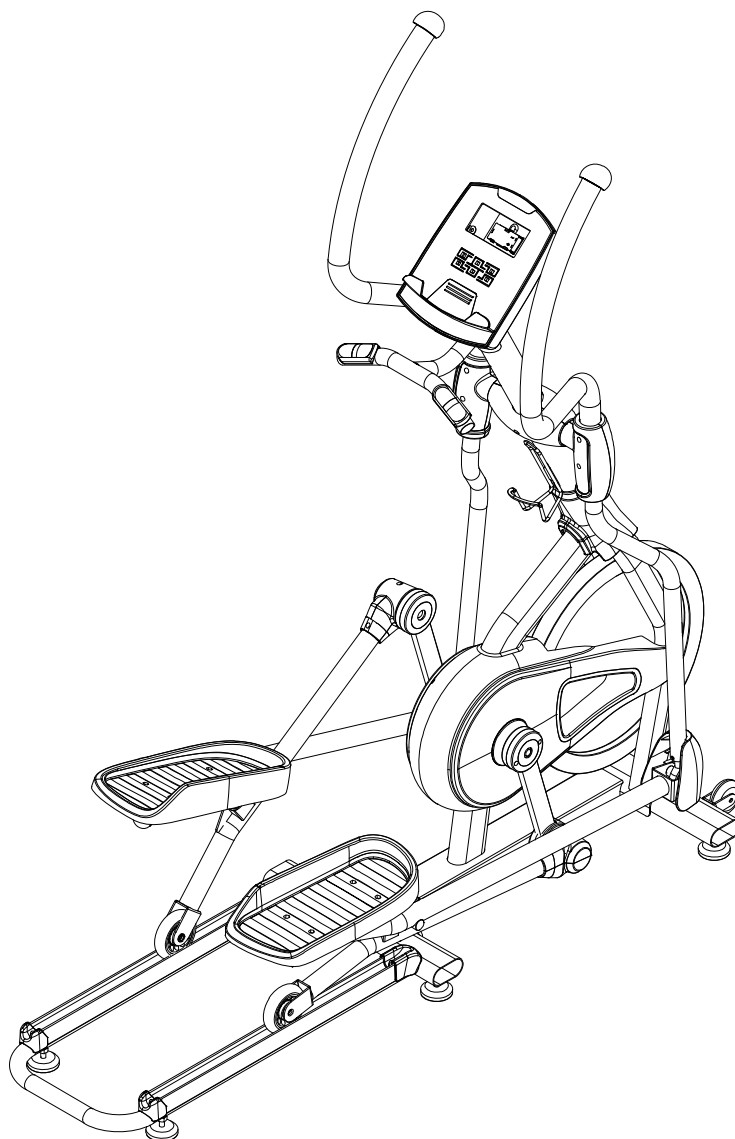




710ST SMART TECHNOLOGY FLYWHEEL ELLIPTICAL TRAINER



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 and, 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:

1-844-641-7920

(8:00 AM - 5:00 PM Pacific Standard Time, Daily)

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 PLACEMENTS

**Maximum weight capacity is 300 lbs.
Le poids maximum pour ce produit est 136 kgs.
La capacidad de peso máxima es 136 kg**

**For customer assistance,
Monday - Friday:
Pour le service à la clientèle
composer le, lundi à vendredi:
Para servicios al cliente,
llame al, lunes a viernes:**

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

2346-A

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

2346-B

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

SAFELY MOUNTING YOUR ELLIPTICAL MACHINE

1. Move the pedal on the side you intend to mount to its lowest position.
2. Take hold of the handlebar nearest you with the appropriate hand.
3. Place the appropriate foot onto the near side pedal first, then the far pedal second.
4. Follow these steps in reverse order for dismount.

MONTER SÛRE L'EXERCISEUR ELLIPTIQUE ET EN DESCENDRE

1. Mettre en position la pédale du côté où l'on monte ou descend.
2. Agripper la poignée la plus près de vous avec la main appropriée.
3. Mettre le pied sur la pédale du côté le plus proche en premier, puis l'autre pied sur la seconde.
4. Suivre ces mêmes instructions en sens inverse pour descendre.

COMO SUBIRSE DE FORMA SEGURA EN SU MAQUINA ELIPTICA

1. Mueva el pedal del lado en el que desea subirse, a la posición más baja.
2. Con la mano adecuada, sostenga el manubrio que esté más cerca de usted.
3. Coloque primero el pie adecuado en el pedal del lado más cercano y luego en el pedal más alejado.
4. Siga estos pasos en orden inverso para bajarse.

IMPORTANT SAFETY GUIDELINES

Read all guidelines before using this machine. When using this machine, basic precautions should always be followed, including the following:

WARNING - To reduce the risk of injury to persons:

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Before using this equipment, we recommend doing warm ups.
4. Only one person should be using the equipment at a time.
5. Never operate this Equipment 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 this equipment on a clear and level surface.
7. For household use only.
8. Do not use outdoors, near water, or in a moist condition.
9. Use the machine 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. This product requires a minimum of 6 square feet of space for safe operation.
15. Be careful to always hold onto the handlebars when you're mounting and dismounting.
16. Be careful to have the pedals at their lowest point when stepping off.
17. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
18. **Warning:** - Risk of Personal Injury - Consult with your personal physician to see if 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.
19. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
20. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
21. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
22. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
23. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using This Machine

IMPORTANT SAFETY GUIDELINES

Talk to you 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.

DO NOT EXCEED THE MAXIMUM RATED WEIGHT CAPACITY

The Maximum Weight Capacity for this product is 300 lbs/136 kgs.

The Maximum User Height for this product is 6'6"/198cm.

**RETAIN THIS OWNER'S MANUAL AND KEEP THE ORIGINAL
PURCHASE RECEIPT FOR FUTURE REFERENCE.**

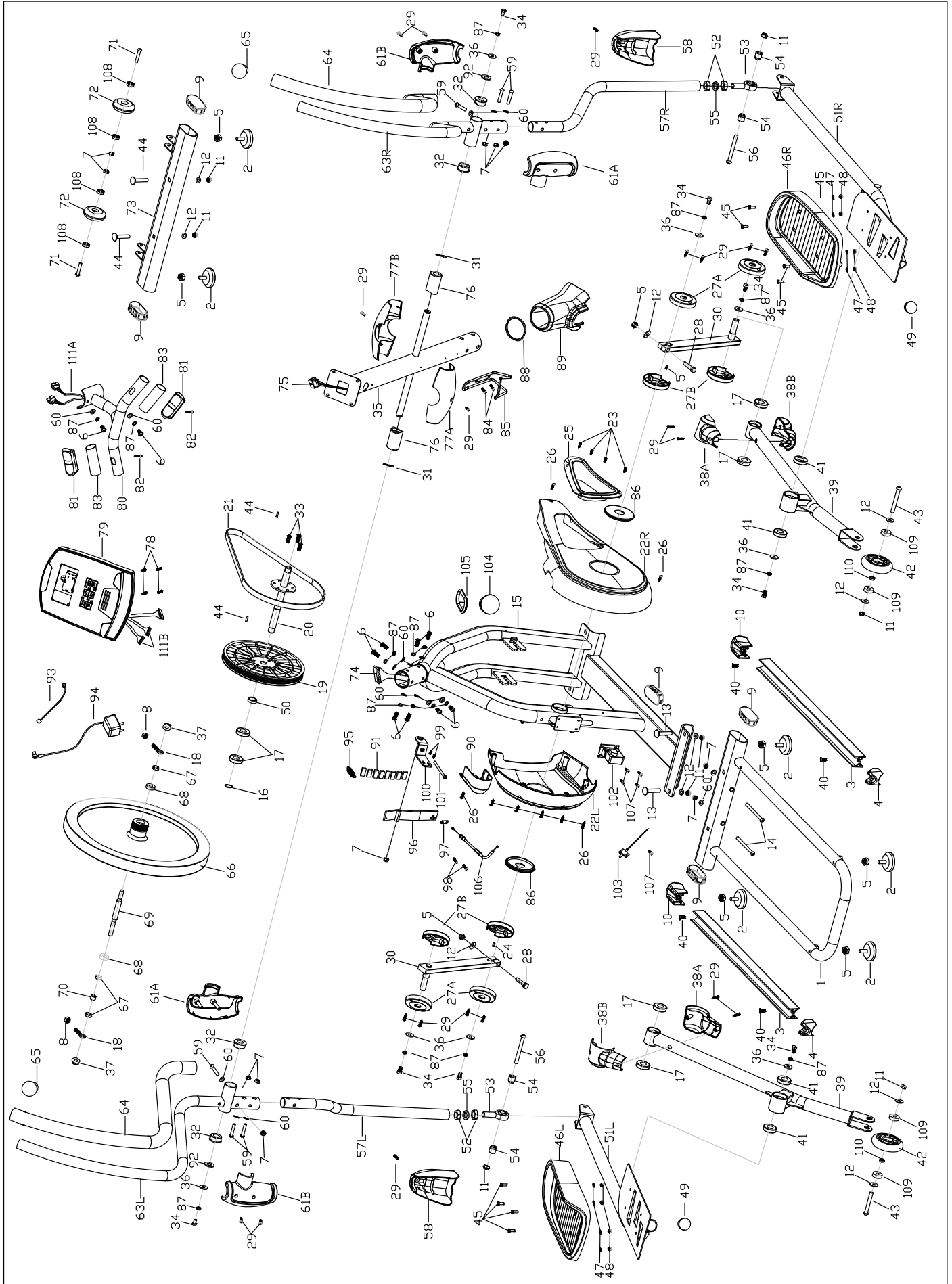
&

SAVE THESE GUIDELINES



The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble the unit.

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Rear Stabilizer	1
2	Foot pad	6
3	Aluminum Track Rail	2
4	Track Tube End cap	2
5	Outer hexagon nut M10	8
6	Hexagon Socket Bolt M8*20	10
7	Locknut M8	11
8	Hex nut	2
9	Elliptical Tube End Cap	5
10	Track Tube End Cap(Front) 77.5*60*45	2
11	Lock nut M10	8
12	Washer $\phi 10$ Zinc Black	10
13	Carriage Bolt M10*55	2
14	Hexagon Socket Bolt M8*105	2
15	Main Frame	1
16	C-clip on $\phi 20$ Axle	1
17	Bearing 6004ZZ	6
18	Adjust Bolt M8	2
19	Pulley	1
20	Axle	1
21	Belt	1
22L	Left Axle Cover	1
22R	Right Axle Cover	1
23	Phillips Pan Head Tapping Screw ST4*12	4
24	Crank Key	2
25	Right Axle Cover	1
26	Phillips Pan Head Tapping Screw ST4.2*19	8
27A	Left Crank Cover	4
27B	Right Crank Cover	4
28	Bolt M10*50	2

No.	Description	Qty
29	Phillips Pan Head Tapping Screw ST4.2*16	20
30	Crank Assembly	2
31	Wave Washer $\phi 19$	2
32	Nylon Bushing $\phi 38.1 * \phi 19.1 * 15.38$	4
33	Bolt M8*15	3
34	Bolt M8*20	8
35	Upright Post	1
36	Washer $\phi 8$	8
37	Hexagon Nuts with Flange M12*1	2
38A	Rail Tube Cover (upper)	2
38B	Rail Tube Cover (lower)	2
39	Wheel Arm	2
40	Bolt M8*15	4
41	Bearing 6003ZZ	4
42	Wheel	2
43	Hexagon Bolt M10*50	2
44	Carriage Bolt M10*60	2
45	Hexagon Bolt M6*18	8
46L	Left Pedal	1
46R	Right Pedal	1
47	Washer $\phi 6$	8
48	Lock Nut M6	8
49	Pipe plug	2
50	Bushing $\phi 25 * \phi 21 * 11$	1
51L	Left Pedal Assembly	1
51R	Right Pedal Assembly	1
52	Outer hexagon nut M16	4
53	Bearing	2
54	Bushing $\phi 20 * \phi 16 * 20.3$	4
55	Spring Washer $\phi 16$	2

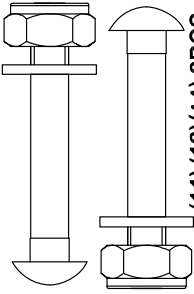
PARTS LIST

No.	Description	Qty
56	Hexagon Socket Bolt M10*70	2
57L	Left Lower Handle Bar Assembly	1
57R	Right Lower Handle Bar Assembly	1
58	Pivot Cover	2
59	Hexagon Socket Button Head Bolt M8*45	6
60	Curve Washer Φ8	18
61A	Front Handlebar Cover	2
61B	Rear Handlebar Cover	2
63L	Left Handle Bar	1
63R	Right Handle Bar	1
64	Handle Grip	2
65	End Cap	2
66	Flywheel	1
67	Hexagon Nut M12*1.5	3
68	Ball Bearing 6001ZZ	2
69	Fly Wheel Axle	1
70	Flywheel Bushing φ16*φ12*11.5	1
71	Hexagon Socket Bolt M8*40	2
72	Transport Wheel φ68*24	2
73	Front Stabilizer	1
74	Main Frame Wire L600MM	1
75	Upright Wire L950MM	1
76	Bushing φ38*φ19.5*64.3	2
77A	Front Handle Joint cover	1
77B	Rear Handle Joint cover	1
78	Phillips Head Screw M4*10	4
79	Console L:50MM	1
80	Handle bar	1
81	Pulse Plate	2
82	Cross Tapping Screw ST4.2*25	2
83	Handle Bar Grip	2

No.	Description	Qty
84	Phillips Head Screw with Washer M5*15	2
85	Bottle holder	1
86	Crank Cover	2
87	Spring Washer Φ8	18
88	Upright Rubber Ring	1
89	Upright Cover	1
90	Cover	1
91	Magnet 25*10*5	8
92	D Washer φ30*φ19.2	2
93	Wire 600MM	1
94	AC Adaptor	1
95	Spring	1
96	Magnet Plate	1
97	String Plate	1
98	Phillips Head Screw M5*8	2
99	Socket Head Cap Screw M6*15	2
100	Magnet Adjust Bracket	1
101	Hexagon Socket Screw M8*110	1
102	Motor	1
103	Sensor 150MM	1
104	Round Tube End Cap	1
105	Elliptical Tube Ring	1
106	Motor Cable	1
107	Phillips Head Screw ST4.2*12	5
108	Bearing 608ZZ	4
109	Bearing for wheel	4
110	Bushing for wheel	2
111A	Pulse Sensor Wires I	2
111B	Pulse Sensor Wires II	2

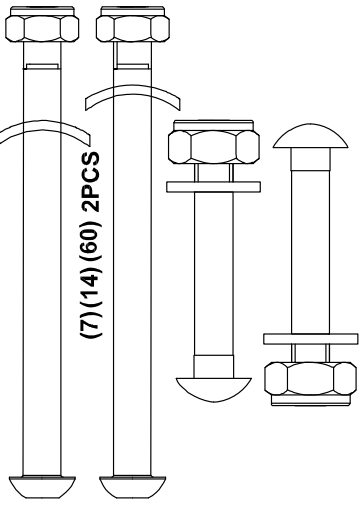
2346-HARDWARE PACK

STEP1



(11) (12) (44) 2PCS

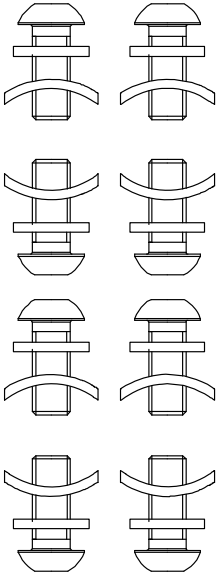
STEP2



(7) (14) (60) 2PCS

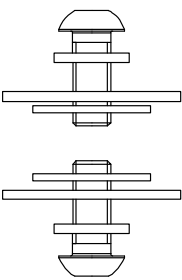
(11) (12) (13) 2PCS

STEP3

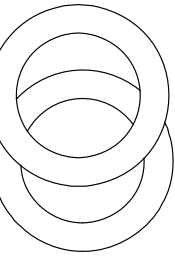


(6) (60) (87) 8PCS

STEP4




(34) (36) (87) (92) 2PCS

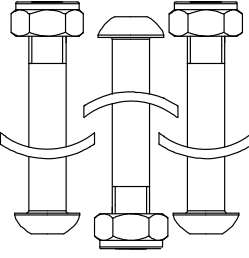


(31) 2PCS

STEP5



(56) (11) 1PCS




(59) (7) (60) 3PCS

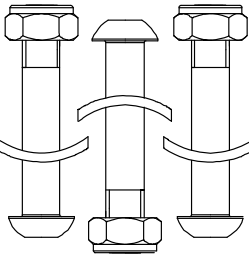
(54) 2PCS

(34) (36) (87) 1PCS

STEP6



(56) (11) 1PCS

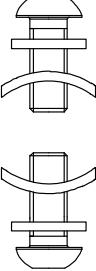


(59) (7) (60) 3PCS

(54) 2PCS

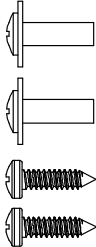
(34) (36) (87) 1PCS

STEP8

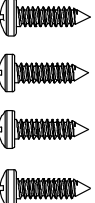


(6) (60) (87) 2PCS

STEP10

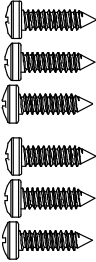


(84) 2PCS



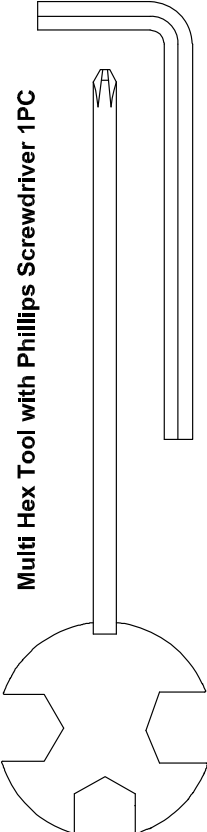
(29) 6PCS

STEP11




(29) 6PCS

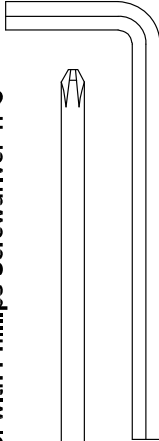
Multi Hex Tool with Phillips Screwdriver 1PC

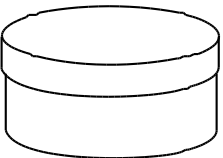


5mm Allen Wrench 1PC



6mm Allen Wrench 1PC



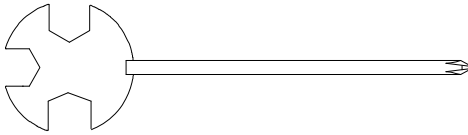


Grease 1PC

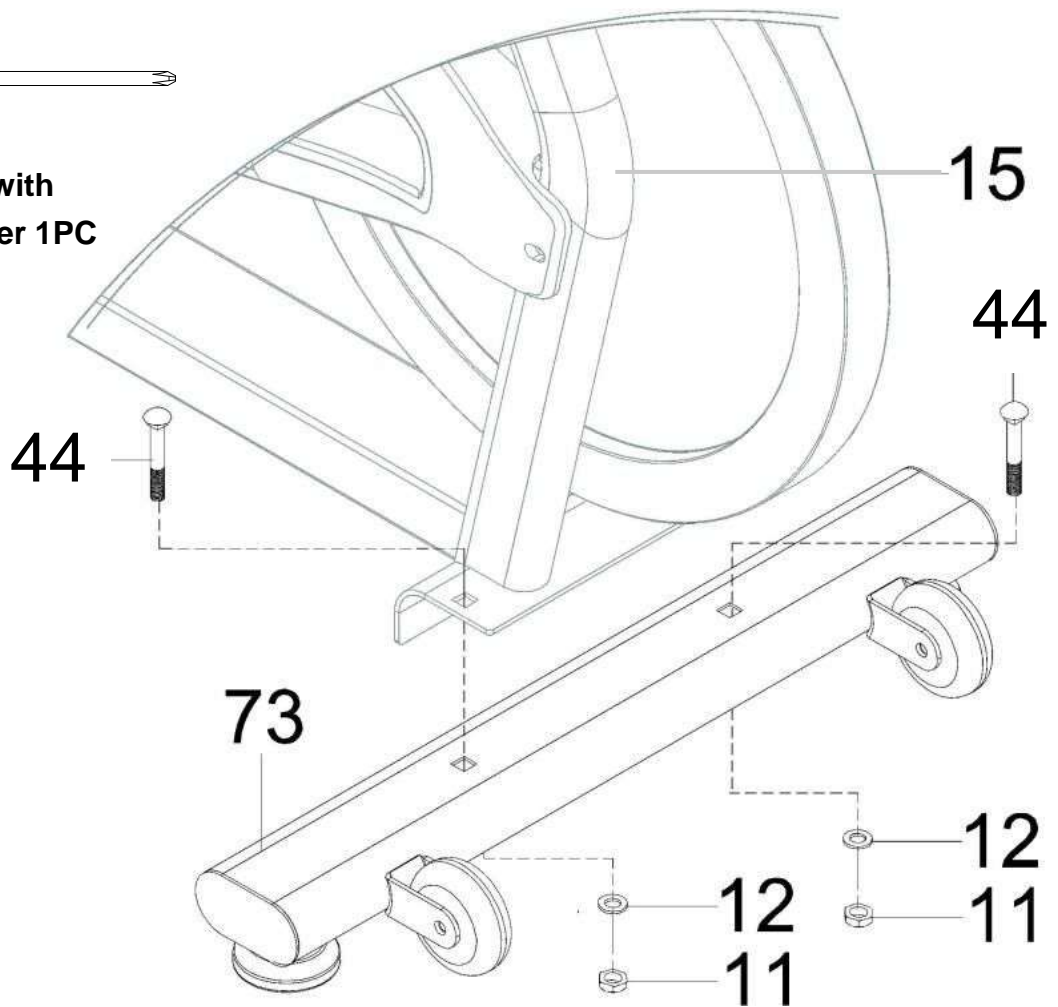
9

ASSEMBLY

Tool:



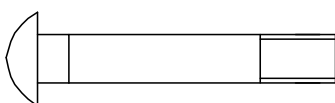
**Multi Hex Tool with
Phillips Screwdriver 1PC**



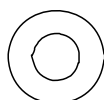
Step 1

1A. Installing The Front Stabilizer – Lift up the front of the **Main Frame (15)** and align the holes of the **Front Stabilizer (73)** with the bracket holes on the **Main Frame (15)**. Ensure that the wheels are facing outwards. Secure and tighten the **Front Stabilizer (73)** with two **Carriage Bolts (44)**, two **Locknuts (11)** and two **Washers (12)** using the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



**(44) Carriage Bolt
2 PCS**



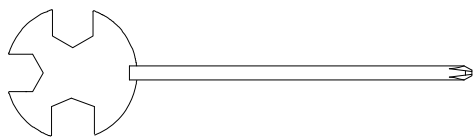
**(12) Washer
2 PCS**



**(11) Locknut
2 PCS**

ASSEMBLY

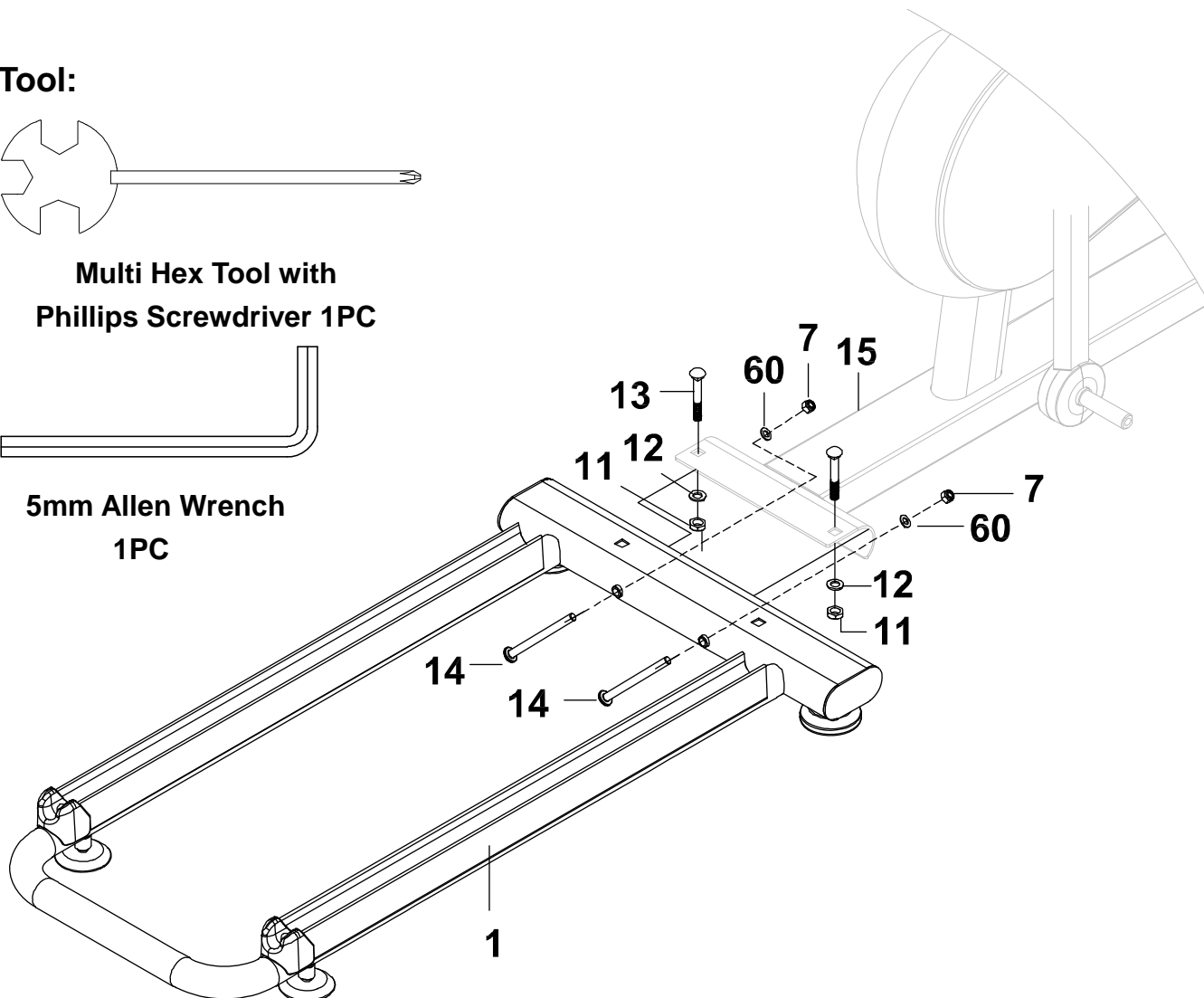
Tool:



**Multi Hex Tool with
Phillips Screwdriver 1PC**



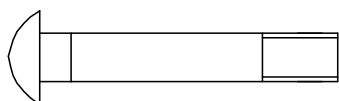
**5mm Allen Wrench
1PC**



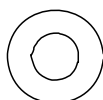
Step 2

2A. Installing The Rear Stabilizer – Lift the **Main Frame (15)** up and slide the **Rear Stabilizer (1)** into the curved bracket. Align the holes on the **Main Frame (15)** and the **Rear Stabilizer (1)**. Insert two **Carriage Bolts (13)**, through the top, and secure with two **Washers (12)**, and two **Locknuts (11)** on the bottom of the **Rear Stabilizer (1)**. Then on the side, attach two **Hexagon Socket Bolts (14)**, two **Curve Washers (60)**, and two **Locknuts (7)**. Tighten the Bolts and Nuts with the **Multi-Hex Tool with Phillips Screwdriver**, and **5mm Allen Wrench** provided.

Hardware:



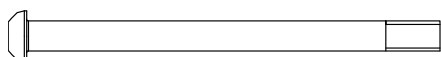
**(13) Carriage Bolt
2 PCS**



**(12) Washer
2 PCS**



**(11) Locknut
2 PCS**



**(14) Hexagon Socket Bolt
2 pcs**

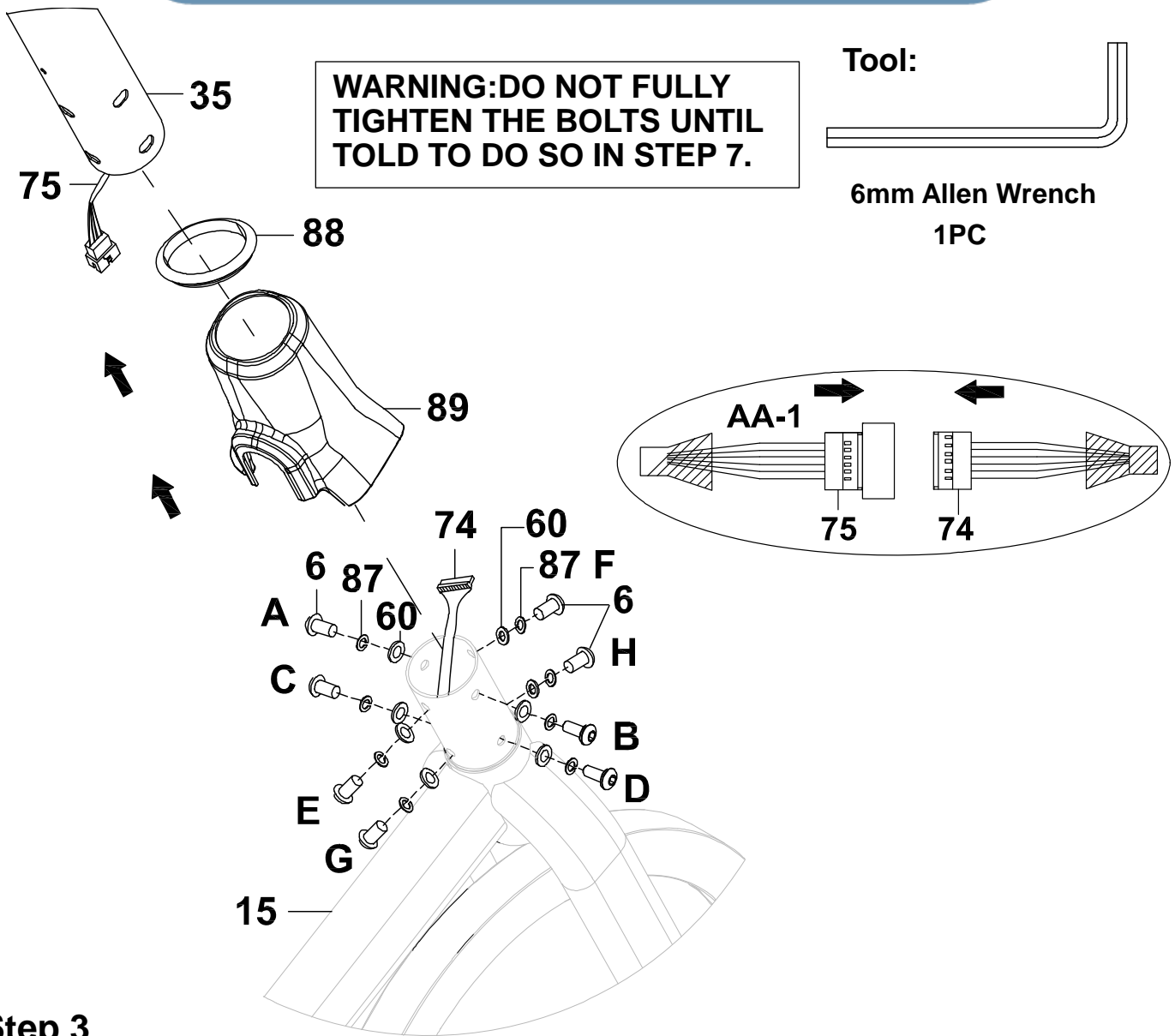


**(7) Locknut
2 PCS**



**(60) Curve Washer
2 PCS**

ASSEMBLY



Step 3

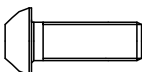
3A. Installing the Upright Cover & Ring – Slide the **Upright Rubber Ring (88)** and **Upright Cover (89)** onto the **Upright Post (35)**. Hold the parts above the bolt holes for the steps 3B and 3C.

3B. Connecting the Wires – Connect the **Upright Wire (75)** to the **Main Frame Wire (74)**. After connecting the wires carefully tuck the wires inside the tubes and slide the **Upright Post (35)** fully onto the **Main Frame (15)**.

3C. Installing the Upright Post - Secure the **Upright Post (35)** to the **Main Frame (15)** by hand tightening the eight **Hexagon Socket Bolts (6)**, eight **Spring Washers (87)**, and eight **Curve Washers (60)**.

Note: Fully tighten the bolts in **STEP 7** in the following sequence using the 6mm Allen Wrench provided: **A, B, C, D, E, F, G, and H.**

Hardware:



(6) Hexagon Socket Bolt
8 pcs



(87) Spring Washer
8 pcs

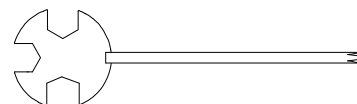


(60) Curve Washer
8 PCS

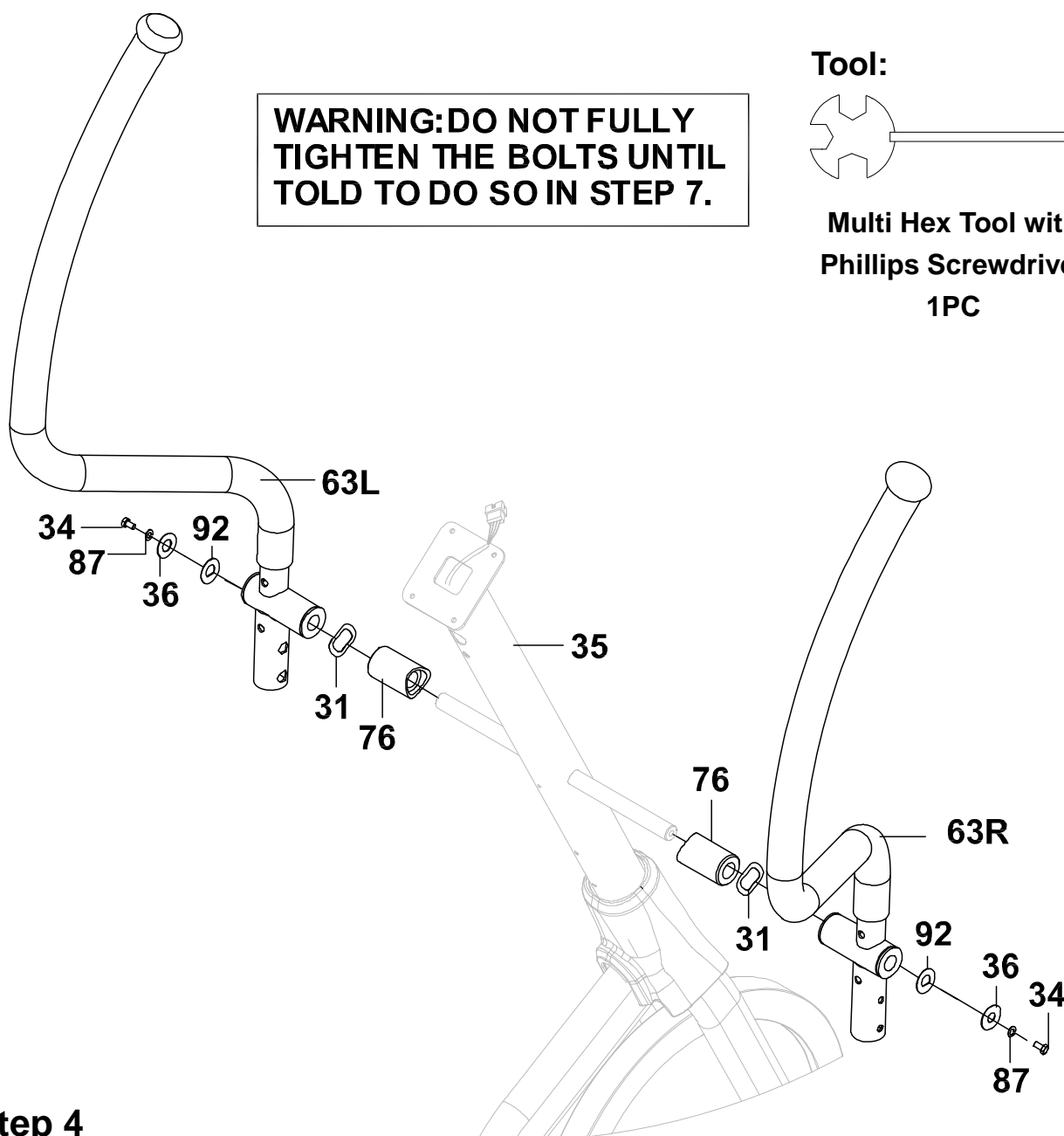
ASSEMBLY

WARNING: DO NOT FULLY TIGHTEN THE BOLTS UNTIL TOLD TO DO SO IN STEP 7.

Tool:



**Multi Hex Tool with
Phillips Screwdriver
1PC**



Step 4

4A. Installing the Left & Right Handlebars – Insert a **Bushing (76)** and **Wave Washer (31)** onto the ends of the smaller tubes sticking out perpendicular to the **Upright Post (35)**. Attach the **Right Handle Bar (63R)** with one **D Washer (92)**, one **Washer (36)**, one **Spring Washer (87)** and one **Bolt (34)**. Tighten the bolt using the **Multi-Hex Tool with Phillips Screwdriver** provided, and repeat this step for the **Left Handle Bar (63L)**.

Note: Make sure the D washer Locks with the D shape on the End of the shaft.

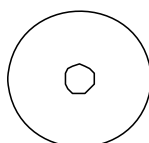
Hardware:



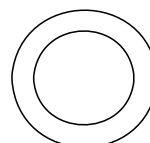
**(34) Bolt
2PCS**



**(87) Spring Washer
2PCS**



**(36) Washer
2PCS**



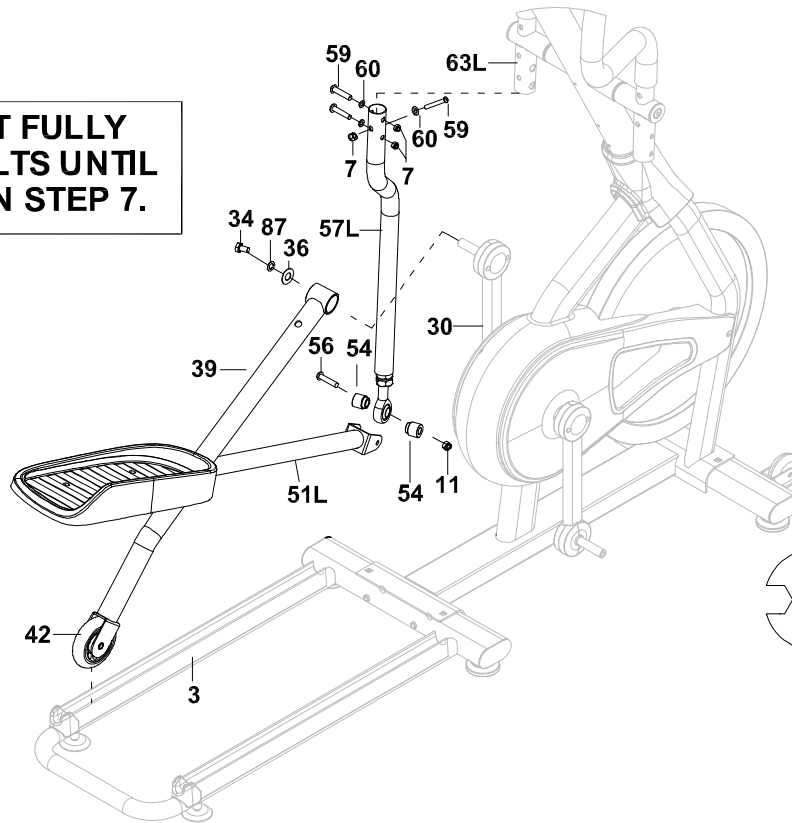
**(31) Wave Washer
2PCS**



**(92) D Washer
2PCS**

ASSEMBLY

WARNING:DO NOT FULLY TIGHTEN THE BOLTS UNTIL TOLD TO DO SO IN STEP 7.



Tool:



**5mm Allen Wrench
1PC**



**6mm Allen Wrench
1PC**



**Multi Hex Tool with
Phillips Screwdriver
1PC**

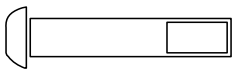
Step 5

5A. Installing the Left Side Lower Handlebar – Ensuring that the lower half curves outwards, install the **Left Lower Handle Bar Assembly (57L)** to the **Left Handle Bar (63L)** with three **Hexagon Socket Bolts (59)**, three **Curve Washers (60)**, three **Locknuts (7)**. Tighten the bolts with the **5mm Allen Wrench**. Make sure that the bolts are inserted as shown in the image.

5B. Installing The Left Pedal Assembly –Lift the **Wheel Arm (39)** to the **Crank (30)** and slide the bracket onto the crank and then place the **Wheel (42)** on the **Aluminum Track Rail (3)** .Secure the bracket with one **Hexagon Socket Bolt (34)**, one **Spring Washer (87)**, one **Washer (36)**, Tighten the bolt with the **Multi Hex Tool with Phillips Screwdriver** provided.

5C. Installing The Left Pedal Assembly To The Handlebars – Lift the **Left Pedal Assembly (51L)** and connect it to the **Left Lower Handlebar Assembly (57L)** with one **Hexagon Socket Bolt (56)**, two **Bushing (54)**, one **Lock Nut (11)**. Tighten the bolt and nut simultaneously by using the **6mm Allen Wrench** and **Multi Hex Tool with Phillips Screwdriver**.

Hardware:



**(59) Hexagon Socket Bolt
3PCS**



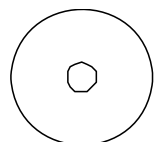
**(60) Curve Washer
3PCS**



**(7) Locknut
3PCS**



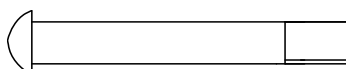
**(34) Bolt
1PCS**



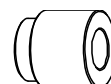
**(36) Washer
1PCS**



**(87) Spring Washer
1PCS**



**(56) Hexagon Socket Bolt
1PCS**



**(54) Bushing
2PCS**

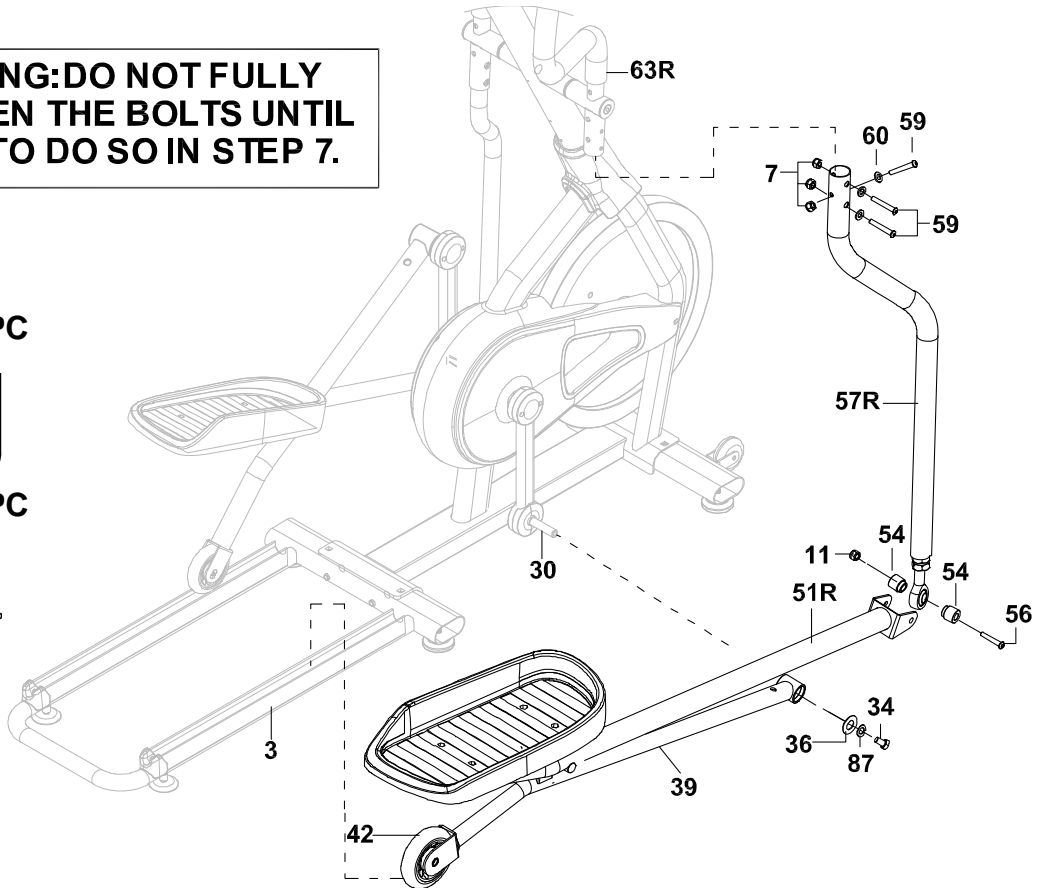
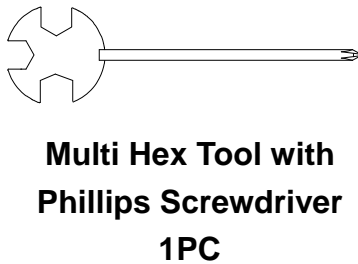


**(11) Lock Nut
1PCS**

ASSEMBLY

WARNING: DO NOT FULLY TIGHTEN THE BOLTS UNTIL TOLD TO DO SO IN STEP 7.

Tool:



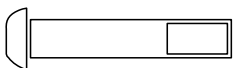
Step 6

6A. Installing The Right Side Lower Handlebar – Ensuring that the lower half curves outwards, install the **Right Lower Handlebar (57R)** to the **Right Handlebar (63R)** with three **Hexagon Socket Bolts (59)**, three **Curve Washers (60)**, three **Lock Nuts (7)**. Tighten the bolts with the **5mm Allen Wrench**. Make sure that the bolts are inserted as shown in the image.

6B. Installing The Right Pedal Assembly – Lift the **Wheel Arm (39)** to the **Crank (30)** and slide the bracket onto the crank and then place the **Wheel (42)** on the **Aluminum Track Rail (3)**. Secure the bracket with one **Hexagon Socket Bolt (34)**, one **Spring Washer (87)**, one **Washer (36)**, Tighten the bolt with the **Multi Hex Tool with Phillips Screwdriver** provided.

6C. Installing The Right Pedal Assembly To The Handlebars – Lift the **Right Pedal Assembly (51R)** and connect it to the **Right Lower Handlebar (57R)** with one **Hexagon Socket Bolt (56)**, two **Bushing (54)**, one **Lock Nut (11)**. Tighten the bolt and nut simultaneously by using the **6mm Allen Wrench** and **Multi Hex Tool with Phillips Screwdriver** provided.

Hardware:



(59) Hexagon Socket Bolt
3PCS



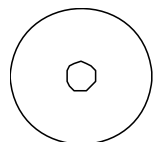
(60) Curve Washer
3PCS



(7) Lock Nut
3PCS



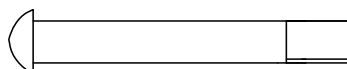
(34) Bolt
1PCS



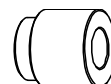
(36) Washer
1PCS



(87) Spring Washer
1PCS



(56) Hexagon Socket Bolt
1PCS



(54) Bushing
2PCS



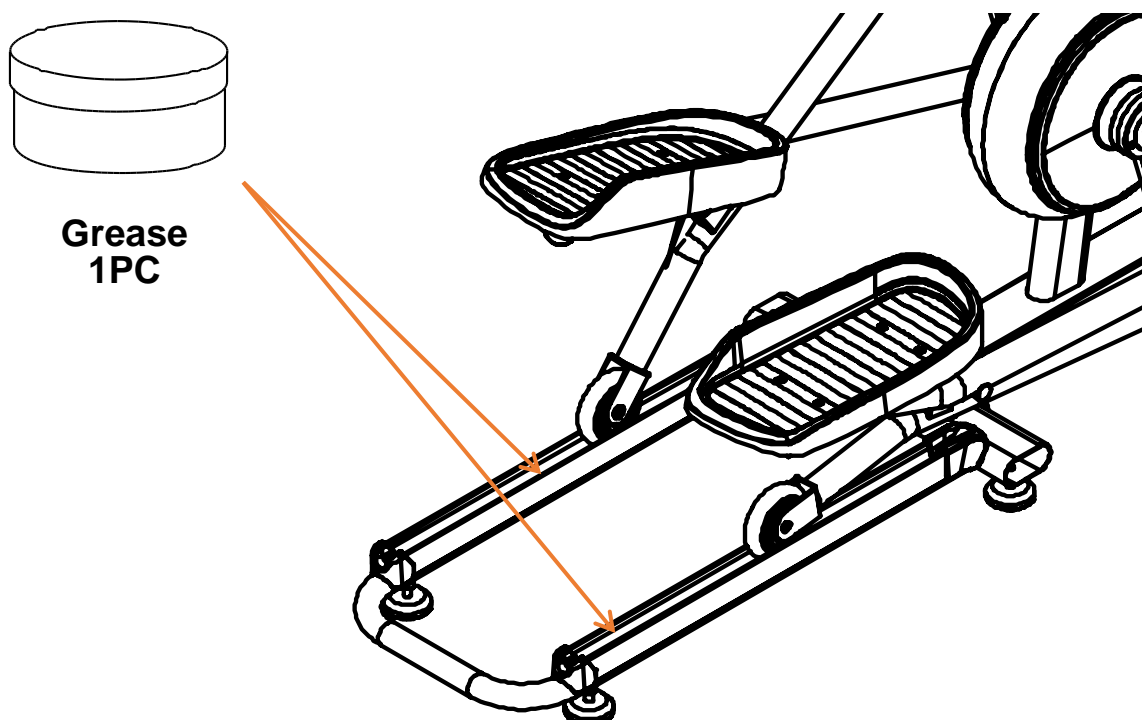
(11) Lock Nut
1PCS

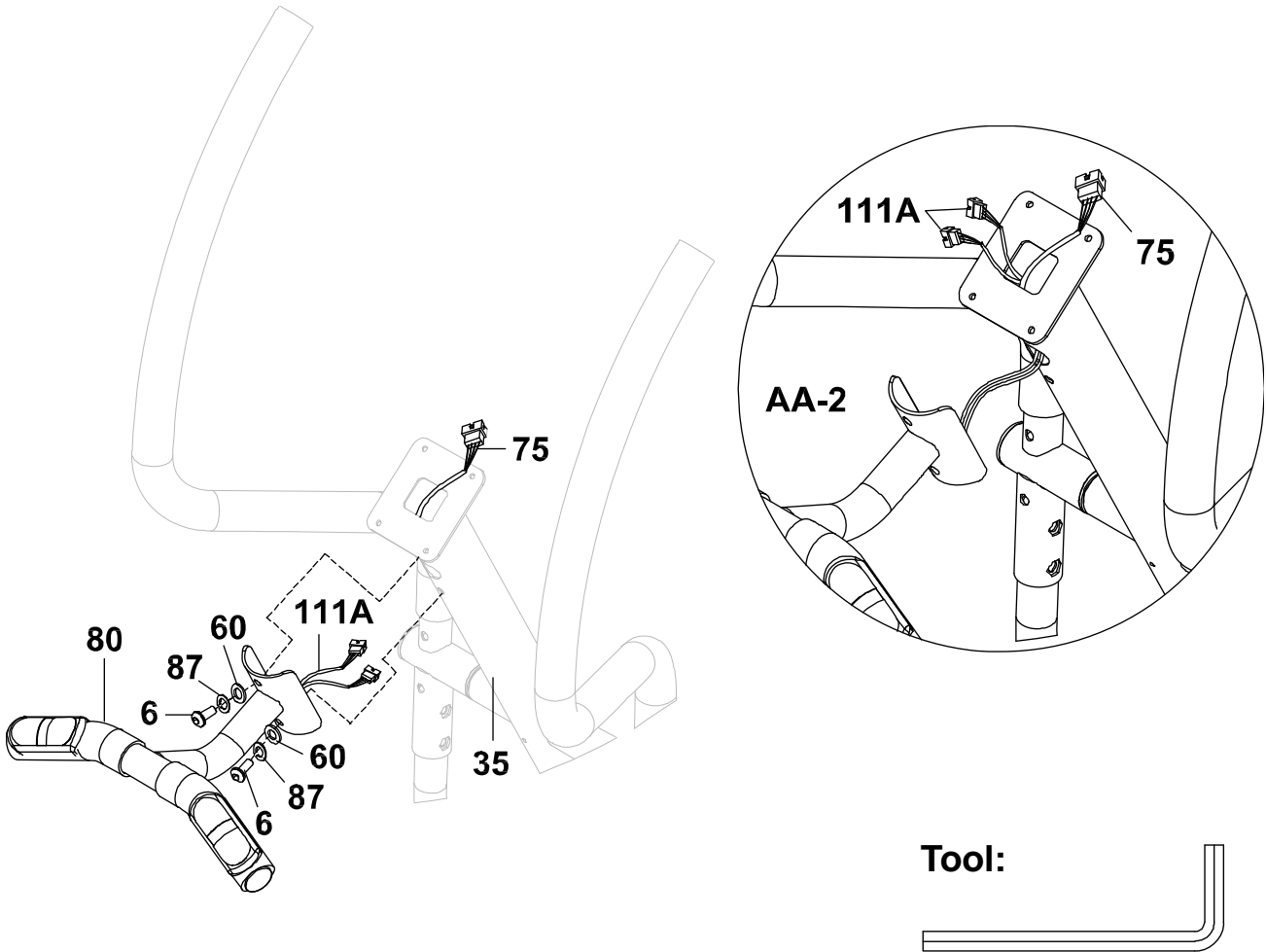
Step 7

Tightening the Hardware of steps 4, 5, and 6:

To ensure smooth and quiet operation of the elliptical do the following:

1. Turn the **Flywheel (66)** 3 times to allow the parts of steps 3, 4, 5, and 6 to self-align.
2. Reference the tool images on each step that are needed.
3. First tighten the hardware of the left side first of the machine in the following order according to the step below:
 - a. Step 3
 - b. Step 4A (FOR LEFT SIDE ONLY)
 - c. Step 5B
 - d. Step 5A
 - e. Step 5C
4. Make sure the **Wheel (42)** on the **Left Pedal Assembly (51L)** is NOT tilted too much to the LEFT or RIGHT.
5. Repeat 1-2 above for the right side of the machine and tighten the hardware as follows:
 - a. Step 4A (FOR RIGHT SIDE ONLY)
 - b. Step 6B
 - c. Step 6A
 - d. Step 6C
6. Make sure the **Wheel (42)** on the **Right Pedal Assembly (51R)** is NOT tilted too much to the LEFT or RIGHT.
7. **Take the packet of Silicon Oil included and evenly distribute it inside of the groove along both of the Aluminum Track Rails (3).**
8. Turn the flywheel a few times to check for smooth and quiet operation of the elliptical.
9. Go through and double check the Hardware of steps 4, 5, and 6 are thoroughly tightened.





Tool:

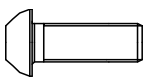


**6mm Allen Wrench
1PC**

Step 8

8A. Installing The Handlebar – As you are slowly attaching the bracket end of the **Handlebar (80)** to the **Upright Post (35)**, feed the **Pulse Sensor Wires I (111A)** through the **Upright Post (35)** so that it comes out the top of the post. See **Figure AA-2**. Secure the **Handlebar (80)** to the post with two **Hexagon Socket Bolts (6)**, two **Spring Washers (87)**, and two **Curved Washers (60)**. Tighten the Screw with the **6mm Allen Wrench** provided.

Hardware:



**(6) Hexagon Socket Bolt
2 pcs**



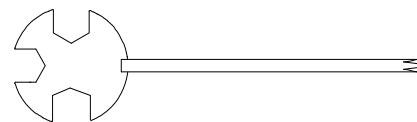
**(87) Spring Washer
2 pcs**



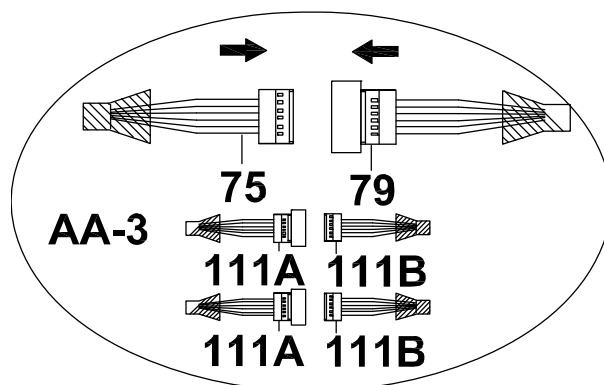
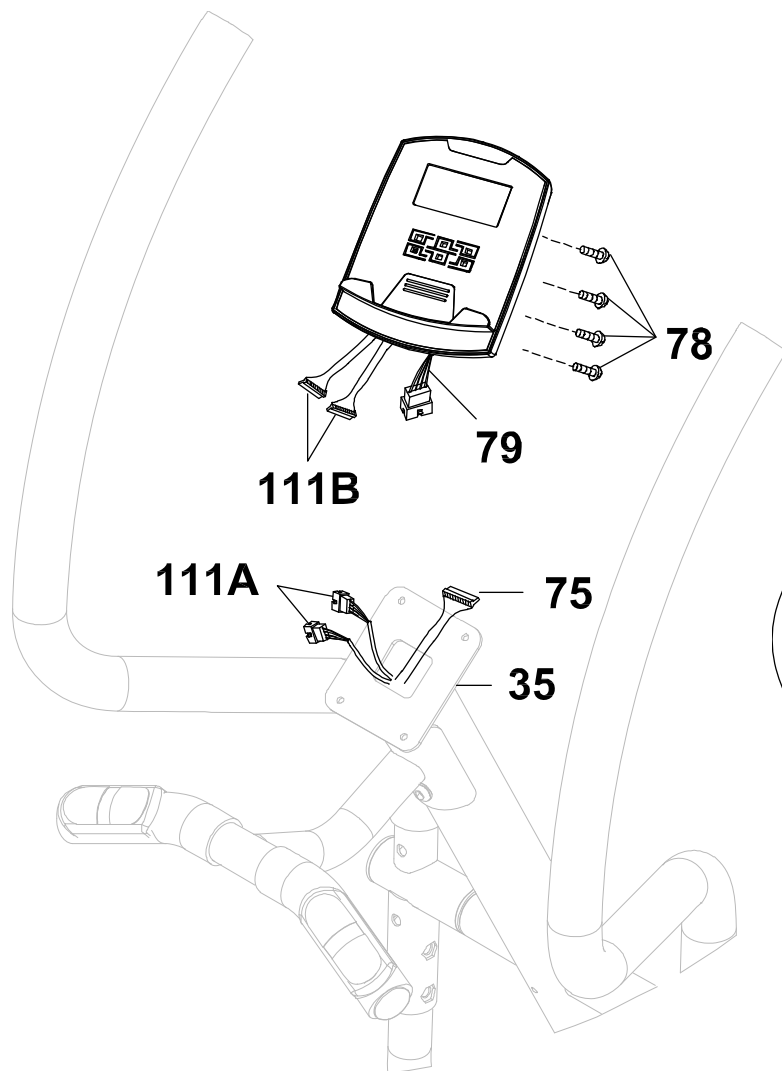
**(60) Curve Washer
2 PCS**

ASSEMBLY

Tool:



**Multi Hex Tool with
Phillips Screwdriver
1PC**



Step 9

9A. Removing the Hardware from the Console – Remove the four **Phillips Head Screw (78)** from the **Console (79)** with the **Multi-Hex Tool with Phillips Screwdriver**.

9B. Connecting the Console Wires - As you are lowering the **Console (79)** connect the main wire coming from the console to the **Upright Wire (75)** coming out from the **Upright Post (35)**. Also connect the **Pulse Sensor Wires I (111A)** to the **Pulse Sensor Wires II (111B)**. See **Figure AA-3**.

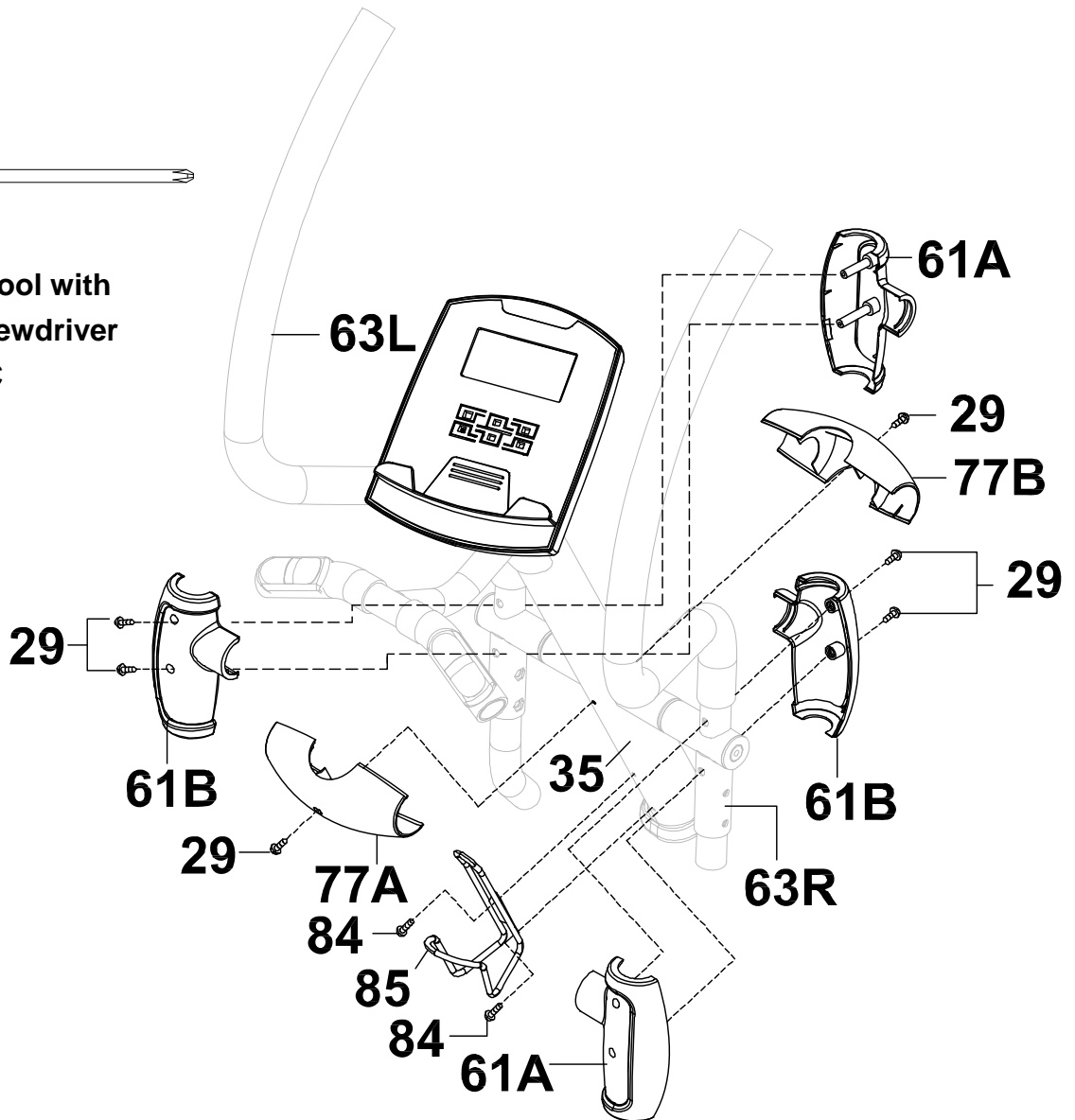
9C. Installing the Console – Making sure not to pinch any of the wires, push the connected wires down into the opening at the top of the **Upright Post (35)**. Install the **Console (79)** to the **Upright Post (35)** with four **Phillips Head Screw (78)**. Tighten the screws with the **Multi-Hex Tool with Phillips Screwdriver**.

ASSEMBLY

Tool:



**Multi Hex Tool with
Phillips Screwdriver
1PC**



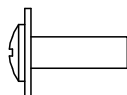
Step 10

10A. Installing The Handle Bar Cover – Install the left side **Front Handle Bar Cover (61A)** and **Rear Handle Bar Cover (61B)** onto the joint of the **Left Handlebar (63L)** is with two **Phillips Pan Head Tapping Screws (29)**. Tighten the screws using the **Multi-Hex Tool with Phillips Screwdriver**. Repeat the installation of the other **Handle Bar Cover (61A / 61B)** to the **Right Handlebar (63R)** using the same method. Tighten screws with **Multi-Hex Tool with Phillips Screwdriver**.

10B. Installing The Handle Joint Cover – Install the **Front Handle Joint Cover (77A)** and **Rear Handle Joint Cover (77B)** around the **Upright Post (35)** with two **Phillips Pan Head Tapping Screws (29)**, and tighten by **Multi-Hex Tool with Phillips Screwdriver**.

10C. Installing The Bottle Holder – Install the **Bottle Holder (85)** with two **Phillips Screw with Washers (84)**, and tighten by **Multi-Hex Tool with Phillips Screwdriver**.

Hardware:

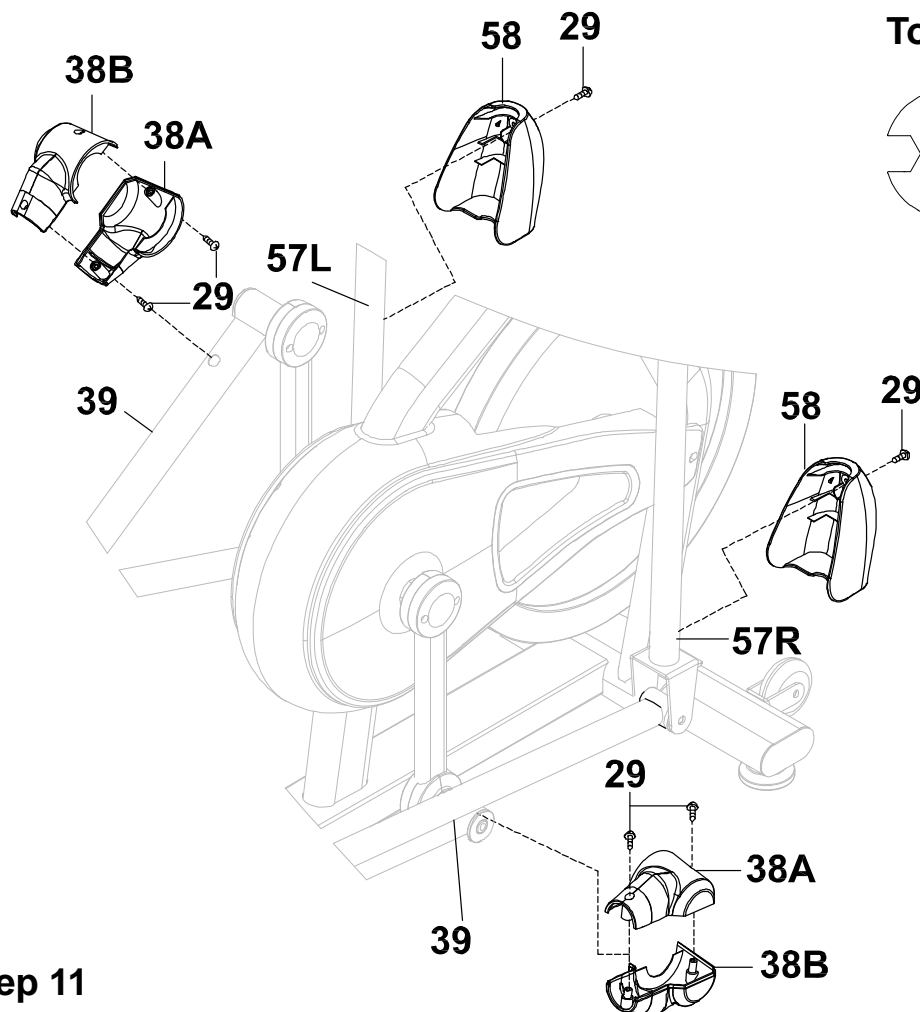


**(84) Phillips Head Screw
with Washer
2 pcs**

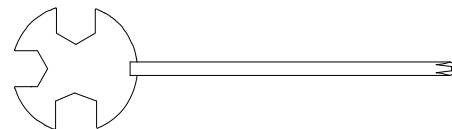


**(29) Phillips Pan Head
Tapping Screw
6 pcs**

ASSEMBLY



Tool:



**Multi Hex Tool with
Phillips Screwdriver
1PC**

Step 11

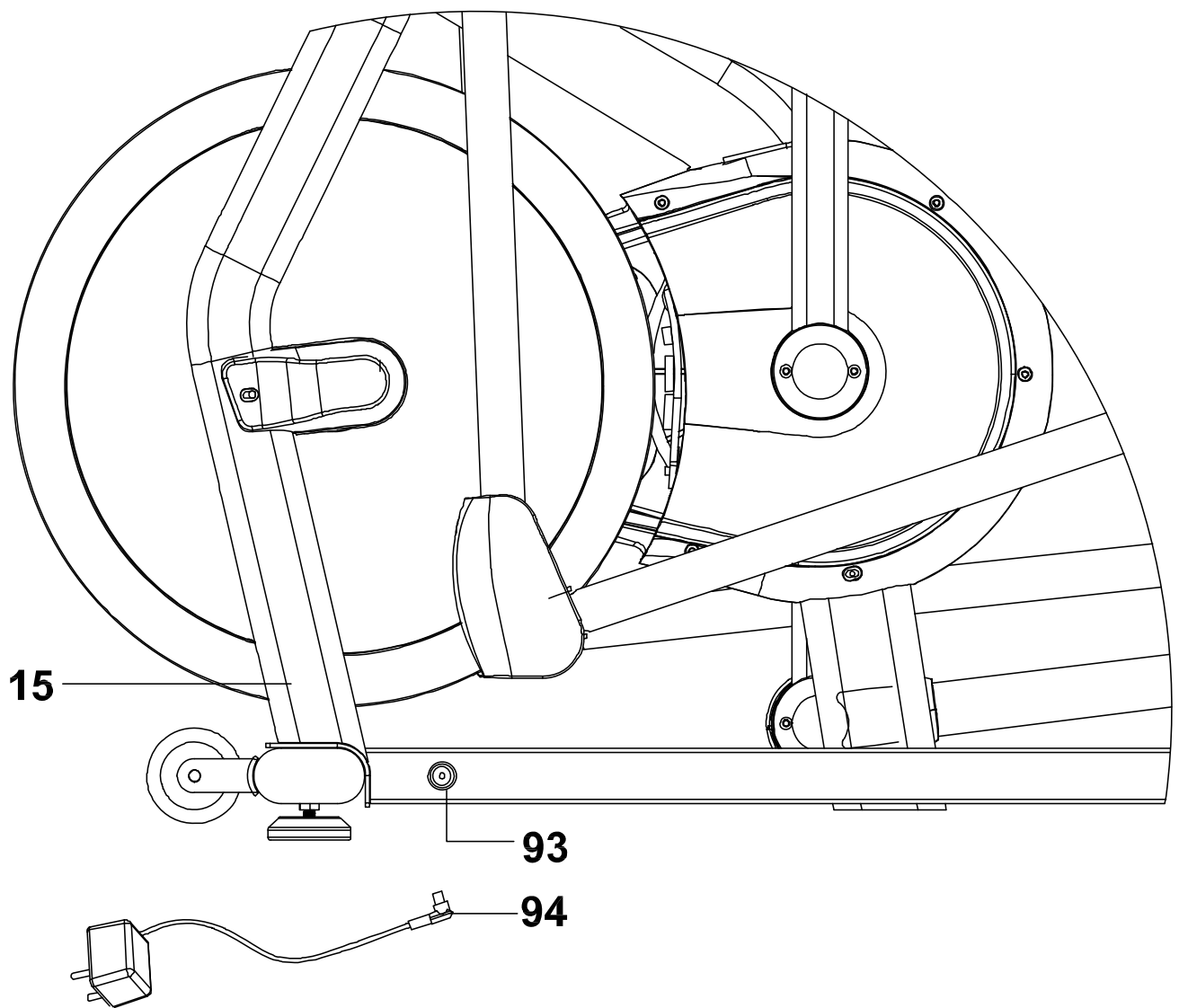
11A. Installing The Crank Covers – Install the **Pivot Covers (58)** to the lower portion of the **Right Lower Handlebar (57R)** and the **Left Lower Handlebar (57L)** with two **Phillips Pan Head Tapping Screws (29)**. Tighten the screws using the **Multi-Hex Tool with Phillips Screwdriver**.

11B. Installing The Rail Tube Covers – Install the **Rail Tube Covers (38A / 38B)** around where each of the **Wheel Arm (39)** are connected with two **Phillips Pan Head Tapping Screws (29)**. Tighten the screws using the **Multi-Hex Tool with Phillips Screwdriver**.

Hardware:



**(29) Phillips Pan Head
Tapping Screw 6pcs**



Step 12

12A. Power Adaptor Installation – Plug the small end of the **AC Adaptor (94)** into the **Wire (93)** at the **FRONT** of the **Main Frame (15)**. Before plugging in the **AC Adaptor (94)** into an electrical outlet.

CONSOLE

Console Buttons:

START/STOP BUTTON:

1. Starts and Pauses a workout.
2. Holding the button for 3 seconds will reset the console for a new workout.

UP & DOWN BUTTON:

1. Press to Increase or decrease the value of the selected workout parameter when setting a workout goal: TIME, DISTANCE, CALORIES.
2. Pressing during a workout will increase the resistance load.
3. Pressing at the main screen will to navigate through the training program modes (Manual, Pre-set Programs, or User Program).
4. Press and hold both buttons at the main screen to change units from MILES to KM.

ENTER BUTTON:

1. Press to select the Goal option (TIME, DISTANCE, CALORIES) prior to starting a workout.

RECOVERY BUTTON:

1. Press to enter into Recovery function when Console has the heart rate value.
2. The Recovery Scale is a range of F1 – F6, F1 signifies great fitness, and F6 signifies poor fitness.

MODE BUTTON:

1. Press to switch displayed workout values RPM to SPEED, ODO to DIST, and WATT to Calories during workout resistance during exercise.

ENTER:

1. Press the ENTER button to confirm the selection of training program modes (Manual, Pre-set Programs, or User Program), and to Confirm Target goals.



Console Display:

1. These are all the LCD tiles that may show while using the workout equipment.

APP Connection Icon

Program Number

Resistance

Resistance	<div> <div>START STOP PROGRAM</div> <div>00 00</div> <div>LEVEL 00 00</div> </div>									
TIME		RPM SPEED		DIST ODO		CAL WATT		PULSE		
00:00.00		000.0		000.00.00		000.00.00		000.00		000.00
		KM MILE								

Distance Tracking Units

Profile Program:

The console has 24 Preset Program options to choose from to help challenge you and meet your fitness goals. See the diagram below.

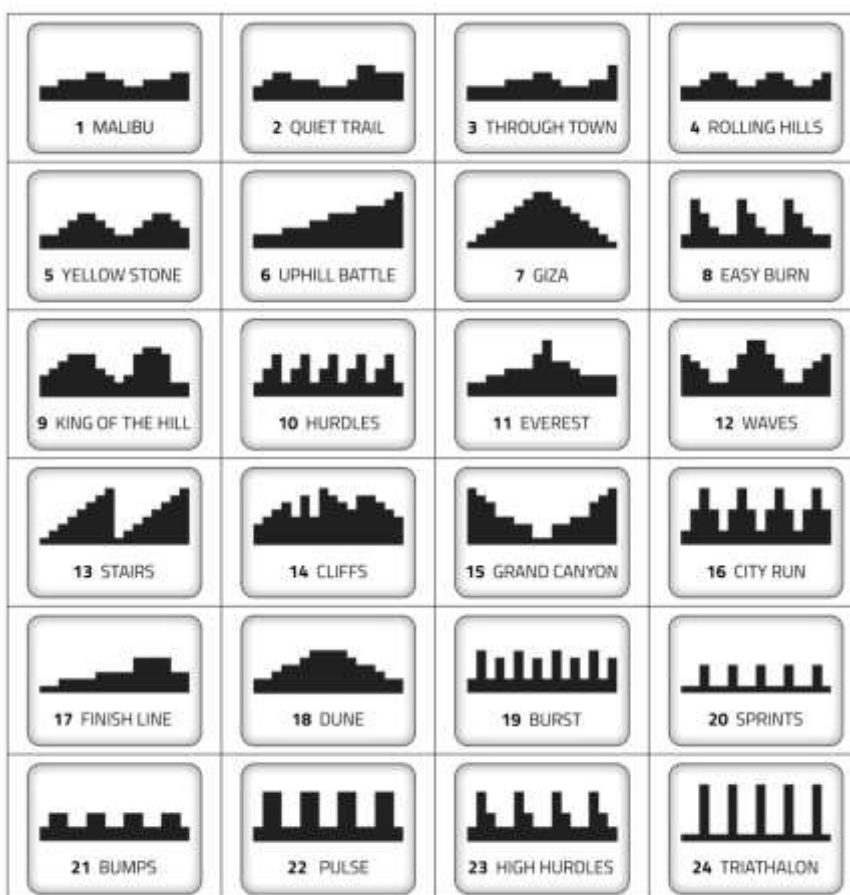
How to quick start a Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. To start an immediate workout press the START button once you have selected the desired program profile. Control the resistance level by pressing the UP or DOWN arrow buttons.

The console can be set to count down a Workout Goal based on TIME, DISTANCE, and CALORIES.

How to set a Workout Goal Program Profile: The first screen that appears when the console is turned on is program profile P1. From this screen you can select any of the other program profiles by using the UP or DOWN buttons. Pressing the ENTER button will select the program profile on the screen. Next, the TIME goal parameter will flash. You can assign a value from which the console will count down by using the UP or DOWN buttons or press ENTER again to set a DISTANCE or CALORIE goal. Press the START button to initiate your workout. When a goal is achieved the console will sound an alarm and stop the workout.

Note 1: Multiple Workout Goals can be set. When one of the parameter reaches zero the console will stop your workout. To continue your workout and reach the other Workout Goals you have set, press the START button twice in order to resume.

Note 2: The FULL workout diagram will not display on the LCD screen during the workout. The diagram will shift during the workout.

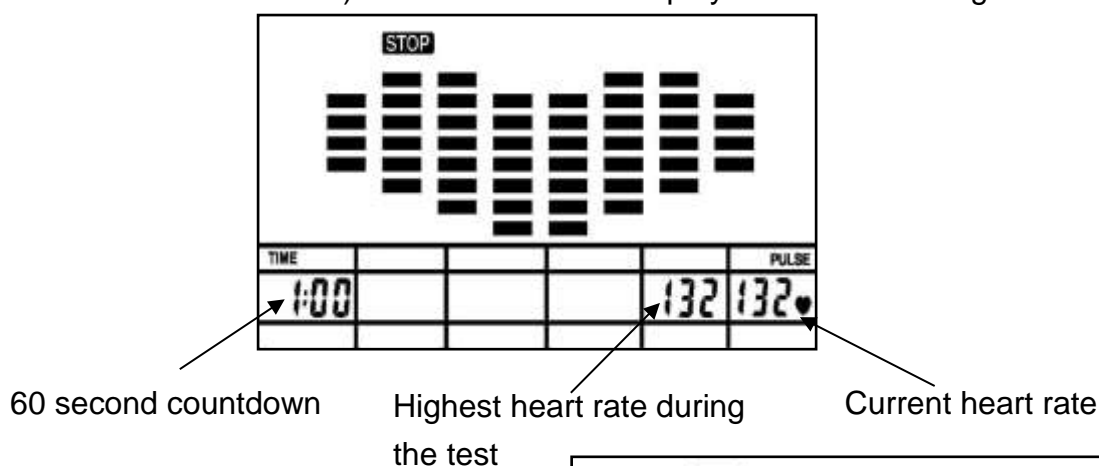


Recovery Program:

The Recovery Program gives you feedback about the rate at which your heart recovers after a workout. The recovery rating is a value in which your personal fitness can be judged. Your recovery rating is calculated by evaluating how large the difference is between your peak heart rate at the end of a workout and your heart rate after 60 seconds of resting.

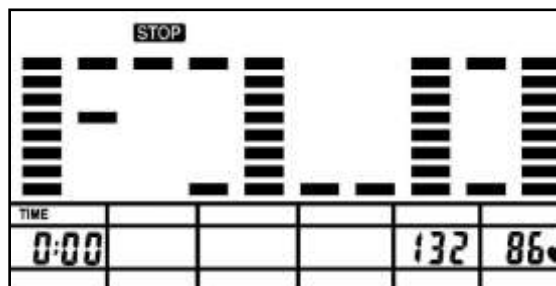
How it works: The larger the difference between your peak heart rate and your resting heart rate after 60 seconds, the better your recovery rating. A fit person's heart rate will decrease faster and be scored closer to F1.

How to activate Recovery Program: After your workout stop pedaling and hold the heart rate sensors so the console detects a pulse. Push the RECOVERY button. A large heart will be displayed on the screen, along with your highest heart rate during the test, your current heart rate, and the time remaining for the test. The test will last 60 seconds, hold the heart rate sensors for the entire duration. Once the test is complete, the console will beep 3 times, and display your score. The two heart rate values (your highest heart rate and your heart rate at the end of the test) will continue to be displayed on the lower right corner.



The fitness ranking


- F1 – excellent fitness
- F2 – good fitness
- F3 – satisfactory fitness
- F4 – minimal fitness
- F5 – fitness needs improvement
- F6 – fitness needs major improvement

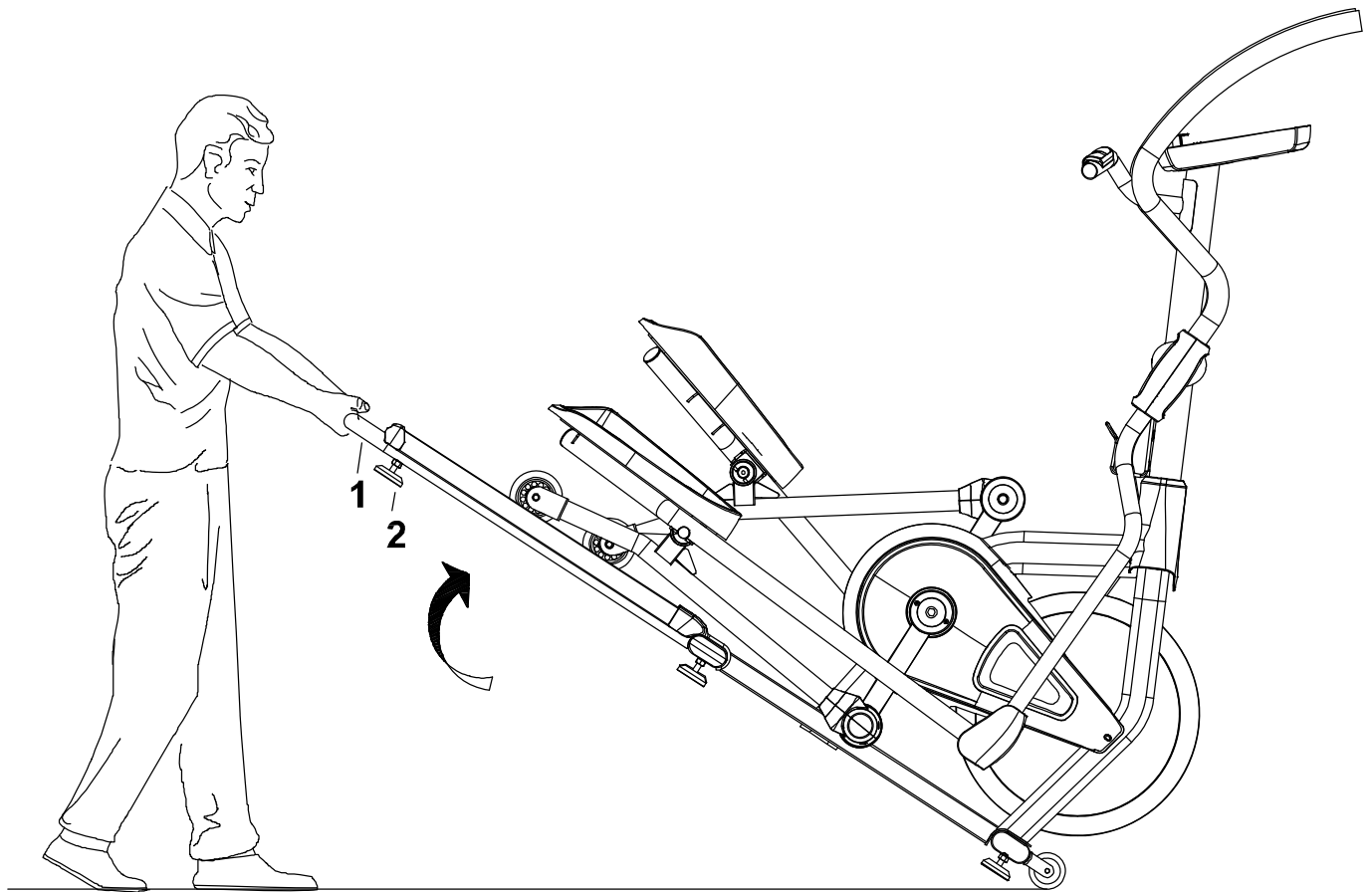


Score screen: F1.0

Note: These ranking are for very basic fitness tracking, for more accurate health information consult with your personal care physician.

Additional Console Notes:

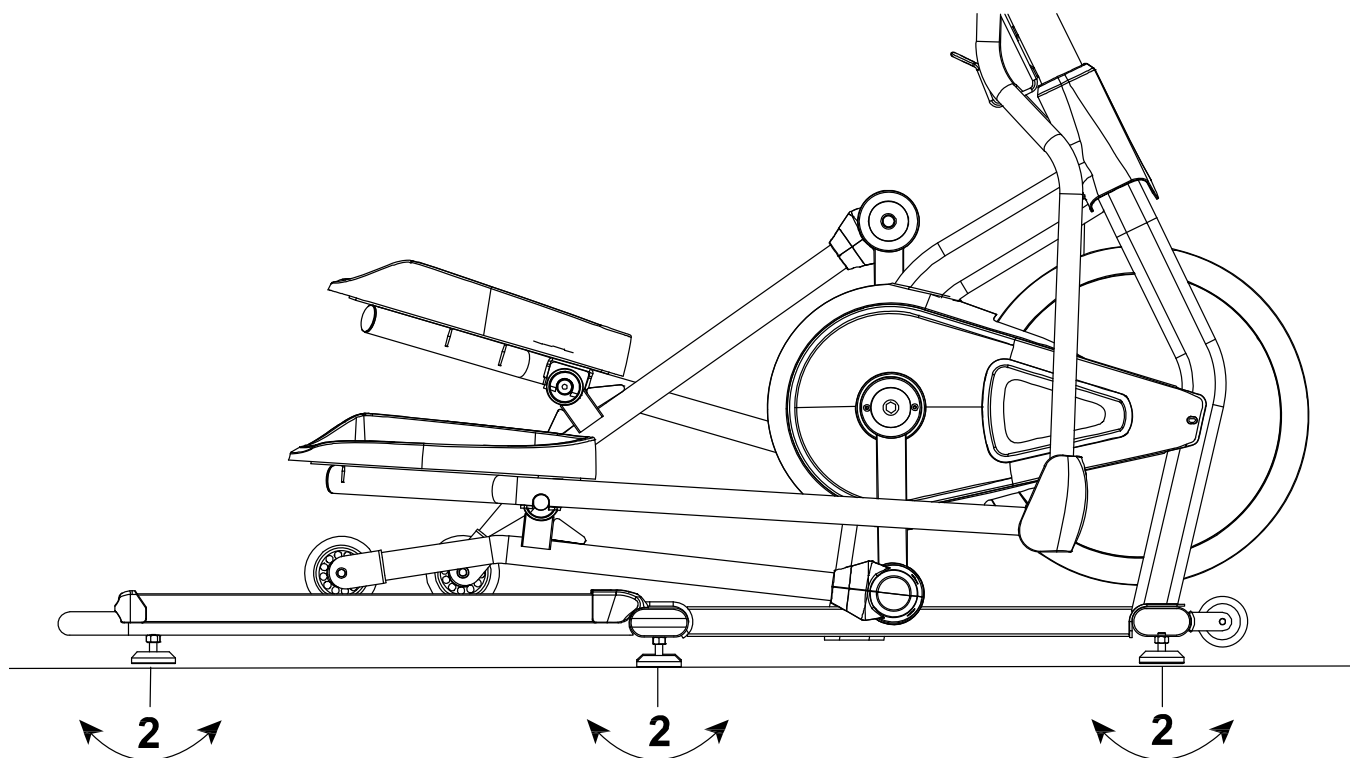
1. The console will shut off after 20 minutes of inactivity.
2. The  will show on the display when the APP is connected with the console.
 - a. The console buttons will not respond while the APP is connected. All controls of the console needs to be done through the app.
3. If you can not connect to the APP, make sure to turn on the Bluetooth antenna and try again.



Transporting the Elliptical

Hold the **Rear Stabilizer (1)** and lift up the rear of the machine until the **Transport Wheels (72)** make contact with the floor. Push or pull the unit to the desired location, then gently lower the **Rear Stabilizer (1)** until the **Foot Pads (2)** contact to the ground.

ADJUSTMENTS



Adjusting the Floor Stabilizers

If the machine wobbles when exercising turn the **Foot Pads (2)** until they make contact with the ground to level the machine.

LUBRICATION

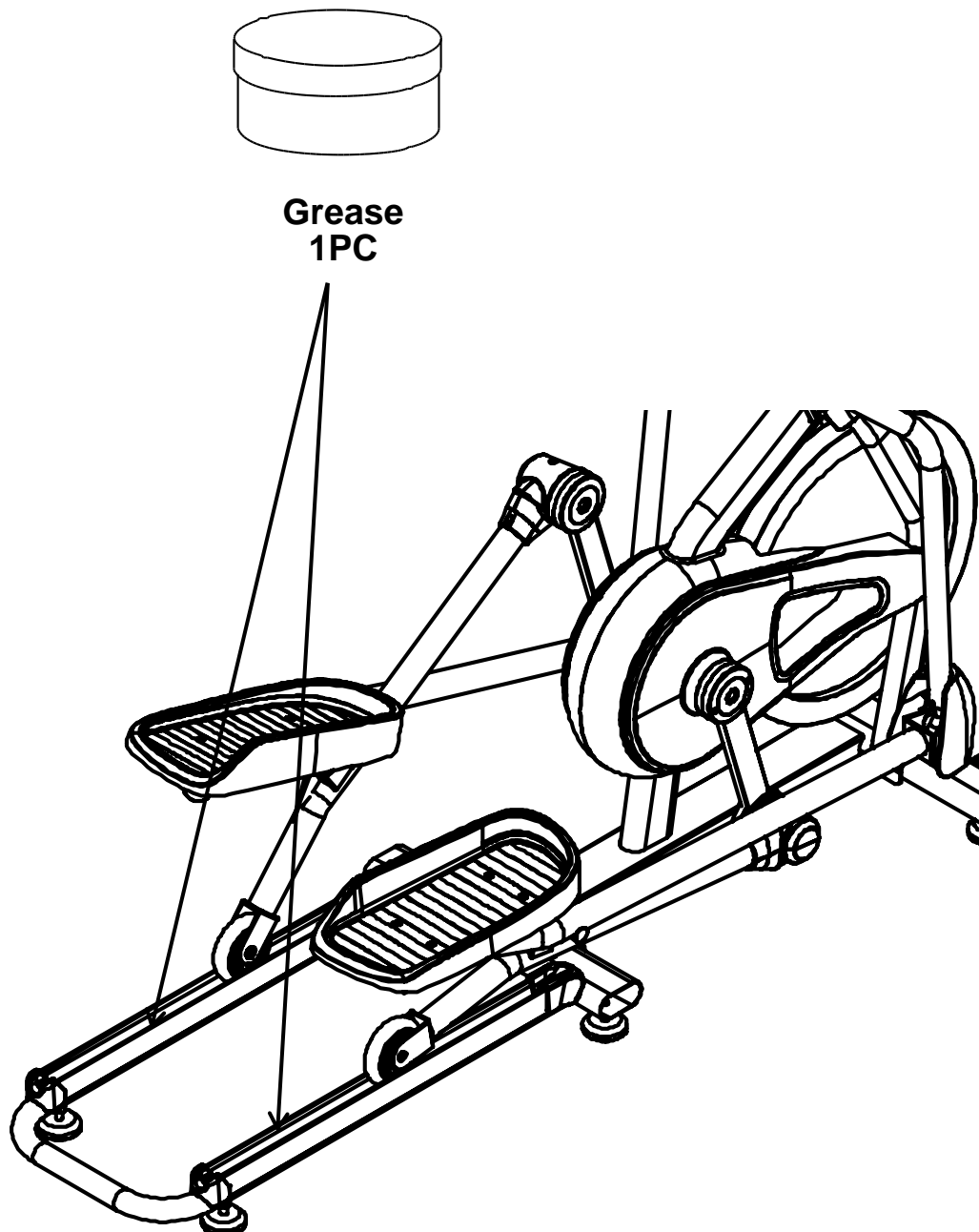
Lubricating the Aluminum Track Rail

If there is a noise coming from the **Aluminum Track Rail (3)** while Exercising, do the following:

1. Clean the Groove in the **Aluminum Track Rail (3)** with a clean paper towel or rag. Move the **Wheel (42)** Back and forth to allow proper cleaning of the **Aluminum Track Rail (3)**.
2. Apply the included **Grease** to the Groove on the **Aluminum Track Rail (3)**. Move the **Wheel (42)** Back and forth to allow proper lubrication of the **Aluminum Track Rail (3)**.
3. Grab the **Left or Right Pedal (46L,46R)** and cycle them by hand for TEN rotations so that the **Wheels (42)** can evenly distribute the grease in the Grooves.
4. If you notice any part of the **Aluminum Track Rail (3)** does is **NOT** covered with grease, ADD more to the spot and rotate the **Wheels (42)** again.

WARNING: Store the grease in a safe place away from children.

PLEASE NOTE: If you run out of provided Grease, **ONLY USE** grease or lubricant of the PTFE type.



TROUBLE SHOOTING

PROBLEM: The elliptical wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post.

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

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

SOLUTION: To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of just with one hand only.

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

PROBLEM: The elliptical makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the elliptical. Please inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

Cleaning

The elliptical 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 elliptical 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 elliptical, especially, the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the elliptical 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:

COMPONENT LENGTH OF WARRANTY

Structural Frame **10 years For Home Use Only**

Parts **3 years For Home Use Only**

Electronic/Wearable Parts **2 years 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, or accumulate dirt or stains; or
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