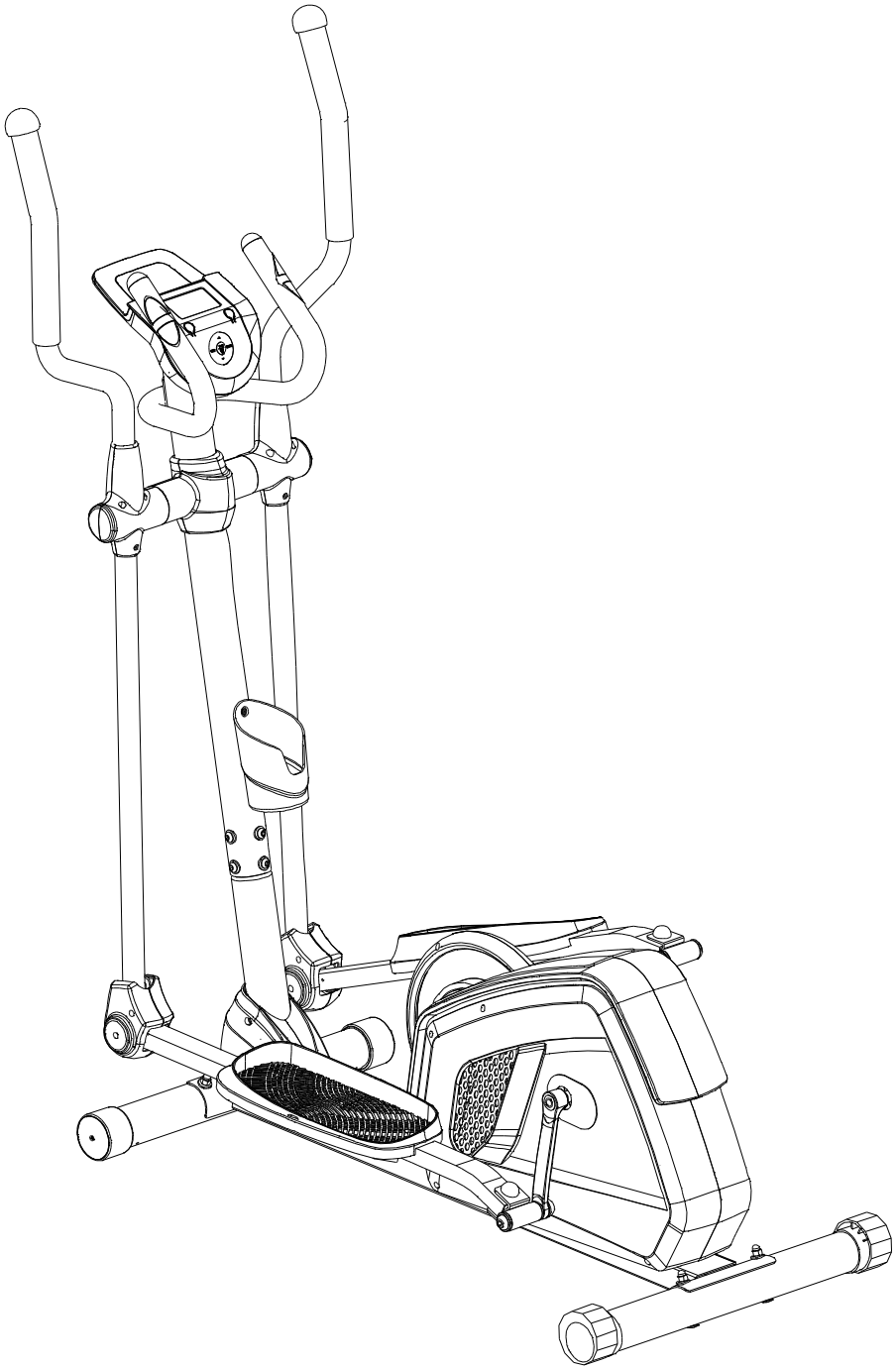
EXERPEUTIC®
THERAPEUTIC FITNESS

710ST SMART TECHNOLOGY
FLYWHEEL ELLIPTICAL TRAINER



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.

4320.3-111318

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

Or call us at:

1-844-641-7921

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:

1-844-641-7921

(8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday)

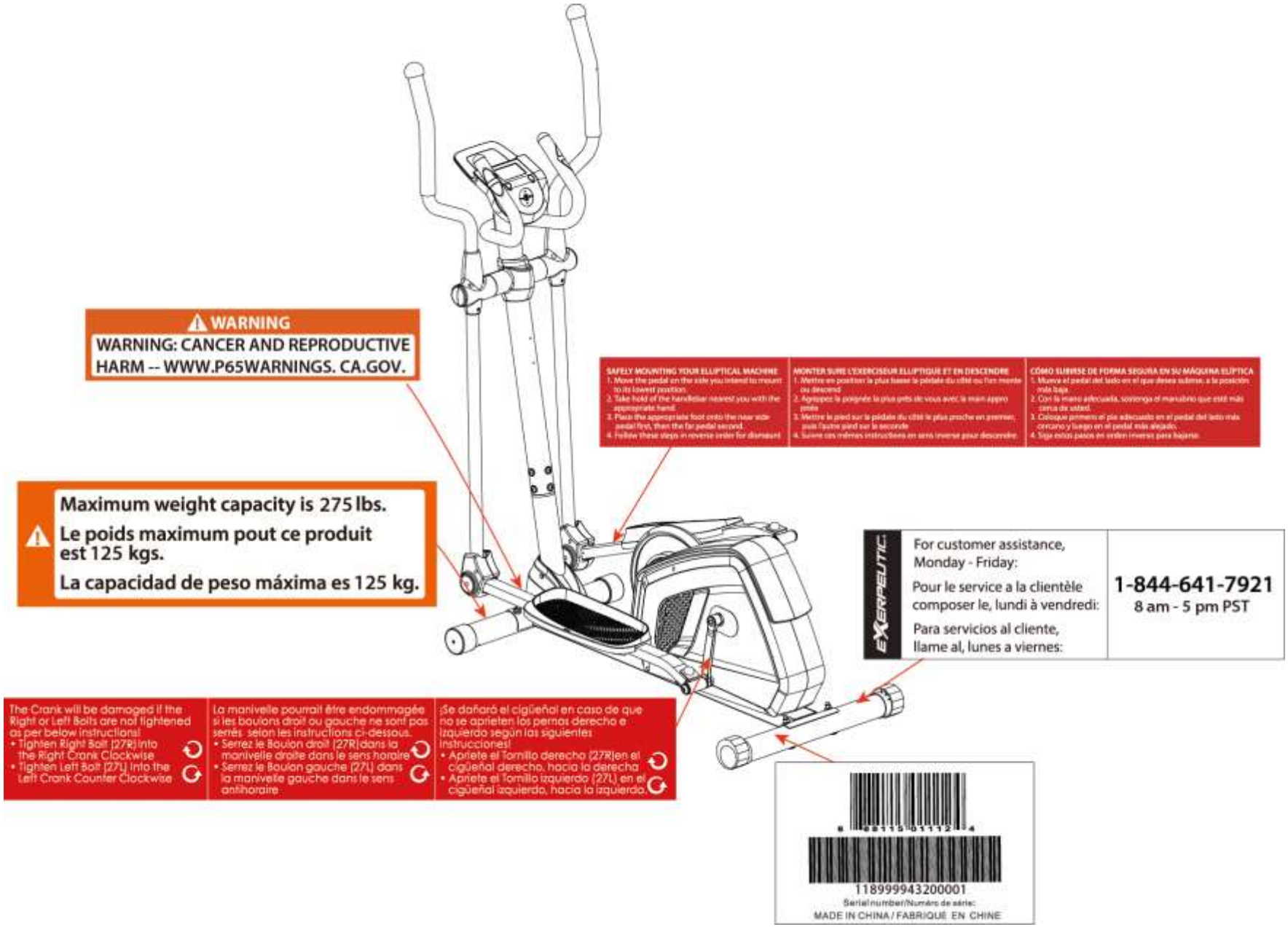
Response time may vary via calling

Please have the following information ready when requesting for service:

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

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

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


⚠ WARNING
WARNING: CANCER AND REPRODUCTIVE HARM -- WWW.P65WARNINGS. CA.GOV.
SAFELY MOUNTING YOUR ELLIPTICAL MACHINE
1. Move the pedal on the side you intend to mount to its lowest position.
2. Take hold of the handlebar nearest you with the appropriate hand.
3. Place the appropriate foot onto the near side pedal first, then the far pedal second.
4. Follow these steps in reverse order for dismount.
MONTER SURE L'EXERCISEUR ELLIPTIQUE ET EN DESCENDRE
1. Mettre en position la plus basse la pédale du côté où l'on monte ou descend
2. Agrippez la poignée la plus près de vous avec la main appro priée
3. Mettre le pied sur la pédale du côté le plus proche en premier, puis l'autre pied sur la seconde
4. Suivre ces mêmes instructions en sens inverse pour descendre.
CÓMO SUBIRSE DE FORMA SEGURA EN SU MÁQUINA ELÍPTICA
1. Mueva el pedal del lado en el que desea subirse, a la posición más baja
2. Con la mano adecuada, sostenga el manubrio que esté más cerca de usted.
3. Coloque primero el pie adecuado en el pedal del lado más cercano y luego en el pedal más alejado.
4. Siga estos pasos en orden inverso para bajarse.
Maximum weight capacity is 275 lbs.
Le poids maximum pout ce produit est 125 kgs.
La capacidad de peso máxima es 125 kg.
EXERPEUTIC
For customer assistance, Monday - Friday:
Pour le service a la clientèle composer le, lundi à vendredi:
Para servicios al cliente, llame al, lunes a viernes:
1-844-641-7921
8 am - 5 pm PST
The Crank will be damaged if the Right or Left Bolts are not tightened as per below instructions!
• Tighten Right Bolt (27R) into the Right Crank Clockwise
• Tighten Left Bolt (27L) into the Left Crank Counter Clockwise
La manivelle pourrait être endommagée si les boulons droit ou gauche ne sont pas serrés selon les instructions ci-dessous.
• Serrez le Boulon droit (27R) dans la manivelle droite dans le sens horaire
• Serrez le Boulon gauche (27L) dans la manivelle gauche dans le sens antihoraire
¡Se dañará el cigüeñal en caso de que no se aprieten los pernos derecho e izquierdo según las siguientes instrucciones!
• Apriete el Tornillo derecho (27R) en el cigüeñal derecho, hacia la derecha
• Apriete el Tornillo izquierdo (27L) en el cigüeñal izquierdo, hacia la izquierda.
118999943200001
Serial number/Numéro de série:
MADE IN CHINA / FABRIQUÉ EN CHINE

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 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

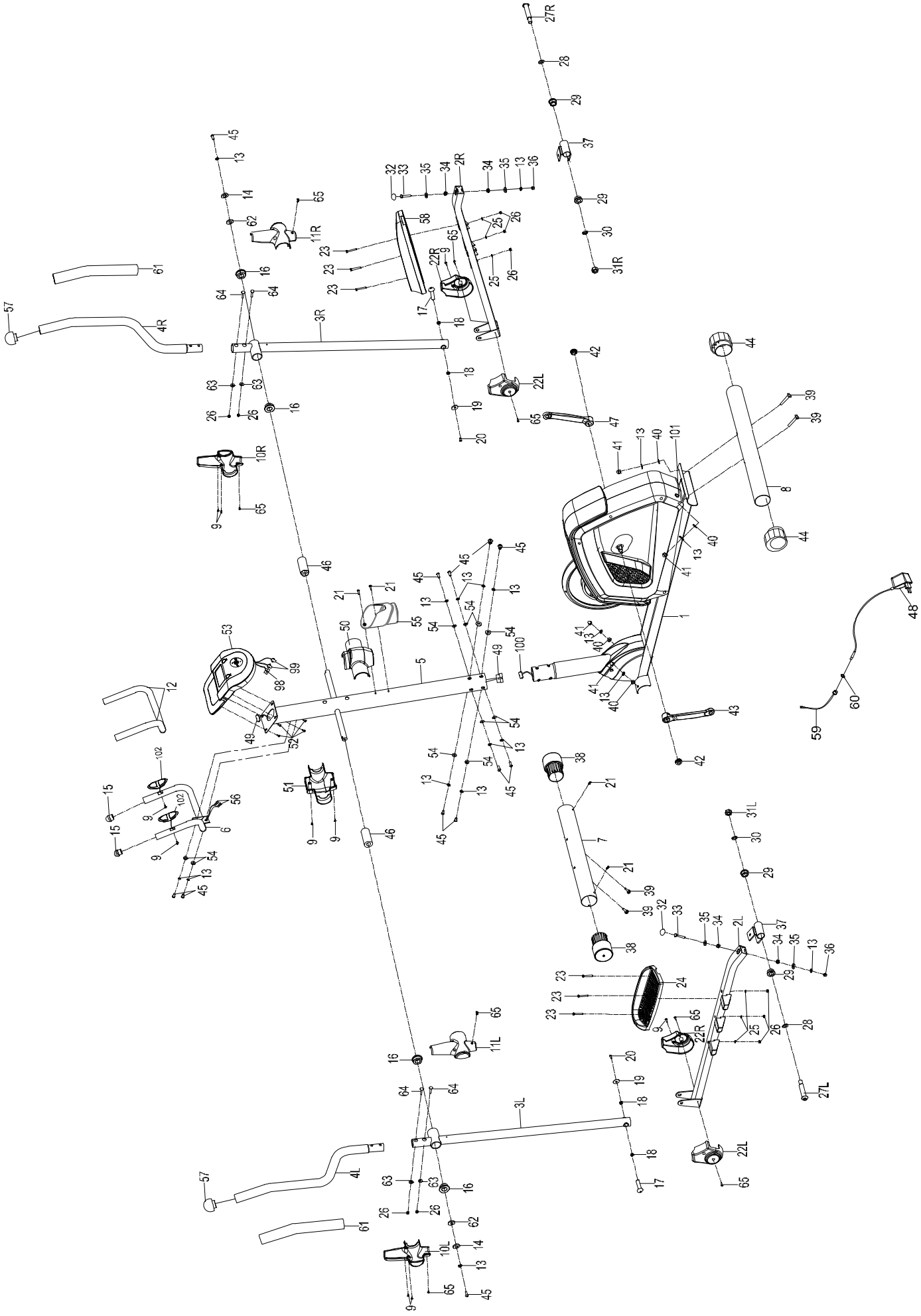
The Maximum Weight Capacity for this product is 275 lbs/125 kgs.

RETAIN THIS OWNER'S MANUAL AND KEEP THE ORIGINAL PURCHASE RECEIPT FOR FUTURE REFERENCE.
&
SAVE THESE GUIDELINES

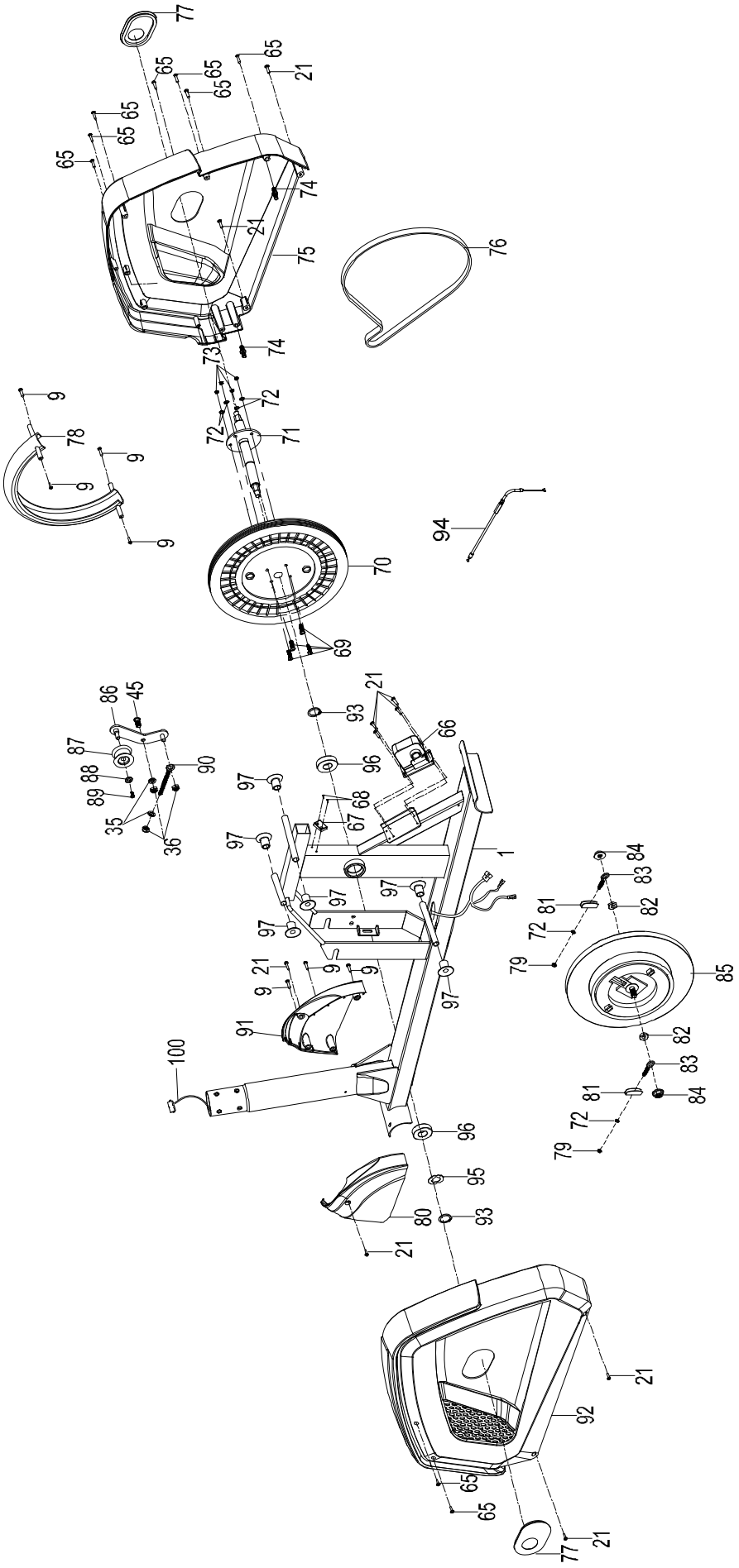


The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

OVERVIEW DRAWING



OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2R	Right Foot Bar	1
2L	Left Foot Bar	1
3L	Left Handrail	1
3R	Right Handrail	1
4L	Left Handrail Arm Φ32*1.5	1
4R	Right Handrail Arm Φ32*1.5	1
5	Front Post	1
6	Handlebar Φ25*1.5	1
7	Front Stabilizer Φ60*1.5*480	1
8	Rear Stabilizer	1
9	Self-Tapping Phillips Screw ST4.2*15	17
10R	Front Right Handrail Cover	1
10L	Front Left Handrail Cover	1
11R	Rear Right Handrail Cover	1
11L	Rear Left Handrail Cover	1
12	Foam Grip	2
13	Spring Washer φ8	18
14	Flat Washer	2
15	Handlebar End Cap	2
16	Bushing φ38，φ32，φ19，14	4
17	Barrel Bolt φ15.8*62.5	2
18	Bushing φ14.2*φ10.2*10	4
19	Flat Washer φ6	2
20	Phillips Screw	2
21	Self-Tapping Phillips Screw ST4.2*20	14
22L	Left Foot Bar Cover	2
22R	Right Foot Bar Cover	2
23	Bolt M6*40 L20	6
24	Left Pedal 395*150*65	1

No.	Description	Qty
25	Flat Washer Φ6	6
26	Nylon Nut M6	10
27L	Left Pedal Bolt φ16*88.5*L23	1
27R	Right Pedal Bolt φ16*88.5*L23	1
28	Wave Washer φ28*φ17*0.3	2
29	Bushing Φ24.5*Φ16*14	4
30	Spring Washer Ø20	2
31L	Left Nylon Nut	1
31R	Right Nylon Nut	1
32	Nut Cap	2
33	Bolt M8*55	2
34	Bushing φ18*φ8*5	4
35	Flat Washer Φ16*Φ8*1.5	4
36	Nylon Nut M8	4
37	U-Shaped Bracket	2
38	Front Stablizer End Cap	2
39	Carriage Bolt M8*75	4
40	Big Curve Washer φ8	4
41	Cap Nut M8	4
42	Crank Cover	2
43	Left Crank	1
44	Rear Stabilizer End Cap	2
45	Bolt M8*20	13
46	Bushing Φ32*Φ16.5*Φ50	2
47	Right Crank	1
48	AC Adaptor	1
49	Front Post Wire	1
50	Rear Post Cover	1
51	Front Post Cover	1
52	Phillips Screw M5*10	4

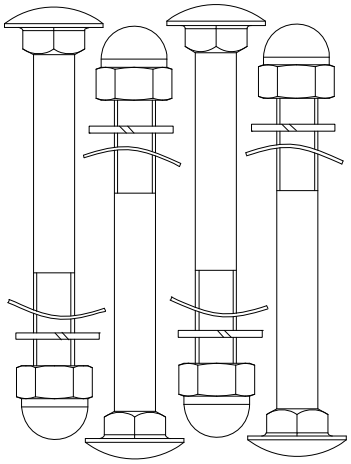
PARTS LIST

No.	Description	Qty
53	Console	1
54	Curve Washer φ16*φ8	10
55	Bottle Holder	1
56	Lower Hand Pulse wire 750mm	2
57	Handrail Arm Cap	2
58	Right Pedal 395*150*65	1
59	Adaptor Wire 550mm	1
60	Flat Nut S15	1
61	Foam Grip	2
62	D Washer Φ19	2
63	Curve Washer Ø6	4
64	Carriage Bolt M6*35	4
65	Self-Tapping Phillips Screw ST4.2*20	17
66	Motor	1
67	Speed Sensor	1
68	Self-Tapping Phillips Screw ST2.9*12	2
69	Phillips Screw M6*15	4
70	Belt Pulley	1
71	Pulley Axle	1
72	Spring Washer Φ6	6
73	Lock Nut M6 S10	4
74	Plastic Bolt Φ8	1
75	Right Cover	1
76	Belt	1
77	Crank Cover	2

No.	Description	Qty
78	Flywheel Cover	1
79	Nut M6 S10	2
80	Left Rear Frame Cover	1
81	U shape Bracket 31*30*δ1.0	2
82	Nut M10	2
83	Eyebolt M6*36	2
84	Flange Nut M10*1.0*6	2
85	Magnet Wheel	1
86	Idle Wheel Bracket	1
87	Guide Pulley	1
88	Flat Washer Φ12*Φ6*δ1.0	1
89	Phillips Screw M6*10	1
90	Eyebolt M8*65	1
91	Right Rear Frame Cover	1
92	Left Cover	1
93	C-Clip Φ20	2
94	Motor Tension Cable	1
95	Wave Washer Φ17	1
96	Bearing	2
97	Shroud Cap	6
98	Upper Console Wire	1
99	Upper Hand Pulse Wire	1
100	Main Frame Wire	1
101	AC Cable Plug	1
102	Hand Pulse Sensor	2

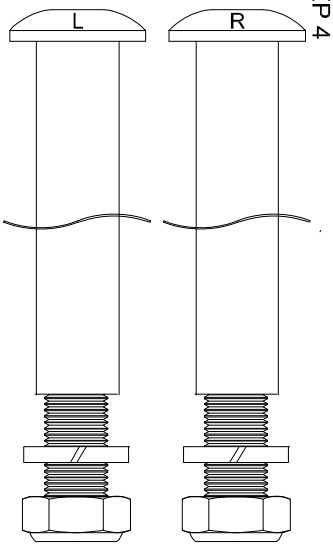
4320 - Hardware Pack

STEP 1



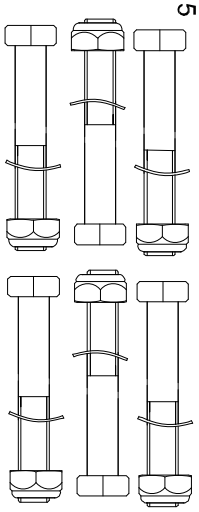
#39 Carriage Bolt 4PCS
#41 Cap Nut 4PCS
#40 Big Curved Washer 4PCS
#13 Spring Washer 4PCS

STEP 4



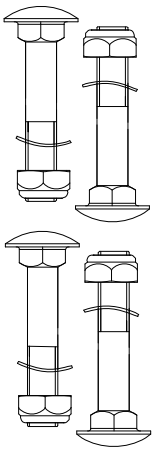
#27L Left Pedal Bolt（L） 1PC
#27R Right Pedal Bolt（R） 1PC
#28 Wave Washer 2PCS
#30 Spring Washer 2PCS
#31L Left Nylon Nut 1PC
#31R Right Nylon Nut 1PC

STEP 5



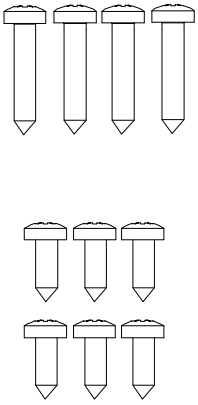
#23 Hex Bolt 6PCS
#25 Flat Washer 6PCS
#26 Nylon Hex Nut 6PCS

STEP 6



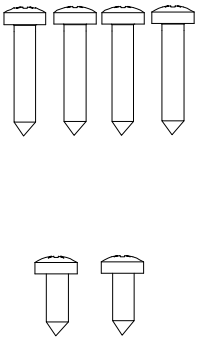
#64 Carriage Bolt 4PCS
#63 Curved Washer 4PCS
#26 Nylon Hex Nut 4PCS

STEP 8



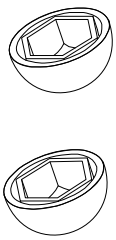
#65 Self-Tapping Phillips Scre 4PCS
#9 Self-Tapping Phillips Screw 6PCS

STEP 9

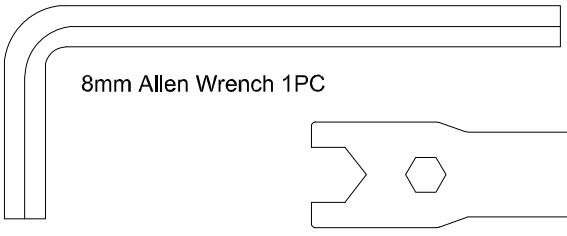


#65 Self-Tapping Phillips Scre 4PCS
#9 Self-Tapping Phillips Screw 2PCS

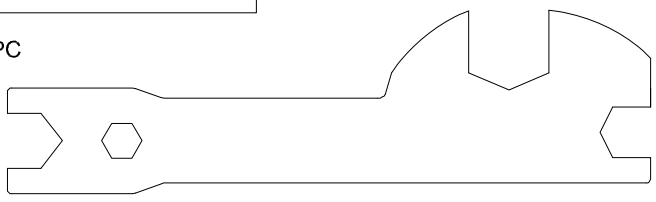
STEP 4



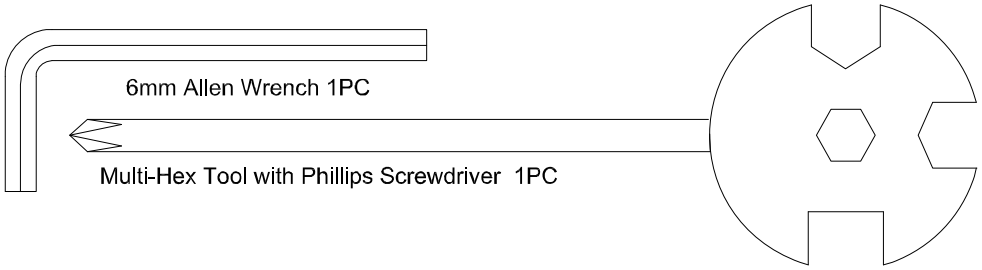
#32 Nut Cap 2PCS



8mm Allen Wrench 1PC

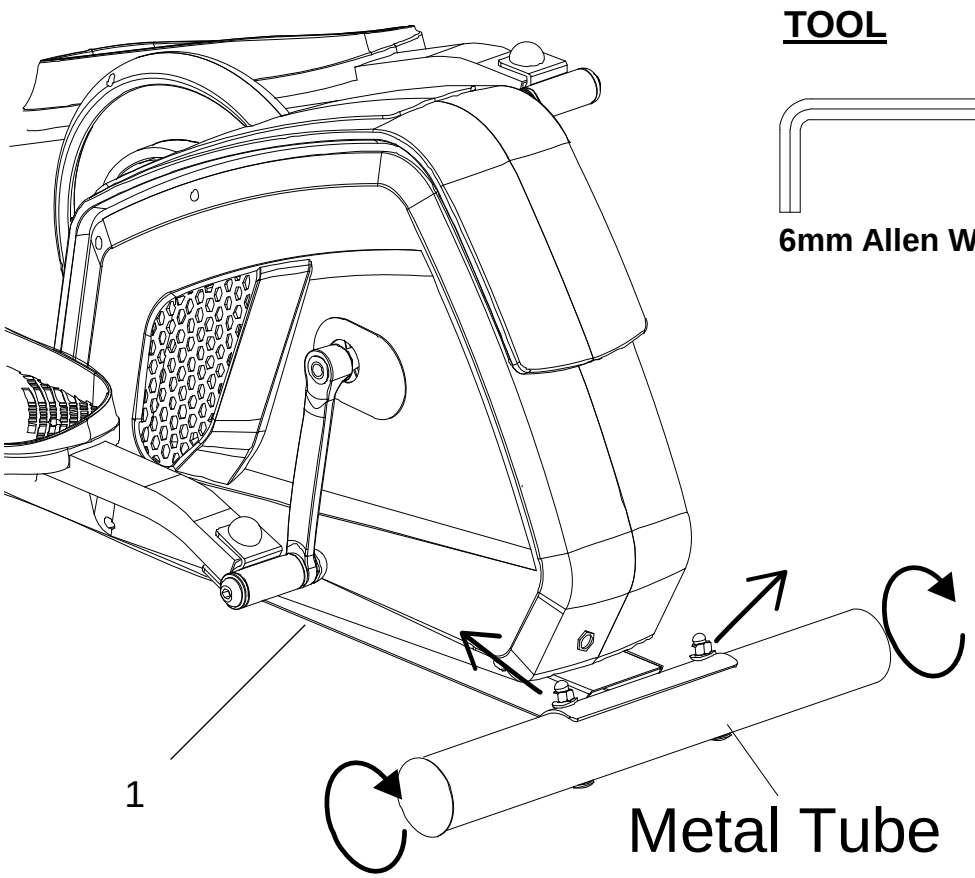


Multi-Hex Wrench 1PC



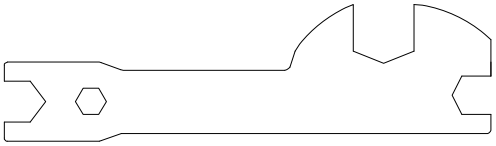
6mm Allen Wrench 1PC

Multi-Hex Tool with Phillips Screwdriver 1PC

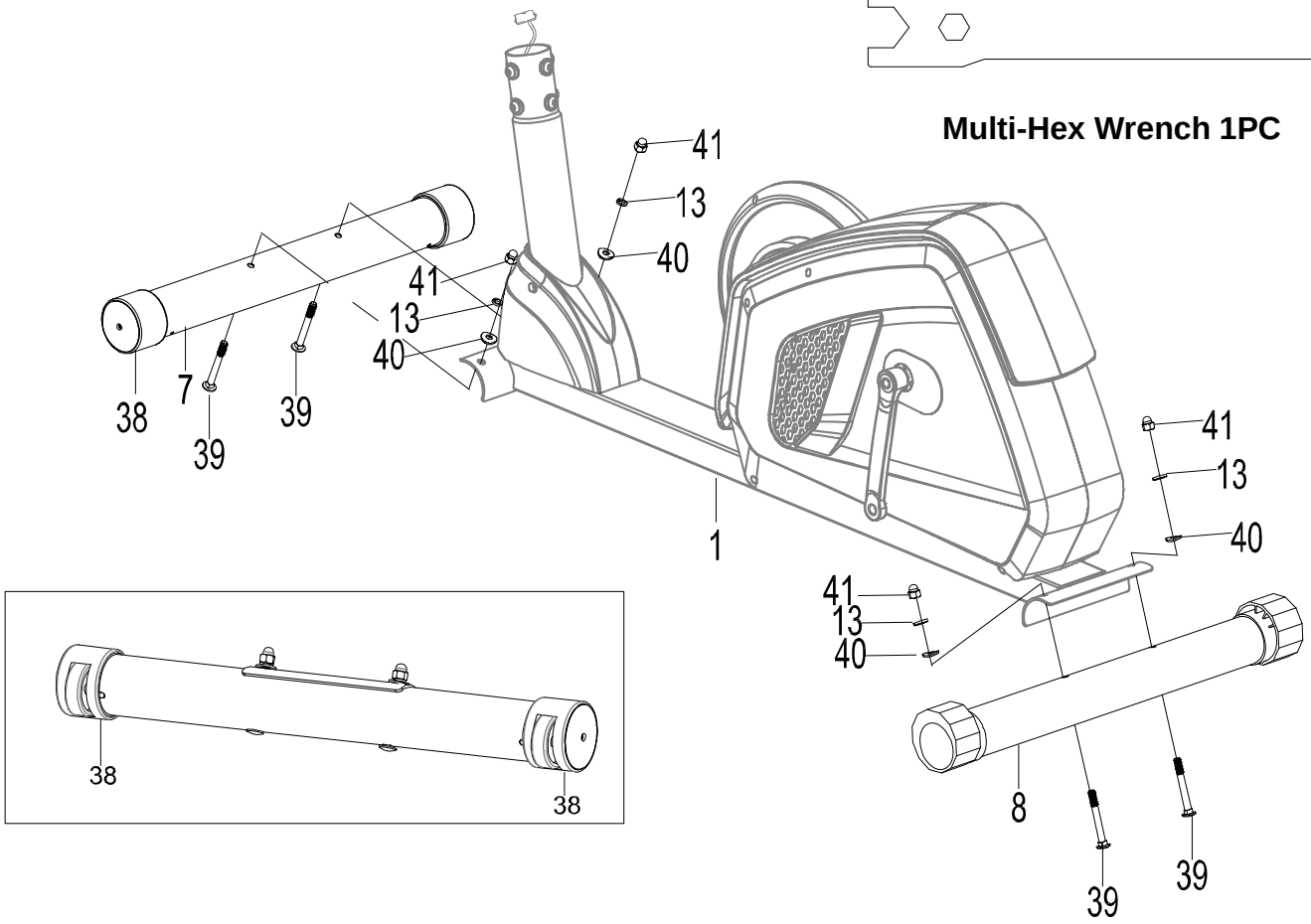


Remove the **Metal Tubes** from the **Main Frame (1)** by using **6mm Allen Wrench** provided. Discard the metal tubes and any hardware that was attached at this point as they will not be used in the actual assembly.

TOOL



Multi-Hex Wrench 1PC

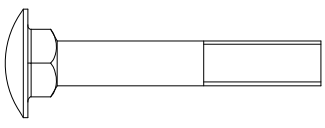


STEP 1

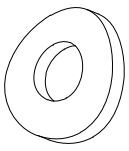
1A. Installing the Front Stabilizer – Lift up the front of the **Main Frame (1)** and align the holes of the **Front Stabilizer (7)** with the bracket holes on the **Main Frame (1)**. Ensure that the **wheels** on the **Front Stablizer End Cap (38)** are facing outwards. Secure and tighten the **Front Stabilizer (7)** with two **Carriage Bolts (39)**, two **Spring Washers (13)**, two **Big Curve Washers (40),** and two **Cap Nuts (41).** Then tighten using the **Multi-Hex Wrench** provided.

1B. Installing the Rear Stabilizer – Lift the rear of the **Main Frame (1)** up and slide the **Rear Stabilizer (8)** onto the curved bracket. Align the holes on the **Main Frame (1)** and the **Rear Stabilizer (8)**. Secure and tighten the **Rear Stabilizer (8)** with two **Carriage Bolts (39)**, two **Spring Washers (13)**, two **Big Curve Washers (40),** and two **Cap Nuts (41).** Then tighten using the **Multi-Hex Wrench** provided.

HARDWARE PACK



(39) Carriage Bolt
4 PCS



(40) Big Curve Washer
4PCS

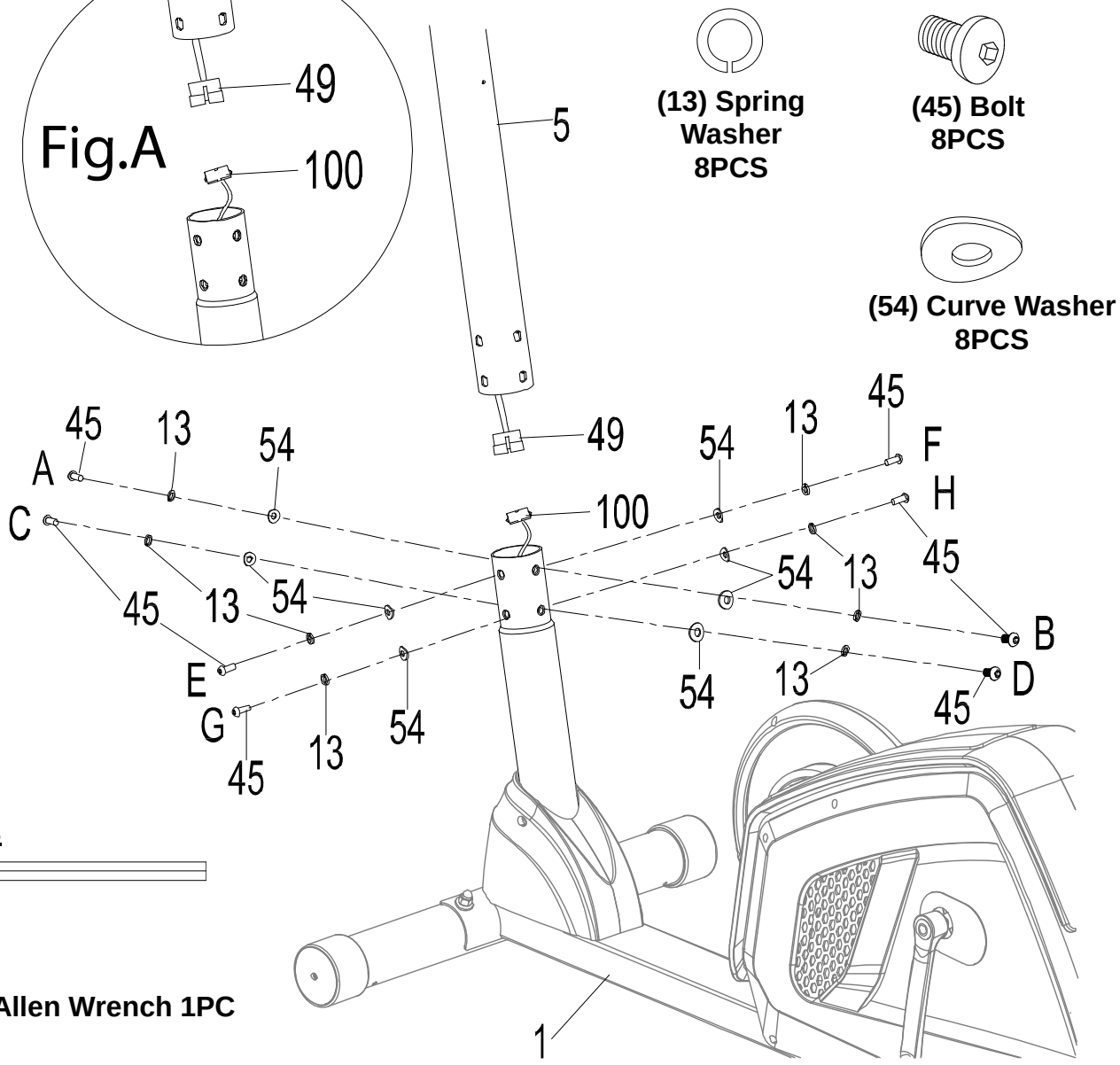


(41) Cap Nut
4PCS



(13) Spring Washer
4PCS

PRE-INSTALLED HARDWARE



TOOL

6mm Allen Wrench 1PC

⚠ **MUST TIGHTEN IN SEQUENCE: A,B,C,D,E,F,G,H.**

STEP 2

2A. Removing The Hardware From The Front Post – Use the **6mm Allen Wrench** to remove eight **Bolts (45)**, eight **Spring Washers (13)**, and eight **Curve Washers (54)** from the **Main Frame (1)**. Set the hardware aside.

2B. Connecting The Console Wires – Connect the **Front Post Wire (49)** from the **Front Post (5)** with the **Main Frame Wire (100)** from the **Main Frame (1)**. See **Fig. A.**

2C. Installing The Front Post – Place the **Front Post (5)** onto the **Main Frame (1)**. Reinstall the previously removed hardware: eight **Bolts (45)**, eight **Spring Washers (13)**, and eight **Curve Washers (54)** and securely tighten the bolts in sequence using the **6mm Allen Wrench** provided.

TOOL



6mm Allen Wrench 1PC

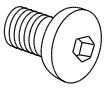
PRE-INSTALLED HARDWARE



(62) D Washer 2PCS



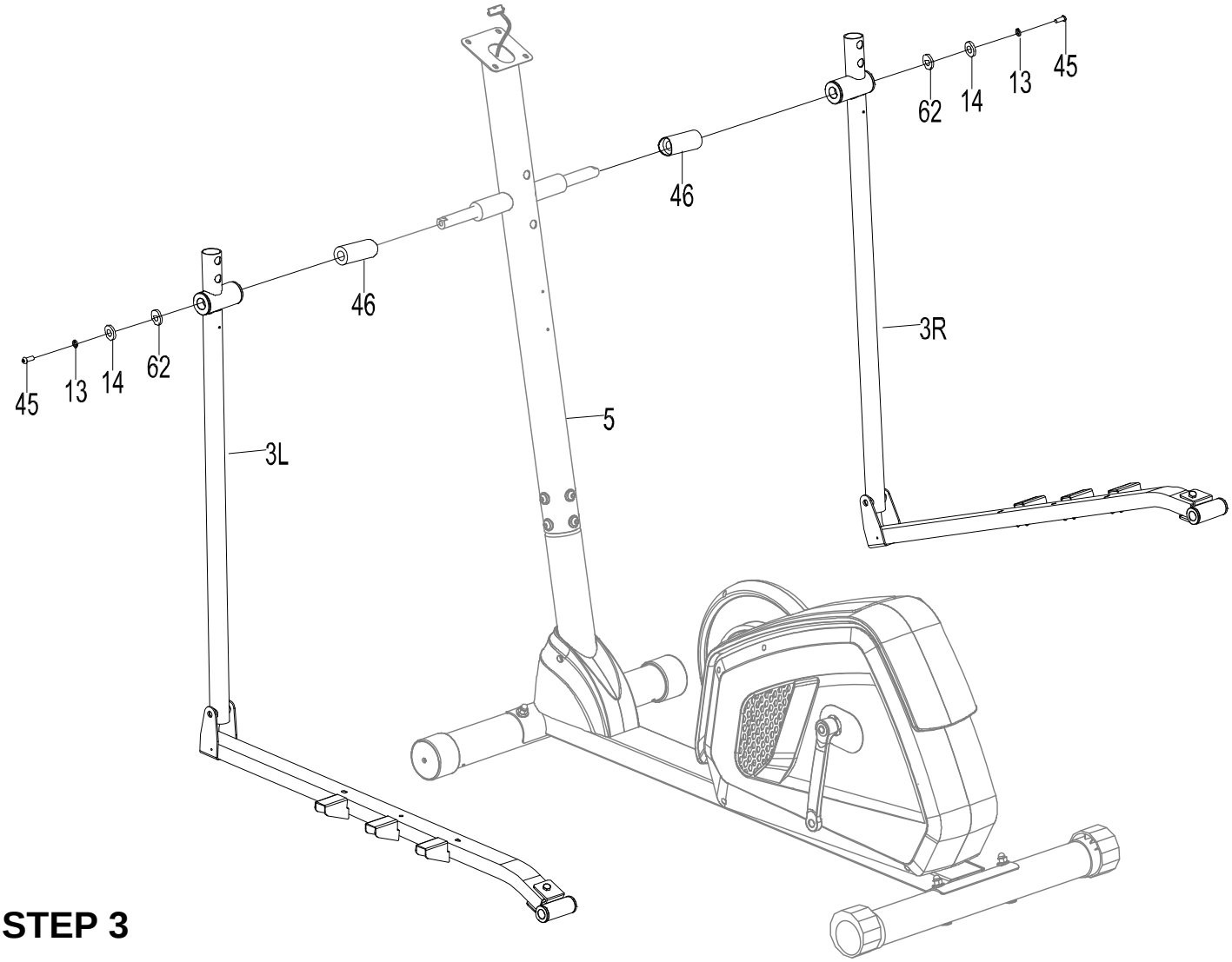
(13) Spring Washer 2PCS



(45) Hex Bolt 2PCS



(14) Flat Washer 2 PCS



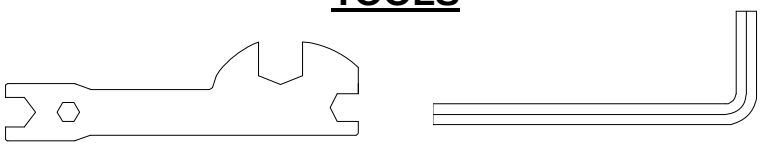
STEP 3

3A. Installing Bushings – Attach two **Bushings (46)** onto the rods coming out from the **Front Post (5)**.

3B. Installing The Left Handrail – Insert the **Left Handrail (3L)** onto the left side of the **Front Post (5)**. Slide the **Left Handrail (3L)** onto the left rod of the **Front Post (5)**. Secure the **Left Handrail (3L)** using one **D-Washer (62),** one **Flat Washer (14),** one **Spring Washer (13)**, and one **Bolt (45)**. Ensure the notch of the **D-Washer (62)** sits properly in the groove of the rod on the **Front Post (5)**. Tighten the **Bolt (45)** using the **6mm Allen Wrench** Provided.

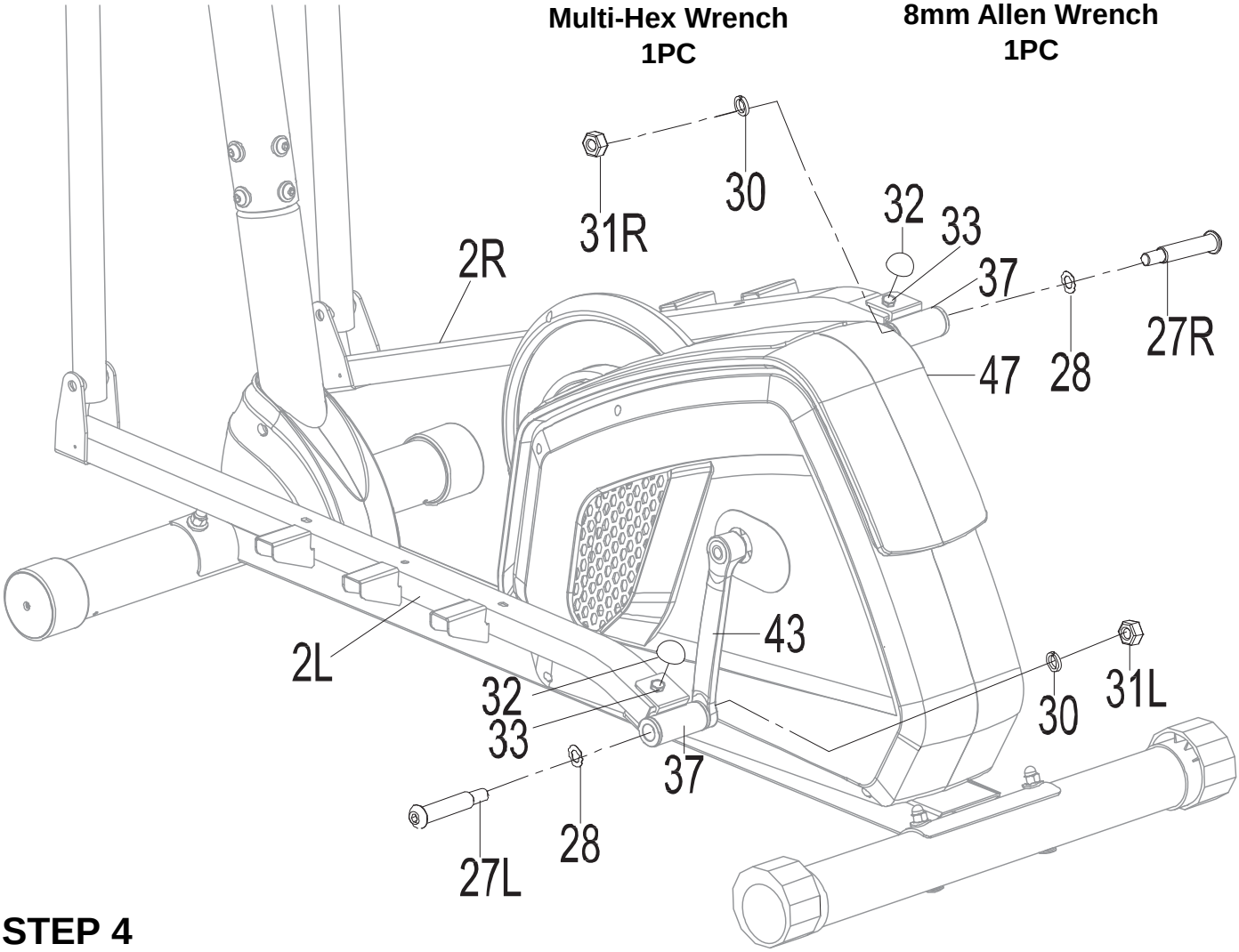
3C. Installing The Right Handrail – Repeat the same assembly steps above for installing the **Right Handrail (3R)** onto the right rod of the **Front Post (5)**.

TOOLS



Multi-Hex Wrench 1PC

8mm Allen Wrench 1PC



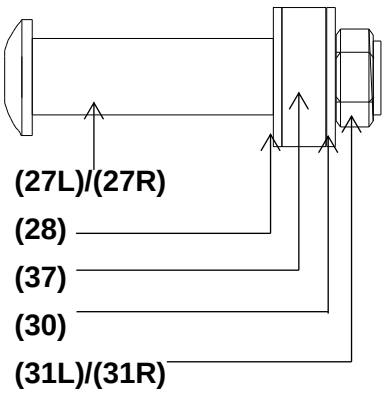
STEP 4

4A. Left Foot Bar Installation – Insert the **Left Pedal Bolt (27L)** along with a **Wave Washer (28)** through the **U Shaped Bracket (37)** located on the back of the **Left Foot Bar (2L)**. Secure the **Left Pedal Bolt (27L)** to the **Left Crank (43)** by turning the **Left Pedal Bolt (27L)** COUNTER-CLOCKWISE. Tighten the **Left Pedal Bolt (27L)** with the **8mm Allen Wrench** provided. Install a **Spring Washer (30)** and **Left Nylon Nut (31L)** on the protruding end of the **Left Pedal Bolt (27L).** Turn the **Left Nylon Nut (31L)** in a CLOCKWISE direction. Tighten both the **Left Pedal Bolt (27L)** and **Left Nylon Nut (31L)** simultaneously using the **8mm Allen Wrench** and **Multi-Hex Wrench** provided. Then place the **Nut Cap (32)** onto the Head of the **Bolt (33)**.

4B. Right Foot Bar Installation – Repeat the above assembly steps to install the **Right Foot Bar (2R)** into the **Right Crank (47).** When installing the **Right Pedal Bolt (27R)** turn the **Right Pedal Bolt (27R)** CLOCKWISE and the **Right Nylon Nut (31R)** COUNTER-CLOCKWISE.

Figure B

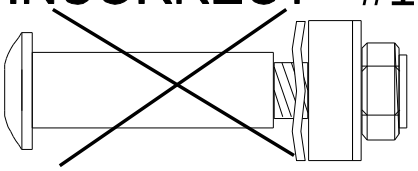
CORRECT



NOTE: Look to **Fig. B** for the correct installation of the **Pedal Bolts**. Keep the bolt perfectly straight when the bolt goes through the **Foot Bars,** and is being screwed into the **Crank** correctly. If the bolt is screwed into the crank at an angle, this may damage the equipment.

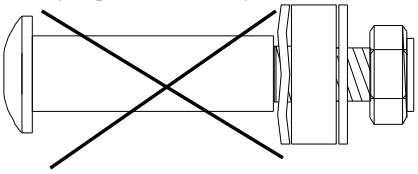
Installing Right Pedal Bolt into Right Crank can only be done by turning it CLOCKWISE. Installing the Left Pedal Bolt into the Left Crank can only be done by turning COUNTER-CLOCKWISE.

INCORRECT #1



Installing the Right Nylon Nut can only be done by turning it COUNTERLOCKWISE. Installing the Left Nylon Nut can only be done by turning it CLOCKWISE.

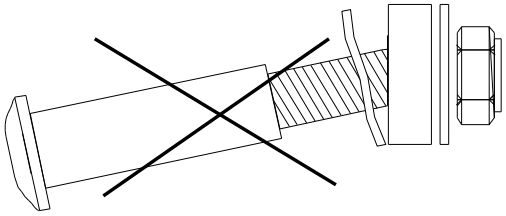
INCORRECT #2



Incorrect #1: There is a missing gap between bolt & crank. Be sure to tighten all gaps.

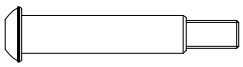
Incorrect #2: There is a missing gap between washer and nut. Be sure to tighten all gaps.

INCORRECT #3



Incorrect #3: The bolt is not installed straight and level. Be sure to install the bolt straight and level into the crank.

HARDWARE PACK



(27R/L) Right / Left Pedal Bolt 2PCS



(31R) Right Nylon Nut 1PC



(30) Spring Washer 2PCS



(28) Wave Washer 2PCS

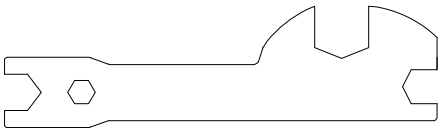


(32) Nut Cap 2PCS



(31L) Left Nylon Nut 1PC

TOOL



Multi-Hex Wrench 1PC

STEP 5

5A. Left Pedal Installation – Install the **Left Pedal (24)** onto the **Left Foot Bar (2L)** using three **Bolts (23)**, three **Flat Washers (25)** and three **Nylon Nuts (26)**. Tighten the **Nylon Nuts (26)** using the **Multi Hex Wrench** provided.

5B. Right Pedal Installation – Repeat the above steps to install the **Right Pedal (58)** onto the **Right Foot Bar (2R).**

HARDWARE PACK



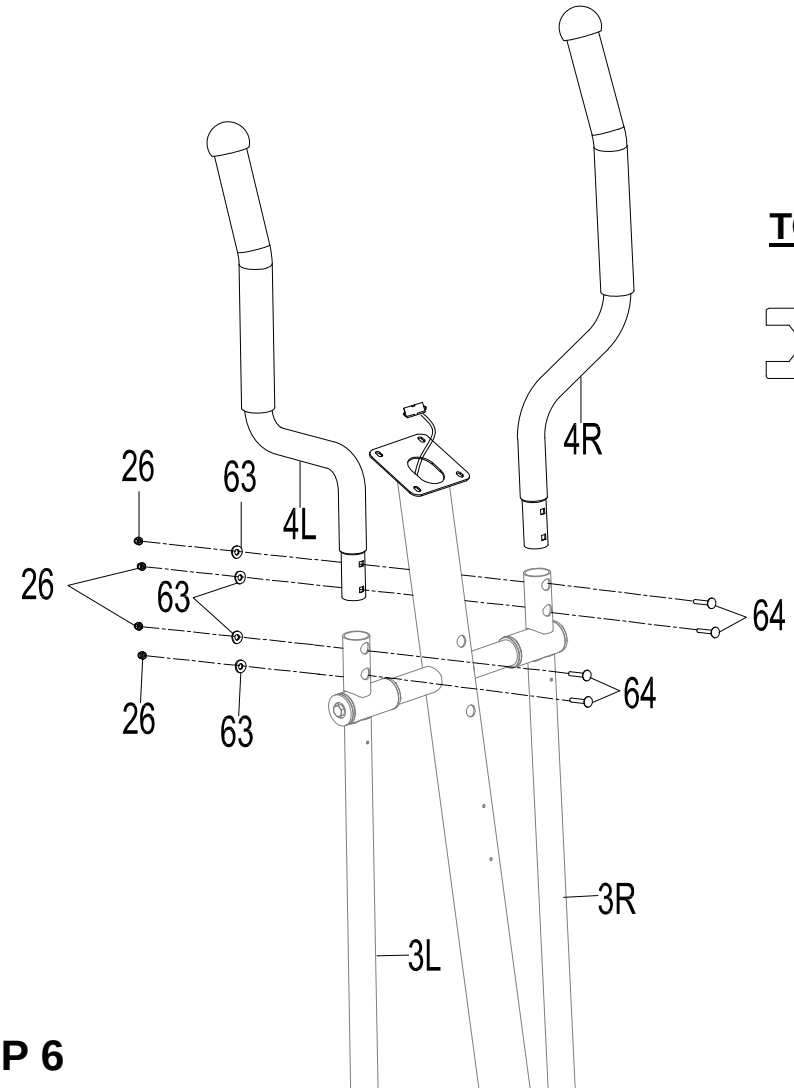
(26) Nylon Nut
6 PCS



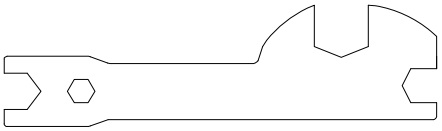
(25) Washer
6 PCS



(23) Bolt 6 PCS



TOOL



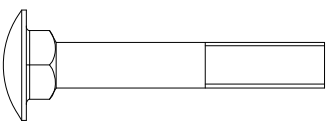
Multi-Hex Wrench 1PC

STEP 6

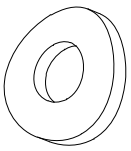
6A. Installing the Left Handrail Arm – Insert the **Left Handrail Arm (4L)** onto the **Left Handrail (3L)** using two **Carriage Bolts (64)**, two **Curve Washers (63)** and two **Nylon Nuts (26)**. Tighten the **Nylon Nuts (26)** using the **Multi Hex Wrench** provided.

6B. Installing the Right Handrail Arm – Insert the **Right Handrail Arm (4R)** onto the **Right Handrail (3R)** using two **Carriage Bolts (64)**, two **Curve Washers (63)** and two **Nylon Nuts (26)**. Tighten the **Nylon Nuts (26)** using the **Multi Hex Wrench** provided.

HARDWARE PACK



(64) Carriage Bolt
4 PCS

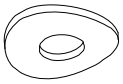


(63) Curve Washer
4 PCS



(26) Nylon Nut
4 PCS

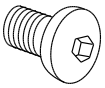
PRE-INSTALLED HARDWARE



(54) Curve Washer 2PCS

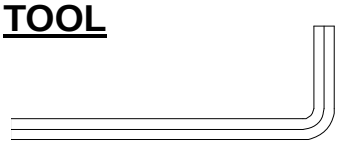


(13) Spring Washer 2PCS

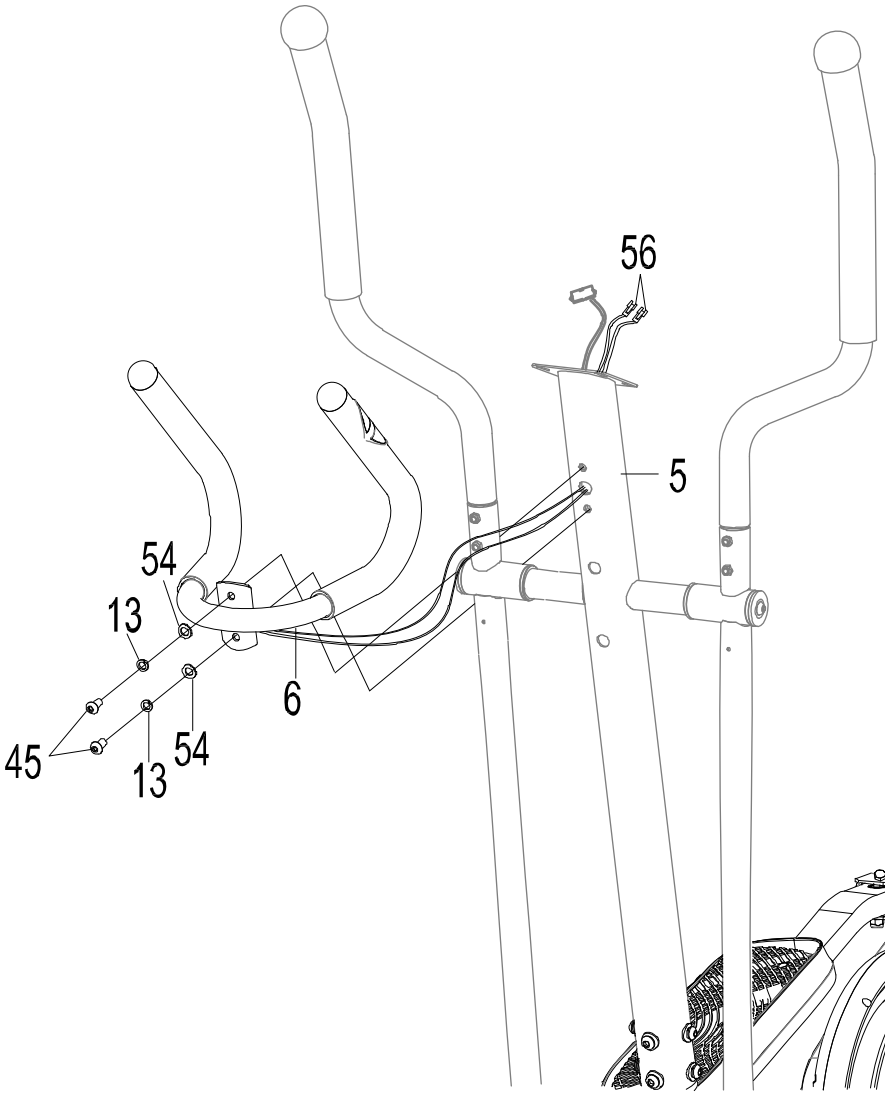


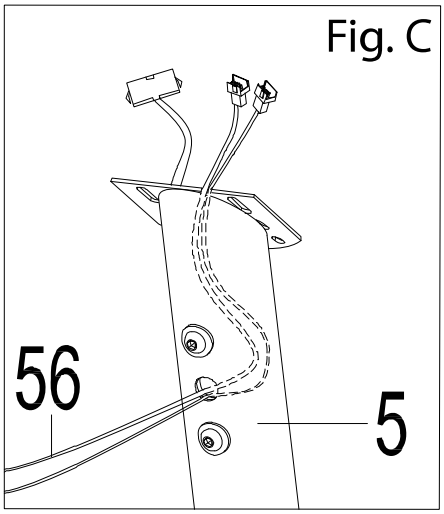
(45) Hex Bolt 2PCS

TOOL



6mm Allen Wrench 1PC





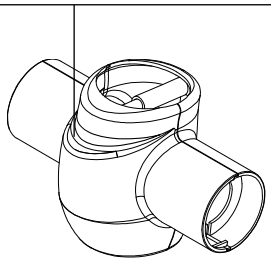
STEP 7

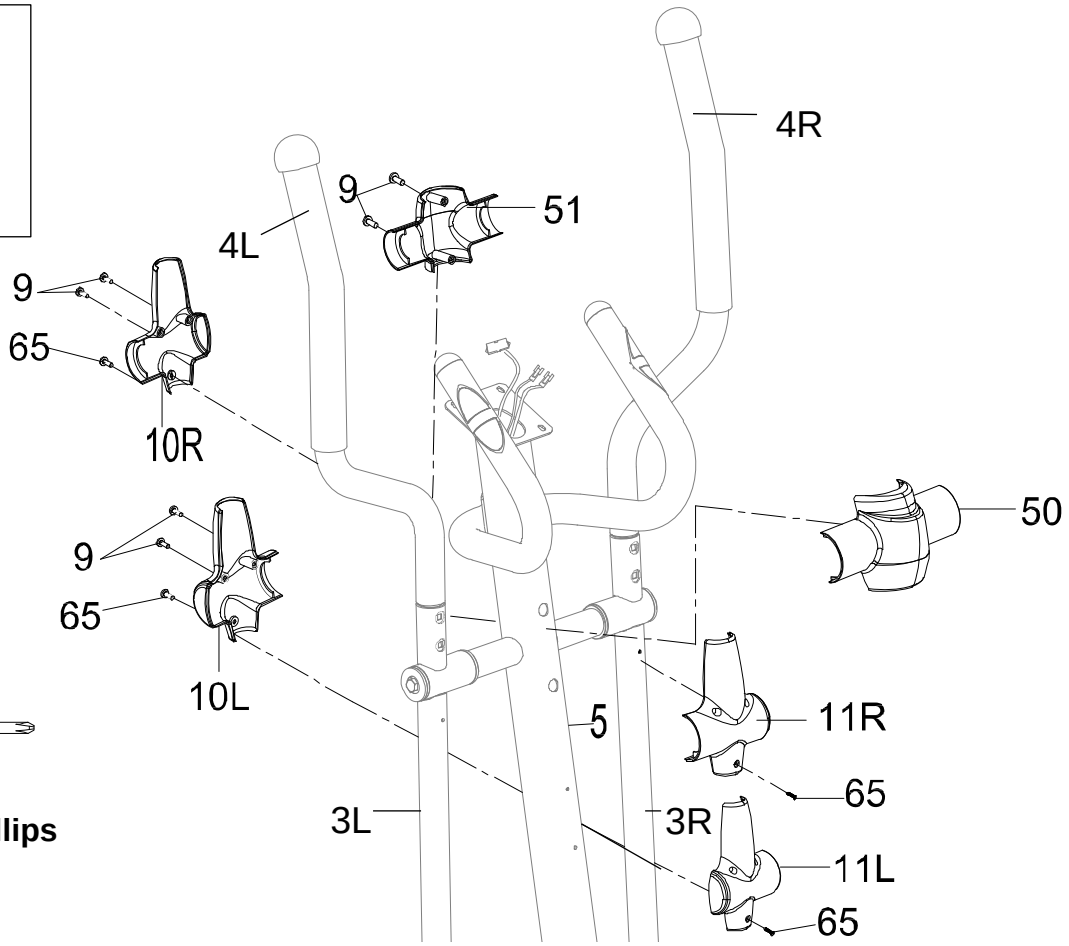
7A. Removing The Hardware From The Front Post – Remove two **Bolts (45),** two **Spring Washers (13)**, and two **Curve Washers (54)** from the **Front Post (5)**.

7B. Connecting the Wires – Insert the **Lower Hand Pulse Wires (56)** from the **Handlebar (6)** into the hole on the forward facing side of the **Front Post (5)**, pull them up, and out of the top end of the **Front Post (5). See Fig. C.**

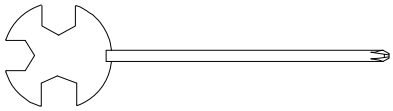
7C. Installing The Handlebar – Install the **Handlebar (6)** onto the **Front Post (5)** using the two **Bolts (45)**, two **Spring Washers (13)**, and two **Curve Washers (54).** Tighten using the **6mm Allen Wrench** provided.

Install tip: Ensure the ledge of part **(50)** is installed towards the user with the ledge upright.





TOOL



Multi Hex Tool with Phillips Screwdriver 1PC

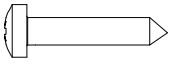
STEP 8

8A. Installing the Left Handrail Cover – Install the **Front Left Handrail Cover (10L)** and the **Rear Left Handrail Cover (11L)** around the **Left Handrail (3L)** with two **Self-Tapping Phillips Screws (65)** and two **Self-Tapping Phillips Screws (9)** using the **Multi-Hex Tool with Phillips Screwdriver** provided.

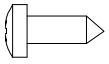
8B. Installing the Right Handrail Cover – Repeat the steps above to install the **Front Right Handrail Cover (10R)** and **Rear Right Handrail Cover (11R)** to the **Right Handrail (4R)**.

8C. Install the Front Post Cover – Install the **Rear Post Cover (50)** and **Front Post Cover (51)** onto the **Front Post (5)** with two **Self-Tapping Phillips Screws (9).** Tighten using the **Multi-Hex Tool with Phillips Screwdriver** provided.

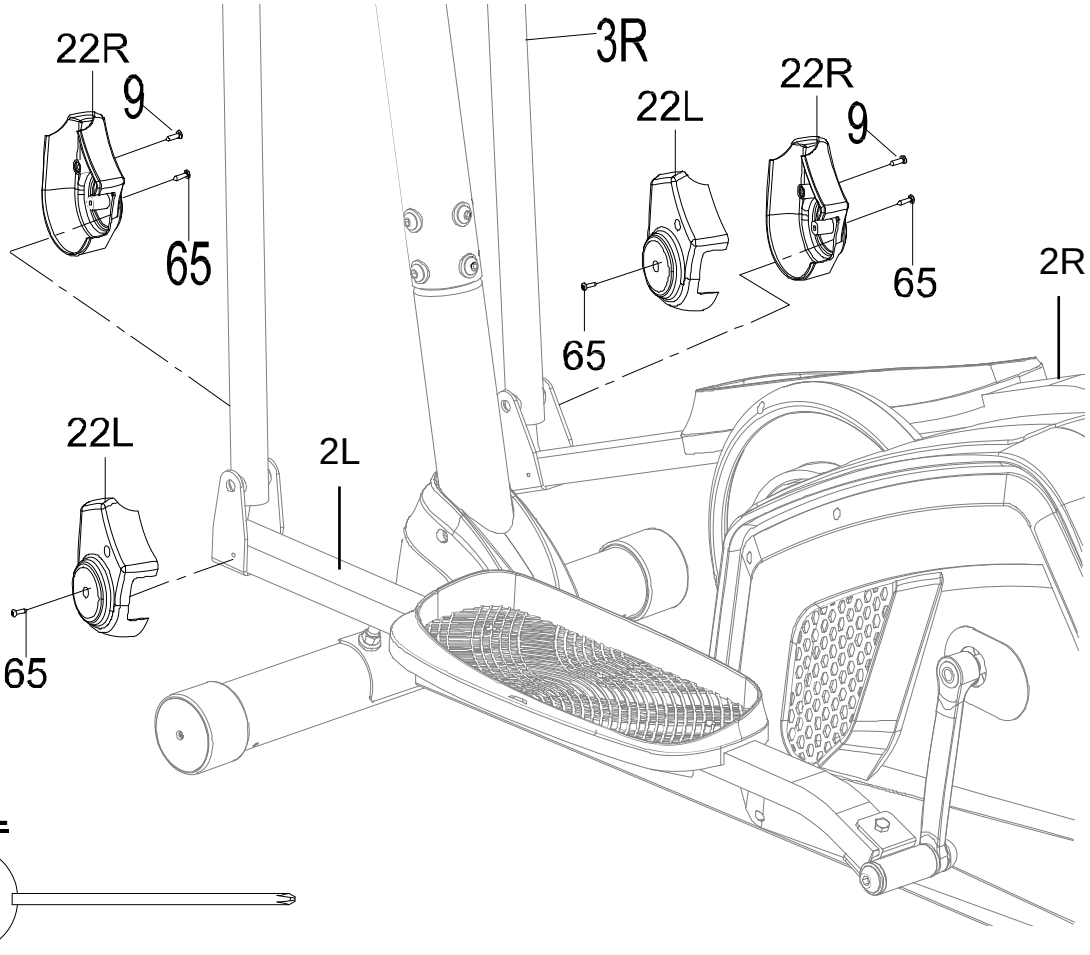
HARDWARE PACK



(65) Self-Tapping Phillips Screw 4PCS



(9) Self-Tapping Phillips Screw 6PCS



TOOL

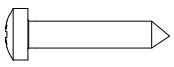
Multi Hex Tool with Phillips Screwdriver 1PC

STEP 9

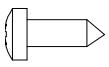
9A. Installing The Left Foot Bar Cover – Install the **Left Foot Bar Cover (22L)** and **Right Foot Bar Cover (22R)** onto the **Left Foot Bar (2L)** with two **Self-Tapping Phillips Screws (65)** and one **Self-Tapping Phillips Screw (9)** using the **Multi-Hex Tool with Phillips Screwdriver** provided.

9B. Installing The Right Foot Bar Cover – Repeat the above steps to install the **Left Foot Bar Cover (22L)** and **Right Foot Bar Cover (22R)** to the **Right Foot Bar (2R).**

HARDWARE PACK

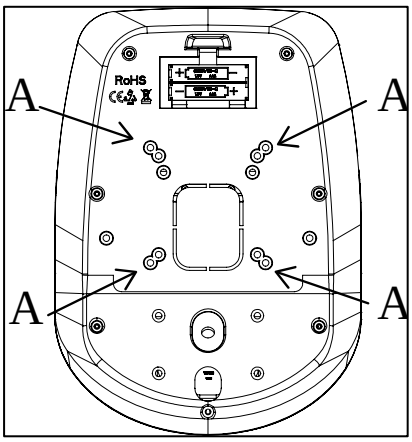


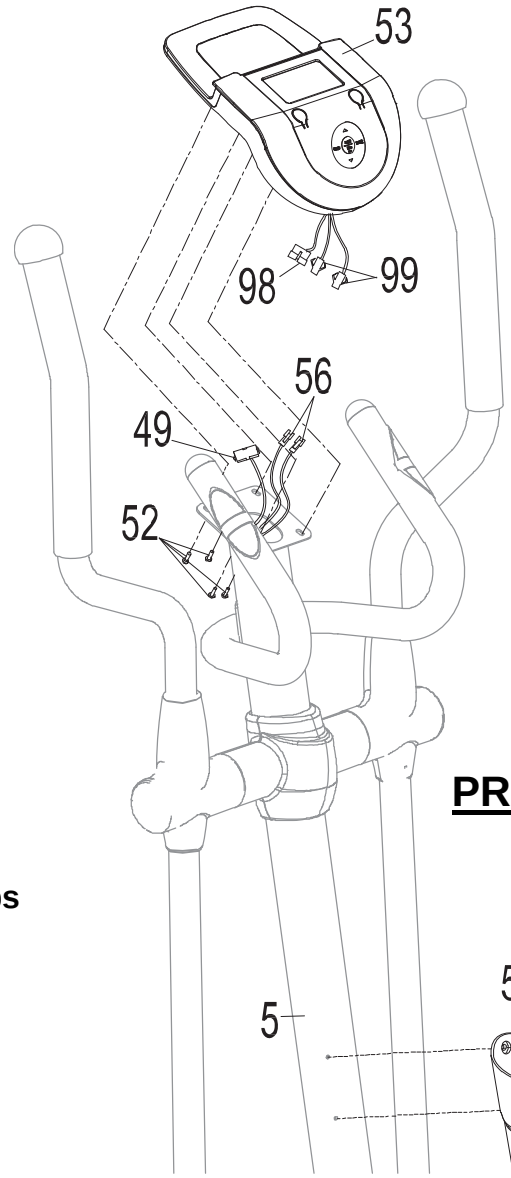
(65) Self-Tapping Phillips Screw 4PCS

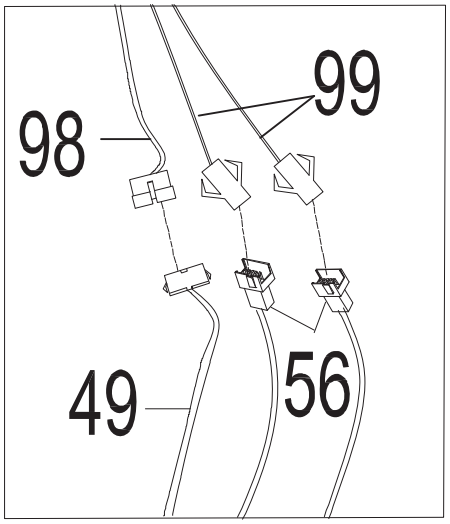


(9) Self-Tapping Phillips Screw 2PCS

Figure D





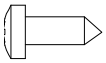


TOOL



Multi Hex Tool with Phillips Screwdriver 1PC

PRE-INSTALLED HARDWARE



(21) Self-Tapping Phillips Screw 2PCS



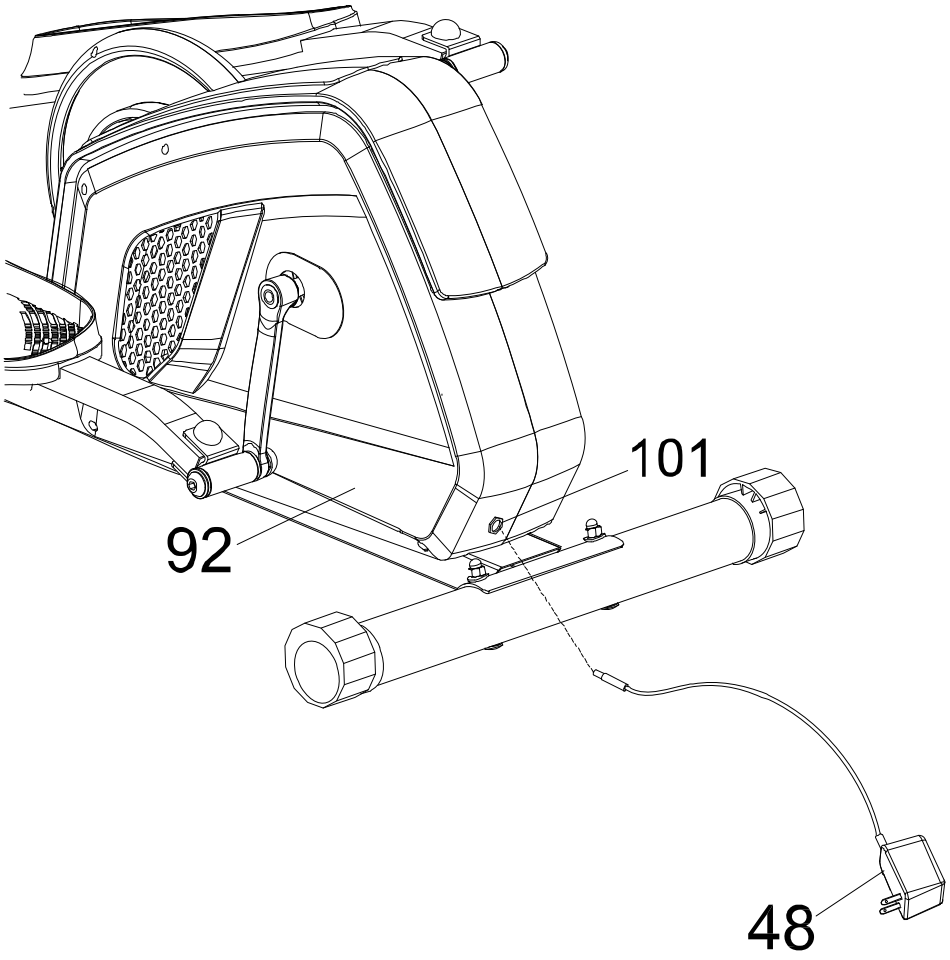
(52) Phillips Screw 4PCS

STEP 10

10A. Removing Hardware From The Console – Remove four **Phillips Screws (52)** from the back of the **Console (53).**

10B. Connecting Wires – Connect the **Lower Hand Pulse Wires (56)** with **Upper Hand Pulse Wire (99),** and connect the **Front Post Wire (49)** with **Upper Console Wire (98).** Attach the **Console (53)** onto the **Front Post (5)** with the four **Phillips Screws (52)** previously removed. Then tighten with the **Multi Hex Tool with Phillips Screwdriver** provided. See **Figure D.**

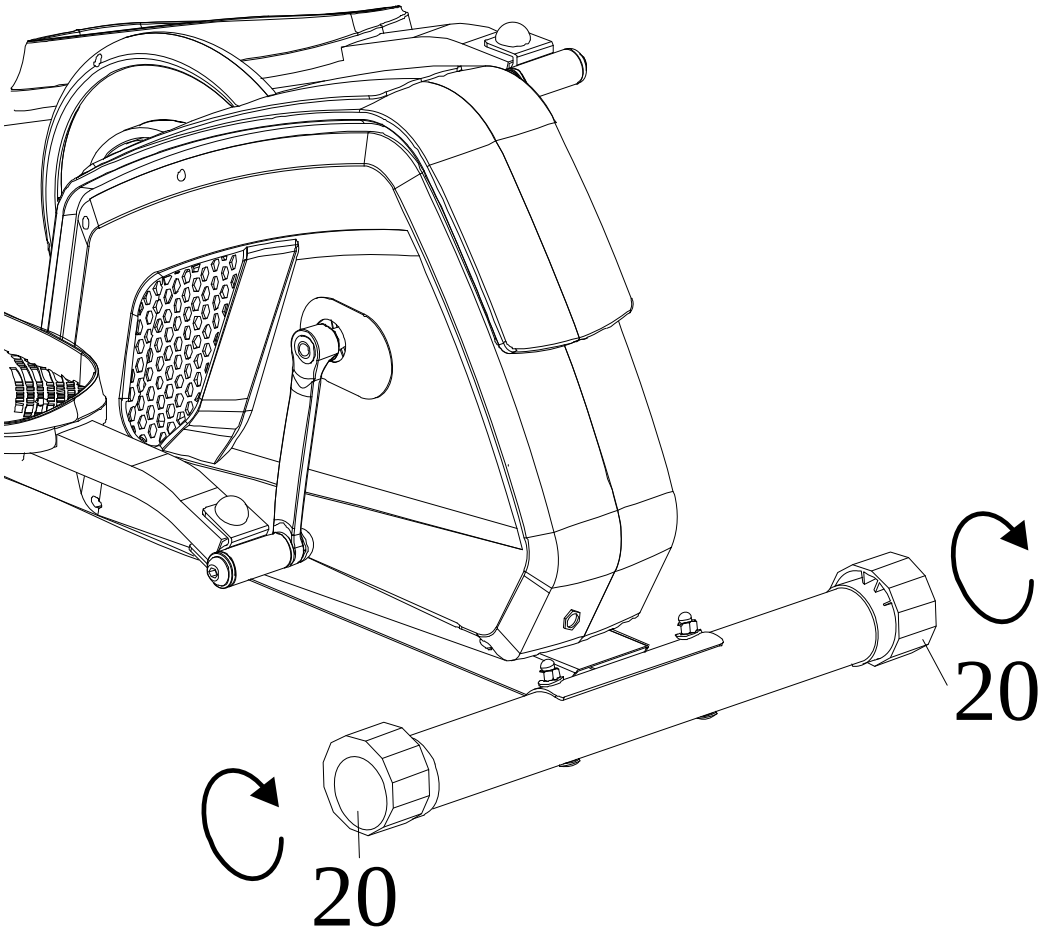
10C. Installing the Bottle Holder – Remove two **Self-Tapping Phillips Screws (21)** from the **Front Post (5)**. Attach the **Bottle Holder (55)** to the **Front Post (5)** with the two removed **Self-Tapping Phillips Screws (21).** Then tighten using the **Multi-Hex** Tool with Phillips **Screwdriver** provided.



STEP 11

11A. Plugging In The Machine – Connect the **AC Adaptor (48)** to the **AC Cable Plug (101)** on the rear of the **Left Cover (92).**

WARNING: This Console Is Not Battery Operated. Use The Adaptor Provided To Power The Console. See Step 9.



Turn the **Rear Stabilizer End Caps (20)** so that they are even on both sides and are touching the floor on a flat surface.

Display Information:



TIME----------	00:00-99:00
SPEED ----------	0.0-99.9 MPH / KM
DISTANCE (DIST) ----------	0.0-999.9 ML
CALORIES (CAL) ----------	0.0-999.9 CAL
ODOMETER (ODO) ----------	0-999.9 ML

CONSOLE BUTTONS:

START STOP

Start/Stop Button: Starts and pauses workouts. Hold for 5 seconds to reset console.

MODE

Mode Button: Switches displayed workout values:
RPM ⟷ MPH/KMPH // DIST⟷ ODO // CAL⟷ WATT

Up Button: Increases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, PROGRAMS

Down Button: Decreases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, PROGRAMS

ENTER

Enter Button: Confirms a selection or toggles through: TIME, DISTANCE/ODO, CALORIES, PROGRAMS

USER Set Up:

The first screen that will appear after you turn on the Console will prompt you to choose between USER 1 and USER 2.

1. Press ∧ or ∨ to choose between USER 1 and USER 2. Confirm the selection by pressing ENTER.
2. Press ∧ or ∨ to choose a gender, see the Male and Female Symbol in the top right corner, confirm the selection by pressing ENTER.
3. Press ∧ or ∨ to set an age, confirm the selection by pressing ENTER.
4. Press ∧ or ∨ to set a height, confirm the selection by pressing ENTER.
5. Press ∧ or ∨ to set a weight, confirm the selection by pressing ENTER.
6. Once you go through the set up the display will return to the U1 or U2 screen.

Quick Start:

Pressing START at the user selection screen will take you into a “QUICKSTART” manual workout using the selected user profile. You can set a consistent resistance level for the entire workout with the ∧ or ∨ buttons.

Workout Program:

Challenge yourself with one of the 21 preset workout programs.

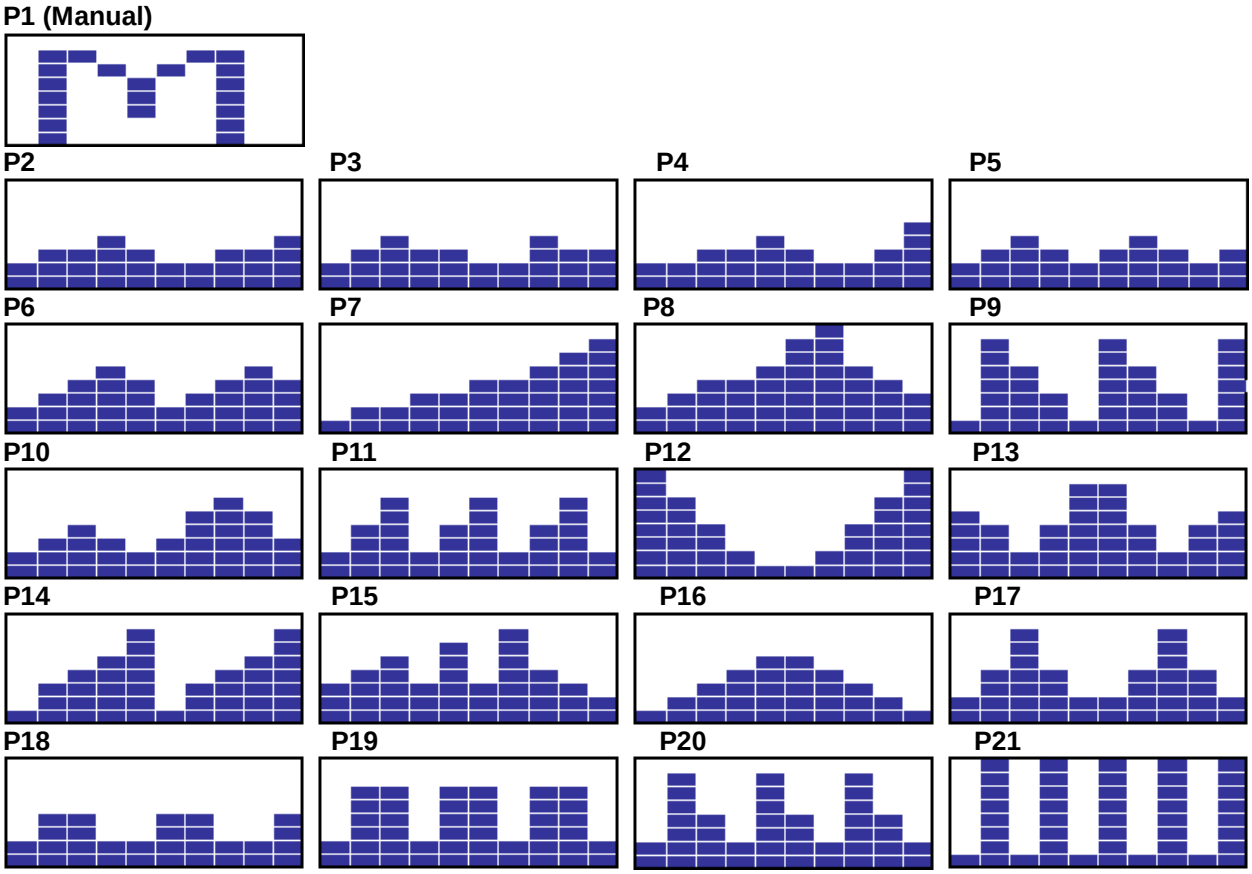
1. Pressing the MODE button at the user selection screen will take you into the PROGRAM workout menu using the selected user profile.
2. Use the ^ or v buttons to scroll through the workout programs.
3. Press the START button to begin a workout with the displayed workout program.

Target Workout Goal Program:

Set a goal for yourself when using one of the 21 preset workout programs:

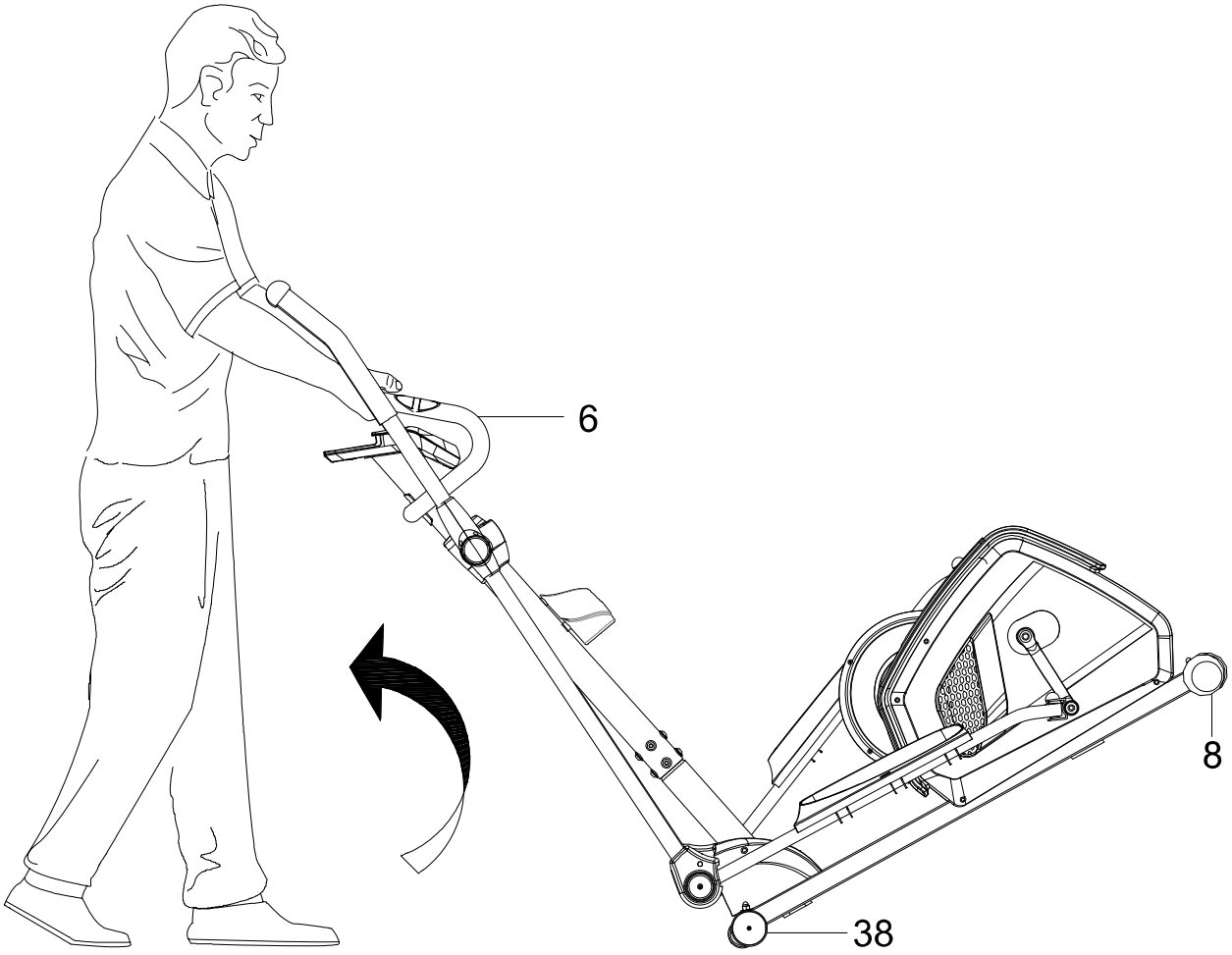
1. Pressing the MODE button at the user selection screen will take you into the PROGRAM workout menu using the selected user profile.
2. Use the ^ or v buttons to select a workout program.
3. Pressing the ENTER button will cause the TIME, DISTANCE, or CALORIES display values to flash.
4. Use the ^ or v buttons to change the value of the flashing digits.
5. Press the START button to begin a workout using the set target workout goal. The set value will count down to zero. NOTE: only one target workout goal can be set.

PRE-SET Programs:



Get the latest information on our apps by visiting our website.

www.MyCloudFitness.com



Transporting the Elliptical

Hold the **Handlebar (6)** tilt the machine towards you until the wheels on the **Front Stabilizer End Caps (38)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the machine and **Rear Stabilizer (8)** until it makes contact with the ground.

TROUBLESHOOTING

PROBLEM: The elliptical wobbles when in use.
SOLUTION: Turn the **Rear Stabilizer End Cap (44)** on the **Rear Stabilizer (8)** as needed to level the elliptical.

PROBLEM: The **Console (53)** does not turn on.
SOLUTION: Remove the **Console (53)** and verify that ALL wires that come from the **Console (53)** are properly connected to the wires that come from the **Front Post (5)**.

PROBLEM: There is no Pulse reading or there is erratic / inconsistent readings.
SOLUTION: Make sure that the **Lower Hand Pulse Wires (56)** are securely connected to the **Upper Hand Pulse Wires (99)**.
SOLUTION: To ensure the pulse readout is more precise, always hold on to the **Hand Pulse Sensors (102)** with two hands instead of just one.
SOLUTION: Avoid gripping the **Hand Pulse Sensors (102)** too tight. Try to maintain moderate pressure while holding onto the **Hand Pulse Sensors (102).**

PROBLEM: The elliptical makes a squeaking noise when in use.
SOLUTION: Bolts may be loose on the elliptical. Inspect all bolts and tighten any that have become loose over time.

MAINTENANCE

Cleaning

1. The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts.
2. Wipe your perspiration off the elliptical after each use.
3. Be careful not get excessive moisture on the **Console (53)** as this might cause an electrical hazard or electronics to fail.
4. Keep the elliptical, especially, the **Console (53)** out of direct sunlight to prevent screen damage.
5. Inspect all assembly bolts, nuts, and Screws on the machine for proper tightness every week.

Storage

Store the elliptical in doors and in a clean and dry environment away from children.

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 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

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