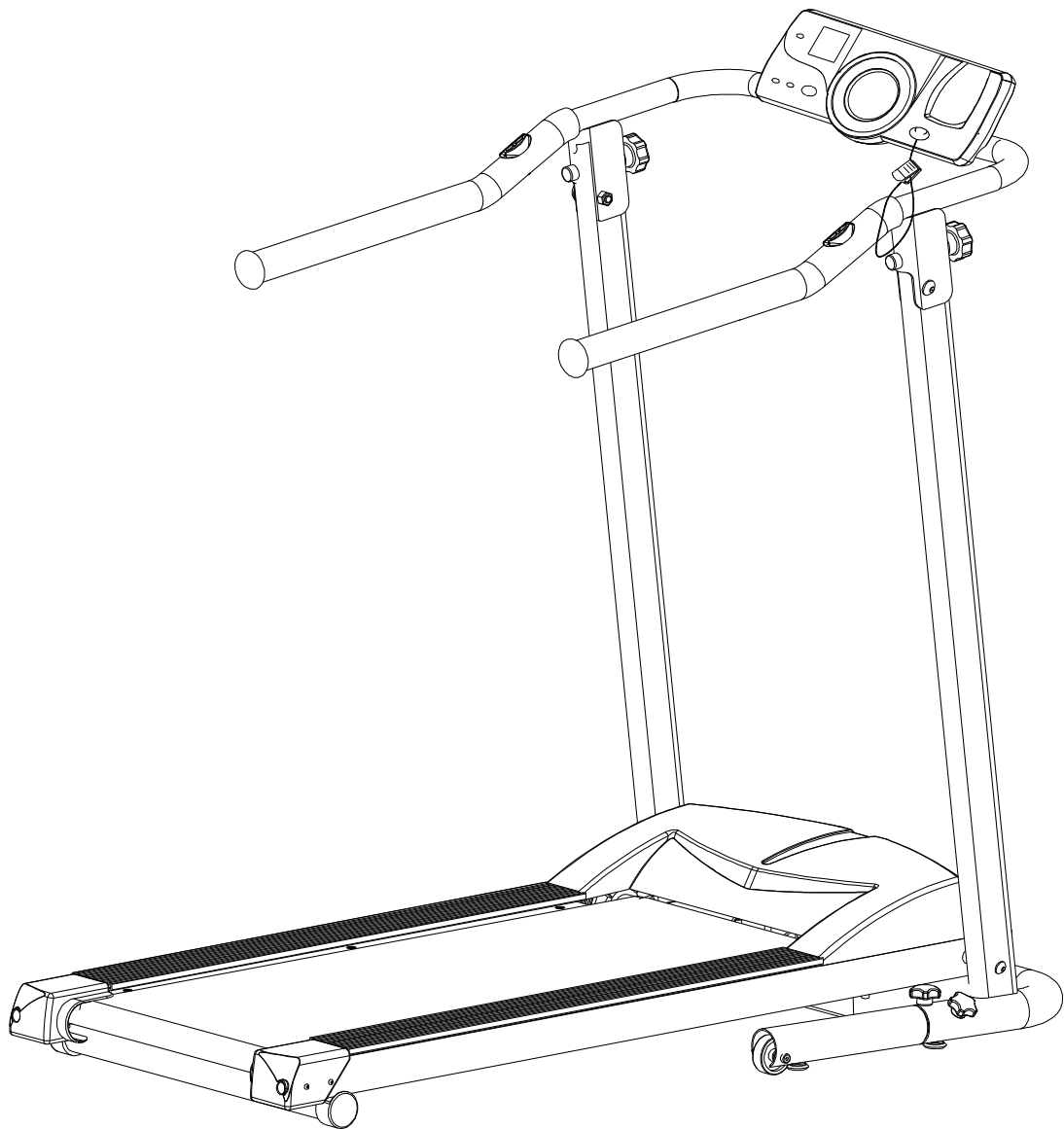


MOTORIZED TREADMILL ITEM# 1010



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

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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. 5 years warranty on Motor and Frame. 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

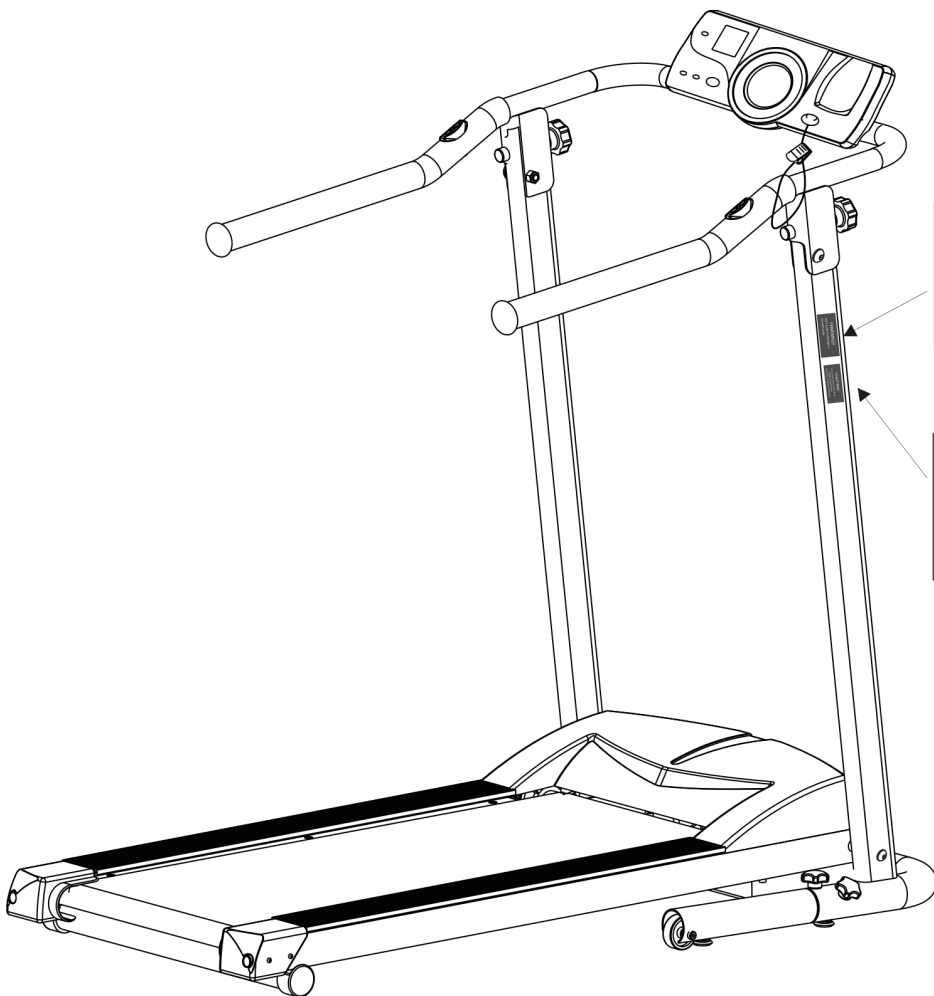
1-866-924-1688

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!!
This Treadmill is Designed
for walking only.

!!CAUTION!!
TO AVOID INJURY, STAND ON THE SIDERAILS
BEFORE STARTING TREADMILL.
READ INSTRUCTION MANUAL BEFORE
USING THIS EQUIPMENT.

IMPORTANT SAFETY INSTRUCTIONS

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

DANGER: To reduce the risk of electric shock, please read the following:

- Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.

NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch, and unplugging from outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
- 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*.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. Close supervision is necessary when this treadmill is used by on, near invalids or disabled persons.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep Dry - do not operate in a wet or moist condition. Save these instructions.
- Do not operate the treadmill near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.
- Keep electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm of the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only.

- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks or in sandals, always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 12 year-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Pull up the Safety Tether Key for emergency stop. Reinstall the Safety Tether Key onto the Computer Console. Press the START/STOP button to begin exercise again.
- **Maximum Weight Capacity is 350 lbs.**
- This treadmill is designed for WALKING only

Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.

WARNING: Connect the treadmill to a properly grounded outlet only. See grounding instructions.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current reducing the risk of electric shock. * **This treadmill is equipped with a cord having equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the treadmill grounding conductor can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.

This product is for use on a nominal 120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

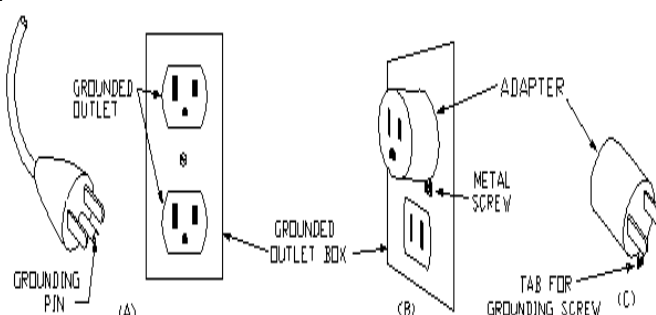


Figure 1

- This unit must be plugged into a nominal 120 volt, which has a grounding.
- Keep hands clear of all moving parts. Never place hands, feet under the treadmill.
- Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before using the treadmill, check that the belt is aligned and centered on the walking deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

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. We assume no responsibility for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury to young children.

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

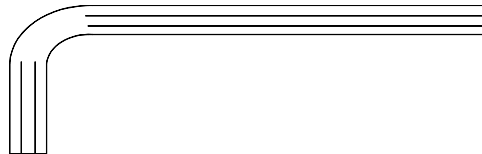
Part #	Description	Qty	Part #	Description	Qty
001	Main Frame	1	031	Bolt (M10x100mm)	2
002	Bolt (M6x60mm)	2	032	Stabilizer Knob	4
003	Right Rear Cap	1	033	Sensor Cable	1
004	Left Rear Cap	1	034	Nylon Nut (M10)	4
005	Cover	2	035	Power Cord	1
006	Nylon Nut (M6)	6	036	Motor	1
007	Tapping Screw (M4x16mm)	8	037	Power Control Board	1
008	Screw (M4x50mm)	4	038	Wire Cap	1
009	Bolt (M6x40mm)	2	039	Switch, AC Power	1
010	Spring Washer (M6)	2	040	Fuse Box	1
011	Bolt (M4x12mm)	4	041	Ring for Cable Power	1
012	Nut (M4)	4	042	Wire for Fuse Box	1
013	Wire Cap	2	043	Earth Lead	1
014	Spacer Ø18xØ10.5x31mm	2	044	Cable Switch/PCB	1
015	Motor Cover	1	045	Belt	1
016	End Cap (□25x50)	2	046	Front Roller	1
017	Bolt (M8*35mm)	1	047	Running Belt	1
018	Square End Cap (□20)	1	048	Running Deck	1
019	Nylon Washer (M8)	2	049	Bolt (M6x33mm)	6
020	Nylon Nut (M8)	7	050	Side Rail	2
021	Safety Tube A	1	051	Deck Bumper	6
022	Bushing	1	052	Bolt (M8x45mm)	1
023	Spring Knob	1	053	Motor Bracket	1
024	Safety Tube B	1	054	Bolt (M8x12mm)	2
025	Bolt (M8x40mm)	1	055	Rear Roller	1
026	Square End Cap (□25.4)	1	056	Screw (M4x8mm)	4
027	Wheel	2	057	Stabilizer	1
028	Adjustable Pad	5	058	End Cap for Handlebar	2
029	Bolt (M8x60mm)	2	059	Foam Grip	2
030	Stabilizer Tube	2	060	Spacer Ø13.5xØ8.5x16mm	2

PARTS LIST

Part #	Description	Qty	Part #	Description	Qty
061	Spring Washer (M8)	2	069	Computer Knob	2
062	Speed Button W/Wire	1	070	Computer	1
063	Short Knob	1	071	Binding Wire Plate	7
064	Mode Button W/Wire	1	072	Nylon Bundling Strip	7
065	Safety Tether Key	1	073	Washer (M10)	6
066	Bolt (M10x55mm)	2	074	Washer Ø21xØ8.5x1.8t	4
067	Handlebar Knob	2	075	Nut (M8)	1
068	Handlebar	1			

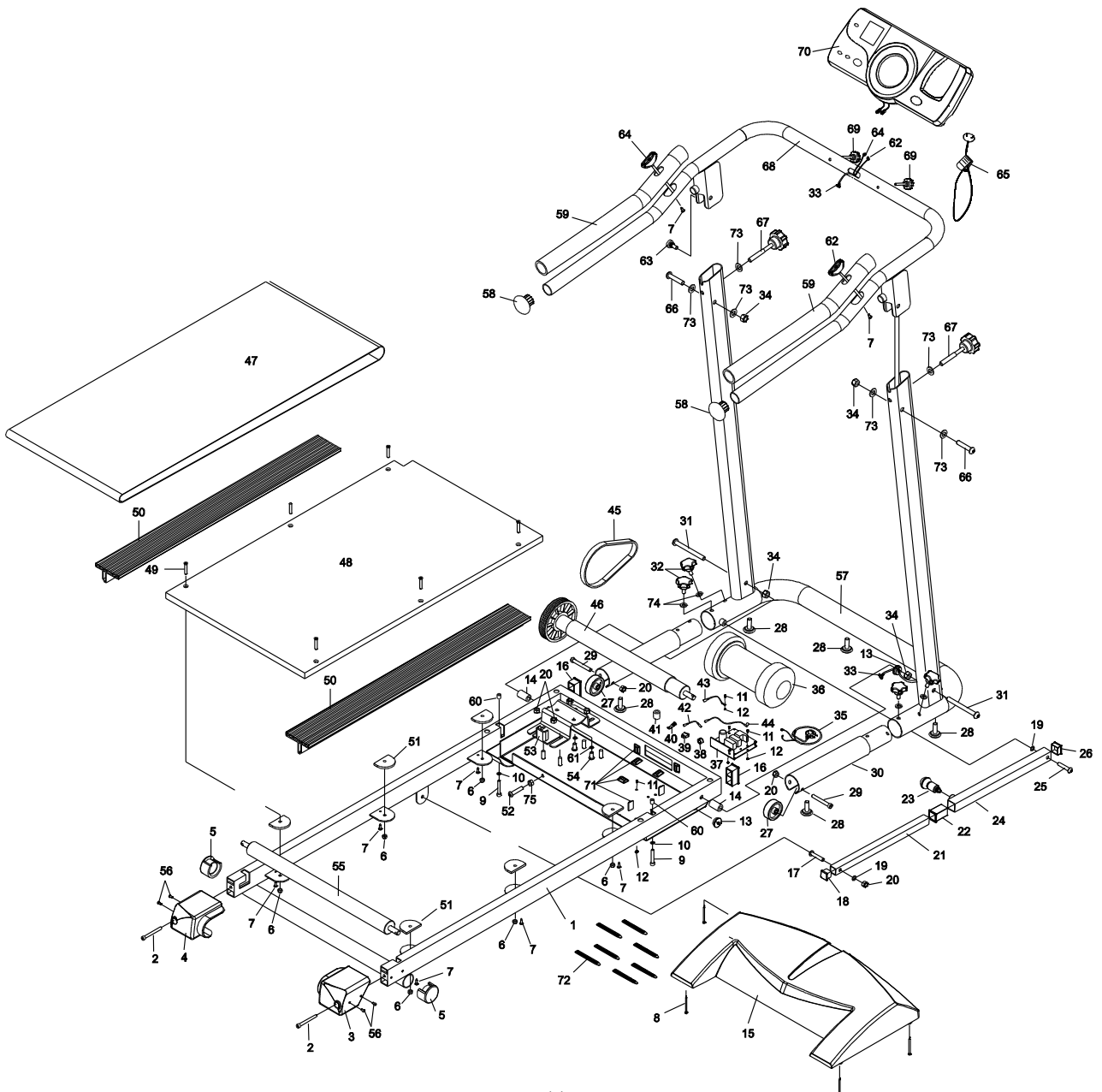
PARTS LIST

TOOL

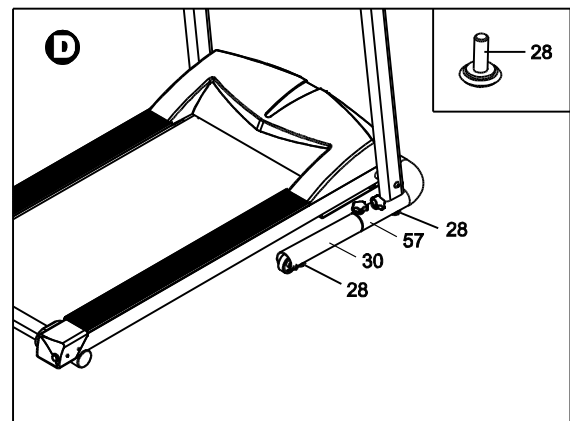
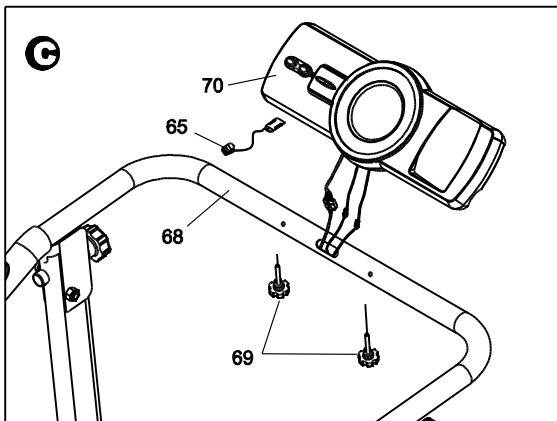
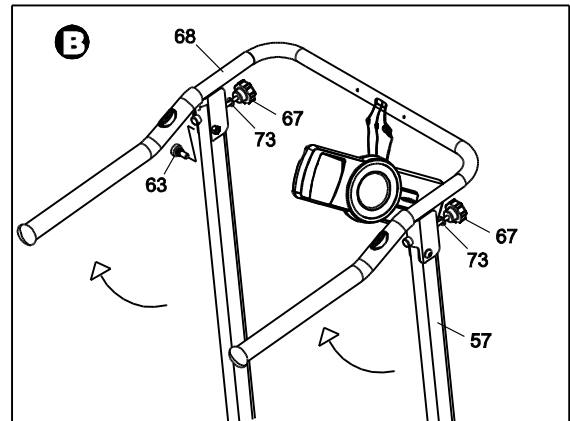
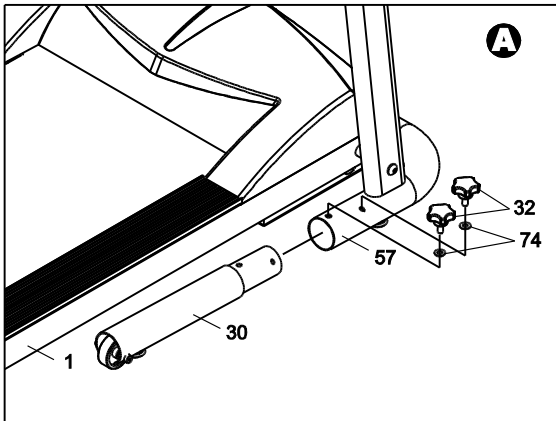


Allen Wrench
1 PC

OVERVIEW DRAWING



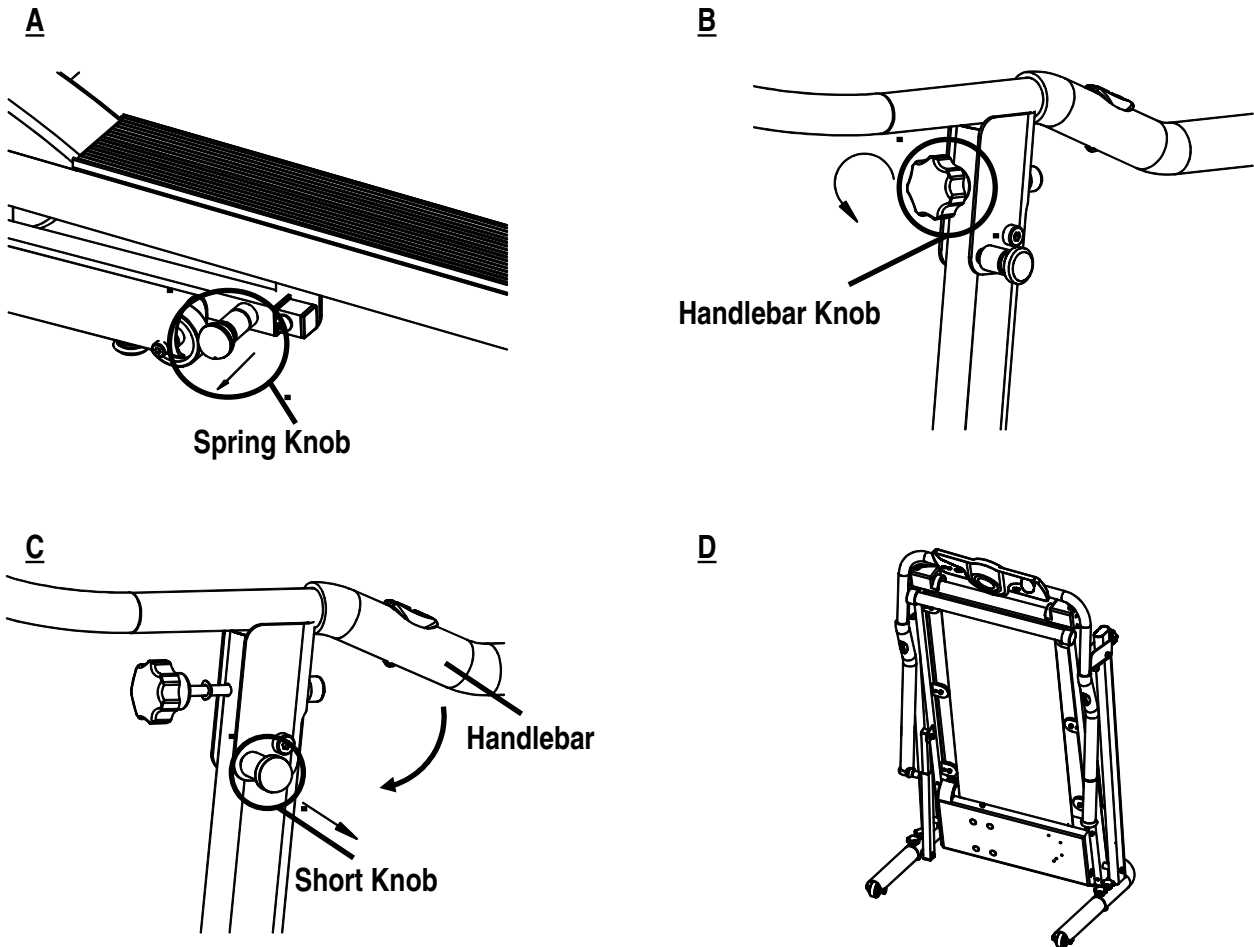
ASSEMBLY INSTRUCTIONS



- A.** Turn the Spring Knob (23) in a counterclockwise direction and then pull it to set down the Main Frame (1) on the floor. Turn the Spring Knob (23) clockwise to secure the treadmill in the folding down position. First remove four Stabilizer Knobs (32) and $\text{Ø}21 \times \text{Ø}8.5 \times 1.8 \text{t}$ Washers (74) from the right and left sides of Stabilizer (57). Then insert both Stabilizer Tubes (30) into the tubes of Stabilizer (57) and secure them with four Stabilizer Knobs (32) and $\text{Ø}21 \times \text{Ø}8.5 \times 1.8 \text{t}$ Washers (74) that were removed.
- B.** Pull the Short Knob (63), and then lift the Handlebar (68) all the way up. Tighten the Handlebar (68) to the Stabilizer (57) with two Handlebar Knobs (67) and M10 Washers (73).
- C.** Attach the Computer (70) onto the Handlebar (68) with two Computer Knobs (69). Install the Safety Tether Key (65) onto the Computer (70).

D. There are five Adjustable Pads (28) on the bottom of both Stabilizer Tubes (30) and Stabilizer (57). You can adjust the Adjustable Pad (28), if the floor is not level.

STORAGE



FOLDING THE TREADMILL

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

To fold the treadmill place one hand on the rear end of main frame and use your other hand to pull out the Spring Knob, then lift the Main Frame up until the Spring Knob "pops" down into the locked position as shown in figure A.

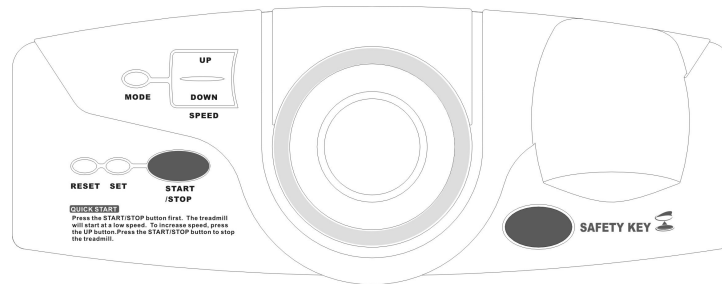
Release both Handlebar Knobs as shown in figure B.

Pull out the Short Knob and then push the Handlebar all the way down until the Short Knob "pops" down into the locked position. Insert both Handlebar Knobs back into the Stabilizer as shown in figure B-1.

The figure D shows the treadmill in the folded position. Now the treadmill is ready to be stored.

IMPORTANT: TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.

OPERATING THE COMPUTER



Quick Start:

Flip the Master Power Switch that is located at the front of the treadmill to the ON position. The treadmill will self-test for 2 seconds on startup and then the speed setting will show up after a 2 second long beep. Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. Always begin the treadmill standing on the side rails, not on the belt.

In TIME mode you may change the CLOCK setting. To set the time, starting with hours first, press the SET button to change the hours and then press the MODE button, once again press the SET button to change the minutes and press the MODE button to confirm. The computer display will leave set up mode if no buttons are pressed for 6 seconds. After set up is done, the computer will display training mode.

Press the START/STOP button to start exercise. The belt will start moving with an initial speed of 0.4 MPH. The split window of TIME will display in your elapsed workout TIME. The split window of DISTANCE will display your cumulative DISTANCE. The split window of CALORIES will display your total CALORIES burned during your workout. You may press SPEED UP or SPEED DOWN button on the computer console or right handlebar to increase or decrease the walking speed during exercise. The treadmill's speed range is from 0.4 MPH to 4.0 MPH. The SPEED section will display your current speed. During training, you may press the START/STOP button to stop the treadmill running at any time, press the START/STOP button to start the treadmill running again. You may pull out the safety tether key to stop the treadmill running

Button Functions:

START/STOP: Press the START/STOP button to start or stop the treadmill running.

MODE: Press MODE button to select each function (TIME, DISTANCE, or CALORIES) for target pre-setting.

SET: Press SET button to set data values of TIME, DISTANCE, or CALORIES for target pre-setting. To set hours and minutes for clock setting in time mode.

RESET: Press the RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero for target pre-setting.

Press and hold the RESET button for 2 seconds, all data values will clear to zero.

SPEED UP: Press the SPEED UP button to increase walking speed.

SPEED DOWN: Press the SPEED DOWN button to decrease walking speed.

Computer Functions:

TIME: Displays your elapsed workout time in minutes and seconds. Press the START/STOP button to start exercise. The walking belt starts moving at speed of 0.4 MPH. You may press the SPEED UP or SPEED DOWN button on the computer console or right handlebar to increase or decrease walking speed during exercise. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button until you see the TIME begin blinking. Press the SET button to change the time, each time you press the SET button TIME should change by 1 minute. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time, press the START/STOP button to start exercising. The walking belt starts moving at a speed of 0.4 MPH. You may press the SPEED UP or SPEED DOWN button on the computer console or right handlebar to increase or decrease the walking speed during exercise. TIME starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will begin beeping to remind you. The treadmill will stop operation automatically.

SPEED: Displays the current speed from the minimum 0.4 MPH to the maximum 4.0 MPH. You may increase or decrease the speed by pressing the SPEED UP or SPEED DOWN button on the computer console or right handlebar.

DISTANCE: Displays the cumulative distance traveled during your workout. Press the START/STOP button to start exercise. The walking belt starts moving at speed of 0.4 MPH. You may press the SPEED UP or SPEED DOWN button on the computer console or right handlebar to increase or decrease walking speed during exercise. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until you see the DISTANCE begin blinking. Press the SET button to set DISTANCE. The pre-set target distance range is from 0.00 to 99.90 miles. Once you pre-set target distance, press START/STOP button to start exercising. The walking belt starts moving at a speed of 0.4 MPH. You may the press SPEED UP or SPEED DOWN button on the computer console or right handlebar to increase or decrease the walking speed during exercise. Distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, the computer will begin beeping to remind you. The treadmill will stop operation automatically.

CALORIES: Displays the total cumulative calories burned during your workout. Press START/STOP button to start exercising. The walking belt starts moving at speed of 0.4 MPH. You may press the SPEED UP or SPEED DOWN button on the computer console or right handlebar to increase or decrease walking speed during exercise. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until you see the CALORIES begin blinking. Press the SET button to set CALORIES. The pre-set target calories range is from 0 to 9990 calories. Once you

pre-set target calories, press the START/STOP button to start exercising. The walking belt starts moving with the speed at 0.4 MPH. You may press the SPEED UP or SPEED DOWN button on the computer console or right handlebar to increase or decrease the running speed during exercise. Calories start counting down from pre-set target calories to 0. When the pre-set target calories count down to 0, the computer will begin beeping to remind you. The treadmill will stop operation automatically.

NOTE: If you leave the equipment and it is not operated for over 4 minutes, the computer will display (shows up) the clock (time) and room temperature; that is called sleep mode. In sleep mode, all other functions will turn off. All previous pre-set data and training data are kept and will show up when any button is pressed.

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug(ed) the treadmill before cleaning or performing routine maintenance.

CLEANING

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.

Please keep the treadmill, especially, the console, out of direct sunlight to prevent screen damage.

STORAGE

Store the treadmill in a clean and dry environment. Ensure the master power switch is off and is in the off position and the power plug is un-plugged from the electrical wall outlet.

TROUBLESHOOTING GUIDE

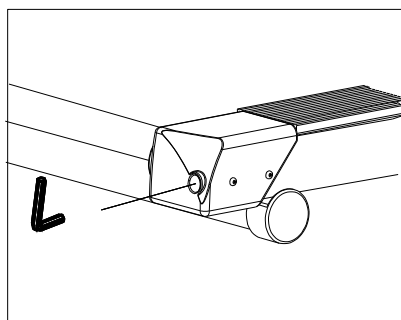
Problem	Potential Causes	Corrections
Treadmill will not start.	Not plugged in. Safety tether key not connected. House circuit breaker tripped. Treadmill circuit breaker tripped.	Put the power plug into the electrical wall outlet. Install the safety tether key. Reset or have an electrician replace the breaker in home. Wait five minutes and then press the switch back in.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates When stepped on.	Not enough lubrication applied onto the running deck. Belt is too tight.	Apply silicone lubricant. Adjust belt tension.
Belt is off centered.	Running belt tension not even across the rear roller.	Center the belt.

BELT ADJUSTMENT AND LUBRICATION

Belt Adjustment:

The belt is adjusted at the factory; it may come loose during transportation and/or from use. After prolong use of the treadmill, the belt will stretch out. If the belt is shifting to the left, turn on the main power switch of

treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen wrench provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered. If the belt is shifting to the right, turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen wrench provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered. If the belt is slipping during use, turn off and unplugged the treadmill. Using the Allen wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn in the clockwise direction for the same amount, then turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. You should now walk on to the belt to determine if the belt is still slipping. Repeat the above procedure until the belt no longer slips.

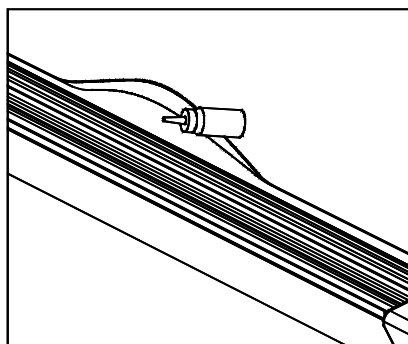


Lubrication:

The treadmill has already been coated with "Silicone Oil" in advance. Silicone oil is a non-volatile oil and by the time you receive should have permeated through the belt. There will be no need to re-apply the oil under normal circumstances.

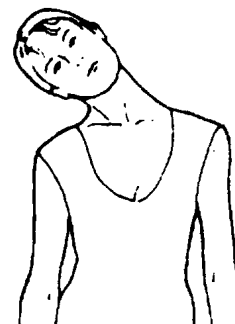
To maintain the belt, "Silicone Oil" may be re-applied once the resistance has been increased and the belt starts rubbing against the running deck. To re-apply "Silicone Oil" to the treadmill, lift up the belt, one side at a time, and apply the oil directly to the center of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

Attention: Only use "Silicone Oil" lubricants for this equipment. **In addition, do not add any other type of oil; otherwise the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.**



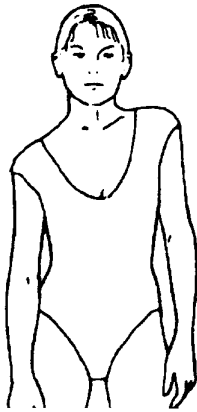
WARM UP

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 yo pulse rate, and deliver more oxygen to your muscles.



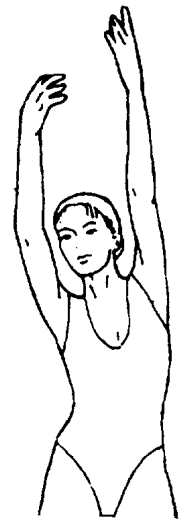
HEAD ROLLS

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.



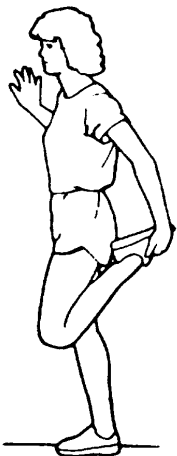
SHOULDER LIFTS

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.



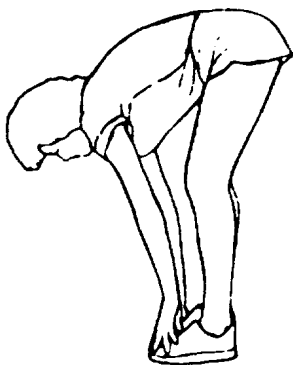
QUADRICEPS STRETCH

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.

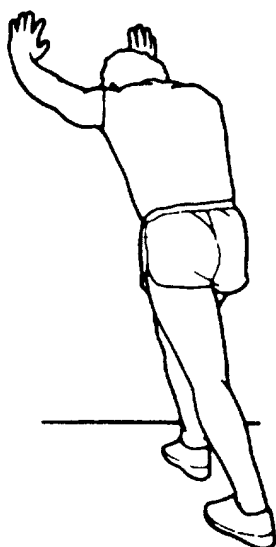
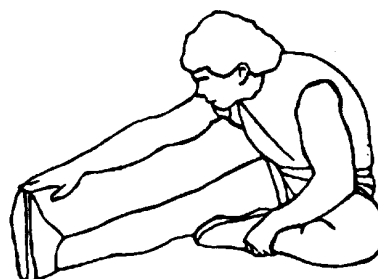


TOE TOUCHES

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”

OFFICIAL USE ONLY
SHIP DATE: _____
TRK #: _____
BACK ORDER: _____

