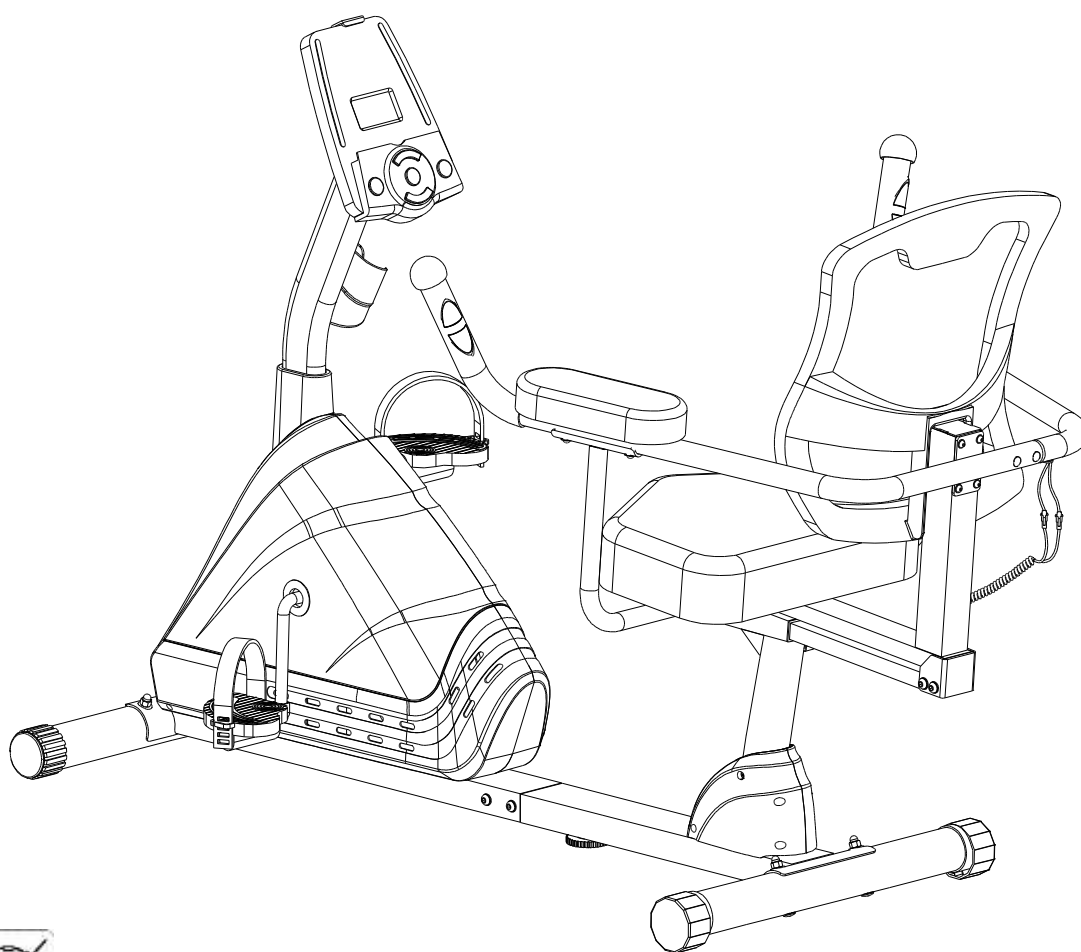




# "Mobile App Tracking" Programmable Recumbent Bike



**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.

1115.7-110918

## OWNER'S MANUAL



**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:**  
**1-844-641-7921**  
**Hours:**  
**8:00 am to 5:00 pm (PST)**  
**Monday thru Friday**

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## SERVICE

### **IMPORTANT: FOR NORTH AMERICA ONLY**

**For damage or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday) by below methods:**

**For Best Service Email:**

**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

**Website:**

**[www.paradigmhw.com](http://www.paradigmhw.com)**

**Toll-Free:**

**1-844-641-7921**

**Please have the following information ready when requesting for service:**

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

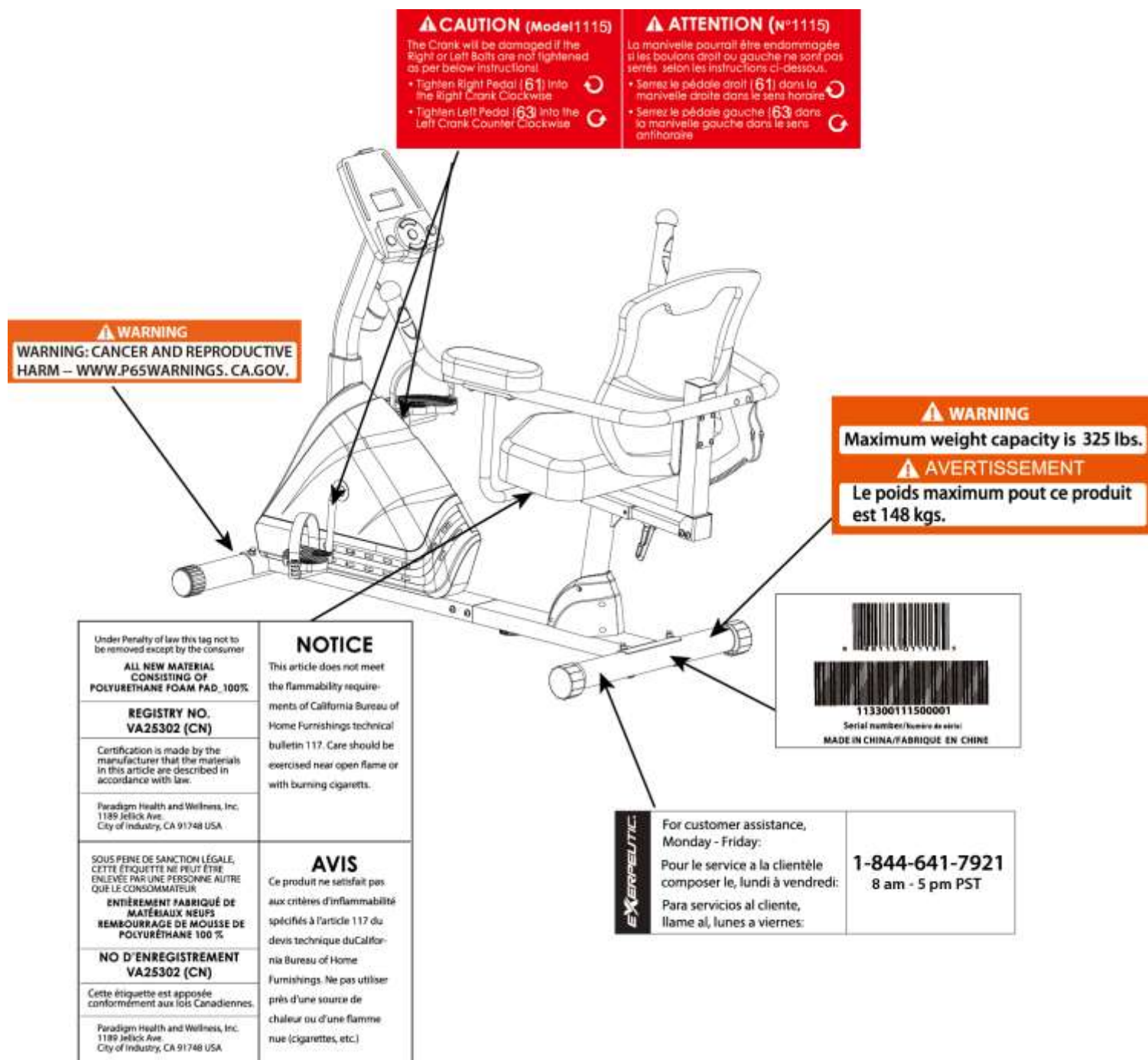
**For damaged or defective product please contact our customer service before returning to the store.**

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

**\*\*Response time may vary.**

**Paradigm Health & Wellness, Inc.  
1189 Jellick Ave.  
City of Industry, CA 91748, USA**

## LABEL PLACEMENT



## PRODUCT SAFETY

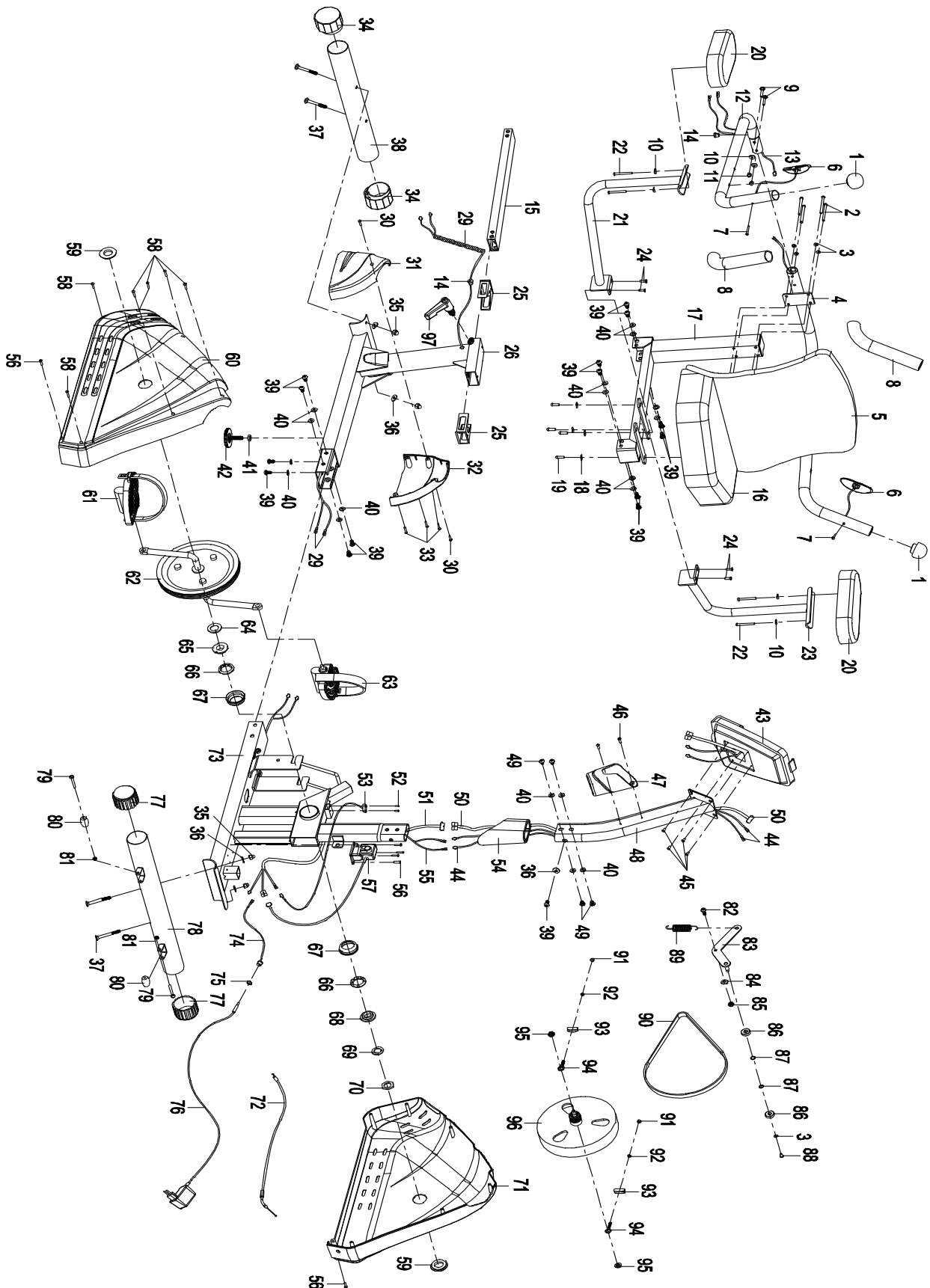
**Basic precautions should always be followed when using this equipment. Read all instructions before using this equipment which include the following safety instructions:**

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising, and in order to avoid injuring your muscles, it is recommended that you perform warm-up exercises for every muscle group.
3. Make sure all the components are not damaged and tightened well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Wear proper clothes and shoes when using this equipment; do not wear clothes that might get caught by any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult customer service.
6. Do not use or leave the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. This product requires a minimum of 6 square feet of space for safe operation.
10. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
11. **The maximum weight capacity for this product is 325 lbs/148 kgs.**
12. **WARNING: CANCER AND REPRODUCTIVE HARM--**[WWW.P65WARNINGS.CA.GOV](http://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. Read all instructions before using any fitness equipment.

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

# OVERVIEW DRAWING



## PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Handrail End Cap Ø32x1.5	2	025	Bushing	2
002	Bolt M6x70	4	026	Rear Main Frame	1
003	Washer Ø6xØ12x1.0	5	029	Extension Hand Pulse Sensor Wire I L=1300 mm	1
004	Left Handrail Ø32x1.5x1085	1	030	Phillips Self Tapping Screw ST4.8x20	2
005	Backrest 465x465x135	1	031	Right Decorate Cover Ø60	1
006	Hand Pulse Sensor with Wire L=1150 mm	2	032	Left Decorate Cover Ø60	1
007	Screw ST4.2x30	2	033	Screw ST4.8x25	3
008	Handrail Foam Grip Ø31xØ37x230	2	034	Rear Stabilizer End Cap Ø60	2
009	Bolt M6x35	2	035	Cap Nut M8	4
010	Big Curve Washer Ø6xØ16x1.5	6	036	Big Curve Washer Ø8xØ20x2.0	5
011	Cap Nut M6	2	037	Bolt M8x70	4
012	Right Handrail Ø32x1.5x929	1	038	Rear Stabilizer Ø60x1.5x580	1
013	Extension Hand Pulse Sensor Wire L=200 mm	1	039	Bolt M8x15	15
014	Wire Grommet Ø12.1	2	040	Washer Ø8xØ16x1.5	18
015	Seat Sliding Tube 53x23x2	1	041	Hexagon Nut M10xH5	1
016	Seat 430x330x90	1	042	Adjustable Leveler M10	1
017	Back and Seat Support Bracket 53x23x2	1	043	Computer M7-570	1
018	Big Washer Ø6xØ18x1.5	4	044	Extension Hand Pulse Sensor Wire III L=650 mm	2
019	Bolt M6x20	4	045	Bolt M5x10	4
020	Armrest 250x110x45	2	046	Bolt M5x15	2
021	Right Handrail Support Tube Ø25x1.5	1	047	Bottle Holder	1
022	Bolt M6x50	4	048	Front Post 70x30x1.5	1
023	Left Handrail Support Tube Ø25x1.5	1	049	Bolt M8x10	4
024	Bolt M6x15	4	050	Extension Sensor Wire I L=600 mm	1

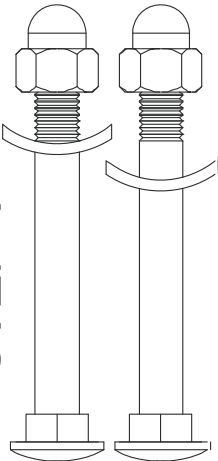
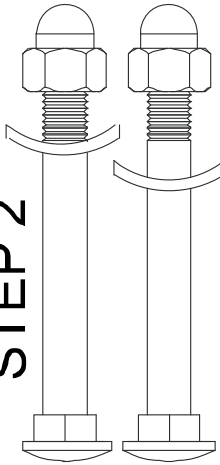
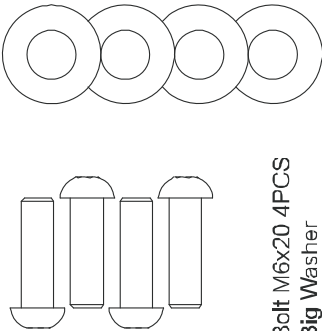
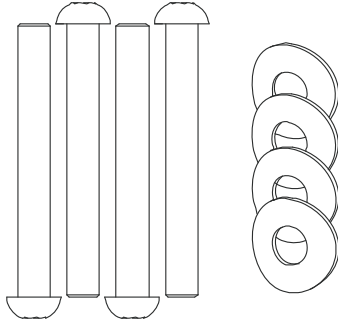
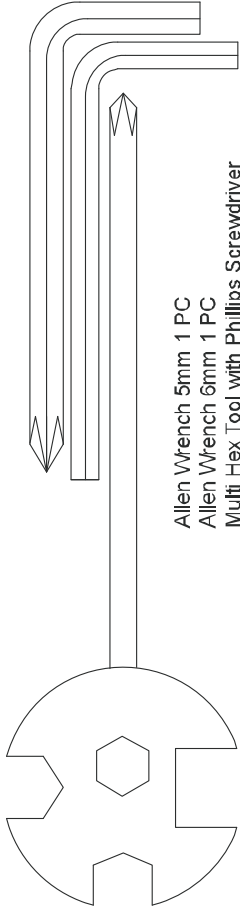
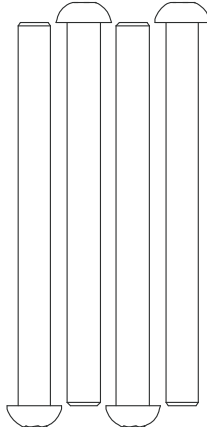

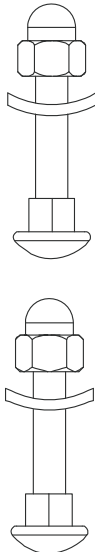


## PARTS LIST

No.	Description	Qty	No.	Description	Qty
051	Extension Sensor Wire L=600 mm	1	075	Hexagon Nut 1/2"	1
052	Screw ST2.9x12	2	076	Adapter L=2000 mm	1
053	Sensor with Wire L=300 mm	1	077	Front Stabilizer End Cap Ø60	2
054	Front Post Cover	1	078	Front Stabilizer Ø60x1.5x580	1
055	Extension Hand Pulse Sensor Wire II L=1200 mm	1	079	Bolt M6x45	2
056	Phillips Self Tapping Screw ST4.2x20	6	080	Transport Wheel Ø23xØ6x32	2
057	DC Motor with Wire L=300 mm	1	081	Nylon Nut M6	2
058	Screw ST4.2x25	6	082	Bolt M8x20	1
059	Cover Cap Ø40xØ25x10	2	083	Idler Arm	1
060	Right Cover 672x79x448	1	084	Big Washer Ø8xØ20x2	1
061	Right Foot Pedal (YH-63X)	1	085	Nylon Nut M8	1
062	Crank with Belt Pulley Ø240	1	086	Bearing 6000-2Z	2
063	Left Foot Pedal (YH-63X)	1	087	Washer Ø10xØ14x1.0	2
064	Washer Ø24xØ40x3.0	1	088	Bolt M6x10	1
065	Bearing Nut I 15/16"	1	089	Spring Ø17x80xØ2.5	1
066	Ball Bearing	2	090	Belt PJ360 J6	1
067	Bearing Cup	2	091	Nut M6	2
068	Bearing Nut II 7/8"	1	092	Spring Washer Ø6	2
069	Washer Ø23xØ34.5x2.5	1	093	Tension Bracket	2
070	Hexagon Nut 7/8"	1	094	Adjustable Bolt M6x36	2
071	Left Cover 672x83x448	1	095	Nut M10x1.0x6	2
072	Magnetic Brake Cable L=280 mm	1	096	Flywheel Ø230	1
073	Front Main Frame 80x40x2	1	097	L Shape Knob M6x1.5	1
074	Power Supply Cable L=300 mm	1			

HARDWARE & TOOLS PACK

1115 - Hardware Pack

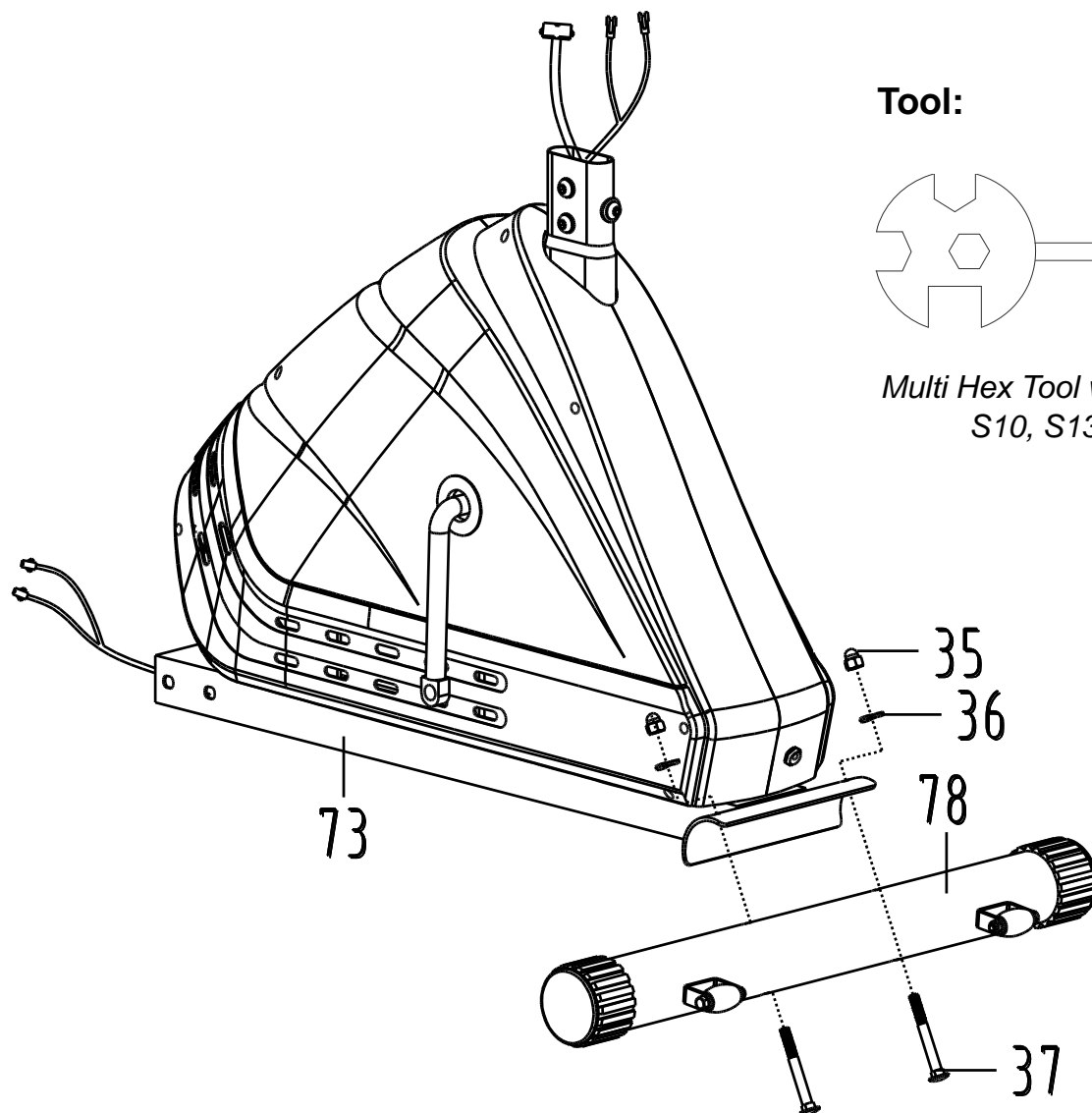
<div><div>STEP 1</div><div><div>#37 Bolt M8x70 2PCS #36 Big Curve Washer Ø8xØ20x2.0 2PCS #35 Cap Nut M8 2PCS</div></div></div>	<div><div>STEP 2</div><div><div>#37 Bolt M8x70 2PCS #36 Big Curve Washer Ø8xØ20x2.0 2PCS #35 Cap Nut M8 2PCS</div></div></div>	<div><div>STEP 4</div><div><div>#19 Bolt M6x20 4PCS #18 Big Washer Ø6xØ18x1.5 4PCS</div></div></div>	<div><div>STEP 9</div><div><div>#22 Bolt M6x50 4PCS #10 Big Curve Washer Ø6xØ16x1.5 4PCS</div></div></div>	<div><div>Allen Wrench 5mm 1 PC Allen Wrench 6mm 1 PC Multi Hex Tool with Phillips Screwdriver S10, S13, S14, S15 1 PC</div></div>	<div><div>STEP 8</div><div><div>#2 Bolt M6x70 4PCS</div></div></div>	<div><div>#3 Washer Ø6xØ12x1.0 4PCS</div></div> <div><div>#9 Bolt M6x35 2PCS #10 Big Curve Washer Ø6xØ16x1.5 2PCS #11 Cap Nut M6 2PCS</div></div>
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## ASSEMBLY

### Tool:



*Multi Hex Tool with Phillips Screwdriver  
S10, S13, S14, S15 1PC*



### 1. Front Stabilizer Installation

Lift up the Front Main Frame (73), and align the Front Stabilizer (78) onto the front curve of the Front Main Frame (73). Insert two Bolts (37) into the Front Stabilizer (78), then on the threaded ends of the Bolts (37) attach two Big Curve Washers (36) and two Cap Nuts (35). Hold the Front Stabilizer (78) to the Front Main Frame (73) and use the Multi Hex Tool with Phillips Screwdriver provided to tighten the Cap Nuts (35) until secure.

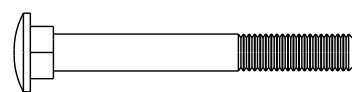
### Hardware:



(#35) Cap Nut  
2 PCS

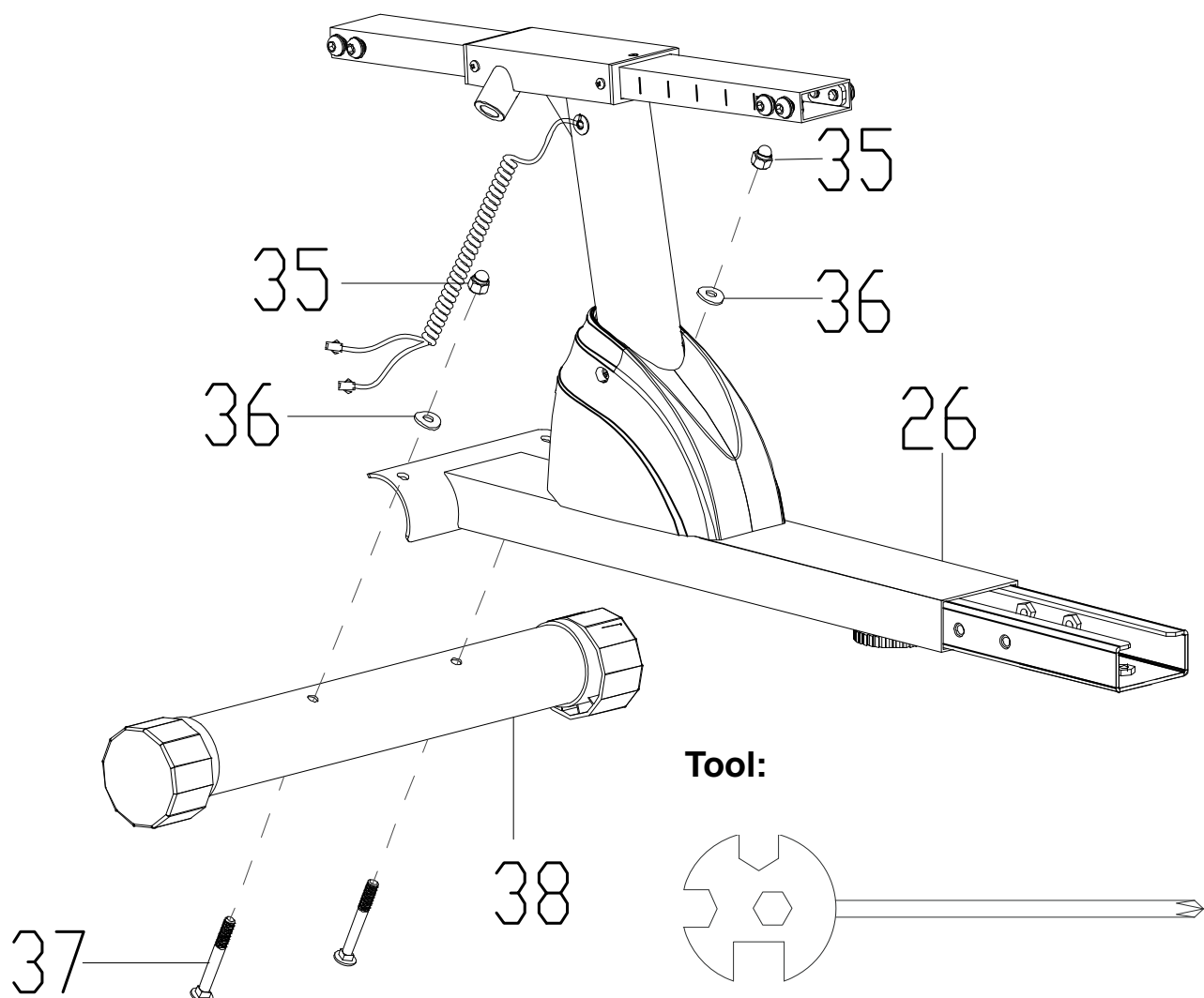


(#36) Big Curve Washer  
2 PCS



(#37) Bolt  
2 PCS

## ASSEMBLY



### Tool:



*Multi Hex Tool with Phillips Screwdriver  
S10, S13, S14, S15 1PC*

## 2. Rear Stabilizer Installation

Lift up the Rear Main Frame (26), and align the Rear Stabilizer (38) onto the rear curve of the Rear Main Frame (26). Insert two Bolts (37) into the Rear Stabilizer (38), then on the threaded ends of the Bolts (37) attach two Big Curve Washers (36) and two Cap Nuts (35). Hold the Rear Stabilizer (38) to the Rear Main Frame (26) and use the Multi Hex Tool with Phillips Screwdriver provided to tighten the Cap Nuts (35) until secure.

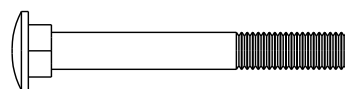
### Hardware:



(#35) Cap Nut  
2 PCS



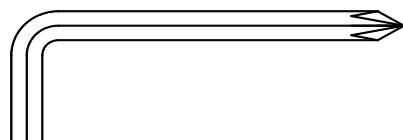
(#36) Big Curve Washer  
2 PCS



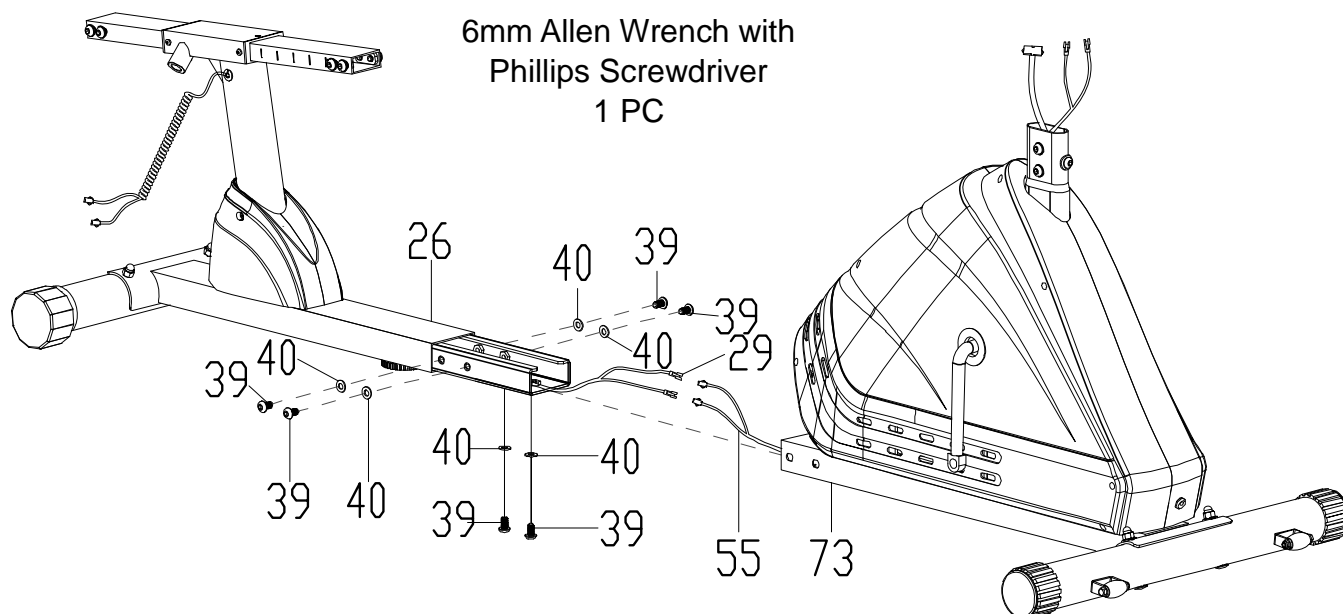
(#37) Bolt  
2 PCS

## ASSEMBLY

### Tool:



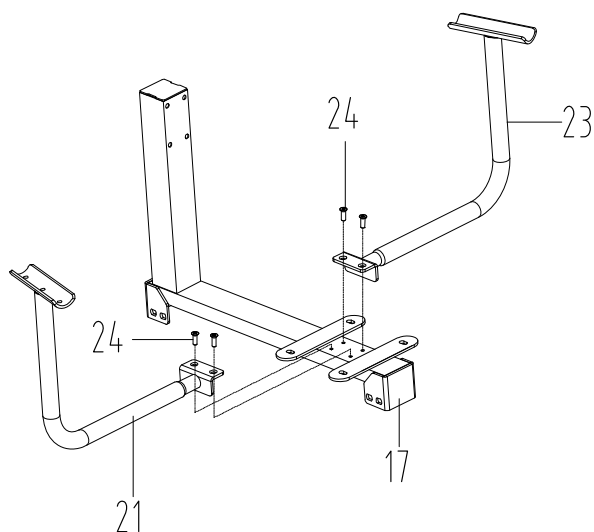
6mm Allen Wrench with  
Phillips Screwdriver  
1 PC



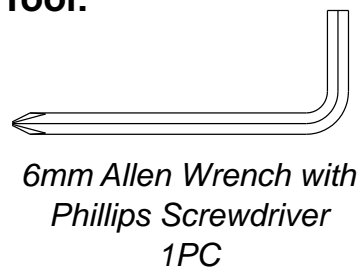
### 3. Main Frame Assembly

Use the 6mm Allen Wrench with Phillips Screwdriver provided to remove the six Bolts (39) and the six Washers (40) from the Rear Main Frame (26). Connect the Extension Hand Pulse Sensor Wire I (29) from the Rear Main Frame (26) with the Extension Hand Pulse Sensor Wire II (55) from the Front Main Frame (73). Insert the Rear Main Frame (26) into Front Main Frame (73). Make sure the wires stay connected and are not pinched. Re-insert the six Bolts (39) and the six Washers (40) into the Front Main Frame (73). Tighten the six Bolts (39) using the 6mm Allen Wrench with Phillips Screwdriver Provided.

## ASSEMBLY

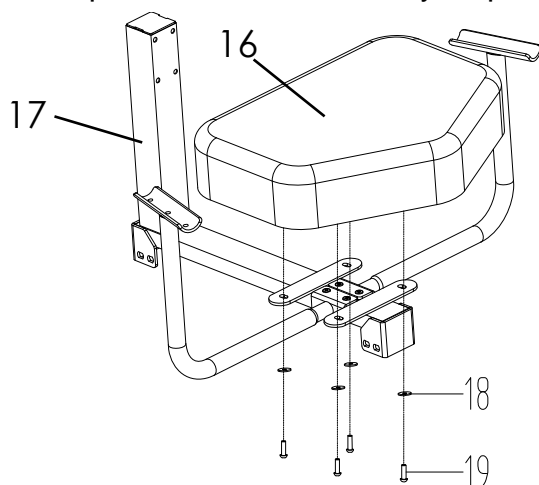


### Tool:

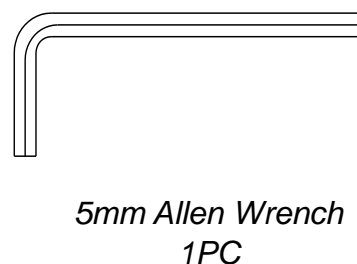


#### 4.1 Right/Left Handrail Support Tubes Installation

Use the Multi Hex Tool with Phillips Screwdriver to remove the four Bolts (24) from the Back and Seat Support Bracket (17). Align the holes of the Right Handrail Support Tube (21) and the Back and Seat Support Bracket (17). Re-insert two Bolts (24) into the Right Handrail Support Tube (21) and use the Multi Hex Tool with Phillips Screwdriver provided to tighten until secure. Repeat the same assembly steps for the Left Handrail Support Tube (23).



### Tool:



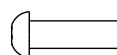
#### 4.2 Seat Installation

Align the holes of the Seat (16) and the Back and Seat Support Bracket (17). Insert the four Bolts (19) with four Big Washers (18) into the Back and Seat Support Bracket (17). Use the 5mm Allen Wrench provided to tighten the four Big Washers (18) and four Bolts (19) until secure.

### Hardware:

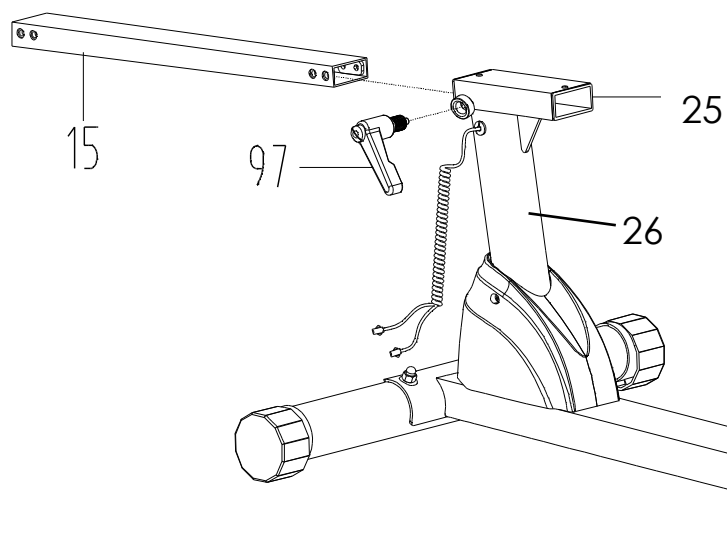


(#18) Big Washer  
4 PCS



(#19) Bolt  
4 PCS

## ASSEMBLY



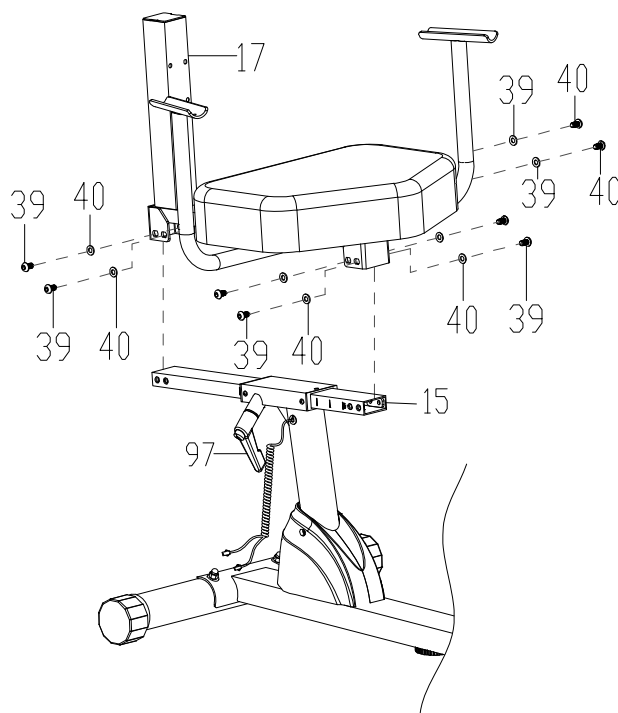
**Tool:**



*6mm Allen Wrench with  
Phillips Screwdriver  
1PC*

### 5.1 Seat Sliding Tube Installation

Use the 6mm Allen Wrench with Phillips Screwdriver to remove the eight Bolts (39) and the eight Washers (40) from the Seat Sliding Tube (15). Insert the Seat Sliding Tube (15) into the Bushing (25) of the Rear Main Frame (26). Install the L-Shape Knob (97) and tighten it by turning in a clockwise direction.



**Tool:**

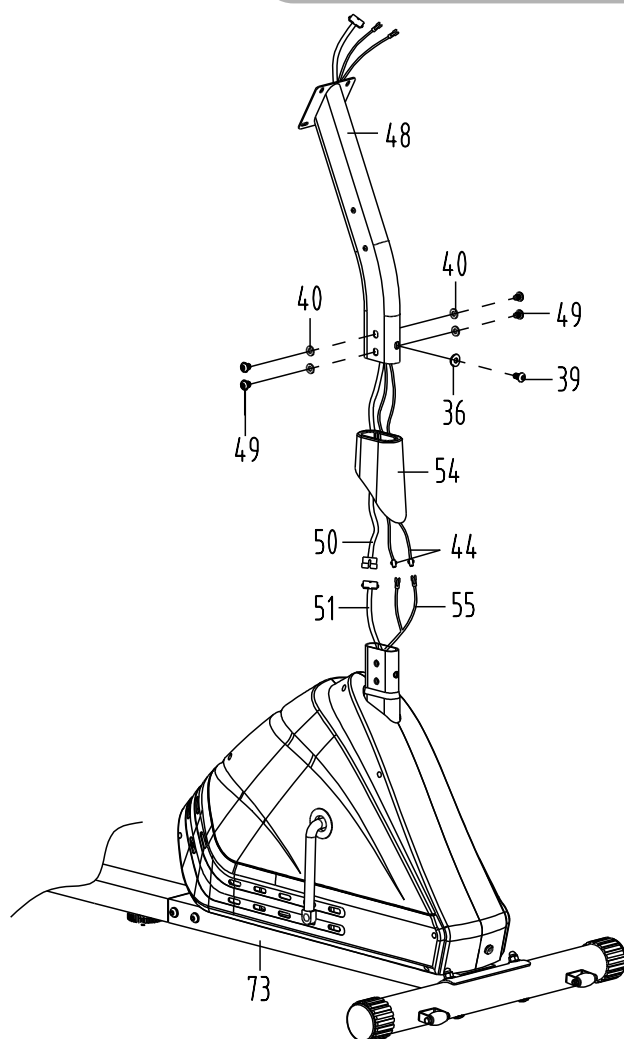


*6mm Allen Wrench with  
Phillips Screwdriver  
1PC*

### 5.2 Back/Seat Support Bracket Installation

Attach the Back and Seat Support Bracket (17) onto the Seat Sliding Tube (15) using the eight Bolts (39) and the eight Washers (40) that were previously removed. Tighten the Bolts (39) with the 6mm Allen Wrench with Phillips Screwdriver provided.

## ASSEMBLY



### Tool:



6mm Allen Wrench with  
Phillips Screwdriver  
1PC

### 6. Front Post and Front Post Cover installation

Use the 6mm Allen Wrench with Phillips Screwdriver provided to remove the four Washers (40), four Bolts (49), one Bolt (39), and one Big Curve Washer (36) from the tube of the Front Main Frame (73). Slide the Front Post Cover (54) up on to the Front Post (48) and keep it there. Connect the Extension Sensor Wire (51) to the Extension Sensor Wire I (50). Connect the Extension Hand Pulse Sensor Wire II (55) to the Extension Hand Pulse Sensor Wire III (44).

Insert the Front Post (48) onto the tube of the Front Main Frame (73), making sure not to pinch or disconnect the wires. Secure the Front Post (48) onto the Front Main Frame (73) with the four Washers (40), four Bolts (49), one bolt (39), and one Big Curve Washer (36) that were previously removed. Lightly tighten the four Bolts (49) on the side of the Front Post (48) and one Bolt (39) on the front of the Front Post (48) by hand. After all five bolts are tightened by hand, tighten the front Bolt (39) with the 6mm Allen Wrench with Phillips Screwdriver provided until secure. Then tighten the other four Bolts (49) on the side of the Front Post (48) with the 6mm Allen Wrench with Phillips Screwdriver. Slide the Front Post Cover (54) down to the Front Main Frame (73).

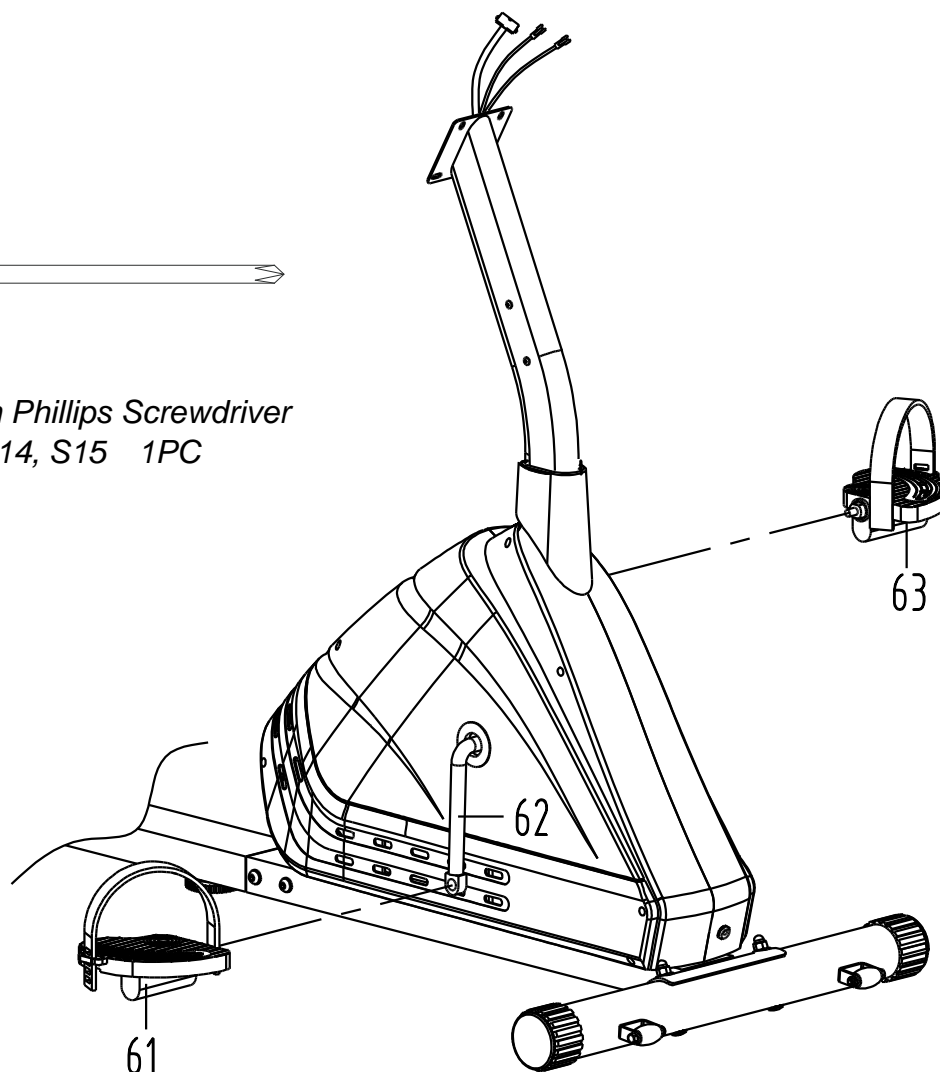


## ASSEMBLY

### Tool:



*Multi Hex Tool with Phillips Screwdriver*  
S10, S13, S14, S15 1PC



### 7. Left and Right Foot Pedals Installation

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

Insert the Left Foot Pedal (63) into the threaded hole in the left side of the Crank with Belt Pulley (62). Turn the Left Foot Pedal (63) by hand in a **counter-clockwise** direction until snug.

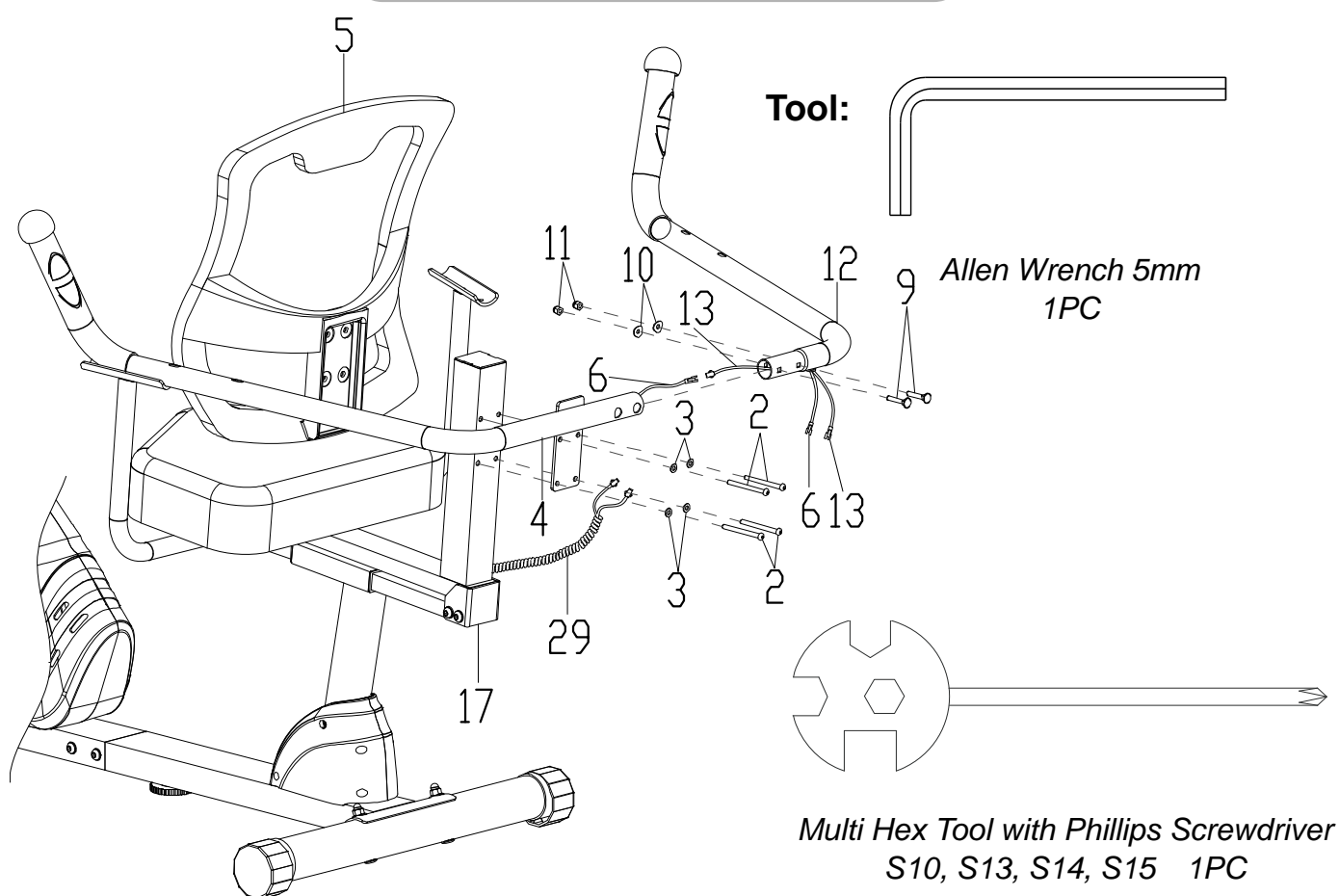
**Note: DO NOT** turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the Left Foot Pedal (63) using the Multi Hex Tool with Phillips Screwdriver provided.

Insert the Right Foot Pedal (61) into the threaded hole in the right side of the Crank with Belt Pulley (62). Turn the Right Foot Pedal (61) by hand in a **clockwise direction** until snug.

Tighten the Right Foot Pedal (61) with the Multi Hex Tool with Phillips Screwdriver provided

## ASSEMBLY

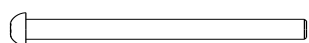


### 8. Left/Right Handrails and Backrest Installation

Attach the Backrest (5) and Left Handrail (4) onto the Back and Seat Support Bracket (17), using four Bolts (2) and four Washers (3). Tighten the Bolts (2) using the 5mm Allen Wrench provided.

Connect the Hand Pulse Sensor Wire (6) from the Left Handrail (4) to the Extension Hand Pulse Sensor Wire (13) from the Right Handrail (12). Insert the Right Handrail (12) into the tube hole of the Left Handrail (4) being careful not to pinch the wires. Secure the Left Handrail (4) and Right Handrail (12) using two Bolts (9), two Big Curve Washer (10), and two Cap Nuts (11). Tighten the Cap Nuts (11) using the Multi Hex Tool with Phillips Screwdriver provided. Connect the Extension Hand Pulse Sensor Wire I (29) to the Hand Pulse Sensor Wire (6) and Extension Hand Pulse Sensor Wire (13).

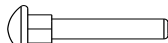
### Hardware:



(#2)  
Bolt  
4 PCS



(#3)  
Washer  
4 PCS



(#9)  
Bolt  
2 PCS

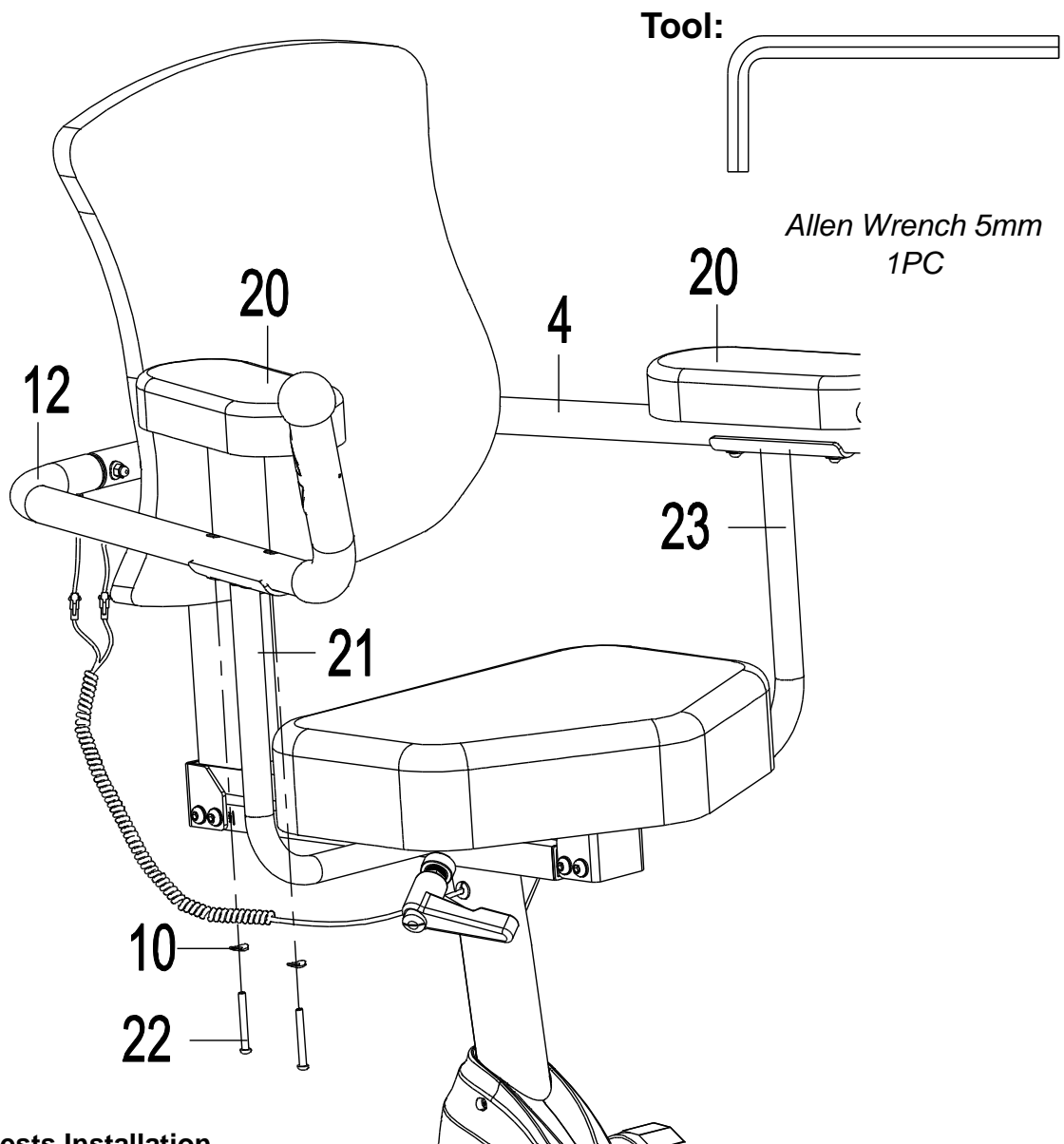


(#10) Big Curve  
Washer  
2 PCS



(#11) Cap  
Nut  
2 PCS

## ASSEMBLY



### 9. Armrests Installation

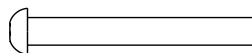
Align the holes of the Armrest (20), the Right Handrail (12), and the Right Hand Support Tube (21). Fasten the three parts together with two Bolts (22) and two Big Curve Washers (10). Use the 5mm Allen Wrench provided to tighten the two Bolts (22) and two Big Curve Washers (10) until firm and secure.

Repeat the step above for the second Armrest (20), the Left Handrail (4), and the Left Handrail Support Tube (23).

### Hardware:

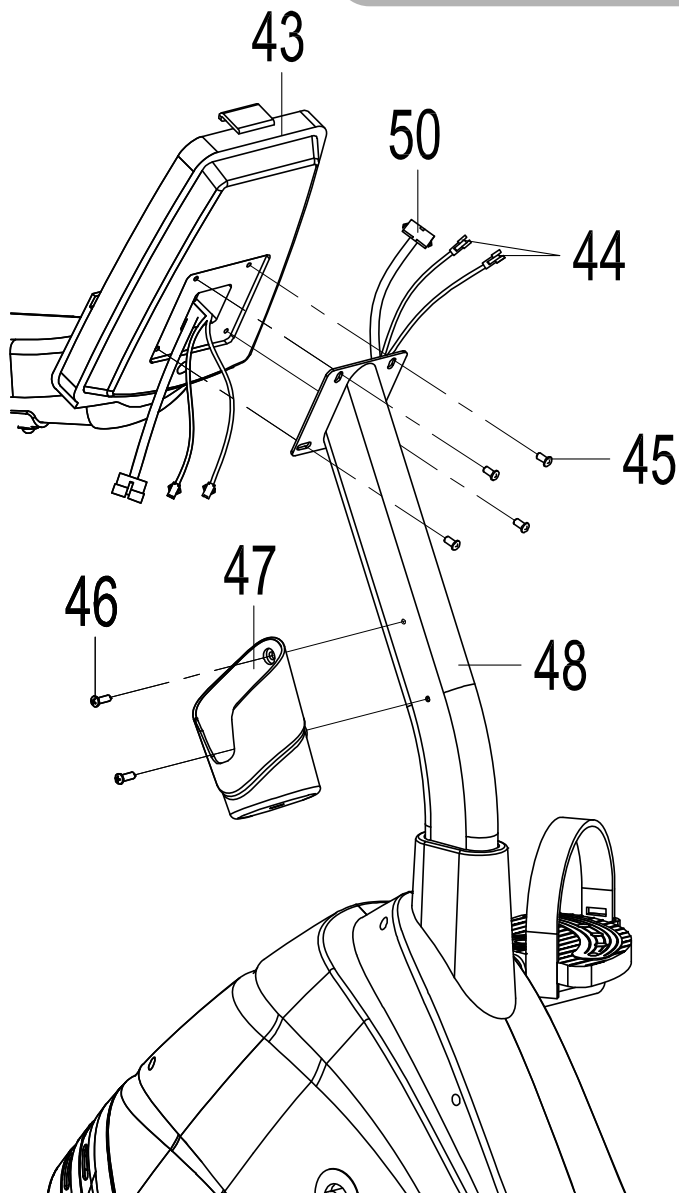


(#10) Big Curve Washer  
4 PCS

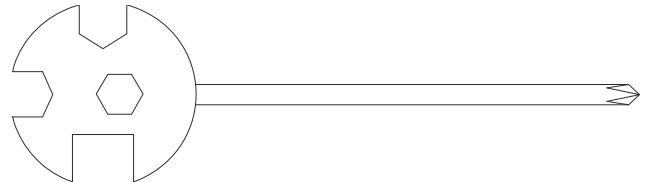


(#22) Bolt  
4 PCS

## ASSEMBLY



**Tool:**



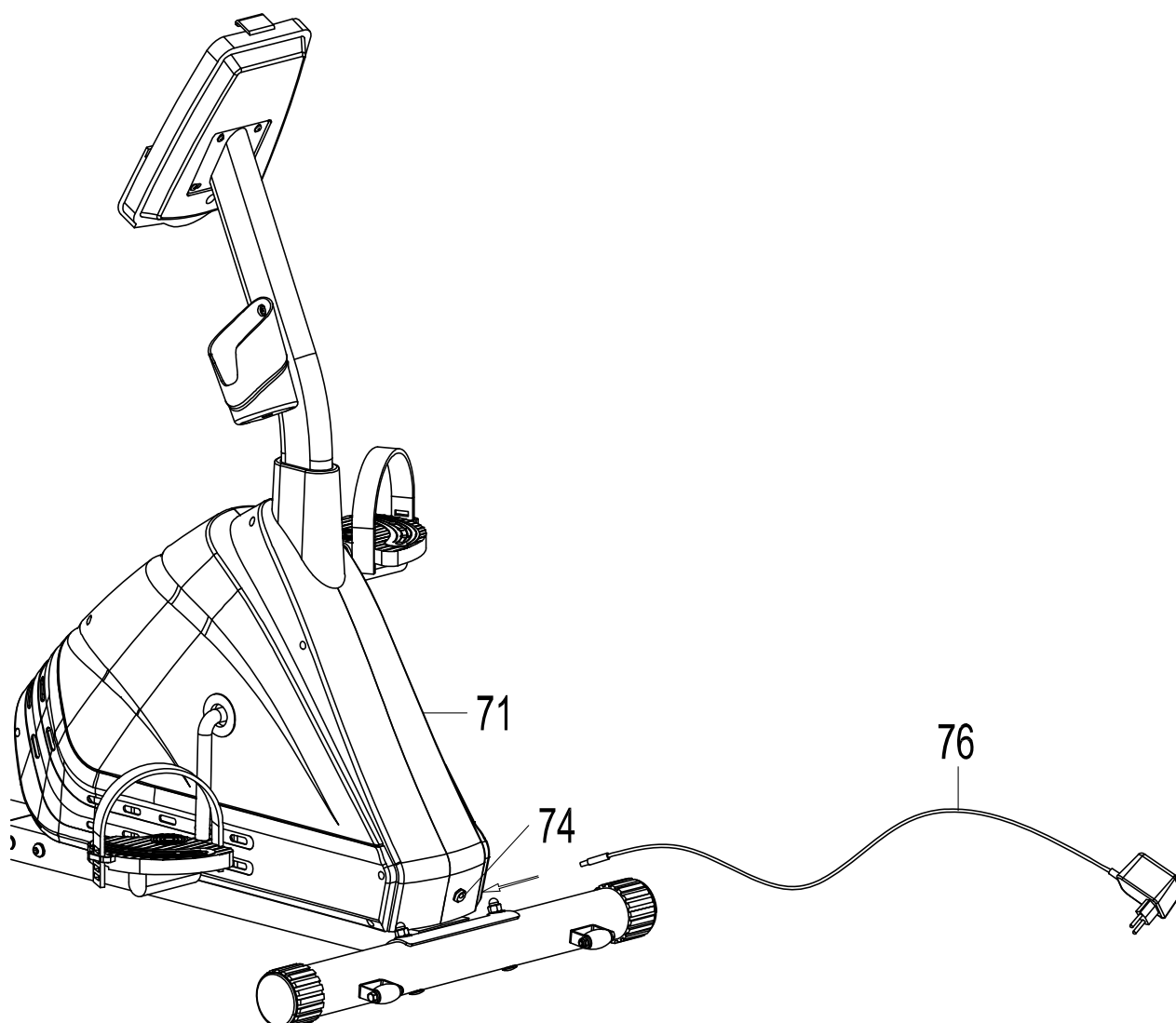
*Multi Hex Tool with Phillips Screwdriver  
S10, S13, S14, S15 1PC*

### 10. Computer and Bottle Holder Installation

Use the Multi Hex Tool with Phillips Screwdriver provided to remove the four Bolts (45) from the back of the Computer (43). Connect the Extension Hand Pulse Sensor Wires III (44) and Extension Sensor Wire I (50) to the wires at the rear of the Computer (43). Carefully tuck the wires into the Front Post (48). Attach the Computer (43) onto the Front Post (48) with the four Bolts (45) that were previously removed. Tighten the Bolts (45) using the Multi Hex Tool with Phillips Screwdriver provided.

Use the Multi Hex Tool with Phillips Screwdriver to remove the two Bolts (46) from the right side of the Front Post (48). Attach the Bottle Holder (47) onto the Front Post (48) with the two Bolts (46) that were previously removed. Tighten the bolts with the Multi Hex Tool with Phillips Screwdriver provided.

## ASSEMBLY



### 11. Adapter Installation

Plug one end of the Adapter (76) into the power jack of the Power Supply Cable (74) on the Left Cover (71). Before plugging in, make sure to carefully check the specifications on the Adapter (76). Plug the other end of the Adapter (76) into the electrical wall outlet.

## COMPUTER



### I. Display:

1. The LCD display shows the following workout statistics:  
TIME, RPM, SPEED, DISTANCE, CALORIES, PULSE, and USER
2. Program Profiles: The LCD display will show the program profile you select on the 8 row by 16 column portion of the display.

### II. Modes:

1. POWER Mode: When you plug in the machine, the console will beep, and the display will ask you to select a User Profile (U0~U4). There are a total of 5 profiles that can be saved. (Fig - 1, Fig - 2)
2. SLEEP Mode: After 4 minutes of inactivity the computer will automatically enter Sleep Mode. Pedal the machine or press any key to turn the display back on.



Fig - 1

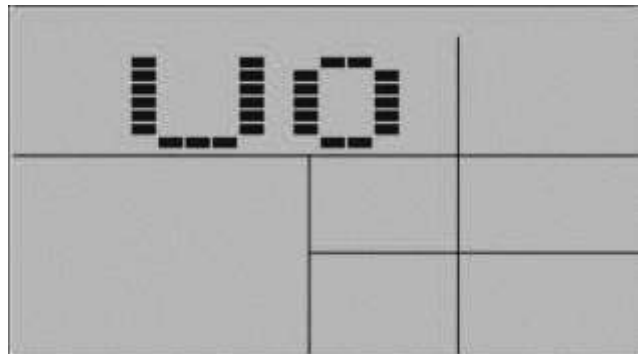


Fig - 2

## COMPUTER

### III. Button Functions:

**START/STOP:** Press the START/STOP button to start or stop the workout clock.

**UP:** Press the UP button to navigate through the training program modes (Manual, Pre-set Programs, or User Program), to set target goals, and to increase the resistance level during the workout.

**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 the resistance level during the workout.

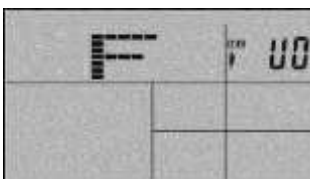
**ENTER:** Press the ENTER button to confirm the selection of training program modes (Manual, Pre-set Programs, or User Program), and to Confirm Target goals.

**RESET:** Press and hold the RESET button for 3 seconds, to reset all values to 0.

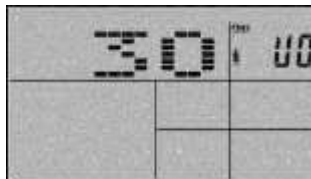
### User Profile Operation Instructions (U0~U4)

1. Select a User Profile: User 0, User 1, User 2, User 3, or User 4.
2. Select Gender: Male or Female.
3. Enter user Age.
4. Enter User Height.
5. Enter User Weight.

**GENDER**



**AGE**



**HEIGHT**



**WEIGHT**



## COMPUTER

### IV. PROGRAM OPTION INSTRUCTIONS:

#### MANUAL WORKOUTS: Lets you set the workout resistance level manual.

1. Select the MANUAL Program feature and then push the ENTER button.
2. Use the UP and DOWN buttons to set a RESISTANCE LEVEL. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.
3. Use the UP and Down buttons to set a TIME goal. Press the START/STOP button to begin your workout or the ENTER button confirm and set another workout goal.
4. Use the UP and DOWN buttons to set a DISTANCE goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.
5. Use the UP and DOWN buttons to set a CALORIE goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.



#### PROGRAM WORKOUTS: Lets you follow one of the workout resistance level patterns printed on the console.

1. Select the PROGRAM feature and then push the ENTER button.
2. Select one of the 12 Pre-Set Programs and press the ENTER button to confirm your selection.
3. Use the UP and DOWN buttons to set a TIME goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
5. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm your selection.



#### Heart Rate Recovery Test: The tension adjusts to maintain a 50 WATT workout.

1. Select the FITNESS feature and then push the ENTER button.
2. Press the START/STOP button to begin the test.
3. Hold the Hand Pulse Sensors for the entire test. The test will last 8 minutes.



After the test has been completed, the results are as follows:

SCORE	State
F1	VERY GOOD
F2	GOOD
F3	FAIR
F4	POOR
F5	VERY POOR



## COMPUTER

**WATT:** The tension will adjust to maintain a 50 WATT workout.

1. Select the WATT feature and then push the ENTER button.
2. Use the UP and DOWN buttons to set a TIME goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.
3. Use the UP and DOWN buttons to set a DISTANCE goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.
4. Use the UP and DOWN buttons to set a CALORIE goal. Press the START/STOP button to begin your workout or the ENTER button to confirm and set another workout goal.



**PERSONAL:** Lets you set a custom work out profile. Set a pattern of resistance levels to follow your own workout.

1. Select the PERSONAL feature and then push the ENTER button.
2. Use the UP and DOWN buttons to adjust each column of the Graph using the UP and DOWN buttons. Once completing a column, Press the Enter Button to move to the next column. Do this for all 16 columns and press the ENTER button to confirm your selection.
3. Use the UP and DOWN buttons to set a TIME goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
5. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm



## COMPUTER

### Heart Rate Control (H.R.C.): Tension will change to get user to the selected Heart Rate Zone.

1. Select the H.R.C feature
2. Select a Heart Rate Zone, Either 55%, 75%, 90% or TAG.
3. Use the UP and DOWN buttons to set a TIME goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
5. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm your selection.



### If the User selected "TAG": The Console will adjust the tension to keep the user at a selected Heart Rate.

1. Use the UP and DOWN buttons to set a HEART RATE goal. Press the ENTER button to confirm your selection.
2. Use the UP and DOWN buttons to set a TIME goal. Press the ENTER button to confirm your selection.
3. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm your selection.

### RANDOM: Generates a random workout profile for the user.

1. Select the RANDOM feature.
2. Use the UP and Down buttons to set a TIME goal. Press the ENTER button to confirm your selection.
3. Use the UP and DOWN buttons to set a DISTANCE goal. Press the ENTER button to confirm your selection.
4. Use the UP and DOWN buttons to set a CALORIE goal. Press the ENTER button to confirm your selection.



## COMPUTER

**VI. Functions View:** Below is a list of Functions and their Values and how they display on the console.

Item	Display	Display Rang	Stored
1	<b>GENDER</b>	MALE/ FEM	Yes
2	<b>AGE</b>	10-100	Yes
3	<b>WEIGHT</b>	20-330 (Lb) 10-150 (KG)	Yes
4	<b>HEIGHT</b>	36-84 (INCH) 90-210 (CM)	Yes
5	<b>TIME</b>	0:00-99:59	No
6	<b>DISTANCE</b>	0.0-99.99	No
7	<b>CALORIES</b>	0-999	No
8	<b>SPEED</b>	0.0-99.9	No
9	<b>PULSE</b>	60-200 bpm	No
10	<b>RPM</b>	0-250 rpm	No
11	<b>BRAKE RESISTANCE LEVEL</b>	L1-L24	No
12	<b>USER</b>	U0-U4	Yes

## COMPUTER

### VII. Pre-defined program profile:

- MANUAL



- PROGRAM



- FITNESS



- WATT



- PERSONAL



- H.R.C.

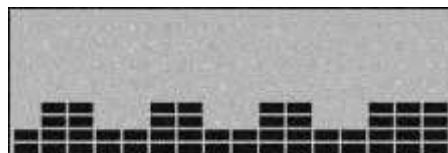


- RANDOM



### Program Profile for the P1~P12 Program

- P1



- P2

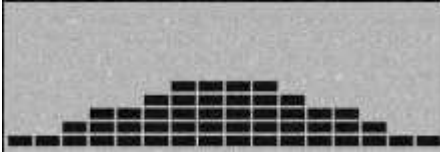


- P3

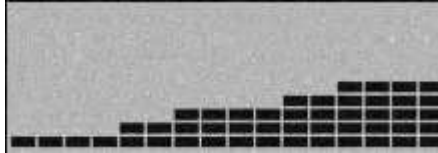


# COMPUTER

• P4



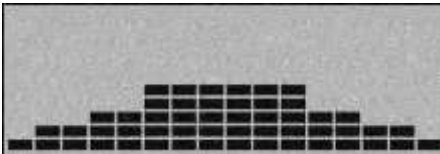
• P5



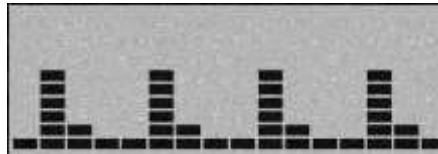
• P6



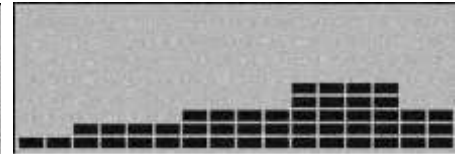
• P7



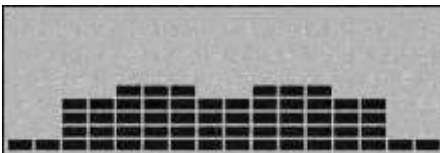
• P8



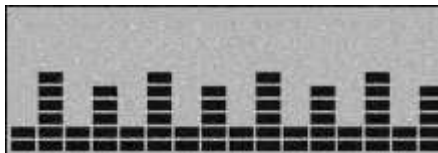
• P9



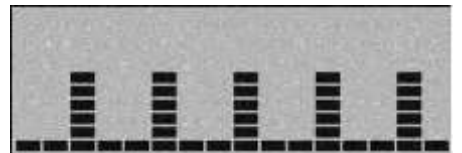
• P10



• P11



• P12

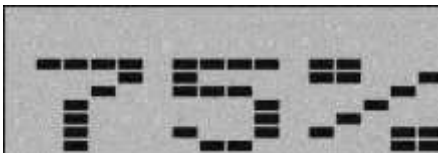


## Program Profile for the H.R.C. (55%, 75%, 90%, Tag) Program

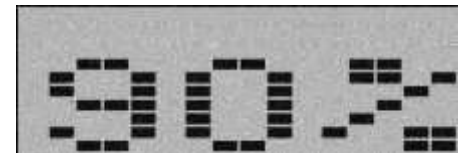
•HRC (55%)



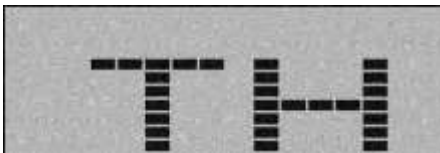
•HRC (75%)



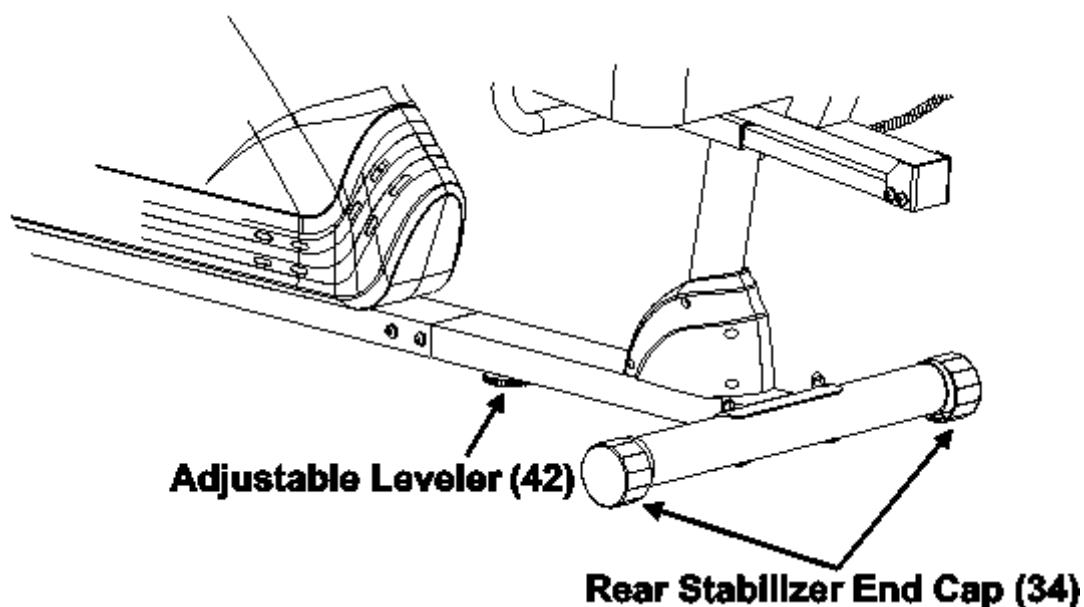
•HRC (90%)



•HRC (Tag)

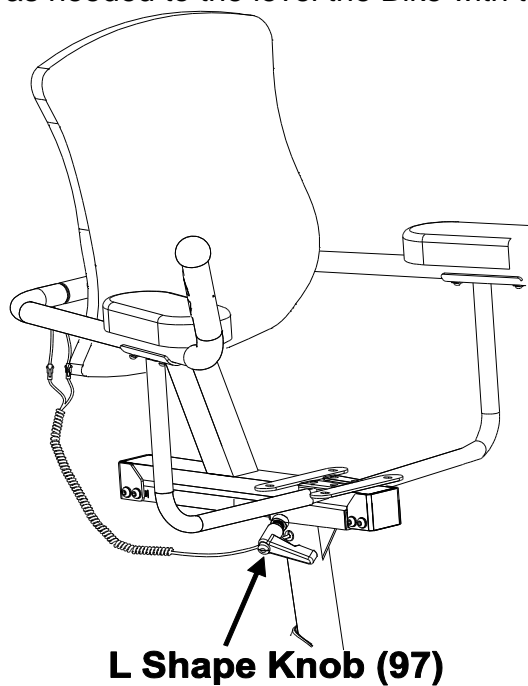


## ADJUSTMENTS



### **Adjusting the Rear Stabilizer End Cap and the Adjustable Leveler:**

To prevent shaking during a workout adjust the Rear Stabilizer End Caps (34) and the Adjustable Leveler (42) as needed to level the Bike with the ground.



### **Adjusting the Seat Forward or Back**

Turn the L Shape Knob (97) in a counter-clockwise direction until the seat can slide freely. Position the seat to a comfortable position and lock the seat in place by turning the L shape knob (97) clockwise until tightly secured.

### TROUBLE SHOOTING

**PROBLEM:** The recumbent bike wobbles when in use.

**SOLUTION:** Turn the Rear Stabilizer End Caps on the Rear Stabilizer or the Adjustable Leveler on the bottom of the Rear Main Frame as needed to level the recumbent bike. See the Adjustments page 25.

**PROBLEM:** There is no display on the computer console.

**SOLUTION:** Remove the Computer and verify that the wires that come from the Computer are properly connected to the wires that come from the Front Post.

**SOLUTION:** Unplug the AC adaptor, Wait 30 seconds and plug it back in.

**PROBLEM:** There is no heart rate reading or the heart rate reading is erratic or inconsistent.

**SOLUTION:** Make sure that the wire connections for the Hand Pulse Sensors are securely connected.

**SOLUTION:** Be sure to hold on to the Hand Pulse Sensors with two hand at all times. This will ensure that the reading is accurate.

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

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

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

### MAINTENANCE

#### Cleaning

The recumbent bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on the plastic parts. Wipe perspiration off the recumbent bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or the electronics to fail. Keep the recumbent bike, especially the computer console out of direct sunlight to prevent screen damage. Inspect all the assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

#### Storage

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

## 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, 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 RECIEPT 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***