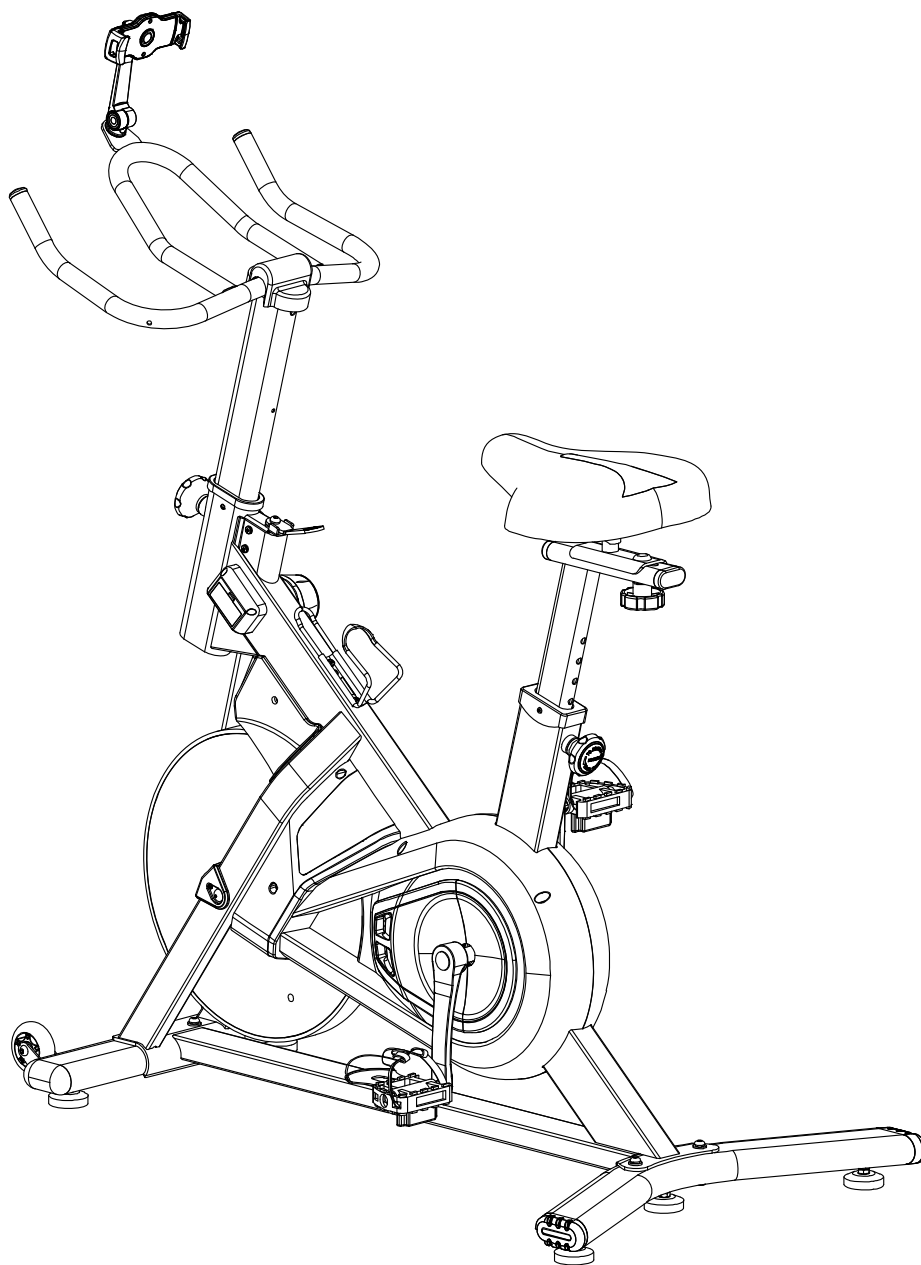




Indoor Training Bike



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.

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PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

**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

(8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday) 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

www.mycloudfitness.com

Toll-Free:

1-844-641-7924

Response time may vary via calling

Refer to our email for the best response time

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

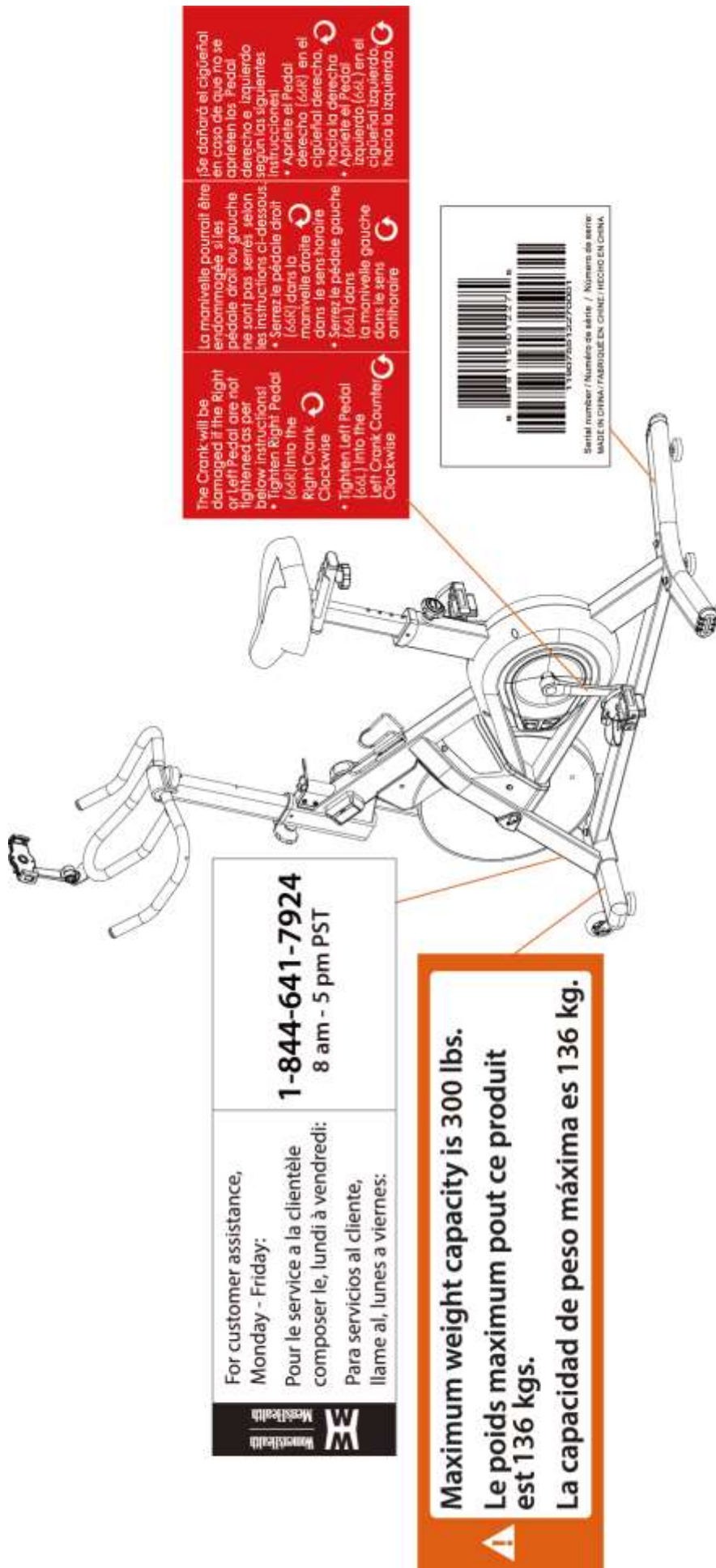
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENTS



IMPORTANT SAFETY GUIDELINES

Read all instructions before using the equipment. When using the equipment, basic precautions should always be followed. To reduce the risk of injury, read and understand the following:

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercises for each muscle group.
2. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, bolts and other fasteners are tightened prior to use.
3. Make sure all the components are not damaged and are in working order before use. This equipment should be placed on a stable, flat surface. Using a mat or similar, covering material on the ground is recommended.
4. Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Wear proper fitness apparel when using this equipment. Do not wear loose clothing or accessories that may get caught by any part of the equipment.
6. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or damp conditions.
7. Do not use the equipment outdoors. This equipment is for **household** use only. Do not use outdoors or near water.
8. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
9. Only one person should be on the equipment at a time. Keep children and pets away from the product at all times. **This machine is designed for adults only.**
10. Be careful to always hold onto the handlebars when you're mounting and dismounting. Be careful to have the pedals at their lowest point when stepping off.
11. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
12. This product requires a minimum of 6 square feet around for safe operation.
13. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
14. Never drop or insert any object into any opening.
15. **The maximum weight capacity for this product is 300lbs/136kg**

IMPORTANT SAFETY GUIDELINES

⚠️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:

- 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 (load):
The Maximum Weight Capacity for this product is 300lbs / 136 kgs.**

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

SAVE THESE GUIDELINES

This is a detailed exploded view diagram of a bicycle, showing the relationship between various components. The parts are numbered from 1 to 114. The diagram includes the following components and their labels:

- Frame and Fork:** 1 (Frame), 2 (Fork), 3 (Headset), 4 (Stem), 5 (Seatpost), 6 (Seat), 7 (Seatpost clamp), 8 (Seatpost clamp), 9 (Seatpost clamp), 10 (Seatpost clamp), 11 (Seatpost clamp), 12 (Seatpost clamp), 13 (Seatpost clamp), 14 (Seatpost clamp), 15 (Seatpost clamp), 16 (Seatpost clamp), 17 (Seatpost clamp), 18 (Seatpost clamp), 19 (Seatpost clamp), 20 (Seatpost clamp), 21 (Seatpost clamp).
- Wheels and Tires:** 22 (Tire), 23 (Tire), 24 (Tire), 25 (Tire), 26 (Tire), 27 (Tire), 28 (Tire), 29 (Tire), 30 (Tire), 31 (Tire), 32 (Tire), 33 (Tire), 34 (Tire), 35 (Tire), 36 (Tire), 37 (Tire), 38 (Tire), 39 (Tire), 40 (Tire), 41 (Tire), 42 (Tire), 43 (Tire), 44 (Tire), 45 (Tire), 46 (Tire), 47 (Tire), 48 (Tire), 49 (Tire), 50 (Tire), 51 (Tire), 52 (Tire), 53 (Tire), 54 (Tire), 55 (Tire), 56 (Tire), 57 (Tire), 58 (Tire), 59 (Tire), 60 (Tire), 61 (Tire), 62 (Tire), 63 (Tire), 64 (Tire), 65 (Tire), 66 (Tire), 67 (Tire), 68 (Tire), 69 (Tire), 70 (Tire), 71 (Tire), 72 (Tire), 73 (Tire), 74 (Tire), 75 (Tire), 76 (Tire), 77 (Tire), 78 (Tire), 79 (Tire), 80 (Tire), 81 (Tire), 82 (Tire), 83 (Tire), 84 (Tire), 85 (Tire), 86 (Tire), 87 (Tire), 88 (Tire), 89 (Tire), 90 (Tire), 91 (Tire), 92 (Tire), 93 (Tire), 94 (Tire), 95 (Tire), 96 (Tire), 97 (Tire), 98 (Tire), 99 (Tire), 100 (Tire), 101 (Tire), 102 (Tire), 103 (Tire), 104 (Tire), 105 (Tire), 106 (Tire), 107 (Tire), 108 (Tire), 109 (Tire), 110 (Tire), 111 (Tire), 112 (Tire), 113 (Tire), 114 (Tire).
- Drivetrain:** 11 (Pedal), 12 (Pedal), 13 (Pedal), 14 (Pedal), 15 (Pedal), 16 (Pedal), 17 (Pedal), 18 (Pedal), 19 (Pedal), 20 (Pedal), 21 (Pedal), 22 (Pedal), 23 (Pedal), 24 (Pedal), 25 (Pedal), 26 (Pedal), 27 (Pedal), 28 (Pedal), 29 (Pedal), 30 (Pedal), 31 (Pedal), 32 (Pedal), 33 (Pedal), 34 (Pedal), 35 (Pedal), 36 (Pedal), 37 (Pedal), 38 (Pedal), 39 (Pedal), 40 (Pedal), 41 (Pedal), 42 (Pedal), 43 (Pedal), 44 (Pedal), 45 (Pedal), 46 (Pedal), 47 (Pedal), 48 (Pedal), 49 (Pedal), 50 (Pedal), 51 (Pedal), 52 (Pedal), 53 (Pedal), 54 (Pedal), 55 (Pedal), 56 (Pedal), 57 (Pedal), 58 (Pedal), 59 (Pedal), 60 (Pedal), 61 (Pedal), 62 (Pedal), 63 (Pedal), 64 (Pedal), 65 (Pedal), 66 (Pedal), 67 (Pedal), 68 (Pedal), 69 (Pedal), 70 (Pedal), 71 (Pedal), 72 (Pedal), 73 (Pedal), 74 (Pedal), 75 (Pedal), 76 (Pedal), 77 (Pedal), 78 (Pedal), 79 (Pedal), 80 (Pedal), 81 (Pedal), 82 (Pedal), 83 (Pedal), 84 (Pedal), 85 (Pedal), 86 (Pedal), 87 (Pedal), 88 (Pedal), 89 (Pedal), 90 (Pedal), 91 (Pedal), 92 (Pedal), 93 (Pedal), 94 (Pedal), 95 (Pedal), 96 (Pedal), 97 (Pedal), 98 (Pedal), 99 (Pedal), 100 (Pedal), 101 (Pedal), 102 (Pedal), 103 (Pedal), 104 (Pedal), 105 (Pedal), 106 (Pedal), 107 (Pedal), 108 (Pedal), 109 (Pedal), 110 (Pedal), 111 (Pedal), 112 (Pedal), 113 (Pedal), 114 (Pedal).
- Controls and Accessories:** 11 (Handlebar), 12 (Handlebar), 13 (Handlebar), 14 (Handlebar), 15 (Handlebar), 16 (Handlebar), 17 (Handlebar), 18 (Handlebar), 19 (Handlebar), 20 (Handlebar), 21 (Handlebar), 22 (Handlebar), 23 (Handlebar), 24 (Handlebar), 25 (Handlebar), 26 (Handlebar), 27 (Handlebar), 28 (Handlebar), 29 (Handlebar), 30 (Handlebar), 31 (Handlebar), 32 (Handlebar), 33 (Handlebar), 34 (Handlebar), 35 (Handlebar), 36 (Handlebar), 37 (Handlebar), 38 (Handlebar), 39 (Handlebar), 40 (Handlebar), 41 (Handlebar), 42 (Handlebar), 43 (Handlebar), 44 (Handlebar), 45 (Handlebar), 46 (Handlebar), 47 (Handlebar), 48 (Handlebar), 49 (Handlebar), 50 (Handlebar), 51 (Handlebar), 52 (Handlebar), 53 (Handlebar), 54 (Handlebar), 55 (Handlebar), 56 (Handlebar), 57 (Handlebar), 58 (Handlebar), 59 (Handlebar), 60 (Handlebar), 61 (Handlebar), 62 (Handlebar), 63 (Handlebar), 64 (Handlebar), 65 (Handlebar), 66 (Handlebar), 67 (Handlebar), 68 (Handlebar), 69 (Handlebar), 70 (Handlebar), 71 (Handlebar), 72 (Handlebar), 73 (Handlebar), 74 (Handlebar), 75 (Handlebar), 76 (Handlebar), 77 (Handlebar), 78 (Handlebar), 79 (Handlebar), 80 (Handlebar), 81 (Handlebar), 82 (Handlebar), 83 (Handlebar), 84 (Handlebar), 85 (Handlebar), 86 (Handlebar), 87 (Handlebar), 88 (Handlebar), 89 (Handlebar), 90 (Handlebar), 91 (Handlebar), 92 (Handlebar), 93 (Handlebar), 94 (Handlebar), 95 (Handlebar), 96 (Handlebar), 97 (Handlebar), 98 (Handlebar), 99 (Handlebar), 100 (Handlebar), 101 (Handlebar), 102 (Handlebar), 103 (Handlebar), 104 (Handlebar), 105 (Handlebar), 106 (Handlebar), 107 (Handlebar), 108 (Handlebar), 109 (Handlebar), 110 (Handlebar), 111 (Handlebar), 112 (Handlebar), 113 (Handlebar), 114 (Handlebar).

PARTS LIST

1	Main Frame	1
2	Front Post	1
3	Handlebar	1
4	Seat Bracket	1
5	Seat Post	1
6	Front Stabilizer	1
7	Rear Stabilizer	1
8	Magnet Plate	1
9	Brake Plate	1
10	Brake Bracket	1
11	Device Holder	1
12	Holder Bracket	1
13	Self-Tapping Phillips Screw ST M4*12*Φ8	4
14	Bushing	1
15	Spring Knob	1
16	Hex Bolt M5*8	1
17	Hex Bolt M8*45	2
18	Hex Bolt M8*16	1
19	Spring Washer d8	7
20	Washer d8	3
21	Handlebar Cover	1
22	Self-Tapping Phillips Screw ST4.2*16	4
23	Seat	1
24	Round Knob	1
25	Washer d10*Φ30*2.5	1
26	Oval End Cap	2
27	Seat Post Bushing	1
28	Self-Tapping Phillips Screw ST3.5*10	10
29	Hex Bolt M6*8*Φ12	1
30	Sensor Bracket	1
31	Hex Bolt M8*20	4
32	Front Stabilizer End Cap	2

33	Rear Stabilizer End Cap	2
34	Transporting Wheel	2
35	Bearing	4
36	Hex Bolt M6*12	2
37	Hex Bolt M6*30	2
38	Adjustable Leveler	5
39	Fly Wheel	1
40	Fly Wheel Cover	2
41	Self-Tapping Phillips Screw	6
42	Bearing	4
43	Axle	1
44	Thin Hex Nut M12-A	1
45	Thin Hex Nut M12-B	3
46	Flange Nut M12	2
47	U Bracket	1
48	Eye Bolt	1
49	Nylon Nut M6	8
50	Idler Axle	1
51	Idler Pulley	1
52	Flange Nut M10	1
53	Wave Washer d12	1
54	Shaft Ring d12	3
55	Crank Axle	1
56	Bearing	2
57	Belt Pulley	1
58	Hex Nut M6	4
59	Speed Sensor	1
60	Belt	1
61	Shaft Ring d20	1
62	Wave Washer d21	1
63	Spacer	1
64L	Left Crank	1

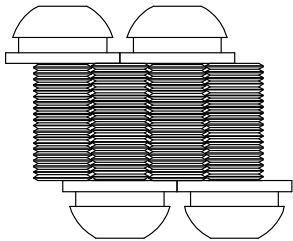
PARTS LIST

No.	Description	Qty
64R	Right Crank	1
65	Crank Cap	2
66L	Left Pedal	1
66R	Right Pedal	1
67	Flange Nut M10	2
68	Bluetooth Box	1
69	Spring Washer d6	4
70	Self-Tapping Phillips Screw ST4.2*19	9
71	Tension Knob	1
72	Phillips Screw M5*10	2
73	Washer d5	2
74	Bottle Holder	1
75	Square Magnet	6
76	Magnet Bracket	2
77	Self-Tapping Phillips Screw ST3*10	10
78	Magnet Shaft	1
79	Tension Knob Cover	1
80	Washer ST1.5*12	2
81	Spring Washer d6	2
82	Hex Bolt M6*16	2
83	Hex Bolt M6*62	1
84	Hex Nut M6	2
85	Spring Φ1.5	1
86	Hex Bolt M6*16	2
87	Phillips Screw M5*10*φ10	1
89	Washer Φ8.5	1
90	Washer d7.8	1

No.	Description	Qty
91	Spring Φ10	1
92	Wool Felt	1
93	Brake Plate	1
94	Phillips Screw d7.8	4
95	Washer D5	4
96	Brake Wire	1
97	Left Cover	1
98	Right Cover	1
99	Front Side Cover	2
100	Rear Side Cover	2
101	Upper Cover	2
102	Left Protective Cover	1
103	Right Protective Cover	1
104	Left Brake Cover	1
105	Right Brake Cover	1
106L	Left Nylon Nut	1
106R	Right Nylon Nut	1
107	Self-Tapping Phillips Screw ST4.2*8	6
108	Brake Handle	1
109	Phillips Screw M6*16	2
110	Spring Φ14	1
111	Washer d8*Φ20*2.0	4
112	Metal Bracket	1
113	Bushing φ16.1*φ12.1*58	1
114	Oval End Cap	1
115	Spring Knob	1

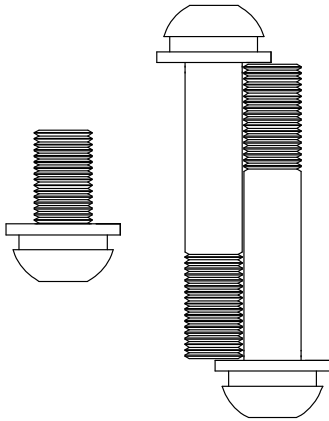
1227 - Hardware Pack

Step 1



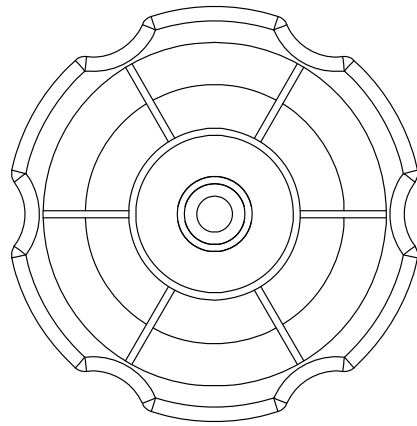
(19) Spring Washer 4PCS
(111) Washer 4PCS
(31) Hex Bolt 4PCS

Step 3



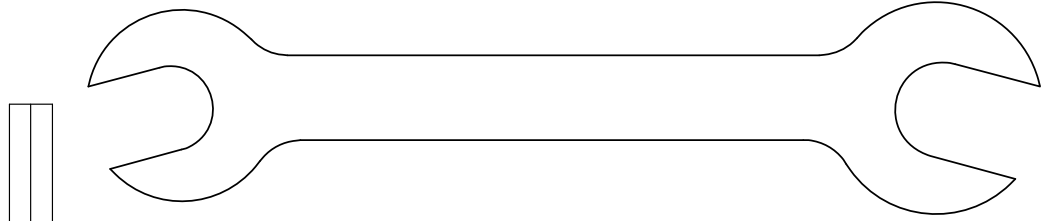
(17) Hex Bolt 2PCS
(18) Hex Bolt 1PC
(19) Spring Washer 3PCS
(20) Washer 3PCS

Step 5

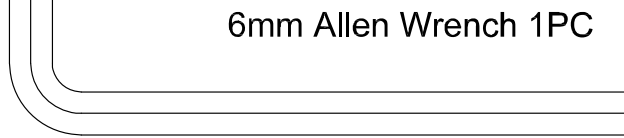


(24) Round Knob 1PC

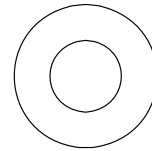
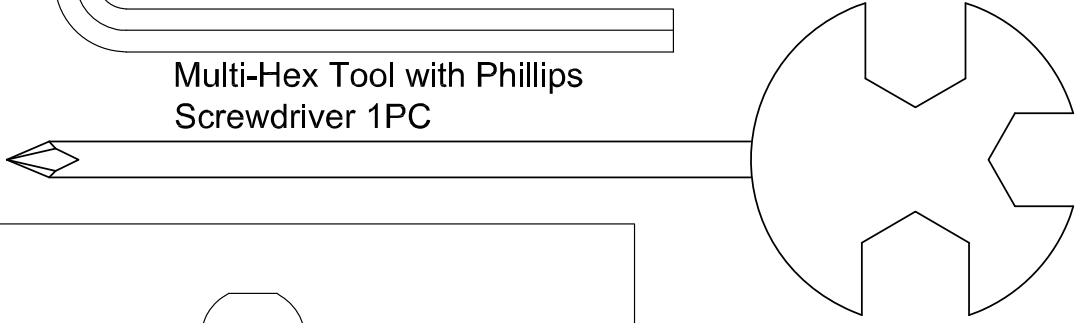
Open Wrench 17-19mm 1PC



6mm Allen Wrench 1PC

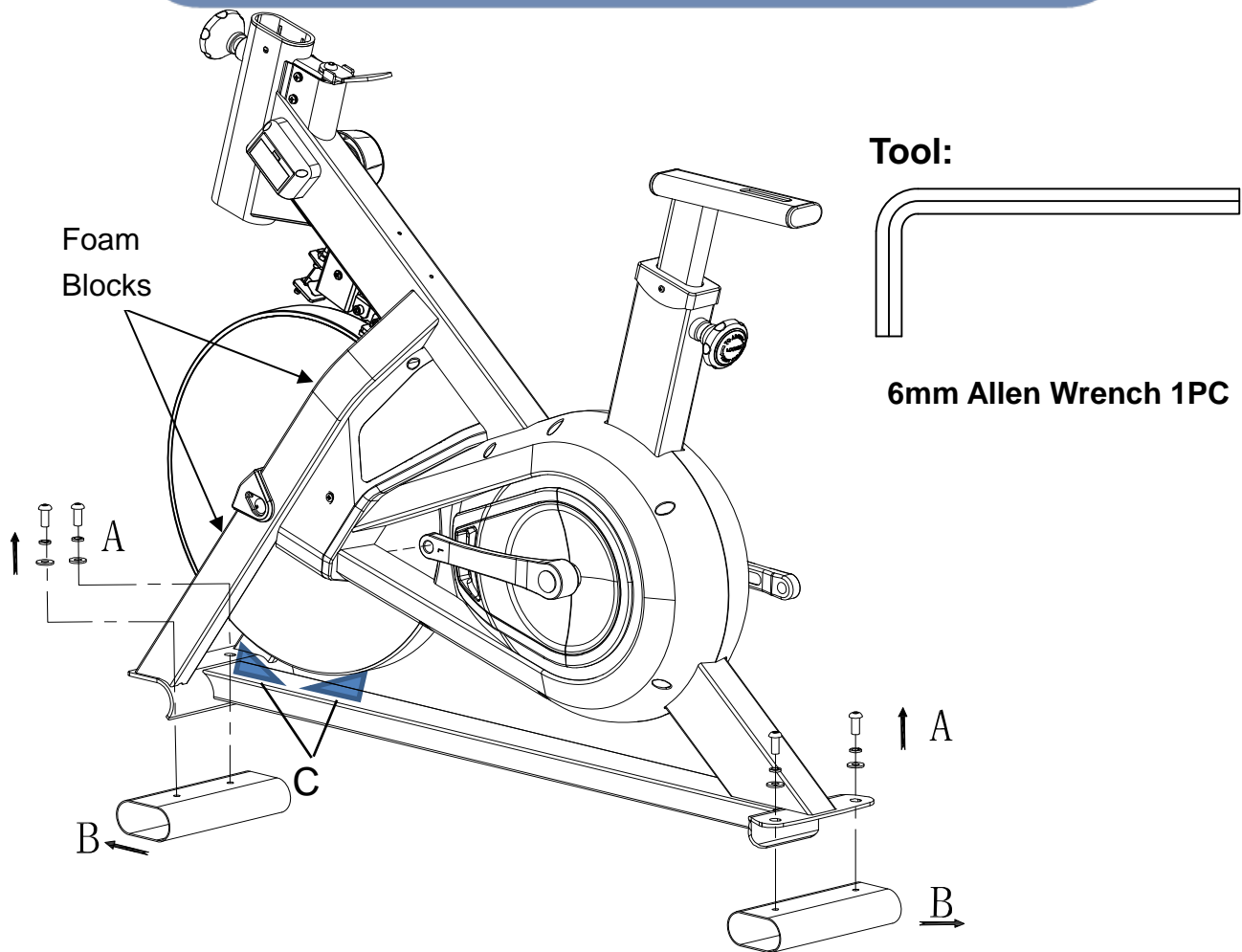


Multi-Hex Tool with Phillips
Screwdriver 1PC

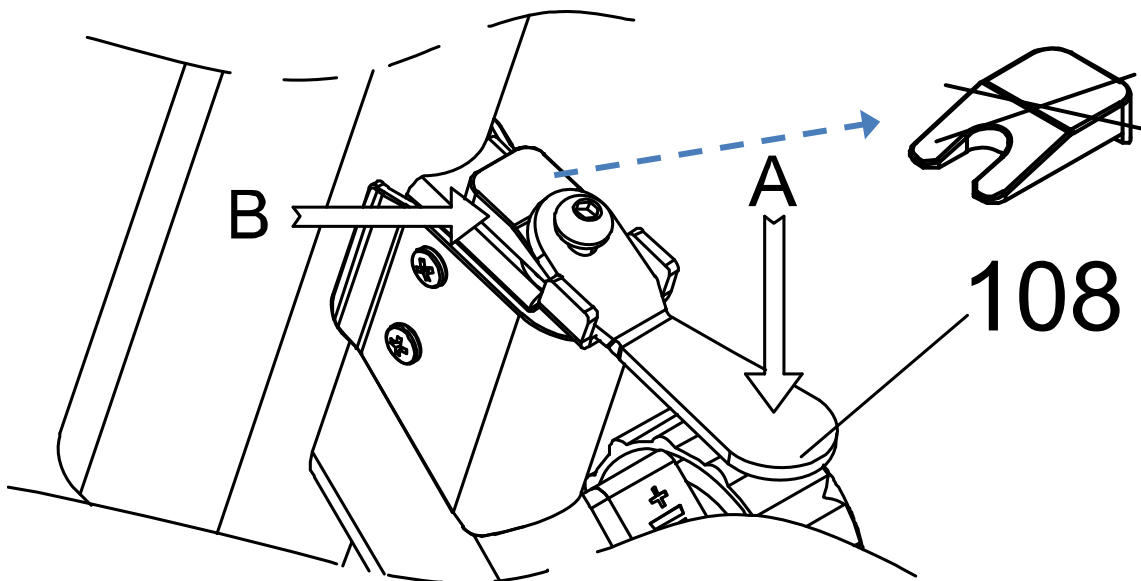


(25) Washer 1PC

PRE-ASSEMBLY



Remove the **Metal Tubes (B)**, two **Flywheel Support Blocks (C)**, and four **Foam Blocks** from the **Main Frame (1)** by using **6mm Allen Wrench** provided. Discard the metal tubes, blocks, and hardware. These parts were only needed to protect the frame during shipping and are not needed for the assembly of the bike.

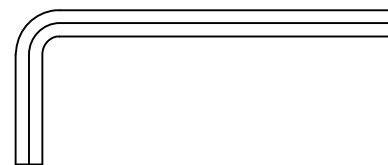


Press down (A) the **Brake Handle (108)** and remove the block (B) under the **Brake Handle (108)**, and it can be discarded.

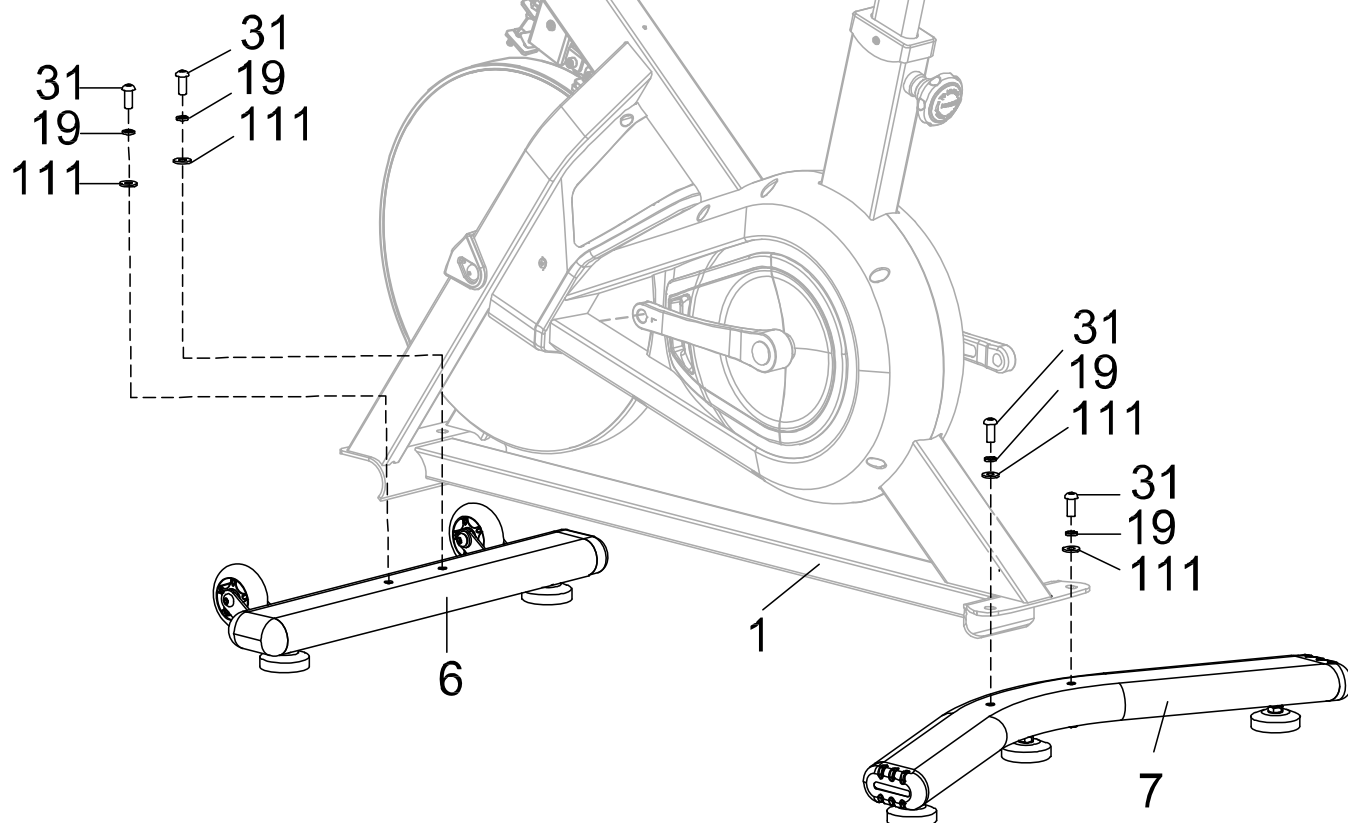
***YOU MUST** remove the block from the **Brake Handle (108)** to ensure the emergency stop works properly.

ASSEMBLY

Tool:



6mm Allen Wrench 1PC

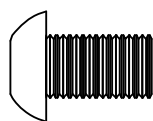


Step 1

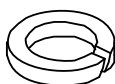
1a. Front Stabilizer Installation: Lift up the front of the **Main Frame (1)**, and attach the **Front Stabilizer (6)** onto the front curve of the **Main Frame (1)** using two **Hex Bolts (31)**, two **Spring Washers (19)** and two **Washers (111)**. Tighten the hardware using the **6mm Allen Wrench** provided until they are firm and secure.

1b. Rear Stabilizer Installation: Lift up the rear of the **Main Frame (1)**, and attach the **Rear Stabilizer (7)** onto the rear curve of the **Main Frame (1)** using two **Hex Bolts (31)**, two **Spring Washers (19)** and two **Washers (111)**. Tighten the hardware using the **6mm Allen Wrench** provided until they are firm and secure.

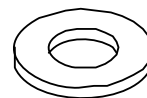
Hardware:



(31) Hex Bolt
4PCS



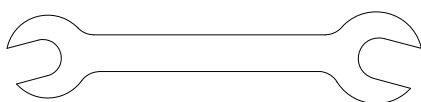
(19) Spring Washer
4PCS



(111) Washer
4PCS

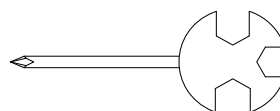
ASSEMBLY

Tool:



Open Wrench 17-19mm

1 PC

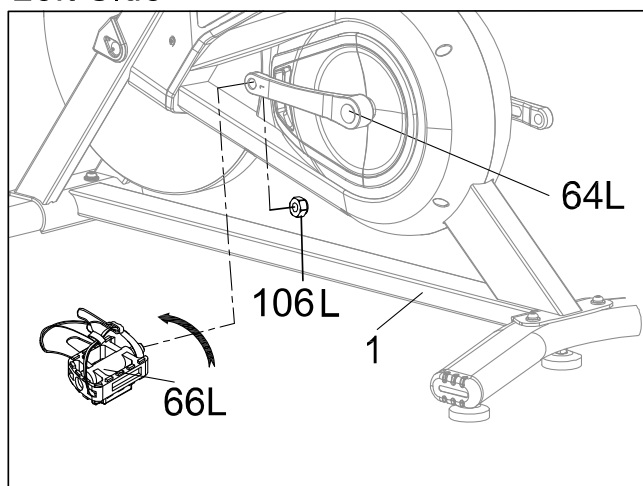


Multi-Hex Tool with Phillips Screwdriver

1PC

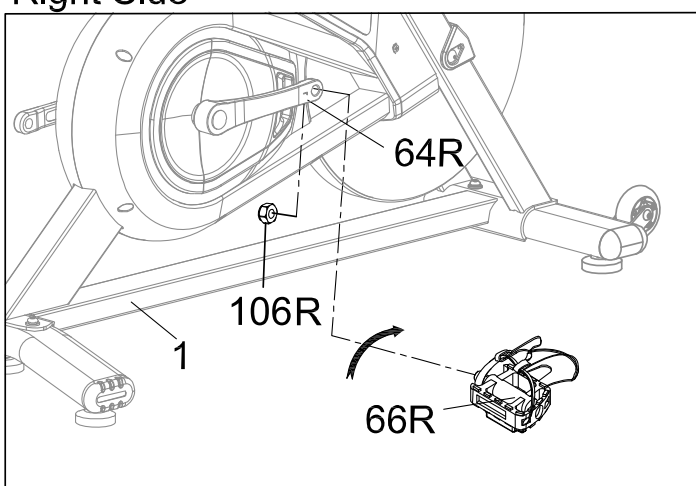
***The Cranks, Pedal Shafts, and Foot Pedals are marked “R” for Right and “L” for Left.**

Left Side



Screw LEFT Foot Pedal (66L) into LEFT crank COUNTER-clockwise!

Right Side



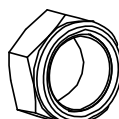
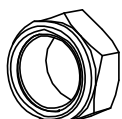
Important: Screw RIGHT Foot Pedal (66R) into RIGHT crank CLOCKWISE!

Tip: Only turn the pedals in the direction instructed. The left and right pedals have different turning directions for installation. The Cranks, Pedals, Pedal Shafts, Pedal Nuts, and Pedal Straps are marked “R” for Right and “L” for Left.

PREINSTALLED HARDWARE ON THE PEDALS. DO NOT SWAP.

(106L) Left Pedal Nut

1PC



(106R) Right Pedal Nut

1PC

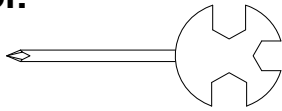
Step 2

2a. Installing The Left Pedal Onto The Left Crank: Remove the **Left Pedal Nut (106L)**. Insert the **Left Pedal (66L)** perfectly straight into the threaded hole in the **Left Crank (64L)**. Turn the pedal shaft by hand in a COUNTER-CLOCKWISE direction until snug. Use the **13 – 15mm Wrench** to fully tighten the **Left Pedal (66L)**. Attach the **Left Pedal Nut (106L)** to the protruding shaft in a CLOCKWISE direction. Use both the **17-15mm Wrench & Multi-Hex Tool with Phillips Screwdriver** to simultaneously tighten the **Left Pedal (66L)** and the **Left Pedal Nut (106L)**. Only tighten in the directions instructed.

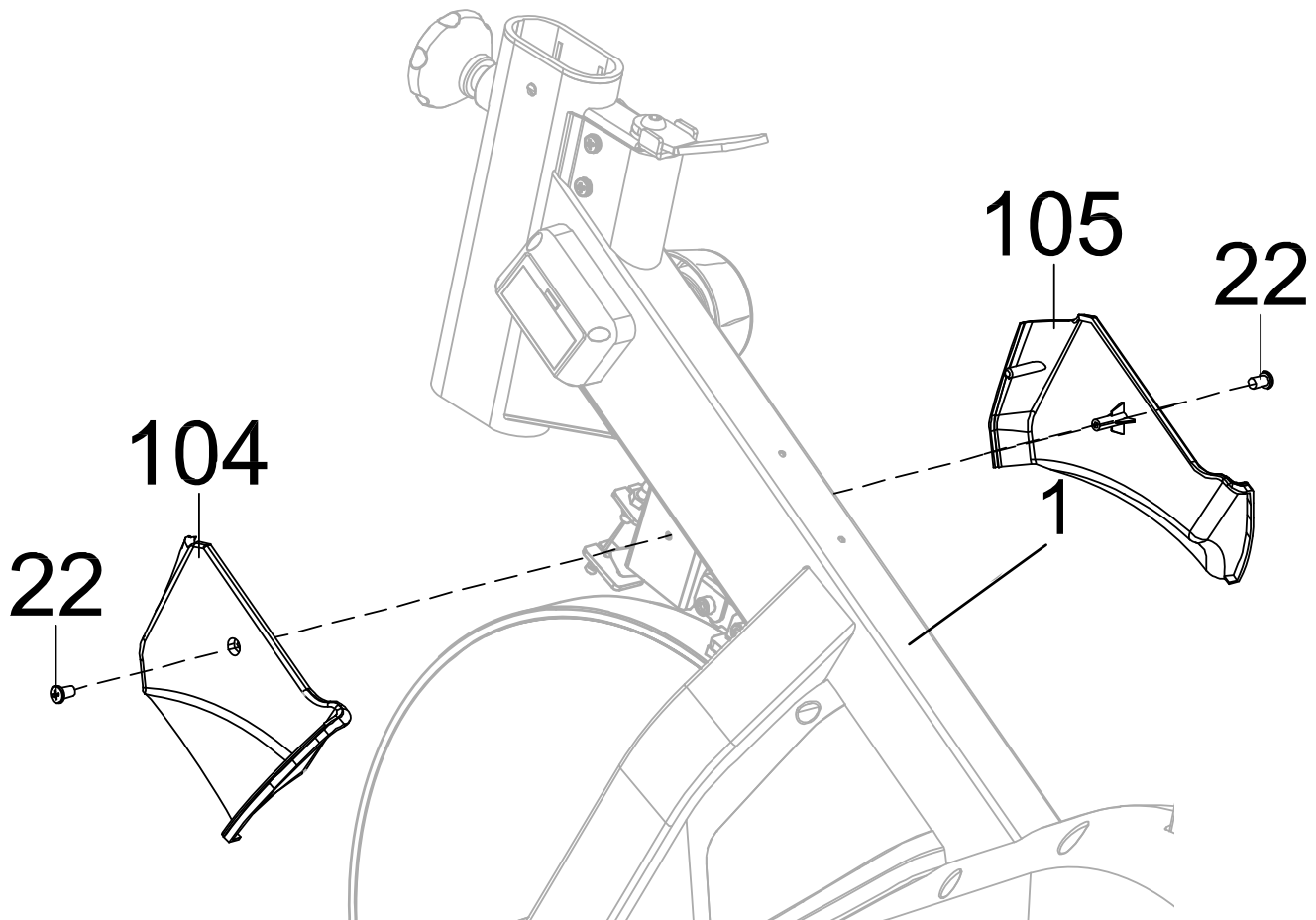
2b. Installing The Right Pedal Onto The Right Crank: Remove the **Right Pedal Nut (106R)**. Insert the **Right Pedal (66R)** perfectly straight into the threaded hole in the **Right Crank (64R)**. Turn the pedal shaft by hand in a CLOCKWISE direction until snug. Use the **13 – 15mm Wrench** to fully tighten the **Right Pedal (66R)**. Attach the **Right Pedal Nut (106R)** to the protruding shaft in a COUNTER-CLOCKWISE direction. Use both the **17-15mm Wrench & Multi-Hex Tool with Phillips Screwdriver** to simultaneously tighten the **Right Pedal (66R)** and the **Right Pedal Nut (106R)**. Only tighten in the directions instructed.

ASSEMBLY

Tool:



Multi-Hex Tool with Phillips Screwdriver
1PC

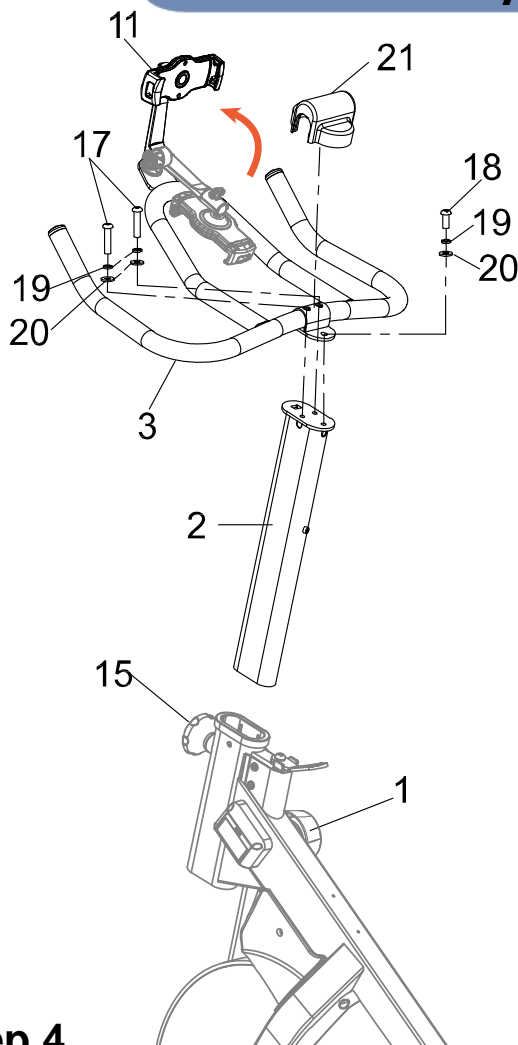


Step 3

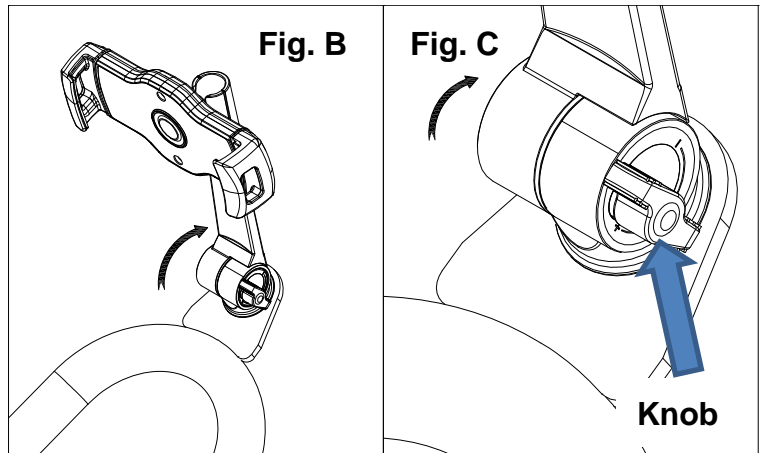
3a. Hardware Removal: Remove the two **Self-Tapping Phillips Screws (22)** from the **Main Frame (1)** by using the **Multi-Hex Tool with Phillips Screwdriver** provided.

3b. Installing the Bracket Covers: Attach the **Left Bracket Cover (104)** and **Right Bracket Cover (105)** onto the **Main Frame (1)** with the two **Self-Tapping Phillips Screws (22)** by using the **Multi-Hex Tool with Phillips Screwdriver** provided.

ASSEMBLY



Tool:



Step 4

4a. Installing the Front Post: Loosen the **Spring Knob (15)** slightly by turning it Counter-Clockwise, then Pull out the **Spring Knob (15)** and insert the **Front Post (2)** into the **Main Frame (1)**. Tighten the **Spring Knob (15)** by turning it Clockwise to secure the **Front Post (2)**.

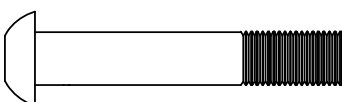
NOTE: When adjusting the height of the handlebar post, the **STOP** line should not be higher than the edge of the plastic bushing.

4b. Installing the Handlebar: Attach the **Handlebar (3)** onto the **Front Post (2)** with two **Hex Bolts (17)**, one **Hex Bolt (18)**, three **Spring Washers (19)** and three **Washers (20)**. Tighten the hardware using the **6mm Allen Wrench** provided. Place the **Handlebar Cover (21)** onto the **Handlebar (3)**.

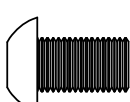
4c. Raising the Device Holder: Loosen the Knob on **Device Holder (11)** by turning it Counter Clockwise. Rotate the device holder to the desired position and re-tighten it by turning the Knob Clockwise until firm and secure. **See Fig. B & C.**

***Always firmly tighten the Device Holder to prevent items from falling.**

Hardware:



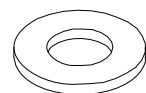
**(17) Hex Bolt
2PCS**



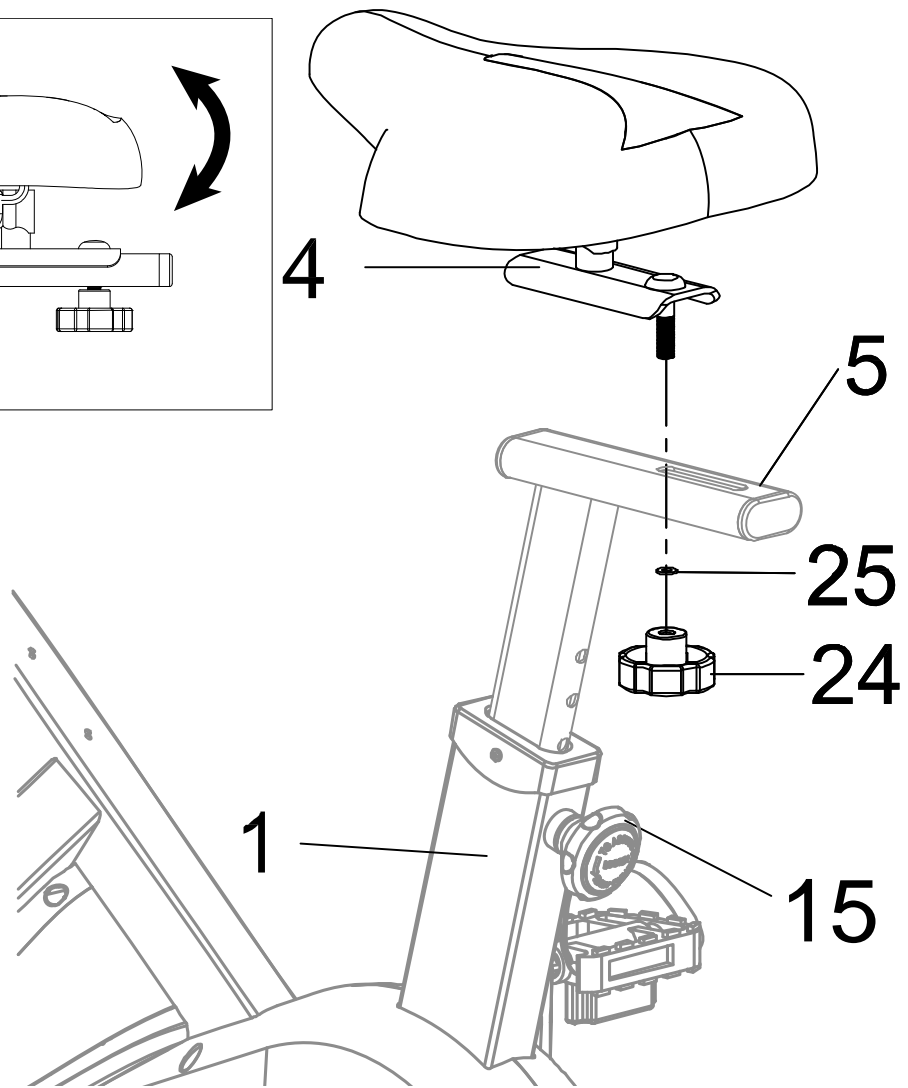
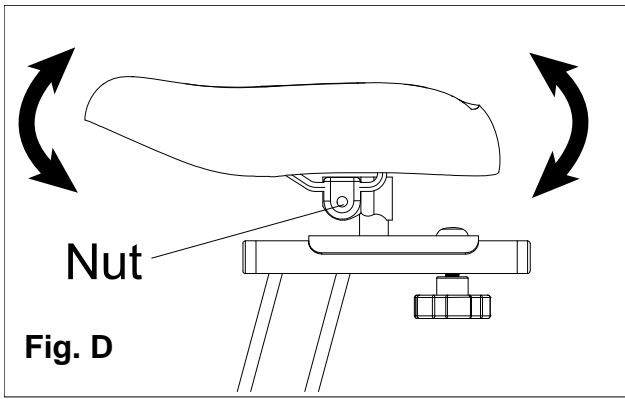
**(18) Hex Bolt
1PC**



**(19) Spring Washer
3PCS**



**(20) Washer
3PCS**



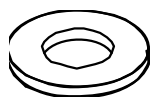
Step 5

5a. Installing the Seat: Attach the **Seat Bracket (4)** onto the **Seat Post (5)** and secure with **one Washer (25)** and **Round Knob (24)**.

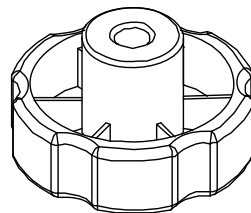
Tip: When adjusting the height of the Seat Post, the **STOP** line cannot be higher than the edge of the plastic bushing.

NOTE: The seat angle can be tilted to improve riding comfort. Loosen the nuts on the underside of the seat and set a seat angle. Fully tighten the nuts and test the seat angle for optimal comfort. Repeat the process as needed to find the best fit for you. **See Fig. D.**

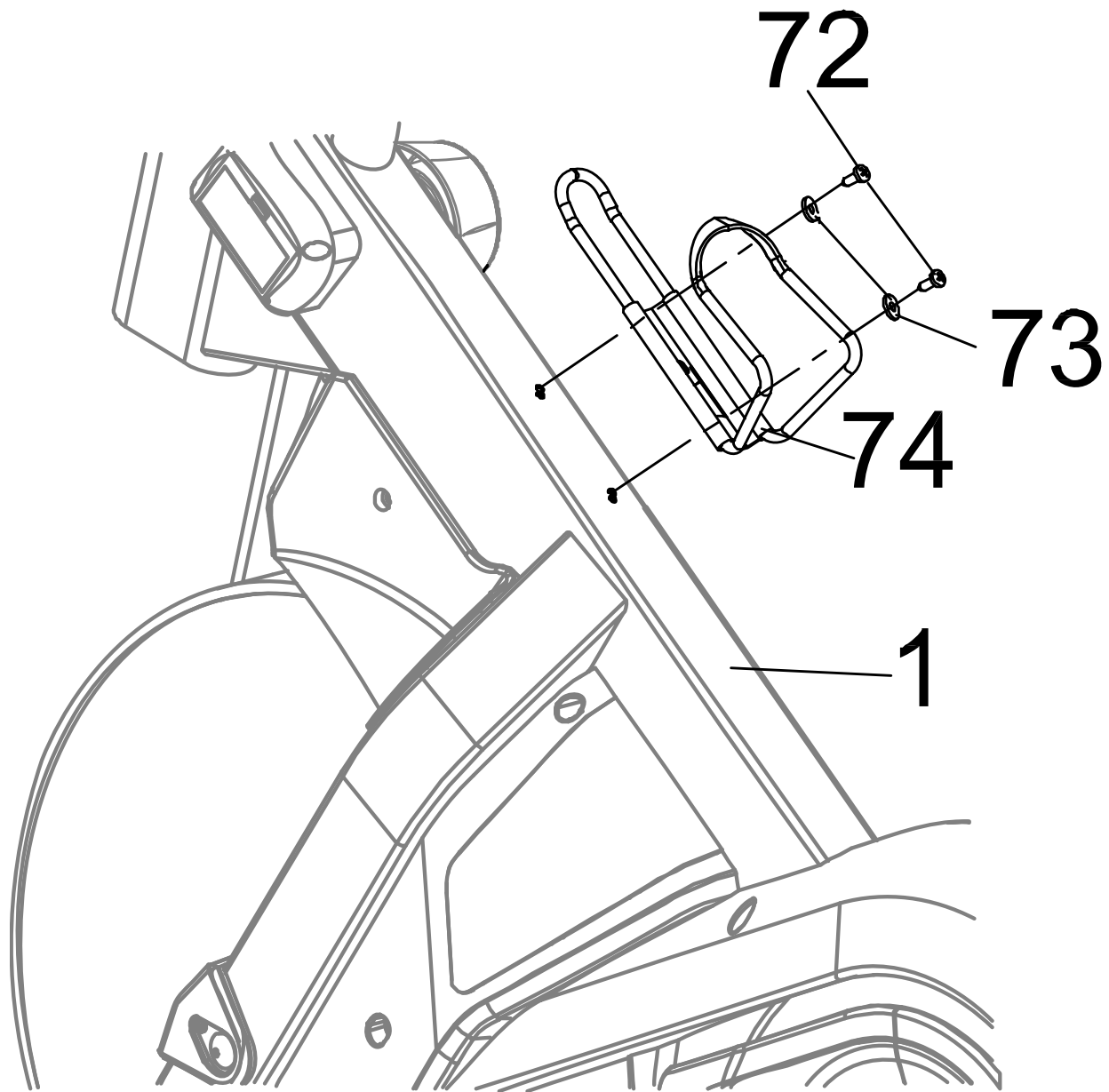
Hardware:



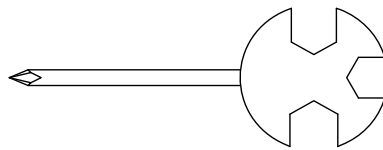
(25) Washer
1PC



(24) Round Knob
1PC



Tool:



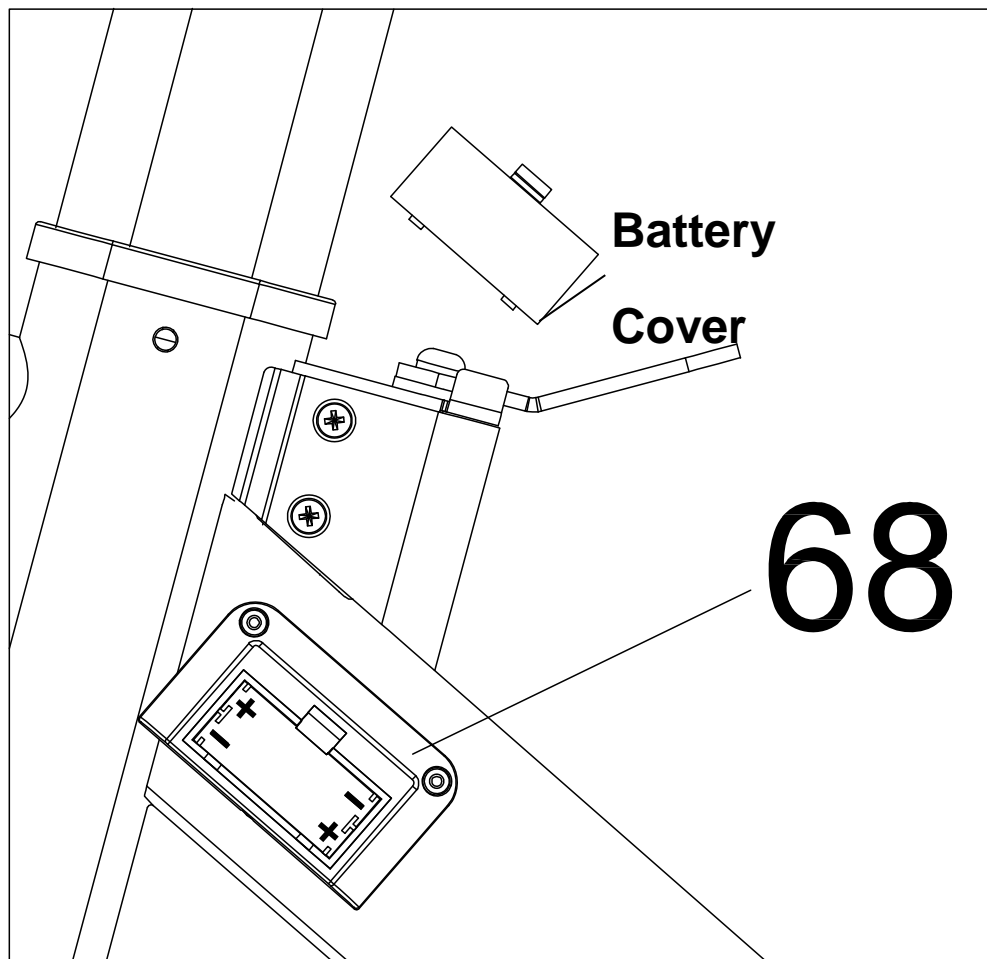
**Multi-Hex Tool with
Phillips Screwdriver
1PC**

Step 6

6a. Hardware Removal: Remove two **Phillips Screws (72)** and two **Washers (73)** from the **Main Frame (1)** by using **6mm Allen Wrench with Phillips Screwdriver** provided.

6b. Installing the Bottle Holder: Attach the **Bottle Holder (74)** onto the **Main Frame (1)** with two **Phillips Screws (72)** and two **Washers (73)** by using the **Multi-Hex Tool with Phillips Screwdriver** provided.

ASSEMBLY



STEP 7

7a. BATTERY INSTALLATION: Remove the Battery Cover from the **Bluetooth Box (68)** and install Two AAA batteries provided into the battery tray in the correct polarity. Please be sure to install the batteries in correct orientation or the electronics may be damaged.

Turning on Console:

1. Turn the cranks to turn on the console.
2. When there is good battery power the red indicator light will flash three times quickly.
3. When the battery power is low the red indicator light will flash once every 4 seconds.

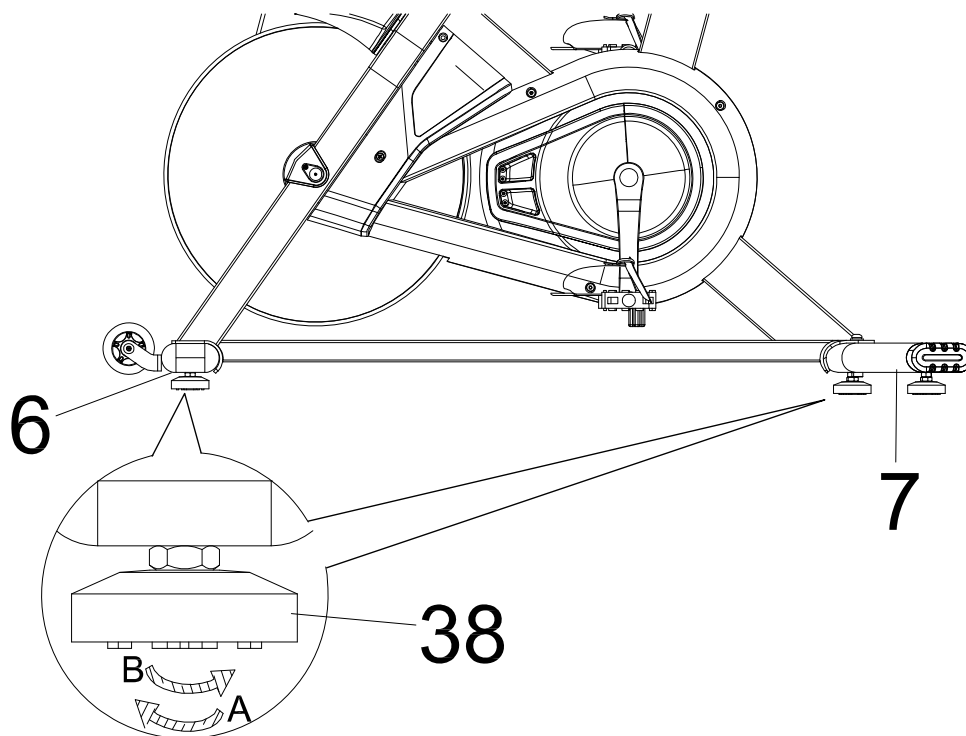
Resetting the Console:

1. The console will shut off after 4 minutes of inactivity when NOT connected to the MyCloudFitness APP.
2. The console will shut off after 20 minutes of inactivity when CONNECTED to the MyCloudFitness APP.

CONNECTING TO THE CONSOLE: Download the myCloudFitness app from google play store or the iOS app store to connect to the **Bluetooth Box (68)**.

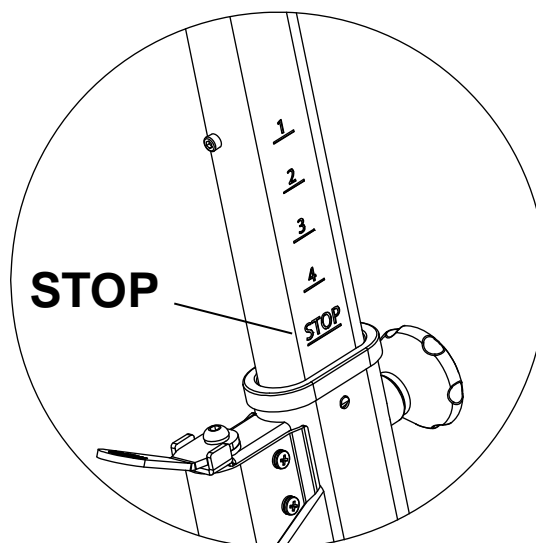
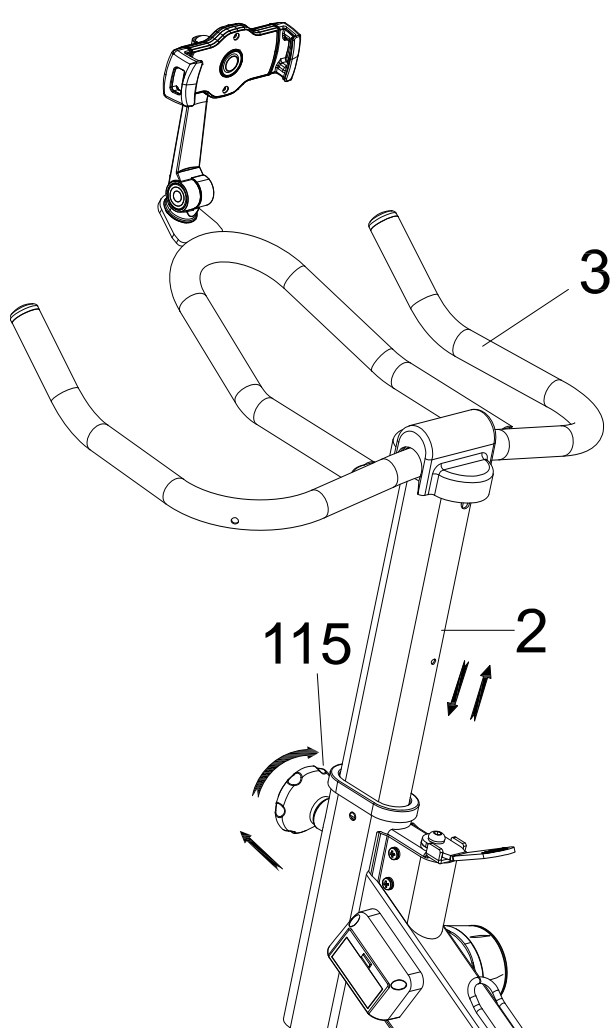


myCloudFitness
Paradigm Health & Wellness, Inc.



Leveling the Bike

To prevent the bike from shaking while riding, turn the **Adjustable Levelers (38)** on the **Front and Rear Stabilizers (6/7)** as needed to level the bike.

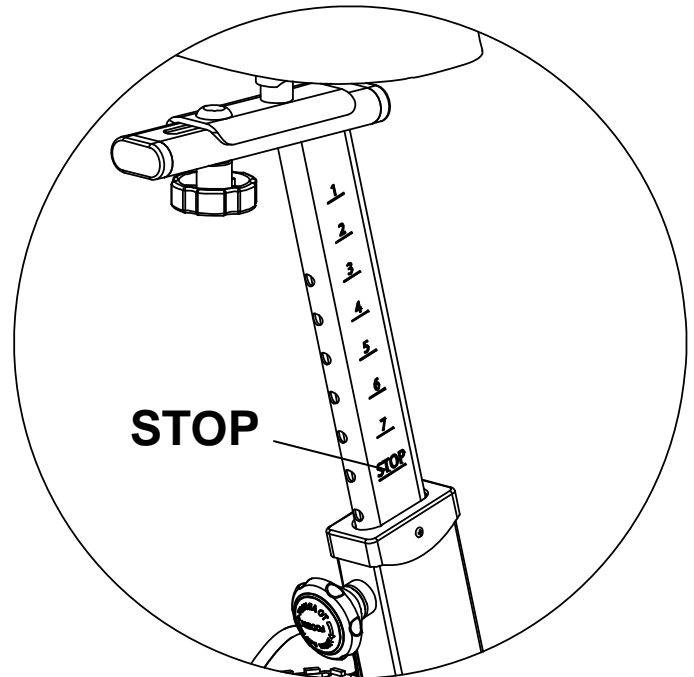
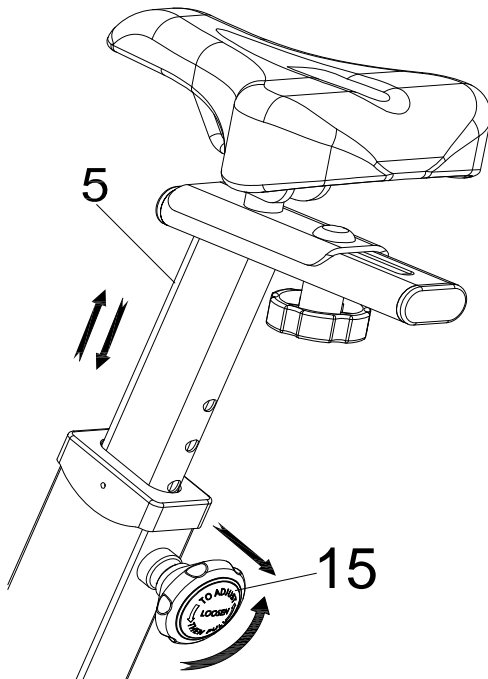


Adjusting the Handlebar Height

Loosen and pull the **Spring Knob (115)** to allow the **Front Post (2)** to slide up or down to a suitable height. Lock the **Front Post (2)** in place by releasing the **Spring Knob (115)**. Sliding the **Front Post (2)** up and down slightly until you hear a "pop" that indicates the **Spring Knob (115)** and **Front Post (2)** are locked. Turn the **Spring Knob (115)** Clockwise to further secure the **Front Post (2)**.

NOTE: When adjusting the height of the handlebar post, the **STOP** line showing above the plastic bushing is the last usable locking position.

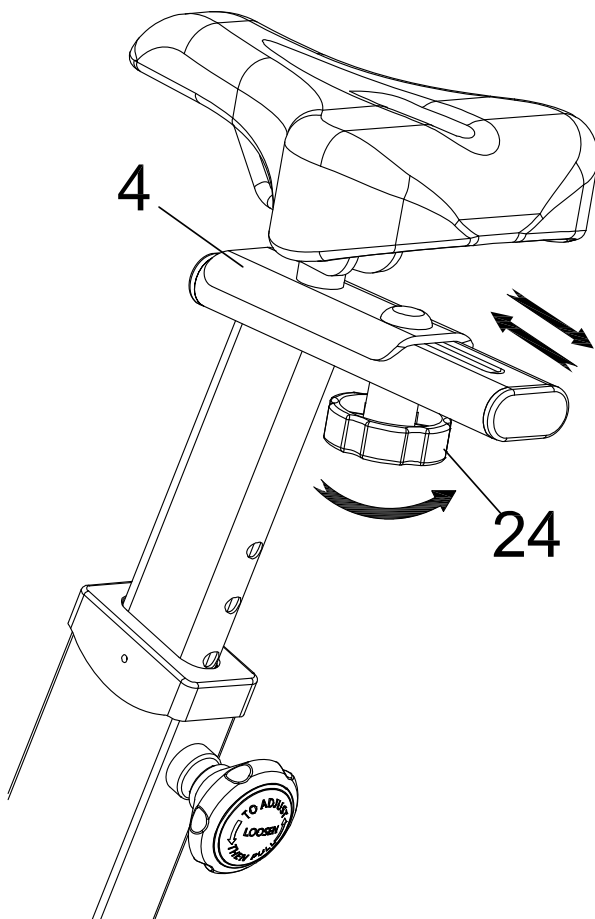
OPERATIONS & ADJUSTMENTS



Adjusting the Seat Height

Loosen and pull the **Spring Knob (15)** to allow the **Seat Post (5)** to slide up or down to a suitable height. Lock the **Seat Post (5)** in place by releasing the **Spring Knob (15)**. Sliding the **Seat Post (5)** up and down slightly until you hear a "pop" that indicates the **Spring Knob (15)** and **Seat Post (5)** are locked. Turn the **Spring Knob (15)** Clockwise to further secure the **Seat Post (5)**.

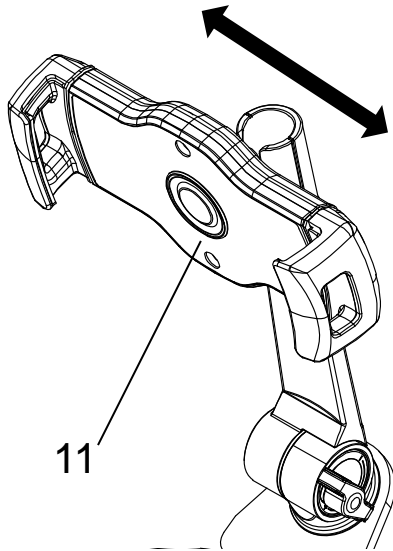
NOTE: When adjusting the height of the handlebar post, the STOP line showing above the plastic bushing is the last usable locking position.



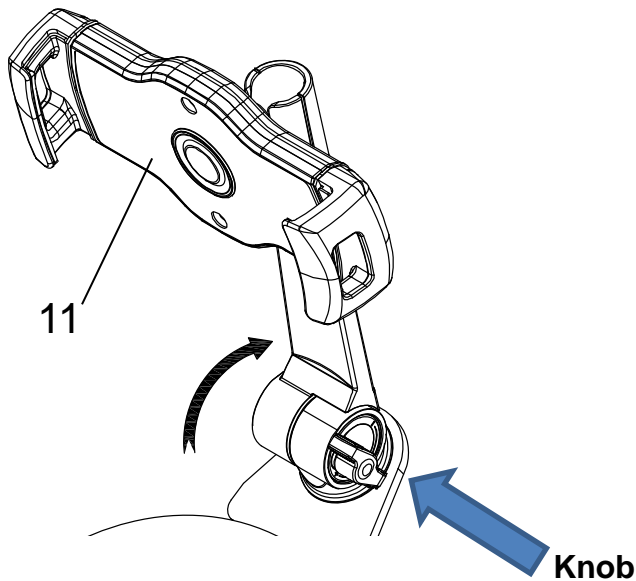
Adjusting the Seat Forward or Back

Loosen the **Round Knob (24)** by turning it in a Counter-Clockwise direction. Slide the **Seat Bracket (4)** forward or backward to a suitable position. Lock the **Seat Bracket (4)** in place by turning the **Round Knob (24)** in a clockwise direction.

OPERATIONS & ADJUSTMENTS

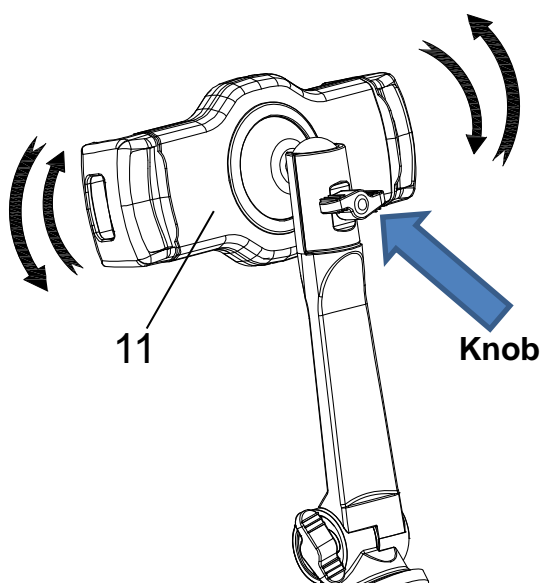


Inserting Device: Spread the **Device Holder (11)** to fit your device. Place your device between the two brackets and released the brackets. Check your device is held securely.



Tilting: Loosen the knob on the side of the **Device Holder (11)** to change the angle. Fully retighten the knob when done.

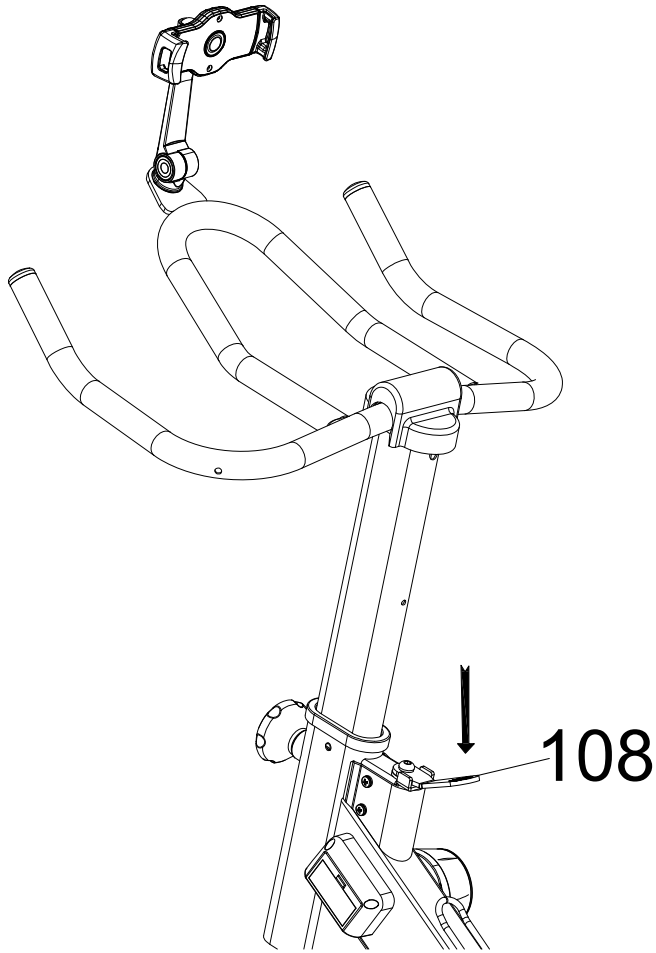
NOTE: Remove your device before adjusting the **Device Holder (11)**.



Rotating: Loosen the Knob on the back of the **Device Holder (11)**. Rotate the holder to as needed to hold your device in a portrait or landscape view. Fully retighten the knob when done.

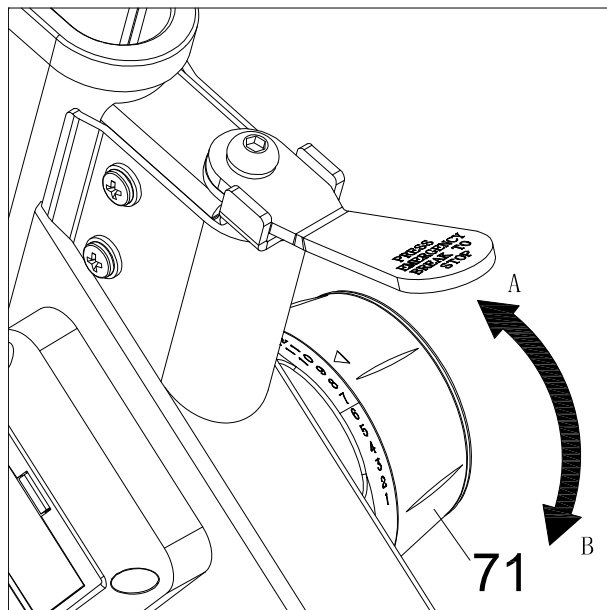
NOTE: Remove your device before adjusting the **Device Holder (11)**.

Paradigm Health and Wellness is not responsible for any damages caused to your exercise equipment, to your device, or to yourself due to the installation or use of this mount.



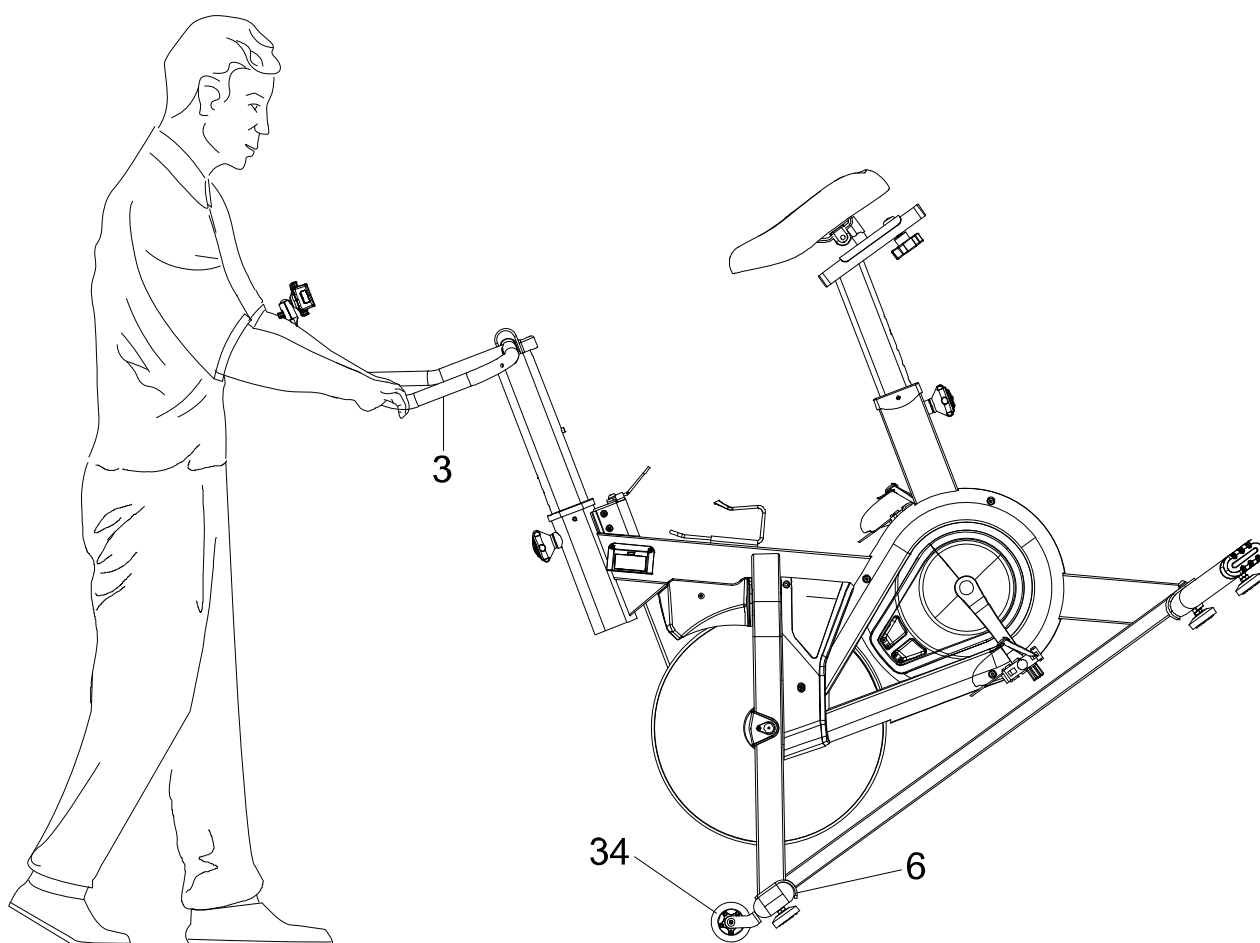
EMERGENCY STOP

To immediately stop the flywheel, press firmly down onto the **Brake Handle (108)**. Continue holding the **Brake Handle (108)** down until the pedals and flywheel come to full and complete stop.



TENSION LEVEL ADJUSTMENT

Turn the **Tension Knob (71)** to the desired level. Rotate the **Tension Knob (71)** forward (A) to increase resistance or backward (B) to decrease resistance. There are 14 levels of Magnetic resistance.



Transporting the bike: carefully pushing down on the Handlebar (3) until the rear end of the bike lifts up. Keep the bike balanced on the transport wheels and carefully move the bike to the desired location. Always use both hands when transporting. Gently lower the bike back down when you have it in your desired location.

MAINTENANCE

The training bike can be cleaned with a soft, clean damp cloth. Do not use abrasives or solvents on plastic parts. Wipe your perspiration off the training bike after each use. Be careful not to get excessive moisture on the **Bluetooth Box (68)** as this might cause the electronics to fail.

Keep the training bike, especially the **Bluetooth Box (68)** out of direct sunlight to prevent damage.

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

TROUBLE SHOOTING

PROBLEM A: The training bike wobbles when in use.

SOLUTION: Turn the Adjustable Levelers on the Front and Rear Stabilizers as needed to level the training bike.

PROBLEM B: The **Bluetooth Box (68)** is not pairing with the MyCloudFitness APP.

SOLUTION 1: Make sure you are using the Mycloudfitness APP. There is a MCF Plus APP that is used with our other health tracking devices, but MCF Plus does NOT work with this exercise equipment.

SOLUTION 2: Shut down and restart the APP. Check that your Bluetooth antenna is on. Pedal a few times in order to activate the **Bluetooth Box (68)**. You should see a red light flashing on the side of the box at least once every 4 seconds.

SOLUTION 3: The batteries in the **Bluetooth Box (68)** may be dead. Try replacing them with new batteries.

NOTE: When there is good battery power, the red indicator light will flash three times quickly. When the battery power is low the red indicator light will flash once every 4 seconds.

SOLUTION 4: Check if the batteries are correctly positioned and the battery springs are in proper contact with the batteries

SOLUTION 5: Verify that the wire coming from the console is properly connected to the sensor wire. Try this solution last as this requires removal of the covers. Please contact customer service for help.

PROBLEM C: The training bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the training bike. Inspect all of the bolts and tighten any loose bolts.

Storage

Store the bike in a clean and dry environment away from pets and 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 **5 years For Home Use Only**

All Other Components 3 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 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 too, 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