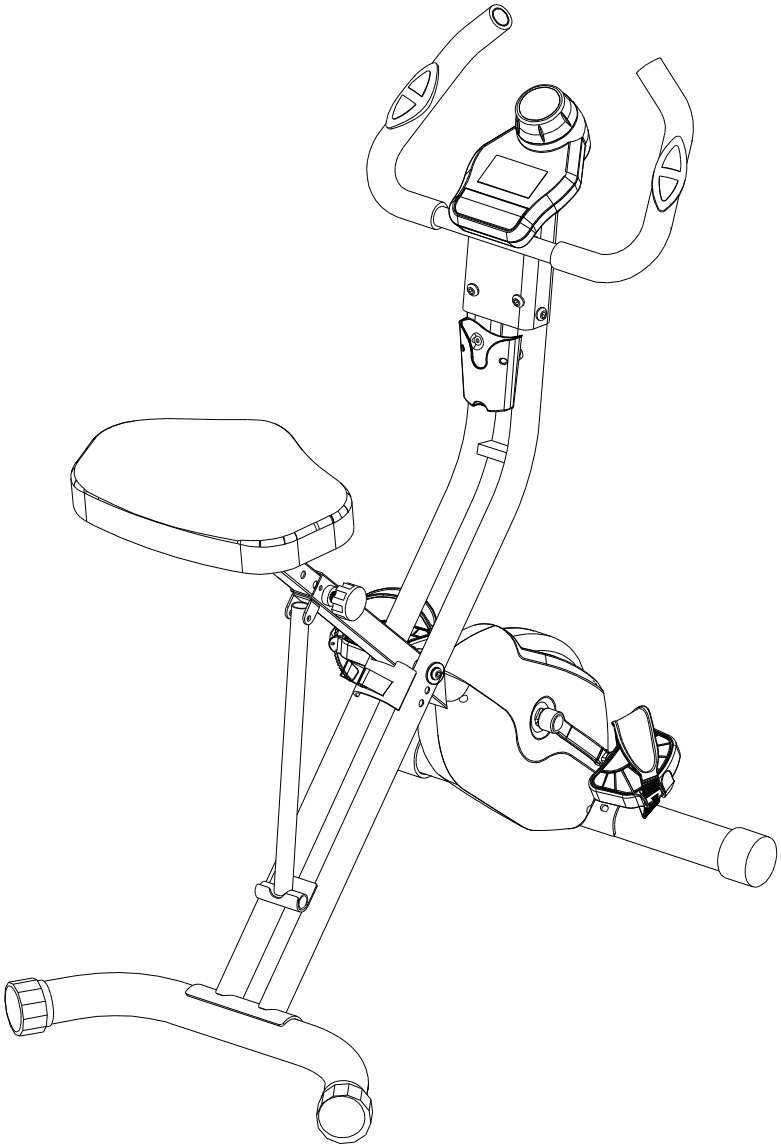
EXERPEUTIC®
THERAPEUTIC FITNESS

Folding Upright Bike with Pulse



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.

4100.13-052020

OWNER'S MANUAL



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:

Service@paradigmhw.com

TABLE OF CONTENTS

SERVICE ---------- 2

LABEL PLACEMENT ---------- 3

IMPORTANT SAFETY GUIDELINES ---------- 4

OVERVIEW DRAWING ---------- 5

PARTS LIST ---------- 6

HARDWARE & TOOL LIST ---------- 8

ASSEMBLY ---------- 9

CONSOLE FUNCTIONS ---------- 13

STORAGE ---------- 14

OPERATIONS & ADJUSTMENTS ---------- 15

TRANSPORT ---------- 17

MAINTENANCE & TROUBLESHOOTING ---------- 18

WARRANTY ---------- 20

PARTS REQUEST FORM ---------- 21

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

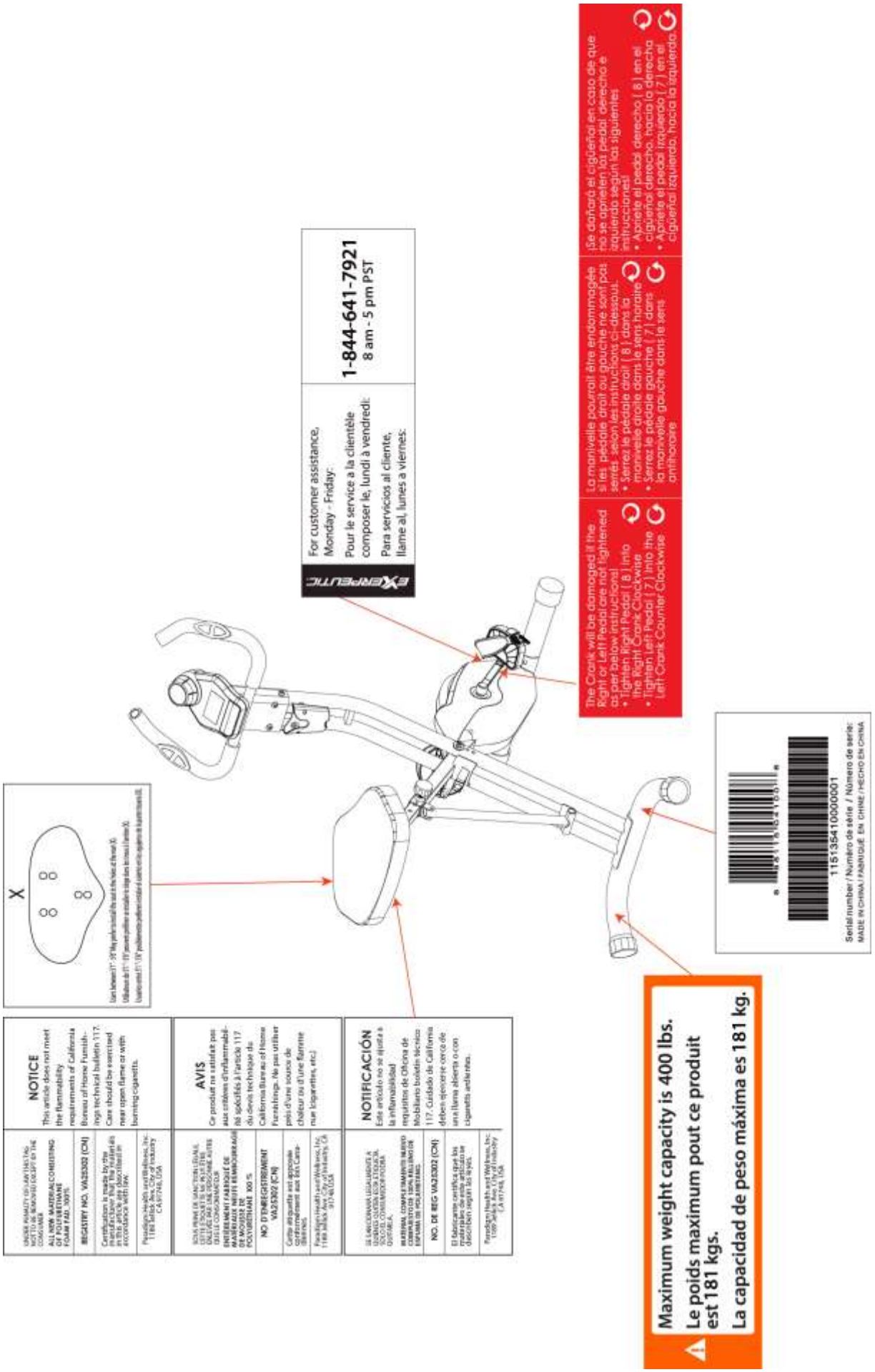
Please have the following information ready when requesting for service:

- **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



IMPORTANT SAFETY GUIDELINES

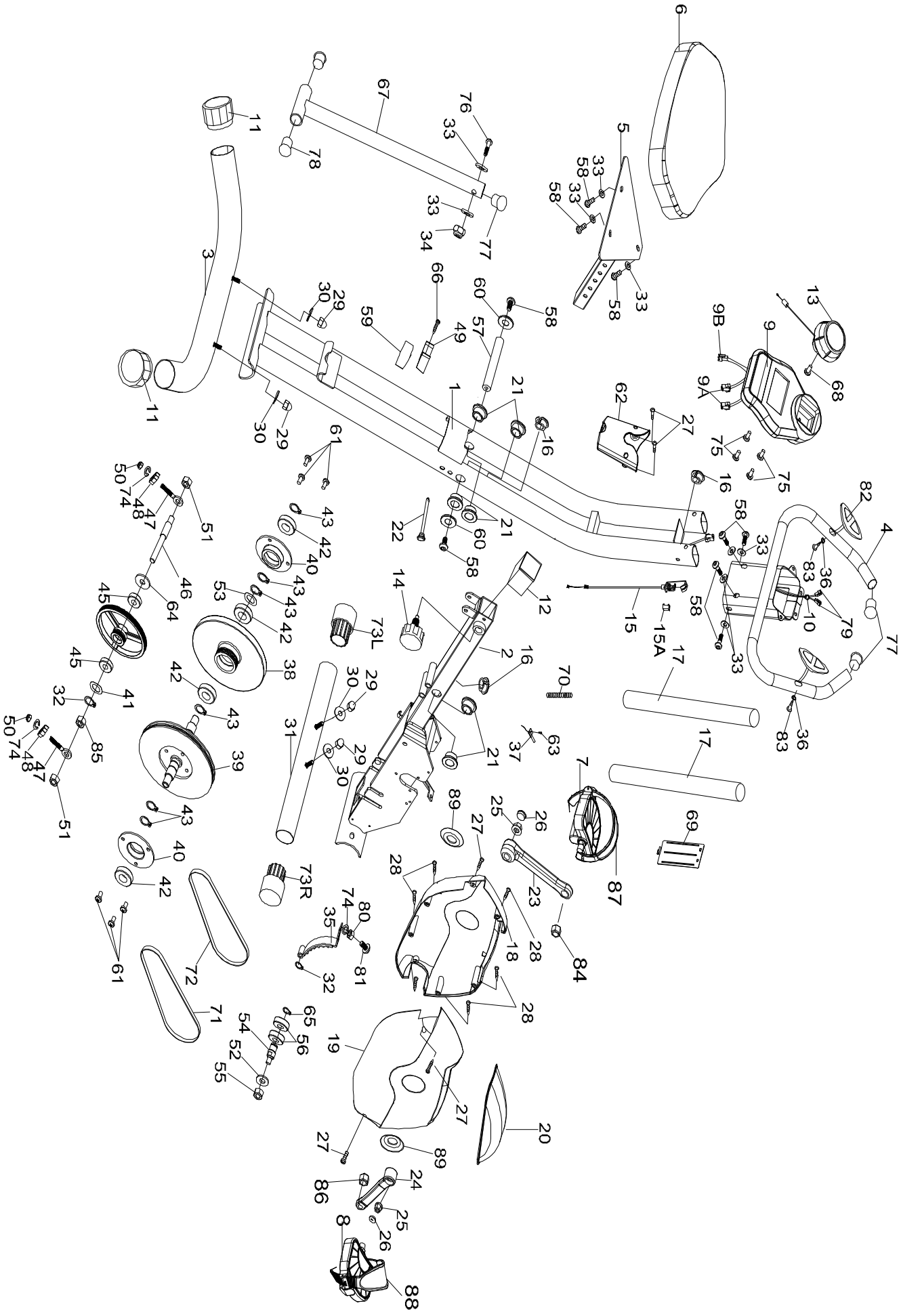
Basic precautions should always be followed, including the following safety guidelines when using this equipment. Read all of the guidelines before using this equipment.

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.
5. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or moist condition.
6. Do not use the equipment outdoors. This equipment is for household use only.
7. 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.
8. Only one person should be on the equipment at a time. Keep children and pets away from the equipment at all times. This equipment is designed for adults only.
9. 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.
10. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
11. This product requires a minimum of 6 square feet around for safe operation.
12. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
13. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a personal responsible for their safety.
14. **DO NOT** pedal in reverse.
15. **The maximum weight capacity for this product is 400 lbs/181 kgs**.

⚠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.

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

OVERVIEW DRAWING



PARTS LIST

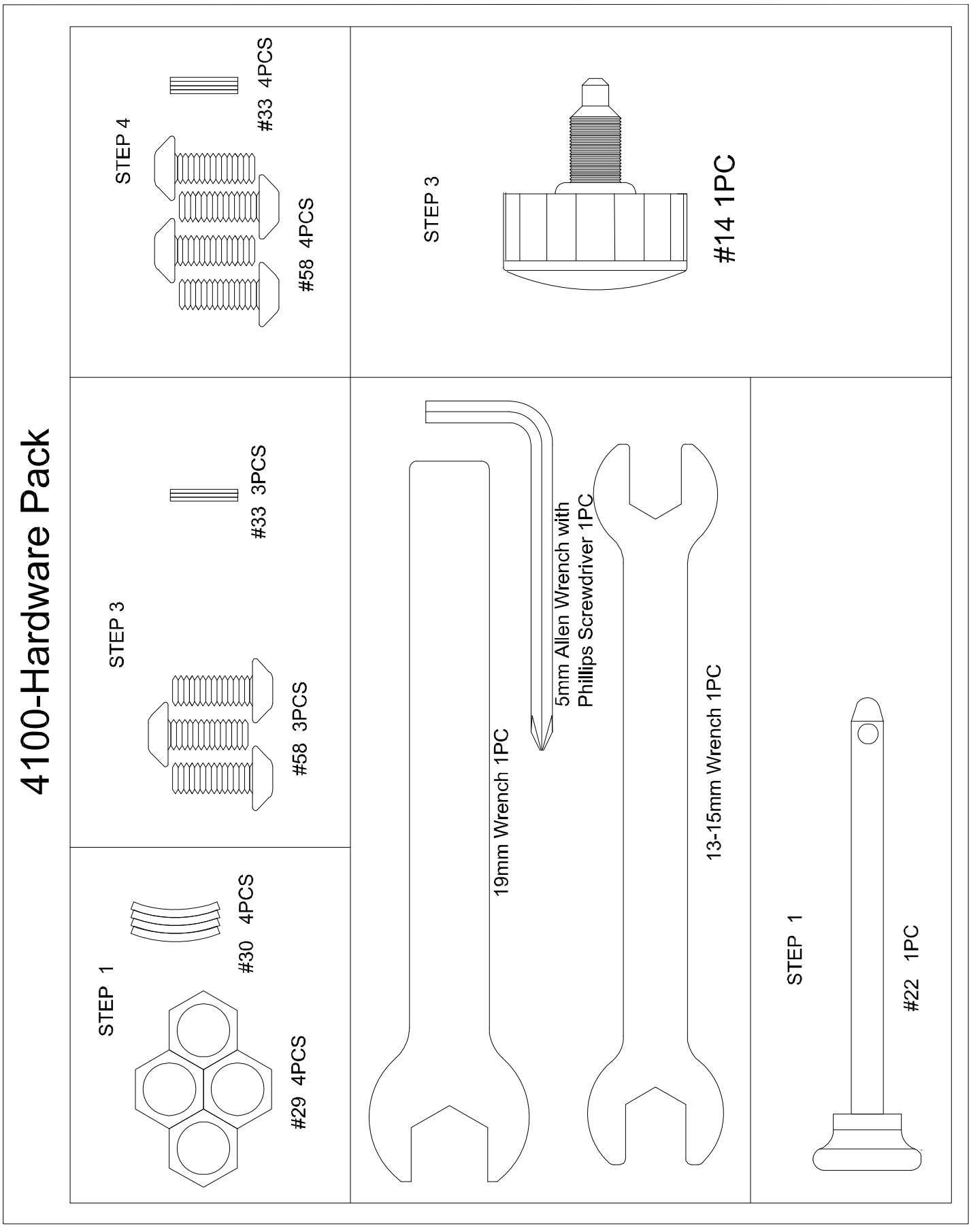
No.	Description	Qty
1	Front Frame	1
2	Rear Frame	1
3	Rear Stabilizer	1
4	Handlebar	1
5	Seat Post	1
6	Seat Cushion	1
7	Left Pedal	1
8	Right Pedal	1
9	Computer	1
9A	Hand Pulse Sensor	2
9B	Computer Wire	1
10	Wire Plug	1
11	Rear Stabilizer End Cap	2
12	Seat Post Bushing	1
13	Tension Control Knob	1
14	Seat Height Adjustment Knob	1
15	Tension Cable	1
15A	Clip	1
16	Oval Wire Plug	3
17	Handlebar Foam Grip	2
18	Left Cover	1
19	Right Cover	1
20	Top Cover	1
21	Plastic Bushing	6
22	Safety Pin	1
23	Left Crank	1
24	Right Crank	1
25	Flange Nut	2
26	Crank Cover	2
27	Round Phillips Head Drilling Screw M4x20	4
28	Round Phillips Head Tapping Screw M4x20	5

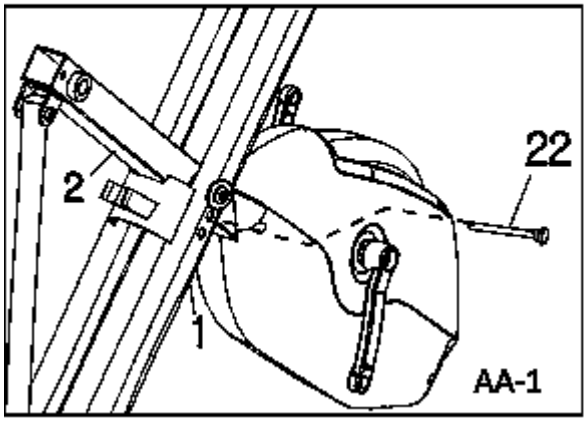
No.	Description	Qty
29	Hexagon Nut Cap M8	4
30	Curve Washer Ø8.2xØ22.2	4
31	Front Stabilizer Ø50x1.5tx550L	1
32	C-ring Ø10	2
33	Flat Washer Ø8.2xØ16.8	9
34	Nylon Nut M8	1
35	Magnet Bracket	1
36	Washer Ø6.2	2
37	Sensor Wire	1
38	Flywheel	1
39	Belt Wheel with Crank Axle	1
40	Bearing Bracket A	2
41	Wave Washer	1
42	Bearing	4
43	C-ring Ø17	6
44	Belt Wheel	1
45	Bearing 6000Z	2
46	Axle Ø12.8x94L	1
47	Eyebolt M6	2
48	Tension Bracket	2
49	Support Tube Holder	1
50	Nylon Nut M6	2
51	Nut M10	2
52	Washer Ø10.2xØ25	1
53	Wave Washer Ø17	1
54	Idle Wheel Axle	1
55	Nylon Nut M10	1
56	Bearing 6902Z	2
57	Axle Ø15.8x94.5L	1
58	Hexagon Socket Bolt M8x15	9
59	Rubber Cushion	1

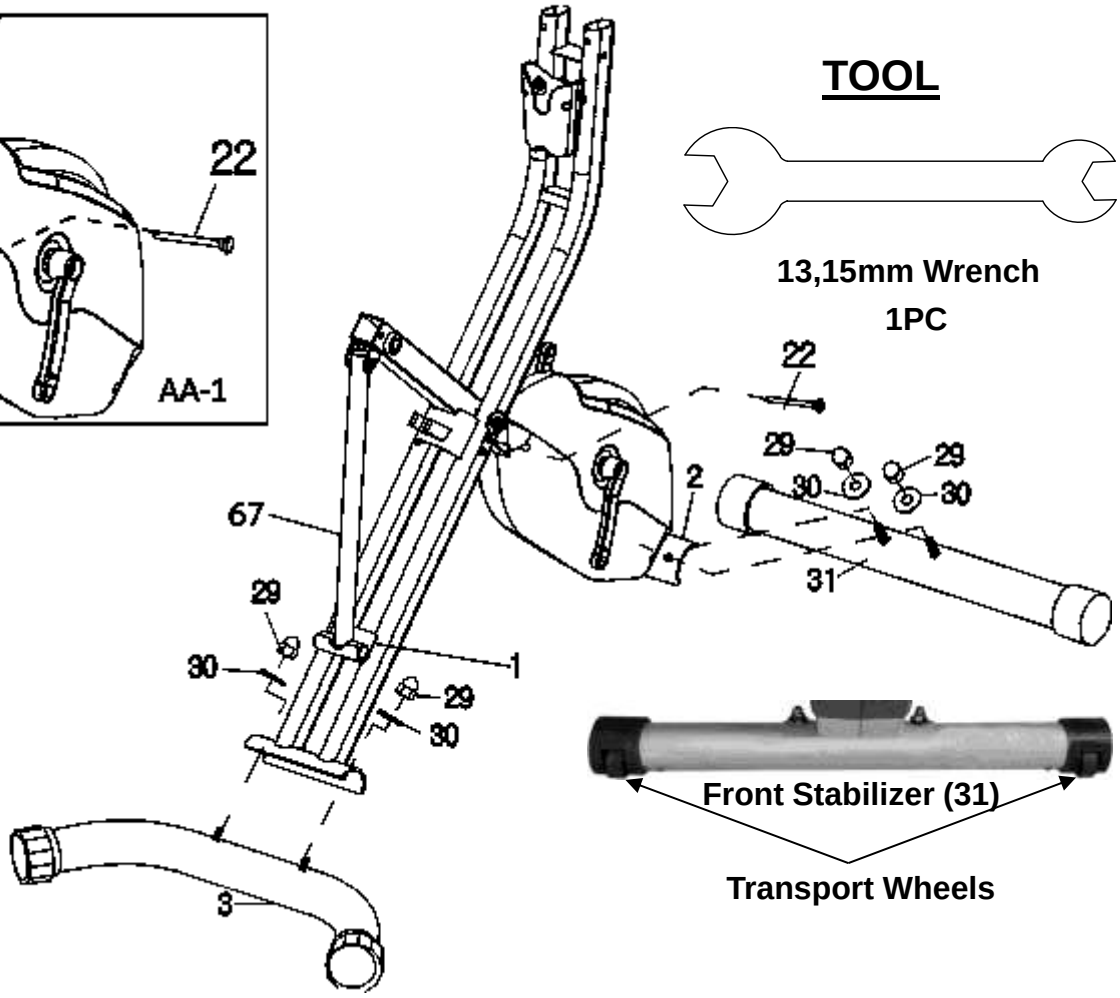
PARTS LIST

No.	Description	Qty
60	Washer Ø8.2x Ø25x2.0t	2
61	Flat Phillips Head Screw M6x10	6
62	Holder	1
63	Round Phillips Head Screw M4x10	1
64	Plastic Washer	1
65	C-ring Ø15	1
66	Screw M4x10L	3
67	Rear Frame Support Tube	1
68	Screw M5x20	1
69	Console cover	1
70	Spring	1
71	Belt 240J4	1
72	Belt 230J3	1
73R	Front Stabilizer Right End Cap	1
73L	Front Stabilizer Left End Cap	1
74	Spring Washer Ø6.2	3

No.	Description	Qty
75	Screw M5x10	4
76	Hexagon Socket Bolt M8x43L	1
77	Handlebar End Cap Ø25.4	3
78	Front Frame Support Tube End Cap Ø22.2	2
79	Hand Pulse Sensor Wire	2
80	Nut M6	1
81	Screw M6x15	1
82	Hand Pulse Sensor	2
83	Countersunk Phillips Head Cap Screw M4x20	2
84	Left Nylon Nut 9/16 UNC12	1
85	Nut Bushing M10	1
86	Right Nylon Nut 9/16 UNC12	1
87	Left Pedal Strap	1
88	Right Pedal Strap	1
89	Crank Cover	2


4100-Hardware Pack
STEP 4
#33 4PCS
#58 4PCS
STEP 3
#14 1PC
STEP 3
#33 3PCS
#58 3PCS
19mm Wrench 1PC
5mm Allen Wrench with
Phillips Screwdriver 1PC
13-15mm Wrench 1PC
STEP 1
#30 4PCS
#29 4PCS
STEP 1
#22 1PC





TOOL

13,15mm Wrench
1PC

Front Stabilizer (31)

Transport Wheels

Step 1

1A Frame Set Up: Extend the **Front Frame (1)** and the **Rear Frame (2)**. Rest the **Rear Frame Support Tube (67)** into the hooked plate on the **Front Frame (1)**. Align the upper pin holes of both frames. Then insert the **Safety Pin (22)** into the **Front Frame (1)** and the **Rear Frame (2)** to lock the frames in place **(See Fig AA-1).**

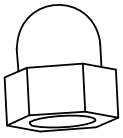
1B Front Stabilizer Installation: Attach the **Front Stabilizer (31)** onto the front curve of the **Rear Frame (2).** Secure with two **Hexagon Nut Caps (29)** and two **Curve Washers (30)**, and then tighten using the **13-15mm Wrench** provided.

1C Rear Stabilizer Installation: Attach the **Rear Stabilizer (3)** onto the rear curve of the **Front Frame (1)**. Secure with two **Hexagon Nut Caps (29)** and two **Curve Washers (30)**, and then tighten using the **13-15mm Wrench** provided.

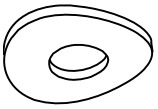
HARDWARE PACK



(22) Safety Pin
1 PC

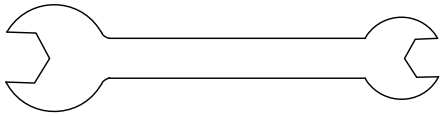


(29) Hexagon Nut Cap
4PCS

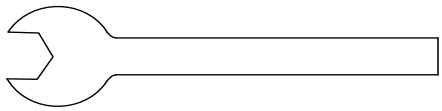


(30) Curve Washer
4 PCS

TOOLS



13-15mm Wrench
1PC



19mm Wrench
1PC

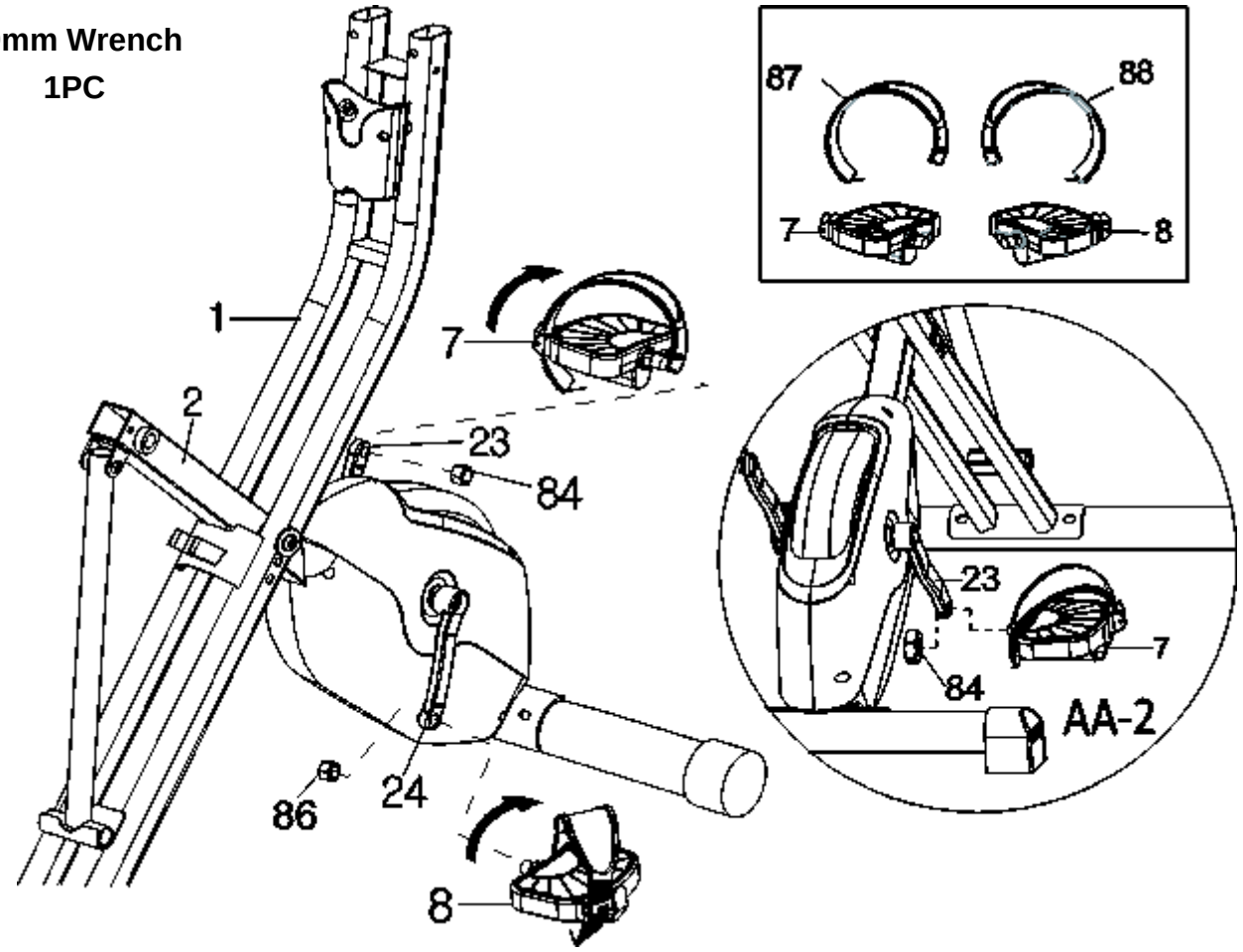
PRE-INSTALLED HARDWARE



(84) Left Nylon Nut
1PC



(86) Right Nylon Nut
1PC

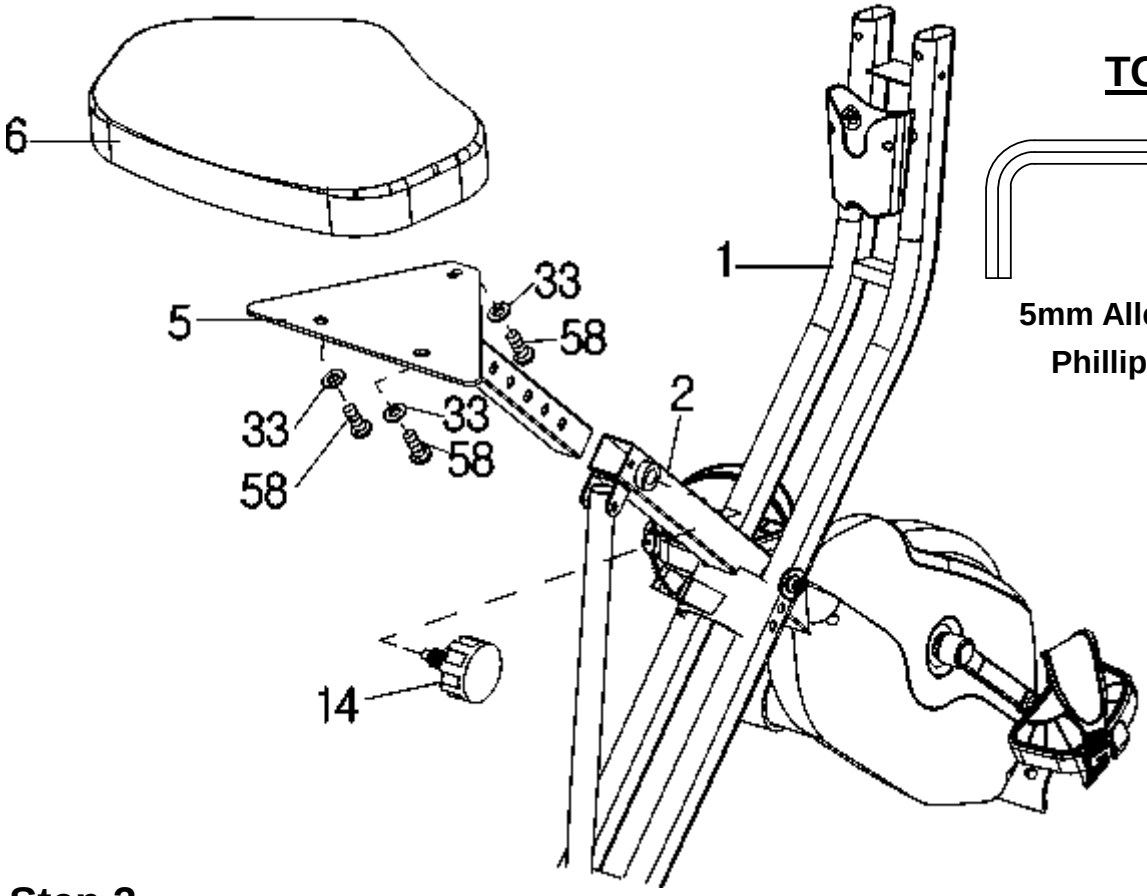


Step 2

Tip: The Cranks, Pedals, Pedal Shafts, and the Pedal Straps are marked “R” for Right and “L” for Left. **Note: DO NOT** turn the **Left Pedal (7)** in a CLOCKWISE direction**. DO NOT** turn the **Right Pedal (8)** COUNTER-CLOCKWISE doing so will strip the threads of the left pedal shaft.

2A Installing the Left Pedal: Remove the **Left Nylon Nut (84)** from the **Left Pedal (7).** Insert the **Left Pedal (7)** into the threaded hole in the **Left Crank (23)** in a COUNTER-CLOCKWISE direction with your hand. Reinstall the **Left Nylon Nut (84)** onto the protruding shaft of the **Left Pedal (7)** in a CLOCKWISE direction. Use the **13,15mm and 19mm Wrenches** to simultaneously tighten the **Left Nylon Nut (84)** and **Left Pedal (7)** in the same directions instructed. See **Figure AA-2.**

2B Installing the Right Pedal: Remove the **Right Nylon Nut (86)** from the **Right Pedal (8)**. Insert the **Right Pedal (8)** into the threaded hole in the **Right Crank (24)** via the CLOCKWISE direction with your hand. Reinstall the **Right Nylon Nut (86)** onto the protruding shaft of the **Right Pedal (8)** in a COUNTER-CLOCKWISE direction. Use the **13,15mm and 19mm Wrenches** to simultaneously tighten the **Right Nylon Nut (86)** and **Right Pedal (8)** in the same directions instructed.



TOOL



5mm Allen Wrench with Phillips Screwdriver

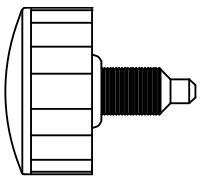
Step 3

Tip: The **Seat Cushion (6)** has 2 sets of adjustment holes. It is recommended that users between 5'1" – 5'6" use the holes towards the rear. It is recommended that users between 5'7" to 6'3" us the holes towards the front.

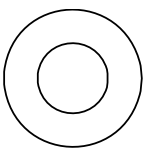
3A Installing the Seat Cushion to the Seat Post: Align the bolt holes on the underside of the **Seat Cushion (6)** with the holes on top of the **Seat Post (5)**. Then attach the **Seat Cushion (6)** to the **Seat Post (5)** with three **Flat Washers (33)** and three **Hexagon Socket Bolts (58)**. Tighten the **Bolts (58)** with the **5mm Allen Wrench with Philips Screwdriver** provided.

3B Installing the Seat Post to the Rear Frame: Insert the **Seat Post (5)** into the **Rear Frame (2)** and stop at your desired seat height. Install the **Seat Adjustment Knob (14)** into the threaded hole on the right side of **the Rear Frame (2)** by turning it CLOCKWISE, making sure that the safety pin of the **Adjustment Knob (14)** catches one of the height adjustment holes of the **Seat Post (5)**.

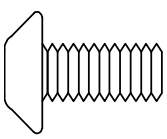
HARDWARE:



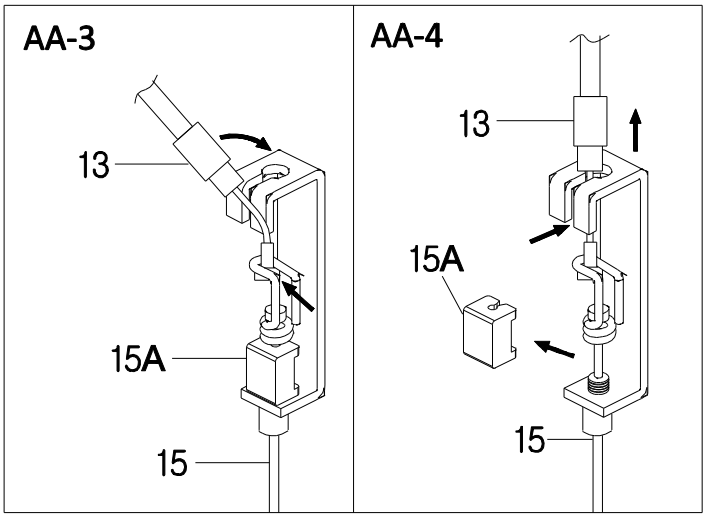
(14) Seat Height Adjustment Knob 1 PC

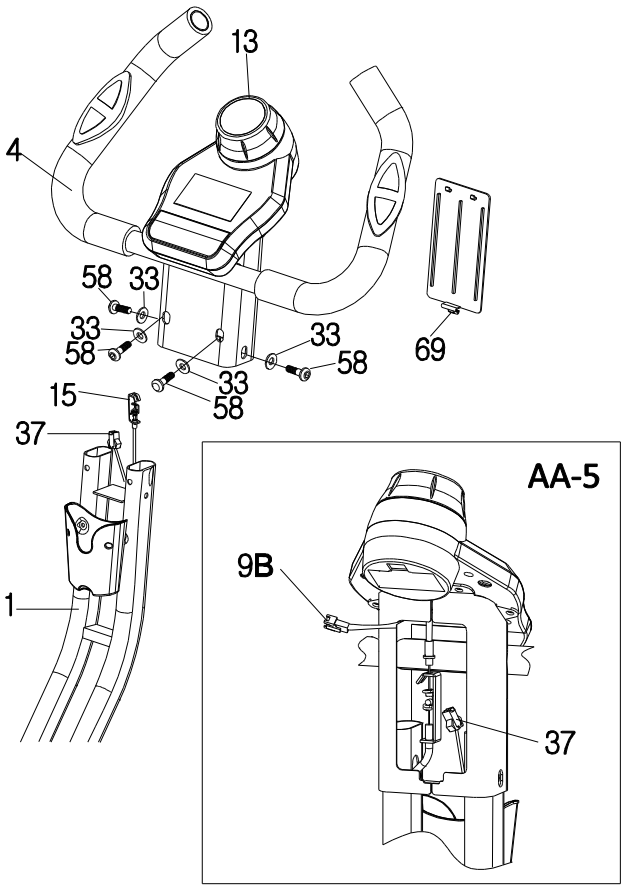


(33) Flat Washer 3PCS

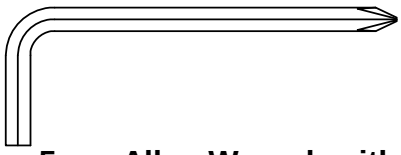


(58) Hexagon Socket Bolt 3PCS





TOOL



5mm Allen Wrench with Phillips Screwdriver 1PC

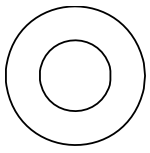
Step 4

Tip: If you need more room to install, lift the handlebars up.

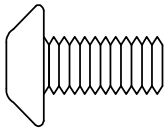
4A Installing the Tension Control Knob: Place the **Handlebar (4)** onto the **Front Frame (1)**, and remove the **Console Cover (69)** from the back of the **Handlebar (4).** Turn the **Tension Control Knob (13)** to the highest tension by turning it **CLOCKWISE**. Hook the tension cable from the **Tension Control Knob (13)** into the cable lock of the **Tension Cable (15)** coming from the **Front Frame (1)**. See **Figure AA-3**. Remove the **Clip (15A)** after the two cables have been locked. See **AA-4.** See **Figure AA-5** for an example of how the cable lock should look like.

4B Connecting the Computer Wire to the Sensor Wire: Connect the **Computer Wire (9B)** to the **Sensor Wire (37)**. See **Figure AA-5**. Then re-attach the **Console Cover (69)** onto the back side of the **Handlebar (4)**. Secure the **Handlebar (4)** onto the **Front Frame (1)** with four **Flat Washers (33)** and four **Hexagon Socket Bolts (58)**. Tighten the **Hexagon Socket Bolts (58)** by using the **5mm Allen Wrench with Phillips Screwdriver** provided.

HARDWARE:



(33) Flat Washer 4PCS



(58) Hexagon Socket Bolt 4PCS

CONSOLE FUNCTIONS



SPECIFICATIONS:

TIME----------	0:00~99:59MIN
CALORIE----------	0.0~999.9KCAL
SPEED----------	0.0~999.9ML/H (KM/H)
ODOMETER----------	0~9999ML (KM)
DISTANCE----------	0.0~999.9ML (KM)
PULSE----------	40~240BPM

COMPUTER FUNCTIONS:

TIME: Press the MODE key until the pointer locks onto TIME; this will display the amount of time the bike has been in use.

SPEED: Press the MODE key until the pointer locks onto SPEED; this will display the current speed being traveled.

DISTANCE: Press the MODE key until the pointer locks onto DISTANCE; this will display the distance traveled during the current exercise session.

CALORIE: Press the MODE key until the pointer locks onto CALORIE; this will display the estimated calorie burned.

ODOMETER: Automatically accumulates total distance traveled since first use of bike.

PULSE: Press the MODE key, until the pointer locks onto PULSE; this displays the users heart rate while gripping the pulse sensors located on the handlebars.

SCAN: Changes the display periodically every 4 seconds

TIME---SPEED---DISTANCE---CALORIE---ODOMETER--- PULSE---SCAN

(Note: To leave the SCAN function, press the MODE key.)

HOW TO INSTALL THE BATTERIES:

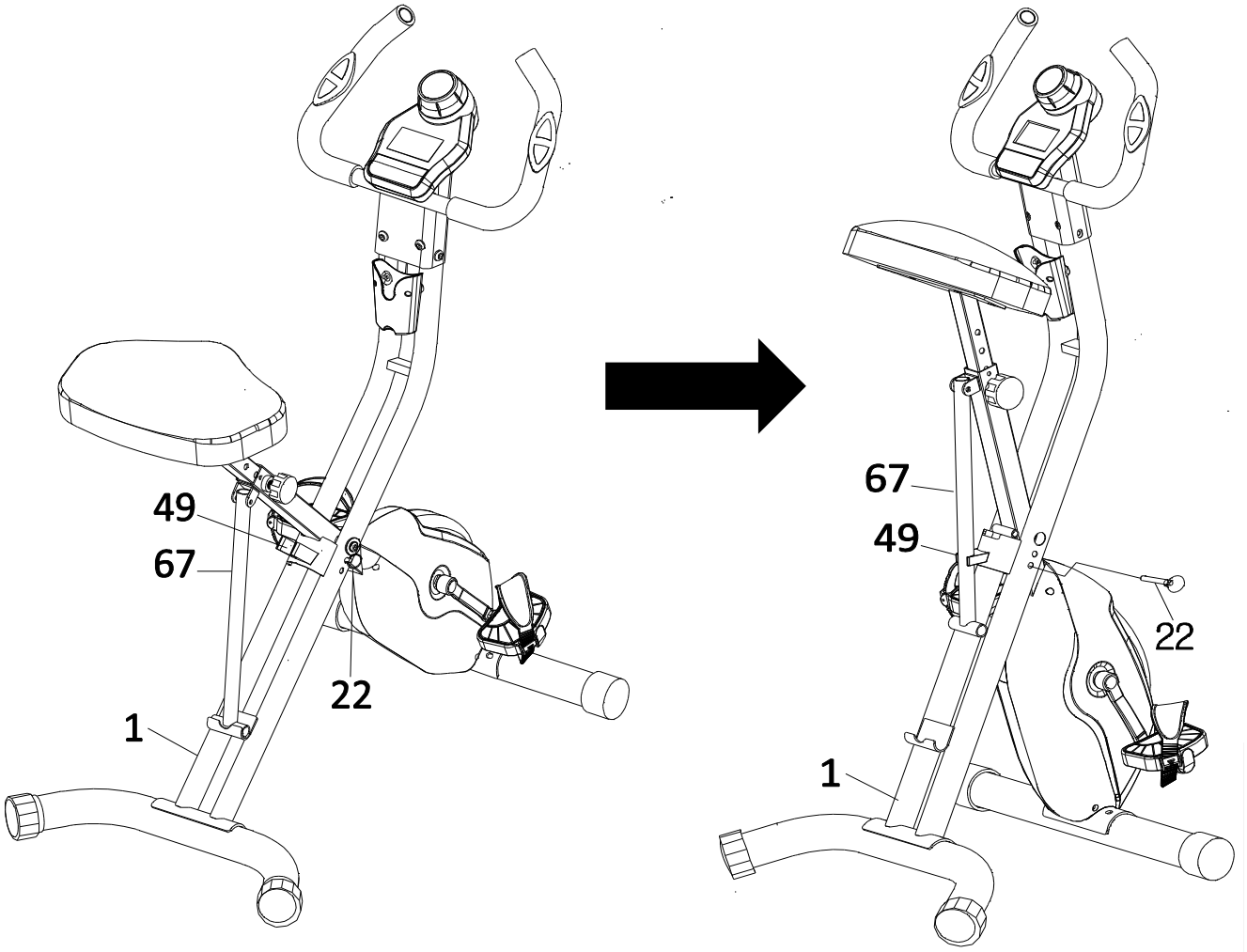
(Note: When installing the batteries, don't press the mode button.)

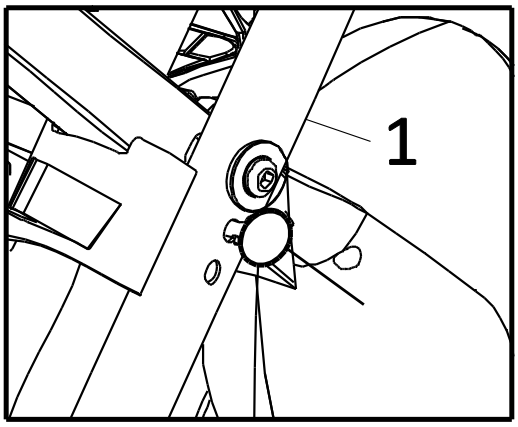
1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
4. Re-install the battery cover.

NOTE:

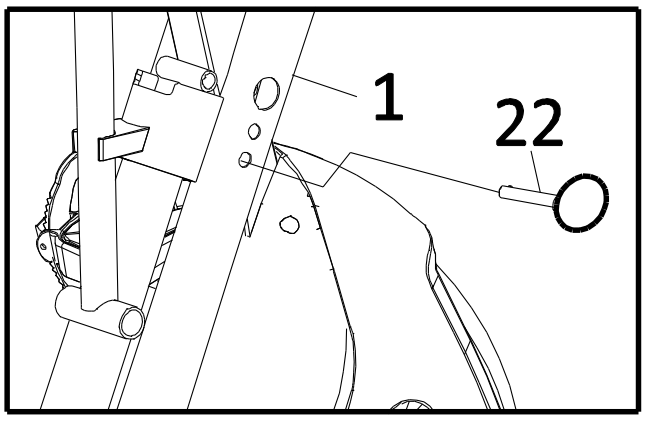
1. When inactive for 4-5 minutes the LCD display will automatically shut off.
2. To clear the workout data, hold the MODE key down for 3-10 seconds (This will not clear ODOMETER)
3. When there is activity, the console will automatically turn on.
4. If the display is illegible or is partially illegible, remove batteries and wait 15 seconds before reinstalling.

STORAGE





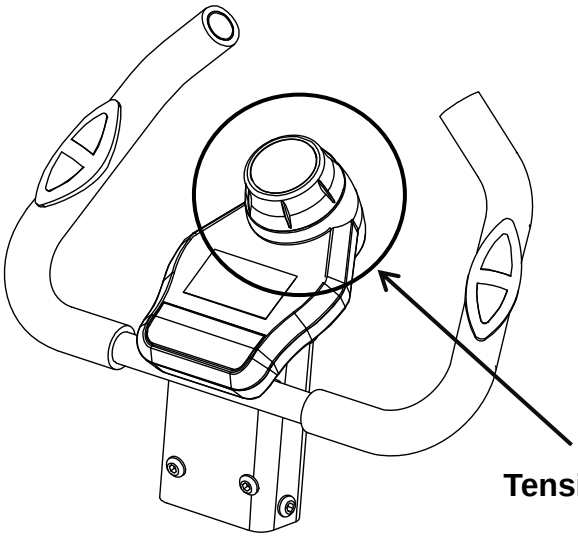
Upper Pin Hole



Lower Pin Hole

For your convenience, the bike can be folded up for storage.

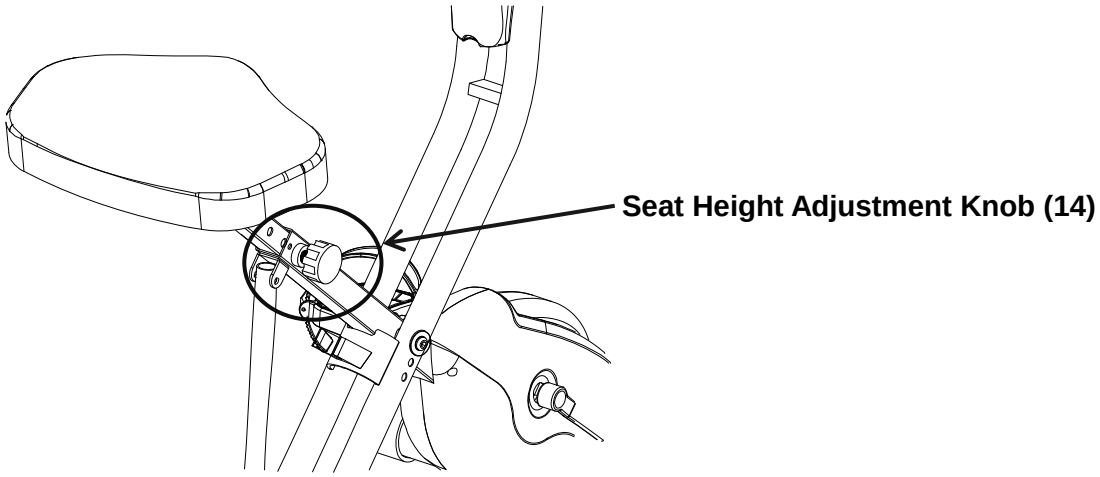
1. Remove the **Safety Pin (22)** from the upper pin hole on the **Front Frame (1)**
2. Fold the Front and Rear frames together.
3. **Re-insert** the **Safety Pin (22)** into the lower pin hole on the **Front Frame (1)** to secure the **Front** and **Rear Frames (1,2)** together.
4. Place the **Rear Frame Support Tube (67**) into the **Support Tube Holder (49)**.



Adjusting the Tension Control Knob

Increase Tension:
Turn the **Tension Control Knob (13)** clockwise.

Decrease Tension:
Turn the **Tension Control Knob (13)** counterclockwise.



Adjusting the Seat Height

Loosen the **Seat Height Adjustment Knob (14)** by turning it **counterclockwise**. Pull AND hold to release the pin. While the Knob is being pulled, adjust the **Seat Post (5)** to the desired height. Release the **Seat Height Adjustment Knob (14)** to allow the pin to catch one of the holes along the **Seat Post (5)**. Then tighten **Seat Height Adjustment Knob (14)** by turning it **clockwise** to secure the seat in place.

NOTE: When adjusting the height of the **Seat Post (5)**, make sure the height of the **Seat Post (5)** does not exceed the MAX line on the **Seat Post (5)**.

Adjusting the Pedal Strap

1



The **Left Pedal Strap (87)** has an L marked on the strap (**see Figure 1**).

2



3



Snap the slotted end of the **Left Pedal Strap (87)** onto the tab on the inside edge of the **Left Pedal (7)** (**see Figures 2 and 3**).

4



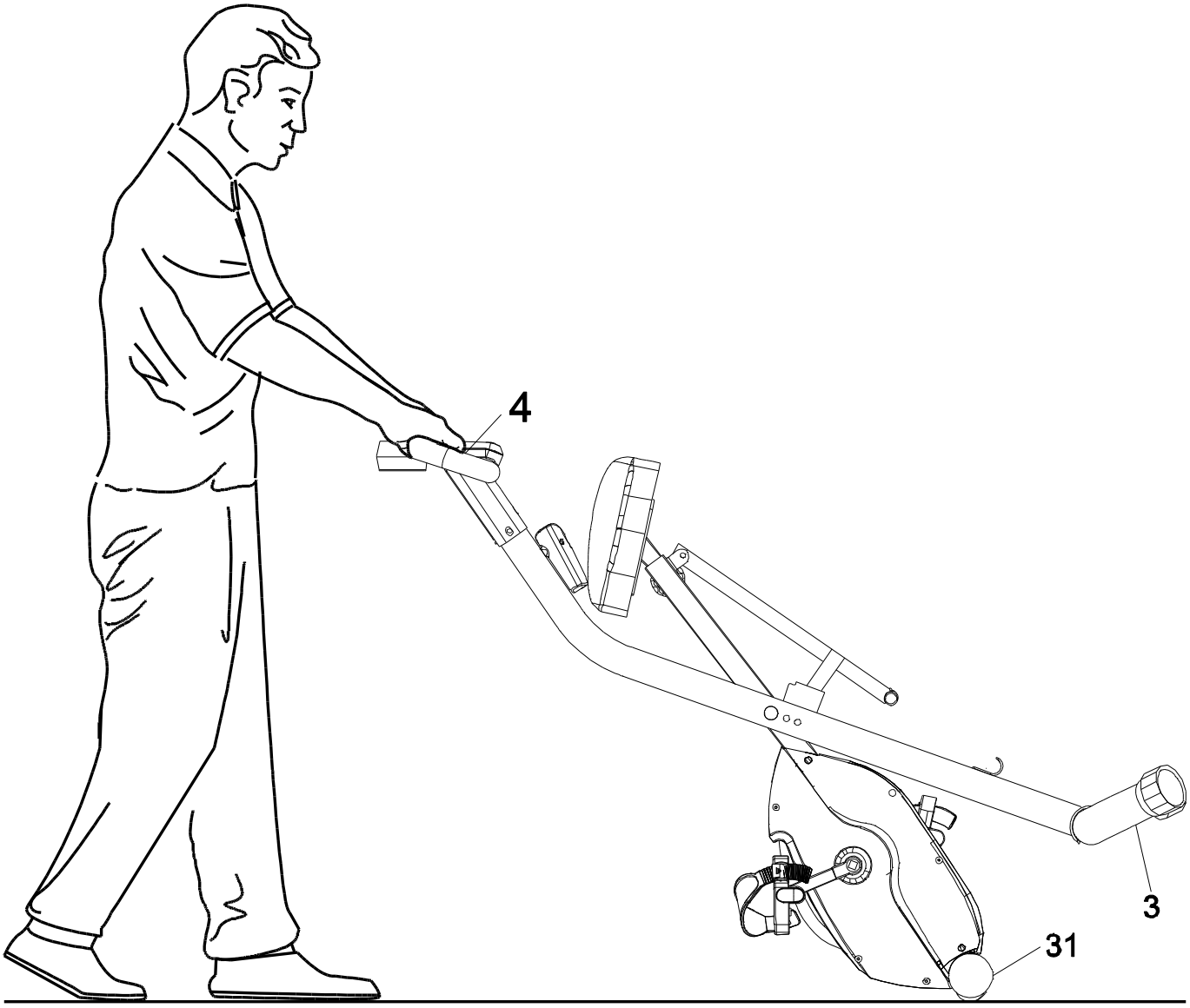
5



Insert the ridged end of the **Left Pedal Strap (87)** into the red clip on the **Left Pedal (7) (see Figures 4).**

Adjusting the Left Pedal Strap: To make the **Left Pedal Strap (87)** more tight, pull the lower ridged portion down **(see Figures 5)**. To make the **Left Pedal Strap (87)** more loose, push the red clip down and pull up on the upper portion of the **Left pedal strap (87) (see Figures 5).**

Adjusting The Right Pedal Strap: Use the same procedure to assemble and adjust the **Right Pedal Strap (88)** onto the **Right Pedal (8).**



Transporting the Bike

Hold the **Handlebar (4)** and tilt the bike forward until the wheels on the **Front Stabilizer (31)** make contact with the floor. Push or pull the unit to the desired location, then gently lower **the Rear Stabilizer (3)** back down to the ground.

MAINTENANCE

Cleaning

The bike can be cleaned with a soft, clean damp cloth. Do not use abrasives or solvents on the plastic parts. Wipe your perspiration off the bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or the electronics to fail. Keep the computer console and the bike, out of direct sunlight to prevent screen damage.
Inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage

Store the bike in a clean and dry environment away from pets and children.

TROUBLE SHOOTING

PROBLEM: There is no display on the computer console.
SOLUTION: Remove the **Console Cover (69)** and verify that the wire that comes from the computer console is properly connected to the wires that come from the rear frame.
SOLUTION: Check if the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
SOLUTION: The batteries in the computer console may be dead. Replace the dead batteries with new batteries.

PROBLEM: There is no heart rate reading or the heart rate reading is erratic / inconsistent.
SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.
SOLUTION: To ensure the pulse readout is accurate, always hold on to the handlebar grip sensors with two hands instead of just with one hand.
SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain even pressure while holding onto the hand pulse sensors.

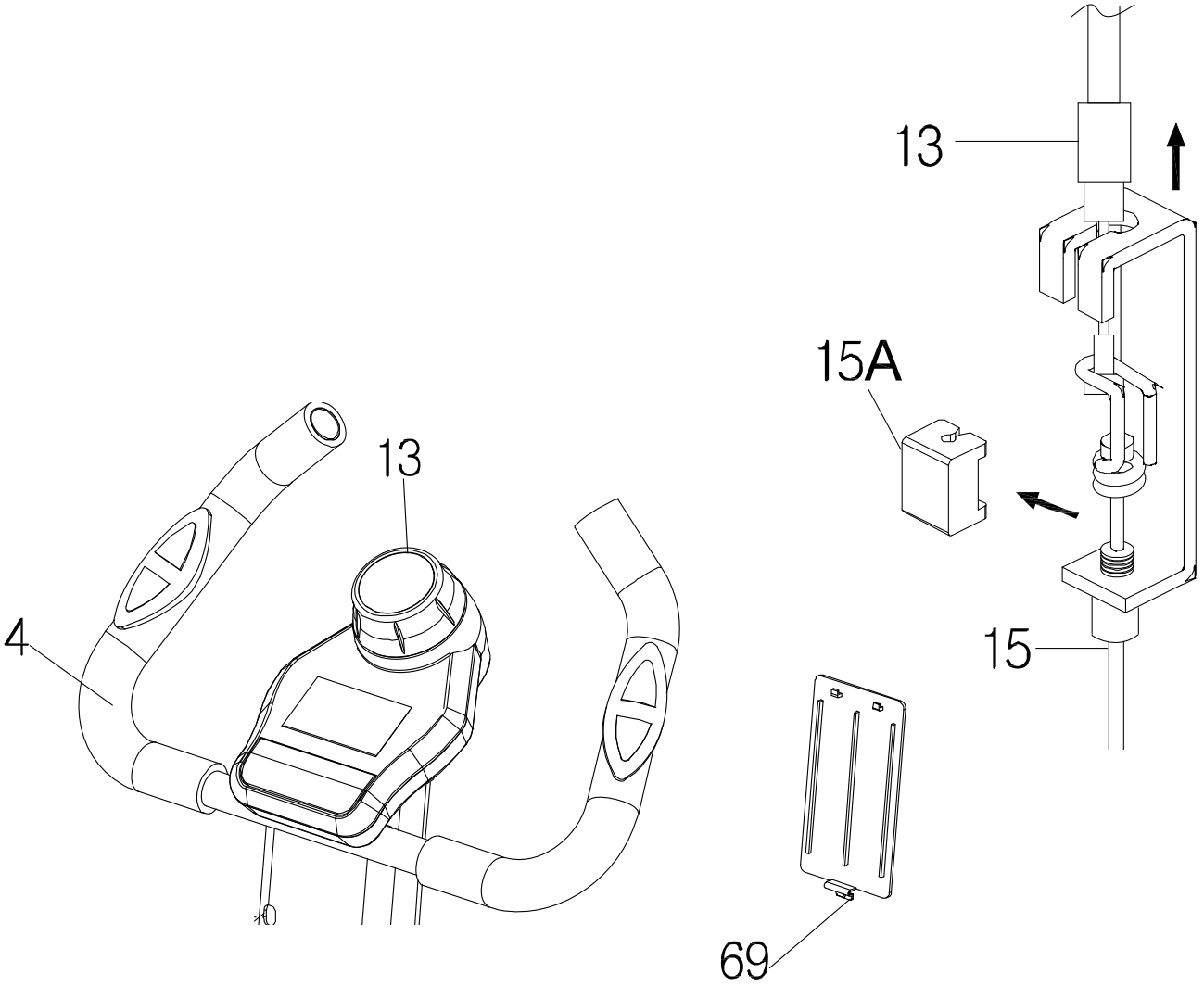
PROBLEM: The bike makes a squeaking noise when in use.
SOLUTION: The bolts may be loose on the equipment. I all of the nuts, bolts, screws and tighten any loose Hardware.

TROUBLE SHOOTING

PROBLEM: The pedals came unscrewed while in use.
SOLUTION: Reinstall the pedals and if you cannot then contact Customer Service.

PROBLEM: How to reset the data on display.
SOLUTION: Hold the Mode Key down for 3-10 Seconds, this will reset the display (Note: The Odometer will not be reset. To reset odometer, remove the batteries from the **Computer (9)**.

PROBLEM: High Tension on all settings
SOLUTION: Remove the **Console Cover (69)** to verify that the **Tension Control Knob (13)** is properly connected to the **Tension Cable (15)**. If not, un-hook the cables and reinstall the **Tension Control Knob (13).** (See Diagram Below)
SOLUTION: Make sure part **Clip15A** is removed. (See Diagram Below)
SOLUTION: Turn the tension knob to tension level one, and then pull the **Tension Control Knob (13)** cable up as high as you can as this will reset the tension.



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

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**

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