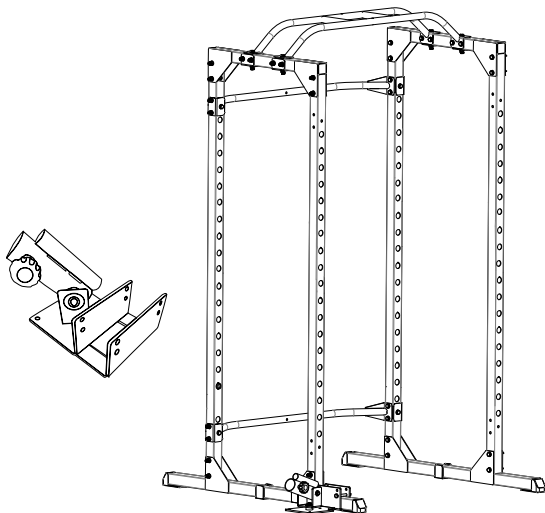


Landmine Attachment



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 and contact customer service if you have any questions regarding assembly or proper operation of the

Email us at:

Service@paradigmhw.com

Or call us at:

1-844-641-7920

Hours:

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

Monday to Friday

TABLE OF CONTENTS

SERVICE	2
IMPORTANT SAFETY GUIDELINES	3
OVERVIEW DRAWING.....	4
PARTS & LIST.....	5
HARDWARE PACK.....	6
ATTACHMENTS.....	7
WARRANTY	8
PARTS REQEUST FORM.....	9

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 to 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

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

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses
- **WARNING: CANCER AND REPRODUCTIVE HARM--WWW.P65WARNINGS.CA.GOV.**

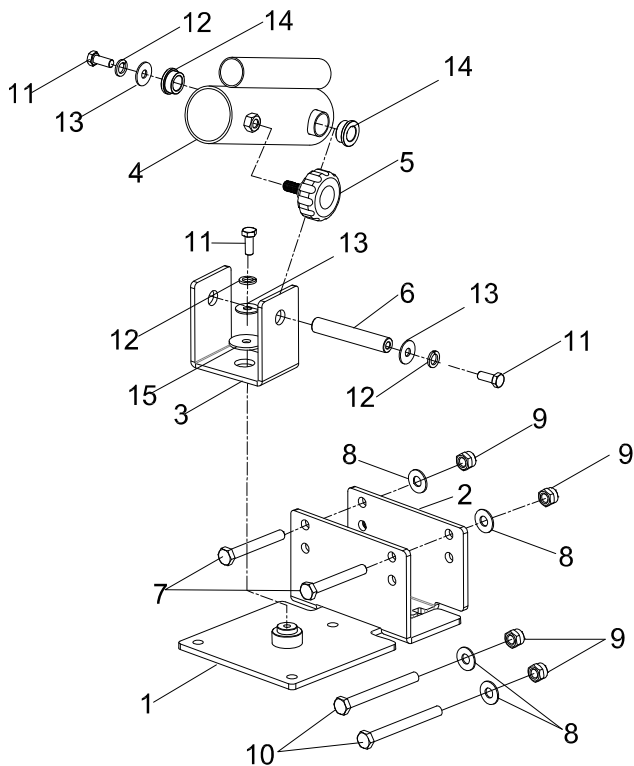
The Maximum Static Weight Capacity for this product is 350lbs/ 159kg.

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

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

1. Consult your physician or other health care professionals before using this equipment.
 2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
 3. If at any time you feel faint, light-headed, or dizziness while operating this equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
 4. Keep children and pets away from this equipment at all times.
 5. Only one person should use this equipment at a time.
 6. Do not operate this or any exercise equipment if it is damaged.
 7. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
- For indoor use only, do not use outdoors or near water.
9. Do not insert any objects into any openings on the equipment.
 10. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
 11. Children under the age of 12 should not use this fitness equipment.
 12. Children from 12 to 18 should have adult supervision.

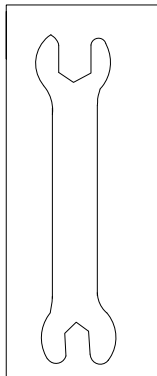
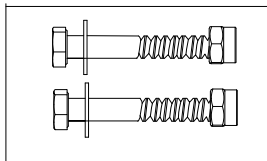
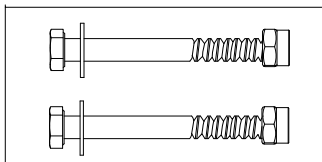
OVERVIEW DRAWING



PARTS & LIST

Part #	Description	Q'ty
1	Big Metal Plate	1
2	Small Metal Plate	1
3	U Bracket	1
4	Metal Tube	1
5	Round Knob	1
6	Bushing	1
7	Hex Bolt M10x75mm	2
8	Flat Washer ø24xø10.5x1.5mm	4
9	Nylon Lock Nut M10	4
10	Hex Bolt M10x100mm	2
11	Hex Bolt M8x20mm	3
12	Spring Washer ø13.5xø8x2.5	3
13	Flat Washer ø24xø8.5x1.5	3
14	Powder Metal Bushing ø12.2mm	2
15	Flat Washer ø34.5xø8.5x2.5	1

2813- Hardware Pack



(10) Hex Bolt M10x100mm 2PCS

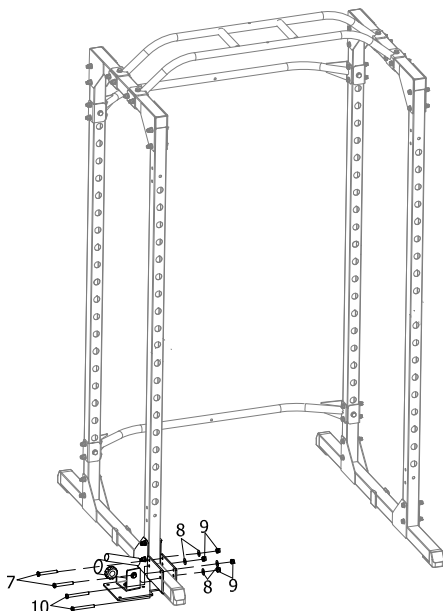
(7) Hex Bolt M10x75mm 2PCS

(8) Flat Washer Ø24x8.5x1.5 4PCS

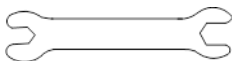
(9) Nylon Lock Nut M10 4PCS

Open Wrench 2PCS

ATTACHMENTS

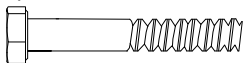


Tool:



Open Wrench 2PCS

Attach the Landmine attachment onto the Power Cage, and secure with two **Hex Bolts (7)**, two **Hex Bolts (10)** four **Flat Washers (8)** and four **Nylon Lock Nuts (9)** by **Open Wrench** provided.



(7) Hex Bolt 2PCS



**(9) Nylon Lock Nut
4PCS**



**(8) Washer
4PCS**



(10) Hex Bolt 2PCS

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 (frame, welds)
Parts	90 days (covers, internal mechanism, tension, wheels, knobs, hardware)
Wearable Parts	90 days (upholstery, foam, ball bearings, pulleys, belts, cables, Shocks)

Exclusions from Warranty Coverage:

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

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness. 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 to 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	Q'TY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

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