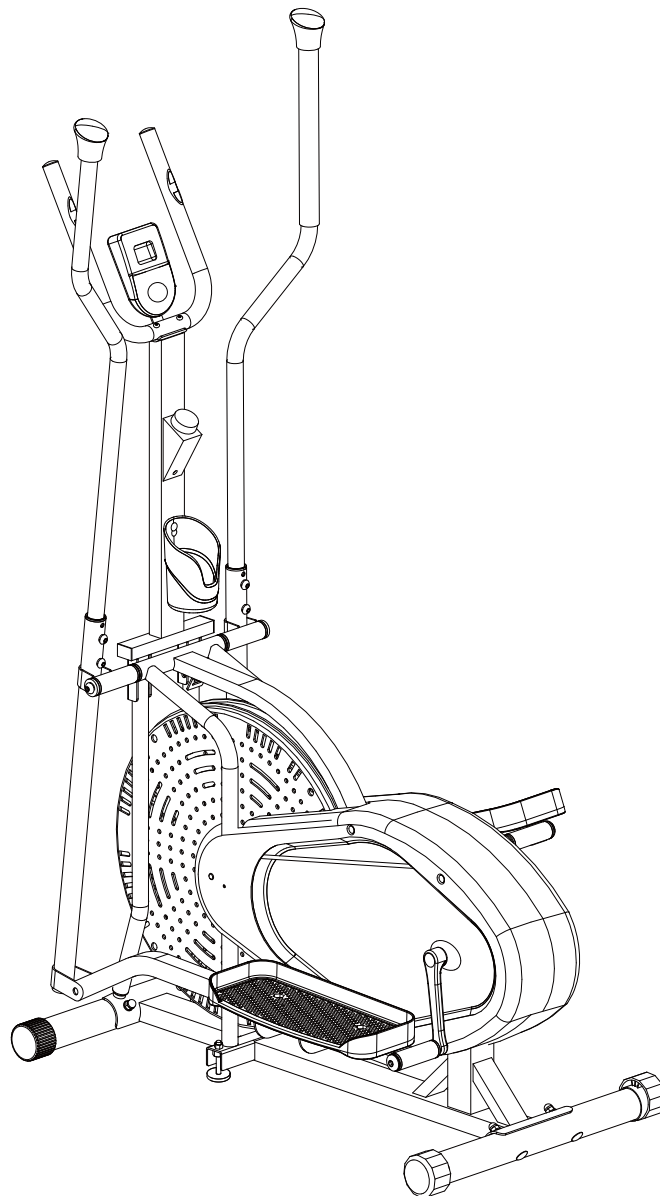


Air Elliptical Pro



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 and, 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.

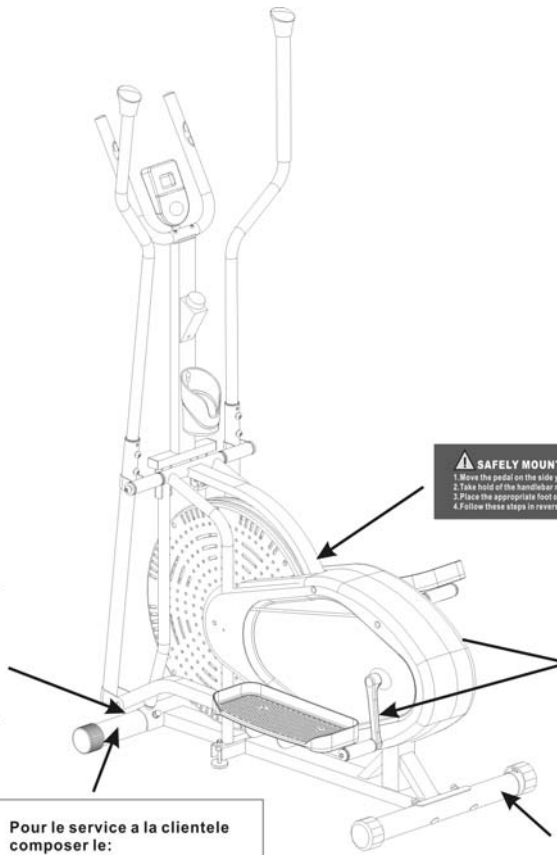
Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748 USA

LABEL PLACEMENT

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

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)



⚠ 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 handbar 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.

!!WARNING!!
 The Left and Right bolts have different thread directions.
 Tighten Right Bolt(21) into Right Crank clockwise!
 Tighten Left Bolt(04) into Left Crank counter-clockwise!

8 959 810 1357 6
 Serial No.: 112229130700001

 112229130700001
 MADE IN CHINA / FABRIQUE EN CHINE

PRODUCT SAFETY

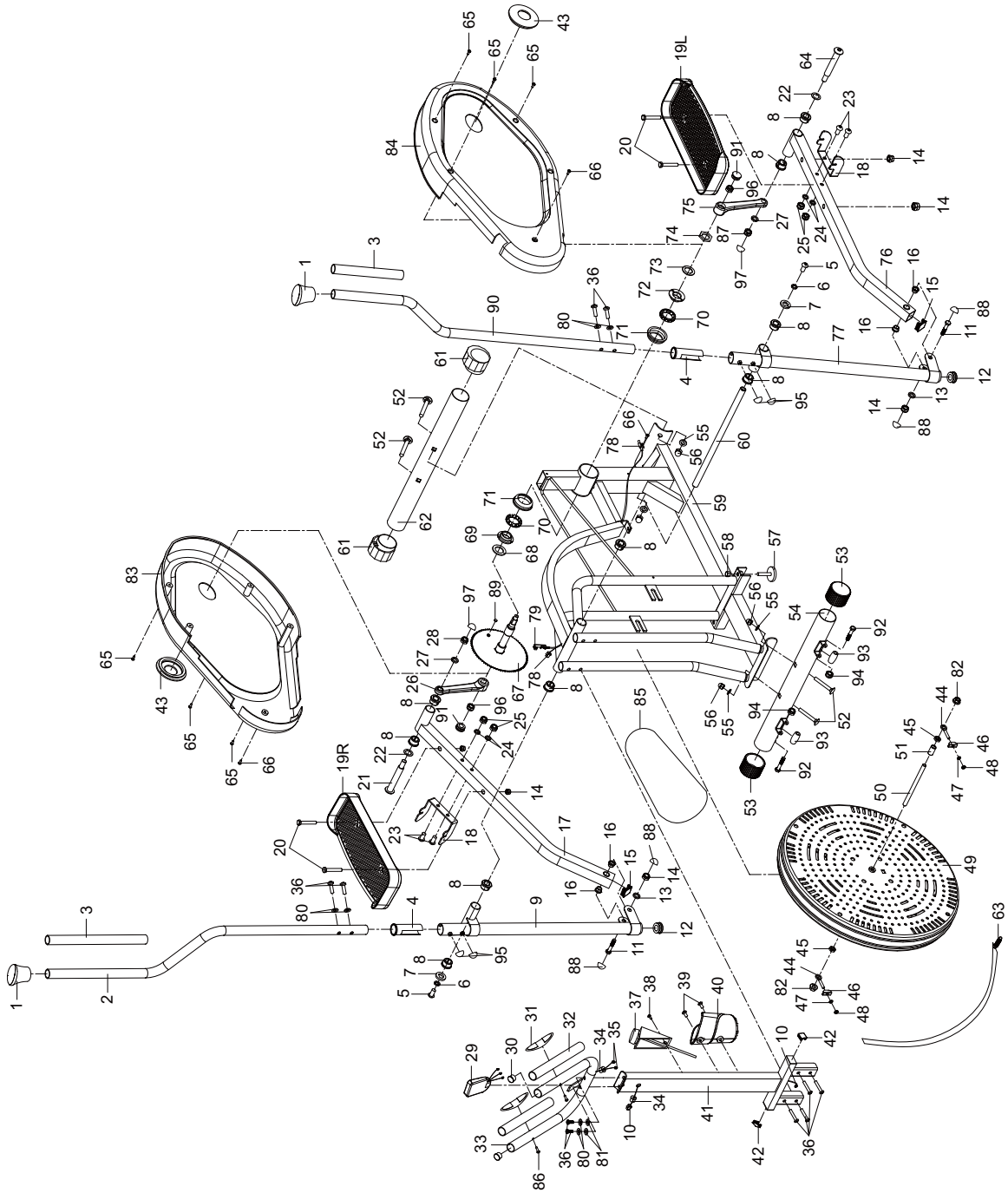
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Before exercising and to avoid injuring your muscles, it is highly recommended that you perform warm-up exercise for each muscle group. Please refer to Warm Up section of the Owner's Manual.
2. Please make sure all components are not damaged and in working order before using. This equipment should be placed on a stable, flat surface. Using a mat or similar material on the ground is recommended.
3. Please wear proper clothes and shoes when using this equipment. Do not wear loose clothing that may get caught by any part of the equipment.
4. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue use and consult with customer service at Paradigm.
5. Be careful when stepping on or stepping off the pedals. Always hold onto the handlebars first and make sure the pedal at your side is at its lowest position, then step on. With your other leg, stride over the main frame and come to rest onto the other pedal. To ensure the pedals run smoothly, push or pull on the handlebars first, then follow with leg motion. To dismount, reduce pedaling speed gradually before you stop. 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.
6. Keep dry - do not operate in wet or moist condition.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person should be on the equipment at a time.
10. Keep children and pets away from the product at all times.
11. This machine is designed for adults only.
12. 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 with your physician before continuing.
14. 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 people who are over 35 years old or who have pre-existing health problems.

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

OVERVIEW DRAWING



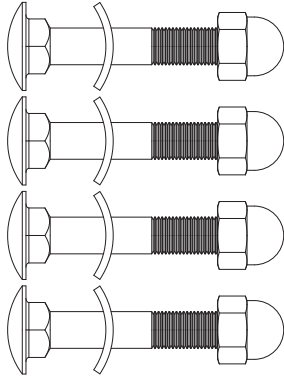
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Handrail Arm End Cap Ø25	2	023	Bolt M8x43	4
002	Right Handrail Arm Ø25x2	1	024	Washer Ø8.2xØ16x1.5	4
003	Handrail Arm Foam Grip Ø23xØ30x310	2	025	Nylon Nut M8	4
004	Handrail Arm Plastic Bushing Ø32x1.5	2	026	Right Crank 7"	1
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
008	Plastic Bushing Ø28xØ24.1xØ16.2x4x16	10	030	Hand Pulse Handlebar End Cap Ø25x2	2
009	Right Handrail	1	031	Hand Pulse Sensor	2
010	Extension Sensor Wire L=700 mm	1	032	Hand Pulse Handlebar Foam Grip Ø23xØ30x220	2
011	Bolt M10x55	2	033	Hand Pulse Handlebar	1
012	Handrail End Cap Ø32x1.5	2	034	Wire Grommet Ø12	2
013	Washer Ø10.5xØ20x2	2	035	Hand Pulse Sensor Wire L=450 mm	2
014	Nylon Nut M10	6	036	Bolt M8x35	10
015	Foot Bar End Cap 30x30x1.5	2	037	Tension Control Knob	1
016	Plastic Bushing Ø18xØ14.1xØ10.5x3x10	4	038	Bolt M5x15	1
017	Right Foot Bar	1	039	Bolt M5x10	2
018	Foot Pedal Support Bracket	2	040	Bottle Holder	1
019L	Left Foot Pedal 350x150x52	2	041	Hand Pulse Handlebar Support Frame	1
019R	Right Foot Pedal 350x150x52	2	042	Hand Pulse Handlebar Support Frame End Cap 30x20x2	2
020	Bolt M10x45	4	043	Cover Cap	2
021	Right Bolt for Right Crank Ø16x119	1	044	Eyebolt M6x50	2
022	Wave Washer Ø16.2xØ26xØ0.3	2	045	Nut M10x1	2

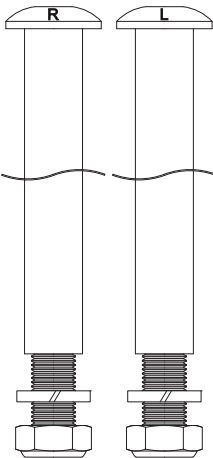
PARTS LIST

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=1000 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	Mainframe	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	Nut Cap M10	4
063	Tension 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

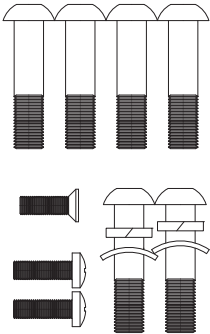
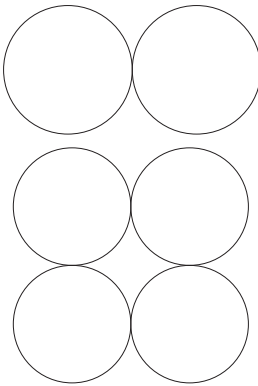
HARDWARE LIST & TOOLS



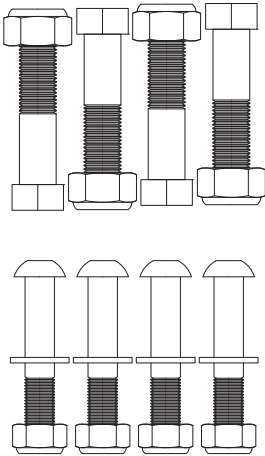
STEP 1



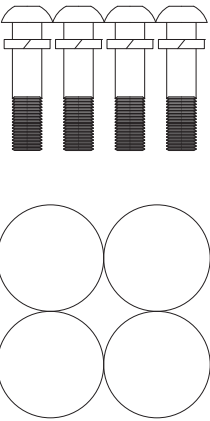
STEP 2 AND 3



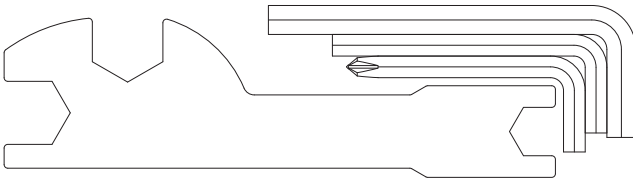
STEP 4



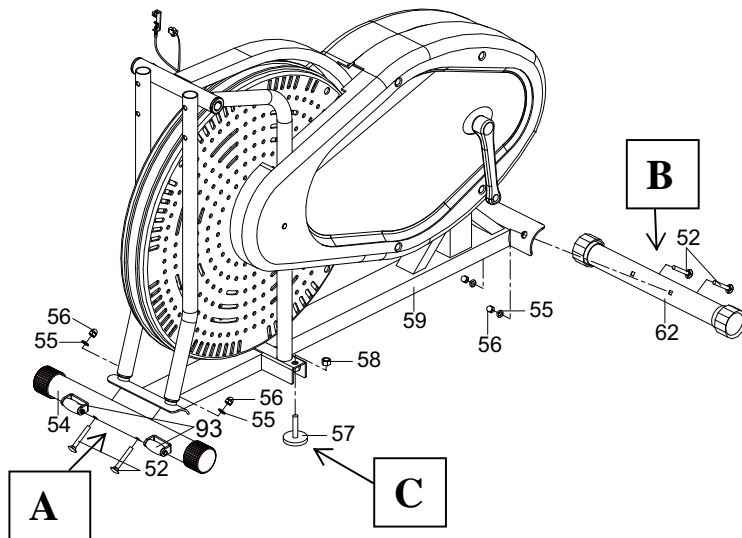
STEP 5



STEP 6



ASSEMBLY



Tool:



Open-Ended Flat Wrench

1. Front/Rear Stabilizers and Adjustable Levelers Installation:

Step A: Align the Front Stabilizer (54) onto the front curve of the Mainframe (59). Make sure the arrow is pointing **UP** on the front stabilizer and that the Transport Wheels (93) position toward the front and parallel off the floor. Attach two Bolts (52) and on the other ends of bolts with two Curve Washers (55) and two Cap Nuts (56). Using the flat wrench, tighten the cap nuts until firm.

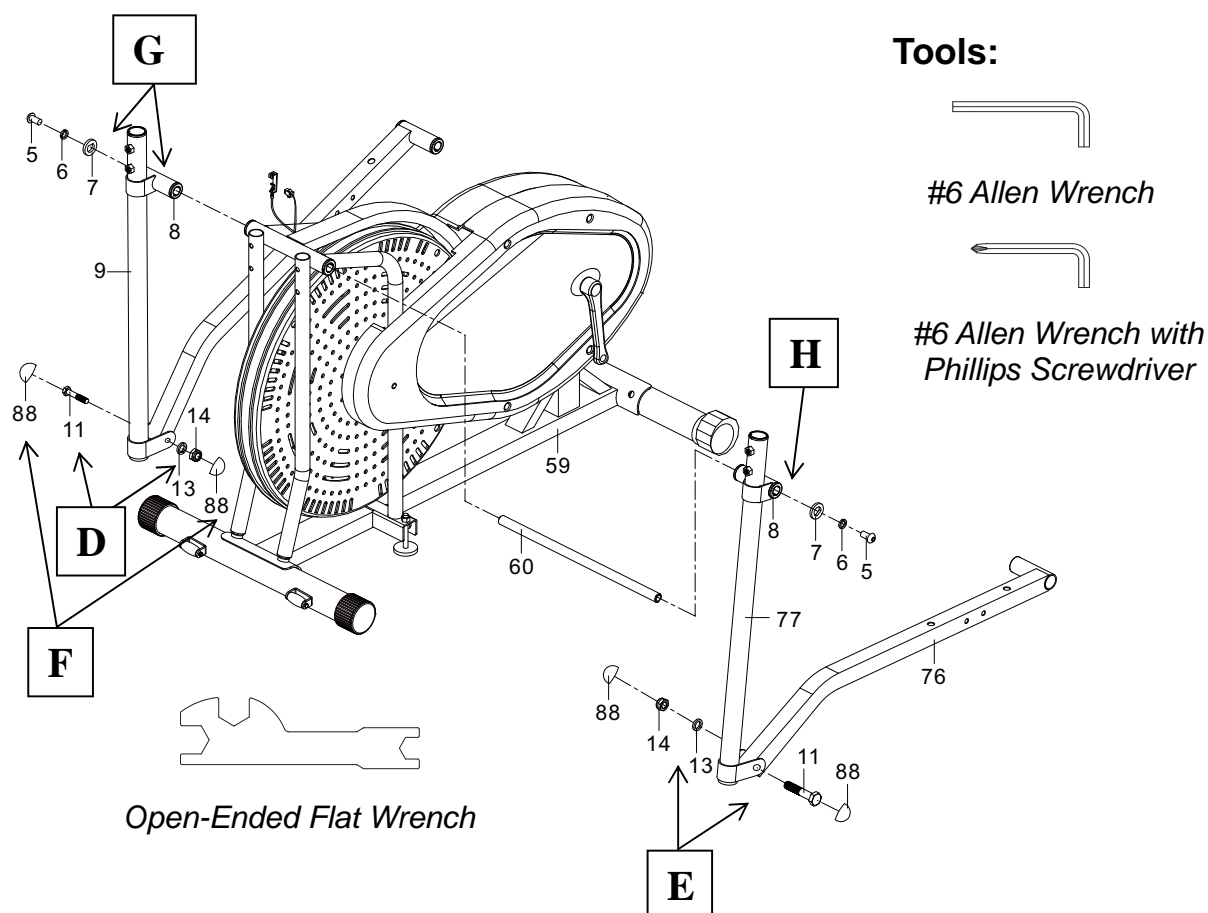
Step B: Align and attach the Rear Stabilizer (62) onto the rear curve of the Main Frame (59) with two Bolts (52) and the other ends with two Curve Washers (55) and two Cap Nuts (56). Using the flat wrench, tighten the cap nuts until firm.

Step C: Remove the M8 Nut (58) from the Adjustable Leveler (57). Screw the levelers onto the bottom of the Mainframe (59) and hand-tighten the nut to the leveler. Repeat for the other side. **Note:** Finish assembling the elliptical first and then refer to page 20 on adjusting the levelers as needed.

Hardware:

Front Stabilizer Hardware (Step A)		(52) Bolt M10x60	4 PCS
		(55) Ø10.5xØ20x2	Curve Washer 4 PCS
		(56) M10 Cap Nut	4 PCS
Rear Stabilizer Hardware (Step B)		(52) Bolt M10x60	4 PCS
		(55) Ø10.5xØ20x2	Curve Washer 4 PCS

ASSEMBLY



2. Handrails, Foot Bars and Rotation Rod Installation:

Step D: Using two flat wrenches, remove M10 Bolt (11), Washer (13) and M10 Nylon Nut (14) PRE-ASSEMBLED to the end of the Right Foot Bar (17R).

Attach the Right Foot Bar (17R) onto the bottom end of the Right Handrail (9) with the above hardware that were removed.

Note: Make sure the right foot bar is angled downward for correct installation.

Use one flat wrench to secure the bolt and the other flat wrench to tighten the nylon nut until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns.

Step E: Repeat step above for the left side.

Step F: Cover both Bolts (11) and Nylon Nuts (14) with four M10 Nut Caps (88).

Step G: Using #6 Allen Wrench, remove two Bolts (5), two Spring Washers (6) and two Washers (7) PRE-ASSEMBLED from both ends of the Rotation Rod (60).

Insert the Rotation Rod (60) into the hole on top of the Mainframe (59). Slide the Right Handrail (9) onto the Rotation Rod (60) and secure in place with one set of the above hardware that was removed. Use one #6 Allen Wrench to secure the bolt on one end of the rod and the other #6 Allen Wrench to the bolt on the other end of the rod to tighten the bolts until firm.

Step H: Repeat step above for the left side.

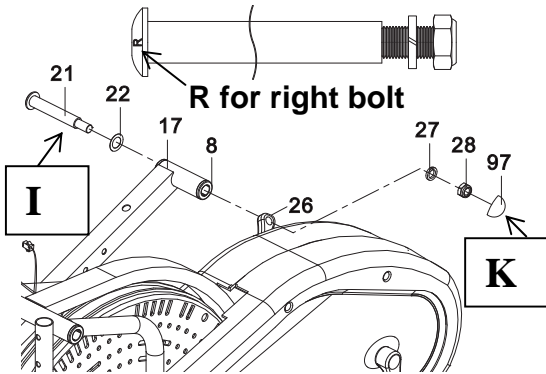
ASSEMBLY

Tool:

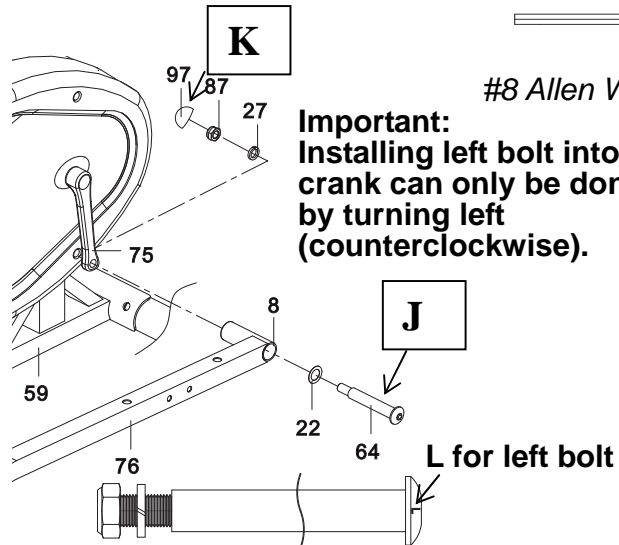


#8 Allen Wrench

Important:
Installing right bolt into right crank can only be done by turning right (clockwise).



Important:
Installing left bolt into left crank can only be done by turning left (counterclockwise).



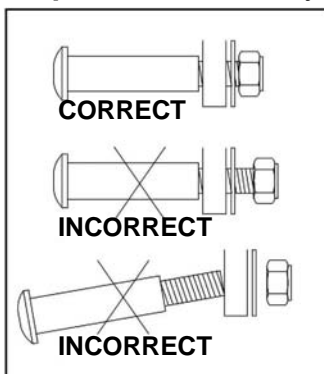
3. Right and Left Bolts for Right and Left Cranks Installation:

It is important that you first read and understand the procedures before installing the bolts to the cranks. Left bolt and left nylon nut are reverse threaded and the correct direction to tighten is by turning to the *left* (counterclockwise). **If not done correctly, the bolts and/or cranks may be damaged or stripped.**

Step I: Insert the Right Bolt for Right Crank (21) and Wave Washer (22) through the right side of the Right Foot Bar (17). Align the right foot bar with the Right Crank (26) so that they are **perfectly center**. Screw the Right Bolt for Right Crank (21) through the crank by turning right (clockwise) by hand until it stops. Put a Spring Washer (27) and screw the Nylon Nut (28) by turning right onto the bolt by hand until it stops. Use one flat wrench to secure the nylon nut and #8 Allen Wrench to tighten the bolt through the nylon nut until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns. Proper tightness is extremely important to prevent parts from coming loose or damage during use.

Step J: Repeat this procedure for the left side assembly and note that left bolt and left nylon nut are tighten by turning to the **LEFT** (counterclockwise).

Step K: Cover both Nylon Nuts (28, 87) with two 1/2" Nut Caps (97).

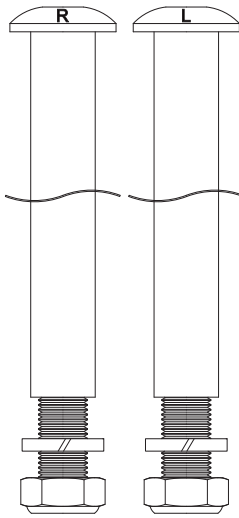


Note: In order to install the bolt properly, keep it perfectly straight when the bolt goes through the foot bar and the crank. If the bolt is connected to the crank at an angle, damage to the bolt and/or the crank may occur.

Please make sure the right bolt is for the right crank only and the left bolt is for the left crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

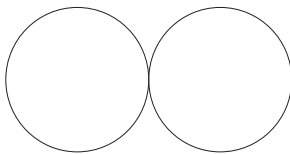
ASSEMBLY

Hardware:



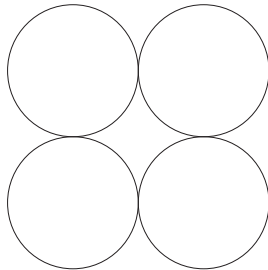
- | | |
|--|-------|
| (21) Right Bolt for Right Crank
Ø16x119 | 1 PC |
| (22) Wave Washer
Ø16.2xØ26xδ0.3 | 2 PCS |
| (27) 1/2" Spring Washer | 2 PCS |
| (28) 1/2" Nylon Nut for Right Crank | 1 PC |
| (64) Left Bolt for Left Crank
Ø16x119 | 1 PC |
| (87) 1/2" Nylon Nut for Left Crank | 1 PC |

Step I Step J



- (97) 1/2" Nut Cap
2 PCS

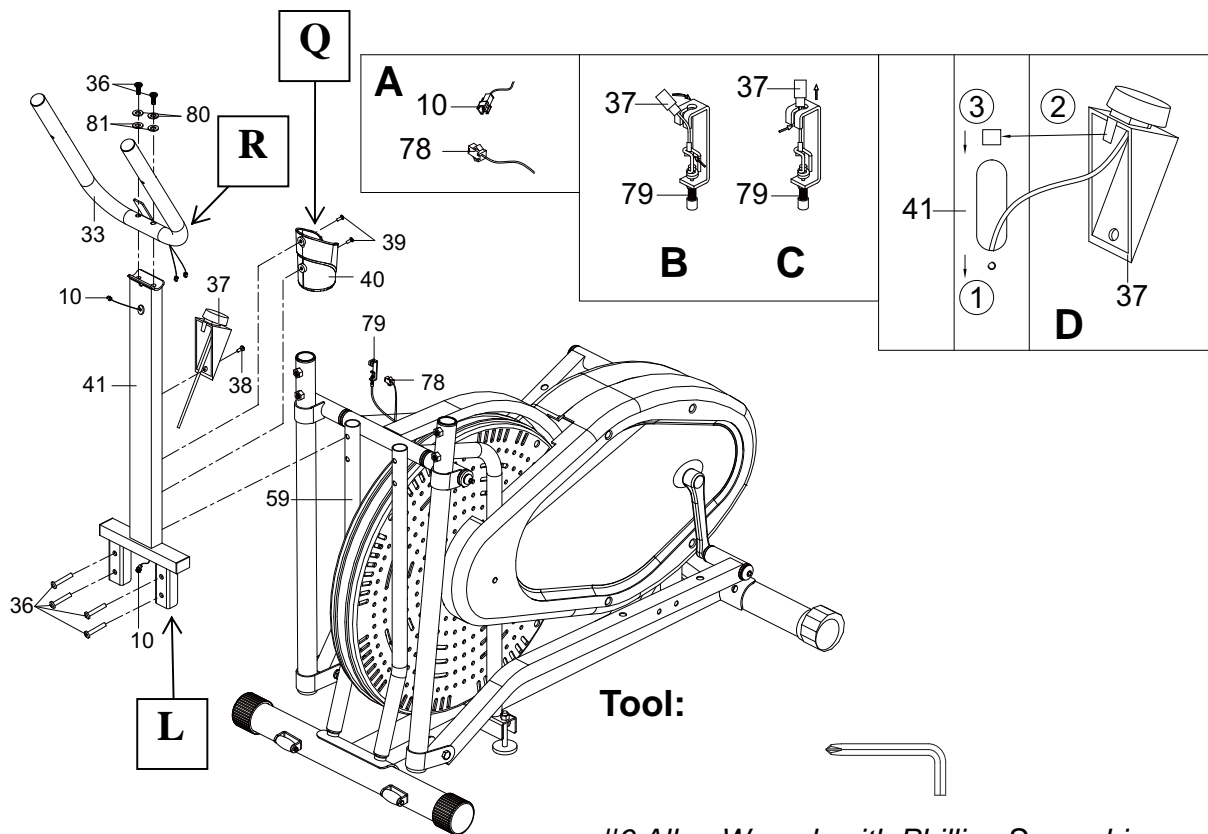
Step K



- (88) M10 Nut Cap
4 PCS

Step F

ASSEMBLY



#6 Allen Wrench with Phillips Screwdriver

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

Step L: Attach the Hand Pulse Handlebar Support Frame (41) onto the Mainframe (59) with four Bolts (36). Using the #6 Allen Wrench with Phillips Screwdriver, tighten the bolts until firm.

Step M: Insert the Tension Cable (79) through the bottom hole of Hand Pulse Handlebar Support Frame (41) and pull it out through the opening hole to connect with the Tension Control Knob (37). See Figure D.

Step N: Connect the Sensor Wire (78) coming out from the Mainframe (59) to the Extension Sensor Wire (10) coming from the bottom of the Hand Pulse Handlebar Support Frame (41). Make sure the connectors “click” when connected. See Figure A.

Step O: Turn the Tension Control Knob (37) to the lowest setting (counterclockwise).

Caution: Do not continue to turn the Tension Control Knob (37) after reaching its lowest or highest setting for it may damage the knob.

Put the cable end of resistance cable of Tension Control Knob (37) into the spring hook of Tension Cable (79). See Figure B. Align the resistance cable of Tension Control Knob (37) into the gap of metal bracket of Tension Cable (79) with the nuts sitting above the metal bracket. Turn the tension control knob towards the highest setting (clockwise) until the nuts are seated firmly on top of the metal bracket. See Figure C. Tuck cable inside the Hand Pulse Handlebar Support Frame (41).

ASSEMBLY

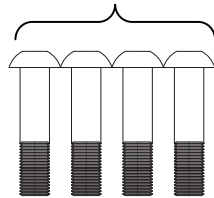
Step P: Install the Tension Control Knob (37) by inserting the tab into a square hole on the Hand Pulse Handlebar Support Frame (41) and push down on the knob slightly in order to align the opening with the bolt hole. Using the screwdriver, tighten one M5 Bolt (38) until firm. See Figure D.

Step Q: Attach the Bottle Holder (40) onto the Hand Pulse Handlebar Support Frame (41) with two M5 Bolts (39). Using the screwdriver, tighten bolts until firm.

Step R: Attach the Hand Pulse Handlebar (33) onto the top end of the Hand Pulse Handlebar Support Frame (41) with two M8 Bolts (36), two Spring Washers (80), and two Curve Washers (81). Using the #6 Allen Wrench with Phillips Screwdriver, tighten the bolts until firm.

Hardware:

Hand Pulse Handlebar Support Frame Hardware (Step L)

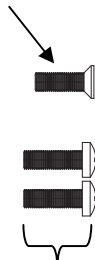


(36) M8x35 Bolt
4 PCS

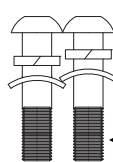
Tension Control Knob Hardware (Step P)

(38) M5x15 Bolt
1 PC

(39) M5x10 Bolt
2 PCS



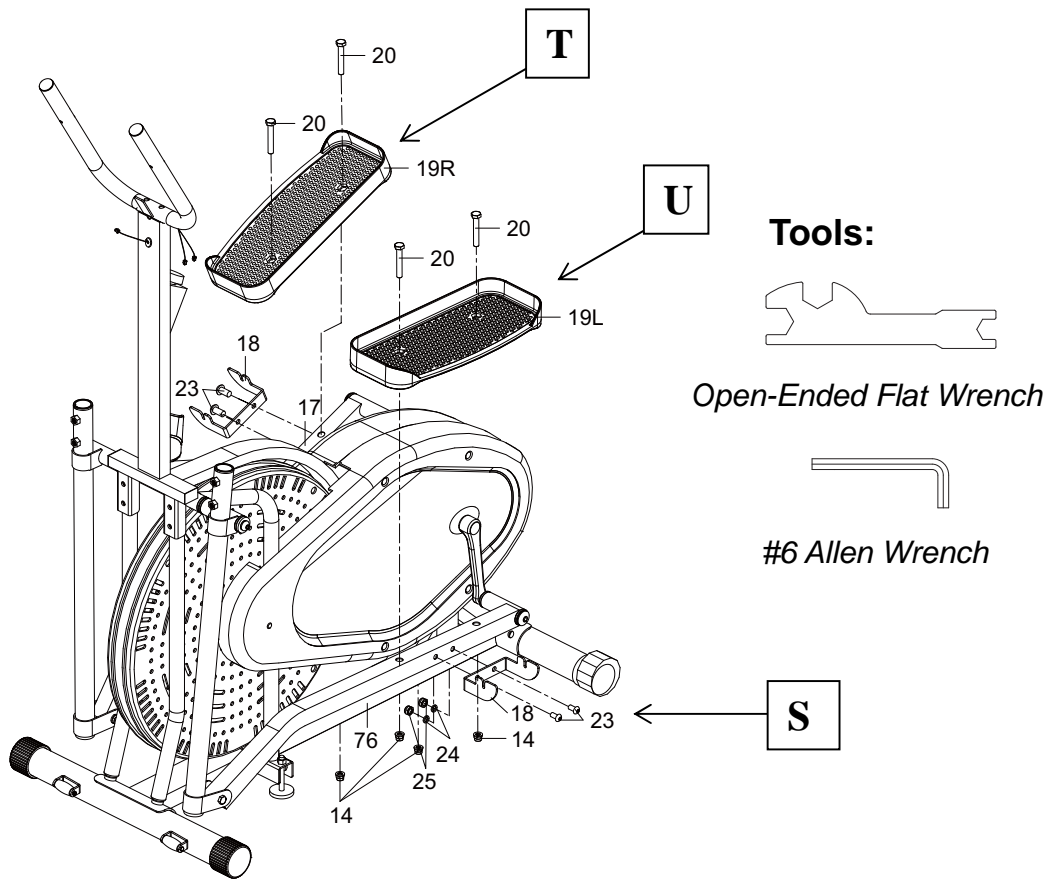
(36) M8x35 Bolt 2 PCS
(80) Ø8 Spring Washer 2 PCS
(81) Ø8xØ16x2 Curve Washer 2 PCS



Hand Pulse Handlebar Hardware (Step R)

Bottle Holder Hardware (Step Q)

ASSEMBLY



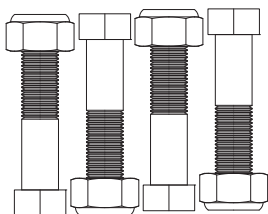
5. Right and Left Foot Pedals Installation:

Step S: Attach two Foot Pedal Support Brackets (18) onto both the Right/Left Foot Bars (17, 76) with four M8 Bolts (23) and the other ends with four Washers (24) and four M8 Nylon Nuts (25). Use a flat wrench to secure the nylon nut and #6 Allen Wrench to tighten the bolt through the nylon nut until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns.

Step T: Attach the Right Foot Pedal (19R) onto the Right Foot Bar (17) with two M10 Bolts (20) and two M10 Nylon Nuts (14). Using a flat wrench, tighten the nylon nuts until firm. For correct tightness, the bolt's threads **MUST** protrude out through the nylon nut until no longer turns.

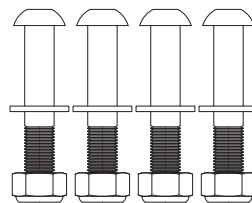
Step U: Repeat step above for the left side.

Hardware:



Right/Left Foot Pedal Hardware (Step T)

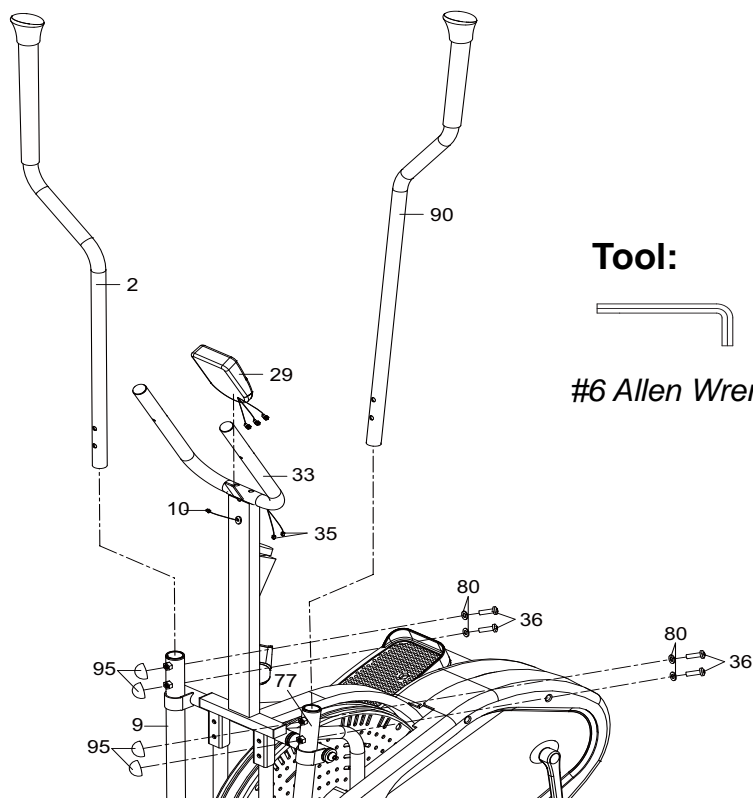
(14) M10 Nylon Nut
4 PCS
(20) M10x45 Bolt
4 PCS



Foot Pedal Support Bracket Hardware (Step S)

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

ASSEMBLY



Tool:



#6 Allen Wrench

6. Right/Left Handrail Arms and Computer Installation:

Step V: Insert the Right Handrail Arm (2) onto the Right Handrail (9) and secure with two M8 Bolts (36) and two Spring Washers (80). Using a #6 Allen wrench, tighten the bolts until firm.

Step W: Repeat step above for the left side.

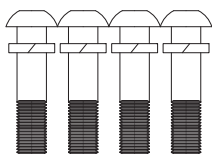
Step X: Install four M8 Nut Caps (95) onto the pre-welded nuts on the Right and Left Handrails (9, 90).

Step Y: Connect the Extension Sensor Wire (10) coming out from the top side of the Hand Pulse Handlebar Support Frame (41) to the wire with a male connector coming out from the Computer (29). Make sure the connectors “click” when connected.

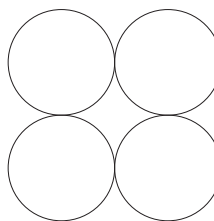
Connect the two Hand Pulse Sensor Wires (35) from the handlebars to the two wires with female connectors coming out from the Computer (29). Make sure the connectors “click” when connected.

Step Z: Place the Computer (29) onto the plate of the Hand Pulse Handlebar (33) then slide it down to lock in position.

Hardware:



(36) M8x35 Bolt
4 PCS
(80) Ø8 Spring Washer
4 PCS



(95) M8 Nut Cap
4 PCS
(Step X)

Right/Left Handrail Arm Hardware (Step V & W)

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 idle for 4 minutes, the power will turn off automatically.

MODE BUTTON FUNCTIONS:

Press the MODE button once to select the desired function of the computer. Press and hold the MODE button for 4 seconds to reset all data values.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the arrow flashes on SCAN. The computer will automatically scan through each function in sequence for 6 seconds. **NOTE:** If you do not want to use the SCAN function, press the MODE button to select one of the other functions.

TIME: Press the MODE button until the arrow points to TIME. The computer will display your elapsed workout time in minutes and seconds.

CALORIES: Press the MODE button until the arrow points to CALORIES. The computer will display the ESTIMATED number of calories you are burning during the workout. Please note that the readings are only estimates and there are many factors that can't be accounted for such as fitness level, body fat percentage, age, weight and gender.

DISTANCE: Press the MODE button until the arrow points to DISTANCE. The computer will display the cumulative distance traveled during the workout.

PULSE: Press the MODE button until the "P" display on the screen. The computer will display your current heart-rate readings only if BOTH hands are gripping the hand-pulse sensors. No readings or inaccurate readings may occur if only one hand is gripping the hand-pulse sensor.

SPEED: SPEED function will be displayed at all times regardless of what function is selected. The computer will display the current training speed.

COMPUTER

HOW TO INSTALL THE BATTERIES:

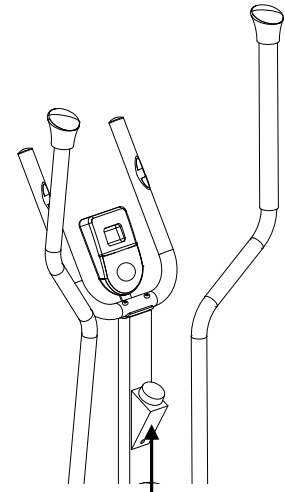
1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
4. Re-install the battery cover.
5. If the display is illegible or only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

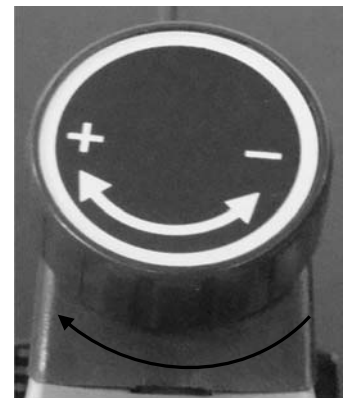
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

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.

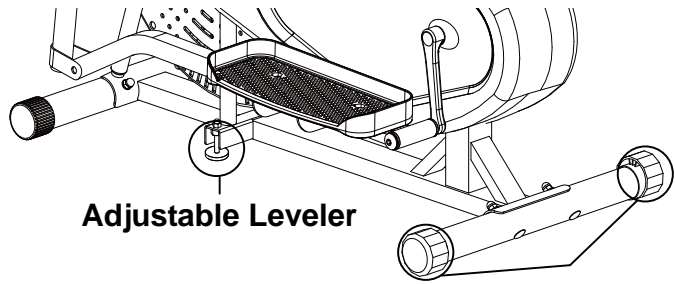
1. Before tightening the strap, the tension knob must be set to its lowest setting. To do this turn the knob in a counterclockwise direction until it is at its lowest setting. Do not continue to turn the knob after reaching its lowest or highest setting for it may damage the knob.
2. To tighten, undo the buckle of the plastic clip and then pull the top strap on the front of the unit away (downward). Close the buckle of the plastic clip to lock in place. Only minimal adjustment is needed.
3. Without changing the tension, you should now be able to feel a little resistance (i.e. the flywheel is not turning freely). If you are satisfied with the base level tension, then you may select the desired tension and continue exercising.



ADJUSTMENTS

Adjusting the Rear Stabilizer End Cap or Adjustable Leveler

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



Adjustable Leveler

Rear Stabilizer End Cap

MAINTENANCE

Regular maintenance of your elliptical is necessary to extend the life of your machine and allow it to continue to function properly. Please keep the elliptical, especially the computer console, out of direct sunlight to prevent screen damage or premature wear.

Cleaning

Keep the machine clean and free of any debris by vacuuming around the moving parts and wiping the machine down with a clean cotton cloth. The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Immediately wipe your perspiration off the elliptical after each use.

Lubrication

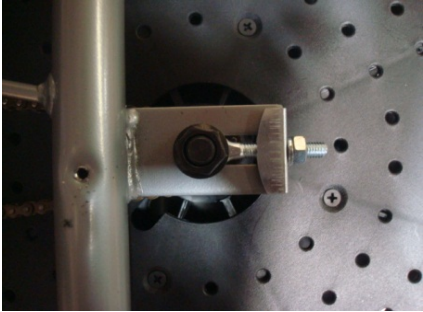
Regularly inspect your machine for any loose connections and tighten them. Creating a consistent lubrication routine on the moving parts of the elliptical can stop it from squeaking.

1. Check the floor where the elliptical sits to verify the floor is level. An Uneven floor could create unnecessary stress on the moving parts of the elliptical, creating a squeak.
2. Spray an aerosol multi-purpose or silicon-based lubricant onto the bolts that connect the handlebars to the lower arms. The lower arms support the footpads or pedals on the elliptical.
3. Spray the lubricant onto the bolts connecting the foot bars to the crank and the bolts connecting the crank to the mainframe.

Storage

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

TROUBLESHOOTING

PROBLEM	SOLUTION
The computer will not power up.	<ol style="list-style-type: none"> 1. Check that the batteries are inserted properly with the correct polarity (see marking inside the battery compartment). 2. Check that the battery springs are in proper contact with batteries. 3. Remove the old batteries and replace with the new batteries.
There is no readings on the computer display	<ol style="list-style-type: none"> 1. Check that the Sensor Wire (78) coming out from the Mainframe (59) is securely connected to the Extension Sensor Wire (10) coming from the bottom of the Hand Pulse Handlebar Support Frame (41). See Step 4 page 13. 2. Check that the Extension Sensor Wire (10) coming out from the top side of the Hand Pulse Handlebar Support Frame (41) is securely connected to the wire with a male connector coming out from the Computer (29). See Step 6 page 16. 3. Check that the two Hand Pulse Sensor Wires (35) from the handlebars are connected to the two wires with female connectors coming out from the Computer (29). See Step 6 page 16.
The elliptical makes a squeaking noise.	<ol style="list-style-type: none"> 1. The bolts may be loose on the elliptical, please inspect and tighten any loose bolts. 2. See page for lubrication.
Clicking Noise.	<p>After prolong use, the chain may get loose and start to have a clicking noise. Open the Right & Left Cover (83, 84) to reach the Nut M6 (48). Tighten the chain by turning the Nut M6 (48) clockwise. Repeat for the other side.</p> 

TROUBLESHOOTING

PROBLEM	SOLUTION
The elliptical is not sturdy enough.	Make sure both the Adjustable Levelers (57) are touching the ground. Make sure the elliptical is leveled. Please refer to page 20.
Tension adjustment doesn't work.	Undo the buckle of the plastic clip and then pull the top strap on the front of the unit away (downward) to re-tighten the tension belt. See page 19.
Pedal assembly is coming loose.	Make sure the bolt is secured to the footbar and into the crank with the nylon nut. When tightening the bolt, make sure the bolt threads protrude out through the nylon nut. Proper tightness is extremely important to prevent parts from coming loose or damage during use. See page 11.

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.



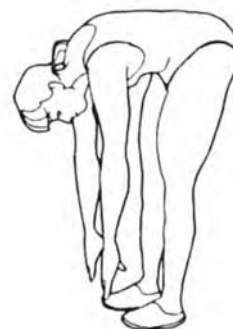
Inner Thigh Stretch

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

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness 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 accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Structural Frame	1 Year
All Other Components (computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)	90 days

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. improper installation and/or failure to abide by Paradigm's installation guidelines;
2. use of this product beyond normal home use, or in an application for which it was not designed;
3. cosmetic items such as scratches, dents or discolorations;
4. damage caused by normal wear and tear, vandalism, accidental or by animals;
5. any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disasters), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, or accumulate dirt or stains; or
7. improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

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

1-866-924-1688 Monday through Friday 8:00 AM - 5:00 PM (PST).
service@paradigmhw.com

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#: _____
ITEM/MODEL#: _____
PURCHASE DATE: _____
PURCHASE FROM: _____

PART #	DESCRIPTION	REASON	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

OFFICIAL USE ONLY (MD) SHIP DATE: _____ TRK #: _____ BACK ORDER: _____
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