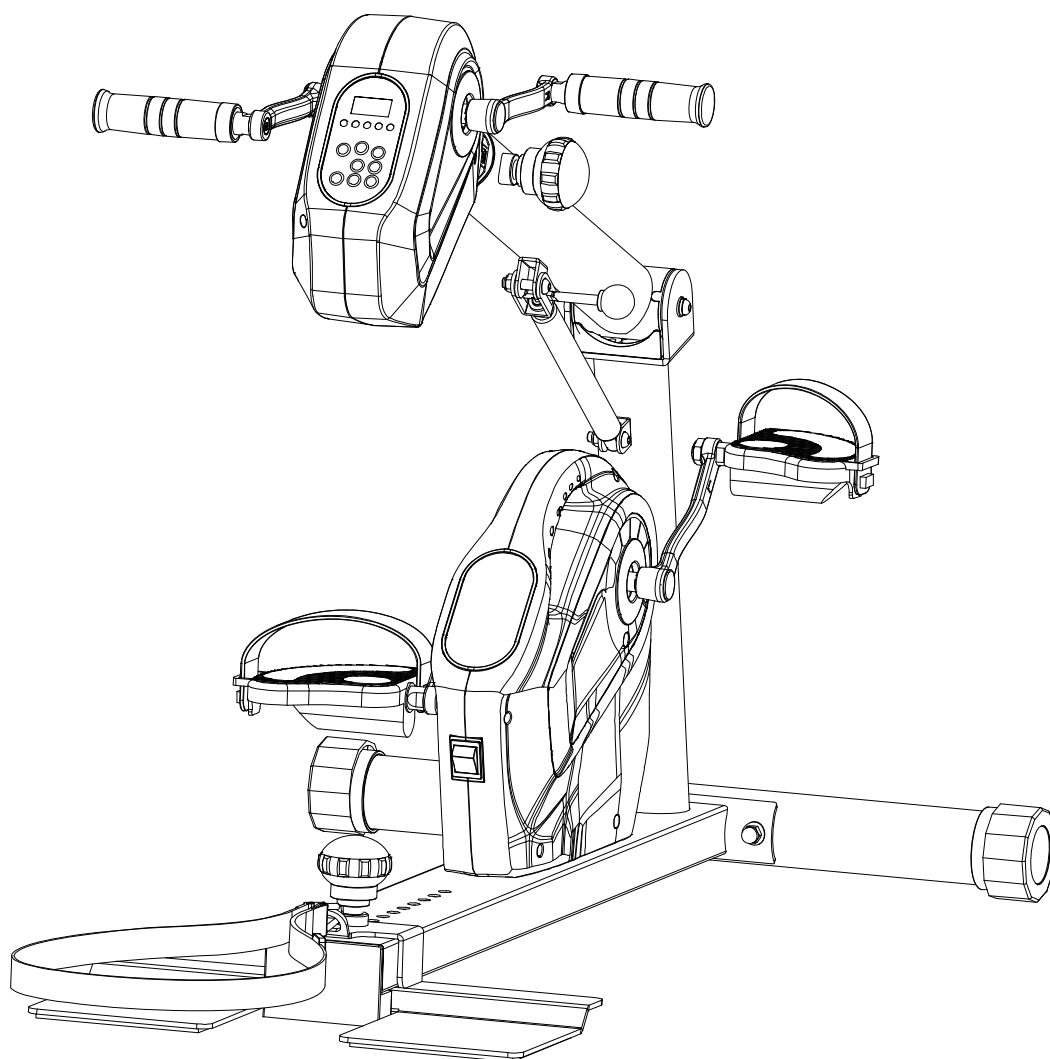


Motorized Recovery Exerciser



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

TABLE OF CONTENT

SERVICE	2
LABEL PLACEMENT	3
IMPORTANT SAFETY GUIDELINES	4
OVERVIEW DRAWING	6
PARTS LIST	7
HARDWARE PACK.....	9
ASSEMBLY.....	10
CONSOLE.....	16
ADJUSTMENTS.....	17
TRANSPORTING.....	20
WARRANTY.....	21
PARTS REQUEST FORM.....	22

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

The Crank will be damaged if the Right or Left Pedal are not tightened as per before use instructions. Tighten the Right Pedal (27) into the Right Crank. Clockwise. Tighten Left Pedal (28) into the Left Crank. Counter Clockwise.

La manivelle pourrait être endommagée si les pédales droit ou gauche ne sont pas serrés selon les instructions d'usage. Avant utilisation, serrez la manivelle droite (27) dans la manivelle horaire. Serrez la pédale gauche (28) dans la manivelle gauche. Contre-horaire.

Se debe evitar el dañar el cigüeñal en caso de que no se aprieten los pedales correctamente. Antes de utilizarlo, asegure la manivela derecha (27) en el cigüeñal derecho. Hacia la derecha. Asegure la manivela izquierda (28) en el cigüeñal izquierdo. Hacia la izquierda.

Exerpeutic

MODEL: 4108
RATING: 120Vac 6.5W 60Hz
DATE CODE:
SERIAL NO.: 3169836
POUR USAGE DOMESTIQUE
SEULEMENT
HOUSEHOLD USE
SUITABLE FOR DRY LOCATION ONLY
Paradigm Health&Wellness Inc.

ETL US
Intertek
3169836
CONFORMS TO ANSI/UL
S10.1847
CERTIFIED TO CAN/CSA
C22.2 NO 68



EXERPEUTIC

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



⚠ WARNING / AVERTISSEMENT / ADVERTENCIA
Pinch point, keep hands clear
Pincez moment, garder les mains claires
Punto Pinch, mantenga las manos alejadas.

⚠ WARNING
For seated position use only.
Power cord must be plugged
into a power outlet before use.

⚠ AVERTISSEMENT
Pour une utilisation en position assise seulement.
Le cordon d'alimentation doit être branché dans
une prise de courant avant de l'utiliser.

Item #: 4108
Motorized Recovery Exerciser
120 VAC - 60 Hz - 6.5W
MADE IN CHINA

D'article: 4108
Exerciseur de Récupération Motorisé
120 VAC - 60 Hz - 6.5 W
FABRIQUÉ EN CHINE

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 understand the following:

1. Make sure machine is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Before using machine, we recommend doing warm ups and stretching of the major muscle groups.
4. Only one person should be using machine at a time.
5. Never operate machine 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 machine on a clear and level surface.
7. For household use only.
8. Do not use outdoors or near water.
9. Use machine 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. Set up machine as directed in Set Up instructions and place unit on level, non-slip surface.
15. Do not stand on the machine, only exercise in seated position.
16. Keep a minimum safety clearance during operation. The machine is designed as a home use exercise device. User must have full control of their muscles to operate this unit. **It may not be suitable for people who are quadriplegic or paraplegic.** Please consult your doctor or physician.
17. Keep a minimum safety clearance during operation. The machine is designed as a home use exercise device. User must have full control of their muscles to operate this unit. **It may not be suitable for people who are quadriplegic or paraplegic.** Please consult your doctor or physician.
18. Exercise equipment is to be regularly inspected for maintenance for loose or broken parts.
19. **DO NOT** pedal in reverse.
20. This product requires a minimum of 6 square feet of space for safe operation.
21. **ASSEMBLE ALL PARTS AND HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
22. **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.
23. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
24. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.

IMPORTANT SAFETY GUIDELINES

25. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
26. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
27. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using the Bike.

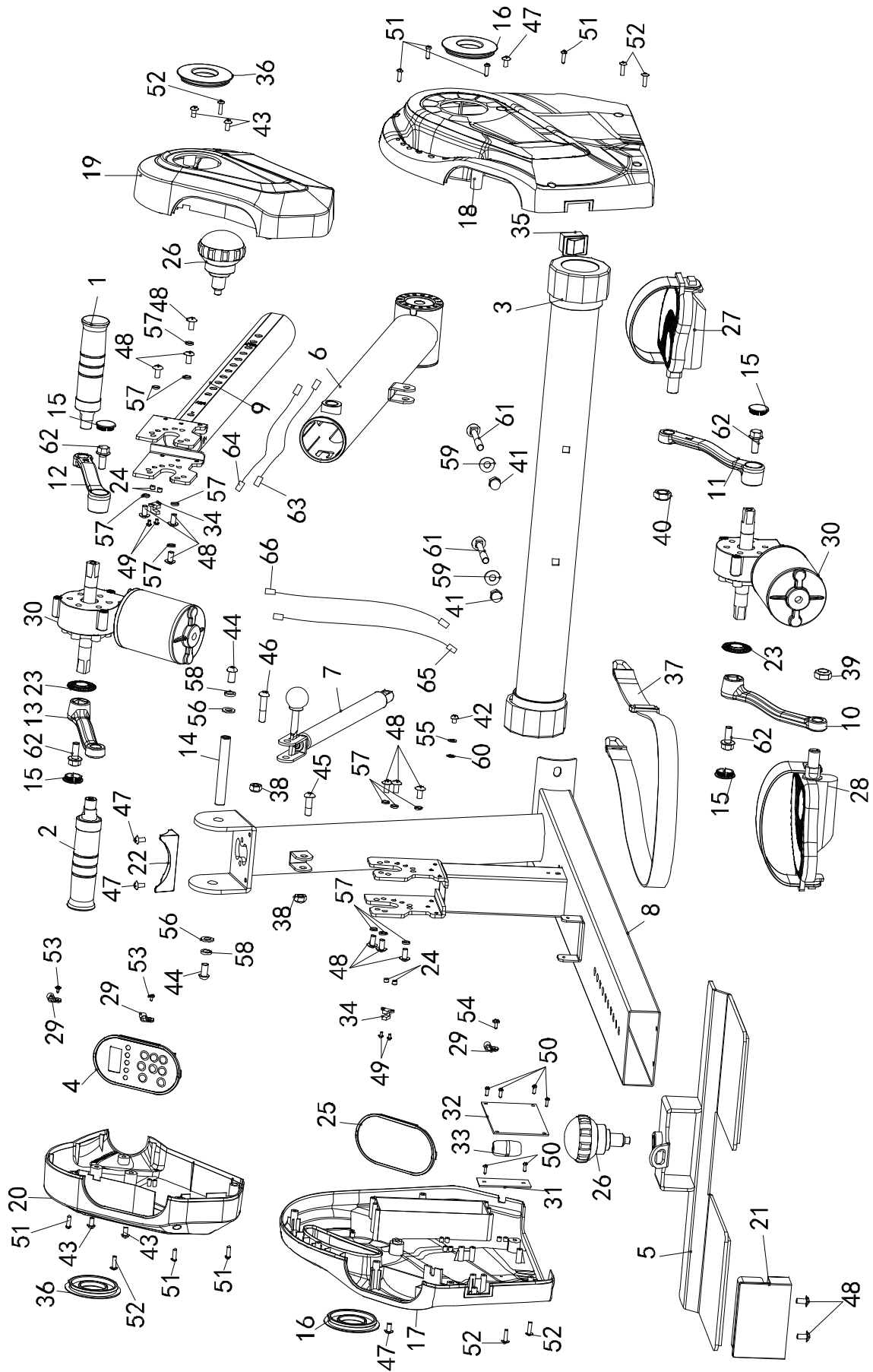
Do not use this equipment if you have any of the following conditions or ailments:

- 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.

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	Right Handle	1
2	Left Handle	1
3	Front Stabilizer	1
4	Console	1
5	Pedal Bracket	1
6	Support Tube	1
7	Gas Spring	1
8	Main Frame	1
9	Adjustable Tube	1
10	Left Pedal Crank 5"	1
11	Right Pedal Crank 5"	1
12	Right Handlebar Crank 4"	1
13	Left Handlebar Crank 4"	1
14	Axle	1
15	Crank Cap	4
16	Crank Cover	2
17	Left Cover	1
18	Right Cover	1
19	Small Right Cover	1
20	Small Left Cover	1
21	Rear Foot Pad	1
22	Block	1
23	Speed Sensor Wheel	2
24	Buffer	4
25	Console Board	1
26	Spring Knob	2
27	Right Pedal	1
28	Left Pedal	1
29	Clip	3
30	Motor	2

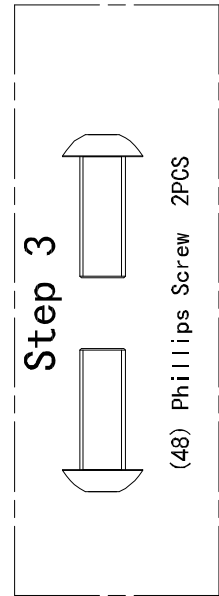
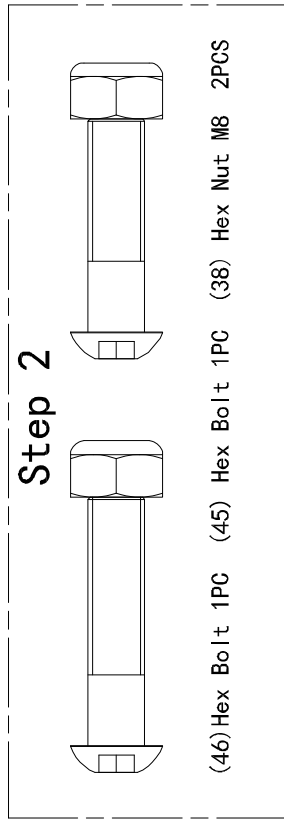
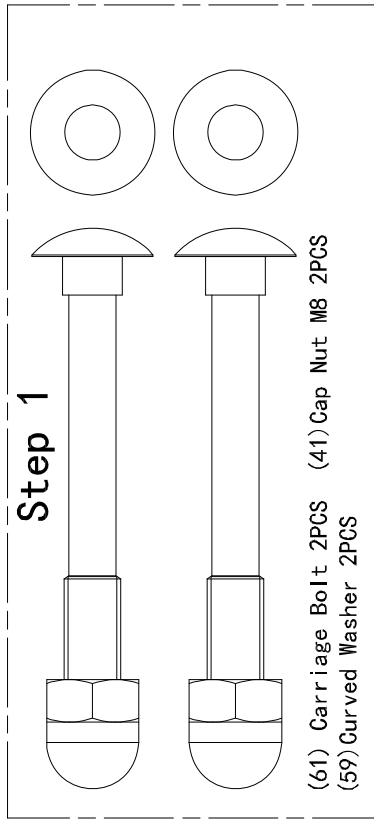
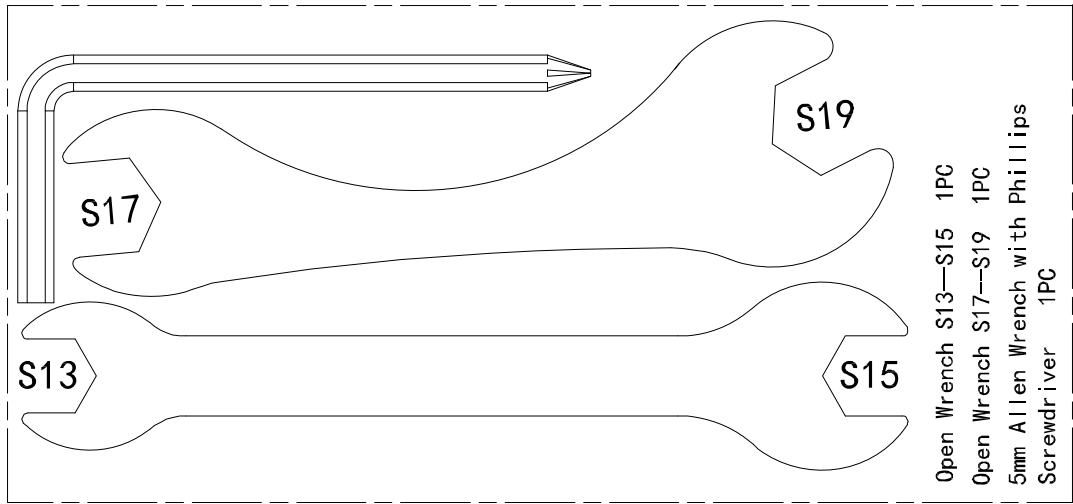
No.	Description	Qty
31	Plate	1
32	Control Board	1
33	Magnet Ring	1
34	Optical Sensor	2
35	Power Switch	1
36	Crank Cover	2
37	Nylon Strap	1
38	Hex Nut M8	2
39	Hex Nut 9/16-18L	1
40	Hex Nut 9/16-18R	1
41	Cap Nut M8	2
42	Phillips Screw M5x6	1
43	Phillips Screw M5x10	4
44	Hex Bolt M8x15	2
45	Hex Bolt M8x30	1
46	Hex Bolt M8x35	1
47	Phillips Screw M5x10	4
48	Phillips Screw M6x12	14
49	Self-Tapping Screw ST2.9x6.0	4
50	Self-Tapping Screw ST2.9x10.0	6
51	Self-Tapping Screw ST4.2x15.0	8
52	Flat Head Self-Tapping Screw ST4.2x15.0	6
53	Self-Tapping Screw with Flat Washer ST2.5x6.5	2
54	Self-Tapping Screw with Flat Washer ST2.9x9.5	1
55	Flat Washer $\Phi 5.1 \times \Phi 10.3 \times T0.8$	1
56	Flat Washer $\Phi 8.5 \times \Phi 16.0 \times T1.5$	2
57	Spring Washer $\Phi 6.1 \times \Phi 9.3 \times T1.6$	12
58	Spring Washer $\Phi 8.4 \times \Phi 13.5 \times T2.5$	2
59	Curved Washer $\Phi 8.4 \times \Phi 19.0 \times T1.5 \times R20.0$	2
60	Internal tooth lock washer $\Phi 5.3 \times \Phi 10.0 \times 0.6T$	1

PARTS LIST

No.	Description	Qty
61	Carriage Bolt M8x65	2
62	Flange Bolt M8x20	4
63	Upper Sensor Wire	1
64	Upper Power Cord	1
65	Lower Sensor Wire	1

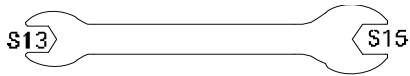
No.	Description	Qty
66	Lower Power Cord	1
67	5mm Allen Wrench with Phillips Screwdriver	1
68	S13-S15 Open Wrench	1
69	S17-S19 Open Wrench	1

4108 – Hardware Pack

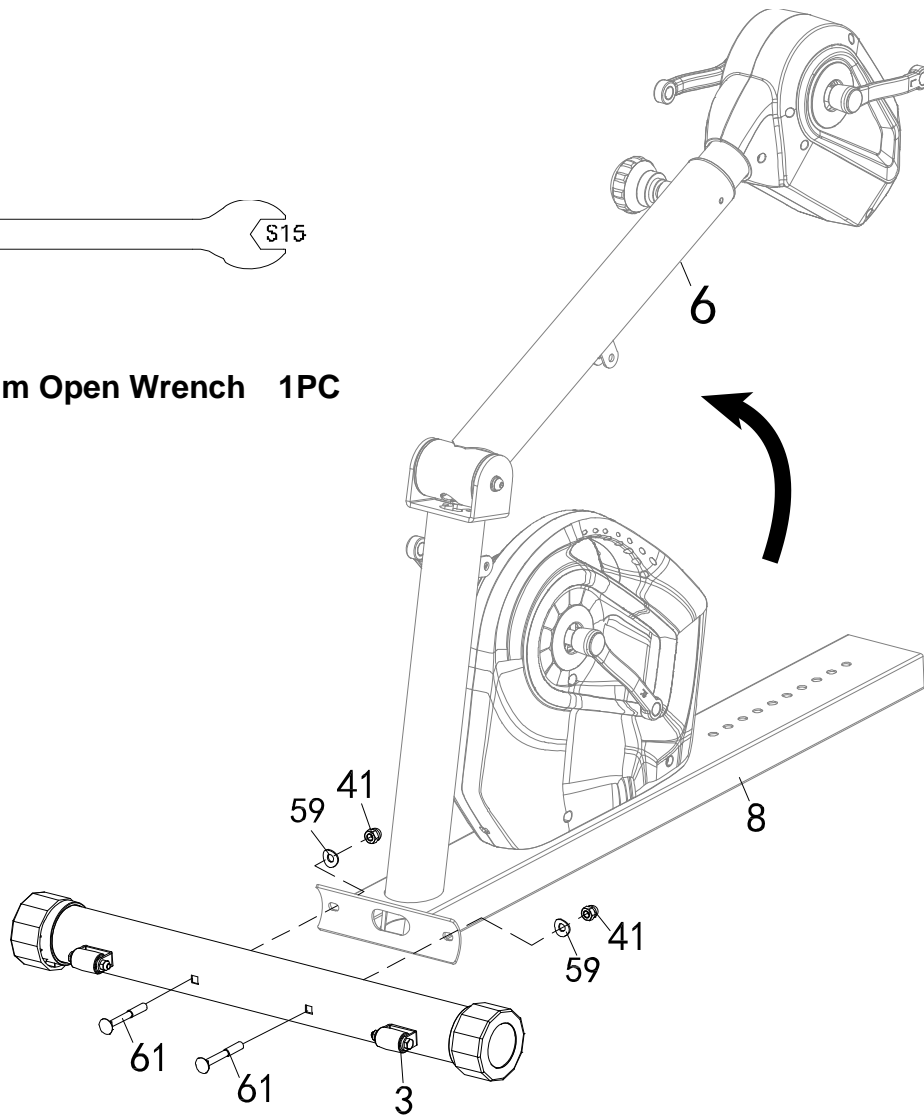


ASSEMBLY

Tool:



13-15mm Open Wrench 1PC

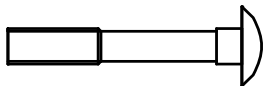


Step 1

1A. Installing the Front Stabilizer

Attach the **Front Stabilizer (3)** onto the **Main Frame (8)**, and tighten with two **Carriage Bolts (61)**, two **Curved Washers (59)** and two **Cap Nuts (41)** by using **S13-15 Open Wrench** provided.

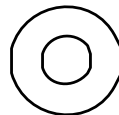
Hardware:



(61) Carriage Bolt
2PCS



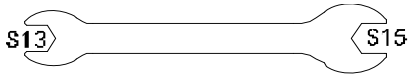
(41) Cap Nut
2PCS



(59) Curved Washer
2PCS

ASSEMBLY

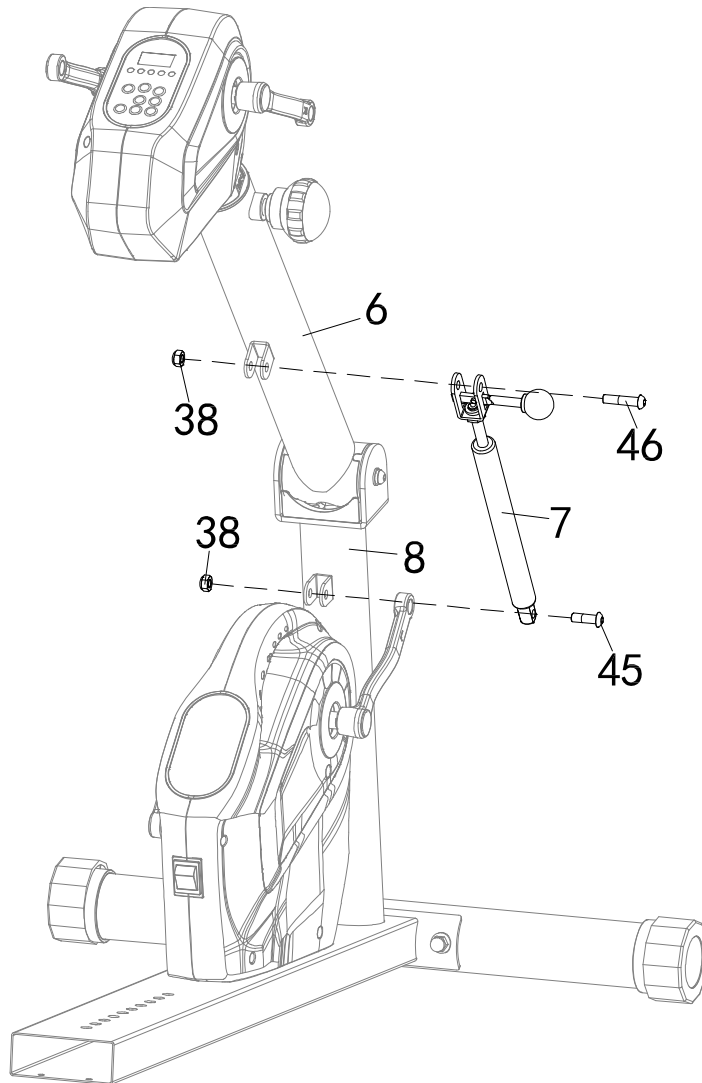
Tool:



13-15mm Open Wrench 1PC



5mm Allen Wrench with Phillips
Screwdriver 1PC



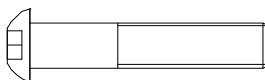
Step 2

2A. Installing the Gas Spring

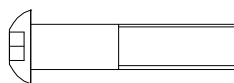
Attach the **Gas Spring (7)** on to the **Support Tube (6)** & **Main Frame (8)**, and tighten with one **Hex Bolt (45)**, one **Hex Bolt (46)** and two **Hex Nuts (38)** by using **S13-15 Open Wrench** and **5mm Allen Wrench with Phillips Screwdriver** provided.

NOTE* install the **Gas Spring (7)** with the handle on the **Support Tube (6)**. Be sure Not to drop the **Support Tube (6)**, Hold it secure during installation.

Hardware:



(46) Hex Bolt
1PC

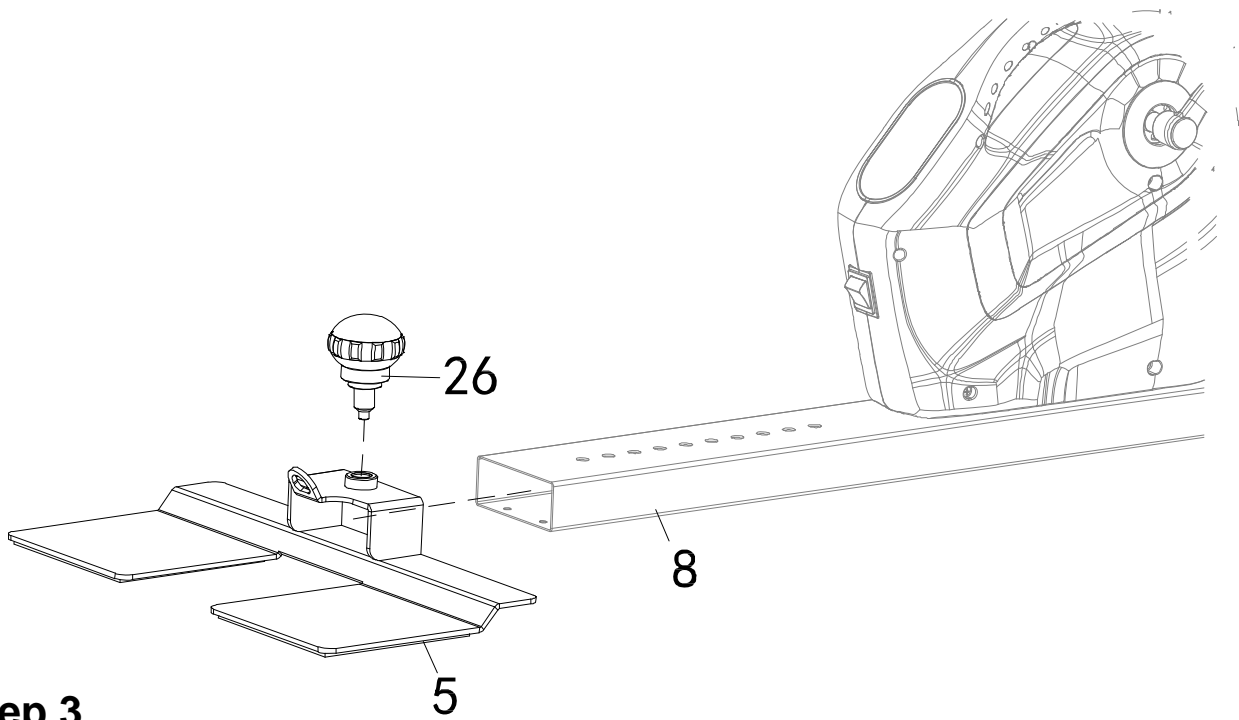


(45) Hex Bolt
1PC



(38) Hex Nut
2PCS

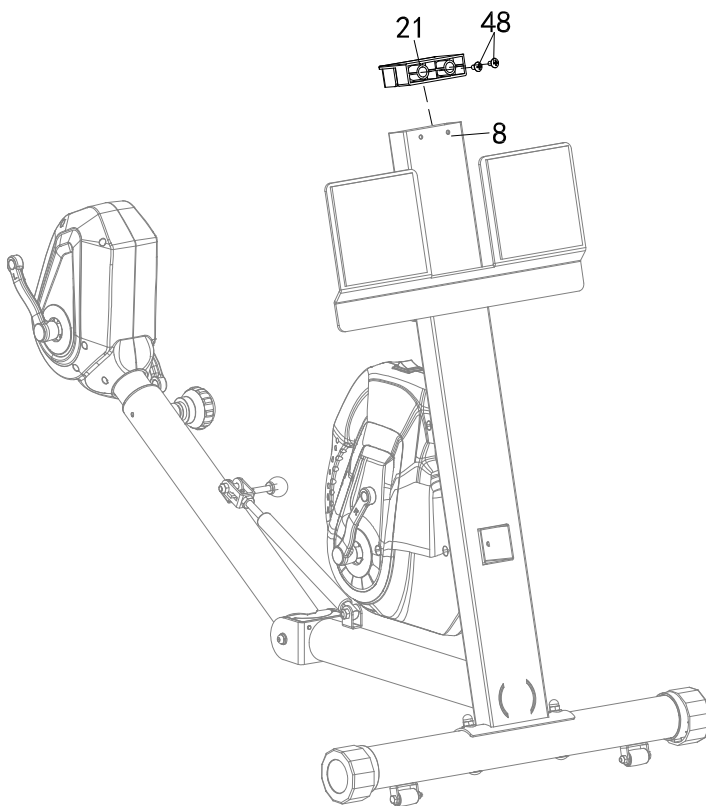
ASSEMBLY



Step 3

3A. Installing the Pedal Bracket

Insert the **Pedal Bracket (5)** onto the **Main Frame (8)**, and tighten with one **Spring Knob (26)**.



Tool:



**5mm Allen Wrench with Phillips
Screwdriver 1PC**

Hardware:

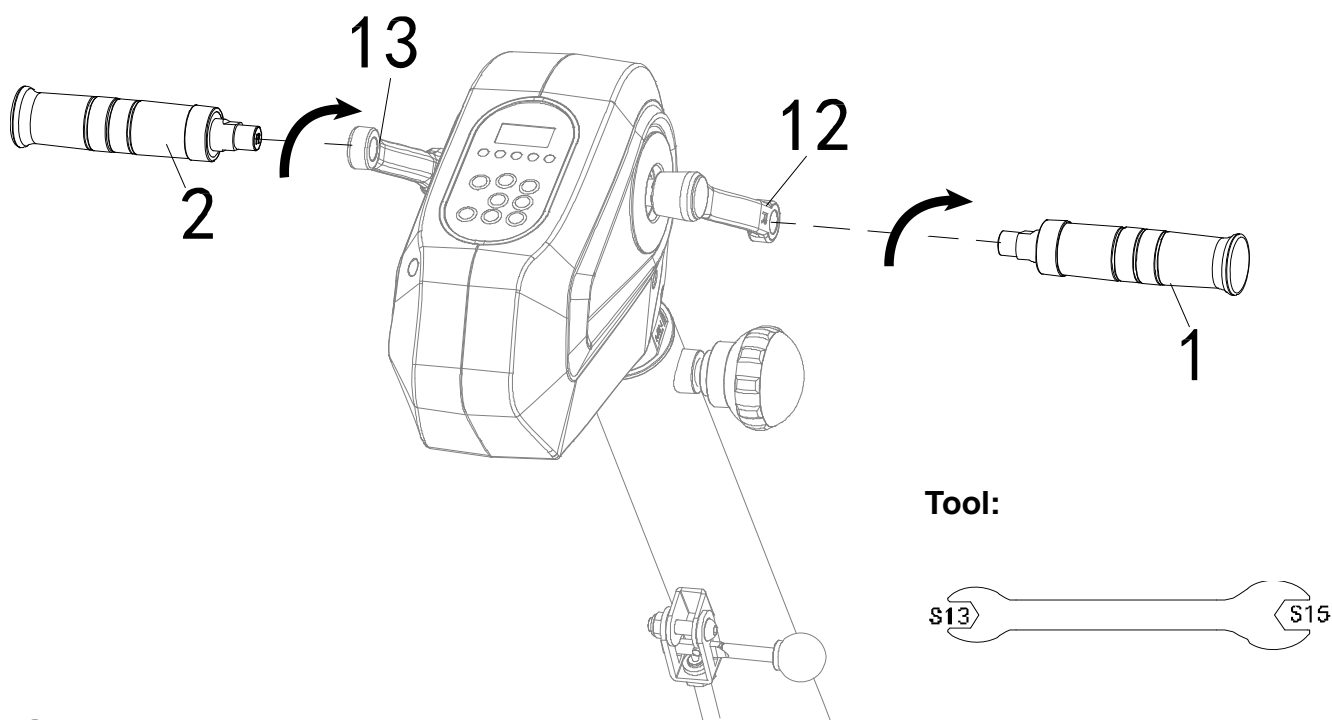


**(48) Phillips Screw
2PCS**

3B. Installing the Rear Foot Pad

Gently lay down the machine on the floor and insert the **Rear Foot Pad (21)** onto the **Main Frame (8)**, and tighten with two **Phillips Screws (48)** by using **5mm Allen Wrench with Phillips Screwdriver** provided.

ASSEMBLY



Step 4

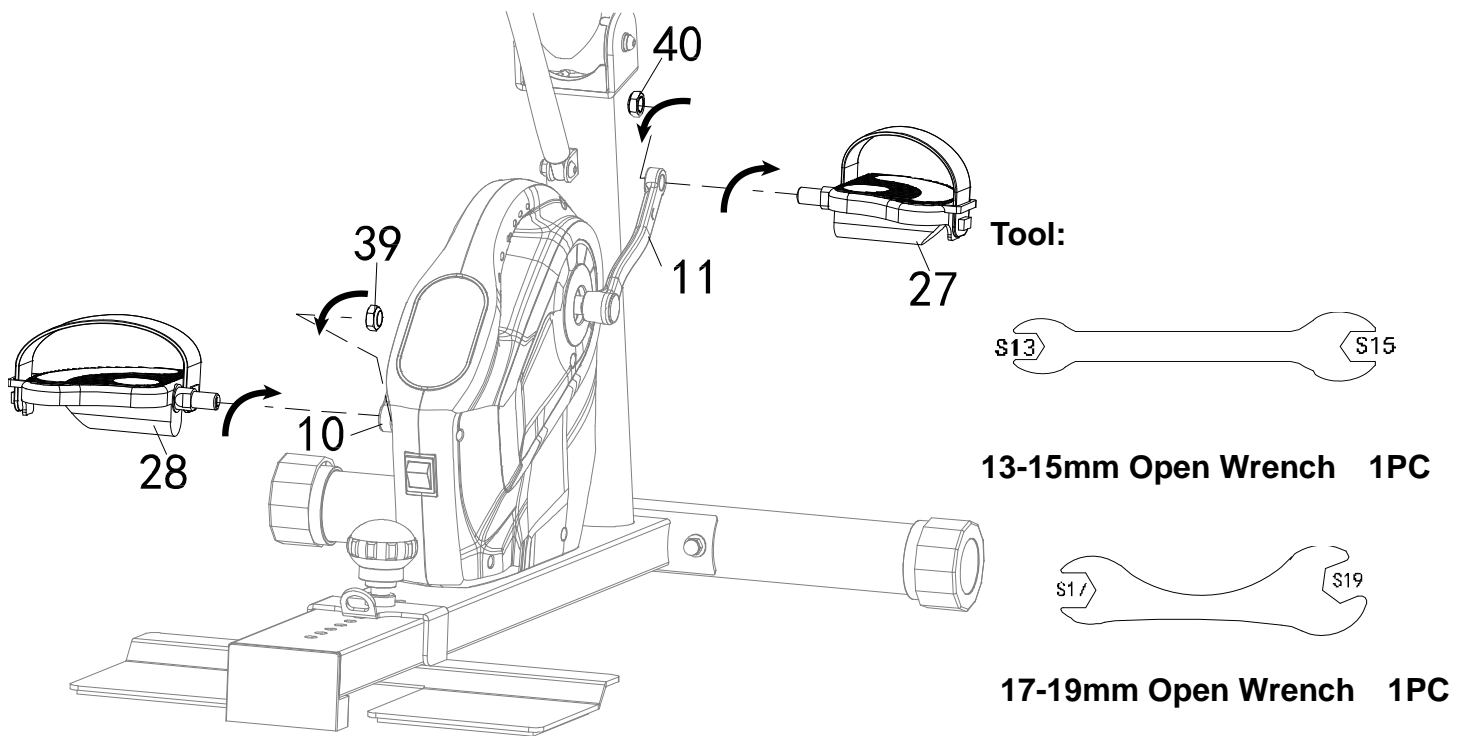
4A. Installing the Left Handlebar

Attach the **Left Handlebar (2)** onto the **Left Handlebar Crank (13)**, turn the Handlebar shaft by hand in a COUNTER-CLOCKWISE direction until snug. Tighten the shaft in a COUNTER-CLOCKWISE Direction using the **13-15mm Open Wrench provided**.

4B. Installing the Right Handlebar

Attach the **Right Handlebar (1)** onto the **Right Handlebar Crank (12)**, turn the Handlebar shaft by hand in a CLOCKWISE direction until snug. Tighten the shaft in a CLOCKWISE Direction using the **13-15mm Open Wrench provided**.

ASSEMBLY



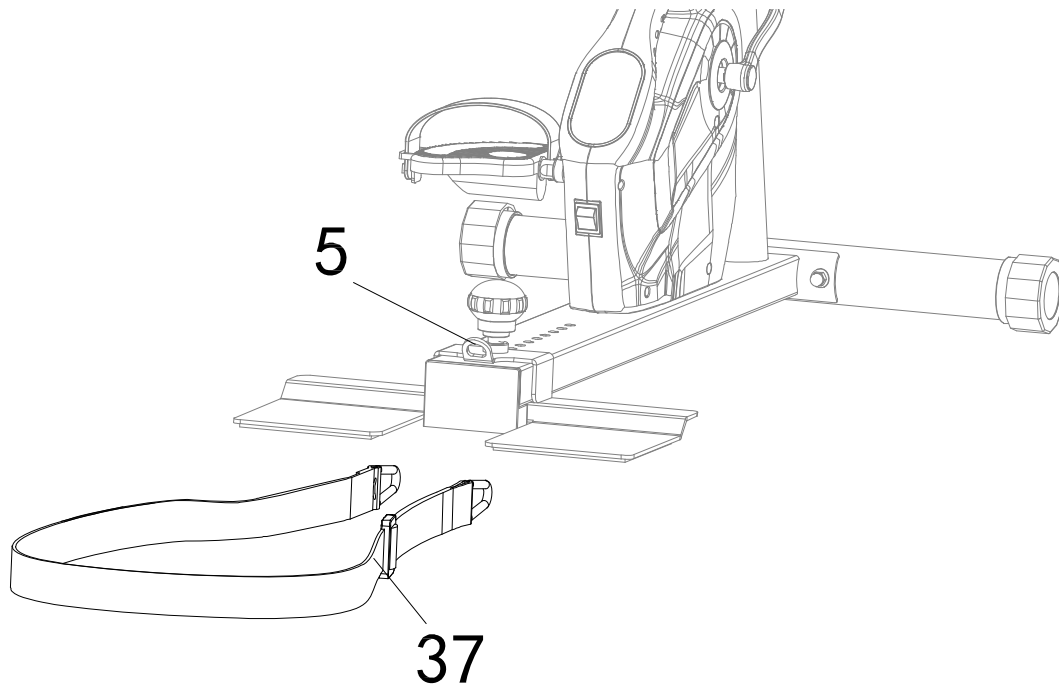
Step 5

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

5A. Removal of Hardware : Remove the **Left Pedal Nut (39)** and **Right Pedal Nut (40)** from the Left and Right Pedal (28, 27). **DO NOT MIX UP THE PEDAL NUTS.**

5B. Installing the Left Pedal onto the Left Pedal Crank: Insert the **Left Pedal (28)** perfectly straight into the threaded hole in the **Left Pedal Crank (10)**. Turn the Pedal shaft by hand in a COUNTER-CLOCKWISE direction until snug. Use the **S13-15mm Open Wrench** to tighten the **Left Pedal (28)** until the shaft protrudes through crank. Attach the previously removed **Left Pedal Nut (39)** to the protruding shaft in a CLOCKWISE direction. Use both the **S17-19mm Open Wrench** and **S13-15mm Open Wrench** to simultaneously tighten the **Left Pedal (28)** and the **Left Pedal Nut (39)**. Only tighten in the directions instructed.

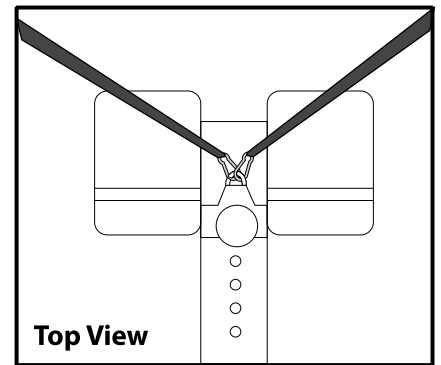
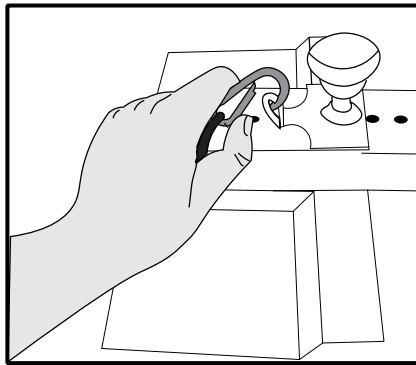
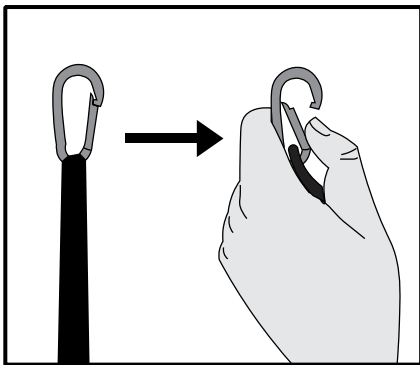
5C. Installing the Right Pedal onto the Right Pedal Crank: Insert the **Right Pedal (27)** perfectly straight into the threaded hole in the **Right Pedal Crank (11)**. Turn the Pedal shaft by hand in a CLOCKWISE direction until snug. Use the **S13-15 Open Wrench** to tighten the **Right Pedal (27)** until the shaft protrudes. Attach the previously removed **Right Pedal Nut (40)** to the protruding shaft in a COUNTER-CLOCKWISE direction. Use both the **S17-19mm Open Wrench** and **S13-15mm Open Wrench** to simultaneously tighten the **Right Pedal (27)** and the **Right Pedal Nut (40)**. Only tighten in the directions instructed.



Step 6

6A. Attaching the Nylon Strap

Attach the **Nylon Strap (37)** to the **Pedal Bracket (5)**.



CONSOLE



DISPLAY FUNCTION:

Scan- Displays each Function for 4 seconds

Level- Shows speed of the pedals and handles.

Time- Counts the time Up or Down.

Count- Accumulation of revolutions of pedals and handles.


RPM- Revolutions per minute of the pedals and handles.

NOTE* Press “M” mode button to cycle through level, time, count and RPM.

MANUAL MODE:

1. Press **HAND POWER** button or **FOOT POWER** button to start a MANUAL session. **NOTE*** Can do **HANDS** or **FEET** one at a time or both at the same time.

2. Control speeds of pedals and handles by clicking the “+” to **increase** or “-” Decrease. Speed range is level 1-12.

3. Press the  button to change direction of the pedals and handles

rotation. **NOTE*** in **MANUAL** session will stop when console reaches 30 minutes.

TIMED MODE:

1. Press the “**TIME**” button to set a timed session. Press the “+” to increase or “-” to decrease time. Time range is 1-30 minutes. **NOTE*:** in timed mode can use all controls like in **MANUAL MODE**.

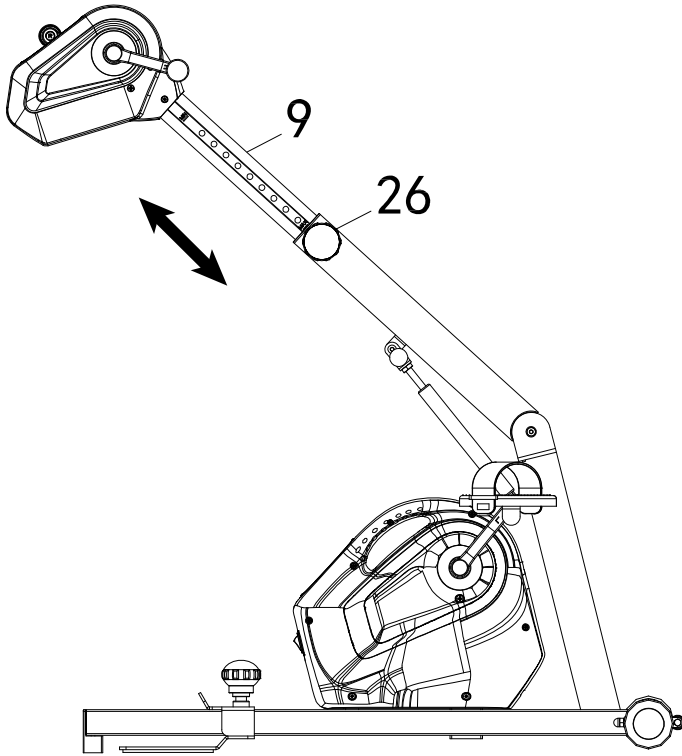
PRESETS:

1. The Console has 5 preset sessions that run for 15 minutes. During the 15 minutes the direction of the pedals and handles change forward to backwards.

2. Press the “M” mode button to get into the preset selections. They are designated from **P1- P5**. Press the “+” and “-” buttons to cycle through the presets. When the desired preset is highlighted press the **FOOT POWER** button or the **HAND POWER** button or BOTH to begin the session.

3. The presets are **P1- P5** with **P1** having the slowest speed. The speed incrementally increases from Level 1-12 between **P1- P5** with **P5** Having the highest speed.

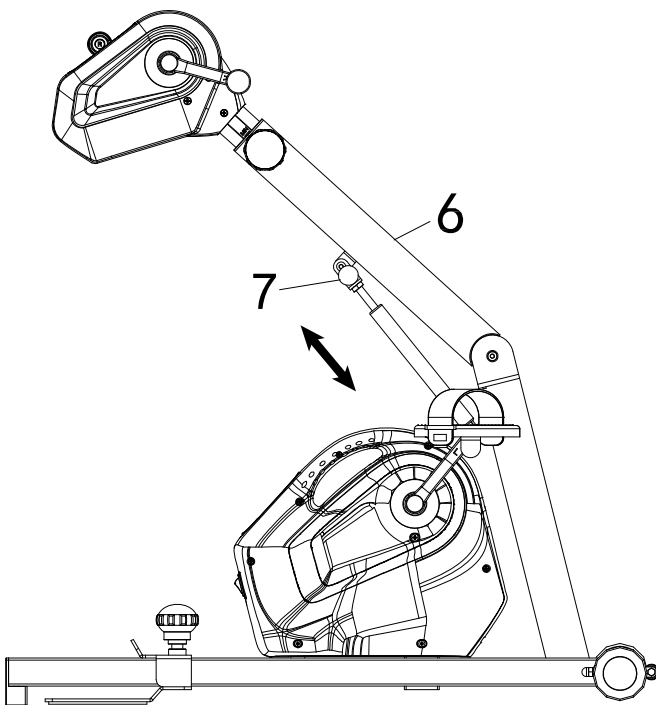
ADJUSTMENTS



Adjusting the Adjustable Tube

Loosen the knob by rotating it Counter-Clockwise and Pull the **Spring Knob (26)** out and adjust the **Adjustable Tube (9)** Up or **Down** to the desired height. When desired adjustment is selected rotate the **Spring Knob (26)** Clockwise until tight.

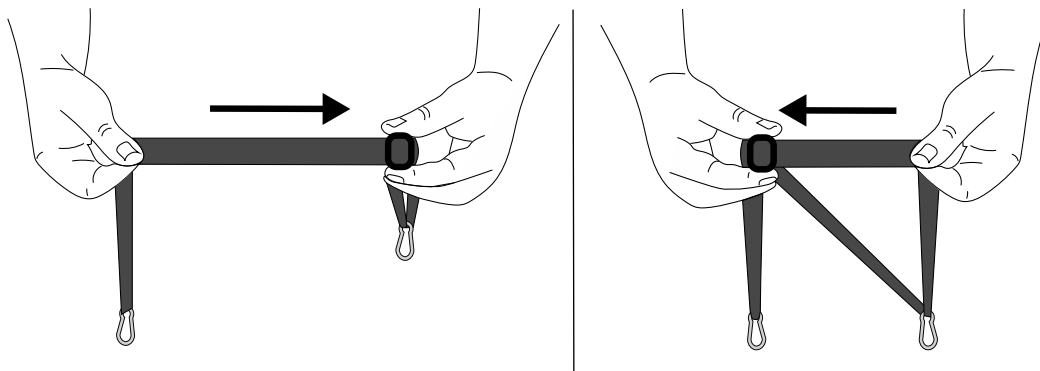
NOTE: When adjusting the height of the **Adjustable Tube (9)**, make sure the height of the **Adjustable Tube (9)** does not exceed the MAX line on the **Adjustable Tube (9)**.



Adjusting the Gas Spring

Push down the Knob of the **Gas Spring (7)** and adjust the **Support Tube (6)** to the desired height.

ADJUSTMENTS



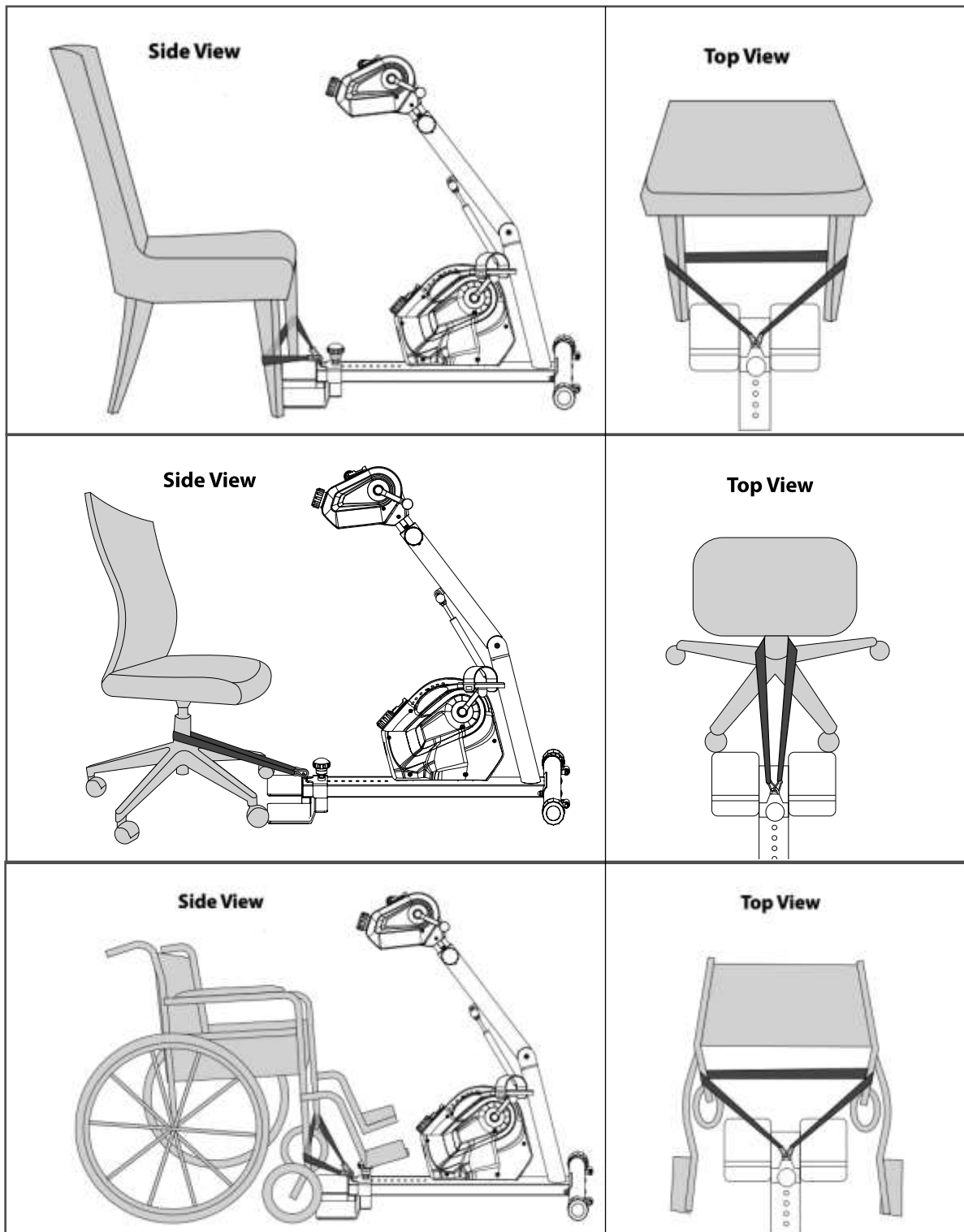
Adjust for Longer Strap

Hold the **Nylon Strap (29)** in both hands. With one hand grip the plastic adjuster and pull toward the end with the looped strap around the clasp hook. Hold the other hand secure. Pull the adjuster until desired length.

Adjust for Shorter Strap

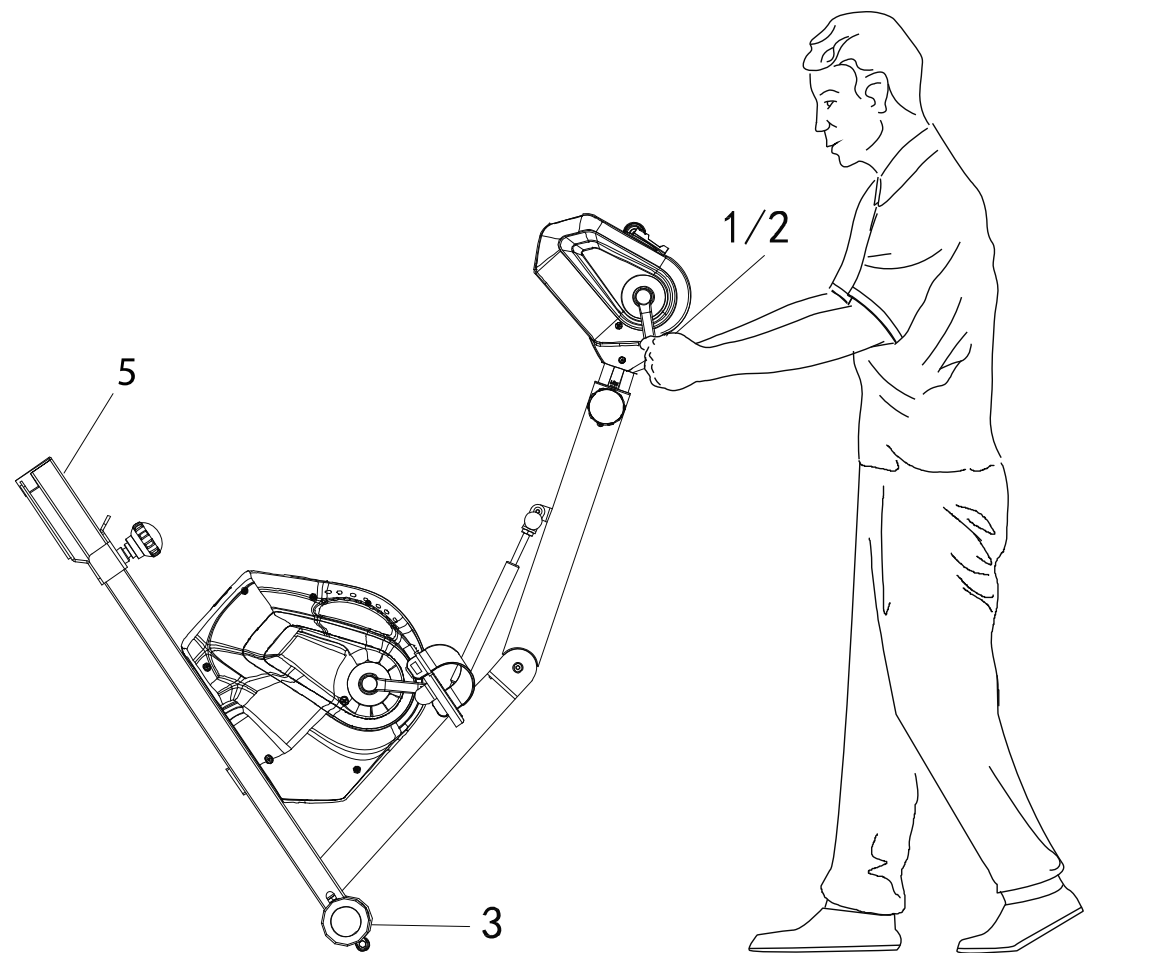
To shorten **Nylon Strap (29)**, hold the top strip of the loop in one hand. With the other hand grab and pull the plastic adjuster away from the loop. Pull the adjuster until desired length.

ADJUSTMENTS



Secure Chair to Exerciser

Use the **Nylon Strap (29)** to attach and secure the chair to the exerciser. This prevents pushing away the exerciser during your workout.



Transporting the Ergometer

Hold the Left & Right **Handlebar (2) & (1)** and till the wheels on the **Front Stabilizer (3)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Pedal Bracket (5)** back down to the ground.

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 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