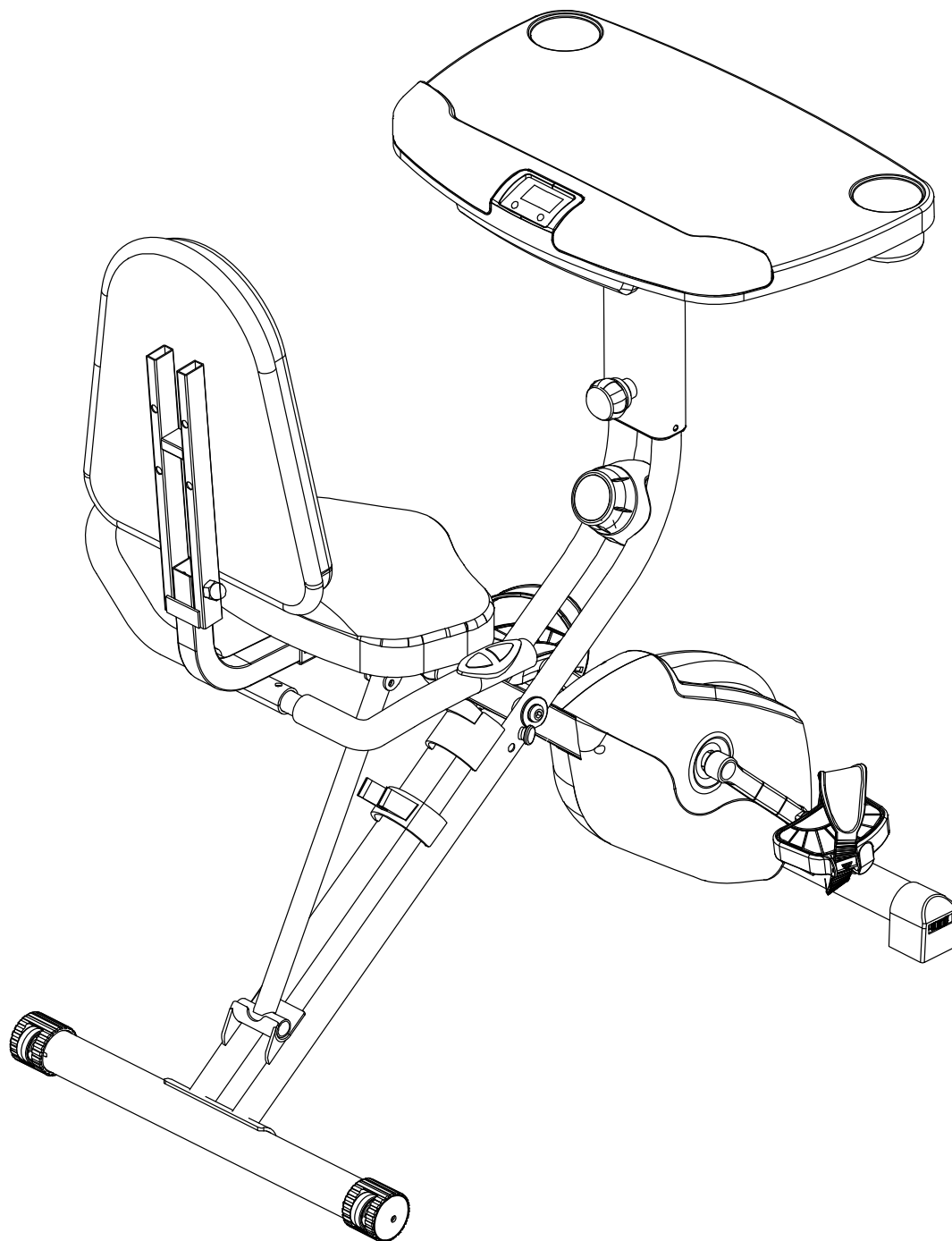


Desk Bike



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



**PLEASE DO NOT RETURN THIS PRODUCT
TO THE STORE.**

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

Email us at:
Service@paradigmhw.com

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department 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

To avoid injury

- Do not exceed placing more than 44lbs on the table.
- Remove all items from the desk before adjusting the desk angle.

Pour éviter les blessures

- Ne dépassez pas placer plus de 20 kilos sur la table.
- Retirez tous les éléments du bureau avant de régler l'angle de bureau.

Para evita

- No exceda la colocación de más de 44 libras sobre la mesa.
- Retire todos los artículos de la mesa antes de ajustar el ángulo de escritorio.

Maximum weight capacity is 300 lbs.

Le poids maximum pour ce produit est 136 kgs.

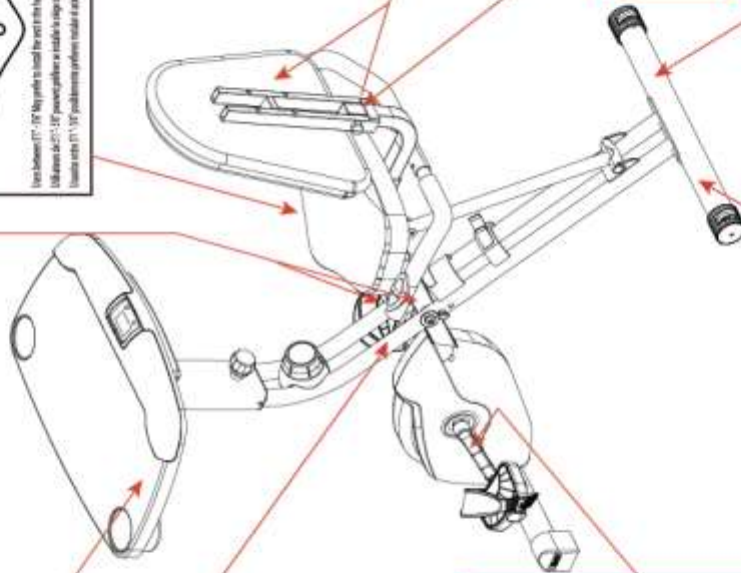
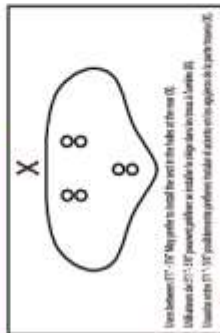
La capacidad de peso máxima es 136 kg.

WARNING / AVERTISSEMENT / ADVERTENCIA

Pinch point, keep hands clear

Pincez moment, garder les mains claires

Punto Pinch, mantenga las manos alejadas



The Crank will be damaged if the Right or Left Pedal are not tightened as per below instructions:

- Tighten Right Pedal (8) into the Right Crank Clockwise
- Tighten Left Pedal (7) into the Left Crank Counter Clockwise

La manivelle pourrait être endommagée si les pédales droit ou gauche ne sont pas serrées selon les instructions ci-dessous:

- Serrez le pédale droit (8) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (7) dans la manivelle gauche dans le sens antihoraire

Se dañará el cigüeñal en caso de que no se aprieten el pedal derecho y el izquierdo según las siguientes instrucciones:

- Apriete el Pedal derecho (8) en el cigüeñal derecho, hacia la derecha
- Apriete el Pedal izquierdo (7) en el cigüeñal izquierdo, hacia la izquierda

UNDER PENALTY OF LAW THIS TAG IS TO BE KEPT ON THE PRODUCT EXCEPT BY THE CONSUMER	NOTICE This article does not meet the flammability requirements of California Bureau of Home Furnishings Technical Bulletin 117. Cans should be exercised near open flame or with burning cigarettes.
ALL NEW MATERIALS CONSENTING OF POLYURETHANE FOAM PAD: 100%	AVIS Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du code technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)
REGISTRY NO. VA25302 (CN)	AVISO Este artículo no cumple con las normas de inflamabilidad del boletín técnico 117 de la Oficina de Mobiliario para el Hogar de California. Cuidado que el producto no esté cerca de las llamas o de cigarrillos encendidos.
Confirmitas is made by the manufacturer and no materials in this article are described in accordance with law.	SE FUMACIONA LOCALMENTE A QUINONES CAUTENESSA ET KALITA SOLO EL CONSUMIDOR PODRA USARLA.
Paradigm Health and Wellness, Inc. 1180 Jellid Ave. City of Industry, CA 91748, USA	MATERIAL COMPLEMENTARMENTE ALIADO DE POLIURETANO DE ESPUMA DE POLIURETANO.
NO D'ENREGISTRAMENT VA25302 (CN)	NO. DE REG. VA25302 (CN)
Cette étiquette est apposée conformément aux lois Californiennes.	El fabricante certifica que los materiales de esta etiqueta se describen según la ley.
Paradigm Health and Wellness, Inc. 1180 Jellid Ave. City of Industry, CA 91748, USA	Paradigm Health and Wellness, Inc. 1180 Jellid Ave. City of Industry, CA 91748, USA



WARNING / AVERTISSEMENT / ADVERTENCIA

Pinch point, keep hands clear

Pincez moment, garder les mains claires

Punto Pinch, mantenga las manos alejadas

*Patent Pending

Serial number / Numéro de série / Número de serie: 115447715000001

MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

EXERWIRK

For customer assistance,

Monday - Friday:

Pour le service à la clientèle

composer le, lundi à vendredi:

Para servicios al cliente,

llame al, lunes a viernes:

1-844-641-7921

8 am - 5 pm PST

IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety guidelines when using this desk bike. Read all of the guidelines before using this desk bike.

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.
2. Make sure all the components are not damaged and are in working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar, covering material on the ground is recommended.
3. Wear proper fitness apparel when using this equipment. Do not wear loose clothing or accessories that may get caught by any part of the equipment.
4. Make sure all the components are not damaged and are in working order before using this equipment.
5. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or moist condition.
6. Do not use the equipment outdoors. This equipment is for household use only.
7. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
8. Only one person should be on the equipment at a time. Keep children and pets away from the product at all times. This machine is designed for adults only.
9. Be careful to always hold onto the handlebars when you're mounting and dismounting. Be careful to have the pedals at their lowest point when stepping off.
10. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
11. This product requires a minimum of 7 square feet around for safe operation.
12. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
13. **DO NOT pedal in reverse.**
14. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**

⚠ WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems.

⚠ WARNING: Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.

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

IMPORTANT SAFETY GUIDELINES

Talk to your Doctor before using this equipment if you have any of the following conditions or ailments:

- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you are being treated
- High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modular pins, or surgically implanted orthopedic supports.

Do not exceed the maximum rated weight (load):

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

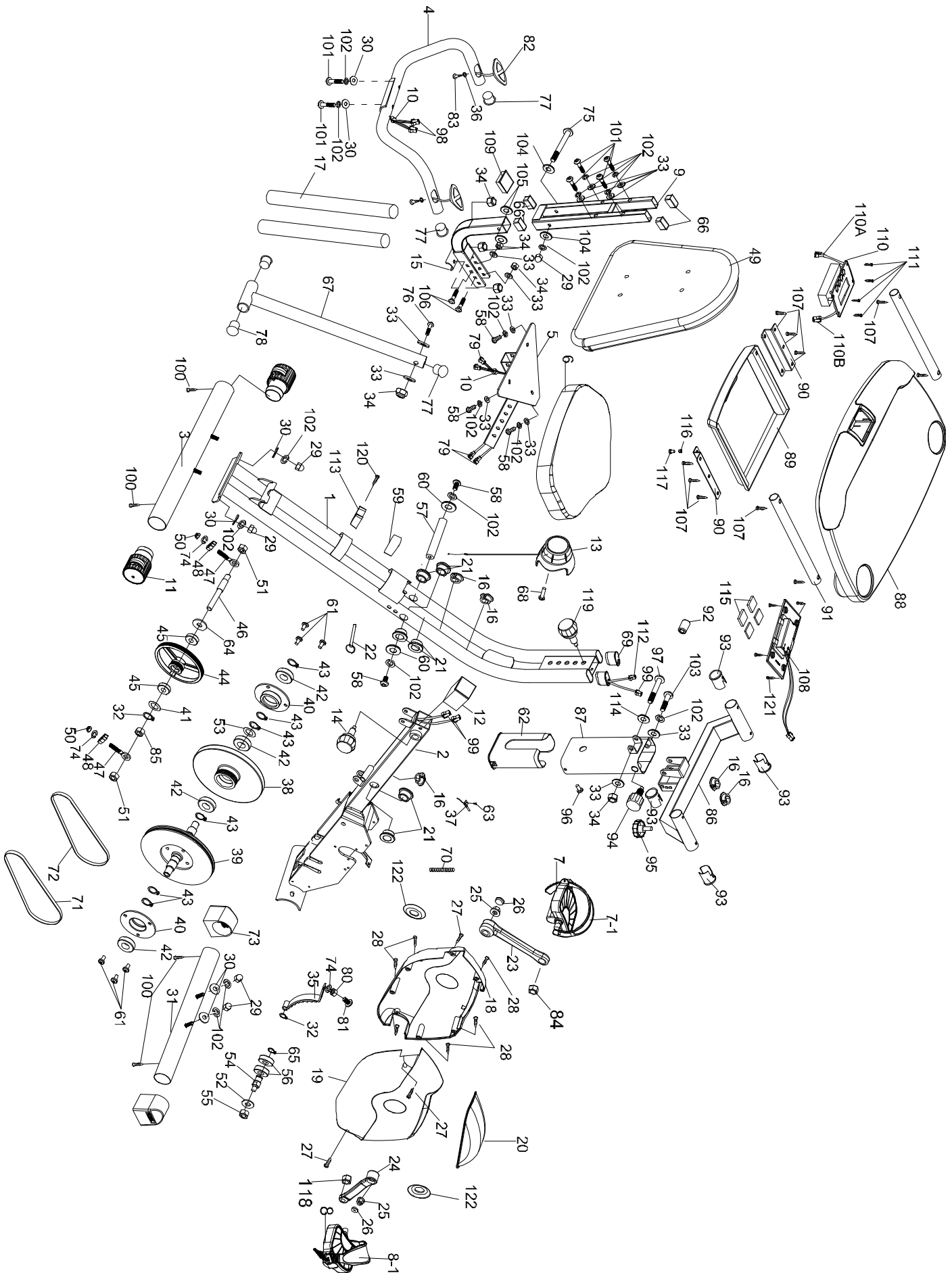
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES



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

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Rear Frame	1
2	Front Frame	1
3	Rear Stabilizer	1
4	Handlebar	1
5	Seat Post	1
6	Seat	1
7	Left Pedal	1
7-1	Left Pedal Strap	1
8	Right Pedal	1
8-1	Right Pedal Strap	1
9	Backrest Frame	1
10	Wire Plug	2
11	Rear Stabilizer End Cap	2
12	Seat Post Plastic Bushing	1
13	Tension Control Knob	1
14	Seat Adjustment Knob M16	1
15	Rear Supporting Tube	1
16	Oval Wire Plug	5
17	Handrail Foam Grip	2
18	Left Cover	1
19	Right Cover	1
20	Top Shroud	1
21	Round Plastic Bushing	6
22	Safety Pin Ø10*110L	1
23	Left Crank	1
24	Right Crank	1
25	Flange Nut	2
26	Crank Cover	2
27	Round Phillips Head Drilling Screw M4x20	4
28	Round Phillips Head Tapping Screw M4x20	5
29	Hexagon Cap Nut M8	5
30	Curve Washer D Ø8.2	6
31	Front Stabilizer	1
32	C-ring Ø 10	2
33	Flat Washer Ø8.2	13
34	Nylon Nut M8	6
35	Magnet Bracket	1

No.	Description	Qty
36	Washer Ø6.2	2
37	Sensor with Wire	1
38	Flywheel Ø195	1
39	Belt Wheel with Crank Axle Ø155	1
40	Bearing Bracket	2
41	Wave Washer	1
42	Bearing 6003RS	4
43	C-ring Ø17	6
44	Belt Wheel with Crank Axle Ø150	1
45	Bearing 6000z	2
46	Axle Ø12.8x94L	1
47	Eyebolt M6	2
48	Tension Bracket	2
49	Backrest	1
50	Nylon Nut M6	2
51	Nut M10	2
52	Washer Ø10.2xØ25	1
53	Wave Washer Ø17	1
54	Idle Wheel Axle	1
55	Nylon Nut M10	1
56	Bearing 6902Z	2
57	Axle	1
58	Hexagon Socket Bolt M8*15	5
59	Rubber Cushion	1
60	Washer Ø8.2x Ø25x2.0t	2
61	Flat Phillips Head Screw M6x10	6
62	Holder	1
63	Round Phillips Head Screw M4x10	1
64	Plastic Washer	1
65	C-ring Ø15	1
66	Square end cap	4
67	Rear Frame Support Tube	1
68	Screw M5x20	1
69	Washer Ø5.2xØ18	2
70	Spring	1
71	Belt 240J4	1
72	Belt 230J3	1

PARTS LIST

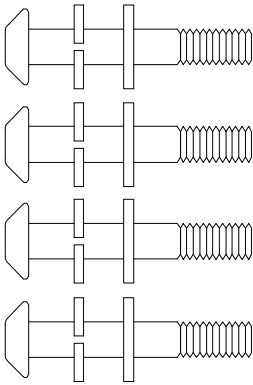
No.	Description	Qty
73	Front Stabilizer End Cap	2
74	Spring Washer Ø 6.2	3
75	Hexagon Socket Bolt M8x80L	1
76	Hexagon Socket Bolt M8x43L	1
77	Handlebar End Cap Ø25.4	3
78	Front Frame Support Tube End Cap Ø22.2	2
79	Connection Wire A	2
80	Nut M6	1
81	Screw M6x15	1
82	Hand Pulse Sensor	2
83	Countersunk Phillips Head Cap Screw M4x20	2
84	Left Nylon Nut 9/16	1
85	Nut M10	1
86	Bracket	1
87	Desk Mount	1
88	Desk	1
89	Drawer	1
90	Bracket	2
91	Slide	2
92	Plastic Bushing	1
93	End cap	4
94	Desk Adjustment Knob	1
95	Slide Knob	1
96	Phillips Panhead Bolt	1
97	Hexagon Socket Bolt M8*58	1
98	Hand Pulse Wire	2

No.	Description	Qty
99	Connection Wire B	1
100	Drilling Screw M4x10	4
101	Hexagon Socket Bolt M8*45	6
102	Spring Washer Ø8.2	17
103	Hexagon Socket Bolt M8*25	1
104	Washer Ø25xØ8.2	2
105	Plastic Washer	2
106	Carriage Bolt M8*50	2
107	Drilling Screw M5x15	10
108	Battery Bracket	1
109	Square end cap 30x30	1
110	Console	1
110A	Upper Console Wire	1
110B	Upper Hand Sensor Wire	1
111	Screw	4
112	Console Wire	1
113	Tube Clip	1
114	Flat Washer Ø10.2	1
115	Clip	4
116	Nut M5	1
117	Screw M5	1
118	Right Nylon Nut 9/16	1
119	Long Adjustment Knob M16	1
120	Screw M4x12L	1
121	Screw	4
122	Crank Plug	2

7150 - Hardware Pack

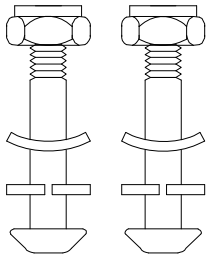
HARDWARE & TOOLS PACK

STEP 4



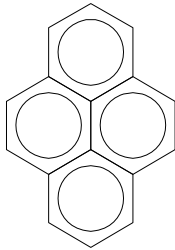
#101 4PCS #102 4PCS #33 4PCS

STEP 5



#30 2PCS #102 2PCS
#34 2PCS #101 2PCS

STEP 1



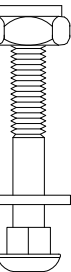
#29 4PCS



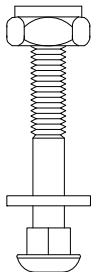
#30 4PCS



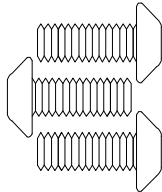
#102 4PCS



#106 2PCS #34 2PCS #33 2PCS



STEP 3



#58 3PCS

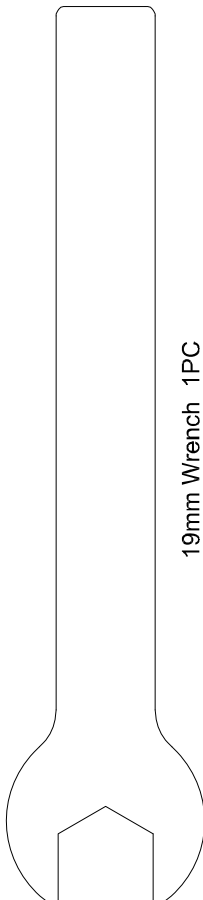


#33 3PCS



#102 3PCS

19mm Wrench 1PC



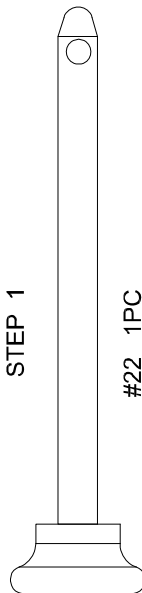
5mm Allen Wrench with Phillips
Screwdriver 1PC



13-15mm Wrench 1PC

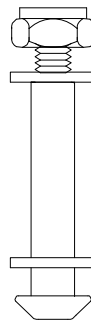


STEP 1

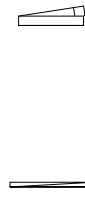


#22 1PC

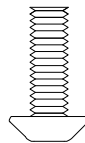
STEP 6



#34 1PC #97 1PC
#33 1PC #114 1PC



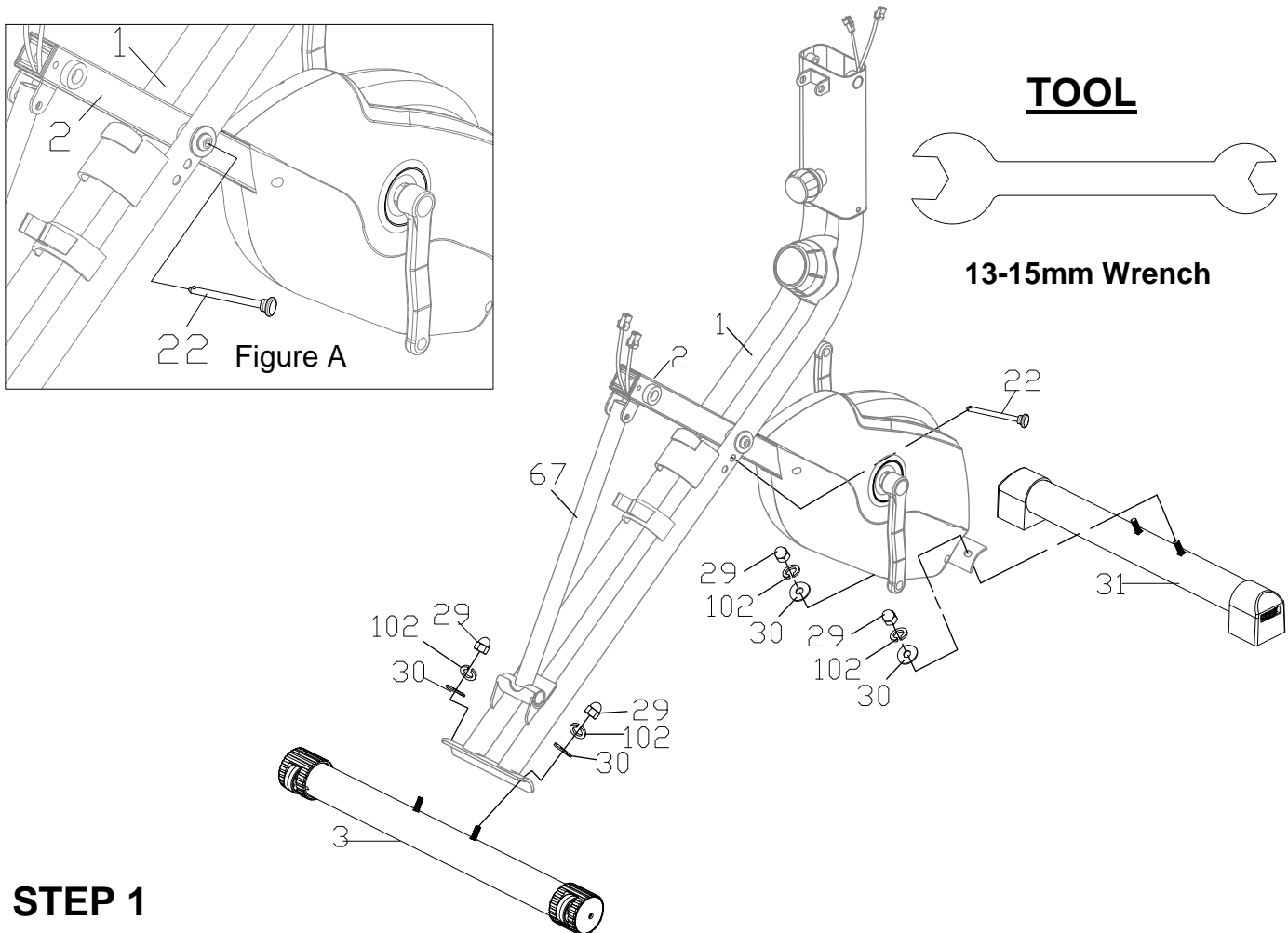
#33 1PC



#103 1PC

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ASSEMBLY



STEP 1

1A. Setting Up the Frames: Pull apart the **Front Frame (2)** and the **Rear Frame (1)**. Rest the **Rear Frame Support Tube (67)** into the hooked plate on the **Rear Frame (1)**. Align the pin holes where the **Front Frame (2)** and **Rear Frame (1)** intersect and insert the **Safety Pin (22)** into the aligned holes. **See Figure A.** The aligned holes can be found by tracing the **Safety Pin (22)** in the illustration.

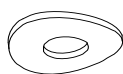
1B. Installing the Front Stabilizer: Attach the **Front Stabilizer (31)** to the **Front Frame (2)** with two **Hexagon Cap Nuts (29)**, two **Spring Washers (102)**, and two **Curve Washers (30)**. Then tighten the **Hexagon Cap Nuts (29)** using the **13-15mm Wrench** provided.

1C. Installing The Rear Stabilizer: Attach the **Rear Stabilizer (3)** to the **Rear Frame (1)** with two **Hexagon Cap Nuts (29)**, two **Spring Washers (102)**, and two **Curve Washers (30)**. Then tighten the **Hexagon Cap Nuts (29)** using the **13-15mm Wrench** provided.

HARDWARE PACK



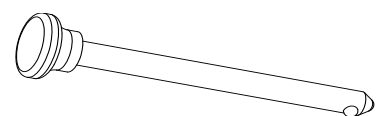
(29) Hexagon Cap Nut
4PCS



(30) Curve Washer
4PCS



(102) Spring Washer
4PCS



(22) Safety Pin
1PC

ASSEMBLY

IMPORTANT:

Make sure the right pedal matches up with the right crank and the left pedal matches up with the left crank. If matched incorrectly, the cranks may become damaged or stripped.

IMPORTANT:

Screw the **Right Pedal (8)** into the **Right Crank (24)** in a CLOCKWISE direction.

Screw the **Left Pedal (7)** into the **Left Crank (23)** in a COUNTER-CLOCKWISE direction.

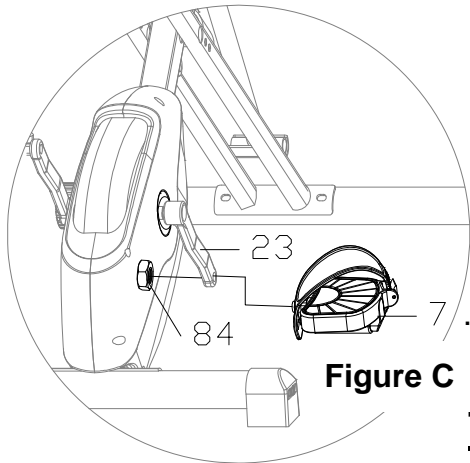
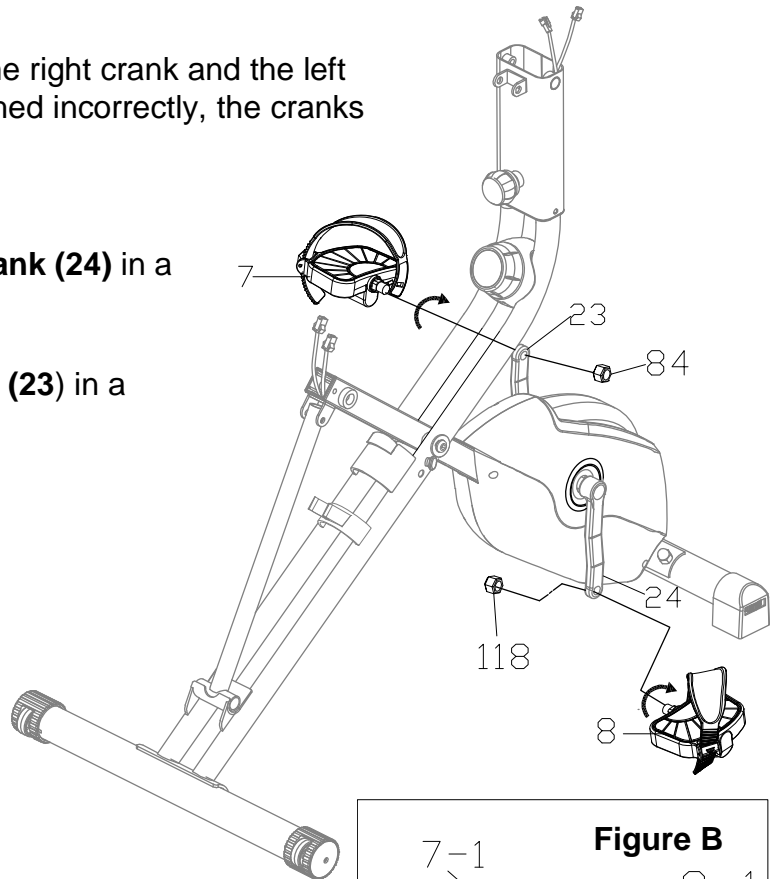
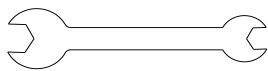


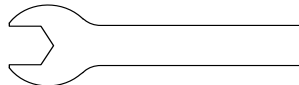
Figure C



TOOLS



13-15mm Wrench 1 PC



19mm Wrench 1 PC

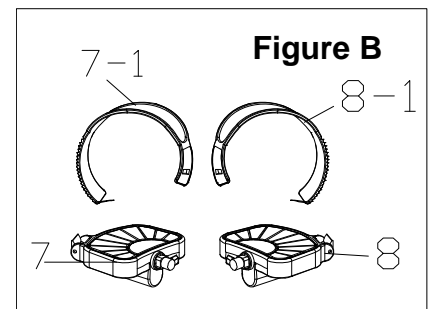


Figure B

STEP 2

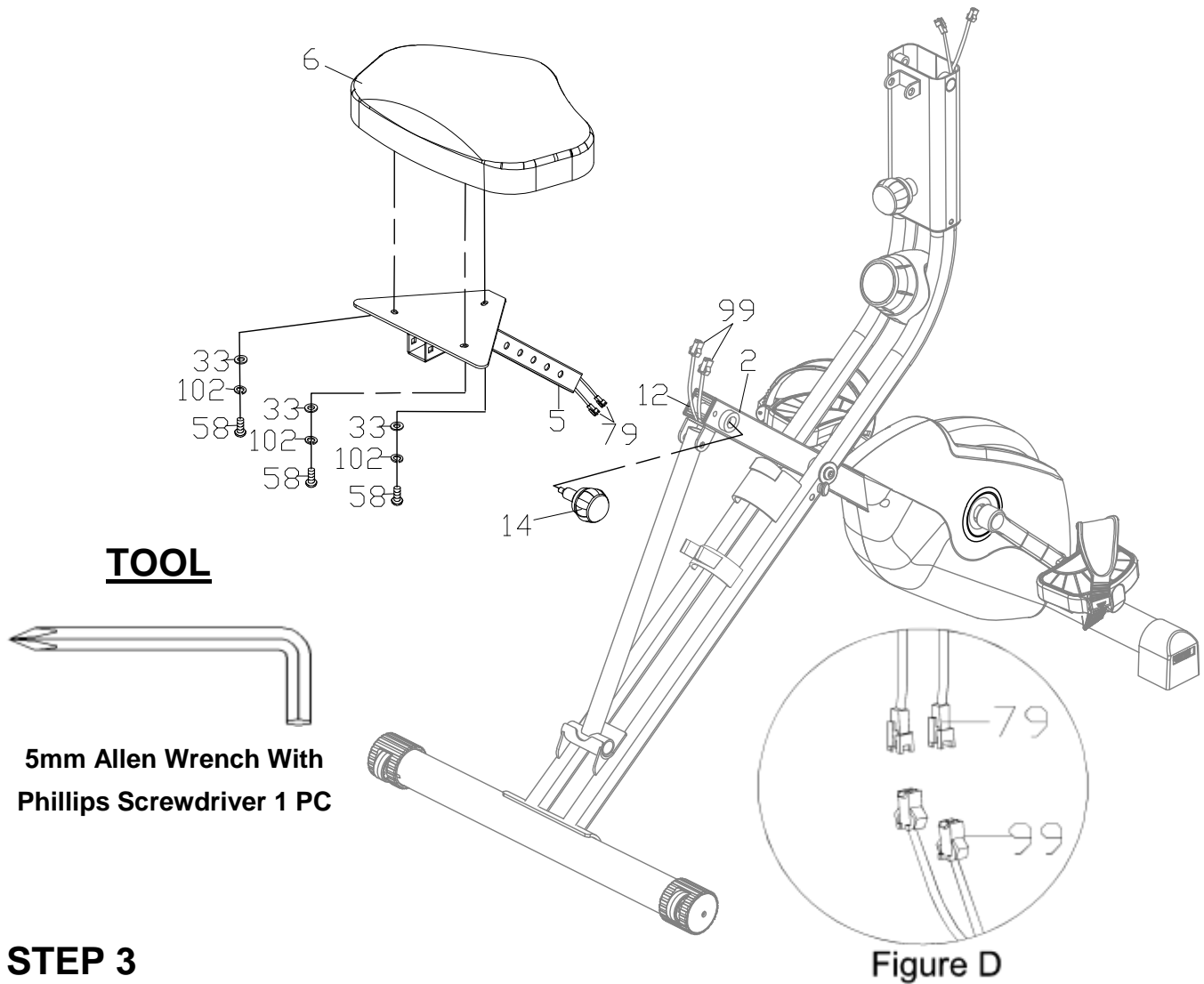
TIP: The Cranks, Pedals, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left.

2A. Installing the Pedal Straps: Remove the **Left Nylon Nut (84)** and **Right Nylon Nut (118)** from the **Left & Right Pedals (7,8)**. Install the **Left & Right Pedal Straps (7-1, 8-1)** on to the **Left & Right Pedals (7, 8)**. See **Figure B**.

2B. Installing the Left Pedal: Insert the **Left Pedal (7)** into the threaded hole in the **Left Crank (23)**. Turn the **Left Pedal (7)** by hand in a COUNTER-CLOCKWISE direction until snug. Attach the **Left Nylon Nut (84)** onto the protruding **Left Pedal (7)** in a CLOCKWISE direction. Simultaneously tighten the **Left Pedal (7)** using the **13-15mm Wrench** by turning it COUNTER-CLOCKWISE and tighten the **Left Nylon Nut (84)** with the **Wrench 19mm** provided in the CLOCKWISE direction. See **Figure C**.

2C. Installing the Right Pedal: Insert the **Right Pedal (8)** into the threaded hole in the **Right Crank (24)**. Turn the shaft by hand in a CLOCKWISE direction until snug. Attach the **Right Nylon Nut (118)** onto the protruding **Right Pedal (8)** in a COUNTER-CLOCKWISE direction. Simultaneously tighten the **Right Pedal (8)** with the **13-15mm Wrench** in the CLOCKWISE direction and the **Right Nylon Nut (118)** with the **19mm Wrench** with a COUNTER-CLOCKWISE direction.

ASSEMBLY



STEP 3

3A. Adjusting Seat Before Installing It: The **Seat (6)** has 2 sets of adjustment holes. It is recommended that users between **5'1" – 5'6"** use the holes towards the rear of the **Seat (6)**. It is recommended that users between **5'7" – 6'3"** use the holes towards the front of the **Seat (6)**.

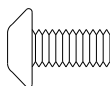
3B. Installing The Seat To The Seat Post: Align the bolt holes on the underside of the **Seat (6)** with the holes on the plate at the top of the **Seat Post (5)**, then secure them together using three **Flat Washers (33)**, three **Spring Washers (102)**, and three **Hexagon Socket Bolts (58)**. Tighten the **Bolts (58)** with the **5mm Allen Wrench** provided.

3C. Installing The Seat Post & The Connection Wires: Connect the **Connection Wire A (79)** from the **Seat Post (5)** to the **Connection Wire B (99)** from the **Front Frame (2)** as shown in **Figure D**. Insert the **Seat Post (5)** into the **Seat Post Plastic Bushing (12)** while being careful to insert the wires without pinching them. Install the **Seat Adjustment Knob (14)** by turning it CLOCKWISE, making sure that the **Seat Adjustment Knob (14)** catches one of the height adjustment holes of the **Seat Post (5)**.

HARDWARE PACK



(33) Flat Washer
3 PCS

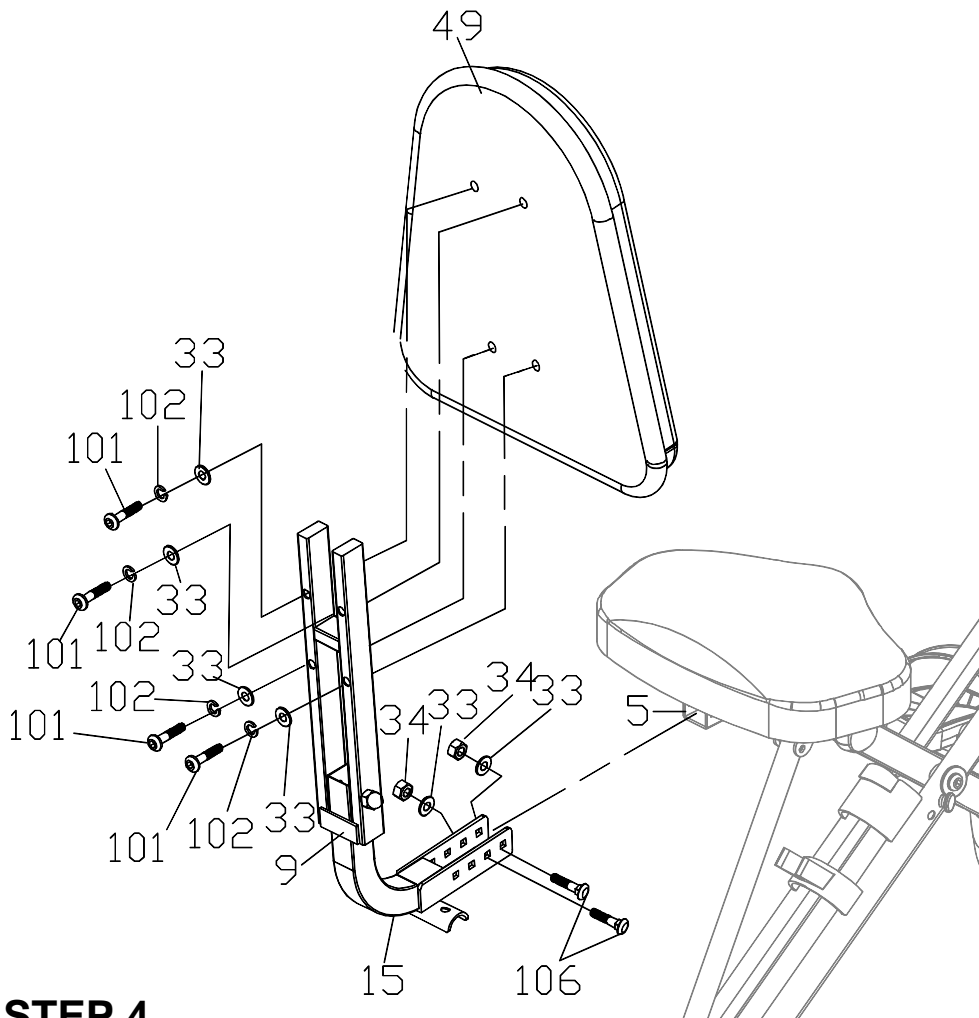


(58) Hexagon Socket
3 PCS

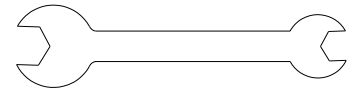


(102) Spring Washer
3 PCS

ASSEMBLY



TOOLS



13-15mm Wrench

1 PC



**5mm Allen Wrench
With Phillips Screwdriver
1 PC**

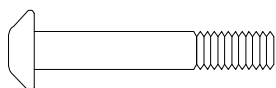
STEP 4

TIP: Refer to the **Adjustments Pages 19-20** for more information on adjustments.

4A. Installing the Rear Support Tube to the Seat Post: Attach the **Rear Support Tube (15)** onto the **Seat Post (5)** and choose two of the four holes on the **Seat Post (5)** to secure with using two **Carriage Bolts (106)**, two **Flat Washers (33)**, two **Nylon Nuts (34)**, and to secure the **Rear Support Tube (15)** in place. Simultaneously tighten the **Nylon Nuts (34)** with the **13-15mm Wrench**.

4B. Installing the Backrest onto the Backrest Frame: Attach the **Backrest (49)** onto the **Backrest Frame (9)** with four **Hexagon Socket Bolts (101)**, four **Spring Washers (102)**, and four **Flat Washers (33)**. Tighten the bolts with the **5mm Allen Wrench with Phillips Screwdriver** provided.

HARDWARE PACK



(101) Carriage Bolt

4 PCS



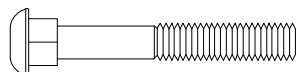
(33) Flat Washer

6 PCS



(102) Spring Washer

4 PCS



(106) Carriage Bolt

2PCS

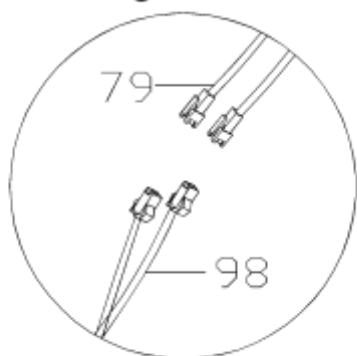


(34) Nylon Nut

2 PCS

ASSEMBLY

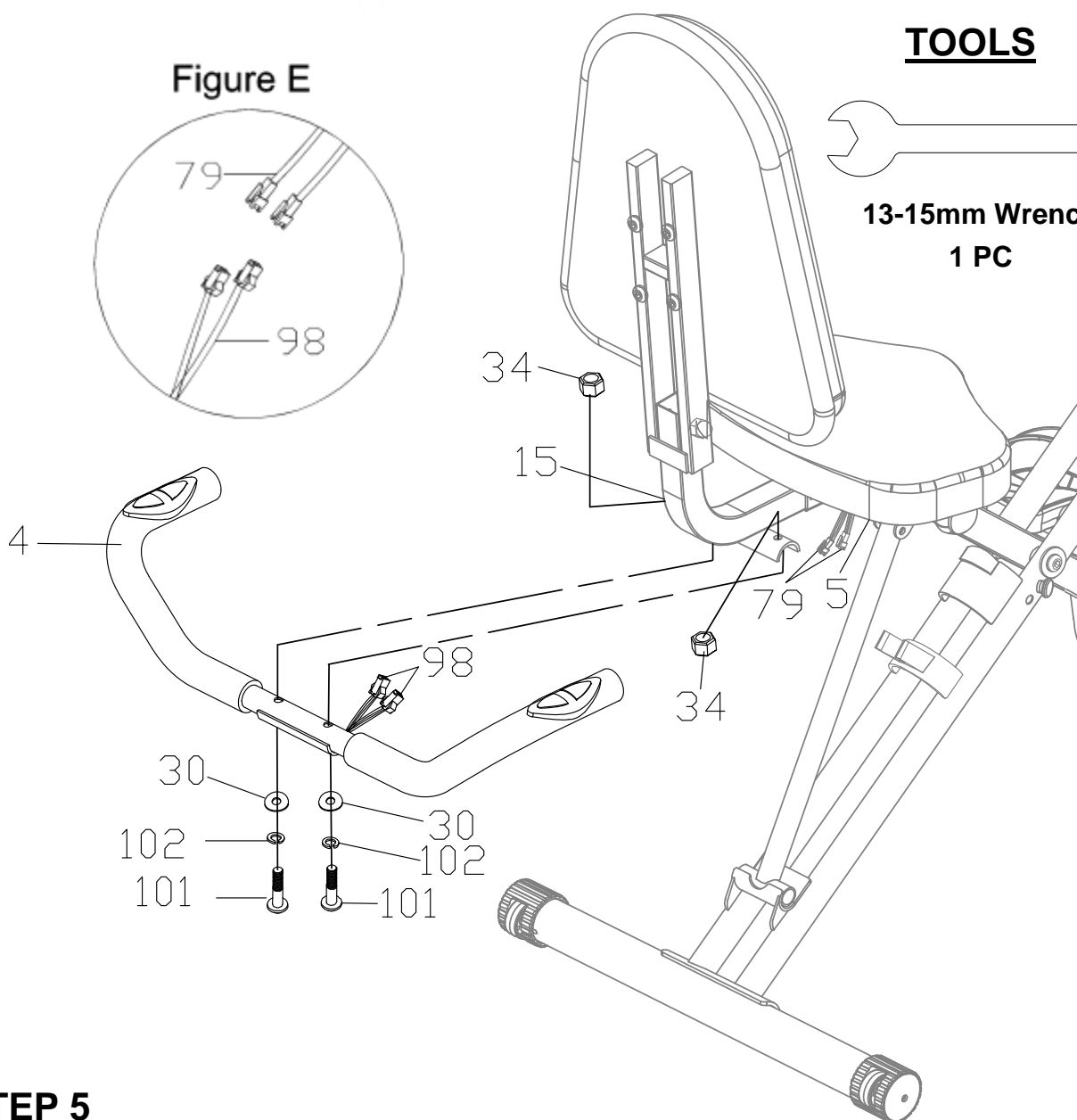
Figure E



TOOLS



13-15mm Wrench
1 PC



STEP 5

5A. Installing the Handlebars: Attach the **Handlebar (4)** onto the **Rear Supporting Tube (15)** using two **Curve Washers (30)**, two **Spring Washers (102)**, and two **Hexagon Socket Bolts (101)**. Attach two **Nylon Nuts (34)** onto the protruding **Carriage Bolts (101)**. Then tighten the **Nylon Nuts (34)** with the **13-15mm Wrench** provided.

5B. Connecting the Pulse Wires from the Handlebar: Connect the **Hand Pulse Wire (98)** from the **Handlebar (4)** to the **Connection Wire A (79)** from the **Seat Post (5)** as shown in **Figure E**.

HARDWARE PACK



(101) Hexagon Socket Bolt
2PCS



(30) Curve Washer
2PCS



(102) Spring Washer
2 PCS



(34) Nylon Nut
2 PCS

ASSEMBLY

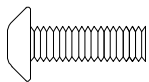
STEP 6

6A. Installing the Desk: Align the bolt holes of the U shaped bracket on the underside of the **Desk (88)** with the holes on the bracket at the top of the **Desk Mount (87)** and insert one **Plastic Bushing (92)** into the bracket of the **Desk Mount (87)** as shown in **Figure F**. Insert one **Hexagon Socket Bolt (97)** one **Flat Washer (114)** through the brackets and **Bushing (92)**. On the protruding end of the **Hexagon Socket Bolt (97)** insert one **Flat Washer (33)** and one **Nylon Nut (34)** and one **Flat Washer (114)**. Tighten the **Nylon Nut (34)** with the **13-15mm Wrench** provided.

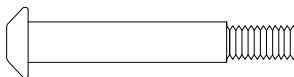
6B. Installing the Pulse Wires: Insert the **Slide Knob (95)** onto the underside of the **Desk (88)** by twisting it CLOCKWISE. Connect the **Connection Wire B (99)** from the **Desk Mount (87)** to the **Upper Hand Pulse Wire (110B)**. See **Figure G**. Connect the **Console Wire (112)** to the **Upper Console Wire (110A)**. See **Figure H**.

6C. Installing the Desk: Set the **Desk (88)** flat on the **Desk Mount (87)** and assemble the **Desk (88)** angle adjustment by inserting one **Hexagon Socket Bolt (103)** with one **Spring Washer (102)** and one **Flat Washer (33)** into the left side of the **Desk Mount (87)**. Tighten the **Hexagon Socket Bolt (103)** with the **5mm Allen Wrench with Phillips Screwdriver** provided. Insert the **Desk Adjustment Knob (94)** into the hole on the right side of the **Desk Mount (87)** and tighten it by turning it CLOCKWISE until snug.

HARDWARE



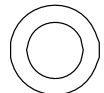
(103) Hexagon Socket Bolt
1PC



(97) Hexagon Socket Bolt
1PC



(92) Plastic Bushing
1PC



(114) Flat Washer
1 PC



(102) Spring Washer
1 PC

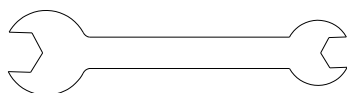


(33) Flat Washer
2 PCS



(34) Nylon Nut
1 PC

TOOLS



13-15mm Wrench
1 PC



5mm Allen Wrench
With Phillips Screwdriver
1 PC

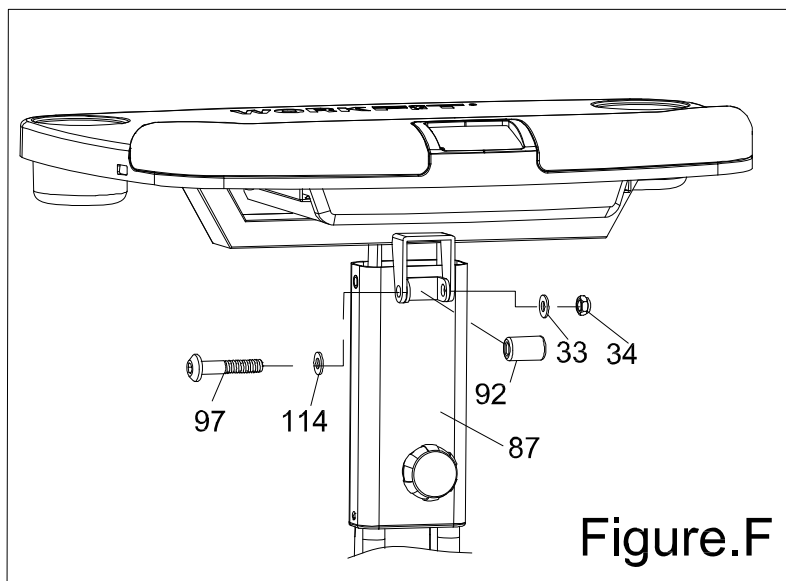


Figure.G

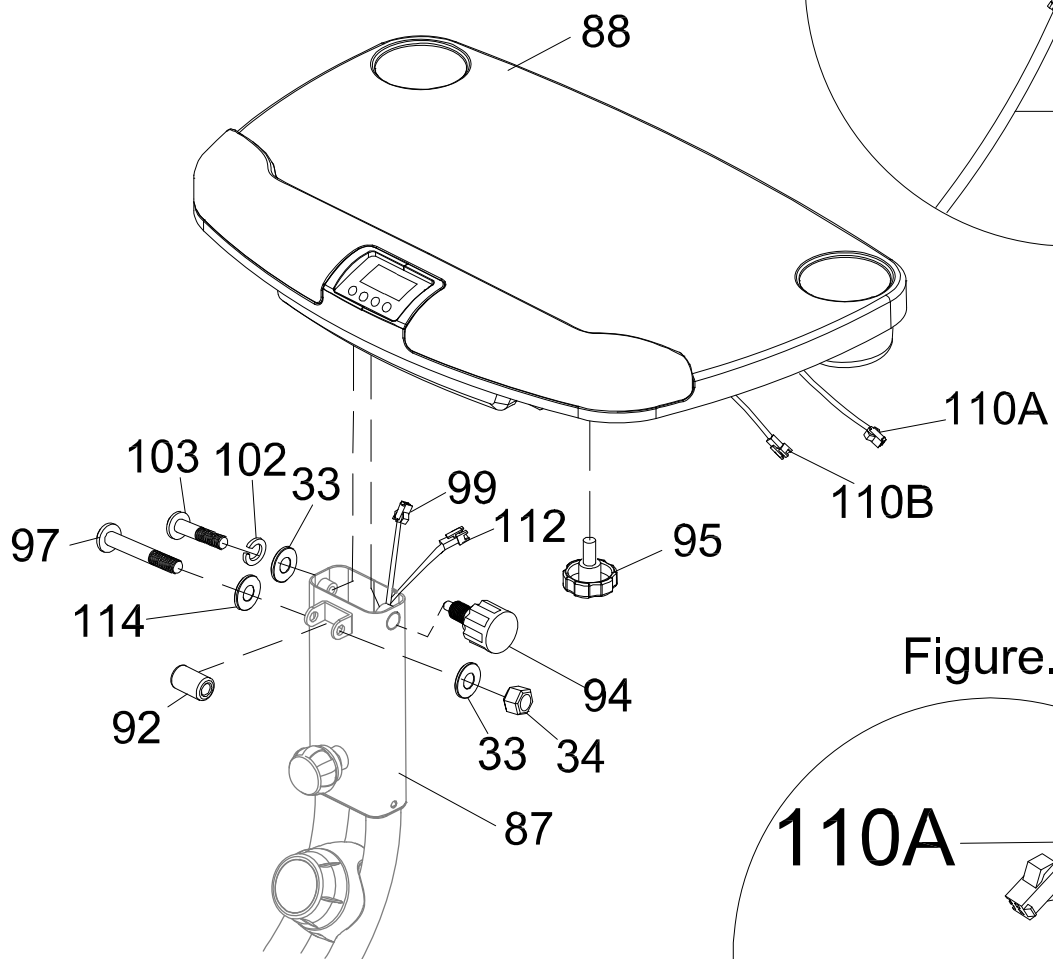
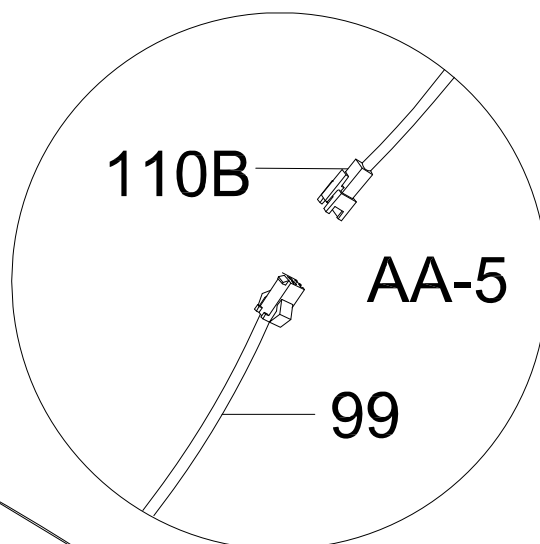
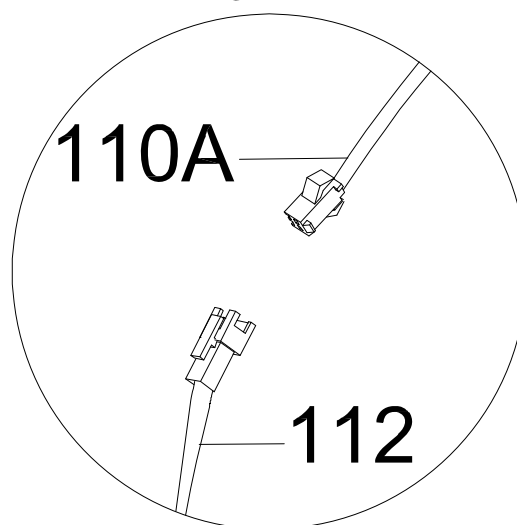


Figure.H



CONSOLE

SPECIFICATIONS:

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

CONSOLE FUNCTIONS:

MODE: Press the "MODE" button to select between, SCAN, SPEED, DISTANCE, TIME, ODOMETER, CALORIES, and PULSE.

AUTO ON/OFF: The console will automatically turn on when pedaling begins. The console will automatically turn off after 4 minutes of inactivity.

SCAN: Press the "MODE" button until the arrow (◀) points to "SCAN". The console will automatically scan the workout statistics of TIME, ODOMETER, CALORIE, PULSE, SPEED, and DISTANCE, every 6 seconds.

TIME: Press the "MODE" button until the arrow (◀) points to "TIME". The console will display the total time exercised in minutes and seconds. The console automatically counts up from 0:00 to 99:59 in one second intervals.

SPEED: Press the "MODE" button until the arrow (◀) points to "SPEED". The console will display your current workout speed in miles per hour.

DISTANCE: Press the "MODE" button until the arrow (◀) points to "DIST". The console will display the distance traveled during each workout up to a maximum of 999.9 miles.

CALORIE: Press the "MODE" button until the arrow (▶) points to "CAL". The console will estimate the cumulative calories burned during a workout. The console will count up from 0.0 to 999.9 calories.

ODOMETER: Press the "MODE" button until the arrow (▶) points to "ODO". The console will display the recorded total distance of all workout sessions, up to a maximum of 999.9 miles. When resetting the console, the ODOMETER values will not reset to zero. If the batteries are removed from the console, the ODOMETER values will reset to zero.

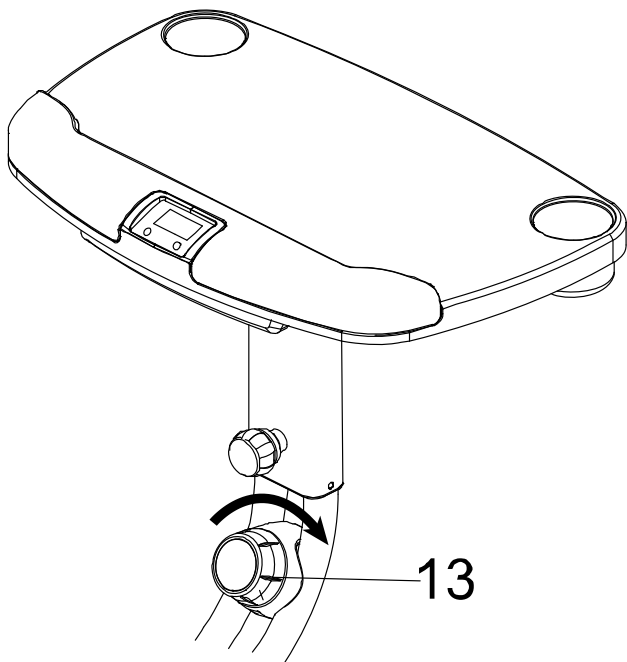
PULSE: Press the "MODE" button until the console displays "P". During the workout, hold onto the Hand Pulse Sensors and the console will display your current heart rate in beats per minute. Hold the Hand Pulse Sensors with both hands for a more accurate reading.

RESET: Hold this button for 4 seconds to reset all values from the console, Except ODOMETER.

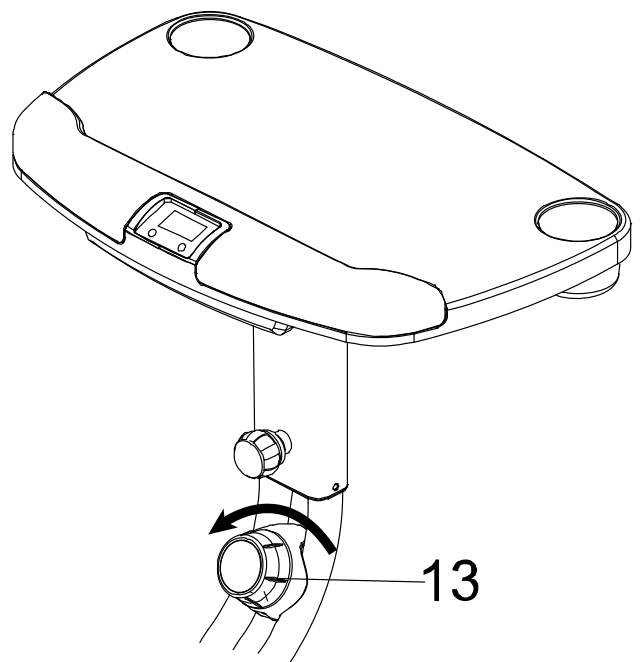
HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the underside of the **Desk (88)**.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Insure the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partially legible, remove the batteries and wait 15 seconds before reinstalling.

OPERATIONS & ADJUSTMENTS



INCREASE

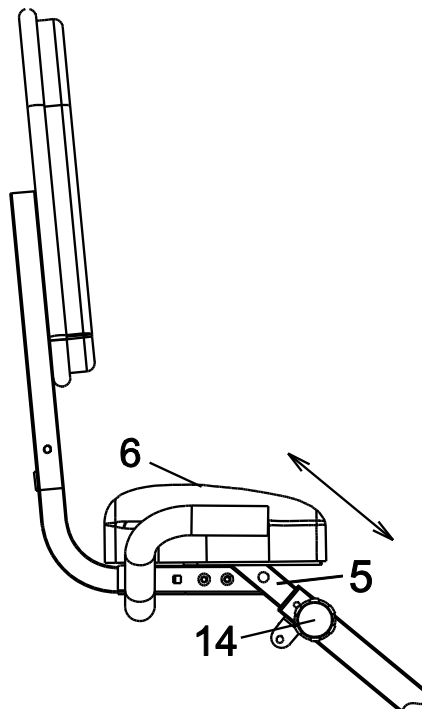


DECREASE

ADJUSTING THE TENSION CONTROL KNOB

To increase the resistance, turn the **Tension Control Knob (13)** in a CLOCKWISE direction.

To decrease the resistance, turn the **Tension Control Knob (13)** in a COUNTERCLOCKWISE direction.

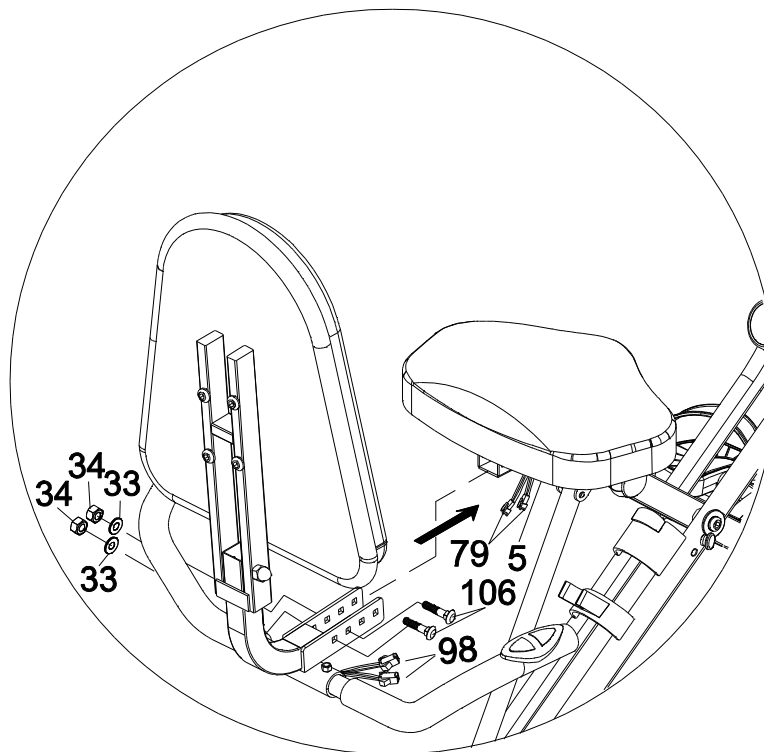
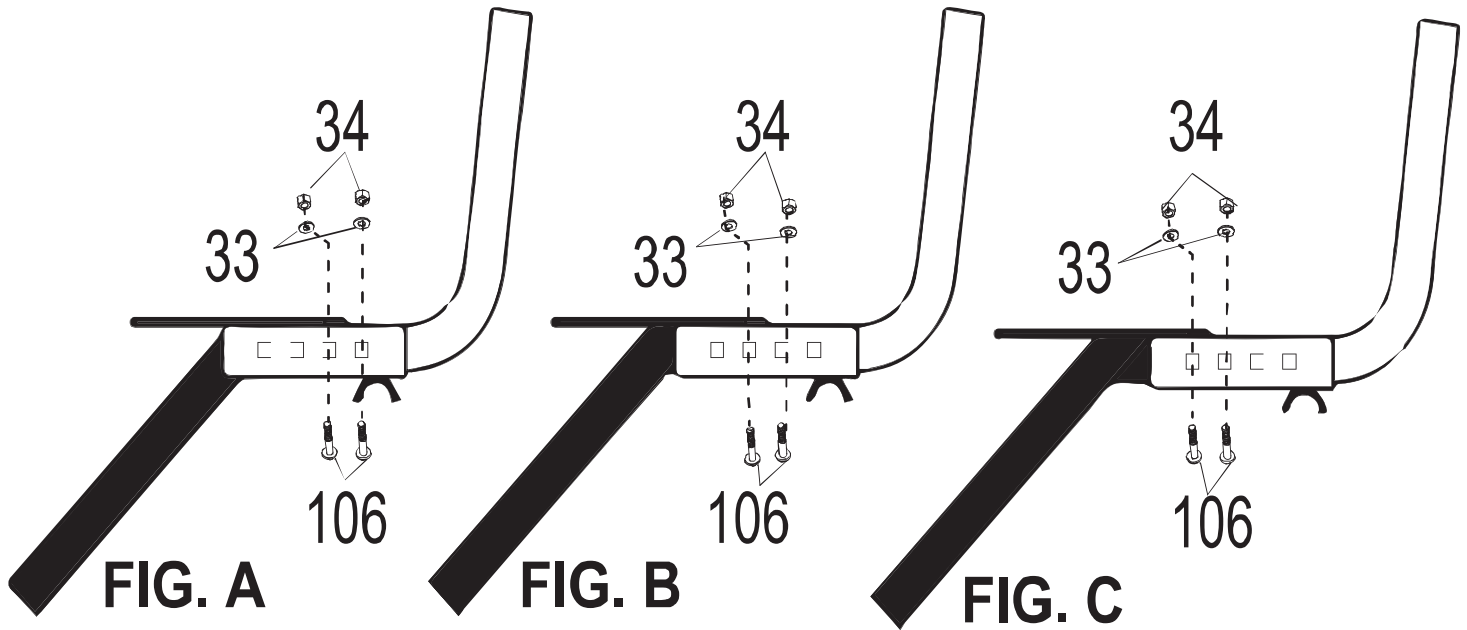


ADJUSTING THE SEAT HEIGHT

Turn the seat **Adjustment Knob (14)** in a COUNTER-CLOCKWISE direction and pull to release the **Seat Post (5)**. Slide the **Seat Post (5)** to the desired position and lock the **Seat Post (5)** in place by allowing the **Adjustment Knob (14)** to “POP” into a height adjustment hole on the **Seat Post (5)**. Then tighten the **Seat Adjustment Knob (14)** in a CLOCKWISE direction.

NOTE: Do NOT exceed the MAX line on the seat post when adjusting the height of the **Seat Post (5)**.

OPERATIONS & ADJUSTMENTS

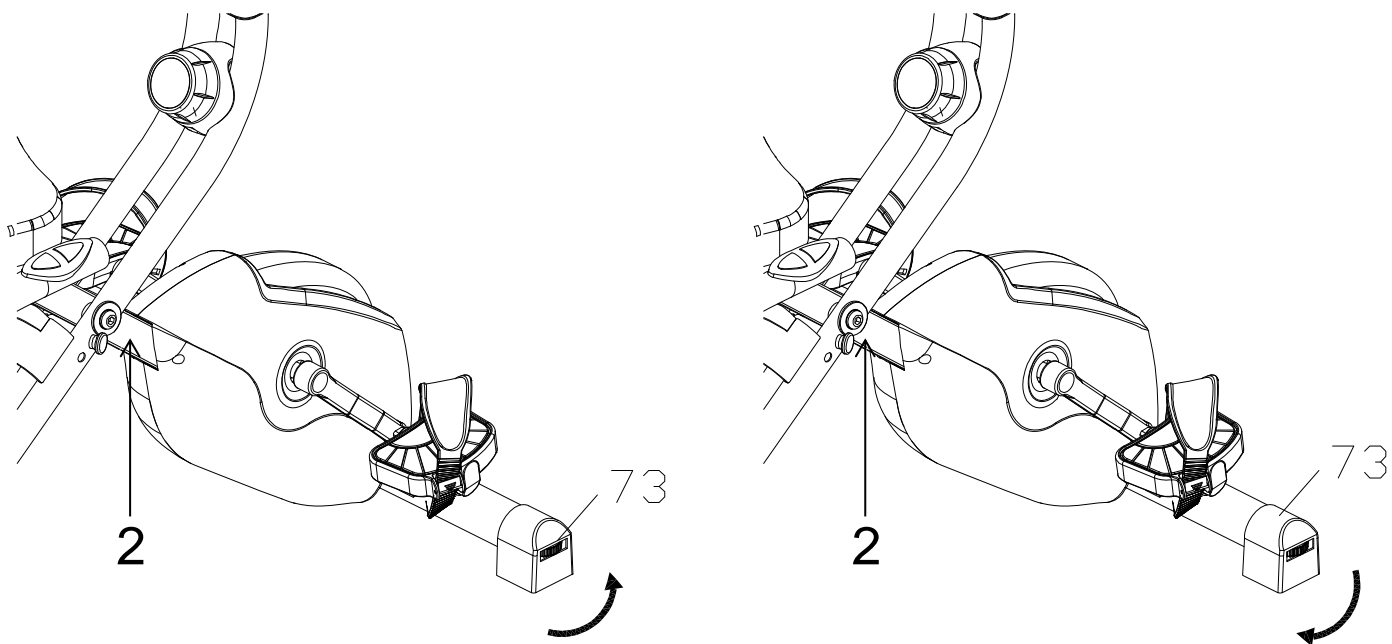


ADJUSTING THE BACKREST

The **Rear Supporting Tube (15)** can be adjusted between 3 different positions:

1. Users between the height of **5'1" and 5'3"** may want to use position 1, as shown in **FIG. A**.
2. Users between the height of **5'4" to 5'11"** may want to use position 2 as shown in **FIG. B**.
3. Users between the height of **6' to 6'3"** may want to use position 3 as shown in **FIG. C**.

Carefully disconnect the **Connection Wires A (79)** from the **Hand Pulse Wires (98)**. Once a position is selected, install two **Carriage Bolts (106)**, two **Flat Washers (33)**, and two **Nylon Nuts (34)**. Tighten the **Nylon Nuts (34)** using the **13-15mm Wrench** provided. Then reconnect the **Connection Wires A (79)** and **Hand Pulse Wires (98)**.

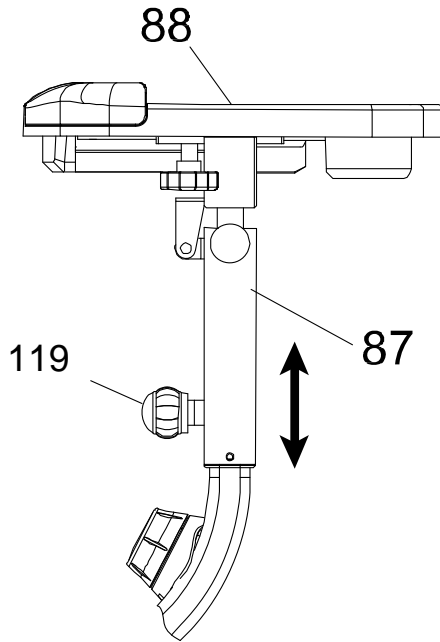


LEVELING THE MACHINE

If you experience a “wobble” while exercising, do the following:

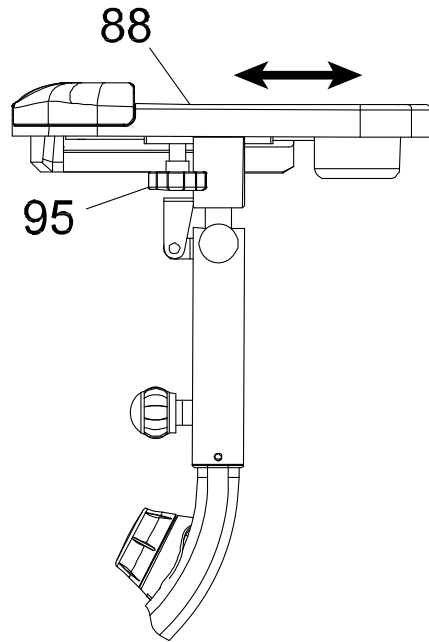
Make sure the **Front Stabilizer End Caps (73)** are all in contact with the floor. Turn the **Front Stabilizer End Caps (73)** in a COUNTER-CLOCKWISE direction to **RAISE** the **Front Frame (2)**. Turn the **Front Stabilizer End Caps (73)** in a CLOCKWISE direction to **LOWER** the **Front Frame (2)**. Do this as needed to level the machine.

OPERATIONS & ADJUSTMENTS



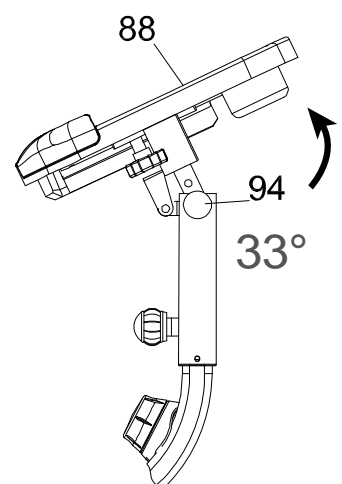
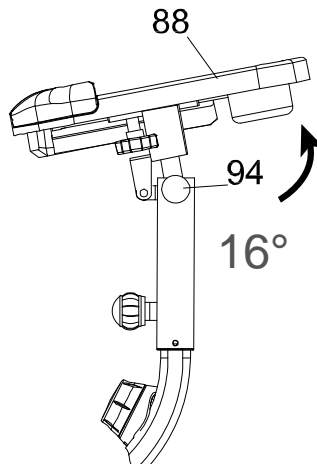
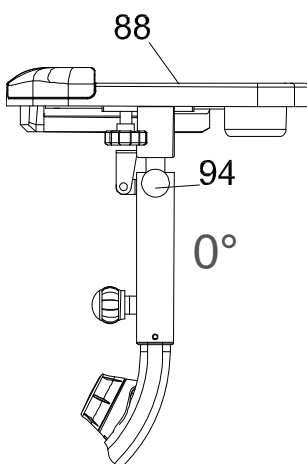
ADJUSTING THE DESK HEIGHT

1. Loosen the **Long Adjustment Knob (119)** by turning it COUNTER-CLOCKWISE.
2. Pull the **Long Adjustment Knob (119)** to disengage the pin.
3. Shift the **Desk Mount (87)** up or down to the desired position.
4. Release the **Long Adjustment Knob (119)** to allow the pin to catch, and then turn the **Long Adjustment Knob (119)** CLOCKWISE to tighten.



ADJUSTING THE DESK RANGE

1. Loosen the **Slide Knob (95)** by turning it COUNTER-CLOCKWISE.
2. Shift the **Desk (88)** forward or backwards to the desired position.
3. Tighten the **Slide Knob (95)** by turning it CLOCKWISE to lock the **Desk (88)** in place.

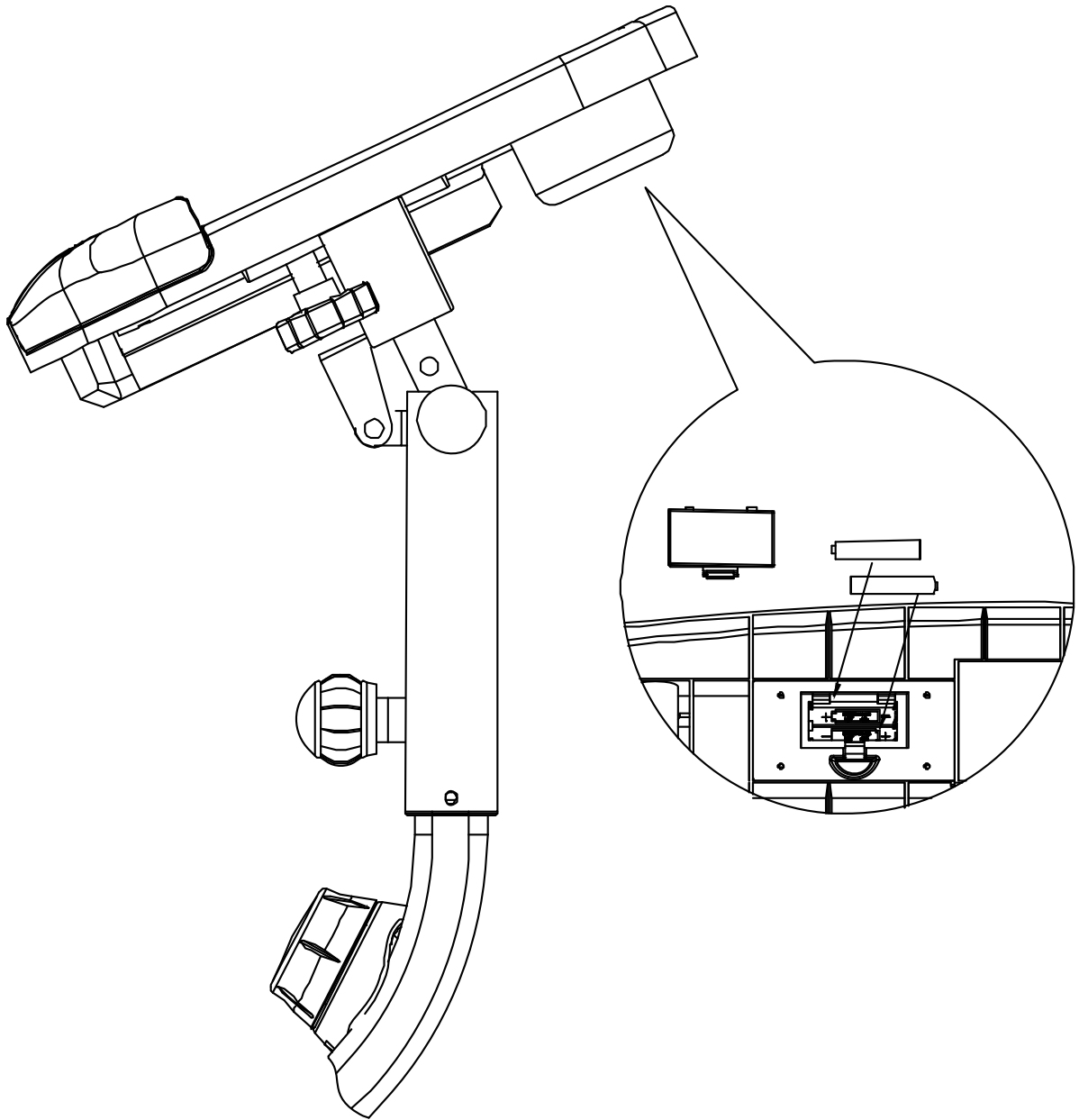


ADJUSTING THE DESK ANGLE

1. Loosen the **Desk Adjustment Knob (94)** by turning it in a COUNTER-CLOCKWISE direction.
2. Pull the **Desk Adjustment Knob (94)** out to disengage the pin.
3. Tilt the **Desk (88)** to one of the three available positions shown above.
4. Release the **Desk Adjustment Knob (94)** to allow the pin to catch an angle position hole, and then turn the **Desk Adjustment Knob (94)** clockwise to tighten.

WARNING: Clear the **Desk (88)** prior to repositioning it.

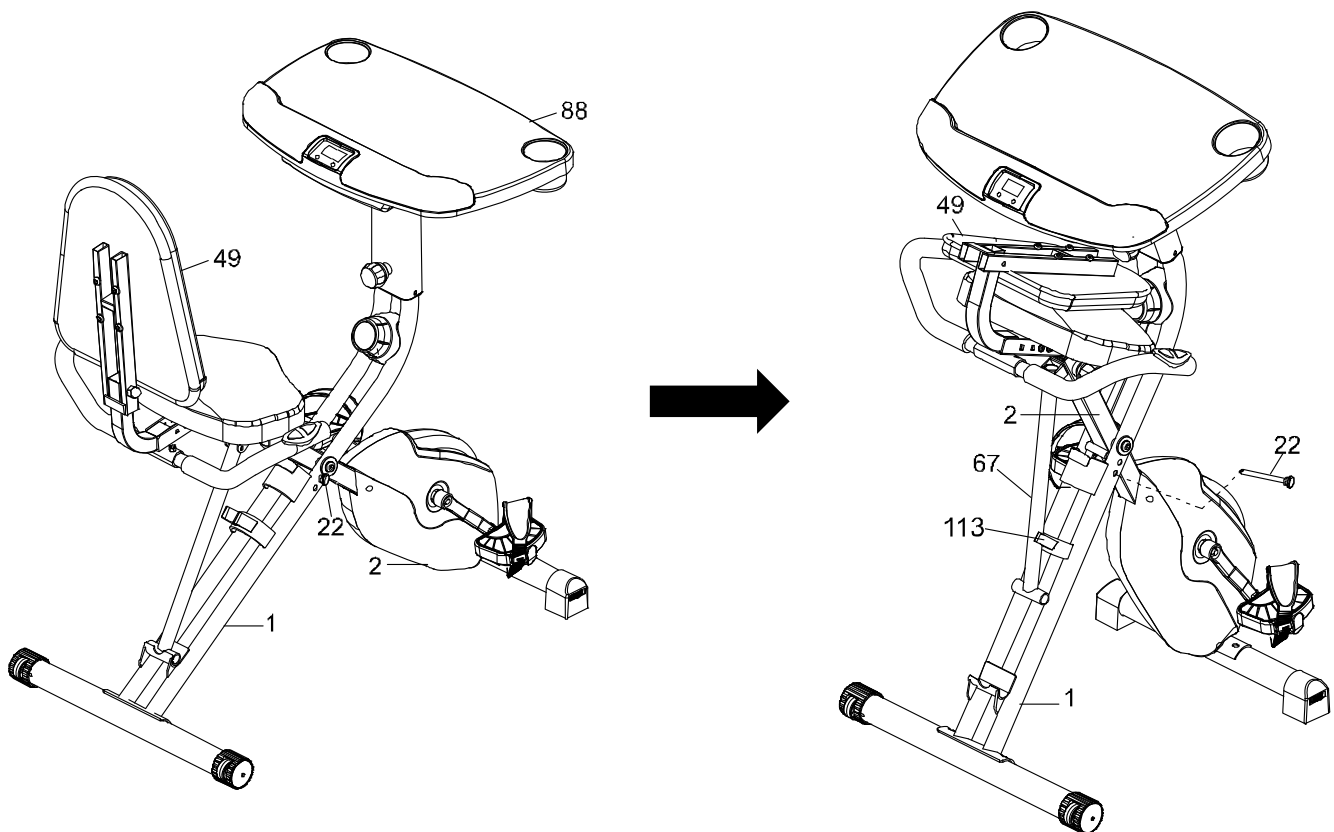
BATTERY INSTALLATION



HOW TO INSTALL THE BATTERIES:

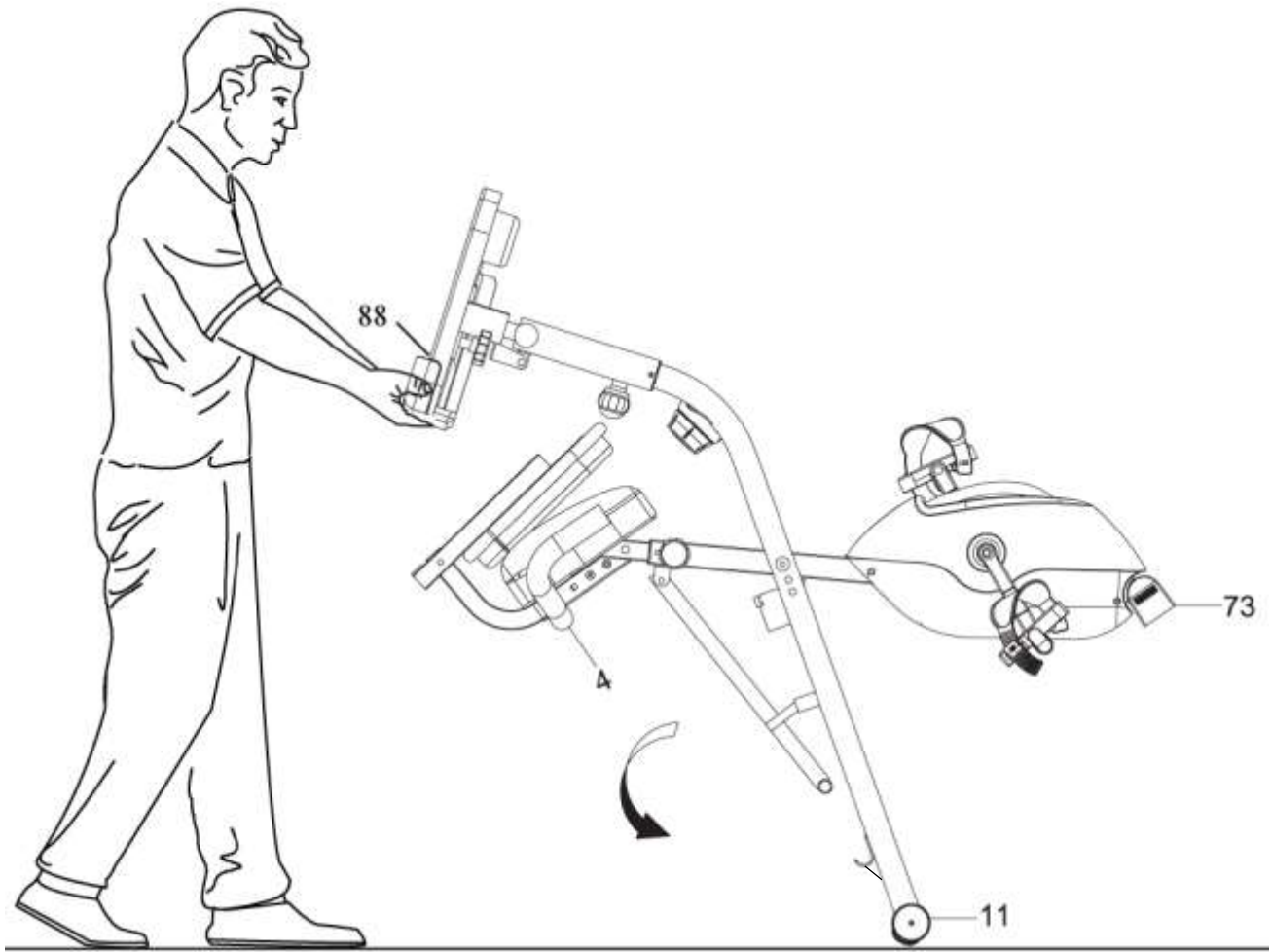
1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Ensure that the batteries are correctly positioned and that the battery springs are in proper contact with batteries.
4. Re-install the battery cover.

STORAGE



For your convenience, the bike can be folded up for storage when NOT in use.

1. Angle the **Desk (88)** to its lowest position. Refer to the **Operations & Adjustments Page 22**.
2. Slide the **Desk (88)** to its furthest forward position.
3. Remove the **Safety Pin (22)**.
4. Push the **Rear and Front Frames (1, 2)** together.
5. Swing the **Backrest (49)** down flat against the **Desk (88)**.
6. Align the Storage pin holes on the **Rear and Front Frames (1, 2)**, and insert the **Safety Pin (22)** into the lower pin hole to keep both sides of the frame in place.
7. Attach the **Rear Frame Support Tube (67)** onto the **Tube Clip (113)**.



TRANSPORTING THE BIKE

1. Adjust the Bike to **Storage Mode**, see **Operations & Adjustments** page 24.
2. Hold onto the **Desk (88)** and tilt the bike onto to the wheels of the **Rear Stabilizer End Caps (11)**.
3. Carefully move the bike to the desired location.
4. Gently lower the bike until the **Front Stabilizer End Caps (73)** touches the floor.

MAINTENANCE

Cleaning

The bike can be cleaned with a soft cloth and a mild detergent. Do not use abrasives or solvents on the plastic parts. Be sure to wipe your perspiration off the bike after each use. Be careful to not get excessive moisture on the console display panel as this may cause an electrical hazard or the electronics to fail. Keep the bike, specifically the console, out of direct sunlight to prevent screen damage. Inspect all of the assembly bolts and the pedals on the machine for proper tightness every week.

Storage

Store the bike in a clean and dry environment away from pets and children.

TROUBLESHOOTING

PROBLEM: There is no display on the console.

SOLUTION: Check if the batteries are correctly positioned and the battery springs are in proper contact with the batteries.

SOLUTION: The batteries in the console may be dead. Install new batteries.

PROBLEM: There is no heart rate reading or it is erratic and inconsistent.

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

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

SOLUTION: Try to maintain moderate pressure while holding onto the hand pulse sensors. Avoid gripping the hand pulse sensors too tightly as this may cause your pulse to be read incorrectly.

PROBLEM: The bike makes a squeaking noise when in use.

SOLUTION: The bolts and nuts may be loose on the bike. Inspect all of the bolts and tighten any loose bolts and nuts.

SOLUTION: Loosen and then retighten the Seat Adjustment Knobs in case there is build-up on the threads of the knobs which might cause the squeaky noises.

**If you need further assistance,
contact our 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>
-------------------------	----------------------------------

Structural Frame	3 years 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, 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 to #: 626-810-2166***