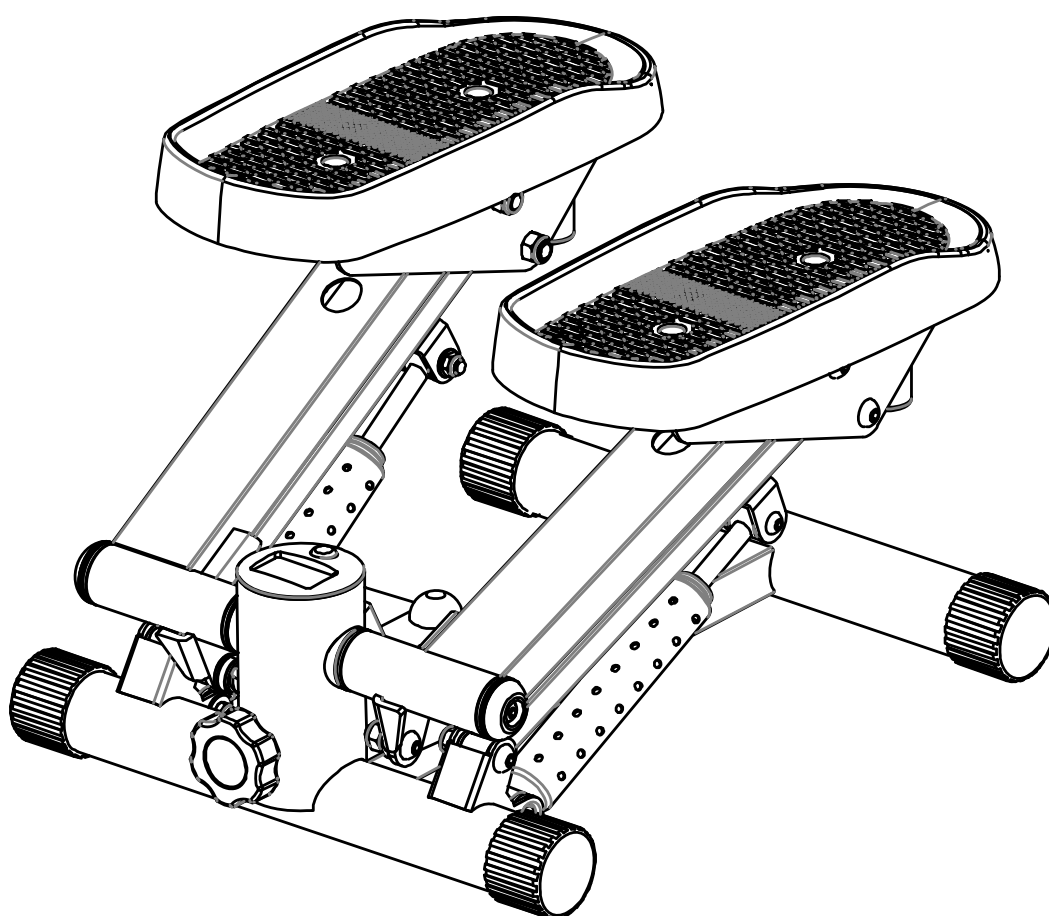


# Stepper



**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](mailto:Service@paradigmhw.com)**

**Or call us at:**

**1-844-641-7921**

**Hours:**

**8:00 am to 5:00 pm (PST)**

**Monday thru Friday**

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## IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

**For The Best Service, please Email:**  
**[service@paradigmhw.com](mailto: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](http://www.paradigmhw.com)**

**Toll-Free:**

**1-844-641-7921**

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

**Response time may vary via calling**

**Please have the following information ready when requesting for service:**

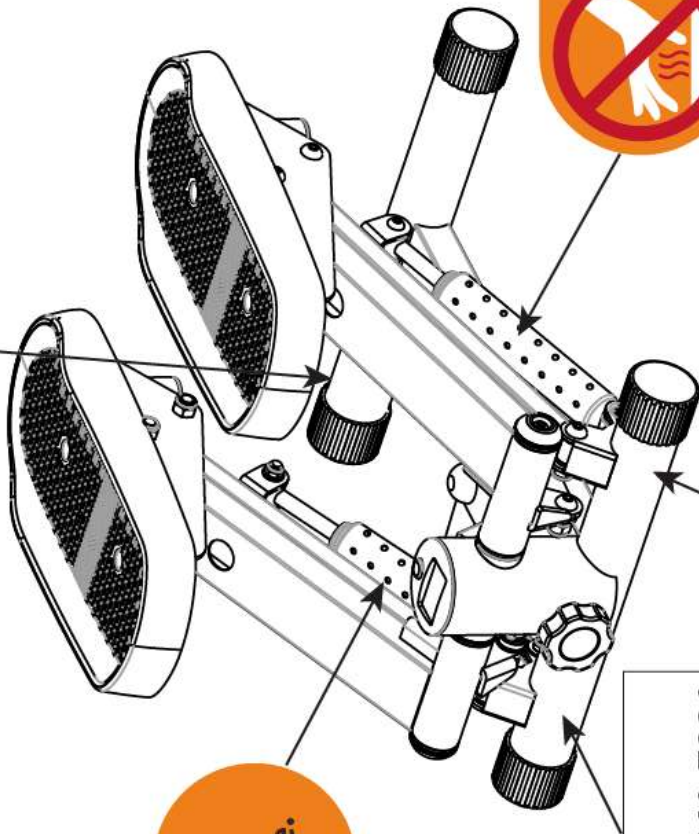
- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

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

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

# LABEL PLACEMENT

**⚠ WARNING**  
**WARNING: CANCER AND REPRODUCTIVE HARM -- WWW.P65WARNINGS.CA.GOV.**



**⚠ WARNING!**  
**Air Cylinders may become Hot during use. Do Not Touch!**

**⚠ WARNING!**  
**Air Cylinders may become Hot during use. Do Not Touch!**

|                                                                                                                                                                              |                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
| <b>EXPERMIRK</b>                                                                                                                                                             | <b>1-844-641-7921</b><br>8 am - 5 pm PST |
| For customer assistance,<br>Monday - Friday:<br>Pour le service à la clientèle<br>composer le, lundi à vendredi:<br>Para servicios al cliente,<br>llame al, lunes a viernes: |                                          |

|                                                                                                           |                                                                                                         |
|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <br>8 1381151074201 4 | <br>118050274200001 |
| Serial number / Numéro de série / Número de serie:<br>MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA  |                                                                                                         |

# IMPORTANT SAFETY GUIDELINES

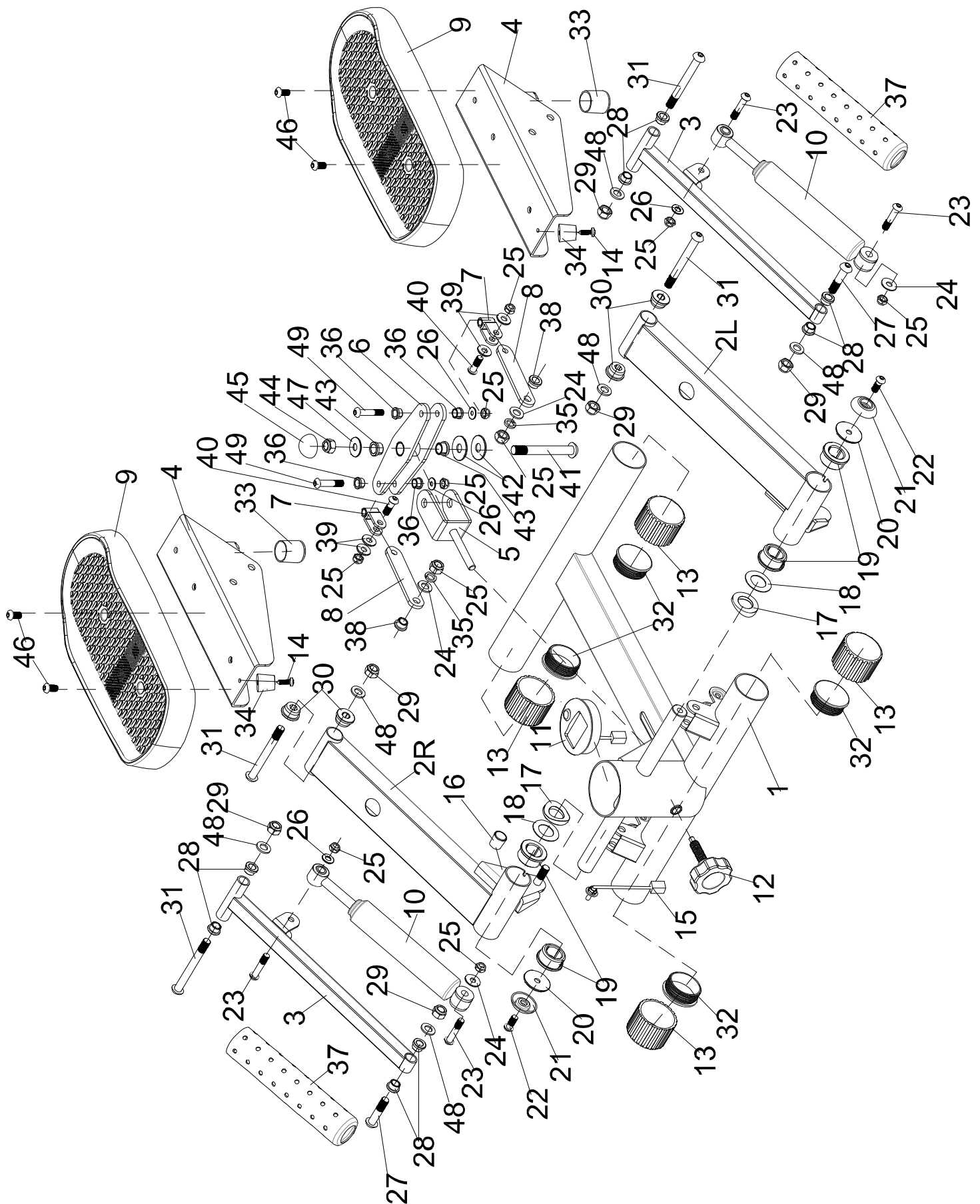
**Read all instructions before using the Stepper. Basic precautions should always be followed.**

**WARNING - To reduce the risk of injury to persons, read the following:**

1. Be sure all screws, nuts, and bolts are tightened prior to use.
2. Before using this equipment, we recommend doing warm ups.
3. Only one person should be using the equipment at a time.
4. Never operate this **Stepper** if it is not working properly, has been dropped, or damaged. If a problem is encountered, contact Customer Service before using the **Stepper** again.
5. Always use this equipment on a clear and level surface.
6. For household use only.
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. This product requires a minimum of 6 square feet of space for safe operation.
14. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS.**
15. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the equipment.
16. **Warning:** - Risk of Personal Injury - Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
17. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact Customer Service.
18. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using the **Stepper**.
19. **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.
20. **WARNING: CANCER AND REPRODUCTIVE HARM--WWW.P65WARNINGS.CA.GOV.**

**The maximum weight capacity for this product is 250 lbs / 113 kg.  
DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

# OVERVIEW DRAWING



# PARTS LIST

| No. | Description                             | Qty |
|-----|-----------------------------------------|-----|
| 1   | Main Frame                              | 1   |
| 2L  | Left Foot Post                          | 1   |
| 2R  | Right Foot Post                         | 1   |
| 3   | Support Tube                            | 2   |
| 4   | Pedal Bracket                           | 2   |
| 5   | Bracket                                 | 1   |
| 6   | Metal Bracket                           | 1   |
| 7   | U Bracket                               | 2   |
| 8   | Metal Plate                             | 2   |
| 9   | Pedal                                   | 2   |
| 10  | Air Cylinder                            | 2   |
| 11  | Console                                 | 1   |
| 12  | Adjustment Knob                         | 1   |
| 13  | End Cap                                 | 4   |
| 14  | Self-Tapping Phillips Screw<br>ST4.2x15 | 2   |
| 15  | Sensor                                  | 1   |
| 16  | Magnet                                  | 1   |
| 17  | Curved Washer                           | 2   |
| 18  | Thin Flat Washerφ38xφ22x1               | 2   |
| 19  | Nylon Bushing                           | 4   |
| 20  | Big Flat Washer φ38xφ8.2x1.8            | 2   |

| No. | Description               | Qty |
|-----|---------------------------|-----|
| 21  | Semi-Circled End Cap      | 2   |
| 22  | Round Head Hex Bolt M8x20 | 2   |
| 23  | Hex BoltM8X40X15          | 4   |
| 24  | Flat Washer φ22xφ8.2x15   | 4   |
| 25  | Nylon NutM8               | 10  |
| 26  | Flat Washer φ16xφ8.2x15   | 4   |
| 27  | Hex Bolt M10X45X12        | 2   |
| 28  | Support Tube Sleeve       | 8   |
| 29  | Nylon Nut M10             | 6   |
| 30  | Big Sleeve                | 4   |
| 31  | Hex Bolt M10X95X12        | 4   |
| 32  | Round End Cap             | 4   |
| 33  | Tube                      | 2   |
| 34  | Foot Pad with EVA Pad     | 2   |
| 35  | Spring Washer D8          | 2   |
| 36  | Sleeve                    | 4   |
| 37  | Heat Shields              | 2   |
| 38  | Plate Sleeve              | 2   |
| 39  | Plastic Washerφ20xφ8.5x2  | 4   |
| 40  | Hex Bolt M8X25X12         | 2   |
| 41  | Hex Bolt M12X95X15        | 1   |

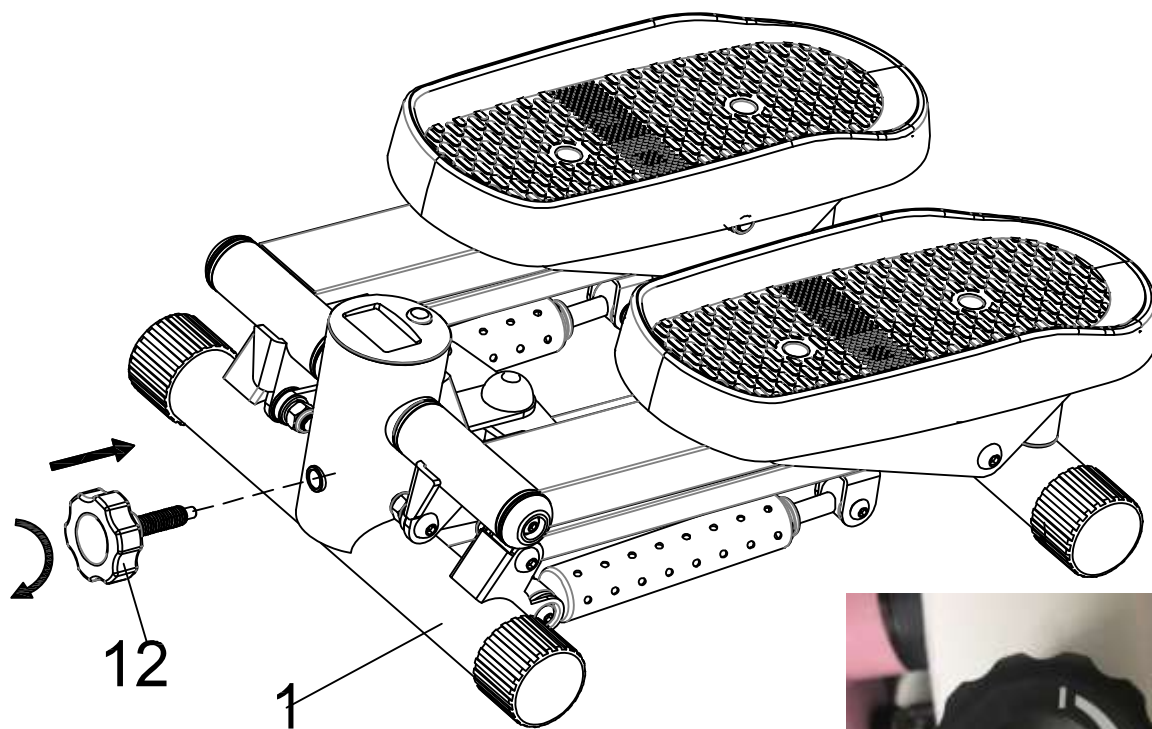


# PARTS LIST

| No. | Description          | Qty |
|-----|----------------------|-----|
| 42  | Big Washerφ33xφ12x3  | 2   |
| 43  | Metal Bracket Sleeve | 2   |
| 44  | Nylon Nut M12        | 1   |
| 45  | Round End Cap        | 1   |
| 46  | Hex Bolt M8x20       | 4   |

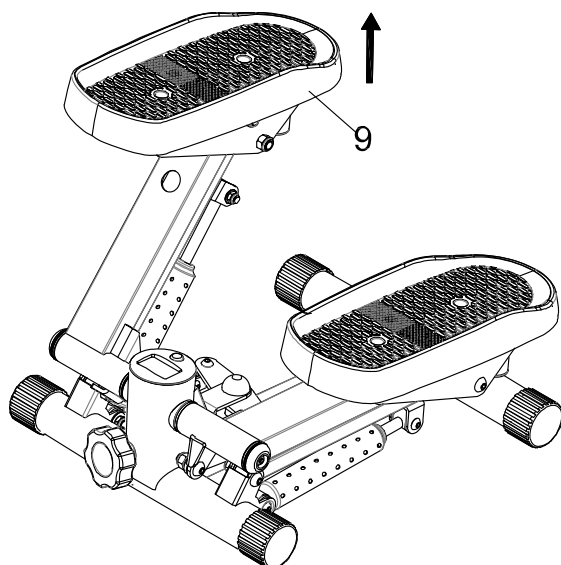
| No. | Description             | Qty |
|-----|-------------------------|-----|
| 47  | Flat Washerφ24xφ12.2x2  | 1   |
| 48  | Flat Washer φ20xφ10.2x2 | 6   |
| 49  | Hex Bolt M8X45X10       | 2   |
| 50  |                         |     |
|     |                         |     |

# ASSEMBLY

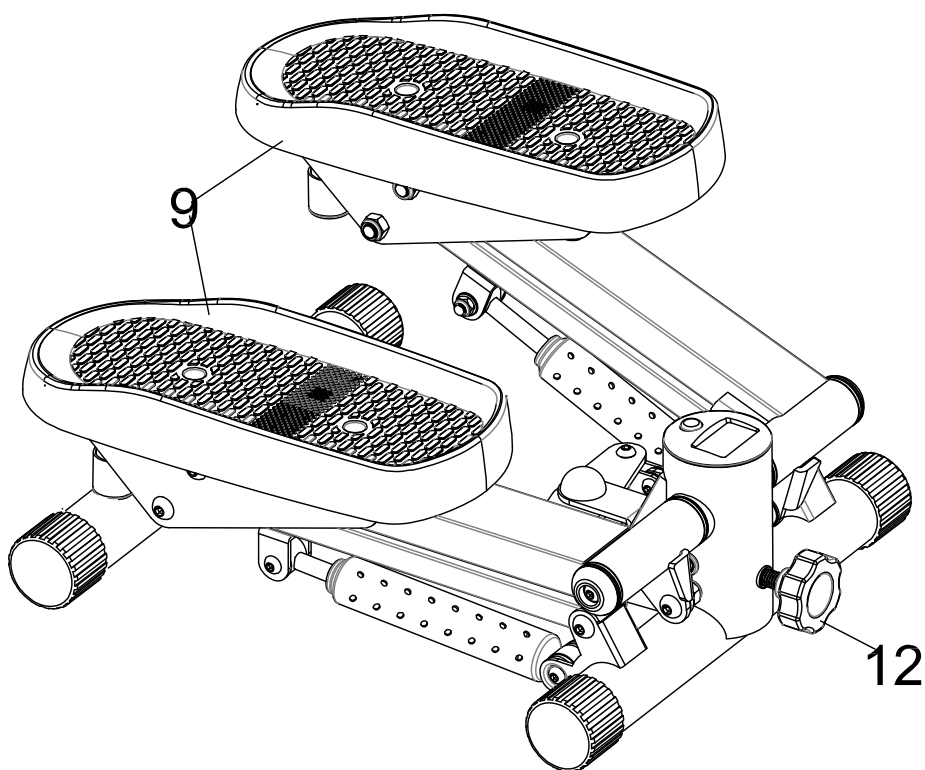


Insert the **Adjustment Knob (12)** into the screw hole on the front of the **Main Frame (1)** turning clockwise.

## ADJUSTMENT



Turn the **Adjustment Knob (12)** clockwise all the way in to raise the **Pedal (9)** to the maximum height for a higher step.



Turn the **Adjustment Knob (12)** counter clockwise to lower the **Pedal (9)** for a shorter step. Be careful not to turn the **Adjustment Knob (12)** until it is no longer inserted into the **Metal Bracket (6)**

# CONSOLE



## Display :

TIME-----00:00~99:59MIN

REPS/MIN----- 0~9999

COUNT----- 0~9999

CAL-----0~9999KCAL

## USING YOUR CONSOLE

The console can be activated by pressing the MODE button or by stepping. If you leave the console idle for 4 minutes, the

power will shut off automatically.

## BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the console.

Press and hold the MODE button for 4 seconds to reset data values to zero.

## CONSOLE FUNCTIONS:

SCAN: Press the MODE button until the “▲” points to SCAN, the console will Automatically scan each function in sequence changing every 5 seconds.

TIME: Press the MODE button until the “▲” points to TIME, the console will display your elapsed workout time in minutes and seconds.

COUNT: Press the MODE button until the “▲” points to COUNT, the console will display the number of steps you have taken. **The console will take a count of 1 for two steps. Multiply the number on the display by 2 to get the step count.**

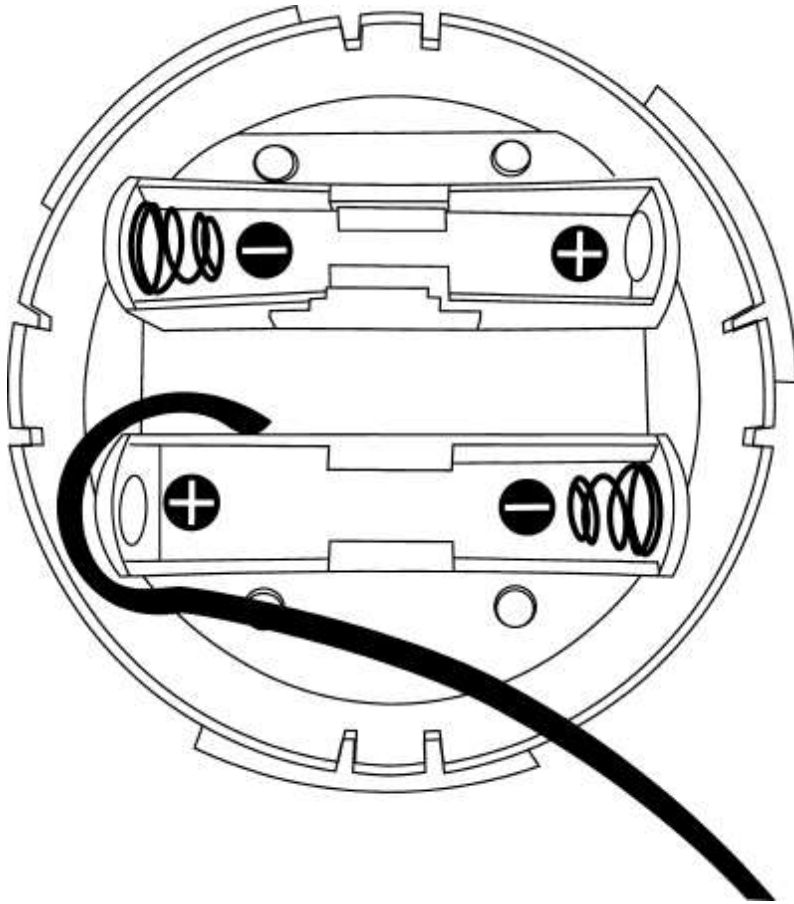
CAL (CALORIES): Press the MODE button until the “▲” points to CAL (CALORIES), the console will display the total accumulated calories burned during a workout.

REPS/MIN: (REPETITIONS PER MINUTE) Press the MODE button until the “▲” points to REPS/MIN the console will display the step speed per minute. **Multiply the number on the display by 2 to get the step count.**



When this symbol is blinking it means it is searching for Bluetooth connections. Once the Bluetooth is paired the symbol will stop blinking.

## CONSOLE



To install the batteries:

1. grip the Console (11) on top on the Mainframe (1) and pull it up.
2. Turn the bottom of the Console (11) towards you so you can see the terminals clearly.
3. Install 2 "SIZE- AAA" batteries with the correct polarity into the marked "+" and "-" of the battery holders.
4. Ensure that the battery is correctly positioned and the battery springs are in proper contact with the battery.
5. Replace the Console (11) onto the Mainframe (1).

## TROUBLE SHOOTING

**PROBLEM:** The **Stepper** wobbles when in use.

**SOLUTION:** Make sure that the **Main Frame (1)** is on a flat level surface.

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

**SOLUTION:** The bolts and other hardware may be loose on the **Stepper**. Inspect all of the parts of the equipment and tighten any loose parts.

## MAINTENANCE

### Cleaning

The Stepper can be cleaned with a soft clean damp cloth.

**Do NOT use** abrasives or solvents on the plastic parts.

Wipe your perspiration off the Stepper after each use.

During use dry off any Perspiration that may fall onto the console.

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

### Storage

Store the Stepper 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:

| <b><u>COMPONENT</u></b>     | <b><u>LENGTH OF WARRANTY</u></b> |
|-----------------------------|----------------------------------|
| <b>Structural Frame</b>     | <b>1 year For Home Use Only</b>  |
| <b>All Other Components</b> | <b>90 days For Home Use Only</b> |

### **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](mailto: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***