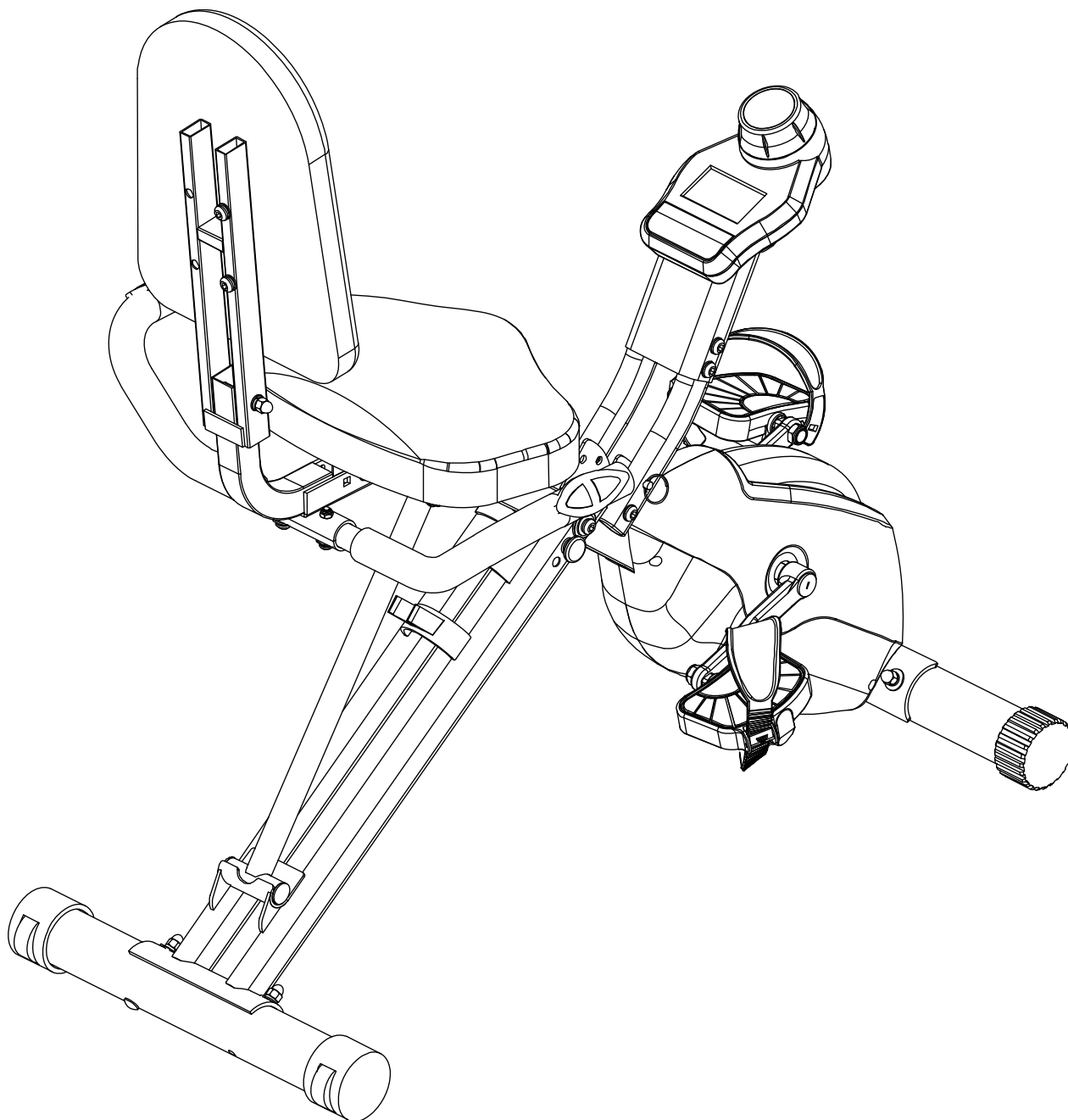


Recumbent Bike



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:

1-844-641-7921

(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.

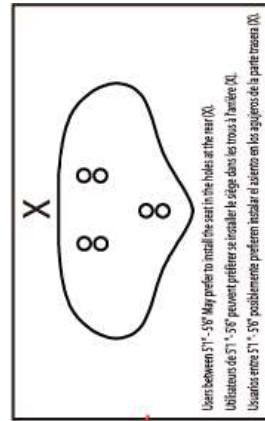
Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENTS

<p>UNDER PENALTY OF LANTHES TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER</p> <p>ALL NEW MATERIALS CONSISTING OF POLYURETHANE FOAM PAD, 100%</p>	<p>NOTICE</p> <p>This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.</p>
<p>REGISTRY NO. VA25002 (CN)</p> <p>Certification is made by the manufacturer that the materials in this article are described in accordance with law.</p> <p>Pandigm Health and Wellness, Inc. 1189 Julliac Ave., City of Industry, CA 91746, USA</p>	<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité spécifiques 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 flamme nue (cigarettes, etc.)</p>
<p>NO. DE REG. VA25002 (CN)</p> <p>Cette étiquette est apposée conformément aux lois Californiennes.</p> <p>Pandigm Health and Wellness, Inc. 1189 Julliac Ave., City of Industry, CA 91746, USA</p>	<p>AVISO</p> <p>Este artículo no cumple con las normas de inflamabilidad del boletín técnico 117 de la Oficina de Mobiliario para el Hogar de California. Cuidado que el producto no esté cerca de las llamas o de cigarrillos encendidos.</p>
<p>SE SANCIONARÁ LEGALMENTE A QUEM QUEM NÃO FOR O PRODUTOR QUE NÃO CONCORDAR COM A QUALIDADE</p> <p>MATERIAL COMPLETAMENTE NOVO</p> <p>COMPOSTO DE 100% RELENHO DE ESPUMA DE POLIURETANO</p> <p>NO. DE REG. VA25002 (CN)</p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Pandigm Health and Wellness, Inc. 1189 Julliac Ave., City of Industry, CA 91746, USA</p>	<p>AVISO</p> <p>Este artículo no cumple con las normas de inflamabilidad del boletín técnico 117 de la Oficina de Mobiliario para el Hogar de California. Cuidado que el producto no esté cerca de las llamas o de cigarrillos encendidos.</p>



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

- Tighten Right Pedal (8) Into the Right Crank Clockwise
- Tighten Left Pedal (7) Into the Left Crank Counter Clockwise

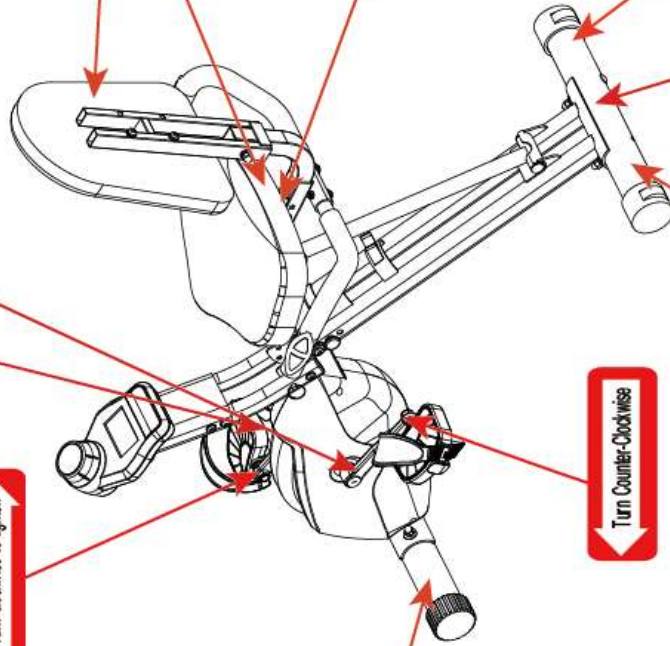
La manivelle pourrait être endommagée si les pédale droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

- Serrez le pédale droit (8) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (7) dans la manivelle gauche dans le sens antihoraire

Se dañará el cigüeñal en caso de que no se aprieten el pedal derecho y el izquierdo según las siguientes instrucciones!

- Apriete el Pedal derecho (8) en el cigüeñal derecho, hacia la derecha
- Apriete el Pedal izquierdo (7) en el cigüeñal izquierdo, hacia la izquierda

Turn clockwise to tighten



Turn Counter-Clockwise



EXPERTEUTIC

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:

1-844-641-7921
8 am - 5 pm PST

Maximum weight capacity is 400 lbs.
Le poids maximum pour ce produit est 181 kgs.
La capacidad de peso máxima es 181 kg.

IMPORTANT SAFETY GUIDELINES

Read all instructions before using the Upright Bike. When using the bike, 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 or near water.
9. Use the bike 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. **DO NOT** pedal in reverse.
15. This product requires a minimum of 7 square feet of space for safe operation.
16. **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.
17. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
18. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
19. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
20. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
21. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using The Upright Bike

ASSEMBLE ALL HARDWARE IN ACCORDANCE TO THE INSTRUCTIONS OF EACH STEP.



REFER TO THE ILLUSTRATIONS FOR THE CORRECT ORIENTATION WHEN INSERTING THE VARIOUS HARDWARE TOGETHER.

IMPORTANT SAFETY GUIDELINES

Do not use 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 (load)

The Maximum Weight Capacity for this product is 400lbs/181kgs.

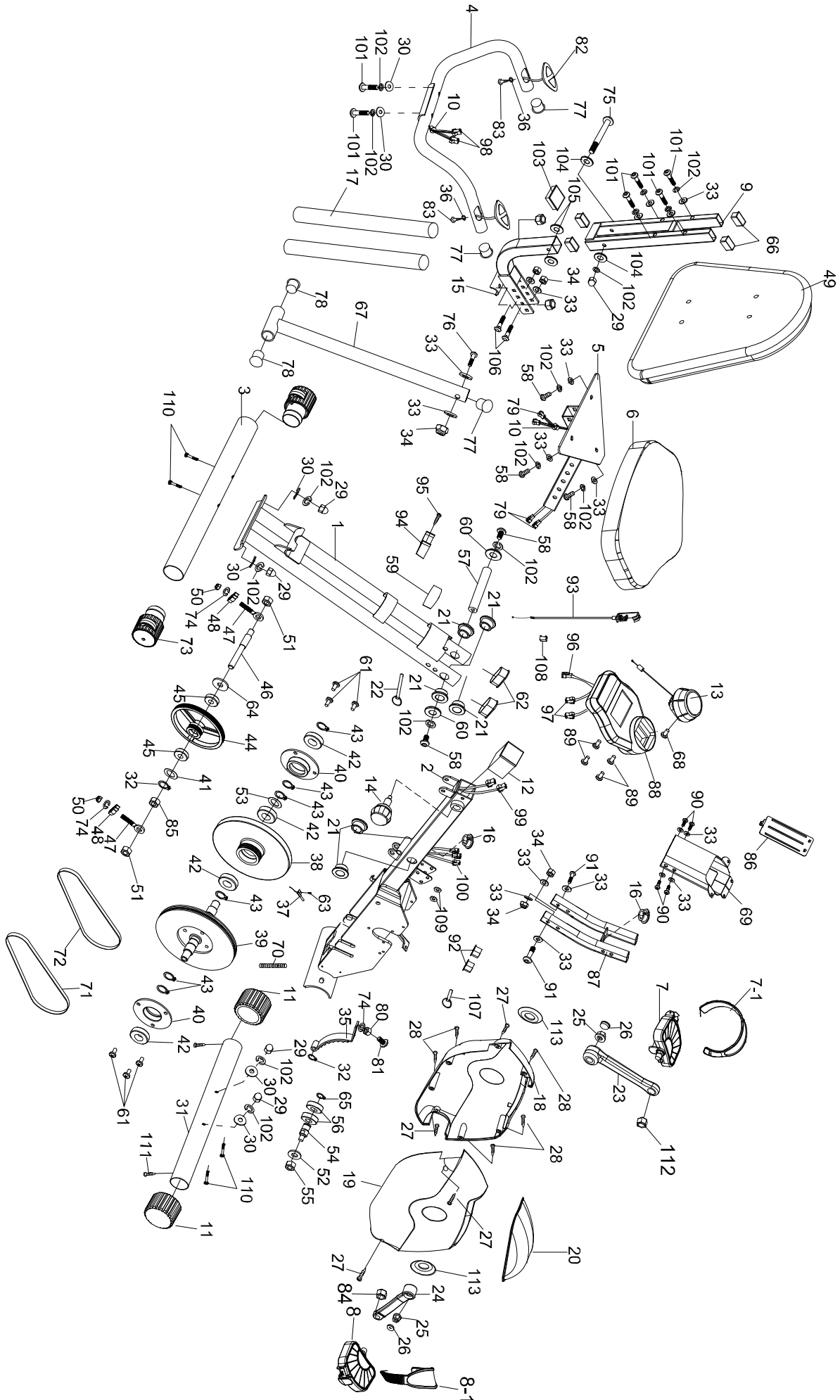
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES



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

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Rear Frame	1
2	Front Frame	1
3	Rear Stabilizer	1
4	Handlebar	1
5	Seat Post	1
6	Seat	1
7	Left Pedal	1
7-1	Left Pedal Strap	1
8	Right Pedal	1
8-1	Right Pedal Strap	1
9	Backrest Frame	1
10	Wire Plug	2
11	Front Stabilizer End Cap	2
12	Seat Post Bushing	1
13	Tension Control Knob	1
14	Seat Height Adjustment Knob	1
15	Rear Support Tube	1
16	Oval Wire Plug	2
17	Foam Roller	2
18	Left Shroud Cover	1
19	Right Shroud Cover	1
20	Front Shroud Cover	1
21	Plastic Bushing	6
22	Safety Pin Ø10*114L	1
23	Left Crank	1
24	Right Crank	1
25	Flange Nut	2
26	Crank Cover	2
27	Round Phillips Head Drilling Screw M4x20	4
28	Round Philips Self-Tapping Screw M4x20	5
29	Hexagon Nut Cap M8	5

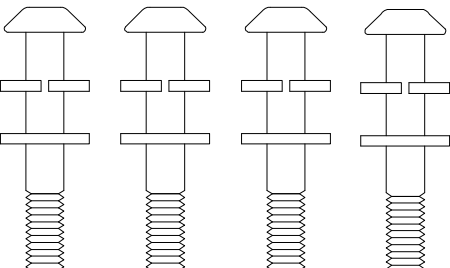
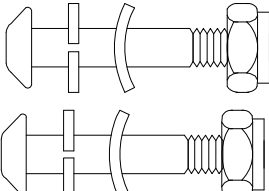
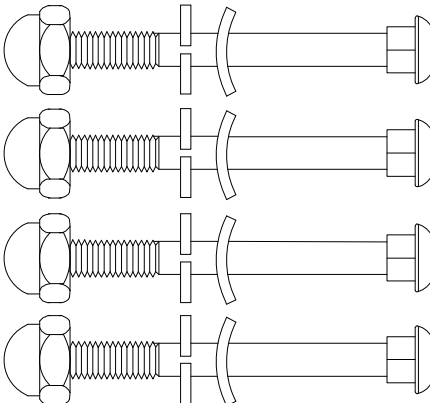
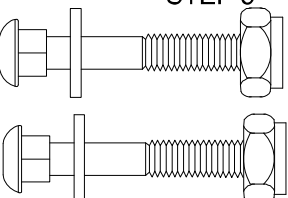
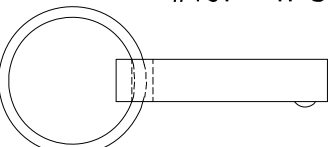
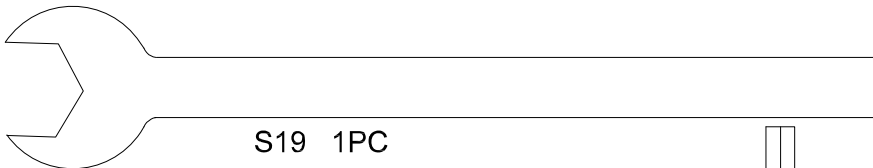
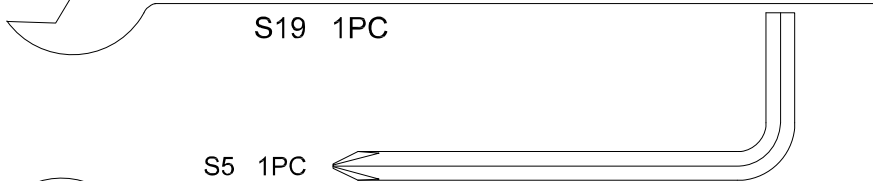
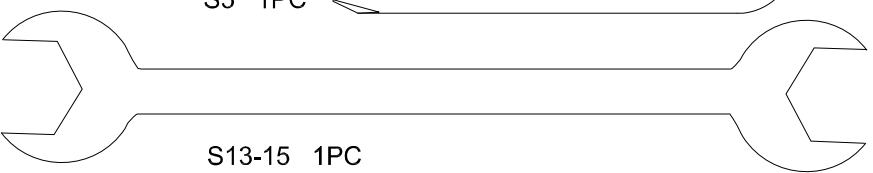
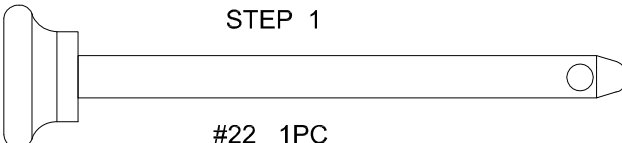
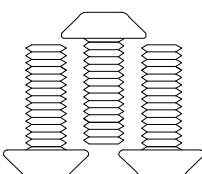
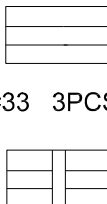
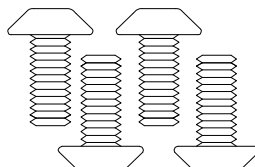

No.	Description	Qty
30	Curved Washer Ø8.2xØ22.2	6
31	Front Stabilizer	1
32	C-ring Ø10	2
33	Flat Washer Ø8.2xØ16.8	19
34	Nylon Nut M8	7
35	Magnet Bracket	1
36	Washer Ø6.2	2
37	Sensor	1
38	Flywheel	1
39	Belt Wheel with Crank Axle	1
40	Bearing Bracket	2
41	Wave Washer	1
42	Bearing 6003RS	4
43	C-ring Ø17	6
44	Belt Wheel	1
45	Bearing 6000Z	2
46	Axle Ø12.8x94L	1
47	Eyebolt M6	2
48	Tension Bracket	2
49	Backrest	1
50	Nylon Nut M6	2
51	Nut M10	2
52	Washer Ø10.2xØ25	1
53	Wave Washer Ø17	1
54	Idle Wheel Axle	1
55	Nylon Nut M10	1
56	Bearing 6902Z	2
57	Axle Ø15.8x94.5L	1
58	Hexagon Socket Bolt M8x20	5
59	Rubber Cushion	1
60	Washer Ø8.2x Ø25x2.0t	2

PARTS LIST

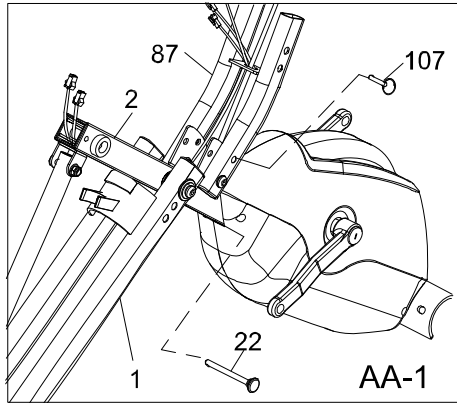
No.	Description	Qty
61	Flat Phillips Head Screw M6x10	6
62	Oval End Cap 25x50	2
63	Round Phillips Head Screw M4x10	1
64	Plastic Washer	1
65	C-ring Ø15	1
66	Square End Cap	4
67	Rear Frame Support Tube	1
68	Screw M5x10	1
69	Console Bracket	1
70	Spring	1
71	Belt 240J4	1
72	Belt 230J3	1
73	Rear Stabilizer End Cap With Wheels	2
74	Spring Washer Ø6.2	3
75	Hexagon Socket Bolt M8x82	1
76	Hexagon Socket Bolt M8x43	1
77	Round Cap Ø25.4	3
78	Round Cap Ø22.2	2
79	Connection Wire B	2
80	Nut M6	1
81	Phillips Head Cap Screw M6x20	1
82	Hand Pulse	2
83	Countersunk Self-Tapping Phillips Screw M6x20	2
84	Right Nylon Nut 9/16	1
85	Nut Bushing M10	1
86	Console Cover	1
87	Console Support Tube	1

No.	Description	Qty
88	Console	1
89	Screw	4
90	Hexagon Socket Bolt M8x15	4
91	Hexagon Socket Bolt M8x35	2
92	Oval End Cap 20x40	2
93	Tension Cable	1
94	Support Tube Holder	1
95	Phillips Head Screw M4x10	1
96	Upper Console Wire	1
97	Pulse Extension Wire A	2
98	Hand Pulse Sensor Wire	2
99	Pulse Extension Wire B	2
100	Lower Console Wire	1
101	Hexagon Socket Bolt M8x45	6
102	Spring Washer Ø8.2	15
103	Square End Cap 30x30	1
104	Flat Washer Ø8.2xØ25	2
105	Plastic Washer	2
106	Carriage Bolt M8x50	2
107	Pin	1
108	Clip	1
109	Plastic Washer	2
110	Carriage Bolt M8x75	4
111	Self-Tapping Phillips Screw M4x10	2
112	Left Nylon Nut 9/16	1
113	Crank Cover	2

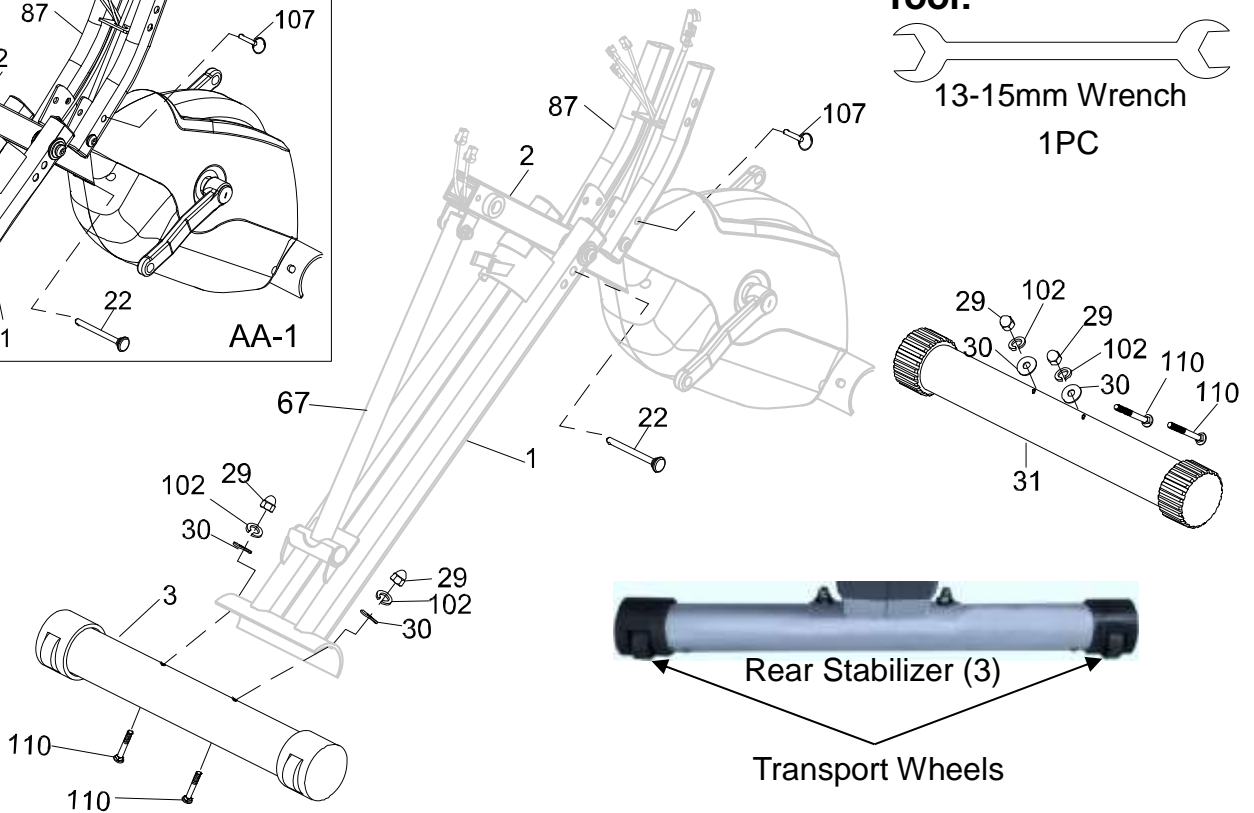
4153-HARDWARE PACK

<p>STEP 6</p>  <p>#101 4PCS #33 4PCS #102 4PCS</p>		<p>STEP 7</p>  <p>#30 2PCS #102 2PCS #34 2PCS #101 2PCS</p>		<p>STEP 1</p>  <p>#29 4PCS #102 4PCS #110 4PCS #30 4PCS</p>	
<p>STEP 5</p>  <p>#106 2PCS #33 2PCS #34 2PCS</p>		<p>STEP 1</p>  <p>#107 1PC</p>			
 <p>S19 1PC</p>  <p>S5 1PC</p>  <p>S13-15 1PC</p>					
<p>STEP 1</p>  <p>#22 1PC</p>			<p>STEP 3</p>  <p>#33 3PCS</p>  <p>#102 3PCS</p>		
			<p>STEP 9</p>  <p>#90 4PCS</p>  <p>#33 4PCS</p>		

ASSEMBLY



Tool:



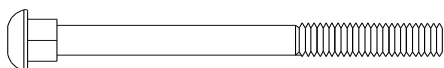
Step 1

1a Frame Set Up: Pull apart the **Front Frame (2)** and the **Rear Frame (1)**. Rest the **Rear Frame Support Tube (67)** into the curved bracket near the bottom of the **Rear Frame (1)**. Align one of the two pin holes where the **Front Frame (2)** and **Rear Frame (1)** intersect and insert the **Safety Pin (22)** to lock the frames in place. The pin holes can be found by tracing the reference lines of the **Safety Pin (22)** in the above illustration. Lower the **Console Support Tube (87)** until it aligns with the lowest hole on the **Rear Frame (1)** bracket. Then insert the **Pin (107)** to lock the **Console Support Tube (87)** in place. Trace the reference line of the **Pin (107)** in the illustration to see where the aligned bracket is.

1b Rear Stabilizer Installation; Attach the **Rear Stabilizer (3)** with the transport wheels onto the rear curve of the **Rear Frame (1)** using two **Carriage Bolts (110)**, two **Hexagon Nut Caps (29)**, two **Spring Washers (102)** and two **Curve Washers (30)**. Use the provided **13-15mm Wrench** to tighten all the bolts and caps until they are firm and secure.

1c Front Stabilizer Installation: Attach the **Front Stabilizer (31)** onto the front curve of the **Front Frame (2)** using two **Carriage Bolts (110)**, two **Hexagon Nut Caps (29)**, two **Spring Washers (102)** and two **Curve Washers (30)**. Use the provided **13-15mm Wrench** to tighten all the bolts and caps until they are firm and secure.

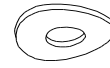
Hardware:



(110) Carriage Bolt
4PCS



(102) Spring Washer
4 PCS



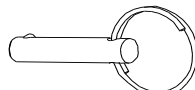
(30) Curve Washer
4 PCS



(29) Hexagon Nut Cap
4 PCS



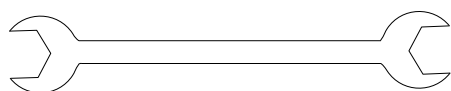
(22) Safety Pin
1PC



(107) Pin
1PC

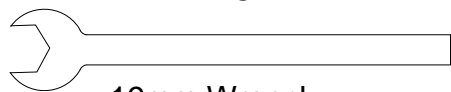
ASSEMBLY

Tools:



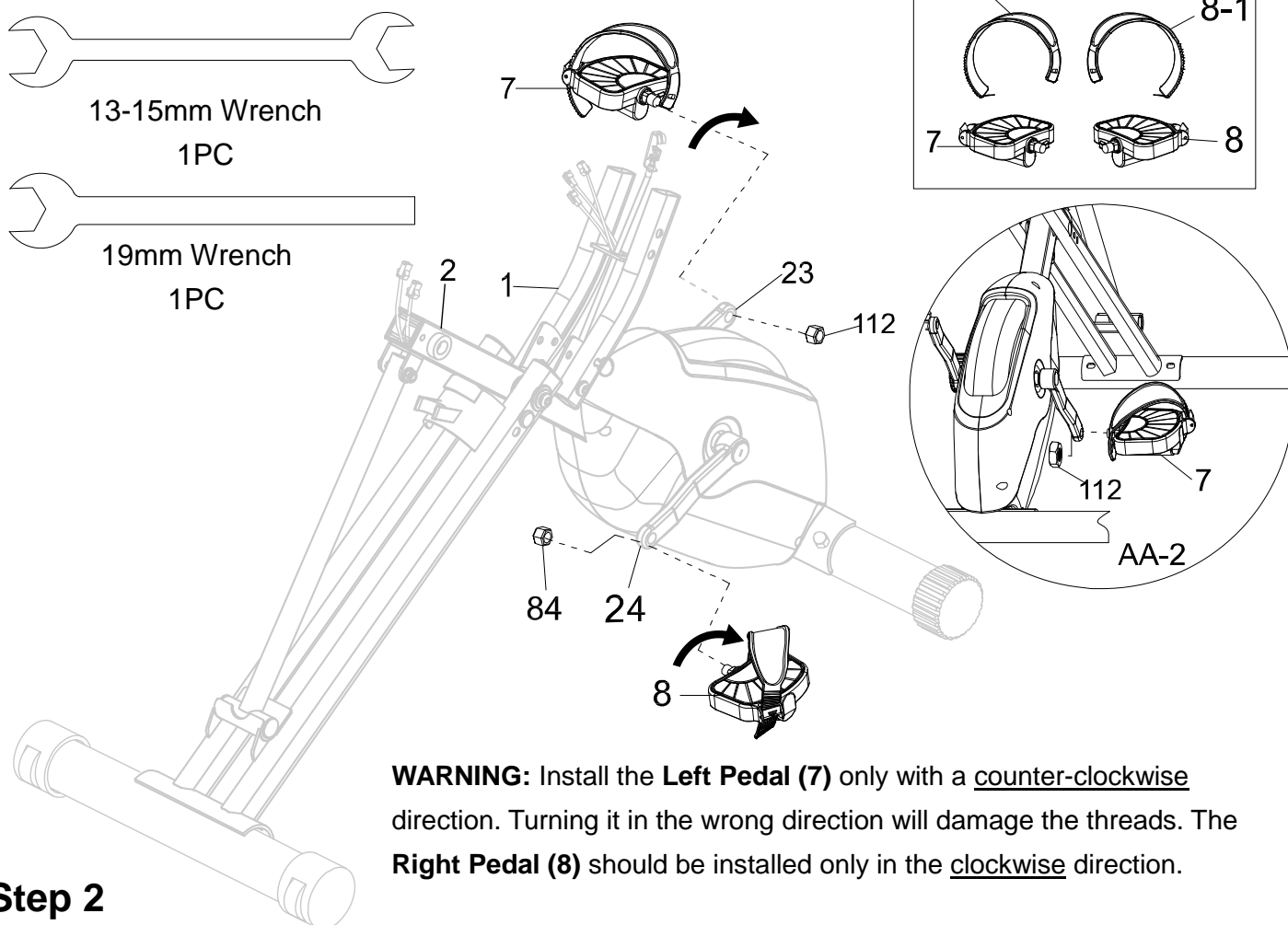
13-15mm Wrench

1PC



19mm Wrench

1PC



WARNING: Install the **Left Pedal (7)** only with a counter-clockwise direction. Turning it in the wrong direction will damage the threads. The **Right Pedal (8)** should be installed only in the clockwise direction.

Step 2

2a Attaching Pedal Straps: Remove the **Left Nylon Nut (112)** and **Right Nylon Nut (84)** from the **Left Pedal (7)** and **Right Pedal (8)**. Attach the **Left Pedal Strap (7-1)** onto the **Left Pedal (7)** and the **Right Pedal Strap (8-1)** onto the **Right Pedal (8)**.

2b Installation of Left Pedal: Align and insert the **Left Pedal (7)** into the threaded hole in the **Left Crank (23)** in a counter-clockwise direction. See diagram **AA-2**. Lightly screw in the **Left Nylon Nut (112)** back onto the protruding pedal shaft in the clockwise direction. Finish off the tightening of the **Left Pedal (7)** and the **Left Nylon Nut (112)** by using the **13-15mm Wrench** and the **19mm Wrench**. Install the **Left Pedal (7)** only with a counter-clockwise direction and the **Left Nylon Nut (112)** only with a clockwise direction. **SEE WARNING BELOW ILLUSTRATION.**

2c Installation of Right Pedal: Remove the **Right Nylon Nut (84)** from the **Right Pedal (8)** and repeat steps from **2b** for the **Right Pedal (8)** installation into the **Right Crank (24)** with the difference being that you turn the **Right Pedal (8)** shaft clockwise. Install the **Right Nylon Nut (84)** with a counter-clockwise direction.

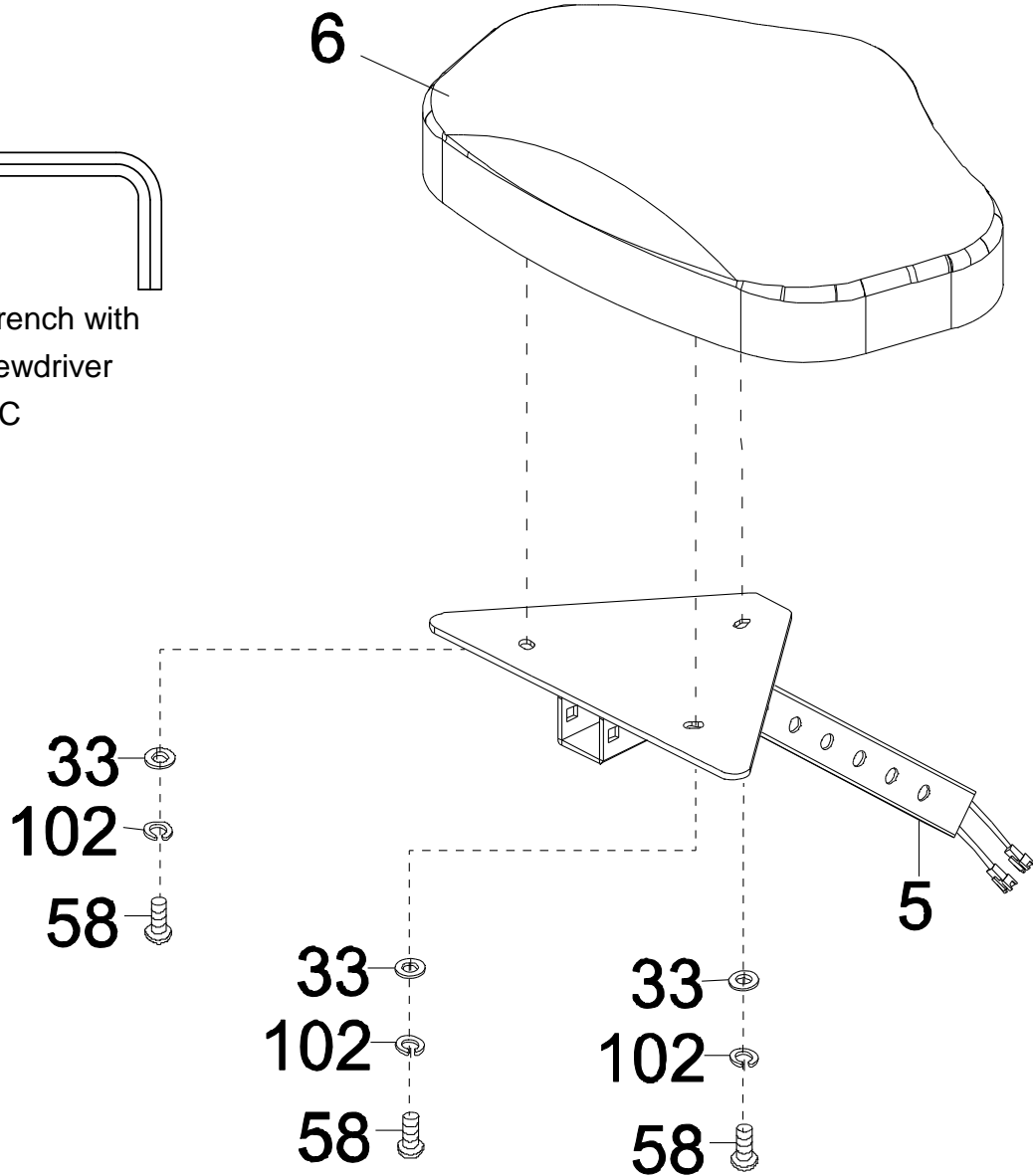
- ⚠ The Cranks, Pedals, Pedal Shafts, and the Pedal Straps are marked “R” for Right and “L” for Left. See **ADJUSTMENTS** pages for instructions to install and adjust the pedal straps.
- ⚠ This machine is not intended to be pedaled in reverse.

ASSEMBLY

Tool:



5mm Allen Wrench with
Phillips Screwdriver
1PC

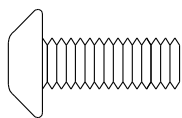


Step 3

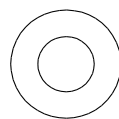
Note: The **Seat (6)** has 2 sets of adjustment holes. It is recommended that users between **5'1" – 5'6"** use the holes towards the rear of the **Seat (6)**. It is recommended that users between **5'7" – 6'3"** use the holes towards the front of the **Seat (6)**.

3a Installation of Seat to the Seat Post: Align the bolt holes on the underside of the **Seat (6)** with the holes on the top plate of the **Seat Post (5)**. Attach the **Seat (6)** to the **Seat Post (5)** with three **Flat Washers (33)**, three **Spring Washers (102)** and three **Hexagon Socket Bolts (58)**. Tighten the bolts with the **5mm Allen Wrench** provided.

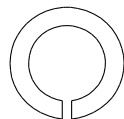
Hardware:



(58) Hexagon Socket Bolt
3PCS

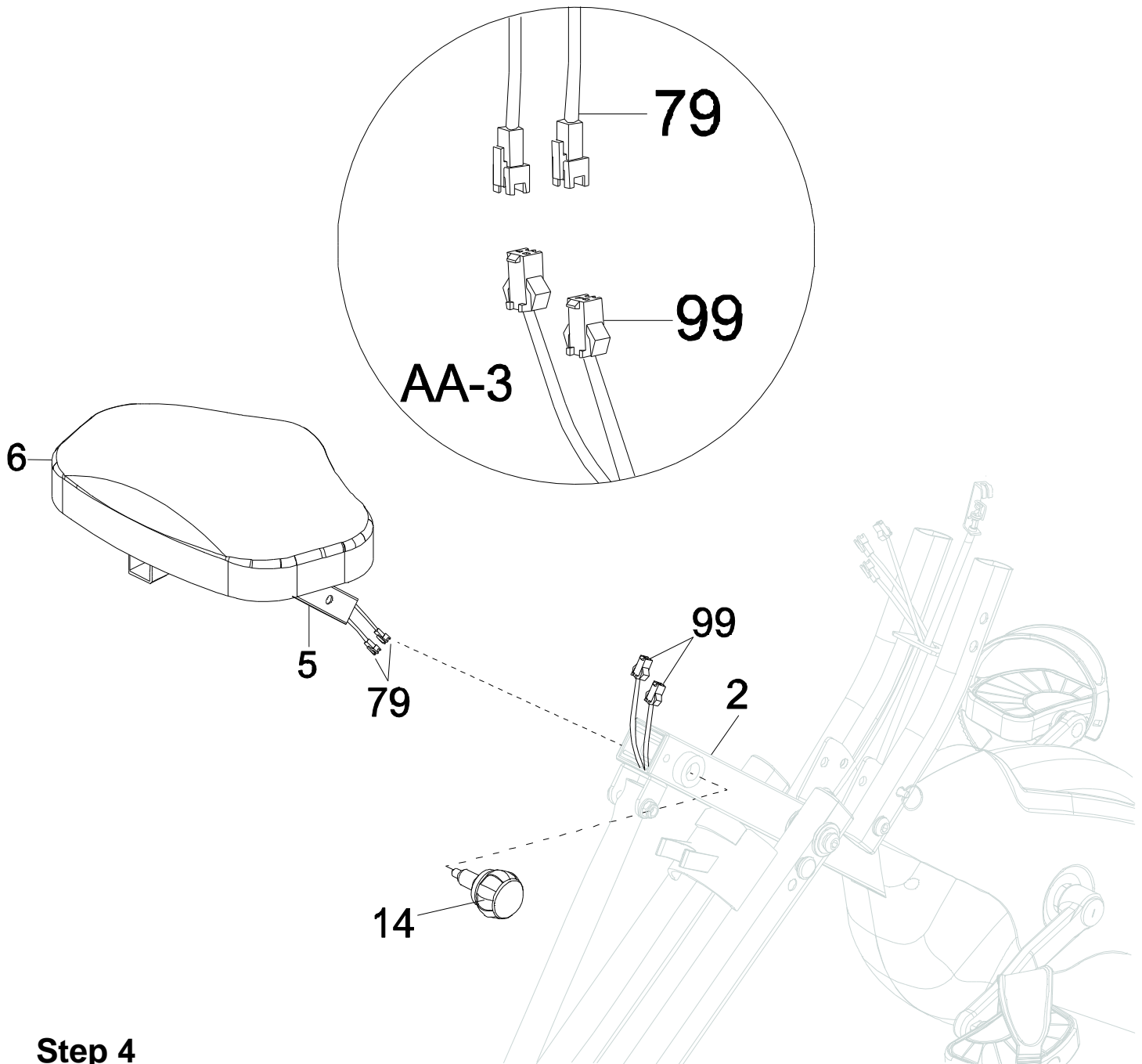


(33) Flat Washer
3PCS



(102) Spring Washer
3 PCS

ASSEMBLY



Step 4

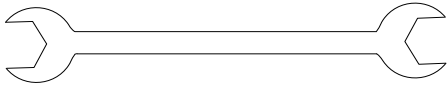
4a Connection of wires: Connect the **Connection Wires A (79)** from the **Seat Post (5)** to the **Connection Wires C (99)** from the **Front Frame (2)** as shown in diagram AA-3. It may be easier to connect the wires with somebody there help you hold the **Seat Post (5)**.

4b Installing the Seat Post to the Main Frame: Being careful not to pinch any of the wires, insert the **Seat Post (5)** into the **Front Frame (2)** and align the holes of the **Seat Post (5)** and **Front Frame (2)** to the height you desire. Take the **Seat Height Adjustment Knob (14)** and screw it in the clockwise direction through the aligned holes of the **Seat Post (5)** and **Frame (2)**.

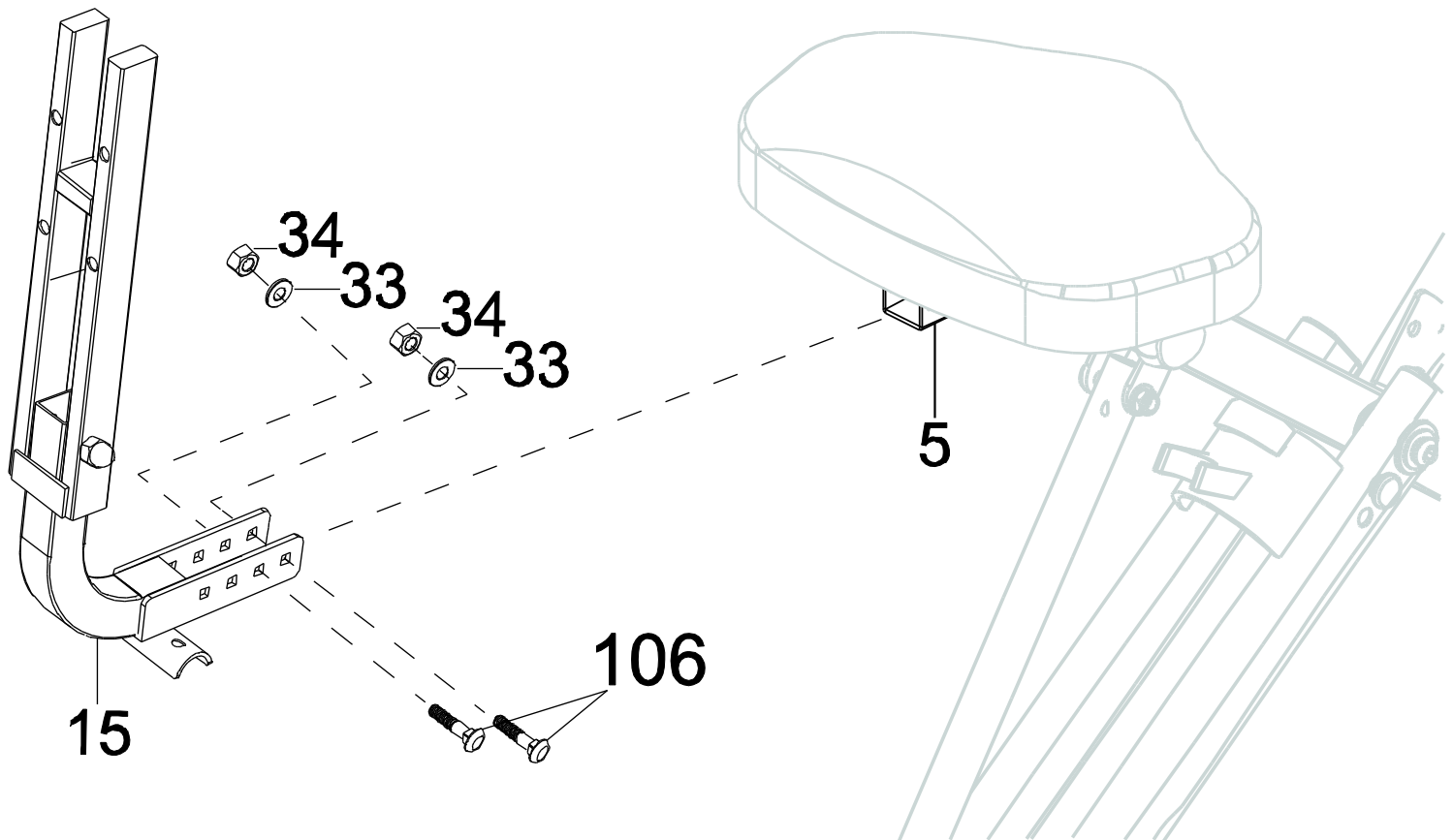
See The Adjustments Page For Adjustment Guidelines.

ASSEMBLY

Tools:



13-15mm Wrench
1PC

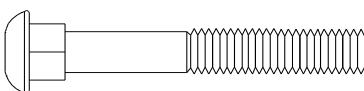


Step 5

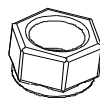
5a Installing the Rear Support Tube to the Seat Post: Align the bracket holes of the **Rear Support Tube (15)** to the the holes on the **Seat Post (5)** and secure the **Rear Support Tube (15)** to the **Seat Post (5)** with two **Flat Washers (33)**, two **Nylon Nuts (34)**, and two **Carriage Bolts (106)**. Tighten the **Nylon Nuts** with the **13 – 15mm Wrench** provided.

See The Adjustments Page For height adjustment guidelines for installing the Rear Support Tube (15).

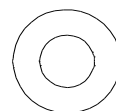
Hardware:



(106) Carriage Bolt
2PCS



(34) Nylon Nut
2PCS



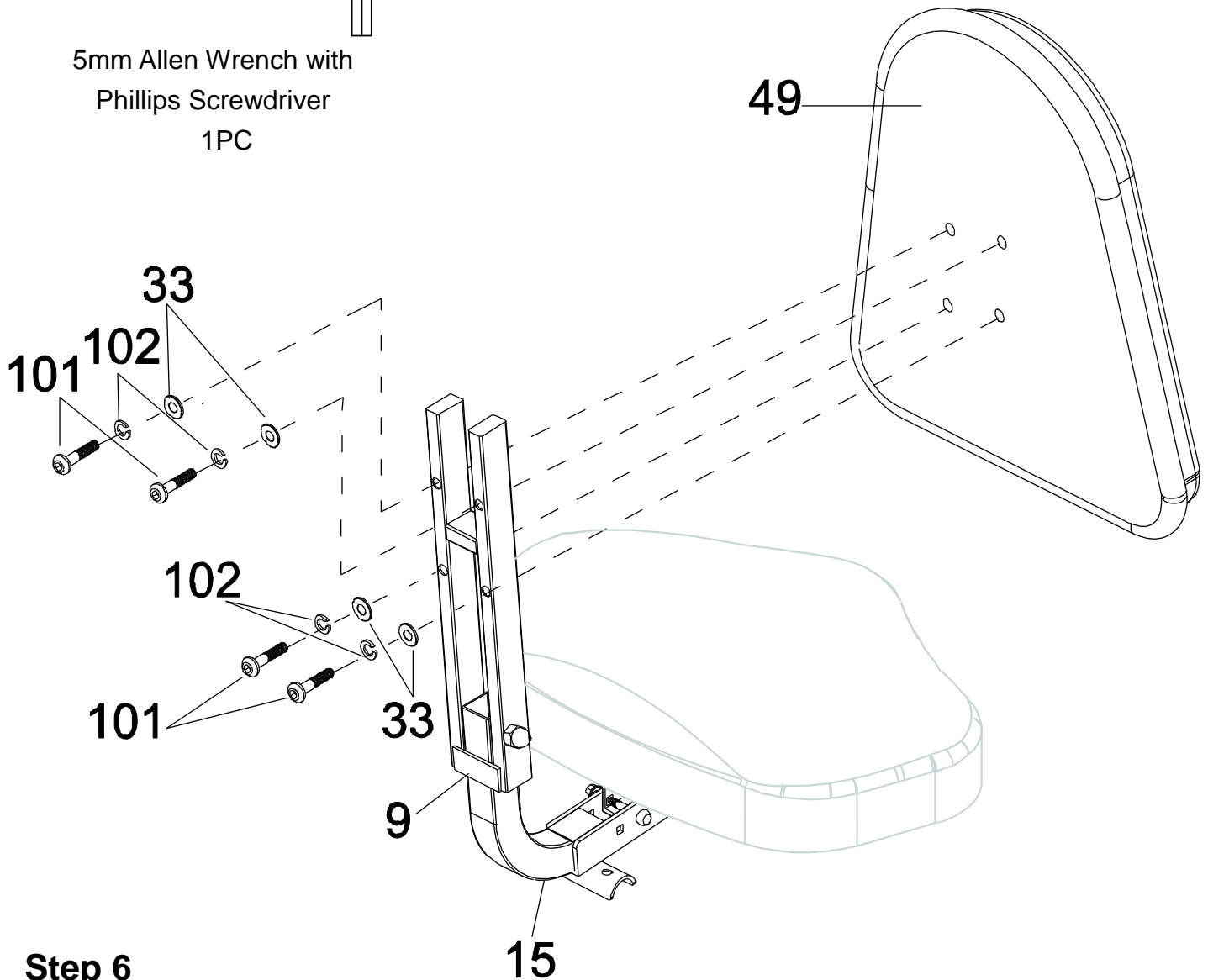
(33) Flat Washer
2PCS

ASSEMBLY

Tool:



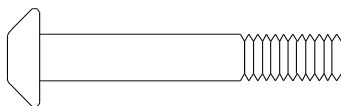
5mm Allen Wrench with
Phillips Screwdriver
1PC



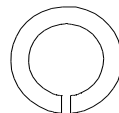
Step 6

6a Back Rest Installation: Then attach the **Backrest (49)** onto the **Back Frame (9)**, and align the holes of the **Backrest (49)** to the **Back Frame (9)**. Secure the **Backrest (49)** to the **Back Frame (9)** using four **Hexagon Socket Bolts (101)**, four **Spring Washers (102)** and four **Flat Washers (33)**. Tighten the bolts with the **5mm Allen Wrench with Phillips Screwdriver** that is provided.

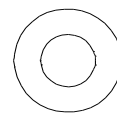
Hardware:



(101) Hexagon Socket Bolt
4PCS



(102) Spring Washer
4PCS



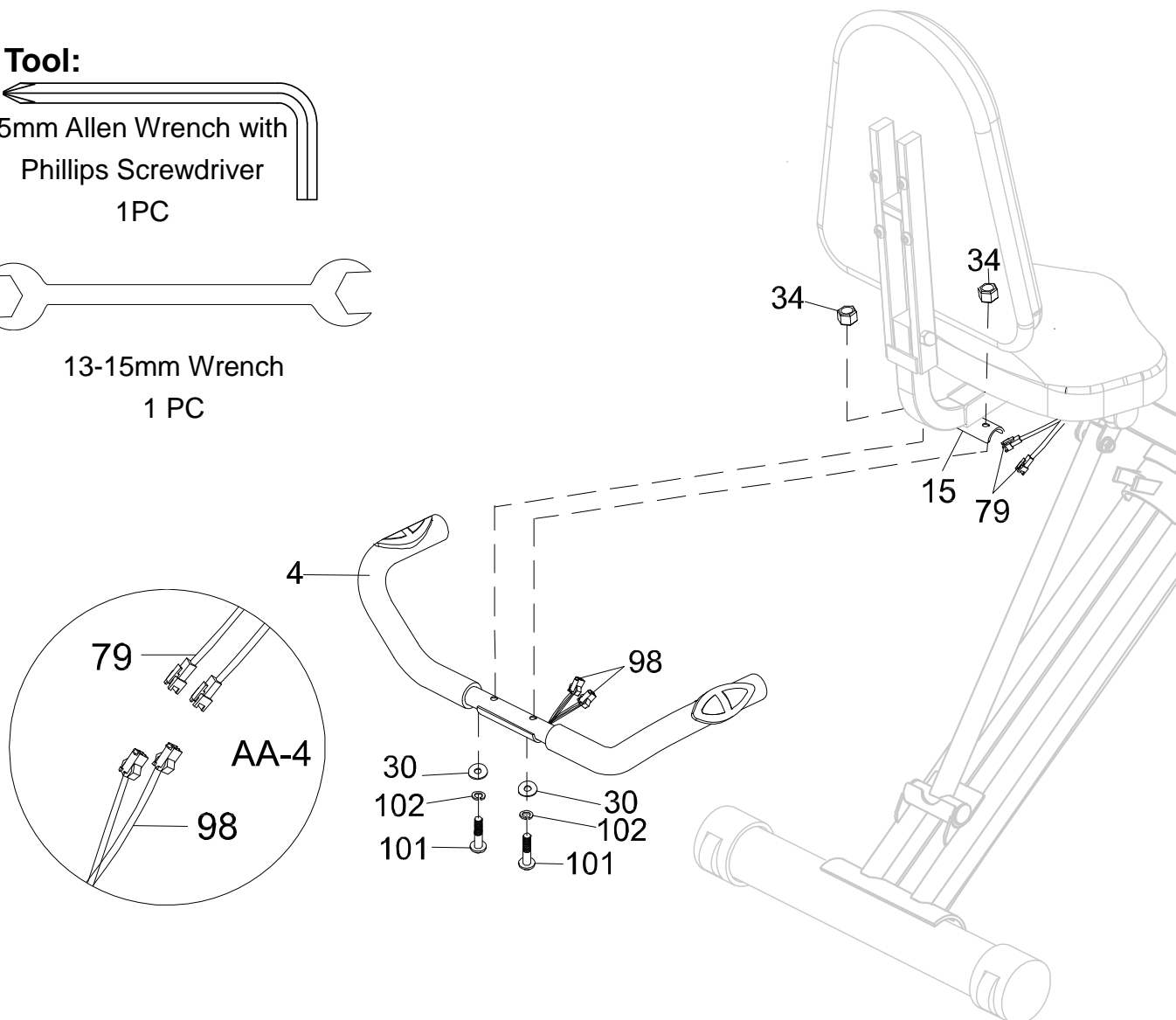
(33) Flat Washer
4PCS

ASSEMBLY

Tool:

5mm Allen Wrench with
Phillips Screwdriver
1PC

13-15mm Wrench
1 PC

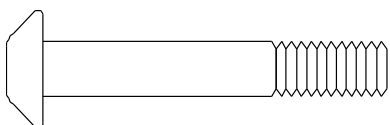


Step 7

7a Handlebar Installation: Attach the **Handlebar (4)** onto the **Rear Support Tube (15)** with two **Curve Washers (30)**, two **Spring Washers (102)**, two **Hexagon Socket Bolts (101)** and two **Nylon Nuts (34)**. First tighten the bolts with the **5mm Allen Wrench with Phillips Screwdriver** provided. After the bolts have been tightened, use the **13-15mm Wrench** to tighten the nuts. Ensure complete tightness by using both wrenches to tighten the bolt and nut simultaneously.

7b Wire Connections: Connect the **Hand Pulse Sensor Wire (98)** from the **Handlebar (4)** to the **Connection Wire B (79)** from the **Seat Post (5)** as shown in diagram **AA-4**.

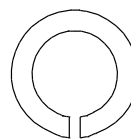
Hardware:



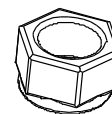
(101) Hexagon Socket Bolt
2PCS



(30) Curve Washer
2 PCS

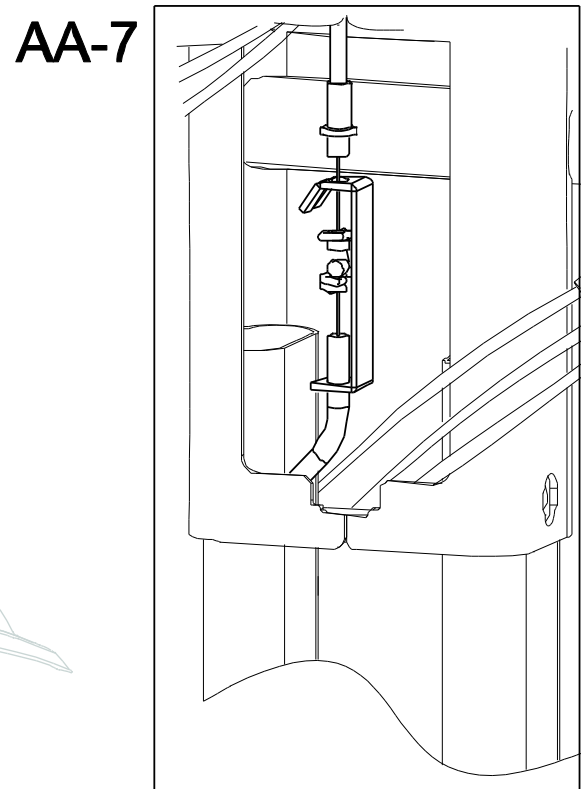
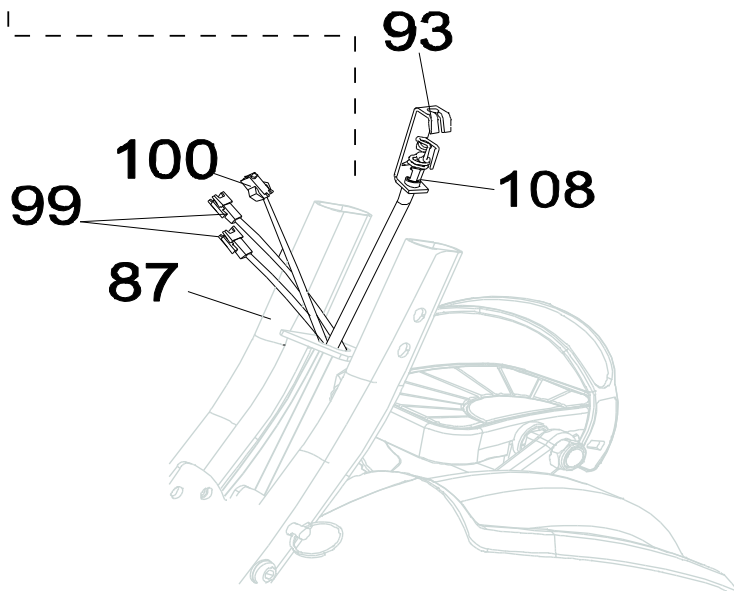
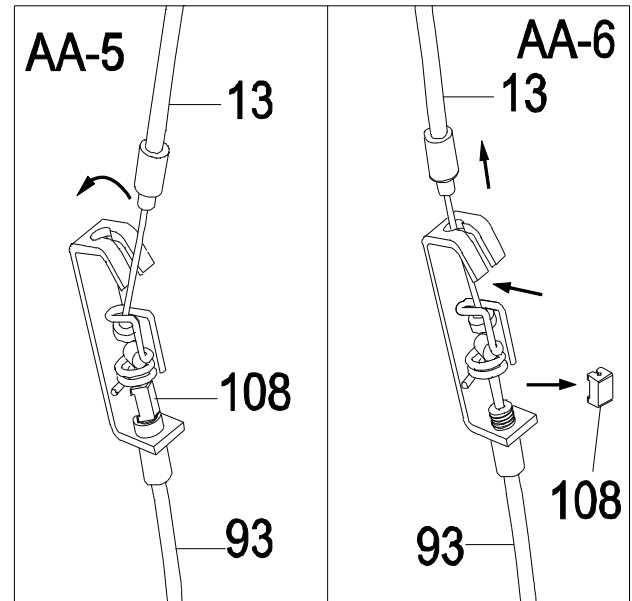
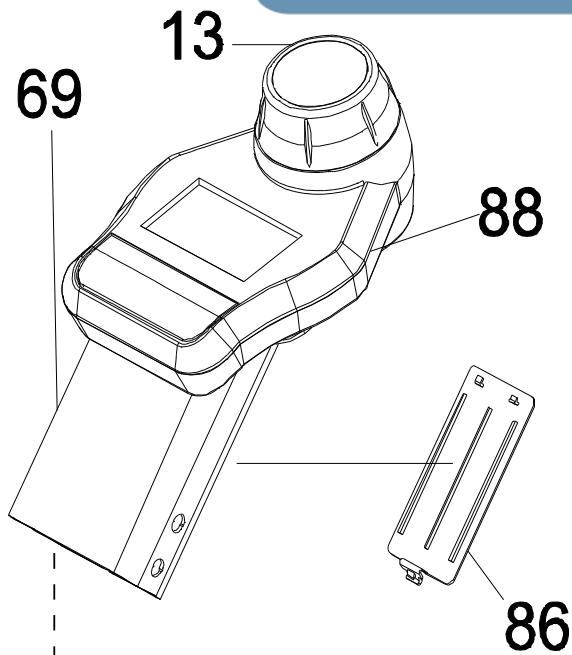


(102) Spring Washer
2PCS



(34) Nylon Nut
2PCS

ASSEMBLY



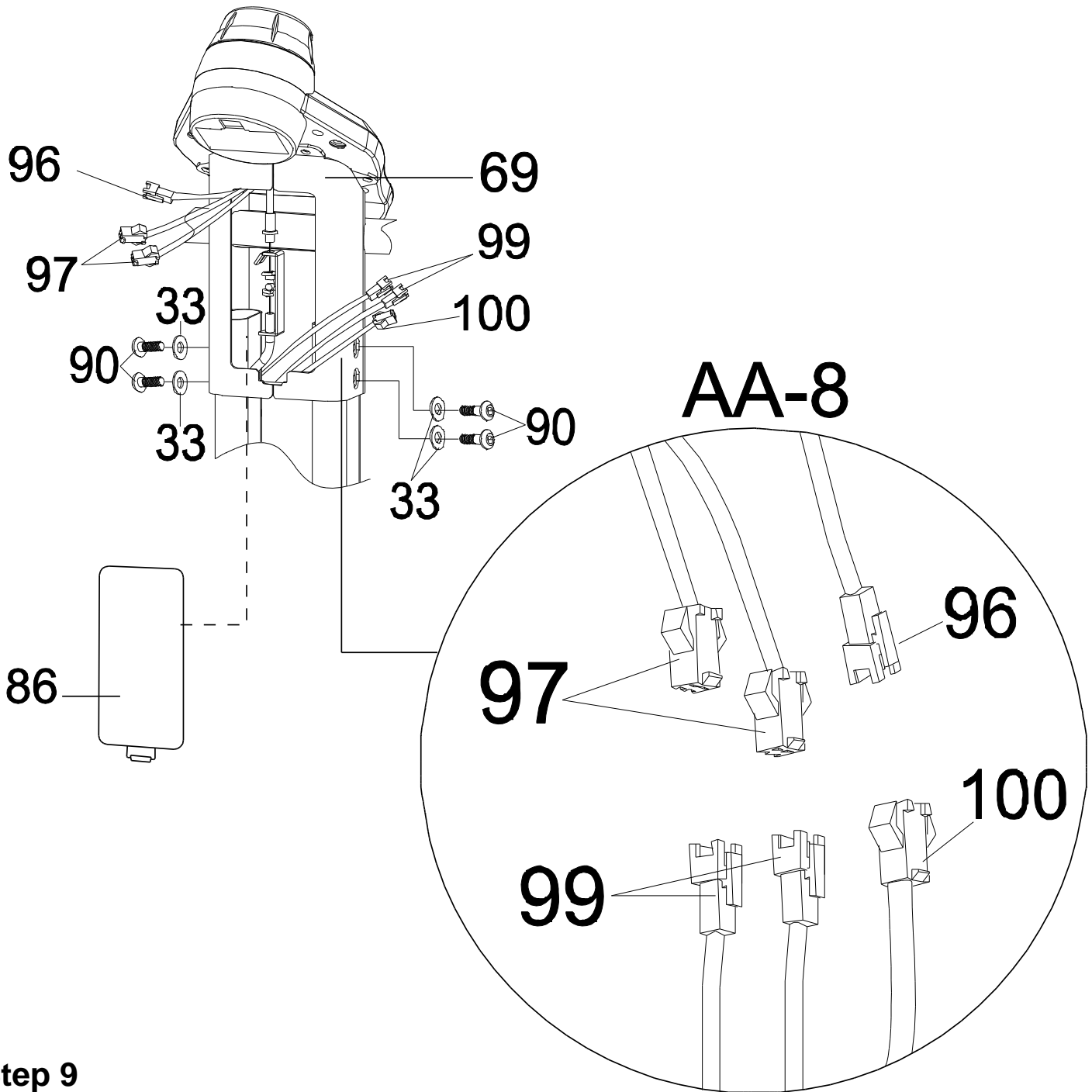
Step 8

8a Console pre-installation: Insert the **Console Bracket (69)** onto the **Console Support Tube (87)**, but do not secure. Remove the **Console Cover (86)**.

8b Tension Cable Installation: Adjust the tension to the highest level on the **Console (88)** to give slack to the tension cable. Thread and hook the cable from the backside of the **Tension Control Knob (13)** into the metal hook at the end of the **Tension Cable (93)**. Slide the same cable into the slot at the end of the **Tension Cable (93)**. Remove the **Clip (108)** after having threaded the cable. Refer to diagram **AA-5 & AA-6**. If the threading of the **Tension Cable (93)** is correct, then it should look like **Figure AA-7**.

Note: Take out the **Pin (107)** and adjust the **Console Support Tube (87)** for easier installation.

ASSEMBLY



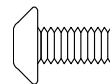
Step 9

9a Console installation: Connect the **Upper Console Wire (96)** to the **Lower Console Wire (100)**. Refer to diagram **AA-8**. Connect the **Pulse Extension Wires A (97)** and **Pulse Extension Wires B (99)**. Refer to diagram **AA-8**. Snap the **Console Cover (86)** back onto the **Console Bracket (69)**. Secure the **Console Bracket (69)** with four **Flat Washers (33)** and four **Hexagon Socket Bolts (90)**. Tighten the bolts by using the **5mm Allen Wrench** provided.

Hardware:



(33) Flat Washer
4PCS



(90) Hexagon Socket Bolt
4PCS

SPECIFICATIONS:

TIME-----	0:00~99:59MIN
CALORIES-----	0.0~999.9KCAL
SPEED-----	0.0~999.9ML/H (KM/H)
ODOMETER-----	0~9999ML(KM)
DISTANCE-----	0.0~999.9ML(KM)
PULSE (♥)-----	40~240BPM

KEY FUNCTIONS:

MODE: This key lets you select and lock on to any particular function you want.



COMPUTER FUNCTIONS:

TIME: Press the MODE key until the pointer locks onto TIME; this will display the amount of time the bike has been in use.

SPEED: Press the MODE key until the pointer locks onto SPEED; this will display the current speed being traveled.

DISTANCE: Press the MODE key until the pointer locks onto DISTANCE; this will display the distance traveled.

CALORIE: Press the MODE key until the pointer locks onto CALORIE; this will display the estimated calorie burned.

ODOMETER: Automatically accumulates the total distance traveled since the first use of the bike.

PULSE: Press the MODE key, until the pointer locks onto the **heart** symbol (♥); this displays the number of heart beats per minute.

SCAN: Changes the display periodically every 4 seconds

TIME // SPEED // DISTANCE // CALORIE // ODOMETER // PULSE // SCAN.

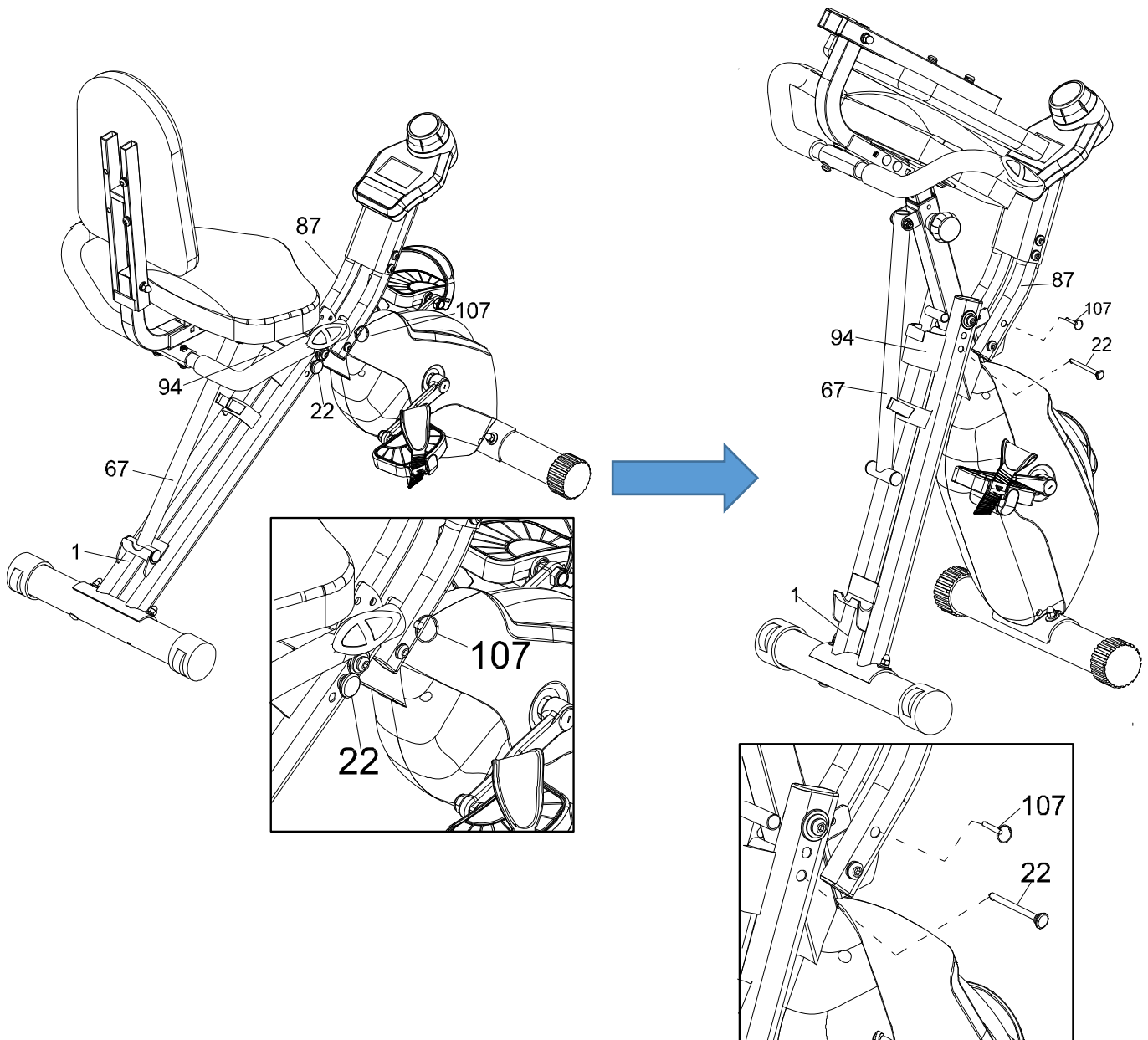
To leave the SCAN function, press the MODE key.

INSTALLATION OF BATTERIES

(Note: When installing the batteries do not press the mode button.)

1. Remove the battery cover at the rear of the console.
2. Place two "AA" sized batteries into the battery housing.
3. Make sure that the batteries are correctly positioned and the battery springs are facing correctly.
4. Re-install the battery cover.
5. When the console is inactive for 4-5 minutes the LCD display will automatically shut off.
6. To clear the workout data, hold the MODE key down for 3-10 seconds (This will not clear ODOMETER)
7. When there is activity, the console will automatically turn on.
8. If the display is illegible or is partially illegible, remove the batteries and wait at least 15 seconds before reinstalling.

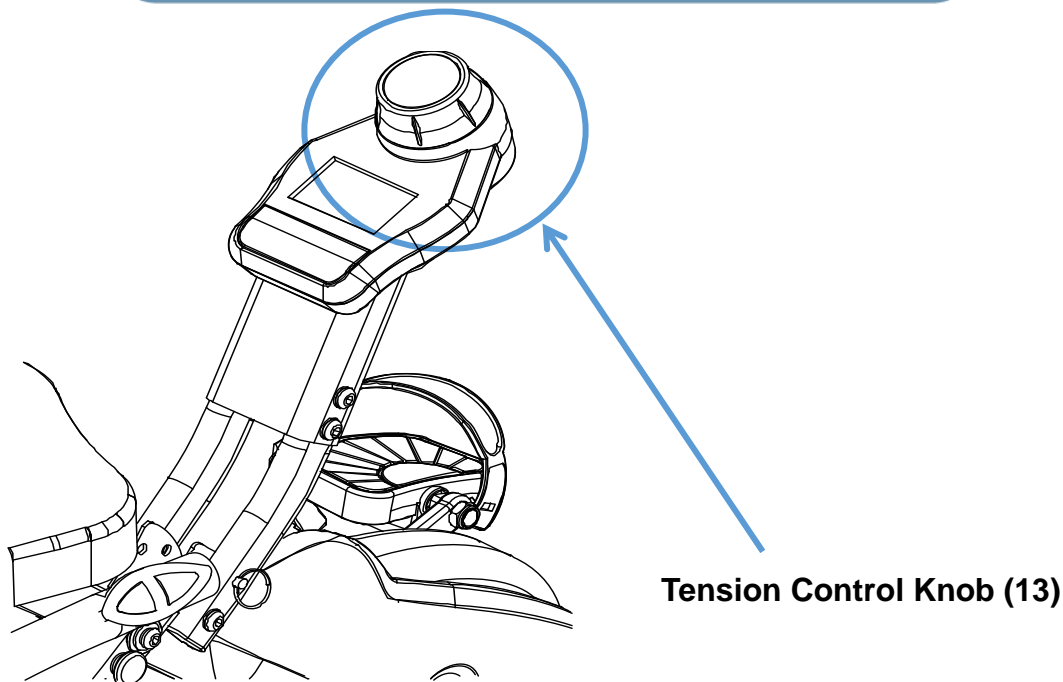
STORAGE



For your convenience, the bike can be folded up for storage.

1. Remove the **Safety Pin (22)** from the upper pin hole of the **Rear Frame (1)** and **Pin (107)** on **Console Support Tube (87)**. Lift the **Console Support Tube (87)** upwards.
2. Fold the **Front Frame (2)** and **Rear frame (1)** together.
3. Re-insert the **Safety Pin (22)** into the lower pin hole on the **Rear Frame (1)** and **Pin (107)** onto the upper bracket hole of the **Console Support Tube (87)** to secure the Front and Rear frames together.
4. Place the **Rear Frame Support Tube (67)** into the **Support Tube Holder (94)**.

ADJUSTMENTS



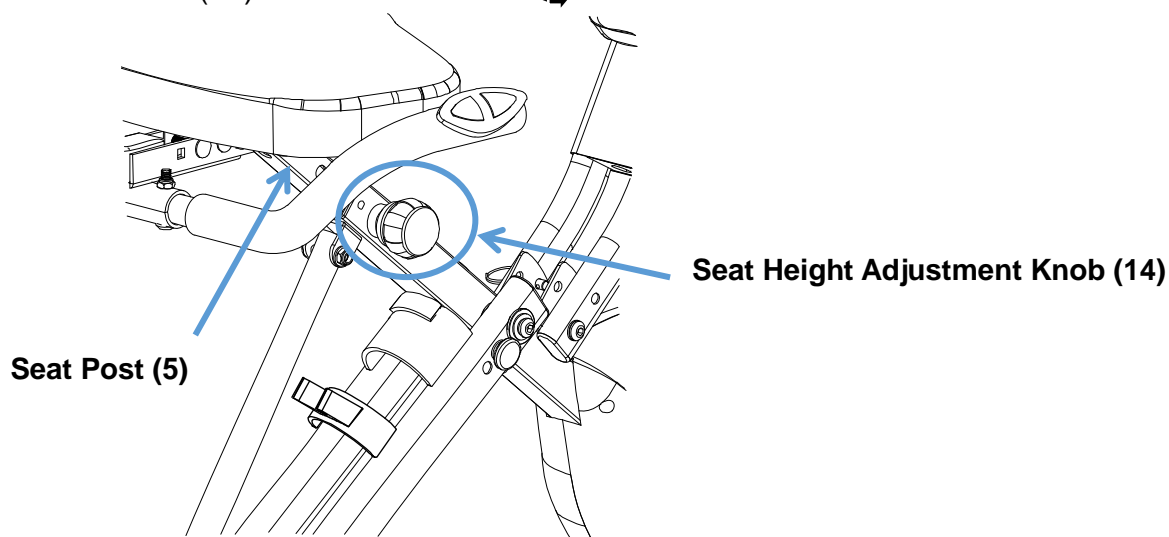
Adjusting the Tension Control Knob

To Increase Tension:

Turn the tension control knob (13) clockwise. ↻

To Decrease Tension:

Turn the tension control knob (13) counterclockwise. ↻

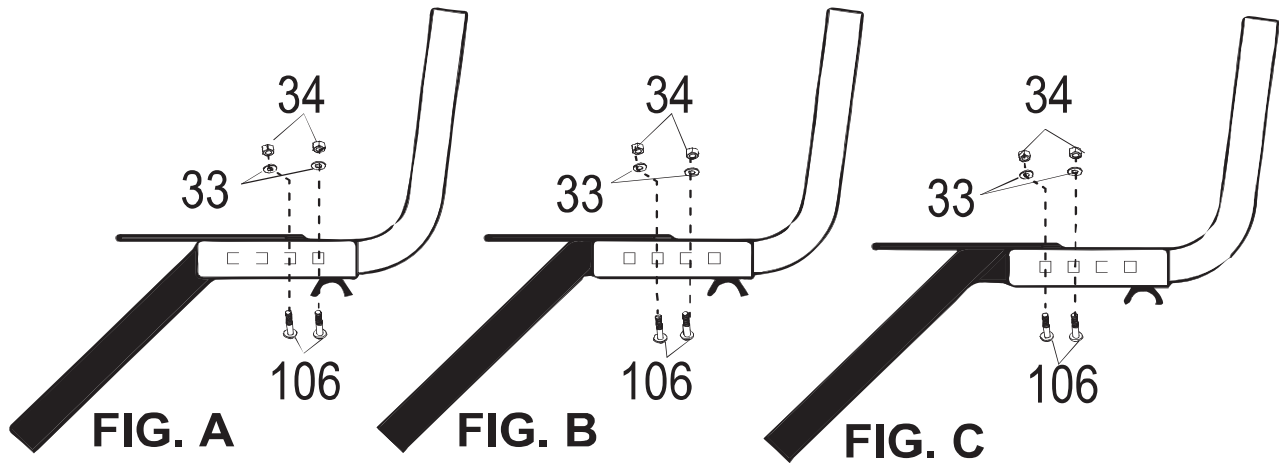


Adjusting the Seat Height

Loosen the **Seat Height Adjustment Knob (14)** by turning it counterclockwise. Do not loosen all the way. Pull and hold the knob to allow the seat to adjust the **Seat Post (5)**. Slide the post up or down to the desired height and let go of the knob to lock the post in place. You may have to wiggle the knob and seat post a little in until you hear the knob “POP” in place. Tighten the knob by turning it clockwise so that **Seat Post (5)** is secure.

NOTE: When adjusting the height of the **Seat Post (5)**, make sure the height of the **Seat Post (5)** does not exceed the MAX line on the **Seat Post (5)**.

ADJUSTMENTS

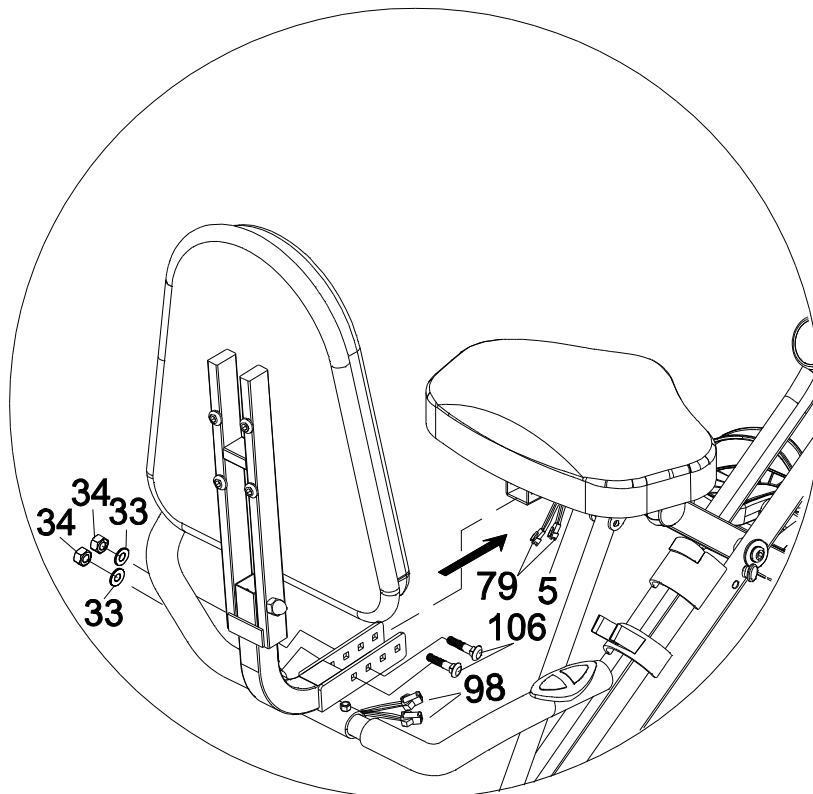


Adjusting the Backrest

The **Rear Supporting Tube (15)** can be adjusted between 3 different positions:

1. Users between the height of **5'1" and 5'3"** may want to use position 1, as shown in **FIG. A**.
2. Users between the height of **5'4" to 5'11"** may want to use position 2 as shown in **FIG. B**.
3. Users between the height of **6' to 6'3"** may want to use position 3 as shown in **FIG. C**.

To ensure that the connection wires are safe during backrest adjustment, carefully disconnect the them from each other. Remove the bolts, washers, and nuts. Adjust the backrest to your desired distance. Reinstall the bolts, washers, and nuts as well as the connection wires that were disconnected.



Adjusting the Pedal Strap



The **Left Pedal Strap (7-1)** has an L marked on the strap to signify left. See **figure 1**.



Snap the slotted end of the **Left Pedal Strap (7-1)** onto the tab located on the inside edge of the **Left Pedal (7)**. See **figure 2 & 3**.



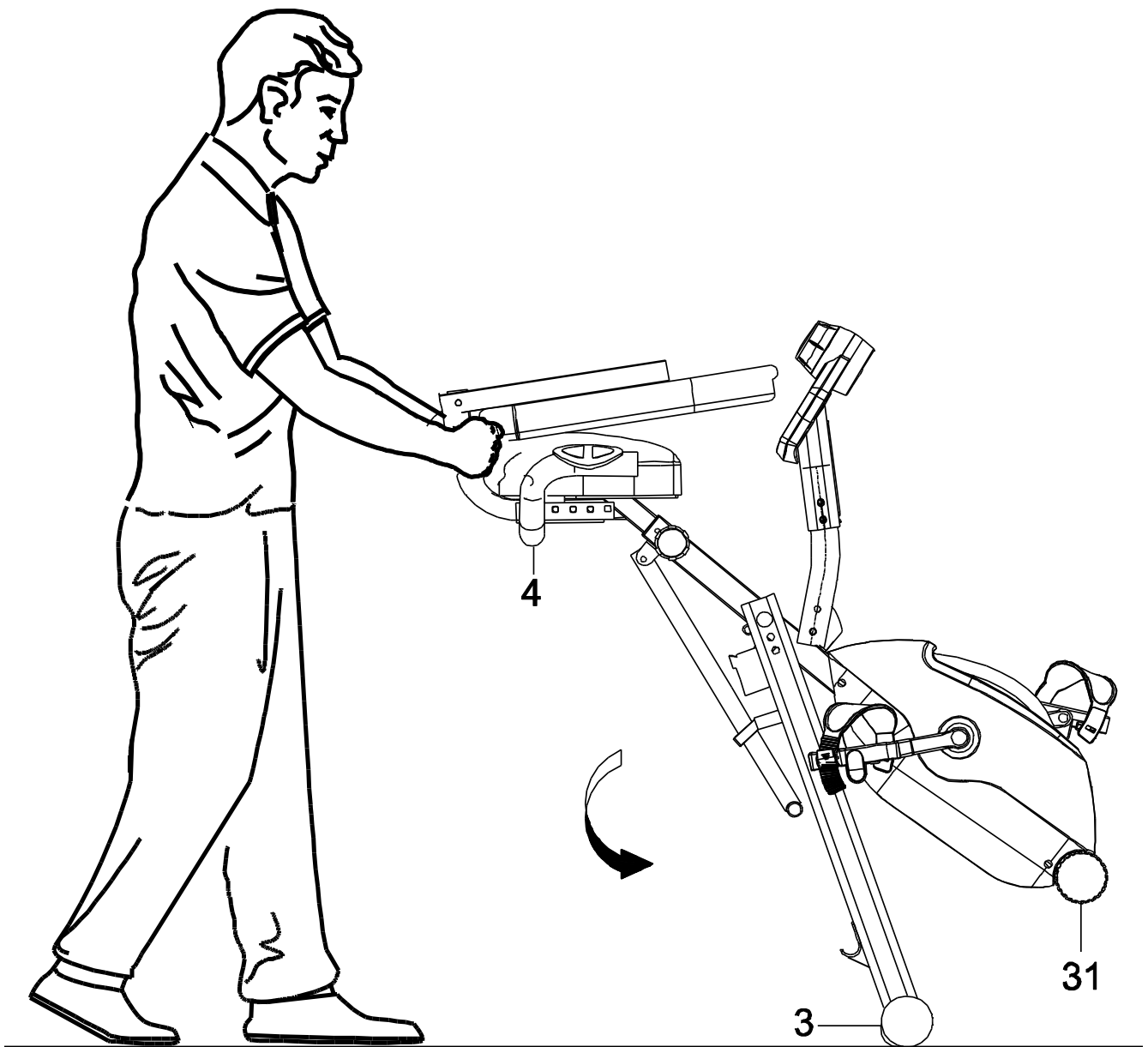
Insert the ridged end of the **Left Pedal Strap (7-1)** into the red clip on the **Left Pedal (7)**. See diagram 4).

To adjust the **Left Pedal Strap (7-1)** to make it tighter pull the lower ridged portion down. See **Figure 4 & 5**. To make the **Left Pedal Strap (7-1)** larger, push the red clip down and pull up on the upper portion of the **Left Pedal Strap (7-1)**. See **Figure 5**.

Follow the same steps to assemble and adjust the **Right Pedal Strap (8-1)** onto the **Right Pedal (8)**.

Transporting the Bike

Hold the **Handlebar (4)** and tilt the bike backwards until the wheels on the **Rear Stabilizer (3)** make contact with the floor. Push or pull the unit to the desired location before gently lowering the **Front Stabilizer (31)** back down to the ground.



MAINTENANCE

Cleaning

The bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on the plastic parts. Wipe your perspiration off the bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electronic failure. Keep both the computer console and the bike out of direct sunlight to prevent screen damage. Inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness before each use.

Storage

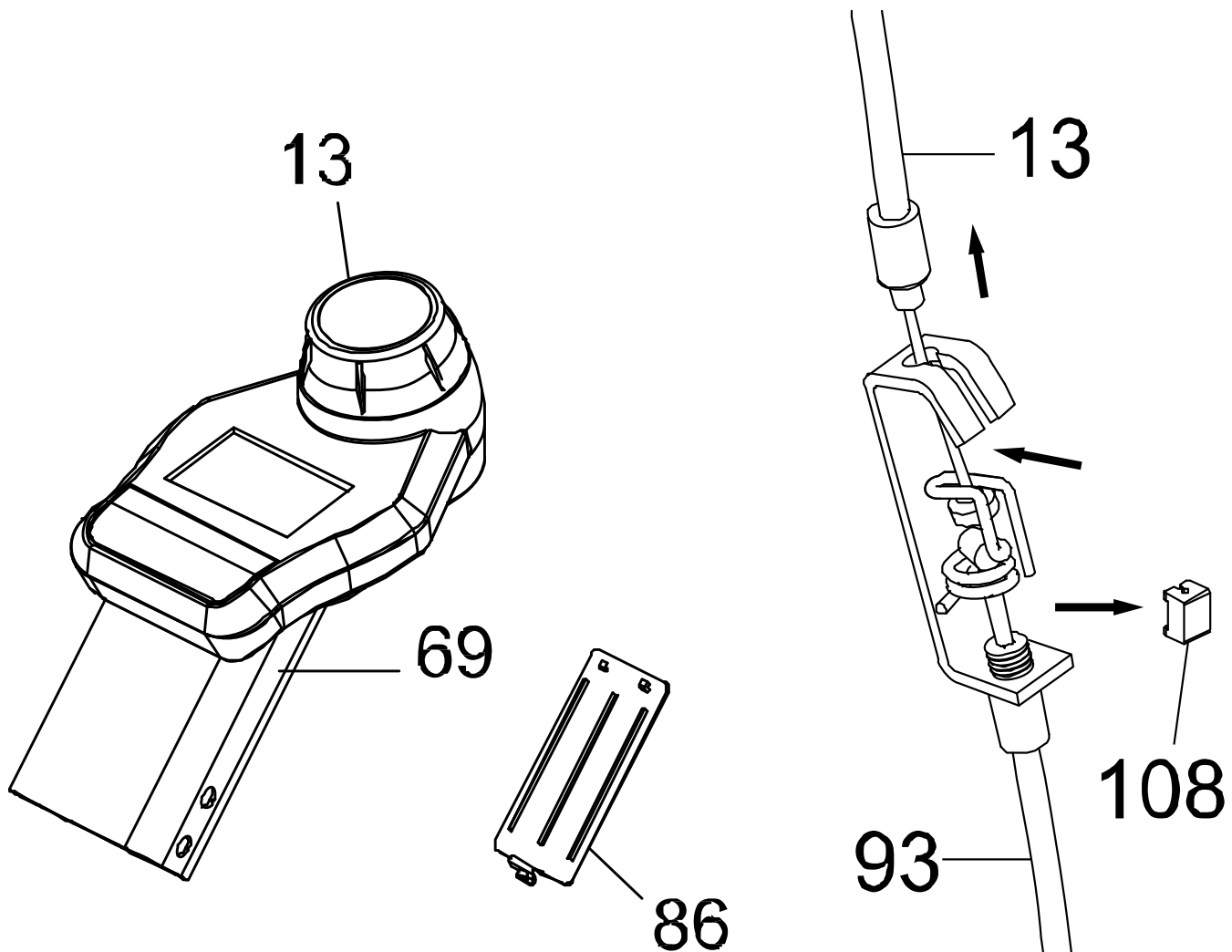
Store the bike in a clean and dry environment away from pets and children.

TROUBLE SHOOTING

1. **PROBLEM:** There is no display on the computer console.
 - a. **SOLUTION:** Remove the **Console Cover (86)** and verify that the wire that comes from the computer console is properly connected to the wires that come from the rear frame.
 - b. **SOLUTION:** Check if the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
 - c. **SOLUTION:** The batteries in the computer console may be dead. Replace the dead batteries with new batteries.
2. **PROBLEM:** There is no heart rate reading or the heart rate reading is erratic / inconsistent.
 - a. **SOLUTION:** Make sure that the wire connections for the hand pulse sensors are secure.
 - b. **SOLUTION:** To ensure the pulse readout is accurate, always hold on to the handlebar grip sensors with two hands instead of just with one hand.
 - c. **SOLUTION:** Avoid gripping the hand pulse sensors too tight. Try to maintain even pressure while holding onto the hand pulse sensors.
3. **PROBLEM:** The bike makes a squeaking noise when in use.
 - a. **SOLUTION:** The bolts may be loose on the equipment. Inspect all of the nuts, bolts, screws and tighten any loose Hardware.
4. **PROBLEM:** The pedals came unscrewed while in use.
 - a. **SOLUTION:** Reinstall the pedals and if you cannot, contact Customer Service.
5. **PROBLEM:** How to reset the data on display.
 - a. **SOLUTION:** Hold the Mode Key down for 3-10 Seconds, this will reset the display (Note: The Odometer will not be reset. To reset odometer, remove the batteries from the **Console (88)**).

6. PROBLEM: High Tension on all settings

- a. **SOLUTION:** Remove the **Console Cover (86)** to verify that the **Tension Control Knob (13)** is properly connected to the **Tension Cable (93)**. If not, un-hook the cables and reinstall the **Tension Control Knob (13)**. (See Diagram Below)
- b. **SOLUTION:** Make sure part **Clip (108)** is removed. (See Diagram Below)
- c. **SOLUTION:** Turn the tension knob to tension level one, then pull the **Tension Control Knob (13)** cable up as high as you can, this will reset the tension.



If you need further assistance, contact our Customer Service.

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
All Other Components	90 days For Home Use Only

Exclusions from Warranty Coverage:

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

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, and 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 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 in Fax #: 626-810-2166***