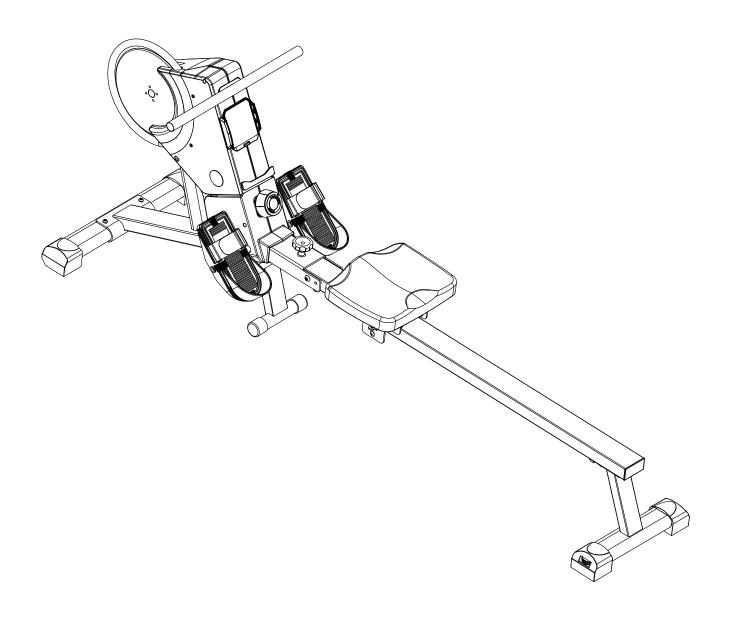
# MAGNGETIC MOMENTUM ROWER MACHINE





IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

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PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

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

**Email us at:** 

Service@paradigmhw.com

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#### **SERVICE**

#### IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

## For The Best Service, please Email:

service@paradigmhw.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours

#### Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7924

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

Response time may vary via calling

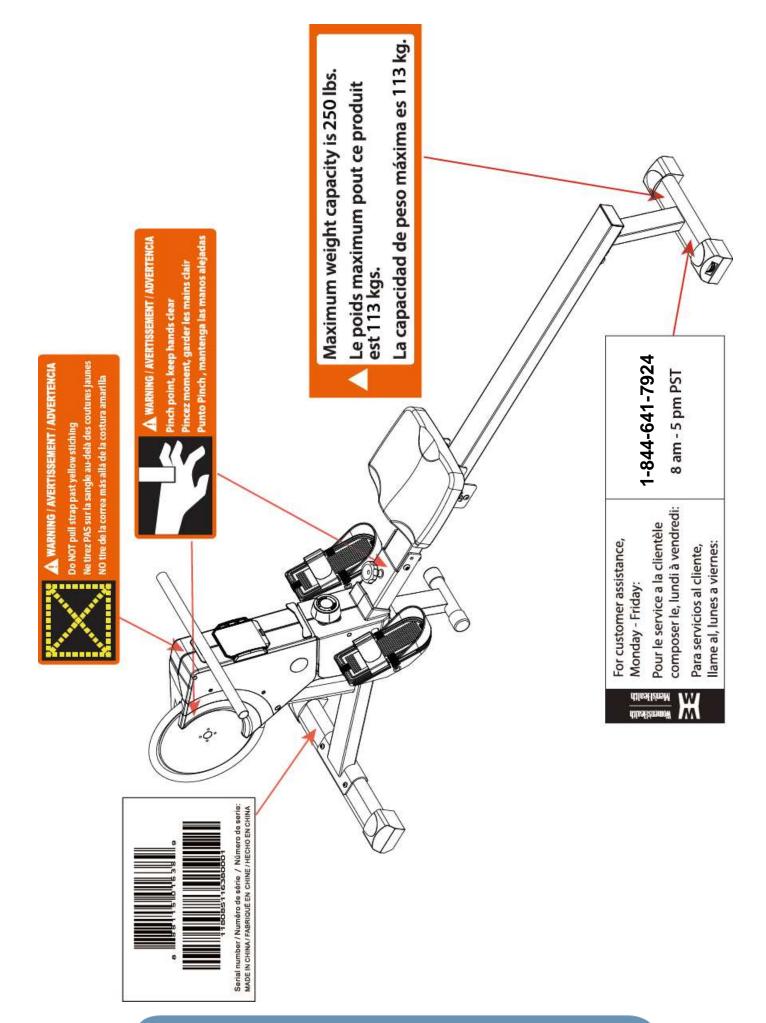
Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

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

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

## LABEL PLACEMENT



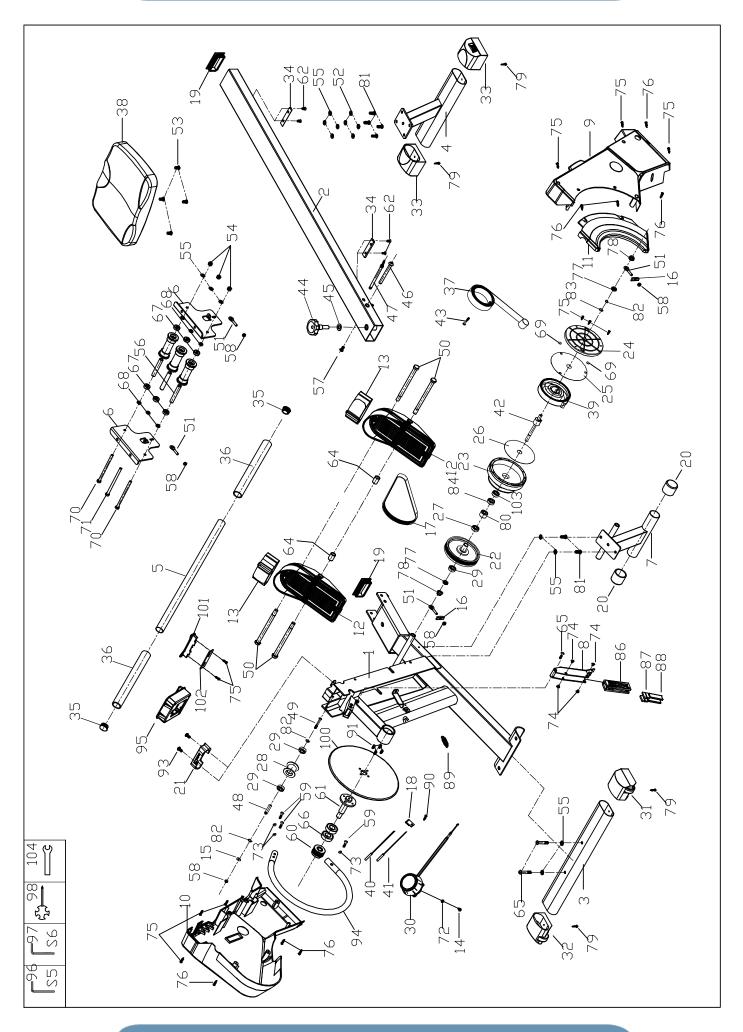
# **IMPORTANT SAFETY GUIDELINES**

Read all instructions before using the Rower. Basic precautions should always be followed. WARNING - To reduce the risk of injury to persons, read the following:

- 1. Be sure all screws, nuts, and bolts are tightened prior to use.
- 2. Before using this equipment, we recommend doing warm ups.
- 3. Only one person should be using the equipment at a time.
- 4. Never operate this **Rower** if it is not working properly, has been dropped, or damaged. If a problem is encountered, contact Customer Service before using the **Rower** again.
- 5. Always use this equipment on a clear and level surface.
- 6. It is recommended that you place this exercise equipment on an equipment mat.
- 7. For household use only.
- 8. Do not use outdoors or near water.
- 9. Use this product only for its intended use as described in this manual. Do not use attachments **NOT** recommended by the manufacturer.
- 10. Do not wear loose clothing when using the equipment.
- 11. Never drop or insert any object into any opening.
- 12. 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.
- 13. Keep children and pets away from equipment when in use.
- 14. For any problems, contact Customer Service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
- 15. This product requires a minimum of 6 square feet of space for safe operation.
- 16. ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS. Serious bodily injury can occur if this equipment is not assembled and used correctly.
- 17. **Warning:** Risk of Personal Injury Keep children under the age of 13 away from the equipment.
- 18. **Warning:** Risk of Personal Injury Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
- 19. **Warning:** Consult your physician before beginning any exercise program. This is especially important for people who have pre-existing health problems. Talk to your Doctor before using the equipment if you have any of the following conditions or ailments:
  - Extreme obesity
  - Glaucoma, retinal detachment or conjunctivitis
  - Pregnancy
  - Spinal injury, Cerebral Sclerosis, or acutely swollen joints
  - Middle ear infection
  - High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
  - Heart or circulatory disorders for which you are being treated
  - Hiatus hernia or Ventral hernia
  - Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
  - Use of anti-coagulants including Aspirin in high doses

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

# **OVERVIEW DRAWING**



# **PARTS LIST**

No.	Description	Qty		
1	Main Frame	1		
2	Slide Tube	1		
3	Front Stabilizer			
4	Rear Stabilizer			
5	Handlebar	1		
6	Seat Plate	2		
7	Central Stabilizer	1		
8	Magnet Bracket A	1		
9	Left Cover A	1		
10	Right Cover	1		
11	Left Cover B	1		
12	Pedal	2		
13	Pedal Strap	2		
14	Phillips Screw M5*12 Galvanized	1		
15	Flat Washer OD12xID6.5x1.5	1		
16	U-Bracket			
17	Belt 6PJ340	1		
18	Sensor Bracket	1		
19	Slide Tube End Cap			
20	End Cap	2		
21	Handlebar Rubber Bracket	1		
22	Belt Pulley	1		
23	Drawstring Pulley	1		
24	Spring Bumper Cover	1		
25	Acoustic Baffle-A	1		
26	Acoustic Baffle-B	1		
27	Bearing 6003	1		
28	Braid Pulley			
29	Bearing 6000ZZ	3		
30	Tension Controller	1		

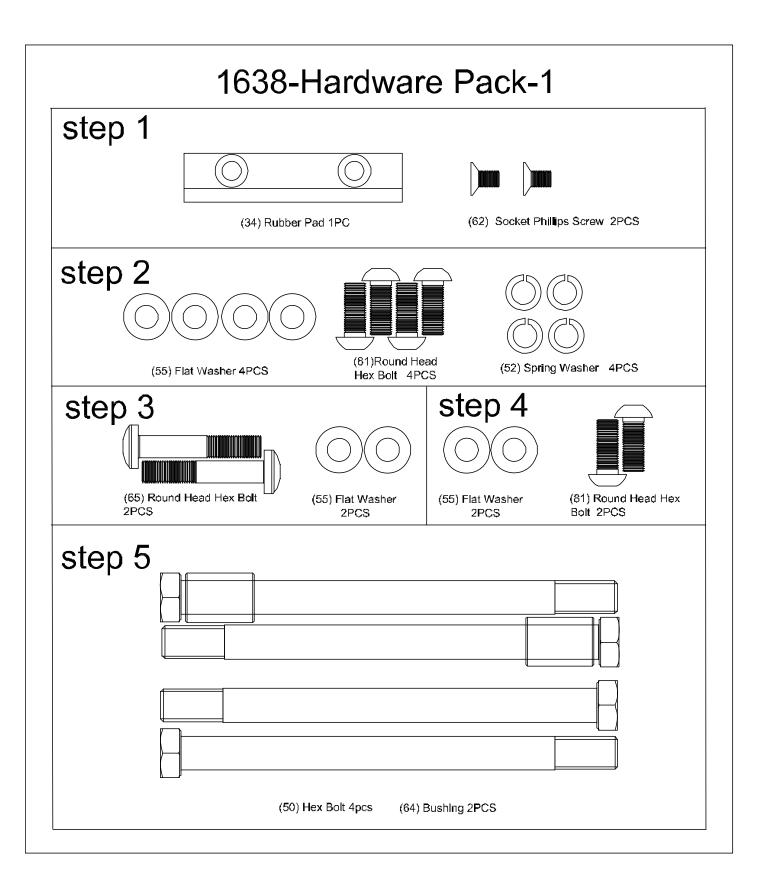
No.	Description	Qty		
31	Left Front Stabilizer End Cap	1		
32	Right Front Stabilizer End Cap	1		
33	Rear Stabilizer End Cap			
34	Rubber Pad	2		
35	Handlebar End Cap	2		
36	Foam Grip	2		
37	Braid	1		
38	Seat	1		
39	Coil Spring	1		
40	Sensor A	1		
41	Sensor B	1		
42	Axle	1		
43	Phillips ScrewM5×35	1		
44	Round Knob	1		
45	Flat Washer OD25*ID12.5*2.0	1		
46	Hex Bolt Ø10x95xM6	1		
47	Safety Pin Φ11*7*Φ8*106	1		
48	Bushing Φ10*Φ6.1*40	1		
49	Hex Bolt M6*55	1		
50	Hex Bolt M12*Φ12.5*160	4		
51	Eye Bolt M6*40	4		
52	Spring Washer ID8.5×1.5	4		
53	Round Head Hex Bolt M8*16	4		
54	Nylon Nut M8	3		
55	Flat Washer OD16xID8.5x1.5	11		
56	Bushing	3		
57	Round Head Hex Bolt M6*16	1		
58	Nylon Nut M6	5		
59	Phillips Screw M6*35	3		
60	Small Belt Pulley Φ43*26	1		

# **PARTS LIST**

No.	Description	Qty		
61	Flywheel Axle			
62	Socket Phillips Screw M6*10			
64	Bushing Φ18*Φ13*26			
65	Round Head Hex Bolt M8*45			
66	Bearing 6004			
67	Bearing 608ZZ			
68	Bushing Ф12.7*Ф8.2*7			
69	Magnet Φ10*2			
70	Hex Bolt M8*125			
71	Hex Bolt M8*130			
72	Flat Washer OD11xID5.5x1.5	1		
73	Wave Washer OD16*ID6.5*T1.0			
74	Self-Tapping Phillips Screw ST5.0*10			
75	Self-Drilling Phillips Screw ST4.0*19			
76	Self-Tapping Phillips Screw ST4.0*16			
77	Hex Nut M10*P1.0*H5			
78	Flange Nut M10×1.0	2		
79	Self-Tapping Phillips Screw ST4.0*25			
80	One direction Bearing HR1712	1		
81	Round Head Hex Bolt M8×20,S6	6		

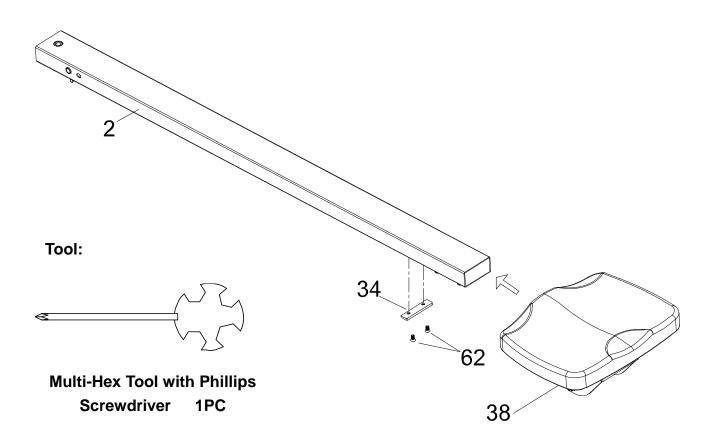
No.	Description	Qty		
82	C-Ring Ø10	3		
83	Wave WasherOD13.5*ID10.2*0.4	1		
84	Bearing 16003	1		
86	Magnet Bracket B	1		
87	Small Magnet 10*20*5			
88	Large Magnet 20*50*5	4		
89	Spring Ø14*1.5*55	2		
90	Self-Tapping Phillips Screw ST4.0*12	1		
91	Hex Bolt M6*15	4		
93	Phillips Screw M5*12 Chromium	2		
94	Tube	1		
95	Console	1		
96	5mm Allen Wrench	1		
97	6mm Allen Wrench	1		
98	Multi-Hex Tool with Phillips Screwdriver	1		
100	Aluminum Plate	1		
101	Phone Holder	1		
102	Bracket	1		
103	Bearing	1		
104	Open Wrench	1		

# **HARDWARE & TOOLS PACK**



# **HARDWARE & TOOLS PACK**

# 1638-Hardware Pack-2 step 6 (45) Flat Washer 1PC (46) Hex Bolt 1PC (57) Round Head Hex Bolt 1PC (47) Safety Pin 1PC (44) Round Knob 1PC Tool (104) Open Wrench 1PC (98) Multi-Hex Tool with Phillips Screwdriver 1PC (97) 6mm Allen Wrench 1PC (96) 5mm Allen Wrench 1PC



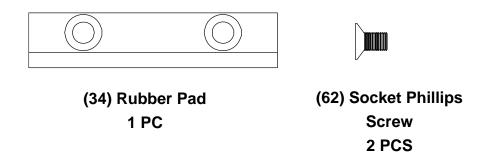
## Step 1

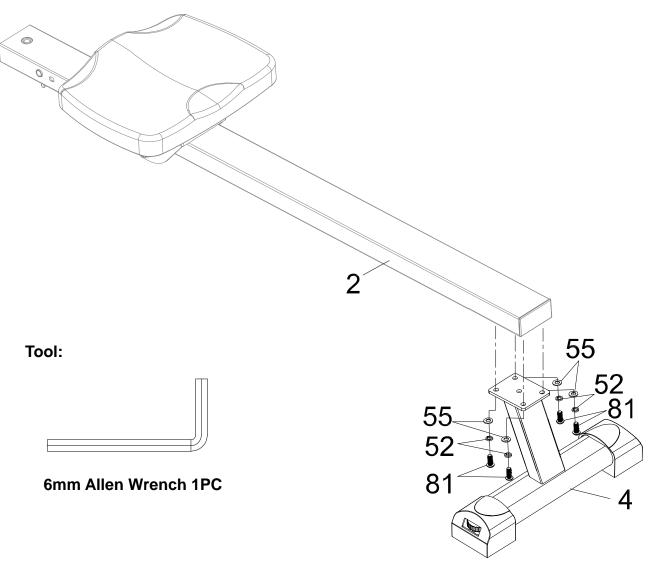
#### 1A. Installing the Seat

Slide the **Seat (38)** onto the **Sliding Tube (2).** Attach the **Rubber Pad (34)** onto the underside of the **Sliding Tube (2)** with two **Socket Phillips Screws (62).** Tighten the hardware using the **Multi-Hex Tool with Phillips Screwdriver** provided.

NOTE: The narrow edge of the Rubber Pad (34) should be pointing towards the Seat (38).

#### Hardware:





## Step 2

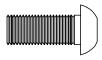
#### 2A. Installing the Rear Stabilizer

Attach the Rear Stabilizer (4) onto the underside of the Sliding Tube (2) with four Flat Washers (55), four Spring Washers (52), and four Round Head Hex Bolts (81). Tighten the hardware using the 6mm Allen Wrench provided.

#### Hardware:



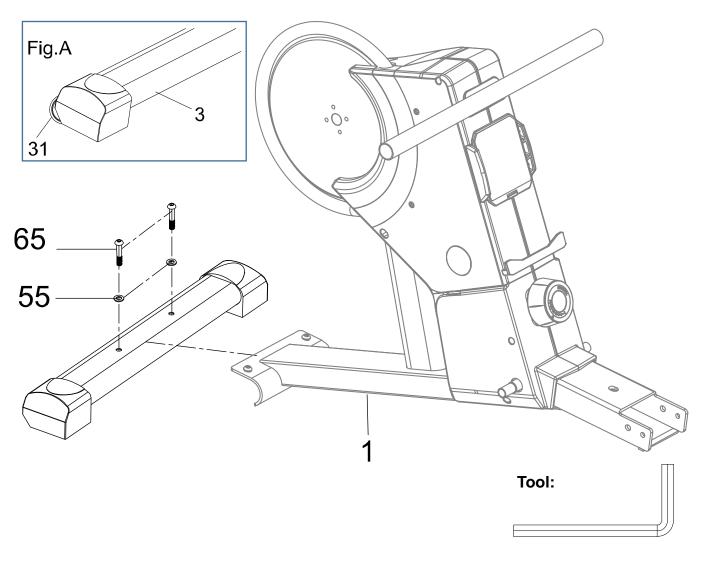
(55) Flat Washer 4 PCS



(81) Round Head Hex Bolt 4 PCS



(52) Spring Washer 4 PCS



5mm Allen Wrench 1PC

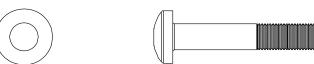
## Step 3

#### 3A. Installing the Front Stabilizer

Attach the Front Stabilizer (3) onto the Main Frame (1) with two Flat Washers (55), and two Round Head Hex Bolts (65). Tighten the hardware using the 5 mm Allen Wrench provided.

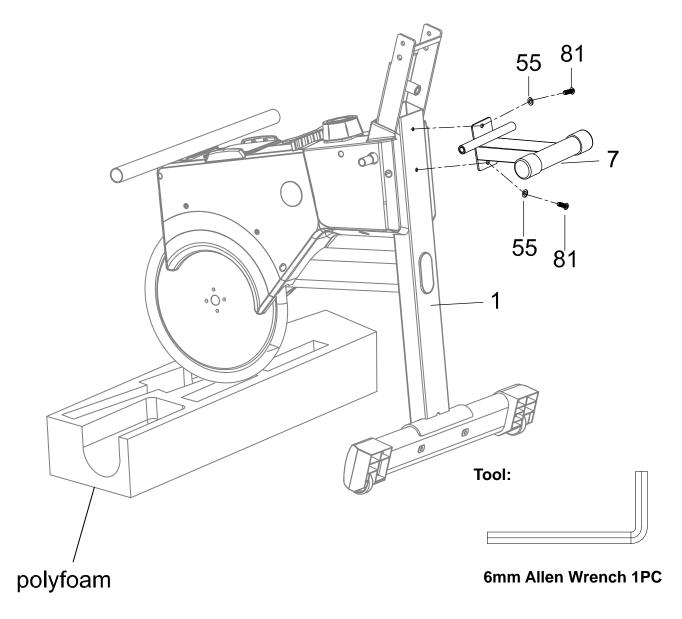
**Note:** The wheel on the **Left Front Stabilizer End Cap (31)** should be facing forward when installing the **Front Stabilizer (3)**. **See Fig. A.** 

# Hardware:



(55) Flat Washer 2 PCS

(65) Round Head Hex Bolt 2 PCS



# Step 4

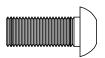
#### 4A. Installing the Central Stabilizer

Place a block of the packaging **polyfoam** in front of the **Main Frame (1)**. Lift the **Main Frame (1)** rest the machine on the **polyfoam** to help hold the frame up. Attach the **Central Stabilizer (7)** onto the bottom of the **Main Frame (1)** with two **Flat Washers (55)** and two **Round Head Hex Bolts (81)**. Tighten the hardware using the **6mm Allen Wrench** provided.

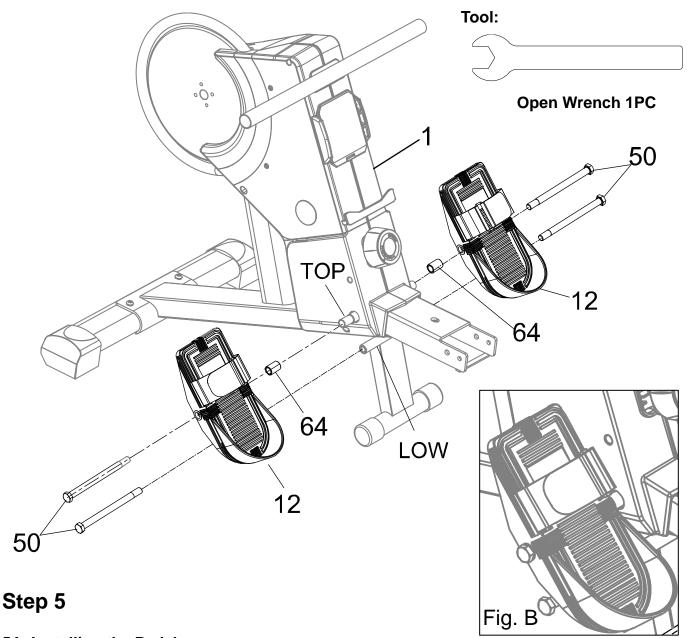
#### Hardware:



(55) Flat Washer 2 PCS



(81) Round Head Hex Bolt 2 PCS



#### 5A. Installing the Pedals

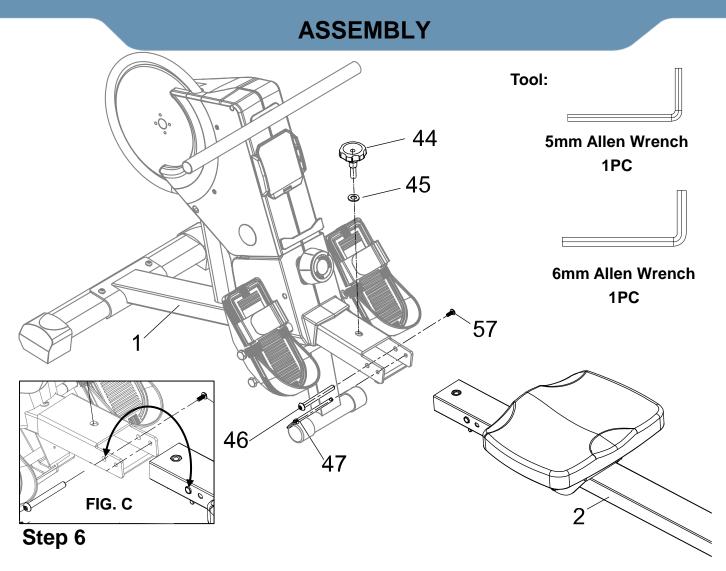
Attach one **Hex Bolt (50)** into the **LOW** bolt hole on the left side of the **Main Frame (1)**. Tighten using the **Open Wrench** provided.

Slide one **Hex Bolt (50)** through the center of the **Pedal (12)**, then slide a **Bushing (64)** onto the end of that **Hex Bolt (50)**. Attach the group of parts to the **TOP** bolt hole on the left side of the **Main Frame (1)**. Tighten using the **Open Wrench** provided.

Repeat **5A** for the left side.

NOTE: The heel of the Pedals (12) will rest on the lower Hex Bolt (50). See Fig. B

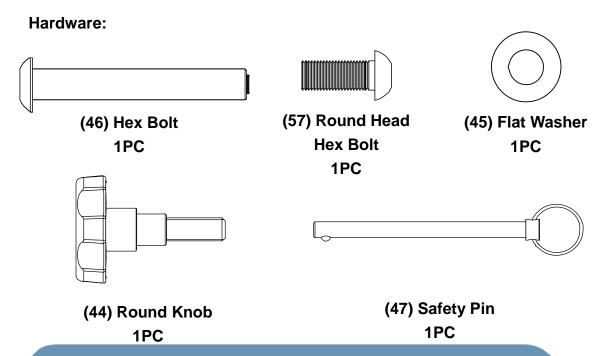
(50) Hex Bolt	(64) Bushing
4 PCS	2 PCS



#### 6A. Installing the Seat Sliding Tube

Angle and slide the **Sliding Tube (2)** into the **Main Frame (1)**. Align the bolt holes shown in **FIG. C**, and insert one **Hex Bolt (46)**. Push the **Hex Bolt (46)** through the frame and attach one **Round Head Hex Bolt (57)**. Tighten using the **5mm Allen Wrench** and **6mm Allen Wrench** provided.

6B. Locking the frame for using: Slightly raise and lower the Sliding Tube (2) to help insert the Safety Pin (47) in to the Main Frame (1) and the Sliding Tube (2). Secure the Main Frame (1) and Sliding Tube (2) with one Flat Washer (45) and one Round Knob (44).



# **ASSEMBLY** Tool: Multi-Hex Tool with Phillips Screwdriver 1PC FIG. D Clip 95 SCREW 95 **BATTERY COVER** Clip Step 7

#### 7A. Installing the Console Batteries

Lifting up on the **CLIP** shown in **FIG. D** and gently pulling the **Console (95)** out. **BE CAREFUL** when pulling the console out, there are **three wires** attached to the backside. Disconnect the wires to make installing the batteries easy.

Using the **Multi-Hex Tool with Phillips Screwdriver** remove the **SCREW** from the **BATTERY COVER** to open the **Console (95)**. Place 4 AA batteries into the console with the positive and negative poles as labeled.

Reattach the battery cover and replace the console back into the rowing machine. Make sure the three wires are connected to the console before replacing the console. If any one of them is not connected, the console will not function correctly.

Note: This product can only be powered by 4 AA batteries.

Note: Do not mix old and new batteries. Replace all the batteries at the same time.

#### **CONSOLE**



#### **USING THE CONSOLE**

**Power On**: The console will turn on when the user starts rowing or presses a button on the console.

**Power Off**: The console will automatically turn off after 20 minutes of inactivity.

**Reset**: Press and hold the STOP button for 3 seconds to reset the console.

Pause: Press the START button during a workout.

**Start Workout:** Press the START button for the console to begin tracking your workout.

**End Workout:** Press the STOP button to end a workout and show the workout results.

Note: The console buttons will not response when the APP is connected. Please use the APP to console the console.

#### **WORKOUT DISPLAY**

- **STROKES**: Will track the total number of strokes/pulls during the workout, up to a total of 9999.
- CAL: Will track the number of calories burned during the workout, up to a value of 999.
  - This is only an estimated value to use for comparing effort between different workout sessions.
- **TIME**: Will track the total workout time, up to a maximum value of 99:59 minutes.
- **SPM**: Will display the average number of strokes you are pulling in a minute based on the current workout pace.
  - This display will shift between SPM and METERS every 4 seconds.
  - See the indicator arrow for the value currently being displayed.
- METERS: Will track your distance in meters, up to a maximum value of 9999 meters. The
  console will change to KILOMETERS (KM) when 9999 meters is reached.
  - This display will shift between SPM and METERS every 4 seconds.
  - See the indicator arrow for the value currently being displayed.
- **SPLIT**: Will display the average time it takes to travel 500 meters based on the current workout pace.
- WATTS: Will display the current workout effort in the form of Watts.
  - The Watts value is dependent on the length of the pull, the pace of the workout, and the resistance level.
  - The resistance level control knob is wired to the console to track the effort of the workout based on the resistance level set on the knob.
  - At the end of the workout, this section will show the MAX watt values reached during the workout.
- The **MyCloudFitness** symbol turns on when the Bluetooth antenna is connected to the APP.
  - If the symbol is flashing, the connection to the app has not been established.
  - o If a connection cannot be made, shut down and restart the APP.

## **CONSOLE**

#### **SETTING WORKOUT GOALS**

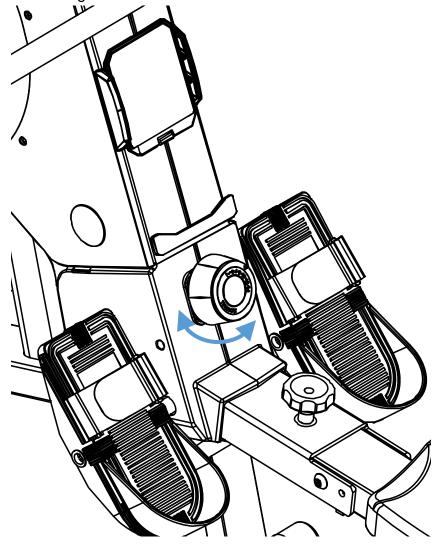
- Press the GOALS button before starting a workout to set a METERS, TIME, CALORIES, or STROKES GOAL.
- Press the GOALS button until the desired GOAL option is flashing.
- Use the UP and DOWN buttons to adjust the GOAL value.
- Press the ENTER button to confirm the GOAL value.
- Press the START button to begin the workout.
- The console will beep 3 times when the GOAL is achieved.

#### **END WORKOUT**

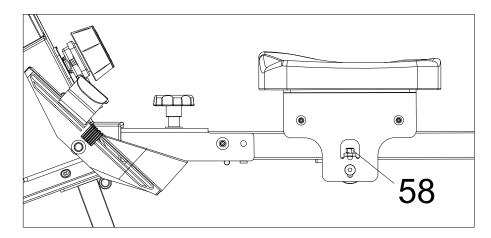
- End the workout by pressing the STOP button. The workout results will stay on the display for reviewing.
  - The TOTAL STROKES, TOTAL TIME, TOTAL CALORIES, AVERAGE SPM, TOTAL METER/KILOMETERS, AVERAGE SPLIT TIME, and the MAX WATT level reached.
- Press the STOP button a second time to return to the main screen.

## ADJUSTING THE RESISTANCE LEVEL

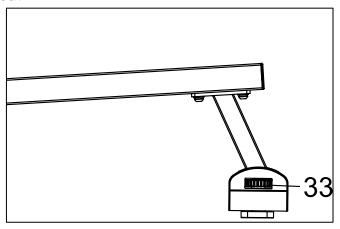
- Turn the knob clockwise to increase the resistance level of the workout.
- Turn the knob Counter-clockwise to decrease the resistance level of the workout.
- The console will adjust the distance per stroke, watt output, and calorie burn based on resistance level setting.



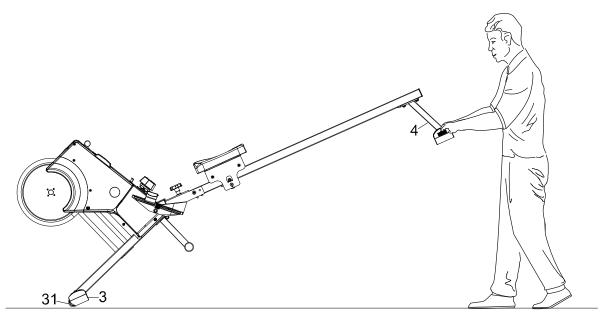
## **ADJUSTMENTS & TRANSPORTING**



• If the seat does not slide easily, or the seat shakes too much, adjust the **Nylon Nut (58)** on both sides of the seat.

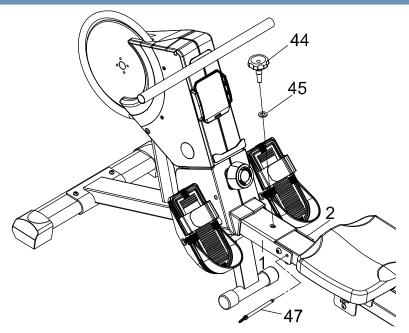


• If the frame is shaking while in use, extend the foot on the **Rear Stabilizer End Caps (33)** to balance the frame. The extending foot will also improve the grip between the endcaps and the floor.

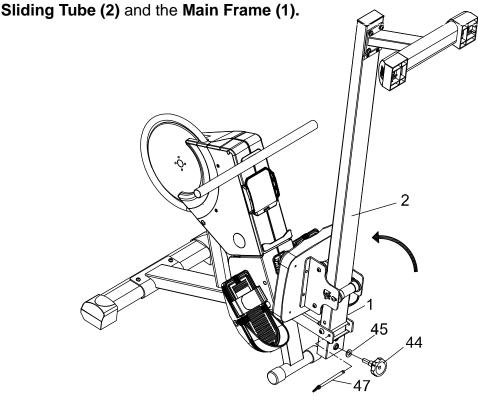


 Hold the Rear Stabilizer (4) and pull the machine until the wheels on the Front Stabilizer (3) make contact with the floor. Push or pull the unit to the desired location, then gently lower the Rear Stabilizer (4) to the ground.

## **STORAGE & MAINTENANCE**



Remove the Safety Pin (47), the Round Knob (44) and Flat Washer (45) from the



- Lift up the Sliding Tube (2) and insert the Safety Pin (47) to lock the Sliding Tube (2) in the upright position. Insert the Round Knob (44) and Flat Washer (45) back into the underside of the Sliding Tube (2).
- ALWAYS Store the machine in a clean and dry environment away from pets and children.
- Please keep the computer console and the rower, out of direct sunlight to prevent screen

#### **CLEANING / MAINTENANCE**

- The rower can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on the plastic parts.
- Please wipe your perspiration off the rower 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.
- Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

#### **TROUBLE SHOOTING**

#### TROUBLESHOOTING

- **PROBLEM:** There is no display on the computer console.
  - SOLUTION: The batteries in the computer console may be dead. Replace the dead batteries with new batteries. Do NOT mix old and new batteries.
  - SOLUTION: Check that the batteries are correctly inserted and the battery springs are in proper contact with the batteries.
  - SOLUTION: Remove the console and verify that the wire at the rear of the console is properly connected to the wires that come from the frame.
- **PROBLEM:** The rower makes a noise when in use.
  - o **SOLUTION:** The bolts may be loose on the equipment. Please inspect all of the nuts, bolts, screws and tighten any loose Hardware.
  - SOLUTION: Check the flywheel for any marks. Marks may indicate the plastic magnet bracket is making contact with the flywheel. Contact customer service for further help.
- PROBLEM: The console is on but it is not tracking my workout. The strokes are not counting up.
  - SOLUTION: Press the START button before starting your workout. The
    console does NOT auto start when user starts pulling on the strap. This is to
    allow you to choose setting up a workout goal option before starting the
    workout.
  - SOLUTION: Make sure the 3 console wires on the back of the console are connected.
- **PROBLEM:** The entire rower moves forward and back while rowing.
  - SOLUTION: Use the rower on a surface that will grip the floor stabilizers better or purchase a workout mat to keep your rower in place.
- PROBLEM: The Console does not connect to the APP.
  - SOLUTION: Reset the console, restart the APP and try again. The console is reset by holding the STOP button down for 3-4 seconds.
  - o **SOLUTION:** Turn on the Bluetooth antenna on your smart device, restart the app, and try connecting again.
- **PROBLEM:** The workout resistance level does not match the level displayed on the APP.
  - SOLUTION: Recalibrate the resistance control knob with the console. Scan the QR codes below for instruction. Cover the QR code you do not want to scan with your hand.
    - Checking for defective console:



Recalibrating console:



#### 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:

COMPONENTLENGTH OF WARRANTYStructural Frame3 years For Home Use OnlyAll Other Components180 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

## **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#:				
PURCHASE DA	NTE:			
PLACE OF PUR	RCHASE:			
PART #		DESCRIPTION	ON	QTY

<sup>&</sup>quot;YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

<sup>\*</sup>This form can also be faxed to #: 626-810-2166