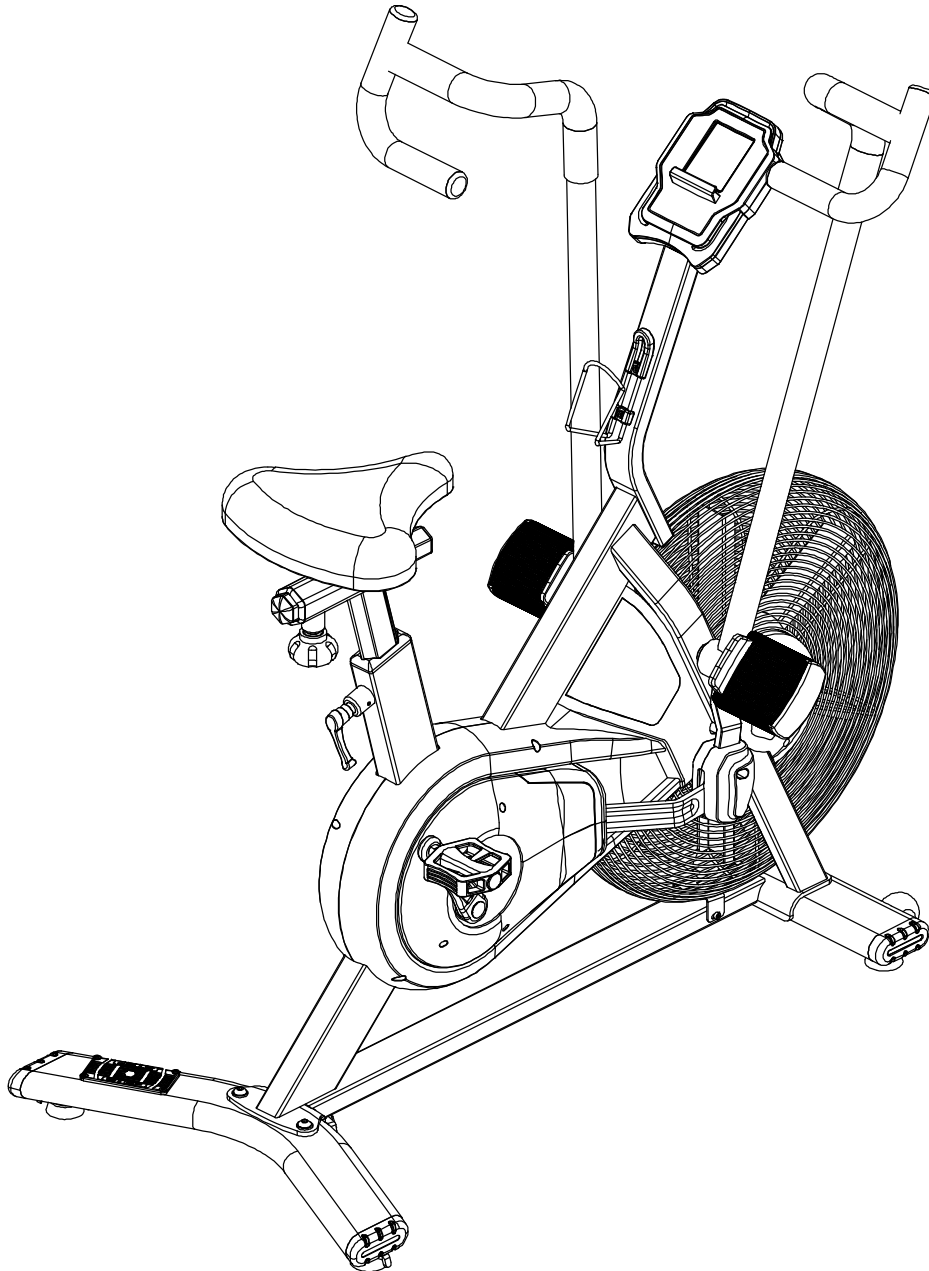


Interval Training Dual Action Fan Bike



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.



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:
1-844-641-7923
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:

1-844-641-7923

(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**

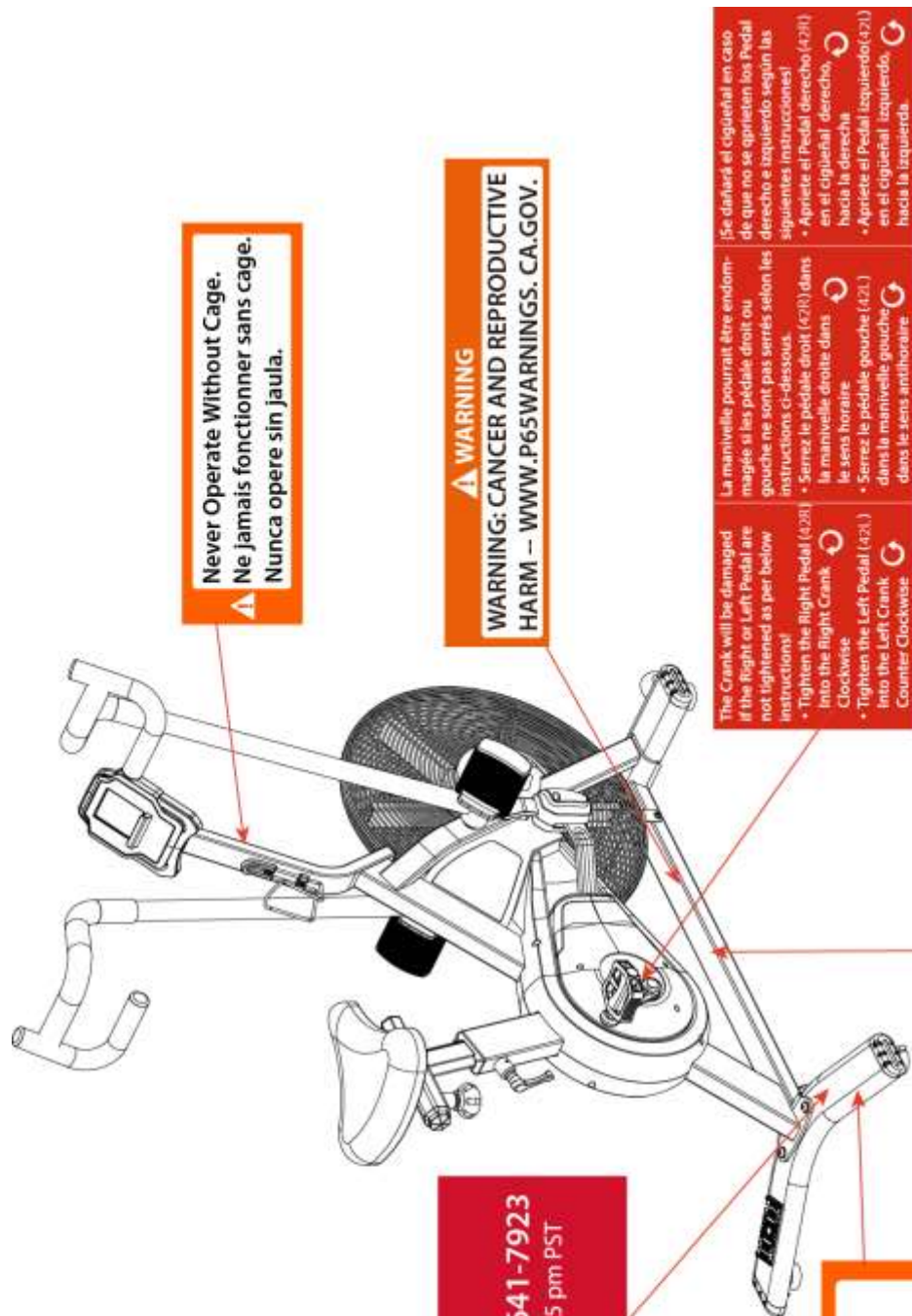
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



Never Operate Without Cage.
Ne jamais fonctionner sans cage.
Nunca opere sin jaula.

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

**For customer assistance,
Monday - Friday:**
Pour le service à la clientèle
composer le lundi à vendredi:
Para servicios al cliente,
llame al lunes a viernes:

1-844-641-7923
8 am - 5 pm PST

Maximum weight capacity is 300 lbs.
Le poids maximum pout ce produit
est 136 kgs.
La capacidad de peso máxima es 136 kg.

The Crank will be damaged if the Right or Left Pedal are not tightened as per below instructions!

- Tighten the Right Pedal (428) Into the Right Crank Clockwise
- Tighten the Left Pedal (421) Into the Left Crank Counter Clockwise

La manivelle pourrait être endommagée si les pédales droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

- Serrez le pédale droit (428) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (421) dans la manivelle gauche dans le sens antihoraire

Se dañará el cigüeñal en caso de que no se aprieten los Pedal derecho e izquierdo según las siguientes instrucciones!

- Apriete el Pedal derecho (428) en el cigüeñal derecho, hacia la derecha
- Apriete el Pedal izquierdo (421) en el cigüeñal izquierdo, hacia la izquierda.



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. Do not use outdoors or near water.
8. Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
9. Do not wear loose clothing when using the equipment.
10. Never drop or insert any object into any opening.
11. 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.
12. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
13. **DO NOT** pedal in reverse.
14. This product requires a minimum of 6 square feet of space for safe operation.
15. **ASSEMBLY ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
16. **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.
17. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
18. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
19. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
20. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
21. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using the Bike.
22. **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:

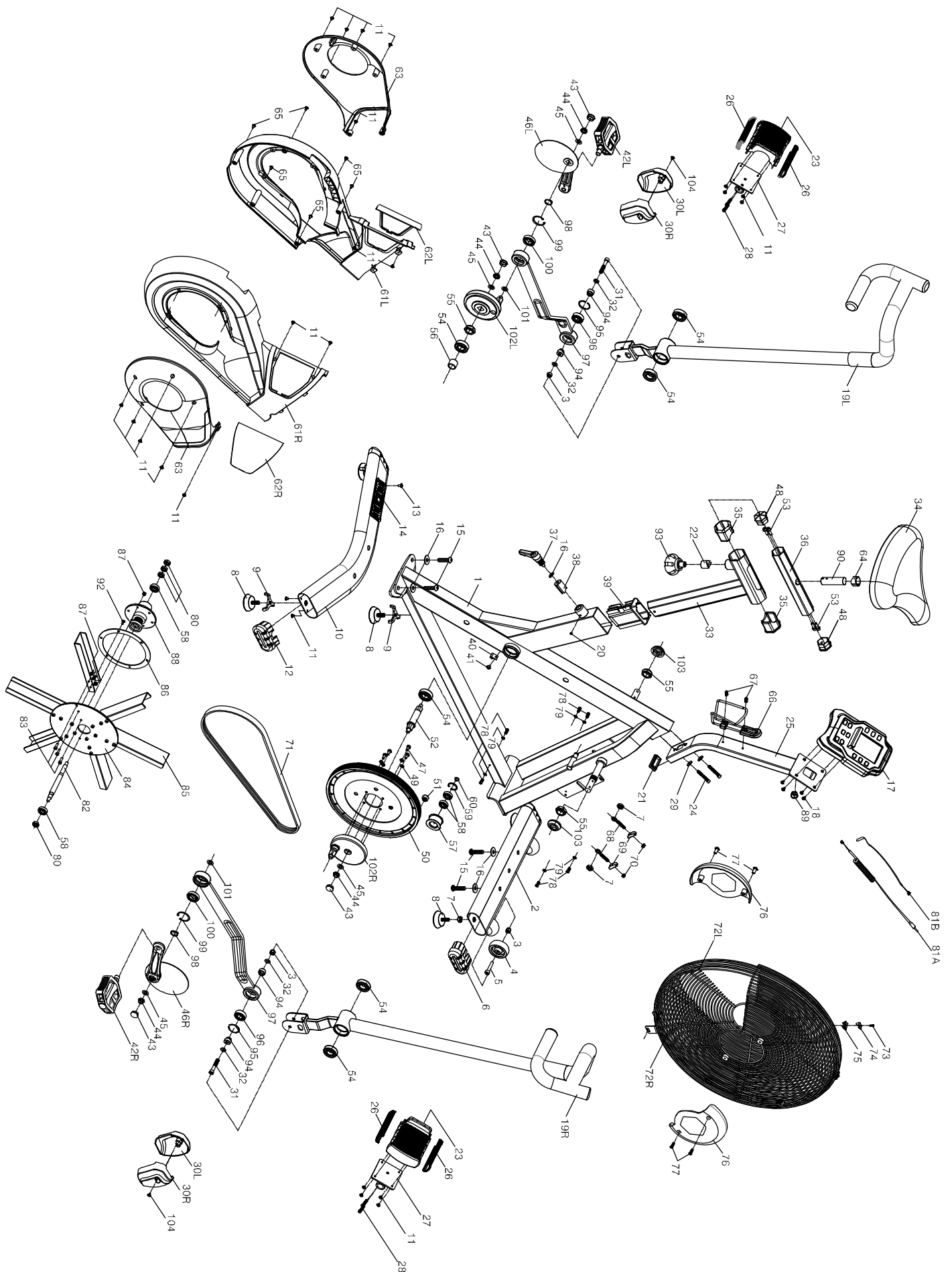
- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you 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 300lbs/136kgs.**

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

SAVE THESE GUIDELINES

OVERVIEW DRAWING



PARTS LIST

No.	Description	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Nylon Nut M8xP1.25	4
4	Transport Wheel	2
5	Hex Bolt M8xP1.25x40L	2
6	Front Stabilizer End Cap	2
7	Hex Nut 3/8"-16	4
8	Foot Pad	5
9	Foot Pad Bracket	3
10	Rear Stabilizer	1
11	Self`-Tapping Phillips Screw 4X10L	26
12	Rear Stabilizer End Cap	2
13	Hex Bolt M5xP0.8x15L	4
14	Anti-Slip Pad	1
15	Hex Bolt M10xP1.5x55L	4
16	Washer $\phi 22 \times \phi 10.5 \times 2t$	5
17	Console	1
18	Screw	4
19L	Left Swing Post	1
19R	Right Swing Post	1
20	Hex Bolt M6xP1.0x6L	1
21	Square End Cap	1
22	V-Block $\phi 23 \times 23L$	1
23	Pedal	2
24	Hex Bolt M8XP1.25X45L	2
25	Front Post	1
26	Pedal Protective Cover	4
27	Metal Plate	2
28	Hex Bolt M6xP1.0x30L	4
29	Washer d8XD16X1.5t	2
30L	Left Handlebar Cover	2
30R	Right Handlebar Cover	2
31	Hex Bolt M8xP1.25X50L	2

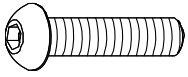
No.	Description	Q'ty
32	Washer 16x8X1.5t	4
33	Seat Post	1
34	Seat	1
35	Bushing	2
36	Seat Slider	1
37	Knob	1
38	Pressing Block	1
39	Seat Bushing	1
40	Sensor Bracket	1
41	Phillips Screw M5xP0.8x8L	1
42L	Left Pedal	1
42R	Right Pedal	1
43	Crank Cap	4
44	Flange Nut M10xP1.25x7	4
45	Wave Washer $\phi 20 \times \phi 10.2 \times 1t$	4
46L	Left Crank	1
46R	Right Crank	1
47	Hex Bolt M6xP1.0x15L	4
48	Slider Bushing	2
49	Spring Washer $\Phi 6$	4
50	Belt Wheel	1
51	Magnet	1
52	Crank Axle	1
53	Hex Bolt M6xP1.0x20L	4
54	Bearing	6
55	Nylon Nut M20xP1.0x12t	3
56	Bushing	1
57	Press Wheel	1
58	Bearing 6001ZZ	4
59	C-Ring R28	1
60	C-Ring C12	1
61L	Left Cover	1
61R	Right Cover	1

PARTS LIST

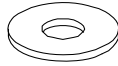
No.	Description	Q'ty
62L	Left Protective Cover	1
62R	Right Protective Cover	1
63	Protective Cover	2
64	Seat Bushing	1
65	Self-Tapping Phillips Screw 4X20L	6
66	Bottle Holder	1
67	Cap Hex Bolt M5xP0.8x12L	2
68	Eye Bolt	2
69	U-Bracket	2
70	Hex Nut M6xP0.8	2
71	Belt	1
72L	Left Cage	1
72R	Right Cage	1
73	Phillips Screw M4xP0.7x12L	6
74	Packing	6
75	Clip	6
76	Protective Cover	2
77	Round Head Hex Bolt M5xP0.8x15L	4
78	Hex Bolt M5xP0.8x12L	6
79	Washer $\phi 10 \times \phi 5 \times 1t$	6
80	Hex Nut M12*P1.25*7t	4
81A	Upper Console Wire	1
81B	Lower Console Wire	1
82	Fan Axle	1

No.	Description	Q'ty
83	Hex Screw M5xP0.8x16L	18
84	Fixed Plate	1
85	Fan Plate 207.5x50x20x2.5t	6
86	Gasket	1
87	Nylon Nut M5xP0.8	24
88	Axle Wheel	1
89	Wire Plug	1
90	Seat Post	1
91	Thread Sealant	1
92	Head Hex Bolt M5x12	6
93	Round Knob	1
94	Swing Post Bushing	4
95	C-ring	2
96	Bearing	2
97	Connecting Post	2
98	Outer C-Ring	2
99	Inner C-Ring	2
100	Bearing	2
101	Wave Washer $\phi 20$	2
102L	Left Crank Axle	1
102R	Right Crank Axle	1
103	Nut Cap M20	2
104	Self-Tapping Phillips Screw 4X10L	2

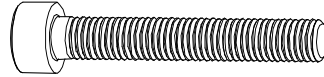
HARDWARE & TOOL PACK



(15) Hex Bolt
M10xP1.5x55L
4PCS



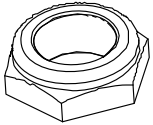
(16) Washer
φ 22×φ10.5×2t
4PCS



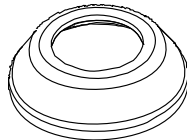
(24) Hex Bolt
M8XP1.25X45L
2PCS



(29) Washer
d8XD16X1.5t
2PCS



(55) Nylon Nut
M20xP1.0x12t
2PCS



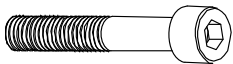
(103) Nut Cap
M20
2PCS



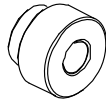
(3) Nylon Nut
M8xP1.25
2PCS



(32) Washer
16x8X1.5t
4PCS



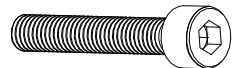
(31) Hex Bolt
M8xP1.25X50L
2PCS



(94) Swing Post
Busing
2PCS



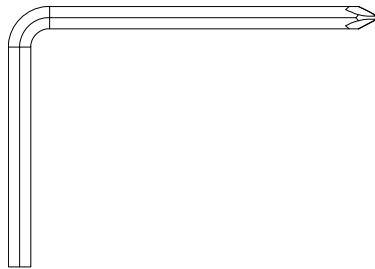
(104) Self-Tapping
Phillips Screw 4X10L
2PCS



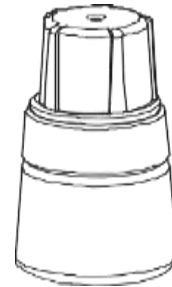
(28) Hex Bolt
M6xP1.0x30L
4PCS



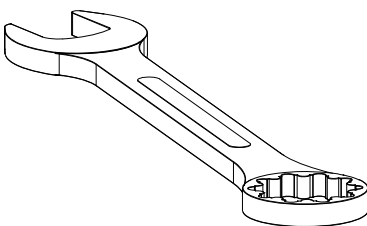
4mm Allen
Wrench 1pc



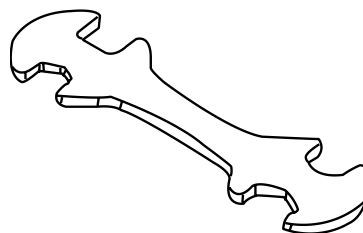
6mm Allen Wrench with
Phillips Screwdriver
1PC



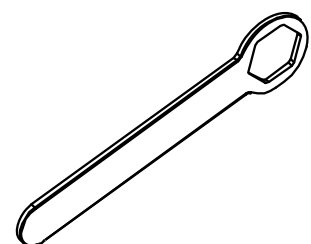
(91) Thread Sealant
1PC



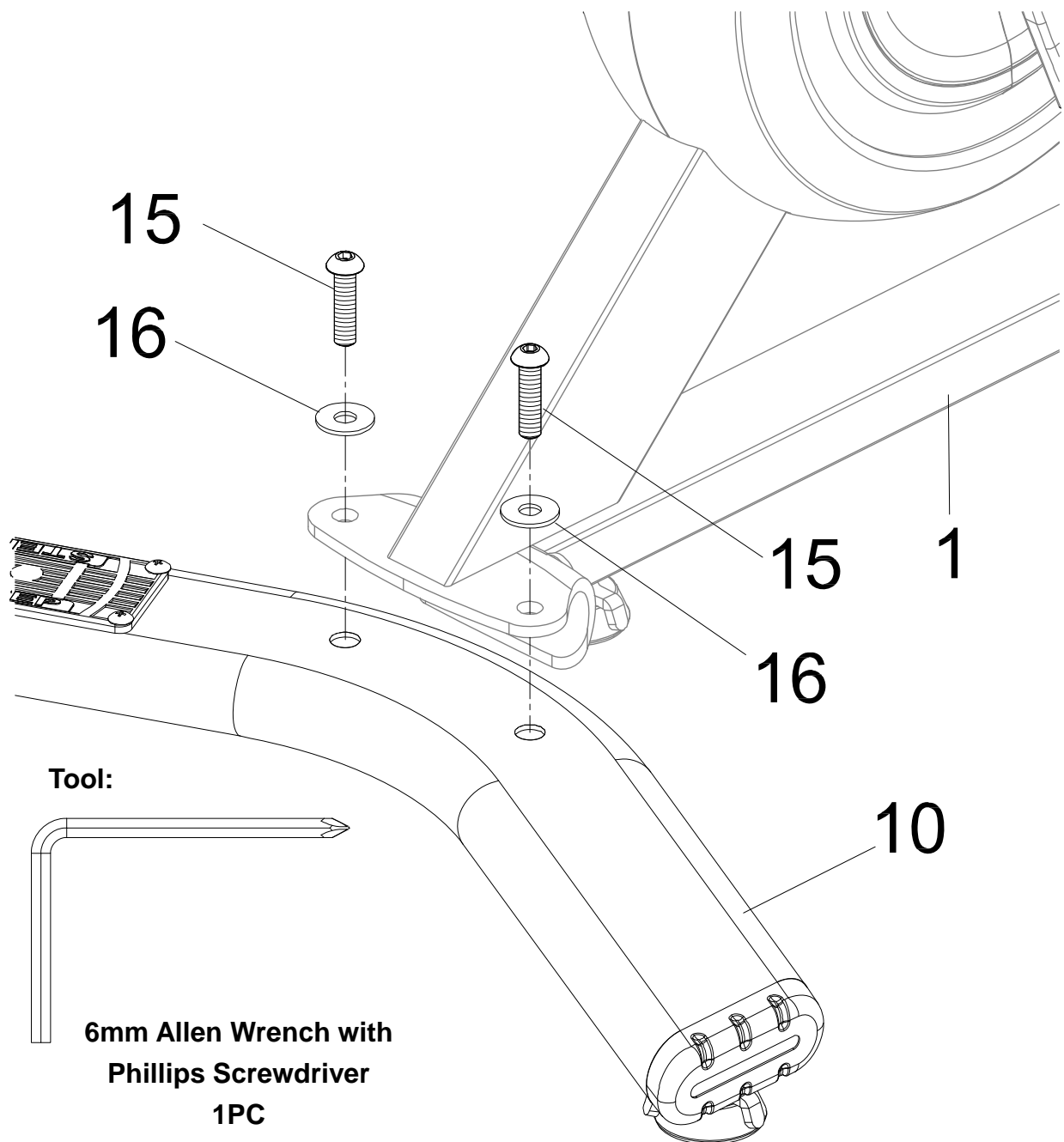
Combination Wrench 1PC



13,14,15,17 Wrench 1PC



Closed Wrench 1PC

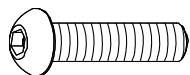


Step 1

1a. Rear Stabilizer Installation: Lift up the rear of the **Main Frame (1)**, and attach the **Rear Stabilizer (10)** onto the rear curve of the **Main Frame (1)** with two **Hex Bolts (15)** and two **Washers (16)**. Use the **6mm Allen Wrench with Phillips Screwdriver** to tighten the **Hex Bolts (15)** until they are firm and secure.

NOTE: Must assemble the **Rear Stabilizer (10)** before the **Front Stabilizer (2)**.

Hardware:

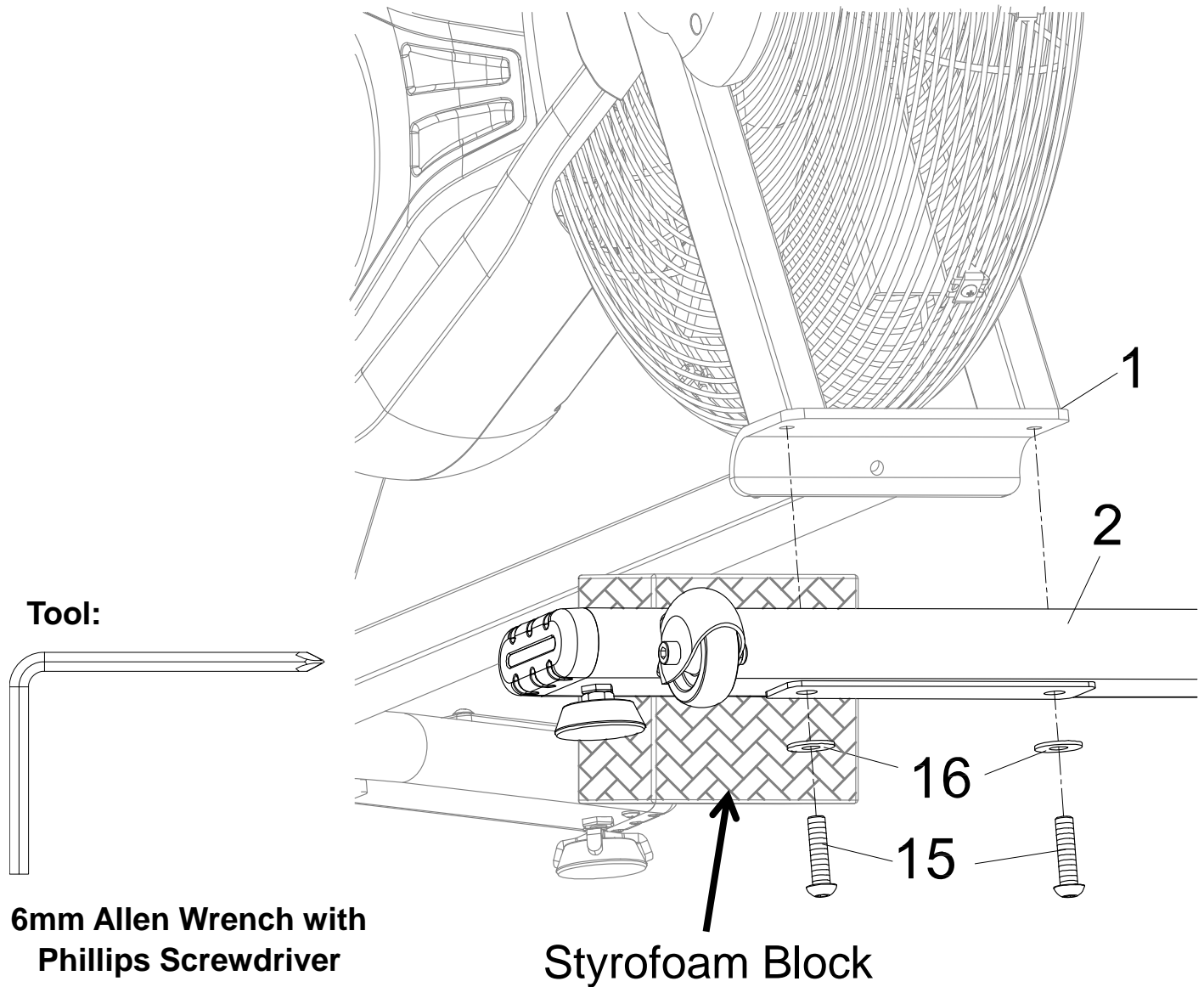


(15) Hex Bolt
M10×P1.5×55L
2PCS



(16) Washer
φ 22×φ10.5×2t
2PCS

ASSEMBLY

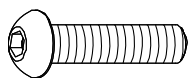


Step 2

2a. Front Stabilizer Installation: Lift up the front of the **Main Frame (1)**, and place a block of Styrofoam under the machine to help hold the frame up. Attach the **Front Stabilizer (2)** onto the front curve of the **Main Frame (1)** with two **Hex Bolts (15)** and two **Washers (16)**. Use the **6mm Allen Wrench with Phillips Screwdriver** to tighten the **Hex Bolts (15)** until they are firm and secure.

NOTE: install both bolts by hand below fully tightening the bolts with the included tool.

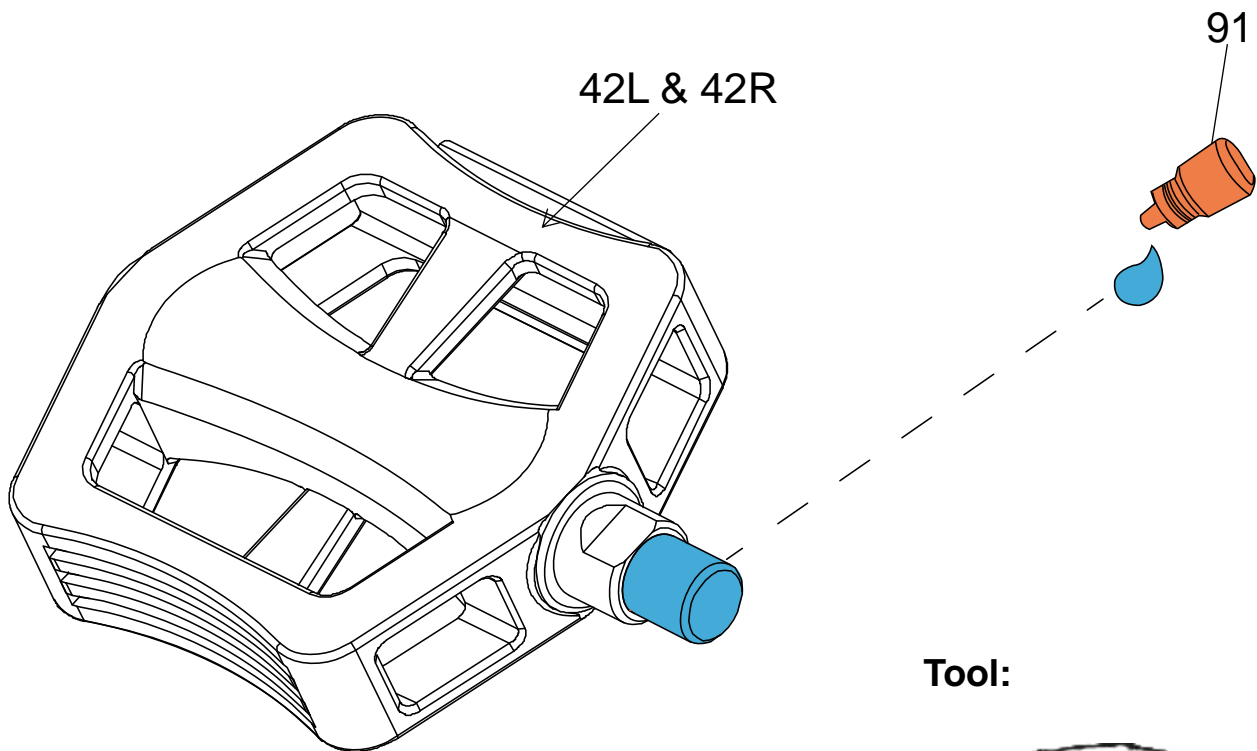
Hardware



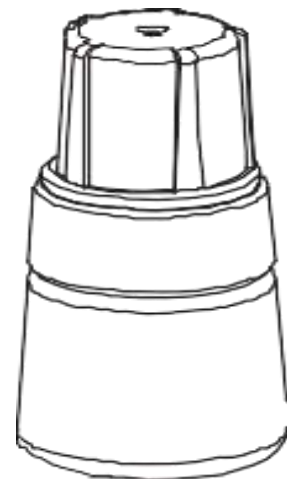
(15) Hex Bolt
M10×P1.5×55L
2PCS



(16) Washer
φ 22×φ10.5×2t
2PCS



Tool:

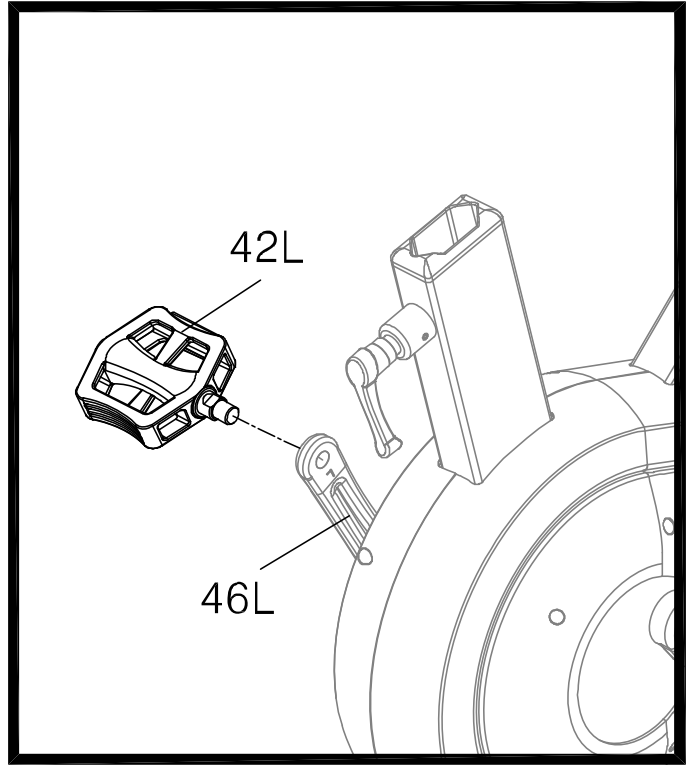
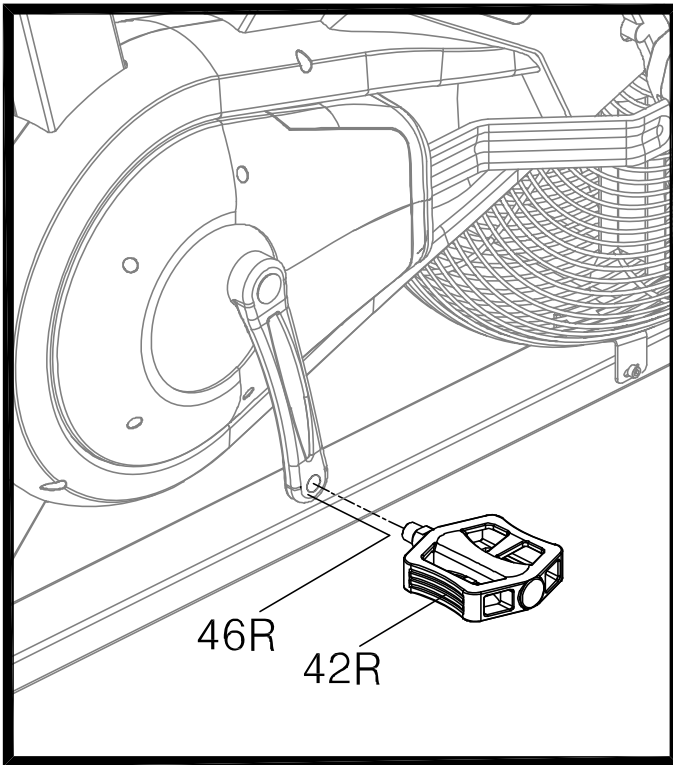


**(91) Thread Sealant
1PC**

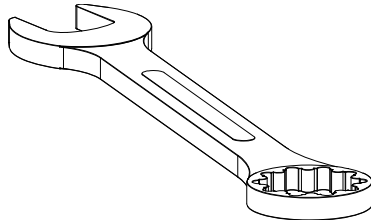
Step 3

3a. Applying the Thread Sealant: Fully coat the threads of both **Left Pedal (42L)** & **Right Pedals (42R)** with **Thread Sealant (91)** before the pedal assembly of **Step 4**.

NOTE: Before applying **Thread Sealant (91)**, make sure the threaded shaft is clean.



Tool:



Step 4

Combination Wrench 1PC

NOTE: The Cranks and Pedals are marked “R” for Right and “L” for Left.

4a. Installing the Left and Right Pedal

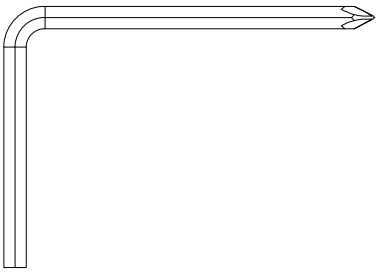
Left Pedal: Insert the **Left Pedal (42L)** into the threaded hole in the **Left Crank (46L)**. Insert the treaded shaft straight into the crank. Hand-tighten the pedal shaft in a COUNTER-CLOCKWISE ⚙ direction. Use the **Combination Wrench** to fully tighten the pedal shaft COUNTER-CLOCKWISE ⚙.

Right Pedal: Insert the **Right Pedal (42R)** into the threaded hole in the **Right Crank (46R)**. Insert the treaded shaft straight into the crank. Hand-tighten the pedal shaft in a CLOCKWISE ⚙ direction. Use the **Combination Wrench** to fully tighten the pedal shaft CLOCKWISE ⚙.

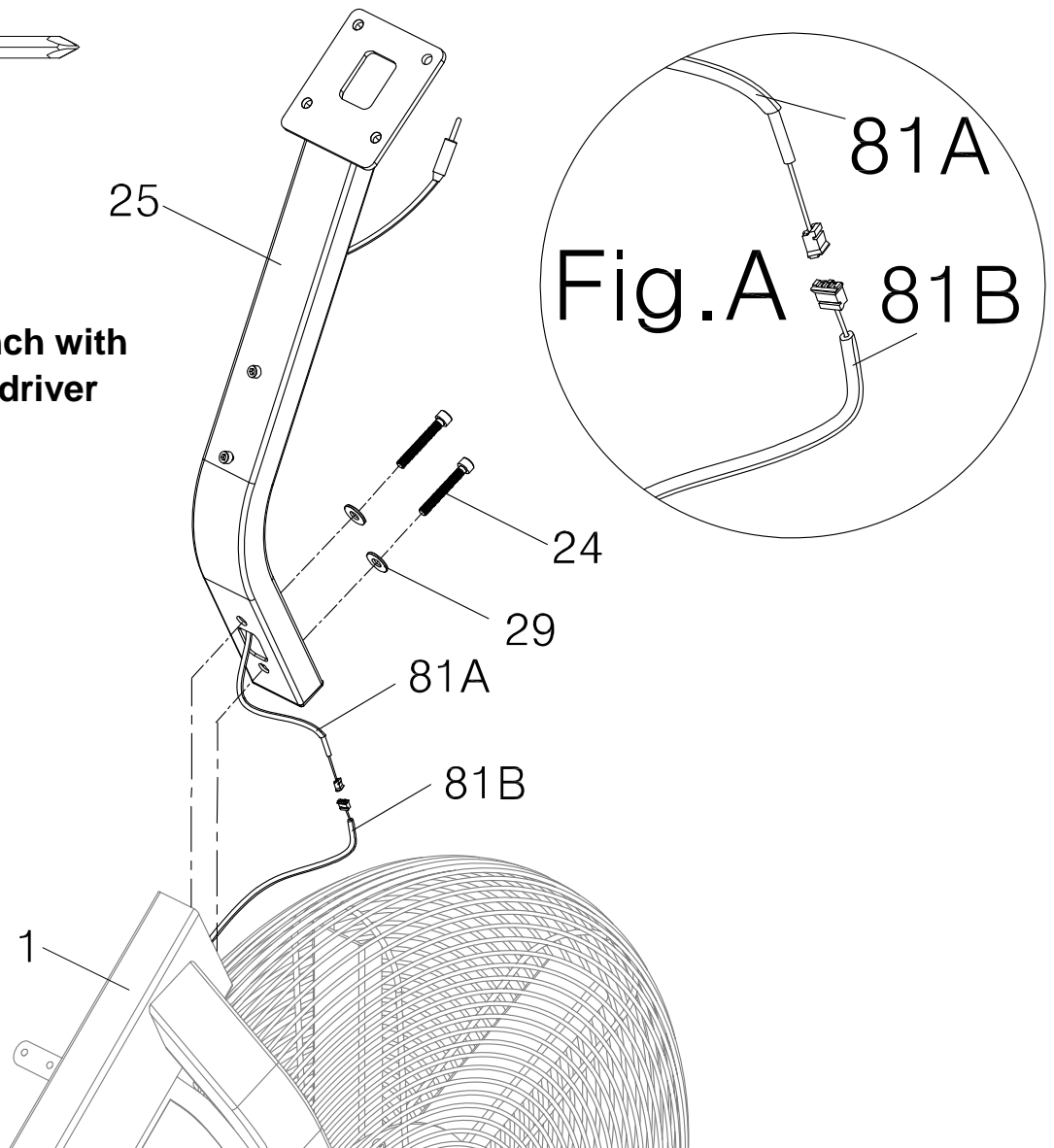
NOTE: Allow the **Thread Sealant (91)** from **Step 3** to cure for at least 12 hours before use.

ASSEMBLY

Tool:



**6mm Allen Wrench with
Phillips Screwdriver**



Step 5

5a. Connecting the Console Wire : Connect the **Upper Console Wire (81A)** from the **Front Post (25)** with the **Lower Console Wire (81B)** from the **Main Frame (1)**. See **Fig. A**. Gently insert the wire into the **Main Frame (1)**.

5b. Install the Front Post: Attach the **Front Post (25)** onto the **Main Frame (1)** with two **Hex Bolts (24)** and two **Washers (29)** by using **6mm Allen Wrench with Phillips Screwdriver** provided.

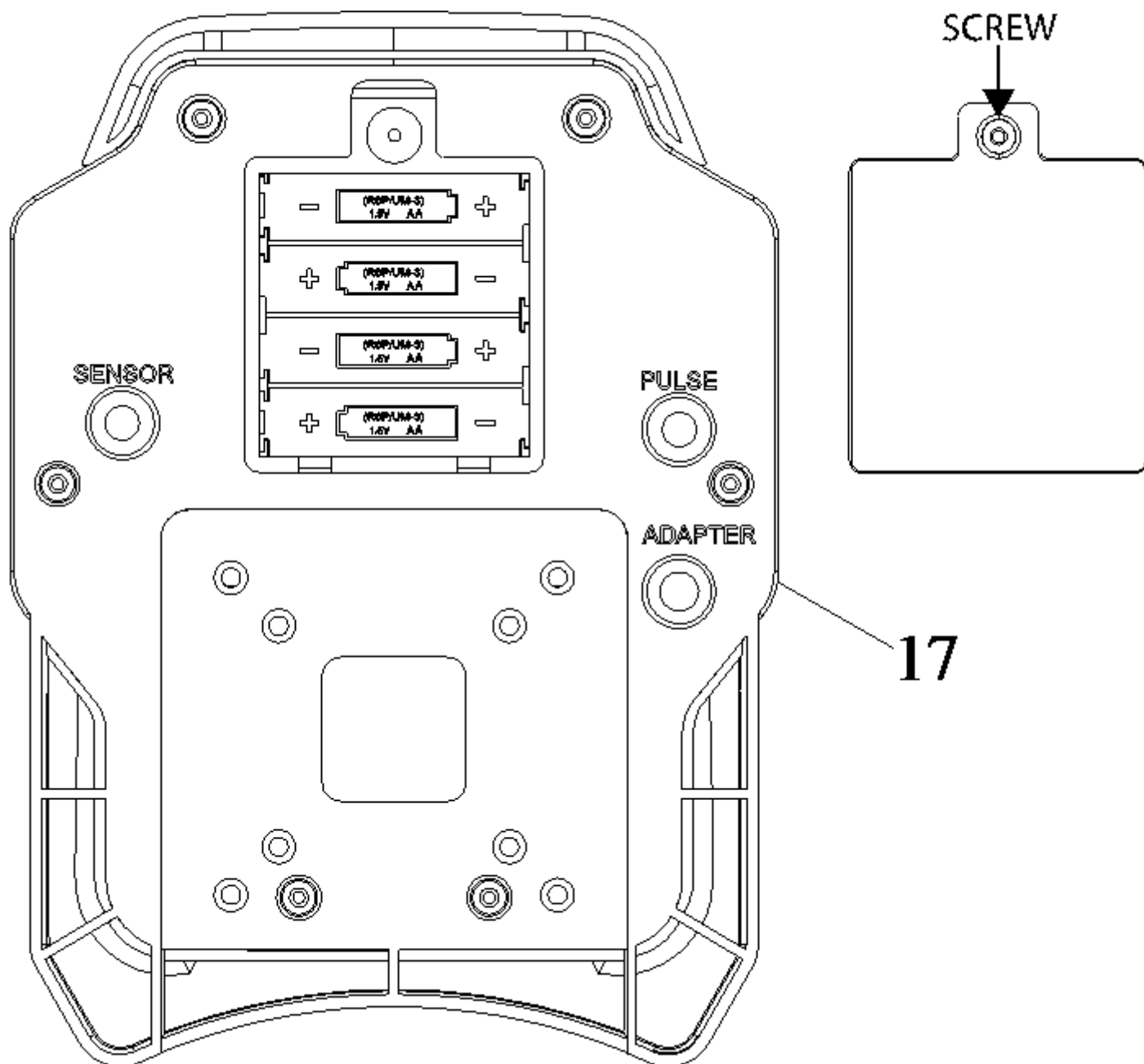
Hardware:



**(24) Hex Bolt
M8XP1.25X45L
2PCS**



**(29) Washer
d8XD16X1.5t
2PCS**

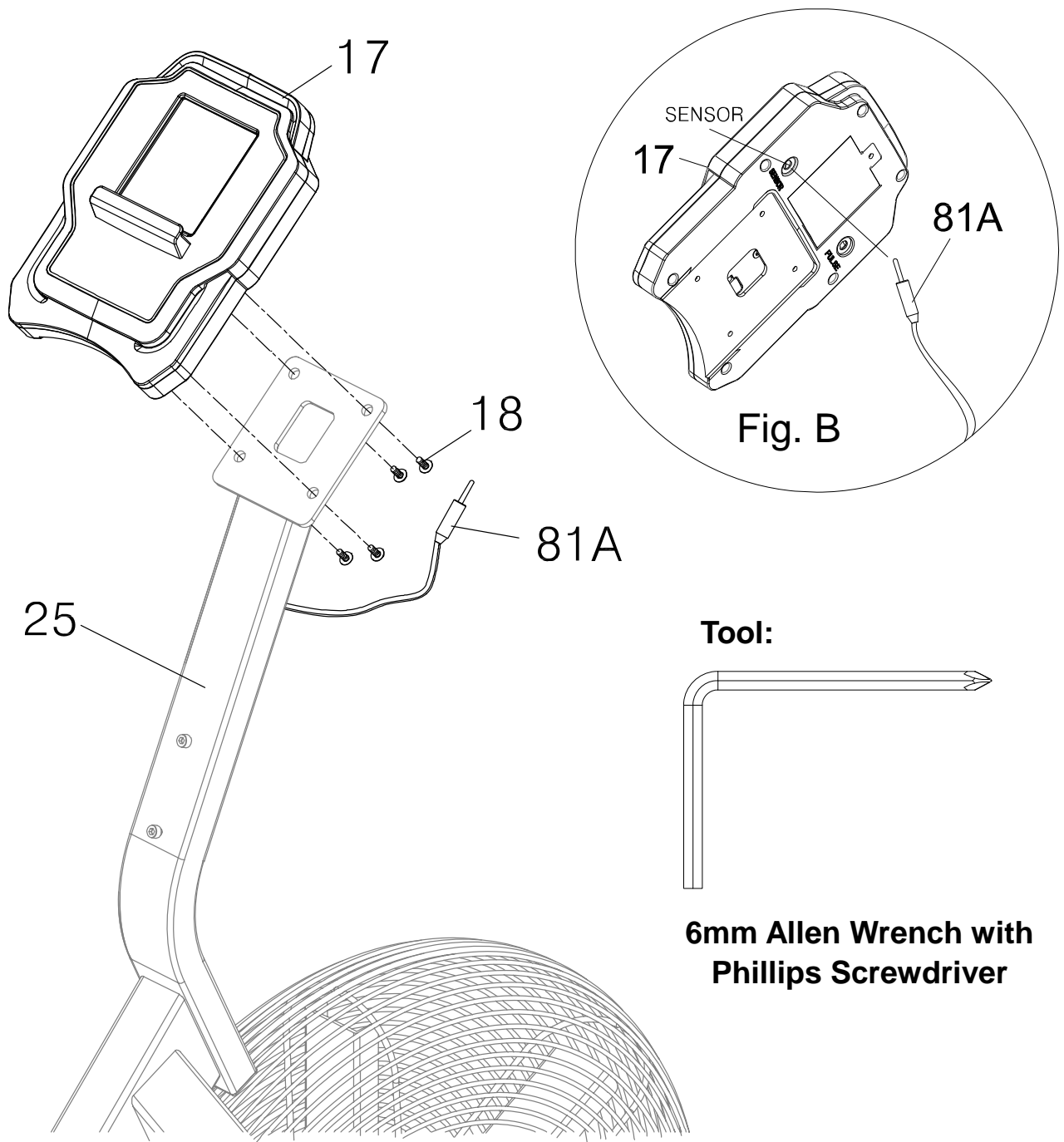


Step 6

6a. Battery Installation: Loosen the screw that holds the battery cover in place to remove the battery cover from the back of the **Console (17)**. Insert 4 AA batteries into the console and then reattach the battery cover. Replace the battery cover and tighten the screw using the **6mm Allen Wrench with Phillips Screwdriver** provided.

NOTE: The console can **ONLY** be powered by four 1.5 volt AA batteries.

NOTE: When changing the batteries, replace all the batteries at the same time.



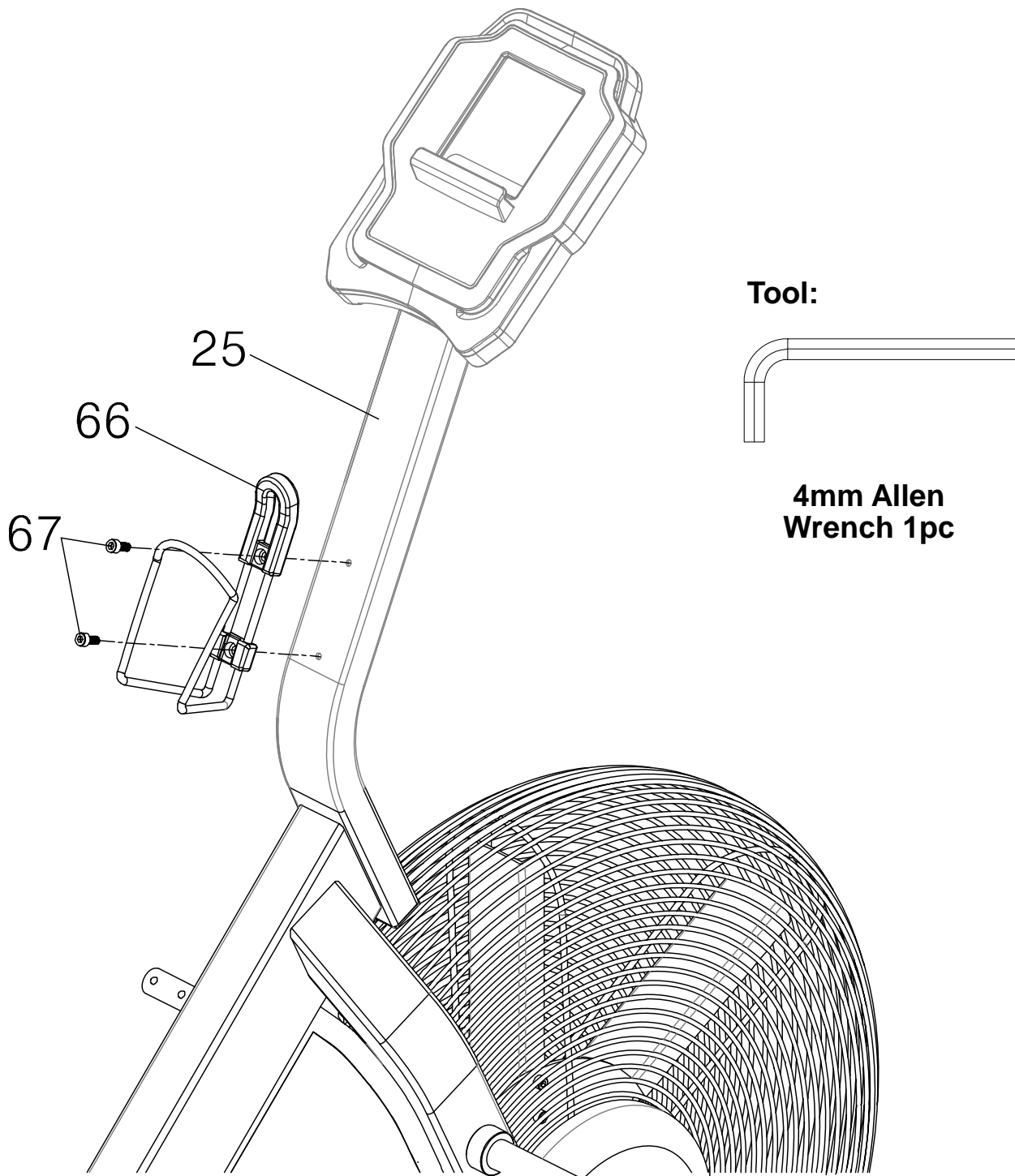
Step 7

7a. Removal of Hardware for Installation: Use the **6mm Allen Wrench with Phillips Screwdriver** to remove the **Screws (18)** from the back of **Console (17)**.

7b. Installing the Console: Attach the **Console(17)** onto the **Front Post (25)** with four **Screws (18)** that were previously removed. Tighten thee hardware using the **6mm Allen Wrench with Phillips Screwdriver** provided.

7c. Connecting the Console: Insert the **Upper Console Wire (81A)** into the back of **Console (17)** at the hole marked **SENSOR** as shown in **Fig. B**.

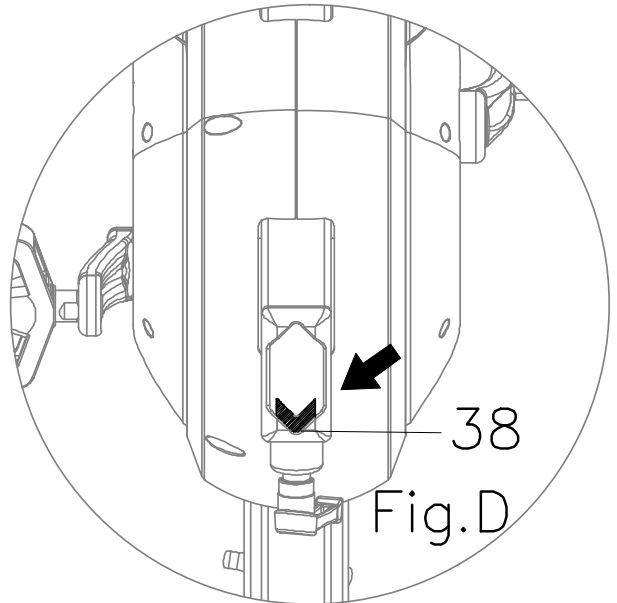
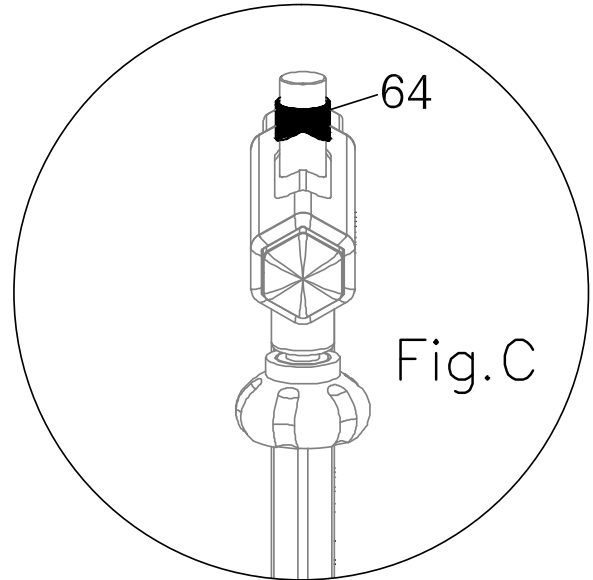
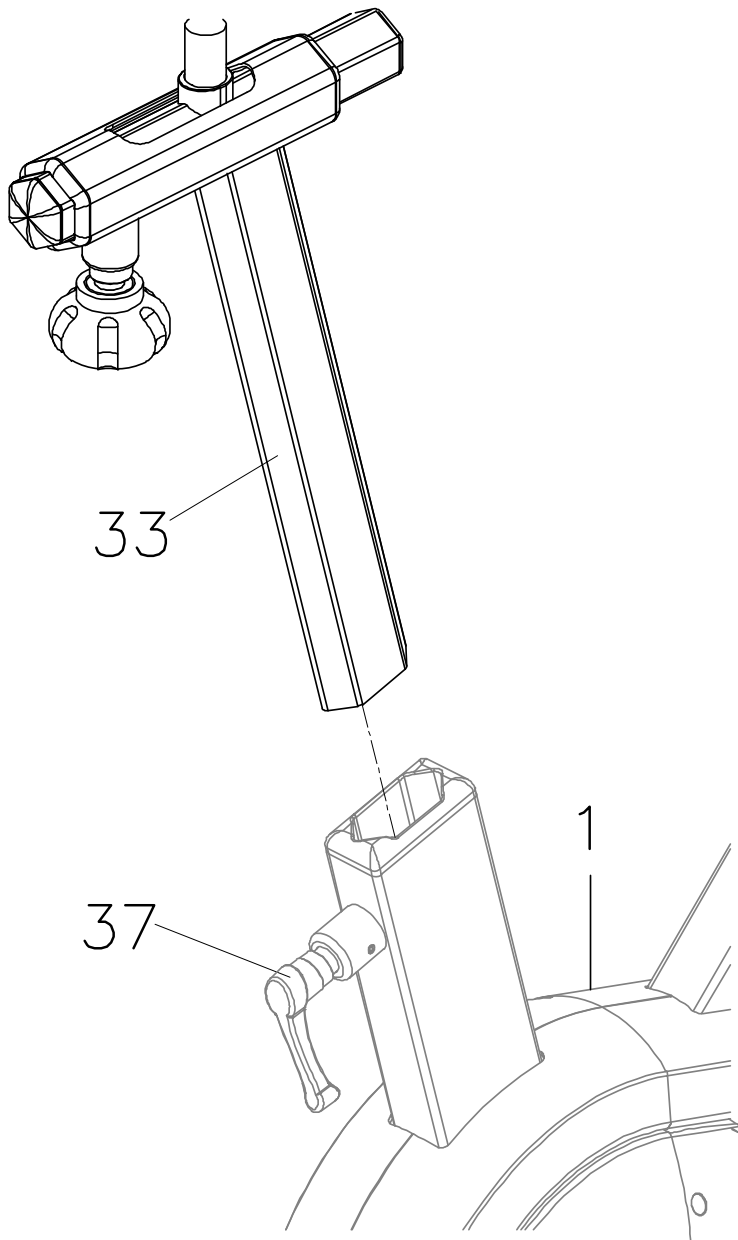
ASSEMBLY



Step 8

8a. Removal of Hardware for Installation: Use the **4mm Allen Wrench** to remove the **Cap Hex Bolts (67)** from the **Handlebar Post (25)**.

8b. Installing the Cup Holder: Attach the **Bottle Holder (66)** onto the **Front Post (25)** with four **Cap Hex Bolts (67)**. Tighten the hardware using the **4mm Allen Wrench** provided.



TOP VIEW LOOKING INTO
THE SEAT POST

Step 9

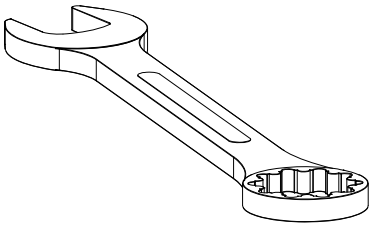
9a. Seat Post Installation: Loosen the **Knob (37)** and insert the **Seat Post (33)** into the **Main Frame (1)**. Adjust the **Seat Post (33)** into the suitable position and tighten the **Knob (37)** to lock the seat height.

NOTE: The **Seat Bushing (64)** must stay on the **Seat Post (33)**. **DO NOT DISCARD**. See Fig. C.

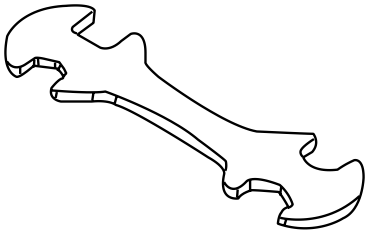
NOTE: If the seat post does not fully insert, remove the seat post and push the **Pressing Block (38)** back (SEE Fig. D). This will clear the opening for inserting the **Seat Post (33)**.

ASSEMBLY

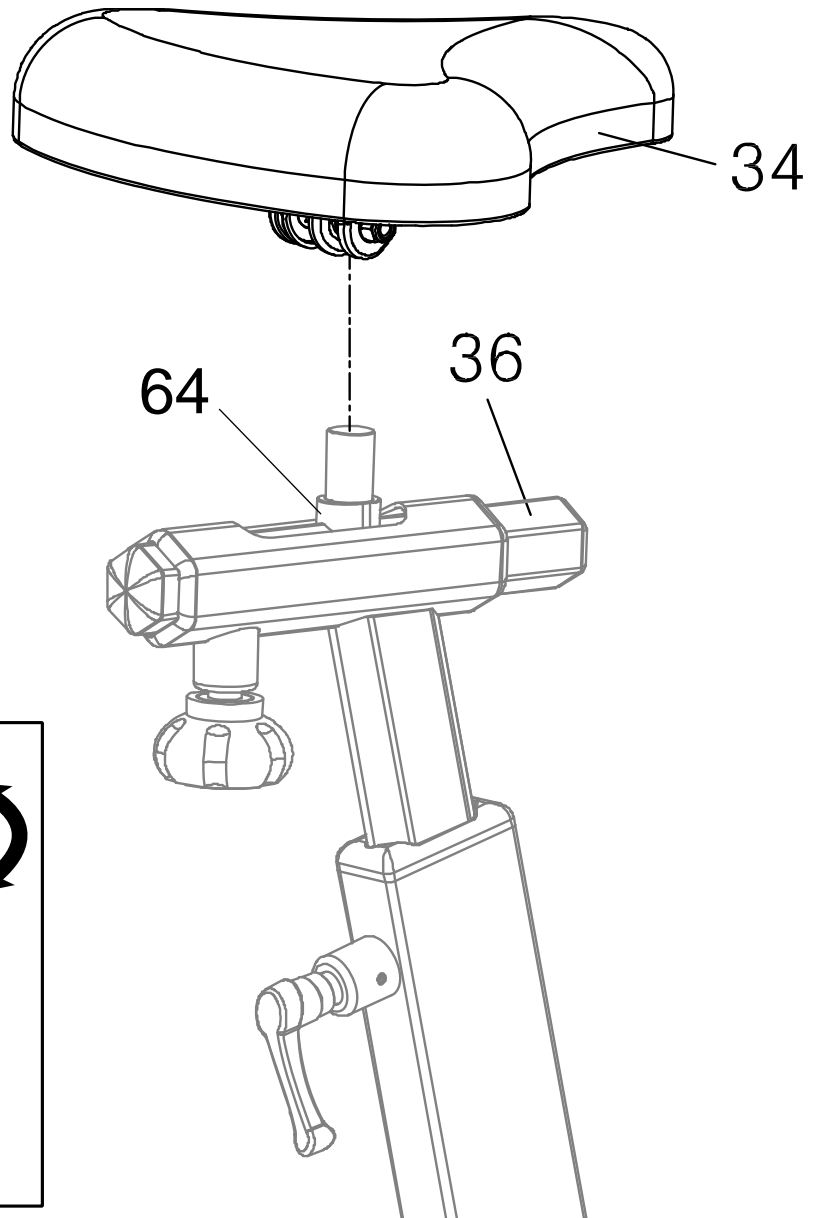
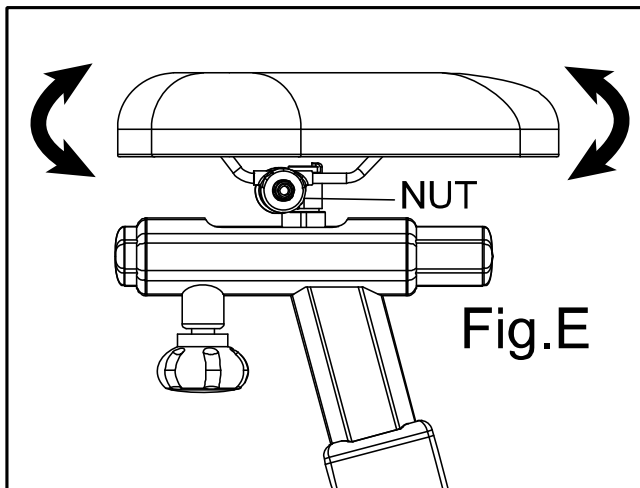
Tool:



Combination Wrench 1PC



13,14,15,17 Wrench 1PC

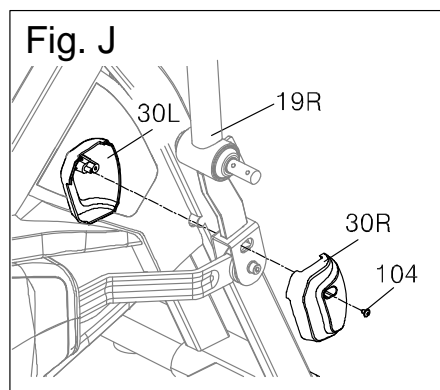
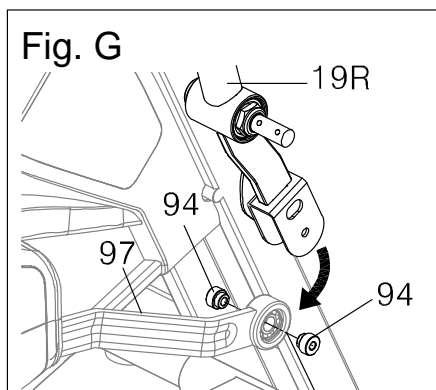
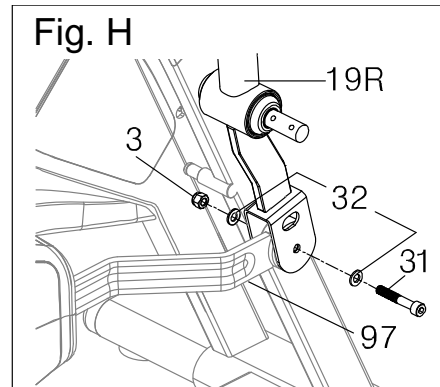
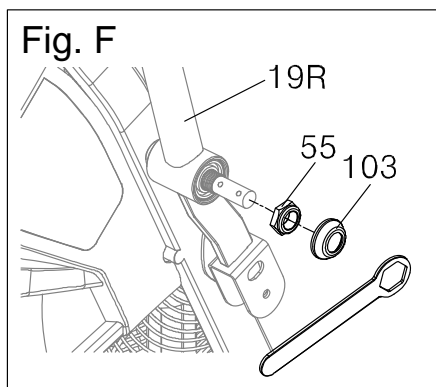
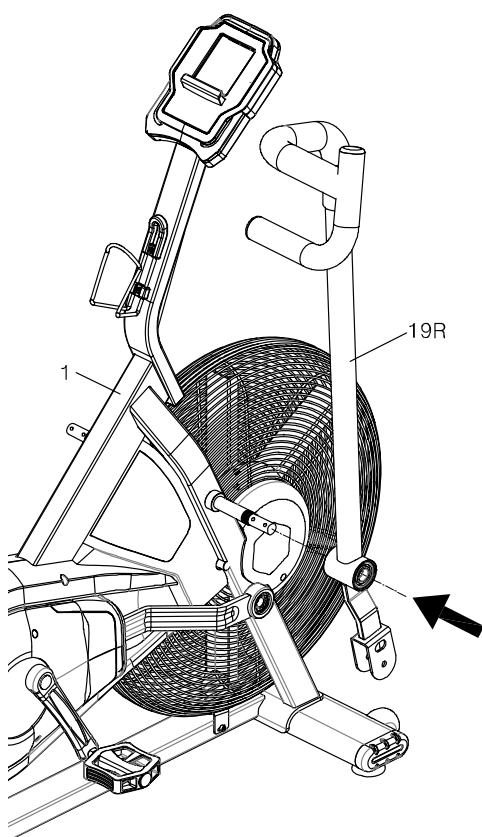


Step 10

10a. Installing the Seat: Mount the **Seat (34)** onto the post on top of the **Seat Slider (36)**. **Seat Bushing (64)** must installed between the **Seat (34)** and the **Seat Slider (36)**. Tighten the two nuts on the underside of the **Seat (34)** using the **13,14,15,17 Wrench** and **Combination Wrench** provided.

NOTE: The seat angle can be tilted to improve riding comfort. Set a seat angle, fully tightening the nuts on the underside of the seat, and test the seat angle for optimal comfort. **See Fig. E.** Loosen the hardware and repeat as needed until the seat comfort is good.

ASSEMBLY

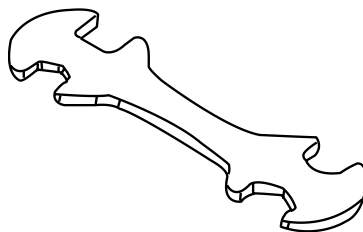


Step 10

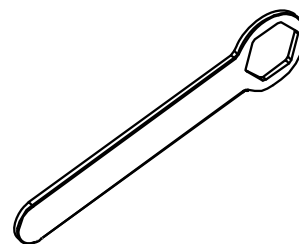
Tool:



**6mm Allen Wrench with
Phillips Screwdriver**



13,14,15,17 Wrench 1PC



Closed Wrench 1PC

Step 10

WARNING: Be careful when installing the Swing Posts, they can pivot freely until they are completely install. Always hold on to the Swing Posts until they are fully installed.

Installing the Right Swing Post:

See Fig. F: Slide the **Right Swing Post (19R)** onto the shaft of the **Main Frame (1)**. Install one **Nylon Nut (55)** and tight using **Closed Wrench** provided. Cover the **Nylon Nut (55)** with one **Nut Cap (103)**.

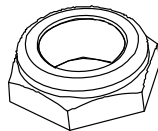
See Fig. G: Insert two **Swing Post Bushings (94)** on to each side of the **Right Swing Post (19R)**.

See Fig. H: Attach the **Right Swing Post (19R)** with the two **Swing Post Bushings (94)** to the **Connecting Post (97)** with one **Hex Bolt (31)**, two **Washers (32)**, and one **Nylon Nut (3)**. Tighten the hardware with the **6mm Allen Wrench with Phillips Screwdriver** and the **13,14,15,17 Wrench** provided.

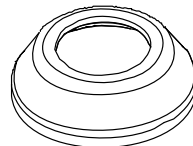
See Fig. J: Attach **Left and Right Swing Post Cover (30L / 30R)** onto the **Right Swing Post (19R)** with one **Self-Tapping Phillips Screw (104)**. Tighten the hardware with the **6mm Allen Wrench with Phillips Screwdriver** provided.

Repeat these steps to installing the Left Swing Post (19L) on the LEFT side of the bike.

Hardware:



(55) Nylon Nut
M20xP1.0x12t
1PC



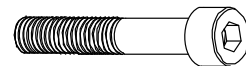
(103) Nut Cap
M20
1PC



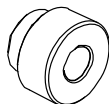
(3) Nylon Nut
M8xP1.25
1PC



(32) Washer
16x8X1.5t
2PCS



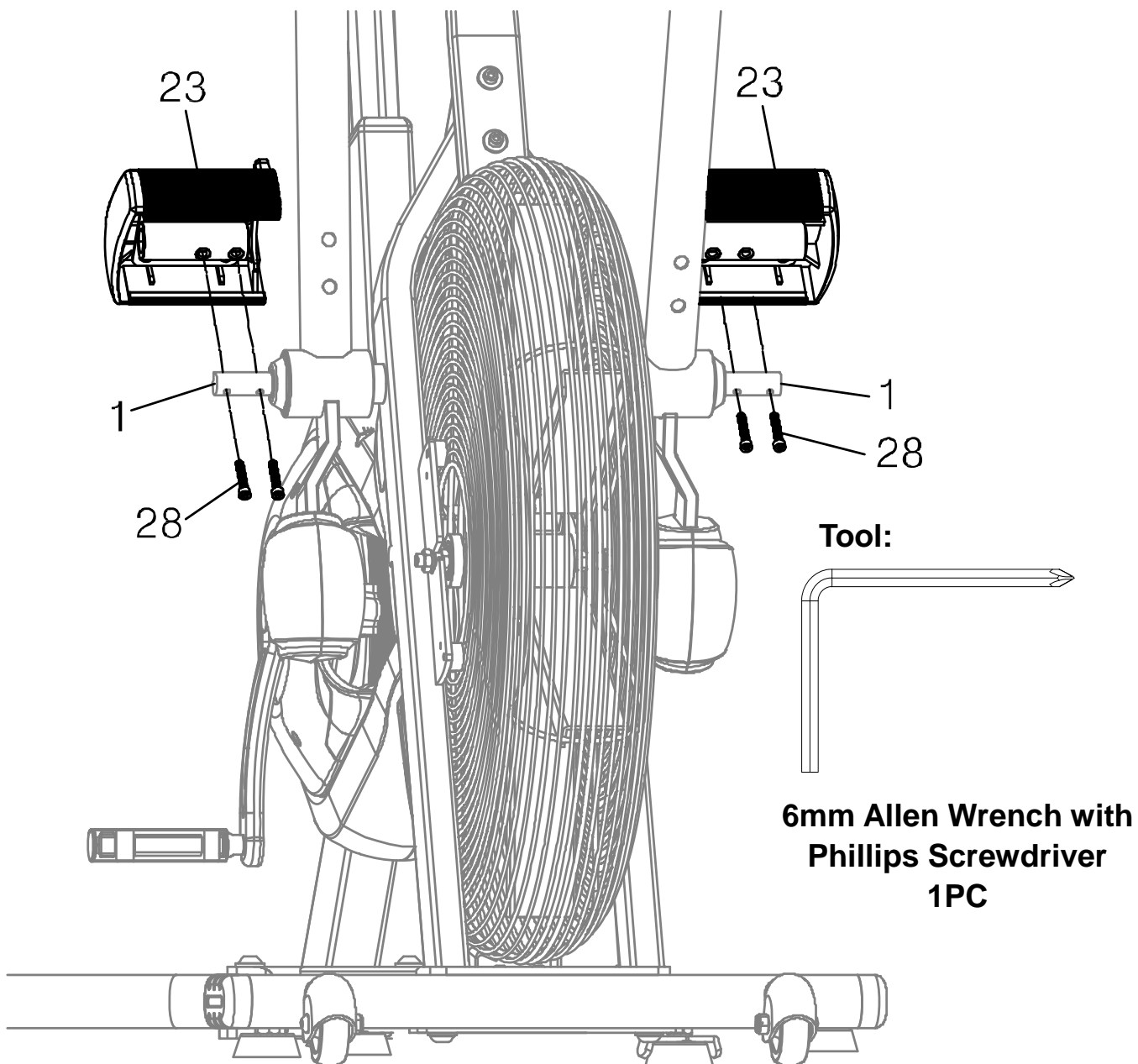
(31) Hex Bolt
M8xP1.25X50L
1PC



(94) Swing Post
Busing
1PC



(104) Self-Tapping
Phillips Screw 4X10L
1PC



Step 12

12a. Installing the Pedal: Attach the **Pedals (23)** onto the **Main Frame (1)** with four **Hex Bolts (28)**. Tighten the hardware with the **6mm Allen Wrench with Phillips Screwdriver** provided.

Hardware:



**(28) Hex Bolt
M6xP1.0x30L
4PCS**

CONSOLE

START/PAUSE:

1. Begins the desired workout.
2. During workout, press once to pause and press again to resume a paused workout session.
3. The START button must be pressed to begin tracking the workout.

ENTER:

1. Press ENTER to save a value input while setting up a workout.
2. **Note: Workouts only begin when the user presses the START Button.**



MODE/RESET:

1. Press MODE during a workout to change the workout statistic being shown under the CAL/MIN arc.
2. Display options are CAL, SPEED, RPM, and SCAN.
3. SCAN will automatically alternate between CAL, SPEED, and RPM every 4 seconds.
4. Hold MODE for 3 seconds to reset the console back to the main screen.

UP BUTTON:

1. While setting up a workout, press to increase a value when the numbers are flashing.

DOWN BUTTON:

1. While setting up a workout, press to decrease a value when the numbers are flashing.

CLOUD FITNESS BUTTON:

1. Press this button to connect to the APP.

Changing Units of Measurement:

1. Press and hold ENTER and UP at the same time to change the units displayed from Imperial (Miles) to Metric (Kilometers). There will be a Mi or KM displayed under the word distance in the top left corner.

Turn OFF button push beeps:

1. Press and hold UP and DOWN to disable the BEEP when a button is pushed. The console will BEEP one time to acknowledge the change is complete.

QUICK START WORKOUT:

1. Press START to immediately begin a workout at the main screen.
2. PAUSE the current workout to end the current work out and change to a Target Goal or HIIT Workout.
3. The Quick Start Workout does not have an end point. Pausing the Quick Start Workout or 4 minutes of inactivity will end the workout.

TARGET GOAL WORKOUT:

1. Use the TIME, CAL, and DIST buttons to set a target goal for Work Time, Calories Burned, or Distance Traveled.
 - **TIME** goals can be set from 5:00 to 99:00 minutes.
 - **CALORIES** goals can be set from 25 to 2000 calories burned.
 - **DISTANCE** goals can be set from 1.0 to 99.0 ML/KM.
2. Use the UP or DOWN buttons to change the value for the selected goal. Press and hold the buttons for the value to change quickly.
3. Press ENTER to set the goal value, press START to begin the workout.
4. When a Target Goal Workout is finished the console will BEEP 3 times to signal the end of the workout.
5. Total workout values (TIME, CAL, DIST, and MAX WATTS) will be displayed.
6. Press any button to end workout and return to main screen.
7. **Note:** The equipment can NOT do a Target Goal and HIIT workout at the same time.
8. **Note:** Only one Target Goal Workout can be set during a workout.

HIGH INTENSITY INTERVAL TRAINING WORKOUT (H.I.I.T.):

1. Use the 20/10, 30/90, CUSTOM INTERVAL buttons to set a HIIT workout.
 - A **20/10 HIIT Workout** consists of 20 seconds of high activity followed by 10 seconds of low activity.
 - A **30/90 HIIT Workout** consists of 30 seconds of high activity followed by 90 seconds of low activity.
 - A **Custom HIIT Workout** consists of a user-defined high activity period followed by a low activity period.

	20/10, 30/90 INTERVAL WORKOUT SETUP	CUSTOM INTERVAL WORKOUT SETUP
ROUND: The total number of sets of high and low workout periods.	<ol style="list-style-type: none"> 1. Press UP or DOWN to set the value of "ROUND". 2. The number of rounds changes by 1, with a range of 1 to 99 rounds. 3. Press and hold the UP or DOWN button to change the value quickly. 4. Press START to begin the workout 	<ol style="list-style-type: none"> 1. Press UP or DOWN to set the value of "ROUND". 2. The number of rounds changes by 1, with a range of 1 to 99 rounds. 3. Press and hold the UP or DOWN button to change the value quickly. 4. Press ENTER to set the value for "ROUND" and move on to the next section.
SPRINT: Length of time for the high activity period.	<ol style="list-style-type: none"> 1. The "SPRINT" time is pre-set for the 20/10 and 30/90 HIIT programs. 2. This cannot be changed 	<ol style="list-style-type: none"> 1. Press UP or DOWN to set the value of "SPRINT". 2. The increments of time change by 5 seconds, with a range of 10 to 95 seconds. 3. Press and hold the UP or DOWN button to change the value quickly. 4. Press ENTER to set the value for "SPRINT" and move on to the next section.

CONSOLE

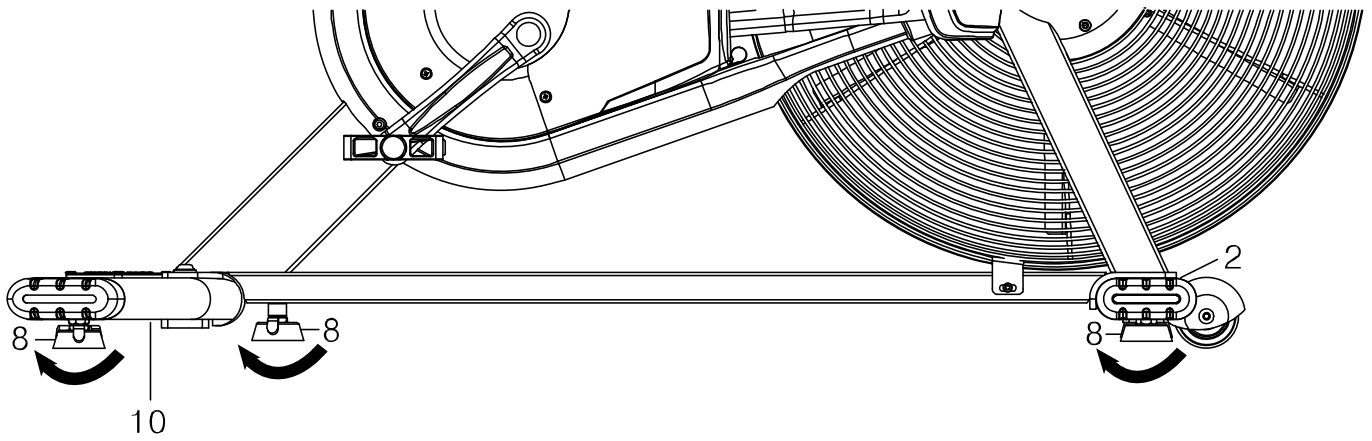
RECOVER: Length of time for the low activity period.	<ol style="list-style-type: none"> 1. The "RECOVER" time is pre-set for the 20/10 and 30/90 HIIT programs. 2. This cannot be changed 	<ol style="list-style-type: none"> 1. Press UP or DOWN to set the value of "RECOVER." 2. The increments of time change by 5 seconds, with a range of 10 to 95 seconds. 3. Press and hold the UP or DOWN button to change the value quickly. 4. Press ENTER to set the value for "RECOVER." 5. Press START to begin the workout, the custom workout will be saved on the console for future use. Only one customer program can be saved.
--	--	--

2. When HIIT Workout is finished the console will BEEP 3 times to signal the end of the workout.
3. Total workout values (TIME, CAL, DIST, and MAX WATTS) will be displayed.
4. Press any button to end workout and return to main screen.
5. **Note:** All HIIT workout programs begin with a "RECOVER" period followed by a "SPRINT" period.
6. **Note:** The console will "BEEP" and the display will "FLASH" 3 times to alert the user the change between a low intensity "RECOVERY" period and a high intensity "SPRINT" period.
7. **Note:** "ROUND" will count up by 1 every time a cycle of "RECOVER" and "SPRINT" is completed.

Additional Notes:

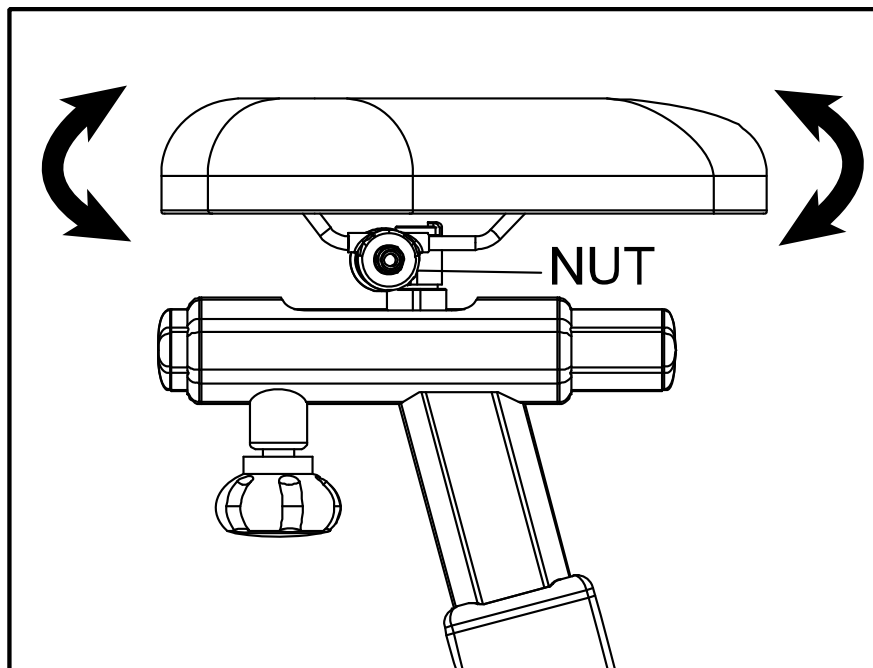
8. **NOTE:** The console turns on when pedaling is detected.
9. **NOTE:** The console shuts off automatically after 4 minutes of inactivity.
10. **NOTE:** The equipment can NOT do multiple Target Goals and HIIT workouts at the same time.

OPERATIONS & ADJUSTMENTS



Adjusting the Stability of the Bike

1. Turn the **Foot Pads (8)** on the **Rear Stabilizer (10)** as needed to level the recumbent bike.
2. Do NOT extend the Foot Pads (8) too far, as this will cause the bike to tilt and be off balance.
3. The **13,14,15,17 Wrench** may be required to loosen the **Foot Pads (8)** on the **Front Stabilizer (2)**.

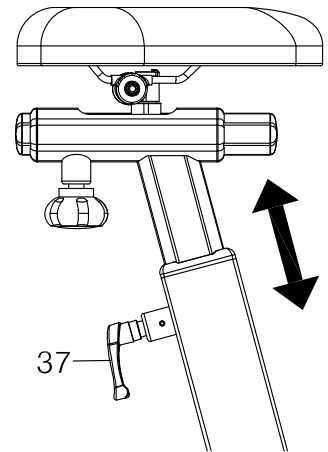


Adjusting the Seat Angle

1. Loosen the two Nuts on the underside of the seat.
2. Tilt seat angle.
3. Retighten the two Nuts on the underside of the seat.
4. Test the seat angle for comfort.

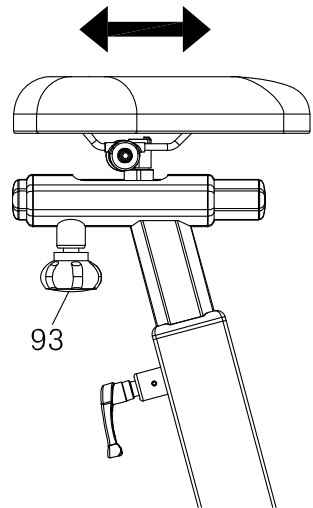
Seat Height Adjustment

1. Turn the **Knob (37)** COUNTER-CLOCKWISE ☞ to loosen the post.
2. Adjust the seat up or down to your desired position.
3. Turn the **Knob (37)** CLOCKWISE ☜ to secure the seat again.
Do NOT raise the seat post over the STOP line.



Seat Slide Adjustment

1. Turn **Round Knob (93)** COUNTER-CLOCKWISE ☞ to loosen the seat.
2. Slide the seat to your desired reach.
3. Turn the **Round Knob (93)** CLOCKWISE ☜ to lock.



TROUBLESHOOTING & MAINTENANCE

1. **PROBLEM:** The bike wobbles when in use.
 - 1) **SOLUTION:** Turn the **Foot Pads (8)** as needed so they make contact with the ground to level the bike.
2. **PROBLEM:** The display on the **Console (17)** does not turn on.
 - 1) **SOLUTION:** Remove the **Console (17)** and verify that the **Console (17)** is properly connected to the **Upper Console Wire (81A)** wire.
 - 2) **SOLUTION:** Check that the **Upper Console Wire (81A)** is securely connected to the **Lower Console Wire (81B)**.
 - 3) **SOLUTION:** Replace the batteries in the back of the **Console (17)**.
3. **PROBLEM:** The display on does not show an increase in distance, calories, or speed.
 - 1) **SOLUTION:** Remove the **Console (17)** and verify that the **Console (17)** is properly connected to the **Upper Console Wire (81A)** wire.
 - 2) **SOLUTION:** Check that the **Upper Console Wire (81A)** is securely connected to the **Lower Console Wire (81B)**.
4. **PROBLEM:** The bike makes a squeaking noise when in use.
 - 1) **SOLUTION:** The hardware may be loose on the bike. Inspect all of the hardware and tighten any loose parts.

Cleaning:

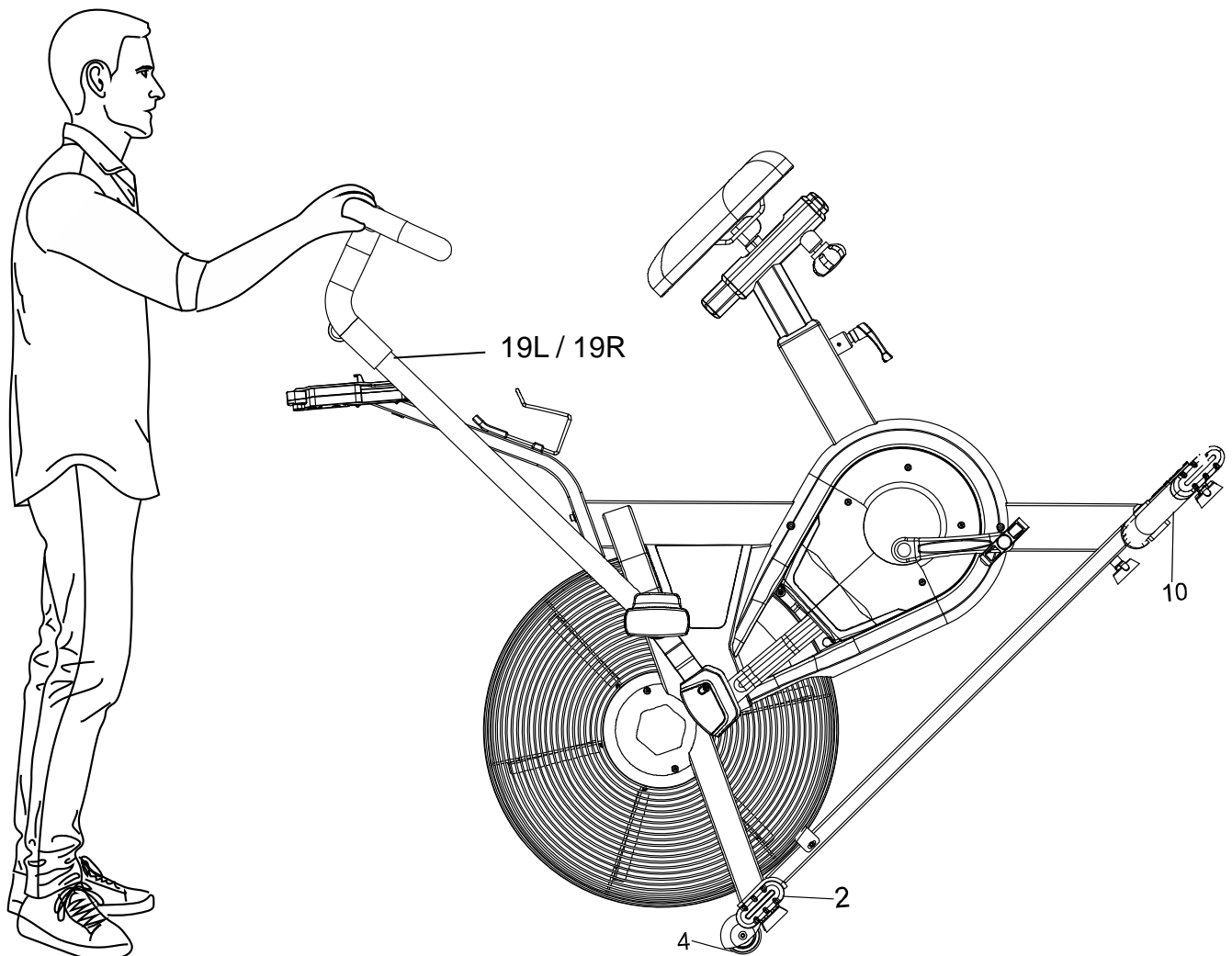
1. The bike can be cleaned with a soft clean damp cloth.
2. Do **NOT** use abrasives or solvents on the plastic parts.
3. Wipe your perspiration off the recumbent bike after each use.
4. Be careful not to get excessive moisture on the console display as this might cause an electrical hazard or the electronics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

Battery Change for Console:

1. The console can **ONLY** be powered by 4 AA batteries.
2. A battery life indicator can be found at the top of the LCD display.
3. When changing the batteries, replace all the batteries at the same time.

Thread sealant instruction:

1. If any parts need thread sealant applied, the parts must be cleaned before application. Install the part and wait at least 12 hours for the sealant to cure after application. Use the bike only after the part applied with thread sealant has had time to cure.



Transporting the Bike

Hold the **Left and Right Swing Post (19L / 19R)** with both hands until the wheels of the **Front Stabilizer (2)** make contact with the ground. Pull or push the bike to the desired work out area or storage area. Gently lower the bike to the ground after transporting.

Storage

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

Store the bike in an area that is NOT in direct sunlight. Direct sunlight can damage the console display.

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:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Structural Frame	10 years
Parts	3 year
Electronic/Wearable Parts	1 year

(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 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