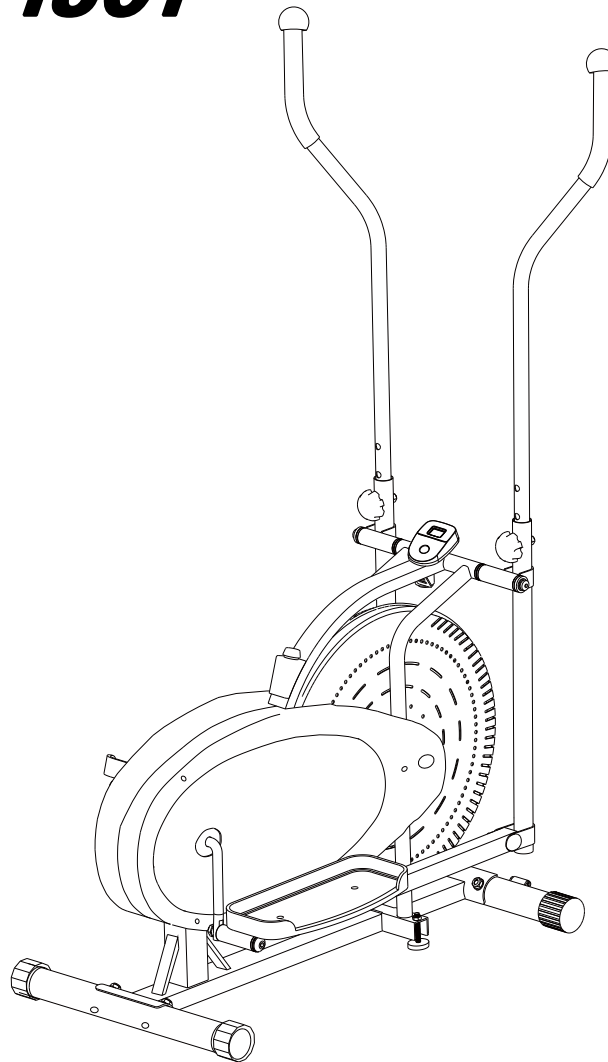


# **EXERPEUTIC**

*THERAPEUTIC FITNESS*

## ***Air Elliptical***

***ITEM NO.: 1301***



## ***OWNER'S MANUAL***

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.  
The specifications of this product may vary from this photo, subject to change without notice.***

## **IMPORTANT: FOR NORTH AMERICA ONLY**

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

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,

or email us at: [service@paradigmhw.com](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

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## **ONE YEAR LIMITED WARRANTY**

Paradigm Health & Wellness, Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm 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**

# WARNING LABEL PLACEMENT

**!!WARNING!!**  
**The Left and Right bolts have different thread directions.**  
 Tighten Right Bolt (BR) into Right Crank clockwise  
 Tighten Left Bolt (SL) into Left Crank counterclockwise

**⚠ WARNING**  
 Maximum weight capacity is 250 lbs  
**⚠ AVERTISSEMENT**  
 Le poids maximum pour ce produit est 114 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 handlebar 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.

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 1105413010001

Serial No. 111054130100001

111054130100001

MADE IN CHINA / FABRIQUE EN CHINE

# IMPORTANT SAFETY INSTRUCTIONS

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 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 250 lbs/114 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.

# PARTS LIST

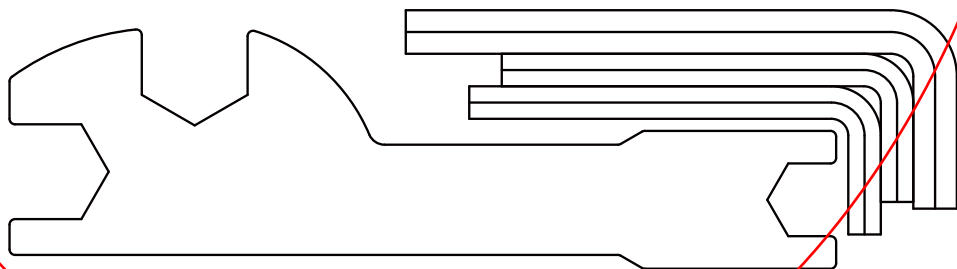
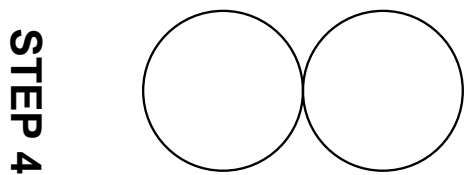
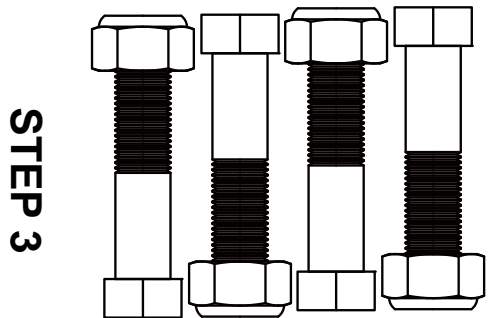
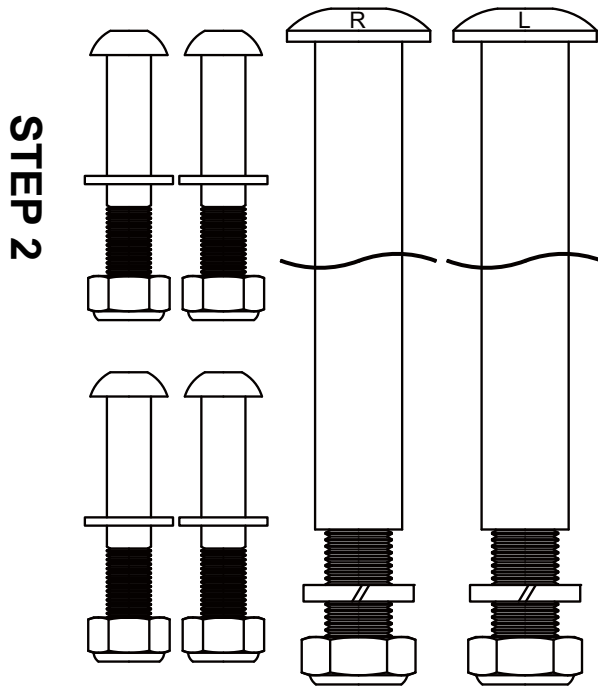
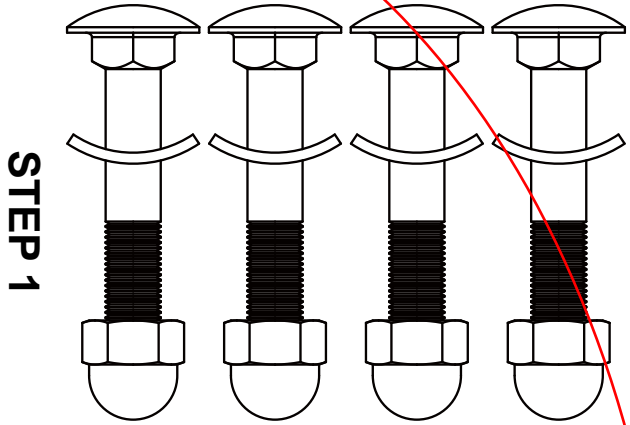
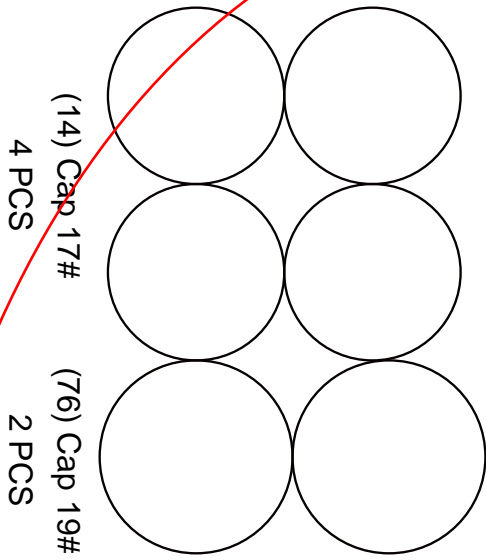
No.	Description	Qty	No.	Description	Qty
001	Main Frame 900x205x630	1	027	Left Handrail Arm Ø25x2x973	1
002	Rear Stabilizer Ø50x1.5x540	1	028	Handrail Arm Height Adjustment Knob M8	2
003	Front Stabilizer End Cap Ø50	2	029	Handrail Arm Foam Grip Ø23x5x310	2
004	Bolt M10x60	4	030	Handrail Arm End Cap Ø25	2
005	Cap Nut M10	4	031	Sensor with Wire L=900	1
006	Curve Washer Ø20xØ10.5	4	032	Computer M1202	1
007	Front Stabilizer Ø50x1.5x540	1	033	Nylon Nut M6	2
008	Transport Wheel Ø23x32	2	034	Tension Control Knob I001-SJ6 (L=260)	1
009	Right Handrail Ø32x580x1.5	1	035L	Left Cover 695x365	1
010	Left Handrail Ø32x580x1.5	1	035R	Right Cover 695x365	1
011	Foot Bar 30x30x1.5x637	2	036	Washer Ø28xØ16.2x0.3	2
012			037		
013	Nylon Nut M10	6	038	Cap 14#	2
014	Cap 17#	4	039	Rear Stabilizer End Cap Ø50	2
015L	Bolt for left Crank Ø16x129	1	040	Fan Wheel Ø500x56	1
015R	Bolt for right Crank Ø16x129	1	041	Fan Wheel Axle M10x154	1
016	Powder Metal Bushing Ø28x16	10	042	Nut M10	4
017L	Nylon Nut for left Crank 1/2"	1	043	Flange Nut M10	2
017R	Nylon Nut for right Crank 1/2"	1	044	Eyebolt M6x50	2
018	Spring Washer Ø20xØ13.5	2	045	Tension Bracket Ø6.5	2
019	Bolt 3/8"x20	2	046	Nut M6	2
020	Spring Washer Ø16xØ10.2x3	2	047	Strap 1150x17	1
021	Washer Ø28x4	2	048	Handrail Arm Plastic Bushing Ø32	2
022	Rotation Rod Ø15.8x373	1	049	Handrail End Cap Ø32	2
023L	Left Foot Pedal 35x150x40	1	050	Powder Metal Bushing Ø18	4
023R	Right Foot Pedal 35x150x40	1	051	Bolt M10x55	2
024	Bolt M10x45	4	052	Chain	1
025	Chain Pulley with Crank Ø160+65x1/2	1	053	Screw ST4.8x19	1
026	Right Handrail Arm Ø25x2x973	1	054	Spring Ø10x1.8x32	1

## PARTS LIST (cont.)

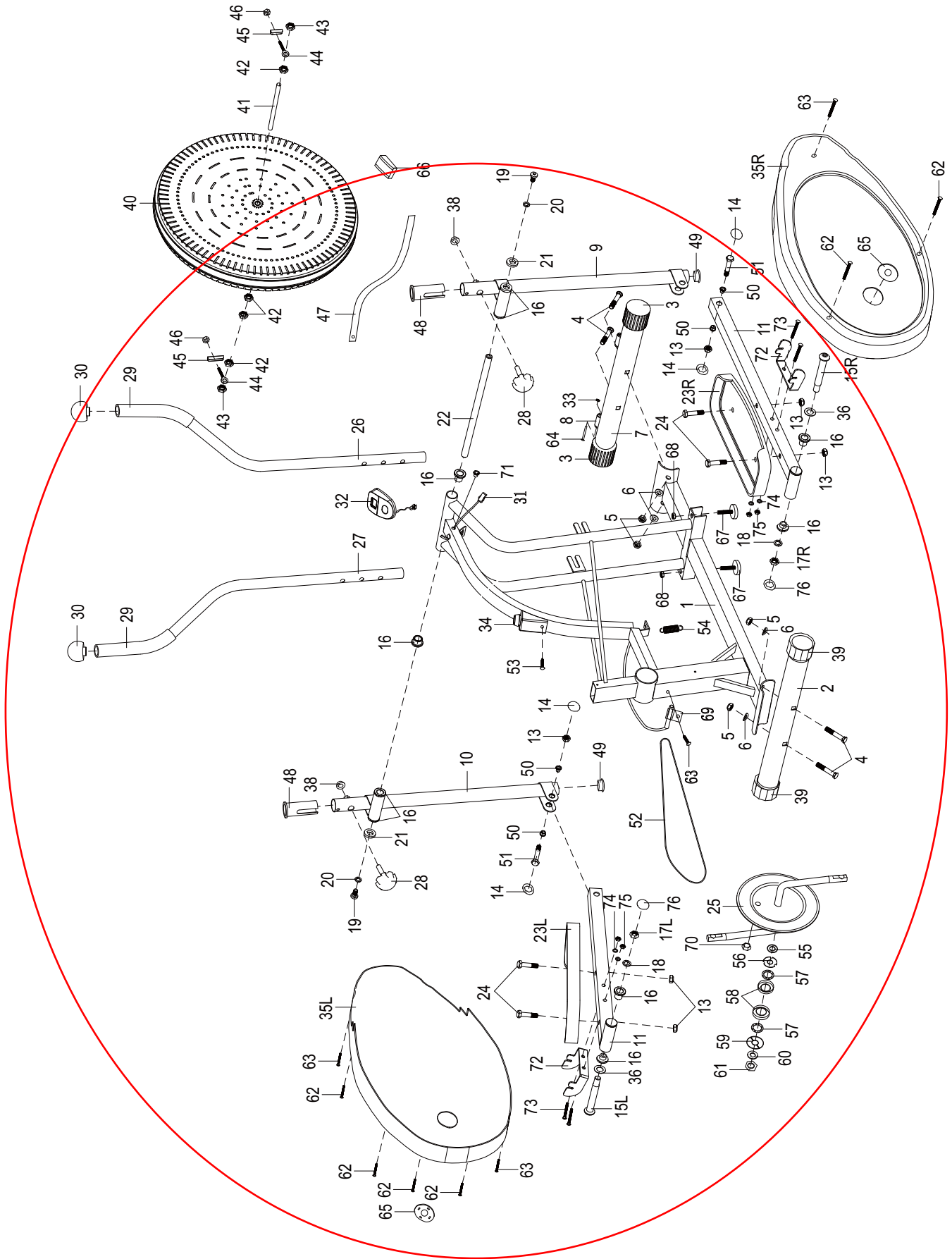
No.	Description	Qty	No.	Description	Qty
055	Washer Ø40xØ24	1	066	Plastic Clip 29.5x26.5x15	1
056	Notched Bearing Nut	1	067	Adjustable Leveler M8x45	2
057	Bearing	2	068	Nut M8	2
058	Bearing Cup	2	069	Sensor Bracket	1
059	Slotted Bearing Nut	1	070	Small Magnet	1
060	Washer Ø35	1	071	Wire Plug Ø12	1
061	Hexagon Nut Ø45x12	1	072	Foot Pedal Support Bracket	2
062	Screw ST4.8x39	7	073	Bolt M8x43	4
063	Phillips Self Drilling Screw ST4.8x19	3	074	Washer Ø8	4
064	Bolt M6x48	2	075	Nylon Nut M8	4
065	Cover Cap (oval 85x64xØ25)	2	076	Cap 19#	2



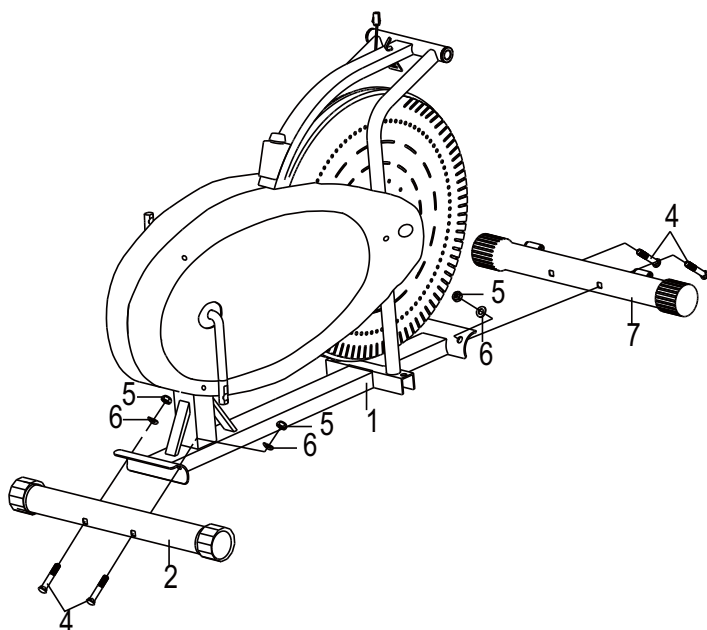
# HARDWARE & TOOLS PACK



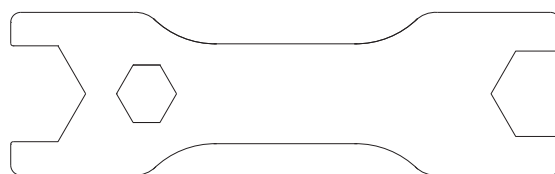
# OVERVIEW DRAWING



# ASSEMBLY INSTRUCTIONS



**Tool:**



*Multi Hex Tool 13#, 17#, 19#*

## 1. Front and Rear Stabilizers Installation

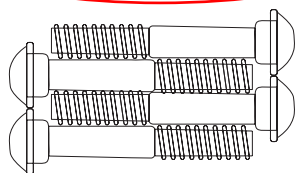
Position the Front Stabilizer (7) in front of Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (7) onto the front curve of the Main Frame (1) with two M10x60 Bolts (4), two Ø20xØ10.5 Curve Washers (6), and two M10 Cap Nuts (5). Tighten nuts with the Multi Hex Tool provided.

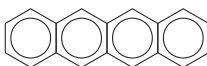
Position the Rear Stabilizer (2) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (2) onto the rear curve of the Main Frame (1) with two M10x60 Bolts (4), two Ø20xØ10.5 Curve Washers (6), and two M10 Cap Nuts (5). Tighten nuts with the Multi Hex Tool provided.

### Hardware (STEP 1):



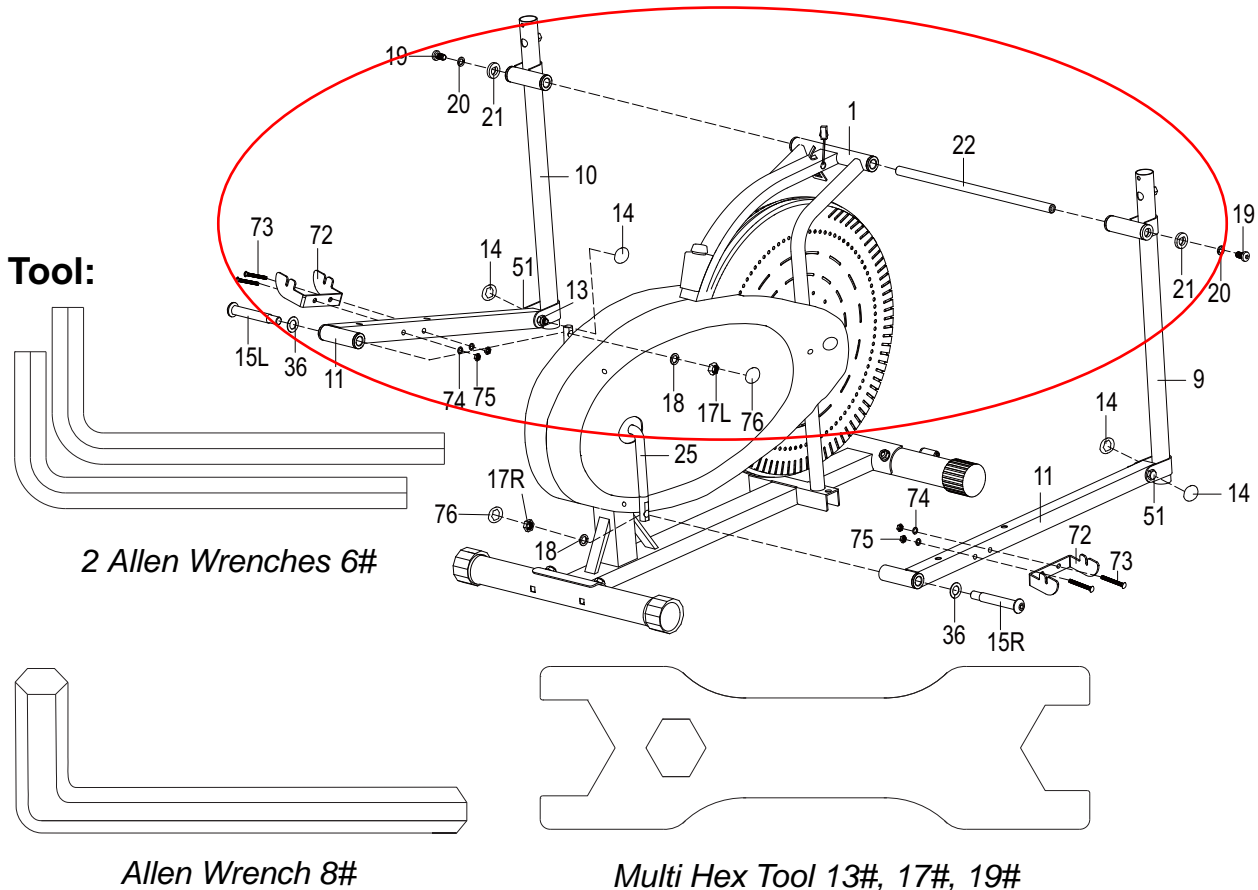
(4) Bolt M10x60  
4 PCS



(5) Cap Nut M10  
4 PCS



(6) Curve Washer  
Ø20xØ10.5  
4 PCS



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

Remove two M10x18 Bolts (19), two  $\text{\O}16\text{x}\text{\O}10.2\text{x}3$  Spring Washers (20), two  $\text{\O}28\text{x}5$  Washers (21), and two  $\text{\O}28\text{x}\text{\O}16.2\text{x}0.3$  Washers (36). Remove bolts with two 6# Allen Wrenches provided.

Place the  $\text{\O}15.8\text{x}376$  Rotation Rod (22) into the hole of the Main Frame (1). Slide the Left/Right Handrails (10, 9) onto the  $\text{\O}15.8\text{x}376$  Rotation Rod (22) and secure in place with two M10x18 Bolts (19), two  $\text{\O}16\text{x}\text{\O}10.2\text{x}3$  Spring Washers (20), two  $\text{\O}28\text{x}5$  Washers (21), and two  $\text{\O}28\text{x}\text{\O}16.2\text{x}0.3$  Washers (36) that were removed. Tighten bolts with two 6# Allen Wrenches provided.

Install four 17# Caps (14) onto the M10x55 Bolts (51) and M10 Nylon Nuts (13) on the both right and left sides of the Foot Bars (11).

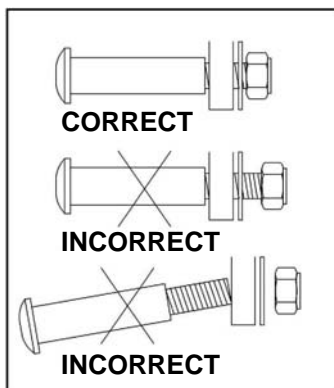
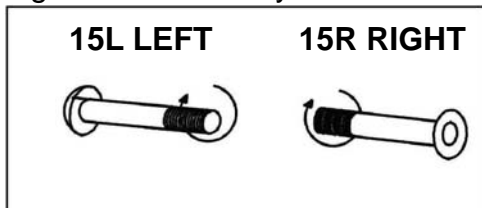
Insert a  $\text{\O}16\text{x}129$  Bolt for right Crank (15R) and put the  $\text{\O}28\text{x}\text{\O}16.2\text{x}0.3$  Wave Washer (36) through the right side of the Foot Bar (11). Put a  $\text{\O}20\text{x}\text{\O}13.5$  Spring Washer (18) on the bolt, then pass it through the right Crank (25), and secure the bolt with a 1/2" Nylon Nut for right Crank (17R). Tighten bolt and nylon nut with the 8# Allen Wrench and Multi Hex Tool provided. **Install two 19# Caps (76) onto both 1/2" Nylon Nuts for right/left Crank (17R, 17L).** Repeat this procedure for the left side assembly.

### Please note:

Before you put the 1/2" Nylon Nut for right Crank (17R) and a  $\text{\O}20\text{x}\text{\O}13.5$  Spring Washer (18) on the right side of the Foot Bar (11), make sure the  $\text{\O}16\text{x}129$  Bolt for right Crank (15R) had been screwed to the end position with the Right Foot Bar (11).

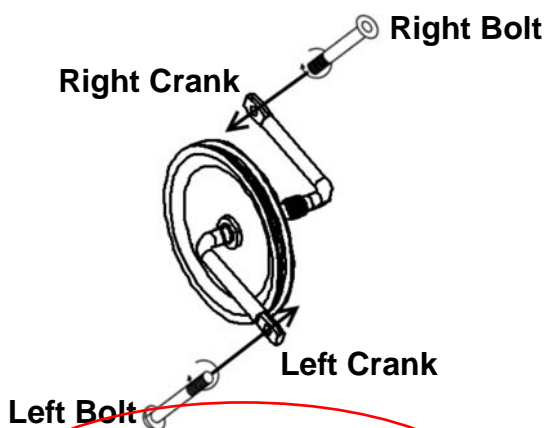
Attach two Foot Pedal Support Brackets (72) onto both right and left sides of the Foot Bars (11) with four M8x43 Bolts (73), four  $\text{\O}8$  Washers (74), and four M8 Nylon Nuts (75).

Tighten bolts and nylon nuts with the 6# Allen Wrench and Multi Hex Tool provided.



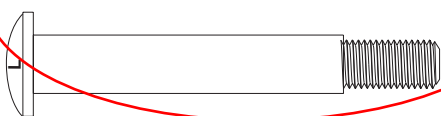
In order to install the hinge bolt properly, keep it perfectly straight when the bolt goes through the pedal tubing and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge bolt and the crankshaft may occur.

**Important:**  
**Screw Right Bolt (15R) into right crank clockwise!**  
**Screw Left Bolt (15L) into Left crank counter-clockwise!**

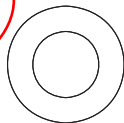


**Important:**  
 Please make sure the right bolt matches up with the right crank and the left bolt matches up with the left crank. If reversed the cranks may become damaged or stripped.

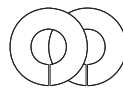
**Hardware (STEP 2):**



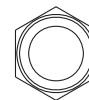
(15L) Bolt for left Crank  
 Ø16x129  
 1 PC



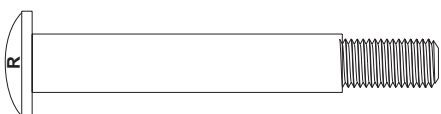
(36) Washer  
 Ø28xØ16.2x0.3  
 2 PCS



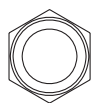
(18) Spring Washer  
 Ø20xØ13.5  
 2 PCS



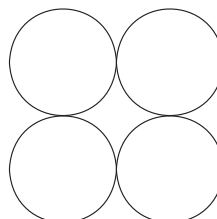
(17L) Nylon Nut for left Crank 1/2"  
 1 PC



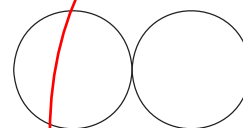
(15R) Bolt for right Crank  
 Ø16x129  
 1 PC



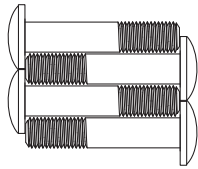
(17R) Nylon Nut for right Crank 1/2"  
 1 PC



(14) Cap 17#  
 4 PCS



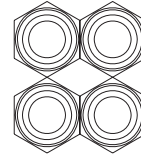
(76) Cap 19#  
 2 PCS



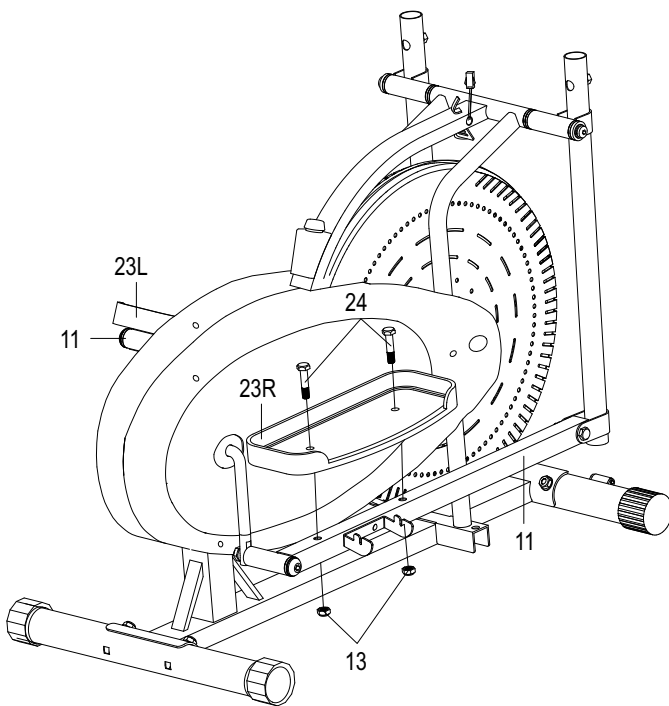
(73) Bolt M8x43  
4 PCS



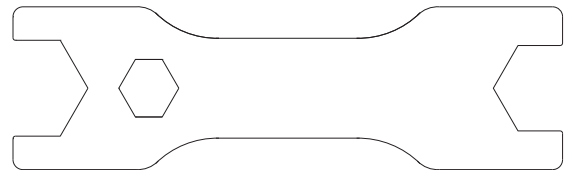
(74) Washer Ø8  
4 PCS



(75) Nylon Nut M8  
4 PCS



**Tool:**



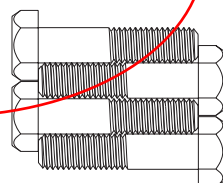
Multi Hex Tool 13#, 17#, 19#

### 3. Right and Left Foot Pedals Installation

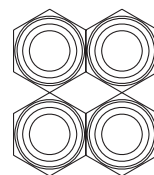
Attach the Right Foot Pedal (23R) onto the Foot Bar (11) with two M10x45 Bolts (24) and two M10 Nylon Nuts (13). Tighten nylon nuts with the Multi Hex Tool provided.

Use the same procedure to attach the Left Foot Pedal (23L) onto the other Foot Bar (11).

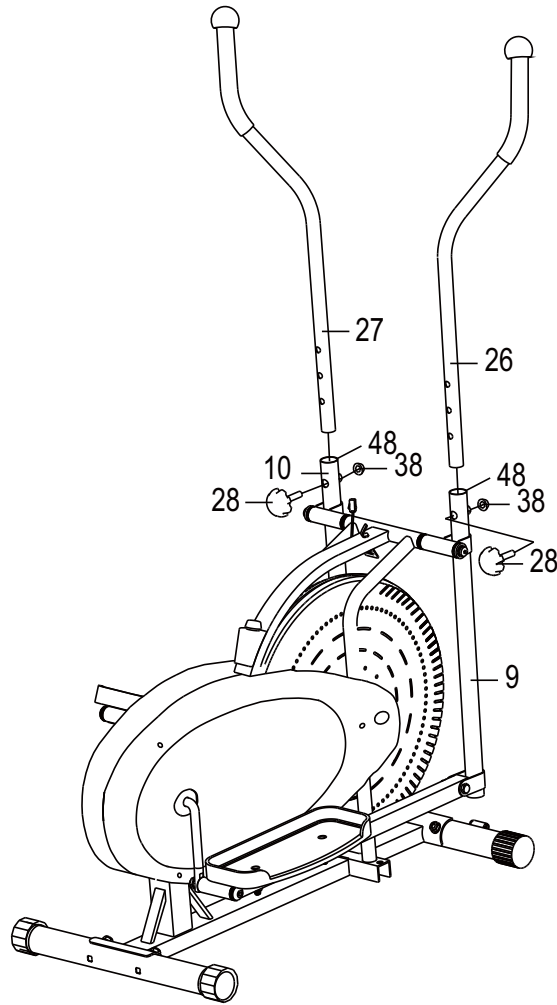
#### Hardware (STEP 3):



(24) Bolt M10x45  
4 PCS



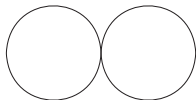
(13) Nylon Nut M10  
4 PCS



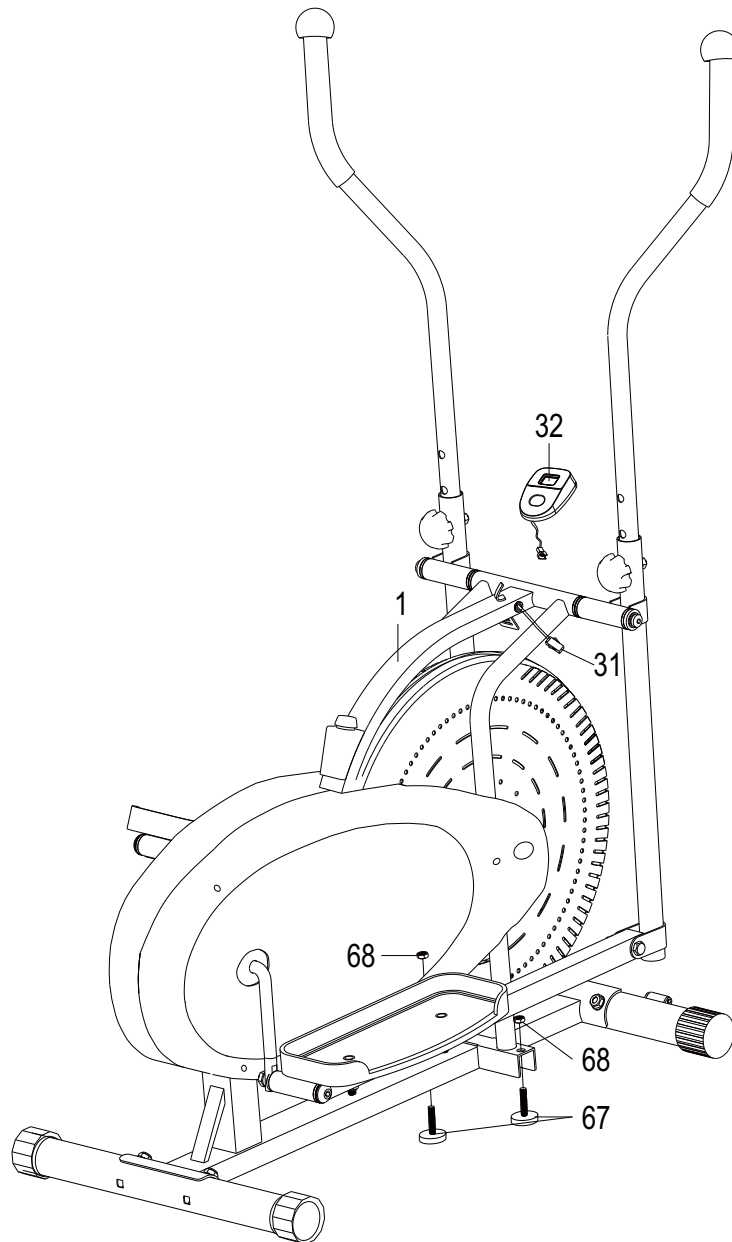
#### 4. Right/Left Handrail Arms Installation

Insert the Right Handrail Arm (26) into the Handrail Arm Plastic Bushing (48) on the tube of the Right Handrail (9) and then attach the M8 Handrail Arm Height Adjustment Knob (28) onto the tube of the Right Handrail (9) by turning it in a clockwise direction to lock the Right Handrail Arm (26) in the suitable position. Install a 14# Cap (38) onto the nut on the Right Handrail (9). Use the same procedure to attach the Left Handrail Arm (27) into the Handrail Arm Plastic Bushing (48) on the tube of the Left Handrail (10).

#### Cap (STEP 4):



(38) Cap 14#  
2 PCS



### 5. Computer and Adjustable Levelers Installation

Connect the Sensor Wire (31) to the wire that comes from the Computer (32). Place the Computer (32) onto the plate on the Main Frame (1) then slide it down to lock in position. Attach two M8x45 Adjustable Levelers (67) onto the Main Frame (1) with M8 Nuts (68).



# OPERATING THE 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



## FUNCTIONS AND OPERATIONS:

**AUTO ON /OFF:** When you start to exercise or press the MODE button on the computer, the computer will turn on. If you do not use the equipment for 4 minutes, the power will shut off automatically.

**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).

**RESET:** Press and hold the MODE button for 4 seconds, all data values will clear to zero.

## HOW TO INSTALL THE BATTERIES:

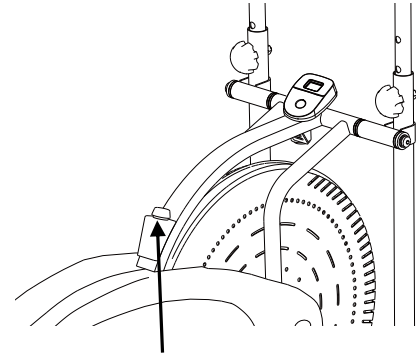
1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment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

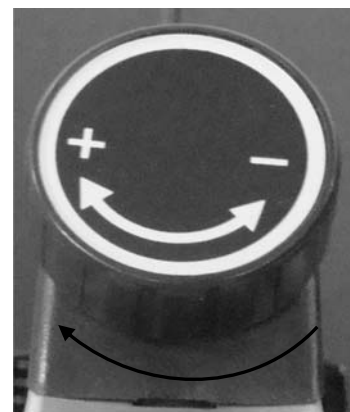
To decrease the tension, turn the tension control knob in a counterclockwise direction.



**Tension Control Knob**

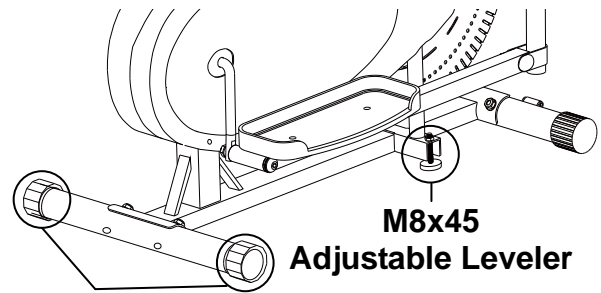
After prolonged use of the elliptical trainer, the strap will begin to stretch out and it will become necessary to tighten the strap for optimum performance.

1. Before tightening the strap the tension knob must be set to its lowest setting. To do this turn the knob in a counter-clockwise direction until it becomes difficult to continue turning it.
2. Undo the buckle of the plastic clip and then pull the top strap at the front of the unit away from the unit to tighten it. Only minimal tightening should be required. Finally, lock the buckle of the plastic clip.
3. Now with the strap tightened and without changing the tension when you get on you should feel a slight bit of tension (i.e. the flywheel should not turn freely). When you are satisfied with the base level tension turn the tension knob clockwise and continue exercising like normal.



### **Adjusting the Rear Stabilizer End Cap or M8x45 Adjustable Leveler**

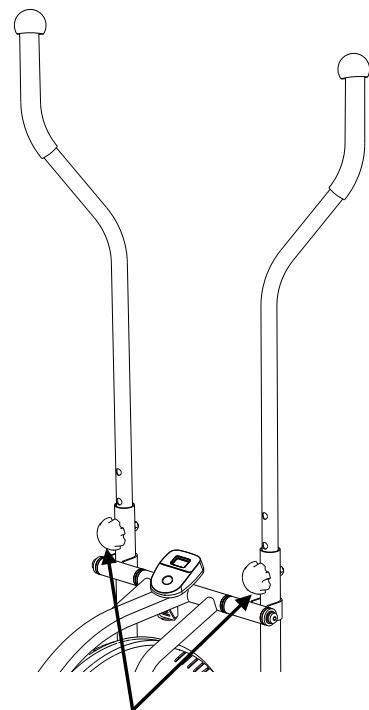
Turn the rear stabilizer end cap on the rear stabilizer or M8x45 adjustable leveler on the main frame as needed to level the elliptical trainer.



**Rear Stabilizer End Cap**

### **Adjusting the Handrail Arms Height**

Turn the handrail arm height adjustment knob in a counterclockwise direction to release the handrail arm and then slide the handrail arm up or down slightly to the desired hole for the suitable position. Lock the handrail arm in place by tightening the handrail arm height adjustment knob in a clockwise direction.



**Handrail Arm Height Adjustment Knob**

## **MAINTENANCE**

### **Cleaning**

The elliptical trainer 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 elliptical trainer 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.

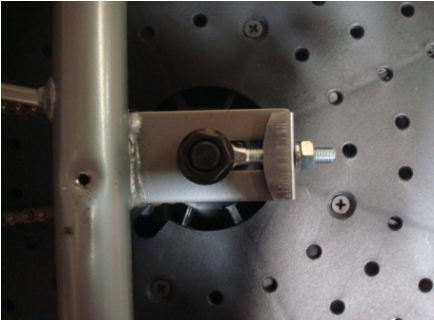
Please keep the elliptical trainer, specially, the computer console, out of direct sunlight to prevent screen damage.

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

### **Storage**

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

# TROUBLESHOOTING

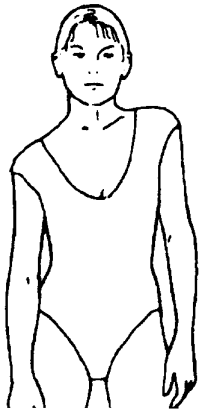
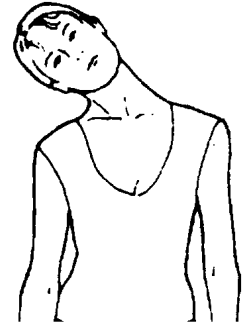
PROBLEM	SOLUTION
There is no display on the computer console.	<ol style="list-style-type: none"> <li>1. Remove the Computer (32) and verify the wire that comes from the Computer (32) is properly connected to the wire that comes from the Main Frame (1).</li> <li>2. Check if the batteries are correctly 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>
The elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer, please inspect the bolts and tighten the loose bolts.
Tension adjustment doesn't work.	Undo the buckle of the plastic clip and pull the top strap to re-tighten the tension belt.
Clicking Noise.	<p>After long use, the chain may get loose and start to have clicking noise. You may open the Right Cover (35R) to reach the Nut M6 (46). Tighten the chain by screwing the Nut M6 (46) clockwise.</p> 
The elliptical is not sturdy enough.	Make sure the middle knobs touch the ground and the elliptical is leveled by turning the Rear Stabilizer End Cap (39). Please refer to page 19.

# WARM UP

The **WARM-UP** is an important part of any workout. You should begin every session by stretching your muscles to prepare your body for more strenuous exercise. This will help increasing your circulation and pulse rate, and deliver more oxygen to your muscles.

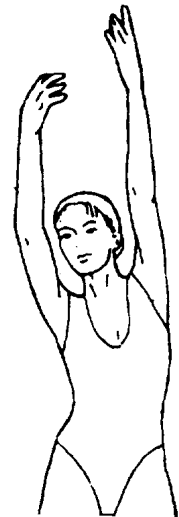
## HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

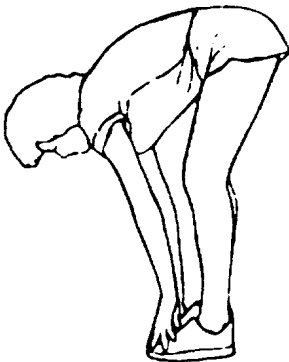


## QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

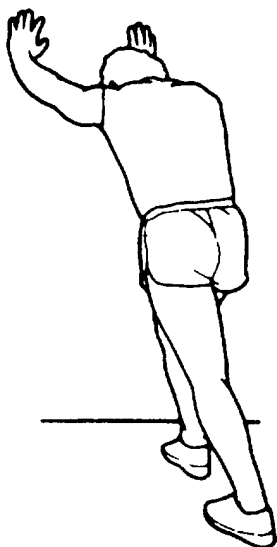
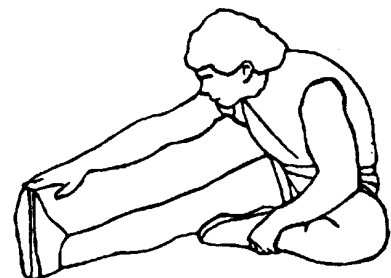


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

# Paradigm Health & Wellness, Inc.

## PARTS REQUEST FAX FORM

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