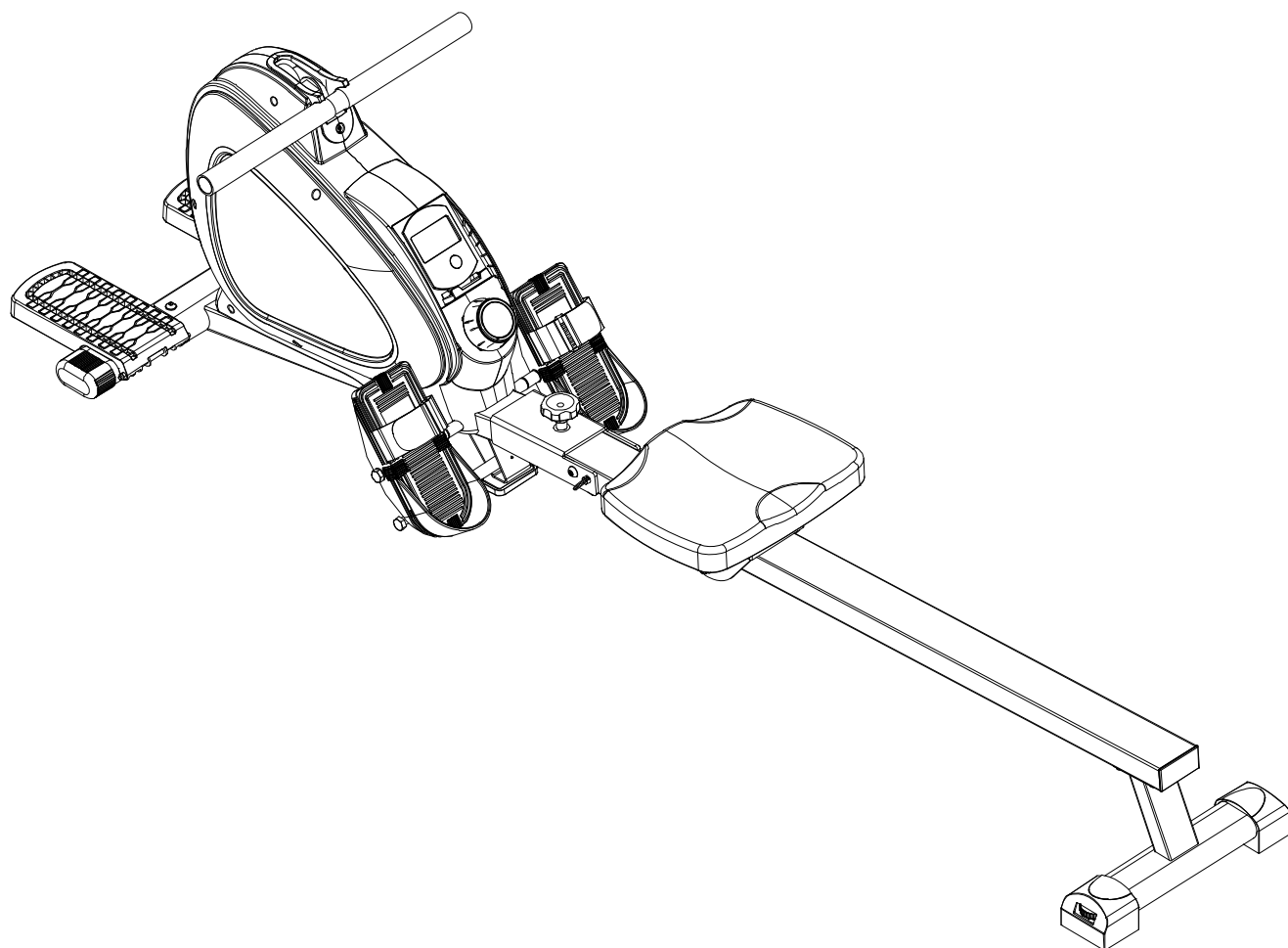


ROWER MACHINE



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

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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

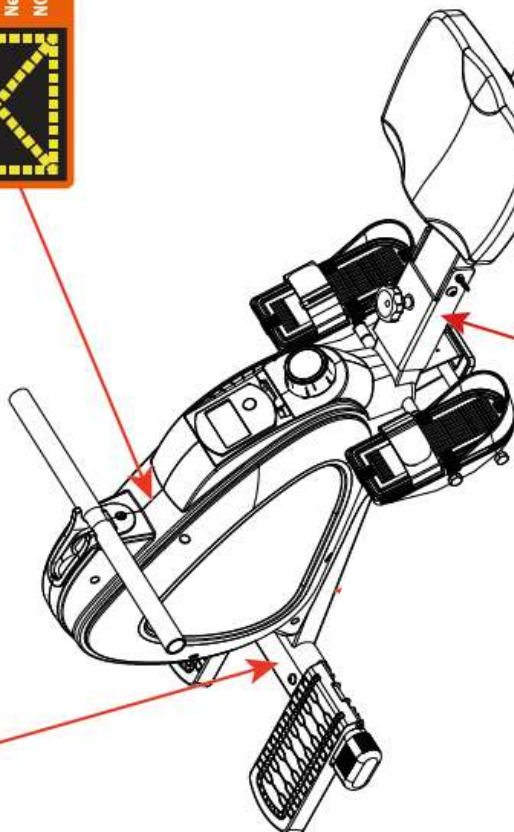
Please have the following information ready when requesting for service:

- 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



IMPORTANT SAFETY GUIDELINES

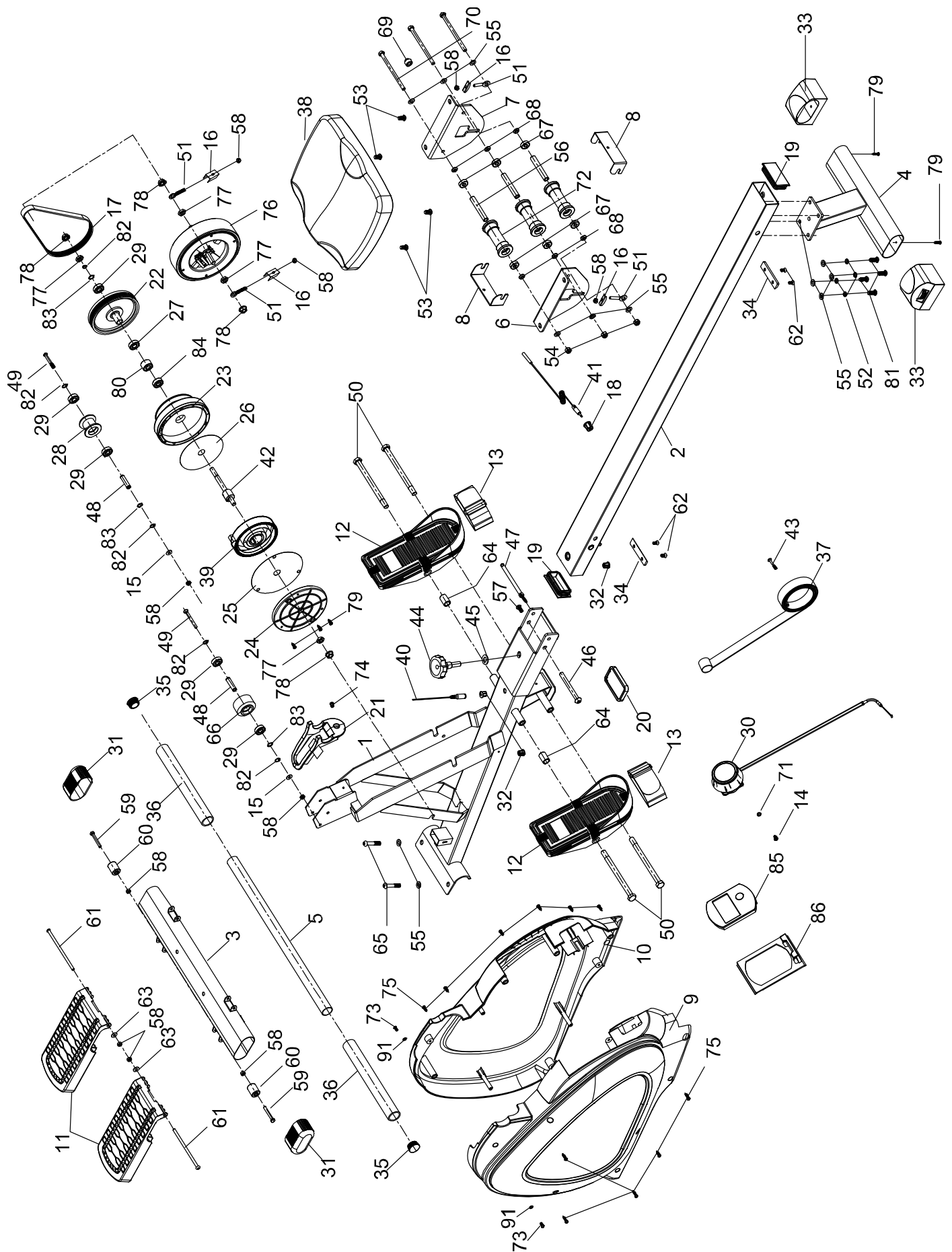
Read all instructions before using the Rower. Basic precautions should always be followed.

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:** Before using this equipment, you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval 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	Main Frame	1
2	Slide Tube	1
3	Front Stabilizer	1
4	Rear Stabilizer	1
5	Handlebar	1
6	Left Seat Plate	1
7	Right Seat Plate	1
8	Seat Bracket	2
9	Left Cover	1
10	Right Cover	1
11	Pedal Pad	2
12	Pedal	2
13	Pedal Strap	2
14	Phillips ScrewM5*20	1
15	Flat Washer OD12×ID6.5×1.5	2
16	U-Bracket	4
17	Belt6PJ250	1
18	Wire Plug	1
19	End Cap	2
20	Foot Pad	1
21	Handlebar Bracket	1
22	Belt Pulley	1
23	Drawstring Pulley	1
24	Spring Bumper Cover	1
25	acoustic baffle-A	1
26	acoustic baffle-B	1
27	Bearing 6003	1
28	Braid Pulley	1
29	Bearing 6000ZZ	5
30	Tension Controller	1

No.	Description	Qty
31	Front Stabilizer End Cap	2
32	Wire Plug	3
33	Rear Stabilizer End Cap	2
34	Rubber Pad	2
35	Handlebar End Cap	2
36	Foam Grip	2
37	Braid	1
38	Seat	1
39	Coil Spring	1
40	Middle Sensor Wire	1
41	Sensor	1
42	Axle	1
43	Phillips ScrewM5×35	1
44	Round Knob	1
45	Flat Washer OD25×ID12.5×2.0	1
46	Hex Bolt Ø10×95×M6	1
47	Safety Pin Φ11*7*Φ8*106	1
48	Bushing Φ10*Φ6.1*40	2
49	Hex Bolt M6*55	2
50	Hex Bolt M12*Φ12.5*160	4
51	Eye Bolt M6*40	4
52	Spring Washer ID8.5×1.5	4
53	Bolt M8*16	4
54	Nylon Nut M8	3
55	Flat Washer OD16×ID8.5×1.5	12
56	Bushing	3
57	Round Head Hex Bolt M6*15	1
58	Nylon Nut M6	10
59	Round Head Hex BoltM6*45	2
60	Transporting Wheel §22*6.5*30	2

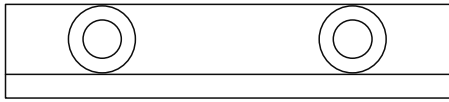
PARTS LIST

No.	Description	Qty
61	Pedal Post M6*140	2
62	Socket Phillips Screw M6*10	4
63	Flat Washer OD13×ID6.5×1.5	2
64	Bushing Φ18*Φ13*26	2
65	Round Head Hex Bolt M8*45,	2
66	Wheel Φ50*35	1
67	Bearing 608ZZ	6
68	BushingOD15*ID8.0*4.1	6
69	MagnetΦ15*7	1
70	Hex Bolt M8*125,	3
71	Flat WasherOD12×ID5.5×1.5	1
72	Rolling Wheel	3
73	Self-Tapping Phillips Screw ST4.0*12	2
74	Phillips ScrewM5*12	1
75	Self-Tapping Phillip ScrewST4.0*16	11

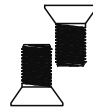
No.	Description	Qty
76	Flywheel Ø176	1
77	Hex Nut M10×1.0	4
78	Flange NutM10×1.0	4
79	Self-Tapping Phillips ScrewST4.0*19	5
80	One direction BearingHR1712	1
81	Round Head Hex BoltM8×20,	4
82	C-Ring Ø10	5
83	Wave WasherOD13.5*ID10.2*0.4	3
84	Bearing 16003	1
85	Console	1
86	Console Bracket	1
87	5mm Allen Wrench	1
88	6mm Allen Wrench	1
90	Open Wrench	1
91	Flat Washer Ø10	2

HARDWARE & TOOLS PACK

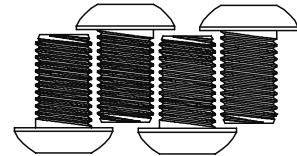
2636-Hardware pack



(34)Rubber Pad 1PC



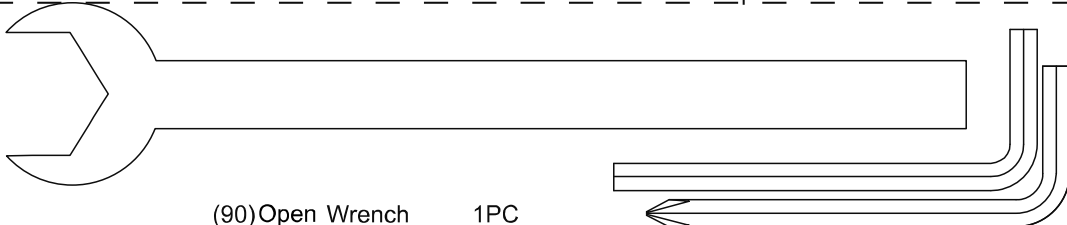
(62)Socket Phillips Screw 2PCS



(52)Spring Washer 4PCS
(55)Flat Washer 4PCS
(81)Round Head Hex Bolt 4PCS

STEP2

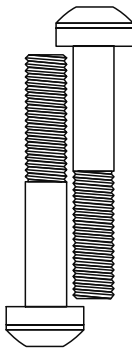
STEP1



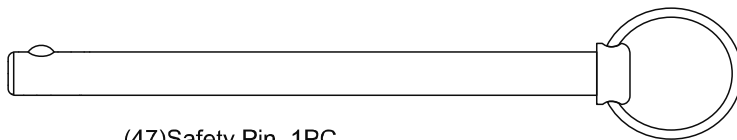
TOOL

(90)Open Wrench 1PC
(88)6mm Allen Wrench 1PC
(87)5mm Allen Wrench 1PC

STEP3



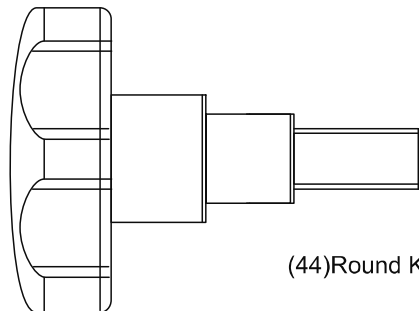
(65)Round Head Hex Bolt 2PCS



(47)Safety Pin 1PC



(45)Flat Washer 1PC

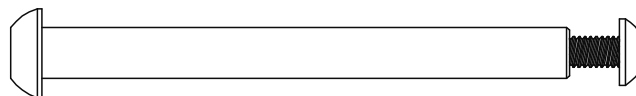


STEP5

(44)Round Knob 1PC

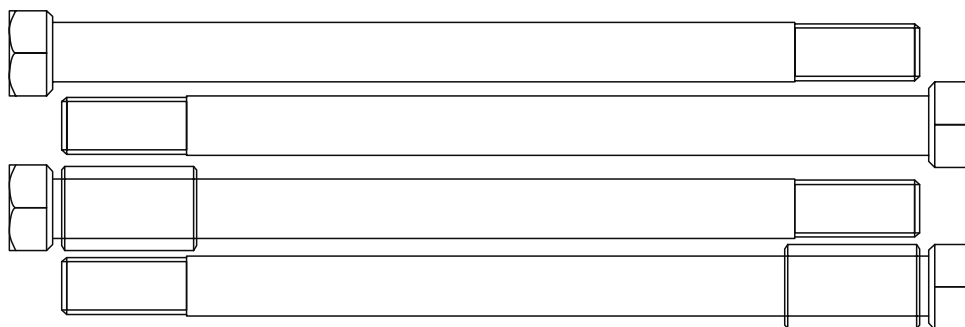


(55)Flat Washer 2PCS



(46)Hex Bolt 1PC (57)Round Head Hex Bolt 1PC

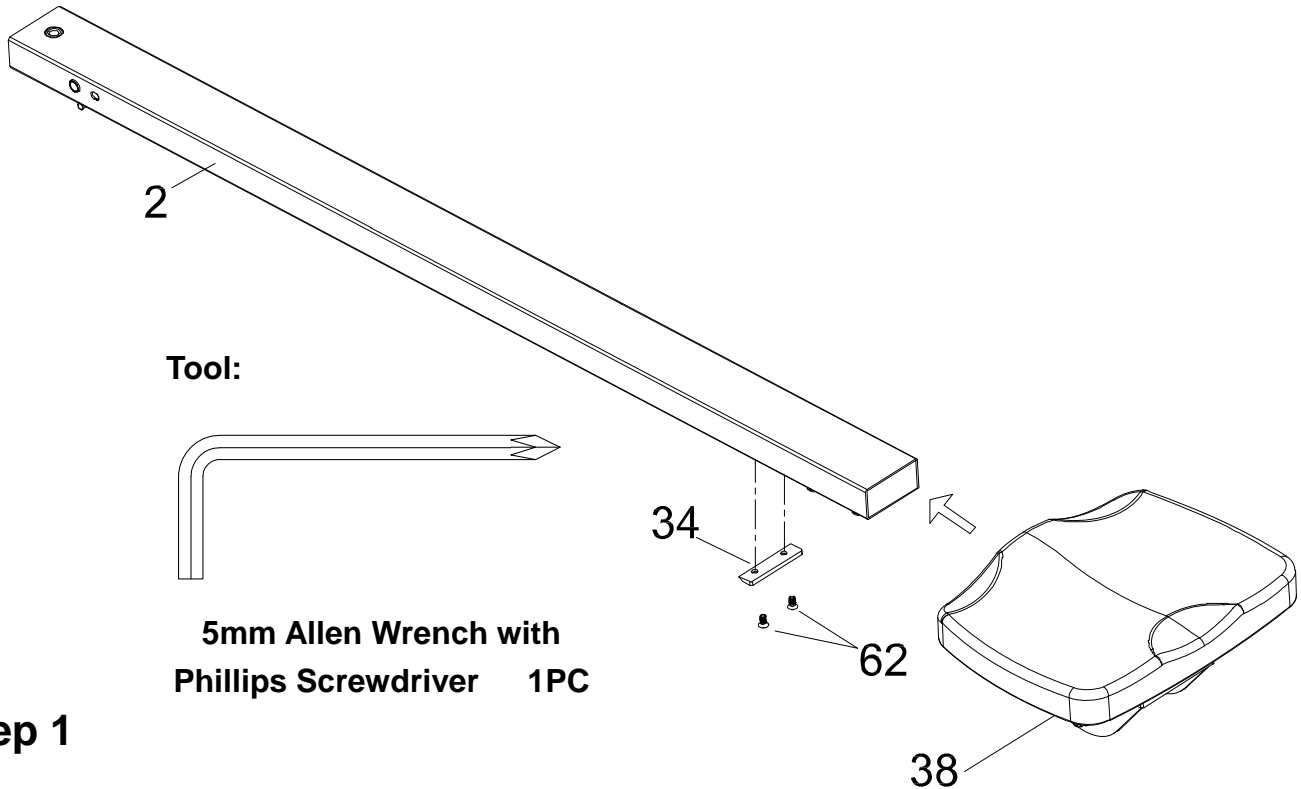
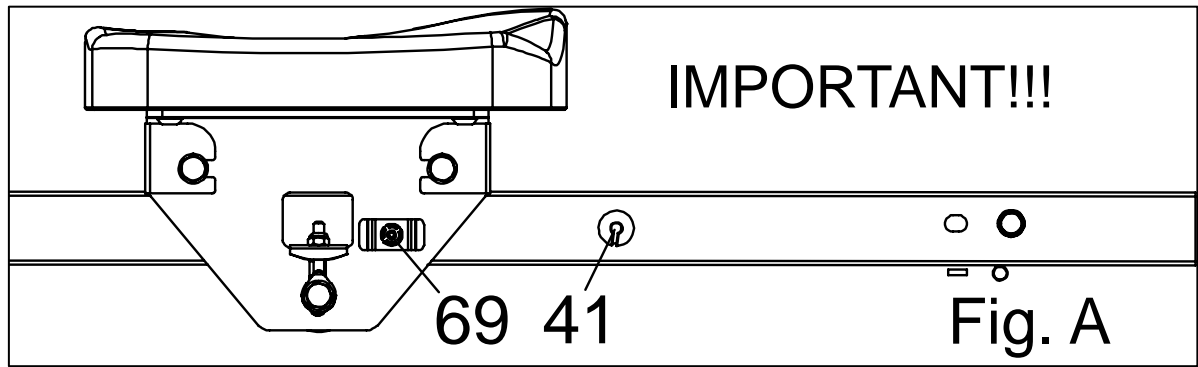
STEP4



(50)Hex Bolt 4PCS

(64)Bushing 2PCS

ASSEMBLY



Step 1

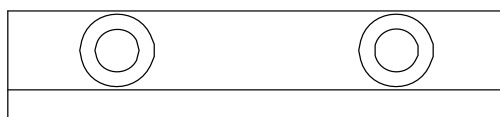
1A. Installing the Seat

Slide the **Seat (38)** onto the **Sliding Tube (2)**. Make sure **Magnet (69)** and **Sensor (41)** are on the same side when installing the **Seat (38)**. SEE Fig. A.

Attach the **Rubber Pad (34)** onto the underside of the **Sliding Tube (2)** with two **Socket Phillips Screws (62)**. Tighten using the **5mm Allen Wrench with Phillips Screwdriver** provided.

NOTE: The narrow edge of the **Rubber Pad (34)** should be pointing towards the **Seat (38)**.

Hardware:

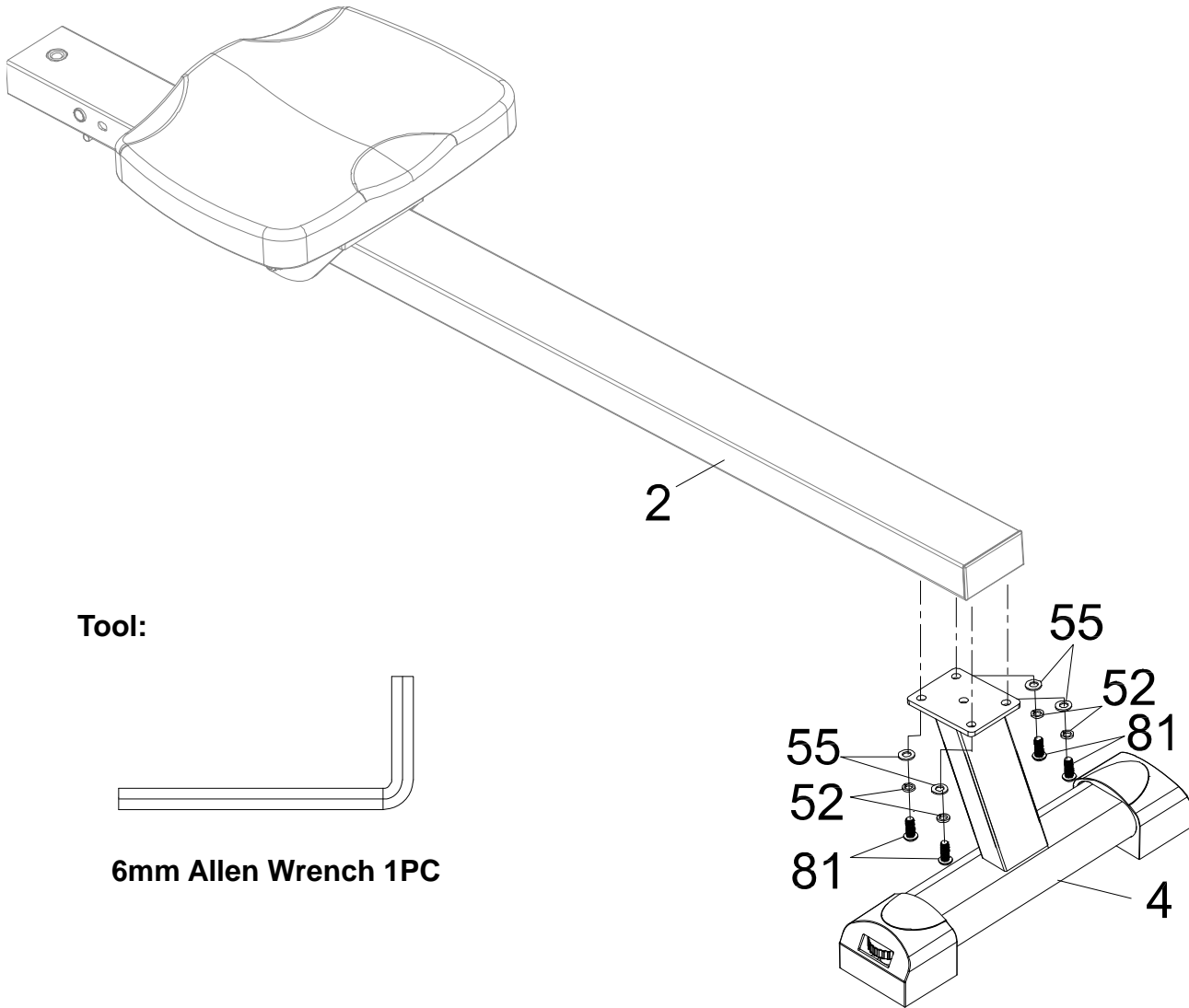


(34) Rubber Pad
1 PC



(62) Socket Phillips
Screw
2 PCS

ASSEMBLY

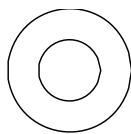


Step 2

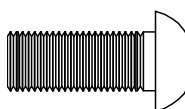
2A. Installing the Rear Stabilizer

Attach the **Rear Stabilizer (4)** onto the underside of the **Sliding Tube (2)** with four **Flat Washers (55)**, four **Spring Washers (52)**, and four **Round Head Hex Bolts (81)**. Tighten using the **6mm Allen Wrench** provided.

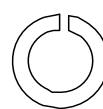
Hardware :



(55) Flat Washer
4 PCS

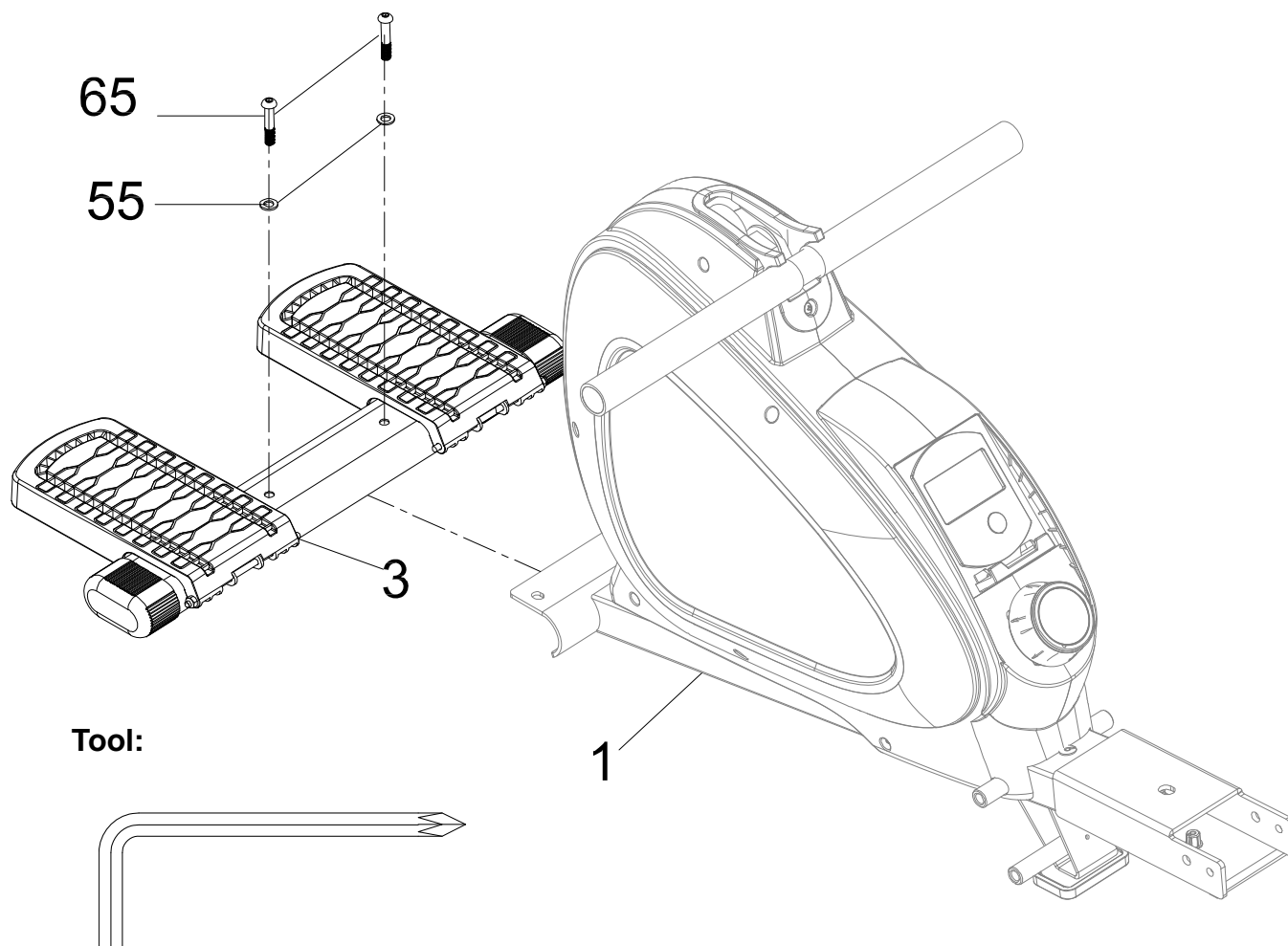


(81) Round Head
Hex Bolt
4 PCS



(52) Spring Washer
4 PCS

ASSEMBLY



Tool:



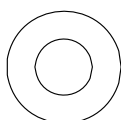
**5mm Allen Wrench with
Phillips Screwdriver
1PC**

Step 3

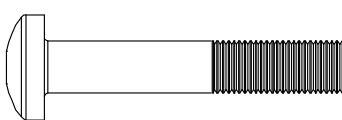
3A. Installing the Front Stabilizer

Attach the **Front Stabilizer (3)** onto the **Main Frame (1)** with two **Flat Washers (55)**, and two **Round Head Hex Bolts (65)**. Tight using the **5 mm Allen Wrench with Phillips Screwdriver** provided.

Hardware :

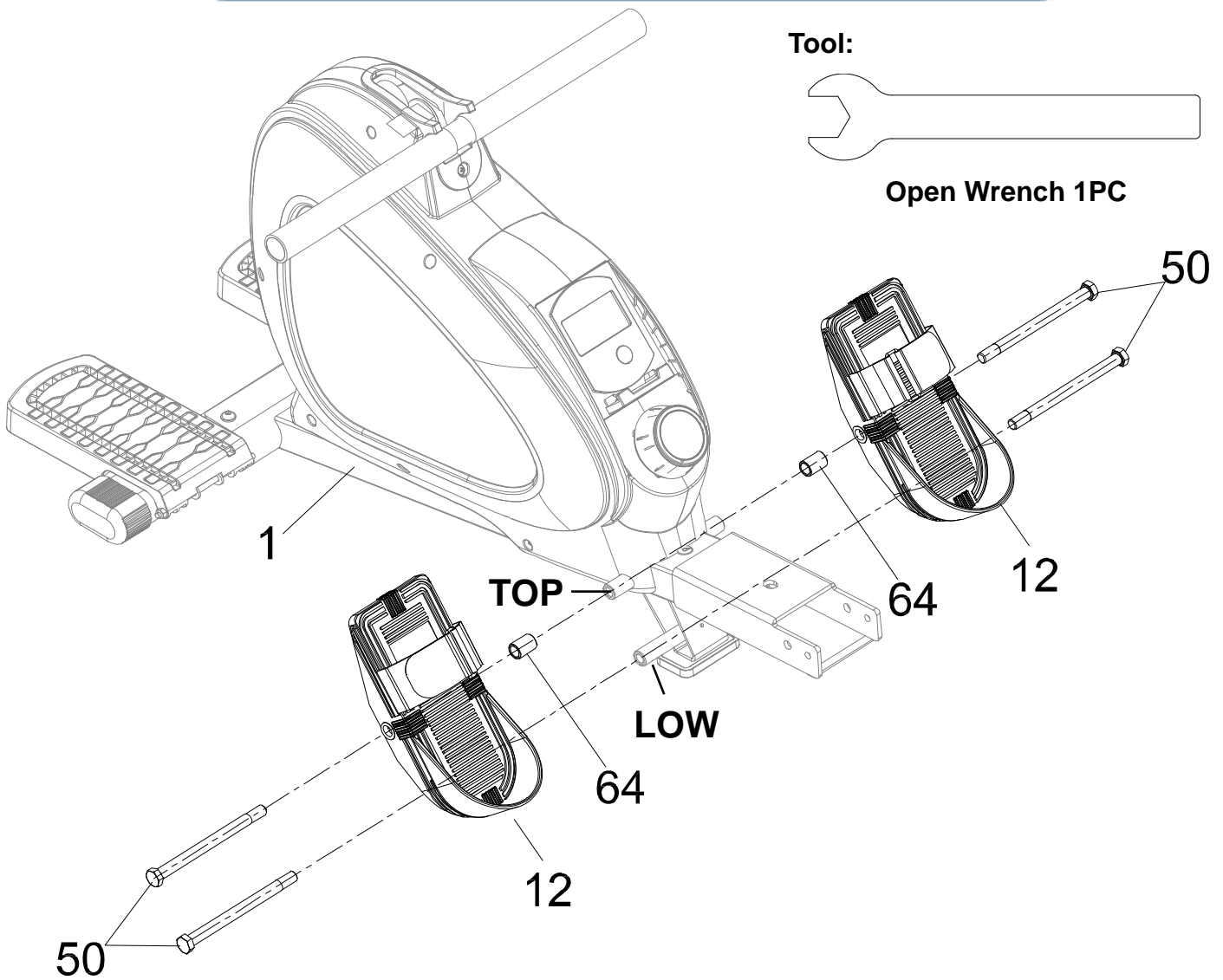


**(55) Flat Washer
2 PCS**



**(65) Round Head
Hex Bolt
2 PCS**

ASSEMBLY



Tool:



Open Wrench 1PC

Step 4

4A. Installing the Pedals

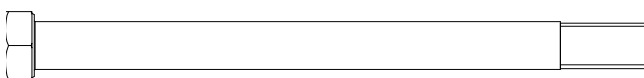
Attach one **Hex Bolt (50)** into the **LOW** bolt hole on the left side of the **Main Frame (1)**. Tighten using the **Open Wrench** provided.

Slide one **Hex Bolt (50)** through the center of the **Pedal (12)**, then slide a **Bushing (64)** onto the end of that **Hex Bolt (50)**. Attach the group of parts to the **TOP** bolt hole on the left side of the **Main Frame (1)**. Tighten using the **Open Wrench** provided.

Repeat for the left side.

NOTE: The heel of the **Pedals (12)** will rest on the lower **Hex Bolt (50)**.

Hardware:



(50) Hex Bolt
4 PCS



(64) Pedal Bushing
2 PCS

ASSEMBLY

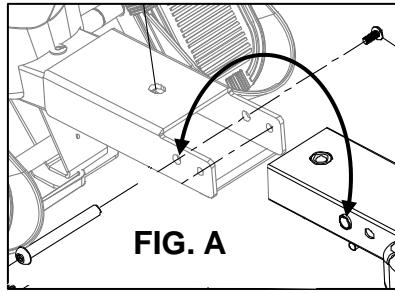


FIG. A

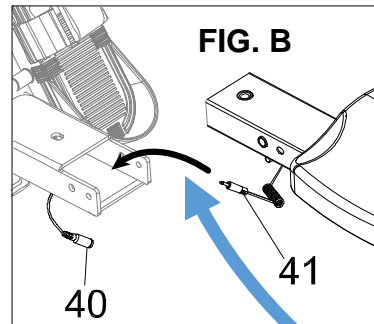
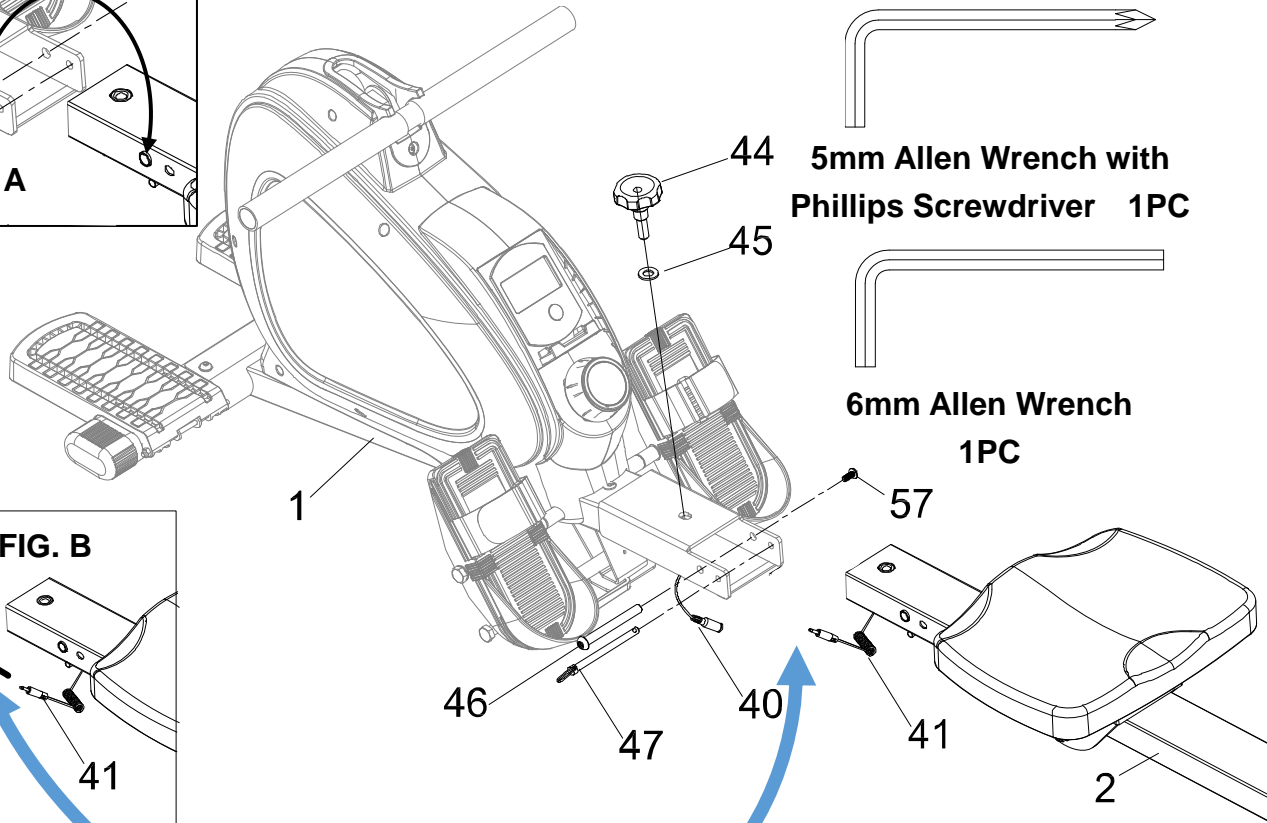


FIG. B



Tool:



5mm Allen Wrench with
Phillips Screwdriver 1PC



6mm Allen Wrench
1PC

Step 5

IMPORTANT

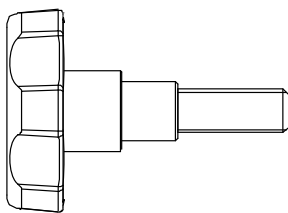
5A. Installing the Seat Sliding Tube

Guide the **Sensor Wire (41)** through the bracket (as shown in Fig. B) while you angle the **Sliding Tube (2)** to insert it into the bracket of the **Main Frame (1)**. Connect the **Middle Sensor Wire (40)** with the **Sensor Wire (41)**.

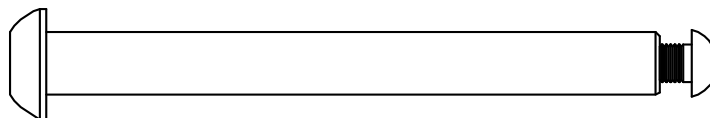
Align the bolt holes shown in **FIG. A**, and insert one **Hex Bolt (46)**. Push the **Hex Bolt (46)** through the frame and attach one **Round Head Hex Bolt (57)**. Tighten using the **5mm Allen Wrench with Phillips Screwdriver** and **6mm Allen Wrench** provided.

Insert the **Safety Pin (47)** to align and secure the **Main Frame (1)** and the **Sliding Tube (2)**. Further secure the **Main Frame (1)** and **Sliding Tube (2)** with one **Flat Washer (45)** and one **Round Knob (44)**.

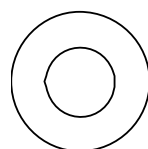
Hardware:



(44) Round Knob
1PC

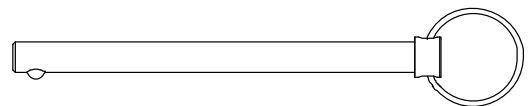


(46) Hex Bolt
1PC



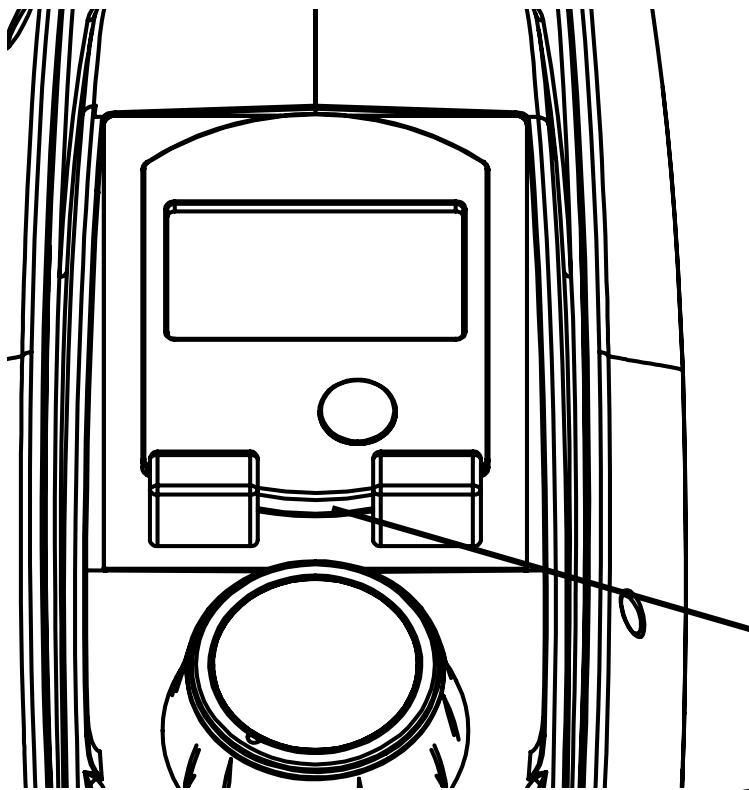
(45) Flat Washer
1PC

(57) Round Head
Hex Bolt
1PC

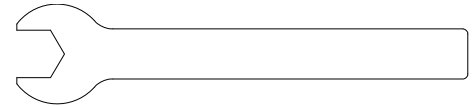


(47) Safety Pin
1PC

ASSEMBLY

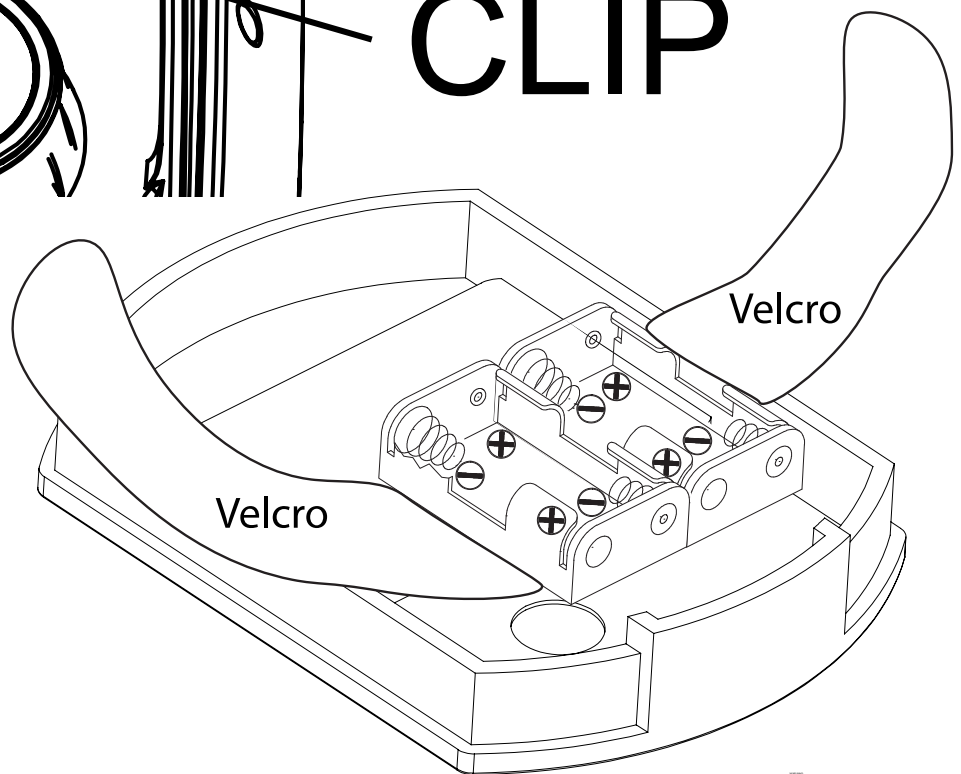


Tool:



Open Wrench 1PC

CLIP



Step 6

6A. Installing the Console Batteries

To help remove the console you may want to use the wrench to pry the console clip up using the Open Wrench to unclip it.

BE CAREFUL when pulling the console out, There are wires connecting the console to the internal speed sensor.

Open the Velcro straps and install the batteries. The positive and negative poles are labeled in the image above.

After installing the batteries, secure the batteries in place with the Velcro strap. Make sure the console's wires are securely clipped together, and then reinsert the console.

CONSOLE

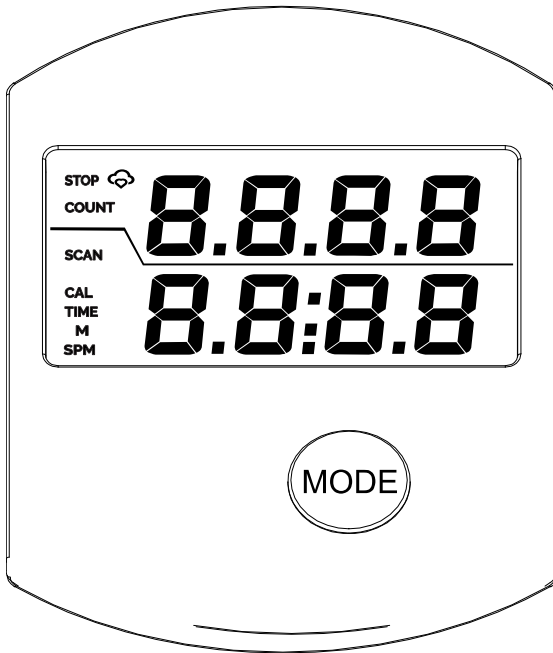
USING THE CONSOLE

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


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

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

MODE button: Press this button during a workout to switch between SCAN, CAL, TIME, M, and SPM.

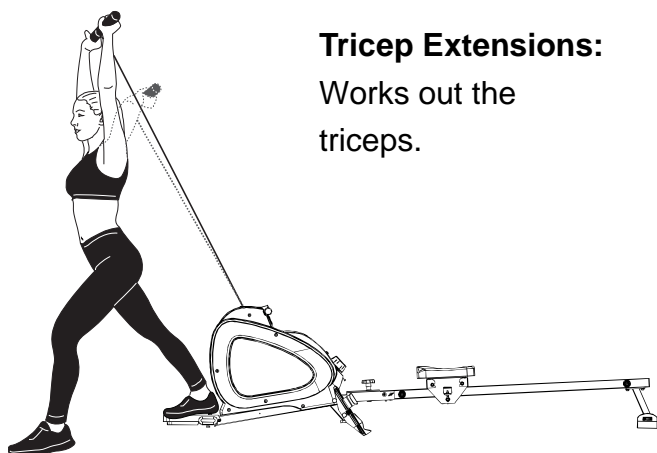


WORKOUT VALUES

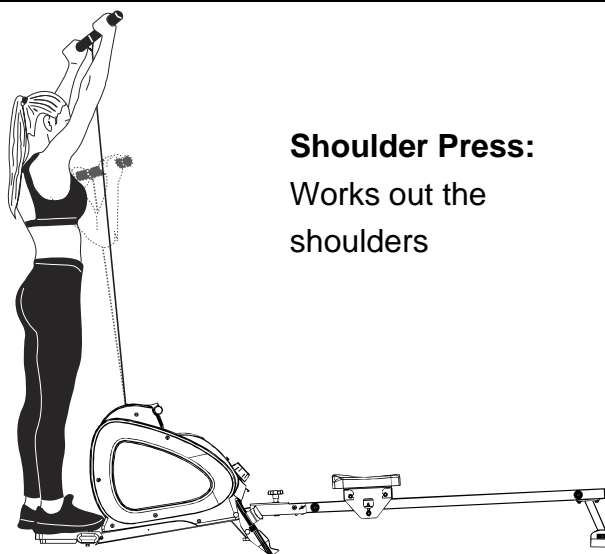
- **COUNT:** Will track the total number of strokes/pulls during the workout, up to a total of 9999.
- **CAL:** Will track the number of calories burned during the workout, up to a value of 9999. This is only an estimate value base on an average user.
- **TIME:** Will track the workout length, up to a maximum value of 99:59 minutes.
- **SCAN:** This will make the display automatically rotate between the workout value being displayed. The work value being displayed will shift every 4 seconds.
- **M:** This will track your distance in meters, up to a maximum value of 9999 meters.
- **SPM:** This will track the average number of strokes per minute.
- : The **MyCloudFitness** symbol turns on the Bluetooth antenna is connected.
 - If you have problem connecting to the app, make sure your Bluetooth antenna is turned on, restart the app, reset the console, and try connecting again.

WORKOUT

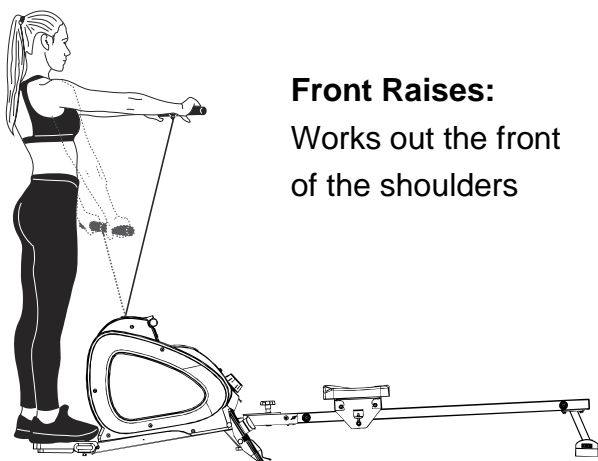
- The Images below show the workouts that one can do while on the rowing machines.
- Always have your feet secure placed on the foot platform at the front of the machine or strapped to the foot pedals when working out.
- The dashed lines show the starting position of the workout, and the solid lines show the end position of the workout.



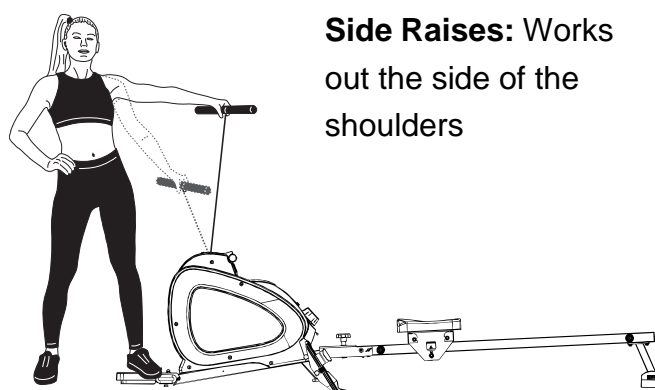
Tricep Extensions:
Works out the triceps.



Shoulder Press:
Works out the shoulders

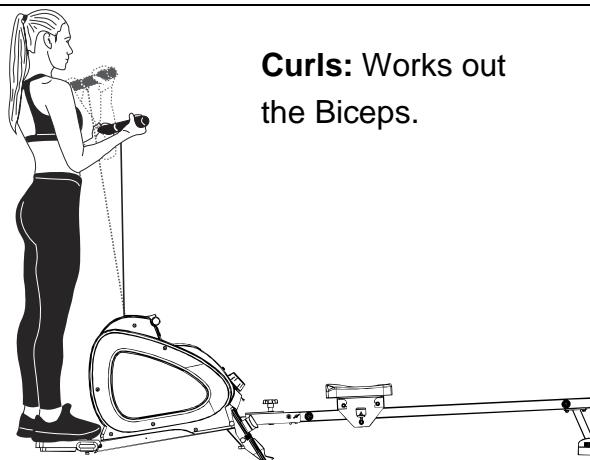
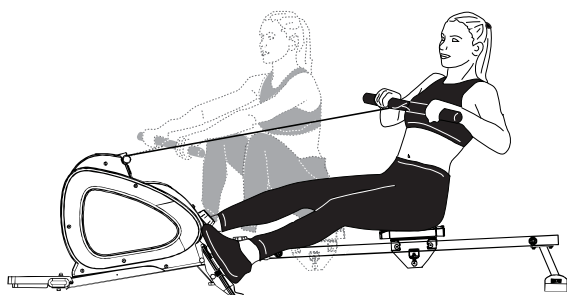


Front Raises:
Works out the front of the shoulders



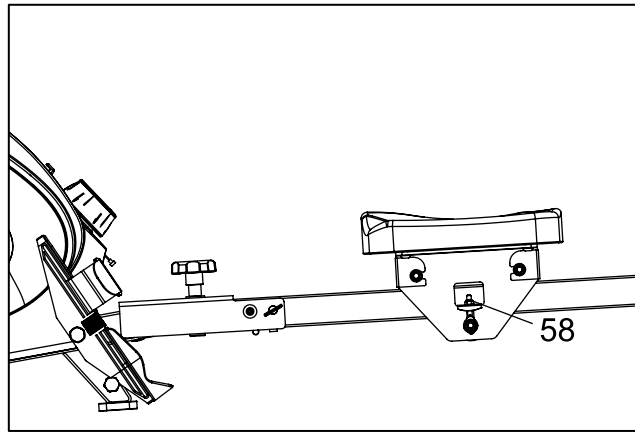
Side Raises: Works out the side of the shoulders

Rowing: Full body workout
Always use the Velcro straps when rowing.

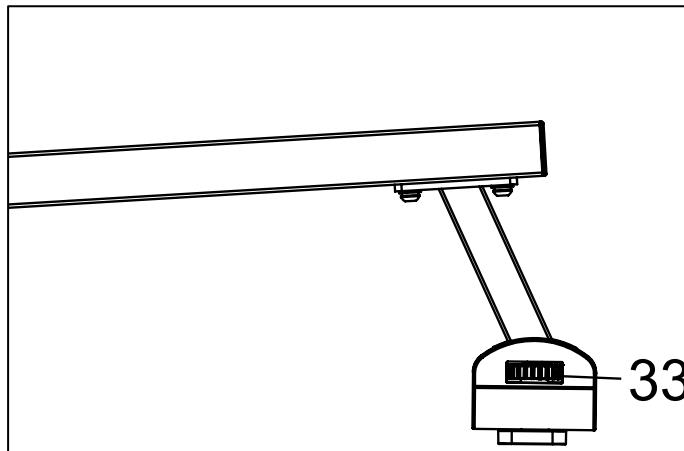


Curls: Works out the Biceps.

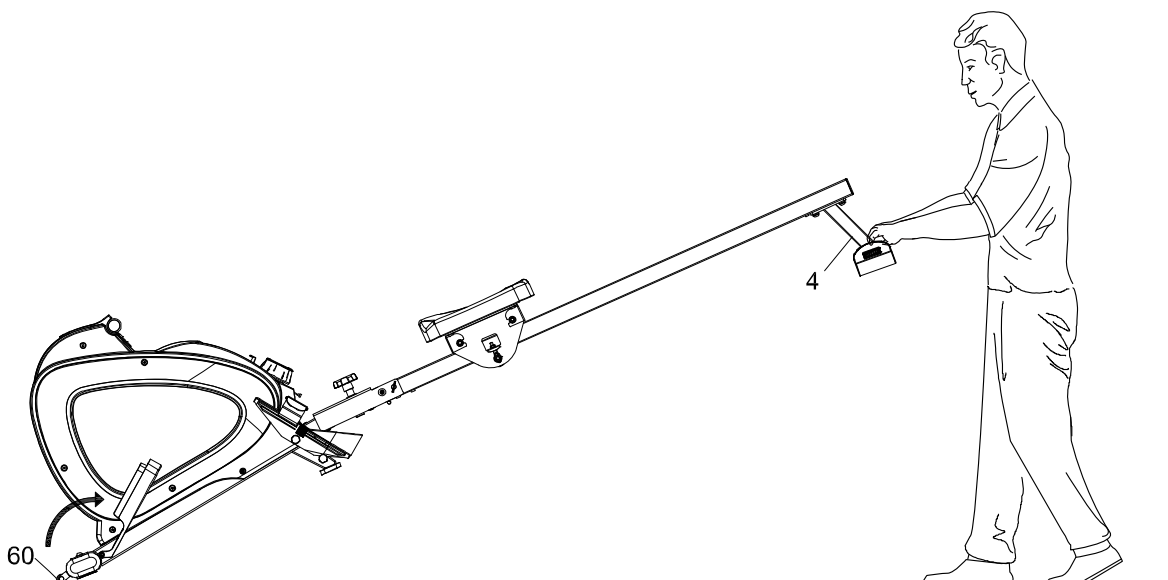
ADJUSTMENTS & TRANSPORTING



- If the seat does not slide easily, or the seat shakes too much, adjust the **Nylon Nut (58)**.

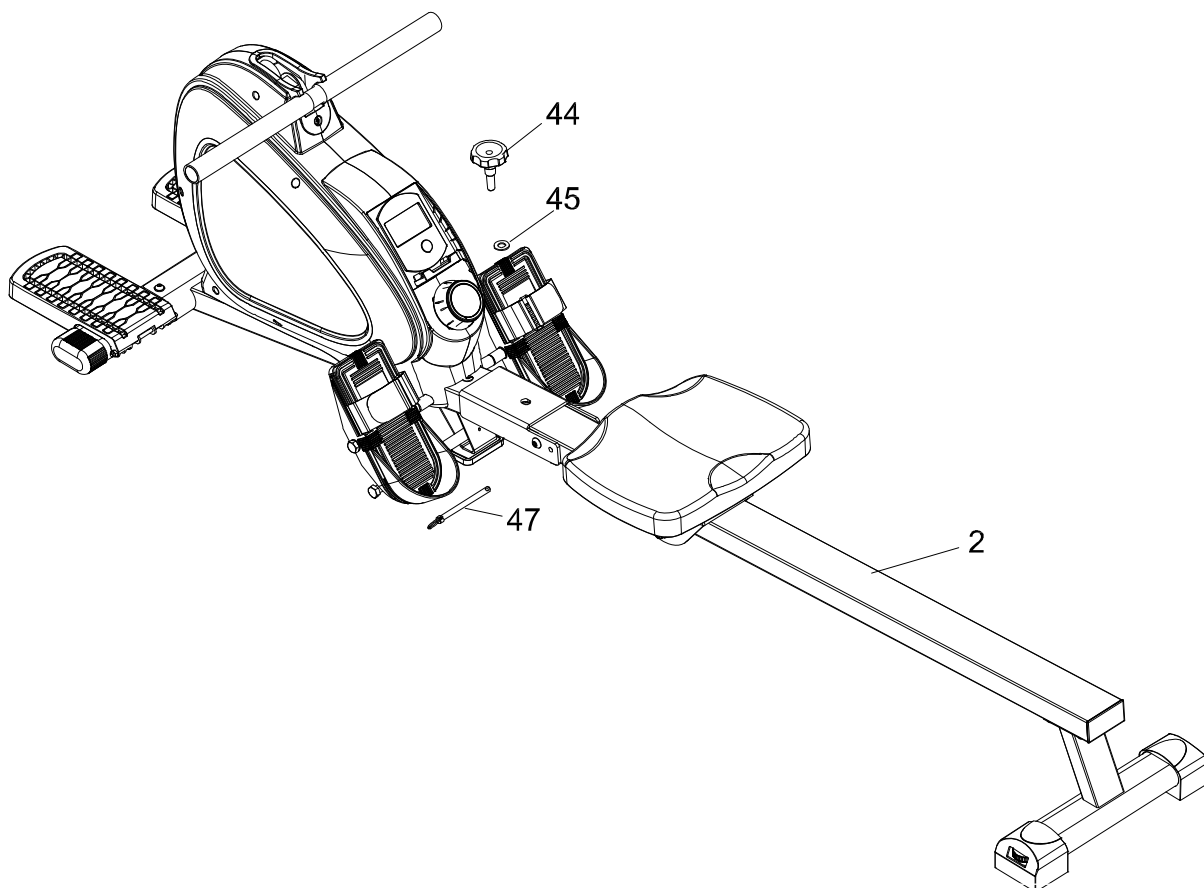


- If the frame is shaking while in use, extend the foot on the Rear Stabilizer End Caps (33) to balance the frame. The extending foot will also improve the grip between the endcaps and the floor.

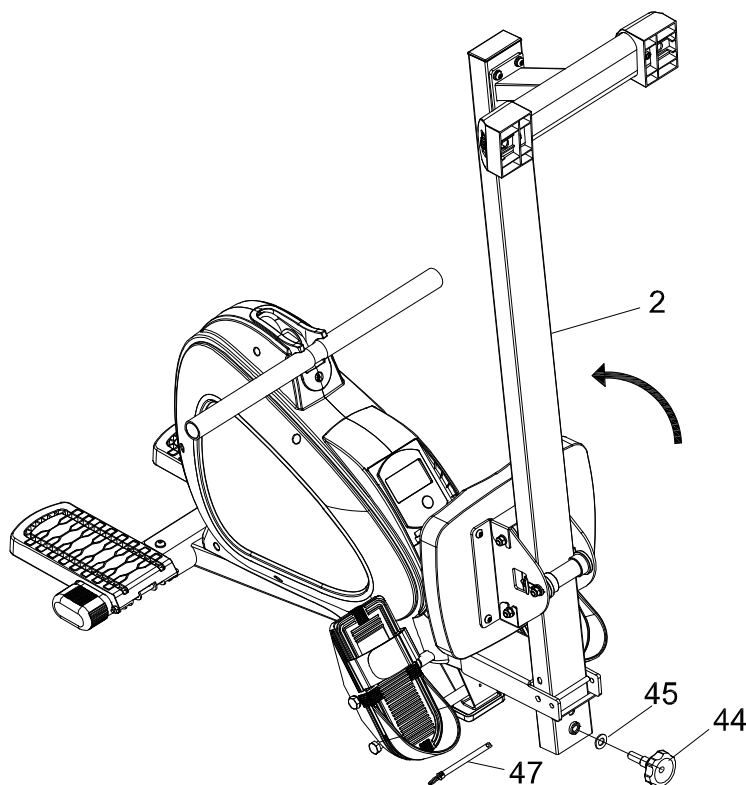


- Hold the **Rear Stabilizer (4)** and pull the machine until the wheels on the **Front Stabilizer (3)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (4)** to the ground.

STORAGE



- Remove the **Safety Pin (47)**, the **Round Knob (44)** and **Flat Washer (45)** from the **Sliding Tube (2)** and the **Main Frame (1)**.



- Lift up the **Sliding Tube (2)** and insert the **Safety Pin (47)** to lock the **Sliding Tube (2)** in the upright position. Insert the **Round Knob (44)** and **Flat Washer (45)** back into the underside of the **Sliding Tube (2)**.
- ALWAYS Store the bike in a clean and dry environment away from pets and children.

CLEANING

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

TROUBLESHOOTING

- **PROBLEM:** There is no display on the computer console.
 - **SOLUTION:** The batteries in the computer console may be dead. Replace the dead batteries with new batteries. Do NOT mix old and new batteries.
 - **SOLUTION:** Check that the batteries are correctly inserted and the battery springs are in proper contact with the batteries.
 - **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.
- **PROBLEM:** The rower makes a 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.
 - **SOLUTION:** The change the resistance levels to the lowest setting and see if the noise continues. Contact Customer service for future assistance.
- **PROBLEM:** The console is on but it is not tracking my workout. The strokes are not counting up.
 - **SOLUTION:** Make sure the one console wire on the back of the console is connected.
 - **SOLUTION:** Review STEP 1 and make sure the Magnet 69 and Sensor 41 are on the same side of the seat rail.
 - **SOLUTION:** Check the cables 41 and 40 in STEP 5 are connected and are NOT damaged or are getting smashed between the main frame and the seat rail.
- **PROBLEM:** The entire rower moves forward and back while rowing.
 - **SOLUTION:** Use the rower on a surface that will grip the floor stabilizers better or purchase a workout mat to keep your rower in place.
- **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 **STOP** button down for 3-4 seconds.
 - **SOLUTION:** Turn on the Bluetooth antenna on your smart device, restart the app, and try connecting again.

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

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***