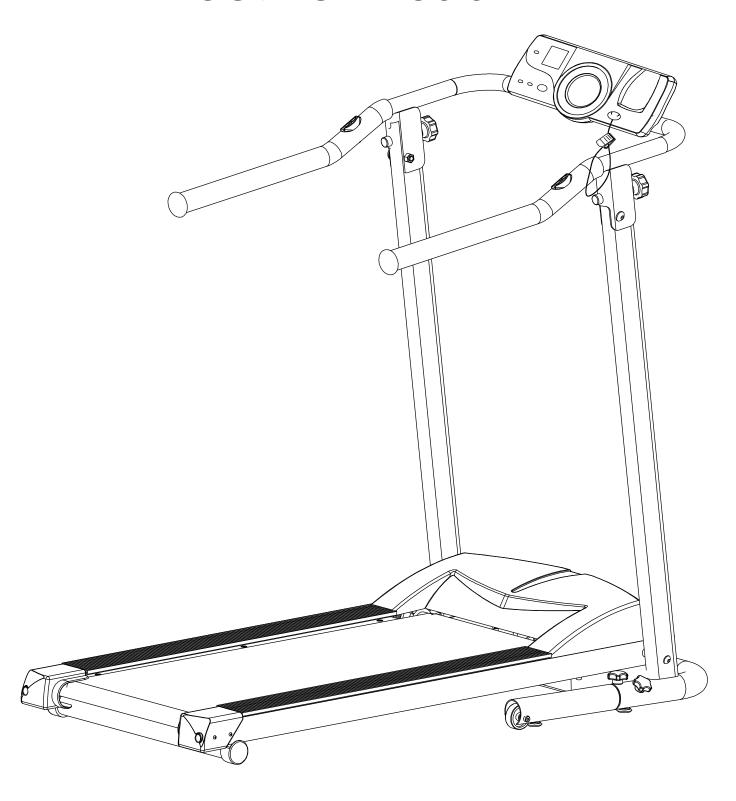


Electric Treadmill



OWNER'S MANUAL



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:

1-844-641-7921

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

Response time may vary via calling

Please have the following information ready when requesting for service:

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

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

Paradigm Health & Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA

LABEL PLACEMENT



Basic precautions should always be followed, including the following safety instructions when using this treadmill: Read ALL instructions BEFORE using this treadmill.

DANGER: To reduce the risk of electric shock, read the following:

 Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.

NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, read the following:

- Never leave the treadmill unattended when plugged in. Always disconnect the unit by turning
 off the master power switch, and unplugging the power cord from the outlet when not in use,
 and before putting on or taking off parts.
- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- DO NOT operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water. Contact Customer Service before continuing use.
- Do not attempt any maintenance or adjustments other than those described in this manual.
 Should any problems arise, discontinue use and contact customer service.
- Never operate the unit with the air openings blocked. Keep the air openings free of lint, hair, and any other foreign objects.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. Keep children under the age of 13 away from this machine.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep Dry do not operate in a wet or moist condition.
- Do not operate the treadmill on or near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.
- Keep the electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of 7 feet of the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only.
- Only one person should be on the treadmill while in use.

- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks or in sandals. Always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold onto the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This unit is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the unit by a person responsible for their safety. If Children are around the unit, there should always be a supervisor.
- Pull up the Safety Tether Key for emergency stop. Reinstall the Safety Tether Key onto the Computer Console. Press the START/STOP button to begin exercise again.

DO NOT EXCEED THE RECOMMENDED MAXIMUM WEIGHT AND HEIGHT

- Maximum Weight Capacity is 350 lbs / 159kgs.
- This treadmill is designed for WALKING only.
- **CAUTION:** Risk of Injury to Persons –To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.

WARNING: Connect the treadmill to a properly grounded outlet only. See grounding instructions.

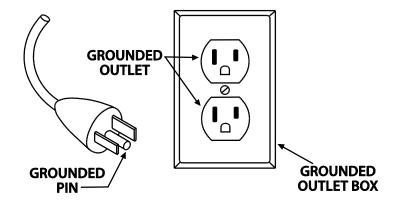
GROUNDING INSTRUCTIONS

• This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current reducing the risk of electric shock. * This treadmill is equipped with a cord having equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the treadmill grounding conductor can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.

This product is for use on a nominal 120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



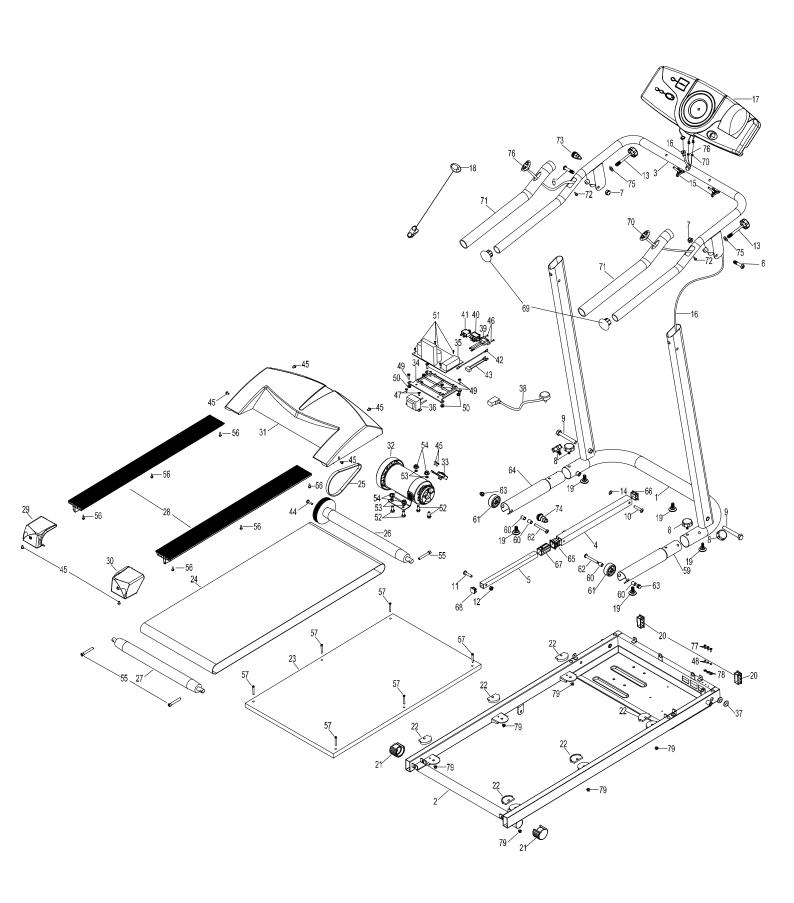
- This unit must be plugged into a nominal 120 volt outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the Treadmill while in it use.
- Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before using the treadmill, check that the belt is aligned and centered on the walking deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present risk of serious injury to young children.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

SAVE THESE INSTRUCTIONS

OVERVIEW DRAWING



PARTS LIST

Part#	Description		
1	Stabilizer	1	
2	Main Frame	1	
3	Handlebar		
4	Safety Tube A 390x30x40MM	1	
5	Safety Tube B T1.2x20x20x320MM		
6	Phillips Screw M10x50mm	2	
7	Cap Nut M10	2	
8	Stabilizer Knob	4	
9	Hex Socket Head Bolt M12x90mm	2	
10	Hex Bolt M8x44mm	1	
11	Hex Bolt M8x35mm	1	
12	Lock Nut M8	1	
13	Handlebar Knob	2	
14	Flat Washer φ8	1	
15	Triangle Knob	2	
16	Signal Cable 2200mm	1	
17	Computer	1	
18	Safety Tether Key	1	
19	Adjustable Pad M8x20mm	5	
20	End Cap		
21	Cover	2	
22	Deck Bumper 55x35x8.5mm	6	
23	Walking Deck 845x486xT20mm	1	
24	Walking Belt 405x1940xT1.6mm	1	
25	Belt	1	

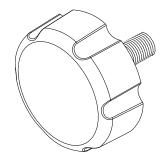
Part#	Description	
26	Front Roller	1
26	φ105xφ42xφ15x513mm	1
27	Rear Roller φ42xφ15x500mm	1
28	Side Rail	2
29	Left Rear Cap	1
30	Right Rear Cap	1
31	Motor Cover	1
32	Motor	1
33	Optical Coupler	1
34	Power Control Plastic Plate	1
35	Power Control Board	1
36	Inductor	1
37	Wire Plug	2
38	Power Cord	1
39	Socket	1
40	Switch AC Power	1
41	Fuse Box	1
42	Wire for Switch (100mm)	1
43	Wire for Power Control Board	1
44	Phillips Screw M6x25mm	1
45	Phillips Screw M5x10mm	8
46	Cross recessed Pan Head Screw M3x8mm	2
47	Cross Head Screw M4x12mm	2
48	Spring Washer φ5	3
49	Cross Head Screw M5x12mm	4
50	Lock Nut M5	4

PARTS LIST

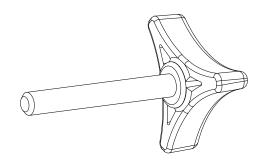
Part#	Description	Qty	
51	Cross Head Self-Tapping	4	
31	Screw 3x12mm	4	
52	Hex Bolt M8x25mm	4	
53	Spring Washer φ8	4	
54	Flange Nut M8	4	
55	Hex Socket Head Bolt	3	
55	M8x55mm	3	
56	Cross Head Self-Tapping	6	
30	Screw ST5*14mm	0	
57	Cross recessed Pan Head	6	
37	Screw M6x35mm	6	
59	Right Stabilizer Tube	1	
60	Bushing φ12xφ8.4x15mm	4	
61	Wheel φ51*48.5*20mm	2	
62	Cross Hex Bolt M8x65mm	2	
63	Lock Nut M8		
64	Left Stabilizer Tube	1	
65	Bushing 30x30x28mm	1	

Part#	Description	
66	End Cap 30x30x12mm	
67	Bushing	1
68	End Cap 20x20x12mm	1
69	End Cap for Handlebar	2
70	Speed Quick Key	1
71	Foam Grip	2
72	Cross Head Self-Tapping Screw	2
73	Short Knob	1
74	Spring Knob	1
75	Flat Washer	2
76	Function Quick Key	1
77	Cross Head Screw M5X8 MM	
78	Flat Washer φ5	3
79	Nylon Lock Nut M6	6

HARDWARE & TOOLS PACK



(8) Stabilizer Knob 4 PCS

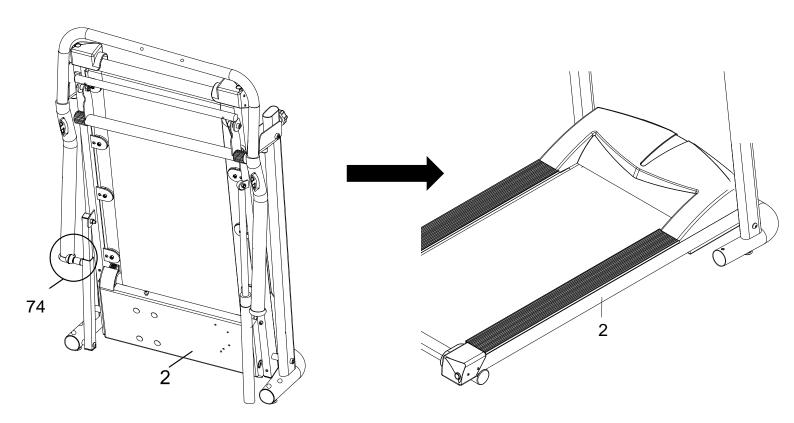


(15) Triangle Knob 2 PCS



6mm Allen Wrench 1 PC

ASSEMBLY

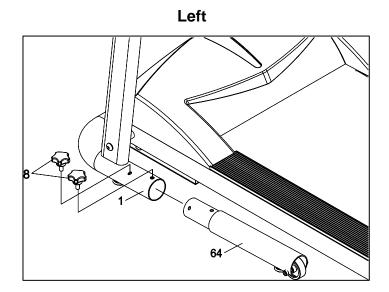


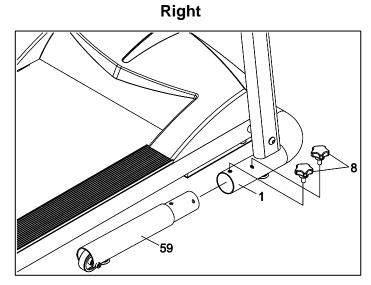
Step 1

1a. Lowering the Treadmill: Ensure that the treadmill is standing upright. Place one hand firmly on the walking platform and pull the **Spring Knob (74)** out to allow the **Main Frame (2)** to lower itself. Be careful to not be under the treadmill as it is lowering. Ensure that the **Spring Knob (74)** "POPS" into the locked position and that the **Main Frame (2)** is flat with the ground.

WARNING: Have a firm hold on the treadmill as it is being lowered. Do not stand under the treadmill as it is lowering. Be sure that the Spring Knob (74) is locked in place.

ASSEMBLY





Step 2

2a. Installing the Right & Left Stabilizer Tubes: Install the Right Stabilizer Tube (59) into the Stabilizer (1). Align the holes on both parts and insert two Stabilizer Knobs (8) through those holes. Thoroughly tighten the Stabilizer Knobs (8) by turning in a <u>clockwise</u> manner.

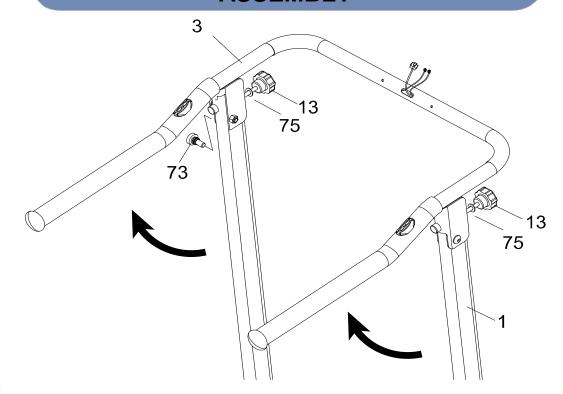
Repeat this step to install the Left Stabilizer Tube (64) to the Stabilizer (1).

Hardware:



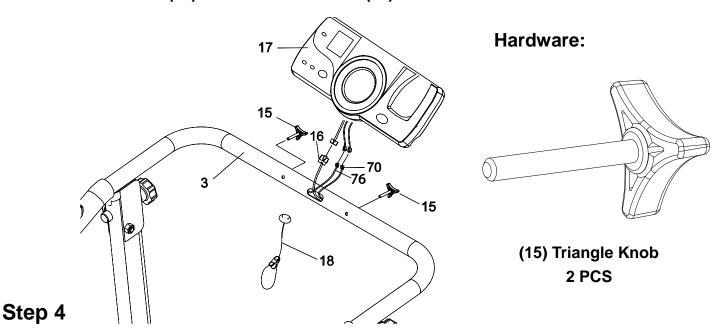
(8) Stabilizer Knob 4 PCS

ASSEMBLY



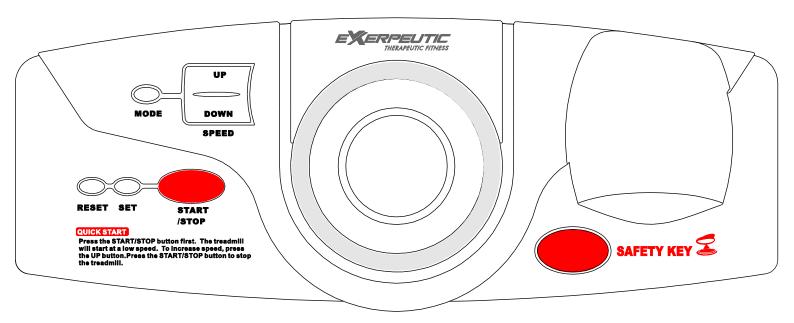
Step 3

3a. Handlebar Placement: Pull out the **Short Knob (73)** and then lift the **Handlebar (3)** until it is perpendicular to the **Stabilizer (1)** frame. Ensure that the **Short Knob (73)** "POPS" into the locked position after the **Handlebar (3)** is adjusted. Secure the **Handlebar (3)** to the **Stabilizer (1)** with two **Handlebar Knobs (13)** and two **Flat Washers (75)**.



4a. Connecting the Wires: Connect the larger Signal Cable (16) from the Handlebar (3) to the similar Cable coming from the Computer (17). Connect the Black Function Quick Key (76) and the White Speed Quick Key (70) from the Handlebar (3) to the similar Black and White Wires coming from the Computer (17). Tuck the excess wire into the Handlebar (3) and Computer (17). Attach the Computer (17) to the Handlebar (3) using the two Triangle Knobs (15). Place the Safety Tether Key (18) onto the Computer (17).

COMPUTER



Quick Start

With the **Safety Tether Key (18)** secured to the **Computer (17)** as well as the user, press the **START/STOP button** to immediately begin exercise. The treadmill starts at a low speed. While in the Quick Start mode, use the SPEED UP and SPEED DOWN buttons to adjust the speed.

Goal Count Down:

A goal count down program can be set by pushing the mode button before starting the treadmill. Repeatedly pushing the MODE button will make the TIME, CALORIES, or DISTANCE display flash. When one of the displays is flashing, the value of the flashing workout statistic can be increased by toggling UP and DOWN. Push the SET button to confirm. When the selected workout statistic values have been input, push the START button to start the treadmill. Multiple goal count downs can be set. The console will beep and the treadmill will stop when one of the goal count downs has reached zero. To continue with any remaining countdown goals, allow the belt to come to a complete stop and push the start button to resume.

COMPUTER

Button Functions:

START/STOP: Press the START/STOP button to start or stop the treadmill.

MODE: Press MODE button to select each function (TIME, DISTANCE, or CALORIES) for set up a workout goal value.

SET: Use the SET button to confirm goal values of TIME, DISTANCE, or CALORIES. Hold the SET button down to increase the value faster.

RESET: Press the RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero. Press and hold the RESET button for 2 seconds, the console will be restarted.

SPEED UP: Press the SPEED UP button to increase speed.

SPEED DOWN: Press the SPEED DOWN button to decrease speed.

Computer Functions:

TIME: Displays your elapsed workout time in minutes and seconds. Use the SET button to set a Time goal. Confirm the goal using the MODE button. Time can be set between 1:00 and 99:00.

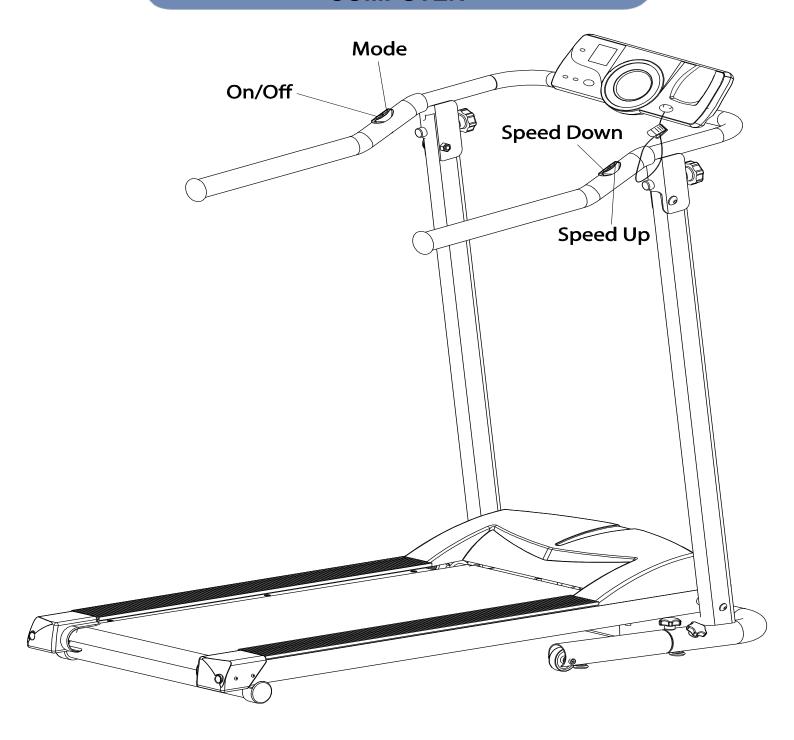
SPEED: Displays the current workout speed. You may increase or decrease the speed by pressing the SPEED UP or SPEED DOWN button on the computer console or right handlebar at any time. The speed can be adjusted between 0.4 MPH to 4.0 MPH.

DISTANCE: Displays the cumulative distance traveled during your workout. Press the START/STOP button to start exercise. Use the SET button to set a Distance goal. Confirm the goal using the MODE button. Distance can be set between 0.1 Miles to 99.9 Miles.

CALORIES: Displays the total cumulative calories burned during your workout. Press START/STOP button to start exercising. Use the SET button to set a Calorie goal. Calorie goals can set between 0 and 9990 calories burned. Confirm your selection using the MODE button.

NOTE: The display console will automatically enter sleep mode when no activity is noticed after 5 minutes. When this happens, press the START/STOP button to resume or begin exercise.

COMPUTER



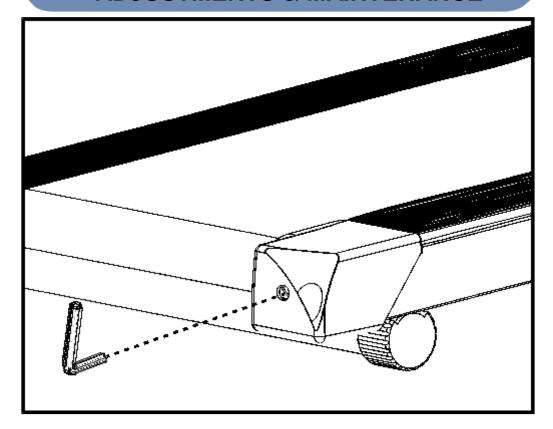
MODE: Press MODE button on the Left Handrail to select each function (TIME, DISTANCE, or CALORIES) for set up a workout goal value.

On/Off: Press the On/Off button Located on the Left Handrail to start or stop the treadmill.

SPEED UP: Press the SPEED UP button on the Right Handrail to increase speed.

SPEED DOWN: Press the SPEED DOWN button on the Right Handrail to decrease speed

ADJUSTMENTS & MAINTENANCE



Belt Adjustment:

The belt may come loose during transportation and/or from use. After prolonged use of the treadmill, the belt will stretch out. If the belt is shifting to the left, turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen wrench provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered.

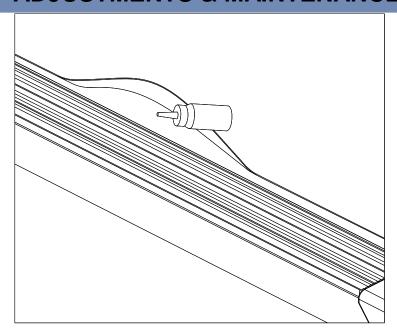
If the belt is shifting to the right, turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen wrench provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered.

If the belt is slipping during use, turn off and unplugged the treadmill. Using the Allen wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn in the clockwise direction for the same amount, then turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. You should now walk on to the belt to determine if the belt is still slipping. Repeat the above procedure until the belt no longer slips.

Cleaning

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail. Keep the treadmill, especially, the console, out of direct sunlight to prevent screen damage.

ADJUSTMENTS & MAINTENANCE

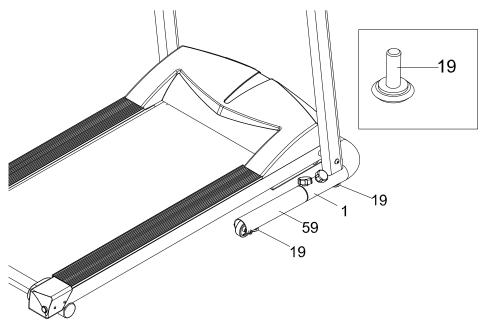


Oiling the Belt

The treadmill should have been coated with "Silicone Oil" in advance. Silicone oil is a non-volatile oil and by the time you receive should have permeated through the belt. There will be no need to re-apply the oil under normal circumstances. To maintain the belt, "Silicone Oil" may be re-applied once the resistance has been increased and the belt starts rubbing against the walking deck. To re-apply

"Silicone Oil" to the treadmill, lift up the belt, one side at a time, and apply the oil directly to the center of the walking deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

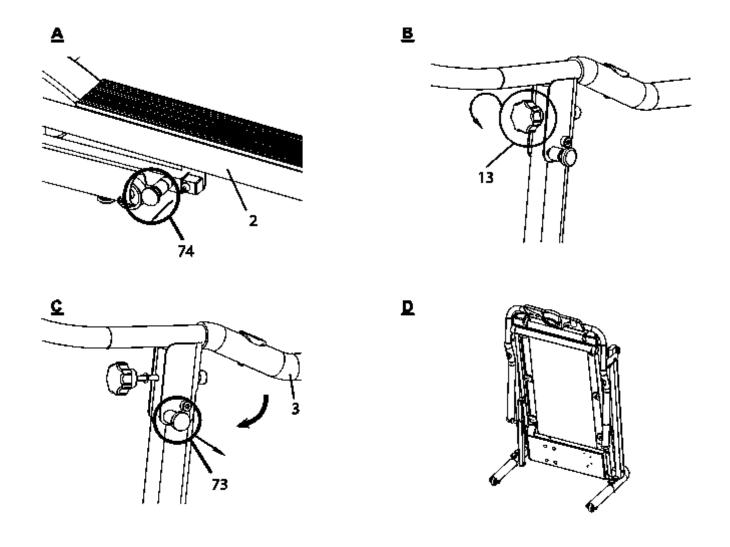
Attention: Only use "Silicone Oil" lubricants for this equipment. In addition, do not add any other type of oil; otherwise the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



Adjustable Pads:

There are five Adjustable Pads (19). There is one on the bottom of both Left and Right Stabilizer Tubes (64) & (59). There are three on the bottom of the Stabilizer (1). Turn the various Adjustable Pads (19) as needed to level the treadmill.

ADJUSTMENTS & MAINTENANCE



FOLDING THE TREADMILL

For your convenience, the treadmill can be folded up and placed in a storage area.

To fold the treadmill, pull out the **Spring Knob (74)** while slowly lifting up the **Main Frame (2)** up and allowing the **Spring Knob (74)** to POP in place. See **Figure A.**

Loosen both of the Handlebar Knobs (13). See Figure B.

Pull out the **Short Knob (73)** and then push the **Handlebar (2)** all the way down. Insert both **Handlebar Knobs (13)** back to the **Stabilizer (1)** as shown in **Figure C**.

If you have folded the treadmill correctly, then it should look like Figure D.

IMPORTANT: TO PREVENT INJURY MAKE SURE YOU HAVE A FIRM HOLD ON THE MAIN FRAME WHEN LIFTING UP OR SETTING DOWN THE DECK.

WARNING: To prevent electrical shock, turn off and unplug the treadmill before cleaning or performing routine maintenance.

TROUBLESHOOTING

Error Codes Cause and Solutions

Fault Code	Cause	Solution	
		1. Ensure that the Safety Tether Key (18) is installed the Computer (17).	
SAFE	Safety tether key protection	2.Restart the power after 1 minute and install the Safety Tether Key	
		Computer IC Board damaged, Contact Customer Service.	
		1.Restart the power, and retry after 1 minute	
Er1	Computer receiving error	2.Ensure the sensor cable is connected perfectly	
	signal up to 15 seconds.	3.Signal cable or computer IC board damaged, Discontinue use and contact Customer Service.	
Er3	Low Voltago	Restart the power and retry after 1 minute. Check if the input voltage is lower. Use when voltage is normal	
EIS	Low Voltage	2.Signal Cable or power IC board damaged, Discontinue use and contact Customer Service.	
		Restart the power, and retry after 1 minute.	
	1.Motor Cable become loose	Check the motor cable , make sure it is connect perfectly.	
Er5	2.Motor is blocked	3.Check the motor quality, make sure there is no visible damage.	
	3.Motor damaged	4.Ensure the running belt is thoroughly lubricated.	
		5.Motor or power IC board damaged, Discontinue use and contact Customer Service.	
		1. Restart the power, and retry after 1 minute	
Er7	Power IC board not receiving signal	2.Ensure that the sensor cable is connected perfectly	
	Sigilal	3. Signal cable or power IC board damaged, Discontinue use and contact Customer Service	

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year FOR HOME USE ONLY
Motor 5 years FOR HOME USE ONLY
All Other Components 90 days FOR HOME USE ONLY

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

- 1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
- 2. Use of this product beyond normal home use, or in an application for which it was not designed;
- 3. Cosmetic items such as scratches, dents or discolorations;
- 4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
- 5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
- 6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
- 7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Open Monday thru Friday, 8:00 AM - 5:00 PM (PST).

Service@paradigmhw.com

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:		 	
		ZIP:	
TELEPHONE:	(Day)	 	
	(Night)		
SERIAL#:			

PART #	DESCRIPTION	QTY

[&]quot;YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

^{*} This form can also be faxed in Fax #: 626-810-2166