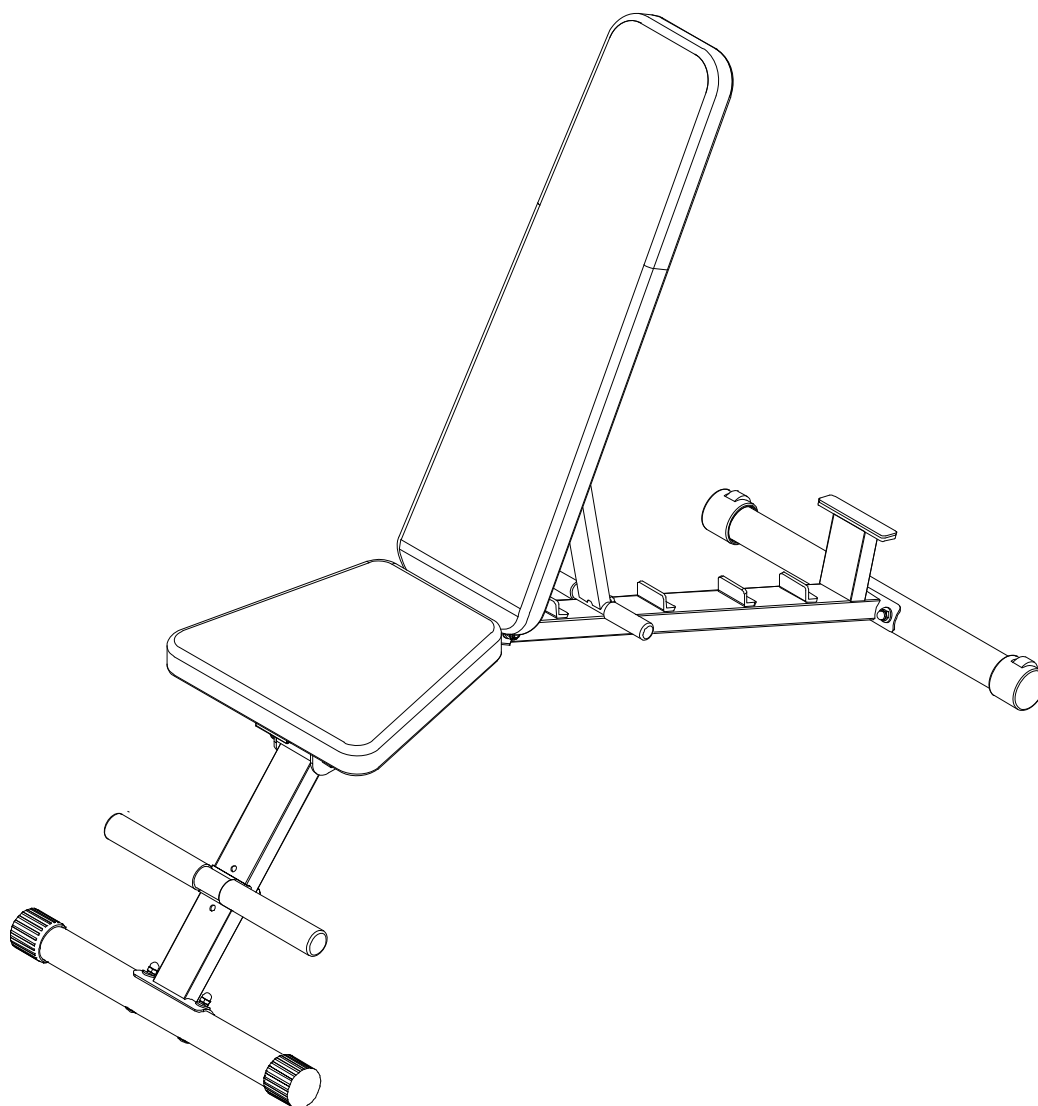


## Bench



**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 and contact customer service if you have any questions regarding assembly or proper operation of the machine.**

**Email us at:**  
**[Service@paradigmhw.com](mailto: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](mailto: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](http://www.paradigmhw.com)**

**Toll-Free:**

**1-844-641-7920**

**(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**

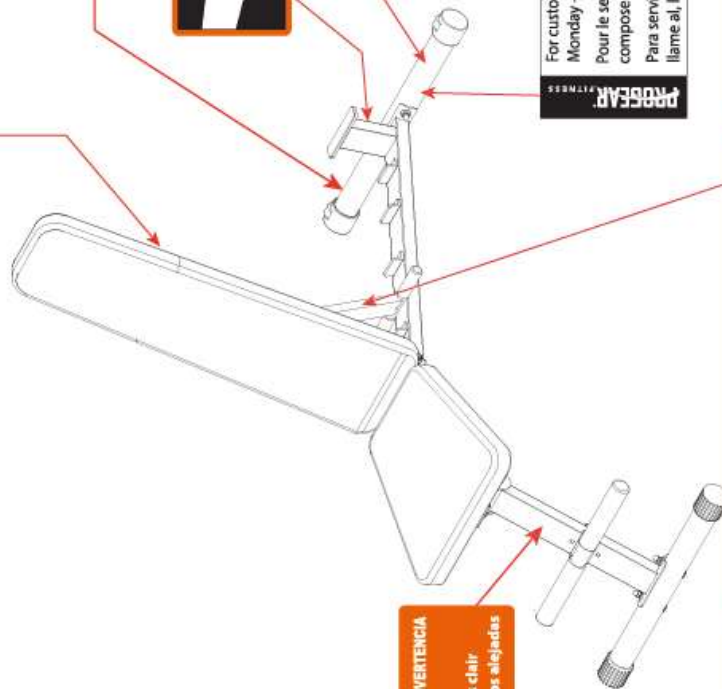
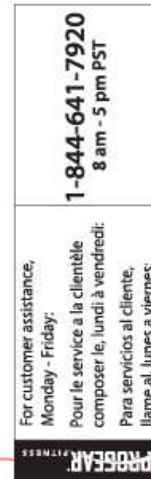
# LABEL PLACEMENT

<p>UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER</p> <p><b>ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD, 100%</b></p> <p><b>REGISTRY NO. VA25302 (CN)</b></p> <p>Certification is made by the manufacturer that the materials in this article are described in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry CA 91748, USA</p>	<p><b>NOTICE</b></p> <p>This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.</p>
<p>SOUS PEINE DE SANCTION LÉGALE, CETTE ÉTIQUETTE NE PEUT ÊTRE ENLEVÉE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR</p> <p><b>ENTIÈREMENT FABRIQUÉ DE MATÉRIAUX NEUFS REMBOURRAGE DE MOUSSE DE POLYURÉTHANE 100 %</b></p> <p><b>NO D'ENREGISTREMENT VA25302 (CN)</b></p> <p>Cette étiquette est apposée conformément aux lois Canadiennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>	<p><b>AVIS</b></p> <p>Ce produit ne satisfait pas aux critères d'incinérabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)</p>
<p>SE SANCIONARÁ LEGALMENTE A QUIENES QUITEN ESTA ETIQUETA. SOLO EL CONSUMIDOR PODRÁ QUITARLA.</p> <p><b>MATERIAL COMPLETAMENTE NUEVO COMPUESTO DE 100% RELLENO DE ESPUMA DE POLIURETANO.</b></p> <p><b>NO. DE REG VA25302 (CN)</b></p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry CA 91748, USA</p>	<p><b>NOTIFICACIÓN</b></p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarets ardientes.</p>

Model#3804



Text "what now?" to 31996 to learn how to use this equipment



<p><b>DAILY</b></p> <ul style="list-style-type: none"> <li>Inspect and tighten securely (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).</li> <li>Replace any worn or torn parts immediately.</li> <li>Check tension and fitting on Safety Spring Loaded Pins.</li> <li>Check tension and fitting on Safety Spring Loaded Pins.</li> <li>Check tension and fitting on Safety Spring Loaded Pins.</li> </ul> <p><b>WEEKLY</b></p> <ul style="list-style-type: none"> <li>Inspect and tighten securely.</li> <li>Use a damp cloth to clean dust and moisture from equipment.</li> <li>Clean and Wipe Upholstery.</li> <li>Check equipment Metal/Wood/Upholstery structure frame.</li> </ul>	<p><b>QUOTIDIEN</b></p> <ul style="list-style-type: none"> <li>Inspecter et serrer solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.).</li> <li>Remplacer toutes les pièces usées ou déchirées immédiatement.</li> <li>Vérifier pour assurer la machine est nivelée.</li> <li>Vérifier la tension et l'ajustement sur Spring Loaded sécurité.</li> <li>Vérifier la tension et l'ajustement sur Spring Loaded sécurité.</li> </ul> <p><b>HEBDOMADAIRE</b></p> <ul style="list-style-type: none"> <li>Inspecter et serrer.</li> <li>Utiliser un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement.</li> <li>Propre et essuyer amoviblement.</li> <li>Vérifier l'équipement / bois / amoviblement cadre de la structure métallique.</li> </ul>
<p><b>DIARIO</b></p> <ul style="list-style-type: none"> <li>Revisión y apriete bien (tuercas, pernos, patillas de caucho, soportes de acero, etc.).</li> <li>Reemplace inmediatamente cualquier parte desgastada o rota.</li> <li>Revisar para asegurarse que la máquina está nivelada.</li> <li>Revisar la tensión y ajuste en los carpiños de seguridad accionados por resorte.</li> <li>Revisar la tensión y ajuste en los carpiños de seguridad accionados por resorte.</li> </ul> <p><b>SEMANALMENTE</b></p> <ul style="list-style-type: none"> <li>Revisar y apretar firmemente.</li> <li>Utilice un paño húmedo para limpiar el polvo y humedad del equipo.</li> <li>Limpie y pase un trapo por la tapicería.</li> <li>Revise el marco de la estructura de metal / madera / tapicería del equipo.</li> </ul>	<p><b>HEURES ENTRETIEN</b></p>
<p><b>HORARIO DE MANTENIMIENTO</b></p>	<p><b>QUOTIDIEN</b></p>

# IMPORTANT SAFETY GUIDELINES

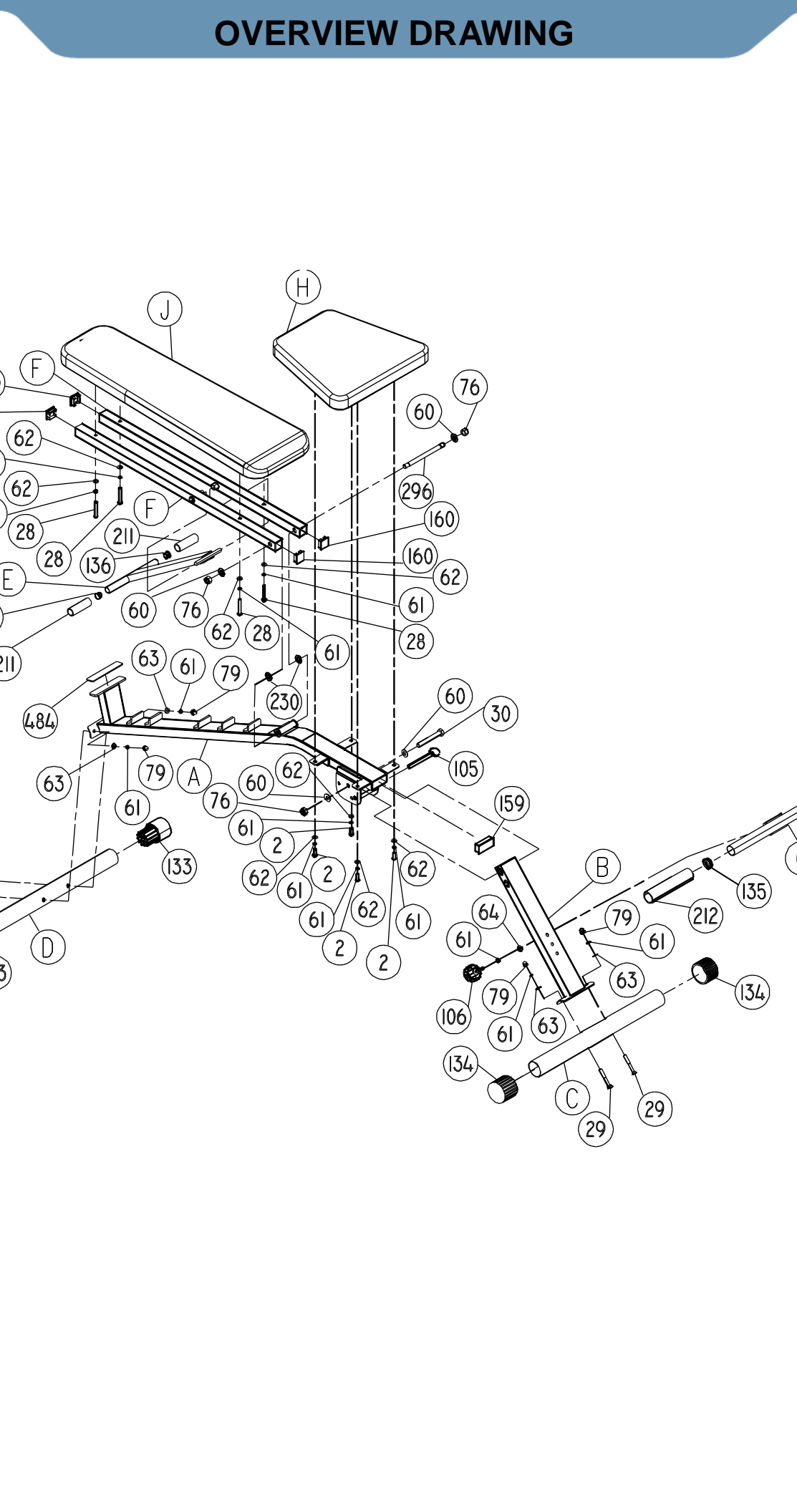
Read all instructions carefully before assembling and operating this product. This unit is designed with optimum safety in mind. Retain this owner's manual, do not remove any safety labels from the machine, and keep the original purchase receipt for future reference.

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. Always wear proper exercise apparel when using the equipment. Use care when getting on or off the unit.
4. If 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 kind of discomfort.
5. Keep children and pets away from the equipment at all times.
6. Only one person should use the equipment at a time.
7. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
8. Do not operate this or any exercise equipment if it is damaged.
9. Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
10. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
11. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
12. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
13. Children under the age of 13 should not use this fitness equipment.
14. Children from 13 to 18 should have adult supervision.
15. **WARNING:** It is highly recommend that you have assistance during the assembly of the equipment.
16. **WARNING:** Before using this equipment you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval 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

**Do not exceed the maximum rated weight (load)**

**The maximum weight capacity of this machine is 800lbs/363kgs.**

## OVERVIEW DRAWING



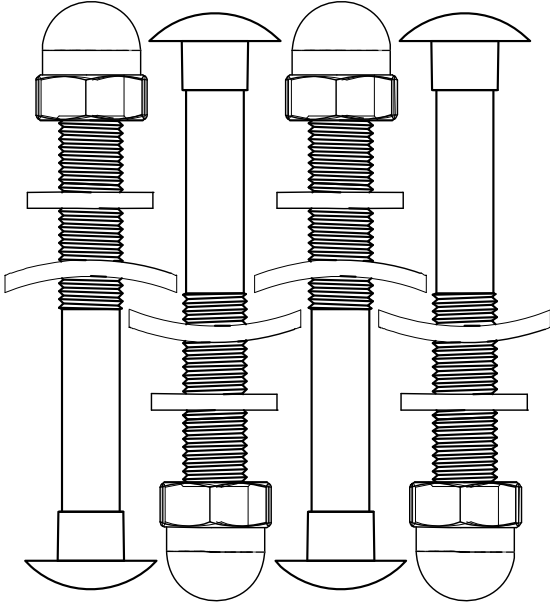
# PARTS LIST

Part #	Description	Q'ty
A	Main Frame	1
B	Front Support Tube	1
C	Front Stabilizer	1
D	Rear Stabilizer	1
E	Rear Support Tube	1
F	Backrest Support Tube	2
G	Leg Holder	1
H	Seat	1
J	Backrest	1
2	Hex Bolt M8x20mm	4
28	Hex Bolt M8x50mm	4
29	Carriage Bolt M8x60mm	4
30	Hex Bolt M12xL90	1
60	Flat Washer Ø12xØ24x2	4
61	Spring Washer Ø8	13
62	Flat Washer Ø8xØ16x1.5	8
63	Curved Washer Ø8xØ21x2	4
64	Flat Washer Ø8xØ21x2	1
76	Nylon Nut M12	3
79	Cap Nut M8	4
105	Pin Ø10x100	1
106	Round Knob M8x40mm	1
133	Wheel End Cap Ø50mm	2
134	Stability End Cap Ø50mm	2
135	Round End Cap Ø32	2
136	Round End Cap Ø19	2
159	Rectangle End Cap 30x60m	1
160	Square End Cap 30x30m	4
211	Hand Grip Ø19x75x3	2
212	Leg Hold Grip Ø32x168x3t	2
230	Washer Ø20x12x2.5T	2
296	Threaded Shaft Ø12x160m	1
484	Bumper Ø125X30X3t	1



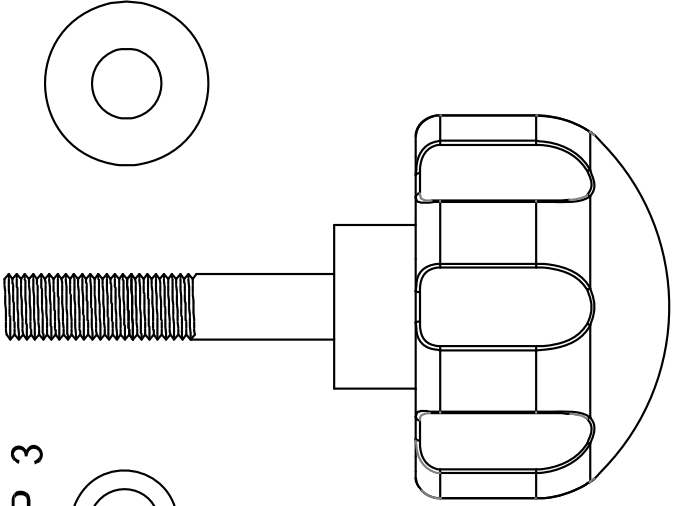
3804 Hardware Pack

STEP2



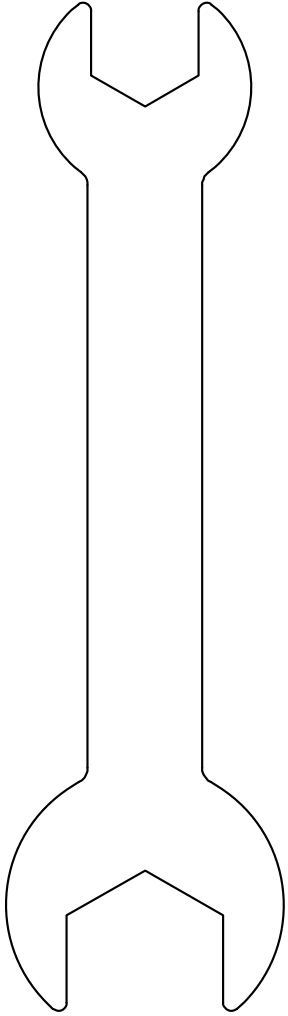
M8\*60mm

STEP 3

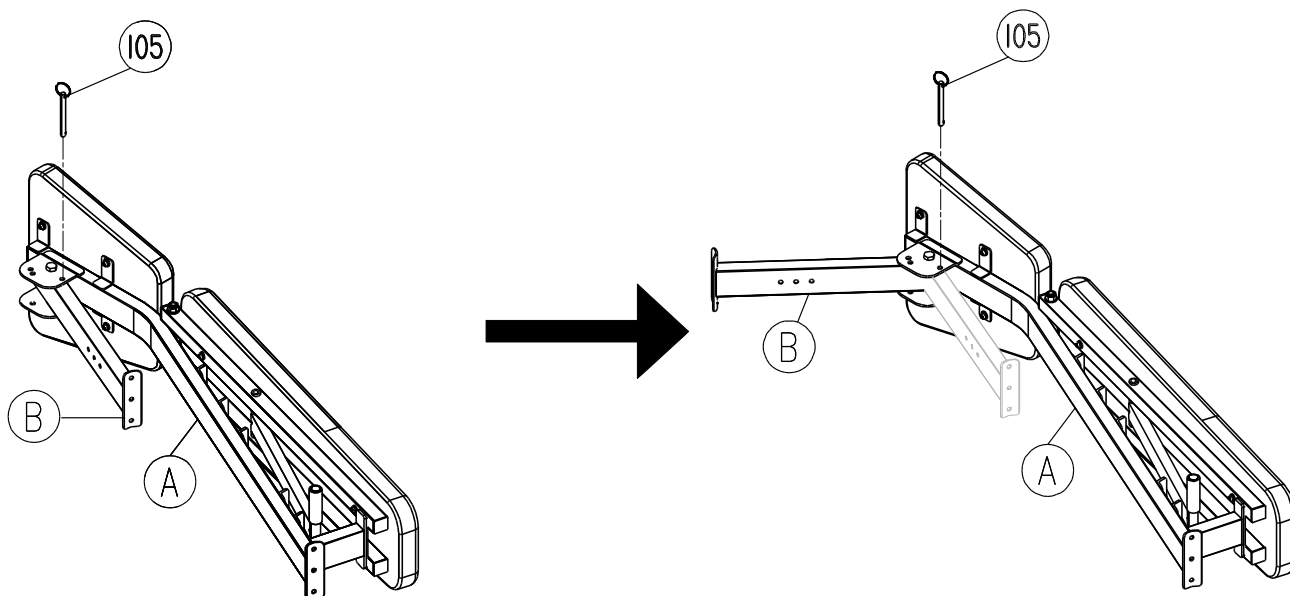


N0. 29X4 N0. 79X4 N0. 61X4 N0. 63X4

N0. 61X1 N0. 106X1 N0. 64X1



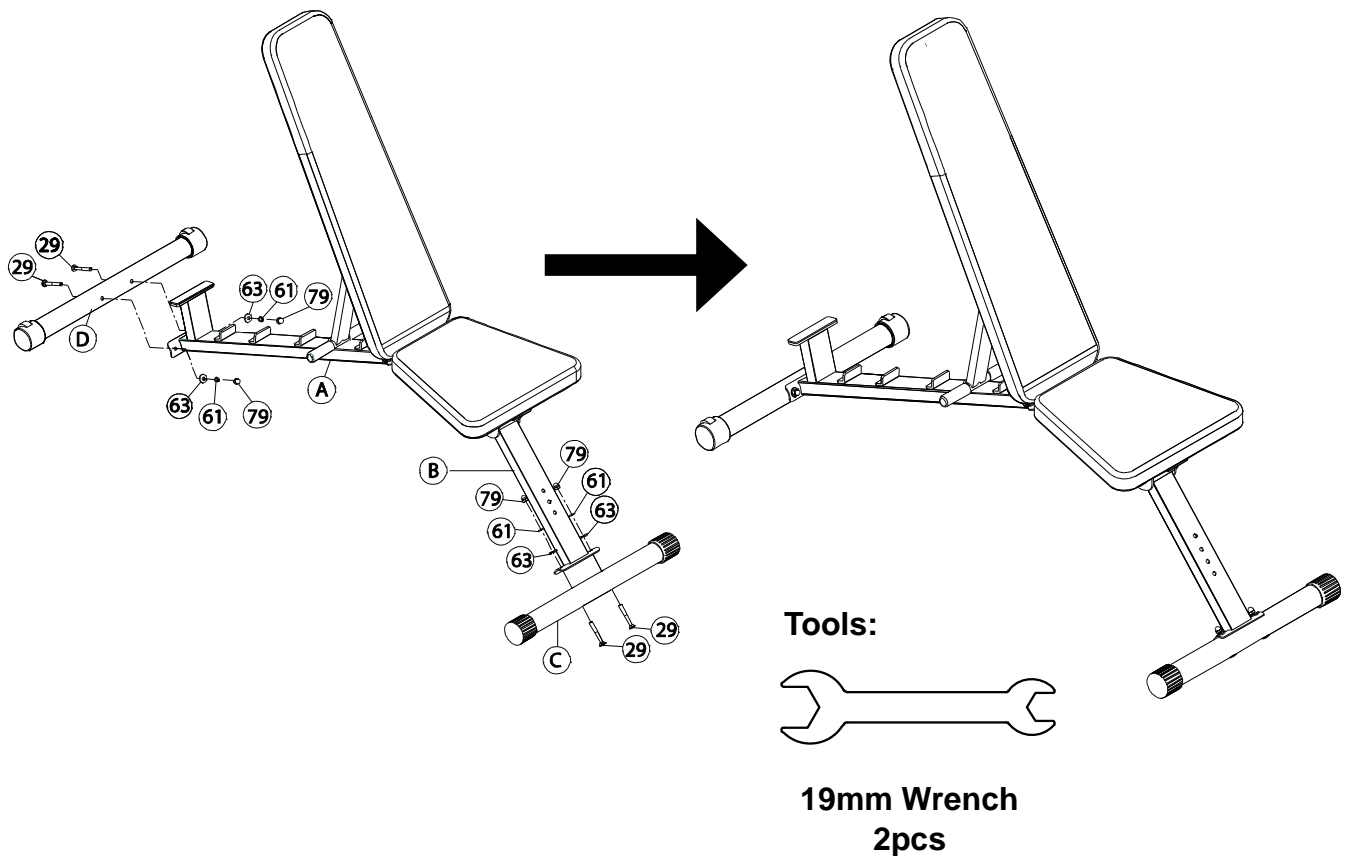
13-19mm Wrench 2Pcs



## STEP 1

- A. Rest the Bench on its side and completely pull out the **Pin (105)** from the bracket on the **Main Frame (A)**.
- B. Pull the **Front Support Tube (B)** outwards and completely reinsert the **Pin (105)** into the first hole on the bracket of **Main Frame (A)**.

# ASSEMBLY

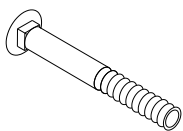


## STEP 2

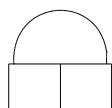
**A. Installing the Front Stabilizer:** Lift up the **Front Support Tube (B)**, and then align the **Front Stabilizer (C)** holes with the holes on the front curve of the **Front Support Tube (B)**. The square holes of the **Front Stabilizer (C)** should point towards the floor. Insert two **Carriage Bolts (29)** through the **Front Stabilizer (C)** and **Front Support Tube (B)** until the bolts reach through. On the protruding end of the **Carriage Bolts (29)**, secure on two **Curved Washers (63)**, two **Spring Washers (61)**, and two **Cap Nuts (79)**. Tighten the **Cap Nuts (79)** with the two **19mm Wrenches** provided.

**B. Installing the Rear Stabilizer:** Lift up the rear of the **Main Frame (A)**, and then align the **Rear Stabilizer (D)** holes with the holes on the rear curve of the **Main Frame (A)**. The square holes of the **Rear Stabilizer (D)** should point towards the floor with the Customer Service Stickers facing upward. Insert two **Carriage Bolts (29)** through the **Rear Stabilizer (D)** and the rear curve of the **Main Frame (A)** until the bolts reach through. On the protruding end of the **Carriage Bolts (29)**, secure on two **Curved Washers (63)**, two **Spring Washers (61)**, and two **Cap Nuts (79)**. Tighten the **Cap Nuts (79)** with the two **19mm Wrenches** provided.

### Hardware:



**(29) Carriage Bolt**  
4 PCS



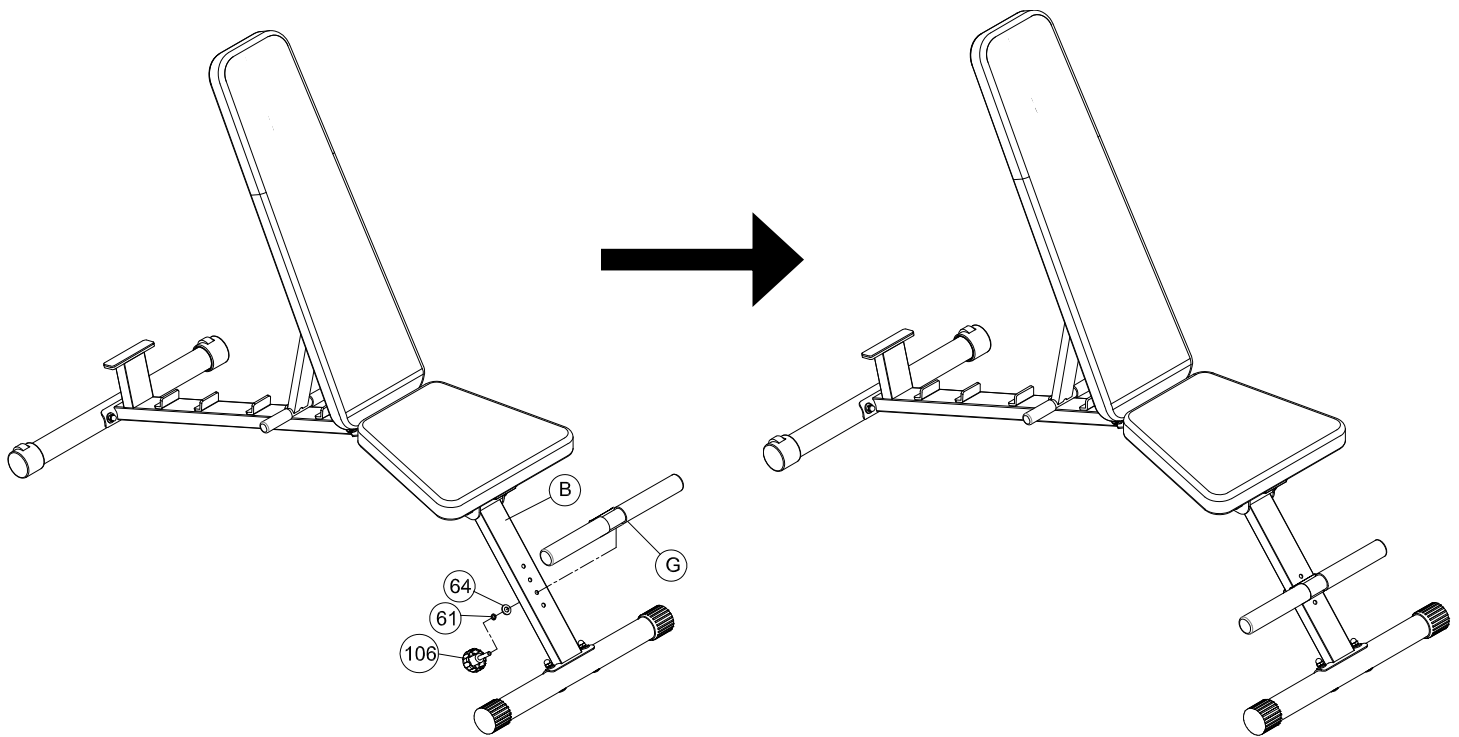
**(79) Cap Nuts**  
4 PCS



**(61) Spring Washer**  
4 PCS



**(63) Curved Washer**  
4 PCS



## STEP 3

**A. Installing the Leg Holder:** There are four holes down the **Front Support Tube (B)**. They are for height levels. Pick one of the holes and insert the threaded end of the **Round Knob (106)** along with one **Spring Washer (61)** and one **Flat Washer (64)** through the back side. Align the **Leg Holder (G)** to the protruding threaded shaft of **Round Knob (106)**. Tighten the **Round Knob (106)** in a **clockwise** manner to secure in place the **Leg Holder (G)**.

### Hardware Pack:



**(106) Round Knob**  
1 PC

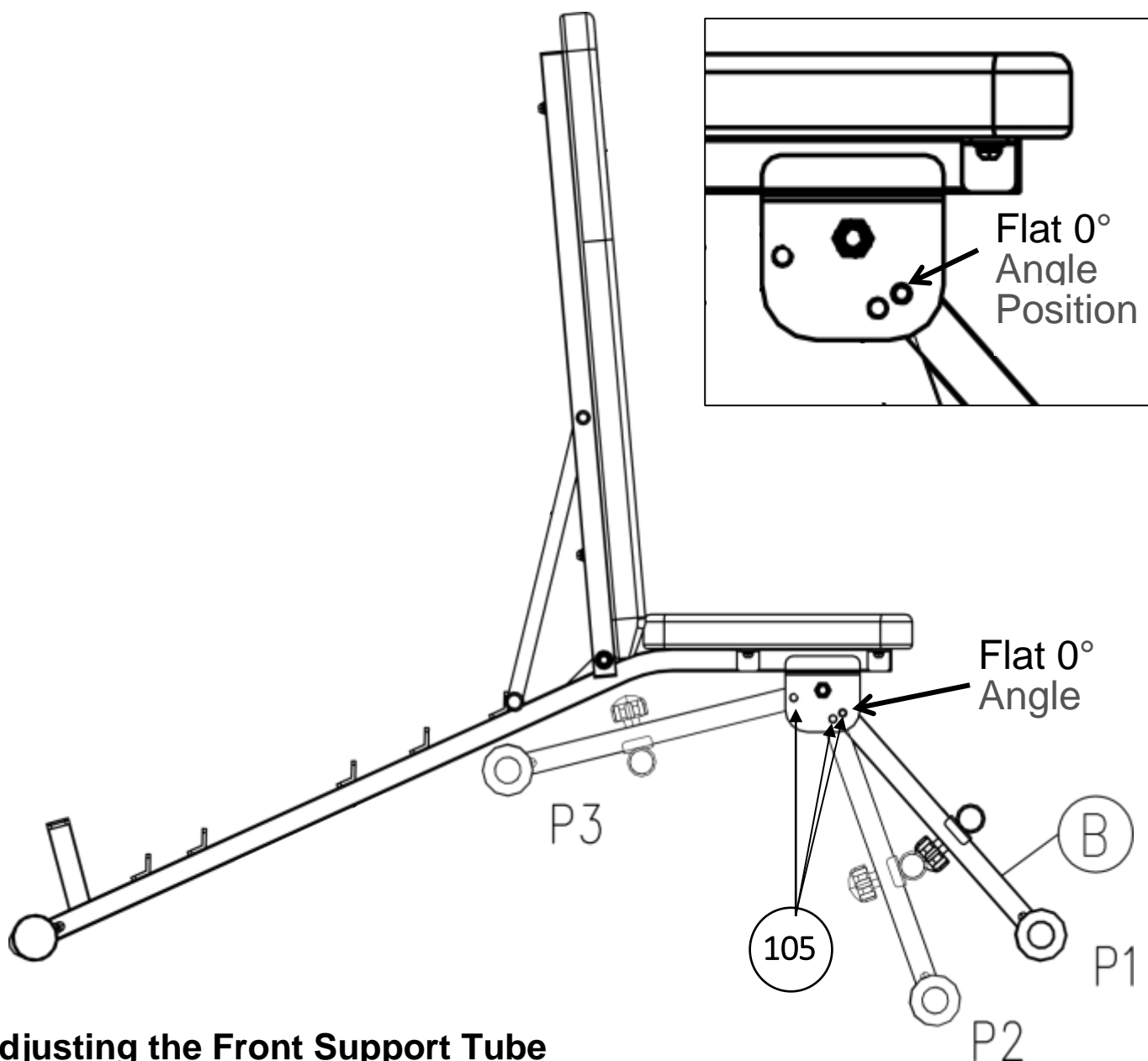


**(61) Spring Washer**  
1 PC



**(64) Flat Washer**  
1PC

## ADJUSTMENTS



### Adjusting the Front Support Tube

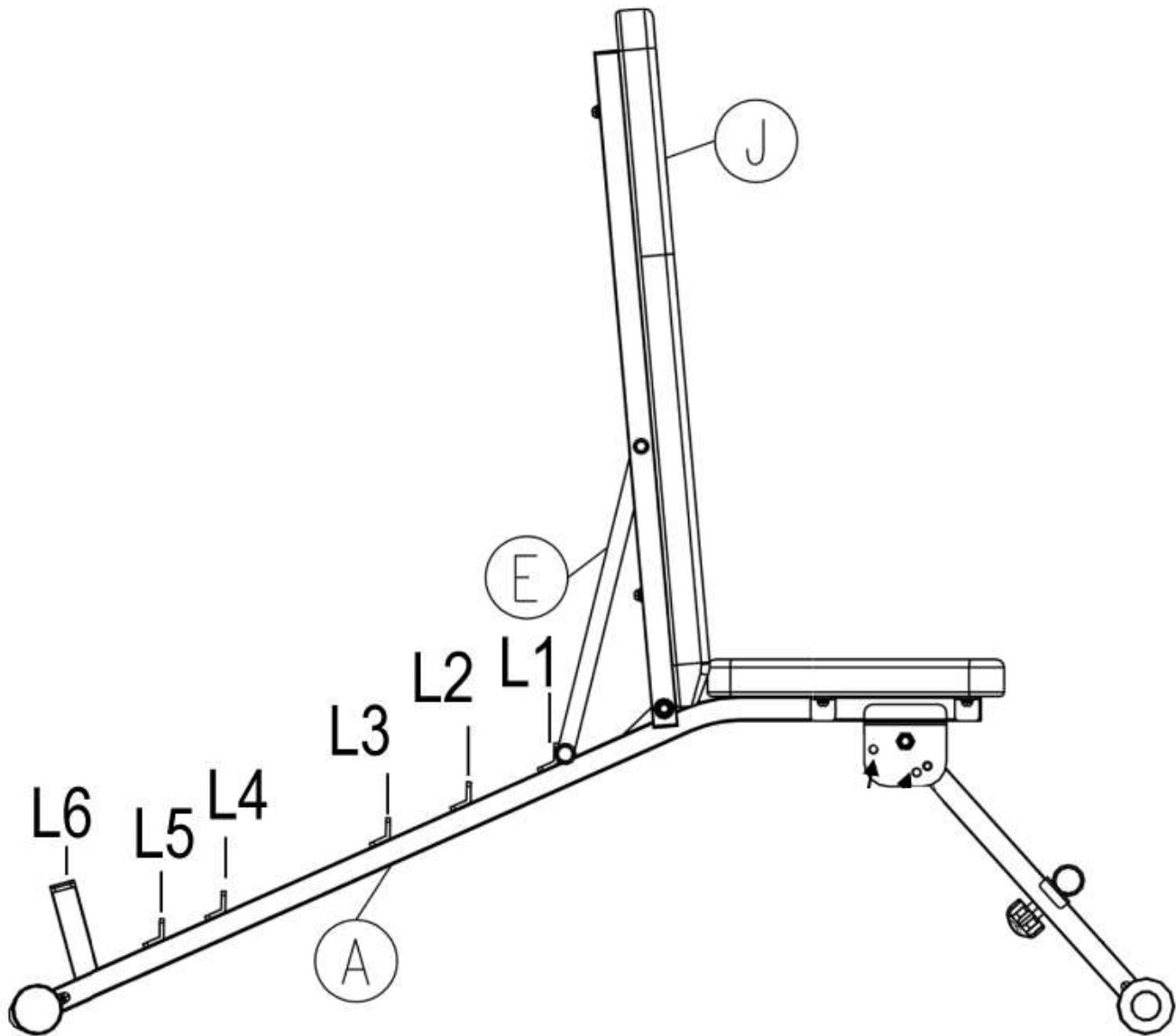
Pull the **Pin (105)** out and swing the **Front Support Tube (B)** into one of the following positions:

- Position **P1** gives a flat 0° seat for working out.
- Position **P2** gives an inclined seat for working out.
- Position **P3** is for folding up the Bench for storage.

Completely re-insert the **Pin (105)** into the hole for the position you select.

**NOTE:** If you feel the backrest is not at a flat 0° angle, check that the Front Support Tube (B) is in the P1 position NOT the P2 position.

## ADJUSTMENTS



### Adjusting the Backrest

Lift the **Backrest (J)** upwards to raise the **Rear Support Tube (E)** off of the tabs that run along the rear shaft of the **Main Frame (A)**. Then gently lower the **Backrest (J)** while guiding the **Rear Support Tube (E)** back into the new tab height so that your backrest angle is adjusted.

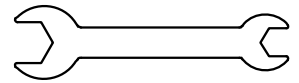
There are six different adjustments:

1. L1 = 85°
2. L2 = 60°
3. L3 = 45°
4. L4 = 20°
5. L5 = 0°
6. L6 = -15°

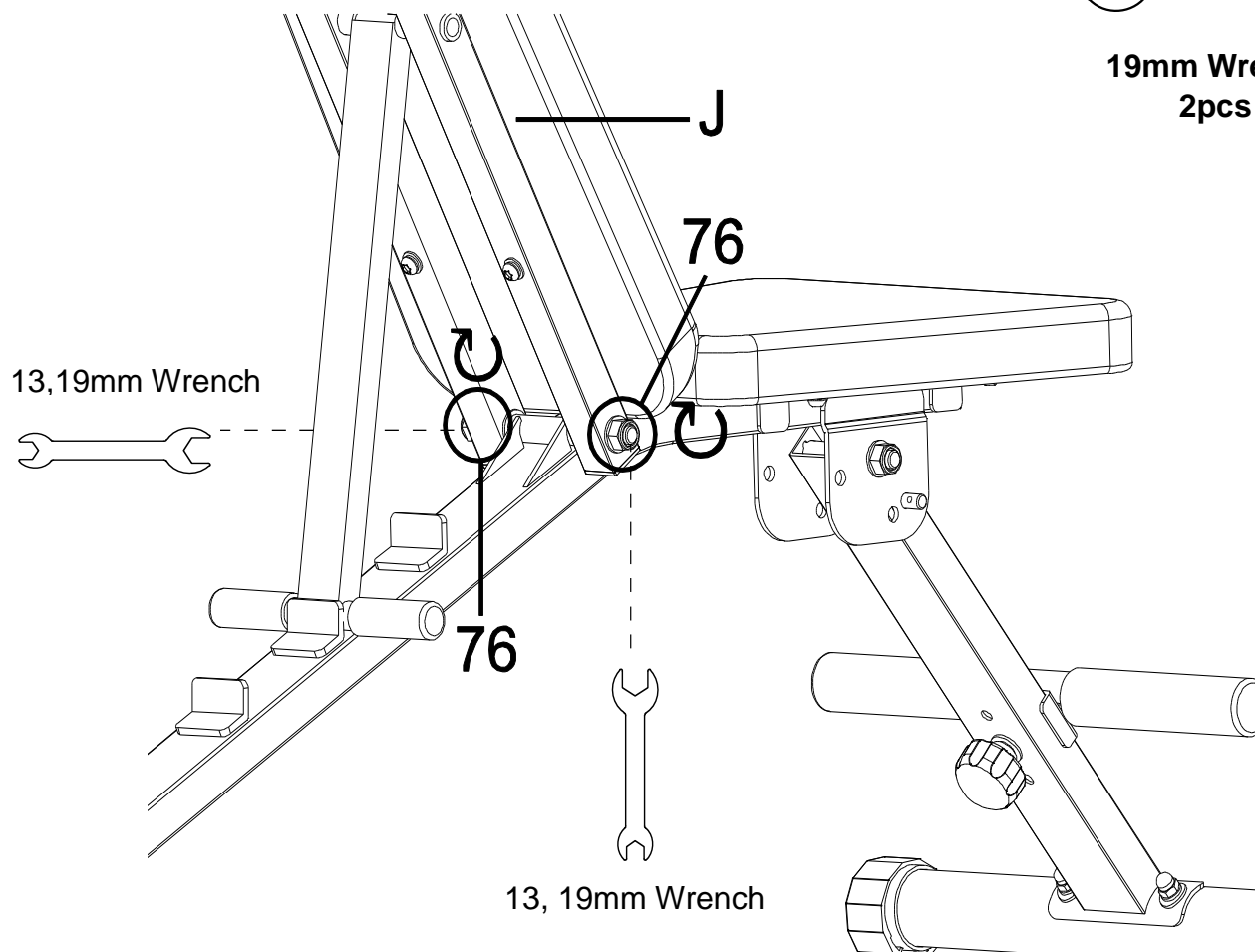
**NOTE:** If you feel the backrest is not at a flat 0° angle, check that the Front Support Tube (B) is position correctly. **SEE THE PREVIOUS PAGE.**

# ADJUSTMENTS

Tools:



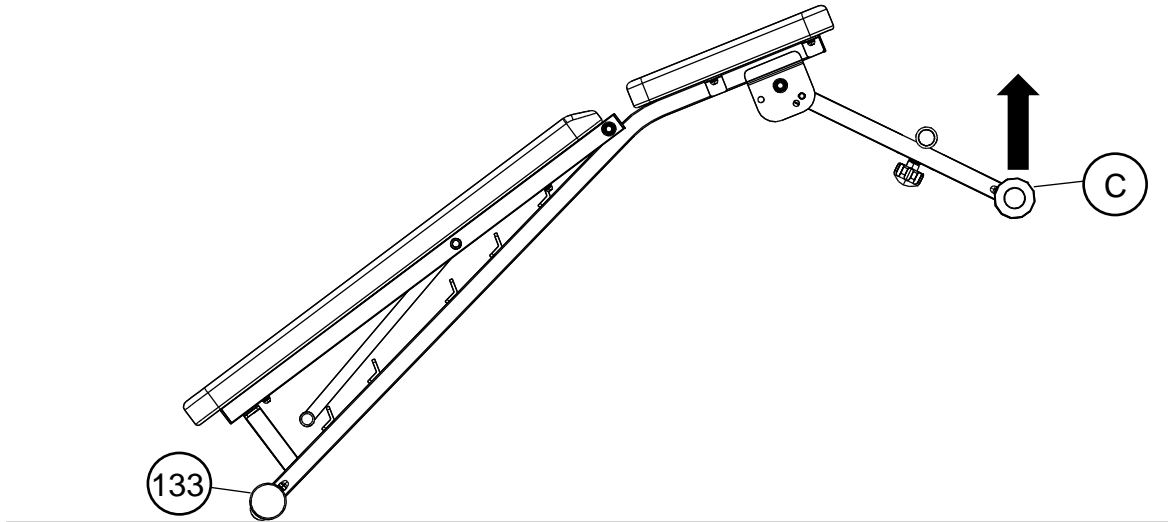
19mm Wrench  
2pcs



## Loose Backrest

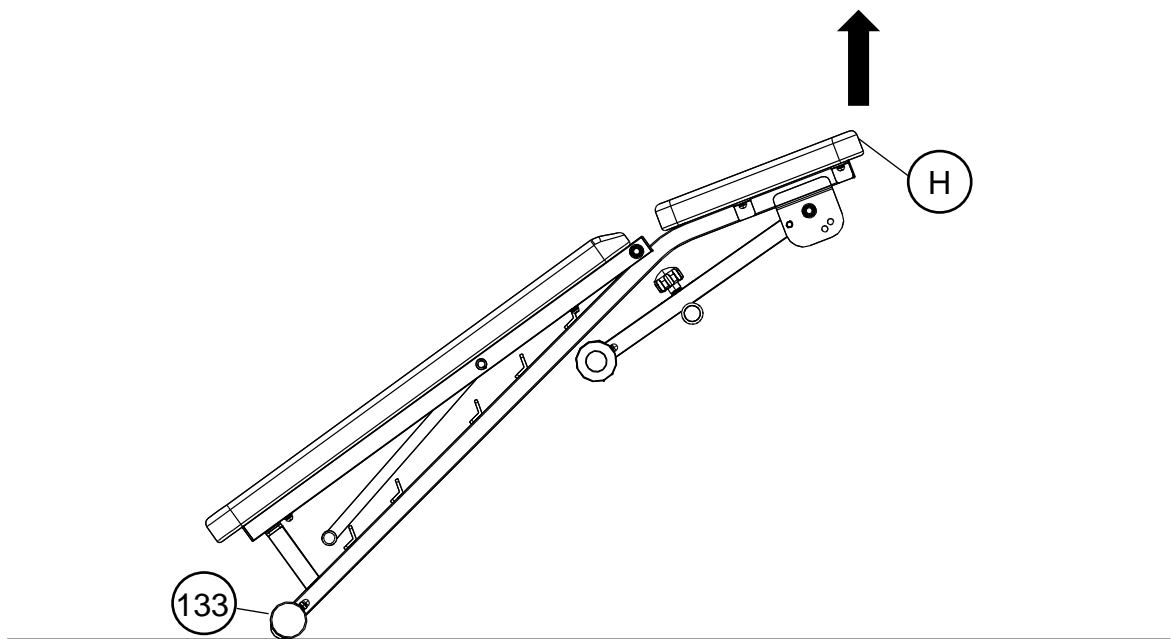
If the **Backrest (J)** feels loose, shifting side to side use the two included **19mm Wrenches** to tighten the **Nylon Nuts (76)**.

# TRANSPORTATION



## Transporting when the bench is set up:

Lift up the **Front Stabilizer (C)** until the wheels on the **Wheel End Caps (133)** make contact with the ground, then move the bench to your desired location.



## Transporting In Storage Mode:

Lift up the bench by holding the **Seat (H)** until the wheels on the **Wheel End Caps (133)** make contact with the ground, then move the bench to your desired location.



# 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:

<b><u>COMPONENT</u></b>	<b><u>LENGTH OF WARRANTY</u></b>
Structural Frame	1 year For Home Use Only
All Other Components	90 days For Home Use Only

(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, and 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, or accumulate dirt or stains; or
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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness. 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

**Paradigm Health & Wellness, Inc.**

**EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO**  
**[Service@paradigmhw.com](mailto: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***