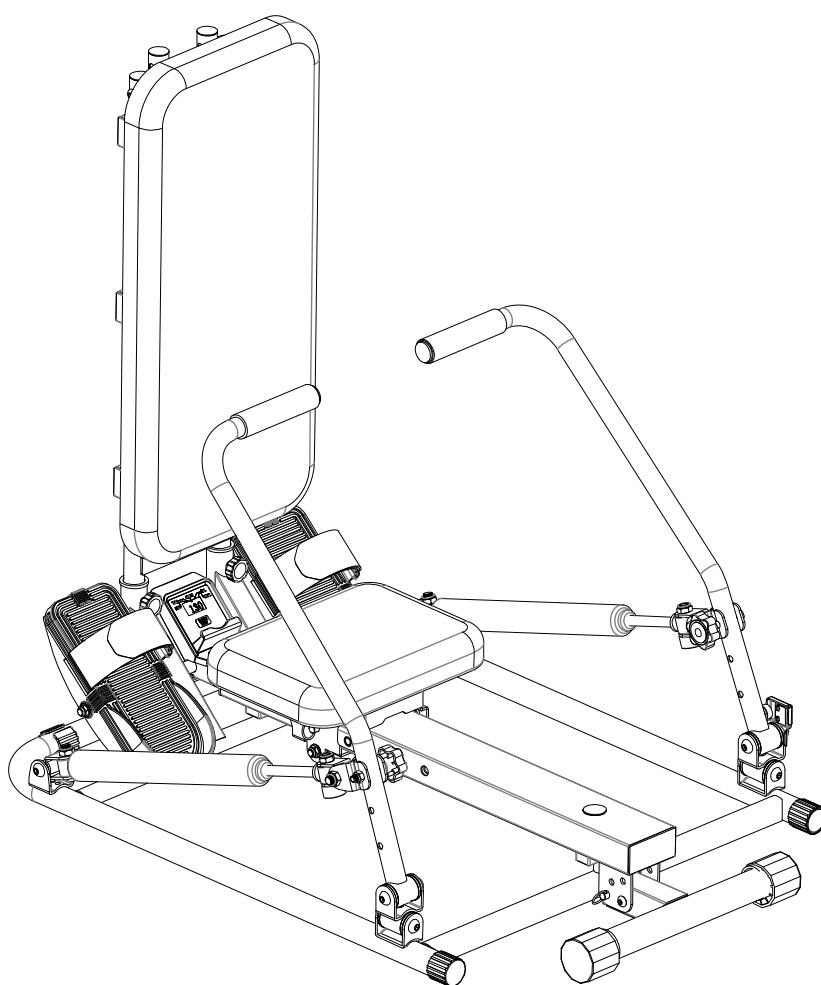




750 Rower with Additional Multi Exercise Workout Capability



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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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:

1-844-641-7920

(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.

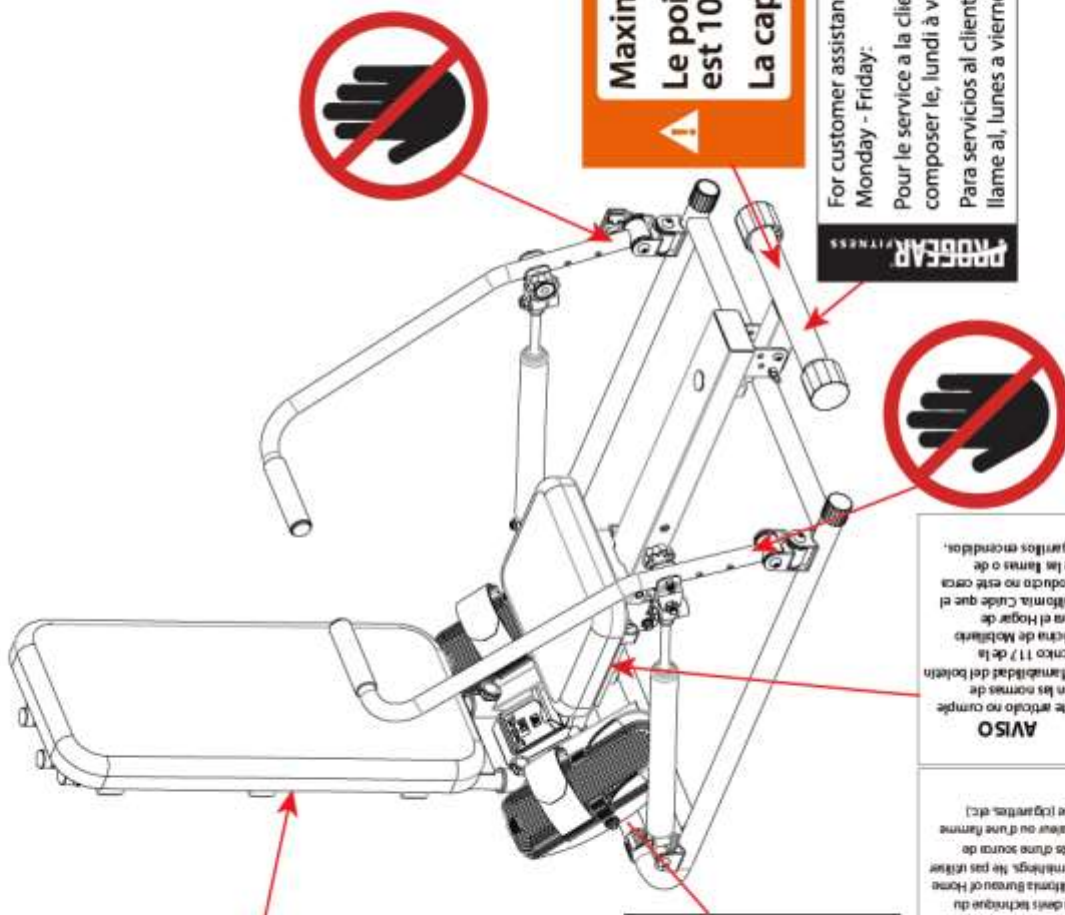
Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

LABEL PLACEMENT

UNDER PENALTY OF LAW THIS TAG MUST NOT BE REMOVED KEPT BY THE CONSUMER AS EVIDENCE OF COMPLIANCE WITH THE CALIFORNIA FLAMMABILITY REQUIREMENTS OF FURNITURE (CALIF. P.S.D. 10075)	REGISTRY NO. VA35302 (CN)
Certification is made by the manufacturer that the materials in this article are described in accordance with law.	
Pendant Health and Wellness, Inc. 1189 Jollys Ave., City of Industry, CA 91746, USA	
AVIS Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 de la loi sur la sécurité incendie du Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.).	
NO DENEGATION VA35302 (CN) Cette étiquette est apposée conformément aux lois Californiennes.	
Pendant Health and Wellness, Inc. 1189 Jollys Ave., City of Industry, CA 91746, USA	
AVISO Este artículo no cumple con las normas de inflamabilidad del boletín técnico 117 de la Oficina de Mobiliario para el Hogar de California. Cuidé que el producto no esté cerca de las llamas o de cigarrillos encendidos.	
SE SANCIONA LEGALMENTE A QUIENES CONTINUEN USANDO UN PRODUCTO QUE NO CUMPLE CON LOS REQUISITOS DE INFLAMABILIDAD DEL BOLETIN TECNICO 117 DE LA OFICINA DE MOBILIARIO PARA EL HOGAR DE CALIFORNIA.	
NÚM. DE REG. VA35302 (CN) El fabricante certifica que los materiales de este artículo se describen según las leyes.	
Pendant Health and Wellness, Inc. 1189 Jollys Ave., City of Industry, CA 91746, USA	

Serial number / Numéro de série / Número de serie: 117902360000001

MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA



Maximum weight capacity is 220 lbs.
Le poids maximum pout ce produit est 100 kgs.
La capacidad de peso máxima es 100 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

UNDER PENALTY OF LAW THIS TAG MUST NOT BE REMOVED KEPT BY THE CONSUMER AS EVIDENCE OF COMPLIANCE WITH THE CALIFORNIA FLAMMABILITY REQUIREMENTS OF FURNITURE (CALIF. P.S.D. 10075)	REGISTRY NO. VA35302 (CN)
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SE SANCIONA LEGALMENTE A QUIENES CONTINUEN USANDO UN PRODUCTO QUE NO CUMPLE CON LOS REQUISITOS DE INFLAMABILIDAD DEL BOLETIN TECNICO 117 DE LA OFICINA DE MOBILIARIO PARA EL HOGAR DE CALIFORNIA.	
NÚM. DE REG. VA35302 (CN) El fabricante certifica que los materiales de este artículo se describen según las leyes.	
Pendant Health and Wellness, Inc. 1189 Jollys Ave., City of Industry, CA 91746, USA	

IMPORTANT SAFETY GUIDELINES

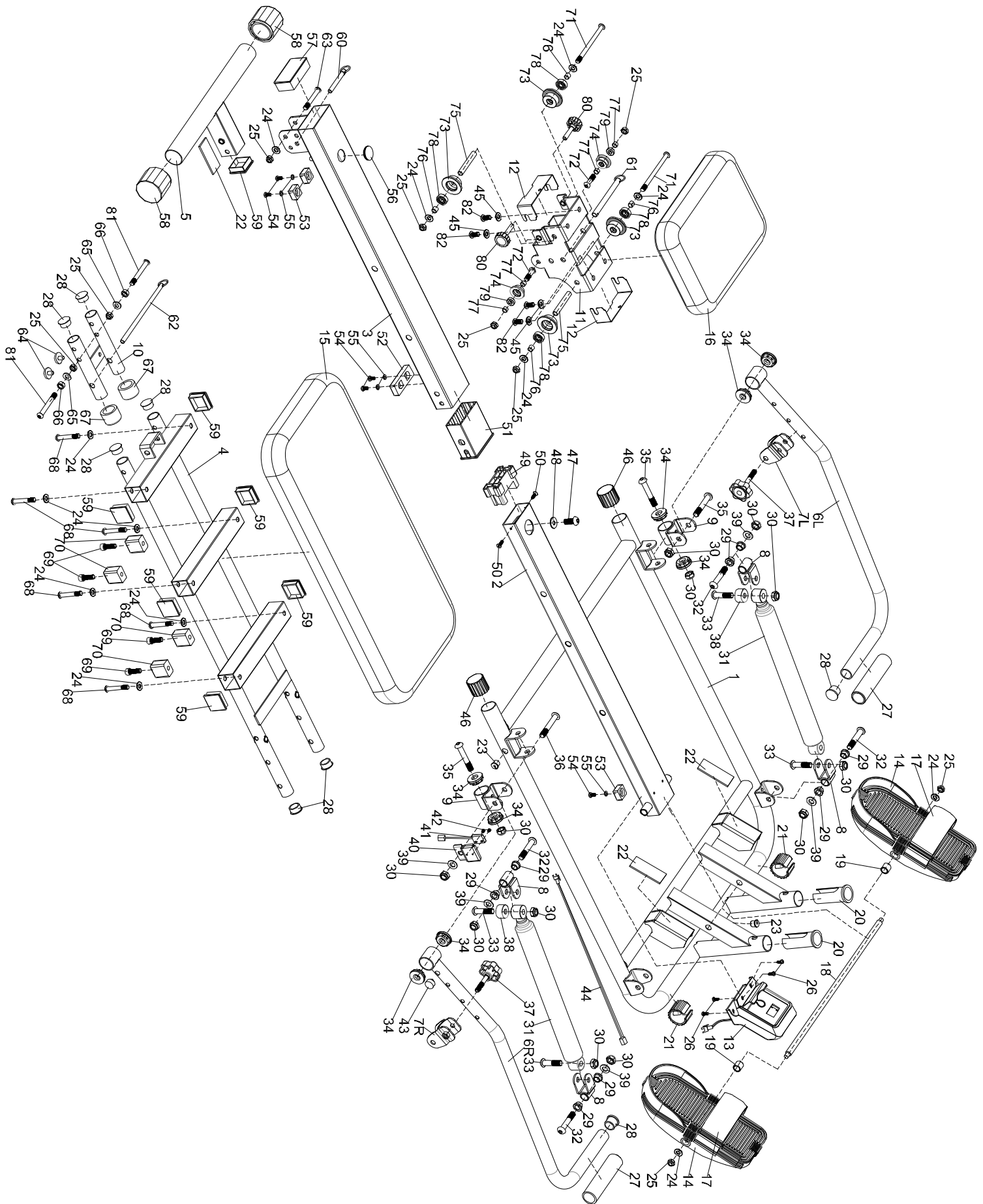
Read all instructions before using the Rower. Basic precautions should always be followed.

WARNING - To reduce the risk of injury to persons, read the following:

1. Be sure all screws, nuts, and bolts are tightened prior to use.
2. Before using this equipment, we recommend doing warm ups.
3. Only one person should be using the equipment at a time.
4. Never operate this **Rower** if it is not working properly, has been dropped, or damaged. If a problem is encountered, contact Customer Service before using the **Rower** again.
5. Always use this equipment on a clear and level surface.
6. For household use only.
7. Do not use outdoors or near water.
8. Use this product only for its intended use as described in this manual. Do not use attachments **NOT** recommended by the manufacturer.
9. Do not wear loose clothing when using the equipment.
10. Never drop or insert any object into any opening.
11. 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.
12. For any problems, contact Customer Service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
13. This product requires a minimum of 6 square feet of space for safe operation.
14. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS.**
15. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the equipment.
16. **Warning:** - Risk of Personal Injury - Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
17. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact Customer Service.
18. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using the **Rower**.
19. **Warning:** - Before beginning any exercise program, consult your physician. This is especially important for the people over the age of 35 years old or who have pre-existing health problems. Read all the instructions before using any fitness equipment.

**The maximum weight capacity for this product is 220 lbs / 100 kg.
DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Base Frame	1
2	Support Tube	1
3	Slide Tube	1
4	Backrest Frame	1
5	Rear Stabilizer	1
6L	Left Handlebar	1
6R	Right Handlebar	1
7L	Left Bracket	1
7R	Right Bracket	1
8	U-Shaped Bracket	4
9	Tube Bracket	2
10	H-Shaped Support Tube	1
11	Seat Slider Bracket	1
12	Frame Plate	2
13	Console	1
14	Foot Pedal	2
15	Backrest	1
16	Seat	1
17	Strap	2
18	Long Pedal Axle	1
19	Short Sleeve	2

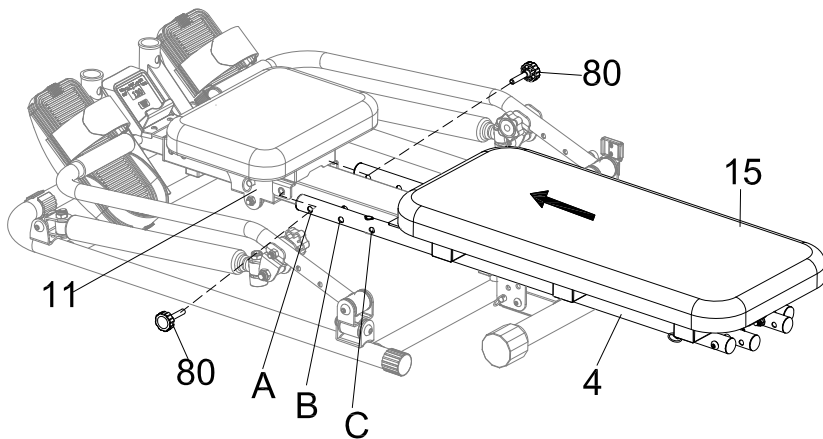
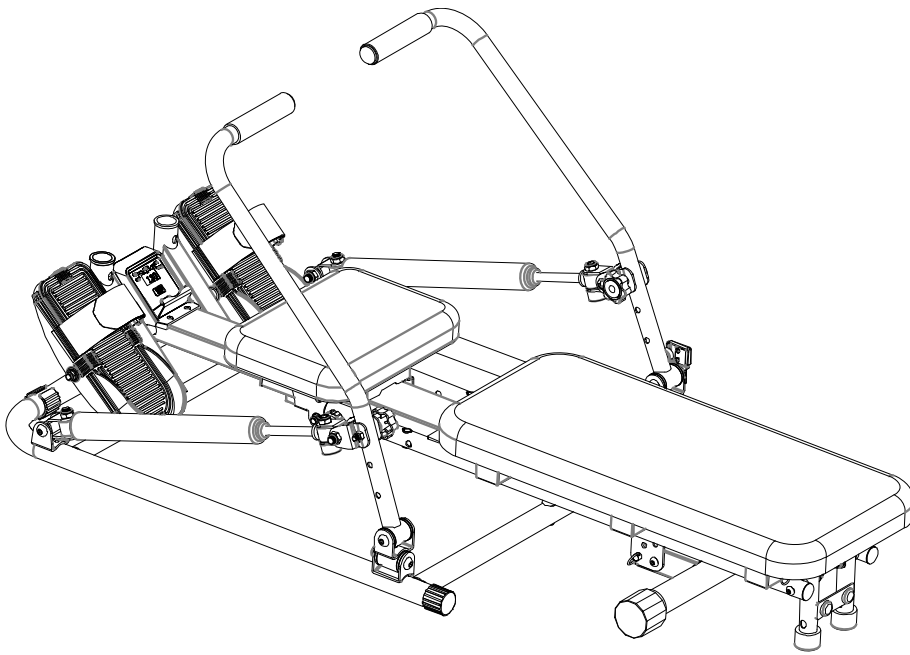
No.	Description	Qty
20	Bushing	2
21	Foot Pad	2
22	EVA Pad	3
23	Wire Plug	2
24	Flat Washer D8	13
25	Anti-Loosen Nut M8	9
26	Self-Tapping Philips Screw ST4.2*13	4
27	Foam Grip	2
28	End Cap	8
29	Nylon Sleeve	8
30	Anti-Loosen Nut M10	12
31	Hydraulic Cylinder	2
32	Hex Bolt M10*55*15	4
33	Hex Bolt M10*40*15	4
34	Sleeve	8
35	Hex Bolt M10*60*15	3
36	Hex Bolt M10*65*15	1
37	Round Knob	2
38	Bushing	2
39	Flat Washer D10	5
40	Sensor Bracket	1

PARTS LIST

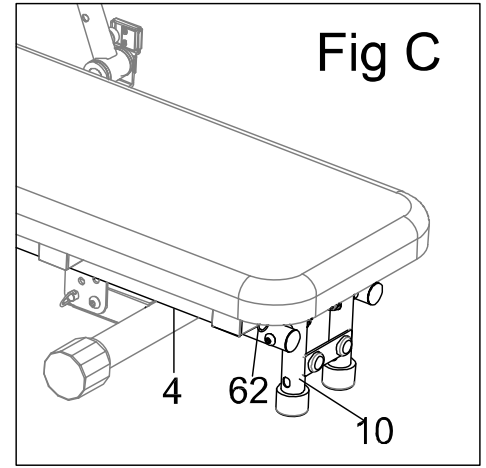
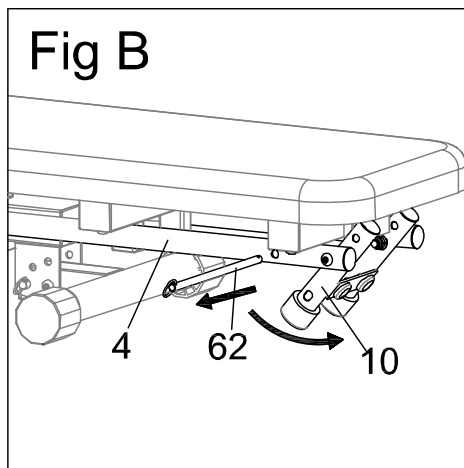
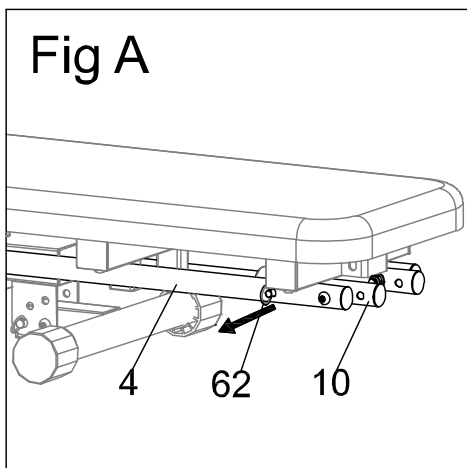
No.	Description	Qty
41	Sensor	1
42	Phillips Screw M3*5	2
43	Rubber Magnet	1
44	Wire	1
45	Spring Washer D8	4
46	Round End Cap	2
47	Hex Bolt M10*25	1
48	Flat Washer $\phi 25 \times \phi 10.5 \times 2.0$	1
49	Stopper	1
50	Self-Tapping Phillips Screw ST4.2*19	2
51	Bushing	1
52	Big Rubber Pad	1
53	Small Rubber Pad	3
54	Phillips Screw M5*10	5
55	Flat Washer D5	5
56	Plug	1
57	Slide Tube End Cap	1
58	Stabilizer Round End Cap	2
59	Square End Cap	7
60	Pin	1
61	Pin	1

No.	Description	Qty
62	H-Shaped Tube Pin	1
63	Hex Bolt M8*60*15	1
64	Small Foot Pad	2
65	Curved Washer D8	2
66	Sleeve	2
67	Tube Sleeve	2
68	Hex Bolt M8*50*15	6
69	Hex Bolt M8*25	4
70	Rubber Pad	4
71	Hex Bolt M8*115*20	2
72	Hex Bolt M8*30*10mm	2
73	Big Wheel	4
74	Small Wheel	2
75	Long Bearing Sleeve	2
76	Short Bearing Sleeve	4
77	Positioned Sleeve	4
78	Bearing 608	4
79	Bearing 688	2
80	Knob	2
81	Hex Bolt M8*70*15	2
82	Hex Bolt M8*16	4

ADJUSTMENT



Loosen the Knobs (80), and adjust the Backrest (15) to the suitable position A, B or C. Lock the Knobs (80).



1A. Pull the **H-Shaped Tube Pin (62)** from the **Backrest Frame (4)**. See **Fig. A**.

1B. Swing the **H-Shaped Support Tube (10)** so it contacts the ground. See **Fig. B**.

1C. Reinsert the **H-Shaped Tube Pin (62)** into the **Backrest Frame (4)**. See **Fig. C**.

With this adjustment you can do these workouts:

Pec Fly



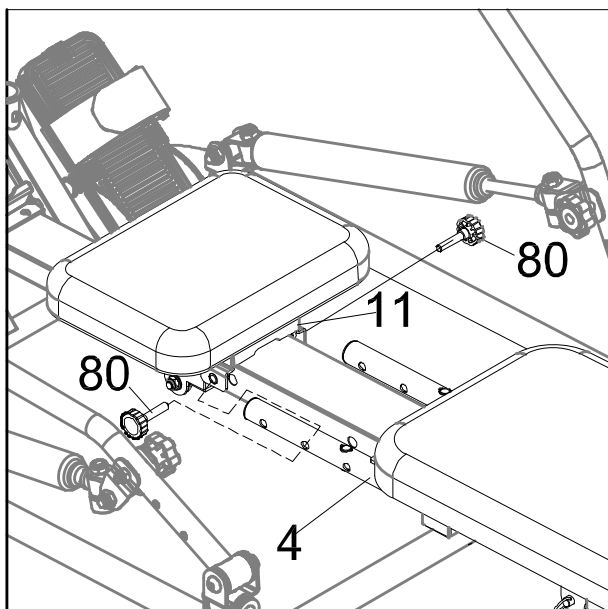
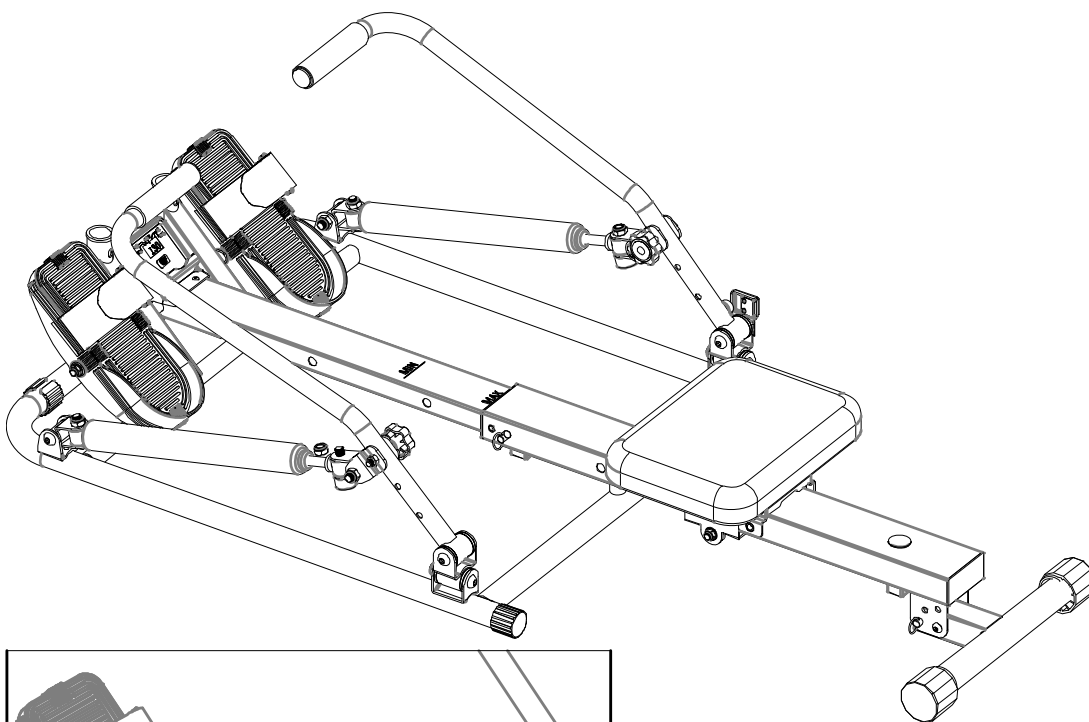
Make sure the **Left and Right Handlebar (6L & 6R)** are laying to the sides of the **Rower**. Lay on the **Backrest (15)** and the **Seat (16)** with your head towards the **Console (13)**. Grab the **Left and Right Handlebar (6L & 6R)** by the sides and raise your hands and bring them together. Bring your arms back down and **Repeat**.

Front Pull Downs

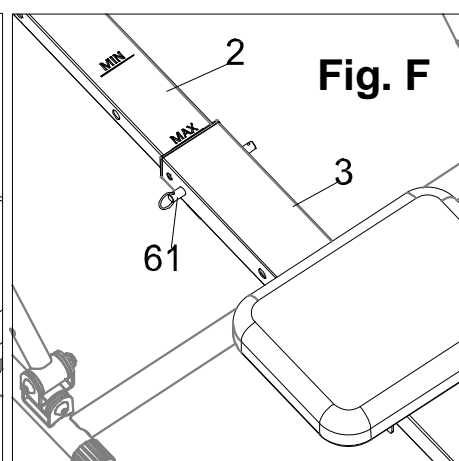
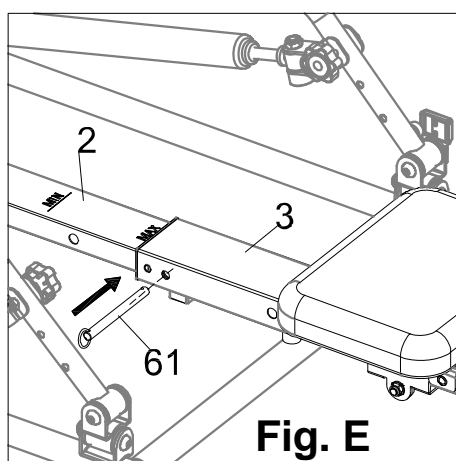
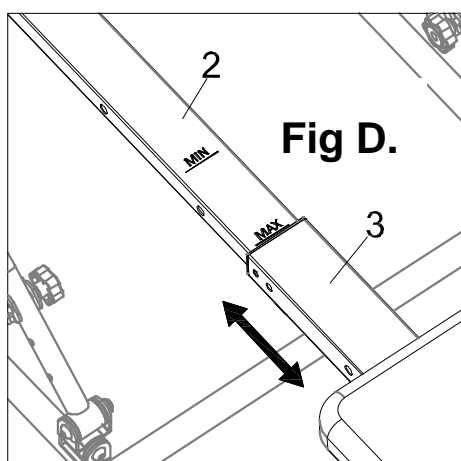


Make sure the **Left and Right Handlebar (6L & 6R)** are laying to the sides of the **Rower**. Lay on the **Backrest (15)** and the **Seat (16)** with your head towards the **Console (13)**. Grab the **Left and Right Handlebar (6L & 6R)** at the ends. Open your arms to the sides, swing them up towards your head, then pull them down towards your waist and **Repeat**.

ADJUSTMENT



Loosen both **Knobs (80)** from the **Seat Slider Bracket (11)** and remove the **Backrest Frame (4)** and set aside.



- 2A.** Adjust the **Slide Tube (3)** to a comfortable position for your height at **MIN** or **MAX**. See **Fig. D**.
- 2B.** Align the hole and do NOT exceed the **MAX** line, and then insert the **Pin (61)** into the hole. See **Fig. D & E**.

With this adjustment you can do these work outs:

Rows



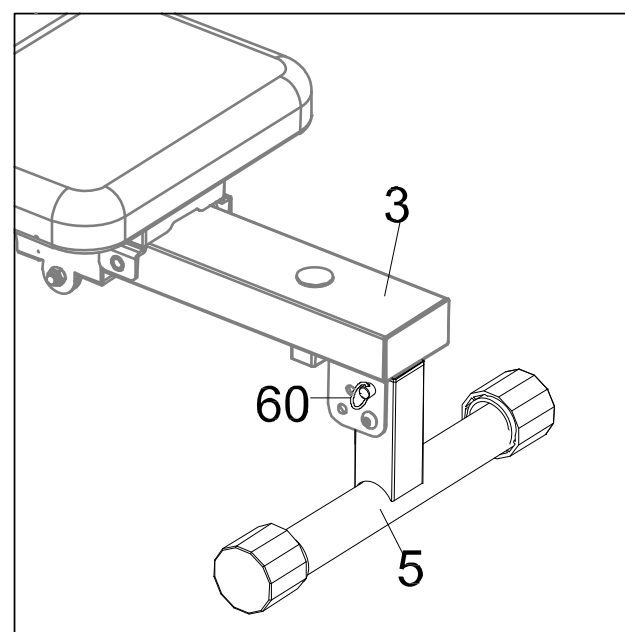
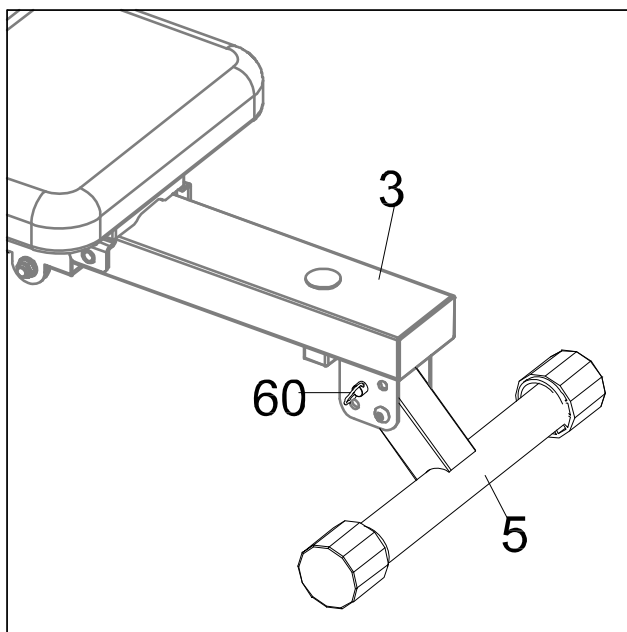
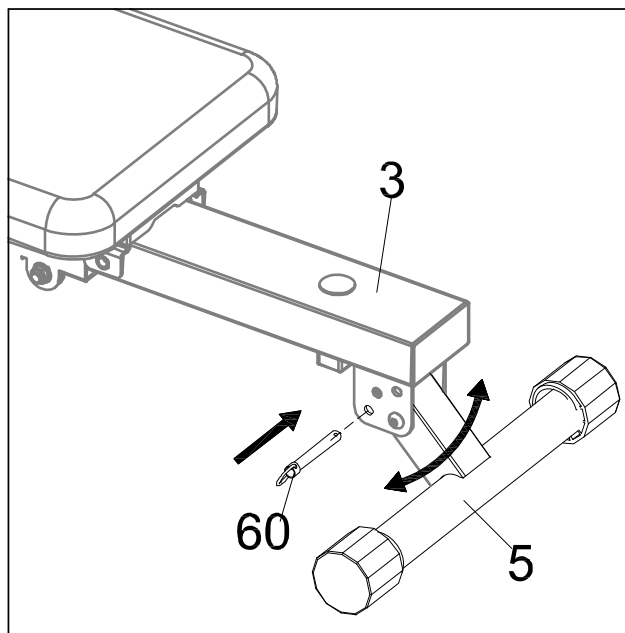
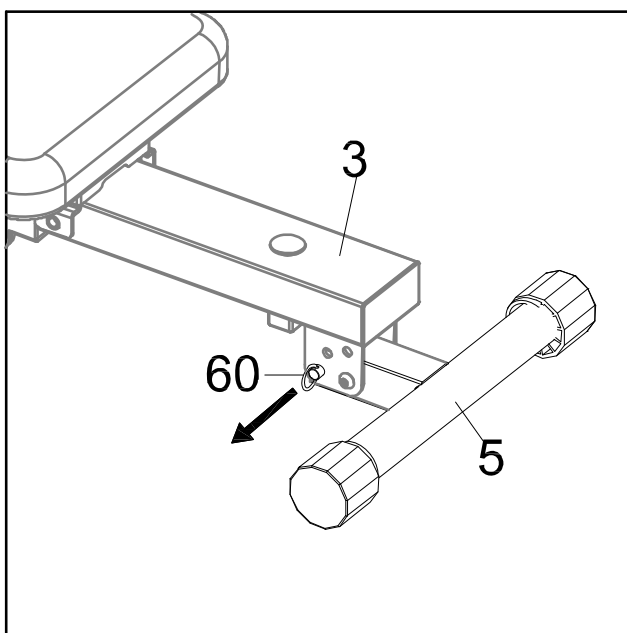
Make sure the **Left and Right Handlebar (6L & 6R)** are laying to the Front of the **Rower**. Sit on the **Seat (16)**, insert your feet into the **Strap (17)** on the **Foot Pedal (14)** and tighten it to a comfortable position. Grab the **Left and Right Handlebar (6L & 6R)**, push off with your legs as you pull the **Left and Right Handlebar (6L & 6R)** towards you, at the end of your row swing your arms outward while bringing them towards your feet and **Repeat**.

Ab RollOut



Make sure the **Left and Right Handlebar (6L & 6R)** are laying to the Front of the **Rower**. Position yourself behind the **Rower** on your knees, grab the **Seat (16)** and roll forward, roll back to the starting point and **Repeat**.

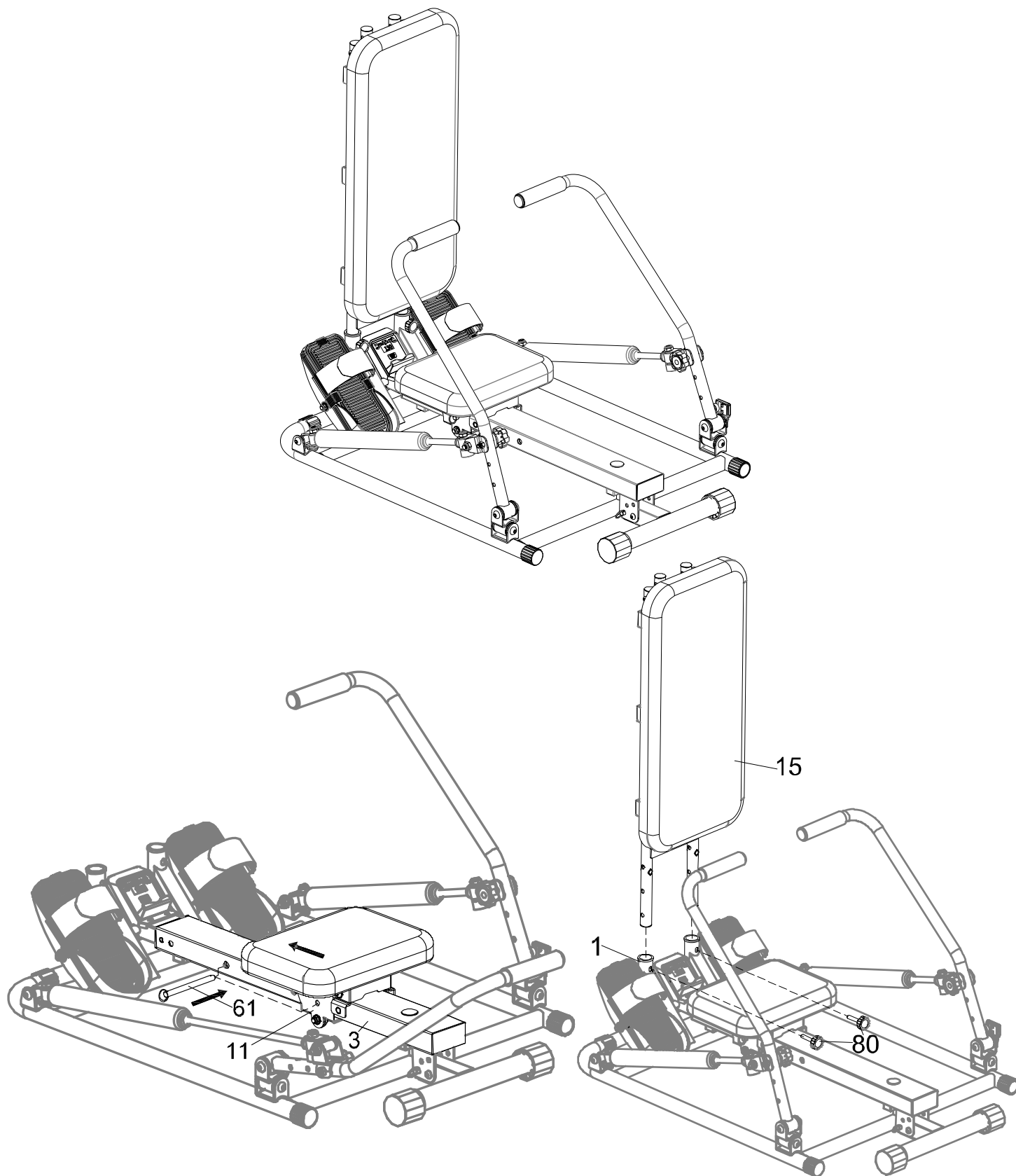
ADJUSTMENT



3A. Adjust the angle of **Rear Stabilizer (5)**. There are three holes for different angle options.

3B. Pull the **Pin (60)** out from the **Slide Tube (3)**, and adjust the **Rear Stabilizer (5)** to the desired position and insert the **Pin (60)** into the hole.

ADJUSTMENT



4A. Move the **Seat Slider Bracket (11)** to the pedal position, align the hole and insert the **Pin (61)** to secure it.

4B. Insert the **Backrest (15)** onto the **Base Frame (1)** and tighten with **two Knobs (80)**.

ADJUSTMENT

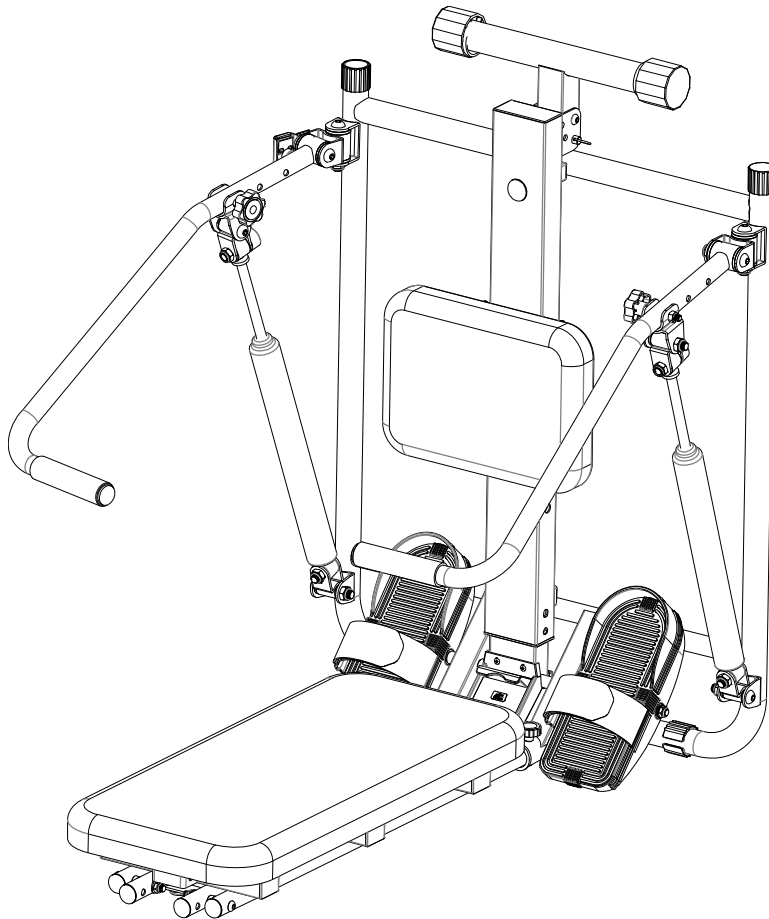
With this adjustment you can do:

Chest Presses

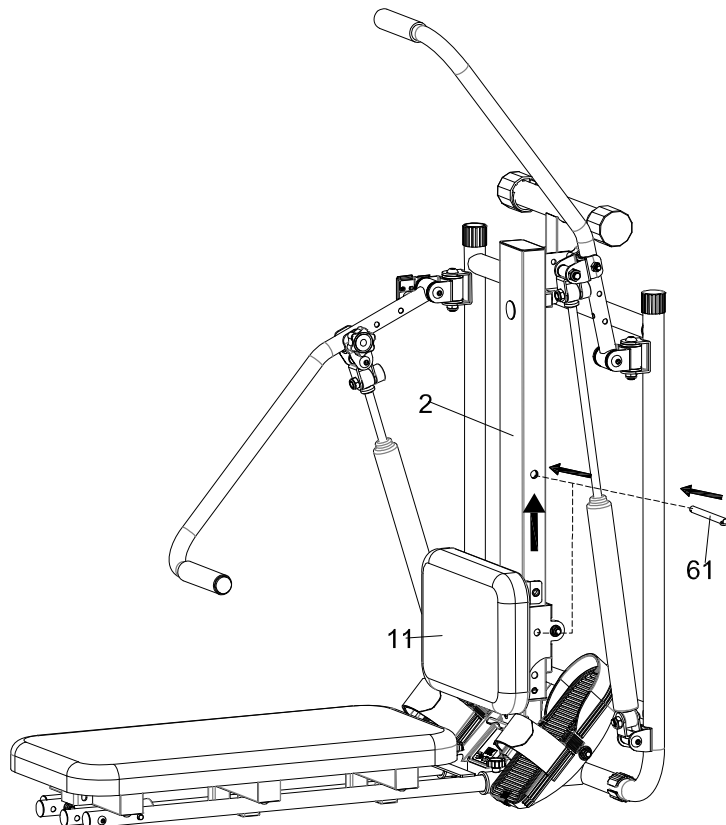


Make sure the **Left and Right Handlebar (6L & 6R)** are laying to the Front of the Rower. Sit down on the **Seat (16)**, grab the **Left and Right Handlebar (6L & 6R)**, bring them to your chest, push forward. At the end of your Press bring your hands back to your starting point and **Repeat**.

ADJUSTMENT



5A. Lay the Rower down on the **Backrest (15)** and adjust the **Seat (16)** onto the upper position then insert the **Pin (61)** to secure it.



ADJUSTMENT

With this Adjustment you can do these workouts:

Bent over Rows



Place one foot on the **Backrest (15)**, lean forward, grab the **Left and Right Handlebar (6L & 6R)** and bring them down towards your feet. Pull the **Left and Right Handlebar (6L & 6R)** up towards your chest, then bring your hands back down to your starting position and **Repeat**.

Curls



Kneel down on the **Backrest (15)**, grab the **Left and Right Handlebar (6L & 6R)**, bring your hands down toward your knee. Pull the **Left and Right Handlebar (6L & 6R)** up towards your chest then bring your hands back down to your starting position and **Repeat**.

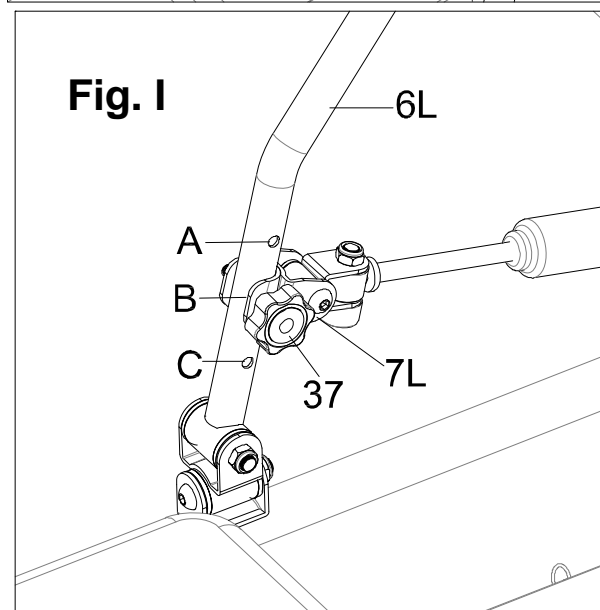
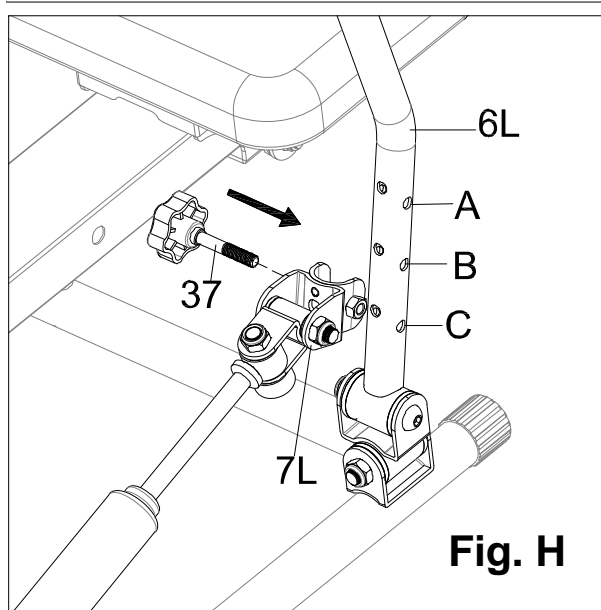
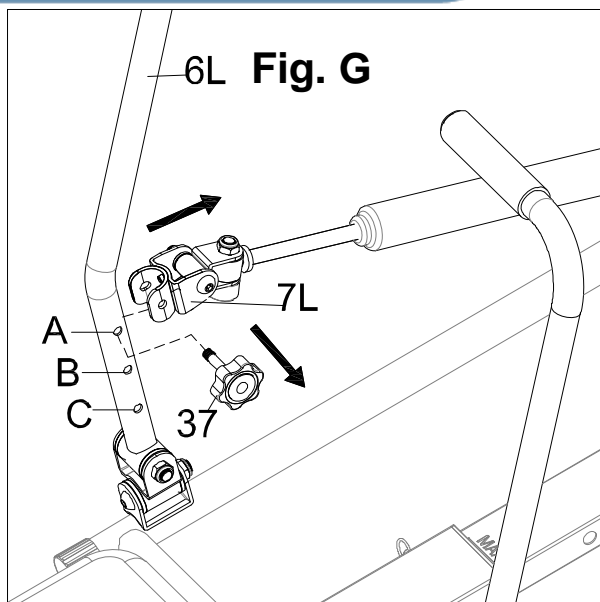
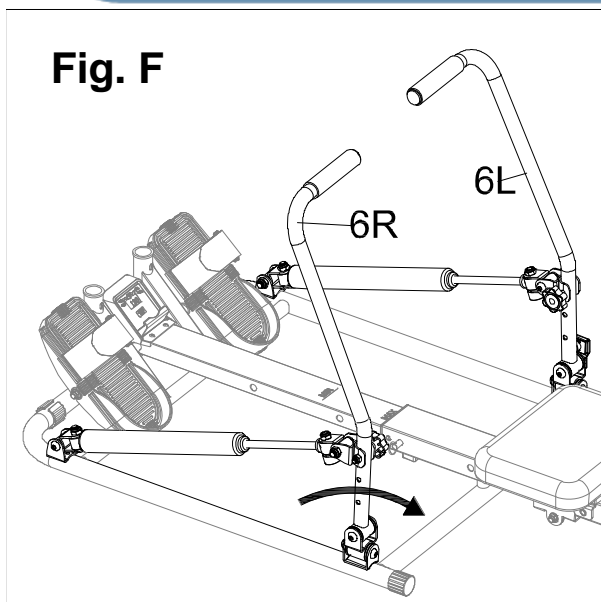
ADJUSTMENT

Shoulder Presses



Make sure the **Left and Right Handlebar (6L & 6R)** are to the sides of the **Rower** and sit on the **Backrest (15)**, grab the **Left and Right Handlebar (6L & 6R)** and bring them to your chest. Press the **Left and Right Handlebar (6L & 6R)** up above your head, then bring your hands back down to your starting point and **Repeat**.

ADJUSTMENT



You may adjust the **RESISTANCE** to a suitable position. **A.** is the highest resistance setting. **B.** is middle resistance setting. **C.** is the lowest resistance setting.

NOTE: when adjusting the resistance be sure to push **Left or Right Handlebar (6L & 6R)** all the way forward to help position the **Left or Right Bracket (7L/7R)**.

6A. Push the **Left & Right Handle Bar (6R & 6L)** to the **UPRIGHT** position. See Fig. F.

6B. Loosen the **Round Knob (37)**, and pull the **Left or Right Bracket (7L/7R)** away from the **Left or Right Handlebar (6L & 6R)**. See Fig. G.

6C. There are three holes for positioning the bracket. Both **Left and Right Bracket (7L & 7R)** need to be placed at the same-leveled position. Attach the **Left or Right Bracket (7L/7R)** onto the **Left or Right Handlebar (6L & 6R)**. See Fig. H.

6D. Secure the **Left or Right Bracket (7L/7R)** with the **Round Knob (37)** that was previously removed. See Fig. I.

CONSOLE



Display :

TIME-----0:00~99:59MIN
TOTAL----- 0~9999
COUNT----- 0~9999
CAL-----0~9999KCAL

USING YOUR CONSOLE

The console can be activated by pressing the MODE button or by rowing. If you leave the console idle for 3.5 minutes, the power will shut off automatically.

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the console.

Press and hold the MODE button for 4 seconds to reset data values to zero. **TOTAL** will still be recorded. To erase Total remove and reinstall batteries.

CONSOLE FUNCTIONS:

SCAN: Press the MODE button until the "□" points to SCAN, the console will Automatically scan each function in sequence changing every 5 seconds.

TIME: Press the MODE button until the "□" points to TIME, the console will display your elapsed workout time in minutes and seconds.

COUNT: Press the MODE button until the "□" points to COUNT, the console will display the number of rows you have taken.

CAL (CALORIES): Press the MODE button until the "□" points to CAL (CALORIES), the console will display the total accumulated calories burned during a workout.

TOTAL: (TOTAL COUNT) Displays the total accumulated number of rows you have taken, from zero to 9999 rows. The total accumulated rows is retained when the meter is turned off.

To Install Batteries

1. Remove the battery cover on the back of the **Console Computer (13)**.
2. Place one "SIZE-AA" battery into the battery housing.
3. Ensure that the battery is correctly positioned and the battery springs are in proper contact with the battery.
4. Re-install the battery cover.
5. If the display is illegible or only partial segments appear, remove the batteries and wait 15 seconds before reinstalling.

TROUBLE SHOOTING

PROBLEM: The **Rower** wobbles when in use.

SOLUTION: Turn the **Stabilizer Round End Cap (58)** on the **Rear Stabilizer (5)** as needed to level the Rower.

PROBLEM: The **Rower** makes a squeaking noise when in use.

SOLUTION: The bolts and other hardware may be loose on the **Rower**. Inspect all of the parts of the equipment and tighten any loose parts.

MAINTENANCE

Cleaning

The Rower can be cleaned with a soft clean damp cloth.

Do NOT use abrasives or solvents on the plastic parts. Wipe your perspiration off the Rower after each use.

Inspect all of the assembly bolts, nuts, screws, and pedals on the machine for proper tightness on a weekly basis.

Storage

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

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

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

COMPONENT	LENGTH OF WARRANTY
Structural Frame	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, 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***