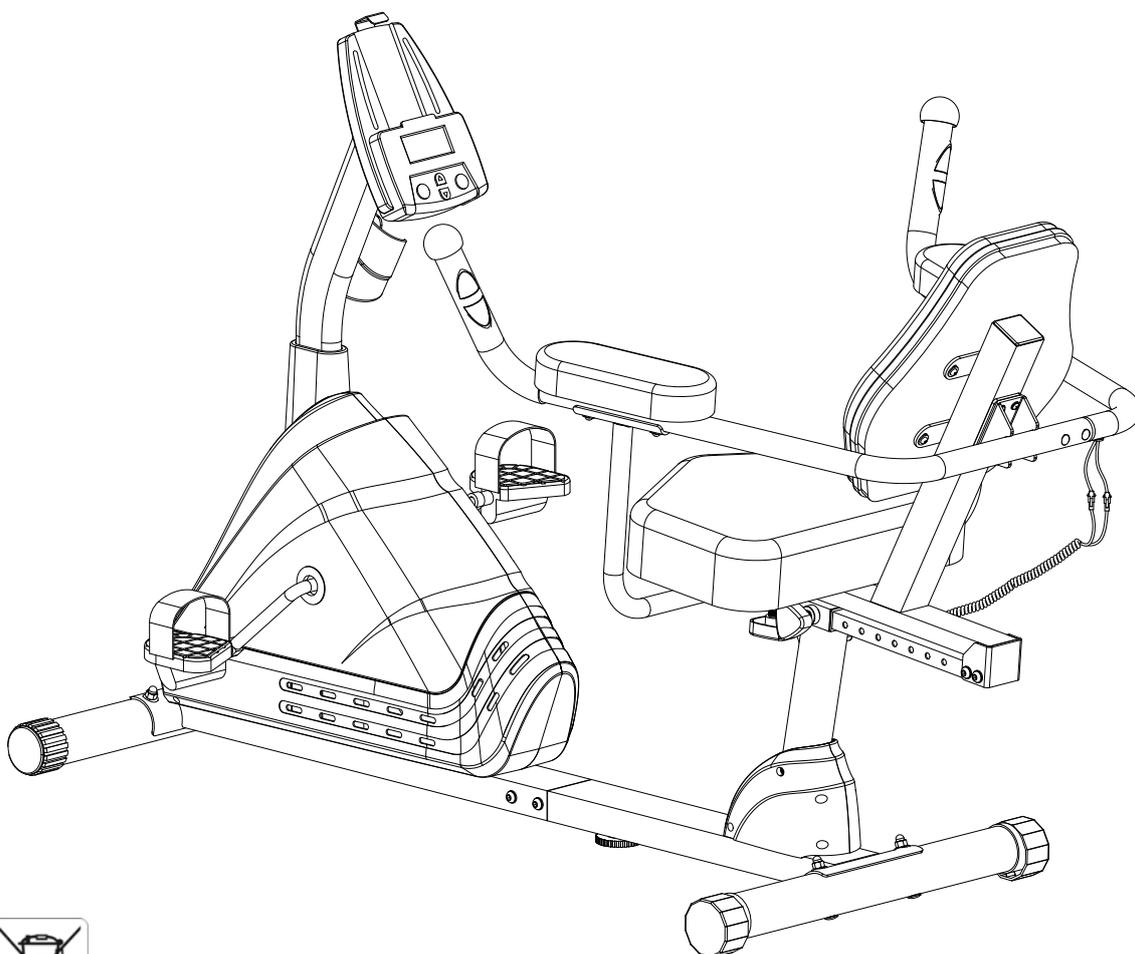


# Programmable Recumbent Bike



**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.

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## SERVICE

### **IMPORTANT: FOR NORTH AMERICA ONLY**

**To request product service and order replacement parts, please call our customer service department at:  
1-866-924-1688**

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,  
or email us at: [service@paradigmhw.com](mailto:service@paradigmhw.com)  
Please visit our website at [www.paradigmhw.com](http://www.paradigmhw.com).

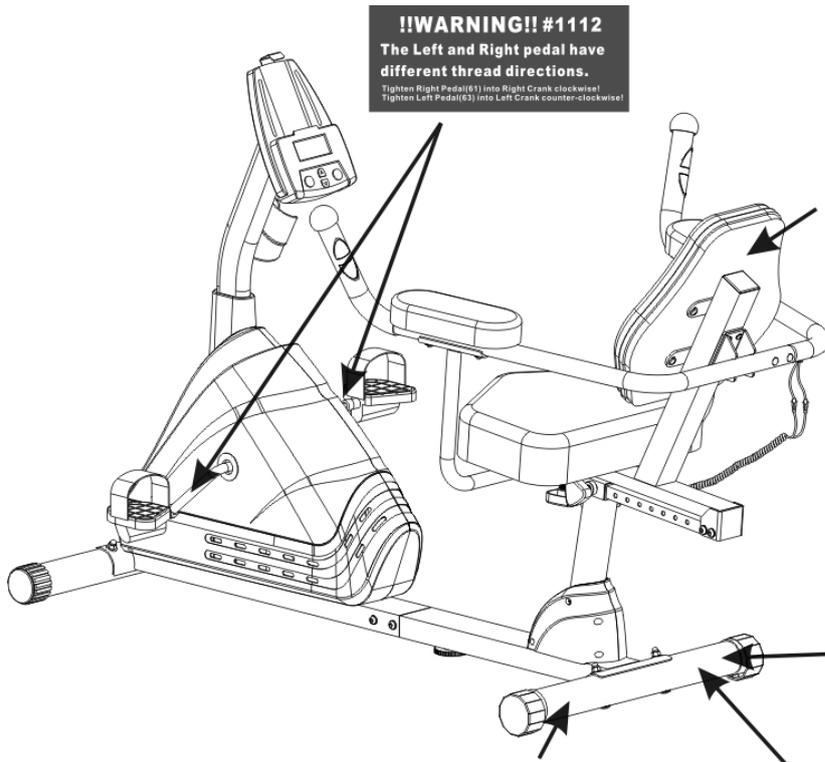
**Please have the following information ready when requesting for service:**

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

**\*Before returning this product to the store please contact customer service at the contact number.**

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

# LABEL PLACEMENT



**!!WARNING!! #1112**  
**The Left and Right pedal have different thread directions.**  
 Tighten Right Pedal(61) into Right Crank clockwise!  
 Tighten Left Pedal(62) into Left Crank counter-clockwise!

Under Penalty of law this tag not to be removed except by the consumer

**ALL NEW MATERIAL**  
**CONSISTING OF**  
**POLYURETHANE FOAM PAD...100%**

**REGISTRY NO.**  
**151321**

Certification is made by the manufacturer that the materials in this article are described in accordance with law.

Paradigm Fitness Equipment, Inc.  
 1189 Jellick Ave.  
 City of Industry, CA 91748 USA

## NOTICE

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.

**⚠ WARNING**  
**Maximum weight capacity is 300 lbs**  
**⚠ AVERTISSEMENT**  
**Le poids maximum pour ce produit est 136 kgs**

For Customer Assistance Call:  
**1-866-924-1688**  
 8:00 am- 5:00 pm (PST)  
 Monday to Friday

Pour le service a la clientele composer le:  
**1-866-924-1688**  
 Du lundi au vendredi  
 8:00 h-17 h (HNP)

8 113300 112000 1

Serial No: 1133001120001

1133001120001

MADE IN CHINA / FABRIQUE EN CHINE

## PRODUCT SAFETY

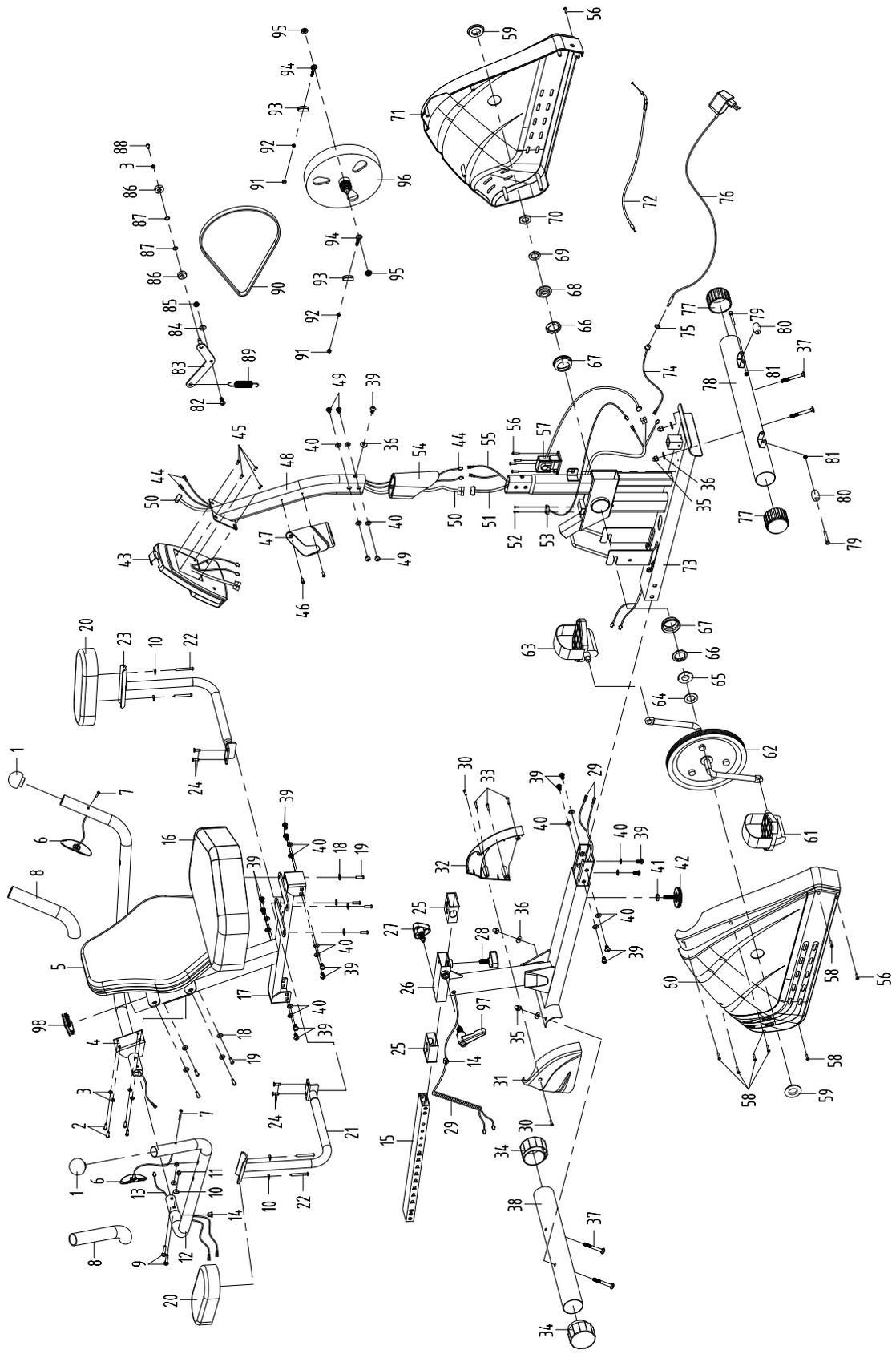
**Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.**

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up pages. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 300 lbs/136 kgs.

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

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

# OVERVIEW DRAWING



## PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Handrail End Cap Ø32x1.5	2	025	Bushing	2
002	Bolt M6x15	4	026	Rear Main Frame	1
003	Washer Ø6xØ12x1.0	5	027	Side Triangle Knob M12	1
004	Left Handrail Ø32x1.5x1085	1	028	Bottom Triangle Knob M12	1
005	Backrest 407x364x50	1	029	Extension Hand Pulse Sensor Wire I L=1300 mm	1
006	Hand Pulse Sensor with Wire L=1150 mm	2	030	Phillips Self Tapping Screw ST4.8x20	2
007	Screw ST4.2x30	2	031	Right Decorate Cover Ø60	1
008	Handrail Foam Grip Ø31xØ37x230	2	032	Left Decorate Cover Ø60	1
009	Bolt M6x35	2	033	Screw ST4.8x25	3
010	Big Curve Washer Ø6xØ16x1.5	6	034	Rear Stabilizer End Cap Ø60	2
011	Cap Nut M6	2	035	Cap Nut M8	4
012	Right Handrail Ø32x1.5x929	1	036	Big Curve Washer Ø8xØ20x2.0	5
013	Extension Hand Pulse Sensor Wire L=300 mm	1	037	Bolt M8x70	4
014	Wire Grommet Ø12.1	2	038	Rear Stabilizer Ø60x1.5x580	1
015	Seat Sliding Tube 53x23x2	1	039	Bolt M8x15	15
016	Seat 430x330x90	1	040	Washer Ø8xØ16x1.5	18
017	Back and Seat Support Bracket 53x23x2	1	041	Hexagon Nut M10xH5	1
018	Big Washer Ø6xØ18x1.5	8	042	Adjustable Leveler M10	1
019	Bolt M6x20	8	043	Computer TZ-4633	1
020	Armrest 250x110x45	2	044	Extension Hand Pulse Sensor Wire III L=650 mm	2
021	Right Handrail Support Tube Ø25x1.5	1	045	Bolt M5x10	4
022	Bolt M6x50	4	046	Bolt M5x15	2
023	Left Handrail Support Tube Ø25x1.5	1	047	Bottle Holder	1
024	Bolt M6x15	4	048	Front Post 70x30x1.5	1

## PARTS LIST

No.	Description	Qty	No.	Description	Qty
049	Bolt M8x10	4	074	Power Supply Cable L=300 mm	1
050	Extension Sensor Wire I L=650 mm	1	075	Hexagon Nut 1/2"	1
051	Extension Sensor Wire L=600 mm	1	076	Adapter L=2000 mm	1
052	Screw ST2.9x12	2	077	Front Stabilizer End Cap Ø60	2
053	Sensor with Wire L=300 mm	1	078	Front Stabilizer Ø60x1.5x580	1
054	Front Post Cover	1	079	Bolt M6x45	2
055	Extension Hand Pulse Sensor Wire II L=1200 mm	1	080	Transport Wheel Ø23xØ6x32	2
056	Phillips Self Tapping Screw ST4.2x20	6	081	Nylon Nut M6	2
057	DC Motor with Wire L=300 mm	1	082	Bolt M8x20	1
058	Screw ST4.2x25	6	083	Idler Arm	1
059	Cover Cap Ø40xØ25x10	2	084	Big Washer Ø8xØ20x2	1
060	Right Cover 672x79x448	1	085	Nylon Nut M8	1
061	Right Foot Pedal (YH-30X)	1	086	Bearing 6000-2Z	2
062	Crank with Belt Pulley Ø240	1	087	Washer Ø10xØ14x1.0	2
063	Left Foot Pedal (YH-30X)	1	088	Bolt M6x10	1
064	Washer Ø24xØ40x3.0	1	089	Spring Ø17x80xØ2.5	1
065	Bearing Nut I 15/16"	1	090	Belt PJ360 J6	1
066	Ball Bearing	2	091	Nut M6	2
067	Bearing Cup	2	092	Spring Washer Ø6	2
068	Bearing Nut II 7/8"	1	093	Tension Bracket	2
069	Washer Ø23xØ34.5x2.5	1	094	Adjustable Bolt M6x36	2
070	Hexagon Nut 7/8"	1	095	Nut M10x1.0x6	2
071	Left Cover 672x83x448	1	096	Flywheel Ø230	1
072	Magnetic Brake Cable L=280 mm	1	097	L Shape Knob M6x1.5	1
073	Front Main Frame 80x40x2	1	098	Square End Cap 50x50x1.5	1

## HARDWARE LIST & TOOLS



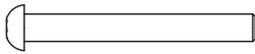
(#9) Bolt  
2 PCS



(#10) Big Curve Washer  
6 PCS



(#11) Cap Nut  
2 PCS



(#22) Bolt  
4 PCS



(#35) Cap Nut  
4 PCS



(#36) Big Curve Washer  
4 PCS



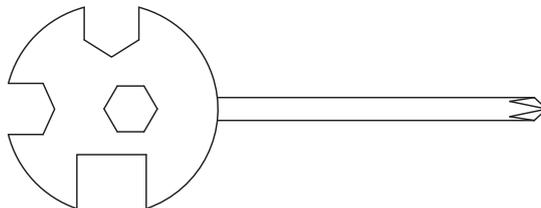
(#37) Bolt  
4 PCS



Allen Wrench 5mm  
1 PC

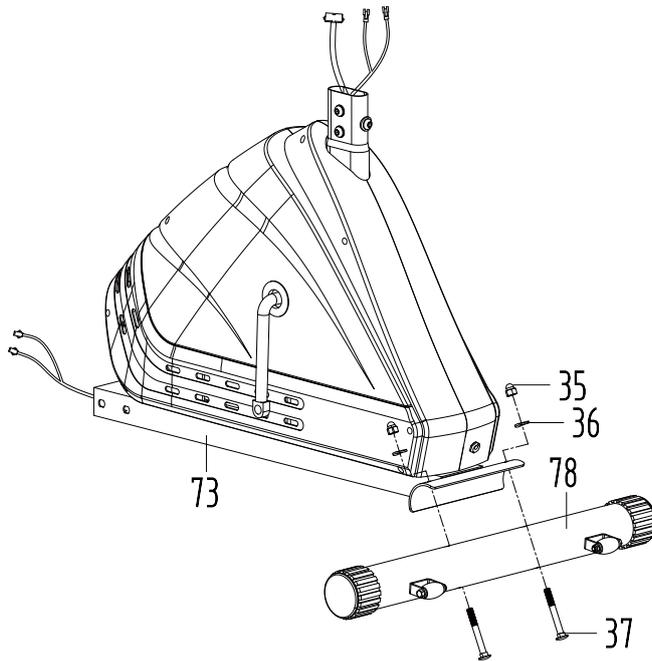


Allen Wrench 6mm  
1 PC

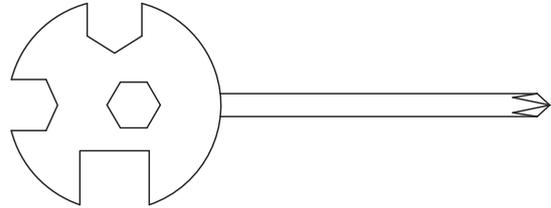


Multi Hex Tool with Phillips Screwdriver  
S10, S13, S14, S15  
1 PC

# ASSEMBLY



## Tool:



*Multi Hex Tool with Phillips Screwdriver  
S10, S13, S14, S15*

## 1. Front Stabilizer Installation

Lift up the Front Main Frame (73) towards the front, and then align the Front Stabilizer (78) onto the front curve of the Front Main Frame (73). Attach two Bolts (37) and on the other ends of bolts with two Big Curve Washers (36) and two Cap Nuts (35). Hold the Front Stabilizer (78) to the Front Main Frame (73) and use the Multi Hex Tool with Phillips Screwdriver to tighten the Cap Nuts (35) until firm and secure.

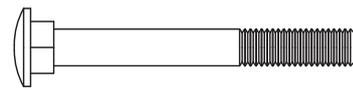
## Hardware:



(#35) Cap Nut  
2 PCS

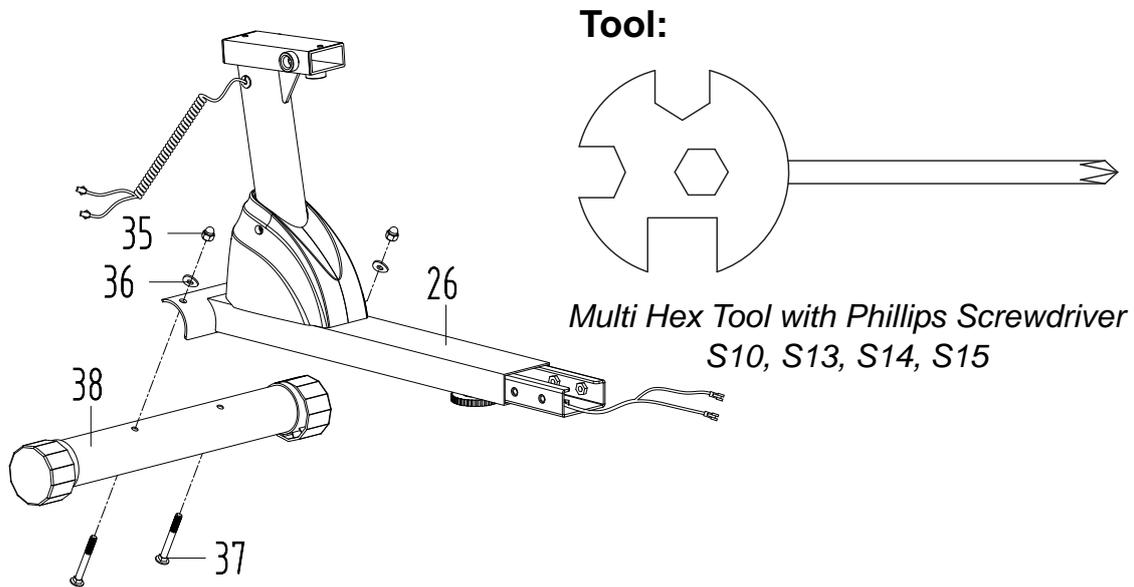


(#36) Big Curve Washer  
2 PCS



(#37) Bolt  
2 PCS

# ASSEMBLY



## 2. Rear Stabilizer Installation

Lift up the Rear Main Frame (26) towards the end, and then align the Rear Stabilizer (38) onto the rear curve of the Rear Main Frame (26). Attach two Bolts (37) and on the other ends of bolts with two Big Curve Washers (36) and two Cap Nuts (35). Hold the Rear Stabilizer (38) to the Rear Main Frame (26) and use the Multi Hex Tool with Phillips Screwdriver to tighten the Cap Nuts (35) until firm and secure.

### Hardware:



(#35) Cap Nut  
2 PCS



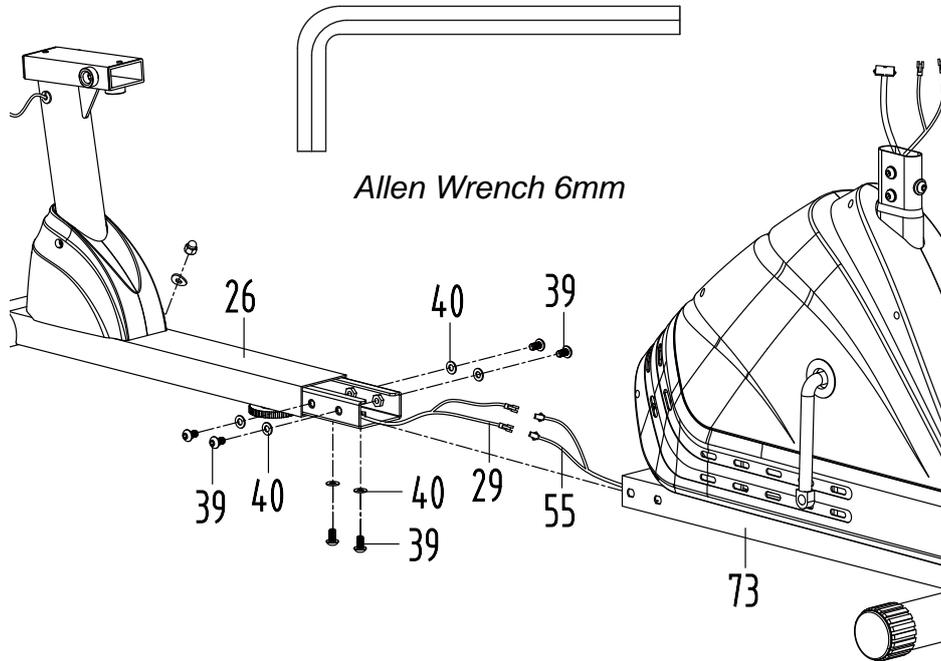
(#36) Big Curve Washer  
2 PCS



(#37) Bolt  
2 PCS

# ASSEMBLY

## Tool:

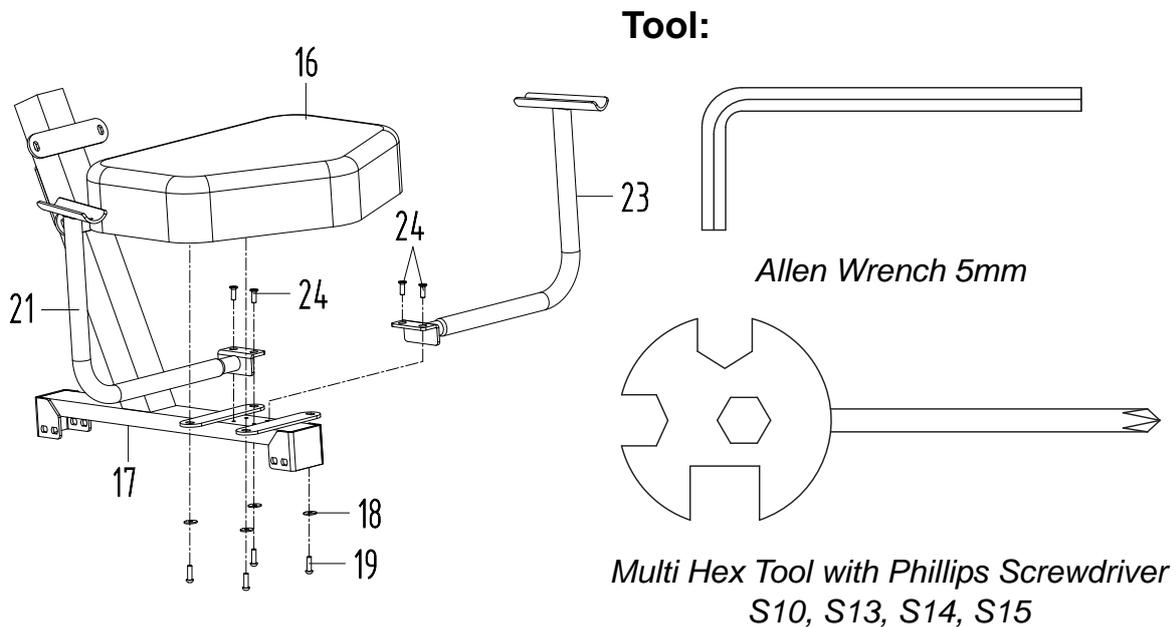


### 3. Rear Main Frame Installation

Use 6mm Allen Wrench to remove six Bolts (39) and six Washers (40) from the Rear Main Frame (26).

Connect the Extension Hand Pulse Sensor Wire I (29) from the Rear Main Frame (26) with the Extension Hand Pulse Sensor Wire II (55) from the Front Main Frame (73). Insert the Rear Main Frame (26) into Front Main Frame (73). Make sure the wires stay connected. Tighten the six Bolts (39) and six Washers (40) by 6mm Allen Wrench.

## ASSEMBLY



#### 4. Seat and Right/Left Handrail Support Tubes Installation

Use the Multi Hex Tool with Phillips Screwdriver to remove four Bolts (24) from the Back and Seat Support Bracket (17).

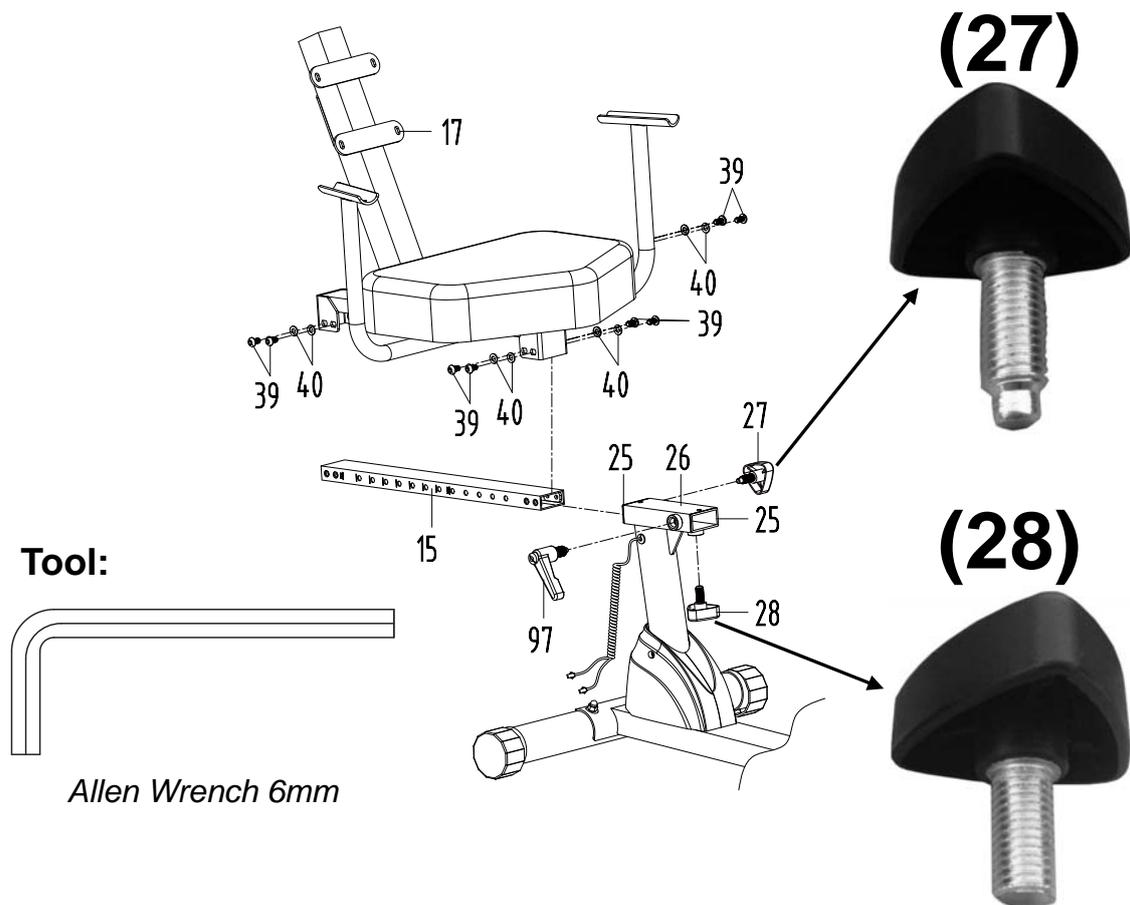
Align and hold the Right Handrail Support Tube (21) onto the Back and Seat Support Bracket (17), use the Multi Hex Tool with Phillips Screwdriver to tighten the Bolts (24) until firm and secure.

Repeat the same assembly steps to the Left Handrail Support Tube (23).

Use 5mm Allen Wrench to remove four Big Washers (18) and four Bolts (19) from the Seat (16).

Align and hold the Seat (16) onto the Back and Seat Support Bracket (17), use 5mm Allen Wrench to tighten four Big Washers (18) and four Bolts (19) until firm and secure.

## ASSEMBLY



### 5. Back/Seat Support Bracket and Seat Sliding Tube Installation

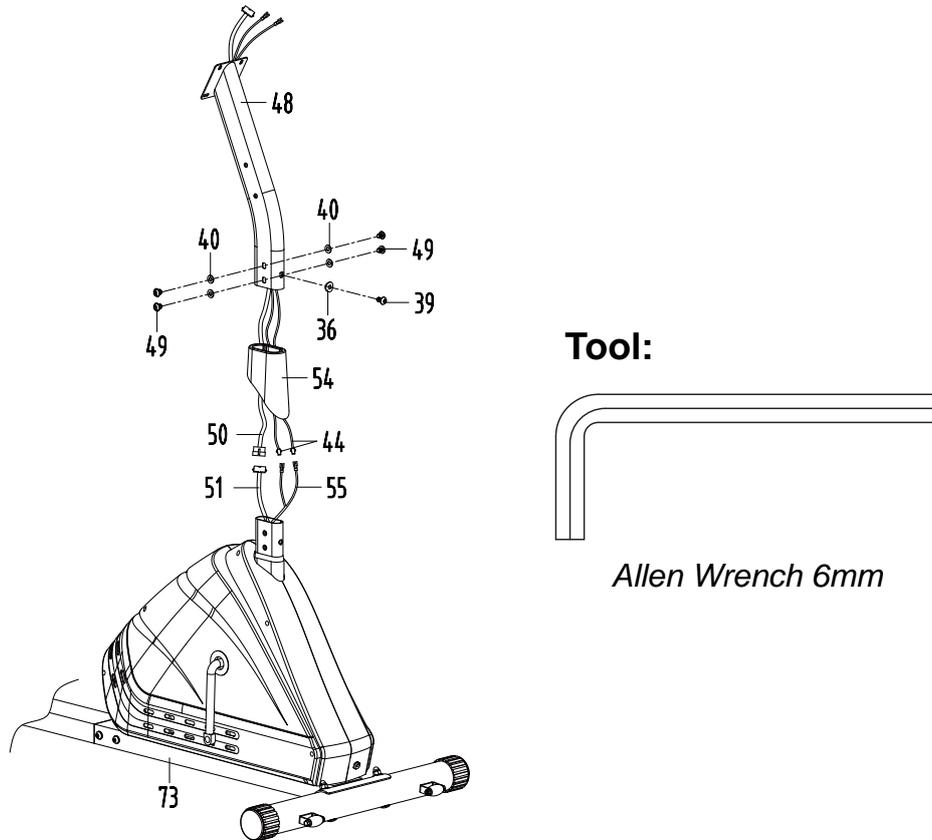
Use 6mm Allen Wrench to remove eight Bolts (39) and eight Washers (40) from the Seat Sliding Tube (15).

Insert the Seat Sliding Tube (15) into the Bushings (25) of the Rear Main Frame (26).

Attach the Back and Seat Support Bracket (17) onto the Seat Sliding Tube (15) with eight Bolts (39) and eight Washers (40) that were removed. Tighten bolts with 6mm Allen Wrench provided.

Adjust the seat position and insert the Side Triangle Knob (27), Bottom Triangle Knob (28), and L Shape Knob (97). Turn all knobs in the clockwise direction to tighten.

## ASSEMBLY



### 6. Front Post and Front Post Cover and Foot Pedals Installation

Use 6mm Allen Wrench to remove four Washers (40), four Bolts (49), one bolt (39), and one Big Curve Washer (36) from the tube of the Front Main Frame (73).

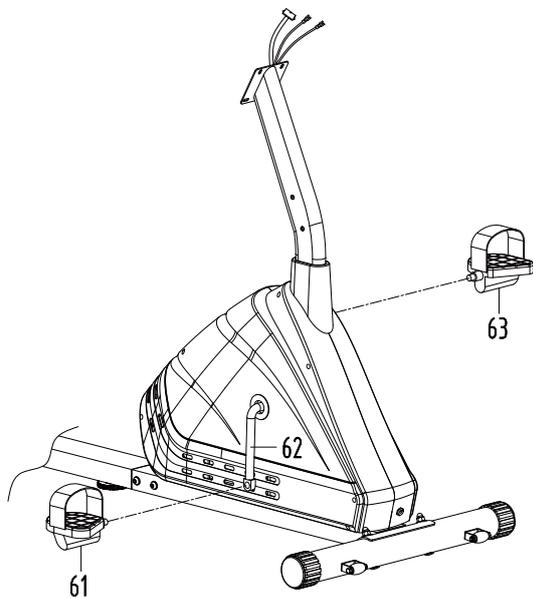
Slide the Front Post Cover (54) up to the Front Post (48).

Connect the Extension Sensor Wire (51) and Extension Hand Pulse Sensor Wire II (55) from the Front Main Frame (73) to the Extension Sensor Wire I (50) and Extension Hand Pulse Sensor Wire III (44) from the Front Post (48).

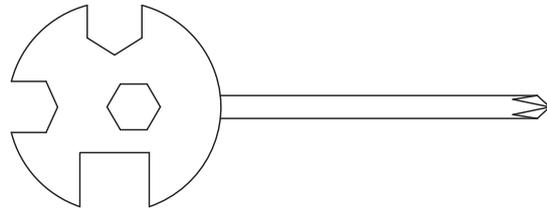
Insert the Front Post (48) onto the tube of the Front Main Frame (73) and secure with four Washers (40), four Bolts (49), one bolt (39), and one Big Curve Washer (36) that were removed. First lightly tighten four Bolts (49) on the side of the Front Post (48) and one Bolt (39) on the front of the Front Post (48) by hand. After all five bolts are lightly tightened by hand, the next step is to tighten the front Bolt (39) with 6mm Allen Wrench until firm. Then tighten the other four Bolts (49) on the side of the Front Post (48) with 6mm Allen Wrench until firm.

Slide the Front Post Cover (54) down to the Front Main Frame (73).

## ASSEMBLY



### Tool:



*Multi Hex Tool with Phillips Screwdriver  
S10, S13, S14, S15*

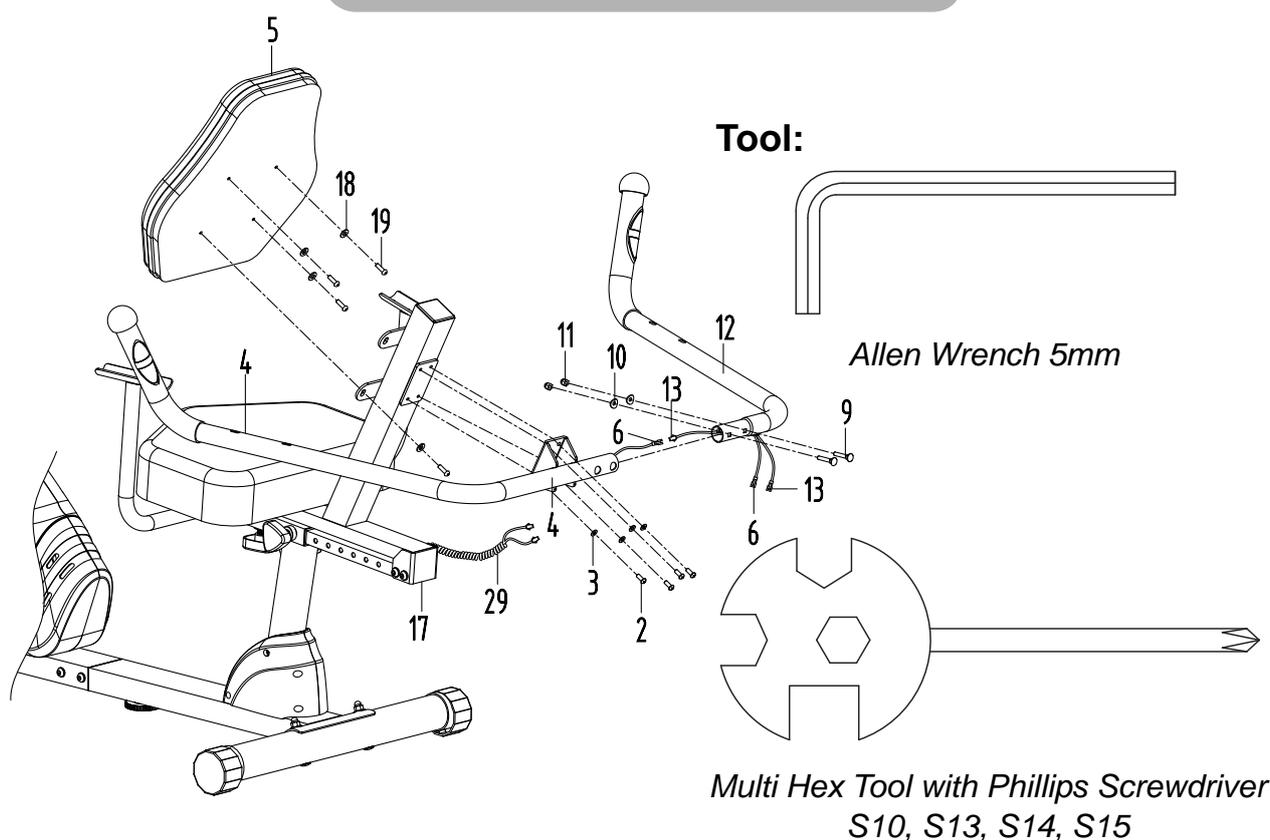
### 7. Left and Right Foot Pedals Installation

**The Cranks, Pedal Shafts, and Foot Pedals are marked “R” for Right and “L” for Left.** Insert the pedal shaft of Left Foot Pedal (63) into threaded hole in the left Crank (62). 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.**

Tighten the pedal shaft of Left Foot Pedal (63) with the Multi Hex Tool with Phillips Screwdriver provided. Insert pedal shaft of Right Foot Pedal (61) into threaded hole in right Crank (62). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (61) with the Multi Hex Tool with Phillips Screwdriver provided.

## ASSEMBLY



### 8. Left/Right Handrails and Backrest Installation

Use 5mm Allen Wrench to remove four Big Washers (18) and four Bolts (19) from the Backrest (5).

Align and hold the Backrest (5) onto the Back and Seat Support Bracket (17), use 5mm Allen Wrench to tighten four Big Washers (18) and four Bolts (19) until firm and secure.

Use the Multi Hex Tool with Phillips Screwdriver to remove four Bolts (2) and four Washers (3) from the Back and Seat Support Bracket (17).

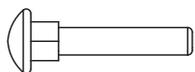
Align and hold the Left Handrail (4) onto the Back and Seat Support Bracket (17), use the Multi Hex Tool with Phillips Screwdriver to tighten four Bolts (2) and four Washers (3) until firm and secure.

Connect the Hand Pulse Sensor Wire (6) from the Left Handrail (4) to the Extension Hand Pulse Sensor Wire (13) from the Right Handrail (12).

Insert the Right Handrail (12) into the tube hole of the Left Handrail (4) and secure with two Bolts (9), two Big Curve Washer (10), and two Cap Nuts (11). Tighten cap nuts with Multi Hex Tool with Phillips Screwdriver provided.

Connect the Extension Hand Pulse Sensor Wire I (29) to the Hand Pulse Sensor Wire (6) and Extension Hand Pulse Sensor Wire (13).

### Hardware:



(#9) Bolt  
2 PCS

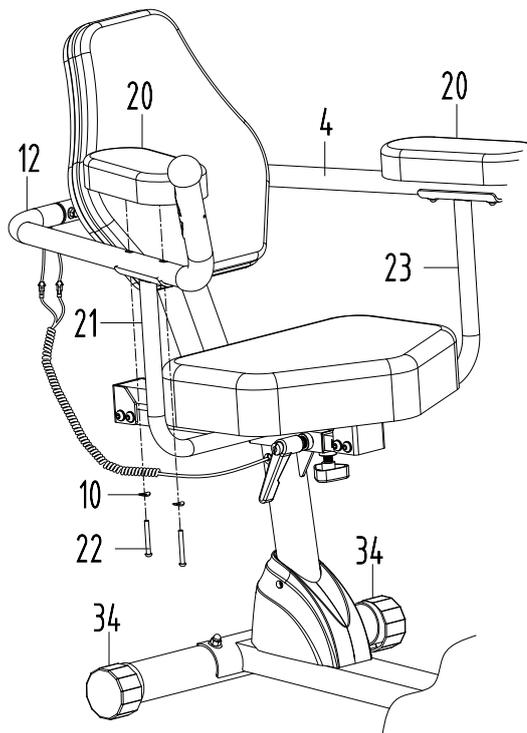


(#10) Big Curve Washer  
2 PCS



(#11) Cap Nut  
2 PCS

# ASSEMBLY



## Tool:



*Allen Wrench 5mm*

## 9. Armrests Installation

Align and hold the Armrest (20) onto the Right Handrail (12), use 5mm Allen Wrench to tighten two Bolts (22) and two Big Curve Washers (10) until firm and secure. Repeat the same assembly steps to the other Armrest (20) onto the Left Handrail (4).

## Hardware:

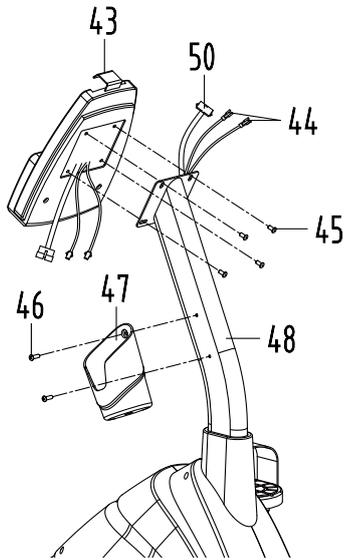


(#10) Big Curve Washer  
4 PCS

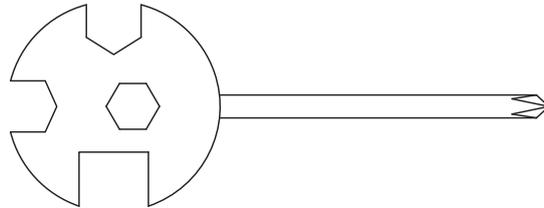


(#22) Bolt  
4 PCS

## ASSEMBLY



### Tool:



*Multi Hex Tool with Phillips Screwdriver  
S10, S13, S14, S15*

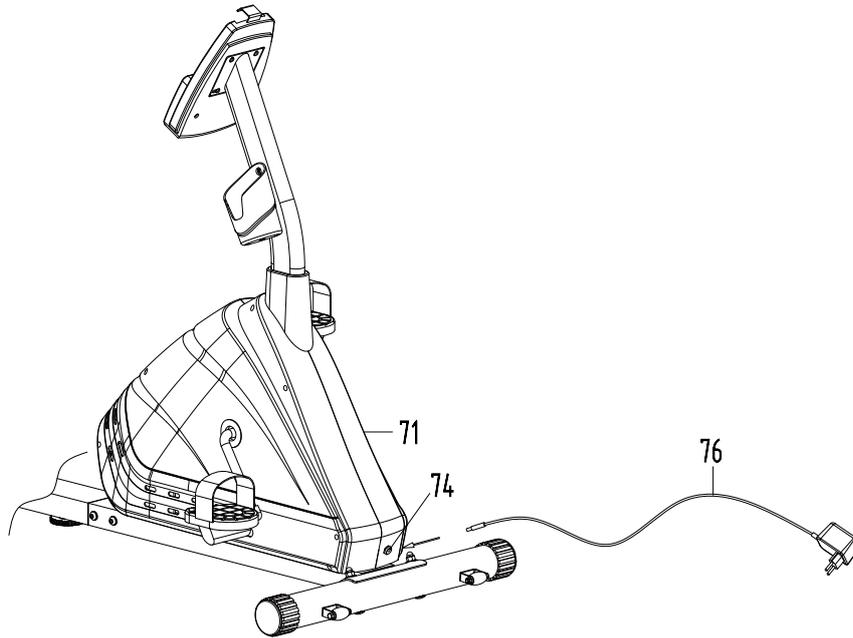
### 10. Computer and Bottle Holder Installation

Use the Multi Hex Tool with Phillips Screwdriver to remove four Bolts (45) from the Computer (43).

Connect the Extension Hand Pulse Sensor Wires III (44) and Extension Sensor Wire I (50) to the wires that come from the Computer (43). Tuck wires into the Front Post (48). Attach the Computer (43) onto the top end of the Front Post (48) with four Bolts (45) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided. Use the Multi Hex Tool with Phillips Screwdriver to remove two Bolts (46) from the Front Post (48).

Attach the Bottle Holder (47) onto the Front Post (48) with two Bolts (46) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

## ASSEMBLY



### 11. Adapter Installation

Plug one end of the Adapter (76) into the power jack of the Power Supply Cable (74) on the Left Cover (71). Before plugging in, make sure to check carefully the specifications on the Adapter. Plug the other end of the Adapter (76) into the electrical wall outlet.

## COMPUTER



### **Button Functions:**

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

Press and hold the START/STOP button for 3 seconds, all data values will reset to zero.

**UP:** Press the UP button to select one of the training program modes (Manual, Pre-set Programs, or User Program).

Press the UP button to increase the setting value of TIME, DISTANCE, CALORIES, and PULSE for target pre-setting in different training program modes.

Press the UP button to set desired resistance level in User Program.

During the workout, press the UP button to increase the resistance level in different training program modes.

**DOWN:** Press the DOWN button to select one of the training program modes (Manual, Pre-set Programs, or User Program).

Press the DOWN button to decrease the setting value of TIME, DISTANCE, CALORIES, and PULSE for target pre-setting in different training program modes.

Press the DOWN button to set desired resistance level in User Program.

During the workout, press the DOWN button to decrease the resistance level in different training program modes.

**SET:** Press the SET button to enter into one of the training program modes (Manual, Pre-set Programs, or User Program).

Press the SET button to confirm the setting value of TIME, DISTANCE, CALORIES, and PULSE for target pre-setting in different training program modes.

Press the SET button to confirm the resistance level of each interval for User Program profile.

### **Workout Selection:**

After power-up, using UP or DOWN button to select one of the training modes (Manual, Pre-set Programs, or User Program).

There are 3 basic training program modes:

**1 Manual, 5 Pre-programs, and 1 User Program.**

## COMPUTER

### **Display Functions:**

**SCAN:** The computer will automatically scan each function in sequence with change every 6 seconds.

**SPEED:** Displays the current training speed. The split window of SPEED and RPM will display SPEED and RPM alternately every 6 seconds.

**RPM:** Displays the current training RPM (Rotation per Minute). The split window of SPEED and RPM will display SPEED and RPM alternately every 6 seconds.

**TIME:** Displays your elapsed workout time in minutes and seconds in different training program modes. (Time counts up).

Pre-set a period of time to exercise in different training program modes. (Time counts down).

**LEVEL:** Indicates the resistance level selected from LEVEL 1 to LEVEL 8. During the workout, press the UP or DOWN button, the split window of TIME/LEVEL will display the current resistance level.

**DISTANCE:** Displays the accumulative distance traveled during workout in different training program modes. (Distance counts up).

Pre-set a certain distance to exercise in different training program modes. (Distance counts down).

**CALORIES:** Displays the total accumulated calories burned during workout in different training program modes. (Calories count up).

Pre-set a certain calories want to burn to exercise in different training program modes. (Calories count down).

**PULSE:** Displays your current heart rate figures after you grip the handlebar sensors with both your hands during exercise.

Pre-set the target heart rate in different training program modes. Keeps user to exercise under a safe heart-beating condition.

# COMPUTER

## Operating Ranges

Function	Range (Count up)	Count down	Default Value	Increment (Decrement)
TIME (MIN: SEC)	0:00 ~ 99:59	99:00 ~ 5:00	0:00	1:00
DISTANCE (MPH)	0.00 ~ 99.9	99.50 ~ 0.5	0.00	0.5
CALORIES (KCAL)	0 ~ 9999	9990 ~ 10	0	10.0
PULSE (BEATS/MIN)	40 ~ 240	240 ~ 40	0	1

## Program Operation:

### Manual Program:

Press the UP or DOWN button to select Manual Program, the “MANUAL” icon will flash, then press the SET button to enter into the Manual Program and TIME begins to flash for pre-setting target time. Press the UP or DOWN button to adjust the values. **Please note that only one target TIME or target DISTANCE can be adjusted. If user pre-set the target time to workout, then the next target Distance can not be adjusted.** Press the SET button to confirm the setting value of TIME or DISTANCE for target pre-setting and Calories begins to flash for pre-setting target calories. Press the UP or DOWN button to adjust the values. Press the SET button to confirm the setting value of CALORIES for target pre-setting and PULSE begins to flash for pre-setting target heart rate. Press the UP or DOWN button to adjust the target heart rate. Press the SET button to confirm the setting value of target heart rate. Press the START/STOP button to start exercise. If you pre-set target values of TIME, DISTANCE, or CALORIES, the values will count down. When one of the values of TIME, DISTANCE, or CALORIES counts down to 0, the computer will begin beeping to remind you and will stop operating. Press the START/STOP button to continue workout for the other target values.

If you pre-set target heart rate, please hold both two hands on handlebar grip sensors during exercise. User may exercise in any desire level by pressing the UP or DOWN button during exercise. If the heart rate detected greater than the TARGET HEART RATE, the value of HEART RATE will keep flashing.

**Please note that it is a warning for user to slow down or to lower the level of loading.**

### Pre-programs:

There are 5 Pre-set Programs for use: INTERVALS, CLIMBING, HILL, PLATEAU, and VALLEY.

Press the UP or DOWN button to select one of five Pre-set Program, the “Pre-set Program” icon will flash, then press the SET button to enter into the Pre-set Program and TIME begins to flash for pre-setting target time. Press the UP or DOWN button to adjust the values. **Please note that only one target TIME or target DISTANCE can be adjusted. If user pre-set the target time to workout, then the next target Distance can not be adjusted.** Press the SET button to confirm the setting value of

## COMPUTER

TIME or DISTANCE for target pre-setting and Calories begins to flash for pre-setting target calories. Press the UP or DOWN button to adjust the values. Press the SET button to confirm the setting value of CALORIES for target pre-setting and PULSE begins to flash for pre-setting target heart rate. Press the UP or DOWN button to adjust the target heart rate. Press the SET button to confirm the setting value of target heart rate. Press the START/STOP button to start exercise. User may exercise with different resistance level in different intervals as the pre-set program profile shows. User may also exercise in any desire resistance level by pressing the UP or DOWN button during exercise.

If you pre-set target values of TIME, DISTANCE, or CALORIES, the values will count down. When one of the values of TIME, DISTANCE, or CALORIES counts down to 0, the computer will begin beeping to remind you and will stop operating. Press the START/STOP button to continue workout for the other target values.

If you pre-set target heart rate, please hold both two hands on handlebar grip sensors during exercise. User may exercise in any desire level by pressing the UP or DOWN button during exercise. If the heart rate detected greater than the TARGET HEART RATE, the value of HEART RATE will keep flashing.

**Please note that it is a warning for user to slow down or to lower the level of loading.**

### User Program:

**There is one User Program available for setting your own program. Users are free to set the values in the order of TIME, DISTANCE, CALORIES, PULSE, and the resistance level in 10 intervals profile. The values and profiles will be stored in the memory after setup.**

Press the UP or DOWN button to select User Program, the “” icon will flash, then press the SET button to enter into the User Program and TIME begins to flash for pre-setting target time. Press the UP or DOWN button to adjust the values. **Please note that only one target TIME or target DISTANCE can be adjusted. If user pre-set the target time to workout, then the next target Distance can not be adjusted.** Press the SET button to confirm the setting value of TIME or DISTANCE for target pre-setting and Calories begins to flash for pre-setting target calories. Press the UP or DOWN button to adjust the values. Press the SET button to confirm the setting value of CALORIES for target pre-setting and PULSE begins to flash for pre-setting target heart rate. Press the UP or DOWN button to adjust the target heart rate. Press the SET button to confirm the setting value of target heart rate. The first interval of user program profile will flash for setting. Press the UP or DOWN button to set the desired resistance level for the first interval. Press the SET button to confirm the resistance level for the first interval and the second interval of user program profile will flash for setting. Repeat above steps to set the resistance level for all 10 intervals. After setting all 10 intervals of user program profile, user may press the START/STOP button to start exercise. User will

## COMPUTER

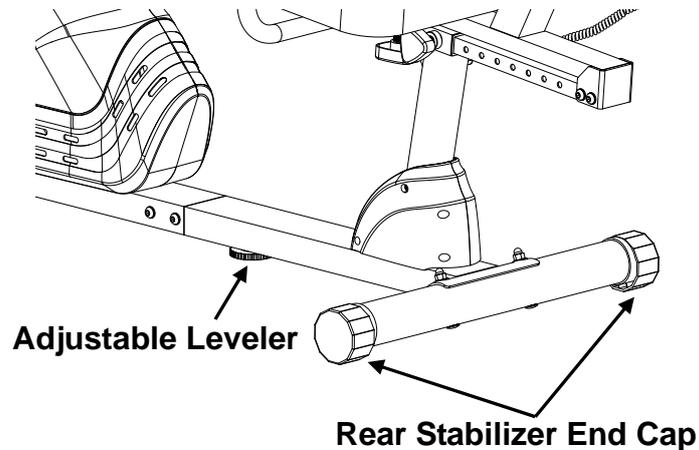
exercise with different resistance level in different intervals as the user program profile shows. User may also exercise in any desire resistance level by pressing the UP or DOWN button during exercise.

If you pre-set target values of TIME, DISTANCE, or CALORIES, the values will count down. When one of the values of TIME, DISTANCE, or CALORIES counts down to 0, the computer will begin beeping to remind you and will stop operating. Press the START/STOP button to continue workout for the other target values.

If you pre-set target heart rate, please hold both two hands on handlebar grip sensors during exercise. User may exercise in any desire level by pressing the UP or DOWN button during exercise. If the heart rate detected greater than the TARGET HEART RATE, the value of HEART RATE will keep flashing.

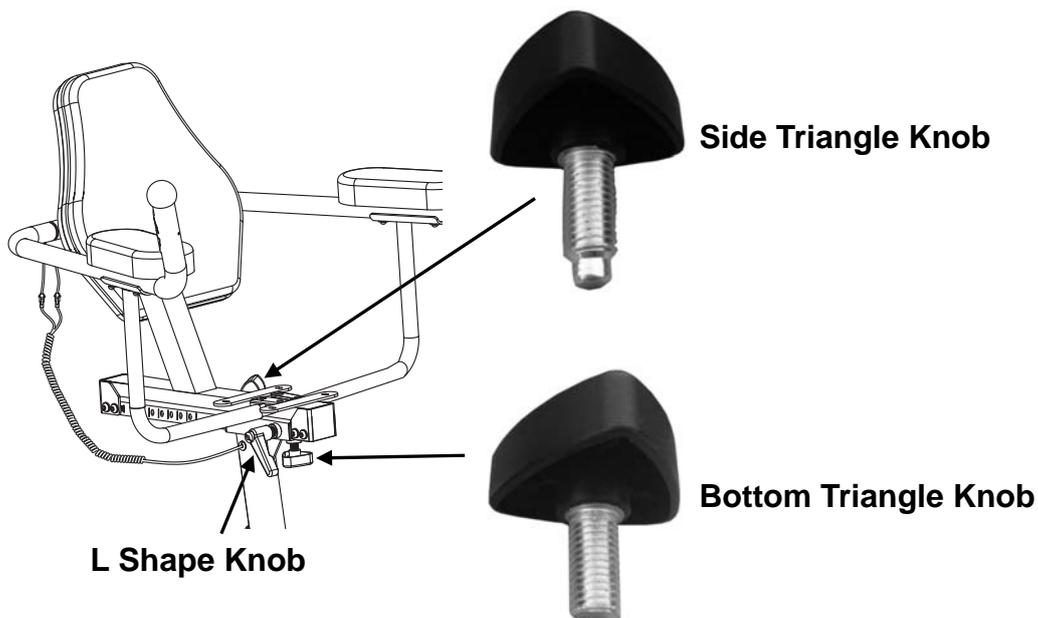
**Please note that it is a warning for user to slow down or to lower the level of loading.**

## ADJUSTMENTS



### Adjusting the Rear Stabilizer End Cap or Adjustable Leveler

Turn the rear stabilizer end cap on the rear stabilizer or adjustable leveler on the bottom of the rear main frame as needed to level the recumbent bike.



### Adjusting the Seat Forward or Back

Loosen both side and bottom triangle knobs from the rear main frame. Turn the L shape knob in a counterclockwise direction until it can be pulled out. Pull out the L shape knob and then slide the back and seat support bracket back or forth direction to the suitable position. Lock the back and seat support bracket in place by releasing the L shape knob and sliding the back and seat support bracket back or forth slightly until the L shape knob "pops" down into the hole of the seat sliding tube. Finally tighten the L shape knob and side/bottom triangle knobs in a clockwise direction.

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

### TROUBLE SHOOTING

**PROBLEM:** The recumbent bike wobbles when in use.

**SOLUTION:** Turn the rear stabilizer end cap on the rear stabilizer or adjustable leveler on the bottom of the rear main frame as needed to level the recumbent bike.

**PROBLEM:** There is no display on the computer console.

**SOLUTION:** 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 post.

**PROBLEM:** There is no heart rate reading or heart rate reading is erratic / inconsistent.

**SOLUTION:** Make sure that the wire connections for the hand pulse sensors are secure.

**SOLUTION:** To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of just with one hand only.

**SOLUTION:** Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

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

**SOLUTION:** The bolts may be loose on the recumbent bike. Please inspect all of the bolts and tighten any loose bolts.

### MAINTENANCE

#### Cleaning

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

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

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

#### Storage

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

## WARM UP

### Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



### Inner Thigh Stretch

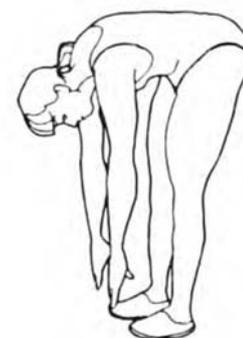
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

Gently push your knees towards the floor. Hold for 10 counts.



### Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



### Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



## WARRANTY

Paradigm Health & Wellness, Inc. 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 according to Paradigm Health & Wellness, Inc.'s Owner's Manual. Paradigm Health & Wellness, Inc.'s obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the product is warranted to be free from manufacture defects for 5 (five) years. All parts and workmanship, including upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

### **Ordering Replacement Parts**

Replacement parts can be ordered by calling or emailing our customer service department

**service@paradigmhw.com**

**1-866-924-1688**

Monday through 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**

# FAX FORM

## Paradigm Health & Wellness, Inc.

### PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO  
**service@paradigmhw.com**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: (Day) \_\_\_\_\_

(Night) \_\_\_\_\_

(Email Address) \_\_\_\_\_

SERIAL#: \_\_\_\_\_

MODEL#: \_\_\_\_\_

PURCHASE DATE: \_\_\_\_\_

PURCHASE FROM: \_\_\_\_\_

PART #	DESCRIPTION	QTY

***“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”***

#### OFFICIAL USE ONLY

SHIP DATE: \_\_\_\_\_

TRK #: \_\_\_\_\_

BACK ORDER: \_\_\_\_\_