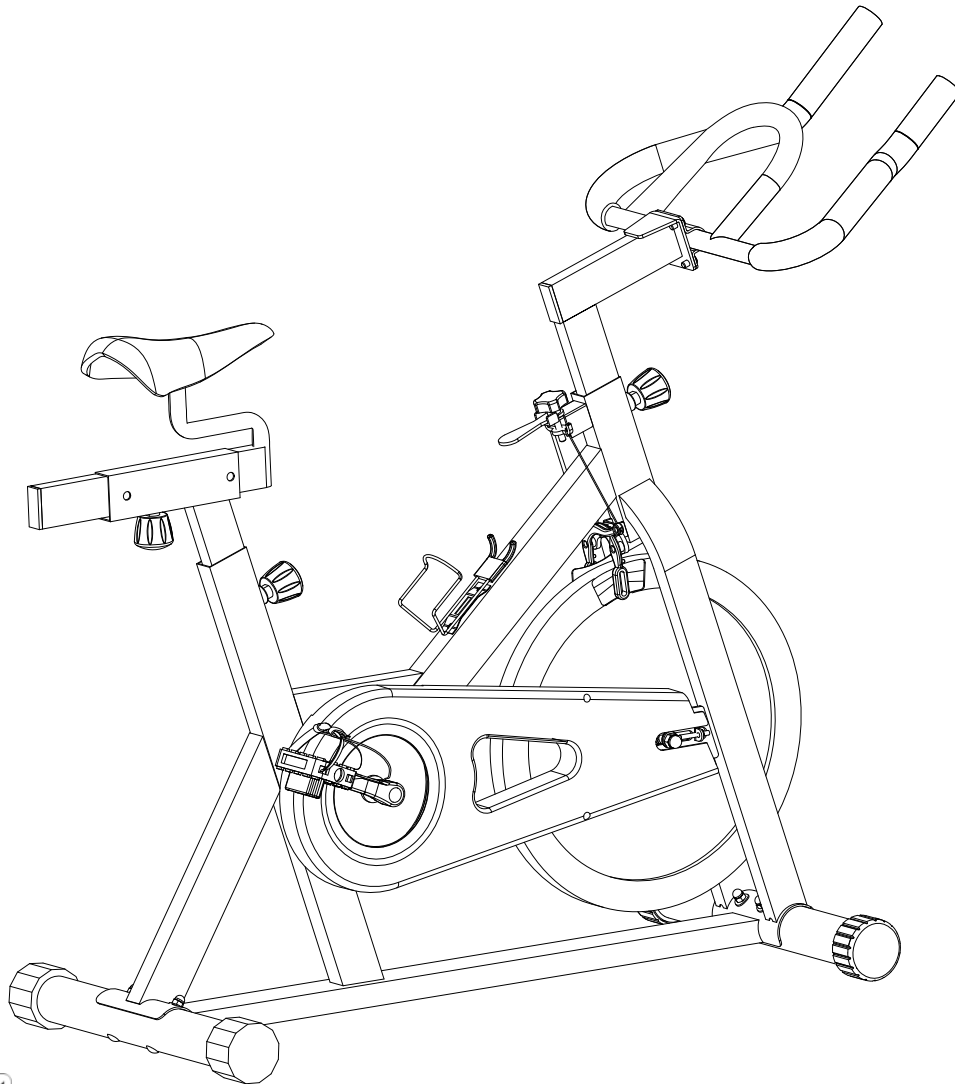


TRAINING CYCLE



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.

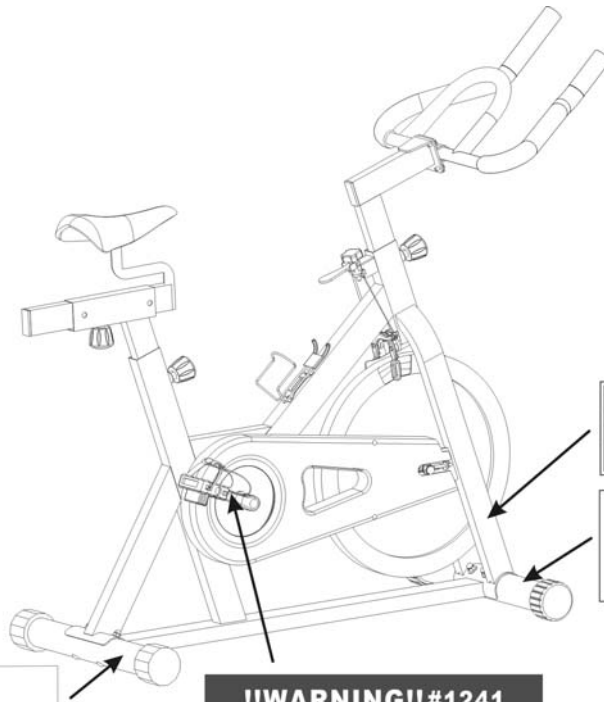
Please have the following information ready when requesting for service:

- 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



⚠ WARNING
Maximum weight capacity is 250lbs
⚠ AVERTISSEMENT
Le poids maximum pour ce produit est 113 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)



!!WARNING!! #1241
The Left and Right pedals have different thread directions.
Tighten Right pedal (30R) into Right Crank clockwise!
Tighten Left pedal (30L) into Left Crank counter-clockwise!

PRODUCT SAFETY

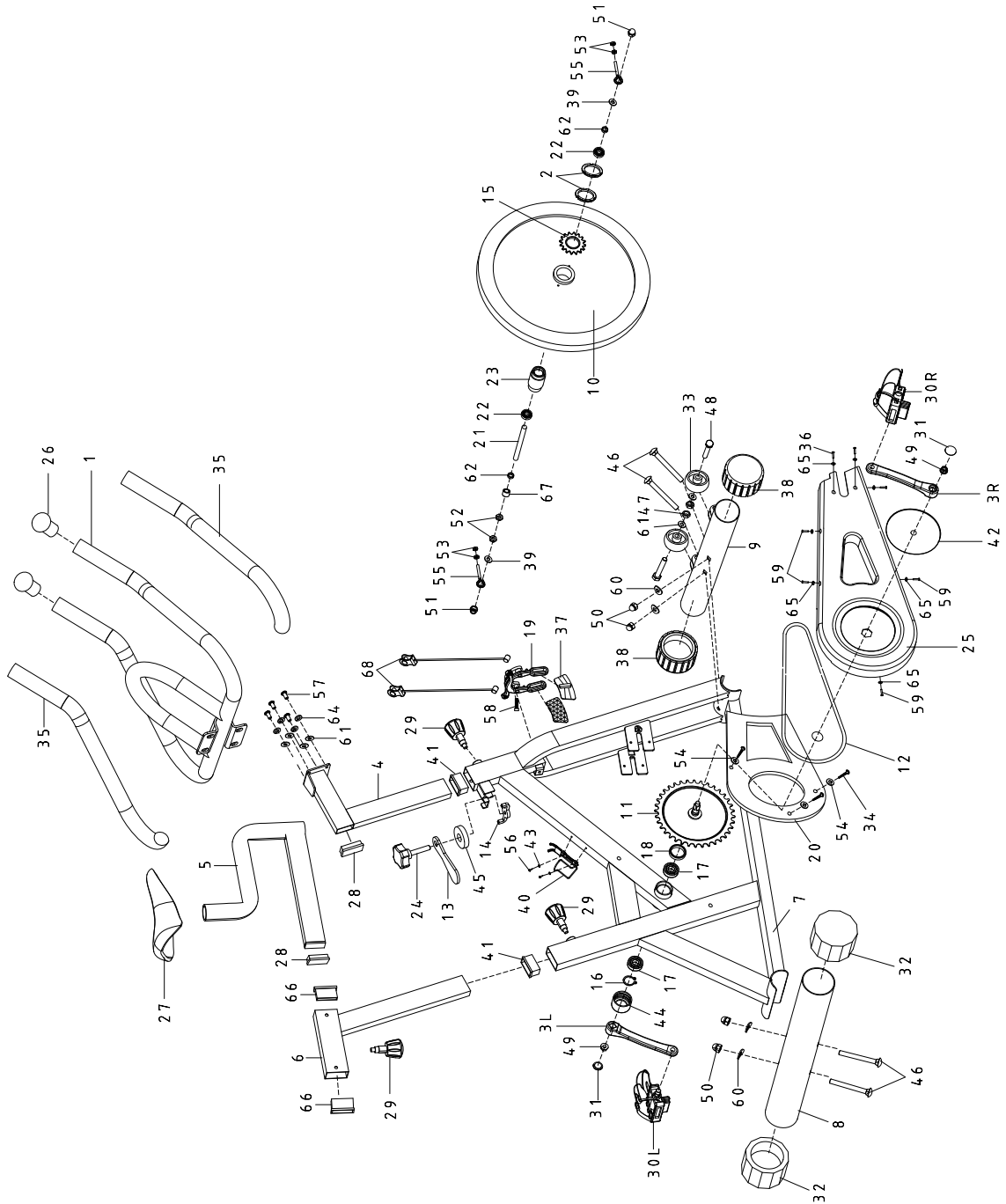
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

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.
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 get caught 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. Keep Dry - do not operate in wet or moist condition.
7. Always hold on to the handlebar while using the training 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 while in use.
12. 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.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
14. The maximum weight capacity for this product is 250 lbs/113 kgs.

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

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

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Handlebar	1	028	Rectangular End Cap (J53x23x11)	2
002	Lock Nut M33x1x4t	2	029	Round Knob M16x1.5	3
003L	Left Crank 9/16"	1	030L	Left Foot Pedal	1
003R	Right Crank 9/16"	1	030R	Right Foot Pedal	1
004	Handlebar Post	1	031	Crank Round Cap Ø25x7	2
005	Seat Sliding Tube	1	032	Rear Stabilizer End Cap Ø60	2
006	Seat Post	1	033	Transport Wheel Ø42xØ8x22	2
007	Main Frame	1	034	Pan Head Phillips Self Tapping Screw ST4.8x13	3
008	Rear Stabilizer Ø60	1	035	Handlebar Foam Grip Ø23x3.0tx520	2
009	Front Stabilizer Ø60	1	036	Pan Head Phillips Self Tapping Bolt M6x12	2
010	Flywheel Ø460x16	1	037	Brake Pad 89.5x47x8	2
011	Chain Wheel	1	038	Front Stabilizer End Cap Ø60	2
012	Chain 1/2"x1/8"x104	1	039	Sleeve Ø18xØ12.2x6	2
013	Brake Handle	1	040	Water Bottle Holder	1
014	Brake Adjust Plate	1	041	Plastic Bushing (J60x30xL150)	2
015	Small Chain Wheel	1	042	Round Cover Cap Ø100xØ40	1
016	C Ring Ø17	1	043	Washer Ø4xØ12x1.0t	2
017	Bearing 6203-2RS	2	044	Crank Cover Ø50xØ32x33	1
018	Sleeve Ø22xØ18x5	1	045	Rubber Pad Ø8.5xØ23.5x3	1
019	Brake	1	046	Carriage Bolt M8x73	4
020	Inner Chain Cover	1	047	Nylon Nut M8	2
021	Flywheel Axle Ø12x150xM12x1.0	1	048	Hexagon Head Bolt M8x40	2
022	Bearing 6001-2RZ	2	049	Nut M10x1.25xH7.5	2
023	Sleeve Ø40x72	1	050	Cap Nut M8xH16	4
024	Brake Knob M8x41	1	051	Cap Nut M12x1xH19.5	2
025	Outer Chain Cover	1	052	Nut M12x1xH6	2
026	Handlebar End Cap Ø25x1.5	2	053	Nut M6xH5	4
027	Seat	1	054	Washer Ø5xØ13x1.0t	3

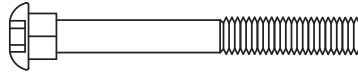
PARTS LIST

No.	Description	Qty	No.	Description	Qty
055	Eyebolt M6x60	2	062	Sleeve Ø18xØ12.2x3	2
056	Pan Head Phillips Self Tapping Bolt M4x12	2	063	Washer Ø6xØ12x1.2t	2
057	Hexagon Socket Pan Head Cap Bolt M8x16	4	064	Spring Washer Ø8	4
058	Hexagon Socket Head Cap Bolt M6x12	1	065	Washer Ø5xØ10x1.0t	5
059	Pan Head Phillips Self Tapping Screw ST4.0x13	5	066	Square Bushing (J60x30xL90)	2
060	Curve Washer Ø8xØ20x2.0t	4	067	Sleeve Ø18xØ12.2x14.5	1
061	Washer Ø8xØ16x1.5t	6	068	Brake Cable	2

HARDWARE PACKING LIST & TOOLS



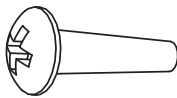
(43) Washer
2 PCS



(46) Carriage Bolt
4 PCS



(50) Cap Nut
4 PCS



(56) Pan Head Phillips
Self Tapping Bolt
2 PCS



(57) Hexagon Socket
Pan Head Cap Bolt
4 PCS



(60) Curve Washer
4 PCS



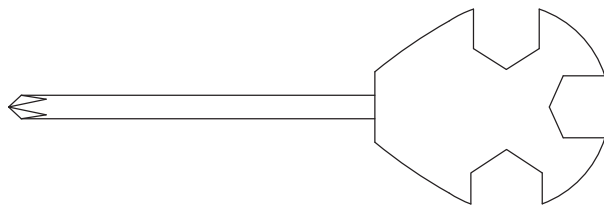
(61) Washer
4 PCS



(64) Spring Washer
4 PCS

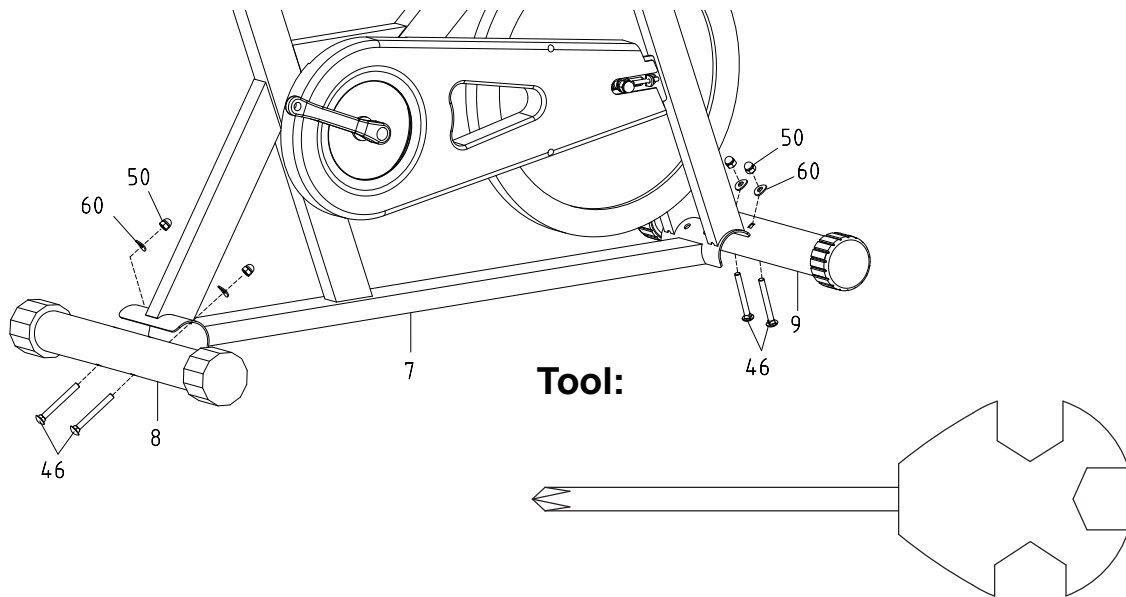


Allen Wrench #6
1 PC



Multi Hex Tool with Phillips Screwdriver
S13, S14, S15
1 PC

ASSEMBLY



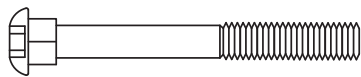
*Multi Hex Tool with Phillips Screwdriver
S13,S 14, S15*

1. Front and Rear Stabilizers Installation

Position the Front Stabilizer (9) in front of the Main Frame (7) and align bolt holes. Attach the Front Stabilizer (9) onto the front curve of the Main Frame (7) with two Carriage Bolts (46), two Curve Washers (60), and two Cap Nuts (50). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Position the Rear Stabilizer (8) behind the Main Frame (7) and align bolt holes. Attach the Rear Stabilizer (8) onto the rear curve of the Main Frame (7) with two Carriage Bolts (46), two Curve Washers (60), and two Cap Nuts (50). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(46) Carriage Bolt
4 PCS

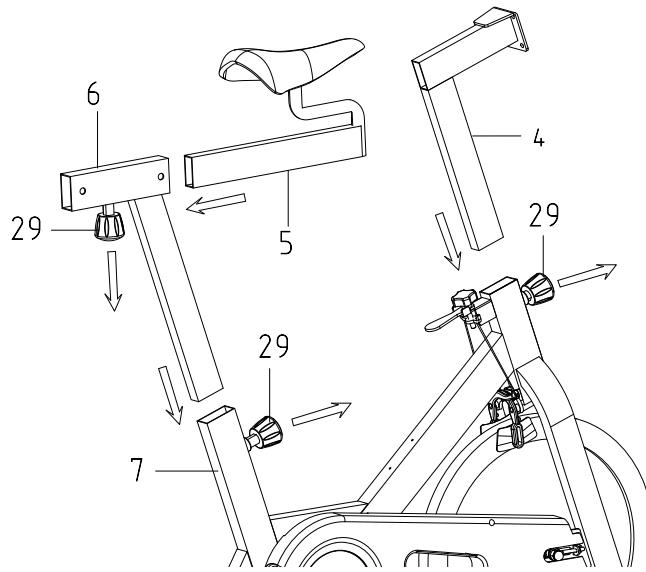


(50) Cap Nut
4 PCS



(60) Curve Washer
4 PCS

ASSEMBLY



2. Seat Post, Seat Sliding Tube, and Handlebar Post Installation

Seat Post Installation

Turn the Round Knob (29) on the Main Frame (7) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (29) and then insert the Seat Post (6) into the tube of the Main Frame (7). Slide the Seat Post (6) up or down direction to the suitable position. Lock the Seat Post (6) in place by releasing the Round Knob (29) and sliding the Seat Post (6) up or down slightly until the Round Knob (29) "pops" down into the locked position. For added safety, tighten the Round Knob (29) in a clockwise direction.

NOTE: When adjusting the height of seat post, the MAX line cannot be higher than the edge of plastic bushing.

Seat Sliding Tube Installation

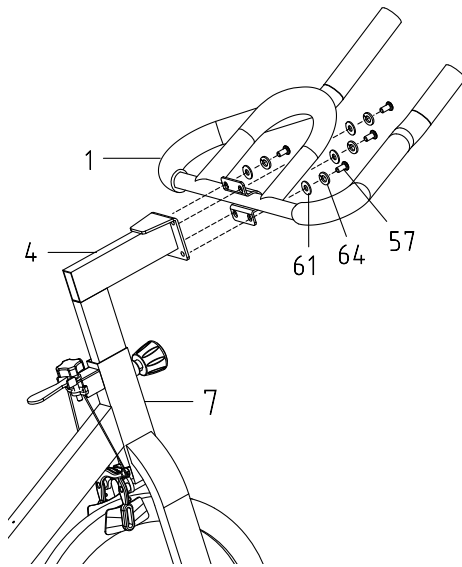
Turn the Round Knob (29) on the Seat Post (6) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (29) and then insert the Seat Sliding Tube (5) into the tube of the Seat Post (6). Slide the Seat Sliding Tube (5) back or forth direction to the suitable position. Lock the Seat Sliding Tube (5) in place by releasing the Round Knob (29) and sliding the Seat Sliding Tube (5) back or forth slightly until the Round Knob (29) "pops" down into the locked position. For added safety, tighten the Round Knob (29) in a clockwise direction.

Handlebar Post Installation

Turn the Round Knob (29) on the Main Frame (7) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (29) and then insert the Handlebar Post (4) into the tube of the Main Frame (7). Slide the Handlebar Post (4) up or down direction to the suitable position. Lock the Handlebar Post (4) in place by releasing the Round Knob (29) and sliding the Handlebar Post (4) up or down slightly until the Round Knob (29) "pops" down into the locked position. For added safety, tighten the Round Knob (29) in a clockwise direction.

NOTE: When adjusting the height of seat post, the MAX line cannot be higher than the edge of plastic bushing.

ASSEMBLY



Tool:



Allen Wrench #6

3. Handlebar Installation

Attach the Handlebar (1) onto the Handlebar Post (4) with four Hexagon Socket Pan Head Cap Bolts (57), four Spring Washers (64), and four Washers (61). Tighten bolts with the #6 Allen Wrench provided.

Hardware:



(57) Hexagon Socket
Pan Head Cap Bolt
4 PCS



(61) Washer
4 PCS

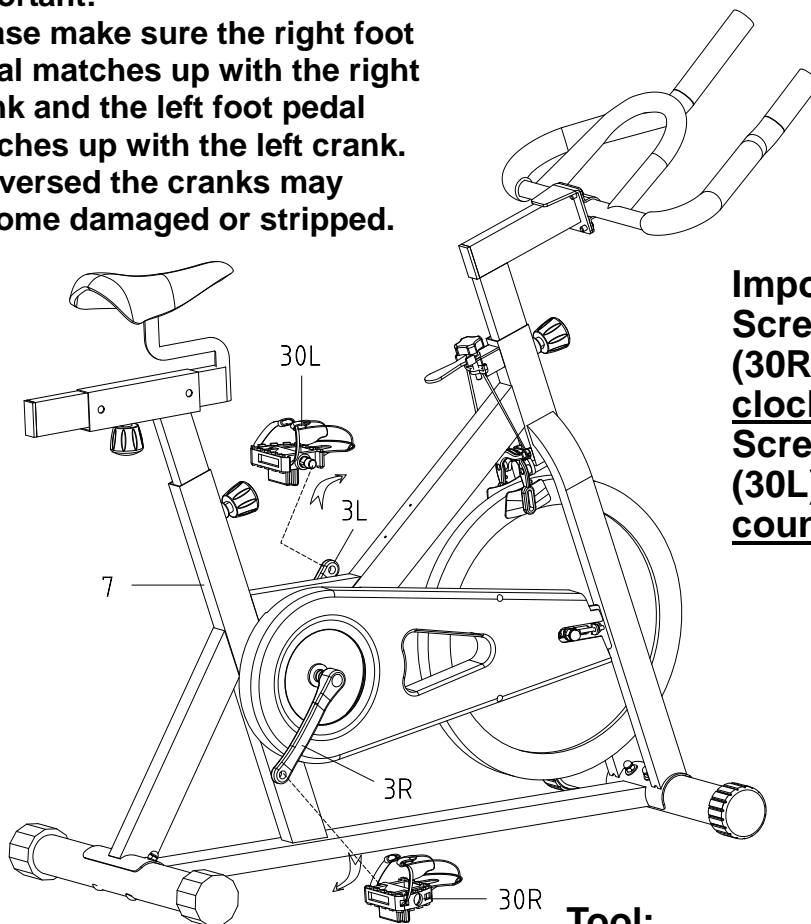


(64) Spring Washer
4 PCS

ASSEMBLY

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.

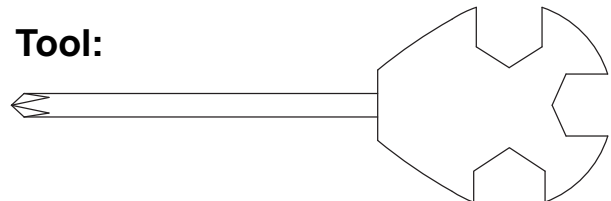


Important:

Screw Right Foot Pedal (30R) into right crank clockwise!

Screw Left Foot Pedal (30L) into Left crank counter-clockwise!

Tool:



*Multi Hex Tool with Phillips Screwdriver
S13, S14, S15*

4. Foot Pedals Installation

The Cranks and Foot Pedals are marked “R” for Right and “L” for Left.

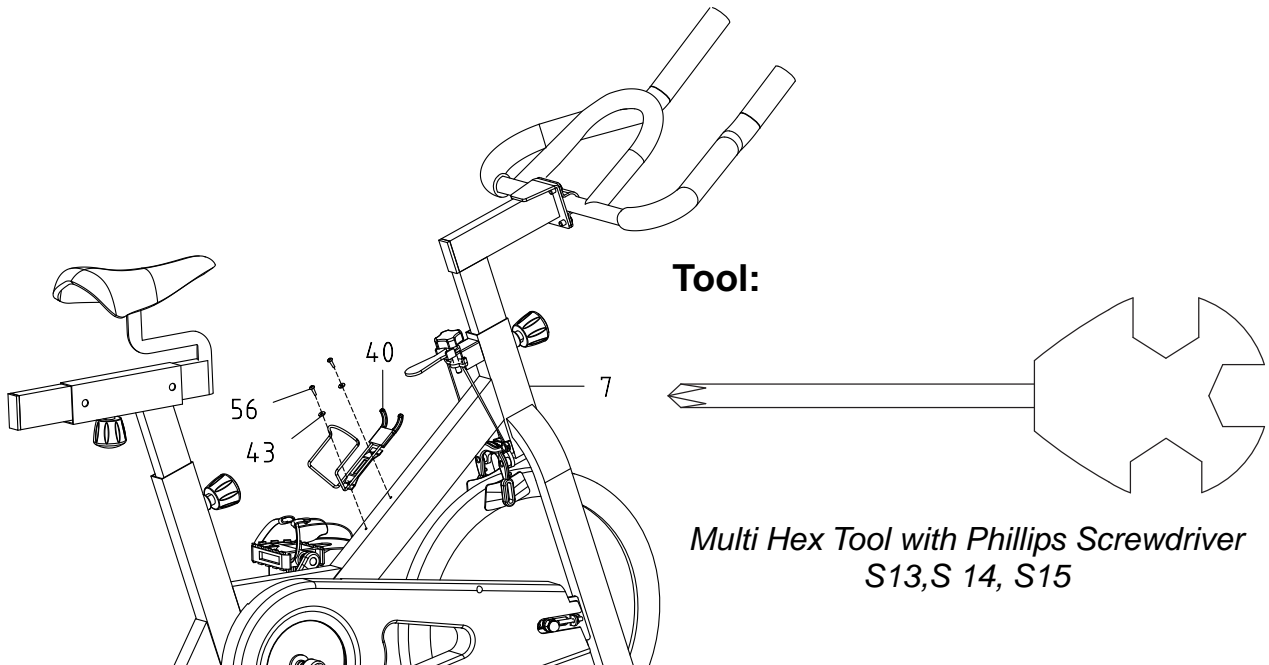
Insert the pedal shaft of Left Foot Pedal (30L) into threaded hole in the Left Crank (3L). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

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 (30L) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (30R) into threaded hole in Right Crank (3R). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (30R) with the Multi Hex Tool with Phillips Screwdriver provided.

ASSEMBLY



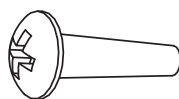
5. Water Bottle Holder Installation

Attach the Water Bottle Holder (40) onto the Handlebar Post (4) with two Washers (43) and two Pan Head Phillips Self Tapping Bolts (56). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:

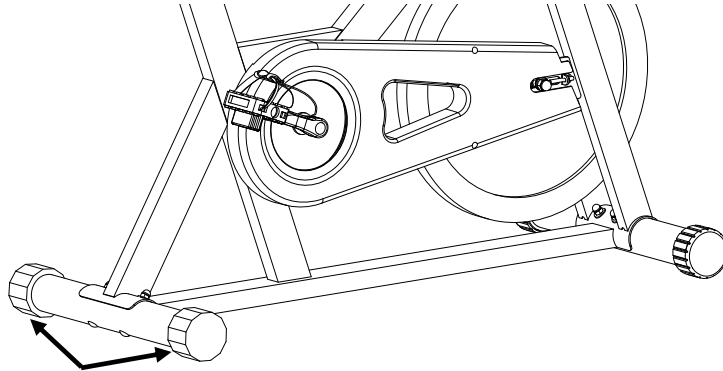


(43) Washer
2 PCS



(56) Pan Head Phillips
Self Tapping Bolt
2 PCS

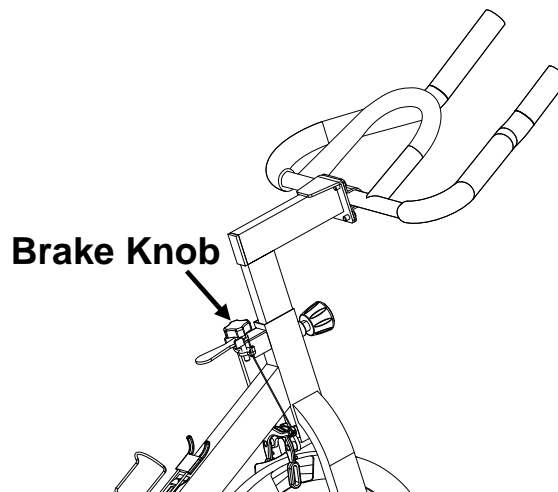
ADJUSTMENTS



Rear Stabilizer End Cap

Adjusting the Adjustable Leveler

Turn the Adjustable Leveler on the front and rear stabilizers as needed to level the bike.



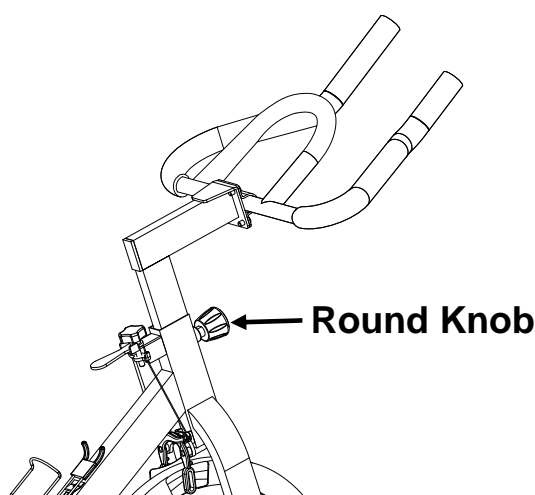
Brake Knob

Adjusting the Brake Knob

To increase the tension, turn the Brake Knob in a clockwise direction.

To decrease the tension, turn the Brake Knob in a counterclockwise direction.

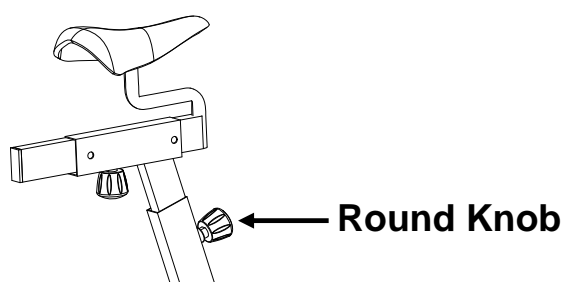
ADJUSTMENTS



Adjusting the Handlebar Height

Loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Handlebar Post up or down direction to the suitable position. Lock the Handlebar Post in place by releasing the Round Knob and sliding the Handlebar Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten the Round Knob in a clockwise direction.

NOTE: When adjusting the height of handlebar post, the MAX line cannot higher than the edge of plastic bushing.

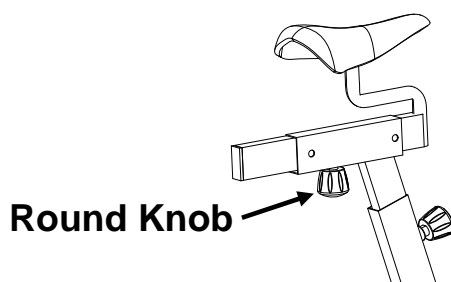


Adjusting the Seat Height

Loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Seat Post up or down direction to the suitable position. Lock the Seat Post in place by releasing the Round Knob and sliding the Seat Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten the Round Knob in a clockwise direction.

NOTE: When adjusting the height of seat post, the MAX line cannot higher than the edge of plastic bushing.

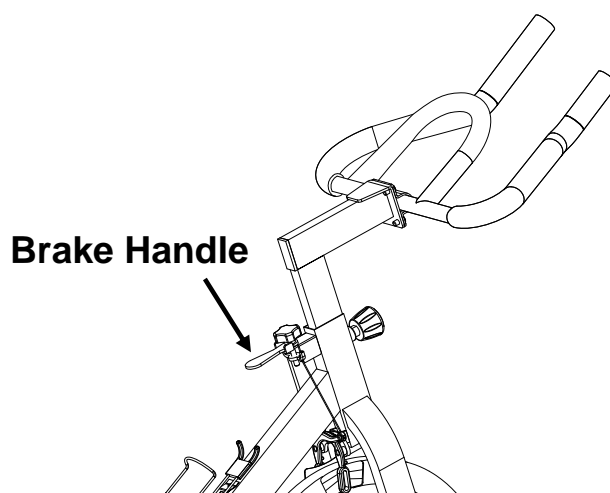
EMERGENCY STOP



Adjusting the Seat Forward or Back

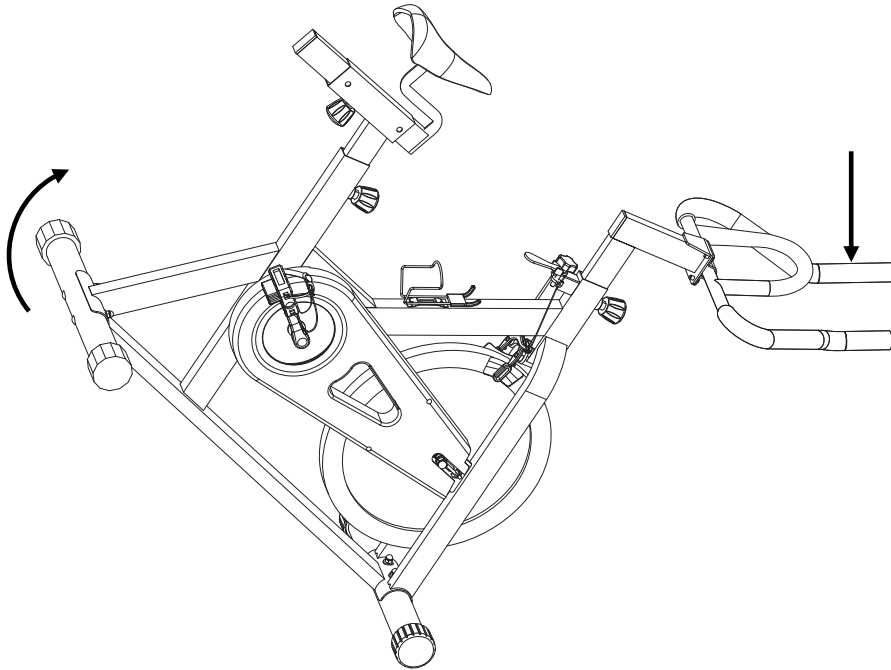
Loosen the Round Knob by turning it in a counterclockwise direction. Slide the Seat Sliding Tube in a forward direction to the suitable position. Lock the Seat Sliding Tube in place by turning it in a clockwise direction.

EMERGENCY STOP



To emergency stop, press firmly down onto the **Break Handle**. Continue holding the **Break Handle** down until the flywheel comes to a complete stop.

MOVING THE BIKE



Start by carefully pushing down on the handlebar until the rear end of the bike lifts in the air. Carefully push the bike to the desired location.

TROUBLE SHOOTING

PROBLEM: The training bike wobbles when in use.

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

PROBLEM: The training 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 training bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the training bike after each use.

Please inspect all assembly bolts, nuts, screws, 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

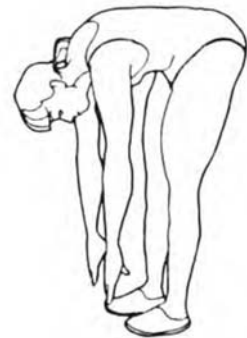
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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 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 manufacture defects for 2 (two) years. 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.

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	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

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