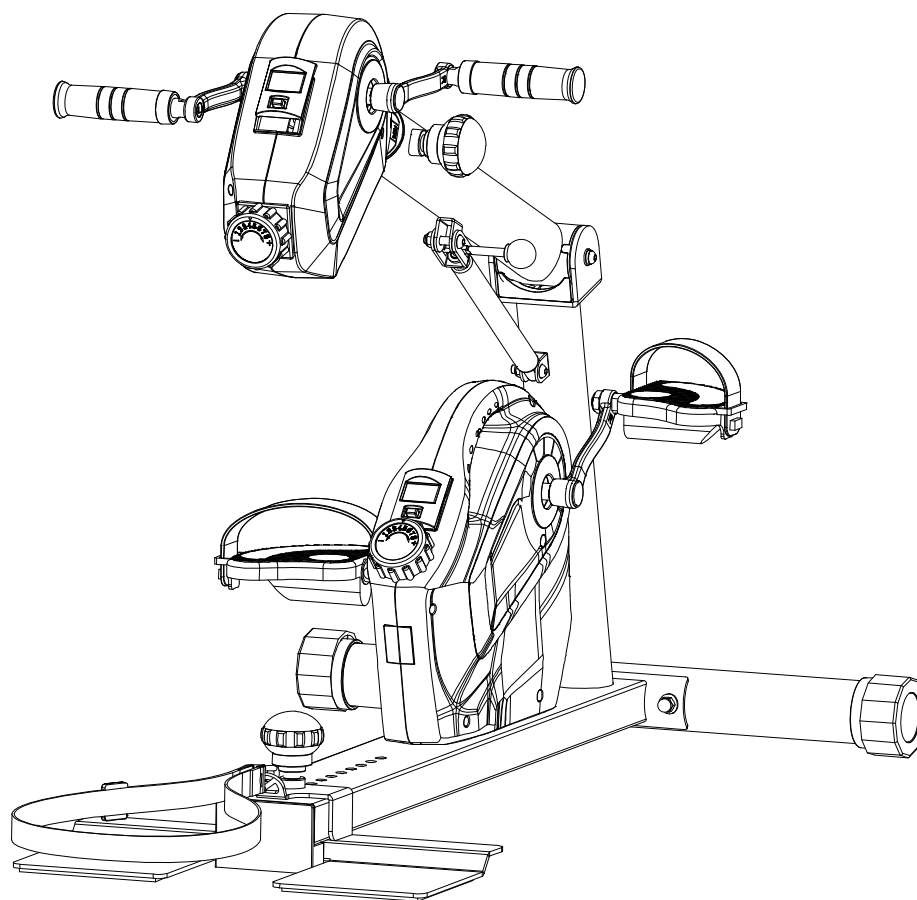


Manual Recovery Exerciser



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

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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



⚠ WARNING / AVERTISSEMENT / ADVERTENCIA

Pinch point, keep hands clear

Pincez moment, garder les mains clair

Punto Pinch, mantenga las manos alejadas



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

- Tighten 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 pédale droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

- Serrez le pédale droit (27) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (28) 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!

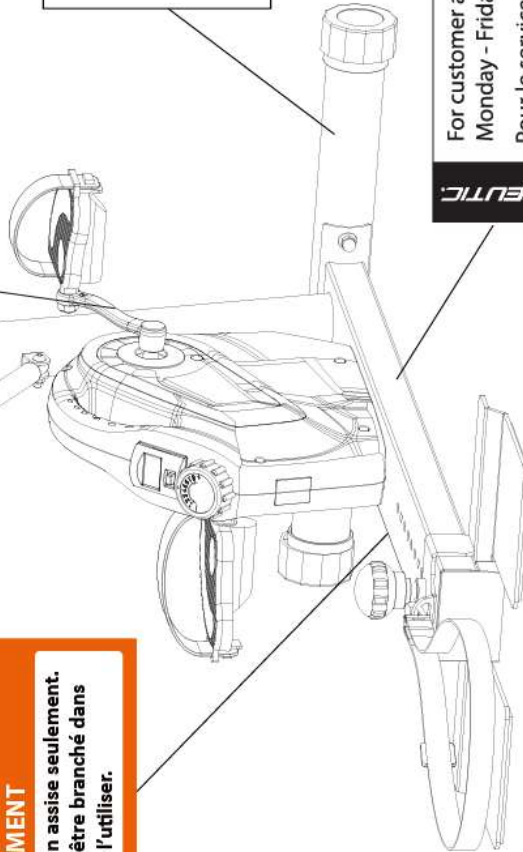
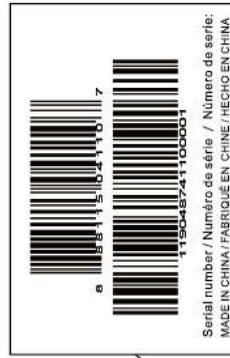
- Apriete el Pedal derecho (27) en el cigüeñal derecho, hacia la derecha
- Apriete el Pedal izquierdo (28) en el cigüeñal izquierdo, hacia la izquierda.

⚠ AVERTISSEMENT

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

⚠ WARNING

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



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

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.

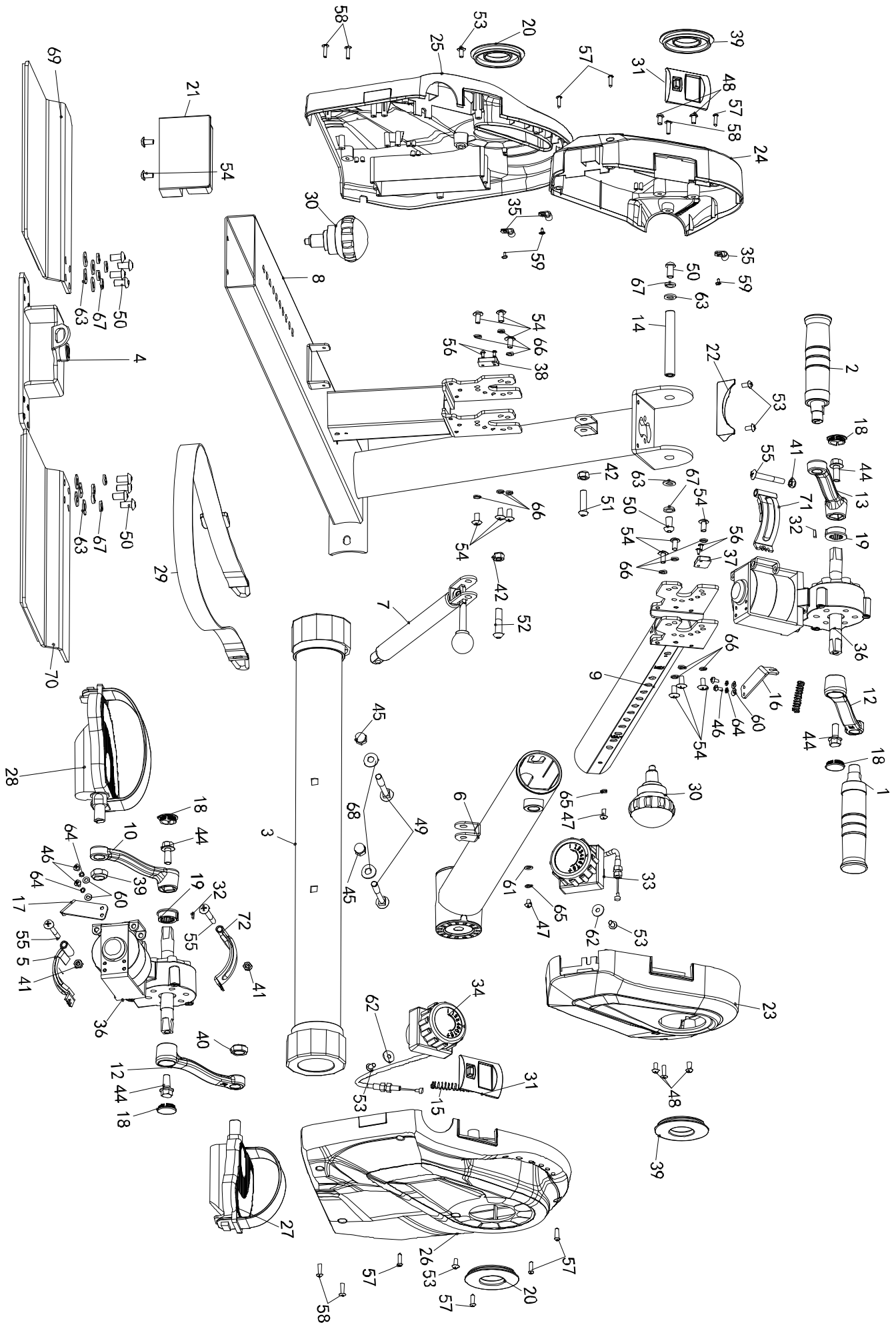
Do not use this equipment if you have any of the following conditions or ailments:

- 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 Handlebar	1
2	Left Handlebar	1
3	Front Stabilizer	1
4	Pedal Bracket	1
5	Magnet Set-A	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	Spring	2
16	Metal Bracket	1
17	Metal Bracket	1
18	Crank Cap	4
19	Magnet Bracket	2
20	Crank Cover	2
21	Rear Foot Pad	1
22	Block	1
23	Right Upper Cover	1
24	Left Upper Cover	1
25	Main Frame Left Cover	1
26	Main Frame Right Cover	1
27	Right Pedal	1
28	Left Pedal	1
29	Nylon Strap	1
30	Spring Knob	2

No.	Description	Qty
31	Console	2
32	Magnet	2
33	Tension Knob	1
34	Tension Knob	1
35	Clip	3
36	Resistance Rotor	2
37	Square Sensor	1
38	Square Sensor	1
39	Left Hex Nut	1
40	Right Hex Nut	1
41	Hex Nut M6	3
42	Hex Nut M8	2
43	Crank Cover	2
44	Flange Bolt M8x20	4
45	Cap Nut M8	2
46	Phillips Screw M4*8	4
47	Phillips Screw M5*6	2
48	Phillips Screw M5*10	5
49	Hex Bolt M5*8	2
50	Hex Bolt M8*15	10
51	Hex Bolt M8*30	1
52	Hex Bolt M8*35	1
53	Phillips Screw M5*10	6
54	Phillips Screw M6*12	14
55	Phillips Screw M6*45	3
56	Self-Tapping Screw ST2.9*6.2	4
57	Self-Tapping Screw ST4.2*15.0	8
58	Flat Head Self-Tapping Screw ST4.2*15.0	6
59	Self-Tapping Screw with Flat Washer ST2.5*6.5	3
60	Flat Washer $\Phi 4.3 \times \Phi 9.0 \times T0.8$	4

PARTS LIST

No.	Description	Qty
61	Flat Washer $\Phi 5.1 \times \Phi 10.3 \times T0.8$	1
62	Flat Washer $\Phi 5.4 \times \Phi 16.0 \times T1.0$	2
63	Flat Washer $\Phi 8.5 \times \Phi 16.0 \times T1.5$	10
64	Spring Washer $\Phi 4.1 \times \Phi 6.3 \times T1.1$	4
65	Spring Washer $\Phi 5.1 \times \Phi 8.1 \times T1.1$	2
66	Spring Washer $\Phi 6.1 \times \Phi 9.3 \times T1.6$	12

No.	Description	Qty
67	Spring Washer $\Phi 8.4 \times \Phi 13.5 \times T2.5$	10
68	Curved Washer $\Phi 8.4 \times \Phi 19.0 \times T1.5 \times R20.0$	2
69	Left Pedal Plate	1
70	Right Pedal Plate	1
71	Magnet Set-B	1
72	Magnet Set-C	1

4110-Hardware Pack

S13

S15

S19

Open Wrench S13--S15 1PC

Open Wrench S19 1PC

5mm Allen Wrench with Phillips Screwdriver 1PC

Step 1

(69) Carriage Bolt 2PCS (45) Cap Nut M8 2PCS
(68) Curved Washer 2PCS

Step 2

(52) Hex Bolt 1PC (51) Hex Bolt 1PC (42) Hex Nut M8 2PCS

Step 3

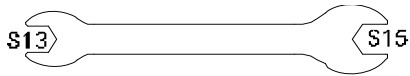
(50) Hex Bolt 8PCS (63) Flat Washer 8PCS
(67) Spring Washer 8PCS

Step 4

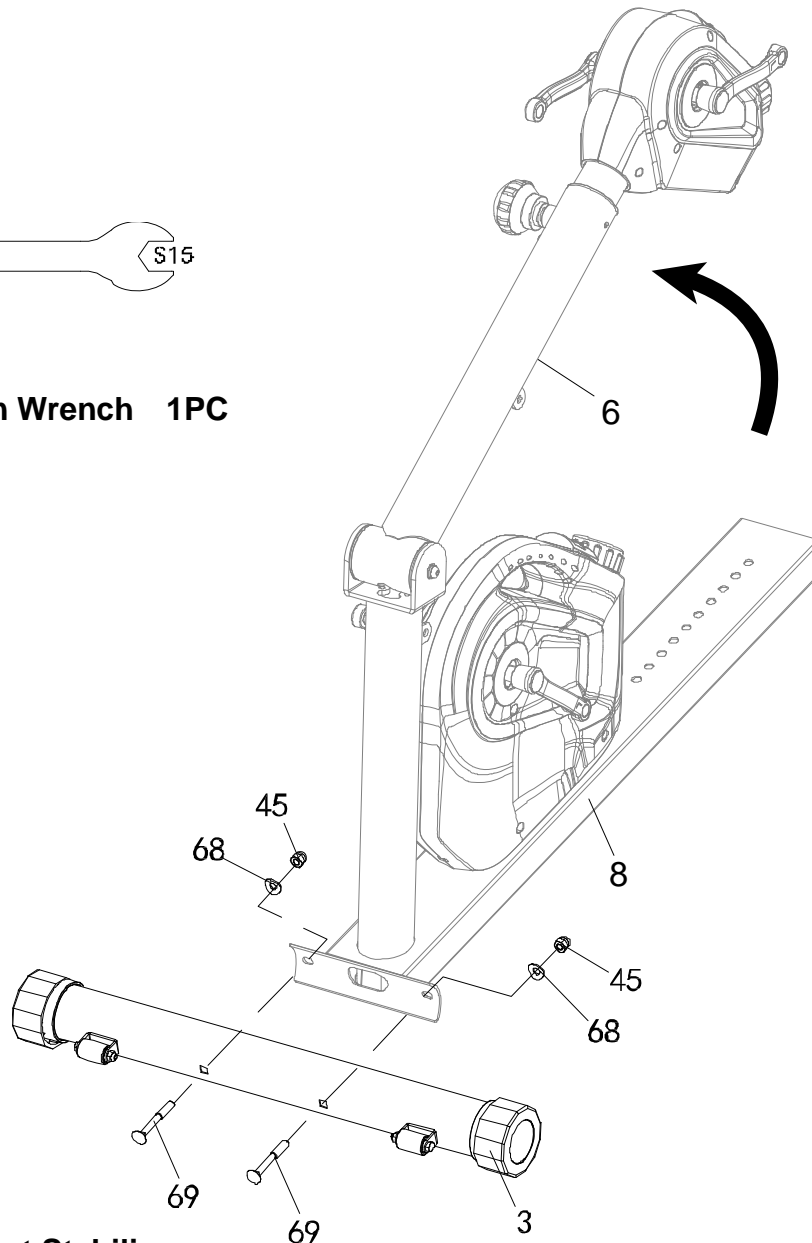
(52) Hex Bolt 2PCS

ASSEMBLY

Tool:



13-15mm Open Wrench 1PC

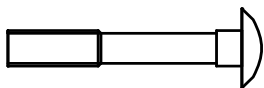


Step 1

1A. Installing the Front Stabilizer

Attach the **Front Stabilizer (3)** onto the **Main Frame (8)**, and tighten with two **Carriage Bolts (69)**, two **Curved Washers (68)** and two **Cap Nuts (45)** by using **S13-15mm Open Wrench** provided.

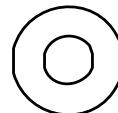
Hardware:



**(69) Carriage Bolt
2PCS**



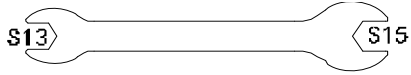
**(45) Cap Nut
2PCS**



**(68) Curved Washer
2PCS**

ASSEMBLY

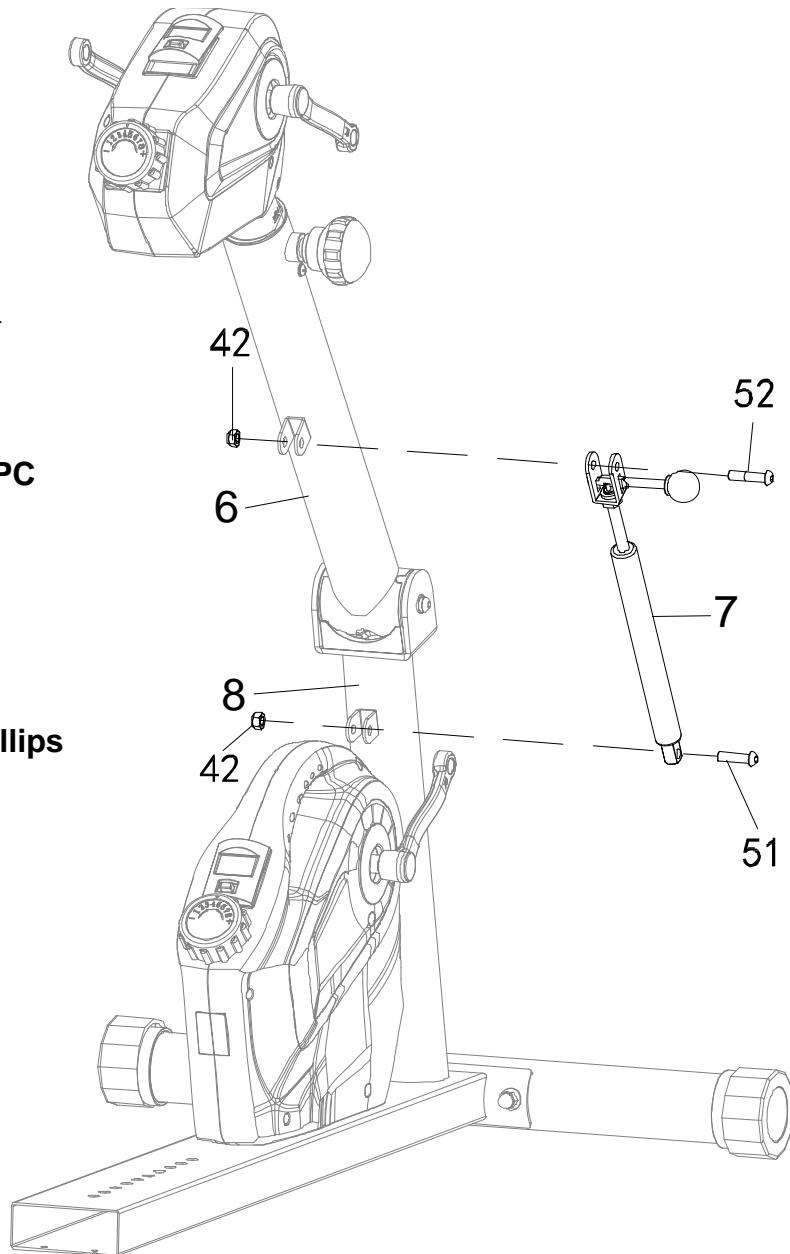
Tool:



13-15mm Open Wrench 1PC



5mm Allen Wrench with Phillips
Screwdriver 1PC



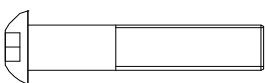
Step 2

2A. Installing the Gas Spring

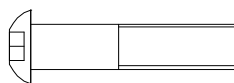
Attach the **Gas Spring (7)** on to the **Support Tube (6)** & **Main Frame (8)**, and tighten with one **Hex Bolt (52)**, one **Hex Bolt (51)** and two **Hex Nuts (42)** by using **S13-15mm Open Wrench** and **5mm Allen Wrench with Phillips Screwdriver** provided.

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:



(52) Hex Bolt
1PC



(51) Hex Bolt
1PC



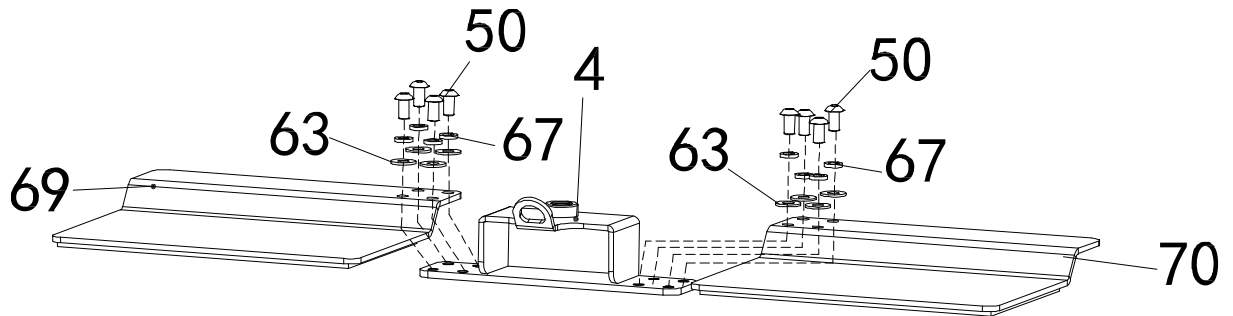
(42) Hex Nut
2PCS

ASSEMBLY

Tool:



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



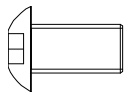
Step 3

3A. Installing the Left & Right Pedal Plate

Attach **Left Pedal Plate (69)** onto the **Pedal Bracket (4)**, and tighten with four **Hex Bolts (50)**, four **Flat Washers (63)** and four **Spring Washers (70)** by using **5mm Allen Wrench with Phillips Screwdriver** provided.

Repeat the same assembly for **Right Pedal Plate (70)**.

Hardware:



**(50) Hex Bolt
8PCS**

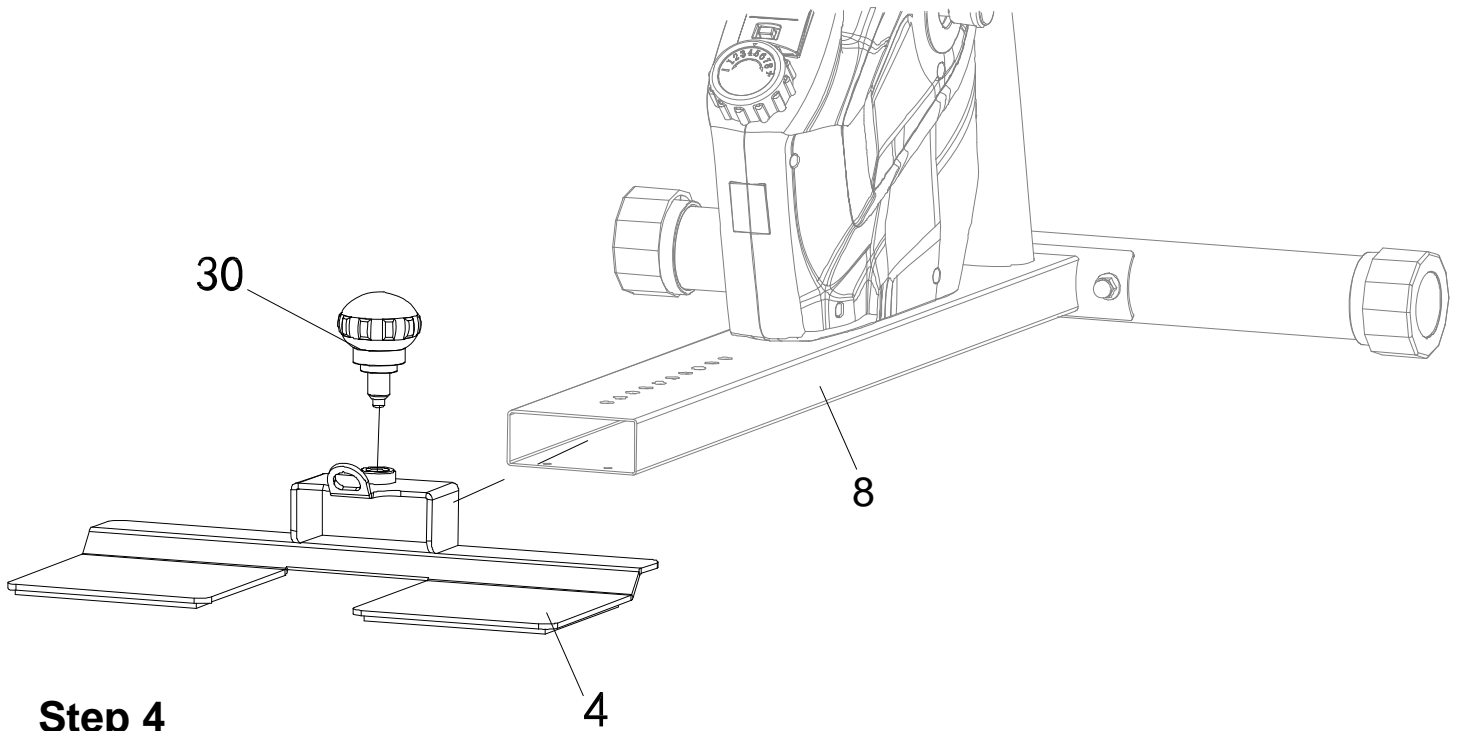


**(63) Flat Washer
8PCS**



**(67) Spring Washer
8PCS**

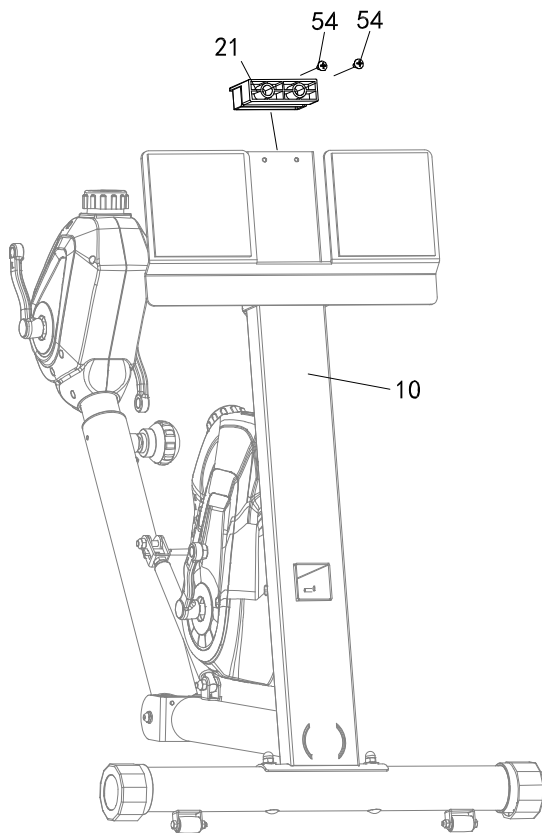
ASSEMBLY



Step 4

4A. Installing the Pedal Bracket

Insert the **Pedal Bracket (4)** onto the **Main Frame (8)**, and tighten with one **Spring Knob (30)**.



Tool:



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

Hardware:

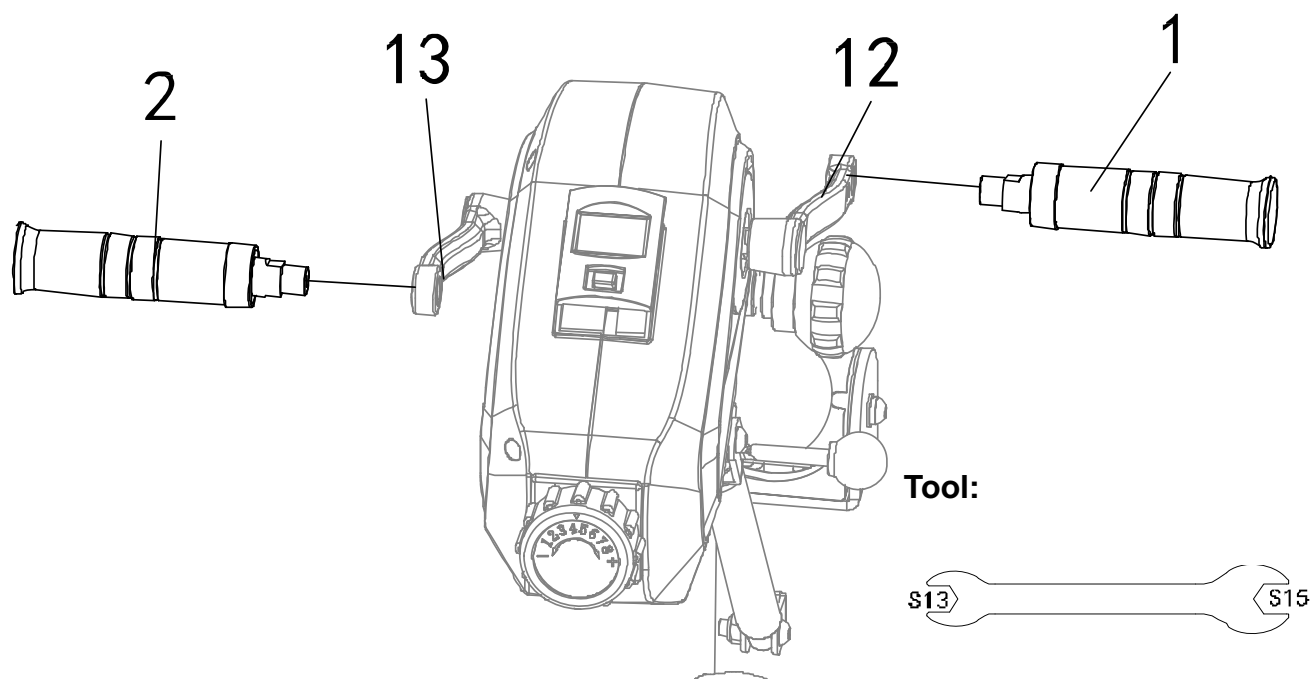


**(54) Phillips Screw
2PCS**

4B. 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 Screw (54)** by using **5mm Allen Wrench with Phillips Screwdriver** provided.

ASSEMBLY



Step 5

13-15mm Open Wrench 1PC

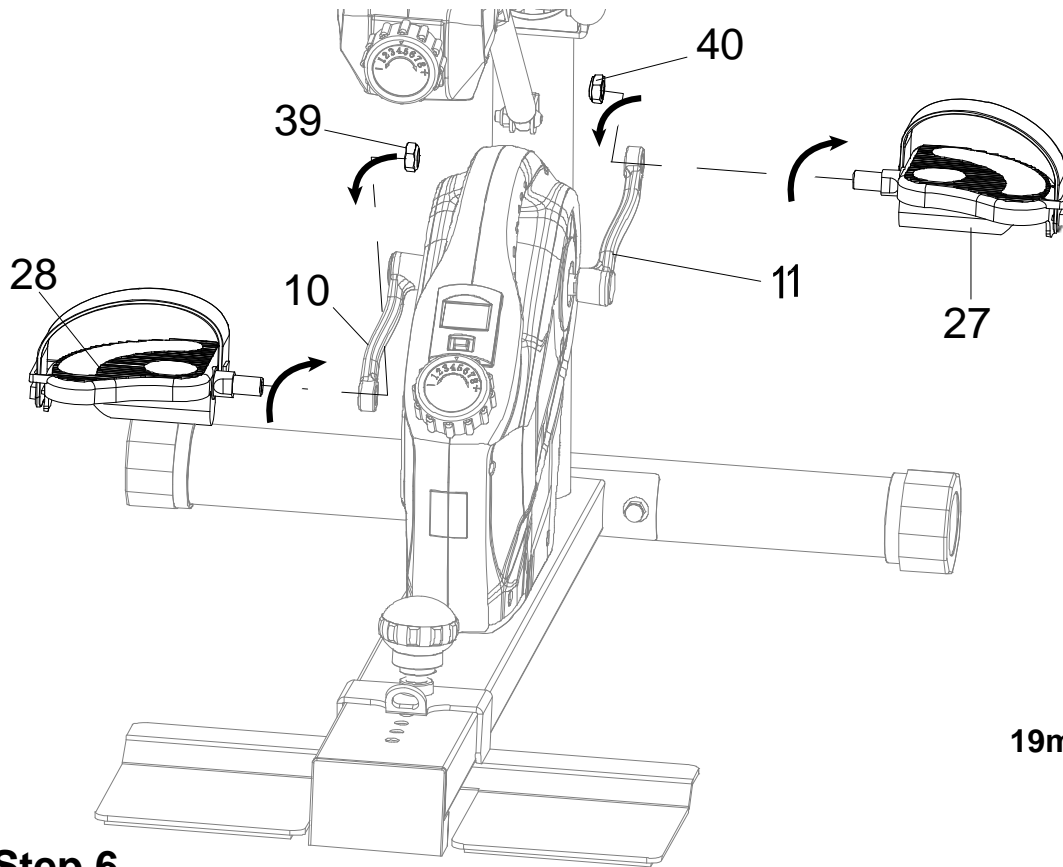
5A. Installing the Left Handlebar

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**.

5B. 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



19mm Open Wrench 1PC

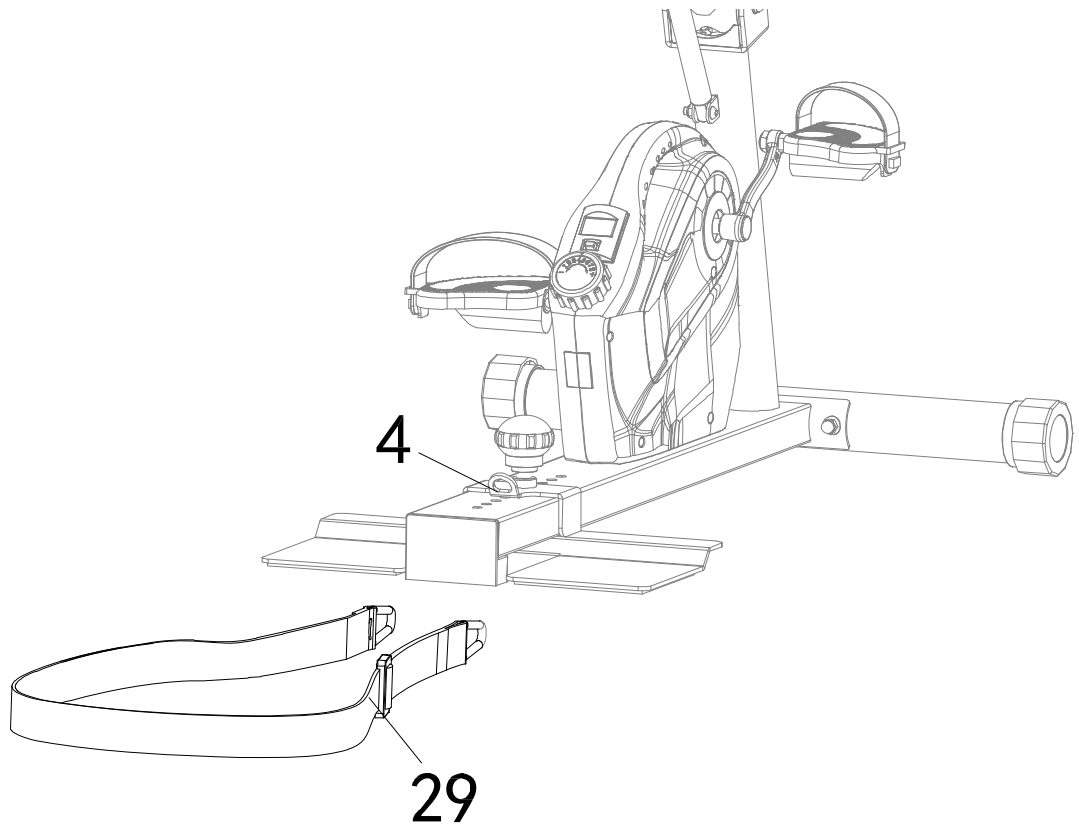
Step 6

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

6A. 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.**

6B. 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 **13-15mm Open Wrench** to tighten the **Left Pedal (28)** until the shaft protrudes through crank. Attach the previously removed **Left Pedal Nut (28)** to the protruding shaft in a CLOCKWISE direction. Use both the **19mm Open Wrench** and **S13-15mm Open Wrench** to simultaneously tighten the **Left Pedal (28)** and tighten the **Left Pedal Nut (39)**. Only tighten in the directions instructed.

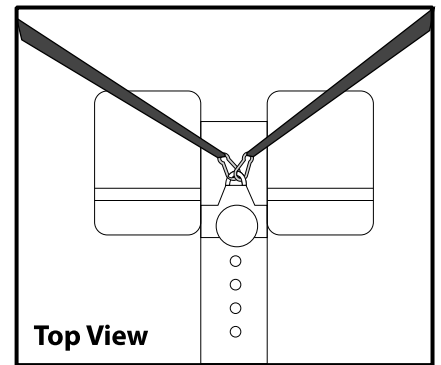
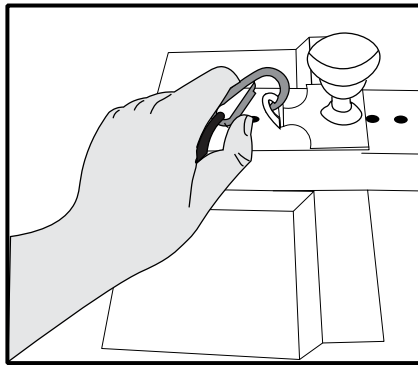
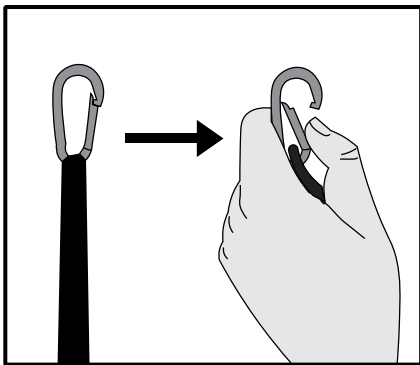
6C. Installing the Right Pedal onto the Right Pedal Crank: Insert the **Right Pedal (27)** perfectly straight into the threaded hole in the **Right Pedal Crank (11)**. Turn the Pedal shaft by hand in a CLOCKWISE direction until snug. Use the **13-15mm Open Wrench** to tighten the **Right Pedal (27)** until the shaft protrudes. Attach the previously removed **Right Pedal Nut (40)** to the protruding shaft in a COUNTER-CLOCKWISE direction. Use both the **19mm Open Wrench** and **13-15mm Open Wrench** to simultaneously tighten the **Right Pedal (27)** and tighten the **Right Pedal Nut (40)**. Only tighten in the directions instructed.



Step 7

7A. Attaching the Nylon Strap

Attach the **Nylon Strap (29)** to the **Pedal Bracket (4)**.



CONSOLE



Display function:

Scan	Displays each function for 3 seconds.
Reps	Repetitions, each cycle counts as one repetition.
Timer	Counts up the time.
Total Reps	Accumulation of repetitions of exercise sessions.
Calories	Estimated calories burn during exercise.
Distance	Estimated distance travel during exercise.

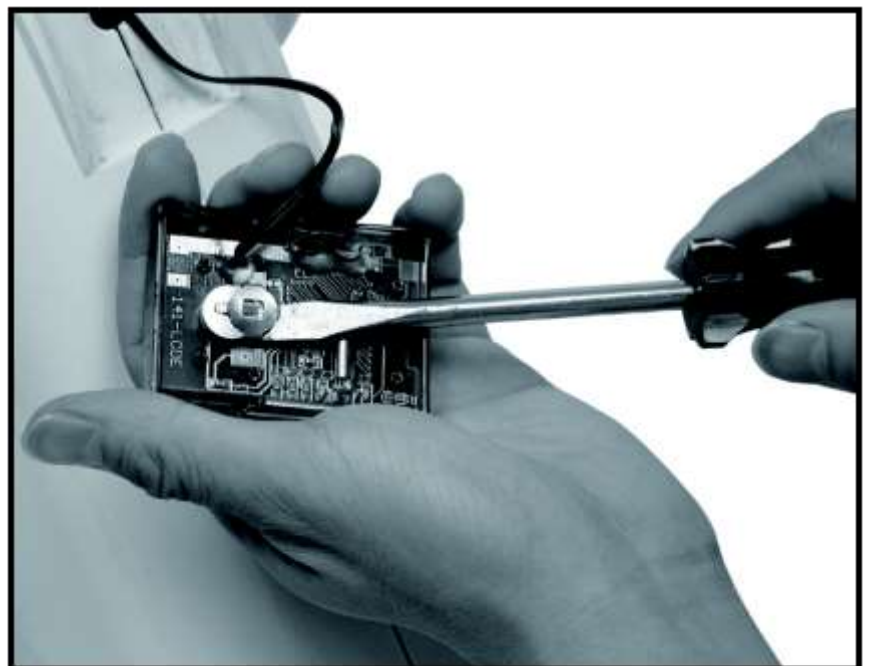
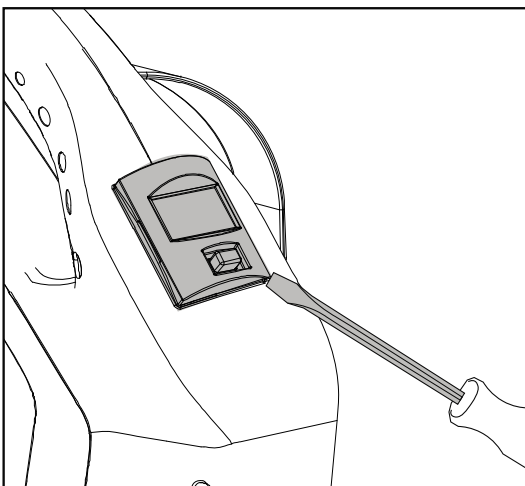
To select function display: Press MODE button.

Press and hold MODE button for 5 seconds to reset function values except the function of Total Reps.

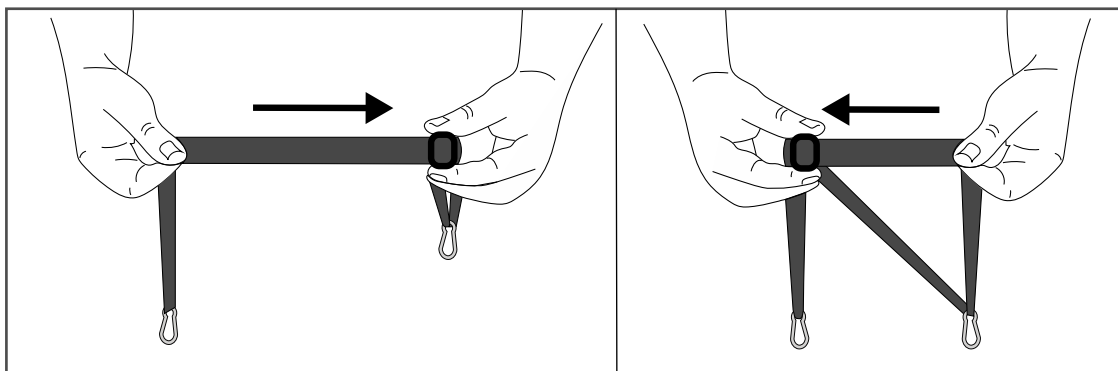
BATTERY REPLACEMENT

Remove the **Console (31)** by using a flat screw driver.

Remove the battery with the screw driver.
Replace with a new LR44 button cell battery.
Make sure that you are NOT pushing the battery into another component. Make sure that the battery has clearance on the side it is coming out of.



ADJUSTMENTS



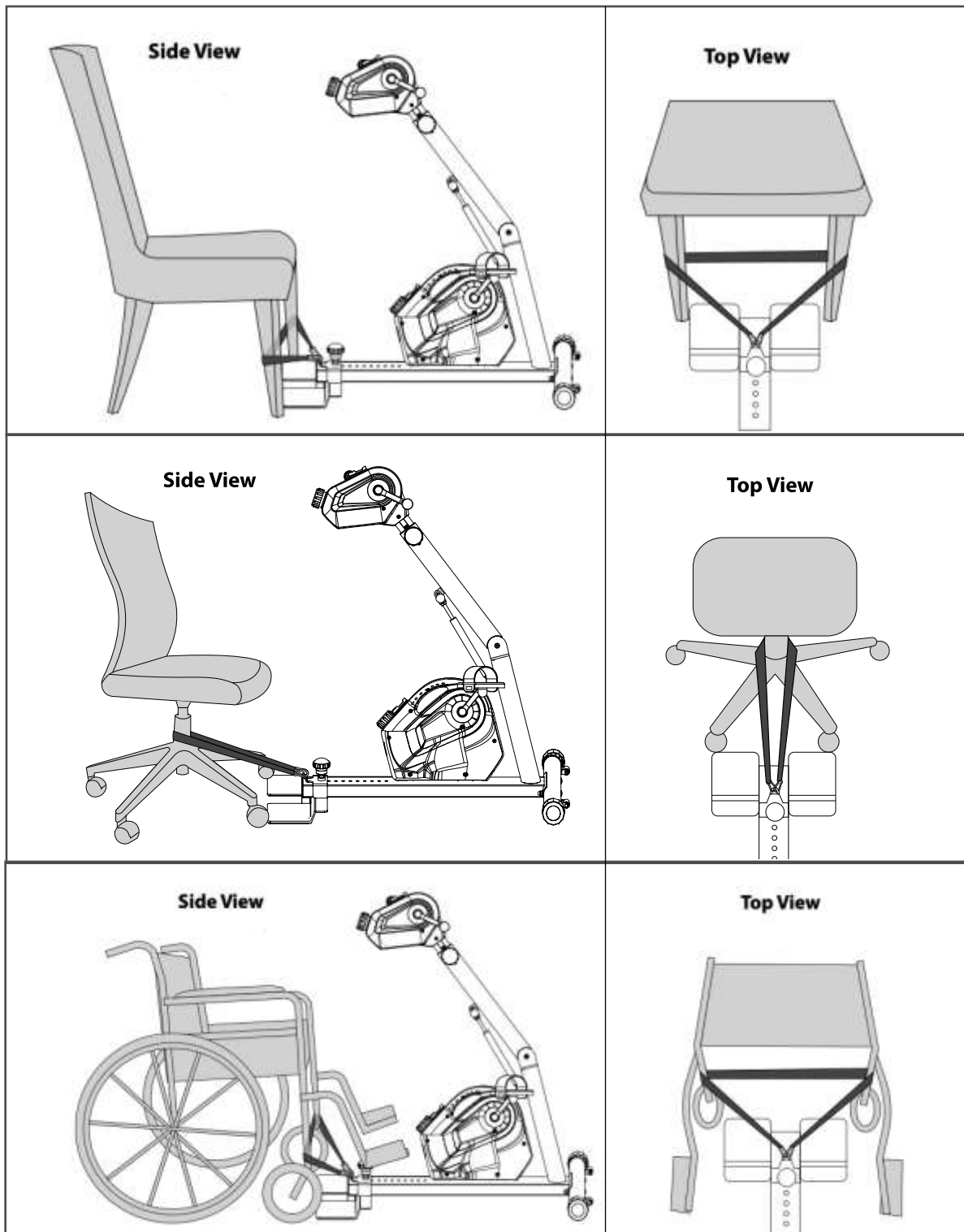
Adjust for Longer Strap

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.

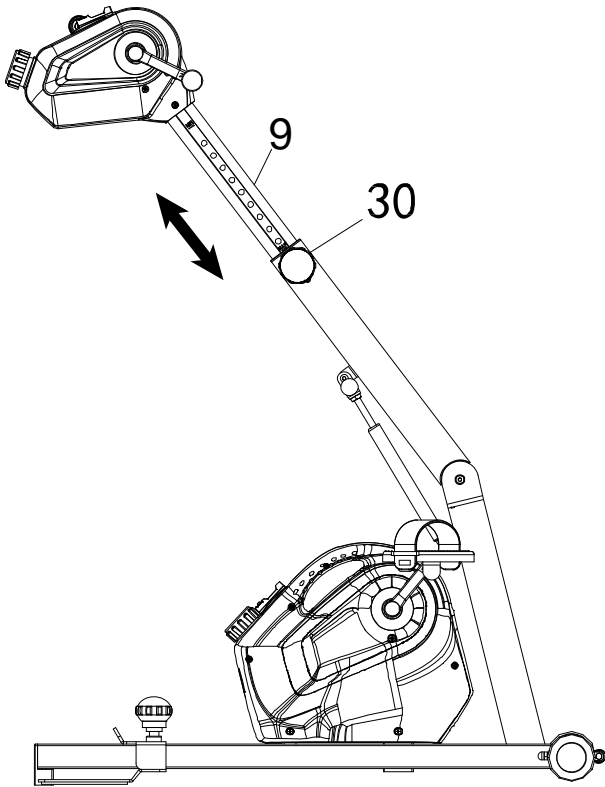
ADJUSTMENTS



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.

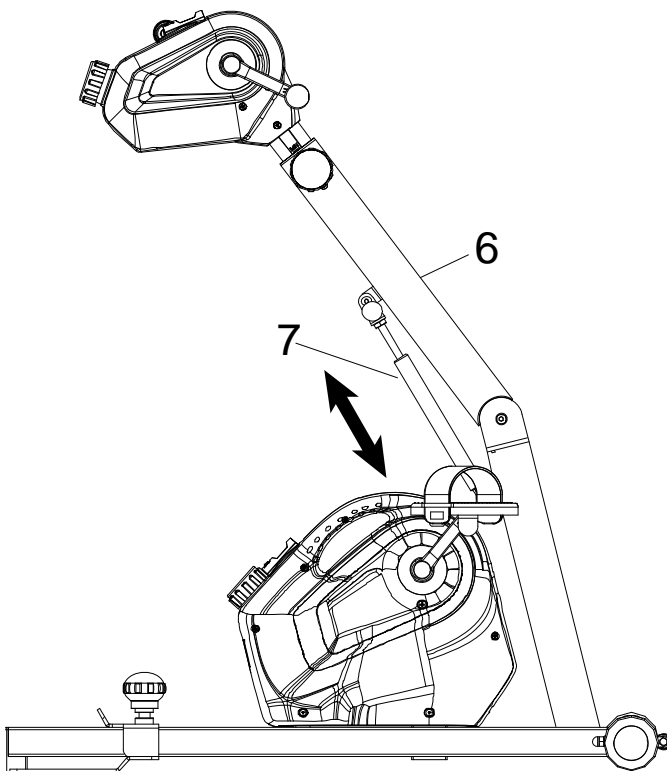
ADJUSTMENTS



Adjusting the Adjustable Tube

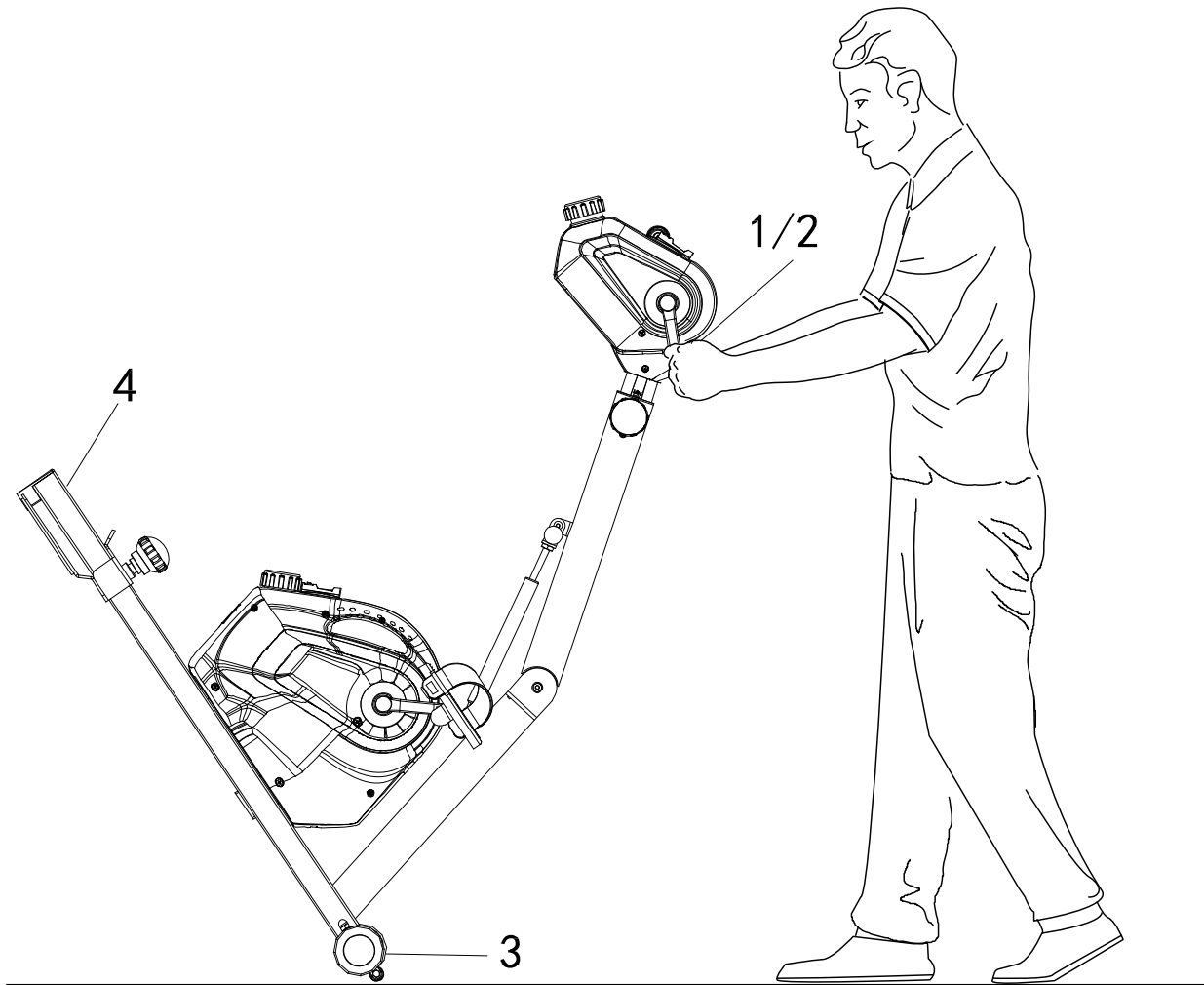
Loosen the knob by rotating it Counter-Clockwise and Pull the **Spring Knob (30)** out and adjust the **Adjustable Tube (9)** Up or **Down** to the desired height. When desired adjustment is selected rotate the **Spring Knob (30)** Clockwise until tight.

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** on the Knob of the **Gas Spring (7)** and adjust the **Support Tube (6)** Up or **Down** to the desired height.



Transporting the Exerciser

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 (4)** 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