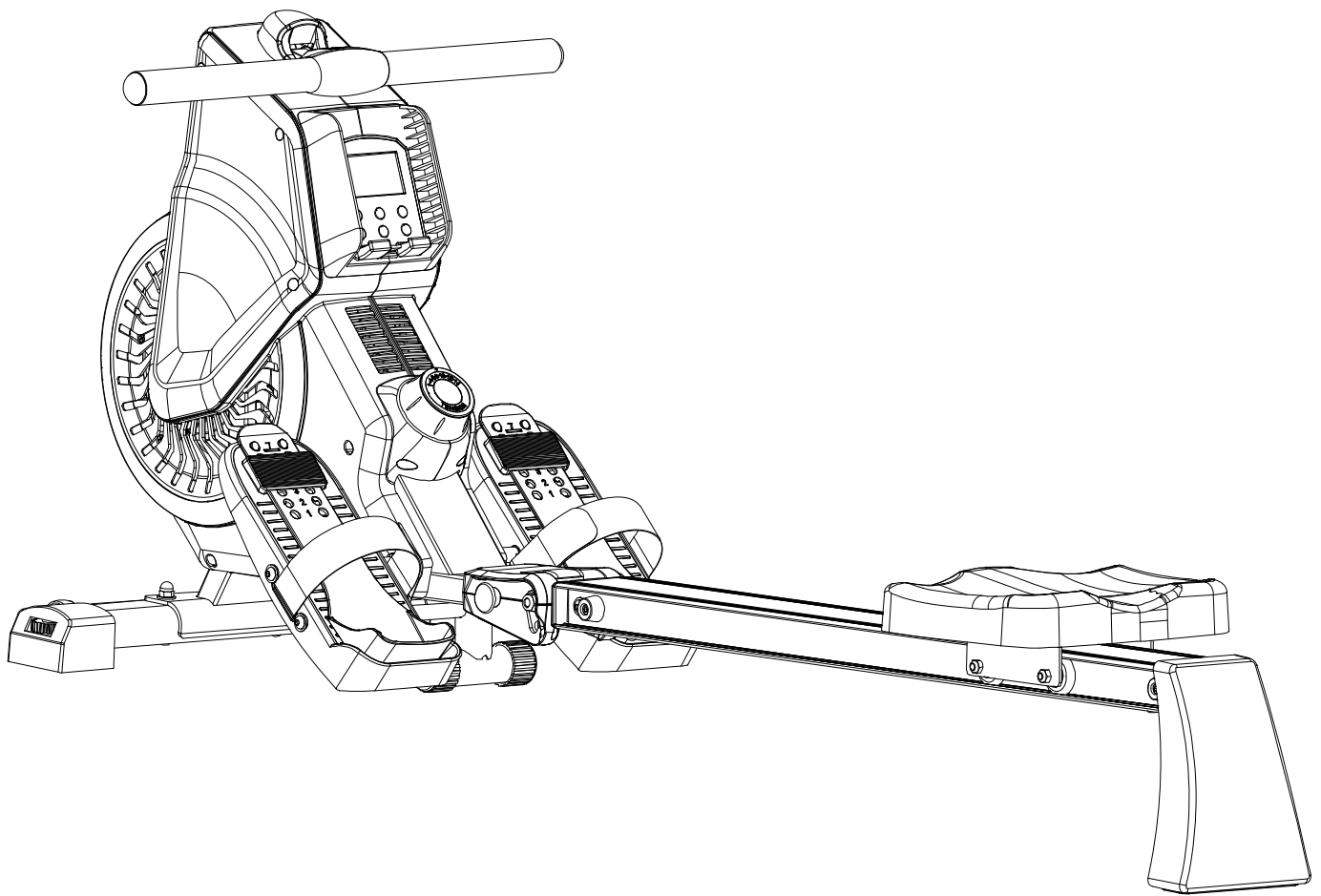


ROWING MACHINE



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

TABLE OF CONTENT

SERVICE	2
LABEL PLACEMENT.....	3
IMPORTANT SAFETY GUIDELINES	4
OVERVIEW DRAWING	5
PARTS LIST	6
HARDWARE PACK.....	8
ASSEMBLY	9
CONSOLE	15
TRANSPORTING.....	17
STORAGE	18
TROUBLESHOOTING & MAINTENANCE.....	19
WARRANTY	20
PARTS REQUEST FORM.....	21

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

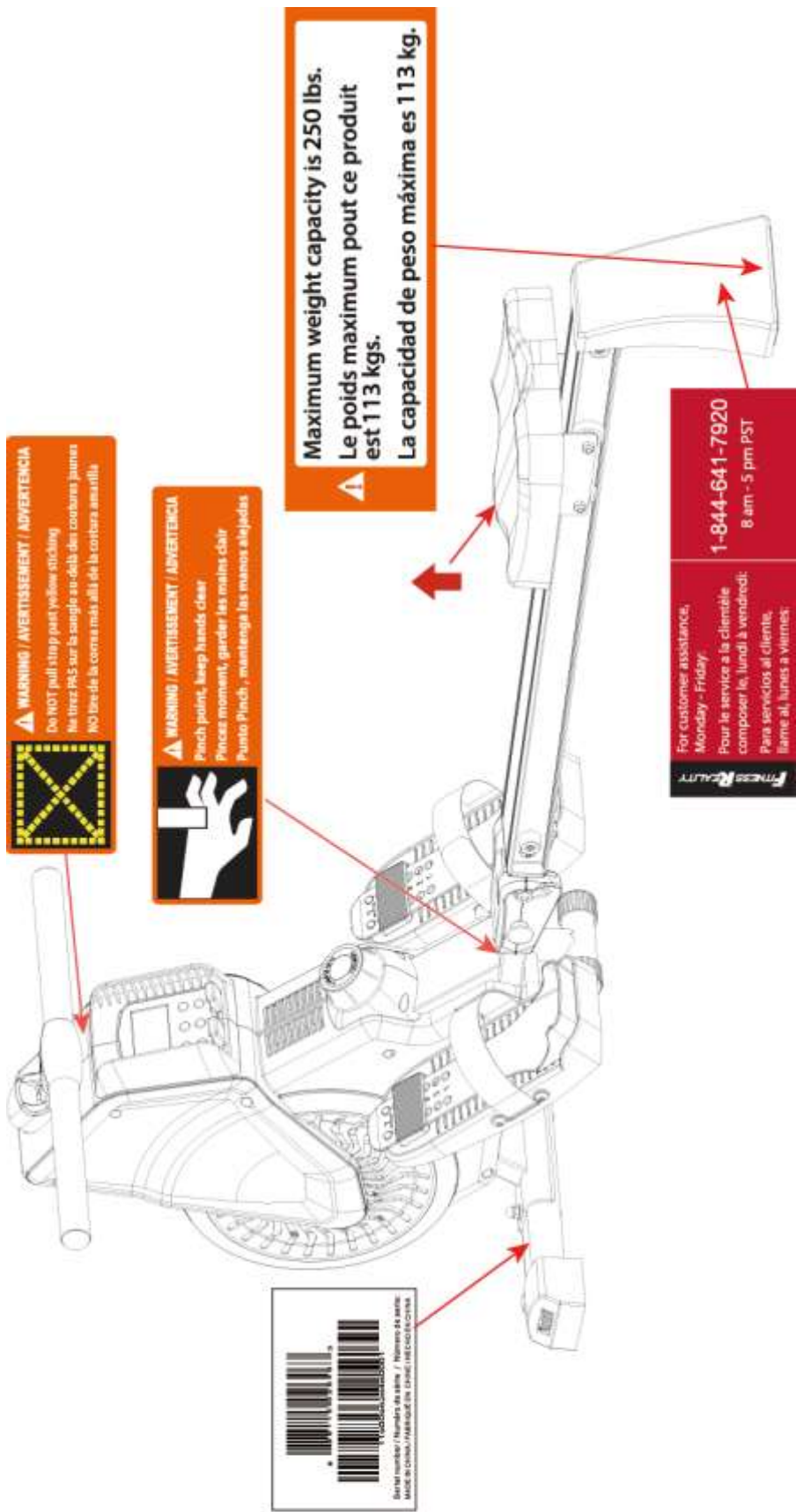
Please have the following information ready when requesting for service:

- 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



IMPORTANT SAFETY GUIDELINES

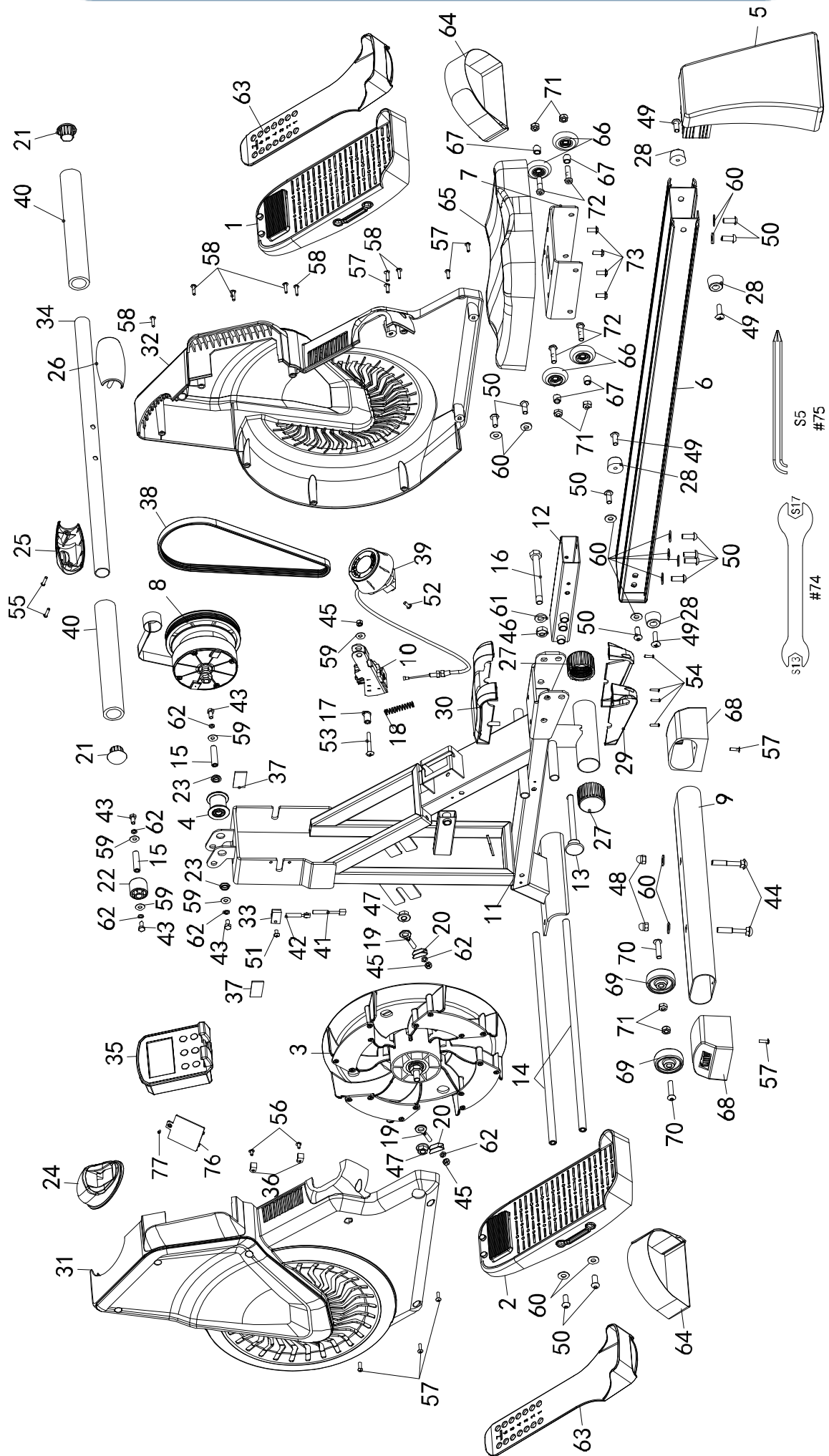
Read all instructions before using the Rower. Basic precautions should always be followed.

WARNING - To reduce the risk of injury to persons, read the following:

1. Be sure all screws, nuts, and bolts are tightened prior to use.
2. Before using this equipment, we recommend doing warm ups.
3. Only one person should be using the equipment at a time.
4. Never operate this **Rower** if it is not working properly, has been dropped, or damaged. If a problem is encountered, contact Customer Service before using the **Rower** again.
5. Always use this equipment on a clear and level surface.
6. It is recommended that you place this exercise equipment on an equipment mat.
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. Keep children and pets away from equipment when in use.
14. For any problems, contact Customer Service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
15. This product requires a minimum of 6 square feet of space for safe operation.
16. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS.**
Serious bodily injury can occur if this equipment is not assembled and used correctly.
17. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the equipment.
18. **Warning:** - Risk of Personal Injury - Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
19. **Warning:** **Consult your physician before beginning any exercise program. This is especially important for people who have pre-existing health problems. Talk to your Doctor before using the equipment if you have any of the following conditions or ailments:**
 - Extreme obesity
 - Glaucoma, retinal detachment or conjunctivitis
 - Pregnancy
 - Spinal injury, Cerebral Sclerosis, or acutely swollen joints
 - Middle ear infection
 - High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
 - Heart or circulatory disorders for which you are being treated
 - Hiatus hernia or Ventral hernia
 - Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
 - Use of anti-coagulants including Aspirin in high doses

**The maximum weight capacity for this product is 250 lbs / 113 kg.
DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Right Pedal	1
2	Left Pedal	1
3	Fan Plate	1
4	Rolling Wheel	1
5	Rear Stabilizer	1
6	Slide Tube	1
7	Seat Plate	1
8	Strap and Pulley Set	1
9	Front Stabilizer	1
10	Magnet	1
11	Main Frame	1
12	Bushing	1
13	Safety Pin $\Phi 10 \times 105$	1
14	Pedal Axle	2
15	Wheel Axle	2
16	Connecting Shaft M10*102	1
17	Axle	1
18	Spring	1
19	Eye Bolt	2
20	U-Bracket	2
21	End Cap	2
22	Wheel	1
23	T Washer	2
24	Top Cover	1
25	Front Handlebar Cover	1
26	Rear Handlebar Cover	1
27	Foot Stabilizer End Cap	2
28	Buffer	4
29	Lower Slide Tube Cover	1
30	Upper Slide Tube Cover	1

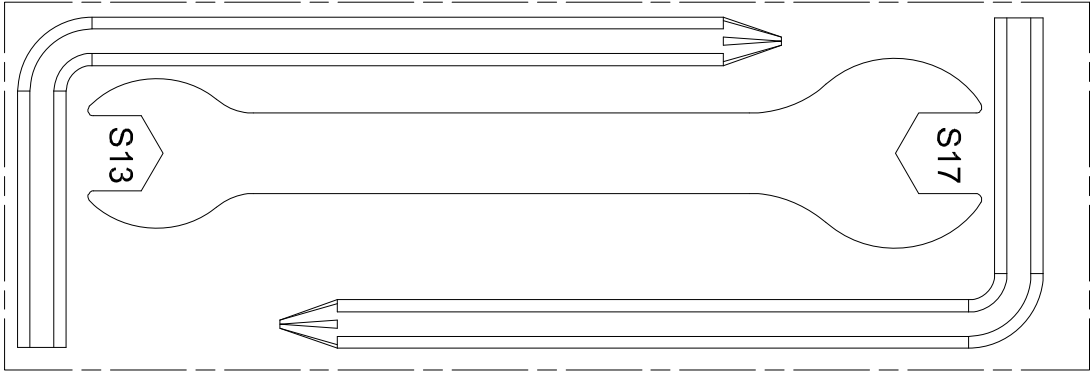
No.	Description	Qty
31	Left Cover	1
32	Right Cover	1
33	Sensor Bracket	1
34	Handlebar	1
35	Console	1
36	Wire Clip $\Phi 1/8$ "	2
37	EVA Rubber Pad	2
38	Belt 280J6	1
39	Tension Knob	1
40	Foam Grip	2
41	Sensor A	1
42	Sensor B	1
43	Hex Bolt M6x12	4
44	Carriage Bolt M8x55	2
45	Lock Nut M6	3
46	Lock Nut M10	1
47	Flange Nut M10	2
48	Cap Nut M8	2
49	Phillips Screw M6x25	4
50	Hex Bolt M8x20	12
51	Screw M5x10	1
52	Screw M5x12	1
53	Screw M6x45	1
54	Self-Tapping Screw ST2.9x15	4
55	Self-Tapping Screw ST4.2x20	2
56	Flat Head Tapping Screw ST4.2x10	2
57	Flat Head Tapping Screw ST4.2x15	8
58	Flat Head Tapping Screw ST4.2x20	7
59	Flat Washer $\Phi 6.5 \times \Phi 16.0 \times T1.0$	5
60	Flat Washer $\Phi 8.4 \times \Phi 19.0 \times T1.6$	14

PARTS LIST

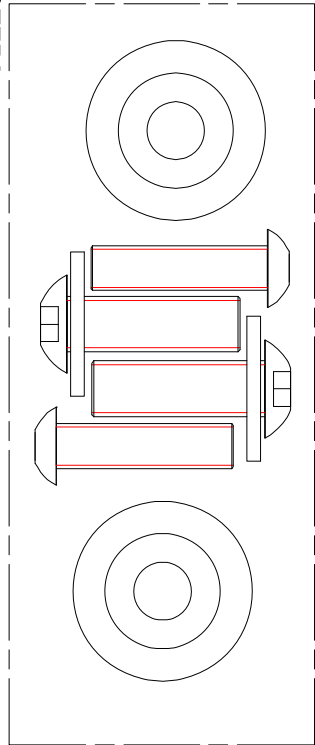
No.	Description	Qty
61	Flat Washer $\Phi 10.5 \times \Phi 20.0 \times T3.0$	1
62	Spring Washer $\Phi 6.1 \times \Phi 9.3 \times T1.6$	6
63	Adjustable Pedal	2
64	Pedal Strap	2
65	Seat	1
66	Wheel	4
67	Bushing	4
68	Front Stabilizer End Cap	2
69	Transporting Wheel	2

No.	Description	Qty
70	Hex Bolt M8x35	2
71	Lock Nut M8	6
72	Round Head Hex Bolt M8x30	4
73	Screw M6x15	4
74	Open Wrench	1
75	5mm Allen Wrench	2
76	Battery Cover	1
77	Screw	1

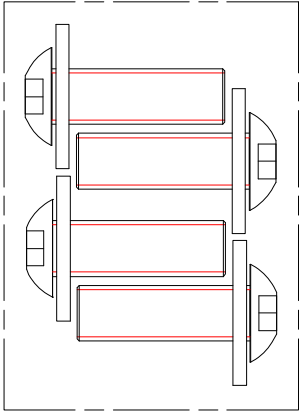
2646-Hardware Pack



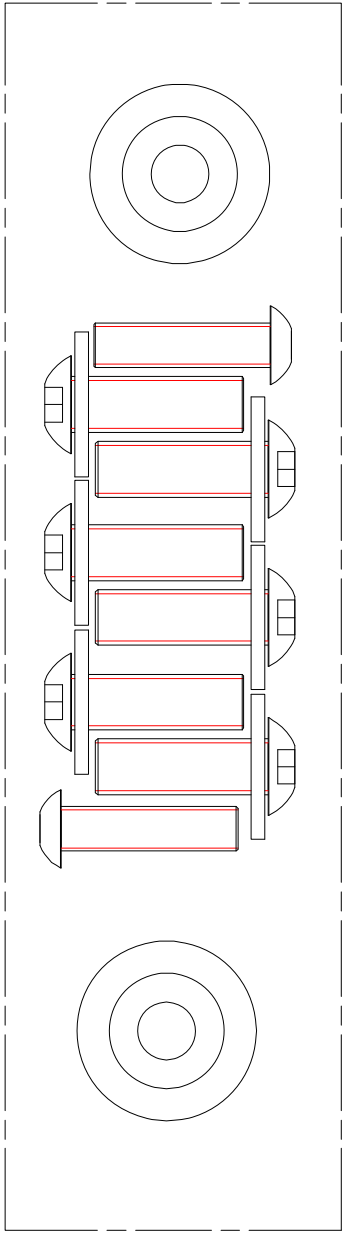
(75)5mm Allen Wrench 1w
Phillips Screwdriver 2PCS
(74)Open Wrench 1PC



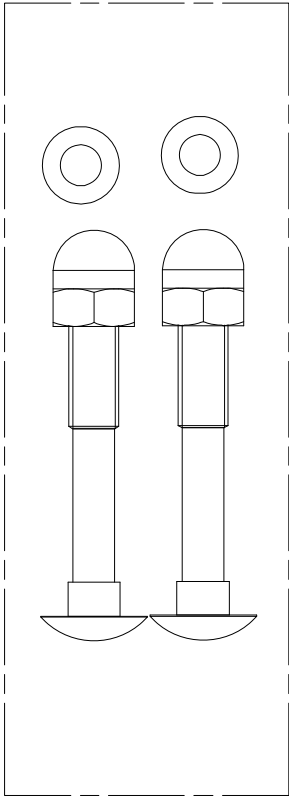
STEP3 (50)Hex Bolt 2PCS (49)Phillips Screw 2PCS
(60)Flat Washer 2PCS (28)Buffer 2PCS



STEP5 (50)Hex Bolt 4PCS
(60)Flat Washer 4PCS



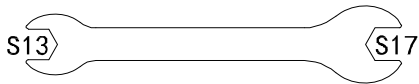
STEP2 (50)Hex Bolt 6PCS (60)Flat Washer 6PCS (49)Phillips Screw 2PCS (28)Buffer 2PCS



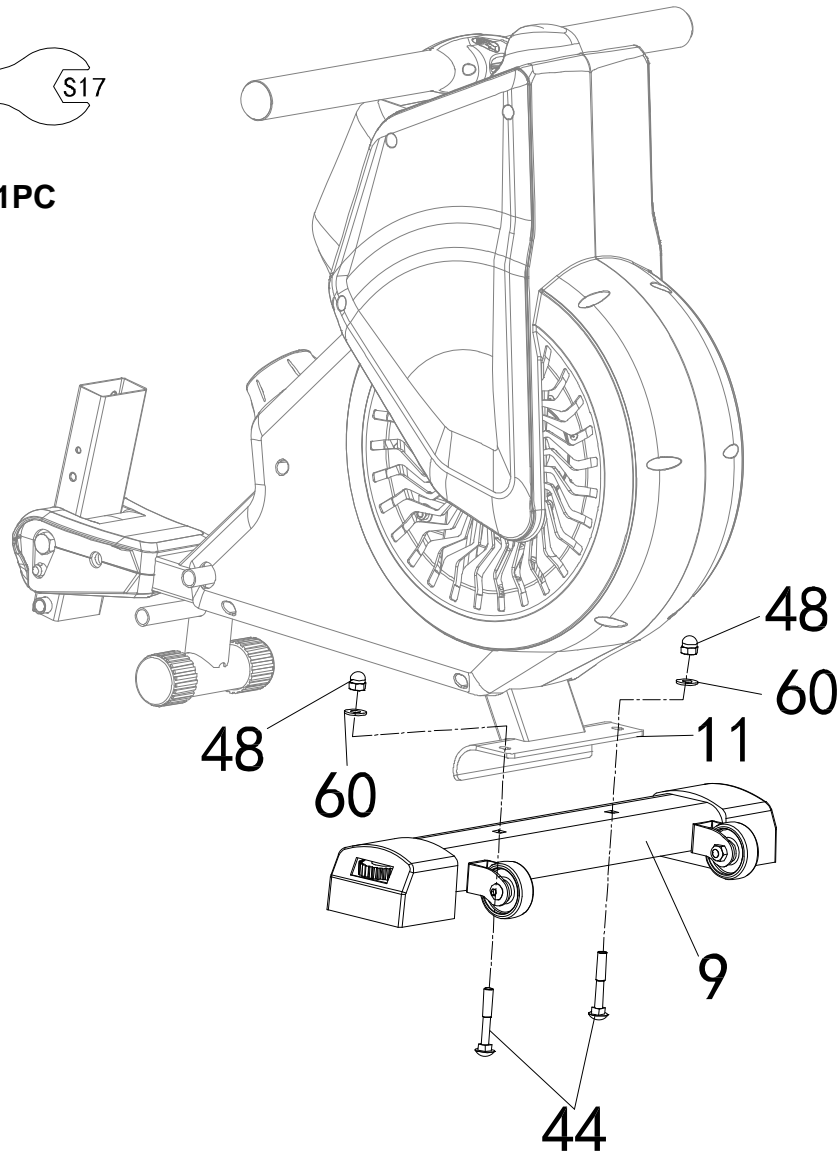
STEP1 (48)Cap Nut 2PCS (44)Carriage Bolt 2PCS
(60)Flat Washer 2PCS

ASSEMBLY

Tool:



Open Wrench 1PC

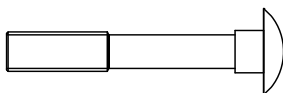


Step 1

1A. Installing the Front Stabilizer

Attach the **Front Stabilizer (9)** onto the **Main Frame (11)** with two **Carriage Bolts (44)**, two **Flat Washers (60)** and two **Cap Nuts (48)**. Tighten using the **Open Wrench** provided.

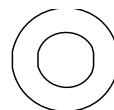
Hardware:



(44) Carriage Bolt
2 PCS

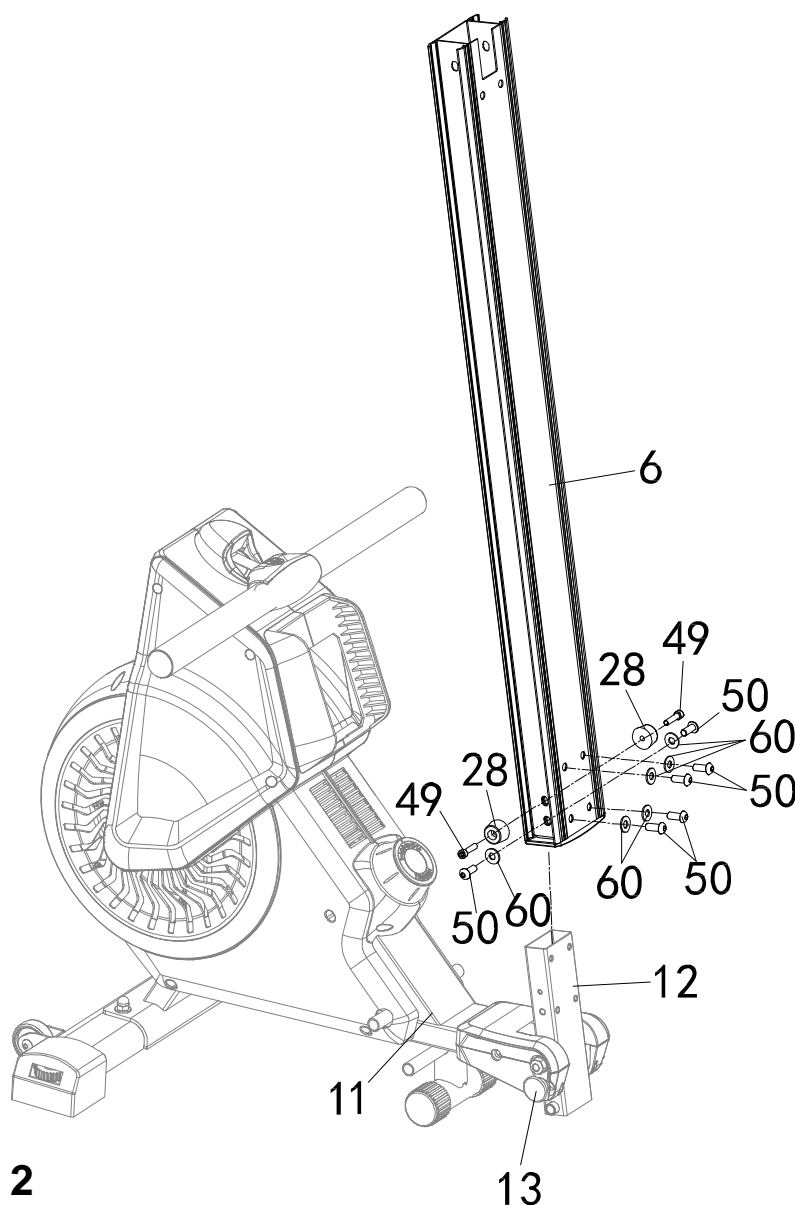


(48) Cap Nut
2 PCS



(60) Flat Washer
2 PCS

ASSEMBLY



Tool:



**5mm Allen Wrench /w Phillips
Screwdriver 1PC**

Step 2

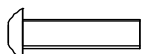
2A. Installing the Slide Tube

Insert the **Safety Pin (13)** into the **Main Frame (11)** to secure the **Bushing (12)** in place. Insert the **Slide Tube (6)** onto the **Bushing (12)** on the **Main Frame (11)** with two **Buffers (28)**, two **Phillips Screw (49)**, six **Hex Bolts (50)** and six **Flat Washers (60)**. Tighten using the **5mm Allen Wrench /w Phillips Screwdriver** provided.

Hardware :



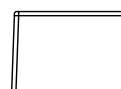
**(50) Hex Bolt
6 PCS**



**(49) Phillips Screw
2 PCS**

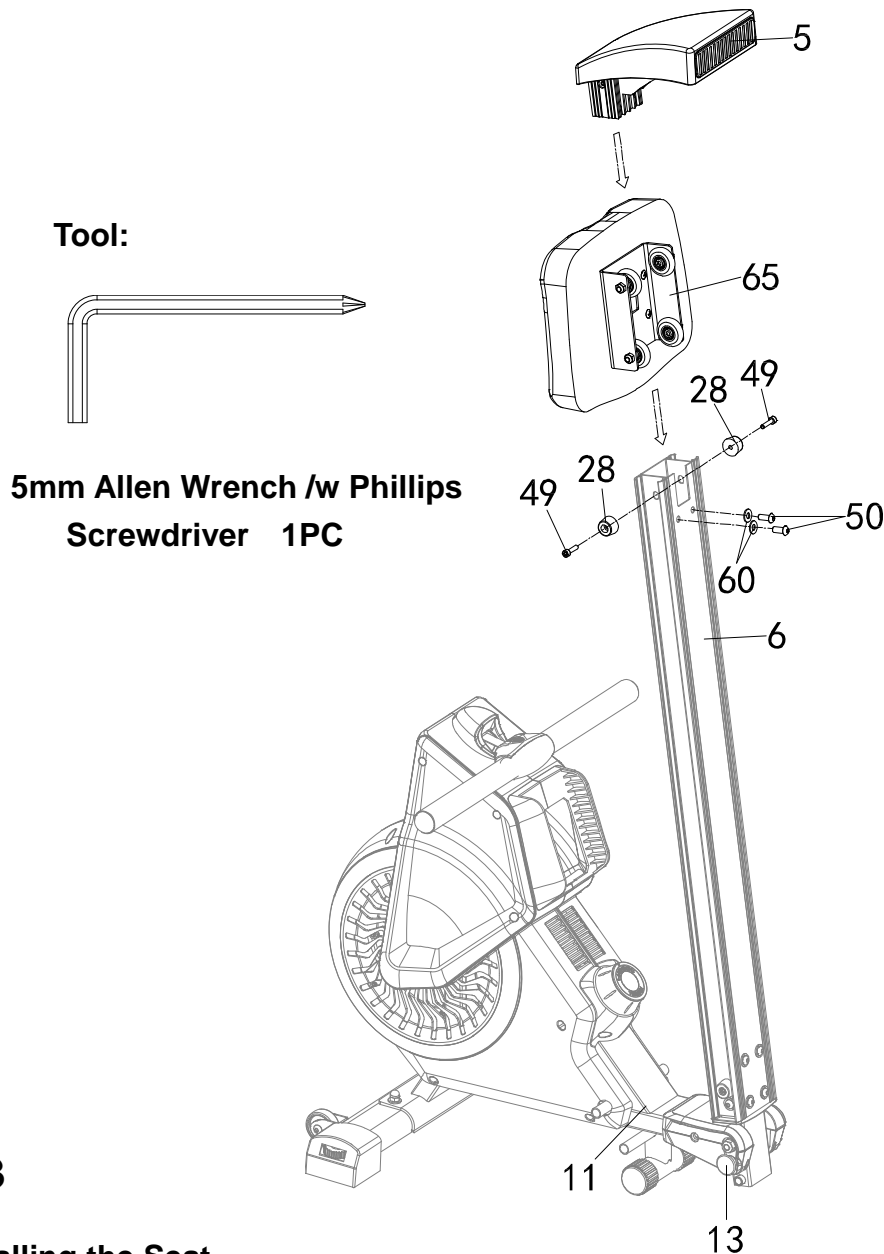


**(60) Flat Washer
6 PCS**



**(28) Buffer
2 PCS**

ASSEMBLY



Step 3

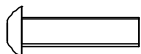
3A. Installing the Seat

Insert the **Seat (65)** and **Rear Stabilizer (5)** into slide tubes on the **Main Frame (11)**. Insert two **Buffers (28)**, two **Phillips Screw (49)**, two **Hex Bolts (50)** and two **Flat Washers (60)** into the slide tubes on the **Main Frame (11)**. Tighten using the **5mm Allen Wrench /w Phillips Screwdriver** provided.

Hardware :



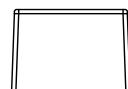
(50) Hex Bolt
2 PCS



(49) Phillips Screw
2 PCS

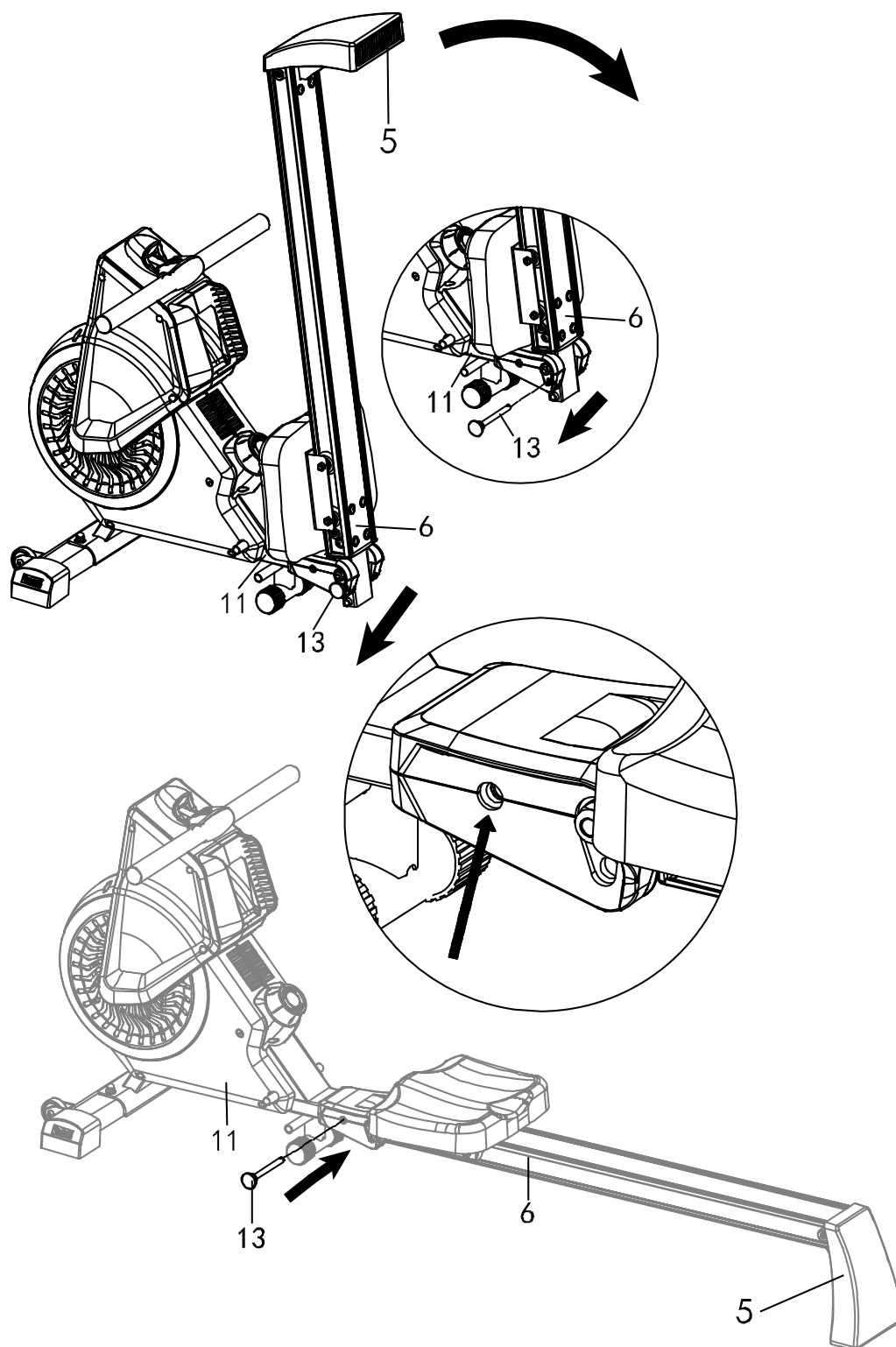


(60) Flat Washer
2 PCS



(28) Buffer
2 PCS

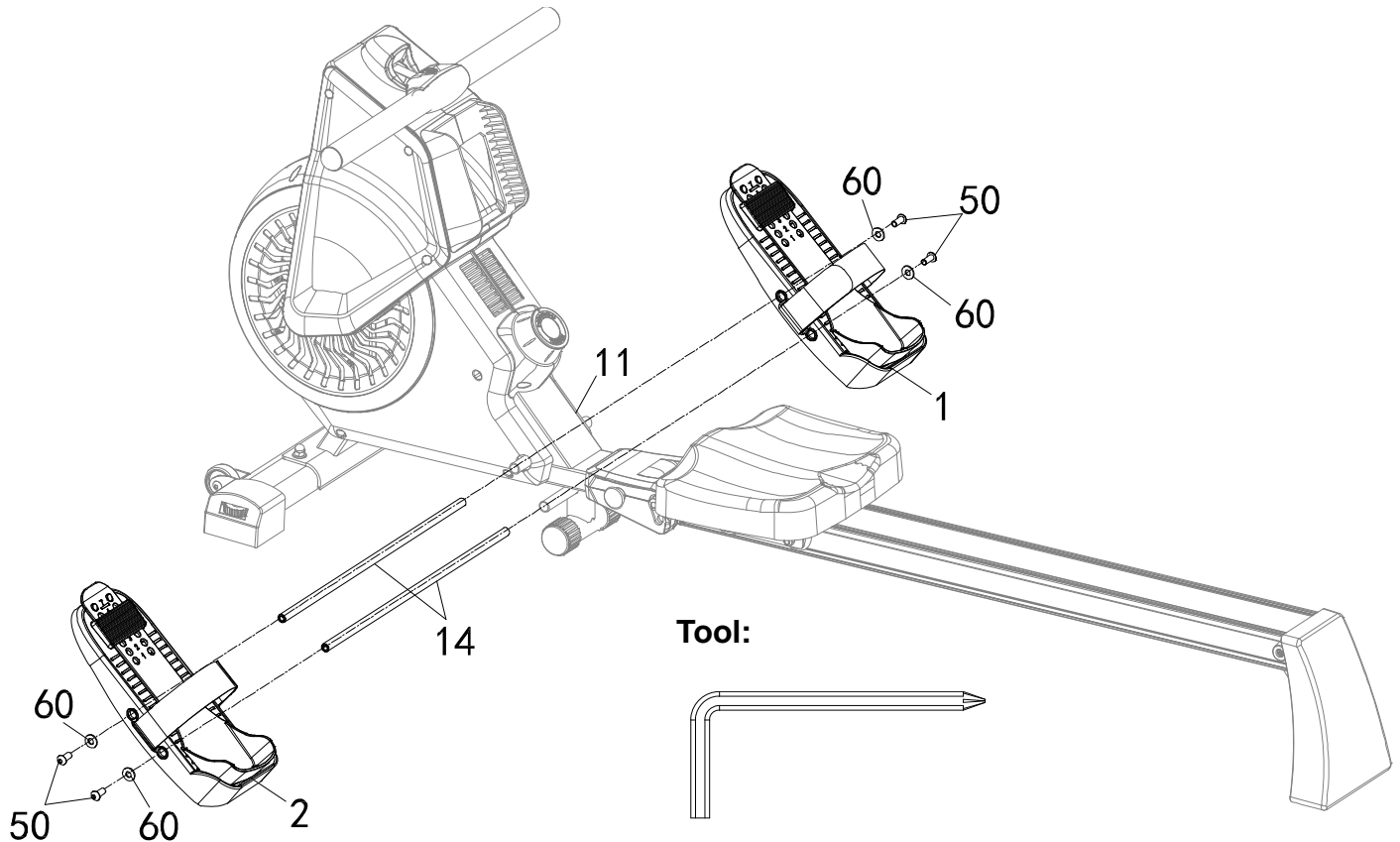
ASSEMBLY



Step 4

Hold the **Rear Stabilizer (5)** and Pull out the **Safety Pin (13)** from the **Main Frame (11)**. Lower the **Rear Stabilizer (5)** until it makes contact with the floor as shown. Lift the **Main Frame (11)** and **Slide Tube (6)** to align the holes and insert the **Safety Pin (13)** into the hole on the **Main Frame (11)**.

ASSEMBLY



Tool:

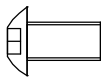
5mm Allen Wrench /w Phillips
Screwdriver 2PCS

Step 5

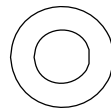
5A. Installing the Pedals

Insert two **Pedal Axles (14)** onto the **Main Frame (11)**, and insert the **Left and Right Pedals (2)&(1)** onto the **Pedal Axles (14)**. Tighten with four **Hex Bolts (50)** and four **Flat Washers (60)** by using **5mm Allen Wrench /w Phillips Screwdrivers** provided.

Hardware :



(50) Hex Bolts
4 PCS



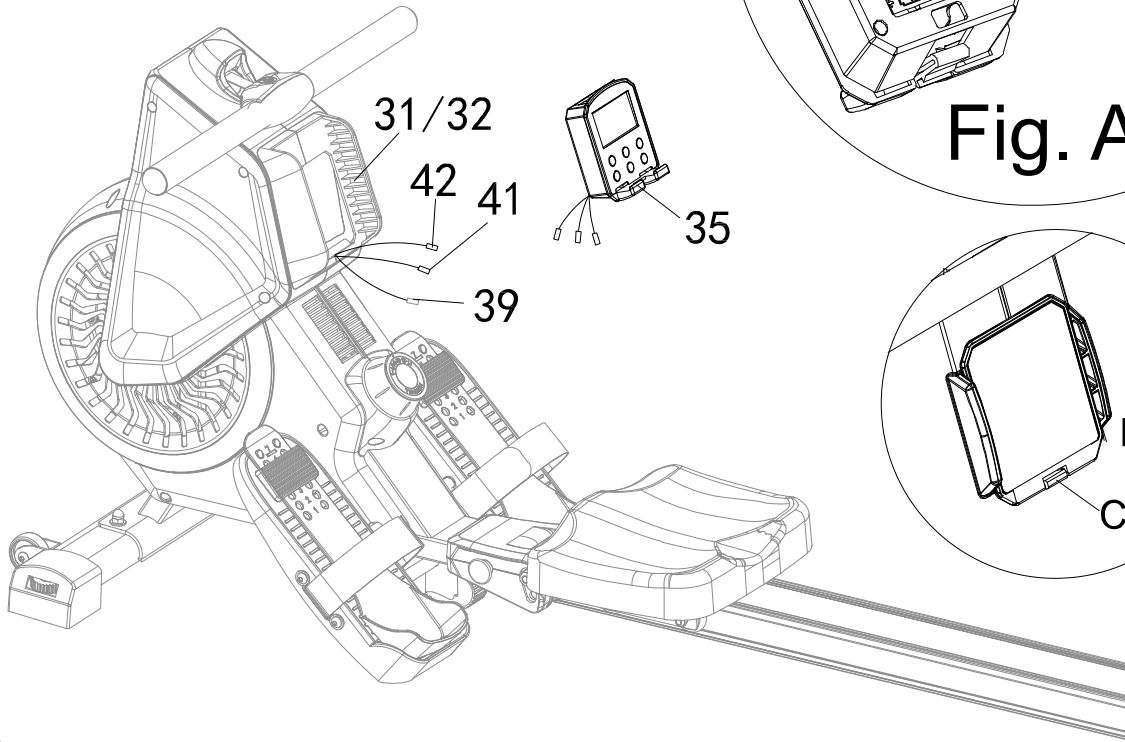
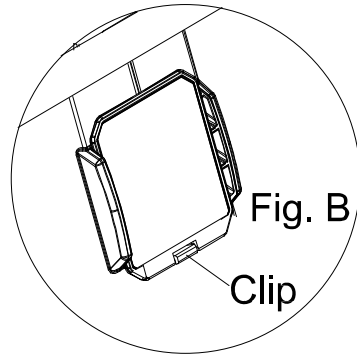
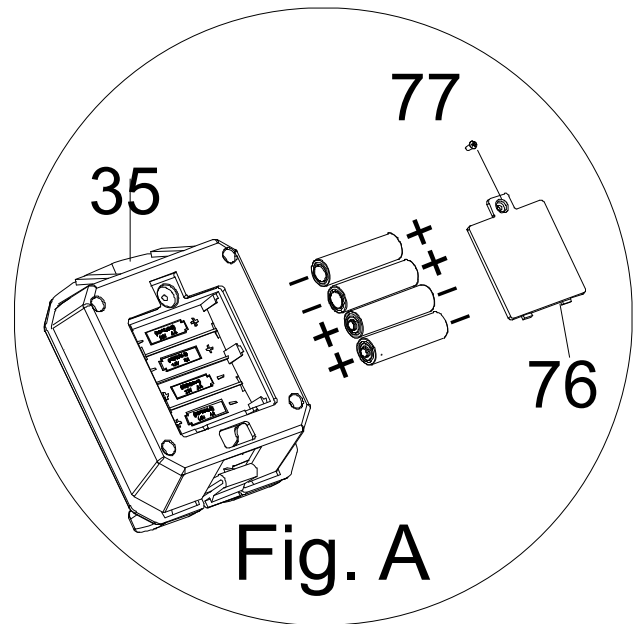
(60) Flat Washer
4 PCS

ASSEMBLY

Tool:



5mm Allen Wrench /w Phillips
Screwdriver 1PC



Step 6

6A. Installing the Console Batteries

Lift up on the **CLIP** shown in **FIG. B** and gently pulling the **Console (35)** out. **BE CAREFUL** when pulling the console out. There are three wires **Tension Knob (39)**, **Sensor A (41)** and **Sensor B (42)** attached to the backside.

Using the **5mm Allen Wrench /w Phillips Screwdriver** remove the **Screw (77)** from the **Battery Cover (76)** to open the **Console (35)**. Place 4 AA batteries into the console with the positive and negative poles as labeled.

Reattach the **Battery Cover (76)** and secure with the **Screw (77)** replace the console back into the rowing machine. Make sure the three wires **Tension Knob (39)**, **Sensor A (41)** and **Sensor B (42)** are still connected before replacing the console. If any one of them is not connected, the console will not function correctly.

Note: This product can only be powered by 4 AA batteries.

Note: Do not mix old and new batteries. Replace all the batteries at the same time.



USING THE CONSOLE

Power On: The console will turn on when the user starts rowing or presses a button on the console.

Power Off: The console will automatically turn off after 20 minutes of inactivity.

Reset: Press and hold the STOP button for 3 seconds to reset the console.


Pause: Press the START button during a workout.

Start Workout: Press the START button for the console to begin tracking your workout.

End Workout: Press the STOP button to end a workout and show the workout results.

Note: The console buttons will not response when the APP is connected. Please use the APP to console the console.

WORKOUT DISPLAY

- **STROKES:** Will track the total number of strokes/pulls during the workout, up to a total of 9999.
- **CAL:** Will track the number of calories burned during the workout, up to a value of 999.
 - This Calorie burn is only an estimated value base on an average user.
- **TIME:** Will track the total workout time, up to a maximum value of 99:59 minutes.
- **SPM:** Will display the average number of strokes you are pulling in a minute based on the current workout pace.
 - This display will shift between SPM and METERS every 4 seconds.
 - See the indicator arrow for the value currently being displayed.
- **METERS:** Will track your distance in meters, up to a maximum value of 9999 meters. The console will change to KILOMETERS (KM) when 9999 meters is reached.
 - This display will shift between SPM and METERS every 4 seconds.
 - See the indicator arrow for the value currently being displayed.
- **SPLIT:** Will display the average time it takes to travel 500 meters based on the current workout pace.
- **WATTS:** Will display the current workout effort in the form of Watts.
 - The Watts value is dependent on the length of the pull, the pace of the workout, and the resistance level.
 - The resistance level control knob is wired to the console to track the effort of the workout based on the resistance level set on the knob.
 - At the end of the workout, this section will show the MAX watt values reached during the workout.
- : The **MyCloudFitness** symbol turns on when the Bluetooth antenna is connected to the APP.
 - If the symbol is flashing, the connection to the app has not been established.
 - If a connection cannot be made, shut down and restart the APP.

SETTING WORKOUT GOALS

- Press the GOALS button before starting a workout to set a METERS, TIME, CALORIES, or STROKES GOAL.
- Press the GOALS button until the desired GOAL option is flashing.
- Use the UP and DOWN buttons to adjust the GOAL value.
- Press the ENTER button to confirm the GOAL value.
- Press the START button to begin the workout.
- The console will beep 3 times when the GOAL is achieved.

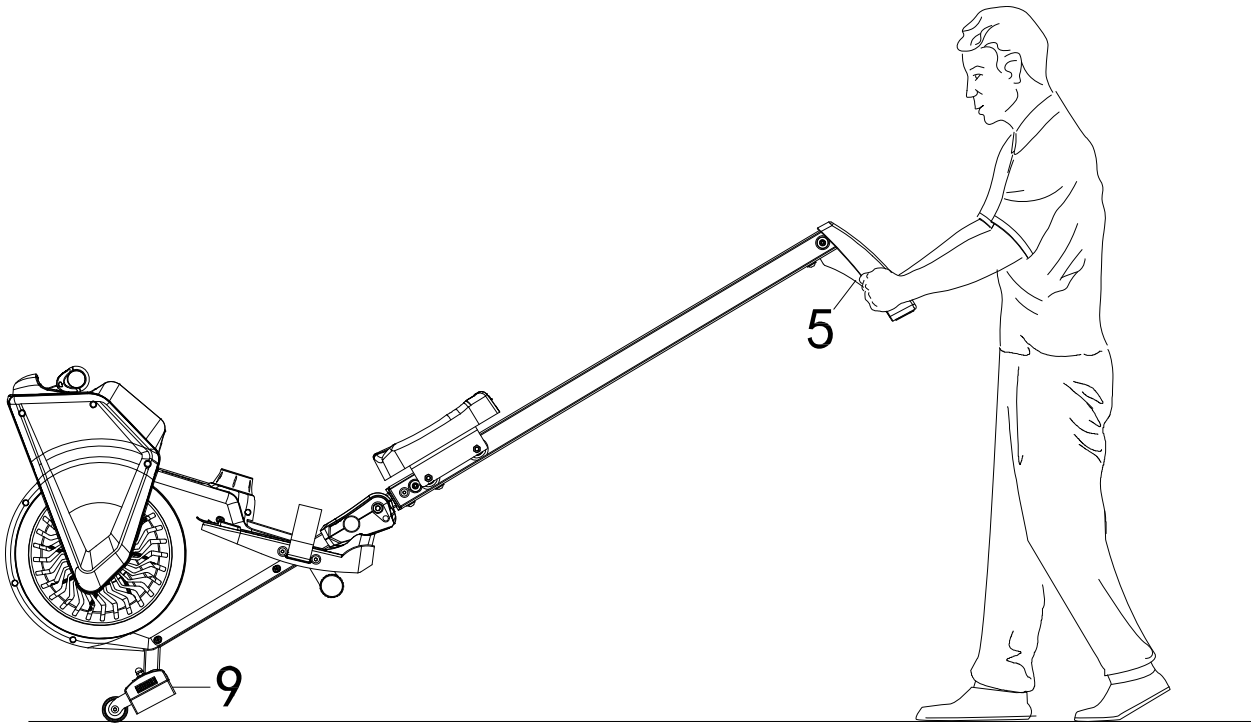
END WORKOUT

- End the workout by pressing the STOP button. The workout results will stay on the display for reviewing.
 - The TOTAL STROKES, TOTAL TIME, TOTAL CALORIES, AVERAGE SPM, TOTAL METER/KILOMETERS, AVERAGE SPLIT TIME, and the MAX WATT level reached.
- Press the STOP button a second time to return to the main screen.

ADJUSTING THE RESISTANCE LEVEL

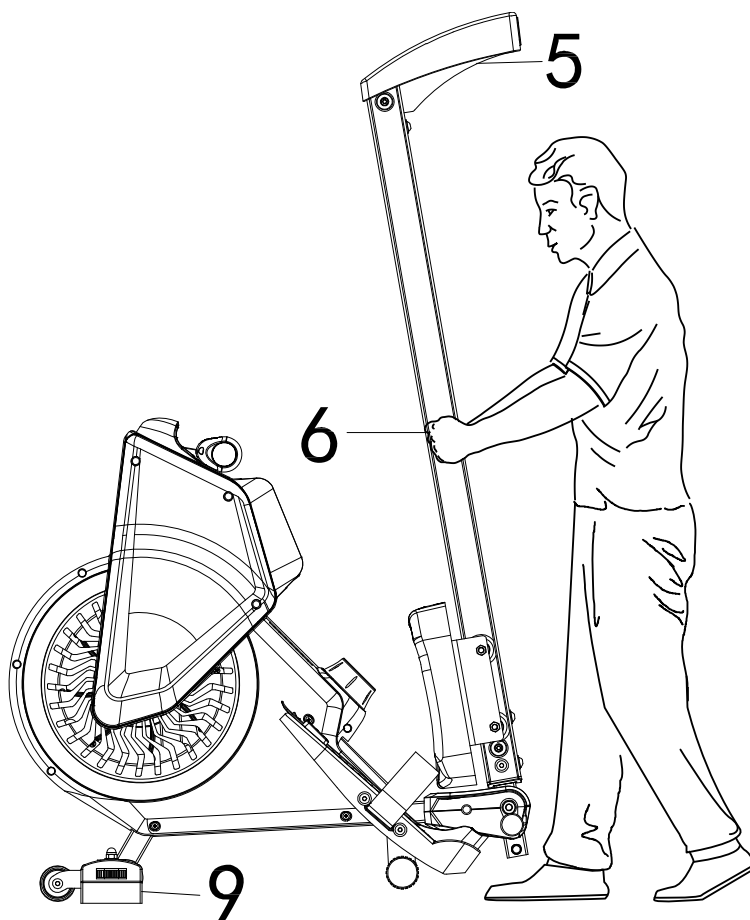
- Turn the knob clockwise to increase the resistance level of the workout.
- Turn the knob Counter-clockwise to decrease the resistance level of the workout.
- The console will adjust the distance per stroke, watt output, and calorie burn based on resistance level setting.

TRANSPORTING



- Hold the **Rear Stabilizer (5)**, and lift the rower until the wheels on the **Front Stabilizer (9)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (9)** to the ground.

STORAGE



To store the Rower:

Store the machine vertically resting the machine on the **Front Stabilizer (9)** and the **Main Frame (11)**.

Do NOT store near areas with foot traffic.

Keep the computer console and the rower, out of direct sunlight to prevent screen damage.

The rower is sturdy and balanced when in storage mode but do NOT hang articles of clothing on it. The clothing can unbalance the rower and it could fall over.

Do NOT allow children or pets near the rower when in storage mode.

Inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

To use the Rower: Pull out the **Safety Pin (13)** from the **Main Frame (11)**. Lower the **Rear Stabilizer (5)** until it makes contact with the floor. Lift the **Main Frame (11)** and **Slide Tube (6)** to align the holes and insert the **Safety Pin (13)** into the hole on the **Main Frame (11)**.

CLEANING

- The rower can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on the plastic parts.
- Wipe your perspiration off the rower after each use. Be careful not to get excessive moisture on the computer display panel as this may cause an electrical hazard or the electronics to fail.

TROUBLESHOOTING

- **PROBLEM:** There is no display on the computer console.
 - **SOLUTION:** Remove the console and verify that the wire at the rear of the console is properly connected to the wires that come from the frame.
 - **SOLUTION:** Check that the batteries are correctly inserted and the battery springs are in proper contact with the batteries.
 - **SOLUTION:** The batteries in the computer console may be dead. Replace the dead batteries with new batteries. Do NOT mix old and new batteries.
- **PROBLEM:** The rower makes a squeaking noise when in use.
 - **SOLUTION:** The bolts may be loose on the equipment. Please inspect all of the nuts, bolts, screws and tighten any loose Hardware.
- **PROBLEM:** The console is on but it is not tracking my workout.
 - **SOLUTION:** Make sure the 3 console wires on the back of the console are connected.
 - **SOLUTION:** Press the START button before starting your workout. The console does not auto start when user starts pulling on the strap. This is to allow you to choose setting up a workout goal option before starting the workout.

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***