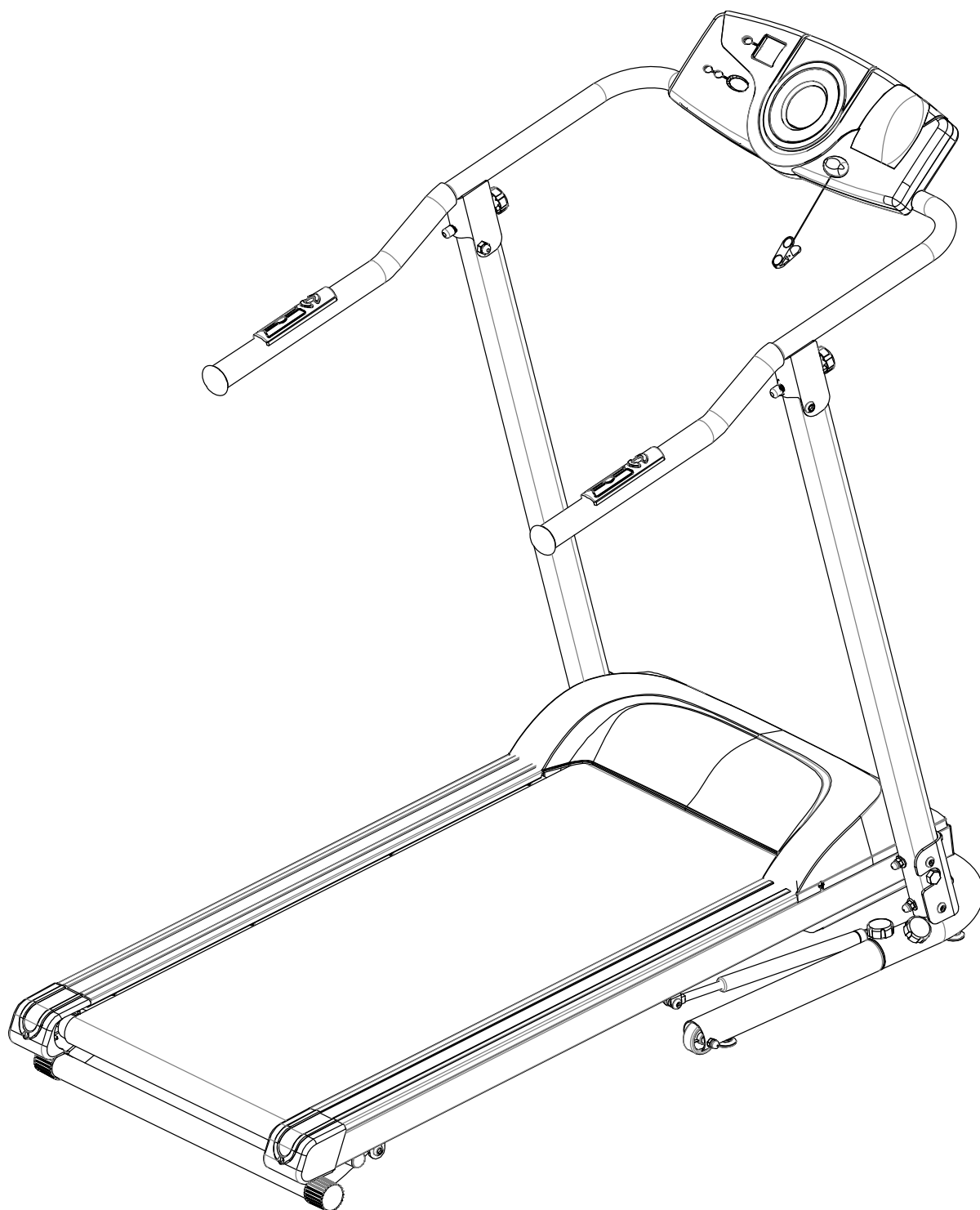


Electric Treadmill with Pulse





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

WARNING: Risk of personal injury - Keep children under the age of 13 away from the machine.
ATTENTION: Risque de blessures - Gardez les enfants de moins de 13 ans loin de la machine.
ADVERTENCIA: Riesgo de lesiones personales - Mantenga a los niños bajo la edad de 13 años lejos de la máquina.

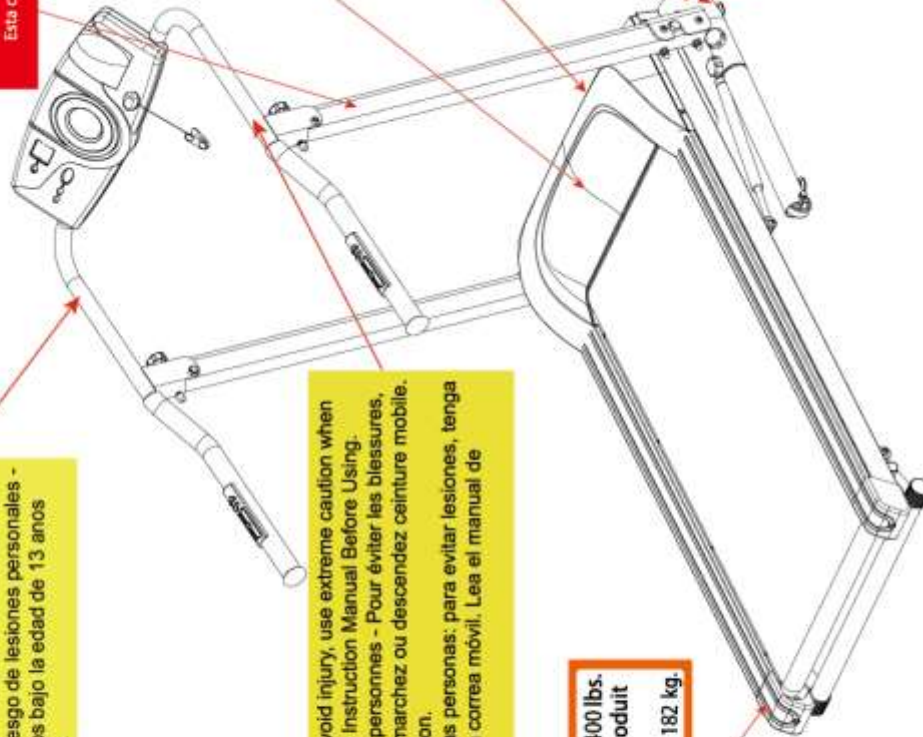
▲ This Treadmill is Designed for walking only.
 Ce tapis roulant est conçu pour la marche seulement.
 Esta caminadora fue diseñada solo para caminar.

WARNING: To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.
AVERTISSEMENT: Pour réduire le risque de choc électrique - Débranchez avant de procéder au nettoyage ou à l'entretien.
ADVERTENCIA: Para reducir el riesgo de descarga eléctrica: Desenchufe antes de limpiar o dar servicio.

CAUTION: To Reduce The Risk Of Injury From Moving - Unplug Before Servicing.
PRÉCAUTION: pour réduire le risque de blessure dû au déplacement - Débranchez avant d'effectuer l'entretien.
PRECAUCIÓN: Para reducir el riesgo de lesiones por movimiento: Desenchufe antes de realizar el mantenimiento.

CAUTION: Risk of Injury to persons - To Avoid injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
ATTENTION: Risque de blessure pour les personnes - Pour éviter les blessures, soyez extrêmement prudent lorsque vous marchez ou descendez ceinture mobile. Lire le manuel d'instructions avant l'utilisation.
PRECAUCIÓN: Riesgo de lesiones para las personas: para evitar lesiones, tenga extrema precaución al subir o bajar de una correa móvil. Lea el manual de instrucciones antes de usar.

▲ Maximum weight capacity is 400 lbs.
 Le poids maximum pout ce produit est 182 kgs.
 La capacidad de peso máxima es 182 kg.



For customer assistance:
 Monday - Friday:
 Pour le service à la clientèle:
 composez le, lundi à vendredi:
 1-844-641-7921
 8 am - 5 pm (PST)
 Para servicios al cliente:
 llame al, Lunes a viernes.

Paradigm Health & Wellness
 Electric Treadmill with Pulse
 Tapis Roulant électrique Avec Impulsion
 Caminadora con Pulso de la Mano
 Model: 1020H Date: 09/17
 AC 120V, 60 Hz, 8A
UL US LISTED
 (MOTORIZED TREADMILL
 NO-E228826
 11VU)
FOR HOUSEHOLD USE ONLY
 POUR LA MAISON ATTENTE UTILISATION SEULEMENT
 SÓLO PARA USO DOMÉSTICO

IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety instructions when using this treadmill: Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, please read the following:

- Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.

NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch, and unplugging from outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult Customer Service.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. This appliance 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 appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

IMPORTANT SAFETY GUIDELINES

- Keep Dry - do not operate in a wet or moist condition. Save these instructions.
- Do not operate the treadmill near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.
- Keep electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm of the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only.
- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks or in sandals, always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 13 years old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This appliance is not intended for use by persons (including children) 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 appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Pull up the Safety Tether Key for emergency stop. Reinstall the Safety Tether Key onto the Computer Console. Press the START/STOP button to begin exercise again.

DO NOT EXCEED THE RECOMMENDED MAXIMUM WEIGHT AND HEIGHT

- **Maximum Weight Capacity is 400 lbs / 182kgs.**
- This treadmill is designed for **WALKING** only.
- **CAUTION:** Risk of Injury to Persons –To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

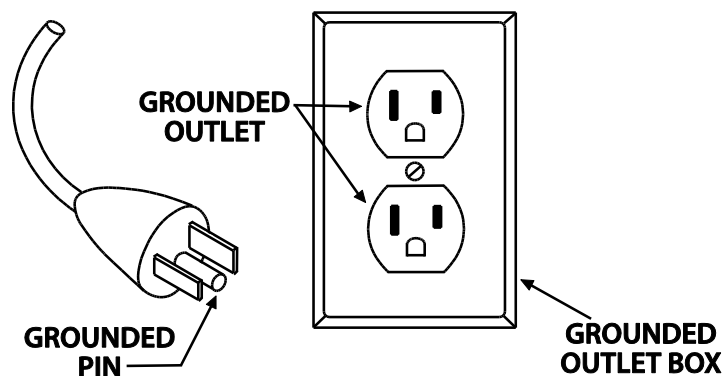
GROUNDING INSTRUCTIONS

- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current reducing the risk of electric shock. * **This treadmill is equipped with a cord having equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the treadmill grounding conductor can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.

This product is for use on a nominal 120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



- This unit must be plugged into a nominal 120 volt outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the Treadmill while in it use.
- Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before using the treadmill, check that the belt is aligned and centered on the walking deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

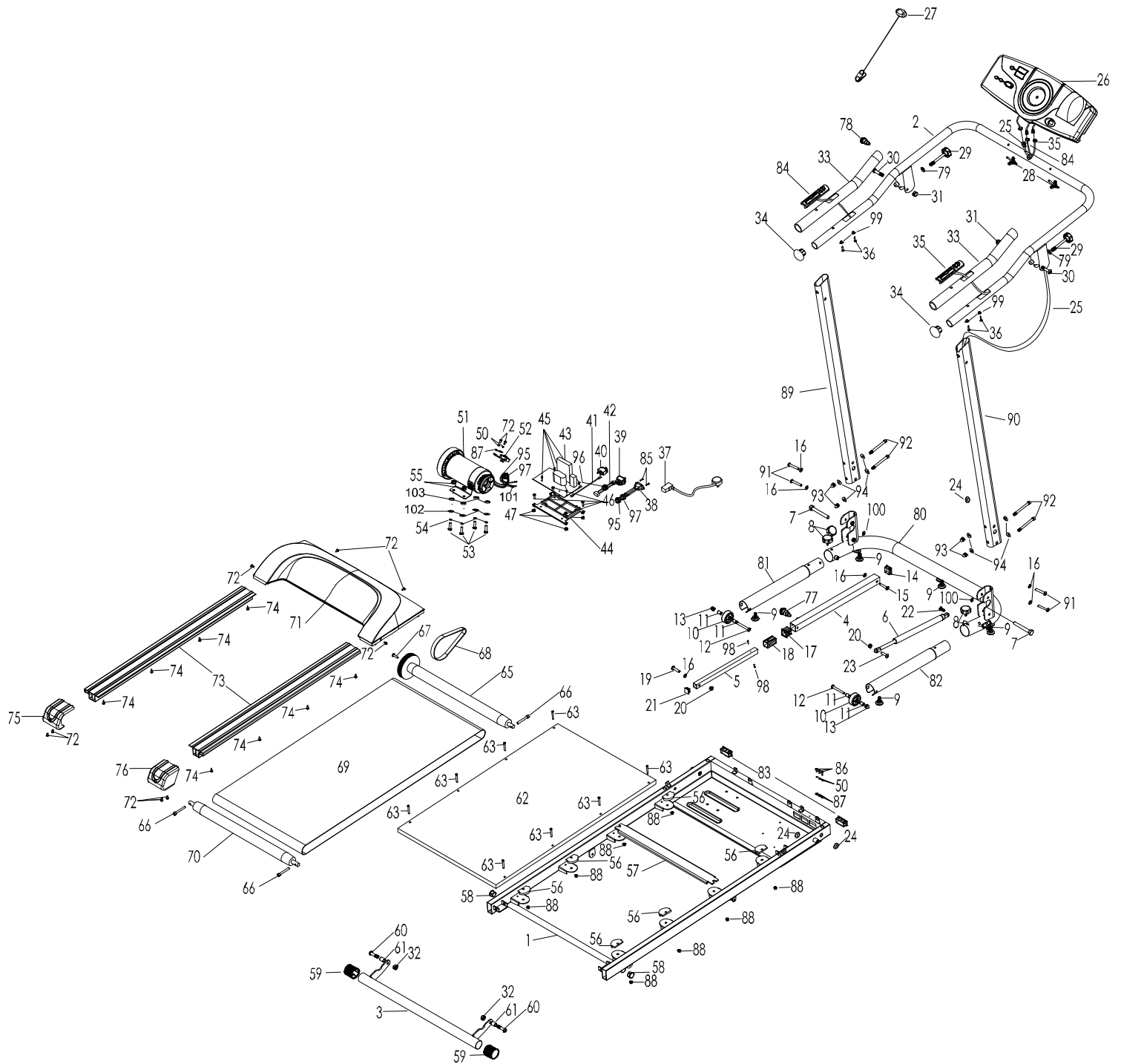
IMPORTANT SAFETY GUIDELINES

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present risk of serious injury to young children.

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

SAVE THESE INSTRUCTIONS

OVERVIEW DRAWING



PARTS LIST

Part #	Description	Qty
1	Main Frame	1
2	Handlebar	1
3	Incline Adjuster	1
4	Safety Tube A 480*30*40mm	1
5	Safety Tube B T1.2*20*20*350mm	1
6	Air Piston	1
7	Hex Bolt M12X90mm	2
8	Stabilizer Knob	4
9	Adjustable Pad	5
10	Transport Wheel $\phi 50*22$ mm	2
11	Bushing $\phi 12*\phi 8.4*15$ mm	4
12	Hex Socket Bolt M8X65mm	2
13	Lock Nut M8	2
14	Square End Cap 30*30*12mm	1
15	Hex Socket Bolt M8X44mm	1
16	Flat Washer M8	6
17	Bushing 30*30*28mm	1
18	Bushing 26*26*50mm	1
19	Hex Socket Bolt M8X35mm	1
20	Lock Nut M8	2
21	Square End Cap 20*20*12mm	1
22	Hex Socket Bolt M8X20mm	1
23	Hex Socket Bolt M8X30mm	1
24	Wire Plug $\phi 16$	3
25	Signal Cable 2200mm	1

Part #	Description	Qty
26	Computer MT18	1
27	Safety Tether Key	1
28	Triangle Knob M6X45mm	2
29	Handlebar Knob	2
30	Hex Bolt M10X50mm	2
31	Cap Nut M10	2
32	Lock Nut M10	2
33	Foam Grip $\phi 32*T2.0*480$ mm	2
34	Handlebar End Cap $\phi 50*37.5$ mm	2
35	Speed Quick Key	1
36	Self-Tapping Screw ST4*25mm	4
37	Power Cord 1800mm	1
38	Socket	1
39	Power Switch	1
40	Fuse Box 10A	1
41	Wire for Switch	1
42	Wire for Power Control Board	1
43	Power Control Board	1
44	Power Control Plastic Plate	1
45	Self-Tapping Screw 3X12 mm	4
46	Phillips Screw M5X12mm	4
47	Lock Nut M5	4
50	Spring Washer $\phi 5$	5
51	Motor	1
52	Optical Coupler	1

PARTS LIST

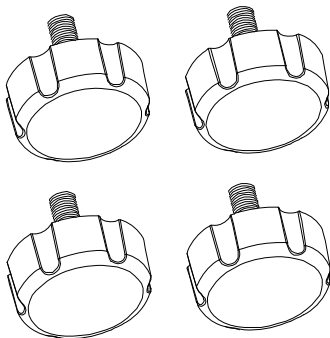
Part #	Description	Qty
53	Hex Bolt M8X25mm	4
54	Spring M8	4
55	Flange Nut M8	4
56	Rubber Pad 55*35*8.5mm	6
57	Support Board 50*12*T4*556mm	1
58	Round End Cap ϕ 25*15mm	2
59	Incline Adjuster End Cap ϕ 45*40mm	2
60	Phillips Screw M10X40mm	2
61	Bushing ϕ 14* ϕ 10.2*19mm	2
62	Deck 945*560*T20mm	1
63	Phillips Screw M6X40mm	8
65	Front Roller	1
66	Hex Socket Bolt M8X55mm	3
67	Phillips Screw M6X25 mm	1
68	Belt 180/J6	1
69	Walking Belt 2140*515*T1.6MM	1
70	Rear Roller	1
71	Motor Cover	1
72	Phillips Screw M5X10mm	10
73	Side Rail	2
74	Self-Tapping Screw ST5*14mm	8
75	Rear Left End Cap	1
76	Rear Right End Cap	1
77	Spring Knob 54*27*27mm	1
78	Short Knob 43*23*23mm	1

Part #	Description	Qty
79	Flat Washer ϕ 10*T1.5mm	2
80	Stabilizer MT18D	1
81	Left Stabilizer Tube	1
82	Right Stabilizer Tube	1
83	End Cap 50*25*17.5mm	2
84	Function Quick Key	1
85	Cross recessed Pan Head Screw M3x8mm	2
86	Cross Head Screw M5X10 MM	3
87	Flat Washer ϕ 5	5
88	Nylon Lock Nut M6	8
89	Left Upright Post	1
90	Right Upright Post	1
91	Hex Bolt M8X50mm	4
92	Hex Bolt M8X85mm	4
93	Lock Nut M8	4
94	Curve Washer ϕ 8*19*1.5T	8
95	Magnet Ring T25X15X10mm	2
96	Magnet Ring T28X16X13mm	1
97	Magnet Ring ϕ 25X15X13mm	2
98	Cross recessed countersunk Head Screw M3x8mm	2
99	Plastic Pad	4
100	Flat Washer ϕ 12.5X16X1mm	2
101	Motor wire	1
102	Flat Washer ϕ 8X22mm	4
103	Rubber Washer ϕ 8X22X5.0mm	4

HARDWARE & TOOLS PACK

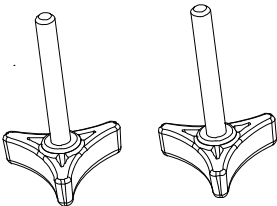
1020H -Hardware Pack

Step3



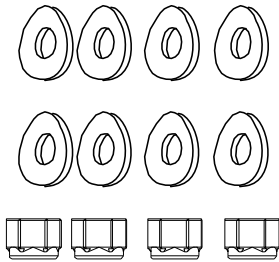
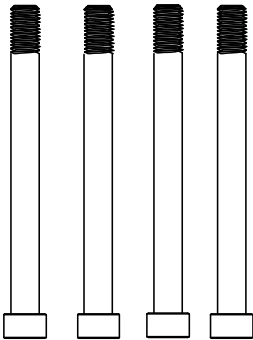
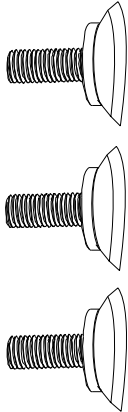
(8) Stabilizer Knob 4 PCS

Step5



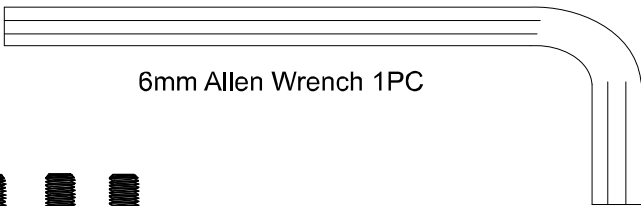
(28) Triangle Knob 4PCS

Step2

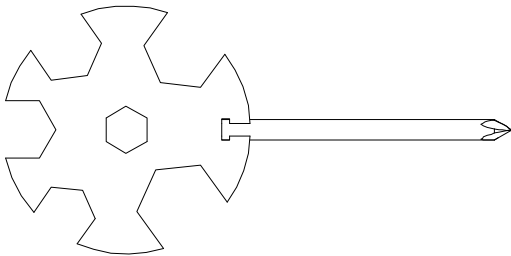


(93) Lock Nut 4PCS
(94) Curve Washer 8 PCS
(9) Adjustable Pad 3 PCS
(92) Hex Bolt 4PCS

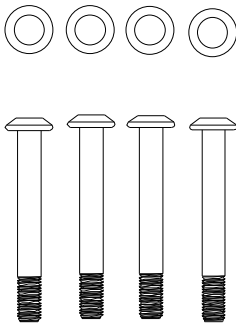
6mm Allen Wrench 1PC



Multi-Hex Tool with Phillips Screwdriver 1PC



Step2

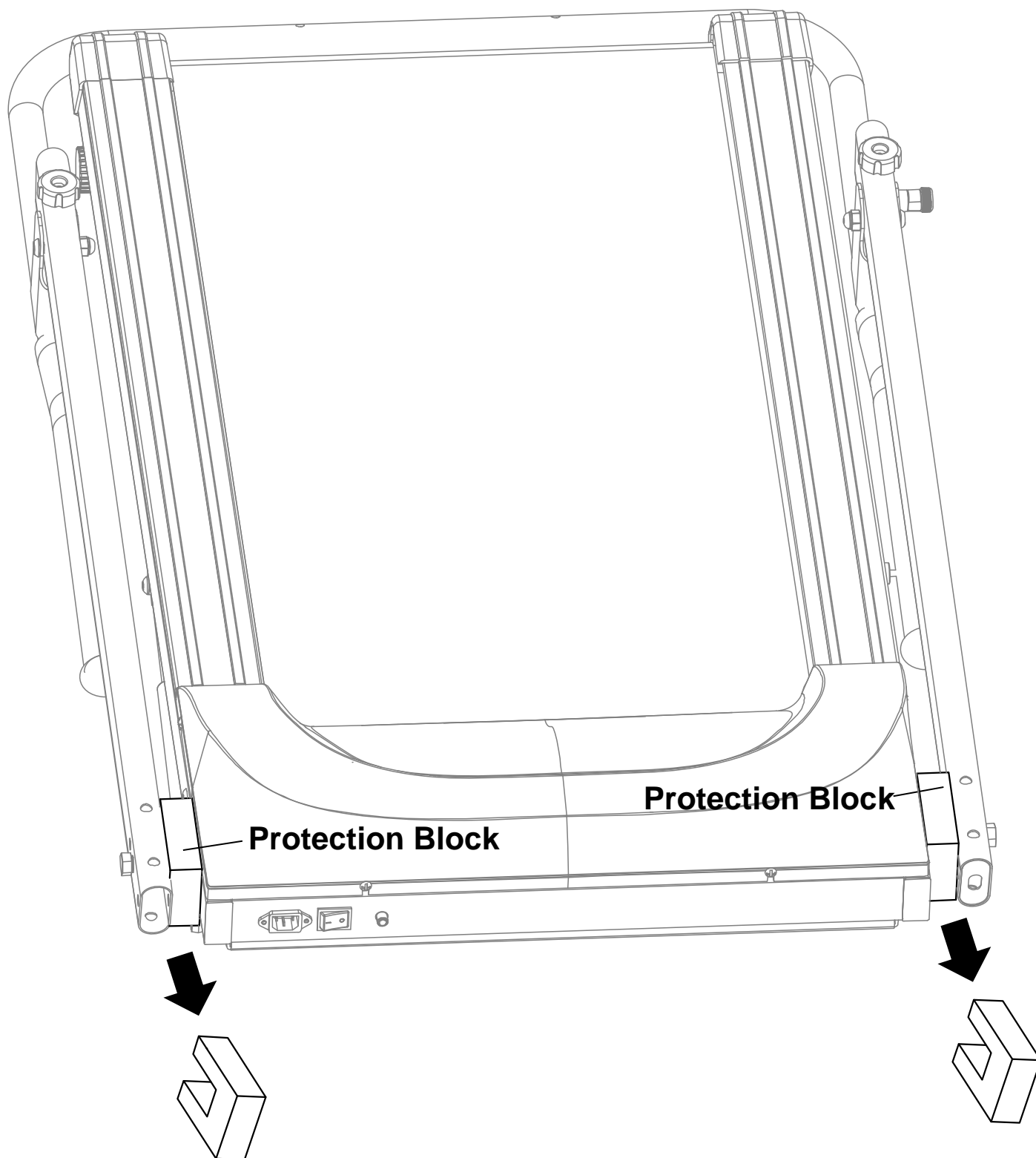


(91) Hex Bolt 4 PCS
(16) Flat Washer 4PCS



Silicone Oil
1 bottle

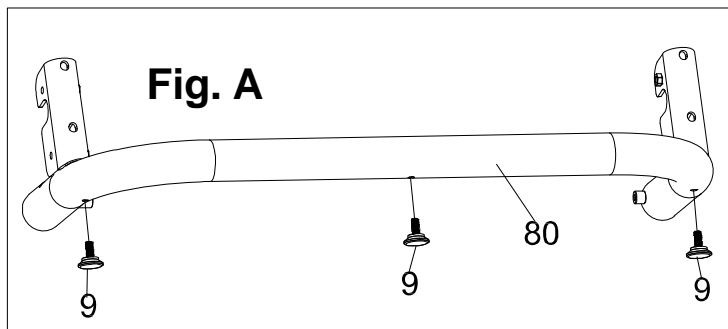
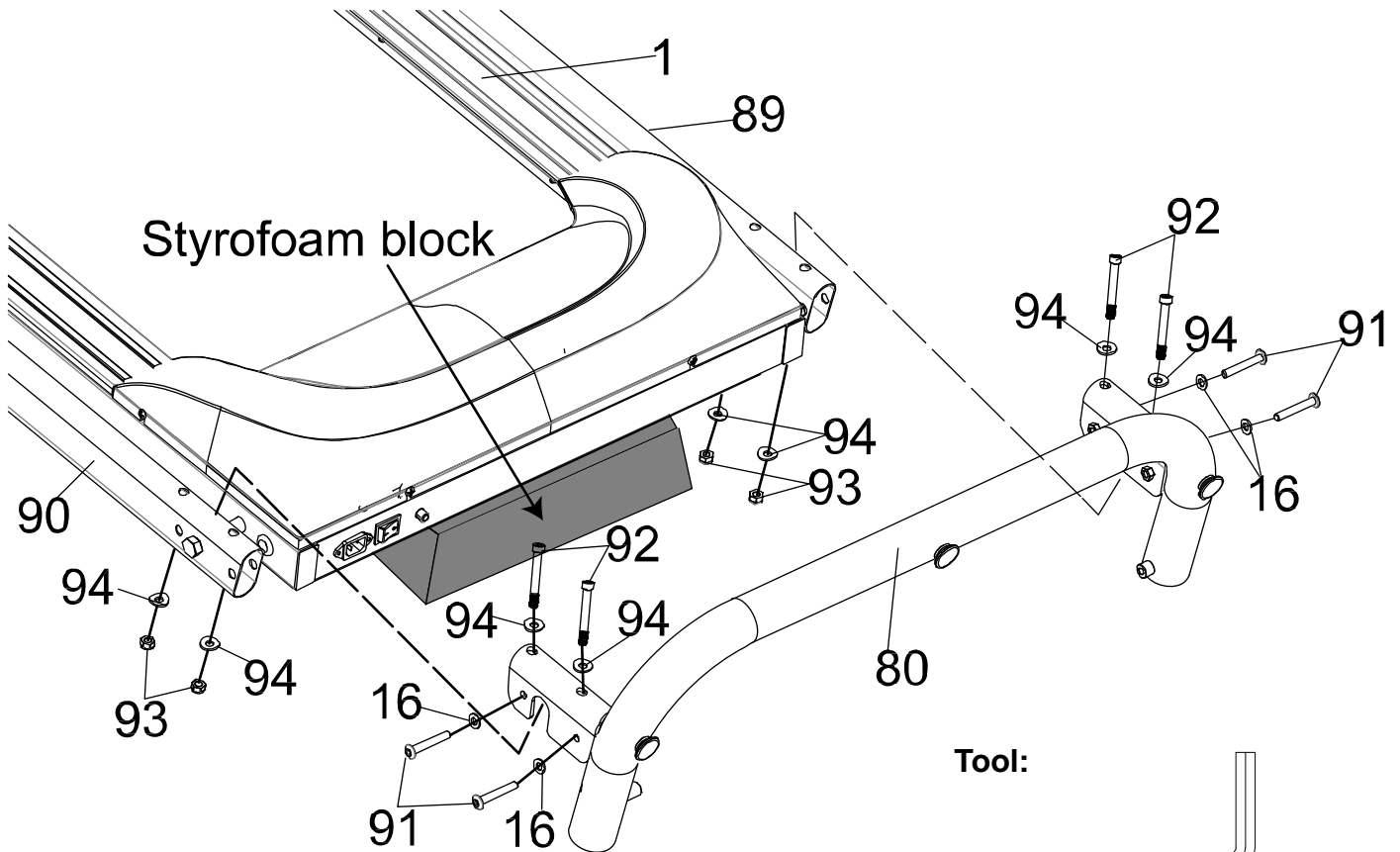
ASSEMBLY



Step 1

1a. Remove the Protection Blocks at the front of the treadmill. Discard the Protection Blocks, They will not be needed for assembling the treadmill. This is only needed during shipping to protect the frame from being damaged.

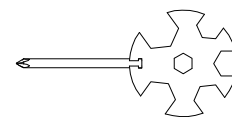
ASSEMBLY



Tool:



6mm Allen Wrench 1PC



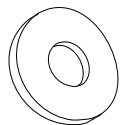
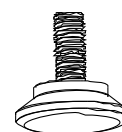
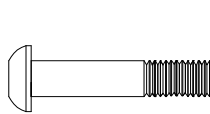
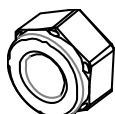
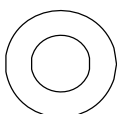
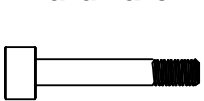
Multi-Hex Tool with Phillips
Screwdriver 1PC

Step 2

2a. Installing the Adjustable Pad: Attach three **Adjustable Pads (9)** onto **Stabilizer (80)**. See the Fig.A.

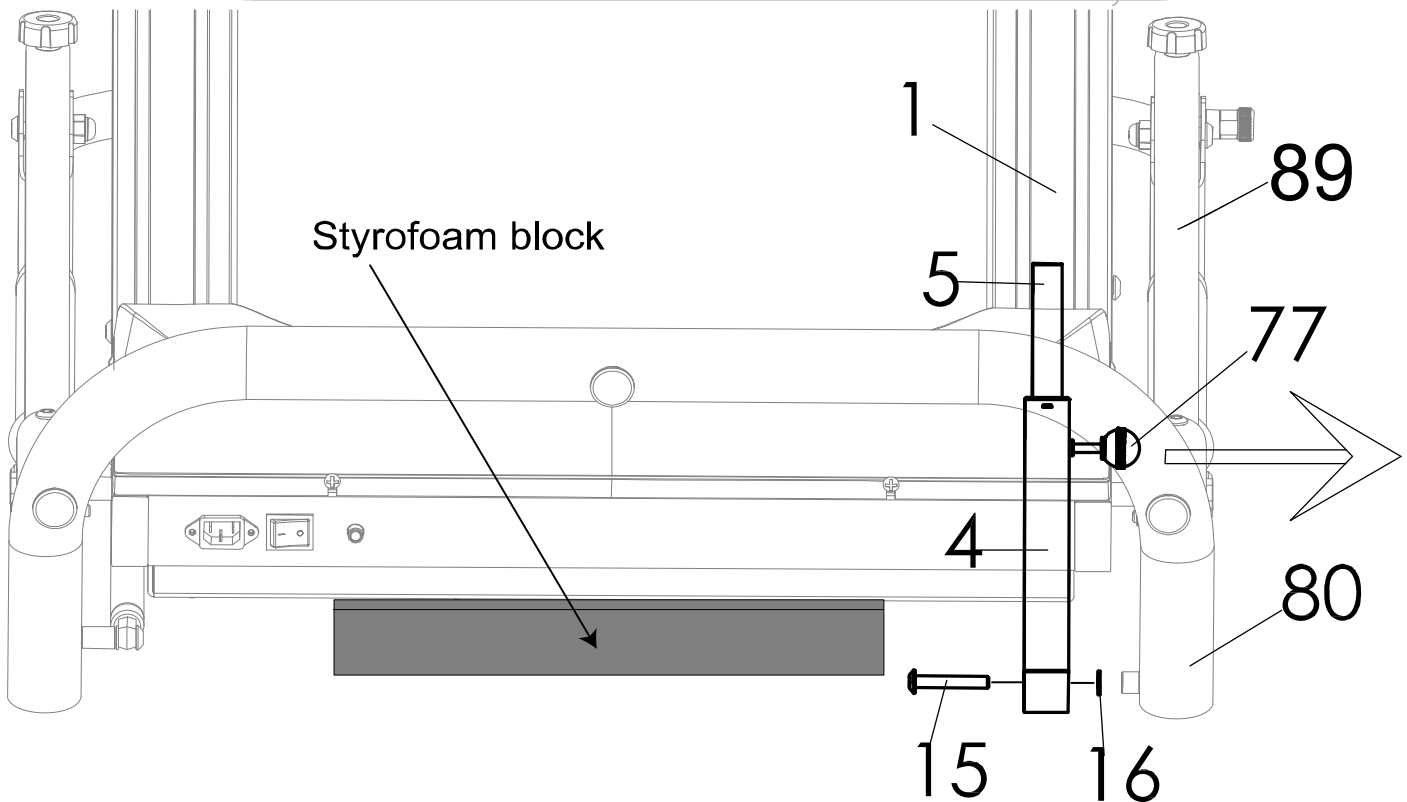
2b. Installing the Stabilizer: Place a block of Styrofoam packaging under the front of the treadmill to help with the installation. Install the **Stabilizer (80)** onto the **Left and Right Upright Post (89, 90)** and align the holes. Attach four **Hex Bolts (92)**, four **Flat Washers (16)**, eight **Curve Washers (94)**, four **Lock Nuts (93)** and four **Hex Bolts (91)** onto the **Stabilizer (80)** and **Left and Right Upright Post (89, 90)**. Tighten the hardware using the **6 mm Allen Wrench** and **Multi-Hex Tool with Phillips Screwdriver** provided.

Hardware :



(92) Hex Bolt 4 PCS (16) Flat Washer 4 PCS (93) Lock Nut 4 PCS (91) Hex Bolt 4 PCS (9) Adjustable Pad 3 PCS (94) Curve Washer 8 PCS

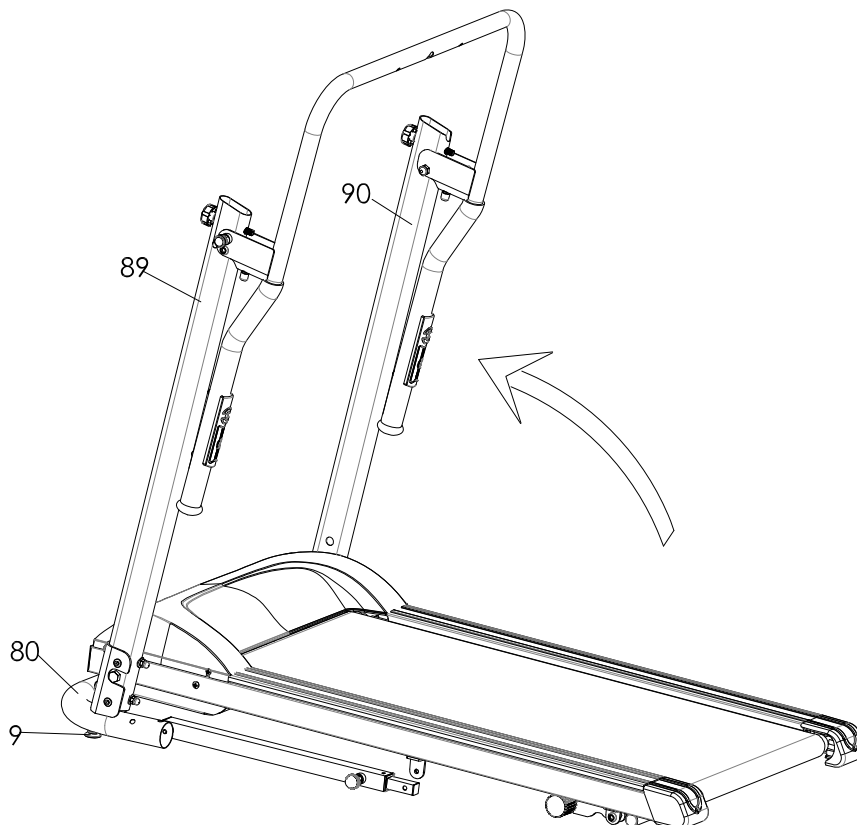
ASSEMBLY



Step 3

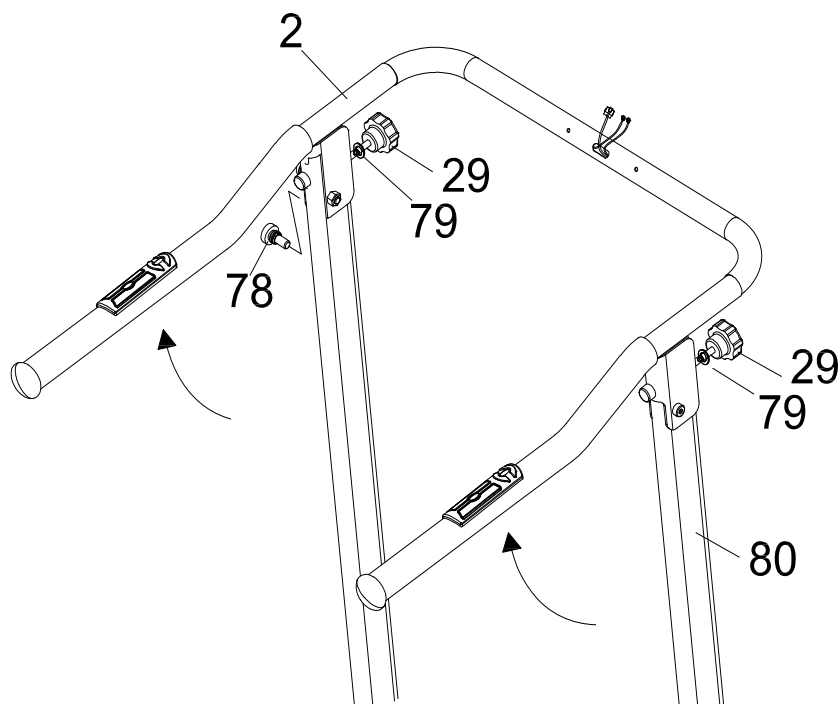
3a. Installing the Safety Tube: Remove one **Hex Socket Bolt (15)** and one **Flat Washer (16)** from left side of **Stabilizer (80)**. Place **Safety Tube A and B (4,5)** under the front of **Main Frame (1)** and attach **Safety Tube A and B (4,5)** to the left side of **Stabilizer (80)** with one **Hex Socket Bolt (15)** and one **Flat Washer (16)**. Tighten the hardware temporarily by hand. Remove the block of Styrofoam.

NOTE : Please make sure the **Spring Knob (77)** facing toward to **Left Upright Post (89)**.



3b. Handlebar Placement: Raising the **Left and Right Upright Post (89, 90)** until **Adjustable Pads (9)** on the **Stabilizer (80)** make contact with ground.

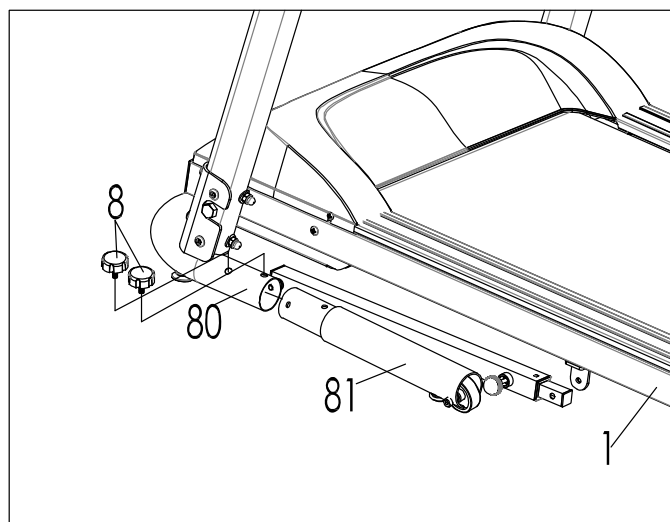
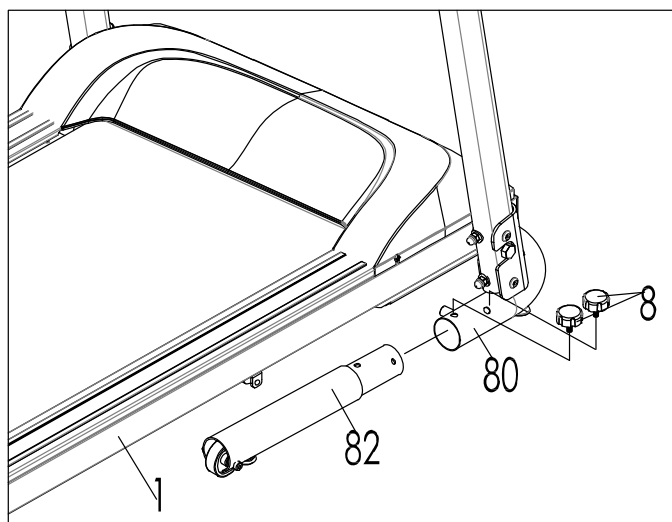
ASSEMBLY



Pull out the **Short Knob (78)** and then lift the **Handlebar (2)** until it is perpendicular to the walking surface. Ensure that the **Short Knob (78)** "POPS" into the locked position after the **Handlebar (2)** is raised. Secure the **Handlebar (2)** to the **Left and Right Upright Post (89, 90)** with two **Handlebar Knobs (29)** and two **Flat Washers (79)**

Right

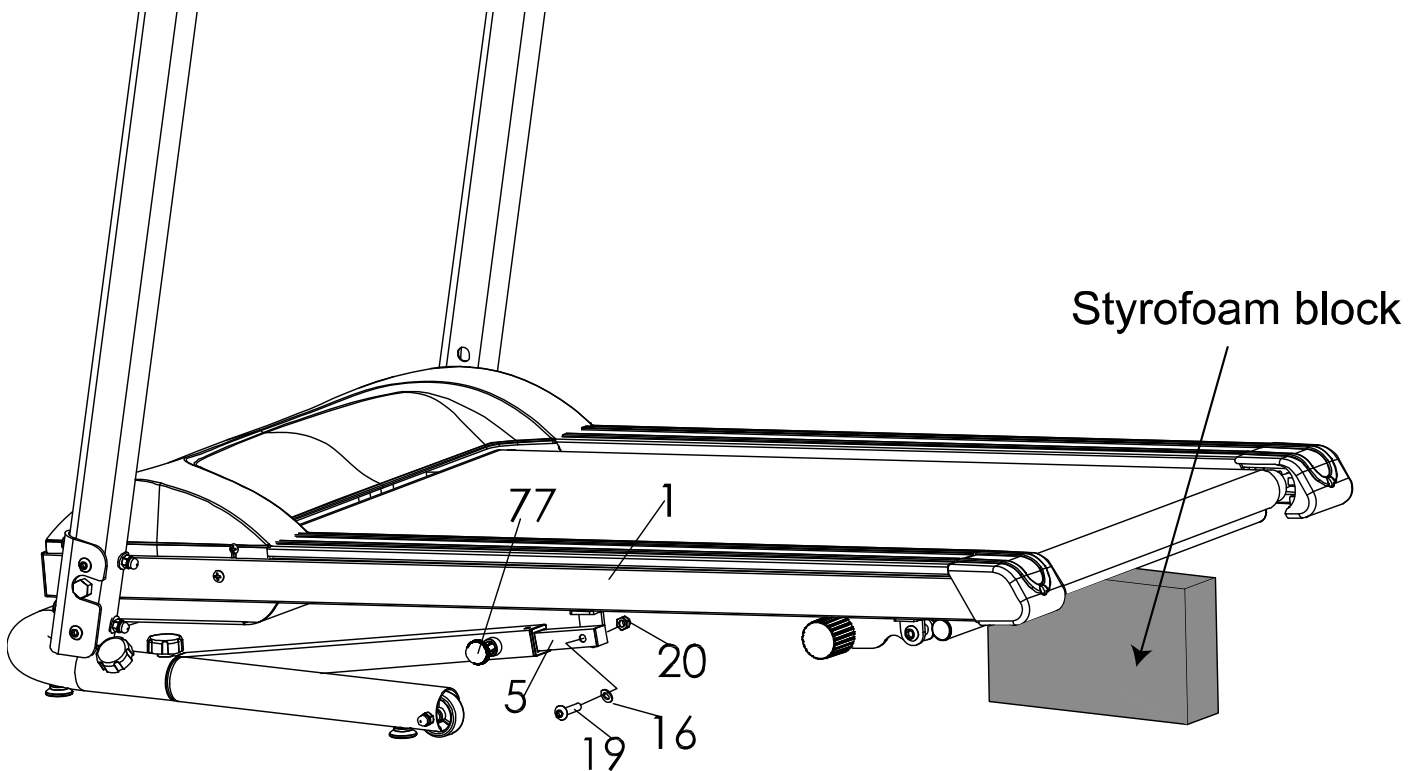
Left



3c. Installing the Right & Left Stabilizer Tubes: Install the **Right Stabilizer Tube (82)** into the **Stabilizer (80)**. Align the holes on both parts and insert two **Stabilizer Knobs (8)** through the holes. Thoroughly tighten the **Stabilizer Knobs (8)** by turning in a clockwise manner.

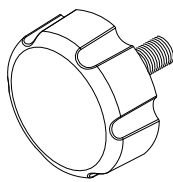
Repeat this step to install the **Left Stabilizer Tube (81)** to the **Stabilizer (80)**.

ASSEMBLY



3d. Installing the Safety Tube: Place a block of Styrofoam packaging under the rear of the treadmill to help with the installation. Remove one **Hex Socket Bolt (19)**, one **Flat Washer (16)** and one **Lock Nut (20)** from **Safety Tube B (5)**. Pull the **Spring Knob (77)** to fully extend **Safety Tube B (5)** to align the hole on the **Main Frame (1)**. Install **Safety Tube B (5)** to the **Main Frame (1)** with one **Hex Socket Bolt (19)**, one **Flat Washer (16)**, and one **Lock Nut (20)**. Tighten the hardware temporarily by hand. Remove the block of Styrofoam.

Hardware:



**(8) Stabilizer Knob
4 PCS**

ASSEMBLY

Fig. B

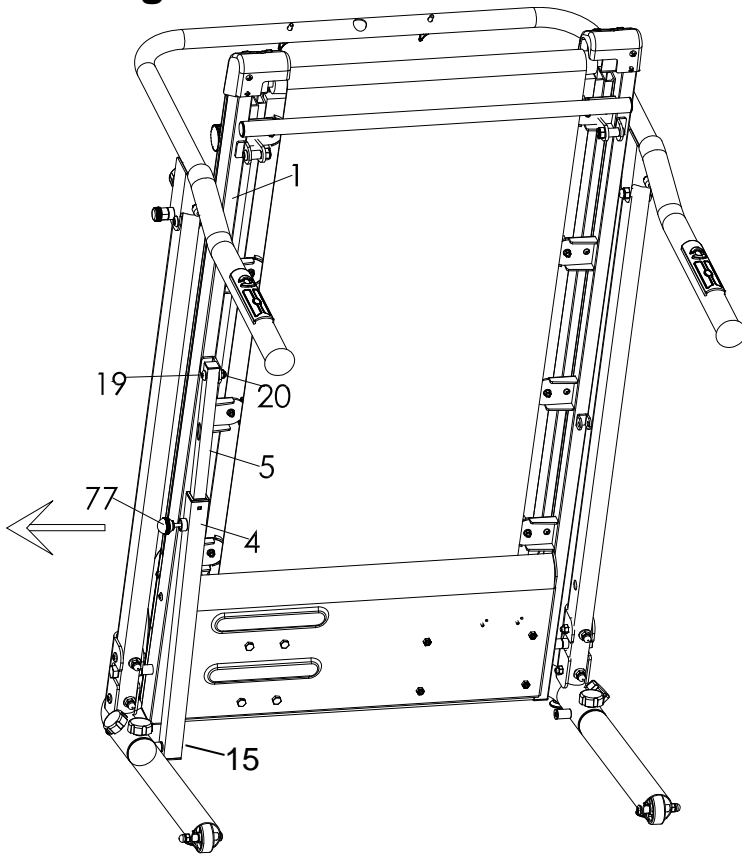
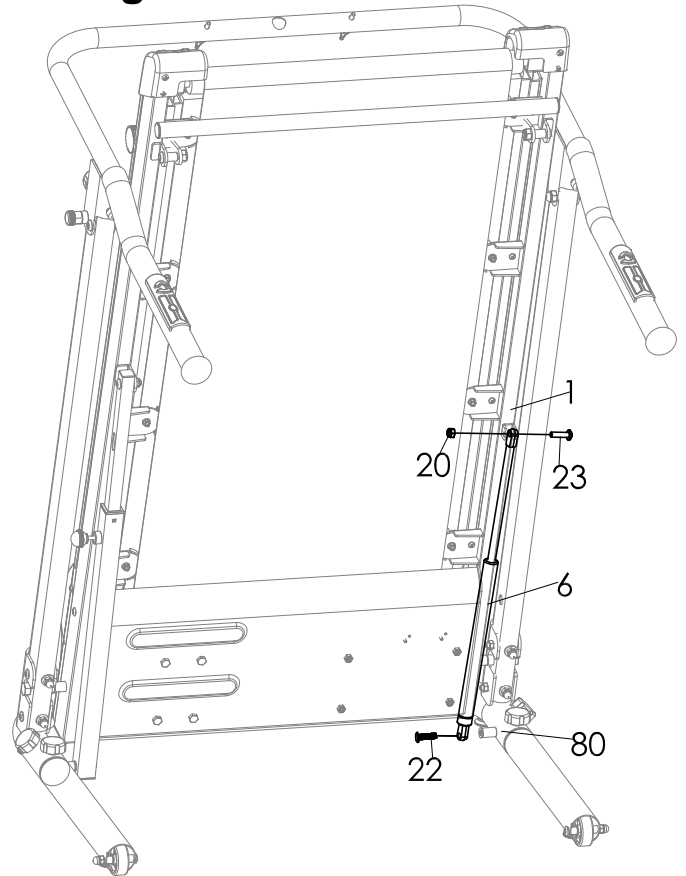


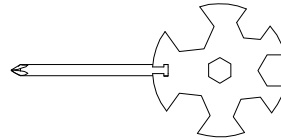
Fig. C



Tool:



6mm Allen Wrench 1PC

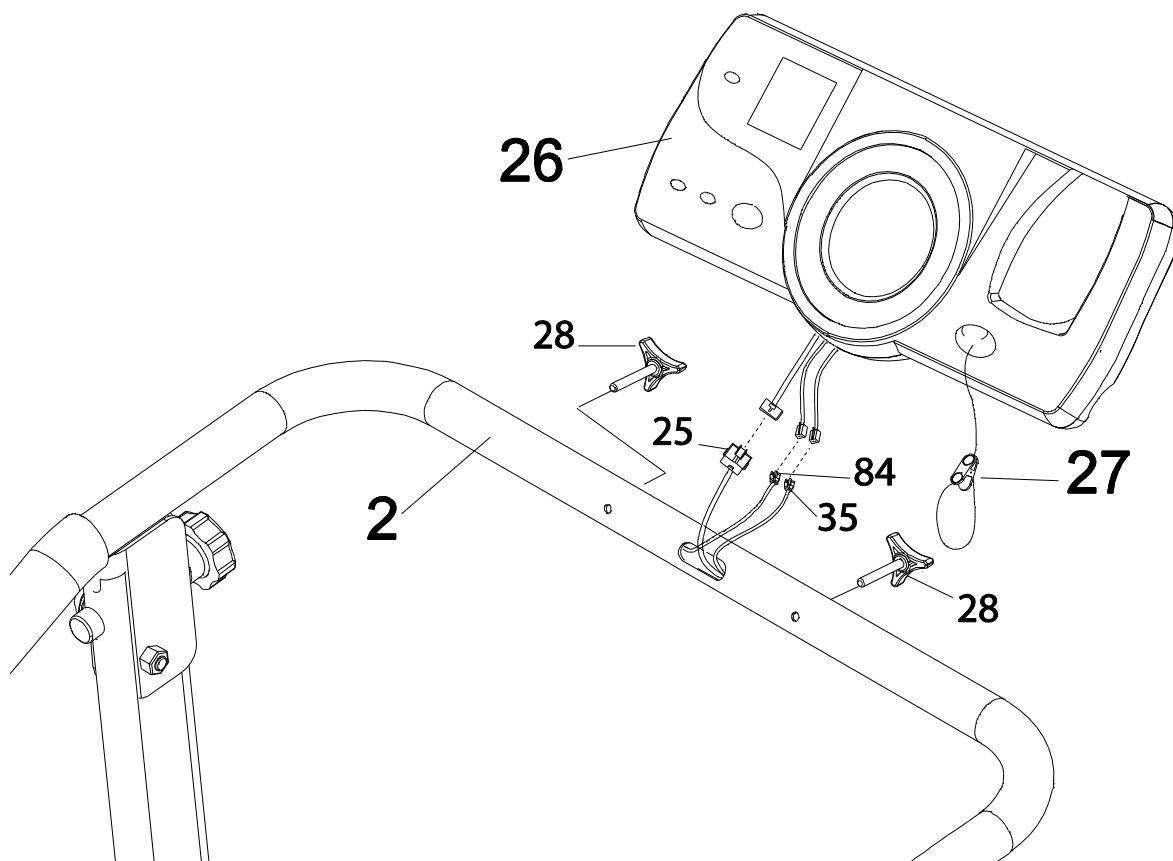


**Multi-Hex Tool with Phillips
Screwdriver 1PC**

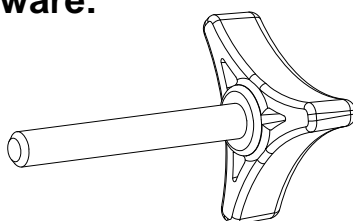
Step 4

4a. Tightening the Safety Tube: Pull out **Spring Knob (77)** while lifting up the **Main Frame (1)** completely so that it leans against the **Handlebars (2)**. Ensure that the **Spring Knob (77)** "POPS" into the locked position after the **Main Frame (1)** is raised. Tighten the **Hex Socket Bolt (19)** and **Lock Nut (20)** and **Hex Socket Bolt (15)** using the **6 mm Allen Wrench** and **Multi-Hex Tool with Phillips Screwdriver** provided. See Fig B.

4b. Install the Air Piston: Remove one **Hex Socket Bolt (22)** from the right side of **Stabilizer (80)**. Attach the **thick end** of the **Air Piston (6)** onto the **Stabilizer (80)** with one **Hex Socket Bolt (22)**. Remove one **Hex Socket Bolt (23)**, and one **Lock Nut (20)** from **Air Piston (6)**. Attach the **thin end** of the **Air Piston (6)** onto the **Main Frame (1)** with one **Hex Socket Bolt (23)**, and one **Lock Nut (20)**. Tighten the hardware using the **6 mm Allen Wrench** and **Multi-Hex Tool with Phillips Screwdriver** provided. See Fig C.



Hardware:



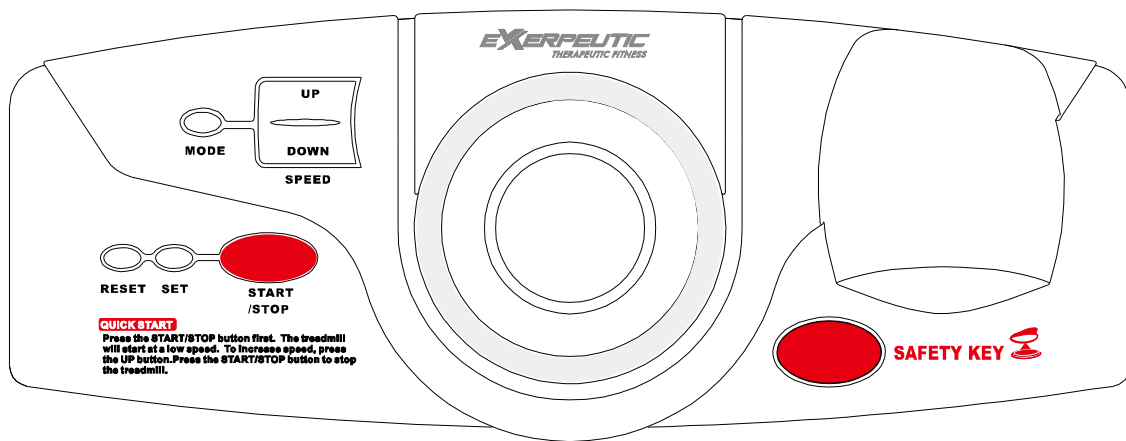
(28) Triangle Knob 2 PCS

Step 5

5a. Connecting the Wires: Connect the larger **Signal Cable (25)** from the **Handlebar (2)** to the similar Cable coming from the **Computer (26)**. Connect the Black **Function Quick Key (84)** and the White **Speed Quick Key (35)** from the **Handlebar (2)** to the similar Black and White Wires coming from the **Computer (26)**.

5b. Installing the Computer: Attach the **Computer (26)** onto the **Handlebar (2)** with two **Triangle Knobs (28)**. Be sure to tuck the excess wires into the frame. Place the **Safety Tether Key (27)** onto the **Computer (26)**.

COMPUTER



Quick Start:

Plug the **Power Cord (37)** into a wall outlet and flip the **Power Switch (39)** that is located at the front of the treadmill to the ON position. Make sure the **Safety Tether key (27)** is positioned on the **Computer (26)** then attach the Safety Clip (other end of the Safety Tether Key) securely to your clothing. Always begin the treadmill standing on the side rails, not on the belt. The treadmill will start moving at a speed of 0.4 MPH. While in the Quick Start mode, use the UP and DOWN buttons to adjust the speed.

Button Functions:

START/STOP: Press the START/STOP button to start or stop the treadmill.

MODE: Press the MODE button to select each function (TIME, DISTANCE, or CALORIES) for set up a workout goal value.

SET: Use the SET button to confirm goal values of TIME, DISTANCE, or CALORIES.

RESET: Press the RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero.

Press and hold the RESET button for 2 seconds, and the console will be restarted.

SPEED UP: Press the SPEED UP button to increase speed.

SPEED DOWN: Press the SPEED DOWN button to decrease speed.

***NOTE to Switch the Distance/ Speed readout** Press and hold "MODE" and "START/STOP" Buttons simultaneously until you see the KPH (Kilometers Per Hour) change to MPH (Miles Per Hour) or vice versa.

Computer Functions:

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current speed from the minimum 0.4 MPH to the maximum 4.0 MPH. You may increase or decrease the speed by pressing the UP or DOWN button on the computer console.

DISTANCE: Displays the cumulative distance traveled during your workout.

CALORIES: Displays the total cumulative calories burned during your workout.

PULSE: The PULSE window will display your current heart rate 4 - 5 seconds after you grip the hand pulse sensors with both your hands. To ensure the pulse readout is precise, always grip the hand pulse sensors with two hands instead of just with one hand when you try to test your heart rate figures.

NOTE: If the equipment is left inactive for 5 minutes, the computer display will show a clock (time) and room temperature; that is called sleep mode. In sleep mode, all previous pre-set data and training data are kept and will show up when any button is pressed.

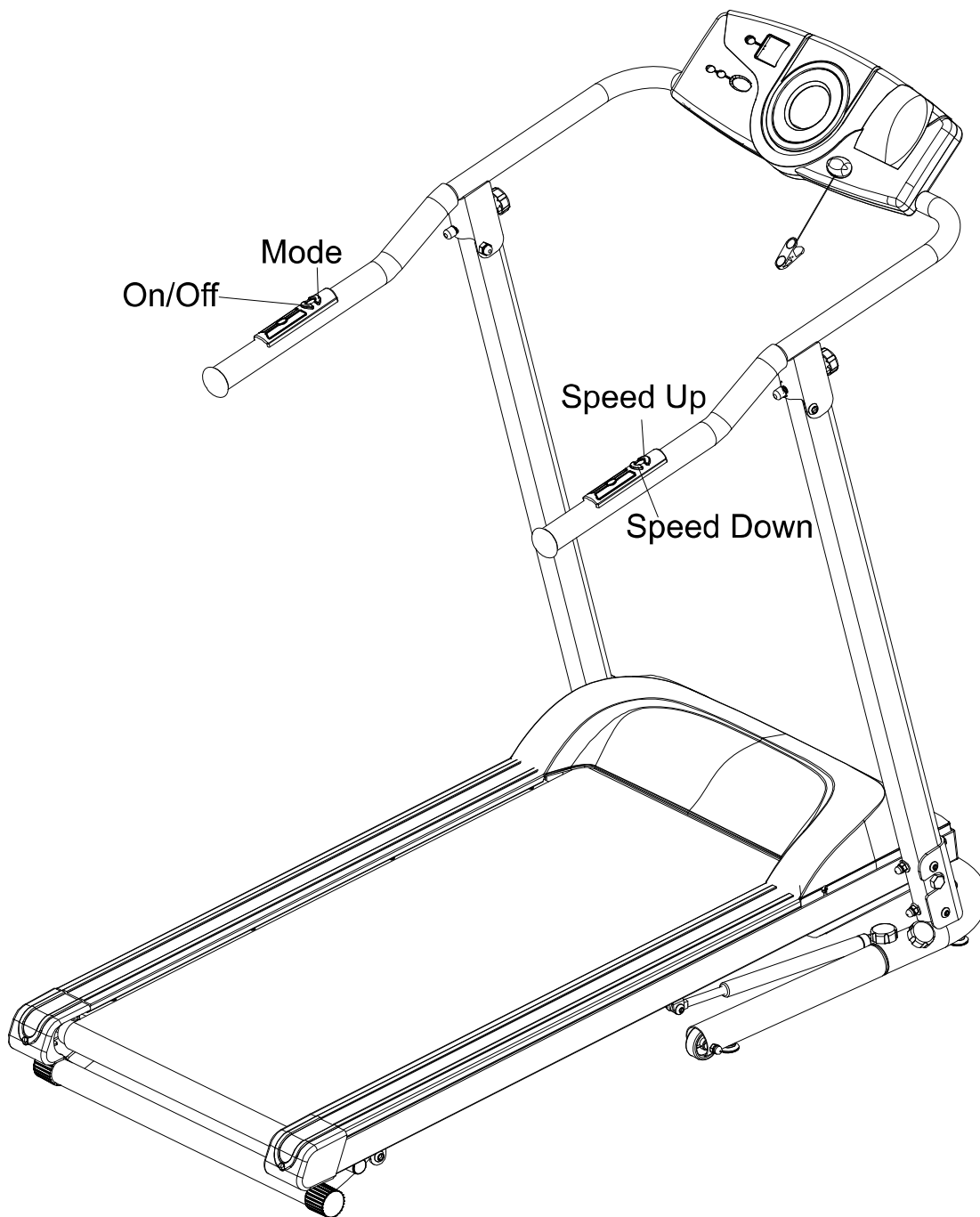
Pre-Set:

PRE-SET TARGET GOALS: The computer allows for 3 different Pre-set target features, Time/Distance/Calories. To set a Target, have the computer in stop mode and press the MODE button to select one of the 3 targets. The display will flash, ready for you to press SPEED UP or SPEED DOWN to adjust the goals. Press the SET button to confirm the Time/Distance/Calorie target. Once you have made your selection, press the START button to begin.

PRE-SET TARGET TIME: A pre-set target time range can be set from 1:00 to 99:00 minutes. The walking belt will start moving with an initial speed of 1.0 MPH. The speed can be adjusted using the SET button. Time will count down from the set value to 0:00, The Computer will BEEP when the Target is met.

PRE-SET TARGET DISTANCE: A pre-set target distance range can be set from 0.10 to 99.9 miles. The walking belt will start moving with an initial speed of 1.0 MPH. The speed can be adjusted using the SET button. Distance will count down from the set value to 0.00, The Computer will BEEP when the Target is met.

PRE-SET TARGET CALORIES: A pre-set target calorie burn range can be set from 10 to 9,990 calories. The walking belt will start moving with an initial speed of 1.0 MPH. The speed can be adjusted using the SET button. Calories will count down from the set value to 0. The Computer will BEEP when the Target is met.



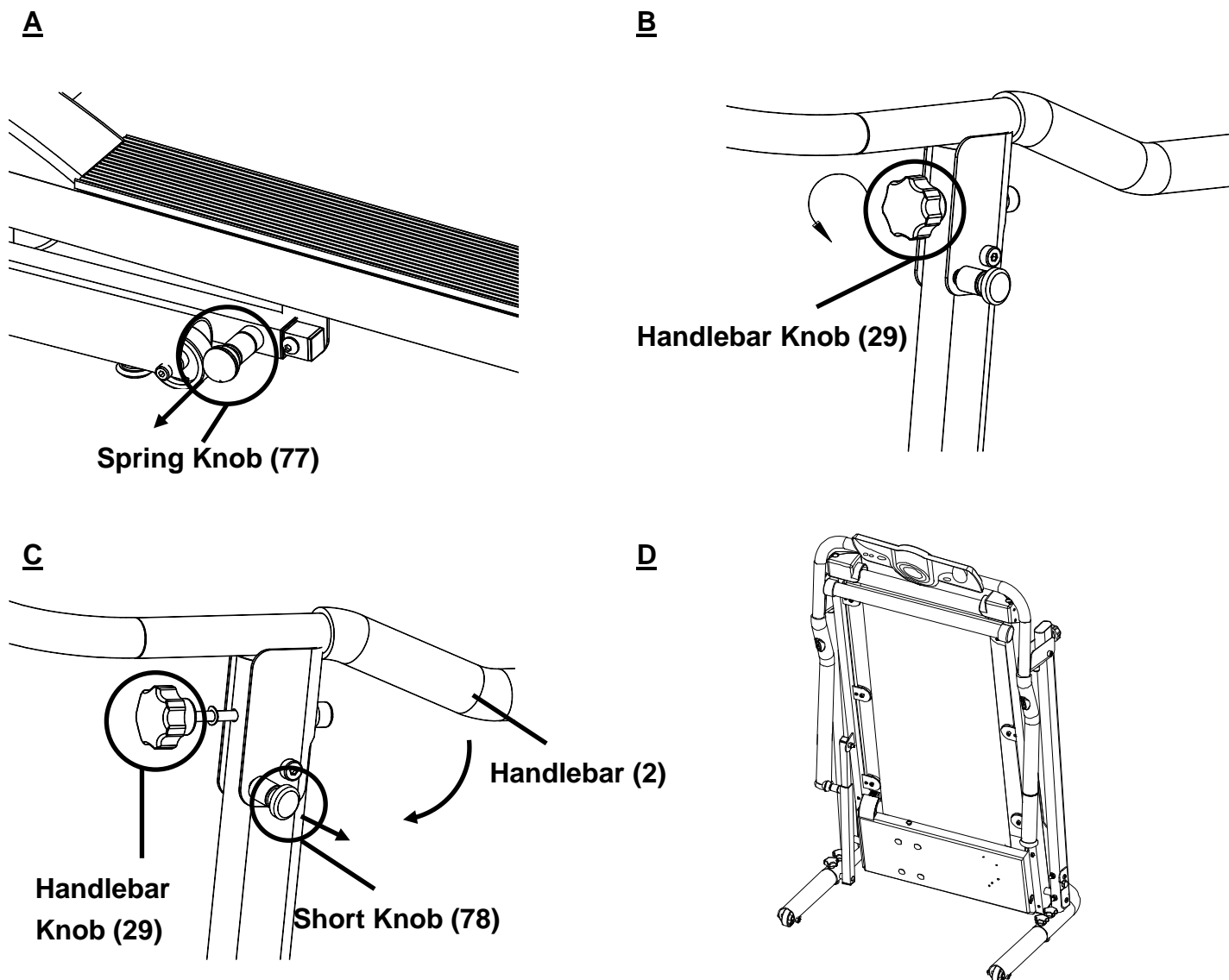
MODE: Press MODE button on the Left Handrail to select each function (TIME, DISTANCE, or CALORIES) for set up a workout goal value.

On/Off: Press the On/Off button Located on the Left Handrail to start or stop the treadmill.

SPEED UP: Press the SPEED UP button on the Right Handrail to increase speed.

SPEED DOWN: Press the SPEED DOWN button on the Right Handrail to decrease speed

STORAGE



FOLDING THE TREADMILL

For your convenience, the treadmill can be folded up and placed in a storage area.

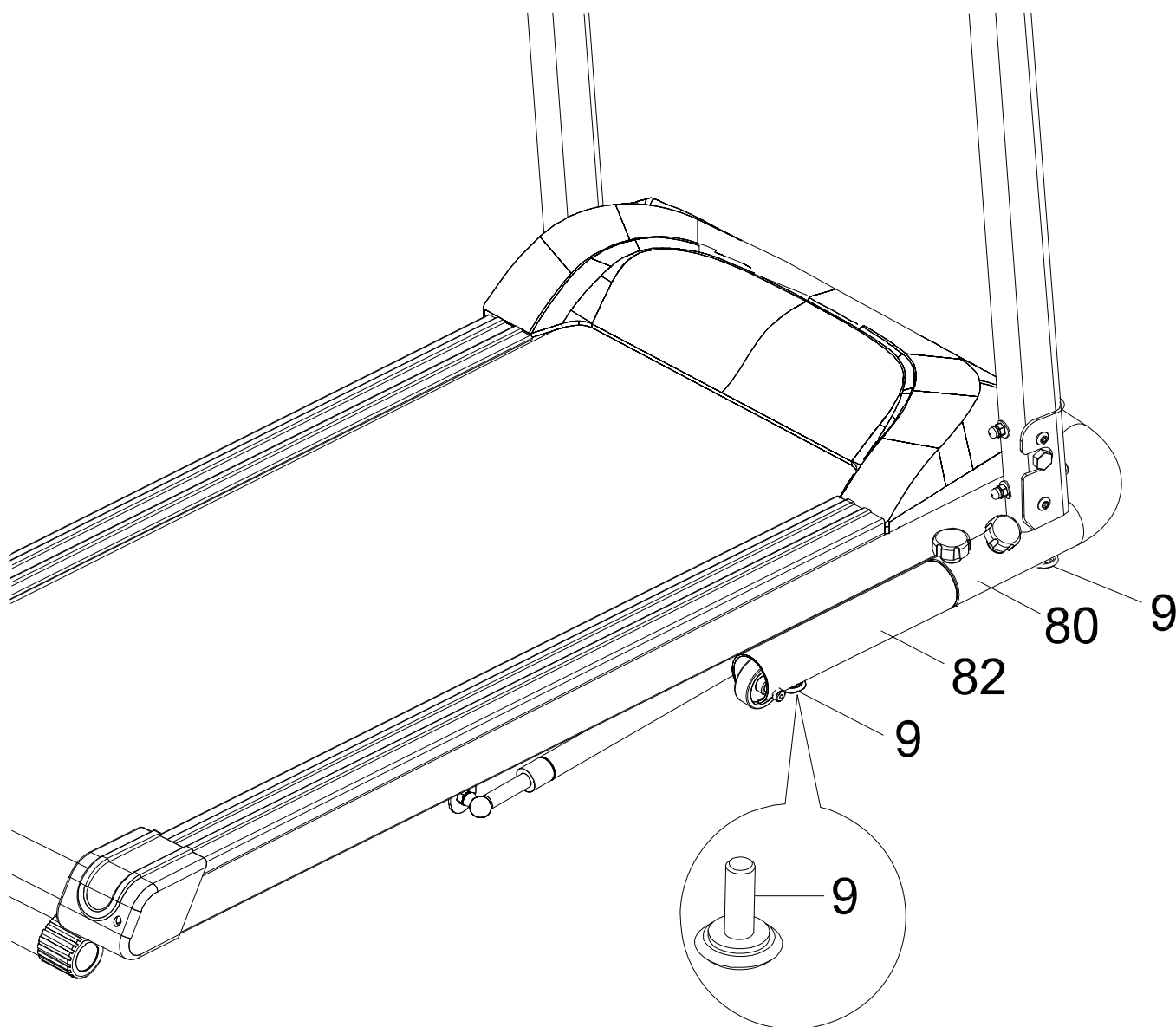
To fold the treadmill, pull out the **Spring Knob (77)** while slowly lifting up the **Main Frame (1)** up and allowing the **Spring Knob (77)** to POP in place. See **Figure A**.

Loosen both of the **Handlebar Knobs (29)**. See **Figure B**.

Pull out the **Short Knob (78)** and then push the **Handlebar (2)** all the way down. Insert both **Handlebar Knobs (29)** back to the **Left and Right Upright Post (89, 90)** as shown in **Figure C**. If you have folded the treadmill correctly, then it should look like **Figure D**.

IMPORTANT: TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD ON THE MAIN FRAME WHEN LIFTING UP OR SETTING DOWN THE DECK.

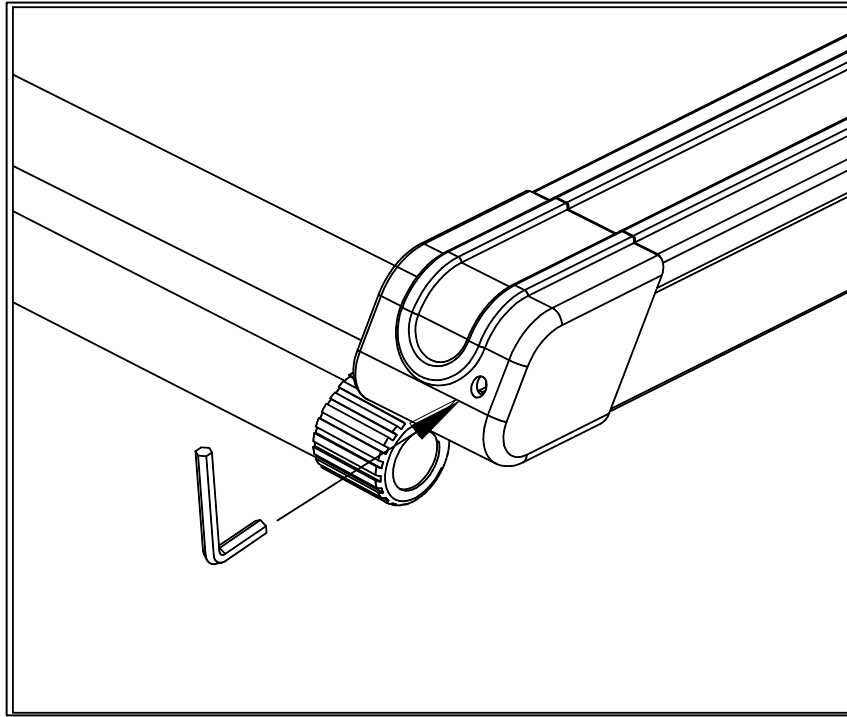
ADJUSTMENTS



Adjustable Pads:

There are five **Adjustable Pads (9)**. There is one on the bottom of both **Left and Right Stabilizer Tubes (81) & (82)**. There are three on the bottom of the **Stabilizer (80)**. Turn the various **Adjustable Pads (9)** as needed to level the treadmill.

ADJUSTMENTS



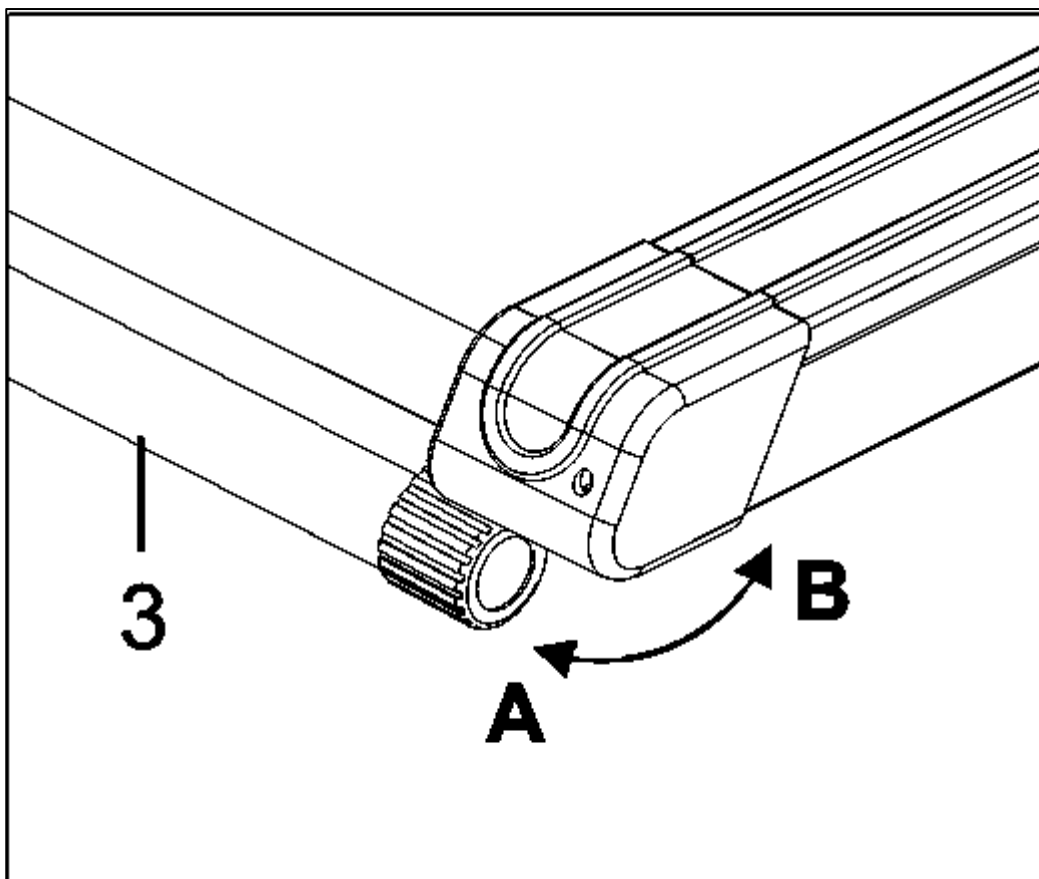
Belt Adjustment:

The belt may come loose during transportation and/or from use. After prolonged use of the treadmill, the belt will stretch out. If the belt is shifting to the left, turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen Wrench provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered.

If the belt is shifting to the right, turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen Wrench provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered.

If the belt is slipping during use, turn off and unplug the treadmill. Using the Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn in the clockwise direction for the same amount, then turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. You should now walk on to the belt to determine if the belt is still slipping. Repeat the above procedure until the belt no longer slips.

ADJUSTMENTS



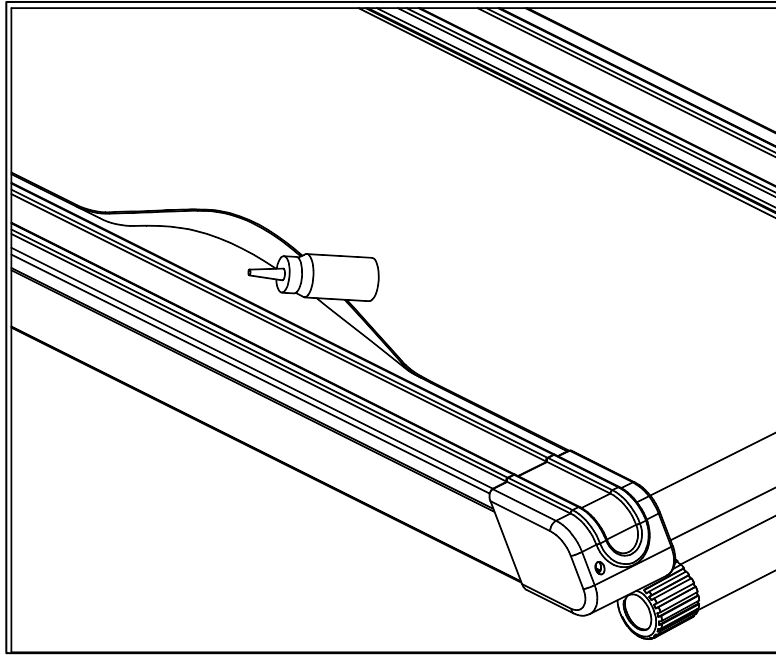
Incline Adjustment:

Place one hand on the rear end of main frame. Lift the main frame up then adjust the **Incline Adjuster (3)** to the desired position.

Two Incline Degree Options:

3 % Incline degree when Incline Adjuster at Position A.

6 % Incline degree when Incline Adjuster at Position B.



Silicone Oil

The treadmill been coated with "Silicone Oil" in advance. Silicone oil is a non-volatile oil and by the time you receive the treadmill, there should be oil permeated through the belt. There will be no need to re-apply the oil under normal circumstances. To maintain the belt, "Silicone Oil" may be re-applied once the resistance has been increased and the belt starts rubbing against the walking deck. To re-apply the Silicone Oil to the treadmill, lift up the belt, one side at a time, and apply the oil directly to the center of the walking deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

Attention: Only use "Silicone Oil" lubricants for this equipment. **In addition, do not add any other type of oil; otherwise the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.**

MAINTENANCE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

CLEANING

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail. Keep the treadmill, especially, the console, out of direct sunlight to prevent screen damage.

STORAGE

Store the treadmill in a clean and dry environment. Ensure the master power switch is off and is in the off position and the power plug is un-plugged from the electrical wall outlet.

TROUBLESHOOTING

Error Codes Cause and Solutions

Fault Code	Cause	Solution
SAFE	Safety tether key protection	<ol style="list-style-type: none"> 1. Ensure that the Safety Tether Key is installed on the Computer (26). 2. Restart the power after 1 minute and install the Safety Tether Key 3. Computer IC Board damaged, Contact Customer Service.
Er1	Computer receiving error signal up to 15 seconds.	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute 2. Ensure the sensor cable is connected perfectly 3. Signal cable or computer IC board damaged, Discontinue use and contact Customer Service
Er3	Low Voltage	<ol style="list-style-type: none"> 1. Restart the power and retry after 1 minute. Check if the input voltage is lower. Use when voltage is normal 2. Signal Cable or power IC board damaged, Discontinue use and contact Customer Service
Er5	<ol style="list-style-type: none"> 1. Motor Cable become loose 2. Motor is blocked 3. Motor damaged 	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute 2. Check the motor cable , make sure it is connect perfectly 3. Check the motor quality, make sure there is no visible damage. 4. Ensure the running belt is thoroughly lubricated. 5. Motor or power IC board damaged, Discontinue use and contact Customer Service
Er7	Power IC board not receiving signal	<ol style="list-style-type: none"> 1. Restart the power, and retry after 1 minute 2. Ensure that the sensor cable is connected perfectly 3. Signal cable or power IC board damaged, Discontinue use and contact Customer Service

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>
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Structural Frame	1 year For Home Use Only
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Motor	5 years For Home Use Only
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All Other Components	90 days For Home Use Only
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(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 in Fax #: 626-810-2166***