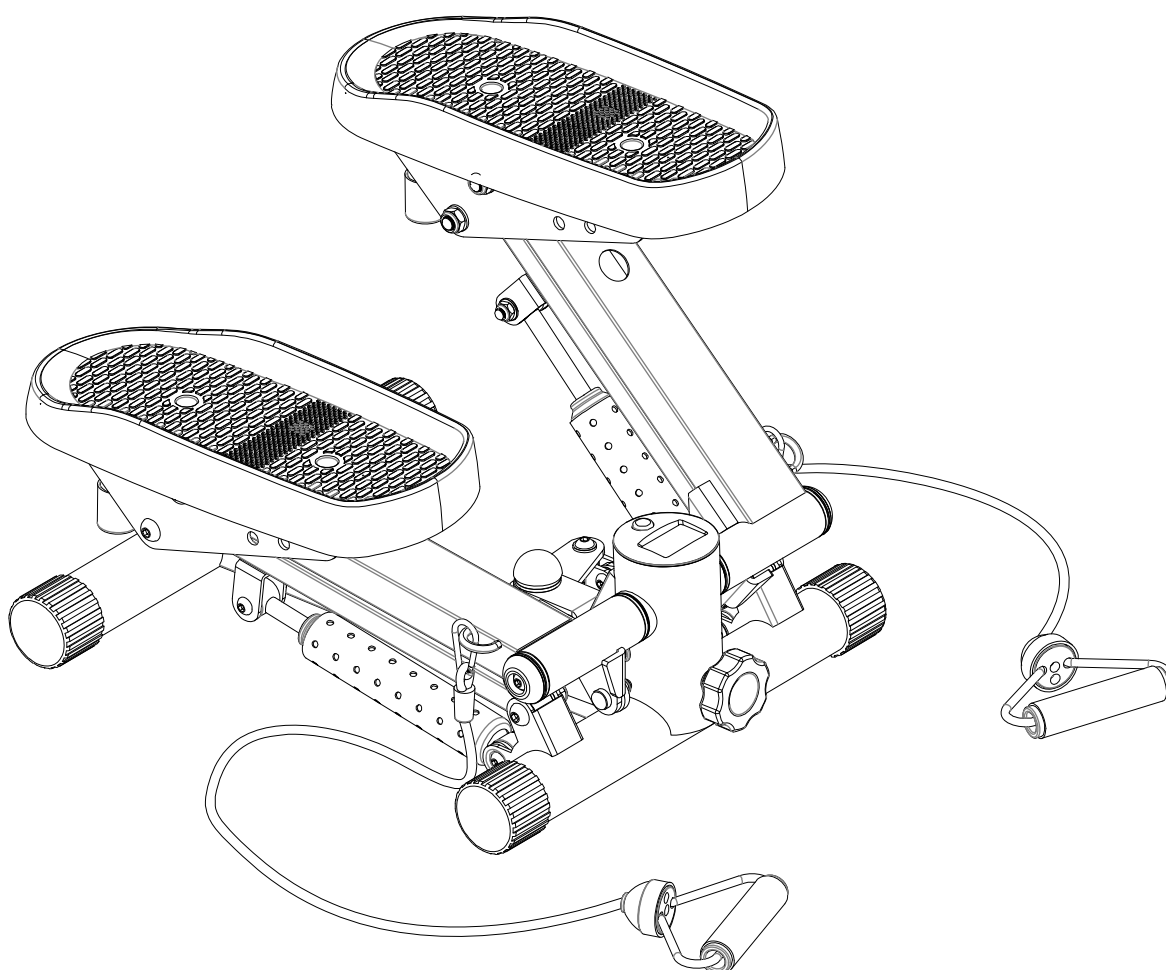




Stepper



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.

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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:

1-844-641-7924

(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

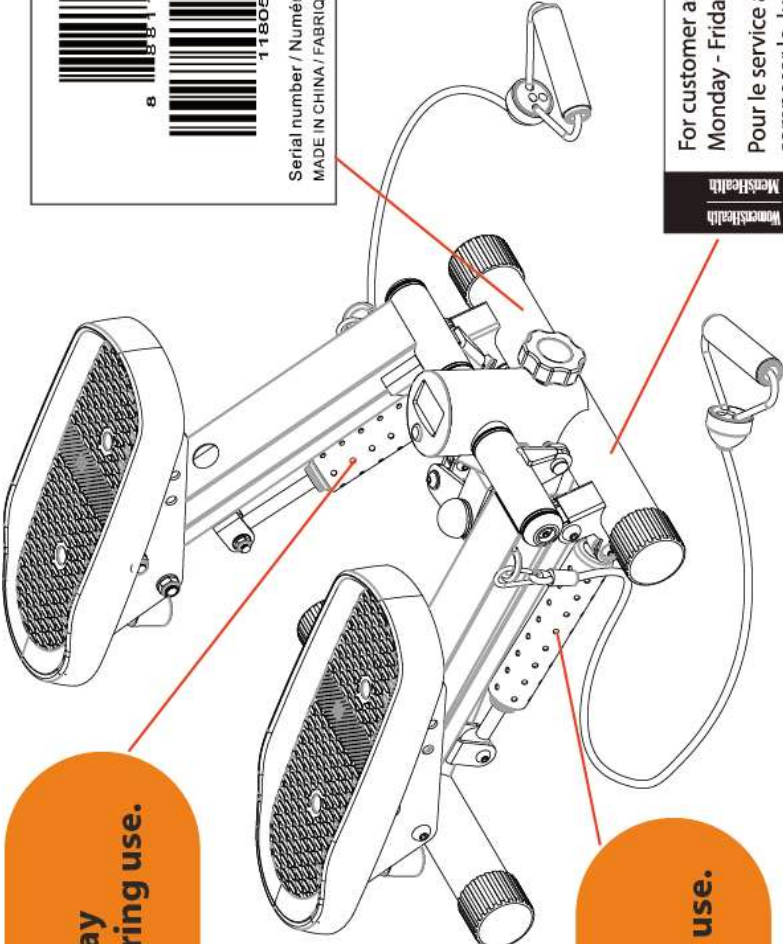
For damaged or defective product, please contact our customer service before returning to the store.

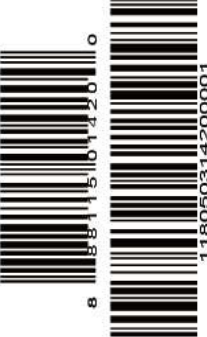
Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

LABEL PLACEMENT



WARNING!
Air Cylinders may become Hot during use.
Do Not Touch!





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

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:

1-844-641-7924
8 am - 5 pm PST

3

IMPORTANT SAFETY GUIDELINES

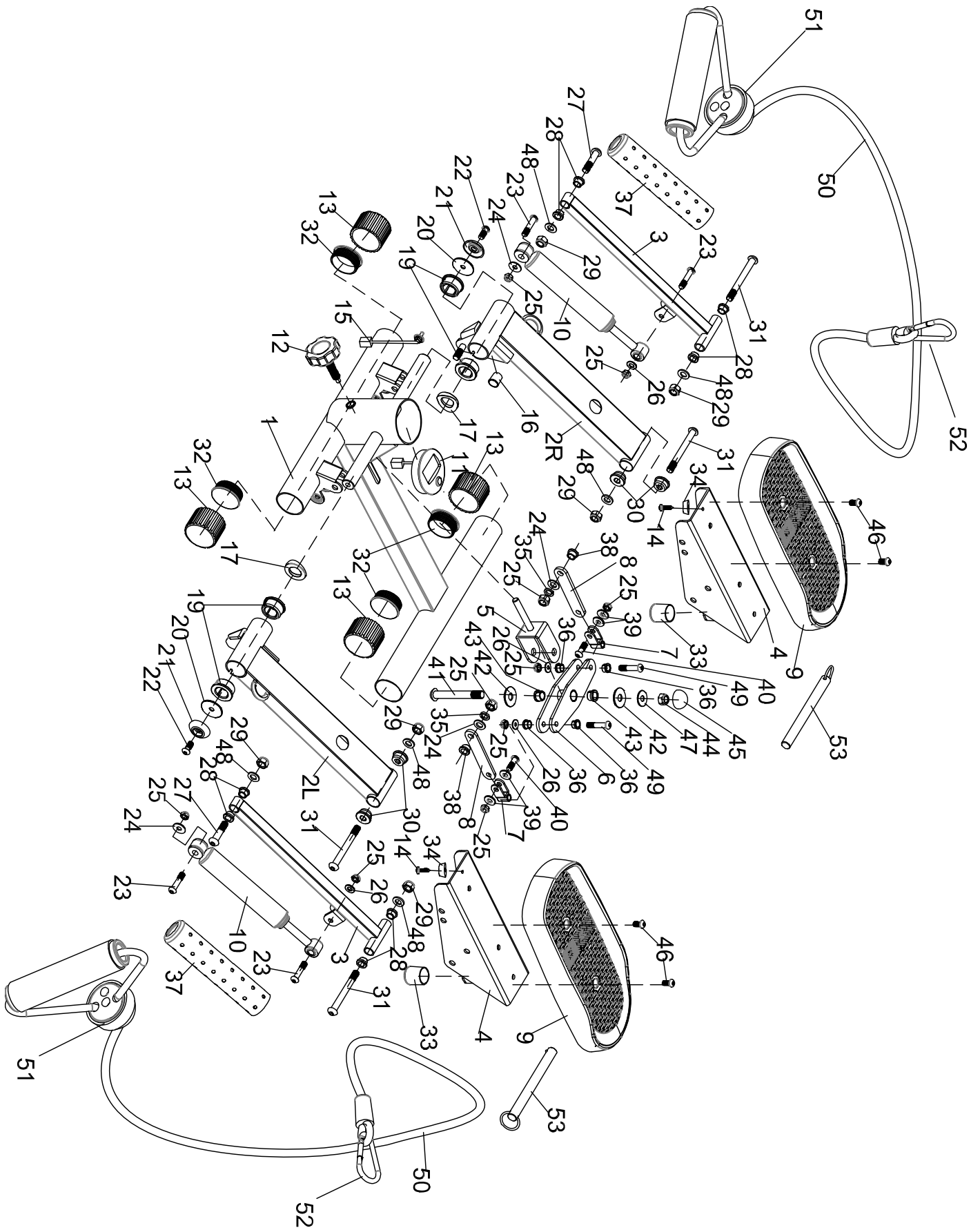
Read all instructions before using the Stepper. Basic precautions should always be followed.

WARNING - To reduce the risk of injury to persons, read the following:

1. Be sure all screws, nuts, and bolts are tightened prior to use.
2. Before using this equipment, we recommend doing warm ups.
3. Only one person should be using the equipment at a time.
4. Never operate this **Stepper** if it is not working properly, has been dropped, or damaged. If a problem is encountered, contact Customer Service before using the **Stepper** again.
5. Always use this equipment on a clear and level surface.
6. For household use only.
7. Do not use outdoors or near water.
8. Use this product only for its intended use as described in this manual. Do not use attachments **NOT** recommended by the manufacturer.
9. Do not wear loose clothing when using the equipment.
10. Never drop or insert any object into any opening.
11. 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.
12. For any problems, contact Customer Service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
13. This product requires a minimum of 6 square feet of space for safe operation.
14. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS.**
15. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the equipment.
16. **Warning:** - Risk of Personal Injury - Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
17. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact Customer Service.
18. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using the **Stepper**.
19. **Warning:** - Before beginning any exercise program, consult your physician. This is especially important for the people over the age of 35 years old or who have pre-existing health problems. Read all the instructions before using any fitness equipment.

**The maximum weight capacity for this product is 250 lbs / 113 kg.
DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Main Frame	1
2L	Left Foot Post	1
2R	Right Foot Post	1
3	Support Tube	2
4	Pedal Bracket	2
5	Bracket	1
6	Metal Bracket	1
7	U Bracket	2
8	Metal Plate	2
9	Pedal	2
10	Hydraulic Cylinder	2
11	Console 0508	1
12	Adjustment Knob	1
13	End Cap	4
14	Self-Tapping Phillips Screw ST4.2x15	2
15	Magnetic Sensor	1
16	Magnet	1
17	Curved Washer	2
19	Nylon Bushing	4
20	Big Flat Washer $\phi 38 \times \phi 8.2 \times 1.8$	2
21	Semi-Circled End Cap	2

No.	Description	Qty
22	Round Head Hex Bolt M8x20	2
23	Hex Bolt M8X40X15	4
24	Flat Washer $\phi 22 \times \phi 8.2 \times 15$	4
25	Nylon Nut M8	10
26	Flat Washer $\phi 16 \times \phi 8.2 \times 15$	6
27	Hex Bolt M10X45X12	2
28	Support Tube Sleeve	8
29	Nylon Nut M10	6
30	Big Sleeve	4
31	Hex Bolt M10X95X12	4
32	Round End Cap	4
33	Tube	2
34	Foot Pad with EVA Pad	2
35	Spring Washer D8	2
36	Sleeve	4
37	Heat Shields	2
38	Plate Sleeve	2
39	Plastic Washer $\phi 20 \times \phi 8.5 \times 2$	4
40	Hex Bolt M8x30x12	2
41	Hex Bolt M12x95x15	1
42	Big Washer $\phi 33 \times \phi 12.5 \times 3$	2

PARTS LIST

No.	Description	Qty
43	Metal Bracket Sleeve	2
44	Nylon Nut M12	1
45	Round End Cap	1
46	Hex Bolt M8x20	4
47	Flat Washer $\phi 24 \times \phi 12.2 \times 2$	1
48	Flat Washer $\phi 20 \times \phi 10.2 \times 2$	6

No.	Description	Qty
49	Hex Bolt M8x45x10	2
50	Resistance Bands	2
51	Adjustable Ball	2
52	Hook	2
53	Platform Pins	2

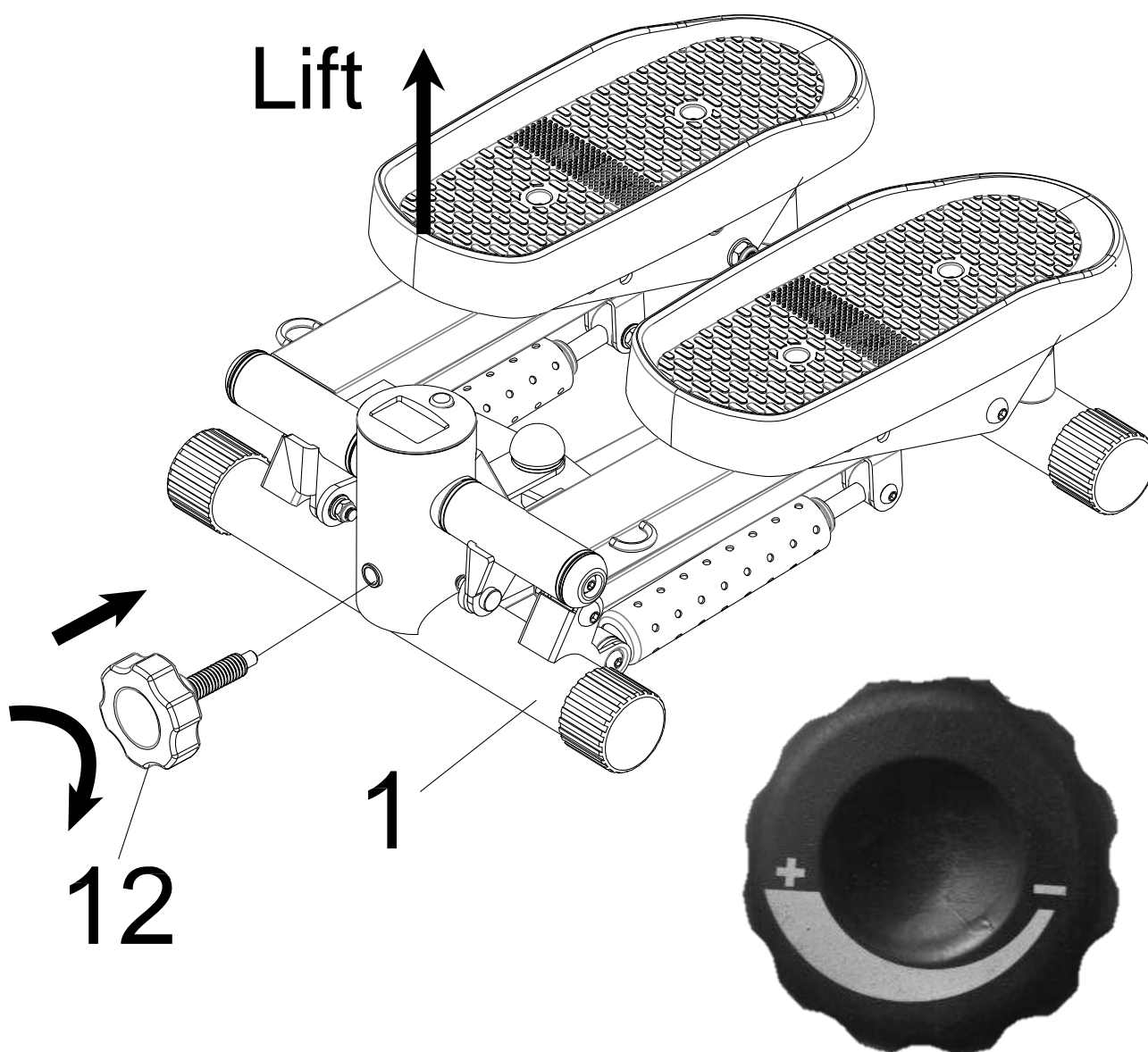


Fig. A

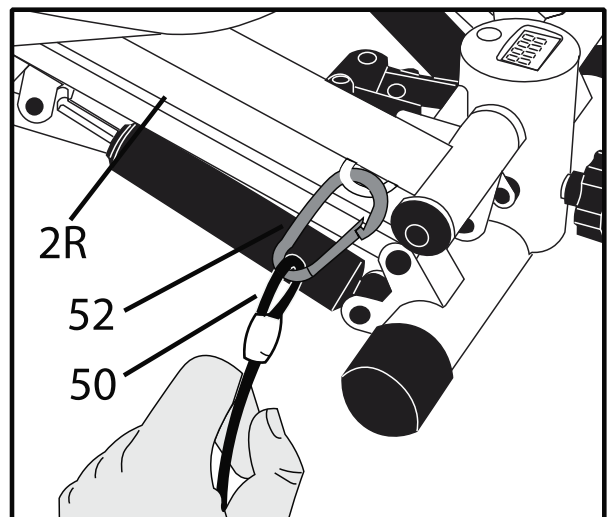
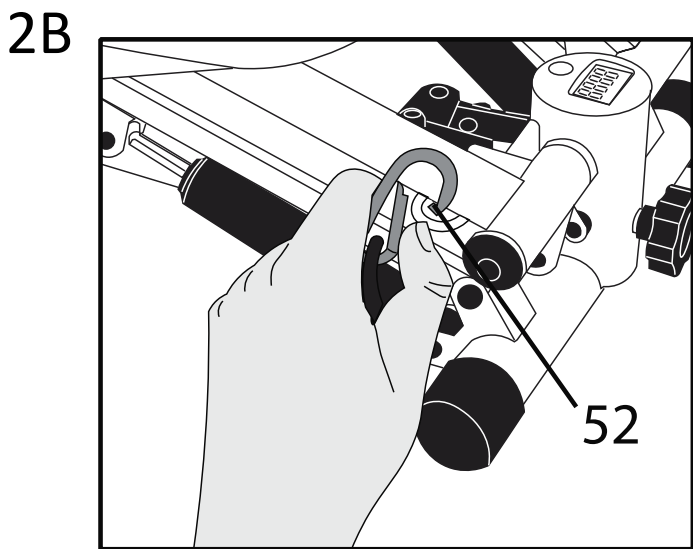
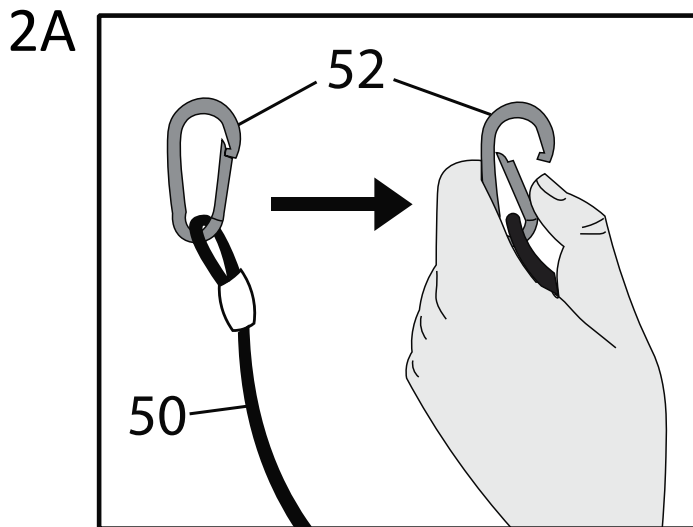
STEP 1 INSTALLING KNOB

1 A. Lift one of the foot pedals up to clear the tube that the **Adjustment Knob (12)** is inserted into.

1 B. Insert the **Adjustment Knob (12)** into the screw hole on the front of the **Main Frame (1)** turning clockwise.

Note 1: The **Adjustment Knob (12)** has a plus and minus on it to show which direction to turn the knob to increase or reduce the maximum stepping height. **See Fig. A.**

Note 2: Always lift one of the steps up when trying to adjust to a higher maximum step height. The knob will be very hard to turn when trying to increase the step height if you do not do this.



STEP 2

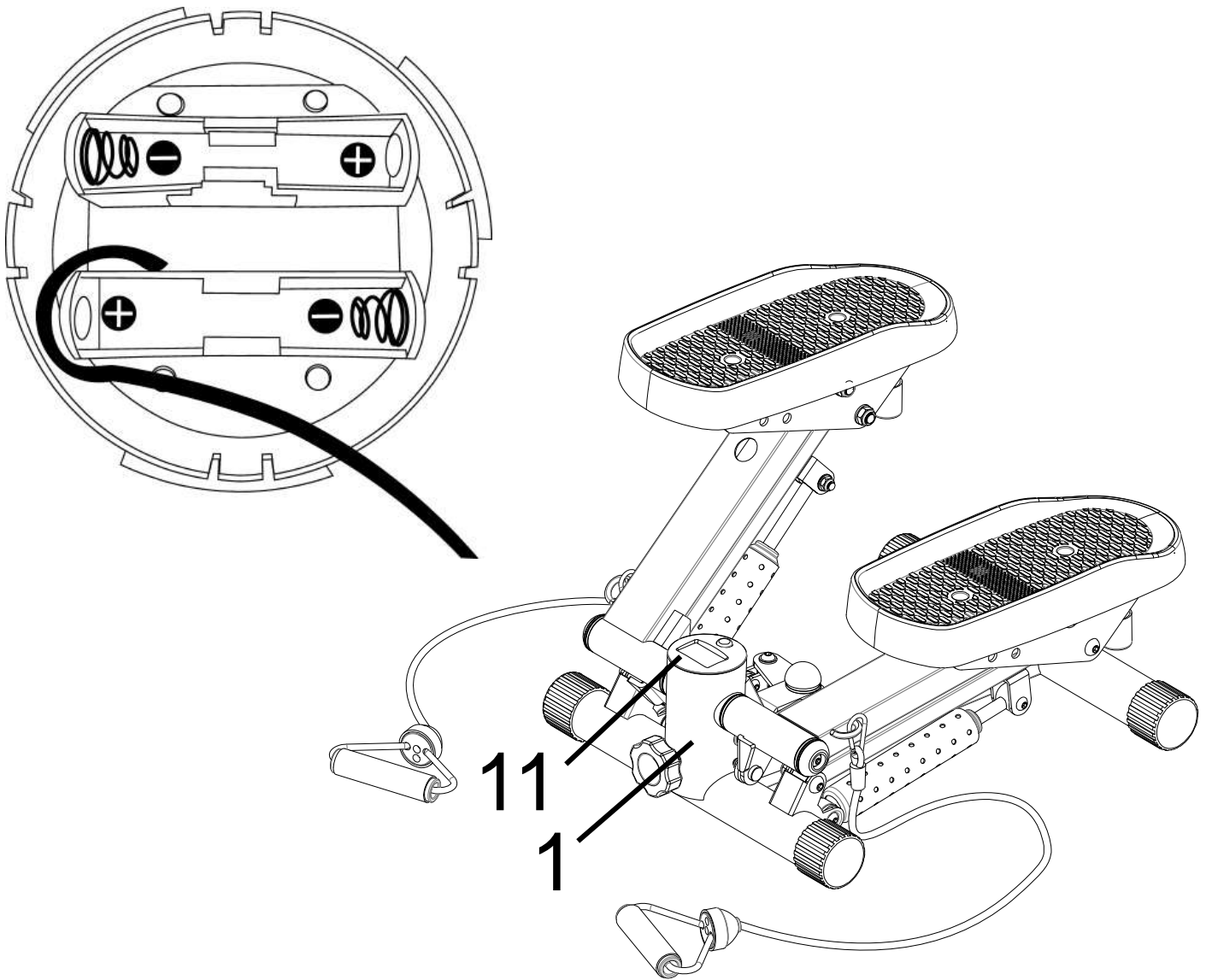
INSTALLING RESISTANCE BANDS

2 A. To open Hook, depress the lever of the **Hook (52)** on the end of the **Resistance Bands (50)**.

2 B. With the lever of the **Hook (52)** opened, clip the **Resistance Bands (50)** onto the **Right Foot Post (2R)** loop.

2 C. Repeat with the second **Hook (52)** for the **Left Foot Post (2L)** loop.

Note 1: You must always be standing on the stepper to safely use the resistance bands. Your body weight keeps the stepper from being lifted off the ground when the bands are set to a strong resistance level.



STEP 3

Installing the Batteries:

3 A. Grip the **Console (11)** on top on the **Mainframe (1)** and pull it up slowly so you do not damage the cable. Turn the bottom of the **Console (11)** towards you so you can see the terminals clearly.

3 B. Install 2 "SIZE- AAA" batteries with the correct polarity into the marked "+" and "-" of the battery holders. Ensure that the battery is correctly positioned and the battery springs are in proper contact with the battery and replace the **Console (11)** onto the **Mainframe (1)**.

CONSOLE



Display :

TIME-----00:00~99:59MIN

REPS/MIN----- 0~9999

COUNT----- 0~9999

CAL-----0.0~999.9KCAL

USING YOUR CONSOLE

The console can be activated by pressing the MODE button or by stepping. If you leave the console idle for 20 minutes, the power will shut off automatically.

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the console.

Press and hold the MODE button for 4 seconds to reset data values to zero.

CONSOLE FUNCTIONS:

SCAN: Press the MODE button until the “▲” points to SCAN, the console will Automatically scan each function in sequence changing every 5 seconds.

TIME: Press the MODE button until the “▲” points to TIME, the console will display your elapsed workout time in minutes and seconds.

COUNT: Press the MODE button until the “▲” points to COUNT, the console will display the number of steps you have taken. **The console will count 1 for every two steps. Multiply the number on the display by 2 at the end of the workout to get the final step count.**

CAL (CALORIES): Press the MODE button until the “▲” points to CAL (CALORIES), the console will display the total accumulated calories burned during a workout.

REPS/MIN: (REPETITIONS PER MINUTE) Press the MODE button until the “▲” points to REPS/MIN the console will display the step speed per minute. **Multiply the number on the display by 2 to get the step count.**



When this symbol is blinking it means it is searching for Bluetooth connections. Once the Bluetooth is paired the symbol will stop blinking.

CONNECTING TO THE CONSOLE: Download the myCloudFitness app from google play store or the iOS app store to connect to the **Bluetooth Box (68)**.



myCloudFitness
Paradigm Health & Wellness, Inc.

ACTIVE STEP ADJUSTMENT

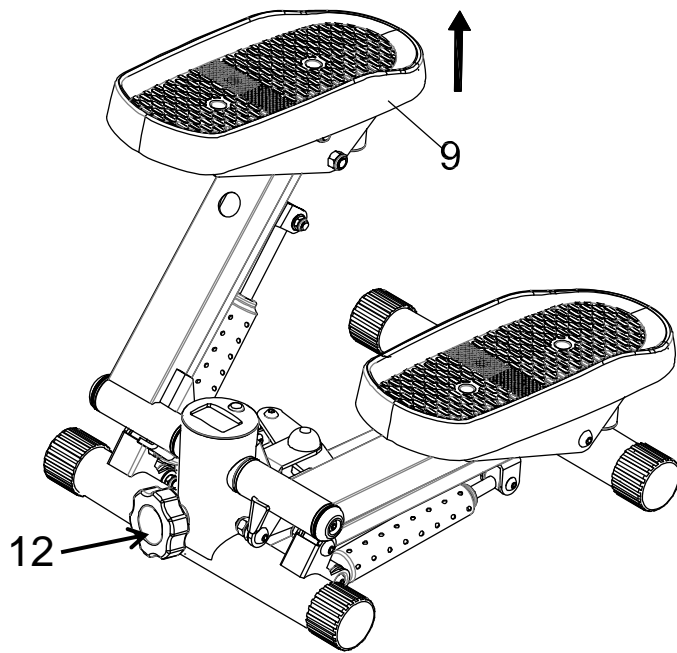


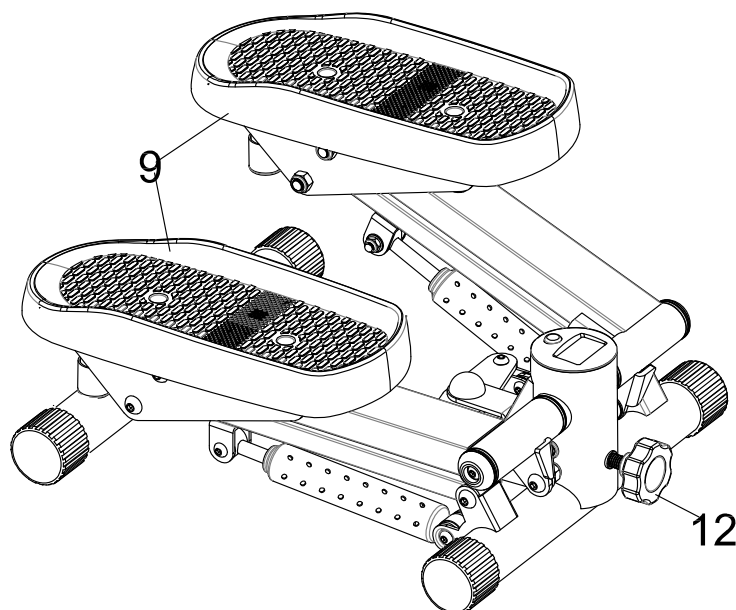
Fig. A

Turn the **Adjustment Knob (12)** clockwise to increase the maximum **Pedal (9)** step height. The Maximum step height is 10 inches in the active stepping mode.

Note 1: The **Adjustment Knob (12)** has a plus and minus on it to show which direction to turn the knob to increase or reduce the maximum stepping height. **See Fig. A.**

Note 2: Always lift one of the steps up when trying to adjust to a higher maximum step height. The knob will be very hard to turn when trying to increase the step height if you do not do this.

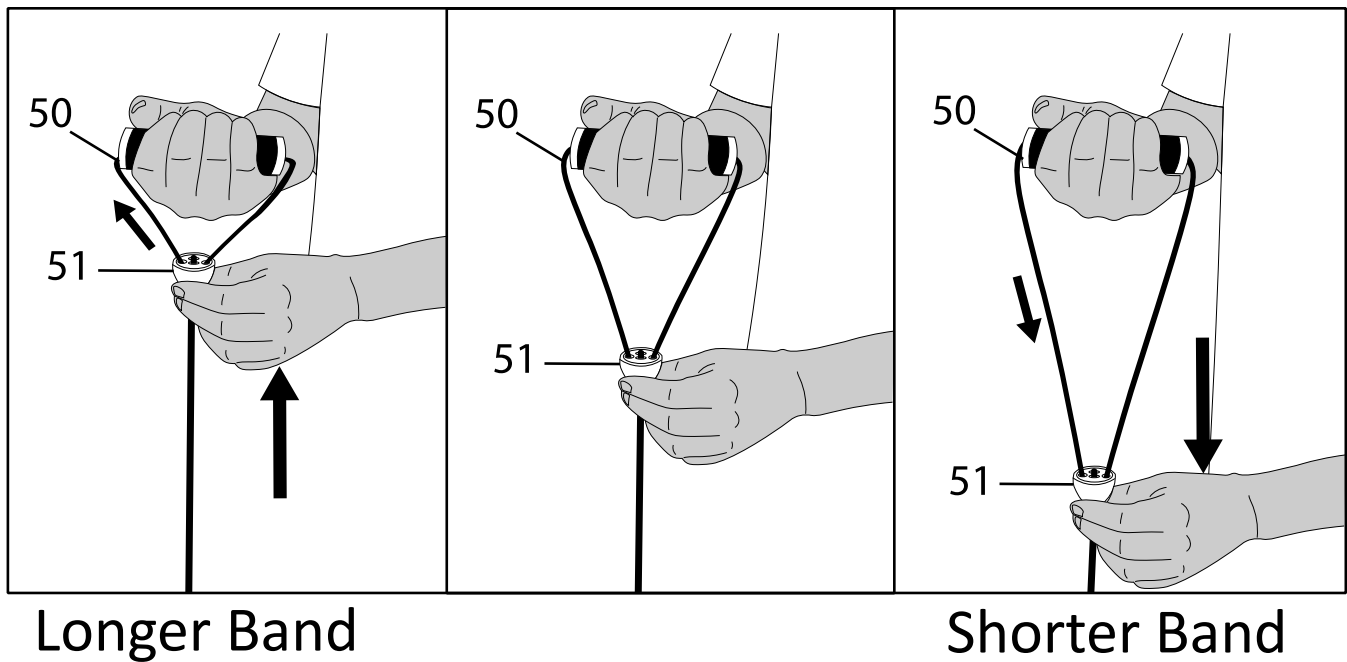
Note 3: The platform locking pins must be removed in order to use the active stepping function.



Turn the **Adjustment Knob (12)** counter clockwise to reduce the maximum **Pedal (9)** step height.

Note 4: If you reduce the step height too much, the **Pedals (9)** will not move enough for the console to count the steps.

BAND ADJUSTMENT



ADJUSTING RESISTANCE BANDS

To adjust the length of the resistance bands, hold the handle of the **Resistance Band (50)** steady and move the **Adjustable Ball (51)** UP to lengthen. This adjustment will give the band LESS resistance.

To adjust the length of the resistance bands, hold the handle of the **Resistance Band (50)** steady and move the **Adjustable Ball (51)** Down to Shorten. This adjustment will give the band MORE resistance.

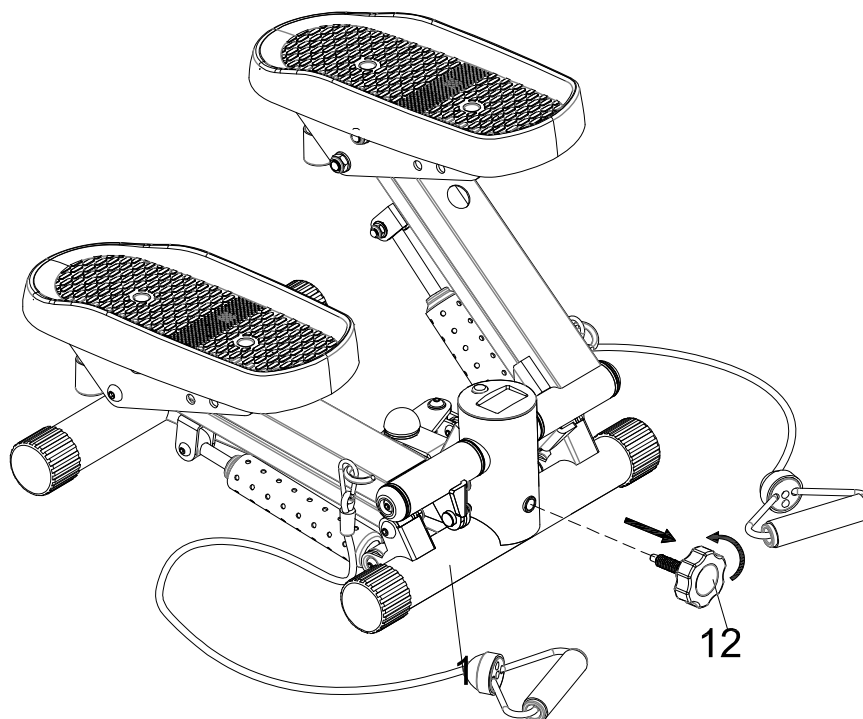
Note 1: You must always be standing on the stepper to safely use the resistance bands. Your body weight keeps the stepper from being lifted off the ground when the bands are set to a strong resistance level.

PLATFORM ADJUSTMENT

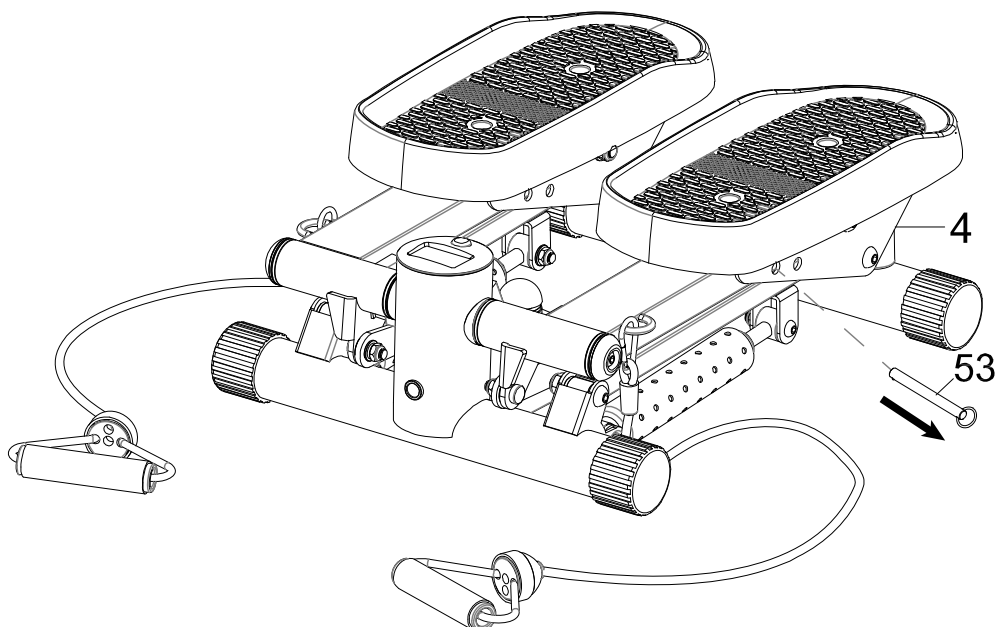
This Machine has a Platform feature that is adjustable between 3 different step heights for doing **STEP UP** and **HIGH KNEE** Workouts.

Note 1: You must set both pedals to the same height.

Note 2: This Setting is NOT intended for jumping onto the platform.



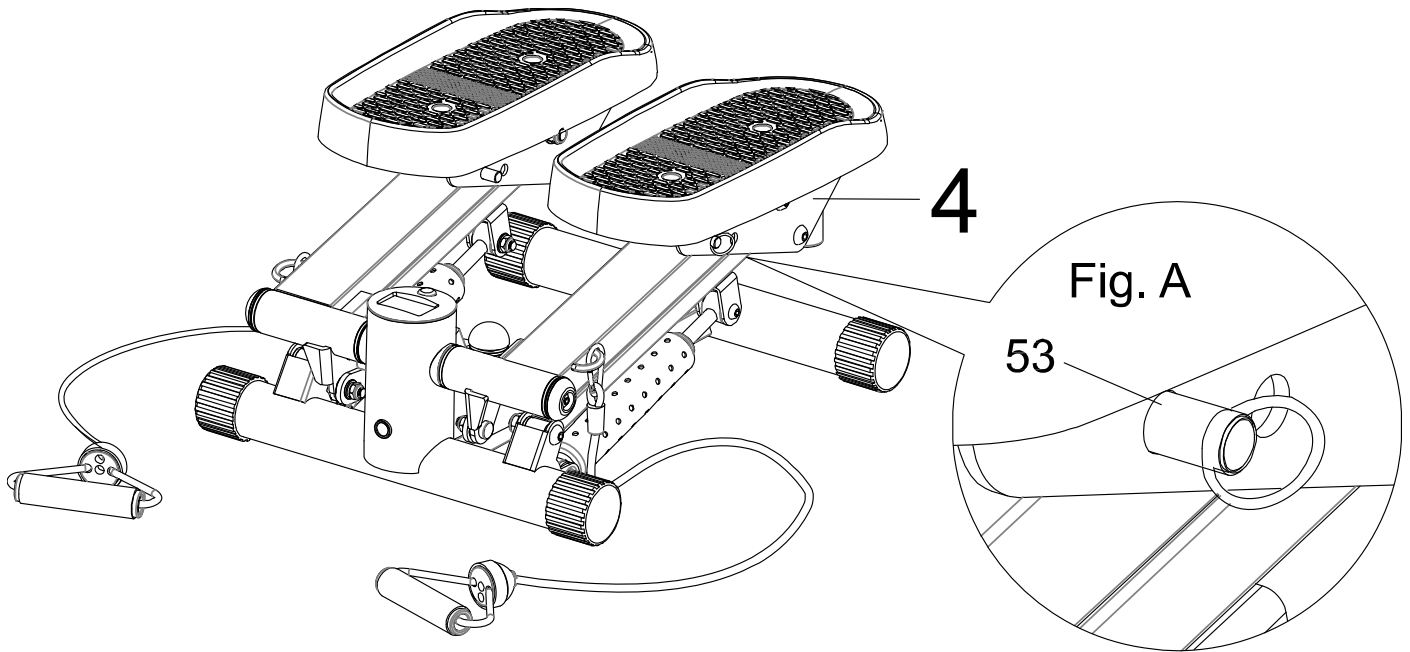
Turn the **Adjustment Knob (12)** counter-clockwise to remove it from the frame.



Level 1

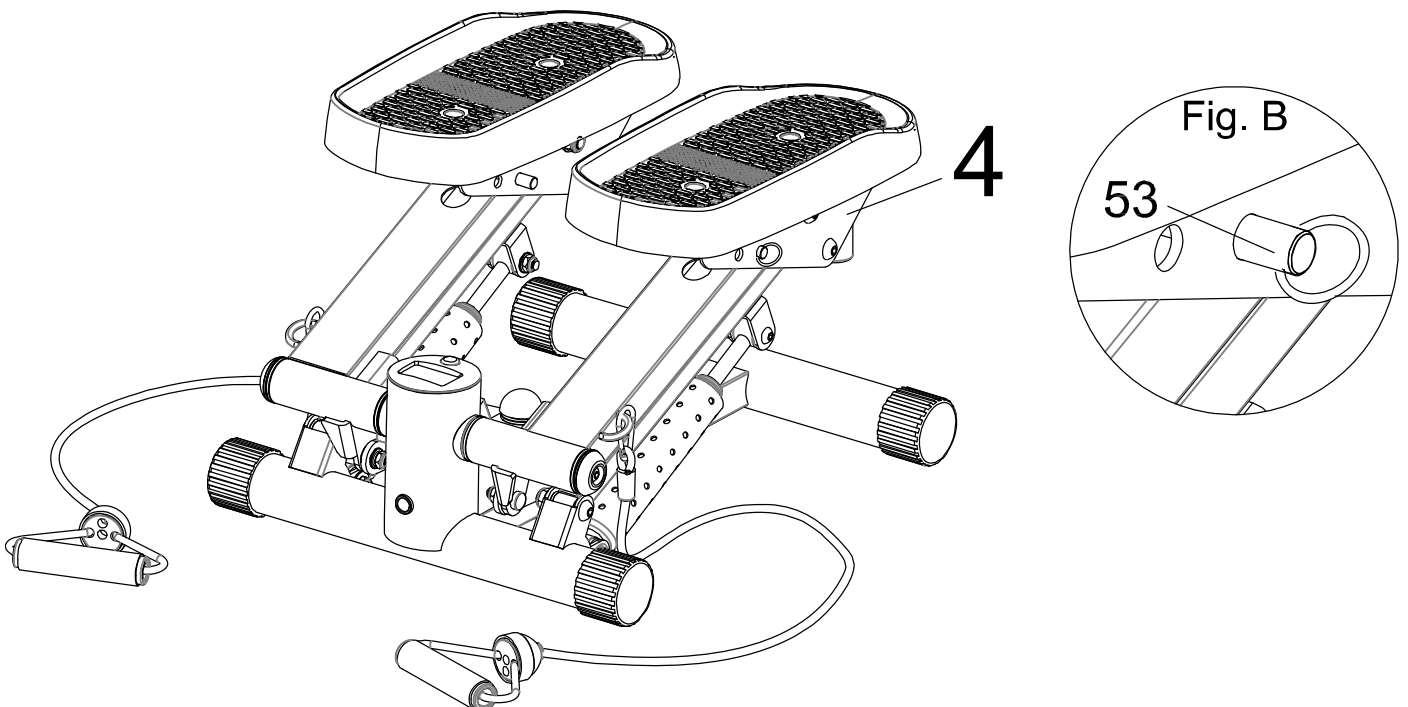
No **Platform Pin (53)** Installed into the **Pedal Bracket (4)** provides a step up height of 8 inches (20 cm).

PLATFORM ADJUSTMENT



Level 2

Lift the pedals to bring them to the level 2 locking position. A **Platform Pin (53)** Installed into the forward **Pedal Bracket (4)** hole provides a step up height of 10 inches (26 cm).



Level 3

Lift the pedals to bring them to the level 2 locking position. A **Platform Pin (53)** Installed into the rear **Pedal Bracket (4)** hole provides a step up height of 12.5 inches (32 cm).

TROUBLE SHOOTING

PROBLEM: The **Stepper** wobbles when in use.

SOLUTION: Make sure that the **Main Frame (1)** is on a flat level surface.

PROBLEM: The **Stepper** makes a squeaking noise when in use.

SOLUTION: The bolts and other hardware may be loose on the **Stepper**. Inspect all of the parts of the equipment and tighten any loose parts.

PROBLEM: The **Console** does not connect to the APP.

SOLUTION: Reset the console, restart the APP and try again. The console is reset by holding the button down for 3-4 seconds.

PROBLEM: The **Console** appears dim.

SOLUTION: Replace the batteries.

PROBLEM: The **Console** is not tracking my steps.

SOLUTION: Increase the maximum step height setting and do full complete steps.

SOLUTION: Check the **Console (11)** wire is connected to the **Magnetic Sensor (15)**.

MAINTENANCE

Cleaning

The Stepper can be cleaned with a soft clean damp cloth.

Do NOT use abrasives or solvents on the plastic parts.

Wipe your perspiration off the Stepper after each use.

During use dry off any Perspiration that may fall onto the console.

Inspect all of the assembly bolts, nuts, screws, and pedals on the machine for proper tightness on a weekly basis.

Storage

Store the Stepper in a clean and dry environment away from pets and 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	2 years For Home Use Only
All Other Components	1 year For Home Use Only

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***