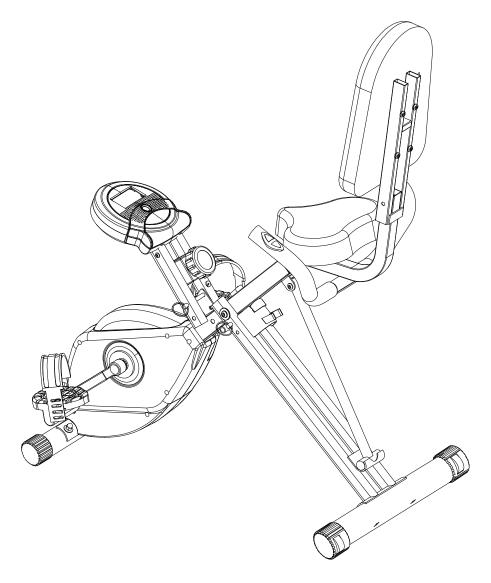


Foldable Semi-Recumbent Bike





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:

1-844-641-7921

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

1-844-641-7921

Response time may vary via calling

Refer to our email for the best response time

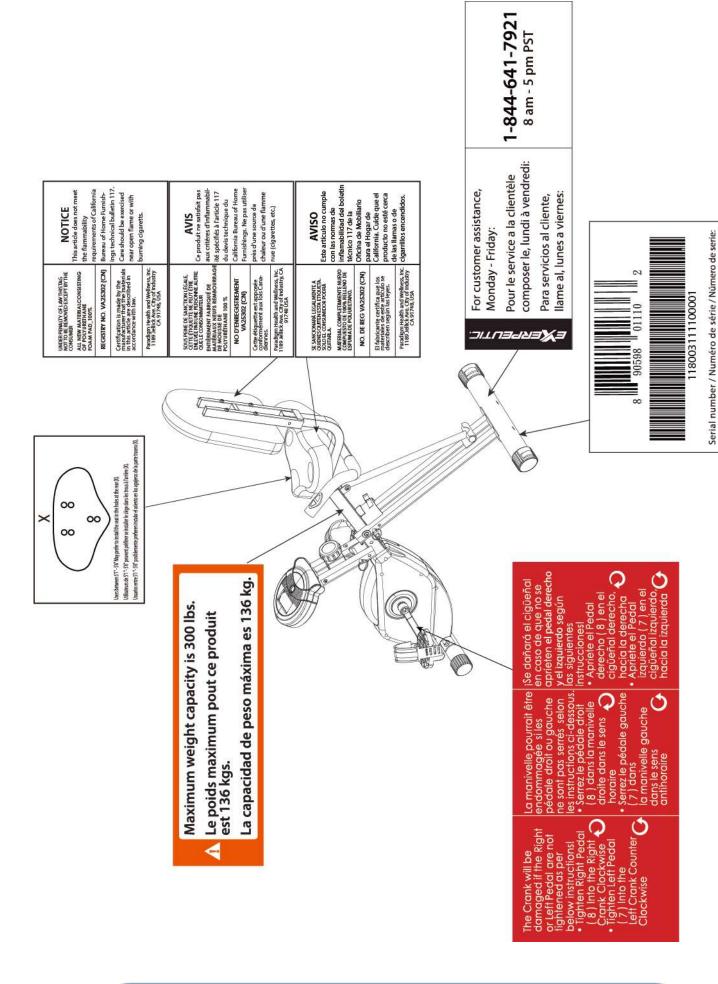
Please have the following information ready when requesting for service:

- 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



MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety guidelines when using this equipment. Read all of the guidelines before using this equipment.

- 1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.
- 2. Make sure all the components are not damaged and are in working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar, covering material on the ground is recommended.
- 3. Wear proper fitness apparel when using this equipment. Do not wear loose clothing or accessories that may get caught by any part of the equipment.
- 4. Make sure all the components are not damaged and are in working order before using.
- 5. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or moist condition.
- 6. Do not use the equipment outdoors. This equipment is for household use only.
- 7. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
- 8. Only one person should be on the equipment at a time. Keep children and pets away from the product at all times. This machine is designed for adults only.
- 9. Be careful to always hold onto the handlebars when you're mounting and dismounting. Be careful to have the pedals at their lowest point when stepping off.
- 10. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
- 11. This product requires a minimum of 6 square feet around for safe operation.
- 12. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
- 13. DO NOT pedal in reverse.

The maximum weight capacity for this product is 300 lbs/136 kgs.

AWARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems.

ACAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

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) and maximum rated user height:

The Maximum Weight Capacity for this product is 300lbs/136kgs.

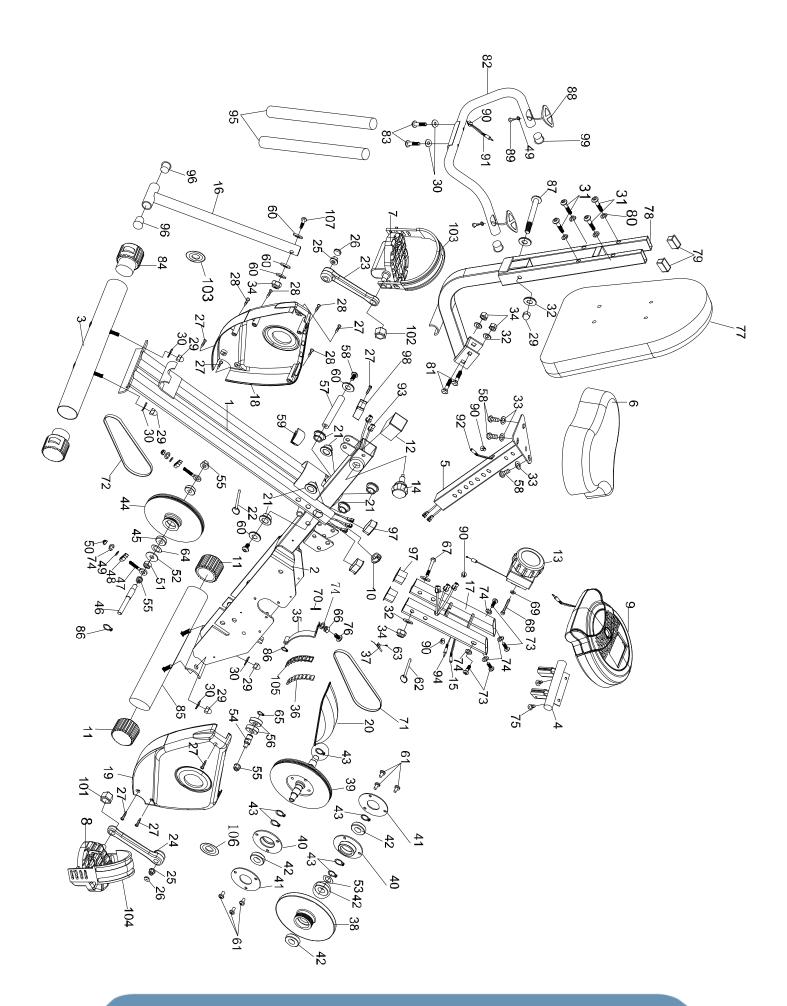
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES



The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Rear Frame	1
2	Front Frame	1
3	Rear Stabilizer	1
4	Computer Bracket	1
5	Seat Post	1
6	Seat Cushion	1
7	Left Pedal	1
8	Right Pedal	1
9	Computer	1
10	Wire Plug	1
11	Front Stabilizer End Cap	2
12	Seat Post Plastic Bushing	1
13	Tension Control Knob	1
14	Seat Height Adjustment Knob	1
15	Connection Wire A	1
16	Support Tube	1
17	Computer Post	1
18	Left Shroud	1
19	Right Shroud	1
20	Top Shroud	1
21	Plastic Bushing	6
22	Safety Pin A	1
23	Left Crank	1
24	Right Crank	1
25	Flange Nut	2
26	Crank Cover	2
27	Self-Drilling Screw M4x20	7
28	Self-Tapping Screw M4x20	4

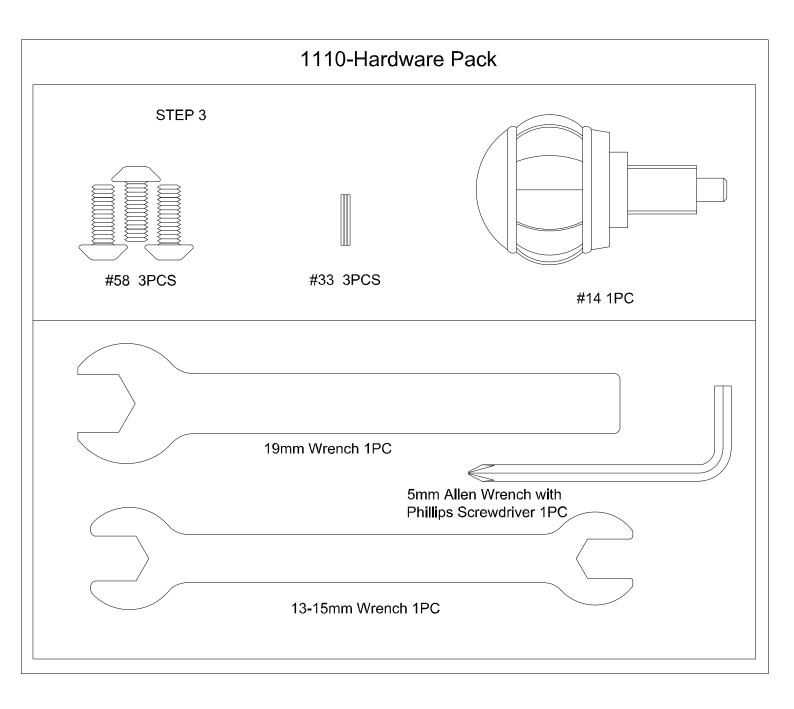
No.	Description	Qty
29	Hexagon Cap Nut M8	4
30	Curve Washer Ø8.2xØ22.2	6
31	Hexagon Socket Bolt M8x45L	4
32	Flat Washer Ø8.2xØ25x1.5t	2
33	Flat Washer Ø8.2	3
34	Nylon Nut M8	2
35	Magnet Bracket	1
36	Magnet	6
37	Sensor with Wire	1
38	Flywheel	1
39	Belt Wheel with Crank Axle	1
40	Bearing Bracket A	2
41	Flange Gasket	2
42	Bearing 6003RS	4
43	C-ring Ø17	6
44	Belt Wheel	1
45	Bearing 6000Z	2
46	Axle I	1
47	Eyebolt M6	2
48	Tension Bracket	2
49	Washer Ø6.2	4
50	Nylon Nut M6	2
51	Hex Nut M10	3
52	Washer ID10.2*OD25	2
53	Wave Washer Ø17	1
54	Idle Wheel Axle	1
55	Flange Nut M10	3
56	Bearing	2

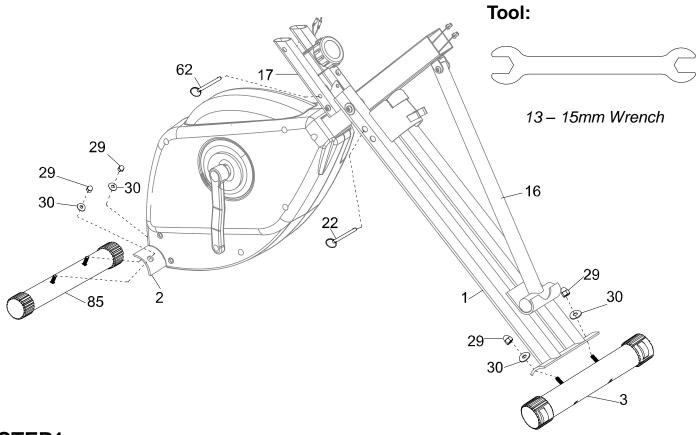
PARTS LIST

No.	Description	Qty
57	Axle II	1
58	Hexagon Socket Bolt M8x15	3
59	Rubber Cushion	1
60	Washer Ø8.2xOD25x2.0T	5
61	Hex Bolt M6x10	6
62	Safety Pin B	1
63	Round Head Phillips Screw M4x10	1
64	Wave Washer Ø15	1
65	C-Ring Ø15	1
66	Hex Nut M6	1
67	Socket Hex Bolt M8x100L	1
68	Screw	1
69	Washer	1
70	Spring	1
71	Belt I	1
72	Belt Ⅱ	1
73	Hexagon Socket Bolt M6x12	4
74	Spring Washer Ø6.2	7
75	Screw	2
76	Flat Head Phillips Screw M6x20	1
77	Back Cushion	1
78	Back Frame	1
79	Sqaure End Cap 15x30	2
80	Spring Washer Ø8.2	4
81	Carriage Bolt M8x50L	2

No.	Description	Qty
82	Handlebar	1
83	Hex Bolt M8x40L	2
84	Wheel Cap	2
85	Front Stabilizer	1
86	C-RING Ø10	2
87	Hex Bolt M8x80L	1
88	Hand Pulse Sensor	2
89	Self-Tapping Screw M4x20L	2
90	Wire Plug	4
91	Hand Pulse Wire	1
92	Connection Wire B 350MM	1
93	Connection Wire C 330MM	2
94	Connection Wire D 270MM	1
95	Foam Grip	2
96	Round Cap Ø22.2	2
97	Oval End Cap 20x40	4
98	Front Frame Support TubeHolder	1
99	Round Cap Ø25.4	2
101	Nylon Nut 9/16 UNC12(R)	1
102	Nylon Nut 9/16 UNC12(L)	1
103	Left Pedal Strap	1
104	Right Pedal Strap	1
105	Magnet Plastic Bracket	1
106	Crank Cap	2
107	Hex Bolt M8x43L	1

HARDWARE & TOOLS PACK





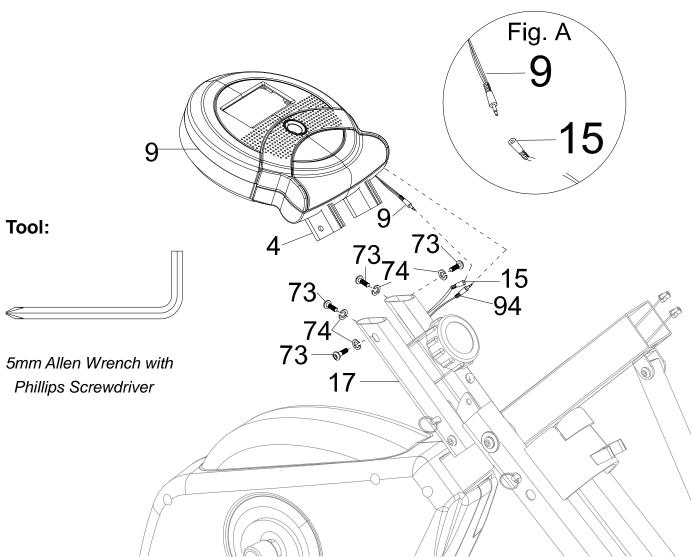
STEP1

Remove the Safety Pin A (22) from the Rear Frame (1) and the Safety Pin B (62) from the Computer Post (17). Pull the Rear and Front Frames (1, 2) apart from each other. Rest the Support Tube (16) into the hooked plate on the Rear Frame (1). Align the upper pin holes on the Rear and Front Frames (1, 2), then insert the removed Safety Pin A (22) into the upper holes to lock the frames in place. Align the pin holes on the Computer Post (17) and Front Frame (2), and then insert the removed Safety Pin B (62) into the holes to lock the Computer Post (17) in place.

Remove the two **Hexagon Cap Nuts (29)** and two **Curve Washers (30)** from the **Front Stabilizer (85)**, and the **Rear Stabilizer (3)**.

Attach the **Front Stabilizer (85)** to the curved bracket on the **Front Frame (2)** with the two **Hexagon Cap Nuts (29)** and two **Curve Washers (30)** that were removed. Tighten the **Hexagon Cap Nuts (29))** with the **13 – 15mm Wrench** provided.

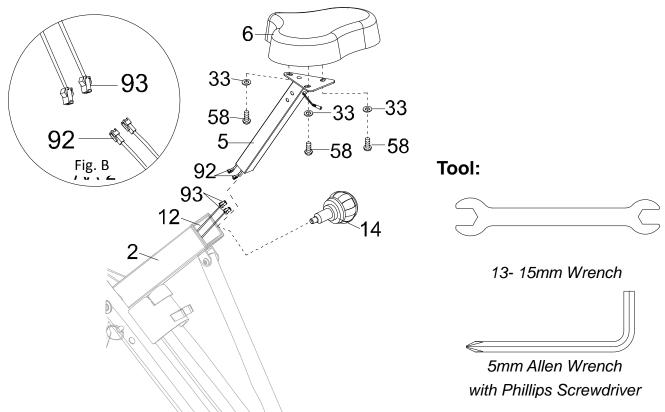
Attach the Rear Stabilizer (3) to the curved bracket on the Rear Frame (1) with the two Hexagon Cap Nuts (29) and two Curve Washers (30) that were removed. Tighten the Hexagon Cap Nuts (29) with the 13 – 15mm Wrench provided.



Step 2

Remove the four Hexagon Socket Bolts (73) and four Spring Washers (74) from the Computer Bracket (4). Connect the Connection Wire A (15) from the Computer Post (17) to the wire that comes from the Computer (9). Plug in the Connection Wire D (94) from the Computer Post (17) into the receptacle on the back of the Computer (9) labeled "Pulse". See Fig. A.

Slide the Computer Bracket (4) into the Computer Post (17). Re-install the four Hexagon Socket Bolts (73) and four Spring Washers (74) that were removed. Tighten bolts with the 5mm Allen Wrench with Phillips Screwdriver provided.



Step 3

The **Seat Cushion (6)** has 2 sets of adjustment holes. It is recommended that users between **5'1" to 5'6"** use the holes at the rear of the seat. It is recommended that users between **5'7" to 6'3"** us the holes at the front of the seat.

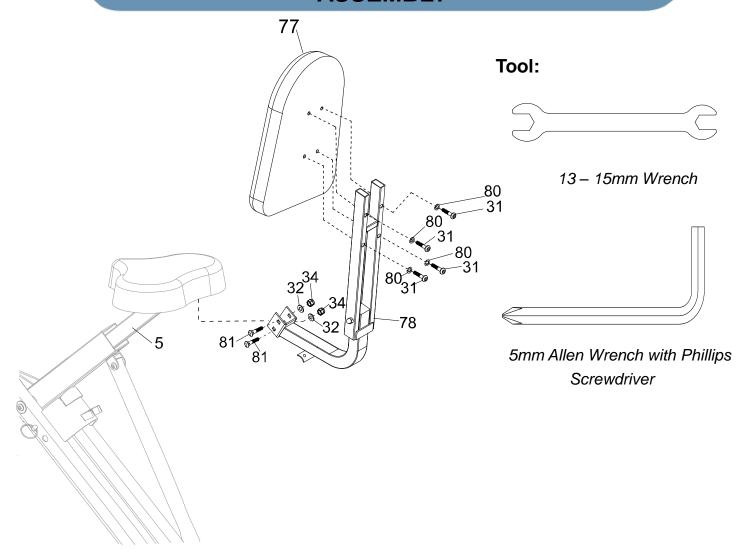
To attach the **Seat Cushion (6)** to the **Seat Post (5)** first, align the holes, then attach it using three **Flat Washers (33)** and three **Hexagon Socket Bolts (58)**. Tighten the bolts with the **5mm Allen Wrench with Phillips Screwdriver** provided.

Connect the Connection Wires B (92) from the Seat Post (5) to the Connection Wires C (93) from the Front Frame (2) as shown in Fig. B.

Insert the Seat Post (5) into the Seat Post Plastic Bushing (12) and install the Seat Adjustment Knob (14) to the threaded hole on the right side of the Front Frame (2) by turning it clockwise, making sure that the safety pin of the Adjustment Knob (14) catches one of the height adjustment holes of the Seat Post (5) Prior to fully tightening.

HARDWARE:

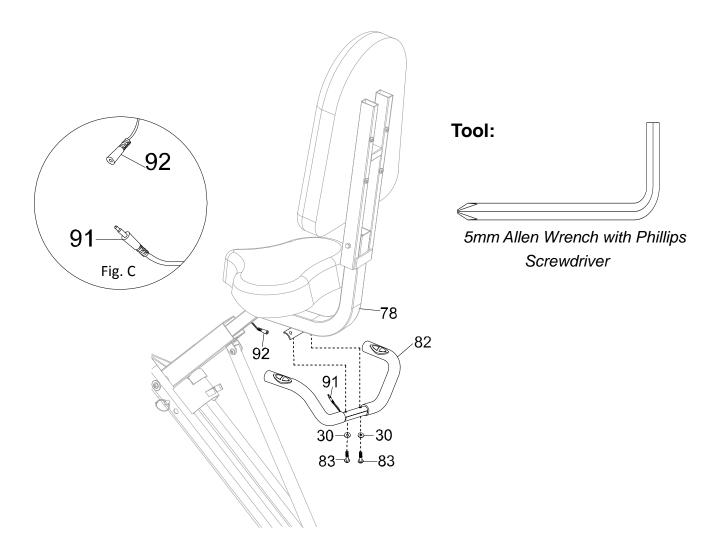




Step 4

Remove the four Hexagon Socket Bolts (31) and four Spring Washers (80) from the Back Cushion (77). Then attach the Back Cushion (77) onto the Back Frame (78) with the four Hexagon Socket Bolts (31) and four Spring Washers (80) that were removed. Tighten the Hexagon Socket Bolts (31) with the 5mm Allen Wrench with Phillips Screwdriver provided.

Remove two Flat Washers (32), two Nylon Nuts (34), and two Carriage Bolts (81) from the Back Frame (78). Then attach the Back Frame (78) onto the Seat Post (5) with the two Flat Washers (32), two Nylon Nuts (34), and two Carriage Bolts (81) that were removed. Tighten the Carriage Bolts (81) and Nylon Nuts (34) with the 5mm Allen Wrench with Phillips Screwdriver and 13 – 15mm Wrench provided.



Step 5

Remove the two Curve Washers (30) and two Hexagon Socket Bolts (83) from the Handlebar (82). Then attach the Handlebar (82) onto the Back Cushion Frame (78) with the two Curve Washers (30) and two Hexagon Socket Bolts (83) that were removed. Tighten the bolts with the 5mm Allen Wrench with Phillips Screwdriver provided.

Connect the Hand Pulse Wire (91) from the Handlebar (82) to the Connection Wire B (92) from the Seat Post (5) as shown in Fig. C.

Important:

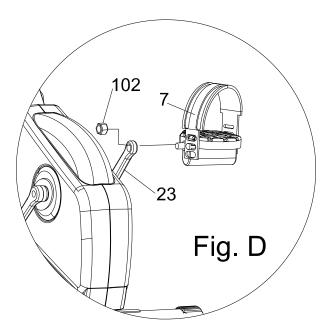
Screw Right Pedal (8) into right crank hole clockwise!

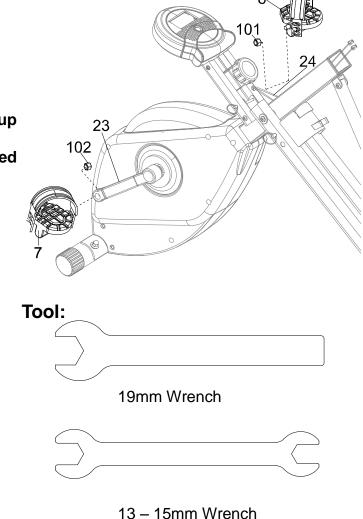
Screw Left Pedal (7) into Left crank hole counter-clockwise!

Important:

Make sure the right pedal matches up with the right crank and the left pedal matches up with the left crank.

If reversed the cranks may become damaged or stripped.





Step 6

Loosen the Nylon Nut (L)(102) and Nylon Nut (R)(101) from the Left and Right Pedals (7) & (8) first. The Cranks, Pedals, Pedal Shafts and Pedal Straps are marked "R" for Right and "L" for Left.

Insert the **Left Pedal (7)** into the threaded hole in the **Left Crank (23).** Turn the pedal shaft by hand in a counter-clockwise direction until snug.

Note: DO NOT turn the left pedal shaft in a clockwise direction, doing so will strip the threads. Tighten the Left Pedal (7) with the 13-15mm Wrench provided, then tighten the Nylon Nut (L) (102) with the 19mm Wrench provided as shown in Fig. D.

Insert the **Right Pedal (8)** into the threaded hole in the **Right Crank (24)**. Turn the pedal shaft by hand in a clockwise direction until snug.

Tighten the **Right Pedal (8)** with the **13-15mm Wrench** provided then tighten the **Nylon Nut (R) (101)** with the **19mm Wrench** provided.

COMPUTER

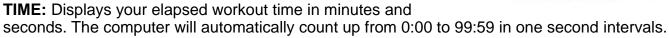
SPECIFICATIONS:

TIME	0:00-99:59 MIN: SEC
SPEED	
DISTANCE	0.0-999.9 ML
CALORIE	0.0-999.9 KCAL
ODOMETER	0.0-999.9 ML
PULSE	40-240 BEATS/MIN

COMPUTER FUNTIONS:

AUTO ON/OFF: The computer will automatically turn on when exercise is detected. If you leave the computer idle for 4 minutes, the power will shut off automatically.

SCAN: Press the button until the screen displays SCAN; the computer will automatically scan the functions of **TIME**, **ODOMETER**, **CALORIE**, **PULSE**, **SPEED**, and **DISTANCE**, every 6 seconds.



SPEED: Displays your workout speed in miles per hour.

DISTANCE: Displays the total distance traveled during each workout up to a maximum of 999.9 miles.

CALORIE: The computer will estimate the cumulative calories burned at any given time during your workout. The computer will count up from 0.0 to 999.9 calories.

ODOMETER: Displays the total accumulative distance traveled during each workout up to a maximum of 999.9 miles. The data values of the ODOMETER will not be reset to zero when pressing and holding the button more than 2 seconds. If user takes out the batteries out from the computer, the ODOMETER data values will reset to zero.

PULSE: The computer will display your pulse rate in beats per minute after holding both hands on the handlebar grip sensors during exercise. To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of one.

RESET: pressing and holding the button more than 2 seconds will reset all functional values to zero except for the odometer data values.

HOW TO INSTALL THE BATTERIES:

- 1. Remove the battery cover at the rear of the computer.
- 2. Place two "SIZE-AAA" batteries into the battery housing.
- 3. Ensure the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
- 4. Re-install the battery cover.
- 5. If the display is illegible or only partial legible, remove the batteries and wait 15 seconds before reinstalling.



ADJUSTMENTS

Adjusting the Tension Control Knob

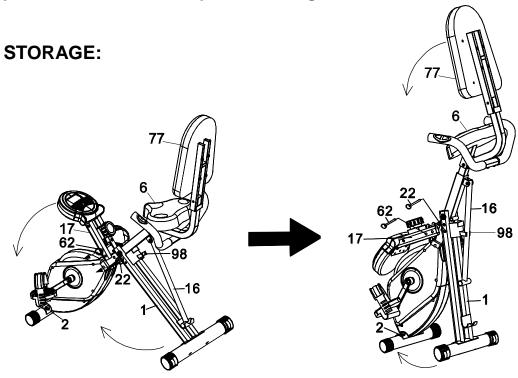
To increase the resistance, turn the tension control knob in a clockwise direction.

To decrease the resistance, turn the tension control knob in a counterclockwise direction.

Adjusting the Seat Height

Turn the seat height adjustment knob in a counter-clockwise direction until the seat post can be slid up or down. Slide the seat post to a confortable position and then lock the seat post in place by tightening the seat height adjustment knob in a clockwise direction.

NOTE: When adjusting the height of seat post, make sure the MAX line on the right side of the seat post does not exceed the plastic bushing.

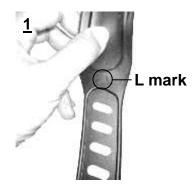


For your convenience, the bike can be folded up and relocated.

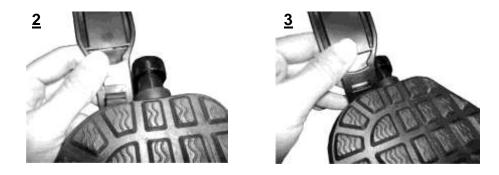
- 1. Remove the Safety Pin A (22) from the upper hole on the Rear Frame (1) and remove the Safety Pin B (62) from the Computer Post (17).
- 2. Push the Rear and Front Frames (1, 2) together until they are at their closest position. Then reinsert the Safety Pin A (22) into the lower hole on the Rear Frame (1) to lock the Rear and Front Frames (1, 2) together.
- 3. Pivot the **Computer Post (17)** down and reinsert the **Safety Pin B (62)** into the hole from which it was removed.
- 4. Push the Front Frame Support Tube (16) into the Front Frame Support Tube Holder (98).
- 5. Pivot th Back Cushion (77) down to lay flat against the Seat Cushion (6).

ADJUSTMENTS

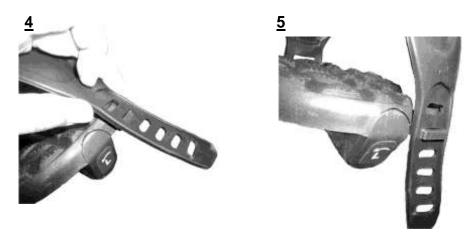
Adjusting the Pedal Strap



The Left Pedal Strap (88) is marked with an L on the strap. See Figure 1.



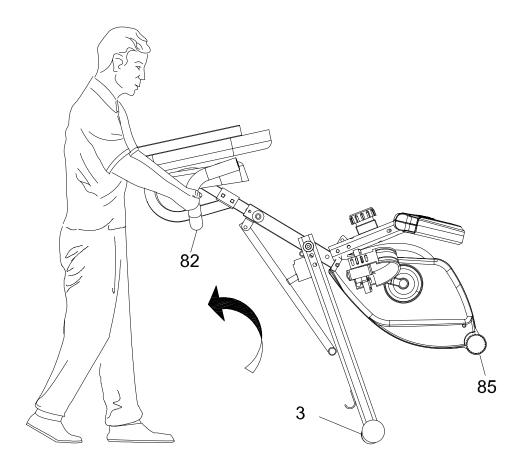
Snap the three hole end onto the inside edge of the Left Pedal Strap (88) (see Figures 2 and 3).



Select one of the adjustment holes which allow your foot to be easily removed from the pedal. Snap the other end onto the outside edge of the **Left Pedal Strap (88)** with the L mark on the strap. **See Figures 4 and 5.**

Use the same procedure to snap the Right Pedal Strap (89) onto the right pedal.

TRANSPORTING THE BIKE



Transporting the Bike

Hold the **Handlebar (82)** and pull the machine until the wheels on the **Rear Stabilizer** (3) make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Front Stabilizer (85)** to the ground.

MAINTENANCE & TROUBLESHOOTING

MAINTENANCE

Cleaning

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

Keep the bike, especially the computer console out of direct sunlight to prevent screen damage. Inspect all of the assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage

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

TROUBLE SHOOTING

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the frame.

SOLUTION: Check if the batteries are correctly positioned 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.

PROBLEM: There is no heart rate reading or the heart rate reading is erratic or inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are securely connected.

SOLUTION: To ensure the pulse readout is precise, always hold on to the handlebar grip sensors with two hands.

SOLUTION: Avoid gripping the hand pulse sensors too tightly. Try to maintain moderate pressure while holding onto the hand pulse sensors.

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 1 year For Home Use Only
All Other Components 90 days For Home Use Only

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

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

- 1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
- 2. Use of this product beyond normal home use, or in an application for which it was not designed;
- 3. Cosmetic items such as scratches, dents or discolorations;
- 4. Damage caused by normal wear and tear, vandalism, accidental, and 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#	DI	DESCRIPTION		QTY	

[&]quot;YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

^{*} This form can also be faxed in Fax #: 626-810-2166