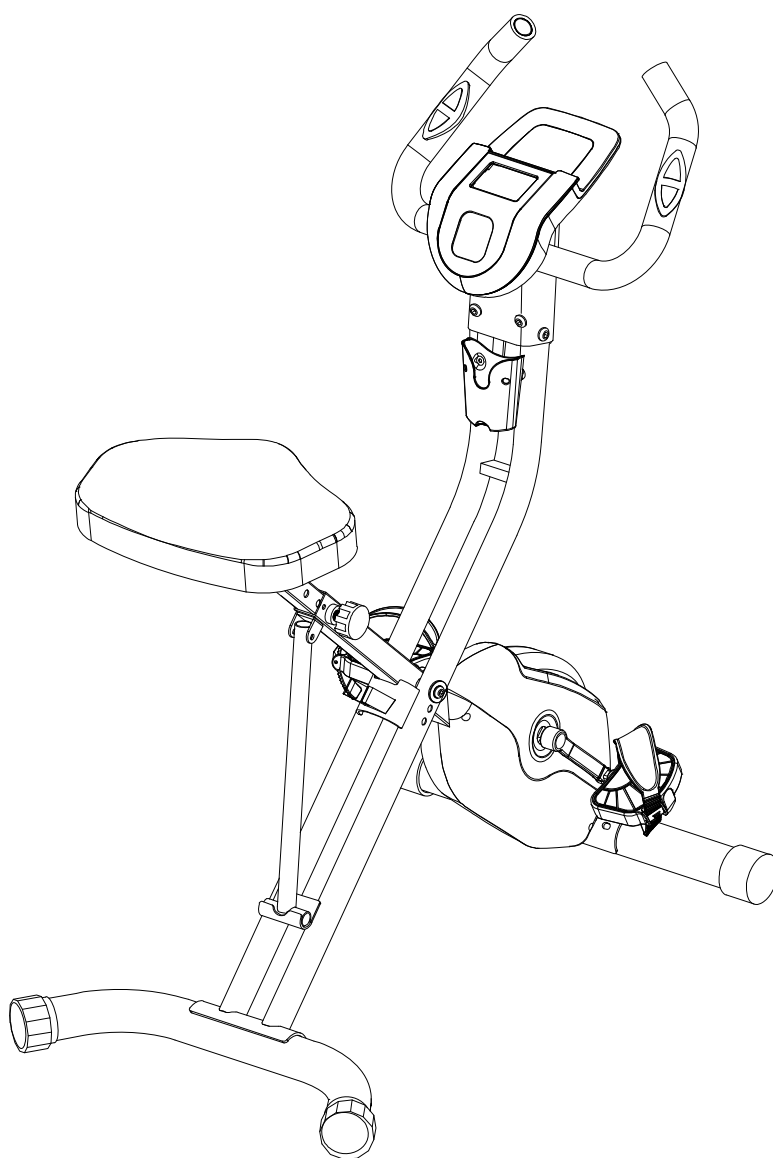


FOLDING UPRIGHT BIKE WITH **MYCLOUDFITNESS®** AND 24 WORKOUT PROGRAMS



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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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

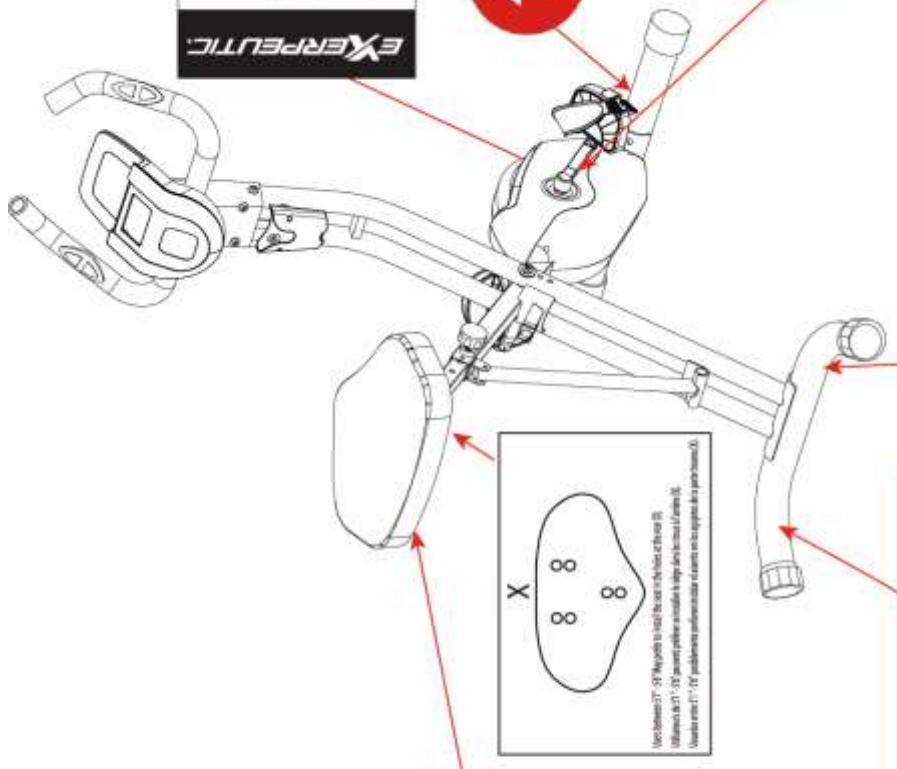
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT

<p>NOTICE</p> <p>This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be associated near open flame or with burning cigarettes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jelliff Ave. City of Industry, CA 91746, USA</p>	<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du bulletin technique du Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.).</p> <p>Paradigm Health and Wellness, Inc. 1189 Jelliff Ave. City of Industry, CA 91746, USA</p>	<p>AVISO</p> <p>Este artículo no cumple con las normas de inflamabilidad del boletín técnico 117 de la Oficina de Mobiliario para el Hogar de California. Cuidar que el producto no esté cerca de las llamas o de cigarrillos encendidos.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jelliff Ave. City of Industry, CA 91746, USA</p>
<p>UNIQUE PROPERTY OF LAMTUNG INC. ALL RIGHTS RESERVED EXCEPT BY THE CONSUMER</p> <p>ALL NEW MATERIALS CONSISTING OF POLYURETHANE FOAM PAD, 100%</p> <p>REGISTRY NO. VA25302 (CM)</p> <p>Configuration is made by the manufacturer and is not subject to change without notice. In this article are described in accordance with law.</p>	<p>AVIS</p> <p>TOUS PROPRIÉTÉ DE LAMTUNG INC. TOUS DROITS RÉSERVÉS EXCEPTÉ PAR LE CONSOMMATEUR</p> <p>TOUS NOUVEAUX MATÉRIELS CONSISTANT EN MOUSSAUX EN POLYURÉTHANE, 100%</p> <p>NO. D'ENREGISTREMENT VA25302 (CM)</p> <p>Cette disposition est approuvée conformément aux lois Californiennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jelliff Ave. City of Industry, CA 91746, USA</p>	<p>AVISO</p> <p>SE SANCIONA LEGALMENTE A QUIEN QUIEN ESTE TIPO DE PRODUCTO SE UTILICE SIN EL CONSUMIDOR</p> <p>NO. DE REG VA25302 (CM)</p> <p>El fabricante certifica que los materiales descritos en este artículo se describen según la ley.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jelliff Ave. City of Industry, CA 91746, USA</p>



EXPERTEUTIC

For customer assistance,
Monday - Friday:
1-844-641-7921
8 am - 5 pm PST

Pour le service à la clientèle
composer le, lundi à vendredi:
Para servicios al cliente,
llame al, lunes a viernes:

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 pédale droit ou gauche ne sont pas serrés 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.

Maximum weight capacity is 400 lbs.
Le poids maximum pout ce produit est 181 kgs.
La capacidad de peso máxima es 181 kg.



IMPORTANT SAFETY GUIDELINES

Read all instructions before using the equipment. When using the equipment, basic precautions should always be followed. **WARNING** - To reduce the risk of injury to persons, read and understand the following:

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. Before using this equipment, we recommend doing warm ups and stretching of the major muscle groups.
4. Only one person should be using the equipment at a time.
5. Never operate this equipment if it is damaged, if it is not working properly, has been dropped, or damaged. If a problem is encountered contact Customer Service before using the equipment again.
6. Always use this equipment on a clear and level surface.
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. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
14. DO NOT pedal in reverse.
15. This product requires a minimum of 6 square feet of space for safe operation.
16. **ASSEMBLE ALL PARTS AND HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
17. **Warning: - Risk of Personal Injury - Consult with your personal physician to see if this exercise equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.**
18. **Warning: - Risk of Personal Injury – Do not allow children to use this machine.**
19. **Warning: - Risk of Personal Injury - Keep children under the age of 13 away from the machine.**
20. **Warning: - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.**
21. **Warning: - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.**
22. **Warning: - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using the Bike.**

IMPORTANT SAFETY GUIDELINES

Talk to your Doctor before using the 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 400lbs/181kgs.

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

SAVE THESE GUIDELINES

This diagram is an exploded view of a mechanical assembly, likely a piece of equipment with a handle and a main body. The parts are numbered as follows:

- Handle Assembly (Top Left):** Includes a handle (3), a cap (11), a bracket (5), and various fasteners (33, 58, 76, 77, 78).
- Main Body (Center):** Features a central shaft (1), a motor or actuator (12), and a housing (2). It includes various internal components like gears (16, 21, 22, 25, 26, 27, 28, 30, 31, 32, 34, 35, 36, 37, 38, 39, 40, 42, 43, 46, 47, 48, 50, 51, 53, 54, 55, 56, 57, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91) and fasteners (13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91).
- Base and Mounting (Bottom):** Includes a base plate (9), a mounting bracket (9A), and a base plate (9B). It also features a base plate (9C) and a base plate (9D).

The diagram shows the assembly sequence and the relative positions of the parts. The parts are numbered from 1 to 91, with some parts having multiple instances (e.g., 33, 58, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91).

PARTS LIST

No.	Description	Qty
1	Front Frame	1
2	Rear Frame	1
3	Rear Stabilizer	1
4	Handlebar	1
5	Seat Post	1
6	Seat Cushion	1
7	Left Pedal	1
8	Right Pedal	1
9	Console (2976)	1
9A	Hand Pulse Sensor wire	2
9B	Computer Wire	1
10	Wire Plug	1
11	Rear Stabilizer End Cap	2
12	Seat Post Bushing	1
13	Sensor Wire	1
14	Seat Height Adjustment Knob	1
15	Tension Cable	1
16	Oval Wire Plug	3
17	Handlebar Foam Grip	2
18	Left Cover	1
19	Right Cover	1
20	Top Cover	1
21	Plastic Bushing	6
22	Safety Pin	1
23	Left Crank	1
24	Right Crank	1
25	Flange Nut	2
26	Crank Cover	2
27	Round Phillips Head Drilling Screw M4x20	6
28	Round Phillips Head Tapping Screw M4x20	5
29	Hexagon Nut Cap M8	4
30	Curve Washer Ø8.2xØ22.2	4

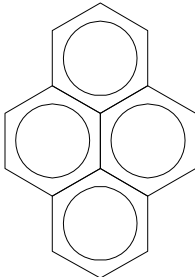

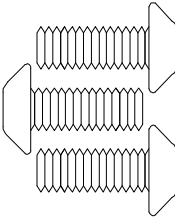

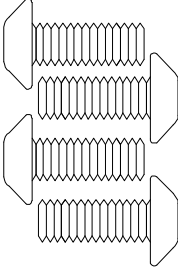

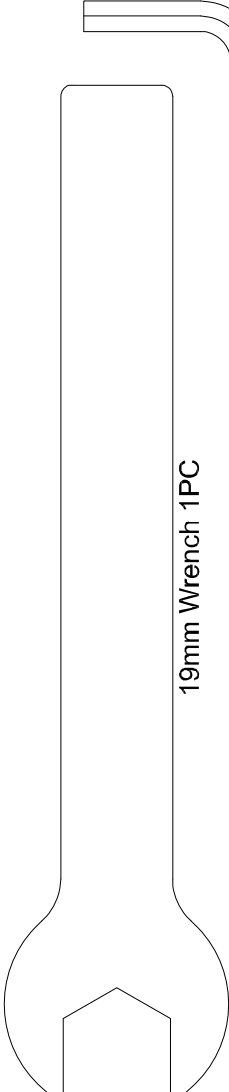


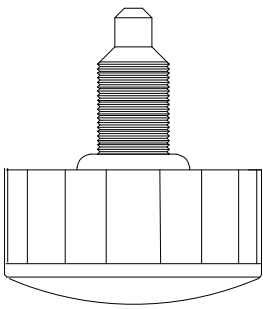
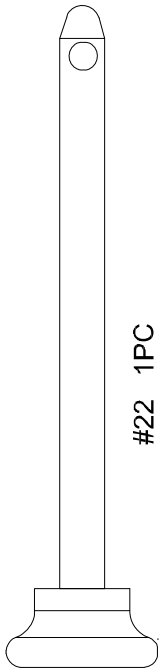
No.	Description	Qty
31	Front Stabilizer Ø50x1.5tx550L	1
32	C-ring Ø10	2
33	Flat Washer Ø8.2xØ16.8	9
34	Nylon Nut M8	1
35	Magnet Bracket	1
36	Washer Ø6.2	2
37	Speed Sensor Wire	1
38	Flywheel	1
39	Belt Wheel with Crank Axle	1
40	Bearing Bracket A	2
41	Wave Washer	1
42	Bearing	4
43	C-ring Ø17	6
44	Belt Wheel	1
45	Bearing 6000Z	2
46	Axle Ø12.8x94L	1
47	Eyebolt M6	2
48	Tension Bracket	2
49	Support Tube Holder	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 Ø15.8x94.5L	1
58	Hexagon Socket Bolt M8x15	9
59	Rubber Cushion	1
60	Washer Ø8.2x Ø25x2.0t	2
61	Flat Phillips Head Screw M6x10	6
62	Holder	1

PARTS LIST

No.	Description	Qty
63	Round Phillips Head Screw M4x10	1
64	Plastic Washer	1
65	C-ring Ø15	1
66	Screw M4x10L	3
67	Rear Frame Support Tube	1
68	Screw M5x15	3
69	Tension Motor	1
70	Spring	1
71	Belt 240J4	1
72	Belt 230J3	1
73R	Front Stabilizer Right End Cap	1
73L	Front Stabilizer Left End Cap	1
74	Spring Washer Ø6.2	3
75	Screw M5x10	4
76	Hexagon Socket Bolt M8x43L	1

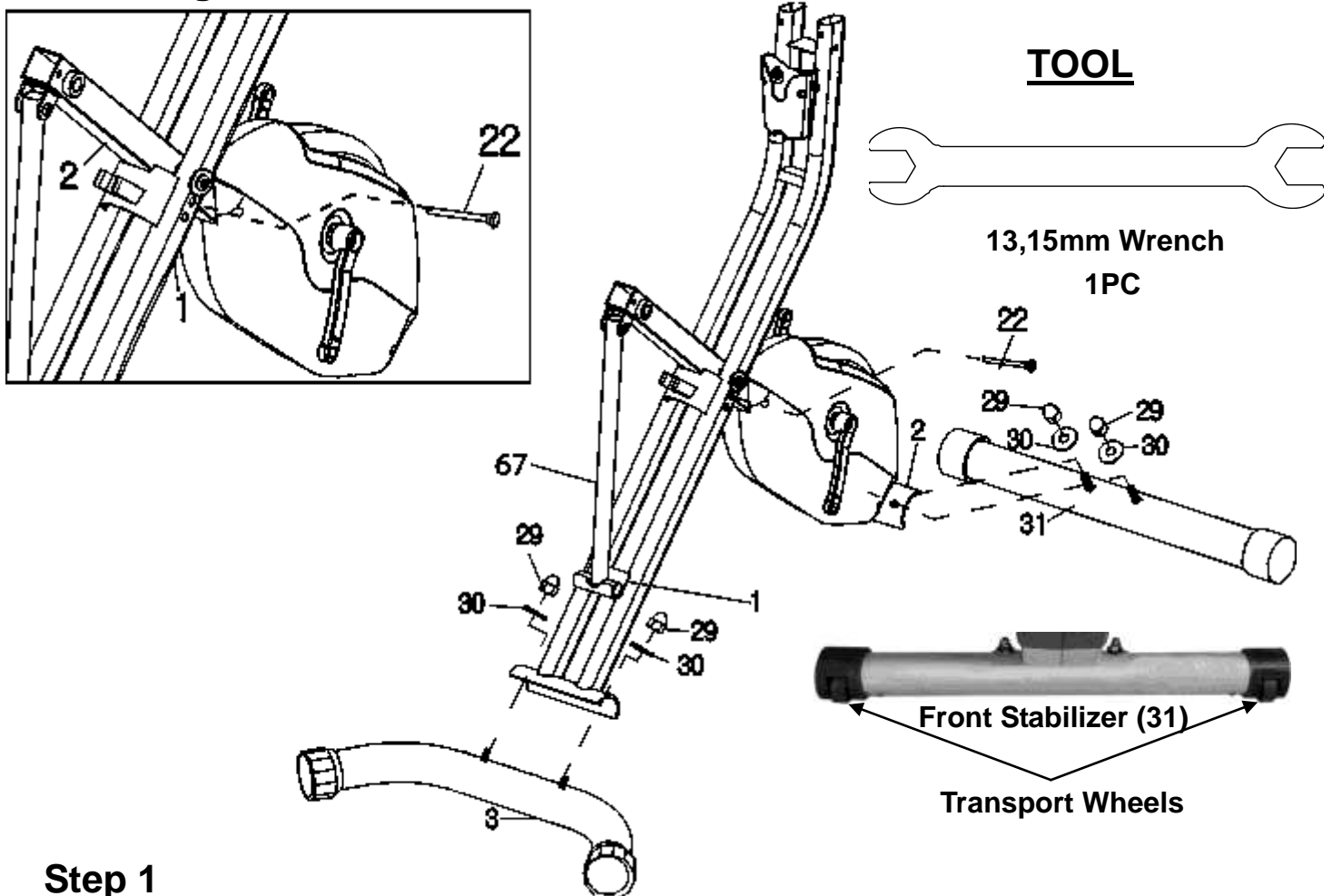
No.	Description	Qty
77	Handlebar End Cap Ø25.4	3
78	Front Frame Support Tube End Cap Ø22.2	2
79	Hand Pulse Sensor Wire	2
80	Nut M6	1
81	Screw M6x15	1
82	Hand Pulse Sensor	2
83	Countersunk Phillips Head Cap Screw M4x20	2
84	Left Nylon Nut 9/16 UNC12	1
85	Nut Bushing M10	1
86	Right Nylon Nut 9/16 UNC12	1
87	Left Pedal Strap	1
88	Right Pedal Strap	1
89	Crank Cover	2
90	Adaptor Wire	1
91	AC Adaptor	1

4104 - Hardware Pack

<div>STEP 1</div> <div></div> <div>#29 4PCS</div> <div></div> <div>#30 4PCS</div>	<div>STEP 3</div> <div></div> <div>#58 3PCS</div> <div></div> <div>#33 3PCS</div>	<div>STEP 4</div> <div></div> <div>#58 4PCS</div> <div></div> <div>#33 4PCS</div>	
<div>19mm Wrench 1PC</div> <div></div> <div>5mm Allen Wrench with Phillips Screwdriver 1PC</div> <div></div> <div>13-15mm Wrench 1PC</div> <div></div>			<div>STEP 3</div> <div></div> <div>#14 1PC</div>
<div>STEP 1</div> <div></div> <div>#22 1PC</div>			

ASSEMBLY

Figure A



Step 1

1A. Frame Set Up: Extend the **Front Frame (1)** and the **Rear Frame (2)**. Rest the **Rear Frame Support Tube (67)** into the hooked plate on the **Front Frame (1)**. Align the upper pin holes of both frames. Then insert the **Safety Pin (22)** into the **Front Frame (1)** and the **Rear Frame (2)** to lock the frames in place. **See Figure A.**

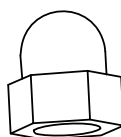
1B. Front Stabilizer Installation: Attach the **Front Stabilizer (31)** onto the front curve of the **Rear Frame (2)**. Secure with two **Hexagon Nut Caps (29)** and two **Curve Washers (30)**, and then tighten using the **13-15mm Wrench** provided.

1C. Rear Stabilizer Installation: Attach the **Rear Stabilizer (3)** onto the rear curve of the **Front Frame (1)**. Secure with two **Hexagon Nut Caps (29)** and two **Curve Washers (30)**, and then tighten using the **13-15mm Wrench** provided.

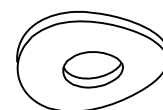
HARDWARE PACK



(22) Safety Pin
1 PC



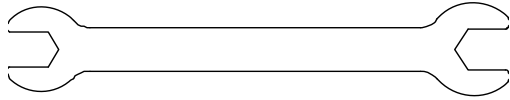
(29) Hexagon Nut Cap
4PCS



(30) Curve Washer
4 PCS

ASSEMBLY

TOOLS



13-15mm Wrench
1PC



19mm Wrench
1PC

PRE-INSTALLED HARDWARE



(84) Left
Nylon Nut
1PC



(86) Right
Nylon Nut
1PC

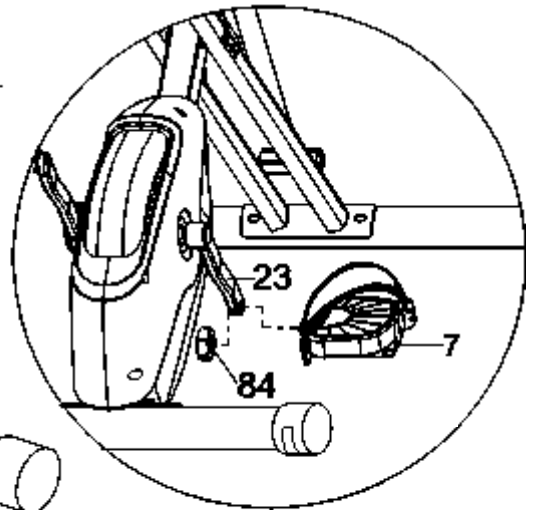
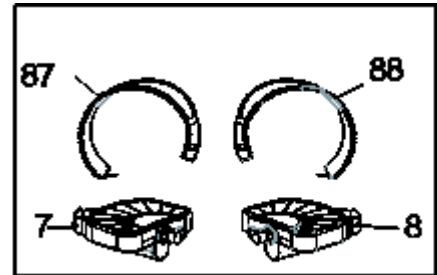


Figure B

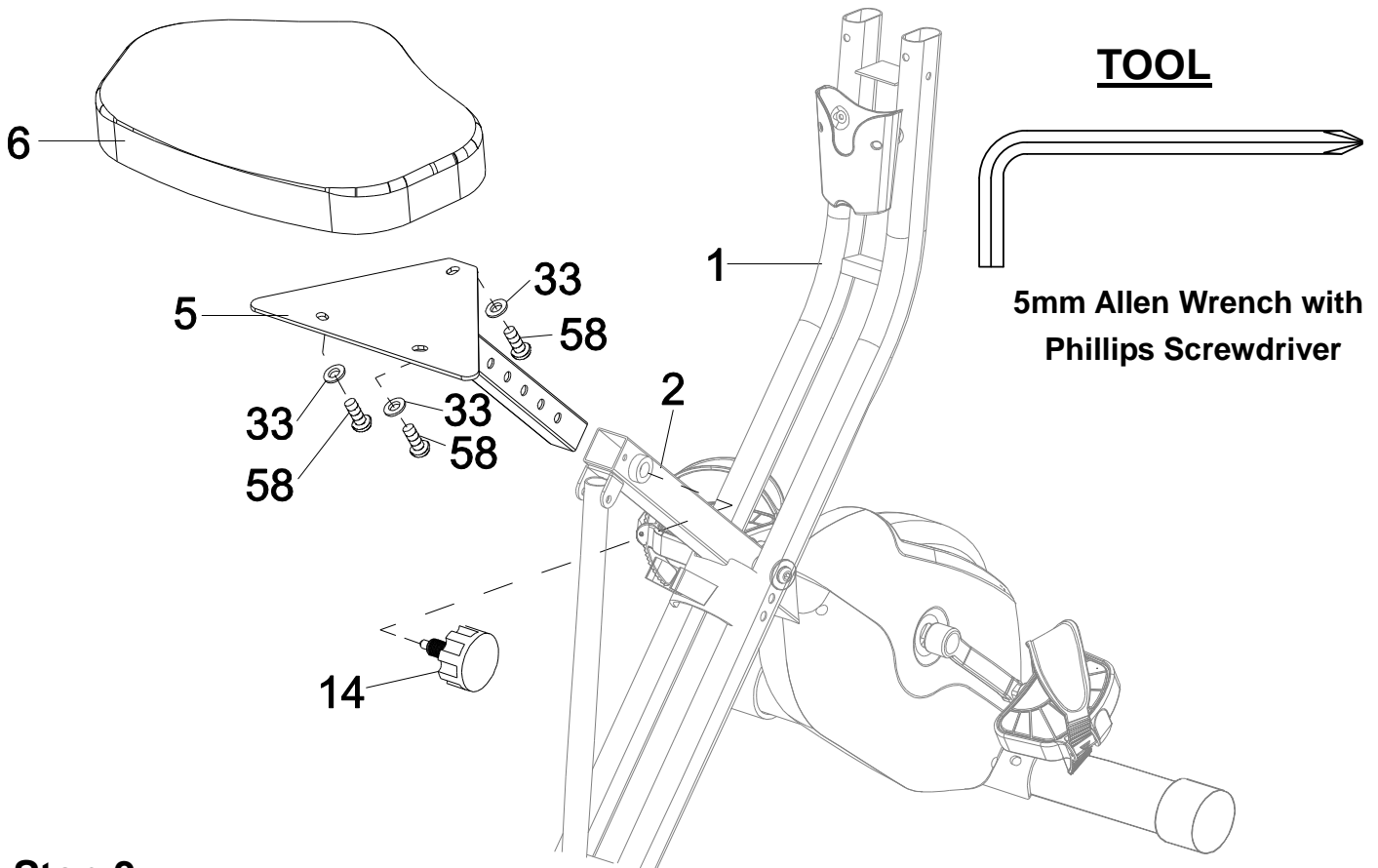
Step 2

Tip: The Cranks, Pedals, Pedal Shafts, and the Pedal Straps are marked “R” for Right and “L” for Left. **Note:** Turn the **Left Pedal (7)** only in a COUNTER-CLOCKWISE direction. Turn the **Right Pedal (8)** only in a CLOCKWISE direction. Installing the **Pedals (7/8)** incorrectly will strip the threads of the left pedal shaft.

2A Installing the Left Pedal: Remove the **Left Nylon Nut (84)** from the **Left Pedal (7)**. Insert the **Left Pedal (7)** into the threaded hole in the **Left Crank (23)** in a COUNTER-CLOCKWISE direction with your hand. Reinstall the **Left Nylon Nut (84)** onto the protruding shaft of the **Left Pedal (7)** in a CLOCKWISE direction. Use the **13,15mm and 19mm Wrenches** to simultaneously tighten the **Left Nylon Nut (84)** and **Left Pedal (7)** in the same directions instructed. See **Figure B**.

2B Installing the Right Pedal: Remove the **Right Nylon Nut (86)** from the **Right Pedal (8)**. Insert the **Right Pedal (8)** into the threaded hole in the **Right Crank (24)** via the CLOCKWISE direction with your hand. Reinstall the **Right Nylon Nut (86)** onto the protruding shaft of the **Right Pedal (8)** in a COUNTER-CLOCKWISE direction. Use the **13,15mm and 19mm Wrenches** to simultaneously tighten the **Right Nylon Nut (86)** and **Right Pedal (8)** in the same directions instructed.

ASSEMBLY



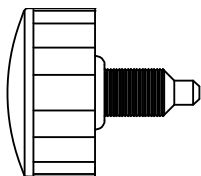
Step 3

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

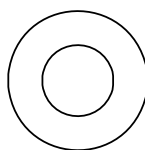
3A Installing the Seat Cushion to the Seat Post: Align the bolt holes on the underside of the **Seat Cushion (6)** with the holes on top of the **Seat Post (5)**. Then attach the **Seat Cushion (6)** to the **Seat Post (5)** with three **Flat Washers (33)** and three **Hexagon Socket Bolts (58)**. Tighten the **Bolts (58)** with the **5mm Allen Wrench with Philips Screwdriver** provided.

3B Installing the Seat Post to the Rear Frame: Insert the **Seat Post (5)** into the **Rear Frame (2)** and stop at your desired seat height. Install the **Seat Height Adjustment Knob (14)** into the threaded hole on the right side of the **Rear Frame (2)** by turning it CLOCKWISE, making sure that the safety pin of the **Seat Height Adjustment Knob (14)** catches one of the height adjustment holes of the **Seat Post (5)**.

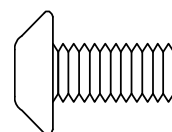
HARDWARE:



(14) Seat Height
Adjustment Knob
1 PC

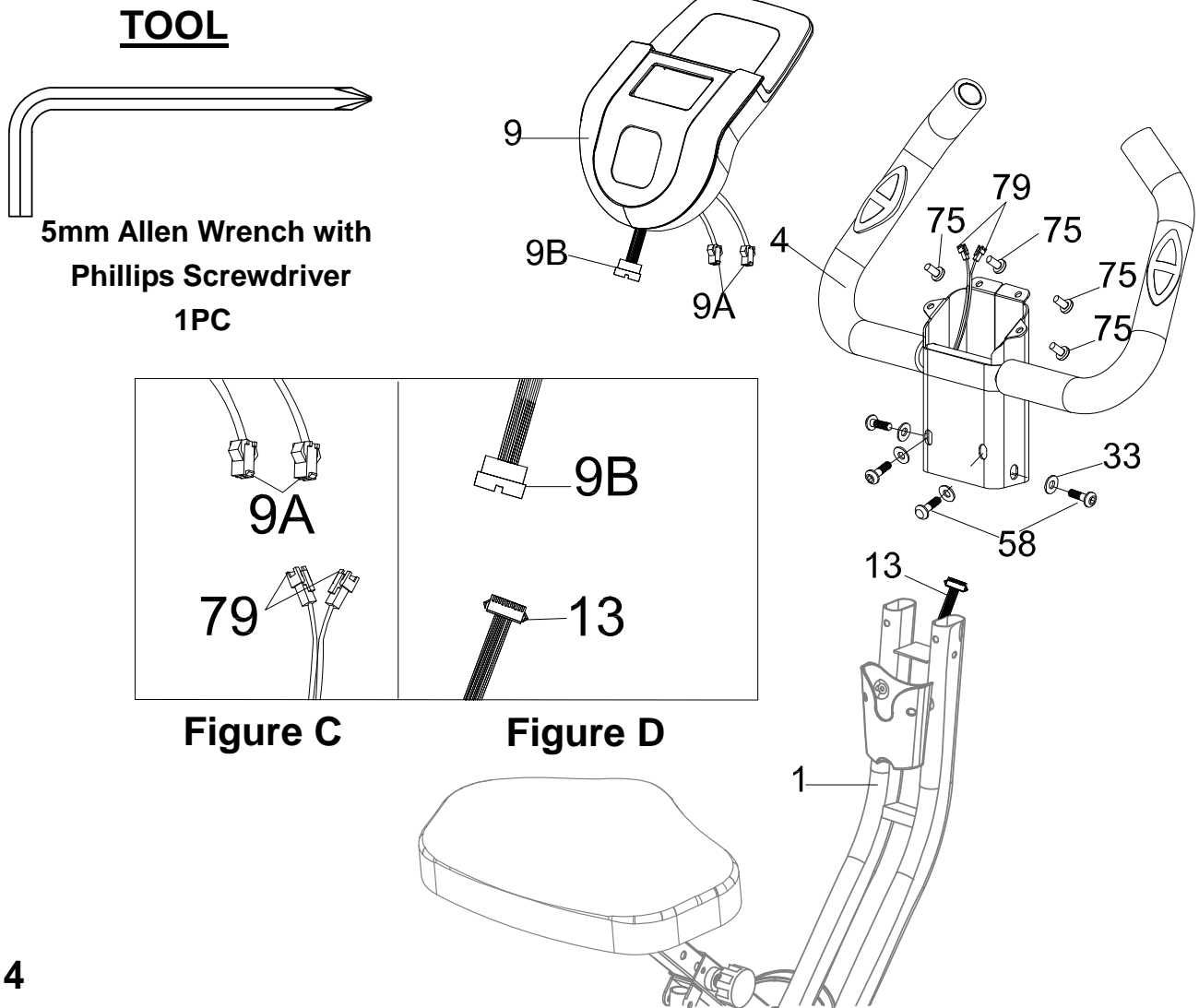


(33) Flat Washer
3PCS



(58) Hexagon
Socket Bolt
3PCS

ASSEMBLY



Step 4

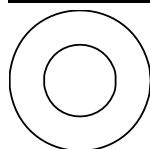
Remove four **Screws (75)** from the **Console (9)** first.

4A Installing the Handlebar: Place the **Handlebar (4)** onto the **Front Frame (1)**, Secure the **Handlebar (4)** onto the **Front Frame (1)** with four **Flat Washers (33)** and four **Hexagon Socket Bolts (58)**. Tighten the **Bolts (58)** with the **5mm Allen Wrench with Philips Screwdriver** provided.

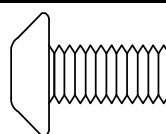
4B Connecting the Computer Wire to the Sensor Wire: Connect the **Hand Pulse Sensor (9A)** to the **Hand Pulse Sensor Wire (79)**. See **Figure C**. Connect the **Computer Wire (9B)** to the **Sensor Wire (13)**. See **Figure D**. Attach the **Console (9)** onto the **Handlebar (4)** and secure with four **Screws (75)** that were previous removed. Tighten the **Screws (75)** with the **5mm Allen Wrench with Philips Screwdriver** provided.

WARNING: This Console Is Not Battery Operated. Use The Adaptor Provided To Power The Console. See Step 5.

PRE-INSTALLED HARDWARE

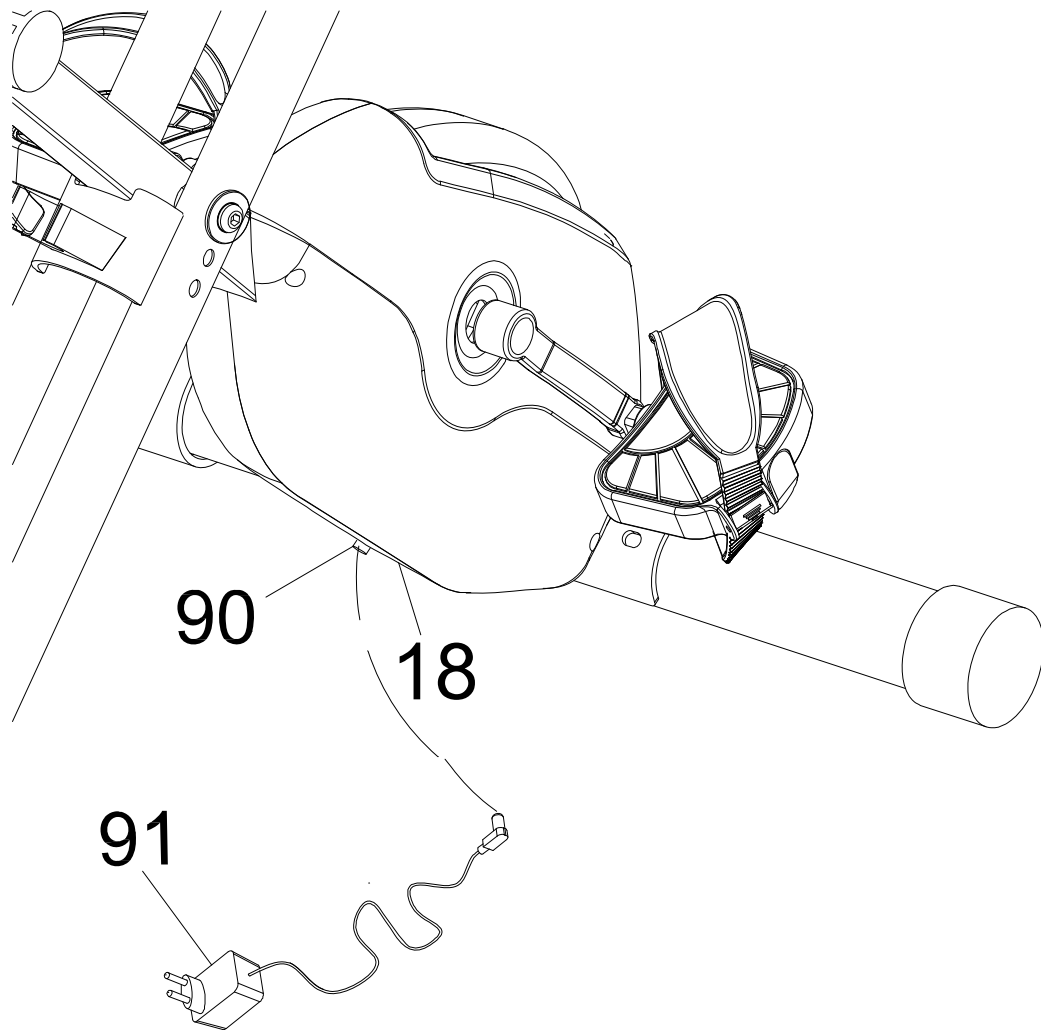


(33) Flat Washer
4PCS



(58) Hexagon Socket Bolt
4PCS

ASSEMBLY



Step 5

5A. Power Adaptor Installation – Plug the small end of the **AC Adaptor (91)** into the **Adaptor Wire (90)** at the rear of the **Left Cover (18)**, then plugging in the **AC Adaptor (91)** into an electrical outlet.

CONSOLE FUNCTIONS

Display Information:

TIME-----	00:00-99:00
SPEED -----	0.0-99.9 MPH / KM
DISTANCE (DIST) -----	0.0-999.9 ML
CALORIES (CAL) -----	0.0-999.9 CAL
ODOMETER (ODO) -----	0-999.9 ML



CONSOLE BUTTONS:



Start/Stop Button: Starts and pauses workouts.



Mode Button: Switches displayed workout values:
RPM \longleftrightarrow MPH/KMPH // DIST \longleftrightarrow ODO // CAL \longleftrightarrow WATT



Up Button: Increases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, PROGRAMS



Down Button: Decreases the value of the selected workout settings: RESISTANCE, TIME, DISTANCE, CALORIES, PROGRAMS

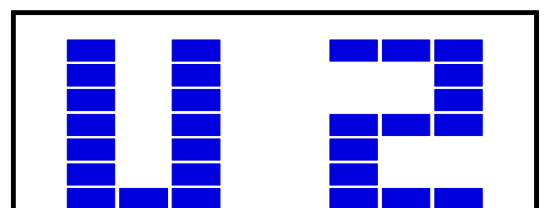
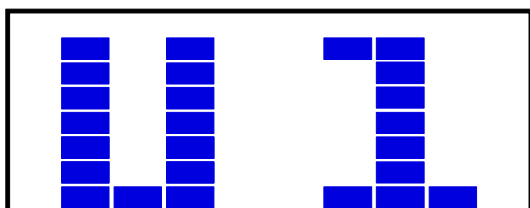


Enter Button: Confirms a selection or toggles through: TIME, DISTANCE/ODO, CALORIES, PROGRAMS

USER Set Up:

The first screen that will appear after you turn on the Console will prompt you to choose between USER 1 and USER 2.

1. Press \blacktriangle or \blacktriangledown to choose between USER 1 and USER 2. After choosing one of the user profiles press ENTER.
2. Press \blacktriangle or \blacktriangledown to choose a gender, see the Male and Female Symbol in the top right corner, after choosing press ENTER.
3. Press \blacktriangle or \blacktriangledown to set an age, after choosing press ENTER.
4. Press \blacktriangle or \blacktriangledown to set a height, after choosing press ENTER.
5. Press \blacktriangle or \blacktriangledown to set a weight, after choosing press ENTER.
6. Once you go through the set up the display will return to the U1 or U2 screen.



CONSOLE FUNCTIONS

Profile Program:

The console has 24 Preset Program options to choose from to help challenge you and meet your fitness goals. See the diagram below.

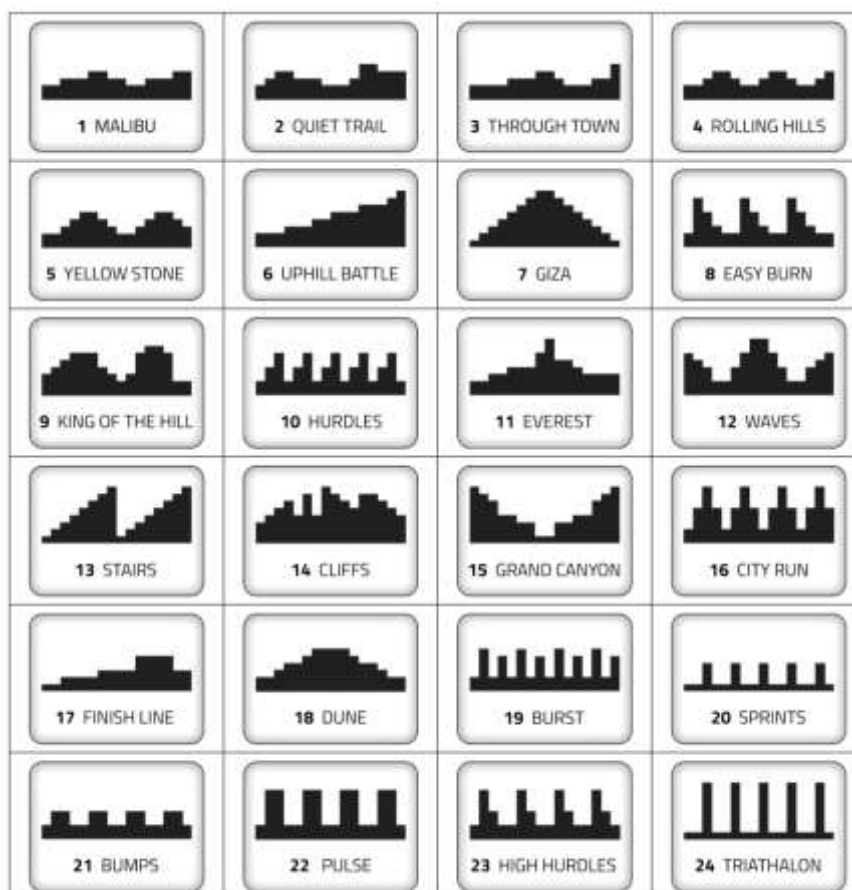
How to quick start a Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. To start an immediate workout press the START button once you have selected the desired program profile. Control the resistance level by pressing the UP or DOWN arrow buttons.

The console can be set to count down a Workout Goal based on TIME, DISTANCE, and CALORIES.

How to set a Workout Goal Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. Pressing the ENTER button will select the program profile on the screen. Next, the TIME goal parameter will flash. You can assign a value from which the console will count down by using the UP or DOWN buttons or press ENTER again to set a DISTANCE or CALORIE goal. Press the START button to initiate your workout. When a goal is achieved the console will sound an alarm and stop the workout.

Note 1: Multiple Workout Goals can be set. When one of the parameter reaches zero the console will stop your workout. To continue your workout and reach the other Workout Goals you have set, press the START button twice in order to resume.

Note 2: The FULL workout diagram will not display on the LCD screen during the workout. The diagram will shift during the workout.



CONSOLE FUNCTIONS

CONSOLE FEATURES:



CHANGE UNITS OF MEASUREMENT: Pressing and holding **▲** and **▼** for 3 seconds will reset the console display and will change the units between Metric (kilometers) & Imperial (miles).



Pressing and holding the START button for 3 seconds will reset the console display.

Shut Off: The Console will go into standby after 20 minutes of inactivity.

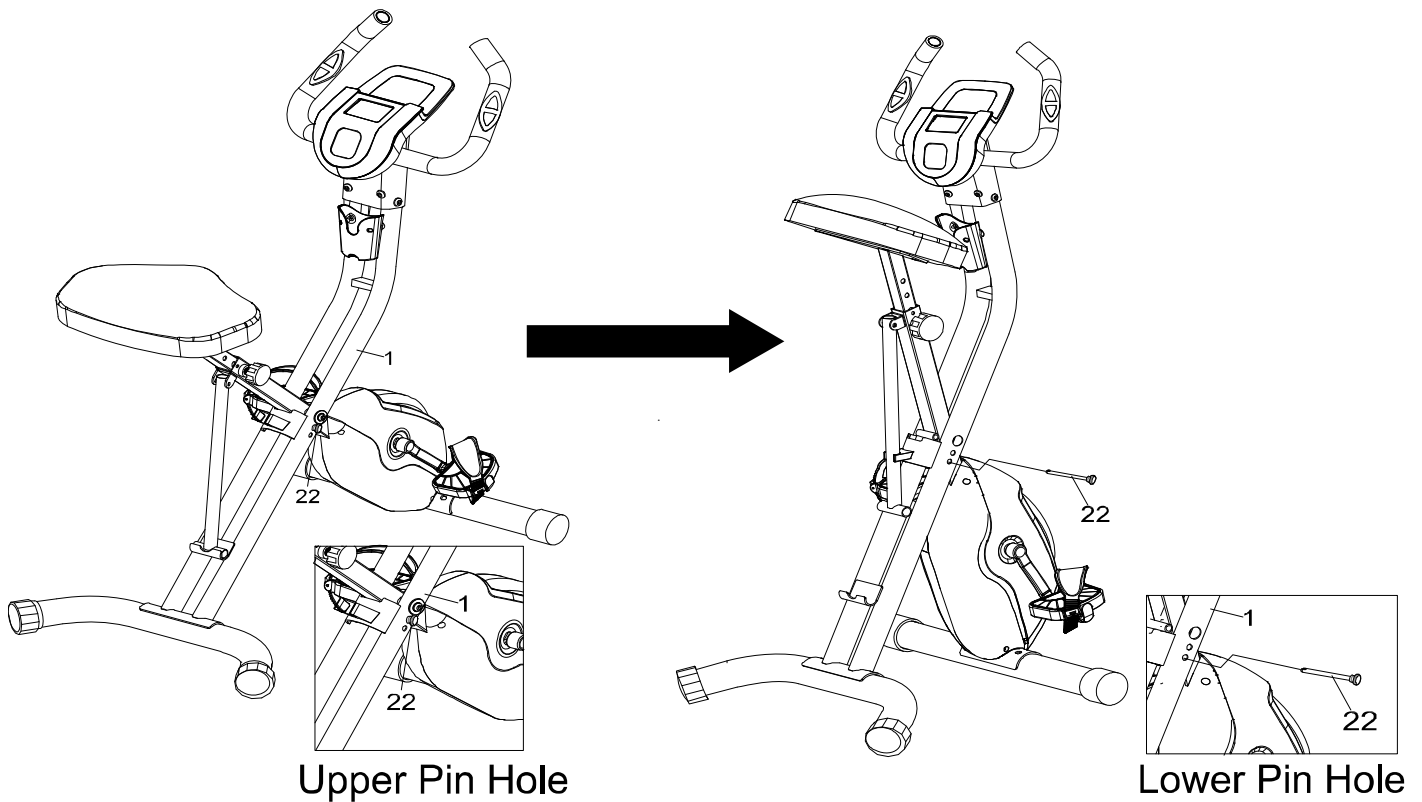
Resistance: The Resistance can be adjusted during an active Pre-set Program, but the adjustment only affects the current column/interval.

WARNING: This Console Is Not Battery Operated. Use The Adaptor Provided To Power The Console.

Get the latest information on our apps by visiting our website.

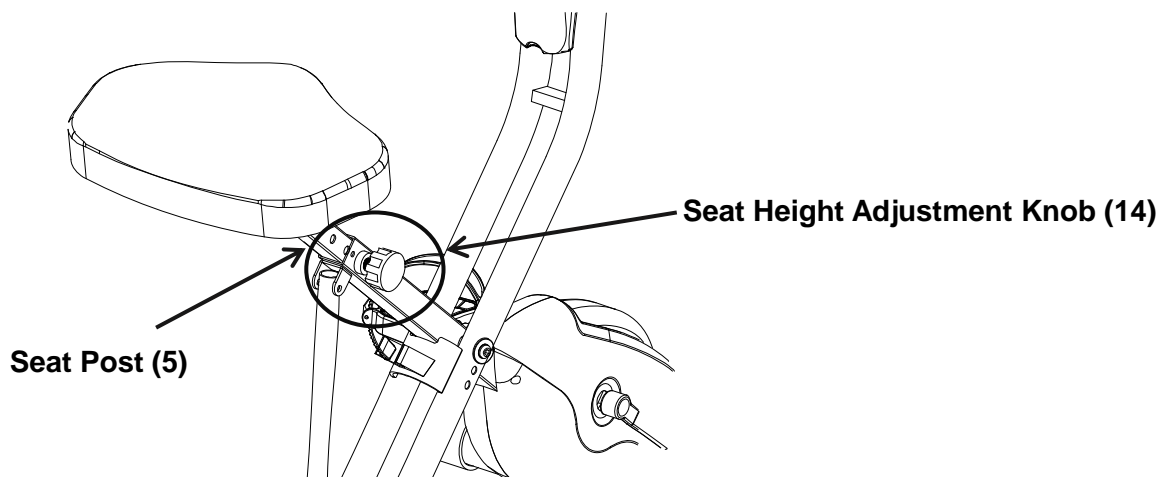
www.MyCloudFitness.com

STORAGE



For your convenience, the bike can be folded up for storage.

1. Remove the **Safety Pin (22)** from the upper pin hole on the **Front Frame (1)**
2. Fold the Front and Rear frames together.
3. **Re-insert** the **Safety Pin (22)** into the lower pin hole on the **Front Frame (1)** to secure the **Front and Rear Frames (1,2)** together.
4. Place the **Rear Frame Support Tube (67)** into the **Support Tube Holder (49)**.

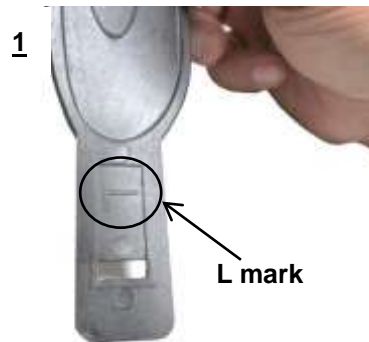


Adjusting the Seat Height

Loosen the **Seat Height Adjustment Knob (14)** by turning it counterclockwise. Pull AND hold to release the pin. While the Knob is being pulled, adjust the **Seat Post (5)** to the desired height. Release the **Seat Height Adjustment Knob (14)** to allow the pin to catch one of the holes along the **Seat Post (5)**. Then tighten **Seat Height Adjustment Knob (14)** by turning it clockwise to secure the seat in place.

NOTE: When adjusting the height of the **Seat Post (5)**, make sure the height of the **Seat Post (5)** does not exceed the **MAX** line on the **Seat Post (5)**.

Adjusting the Pedal Strap



The **Left Pedal Strap (87)** has an L marked on the strap (see **Figure 1**).



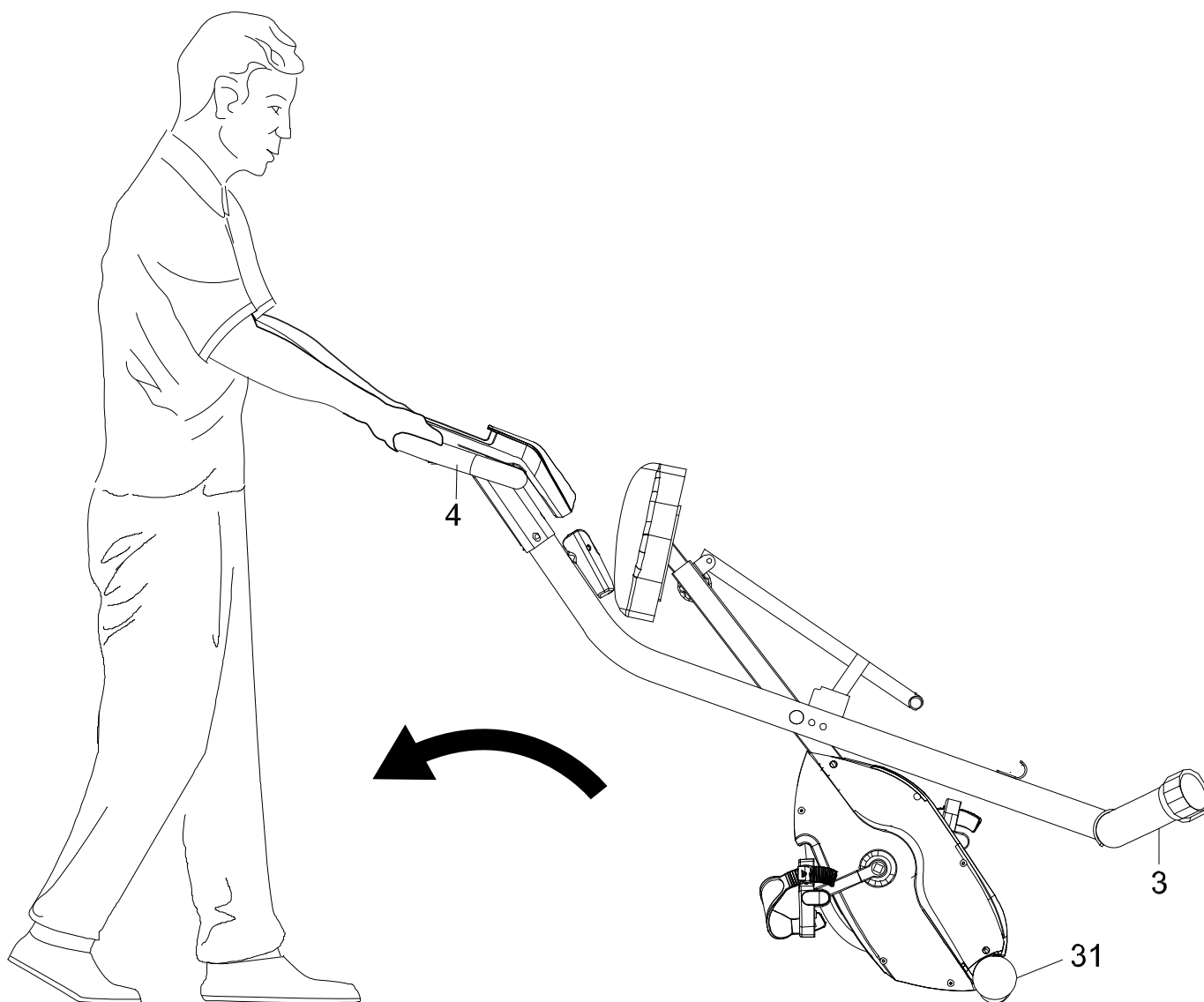
Snap the slotted end of the **Left Pedal Strap (87)** onto the tab on the inside edge of the **Left Pedal (7)** (See **Figures 2 and 3**).



Insert the ridged end of the **Left Pedal Strap (87)** into the red clip on the **Left Pedal (7)** (see **Figures 4**).

Adjusting the Left Pedal Strap: To make the **Left Pedal Strap (87)** tighter, pull the lower ridged portion down (see **Figures 5**). To make the **Left Pedal Strap (87)** more loose, push the red clip down and pull up on the upper portion of the **Left pedal strap (87)** (See **Figure 5**).

Adjusting The Right Pedal Strap: Use the same procedure to assemble and adjust the **Right Pedal Strap (88)** onto the **Right Pedal (8)**.



Transporting the Bike

Hold the **Handlebar (4)** and tilt the bike forward until the wheels on the **Front Stabilizer (31)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (3)** back down to the ground.

MAINTENANCE

Cleaning

The bike can be cleaned with a soft, clean damp cloth. Do not use abrasives or solvents on the plastic parts. Wipe your perspiration off the bike 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. Keep the computer console and the bike, out of direct sunlight to prevent screen damage. Inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage

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

TROUBLE SHOOTING

PROBLEM: The **Computer (9)** does not turn on.

SOLUTION: Remove the **Computer (9)** and verify that ALL wires that come from the **Computer (9)** are properly connected to the wires coming from the **Front Frame (1)**.

PROBLEM: There is no heart rate reading or the heart rate reading is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is accurate, always hold on to the handlebar grip sensors with two hands instead of just with one hand.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain even pressure while holding onto the hand pulse sensors.

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

SOLUTION: The bolts may be loose on the equipment. Check all of the nuts, bolts, screws and tighten any loose Hardware.

PROBLEM: The pedals came unscrewed while in use.

SOLUTION: Reinstall the pedals and if you cannot then contact Customer Service.

PROBLEM: How to reset the data on display.

SOLUTION: Hold the Mode Key down for 3-4 Seconds, this will reset the display (Note: The Odometer will not be reset. To reset odometer, remove the batteries from the **Console**..

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 MODE button down for 3-4 seconds.

SOLUTION: Turn on the Bluetooth antenna on your smart device, restart the app and try again.

SOLUTION: Make sure you are using the Mycloudfitness APP. There is a MCF Plus APP that is used with our other health tracking devices, the MCF Plus does NOT work with this exercise equipment.

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:

COMPONENT	LENGTH OF WARRANTY
Structural Frame	1 year For Home Use Only
All Other Components	90 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#: _____

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***