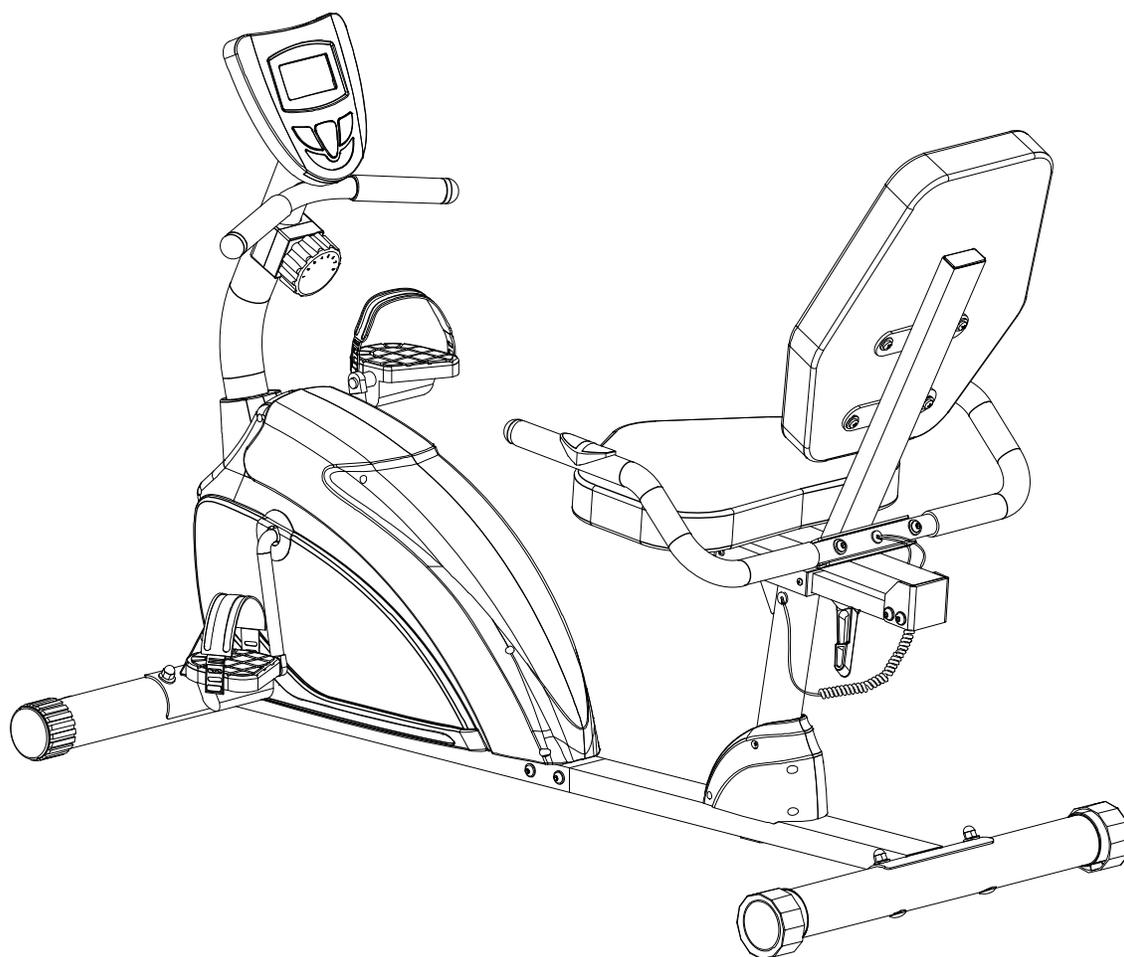


RECUMBENT BIKE



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 and, 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

Or call us at:

1-844-641-7921

Hours:

8:00 am to 5:00 pm (PST)

Monday thru Friday

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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 PLACEMENT

<p>UNDERPINNALS OF LAW THE TAG, UNLESS OTHERWISE SPECIFIED BY THE CONSUMER.</p> <p>ALL NEW MATERIALS CONSISTING OF POLYURETHANE FOAM PAD 100%.</p> <p>REGISTRY NO. VA25302 (CN)</p> <p>Confirmation is made by the manufacturer that the fire risk in this article are described in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1189 Industry Way Industry CA 91746, USA.</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 flames or with burning cigarettes.</p>
<p>SOUS PÈNE DE SANCTION LEGALE ENLEVÉE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR</p> <p>ENTièrement fabriqué de matériaux sans emboîtement de polyuréthane 100 %.</p> <p>NO D'ENREGISTREMENT VA25302 (CN)</p> <p>Cette étiquette est apposée conformément aux lois Californiennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Industry Way Industry CA 91746, USA.</p>	<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité 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 flamme nue (cigarettes, etc.).</p>
<p>SE SANCIONA LEGALMENTE A LOS QUE LOS QUITA EL USUARIO, QUEBEN.</p> <p>MATERIAL COMO ESAMENTE BLENDO COMPLETO DE 100% BILLENDO DE ESPUMA DE POLIURETANO.</p> <p>NO. DE REG. VA25302 (CN)</p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Industry Way Industry CA 91746, USA.</p>	<p>NOTIFICACIÓN</p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario de California 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarrillos ardientes.</p>

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

- Tighten Right Pedal [59] into the Right Crank Clockwise
- Tighten Left Pedal [60] into the Left Crank Counter Clockwise

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

- Serrez le pédale droit [59] dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche [60] dans la manivelle gauche dans le sens antihoraire

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

- Apriete el Pedal [59] en el cigüeñal derecho, hacia la derecha
- Apriete el Pedal [60] en el cigüeñal izquierdo, hacia la izquierda.



⚠

Maximum weight capacity is 300 lbs.

Le poids maximum pour ce produit est 136 kgs.

La capacidad de peso máxima es 136 kg.

⚠ WARNING

WARNING: CANCER AND REPRODUCTIVE HARM -- WWW.P65WARNINGS.CA.GOV.

EXERPEUTIC

For customer assistance, Monday - Friday:

1-844-641-7921

8 am - 5 pm PST

Pour le service à clientèle composer le, lundi à vendredi:

Para servicios al cliente, llame al, lunes a viernes:

8 905980111109

11899991110001

Serial number / Numéro de série / Número de serie

MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

IMPORTANT SAFETY GUIDELINES

Read all guidelines before using this machine. When using this machine, 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 machine 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. This product requires a minimum of 6 square feet of space for safe operation.
15. Be careful to always hold onto the handlebars when you're mounting and dismounting.
16. Be careful to have the pedals at their lowest point when stepping off.
17. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
18. **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.
19. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
20. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
21. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
22. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
23. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using This Machine
24. **WARNING: CANCER AND REPRODUCTIVE HARM--WWW.P65WARNINGS.CA.GOV.**

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 CAPACITY

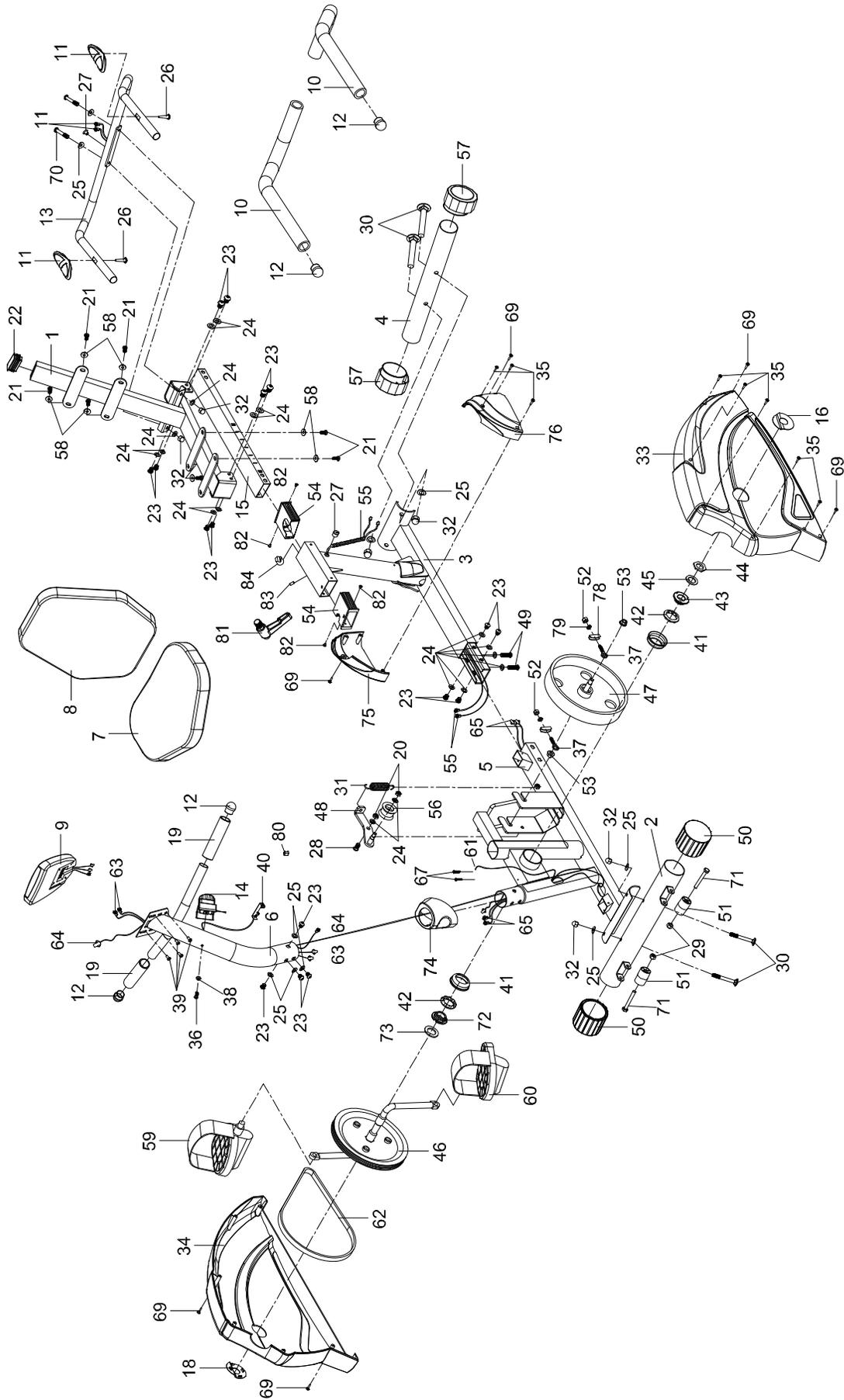
The Maximum Weight Capacity for this product is 300 lbs/136 kgs.

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	Back and Seat Support Bracket 53x23x2.0	1
2	Front Stabilizer Ø60x1.5x580	1
3	Rear Main Frame	1
4	Rear Stabilizer Ø60x1.5x580	1
5	Front Main Frame 80x40x2	1
6	Front Handlebar Post Ø50x1.5	1
7	Seat Cushion	1
8	Back Cushion	1
9	Console (JVT29121)	1
10	Handlebar Foam Grip Ø30xØ24x510	2
11	Hand Pulse Sensor	2
12	Round End Cap for Handlebar Ø25x1.5	4
13	Handlebar Ø25x1.5	1
14	Tension Control Knob	1
15	Seat Sliding Tube 23x53x1.5	1
16	Left Cover Cap Ø60xØ24x2	1
18	Right Cover Cap Ø60xØ24x2	1
19	Front Handlebar Foam Grip Ø30xØ24x160	2
20	Nylon Nut M8	2
21	Bolt M6x15	8
22	Backrest and Seat Support Bracket End Cap 23x53x1.5	1
23	Bolt M8x15	16
24	Washer Ø8	18
25	Curve Washer Ø8	10
26	Screw ST4.2x20	2
27	Wire Plug Ø12.1	2

No.	Description	Qty
28	Bolt M8x18	1
29	Locknut M6	2
30	Bolt M8x70	4
31	Spring	1
32	Cap Nut M8	6
33	Left Cover	1
34	Right Cover	1
35	Screw ST4.2x25	8
36	Bolt M5x25	1
37	Adjustable Bolt M6x33	2
38	Big Curve Washer Ø5	1
39	Bolt M5x10	4
40	Tension Cable L=1000mm	1
41	Axle Bush	2
42	Bearing	2
43	Axle Sleeve I 15/16"	1
44	Nut 7/8"	1
45	Washer Ø34.5xØ23x25	1
46	Crank Ø200	1
47	Flywheel Ø230	1
48	Idle Wheel Bracket	1
49	Bolt M8x30	2
50	Front Stabilizer End Cap Ø60	2
51	Transport Wheel Ø23xØ6x32	2
52	Nut M6	2
53	Nut M10x1	2

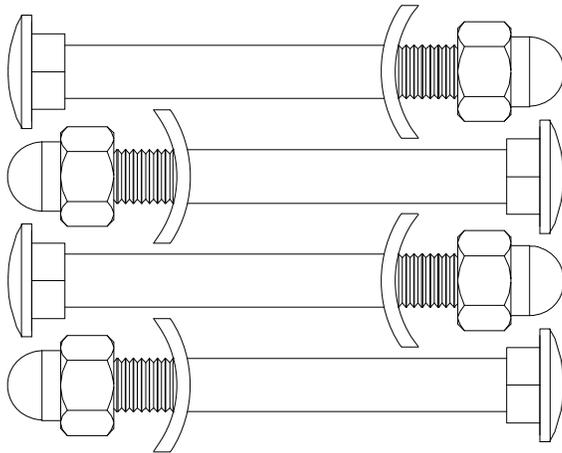
PARTS LIST

No.	Description	Qty
54	Bushing	2
55	Middle Section Hand Pulse Sensor Wire	2
56	Idle Wheel	1
57	Rear Stabilizer End Cap Ø60	2
58	Washer Ø6	8
59	Right Foot Pedal YH-30X	1
60	Left Foot Pedal YH-30X	1
61	Sensor with Wire L=500mm	1
62	Belt 340J6	1
63	Extension Wire L=350mm	2
64	Extension Sensor Wire L=350mm	1
65	Extension Hand Pulse Sensor Wire L=1800mm	2
67	Pan Head Phillips Self Drilling Screw ST4.2x15	1
69	Pan Head Phillips Self Drilling Screw ST4.2x25	6

No.	Description	Qty
70	Bolt M8x45	2
71	Bolt M6x48	2
72	Axle Sleeve II	1
73	Washer 7/8"	1
74	Front Handlebar Post Cover	1
75	Right Rear Main Frame Cover	1
76	Left Rear Main Frame Cover	1
78	U Bracket	2
79	Spring Washer Ø6	2
80	Clip	1
81	Knob M16x1.5	1
82	Phillips Self-Tapping Screw ST4.2x6	4
83	Hex Screw M6x8	1
84	Baffle Plate	1

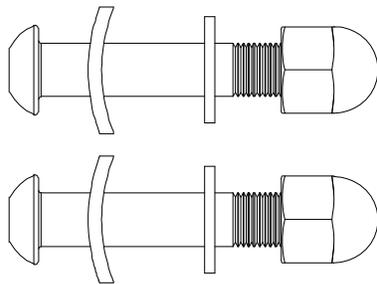
1111-Hardware Pack

STEP 2

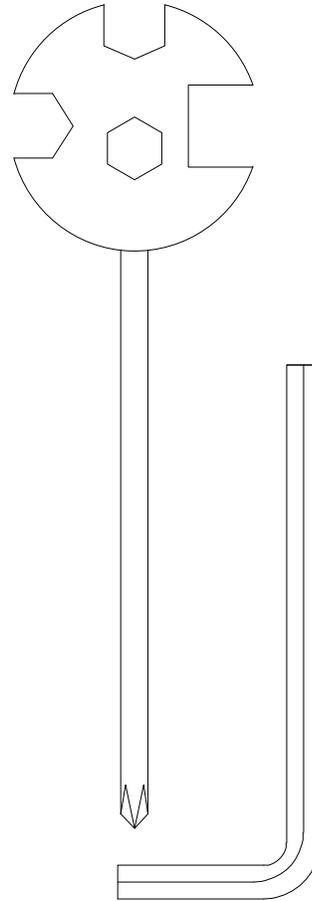


- #30 Bolt M8X70 4PCS
- #25 Curve Washer $\phi 8$ 4PCS
- #32 Cap Nut M8 4PCS

STEP 5

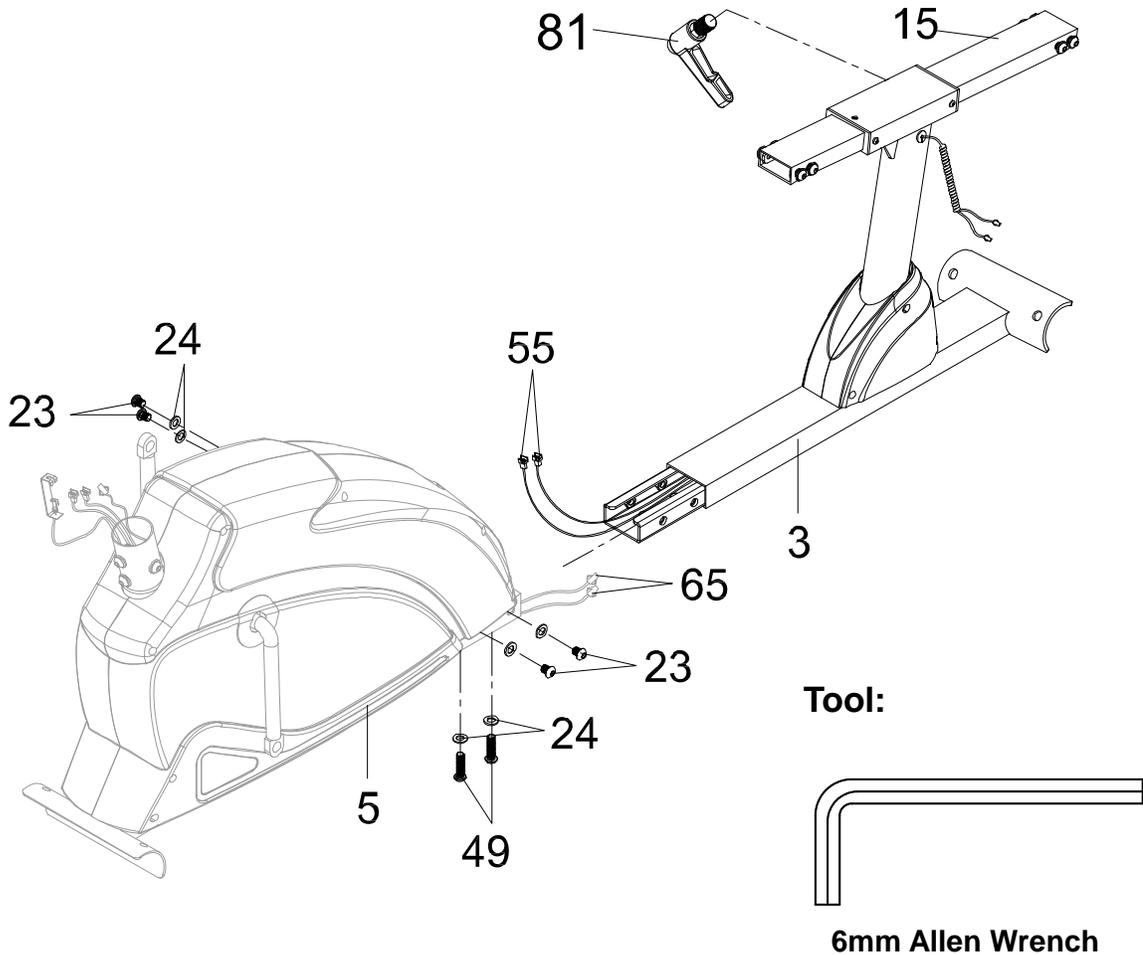


- #70 Bolt M8X45 2PCS
- #24 Washer $\phi 8$ 2PCS
- #25 Curve Washer $\phi 8$ 2PCS
- #32 Cap Nut M8 2PCS



- Multi Hex Tool with Phillips
Screwdriver 1 PC
- Allen Wrench S6 1PC

ASSEMBLY



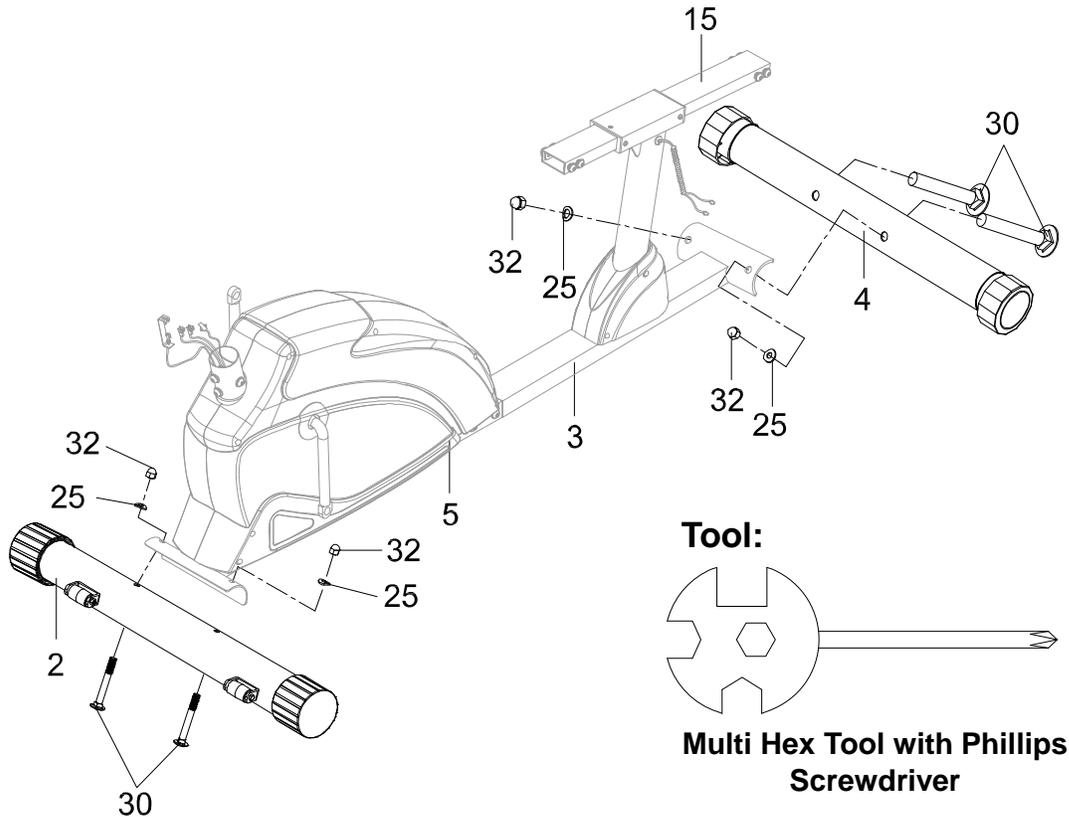
Step 1

1a. Removing the Hardware from the Rear Main Frame - Remove two **Bolts (49)**, four **Bolts (23)**, and six **Washers (24)** from the **Rear Main Frame (3)**. Remove bolts with the **6mm Allen Wrench** provided.

1b. Installing the Rear Main Frame - Connect the **Middle Section Hand Pulse Sensor Wires (55)** from the **Rear Main Frame (3)** to the **Extension Hand Pulse Sensor Wires (65)** from the **Front Main Frame (5)**. Attach the **Rear Main Frame (3)** into the **Front Main Frame (5)** with two **Bolts (49)**, four **Bolts (23)**, and six **Washers (24)** that were removed. Tighten bolts with the **6mm Allen Wrench** provided.

1c. Adjust the seat position and insert the **Knob (81)** in the clockwise direction to tighten.

ASSEMBLY



STEP 2

2a. Installing the Front Stabilizer - Position the **Front Stabilizer (2)** in front of the **Front Main Frame (5)** and align bolt holes. Attach the **Front Stabilizer (2)** onto the front curve of the **Front Main Frame (5)** with two **Bolts (30)**, two **Curve Washers (25)**, and two **Cap Nuts (32)**. Tighten **Cap Nuts (32)** with the **Multi Hex Tool with Phillips Screwdriver** provided

2b. Installing the Rear Stabilizer - Position the **Rear Stabilizer (4)** behind the **Rear Main Frame (3)** and align bolt holes. Attach the **Rear Stabilizer (4)** onto the rear curve of the **Rear Main Frame (3)** with two **Bolts (30)**, two **Curve Washers (25)**, and two **Cap Nuts (32)**. Tighten **Cap Nuts (32)** with the **Multi Hex Tool with Phillips Screwdriver** provided

HARDWARE PACK



(30) Bolt
4 PCS

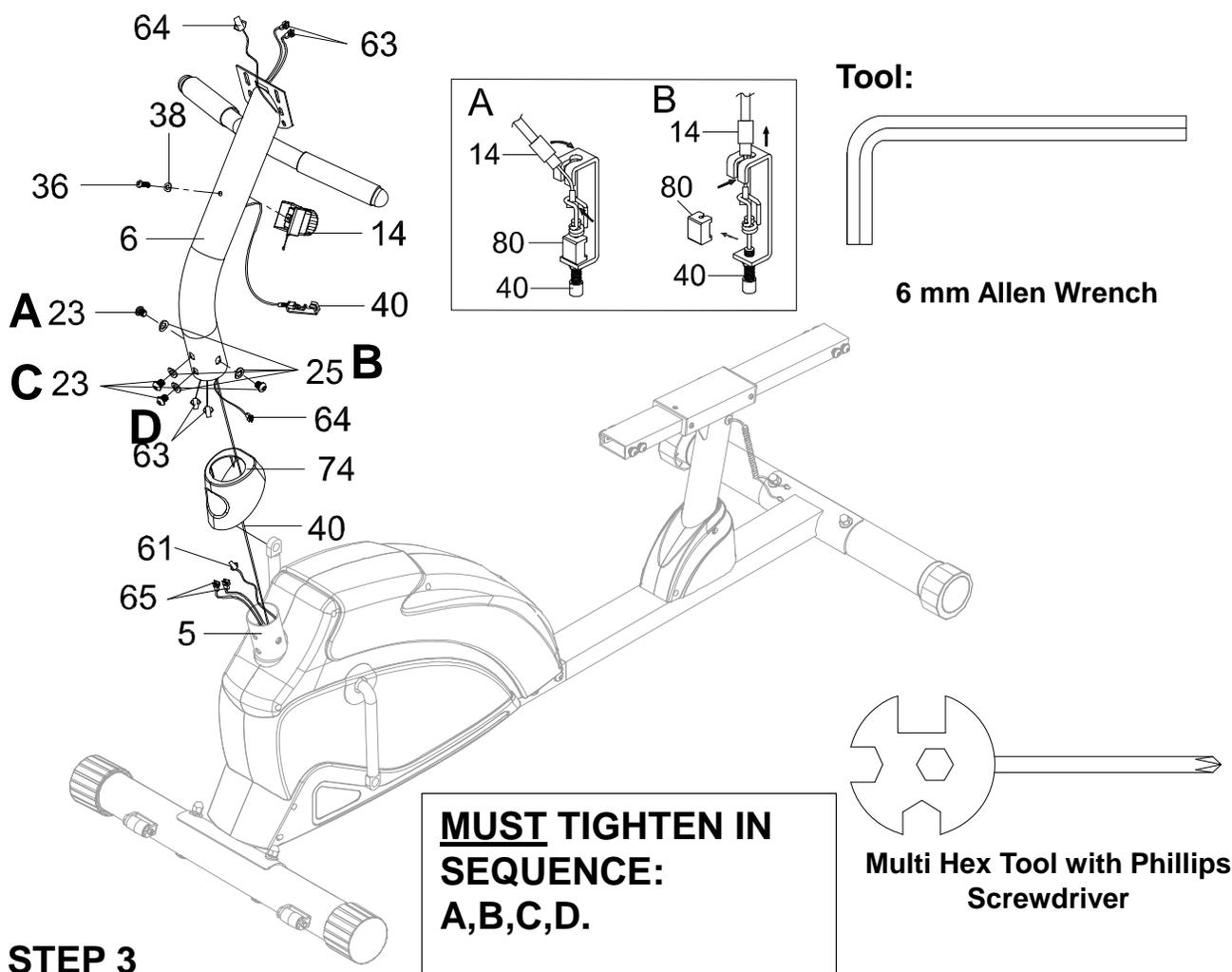


(25) Curve Washer
4 PCS



(32) Cap Nut
4 PCS

ASSEMBLY



STEP 3

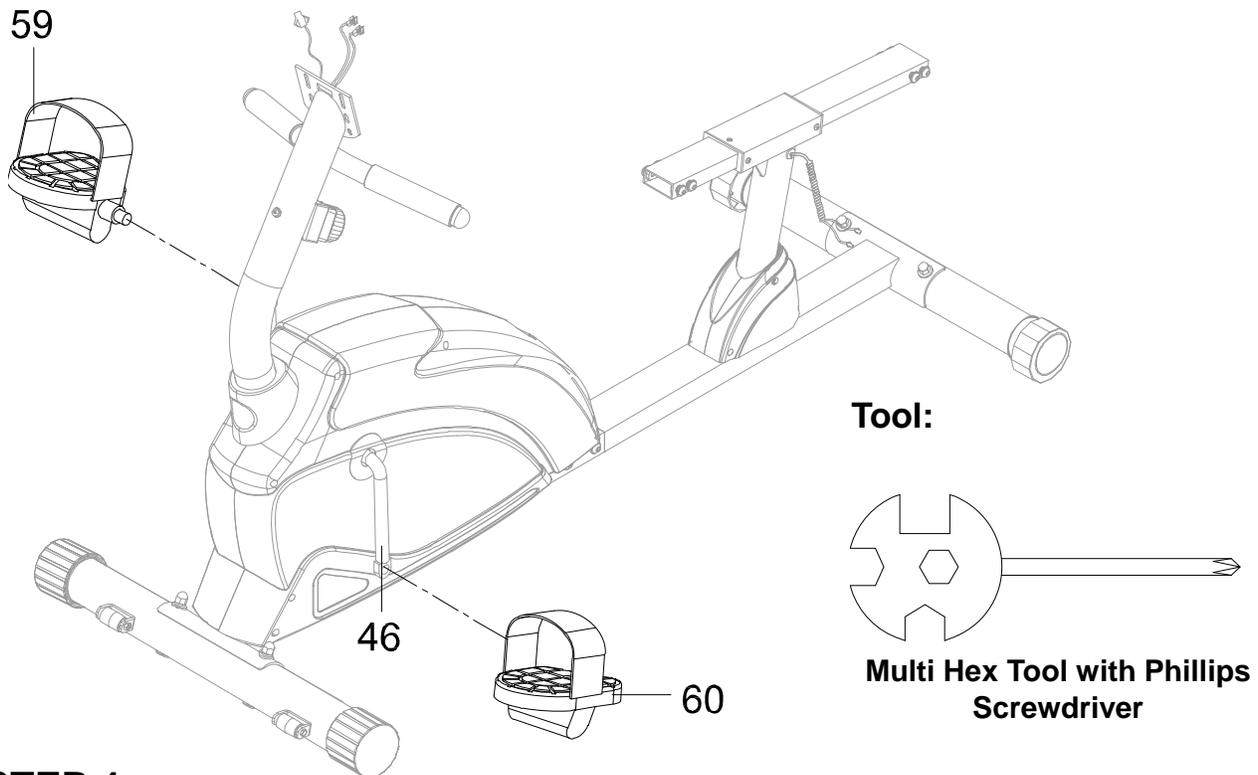
3a. Removing The Hardware From The Front Post –Remove four **Bolts (23)** and four **Curve Washers (25)** from the **Front Main Frame (5)**. Slide the **Front Handlebar Post Cover (74)** up to the **Front Handlebar Post (6)**. Insert the **Tension Cable (40)** through into the bottom hole of **Front Handlebar Post (6)** and pull it out from the square hole of **Front Handlebar Post (6)**.

3b. Connecting The Console Wires –Connect the **Sensor Wire (61)** and **Extension Hand Pulse Sensor Wires (65)** from the **Front Main Frame (5)** to the **Extension Sensor Wire (64)** and **Extension Wires (63)** from the **Front Handlebar Post (6)**.

3c. Installing The Front Post –Insert the **Front Handlebar Post (6)** onto the tube of the **Front Main Frame (5)** and secure with four **Bolts (23)** and four **Curve Washers (25)** that were removed. Slide the **Front Handlebar Post Cover (74)** down to the **Front Main Frame (5)**. Remove the **Bolt (36)** and **Big Curve Washer (38)** from the **Tension Control Knob (14)**.

3d. Installing the Tension Control Knob -- Put the cable end of resistance cable of **Tension Control Knob (14)** into the spring hook of **Tension Cable (40)** as shown in **drawing A**. Pull the resistance cable of **Tension Control Knob (14)** up and force it into the gap of metal bracket of **Tension Cable (40)** and gently remove the **Clip (80)** after well-connected the resistance cable of **Tension Control Knob (14)** and **Tension Cable (40)** as shown in **drawing B**. Attach the **Tension Control Knob (14)** onto the **Front Handlebar Post (6)** with the **Bolt (36)** and **Big Curve Washer (38)** that were removed.

ASSEMBLY



STEP 4

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

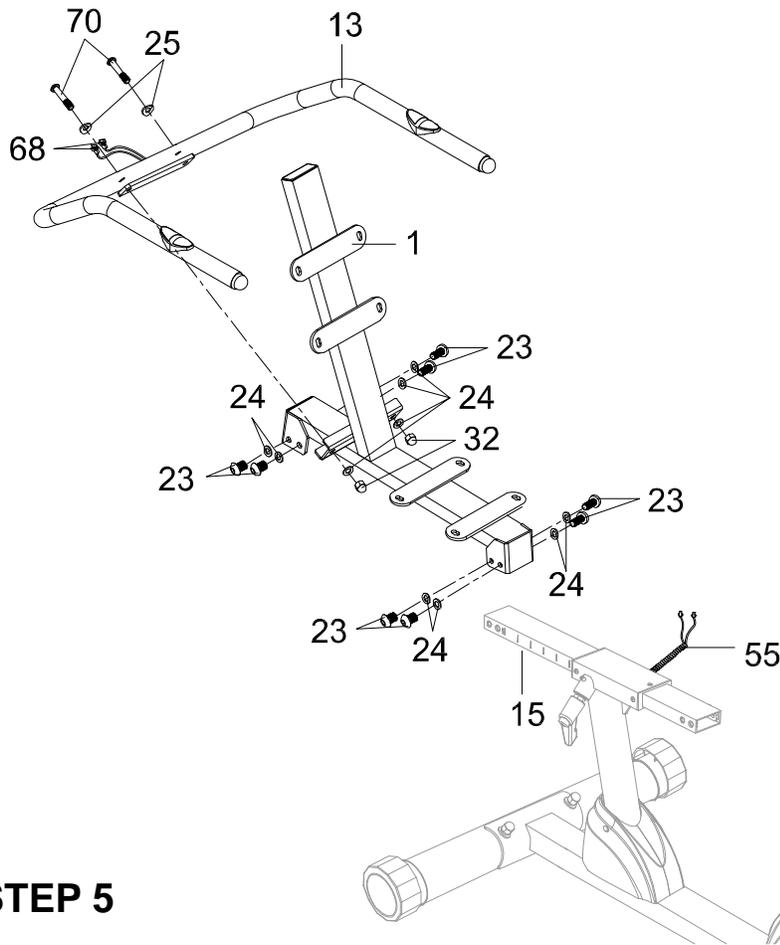
4a. Installing the Left Pedal: Insert the threaded shaft of the **Left Foot Pedal (60)** into the threaded hole on the **Left Crank (46)**. Turn the pedal shaft by hand in a **counter-clockwise** direction until snug. Finish off the tightening of the **Left Foot Pedal (60)** in the same direction as instructed with the **Multi Hex Tool with Phillips Screwdriver**.

4b. Installing the Right Pedal: Insert the threaded shaft of the **Right Foot Pedal (59)** into the threaded hole on the **Right Crank (46)**. Turn the pedal shaft by hand in a **clockwise** direction until snug. Finish off the tightening of the **Right Foot Pedal (59)** in the same direction as instructed with the **Multi Hex Tool with Phillips Screwdriver**.

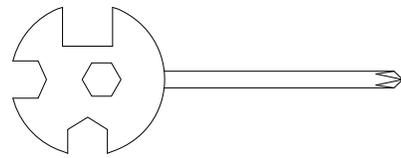
WARNING: Tighten the pedal shaft in the direction instructed for the **Right Foot Pedal (59)** and **Left Foot Pedal (60)**. Failing to do so may strip the threads on the pedal shafts. Insert the pedal shaft of **Left Foot Pedal (60)** into threaded hole in the **Left Crank (46)**. Turn the pedal shaft by hand in the **counter-clockwise** direction until snug.

Note: **DO NOT** turn the pedal shaft in the clockwise direction, doing so will strip the threads.

ASSEMBLY



Tool:



Multi Hex Tool with Phillips Screwdriver



6mm Allen Wrench

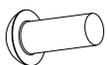
STEP 5

5a. Removing Hardware- Remove eight **Bolts (23)** and eight **Washers (24)** from the **Back/Seat Support Bracket (1)** and **Seat Sliding Tube (15)**. Remove bolts with the **6mm Allen Wrench** provided.

5b. Installing the Seat Sliding Tube - Insert the **Seat Sliding Tube (15)** into the **Bushings (54)** of the **Rear Main Frame (3)**. Attach the **Seat Sliding Tube (15)** to the **Back and Seat Support Bracket (1)** with eight **Bolts (23)** and eight **Washers (24)** that were removed. Tighten bolts with the **6mm Allen Wrench** provided.

5c. Installing the Handlebar – Attach the **Handlebar (13)** onto the **Back and Seat Support Bracket (1)** with two **Bolts (70)**, two **Curve Washers (25)**, two **Washers (24)**, and two **Cap Nuts (32)**. Tighten bolts with the **Multi Hex Tool with Phillips Screwdriver** provided. Connect the **Middle Section Hand Pulse Sensor Wires (55)** from the **Rear Main Frame (3)** to the **Hand Pulse Sensor Wire (68)** from the **Handlebar (13)**.

HARDWARE PACK



(70) Bolt
2 PCS



(25) Curve Washer
2 PCS

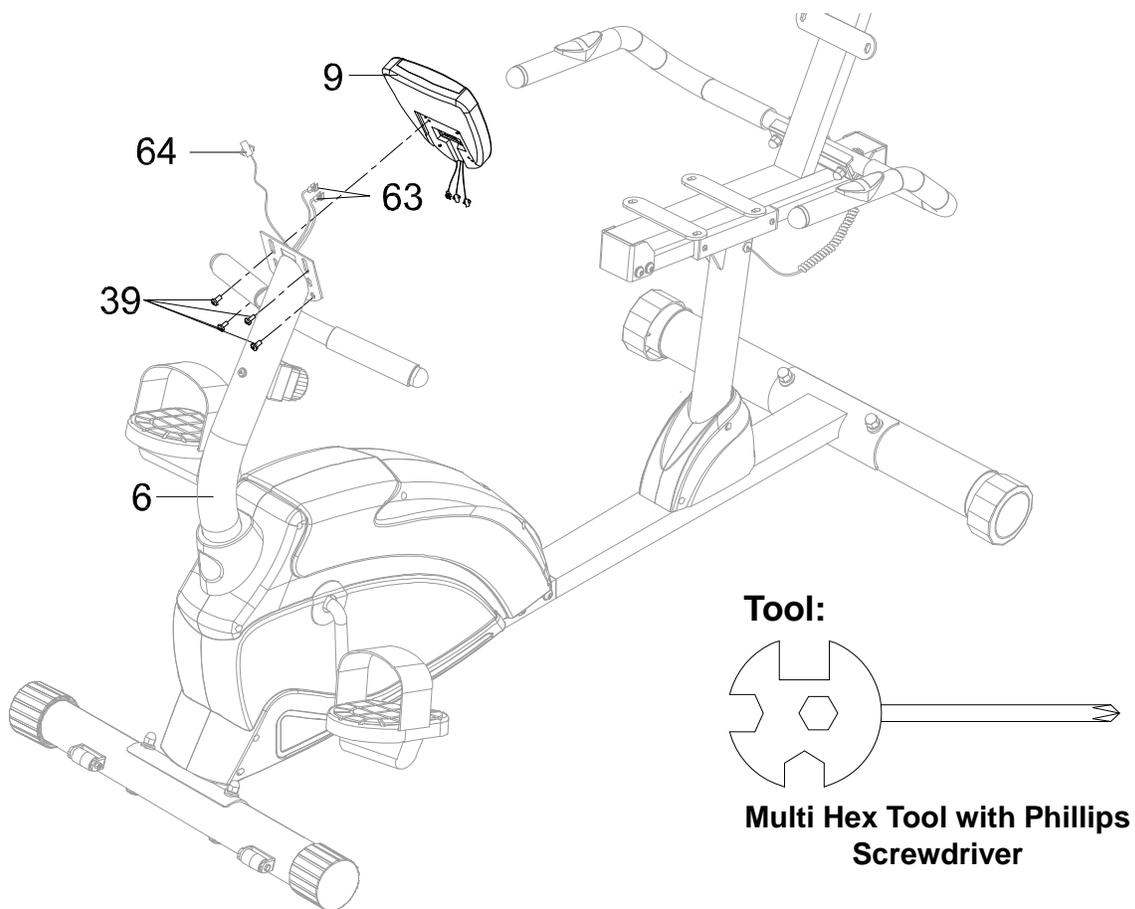


(24) Washer
2 PCS



(32) Cap Nut
2 PCS

ASSEMBLY

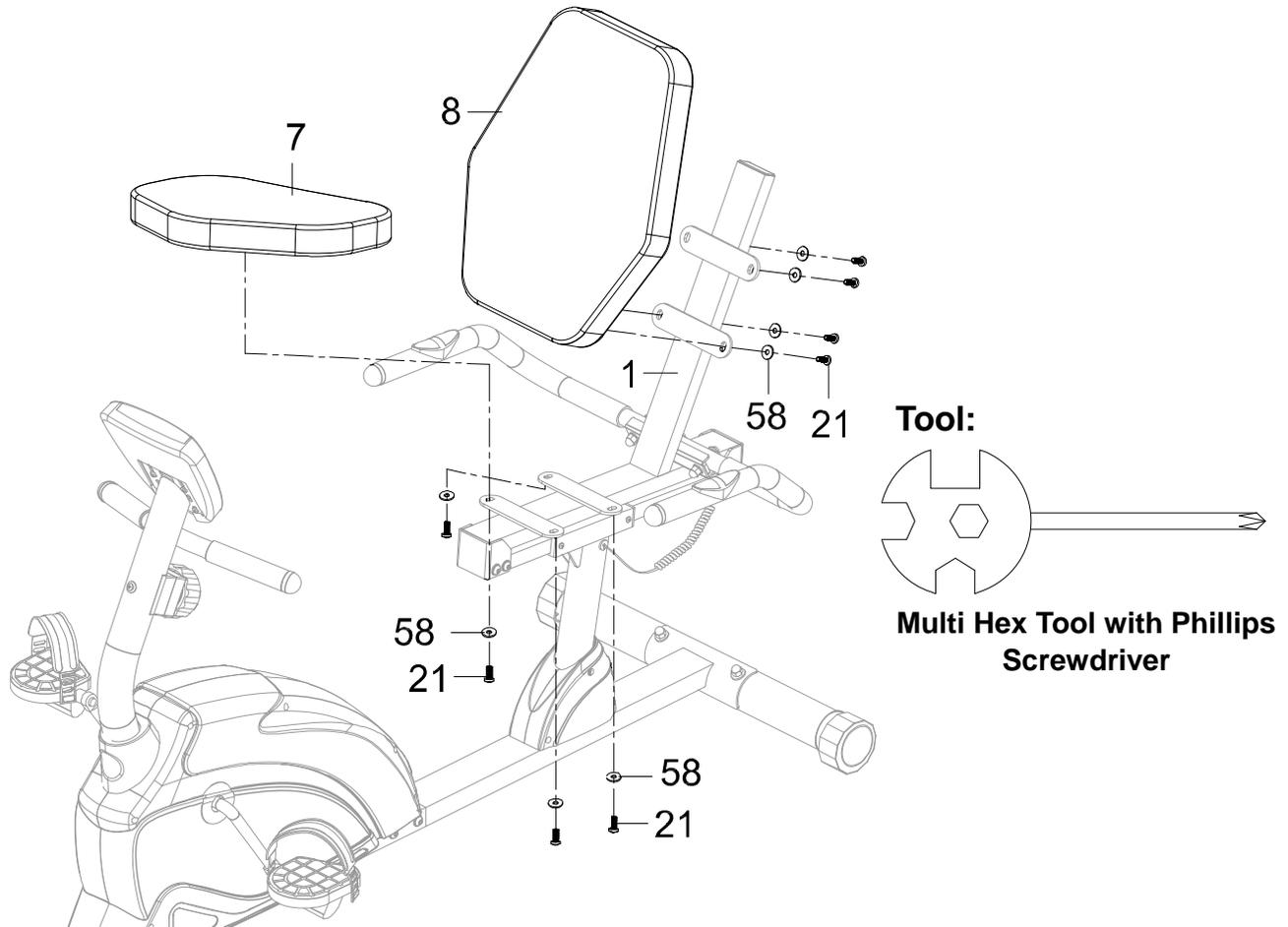


STEP 6

6a. Removing Hardware- Remove eight **Bolts (23)** and eight **Washers (24)** from the **Back/Seat Support Bracket (1)** and **Seat Sliding Tube (15)**. Remove bolts with the **6mm Allen Wrench** provided.

6b. Installing the Console -- Connect the **Extension Wires (63)** and **Extension Sensor Wire (64)** to the wires that come from the **Console (9)**. Tuck wires into the **Front Handlebar Post (6)**. Attach the **Console (9)** onto the top end of the **Front Handlebar Post (6)** with four **Bolts (39)** that were removed. Tighten bolts with the **Multi Hex Tool with Phillips Screwdriver** provided.

ASSEMBLY



7a. Removing Hardware - Remove eight Bolts (21) and eight Washers (58) from the back of the Seat and Back Cushions (7, 8). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

7b. Installing the Seat and Back Cushion - Attach the Seat and Back Cushions (7, 8) onto the Back and Seat Support Bracket (1) with eight Bolts (21) and eight Washers (58) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-999.9 MPH
DIST (DISTANCE) -----	0.0-999.9 MILE
CAL (CALORIES) -----	0.0-999.9 KCAL
ODO (ODOMETER) -----	0.0-999.9 MILE
♥ (PULSE) -----	40-240 BEATS/MIN



BUTTON FUNCTIONS:

MODE: Press MODE button to select each function of computer. Press and hold MODE button for 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

SET: Press SET button to set data values of TIME, DISTANCE, CALORIES, or Pulse for target presetting.

RESET: Press RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero. Press RESET button to clear data values of TIME, DISTANCE, CALORIES, or Pulse to zero for target presetting. Press and hold RESET button for 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

COMPUTER FUNTIONS:

AUTO ON/OFF: When you start to exercise or press any key on the computer, the computer will turn on. If you leave the equipment for 4 minutes, the power will turn off automatically.

SCAN: Press MODE button until the screen displays a flash SCAN; the computer will automatically scan the function of TIME, SPEED, DIST (DISTANCE), CAL (CALORIES), ODO (ODOMETER), and ♥ (PULSE) every 6 seconds.

TIME: Press MODE button until the screen displays TIME; the computer will display your elapsed workout time in minutes and seconds. When you start to exercise, time starts counting up from 0:00 to 99:59 minutes per 1 second increment. You may also preset target time before training. Press MODE button to select TIME function and then press SET button to preset target time. Press RESET button to clear the target values of TIME to zero. The preset target time range is from 0:00 to 99:00 minutes. Once you preset target time and then start to exercise, time starts counting down from preset target time to 0:00 per 1 second backward. When the preset target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPEED: Press MODE button until the screen displays SPEED; the computer will display the current training speed.

DIST (DISTANCE): Press MODE button until the screen displays DIST; the computer will display the accumulative distance traveled during workout. When you start to exercise, distance starts counting up from 0.0 to 999.9 miles per 0.1 mile increment. You may also preset target distance before training. Press MODE button to select DIST function and then press SET button to preset target distance. Press RESET button to clear the target values of DISTANCE to zero. The preset target distance range is from 0.0 to 999.0 miles. Once you preset target distance and then start to exercise, distance starts counting down from preset target distance to 0.0 per 0.1 mile backward. When the preset target distance counts down to 0.0, distance will start to count up immediately and the computer will begin beeping to remind you.

CAL (CALORIES): Press MODE button until the screen displays CAL; the computer will display the total accumulated calories burned during workout. When you start to exercise, calories start counting up from 0.0 to 999.9 calories. You may also preset target calories before training. Press MODE button to select CAL function and then press SET button to preset target calories. Press RESET button to clear the target values of CALORIES to zero. The preset target calories range is from 0.0 to 999.0 calories. Once you preset target calories and then start to exercise, calories start counting down from preset target calories to 0.0. When the preset target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO (ODOMETER): Press MODE button the screen displays ODO; the computer will display the total accumulative distance traveled. The data values of ODO can not be clear to zero by pressing and holding MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will clear to zero.

 **(PULSE):** Press MODE button until the screen displays a  symbol; the computer will display your current heart rate figures after you hold both two hands on handlebar grip sensors during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

You may also preset target heart rate before training. Press MODE button to select  PULSE function and then press SET button to preset target heart rate. Press RESET button to clear the target heart rate to zero. The preset heart rate range is from 40 to 240 beats/minute. Once you preset target heart rate and then start to exercise, please hold both two hands on handlebar grip sensors during exercise. If the heart rate detected greater than the target heart rate, the computer will begin beeping to remind you.

HOW TO INSTALL THE BATTERIES:

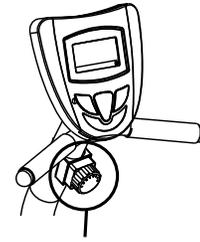
1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial legible, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the load, turn the tension control knob in a clockwise direction.

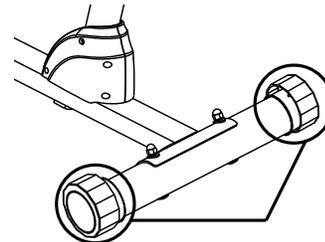
To decrease the load, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.

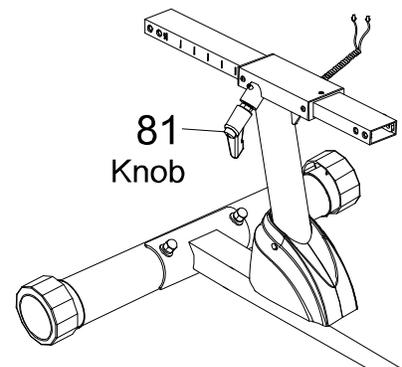


Rear Stabilizer End Cap

Adjusting the Seat Forward or Back

Turn the Knob (81) in a counter-clockwise direction until the seat can slide freely. Position the seat to a comfortable position and lock the seat in place by turning the knob (81) clockwise until tightly secured.

NOTE: When adjusting the seat back or forth direction, make sure the bushing does not exceed the mark line on the seat sliding tube.



Cleaning

The recumbent bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

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

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

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

TROUBLESHOOTING

PROBLEM	SOLUTION
The recumbent bike wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the recumbent bike.
There is no display on the computer console.	<ol style="list-style-type: none"> 1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front handlebar post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. 3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The recumbent bike makes a squeaking noise when in use.	The bolts may be loose on the recumbent bike, please inspect the bolts and tighten the loose bolts.

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**

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

Exclusions from Warranty Coverage:

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

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by 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, or accumulate dirt or stains; or
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