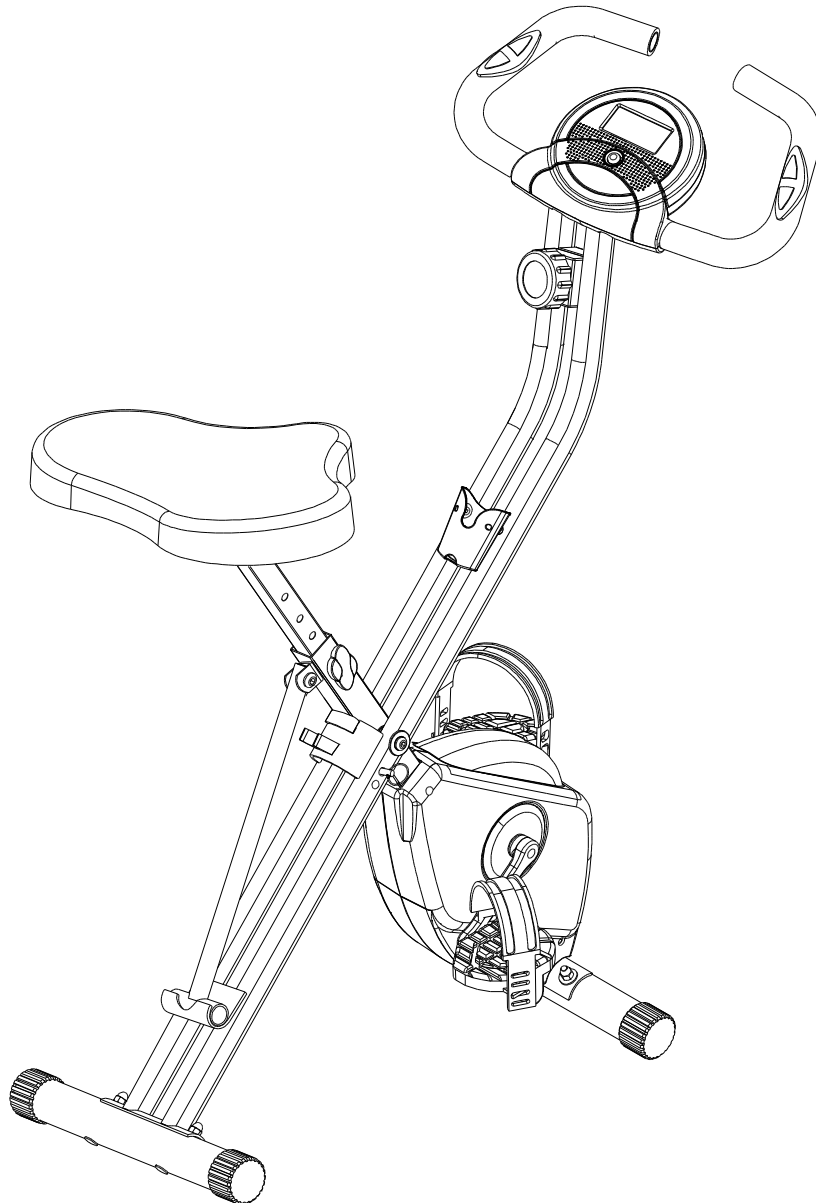


EXERPEUTIC
THERAPEUTIC FITNESS

Folding Upright Bike with Pulse



OWNER'S

Item #1200

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

**To request product service and order replacement parts, please call our customer service department at:
1-866-924-1688**

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,
or email us at: service@paradigmhw.com
Please visit our website at www.paradigmhw.com.

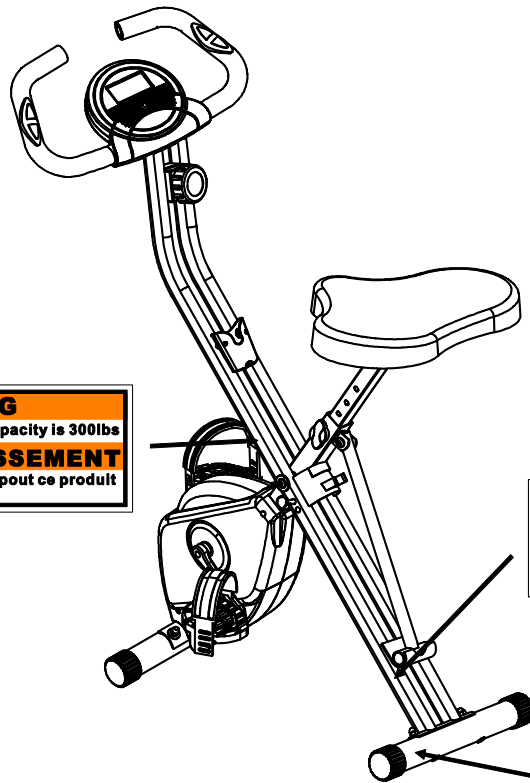
Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

***Before returning this product to the store please contact customer service at the contact number.**

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

IMPORTANT LABELS



⚠ WARNING
Maximum weight capacity is 300lbs
⚠ AVERTISSEMENT
Le poids maximum pour ce produit est 136 kgs

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

Pour le service à la clientèle composer le:
1-866-924-1688
Du lundi au vendredi
8:00 h-17 h (HNP)

8 1111811200001 0

Serial No.: 11118112000001

11118112000001

MADE IN CHINA / FABRIQUE EN CHINE

PRODUCT SAFETY

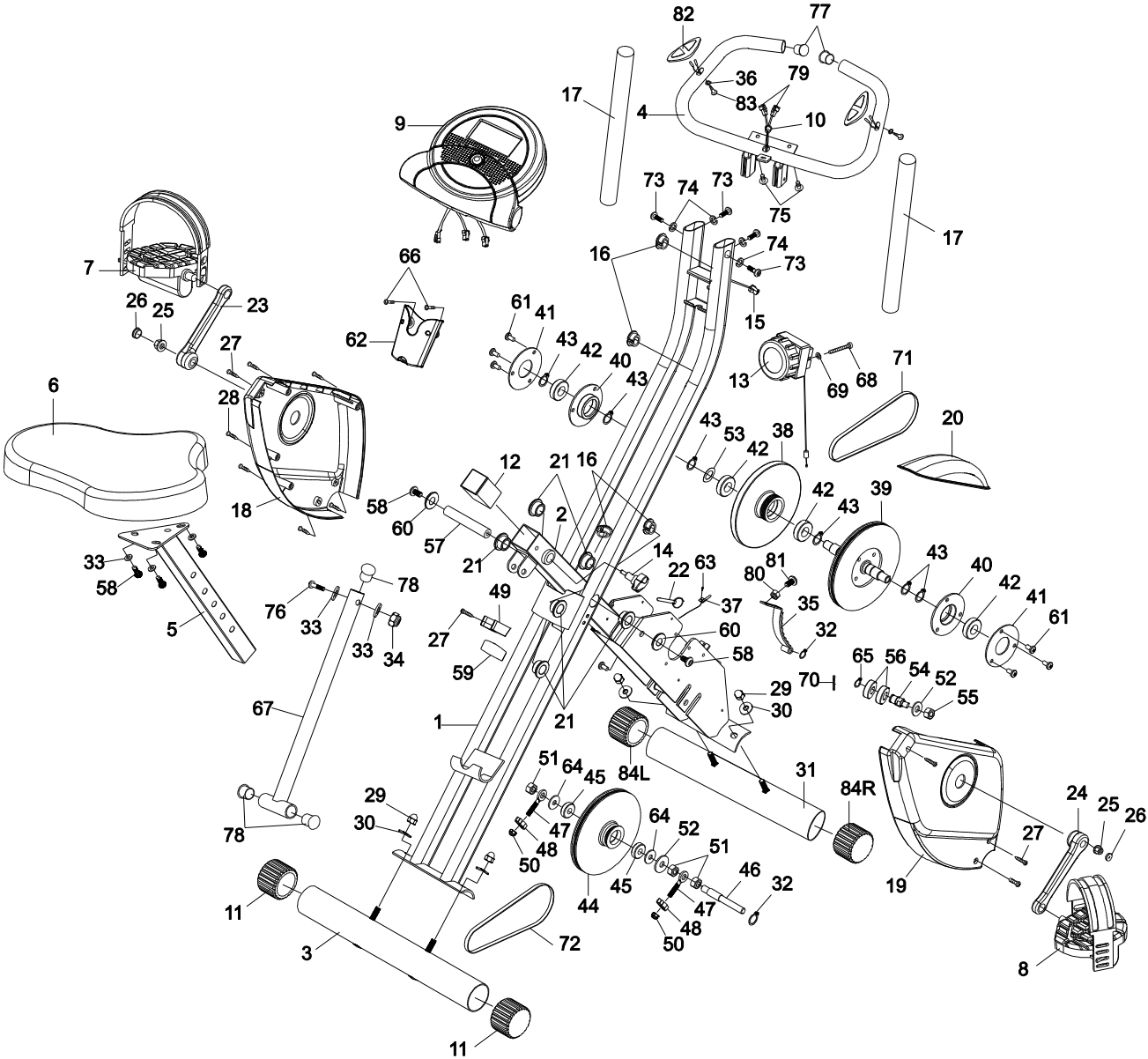
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

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 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 300 lbs/136 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

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

PART DRAWING



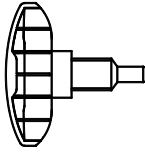
PART LIST

No.	Description	Qty	No.	Description	Qty
001	Rear Frame	1	029	Hexagon Nut Cap M8	4
002	Front Frame	1	030	Curve Washer Ø8.2xØ22.2	4
003	Rear Stabilizer Ø50x1.5tx550L	1	031	Front Stabilizer Ø50x1.5tx450L	1
004	Handlebar Ø25	1	032	C-ring Ø10	2
005	Seat Post	1	033	Flat Washer Ø8.2xØ16.8	5
006	Seat Cushion	1	034	Nylon Nut M8	1
007	Left Pedal (YH-30X)	1	035	Magnet Bracket	1
008	Right Pedal (YH-30X)	1	036	Washer Ø6.2	2
009	Computer (81414)	1	037	Sensor with Wire	1
010	Wire Plug (15x9)	1	038	Flywheel	1
011	Rear Stabilizer End Cap	2	039	Belt Wheel with Crank Axle	1
012	Seat Post Plastic Bushing	1	040	Bearing Bracket A	2
013	Tension Control Knob (1080L)	1	041	Bearing Bracket B	2
014	Seat Height Adjustment Knob M16	1	042	Bearing 6003RS	4
015	Sensor Wire (900L)	1	043	C-ring Ø17	6
016	Oval Wire Plug	4	044	Belt Wheel	1
017	Handlebar Foam Grip Ø23x5.0tx420L	2	045	Bearing 6000Z	2
018	Left Shroud	1	046	Axle Ø12.8x94L	1
019	Right Shroud	1	047	Eyebolt M6	2
020	Top Shroud	1	048	Tension Bracket	2
021	Round Plastic Bushing	6	049	Front Frame Support Tube Holder	1
022	Safety Pin Ø10x110L	1	050	Nylon Nut M6	2
023	Left Crank	1	051	Nut M10	3
024	Right Crank	1	052	Washer Ø10.2xØ25	2
025	France Nut	2	053	Wave Washer Ø17	1
026	Crank Cover	2	054	Idle Wheel Axle	1
027	Round Phillips Head Drilling Screw M4x20	7	055	Nylon Nut M10	1
028	Round Phillips Head Tapping Screw M4x20	4	056	Bearing 6902Z	2

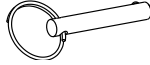
PART LIST

No.	Description	Qty	No.	Description	Qty
057	Axle Ø15.8x94.5L	1	072	Belt 230J3	1
058	Hexagon Socket Bolt M8x15	5	073	Hexagon Socket Bolt M6x12	4
059	Rubber Cushion	1	074	Spring Washer Ø6.2	4
060	Washer Ø8.2x Ø25x2.0t	2	075	Screw M5x15	2
061	Screw M6x10	6	076	Hexagon Socket Bolt M8x40L	1
062	Holder	1	077	Handlebar End Cap Ø25.4	2
063	Round Phillips Head Screw M4x10	1	078	Front Frame Support Tube End Cap Ø22.2	3
064	Plastic Washer	2	079	Hand Pulse Sensor Wire	2
065	C-ring Ø15	1	080	Nut M6	1
066	Screw M4x10L	2	081	Screw M6x20	1
067	Front Frame Support Tube	1	082	Hand Pulse Sensor	2
068	Screw M5x20	1	083	Countersunk Phillips Head Cap Screw M4x20	2
069	Washer Ø5.2xØ18	1	084R	Front Stabilizer Right End Cap	1
070	Spring	1	084L	Front Stabilizer Left End Cap	1
071	Belt 240J4	1			

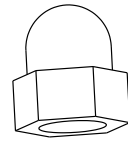
HARDWARE PACKING LIST & TOOLS



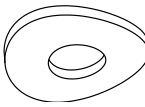
(14) Seat Height
Adjustment Knob M16
1 PC



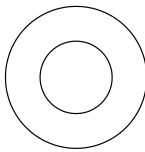
(22) Safety Pin
Ø10x110L
1 PC



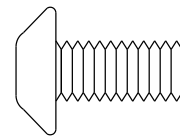
(29) Hexagon Nut Cap M8
4 PCS



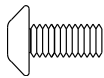
(30) Curve Washer
Ø8.2xØ22.2
4 PCS



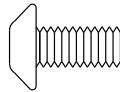
(33) Flat Washer
Ø8.2xØ16.8
3 PCS



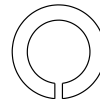
(58) Hexagon Socket Bolt
M8x15
3 PCS



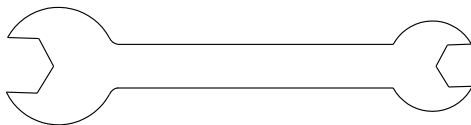
(66) Screw M4x10L
2 PCS



(73) Hexagon Socket Bolt
M6x12
4 PCS



(74) Spring Washer Ø6.2
4 PCS

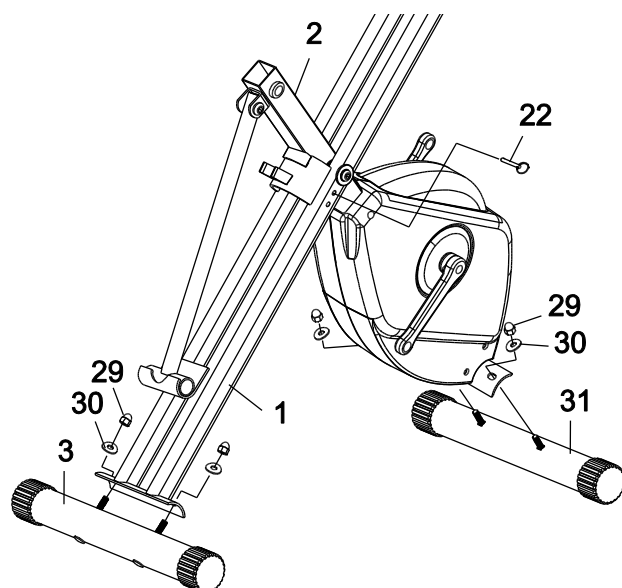


Wrench 13-15
1 PC

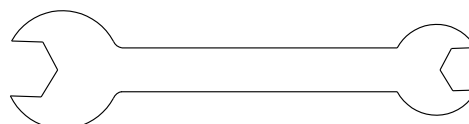


Allen Wrench with Phillips
Screwdriver

ASSEMBLY



Tool:



Wrench 13-15

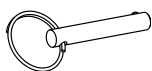
Step 1

Stand up the base of the machine by separating the Rear and Front Frames (1, 2). Pull the Rear and Front Frames (1, 2) apart from each other. Align pin holes for inserting the $\text{\O}10 \times 110\text{L}$ Safety Pin (22) then insert the $\text{\O}10 \times 110\text{L}$ Safety Pin (22) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place.

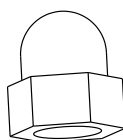
Attach the Front Stabilizer (31) onto the Front Frame (2) with two M8 Hexagon Nuts Cap (29) and $\text{\O}8.2 \times \text{\O}22.2$ Curve Washers (30). Tighten nut cap with the Wrench provided.

Attach the Rear Stabilizer (3) onto the Rear Frame (1) with two M8 Hexagon Nuts Cap (29) and $\text{\O}8.2 \times \text{\O}22.2$ Curve Washers (30). Tighten nut cap with the Wrench provided.

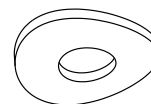
Hardware:



(22) Safety Pin
 $\text{\O}10 \times 110\text{L}$
1 PC

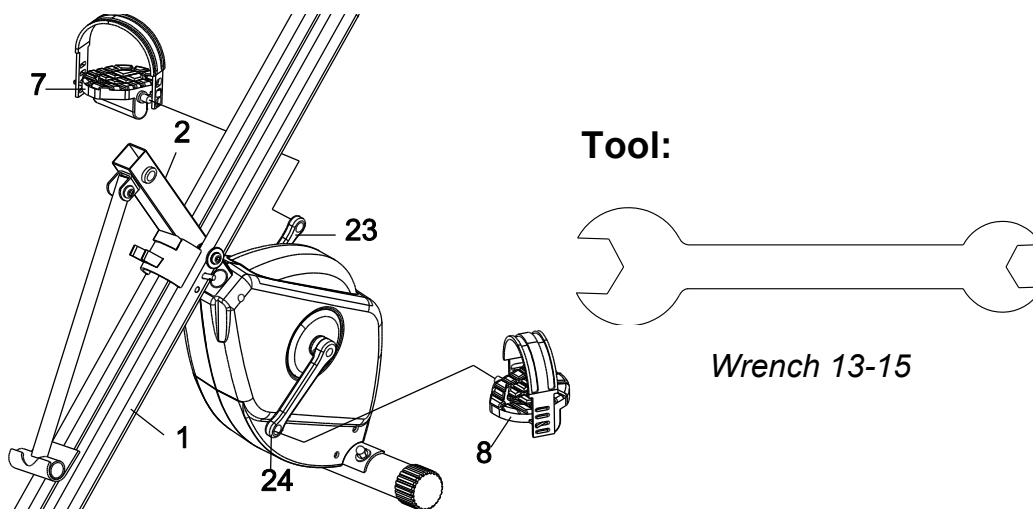


(29) Hexagon Nut Cap M8
4 PCS



(30) Curve Washer
 $\text{\O}8.2 \times \text{\O}22.2$
4 PCS

ASSEMBLY



Step 2

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.

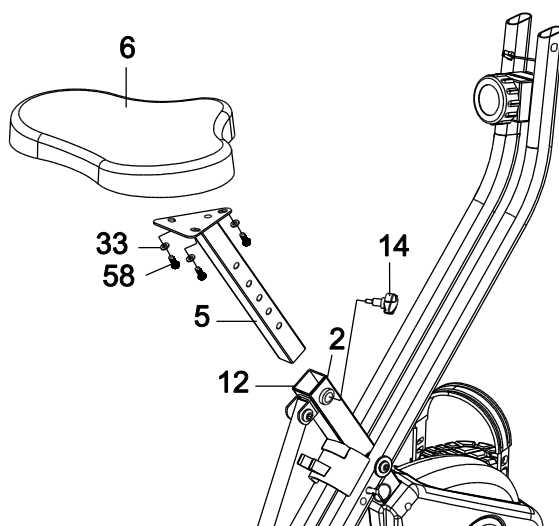
Tighten the pedal shaft of Left Pedal (7) with the Wrench provided.

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.

ASSEMBLY



Tool:



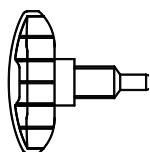
Allen Wrench with Phillips
Screwdriver

Step 3

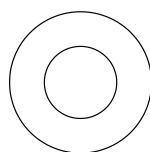
Align bolt holes on underside of Seat Cushion (6) with holes on top of Seat Post (5), then attach with three $\text{Ø}8.2 \times \text{Ø}16.8$ Flat Washers (33) and three M8x15 Hexagon Socket Bolts (58). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Insert the Seat Post (5) into Seat Post Plastic Bushing (12). Adjust seat position and insert the M16 Seat Height Adjustment Knob (14). Turn the M16 Seat Height Adjustment Knob (14) in a clockwise direction to tighten.

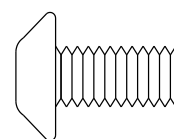
Hardware:



(14) Seat Height
Adjustment Knob M16
1 PC

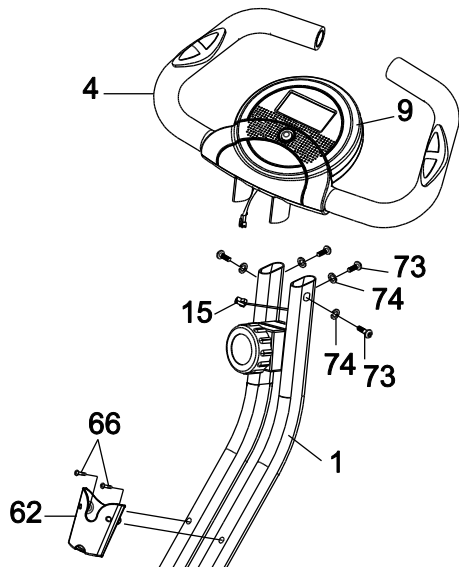


(33) Flat Washer
 $\text{Ø}8.2 \times \text{Ø}16.8$
3 PCS



(58) Hexagon Socket Bolt
M8x15
3 PCS

ASSEMBLY



Tool:



*Allen Wrench with Phillips
Screwdriver*

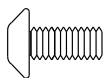
Step 4

Connect the Sensor Wire (15) from the Rear Frame (1) to the wire that comes from the Computer (9).

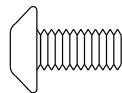
Attach the Handlebar (4) into the Rear Frame (1) with four M6x12 Hexagon Socket Bolts (73) and four Ø6.2 Spring Washers (74). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Attach the Holder (62) onto the Rear Frame (1) with two M4x10L Screws (66). Tighten screws with the Allen Wrench with Phillips Screwdriver provided.

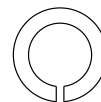
Hardware:



(66) Screw M4x10L
2 PCS



(73) Hexagon Socket Bolt
M6x12
4 PCS



(74) Spring Washer Ø6.2
4 PCS

COMPUTER

SPECIFICATIONS:

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



COMPUTER FUNCTIONS:

AUTO ON/OFF: If you leave the computer idle for 4 minutes, the power will shut off automatically.

SCAN: Press the button until the screen displays SCAN; the computer will automatically scan the function of TIME, ODOMETER, CALORIE, PULSE, SPEED, and DISTANCE, every 6 seconds.

TIME: Displays your elapsed workout time in minutes and seconds. The computer will automatically count up from 0:00 to 99:59 in one second intervals.

SPEED: Displays your workout speed in miles per hour.

DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 999.9 miles.

CALORIE: The computer will estimate the cumulative calories burned at any given time during your workout. The computer will count up from 0.0 to 999.9 calories.

ODOMETER: Displays the total accumulative distance traveled during each workout up to a maximum of 999.9 miles. The data values of ODOMETER can not be reset to zero by pressing and holding the button more than 2 seconds. If user takes out the batteries from the computer, the ODOMETER data values will reset to zero.

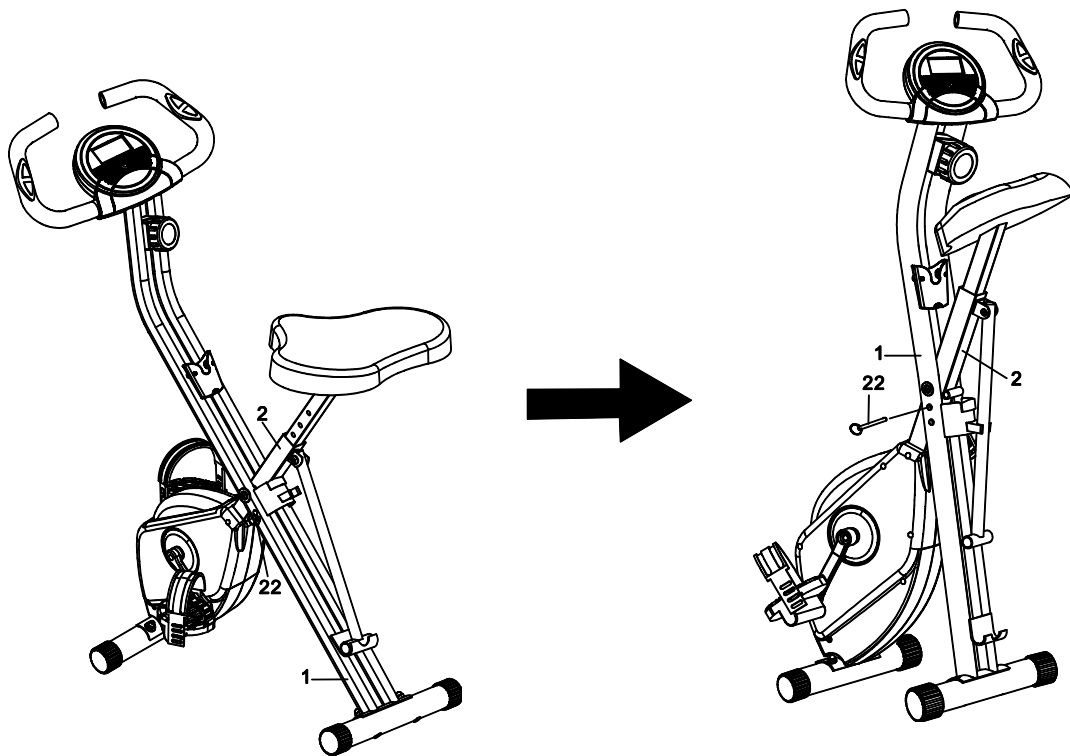
PULSE: The computer will display your pulse rate in beats per minute after holding both hands on handlebar grip sensors during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of one.

RESET: pressing and holding the button more than 2 seconds will reset all functional values to zero except the odometer data values.

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.

STORAGE



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

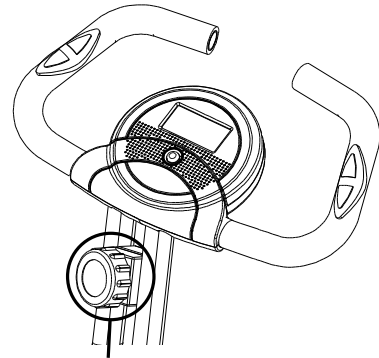
1. Remove the Safety Pin (22) from the bike.
2. Push the Rear and Front Frames (1, 2) together until they meet.
3. Align pin holes for inserting the Safety Pin (22) then insert the removed Safety Pin (22) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place.

ADJUSTMENTS

Adjusting the Tension Control Knob

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

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

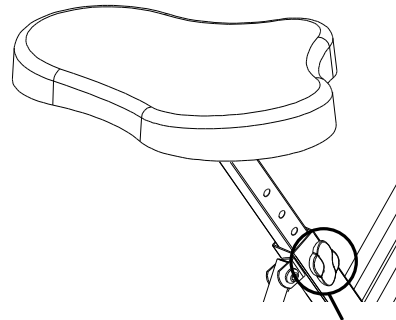


Tension Control Knob

Adjusting the Seat Height

Turn the seat height adjustment knob in a counterclockwise direction until the seat post can be slid up or down and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by tightening the seat height adjustment knob in a clockwise direction.

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.



M16 Seat Height Adjustment Knob

TROUBLE SHOOTING & MAINTENANCE

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. Change to new batteries.

PROBLEM: There is no heart rate reading or 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: 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 bike, please inspect the bolts and tighten the loose bolts.

MAINTENANCE

Cleaning

The bike 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 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 bike, specially, 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 bike 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

Paradigm Health & Wellness, Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm's Owner's Manual. Paradigm's obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the product is warranted to be free from defects for 1 (one) year. All parts and workmanship, including upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required. This warranty is offered only to the original owner and is not transferable.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department

service@paradigmhw.com

1-866-924-1688

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

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

FAX FORM

PARADIGM

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO
service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

OFFICIAL USE ONLY

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____