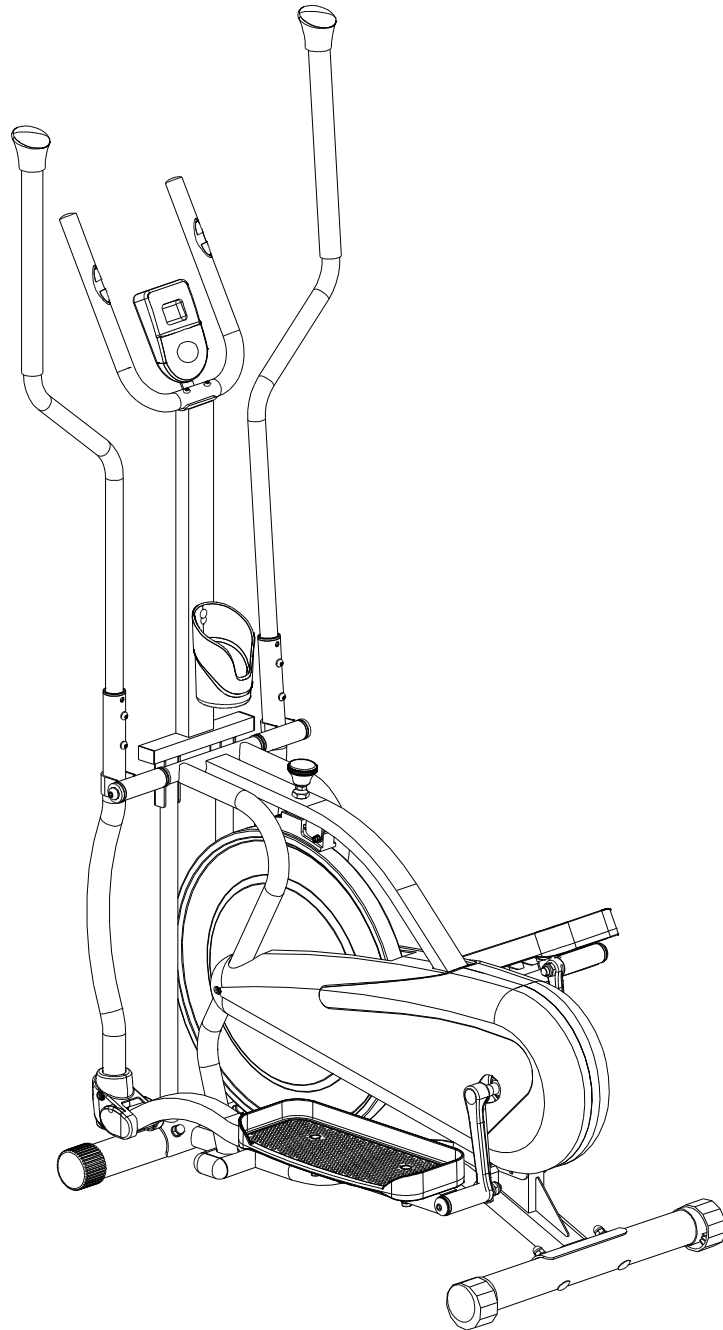


# INDOOR TRAINING BIKE



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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](mailto:service@paradigmhw.com)  
Please visit our website at [www.paradigmhw.com](http://www.paradigmhw.com).

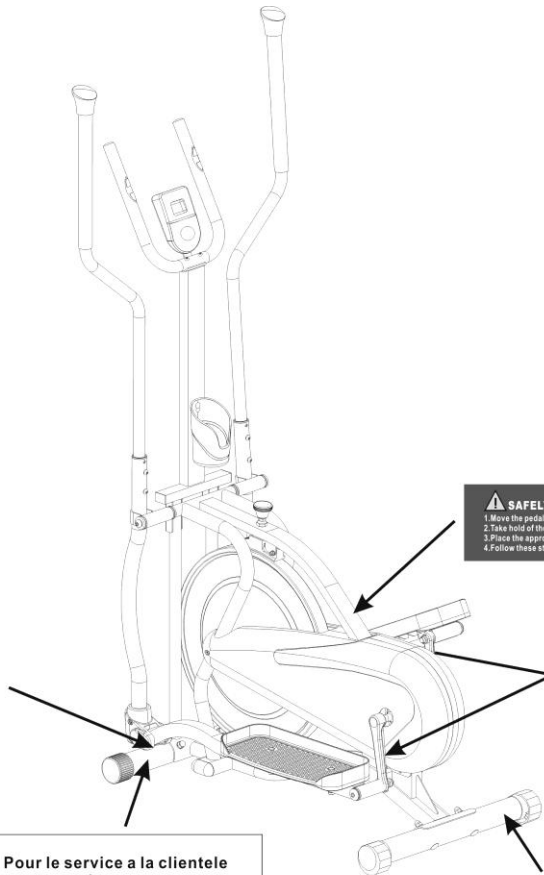
**Please have the following information ready when requesting for service:**

- 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

# WARNING LABEL PLACEMENT



**⚠ WARNING**  
 Maximum weight capacity is 275lbs  
**⚠ AVERTISSEMENT**  
 Le poids maximum pour ce produit est 125 kgs

**⚠ SAFELY MOUNTING YOUR ELLIPTICAL MACHINE**  
 1. Move the pedal on the side you intend to mount to its lowest position.  
 2. Take hold of the handbar nearest you with the appropriate hand.  
 3. Place the appropriate foot onto the rear side pedal first, then the far pedal second.  
 4. Follow these steps in reverse order for dismounting.

**!!WARNING!!**  
**The Left and Right bolts have different thread directions.**  
 Tighten Right Bolt(23) into Right Crank clockwise!  
 Tighten Left Bolt(79) into Left Crank counter-clockwise!

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 1222913070001  
 Serial No.: 112229130700001  
  
 112229131000001  
 MADE IN CHINA / FABRIQUE EN CHINE

## PRODUCT SAFETY

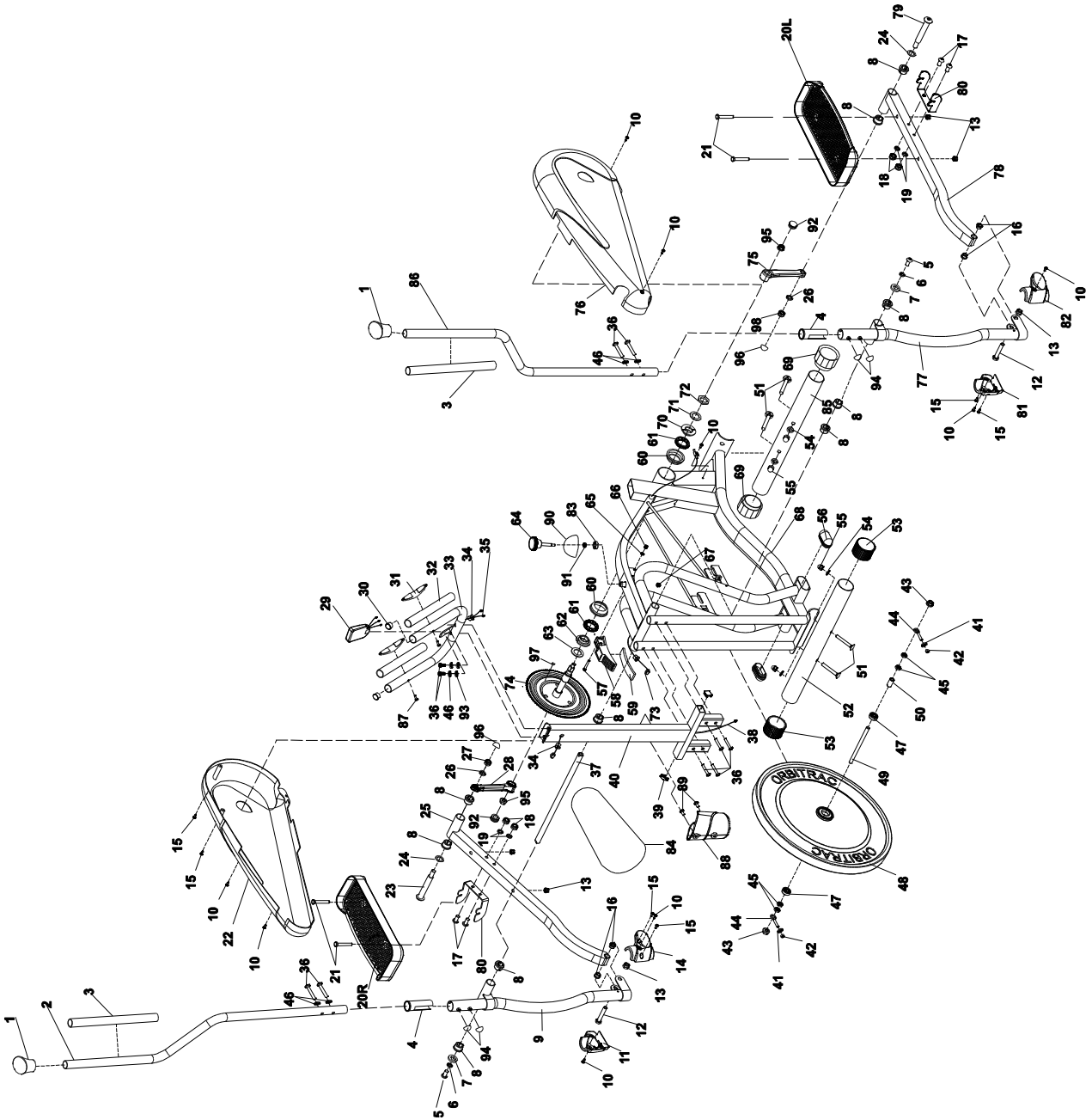
**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

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 your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up pages for pre and post workout.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that get caught in any part of the equipment.
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. Be careful when stepping on or leaving the pedals. Always hold the handlebars first and make sure the pedal at your side is at its lowest position. Step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold onto the handlebars. To ensure the pedals run smoothly push or pull on the handlebars first, then follow with leg motion. When stepping off the machine, make sure one pedal is at its lowest position and step out of there before stepping out of the pedal at the highest position.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person should be on the equipment while in use.
10. Keep children and pets away from the product while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. The maximum weight capacity for this product is 275 lbs/125 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



## PART LIST

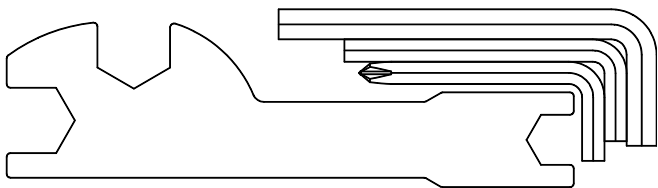
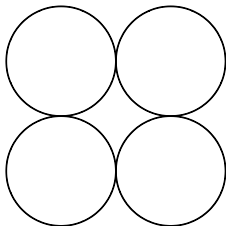
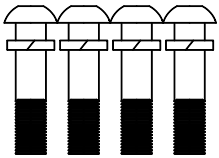
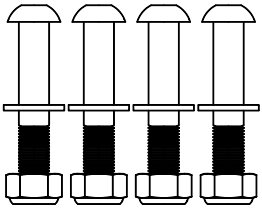
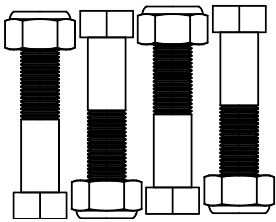
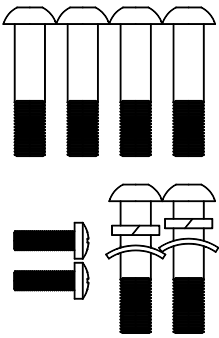
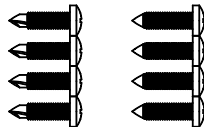
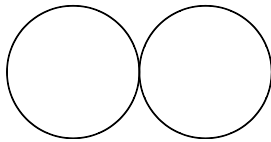
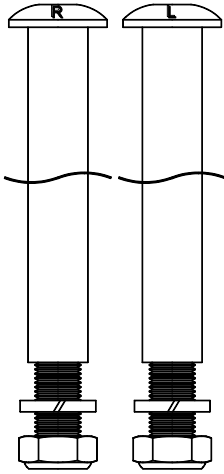
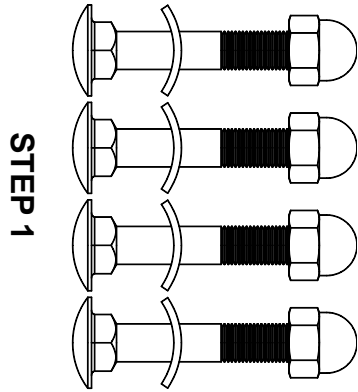
No.	Description	Qty	No.	Description	Qty
001	Handrail Arm End Cap Ø25	2	023	Right Bolt for Right Crank Ø16x119	1
002	Right Handrail Arm Ø25x2	1	024	Wave Washer Ø16.2xØ26xØ0.3	2
003	Handrail Arm Foam Grip Ø23xØ32x220	2	025	Right Foot Bar	1
004	Handrail Arm Plastic Bushing Ø32x1.5	2	026	Spring Washer 1/2"	2
005	Bolt 3/8"x20	2	027	Nylon Nut for Right Crank 1/2"	1
006	Spring Washer 3/8"	2	028	Right Crank 7", 1/2"	1
007	Washer Ø28x4.5	2	029	Computer M1202	1
008	Powder Metal Bushing Ø28xØ24.1xØ16.2x4x16	10	030	Hand Pulse Handlebar End Cap Ø25x2	2
009	Right Handrail	1	031	Hand Pulse Sensor	2
010	Phillips Pan Head Self Tapping Screw ST4.2x16	9	032	Hand Pulse Handlebar Foam Grip Ø23xØ30x310	2
011	Right Handrail Decoration Cover A	1	033	Hand Pulse Handlebar	1
012	Bolt M10x55	2	034	Wire Grommet Ø12	3
013	Nylon Nut M10	6	035	Hand Pulse Sensor Wire L=450 mm	2
014	Right Handrail Decoration Cover B	1	036	Bolt M8x35	10
015	Screw ST4.2x16	6	037	Rotation Rod Ø15.8x373	1
016	Powder Metal Bushing Ø18xØ14.1xØ10.5x3x10	4	038	Extension Sensor Wire L=700 mm	1
017	Bolt M8x43	4	039	Hand Pulse Handlebar Support Frame End Cap 30x20x2	2
018	Nylon Nut M8	4	040	Hand Pulse Handlebar Support Frame	1
019	Washer Ø8.5xØ16x1.5	4	041	Spring Washer Ø6	2
020L	Left Foot Pedal 350x155x45	1	042	Nut M6	2
020R	Right Foot Pedal 350x155x45	1	043	Flange Nut M10x1	2
021	Bolt M10x45	4	044	Eyebolt M6x50	2
022	Right Cover 696x282x92.4	1	045	Nut M10x1	4

## PART LIST

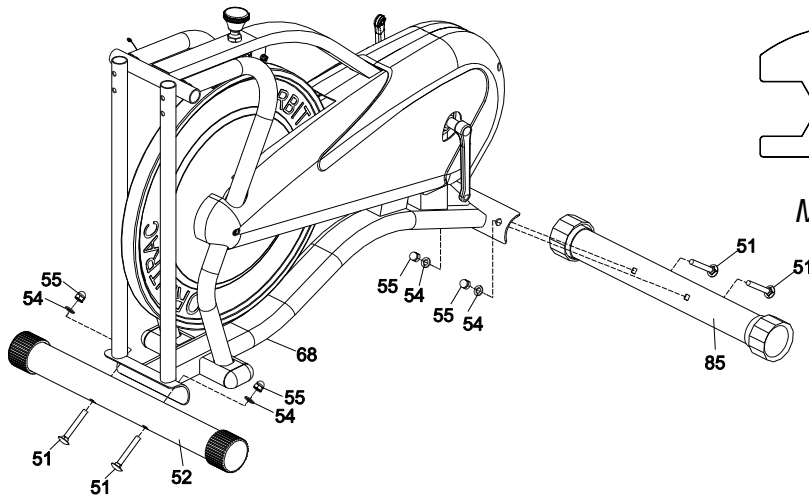
No.	Description	Qty	No.	Description	Qty
046	Spring Washer Ø8	6	073	Sensor with Wire L=900 mm	1
047	Bearing 6000ZZ	2	074	Chain Pulley	1
048	Flywheel Ø448	1	075	Left Crank 7", 1/2"	1
049	Flywheel Axle Ø10x149	1	076	Left Cover 696x282x92.4	1
050	Spacer Ø14xØ10.2x25.5	1	077	Left Handrail	1
051	Bolt M8x60	4	078	Left Foot Bar	1
052	Front Stabilizer Ø50x1.5	1	079	Left Bolt for Left Crank Ø16x119	1
053	Front Stabilizer End Cap Ø50	2	080	Foot Pedal Support Bracket 248x37.5xØ3	2
054	Big Curve Washer Ø8.4xØ20x1.6	4	081	Left Handrail Decoration Cover A	1
055	Cap Nut M8	4	082	Left Handrail Decoration Cover B	1
056	Main Frame End Cap 60x30x1.5	2	083	Nut M14x1.5	1
057	Bolt M5x35	1	084	Chain P=6.35	1
058	Tension Bracket 120x35x30	1	085	Rear Stabilizer Ø50x1.5	1
059	Tension Pad 115x25x6	1	086	Left Handrail Arm Ø25x2	1
060	Bearing Cup	2	087	Screw ST4.2x19	2
061	Ball Bearing	2	088	Bottle Holder Ø88x134	1
062	Bearing Nut II 15/16"	1	089	Bolt M5x10	2
063	Washer 15/16"	1	090	Protection Cover for Tension Control Knob Ø32x10	1
064	Tension Control Knob Ø40x76	1	091	Nut Ø15x30	1
065	Washer Ø5.3xØ10x1	1	092	Crank Cover Ø22	2
066	Nylon Nut M5	1	093	Curve Washer Ø8.5xØ16x2	2
067	Cap Nut M6	1	094	Nut Cap M8	4
068	Main Frame	1	095	Flange Nut 3/8"	2
069	Rear Stabilizer End Cap Ø50	2	096	Nut Cap 1/2"	2
070	Bearing Nut I 7/8"	1	097	Small Magnet Ø15x7	1
071	Washer 7/8"	1	098	Nylon Nut for Left Crank 1/2"	1
072	Nut 7/8"	1			



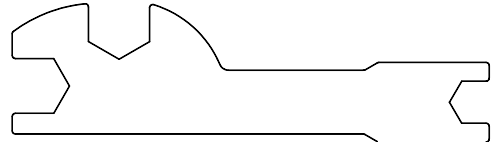
# INCLUDED HARDWARE & TOOLS



# ASSEMBLY



## Tool:



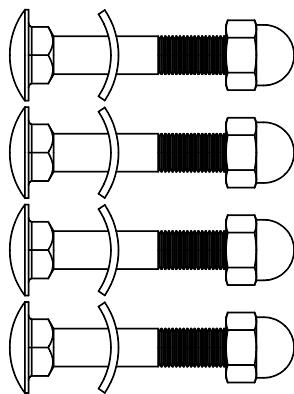
Multi Hex Tool 13#, 17#, 19#

### 1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (52) in front of Main Frame (68) and align bolt holes. Attach the Front Stabilizer (52) onto the front curve of the Main Frame (68) with two M8x60 Bolts (51), two Ø8.4xØ20x16 Big Curve Washers (54), and two M8 Cap Nuts (55). Tighten cap nuts with the Multi Hex Tool provided.

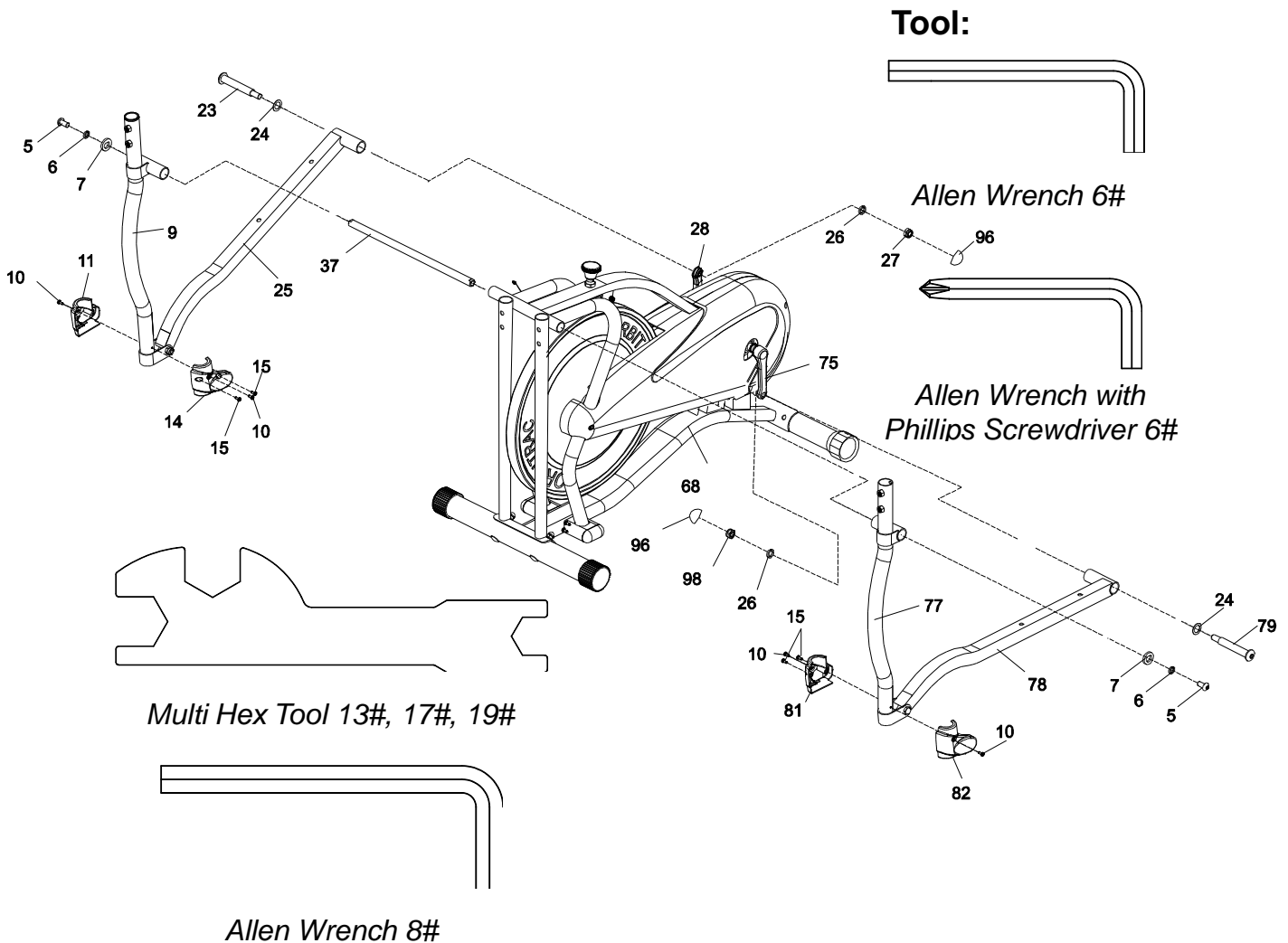
Position the Rear Stabilizer (85) behind the Main Frame (68) and align bolt holes. Attach the Rear Stabilizer (85) onto the rear curve of the Main Frame (68) with two M8x60 Bolts (51), two Ø8.4xØ20x16 Big Curve Washers (54), and two M8 Cap Nuts (55). Tighten cap nuts with the Multi Hex Tool provided.

### Hardware:



(51) Bolt M8x60	4 PCS
(54) Ø8.4xØ20x16 Big Curve Washer	4 PCS
(55) M8 Cap Nut	4 PCS

# ASSEMBLY



## 2. Left/Right Handrails and Left/Right Foot Bars Installation

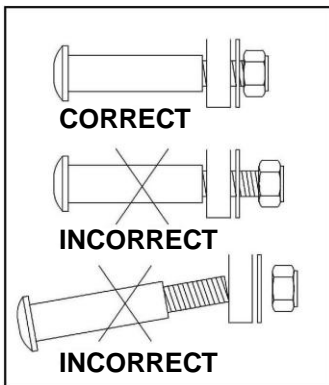
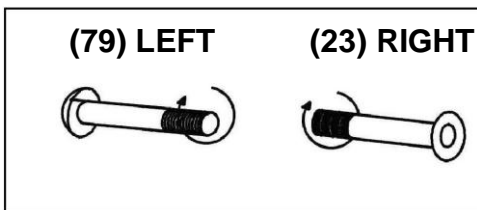
Place the  $\text{Ø}15.8 \times 373$  Rotation Rod (37) into the hole on the Main Frame (68). Slide the Right/Left Handrails (9, 77) onto the  $\text{Ø}15.8 \times 373$  Rotation Rod (37) and secure in place with two  $3/8" \times 20$  Bolts (5), two  $3/8"$  Spring Washers (6), and two  $\text{Ø}28 \times 4.5$  Washers (7). Tighten bolts with one 6# Allen Wrench and one 6# Allen Wrench with Phillips Screwdriver provided.

Insert a  $\text{Ø}16 \times 119$  Right Bolt for Right Crank (23) and put the  $\text{Ø}16.2 \times \text{Ø}26 \times \text{Ø}0.3$  Wave Washer (24) through the right side of the Right Foot Bar (25). Put a  $1/2"$  Spring Washer (26) on the bolt, then pass it through the Right Crank (28), and secure the bolt with a  $1/2"$  Nylon Nut for Right Crank (27). Tighten bolt and nylon nut with the 8# Allen Wrench and Multi Hex Tool provided. Repeat this procedure for the left side assembly. Cover both  $1/2"$  Nylon Nuts for Right/Left Crank (27, 98) with two  $1/2"$  Nut Caps (96). Attach both Right Handrail Decoration Covers A and B (11, 14) onto the end of the Right Handrail (9) with two ST4.2x16 Phillips Pan Head Self Tapping Screws (10) and two ST4.2x16 Screws (15). Tighten screws with the 6# Allen Wrench with Phillips Screwdriver provided. Repeat this procedure for the left side assembly.

## ASSEMBLY

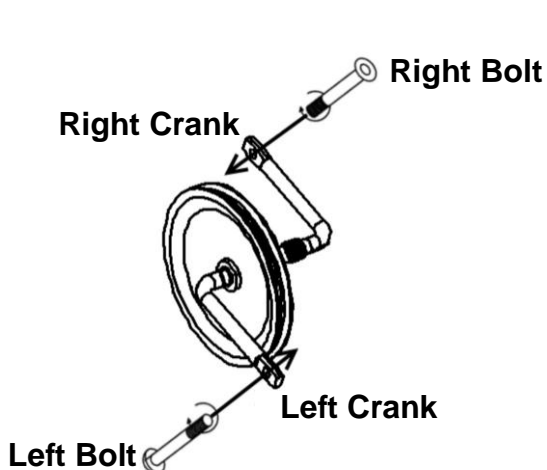
### Please note:

Before you put the 1/2" Nylon Nut for Right Crank (27) and a 1/2" Spring Washer (26) on the Right Foot Bar (25), make sure the Ø16x119 Right Bolt for Right Crank (23) had been screwed to the end position with the Right Foot Bar (25).



In order to install the hinge bolt properly, keep it perfectly straight when the bolt goes through the pedal tubing and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge bolt and the crankshaft may occur.

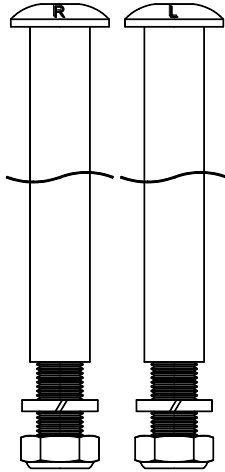
**Important:**  
**Screw Right Bolt (23) into right crank clockwise!**  
**Screw Left Bolt (79) into Left crank counter-clockwise!**



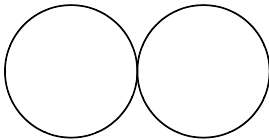
**Important:**  
Please make sure the right bolt matches up with the right crank and the left bolt matches up with the left crank. If reversed the cranks may become damaged or stripped.

# ASSEMBLY

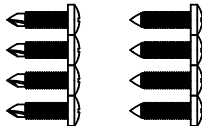
## Hardware:



- (23) Right Bolt for Right Crank  
Ø16x119 1 PC
- (24) Wave Washer  
Ø16.2xØ26xØ0.3 2 PCS
- (26) 1/2" Spring Washer 2 PCS
- (27) 1/2" Nylon Nut for Right Crank 1 PC
- (79) Left Bolt for Left Crank  
Ø16x119 1 PC
- (98) 1/2" Nylon Nut for Left Crank 1 PC

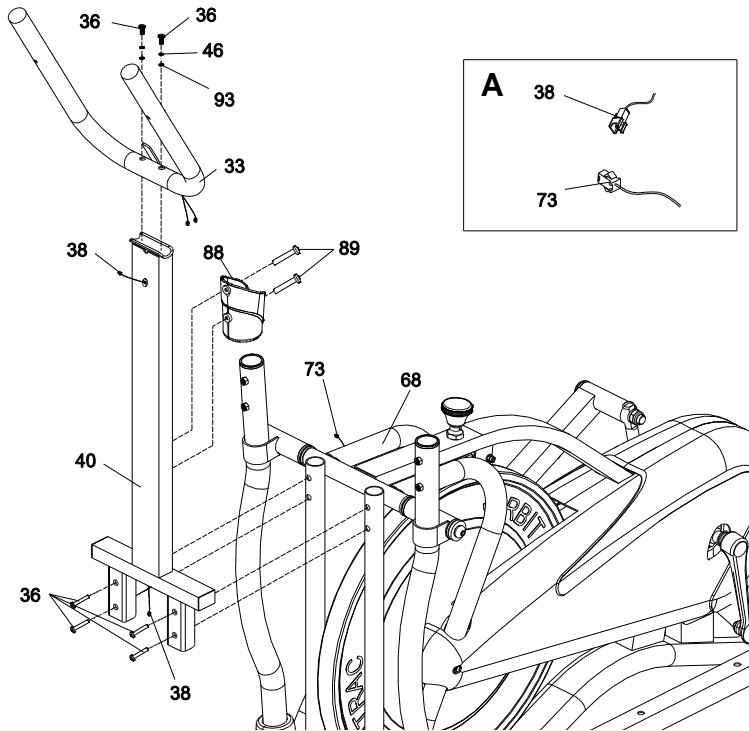


- (96) 1/2" Nut Cap  
2 PCS



- (10) Phillips Pan Head Self  
Tapping Screw ST4.2x16 4 PCS
- (15) Screw ST4.2x16 4 PCS

# ASSEMBLY



**Tool:**



*Allen Wrench 6#*

### 3. Hand Pulse Handlebar Support Frame, Bottle Holder, and Hand Pulse Handlebar Installation

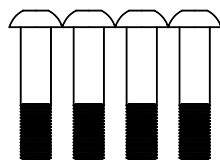
Attach the Hand Pulse Handlebar Support Frame (40) onto the Main Frame (68) with four M8x35 Bolts (36). Tighten bolts with the 6# Allen Wrench provided.

Connect the Sensor Wire (73) from the Main Frame (68) to the Extension Sensor Wire (38) from the Hand Pulse Handlebar Support Frame (40), see Figure A.

Attach the Bottle Holder (88) onto the Hand Pulse Handlebar Support Frame (40) with two M5x10 Bolts (89). Tighten bolts with the 6# Allen Wrench provided.

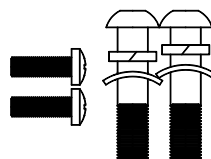
Attach the Hand Pulse Handlebar (33) onto the top end of the Hand Pulse Handlebar Support Frame (40) with two M8x35 Bolts (36), two Ø8 Spring Washers (46), and two Ø8.5xØ16x2 Curve Washers (93). Tighten bolts with the 6# Allen Wrench provided.

#### Hardware:



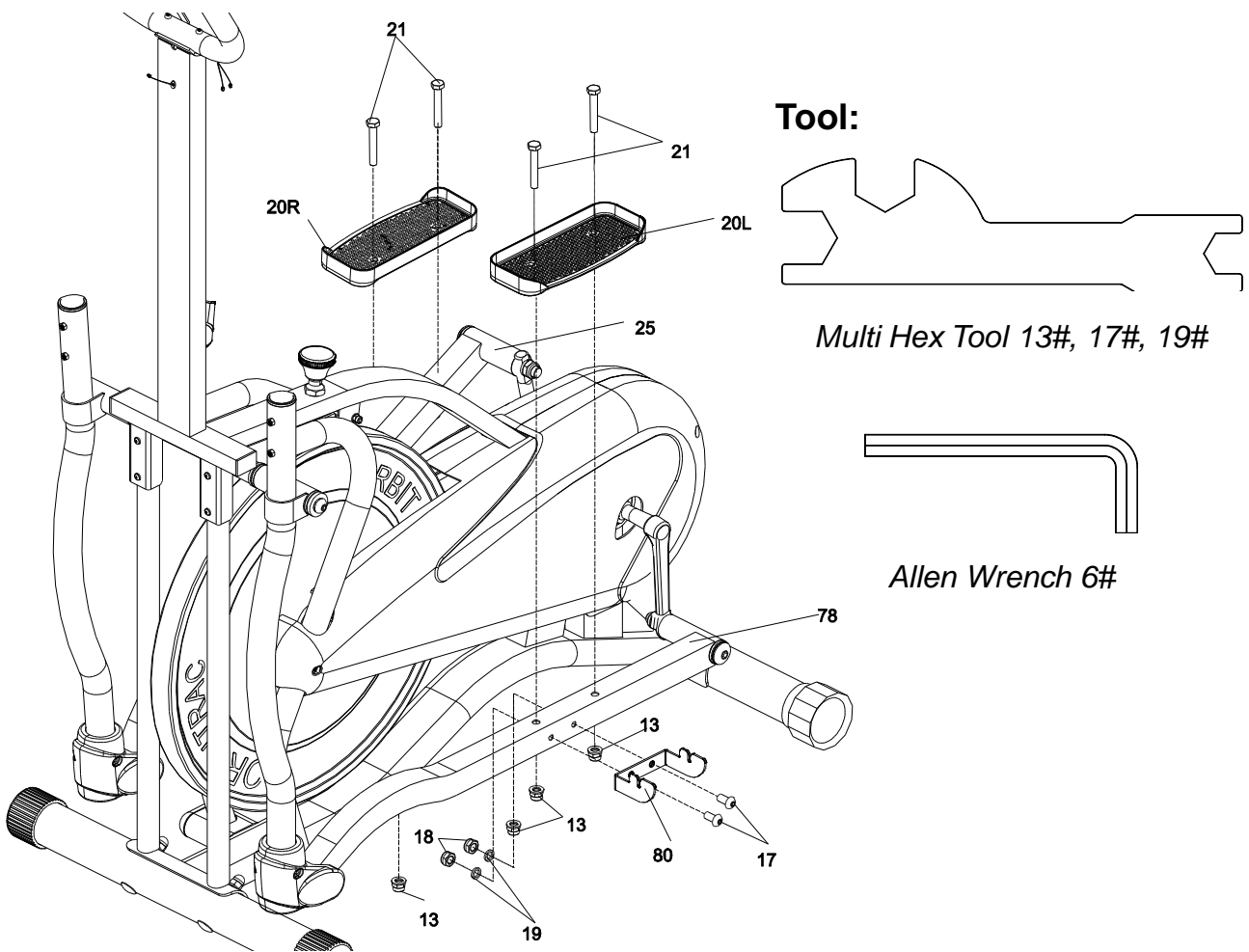
(36) M8x35 Bolt  
4 PCS

(89) M5x10 Bolt  
2 PCS



(36) M8x35 Bolt                    2 PCS  
(46) Ø8 Spring Washer            2 PCS  
(93) Ø8.5xØ16x2 Curve Washer   2 PCS

# ASSEMBLY



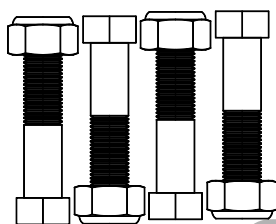
## 4. Right and Left Foot Pedals Installation

Attach two Foot Pedal Support Brackets (80) onto both Right/Left Foot Bars (25, 78) with four M8x43 Bolts (17), four Ø8.5xØ16x1.5 Washers (19), and four M8 Nylon Nuts (18). Tighten bolts and nylon nuts with the 6# Allen Wrench and Multi Hex Tool provided.

Attach the Right Foot Pedal (20R) onto the Right Foot Bar (25) with two M10x45 Bolts (21) and two M10 Nylon Nuts (13). Tighten nylon nuts with the Multi Hex Tool provided.

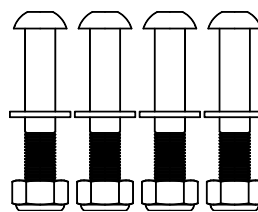
Attach the Left Foot Pedal (20L) onto the Left Foot Bar (78) with two M10x45 Bolts (21) and two M10 Nylon Nuts (13). Tighten nylon nuts with the Multi Hex Tool provided.

## Hardware:



(13) M10 Nylon Nut  
4 PCS

(21) M10x45 Bolt  
4 PCS

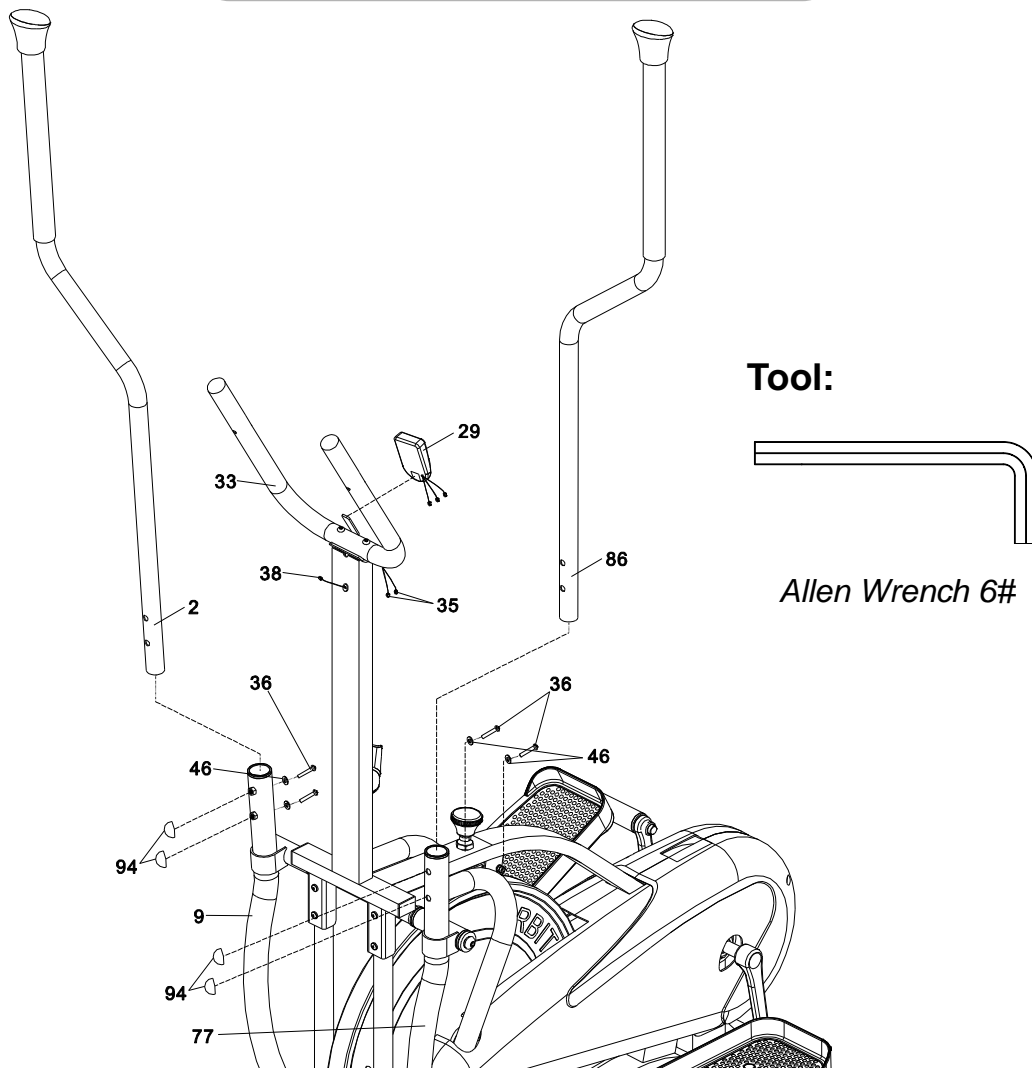


(17) M8x43 Bolt  
4 PCS

(19) Ø8.5xØ16x1.5  
Washer  
4 PCS

(18) M8 Nylon Nut  
4 PCS

# ASSEMBLY



## 5. Right/Left Handrail Arms and Computer Installation

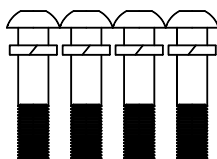
Insert the Right Handrail Arm (2) into the handrail arm plastic bushing on the tube of the Right Handrail (9) and secure with two M8x35 Bolts (36) and Ø8 Spring Washers (46). Tighten bolts with the 6# Allen Wrench provided.

Install two M8 Nut Caps (94) onto the nut on the Right Handrail (9).

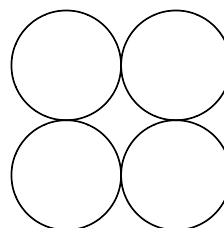
Repeat above procedure for the Left Handrail Arm (86) assembly.

Connect the Extension Sensor Wire (38) and Hand Pulse Sensor Wires (35) to the wires that come from the Computer (29). Place the Computer (29) onto the plate on the Hand Pulse Handlebar (33) then slide it down to lock in position.

### Hardware:



(36) M8x35 Bolt  
4 PCS  
(46) Ø8 Spring Washer  
4 PCS



(94) M8 Nut Cap  
4 PCS



## COMPUTER

### SPECIFICATIONS:

TIME -----	00:00-99:59 MIN: SEC
SPEED -----	0.0-99.9 MPH
DISTANCE -----	0.00-99.99 MILE
CALORIES -----	0-9999 CAL
PULSE -----	40-240 BPM



### USING YOUR COMPUTER

The computer can be activated by pressing the MODE button or by pedaling. If you leave the equipment for 4 minutes, the power will shut off automatically.

### BUTTON FUNCTIONS:

Press the MODE button to select each function of the computer. Press and hold the MODE button for 4 seconds to reset all data values to zero.

### COMPUTER FUNCTIONS:

**SCAN:** Press the MODE button until the arrow points to SCAN, the computer will automatically scan through the functions every 6 seconds.

**TIME:** Press the MODE button until the arrow points to TIME, the computer will display your elapsed workout time in minutes and seconds.

**SPEED:** Press the MODE button until the arrow points to SPEED, the computer will display the current training speed.

**DISTANCE:** Press the MODE button until the arrow points to DISTANCE, the computer will display the cumulative distance traveled during workout.

**CALORIES:** Press the MODE button until the arrow points to CALORIES, the computer will display the total calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

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

## COMPUTER

### **HOW TO INSTALL THE BATTERIES:**

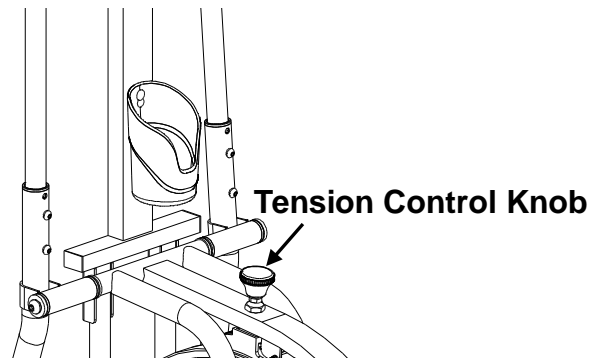
1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

## ADJUSTMENTS

### **Adjusting the Tension Control Knob**

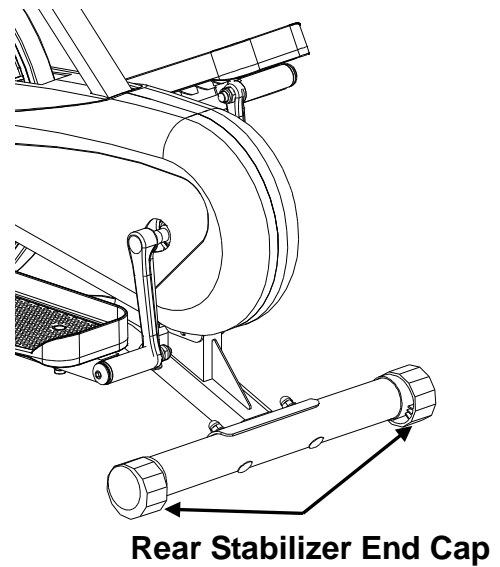
To increase the tension, turn the tension control knob in a clockwise direction.

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



### **Adjusting the Rear Stabilizer End Cap**

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the training bike.



## MAINTENANCE & TROUBLE SHOOTING

### MAINTENANCE

#### Cleaning

The training bike can be cleaned with a soft cloth and any mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the training 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 training bike, especially, 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 training bike in a clean and dry environment away from children.

### TROUBLE SHOOTING

PROBLEM	SOLUTION
There is no display on the computer console.	<ol style="list-style-type: none"><li>1. Remove the Computer (29) and verify the wires that come from the Computer (29) are properly connected to the wires that come from the Hand Pulse Handlebar (33).</li><li>2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.</li><li>3. The batteries in the computer console may be dead. Change to new batteries.</li></ol>
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"><li>1. Make sure that the wire connections for the hand pulse sensors are secure.</li><li>2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand when you try to test your heart rate figures.</li><li>3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.</li></ol>
The training bike makes a squeaking noise when in use.	The bolts may be loose on the training bike, please inspect the bolts and tighten the loose bolts.
The training bike is not sturdy enough.	The training bike is leveled by turning the Rear Stabilizer End Cap (69).

## 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 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 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”***

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