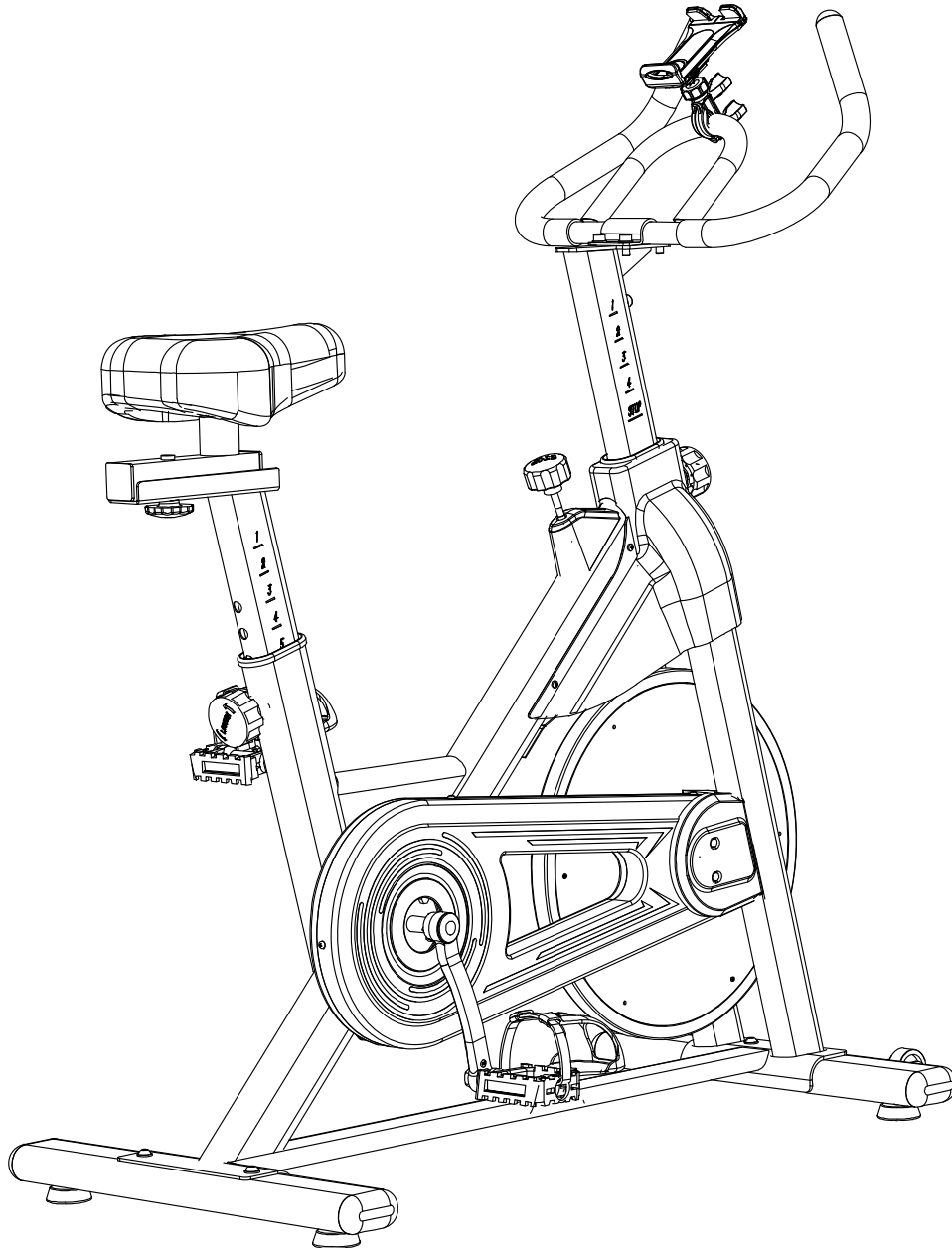


Momentum Bike



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

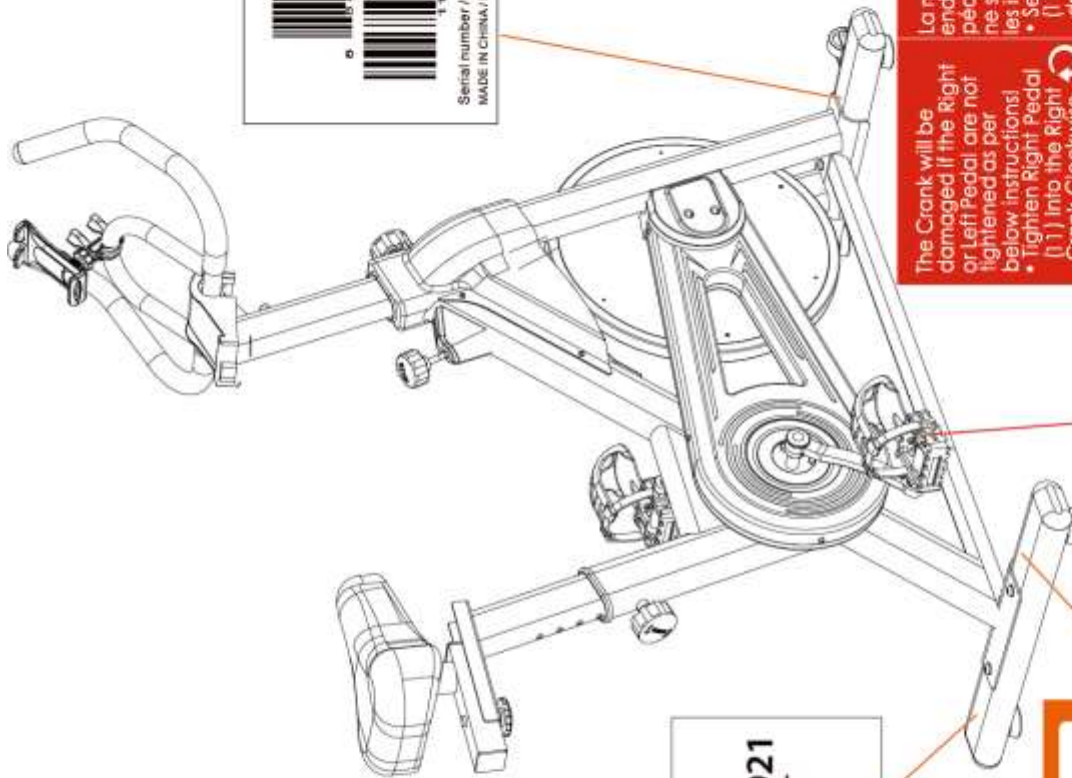
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



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

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 (1) Into the Right Crank Clockwise
• Tighten Left Pedal (1) 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 (1) dans la manivelle droite dans le sens horaire
• Serrez le pédale gauche (1) 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 (1) en el cigüeñal derecho, hacia la derecha
• Apriete el Pedal izquierdo (1) en el cigüeñal izquierdo, hacia la izquierda.

Sharp pedal edges
Des bords coupants de la pedale
Bordes afilados de pedales

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 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

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.

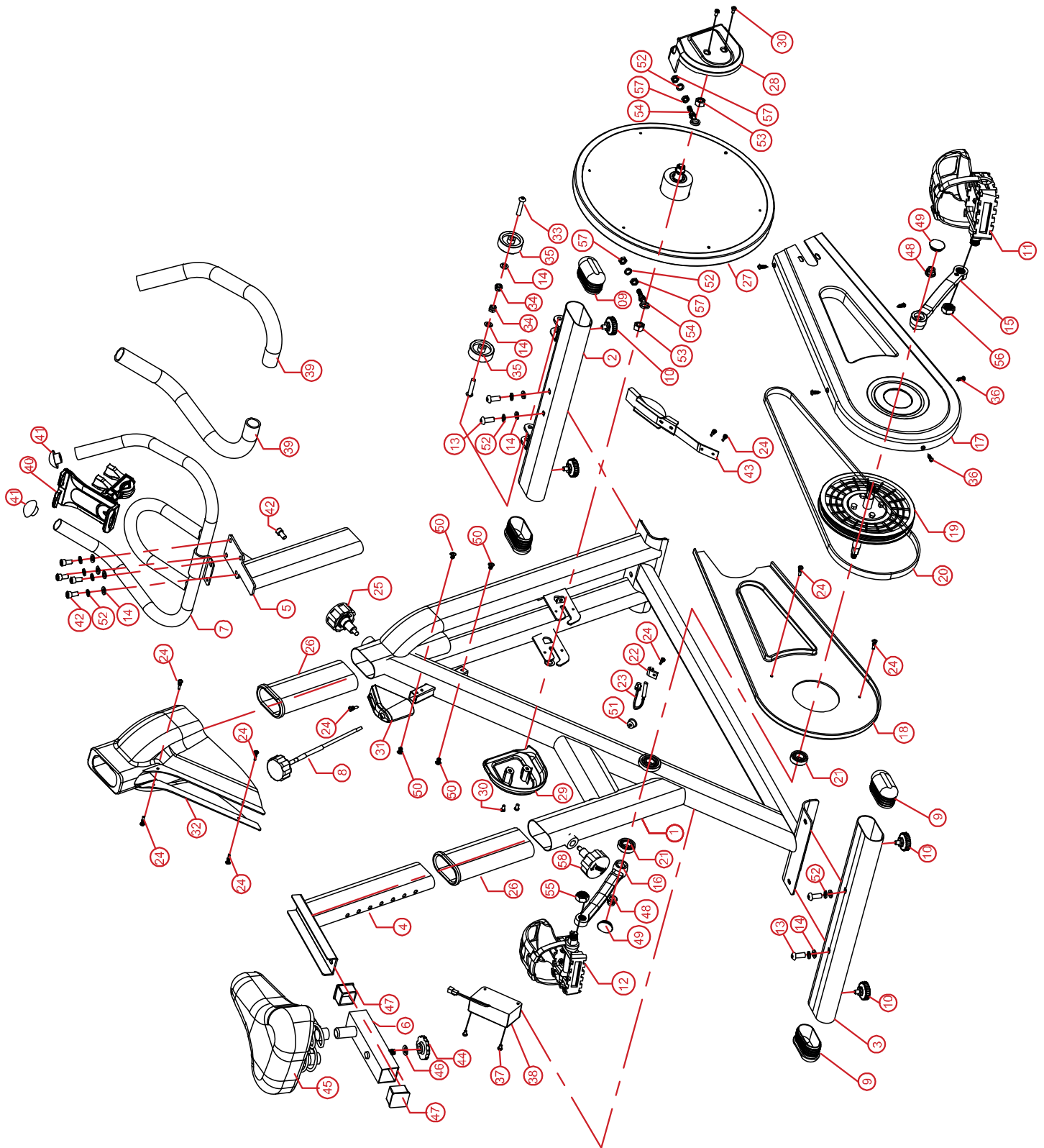
Do not exceed the maximum rated weight (load):

The Maximum Weight Capacity for this product is 220lbs / 100kgs.

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

SAVE THESE GUIDELINES

OVERVIEW DRAWING



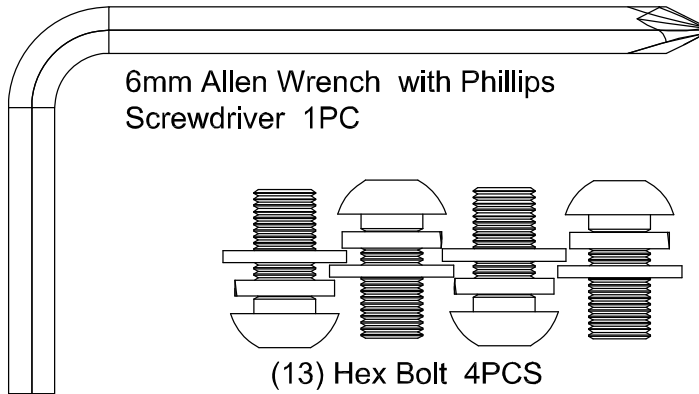
PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Seat Post	1
5	Handlebar Post	1
6	Seat Bracket	1
7	Handlebar	1
8	Brake Knob	1
9	Oval End Cap	4
10	Adjustable Levelers	4
11	Right Pedal	1
12	Left Pedal	1
13	Hex Bolt M8*20	4
14	Flat Washer $\phi 8$	6
15	Right Crank	1
16	Left Crank	1
17	Upper Cover	1
18	Lower Cover	1
19	Belt Pulley	1
20	Belt 500PJ	1
21	Bearing 6003	2
22	Sensor Bracket	1
23	Sensor	1
24	Self-Tapping Screw 4.2*16	8
25	Spring Knob M16*32	1
26	Bushing	2
27	Fly Wheel	1
28	Right Fly Wheel Cover	1
29	Left Fly Wheel Cover	1

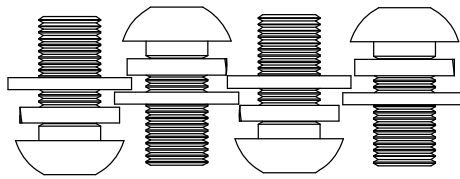
No.	Description	Qty
30	Phillips Screw M5*10	4
31	Bracket Knob Cover	1
32	Handlebar Post Cover	1
33	Hex Bolt M8*50	2
34	Anti-Loosen Nut M8	2
35	Transporting Wheel	2
36	Self-Tapping Phillips Screw ST4.2*16	5
37	Hex Bolt M4*6	2
38	Bluetooth Console 0509	1
39	Foam Grip	2
40	Phone Holder	1
41	Round End Cap	2
42	Hex Bolt M8*16	4
43	Bracket	1
44	Knob M10	1
45	Seat	1
46	Flat Washer $\phi 10$	1
47	Square End Cap	2
48	Flange Nut M10	2
49	Crank Cap	2
50	Phillips Screw M5*5	4
51	Wire Plug	1
52	Spring Washer $\phi 8$	8
53	Nut M12	2
54	Eye Bolt M8*45	2
55	Left Pedal Nut	1
56	Right Pedal Nut	1
57	Nut M8	4
58	Spring Knob M16*28	1

HARDWARE PACK

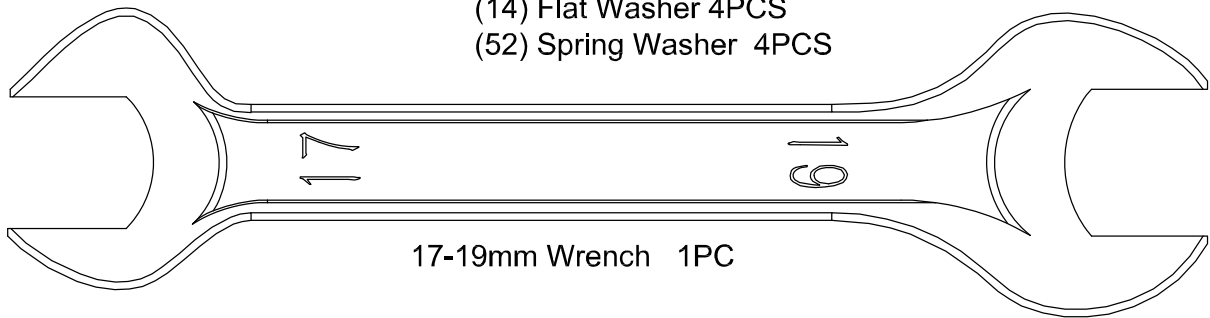
4208 / 4210 Hardware Pack



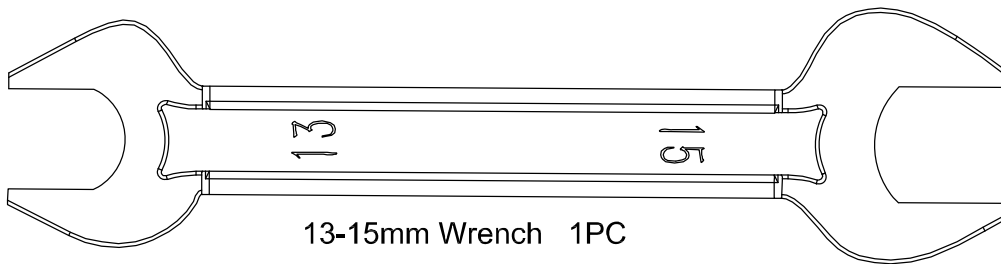
6mm Allen Wrench with Phillips
Screwdriver 1PC



(13) Hex Bolt 4PCS
(14) Flat Washer 4PCS
(52) Spring Washer 4PCS

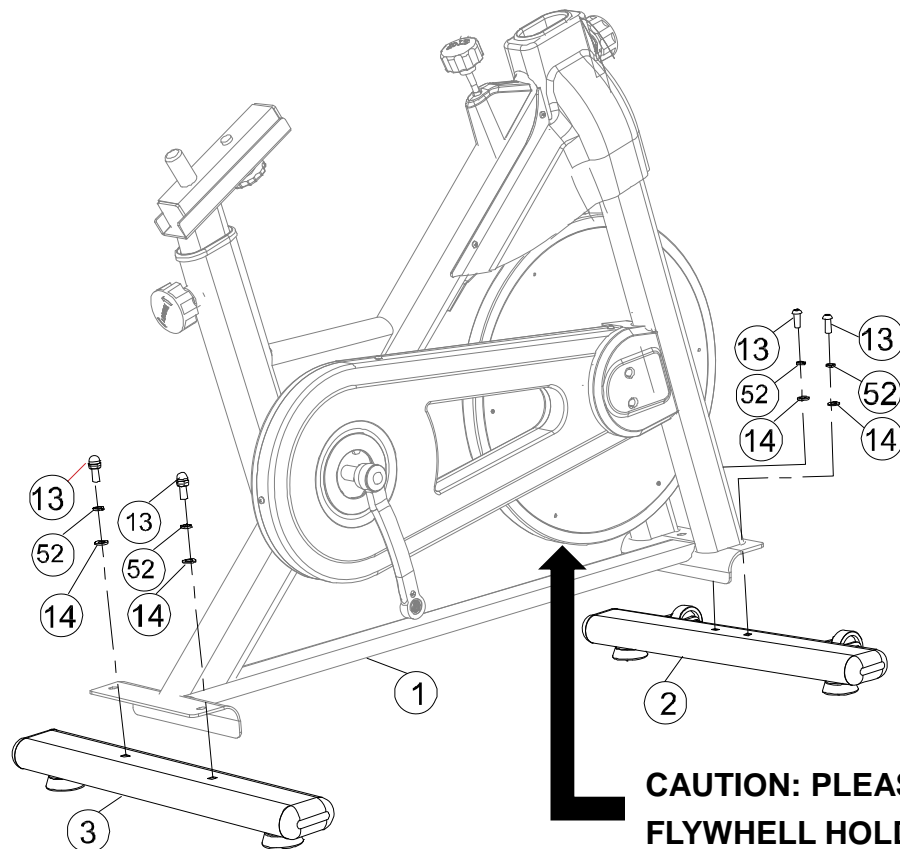


17-19mm Wrench 1PC



13-15mm Wrench 1PC

ASSEMBLY



TOOL:



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

**CAUTION: PLEASE REMOVE THE
FLYWHEEL HOLDER BEFORE
ASSEMBLY THE BIKE.**

STEP 1

1a. Front Stabilizer Installation: Lift up the front of the **Main Frame (1)**, and attach the **Front Stabilizer (2)** onto the front bracket of the **Main Frame (16)** with two **Hex Bolts (13)**, two **Spring Washers (52)** and two **Flat Washers (14)**. Use the **6mm Allen Wrench with Phillips Screwdriver** to tighten the **Hex Bolts (13)** until they are firm and secure.

1b. Rear Stabilizer Installation: Lift up the front of the **Main Frame (1)**, and attach the **Rear Stabilizer (3)** onto the front bracket of the **Main Frame (16)** with two **Hex Bolts (13)**, two **Spring Washers (52)** and two **Flat Washers (14)**. Use the **6mm Allen Wrench with Phillips Screwdriver** to tighten the **Hex Bolts (13)** until they are firm and secure.

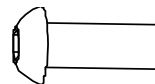
HARDWARE PACK:



**(52) Spring Washer
4PCS**



**(14) Flat Washer
4PCS**



**(13) Hex Bolt
4PCS**

ASSEMBLY

TOOL:



13-15mm Wrench
1PC

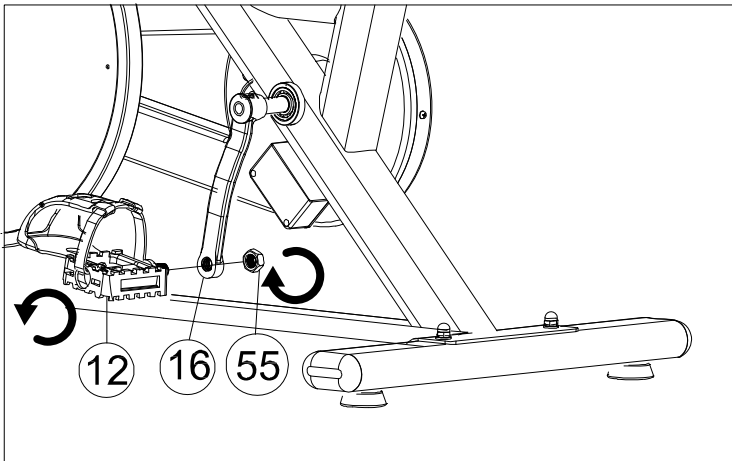


17-19mm Wrench
1PC

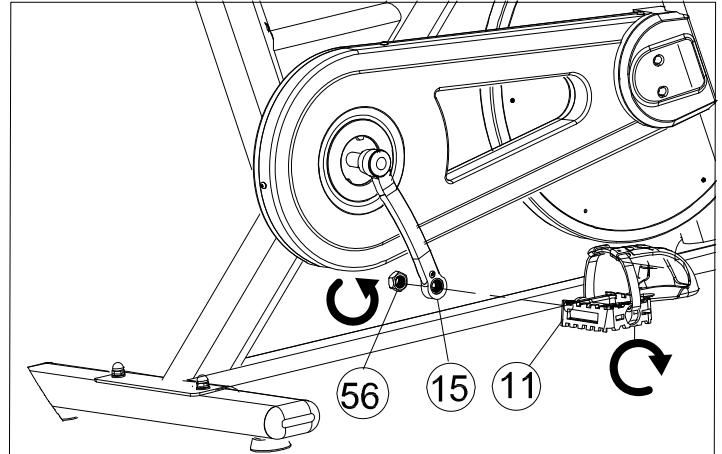
IMPORTANT:

Ensure that the Right Pedal (11) matches up with the Right Crank (15) and the Left Pedal (12) matches up with the Left Crank (16). If reversed, the cranks may become damaged or stripped.

Left Side



Right Side



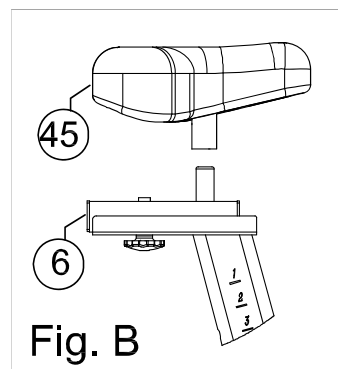
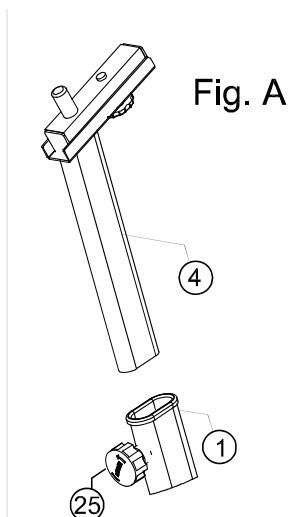
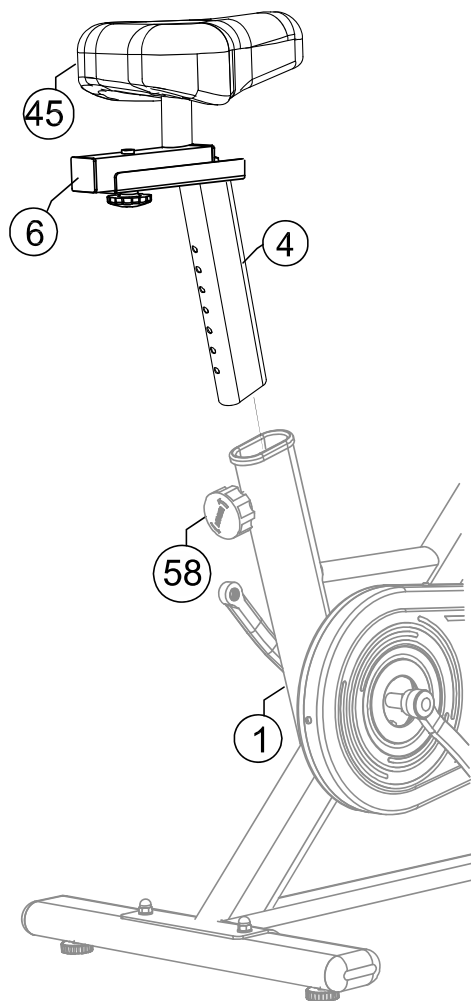
Tip: Only turn the pedals in the direction instructed. The left and right pedals have different turning directions for installation. The Cranks, Pedals, Pedal Shafts, Pedal Nuts, and Pedal Straps are marked “R” for Right and “L” for Left.

Step 2

2a. Installing The Left Pedal Onto The Left Crank: Remove the **Left Pedal Nut (55)**. Insert the **Left Pedal (12)** perfectly straight into the threaded hole in the **Left Crank (16)**. Turn the pedal shaft by hand in a COUNTER-CLOCKWISE direction until snug. Use the **13 – 15mm Wrench** to fully tighten the **Left Pedal (12)**. Attach the **Left Pedal Nut (55)** to the protruding shaft in a CLOCKWISE direction. Use both the **13-15mm Wrench & 17-19mm Wrench** to simultaneously tighten the **Left Pedal (12)** and the **Left Pedal Nut (55)**. Only tighten in the directions instructed.

2b. Installing The Right Pedal Onto The Right Crank: Remove the **Right Pedal Nut (56)**. Insert the **Right Pedal (11)** perfectly straight into the threaded hole in the **Right Crank (15)**. Turn the pedal shaft by hand in a CLOCKWISE direction until snug. Use the **13 – 15mm Wrench** to fully tighten the **Right Pedal (11)**. Attach the **Right Pedal Nut (56)** to the protruding shaft in a COUNTER-CLOCKWISE direction. Use both the **13-15mm Wrench & 17-19mm Wrench** to simultaneously tighten the **Right Pedal (11)** and the **Right Pedal Nut (56)**. Only tighten in the directions instructed.

ASSEMBLY



TOOL:



**13-15mm Wrench
1PC**

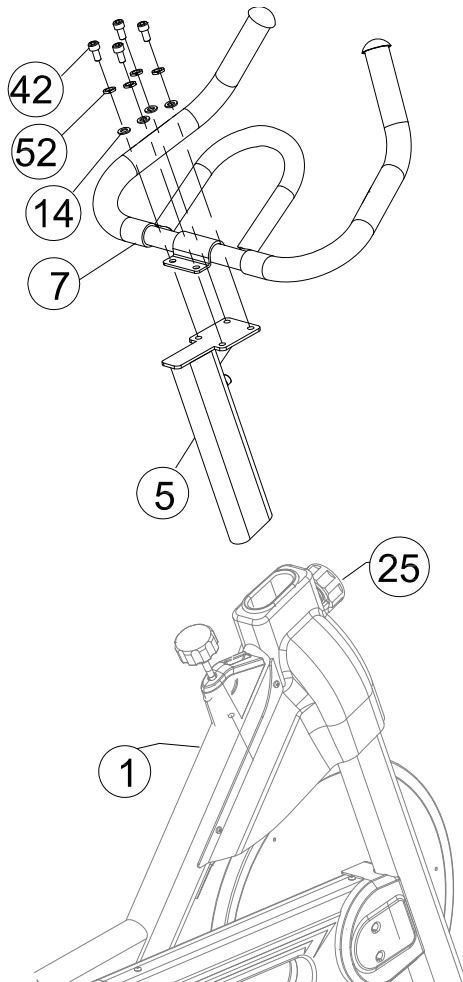
STEP 3

3a. Remove the Seat Post (4) from the Main Frame (1) by turning the Spring Knob (58) Counter-Clockwise until the Seat Post (4) can be pulled upward. See Fig. A

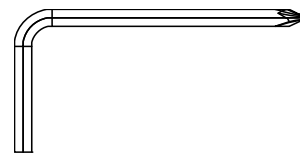
3b. Seat & Seat Post Installation: Attach the **Seat (45)** onto the **Seat Bracket (6)** by using **13-15mm Wrench** provided. **See Fig. B.** Loosen the **Spring Knob (58)** and pull it outward and Insert the **Seat Post (4)** into the **Main Frame (1)**. Make sure the pin on the **Spring Knob (58)** goes into a hole in the **Seat Post (4)** when you release the **Spring Knob (58)** Then tighten the **Spring Knob (58)**.

TIP : When adjusting the height of **Seat Post (4)**, the **STOP** line is the maximum adjustment. **STOP** line should not be higher than the edge of the plastic bushing. Please NOTE the **STOP** line CAN be visible.

ASSEMBLY



TOOL:



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

STEP 4

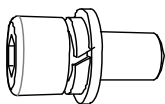
4a. Hardware Removal: Remove our Hex Bolt (42), four Spring Washers (52) and four Flat Washers (14) from the Handlebar Post (5)

4b. Installing the Front Post to the Main Frame: Loosen the Spring Knob (25) and pull it outward and Insert the Front Post (5) into the Main Frame (1). Make sure the pin on the Spring Knob (25) goes into a hole in the Front Post (5) when you release the Spring Knob (25) Then tighten the Spring Knob (25).

TIP : When adjusting the height of Seat Post (4), the **STOP** line is the maximum adjustment. **STOP** line should not be adjusted than higher than the edge of the plastic bushing. Please NOTE the **STOP** line CAN be visible.

4c. Installing the Handlebars to the Front Post: Attach the Handlebar (7) onto the Front Post (5). Secure the Handlebar (7) with four Hex Bolt (42), four Spring Washers (52) and four Flat Washers (14) that were previous removed then fully tighten with the 6mm Allen Wrench with Phillips Screwdriver provided.

Pre-Installed Hardware:



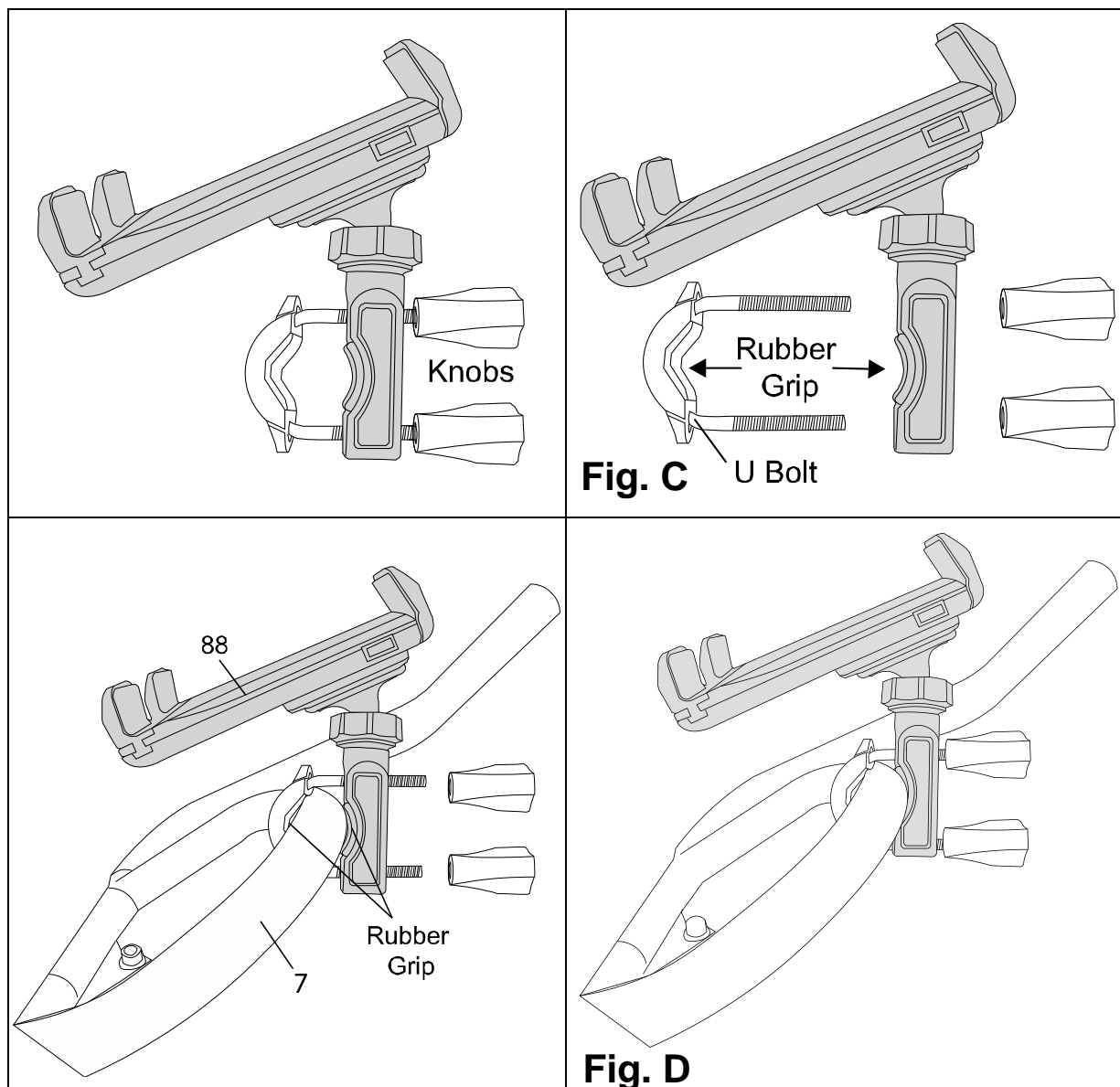
**(42) Hex Bolt
4PCS**



**(14) Flat Washer
4PCS**



**(52) Spring Washer
4PCS**



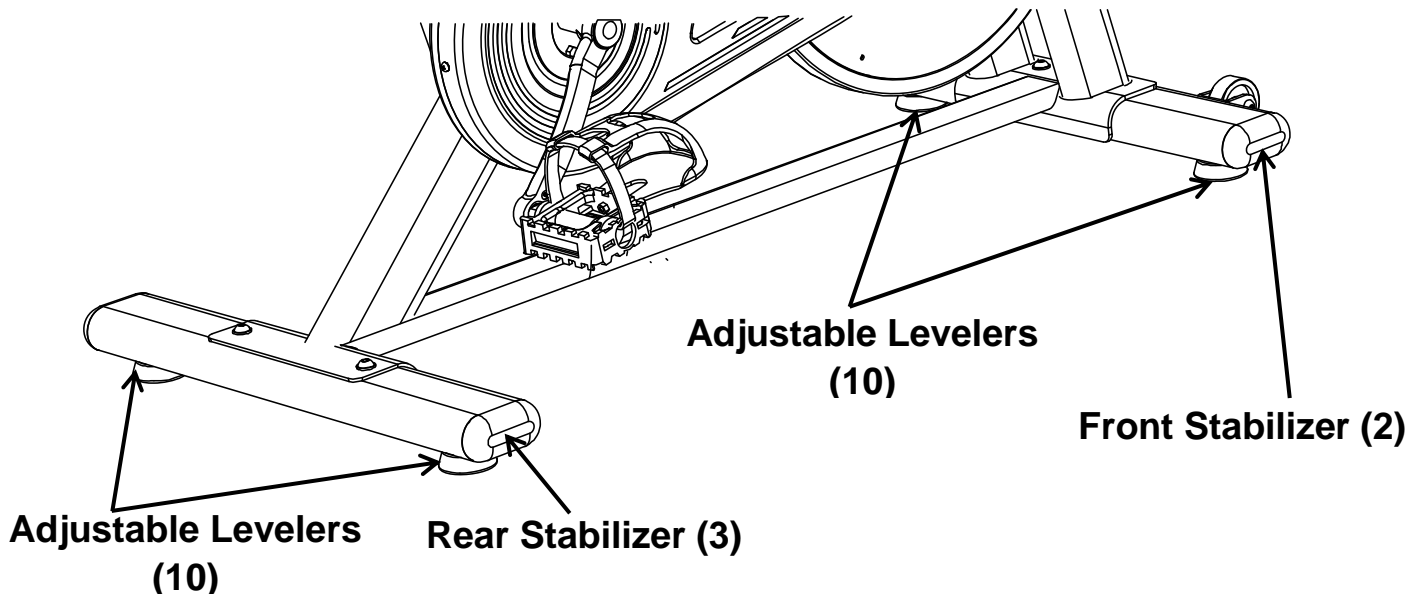
STEP 5

5a. Remove two **Knobs** from the **U bolt** as shown in **Fig. C**.

5b. Fit the **U bolt** and **Device Holder (88)** around the **Handlebar (7)** tube with the **Rubber Grips** facing the tube. Fully tighten the two **Knobs evenly** to secure the **Device holder (88)**. See **Fig. D**.

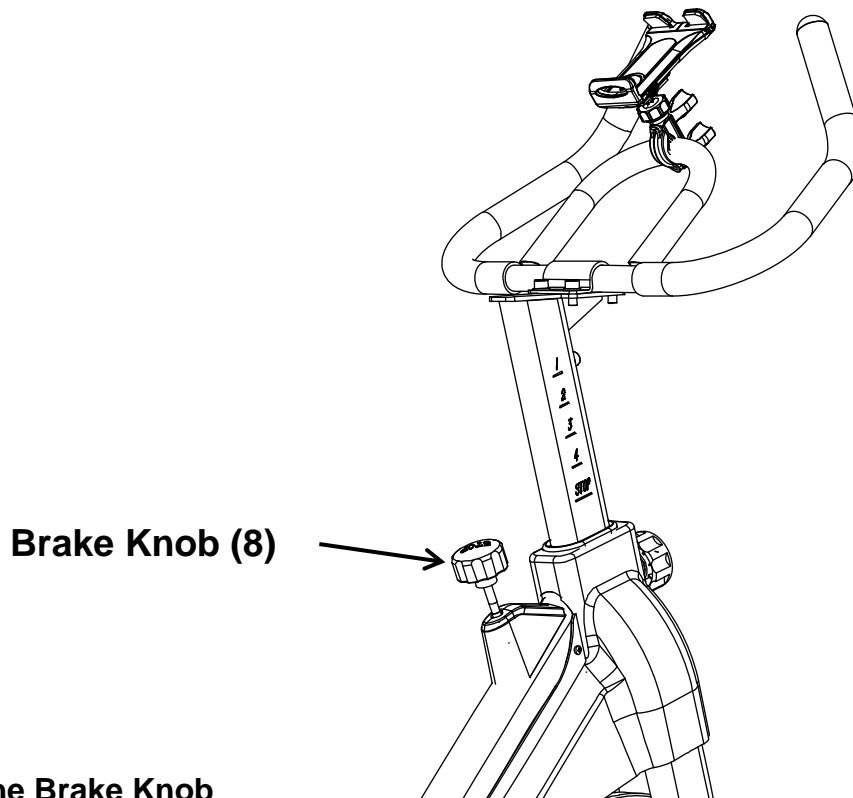
IMPORTANT: This Device Holder is not designed for outdoor use on intensively moving bikes such as, mountain bikes. This is only designed to be used on this stationary workout machine.

ADJUSTMENTS



Adjusting the Adjustable Levelers

Turn the **Adjustable Levelers (10)** on the **Front and Rear Stabilizers (2) & (3)** as needed to level the bike. Proper leveling will reduce noises and wobbling.



Adjusting the Brake Knob

To increase the tension, turn the **Brake Knob (8)** in a CLOCKWISE direction.

To decrease the tension, turn the **Brake Knob (8)** in a COUNTERCLOCKWISE direction.

ADJUSTMENTS

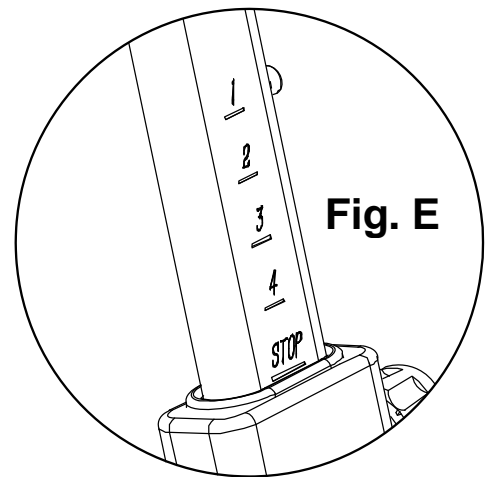
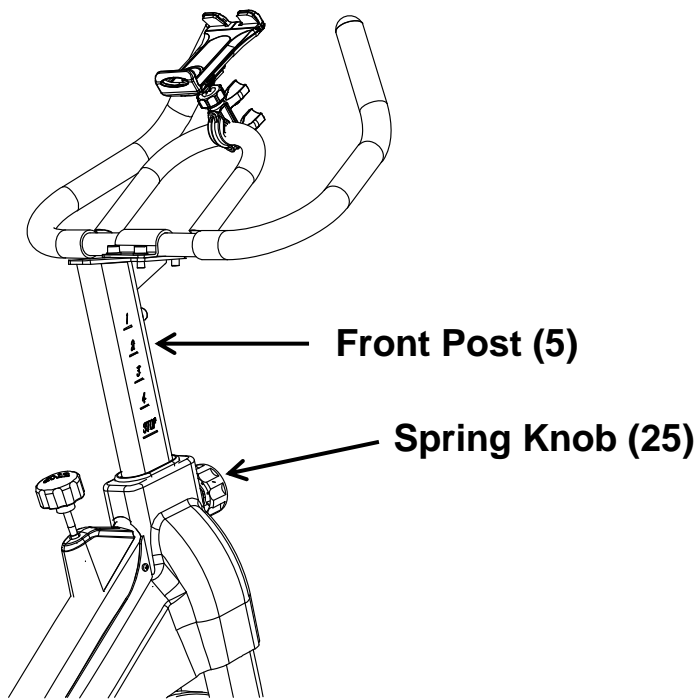


Fig. E

Adjusting the Handlebar Height

TIP: When adjusting the height of Front Post (5), the STOP line cannot be higher than the edge of plastic bushing. See Fig. E.

Loosen the **Spring Knob (25)** by turning it COUNTER-CLOCKWISE direction until it can be pulled out. Pull out the **Spring Knob (25)** and then slide the **Front Post (5)** up or down and settle on the desired height. Lock the **Front Post (5)** in place by releasing the **Spring Knob (25)** and sliding the **Handlebar Post (15)** up or down slightly until the **Spring Knob (25)** "POPs" down into the locked position. Tighten the **Spring Knob (25)** in a CLOCKWISE direction.

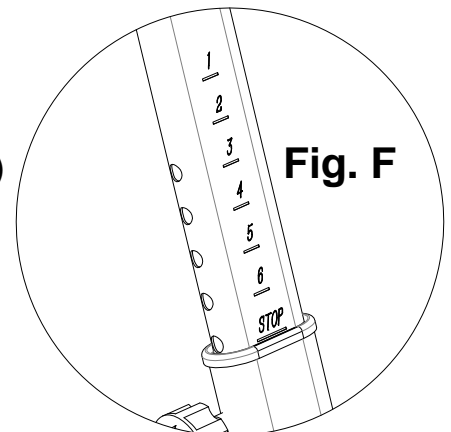
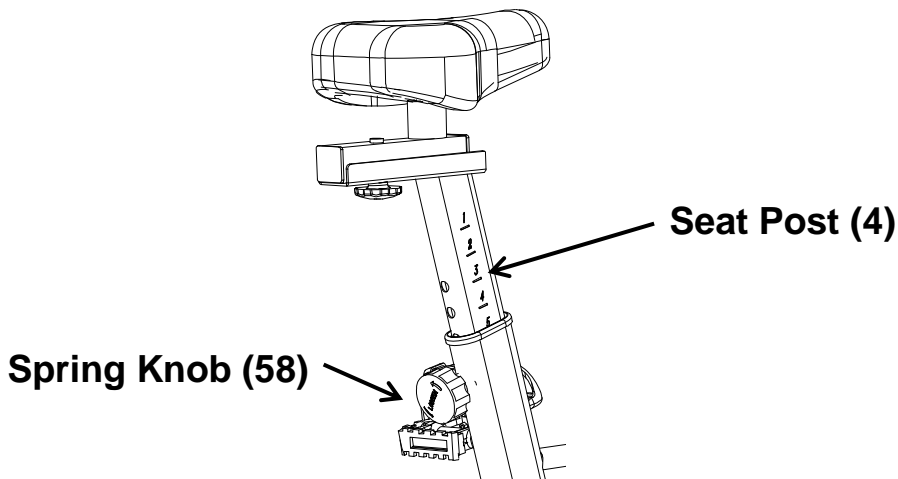


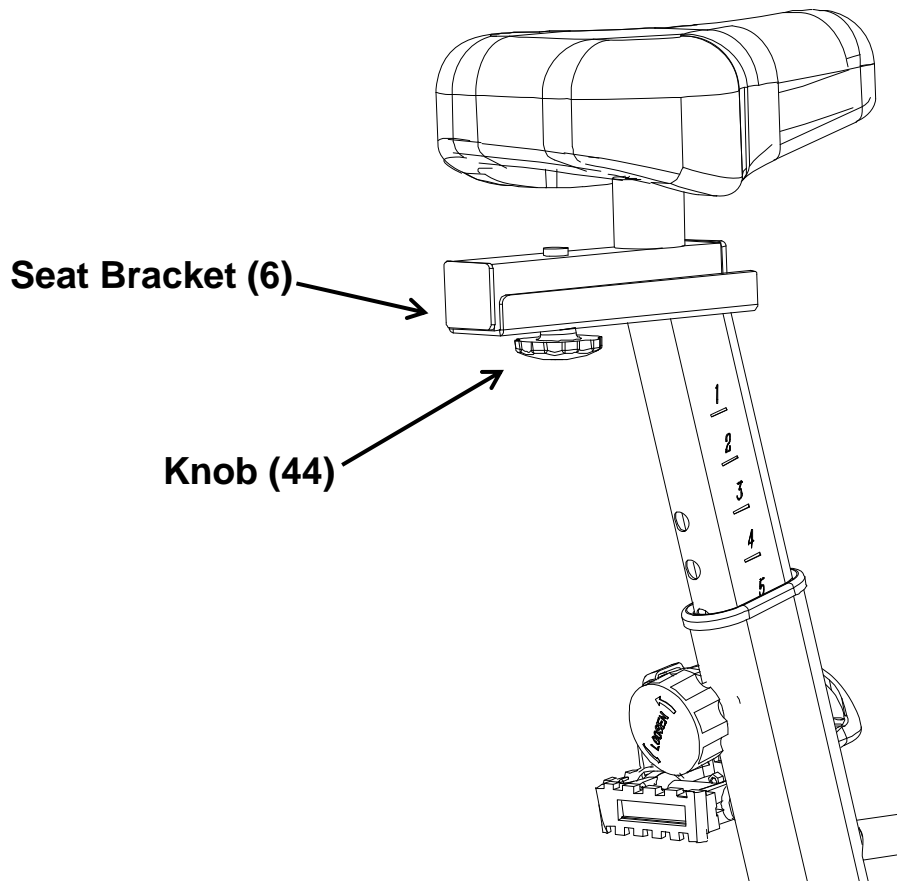
Fig. F

Adjusting the Seat Post Height

Loosen the **Spring Knob (58)** by turning it in the COUNTER-CLOCKWISE direction until it can be pulled out. Pull out the **Spring Knob (58)** and then slide the **Seat Post (4)** up or down direction to the suitable position. Lock the **Seat Post (4)** in place by releasing the **Spring Knob (58)** and sliding the **Seat Post (4)** up or down slightly until the **Spring Knob (58)** "pops" down into the locked position. For added safety, tighten the **Spring Knob (58)** in a clockwise direction.

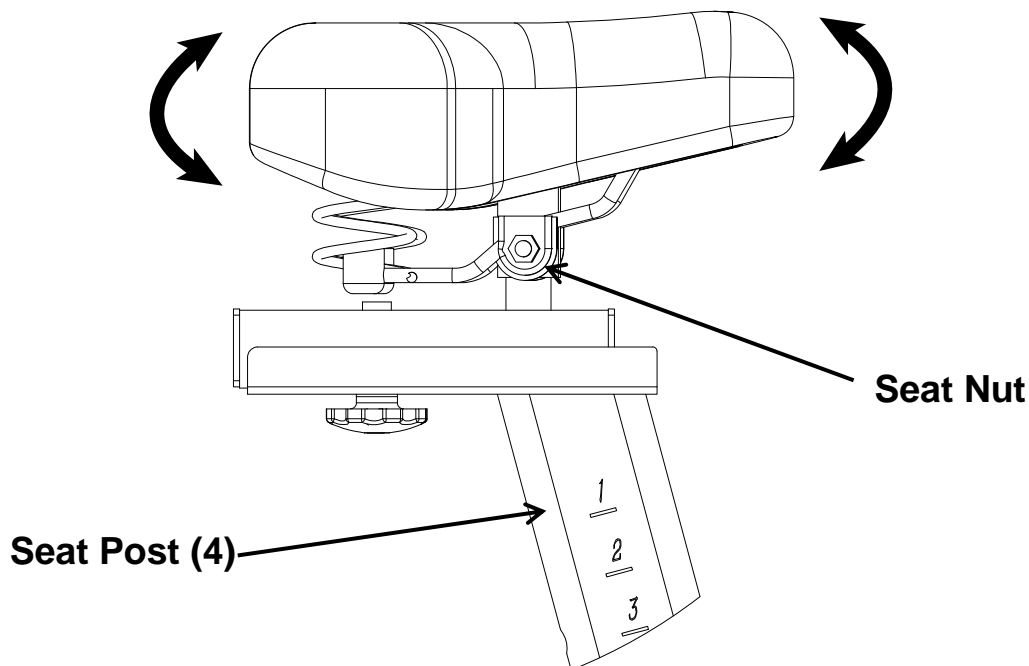
NOTE: When adjusting the height of seat post, the STOP line cannot be higher than the edge of plastic bushing. See Fig. F.

ADJUSTMENTS



Adjusting the Seat Forward or Back:

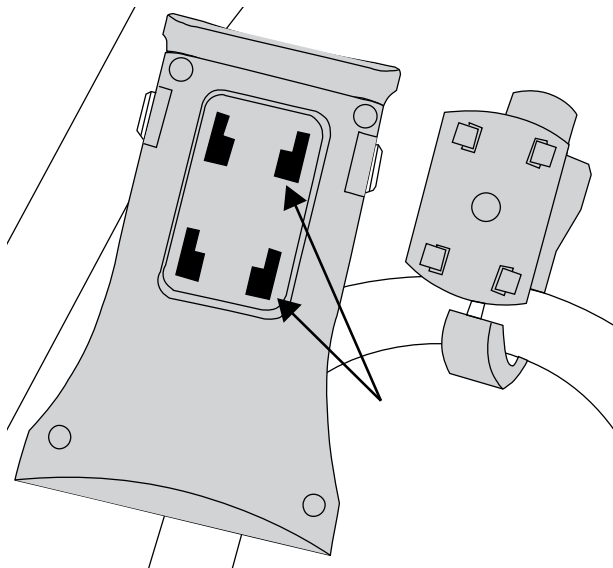
Loosen the **Knob (44)** by turning it in a COUNTER-CLOCKWISE direction. Slide the **Seat Bracket (6)** in a FORWARD or BACKWARD direction to the desired position. Lock the **Seat Bracket (6)** in place by turning it in a CLOCKWISE direction.



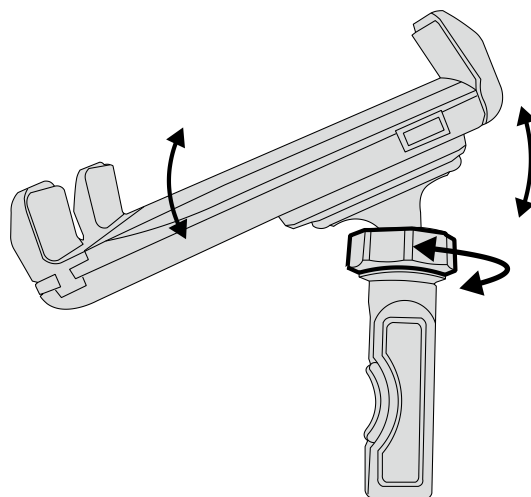
Adjusting the Seat angle:

Using the 13mm side of the 13-15mm **Wrench** loosen the nuts that secure the seat to the **Seat Post (4)**. Adjust to desired angle and Re-tighten the nuts securely.

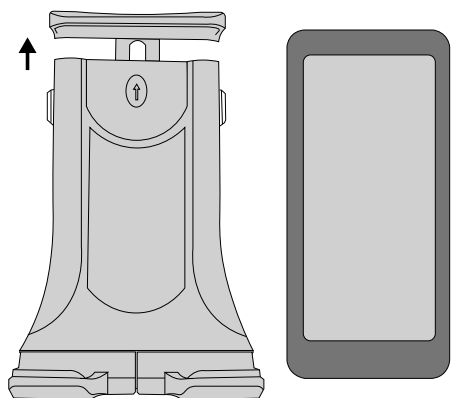
ADJUSTMENTS



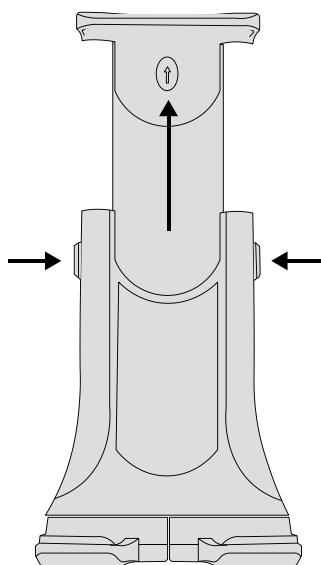
1. Make sure the Phone Mount t-notch adapter is attached into the holder's four slots. Push down firmly to lock, you should hear a click when the parts are locked.



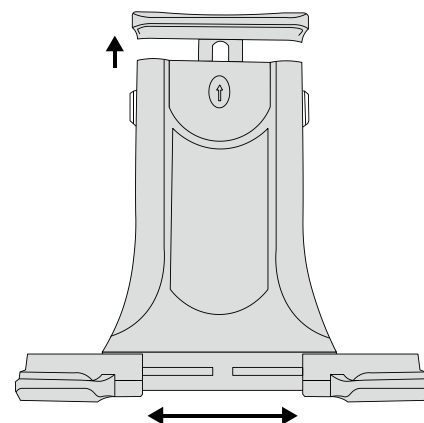
2. Change the angle by turning the knob counter-clockwise. Adjust the holder for vertical or horizontal viewing. Turn the knob clockwise to tighten and secure position.



3. For a secure and snug fit, pull the retractable top clamp upward while placing your device in open clamps. Make sure the device is securely held.



4. Press and hold the two buttons and pull the extendable arm up to create room for larger device to fit (make sure the height of the open clamps is shorter than the device).



5. Pull the holder's 2 lower legs outward for stable holding of the larger devices.

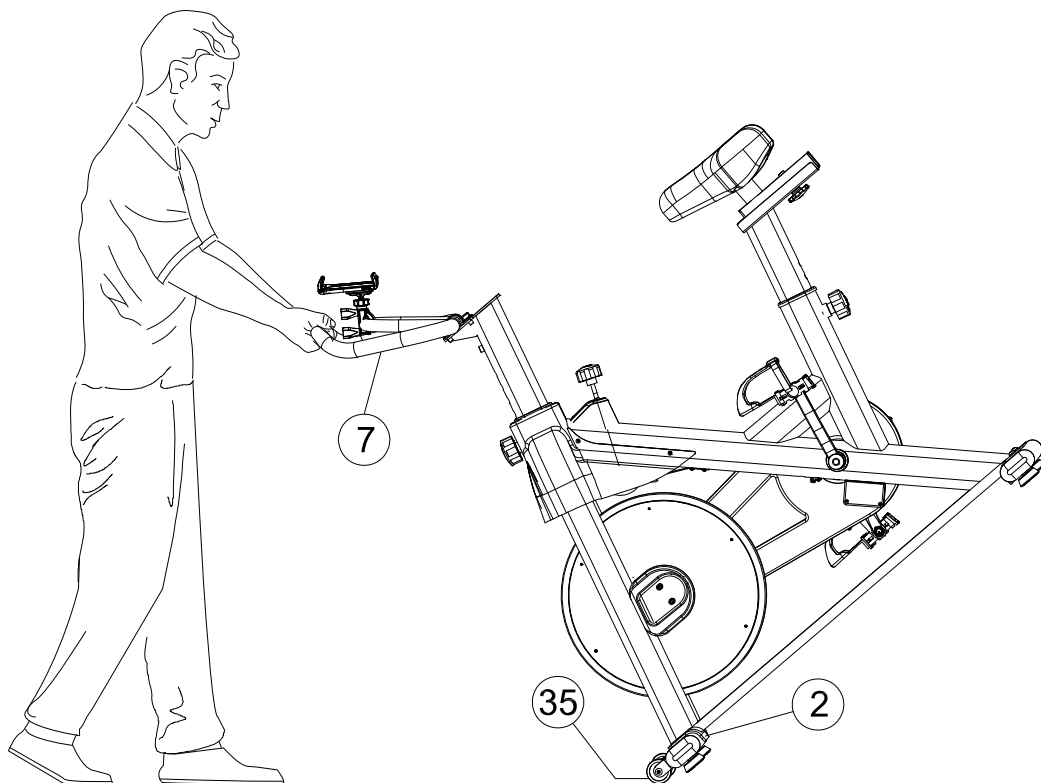
Paradigm Health and Wellness is not responsible for any damages caused to your exercise equipment, to your device, or to yourself due to the installation or use of this mount.

TROUBLE SHOOTING

1. **PROBLEM:** The bike wobbles when in use.
1) **SOLUTION:** Turn the **Adjustable Levelers (10)** on the **Front and Rear Stabilizer (2) & (3)** or as needed to level the bike.
2. **PROBLEM:** The bike makes a squeaking noise when in use.
1) **SOLUTION:** The bolts may be loose on the bike. Inspect all of the bolts and tighten any loose bolts. Also check the pedals tightness.
3. **PROBLEM:** The console won't pair with the device.
PROBLEM: The App disconnects.
1) **SOLUTION:** Replace batteries with 2 fresh AAA batteries.

MAINTENANCE

1. The 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 bike after each use.
4. Be careful not to get excessive moisture on the Console as this might cause an electrical hazard or the electronics to fail.
5. Keep the bike, especially the computer console out of direct sunlight to prevent damage.
6. Be sure all assembly bolts, nuts, screws, and pedals on the machine are thoroughly tightened prior to use. Tighten any loose parts.



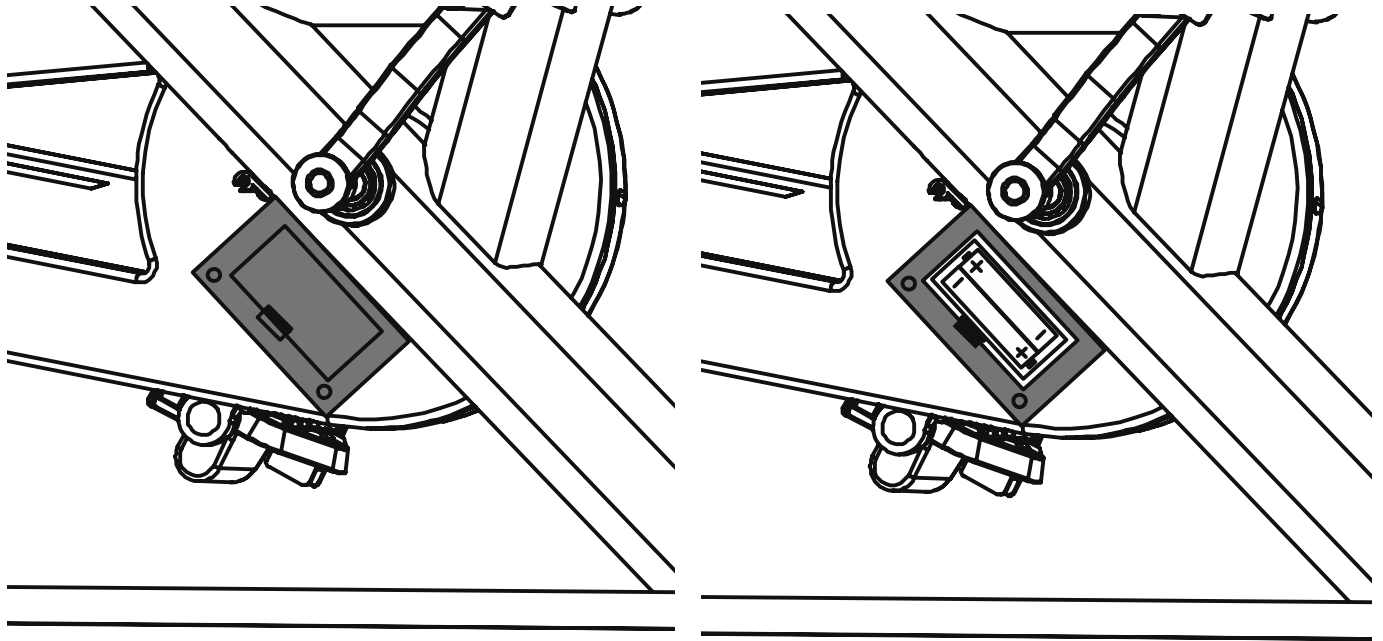
Transporting the Bike

Pull the **Handlebar (7)** with both hands until the **Wheels (35)** on the **Front Stabilizer (2)** make contact with the ground. Pull or Push the Bike to the desired storage area before gently lowering the Bike. Always maintain both hands on the Bike during transportation.

Storage

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

CONSOLE



BATTERY INSTALLATION: Remove the Battery Cover from the **Bluetooth Console (38)** and install Two AAA batteries provided into the battery tray in the correct polarity.

Please be sure to install batteries in correct order or damage will occur.

When the batteries are installed the red battery indicator light will blink three times.

NOTE* When the batteries become low the red battery indicator light will blink once every 4 seconds. When there is good battery power the red indicator light will blink three times quickly.

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	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 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