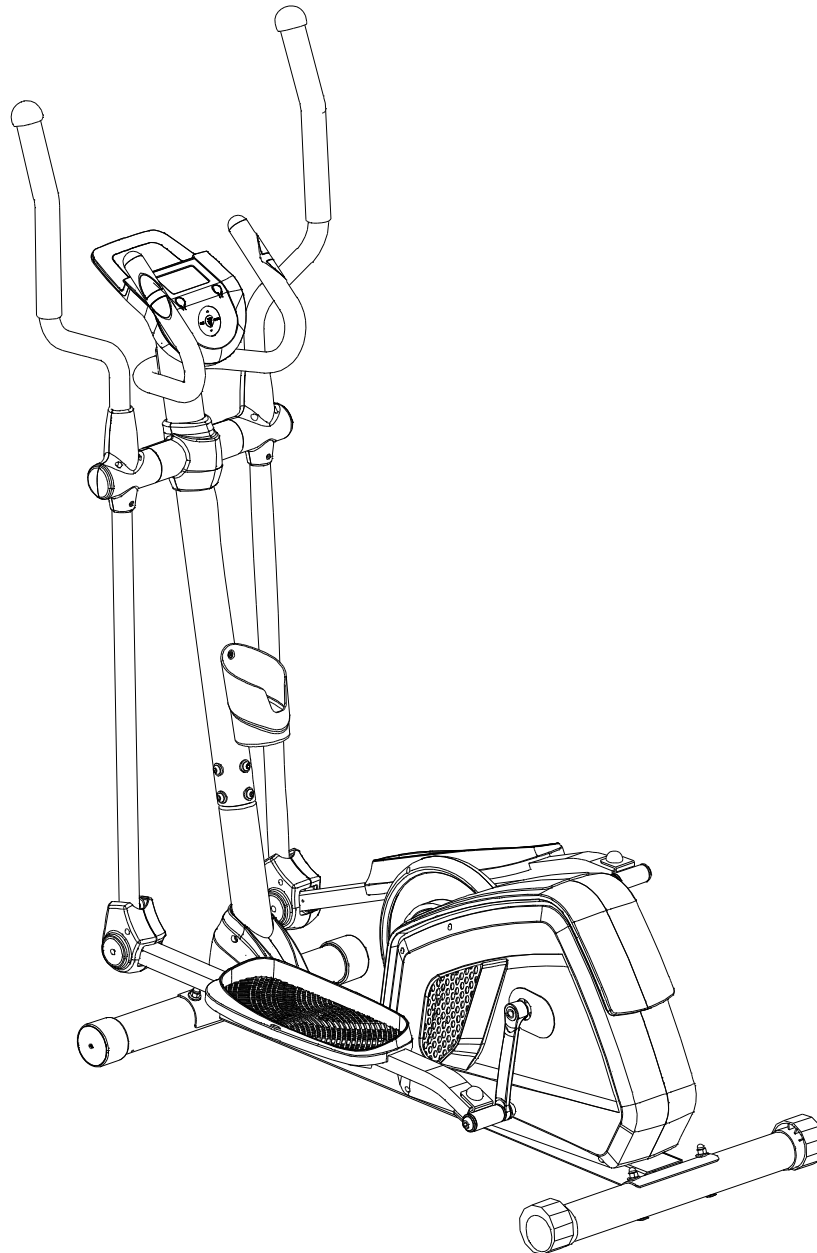


**710ST SMART TECHNOLOGY
MYCLOUDFITNESS®
AND 24 WORKOUT PROGRAMS**



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 and, 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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SERVICE

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

SAFELY MOUNTING YOUR ELLIPTICAL MACHINE

1. Move the pedal on the side you intend to mount the machine.
2. Make sure the pedal is mounted on the side you intend to use.
3. Place the appropriate foot onto the rear side pedal first, then the far pedal second.
4. Follow these steps in reverse order for dismount.

MONTÉE SÛRE L'EXERCISEUR ELLIPTIQUE ET EN DESCENDRE

1. Déplacez le pédalier du côté que vous voulez monter la machine.
2. Assurez-vous que le pédalier est monté sur le côté que vous voulez utiliser.
3. Mettez le pied sur la pédale du côté le plus proche en premier, puis l'autre pied sur la seconde.
4. Suivez ces étapes inversées en sens inverse pour descendre.

COMO SUBIRSE DE FORMA SEGURA EN SU MÁQUINA ELLIPTICA

1. Mueva el pedal del lado en el que desea subirse, a la posición que desea utilizar.
2. Con la mano adecuada, sujete el manubrio que está más cerca de usted.
3. Coloque primero el pie adentro en el pedal del lado más cercano a usted, luego en el pedal más lejano.
4. Siga estos pasos en orden inverso para bajarse.

**Maximum weight capacity is 275 lbs.
Le poids maximum pout ce produit est 125 kgs.
La capacidad de peso máxima es 125 kg.**

EXERCISEUR

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

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

- Tighten Right Bolt [276] into the Right Crank Clockwise
- Tighten Left Bolt [271] into the Left Crank Counter Clockwise

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

- Serrez le Boulon droit [276] dans la manivelle droite dans le sens horaire
- Serrez le Boulon gauche [271] dans la manivelle gauche dans le sens antihoraire

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

- Apriete el Tornillo derecho [276] en el cigüeñal derecho, hacia la derecha
- Apriete el Tornillo izquierdo [271] en el cigüeñal izquierdo, hacia la izquierda

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

IMPORTANT SAFETY GUIDELINES

Read all guidelines before using this machine. When using this machine, basic precautions should always be followed, including the following:

WARNING - To reduce the risk of injury to persons:

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.
4. Only one person should be using the equipment at a time.
5. Never operate this Equipment if it is damaged, if it is not working properly, has been dropped, or damaged. If a problem is encountered contact Customer Service before using the equipment again.
6. Always use this equipment on a clear and level surface.
7. For household use only.
8. Do not use outdoors or near water.
9. Use the 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. This product requires a minimum of 6 square feet of space for safe operation.
15. Be careful to always hold onto the handlebars when you're mounting and dismounting.
16. Be careful to have the pedals at their lowest point when stepping off.
17. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
18. **Warning:** - Risk of Personal Injury - Consult with your personal physician to see if 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.
19. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
20. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
21. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
22. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
23. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using This Machine

IMPORTANT SAFETY GUIDELINES

Consult with your personal physician using 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 CAPACITY

The Maximum Weight Capacity for this product is 275 lbs/125 kgs.

**RETAIN THIS OWNER'S MANUAL AND KEEP THE ORIGINAL
PURCHASE RECEIPT FOR FUTURE REFERENCE.**

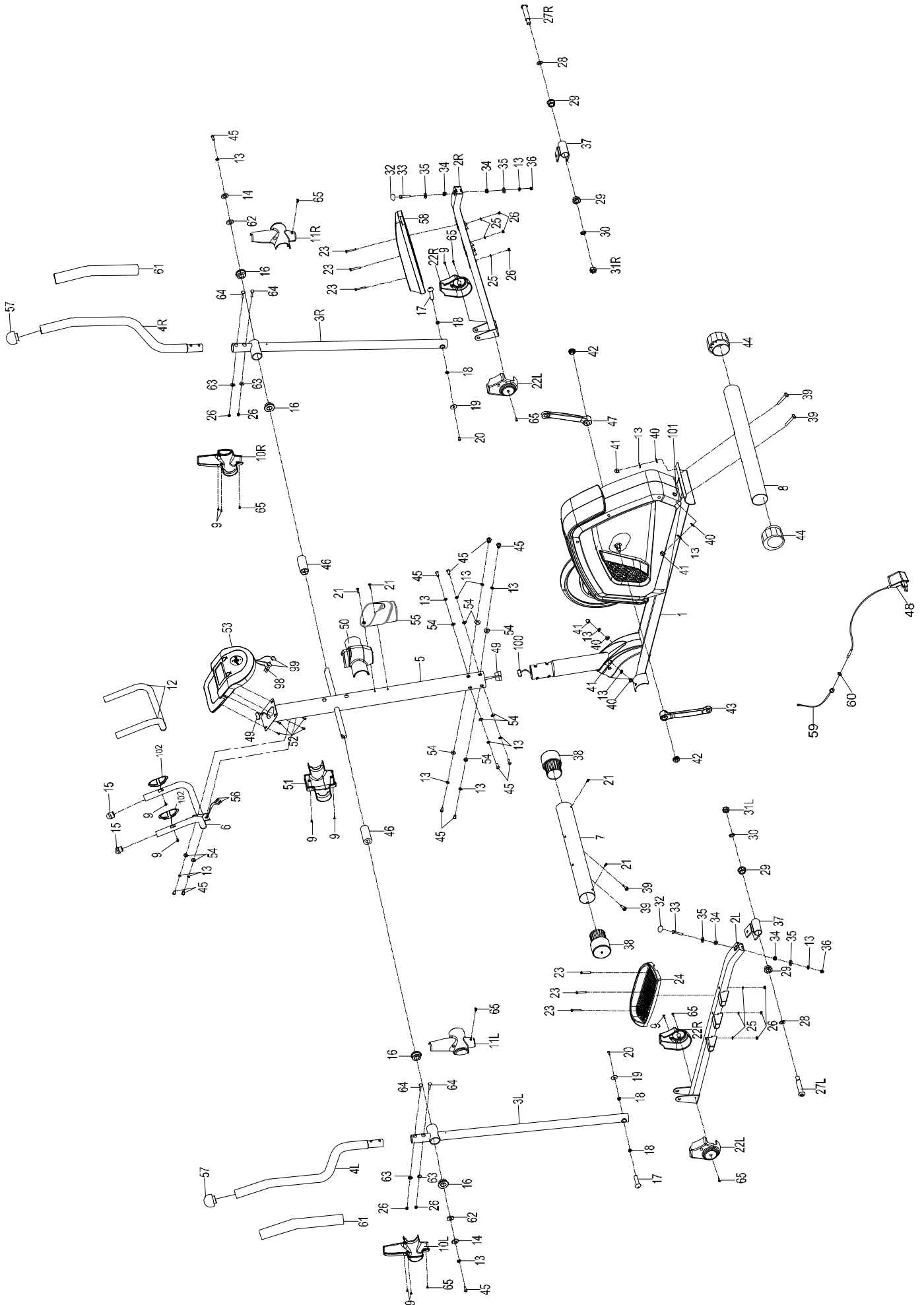
&

SAVE THESE GUIDELINES

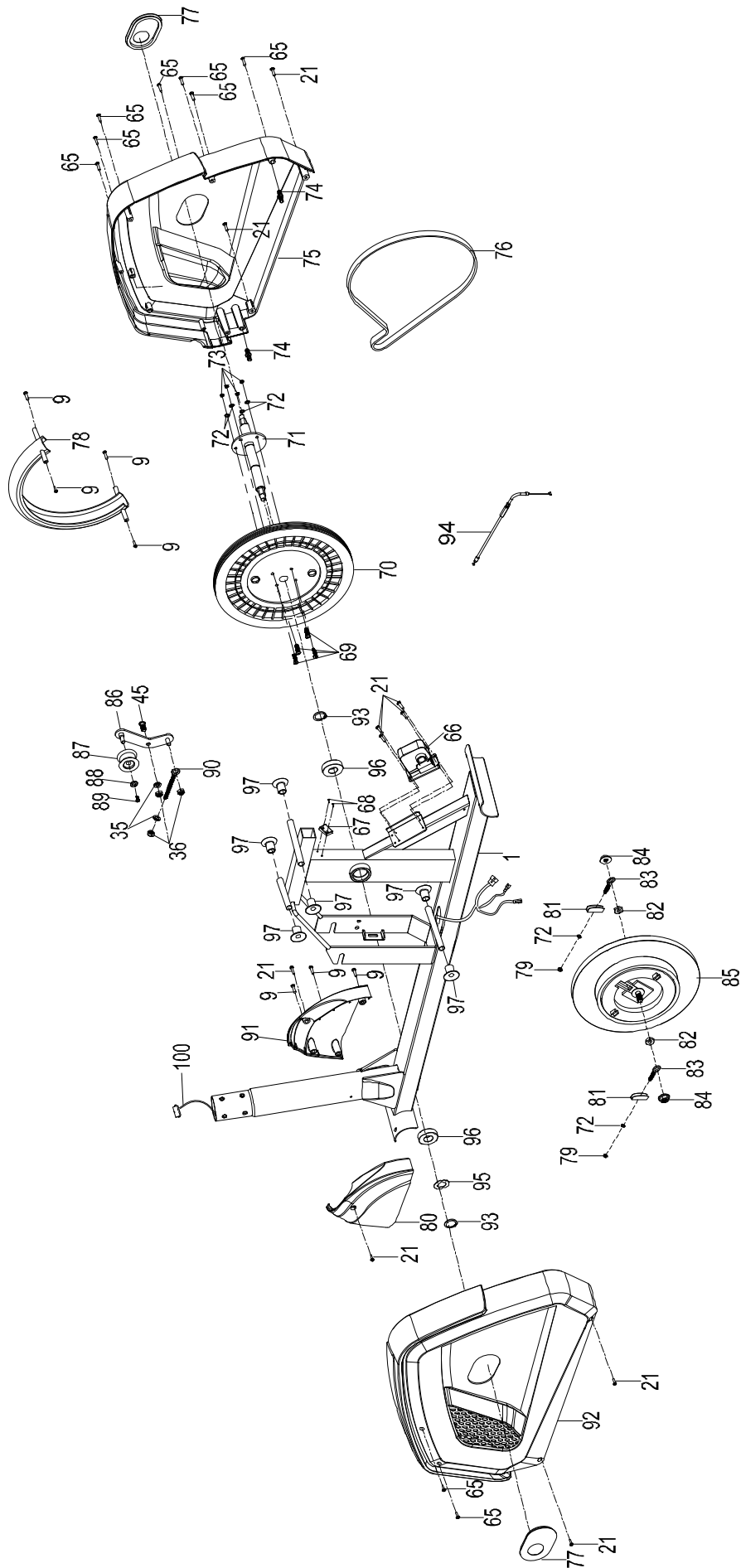


The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

OVERVIEW DRAWING



OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2R	Right Foot Bar	1
2L	Left Foot Bar	1
3L	Left Handrail	1
3R	Right Handrail	1
4L	Left Handrail Arm $\Phi 32 \times 1.5$	1
4R	Right Handrail Arm $\Phi 32 \times 1.5$	1
5	Front Post	1
6	Handlebar $\Phi 25 \times 1.5$	1
7	Front Stabilizer $\Phi 60 \times 1.5 \times 480$	1
8	Rear Stabilizer	1
9	Self-Tapping Phillips Screw ST4.2*15	17
10R	Front Right Handrail Cover	1
10L	Front Left Handrail Cover	1
11R	Rear Right Handrail Cover	1
11L	Rear Left Handrail Cover	1
12	Foam Grip	2
13	Spring Washer $\phi 8$	18
14	Flat Washer	2
15	Handlebar End Cap	2
16	Bushing $\phi 38, \phi 32, \phi 19, 14$	4
17	Barrel Bolt $\phi 15.8 \times 62.5$	2
18	Bushing $\phi 14.2 \times \phi 10.2 \times 10$	4
19	Flat Washer $\phi 6$	2
20	Phillips Screw	2
21	Self-Tapping Phillips Screw ST4.2*20	14
22L	Left Foot Bar Cover	2
22R	Right Foot Bar Cover	2
23	Bolt M6*40 L20	6
24	Left Pedal 395*150*65	1

No.	Description	Qty
25	Flat Washer $\Phi 6$	6
26	Nylon Nut M6	10
27L	Left Pedal Bolt $\phi 16 \times 88.5 \times L23$	1
27R	Right Pedal Bolt $\phi 16 \times 88.5 \times L23$	1
28	Wave Washer $\phi 28 \times \phi 17 \times 0.3$	2
29	Bushing $\Phi 24.5 \times \Phi 16 \times 14$	4
30	Spring Washer $\varnothing 20$	2
31L	Left Nylon Nut	1
31R	Right Nylon Nut	1
32	Nut Cap	2
33	Bolt M8*55	2
34	Bushing $\phi 18 \times \phi 8 \times 5$	4
35	Flat Washer $\Phi 16 \times \Phi 8 \times 1.5$	4
36	Nylon Nut M8	4
37	U-Shaped Bracket	2
38	Front Stabilizer End Cap	2
39	Carriage Bolt M8*75	4
40	Big Curve Washer $\phi 8$	4
41	Cap Nut M8	4
42	Crank Cover	2
43	Left Crank	1
44	Rear Stabilizer End Cap	2
45	Bolt M8*20	13
46	Bushing $\Phi 32 \times \Phi 16.5 \times \Phi 50$	2
47	Right Crank	1
48	AC Adaptor	1
49	Front Post Wire	1
50	Rear Post Cover	1
51	Front Post Cover	1
52	Phillips Screw M5*10	4

PARTS LIST

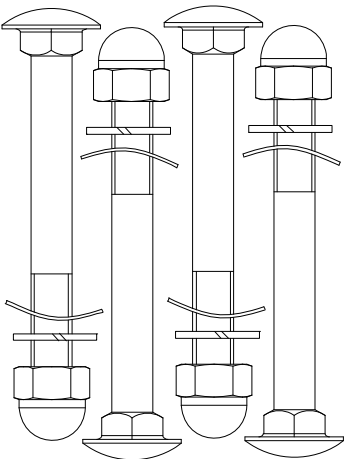
No.	Description	Qty
53	Console	1
54	Curve Washer $\phi 16 \times \phi 8$	10
55	Bottle Holder	1
56	Lower Hand Pulse wire 750mm	2
57	Handrail Arm Cap	2
58	Right Pedal 395*150*65	1
59	Adaptor Wire 550mm	1
60	Flat Nut S15	1
61	Foam Grip	2
62	D Washer $\Phi 19$	2
63	Curve Washer $\Phi 6$	4
64	Carriage Bolt M6*35	4
65	Self-Tapping Phillips Screw ST4.2*20	17
66	Motor	1
67	Speed Sensor	1
68	Self-Tapping Phillips Screw ST2.9*12	2
69	Phillips Screw M6*15	4
70	Belt Pulley	1
71	Pulley Axle	1
72	Spring Washer $\Phi 6$	6
73	Lock Nut M6 S10	4
74	Plastic Bolt $\Phi 8$	1
75	Right Cover	1
76	Belt	1
77	Crank Cover	2

No.	Description	Qty
78	Flywheel Cover	1
79	Nut M6 S10	2
80	Left Rear Frame Cover	1
81	U shape Bracket 31*30* $\delta 1.0$	2
82	Nut M10	2
83	Eyebolt M6*36	2
84	Flange Nut M10*1.0*6	2
85	Magnet Wheel	1
86	Idle Wheel Bracket	1
87	Guide Pulley	1
88	Flat Washer $\Phi 12 \times \Phi 6 \times \delta 1.0$	1
89	Phillips Screw M6*10	1
90	Eyebolt M8*65	1
91	Right Rear Frame Cover	1
92	Left Cover	1
93	C-Clip $\Phi 20$	2
94	Motor Tension Cable	1
95	Wave Washer $\Phi 17$	1
96	Bearing	2
97	Shroud Cap	6
98	Upper Console Wire	1
99	Upper Hand Pulse Wire	1
100	Main Frame Wire	1
101	AC Cable Plug	1
102	Hand Pulse Sensor	2

HARDWARE & TOOLS PACK

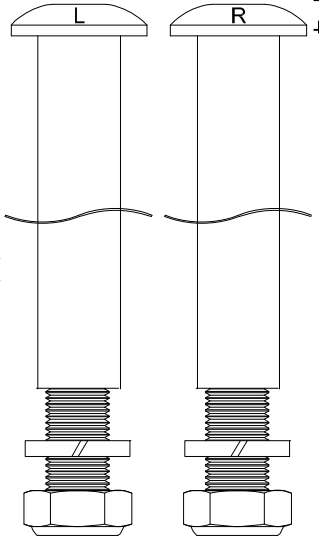
4322 - Hardware Pack

STEP 1



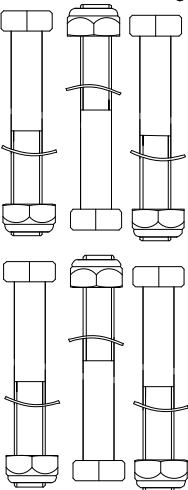
#39 Carriage Bolt 4PCS
#41 Cap Nut 4PCS
#40 Big Curved Washer 4PCS
#13 Spring Washer 4PCS

STEP 4



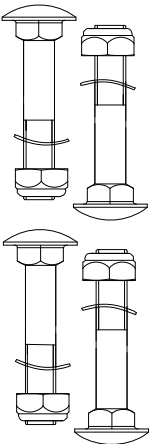
#27L Left Pedal Bolt (L) 1PC
#27R Right Pedal Bolt (R) 1PC
#28 Wave Washer 2PCS
#30 Spring Washer 2PCS
#31L Left Nylon Nut 1PC
#31R Right Nylon Nut 1PC

STEP 5



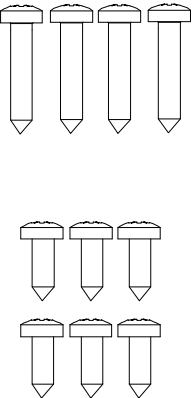
#23 Hex Bolt 6PCS
#25 Flat Washer 6PCS
#26 Nylon Hex Nut 6PCS

STEP 6



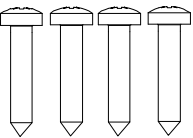
#64 Carriage Bolt 4PCS
#63 Curved Washer 4PCS
#26 Nylon Hex Nut 4PCS

STEP 8



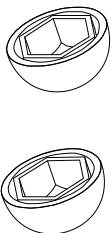
#65 Self-Tapping Phillips #9 Self-Tapping Phillips Screw 6PCS

STEP 9

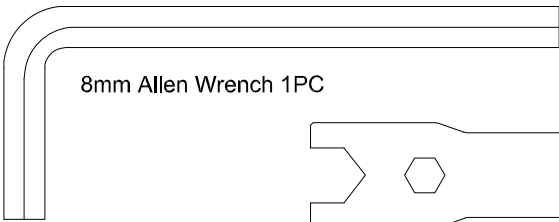


#65 Self-Tapping Phillips #9 Self-Tapping Phillips Screw 4PCS

STEP 4

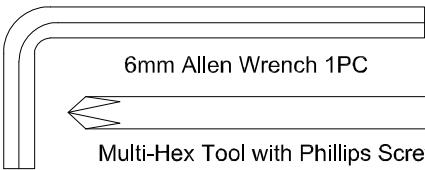


#32 Nut Cap 2PCS



8mm Allen Wrench 1PC

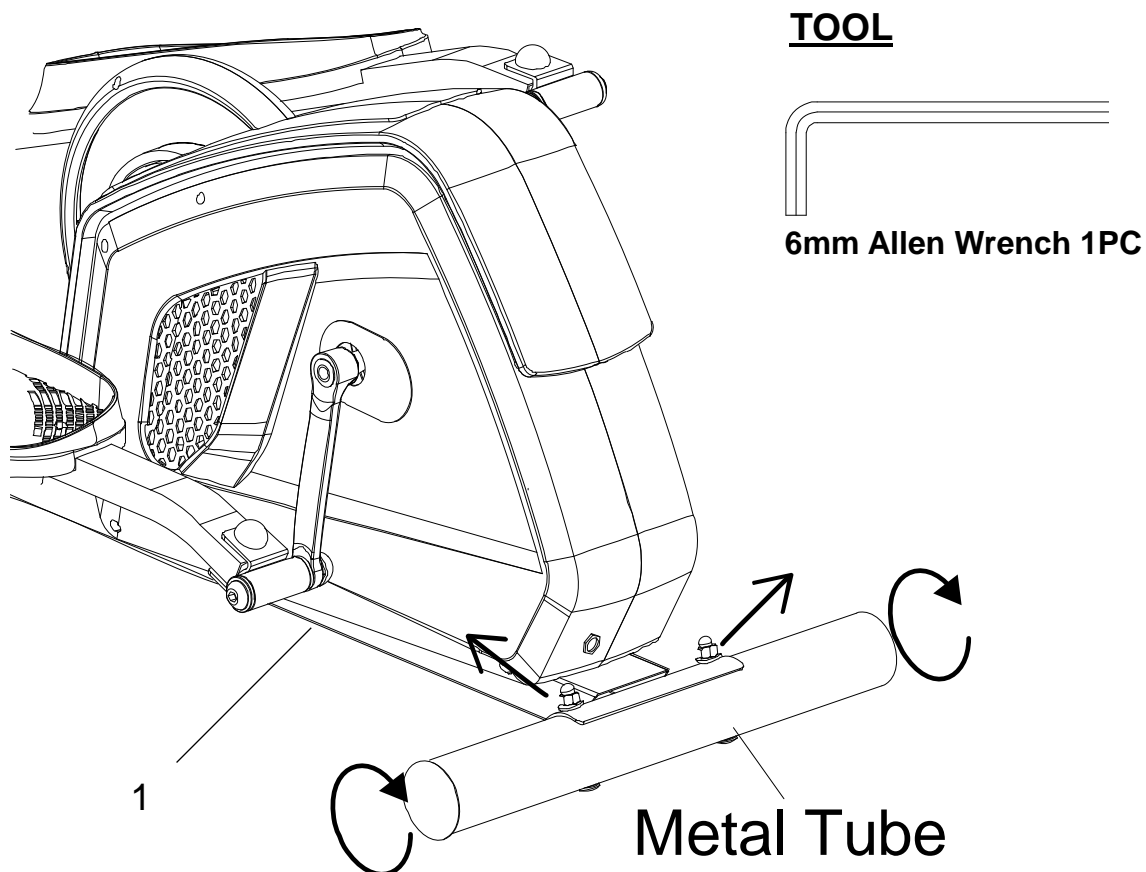
Multi-Hex Wrench 1PC



6mm Allen Wrench 1PC

Multi-Hex Tool with Phillips Screwdriver 1PC

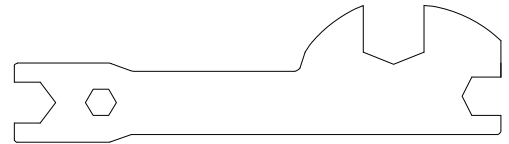
ASSEMBLY



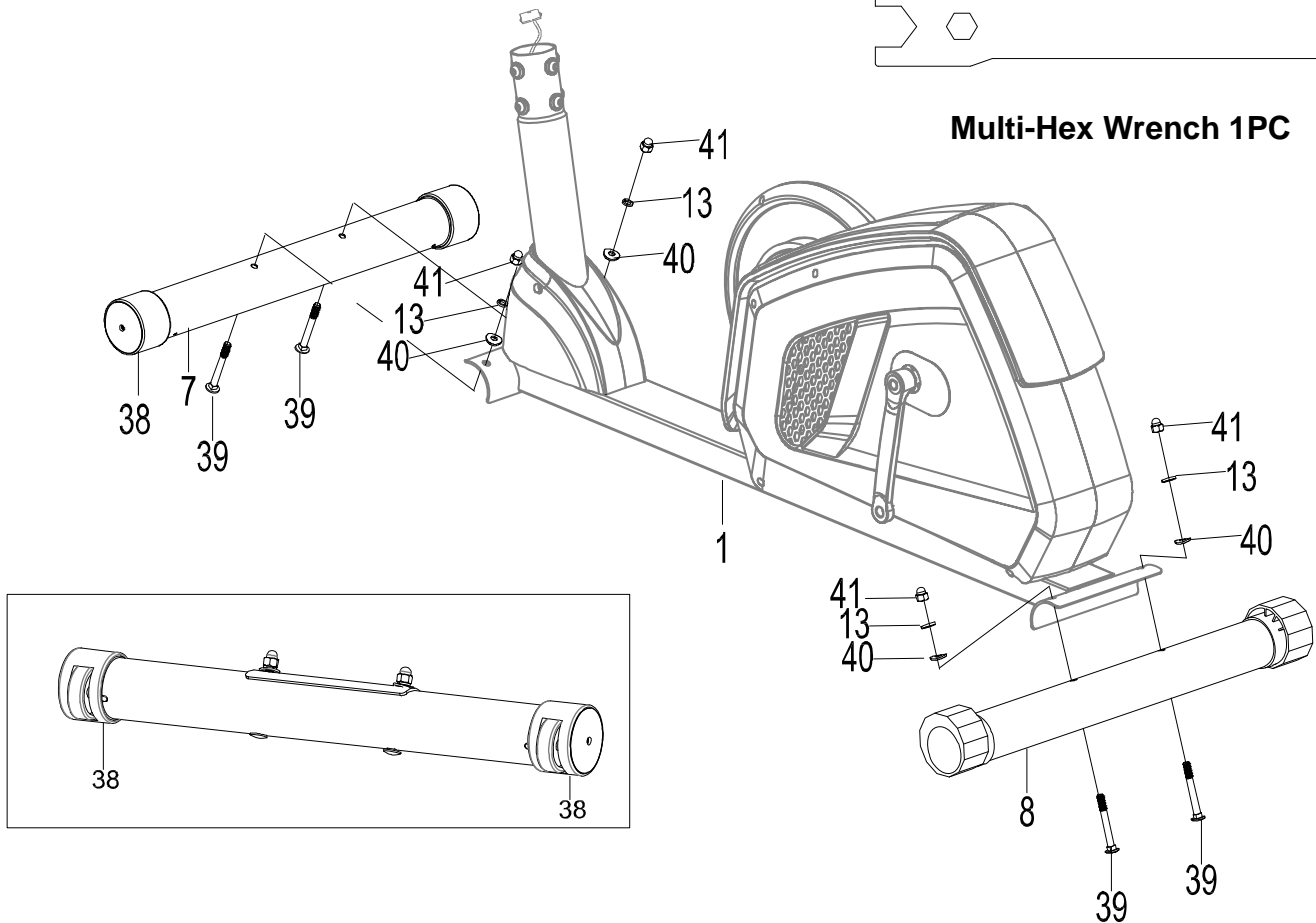
Remove the **Metal Tubes** from the **Main Frame (1)** by using **6mm Allen Wrench** provided. Discard the metal tubes and any hardware that was attached at this point as they will not be used in the actual assembly.

ASSEMBLY

TOOL



Multi-Hex Wrench 1PC

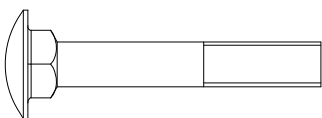


STEP 1

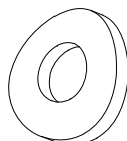
1A. Installing the Front Stabilizer – Lift up the front of the **Main Frame (1)** and align the holes of the **Front Stabilizer (7)** with the bracket holes on the **Main Frame (1)**. Ensure that the **wheels** on the **Front Stabilizer End Cap (38)** are facing outwards. Secure and tighten the **Front Stabilizer (7)** with two **Carriage Bolts (39)**, two **Spring Washers (13)**, two **Big Curve Washers (40)**, and two **Cap Nuts (41)**. Then tighten using the **Multi-Hex Wrench** provided.

1B. Installing the Rear Stabilizer – Lift the rear of the **Main Frame (1)** up and slide the **Rear Stabilizer (8)** onto the curved bracket. Align the holes on the **Main Frame (1)** and the **Rear Stabilizer (8)**. Secure and tighten the **Rear Stabilizer (8)** with two **Carriage Bolts (39)**, two **Spring Washers (13)**, two **Big Curve Washers (40)**, and two **Cap Nuts (41)**. Then tighten using the **Multi-Hex Wrench** provided.

HARDWARE PACK



(39) Carriage Bolt
4 PCS



(40) Big Curve Washer
4PCS



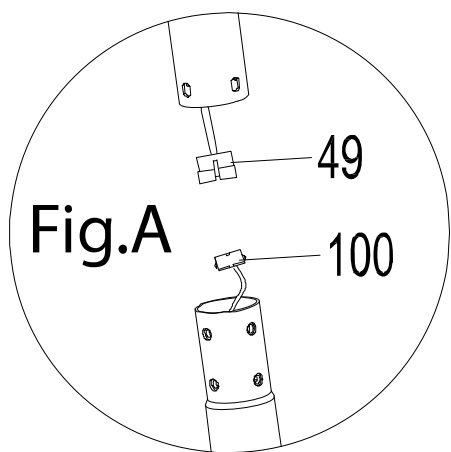
(41) Cap Nut
4PCS



(13) Spring Washer
4PCS

ASSEMBLY

PRE-INSTALLED HARDWARE



(13) Spring Washer
8PCS

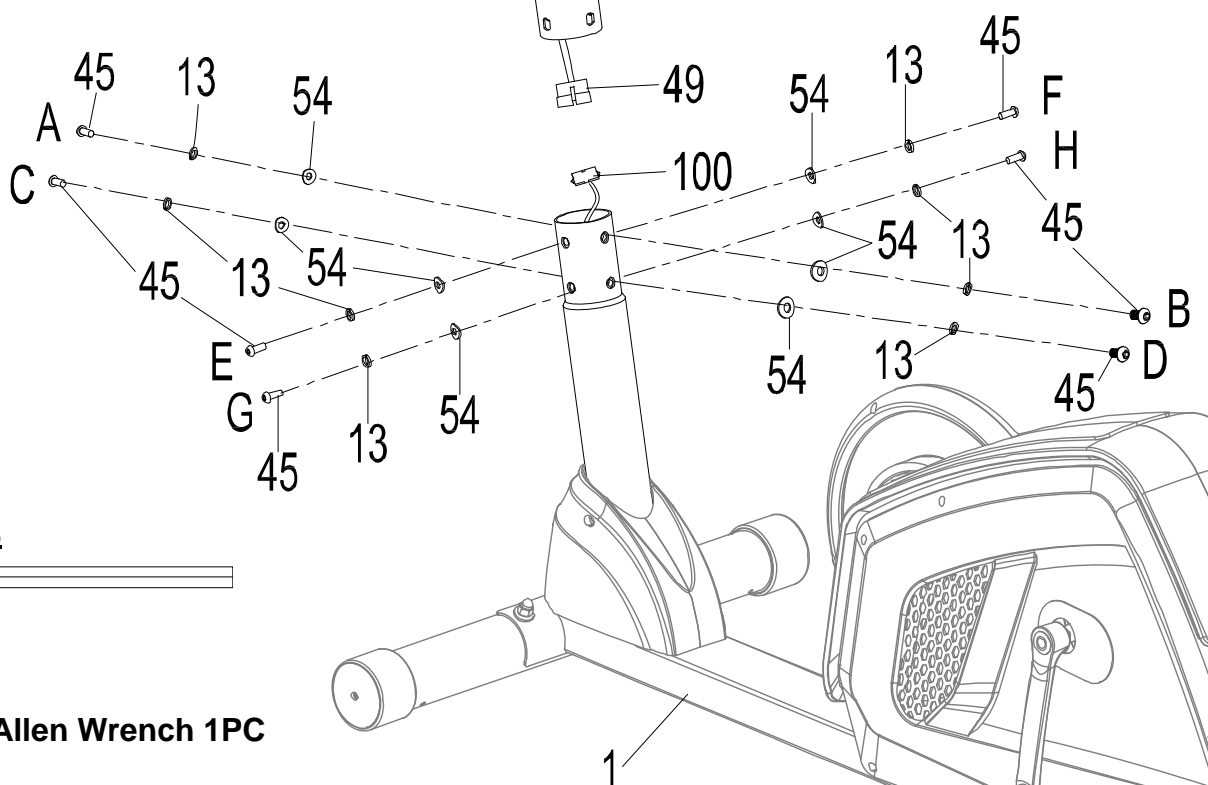
(45) Bolt
8PCS

(54) Curve Washer
8PCS

TOOL



6mm Allen Wrench 1PC



⚠ MUST TIGHTEN IN SEQUENCE: A,B,C,D,E,F,G,H.

STEP 2

2A. Removing The Hardware From The Front Post – Use the **6mm Allen Wrench** to remove eight **Bolts (45)**, eight **Spring Washers (13)**, and eight **Curve Washers (54)** from the **Main Frame (1)**. Set the hardware aside.

2B. Connecting The Console Wires – Connect the **Front Post Wire (49)** from the **Front Post (5)** with the **Main Frame Wire (100)** from the **Main Frame (1)**. See **Fig. A**.

2C. Installing The Front Post – Place the **Front Post (5)** onto the **Main Frame (1)**. Reinstall the previously removed hardware: eight **Bolts (45)**, eight **Spring Washers (13)**, and eight **Curve Washers (54)** and securely tighten the bolts in sequence using the **6mm Allen Wrench** provided.

ASSEMBLY

TOOL



6mm Allen Wrench 1PC

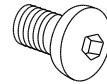
PRE-INSTALLED HARDWARE



(62) D Washer
2PCS



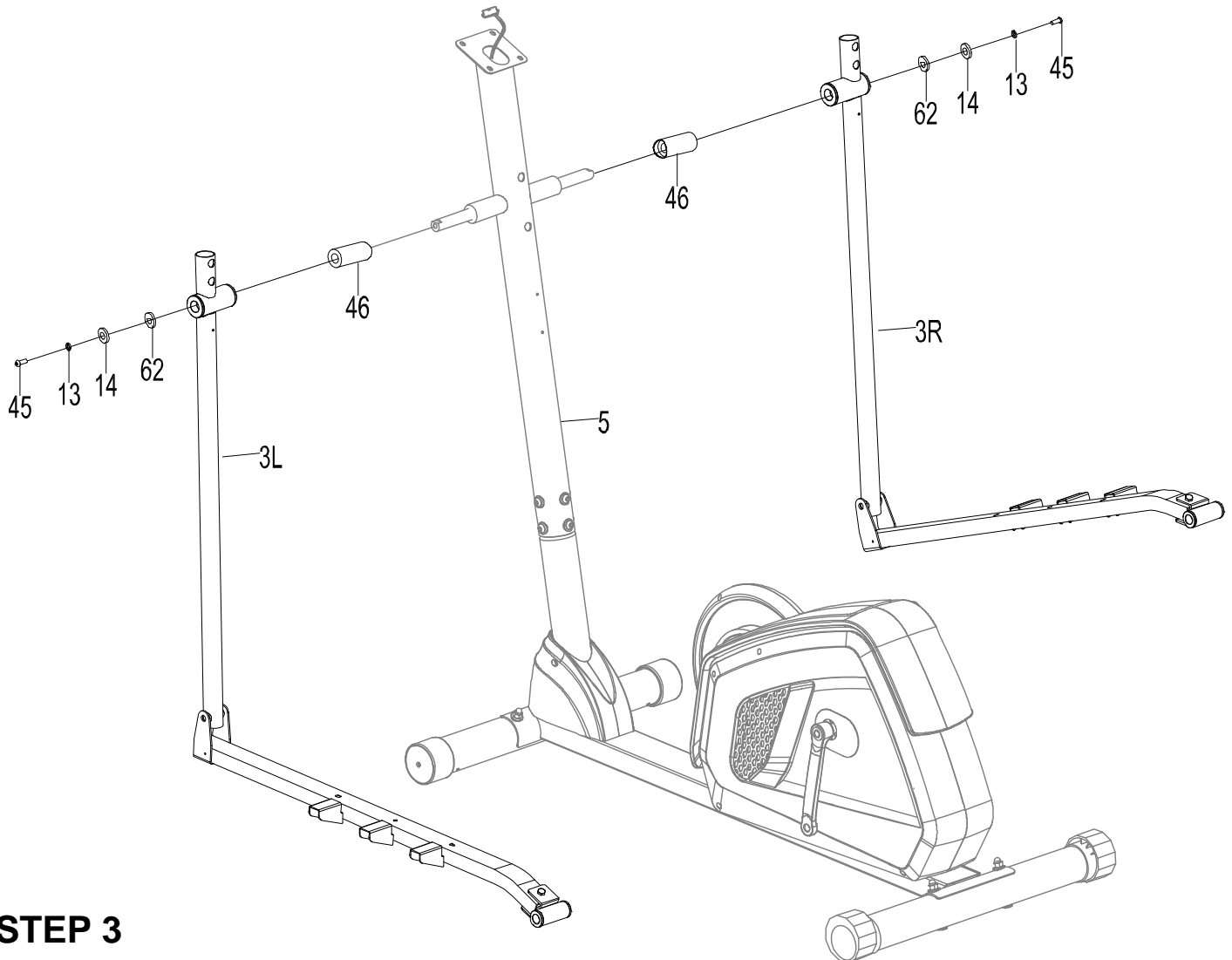
(13) Spring
Washer
2PCS



(45) Hex Bolt
2PCS



(14)
Flat Washer
2 PCS



STEP 3

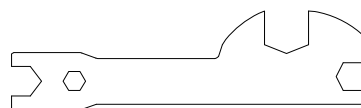
3A. Installing Bushings – Attach two **Bushings (46)** onto the rods coming out from the **Front Post (5)**.

3B. Installing The Left Handrail – Insert the **Left Handrail (3L)** onto the left side of the **Front Post (5)**. Slide the **Left Handrail (3L)** onto the left rod of the **Front Post (5)**. Secure the **Left Handrail (3L)** using one **D-Washer (62)**, one **Flat Washer (14)**, one **Spring Washer (13)**, and one **Bolt (45)**. Ensure the notch of the **D-Washer (62)** sits properly in the groove of the rod on the **Front Post (5)**. Tighten the **Bolt (45)** using the **6mm Allen Wrench** Provided.

3C. Installing The Right Handrail – Repeat the same assembly steps above for installing the **Right Handrail (3R)** onto the right rod of the **Front Post (5)**.

ASSEMBLY

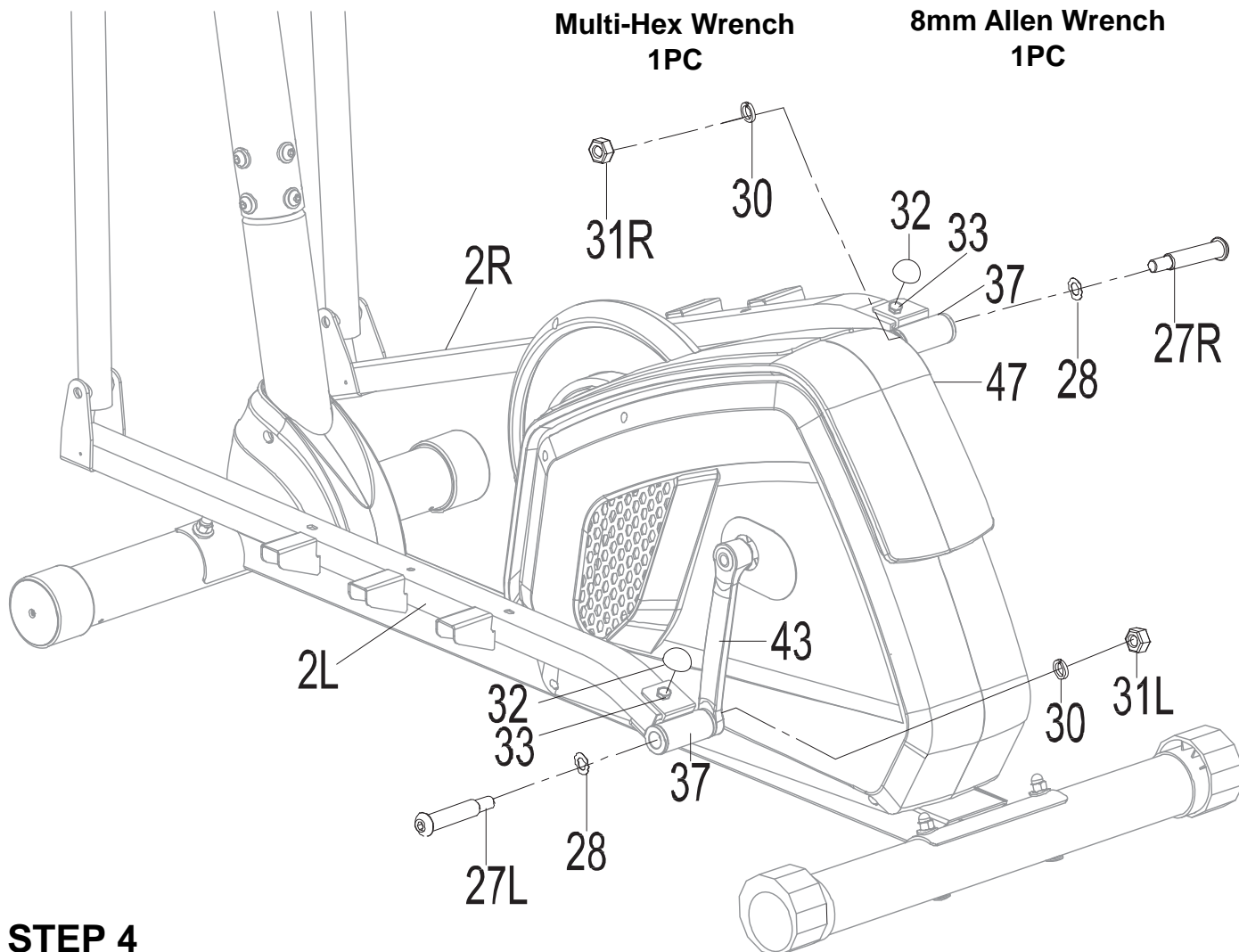
TOOLS



**Multi-Hex Wrench
1PC**



**8mm Allen Wrench
1PC**

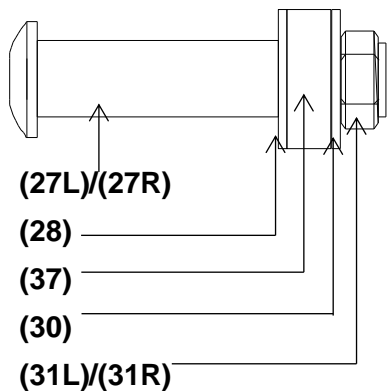


STEP 4

4A. Left Foot Bar Installation – Insert the **Left Pedal Bolt (27L)** along with a **Wave Washer (28)** through the **U Shaped Bracket (37)** located on the back of the **Left Foot Bar (2L)**. Secure the **Left Pedal Bolt (27L)** to the **Left Crank (43)** by turning the **Left Pedal Bolt (27L)** COUNTER-CLOCKWISE. Tighten the **Left Pedal Bolt (27L)** with the **8mm Allen Wrench** provided. Install a **Spring Washer (30)** and **Left Nylon Nut (31L)** on the protruding end of the **Left Pedal Bolt (27L)**. Turn the **Left Nylon Nut (31L)** in a CLOCKWISE direction. Tighten both the **Left Pedal Bolt (27L)** and **Left Nylon Nut (31L)** simultaneously using the **8mm Allen Wrench** and **Multi-Hex Wrench** provided. Then place the **Nut Cap (32)** onto the Head of the **Bolt (33)**.

4B. Right Foot Bar Installation – Repeat the above assembly steps to install the **Right Foot Bar (2R)** into the **Right Crank (47)**. When installing the **Right Pedal Bolt (27R)** turn the **Right Pedal Bolt (27R)** CLOCKWISE and the **Right Nylon Nut (31R)** COUNTER-CLOCKWISE.

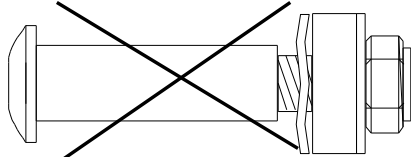
**Figure B
CORRECT**



NOTE: Look to **Fig. B** for the correct installation of the **Pedal Bolts**. Keep the bolt perfectly straight when the bolt goes through the **Foot Bars**, and is being screwed into the **Crank** correctly. If the bolt is screwed into the crank at an angle, this may damage the equipment.

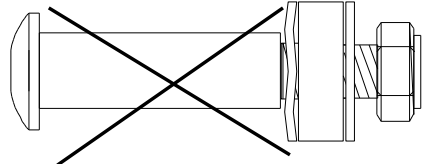
Installing Right Pedal Bolt into Right Crank can only be done by turning it **CLOCKWISE**. Installing the Left Pedal Bolt into the Left Crank can only be done by turning **COUNTER-CLOCKWISE**.

INCORRECT #1



Installing the Right Nylon Nut can only be done by turning it **COUNTERCLOCKWISE**. Installing the Left Nylon Nut can only be done by turning it **CLOCKWISE**.

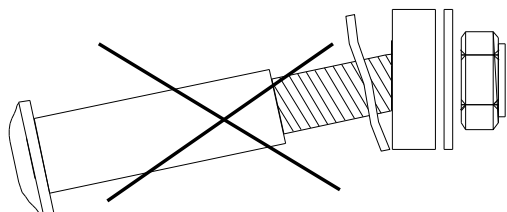
INCORRECT #2



Incorrect #1: There is a missing gap between bolt & crank. Be sure to tighten all gaps.

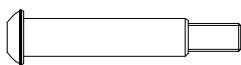
Incorrect #2: There is a missing gap between washer and nut. Be sure to tighten all gaps.

INCORRECT #3



Incorrect #3: The bolt is not installed straight and level. Be sure to install the bolt straight and level into the crank.

HARDWARE PACK



(27R/L) Right / Left Pedal Bolt 2PCS



(31R) Right Nylon Nut 1PC



(30) Spring Washer 2PCS



(28) Wave Washer 2PCS



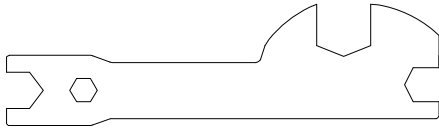
(32) Nut Cap 2PCS



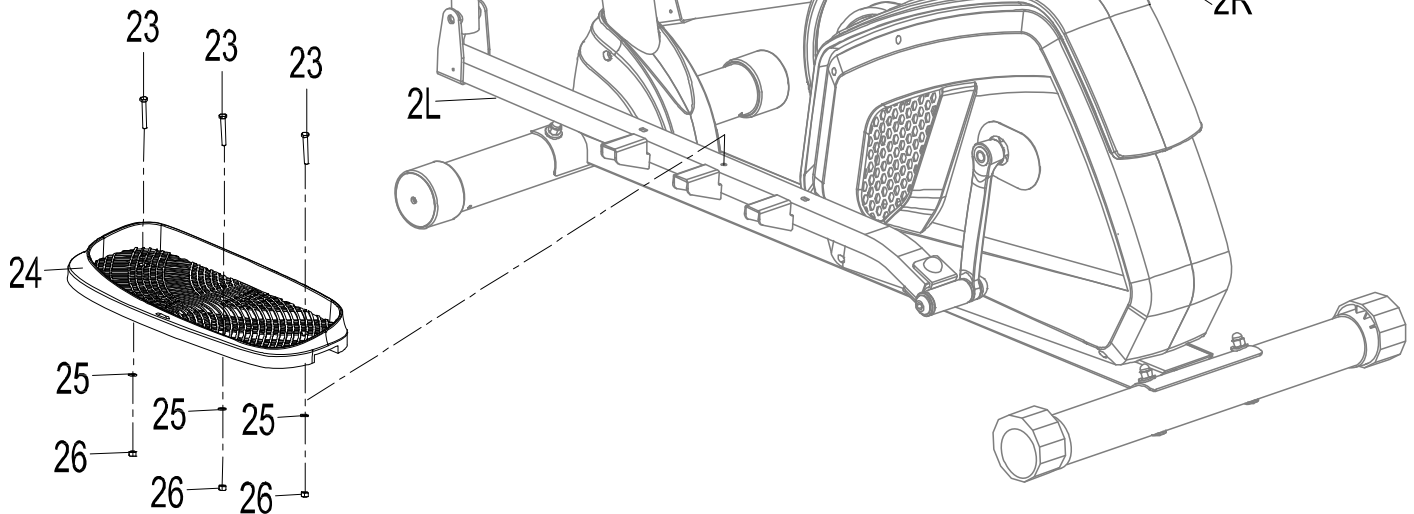
(31L) Left Nylon Nut 1PC

ASSEMBLY

TOOL



Multi-Hex Wrench 1PC



STEP 5

5A. Left Pedal Installation – Install the **Left Pedal (24)** onto the **Left Foot Bar (2L)** using three **Bolts (23)**, three **Flat Washers (25)** and three **Nylon Nuts (26)**. Tighten the **Nylon Nuts (26)** using the **Multi Hex Wrench** provided.

5B. Right Pedal Installation – Repeat the above steps to install the **Right Pedal (58)** onto the **Right Foot Bar (2R)**.

HARDWARE PACK



**(26) Nylon Nut
6 PCS**

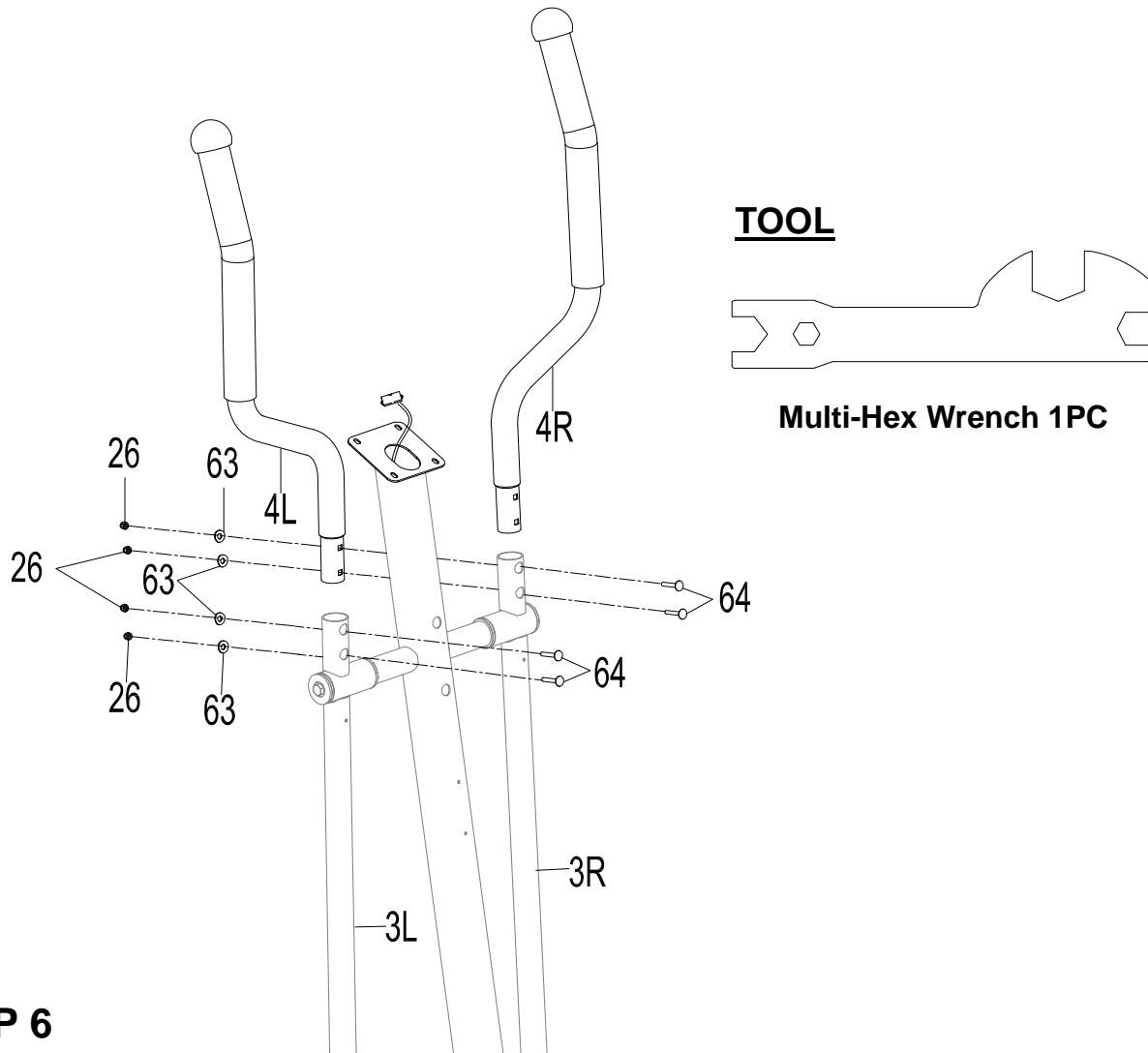


**(25) Washer
6 PCS**



(23) Bolt 6 PCS

ASSEMBLY

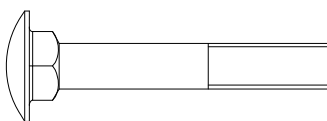


STEP 6

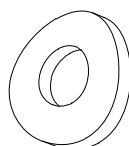
6A. Installing the Left Handrail Arm – Insert the **Left Handrail Arm (4L)** onto the **Left Handrail (3L)** using two **Carriage Bolts (64)**, two **Curve Washers (63)** and two **Nylon Nuts (26)**. Tighten the **Nylon Nuts (26)** using the **Multi Hex Wrench** provided.

6B. Installing the Right Handrail Arm – Insert the **Right Handrail Arm (4R)** onto the **Right Handrail (3R)** using two **Carriage Bolts (64)**, two **Curve Washers (63)** and two **Nylon Nuts (26)**. Tighten the **Nylon Nuts (26)** using the **Multi Hex Wrench** provided.

HARDWARE PACK



(64) Carriage Bolt
4 PCS



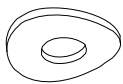
(63) Curve Washer
4 PCS



(26) Nylon Nut
4 PCS

ASSEMBLY

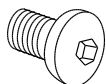
PRE-INSTALLED HARDWARE



(54) Curve Washer
2PCS



(13) Spring Washer
2PCS

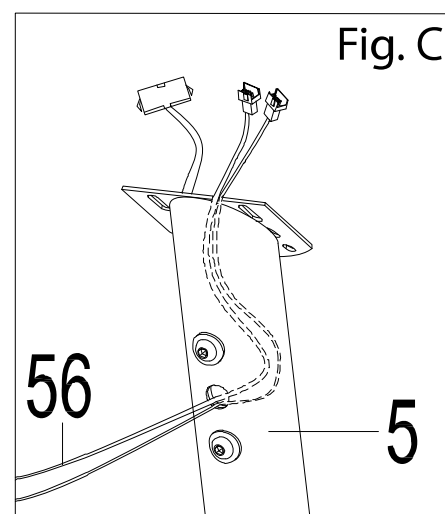
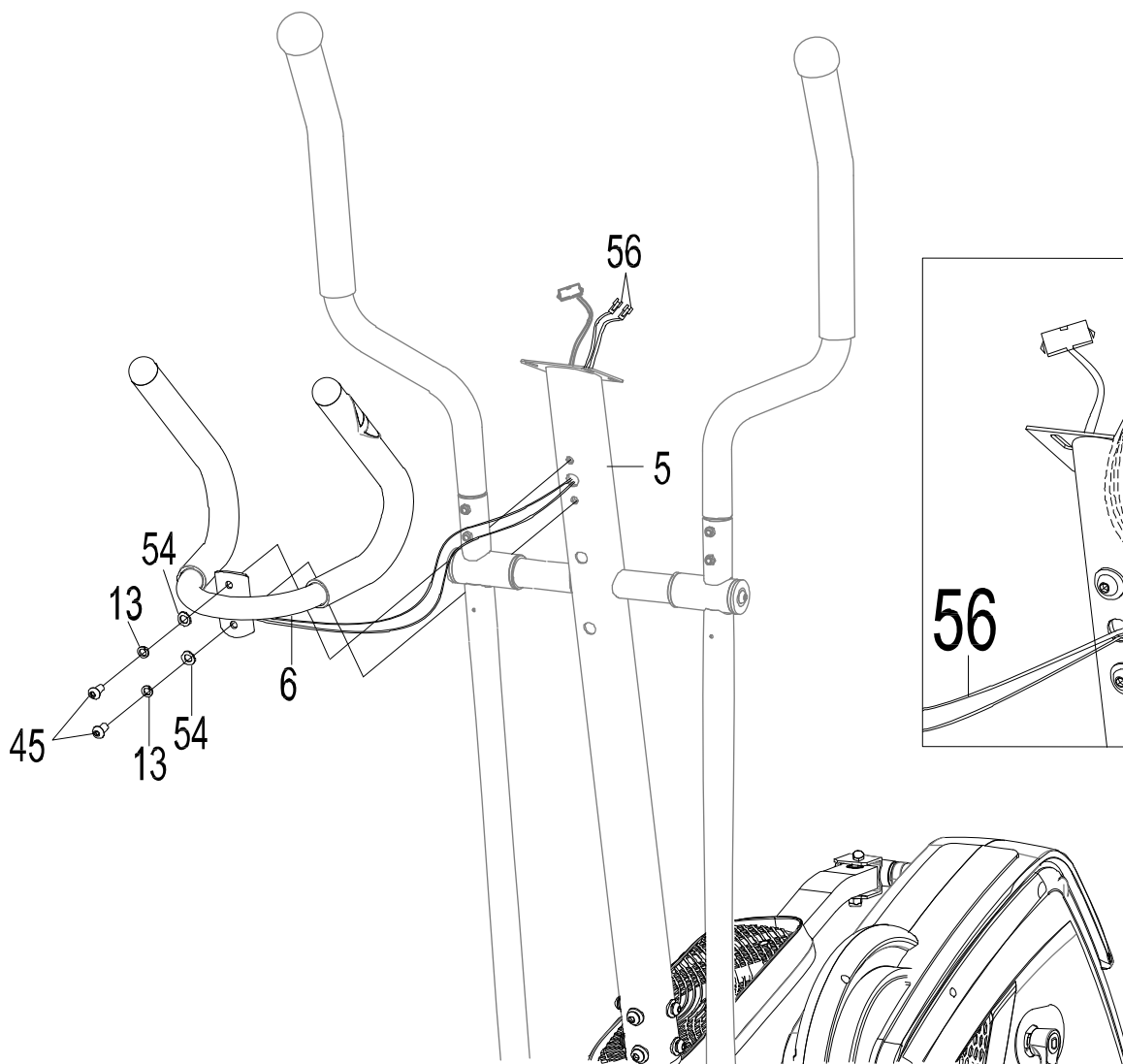


(45) Hex Bolt
2PCS

TOOL



6mm Allen Wrench 1PC



STEP 7

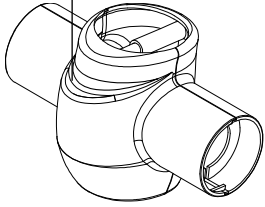
7A. Removing The Hardware From The Front Post – Remove two **Bolts (45)**, two **Spring Washers (13)**, and two **Curve Washers (54)** from the **Front Post (5)**.

7B. Connecting the Wires – Insert the **Lower Hand Pulse Wires (56)** from the **Handlebar (6)** into the hole on the forward facing side of the **Front Post (5)**, pull them up, and out of the top end of the **Front Post (5)**. See Fig. C.

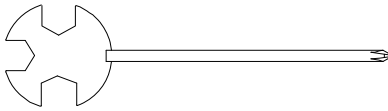
7C. Installing The Handlebar – Install the **Handlebar (6)** onto the **Front Post (5)** using the two **Bolts (45)**, two **Spring Washers (13)**, and two **Curve Washers (54)**. Tighten using the **6mm Allen Wrench** provided.

ASSEMBLY

Install tip: Ensure the ledge of part (50) is installed towards the user with the ledge upright.



TOOL



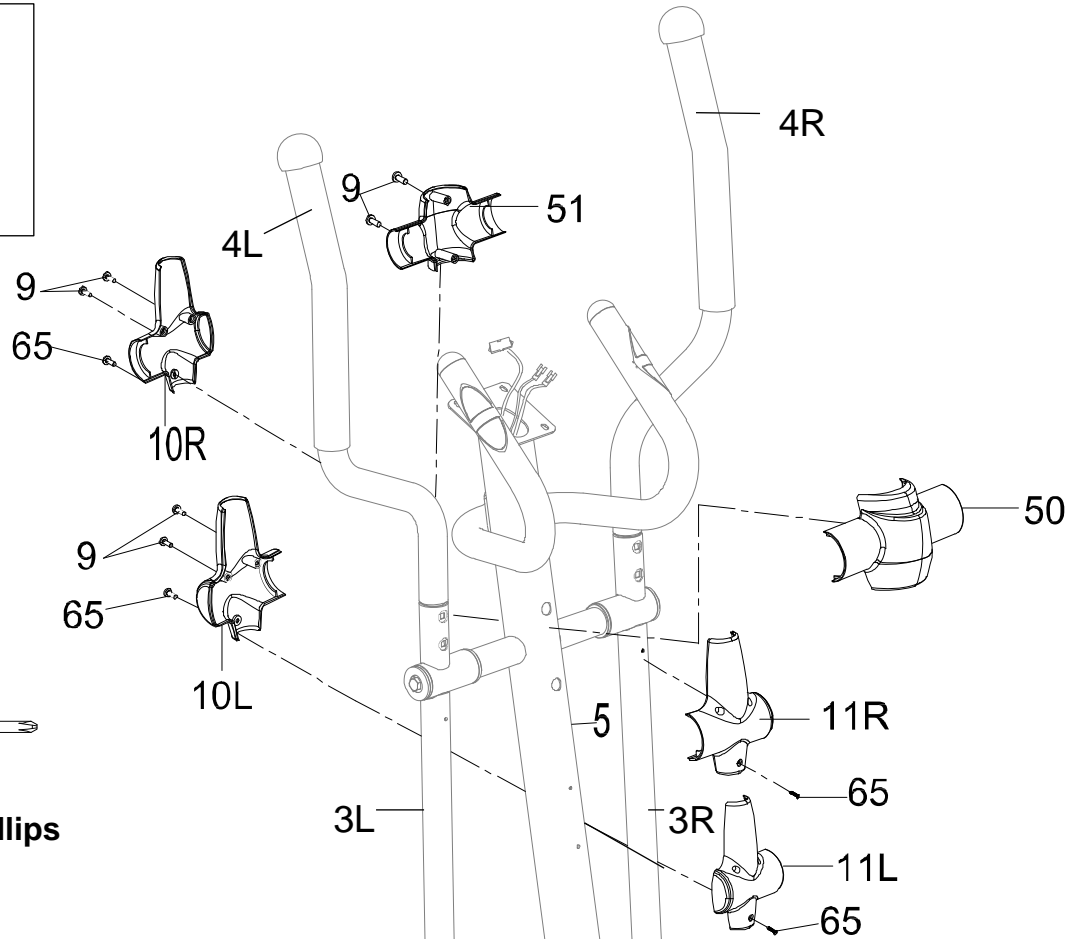
**Multi Hex Tool with Phillips
Screwdriver 1PC**

STEP 8

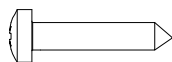
8A. Installing the Left Handrail Cover – Install the **Front Left Handrail Cover (10L)** and the **Rear Left Handrail Cover (11L)** around the **Left Handrail (3L)** with two **Self-Tapping Phillips Screws (65)** and two **Self-Tapping Phillips Screws (9)** using the **Multi-Hex Tool with Phillips Screwdriver** provided.

8B. Installing the Right Handrail Cover – Repeat the steps above to install the **Front Right Handrail Cover (10R)** and **Rear Right Handrail Cover (11R)** to the **Right Handrail (4R)**.

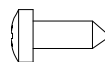
8C. Install the Front Post Cover – Install the **Rear Post Cover (50)** and **Front Post Cover (51)** onto the **Front Post (5)** with two **Self-Tapping Phillips Screws (9)**. Tighten using the **Multi-Hex Tool with Phillips Screwdriver** provided.



HARDWARE PACK

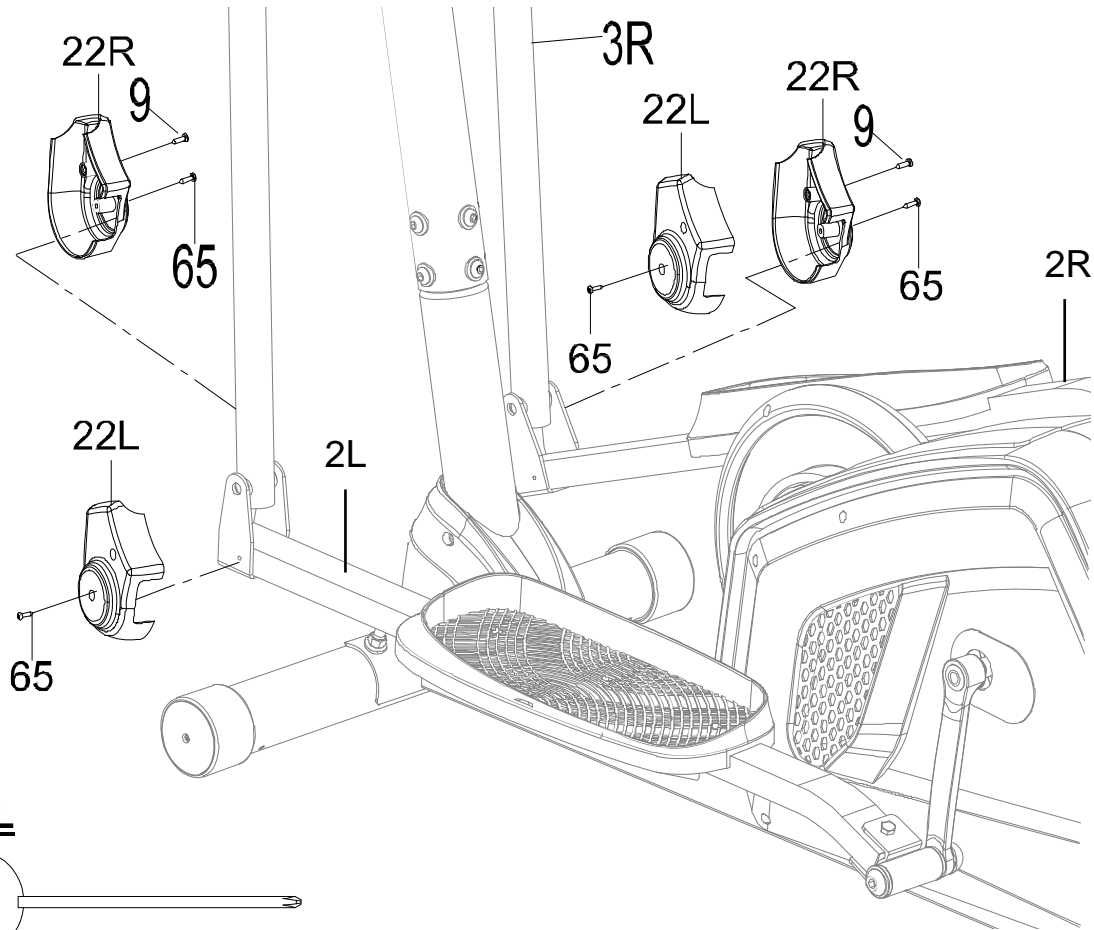


**(65) Self-Tapping
Phillips Screw 4PCS**



**(9) Self-Tapping Phillips
Screw 6PCS**

ASSEMBLY



TOOL



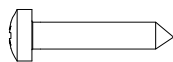
**Multi Hex Tool with Phillips
Screwdriver 1PC**

STEP 9

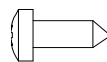
9A. Installing The Left Foot Bar Cover – Install the **Left Foot Bar Cover (22L)** and **Right Foot Bar Cover (22R)** onto the **Left Foot Bar (2L)** with two **Self-Tapping Phillips Screws (65)** and one **Self-Tapping Phillips Screw (9)** using the **Multi-Hex Tool with Phillips Screwdriver** provided.

9B. Installing The Right Foot Bar Cover – Repeat the above steps to install the **Left Foot Bar Cover (22L)** and **Right Foot Bar Cover (22R)** to the **Right Foot Bar (2R)**.

HARDWARE PACK

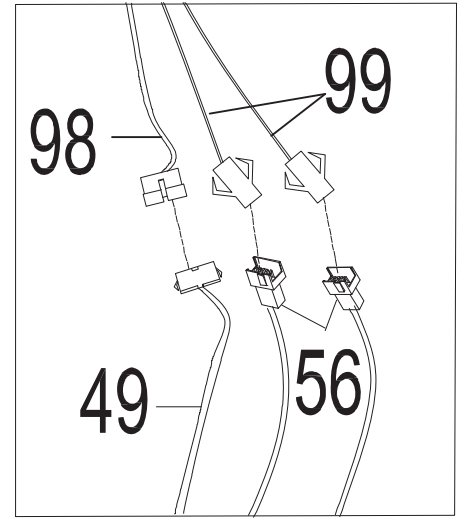
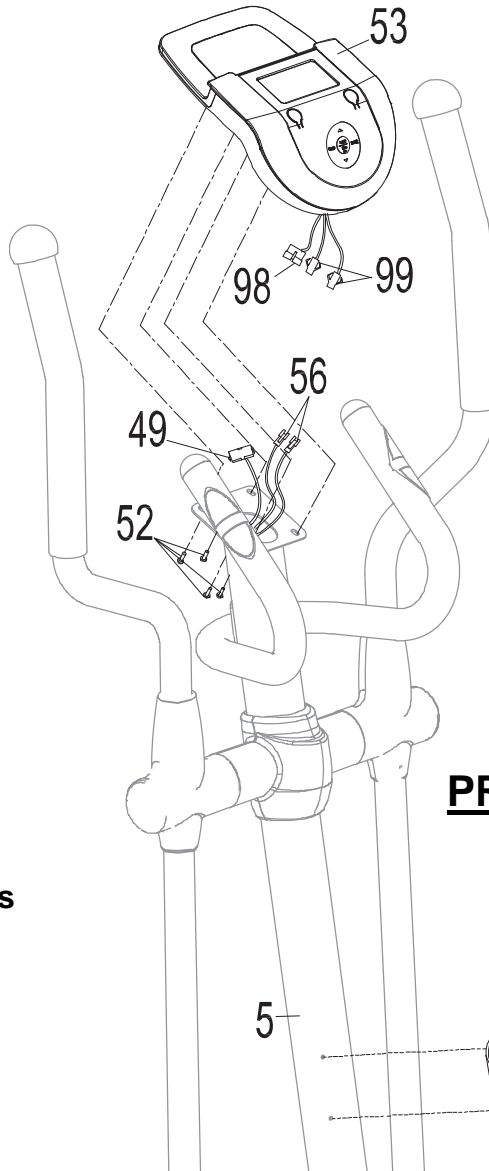
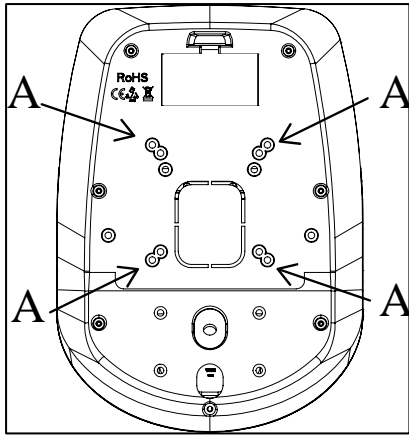


**(65) Self-Tapping
Phillips Screw 4PCS**



**(9) Self-Tapping Phillips
Screw 2PCS**

Figure D

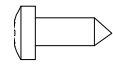


TOOL



**Multi Hex Tool with Phillips
Screwdriver 1PC**

PRE-INSTALLED HARDWARE



**(21) Self-Tapping
Phillips Screw 2PCS**



**(52) Phillips Screw
4PCS**

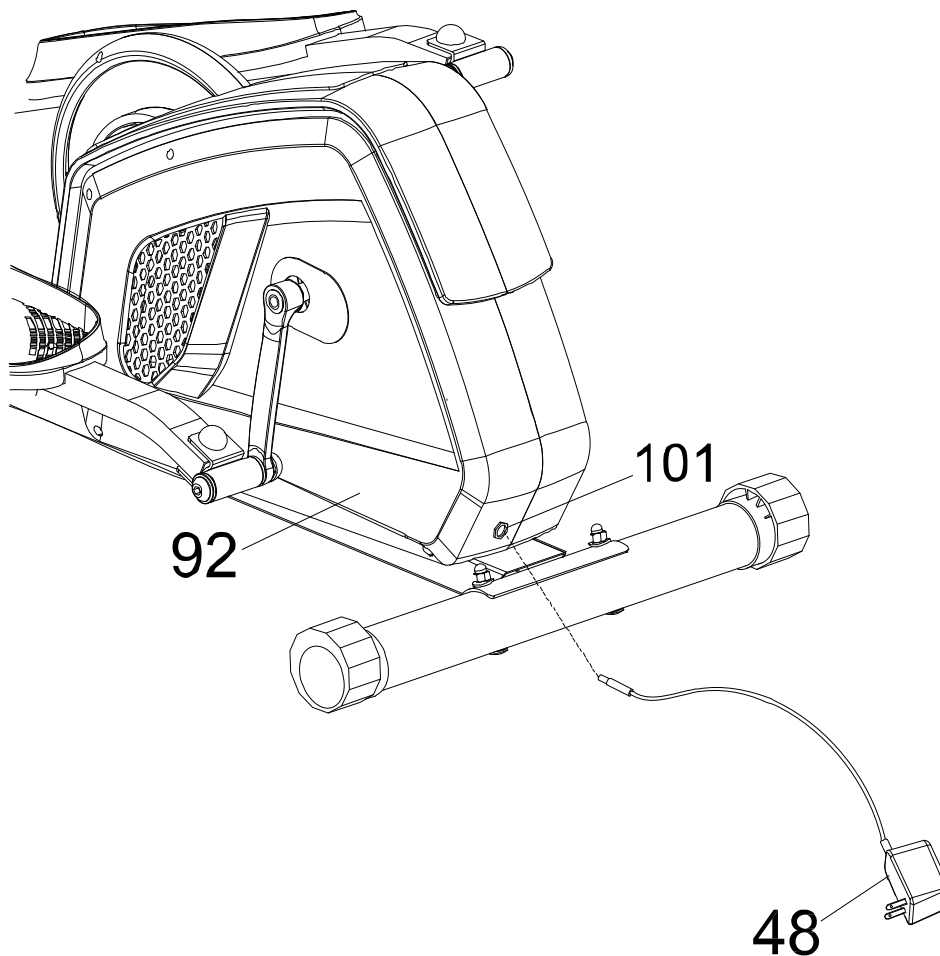
STEP 10

10A. Removing Hardware From The Console – Remove four **Phillips Screws (52)** from the back of the **Console (53)**.

10B. Connecting Wires – Connect the **Lower Hand Pulse Wires (56)** with **Upper Hand Pulse Wire (99)**, and connect the **Front Post Wire (49)** with **Upper Console Wire (98)**. Attach the **Console (53)** onto the **Front Post (5)** with the four **Phillips Screws (52)** previously removed. Then tighten with the **Multi Hex Tool with Phillips Screwdriver** provided. See **Figure D**.

10C. Installing the Bottle Holder – Remove two **Self-Tapping Phillips Screws (21)** from the **Front Post (5)**. Attach the **Bottle Holder (55)** to the **Front Post (5)** with the two removed **Self-Tapping Phillips Screws (21)**. Then tighten using the **Multi-Hex Tool with Phillips Screwdriver** provided.

WARNING: This Console Is Not Battery Operated. Use The Adaptor Provided To Power The Console.



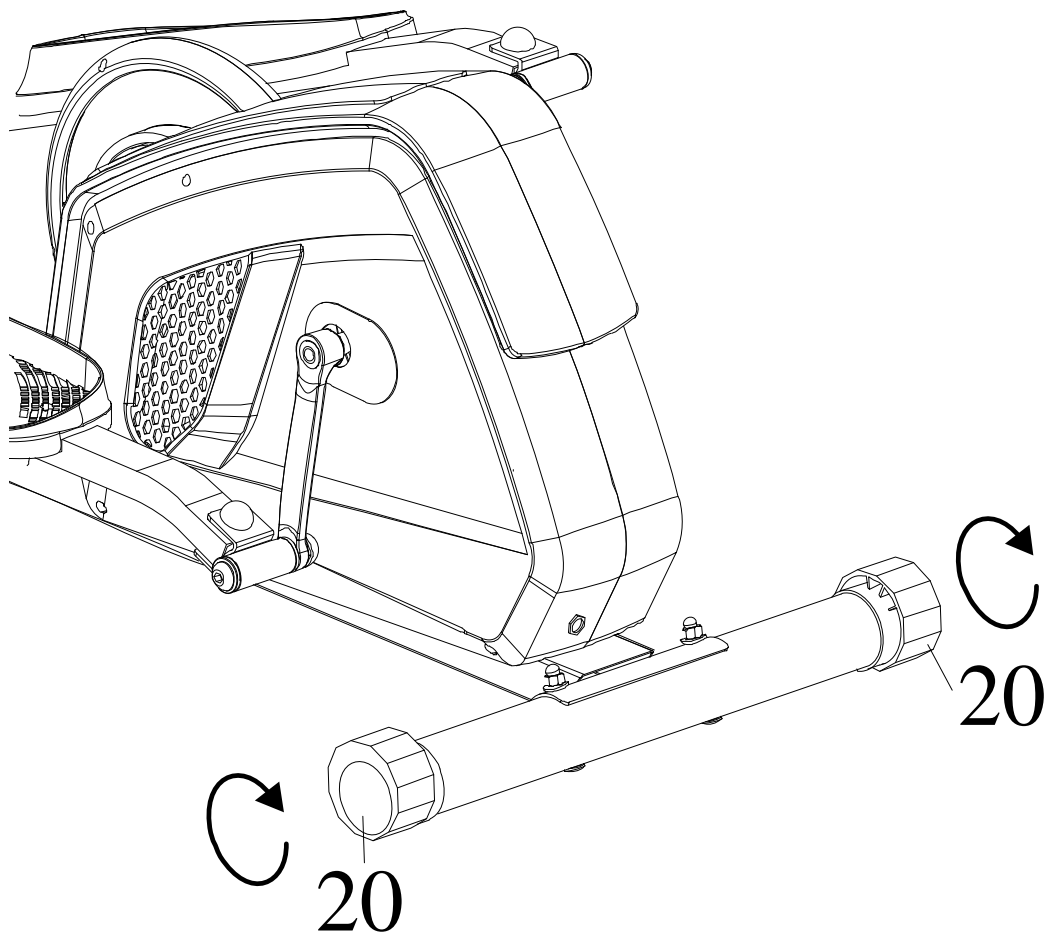
STEP 11

11A. Plugging In The Machine – Connect the **AC Adaptor (48)** to the **AC Cable Plug (101)** on the rear of the **Left Cover (92)**.

WARNING: This Console Is Not Battery Operated. Use The Adaptor Provided To Power The Console.

WARNING: The console should turn on immediately when the AC Adaptor (48) is inserted into a wall outlet. If the console does not turn on, push and wiggle the plug inserted into AC Cable Plug (101) to check if the plug is insert correctly.

ADJUSTMENTS



Turn the **Rear Stabilizer End Caps (20)** so that they are even on both sides and are touching the floor on a flat surface.

CONSOLE

Display Information:

TIME-----	00:00-99:00
SPEED -----	0.0-99.9 MPH / KM
DISTANCE (DIST) -----	0.0-999.9 ML
CALORIES (CAL) -----	0.0-999.9 CAL
ODOMETER (ODO) -----	0-999.9 ML



CONSOLE BUTTONS:



Start/Stop Button: Starts and pauses workouts.



Mode Button: Switches displayed workout values:
RPM \longleftrightarrow MPH/KMPH // DIST \longleftrightarrow ODO // CAL \longleftrightarrow WATT



Up Button: Increases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, PROGRAMS



Down Button: Decreases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, PROGRAMS

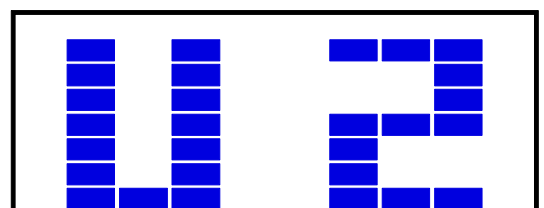
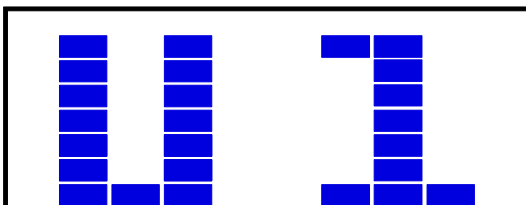


Enter Button: Confirms a selection or toggles through: TIME, DISTANCE/ODO, CALORIES, PROGRAMS

USER Set Up:

The first screen that will appear after you turn on the Console will prompt you to choose between USER 1 and USER 2.

1. Press **▲** or **▼** to choose between USER 1 and USER 2. After choosing one of the user profiles press ENTER.
2. Press **▲** or **▼** to choose a gender, see the Male and Female Symbol in the top right corner, after choosing press ENTER.
3. Press **▲** or **▼** to set an age, after choosing press ENTER.
4. Press **▲** or **▼** to set a height, after choosing press ENTER.
5. Press **▲** or **▼** to set a weight, after choosing press ENTER.
6. Once you go through the set up the display will return to the U1 or U2 screen.



CONSOLE FUNCTIONS

Profile Program:

The console has 24 Preset Program options to choose from to help challenge you and meet your fitness goals. See the diagram below.

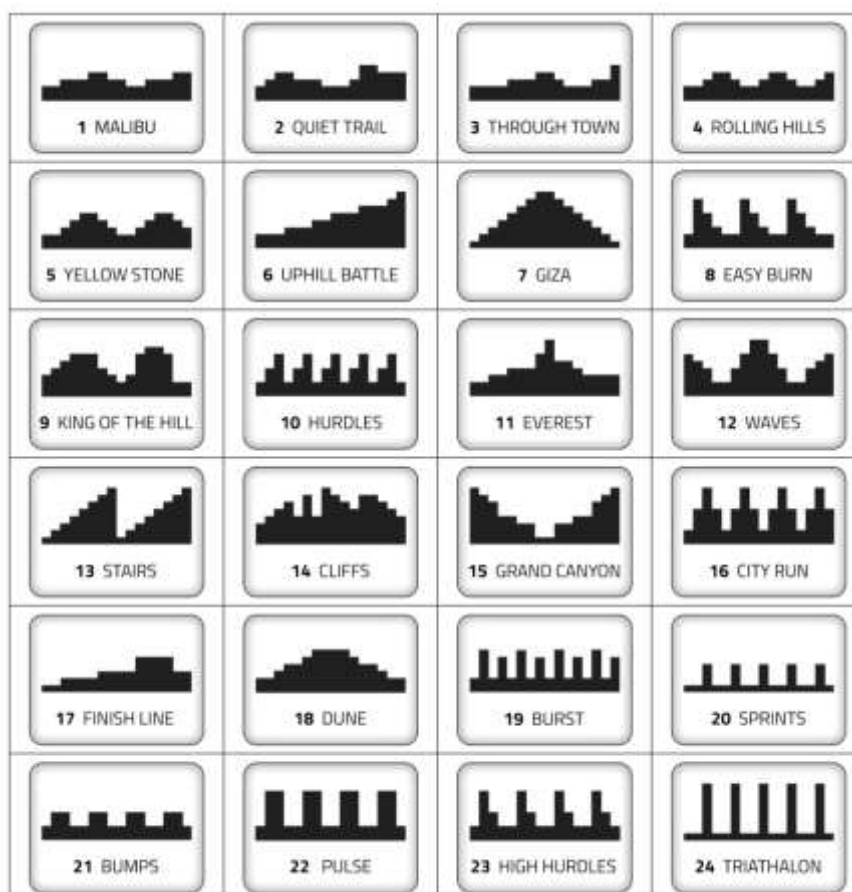
How to quick start a Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. To start an immediate workout press the START button once you have selected the desired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

The console can be set to count down a Workout Goal based on TIME, DISTANCE, and CALORIES.

How to set a Workout Goal Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. Pressing the ENTER button will select the program profile on the screen. Next, the TIME goal parameter will flash. You can assign a value from which the console will count down by using the UP or DOWN buttons or press ENTER again to set a DISTANCE or CALORIE goal. Press the START button to initiate your workout. When a goal is achieved the console will sound an alarm and stop the workout.

Note 1: Multiple Workout Goals can be set. When one of the parameter reaches zero the console will stop your workout. To continue your workout and reach the other Workout Goals you have set, press the START button twice in order to resume.

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



CONSOLE FUNCTIONS

CONSOLE FEATURES:



CHANGE UNITS OF MEASUREMENT: Pressing and holding **Λ** and **▼** for 3 seconds will reset the console display and will change the units between Metric (kilometers) & Imperial (miles).



Pressing and holding the START button for 3 seconds will reset the console display.

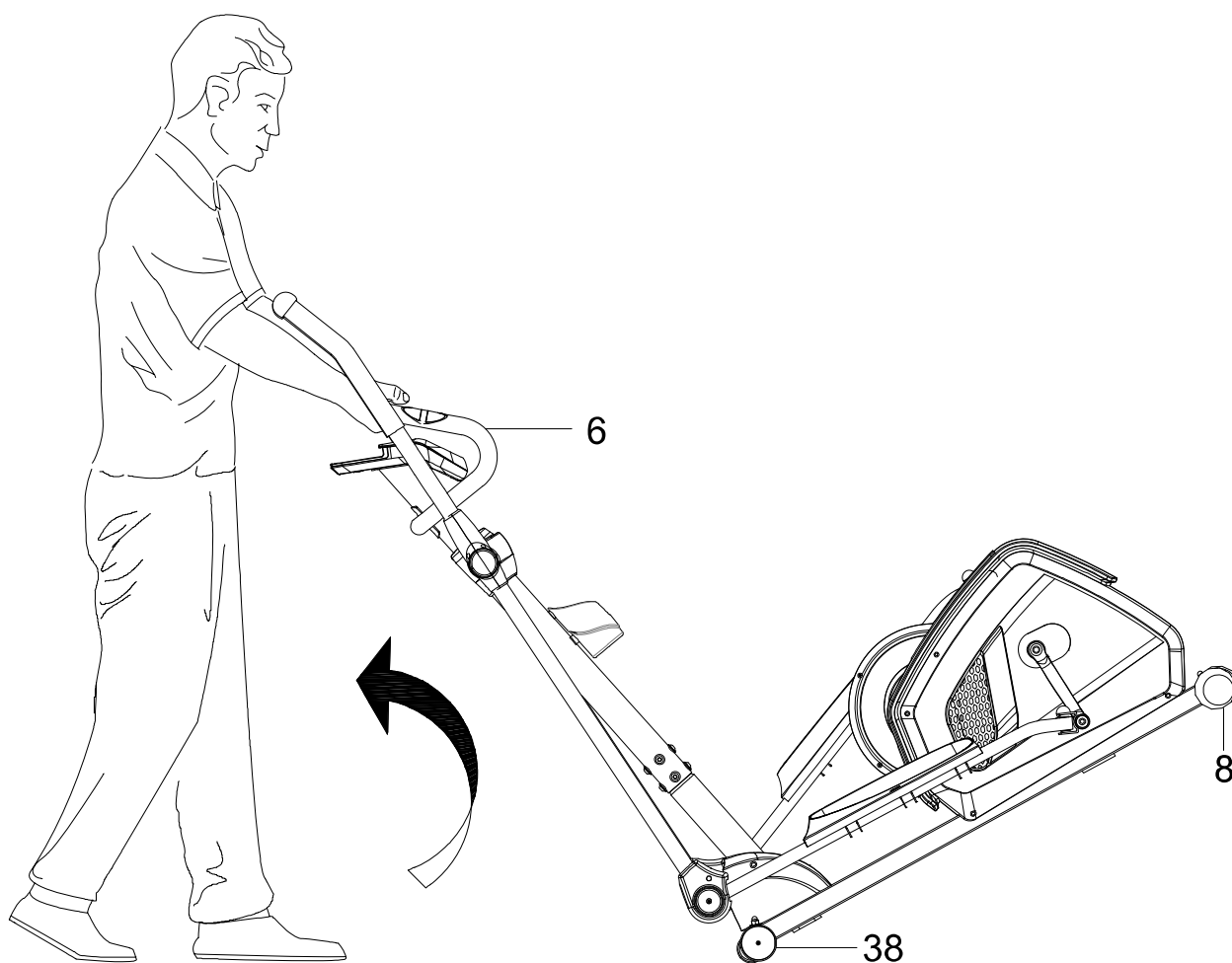
Shut Off: The Console will go into standby after 20 minutes of inactivity.

Resistance: The Resistance can be adjusted during an active Pre-set Program, but the adjustment only affects the current column/interval.

WARNING: This Console Is Not Battery Operated. Use The Adaptor Provided To Power The Console.

Get the latest information on our apps by visiting our website.

www.MyCloudFitness.com



Transporting the Elliptical

Hold the **Handlebar (6)** tilt the machine towards you until the wheels on the **Front Stabilizer End Caps (38)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the machine and **Rear Stabilizer (8)** until it makes contact with the ground.

TROUBLESHOOTING

PROBLEM: The elliptical wobbles when in use.

SOLUTION: Turn the **Rear Stabilizer End Cap (44)** on the **Rear Stabilizer (8)** as needed to level the elliptical.

PROBLEM: The **Console (53)** does not turn on.

SOLUTION: Remove the **Console (53)** and verify that ALL wires that come from the **Console (53)** are properly connected to the wires that come from the **Front Post (5)**.

SOLUTION: Check the power plug at the lower rear of the elliptical is fully inserted. Wiggle and twist the plug to confirm the plug is making contact with the electrical leads.

PROBLEM: There is no Pulse reading or there is erratic / inconsistent readings.

SOLUTION: Make sure that the **Lower Hand Pulse Wires (56)** are securely connected to the **Upper Hand Pulse Wires (99)**.

SOLUTION: To ensure the pulse readout is more precise, always hold on to the **Hand Pulse Sensors (102)** with two hands instead of just one.

SOLUTION: Avoid gripping the **Hand Pulse Sensors (102)** too tight. Try to maintain moderate pressure while holding onto the **Hand Pulse Sensors (102)**.

PROBLEM: The elliptical makes a squeaking noise when in use.

SOLUTION: Bolts may be loose on the elliptical. Inspect all bolts and tighten any that have become loose over time.

MAINTENANCE

Cleaning

1. The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts.
2. Wipe your perspiration off the elliptical after each use.
3. Be careful not get excessive moisture on the **Console (53)** as this might cause an electrical hazard or electronics to fail.
4. Keep the elliptical, especially, the **Console (53)** out of direct sunlight to prevent screen damage.
5. Inspect all assembly bolts, nuts, and Screws on the machine for proper tightness every week.

Storage

Store the elliptical in doors and in a clean and dry environment away from children.

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, or accumulate dirt or stains; or
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