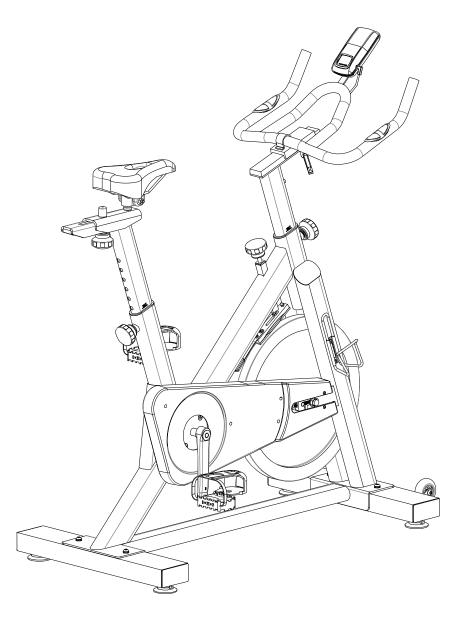


INDOOR TRAINING BIKE





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.

4200Y.2-120718

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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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: 1-844-641-7921 (8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday) Response time may vary via calling

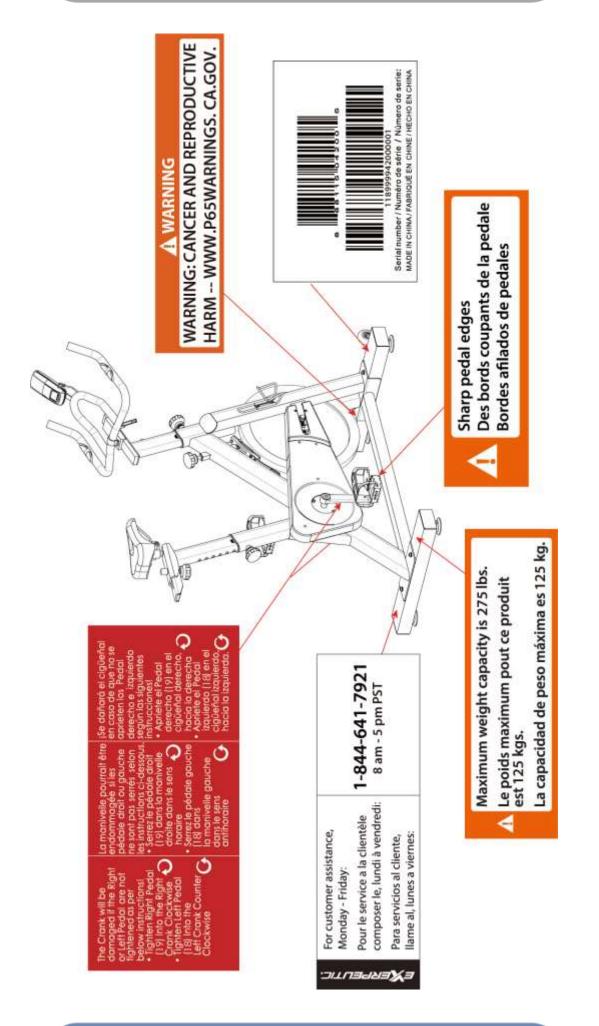
Please have the following information ready when requesting for service:

- 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

LABEL PLACEMENT



IMPORTANT SAFETY GUIDELINES

Read all instructions before using the equipment. When using the equipment, basic precautions should always be followed. WARNING - To reduce the risk of injury to persons, read and under the following:

- 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 and stretching of the major muscle groups.
- 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 this product 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. DO NOT pedal in reverse.
- 15. This product requires a minimum of 6 square feet of space for safe operation.

16.ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS

17. Warning: - Risk of Personal Injury - Consult with your personal physician to see if this

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.

- 18. **Warning:** Risk of Personal Injury Do not allow children to use this machine.
- 19. **Warning:** Risk of Personal Injury Keep children under the age of 13 away from the machine.
- 20. **Warning:** Risk of Personal Injury Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
- 21. **Warning:** Risk of Personal Injury Do not attempt to service the unit yourself. Discontinue use and contact customer service.
- 22. **Warning:** To Reduce The Risk Of Personal Injury Read And Understand All Read The Instructions Before Using the Bike.
- 23. 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:

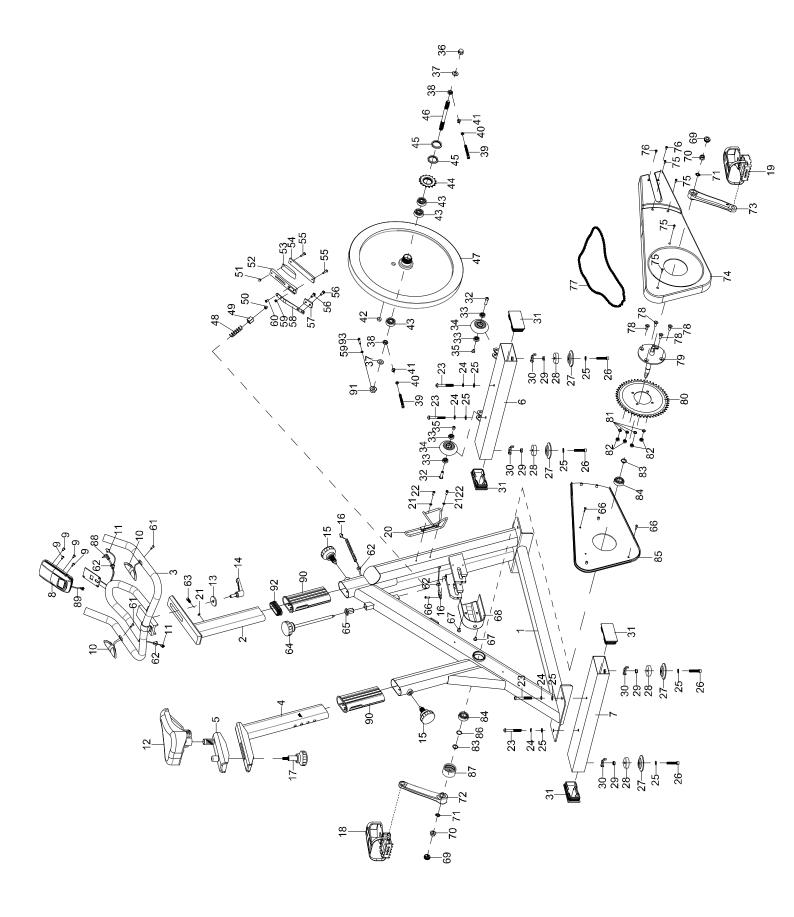
- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you 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 (load): The Maximum Weight Capacity for this product is 275lbs / 125kgs.

Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty	
1	Main Frame		
2	Front Post		
3	Handlebar	1	
4	Seat Post	1	
5	Seat Bracket	1	
6	Front Stabilizer	1	
7	Rear Stabilizer	1	
8	Console	1	
9	Phillips Screw M5*10	4	
10	Hand Pulse	2	
11	Console Extension Wire L=850MM		
12	Seat		
13	Big Flat Washer Φ40*Φ10.5*δ4.0	1	
14	Handlebar Knob M10	1	
15	Big Round Knob M16*1.5*18	2	
16	Sensor Wire L=700MM	1	
17	Round Knob Ф19*56*M10	1	
18	Left Pedal	1	
19	Right Pedal	1	
20	Water Bottle	1	
21	Flat Washer φ5*φ9*1.0	3	
22	Phillips Screw M5*15	2	
23	Hex Bolt M8*65	4	
24	Spring Washer Φ8	4	
25	Flat Washer Φ8*Φ16*1.5	8	
26	Hex Bolt M8*40	4	
27	Foot Pad Φ63*11	4	

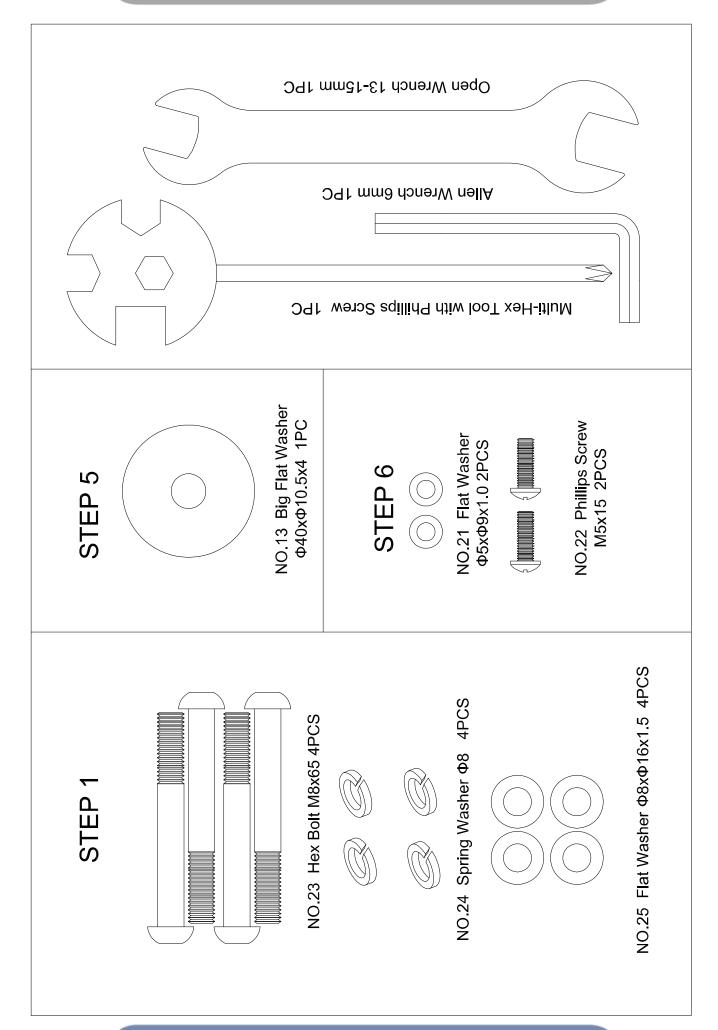
No.	Description	Qty
28	Cap Gasket Ф41.3*12	4
29	Hex Nut M8	4
30	U-Nut Plate 65*20*δ4.0;M8	4
31	Square End Cap	4
32	Hex Bolt with Pan Head Φ8*30; M6*15	2
33	Bearing	4
34	Wheel Φ71*24	2
35	Hex Bolt M6*12	2
36	Cap Nut M12*1.0	1
37	Flat Washer Ф12*Ф24*2.5	2
38	Taper Hex Thin Nut M12*1.0*7	
39	Hex Socket Head Cap Bolt M6*60	
40	Hex Nut M6	2
41	Stop Nut Φ11*10, M8	2
42	Round MagnetΦ15*7	1
43	Bearing 6001Z	3
44	Chain Wheel	1
45	Retainer Nut φ41*M33*1.0*4	2
46	Fly Wheel AxleM12*128	1
47	Fly WheelФ453*35	1
48	Spring Washer φ15*φ2*60	1
49	Square Nut 15*15*20*M10	1
50	Cap Nut M6	1
51	Cap Nut M5	1
52	Brake Bracket 138*25*12	1
53	EVA Cushion 76*25*10	1
54	Brake Leather 138*25*5	1

PARTS LIST

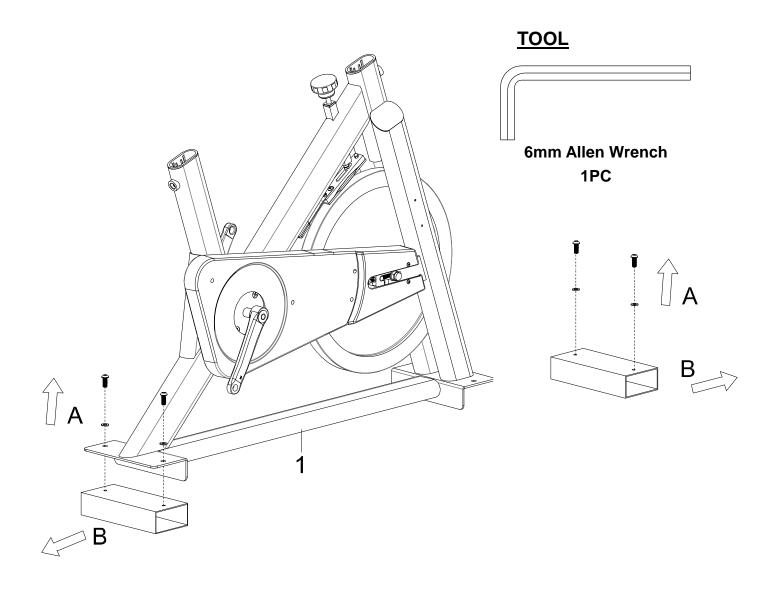
No.	Description	Qty
55	Countersunk Head Cross	2
55	Recessed Bolt M5*20	
56	Hex Bolt M6*15	2
57	Rubber Pad 38*25*δ4.0	1
58	Spring Gasket 143*15.5*δ2	1
59	Hex Nut M5	2
60	Phillips Screw M5*10	1
61	Self-Tapping Philips Screw ST4.2*20	2
62	Wire Plug Φ12.1	4
63	Hex Socket Head Cap Bolt M5*15	1
64	Brake Knob	1
65	Square Bushing 20*20*30	1
66	Cross Recessed Pan Head Forming Screw ST4.2*15	3
67	Phillips Screw M6*10	2
68	Sensor Cover	1
69	Crank Cap	2
70	Flange Nut M10*1.25*9	2
71	Outer Washer φ10*φ18*1.0	2
72	Left Crank	1
73	Right Crank	1
74	Outer Chain Cover	1

No.	Description	Qty		
75	Self-Tapping Philips Screw ST4.2*15			
76	Phillips Screw M4*10	2		
77	Chain P12.7 Z104	1		
78	Socket Head Phillips Screw M8*20	4		
79	Chain PulleyΦ17*176	1		
80	Chain Plate Φ205*δ2.5 Ρ12.7 Z52	1		
81	Spring Washer φ8	4		
82	Anti-Loosen Hex Nut M8	4		
83	Pulley Circlip Φ20*1	2		
84	Bearing 6004Z	2		
85	Inner Chain Cover	1		
86	Wave Washer φ24*φ20*0.3	1		
87	Bottom Cap	1		
88	Hand Pulse Wire	1		
89	Console Wire	1		
90	Bushing 80*40*2	2		
91	Anti-Loosen Nut M12	1		
92	Oval End Cap 70*30	1		
93	Hex Bolt M5*30	1		

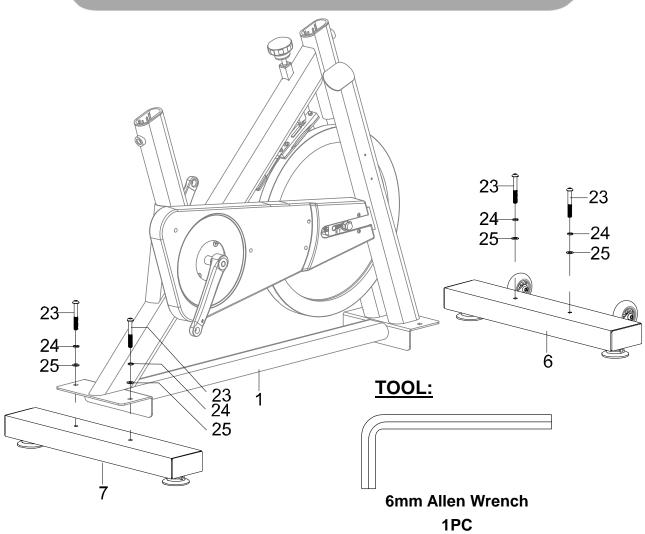
HARDWARE & TOOLS PACK



REMOVE THE METAL TUBE



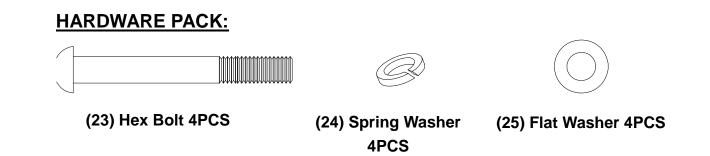
Remove the **Metal Tubes** from the **Main Frame (1)** by using **6mm Allen Wrench** provided. Discard the metal tubes and hardware, they will not be used in assembly.

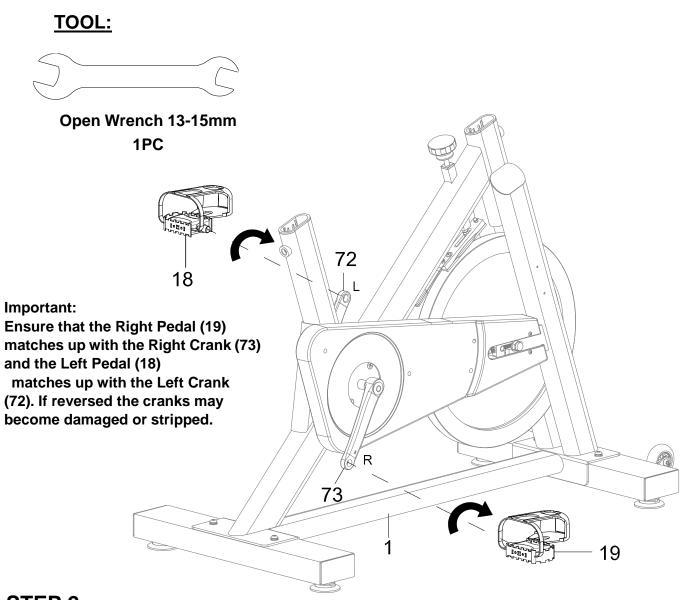


STEP 1

1a. Front Stabilizer Installation: Lift up the front of the Main Frame (1), and attach the Front Stabilizer (6) onto the front bracket of the Main Frame (1) with two Hex Bolts (23), two Spring Washers (24), and two Flat Washers (25). Use the 6mm Allen Wrench to tighten the Hex Bolts (23) until they are firm and secure.

1b. Rear Stabilizer Installation: Lift up the front of the Main Frame (1), and attach the Rear Stabilizer (7) onto the rear bracket of the Main Frame (1) with two Hex Bolts (23), two Spring Washers (24), and two Flat Washers (25). Use the 6mm Allen Wrench to tighten the Hex Bolts (23) until they are firm and secure.

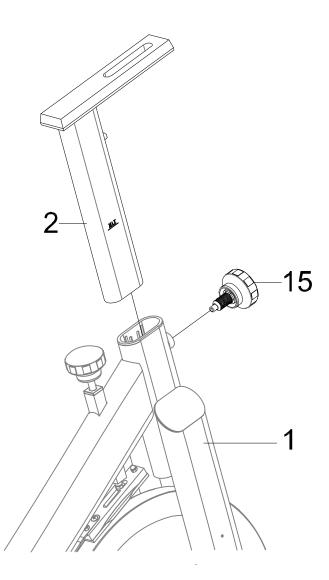




STEP 2

2a. Installing the Left Pedal: Insert the threaded shaft of the **Left Pedal (18)** into the threaded hole in the **Left Crank (72)**. Turn the pedal shaft by hand in a <u>COUNTER-CLOCKWISE</u> direction until snug, then fully tighten with the **13-15 mm Open Wrench**.

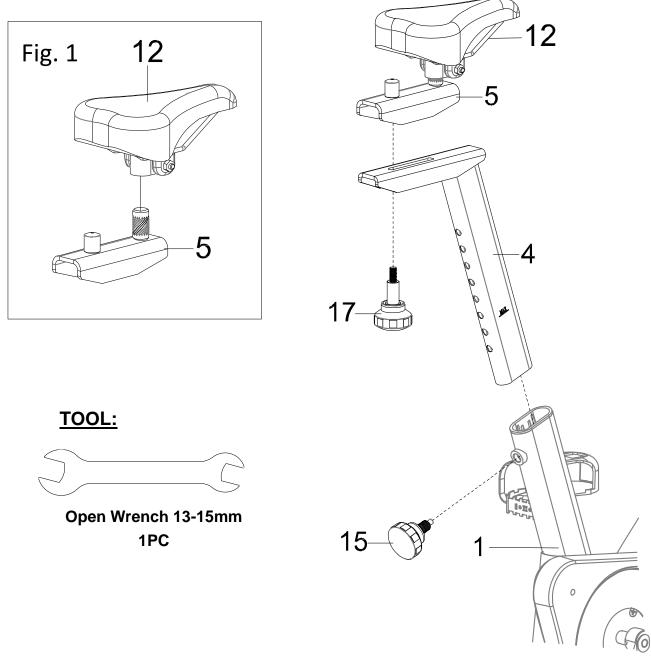
2b. Installing the Right Pedal: Insert the threaded shaft of the **Right Pedal (19)** into the threaded hole in the **Right Crank (73)**. Turn the pedal shaft by hand in a <u>CLOCKWISE</u> direction until snug, then fully tighten with the **13-15 mm Open Wrench**.



STEP 3

3a. Installing the Front Post to the Main Frame: Insert the Front Post (2) into the Main Frame(1). Then secure and tighten with the Big Round Knob (15).

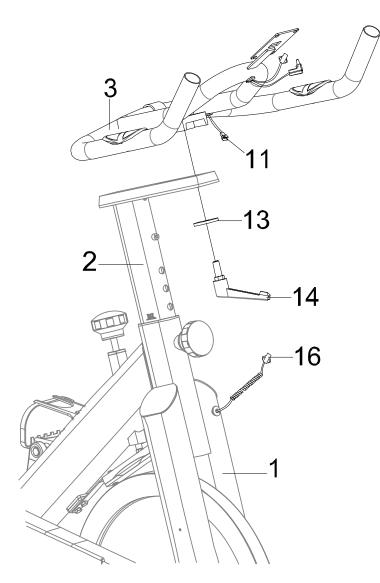
Tip: When adjusting the height of Front Post (2), the MAX line cannot be higher than the edge of the plastic bushing.



STEP 4

4a. Installing the Seat and Seat Bracket To the Main Frame: Attach the Seat (12) onto the Seat Bracket (5). See Fig. 1. Attach the Seat Bracket (5) onto the Seat Post (4), and secure with Round Knob (17). Insert the Seat Post (4) onto the Main Frame (1) with Big Round Knob (15).

Tip: When adjusting the height of Seat Post, the MAX line cannot be higher than the edge of the plastic bushing.

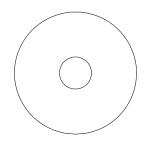


STEP 5

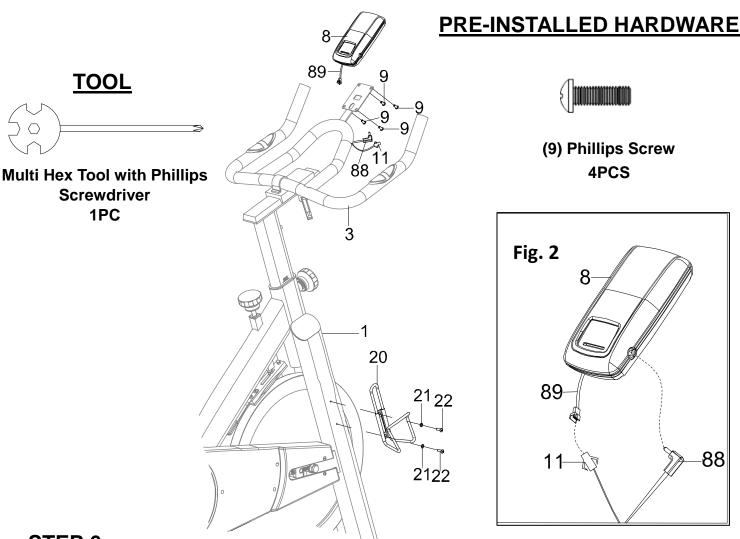
5a. Installing the Handlebars to the Front Post: Attach the Handlebar (3) onto the Front Post
(2). Secure the Handlebar (3) with one Big Flat Washer (13) and Handlebar Knob (14).
Tighten the Handlebar Knob (14) by turning <u>Clockwise.</u>

5b. Connecting the Sensor Wires: Connect the Sensor Wire (16) from the Main Frame (1) to the Console Extension Wire (11) from the Handlebar (3).

HARDWARE PACK:



(13) Big Flat Washer 1PC



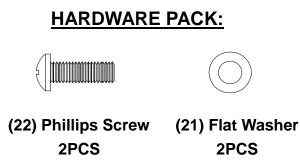
STEP 6

6a. Removal of Hardware for Installation: Remove four **Phillips Screws (9)** from the **Console (8)**.

6b. Connecting the Wires: Connect the Console Extension Wire (11) from the Handlebar (3) to the Console Wire (89) from the Console (8). Insert the Hand Pulse Wire (88) into the side of the Console (8). See Figure 2.

6c. Installing the Console: Attach the Console (8) onto the Handlebar (3), and tighten the four Phillips Screws (9) with the Multi Hex Tool with Phillips Screwdriver provided.

6d. Installing the Cup Holder: Attach the Cup Holder (20) onto the Main Frame (1), and tighten with two Flat Washers (21) and Phillips Screw (22) using the Multi Hex Tool with Phillips Screwdriver provided.



COMPUTER



MODE	To confirm all settings.
SET	To set up the value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button to increase the value fast. (The computer has to be in stop condition.)
RESET	To clear the set-up value. Press RESET key and hold for 2 seconds to reset all function figures.
RECOVERY	To test heart rate recovery status

FUNCTIONS:

- SCAN:
 Displays all function TIME→DISTANCE→CALORIES→PULSE→ RPM/SPEED in sequence.

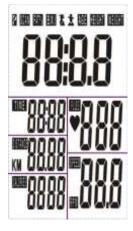
 RPM:
 Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.

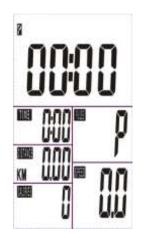
 SPEED:
 Displays the user's exercise speed.

 TIME:
 1 You can proce "SET" button to act target time between 0:00 to
- TIME: 1.You can press "SET" button to set target time between 0:00 to 99:00 for count down function.
 - 2. It can be set up by the user or accumulated automatically for count up function.
- DISTANCE: 1.You can press "SET" button to set target distance between 0:00 to 99:50 for count down function.
 - 2. It can be set up by the user or accumulated automatically for count up function.
- CALORIES: 1. You can press "SET" button to set target calories between 0 to 9990 for count down function.
 - 2. It can be set up by the user or accumulated automatically for count up function
- PULSE: Displays the user's pulse. User may set the target pulse. When pulse value reaches to the target, the computer will alarm with "Beep" sound.

OPERATION PROCEDURE:

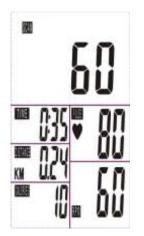
1. Installs 2 pcs of 1.5V "AAA" batteries, then the screen will display as following "Drawing A" and have "Beep" sound at the same time. After that, it goes to the next step to the main menu as "Drawing B".





- 2. Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set- up mode, for example in the time set-up mode, time value is blinking, you can press "SET" button to adjust the value and press "MODE" for confirmation. The set-up of DISTANCE, CALORIES & PULSE is the same as TIME.
- 3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going. Press "MODE" button for confirmation and skip to next set-up.
- 4. In SCAN mode shown as "Drawing C". RPM/SPEED/TM/DIST/CAL/PULSE will skip to display in every 6 seconds. The order is as follows.

COMPUTER



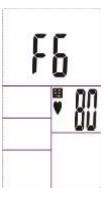
 You can also press "MODE" button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.
 RECOVERY :

(1)When the user presses "RECOVERY" button, the RECOVERY function is active. At this time only PULSE and TIME is working, other functions will not be displayed, and the Sensor Input is not available. TIME starts to count down from "0 : 60", Pulse signal will be blinking according user's heart rate BPM. When Time counts down to "0", it will show F1~F6. (F1 is the best, F6 is the worst)

F1	OUTSTANDING
F2	EXCELLENT
F3	GOOD
F4	FAIR
F5	BELOW AVERAGE
F6	POOR

(2)LCD display as follows: (RECOVERY start condition & end condition) •

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	Û'	12
_	¥	00
_	_	



COMPUTER

(3)If the countdown action to **0:00** is not completed and there is no pulse signal, the countdown action has to be done and shown F6.

(4) If you press the RECOVERY button prior to count down to **0:00**, it will be end and return to the main menu.

Note:

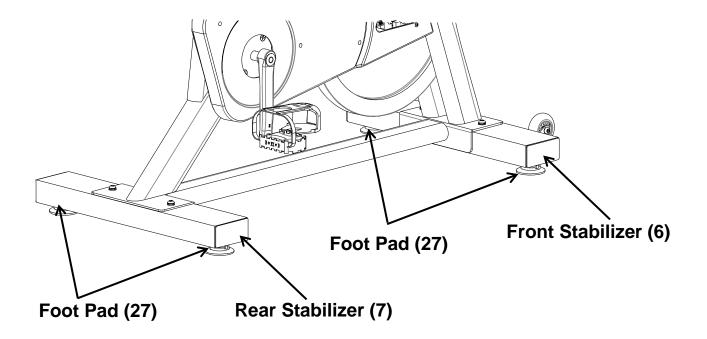
1. Stop training for 4 minutes, the computer will enter to Sleep mode. You may press any button to have the computer restart working, the original value will retain.

(If re-install batteries, the original value will remove.)

2. If the computer displays abnormally, please re-install batteries and try again.

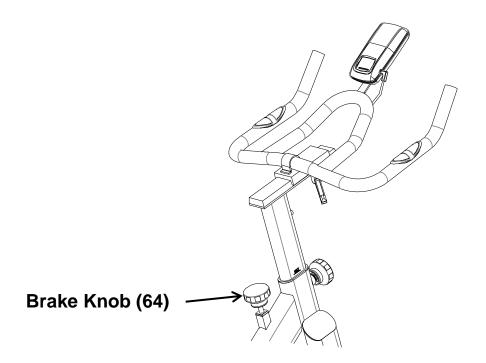
3. Battery Spec: 1.5V "AAA" (2PCS).

ADJUSTMENTS



Adjusting the Foot Pad

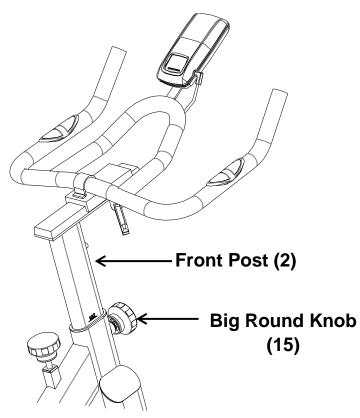
Turn the **Foot Pad (27)** on the **Front and Rear stabilizers (6) & (7)** as needed to level the bike. Proper leveling will reduce noises and wobbling.



Adjusting the Brake Knob

To increase the tension, turn the **Brake Knob (64)** in a <u>CLOCKWISE</u> direction. To decrease the tension, turn the **Brake Knob (64)** in a <u>COUNTERCLOCKWISE</u> direction.

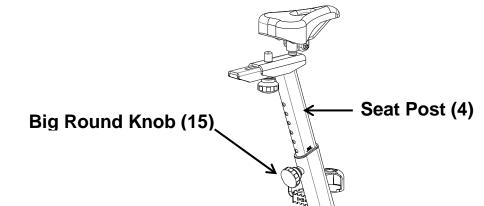
ADJUSTMENTS



Adjusting the Handlebar Height

Tip: When adjusting the height of Front Post (2), the MAX line cannot higher than the edge of plastic bushing.

Loosen the **Big Round Knob (15)** by turning it <u>COUNTER-CLOCKWISE</u> direction until it can be pulled out. Pull out the **Big Round Knob (15)** and then slide the **Front Post (2)** up or down and settle on the desired height. Lock the **Front Post (2)** in place by releasing the **Big Round Knob (15)** and sliding the **Front Post (2)** up or down slightly until the **Big Round Knob (15)** "POPs" down into the locked position. Tighten the **Big Round Knob (15)** in a CLOCKWISE direction.

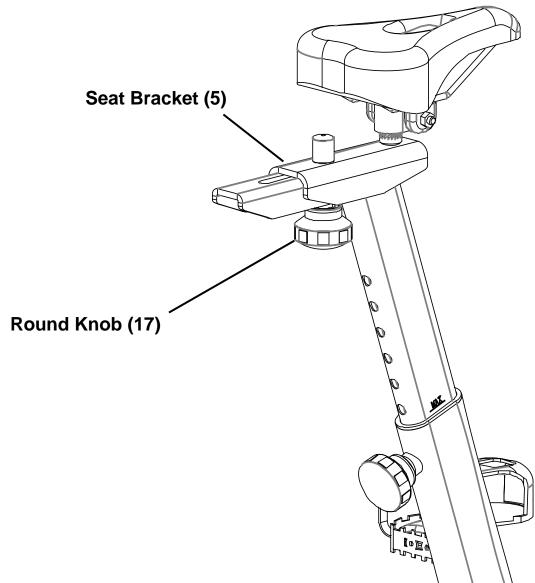


Adjusting the Handlebar Height

Loosen the **Big Round Knob (15)** by turning it in the <u>COUNTER-CLOCKWISE</u> direction until it can be pulled out. Pull out the **Big Round Knob (15)** and then slide the **Seat Post** (4) up or down direction to the suitable position. Lock the **Seat Post (4)** in place by releasing the **Round Knob (15)** and sliding the **Seat Post (4)** up or down slightly until the **Big Round Knob (15)** "pops" down into the locked position. For added safety, tighten the **Big Round Knob (15)** in a clockwise direction.

NOTE: When adjusting the height of seat post, the MAX line cannot higher than the edge of plastic bushing.

ADJUSTMENTS



Adjusting the Seat Forward or Back

Loosen the **Round Knob (17)** by turning it in a <u>COUNTER-CLOCKWISE</u> direction. Slide the **Seat Bracket (5)** in a forward direction to the suitable position. Lock the **Seat Bracket (5)** in place by turning it in a <u>CLOCKWISE</u> direction.

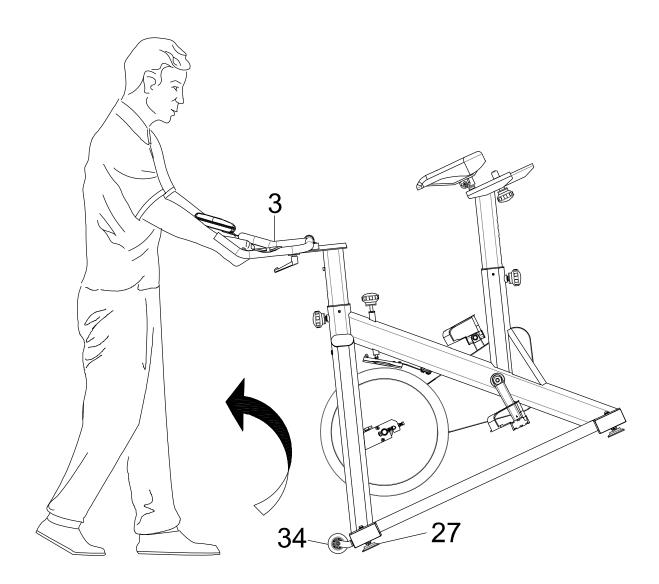
TROUBLE SHOOTING

- 1. **PROBLEM:** The bike wobbles when in use.
 - 1) SOLUTION: Turn the Foot Pads (27) on the Rear and Front Stabilizer (7) & (6) or as needed to level the bike.
- 2. **PROBLEM:** The display on the **Console (8)** does not turn on.
 - 1) SOLUTION: Remove the Console (8) and verify that the wires from the console (8) are properly connected to the wires of the Front Post (2).
- 3. **PROBLEM:** Not displaying/inconsistent/erratic heart rate readings
 - 1) SOLUTION: Always hold onto the Hand Pulse (10) with both hands. Maintain moderate pressure when holding onto the Hand Pulse (10).
 - 2) SOLUTION: Make sure the wire connections for the Hand Pulse Wires (88).
 - 3) SOLUTION: Wipe your excess moisture off your hands.
- 4. **PROBLEM:** The bike makes a squeaking noise when in use.
 - 1) **SOLUTION:** The bolts may be loose on the recumbent bike. Inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

- 1. The bike can be cleaned with a soft clean damp cloth.
- 2. **Do not** use abrasives or solvents on the plastic parts.
- 3. Wipe your perspiration off the bike after each use.
- 4. Be careful not to get excessive moisture on the Console display as this might cause an electrical hazard or the electronics to fail.
- 5. Keep the bike, especially the computer console out of direct sunlight to prevent screen damage.
- 6. Be sure all assembly bolts, nuts, screws, and pedals on the machine are thoroughly tightened prior to use. Tighten any loose parts.

TRANSPORT & STORAGE



Transporting the Bike

Pull the **Handlebar (3)** with both hands until the **Wheels (34)** on the **Front Stabilizer (6)** make contact with the ground. Pull or Push the Bike to the desired storage area before gently lowering the Bike. Always maintain both hands on the Bike during transportation.

Storage

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

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT	LENGTH OF WARRANTY
Structural Frame	3 years
All Other Components	90 days
(computer display, electror	nics, 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 RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

NAME:				
ADDRESS:				
CITY:		STATE:	ZIP:	
TELEPHONE:	(Day)			
	(Night)			
SERIAL#:				
MODEL#:				
PURCHASE DATE:_				
PLACE OF PURCHA	\SE:			

DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS" This form can also be faxed to #: 626-810-2166