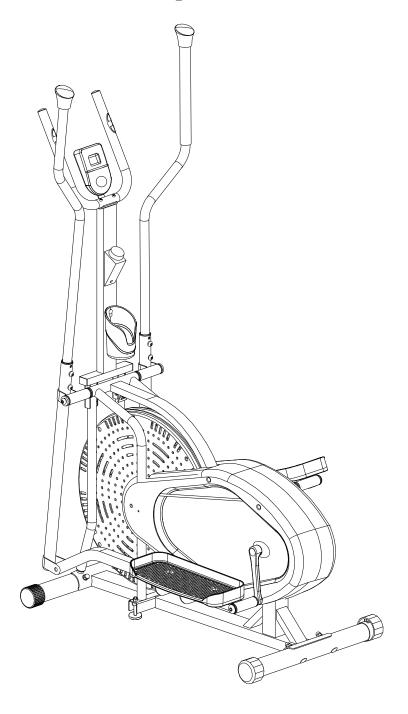


Air Elliptical Pro



OWNER'S MANUAL

Item #1307

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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

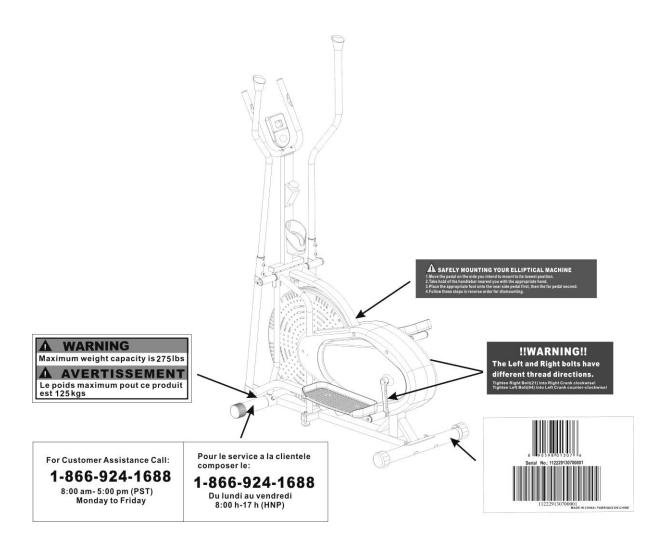
Part number

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



PRODUCT SAFETY

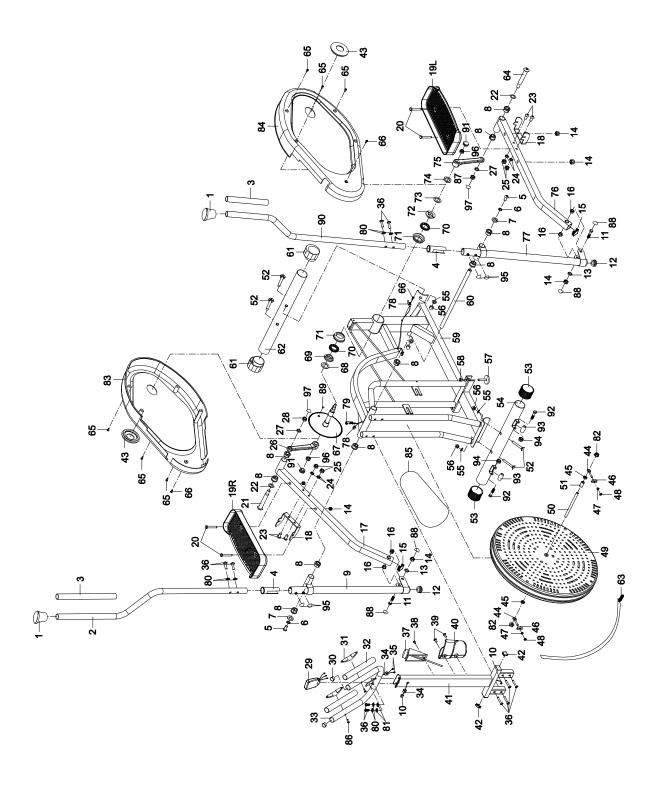
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

- 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 your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up pages for pre and post workout.
- 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 an *Authorized Service Representative*.
- 6. Be careful when stepping on or leaving the pedals. Always hold the handlebars first and make sure the pedal at your side is at its lowest position. Step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold onto the handlebars. To ensure the pedals run smoothly push or pull on the handlebars first, then follow with leg motion. When stepping off the machine, make sure one pedal is at its lowest position and step out of there before stepping out of the pedal at the highest position.
- 7. Do not use the equipment outdoors.
- 8. This equipment is for household use only.
- 9. Only one person should be on the equipment 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 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.

PART DRAWING



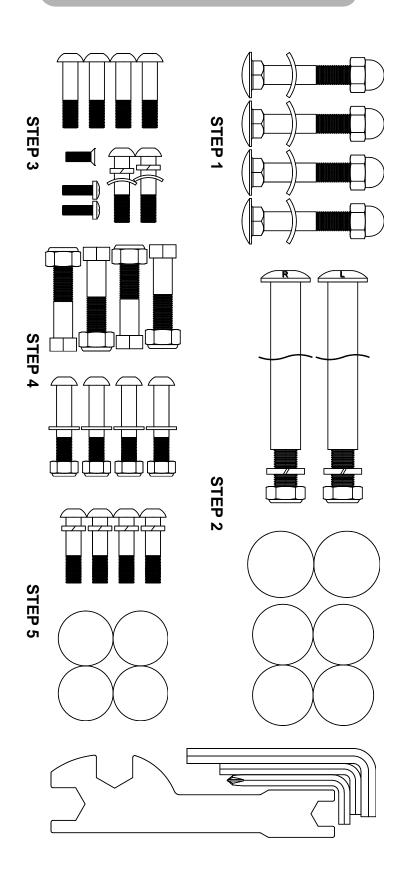
PART LIST

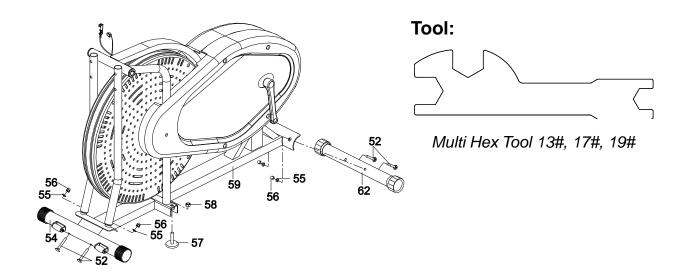
No.	Description	Qty	No.	Description	Qty
001	Handrail Arm End Cap Ø25	2	023	Bolt M8x43	4
002	Right Handrail Arm Ø25x2	1	024	Washer Ø8.2xØ16x1.5	
003	Handrail Arm Foam Grip Ø23xØ30x310	2	025	Nylon Nut M8	
004	Handrail Arm Plastic Bushing Ø32x1.5	2	026	Right Crank 7"	
005	Bolt 3/8"x20	2	027	Spring Washer 1/2"	2
006	Spring Washer 3/8"	2	028	Nylon Nut for Right Crank 1/2"	1
007	Washer Ø28x4.5	2	029	Computer M1202	1
800	Powder Metal Bushing Ø28xØ24.1xØ16.2x4x16	10	030	Hand Pulse Handlebar End Cap Ø25x2	
009	Right Handrail	1	031	Hand Pulse Sensor	2
010	Extension Sensor Wire L=700 mm	1	032	Hand Pulse Handlebar Foam Grip Ø23xØ30x220	
011	Bolt M10x55	2	033	Hand Pulse Handlebar	
012	Handrail End Cap Ø32x1.5	2	034	Wire Grommet Ø12	
013	Washer Ø10.5xØ20x2	2	035	Hand Pulse Sensor Wire L=450 mm	
014	Nylon Nut M10	6	036	Bolt M8x35	
015	Foot Bar End Cap 30x30x1.5	2	037	7 Tension Control Knob	
016	Powder Metal Bushing Ø18xØ14.1xØ10.5x3x10	4	038	Bolt M5x15	
017	Right Foot Bar	1	039	Bolt M5x10	2
018	Foot Pedal Support Bracket	2	040	Bottle Holder	
019L	Left Foot Pedal 350x150x52	2	041	Hand Pulse Handlebar Support Frame	
019R	Right Foot Pedal 350x150x52	2	042	Hand Pulse Handlebar Support Frame End Cap 30x20x2	
020	Bolt M10x45	4	043		
021	Right Bolt for Right Crank Ø16x119	1	044		
022	Wave Washer Ø16.2xØ26xδ0.3	2	045	Nut M10x1	2

PART LIST

No.	Description	Qty	No.	Description	Qty
046	Tension Bracket	2	072	Bearing Nut I 7/8"	1
047	Spring Washer Ø6	2	073	Washer 7/8"	1
048	Nut M6	2	074	Nut 7/8"	1
049	Fan Wheel Ø510x56.5	1	075	Left Crank 7"	1
050	Fan Wheel Axle M10x154	1	076	Left Foot Bar	1
051	Spacer Ø14xØ10.2x19	1	077	Left Handrail	1
052	Bolt M10x60	4	078	Sensor with Wire L=900 mm	1
053	Front Stabilizer End Cap Ø50	2	079	Tension Cable L=1100 mm	1
054	Front Stabilizer Ø50x1.5	1	080	Spring Washer Ø8	6
055	Curve Washer Ø10.5xØ20x2	4	081	Curve Washer Ø8xØ16x2	2
056	Cap Nut M10	4	082	Flange Nut M10x1	2
057	Adjustable Leveler Ø30xM8x45	2	083	Right Cover 695x365	1
058	Nut M8	2	084	Left Cover 695x365	1
059	Main Frame	1	085	Chain	1
060	Rotation Rod Ø15.8x373	1	086	Screw ST4.2x19	2
061	Rear Stabilizer End Cap Ø50	2	087	Nylon Nut for Left Crank 1/2"	1
062	Rear Stabilizer Ø50x1.5	1	088	Cap M10	4
063	Strap 1160x17	1	089	Small Magnet Ø15x7	1
064	Left Bolt for Left Crank Ø16x119	1	090	Left Handrail Arm Ø25x2	1
065	Screw ST4.8x39	6	091	Crank Cover Ø22	2
066	Screw ST4.8x15	3	092	Bolt M6x48	2
067	Chain Pulley	1	093	Transport Wheel Ø23xØ7x31	2
068	Washer 15/16"	1	094	Nylon Nut M6	2
069	Bearing Nut II 15/16"	1	095	Nut Cap M8	4
070	Bearing	2	096	Flange Nut 3/8"	2
071	Bearing Cup	2	097	Nut Cap 1/2"	2

INCLUDED HARDWARE & TOOLS



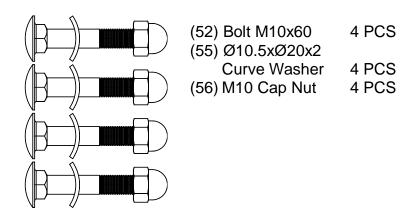


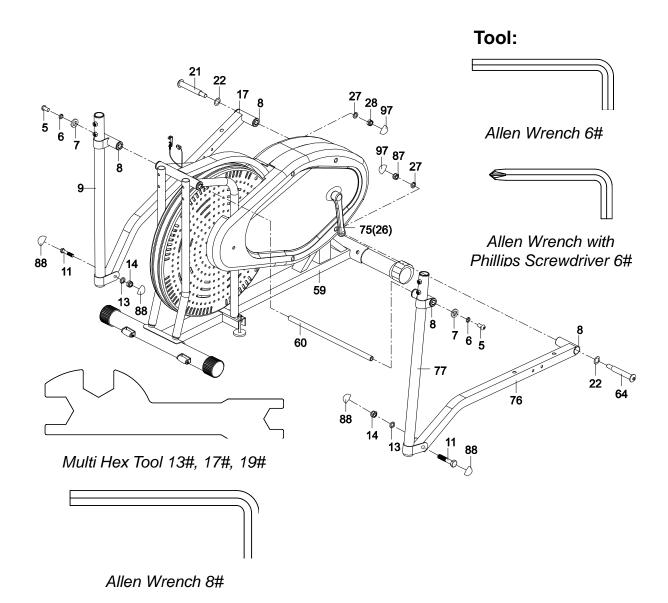
1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (54) in front of Main Frame (59) and align bolt holes. Attach the Front Stabilizer (54) onto the front curve of the Main Frame (59) with two M10x60 Bolts (52), two Ø10.5xØ20x2 Curve Washers (55), and two M10 Cap Nuts (56). Tighten cap nuts with the Multi Hex Tool provided.

Position the Rear Stabilizer (62) behind the Main Frame (59) and align bolt holes. Attach the Rear Stabilizer (62) onto the rear curve of the Main Frame (59) with two M10x60 Bolts (52), two Ø10.5xØ20x2 Curve Washers (55), and two M10 Cap Nuts (56). Tighten cap nuts with the Multi Hex Tool provided.

Hardware:





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

Remove two M10x55 Bolts (11), two Ø10.5xØ20x2 Washers (13), and two M10 Nylon Nuts (14) from both Right and Left Foot Bars (17, 76). Remove bolts and nylon nuts with two Multi Hex Tools provided.

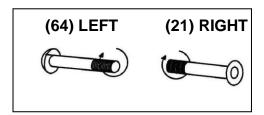
Attach both Right and Left Foot Bars (17, 76) onto bottom ends of the Right and Left Handrails (9, 77) with two M10x55 Bolts (11), two Ø10.5xØ20x2 Washers (13), and two M10 Nylon Nuts (14) that were removed. Tighten bolts and nylon nuts with two Multi Hex Tools provided. Cover both M10x55 Bolts (11) and M10 Nylon Nuts (14) with four M10 Caps (88).

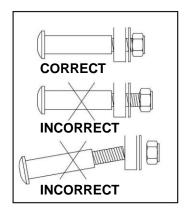
Remove two 3/8"x20 Bolts (5), two 3/8" Spring Washers (6), and two Ø28x4.5 Washers (7) from both ends of the Ø15.8x373 Rotation Rod (60). Remove bolts with the 6# Allen Wrench provided.

Place the Ø15.8x373 Rotation Rod (60) into the hole on the Main Frame (59). Slide the Right/Left Handrails (9, 77) onto the Ø15.8x373 Rotation Rod (60) and secure in place with two 3/8"x20 Bolts (5), two 3/8" Spring Washers (6), and two Ø28x4.5 Washers (7) that were removed. Tighten bolts with one 6# Allen Wrench and one 6# Allen Wrench with Phillips Screwdriver provided.

Insert a Ø16x119 Right Bolt for Right Crank (21) and put the Ø16.2xØ26xδ0.3 Wave Washer (22) through the right side of the Right Foot Bar (17). Put a 1/2" Spring Washer (27) on the bolt, then pass it through the Right Crank (26), and secure the bolt with a 1/2" Nylon Nut for Right Crank (28). Tighten bolt and nylon nut with the 8# Allen Wrench and Multi Hex Tool provided. Repeat this procedure for the left side assembly. Cover both 1/2" Nylon Nuts for Right/Left Crank (28, 87) with two 1/2" Nut Caps (97). Please note:

Before you put the 1/2" Nylon Nut for Right Crank (28) and a 1/2" Spring Washer (27) on the Right Foot Bar (17), make sure the Ø16x119 Right Bolt for Right Crank (21) had been screwed to the end position with the Right Foot Bar (17).





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.



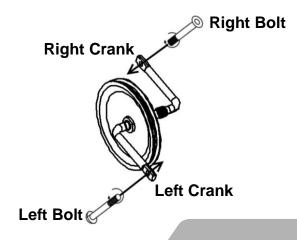
Screw Right Bolt (21) into right crank clockwise!

Screw Left Bolt (64) into Left crank counter-clockwise!

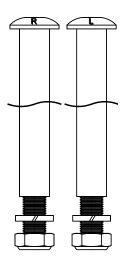


Please make sure the right bolt matches up with the right crank and the left bolt matches up with the left crank.

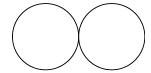
If reversed the cranks may become damaged or stripped.



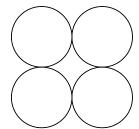
Hardware:



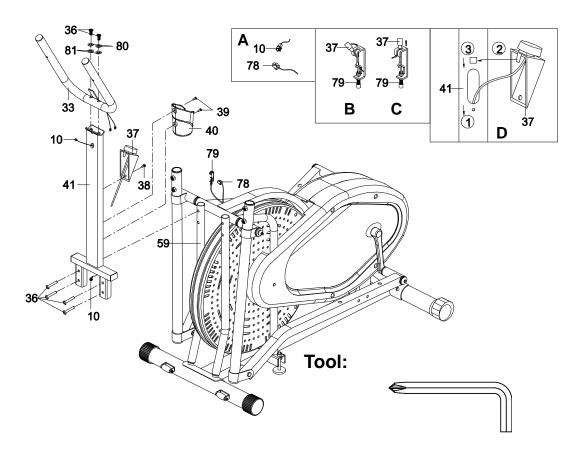
- (21) Right Bolt for Right Crank
 - Ø16x119 1 PC
- (22) Wave Washer
 - Ø16.2xØ26xδ0.3 2 PCS
- (27) 1/2" Spring Washer 2 PCS
- (28) 1/2" Nylon Nut for Right Crank 1 PC
- (64) Left Bolt for Left Crank
 - Ø16x119 1 PC
- (87) 1/2" Nylon Nut for Left Crank 1 PC



(97) 1/2" Nut Cap 2 PCS



(88) M10 Cap 4 PCS



Allen Wrench with Phillips Screwdriver 6#

3. Hand Pulse Handlebar Support Frame, Tension Control Knob, Bottle Holder, and Hand Pulse Handlebar Installation

Attach the Hand Pulse Handlebar Support Frame (41) onto the Main Frame (59) with four M8x35 Bolts (36). Tighten bolts with the 6# Allen Wrench with Phillips Screwdriver provided.

Insert the Tension Cable (79) through into the bottom hole of Hand Pulse Handlebar Support Frame (41) and pull it out from the hole on the Hand Pulse Handlebar Support Frame (41).

Connect the Sensor Wire (78) from the Main Frame (59) to the Extension Sensor Wire (10) from the Hand Pulse Handlebar Support Frame (41), see Figure A.

Turn the Tension Control Knob (37) in a counter-clockwise direction until it becomes difficult to continue turning it.

Put the cable end of resistance cable of Tension Control Knob (37) into the spring hook of Tension Cable (79), see Figure B. Pull the resistance cable of Tension Control Knob (37) up and force it into the gap of metal bracket of Tension Cable (79), see Figure C. Tuck cables into the Hand Pulse Handlebar Support Frame (41).

Turn the Tension Control Knob (37) in a clockwise direction until it becomes difficult to continue turning it.

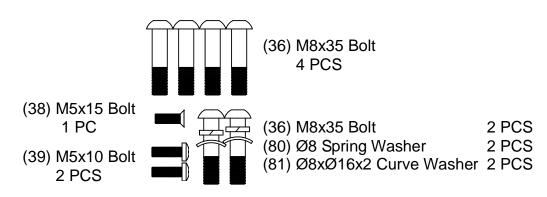
Install the Tension Control Knob (37) by inserting the pin into a square hole on the Hand

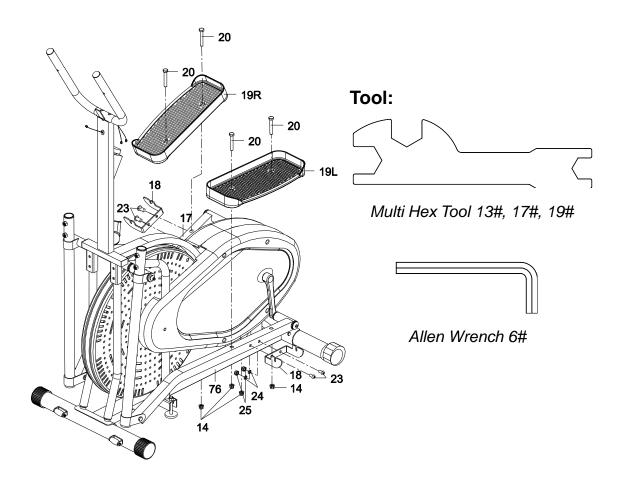
Pulse Handlebar Support Frame (41) and align bolt hole. Then attach the Tension Control Knob (37) onto the Hand Pulse Handlebar Support Frame (41) with one M5x15 Bolt (38), see Figure D. Tighten bolt with the 6# Allen Wrench with Phillips Screwdriver provided.

Attach the Bottle Holder (40) onto the Hand Pulse Handlebar Support Frame (41) with two M5x10 Bolts (39). Tighten bolts with the 6# Allen Wrench with Phillips Screwdriver provided.

Attach the Hand Pulse Handlebar (33) onto the top end of the Hand Pulse Handlebar Support Frame (41) with two M8x35 Bolts (36), two Ø8 Spring Washers (80), and two Ø8xØ16x2 Curve Washers (81). Tighten bolts with the 6# Allen Wrench with Phillips Screwdriver provided.

Hardware:





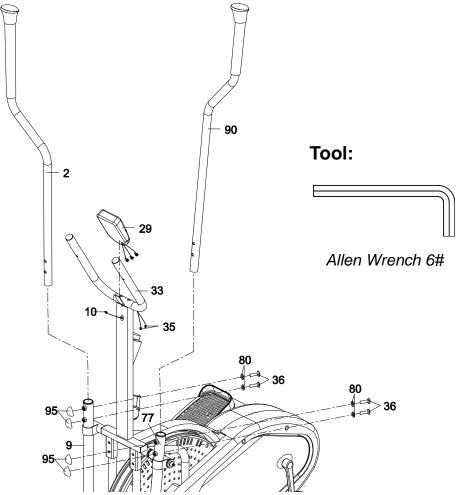
4. Right and Left Foot Pedals Installation

Attach two Foot Pedal Support Brackets (18) onto both Right/Left Foot Bars (17, 76) with four M8x43 Bolts (23), four Ø8.2xØ16x1.5 Washers (24), and four M8 Nylon Nuts (25). Tighten bolts and nylon nuts with the 6# Allen Wrench and Multi Hex Tool provided.

Attach the Right Foot Pedal (19R) onto the Right Foot Bar (17) with two M10x45 Bolts (20) and two M10 Nylon Nuts (14). Tighten nylon nuts with the Multi Hex Tool provided.

Attach the Left Foot Pedal (19L) onto the Left Foot Bar (76) with two M10x45 Bolts (20) and two M10 Nylon Nuts (14). Tighten nylon nuts with the Multi Hex Tool provided.

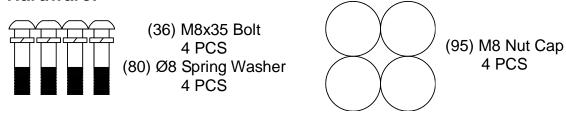
Hardware: (23) M8x43 Bolt 4 PCS (24) Ø8.2xØ16x1.5 Washer 4 PCS (25) M8 Nylon Nut 4 PCS



5. Right/Left Handrail Arms and Computer Installation

Insert the Right Handrail Arm (2) into the handrail arm plastic bushing on the tube of the Right Handrail (9) and secure with two M8x35 Bolts (36) and Ø8 Spring Washers (80). Tighten bolts with the 6# Allen Wrench provided. Install two M8 Nut Caps (95) onto the nut on the Right Handrail (9). Repeat above procedure for the Left Handrail Arm (90) assembly. Connect the Extension Sensor Wire (10) and Hand Pulse Sensor Wires (35) to the wires that come from the Computer (29). Place the Computer (29) onto the plate on the Hand Pulse Handlebar (33) then slide it down to lock in position.

Hardware:



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
PULSE	40-240 BPM



USING YOUR COMPUTER

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

BUTTON FUNCTIONS:

Press the MODE button to select each function of the computer.

Press and hold the MODE button for 4 seconds to reset all data values to zero.

COMPUTER FUNTIONS:

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).

PULSE: Press the MODE button until the arrow points to PULSE, the computer will display your current heart rate figures after you grip the hand pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the hand pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

COMPUTER

HOW TO INSTALL THE BATTERIES:

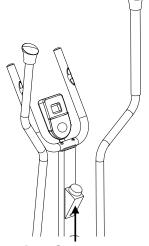
- 1. Remove the battery cover on the back of the computer.
- 2. Place two "SIZE-AA" batteries into the battery housing.
- 3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
- 4. Re-install the battery cover.
- 5. If the display is illegible or only partial 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 prolong use of the elliptical trainer, the strap will begin to stretch out and it will become necessary to tighten the strap for optimum performance.

 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.



 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.



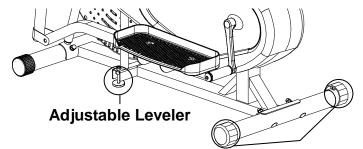
 Now with the strap tightened and without changing the tension when you get on you should feel a slight bit of tension (i.e. the flywheel should not turn freely). When you are satisfied with the base level tension turn the tension knob clockwise and continue exercising like normal.



MAINTENCE

Adjusting the Rear Stabilizer End Cap or Adjustable Leveler

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



Rear Stabilizer End Cap

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.

TROUBLE SHOOTING

PROBLEM	SOLUTION		
There is no display on the computer console.	 Remove the Computer (29) and verify the wires that come from the Computer (29) are properly connected to the wires that come from the Hand Pulse Handlebar (33) and Hand Pulse Handlebar Support Frame (41). Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. The batteries in the computer console may be dead. Change to new batteries. 		
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.	After long use, the chain may get loose and start to have clicking noise. You may open the Right Cover (83) to reach the Nut M6 (48). Tighten the chain by screwing the Nut M6 (48) clockwise.		
The elliptical is not sturdy enough.	Make sure the Adjustable Levelers (57) touch the ground and the elliptical is leveled by turning the Rear Stabilizer End Cap (61). Please refer to page 20.		

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

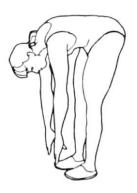
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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



Toe Touches

Slowly bend forward from your waist, letting you 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 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

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

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	(Night)	
	(Email Address)	
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	MODEL#:	
URCHASE	DATE:	
	FROM:	
PART #		QTY
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OFFICIAL	USE ONLY	
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TRK #:		
BACK OR	DER:	