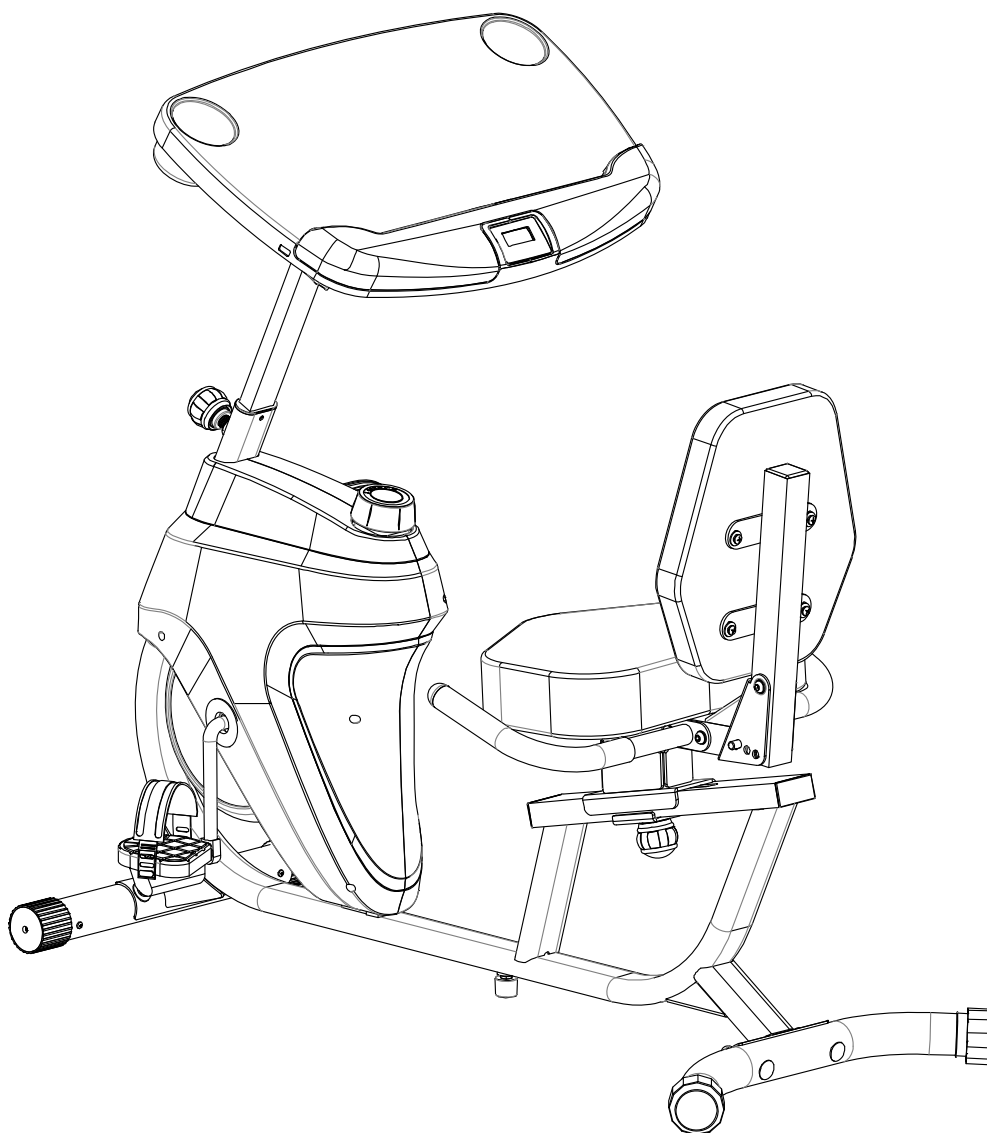


Desk Recumbent Bike



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

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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



To avoid injury

- Do not exceed placing more than 44lbs on the table.
- Remove all items from the desk before adjusting the desk angle.

Pour éviter les blessures

- Ne dépassez pas placer plus de 20 kilos sur la table.
- Retirez tous les éléments du bureau avant de régler l'angle de bureau.

Para evita

- No exceda la colocación de más de 44 libras sobre la mesa.
- Retire todos los artículos de la mesa antes de ajustar el ángulo de escritorio.

Maximum weight capacity is 250 lbs.
Le poids maximum pout ce produit est 113 kgs.
La capacidad de peso máxima es 113 kg.

EXERWIK

For customer assistance,
 Monday - Friday:
 1-844-641-7921
 8 am - 5 pm PST

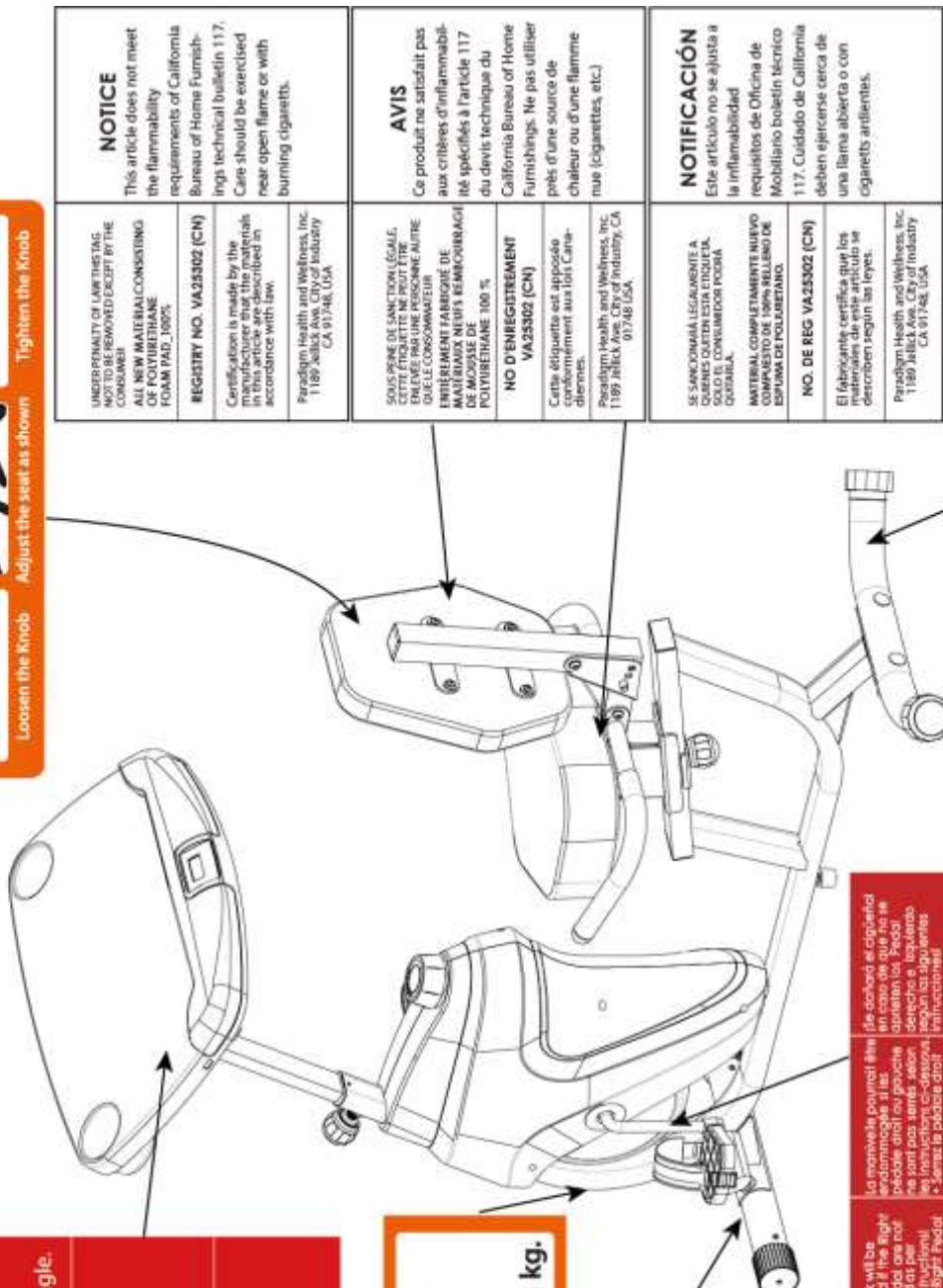
Pour le service à la clientèle
 composer le, lundi à vendredi:
 Para servicios al cliente,
 llame al, lunes a viernes.

The Crank will be damaged if the Right or Left Pedal are not tightened or the yellow foot-clip is not attached properly.

La manivela podría ser dañada si las pedalizadoras no se aprietan lo suficiente o si el clip de pie amarillo no está bien sujeto.

La manivela podría ser dañada si las pedalizadoras no se aprietan lo suficiente o si el clip de pie amarillo no está bien sujeto.

La manivela podría ser dañada si las pedalizadoras no se aprietan lo suficiente o si el clip de pie amarillo no está bien sujeto.



<p>NOTICE</p> <p>This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.</p>	<p>UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER.</p> <p>ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD, 100%.</p> <p>REGISTRY NO. VA25302 (CN)</p> <p>Certification is made by the manufacturer that the material in this article is described in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91746, USA</p>
<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.).</p>	<p>SOUS PEINE DE SANCTION LEGALE, ENTELEVEZ PAS CETTE ETIQUETTE D'UN SEUL CONSOMMATEUR.</p> <p>ENTIEREMENT FABRIQUE DE MATERIAUX NEUFS REMBOURCAGE DE MOUSSE DE POLYURETHANE 100 %.</p> <p>NO D'ENREGISTREMENT VA25302 (CN)</p> <p>Cette étiquette est apposée conformément aux lois Californiennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91746, USA</p>
<p>NOTIFICACIÓN</p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarets ardiertes.</p>	<p>SE SANCIONARÁ LEGALMENTE A QUIENES QUITEN ESTA ETIQUETA CONSUMIDOR POSIBLE.</p> <p>MATERIAL COMPLETAMENTE NUEVO COMPUESTO DE 100% REEMBOLSO DE ESPUMA DE POLIURETANO.</p> <p>NO. DE REG VA25302 (CN)</p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91746, USA</p>



IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety guidelines when using this desk bike. Read all of the guidelines before using this desk bike.

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.
2. Make sure all the components are not damaged and are in working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar, covering material on the ground is recommended.
3. Wear proper fitness apparel when using this equipment. Do not wear loose clothing or accessories that may get caught by any part of the equipment.
4. Make sure all the components are not damaged and are in working order before using this equipment.
5. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or
6. moist condition.
7. Do not use the equipment outdoors. This equipment is for household use only.
8. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
9. Only one person should be on the equipment at a time. Keep children and pets away from the product at all times. This machine is designed for adults only.
10. Be careful to always hold onto the handlebars when you're mounting and dismounting. Be careful to have the pedals at their lowest point when stepping off.
11. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
12. This product requires a minimum of 7 square feet around for safe operation.
13. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
14. **DO NOT pedal in reverse.**
15. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**

⚠ WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems.

⚠ WARNING: Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.

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

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 250lbs/113kgs.

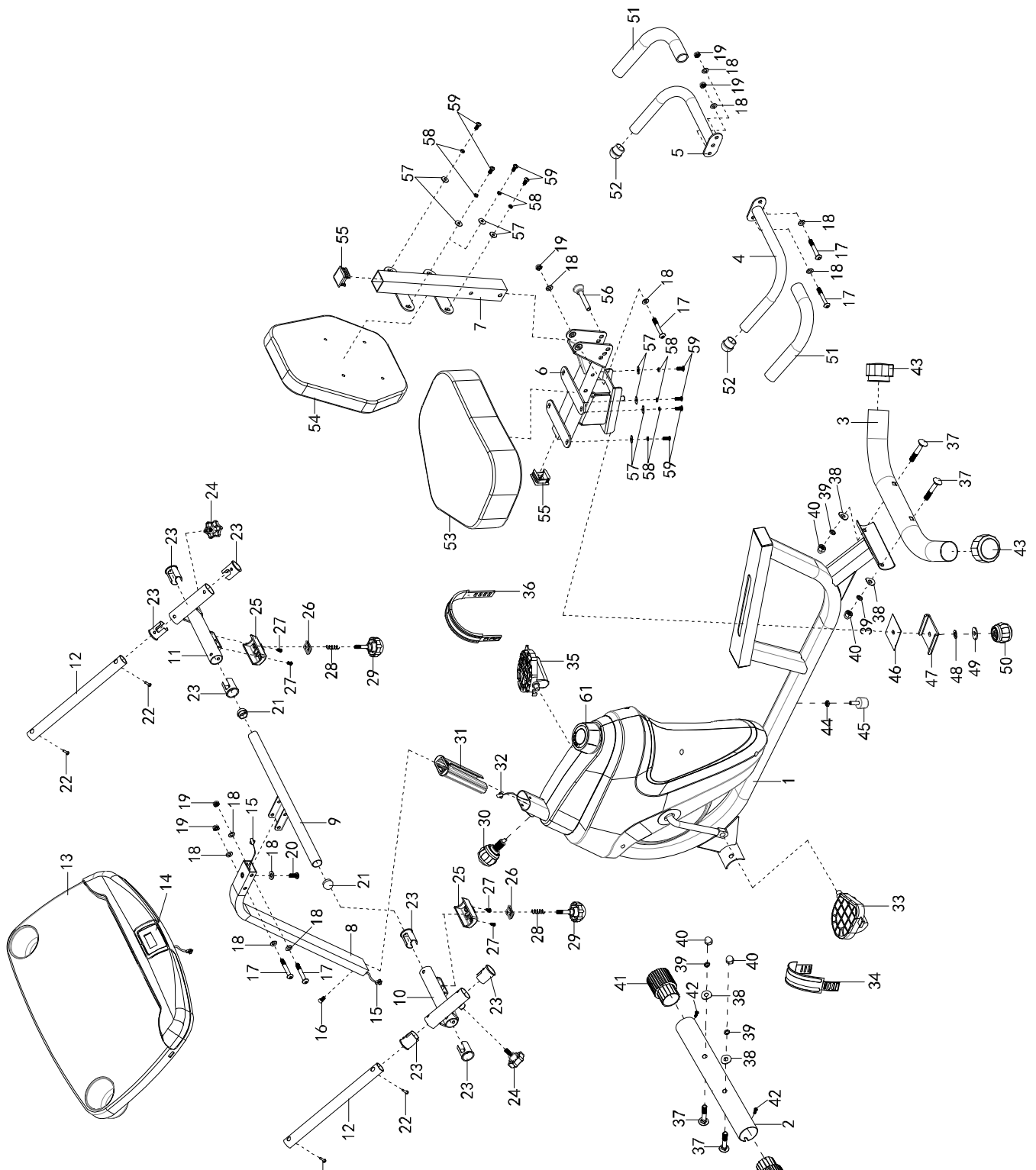
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES

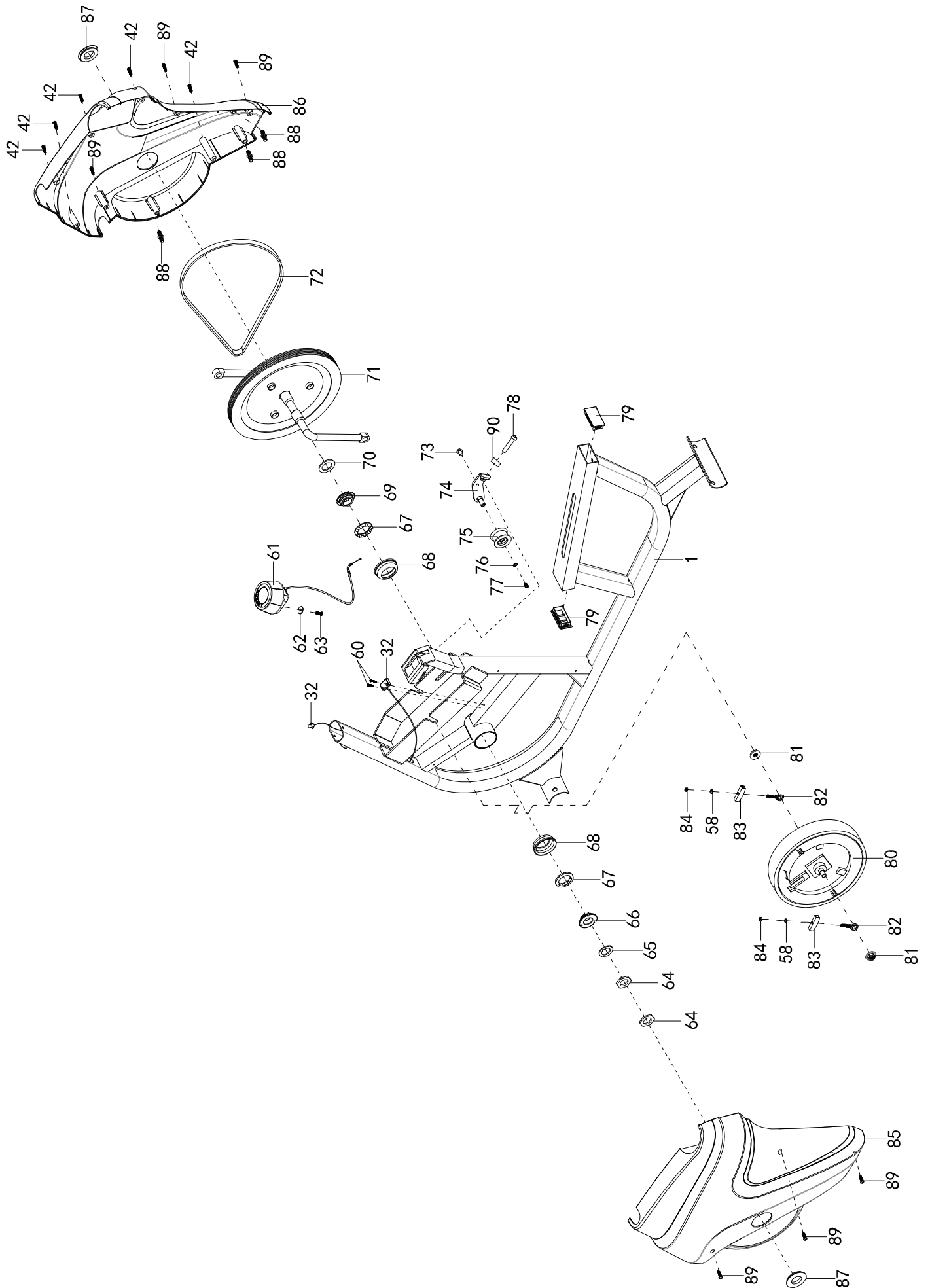


The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

OVERVIEW DRAWING



OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Left Handlebar	1
5	Right Handlebar	1
6	Seat Bracket	1
7	Backrest Frame	1
8	Front Post	1
9	Desk Post	1
10	Left Adjustable Post	1
11	Right Adjustable Post	1
12	Desk Sliding Tube	2
13	Desk	1
14	Console	1
14A	Console Wire A	1
15	Console Wire BW=750mm	1
16	Hex Bolt M6*10	1
17	Hex Bolt M8*55	5
18	Flat Washer Φ8	11
19	Nylon Nut M8	5
20	Hex Bolt M8*20	1
21	Desk Post End Cap	2
22	Self-Tapping Phillips Screw ST5*15	4
23	Bushing	8
24	Adjustable Post Knob M8*20	2
25	Adjustable Post Cover	2
26	Plastic Bracket	2
27	Screw M5*10	4
28	Spring Φ10	2
29	Round Knob M8*36.5	2
30	Spring Knob M16*1.5	1
31	Bushing	1

No.	Description	Qty
32	Sensor Wire W=650mm	1
33	Left Pedal	1
34	Left Pedal Strap	1
35	Right Pedal	1
36	Right Pedal Strap	1
37	Carraige Bolt M10*65	4
38	Curved WasherΦ10	4
39	Spring Washer Φ10	4
40	Cap Nut M10	4
41	Front Stabilizer End CAP	2
42	Self-Tapping Screw ST4.2*20	7
43	Rear Stabilizer End Cap	2
44	Hex NutM8	1
45	Adjustable Levler	1
46	Plastic Pad	1
47	Seat Bracket	1
48	Wave Washer Φ10	1
49	Flat Washer Φ10	1
50	Round Knob M10	1
51	Foam Grip	2
52	Handlebar End Cap	2
53	Seat	1
54	Backrest	1
55	Sqaure End Cap	2
56	Pin	1
57	Flat Washer Φ6	8
58	Spring Washer Φ6	10
59	Screw M6*20	8
60	Self-Tapping Screw ST2.9*12	2
61	Tension Knob	1
62	Big Flat Washer Φ5	1
63	Screw M5*15	1

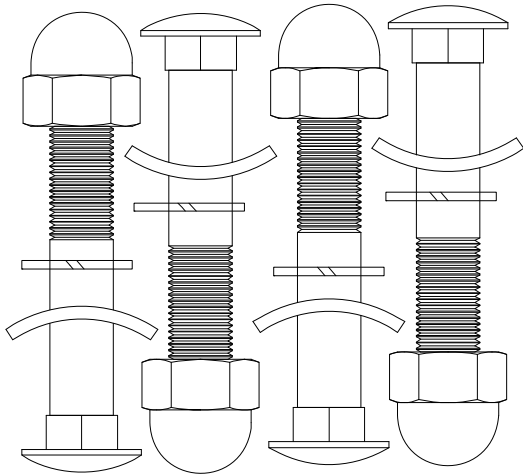
PARTS LIST

No.	Description	Qty
64	Hex Nut 7/8"	2
65	Flat Washer $\Phi 23$	1
66	Bearing Nut	1
67	Ball Bearing	2
68	Bearing Cup	2
69	Bearing Nut	1
70	Flat Washer $\Phi 24$	1
71	Crank	1
72	Belt 300 PJ6	1
73	Hex Bolt M8*10	1
74	Idle Arm	1
75	Pulley	1
76	Flat Washer $\Phi 6$	1
77	Screw M6*10	1

No.	Description	Qty
78	Hex Bolt M8*50	1
79	Sqaure End Cap	2
80	Fly Wheel	1
81	Flange Nut M10*1.0*6	2
82	Eye Bolt M6*36	2
83	U-Bracket	2
84	Hex Nut M6	2
85	Left Cover	1
86	Right Cover	1
87	Crank Cover	2
88	Plastic Bolt $\varnothing 8 \times 32$	3
89	Self-Tapping Screw ST4.2*20	6
90	Hex Nut M8	1

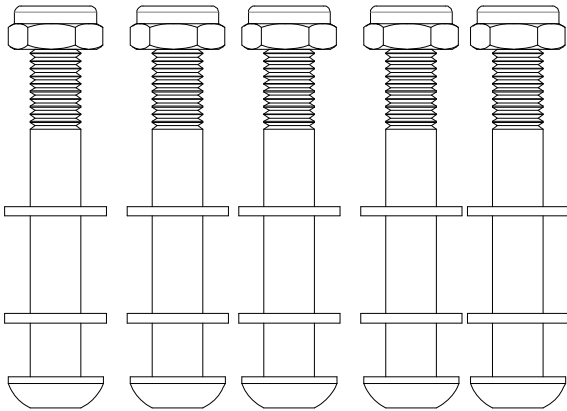
7170-Hardware Pack

STEP 1



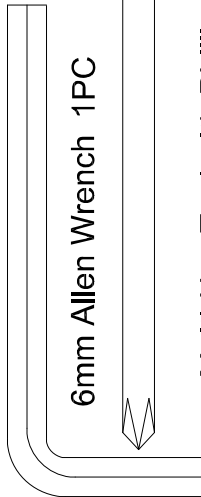
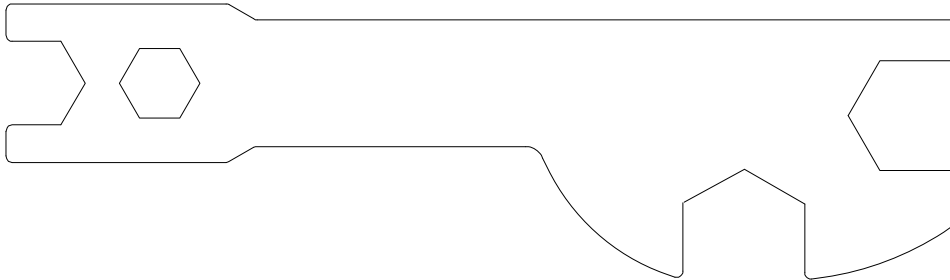
- (37) Carriage Bolt M10x65 4PCS
- (38) Curved Washer Φ10 4PCS
- (39) Spring Washer Φ10 4PCS
- (40) Cap Nut M10 4PCS

STEP 3&6&7

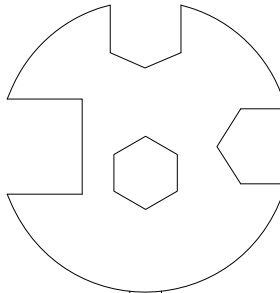


- (17) Hex Bolt M8x58 5PCS
- (18) Flat Washer Φ8 10PCS
- (19) Nylon Nut M8 5PCS

Open-Ended Flat Wrench S10,
S13, S17, S19 1PC



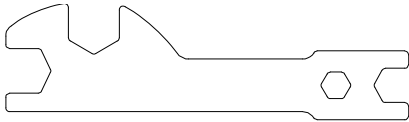
6mm Allen Wrench 1PC



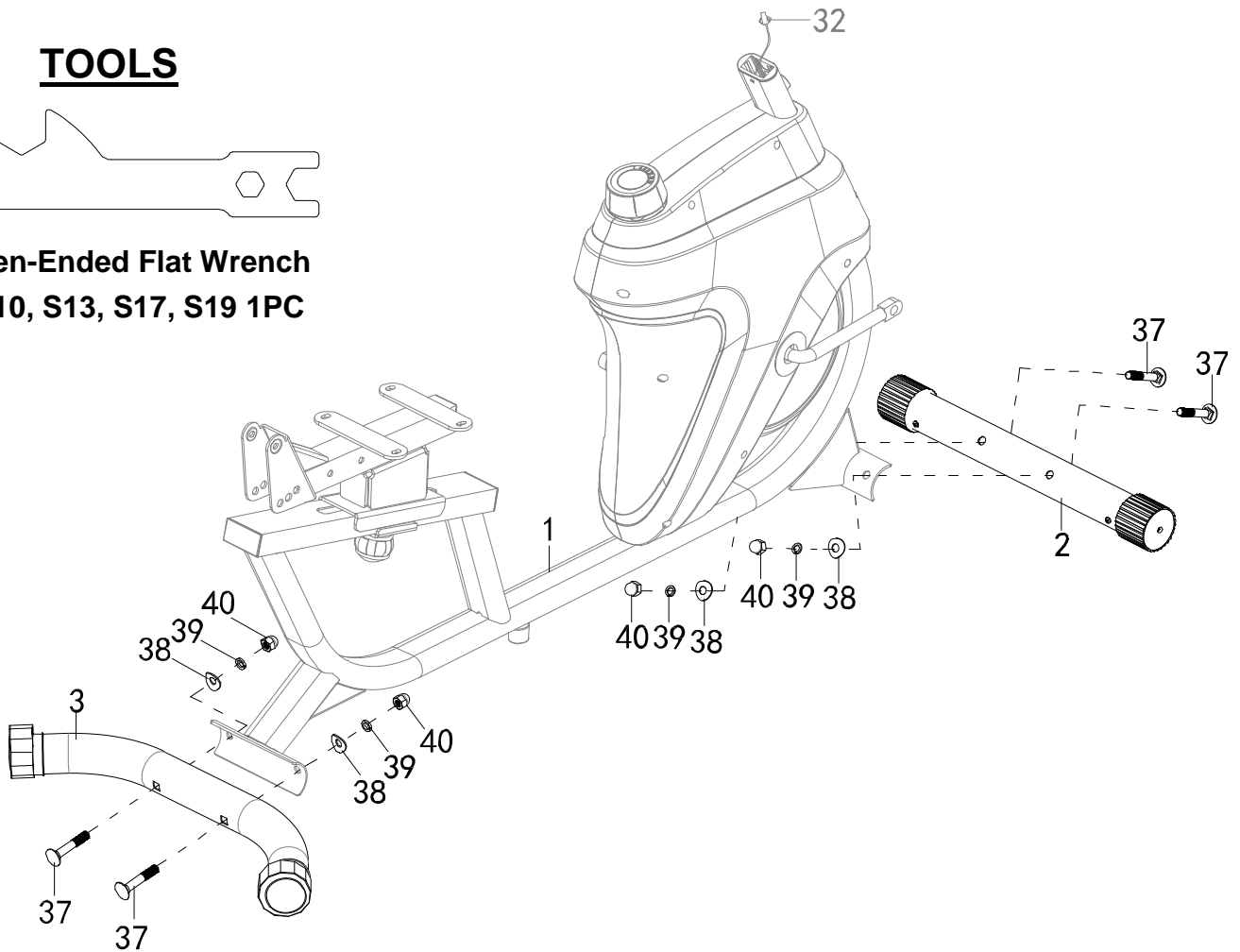
Multi-Hex Tool with Phillips Screwdriver 1PC

ASSEMBLY

TOOLS



Open-Ended Flat Wrench
S10, S13, S17, S19 1PC

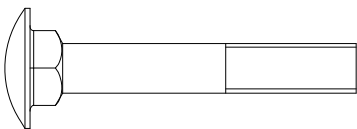


Step 1

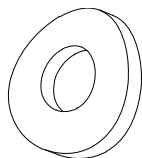
1A. Front Stabilizer Installation: Lift up the front of the **Main Frame (1)**, and attach the **Front Stabilizer (2)** onto the front curve of the **Main Frame (1)** with two **Carriage Bolts (37)**, two **Curve Washers (38)**, two **Spring Washers (39)**, and two **Cap Nuts (40)**. Use the **Open-Ended Flat Wrench** to tighten the **Cap Nuts (40)** until firm and secure.

1B. Rear Stabilizer Installation: Lift up the rear of the **Main Frame (1)**, and attach the **Rear Stabilizer (3)** onto the front curve of the **Main Frame (1)** with two **Carriage Bolts (37)**, two **Curve Washers (38)**, two **Spring Washers (39)**, and two **Cap Nuts (40)**. Use the **Open-Ended Flat Wrench** to tighten the **Cap Nuts (40)** until firm and secure.

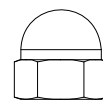
Hardware Pack:



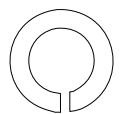
(37) Carriage Bolt
4 PCS



(38) Curved Washer
4PCS



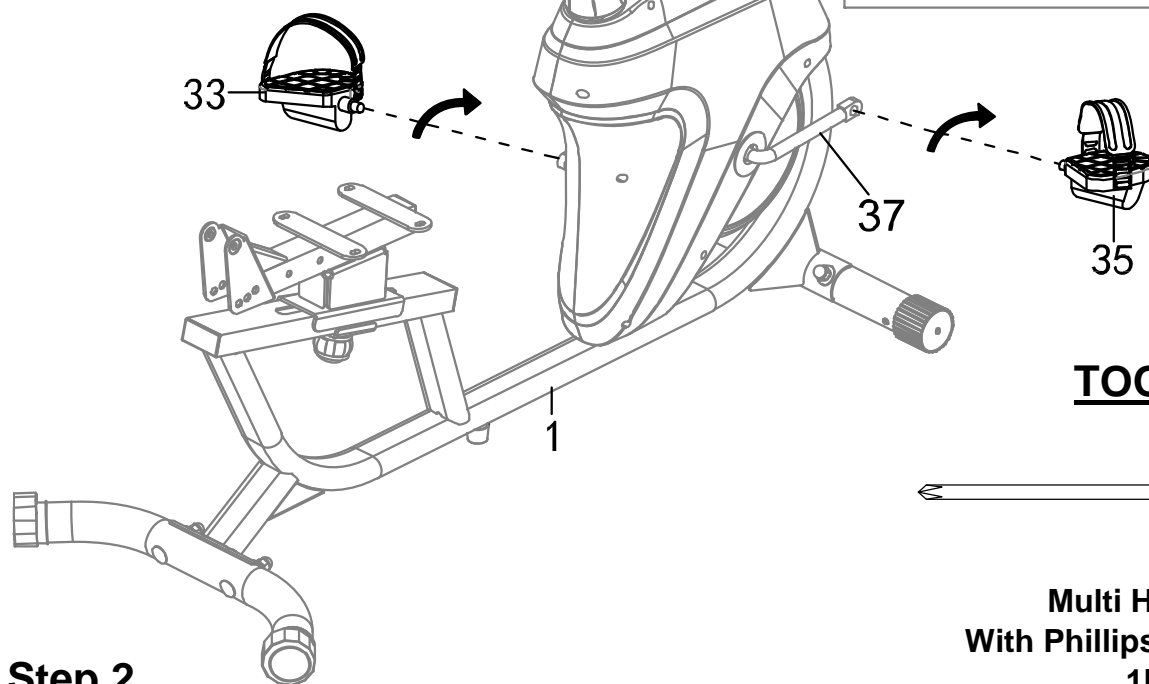
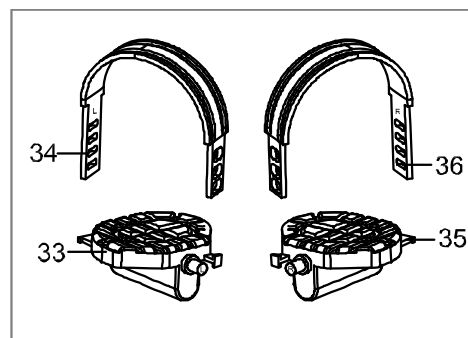
(40) Cap Nut
4 PCS



(39) Spring Washer
4 PCS

ASSEMBLY

The Cranks, Pedal Straps, Pedal Shafts, and Foot Pedals are marked “R” for Right and “L” for Left.



Step 2

2A. Pedal Strap installation: Install the **Left Pedal Strap (34)** onto the **Left Pedal (33)**. Install the **Right Pedal Strap (36)** onto the **Right Pedal (35)**.

2B. Left Foot Pedal Installation: Insert the threaded shaft of the **Left Pedal (33)** into the threaded hole on the left side of the **Crank (37)**. Turn the pedal shaft by hand in the **counter-clockwise** direction until snug. Tighten the pedal shaft of the **Left Pedal (33)** with the **Multi Hex Tool with Phillips Screwdriver** provided.

Note: DO NOT turn the **LEFT** pedal shaft in a clockwise direction; doing so will strip the threads.

2C. Right Foot Pedal Installation: Insert the threaded shaft of the **Right Pedal (35)** into the threaded hole on the right side of the **Crank (37)**. Turn the pedal shaft by hand in the **clockwise** direction until snug. Tighten the pedal shaft of the **Right Pedal (35)** with the **Multi Hex Tool** provided.

Note: DO NOT turn the **RIGHT** pedal shaft in a counter clockwise direction; doing so will strip the threads.

ASSEMBLY

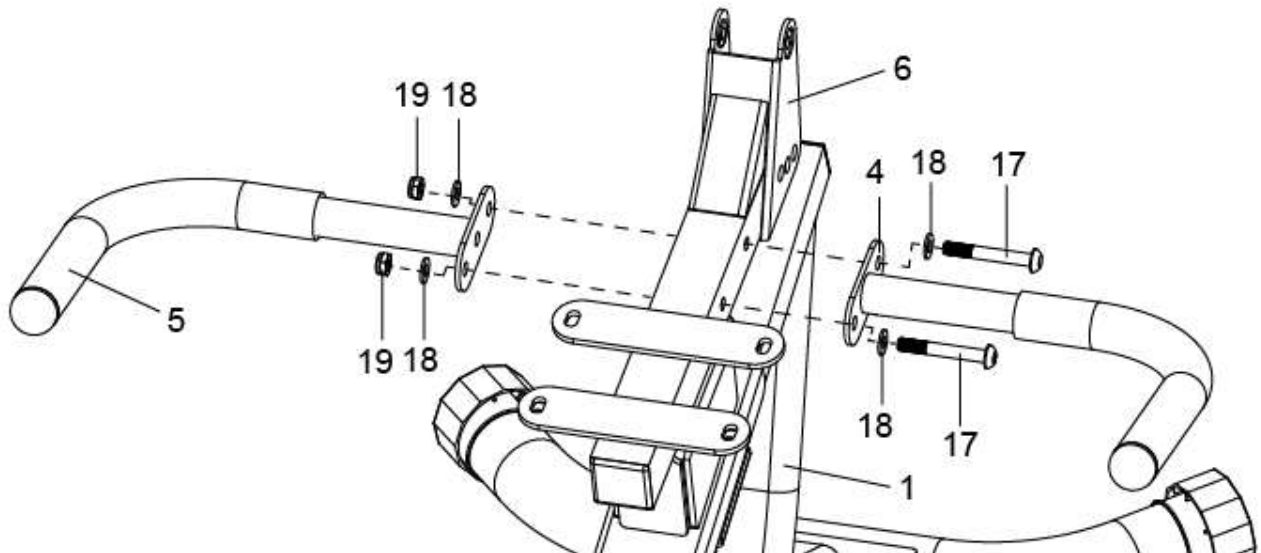
TOOLS



**6mm Allen Wrench
1PC**



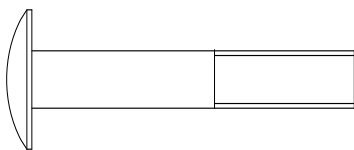
**Multi Hex Tool
With Phillips Screwdriver
1PC**



Step 3

3A. Handlebar Installation: Attach the **Left and Right Handlebars (4,5)** onto the **Seat Bracket (6)**. Using two **Hex Bolts (17)**, four **Washers (18)** and two **Nylon Nuts (19)**. Then tighten with the **6mm Allen Wrench** and the **Multi Hex Tool with Phillips Screwdriver** provided.

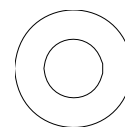
Hardware Pack:



**(17) Hex Bolt
2 PCS**

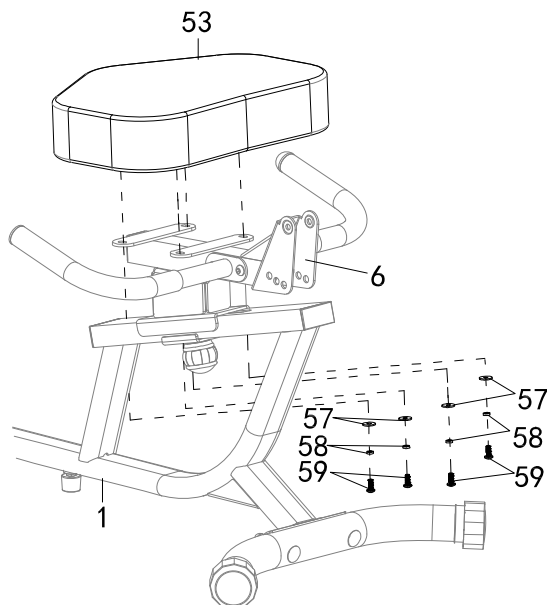


**(19) Nylon Nut
2 PCS**

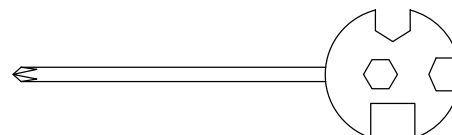


**(18) Flat Washer
4 PCS**

ASSEMBLY



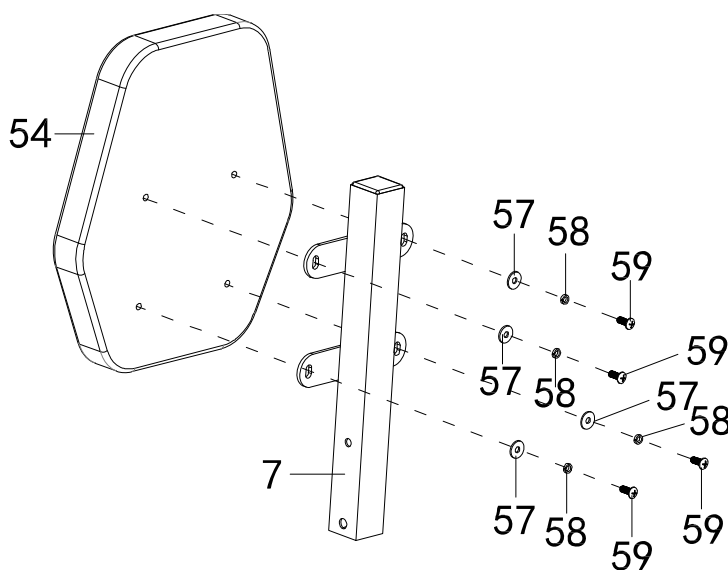
TOOLS



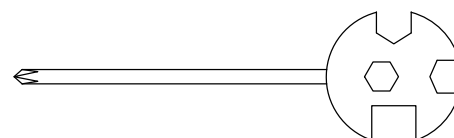
Multi Hex Tool
S10, S13, S14, S15 1PC

STEP 4

4A. Seat Installation : Remove the four **Screws (59)**, four **Spring Washers (58)** and the four **Flat Washers (57)** from the **Seat (53)**. Align the holes of the **Seat (53)** to the holes of the **Seat Bracket (6)**. Secure the **Seat (53)** with four **Screws (59)**, four **Spring Washers (58)** and the four **Flat Washers (57)**, Then tighten by using the **Multi Hex Tool with Phillips Screwdriver** provided.



TOOLS

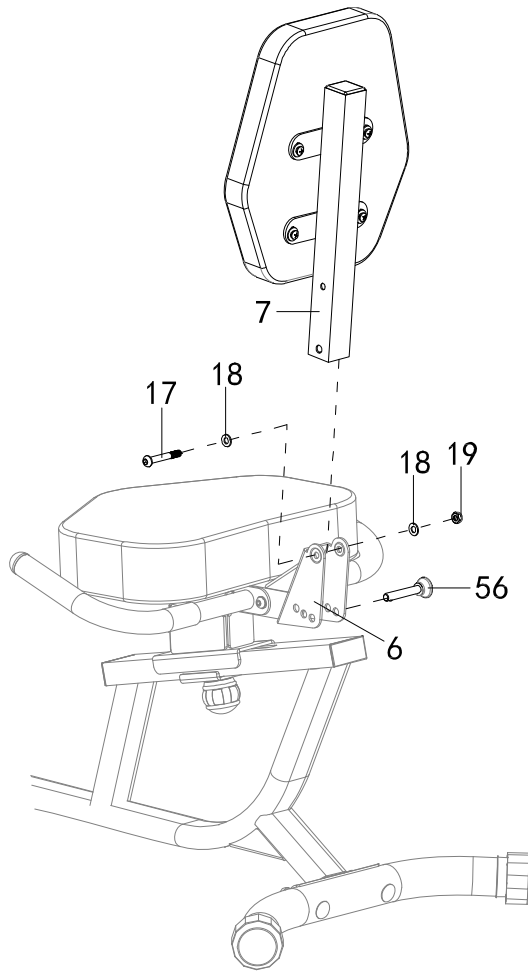


Multi Hex Tool
S10, S13, S14, S15 1PC

STEP 5

5A. Backrest Installation : Remove the four **Screws (59)**, four **Spring Washers (58)** and the four **Flat Washers (57)** from the **Backrest (54)**. Align the holes of the **Backrest (54)** to the holes of the **Backreat Frame (7)**. Secure the **Backrest (54)** with four **Screws (59)**, four **Spring Washers (58)** and the four **Flat Washers (57)**, Then tighten by using the **Multi Hex Tool with Phillips Screwdriver** provided.

ASSEMBLY



TOOLS



**6mm Allen Wrench
1PC**



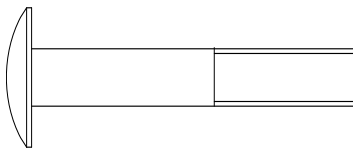
**Multi Hex Tool
S10, S13, S14, S15 1PC**

STEP 6

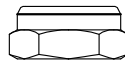
6A. Backrest Frame Installation: Insert the **Backrest Frame (7)** onto the **Seat Bracket (6)**, and align the hole tighten with one **Hex Bolt (17)**, two **Flat Washers (18)** and one **Nylon Nut (19)**. Tighten the hardware with **6mm Allen Wrench** and the **Multi Hex Tool with Phillips Screwdriver** provided.

6B. Insert the **Pin (56)** onto the **Seat Bracket (6)**.

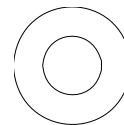
Hardware Pack:



**(17) Hex Bolt
1 PC**



**(19) Nylon Nut
1 PC**



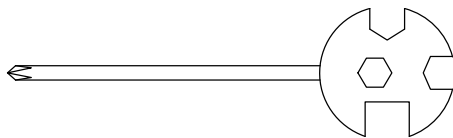
**(18) Flat Washer
2 PCS**

ASSEMBLY

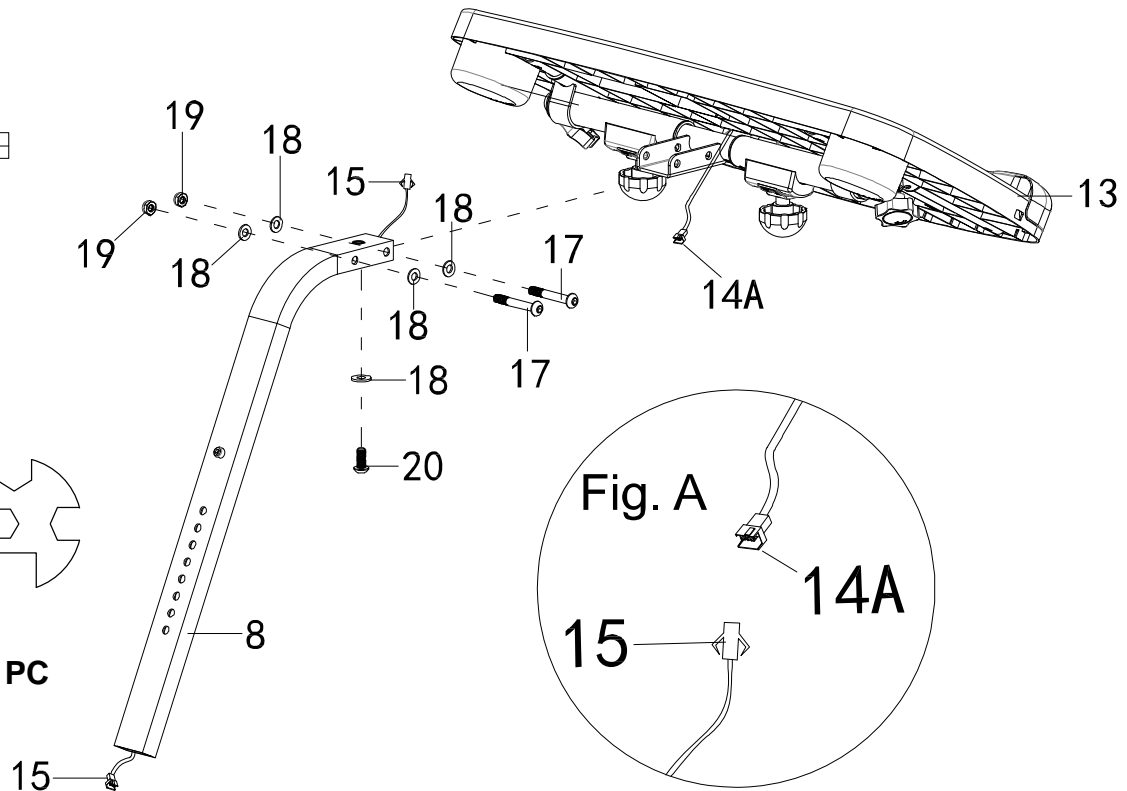
TOOLS



**6mm Allen Wrench
1PC**



**Multi Hex Tool
S10, S13, S14, S15 1PC**

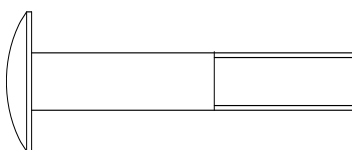


STEP 7

7A. Desk Installation: Remove one **Flat Washer (18)** and one **Hex Bolt (20)** from the **Front Post (8)**. Insert the **Front Post (8)** onto the bracket of the **Desk (13)**, align the hole and tighten with two **Hex Bolts (17)**, four **Flat Washers (18)**, two **Nylon Nuts (19)**, one **Flat Washer (18)** and one **Hex Bolt (20)** that were previously removed. Tighten the hardware with **6mm Allen Wrench** and the **Multi Hex Tool with Phillips Screwdriver** provided.

7B. Connecting the Console Wires: Connecting the **Console Wire 14A (FIG.A)** from the **Desk (13)** with the **Console Wire (15)** from the **Front Post (8)**. See Fig. A.

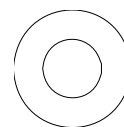
Hardware Pack:



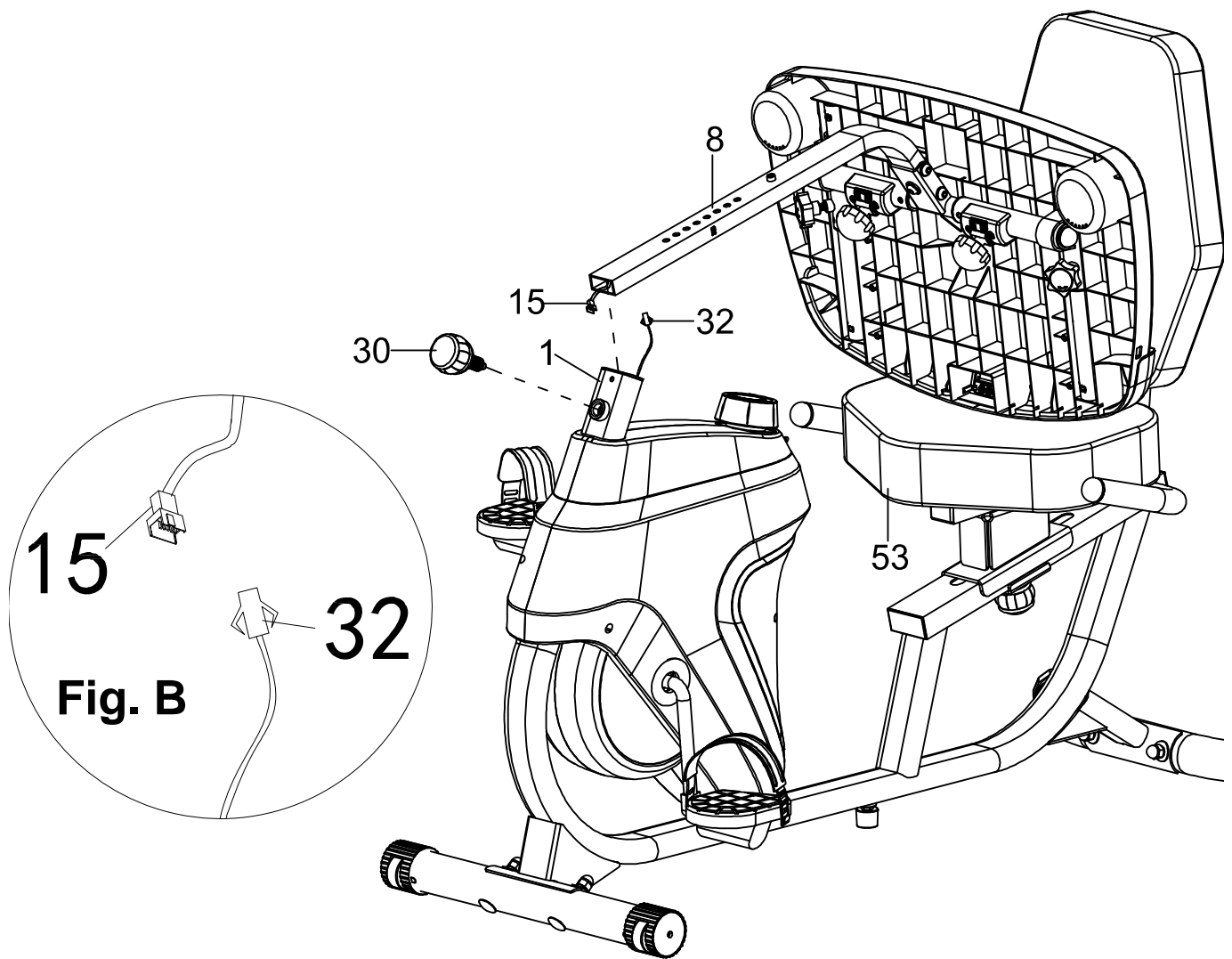
**(17) Hex Bolt
2 PCS**



**(19) Nylon Nut
2 PCS**



**(18) Flat Washer
4 PCS**



STEP 8

8A. Rest the **Desk (13)** on the **Seat (53)** as shown.

8B. Connecting Wires: Connect the **Console Wire (15)** from the **Front Post (8)** to the **Sensor Wire (32)** sticking out from the **Main Frame (1)**.

8C. Front Post Installation: Guide the connected **wires (15)** and **(32)** into the **Main Frame (1)** tube as you insert the **Front Post (8)** into the **Main Frame (1)**. Adjust the height as needed and Insert the **Spring Knob (30)** to catch one of the holes along the **Front Post (8)**. Turn the **Spring Knob (30)** clockwise to tighten and lock the desk height.

CONSOLE

SPECIFICATIONS:

TIME -----0:00-99:59 MIN:SEC
SPEED -----0.0-99.9 ML/H
DISTANCE -----0.0-999.9 ML
CALORIE -----0.0-9999 KCAL



CONSOLE FUNTIONS:

MODE: Press the “MODE” button to select between, SCAN,SPEED,DISTANCE,TIME, and CALORIES.

AUTO ON/OFF: The console will automatically turn on when pedaling begins. The console will automatically turn off after 20 minutes of inactivity.

SCAN: Press the “MODE” button until the arrow (◀) points to “SCAN”. The console will automatically scan the workout statistics of TIME, SPEED, and DISTANCE, every 6 seconds.

TIME: Press the “MODE” button until the arrow (◀) points to “TIME”. The console will display the total time exercised in minutes and seconds. The console automatically counts up from 0:00 to 99:59 in one second intervals.

SPEED: Press the “MODE” button until the arrow (◀) points to “SPEED”. The console will display your current workout speed in miles per hour.

DISTANCE: Press the “MODE” button until the arrow (◀) points to “DIST”. The console will display the distance traveled during each workout up to a maximum of 999.9 miles.

CALORIE: Press the “MODE” button until the arrow (▶) points to “CAL”. The console will estimate the cumulative calories burned during a workout. The console will count up from 0.0 to 9999 calories.



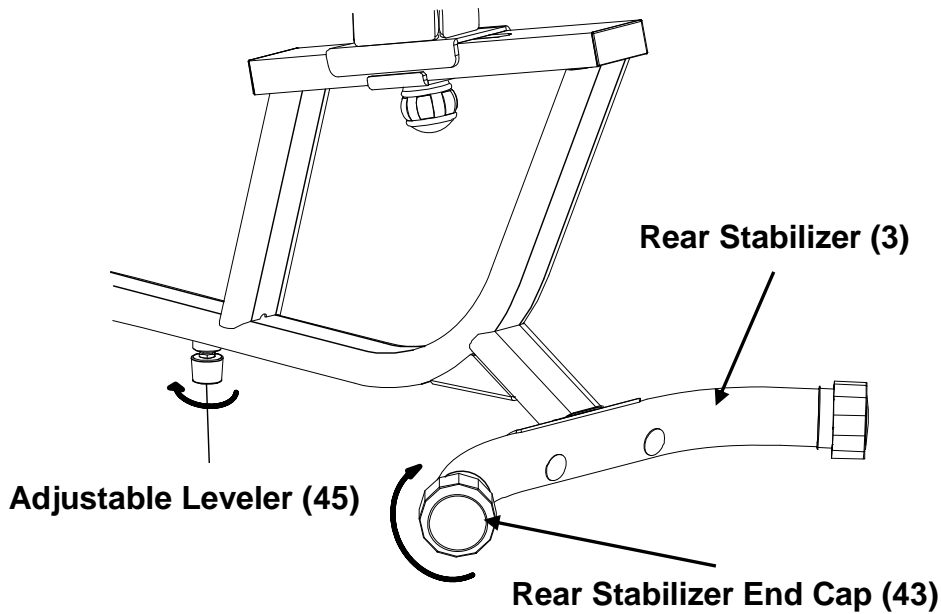
When the MyCloudFitness logo is blinking, it is scanning for bluetooth devices. Once its paired to a device the MyCloudFitness logo will stop blinking.

RESET: Hold this button for 4 seconds to reset all values from the console, Except ODOMETER.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the underside of the **Desk (88)**.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Insure the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partially legible, remove the batteries and wait 15 seconds before reinstalling.

ADJUSTMENT

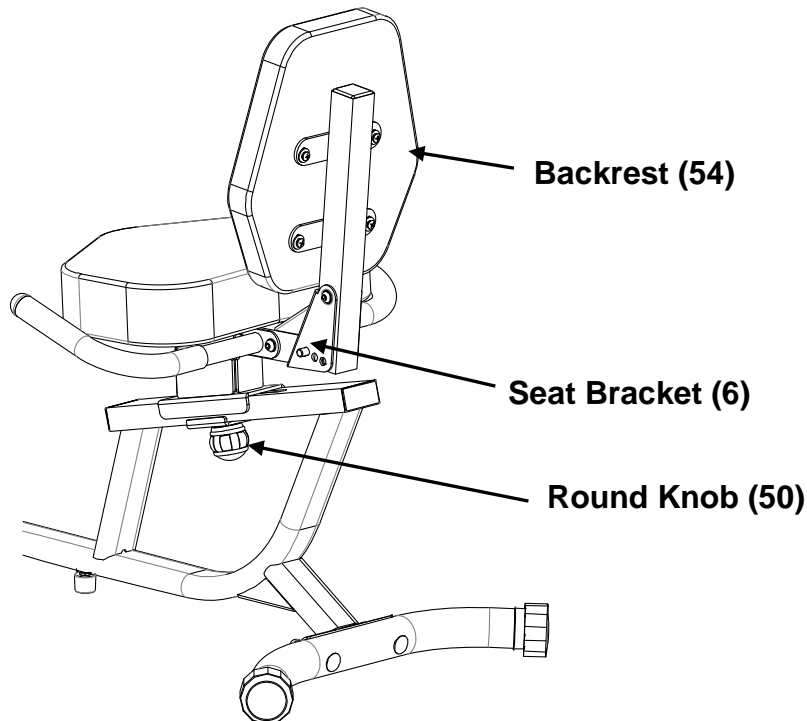


ADJUSTING THE REAR STABILIZER END CAP:

Adjust the **Rear Stabilizer End Caps (43)** on the **Rear Stabilizer (3)** as needed to level the recumbent bike.

ADJUST THE ADJUSTABLE LEVELER:

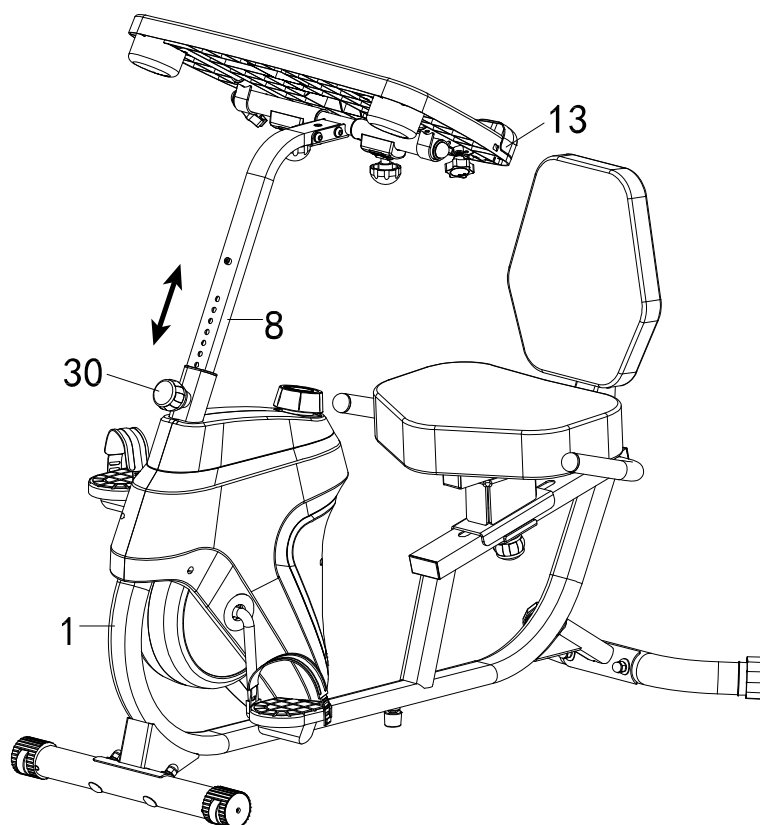
If the bike is bouncing when in use, turn the **Adjustable Leveler (45)** so that it is making contact with the floor. **Do not extend the Adjustable Leveler (45) too far, as this will cause the bike to tilt and be off balance.**



ADJUSTING THE SEAT FORWARD OR BACK:

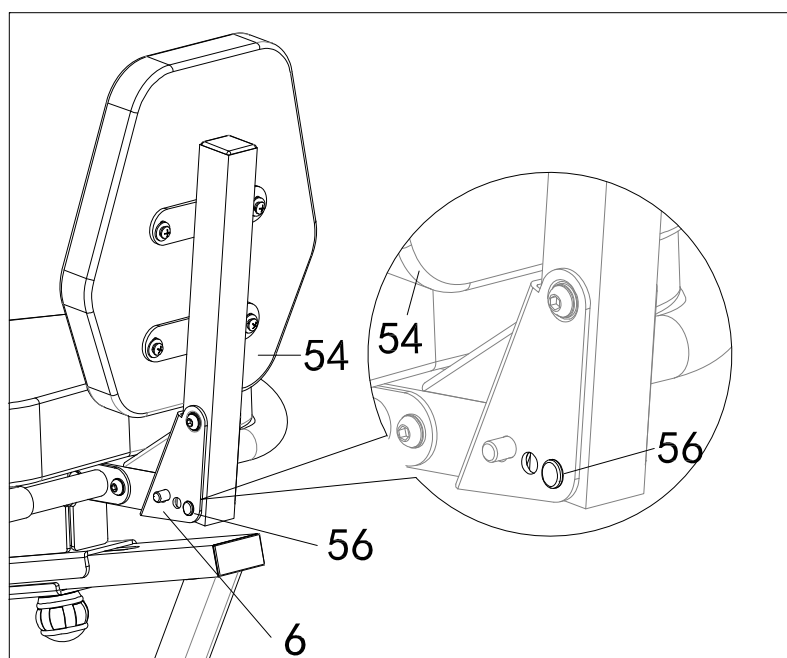
Loosen the **Round Knob (50)** in a counter-clockwise direction until the seat is loose. Standing behind the seat, use two hands to push or pull the **Backrest (54)**. Once you find the position you like, lock the **Seat Bracket (6)** into place by turning the **Round Knob (50)** in a clockwise direction until it is secured tightly.

ADJUSTMENT



ADJUSTING THE DESK HEIGHT:

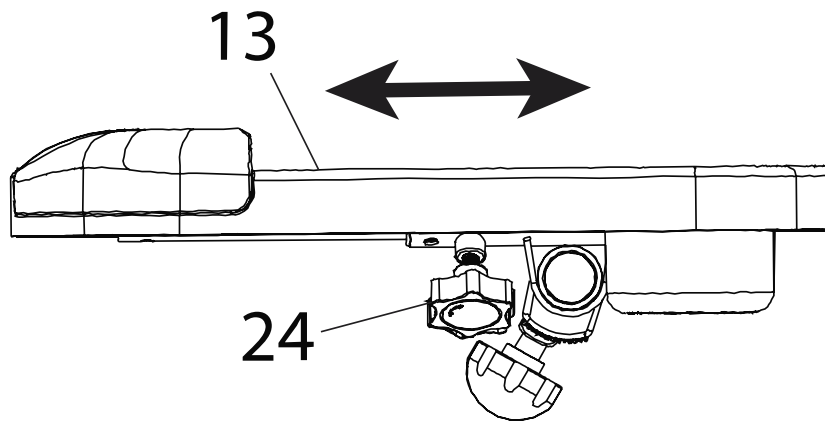
Loosen the **Spring Knob (30)** and lift up or down the **Desk (13)** to desired position.



ADJUSTING THE BACKREST:

Insert the **Pin (56)** into hole on the **Seat Bracket (6)** to adjust the **Backrest (54)** to desired position.

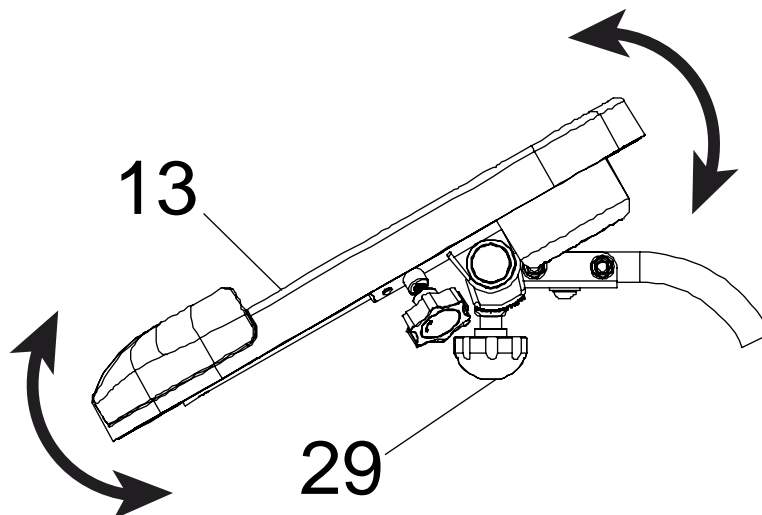
ADJUSTMENT



ADJUSTING THE DESK RANGE:

1. Loosen the **Left and Right Adjustable Post Knobs (24)** by turning them COUNTER-CLOCKWISE.
2. Shift the **Desk (13)** forward or backwards to the desired position.
3. Tighten the **Left and Right Adjustable Post Knobs (24)** by turning it CLOCKWISE to lock the **Desk(13)** in place.

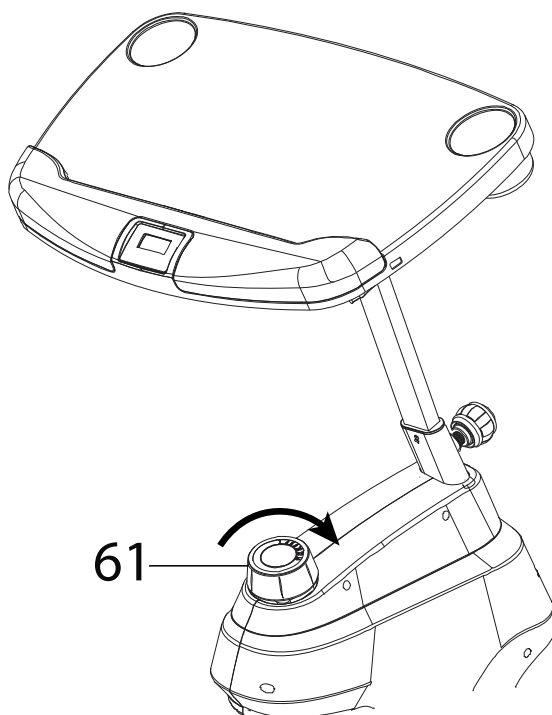
NOTE* Please remove all items from the desktop before making any adjustments.



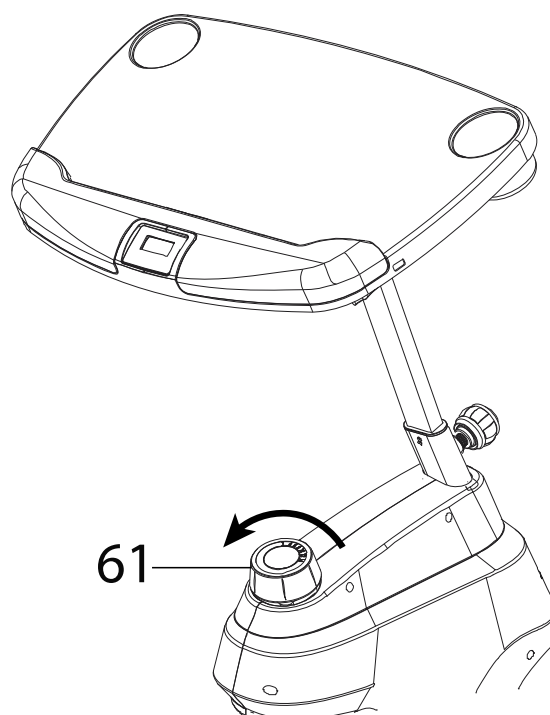
DESK TILT ADJUSTMENT:

1. Loosen the **Left and Right Round Knobs (29)** by turning them COUNTER-CLOCKWISE.
2. Tilt the **Desk (13)** Up or Down to desired position.
3. Tighten the **Left and Right Round Knobs (29)** by turning them CLOCKWISE.

NOTE* DO NOT EXCEED the maximum weight limit of **44lbs. of the desktop**. Please remove all items from the desktop before making any adjustments.



INCREASE



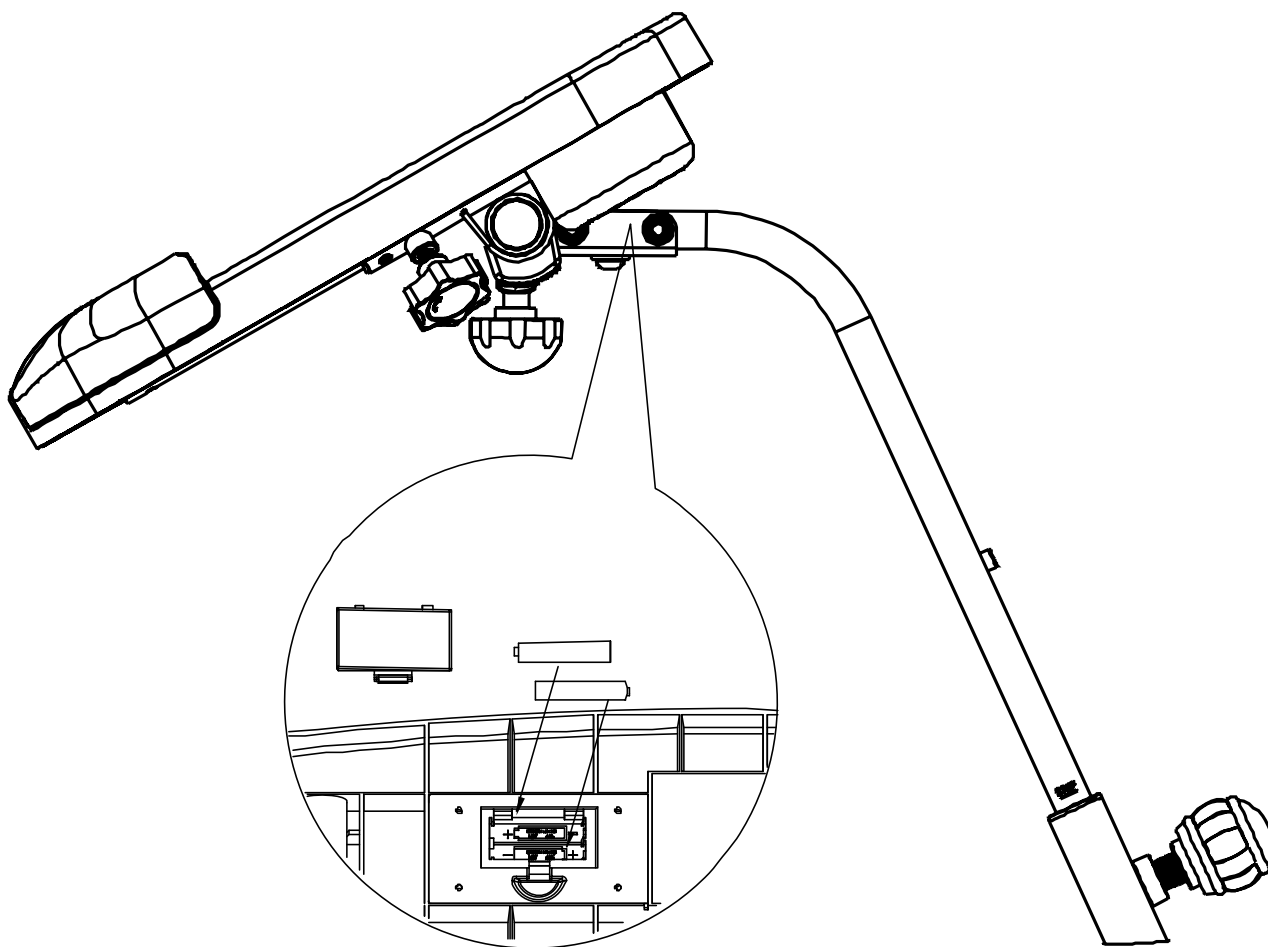
DECREASE

ADJUSTING THE TENSION CONTROL KNOB

To increase the resistance, turn the **Tension Control Knob (61)** in a CLOCKWISE direction.

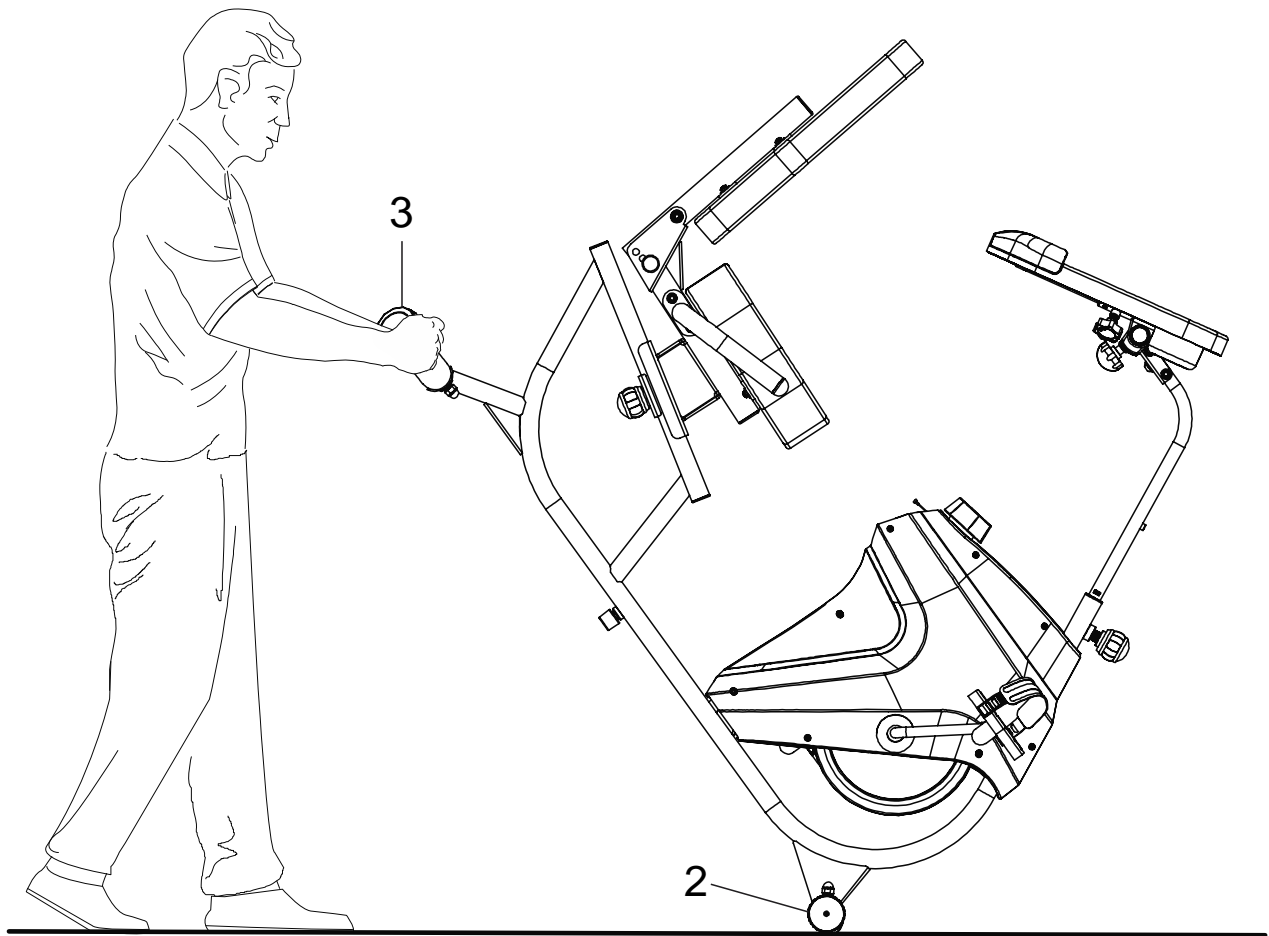
To decrease the resistance, turn the **Tension Control Knob (61)** in a COUNTERCLOCKWISE direction.

BATTERY INSTALLATION



HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Ensure that the batteries are correctly positioned and that the battery springs are in proper contact with batteries.
4. Re-install the battery cover.



TRANSPORTING THE BIKE

1. Hold onto the **Rear Stabilizer (3)** and tilt the bike onto to the wheels of the **Front Stabilizer (2)**.
2. Carefully move the bike to the desired location.
3. Gently lower the bike until the **Rear Stabilizer (3)** touches the floor.

NOTE* Please remove all items from the desktop before making any adjustments.

TROUBLE SHOOTING

PROBLEM: The recumbent bike wobbles when in use.

1) SOLUTION: Turn the **Rear Stabilizer End Caps (43)** on the **Rear Stabilizer (3)** or **Adjustable Leveler (45)** on the bottom of the rear **Main Frame (1)** as needed to level the recumbent bike.

PROBLEM: The display on the **Console (14)** does not turn on or displays incorrect information.

1) SOLUTION: Remove the **Console (14)** and verify that the wires from the console (10) are properly connected to the wires of the **Front Post (8)**.

2) SOLUTION: Check if the batteries are installed properly or replace dead batteries.

PROBLEM: The recumbent bike makes a squeaking noise when in use.

1) SOLUTION: The bolts may be loose on the recumbent bike. Inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

Cleaning:

The recumbent bike can be cleaned with a soft clean damp cloth.

Do not use abrasives or solvents on the plastic parts.

Please wipe your perspiration off the recumbent bike after each use.

Be careful not to get excessive moisture on the Console display as this might cause an electrical hazard or the electronics to fail.

Please keep the recumbent bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect that all assembly bolts, nuts, screws, and pedals on the machine are thoroughly tightened every week. Tighten any loose parts.

Storage:

Store the recumbent bike 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:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Structural Frame	3 years 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***