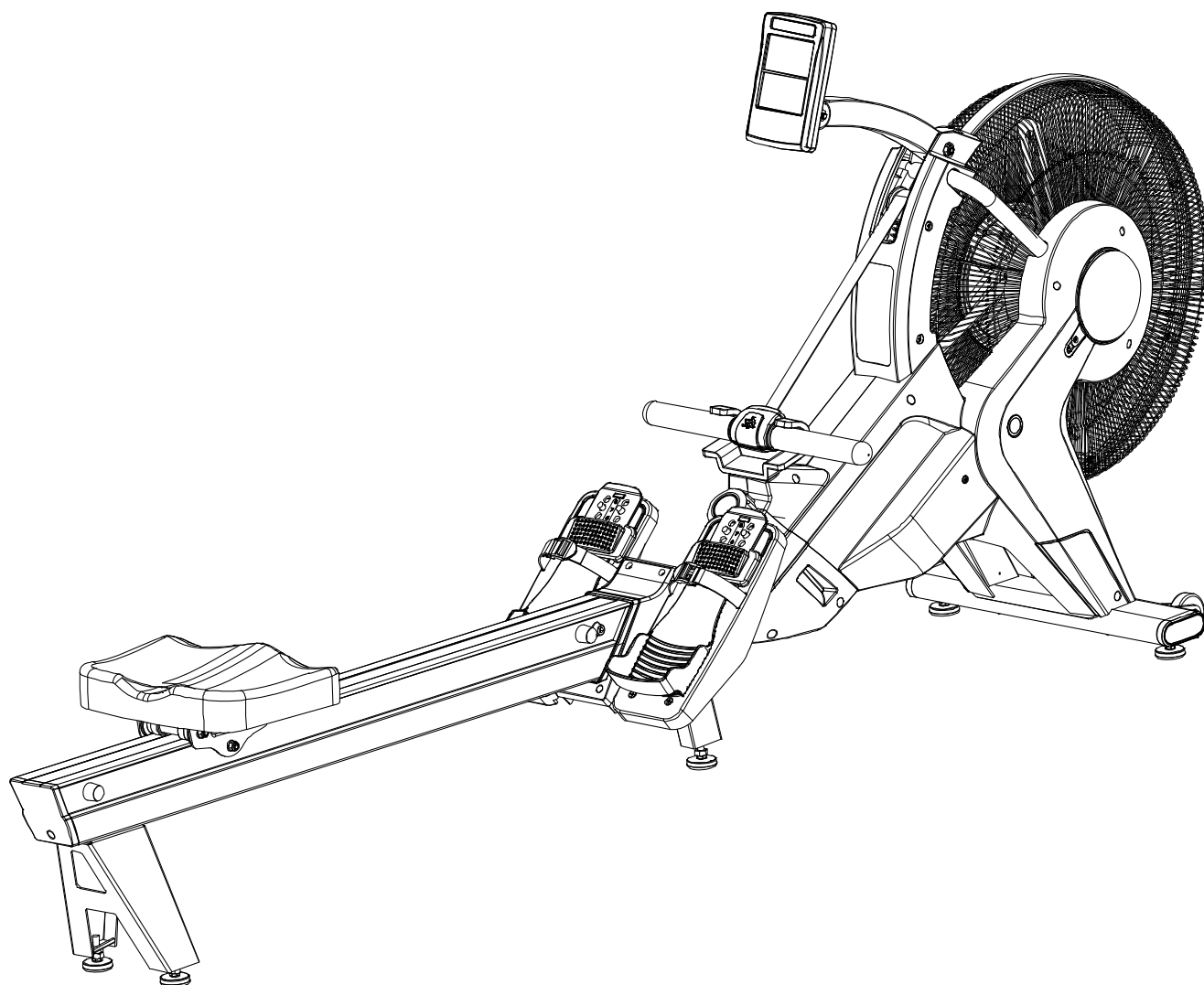


FAN ROWING MACHINE



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.



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:
Service@paradigmhw.com

Or call us at:
1-844-641-7923
Hours:
8:00 am to 5:00 pm (PST)
Monday thru Friday

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IMPORTANT: FOR NORTH AMERICA ONLY

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

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7923

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

Response time may vary via calling

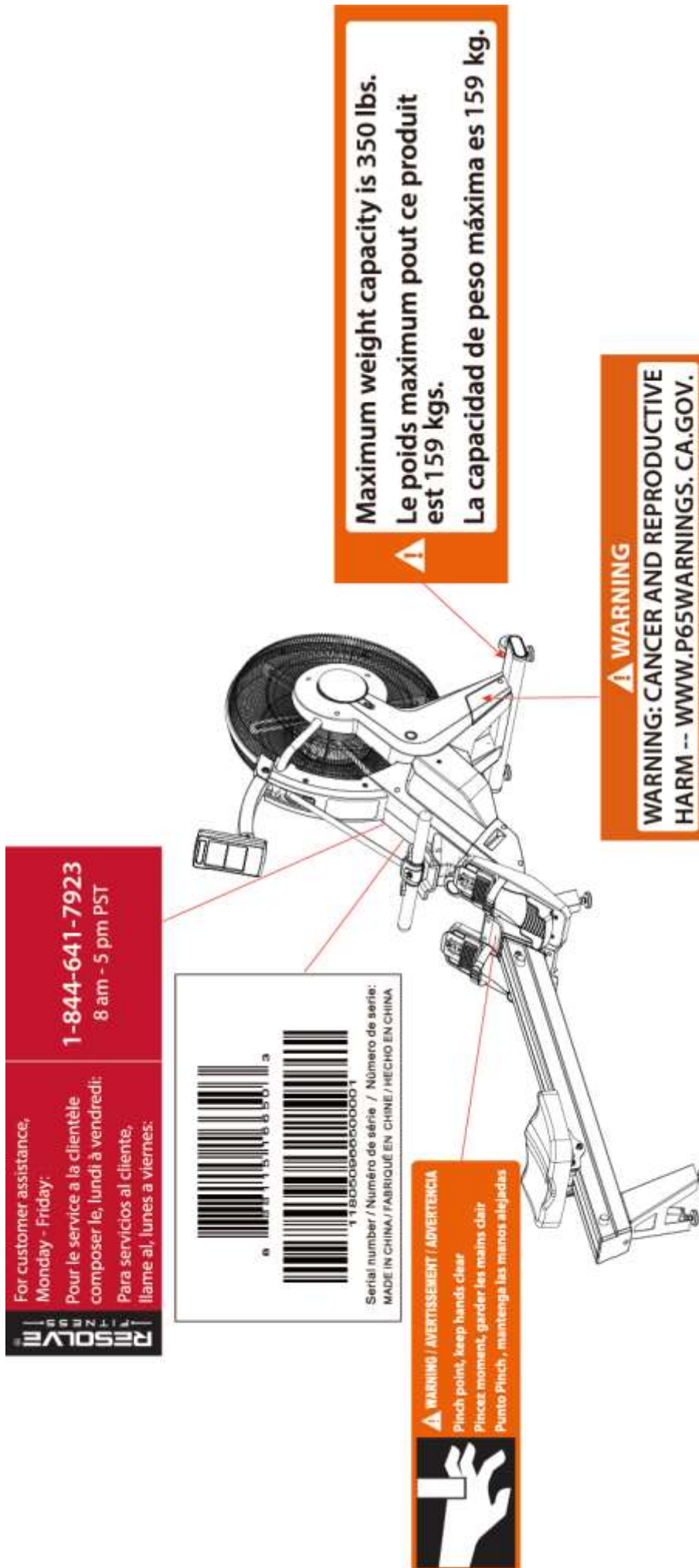
Please have the following information ready when requesting for service:

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

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

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

LABEL PLACEMENT



IMPORTANT SAFETY GUIDELINES

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

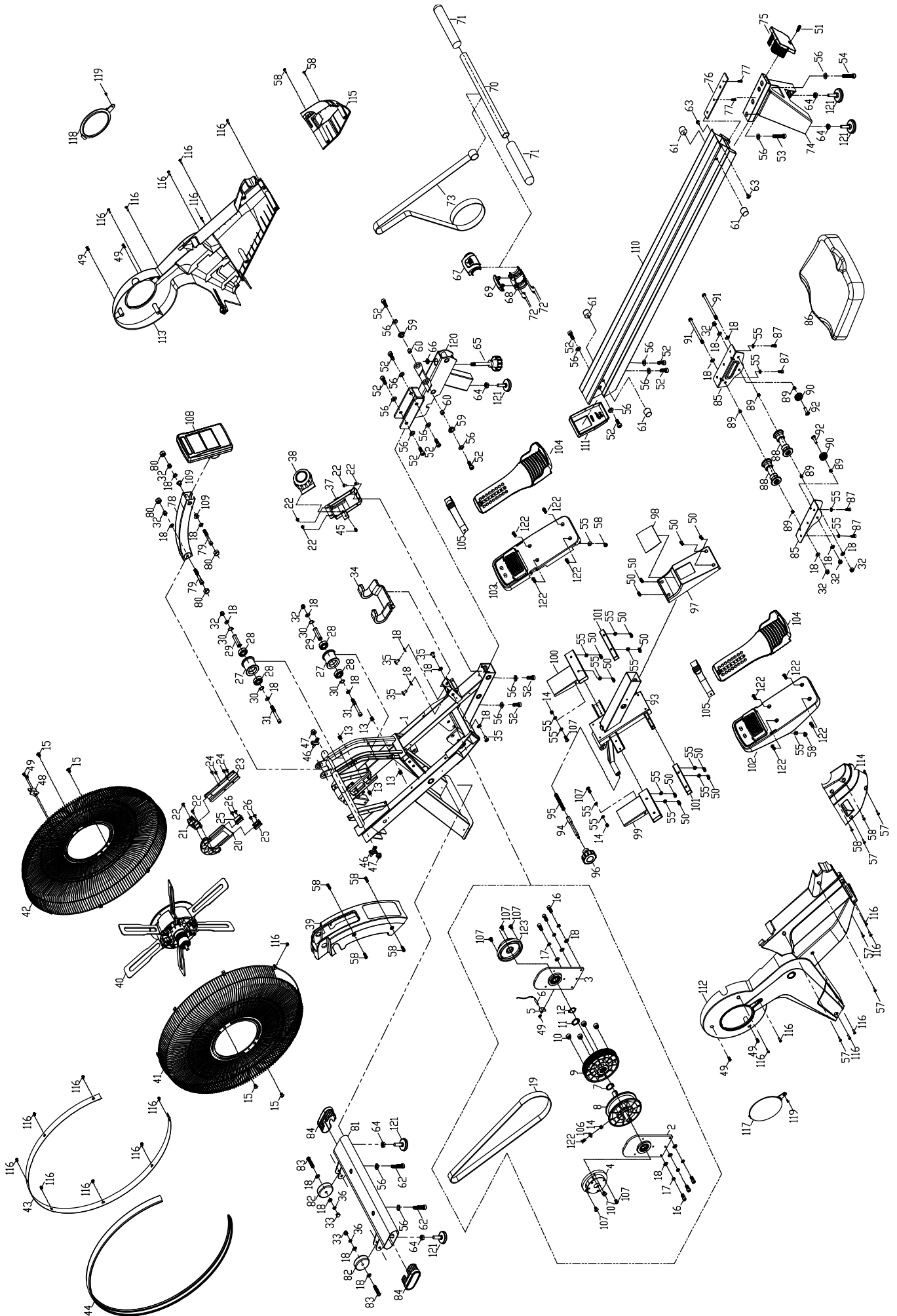
WARNING - To reduce the risk of injury to persons, read the following:

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. 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. Keep children and pets away from equipment when in use.
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. This product requires a minimum of 6 square feet of space for safe operation.
15. **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.
16. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the equipment.
17. **Warning:** - Risk of Personal Injury - Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
18. **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.

**The maximum weight capacity for this product is 330 lbs / 115 kg.
DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Belt Axle Bracket	2
3	Fixed Plate	4
4	Left Scroll Spring Set	1
5	Speed Sensor Bracket	1
6	Speed Sensor	1
7	Curved Washer 25.5*34*2.0T	1
8	Rope Spool	1
9	Belt Wheel Set	1
10	Round Magnet	4
11	Handlebar Spacer Ring	1
12	Clip C25	1
13	Screw M5*8L	4
14	Nylon Nut M6	3
15	Screw M5*12L	4
16	Screw M8*20L	6
17	Spring Washer M8	6
18	Washer M8*16*2.0	27
19	Belt	1
20	Magnet Fixed Plate Set	1
21	Magnet Bracket	1
22	Screw M5*16L	4
23	Guide Plate	1
24	Screw M5*8L	4
25	Magnetic Drag Rail	2
26	Screw M5*10L	4
27	Guide Wheel	2
28	Bearing TPI6202	4
29	Guide Shaft	2
30	Clip C15	4
31	Screw M8*75L	2

8

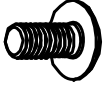
No.	Description	Qty
32	Nylon Nut M8	8
33	Cap Nut M8	2
34	Handlebar Hook	1
35	Screw M8*15L	4
36	Spring Washer M8	2
37	Trimming Fixed Set Bracket	1
38	Resistance Knob	1
39	Rope Gate Shroud	1
40	Fan	1
41	Left Fan Cover	1
42	Right Fan Cover	1
43	Fan Cover Trim	1
44	Trim Plate	1
45	Screw M4x12L	1
46	Chain Sensor	2
47	Nut M10*1.5x14x8	2
48	Rope Bracket	1
49	Screw M4*8L	6
50	Screw M6*10L	12
51	Screw M6*20L	1
52	Screw M10*25L	12
53	Screw M10*40L	1
54	Screw M10*50L	1
55	Washer M6	24
56	Washer M10	22
57	Screw M4*20L	5
58	Screw M5*12L	14
59	Ring	2
60	Spacer Ring	2
61	Rubber Pad	4
62	Screw M10*60L	2

PARTS LIST

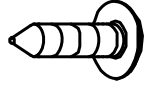
No.	Description	Qty
63	Washer 32*25.2*T2.0	2
64	Nut M10*1.5*8t	5
65	Knob	1
66	Nut M10*1.5*6t	1
67	Upper Handlebar Cover	1
68	Lower Handlebar Cover	1
69	Handlebar Cover Bumper	1
70	Aluminum Pipe	1
71	Handlebar Cover	2
72	Screw M3*10L	4
73	Nylon Rope	1
74	Rear Stabilizer	1
75	Rear Rail Cover	1
76	Rail Plate	1
77	Screw M8*16L	2
78	Console Arm	1
79	Screw M8*65L	2
80	Nut 13mm	4
81	Front Stabilizer	1
82	Transporting Wheel	2
83	Screw M8*45L	2
84	Oval Pipe	2
85	Seat Bracket	2
86	Seat	1
87	Screw M6*16L	4
88	Upper Pulley Set	2
89	Down Pulley Spacer Ring	6
90	Down Pulley	2
91	Screw M9*122	2
92	Screw M8*25L	2
93	Rail Bracket Set	1

No.	Description	Qty
94	Bolt	1
95	Spring	1
96	Knob	1
97	Rail Bracket Middle Cover	1
98	Sticker	1
99	Left Pedal Pipe Frame	1
100	Right Pedal Pipe Frame	1
101	Rear Pedal Frame	2
102	Left Pedal Plate	1
103	Right Pedal Plate	1
104	Heel Supporter	2
105	Pedal Belt	2
106	WASHER M6*20*1.5T	1
107	Screw M6*16L	8
108	Console	1
109	Plastic Plug	2
110	Aluminum Rail	1
111	Rail Front Cover	1
112	Left Main Case	1
113	Right Main Case	1
114	Left Case	1
115	Right Case	1
116	Screw M4*16L	20
117	Left Main Cover	1
118	Right Main Cover	1
119	Screw M4*12	2
120	Middle Fixed Set	1
121	Floor Stabilizer	5
122	SCREW M6*20L	9
123	Right Scroll Spring Set	1

HARDWARE & TOOLS PACK



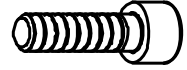
(58) Screw M5*12L
4 PCS



(57) Screw M4*25
2 PCS



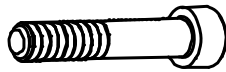
(50) Screw M6*10
8 PCS



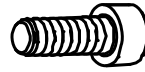
(51) Screw M6*20
1 PC



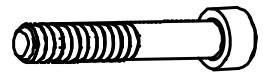
(53) Screw M10*40
1 PC



(54) Screw M10*50
1 PC



(52) Screw M10*20
12 PCS



(62) Screw m10*60
2 PCS



(56) Washer M10
16 PCS



(55) Washer M6
8 PCS



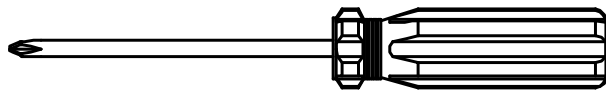
(60) Spacer Ring
2 PCS



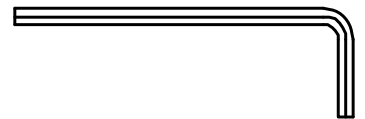
(59) Ring
2 PCS



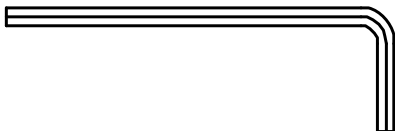
(61) Rubber Pad
2 PCS



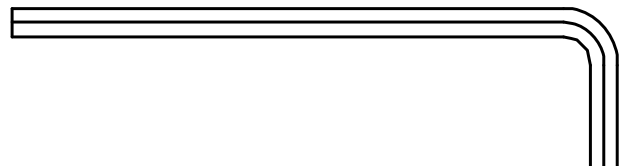
Phillips Screwdriver
1 PC



4mm Allen Wrench
1 PC

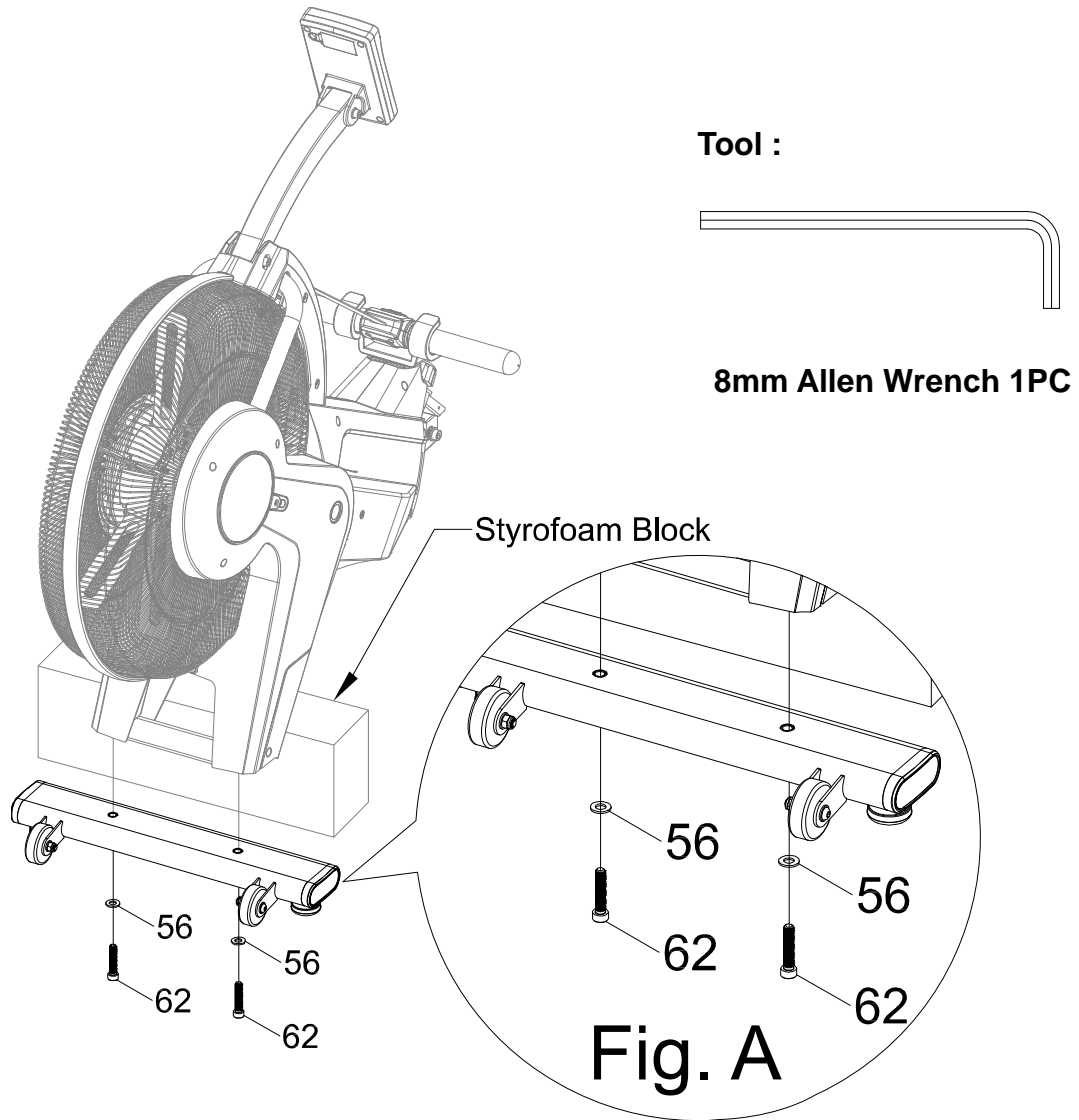


5mm Allen Wrench
1 PC



8mm Allen Wrench
1 PC

ASSEMBLY

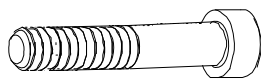


Step 1

1A. Installing the Front Stabilizer

Lift up the front of the **Main Frame (1)**, and place a block of Styrofoam under the machine to help hold the frame up, and attach the **Front Stabilizer (81)** onto the front curve of the **Main Frame (1)** with two **Screws (62)** and two **Washers (56)**. Use the **8mm Allen Wrench** to tighten the **Screws (66)** until they are firm and secure. **See Fig. A.**

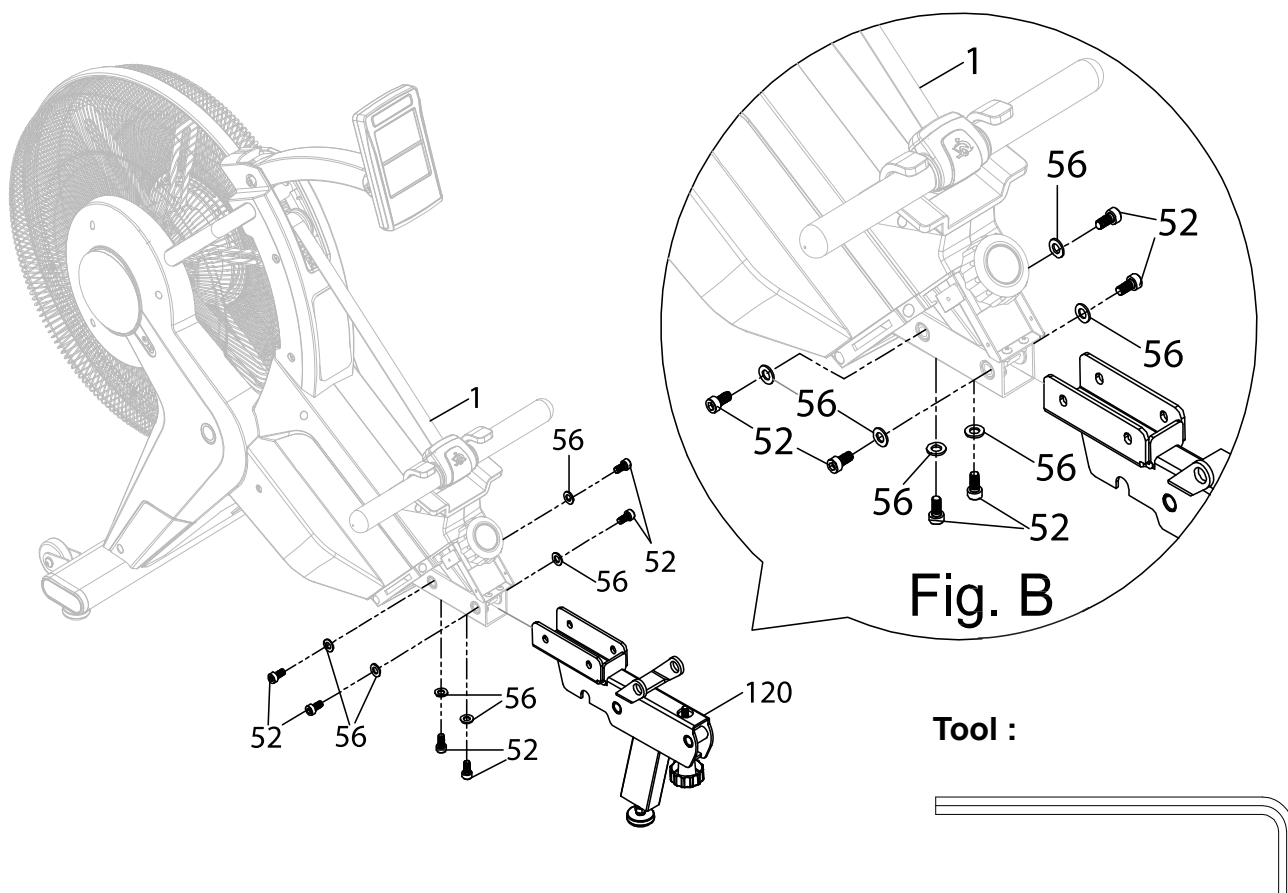
Hardware:



(62) Screw M10*60L
2 PCS



(56) Washer M10
2 PCS



Tool :



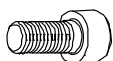
8mm Allen Wrench 1PC

Step 2

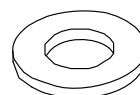
2A. Installing the Middle Fixed Set

Attach the **Middle Fixed Set (120)** onto the rear of the **Main Frame (1)** with six **Screws (52)**, six **Washers (52)**. Tighten using the **8mm Allen Wrench** provided. See **Fig. B**

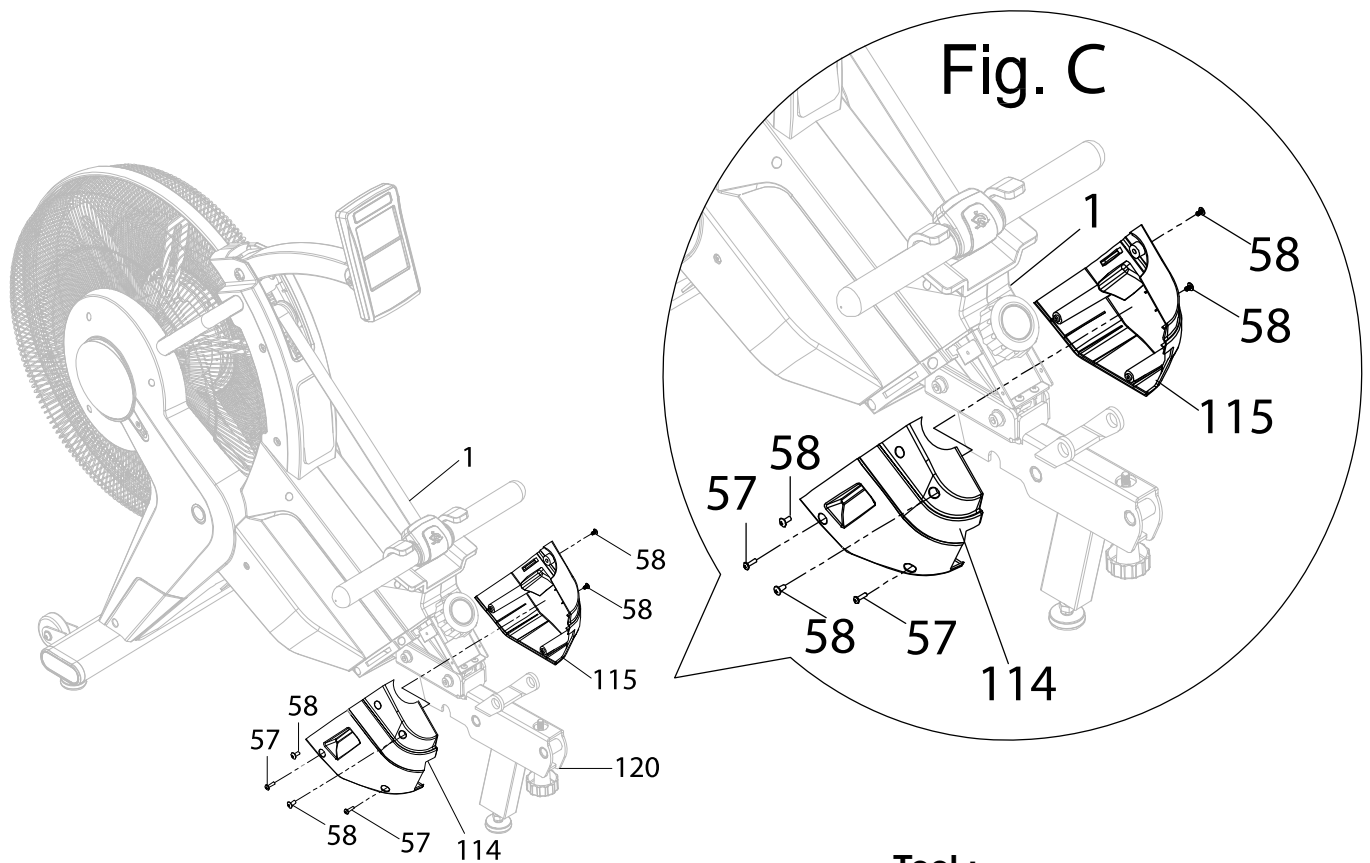
Hardware :



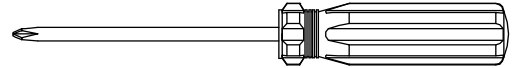
(52) Screw
M10*25L
6 PCS



(56) Washer M10
6 PCS



Tool :



Step 3

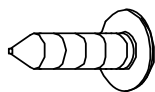
Phillips Screw 1PC

3A. Installing the Left & Right Case

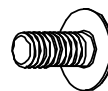
Attach the **Left Case (114)** onto the **Middle Fixed Set (120)** with two **Screws (57)** that attach left and right side, and two **Screws (58)**. Tighten the screws using the **Phillips Screw** provided. **See Fig. C**

For the right side, attach **Right Case (115)** onto the **Middle Fixed Set (120)** with two **Screws (57)** that attach left and right side, and two **Screws (58)**. Tighten the screws using the **Phillips Screw** provided. **See Fig. C.**

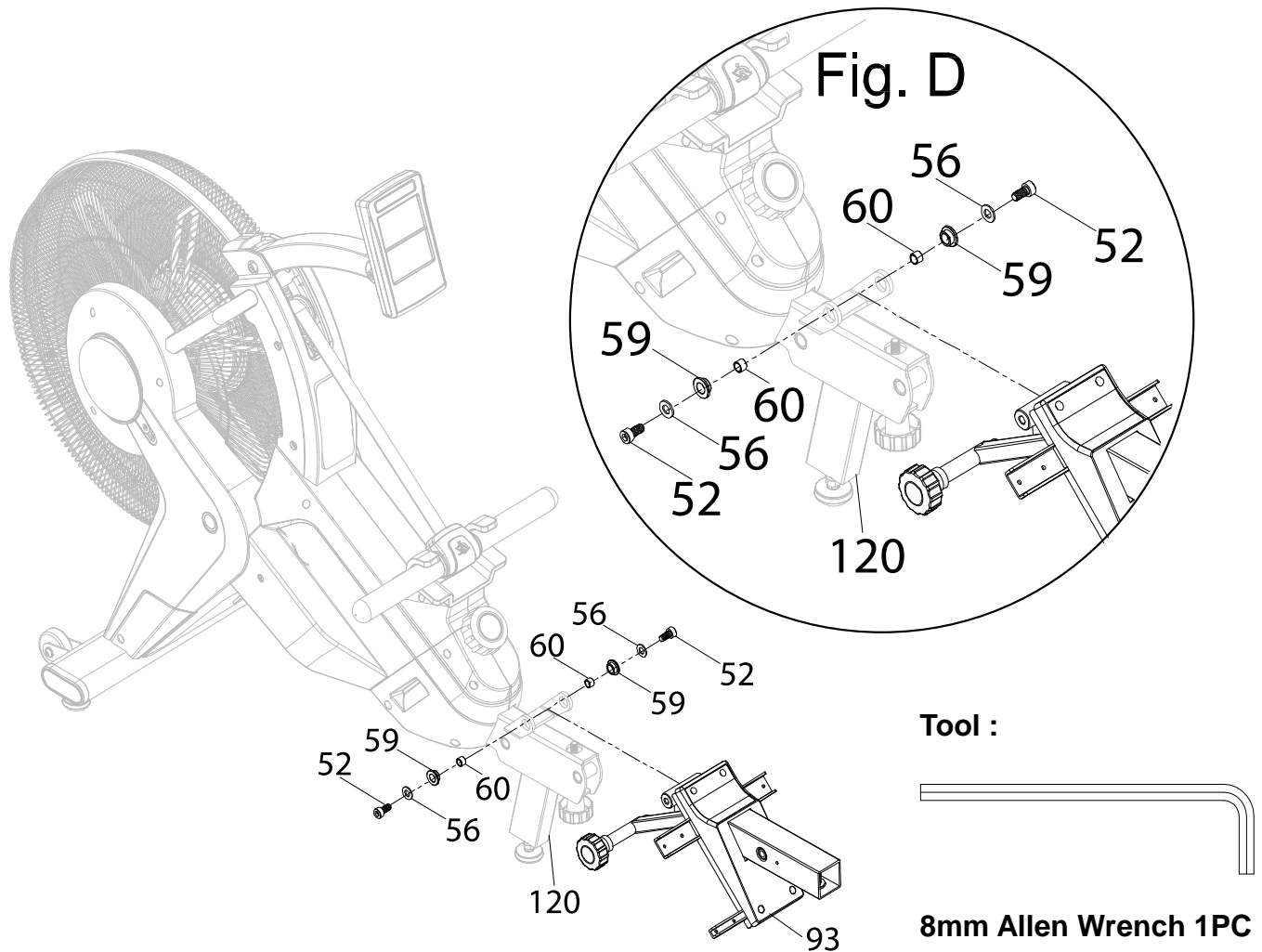
Hardware :



(57) Screw M4*20L
2 PCS



(58) Screw M5*12L
4 PCS



Step 4

4A. Installing the Rail Bracket Set

Attach the **Rail Bracket Set (93)** onto the **Middle Fixed Set (120)** with two **Spacer Rings (60)**, two **Rings (59)**, two **Washers (56)** and two **Screws (52)**. Tighten using the **8mm Allen Wrench** provided. **See Fig. D.**

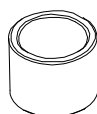
Hardware:



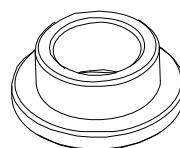
(52) Screw
M10*25L
2 PCS



(56) Washer M10
2 PCS



(60) Spacer Ring
2 PCS



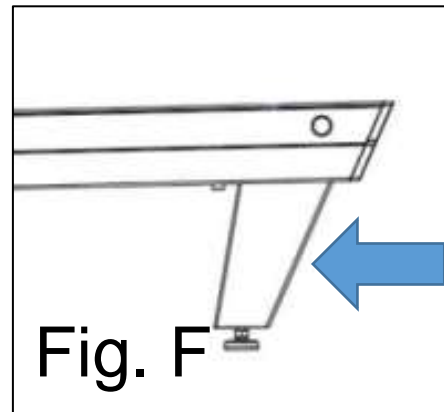
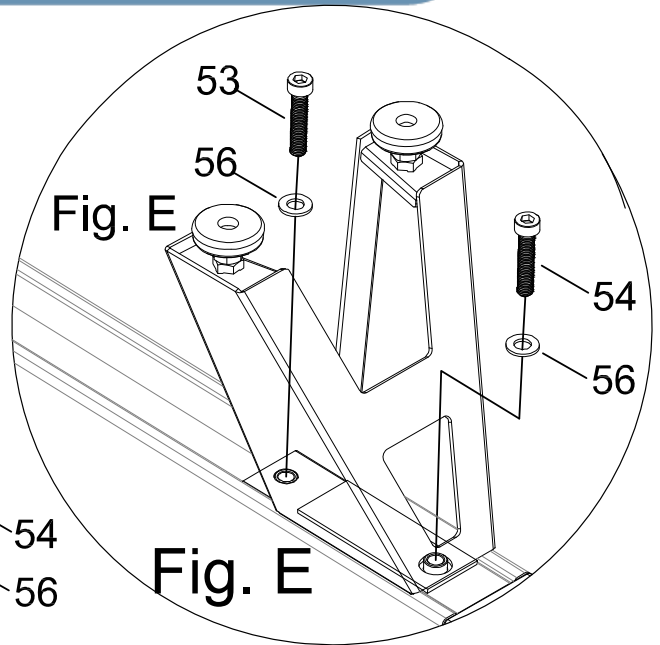
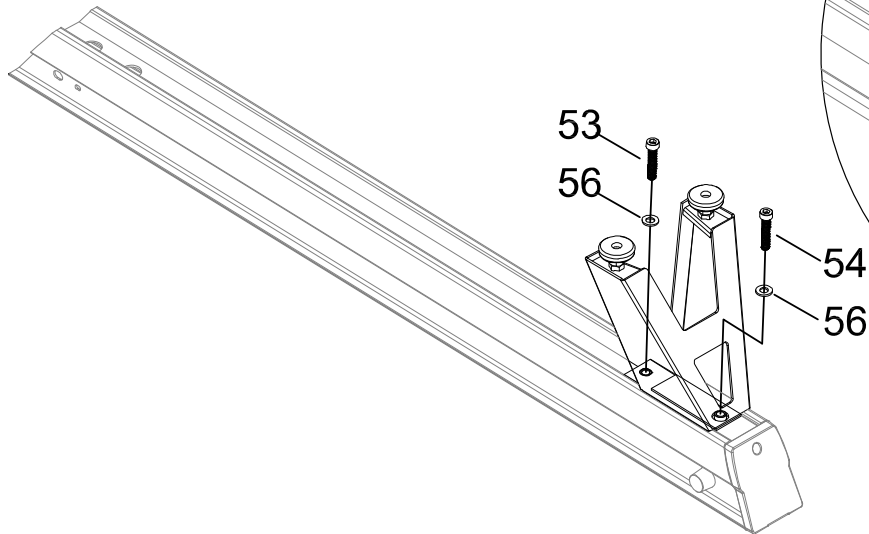
(59) Ring
2 PCS

ASSEMBLY

Tool :



8mm Allen Wrench 1PC



Step 5

5A. Installing the Rear Stabilizer

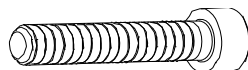
Attach the **Rear Stabilizer (74)** onto the **Aluminum Rail (110)** with one **Screw (53)**, one **Screw (54)** and two **Washers (56)**. Tighten using the **8mm Allen Wrench** provided. See Fig. E.

NOTE: the Rear Stabilizer should be angle as shown in Fig. F.

Hardware:



(53) Screw
M10*40L
1 PC



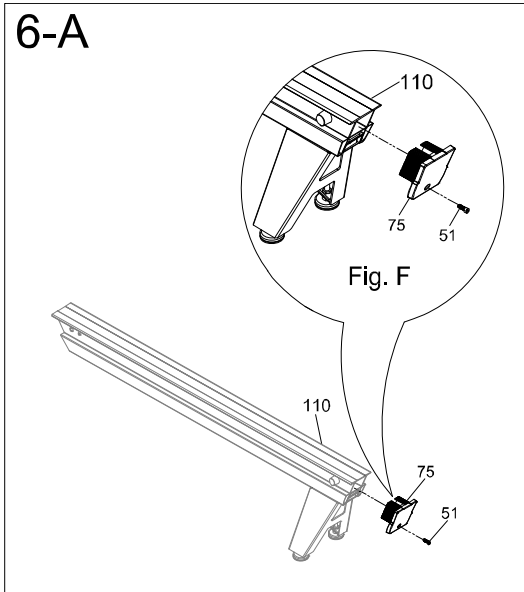
(54) Screw
M10*50L
1 PC



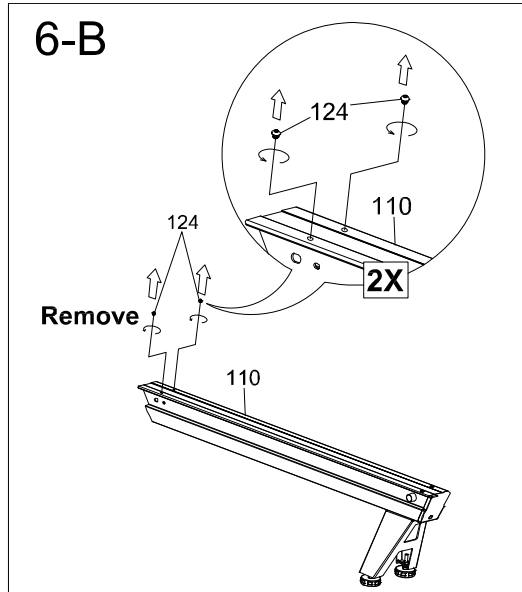
(56) Washer M10
2 PCS

ASSEMBLY

6-A



6-B



Tool :

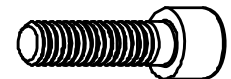


5mm Allen Wrench 1PC



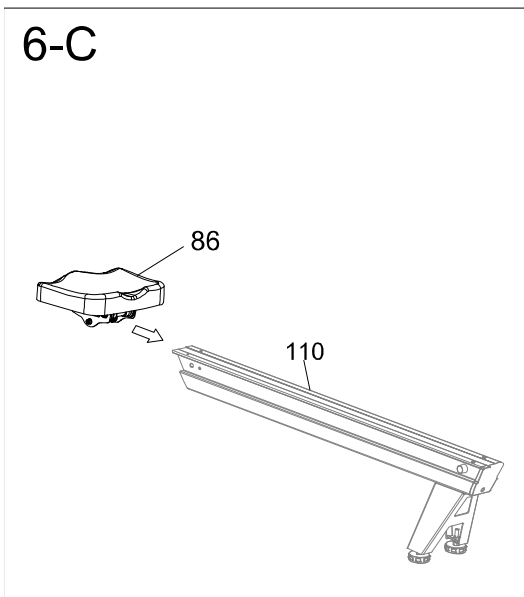
4mm Allen Wrench 1PC

Hardware:

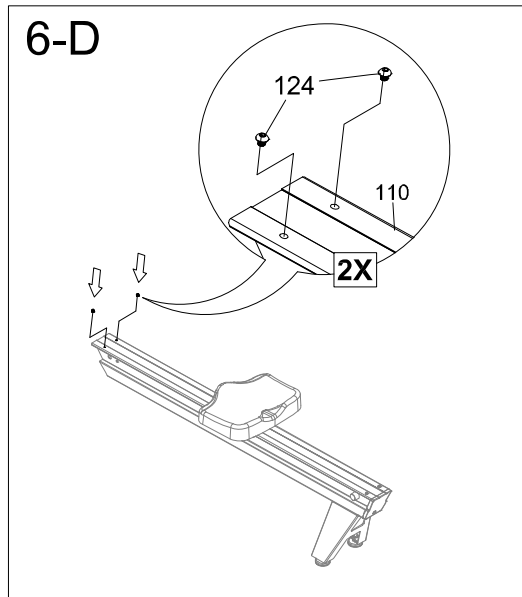


(51) Screw M6*20
1 PC

6-C



6-D



Step 6

6A. Installing the Rail Rear Cover

Attach the **Rail Rear Cover (75)** onto the **Aluminum Rail (110)** with one **Screw (51)** Tighten using the **5mm Allen Wrench** provided. **See Fig. 6-A.**

6B. Hardware Removal

Remove two **Hex Bolts (124)** from the **Aluminum Rail (110)** by using the **4mm Allen Wrench** provided. **KEEP THESE BOLTS.** **See Fig. 6-B.**

6C. Installing the Seat

Slide the **Seat (86)** onto the **Aluminum Rail (110)**. **See Fig. 6-C.**

6D. Hardware Installation

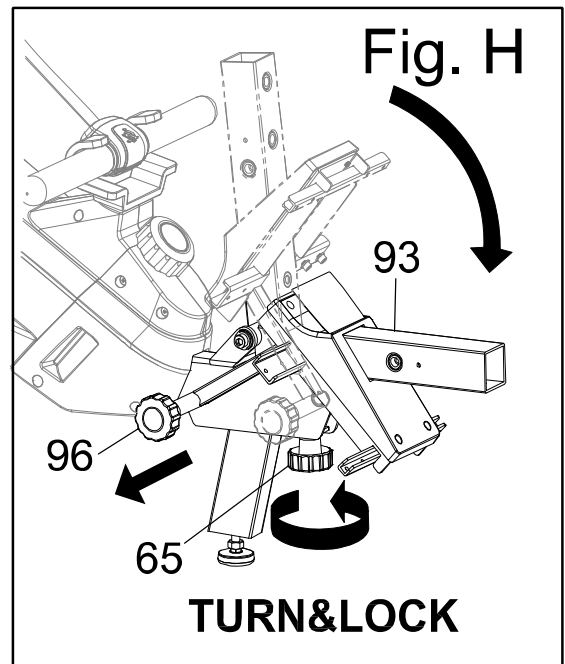
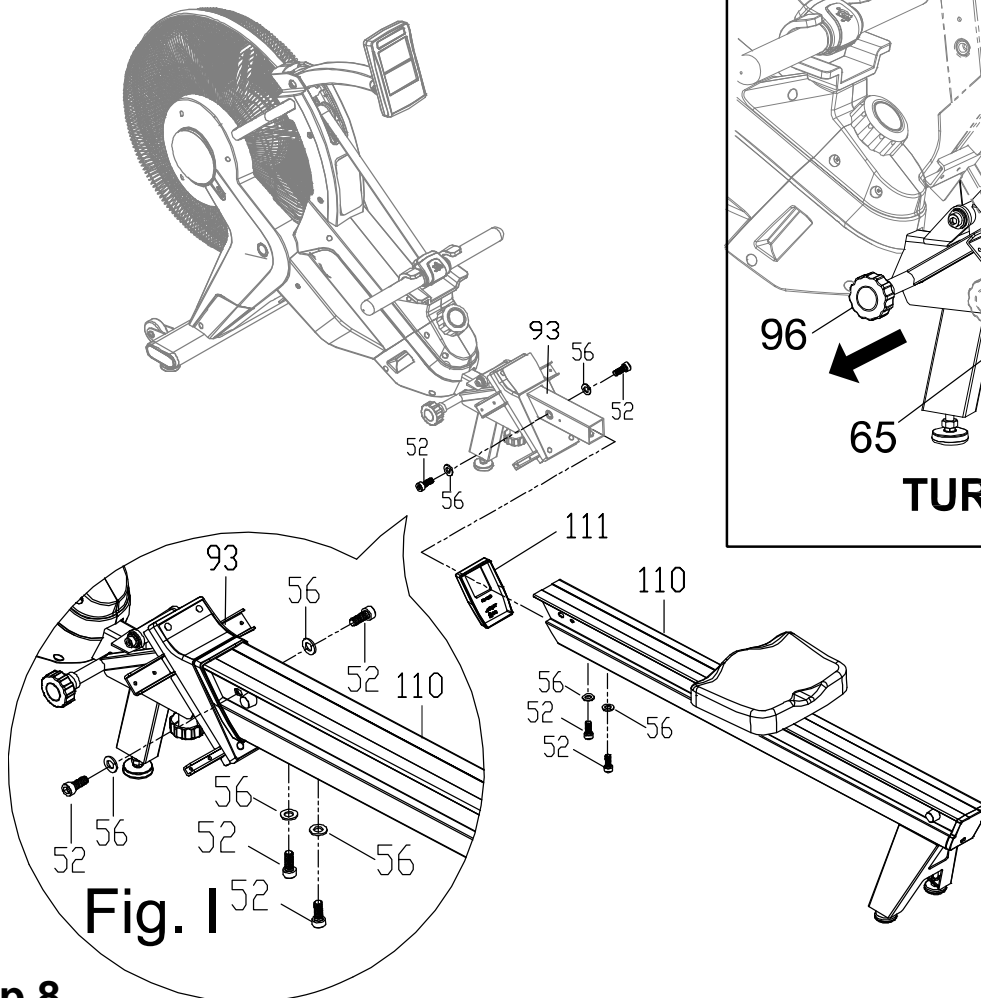
Re-Install the **two Hex Bolts (124)** onto the **Aluminum Rail (110)** by using the **4mm Allen Wrench** provided. **See Fig. 6-D.**

ASSEMBLY

Tool :



8mm Allen Wrench 1PC



Step 8

8A. Tuning down the Rail Bracket Set

Pull out the **Knob (96)** and rotate the **Rail Bracket Set (93)** down. Release the **Knob (96)** and make sure it goes into the hole on the side of the **Rail Bracket Set (93)**. See Fig.H.

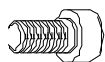
Tighten the **Rail Bracket Set (93)** by turning the **Knob (65)**.

8B. Installing the Aluminum Rail

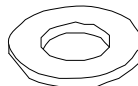
Attach the **Rail Front Cover (111)** onto the front of the **Aluminum Rail (110)**.

Insert the **Rail Bracket Set (93)** into the **Aluminum Rail (110)** with four **Screws (52)**, and four **Washers (56)**. Tighten using the **8mm Allen Wrench** provided.

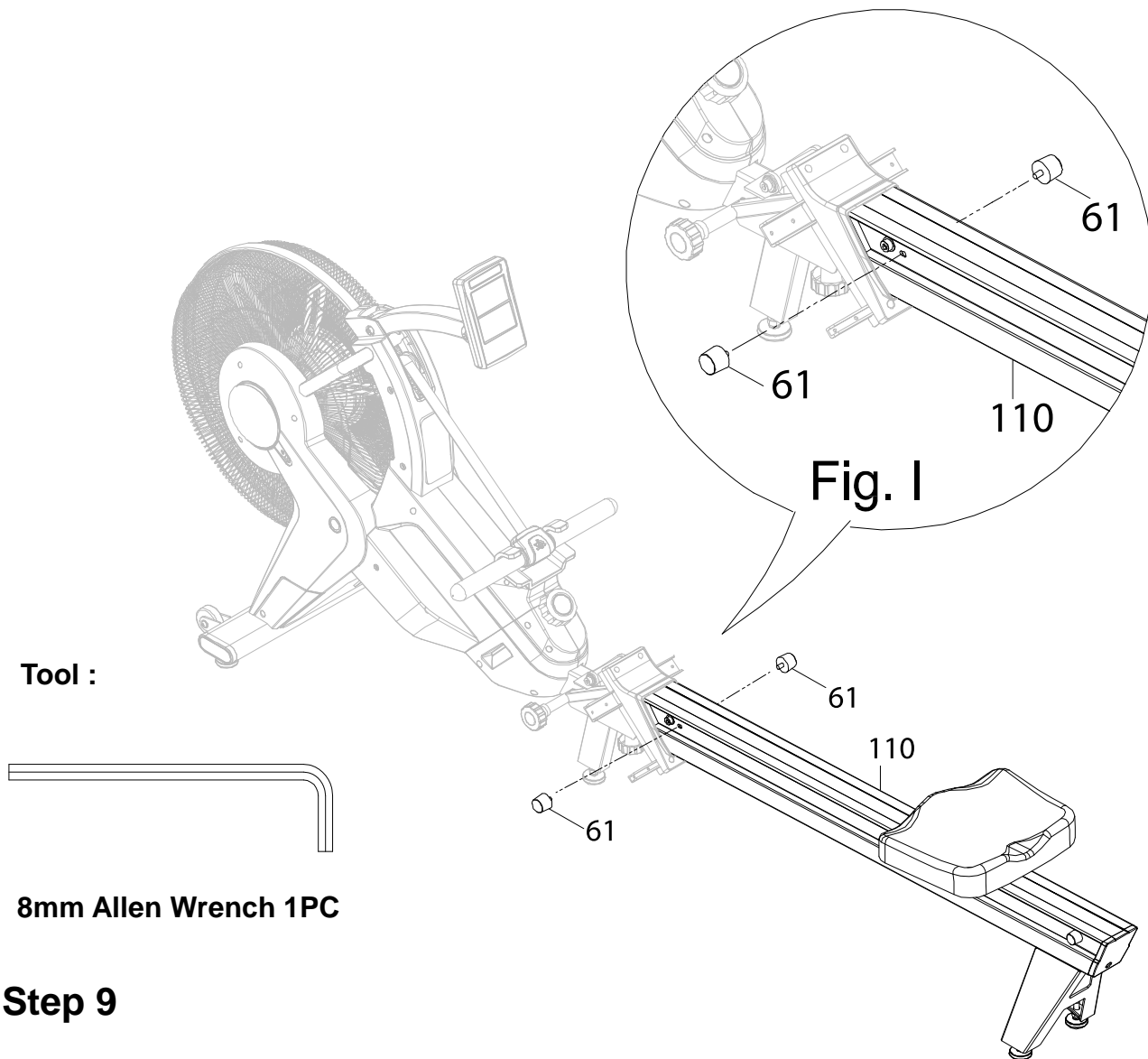
Hardware:



(52) Screw M10*25
4 PCS



(56) Washer M10
4 PCS



Tool :



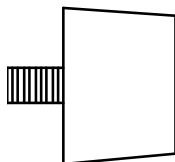
8mm Allen Wrench 1PC

Step 9

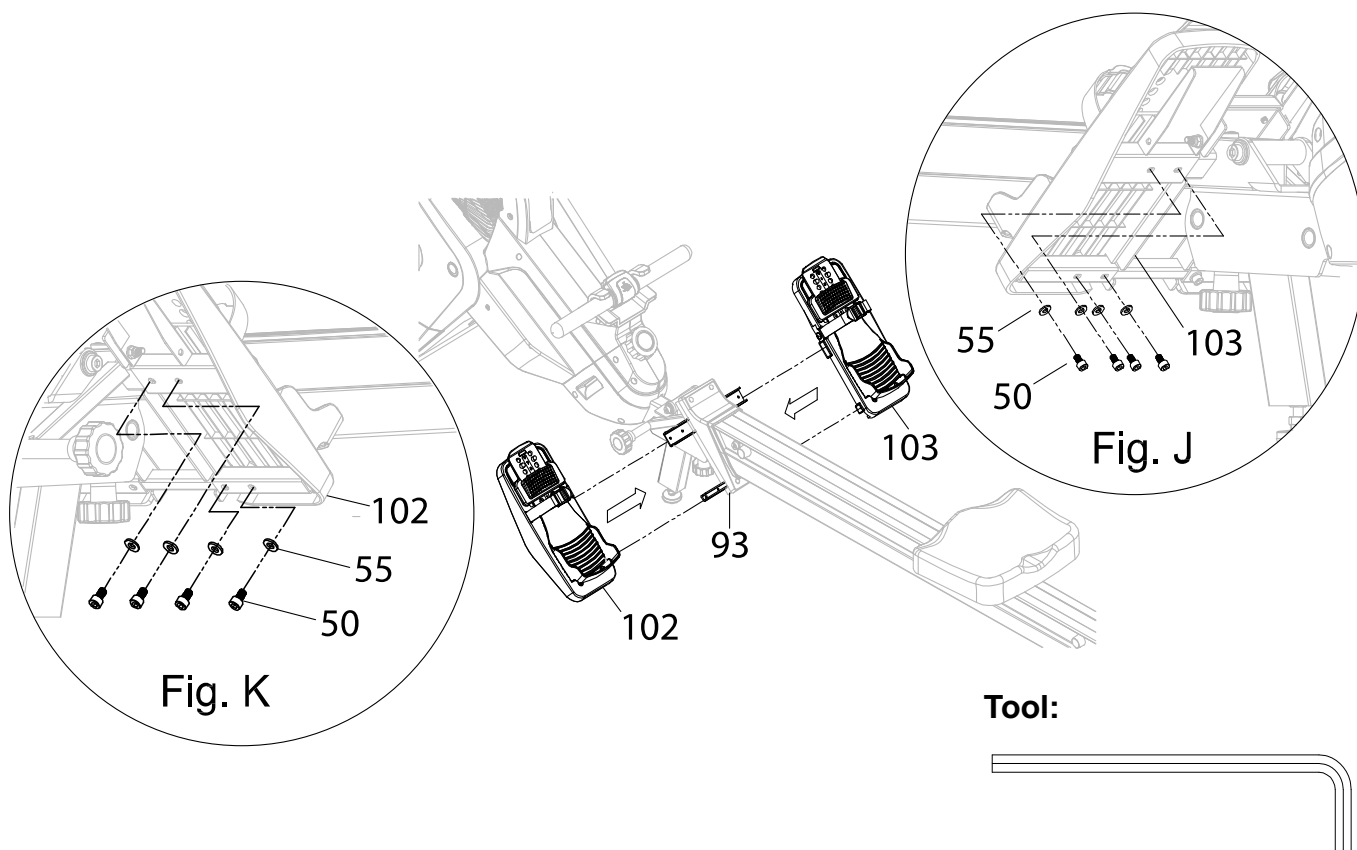
9A. Installing the Rubber Pad

Attach two **Rubber Pads (61)** onto the sides of the **Aluminum Rail (110)**. See Fig. I

Hardware:



(61) Rubber Pad
2 PCS



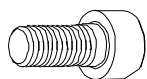
Step 10

10A. Installing the Left & Right Pedal Frame

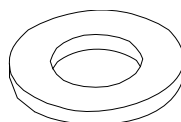
Attach the **Left Pedal Frame (102)** onto the **Rail Bracket Set (93)** with four **Screws (50)** and four **Washers (55)**. Tighten with the **5mm Allen Wrench** provided. **See Fig. K**

For the right side, attach the **Right Pedal Frame (103)** onto the **Rail Bracket Set (93)** with four **Screws (50)** and four **Washers (55)**. Tighten with the **5mm Allen Wrench** provided. **See Fig. J**

Hardware:



(50) Screw M6*10
8 PCS

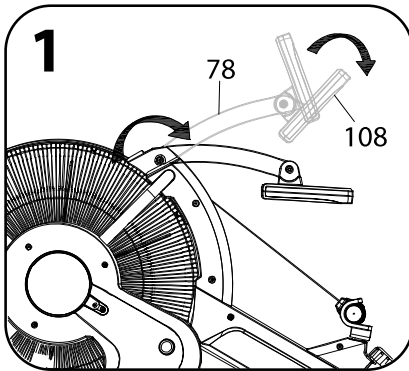


(55) Washer M6
8 PCS

CONSOLE

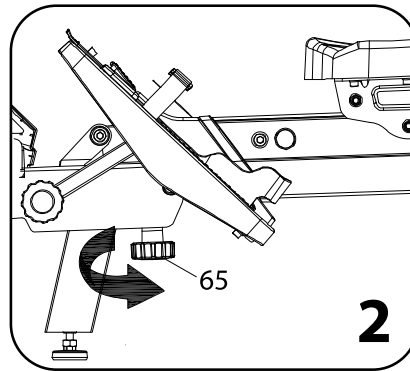


FOLDING



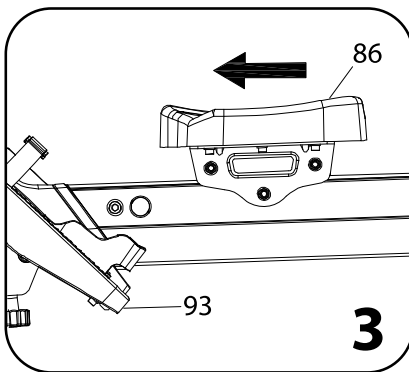
Step 1

Rotate the **Console (108)** and the **Console Arm (78)** down.



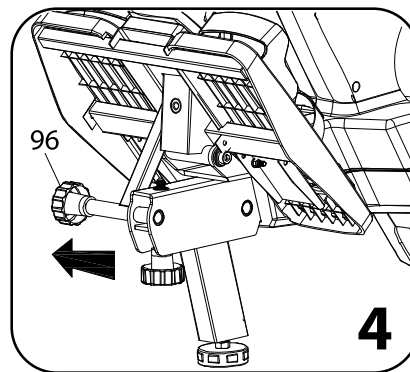
Step 2

Loosen the **Knob (65)**



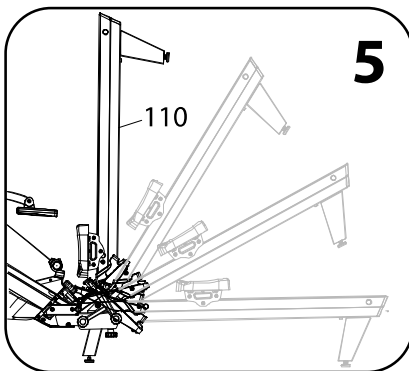
Step 3

Moving the **Seat (86)** toward the **Rail Bracket Set (93)**.



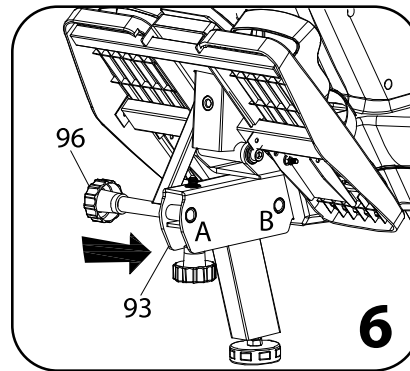
Step 4

Pull out the **Knob (96)**.



Step 5

Lift the **Aluminum Rail (110)** to rotate it **b**



Step 6

Insert the **Knob (96)** into the **Rail Bracket Set (93)**.

CAUTION!

Before and after exercise, make sure the **Knob (96)** is locked completely at Position **A** or **B**.

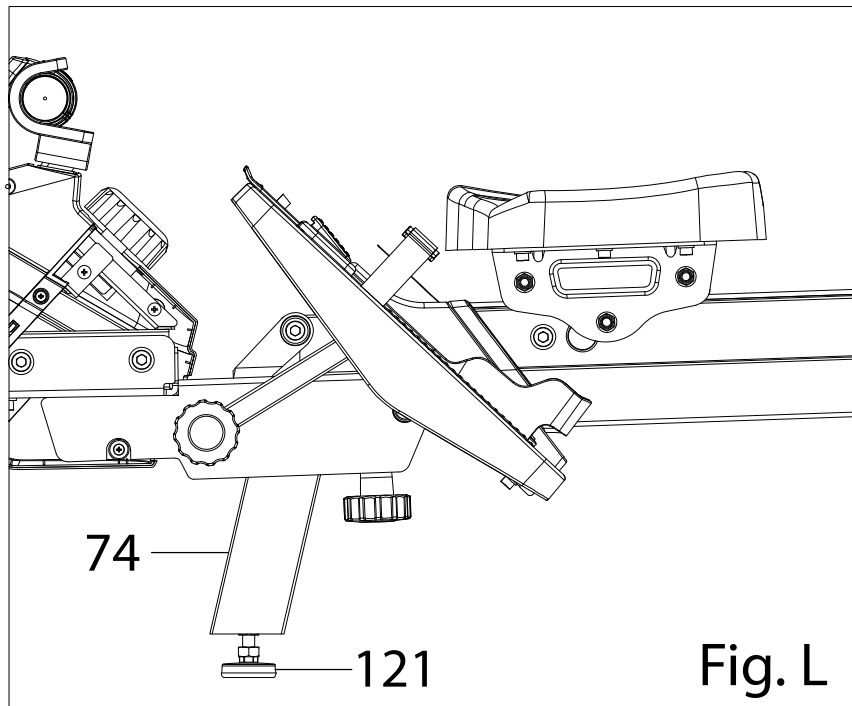
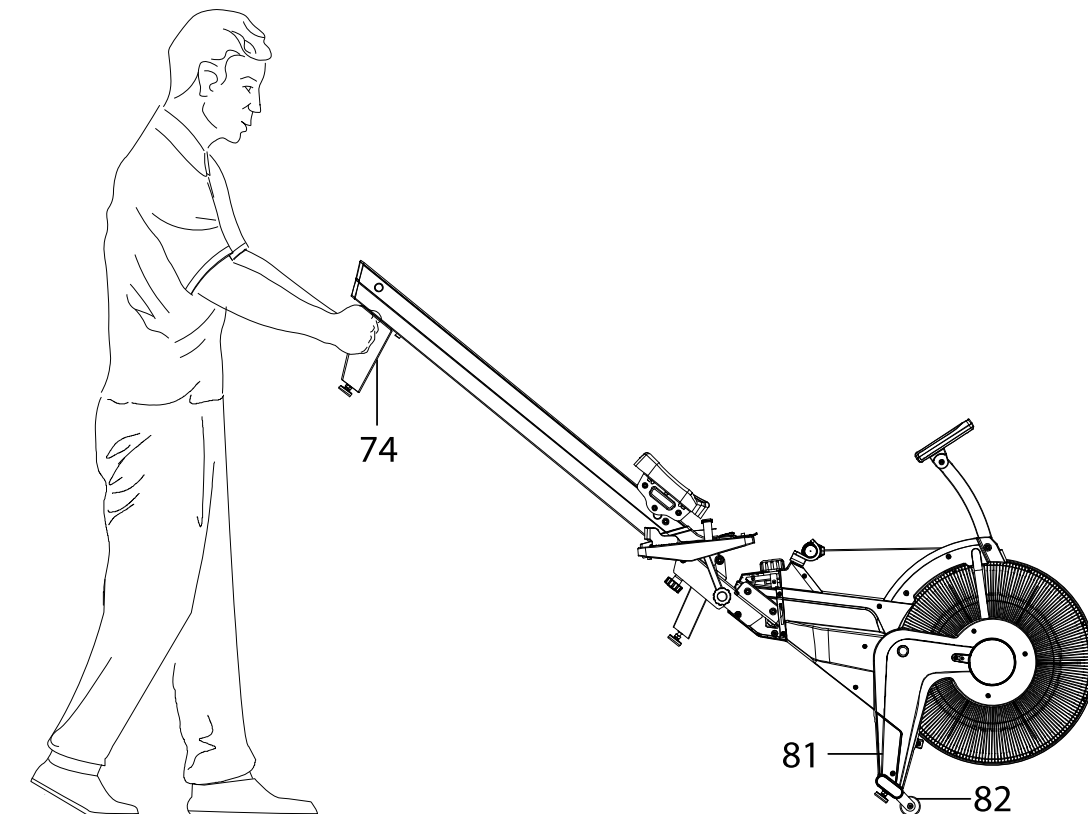


Fig. L

- If the frame is shaking while in use, adjust the **Adjustable Foot Pad (121)** on the **Rear Stabilizer (74)** to balance the frame. The extending foot will also improve the grip between the endcaps and the floor. **See Fig. L**



- Hold the **Rear Stabilizer (74)** and lift the rear of the machine until the **Wheels (82)** on the **Front Stabilizer (81)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (74)** 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.
- Please 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.
- Please keep the computer console and the rower, out of direct sunlight to prevent screen damage.
- Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

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:

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

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Monday thru Friday 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

****This form can also be faxed to #: 626-810-2166***