

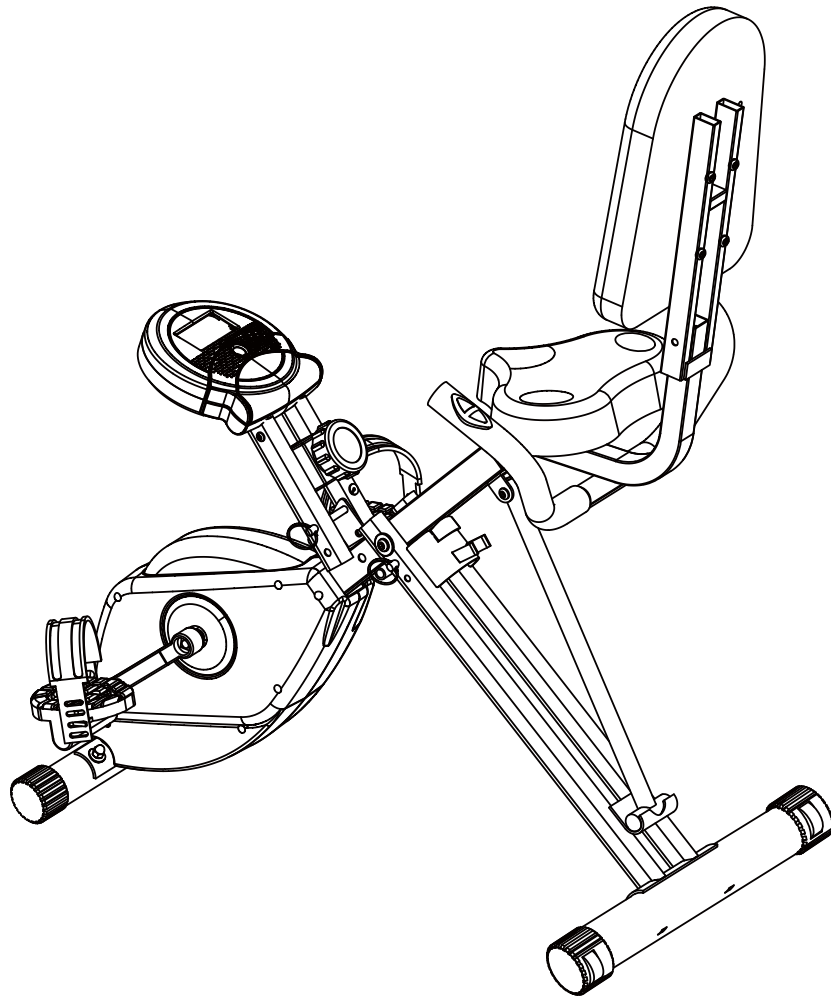
EXERPEUTIC

THERAPEUTIC FITNESS

Foldable Semi-Recumbent

Bike

Item# 1110



Owner's Manual

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.

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

Please visit our website at 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

TABLE OF CONTENTS

WARRANTY -----	3
WARNING LABEL PLACEMENT -----	4
IMPORTANT SAFETY INSTRUCTIONS -----	5
PARTS LIST -----	6
TOOLS -----	7
OVERVIEW DRAWING -----	8
ASSEMBLY INSTRUCTIONS -----	9
ADJUSTMENTS -----	14
STORAGE -----	14
OPERATING THE COMPUTER -----	15
MAINTENANCE -----	16
TROUBLESHOOTING -----	16
WARM UP -----	17

ONE YEAR LIMITED 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's Owner's Manual. Paradigm'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 defects for 1 (one) year. 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. This warranty is offered only to the original owner and is not transferable.

Ordering Replacement Parts

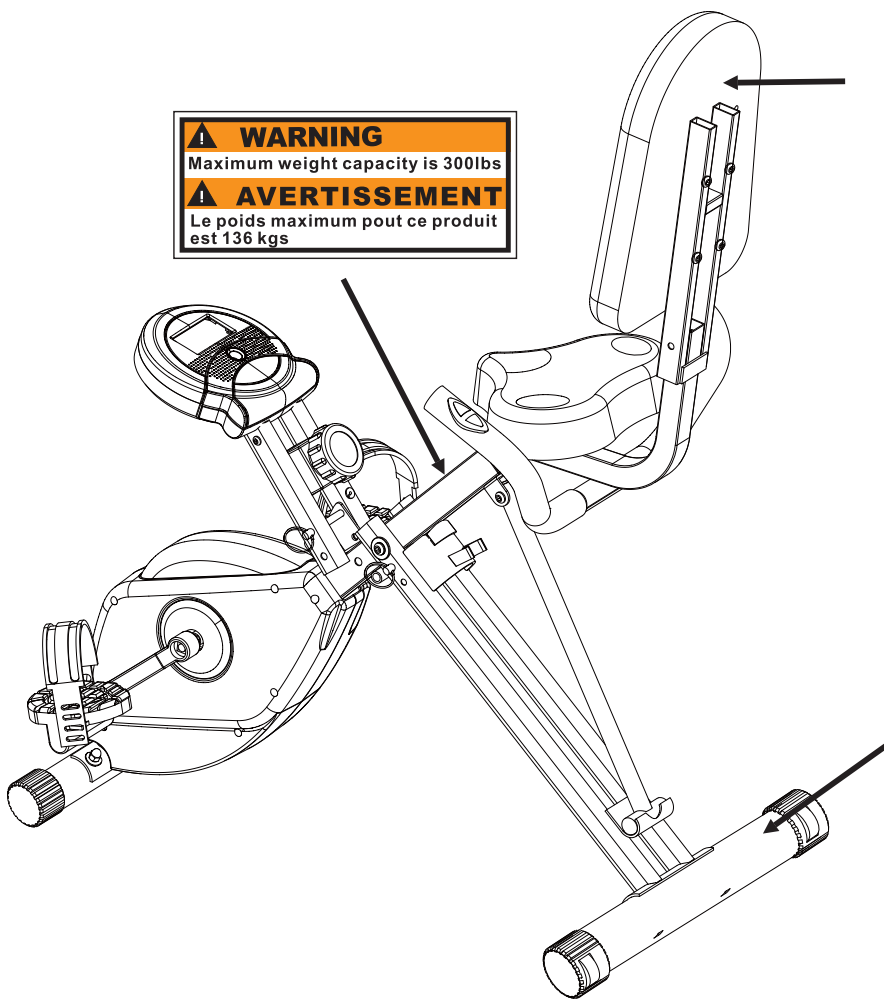
Replacement parts can be ordered by calling or emailing our customer service department
service@paradigmhw.com
1-866-924-1688

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**

WARNING LABEL PLACEMENT



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

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.

8 112451101110 2

Serial No.: 124511000001

11245111000001

MADE IN CHINA / BRIQUE EN CHINE

IMPORTANT SAFETY INSTRUCTIONS

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. The minimum free space required for safe operation is not less than two meters.
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 persons 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.

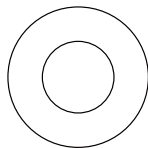
PARTS LIST

PARTS LIST

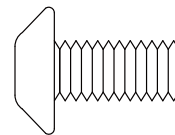
Part #	Description	Qty	Part #	Description	Qty
001	Rear Frame	1	035	Magnet Bracket	1
002	Front Frame	1	036	Magnet	1 set
003	Rear Stabilizer	1	037	Sensor with Wire	1
004	Computer Bracket	1	038	Flywheel	1
005	Seat Post	1	039	Belt Wheel with Crank Axle	1
006	Seat Cushion	1	040	Bearing Bracket A	2
007	Left Pedal	1	041	Bearing Bracket B	2
008	Right Pedal	1	042	Bearing 6003RS	4
009	Computer	1	043	C-ring Ø17	6
010	Oval Wire Plug 27x23xØ8x13H	1	044	Belt Wheel	1
011	Front Stabilizer End Cap	2	045	Bearing 6000Z	2
012	Seat Post Plastic Bushing	1	046	Axle	1
013	Tension Control Knob	1	047	Eyebolt	2
014	Seat Height Adjustment Knob M16	1	048	Tension Bracket	2
015	Connection Wire A	1	049	Washer Ø6.2	4
016	Front Frame Support Tube	1	050	Nylon Nut M6	2
017	Computer Post	1	051	Nut M10	3
018	Left Shroud	1	052	Washer Ø10.2xØ25	2
019	Right Shroud	1	053	Wave Washer Ø17	1
020	Top Shroud	1	054	Idle Wheel Axle	1
021	Round Plastic Bushing	6	055	Nylon Nut M10	1
022	Safety Pin A	1	056	Bearing 6902Z	2
023	Left Crank	1	057	Axle Ø15.8x94.5L	1
024	Right Crank	1	058	Hexagon Socket Bolt M8x15	5
025	France Nut	2	059	Rubber Cushion	1
026	Crank Cover	2	060	Washer Ø8.2xØ25x2.0t	2
027	Phillips Round Head Drilling Screw M4x20	7	061	Screw M6x10	6
028	Phillips Round Head Tapping Screw M4x20	4	062	Safety Pin B	1
029	Hexagon Nut Cap M8	5	063	Screw M4x10	1
030	Curve Washer Ø8.2xØ22.2	6	064	Wave Washer Ø15	1
031	Hexagon Socket Bolt M8x45L	4	065	C-ring Ø15	1
032	Flat Washer Ø8.2xØ25x1.5t	8	066	Nut M6	1
033	Flat Washer Ø8.2	3	067	Hexagon Socket Bolt M8x100L	1
034	Nylon Nut M8	4	068	Screw M5x20	1

Part #	Description	Qty	Part #	Description	Qty
069	Washer Ø18xØ5.3	1	085	Front Stabilizer	1
070	Spring Ø8x20	1	086	C-ring Ø10	2
071	Belt A	1	087	Hexagon Socket Bolt M8x77L	1
072	Belt B	1	088	Hand Pulse Sensor	2
073	Hexagon Socket Bolt M6x12	4	089	Phillips Round Head Screw M4x20L	2
074	Spring Washer Ø6.2	4	090	Wire Plug Ø15xØ3x11H	4
075	Screw M5x15	2	091	Hand Pulse Wire	1
076	Screw M6x20	1	092	Connection Wire B 350MM	1
077	Back Cushion	1	093	Connection Wire C 330MM	2
078	Back Cushion Frame	1	094	Connection Wire D 270MM	1
079	Back Cushion Tube End Cap 15x30	2	095	Handlebar Foam Grip	2
080	Spring Washer Ø8.2	4	096	Front Frame Support Tube End Cap Ø22.2	2
081	Carriage Bolt M8x50L	2	097	Plastic Bushing 20x40	4
082	Handlebar	1	098	Front Frame Support Tube Holder	1
083	Hexagon Socket Bolt M8x40L	3	099	Handlebar End Cap Ø25.4	2
084	Wheel Cap	2			

HARDWARE PACKING LIST

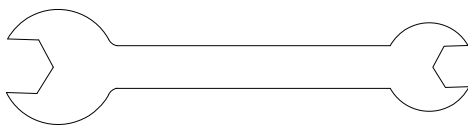


(33) Flat Washer Ø8.2
3 PCS



(58) Hexagon Socket Bolt M8x15
3 PCS

TOOLS

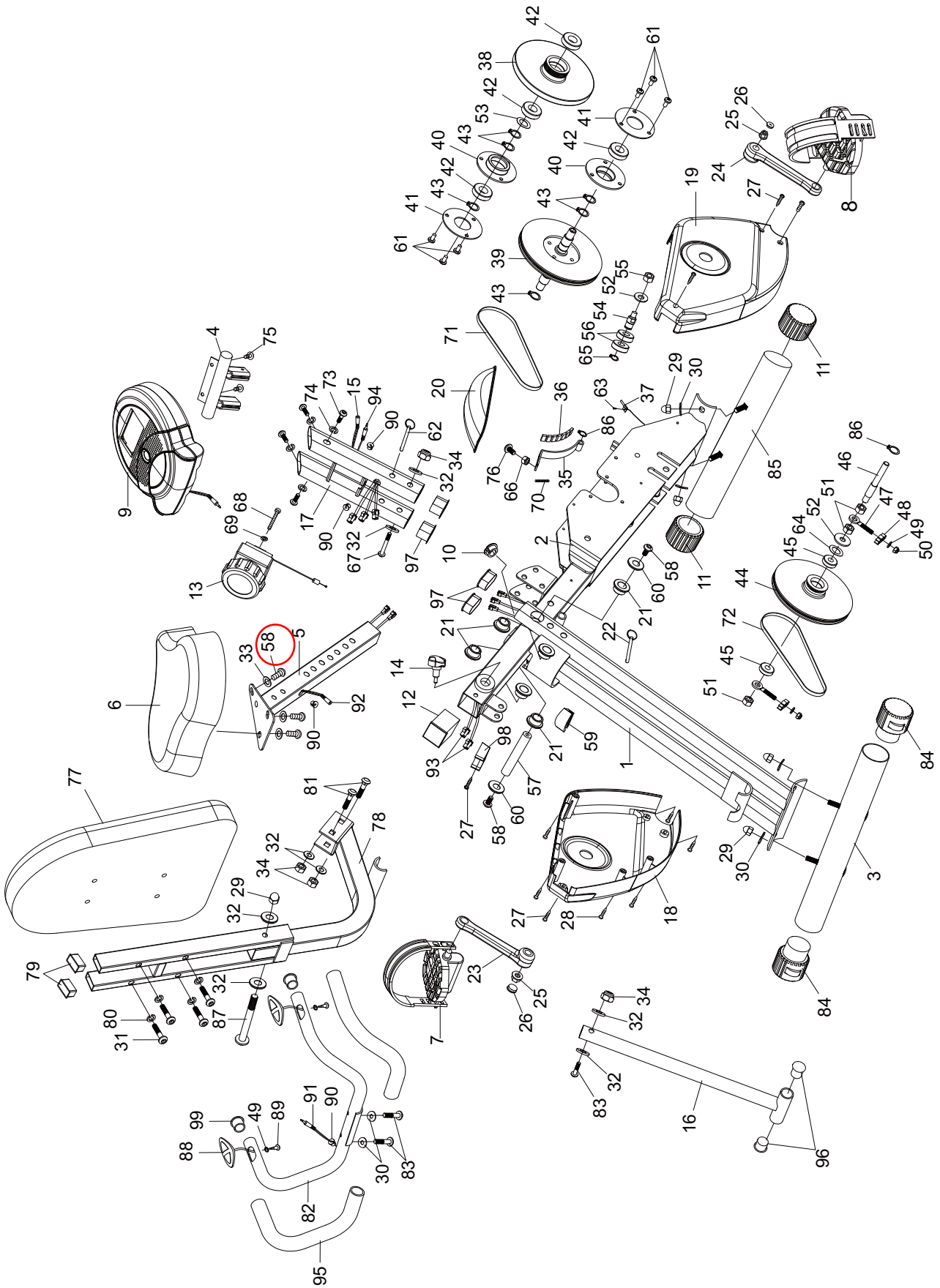


Wrench 13-15
1 PC

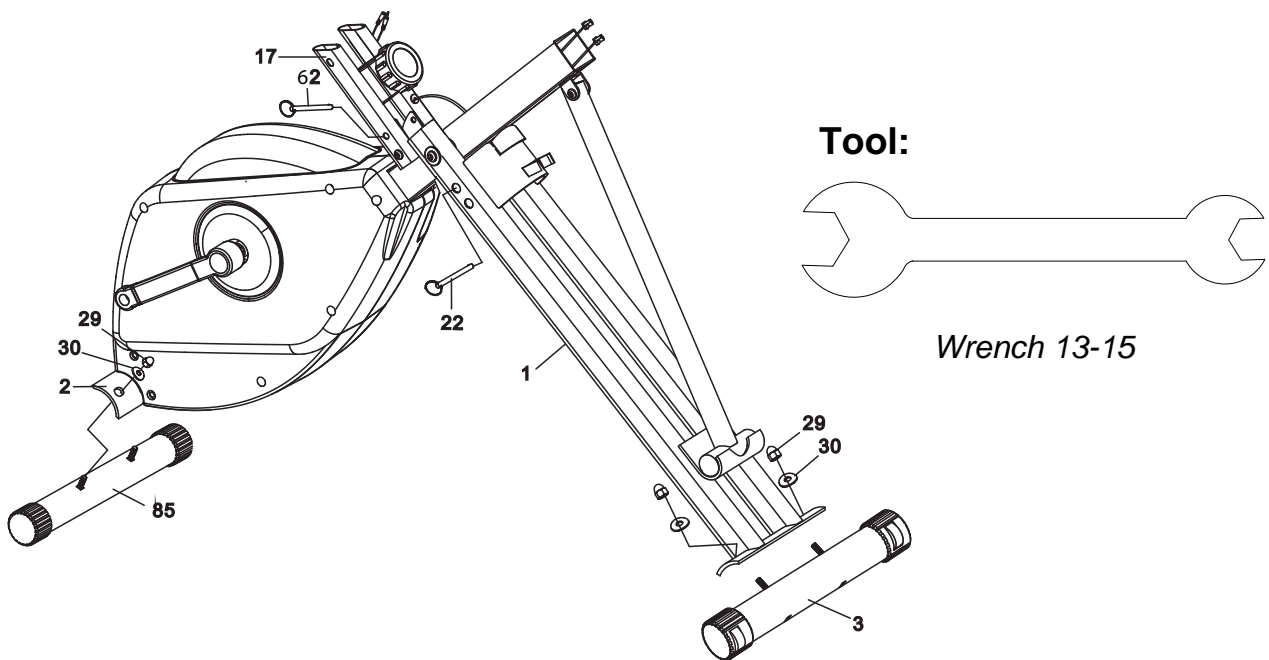


Allen Wrench with Phillips Screwdriver
1 PC

OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Step 1

Stand up the base of the machine by separating the Rear and Front Frames (1, 2).

Remove the Safety Pin A (22) from the Front Frame (2) and the Safety Pin B (62) from the Computer Post (17). Pull the Rear and Front Frames (1, 2) apart from each other. Align pin holes for inserting the Safety Pin A (22) then insert the removed Safety Pin A (22) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place.

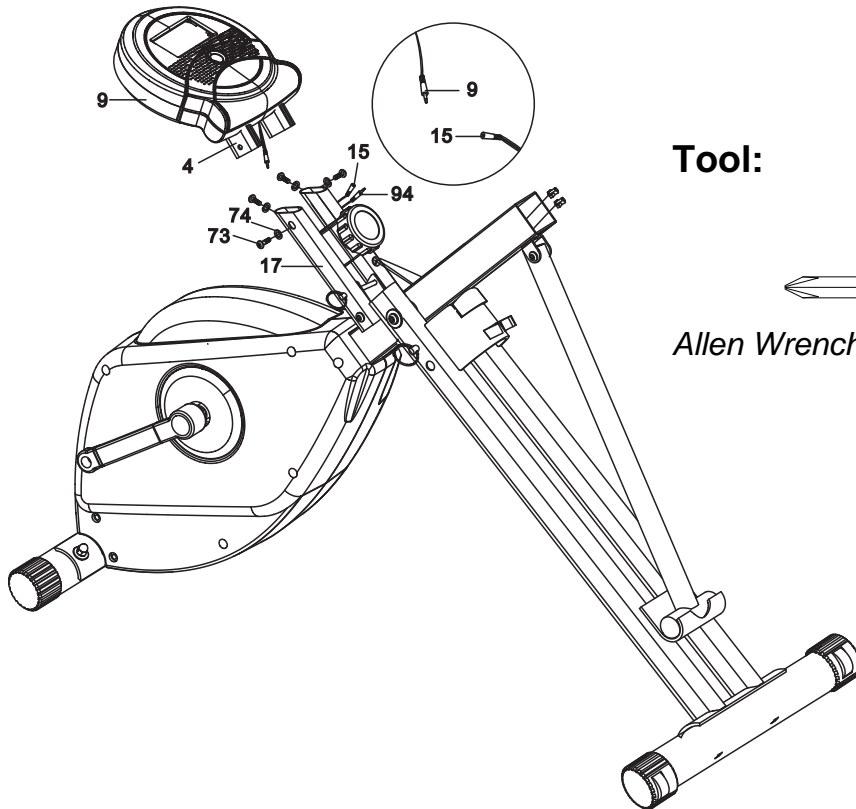
Align pin holes for inserting the Safety Pin B (62) then insert the removed Safety Pin B (62) into the holes on the Computer Post (17) and Front Frame (2) to lock the Computer Post (17) in place.

Remove two M8 Hexagon Nuts Cap (29) and two Ø8.2xØ22.2 Curve Washers (30) from the Front Stabilizer (85).

Remove two M8 Hexagon Nuts Cap (29) and two Ø8.2xØ22.2 Curve Washers (30) from the Rear Stabilizer (3).

Attach the Front & Rear Stabilizer (85, 3) to the Front & Rear Frames (2, 1) each with two M8 Hexagon Nuts Cap (29) and Ø8.2xØ22.2 Curve Washers (30) that were removed.

Tighten nuts with the Wrench provided.



Tool:



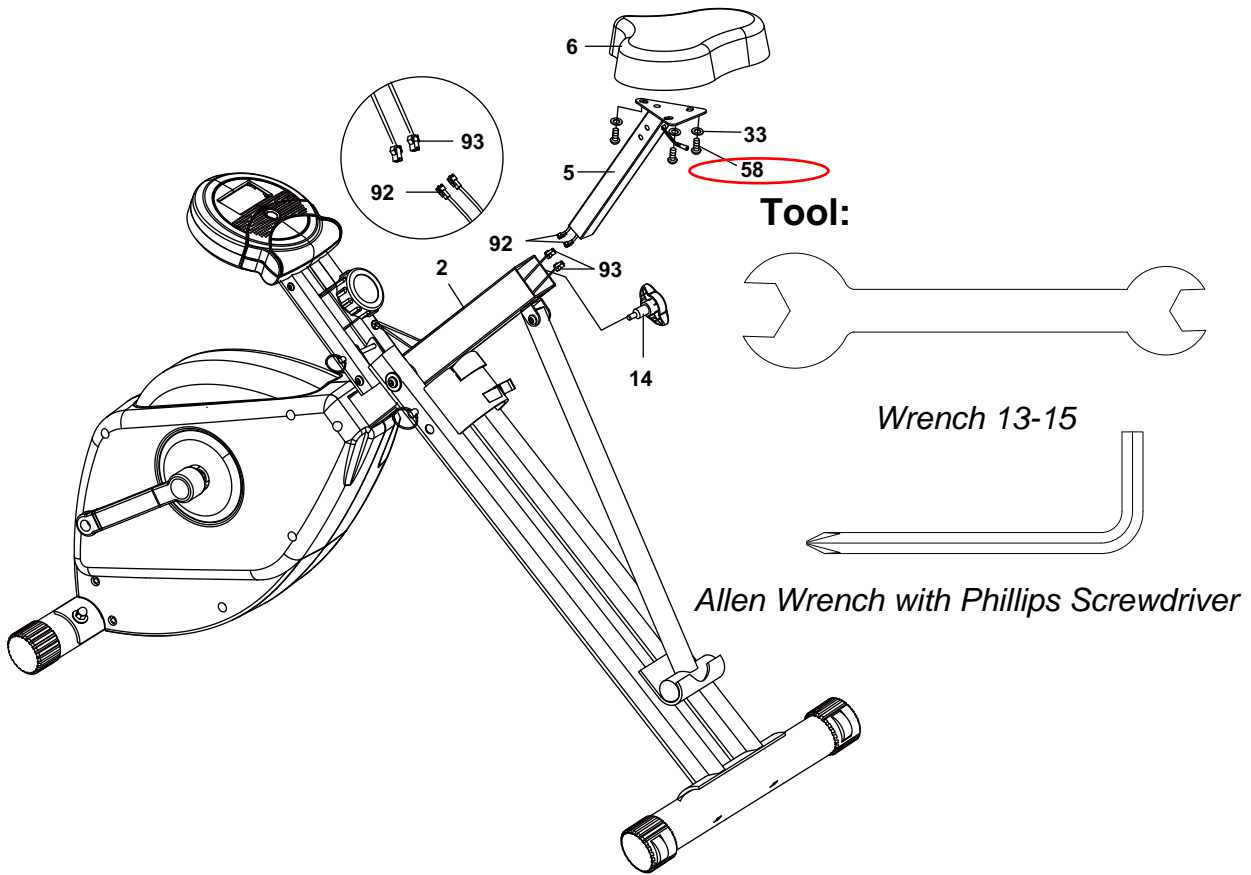
Allen Wrench with Phillips Screwdriver

Step 2

Remove four M6x12 Hexagon Socket Bolts (73) and four Ø6.2 Spring Washers (74) from the Computer Bracket (4).

Connect the Connection Wire A (15) from the Computer Post (17) to the wire that comes from the Computer (9). Plug Connection Wire D (94) from Computer Post (17) into receptacle on the back of the Computer (9).

Slide the Computer Bracket (4) into the Computer Post (17). Re-install four M6x12 Hexagon Socket Bolts (73) and four Ø6.2 Spring Washers (74) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.



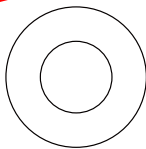
Step 3

Align bolt holes on underside of Seat Cushion (6) with holes on top of Seat Post (5), then attach with three Ø8.2 Flat Washers (33) and three M8x15 Hexagon Socket Bolts (58). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

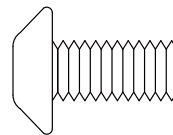
Connect the Connection Wires B (92) from the Seat Post (5) to the Connection Wires C (93) from the Front Frame (2).

Insert the Seat Post (5) into Seat Post Plastic Bushing (12). Adjust seat position and insert the M16 Seat Height Adjustment Knob (14). Turn the M16 Seat Height Adjustment Knob (14) in a clockwise direction to tighten.

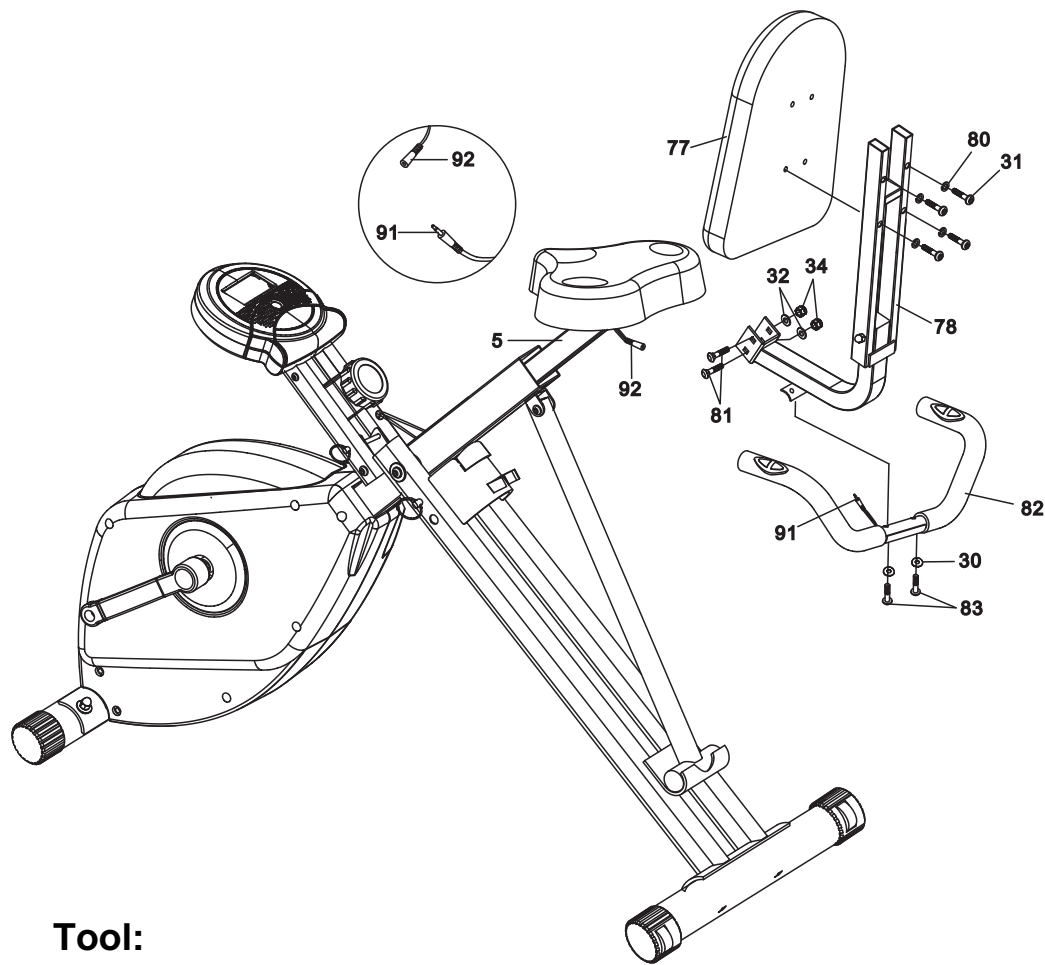
Hardware:



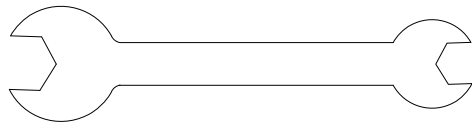
(33) Flat Washer Ø8.2
3 PCS



(58) Hexagon Socket Bolt M8x15
3 PCS



Tool:



Wrench 13-15



Allen Wrench with Phillips Screwdriver

Step 4

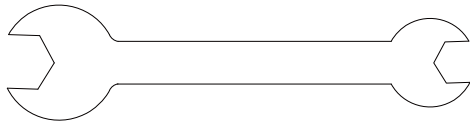
Remove four M8x45L Hexagon Socket Bolts (31) and four Ø8.2 Spring Washers (80) from the Back Cushion (77). Then attach the Back Cushion (77) onto the Back Cushion Frame (78) with four M8x45L Hexagon Socket Bolts (31) and four Ø8.2 Spring Washers (80) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Remove two Ø8.2xØ25x1.5t Flat Washers (32), two M8 Nylon Nuts (34), and two M8x50L Carriage Bolts (81) from the Back Cushion Frame (78). Then attach the Back Cushion Frame (78) onto the Seat Post (5) with two Ø8.2xØ25x1.5t Flat Washers (32), two M8 Nylon Nuts (34), and two M8x50L Carriage Bolts (81) that were removed. Tighten bolts and nuts with the Allen Wrench with Phillips Screwdriver and Wrench provided.

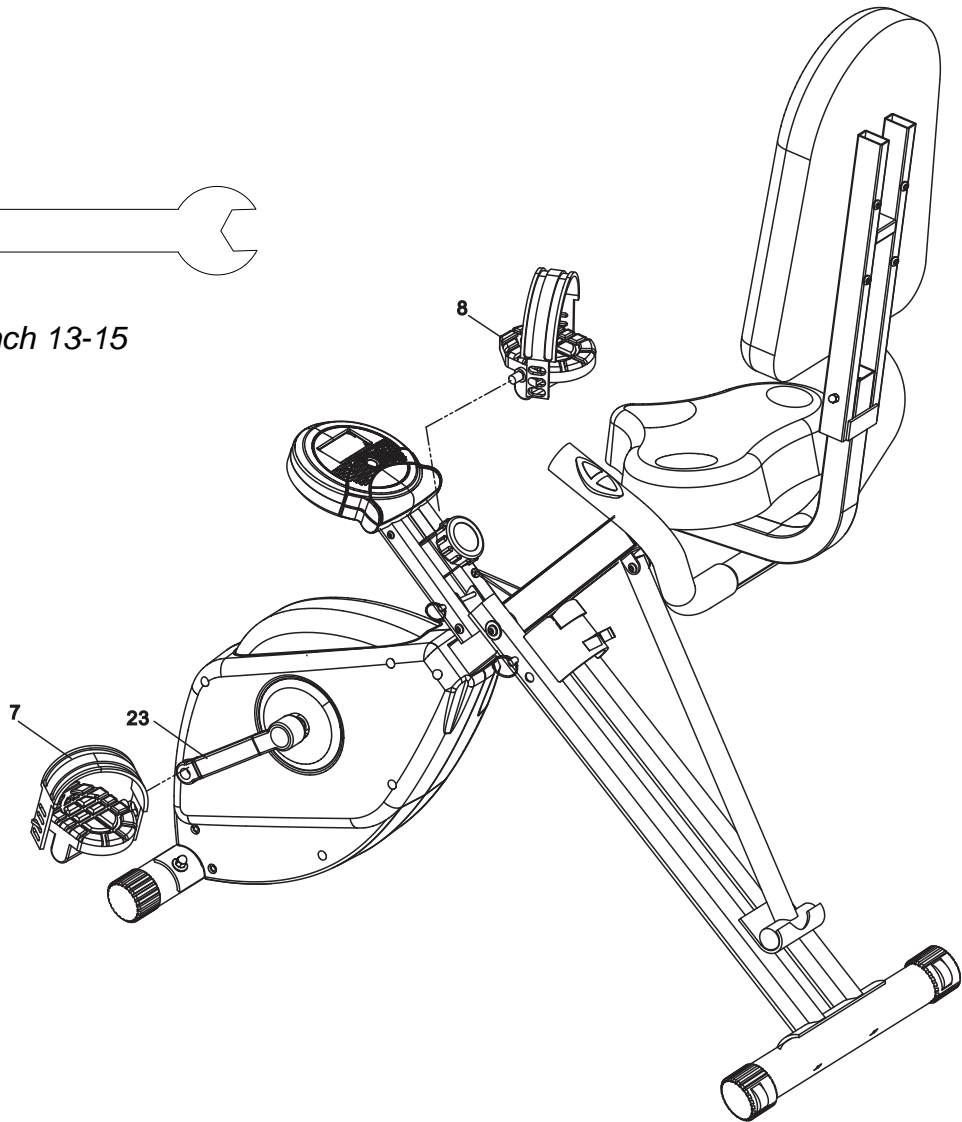
Remove two Ø8.2xØ22.2 Curve Washers (30) and two M8x40L Hexagon Socket Bolts (83) from the Handlebar (82). Then attach the Handlebar (82) onto the Back Cushion Frame (78) with two Ø8.2xØ22.2 Curve Washers (30) and two M8x40L Hexagon Socket Bolts (83) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Connect the Hand Pulse Wire (91) from the Handlebar (82) to the Connection Wire B (92) from the Seat Post (5).

Tool:



Wrench 13-15



Step 5

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

Insert the pedal shaft of Left Pedal (7) into threaded hole in the Left Crank (23).

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 Pedal (7) with the Wrench provided.

Insert pedal shaft of Right Pedal (8) into threaded hole in Right Crank (24).

Turn the pedal shaft by hand in the clockwise direction until snug.

Tighten pedal shaft of Right Pedal (8) with the Wrench provided.

ADJUSTMENTS

Adjusting the Tension Control Knob

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

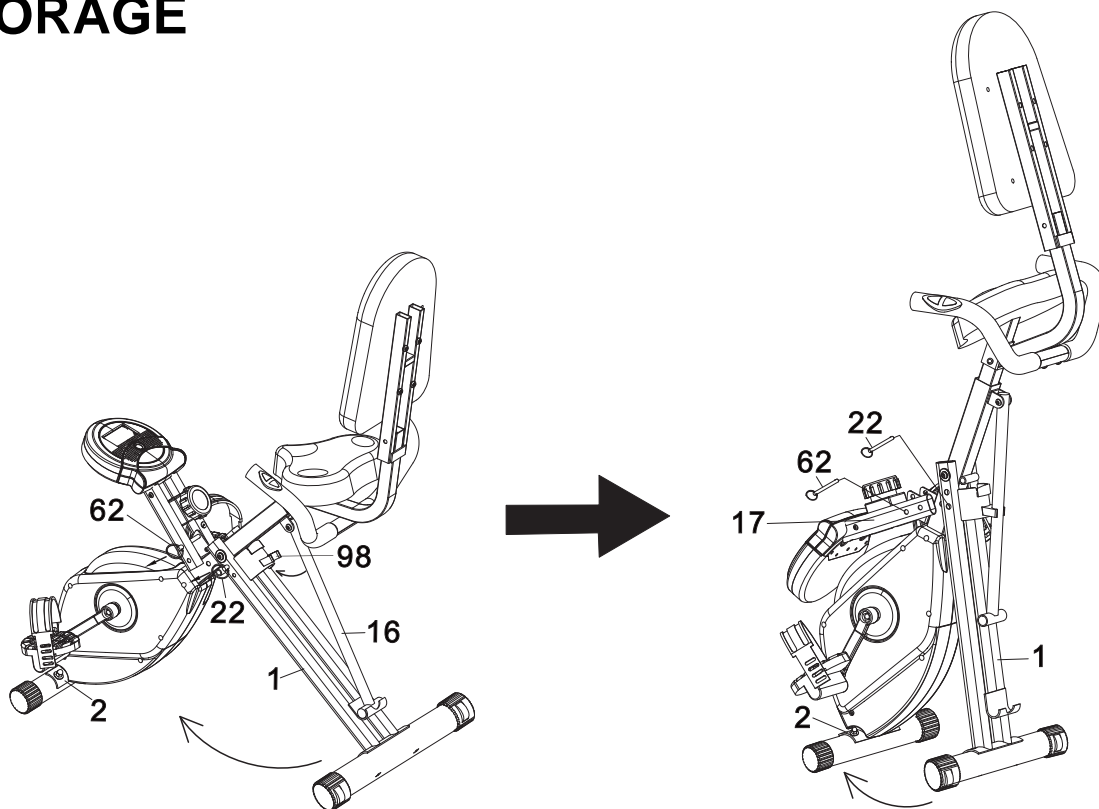
To decrease the load, turn the tension control knob in a counterclockwise direction.

Adjusting the Seat Height

Turn the seat height adjustment knob in a counterclockwise direction until the seat post can be slid up or down and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by tightening the seat height adjustment knob in a clockwise direction.

NOTE: When adjusting the height of seat post, make sure the plastic bushing does not exceed the mark line on the seat post.

STORAGE



For your convenience, the bike can be folded up and placed in a storage area.

1. Remove the Safety Pin A (22) and the Safety Pin B (62) from the bike.
2. Push the Rear and Front Frames (1, 2) together until they meet.
3. Push the Front Frame Support Tube (16) into the Front Frame Support Tube Holder (98).
4. Align pin holes for inserting the Safety Pin A (22) then insert the removed Safety Pin A (22) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place.
5. Push the Computer Post (17) downwards and align pin holes for inserting the Safety Pin B (62) then insert the removed Safety Pin B (62) into the holes on the Computer Post (17) and Front Frame (2) to lock the Computer Post (17) in place.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-999.9 ML/H
DISTANCE -----	0.0-999.9 ML
CALORIE -----	0.0-999.9 KCAL
ODOMETER -----	0.0-999.9 ML
PULSE -----	40-240 BEATS/MIN



COMPUTER FUNCTIONS:

AUTO ON/OFF: If you leave the computer idle for 4 minutes, the power will shut off automatically.

SCAN: Press the button until the screen displays SCAN; the computer will automatically scan the function of TIME, ODOMETER, CALORIE, PULSE, SPEED, and DISTANCE, every 6 seconds.

TIME: Displays your elapsed workout time in minutes and seconds. The computer will automatically count up from 0:00 to 99:59 in one second intervals.

SPEED: Displays your workout speed in miles per hour.

DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 999.9 miles.

CALORIE: The computer will estimate the cumulative calories burned at any given time during your workout. The computer will count up from 0.0 to 999.9 calories.

ODOMETER: Displays the total accumulative distance traveled during each workout up to a maximum of 999.9 miles. The data values of ODOMETER can not be reset to zero by pressing and holding the button more than 2 seconds. If user takes out the batteries from the computer, the ODOMETER data values will reset to zero.

PULSE: The computer will display your pulse rate in beats per minute after holding both 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 one.

RESET: pressing and holding the button more than 2 seconds will reset all functional values to zero except the odometer data values.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AAA" 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.

MAINTENANCE

Cleaning

The 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 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 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 bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wire that comes from the computer console are properly connected to the wires that come from the computer post.

SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Change to new batteries.

PROBLEM: There is no heart rate reading or 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: Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

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

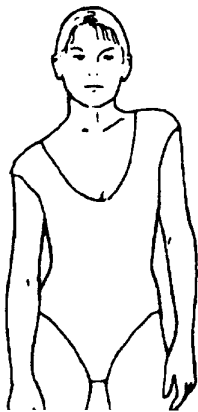
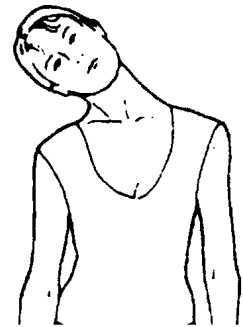
SOLUTION: The bolts may be loose on the bike, please inspect the bolts and tighten the loose bolts.

WARM UP

The **WARM-UP** is an important part of any workout. You should begin every session by stretching your muscles to prepare your body for more strenuous exercise. This will help increasing your circulation and pulse rate, and deliver more oxygen to your muscles.

HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

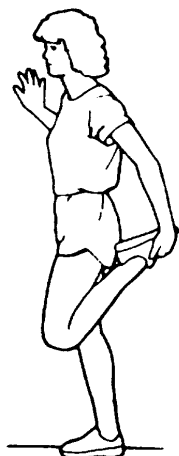
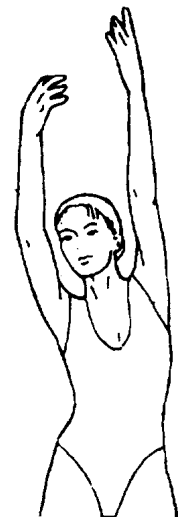


SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

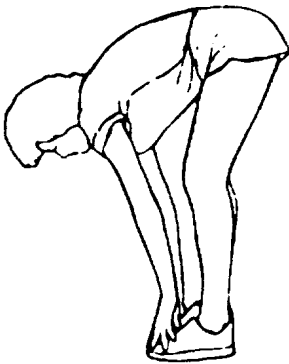


QUADRICEPS STRETCH

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.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

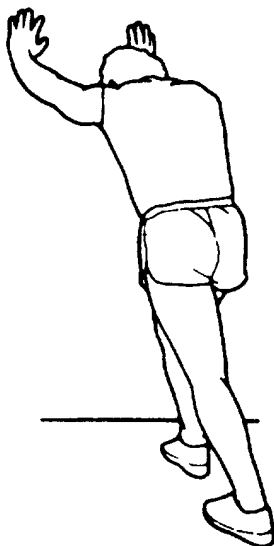
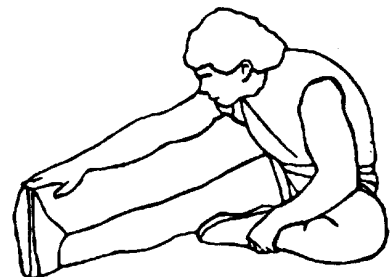


TOE TOUCHES

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

HAMSTRING STRETCHES

Extend your right leg. 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.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

PARADIGM 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”

<p>OFFICIAL USE ONLY</p> <p>SHIP DATE: _____</p> <p>TRK #: _____</p> <p>BACK ORDER: _____</p>
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