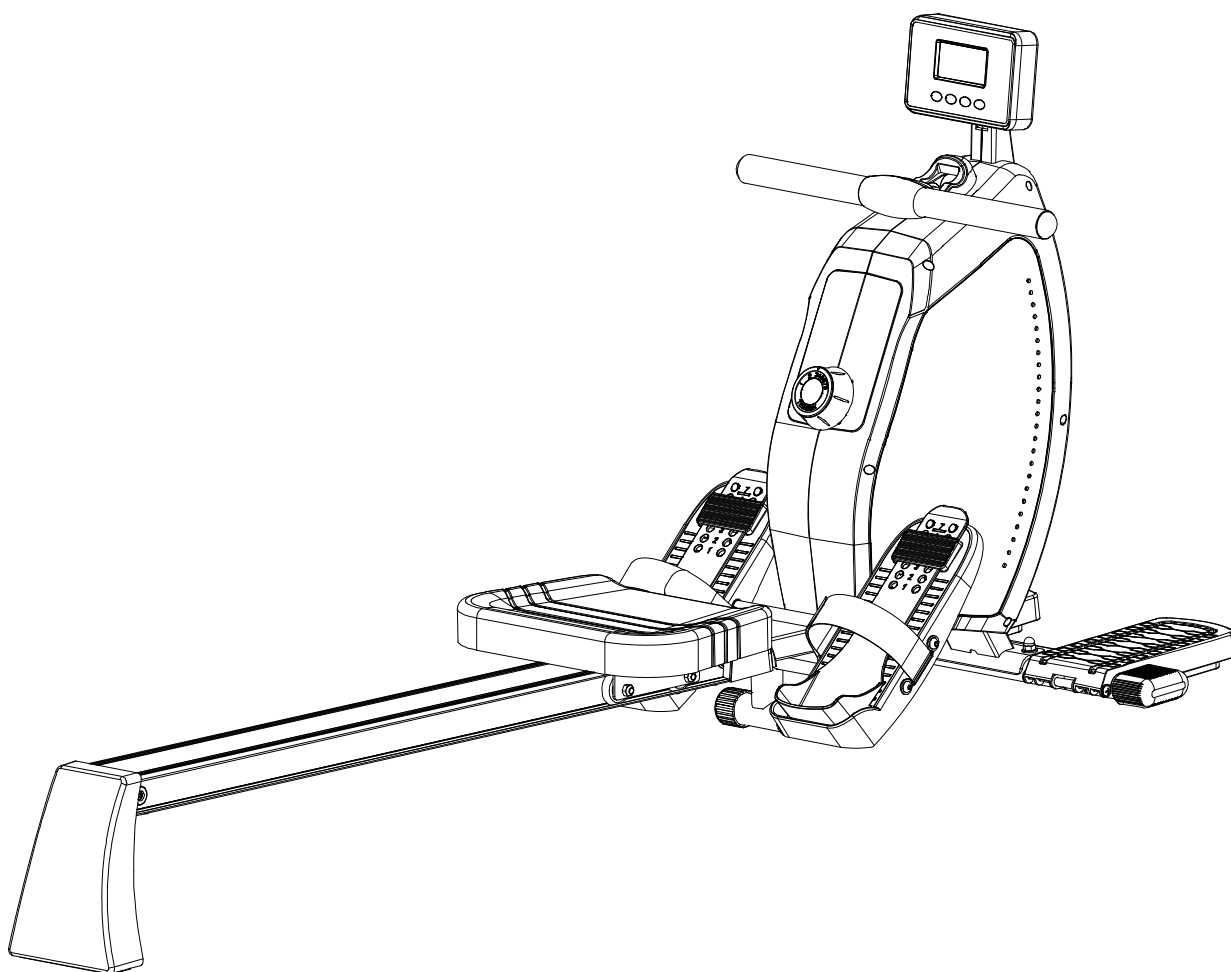




## ROWING MACHINE



**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.

3620.2-040419

# Owner's Manual

## Le Manuel Du Propriétaire



**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:**  
**1-844-641-7920**  
**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:**

**1-844-641-7920**

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

**Response time may vary via calling**

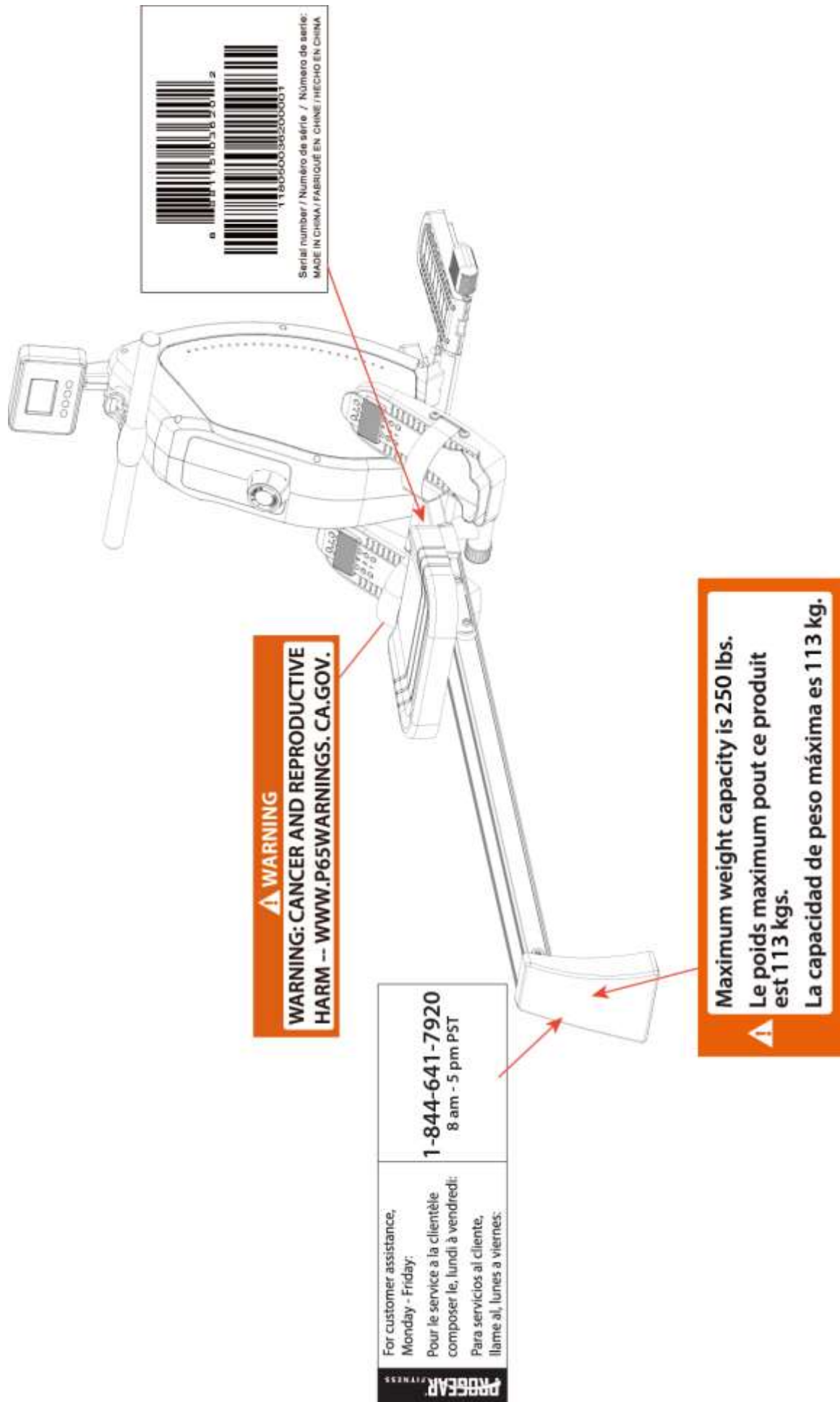
**Please have the following information ready when requesting for service:**

- 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 Rower. Basic precautions should always be followed.**

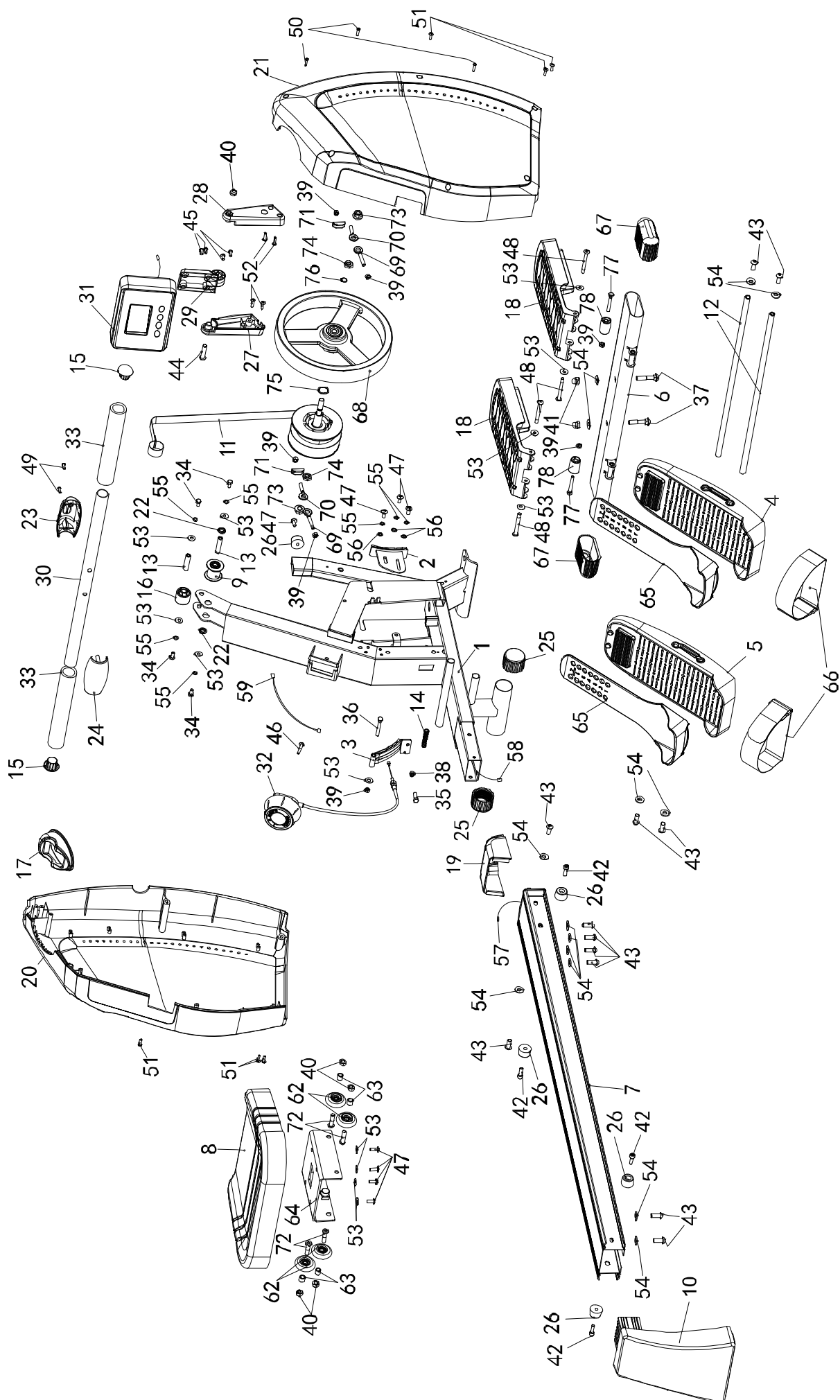
**WARNING - To reduce the risk of injury to persons, read the following:**

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 **Rower** if it is not working properly, has been dropped, or damaged. If a problem is encountered, contact Customer Service before using the **Rower** again.
5. Always use this equipment on a clear and level surface.
6. It is recommended that you place this exercise equipment on an equipment mat.
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. Keep children and pets away from equipment when in use.
14. For any problems, contact Customer Service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
15. This product requires a minimum of 6 square feet of space for safe operation.
16. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS.**  
Serious bodily injury can occur if this equipment is not assembled and used correctly.
17. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the equipment.
18. **Warning:** - Risk of Personal Injury - Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
19. **Warning:** Before using this equipment, you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:
  - Extreme obesity
  - Glaucoma, retinal detachment or conjunctivitis
  - Pregnancy
  - Spinal injury, Cerebral Sclerosis, or acutely swollen joints
  - Middle ear infection
  - High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
  - Heart or circulatory disorders for which you are being treated
  - Hiatus hernia or Ventral hernia
  - Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
  - Use of anti-coagulants including Aspirin in high doses

**Warning: CANCER AND REPRODUCTIVE HARM--[WWW.P65WARNINGS.CA.GOV](http://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
2	Fixed Magnet Set	1
3	Magnet Plate	1
4	Right Pedal	1
5	Left Pedal	1
6	Front Stabilizer	1
7	Slide Tube	1
8	Seat	1
9	Guide Wheel A	1
10	Rear Stabilizer	1
11	Strap and Pulley Set	1
12	Pedal Axle	2
13	Guide Wheel Axle	2
14	Spring	1
15	End Cap	2
16	Guide Wheel B	1
17	Top Cover	1
18	Platform Pedal	2
19	Slide Tube Cover	1
20	Left Cover	1
21	Right Cover	1
22	Bushing	2
23	Front Handlebar Cover	1
24	Rear Handlebar Cover	1
25	Foot Stabilizer End Cap	2
26	Buffer	5
27	Left Console Post	1
28	Right Console Post	1
29	Console Bracket	1
30	Handlebar	1

No.	Description	Qty
31	Console	1
32	Tension Knob	1
33	Foam Grip	2
34	Hex Bolt M6x12	4
35	Hex Bolt M6x20	1
36	Hex Bolt M6x45	1
37	Carriage Bolt M8x42	2
38	Hex Nut M6	1
39	Lock Nut M6	7
40	Lock Nut M8	5
41	Cap Nut M8	2
42	Hex Bolt M6x25	4
43	Hex Bolt M8x20	12
44	Hex Bolt M8x35	1
45	Screw M5x12	4
46	Screw M5x30	1
47	Screw M6x15	8
48	Screw M6x60	4
49	Self-Tapping Screw ST4.2x15	2
50	Self-Tapping Screw ST4.2x20	3
51	Flat Head Tapping Screw ST4.2x15	6
52	Flat Head Tapping Screw ST4.2x20	4
53	Flat Washer $\Phi 6.5 \times \Phi 16.0 \times T1.0$	13
54	Flat Washer $\Phi 8.4 \times \Phi 19.0 \times T1.6$	14
55	Spring Washer $\Phi 6.1 \times \Phi 9.3 \times T1.6$	7
56	Tooth Lock Washer $\Phi 6.4 \times \Phi 11.0 \times 0.6T$	3
57	Sensor Wire	1
58	Lower Sensor Wire	1
59	Upper Sensor Wire	1
62	Wheel	4

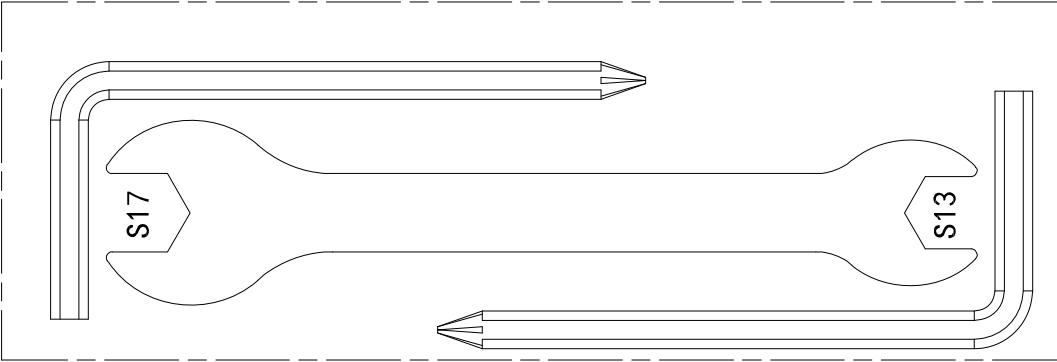


# PARTS LIST

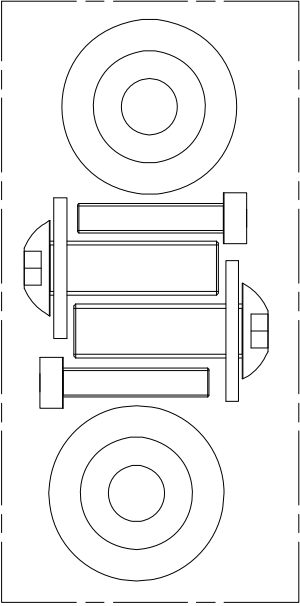
No.	Description	Qty
63	Bushing	4
64	Seat Bracket	1
65	Adjustable Pedal	2
66	Pedal Strap	2
67	End Caps	2
68	Fly Wheel	1
69	Long Eye Bolt	2
70	Short Eye Bolt	2
71	U-Bracket	2

No.	Description	Qty
72	Round Head Hex Bolt M8x30	4
73	Flange Nut M10	2
74	Hex Nut M10	2
75	Wave Washer $\Phi 17 \times \Phi 23 \times T0.3$	1
76	Clip $\Phi 10.0 \times \Phi 9.3 \times T1.0$	1
77	Hex Bolt M6x45	2
78	Transporting Wheel	2

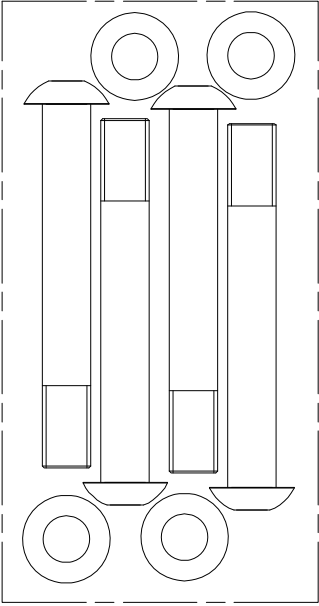
3620-Hardware Pack



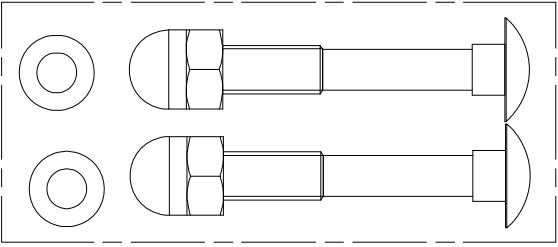
#60 S5 2PCS #61 #13-#17 1PC



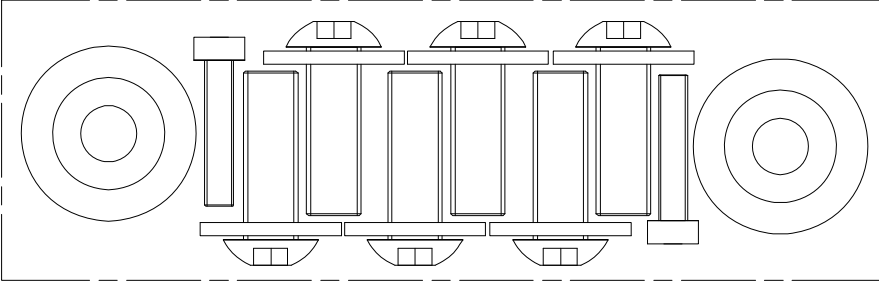
STEP6 #43 Hex Bolt M8\*20 2PCS  
#42 Hex Bolt M6\*25 2PCS  
#54 Flat Washer  $\Phi$ 8.4 2PCS  
#26 Buffer 2PCS



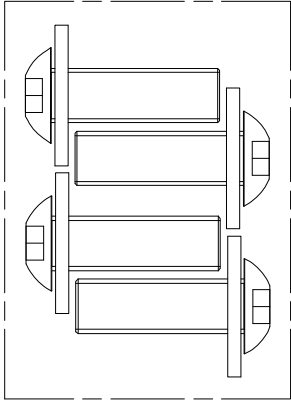
STEP1 #53 Flat Washer  $\Phi$ 6.5 4PCS  
#48 Screw M6\*60 4PCS



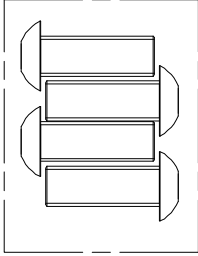
STEP2 #41 Cap Nut M8 2PCS  
#37 Carriage Bolt M8\*42 2PCS  
#54 Flat Washer  $\Phi$ 8.4 2PCS



STEP5 #43 Hex Bolt M8\*20 6PCS  
#54 Flat Washer  $\Phi$ 8.4 6PCS  
#42 Hex Bolt M6\*25 2PCS  
#26 Buffer 2PCS



STEP3 #43 Hex Bolt M8\*20 4PCS  
#54 Flat Washer  $\Phi$ 8.4 4PCS



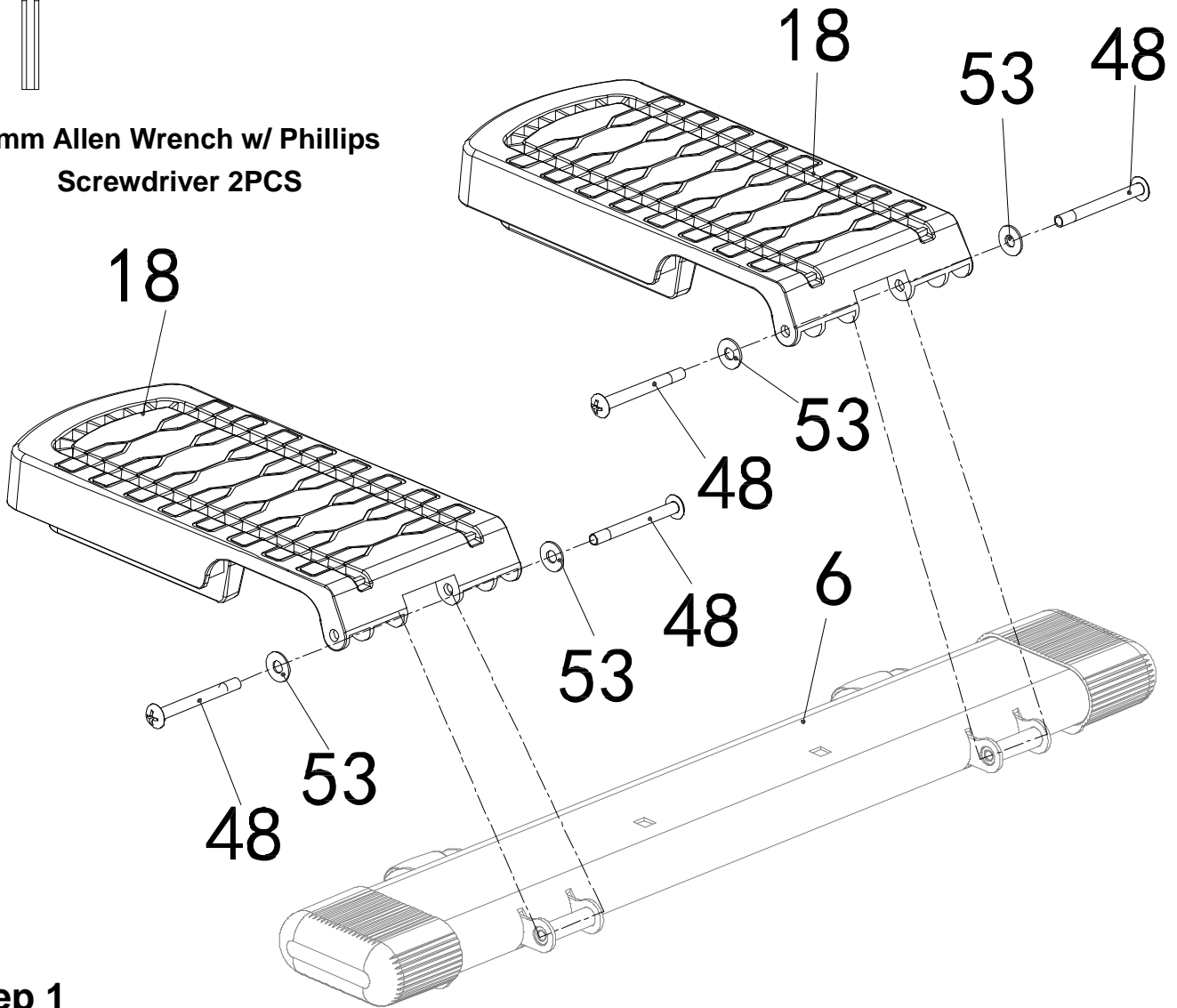
STEP7 #45 Screw M5\*12 4PCS

# ASSEMBLY

## Tool:



5mm Allen Wrench w/ Phillips  
Screwdriver 2PCS

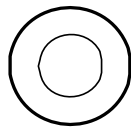


## Step 1

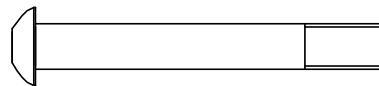
### 1A. Installing the Platform Pedals

Attach the **Platform Pedals (18)** onto the **Front Stabilizer (6)** with four **Screws (48)** and four **Flat Washers (53)**. Tighten using the two **5mm Allen Wrench w/ Phillips Screwdrivers** provided.

## Hardware:

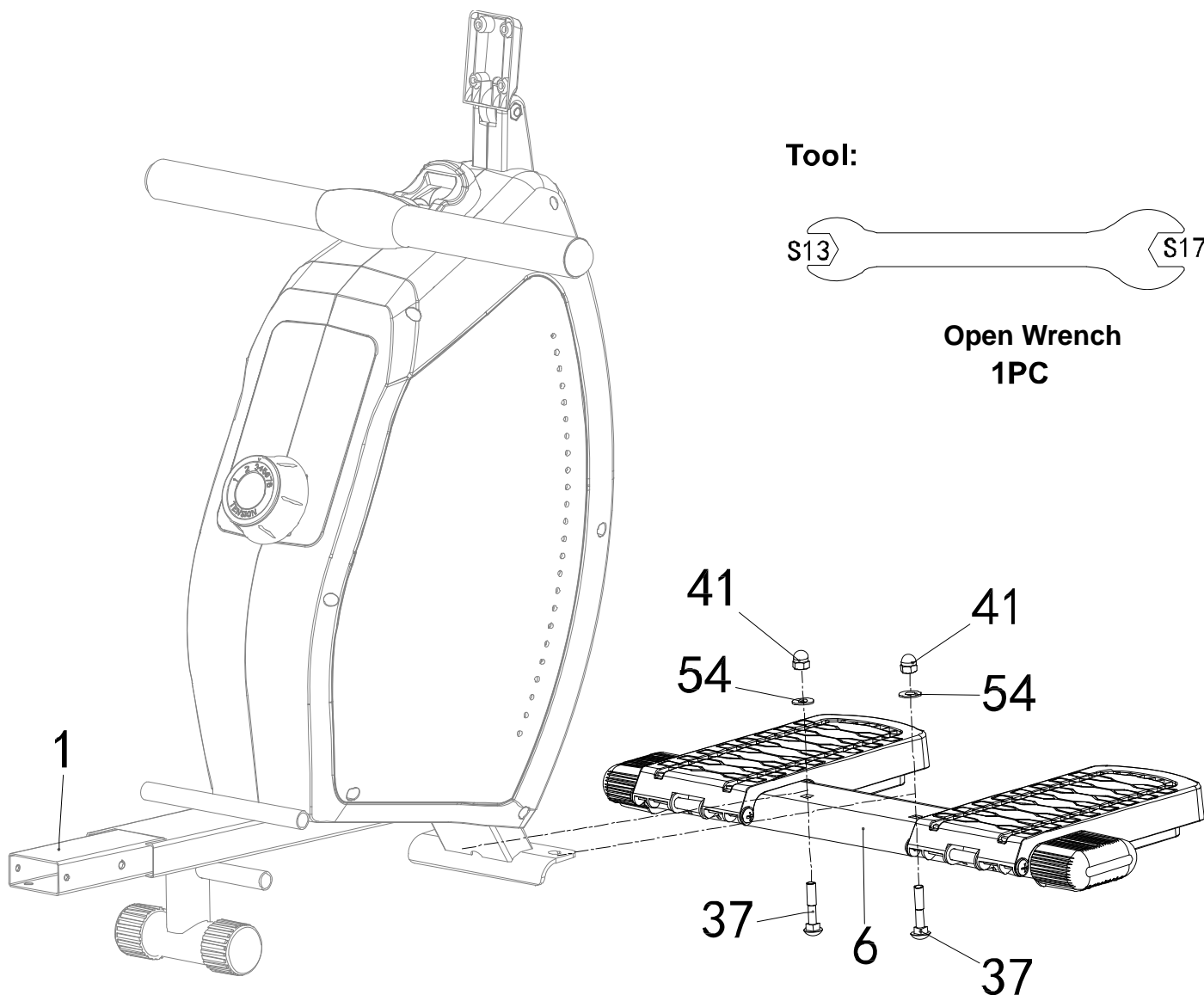


(53) Flat Washer  
4 PCS



(48) Screw  
4 PCS

# ASSEMBLY



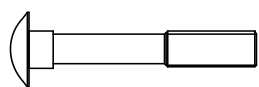
## Step 2

### 2A. Installing the Front Stabilizer

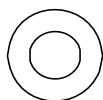
Attach the **Front Stabilizer (6)** onto the underside of the **Main Frame (1)** with two **Carriage Bolts (37)**, two **Flat Washers (54)**, and two **Cap Nuts (41)**. Tighten using the **Open Wrench** provided.

- To make sure the stabilizer can be installed properly, line up the bolts to be installed on the center of the hole.

Hardware :



(37) Carriage Bolt  
2 PCS

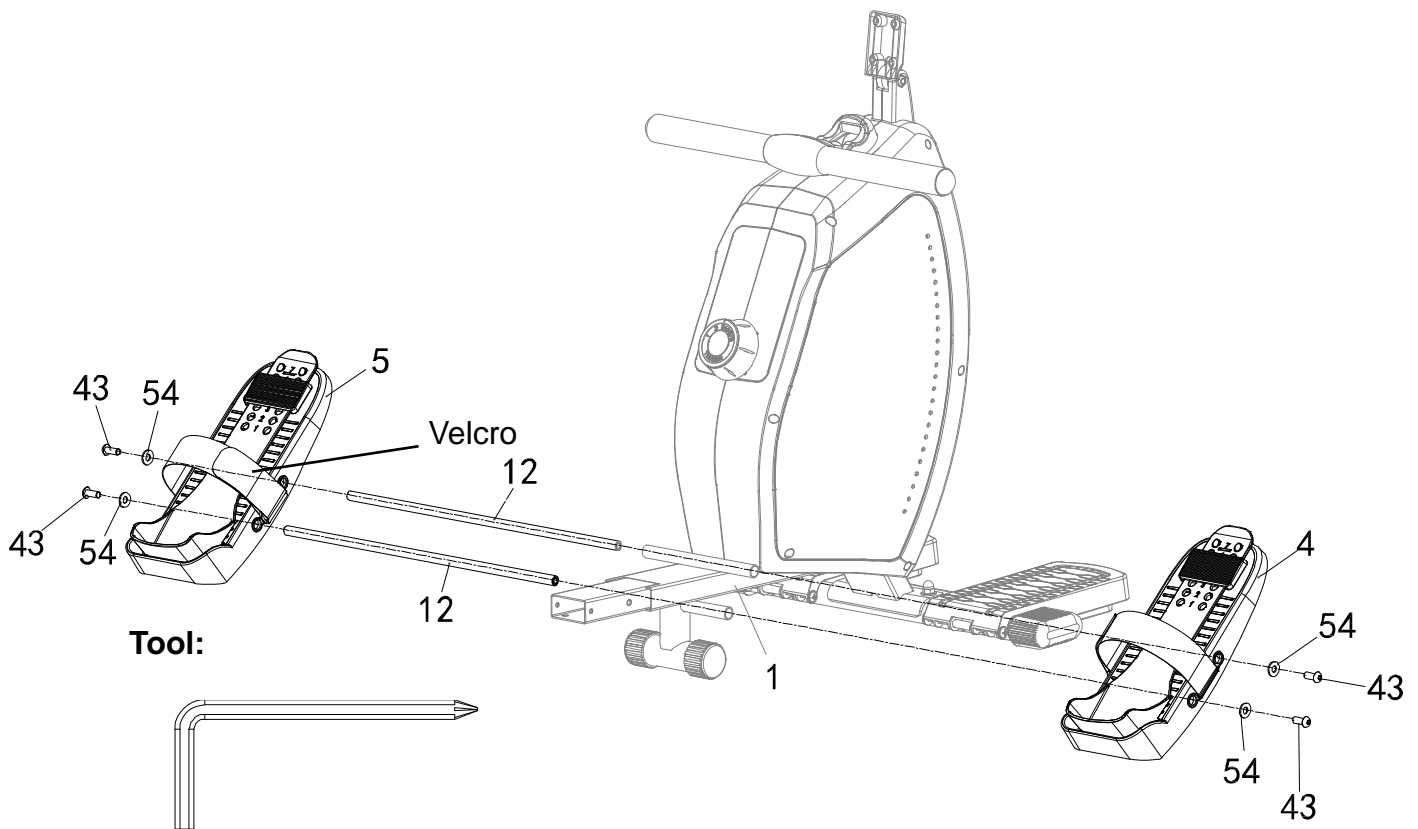


(54) Flat Washer  
2 PCS



(41) Cap Nut  
2 PCS

# ASSEMBLY



**Tool:**  
5mm Allen Wrench w/ Phillips  
Screwdriver 2 PC

## Step 3

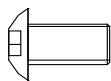
### 3A. Installing the Foot Pedals

Insert the two **Pedal Axles (12)** into tubes on the **Main Frame (1)**. Slide the **Left Foot Pedal (5)** and **Right Foot Pedal (4)** onto the ends of the **Pedal Axles (12)**. Insert four **Flat Washers (54)** and four **Hex Bolts (43)** into the two **Pedal Axles (12)**. Tighten using the two **5mm Allen Wrench w/ Phillips Screwdriver** provided.

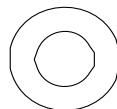
**Note:** The bolts on the opposite ends of the **Pedal Axles (12)** must be tightened at the same time using the two **5mm Allen Wrench w/ Phillips Screwdriver**.

**Note:** The Velcro Straps should be installed as shown in the image above. It is easier to tighten the Velcro straps on your feet when the straps are installed on the inside.

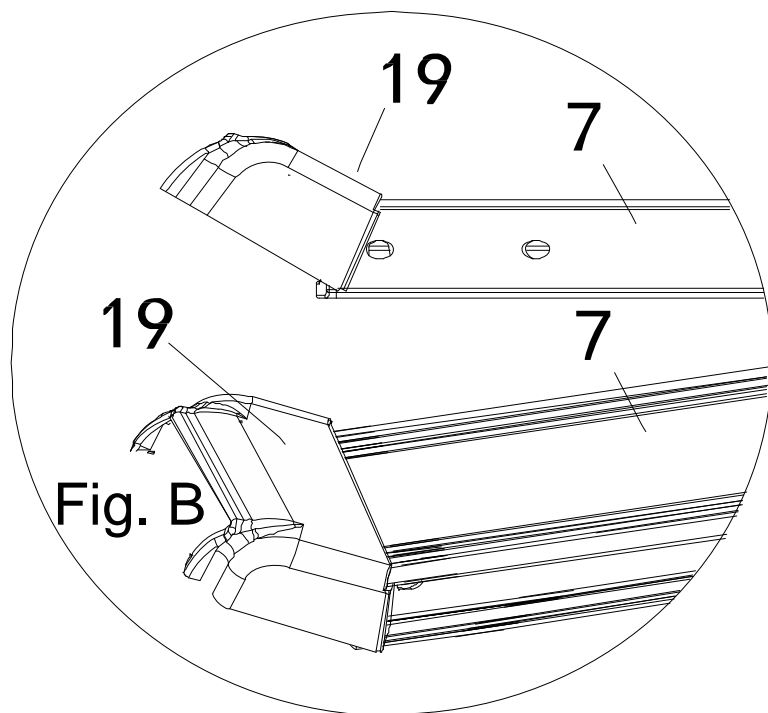
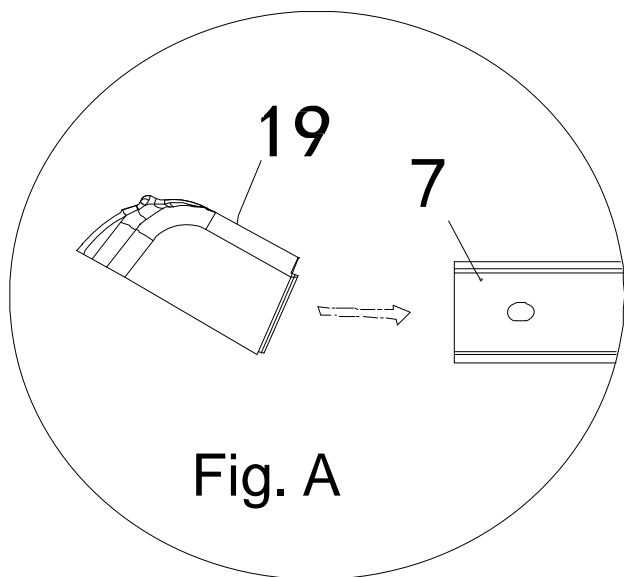
**Hardware :**



**(43) Hex Bolt  
4 PCS**



**(54) Flat Washer  
4 PCS**



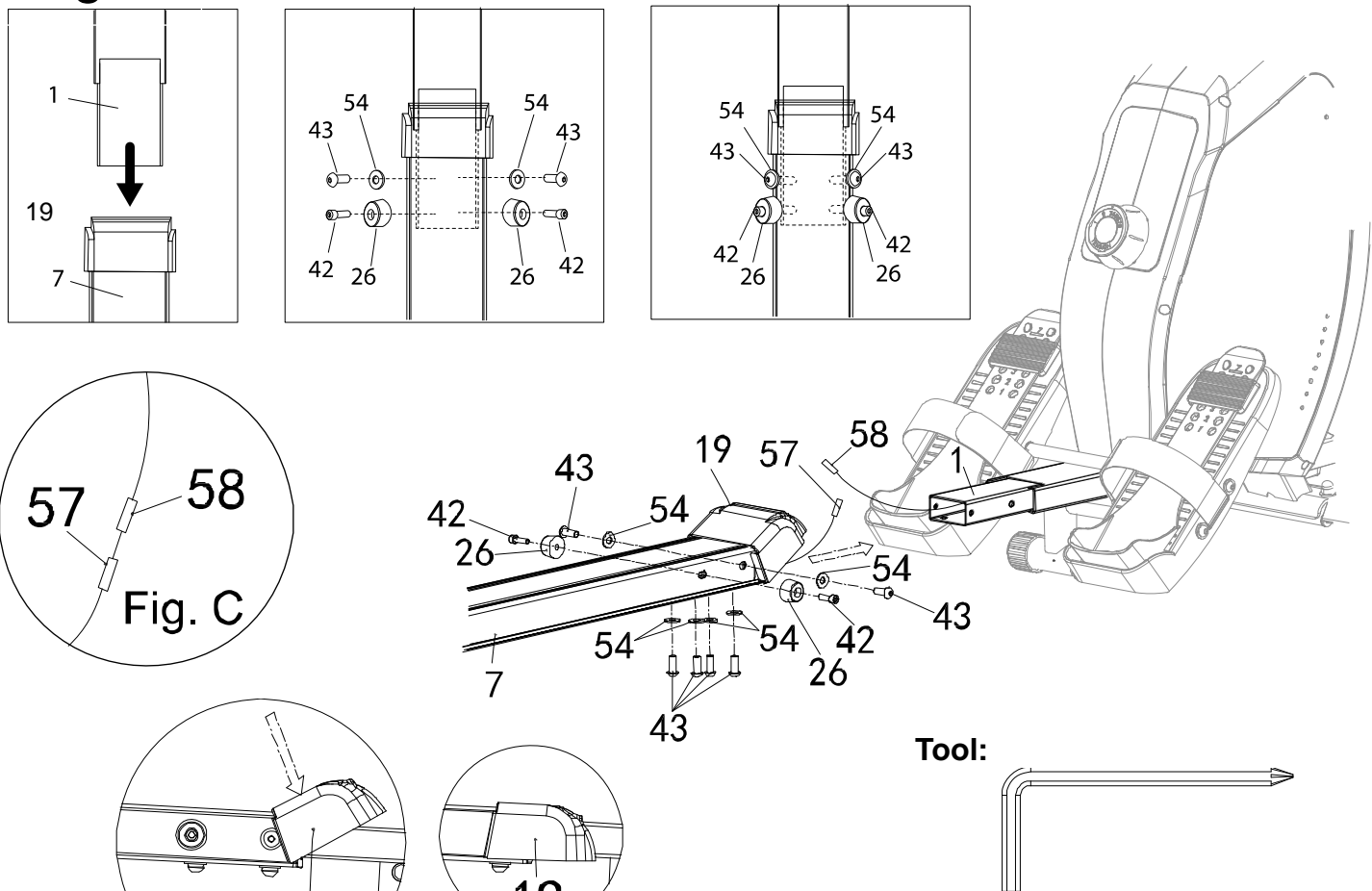
## Step 4

### 4A. Installing the Slide Tube Cover

Slide the **Slide Tube Cover (19)** onto the **Slide Tube (7)** as shown in **Fig. A**. The **Slide Tube Cover (19)** will stay loose on the **Slide Tube (7)** as shown in **Fig. B**.

**Note:** The slide tube cover go on the end of the slide tube with the 2 holes.

Fig. D



## Step 5

Fig. E 19

Tool:



5mm Allen Wrench w/  
Phillips Screwdriver 1PCS

### 5A. Installing the Slide Tube

Connect the **Sensor Wire (57)** to the **Lower Sensor Wire (58)** as shown in **Fig. C**.

Hold the **Slide Tube Cover (19)** up to insert the **Slide Tube (7)** into the **Main Frame (1)**. Insert two **Hex Bolts (42)**, two **Buffers (26)**, two **Hex Bolts (43)**, and two **Flat Washers (54)** half way on each side of the **Slide Tube (7)** at the same time until threading catches on both sides. Make sure the inserted **Main Frame (1)** is **CENTERED**, then tighten **Hex Bolts (42)**. Tighten the hardware using the **5mm Allen Wrench w/ Phillips Screwdriver** provided. **SEE FIG. D**.

Insert four **Hex Bolts (43)** and four **Flat Washers (54)** on the bottom of the **Slide Tube (7)**. Tighten the hardware using the **5mm Allen Wrench w/ Phillips Screwdriver** provided.

Press the **Slide Tube Cover (19)** down over the **Slide Tube (7)** and the **Main Frame (1)** as shown in **Fig. E**.

Hardware :



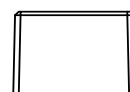
(43) Hex Bolts  
6PCS



(42) Hex Bolts  
2 PCS

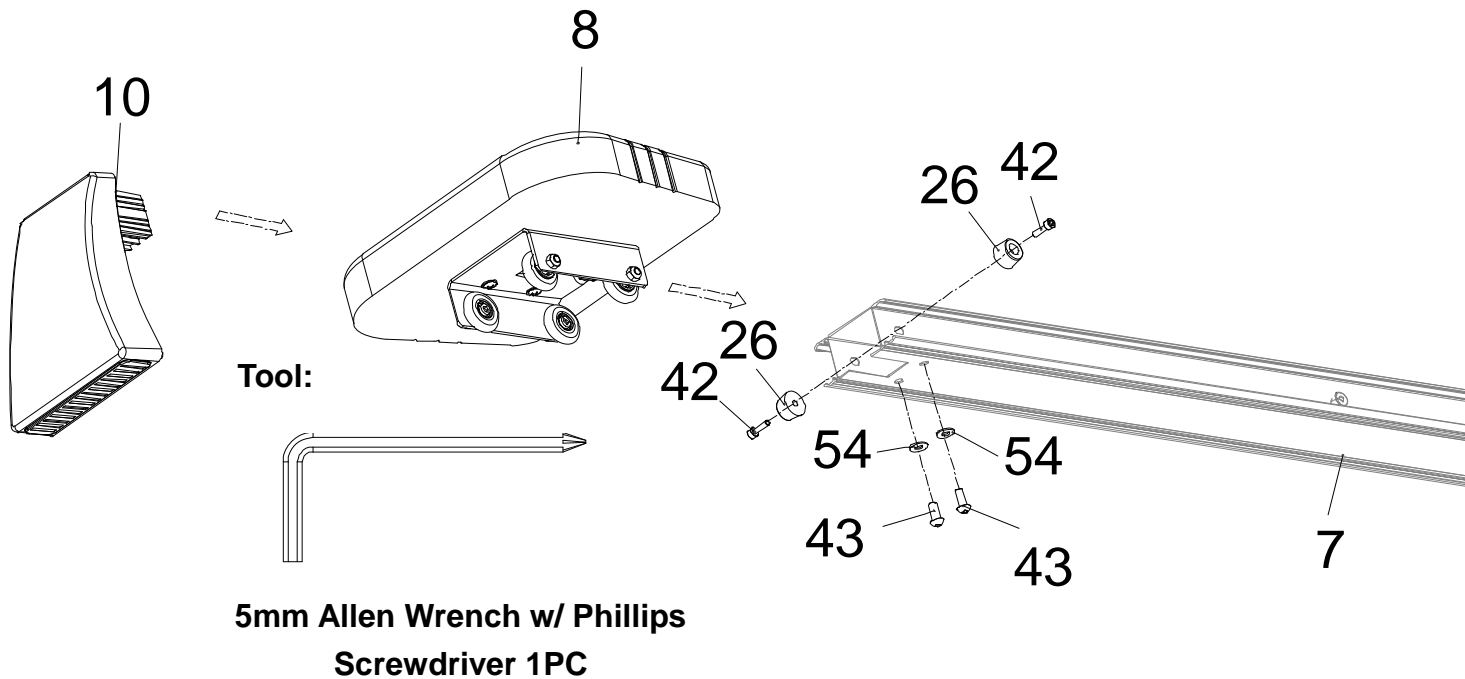


(54) Flat Washer  
6PCS



(26) Buffer  
2 PCS

# ASSEMBLY



## Step 6

### 6A. Installing the Seat

Slide the wheels on the **Seat (8)** into the grooves on the side of the **Slide Tube (7)**.

**NOTE:** Place some Styrofoam under the Slide Tube (7) or have someone hold the rail up for you for next step.

### 6B. Installing the Rear Stabilizer

Attach the **Rear Stabilizer (10)** onto the **Slide Tube (7)**. Install two **Hex Bolts (43)** and two **Flat Washers (54)** onto the underside of the **Slide Tube (7)**.

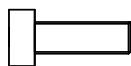
Attach two **Buffers (26)** on both sides of **Slide Tube (7)** with two **Hex Bolts (42)**.

Tighten the hardware using the **5mm Allen Wrench w/ Phillips Screwdriver** provided.

#### Hardware :



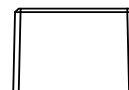
(43) Hex Bolts  
2 PCS



(42) Hex Bolts  
2 PCS



(54) Flat Washer  
2 PCS



(26) Buffer  
2 PCS

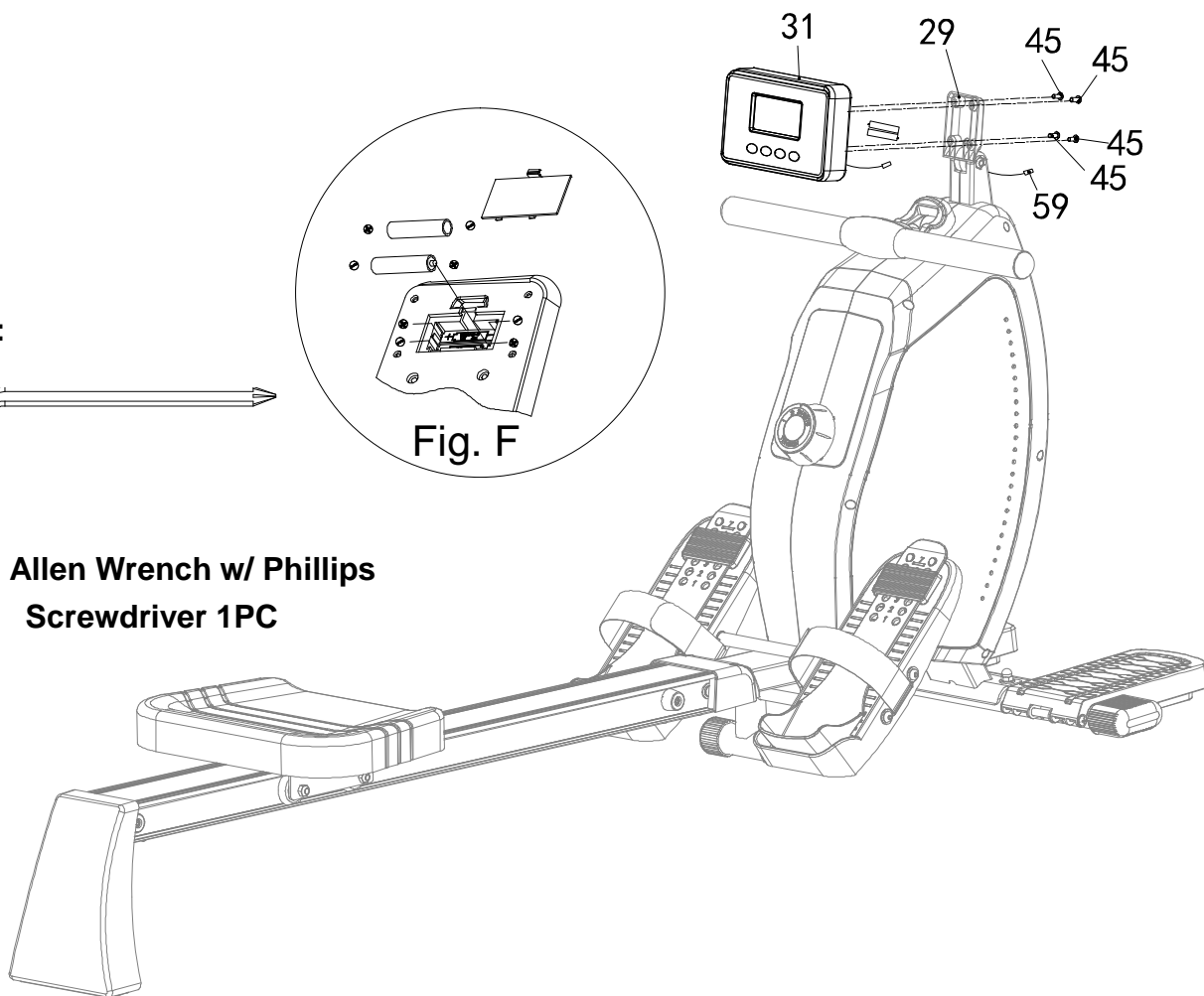
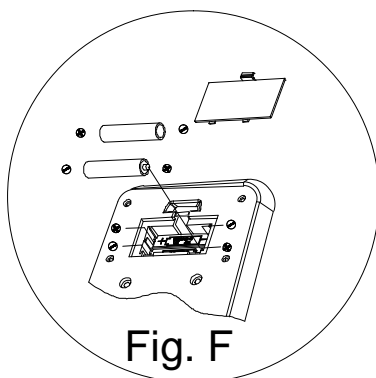
# ASSEMBLY



**Tool:**



**5mm Allen Wrench w/ Phillips  
Screwdriver 1PC**



## Step 7

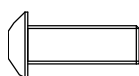
### 7A. Installing the Console

Attach the **Console (31)** onto the **Console Bracket (29)** with four **Screws (45)**. Tighten the hardware using the **5mm Allen Wrench w/ Phillips Screw driver** provided.

**7B.** Connect the **Upper Sensor Wire (59)** to the wire at the back of the **Console (31)**.

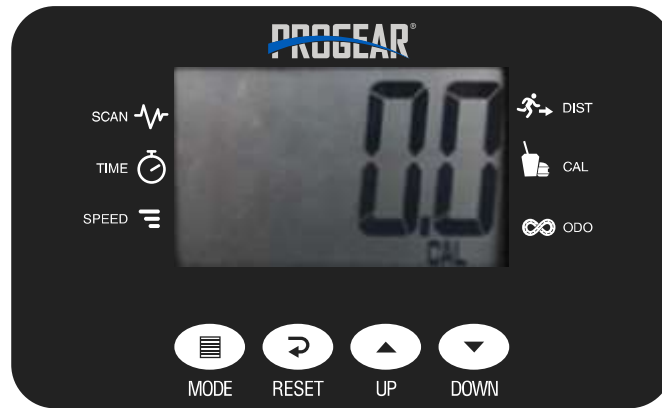
**7C.** Remove the battery cover and place 2 AAA batteries into the back of the **Console (31)**. See **Fig. F**

**Hardware :**



**(45) Screw  
4 PCS**

# CONSOLE



## WORK OUT STATISTICS:

TIME-----	0:00~99:59MIN
CALORIE-----	0.0~999.9KCAL
SPEED-----	0.0~99.9KPH/ MPH
ODOMETER-----	0~9999ML (KM)
DISTANCE-----	0.0~999.9ML (KM)

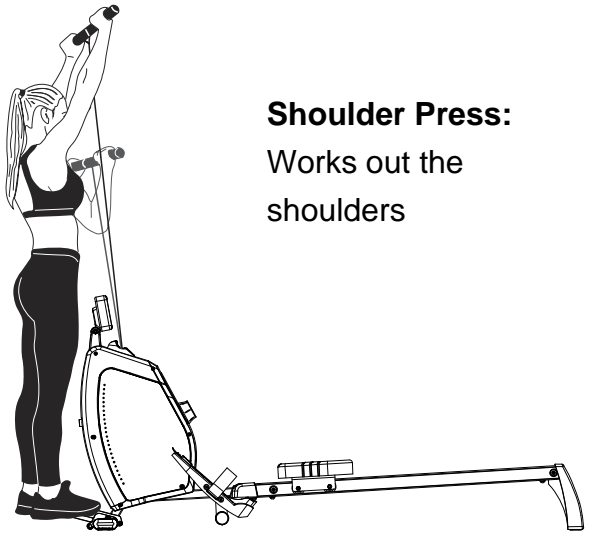
## COMPUTER FUNCTIONS:

- **TIME:** This will display the total workout time.
  - You can set a **TIME GOAL** by pressing the mode button before a workout and highlighting **TIME**.
  - Press the **up** and **down** arrows to set your desired **TIME** value
- **CALORIE:** This displays the estimated calories burned.
  - You can set a **CALORIE GOAL** by pressing the mode button before a workout and highlighting **CALORIE**.
  - Press the **up** and **down** arrows to set your desired **CALORIE** value.
- **DISTANCE:** This displays the distance traveled during the current exercise session.
  - You can set a **DISTANCE GOAL** by pressing mode button before a workout and highlighting **DISTANCE**.
  - Press the **up** and **down** arrows to set your desired **DISTANCE** value.
- **ODOMETER:** This display the total accumulated distance traveled. This value resets when the batteries are replaced.
- **SPEED:** This displays the current speed of the workout.
- **SCAN:** Automatically scrolls between all the workout statistics during the workout.
  - Use the **MODE** button to turn this function on or off during a workout.
- **NOTE\*** the console only counts when the seat slider is passing the speed sensor. Doing Standing workouts will not be counted by the console.

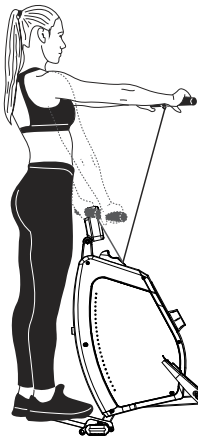
# WORKOUTS



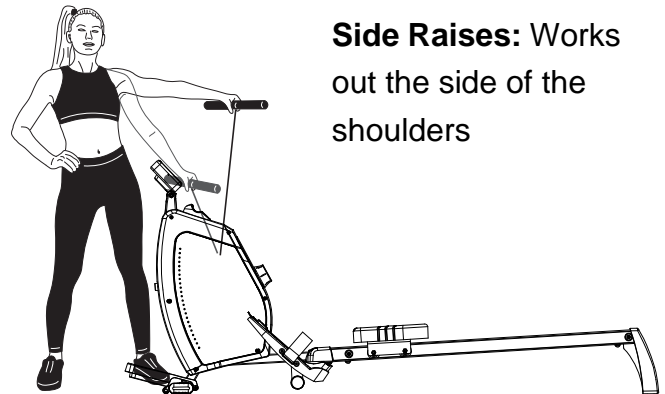
**Curls:** Works out the Biceps.



**Shoulder Press:**  
Works out the shoulders



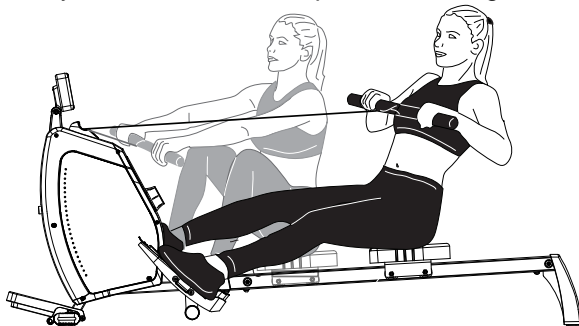
**Front Raises:**  
Works out the front of the shoulders



**Side Raises:** Works out the side of the shoulders

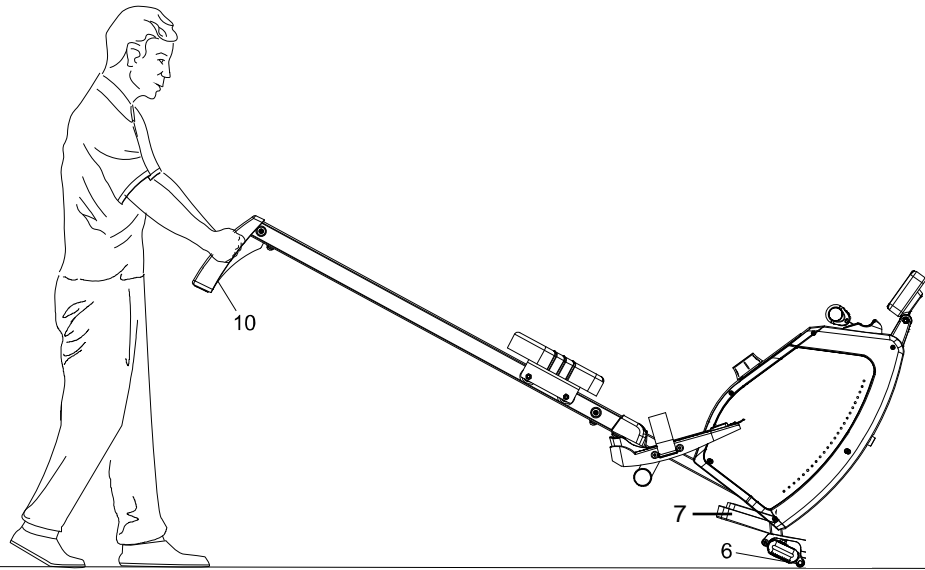
## **Rowing:** Full body workout

Always use the Velcro straps when rowing.



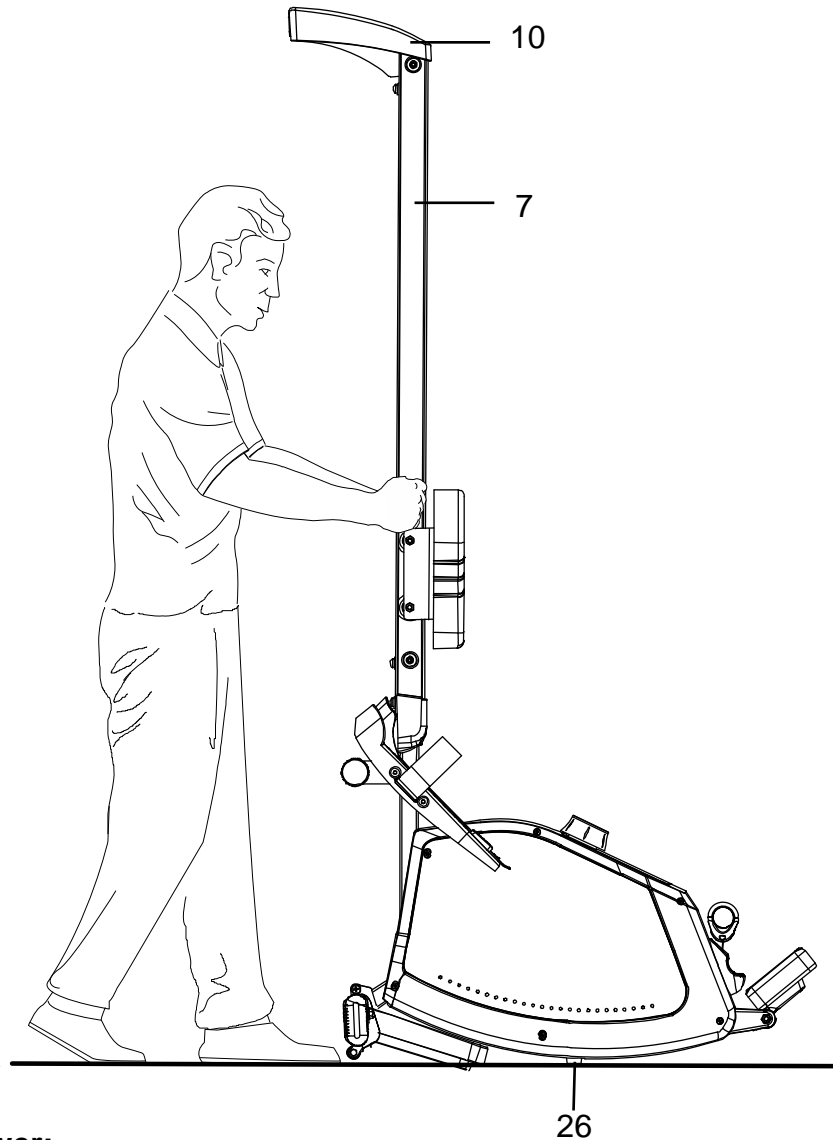
Make sure the console is tilted out of the way when working out in front of the rowing machine.

## TRANSPORTING



- Flip the **Platform Pedals (18)** back, hold the **Rear Stabilizer (10)**, and lift the rower until the wheels on the **Front Stabilizer (6)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (10)** to the ground.

# STORAGE



## To store the Rower:

Store the machine vertically resting the machine on the **Buffer (26)**.

Do NOT store near areas with foot traffic.

Keep the computer console and the rower, out of direct sunlight to prevent screen damage.

The rower is sturdy and balanced when in storage mode but do NOT hang articles of clothing on it. The clothing can unbalance the rower and it could fall over.

Do NOT allow children or pets near the rower when in storage mode.

Inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

**To use the Rower:** Hold the **Slide Tube (7)** and tilt the machine towards you to lower the **Rear Stabilizer (10)** gently to the ground.

## CLEANING

- The rower can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on the plastic parts.
- Wipe your perspiration off the rower after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or the electronics to fail.

## TROUBLESHOOTING

- **PROBLEM:** There is no display on the computer console.
  - **SOLUTION:** Remove the console and verify that the wire at the rear of the console is properly connected to the wires that come from the frame.
  - **SOLUTION:** Check that the batteries are correctly inserted and the battery springs are in proper contact with the batteries.
  - **SOLUTION:** The batteries in the computer console may be dead. Replace the dead batteries with new batteries. Do NOT mix old and new batteries.
- **PROBLEM:** The rower makes a squeaking noise when in use.
  - **SOLUTION:** The bolts may be loose on the equipment. Please inspect all of the nuts, bolts, screws and tighten any loose Hardware.

# 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***