

Foldable Semi-Recumbent Bike



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:
1-866-924-1688**

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

LABEL PLACEMENT

Under Penalty of law this tag not to be removed except by the consumer

**ALL NEW MATERIAL
CONSISTING OF
POLYURETHANE FOAM PAD...100%**

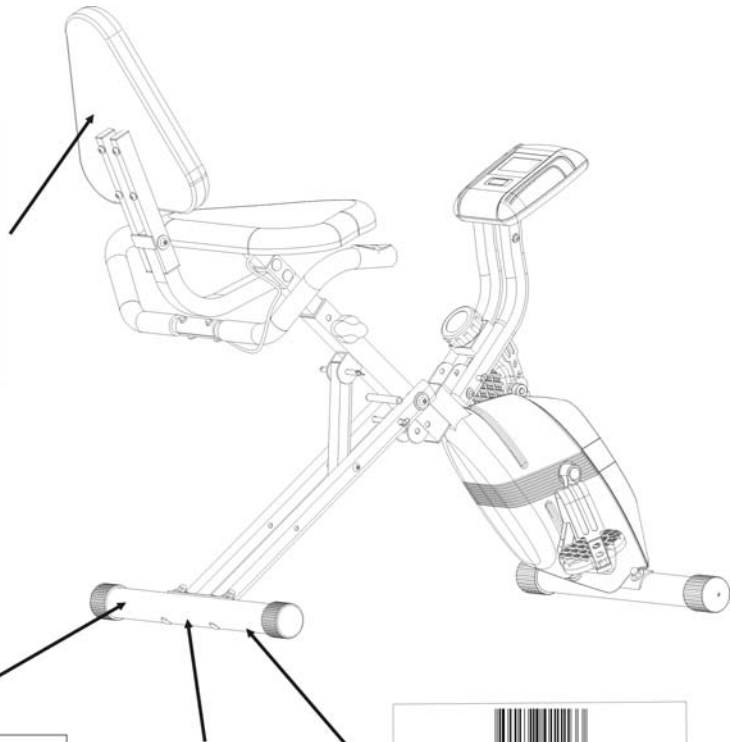
**REGISTRY NO.
151321**

Certification is made by the manufacturer that the materials in this article are described in accordance with law.

Paradigm Fitness Equipment, Inc.
1189 Jellick Ave.
City of Industry, CA 91748 USA

NOTICE

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.



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)

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

8 492578 01113 3
Serial No.: 11221511300001

11221511300001
MADE IN CHINA / FABRIQUE EN CHINE

PRODUCT SAFETY

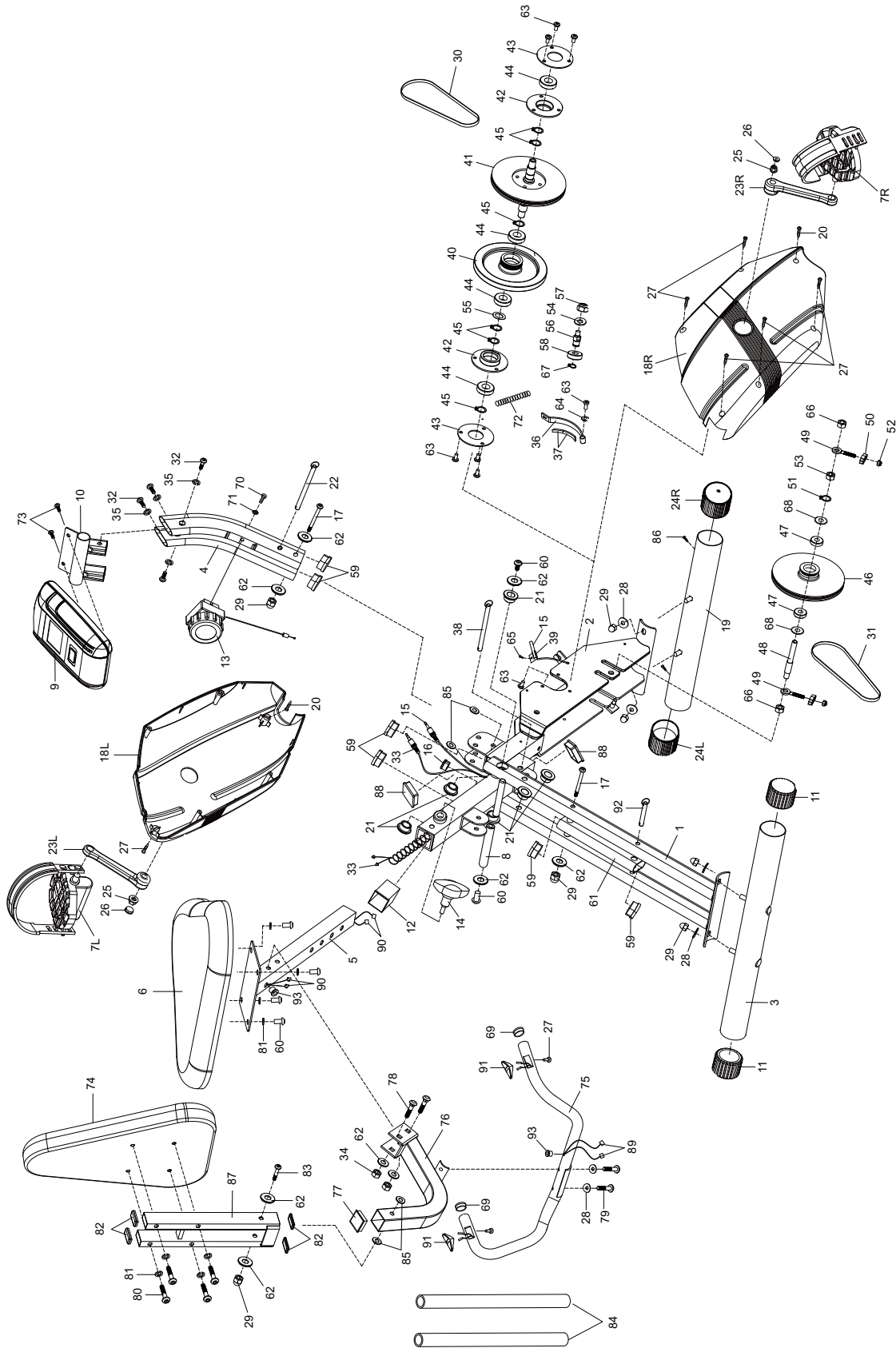
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising and to avoid injuring your muscles, perform warm-up exercise for each muscle group is highly recommended. Please refer to Warm Up section of the Owner's Manual.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult with customer service at Paradigm.
6. Keep dry - do not operate in wet or moist condition.
7. Always hold on to the handlebar while using the recumbent bike.
8. To dismount, reduce pedaling speed gradually before you stop.
9. Do not use the equipment outdoors.
10. This equipment is for household use only.
11. Only one person should be on the equipment at any time.
12. Keep children and pets away from the product while in use.
13. This machine is designed for adults only.
14. This product requires a minimum of 6 feet of space for safe operation.
15. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
16. The maximum weight capacity for this product is 275 lbs/125 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the 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.

OVERVIEW DRAWING



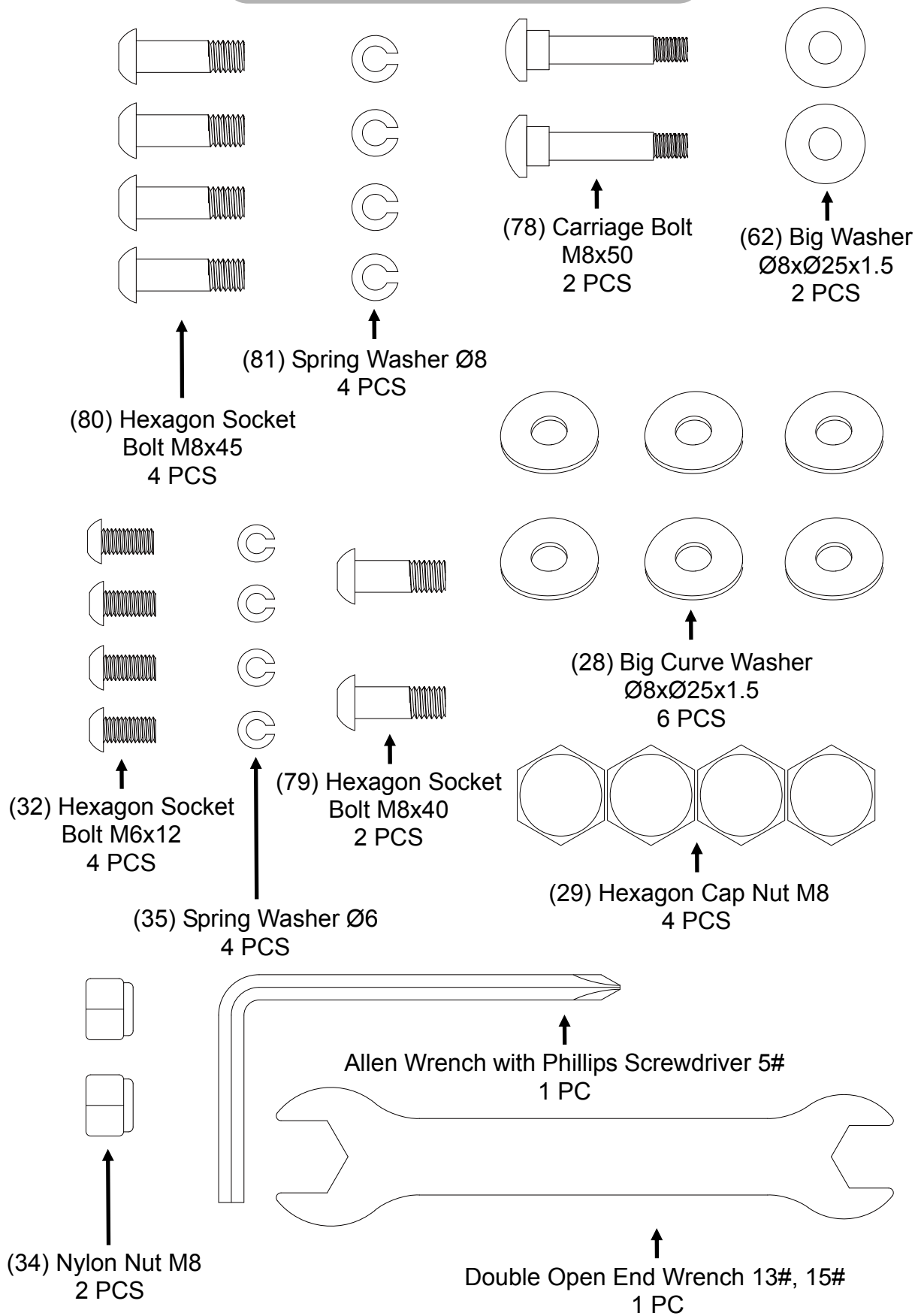
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Rear Frame	1	025	France Nut 3/8"	2
002	Front Frame	1	026	Crank Cover	2
003	Rear Stabilizer Ø50	1	027	Round Phillips Head Tapping Screw ST4.2x20	8
004	Computer Frame	1	028	Big Curve Washer Ø8xØ25x1.5	6
005	Seat Post	1	029	Hexagon Cap Nut M8	7
006	Seat Cushion	1	030	Belt 230J3	1
007L	Left Foot Pedal (9/16")	1	031	Belt 240J3	1
007R	Right Foot Pedal (9/16")	1	032	Hexagon Socket Bolt M6x12	4
008	Axle Ø16	1	033	Extension Hand Pulse Sensor Wire I	1
009	Computer	1	034	Nylon Nut M8	2
010	Computer Bracket	1	035	Spring Washer Ø6	4
011	Rear Stabilizer End Cap	2	036	Magnet Bracket	1
012	Seat Post Plastic Bushing	1	037	Magnet 65x20x8	2
013	Tension Control Knob (960L)	1	038	Safety Pin Ø10x110	1
014	Seat Height Adjustment Knob M16	1	039	Sensor Bracket	1
015	Sensor with Wire (900L)	1	040	Flywheel Ø200	1
016	Wire Grommet	1	041	Belt Wheel with Crank Axle Ø155	1
017	Hexagon Socket Bolt M8x100	2	042	Bearing Bracket Ø74x13	2
018L	Left Shroud	1	043	Bearing Cup Ø70xØ2	2
018R	Right Shroud	1	044	Bearing 6003	4
019	Front Stabilizer Ø50	1	045	C-ring Ø17	6
020	Round Phillips Head Drilling Screw ST4.2x18	2	046	Belt Wheel Ø150	1
021	Round Plastic Bushing	6	047	Bearing 6000	2
022	Safety Pin Ø8x110	1	048	Axle Ø12.7x94.5	1
023L	Left Crank	1	049	Eyebolt M6	2
023R	Right Crank	1	050	Tension Bracket	2
024L	Front Left Wheel Cap	1	051	Spring Clip Ø10	1
024R	Front Right Wheel Cap	1	052	Nylon Nut M6	2

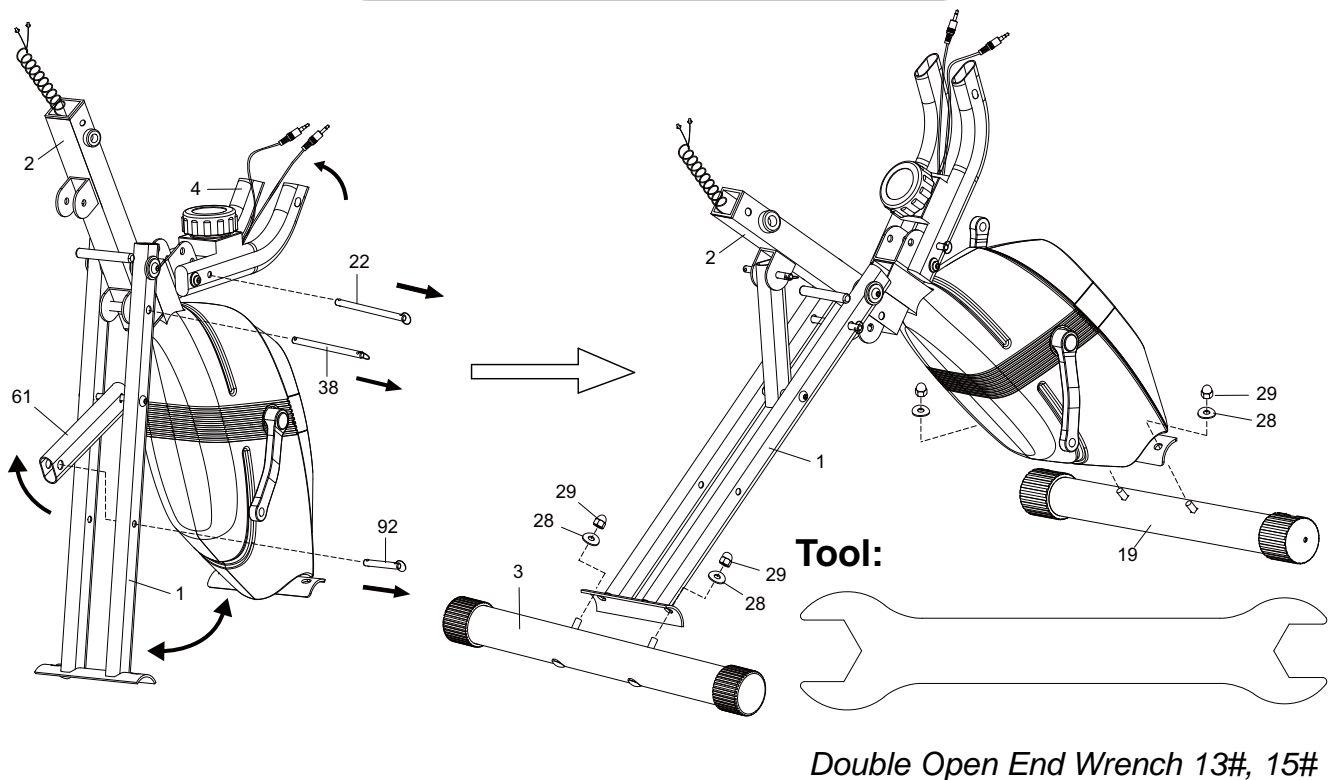
PARTS LIST

No.	Description	Qty	No.	Description	Qty
053	Nut M10x1.5xØ6.5	1	074	Back Cushion	1
054	Big Washer Ø10	1	075	Handlebar Ø25x1.5t	1
055	Wave Washer Ø17.5xØ23xØ0.3	1	076	Back Cushion Frame	1
056	Idle Wheel Axle Ø17x37	1	077	Square End Cap (30x30)	1
057	Nylon Nut M10	1	078	Carriage Bolt M8x50	2
058	Bearing 6202	1	079	Hexagon Socket Bolt M8x40	2
059	Oval End Cap	6	080	Hexagon Socket Bolt M8x45	4
060	Hexagon Socket Bolt M8x15	6	081	Spring Washer Ø8	8
061	Retractable Support Rod	1	082	Back Cushion Tube End Cap 15x30	4
062	Big Washer Ø8xØ25x1.5	9	083	Hexagon Socket Bolt M8x75	1
063	Bolt M6x10	8	084	Handlebar Foam Grip Ø23xØ32x350	2
064	Washer Ø6.5xØ13xØ0.5	1	085	Plastic Washer Ø8	4
065	Round Phillips Head Drilling Screw ST4.2x12	1	086	Round Phillips Head Tapping Screw ST4.8x15	2
066	Nut M10x1.5xØ8	2	087	Back Cushion Tube	1
067	C-ring Ø15	1	088	Square End Cap (38x38)	2
068	Plastic Washer Ø10	2	089	Extension Hand Pulse Sensor Wire III	2
069	Handlebar End Cap Ø25	2	090	Extension Hand Pulse Sensor Wire II	2
070	Bolt M5x20	1	091	Hand Pulse Sensor	2
071	Washer Ø5	1	092	Safety Pin Ø8x65	1
072	Spring Ø8xØ0.8x60	1	093	Wire Grommet Ø12	2
073	Bolt M5x10	2			

HARDWARE LIST & TOOLS



ASSEMBLY



1. Front and Rear Stabilizers Installation

Remove the $\text{Ø}10 \times 110$ Safety Pin (38) from the bike. Pull the Rear and Front Frames (1, 2) apart from each other. Align pin holes for inserting the $\text{Ø}10 \times 110$ Safety Pin (38) then insert the removed $\text{Ø}10 \times 110$ Safety Pin (38) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place.

Remove the $\text{Ø}8 \times 110$ Safety Pin (22) from the bike. Pull the Computer Frame (4) forward and align pin holes for inserting the $\text{Ø}8 \times 110$ Safety Pin (22) then insert the removed $\text{Ø}8 \times 110$ Safety Pin (22) into the holes on the Computer Frame (4) and Front Frame (2) to lock the Computer Frame (4) in place.

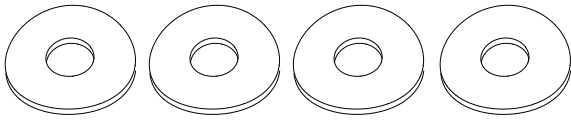
Remove the $\text{Ø}8 \times 65$ Safety Pin (92) from the bike. Pull the Retractable Support Rod (61) up and align pin holes for inserting the $\text{Ø}8 \times 65$ Safety Pin (92) then insert the removed $\text{Ø}8 \times 65$ Safety Pin (92) into the holes on the Front Frame (2) and Retractable Support Rod (61) to lock the Retractable Support Rod (61) in place.

Position the Front Stabilizer (19) in front of the Front Frame (2) and align bolt holes. Attach the Front Stabilizer (19) onto the front curve of the Front Frame (2) with two $\text{Ø}8 \times \text{Ø}25 \times 1.5$ Big Curve Washers (28) and two M8 Hexagon Cap Nuts (29). Tighten cap nuts with the Double Open End Wrench provided.

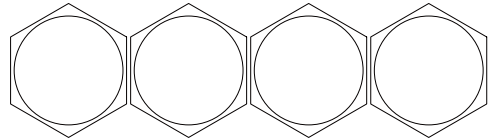
Position the Rear Stabilizer (3) behind the Rear Frame (1) and align bolt holes. Attach the Rear Stabilizer (3) onto the rear curve of the Rear Frame (1) with two $\text{Ø}8 \times \text{Ø}25 \times 1.5$ Big Curve Washers (28) and two M8 Hexagon Cap Nuts (29). Tighten cap nuts with the Double Open End Wrench provided.

ASSEMBLY

Hardware:



(28) Big Curve Washer Ø8xØ25x1.5
4 PCS



(29) Hexagon Nut Cap M8
4 PCS

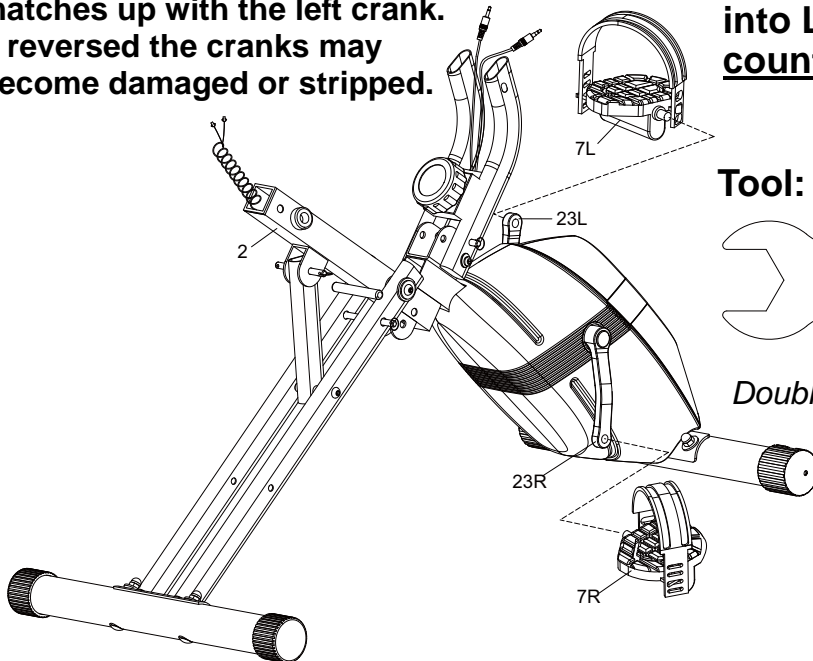


Important:

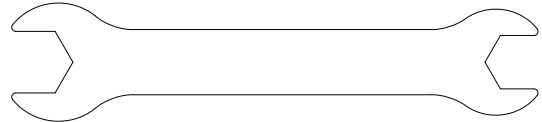
Please make sure the right foot pedal matches up with the right crank and the left foot pedal matches up with the left crank. If reversed the cranks may become damaged or stripped.

Important:

Screw Right Foot Pedal (7R) into right crank clockwise!
Screw Left Foot Pedal (7L) into Left crank counter-clockwise!



Tool:



Double Open End Wrench 13#, 15#

2. Left and Right Foot Pedals Installation

The Cranks, Pedal Shafts, Foot Pedals, and Pedal Straps are marked “R” for Right and “L” for Left.

Insert the pedal shaft of Left Foot Pedal (7L) into threaded hole in the Left Crank (23L). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

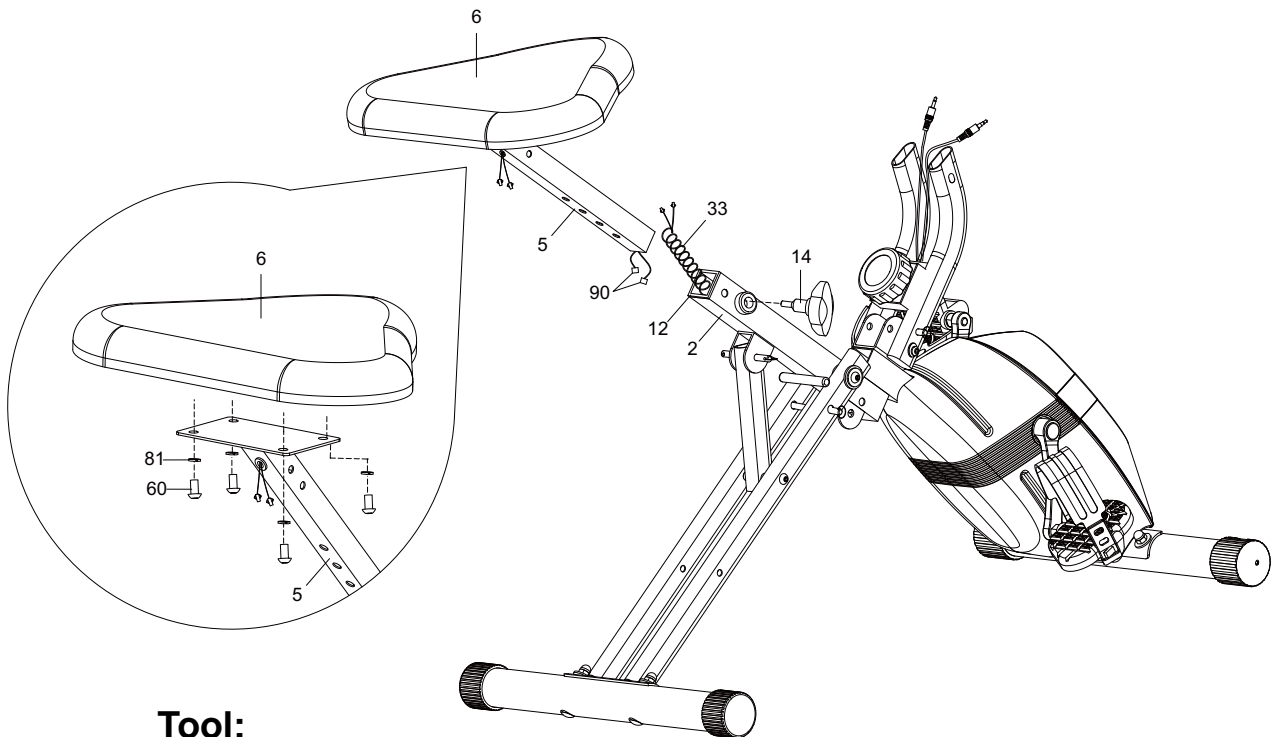
Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (7L) with the Double Open End Wrench provided.

Insert pedal shaft of Right Foot Pedal (7R) into threaded hole in Right Crank (23R). Turn the pedal shaft by hand in the clockwise direction until snug.

Tighten pedal shaft of Right Foot Pedal (7R) with the Double Open End Wrench provided.

ASSEMBLY



Tool:



Allen Wrench with Phillips Screwdriver 5#

3. Seat Cushion and Seat Post Installation

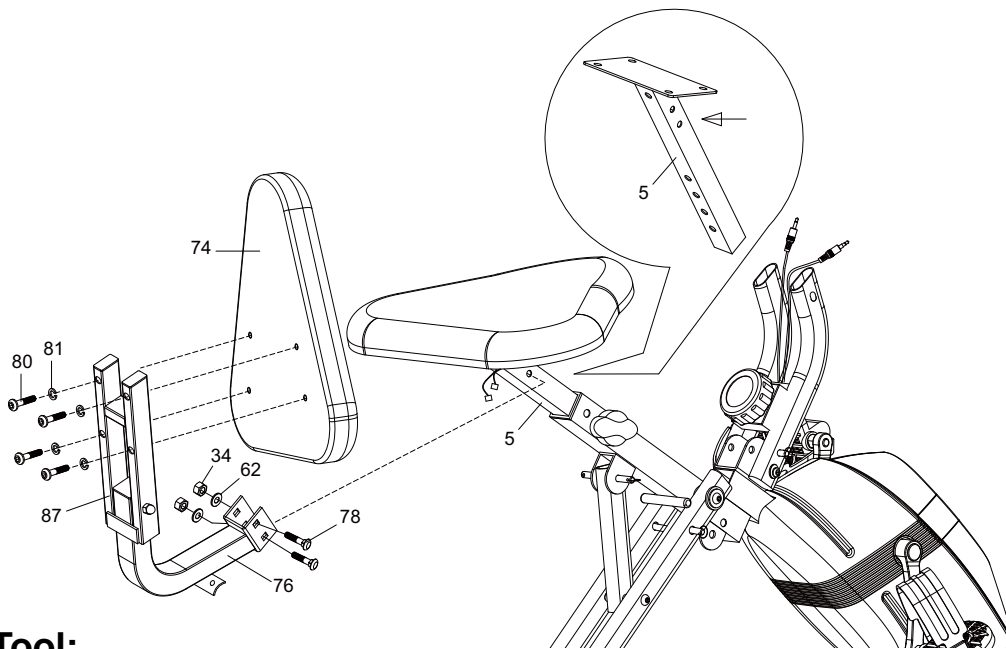
Remove four M8x15 Hexagon Socket Bolts (60) and four Ø8 Spring Washers (81) from underside of the Seat Cushion (6). Remove bolts with the Allen Wrench with Phillips Screwdriver provided.

Align bolt holes on underside of Seat Cushion (6) with holes on top of Seat Post (5), then attach with four M8x15 Hexagon Socket Bolts (60) and four Ø8 Spring Washers (81) that were removed. Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Connect the Extension Hand Pulse Sensor Wire I (33) from the Front Frame (2) to the Extension Hand Pulse Sensor Wire II (90) from the Seat Post (5).

Insert the Seat Post (5) into the seat post bushing on the tube of the Front Frame (2). 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.

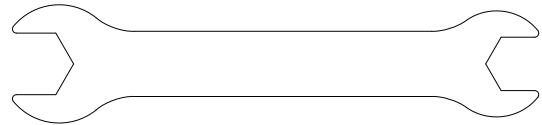
ASSEMBLY



Tool:



Allen Wrench with Phillips Screwdriver 5#



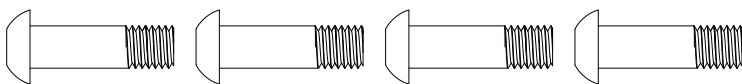
Double Open End Wrench 13#, 15#

4. Back Cushion Frame and Back Cushion Installation

Attach the Back Cushion Frame (76) onto the Seat Post (5) with two M8 Nylon Nuts (34), two Ø8xØ25x1.5 Big Washers (62), and two M8x50 Carriage Bolts (78). Tighten nylon nuts with the Double Open End Wrench provided.

Attach the Back Cushion (74) onto the Back Cushion Tube (87) with four M8x45 Hexagon Socket Bolts (80) and four Ø8 Spring Washers (81). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

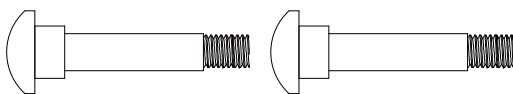
Hardware:



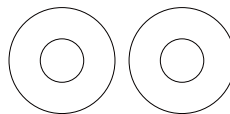
(80) Hexagon Socket Bolt M8x45
4 PCS



(81) Spring Washer Ø8
4 PCS



(78) Carriage Bolt M8x50
2 PCS

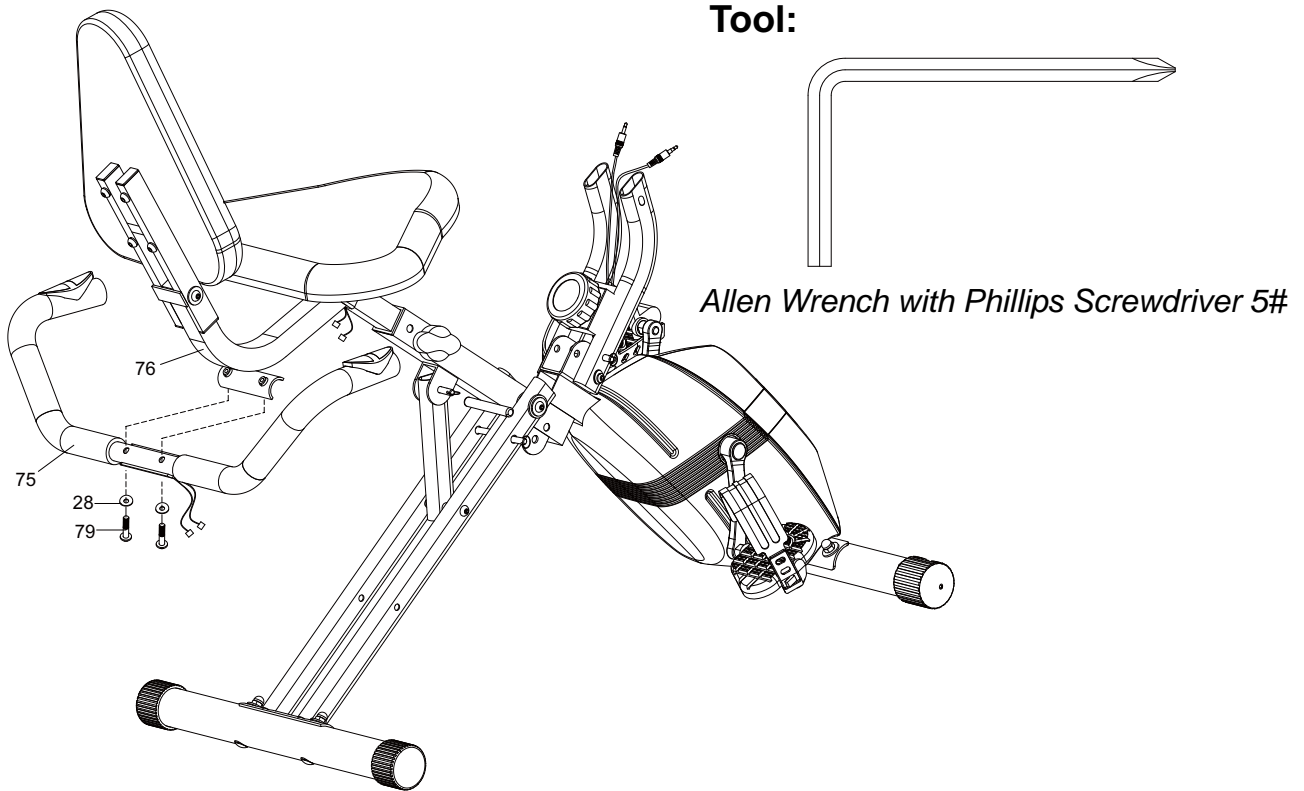


(62) Big Washer Ø8xØ25x1.5
2 PCS



(34) Nylon Nut M8
2 PCS

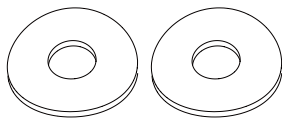
ASSEMBLY



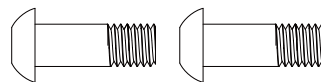
5. Handlebar Installation

Attach the Handlebar (75) onto the Back Cushion Frame (76) with two $\text{\O}8 \times \text{\O}25 \times 1.5$ Big Curve Washers (28) and two M8x40 Hexagon Socket Bolts (79). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Hardware:

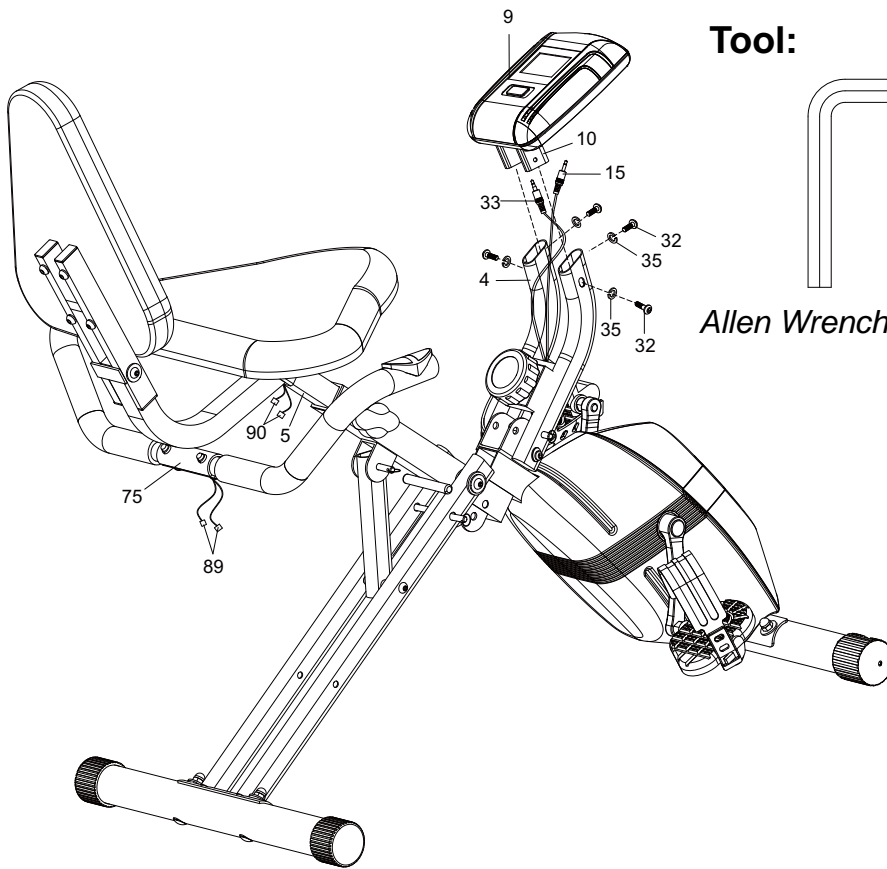


(28) Big Curve Washer $\text{\O}8 \times \text{\O}25 \times 1.5$
2 PCS



(79) Hexagon Socket Bolt M8x40
2 PCS

ASSEMBLY



Tool:

Allen Wrench with Phillips Screwdriver 5#

6. Computer Installation

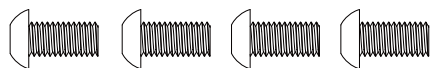
Connect the Extension Hand Pulse Sensor Wires III (89) from the Handlebar (75) to the Extension Hand Pulse Sensor Wires II (90) from the Seat Post (5).

Install the Computer Bracket (10) to the Computer Post (4) by sliding the Computer Bracket (10) into the Computer Frame (4), using four M6x12 Hexagon Socket Bolts (32) and four Ø6 Spring Washers (35). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Plug the Sensor Wire (15) from the Computer Frame (4) into the SENSOR receptacle on the back of the Computer (9).

Plug the Extension Hand Pulse Sensor Wire I (33) from the Computer Frame (4) into the PULSE receptacle on the back of the Computer (9).

Hardware:



(32) Hexagon Socket Bolt M6x12
4 PCS



(35) Spring Washer Ø6
4 PCS

COMPUTER

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-999.9 MPH
DIST (DISTANCE) -----	0.00-99.99 MILE
CAL (CALORIES) -----	0.0-999.9 KCAL
ODO (ODOMETER) -----	0.00-99.99 MILE
PULSE -----	40-200 BEATS/MIN



USING YOUR COMPUTER

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

BUTTON FUNCTIONS:

Press the button to select the function of the computer.

Press and hold the button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence with change every 6 seconds.

NOTE: If you do not want to use the SCAN function, press the button to select one of the other functions.

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DIST (DISTANCE): Displays the cumulative distance traveled during workout.

CAL (CALORIES): Displays approximate amount of calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO (ODOMETER): Displays the total accumulative distance traveled. The ODOMETER data values can not be clear to zero by pressing and holding the button for 3 seconds. If you take out the batteries from the computer, the ODOMETER data values will clear to zero.

PULSE: Displays your current heart-rate readings after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, always hold on to the handlebar pulse sensors with both hands instead of one hand when you are trying to monitor your heart-rate reading.

COMPUTER

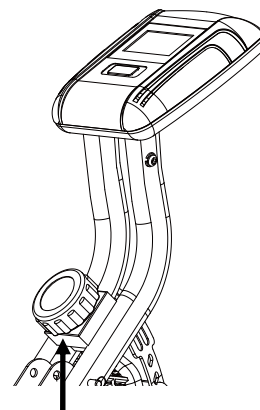
HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AAA" 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 appears, remove the batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

Adjusting the Tension Control Knob

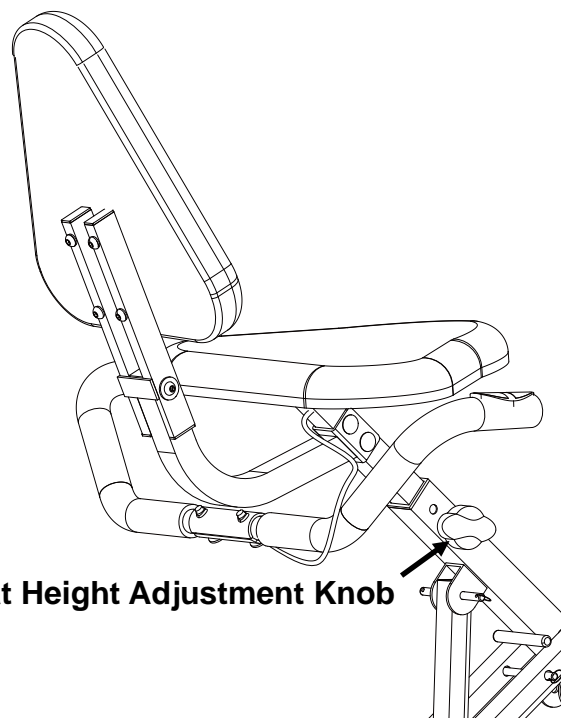
To increase the tension, turn the tension control knob in a clockwise direction.
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

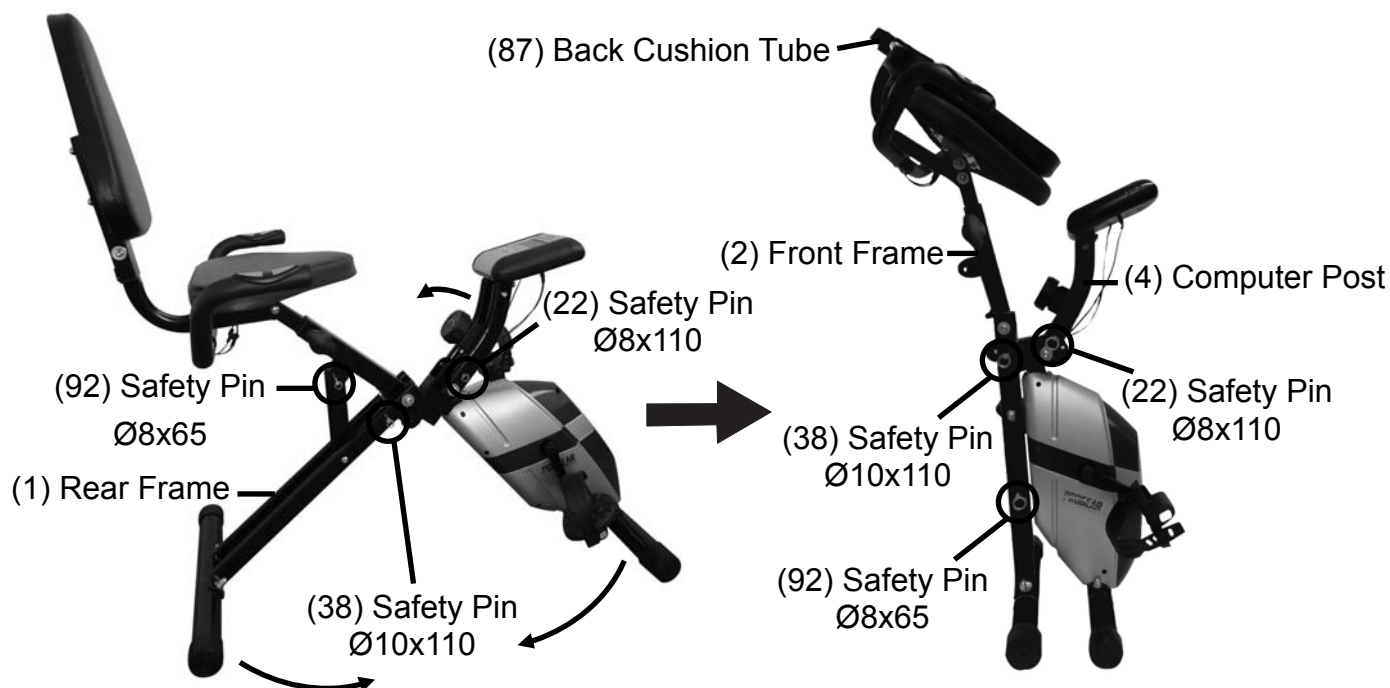
Adjusting the Seat Height

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.



Seat Height Adjustment Knob

STORAGE



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

1. Remove the Ø8x65 Safety Pin (92) from the bike.
2. Pull the Retractable Support Rod (61) down.
3. Align pin holes for inserting the Ø8x65 Safety Pin (92) then insert the removed Ø8x65 Safety Pin (92) into the holes on the Rear Frame (1) and Retractable Support Rod (61) to lock the Retractable Support Rod (61) in place.
4. Remove the Ø10x110 Safety Pin (38) from the bike.
5. Push the Rear and Front Frames (1, 2) together until they meet.
6. Align safety pin holes for inserting the Ø10x110 Safety Pin (38) then insert the removed Ø10x110 Safety Pin (38) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place.
7. Remove the Ø8x110 Safety Pin (22) from the bike.
8. Pull the Computer Frame (4) forward then insert the removed Ø8x110 Safety Pin (22) into the holes on the Front Frame (2) to lock the Computer Frame (4) in place.
9. Push the Back Cushion Tube (87) down until back cushion meets seat cushion.

TROUBLESHOOTING

PROBLEM: There is no display on the computer console.

SOLUTION: Verify the sensor wire that comes from the computer post is properly plugged into the SENSOR receptacle located on the back of the computer.

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 there is erratic / inconsistent reading.

SOLUTION: Verify the extension hand pulse sensor wire I that comes from the computer frame is properly plugged into the PULSE receptacle located on the back of the computer.

Verify the extension hand pulse sensor wires III from the handlebar is properly connected to the hand pulse sensor wires II from the seat post.

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

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

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

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

MAINTENANCE

Cleaning

The recumbent 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 recumbent 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 recumbent bike, especially, the computer console, out of direct sunlight to prevent screen damage or premature wear.

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

Storage

Store the recumbent 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.



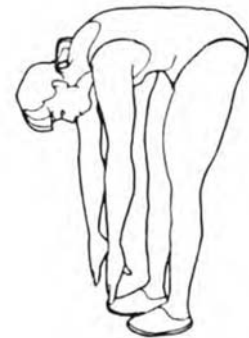
Inner Thigh Stretch

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



Toe Touching

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 Stretch

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. Relax and hold for 15 counts. Repeat with left leg extended.



WARRANTY

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

Ordering Replacement Parts

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

service@paradigmhw.com

1-866-924-1688

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

When ordering replacement parts please have the following information ready:

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

FAX FORM

Paradigm Health & Wellness, Inc.

PARTS REQUEST FAX FORM

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

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

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION/REASON	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

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