

**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 and, 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  
Email us at:**

**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

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### 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**



**WARNING: Before using this equipment you should consult with your physician to see if this workout equipment 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

**The Maximum Static Weight Capacity for this product is 800lbs / 363kgs.**

**Read all the instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.**

This workout equipment is designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, note the following safety instructions:

1. Consult your physician or other health care professionals before using this equipment.
2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
3. If at any time you feel faint, light-headed, or dizziness while operating this equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
4. Keep children and pets away from this equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all the screws, nuts, and bolts are tightened prior to use. Check the screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any objects into any openings on the equipment.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.
13. Children from 12 to 18 should have adult supervision.

**Warning:** It is highly recommended that you have assistance during the assembly of the strength equipment.

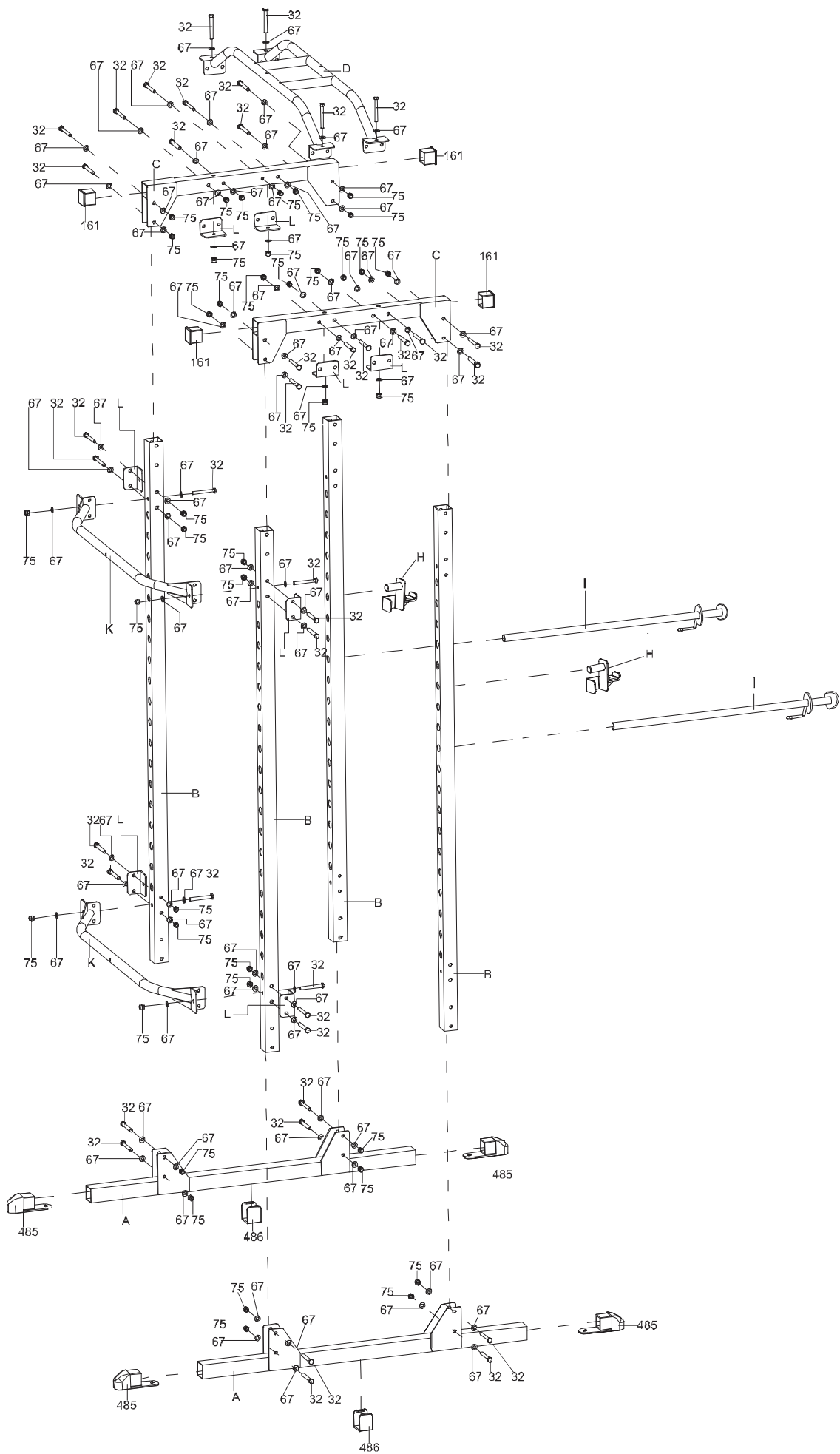
1. Tools for assembly:

General tools you may need for the assembling this strength equipment:

- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

2. Insert bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the parts of that step.
6. To aid in the assembly of the equipment, the hardware pack (bolts, nuts, washer...etc.) have been presorted according to their corresponding steps. **See the Hardware Pack page.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. **See page 2.**

## OVERVIEW DRAWING



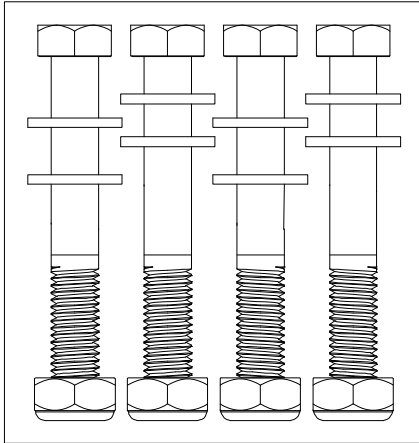


## PART LIST

Part #	Description	Q'ty
A	Base Frame	2
B	Upright Frame	4
C	Upper Frame	2
D	Pull Up Bar	1
H	J Hook	2
I	Long Safety Catch	2
K	Rear Cross Bar	2
L	L-Bracket	8
32	Hexagon Head Bolt M10*75 mm	40
67	Washer $\varnothing 10.5 \times \varnothing 20 \times 2.0t$	80
75	Nylon Lock Nut M10 8.85-9.3 mm	40
161	Square End Cap	4
485	Foot End Cap	4
486	U-Bracket	2

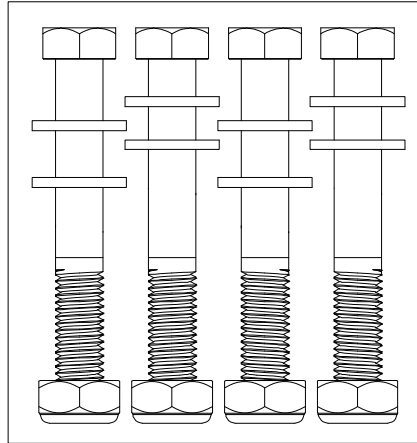
# HARDWARE PACK

STEP 1



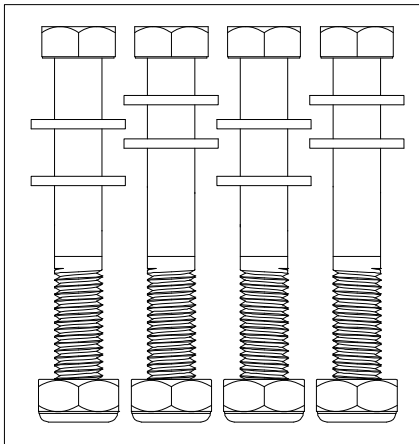
(32) Hexagon Head Bolt M10\*75 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 2.0t$  8PCS  
(75) Nylon Lock Nut M10 4PCS

STEP 2



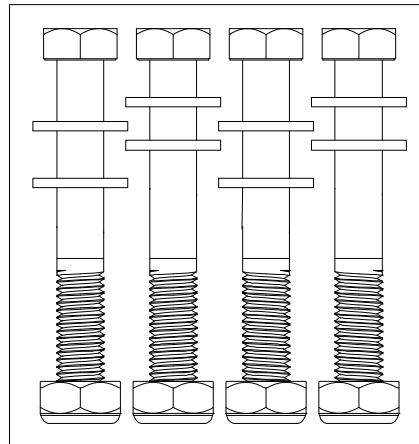
(32) Hexagon Head Bolt M10\*75 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 2.0t$  8PCS  
(75) Nylon Lock Nut M10 4PCS

STEP 3

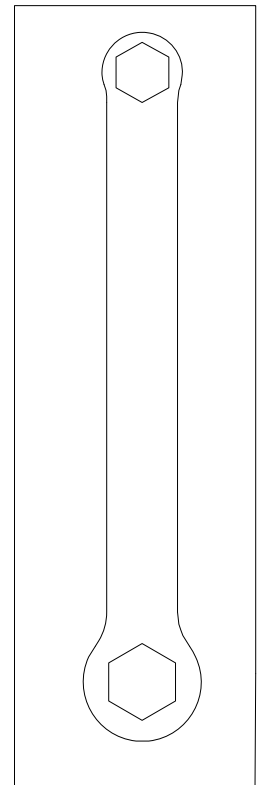


(32) Hexagon Head Bolt M10\*75 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 2.0t$  8PCS  
(75) Nylon Lock Nut M10 4PCS

STEP 4

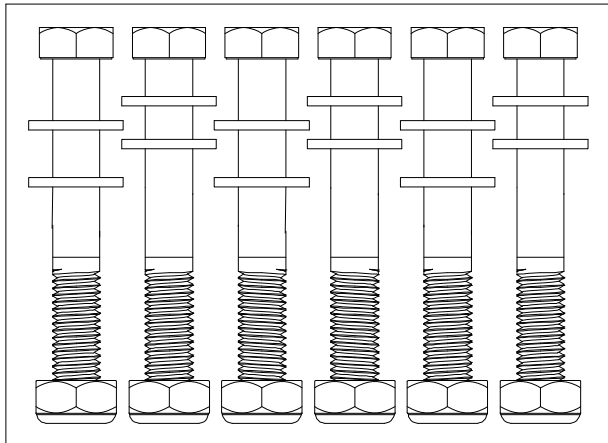


(32) Hexagon Head Bolt M10\*75 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 2.0t$  8PCS  
(75) Nylon Lock Nut M10 4PCS



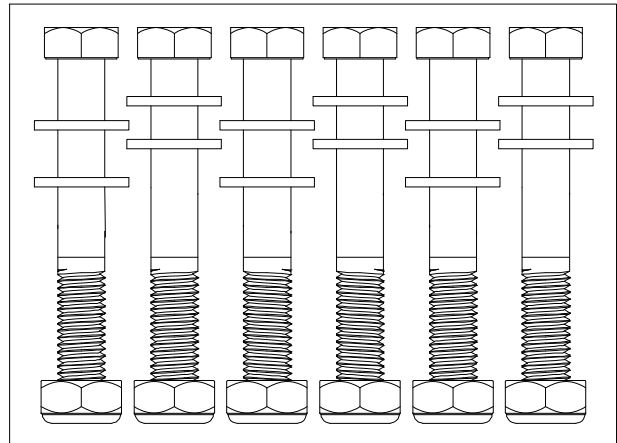
Wrench S-17/S-13 2 PCS

## STEP 5



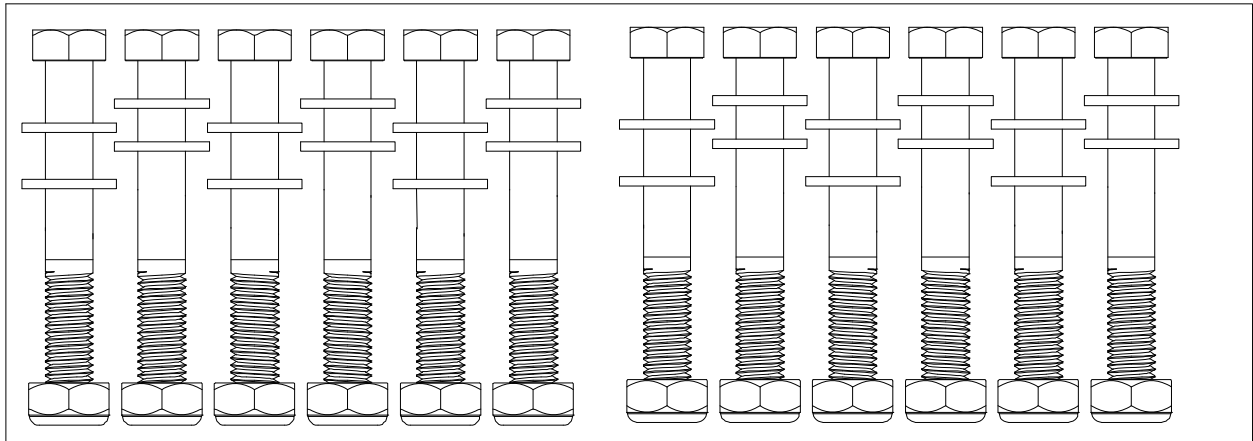
(32) Hexagon Head Bolt M10\*75 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 2.0t$  12 PCS  
(75) Nylon Lock Nut M10 6 PCS

## STEP 6



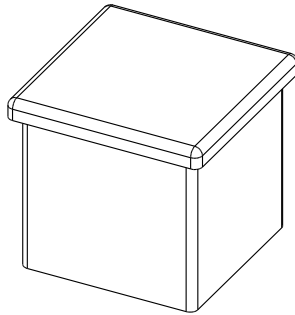
(32) Hexagon Head Bolt M10\*75 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 2.0t$  12 PCS  
(75) Nylon Lock Nut M10 6 PCS

## STEP 7

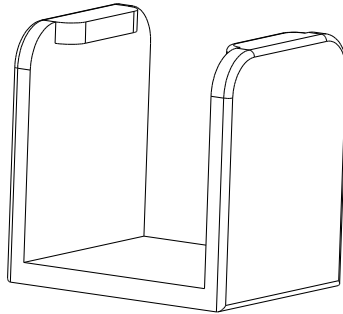


(32) Hexagon Head Bolt M10\*75 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 2.0t$  12 PCS  
(75) Nylon Lock Nut M10 6 PCS

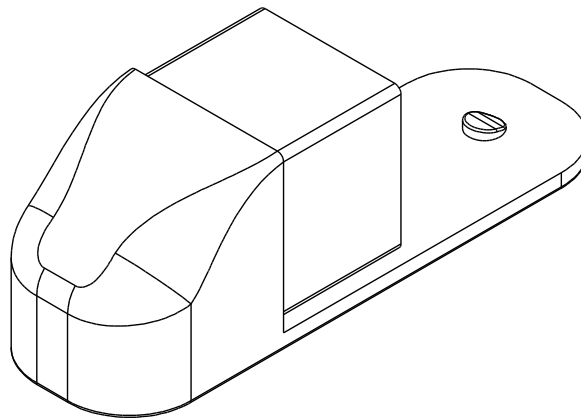
(32) Hexagon Head Bolt M10\*75 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 2.0t$  12 PCS  
(75) Nylon Lock Nut M10 6 PCS



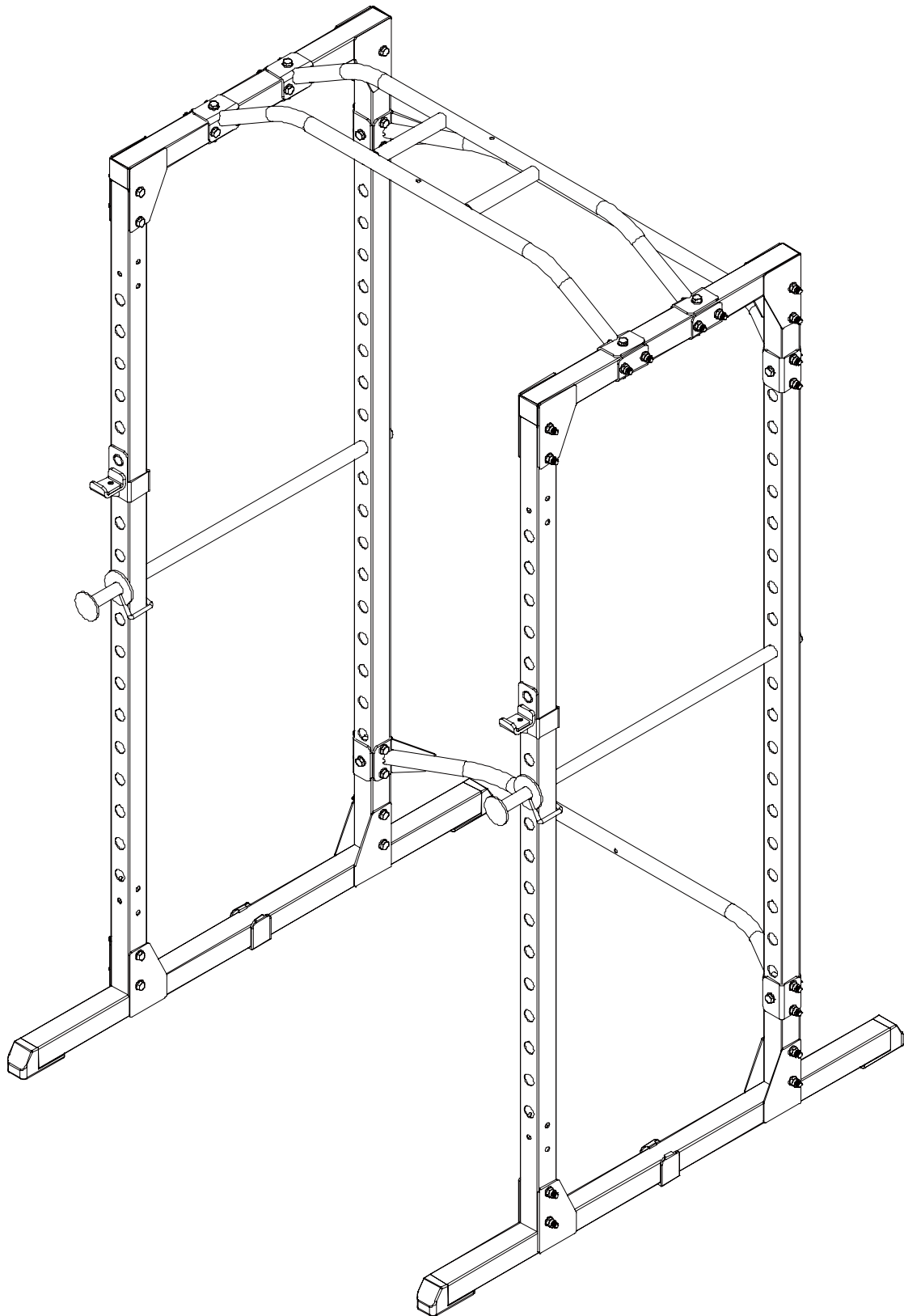
**(161) Square End Cap 4 PCS**



**(486) U-Bracket 2 PCS**



**(485) Foot End Cap 4 PCS**



## STEP 1

1A. Insert a **Foot End Cap (485)** into each side of the **Base Frame (A)**.

**2 - (485) Foot End Cap**

1B. Insert two **Upright Frames (B)** into the brackets of the **Base Frame (A)**.

Make sure the arrow stickers on the **Upright Frames (B)** are pointing away from the **Base Frame (A)**.

1C. Attach the **Base Frame (A)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

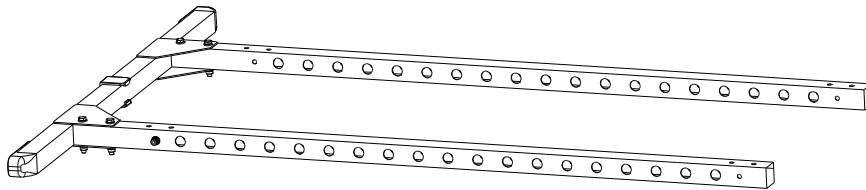
**8 - (67) Washer**

**4 - (75) Nylon Lock Nut**

1D. Attach the **U-Bracket (486)** onto the center of the **Base Frame (A)**.

**1 – (486) U-Bracket**

**Do not thoroughly tighten the hardware until instructed.**

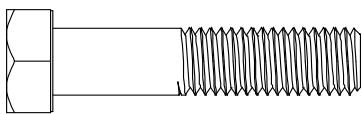
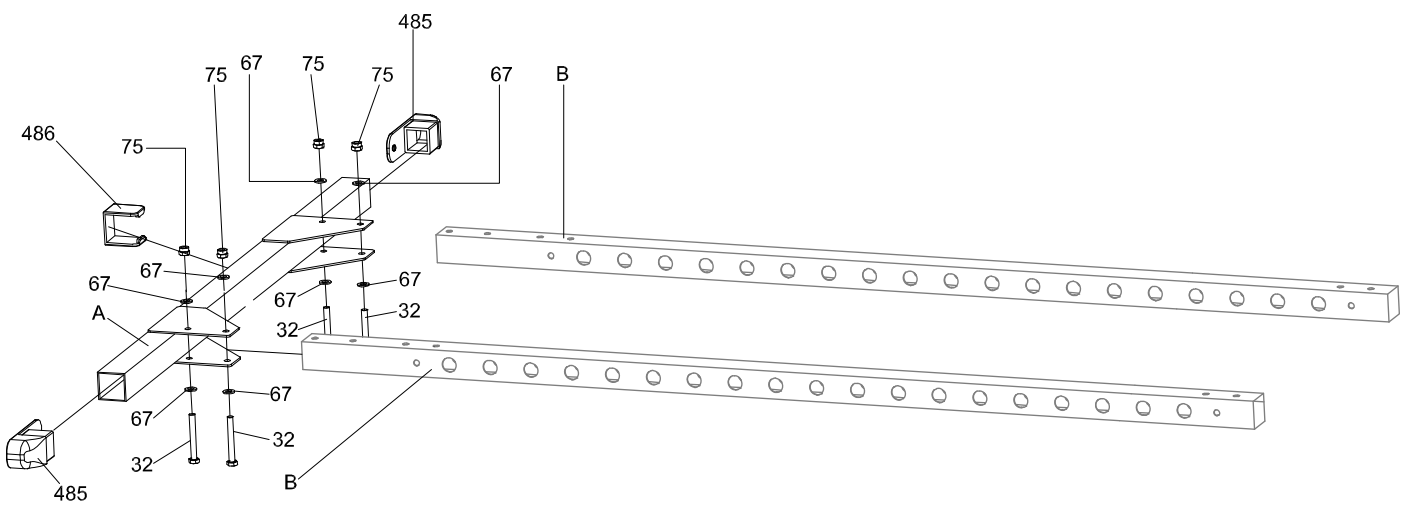


**Appearance upon completion of Step 1.**

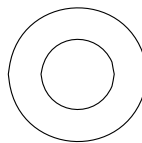
# STEP 1



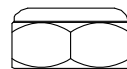
13-17mm Wrench  
2 PCS



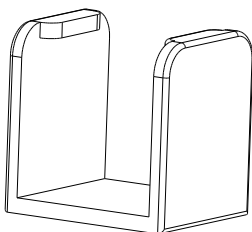
(32) Hexagon Head Bolt  
4PCS



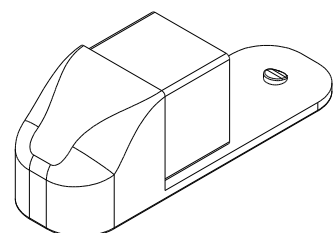
(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS



(486) U-Bracket  
1PC



(485) Foot End Cap  
2PCS

## STEP 2

2A. Slide the two **Upright Frames (B)** into the brackets at the ends of the **Upper Frame (C)**.

2B. Attach the **Upper Frame (C)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

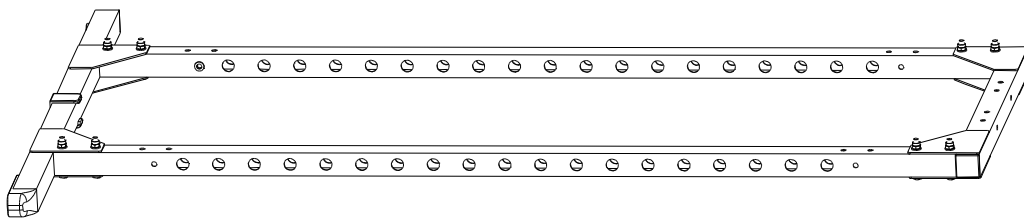
**8 - (67) Washer**

**4 - (75) Nylon Lock Nut**

2C. Insert a **Square End Cap (161)** into the both ends of the **Upper Frame (C)**.

**2 - (161) Square End Cap**

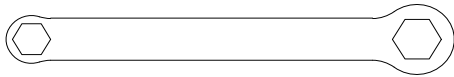
**Do not thoroughly tighten the hardware until instructed.**



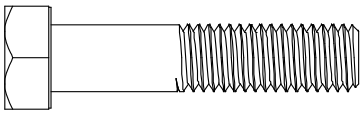
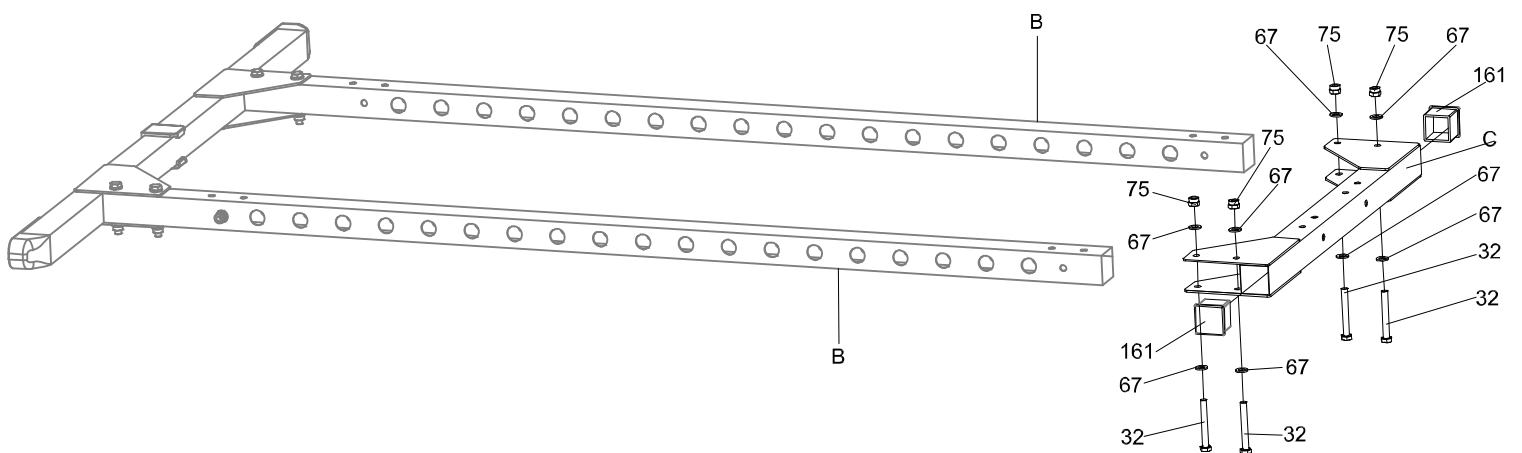
**Appearance upon completion of Step 2.**



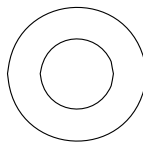
## STEP 2



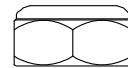
13-17mm Wrench  
2 PCS



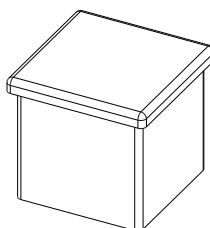
(32) Hexagon Head Bolt  
4PCS



(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS



(161) Square End Cap  
2PCS

## STEP 3

3A. Insert a **Foot End Cap (485)** into each side of the **Base Frame (A)**.

**2 - (485) Foot End Cap**

3B. Insert two **Upright Frames (B)** into the brackets of the **Base Frame (A)**.

Make sure the arrow stickers on the **Upright Frames (B)** are pointing away from the **Base Frame (A)**.

3C. Attach the **Base Frame (A)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

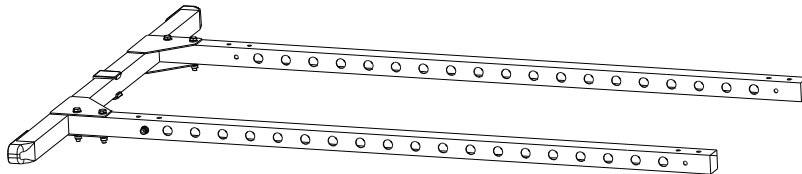
**8 - (67) Washer**

**4 - (75) Nylon Lock Nut**

3D. Attach the **U-Bracket (486)** onto the center of the **Base Frame (A)**.

**1 – (486) U-Bracket**

**Do not thoroughly tighten the hardware until instructed.**

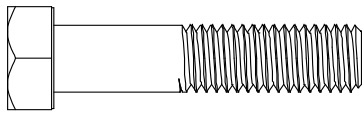
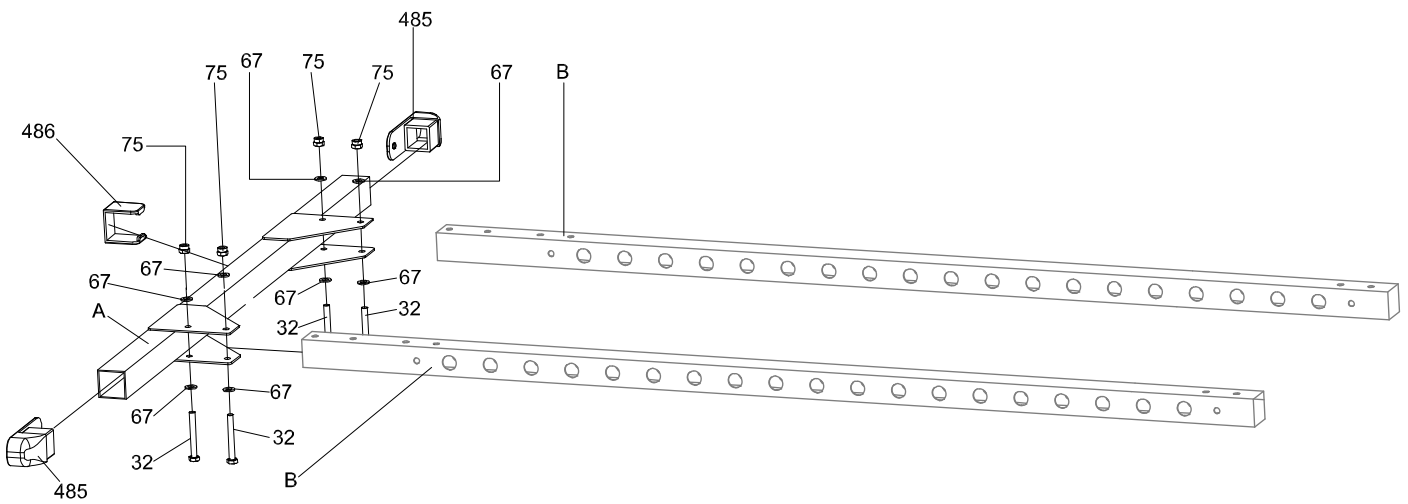


**Appearance upon completion of Step 3.**

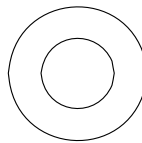
## STEP 3



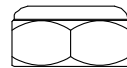
13-17mm Wrench  
2 PCS



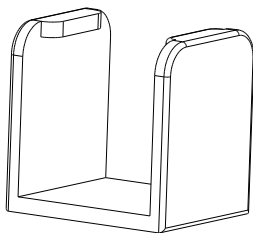
(32) Hexagon Head Bolt  
4PCS



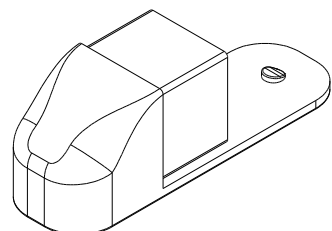
(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS



(486) U-Bracket  
1PC



(485) Foot End Cap  
2PCS

## STEP 4

4A. Slide the two **Upright Frames (B)** into the brackets at the ends of the **Upper Frame (C)**.

4B. Attach the **Upper Frame (C)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

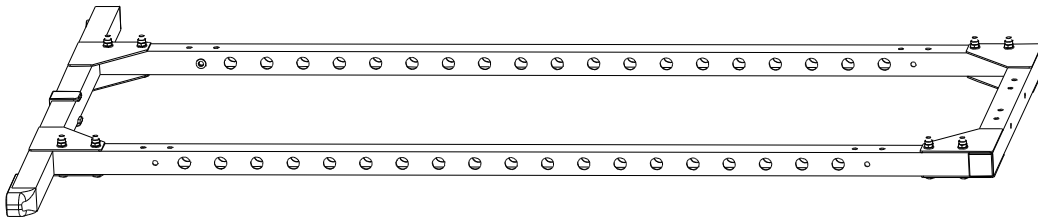
**8 - (67) Washer**

**4 - (75) Nylon Lock Nut**

4C. Insert a **Square End Cap (161)** into the both ends of the **Upper Frame (C)**.

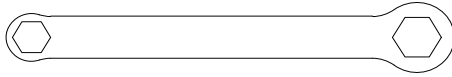
**2 - (161) Square End Cap**

**Do not thoroughly tighten the hardware until instructed.**

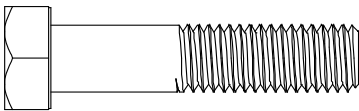
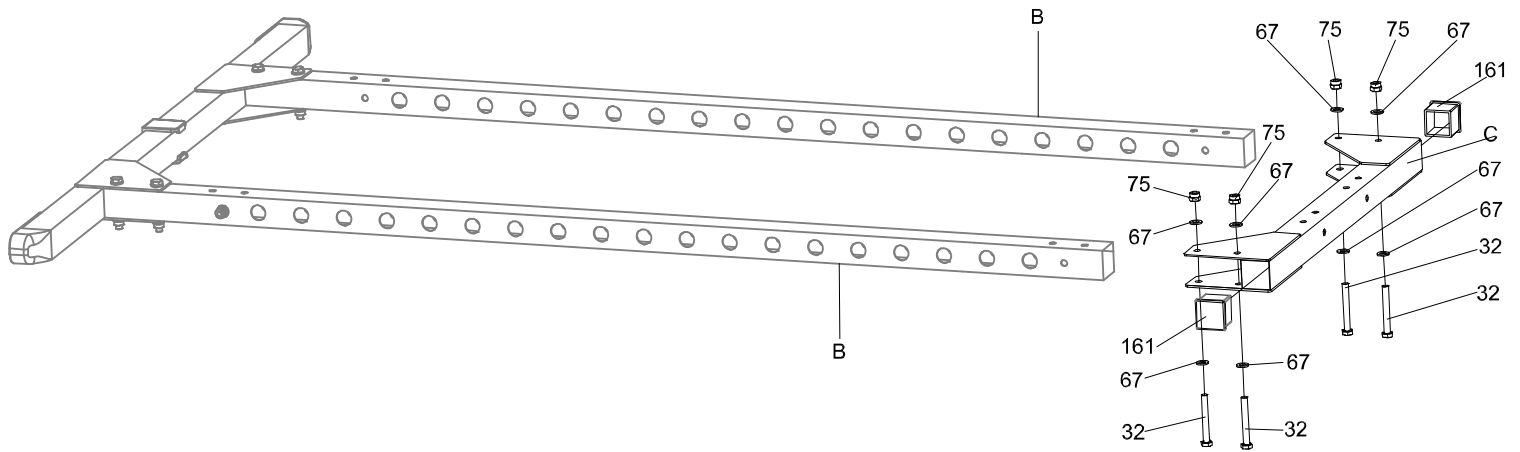


**Appearance upon completion of Step 4.**

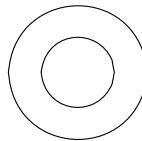
## STEP 4



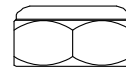
13-17mm Wrench  
2 PCS



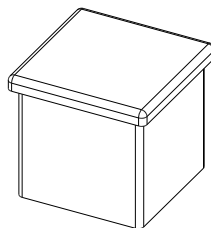
(32) Hexagon Head Bolt  
4PCS



(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS



(161) Square End Cap  
2PCS

## STEP 5

5A. Mount the **Pull Up Bar (D)** and two **L-Brackets (L)** to the **Upper Frame (C)**.

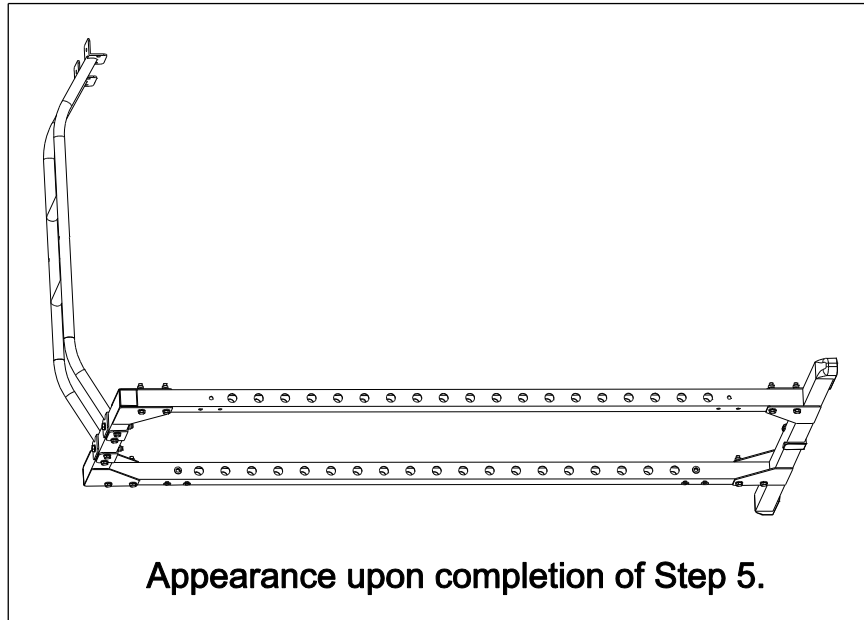
5B. Attach the **Pull Up Bar (D)** and **two L-Brackets (L)** to the **Upper Frame (C)** by using:

**6 - (32) Hexagon Head Bolt**

**12 - (67) Washer**

**6 - (75) Nylon Lock Nut**

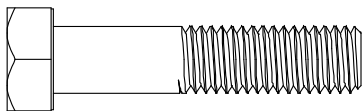
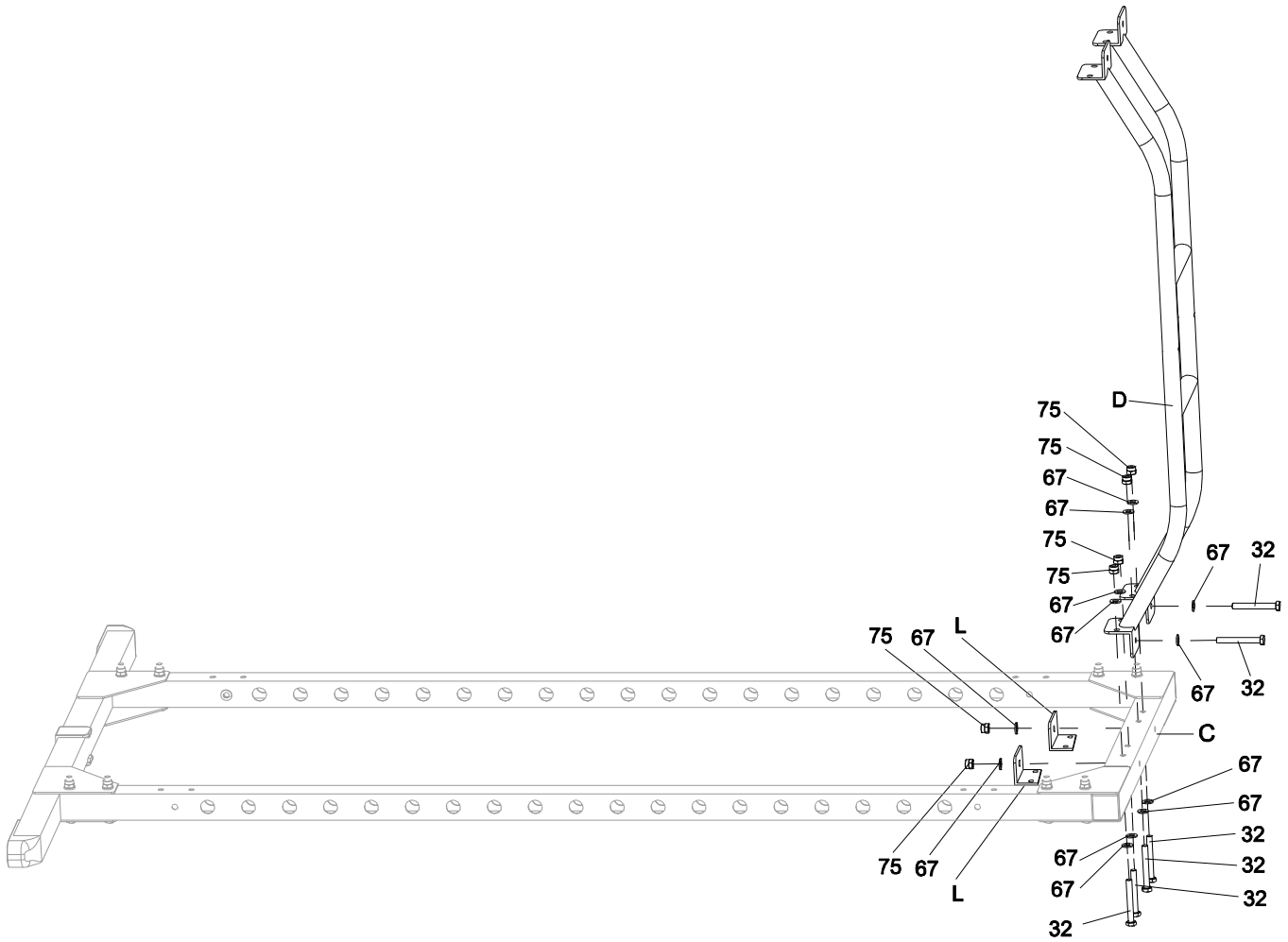
**Do not thoroughly tighten the hardware until instructed.**



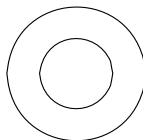
**STEP 5**



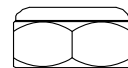
13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
6PCS



(67) Washer  
12PCS



(75) Nylon Lock Nut  
6PCS

## STEP 6

6A. Mount the **Pull Up Bar (D)** and two **L-Brackets (L)** to the **Upper Frame (C)**.

6B. Attach the **Pull Up Bar (D)** and **two L-Brackets (L)** to the **Upper Frame (C)** by using:

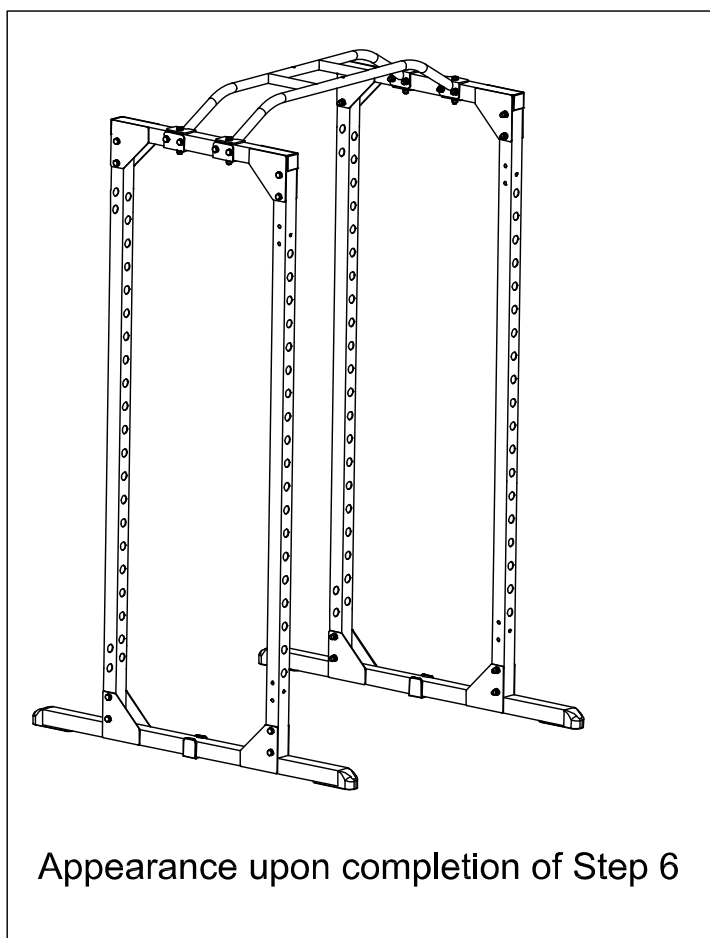
**6 - (32) Hexagon Head Bolt**

**12 - (67) Washer**

**6 - (75) Nylon Lock Nut**

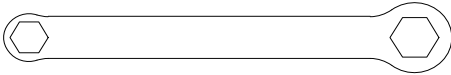
**Do not thoroughly tighten the hardware until instructed.**

Note: Having someone to assist for this step is recommended.

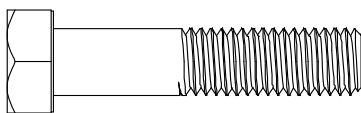
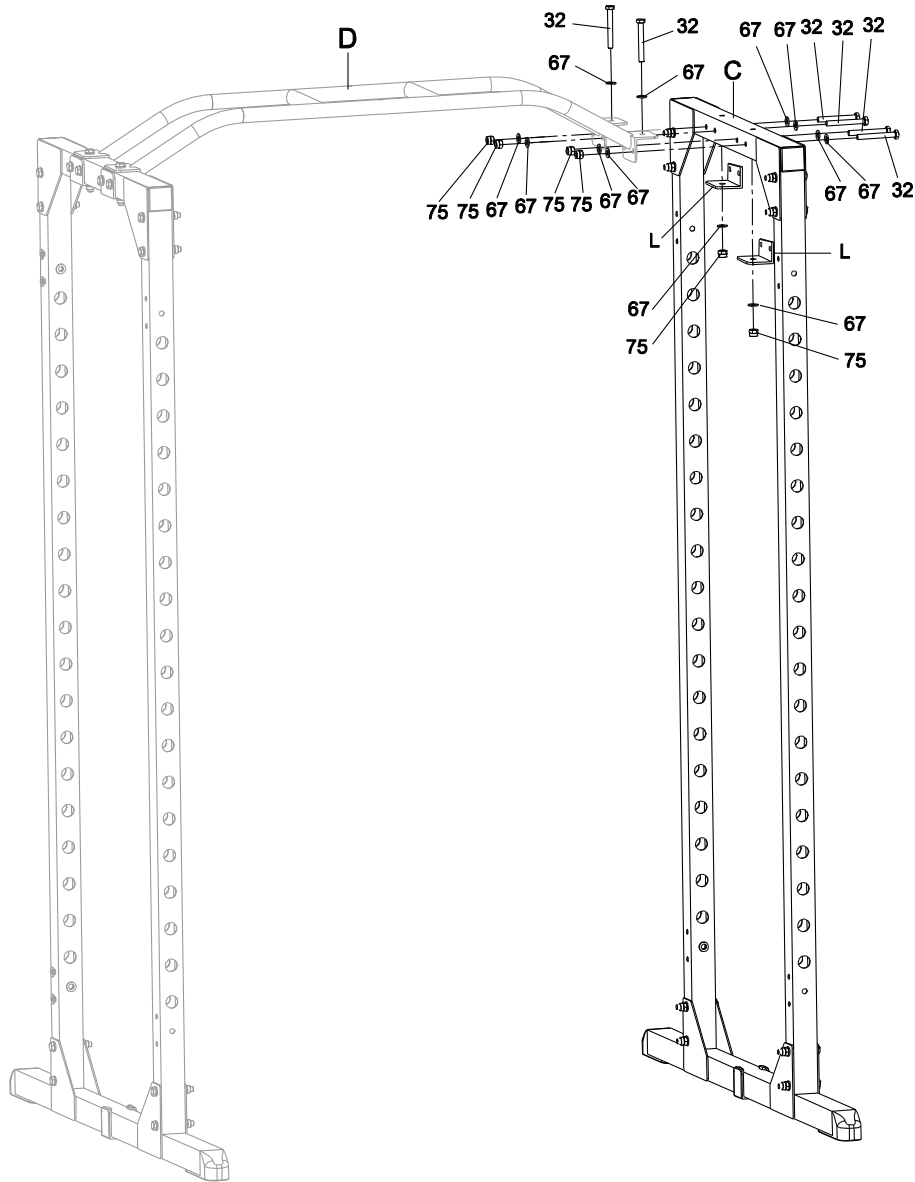




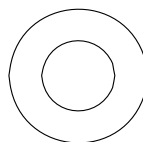
## STEP 6



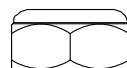
13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
6PCS



(67) Washer  
12PCS



(75) Nylon Lock Nut  
6PCS

## STEP 7

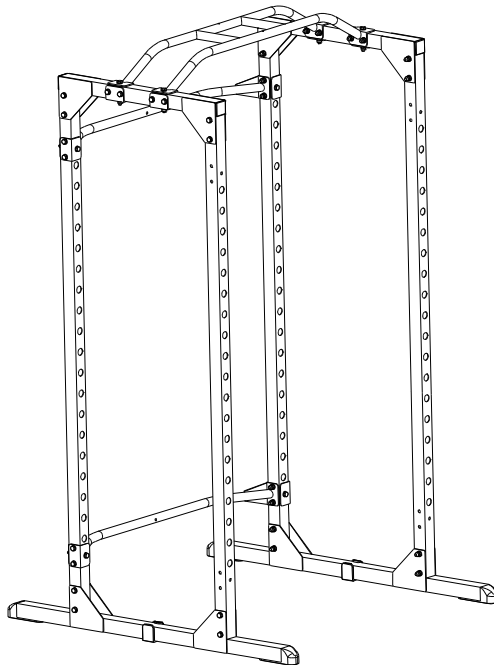
7A. Attach the two **Rear Cross Bars (K)** and four **L-Brackets (L)** to the **Upright Frames (B)** by using:

**12 - (32) Hexagon Head Bolt**

**24 - (67) Washer**

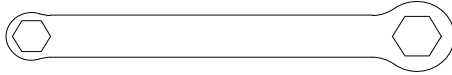
**12 - (75) Nylon Lock Nut**

**Give the cage a shake so all the structure can settle and then thoroughly tighten ALL the hardware.**



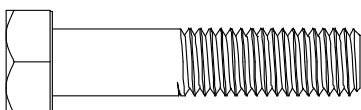
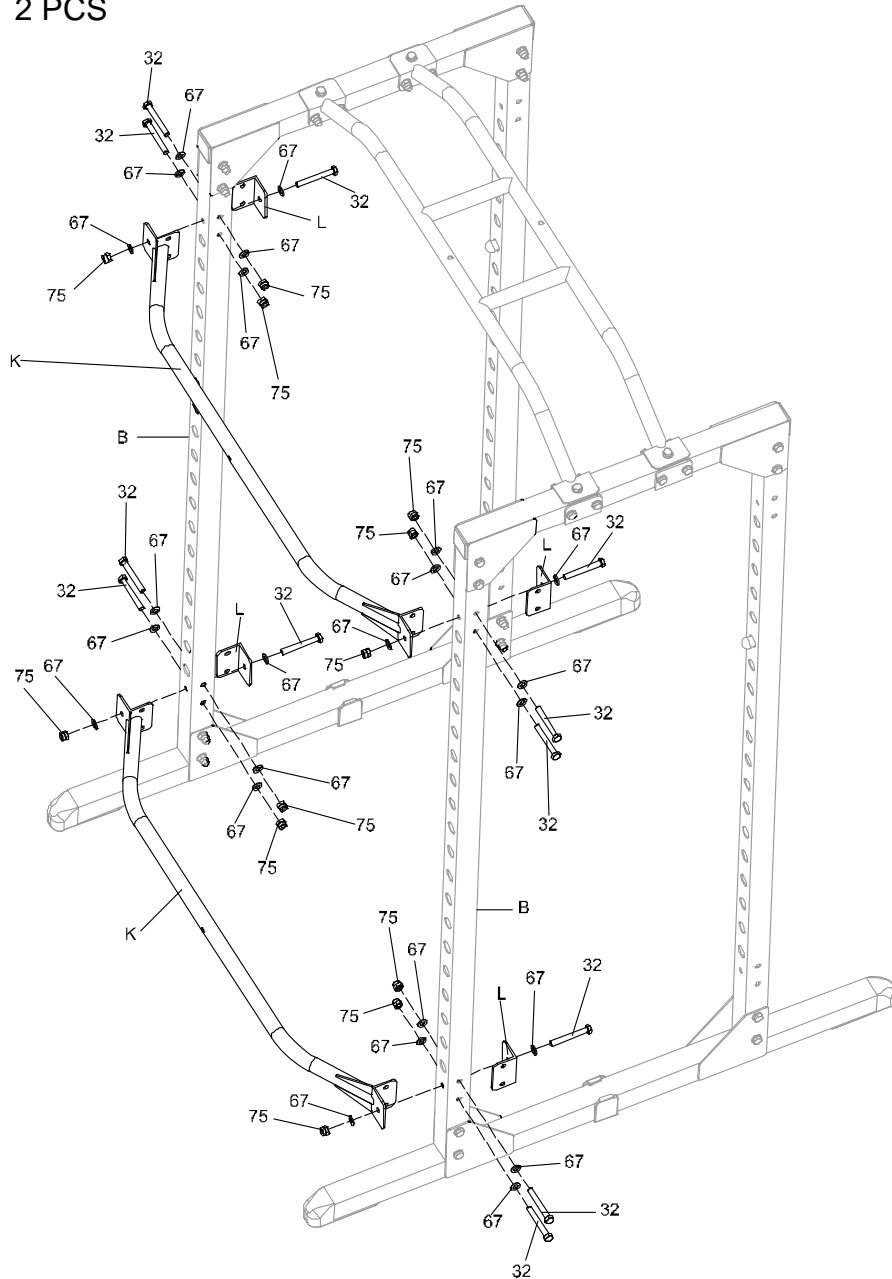
**Appearance upon completion of Step 7.**

## STEP 7

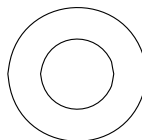


13-17mm Wrench

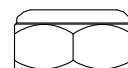
2 PCS



(32) Hexagon Head Bolt  
12PCS



(67) Washer  
24PCS



(75) Nylon Lock Nut  
12PCS

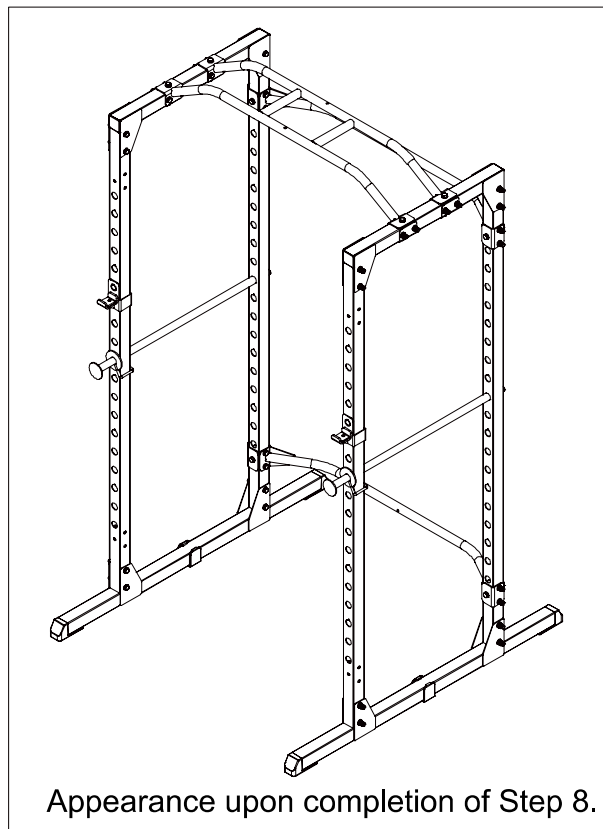
## STEP 8

A. The two **Long Safety Catches (I)** can be inserted into any of the holes along the **Upright Frame (B)**. Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

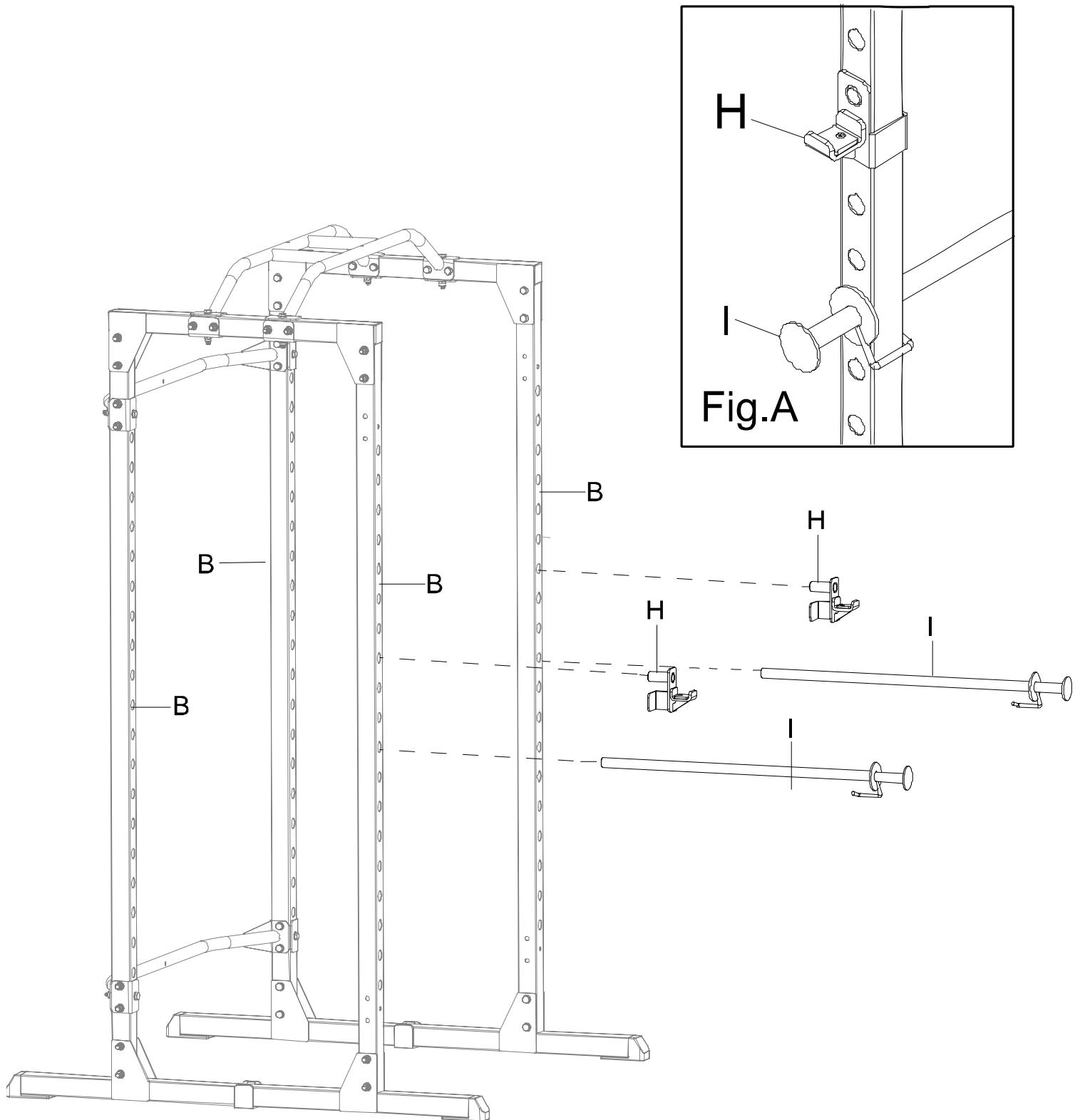
B. The two **J-Hook (H)** can be inserted into any of the holes along the **Upright Frame (B)**. Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

C. The **Upright Frames (B)** have “U” shaped markings above some of the holes to help mark which holes are at the same level across the frame of the cage.

D. Make sure the hooks of the **Long Safety Catch (I)** and the **J Hooks (H)** are wrapped around the **Upright Frames (B)** to lock the safety catches in place. When facing the front of the cage, the hooks should always be on the right side and be below the main shaft of the safety catches; this will allow the hooks to wrap around the back of the **Upright Frames (B)**. See Fig. A



## STEP 8



# 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>COMPONENT</b>	<b>LENGTH OF WARRANTY</b>
<b>Structural Frame</b>	<b>1 year For Home Use Only</b> (frame, welds)
<b>Parts</b>	<b>90 days For Home Use Only</b> (covers, internal mechanism, tension, wheels, knobs, hardware)
<b>Wearable Parts</b>	<b>90 days For Home Use Only</b> (upholstery, foam, ball bearings, pulleys, belts, cables, Shocks)

### **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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, 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, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

**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 FORM

### 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 to #: 626-810-2166