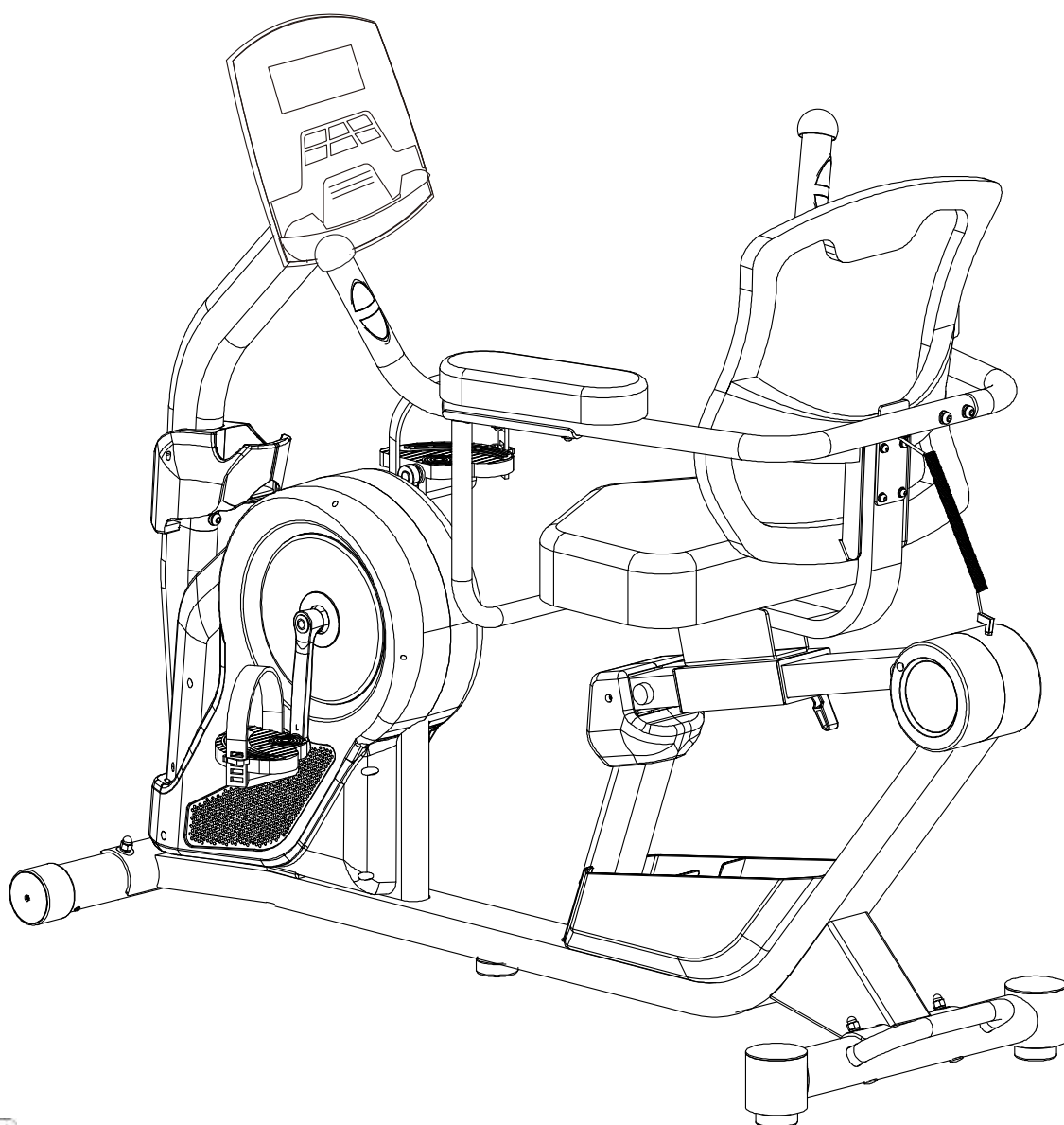




SMART TECHNOLOGY RECUMBENT BIKE



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.

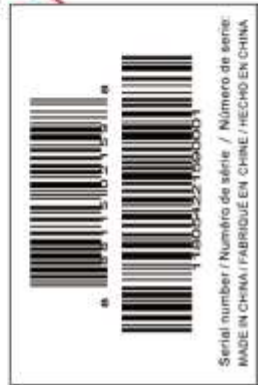
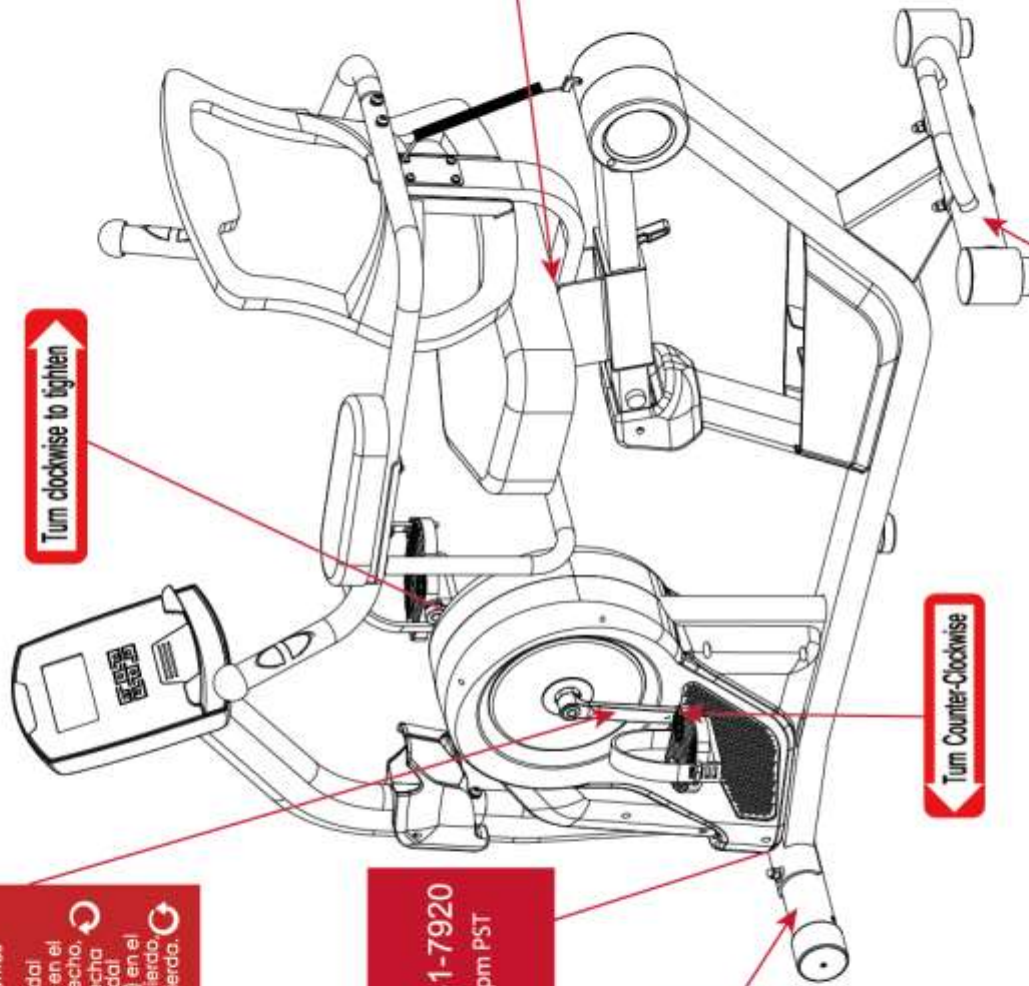
Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT

UNDER PENALTY OF LAMPMING TAG, NOT TO BE REMOVED EXCEPT BY THE CONSUMER. ALL NEW MATERIALS COMPLYING WITH CALIF. P.A.D. 100%.	NOTICE This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.
Paradigm Health and Wellness, Inc. 1189 Wilcox Ave. City of Industry CA 91746, USA	AVIS Ce produit ne satisfait pas aux critères d'incinérabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.).
SE SANCCIONAN LEGALMENT A QUIENES QUITAN ESTA ETIQUETA, SOLO EL CONSUMIDOR PUEDE QUITARLA. MATERIAL COMPLETAMENTE NUEVO DE ACORDO CON LA LEY DE ESPUMA DE POLIURETANO.	NOTIFICACIÓN Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarets ardiendo.
NO. DE REG. VA25302 (CN)	
El fabricante certifica que los materiales de este artículo se describen según la ley.	
Paradigm Health and Wellness, Inc. 1189 Wilcox Ave. City of Industry CA 91746, USA	



The Crank will be damaged if the Right or Left Pedal are not tightened as per below instructions!

Tighten Right Pedal (27) Into the Right Crank Clockwise

Tighten Left Pedal (29) Into the Left Crank Counter Clockwise

La manivelle pourrait être endommagée si les pédale droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

Serrez le pédale droit (27) dans la manivelle droite dans le sens horaire

Serrez le pédale gauche (29) dans la manivelle gauche dans le sens antihoraire

Se dará el cigüeñal en caso de que no se aprieten los Pedal ne sont pas serrés selon les instructions ci-dessous.

Apriete el Pedal derecho (27) en el cigüeñal derecho, hacia la derecha

Apriete el Pedal izquierdo (29) en el cigüeñal izquierdo, hacia la izquierda.

FITNESS REALITY.

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

Maximum weight capacity is 325 lbs.
Le poids maximum pout ce produit est 147 kgs.
La capacidad de peso máxima es 147 kg.

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):

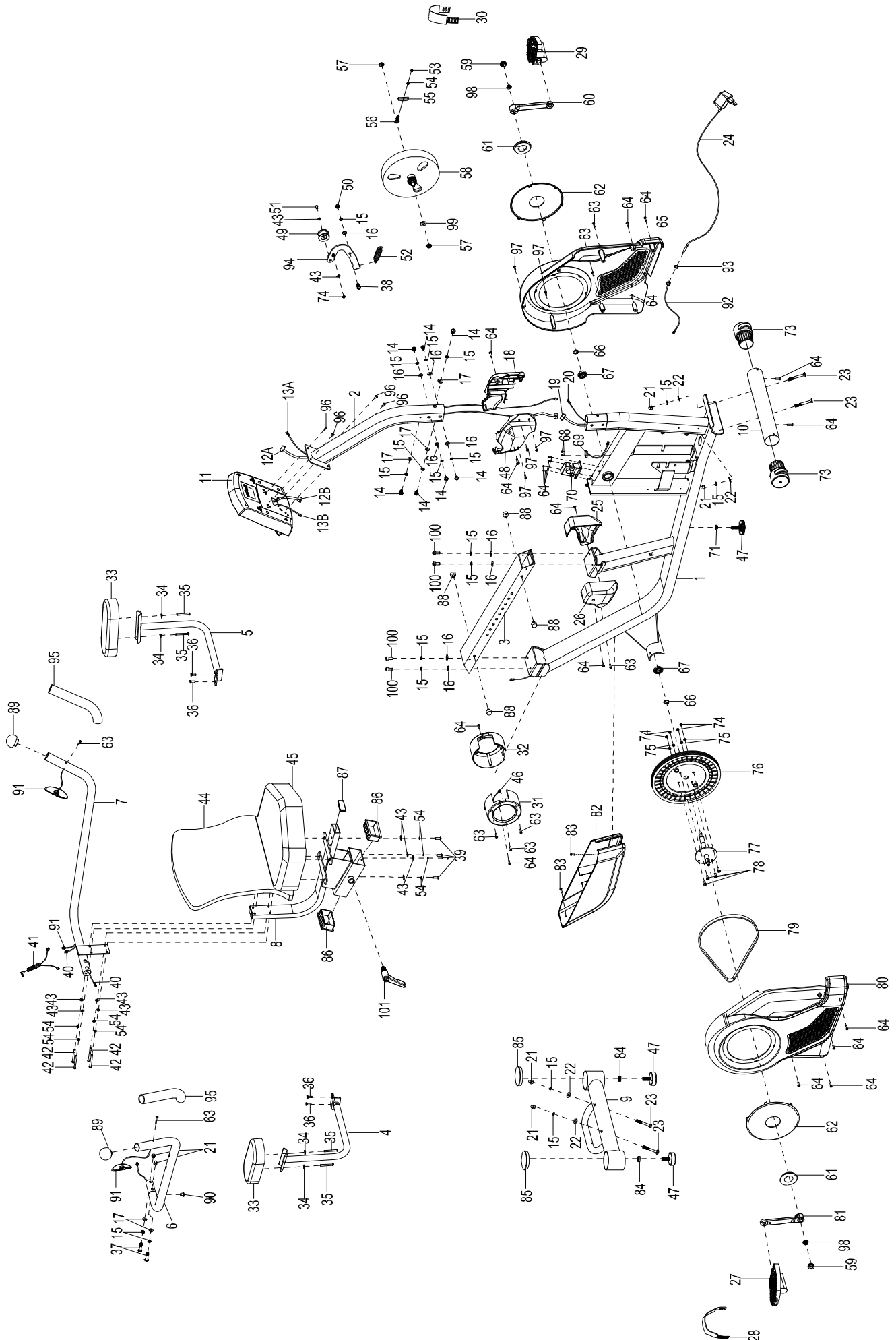
The Maximum Weight Capacity for this product is 325lbs/147kgs.

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	Front Post	1
3	Seat Sliding Tube	1
4	Right Handrail Support Tube	1
5	Left Handrail Support Tube	1
6	Right Handlebar	1
7	Left Handlebar	1
8	Seat Post	1
9	Rear Stabilizer	1
10	Front Stabilizer	1
11	Console	1
12	Console Wire L=700MM	1
13	Hand Pulse Wire L=750MM	1
14	Hex Bolt M8*20	7
15	Spring Washer Φ8	18
16	Flat Washer Φ8*Φ16*1.5	9
17	Curved Washer Φ8*Φ16*1.5	5
18	Left Cup Holder	1
19	Lower Console Wire L=900MM	1
20	Lower Hand Pulse Wire L=2400MM	1
21	Cap Nut M8	6
22	Curved Washer Φ8*Φ20*2.0	4
23	Carriage Bolt M8*70	4
24	Adaptor	1
25	Left Front Cover	1
26	Right Front Cover	1
27	Right Pedal	1
28	Right Pedal Strap	1
29	Left Pedal	1

No.	Description	Q'ty
30	Left Pedal Strap	1
31	Rear Right Cover	1
32	Rear Left Cover	1
33	Arm Rest	2
34	Big Curved Washer Φ6*Φ16*1.5	4
35	Hex Bolt M6*50	4
36	Socket Phillips Screw M6*15	4
37	Hex Bolt M8x43	2
38	Hex Bolt M8x20	1
39	Hex Bolt M6*20	4
40	Hand Pulse Extension Wire L=200MM	1
41	Hand Pulse Wire I L=1450MM	1
42	Hex Bolt M6*45	4
43	Flat Washer Φ6	10
44	Backrest	1
45	Seat	1
46	Hand Pulse Extension Wire II L=100MM	1
47	Adjustable Pad	3
48	Right Cup Holder	1
49	Idle Wheel	1
50	Anti-Loosen Hex Nut M8	1
51	Phillips Screw M6*10	1
52	Tension Spring Φ17*60*2.0	1
53	Hex Nut M6	1
54	Spring Washer Φ6	9
55	U-Shape Bracket 31*30*δ1.0	1
56	Eye Bolt M6*36	1
57	Flange Nut M10*1.0*6	2
58	Magnet Wheel	1

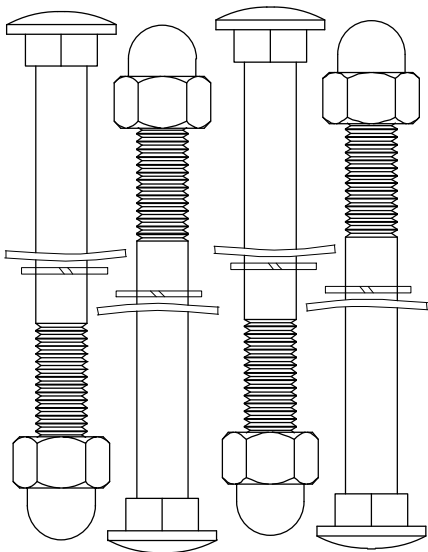
PARTS LIST

No.	Description	Q'ty
59	Crank Cap	2
60	Left Crank	1
61	Protective Cover $\phi 70 \times \phi 35 \times 7$	2
62	Crank Cover	2
63	Screw ST4.2*20	8
64	Self-Drilling Screw ST4.2*20	19
65	Right Cover	1
66	Bearing Cup	2
67	Ball Bearing	2
68	Self-Drilling Screw ST2.9	2
69	Square Sensor	1
70	Motor	1
71	Hex Nut M10	1
73	Front Stabilizer End Cap	2
74	Anti-Loosen Hex Nut M6	5
75	Spring Washer $\phi 6$	4
76	Belt Pulley	1
77	Axle	1
78	Phillips Screw M6*15	4
79	Belt	1
80	Right Cover	1

No.	Description	Q'ty
81	Right Crank	1
82	Container	1
83	Self-Drilling Screw ST4.8*20	2
84	Hex Nut M10	2
85	Rear Stabilizer End Cap	2
86	Seat Post Bushing	2
87	End Cap	1
88	Buffer	4
89	Round End Cap	2
90	Wire Plug	1
91	Hand Pulse Sensor II L=1200MM	2
92	Adaptor Wire L=550mm	1
93	Flat Hex Nut 1/2" S15	1
94	Idle Arm	1
95	Foam Grip $\phi 31 \times \phi 37 \times 160$	2
96	Phillips Screw M5*10	4
97	Self-Tapping Screw ST2.9*16	5
98	Flange Nut M10x1.25	2
99	Flat Washer $\phi 10$	1
100	Hex Bolt M8*20	4
101	Adjustable Pin M16*1.5	1

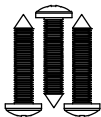
2159 - Hardware Pack

STEP 2



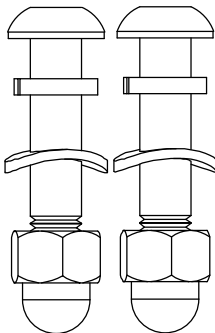
- #23 Carriage Bolt 4PCS
- #22 Curved Washer 4PCS
- #21 Cap Nut 4PCS
- #15 Spring Washer 4PCS

STEP 5



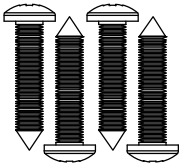
- #97 Self-Tapping Phillips Screw 3PCS

STEP 10



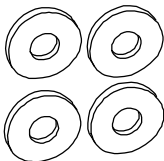
- #37 Hex Bolt 2PCS
- #15 Spring Washer 2PCS
- #17 Curved Washer 2PCS
- #21 Cap Nut 2PCS

STEP 7

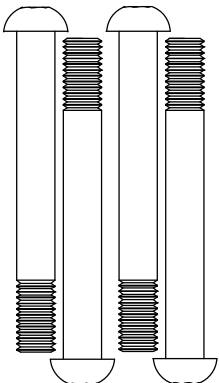


- #63 Self-Tapping Phillips Screw 4PCS

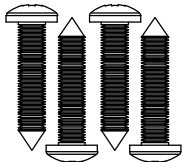
STEP 11



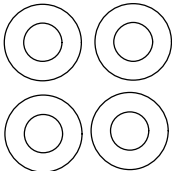
- #34 Big Curved Washer 4PCS



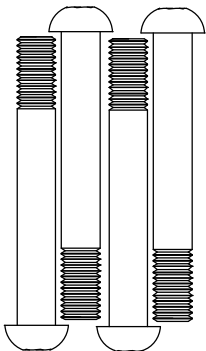
- #35 Hex Bolt 4PCS



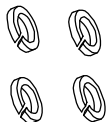
- #64 Self-Drilling Phillips Screw 4PCS



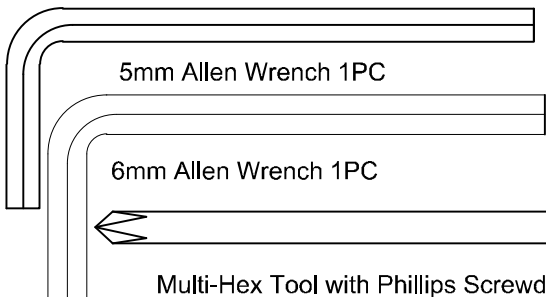
- #43 Flat Washer 4PCS



- #42 Hex Bolt 4PCS



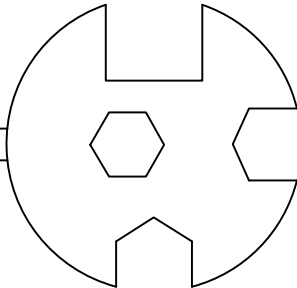
- #54 Spring Washer 4PCS



5mm Allen Wrench 1PC

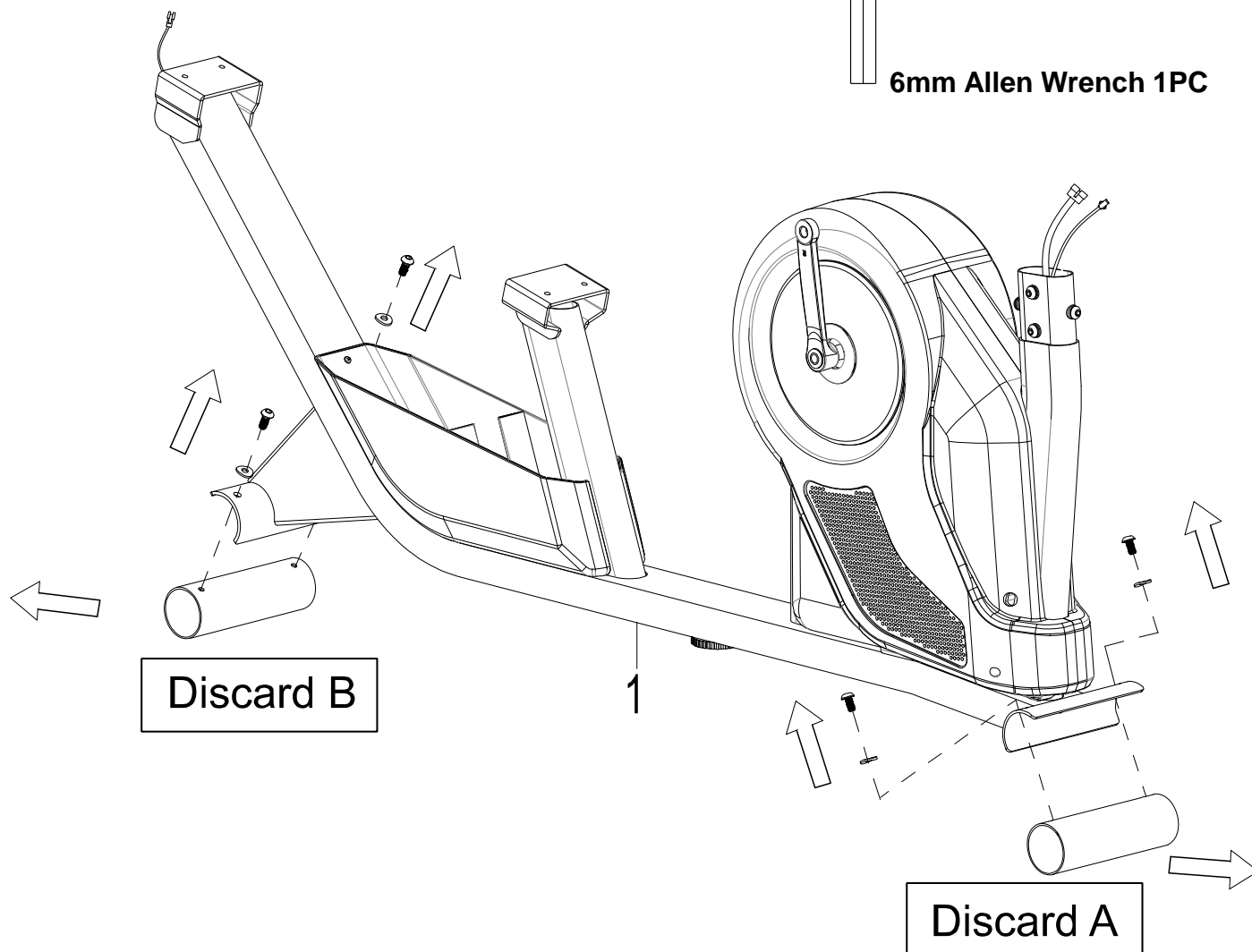
6mm Allen Wrench 1PC

Multi-Hex Tool with Phillips Screwdriver 1PC



ASSEMBLY

Tools:

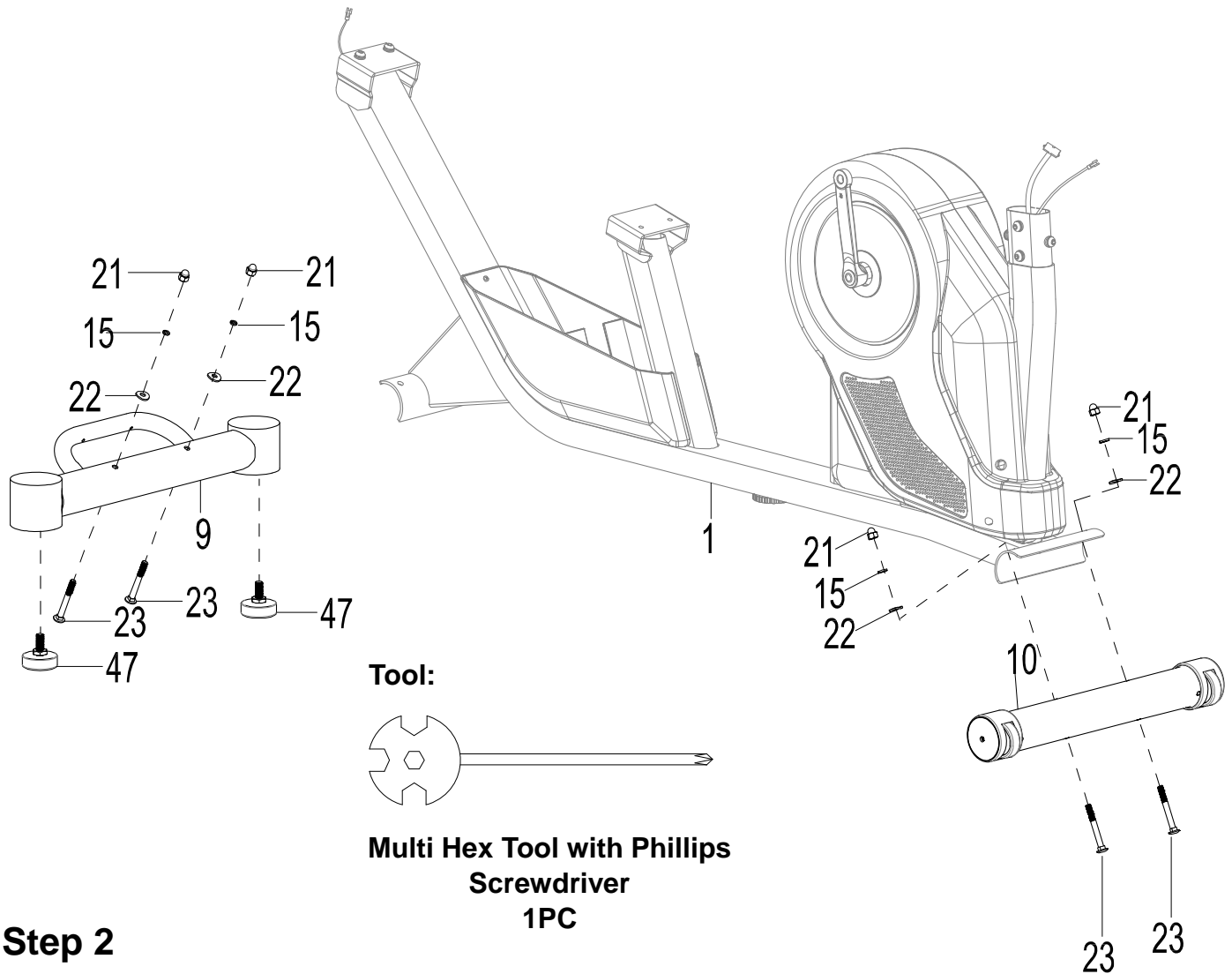


Step 1

1a. Remove the **Metal Tubes** from the **Main Frame (1)** by using **6mm Allen Wrench** provided.

1b. Discard the **metal tubes A and B** and the associated hardware at that was removed. These parts are not needed for the assembly of the bike.

ASSEMBLY



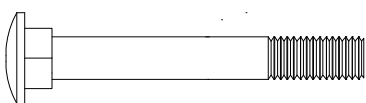
Step 2

2a. Front Stabilizer Installation – Lift up the front of the **Main Frame (1)**, and attach the **Front Stabilizer (10)** onto the front curve of the **Main Frame (1)** with two **Carriage Bolts (23)**, two **Curve Washers (22)**, two **Spring Washers (15)**, and two **Cap Nuts (21)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (21)** until they are firm and secure.

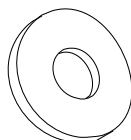
2b. Attach the Adjustable Pads (47) onto the underside of the **Rear Stabilizer (9)**.

2c. Rear Stabilizer Installation – Lift up the rear of the **Main Frame (1)**, and attach the **Rear Stabilizer (9)** onto the rear curve of the **Main Frame (1)** with two **Carriage Bolts (23)**, two **Curve Washers (22)**, two **Spring Washers (15)**, and two **Cap Nuts (21)**. Use the **Multi Hex Tool with Phillips Screwdriver** to tighten the **Cap Nuts (21)** until they are firm and secure.

Hardware Pack:



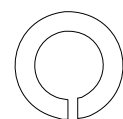
(23) Carriage Bolt
4 PCS



(22) Curved Washer
4PCS



(21) Cap Nut
4PCS



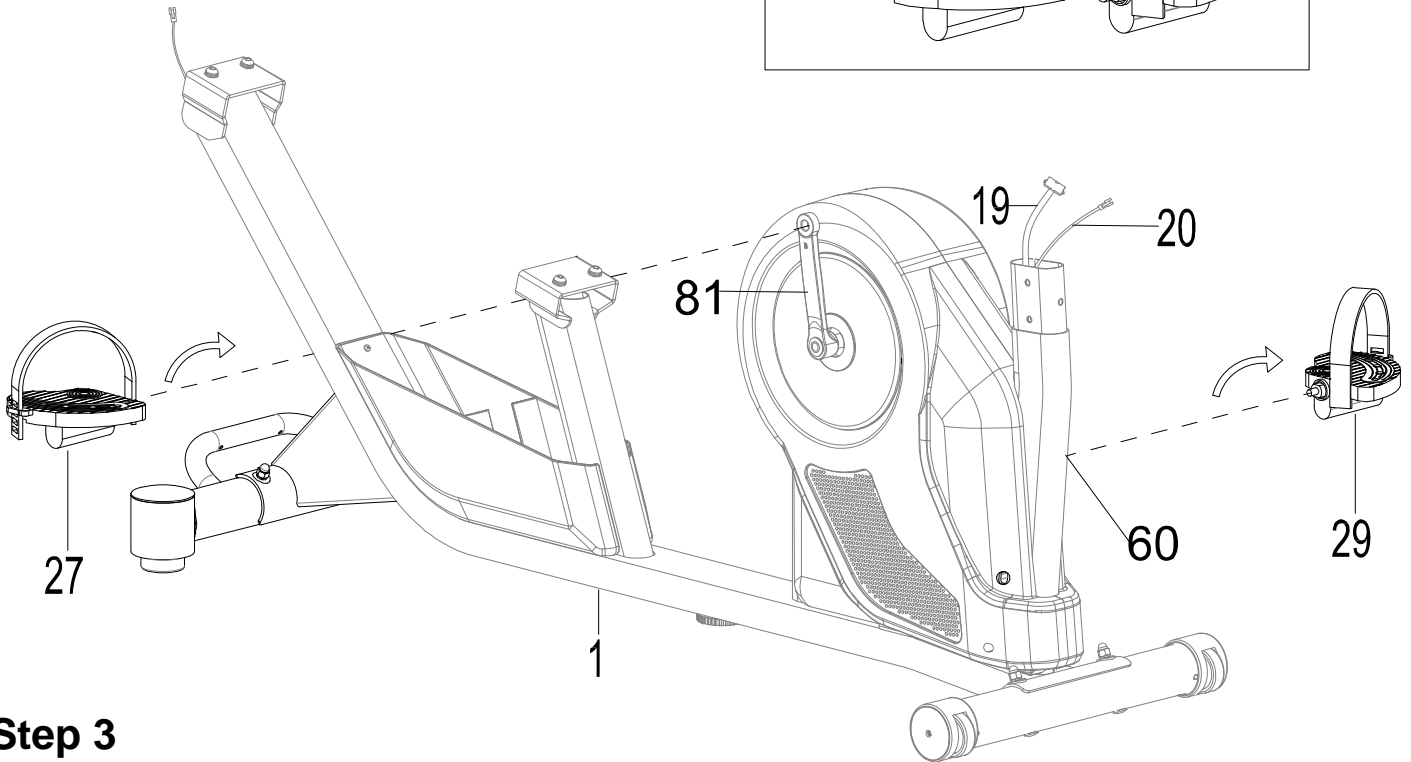
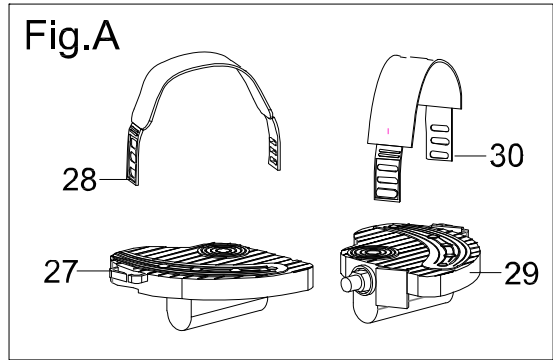
(15) Spring Washer
4PCS

ASSEMBLY

Tool:



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



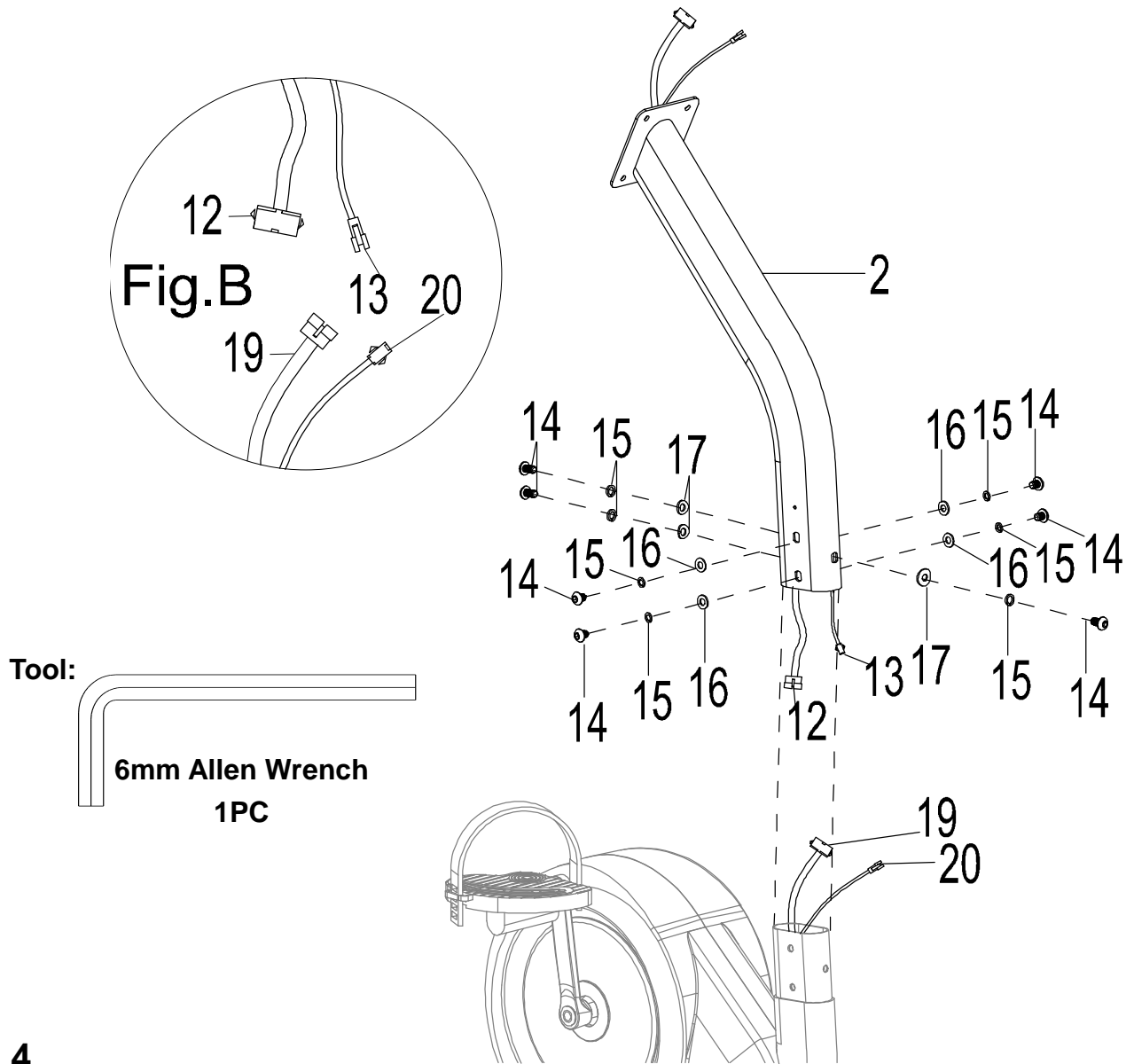
Step 3

3a. Installing the Left & Right Pedal Straps to the Pedals: Install the **Left Pedal Strap (30)** onto the **Left Pedal (29)**. Install the **Right Pedal Strap (28)** onto the **Right Pedal (27)**. See Fig. A.

3b. Installing the Left Pedal: Insert the threaded shaft of the **Left Pedal (29)** into the threaded hole on the **Left Crank (60)**. Turn the pedal shaft by hand in a **counter-clockwise** direction until snug. Finish off the tightening of the **Left Pedal (29)** in the same direction as instructed with the **Multi Hex Tool with Phillips Screwdriver**.

3c. Installing the Right Pedal: Insert the threaded shaft of the **Right Pedal (27)** into the threaded hole on the **Right Crank (81)**. Turn the pedal shaft by hand in a **clockwise** direction until snug. Finish off the tightening of the **Right Pedal (27)** in the same direction as instructed with the **Multi Hex Tool with Phillips Screwdriver**.

WARNING: Tighten the pedal shaft in the direction instructed for the **Right Pedal (27)** and **Left Pedal (29)**. Failing to do so may strip the threads on the pedal shafts.



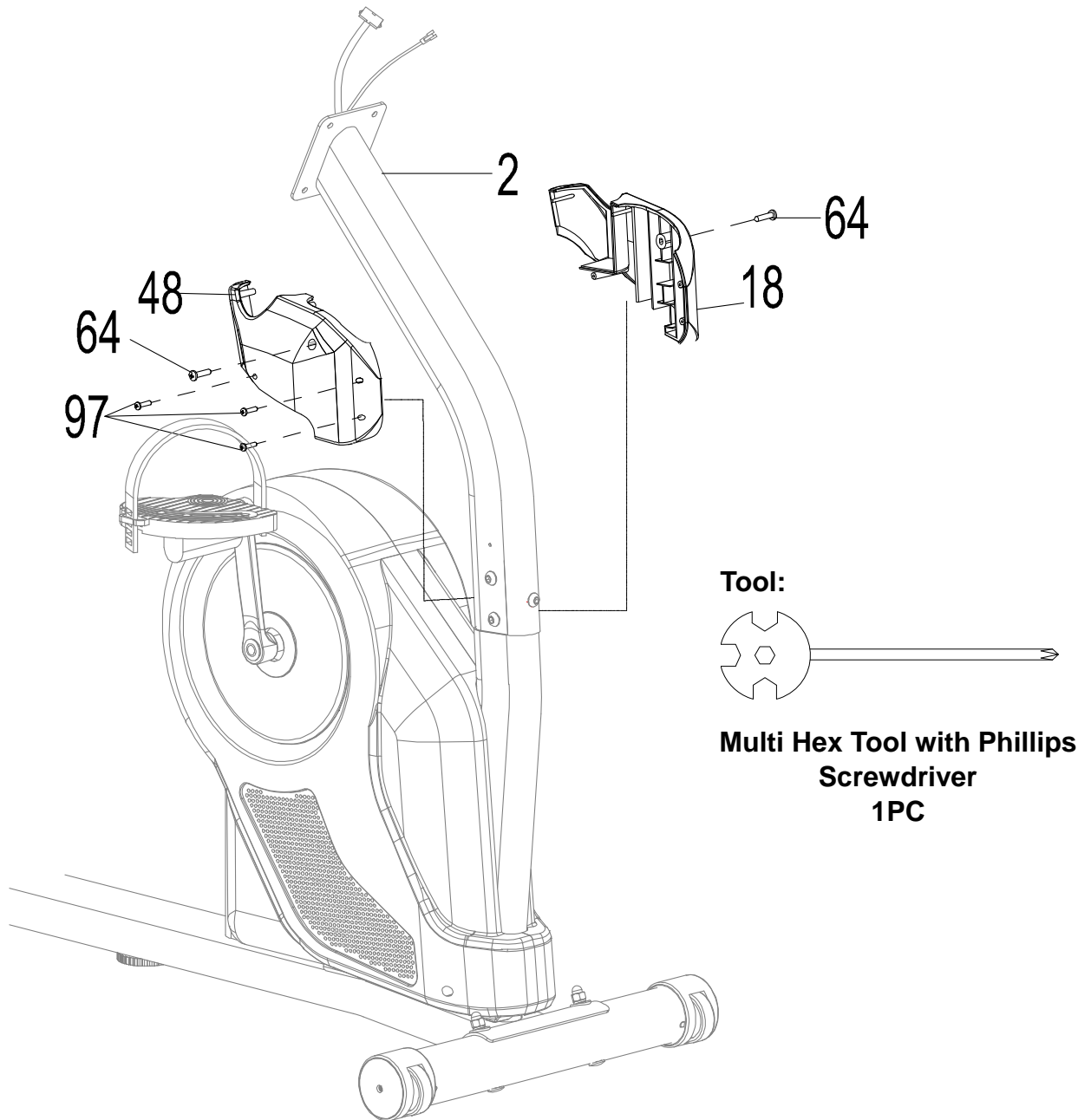
Step 4

4a. Removal of Hardware for Installation: Remove four **Flat Washers (16)**, seven **Hex Bolts (14)**, seven **Spring Washers (15)** and three **Curved Washers (17)** from the **Main Frame (1)**.

4b. Connecting the Pulse and Console Wires: Connect the **Console Wire (12)** from the **Front Post (2)** to the **Lower Console Wire (19)** from the **Main Frame (1)**. Connect the **Hand Pulse Wire (13)** from the **Front Post (2)** to the **Lower Hand Pulse Wire (20)** from the **Main Frame (1)**. See Fig. B.

4c. Installing the Front Post to the Main Frame: Carefully insert the extra length of wire from the **Front Post (2)** into the **Main Frame (1)**. Slide the **Front Post (2)** onto the **Main Frame (1)**. Align the holes of the **Front Post (2)** and **Main Frame (1)**. Fasten the **Front Post (2)** to the **Main Frame (1)** with the previously removed four **Flat Washers (16)**, seven **Hex Bolts (14)**, seven **Spring Washers (15)** and three **Curved Washers (17)**. Tighten all the bolts by using the **6mm Allen Wrench** provided.

ASSEMBLY



Step 5

5a. Removal of Hardware for Installation: Remove two **Self-Drilling Screws (64)** from the **Front Post (2)**.

5b. Left & Right Cup Holder Installation: Attach the **Left and Right Cup Holder (18) & (48)** onto the **Front Post (2)** with the previously removed two **Self-Drilling Screws (64)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

5c. Align the edges of the Left and Right Cup Holder (18) & (48).

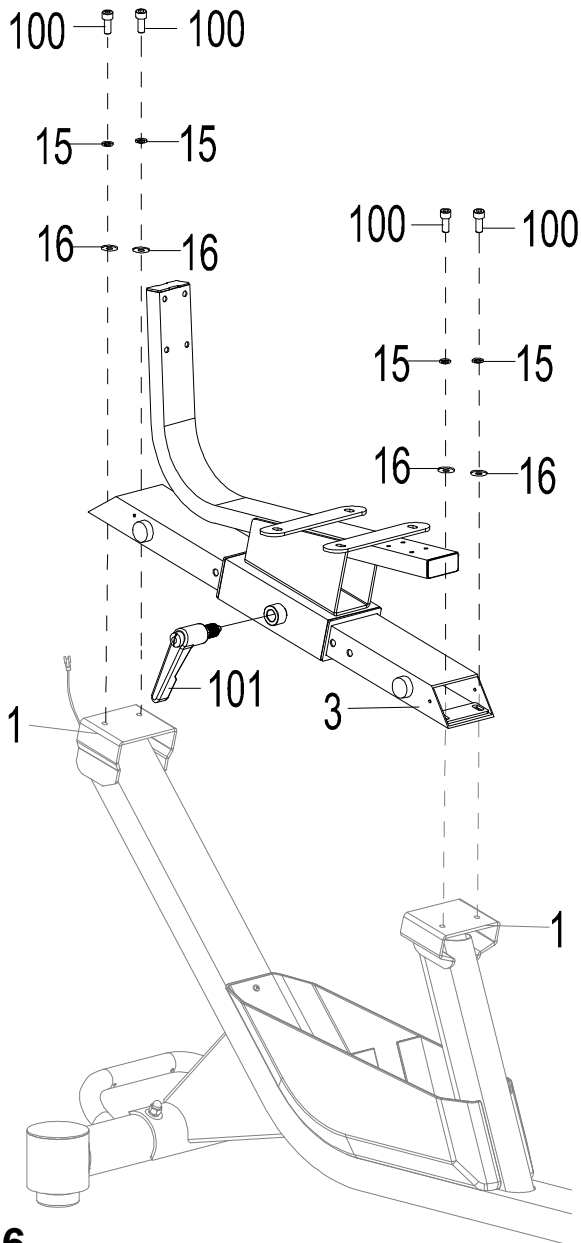
5d. Secure the Left and Right Cup Holder (18) & (48) together with three Self-Tapping Screws (97) using the Multi Hex Tool with Phillips Screwdriver provided.

Hardware Pack:

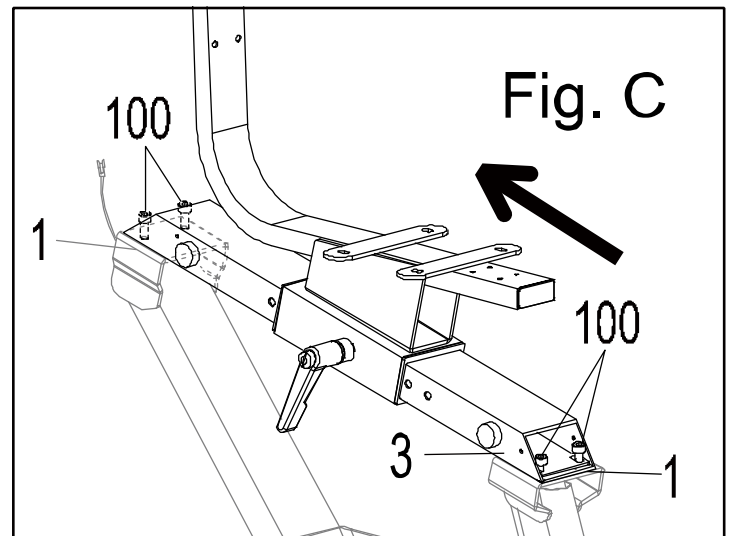


**(97)Self-Tapping
Screw 3pcs**

ASSEMBLY



Tools:



Step 6

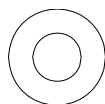
6a. Removal of Hardware for Installation: Remove four **Hex Bolts (100)**, four **Spring Washers (15)** and four **Flat Washers (16)** from the **Main Frame (1)**.

6b. Installing the Seat Slide Tube: Attach the **Seat Slide Tube (3)** onto the **Main Frame (1)** by aligning the four holes on the **Seat Slide Tube (3)** and the **Main Frame (1)** using the previously removed four **Hex Bolts (100)**, four **Flat Washers (16)**, and four **Spring Washers (15)**.

6c. Shift the **Seat Slide Tube (3)** back before fully tightening the **Hex Bolts (100)** with the **6mm Allen Wrench** provided. **See Fig C.** This will prevent installation problems in **Step 7**.

6d. Installing Adjustable Pin: Insert the **Adjustable Pin (101)** into the hole on the right side of the **Seat Slide Tube (3)**. Tighten the **Adjustable Pin (101)** by hand until it is firm and secure.

Pre-Installed Hardware:



(16) Flat Washer
4PCS



(15) Spring
Washer 4PCS

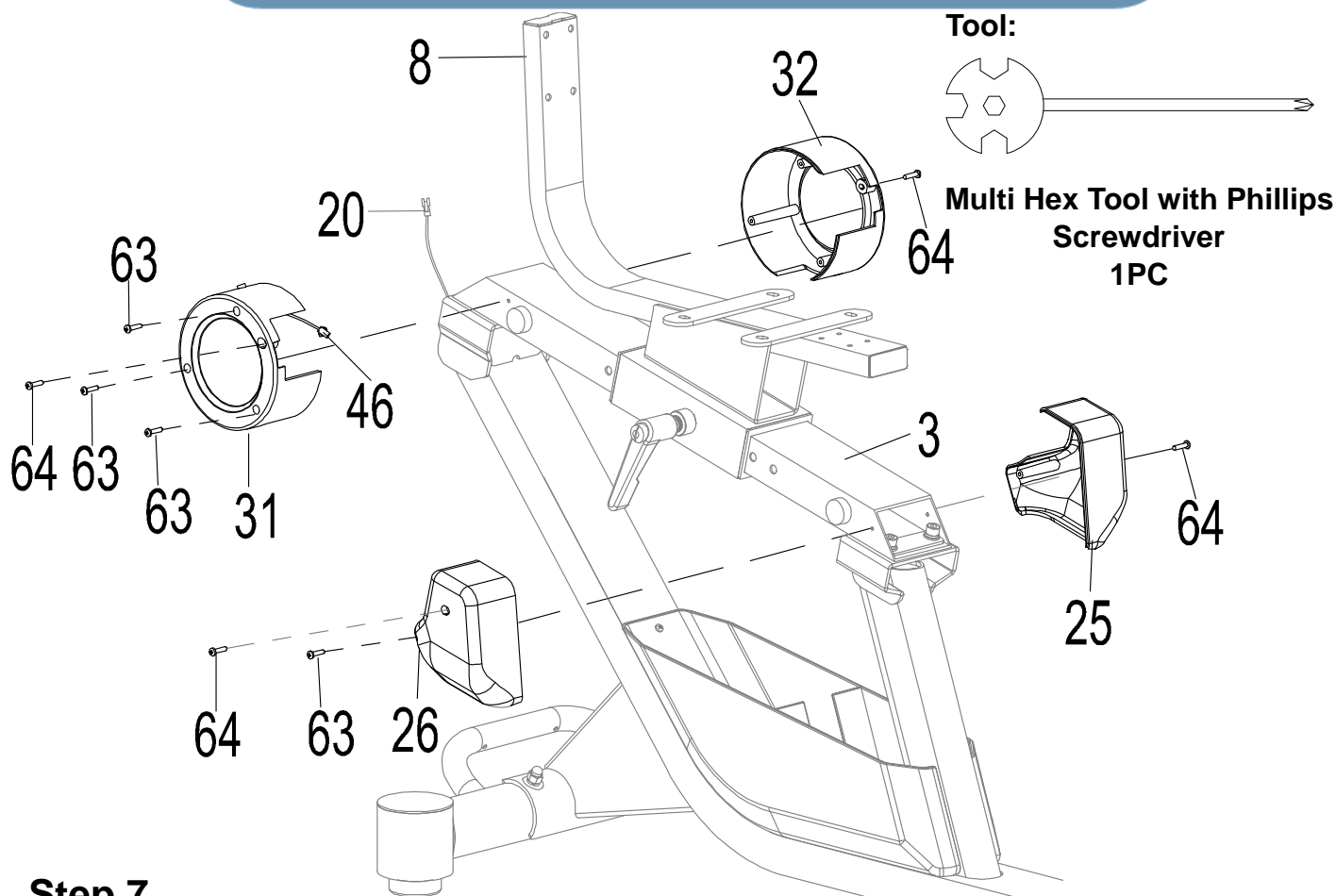


(100) Hex Bolt
4PCS



(101) Adjustable
Pin 1PC

ASSEMBLY



Step 7

7a. Installing the Left and Right Front Cover: Attach the **Left Front Cover (25)** and **Right Front Cover (26)** onto the **Seat Slide Tube (3)** with two **Self-Drilling Screws (64)**. Align the edges of the covers and use one **Screw (63)** to secure both covers together. Tighten the hardware using the **Multi Hex Tool with Phillips Screwdriver** provided.

NOTE: If you have a problem with **STEP 7a**, refer to **STEP 6c**.

7b. Connect the Lower Hand Pulse Wire (20) to the Hand Pulse Extension Wire II (46) from the inside the Right Rear Cover (31).

7c. Installing the Right and Left Rear Cover: Attach the **Left Rear Cover (32)** and **Right Rear Cover (31)** onto the **Seat Slide Tube (3)** with two **Self-Drilling Screws (64)**. Align the edges of the covers and use three **Screws (63)** to secure both covers together. Tighten the hardware using the **Multi Hex Tool with Phillips Screwdriver** provided.

Note: If there are problems aligning the covers, loosening the Seat Slide Tube in step 6 and shift the Seat Slide Tube as needed. Re-tighten the seat slide tube hardware before finishing the installation of the covers.

Note: If the covers make noise while riding, slightly loosen the hardware that holds both sides of the covers together.

Hardware Pack:



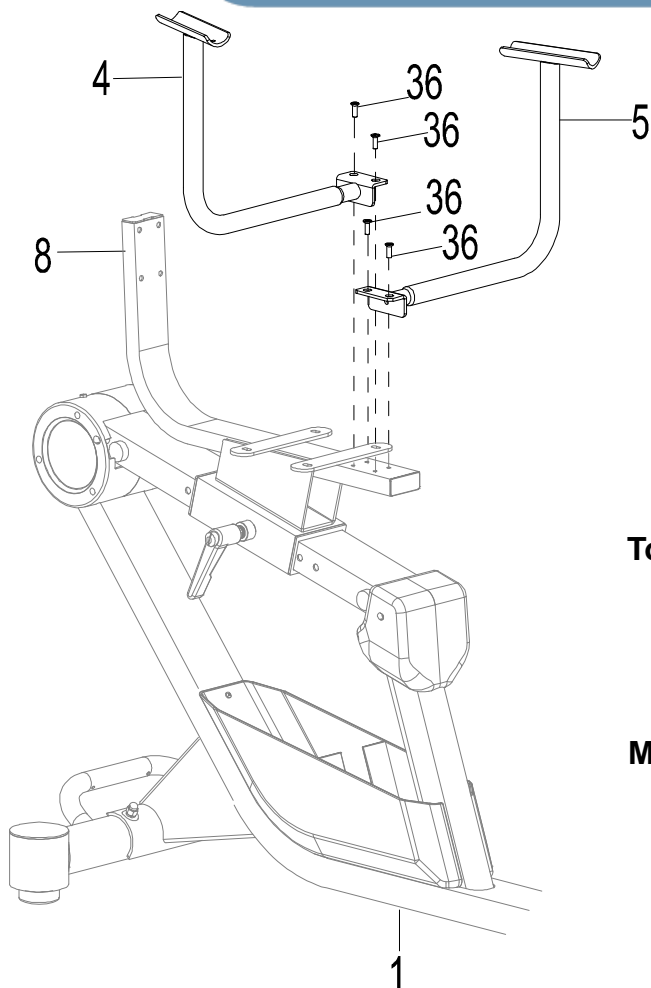
(63) Screw
4 PCS



(64) Self-Drilling
Screw 4 PCS

ASSEMBLY

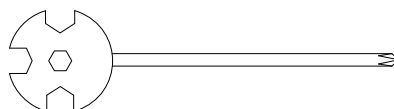
Step 8



8a. Removing Hardware for Installation: Remove four **Socket Phillips Screws (36)** from the **Seat Post (8)**.

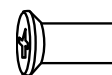
8b. Handrail Support Tube Installation: Attach the both **Right and Left Handrail Support Tubes (4) & (5)** onto the **Seat Post (8)** with the four **Socket Phillips Screws (36)**. Tighten all the **Screws (36)** with the **Multi Hex Tool with Phillips Screwdriver** provided.

Tools:



Multi Hex Tool with Phillips (36) Socket Phillip Screw Screwdriver 1PC

Pre-Installed Hardware:



4PCS

Step 9

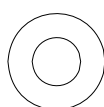
9a. Removal of Hardware for Installation: Remove four **Hex Bolt (39)**, four **Spring Washers (54)**, and four **Flat Washers (43)** from the underside of the **Seat (45)**.

9b. Installing the Seat to the Seat Post: Align the holes of the **Seat (45)** to the holes on the **Seat Post (8)**. Secure the **Seat (8)** with the previously removed four **Hex Bolt (39)**, four **Spring Washers (54)**, and four **Flat Washers (43)**. Tighten the **Hex Bolts (39)** using the **5mm Allen Wrench** provided.



5mm Allen Wrench 1PC

Pre-Installed Hardware:



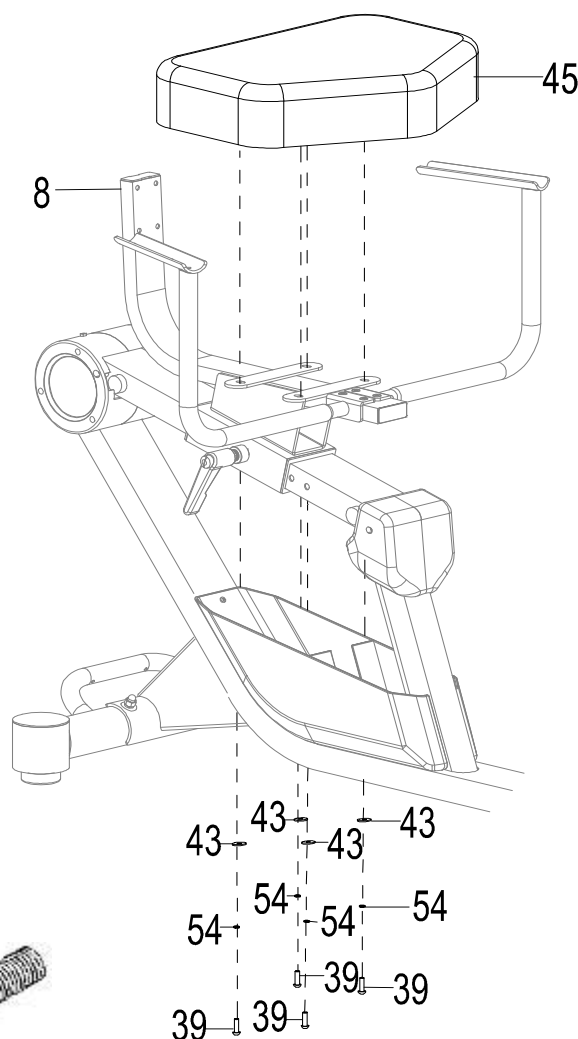
(43) Flat Washer 4PCS



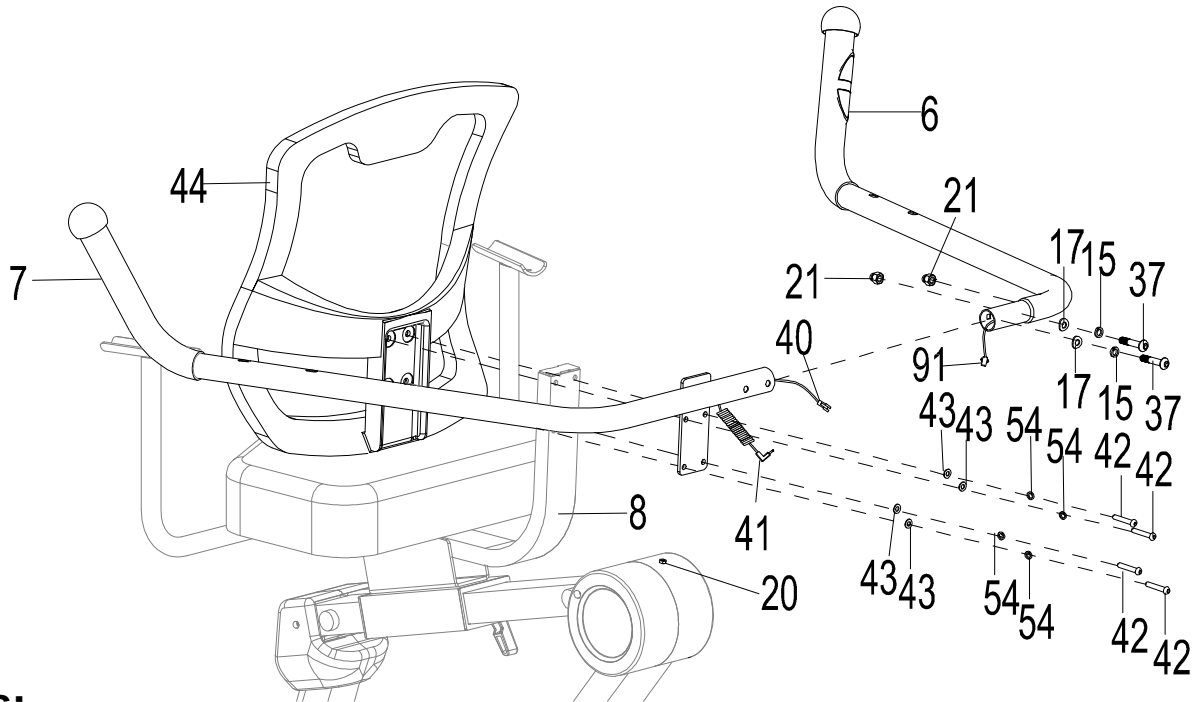
(54) Spring Washer 4PCS



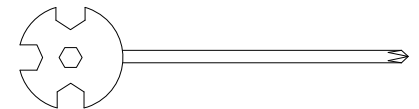
(39) Hex Bolt 4PCS



ASSEMBLY



Tools:



**Multi Hex Tool with Phillips
Screwdriver**
S10, S13, S14, S15 1PC

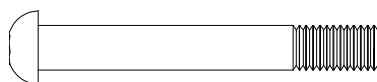
Step 10

10a. Installing the Left Handlebar and Backrest: Align the holes of the **Backrest (44)** and **Left Handlebar (7)** to the holes of the **Seat Post (8)**. Secure the **Backrest (44)** and **Left Handlebar (7)** with four **Hex Bolts (42)**, four **Spring Washers (54)** and four **Flat Washers (43)**. Tighten the **Hex Bolts (42)** using the **5mm Allen Wrench** provided.

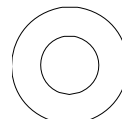
10b. Installing the Right Handlebar: Connect the **Hand Pulse Extension Wire (40)** from the **Left Handlebar (7)** and **Hand Pulse Sensor (91)** from the **Right Handlebar (6)**. Carefully tuck the excess wire into the **Left Handlebar (7)** and then insert the **Right Handlebar (6)** into the **Left Handlebar (7)**. Secure the **Right Handlebar (6)** to the **Left Handlebar (7)** with two **Hex Bolts (37)**, two **Curved Washers (17)**, two **Spring Washers (15)** and two **Cap Nuts (21)**. Tighten the **Cap Nuts (21)** and **Hex Bolts (37)** using the **Multi Hex Tool with Phillips Screwdriver** and **6 mm Allen Wrench** provided.

10c. Connecting the Pulse Wire to the Frame: Plug in the coiled section of the **Hand Pulse Wire (41)** to the **Lower Hand Pulse Wire (20)**.

Hardware Pack:



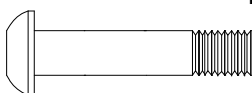
(42) Hex Bolt
4 PCS



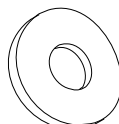
(43) Flat Washer
4 PCS



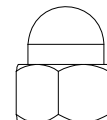
(54) Spring Washer
4 PCS



(37) Hex Bolt
2 PCS



(17) Curved Washer
2 PCS



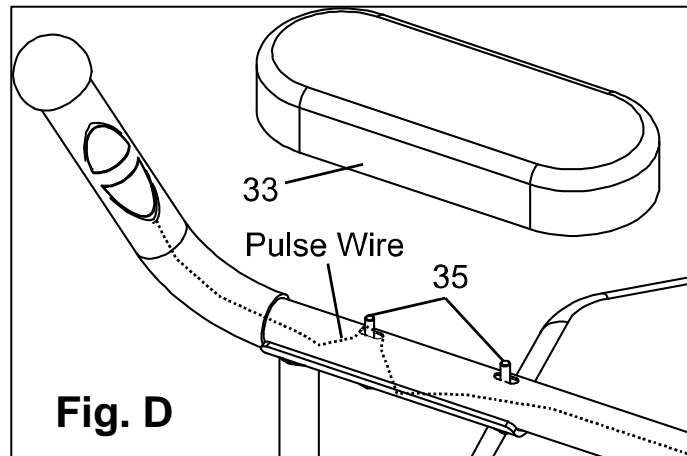
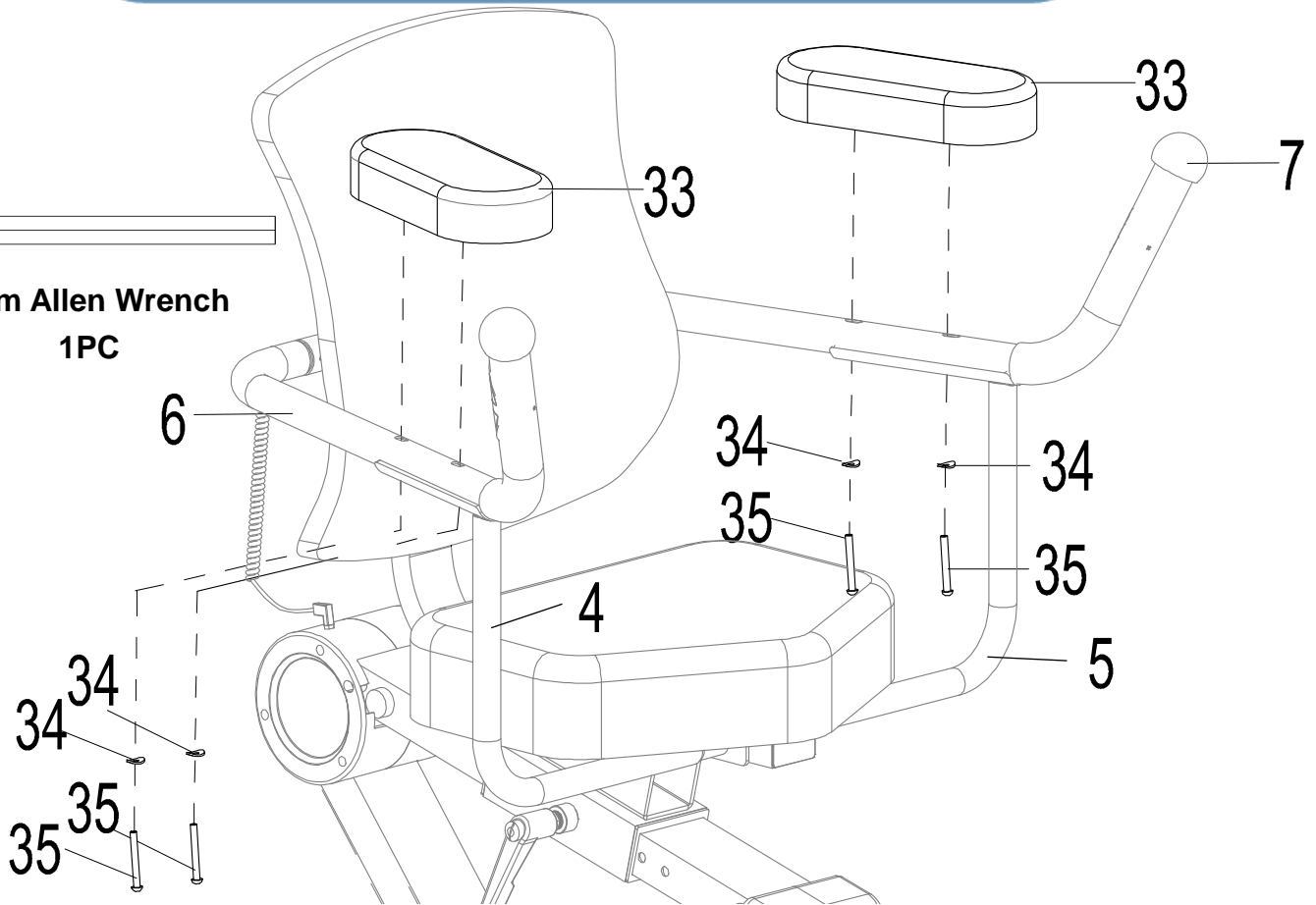
(21) Cap Nut
2 PCS



**(15) Spring
Washer 2PCS**

ASSEMBLY

Tool:



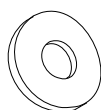
Step 11

11a. Installing the Arm Rests: Attach both **Arm Rest (33)** to the **Right/Left Handlebars (6) & (7)** and **Right/Left Handrail Support Tubes (4) & (5)** with four **Hex Bolts (35)** and four **Big Curved Washers (34)**.

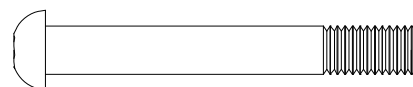
Note: To prevent damaging the **PULSE WIRE** in the frame, make sure it is **NOT** pushed out when inserting the **Hex Bolts (35)**. See Fig. D

11b. Tighten the **Hex Bolts (35)** using the **5mm Allen Wrench** provided.

Hardware Pack:



(34) Big Curved Washer
4 PCS



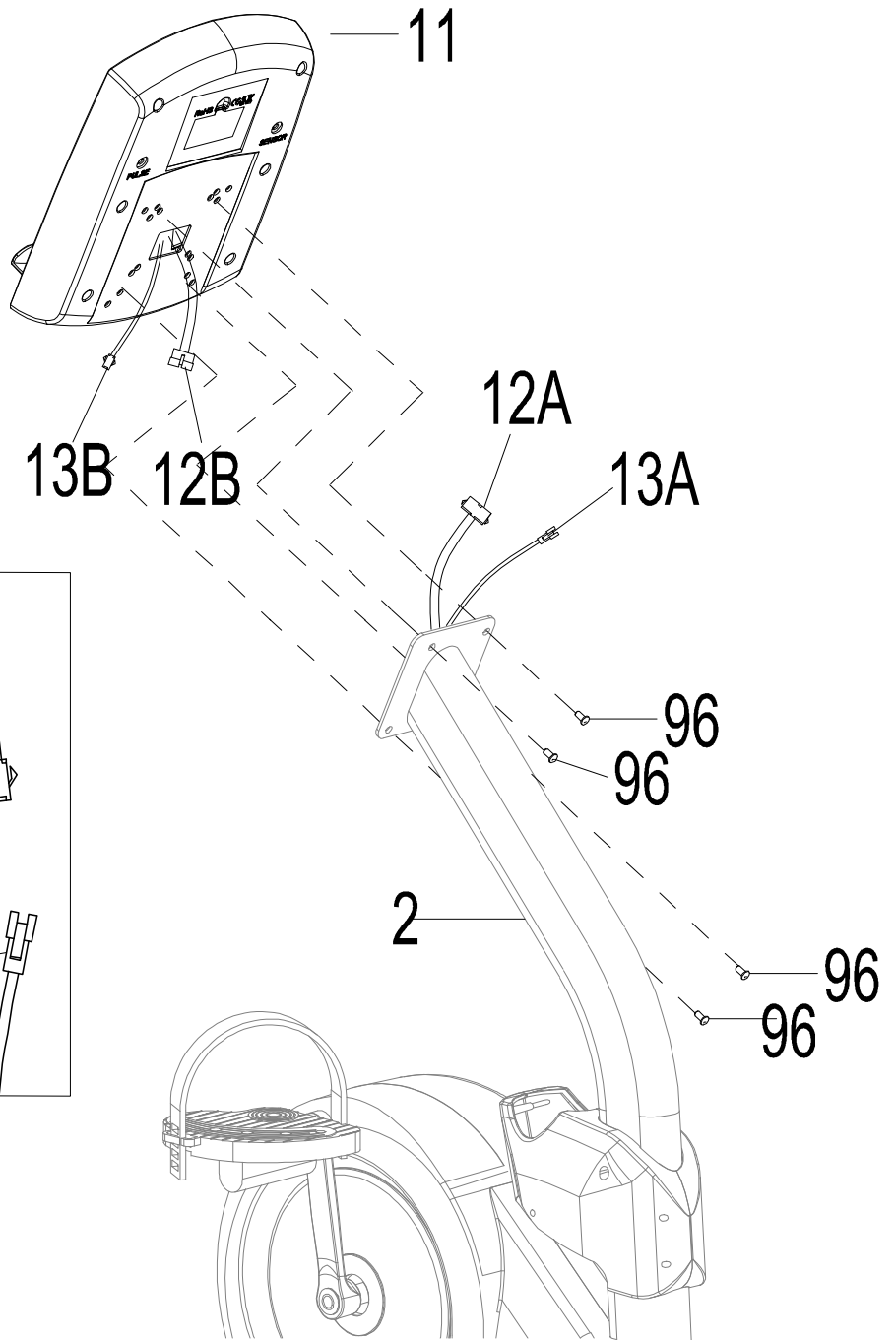
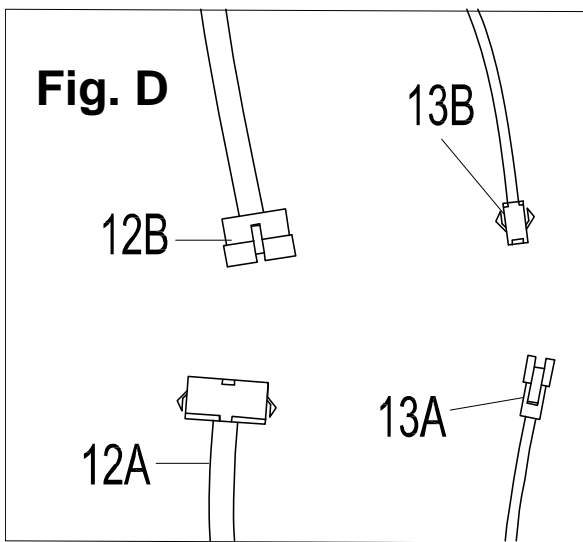
(35) Hex Bolt
4 PCS

ASSEMBLY

Tool:



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

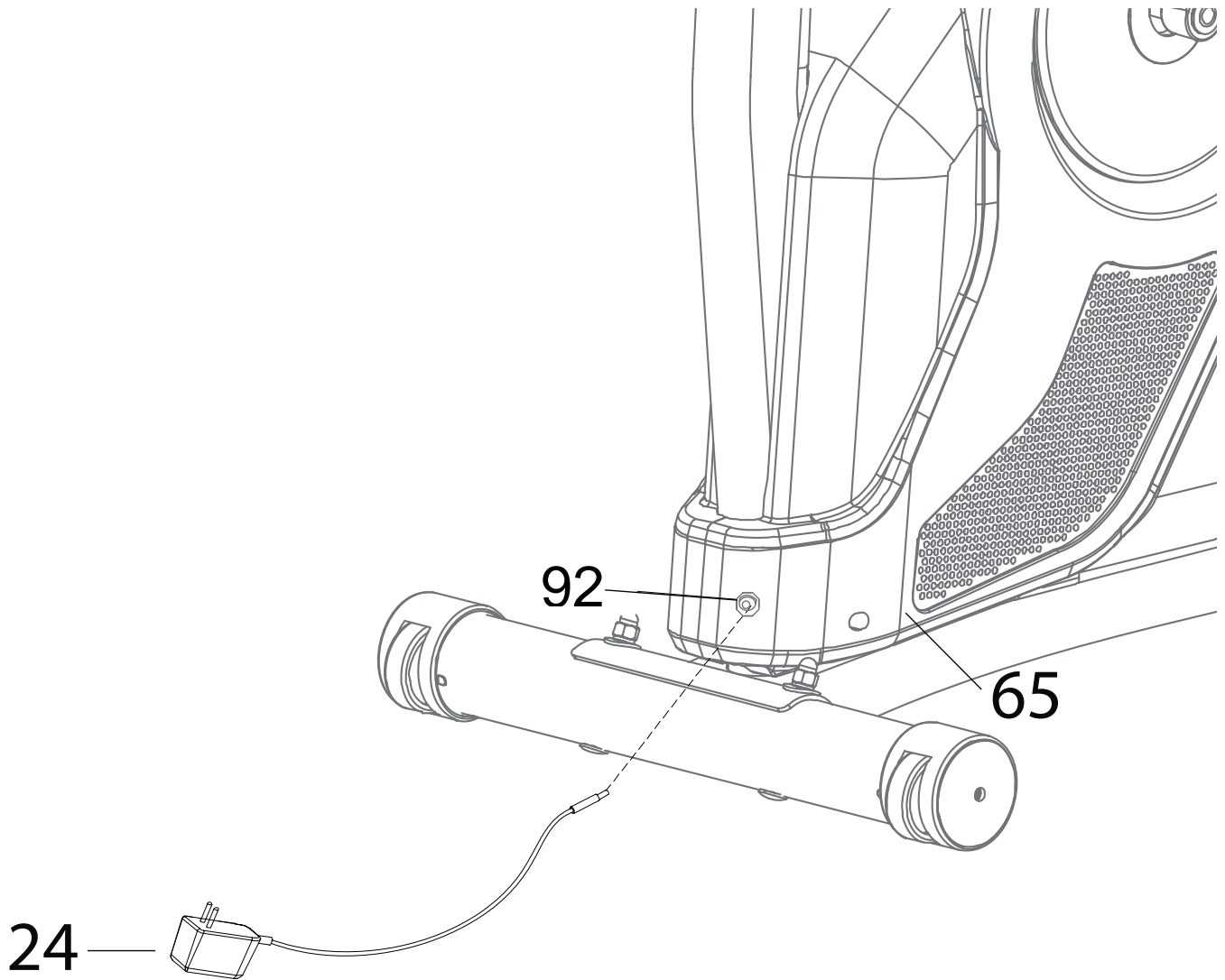


Step 12

12a. Removal of Hardware for Installation: Remove the four **Phillips Screws (96)** from the back of the **Console (11)**.

12b. Connecting the Console Wires: Connect the **Console Wire (12A)** from the **Front Post (2)** to the **Upper Console Wire (12B)** from the **Console (11)**. Connect the **Hand Pulse Wire (13A)** from the **Front Post (2)** to the **Upper Hand Pulse Wire (13B)** from the **Console (11)**. See **Fig. D**.

12c. Installing the Console: Attach the **Console (11)** onto the **Front Post (2)** with the four **Phillips Screws (96)**. Tighten the **Phillips Screws (96)** using the **Multi Hex Tool with Phillips Screwdriver** provided.



Step 13

13. Installing the Power Adaptor: Plug the small end of the **Adaptor (24)** into the **Adaptor Wire (92)** located on the front of the **Right Cover (65)**.

Note: This bike can only be powered by a power adapter that is plugged into a wall outlet.

Console Buttons:

START/STOP BUTTON:

1. Starts and Pauses a workout.
2. Holding the button for 3 seconds will reset the console for a new workout.

DOWN BUTTON:

1. Press to decrease the value of the selected workout parameter: TIME, DISTANCE, CALORIES.
2. Pressing during a workout will decrease the resistance load.

UP BUTTON:

1. Press to Increase the value of the selected workout parameter: TIME, DISTANCE, CALORIES.
2. Pressing during a workout will increase the resistance load.

ENTER BUTTON:

1. Press to select the Goal option (TIME, DISTANCE, CALORIES) prior to starting a workout.

RECOVERY BUTTON:

1. Press to enter into Recovery function when Console has the heart rate value.
 - a. The Recovery Scale is a range of F1 – F6, F1 signifies great fitness, and F6 signifies poor fitness.

MODE BUTTON:

1. Press to switch displayed workout values RPM to SPEED, ODO to DIST, and WATT to Calories during workout resistance during exercise.

DOWN: Press the DOWN button to navigate through the training program modes (Manual, Pre-set Programs, or User Program). To set target goals, and to decrease resistance during exercise.

ENTER: Press the ENTER button to confirm the selection of training program modes (Manual, Pre-set Programs, or User Program), and to Confirm Target goals.



PROGRAMS:

Profile Program:

The console has 24 Preset Program options to choose from to help challenge you and meet your fitness goals. See the diagram below.

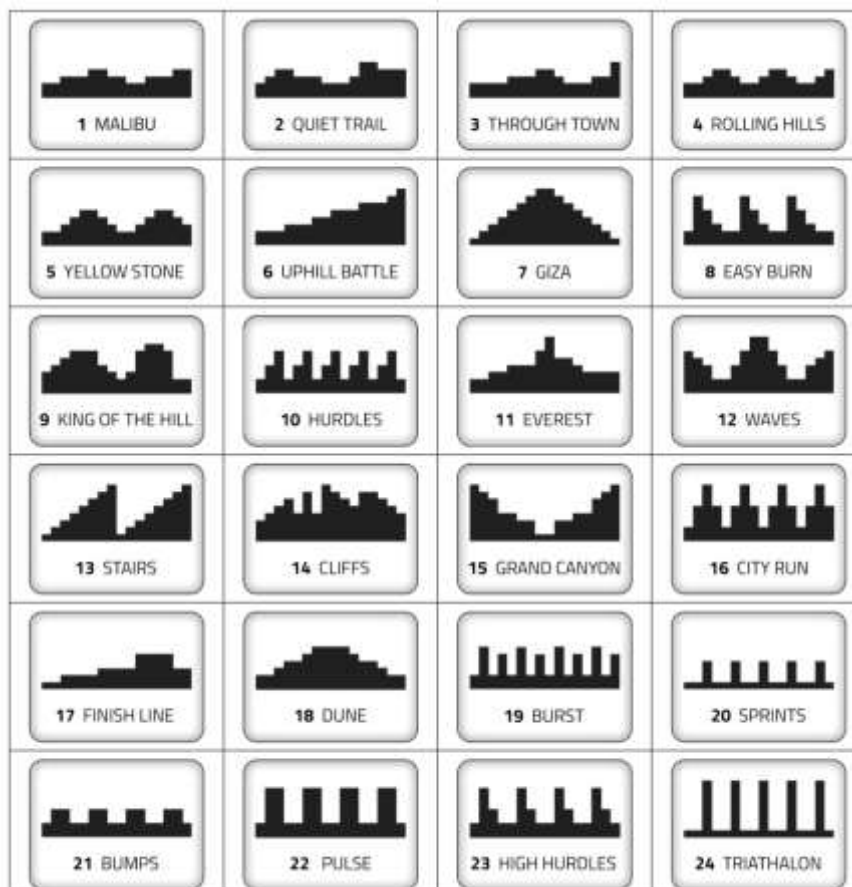
How to quick start a Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. To start an immediate workout press the START button once you have selected the desired program profile. Control the resistance level by pressing the UP or DOWN arrow buttons.

The console can be set to count down a Workout Goal based on TIME, DISTANCE, and CALORIES.

How to set a Workout Goal Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. Pressing the ENTER button will select the program profile on the screen. Next, the TIME goal parameter will flash. You can assign a value from which the console will count down by using the UP or DOWN buttons or press ENTER again to set a DISTANCE or CALORIE goal. Press the START button to initiate your workout. When a goal is achieved the console will sound an alarm and stop the workout.

Note: Multiple Workout Goals can be set. When one of the parameter reaches zero the console will stop your workout. To continue your workout and reach the other Workout Goals you have set, press the START button twice in order to resume.

Program Profiles:

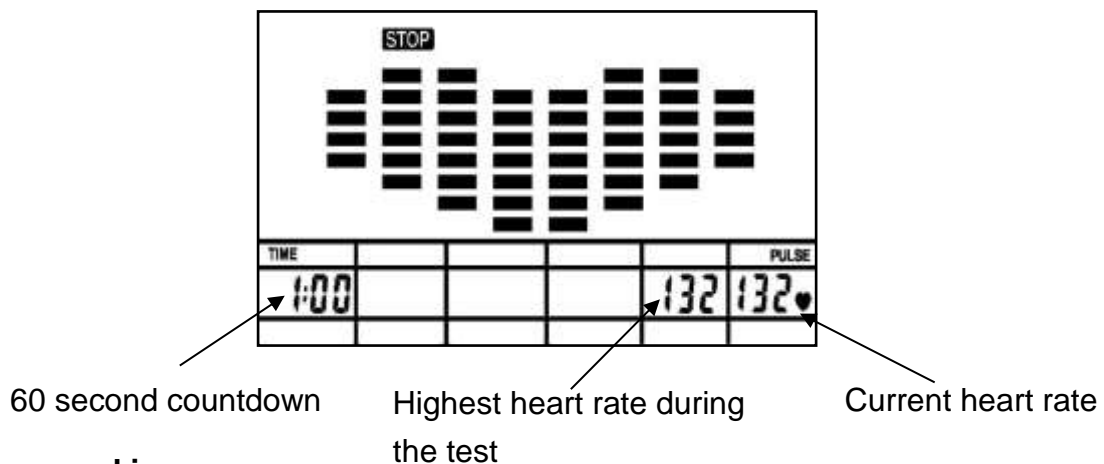


Recovery Program:

The Recovery Program gives you feedback about the rate at which your heart recovers after a workout. The recovery rating is a value in which your personal fitness can be judged. Your recovery rating is calculated by evaluating how large the difference is between your peak heart rate at the end of a workout and your heart rate after 60 seconds of resting.

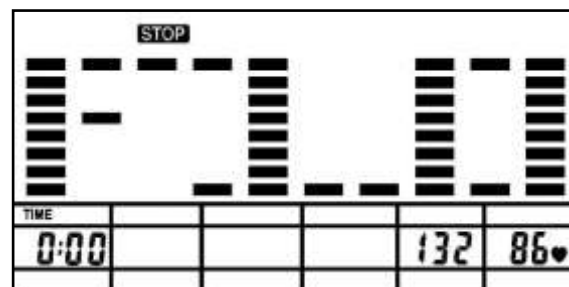
How it works: The larger the difference between your peak heart rate and your resting heart rate after 60 seconds, the better your recovery rating. A fit person's heart rate will decrease faster and be scored closer to F1.

How to activate Recovery Program: After your workout stop pedaling and hold the heart rate sensors so the console detects a pulse. Push the RECOVERY button. A large heart will be displayed on the screen, along with your highest heart rate during the test, your current heart rate, and the time remaining for the test. The test will last 60 seconds, hold the heart rate sensors for the entire duration. Once the test is complete, the console will beep 3 times, and display your score. The two heart rate values (your highest heart rate and your heart rate at the end of the test) will continue to be displayed on the lower right corner.



The fitness ranking

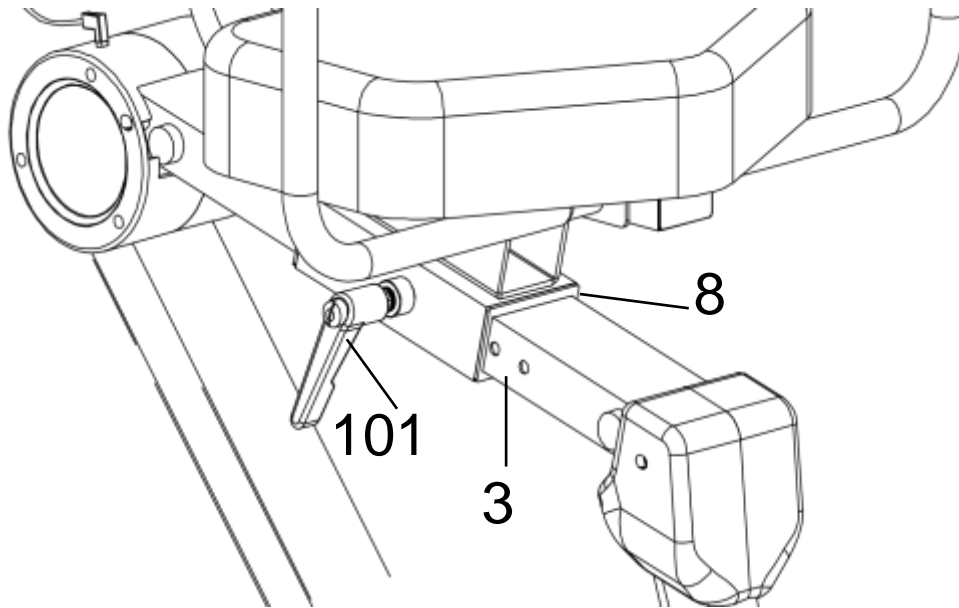
- F1 – excellent fitness
- F2 – good fitness
- F3 – satisfactory fitness
- F4 – minimal fitness
- F5 – fitness needs improvement
- F6 – fitness needs major improvement



Score screen: F1.0

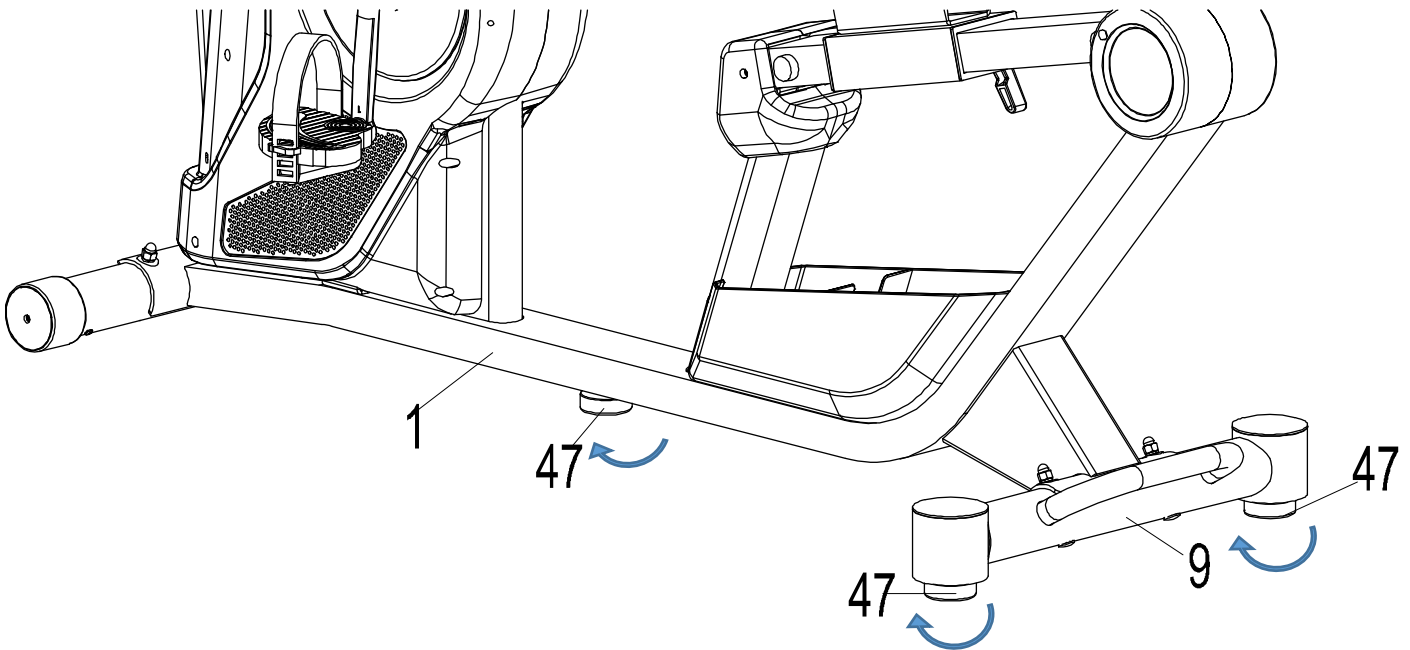
Note: These ranking are for very basic fitness tracking, for more accurate health information consult with your personal care physician.

ADJUSTMENTS



Adjusting the Seat Forward or Back

1. To adjust the seat to your height, loosen and pull the **Adjustable Pin (101)** to release the **Seat Post (8)**.
2. Adjust the seat to a comfortable position and then lock the **Adjustable Pin (101)** into one of the locking holes along the **Seat Slide Tube (3)** to lock the **Seat Post (8)** into place.



Adjusting the Stability of the Bike

1. Turn the **Adjustable Pads (47)** on the **Rear Stabilizer (9)** as needed to level the recumbent bike.
2. Turn the **Adjustable Pad (47)** on the bottom of the **Main Frame (1)** so that it is making contact with the floor, this is to help prevent the middle of the frame bouncing.
3. **Do not extend the Adjustable Pad (47) on the bottom of the Main Frame (1) too far, as this will cause the bike to tilt and be off balance.**

TROUBLE SHOOTING

1. **PROBLEM:** The recumbent bike wobbles when in use.
 - 1) **SOLUTION:** Turn the **Adjustable Pads (47)** on the **Rear Stabilizer (9)** or on the bottom of the **Main Frame (1)** as needed to level the recumbent bike.
2. **PROBLEM:** The display on the **Console (11)** does not turn on.
 - 1) **SOLUTION:** Remove the **Console (11)** and verify that the wires from the **Console (11)** are properly connected to the wires of the **Front Post (2)**.
 - 2) **SOLUTION:** Check that the **Adaptor (24)** is securely connected to the **Adaptor Wire (92)**, and that it is plugged into an electrical outlet.
3. **PROBLEM:** Not displaying, inconsistent, or erratic heart rate readings
 - 1) **SOLUTION:** Always hold onto the **Hand Pulse Sensors (91)** with both hands. Maintain moderate pressure when holding onto the **Hand Pulse Sensors (91)**.
 - 2) **SOLUTION:** Make sure the wire connections for the **Hand Pulse Sensors (91)** are all securely connected.
 - 3) **SOLUTION:** Wipe your excess moisture off your hands.
4. **PROBLEM:** The recumbent bike makes a squeaking noise when in use.
 - 1) **SOLUTION:** The bolts may be loose on the recumbent bike. Inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

Cleaning:

1. The recumbent 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 recumbent 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.

TROUBLESHOOTING & MAINTENANCE

Problem	Potential Cause	Correction
E1	1. The motor does not activate	Motor Problems Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then contact customer service.

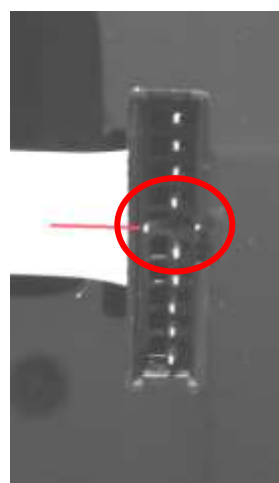
Problem	Potential Cause	Correction
E2	1. There is something wrong with the cables.	Check if the cables are damaged or not to cause circuit short.
	2. There is something wrong with the computer.	Change the computer. Contact customer service
	3. There is something wrong with the motor.	Change the motor. Contact customer service

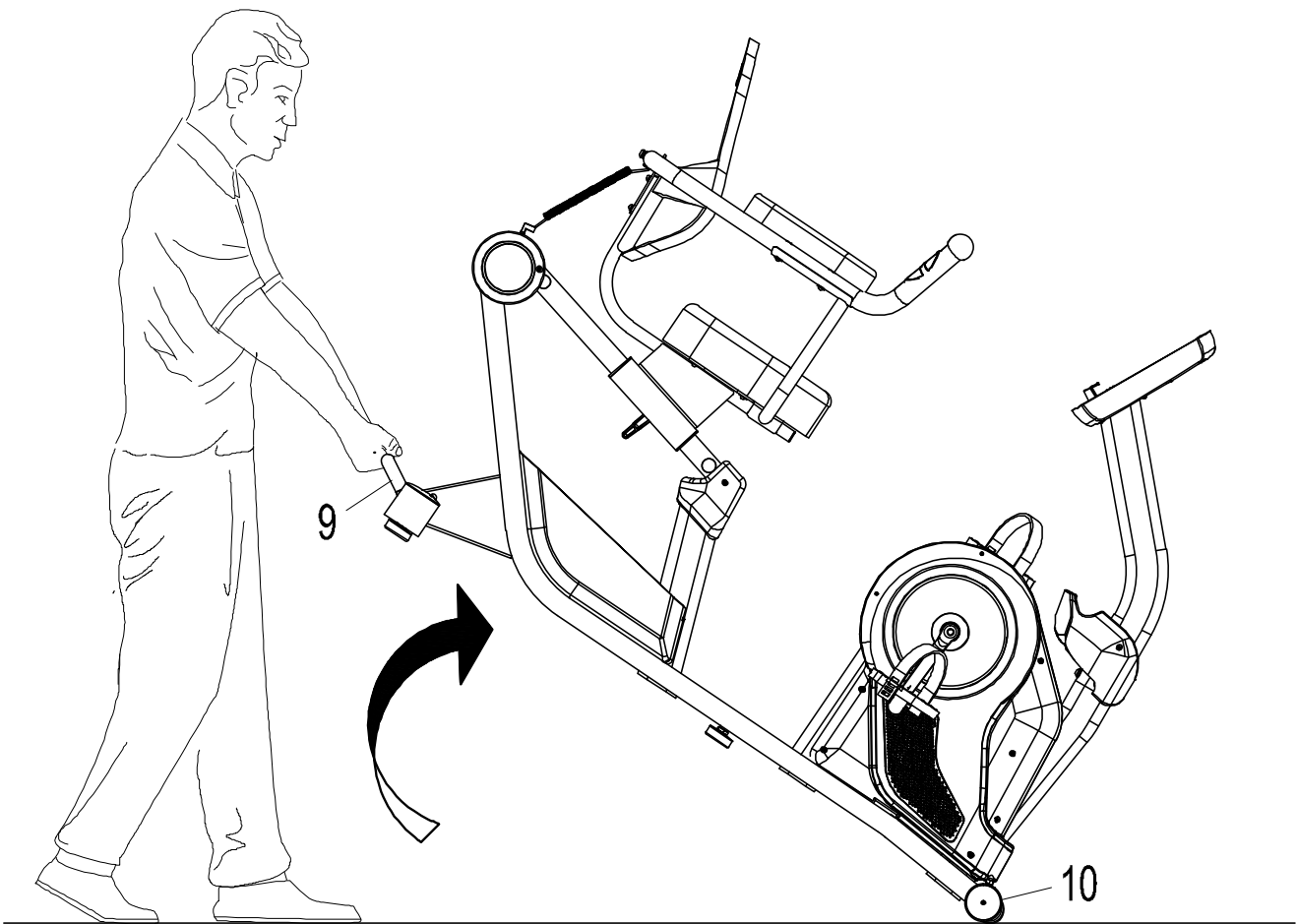
WARNING: Before connecting any cables, make sure the Metal Prongs of the cables are OKAY.

Correct



Incorrect





Transporting the Bike

Lift the **Rear Stabilizer (9)** with both hands until the Wheels of the **Front Stabilizer (10)** make contact with the ground. Pull or push the bike to the desired work out area or storage area. Gently lowering the bike after transporting, and always maintain both hands on the handle of the **Rear Stabilizer (9)** while transporting.

Storage

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

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Structural Frame	5 years For Home Use Only
Parts	1 year For Home Use Only
Electronic/Wearable Parts	1 year 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:

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