

Portable Mini Bike

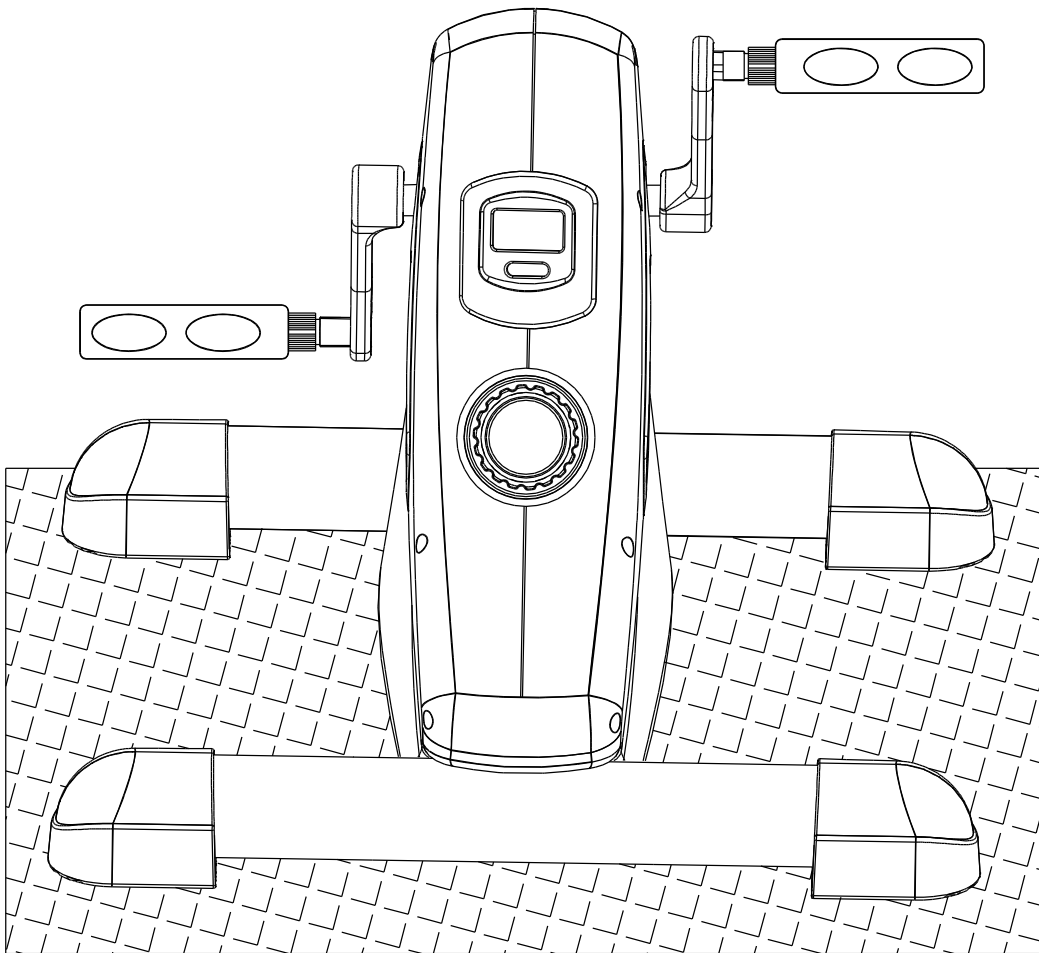


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SERVICE

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
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.**

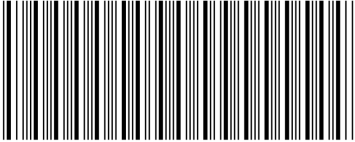
Paradigm Health & Wellness, Inc.
1189 Jellick Ave, City of Industry, CA 91748, USA

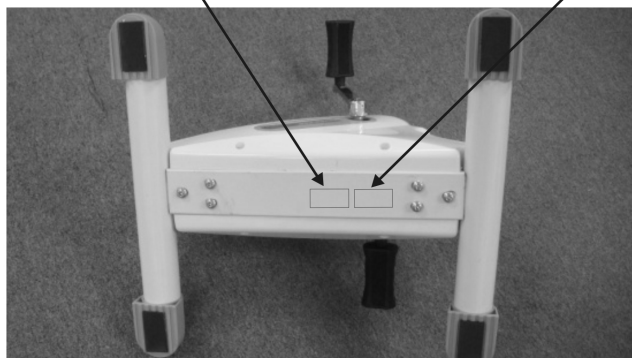
IMPORTANT LABELS



⚠ WARNING	
THIS EQUIPMENT IS INTENDED FOR USE BY ADULTS AND CHILDREN 12 YEARS AND OLDER. POSSIBILITY OF SEVERE INJURY OR DEATH IF USED IMPROPERLY. PLEASE FOLLOW ALL DIRECTIONS BEFORE USE.	FOR SEATED POSITION USE ONLY
KEEP PERSONS UNDER THE AGE OF 12 AWAY! REPLACE LABELS IF THEY ARE DAMAGED, ILLEGIBLE, OR REMOVED. PLEASE REVIEW ALL WARNING AND INSTRUCTIONS BEFORE ASSEMBLY AND USAGE. ALL INSTRUCTIONS SHOULD BE FOLLOWED PRIOR TO ASSEMBLY AND USAGE.	KEEP CHILDREN AWAY FROM EXERCISE EQUIPMENT EXERCISE EQUIPMENT IS FOR CONSUMER USE ONLY READ OWNER'S MANUAL

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

Serial	Model # 7102
	
11110171020001	
MADE IN CHINA	

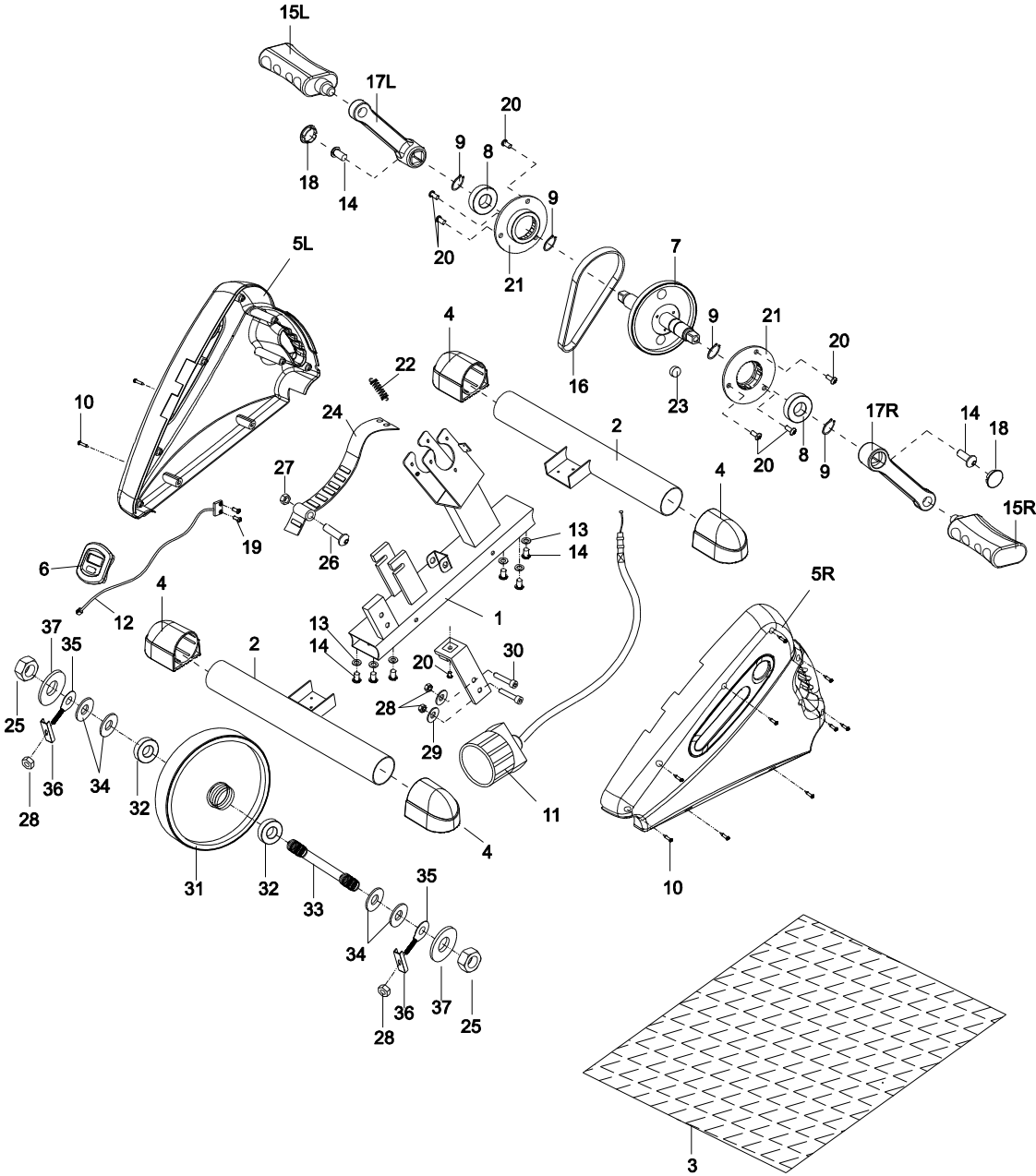


PRODUCT SAFETY

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

1. If any part of the cable/wire is stripped or damaged, STOP using the portable mini bike immediately.
2. Do not operate the portable mini bike in a wet or moist environment.
3. Do not operate under blanket or pillow. Excessive heating can occur and cause fire or injury to persons.
4. Close supervision is necessary when the portable mini bike is used by, on, or near children, invalids or disabled persons.
5. Use the portable mini bike only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
6. Never operate the portable mini bike if it is not working properly, if it has been dropped or damaged, or dropped into water.
7. Consult your physician before beginning this or any other exercise program.
8. If you experience any irregular physical conditions such as dizziness, severe muscle or joint pain, pain in the chest, stop exercising and consult with your physician immediately.
9. Keep children and pets away from the machine while in use.
10. Set up the portable mini bike as directed in Assembly Instructions and place unit on a level, non-slip surface.
11. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
12. Perform 3 to 5 minutes of warm-up and stretching before beginning your exercise.
13. Never exercise to exhaustion.
14. Do not stand on the portable mini bike, only exercise in seated position. Keep a minimum safety clearance during operation. The portable mini bike is designed as a home use exercise device. User must have full control of their muscles to operate this unit. **It may not be suitable for people who are quadriplegic or paraplegic.** Please consult your doctor or physician.
15. Exercise equipment is to be regularly inspected for maintenance for loose or broken parts.
16. Never operate the portable mini bike with the air openings blocked; keep the air openings free of lint.
17. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
18. Exercise equipment is for consumer only.
Wear comfortable and suitable clothing when using the portable mini bike.
19. Each exercise should be performed in a controlled manner and always begin exercises slowly.
20. Do not use outdoors.
21. For indoors household use only.
22. Have the unit serviced by a qualified service technician. **DO NOT ATTEMPT TO SERVICE THE UNIT YOURSELF.**

PART DRAWING



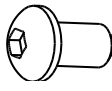
PART LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	018	Plastic Cap	2
002	Stabilizer Ø50x1.5tx380	2	019	Bolt M4x10mm	2
003	Non-slip Mat 500x600	1	020	Bolt M5x10mm	7
004	End Cap for Stabilizer	4	021	Bearing Bracket	2
005R	Right Cover	1	022	Spring 1.0txØ10x50mm	1
005L	Left Cover	1	023	Round Magnet	1
006	Digital Display Computer	1	024	Magnet Bracket	1
007	Belt Pulley	1	025	Nut M10	2
008	Bearing 6003	2	026	Bolt M8x40mm	1
009	Inner C Ring	4	027	Cap Nut M8	1
010	Screw ST4x16mm	11	028	Cap Nut M6	4
011	Tension Control Knob	1	029	Washer M6	2
012	Square Sensor	1	030	Bolt M6x35mm	2
013	Spring Washer M8	6	031	Flywheel	1
014	Bolt M8x16mm	8	032	Bearing 6900	2
015R	Right Foot Pedal	1	033	Flywheel Axle M10x75mm	1
015L	Left Foot Pedal	1	034	Plastic Washer M10	4
016	Belt (220J, 3V)	1	035	Adjustable Bolt M6	2
017R	Right Crank	1	036	U Bracket	2
017L	Left Crank	1	037	Washer M10	2

INCLUDED HARDWARE & TOOLS



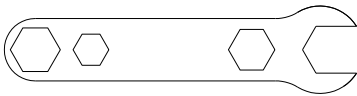
(13) Spring Washer M8
6 PCS



(14) Bolt M8x16mm
6 PCS

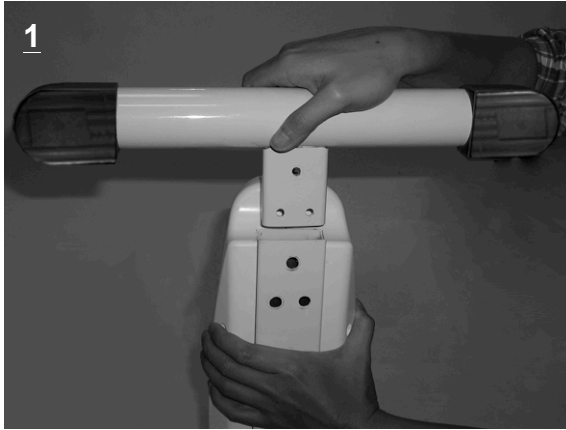


Allen Wrench with Phillips Screwdriver
1 PC

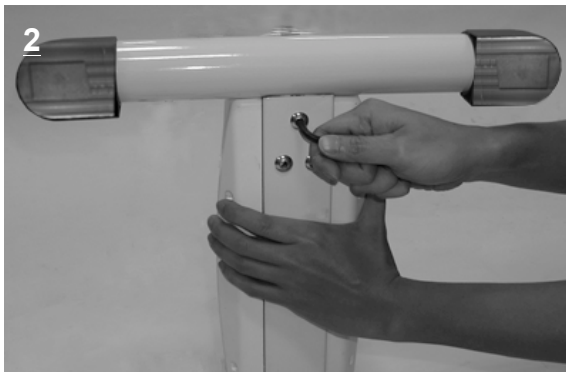


Multi Hex
Tool

ASSEMBLY



Hold the unit in an upright position. The Tension Control Knob (11) side facing up. Then insert the Stabilizer (2) into the Main Frame (1) and align bolt holes.



Attach the Stabilizer (2) to the Main Frame (1) with three M8 Spring Washers (13) and three M8x16mm Bolts (14). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Tool:

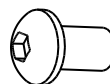


Allen Wrench with Phillips Screwdriver

Hardware:

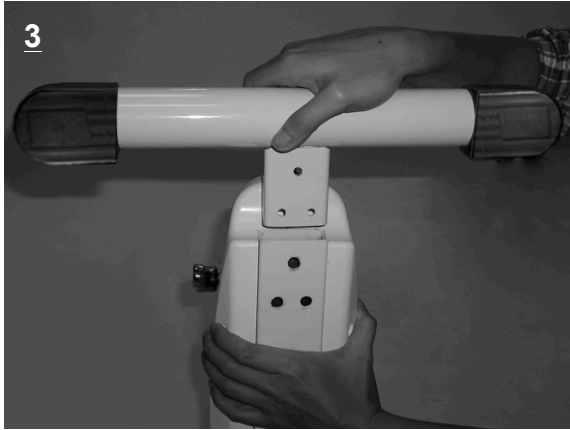


3 Spring Washer (M8)



3 Bolt (M8x16mm)

ASSEMBLY

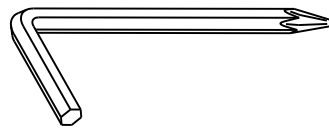


Insert the other Stabilizer (2) into the Main Frame (1) and align bolt holes.



Attach the Stabilizer (2) to the Main Frame (1) with three M8 Spring Washers (13) and three M8x16mm Bolts (14). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Tool:

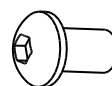


Allen Wrench with Phillips Screwdriver

Hardware:



3 Spring Washer (M8)



3 Bolt (M8x16mm)

ASSEMBLY



Insert the pedal shaft of Left Foot Pedal (15L) into threaded hole in the Left Crank (17L).

Turn the pedal shaft by hand in the counterclockwise 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 (15L) with the Multi Hex Tool provided.



Insert pedal shaft of Right Foot Pedal (15R) into threaded hole in Right Crank (17R).

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

Tighten pedal shaft of Right Foot Pedal (15R) with the Multi Hex Tool provided.

Note: The Cranks and Pedal Shafts are marked "R" for Right and "L" for Left.

Tool:



Multi Hex Tool

COMPUTER

COMPUTER BUTTON FUNCTIONS:

Push the button to turn on the display.
Push the button to select each function.
Push the button for 3 seconds to clear all functions to zero except the ODO function.



COMPUTER DISPLAY FUNCTIONS & MEASURING RANGE:

SCAN: Automatically displays each function every 6 seconds.

SCAN→**TMR**→**KM**→**DIS**→**CAL**→**ODO**→**RPM**

TMR (TIMER): Displays the exercise time.

KM (KILOMETER): Displays the current training speed in kilometers per hour.

DIS (DISTANCE): Displays the accumulative distance traveled during exercise.

CAL (CALORIES): Displays the calories burned during exercise.

ODO (ODOMETER): Displays the total accumulative distance traveled.

RPM (REVOLUTIONS PER MINUTE): Displays the current RPM.

STOP: The unit is stopped.

AUTO START: Start motion or push button.

AUTO DISPLAY SHUT OFF: After approximately 4 minutes without operation.

SPECIFICATIONS:

TMR (TIMER): 0:00~99:59 (Minute:Second)

KM (KILOMETER): 0.0~199.9 km/h

DIS (DISTANCE): 0.0-999.9 km

CAL (CALORIES): 0.0-999.9 calories

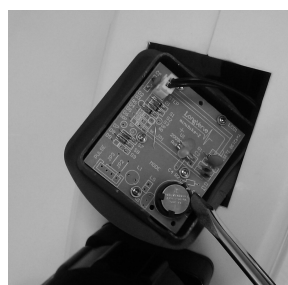
ODO (ODOMETER): 0.0-9999 km

RPM (REVOLUTIONS PER MINUTE): 0~9999 r/min

BATTERY REPLACEMENT:



Remove the Computer by using a slotted screwdriver.



Remove the battery with a slotted screwdriver. Replace with a new 3V Lithium Button Cell

OPERATING THE TENSION CONTROL KNOB



8-LEVEL TENSION CONTROL KNOB

The resistance can be adjusted by turning the tension control knob. To increase the resistance, turn the tension control knob in a clockwise direction. To decrease the resistance, turn the tension control knob in a counterclockwise direction.

STORAGE PRECAUTIONS

Do not store the portable mini bike in any place where it will be subjected to high or low temperature.

Do not expose to direct sunlight or outdoor for extended periods of time.

Do not store the portable mini bike in a humid or dusty area.

WORKOUT PRINCIPAL

1. Personal goals includes shaping, strengthening, available time, present fitness level, previous injuries, and cardiovascular. By using this product correctly and on a regular basis, you can achieve your goals.
2. Available time is one of a major element in determining what we do in our daily lives. If you can only exercise for 15 minutes, develop a 15 minute program with the portable mini bike.
3. Exercising and working out on the portable mini bike should be an enjoyable part of your daily life.
4. Focus on the exercises for your muscles work. No matter what your level of fitness, you can complete each exercise in a short range of time and sense the increase level of strength and endurance.
5. Always start your exercise slowly to warm up muscles.
6. The design of the portable mini bike allows you to exercise your muscles with movements that are natural and efficient.

The Overload Principal

In order for you to strengthen your body, you must develop a series of exercise workouts each day. When you work out on a regular basis, your body specifically your muscles, adjust to the new level of workout. It's called increasing local metabolic efficiency. As a result, your muscles work better and you get stronger. If you keep working at the same level of metabolic efficiency, you can't improve muscle efficiency. So from time to time you need to increase the frequency and/or duration of the exercise. Thus, in order to improve your fitness level, you must progressively increase your work load to reach your personal goal.

EXERCISES

How to use your Portable Mini Bike.

When using the portable mini bike, the proper way to exercise is to set the desired resistance by turning the Tension Control Knob, and then pedaling to get the best results. Pedaling at excessive speeds or applying excessive force will damage the product or injury to persons. Please begin exercise at a slow pedaling speed.

Range of motion and flexibility

This portable mini bike can be used both upper and lower body. As a lower body device, it works with passive motion to increase tone of the quadriceps muscles (muscles in the thigh) and circulate blood flow to the entire lower leg and foot. For upper body use, it perform as a resistance device allowing the user to use the pedals as hand grips to exercise the muscles of the arm (biceps, triceps, deltoids and the smaller muscles of the forearms).

Routine

People vary in how they adapt to repetitive exercise. In developing an exercise routine pay attention to how you feel especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially the next day. However, they should not hurt to cramp. No matter what the recommended exercise routine, never exercise beyond the point of discomfort.

For the first two weeks, you should begin with 5-10 minutes once a day at a slow pedaling speed. After the first two weeks, you can increase the exercise time to 15-20 minutes as you become more accustomed to the exercise. The pedaling speed can also be increased once you have adapted to the device. Longer periods of exercise will result in greater gains for you.

EXERCISES

Leg Exercise

For use as a lower body device-place the portable mini bike on a level and non-slip surface prior to use, and sit comfortable in a chair with the portable mini bike directly in front of you such that the knee joint is not flexed less than 90 degrees. It is important that the user wears rubber soled shoes when on the foot pedals so they do not slip off the foot pedals during the exercise.

WARNING

Do not stand on the unit to exercise, only exercise at seated position. Make sure the seat does not move or pivot. Do not sit in a chair with casters.



Arm Exercise

When using the portable mini bike for upper body exercise-it should be placed directly in front of the user on a table top, and the user should be seated in a comfortable chair such that they can easily reach the pedals without hyper extending (over straightening) the elbow joint. This can be accomplished by either placing a seat cushion on top of the seat or by moving the device closer to the user.



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'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**

FAX FORM

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”

OFFICIAL USE ONLY

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____