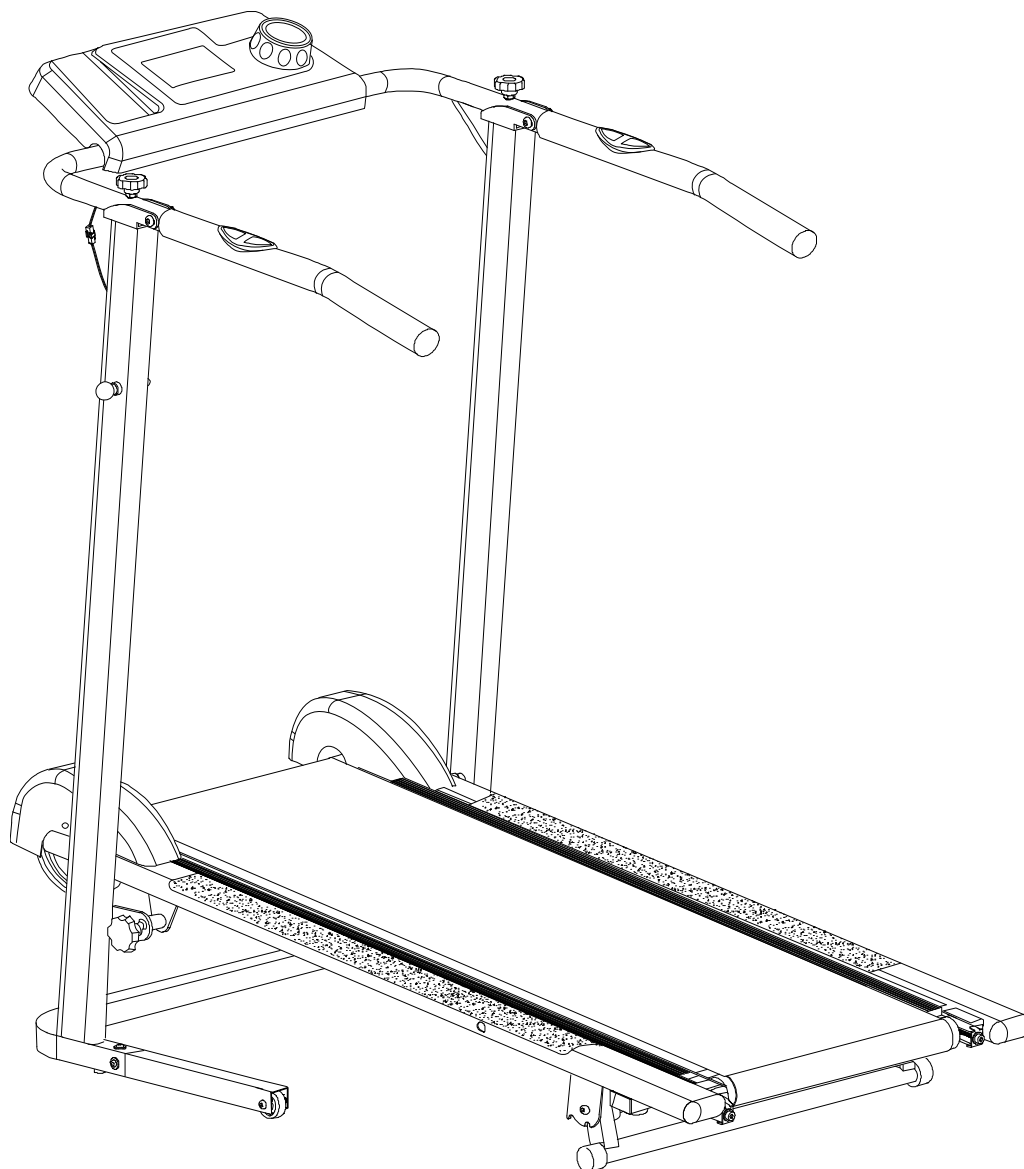


Magnetic Treadmill



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



EXERPEUTIC	
For customer assistance call:	Pour le service à la clientèle composer le:
1-844-641-7921	1-844-641-7921
8 am - 5 pm PST	Lundi à vendredi
Monday - Friday	8:00 h - 17 h (HNP)

⚠ WARNING
Maximum weight capacity is 325 lbs.
⚠ AVERTISSEMENT
Le poids maximum pour ce produit est 147 kgs.

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.

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:

- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 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.
- 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.
- 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.

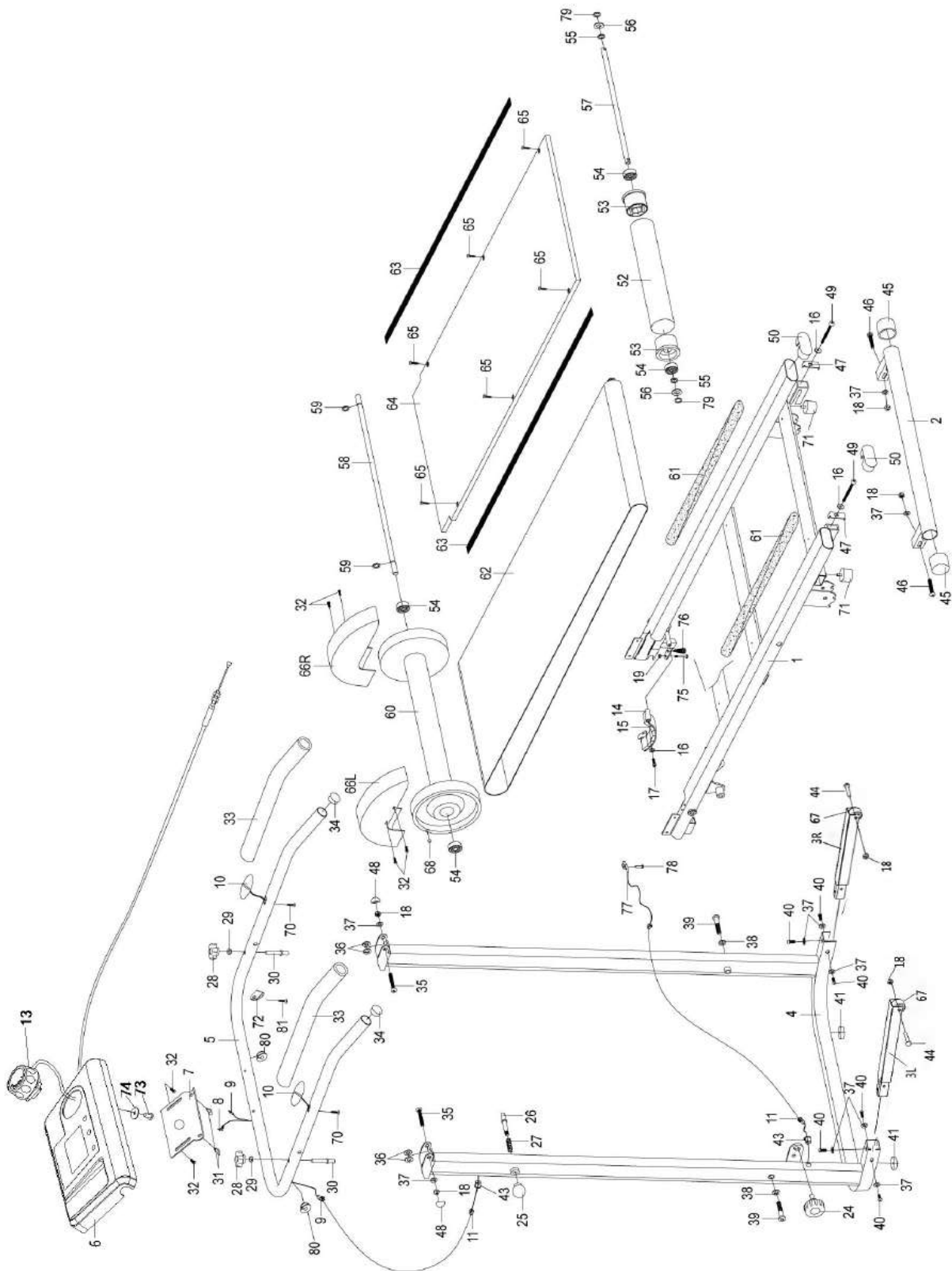
IMPORTANT SAFETY GUIDELINES

- 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.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm of the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- Do not leave children who are under 13 years old unsupervised near or on the treadmill.
- 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 Console. Press the START/STOP button to begin exercise again.
- **Maximum Weight Capacity is 325 lbs / 147 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 GUIDELINES

OVERVIEW DRAWING

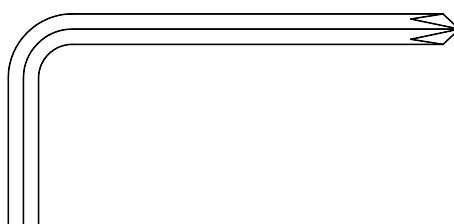


PARTS LIST

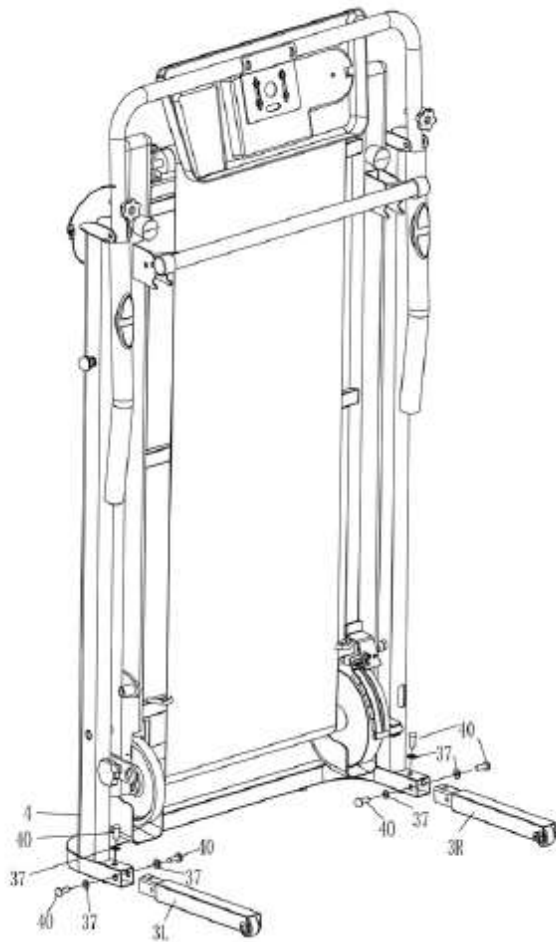
No.	Description	Qty	No.	Description	Qty
01	Main Frame	1	34	Handlebar End Cap	2
02	Incline Adjuster	1	35	Bolt M8x50	2
03L	Left Stabilizer Tube	1	36	Nylon Washer Ø20xØ9.5x2.5	4
03R	Right Stabilizer Tube	1	37	Washer Ø16xØ8.5x1.5	10
04	Stabilizer	1	38	Washer Ø20xØ10.5x1.5	2
05	Handlebar	1	39	Bolt M10x60	2
06	Computer	1	40	Bolt M8x15	6
07	Computer Support Plate	1	41	Rubber Pad Ø32x8.8	4
08	Hand Pulse Sensor Extension Wire	1	43	Wire Plug Ø12.5	2
09	Extension Sensor Wire II [Short]	1	44	Bolt M8x40	2
10	Hand Pulse Sensor with Wire	2	45	Incline Adjuster Round Cap Ø25	2
11	Extension Sensor Wire I [Long]	1	46	Bolt M8x45	2
13	Tension Control Knob	1	47	Bracket	2
14	Magnet Bracket	1	48	Cap 13#	2
15	Magnet	5	49	Rear Roller Adjustment Bolt M6x80	2
16	Washer Ø13xØ6.5x1.5	3	50	Elliptic End Cap 30x70	2
17	Bolt M8x70	1	52	Rear Roller Ø42x419	1
18	Nylon Nut M8	6	53	Bearing Cap Ø42	2
19	Nut M6	1	54	Bearing 6201	4
24	Round Knob M10x25	1	55	Washer Ø16xØ12.3	2
25	Ball Knob Ø25xM8	1	56	Big Washer Ø24xØ13.2x2.0	2
26	Spring Knob Pin	1	57	Rear Roller Axle Ø12x466	1
27	Spring Ø12x1x37	1	58	Front Roller Axle Ø12x586	1
28	Handlebar Knob Ø48xM10	2	59	Clip	2
29	Nut M8	2	60	Front Roller Ø42x509	1
30	Handlebar Knob Pin Ø12xM8x58	2	61	Anti-slip Pad	2
31	Computer Knob M5x15	2	62	Running Belt	1
32	Bolt M5x12	6	63	Side Rail	2
33	Handlebar Foam Grip	2	64	Running Deck	1

PARTS LIST & TOOL

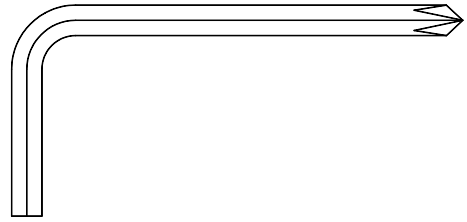
No.	Description	Qty	No.	Description	Qty
65	Phillips Self Drilling Screw	6	74	Big Washer Ø20xØ6x1.5	1
66L	Left Protective Cover	1	75	Socket Button Head Cap Screw M6x55	1
66R	Right Protective Cover	1	76	Spring Ø8xØ50x1	1
67	Transport Wheel	2	77	Sensor with Wire	1
68	Small Magnet	1	78	Screw ST4.8x10	1
70	Screw ST4.2x20	2	79	Plastic Washer Ø25xØ13x2	2
71	Rubber Pad Ø33x18	2	80	Wire Plug	2
72	Cable Clip	1	81	Self-Tapping Screw ST 4.2x12	1
73	Bolt M5x20	1			



5mm Allen Wrench with Phillips
Screwdriver
1 PC



Tool:



*5mm Allen Wrench with Phillips
Screwdriver*

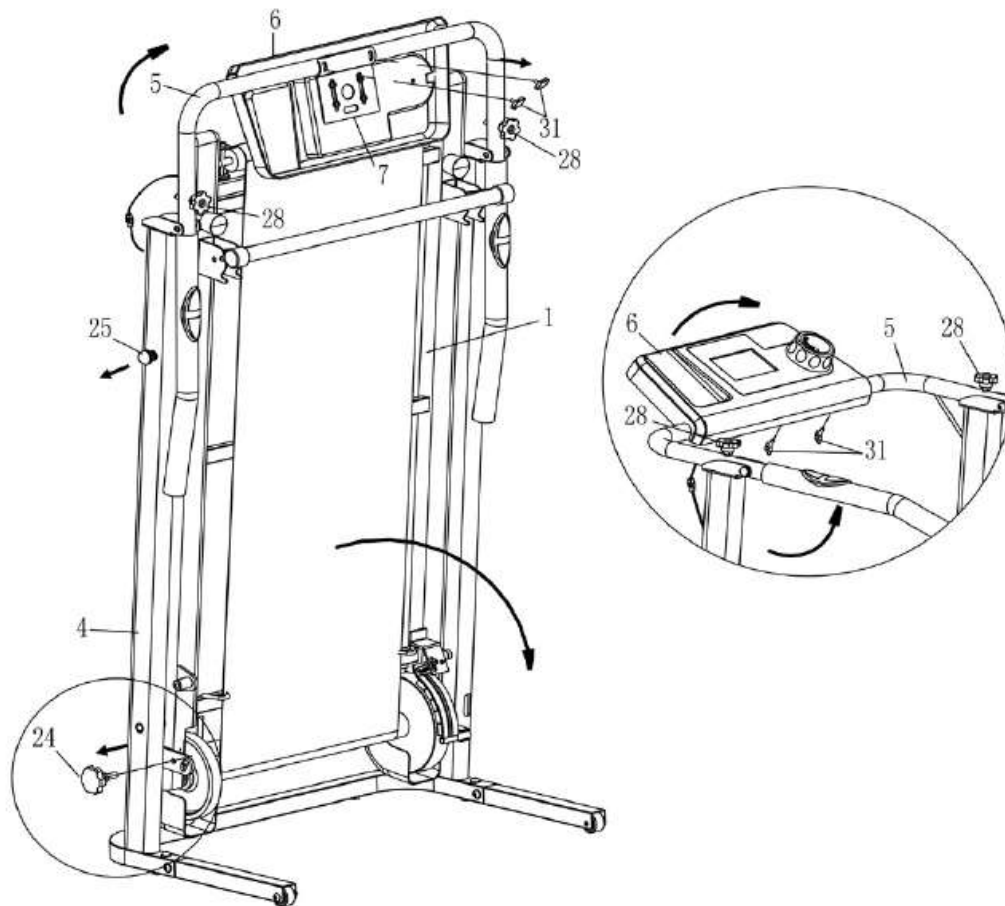
STEP 1

Place the magnetic treadmill in the upright position.

Remove six **Washers (37)** and six **Bolts (40)** from the **Left/Right Stabilizer Tubes (3L, 3R)** with the **5mm Allen Wrench with Phillips Screwdriver** provided.

Insert both **Left/Right Stabilizer Tubes (3L, 3R)** into the **Stabilizer (4)**, and secure using the six **Washers (37)** and six **Bolts (40)** that were previously removed. Tighten the **Bolts (40)** with the **5mm Allen Wrench with Phillips Screwdriver** provided.

ASSEMBLY



STEP 2

Remove the **Round Knob (24)** from the **Stabilizer (4)**. Place one hand on the rear end of the **Main Frame (1)** and use the other hand to pull out the **Ball Knob (25)**. Then lower the **Main Frame (1)** down onto the floor.

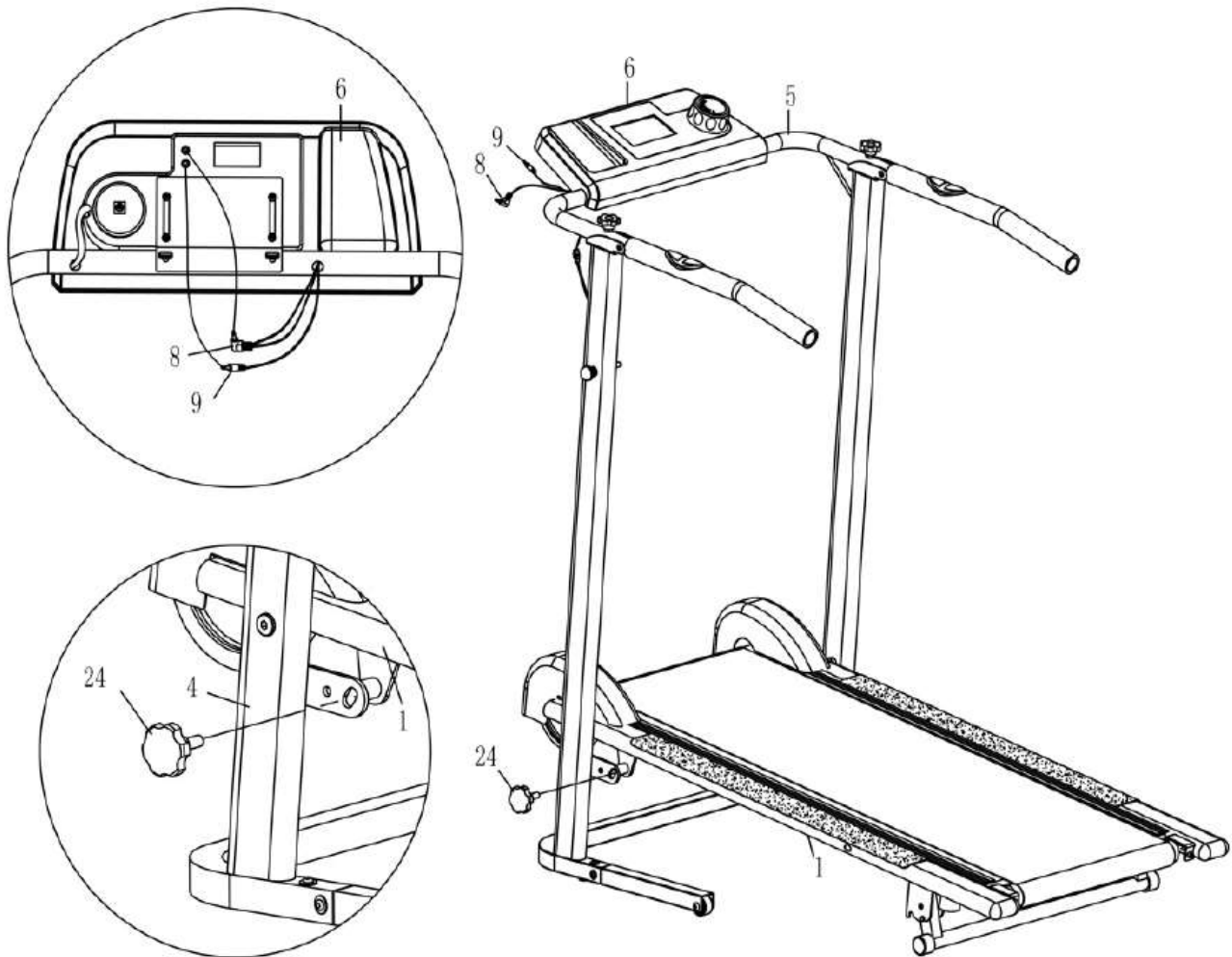
TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN SETTING DOWN THE DECK.

Remove two **Computer Knobs (31)** from the **Computer Support Plate (7)**. Remove two **Handlebar Knobs (28)** from the **Handlebar (5)** and then lift the **Handlebar (5)** all the way up.

Tighten the **Handlebar (5)** onto the **Stabilizer (4)** with two **Handlebar Knobs (28)** that were removed.

Turn the **Computer (6)** upwards and adjust the angle of **Computer (6)** to the desired position. Hold the **Computer (6)** and align computer knob holes.

Tighten the **Computer (6)** onto the **Handlebar (5)** with two **Computer Knobs (31)** that were removed.



STEP 3

Install **Round Knob (24)** to the bigger hole on the **Stabilizer (4)** and **Main Frame (1)** by turning it in a clockwise direction to lock the **Main Frame (1)** in place.

Note: Securely tighten **Round Knob (24)** so that the treadmill is sturdy.

Plug the **Hand Pulse Sensor Extension Wire (8)** from the **Handlebar (5)** into PULSE receptacle on the back of **Computer (6)**.

Plug the **Extension Sensor Wire II (9)** from the **Handlebar (5)** into SENSOR INPUT receptacle on the back of **Computer (6)**.

Specifications:

TIME -----00:00-99:59 MIN: SEC
DISTANCE -----0.0-999.9 MI
CALORIES -----0.0-9999 CAL
ODOMETER ----- 0-9999 MI
PULSE -----40-240 BEATS/MIN



Button functions:

MODE: Display function selection.

SET: To set goal values as exercise target.

RESET: To clear goal values.

Display functions:

SCAN	Automatically scans through each display mode at 6-second intervals.
TIME	Displays Times.
SPEED	Displays the current speed.
DISTANCE	Displays distance of exercise sessions.
CALORIES	Displays calories burned during exercises.
ODOMETER	Displays accumulative distance from combined exercise sessions.
PULSE	Display the BPM (Beats per Minutes).

Set a goal value:

You can set an exercise goal, the value will be counted down for the value you set.

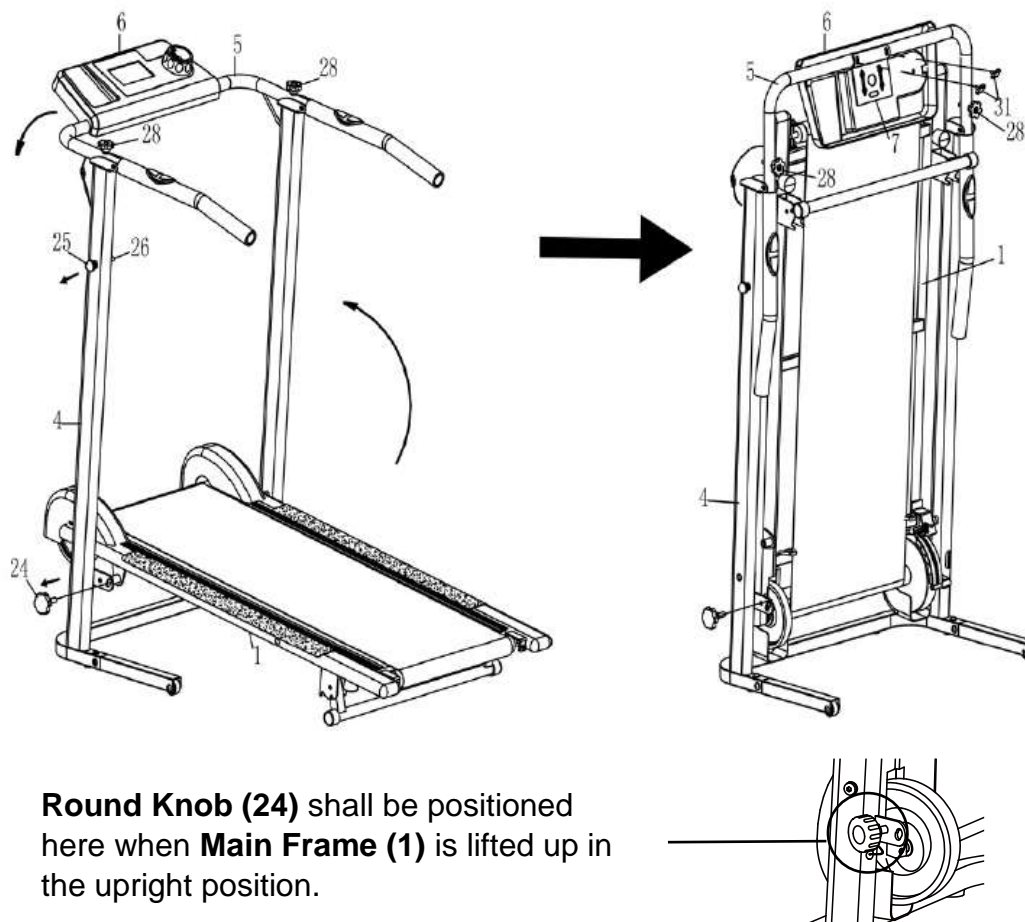
Press MODE to select a value you'd like to set.

Press SET to set the value, then start your exercise.

How to install the batteries:

1. Remove the battery cover at the rear of **Computer (6)**.
2. Place two "SIZE-AA" batteries into the back of the **Computer (6)**.
3. Ensure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display does not turn on, or is only partial legible, remove batteries and wait 15 seconds before reinstalling.

STORAGE



Round Knob (24) shall be positioned here when **Main Frame (1)** is lifted up in the upright position.

Remove **Round Knob (24)** from the **Stabilizer (4)** and **Main Frame (1)**. Hold the rear end of the **Main Frame (1)** with one hand and use the other hand to pull out the **Ball Knob (25)**. Lift the **Main Frame (1)** up and align the **Spring Knob Pin (26)** hole. Release the **Ball Knob (25)** until the **Spring Knob Pin (26)** pop into the hole on the **Main Frame (1)** to lock the **Main Frame (1)** in place. **CAUTION:** Failure to secure the Main Frame (1) with the Spring Knob Pin (26) may cause the treadmill accidental fall and cause bodily injury.

Install the **Round Knob (24)** onto the **Main Frame (1)**.

Remove the two **Handlebar Knobs (28)** from the **Handlebar (5)** and then push the **Handlebar (5)** all the way down.

Install two **Handlebar Knobs (28)** back onto the **Handlebar (5)** to lock the **Handlebar (5)** in place.

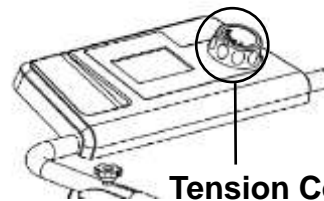
Remove two **Computer Knobs (31)** from the **Computer Support Plate (7)**. Turn the **Computer (6)** downwards and align computer knob holes.

Tighten the **Computer (6)** onto the **Handlebar (5)** with two **Computer Knobs (31)** that were removed.

ADJUSTMENTS

Adjusting the Tension Control Knob

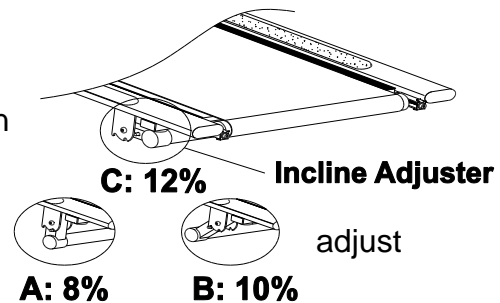
To increase the load, turn the tension control knob in a clockwise direction. To decrease the load, turn the tension control knob in a counterclockwise direction.



Tension Control Knob (13)

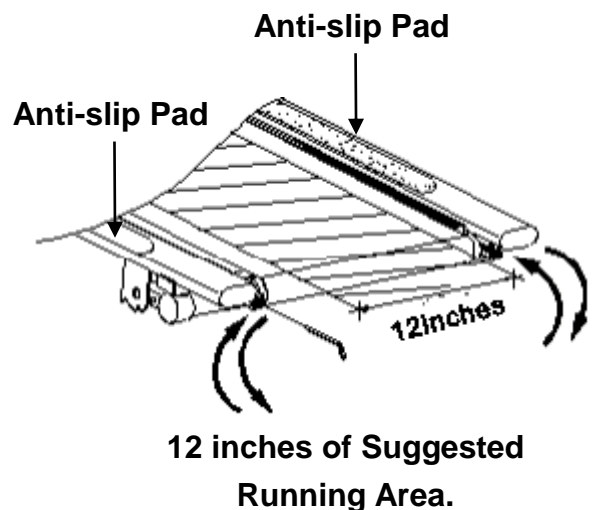
Adjusting the Incline

There are 3 incline angles (**A: 8%**, **B: 10%**, **C: 12%**) that the incline adjuster can be set to. Place one hand on the rear end of the main frame, then lift the rear end of the main frame up and use your other hand to the Incline adjuster to the desired position.



About the Running Belt Keeping the Belt aligned

This belt is 16 inches wide. It is recommended that the user's footsteps stay on the central 12 inches area. This will prevent the belt from shifting off the center. Note: Continuously stepping on the edge of the Belt will cause the Belt to shift to either side of the bed.



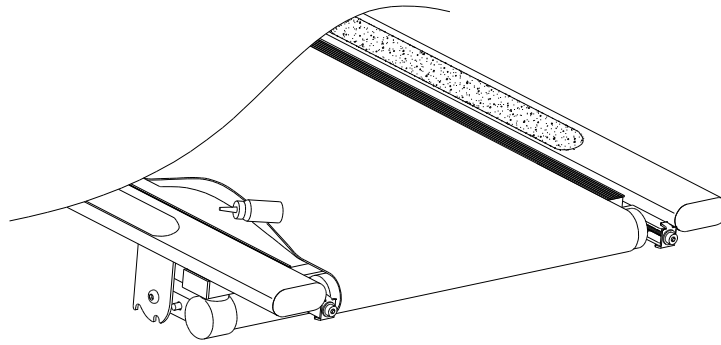
ADJUSTMENTS

Adjusting the Running Belt

1. The running belt is initially set and adjusted at the factory. However it may come loose during transportation and/or during use. After prolonged use, the belt will begin to stretch out.
2. If the running belt begins to shift to either left or right side, the user can stand on the Anti-slip Pads and hold the handlebar with both hands. Then use your right or left foot to run on the side of the running belt that is opposite to the direction of the slip.
3. If the belt begins to slip to the left use your right foot on the right side. You should see the belt start to correct itself by moving back towards the center.
4. However, if the running belt is still shifting away from center, use the 5mm Allen Wrench provided and turn the left or right Rear Roller Adjustment Bolt 1/2 turn in a clockwise direction (turn the same side bolt that matches the direction of the slip).

Then try running on the center of the running belt again. If the running belt is still shifting away from center, turn the same Rear Adjustment Bolt another 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back towards the center. Repeat this procedure until the running belt is centered. If the running belt is slipping during use, then use the 5mm Allen Wrench provided and turn both the left and right rear roller adjustment bolts 1/4 turn in the clockwise direction. You should now run on the running belt to determine if the running belt is still slipping. Repeating the above procedure until the running belt is not slipping.

LUBRICATION



The treadmill has already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt. There will be no need to re-spread the oil in normal circumstances. "Silicone Oil" may be re-spread once the resistance has been increased and the running belt starts rubbing against the running deck. To 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 will be damaged. Do not over-lubricate the running deck. Excess lubricant should be wiped off with a clean towel.

TROUBLE SHOOTING

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

SOLUTION: Refer to the “Adjustments” section on page 15.

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 dead.

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

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

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

SOLUTION: Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

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

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

MAINTENANCE

Cleaning

The magnetic treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the magnetic 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. Please keep the magnetic treadmill, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts on the machine for proper tightness every week.

Storage

Store the magnetic 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	2 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