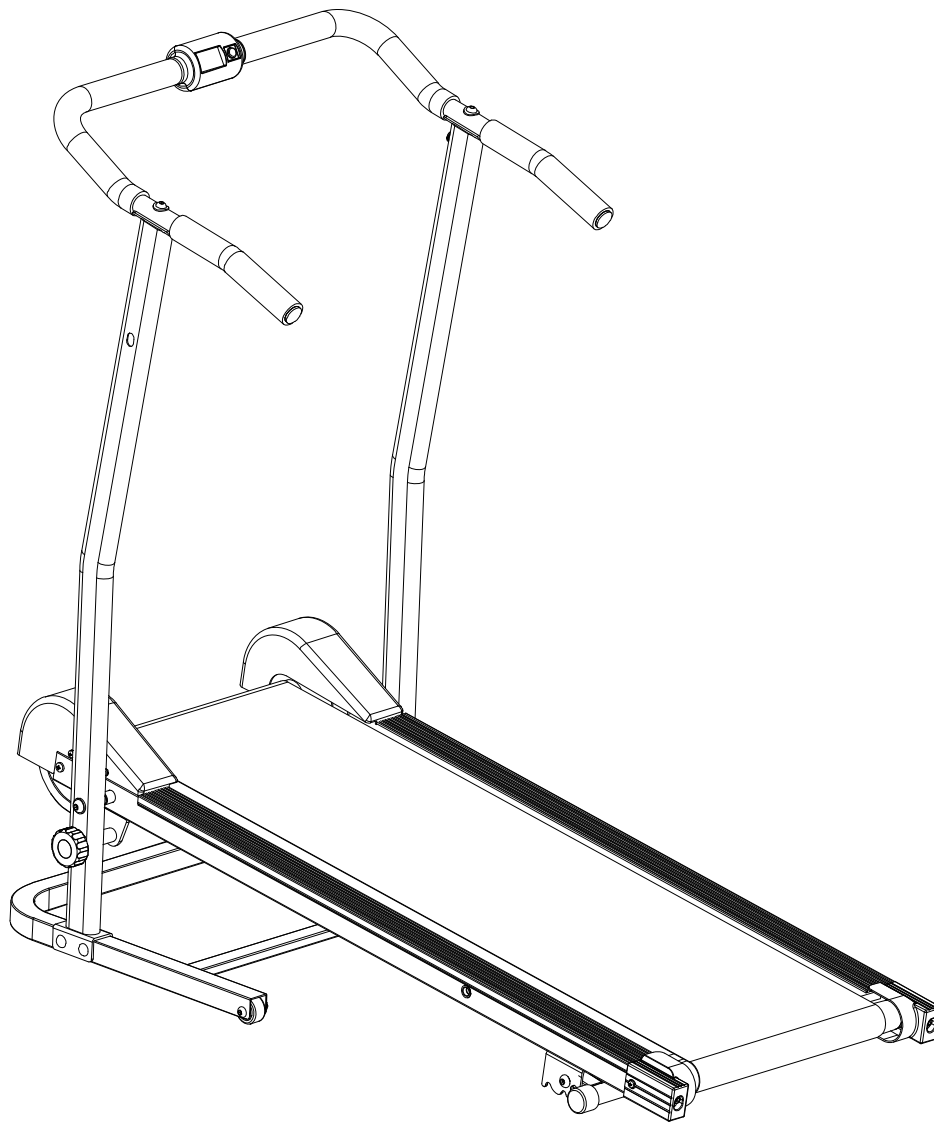




Manual Treadmill



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

3001A.8-052520

Owner's Manual Le Manuel Du Propriétaire



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

TABLE OF CONTENT

SERVICE	2
LABEL PLACEMENT	3
IMPORTANT SAFETY GUIDELINES	4
OVERVIEW DRAWING	6
PARTS LIST	7
HARDWARE & TOOL LIST.....	8
ASSEMBLY	9
COMPUTER	13
STORAGE	14
MOVING THE TREADMILL	15
ADJUSTMENTS	17
MAINTENANCE	18
TROUBLESHOOTING	19
WARRANTY	20
PARTS REQUEST FORM	21

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:

1-844-641-7920

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

Response time may vary via calling

Please have the following information ready when requesting for service:

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

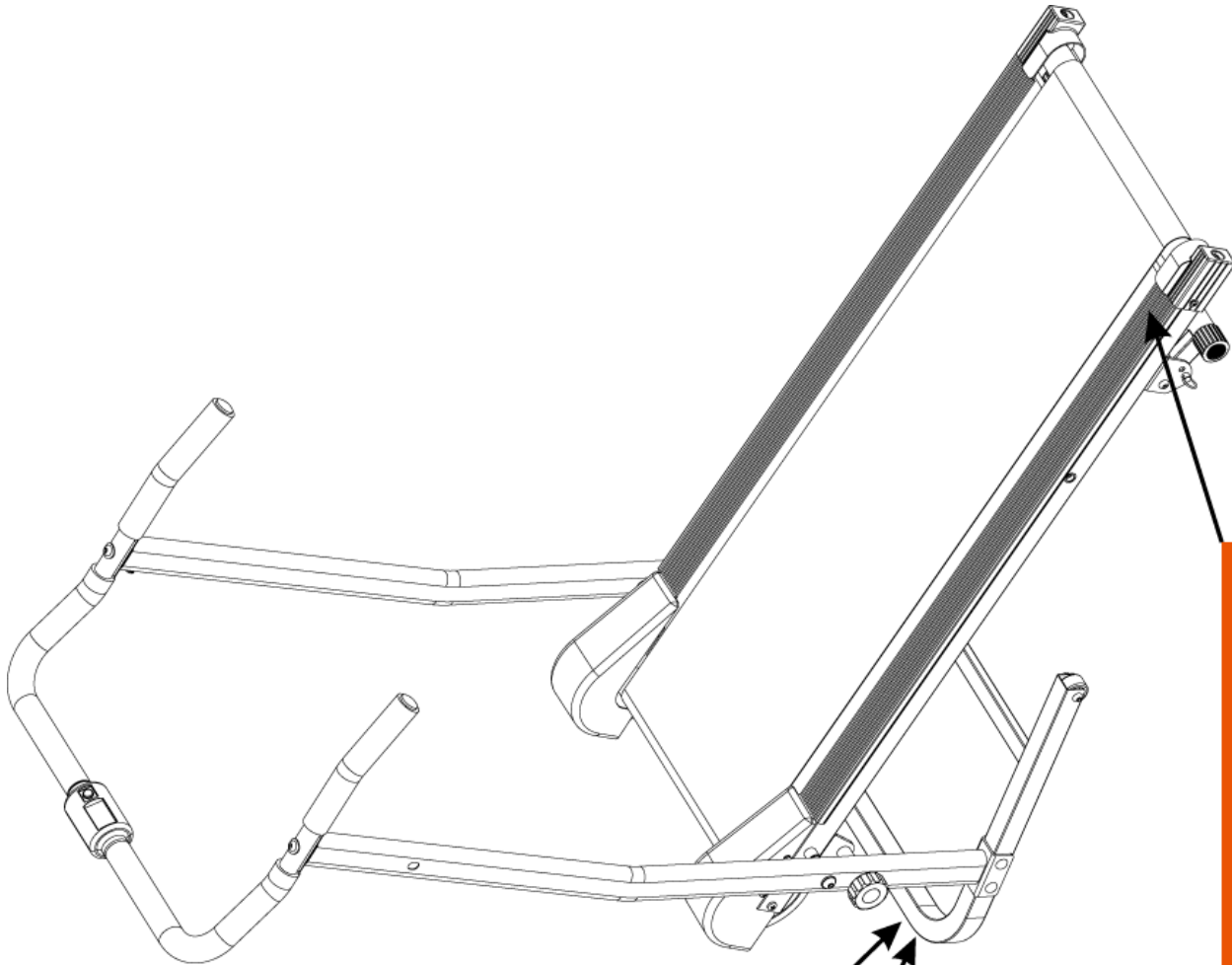
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



Model#3001A



8 88115 103001 9



118024430010001

Serial number / Numéro de série / Número de serie:
MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

PROFORM FITNESS

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:

1-844-641-7920
8 am - 5 pm PST

Maximum weight capacity is 230 lbs.
Le poids maximum pour ce produit
est 104 kgs.
La capacidad de peso máxima es 104 kg.

IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety instructions when using this treadmill: Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, please read the following:

- Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.

NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch, and unplugging from outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult Customer Service.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

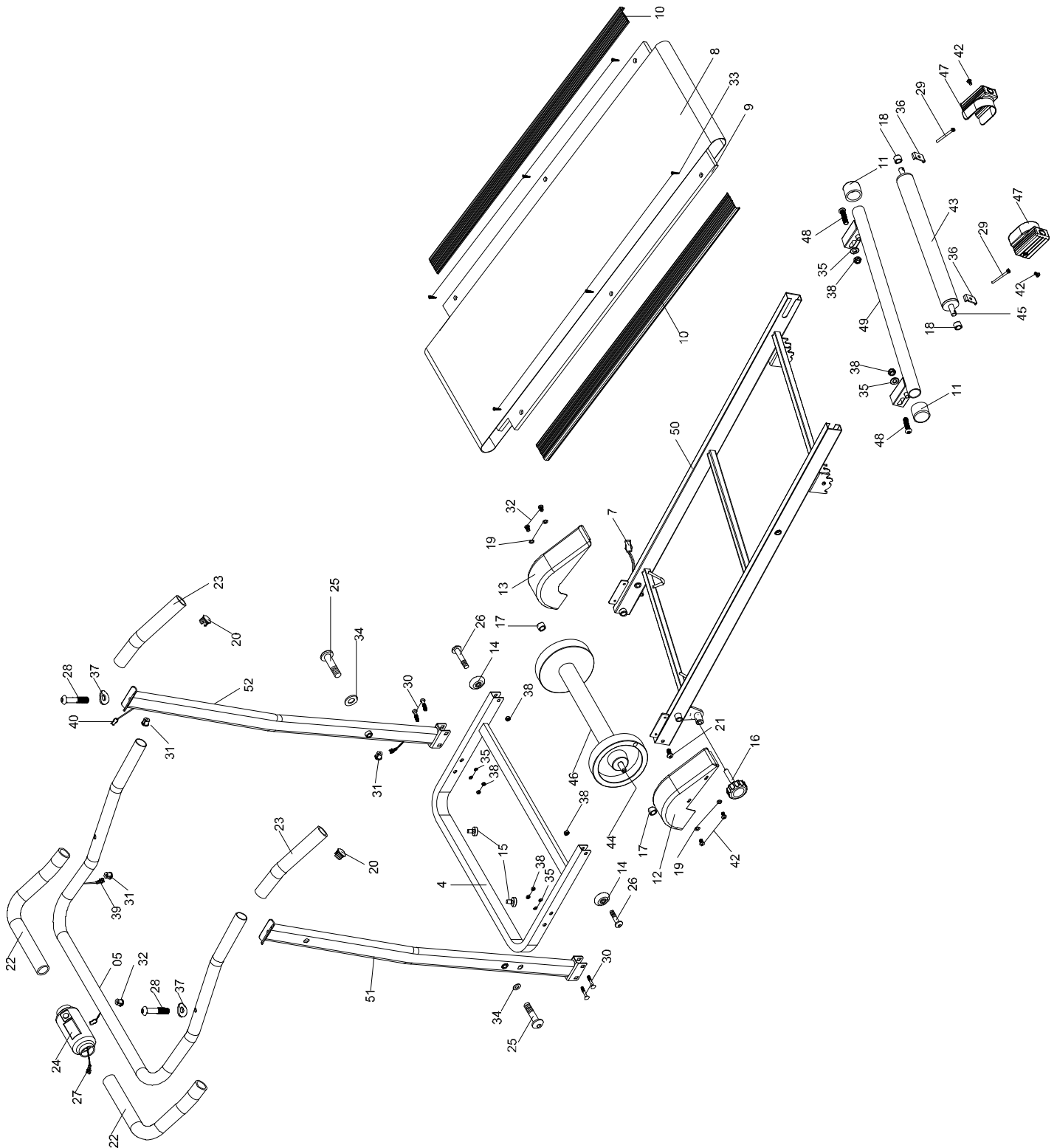
IMPORTANT SAFETY GUIDELINES

- Keep Dry - do not operate in a wet or moist condition. Save these instructions.
- Do not operate the treadmill near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.
- Keep electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with the minimum safety area clearance of 6 x 3 feet of the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only.
- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks or in sandals, always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 13 years old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Pull up the Safety Tether Key for emergency stop. Reinstall the Safety Tether Key onto the Computer. Press the START/STOP button to begin exercise again.
- **Maximum Weight Capacity is 230 lbs / 104 kgs**
- This treadmill is designed for **WALKING** only.
- **CAUTION:** Risk of Injury to Persons –To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.

SAVE THESE INSTRUCTIONS

OVERVIEW DRAWING



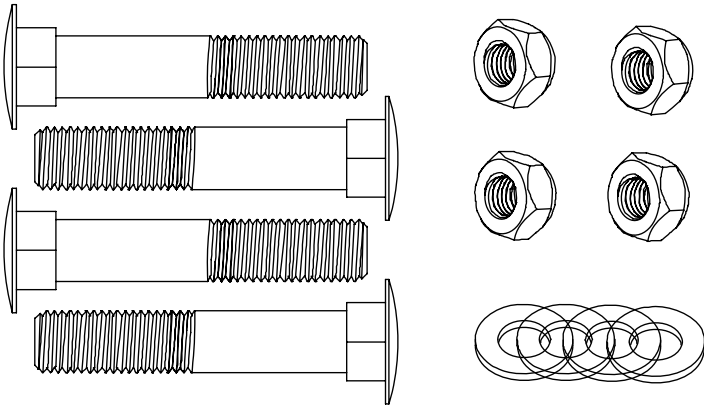
PARTS LIST

No.	Description	Qty
4	Base Tube	1
5	Computer Frame	1
7	Sensor	1
8	Running Belt	1
9	Running Board	1
10	Side Rail	2
11	Foot Pad	2
12	Motor Cover (Left)	1
13	Motor Cover (Right)	1
14	Transportation Wheel	2
15	Cushion Pad	2
16	Locking Knob	1
17	Front roller Spacer	2
18	Rear roller Spacer	2
19	Flat Washer $\Phi 6.2 \times \Phi 12 \times 1$	4
20	Round Inner Plug for Tube $\Phi 25 \times 1.5$	2
21	Allen Bolt M6*12	1
22	Foam for Computer Frame	2
23	Foam for Hand Pulse Handle	2
24	Computer	1
25	Allen Bolt M10*70	2
26	Allen Bolt M8*40	2
27	Sensor Wire 2	1
28	Allen Bolt M8*35	4

No.	Description	Qty
29	Allen Bolt M6*60	2
30	Carriage Bolt M8*50	4
31	Wire Grommet $\Phi 12$	3
32	Wire Grommet $\Phi 15$	1
33	Philips Screw ST4.8*25	6
34	Flat Washer $\Phi 10.5 \times \Phi 22 \times 1.5$	2
35	Flat Washer $\Phi 8.5 \times \Phi 16 \times 1.5$	6
36	Adjustment U base	2
37	Curve Washer $\Phi 8.5 \times \Phi 16 \times 1.5$	2
38	Nylon Nut M8*8H	8
39	Sensor Wire 2	1
40	Sensor Wire 1	1
42	Bolt M5*10	6
43	Rear Roller	1
44	Front Roller Shaft	1
45	Rear Roller Shaft	1
46	Front Roller	1
47	Rear Cover	2
48	Allen Bolt M8*45	2
49	Rear Base Tube	1
50	Main Frame	1
51	Left Upright Post	1
52	Right Upright Post	1

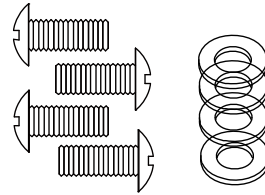
HARDWARE PACK

STEP 1



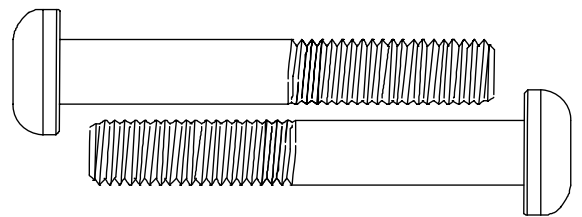
(30) Carriage Bolt 4PCS
(38) Nylon Nut 4PCS
(35) Flat Washer 4PCS

STEP 2



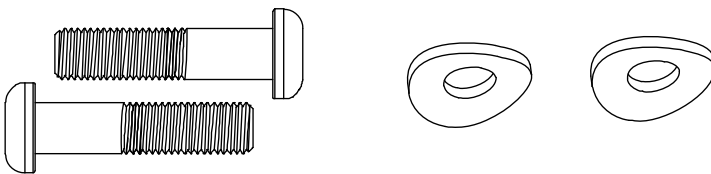
(42) Bolt 4 PCS
(19) Flat Washer 4 PCS

STEP 3



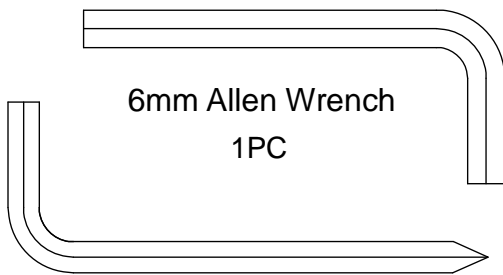
(25) Allen Bolt 2PCS
(34) Flat Washer 2PCS

STEP 4



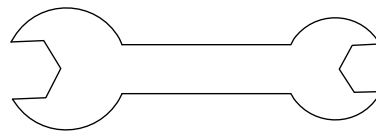
(28) Allen Bolt 2PCS
(37) Curve Washer 2PCS

STEP 4

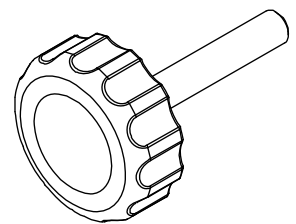


6mm Allen Wrench 1PC

5mm Allen Wrench with Phillips
Screwdriver 1PC

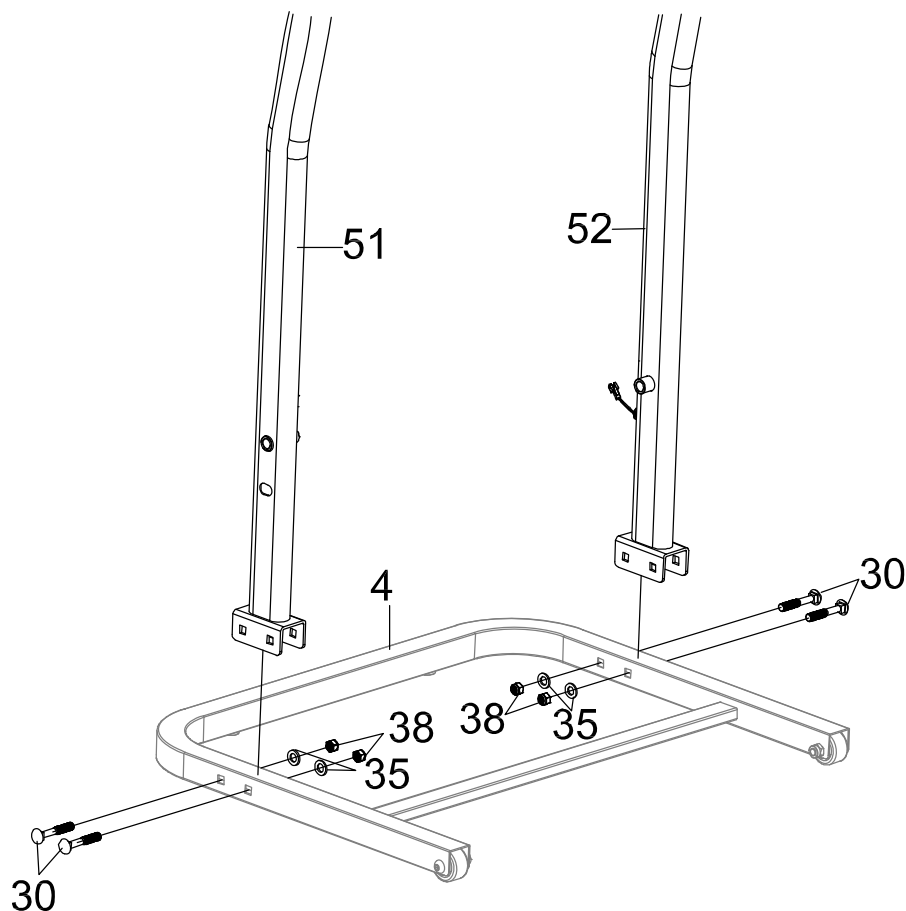


13, 15mm Wrench 1 PC

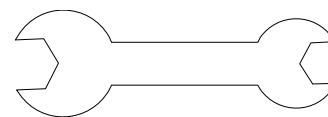


(16) Locking Knob 1 PC

ASSEMBLY



Tool:



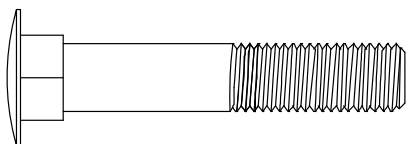
13, 15mm Wrench
1 PC

Step 1

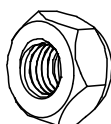
1a. Place the **Left Upright Post (51)** onto the left side of the **Base Bracket (4)** and align the holes. Secure it in place using two **Carriage Bolts (30)**, two **Washers (35)**, and two **Nylon Nuts (38)**. **Tighten the Nylon Nuts (38)** using the **13, 15mm Wrench** provided.

1b. Place the **Right Upright Post (52)** onto the right side of the **Base Bracket (4)** and align the holes. Secure it in place using two **Carriage Bolts (30)**, two **Washers (35)**, and two **Nylon Nuts (38)**. **Tighten the Nylon Nuts (38)** using the **13, 15mm Wrench** provided.

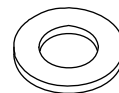
Hardware:



(30) Carriage Bolt
4 PCS

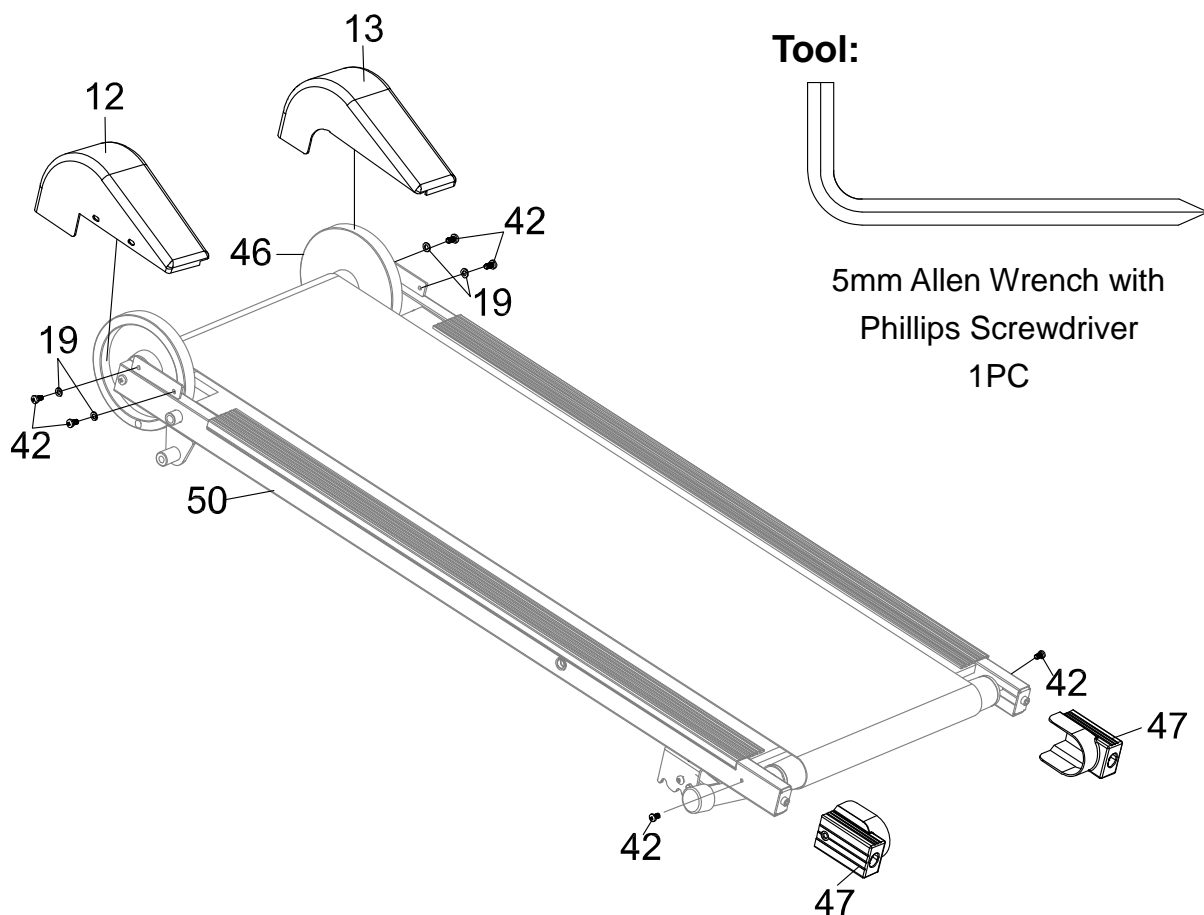


(38) Nylon Nut
4 PCS



(35) Flat Washer
4 PCS

ASSEMBLY

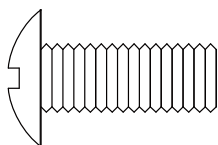


Step 2

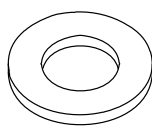
2a. Attach the **Left Cover (12)** onto the left Side of the **Main Frame (50)** with two **Allen Bolts (42)** and two **Flat Washers (19)**. Tighten the **Allen Bolts (42)** using the **5mm Allen Wrench with Phillips Screwdriver** Provided.

2b. Repeat this step for the **Right Cover (13)** on the Right side of the **Main Frame (50)**. Remove **Bolt (42)** from the **Main Frame (50)** and attach **Rear Covers (47)** to the **Main Frame (50)**. Secure the **Rear Covers (47)** using the **Bolts (42)** removed. Then tighten the **Bolts (42)** using the **5mm Allen Wrench with Phillips Screwdriver** provided.

Hardware:

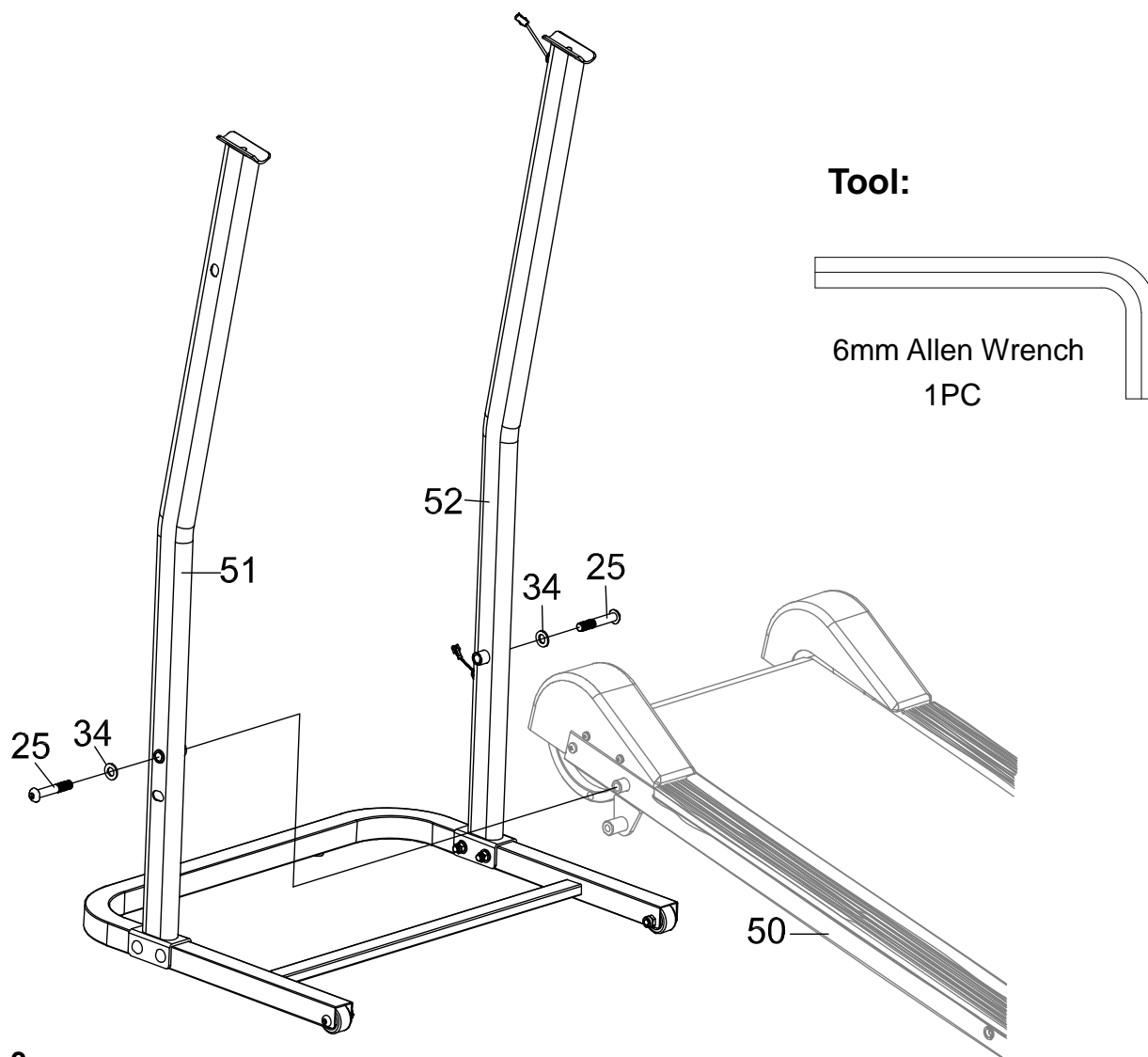


(42) Bolt
4 PCS



(19) Flat washer
4 PCS

ASSEMBLY

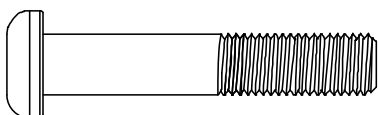


Step 3

3a. Lift up the **Main Frame (50)** and align the screw holes with the holes in the **Left and Right Upright Post (51) & (52)**. Secure the **Main Frame (50)** using two **Allen Bolts (25)** and two **Flat Washers (34)**. Tighten the **Allen Bolts (25)** by hand. **DO NOT** fully tighten the **Allen Bolts (25)** until both sides are secure.

3b. Once both sides are secure, fully tighten the **Allen Bolts (25)** using the **6mm Allen Wrench** provided.

Hardware:

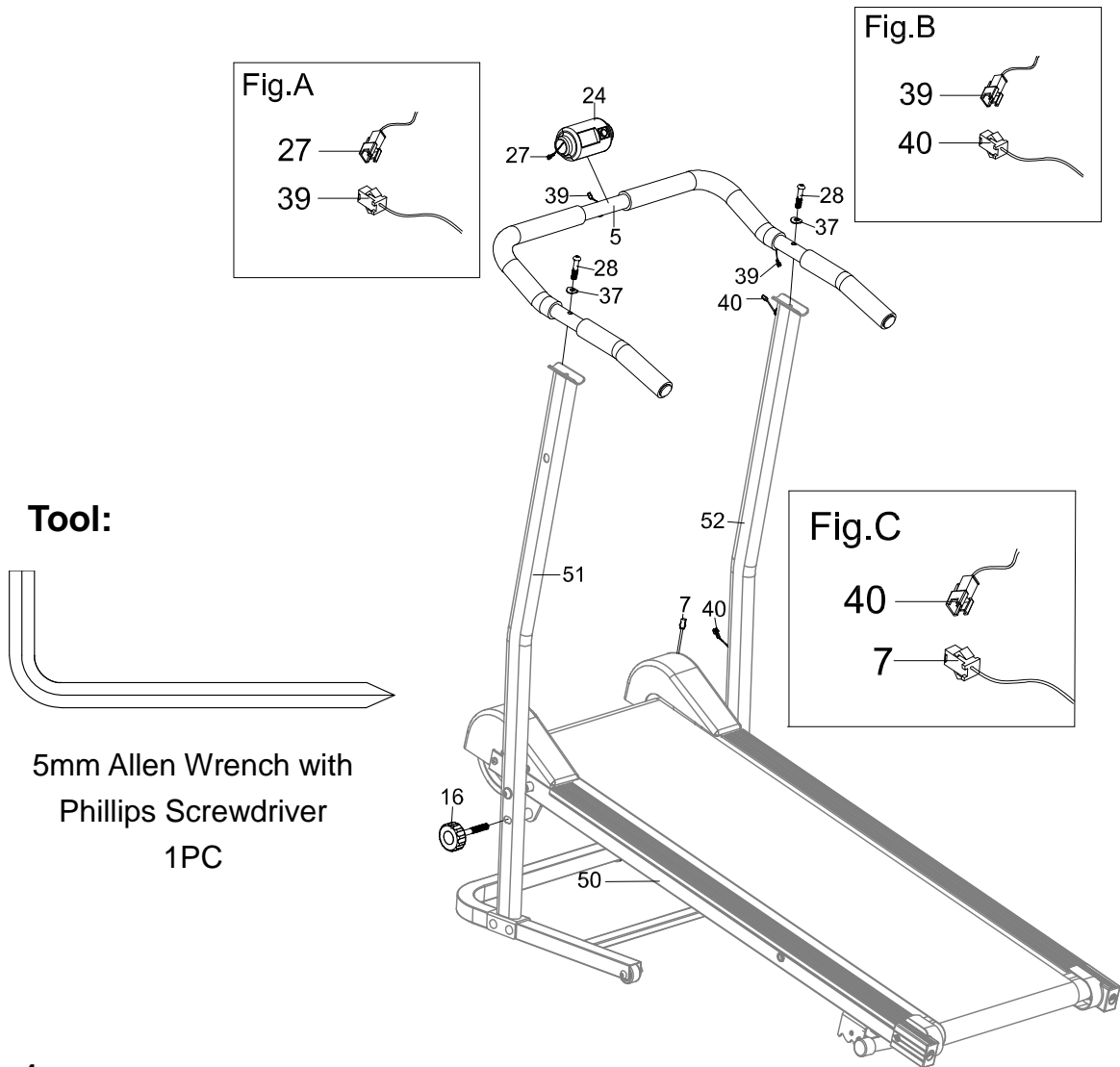


(25) Allen Bolt
2 PCS



(34) Flat Washer
2 PCS

ASSEMBLY



Tool:



5mm Allen Wrench with
Phillips Screwdriver
1PC

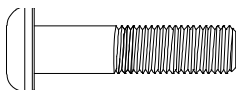
Step 4

4a. Attach the **Computer Frame (5)** onto the **Left and Right Upright Post(51/ 52)**. Secure the **Computer Frame (5)** using two **Allen Bolts (28)** and two **Curve Washers (37)**. Secure the **Computer Frame (5)** using the **5mm Allen Wrench with Phillips Screwdriver**.

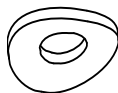
4b. Connect **Sensor Wire 1 (40)** to **Sensor Wire 2 (39)**. Install two 1.5v AAA batteries into the back of the **Computer (24)**, Then connect **Sensor Wire 2 (27)** from the **Computer (24)** to **Sensor Wire (39)** coming from the **Computer Frame (5)** and install the **Computer (24)** onto the **Computer Frame (5)**.

4c. Install the **Locking Knob (16)** into the Bottom hole of the **Left Upright Post (51)**. Turn the **Locking Knob (16)** Clockwise to secure the **Main Frame (50)** into Place.

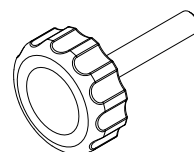
Hardware:



(28) Allen Bolt
2 PCS



(37) Curve Washer
2 PCS



(16) Locking Knob
1 PC

COMPUTER



SPECIFICATIONS

TIME-----0:00~99:59MIN

SPEED-----0.0~999.9ML/H

DISTANCE-----0.00~999.9ML

CALORIES-----0.0~999.9KCAL

ODOMETER-----0.0~9999ML

KEY FUNCTIONS:

MODE: Press this to select which function you want to display.

Hold down the Mode key for 5 seconds to reset all

Time/Speed/Distance/Calorie data.

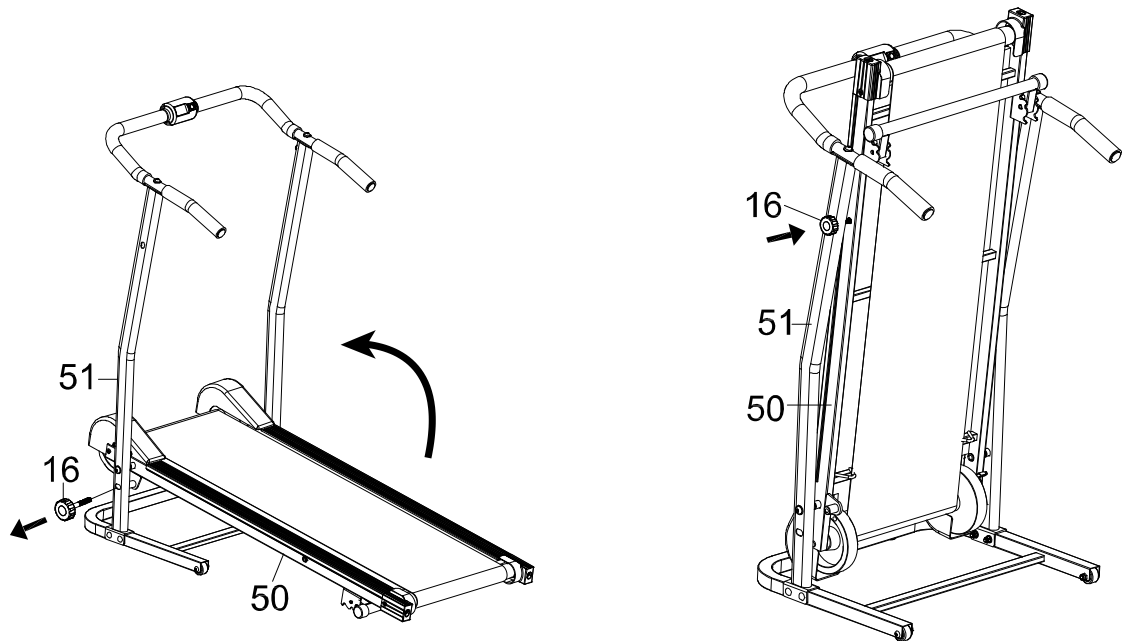
FUNCTIONS:

1. TIME: Press the MODE key until the arrow points to TIME. The Computer will display the amount of time spent exercising.
2. SPEED: Press the MODE key until the arrow points to SPEED. The Computer will display the current speed of the user.
3. DISTANCE: Press the MODE key until the arrow points to DISTANCE. The distance of the current workout will be displayed in MILES.
4. CALORIE :Press the MODE key until the arrow points to CALORIE. The Computer will display the total Calories burned during the current workout.
5. ODOMETER: Press the MODE key until the arrow points to ODOMETER. The Computer will display the total amount of Miles exercised between all workouts. (Removing the batteries will reset this).
6. SCAN: Press the MODE key until the arrow points to SCAN. The Computer will display each function every 4 seconds. In the following order:
TIME—SPEED—DISTANCE—CALORIES—ODOMETER

NOTE:

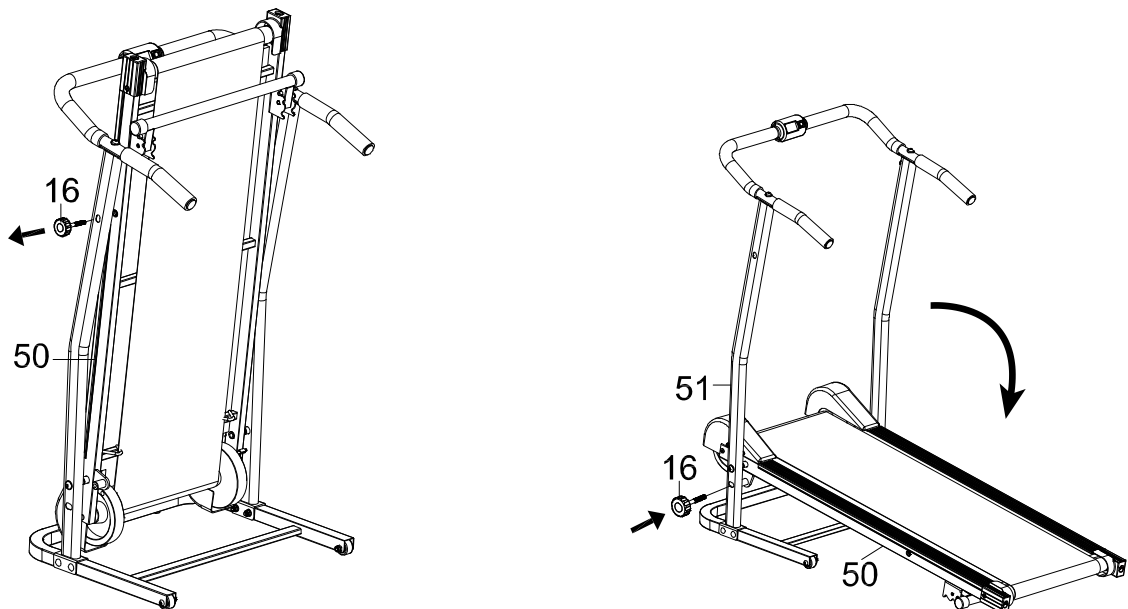
1. After 5 minutes of inactivity, The Computer will automatically turn off.
2. When activity begins, The Computer will automatically turn on.

STORAGE



FOLDING UP THE TREADMILL

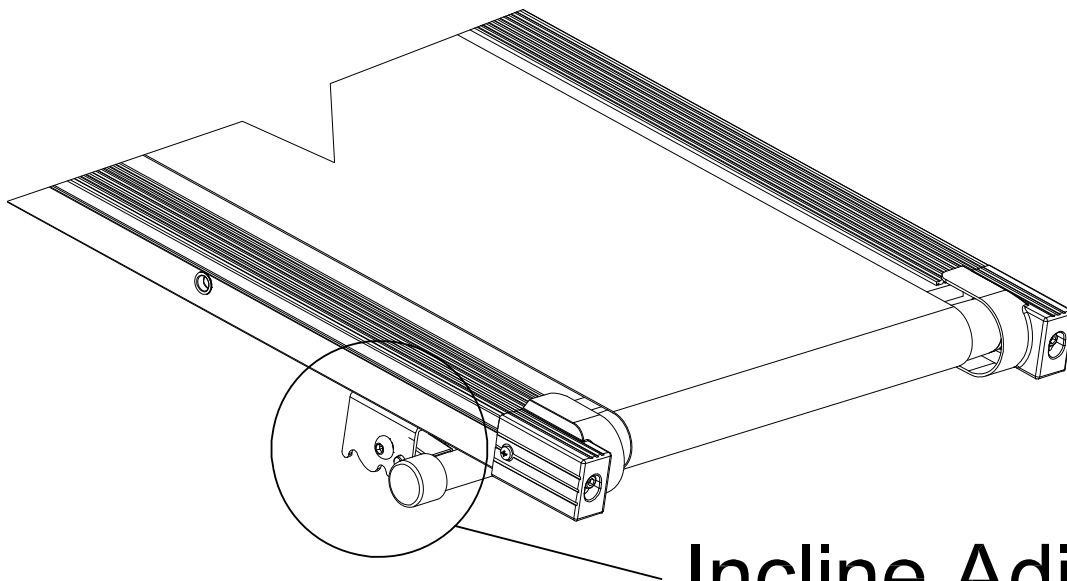
1. To fold up the treadmill, first remove the **Locking Knob (16)** from the **Left Upright Post (51)** by turning it in a Counter-Clockwise direction. Carefully lift the end of the **Main Frame (50)** up into the upright position. Align the hole on the Left side of the **Main Frame (50)** with the hole in the top of the **Left Upright Post (51)**. Insert the **Locking Knob (16)** through the hole and turn the **Locking Knob (16)** clockwise to secure it.
2. Make sure the **Main Frame (50)** is securely locked before moving the treadmill.



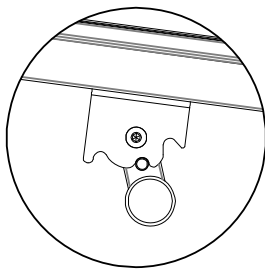
UNFOLDING UP THE TREADMILL

1. To unfold the treadmill, Turn the **Locking Knob (16)** in a Counter-Clockwise direction until it can be pulled out. Remove the **Locking Knob (16)** and carefully set the **Main Frame (50)** down on the Floor. Align the Hole on the **Main Frame (50)** with the bottom hole on the **Left Upright Post (51)**. Insert the **Locking Knob (16)** and secure it in place by turning in a Clockwise direction.

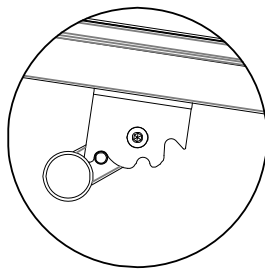
ADJUSTMENTS



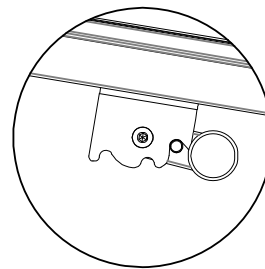
Incline Adjuster



A:7%



B:8%



C:9%

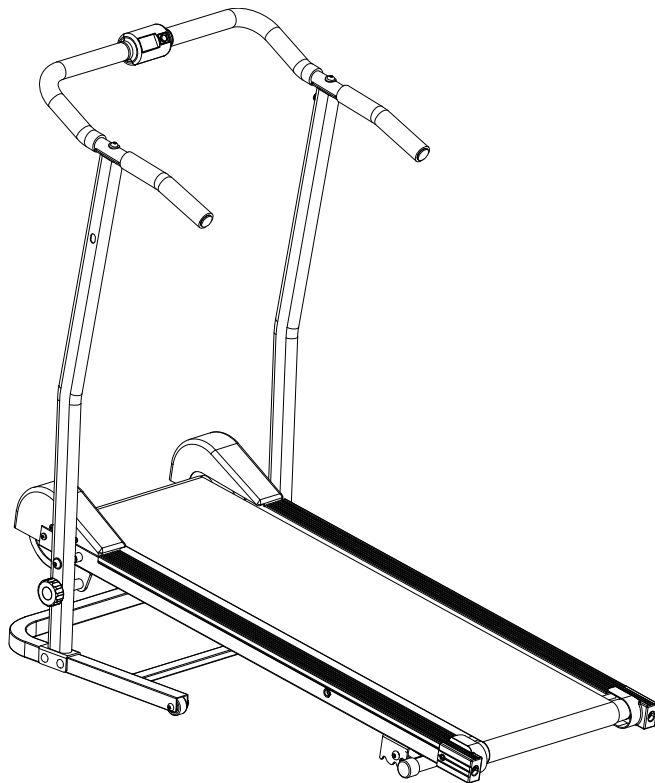
Adjusting the Incline

There are 3 incline angles (**A: 7%, B: 8%, C: 9%**) that the incline adjuster can be set to. Raise the rear end of the mainframe, and adjust the Incline setting to the desired position. Make sure the posts for the inline adjuster are fully inserted into the grooves before getting on the treadmill.

NOTE: Make sure when adjusting the incline angle of the treadmill that **BOTH** sides are at the same level. If the adjusters are at different level, the treadmill may become unstable and potentially cause injury.

ADJUSTMENTS

Adjusting the Running Belt



Tool:



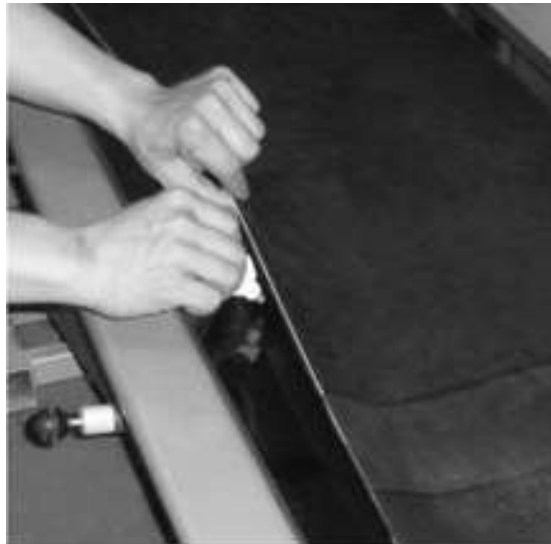
5mm Allen Wrench with
Phillips Screwdriver
1PC



1. The running belt is initially tightened at the factory, However it may come loose during transportation and/or during use.
2. If the belt begins to slip, use the **5mm Allen Wrench with Phillips Screwdriver** provided to tighten the adjustment bolts 1/2 turn in a clockwise direction. Then do the same for the opposite side. Do this until the belt is centered and no longer slipping.

DO NOT OVER TIGHTEN. IF YOU EXPERIENCE ISSUES, CONTACT CUSTOMER SERVICE.

LUBRICATION



The treadmill has been coated with "Silicone Oil" in advance before leaving the manufacturer.

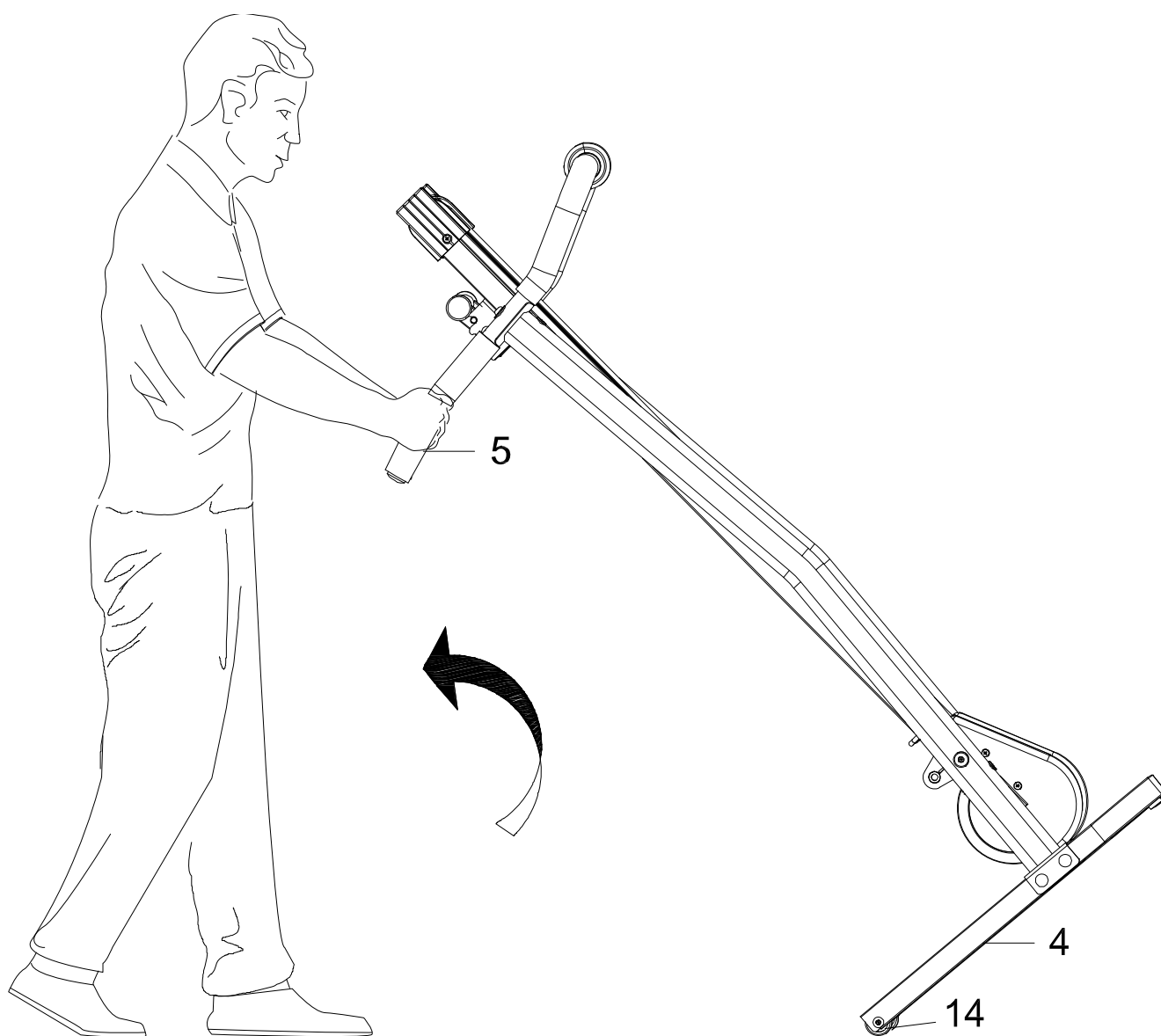
There will be no need to re-spread the oil under normal circumstances. "Silicone Oil" may need to be re-applied under heavy use.

To apply, hold open the running belt from two sides, apply the silicone oil with an even motion on the center of the running deck. Allow the silicone oil to 'set' for one minute before using the magnetic treadmill.

Attention: Only use "Silicone Oil" lubricants for this equipment. In addition, do not add any other oil ingredient; otherwise the magnetic treadmill may be damaged. Do not over-lubricate the running deck. Excess lubricant should be wiped off with a clean rag.

Transporting the Treadmill

Hold the **Handlebar (5)** and tilt the bike forward until the wheels on the **Transportation wheel (14)** make contact with the floor. Push or pull the unit to the desired location before gently lowering the **Base tube (4)** back down to the ground.



TROUBLESHOOTING

TROUBLE SHOOTING

PROBLEM: Treadmill running belt slips or is not centered on rear roller.

SOLUTION: Refer to “Adjusting the Running Belt” section.

PROBLEM: Computer not working correctly

SOLUTION: Check to make sure the computer wires are connected securely.

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

SOLUTION: Make sure the batteries are not depleted.

PROBLEM: The manual treadmill makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the treadmill, inspect the bolts and tighten any loose ones.

MAINTENANCE

Cleaning

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

Storage

Store the manual treadmill in a clean and dry environment away from children.

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	1 year For Home Use Only
All Other Components	90 days For Home Use Only

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, 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 in Fax #: 626-810-2166***