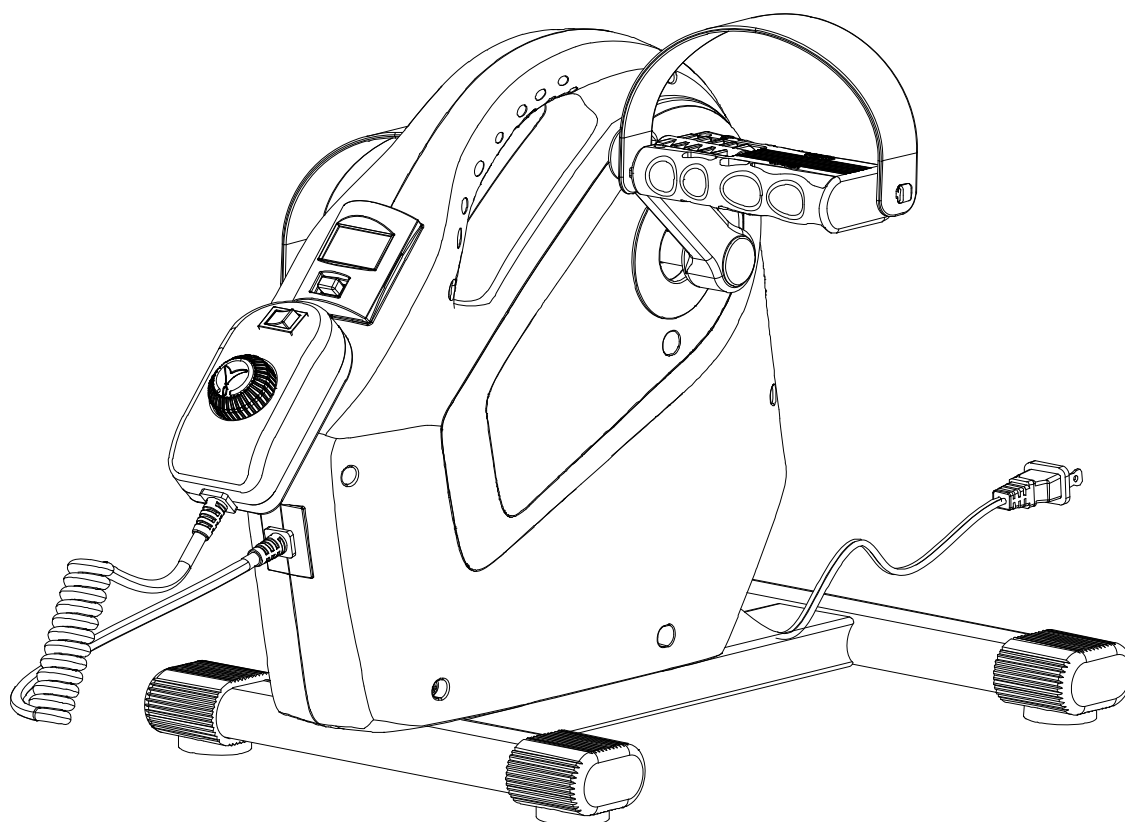


ACTIVcycle



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

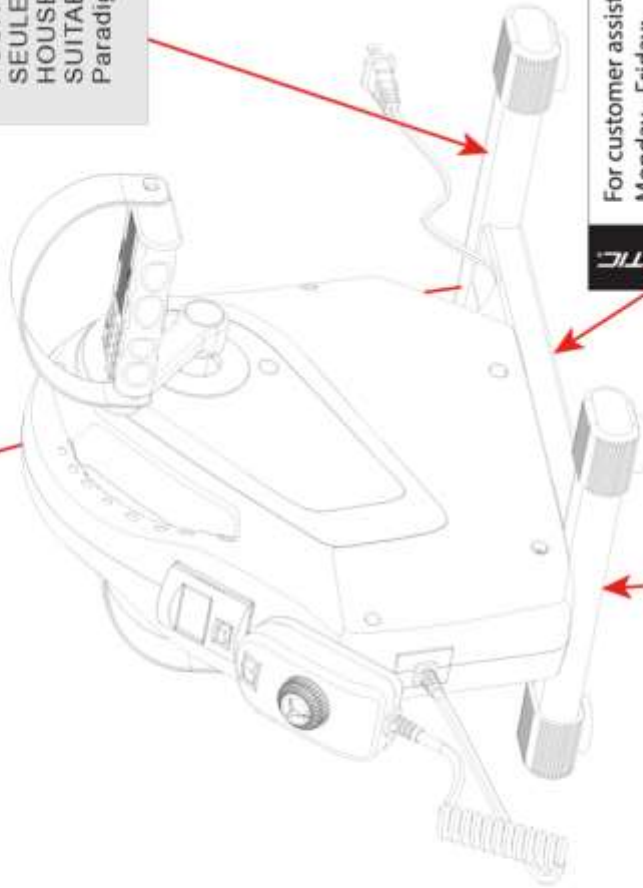
LABEL PLACEMENT

WARNING

For seated position use only.
Power cord must be plugged
into a power outlet before use.

AVERTISSEMENT

Pour une utilisation en position assise seulement.
Le cordon d'alimentation doit être branché dans
une prise de courant avant de l'utiliser.



ActivCycle

MODEL: 4107

RATING: 120Vac 12W 60Hz

DATE CODE:

SERIAL NO.:

POUR USAGE DOMESTIQUE

SEULEMENT

HOUSEHOLD USE

SUITABLE FOR DRY LOCATION ONLY

Paradigm Health & Wellness Inc.



Intertek

3169836

CONFORMS TO ANSI/UL

STD. 1647

CERTIFIED TO CAN/CSA

C22.2 NO.68

EXERPEUTIC

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:

Item #: 4107

Motorized ACTIVcycle

120 VAC - 60 Hz - 12W

MADE IN CHINA

D'article: 4107

Motorisé ACTIVcycle

120 VAC - 60 Hz - 12 W

FABRIQUÉ EN CHINE



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

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 ACTIVcycle is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Before using ACTIVcycle, we recommend doing warm ups and stretching of the major muscle groups.
4. Only one person should be using ACTIVcycle at a time.
5. Never operate ACTIVcycle 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 ACTIVcycle on a clear and level surface.
7. For household use only.
8. Do not use outdoors or near water.
9. Use ACTIVcycle 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. Set up ACTIVcycle as directed in Set Up instructions and place unit on level, non-slip surface.
15. Do not stand on the ACTIVcycle, only exercise in seated position.
16. Keep a minimum safety clearance during operation.
17. The ACTIVcycle is designed as a home use exercise device. User must have full control of their muscles to operate this unit. **It may not be suitable for people who are quadriplegic or paraplegic.** Please consult your doctor or physician.
18. Keep a minimum safety clearance during operation. The ACTIVcycle is designed as a home use exercise device. User must have full control of their muscles to operate this unit. **It may not be suitable for people who are quadriplegic or paraplegic.** Please consult your doctor or physician.
19. Exercise equipment is to be regularly inspected for maintenance for loose or broken parts.
20. **DO NOT** pedal in reverse.
21. This product requires a minimum of 6 square feet of space for safe operation.
22. **ASSEMBLE ALL PARTS AND HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
23. **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.
24. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
25. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.

IMPORTANT SAFETY GUIDELINES

26. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
27. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself.
Discontinue use and contact customer service.
28. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using the Bike.

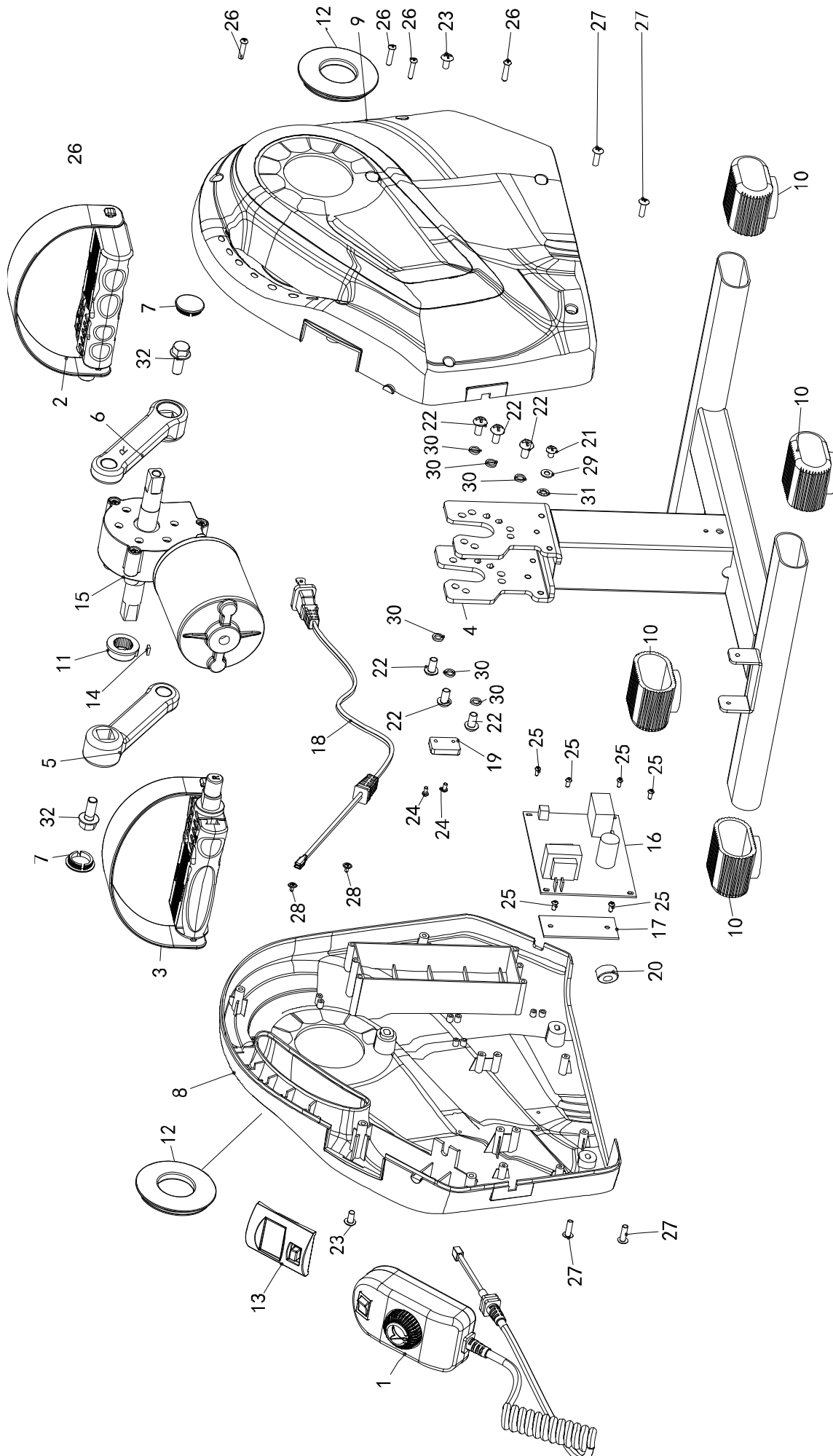
Talk to your Doctor before using this equipment if you have any of the following conditions or ailments: Pregnancy

- 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.

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

SAVE THESE GUIDELINES

OVERVIEW DRAWING

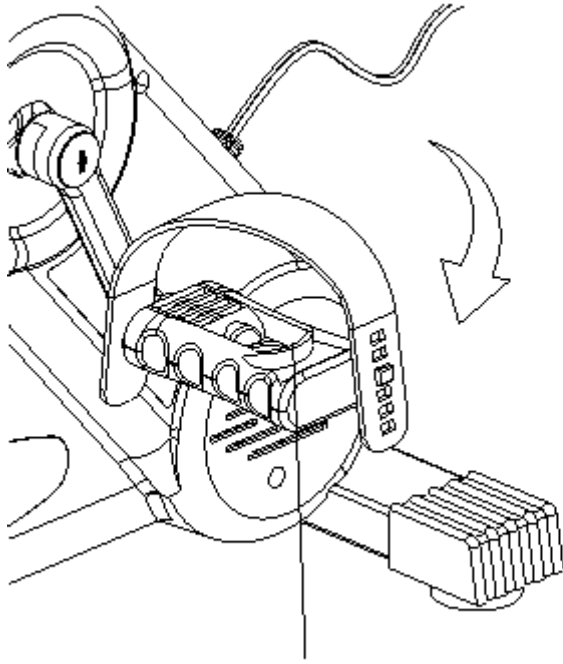


PARTS LIST

No.	Description	Qty
1	Controller	1
2	Left Pedal	1
3	Right Pedal	1
4	Main Frame	1
5	Left Crank	1
6	Right Crank	1
7	Crank Cap	2
8	Left Cover	1
9	Right Cover	1
10	End Cap	4
11	Magnet Bracket	1
12	Cover Cap	2
13	Console	1
14	Magnet	1
15	Motor	1
16	Power Control Board	1

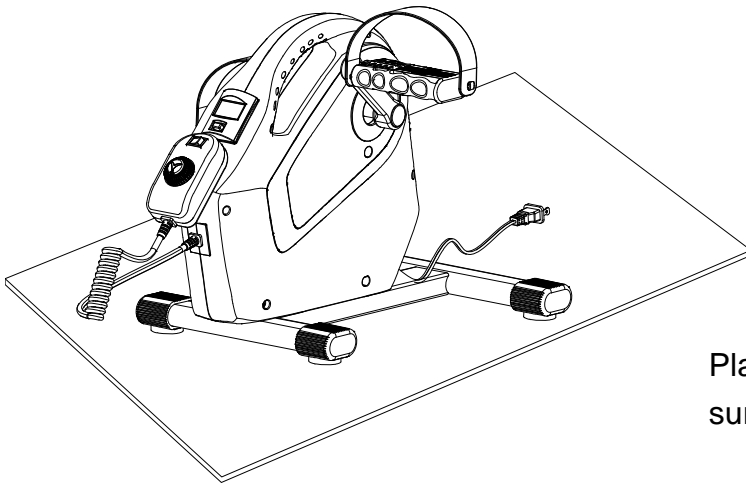
No.	Description	Qty
17	Filter	1
18	AC Power Cable	1
19	Square Sensor	1
20	Magnet Ring	1
21	Phillips Screw M5x6	1
22	Phillips Screw M6x12	6
23	Phillips Screw M5x10	2
24	Self-Tapping Screw ST2.9x6.0	2
25	Self-Tapping Screw ST2.9x6.0	6
26	Self-Tapping Screw ST2.9x6.0	4
27	Self-Tapping Screw ST4.2x15.0	4
28	Self-Tapping Screw with Flat Washer ST2.5x6.5	2
29	Flat Washer $\Phi 5.1 * \Phi 10.3 * T0.8$	1
30	Spring Washer $\Phi 6.1 * \Phi 9.3 * T1.6$	6
31	Inner Tooth Washer $\Phi 5.3 * \Phi 10.0 * 0.6T$	1
32	Flange Bolt M8x20	2

SET UP



Locking Lever

Pull Locking Lever fully to unlock the Left and Right Pedals (2), (3) to unfold the pedals.



Place the ACTIV cycle on a level surface on the non-slip mat.



Make sure the controller is set to off position before you Plug the power cord into an electrical outlet.

HOW TO USE

CONTROLLER



ACTIV cycle is on a 15-minute timer after turned on.
Turn power switch OFF and ON again to restart the 15-minute timer.

Speed control knob.
Turn knob clockwise to increase speed.

For the first two weeks, you should begin with 5-10 minutes once a day at a low speed. After the first two weeks, you can increase the time on the device to 15-20 minutes as you become more accustomed to the exercise. The speed can also be increased to the high setting once you have adapted to the device. Longer periods of exercise will result in greater gains for you.

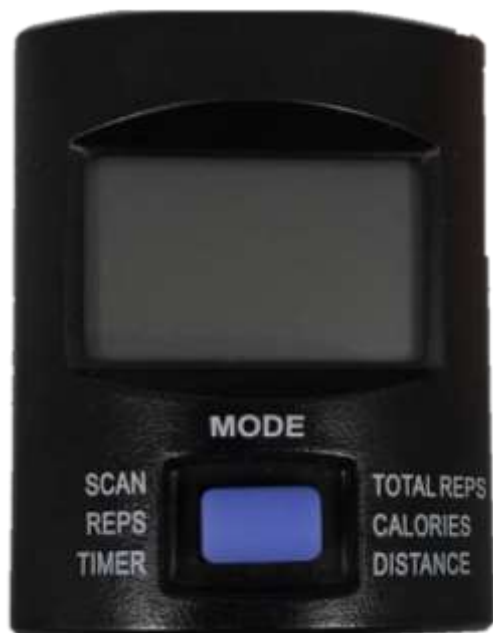
NOTE* You can use the machine with **ONE** leg at a time if you would like to. Depending on how much strength you have in the **LEG** you wish to workout, will depend on your starting **SETTING**. Place your desired foot into the pedal strap.

There 9 **BLOCKS** around the speed setting wheel.

1. Start by adjusting the arrow on the dial to the 3rd block.
2. Turn the switch to the "ON" position. The motor will begin to turn. Wait as the motor will work your leg up by lifting it up and letting it come down and then lifting it up again. This may take 3 times to get going. IF NOT.
3. Adjust the arrow to the 4th BLOCK on the DIAL. Try the method from step 2 again. This time you will feel more power. It may take the more 3 times to begin repetitive rotations, IF not.
4. Adjust the arrow to the 5th BLOCK on the dial and try the method from step 2 again. If not.
5. Keep adjusting the dial until the machine gets your leg moving. PLEASE FOLLOW THIS METHOD, It will make sure you start slow and work your way up at an easy pace.

CONSOLE

DISPLAY



Display function:

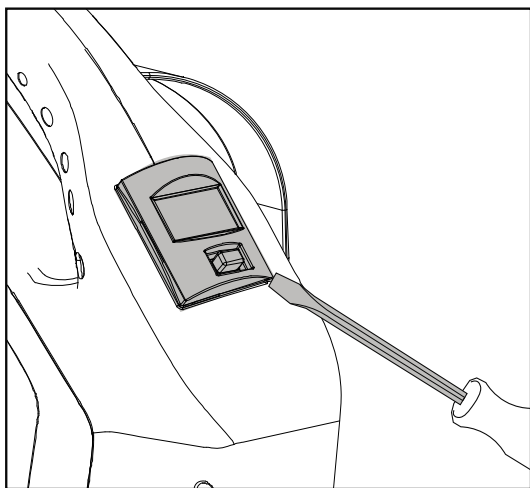
Scan	Displays each function for 3 seconds.
Reps	Repetitions, each cycle counts as one repetition.
Timer	Counts up the time.
Total Reps	Accumulation of repetitions of exercise sessions.
Calories	Estimated calories burn during exercise.
Distance	Estimated distance travel during exercise.

To select function display: Press MODE button.

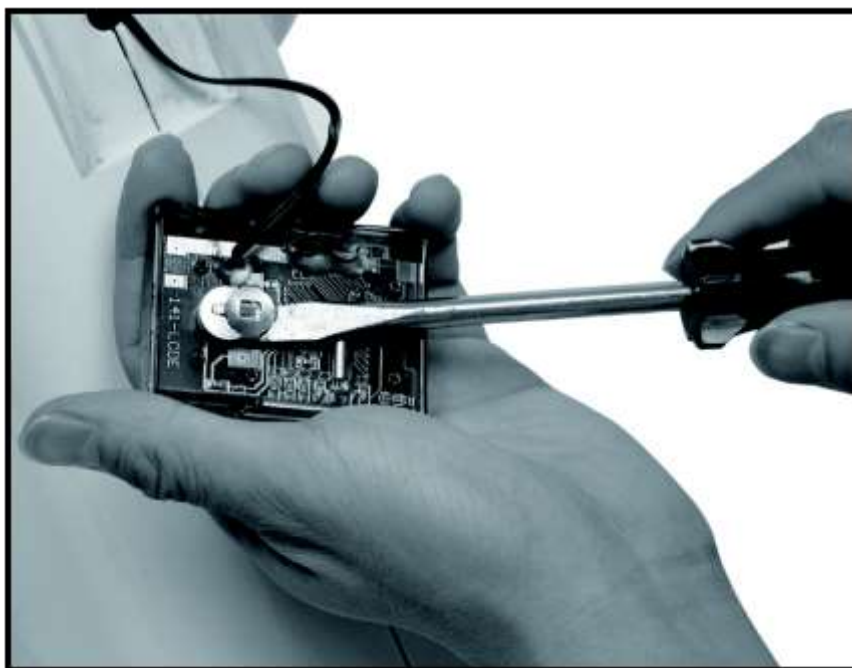
Press and hold MODE button for 5 seconds to reset function values except the function of Total Reps.

BATTERY REPLACEMENT

Remove the Display by using a flat screw driver.



Remove the battery with the screw driver.
Replace with a new LR44 button cell battery.
Make sure that you are NOT pushing the battery into another component. Make sure that the battery has clearance on the side it is coming out of.



WORKOUT PRINCIPAL

Workout Factors

1. Personal goals includes shaping, strengthening, available time, present fitness level, previous injuries, and cardiovascular. By using the ACTIV cycle correctly and on a regular basis, you can achieve your goals.
2. Available time is one of a major element in determining what we do in our daily lives. If you can only exercise for 15 minutes, develop a 15 minute program with the ACTIV cycle.
3. Exercising and working out on the ACTIV cycle should be an enjoyable part of your daily life.
4. Focus on the exercises for your muscles work. No matter what your level of fitness, you can complete each exercise in a short range of time and sense the increase level of strength and endurance.
5. Always start your exercise slowly to warm up muscles.
6. The ACTIV cycle provides you with bio-mechanically correct exercises. The design of the ACTIV cycle allows you to exercise your muscles with movements that are natural and efficient.
7. Being exercise specific is the common sense approach to exercise or training. For example, a marathon runner concentrates on long distance endurance training and does not practice starting. A sprinter, on the other hand, practices starting but does not run 10 miles a day. Practice doesn't make perfect, perfect practice makes perfect. Tailor your workouts to achieve your goals. Overall fitness and muscle balance is important for a healthy lifestyle and injury prevention.

The Overload Principal

In order for you to strengthen your body, you must develop a series of exercise workouts each day. When you work out on a regular basis, your body specifically your muscles, adjust to the new level of work. It's called increasing local metabolic efficiency. As a result, your muscles work better and you get stronger. If you keep working at the same level of metabolic efficiency, you can't improve muscle efficiency. So from time to time you need to increase the frequency and/or duration of the exercise. Thus, in order to improve your fitness level, you must progressively increase your work load to reach your personal goal.

How to use your ACTIV cycle

The ACTIV cycle can only be used after the power cord is plugged into the electrical outlet. Do NOT use the ACTIV cycle without the power plugged in as this will damage the equipment. When using it with the power-on (motor assisted), the proper way to exercise is to set the desired speed by using the controller, and then following that speed to get the best results. Peddling at excessive speeds or applying excessive force will activate the overload protection circuitry to stop the motor (to allow user pull out their feet/hands). If the overload situation persists, it may cause motor damage.

Range of motion and flexibility

This device can be used both upper and lower body. As a lower body device, it works with passive motion to increase tone of the quadriceps muscles (muscles in the thigh) and circulate blood flow to the entire lower leg and foot. For upper body use, it perform as a resistance device allowing the user to use the pedals as hand grips to exercise the muscles of the arm (biceps, triceps, deltoids and the smaller muscles of the forearms).

Routine

People vary in how they adapt to repetitive exercises. In developing an exercise routine pay attention to how you feel especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially the next day. However, they should not hurt or cramp. No matter what the recommended exercise routine, never exercise beyond the point of discomfort.

EXERCISES



Leg Exercise

For use as a lower body device- secure the device on a nonslip surface prior to use, and sit comfortably in a chair with the device directly in front of you such that the knee joint is not flexed less than 90 degrees. It is important that the user use a rubber soled shoe when on this device so they do not slip off the pedals during the exercise.

WARNING

Do not stand on the unit to exercise, only exercise at seated position. Make sure the seat does not move or pivot. Do not sit in a chair with casters.



Arm Exercise

When using this device for upper body exercise- it should be placed directly in front of the user on a table top, and the user should be seated in a comfortable chair such that they can easily reach the pedals without hyperextending (over straightening) the elbow joint. **This** can be accomplished by either placing a seat cushion on top of the seat or by moving the device closer to the user.

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

(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