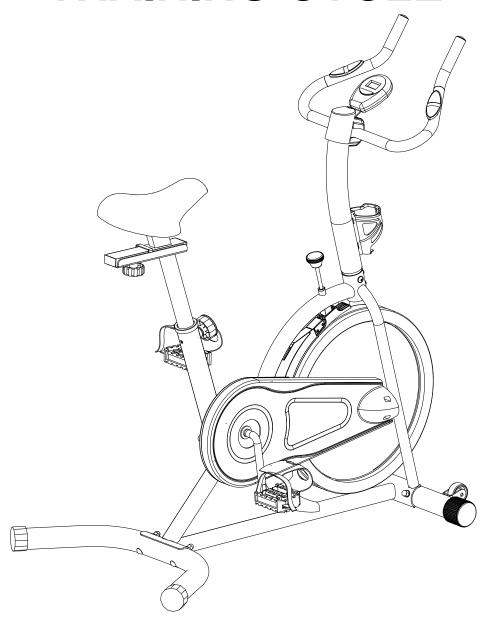


## TRAINING CYCLE





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.

3205.4-122118

Owner's Manual Le Manuel Du Proprietaire



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:

1-844-641-7920

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:

1-844-641-7920

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

Response time may vary via calling

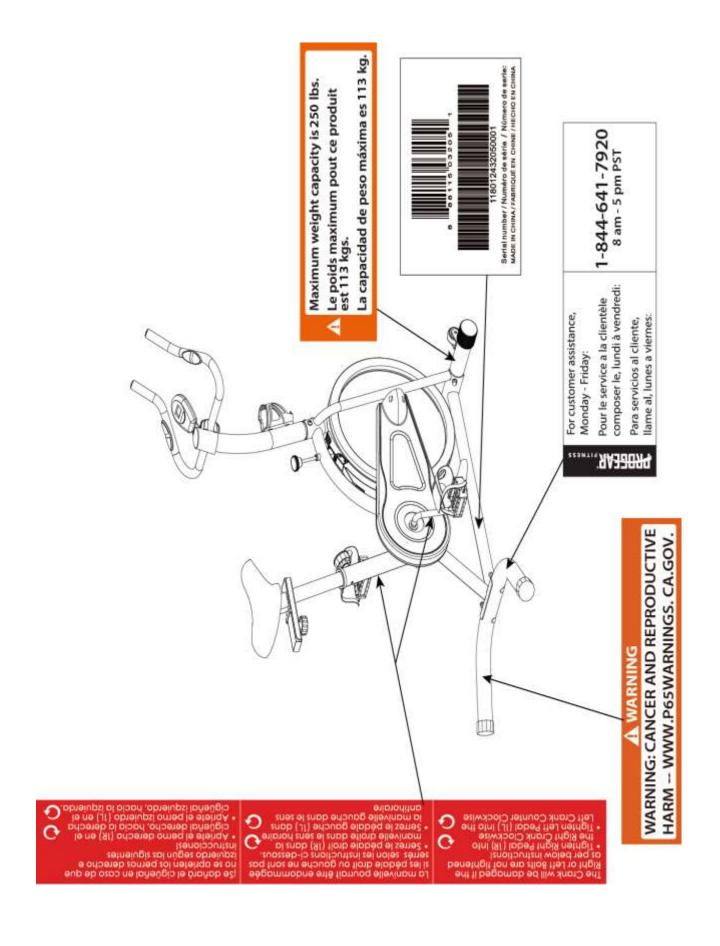
Please have the following information ready when requesting for service:

- 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



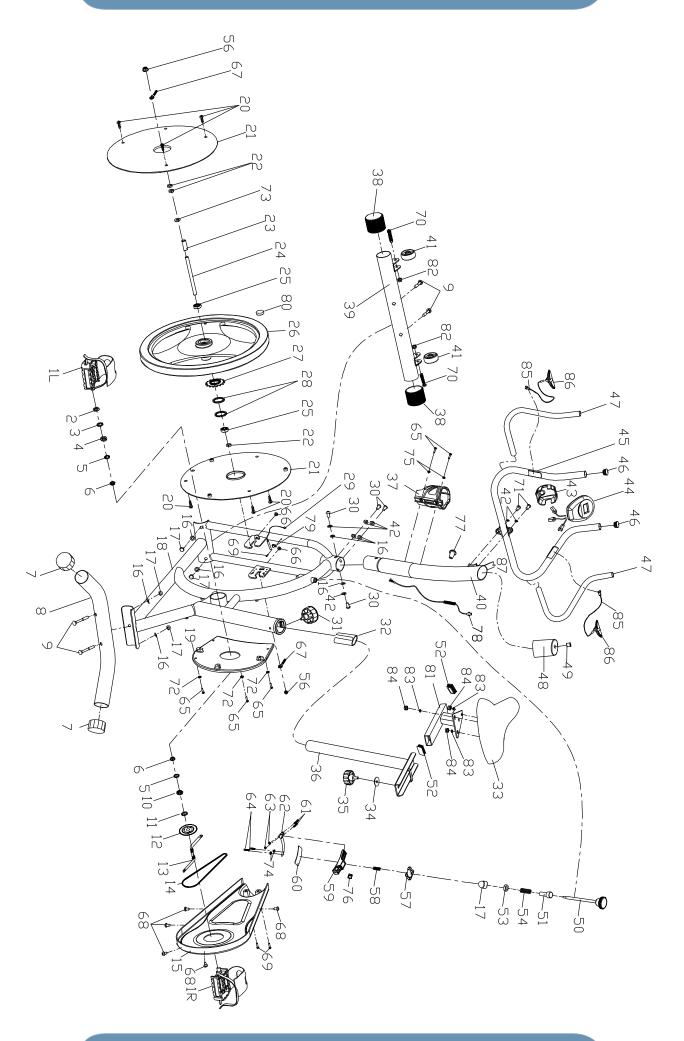
#### **IMPORTANT SAFETY GUIDELINES**

Read all instructions before using the Training Cycle. 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.
- 4. Only one person should be using the equipment at a time.
- Never operate this Training Cycle 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 Training Cycle 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 7 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 Keep children under the age of 13 away from the machine.
- 18. **Warning:** Risk of Personal Injury Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
- 19. **Warning:** Risk of Personal Injury Do not attempt to service the unit yourself. Discontinue use and contact customer service.
- 20. **Warning:** To Reduce The Risk Of Personal Injury Read And Understand All Read The Instructions Before Using the Bike.
- 21. **Warning:** Before beginning any exercise program consult your physician. This is especially important for the people over the age of 35 years old or who have pre-existing health problems. Read all the instructions before using any fitness equipment.
- 22. **Warning:** CANCER AND REPRODUCTIVE HARM--WWW.P65WARNINGS.CA.GOV.

The maximum weight capacity for this product is 250 lbs/113 kgs. DO NOT EXCEED MAXIMUM WEIGHT CAPCITY.

## **OVERVIEW DRAWING**



## **PARTS LIST**

No.	Description			
1L	LEFT PEDAL			
1R	RIGHT PEDAL			
2	NUT 7/8"	1		
3	WASHER(L) φ35*22.8*2	1		
4	SPRING WASHER(L) 7/8"			
5	COLLAR BALL/ COLLAR HOUSING φ44.5			
6	COLLAR HOUSING φ55.5*16	2		
7	ADJUSTABLE END CAP 62*42	2		
8	REAR STABILIZER	1		
9	CARRIAGE BOLT M8*57			
10	FIXING WASHER (R) 15/16"	1		
11	WASHER (R) φ40*2.5	1		
12	CHAIN WHEEL	1		
13	CRANK φ16*140	1		
14	CHAIN			
15	OUTER CHAIN COVER 677*280*29			
16	CURVE WASHER φ8			
17	CAP NUT M8			
18	MAIN FRAME	1		
19	INNER CHAIN COVER 277*260*18.5			
20	SCREW ST4.2*9.5	6		

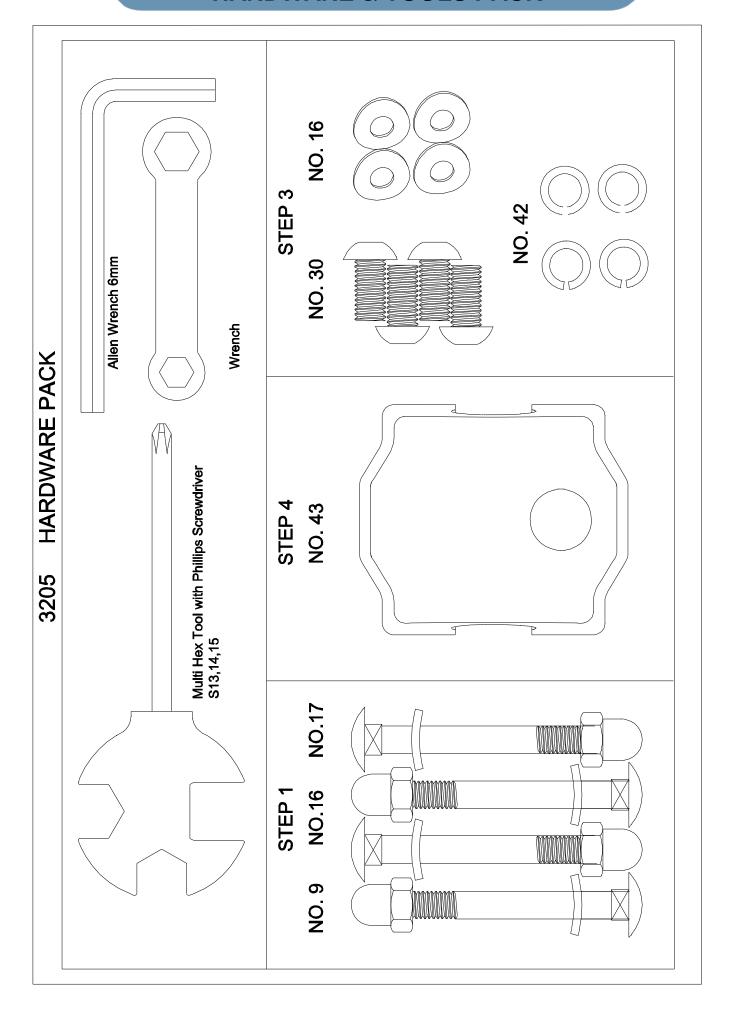
No.	Description			
21	FLYWHEEL COVER φ387*6.5			
22	NUT M10*1.0			
23	FIXING TUBE φ13.6*φ10.3*35			
24	FLYWHEEL SHAFT φ10*155			
25	BEARING 6000ZZ			
26	FLYWHEEL			
27	CHAIN WHEEL 16T(1.37")	1		
28	LOCK NUT M33*1*4			
29	SENSOR WIRE 350mm			
30	BOLT M8*15			
31	SPRING ADJUSTMENT KNOB φ57*62			
32	PLASTIC SLEEVE 38.1*2.0			
33	SEAT			
34	FLAT WASHER φ32*φ8.2*2			
35	ADJUSTMENT KNOB φ52*47			
36	SEAT POST			
37	BOTTLE HOLDER 117*85*90			
38	FRONT END CAP φ65*46			
39	FRONT STABILIZER			
40	HANDLE BAR POST			
41	WHEEL φ50*23			

## **PARTS LIST**

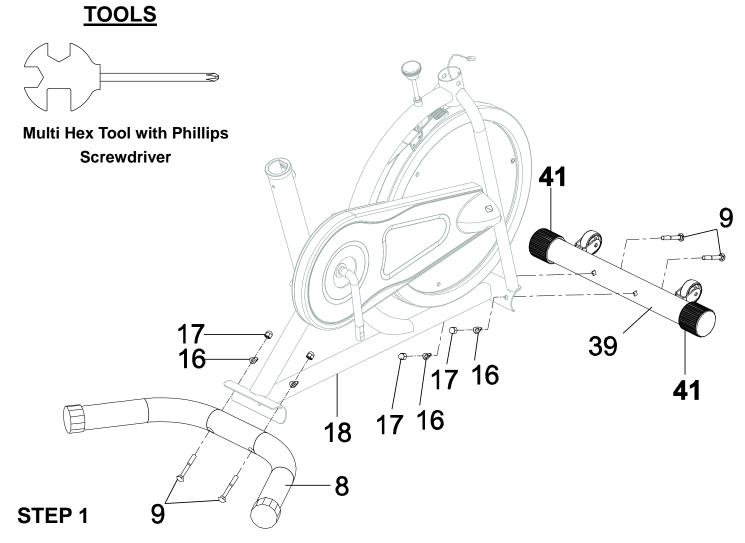
No.	Description			
42	SPRING WASHER φ8			
43	HANDLEBAR COVER	1		
44	CONSOLE	1		
45	HANDLEBAR	1		
46	END CAP φ25*1.5	2		
47	FOAM GRIP φ23*φ29*500	2		
48	HANDLEBAR POST COVER 115*89*75			
49	LITTLE END CAP φ13	1		
50	TENSION CONTROL KNOB φ40*118	1		
51	SLEEVE φ16*25	1		
52	END CAP 40*20*1.5	2		
53	FIXING NUT M8	1		
54	SPRING δ1.8X25	1		
56	Nylon Nut M10*1.0	2		
57	RUBBER/SPRING COVER 32*23*2			
58	SPRING φ2.2	1		
59	PLASTIC FRAME 200*47*30			
60	WOOLLY BLOCK 113*25*5			
61	BOLT M5*30	2		
62	TENSION ARM	1		
63	NYLON NUT M5	2		
64	BOLT M5*10			
65	SCREW ST4.2X19	5		

No.	Description			
66	Adjustment Nut			
67	FIXING BOLT M6*55	2		
68	SCREW ST4.2*9.5	5		
69	SCREW ST4.2*16	3		
70	BOLT M8*40	2		
71	BOLT M8*30	2		
72	FLAT WASHER φ6	3		
73	LITTLE WASHER φ16	1		
74	SPRING WASHER φ5	2		
75	Flat Washer Φ5	2		
76	SPRING COVER 14*9*14	1		
77	Wire Grommet φ14*14	1		
78	SENSOR Wire 350mm	1		
79	FIXING FRAME	1		
80	MAGNET φ15*7	1		
81	SEAT BRACKET	1		
82	NYLON NUT M8	2		
83	Flat Washer φ8			
84	NYLON NUT M8			
85	Pulse Sensor Wire	2		
86	Pulse Sensor			
87	Console Post			

## **HARDWARE & TOOLS PACK**



#### **ASSEMBLY**

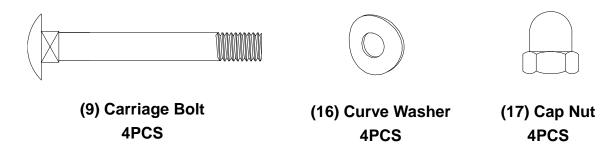


Tip: The Wheels (41) should be off the floor and facing outwards when installed.

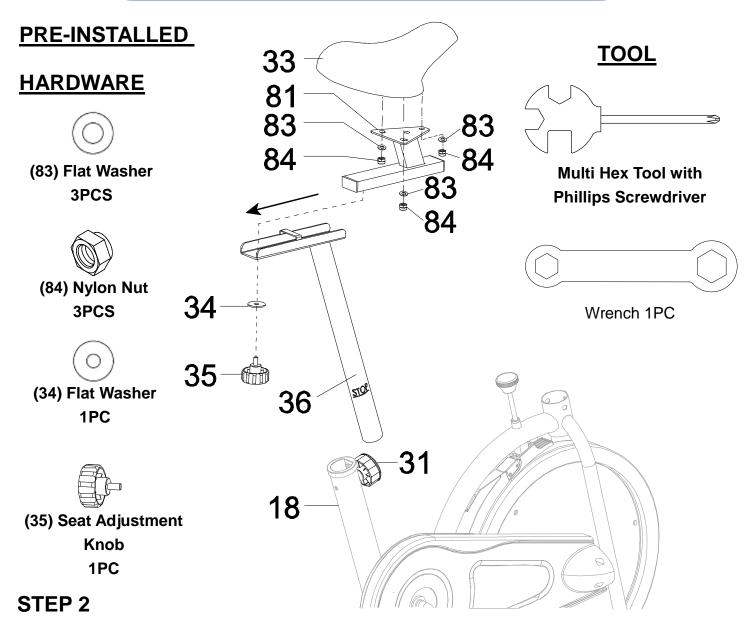
1A Installing The Front Stabilizer: Position the Front Stabilizer (39) with the Wheels (41) onto the front curve of the Main Frame (18) and align the bolt holes. Secure the Front Stabilizer (39) in place with two Carriage Bolts (9), two Curve Washers (16), and two Cap Nuts (17). Tighten the Cap Nuts (17) with the Multi-Hex Tool with Phillips Screwdriver provided.

1B Installing The Rear Stabilizer: Position the Rear Stabilizer (8) onto the rear curve of the Main Frame (18) and align the bolt holes. Secure the Rear Stabilizer (8) in place with two Carriage Bolts (9), two Curve Washers (16), and two Cap Nuts (17). Tighten the Cap Nuts (17) with the Multi-Hex Tool with Phillips Screwdriver provided.

## **HARDWARE PACK**



#### **ASSEMBLY**



2A Seat Installation: Seat Installation: Remove the three Nylon Nuts (84) and three Flat Washers (83) from the underside of the Seat (33). Place the Seat (33) onto the Seat Bracket (81). Attach the Seat (33) onto the Seat Bracket (81) using the previously removed Nylon Nuts (84) and Flat Washers (83). Then tighten the Nylon Nuts (84) using the Wrench provided.

2B Seat Bracket Installation: Remove the Adjustment Knob (35) and the Flat Washer (34) from the bottom of the Seat Bracket (81). Position the Seat Bracket (81) onto the top of the Seat Post (36). Slide the Seat Bracket (81) back along the Seat Post (36). Secure the Seat Bracket (81) to the Seat Post (36) by installing the Adjustment Knob (35) with one Flat Washer (34).

Tip: When adjusting the height of the vertical **Seat Post (36)**. **DO NOT** exceed the **STOP** line on the **Seat Post (36)**; the height of the STOP line cannot be higher than the top of the tube of the **Main Frame (18)**.

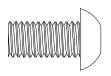
2C Seat Post Installation: Insert the Seat Post (36) into the tube of the Main Frame (18). Turn the Spring Adjustment Knob (31) COUNTER CLOCKWISE. Pull and hold while inserting the Seat Post (36) into the Main Frame (18). Release the Spring Adjustment Knob (31) and slide the Seat Post (36) up or down slightly until the Spring Adjustment Knob (31) "POPS" into the locked position. Secure the Seat Post (36) by turning the Spring Adjustment Knob (31) in a CLOCKWISE direction.

# **ASSEMBLY** 40 16 42 Figure A 30 78 16 18 **TOOL** 6mm Allen Wrench

## STEP 3

3A Handlebar Post Installation: Connect the Sensor Wire (78) from the bottom of the Handle Bar Post (40) to the Sensor Wire (29) coming from the Main Frame (18) as shown in Figure A. Insert the Handlebar Post (40) into the Main Frame (18) and secure it using four Bolts (30), four Curve Washers (16) and four Spring Washers (42). Tighten the Bolts (30) with the 6mm Allen Wrench Provided.

## **HARDWARE PACK**



(30) Bolt 4PCS



(16) Curve Washer 4PCS

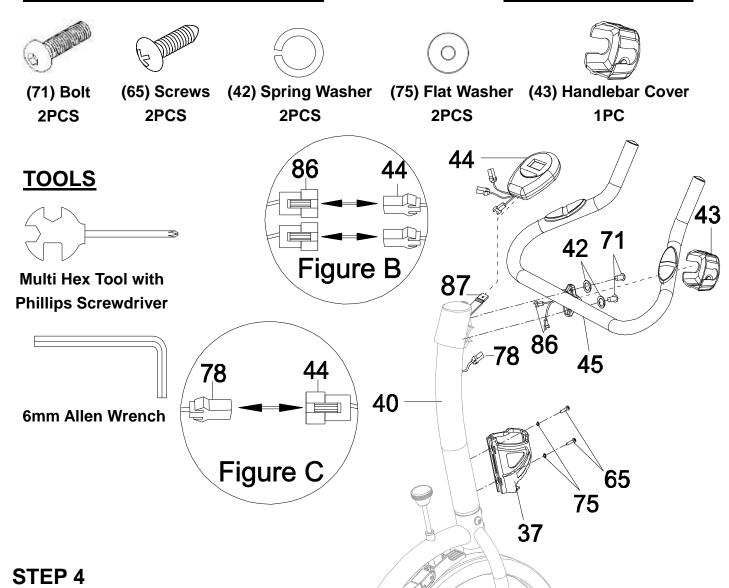


(42) Spring Washer 4PCS

#### **ASSEMBLY**

#### PRE-INSTALLED HARDWARE

#### **HARDWARE PACK**



4A Handlebar Post Installation: Remove the two Bolts (71) and two Spring Washers (42) from the Handlebar Post (40). Attach the Handlebar (45) onto the Handlebar Post (40) using the previously removed two Bolts (71) and two Spring Washers (42). Then tighten the Bolts (71) using the 6mm Allen Wrench provided.

4B Console Installation: Slide the Console (44) onto the Console Post (85). Connect the two Pulse Sensor (86) wires from the bottom of the Handlebars (45) to the two Console (44) wires. See Figure B. Then connect the Sensor Wire (78) from the Handlebar Post (40) to the third wire at the back of the Console (44). See Figure C.

4C Bottle Holder Installation: Remove the two Screws (65) and two Flat Washers (75) from the Handlebar Post (40). Attach the Bottle Holder (37) onto the Handlebar Post (40) with the previously removed two Screws (65) and two Flat Washers (75). Then tighten the Screws (65) with the Multi Hex Tool with Phillips Screwdriver provided.

**4D Handlebar Cover Installation:** Take the **Handlebar Cover (43)** and firmly press it onto the center of the **Handlebar (45)** where the **Bolts (71)** and **Spring Washers (42)** are located.

#### **ASSEMBLY**

## **IMPORTANT**

STEP 5

Make sure the Right Pedal (1R) matches up with the right side Crank (13) and the Left Pedal (1L) matches up with the left side Crank (13). If not installed on the instructed sides, the Pedal shafts will strip the threads of the Crank (13). TOOL Multi Hex Tool with **Phillips Screwdriver** 1L 13 1R 13

Tip: The Cranks and Pedals are marked "R" for Right and "L" for Left. Install the Pedals in the direction instructed or otherwise the Crank (13) will be stripped.

**5A Right Pedal Installation:** Insert the **Right Pedal (1R)** <u>STRAIGHT</u> into the threaded hole in the right side of the Crank (13) in the CLOCKWISE direction. Fully tighten the Right Pedal (1R) with the Multi-Hex Tool with Phillips Screwdriver in the <u>CLOCKWISE</u> direction.

5B Left Pedal Installation: Insert the Left Pedal (1L) STRAIGHT into the threaded hole in the left side of the Crank (13) in the COUNTER-CLOCKWISE direction. Fully tighten the Left Pedal (1L) with the Multi-Hex Tool with Phillips Screwdriver in the COUNTER-CLOCKWISE direction.

#### **CONSOLE**

	Auto Scan	Every 4 seconds
	Time	00:00~99:59
		Minutes : Seconds
SPECIFICATION	Speed	0.0~99.9 Miles/Hour
	Distance	0.000~99.99 Miles
	Calorie	0.00~999.9 Calories
	Pulse	40~240 Beats/Minute



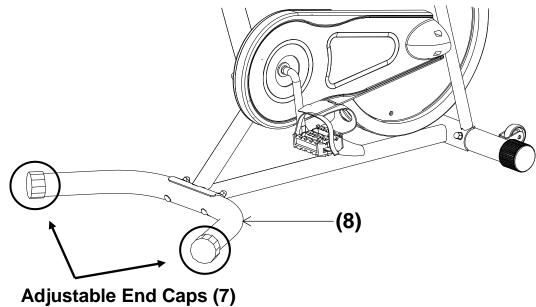
#### **COMPUTER FUNCTION:**

Power On	Press the MODE button, or begin pedaling the machine to turn on the console.		
Reset	Hold the MODE button for 3 seconds to reset the workout statistics.		
Scan	Press the MODE button until the arrow (▲) points to "SCAN". The computer will automatically display the functions of TIME, SPEED, CALORIE, DISTANCE, and PULSE every 4 seconds.		
Time	Press the MODE button until the arrow (▲) points to "TIME". The computer will display your elapsed workout time in minutes and seconds. The computer will automatically count from 00:00~99:59 in one second intervals.		
Speed	Press the MODE button until the arrow ( <b>A</b> ) points to "SPEED". The console will display your current workout speed in miles per hour.		
Distance	Press the MODE button until the arrow (▲) points to "DIST". The console will display the distance traveled during the workout, up to a maximum of 99.99 miles.		
Calories	Press the MODE button until the arrow (▲) points to "CAL". The console will display the estimated calories burned up to that time during the workout. The display will count from 0 to 999.9 calories.		
Pulse	Press the MODE button until the arrow ( <b>A</b> ) points to "PULSE". The console will display the user's heart rate in beats per minute while holding the pulse sensors. Place the palms of your hands on both of the sensors to measure your pulse rate.		
Auto off	The console will shut off after 4 minutes of inactivity.		

#### **HOW TO INSTALL THE BATTERIES**

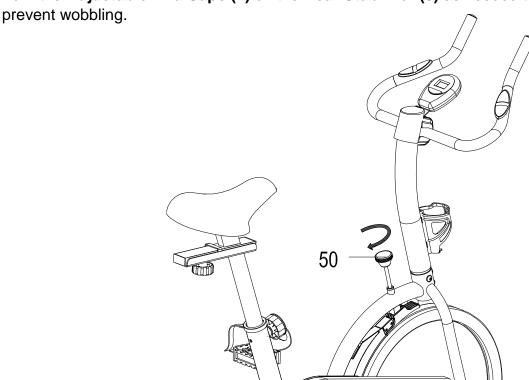
- 1. Remove the battery cover at the rear of the console.
- 2. Place two "AAA" sized battery into the battery housing.
- 3. Make sure that the batteries are positioned correctly and that the battery springs are making proper contact with the batteries.
- 4. Re-install the battery cover.
- 5. If the display is illegible or only partially legible, remove the battery and wait 15 seconds before reinstalling the battery.

## **OPERATIONS & ADJUSTMENTS**



#### How To Level The Bike

Turn the Adjustable End Caps (7) on the Rear Stabilizer (8) as needed to level the bike and



## **Adjusting the Tension Control Knob**

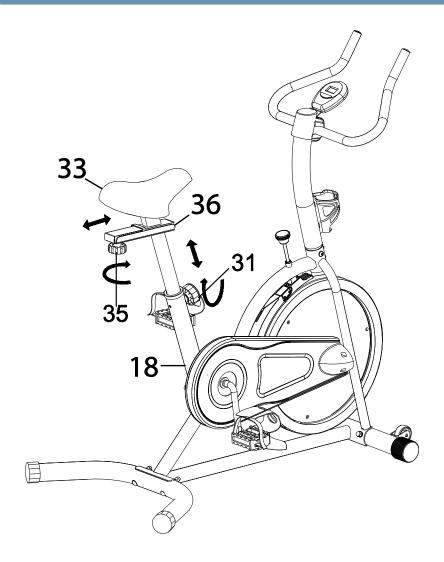
#### **Increase Tension:**

Turn the Tension Control Knob (50) CLOCKWISE. ひ

#### **Decrease Tension:**

Turn the Tension Control Knob (50) COUNTER-CLOCKWISE. U

#### **OPERATIONS & ADJUSTMENTS**



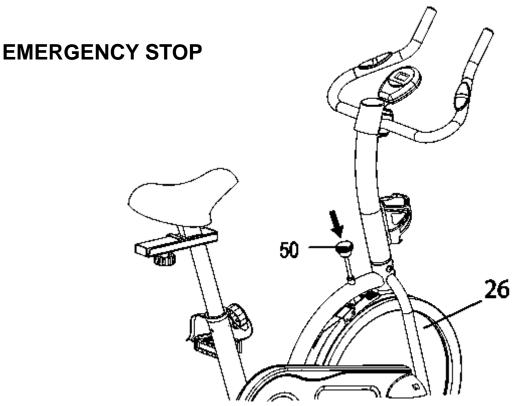
## **Seat And Seat Post Adjustment**

**Seat Adjustment:** Loosen the **Adjustment Knob (35)** by turning it in a <u>COUNTER CLOCKWISE</u> direction, and move the **Seat (33)** forward or backward to the desired position. Tighten the **Adjustment Knob (35)** to secure the **Seat (33)** at the desired position by turning it in a <u>CLOCKWISE</u> direction.

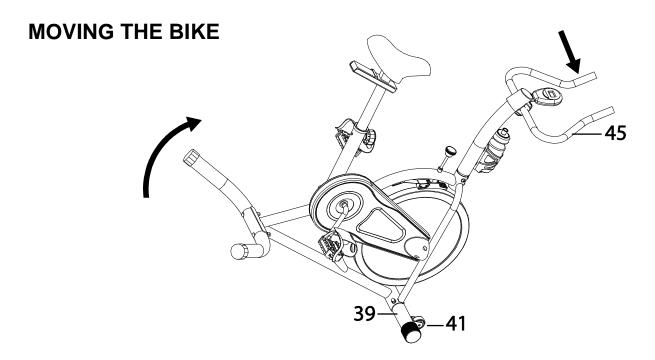
Seat Post Adjustment: Loosen the Spring Adjustment Knob (31) by turning it in a <u>COUNTER-CLOCKWISE</u> direction. When loosened, the Spring Adjustment Knob (31) can be pulled forward slightly to release the Seat Post (36), allowing it to slide up and down. Release the Spring Adjustment Knob (31) at the desired height and shift the Seat Post (36) up and down slightly to make sure it "POPS" into one of the nearest available height adjustment holes on the Seat Post (36). Tighten the Spring Adjustment Knob (31) by turning it in a <u>CLOCKWISE</u> direction in order to secure the height of the Seat Post (36).

Tip: When adjusting the height of the vertical **Seat Post (36), DO NOT** exceed the **STOP** line on the **Seat Post (36).** The word **STOP** line cannot be higher than the top of the **Main Frame (18)** tube.

## **EMERGENCY STOP & TRANSPORT**



To immediately STOP exercising and bring the Flywheel (26) to a STOP, press down firmly onto the Tension Control Knob (50). Continue holding down the Tension Control Knob (50) until the machine comes to a complete stop.



To move the bike, carefully tilt the Handlebar (45) forward until the Wheels (41) on the Front Stabilizer (39) makes contact with the ground. Keep the bike balanced on the Wheels (41) and carefully move the bike to the desired location, then gently lower the bike to the floor.

## TROUBLESHOOTING & MAINTENANCE

#### TROUBLE SHOOTING

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

SOLUTION: Turn the Adjustable End Caps (7) on the Rear Stabilizer (8) as needed to level the

bike.

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

**SOLUTION:** The bolts and other hardware may be loose on the training bike. Inspect all of the

parts of the machine and tighten any loose parts.

#### **MAINTENANCE**

#### Cleaning

The training bike can be cleaned with a soft clean damp cloth.

**Do not use** abrasives or solvents on the plastic parts. Wipe your perspiration off the training bike after each use.

Inspect all of the assembly bolts, nuts, screws, and pedals on the machine for proper tightness on a weekly basis.

#### **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:

COMPONENTLENGTH OF WARRANTYStructural Frame1 year For Home Use OnlyAll Other Components90 days For Home Use Only

#### **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 DA	TE:			
PLACE OF PUR	RCHASE:			
PART #		DESCRIPTIO	N	QTY

<sup>&</sup>quot;YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

<sup>\*</sup>This form can also be faxed to #: 626-810-2166