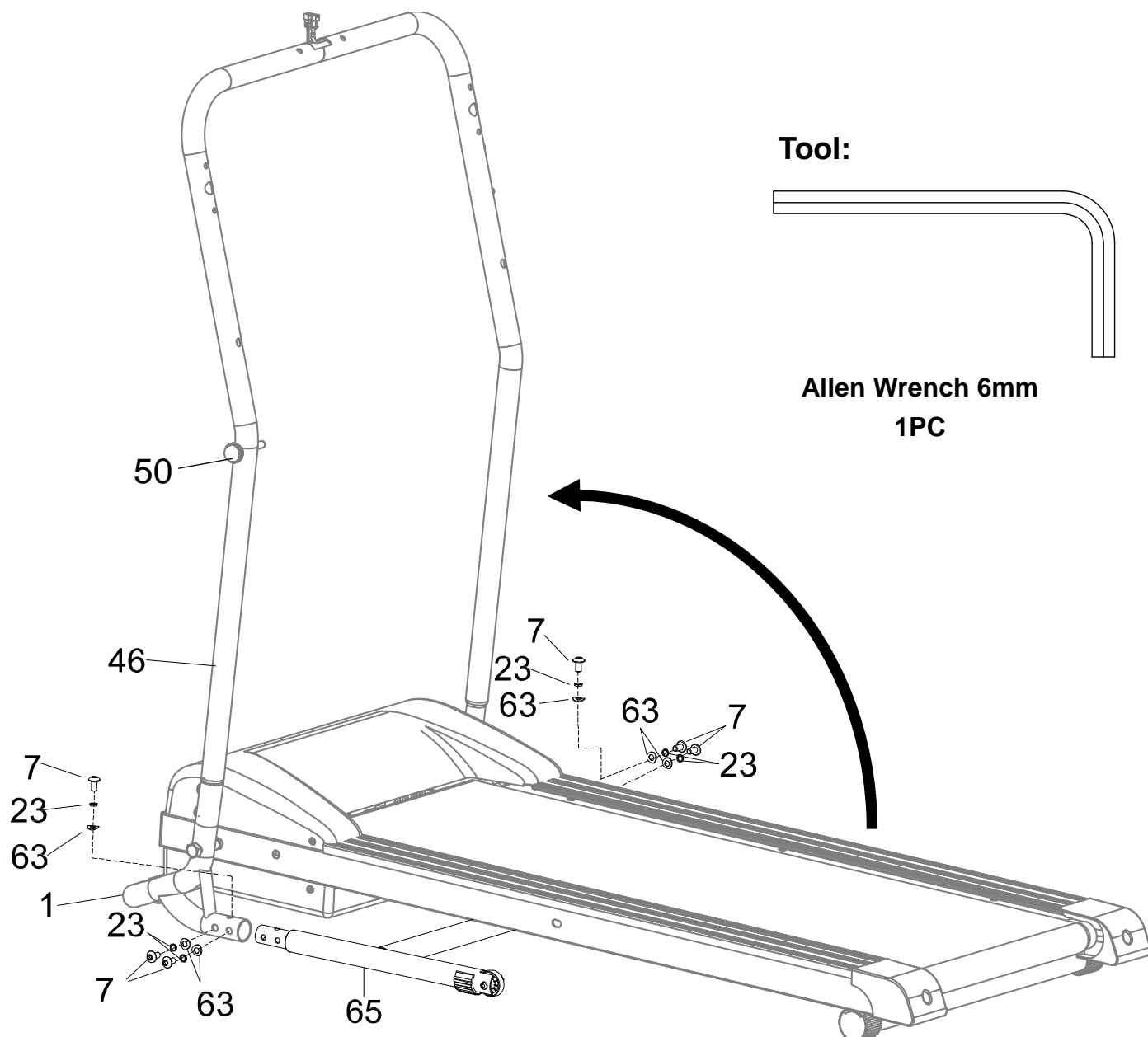
**Silicone Oil
1 bottle**

PARTS LIST

No.	Description	Qty
1	Stabilizer	1
2	Front Pad	4
3	Transport Wheel	2
4	Hex Socket Head Bolt M6x40	2
5	Lock Nut M6	2
6	Hex Socket Head Bolt M12x80	2
7	Hex Bolt M8x20	14
8	Main Frame	1
9	Motor 0.75HP	1
10	End Cap 25x50	2
11	Power Cord	1
12	Wire Plug	1
13	Fuse Box	1
14	Phillips Screw M5x10	13
15	Spring Washer Ø5	3
16	Flat Washer Ø5	3
17	Power Switch	1
18	Power Control Board	1
19	Cross Head Screw ST3x8	4
21	Phillips Screw M4x8	2
22	Hex Socket Head Bolt M8x25	4
23	Spring Washer Ø8	14
24	Flat Washer Ø8	7
25	Pad for MotorØ22xT10	4
26	Flange Nut M8	4
27	Motor Belt	1
28	Running Belt	1
29	Hex Socket Head Bolt M8x45	1
30	Phillips Screw M6x25	1
31	Hex Socket Head Bolt M8x55	2
32	Upper Motor Cover	1
33	Lower Motor Cover	1

No.	Description	Qty
34	Running Deck	1
35	Cross recessed Pan Head Screw M6x40	6
37	Deck Bumper	6
38	Side Rail	2
39	EVA cushion	4
40	C type End Cap	2
41	Left Rear End Cap	1
42	Right Rear End Cap	1
43	Wire Protector	3
44	Front Roller	1
45	Rear Roller	1
46	Upright Frame 205x635x1073	1
47	Cup HolderØ90*132	1
48	Cross Head Screw M6x16	2
49	Triangle Knob M6x45	2
50	Spring Knob	1
51	Signal Wire I (1500mm)	1
52	Handlebar	2
53	Foam Grip	2
54	Hand Pulse	2
55	Cross Head Screw ST4.2x32	2
56	Safety Tether Key	1
57	Computer	1
58	Wire for Switch (100mm)	1
59	Wire for Power Control Board (180mm)	1
60	Hand Pulse Sensor Wire I (600mm)	2
61	Hand Pulse Sensor Wire II (500mm)	2
62	Signal Wire II (600mm)	1
63	Curve WasherØ8	16
64	Hex Socket Head Bolt M8x50	2
65	Base Frame	1
66	Nylon Lock Nut M6	6

ASSEMBLY

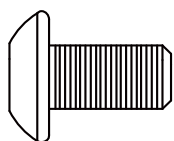


Step 1

1A. Lifting and Installing the Base Frame

Pull the **Spring Knob (50)** to lift the **Upright Frame (46)** as shown. Insert the **Base Frame (65)** onto the **Main Frame (1)** and align the bolt holes. Insert six **Curve Washers (63)**, six **Spring Washers (23)** and six **Hex Bolts (7)**. Tighten the bolts with the **6mm Allen Wrench** provided.

Hardware:



(7) Hex Bolt
6 PCS

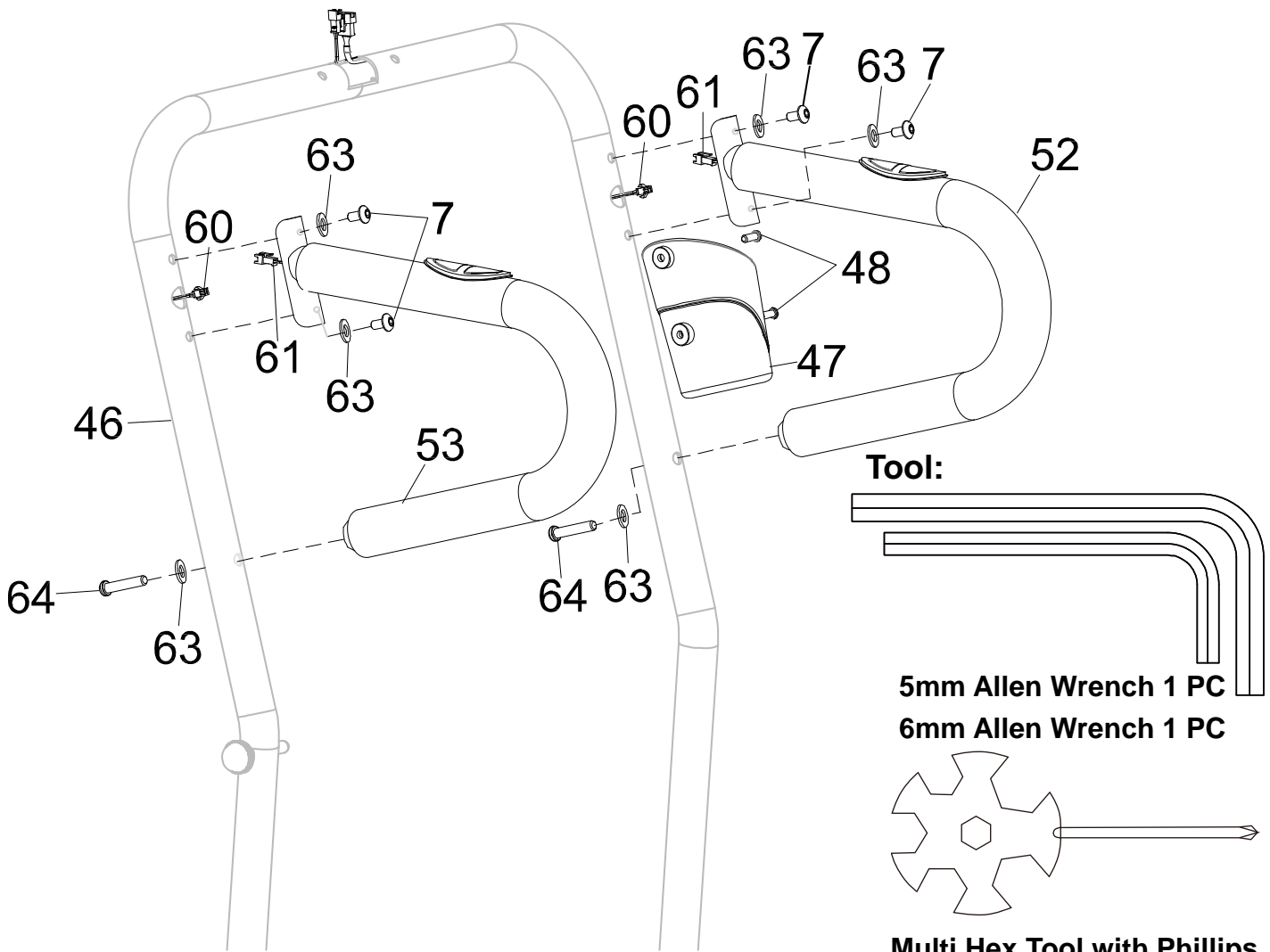


(23) Spring Washer
6PCS



(63) Curve Washer
6 PCS

ASSEMBLY



Step 2

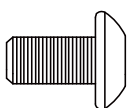
2A. Installing the Handlebars

Connect the **Hand Pulse Sensor Wires II (61)** from one of **Handlebar (52)** to the **Hand Pulse Sensor Wires I (60)** on the left side of the **Upright Frame (46)**. As you're connecting the pulse wires, align and secure the **Handlebar (52)** onto one side of the **Upright Frame (46)** using two **Hex Bolts (7)**, one **Hex Socket Bolt (64)**, and three **Curve Washers (63)**. Tighten the bolts with the **5 & 6 mm Allen Wrenches** provided. Repeat this step to attach the other **Handlebar (53)** onto the right side of the **Upright Frame (46)**.

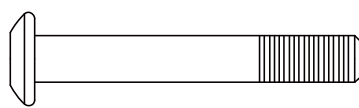
2B. Installing the Cup Holder

Attach the **Cup Holder (47)** onto the **Upright Frame (46)** using two **Cross Head Screws (48)** and then tighten using the **Multi Hex tool with Phillips Screwdriver** provided.

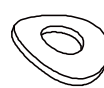
Hardware:



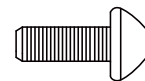
(7) Hex Bolt
4 PCS



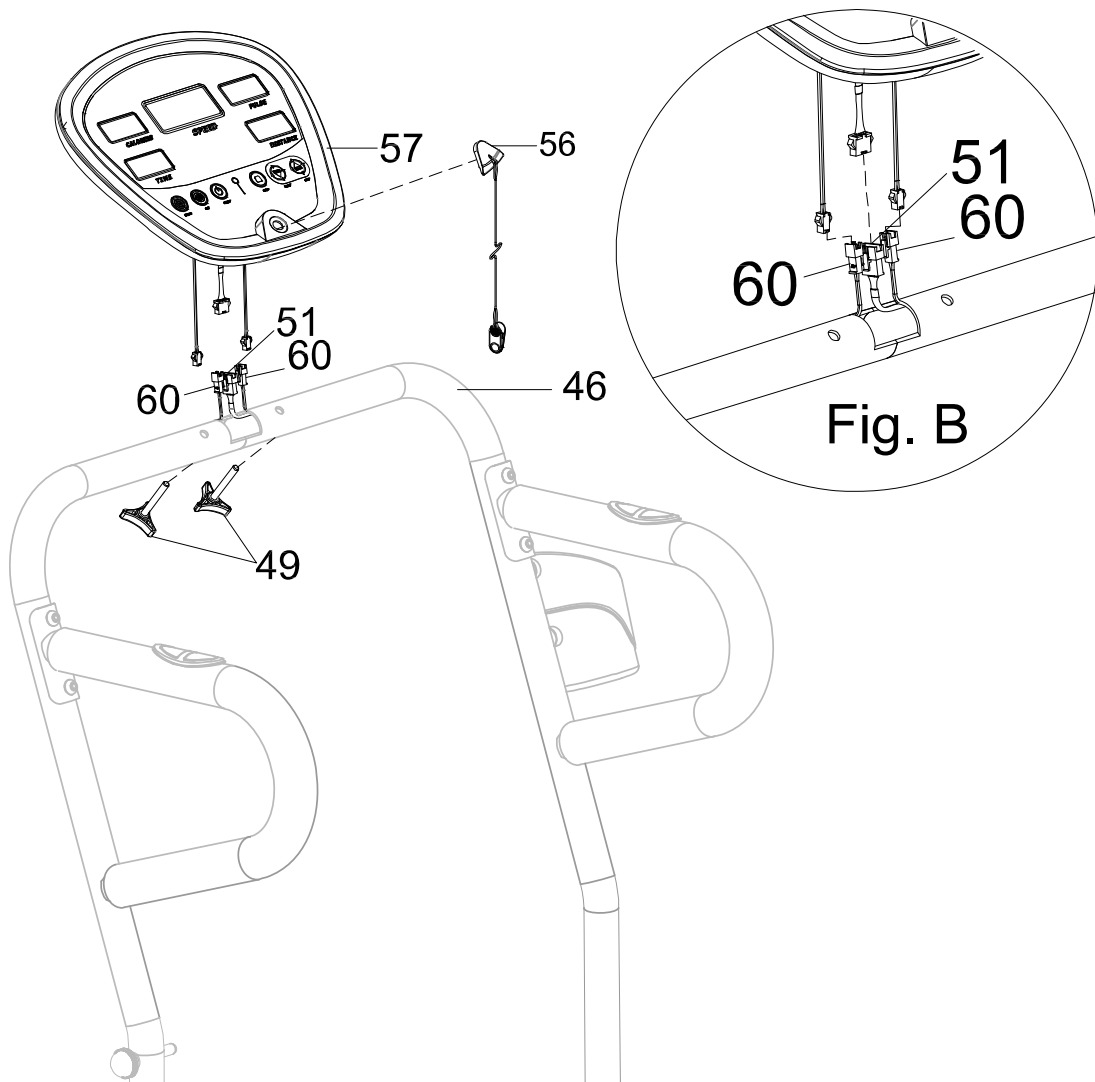
(64) Hex Socket Bolt
2 PCS



(63) Curve Washer
6 PCS



(48) Cross Head
Screw
2 PCS

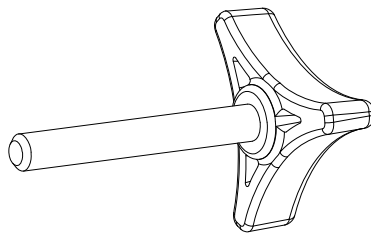


Step 3

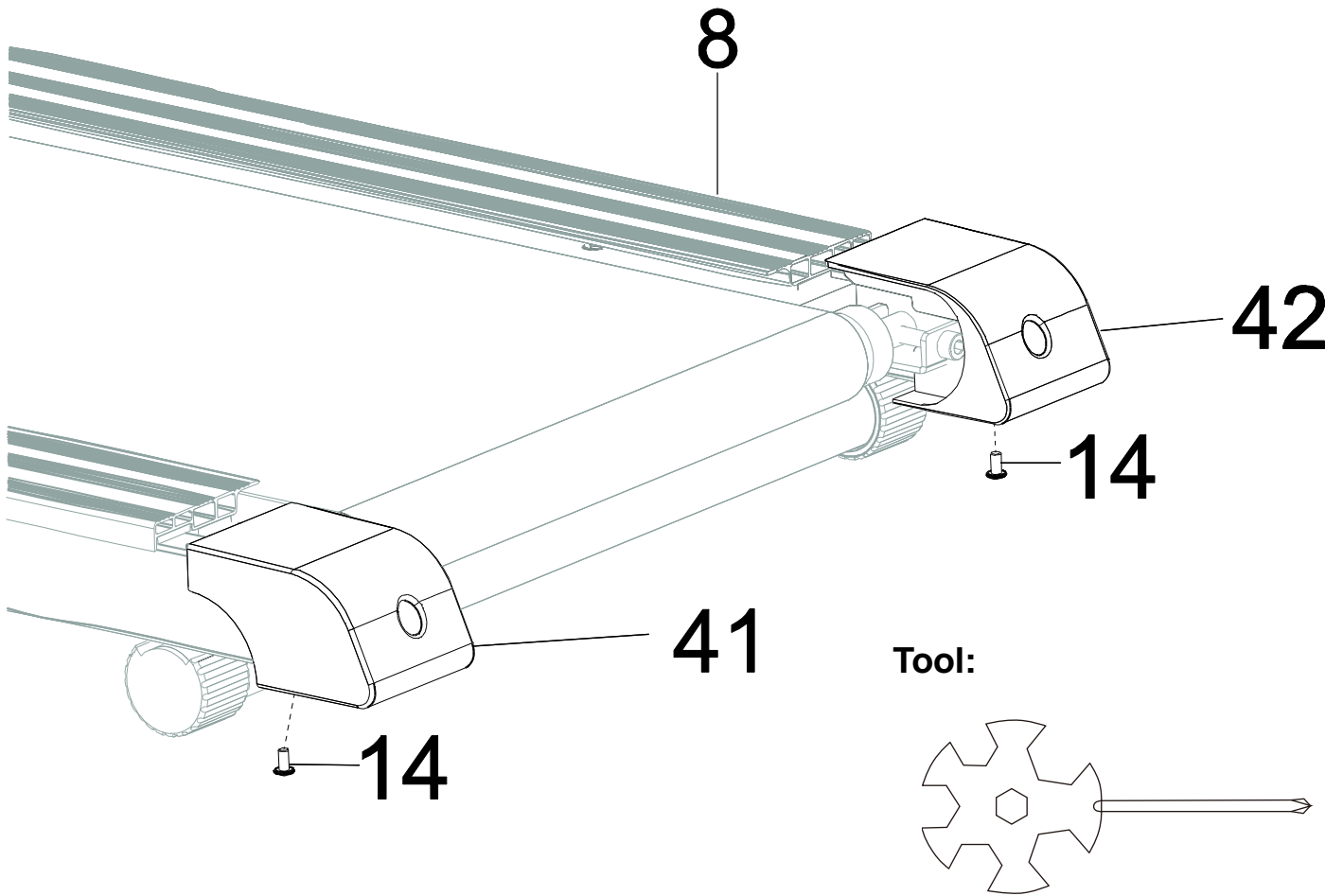
3A. Installing the Computer

Connect the **Sensor Wire I (51)** and the set of **Hand Pulse Sensor Wires (60)** from the **Upright Frame (46)** to the wires coming from the back of the **Computer (57)**. Tuck the connected wires into the **Upright Frame (46)** as seen in **Figure B**. Secure the **Computer (57)** to the **Upright Frame (46)** with two **Triangle Knobs (49)**. Place the **Safety Tether Key (56)** onto the **Computer (57)**.

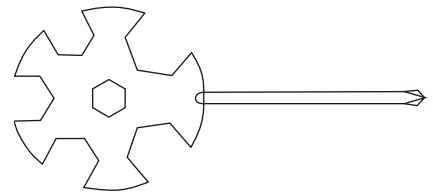
Hardware:



(49) Triangle Knob
2 PCS



Tool:



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

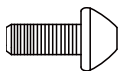
Step 4

4A. Installing the Rear End Caps.

Attach the **Right Rear End Cap (42)** on to the **Main Frame (8)**, secure it using one **Phillips Screw (14)**. Tighten the screw using the **Multi Hex Tool with Phillips Screwdriver** provided.

Repeat this step to install the **Left Rear End Cap (41)**.

Hardware:



**(14) Phillips Screw
2 PCS**

COMPUTER



Quick Start:

Plug the **Power Cord (11)** into a wall outlet and flip the **Power Switch (17)** that is located at the front of the treadmill to the ON position. Make sure the Safety Tether key is positioned on the **Computer (57)** then attach the Safety Clip securely to your clothing. Always begin the treadmill standing on the side rails, not on the belt.

Press the START button to start exercise, in the TIME window a 3 second countdown will begin before the running belt starts moving. The running belt will start moving with an initial speed of 1.0 MPH. The TIME window will display your elapsed workout TIME. The DISTANCE window will display your cumulative DISTANCE. The CALORIES window will display your total CALORIES burned during your workout. The PULSE window will display your current heart rate 4 - 5 seconds after you grip the handlebar hand pulse sensors with both of your hands. You may press the FAST or SLOW button on the **Computer (57)** to increase or decrease the running speed during exercise.

The treadmill's speed range is from 1.0 MPH to 5.0 MPH. The SPEED window will display your current speed. During training, you may press the STOP button to stop the treadmill running at any time and press the START button to start the treadmill running again. You can also pull out the safety tether key to stop the treadmill.

Button Functions:

START: To start the treadmill.

STOP: To stop the treadmill.

MODE: To navigate through the Pre Set goals.

FAST: To increase adjustments for pre-set target training time, distance, or calories. Or to Increase speed during training by 0.1 MPH.

SLOW: To decrease adjustments for pre-set target training time, distance, or calories. Or to Decrease speed during training by 0.1 MPH.

Computer Functions:

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current speed from the minimum 1.0 MPH to the maximum 5.0 MPH. You may increase or decrease the speed by pressing the FAST or SLOW button on the computer console.

DISTANCE: Displays the cumulative distance traveled during your workout.

CALORIES: Displays the total cumulative calories burned during your workout.

PULSE: The PULSE window will display your current heart rate 4 - 5 seconds after you grip the hand pulse sensors with both your hands. To ensure the pulse readout is precise, always grip the hand pulse sensors with two hands instead of just with one hand when you try to test your heart rate figures.

NOTE: If the equipment is left inactive for 5 minutes, the computer display will show a clock (time) and room temperature; that is called sleep mode. In sleep mode, all previous pre-set data and training data are kept and will show up when any button is pressed.

PRE-SET TARGET GOALS: The computer allows for 3 different Pre-set target features, Time/Distance/Calories. To set a Target, have the computer in stop mode and press the MODE button to select one of the 3 targets. The display will flash, Then press the FAST or SLOW buttons to increase or decrease the Time/Distance/Calorie target. Once you have made your selection, press the START button to begin.

PRE-SET TARGET TIME: A pre-set target time range can be set from 5:00 to 99:00 minutes. The running belt will start moving with an initial speed of 1.0 MPH. The speed can be adjusted using the FAST and SLOW buttons. Time will count down from the set value to 0:00, The Computer will Beep when the Target is met.

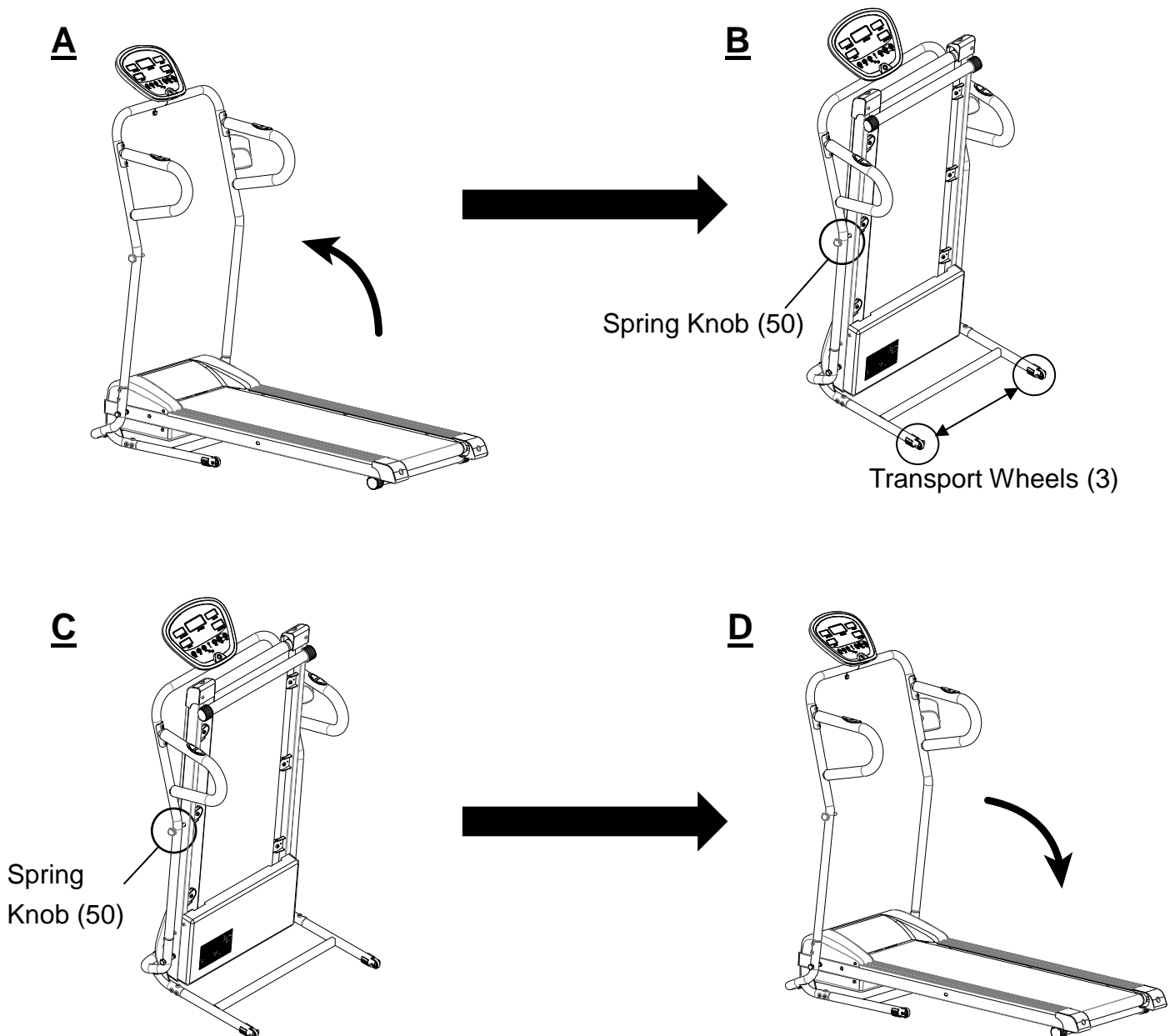
PRE-SET TARGET DISTANCE: A pre-set target distance range can be set from 0.30 to 624.4 miles. The running belt will start moving with an initial speed of 1.0 MPH. The speed can be adjusted using the FAST and SLOW buttons. Distance will count down from the set value to 0.00, The Computer will Beep when the Target is met.

PRE-SET TARGET CALORIES: A pre-set target calorie burn range can be set from 20 to 9990 calories. The running belt will start moving with an initial speed of 1.0 MPH. The speed can be adjusted using the FAST and SLOW buttons. Calories will count down from the set value to 0, The Computer will Beep when the Target is met.

STORAGE

LIFTING UP THE TREADMILL

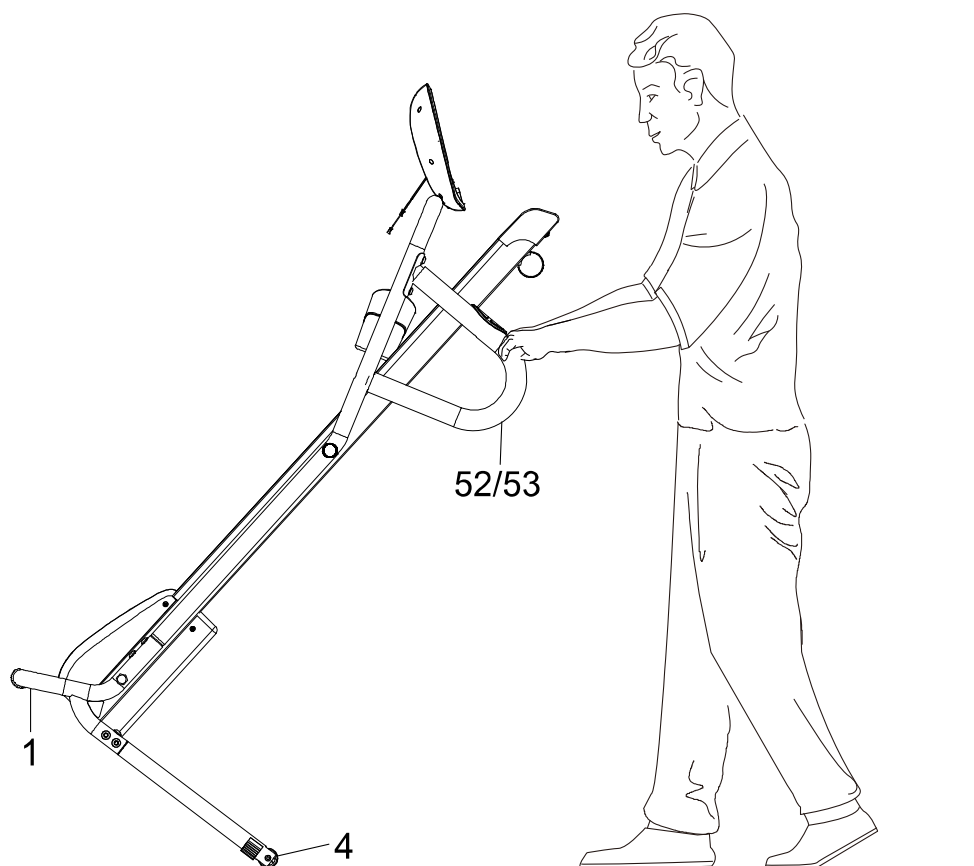
For convenience, the treadmill can be folded up and placed in a storage area. To fold the treadmill place one hand on the rear end of the main frame and use your other hand to pull out & hold the **Spring Knob (50)**, then lift the main frame up until the **Spring Knob (50)** "pops" into the locked position as shown in figure B. The unit can be carefully tilted onto its **Transport Wheels (3)** for easy moving and storage. Ensure the **Power Switch (17)** is in the off position and the **Power Cord (11)** is unplugged from the electrical wall outlet. Store the treadmill in a clean and dry environment away from children or pets. See **Figure A & B**.



SETTING DOWN THE TREADMILL

Note: Do not stand under the deck when setting down the treadmill. TO PREVENT INJURY, MAKE SURE YOU HOLD ONTO THE TREADMILL WHEN LIFTING UP OR SETTING DOWN THE DECK.

Pull and hold the Spring Knob while then lowering the main frame down. See **Figure C & D**.



Transporting the Treadmill:

Hold both **Handlebars (52)** and then gently tilt the treadmill back onto the **Left and Right Transport Wheels (3)**. Move the treadmill to your desired location and slowly lower it back to the ground.

WARNING: Turn the power switch off and unplug the power cord before moving.

WARNING: Fix the power cord to the frame so it does NOT drag on the floor while moving the treadmill.

WARNING: The treadmill weights more than 100 lbs / 45 kgs. DO NOT move the treadmill if you are not strong enough to balance that much weight on the transport wheels.

WARNING: Keep the treadmill, especially, the console, out of direct sunlight to prevent screen damage and paint discoloration

MAINTENANCE & TROUBLESHOOTING

WARNING: To prevent electrical shock, turn off and unplug the treadmill before cleaning or performing routine maintenance.

CLEANING

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.

Keep the treadmill, especially the console out of direct sunlight to prevent damage to the LCD screen.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none">1. Not plugged in.2. Power Switch turned off3. Safety tether key not connected.4. House circuit breaker tripped.5. Treadmill circuit breaker tripped.	<ol style="list-style-type: none">1. Plug the Power Cord into an electrical wall outlet.2. Ensure the Power Switch is flipped to the ON position.3. Install the safety tether key onto the Computer (57).4. Reset or have an electrician replace the breaker in home.5. Wait five minutes and then press the switch back on.
Belt slips.	Belt not tight enough.	<ol style="list-style-type: none">1. Adjust belt tension. See Adjustments
Belt hesitates When stepped on.	<ol style="list-style-type: none">1. Not enough lubrication applied onto the running deck.2. Belt is too tight.	<ol style="list-style-type: none">1. Apply silicone lubricant to the running deck. See Adjustments & Lubrication2. Adjust the belt tension. See Adjustments & Lubrication
Belt is off centered.	Running belt tension is not even across the rear roller.	<ol style="list-style-type: none">1. Center the belt. See Adjustments & Lubrication

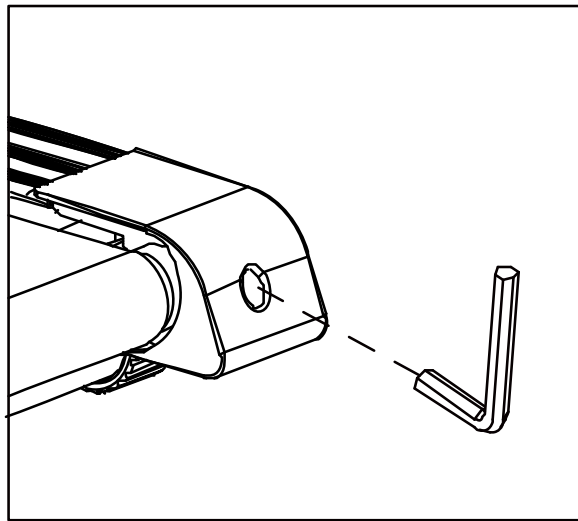
Error Codes Cause and Solutions

Fault Code	Cause	Solution
SAFE	Safety tether key protection	<ol style="list-style-type: none"> 1. Ensure that the Safety Tether Key is installed on the Computer (57). 2. Restart the power after 1 minute and install the Safety Tether Key 3. Computer IC Board damaged, Contact Customer Service.
Er1	Computer receiving error signal up to 15 seconds.	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute 2. Ensure the sensor cable is connected perfectly 3. Signal cable or computer IC board damaged, Discontinue use and contact Customer Service
Er3	Low Voltage	<ol style="list-style-type: none"> 1. Restart the power and retry after 1 minute. Check if the input voltage is lower. Use when voltage is normal 2. Signal Cable or power IC board damaged, Discontinue use and contact Customer Service
Er5	<ol style="list-style-type: none"> 1. Motor Cable become loose 2. Motor is blocked 3. Motor damaged 	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute 2. Check the motor cable , make sure it is connect perfectly 3. Check the motor quality, make sure there is no visible damage. 4. Ensure the running belt is thoroughly lubricated. 5. Motor or power IC board damaged, Discontinue use and contact Customer Service
Er7	Power IC board not receiving signal	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute 2. Ensure that the sensor cable is connected perfectly 3. Signal cable or power IC board damaged, Discontinue use and contact Customer Service

ADJUSTMENTS & LUBRICATION

Belt Adjustment:

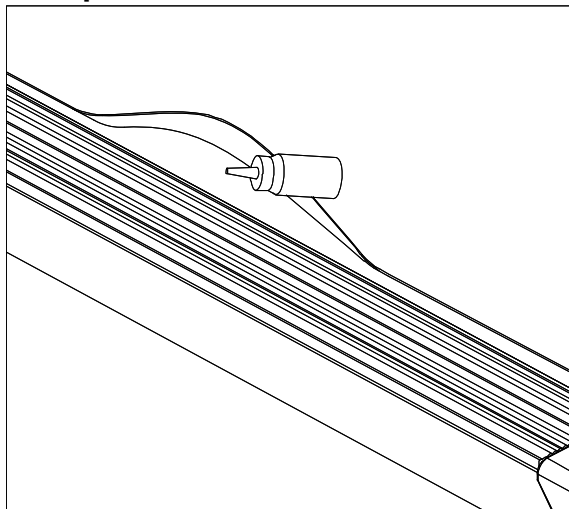
The belt tension is properly set before shipping. The belt may come loose during transportation and/or from use. After prolonged use of the treadmill, the belt will stretch out. If the belt begins shifting away from the center, turn on the main power switch of the treadmill and let the belt run at a speed of 1-1.5 MPH. If the belt is shifting to the left, use the **6mm Allen Wrench** to turn the left rear roller adjustment bolt 1/4 turn in a clockwise direction. You should see the belt start to correct its position by moving back towards the center. Repeat the above procedure until the belt is properly centered. If the belt begins shifting to the right, turn the right rear roller adjustment bolt 1/4 turn in a clockwise direction. You should see the belt start to correct itself by moving back towards the center. Repeat the above procedure until the belt is properly centered. If the belt is slipping during use, turn off and unplug the treadmill. Using the **6mm Allen wrench** provided turn both the left and right rear roller adjustment bolts 1/4 turn in a clockwise direction, then turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. You should now walk on to the belt to determine if the belt is still slipping. Repeat the above procedure until the belt no longer slips.



Lubrication:

The treadmill has already been coated with a "Silicone Oil", a non-volatile oil, which lubricates the running deck. There should be oil already applied in the treadmill when purchased. There will be no need to re-apply the oil under normal circumstances. To maintain the belt, the oil may be re-applied once the resistance has been increased and the belt starts rubbing against the running deck. To re-apply oil onto the treadmill, lift up the belt from the sides, one side at a time. Reach in as close as you can to the center of the running deck from the sides and apply drips of the oil. Repeat this for the other side. Allow the silicone oil to 'set' for one minute before using the treadmill.

Attention: Only use "Silicone Oil" lubricants for this equipment. **In addition, do not use any other type of oil; otherwise the treadmill will be damaged. Do not over-lubricate the running deck. Excess lubricant should be wiped off with a clean towel**



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
Motor	5 years For Home Use Only
All Other Components	90 days For Home Use Only

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, or accumulate dirt or stains; or
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

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

Ordering Replacement Parts

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

Service@paradigmhw.com

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

When ordering replacement parts please have the following information ready:

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

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

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 in Fax #: 626-810-2166***