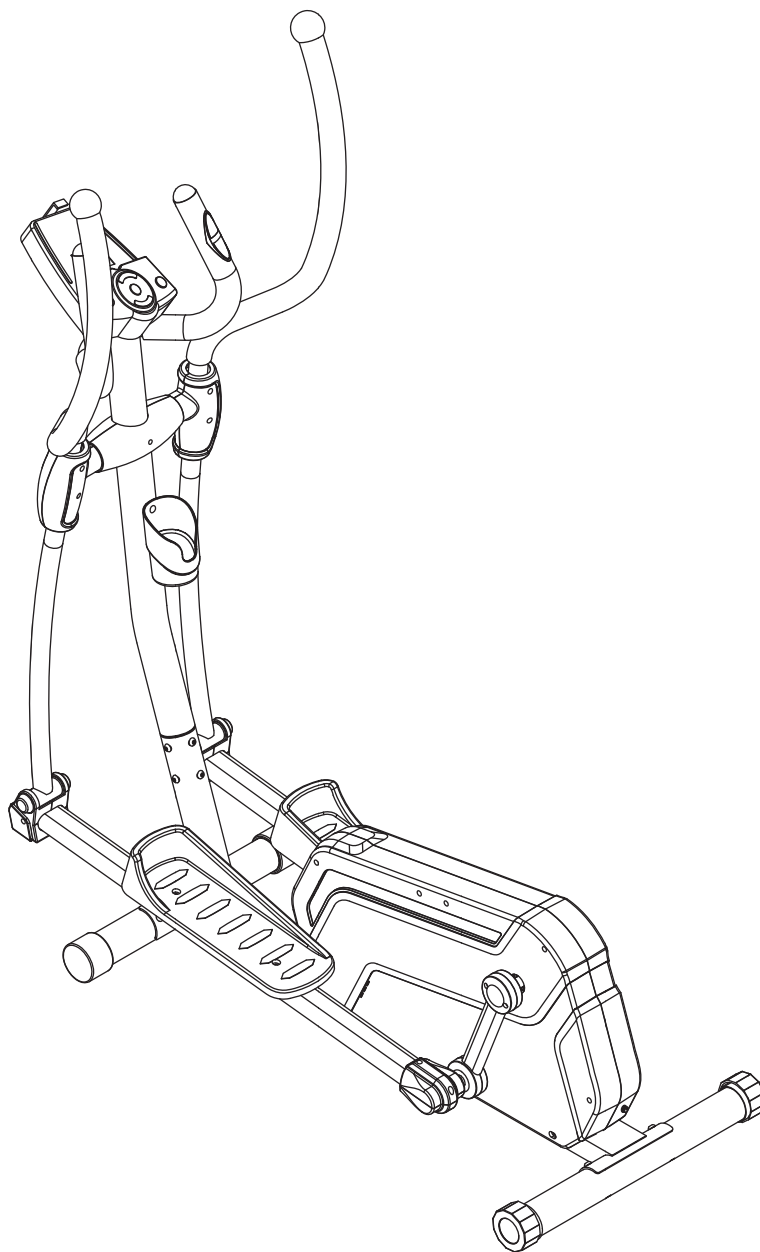


Elliptical



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.

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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:
1-844-641-7921**

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.

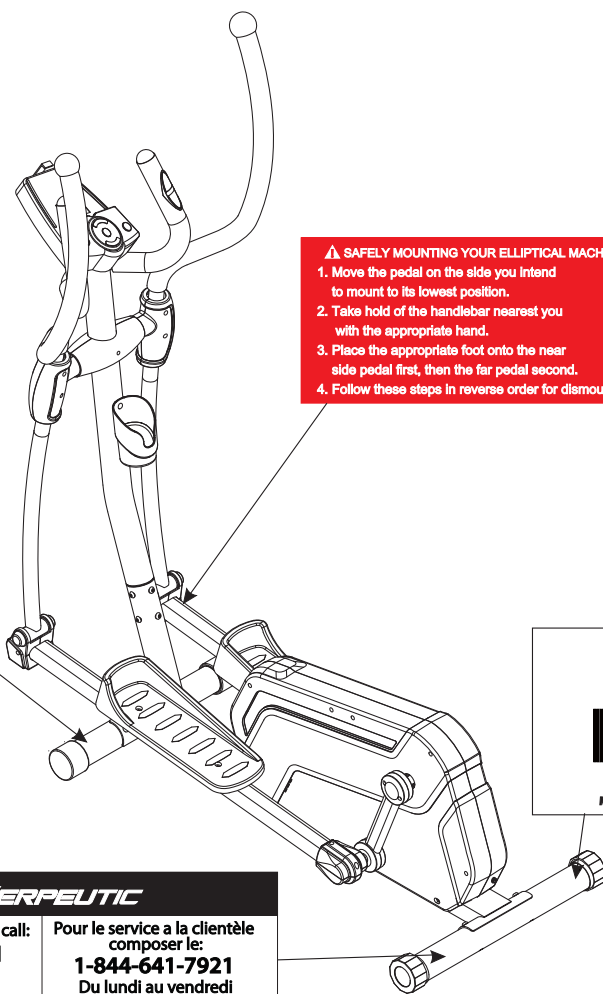
Please have the following information ready when requesting for service:

- 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

LABEL PLACEMENT



⚠ 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 handlebar nearest you with the appropriate hand.
3. Place the appropriate foot onto the near side pedal first, then the far pedal second.
4. Follow these steps in reverse order for dismounting.

⚠ Monter sur l'exerciseur elliptique et en descendre

1. Mettre en position la plus basse la pédale du côté où l'on monte ou descend
2. Agripper la poignée la plus près de vous avec la main appropriée
3. Mettre le pied sur la pédale du côté le plus proche en premier, puis l'autre pied sur la seconde
4. Suivre ces mêmes instructions en sens inverse pour descendre.

⚠ WARNING

Maximum weight capacity is 270 lbs.

⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 123 kgs.



11331313180001

Serial number/Numéro de série:
MADE IN CHINA/FABRIQUE EN CHINE

EXERPEUTIC

For customer assistance call:

1-844-641-7921

8 am - 5 pm PST

Mon - Fri

Pour le service à la clientèle composer le:

1-844-641-7921

Du lundi au vendredi

8:00 h - 17 h (HNP)

PRODUCT SAFETY

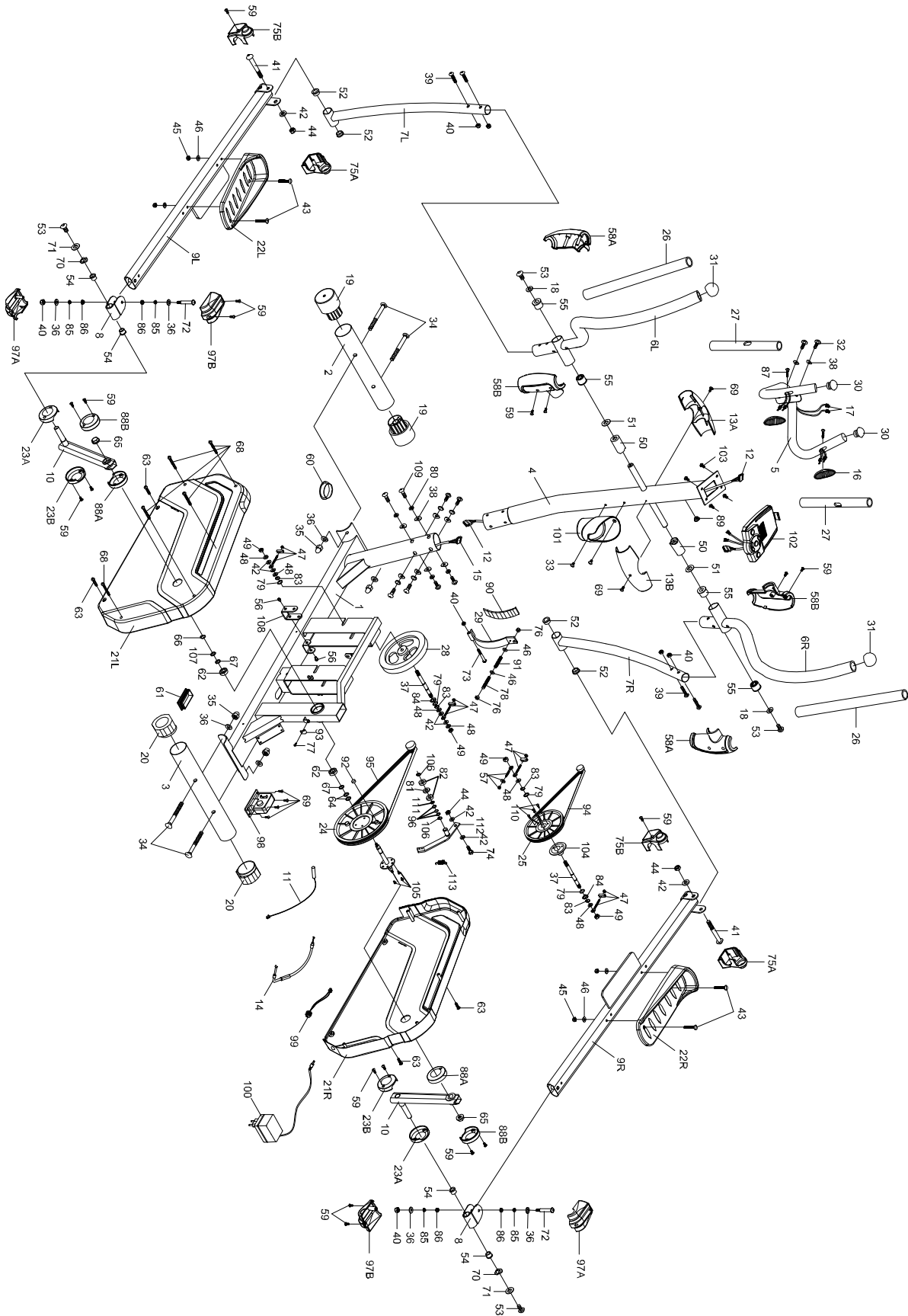
Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this product.
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 parts are not damaged and functioning before use. This product 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.
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. Make sure to hold on to the handlebars when mounting and dismounting. When mounting, make sure the pedal is at its lowest point before you step on. While in use, please onto the handlebars and use both the pedals and the handlebars in tandem to insure a smooth, effective workout.
7. Do not use the product outdoors.
8. This product is for household use only.
9. Only one person should be on the product 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 270 lbs/123 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



PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	021R	Right Cover	1
002	Front Stabilizer Ø60x1.5tx510mm	1	022L	Left Foot Pedal	1
003	Rear Stabilizer Ø60x1.5tx590mm	1	022R	Right Foot Pedal	1
004	Front Post Ø60x2.0tx975mm	1	023A	Lower Crank Cover A (Black)	2
005	Handlebar Ø32	1	023B	Lower Crank Cover B (Black)	2
006L	Upper Left Handrail Ø32	1	024	Belt Pulley Ø214	1
006R	Upper Right Handrail Ø32	1	025	Belt Pulley Ø180	1
007L	Left Handrail Arm Ø32	1	026	Handrail Foam Grip Ø32x5tx750mm	2
007R	Right Handrail Arm Ø32	1	027	Handlebar Foam Grip Ø32x3tx380mm	2
008	U Shape Bracket	2	028	Flywheel Ø200-4kg	1
009L	Left Foot Bar	1	029	Magnet Bracket	1
009R	Right Foot Bar	1	030	Handlebar End Cap Ø32	2
010	Crank	2	031	Handrail End Cap Ø50	2
011	Sensor with Wire L=150mm	1	032	Hexagon Socket Head Bolt M8x15mm	2
012	Computer Wire L=1050mm	1	033	Bolt M5x20mm	2
013A	Front Decorate Cover for Front Post	1	034	Carriage Bolt M8x70mm	4
013B	Rear Decorate Cover for Front Post	1	035	Cap Nut M8	4
014	Magnetic Brake Cable	1	036	Washer Ø8xØ16x1.5T	8
015	Extension Sensor Wire L=1250mm	1	037	Belt Pulley Shaft Ø12x90mm	2
016	Hand Pulse Sensor	2	038	Curve Washer Ø21xØ8x2t	10
017	Hand Pulse Sensor Wire L=600mm	2	039	Hexagon Socket Head Bolt M8x42mm	4
018	Washer Ø8xØ38x2.0T	2	040	Nylon Locknut M8	7
019	Front Stabilizer End Cap Ø60	2	041	Hexagon Socket Head Bolt M10x80mm	2
020	Rear Stabilizer End Cap Ø60	2	042	Flat Washer Ø10xØ19x1.5t	8
021L	Left Cover	1	043	Carriage Bolt M6x45mm	4

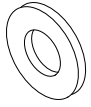
PARTS LIST

No.	Description	Qty	No.	Description	Qty
044	Nylon Locknut M10	3	070	Wave Washer Ø16.2xØ25x0.5t	2
045	Nylon Locknut M6	4	071	Washer Ø8xØ25x2.0T	2
046	Washer Ø6xØ14x1.0t	6	072	Hexagon Socket Head Bolt M8x54mm	2
047	Tension Bracket & Eyebolt Set I	4	073	Hexagon Socket Head Bolt M8x50mm	1
048	Washer Ø10xØ20x3.0T	6	074	Hexagon Head Bolt M10x32	1
049	Nut 3/8"x26tx6mm	4	075A	Foot Bar Cover-A	2
050	Plastic Bushing Ø19xØ38x64mm	2	075B	Foot Bar Cover-B	2
051	Washer Ø19.5xØ38x0.5T	2	076	Nylon Nut M5	2
052	Bushing Ø10x32x2.5	4	077	Bolt M5x12mm for Sensor Bracket	1
053	Hexagon Socket Head Bolt M8x18mm	4	078	Bolt M5x60mm	1
054	Bushing Ø16.3x22.4	4	079	Washer Ø12xØ17x1.0T	4
055	Bushing Ø19x38	4	080	Spring Washer 8mm	8
056	Bolt M6x12mm	2	081	Plastic washer Ø20.1xØ41.8x4T	1
057	Tension Bracket & Eyebolt Set II	2	082	Steel bearing 6004-2RS	2
058A	Handrail Arm Cover-A	2	083	Inner C Ring Ø12	4
058B	Handrail Arm Cover-B	2	084	Wave Washer Ø12xØ17x0.2T	2
059	Round Head Self Tapping Screw M4.5x15mm	18	085	Conical Washer Ø8.15xØ11x3.5	4
060	Decorate Cover Ø60	1	086	Bushing Ø12xØ18x11.5	4
061	Decorate Cover □30x60	1	087	Self Tapping Screw M4x20mm	2
062	Bearing R12	2	088A	Upper Crank Cover A	2
063	Self Tapping Screw M5x15mm	4	088B	Upper Crank Cover B	2
064	Washer Ø19.5xØ25x2.0T	2	089	Wire Plug	1
065	Nut M10	2	090	Magnet	9
066	Inner C Ring Ø19	1	091	Spring 0.8x13	1
067	Washer Ø19.5xØ25x3.0T	2	092	Sensor Magnet Ø15x7mm	1
068	Round Head Self Tapping Screw M4.5x25mm	5	093	Sensor Bracket	1
069	Bolt M5x12mm	6	094	Belt 330 J4	1

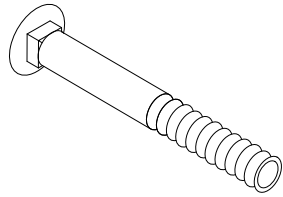
PARTS LIST

No.	Description	Qty	No.	Description	Qty
095	Belt 855 PK5	1	104	Belt Pulley Bracket	1
096	Washer Ø20.5xØ25x1T	3	105	Hexagon Socket Head Bolt M8x12mm	3
097A	U Shape Bracket Cover A	2	106	C-ring Φ20	2
097B	U Shape Bracket Cover B	2	107	Washer Ø19.5xØ25x0.5T	1
098	Motor	1	108	U Shape Plate	1
099	Power Supply Cable 100mm	1	109	Hexagon Socket Head Bolt M8x15mm	8
100	Adaptor w/Cable	1	110	Hexagon Socket Head Bolt M8x10	3
101	Bottle Holder	1	111	Wave washer 21x27x0.3T	1
102	Computer	1	112	Idle wheel fixture	1
103	Bolt for Computer	4	113	Spring Φ2.6x18	1

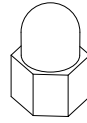
HARDWARE & TOOLS LIST



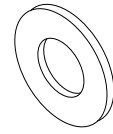
(#18) Washer
2 PCS



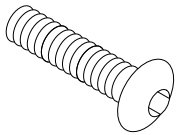
(#34) Carriage Bolt
4 PCS



(#35) Cap Nut M8
4 PCS



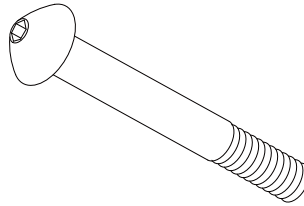
(#36) Washer
4 PCS



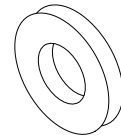
(#39) Hexagon Socket
Head Bolt
4 PCS



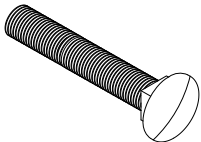
(#40) Nylon Locknut
4 PCS



(#41) Hexagon Socket
Head Bolt
2 PCS



(#42) Flat
Washer



(#43) Carriage Bolt
4 PCS



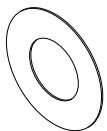
(#44) Nylon Locknut
2 PCS



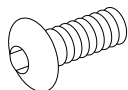
(#45) Nylon Locknut
4 PCS



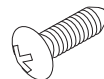
(#46) Washer
4 PCS



(#51) Washer
2 PCS



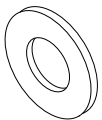
(#53) Hexagon Socket
Head Bolt
4 PCS



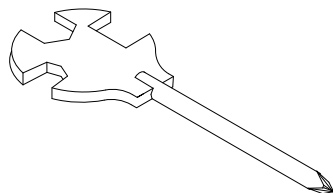
(#59) Round Head Self
Tapping Screw
10 PCS



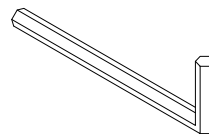
(#70) Wave Washer
2 PCS



(#71) Washer
2 PCS

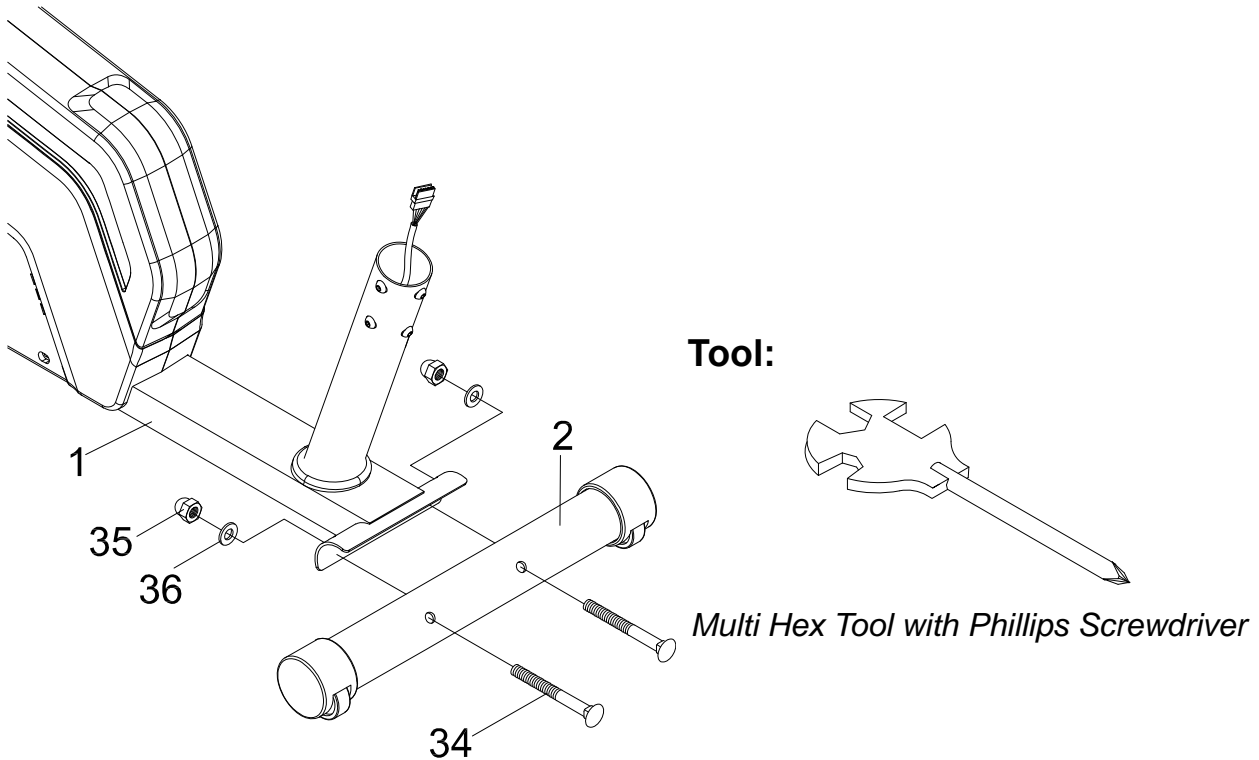


Multi Hex Tool with
Phillips Screwdriver
1 PC



Allen Wrench
1 PC

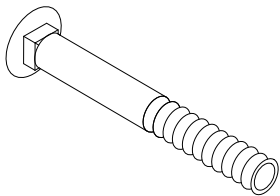
ASSEMBLY



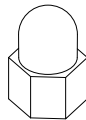
1. Front Stabilizer Installation.

Lift up the main frame (1) towards the front, and then align the Front Stabilizer (2) onto the front curve of the Main Frame (1). Attach two Carriage Bolts (34) and on the other ends of bolts with two Washers (36) and two Cap Nuts (35). Hold the Front Stabilizer (2) to the Main Frame (1) and use the Multi Hex Tool with Phillips Screwdriver to tighten the Cap Nuts (35) until firm and secure.

Hardware:



(#34) Carriage Bolt
2 PCS

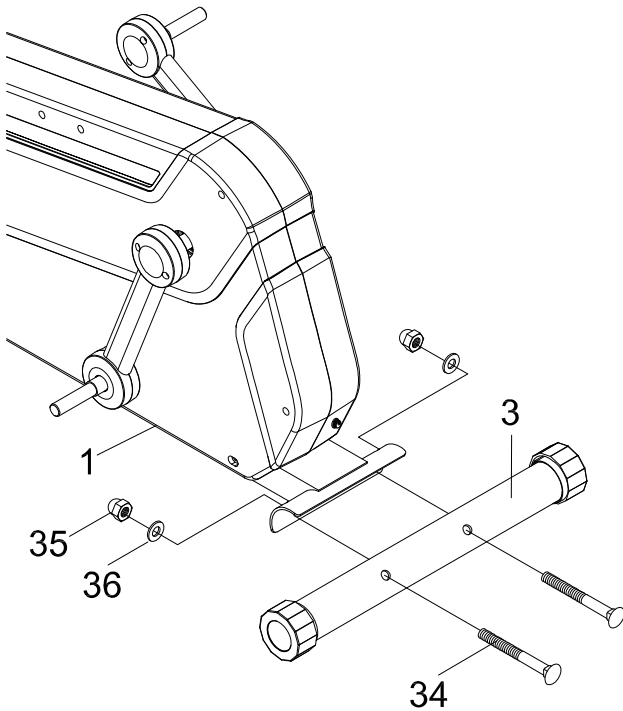


(#35) Cap Nut M8
2 PCS

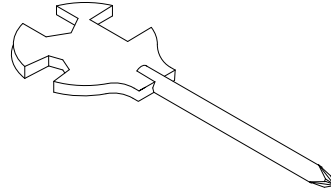


(#36) Washer
2 PCS

ASSEMBLY



Tool:

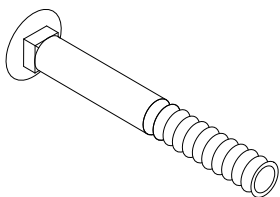


Multi Hex Tool with Phillips Screwdriver

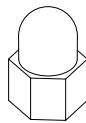
2. Rear Stabilizer Installation.

Lift up the Main Frame (1) towards the end, and then align the Rear Stabilizer (3) onto the rear curve of the Main Frame (1). Attach Two Carriage Bolts (34) and on the other ends of bolts with two Washers (36) and two Cap Nuts (35). Hold the Rear Stabilizer (3) to the Main Frame (1) and use the Multi Hex Tool with Phillips Screwdriver to tighten the Cap Nuts (35) until firm and secure.

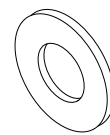
Hardware:



(#34) Carriage Bolt
2 PCS

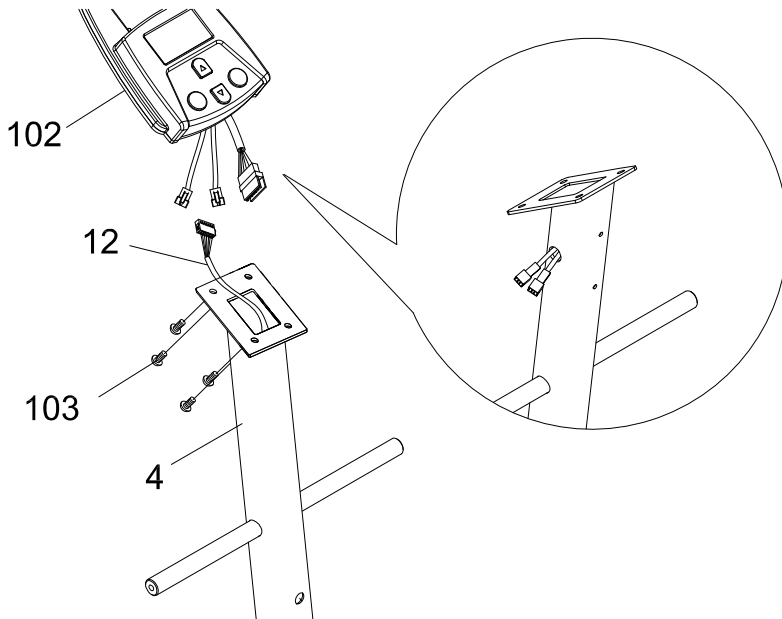


(#35) Cap Nut M8
2 PCS

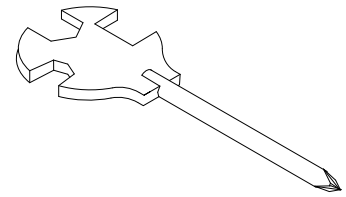


(#36) Washer
2 PCS

ASSEMBLY



Tool:



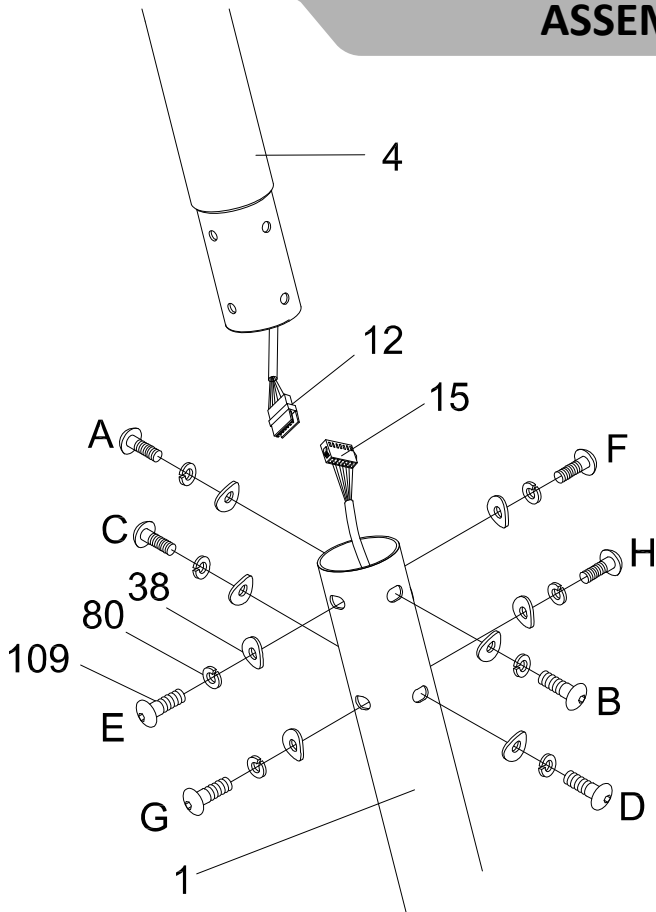
Multi Hex Tool with Phillips Screwdriver

3. Computer Installation

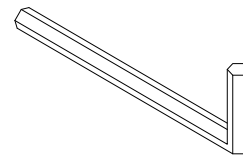
Insert the wires that come from the Computer (102) into the Handlebar Post (4), and pull it out from the hole located on the right hand side of Front Post (4). Attach the Computer (102) onto the top end of the Front Post (4) with four Cross Recessed Pan Head Bolts (103) that were removed.

Use the Multi Hex Tool with Phillips Screwdriver to tighten the Cross Recessed Pan Head Bolts (103) until firm and secure.

ASSEMBLY



Tool:



Allen Wrench

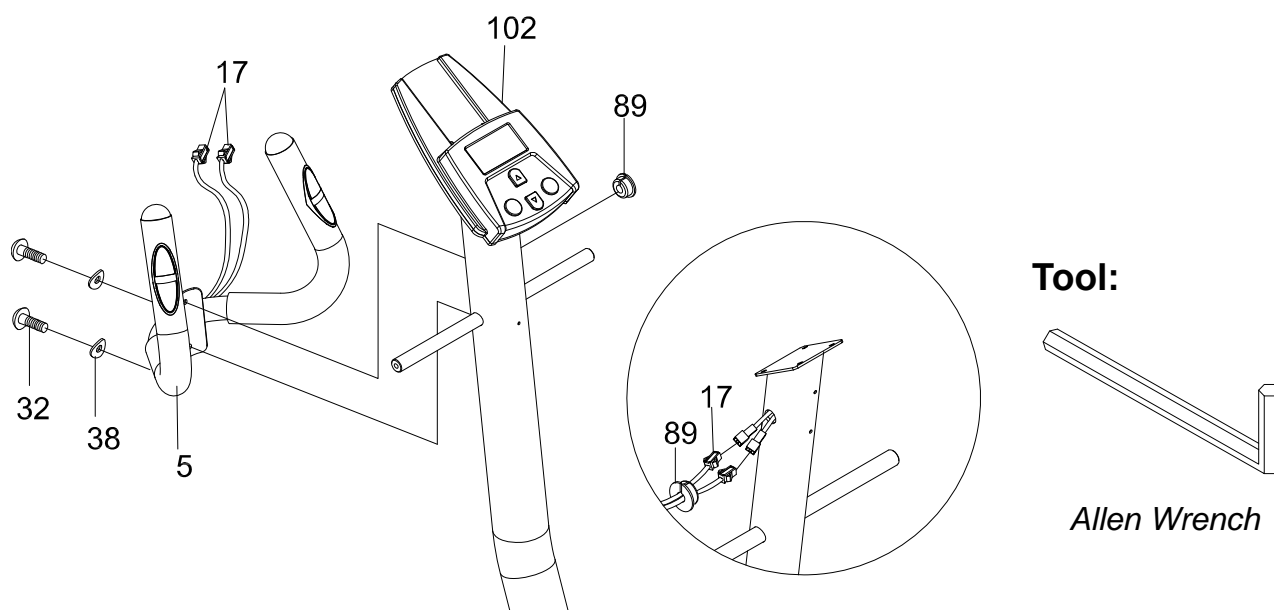
MUST TIGHTEN IN SEQUENCE: A,B,C,D,E,F,G,H.

4. Assemble Front Post.

Use the Allen Wrench to remove eight Hexagon Socket Head Bolts (109), eight Spring Washers (80), and eight Curve Washers (38) from the Front Post (4).

Connect the Computer Wire (12) from the Front Post (4) with the Extension Sensor Wire (15) from the Main Frame (1). Insert the Front Post (4) into Main Frame (1). Make sure the wire stay connected. Tighten the eight Hexagon Socket Head Bolts (109), eight Spring Washers (80), and eight Curve Washers (38) by Allen Wrench.

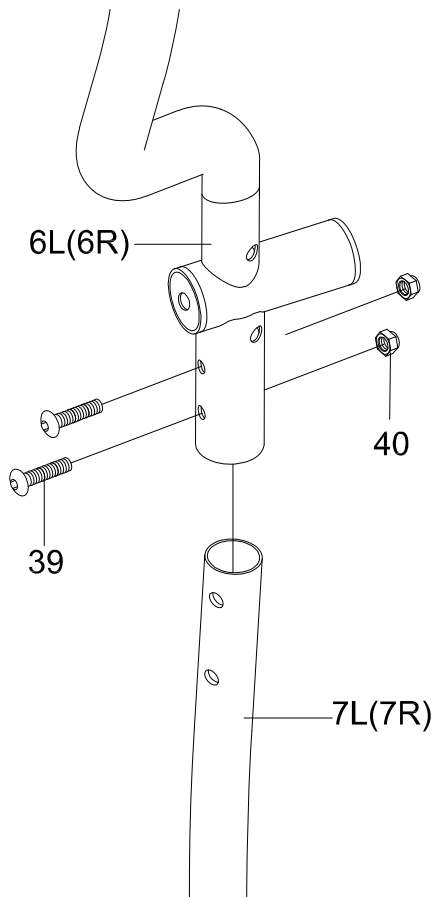
ASSEMBLY



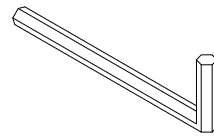
5. Assemble Handlebar.

- A. Use Allen Wrench to remove two Hexagon Socket Head Bolts (32) and two Curve Washers (38) from the Front Post (4).
Take off the Wire Plug (89) from the right hand side of the Front Post (4).
- B. Put Hand Pulse Sensor Wires (17) from the Handlebar (5) through the Wire Plug (89). Then connect the wires that come from the console where located on the right hand side of the Front Post (4). Pull the Hand Pulse Sensor Wires (17) from the top end of the handle bar (5). Attach the Wire Plug (89) back to the Front Post (4).
- C. Attach the Handlebar (5) on top of the Front Post (4), and then tighten the two Hexagon Socket Head Bolts (32) and two Curve Washers (38) by Allen Wrench. Make sure it's firm and secure.

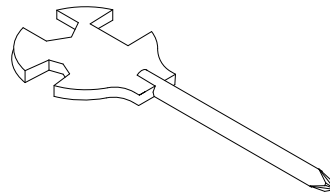
ASSEMBLY



Tool:



Allen Wrench

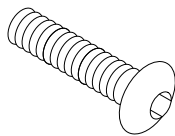


Multi Hex Tool with Phillips Screwdriver

6. Assemble Upper Handrails and Handrail Arms: “R” for right side and “L” for left side.

- A. Insert the Upper Left Handrail (6L) into Left Handrail Arm (7L), tighten with two Hexagon Socket Head Bolts (39) and two Nylon Locknuts (40) by Allen Wrench and Multi Hex Tool with Phillips Screwdriver.
- B. Repeat the same Handrail assemble steps for the right side.

Hardware:

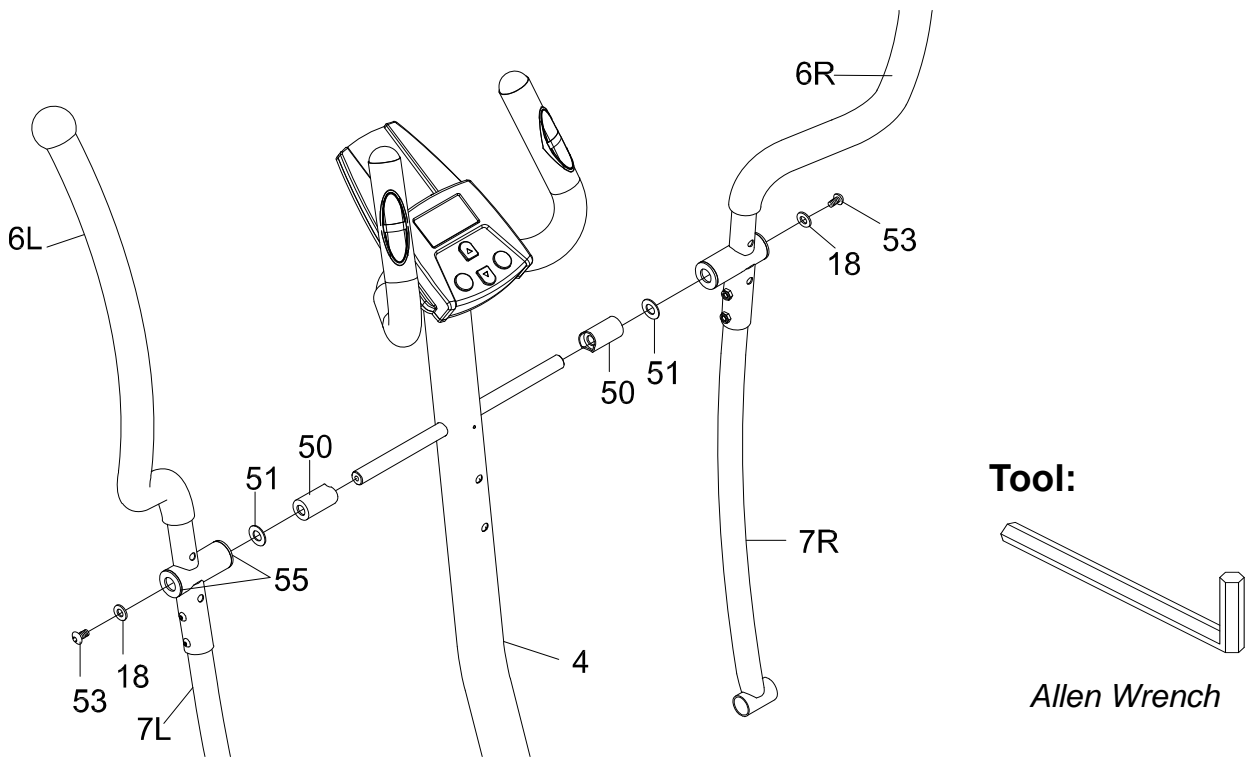


(#39) Hexagon Socket
Head Bolt
4 PCS



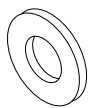
(#40) Nylon Locknut
4 PCS

ASSEMBLY

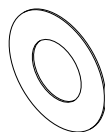


7. Assemble Upper Handrails and Front Post: “R” for right side and “L” for left side. Insert Plastic Bushings (50) on both sides of the central axis on the Front Post (4). Attach Washers (51) behind them. Insert the Upper Left/Right Handrails (6L, 6R) onto both sides of the central axis on the Front Post (4). Tighten them with two Hexagon Socket Head Bolts (53) and two Washers (18) to the front post by using Allen Wrench until firm and secure.

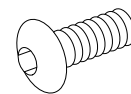
Hardware:



(#18) Washer
2 PCS

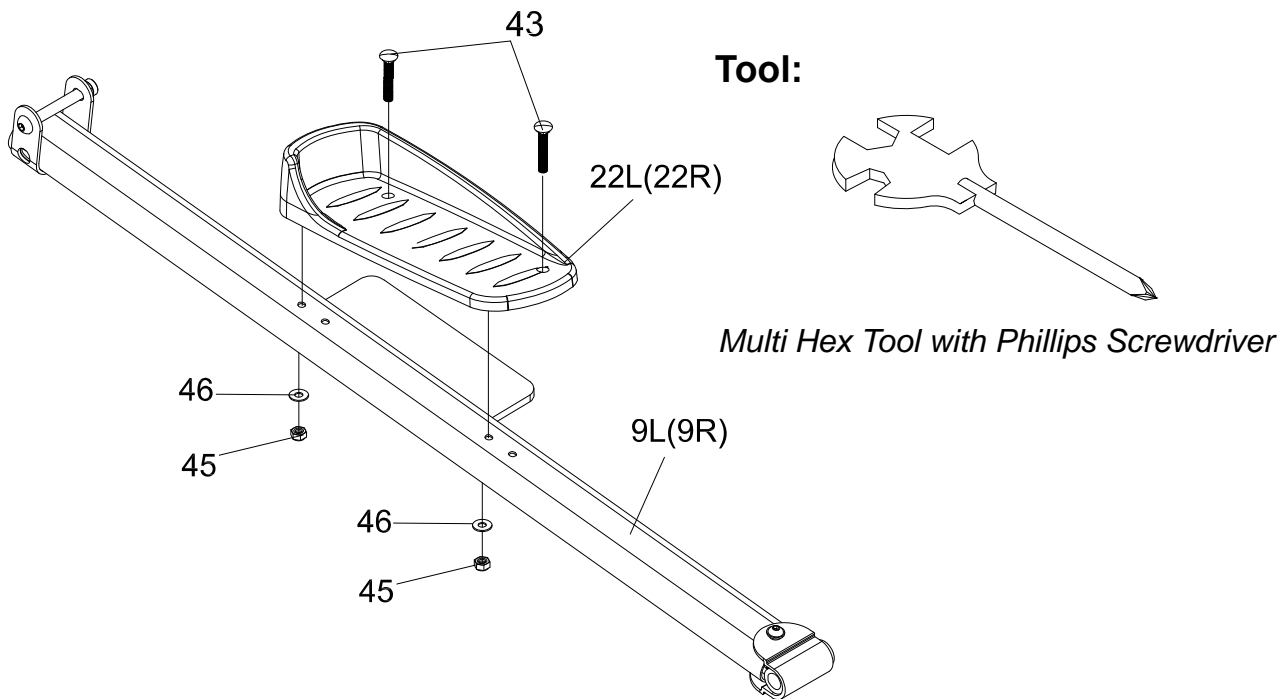


(#51) Washer
2 PCS



(#53) Hexagon Socket
Head Bolt
2 PCS

ASSEMBLY

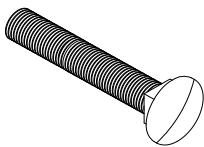


8. Assemble Foot Pedals: “R” for right side and “L” for left side.

- A. Place the Left Foot Pedal (22L) on top of the Left Foot Bar (9L), align to the bolt hole with two Carriage Bolts (43) two Washes (46) and two Nylon Locknuts (45) by using Multi Hex Tool with Phillips Screwdriver.
- B. Repeat the same assemble steps to the Right Foot Bar (9R).

Note: There are four holes on the Left/Right Foot Bars (9L, 9R) for personal foot pedal adjustment use.

Hardware:



(#43) Carriage Bolt
4 PCS

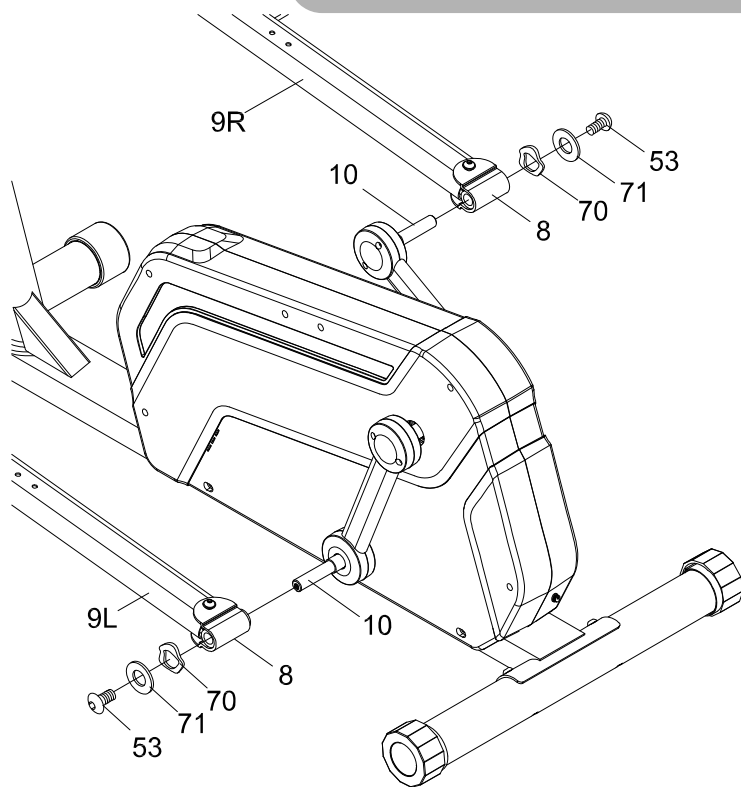


(#45) Nylon Locknut
4 PCS

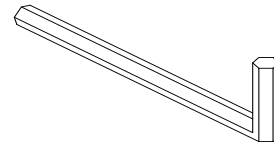


(#46) Washer
4 PCS

ASSEMBLY



Tool:

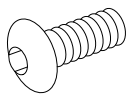


Allen Wrench

9. Assemble Foot Bars: “R” for right side and “L” for left side.

- A. Insert the U shape bracket (8) at the back of the Left Foot Bar (9L) into the left Crank (10). Then attach one Wave Washer (70), following with another Washer (71), at the end lock it with one Hexagon Socket Head Bolt (53). Tighten it by using an Allen Wrench until firm and secure.
- B. Repeat the same assemble steps on the above for the Right Foot Bar (9R).

Hardware:



(#53) Hexagon Socket
Head Bolt
2 PCS

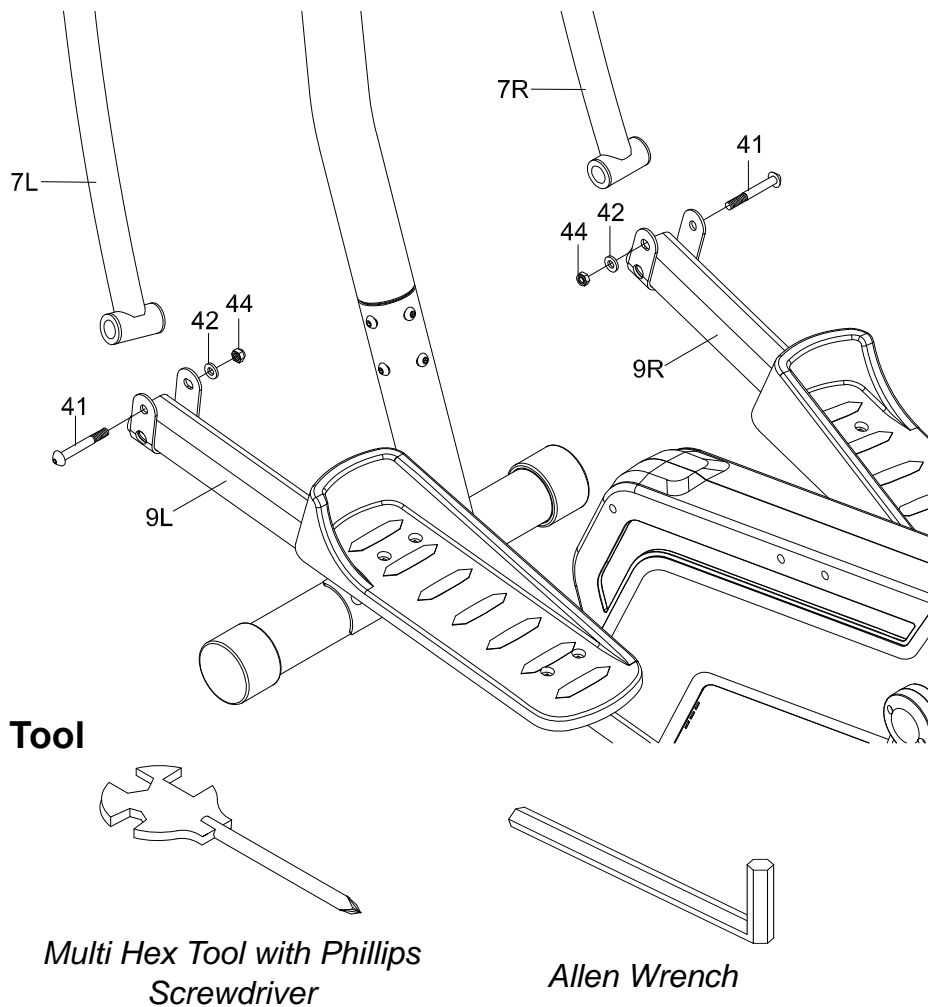


(#70) Wave Washer
2 PCS



(#71) Washer
2 PCS

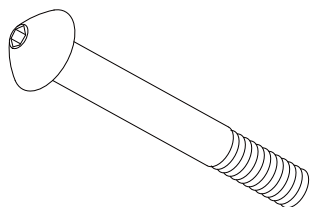
ASSEMBLY



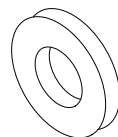
10. Assemble Handrail Arms: “R” is for right side and “L” is for left side.

- Place the Left Handrail Arm (7L) into the U shape from Left Foot Bar (9L). Align the hole then tighten with one Hexagon Socket Head Bolt (41), one Washer (42) and one Nylon Locknut (44) by using the Allen Wrench and Multi Hex Tool with Phillips Screwdriver until firm and secure.
- Repeat the same assemble steps on the above for the Right Handrail Arm (7R).

Hardware:



(#41) Hexagon Socket Head Bolt
2 PCS



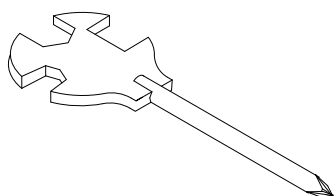
(#42) Washer
2 PCS



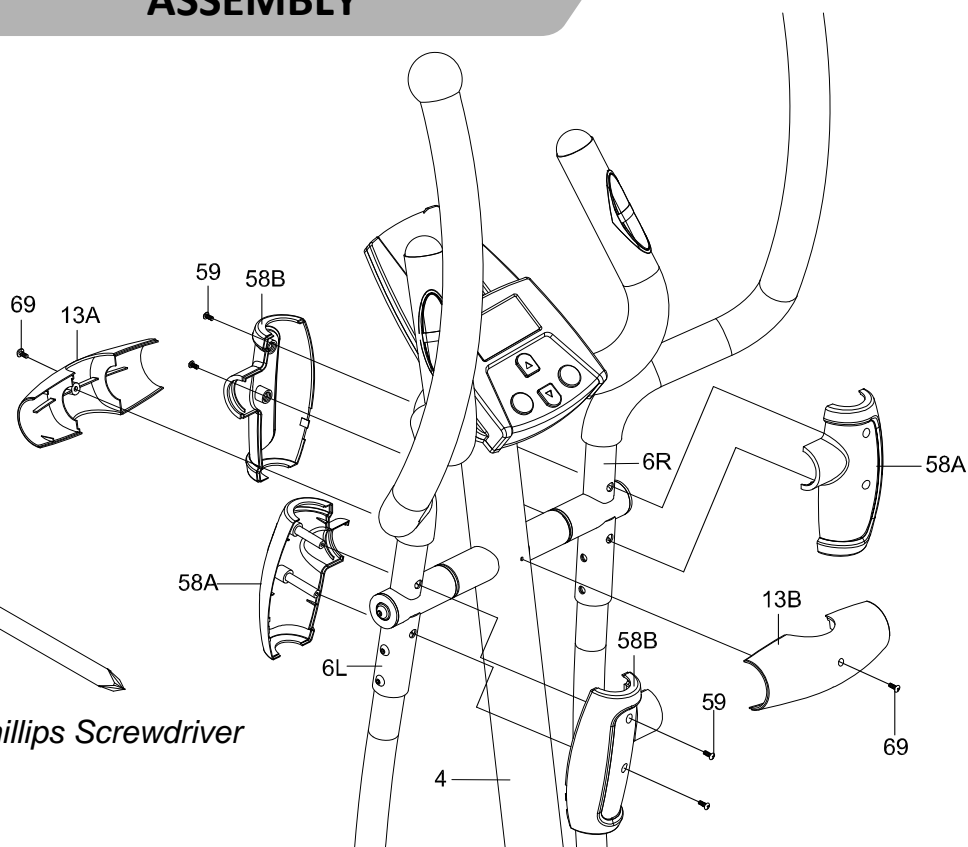
(#44) Nylon Locknut
2 PCS

ASSEMBLY

Tool:



Multi Hex Tool with Phillips Screwdriver



11. Assemble Front and Rear Decorate Covers for Front Post and Handrail Arm Covers A/B.

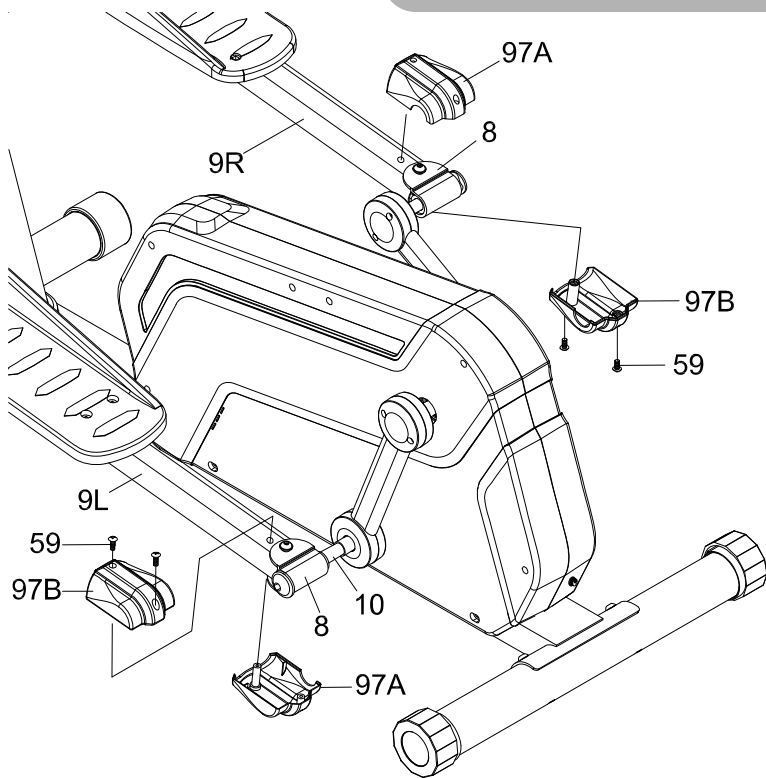
- Remove two Bolts (69) from the Front and Rear Decorate Covers (13A, 13B) by using the Multi Hex Tool with Phillips Screwdriver.
- Place the Front and Rear Decorate Covers (13A, 13B) on to the Front Post (4) tighten them with two Bolts (69) that were removed by using the Multi Hex Tool with Phillips Screwdriver until firm and secure.
- Attach Handrail Arm Covers A/B (58A, 58B) on to Upper Left Handrail (6L). Make sure the protruding side of the cover is facing to the Front Post (4). Tighten them with two Round Head Self Tapping Screws (59) by using the Multi Hex Tool with Phillips Screwdriver until firm and secure.
- Repeat the same assemble steps on the above for the other Handrail Arm Covers A/B (58A, 58B) to the Upper Right Handrail (6R).

Hardware:

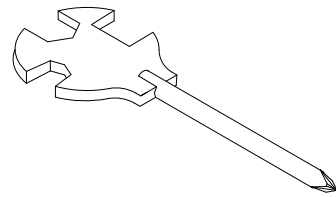


(#59) Round Head Self
Tapping Screw
4 PCS

ASSEMBLY



Tool:

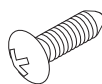


Multi Hex Tool with Phillips Screwdriver

12. Assemble U Shape Bracket Covers.

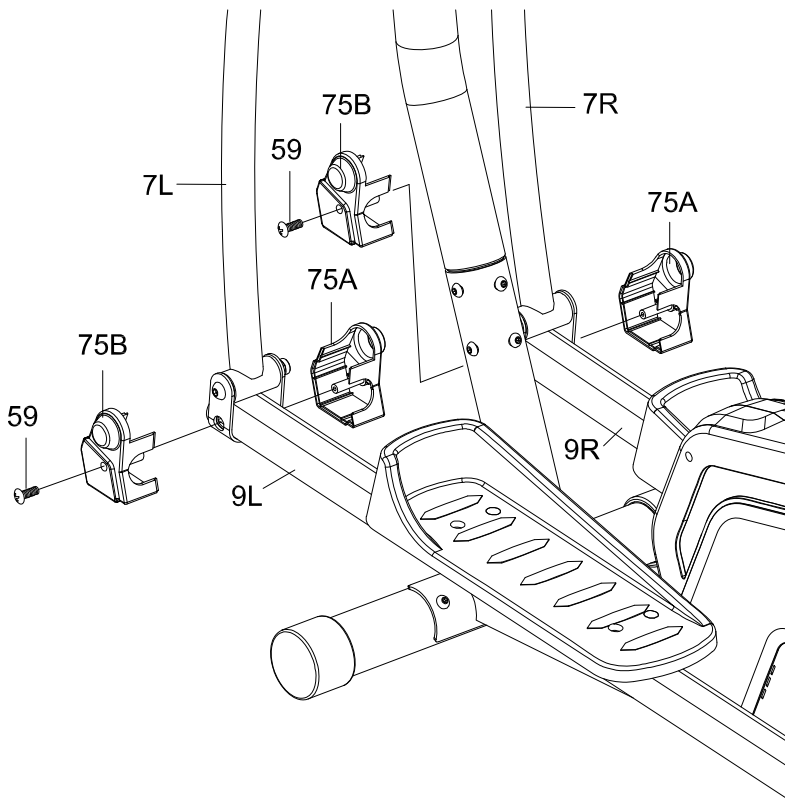
- A. Place the U Shape Bracket Covers A/B (97A, 97B) around the U Shape Brackets (8). Make sure the side with holes is facing the Crank (10). Tight them with four Round Head Self Tapping Screws (59) by using the Multi Hex Tool with Phillips Screwdriver until firm and secure.

Hardware:

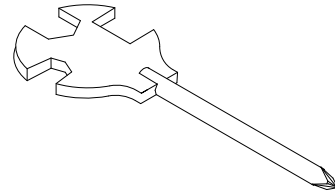


(#59) Round Head Self
Tapping Screw
4 PCS

ASSEMBLY



Tool:

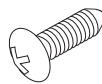


Multi Hex Tool with Phillips Screwdriver

13. Assemble Foot Bar Covers A/B.

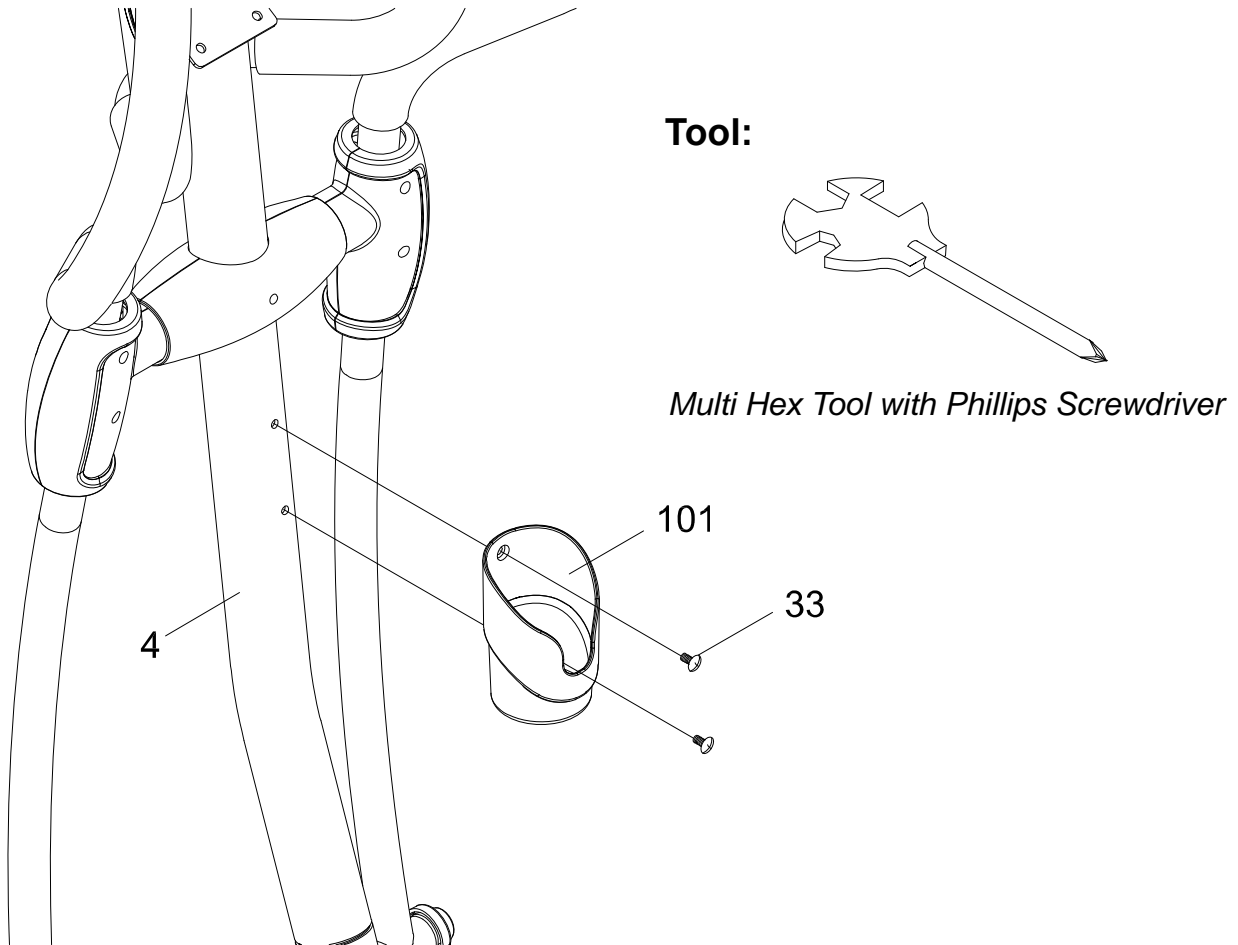
- A. Place the Foot Bar Covers-A/B (75A, 75B) around the Left/Right Foot Bars (9L, 9R). Make sure the side with holes on the Foot Bar Covers-A/B (75A, 75B) is facing the Left/Right Foot Bars (9L, 9R). Tight them with two Round Head Self Tapping Screws (59) by using the Multi Hex Tool with Phillips Screwdriver until firm and secure.

Hardware:



(#59) Round Head Self
Tapping Screw
2 PCS

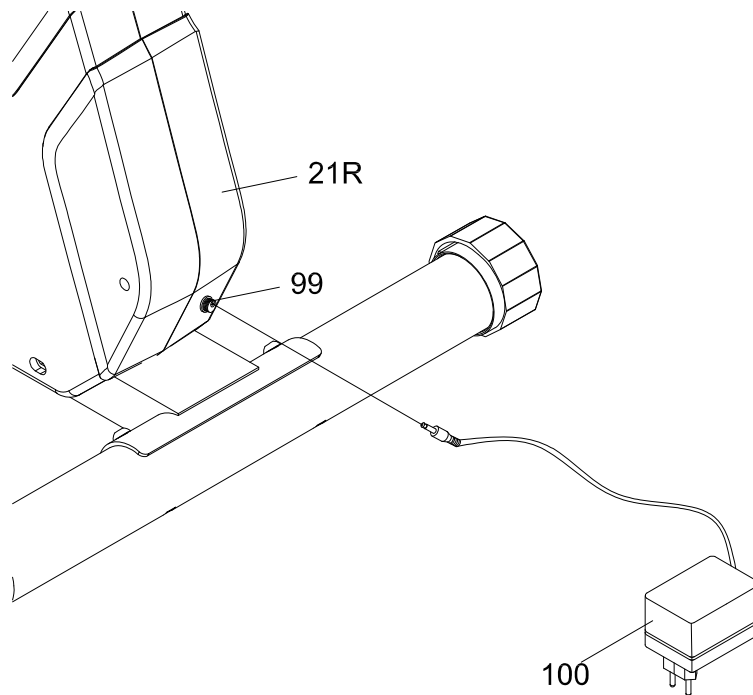
ASSEMBLY



14. Bottle Holder Installation.

Remove two Bolts (33) on the Front Post (4). Attach the Bottle Holder (101) onto the Front Post (4), then tighten them with two Bolts (33) that were removed by using the Multi Hex Tool with Phillips Screwdriver until firm and secure.

ASSEMBLY



15. Adaptor Installation.

Plug one end of the Adaptor (100) into the power jack of the Power Supply Cable (99) on the back of the Right Cover (21R). Before plugging in, make sure to check carefully the specifications on the Adaptor. Plug the other end of the Adaptor (100) into the electrical wall outlet.

COMPUTER



START

1. Select User Profile(U0~U4) and press Enter to confirm data field.
2. Use Up or Down Arrow to select "Manual" on the top of the screen.
3. Press Enter.
4. Press Start.

I. Display:

1. The field is an individual LCD displaying:
TIME, RPM\SPEED, DISTANCE, WATT\CALORIES, PULSE, USER.
2. Dot matrix display:
 - The LCD screen will have a single dot matrix display with 8 rows and 16 columns.
 - This dot matrix will be used to display the in work profile for the active program.

II. Modes:

1. **POWER Mode:** When you plug in the machine, the console will beep, and the full screen will go into select User Profile (U0~U4) 5 profiles can be saved. (As Fig-1, Fig -2)
2. **SLEEP Mode:** The computer detects RPM signals, after 4 minutes of inactivity; it will automatically enter Sleep Mode. Pedal the machine to start, or press any key to awaken the console.



Fig - 1

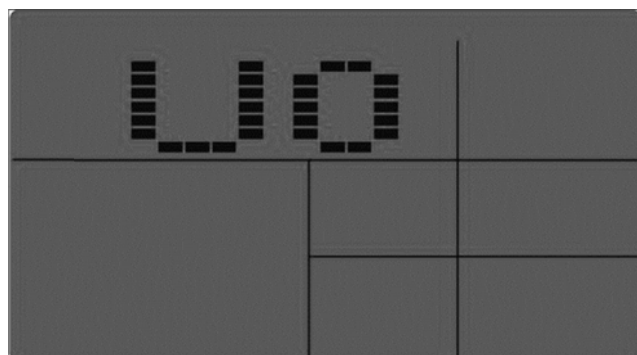


Fig - 2

COMPUTER

III. USER Operation instructions (U0~U4):

Select USER 0, USER 1, USER2, USER 3, USER 4:

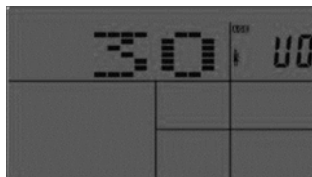
The message reads “U0” until a selection is made. By pressing ▲ or ▼ button to choose from “U0 ~U4”.

1. Press **ENTER** button to accept “U0~U4”. By pressing the ▲ or ▼ button to adjust the **SEX** (FEMALE/MALE).
2. Press **ENTER** button to accept SEX. By pressing the ▲ or ▼ button to adjust the **AGE** value.
3. Press **ENTER** button to accept AGE. By pressing the ▲ or ▼ button to adjust the **HEIGHT (H.t)** value.
4. Press **ENTER** button to accept HEIGHT. By pressing the ▲ or ▼ button to adjust the **WEIGHT (W.t)** value.
5. Press **ENTER** button to accept WEIGHT, and into choose program instructions.

SEX



AGE



HEIGHT



WEIGHT



IV. Program operation instructions:

Press the ▲ or ▼ button to select a program at the top of the screen and press Enter :

MANUAL→PROGRAM→FITNESS→WATT→PERSONAL→H.R.C. →RANDOM

1. Press **ENTER** button to accept **MANUAL**

By pressing the ▲ or ▼ button to adjust the **LEVEL(1-24)**.

Press **ENTER** button to accept LEVEL. By pressing the ▲ or ▼ button to adjust the **TIME** value.



Press **ENTER** button to accept TIME. By pressing the ▲ or ▼ button to adjust the **DISTANCE** value.



Press **ENTER** button to accept DISTANCE. By pressing the ▲ or ▼ button to adjust the **CALORIES** value.



COMPUTER



2. Press **ENTER** button to accept **PROGRAM**

By pressing the  or  button to adjust the **P1-P12**

Press **ENTER** button to accept program. By pressing the  or  button to adjust the **Profile**.

Press **ENTER** button to accept LEVEL. By pressing the  or  button to adjust the **TIME** value.

Press **ENTER** button to accept TIME. By pressing the  or  button to adjust the **DISTANCE** value.

Press **ENTER** button to accept DISTANCE. By pressing the  or  button to adjust the **CALORIES** value

3. Press **ENTER** button to accept **FITNESS**



Press the **START/STOP** button and started testing, and the test time is 8 minutes.



The results as follows:

Figure	State
F1	VERY GOOD
F2	GOOD
F3	FAIR
F4	POOR
F5	VERY POOR

4. Press **ENTER** button to accept **WATT**

By pressing the  or  button to adjust the **TIME** value.

Press **ENTER** button to accept TIME. By pressing the  or  button to adjust the **DISTANCE** value.

Press **ENTER** button to accept DISTANCE. By pressing the  or  button to adjust the **CALORIES** value.

5. Press **ENTER** button to accept **PERSONAL**, and set user-defined exercise program.

By pressing the  or  button to adjust the first columns **LEVEL (1-24)**.

Press **ENTER** button to accept level, and into next columns level.

Press **ENTER** button for 3 seconds is save this user-defined the program, and into set the target TIME.

Pressing the  or  button to adjust the **TIME** value.

COMPUTER

Press **ENTER** button to accept TIME. By pressing the **▲** or **▼** button to adjust the **DISTANCE** value.

Press **ENTER** button to accept DISTANCE. By pressing the **▲** or **▼** button to adjust the **CALORIES** value.

6. Press **ENTER** button to accept **H.R.C. (55%, 75%, 90%, Tag)**

By pressing the **▲** or **▼** button to choose the **55%, 75%, 90% and Tag**

(1). Choose the **55%, 75% or 90%**, Press **ENTER** button to accept the mode and into set the target TIME.

By pressing the **▲** or **▼** button to adjust the **TIME** value.

Press **ENTER** button to accept TIME. By pressing the **▲** or **▼** button to adjust the **DISTANCE** value.

Press **ENTER** button to accept DISTANCE. By pressing the **▲** or **▼** button to adjust the **CALORIES** value.

(2). Choose the **Tag**, Press **ENTER** button to accept the mode and into set the target Heart.

By pressing the **▲** or **▼** button to adjust the **Heart** value, Press **ENTER** button to accept Heart.

By pressing the **▲** or **▼** button to adjust the **TIME** value.

Press **ENTER** button to accept TIME. By pressing the **▲** or **▼** button to adjust the **DISTANCE** value.

Press **ENTER** button to accept DISTANCE. By pressing the **▲** or **▼** button to adjust the **CALORIES** value.

7. Press **ENTER** button to accept **RANDOM**

By pressing the **▲** or **▼** button to adjust the **TIME** value.

Press **ENTER** button to accept TIME. By pressing the **▲** or **▼** button to adjust the **DISTANCE** value.

Press **ENTER** button to accept DISTANCE. By pressing the **▲** or **▼** button to adjust the **CALORIES** value.

V. Key Functions:

1. **START/STOP** button:

(1). Press this button to start workout in any sport mode;

(2). During exercising, press this key to pause the workout, then press this key to go on to exercise.

COMPUTER

2. **ENTER** button:

To confirm set value and enter into the next set value.

3. ▲ and ▼ button:

(1). Used to change SEX, AGE, HEIGHT, WEIGHT, TIME, DISTANCE, CALORIES, TARGET HRC and LEVEL;

(2). Work level can be changed during a workout.

4. **RESET** button:

(1). Set in USERS state, press the button to return to select the USER mode.

(2). Set in Program state, press the button to return to the initial state of choose program.

(3). Press and hold this button for three seconds for Total Reset (go to Power Up Mode).

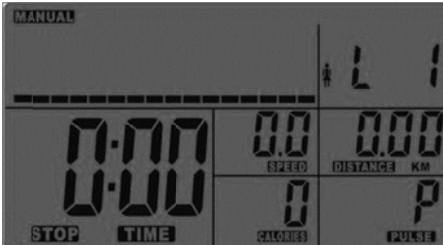
VI. Functions View:

Item	Windows	Display Rang	Stored
1	SEX	MALE/ FEM	Yes
2	AGE	10-100	Yes
3	WEIGHT	20-330 (Lb) 10-150 (KG)	Yes
4	HEIGHT	36-84 (INCH) 90-210 (CM)	Yes
5	TIME	0:00-99:59	No
6	DISTANCE	0.0-99.99	No
7	CALORIES	0-999	No
8	SPEED	0.0-99.9	No
9	PULSE	60-200 bpm	No
10	RPM	0-250 rpm	No
11	BRAKE RESISTANCE LEVEL	L1-L24	No
12	USER	U0-U4	Yes

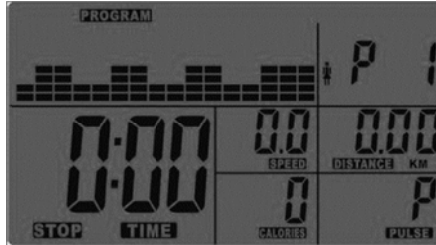
COMPUTER

VII. Pre-defined program profile:

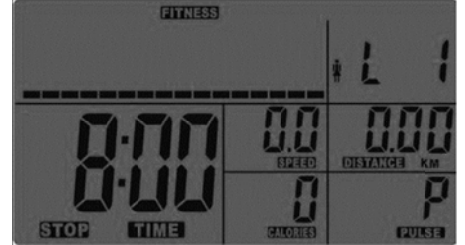
- MANUAL



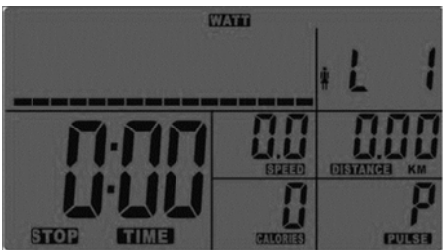
- PROGRAM



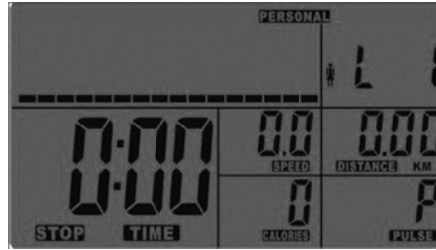
- FITNESS



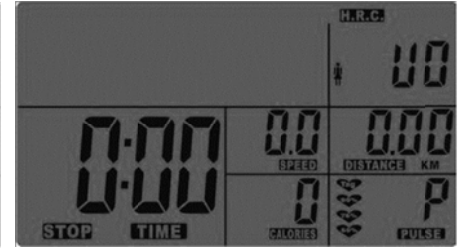
- WATT



- PERSONAL



- H.R.C.



- RANDOM



Program Profile for the P1~P12 Program

- P1



- P2



- P3



COMPUTER

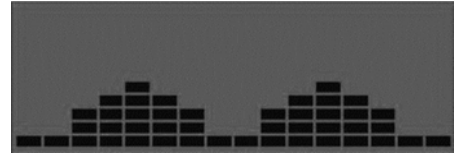
• P4



• P5



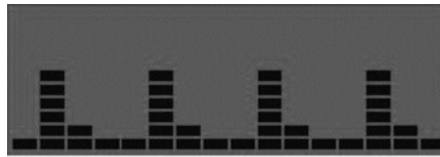
• P6



• P7



• P8



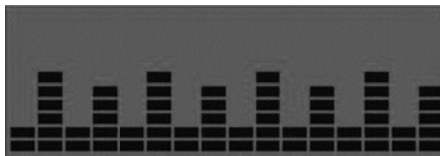
• P9



• P10



• P11



• P12



Program Profile for the H.R.C. (55%, 75%, 90%, Tag) Program

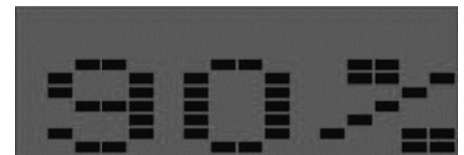
•HRC (55%)



•HRC (75%)



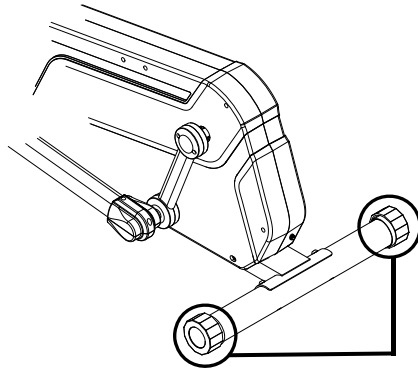
•HRC (90%)



•HRC (Tag)



ADJUSTMENT



Rear Stabilizer End Cap

Adjusting the Rear Stabilizer End Cap

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

TROUBLE SHOOTING

PROBLEM: The elliptical wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical.

PROBLEM: There is no display on the computer console.

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

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

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 elliptical makes a squeaking noise when in use.

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

MAINTENANCE

Cleaning

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

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

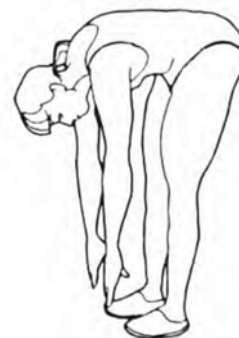
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
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 calling or emailing our customer service department:

1-844-641-7921

Monday through Friday 8:00 AM - 5:00 PM (PST).

service@paradigmhw.com

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”

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