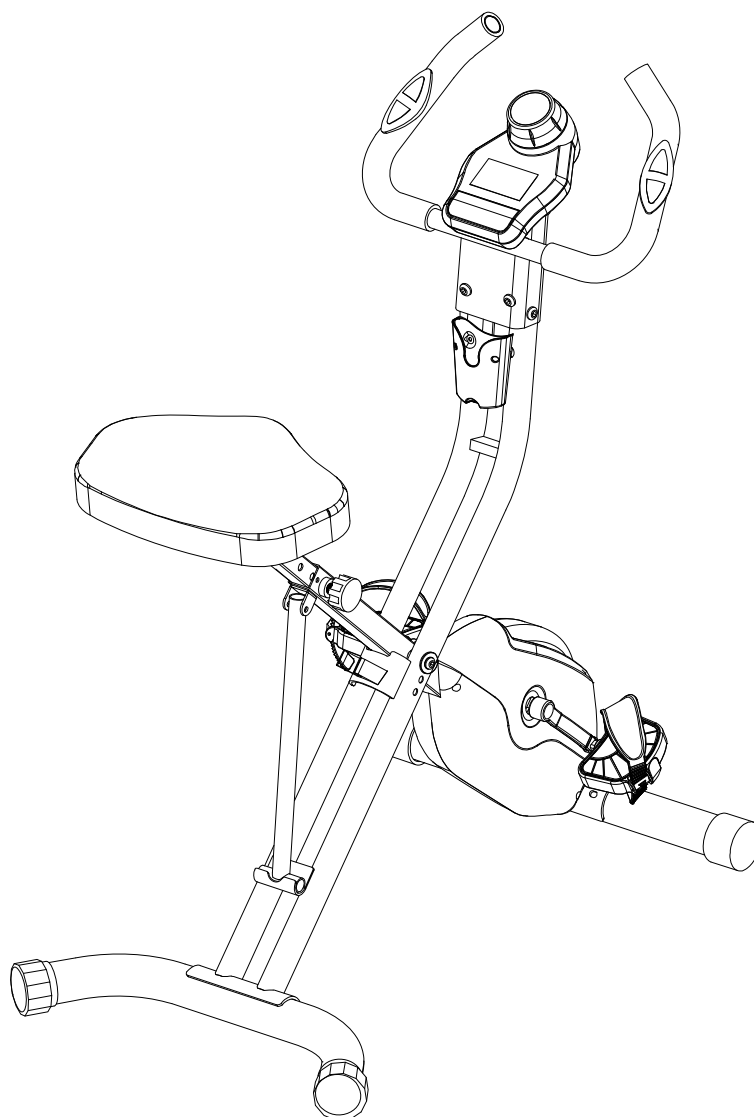


Folding Upright Bike with Pulse



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.

TABLE OF CONTENTS

SERVICE	2
LABEL PLACEMENT	3
PRODUCT SAFETY	4
OVERVIEW DRAWING	5
PART LIST	6
HARDWARE LIST & TOOLS	8
ASSEMBLY	9
COMPUTER	13
STORAGE	14
ADJUSTMENTS	15
TROUBLE SHOOTING & MAINTENANCE	17
WARM UP	18
WARRANTY	19
FAX FORM	20

SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by the below methods:

For Best Service, please Email:

Service@paradigmhw.com

Response Time: 1-2 Business Days

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7921

Response time may vary.

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

For damaged or defective product please contact our customer service before returning to the store.

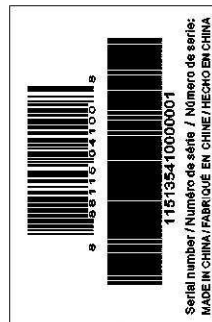
Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT

<p>NOTICE</p> <p>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.</p>	<p>UNDER PENALTY OF LAW THIS TAG MAY NOT BE REMOVED EXCEPT BY THE CONSUMER.</p> <p>ALL NEW MATERIALS CONSISTING OF POLYURETHANE FOAM PAD, 100%.</p> <p>REGISTRY NO. VA25302 (CM)</p> <p>Classification is made by this manufacturer that the materials in this article are described in accordance with law.</p> <p>Peardigm Health and Wellness, Inc. 1189 Jollick Ave. City of Industry, CA 91748, USA</p>
<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.).</p>	<p>SOUS PENE DE SANCTION LEGALE, CETTE ETIQUETTE NE PEUT ETRE ENLEVEE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR.</p> <p>TOUS LES NOUVEAUX MATERIAUX CONSISTANT EN MOUSSE DE POLYURETHANE 100 %.</p> <p>NO D'ENREGISTREMENT VA25302 (CM)</p> <p>Cette étiquette est apposée par le fabricant conformément aux lois Californiennes.</p> <p>Peardigm Health and Wellness, Inc. 1189 Jollick Ave. City of Industry, CA 91748, USA</p>
<p>NOTIFICACIÓN</p> <p>Este artículo no se ajusta a la Inflammabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarrillos ardientes.</p>	<p>SE ANUNCIA LEGALMENTE A LOS CONSUMIDORES QUE SOLO EL CONSUMIDOR PODRA QUITARLA.</p> <p>MATERIAL COMPLETAMENTE NUEVO COMPUESTO DE 100% RELENDO DE ESPUMA DE POLIURETANO.</p> <p>NO. DE REG VA25302 (CM)</p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Peardigm Health and Wellness, Inc. 1189 Jollick Ave. City of Industry, CA 91748, USA</p>



Maximum weight capacity is 400 lbs.
Le poids maximum pout ce produit est 181 kgs.
La capacidad de peso máxima es 181 kg.



For customer assistance, daily:
 Pour le service à la clientèle composer le, tous les jours:
 Para servicios al cliente, llame al, diario:

1-844-641-7921
 08:00 - 17:00 Los Angeles

The Crank will be damaged if the Right or Left Pedal are not tightened as per below instructions!

- Tighten Right Pedal (8) into the Right Crank Clockwise
- Tighten Left Pedal (7) into the Left Crank Counter Clockwise

La manivelle pourrait être endommagée si les pédale droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

- Serrez le pédale droit (8) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (7) dans la manivelle gauche dans le sens antihoraire

¡Se dañará el cigüeñal en caso de que no se aprieten los pedal, derecho e izquierdo según las siguientes instrucciones!

- Apriete el pedal derecho (8) en el cigüeñal derecho, hacia la derecha
- Apriete el pedal izquierdo (7) en el cigüeñal izquierdo, hacia la izquierda.

PRODUCT SAFETY

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

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up pages. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. **The maximum weight capacity for this product is 400 lbs / 181 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



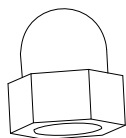
PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
001	Front Frame	1	029	Hexagon Nut Cap M8	4
002	Rear Frame	1	030	Curve Washer Ø8.2xØ22.2	4
003	Rear Stabilizer	1	031	Front Stabilizer Ø50x1.5tx550L	1
004	Handlebar	1	032	C-ring Ø10	2
005	Seat Post	1	033	Flat Washer Ø8.2xØ16.8	9
006	Seat Cushion	1	034	Nylon Nut M8	1
007	Left Pedal	1	035	Magnet Bracket	1
008	Right Pedal	1	036	Washer Ø6.2	2
009	Computer	1	037	Sensor Wire	1
09A	Hand Pulse Sensor	2	038	Flywheel	1
09B	Computer Wire	1	039	Belt Wheel with Crank Axle	1
010	Wire Plug	1	040	Bearing Bracket A	2
011	Rear Stabilizer End Cap	2	041	Wave Washer	1
012	Seat Post Bushing	1	042	Bearing	4
013	Tension Control Knob	1	043	C-ring Ø17	6
014	Seat Height Adjustment Knob	1	044	Belt Wheel	1
015	Tension Cable	1	045	Bearing 6000Z	2
015A	Clip	1	046	Axle Ø12.8x94L	1
016	Oval Wire Plug	3	047	Eyebolt M6	2
017	Handlebar Foam Grip	2	048	Tension Bracket	2
018	Left Cover	1	049	Front Frame Support Tube Holder	1
019	Right Cover	1	050	Nylon Nut M6	2
020	Top Cover	1	051	Nut M10	2
021	Plastic Bushing	6	052	Washer Ø10.2xØ25	1
022	Safety Pin	1	053	Wave Washer Ø17	1
023	Left Crank	1	054	Idle Wheel Axle	1
024	Right Crank	1	055	Nylon Nut M10	1
025	France Nut	2	056	Bearing 6902Z	2
026	Crank Cover	2	057	Axle Ø15.8x94.5L	1
027	Round Phillips Head Drilling Screw M4x20	4	058	Hexagon Socket Bolt M8x15	9
028	Round Phillips Head Tapping Screw M4x20	5	059	Rubber Cushion	1

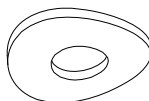
PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
060	Washer Ø8.2x Ø25x2.0t	2	073L	Front Stabilizer Left End Cap	1
061	Flat Phillips Head Screw M6x10	6	074	Spring Washer Ø6.2	1
062	Holder	1	075	Screw M5x10	4
063	Round Phillips Head Screw M4x10	1	076	Hexagon Socket Bolt M8x43L	1
064	Plastic Washer	1	077	Handlebar End Cap Ø25.4	3
065	C-ring Ø15	1	078	Front Frame Support Tube End Cap Ø22.2	2
066	Screw M4x10L	3	079	Hand Pulse Sensor Wire	2
067	Rear Frame Support Tube	1	080	Nut M6	1
068	Screw M5x20	1	081	Screw M6x15	1
069	Console cover	1	082	Hand Pulse Sensor	2
070	Spring	1	083	Countersunk Phillips Head Cap Screw M4x20	2
071	Belt 240J4	1	084	Nylon Nut 9/16	2
072	Belt 230J3	1	085	Nut Cap	1
073R	Front Stabilizer Right End Cap	1			

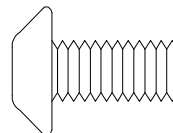
HARDWARE LIST & TOOLS



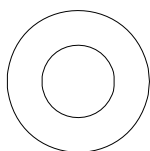
(29) Hexagon Nut Cap
M8 4PCS



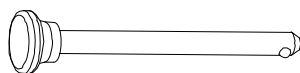
(30) Curve Washer
Ø8.2xØ22.2
4 PCS



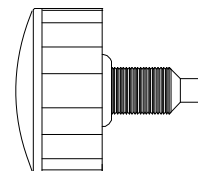
(58) Hexagon Socket Bolt
M8x15 7PCS



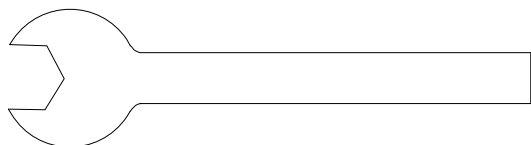
(33) Flat Washer
Ø8.2xØ16.8 7PCS



(22) Safety Pin
1PC



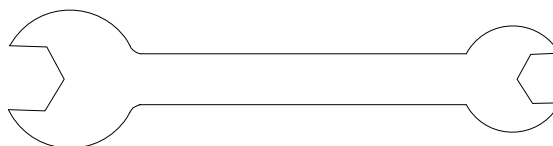
(14) Seat Height
Adjustment Knob
1PC



Wrench 19mm
1 PCS

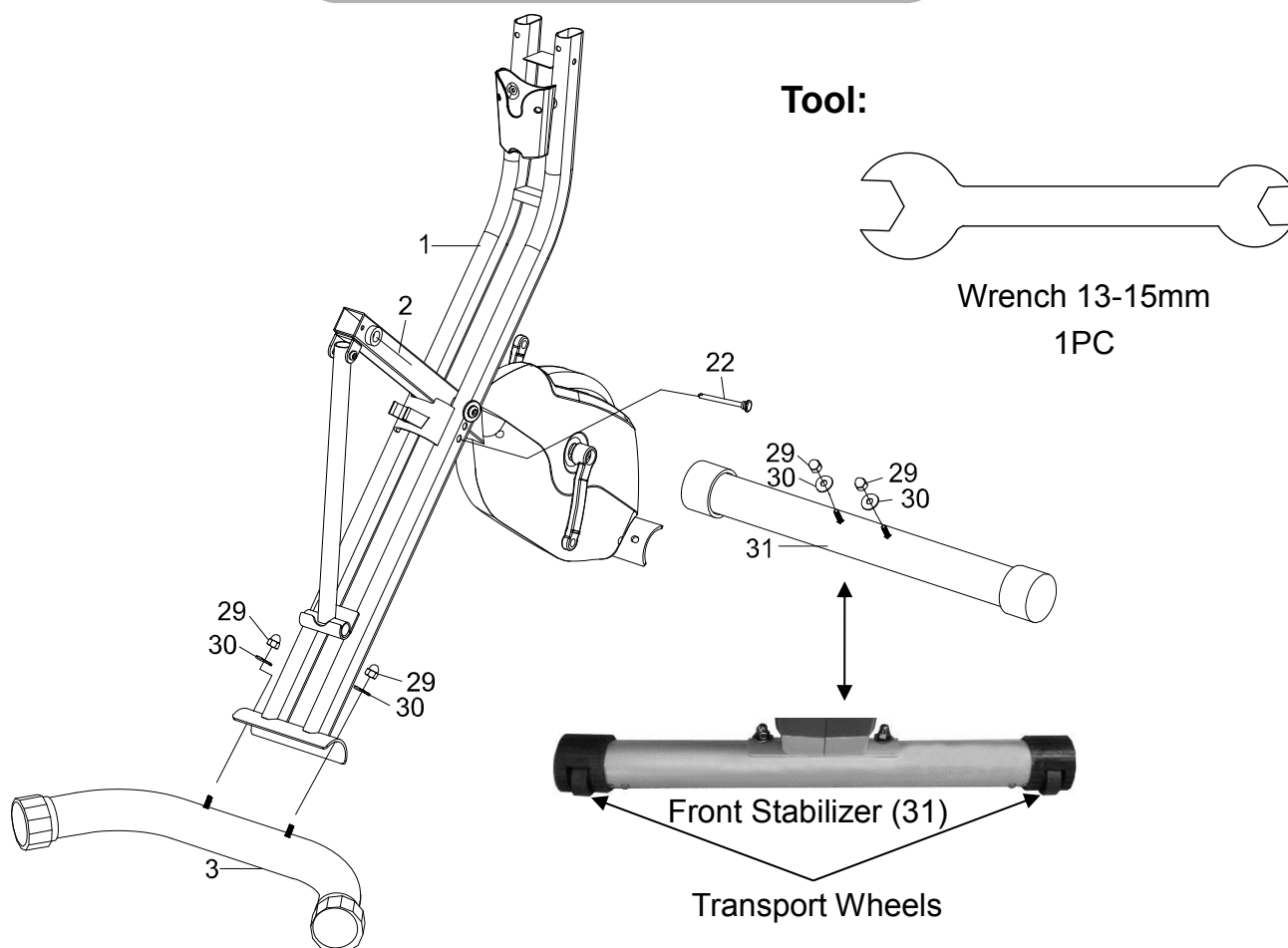


5mm Allen Wrench with
Phillips Screwdriver
1PC



Wrench 13-15mm
1 PCS

ASSEMBLY



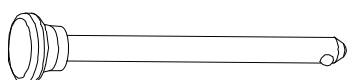
Step 1 Frames

Extent Front Frame (1) and Rear Frame (2) apart. When pin holes are aligned, insert Safety Pin (22) to lock the frames.

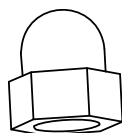
Stabilizers

Attach the Front Stabilizer (31) with transport wheels onto Front Frame (1). Use Wrench 13-15 to tighten all Hexagon Nut Caps (29) and Curve Washers (30). Attach the Rear Stabilizer (3) onto Rear Frame (2). Use Wrench 13-15 to tighten all Hexagon Nut Caps (29) and Curve Washers (30).

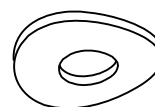
Hardware:



(22) Safety Pin
1 PC



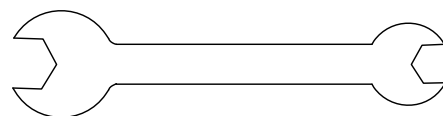
(29) Hexagon Nut Cap
M8 4PCS



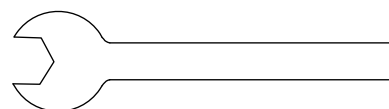
(30) Curve Washer
Ø8.2xØ22.2
4 PCS

ASSEMBLY

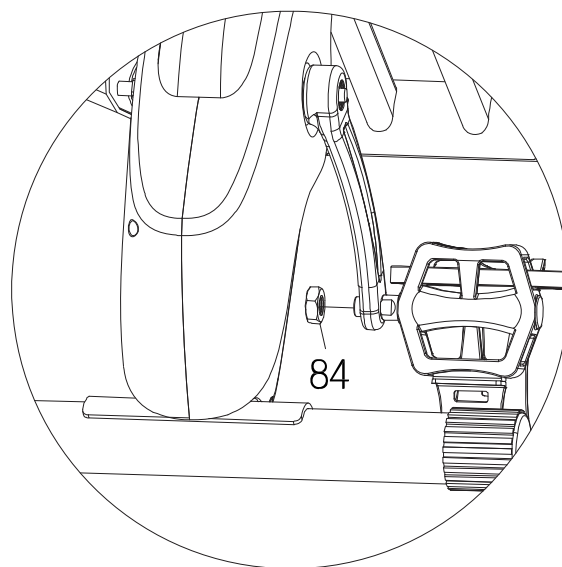
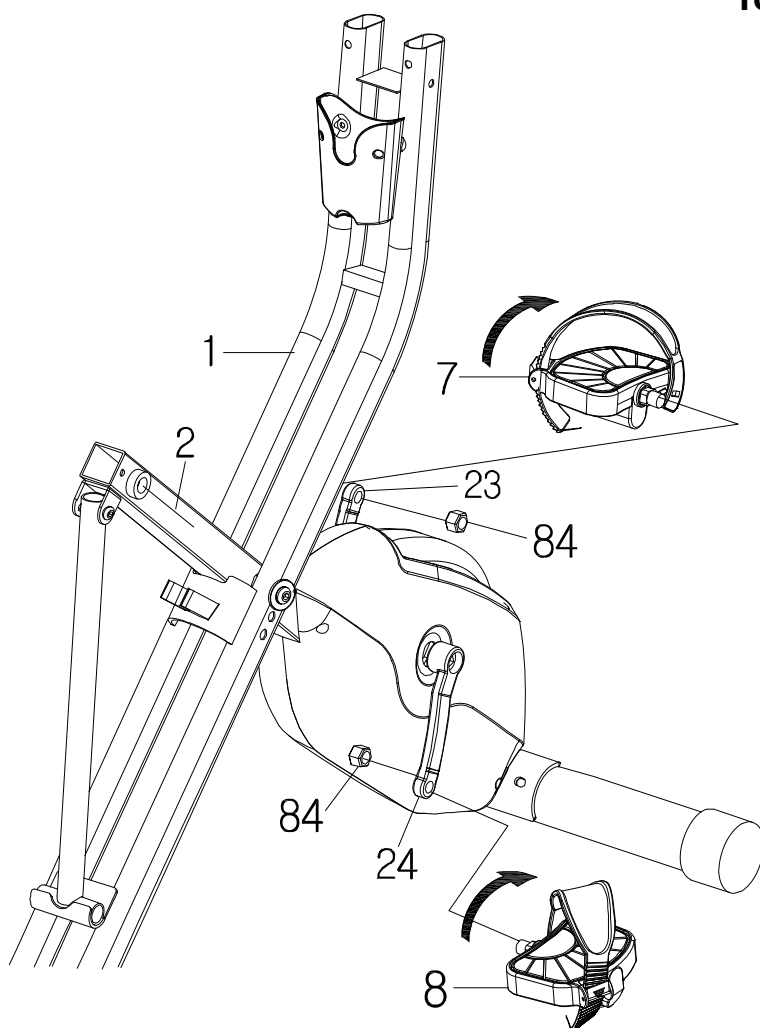
Tool:



Wrench 13-15mm
1PC



Wrench 19mm
1PC



Step 2

Loosen Nylon Nuts (84) from Left and Right Pedal (7) & (8) first.

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.

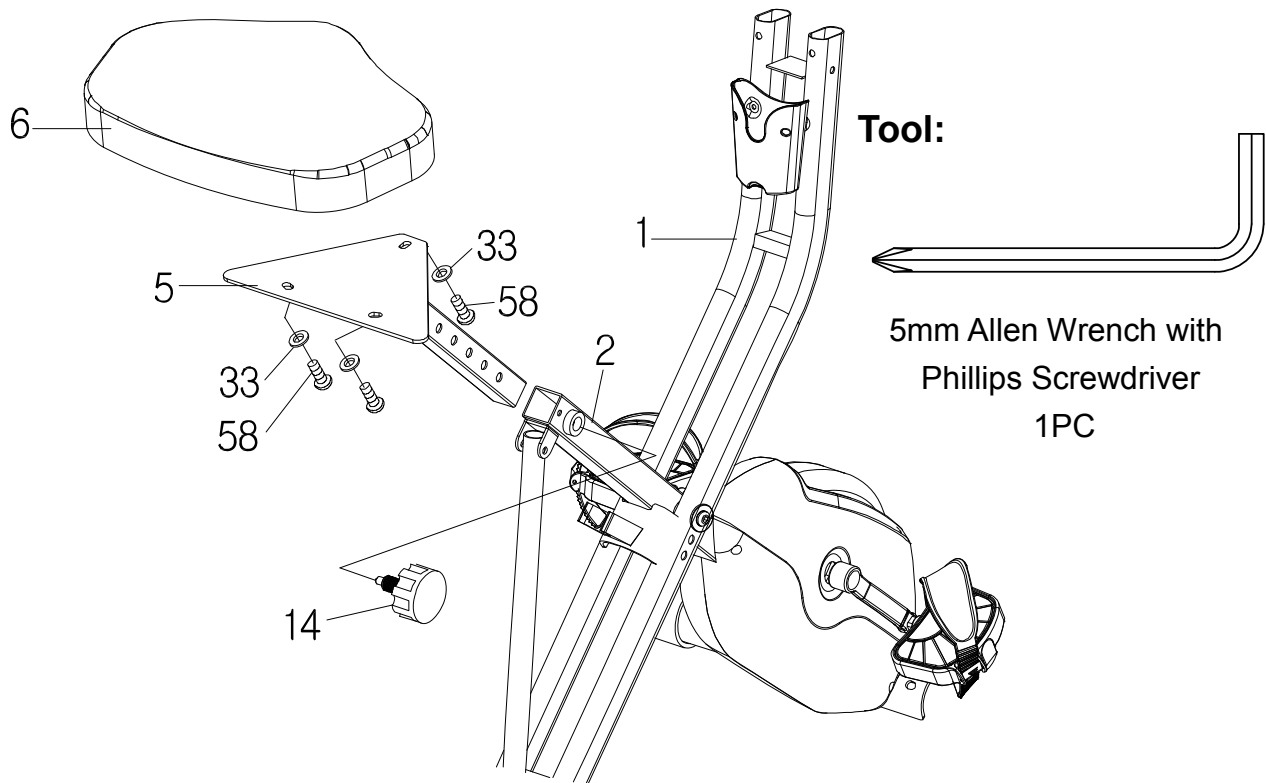
Tighten the pedal shaft of Left Pedal (7) with the Wrench 13-15 mm provided, then tighten Nylon Nut (84) with the Wrench 19mm provided.

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, then tighten Nylon Nut (84) with the Wrench 19mm provided.

ASSEMBLY

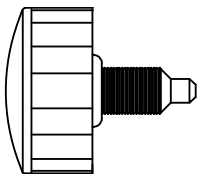


Step 3

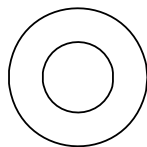
Align Seat Cushion (6) with bolt holes on Seat Post (5). Insert Flat Washers (33) and Hexagon Socket Bolts (58) into bolt holes. Use Allen Wrench 5mm to tighten the bolts.

Insert Seat Post (5) into Rear Frame (2), tighten Seat Height Adjustment Knob (14) at desired height.

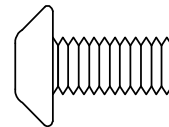
Hardware:



(14) Seat Height
Adjustment Knob
1 PC

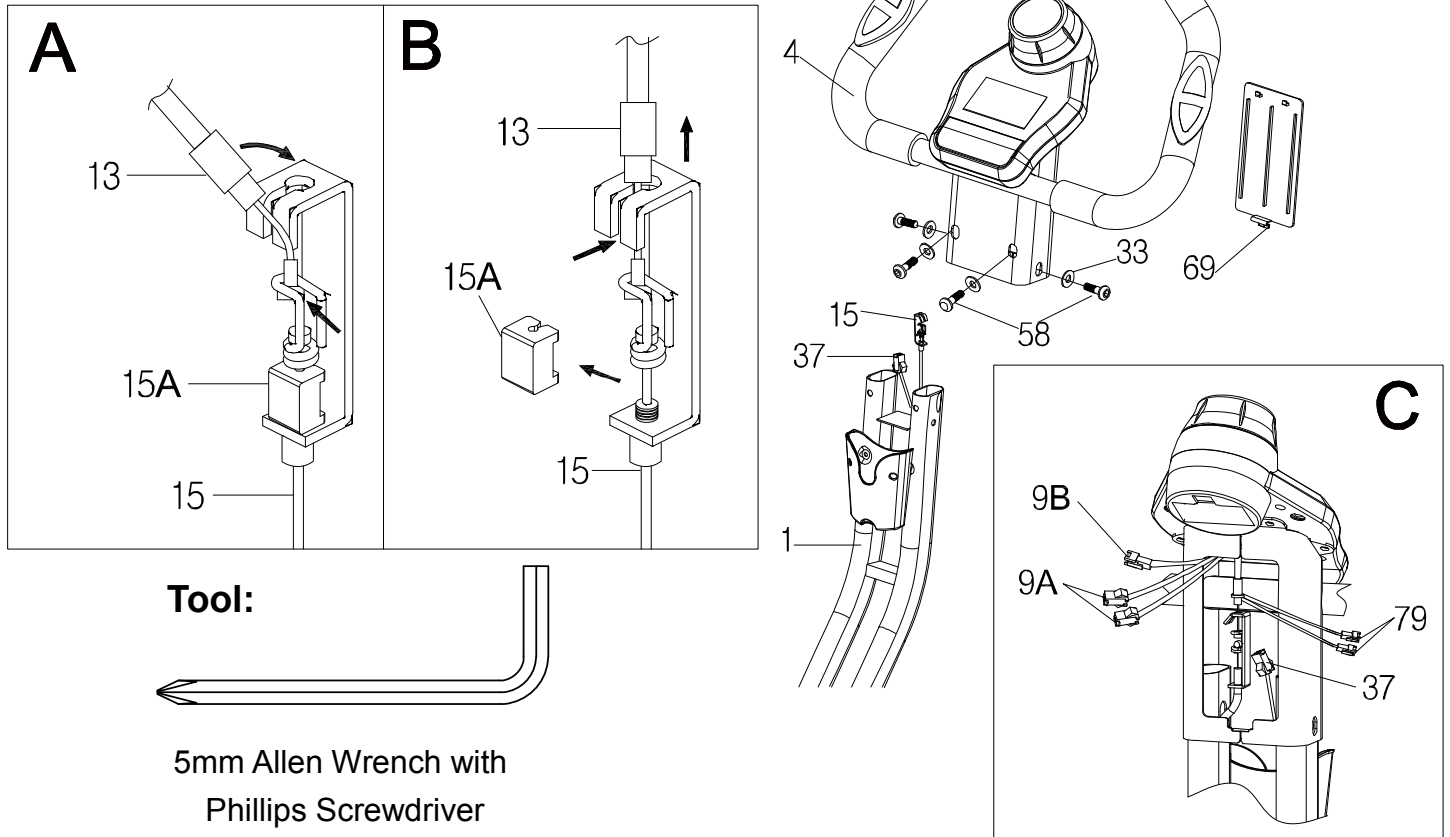


(33) Flat Washer
Ø8.2xØ16.8
3PCS



(58) Hexagon Socket Bolt
M8x15 3PCS

ASSEMBLY



Tool:



5mm Allen Wrench with
Phillips Screwdriver
1PC

Step 4

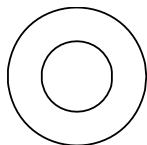
Insert the Handlebar (4) into the Front Frame (1), and tighten with four Flat Washers (33) and Hexagon Socket Bolts (58) by using 5mm Allen Wrench provided.

Put the cable end of resistance cable of Tension Control Knob (13) into the cable lock of Sensor Wire (15), see Figure A.

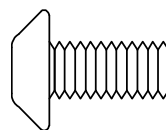
Pull the resistance cable of Tension Control Knob (13) up and force it into the slot of metal bracket of Tension Cable (15), Turn the tension control knob towards the highest setting (clockwise) until the nuts are seated firmly on top of the metal bracket and gently remove the Clip (15A) after well-connected the resistance cable of Tension Control Knob (13) and Tension Cable (15) See Figure B.

Connect the Hand Pulse Sensor (9A) with Hand Pulse Sensor Wire (79), then connect the Computer Wire (9B) with Sensor Wire (37) see Pic E. Attach the Console Cover (69) onto the console.

Hardware:



(33) Flat Washer
Ø8.2xØ16.8 4PCS



(58) Hexagon Socket Bolt
M8x15 4PCS

COMPUTER



SPECIFICATIONS:

TIME-----	0:00~99:59MIN
CALORIE-----	0.0~999.9KCAL
SPEED-----	0.0~999.9ML/H
ODOMETER-----	0~9999ML
DISTANCE-----	0.0~999.9ML
PULSE-----	40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

COMPUTER FUNCTIONS:

TIME : Press the MODE key until pointer lock in to TIME. The total working time will be shown when starting exercise.

SPEED: Press the MODE key until pointer lock on to SPEED Display current speed during working time.

DISTANCE: Press the MODE key until pointer lock on to DISTANCE . The distance of each workout will be displayed when starting exercise.

CALORIE :Press the MODE key until pointer lock on to CALORIE The calorie burned will be displayed when starting exercise.

ODOMETER: Automatically accumulates workout distance when starting exercise.

PULSE: Please press the MODE of health, switch to the" PULSE" function

Through the heart rate sensor, measuring the number of beats per minute

SCAN : Display changes according to the next diagram every 4 seconds.

TIME---SPEED---DISTANCE---CALORIE---ODOMETER--- PULSE---SCAN

HOW TO INSTALL THE BATTERIES:

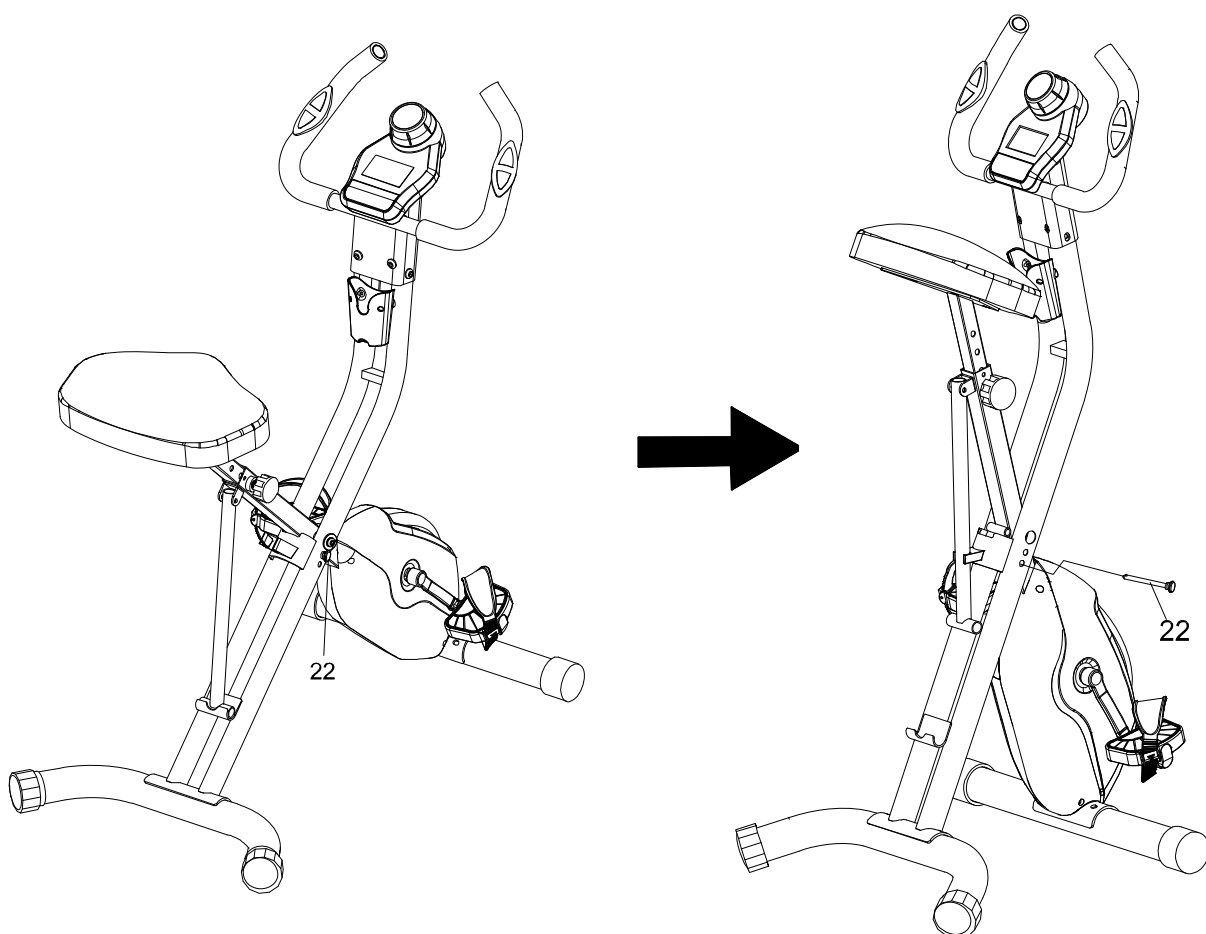
1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial legible,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

(Note: When installed in a battery at the same time, please don't press the button switch)

NOTE:

1. Without any signal coming in 4-5 minutes , the LCD display will be shut off automatically.
2. When there is signal input ,the monitor automatically turns on.
3. If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result .You must be to replace the batteries at the same time.
4. Please according to the battery compartment labeled with battery

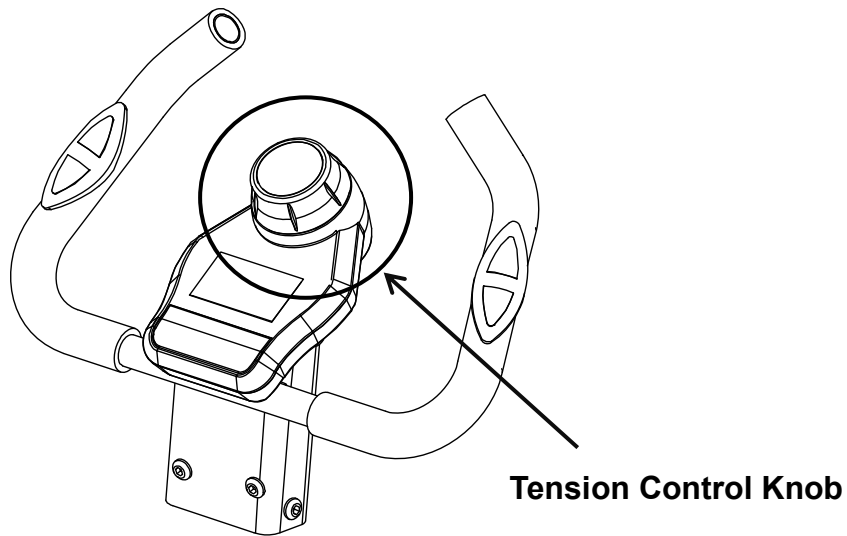
STORAGE



For your convenience, the bike can be folded up for storage.

1. Remove the Safety Pin (22) from the bike.
2. Fold Rear Frame (1) and Front Frame (2) together until pin holes are aligned.
3. Re-insert Safety Pin (22) to secure the frames.

ADJUSTMENTS



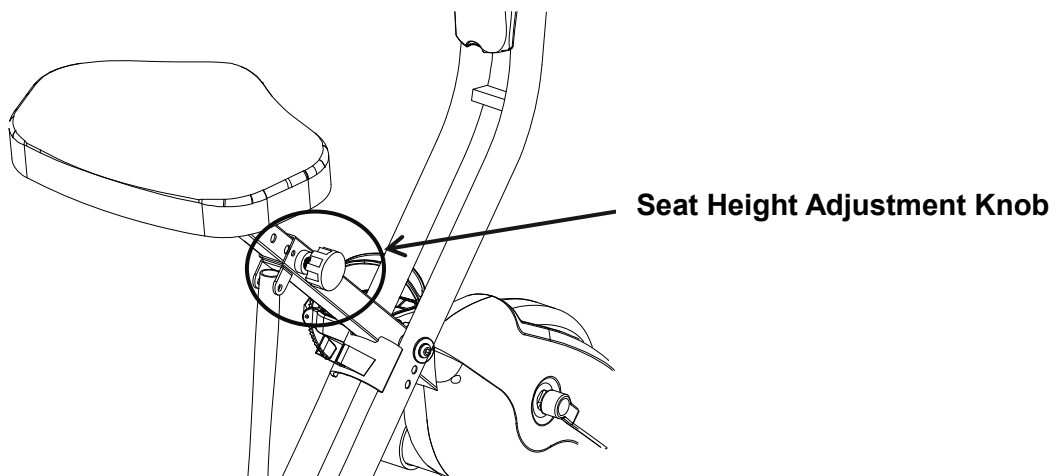
Adjusting the Tension Control Knob

Increase Tension

Turn the tension control knob clockwise

Decrease Tension

Turn the tension control knob counterclockwise



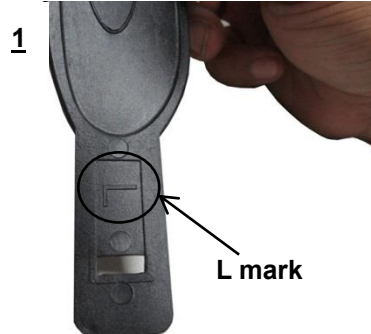
Adjusting the Seat Height

Loosen Seat Height Adjustment Knob (14) by turning counterclockwise. Adjust Seat Post (5) to desired height and tighten Seat Height Adjustment Knob (14) by turning clockwise.

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

ADJUSTMENTS

Adjusting the Pedal Strap



The left pedal strap which has L marked on the strap (see Figure 1).



Snap the hole end onto the inside edge of the left pedal (see Figures 2 and 3).



Press the red clip to adjust the strap which allows your foot to be easily removed from the pedal. Adjust the other end onto the outside edge of the left pedal with the L mark on the strap (see Figures 4 and 5).

Use the same procedure to adjust the RIGHT pedal strap onto the right pedal.

MAINTENANCE

Cleaning

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

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

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

Storage

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

TROUBLE SHOOTING

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 rear frame.

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. Replace with new batteries.

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

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

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

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

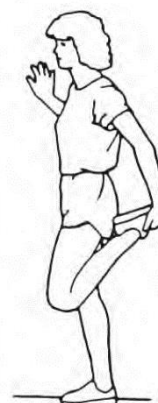
PROBLEM: The bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the elliptical trainer. Please inspect all of the bolts and tighten any loose bolts.

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

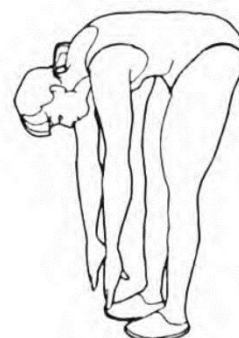
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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



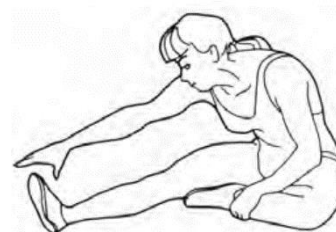
Toe Touches

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

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness 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 accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT	LENGTH OF WARRANTY
Structural Frame	1 year
All Other Components	90 days
(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)	

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Daily 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

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO

Service@paradigmhw.com *

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

****This form can also be faxed to #: 626-810-2166***