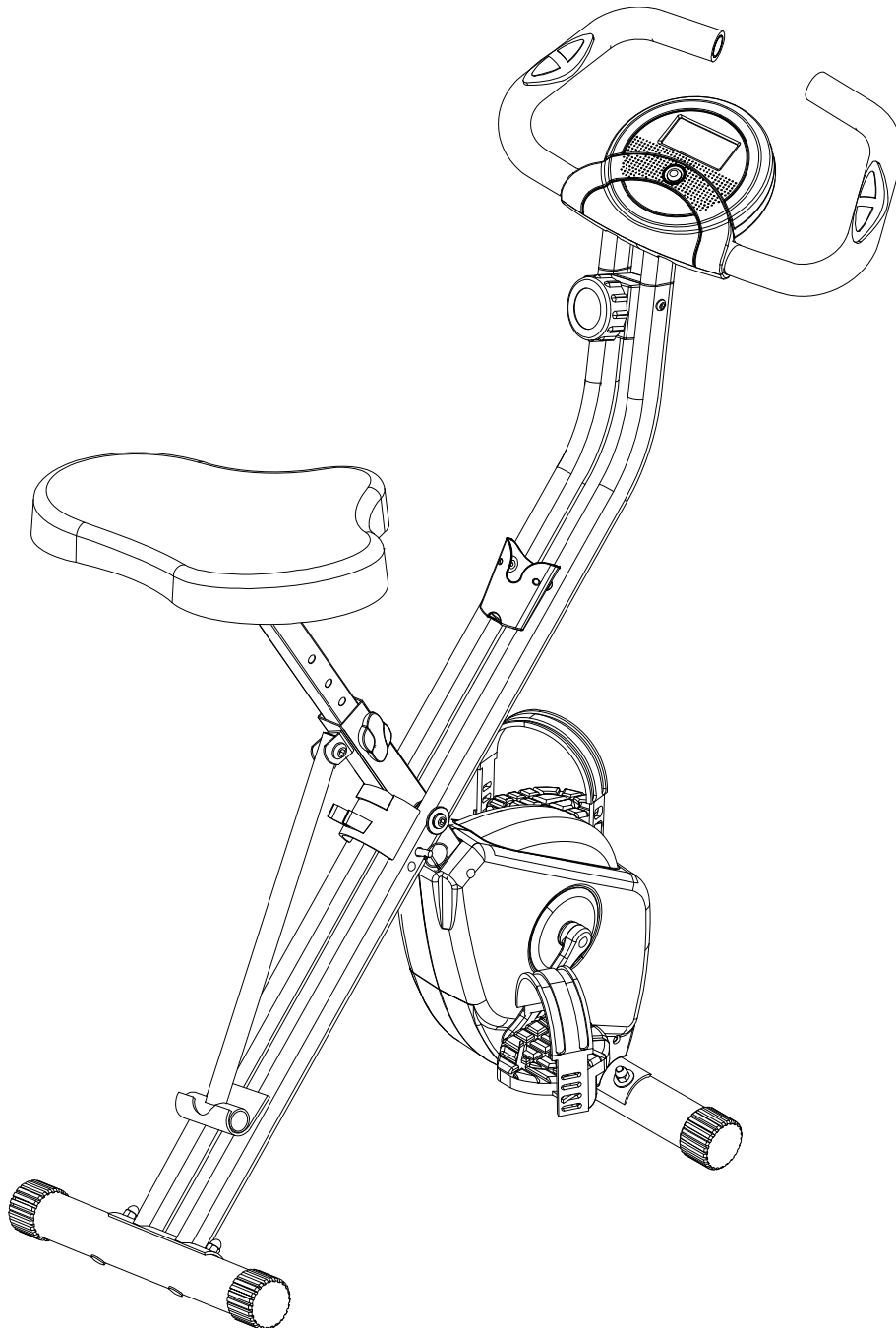


Folding Upright Bike with Pulse



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.



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 (8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday) 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

Monday thru Friday (PST)

Response time may vary via calling

Refer to our email for the best response time

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.

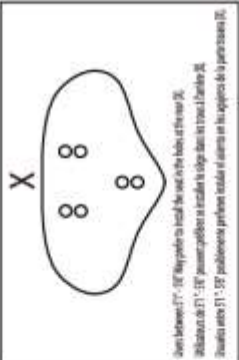
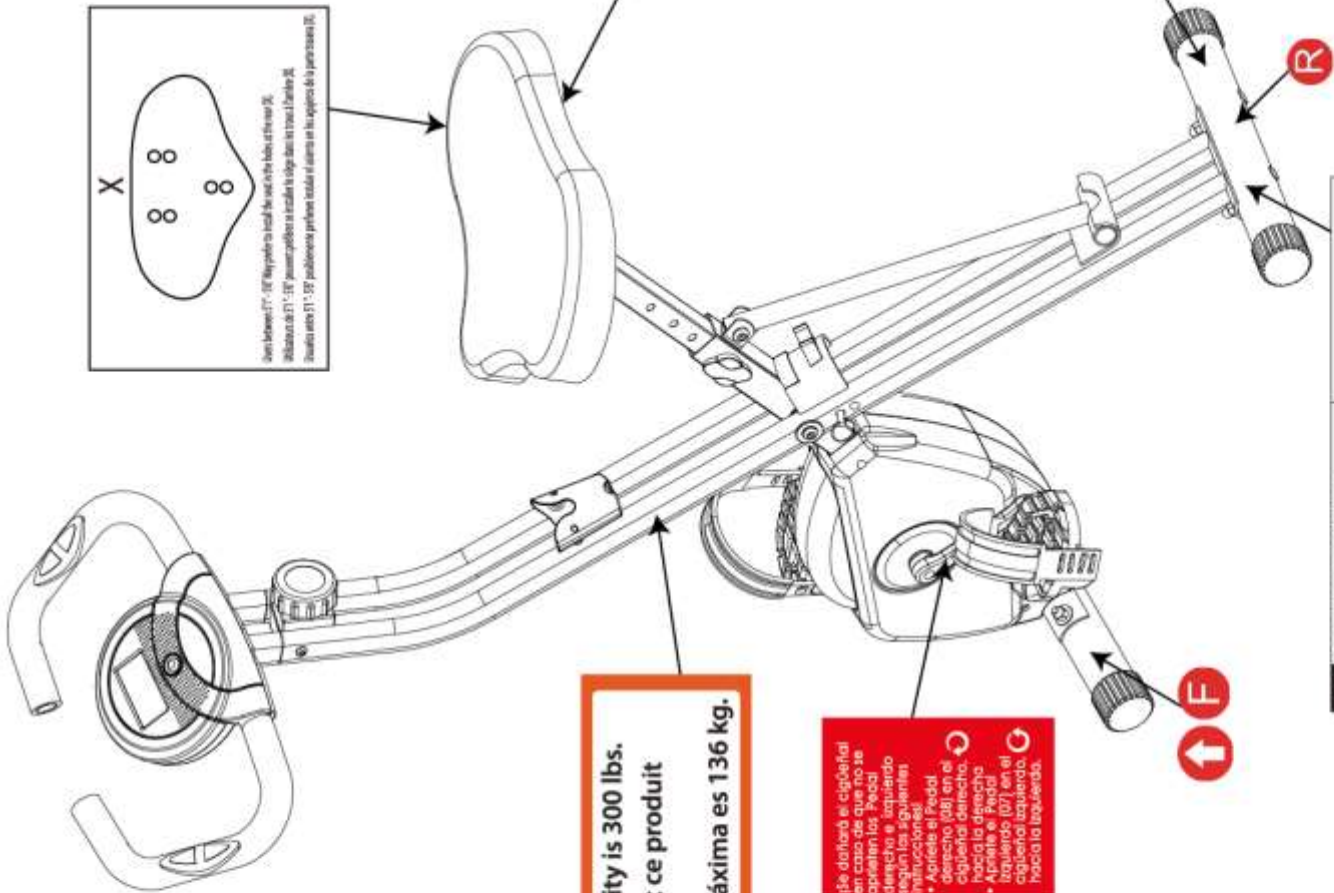
Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT

| | |
|---|--|
| UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER | NOTICE This article does not meet the flammability requirements of California Bureau of Home Furnish- ings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes. |
| ALL NEW MATERIALS CONSISTING OF POLYURETHANE FOAM MUST HAVE FURNITURE FLAMMABILITY LABEL | AVIS Ce produit ne satisfait pas aux critères d'inflammabil- ité spécifiés à l'article 117 du décret technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme ouverte (cigarettes, etc.) |
| REGISTRY NO. VA25302 (CN) | NOTIFICACIÓN Este artículo no se ajusta a la inflamabilidad requerida de la Oficina de Modulano boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarrillos ardiendo. |
| Certification is made by the manufacturer that the materials in this article are described in accordance with law. | SE SANZIONA LEGALMENTE A QUIEN FORTALEZA ETIQUETA SOLAMENTE CONFORME A LA LEY. |
| Prodiprim Health and Wellness, Inc. 1180 Judd Ave. City of Industry, CA 91746, USA | MATERIAL COMPLETAMENTE NUEVO COMPUESTO DE 100% RELLENO DE ESPUMA DE POLIURETANO. |
| LOUS PÉDIE DE SANCTION LEGALE, ENLÈVEZ PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR. | NÚM. DE REG. VA25302 (CN) |
| ENTRETIEN FABRIQUEUR DE MATERIAUX NEURS MEMBRANES POLYURETHANE 100 % | El fabricante certifica que los materiales de este artículo se describen según la ley. |
| NO D'ENREGISTREMENT VA25302 (CN) | Prodiprim Health and Wellness, Inc. 1180 Judd Ave. City of Industry, CA 91746, USA |
| Cette étiquette est apposée conformément aux lois Cana- diennes. | |
| Prodiprim Health and Wellness, Inc. 1180 Judd Ave. City of Industry, CA 91746 USA | |



Maximum weight capacity is 300 lbs.
Le poids maximum pout ce produit est 136 kgs.
La capacidad de peso máxima es 136 kg.

The Crank will be damaged if the Right or Left Pedal are not tightened as per below instructions:
• Tighten Right Pedal (R) into the Right Crank Counter Clockwise
• Tighten Left Pedal (L) into the Left Crank Counter Clockwise

La manivela podría estar dañada si los pedales derecho o izquierdo no están bien ajustados según las siguientes instrucciones:
• Apriete el pedal derecho (R) en la manivela derecha en sentido horario
• Apriete el pedal izquierdo (L) en la manivela izquierda en sentido horario

El cigüeñal se dañará si el cigüeñal izquierdo (L) en el cigüeñal izquierdo, hacia la izquierda.

EXERCISEUTIC

For customer assistance,
Monday - Friday:
Pour le service à la clientèle
composer le lundi à vendredi:
Para servicios al cliente,
llame al, lunes a viernes:

1-844-641-7921
8 am - 5 pm PST

IMPORTANT SAFETY GUIDELINES

Read all instructions before using the Bike. When using our equipments, 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. Only one person should use the equipment at a time.
4. 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.
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 the equipment 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. Keep all hands and feet away from any moving parts.
11. Never drop or insert any object into any opening.
12. Always wear shoes when using the equipment.
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. 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.
15. **DO NOT** pedal in reverse.
16. **Assemble All Parts & Hardware Accordingly To The Assembly Steps. Use The Illustrations For Reference.**
17. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
18. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
19. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.

The maximum weight capacity for this product is 300 lbs/136 kgs.

⚠WARNING: Before beginning any exercise program consult your physician.

This is especially important for the people who are over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment.

⚠CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

IMPORTANT SAFETY GUIDELINES

Talk to your Doctor before you 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) and maximum rated user height:

The Maximum Weight Capacity for this product is 300lbs/136kgs.

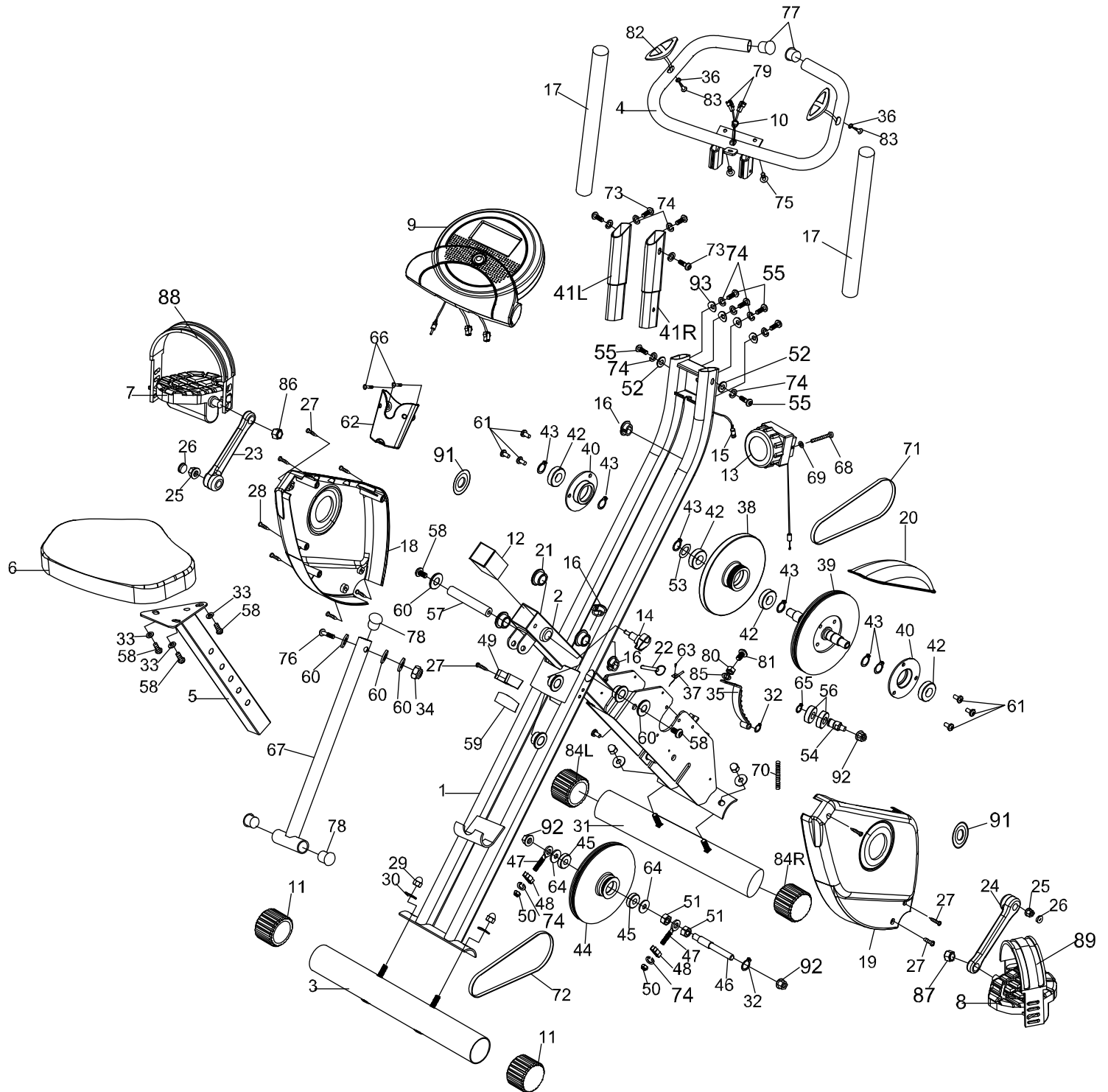
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES



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

OVERVIEW DRAWING



PARTS LIST

| No. | Description | Qty |
|-----|--|-----|
| 1 | Rear Frame | 1 |
| 2 | Front Frame | 1 |
| 3 | Rear Stabilizer | 1 |
| 4 | Handlebar Ø25 | 1 |
| 5 | Seat Post | 1 |
| 6 | Seat Cushion | 1 |
| 7 | Left Pedal | 1 |
| 8 | Right Pedal | 1 |
| 9 | Console | 1 |
| 10 | Wire Plug | 1 |
| 11 | Rear Stabilizer End Cap | 2 |
| 12 | Seat Post Plastic Bushing | 1 |
| 13 | Tension Control Knob | 1 |
| 14 | Seat Height Adjustment Knob | 1 |
| 15 | Sensor Wire | 1 |
| 16 | Oval Wire Plug | 3 |
| 17 | Handlebar Foam Grip | 2 |
| 18 | Left Cover | 1 |
| 19 | Right Cover | 1 |
| 20 | Top Cover | 1 |
| 21 | Round 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 Head Drilling Phillips Screw M4x20 | 7 |
| 28 | Round Head Tapping Phillips Screw M4x20 | 4 |
| 29 | Hexagon Nut Cap M8 | 4 |

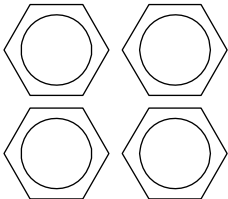
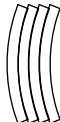
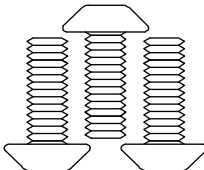


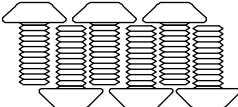
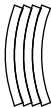


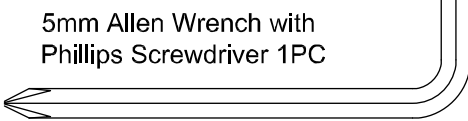
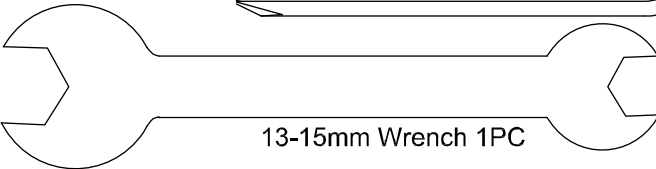

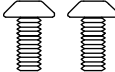
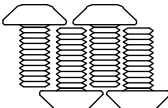

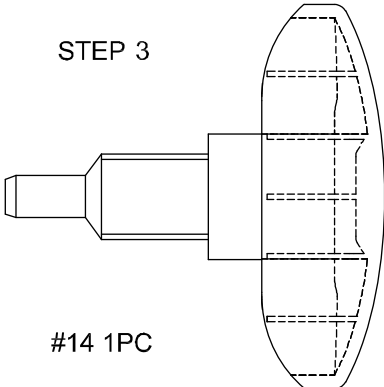
| No. | Description | Qty |
|-----|----------------------------|-----|
| 30 | Curved Washer Ø8.2xØ22.2 | 4 |
| 31 | Front Stabilizer | 1 |
| 32 | C-ring Ø10 | 2 |
| 33 | Flat Washer Ø8.2xØ16.8 | 3 |
| 34 | Nylon Nut M8 | 1 |
| 35 | Magnet Bracket | 1 |
| 36 | Washer Ø6.2 | 2 |
| 37 | Sensor Clip | 1 |
| 38 | Flywheel | 1 |
| 39 | Belt Wheel with Crank Axle | 1 |
| 40 | Bearing Bracket A | 2 |
| 41R | Right Handlebar Extension | 1 |
| 41L | Left Handlebar Extension | 1 |
| 42 | Bearing 6003RS | 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 Clip | 1 |
| 50 | Nylon Nut M6 | 2 |
| 51 | Nut M10 | 2 |
| 52 | Flat Washer Ø6.2 | 2 |
| 53 | Wave Washer Ø17 | 1 |
| 54 | Idle Wheel Axle | 1 |
| 55 | Hex Bolt M6x15 | 6 |
| 56 | Bearing 6902Z | 2 |
| 57 | Axle | 1 |

PARTS LIST

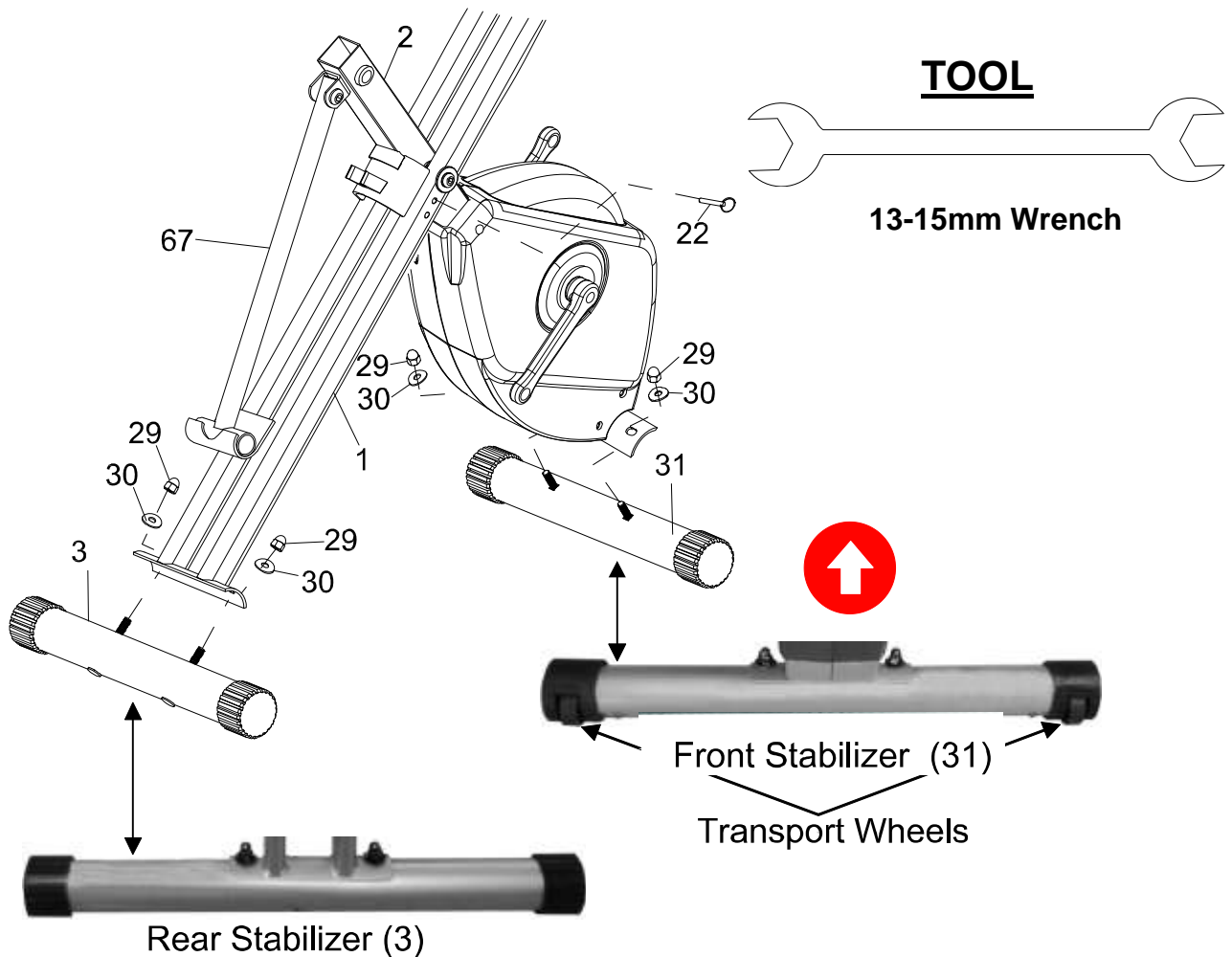
| No. | Description | Qty |
|-----|---------------------------------|-----|
| 58 | Hex Bolt M8x15 | 5 |
| 59 | Rubber Cushion | 1 |
| 60 | Washer Ø8.2x Ø25x2.0t | 5 |
| 61 | Flat Head Phillips Screw M6x11 | 6 |
| 62 | Bottle Holder | 1 |
| 63 | Round Head Phillips Screw M4x10 | 1 |
| 64 | Plastic Washer | 2 |
| 65 | C-ring Ø15 | 1 |
| 66 | Screw M4x10L | 2 |
| 67 | Support Tube | 1 |
| 68 | Screw M5x20 | 1 |
| 69 | Washer Ø5.2xØ18 | 1 |
| 70 | Spring | 1 |
| 71 | Belt 240J4 | 1 |
| 72 | Belt 230J3 | 1 |
| 73 | Hex Bolt M6x12 | 4 |
| 74 | Spring Washer Ø6.2 | 12 |
| 75 | Screw M5x15 | 2 |

| No. | Description | Qty |
|-----|---------------------------------------|-----|
| 76 | Hex Bolt M8x43L | 1 |
| 77 | Handlebar End Cap Ø25.4 | 2 |
| 78 | Front Frame Support Tube End Cap | 3 |
| 79 | Hand Pulse Sensor Wire | 2 |
| 80 | Nut M6 | 1 |
| 81 | Screw M6x15 | 1 |
| 82 | Hand Pulse Sensor | 2 |
| 83 | Countersunk Head Phillips Screw M4x20 | 2 |
| 84R | Right Front Stabilizer End Cap | 1 |
| 84L | Left Front Stabilizer End Cap | 1 |
| 85 | Spring Washer Ø6.2 | 1 |
| 86 | Left Pedal Nut 9/16 | 1 |
| 87 | Right Pedal Nut 9/16 | 1 |
| 88 | Left Pedal Strap | 1 |
| 89 | Right Pedal Strap | 1 |
| 91 | Crank Cap | 2 |
| 92 | Flange Nut M10 | 3 |
| 93 | Curved Washer Ø6.2 | 4 |

1200K - Hardware Pack

| | | | | | |
|--|--|---|--|---|--|
| <div>STEP 1</div> <div><div>#29 4PCS</div></div> <div><div>#30 4PCS</div></div> | | <div>STEP 3</div> <div><div>#58 3PCS</div></div> <div><div>#33 3PCS</div></div> | | <div>STEP 4</div> <div><div>#74 6PCS</div></div> <div><div>#55 6PCS</div></div> <div><div>#93 4PCS</div></div> <div><div>#52 2PCS</div></div> | |
| <div><div>19mm Wrench 1PC</div></div> <div><div>5mm Allen Wrench with Phillips Screwdriver 1PC</div></div> <div><div>13-15mm Wrench 1PC</div></div> | | | | <div>STEP 5</div> <div><div>#74 4PCS</div></div> <div><div>#66 2PCS</div></div> <div><div>#73 4PCS</div></div> | |
| <div>STEP 1</div> <div><div>#22 1PC</div></div> | | <div>STEP 3</div> <div><div>#14 1PC</div></div> | | | |

ASSEMBLY



STEP 1

1A Setting Up The Frames Of The Bike: Stand up the base of the **Rear and Front Frames (1, 2)** by pulling them apart from each other. Rest the **Support Tube (67)** into the hooked plate on the **Rear Frame (1)**. Align the upper pin holes on where both **Frames (1, 2)** intersect and insert the **Safety Pin (22)** to lock the frames in place.

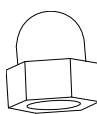
1B Installing The Front Stabilizer: Ensuring that the **UP Sticker** is visible on the outside and facing correctly, attach the **Front Stabilizer (31)** with the **Transport Wheels** onto the **Front Frame (2)** with two **Hexagon Nut Caps (29)** and two **Curved Washers (30)**. Tighten the **Hexagon Nut Caps (29)** with the **13 - 15mm Wrench** provided.

1C Installing The Rear Stabilizer: Ensuring that the **UP Sticker** is visible on the outside and facing correctly, attach the **Rear Stabilizer (3)** onto the **Rear Frame (1)** with two **Hexagon Nuts Cap (29)** and two **Curved Washers (30)**. Tighten the **Hexagon Nut Caps (29)** with the **13 - 15mm Wrench** provided.

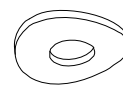
HARDWARE PACK



(22) Safety Pin
1PC



(29) Hexagon Nut Cap
4PCS



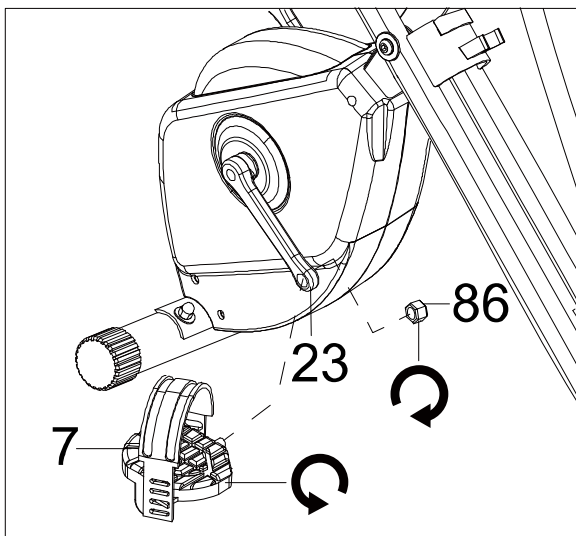
(30) Curved Washer
4PCS

ASSEMBLY

TOOLS



Left Side



PREINSTALLED HARDWARE

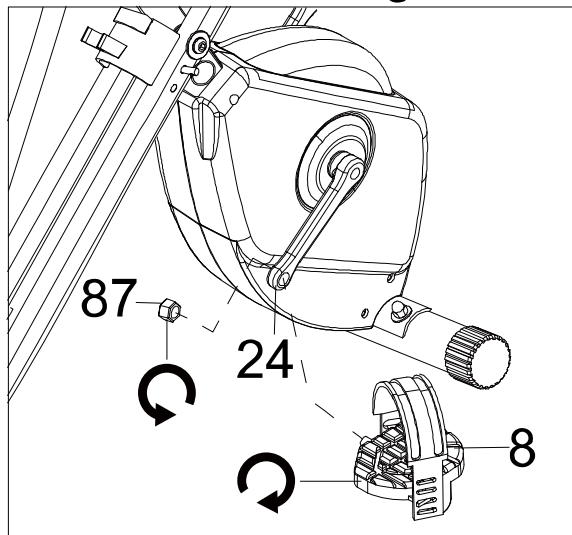


(86) Left Pedal Nut
1 PC



(87) Right Pedal Nut
1 PC

Right Side



STEP 2

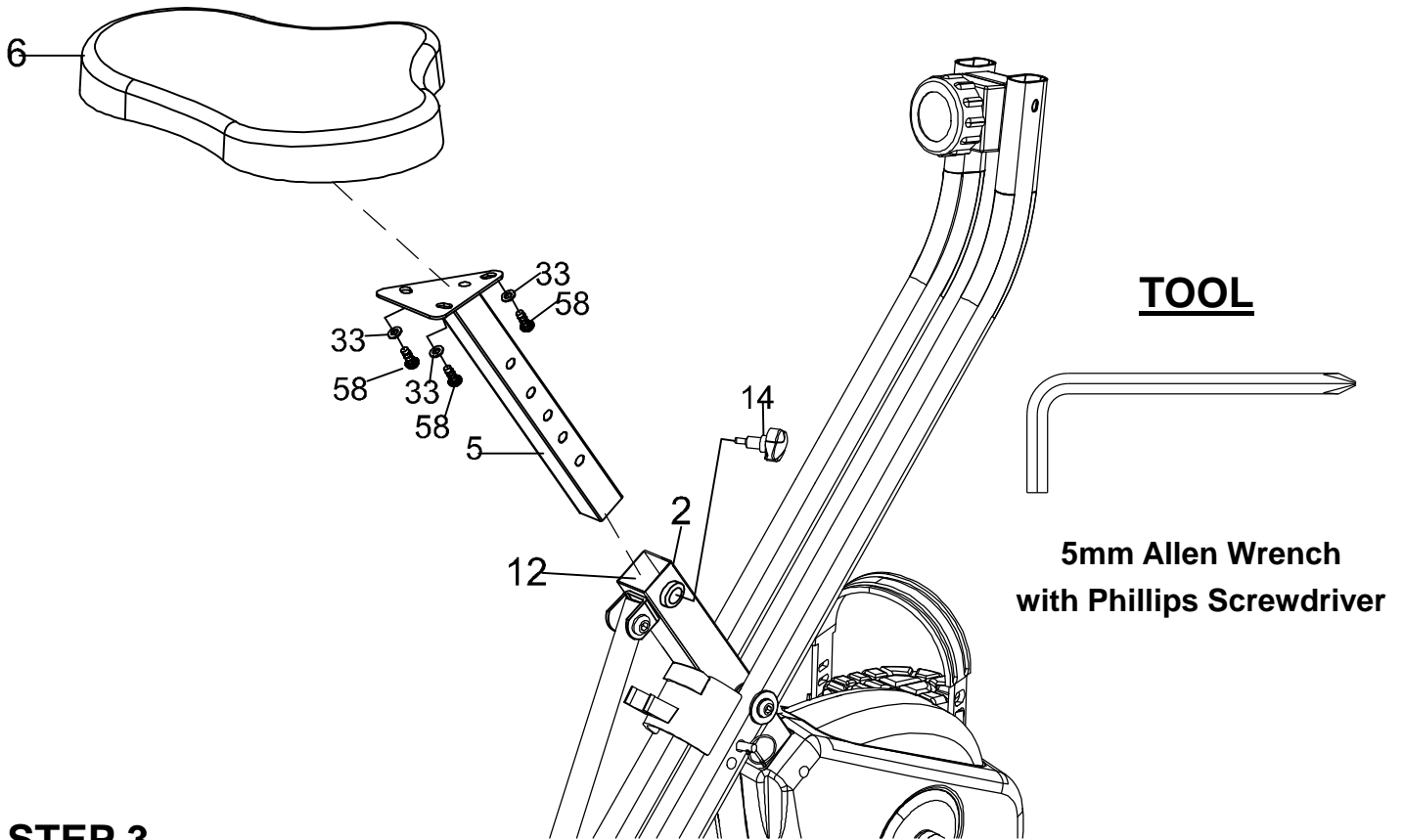
Tip: Only turn the pedals in the direction instructed. The left and right pedals have different turning directions for installation. The Cranks, Pedals, Pedal Shafts, Pedal Nuts, and Pedal Straps are marked “R” for Right and “L” for Left.

2A Installing The Left Pedal Onto The Left Crank: Remove the **Left Pedal Nut (86)**. Insert the **Left Pedal (7)** perfectly straight into the threaded hole in the **Left Crank (23)**. Turn the pedal shaft by hand in a COUNTER-CLOCKWISE direction until snug. Use the the **13 – 15mm Wrench** to fully tighten the **Left Pedal (7)**. Attach the **Left Pedal Nut (86)** to the protruding shaft in a CLOCKWISE direction. Use both the **13-15mm Wrench** and **19mm Wrench** to simultaneously tighten the **Left Pedal (7)** and the **Left Pedal Nut (86)**. Only tighten in the directions instructed.

2B Installing The Right Pedal Onto The Right Crank: Remove the **Right Pedal Nut (87)** Insert the **Right Pedal (8)** perfectly straight into the threaded hole in the **Right Crank (24)**. Turn the pedal shaft by hand in a CLOCKWISE direction until snug. Use the the **13 – 15mm Wrench** to fully tighten the **Right Pedal (8)**. Attach the **Right Pedal Nut (87)** to the protruding shaft in a COUNTER-CLOCKWISE direction. Use both the **13-15mm Wrench** and **19mm Wrench** to simultaneously tighten the **Right Pedal (8)** and the **Right Pedal Nut (87)**. Only tighten in the directions instructed.

2C Installing The Pedal Straps To The Pedals: Install the **Left Pedal Strap (88)** onto the **Left Pedal (7)**. Install the **Right Pedal Strap (89)** onto the **Right Pedal (8)**. See **Operations & Adjustment Page**.

ASSEMBLY



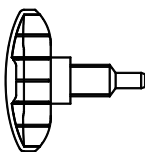
STEP 3

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 of the seat and users between 5'7" to 6'3" use the holes towards the front. **See Operations & Adjustment Page 18.**

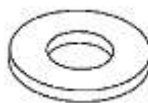
3A Installing The Seat Cushion To The Seat Post: Align the bolt holes on the underside of the **Seat Cushion (6)** with the holes on top of the **Seat Post (5)**. Attach the **Seat Cushion (6)** to the **Seat Post (5)** with three **Flat Washers (33)** and three **Hex Bolts (58)**. Tighten the **Hex Bolts (58)** with the **5mm Allen Wrench with Phillips Screwdriver** provided.

3B Installing The Seat Post To The Front Frame: After securing the **Seat Cushion (6)** to the **Seat Post (5)**, insert the **Seat Post (5)** through the **Seat Post Plastic Bushing (12)** and into the tube of the **Front Frame (2)**. Insert the **Seat Height Adjustment Knob (14)** into the threaded hole on the right side of the **Front Frame (2)**. Turn the **Seat Height Adjustment Knob (14)** in a CLOCKWISE direction making sure that the **Seat Height Adjustment Knob (14)** catches one of the height adjustment holes on the **Seat Post (5)** before you start fully tightening the **Knob (14)**.

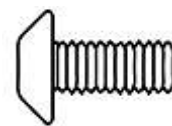
HARDWARE PACK



(14) Seat Height
Adjustment Knob
1 PC

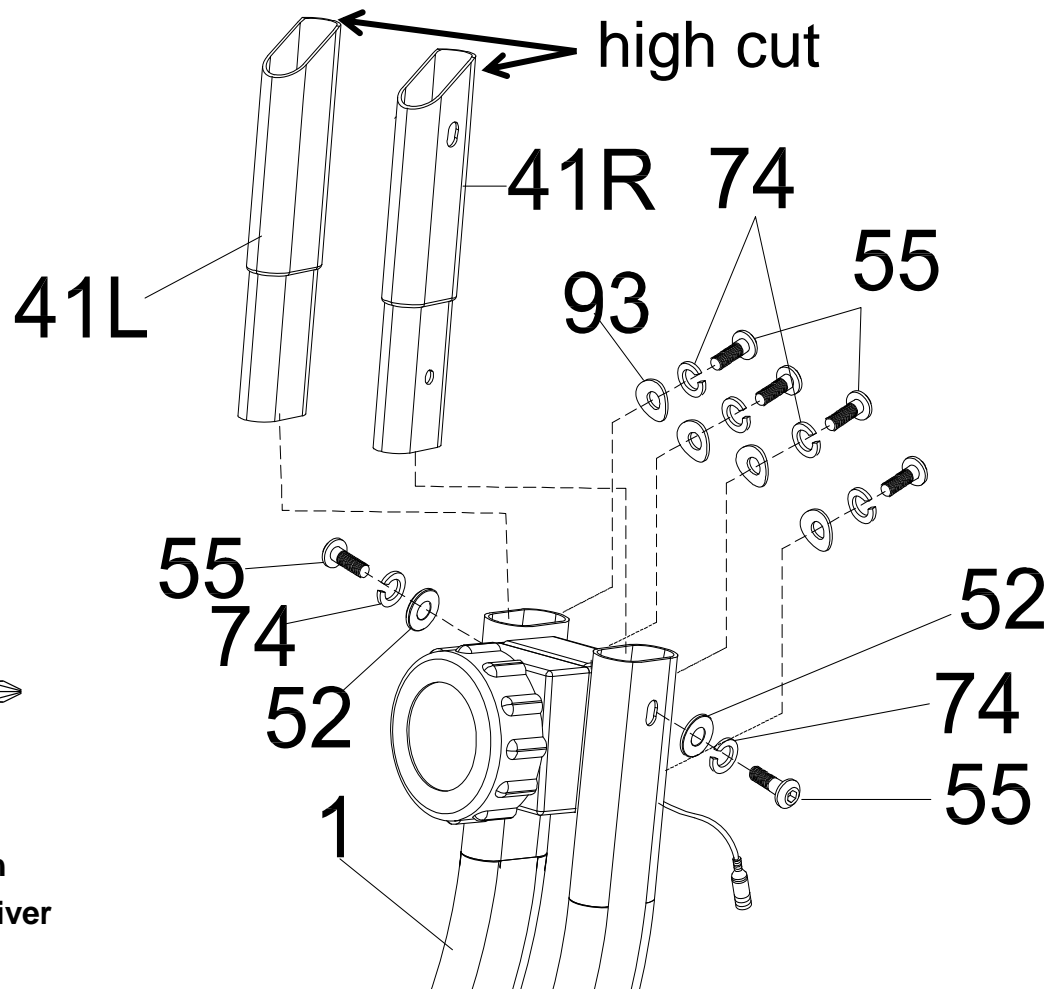
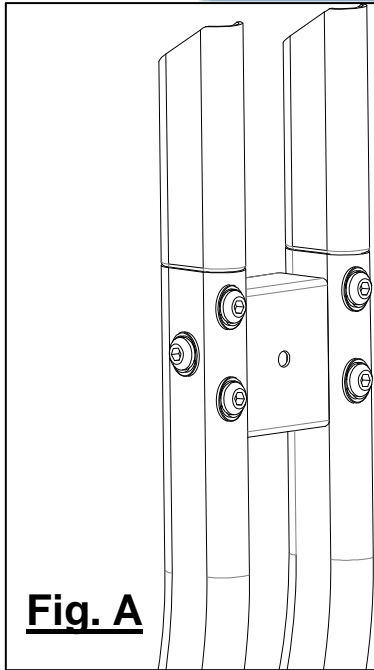


(33) Flat Washer
3 PCS



(58) Hex Bolt
3 PCS

ASSEMBLY



TOOL



5mm Allen Wrench
with Phillips Screwdriver

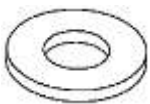
STEP 4

4A Installing The Handlebar Extensions to the Rear Frame: Attach the **Left & Right Handlebar Extensions (41R) & (41L)** to the **Rear Frame (1)**. The **Left & Right Handlebar Extensions (41R) & (41L)** can only be installed on their assigned side of the frame. Align the holes and insert two **Flat Washers (52)**, two **Spring Washers (74)**, two **Hex Bolts (55)**, four **Curve Washers (93)**, four **Spring Washers (74)** and four **Hex Bolts (55)**. **DO NOT Tighten the Hex Bolts (55) UNTIL STEP 5A is completed. You will have hole alignment issues if you do.**

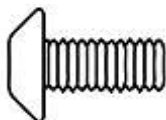
NOTE: See Fig. A for the appearance of the Extensions after installation.

NOTE : Please make sure the high cut of Left & Right Handlebar Extensions (41R) & (41L) are facing forward.

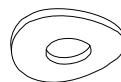
HARDWARE PACK



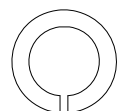
(52) Flat Washer
2PCS



(55) Hext Bolt
6 PCS

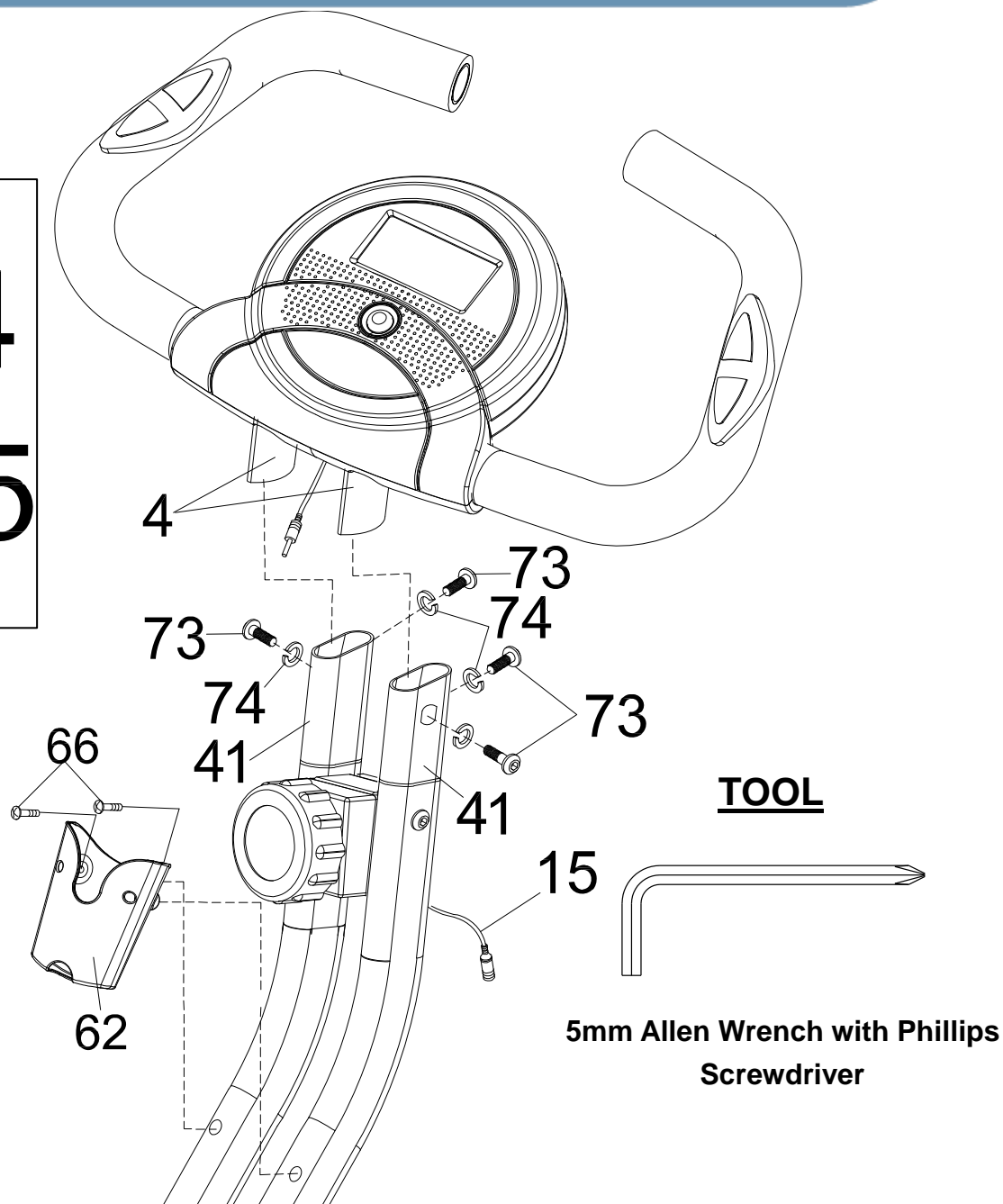
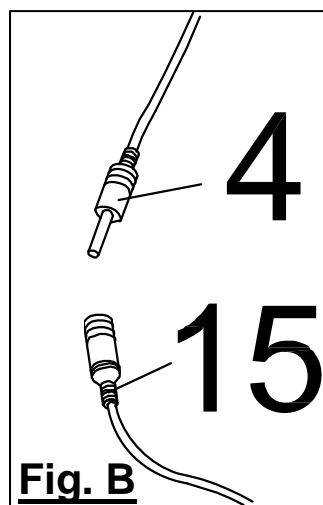


(93) Curve Washer
4PCS



(74) Spring Washer
6 PCS

ASSEMBLY



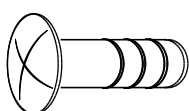
STEP 5

5A Installing The Handlebars: Attach the **Handlebar (4)** onto the top of the **Handlebar Extensions (41)** with four **Hex Bolts (73)** and four **Spring Washers (74)**. **Tighten the Hex Bolts (73) and the SIX Hex Bolts (55) from STEP 4 at this time with the 5mm Allen Wrench with Phillips Screwdriver provided.**

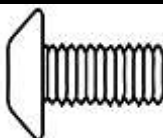
5B Connecting The Sensor Wires: Connect the female **Sensor Wire (15)** from the **Rear Frame (1)** to the male wire from the **Handlebar (4)**. See Fig. B.

5C Installing The Bottle Holder: Attach the **Bottle Holder (62)** onto the **Rear Frame (1)** with two **Screws (66)**. Tighten the **Screws (66)** with the **5mm Allen Wrench with Phillips Screwdriver** provided.

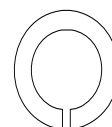
HARDWARE PACK



(66) Screw
2PCS



(73) Hex Bolt
4 PCS



(74) Spring Washer
4 PCS

CONSOLE

SPECIFICATIONS:

| | |
|----------------|---------------------|
| TIME ----- | 0:00-99:59 MIN: SEC |
| SPEED ----- | 0.0-999.9 ML/H |
| DISTANCE ----- | 0.0-999.9 ML |
| CALORIE ----- | 0.0-999.9 KCAL |
| ODOMETER ----- | 0.0-999.9 ML |
| PULSE ----- | 40-240 BEATS/MIN |

CONSOLE FUNCTIONS:

AUTO ON/OFF: The console will automatically turn on when exercise is detected. If you leave the console idle for 4 minutes, the power will shut off automatically.

SCAN: Press the button until the screen displays SCAN; the console will automatically scan the functions of **TIME**, **ODOMETER**, **CALORIE**, **PULSE**, **SPEED**, and **DISTANCE**, every 6 seconds.

TIME: Displays your elapsed workout time in minutes and seconds. The console will automatically count up from 0:00 to 99:59 in one second intervals.

SPEED: Displays your workout speed in miles per hour.

DISTANCE: Displays the total distance traveled during each workout up to a maximum of 999.9 miles.

CALORIE: The console will estimate the cumulative calories burned at any given time during your workout. The console will count up from 0.0 to 999.9 calories.

ODOMETER: Displays the total accumulative distance traveled during each workout up to a maximum of 999.9 miles. The data values of the ODOMETER will not be reset to zero when pressing and holding the button more than 2 seconds. If user takes out the batteries out from the console, the ODOMETER data values will reset to zero.

PULSE: The console will display your pulse rate in beats per minute after holding both hands on the handlebar grip sensors during exercise. To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of one.

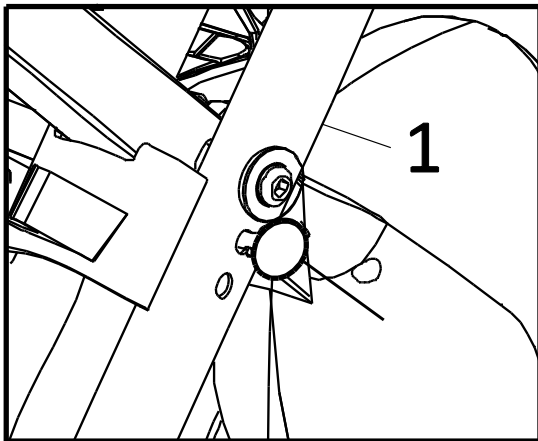
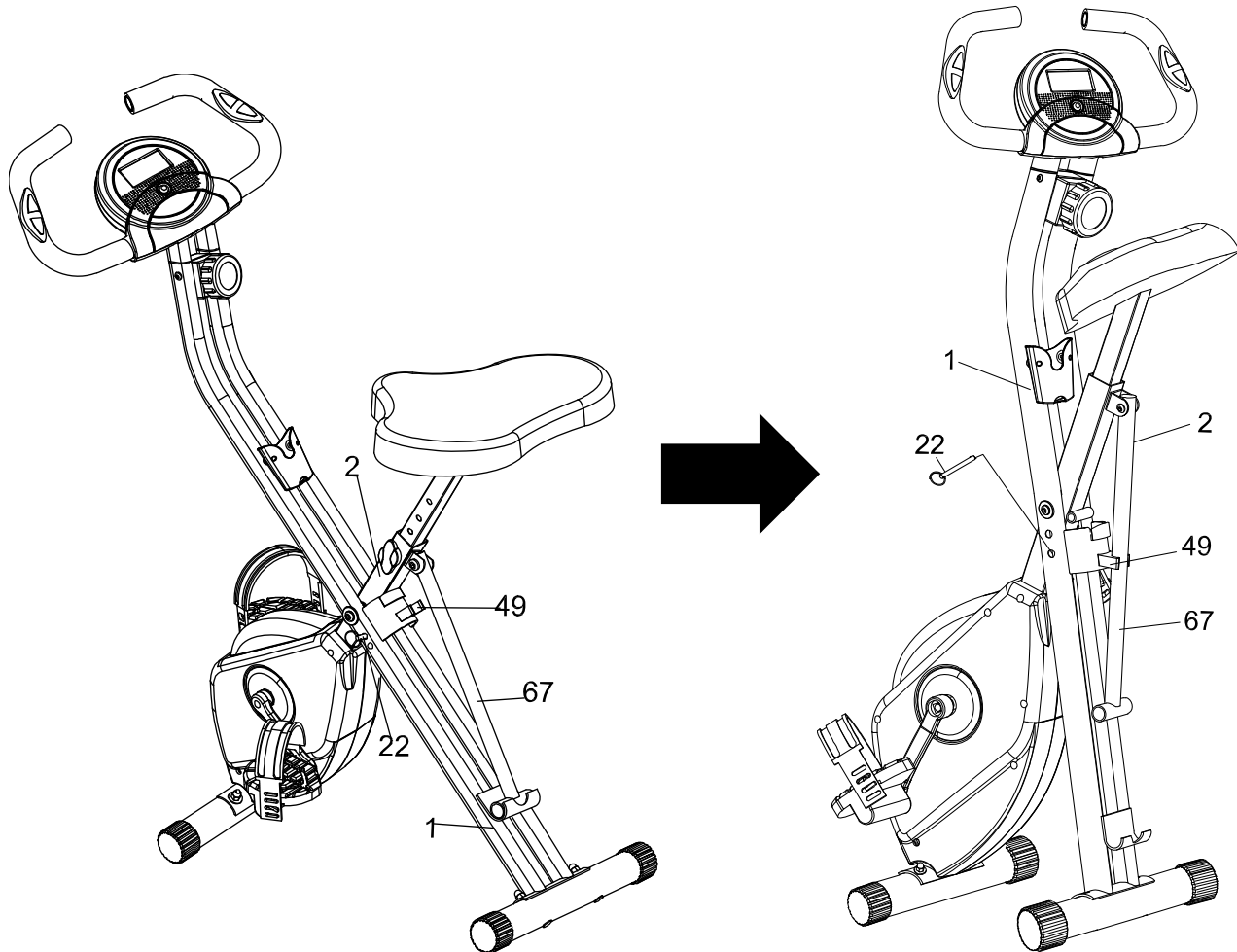
RESET: pressing and holding the button more than 2 seconds will reset all functional values to zero except for the odometer data values.

HOW TO INSTALL THE BATTERIES:

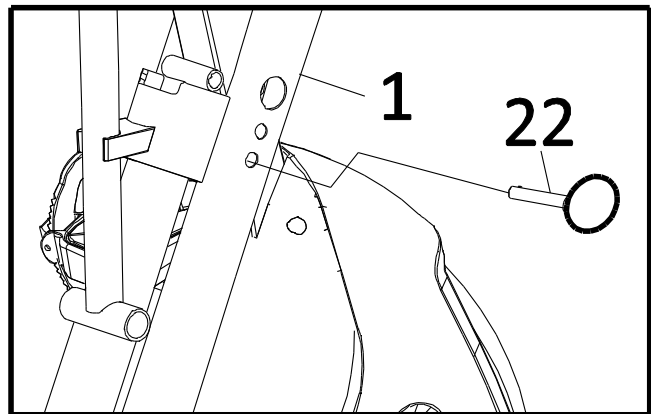
1. Remove the battery cover at the rear of the console.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Ensure the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial legible, remove the batteries and wait 15 seconds before reinstalling.



STORAGE



Upper Pin Hole

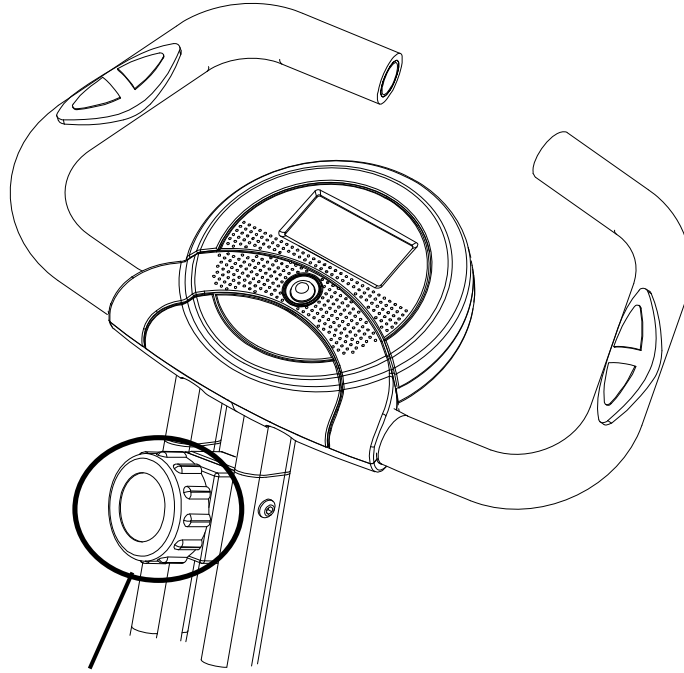


Lower Pin Hole

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

1. Remove the **Safety Pin (22)** from the upper pin hole of the bike.
2. Fold the **Rear Frame (1)** and the **Front Frame (2)** together until the lower pin holes are aligned.
3. Re-insert the **Safety Pin (22)** into the lower pin hole to secure the frames.
4. Lock the **Support Tube (67)** into the **Support Tube Holder Clip (49)**.

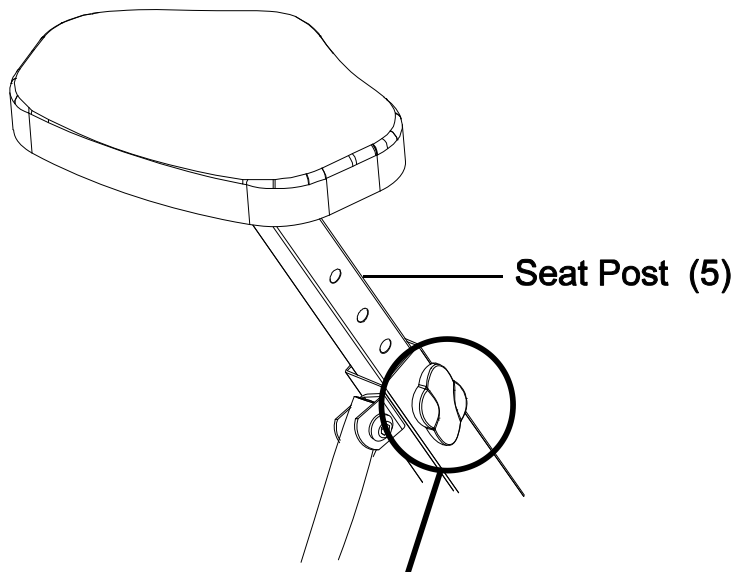
OPERATIONS & ADJUSTMENTS



Tension Control Knob (13)

Adjusting the Tension Control Knob

To increase the tension, turn the **Tension Control Knob (13)** in a CLOCKWISE direction. ↻
To decrease the tension, turn the **Tension Control Knob (13)** in a COUNTERCLOCKWISE direction. ↺



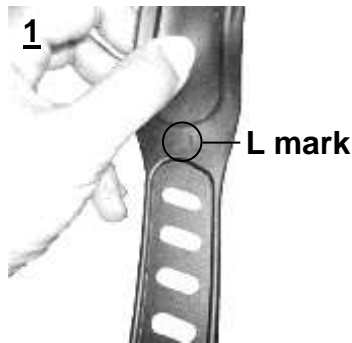
Seat Height Adjustment Knob (14)

Adjusting the Seat Height

Turn the **Seat Height Adjustment Knob (14)** in a COUNTERCLOCKWISE direction until the **Seat Post (5)** can be slid up or down. Then slide the **Seat Post (5)** up or down to a suitable position. Lock the **Seat Post (5)** in place by tightening the **Seat Height Adjustment Knob (14)** in a clockwise direction.

NOTE: When adjusting the height of the seat post, make sure the **MAX** line stamped on the right side of the seat post does not pass the plastic bushing.

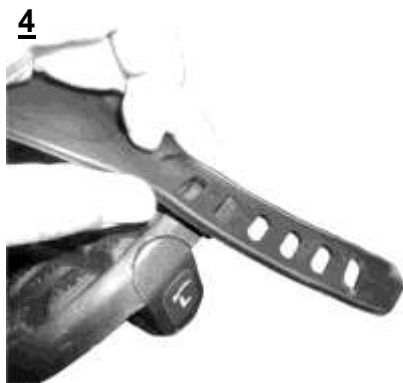
Adjusting the Pedal Strap



The **Left Pedal Strap (88)** is marked with an L on the strap. See Figure 1 .



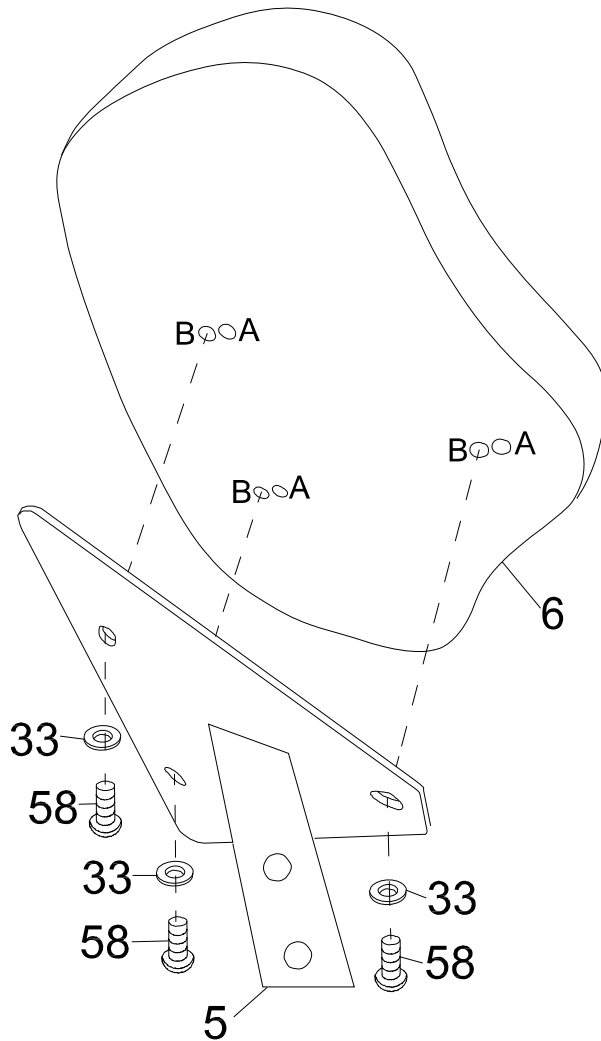
Snap the three hole end onto the inside edge of the **Left Pedal Strap (88)** See Figure 2 & 3.



Select one of the adjustment holes which allow your foot to be easily removed from the pedal. Snap the other end onto the outside edge of the **Left Pedal Strap (88)** with the L mark on the strap. See Figures 4 and 5.

Use the same procedure to snap the **Right Pedal Strap (89)** onto the right pedal.

OPERATIONS & ADJUSTMENTS



TOOL



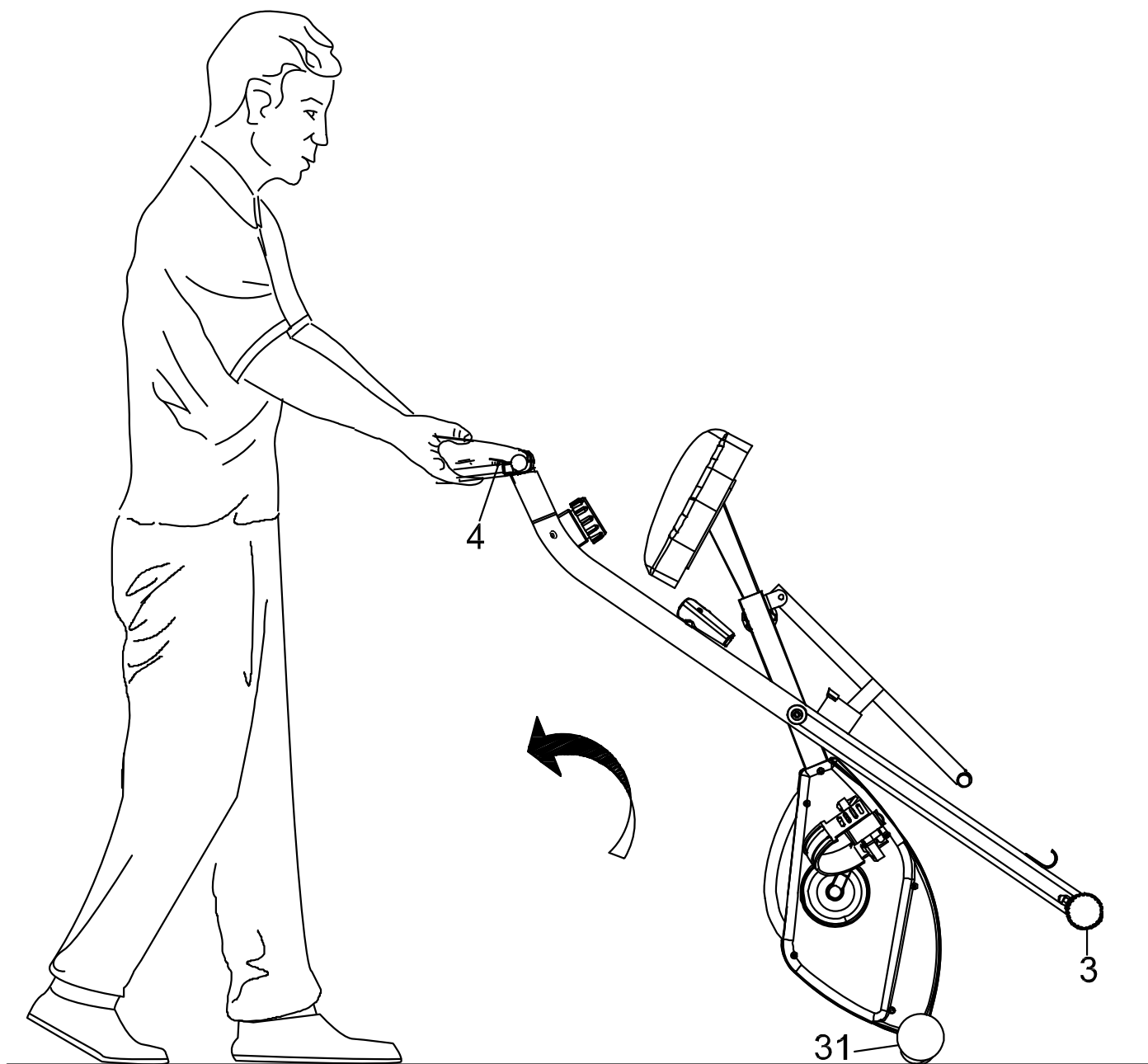
5mm Allen Wrench with Phillips
Screwdriver

Seat Cushion Adjustment

The **Seat Cushion (6)** can be adjusted for users of different heights.

Adjust the **Seat Cushion (6)** to the **B** position for people whose height is between 5'1" to 5'6". Assemble the **Seat Cushion (6)** and align the bolt holes on the underside of **Seat Cushion (6)** with the holes on top of the **Seat Post (5)**. Then attach it with three **Flat Washers (33)** and three **Hexagon Socket Bolts (58)**. Tighten the bolts with the **5mm Allen Wrench with Phillips Screwdriver** provided.

Adjust the **Seat Cushion (6)** to the **A** position for people whose height is between 5'7" to 6'3". Assemble the **Seat Cushion (6)** and align the bolt holes on the underside of the **Seat Cushion (6)** with the holes on top of the **Seat Post (5)**, Then attach it with three **Flat Washers (33)** and three **Hexagon Socket Bolts (58)**. Tighten bolts with the **5mm Allen Wrench with Phillips Screwdriver** provided.



Transporting the Bike

Hold the **Handlebar (4)** and pull the machine 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)** 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 console display panel as this might cause an electrical hazard or electronics to fail.

Keep the bike, especially the console out of direct sunlight to prevent screen damage. Inspect all of the 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 children and pets.

TROUBLE SHOOTING

PROBLEM: There is no display on the console.

SOLUTION: Remove the console and verify the wires that come from the console are properly connected to the wires that come from the 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 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 or inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are securely connected.

SOLUTION: To ensure the pulse readout is precise, always hold on to the handlebar grip sensors with two hands.

SOLUTION: Avoid gripping the hand pulse sensors too tightly. Try to maintain moderate pressure while holding onto the hand pulse sensors.

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 |

(console 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, and 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 |
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“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

**** This form can also be faxed in Fax #: 626-810-2166***