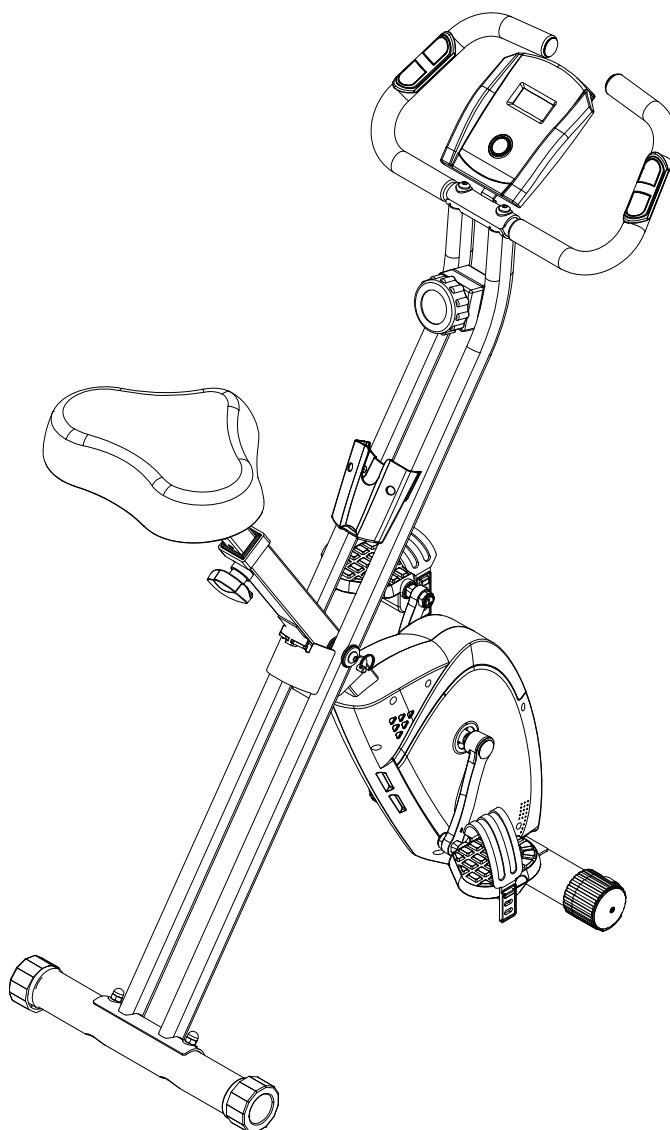




Folding Upright Bike with Pulse



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.

3102.6-020620

Owner's Manual
Le Manuel Du Propriétaire



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP and 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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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:

1-844-641-7920

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

<p>UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER</p> <p>ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD 100%</p>	<p>NOTICE</p> <p>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.</p>
<p>REGISTRY NO. VA25302 (CN)</p> <p>Certification is made by the manufacturer that the materials in this article are described in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1180 Jellick Ave. City of Industry CA 91748, USA</p>	<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité 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.)</p>
<p>NO D'ENREGISTREMENT VA25302 (CN)</p> <p>Cette étiquette est apposée conformément aux lois Californiennes.</p> <p>Paradigm Health and Wellness, Inc. 1180 Jellick Ave. City of Industry, CA 91748, USA</p>	<p>NOTIFICACIÓN</p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarets ardientes.</p>



Maximum weight capacity is 220 lbs.
Le poids maximum pout ce produit est 100 kgs.
La capacidad de peso máxima es 100 kg.

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

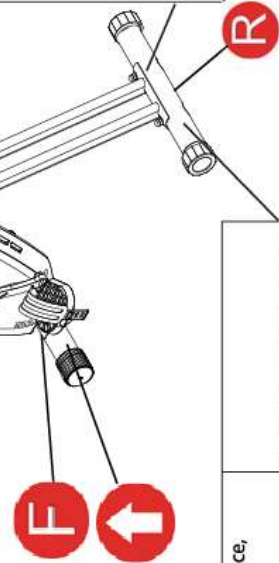
- Tighten Right Pedal (64R) into the Crank Clockwise
- Tighten Left Pedal (64L) into the Crank Counter Clockwise

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

- Serrez le pédale droit (64R) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (64L) dans la manivelle gauche dans le sens antihoraire

¡Se dañará el cigüeñal en caso de que no se aprieten los Pedal derecho e izquierdo según las siguientes instrucciones!

- Apriete el Pedal derecho (64R) en el cigüeñal derecho, hacia la derecha
- Apriete el Pedal izquierdo (64L) en el cigüeñal izquierdo, hacia la izquierda.



PROFORM FITNESS

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

PRODUCT SAFETY

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.
6. Keep dry. Do not operate the equipment in wet or moist condition.
7. Do not use the equipment outdoors. This equipment is for household use only.
8. Only perform maintenance or adjustments that are instructed in this manual.
9. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
10. Only one person should be on the equipment at a time.
11. Keep children and pets away from the product at all times. This machine is designed for adults only.
12. 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.
13. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
14. This product requires a minimum of 6 square feet around it for safe operation.
15. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
16. DO NOT pedal in reverse.
17. The maximum weight capacity for this product is **220lbs/100 kgs**.

⚠ WARNING: 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.

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

WARNING: Before using this equipment you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

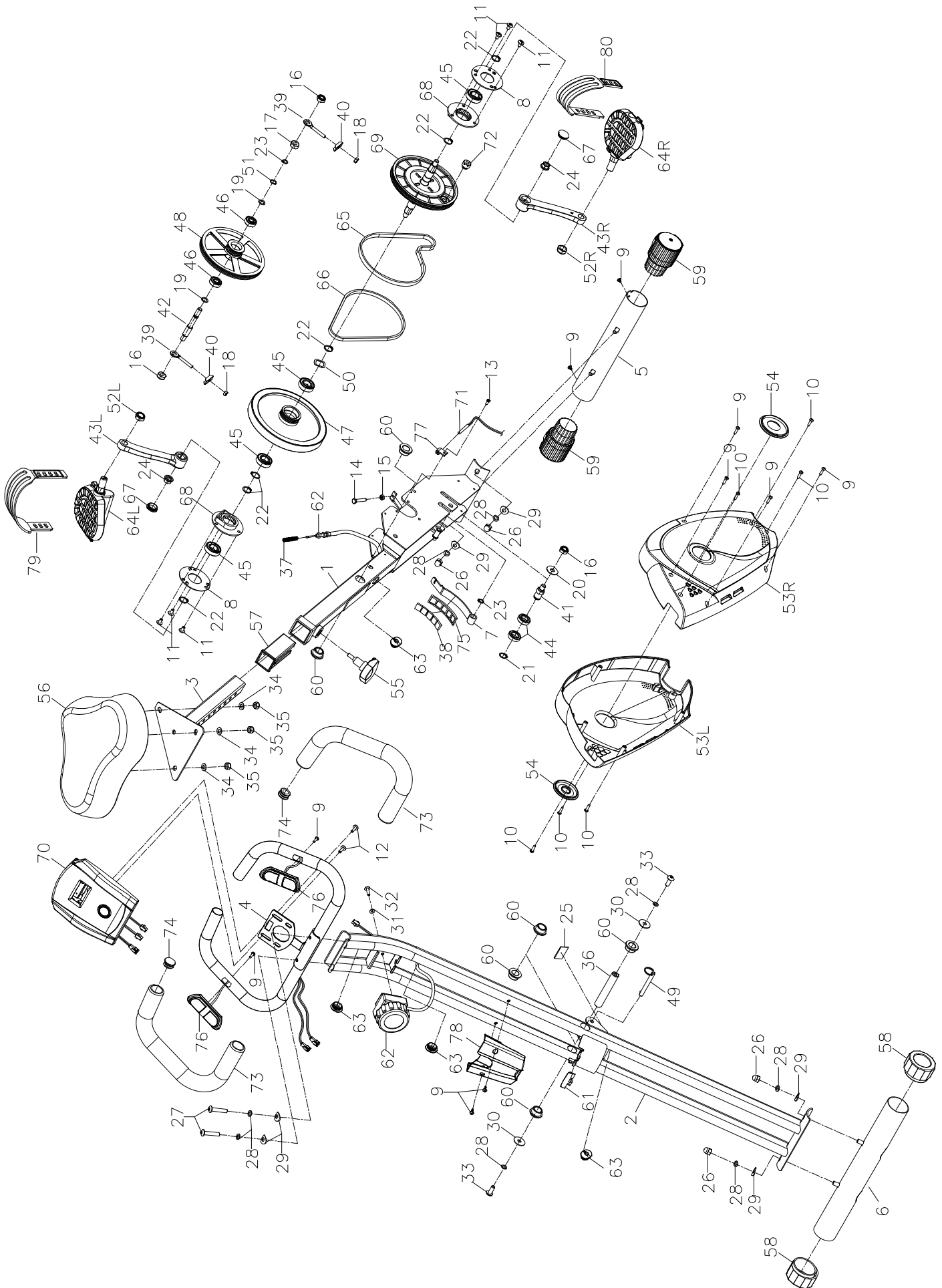
- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

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	Front Frame	1
2	Rear Frame	1
3	Seat Post	1
4	Handlebar	1
5	Front Stabilizer	1
6	Rear Stabilizer	1
7	Magnet Bracket	1
8	Bearing Bracket	2
9	Drilling Screw ST4.2×18	10
10	Drilling Screw ST4.2×16	6
11	Screw M6×10	6
12	Screw M5×10	2
13	Screw M4×10	1
14	Hexagon Bolt M5×25	1
15	Nut M5	1
16	Nut M10×1.0 8mm	3
17	Nut M10×1.0 5mm	1
18	Nylon Nut M6	2
19	Flat Washer Φ14×10×1.0t	2
20	Flat Washer Φ20×10×2.0t	1
21	C-ring Ø 15	1
22	C-ring Ø 17	6
23	C-ring Ø 10	2
24	France Nut M10×1.25	2
25	EVA 35×20×2.0	1
26	Cap nut M8	4
27	Hexagon Socket Bolt M8×40	2
28	Spring Washer Ø8	8

No.	Description	Qty
29	Curved Washer Ø8×Ø20×1.5t	6
30	Flat Washer Φ8×25×2.0t	2
31	Flat Washer Φ18×5×1.5t	1
32	Screw M5×20	1
33	Hexagon Socket Bolt M8×15	2
34	Flat Washer Φ8×16×1.5t	3
35	Nut M8	3
36	Axle Φ16×95	1
37	Spring Φ10×53	1
38	Magnet 15×13×4	5
39	Eyebolt M6×50	2
40	Tension Bracket 31×30×Φ1.0	2
41	Idle Wheel Axle	1
42	Axle Φ12.7×95	1
43R	Right Crank	1
43L	Left Crank	1
44	Bearing 6902RS	2
45	Bearing 6003RS	4
46	Bearing 6000RS	2
47	Flywheel Φ180	1
48	Belt Wheel	1
49	Safety Pin Φ8×70	1
50	Wave Washer Ø17×Ø22×0.3t	1
51	Wave Washer Ø10×Ø14×0.3t	1
52R	Right Nylon Nut	1
52L	Left Nylon Nut	1
53R	Right Cover	1
53L	Left Cover	1

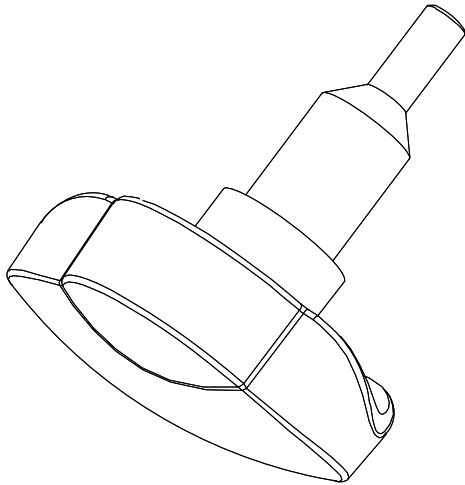
PARTS LIST

No.	Description	Qty
54	Crank Plug Ø63	2
55	Adjustment Knob M16	1
56	Seat Cushion	1
57	Seat Post Plastic Bushing	1
58	Rear Stabilizer End Cap	2
59	Front Stabilizer End Cap	2
60	Round Bushing	6
61	Rubber Cushion	1
62	Tension Control Knob	1
63	Wire Plug	4
64R	Right Pedal	1
64L	Left Pedal	1
65	Belt 237PJ4	1
66	Belt 230PJ3	1

No.	Description	Qty
67	Crank Cover	2
68	Bearing Bracket	2
69	Belt Wheel with Crank Axle	1
70	Computer	1
71	Sensor with Wire	1
72	Sensor Magnet	1
73	Handrail Foam Grip	2
74	Handlebar End Cap Ø25	2
75	Magnet Socket	1
76	Hand Pulse Sensor	2
77	P type Bracket	1
78	Holder	1
79	Left Pedal Strap	1
80	Right Pedal Strap	1

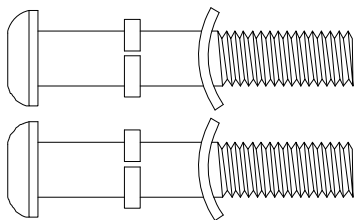
3102—Hardware Pack

Step 3



No.55 Adjustment Knob 1PC

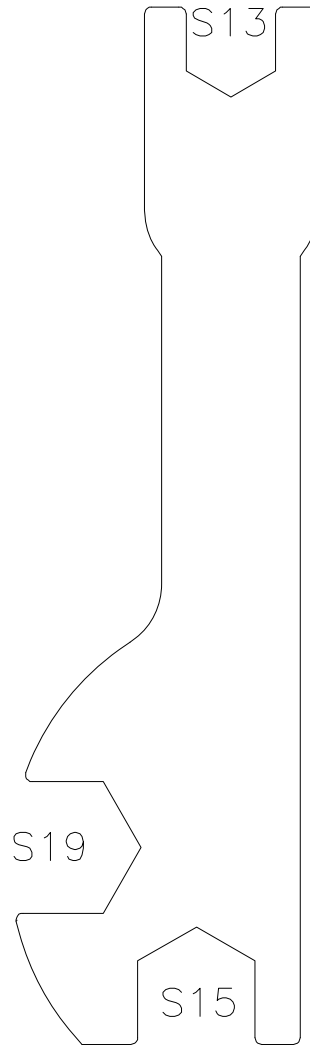
Step 5



No.27 Hexagon Socket Bolt 2PCS

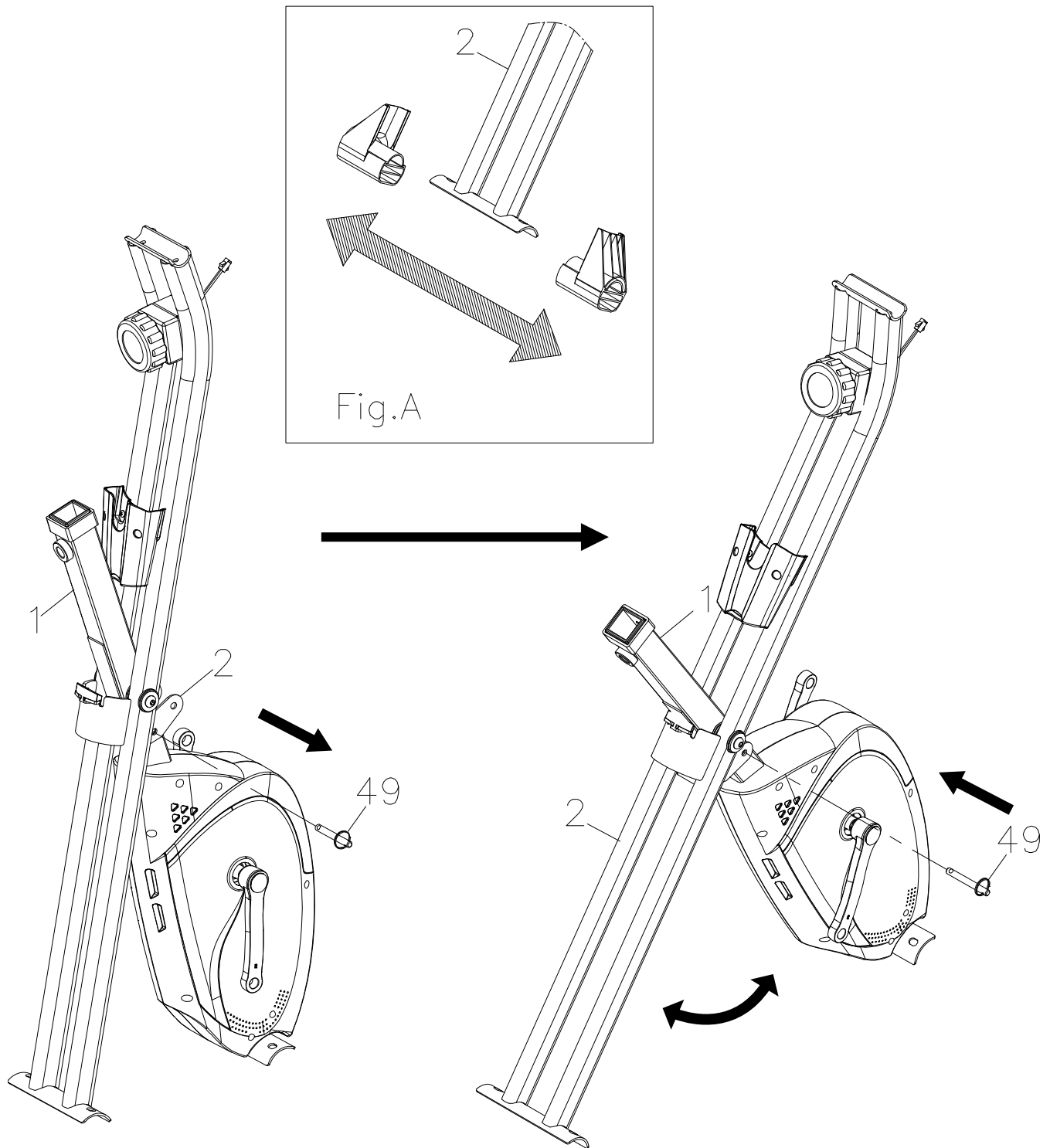
No.28 Spring Washer 2PCS

No.29 Curved Washer 2PCS



S5 Allen Wrench with
Phillips Screwdriver 1PC

ASSEMBLY



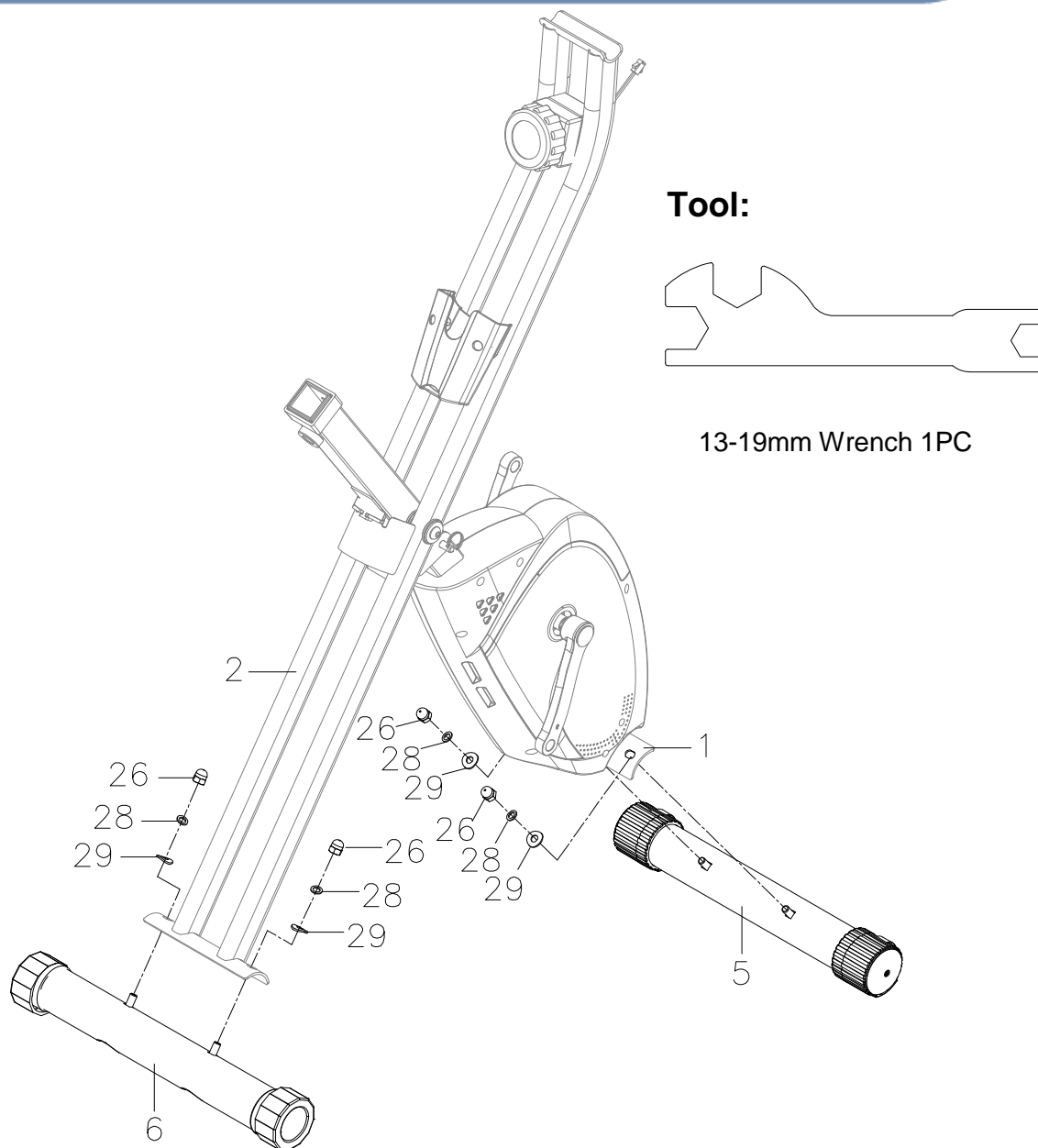
Step 1

1A. Remove the **Safety Pin (49)** from the **Rear Frame (2)**. Stand up the base of the **Rear & Front Frames (2, 1)** by pulling them apart from each other. Align the upper pin holes on both frames and then insert the **Safety Pin (49)** into the upper holes of the frames to lock the frames in place.

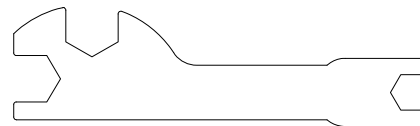
1B. Remove the plastic protective caps from the **Rear Frame (2)**. See **Fig.A**.

NOTE: Discard these part after removing, they are **ONLY** need to protect the frame during shipping.

ASSEMBLY



Tool:



13-19mm Wrench 1PC

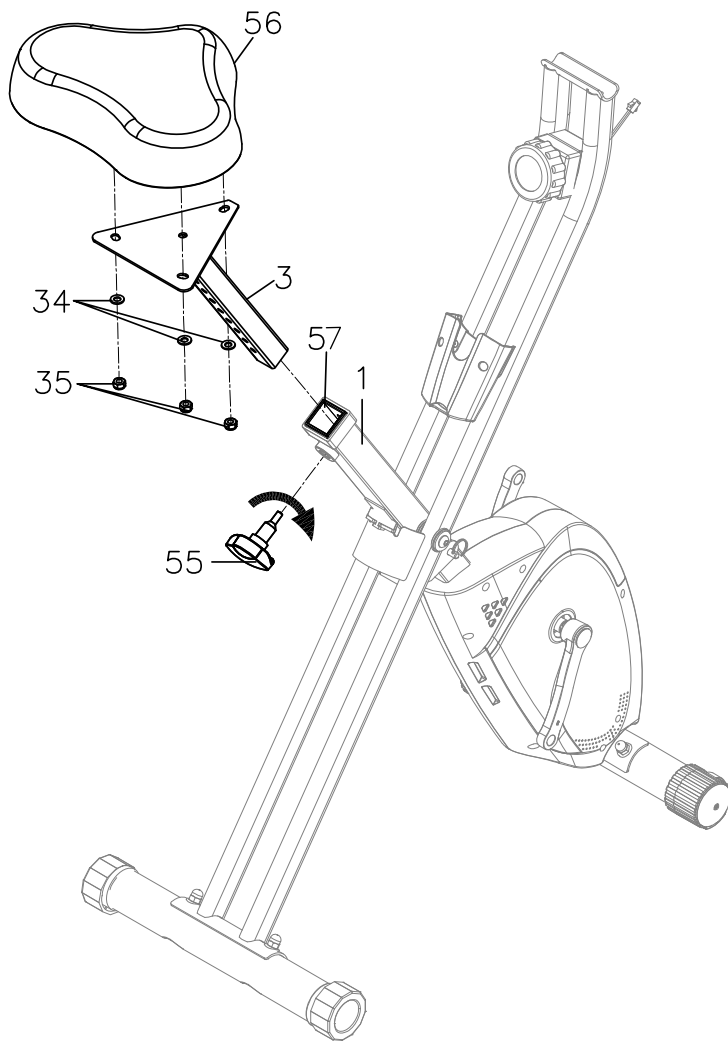
Step 2

2A. Remove four **Cap Nuts (26)**, four **Spring Washers (28)**, four **Curved Washers (29)** from the **Front Stabilizer (5)** and the **Rear Stabilizer (6)**.

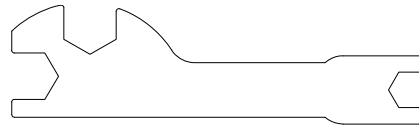
2B. Attach the **Front Stabilizer (5)** with the transport wheels onto the **Front Frame (1)** with two **Cap Nuts (26)**, two **Spring Washers (28)**, and two **Curved Washers (29)**. Tighten the **Cap Nut (26)** with the **13- 19mm Wrench** provided.

2C. Attach the **Rear Stabilizer (6)** onto the **Rear Frame (2)** with two **Cap Nuts (26)**, two **Spring Washers (28)**, two **Curve Washers (29)**. Tighten the nuts with the **13- 19mm Wrench** provided.

ASSEMBLY

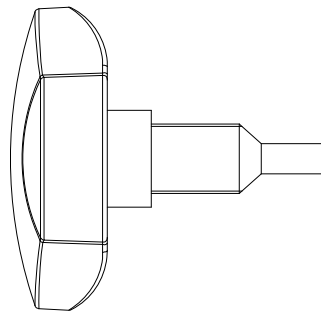


Tool:



13-19mm Wrench 1PC

Hardware:



(55) Adjustment Knob

1PC

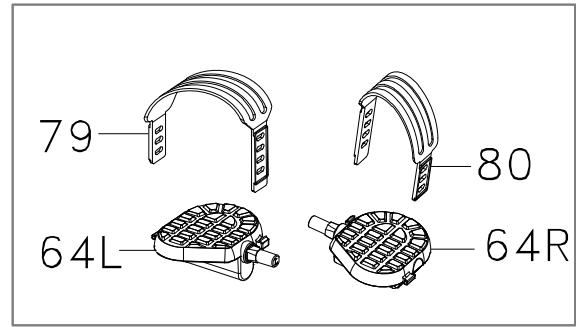
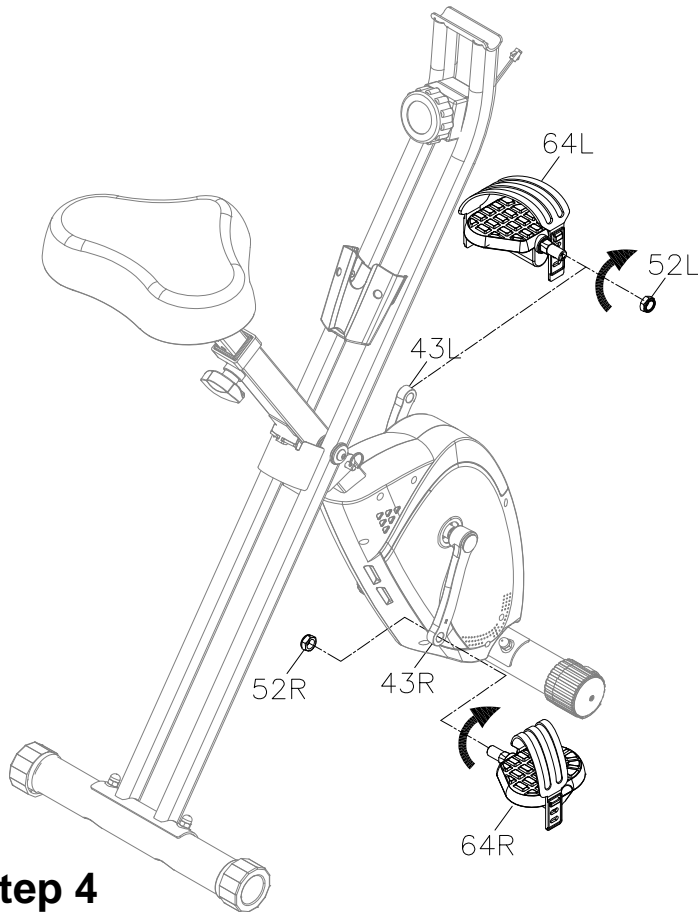
Step 3

3A. Remove three **Flat Washers (34)** and Three **Nuts (35)** from the **Seat Cushion (56)**.

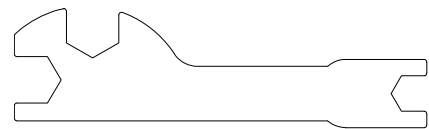
3B. Align the bolt holes on the underside of the **Seat Cushion (56)** with the holes on top of the **Seat Post (3)**. Attach the **Seat Cushion (56)** to the **Seat Post (3)** with three **Flat Washers (34)** and three **Nuts (35)**. Tighten the nuts with the **13- 19mm Wrench** provided.

3C. After securing the **Seat Cushion (56)** to the **Seat Post (3)**, insert the **Seat Post (3)** through the **Seat Post Plastic Bushing (57)** and into the shaft of the **Front Frame (1)**. Insert the **Adjustment Knob (55)** into the threaded hole on the backside of the **Front Frame (1)**. Turn the **Adjustment Knob (55)** in a clockwise direction, making sure that the safety pin of the **Adjustment Knob (55)** catches one of the height adjustment holes of the **Seat Post (3)** before you start fully tightening.

ASSEMBLY



Tool:



13-19mm Wrench 2PCS

Step 4

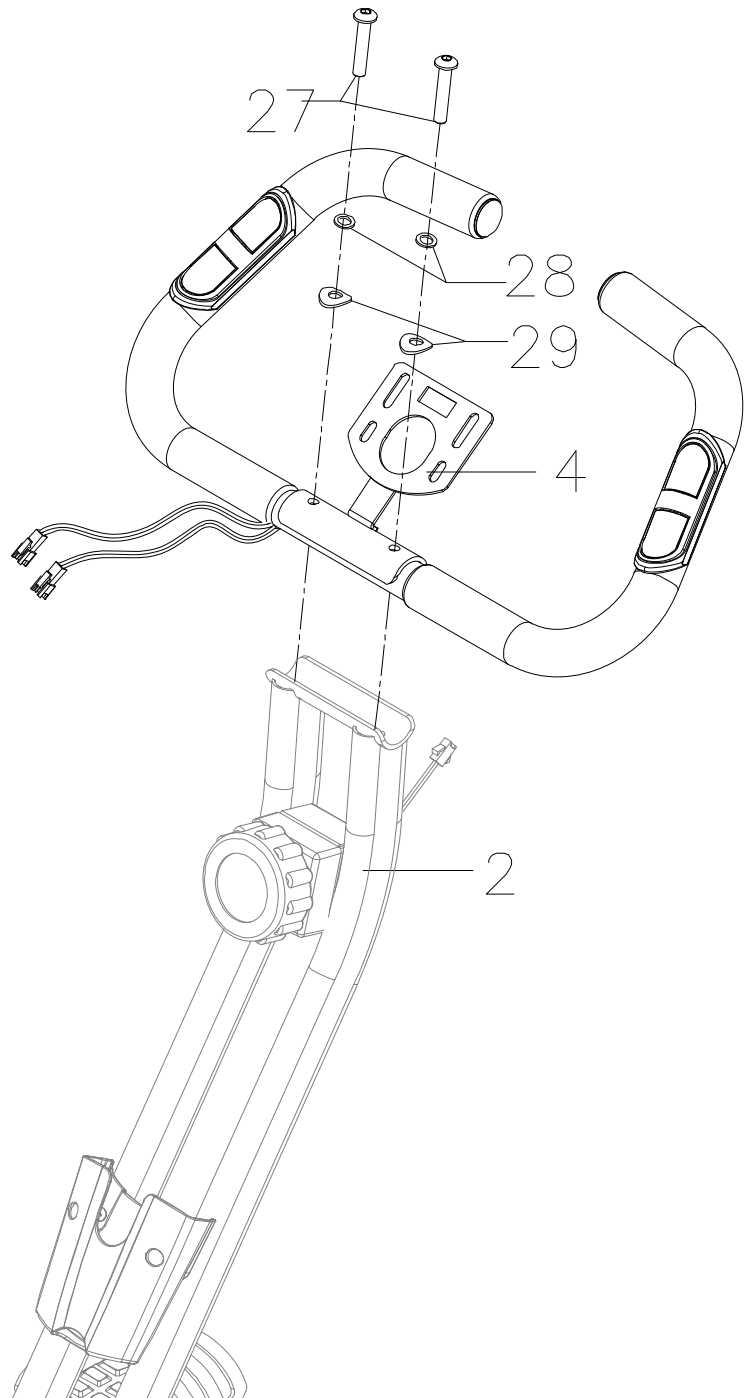
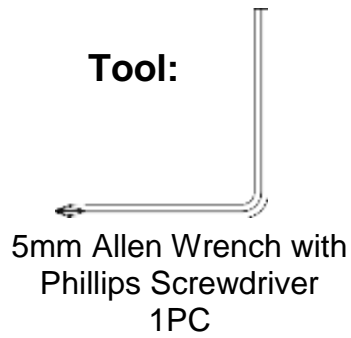
4A. Remove the **Left Nylon Nut (52L)** and **Right Nylon Nut (52R)** from the **Left Pedal (64L)** and **Right Pedal (64R)**. Attach the **Left Pedal Strap (79)** onto the **Left Pedal (64L)** and the **Right Pedal Strap (80)** onto the **Right Pedal (64R)**.

4B. Installation of the Left Pedal: Making sure that it is straight, insert the **Left Pedal (64L)** into the threaded hole in the **Left Crank (43L)**. Turn the pedal shaft of the **Left Pedal (64L)** by hand in a counter-clockwise direction. Lightly screw on the **Nylon Nut (52L)** that was taken off the **Left Pedal (64L)** onto the protruding pedal shaft in a clockwise direction. Finish off the tightening of the **Left Pedal (64L)** with the **13-19mm Wrench**. Once the **Left Pedal (64L)** has been tightened, use the second **13-19mm Wrench** to tighten the **Left Nylon Nut (52L)** by turning the nut in a clockwise direction. **WARNING: Install the Left Pedal (64L) only with a counter-clockwise direction.**

4C. Installation of the Right Pedal: Repeat the same steps from **4A** and **4B** for the **Right Pedal (64R)** installation into the **Right Crank (43R)**. However, turn the right pedal shaft clockwise and the nut counter-clockwise during installation. **WARNING: Install the Right Pedal (64R) with only with the clockwise direction.**

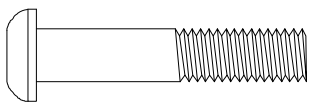
- ⚠ The Cranks, Pedals, Pedal Shafts, and the Pedal Straps are marked "R" for Right and "L" for Left.
- ⚠ See the ADJUSTMENT pages, P.19 for instructions to install and adjust the pedal straps. This machine is not intended to be pedaled in reverse.

Tool:



Step 5

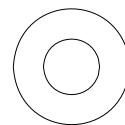
5A. Attach the **Handlebar (4)** to the **Rear Frame (2)** with two **Hexagon Socket Bolts (27)**, two **Spring Washers (28)** and two **Curved Washers (29)**. Tighten the bolts with the **5mm Allen Wrench with Phillips Screwdriver** provided.



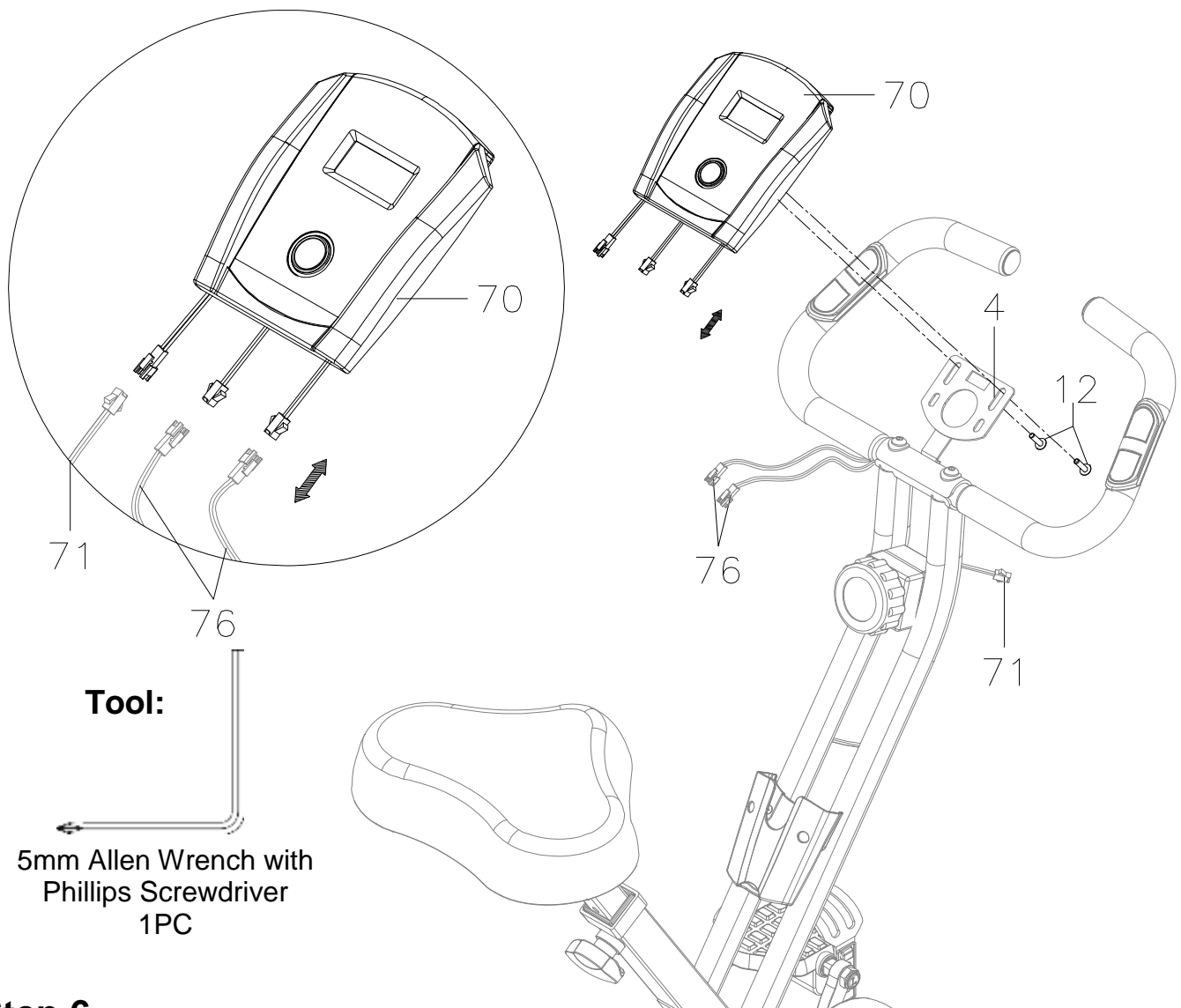
NO.27 Hexagon
Socket Bolt
2PCS



NO.28 Spring Washer
2PCS



NO.29 Curved Washer
2PCS



Tool:

5mm Allen Wrench with
Phillips Screwdriver
1PC

Step 6

6A. Remove two **Screws (12)** from the back side of the **Computer (70)**.

6B. Attach the **Computer (70)** to the **Handlebar (4)** with the two **Screws (12)** that were previously removed. Tighten the screws with the **5mm Allen Wrench with Phillips Screwdriver** provided.

6C. Connect the **Sensor with Wire (71)** and **Hand Pulse Sensor (76)** wires to the **Computer (70)**. See the above illustration. The two **Hand Pulse Sensor (76)** wires can be connected to either of the two matching plugs from the **Computer (70)**.

SPECIFICATIONS:

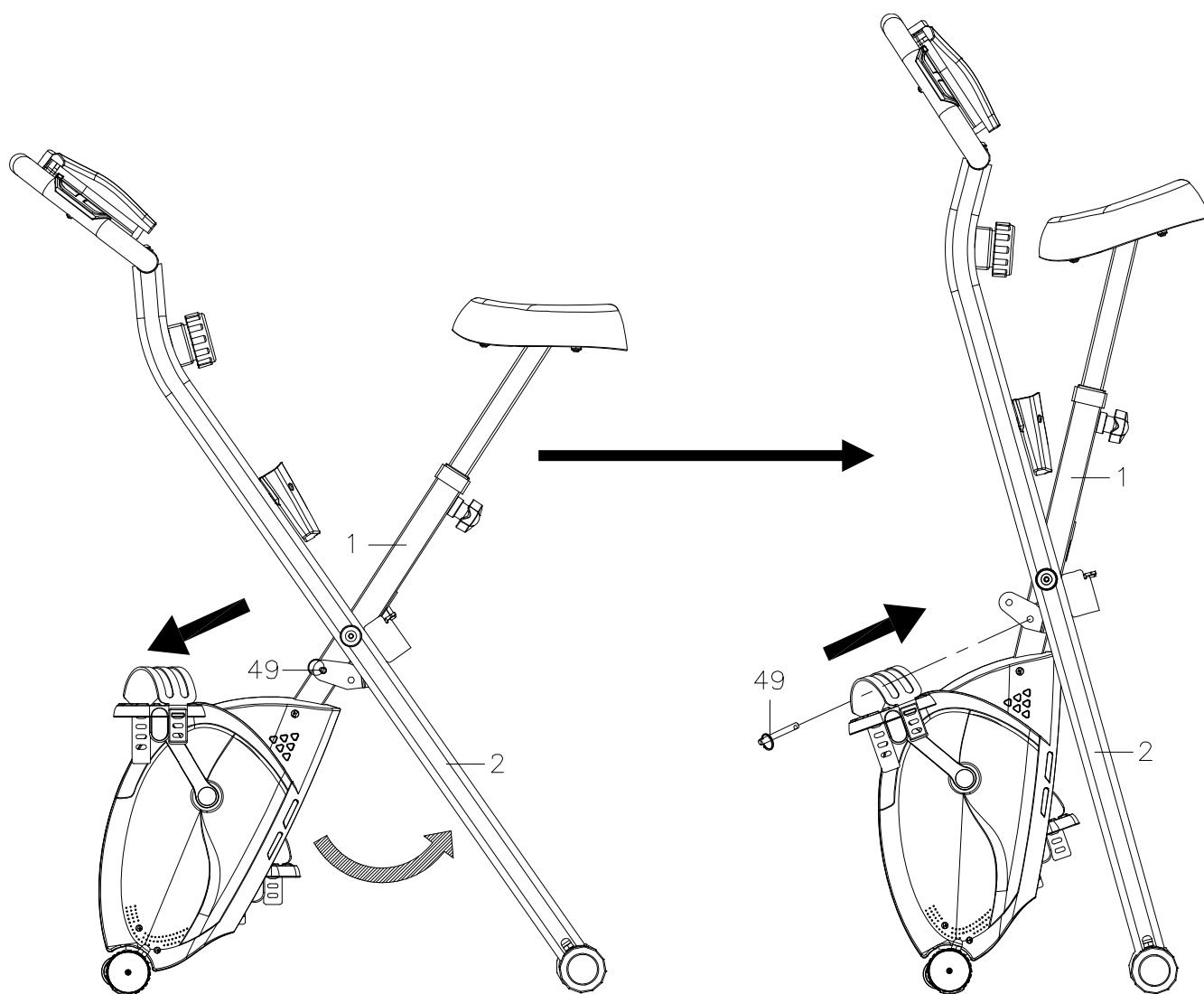
TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-99.9 ML/H
DISTANCE -----	0.00-99.99 ML
CALORIE -----	0.0-999.9 KCAL
ODOMETER -----	0.00-999 ML
PULSE RATE-----	40-206 BEATS/MIN



1. Press the MODE button until the “ ▼ ” appears above the following:
 - a. **SCAN:** The Display will rotate through the following functions: TIME, ODOMETER, CALORIES, PULSE, SPEED, and DISTANCE. Each workout statistic will be held for 6 seconds and then automatically change to the next.
 - b. **TIME:** Displays the total time exercised from start to finish.
 - c. **ODOMETER:** Displays the total accumulated distance traveled from all workouts.
 - d. **CALORIES:** Displays the total calories burned during the workout.
 - e. **SPEED:** Display the current speed.
 - f. **DISTANCE:** Displays the distance traveled during the current workout session.
 - g. **PULSE RATE:** Displays your current heartrate in beats per minute (BPM) during the work out.
 - i. To get a measurement of your pulse rate, please place the palms of your hands on both of the metal contact pads on the handlebars. It may take the LCD 6 - 7seconds to display your heartrate.

Note: During the process of pulse measurement, the measured value displayed may be higher than the actual pulse rate during the first 2-3 seconds before returning to normal levels. This pulse rate value cannot be regarded as the basis of medical treatment.

STORAGE

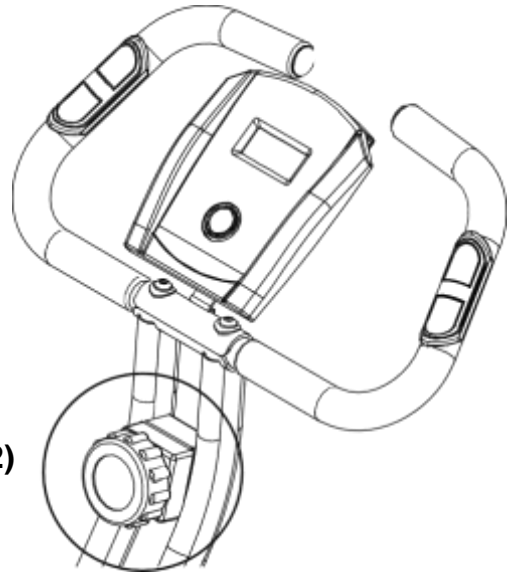


For your convenience, the bike can be folded up for storage.

1. Remove the **Safety Pin (49)** from the upper pin hole of the bike.
2. Fold the **Rear Frame (2)** and the **Front Frame (1)** together until the lower pin holes are aligned.
3. Re-insert the **Safety Pin (49)** into the lower pin hole to secure the frames.

ADJUSTMENTS

Tension Control Knob (62)

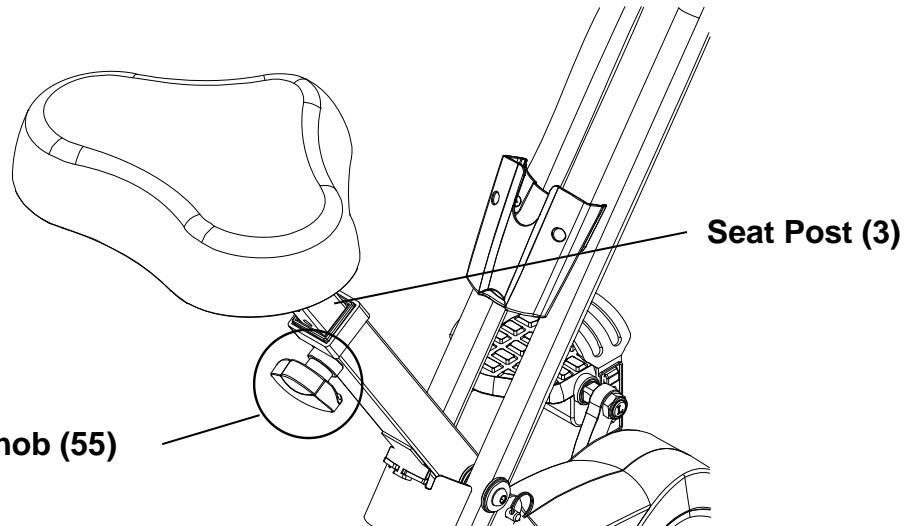


Adjusting the Tension Control Knob

To increase the tension, turn the **Tension Control Knob (62)** in a clockwise direction.

To decrease the tension, turn the **Tension Control Knob (62)** in a counterclockwise direction.

Adjustment Knob (55)



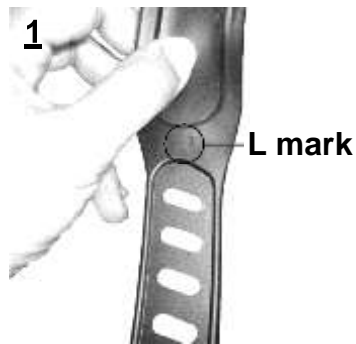
Adjusting the Seat Height

Removed the **Adjustment Knob (55)** by turning it in a counterclockwise direction until the **Seat Post (3)** can be slid up or down freely. When you find a suitable position for the **Seat Post (3)** reinsert the **Adjustment Knob (55)** and lock the seat in place by tightening the **Adjustment Knob (55)** in a clockwise direction.

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

ADJUSTMENTS

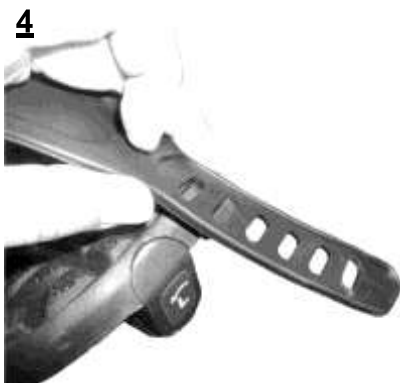
Adjusting the Pedal Strap



The **Left Pedal Strap (79)** with marked with a L on the strap (see Figure 1).

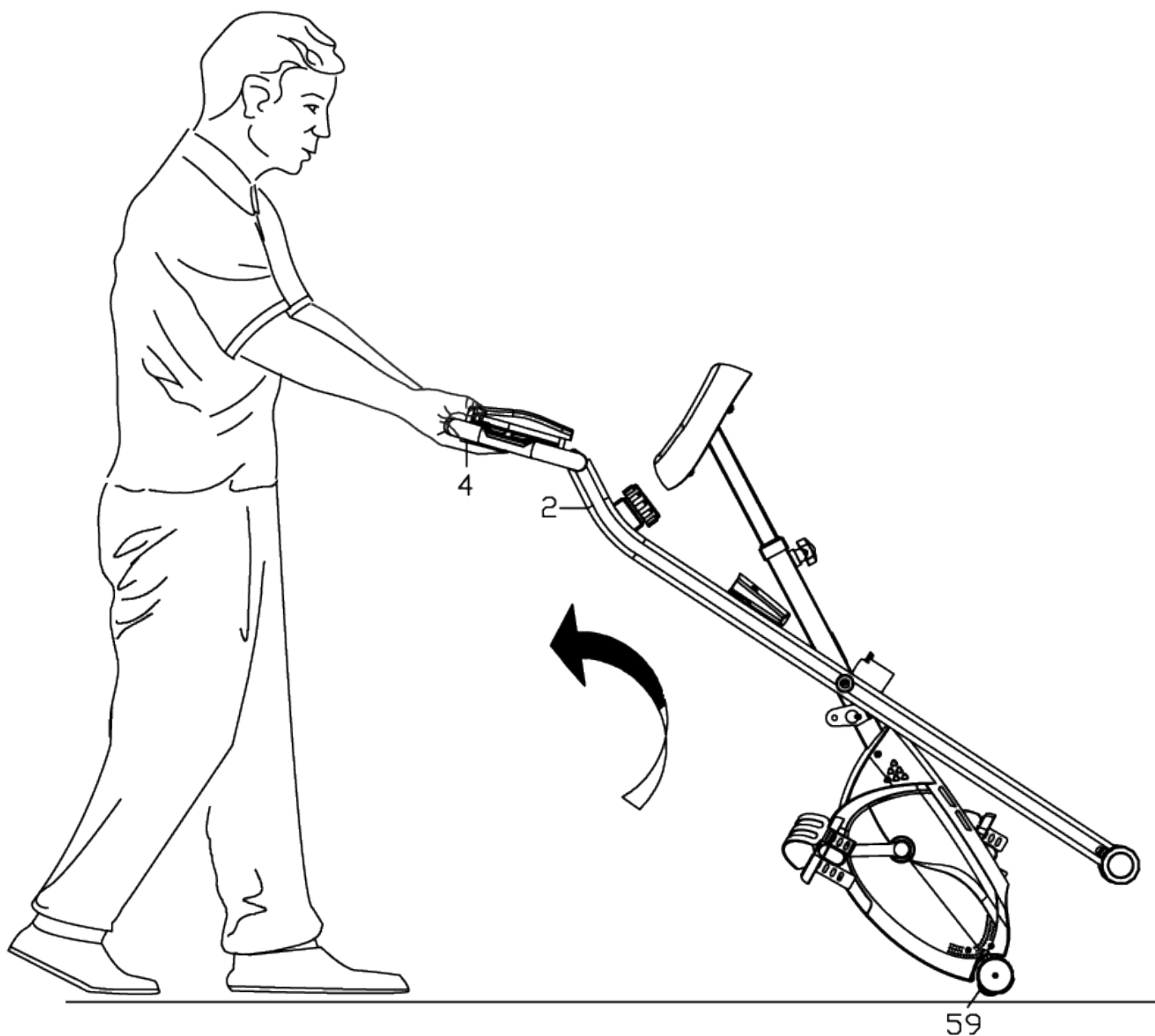


Snap the three hole end into the inside edge of the **Left Pedal (79)**. See Fig 2 & 3.



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 (79)** with the L mark on the strap (see Figures 4 and 5).

Use the same procedure to snap the **Right Pedal Strap (80)** onto the right pedal.



Transporting the Bike

Standing in front of the bike, hold the **Handlebar (4)** and tilt the machine towards yourself until the wheels on the **Front Stabilizer (59)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (2)** back down to the ground.

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 comes 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 guarantees 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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, 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, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

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

For best service, please email our customer service department:

Service@paradigmhw.com

Response Time: 1-2 Business Days

Response Time may vary.

When ordering replacement parts please have the following information ready:

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

PARTS REQUEST FORM

5. Date of Purchase

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 in Fax #: 626-810-2166***