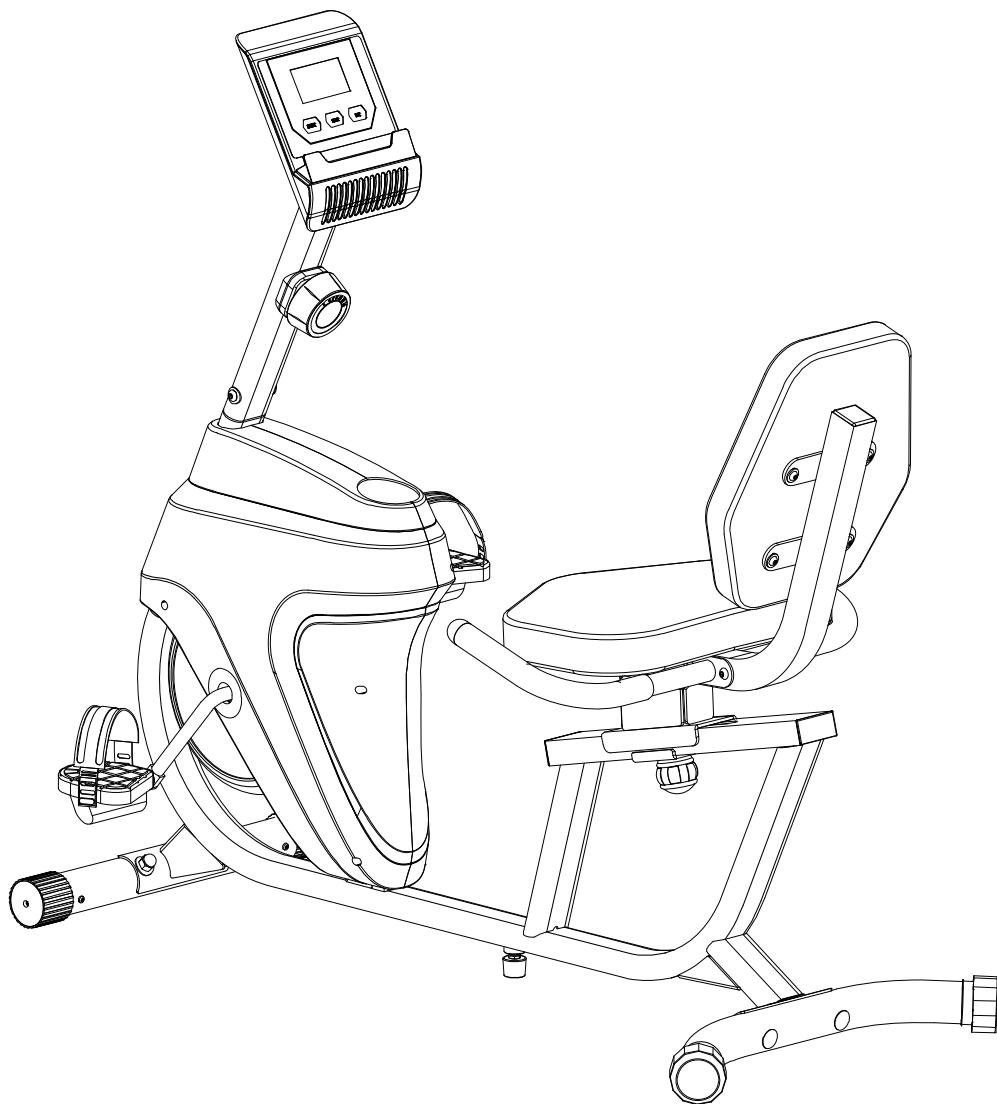


FITNESS REALITY R4000

Magnetic Tension Recumbent 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.



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, 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

UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD, 100%	NOTICE This article does not meet the flammability requirements of California Bureau of Home Furnish- ing's technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.
REGISTRY NO. VA25302 (CN) Certification is made by the manufacturer that the materials in this article are in full accordance with law. Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91746, USA	AVIS Ce produit ne satisfait pas aux critères d'flammabil- ité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamm nue (cigarettes, etc.)
NO D'ENREGISTREMENT VA25302 (CN) Cette étiquette est apposée conformément aux lois cana- diennes. Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91746 USA	NOTIFICACIÓN Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercecerse cerca de una llama abierta o con cigaretts ardientes.



118999921510001

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



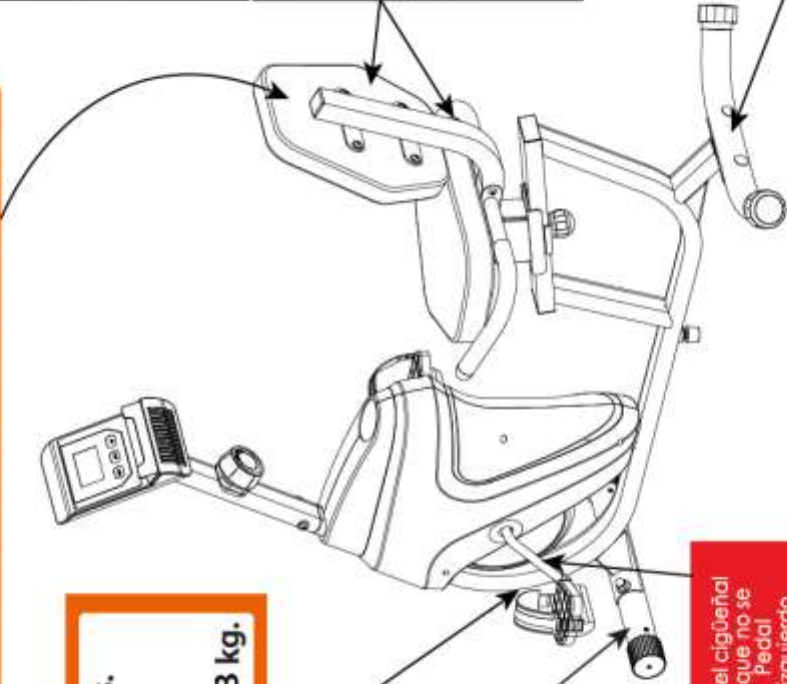
Loosen the Knob

Adjust the seat as shown

Tighten the Knob



Maximum weight capacity is 250 lbs.
Le poids maximum pout ce produit est 113 kgs.
La capacidad de peso máxima es 113 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

The Crank will be
damaged if the Right
or Left Pedal are not
tightened as per
below instructions!

- Tighten Right Pedal
(41) Into the Right
Crank Clockwise
- Tighten Left Pedal
(24) Into the
Left Crank Counter
Clockwise

La manivelle pourrait être
endommagée si les
pédale droit ou gauche
ne sont pas serrés selon
les instructions ci-dessous:

- Serrez le pédale droit
(41) dans la manivelle
droite dans le sens
horaire
- Serrez le pédale gauche
(24) dans
la manivelle gauche
dans le sens
anti-horaire

¡Se dañará el cigüeñal
en caso de que no se
aprieten los Pedal
derecho e izquierdo
según las siguientes
instrucciones!

- Apriete el Pedal
derecho (41) en el
cigüeñal derecho,
hacia la derecha
- Apriete el Pedal
izquierdo (24) en el
cigüeñal izquierdo,
hacia la izquierda.

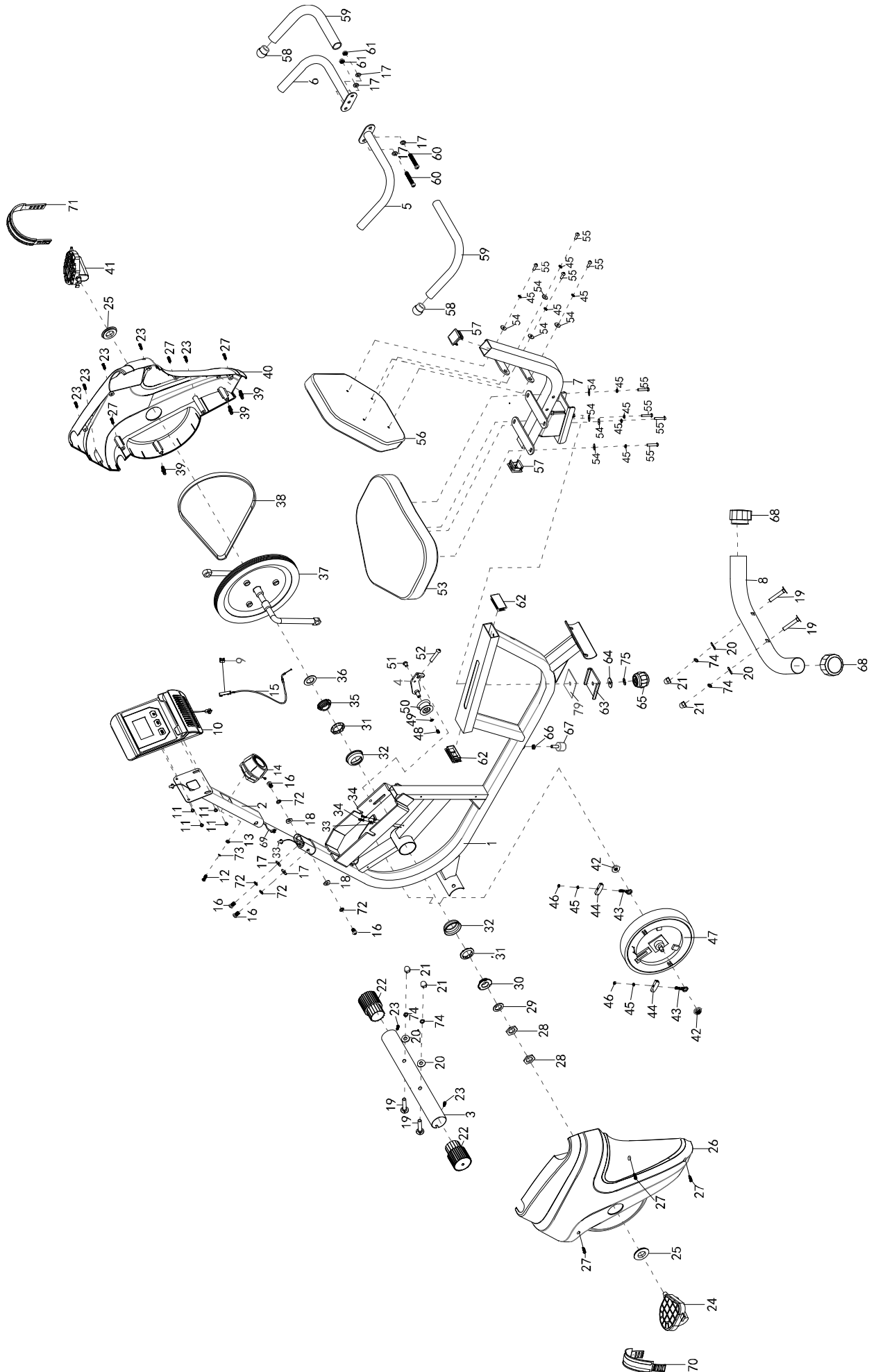
Basic precautions should always be followed when using this equipment. Read all instructions before using this equipment which include the following safety instructions:

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising, and in order to avoid injuring your muscles, it is recommended that you perform warm-up exercises for every muscle group.
3. Please make sure all the components are not damaged and tightened well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might get caught by any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult customer service.
6. Do not use or leave the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. This product requires a minimum of square feet of space for safe operation.
10. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
11. **The maximum weight capacity for this product is 250 lbs/113 kgs.**

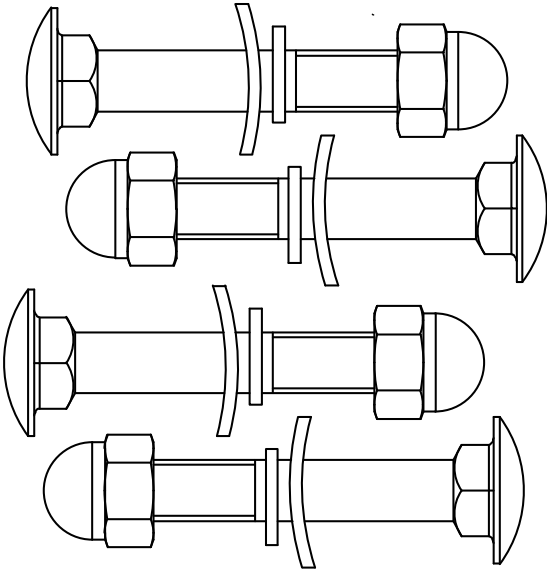
WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

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

OVERVIEW DRAWING

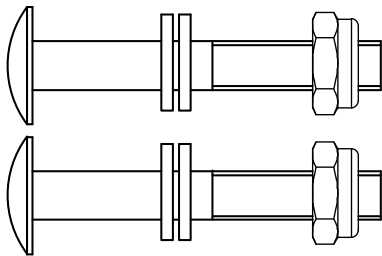


Step 1

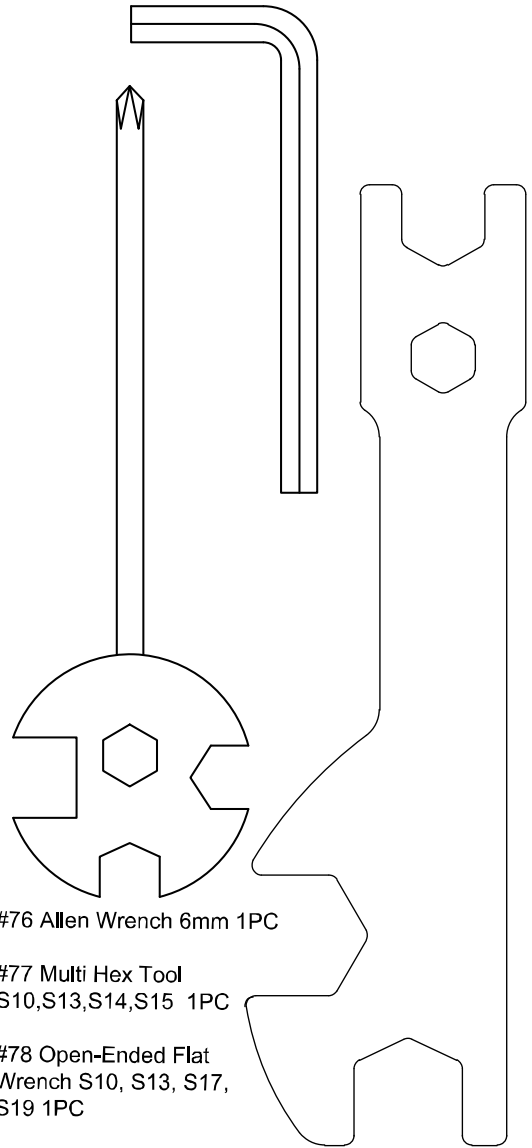


- #19 Carriage Bolt M10*65 4PCS
- #20 Big Curved Washer $\Phi 10$ 4PCS
- #74 Spring Washer $\Phi 10$ 4PCS
- #21 Cap Nut M10 4PCS

Step 3



- #60 Hex Bolt M8*58 2PCS
- #61 Nylon Nut M8 2PCS
- #17 Flat Washer $\Phi 8$ 4PCS



- #76 Allen Wrench 6mm 1PC

- #77 Multi Hex Tool
S10,S13,S14,S15 1PC

- #78 Open-Ended Flat
Wrench S10, S13, S17,
S19 1PC

PART LIST

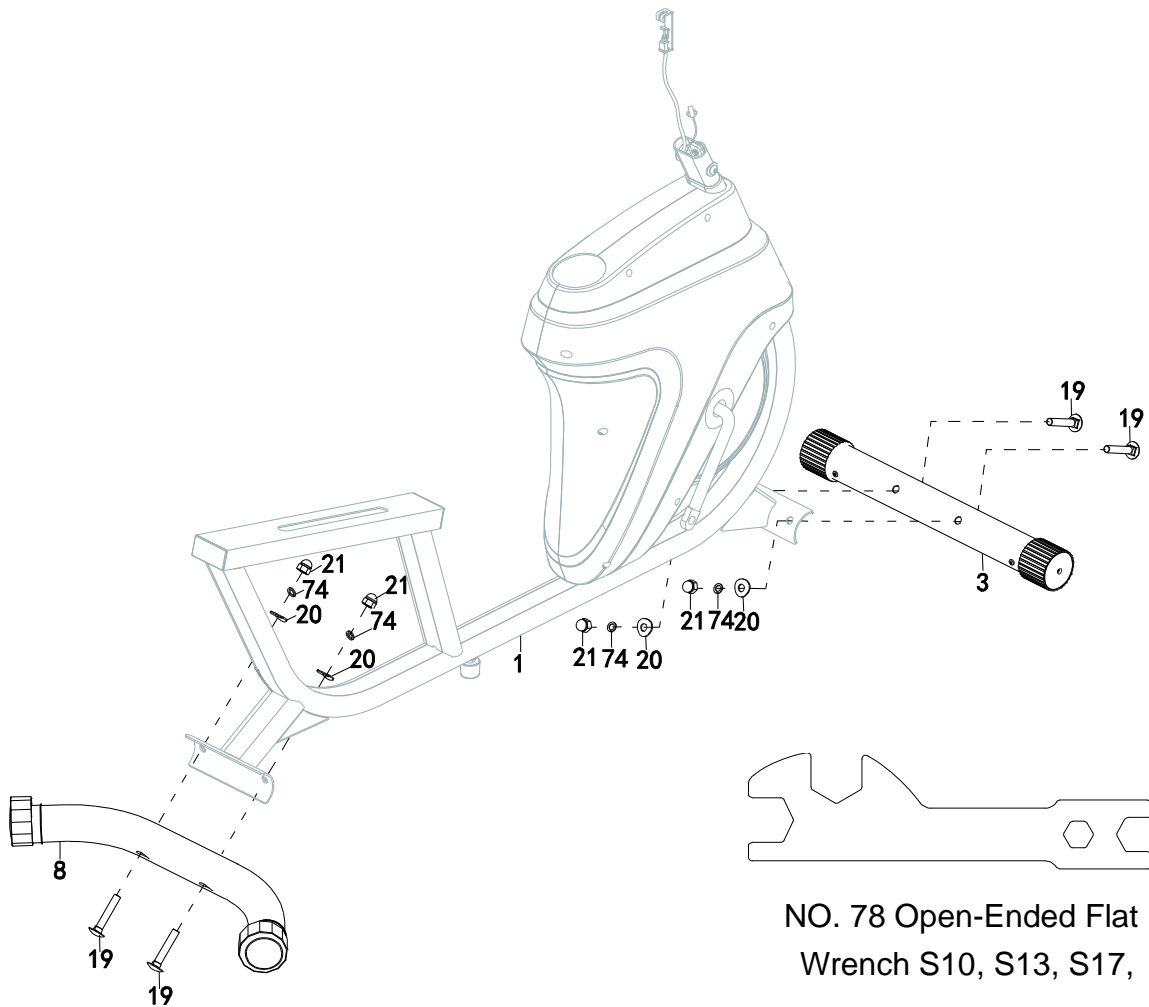
No.	Description	Qty
1	Main Frame	1
2	Front Post	1
3	Front Stabilizer	1
4	Idler Arm	1
5	Left Handlebar	1
6	Right Handlebar	1
7	Seat Post	1
8	Rear Stabilizer	1
9	Clip	1
10	Console	1
11	Cross Recess Head Screw M5*10	4
12	Cross Recess Head Screw M5*25	1
13	Flat Washer Φ5	1
14	Tension Knob	1
15	Tension Cable	1
16	Hex Bolt M8*15	4
17	Flat Washer Φ8*Φ16*2.0	6
18	Curved Washer Φ8*Φ16*2.0	2
19	Carriage Bolt M10*65	4
20	Big Curved Washer Φ10*Φ25*2.0	4
21	Cap Nut M10	4
22	Front Stabilizer End Cap	2
23	Cross Recess Head Tapping Screw ST4.2*20	7
24	Left Pedal	1
25	Cover Cap	2
26	Left Cover	1
27	Cross Recess Head Tapping Screw ST4.2*20	6

No.	Description	Qty
28	Hex Nut 7/8"	2
29	Flat Washer Φ23*Φ34.5*δ2.5	1
30	Bearing Nut 7/8"	1
31	Ball Bearing	2
32	Bearing Cup	2
33	Sensor Inductor	1
34	Cross Recess Head Tapping Screw ST2.9*12	2
35	Bearing Nut 15/16"	1
36	Flat Washer Φ24*Φ40*δ3.0	1
37	Crank	1
38	Belt	1
39	Plastic Bolt	3
40	Right Cover	1
41	Right Pedal	1
42	Flange Nut M10*1.0*6 S14	2
43	Adjustable Bolt M6*36	2
44	Tension Bracket	2
45	Spring Washer Φ6	10
46	Hex Nut M6	2
47	Flywheel	1
48	Cross Recess Head Screw M6*10	1
49	Flat Washer Φ6*Φ12*1.0	1
50	Pulley	1
51	Hex Bolt M8*10 S6	1
52	Hex Bolt M8*45	1
53	Seat	1
54	Flat Washer Φ6	8

PART LIST

No.	Description	Qty
55	Cross Recess Head Screw M6*20	8
56	Backrest	1
57	Square End Cap	2
58	Round Cap	2
59	Handrail Foam Grip	2
60	Hex Bolt M8*58	2
61	Nylon Nut M8	2
62	Square End Cap	2
63	Seat Bracket	1
64	Flat Washer Φ10	1
65	Round Knob	1
66	Hex Bolt M8	1
67	Adjustable Leveler	1

No.	Description	Qty
68	Rear Stabilizer End Cap	2
69	Sensor Wire	1
70	Left Pedal Strap	1
71	Right Pedal Strap	1
72	Spring Washer Φ8	4
73	Spring Washer Φ5	1
74	Spring Washer Φ10	4
75	Wave Washer Φ10	1
76	Allen Wrench 6mm	1
77	Multi Hex Tool S10, S13, S14, S15	1
78	Open-Ended Flat Wrench S10, S13, S17, S19	1
79	Plastic Pad	1



NO. 78 Open-Ended Flat
Wrench S10, S13, S17,

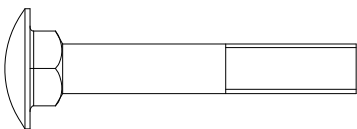
1.1 Front Stabilizer Installation

- A. Lift up the front of the Main Frame (1), and attach the Front Stabilizer (3) onto the front curve of the Main Frame (1) with two Carriage Bolts (19), two Big Curve Washers (20), two Spring Washers (74), and two Cap Nuts (21). Use the Open-Ended Flat Wrench to tighten the Cap Nuts (21) until firm and secure.

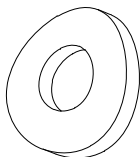
1.2 Rear Stabilizer Installation

- A. Lift up the rear of the Main Frame (1), and attach the Rear Stabilizer (8) onto the rear curve of the Main Frame (1) with two Carriage Bolts (19), two Big Curve Washers (20), two Spring Washers (74), and two Cap Nuts (21). Use the Open-Ended Flat Wrench to tighten the Cap Nuts (21) until firm and secure.

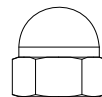
Hardware:



NO. 19 Carriage Bolt
M10*65 4 PCS



NO. 20 Big Curved
Washer $\Phi 10 \times \Phi 25 \times 2.0$
4PCS

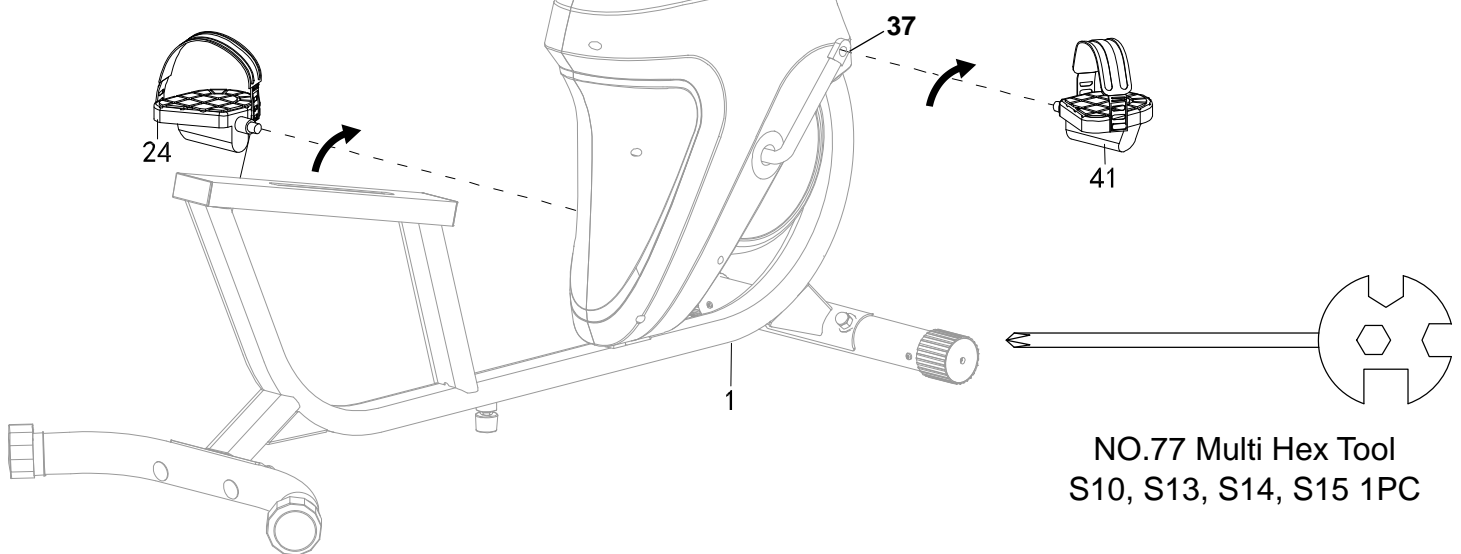
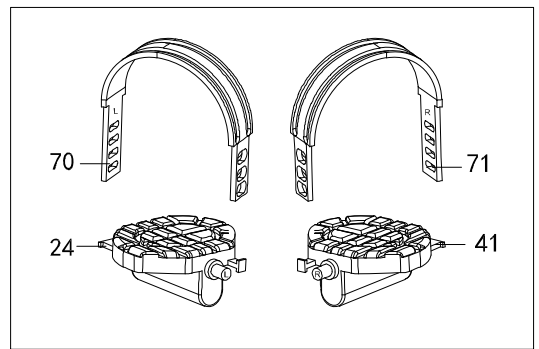


NO. 21 Cap Nut
M10 4PCS



NO. 74
Spring Washer $\Phi 10$
4PCS

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



NO.77 Multi Hex Tool
S10, S13, S14, S15 1PC

2.1 Pedal Strap installation

- A. Install the Left Pedal Strap (70) onto the Left Pedal (24). Install the Right Pedal Strap (71) onto the Right Pedal (41).

2.2 Left Foot Pedal Installation

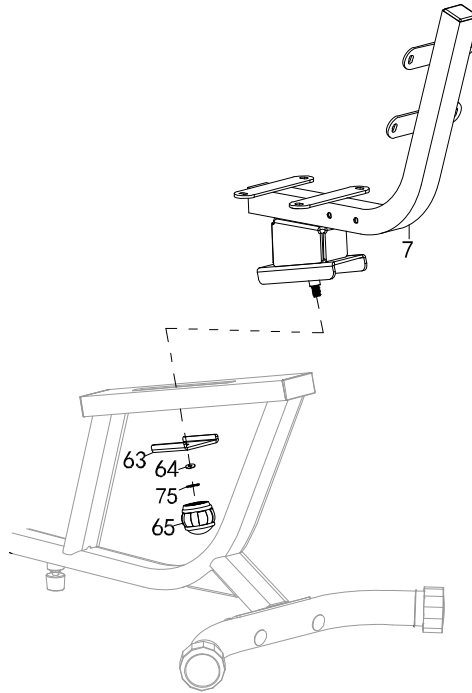
- A. Insert the threaded shaft of the Left Pedal (24) into the threaded hole on the left side of the Crank (37). Turn the pedal shaft by hand in the **counter-clockwise** direction until snug.

Note: DO NOT turn the LEFT pedal shaft in a clockwise direction; doing so will strip the threads.

- B. Tighten the pedal shaft of the Left Pedal (24) with the Multi Hex Tool provided.

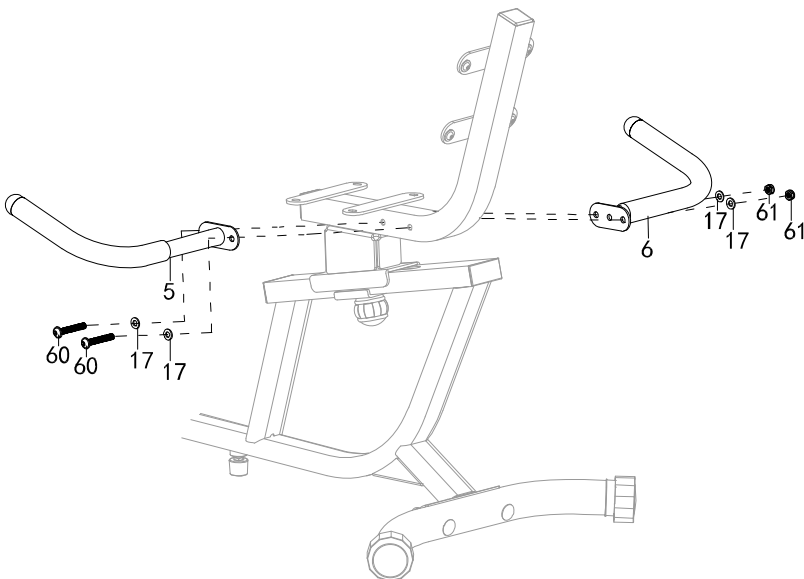
2.3 Right Foot Pedal Installation

- A. Insert the threaded shaft of the Right Pedal (41) into the threaded hole on the right side of the Crank (37). Turn the pedal shaft by hand in the **clockwise** direction until snug.
- B. Tighten the pedal shaft of the Right Pedal (41) with the Multi Hex Tool provided.

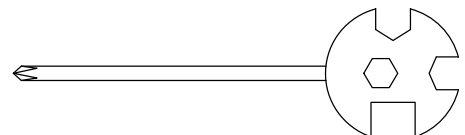


3.1 Seat Post Installation

- Remove the Seat Bracket (63), one Washer (64), one Wave Washer (75), and the Round Knob (65) from the Seat Post (7).
- Attach the Seat Post (7) and the Seat Bracket (63), onto the Main Frame (1) with one Washer (64), one Wave Washer (75), and Round Knob (65).
- Secure the Seat Post (7) by tightening the Round Knob (65) in a clockwise direction.



NO. 76 6mm Allen Wrench 1PC

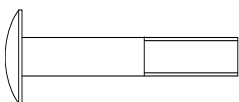


NO.77 Multi Hex Tool S10, S13, S14, S15 1PC

3.2 Handlebar Installation

- Attach the Left and Right Handlebars (5,6) onto the Seat Post (7) Using two Hex Bolts (60), four Washers (17) and two Nylon Nut (61). Then tighten with the 6mm Allen Wrench and the Multi Hex Tool provided.

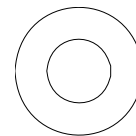
Hardware:



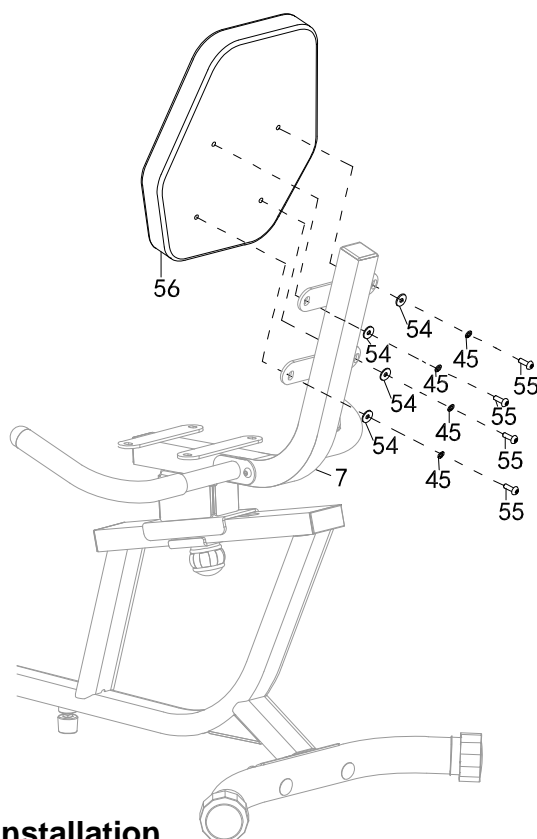
NO.60 Hex Bolt
M8*58 2PCS



NO.61 Nylon Nut
M8 2PCS



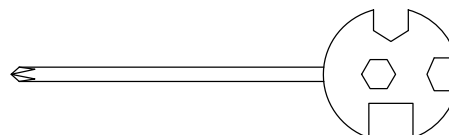
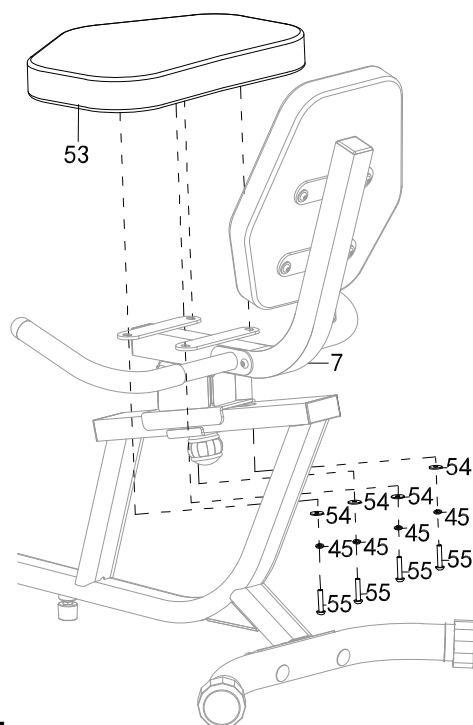
NO.17 Flat Washer
Φ8*Φ16*2.0 4PCS



NO.77 Multi Hex Tool
S10, S13, S14, S15 1PC

4.1 Backrest Installation

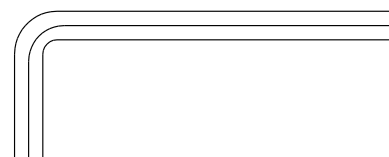
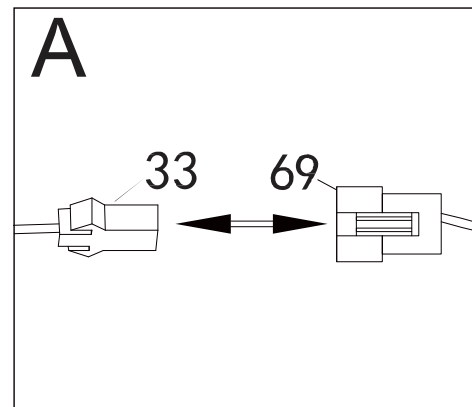
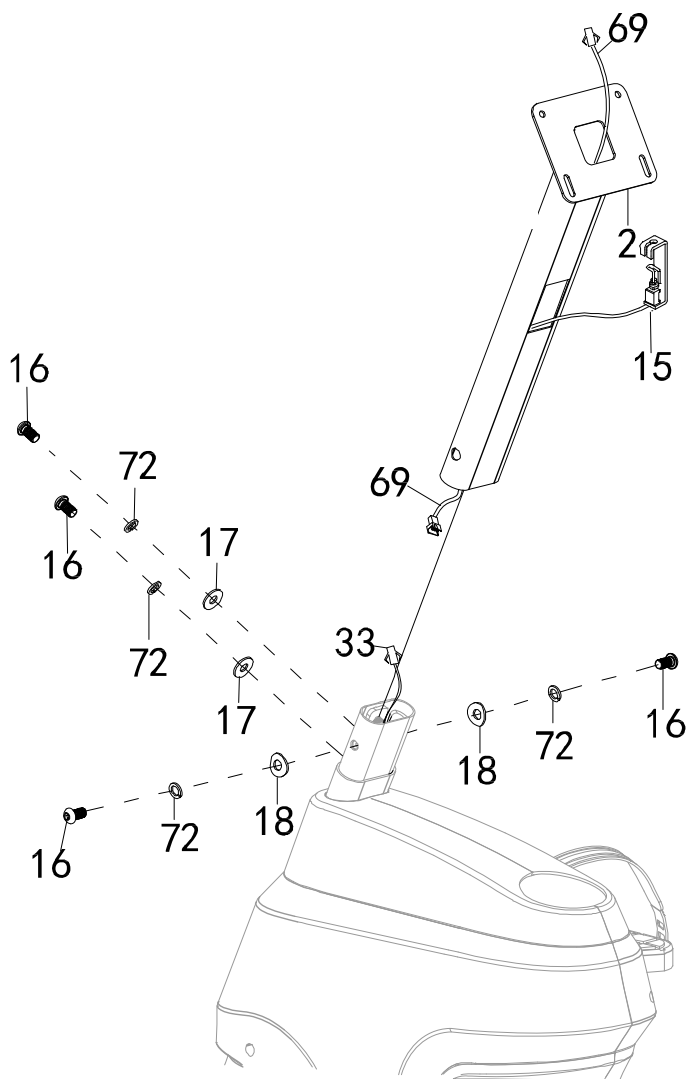
Remove the four Screws (55), four Spring Washers (45) and the four Flat Washers (54) from the Backrest (56). Align the holes of the Backrest (56) to the holes of Seat Post (7). Secure the Backrest (56) with four Screws (55), four Spring Washers (45) and four Flat Washers (54). Then tighten by using the Multi Hex Tool provided.



NO.77 Multi Hex Tool
S10, S13, S14, S15 1PC

4.2 Seat Installation

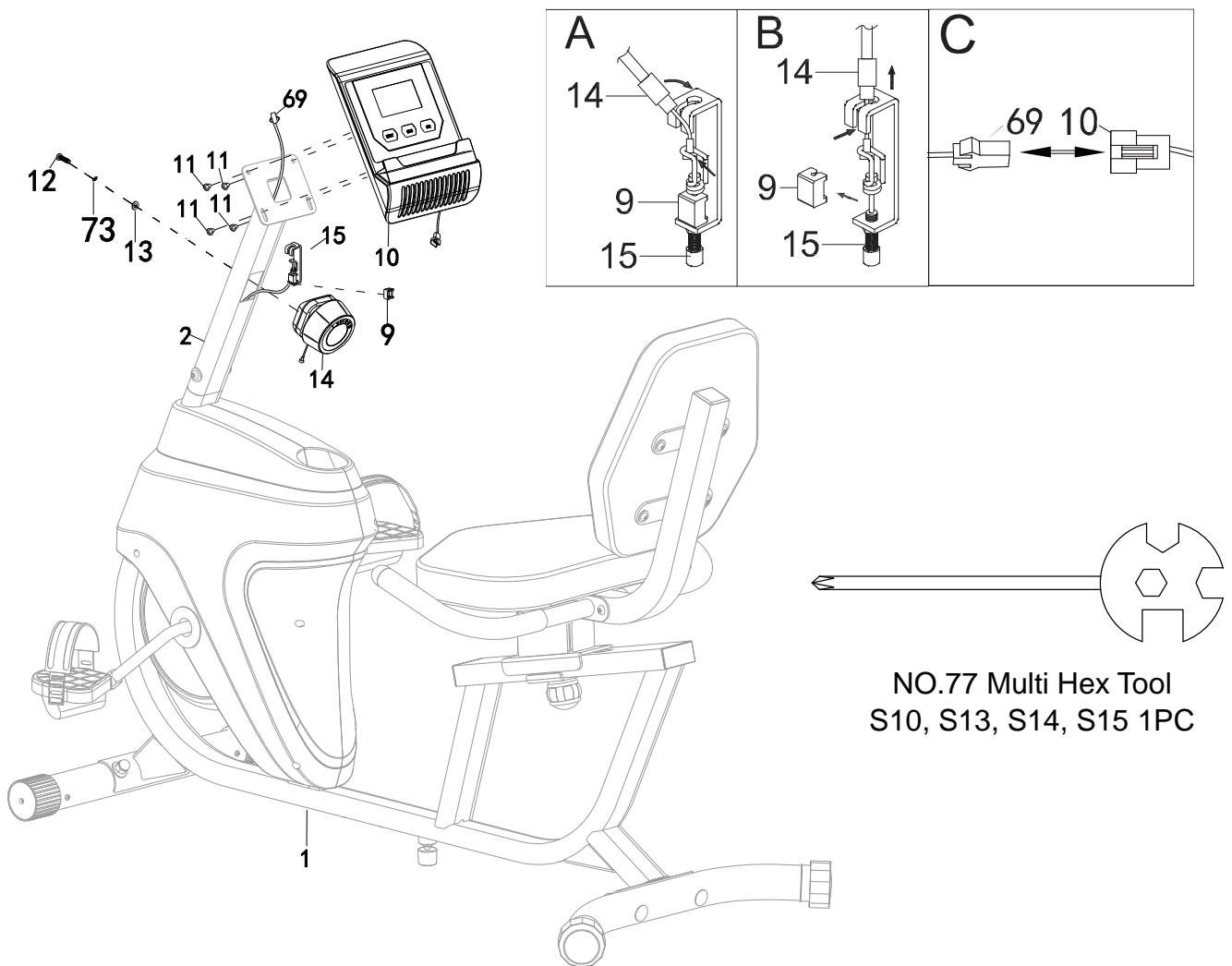
Remove the four Screws (55), four Spring Washers (45) and the four Flat Washers (54) from the Seat (53). Align the holes of the Seat (53) to the holes of the Seat Post (7). Secure the Seat (53) with four Screws (55), four Spring Washer (45) and four Flat Washers (54), Then tighten by using the Multi Hex Tool provided.



NO. 76 Allen Wrench
6mm 1PC

5. Front Post Installation

- A. Remove four Hex Bolts (16), four Spring Washers (72), two Flat Washers (17) and two Curved Washers (18) from the Main Frame (1).
- B. Connect the Sensor Inductor (33) and Sensor Wire (69); See Figure A.
- C. Tuck the excess cable of the Sensor Inductor (33) and the Sensor Wire (69) into the tube of the Main Frame (1)
- D. Slide the Front Post (2) onto the Main Frame (1).
- E. Align the holes of the Front Post (2) and Main Frame (1).
- F. Fasten the Front Post (2) to the Main Frame (1) with the four Hex Bolts (16), four Spring Washers (72), two Flat Washers (17), and two Curved Washers (18) that were previously removed. Then tighten by using the 6mm Allen Wrench provided.



6.1 Tension Knob Installation

- Remove the Screw (12), the Spring Washer (73), and the Flat Washer (13) from the Tension Knob (14).
- Hook the cable of the Tension Knob (14) into the Tension Cable (15); See Figure A.
- Pull the cable of the Tension Knob (14) into the metal bracket of the Tension Cable (15); See Figure B.
- Turn the Tension Knob (14) to its highest setting (clockwise) until the cable of Tension Knob (14) is seated firmly on top of the metal bracket of the Tension Cable (15)
- After connecting the cables of the Tension Knob (14) and the Tension Cable (15) remove the Clip (9); See Figure B.
- Tuck the excess cable of the Tension Knob (14) and the Tension Cable (15) inside of the Front Post (2).
- Attach the Tension Knob (14) onto the Front Post (2) with one Screw (12), one Spring Washer (73), and one Washer (13).
- Tighten the Screws (12) with the Multi Hex Tool provided.

6.2 Console Installation

- Remove the four Screws (11) from the back of the Console (10).
- Connect the wire of Console (10) to the Sensor Wire (69): See Figure C.
- Tuck the excess cable of the Console (10) and the Sensor Wire (69) inside of the Front Post (2).
- Attach the Console (10) onto the Front Post (2) with four Screws (11).
- Tighten the Screws (11) with the Multi Hex Tool provide.

CONSOLE

Display Information:

TIME-----	00:00-99:59
SPEED -----	0.0-99.9 ML/H
DISTANCE (DIST) -----	0.00-9999 ML
CALORIES (CAL) -----	0.0-9999 CAL
ODOMETER (ODO) -----	0.0-9999 ML



BUTTON FUNCTIONS:

ON/OFF (START/STOP): The console will turn on when any button is pressed or when you start pedaling. The console will automatically turn off when it does not detect any pedaling for 4 minutes.

MODE: Lets you change the current workout statistic being displayed: **Time**, **Distance**, **Calories**, **Odometer**, **RPM**, and **Speed**.

SET: Lets you increase the values for **Time**, **Distance**, and **Calories** for a countdown goal workout.

RESET: Press and hold for 2 seconds to reset the current workout values to zero.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

- The console turns on when any button is pressed or when pedaling starts.
- The console turns off automatically when no pedaling is detected for 4 minutes.

2. COUNTDOWN WORKOUT GOALS

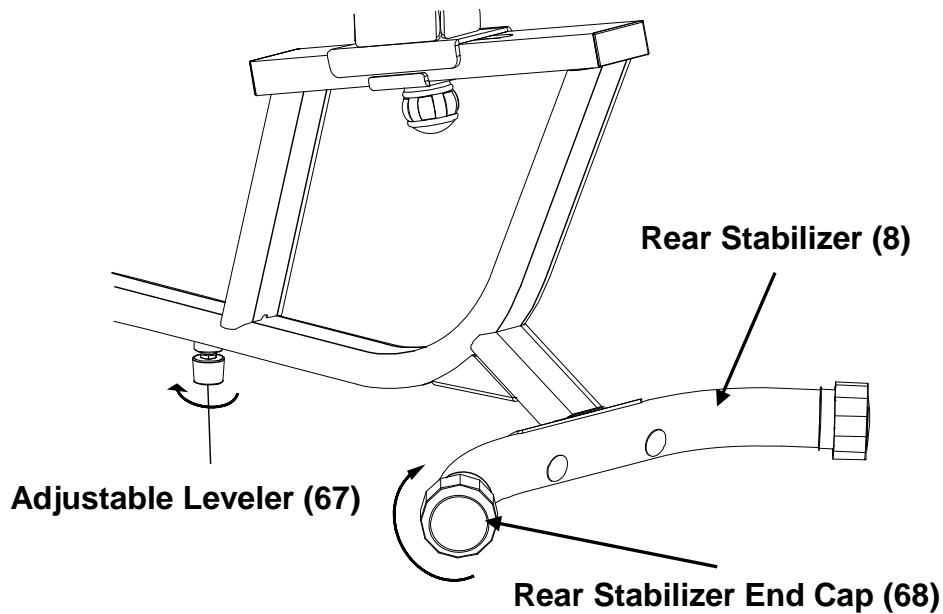
- A countdown goal can be set for **Time**, **Distance**, and **Calories** prior to starting a workout. Use the **Mode** button to select **Time**, **Distance**, or **Calories** then push the **SET** button to increase the value of the goal from zero. Select a goal value for a single goal option or for multiple goal options. The console will countdown from the values you have chosen, when your goal is reached the console will beep. If you set multiple goals, just keep working out. The goals that have already been reached will start to count up from zero; the goals that have not counted down to zero will continue to count down.

FUNCTIONS:

1. **SCAN:** Press the MODE button until the display shows **SCAN** flashing in the top left corner. This will automatically change the displayed workout statistic every 4 seconds.
2. **TIME:** Press the MODE button until the display shows **TIME**. The total workout time will be shown when starting exercise.
3. **SPEED:** Press the MODE button until the display shows **SPEED**. The current speed will be shown.
4. **DISTANCE:** Press the MODE button until the display shows **DIST**. The distance of the current workout will be displayed.
5. **CALORIE:** Press the MODE button until the display shows **CAL**. The calories burned during the current workout will be displayed.
6. **ODOMETER:** Press the MODE button until the display shows **ODO**. The total accumulated distance of all workouts will be displayed.
7. **RPM:** Press the MODE button until the display shows **RPM**. The number of pedal revolutions in one minute will be displayed.



ADJUSTMENTS

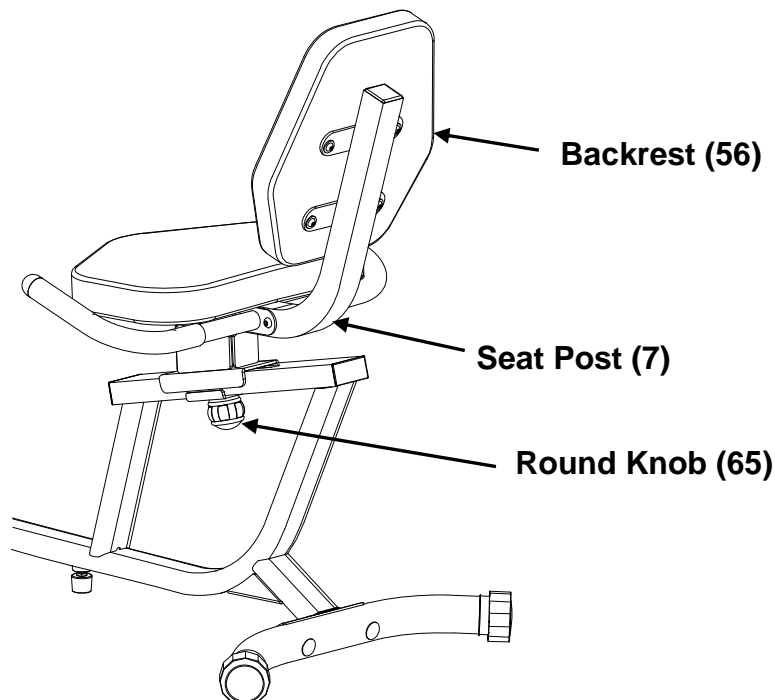


Adjusting the Rear Stabilizer End Cap

Adjust the Rear Stabilizer End Caps (68) on the Rear Stabilizer (8) as needed to level the recumbent bike.

Adjust the Adjustable Leveler

If the bike is bouncing when in use, turn the Adjustable Leveler (67) so that it is making contact with the floor. **Do not extend the Adjustable Leveler (67) too far, as this will cause the bike to tilt and be off balance.**



Adjusting the Seat Forward or Back

Loosen the Round Knob (65) in a counter-clockwise direction until the seat is loose. Standing behind the seat, use two hands to push or pull the Backrest (56). Once you find the position you like, lock the Seat Post (7) into place by turning the Round Knob (65) in a clockwise direction until it is secured tightly.

TROUBLE SHOOTING

PROBLEM: The recumbent bike wobbles when in use.

1) SOLUTION: Turn the Rear Stabilizer End Caps (68) on the Rear Stabilizer (8) or Adjustable Leveler (67) on the bottom of the rear Main Frame (1) as needed to level the recumbent bike.

PROBLEM: The display on the Console (10) does not turn on or displays incorrect information.

1) SOLUTION: Remove the Console (10) and verify that the wires from the console (10) are properly connected to the wires of the Front Post (2).

2) SOLUTION: Check if the batteries are installed properly or replace dead batteries.

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

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

MAINTENANCE

Cleaning:

The recumbent bike can be cleaned with a soft clean damp cloth.

Do not use abrasives or solvents on the plastic parts.

Please wipe your perspiration off the recumbent bike after each use.

Be careful not to get excessive moisture on the Console display as this might cause an electrical hazard or the electronics to fail.

Please keep the recumbent bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect that all assembly bolts, nuts, screws, and pedals on the machine are thoroughly tightened every week. Tighten any loose parts.

Storage:

Store the recumbent bike 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	1 year
All Other Components (computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)	90 days

Exclusions from Warranty Coverage:

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

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

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

Ordering Replacement Parts

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

Service@paradigmhw.com

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

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

****This form can also be faxed to #: 626-810-2166***