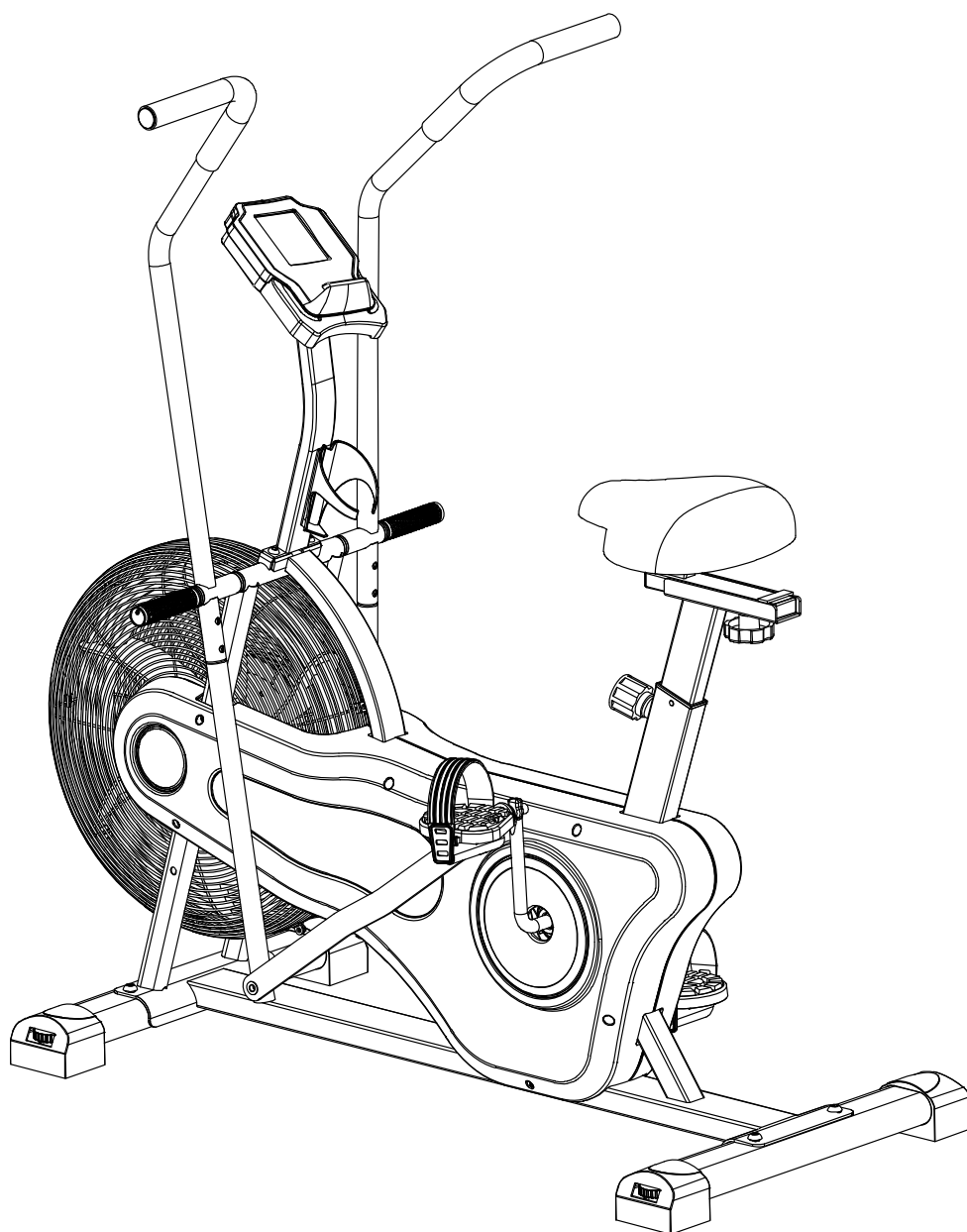


Dual Action Fan Bike



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:
1-844-641-7920
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**

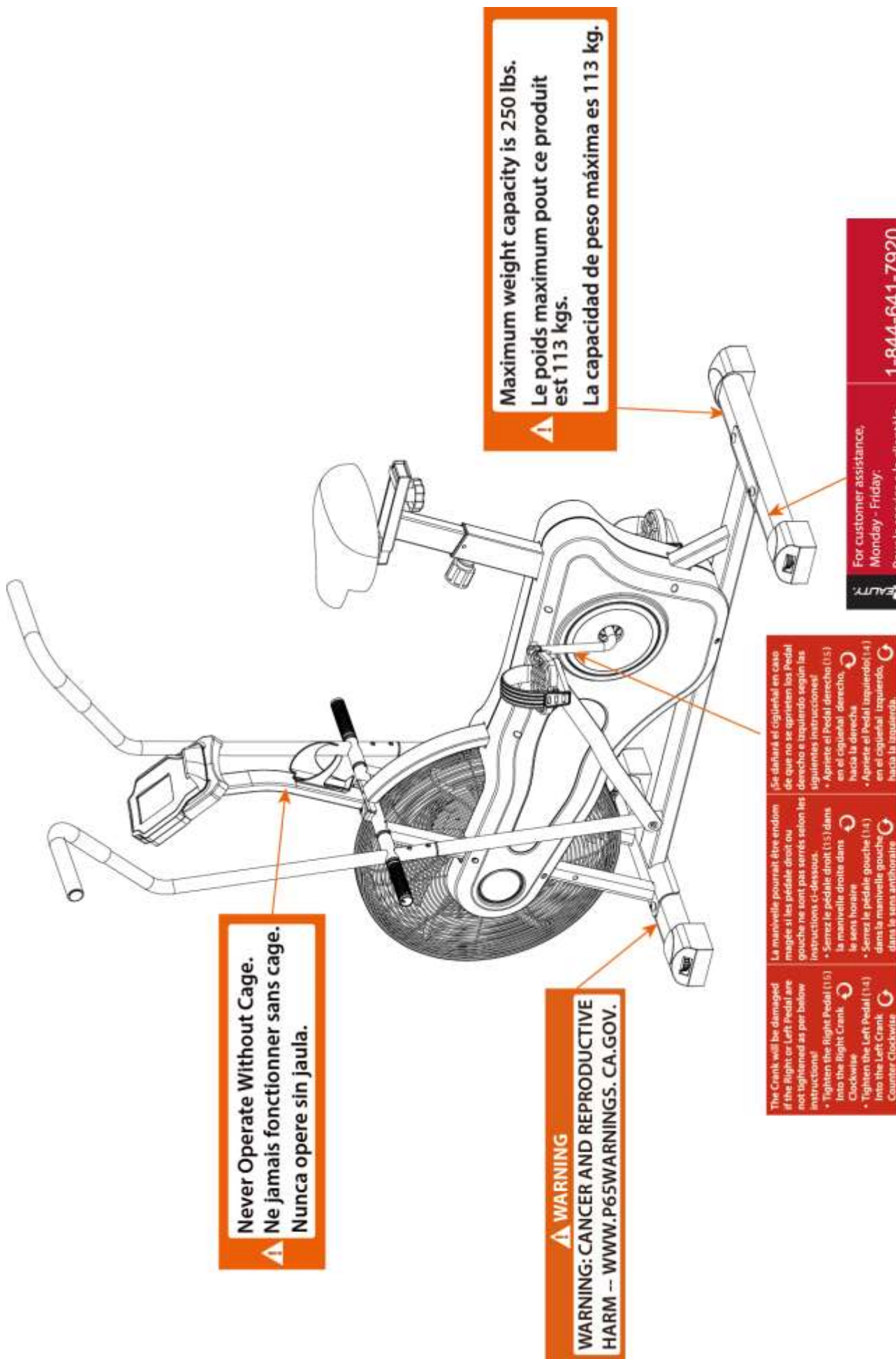
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



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:

1-844-641-7920
8 am - 5 pm PST

FITNESS REALITY

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. **ASSEMBLY 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):

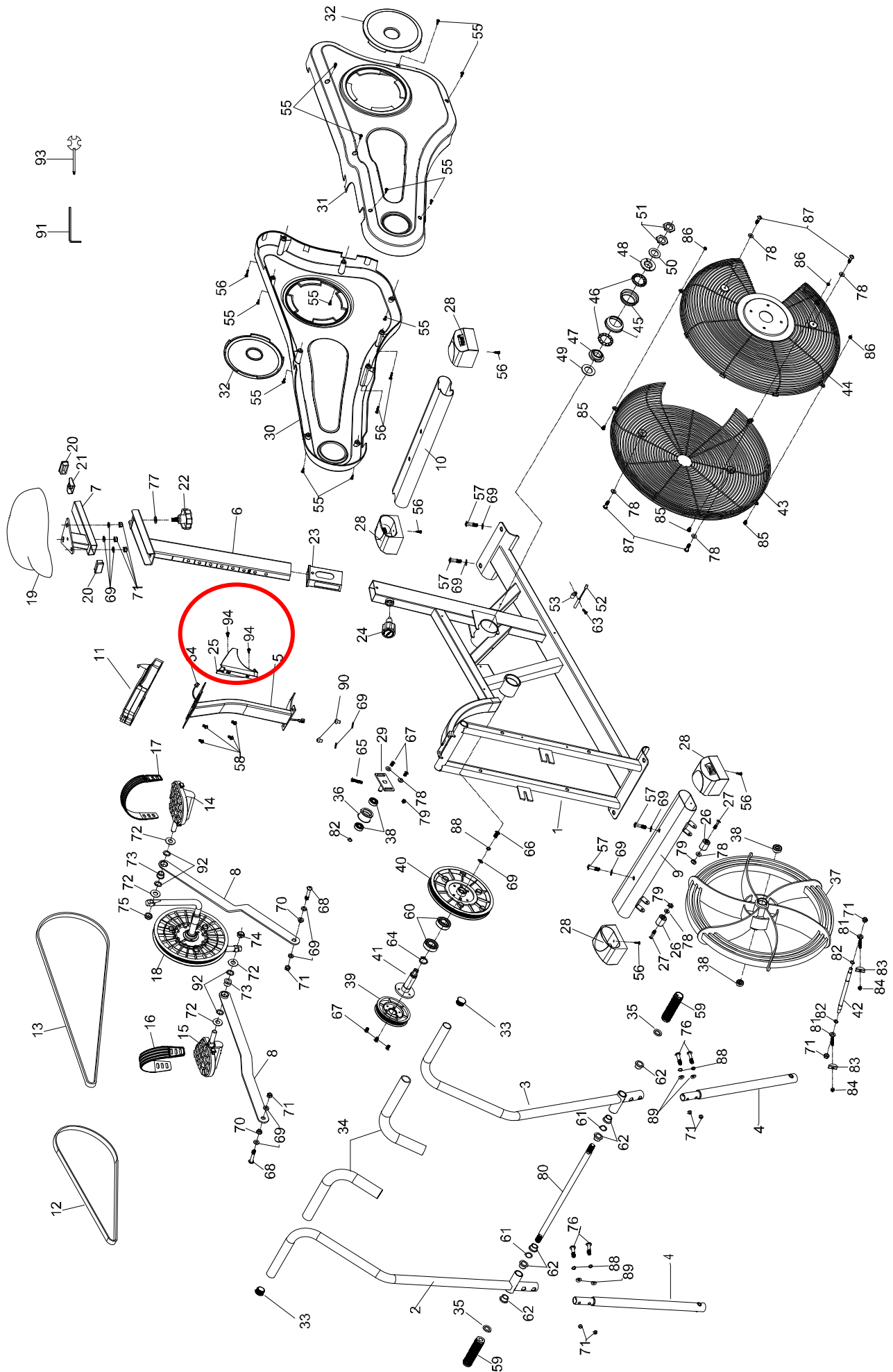
The Maximum Weight Capacity for this product is 250lbs/113kgs.

The Maximum User Height for this product is 6'3"/190cm.

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	Right Handrail Arm	1
3	Left Handrail Arm	1
4	Lower Handrail Arm	2
5	Front Post	1
6	Seat Post	1
7	Seat Slider	1
8	Linkage	2
9	Front Stabilizer	1
10	Rear Stabilizer	1
11	Console	1
12	Belt-A PJ39",6Tooth	1
13	Belt-B PJ43",6Tooth	1
14	Left Pedal	1
15	Right Pedal	1
16	Right Foot Pedal Strap	1
17	Left Foot Pedal Strap	1
18	Crank	1
19	Seat	1
20	End Cap20*40	2
21	Adjust Plate	1
22	Knob	1
23	Bushing	1
24	Adjustment Knob	1
25	Bottle Holder	1
26	Transporting Wheel	2
27	ScrewM6*45	2
28	End Cap	4
29	Bracket for idler pulley	1
30	Right Cover	1
31	Left Cover	1
32	Cover Cap ϕ 73	2
33	Handrail Arm End Cap	2

No.	Description	Q'ty
34	Handrail Arm Foam Grip	2
35	D Washer	2
36	Idler Pulley	1
37	Fan Leaf	1
38	Bearing6000ZZ	4
39	Small Pulley ϕ 105	1
40	Large Pulley ϕ 204	1
41	Pulley Shaft Arm	1
42	Fan Leaf Axle45# steel	1
43	Right Cage	1
44	Left Cage	1
45	Bearing Housing	2
46	Ball Bearing	2
47	Inner Bearing Collar	1
48	Outside Bearing Collar	1
49	Bearing Washer ϕ 23.8* ϕ 40.6*T3.0	1
51	Bearing Nut7/8-24UNS	2
52	Sensor Wire	1
53	Sensor Holder	1
54	Connection Wire	1
55	Self-Tapping ScrewST4.2x16	13
56	Self-Tapping ScrewST4.2x25	7
57	ScrewM8x55xS5	4
58	ScrewM5x10	4
59	Pedal Shaft 1/2-20UNF-RxL100	2
60	Bearing6004	2
61	M16 Wave Washer	2
62	Powder Washer for Handrail	6
63	ScrewST4.2x16	1
64	C-clip ϕ 19	1
65	ScrewM6*80	1
66	Hexagon Flange BoltsM8*16	1
67	ScrewM6*20	5

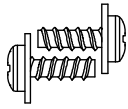
PARTS LIST

No.	Description	Q'ty
68	ScrewM8×45	2
69	M8 Washer	13
70	Powder Washer	2
71	Nylon NutM8	11
72	WasherOD28×ID13.5×1.5	4
73	Powder Washer for Crank	2
74	Right Lock Nut	1
75	Left Lock Nut	1
76	ScrewM8×35×S5	4
77	M10 WasherOD20×ID10.5×1.5	1
78	M6 WasherOD16×ID6.5×1.0	8
79	Nylon NutM6	3
80	Axle ϕ 15.95*393	1
81	M6 EyeboltM6*L30	2

No.	Description	Q'ty
82	C-clip ϕ 9	3
83	Tension Bracket	2
84	Hexagon NutM6	2
85	ScrewM5×10	3
86	Hexagon NutM5	3
87	ScrewM6×25	4
88	Spring WasherOD12×ID8.5×T2.0	4
89	Curved WasherOD20×ID8.5×T1.5	4
90	ScrewM8×10×S5	2
91	Allen WrenchS5	1
92	Wave WasherOD21*ID14*0.3	4
93	Spanner13 15 19	2
94	Self-Tapping ScrewST4.2×12	2

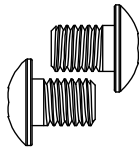
2129-HARDWARE PACK

STEP 4

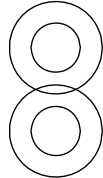


(94) Self-Tapping
Screw ST4.2X12
2PCS

STEP 3

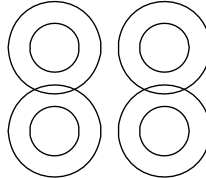


(90) Screw
M8x10
2PCS

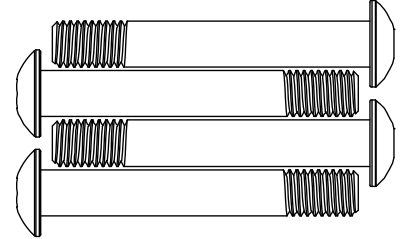


(69) Washer M8
2PCS

STEP 1

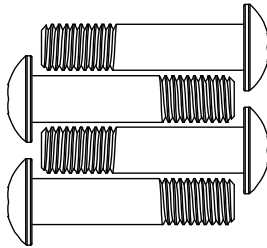


(69) Washer M8
4PCS

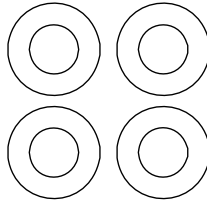


(57) Screw M8x55
4PCS

STEP 5



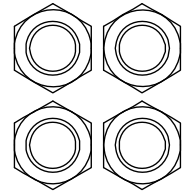
(76) Screw M8x35
4PCS



(89) Curved Washer
M8 4PCS

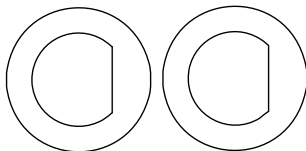


(88) Spring washer M8
4PCS

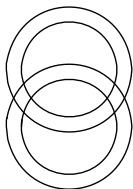


(71) Nylon Nut M8
4PCS

STEP 6

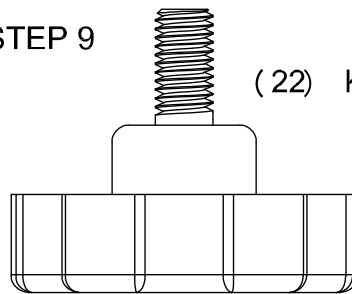


(35) D Washer
2PCS

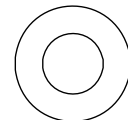


(61) Wave Washer M16
2PCS

STEP 9



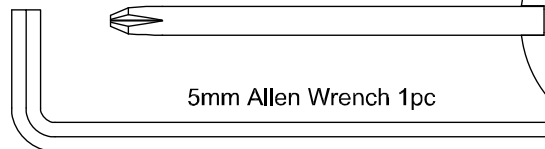
(22) Knob 1PC



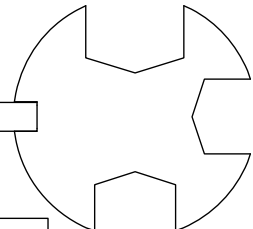
(77) Washer M10
1PC

TOOL

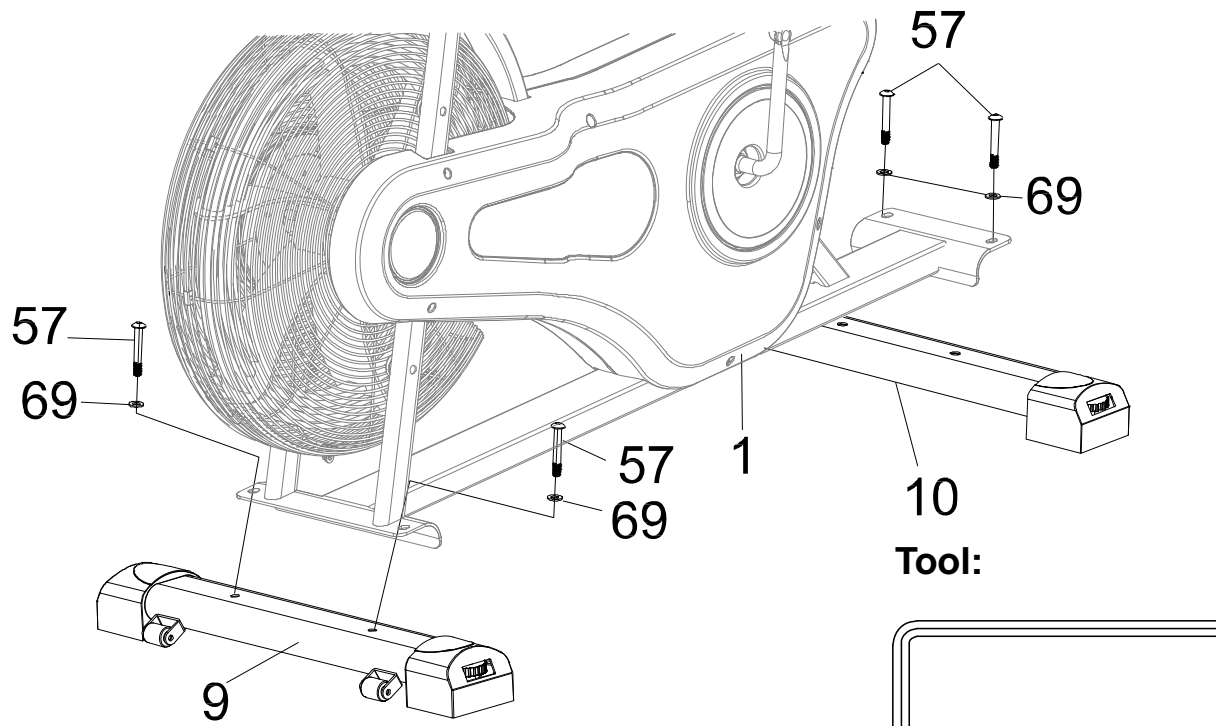
Multi-Hex Tool with
Phillips Screwdriver 2PCS



5mm Allen Wrench 1pc



ASSEMBLY



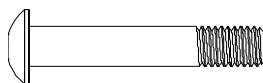
Step 1

1a. Front Stabilizer Installation: Lift up the front of the **Main Frame (1)**, and attach the **Front Stabilizer (9)** onto the front curve of the **Main Frame (1)** with two **Screws (57)**, two **Washers (69)**. Use the **5mm Allen Wrench** to tighten the **Screws (57)** until they are firm and secure.

NOTE: the front stabilizer has the transport wheels. Face them forward.

1b. 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 **Screws (57)**, two **Washers (69)**. Use the **5mm Allen Wrench** to tighten the **Screws (57)** until they are firm and secure.

Hardware:

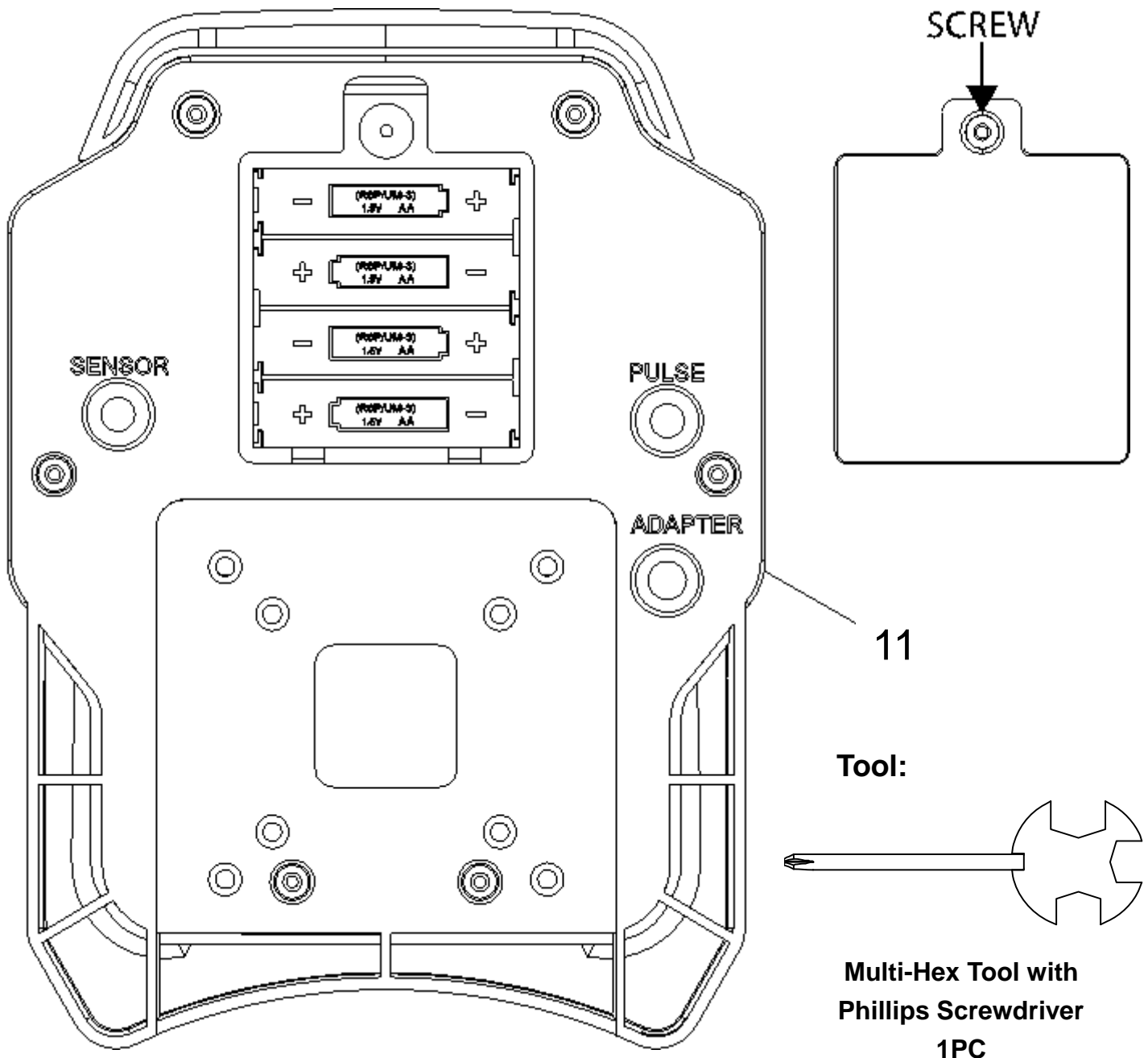


(57) Screw
4PCS



(69) Washer
4PCS

ASSEMBLY

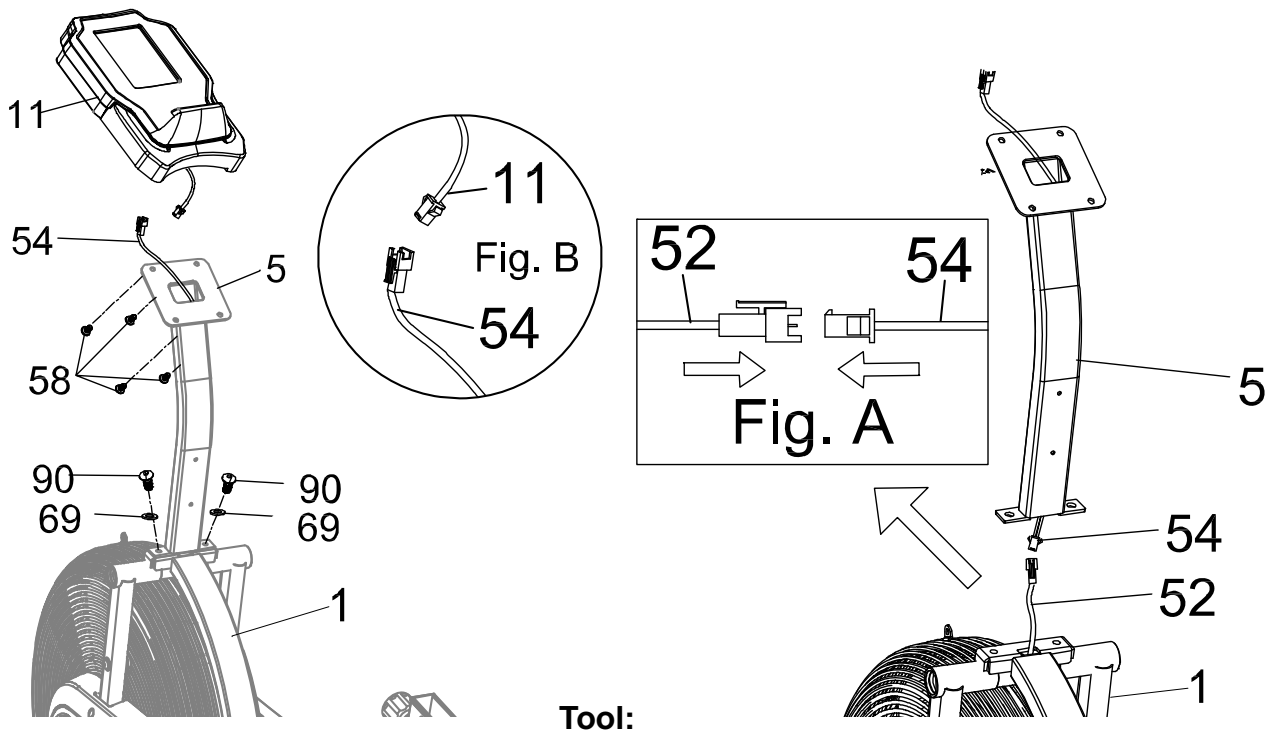


Step 2

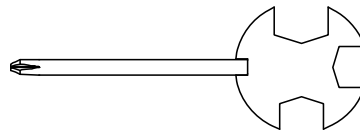
2a. Battery Installation: Loosen the screw that holds the battery cover in place to remove the battery cover from the back of the **Console (11)**. Insert 4 AA batteries into the console and then reattach the battery cover. Tighten the screw using the **Multi-Hex Tool with Phillips Screwdriver** provided.

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

ASSEMBLY



Tool:



**Multi-Hex Tool with
Phillips Screwdriver
1PC**



**5mm Allen Wrench
1PC**

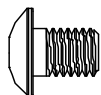
Step 3

3a. Front Post Installation: Connecting the **Sensor Wire (52)** to the **Connection Wire (54)**. See **Fig. A**. Attach the **Front Post (5)** onto the **Main Frame (1)** and tighten with two **Screws (90)** and two **Washers (69)** by using **5mm Allen Wrench** provided.

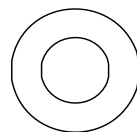
3b. Console Installation: Remove four **Screws (58)** from back of the **Console (11)**. Connect the **Connection Wire (54)** to the wire at the backside of the **Console (11)**. See **Fig. B**.

Attach the **Console (11)** onto the **Front Post (5)** and tighten with the four **Screws (58)** that were previous removed by using **Multi-Hex Tool with Phillips Screwdriver** provided.

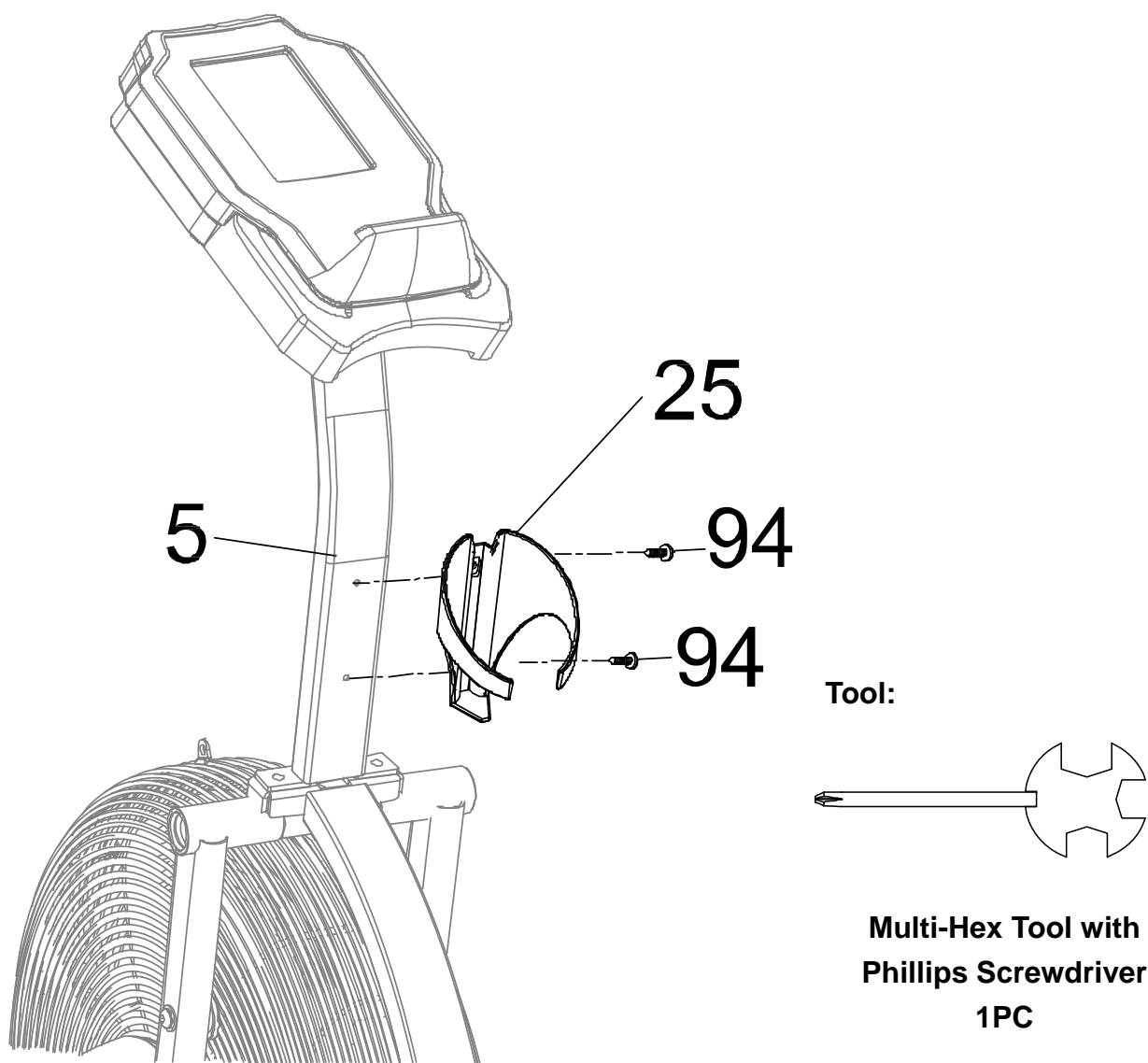
Hardware:



**(90) Screw
2PCS**



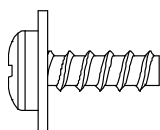
**(69) Washer
2PCS**



Step 4

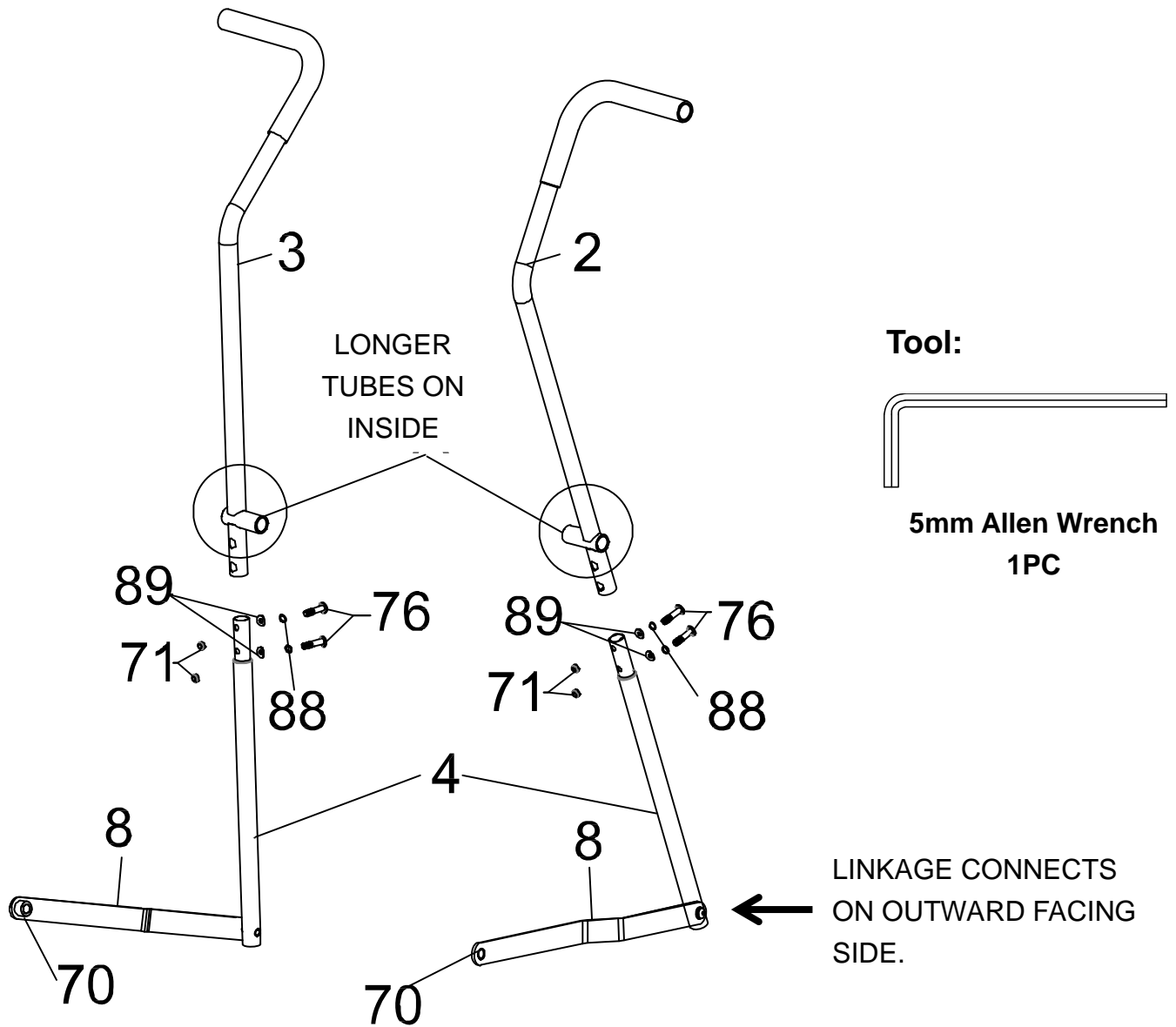
4a. Cup Holder Installation: Attach the **Cup Holder (25)** onto the **Front Post (5)** and tighten with two **Self-Tapping Screws (94)** by using **Multi-Hex Tool with Phillips Screwdriver** provided.

Hardware



(94) Self-Tapping Screw
2PCS

ASSEMBLY



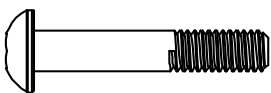
Step 5

5a. Handrail Arm Installation: Insert the **Lower Handrail Arm (4)** into the **Left Handrail Arm (3)**. Tighten with two **Screws (76)**, two **Spring Washers (88)**, two **Curved Washers (89)**, and two **Nylon Nuts (71)** by using the **5mm Allen Wrench** provided.

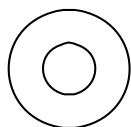
Repeat for the **Right Handrail Arm (2)** and the second **Lower Handrail Arm (4)**.

NOTE The lower sections are universal, they can be installed on either one of the Handrail Arms.

Hardware



(76) Screw
4PCS



(89) Curved Washer
4PCS



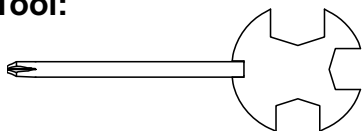
(71) Nylon Nut
4PCS



(88) Spring Washer
4PCS

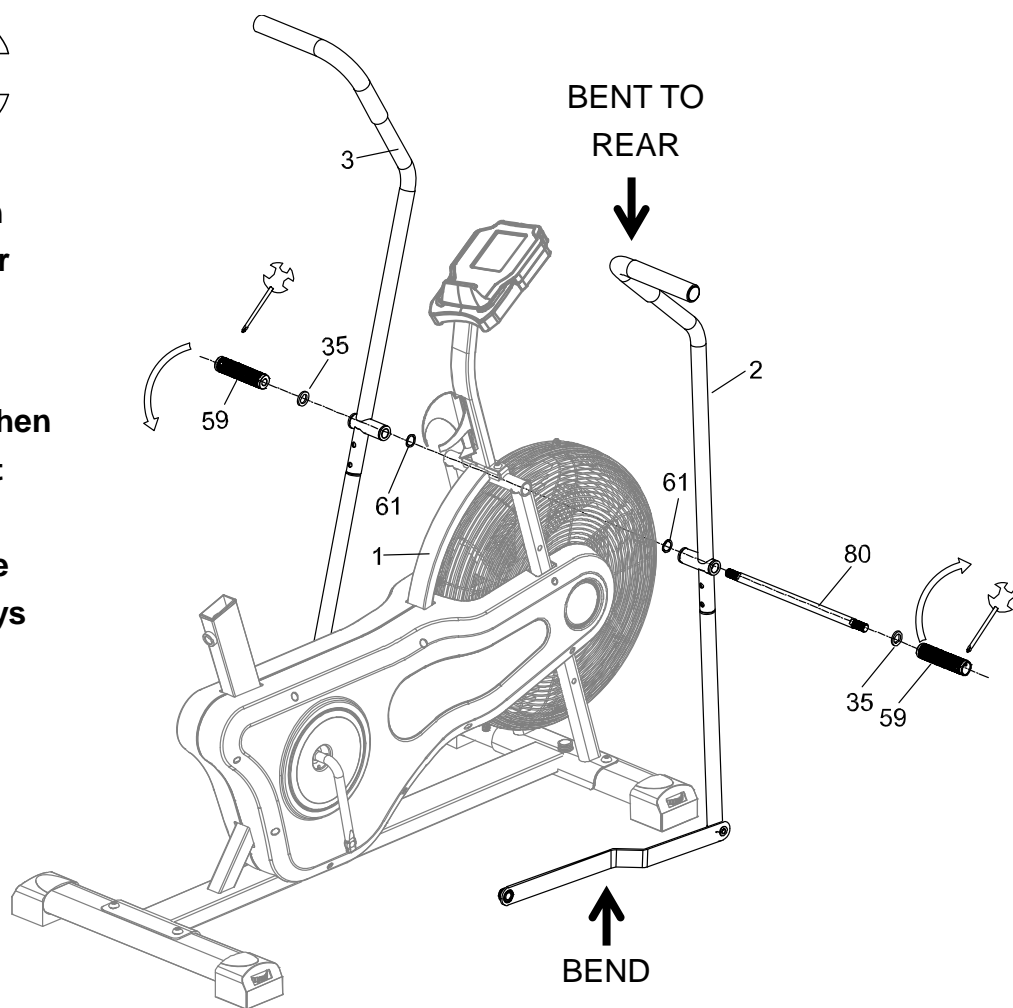
ASSEMBLY

Tool:



**Multi-Hex Tool with
Phillips Screwdriver
2PC**

WARNING: Be careful when installing the Left / Right Handrail Arms, they can pivot freely until they are completely install. Always hold on to the Handrail Arms until they are fully installed.



Step 6

6a. Inserting the Axle (80): Insert the **Axle (80)** into the **Main Frame (1)**.

6b. Right Handrail Arm Installation: Insert the **Axle (80)** into the **Right Handrail Arm (2)** with one **Wave Washer (61)**, one **D Washer (35)**, and the **Pedal Shaft (59)**. Tighten the **Right Handrail Arm (3)** and **Pedal Shaft (59)**.

6c. Left Handrail Arm Installation: Insert the **Axle (80)** into the **Left Handrail Arm (3)** with one **Wave Washer (61)**, one **D Washer (35)**, and the **Pedal Shaft (59)**. Tighten the **Left Handrail Arm (2)** and **Pedal Shaft (59)**.

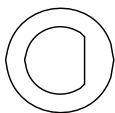
6d. Tightening the Pedal Shafts: Insert the two **Multi-Hex Tool with Phillips Screwdriver** into the holes on the **Pedal Shafts (59)** and turn them in the opposite direction to thoroughly tighten the **Pedal Shafts (59)**.

NOTE 1: The handle grips should be bent back towards the rear of the bike.

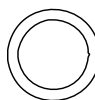
NOTE 2: The lower bar should bend in towards the bike frame.

NOTE 3: Make sure the D Washer (35) locks on to the D shaped cut on the Axle (80)

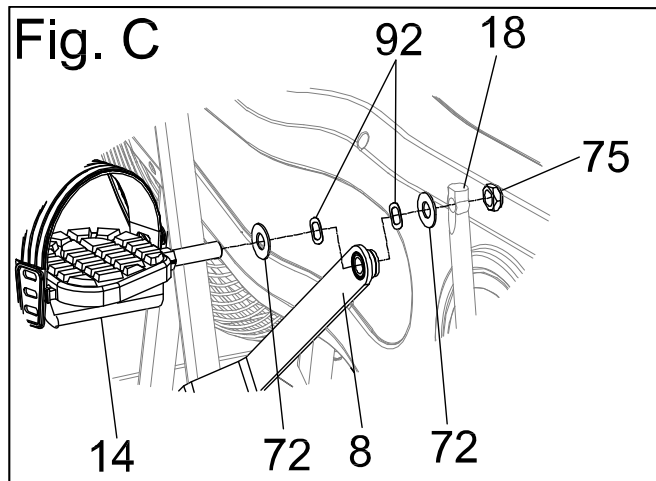
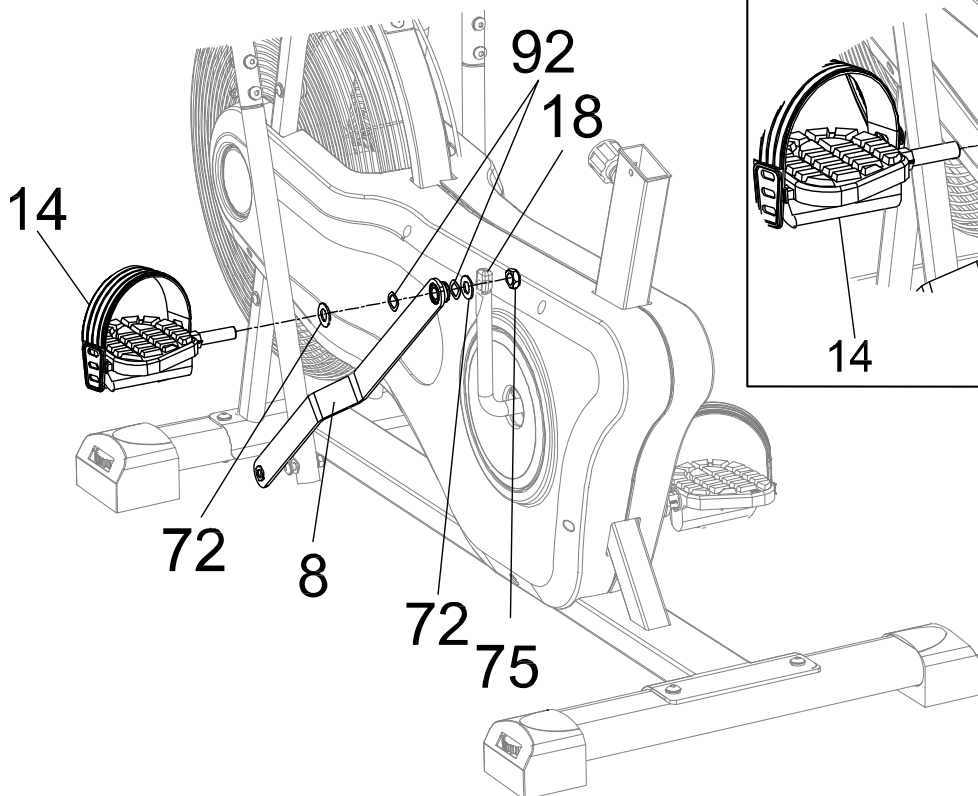
Hardware



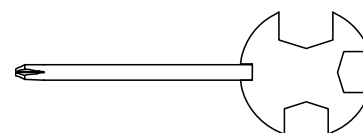
**(35) D Washer
2PCS**



**(61) Wave Washer
2PCS**



Tool:



**Multi-Hex Tool with
Phillips Screwdriver
1PC**

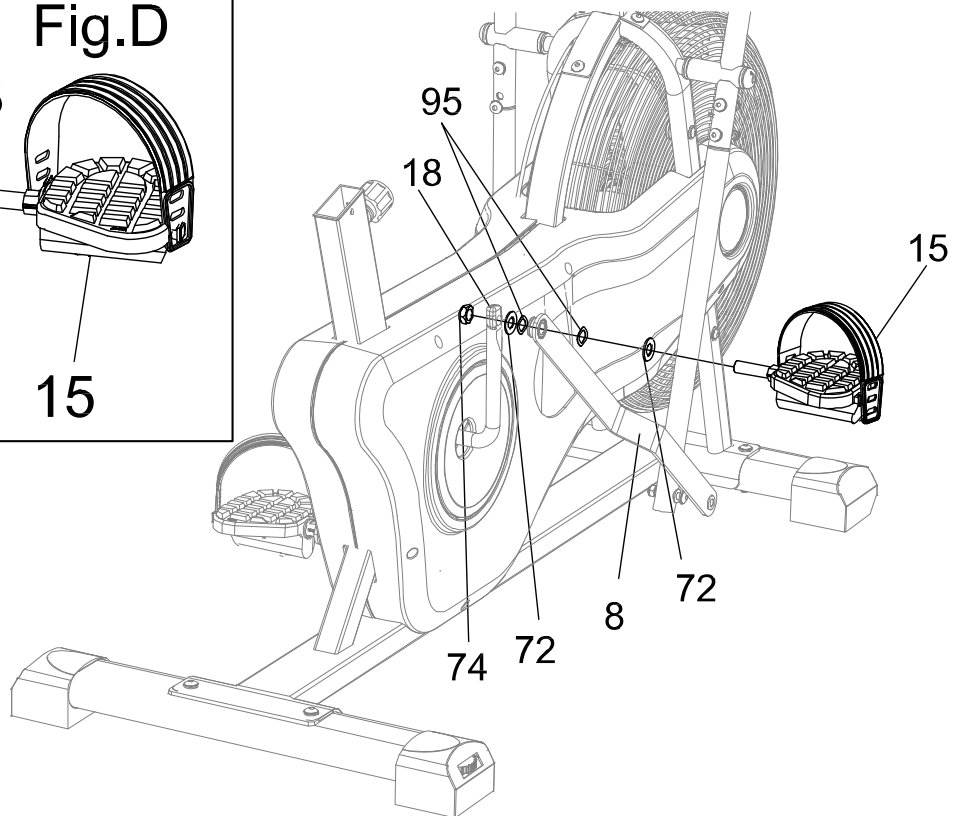
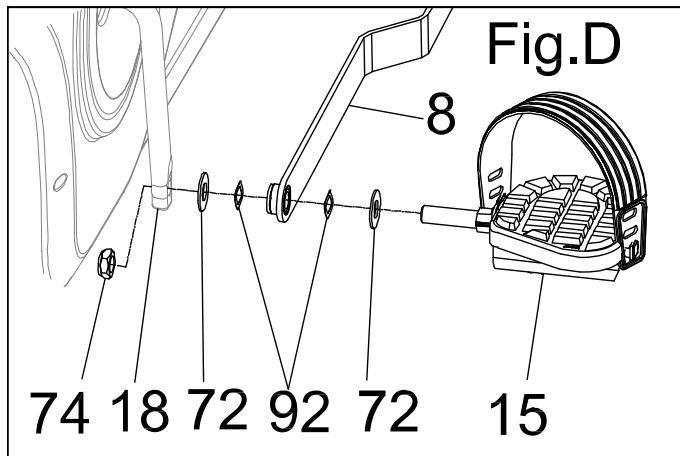
Step 7

7a. Hardware Removal: Remove the hardware from the **Left Pedal (14)**.

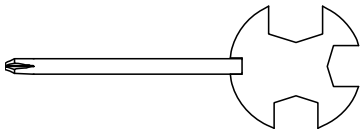
NOTE: Turn the parts in the direction instructed. Turning in the wrong direction may cause damage to the parts.

7b. Installing the Left Pedal: Insert the threaded shaft of the **Left Pedal (14)** with one **Washer (72)**, and one **Wave Washer (92)** into on the **Linkage (8)**. Then insert the threaded shaft of the **Left Pedal (14)** with one **Wave Washer (92)**, and one **Washer (72)** into the threaded hole on the left **Crank (18)**. Turn the pedal shaft by hand in a COUNTER-CLOCKWISE direction and tighten with the **Multi Hex Tool with Phillips Screwdriver** provided.

Install the **Left Nylon Nut (75)** onto the protruding thread of the **Left Pedal (14)**. Turn the **Left Nylon Nut (75)** in a CLOCKWISE direction and tighten with the **Multi Hex Tool with Phillips Screwdriver** provided.



Tool:



**Multi-Hex Tool with
Phillips Screwdriver
1PC**

Step 8

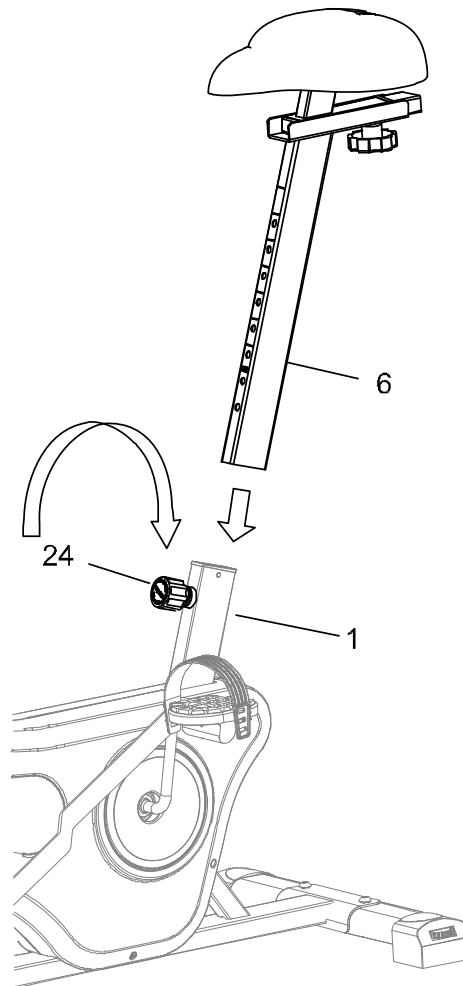
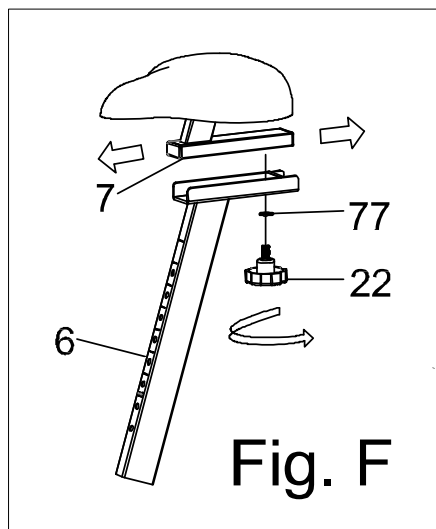
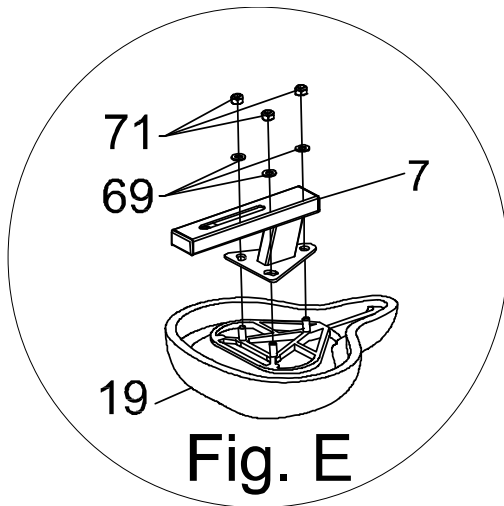
8a. Hardware Removal: Remove the hardware from the **Right Pedal (15)**.

NOTE: Turn the parts in the direction instructed. Turning in the wrong direction may cause damage to the parts.

8b. Installing the Right Pedal: Insert the threaded shaft of the **Right Pedal (15)** with one **Washer (72)**, and one **Wave Washer (92)** into on the **Linkage (8)**. Then insert the threaded shaft of the **Right Pedal (15)** with one **Wave Washer (92)**, and one **Washer (72)** into the threaded hole on the right **Crank (18)**. Turn the pedal shaft by hand in a CLOCKWISE direction and tighten with the **Multi Hex Tool with Phillips Screwdriver** provided.

Install the **Right Nylon Nut (74)** onto the protruding thread of the **Right Pedal (15)**. Turn the **Right Nylon Nut (74)** in a COUNTER-CLOCKWISE direction and tighten with the **Multi Hex Tool with Phillips Screwdriver** provided.

ASSEMBLY



Step 9

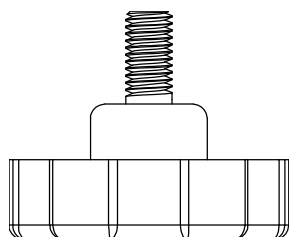
9a. Hardware Removal: Remove three Washers (69) and three Nylon Nuts (71) from the Seat (19).

9b. Installing the Seat: Attach the **Seat Slider (7)** onto the **Seat (19)** with three **Washers (69)** and three **Nylon Nuts (71)** by using the **Multi-Hex Tool with Phillips Screwdriver** provided. **See Fig. E.**

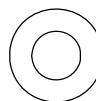
Slide the **Seat Slider (7)** onto the **Seat Post (6)** and tighten with one **Washer (77)** and **Knob (22)**. **See Fig. F.**

9c. Installing the Seat Post: Insert the **Seat Post (6)** into the **Main Frame (1)** into the suitable position and tighten the **Adjustment Knob (24)** to lock the seat height.

Hardware:



**(22) Knob
1PC**



**(77) Washer
1PCS**

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.

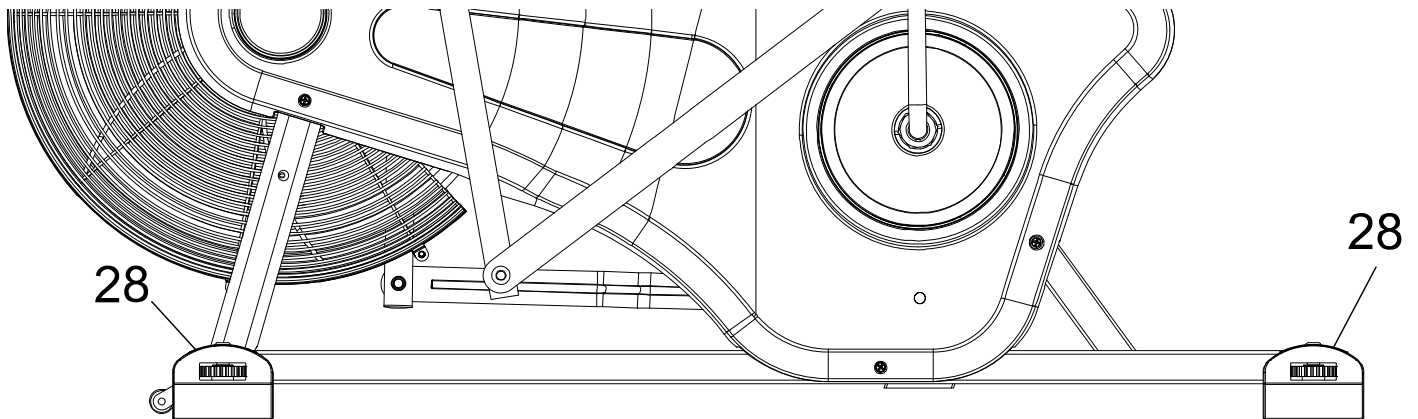
CONSOLE

<p>RECOVER: Length of time for the low activity period.</p>	<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.
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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.



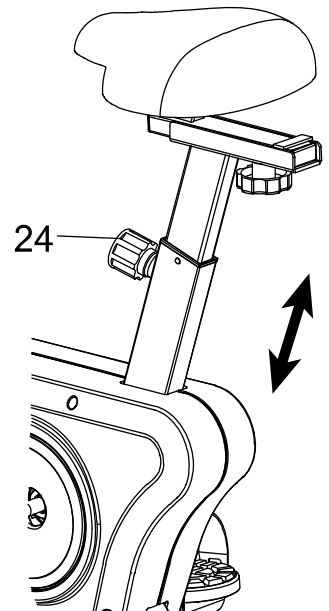
Adjusting the Stability of the Bike

1. Turn the **End Cap (28)** as needed to level the fan bike.

Seat Height Adjustment

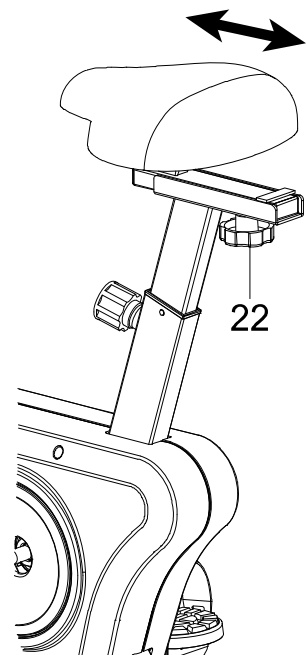
1. Turn the **Adjustment Knob (24)** COUNTER-CLOCKWISE ⤿ to loosen the Seat Post (6).
2. Adjust the seat up or down to your desired position.
3. Turn the **Adjustment Knob (24)** CLOCKWISE ⤿ to secure the seat again.

WARNING: Do NOT raise the seat post over the STOP line.



Seat Slide Adjustment

1. Turn **Knob (22)** COUNTER-CLOCKWISE ⤿ to loosen the seat.
2. Slide the seat to your desired reach.
3. Turn the **Knob (22)** CLOCKWISE ⤿ to lock.



TROUBLESHOOTING

1. **PROBLEM:** The recumbent bike wobbles when in use.
 - 1) **SOLUTION:** Turn the **End Cap (28)** as needed to level the bike.

2. **PROBLEM:** The display on the **Console (11)** does not turn on.
 - 1) **SOLUTION:** Remove the **Console (11)** and verify that the **Console (11)** 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 (11)**.

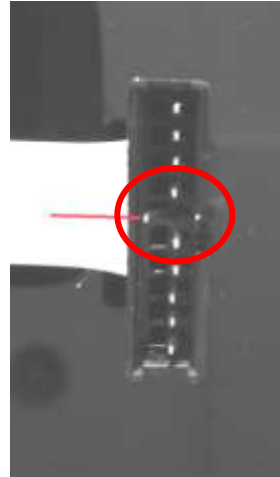
3. **PROBLEM:** The bike makes a squeaking noise when in use.
 - 1) **SOLUTION:** The hardware may be loose on the bike. Inspect all of the hardware and tighten any loose parts.

WARNING: Before connecting any cables, make sure the **METAL PRONGS** of the cables are **NOT bent**.

Correct



Incorrect

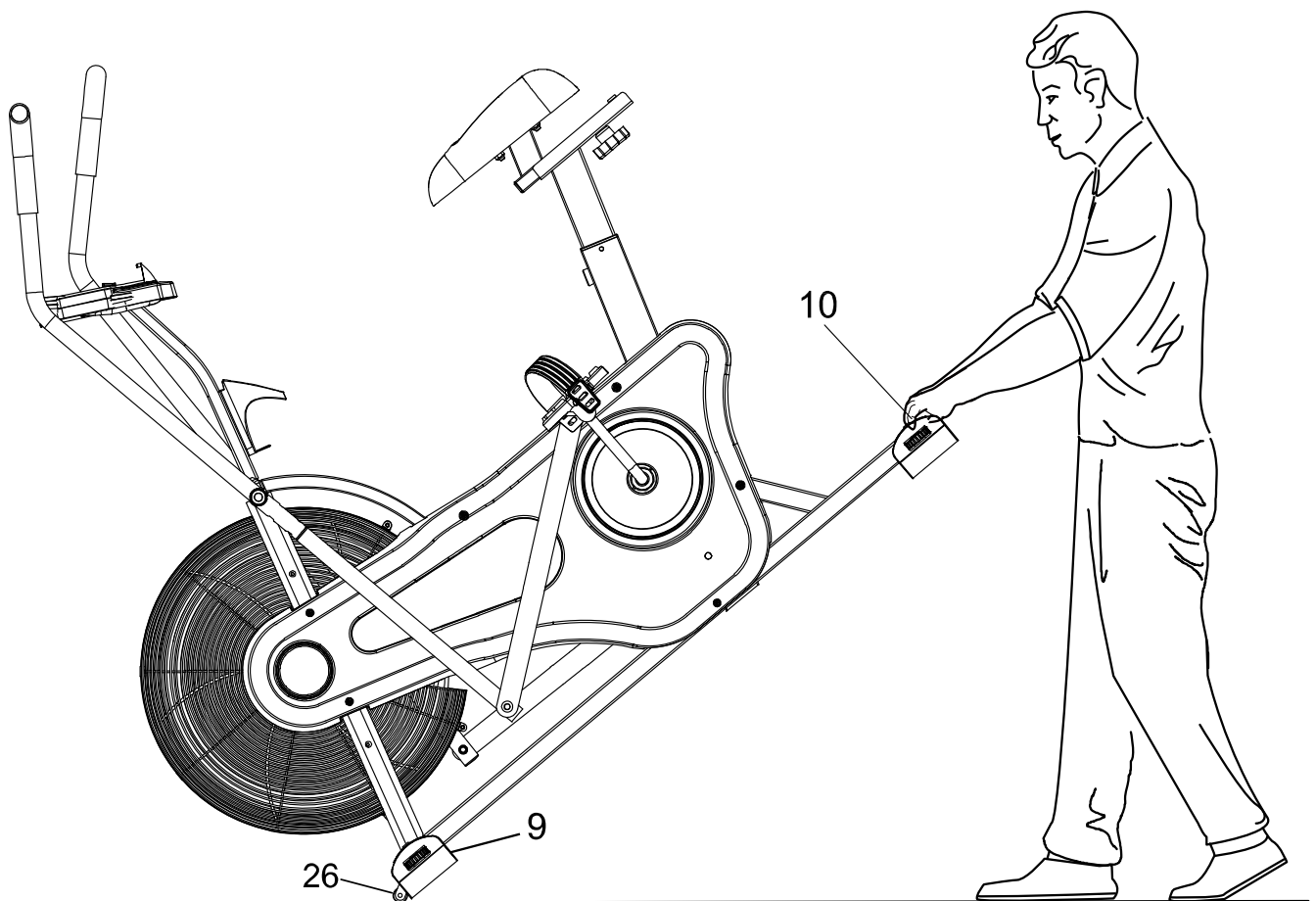


Cleaning:

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.



Transporting the Bike

Lift up on the **Rear Stabilizer (10)** with both hands until the wheels of the **Front Stabilizer (9)** 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.

WARNING: always maintain both hands on the handle of the Rear Stabilizer (10) while transporting.

Storage

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

Store out of direct sunlight. The sunlight can damage the paint or 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	3 years For Home Use Only
Electronic/Wearable Parts	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, 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:

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