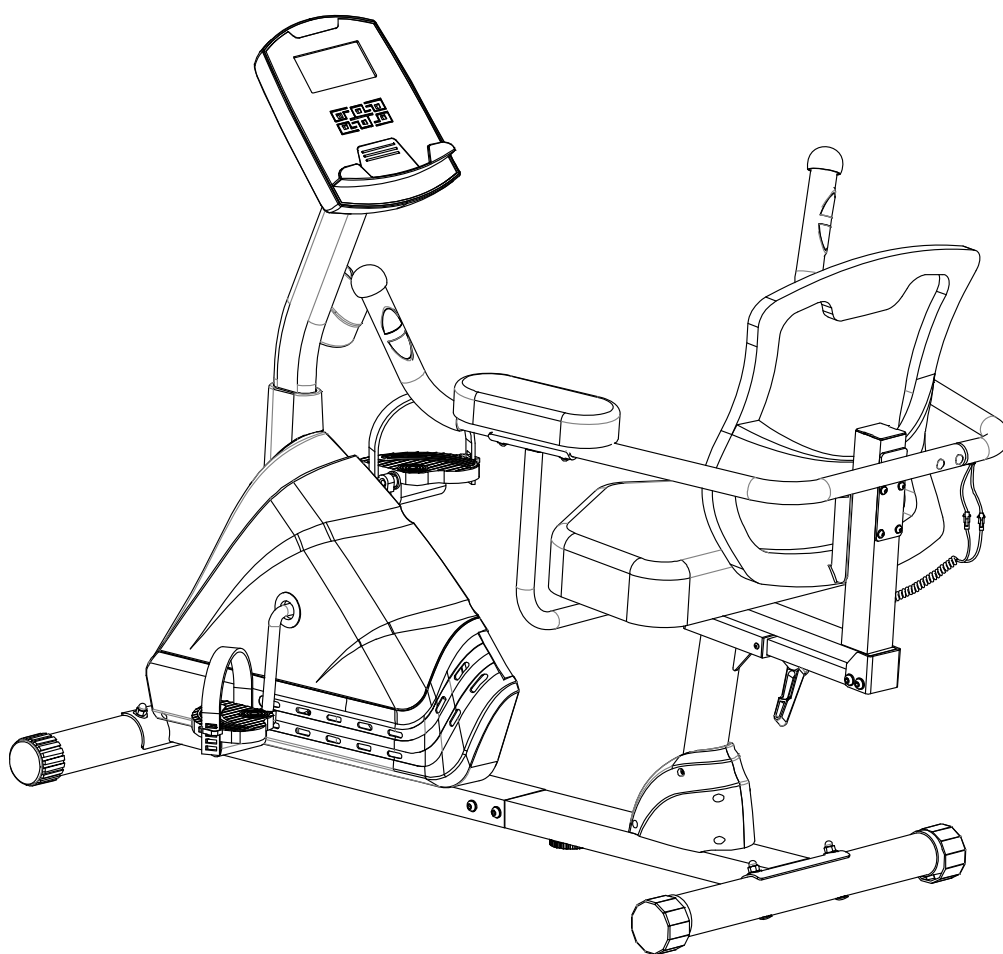


MyCloud Fitness App Recumbent Bike



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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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:

1-844-641-7921

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

Response time may vary via calling

Please have the following information ready when requesting for service:

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

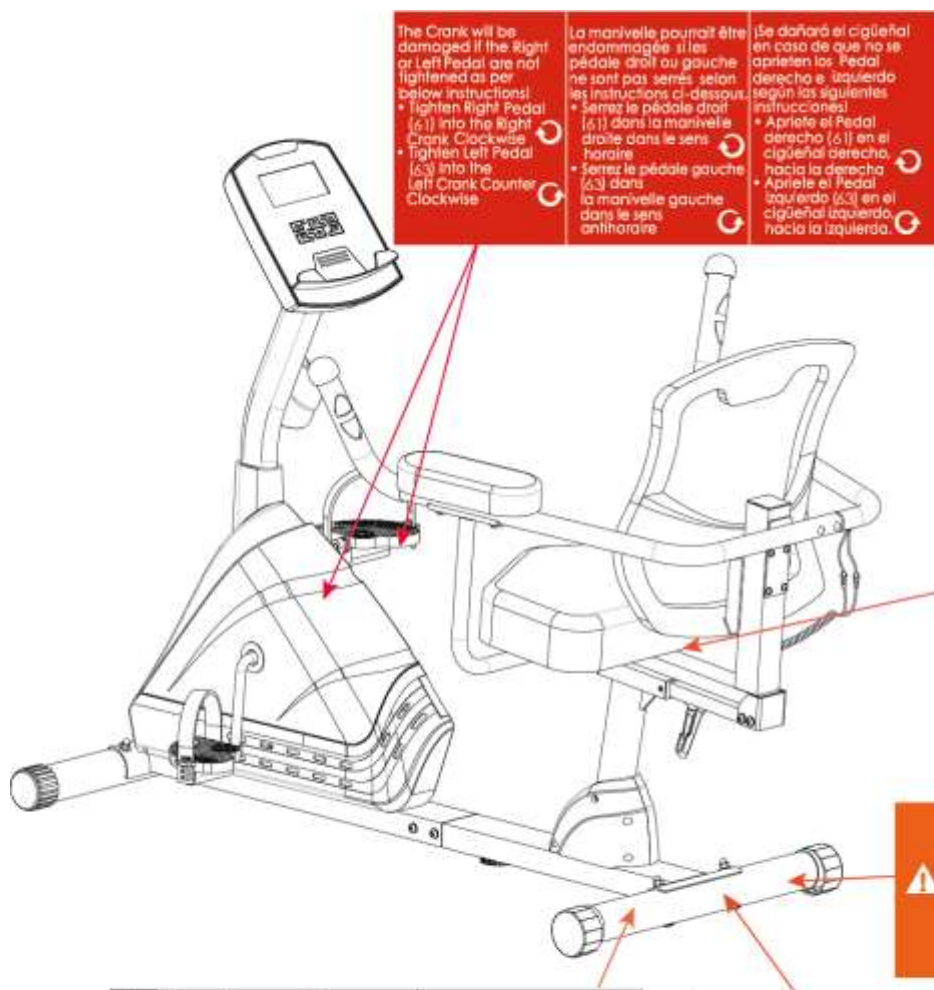
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT

[illegible]

**Maximum weight capacity is 325 lbs.
Le poids maximum pour ce produit
est 148 kgs.
La capacidad de peso máxima es 148 kg**

EXPERIMENTAL:

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:

1-844-641-7921
8 am - 5 pm PST



Serial number / Numéro de série / Número de serie
MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

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. **ASSEMBLE 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.

IMPORTANT SAFETY GUIDELINES

Talk to your Doctor before using the equipment if you have any of the following conditions or ailments:

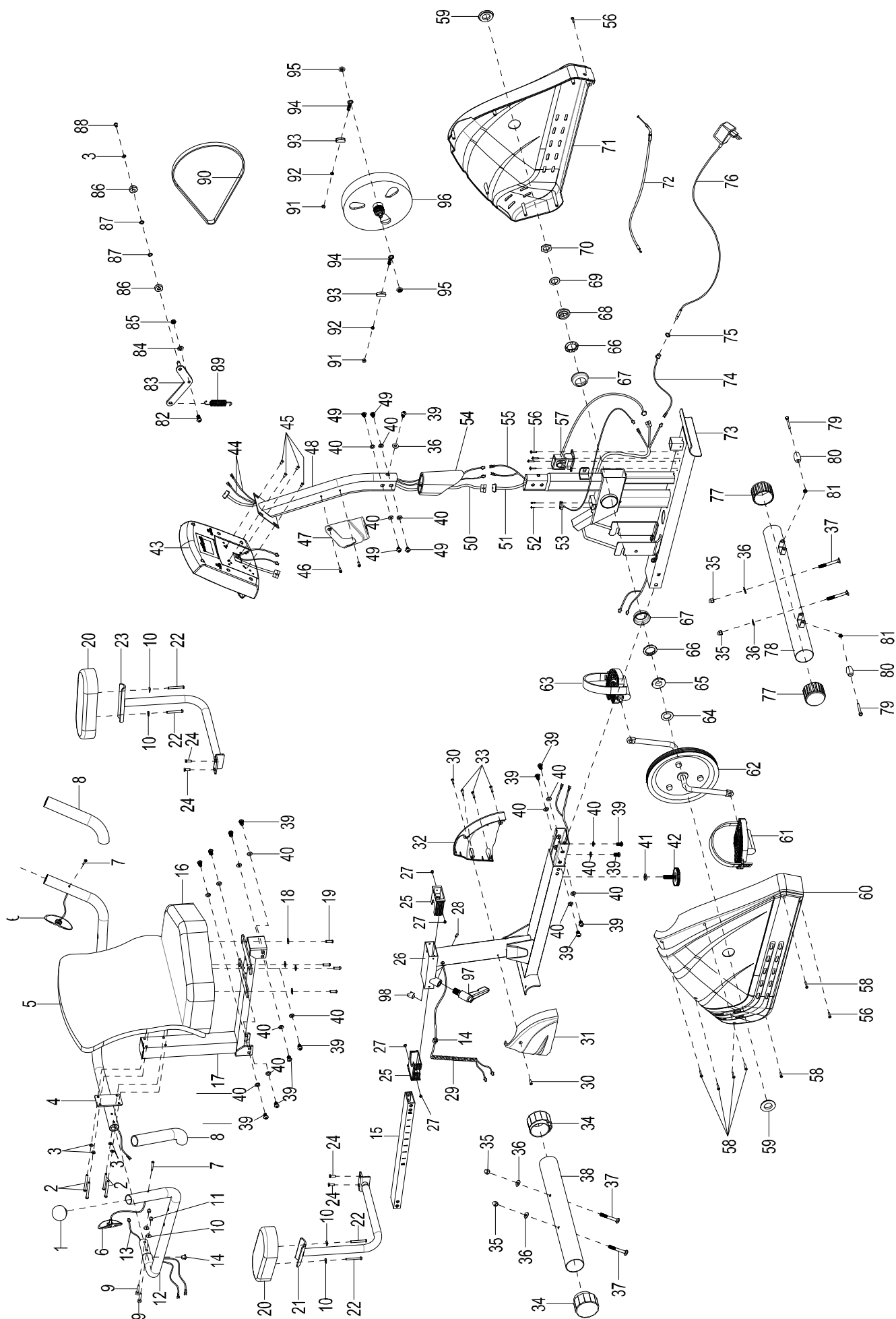
- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you 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 / 148kgs.**

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

SAVE THESE GUIDELINES

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Handrail End Cap Ø32x1.5	2
2	Hex Bolt M6x70	4
3	Flat Washer Ø6xØ12x1.0	5
4	Left Handrail Ø32x1.5x1085	1
5	Backrest 465x465x135	1
6	Hand Pulse Sensor with Wire L=1150 mm	2
7	Screw ST4.2x30	2
8	Handrail Foam Grip Ø31xØ37x230	2
9	Carriage Bolt M6x35	2
10	Big Curve Washer Ø6xØ16x1.5	6
11	Cap Nut M6	2
12	Right Handrail Ø32x1.5x929	1
13	Extension Hand Pulse Sensor Wire L=200 mm	1
14	Wire Grommet Ø12.1	2
15	Seat Sliding Tube 53x23x2	1
16	Seat 430x330x90	1
17	Back and Seat Support Bracket 53x23x2	1
18	Flat Washer Ø6xØ18x1.5	4
19	Hex Bolt M6x20	4
20	Armrest 250x110x45	2
21	Right Handrail Support Tube Ø25x1.5	1
22	Hex Bolt M6x50	4
23	Left Handrail Support Tube Ø25x1.5	1
24	Hex Bolt M6x15	4
25	Bushing	2
26	Rear Main Frame	1
29	Extension Hand Pulse Sensor Wire I L=1300 mm	1

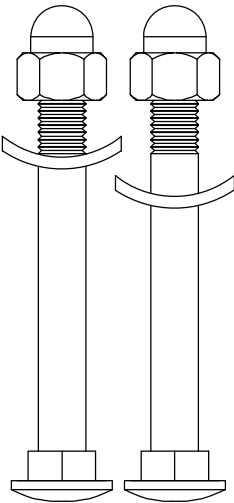
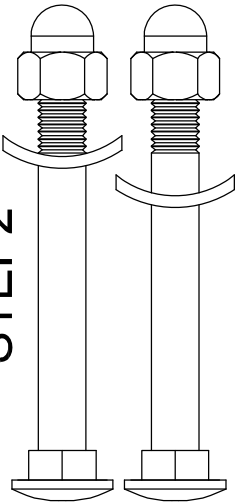
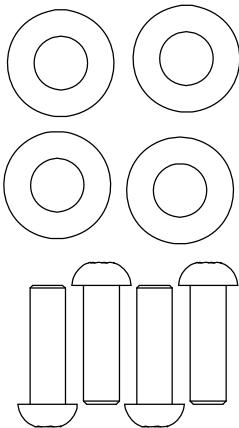
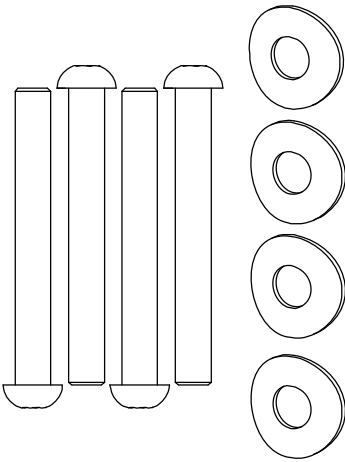
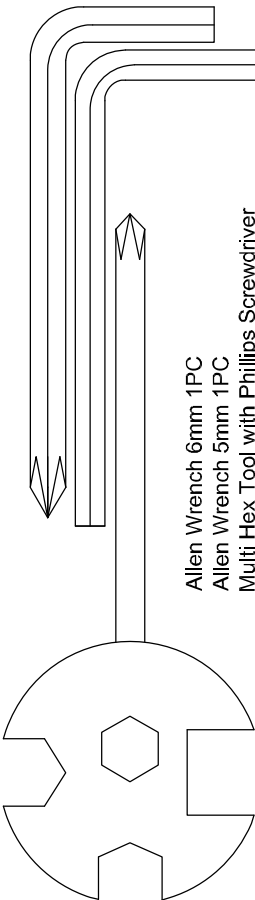
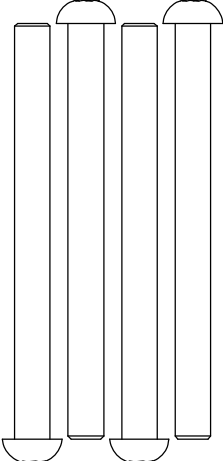
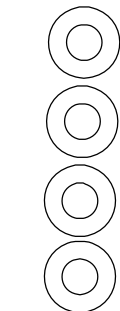
No.	Description	Qty
30	Phillips Self Tapping Screw ST4.8x20	2
31	Right Decorate Cover Ø60	1
32	Left Decorate Cover Ø60	1
33	Screw ST4.8x25	3
34	Rear Stabilizer End Cap Ø60	2
35	Cap Nut M8	4
36	Big Curve Washer Ø8xØ20x2.0	5
37	Carriage Bolt M8x70	4
38	Rear Stabilizer Ø60x1.5x580	1
39	Bolt M8x15	15
40	Flat Washer Ø8xØ16x1.5	18
41	Hexagon Nut M10xH5	1
42	Adjustable Leveler M10	1
43	Console	1
44	Extension Hand Pulse Sensor Wire III L=650 mm	2
45	Hex Bolt M5x10	4
46	Hex Bolt M5x15	2
47	Bottle Holder	1
48	Front Post 70x30x1.5	1
49	Hex Bolt M8x10	4
50	Extension Sensor Wire I L=600 mm	1
051	Extension Sensor Wire L=600 mm	1
052	Screw ST2.9x12	2
053	Sensor with Wire L=300 mm	1
054	Front Post Cover	1
055	Extension Hand Pulse Sensor Wire II L=1200 mm	1
056	Phillips Self Tapping Screw ST4.2x20	6

PARTS LIST

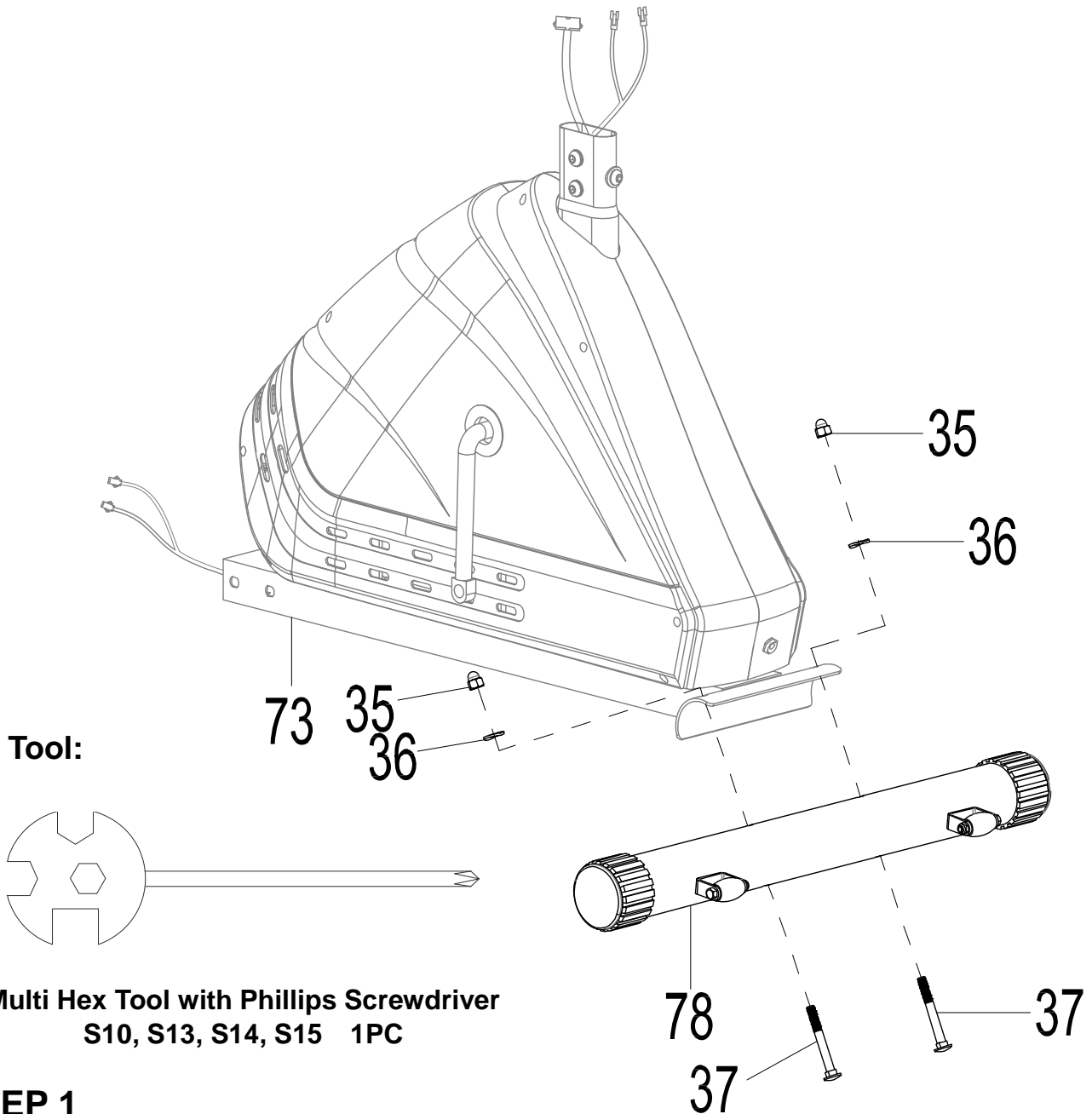
No.	Description	Qty
58	Screw ST4.2x25	6
59	Cover Cap Ø40xØ25x10	2
60	Right Cover 672x79x448	1
61	Right Foot Pedal (YH-63X)	1
62	Crank with Belt Pulley Ø240	1
63	Left Foot Pedal (YH-63X)	1
64	Washer Ø24xØ40x3.0	1
65	Bearing Nut I 15/16"	1
66	Ball Bearing	2
67	Bearing Cup	2
68	Bearing Nut II 7/8"	1
69	Washer Ø23xØ34.5x2.5	1
70	Hexagon Nut 7/8"	1
71	Left Cover 672x83x448	1
72	Magnetic Brake Cable L=280 mm	1
73	Front Main Frame 80x40x2	1
74	Power Supply Cable L=300 mm	1
58	Screw ST4.2x25	6
59	Cover Cap Ø40xØ25x10	2
60	Right Cover 672x79x448	1
61	Right Foot Pedal (YH-63X)	1
62	Crank with Belt Pulley Ø240	1
63	Left Foot Pedal (YH-63X)	1
64	Flat Washer Ø24xØ40x3.0	1
65	Bearing Nut I 15/16"	1
66	Ball Bearing	2
67	Bearing Cup	2
68	Bearing Nut II 7/8"	1
69	Flat Washer Ø23xØ34.5x2.5	1

No.	Description	Qty
70	Hexagon Nut 7/8"	1
71	Left Cover 672x83x448	1
72	Magnetic Brake Cable L=280 mm	1
73	Front Main Frame 80x40x2	1
74	Power Supply Cable L=300 mm	1
75	Hex Nut 1/2"	1
76	Adapter L=2000 mm	1
77	Front Stabilizer End Cap Ø60	2
78	Front Stabilizer Ø60x1.5x580	1
79	Hex Bolt M6x45	2
80	Transport Wheel Ø23xØ6x32	2
81	Nylon Nut M6	2
82	Hex Bolt M8x20	1
83	Idler Arm	1
84	Big Washer Ø8xØ20x2	1
85	Nylon Nut M8	1
86	Bearing 6000-2Z	2
87	Flat Washer Ø10xØ14x1.0	2
88	Hex Bolt M6x10	1
89	Spring Ø17x80xØ2.5	1
90	Belt PJ360 J6	1
91	Nut M6	2
92	Spring Washer Ø6	2
93	Tension Bracket	2
94	Adjustable Bolt M6x36	2
95	Nut M10x1.0x6	2
96	Flywheel Ø230	1
97	L Shape Knob M6x1.5	1

4158 HARE WARE PACK

<div>STEP1</div> <div></div> <div>NO. 37 Carriage Bolt 2PCS NO. 36 Big Curve Washer 2PCS NO. 35 Cap Nut M8 2PCS</div>	<div>STEP2</div> <div></div> <div>NO. 37 Carriage Bolt 2PCS NO. 36 Big Curve Washer 2PCS NO. 35 Cap Nut M8 2PCS</div>	<div>STEP4</div> <div></div> <div>NO. 19 Hex Bolt 4PCS NO. 18 Flat Washer 4PCS</div>	<div>STEP9</div> <div></div> <div>NO.22 Hex Bolt 4PCS NO.10 Big Curve Washer 4PCS</div>
		<div></div> <div>Allen Wrench 6mm 1PC Allen Wrench 5mm 1PC Multi Hex Tool with Phillips Screwdriver S10,S13,S14,S15 1PC</div>	
<div>STEP8</div> <div></div> <div>NO.2 Hex Bolt 4PCS</div>		<div></div> <div>NO.3 Flat Washer 4PCS NO.9 Carriage Bolt 2PCS NO.10 Big Curve Washer 2PCS NO.11 Cap Nut M6 2PCS</div>	

ASSEMBLY



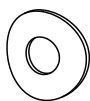
STEP 1

1a. Front Stabilizer Installation: Lift up the **Front Main Frame (73)**, and align the **Front Stabilizer (78)** onto the front curve of the **Front Main Frame (73)**. Insert two **Bolts (37)** into the **Front Stabilizer (78)**, then on the threaded ends of the **Bolts (37)** attach two **Big Curve Washers (36)** and two **Cap Nuts (35)**. Hold the **Front Stabilizer (78)** to the **Front Main Frame (73)** and use the **Multi Hex Tool with Phillips Screwdriver** provided to tighten the **Cap Nuts (35)** until secure.

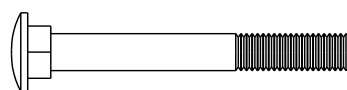
HARDWARE PACK:



(35) Cap Nut
2 PCS

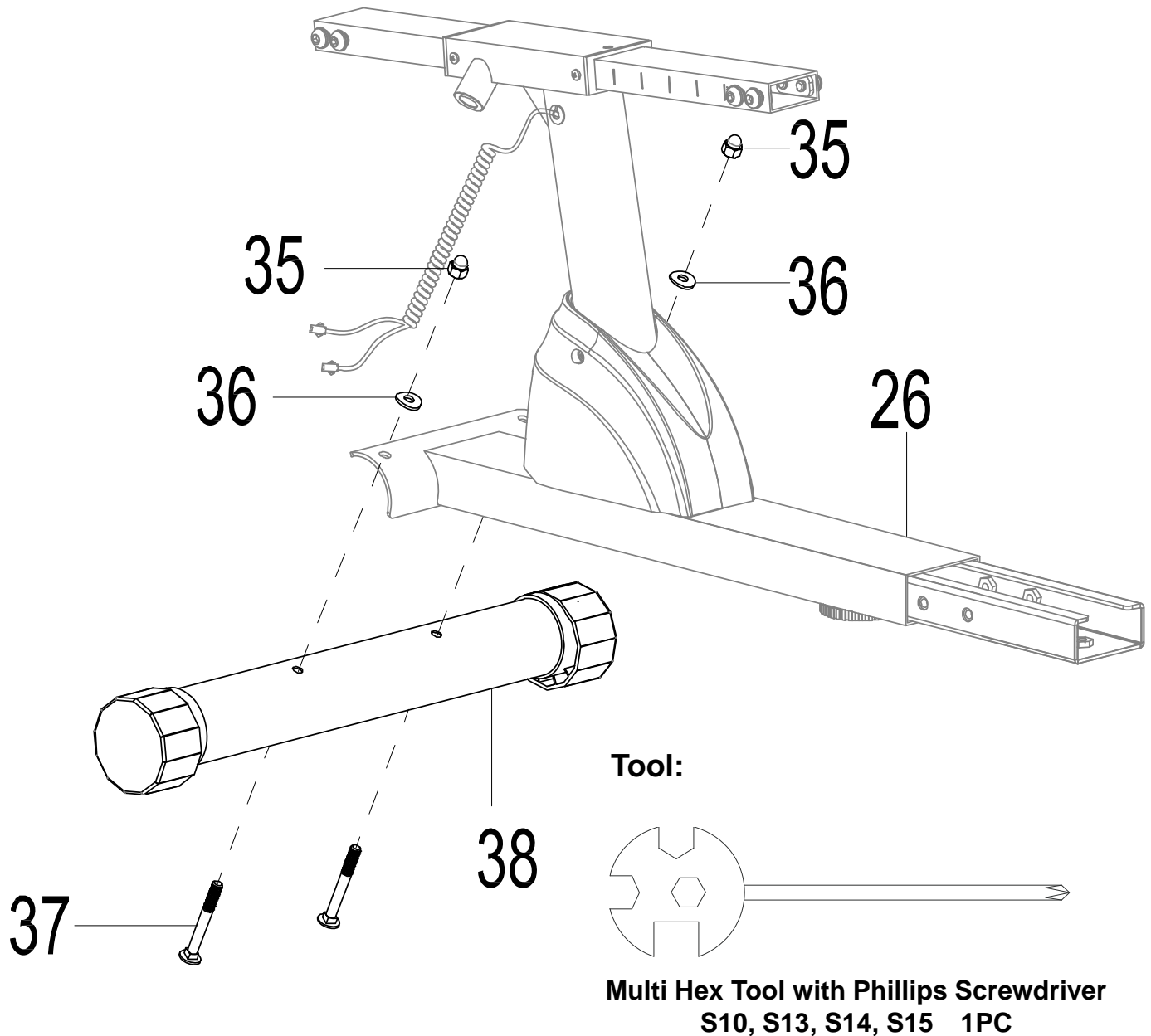


(36) Big Curve Washer
2 PCS



(37) Carriage Bolt
2 PCS

ASSEMBLY



STEP 2

2a. Installing the Rear Stabilizer: Lift up the **Rear Main Frame (26)**, and align the **Rear Stabilizer (38)** onto the rear curve of the **Rear Main Frame (26)**. Insert two **Bolts (37)** into the **Rear Stabilizer (38)**, then on the threaded ends of the **Bolts (37)** attach two **Big Curve Washers (36)** and two **Cap Nuts (35)**. Hold the **Rear Stabilizer (38)** to the **Rear Main Frame (26)** and use the **Multi Hex Tool with Phillips Screwdriver** provided to tighten the **Cap Nuts (35)** until secure.

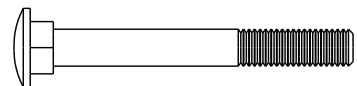
Hardware:



(35) Cap Nut
2 PCS



(36) Big Curve Washer
2 PCS



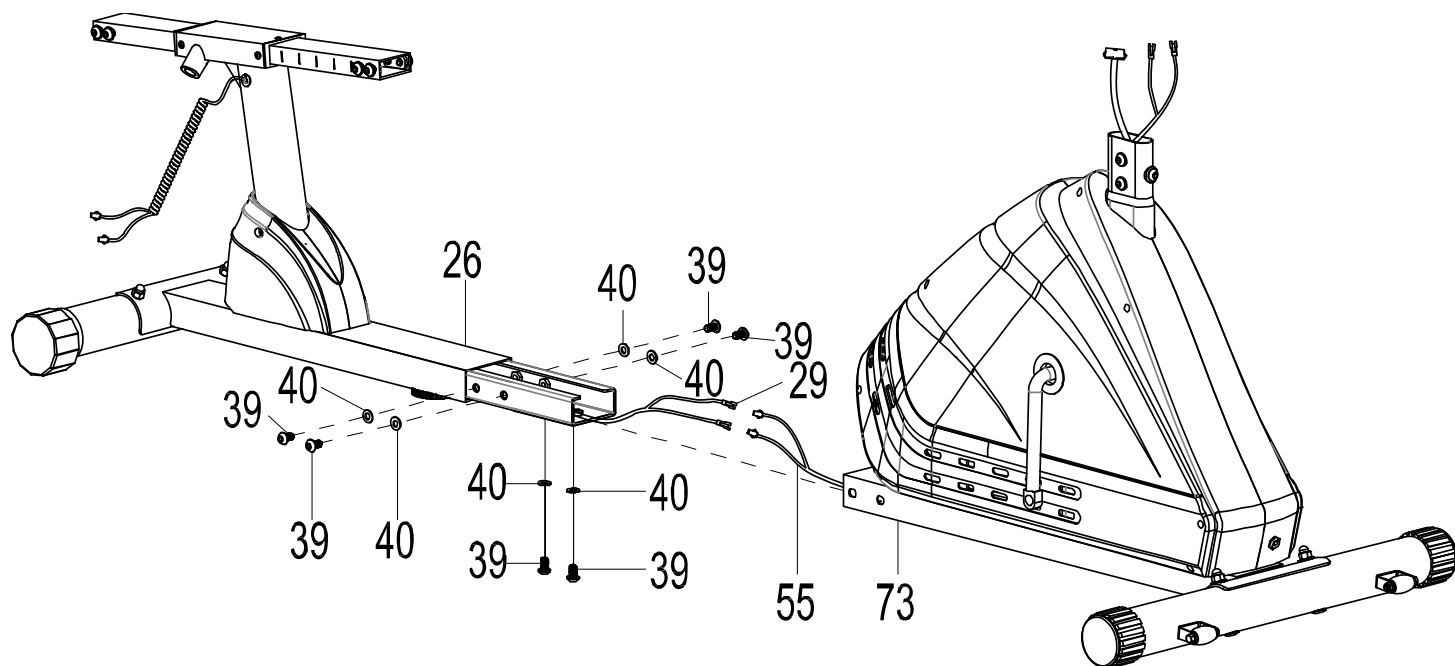
(37) Carriage Bolt
2 PCS

ASSEMBLY

Tool:



6mm Allen Wrench with
Phillips Screwdriver
1 PC

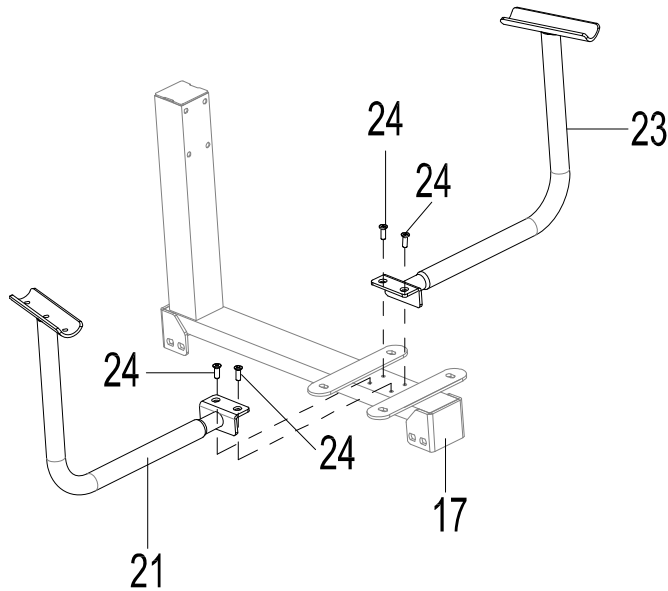


STEP 3

3a. Hardware Removal: Use the **6mm Allen Wrench with Phillips Screwdriver** provided to remove the six **Hex Bolts (39)** and the six **Flat Washers (40)** from the **Rear Main Frame (26)**.

3b. Installing the Main Frame: Connect the **Extension Hand Pulse Sensor Wire I (29)** from the **Rear Main Frame (26)** with the **Extension Hand Pulse Sensor Wire II (55)** from the **Front Main Frame (73)**. Insert the **Rear Main Frame (26)** into **Front Main Frame (73)**. Make sure the wires stay connected and are not pinched. Re-insert the six **Hex Bolts (39)** and the six **Flat Washers (40)** into the **Front Main Frame (73)**. Tighten the six **Hex Bolts (39)** using the **6mm Allen Wrench with Phillips Screwdriver Provided**.

ASSEMBLY



Tool:

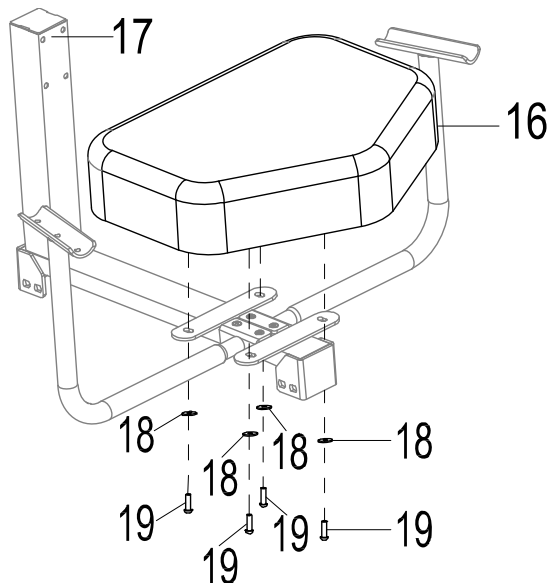


**6mm Allen Wrench with
Phillips Screwdriver
1PC**

STEP 4

4.1 Hardware Removal: Use the **Multi Hex Tool with Phillips Screwdriver** to remove the four **Hex Bolts (24)** from the **Back and Seat Support Bracket (17)**.

4.2 Installing the Right/Left Handrail Support Tubes: Align the holes of the **Right Handrail Support Tube (21)** and the **Back and Seat Support Bracket (17)**. Re-insert two **Hex Bolts (24)** into the **Right Handrail Support Tube (21)** and use the **Multi Hex Tool with Phillips Screwdriver** provided to tighten until secure. Repeat the same assembly steps for the **Left Handrail Support Tube (23)**.



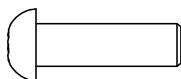
Tool:



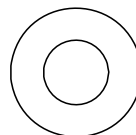
**5mm Allen Wrench
1PC**

4.3 Installing the Seat: Align the holes of the **Seat (16)** and the **Back and Seat Support Bracket (17)**. Insert the four **Hex Bolts (19)** with four **Flat Washers (18)** into the **Back and Seat Support Bracket (17)**. Use the **5mm Allen Wrench** provided to tighten the four **Flat Washers (18)** and four **Hex Bolts (19)** until secure.

Hardware:

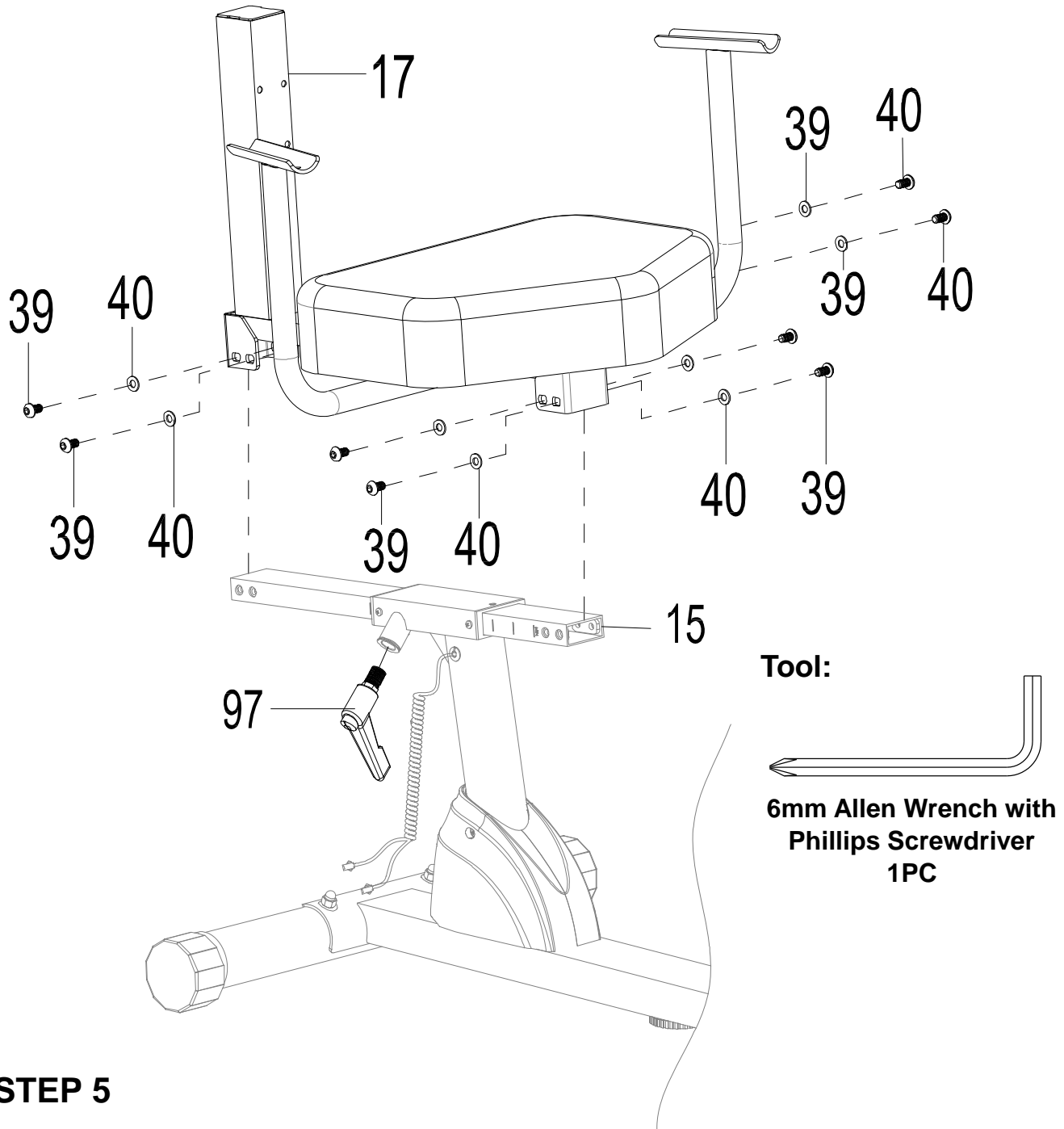


**(19) Hex Bolt
4 PCS**



**(18) Flat Washer
4 PCS**

ASSEMBLY



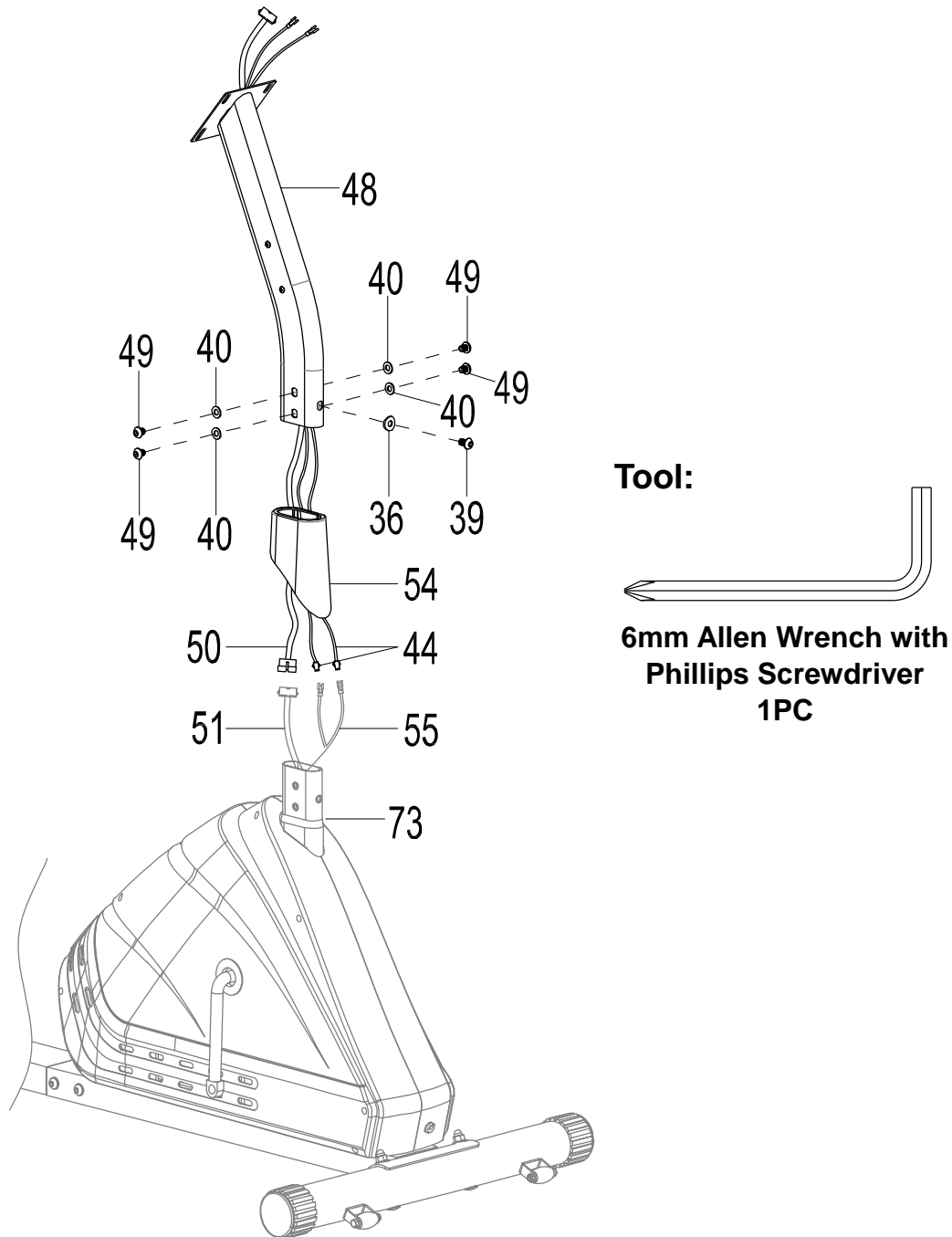
STEP 5

5.1 Hardware Removal: Use the **6mm Allen Wrench with Phillips Screwdriver** to remove the eight **Hex Bolts (39)** and the eight **Flat Washers (40)** from the **Seat Sliding Tube (15)**. Retain the hardware for **Back and Seat Support Bracket** installation. **5.2.**

5.2 Installing the Back/Seat Support Bracket : Attach the **Back and Seat Support Bracket (17)** onto the **Seat Sliding Tube (15)** using the eight **Hex Bolts (39)** and the eight **Flat Washers (40)** that were previously removed. Tighten the **Hex Bolts (39)** with the **6mm Allen Wrench with Phillips Screwdriver** provided.

5.3 Installing the L-Shape Knob: Install the **L-Shape Knob (97)** and tighten it by turning in a clockwise direction.

ASSEMBLY



STEP 6

6.1 Hardware Removal: Use the **6mm Allen Wrench with Phillips Screwdriver** provided to remove the four **Flat Washers (40)**, four **Hex Bolts (49)**, one **Hex Bolt (39)**, and one **Big Curve Washer (36)** from the tube of the **Front Main Frame (73)**.

6.2 Installing the Front Post Cover: Slide the **Front Post Cover (54)** up on to the **Front Post (48)** and keep it there. Connect the **Extension Sensor Wire (51)** to the **Extension Sensor Wire I (50)**. Connect the **Extension Hand Pulse Sensor Wire II (55)** to the **Extension Hand Pulse Sensor Wire III (44)**; make sure the wires are not pinched and stay connected. Place the **Front Post (48)** onto the **Front Main Frame (73)**.

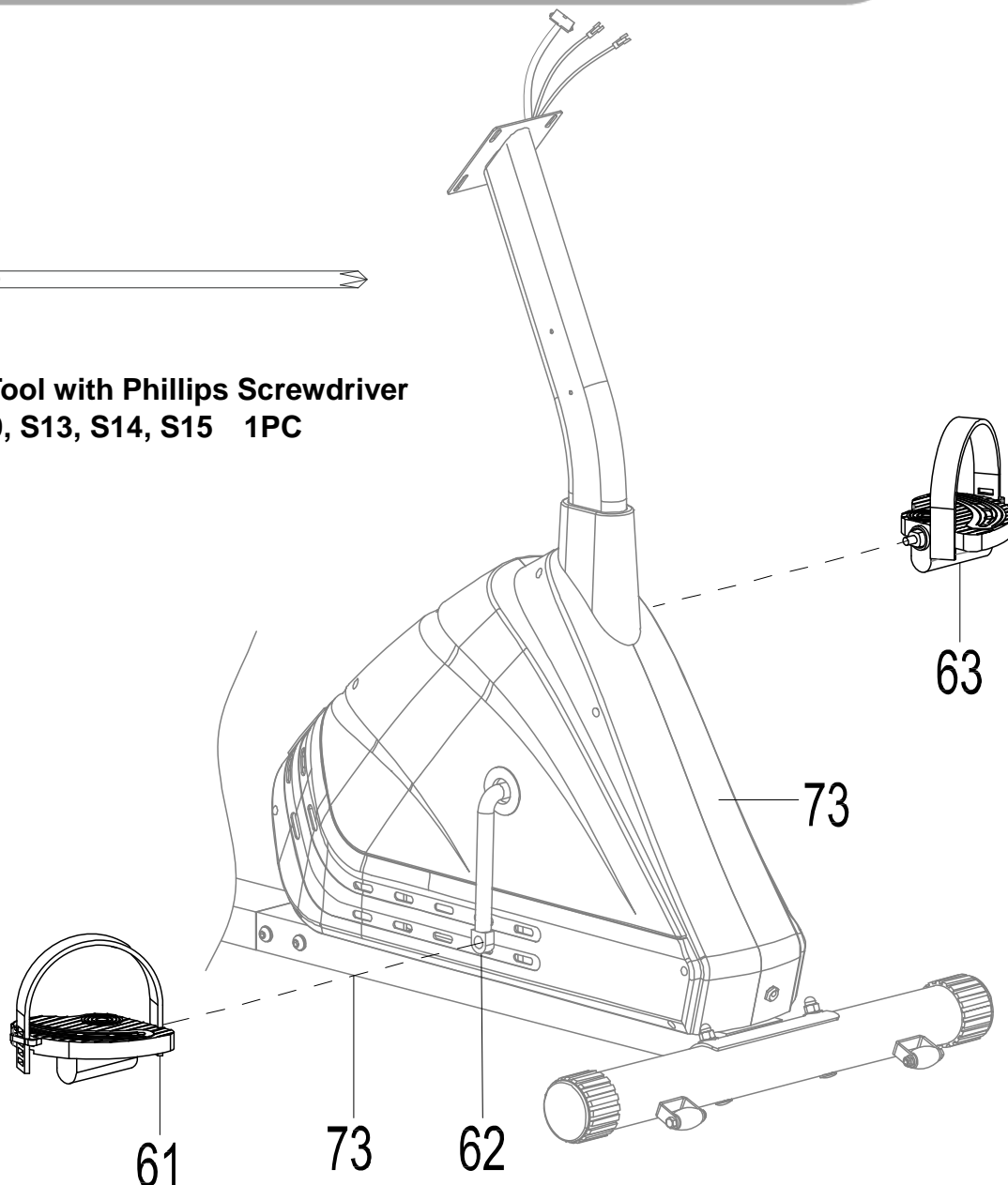
6.3 Installing the Front Post: Insert the **Front Post (48)** onto the tube of the **Front Main Frame (73)**. Reinstall the previously removed hardware: four **Flat Washers (40)**, four **Hex Bolts (49)**, one **Hex Bolt (39)**, and one **Big Curve Washer (36)** and securely tighten the bolts using the **6mm Allen Wrench with Phillips Screwdriver** provided. Slide the **Front Post Cover (54)** down to cover the hardware.

ASSEMBLY

Tool:



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



NOTE: The Cranks, Pedal Shafts, and Foot Pedals are marked “R” for Right and “L” for Left.

STEP 7

7.1 Installing the Left and Right Foot Pedals:

Insert the **Left Foot Pedal (63)** into the threaded hole in the left side of the **Crank (62)**. Turn the **Left Foot Pedal (63)** by hand in a **counter-clockwise** direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the **Left Foot Pedal (63)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

Insert the **Right Foot Pedal (61)** into the threaded hole in the right side of the **Crank (62)**. Turn the **Right Foot Pedal (61)** by hand in a **clockwise direction** until snug. Tighten the **Right Foot Pedal (61)** with the **Multi Hex Tool with Phillips Screwdriver** provided.

ASSEMBLY

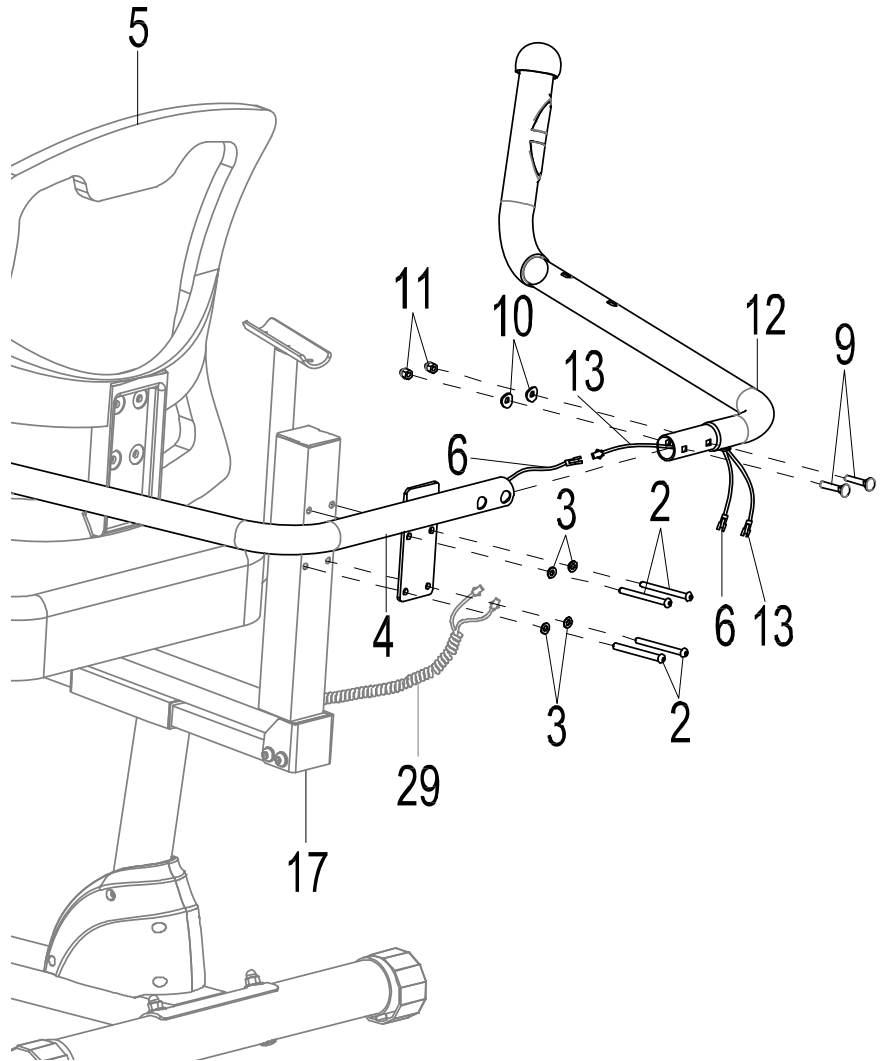
Tool:



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



**5mm Allen Wrench
1PC**



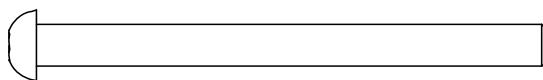
STEP 8

8.1 Installing the Backrest: Attach the **Backrest (5)** and **Left Handrail (4)** onto the **Back and Seat Support Bracket (17)**, using four **Hex Bolts (2)** and four **Flat Washers (3)**. Tighten the **Hex Bolts (2)** using the **5mm Allen Wrench** provided.

8.2 Connecting the Wires: Connect the **Hand Pulse Sensor Wire (6)** from the **Left Handrail (4)** to the **Extension Hand Pulse Sensor Wire (13)** from the **Right Handrail (12)**. Insert the **Right Handrail (12)** into the **Left Handrail (4)** being careful not to pinch the wires. Secure the **Left Handrail (4)** and **Right Handrail (12)** using two **Carriage Bolts (9)**, two **Big Curve Washer (10)**, and two **Cap Nuts (11)**. Tighten the **Cap Nuts (11)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

8.3 Connecting the Pulse Wire to the Frame: Connect the **Extension Hand Pulse Sensor Wire I (29)** to the **Hand Pulse Sensor Wire (6)** and **Extension Hand Pulse Sensor Wire (13)**.

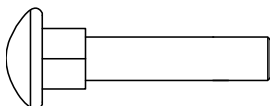
Hardware:



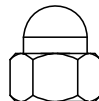
**(2) Hex Bolt
4 PCS**



**(3) Flat Washer
4 PCS**



**(9) Carriage Bolt
2 PCS**

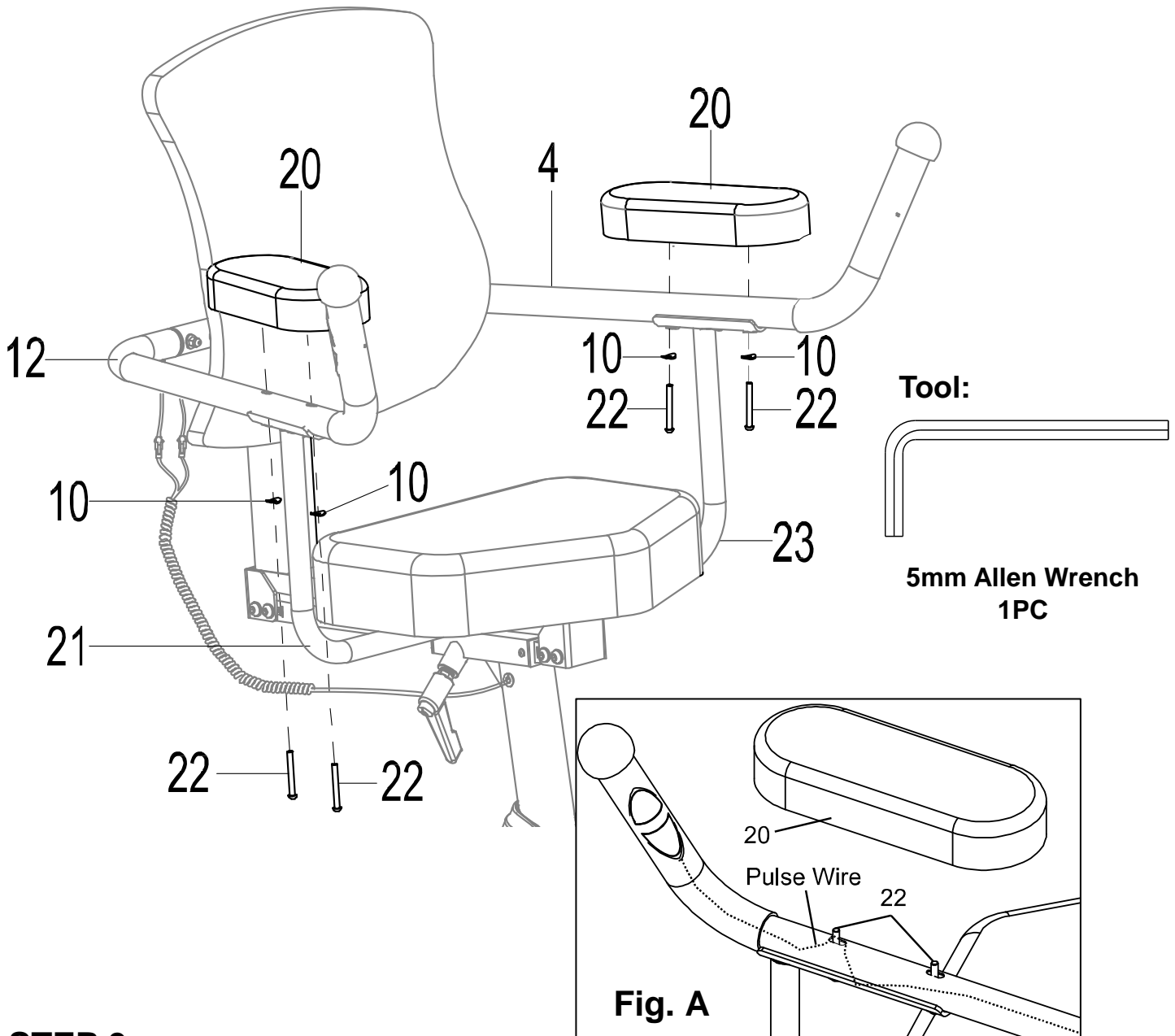


**(11) Cap Nut
2 PCS**



**(10) Big Curve Washer
2 PCS**

ASSEMBLY



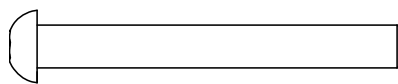
STEP 9

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. A

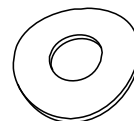
9.1 Installing the Armrest: Align the holes of the **Armrest (20)**, the **Right Handrail (12)**, and the **Right Hand Support Tube (21)**. Fasten the three parts together with two **Hex Bolts (22)** and two **Big Curve Washers (10)**. Use the **5mm Allen Wrench** provided to tighten the two **Hex Bolts (22)** and two **Big Curve Washers (10)** until firm and secure.

Repeat the step above for the second **Armrest (20)**, the **Left Handrail (4)**, and the **Left Handrail Support Tube (23)**.

Hardware:

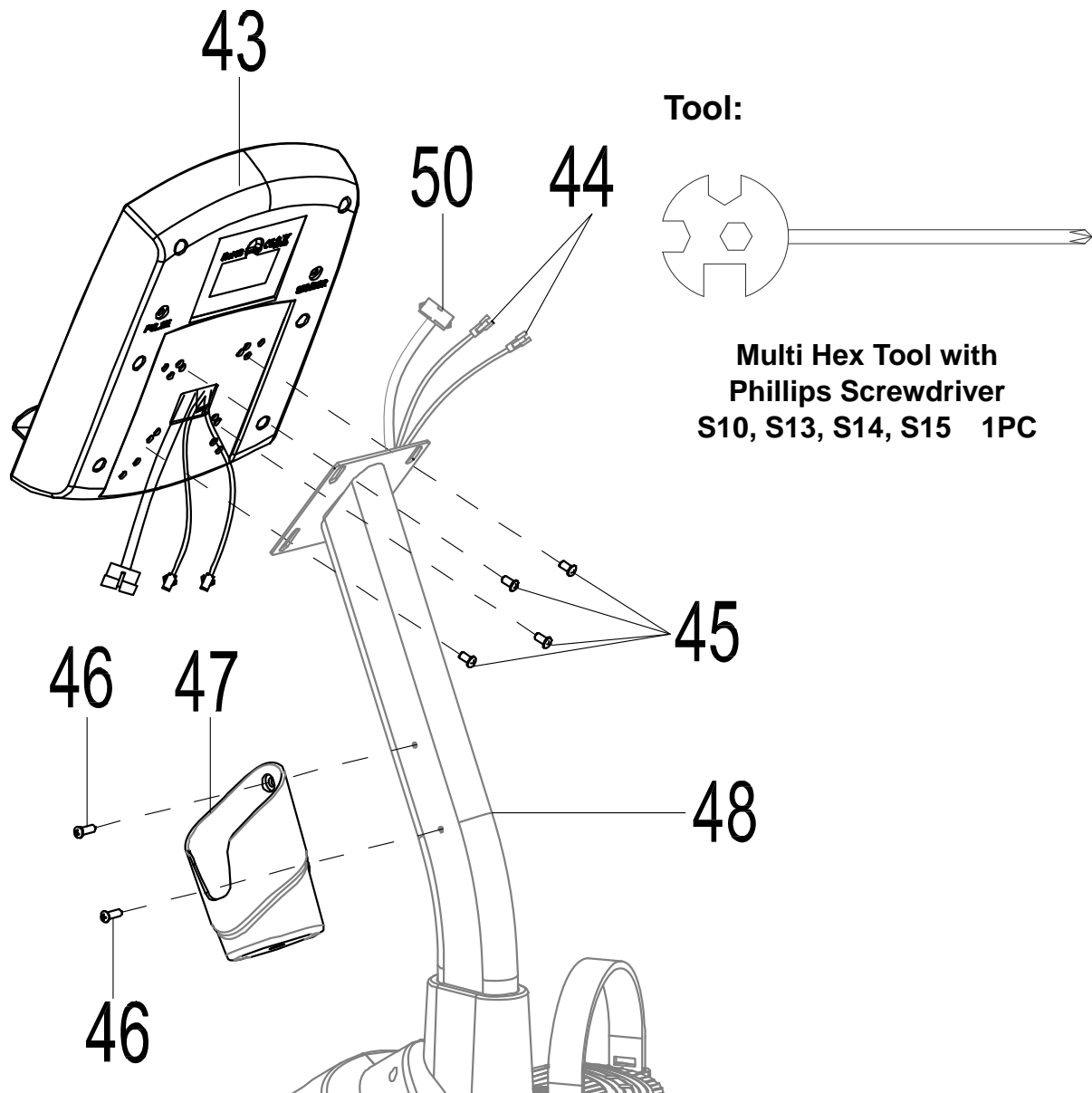


(22) Hex Bolt
4 PCS



(10) Big Curve Washer
4 PCS

ASSEMBLY

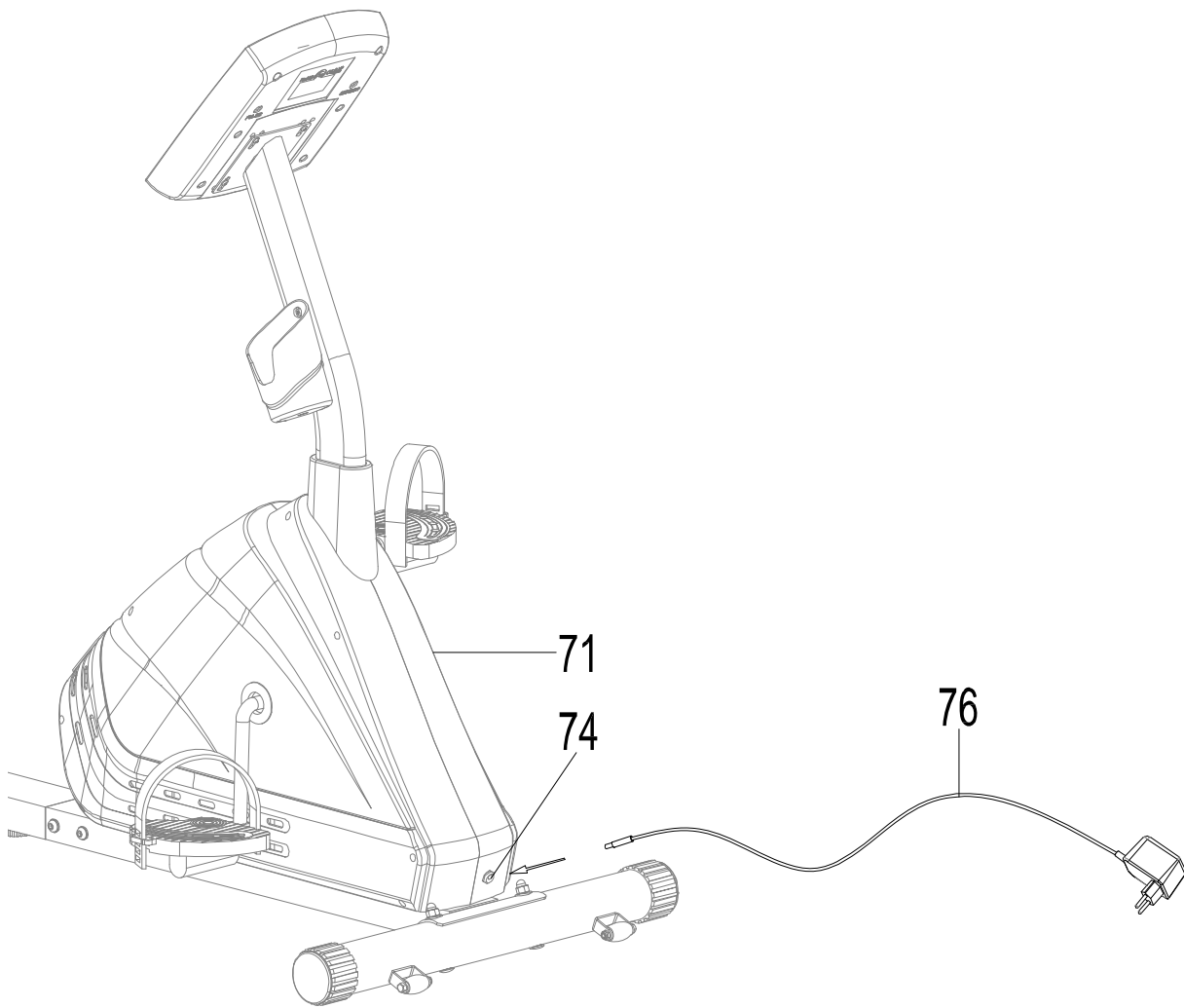


STEP 10

10.1 Hardware Removal: Use the **Multi Hex Tool with Phillips Screwdriver** provided to remove the four **Hex Bolts (45)** from the back of the **Console (43)**. Use the **Multi Hex Tool with Phillips Screwdriver** to remove the two **Hex Bolts (46)** from the right side of the **Front Post (48)**

10.2 Installing the Console: Connect the **Extension Hand Pulse Sensor Wires III (44)** and **Extension Sensor Wire I (50)** to the wires at the rear of the **Console (43)**. Carefully tuck the wires into the **Front Post (48)**. Attach the **Console (43)** onto the **Front Post (48)** with the four **Hex Bolts (45)** that were previously removed. Tighten the **Hex Bolts (45)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

10.3 Installing the Bottle Holder: Attach the **Bottle Holder (47)** onto the **Front Post (48)** with two **Hex Bolts (46)** that were previously removed. Tighten the bolts with the **Multi Hex Tool with Phillips Screwdriver** provided.



STEP 11

11.1 Installing Adapter: Plug one end of the **Adapter (76)** into the power jack of the **Power Supply Cable (74)** on the **Left Cover (71)**. Before plugging in, make sure to carefully check the specifications on the **Adapter (76)**. Plug the other end of the **Adapter (76)** into the electrical wall outlet.

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

CONSOLE

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.

UP & DOWN BUTTON:

1. Press to Increase or decrease the value of the selected workout parameter when setting a workout goal: TIME, DISTANCE, CALORIES.
2. Pressing during a workout will increase the resistance load.
3. Pressing at the main screen will to navigate through the training program modes (Manual, Pre-set Programs, or User Program).
4. Press and hold both buttons at the main screen to change units from MILES to KM.

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.
2. 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.

ENTER:

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



Console Display:

These are all the LCD tiles that may show while using the workout equipment.

APP Connection Icon

Program Number

Resistance

Resistance

Resistance	APP Connection Icon		Program Number			Resistance			
			START STOP PROGRAM			LEVEL			
TIME		RPM SPEED		DIST ODO		CAL WATT		PULSE	
		KM MILE							

Distance Tracking Units

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.

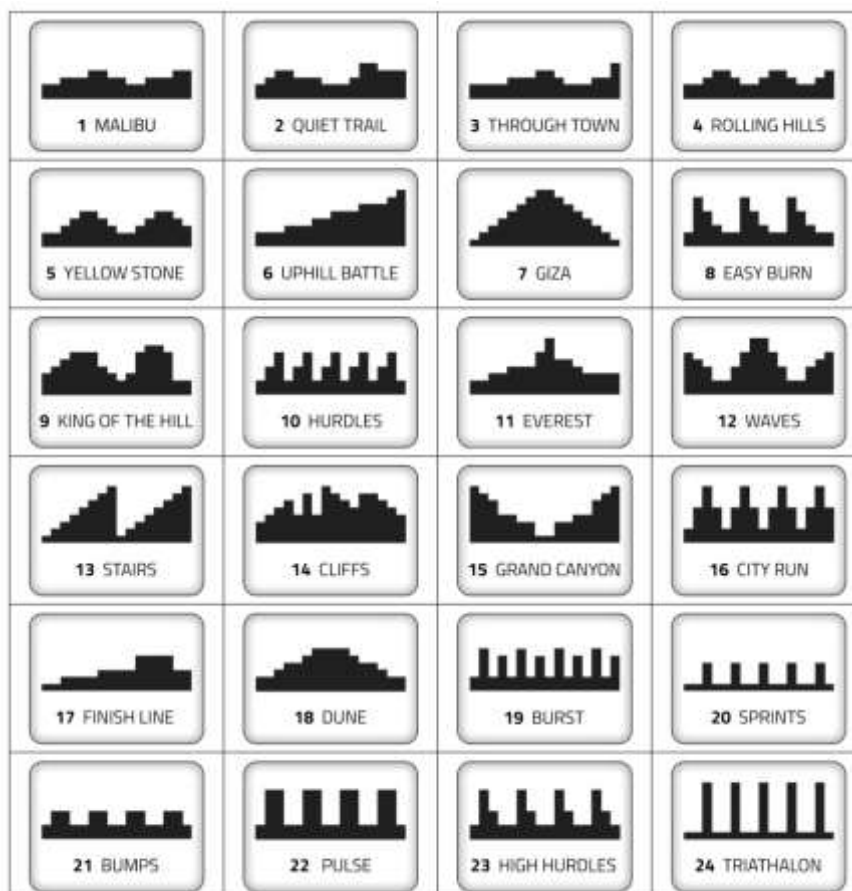
How to quick start a Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. To start an immediate workout press the START button once you have selected the desired 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 1: 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.

Note 2: The FULL workout diagram will not display on the LCD screen during the workout. The diagram will shift during the workout.

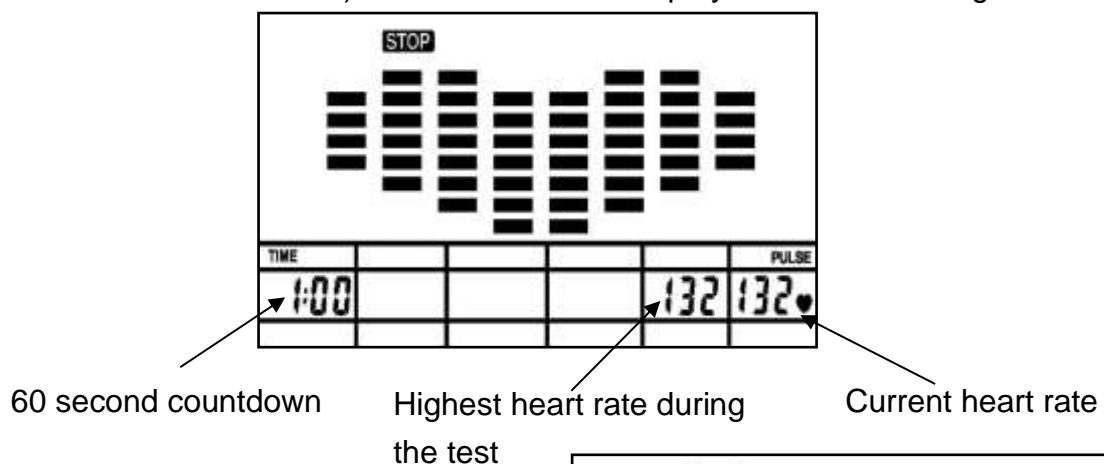


Recovery Program:

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.

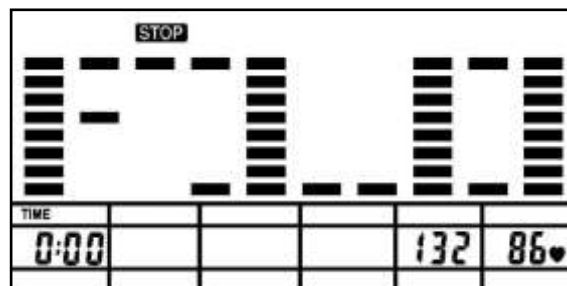
How it works: The larger the difference between your peak heart rate and your resting heart rate after 60 seconds, the better your recovery rating. A fit person's heart rate will decrease faster and be scored closer to F1.

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

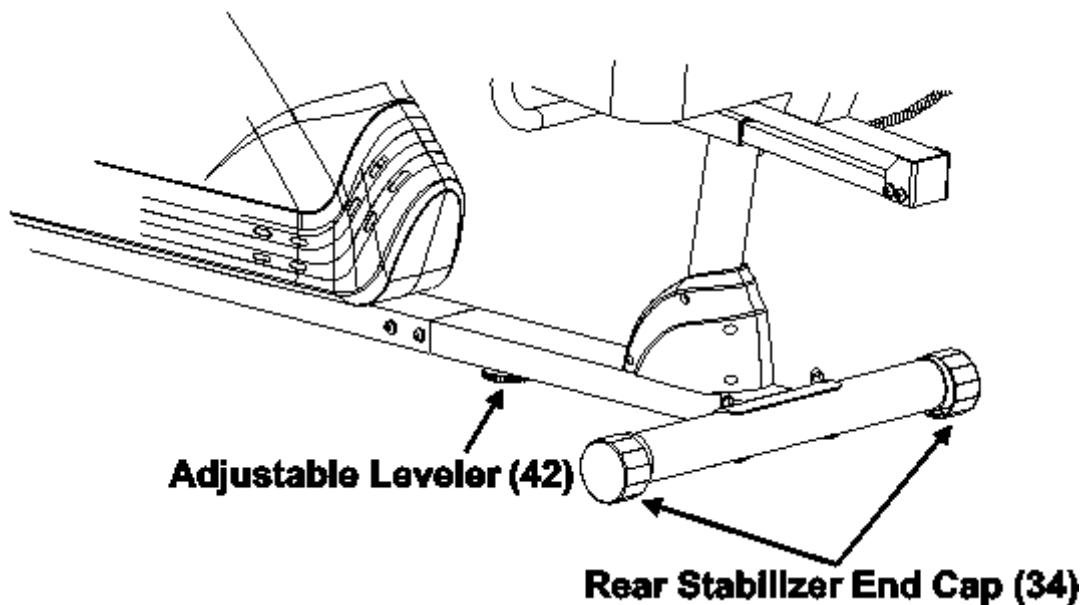


Note: These ranking are for very basic fitness tracking, for more accurate health information consult with your personal care physician.

Additional Console Notes:

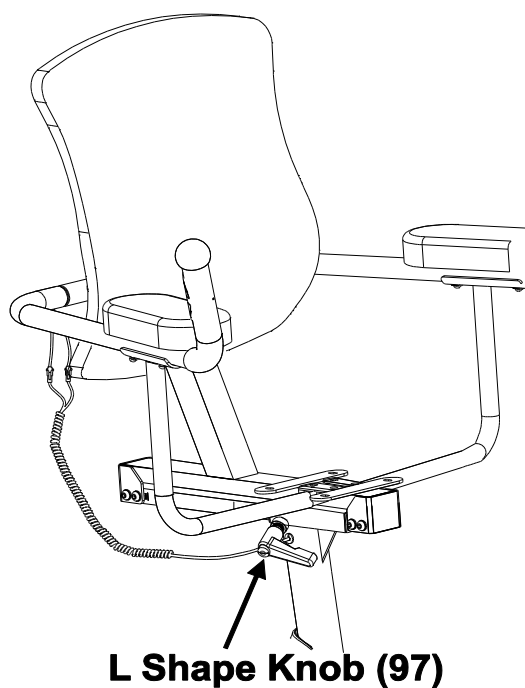
1. The console will shut off after 20 minutes of inactivity.
2. The  will show on the display when the APP is connected with the console.
 - a. The console buttons will not respond while the APP is connected. All controls of the console needs to be done through the app.

ADJUSTMENT



Adjusting the Rear Stabilizer End Cap and the Adjustable Leveler:

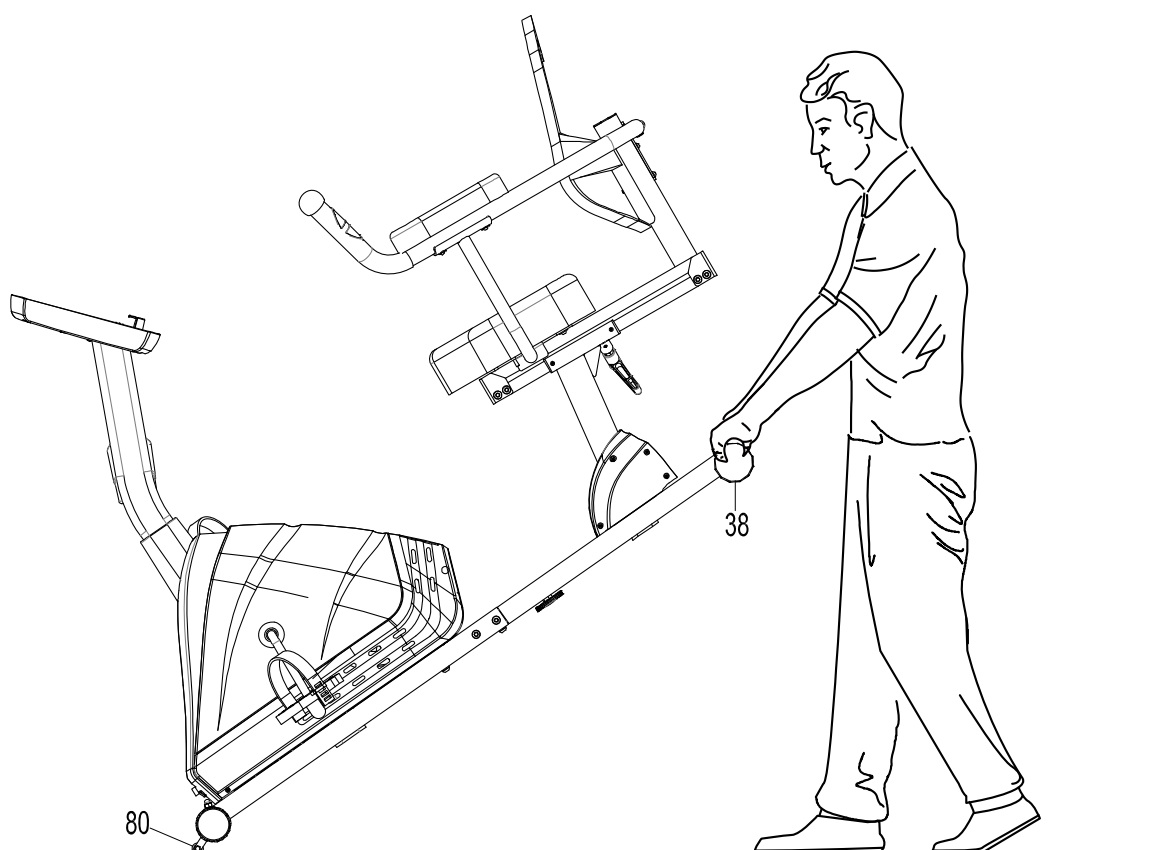
To prevent shaking during a workout adjust the **Rear Stabilizer End Caps (34)** and the **Adjustable Leveler (42)** as needed to level the Bike with the ground.



Adjusting the Seat Forward or Back

Turn the **L Shape Knob (97)** in a counter-clockwise direction until the seat can slide freely. Position the seat to a comfortable position and lock the seat in place by turning the **L shape knob (97)** clockwise until tightly secured.

TRANSPORTING



Transporting the Bike

Hold the **Rear Stabilizer (38)** and lift up the machine until the Transport Wheel **(80)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (38)** to the ground.

STORAGE

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

TROUBLE SHOOTING:

PROBLEM: The recumbent bike wobbles when in use.

SOLUTION: Turn the Rear Stabilizer End Caps on the Rear Stabilizer or the Adjustable Leveler on the bottom of the Rear Main Frame as needed to level the recumbent bike.

See the Adjustments Section.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the Computer and verify that the wires that come from the Computer are properly connected to the wires that come from the Front Post.

SOLUTION: Unplug the AC adaptor, Wait 30 seconds and plug it back in.

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: Be sure to hold on to the Hand Pulse Sensors with two hand at all times. This will ensure that the reading is accurate.

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

PROBLEM: The recumbent bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the recumbent bike. Inspect all of the bolts and tighten any loose bolts.

PROBLEM: Console displays E1

SOLUTION: Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Unplug the console and try reversing the resistance and try again. If this fails then contact customer service.

PROBLEM: Console displays E2

SOLUTION: Check if the cables connected during assembly are correctly plugged in.

PROBLEM: Console shows KM instead of MILES for speed and distance

SOLUTION: Reset the console by pressing STOP for 3 seconds. Press and hold UP and DOWN buttons for 3 seconds.

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.

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
All Other Components (computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)	90 days

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 Daily 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