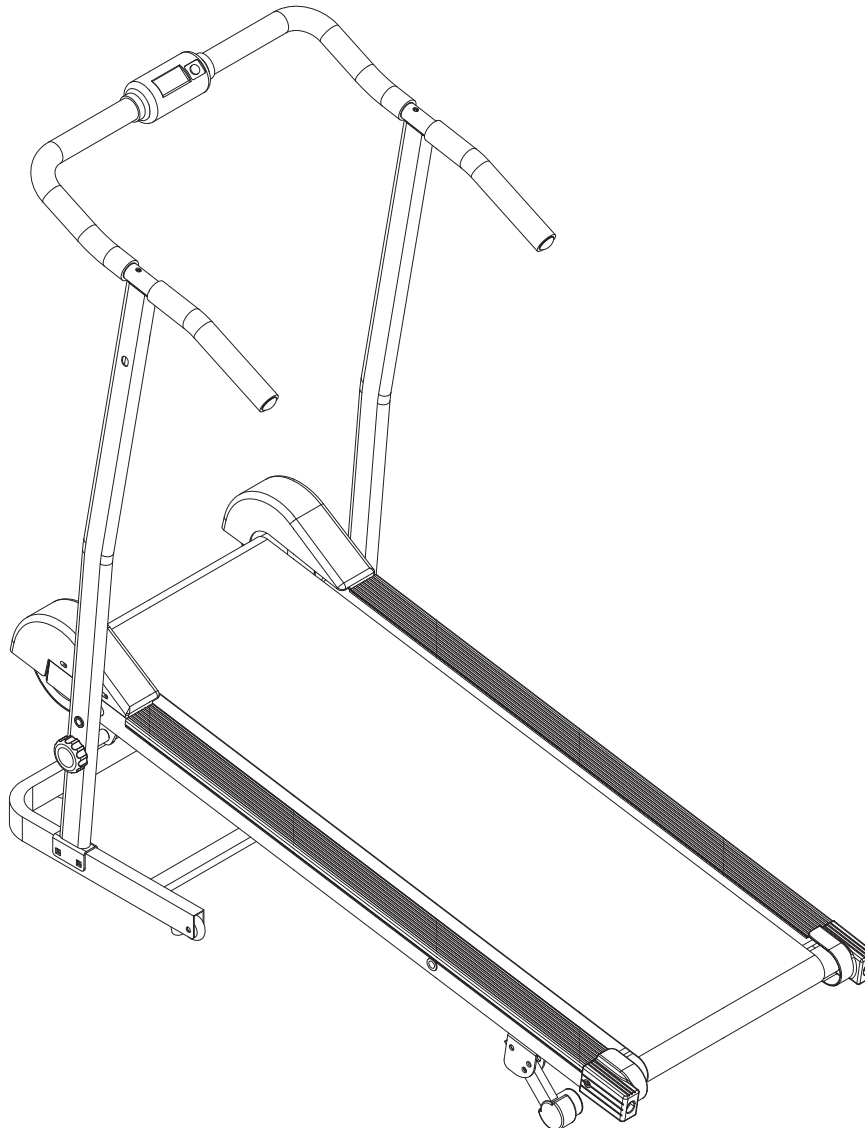


Manual Treadmill



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.

Item# 3001

Owner's Manual
Le Manuel Du Propriétaire

TABLE OF CONTENTS

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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:
1-844-641-7920**

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.

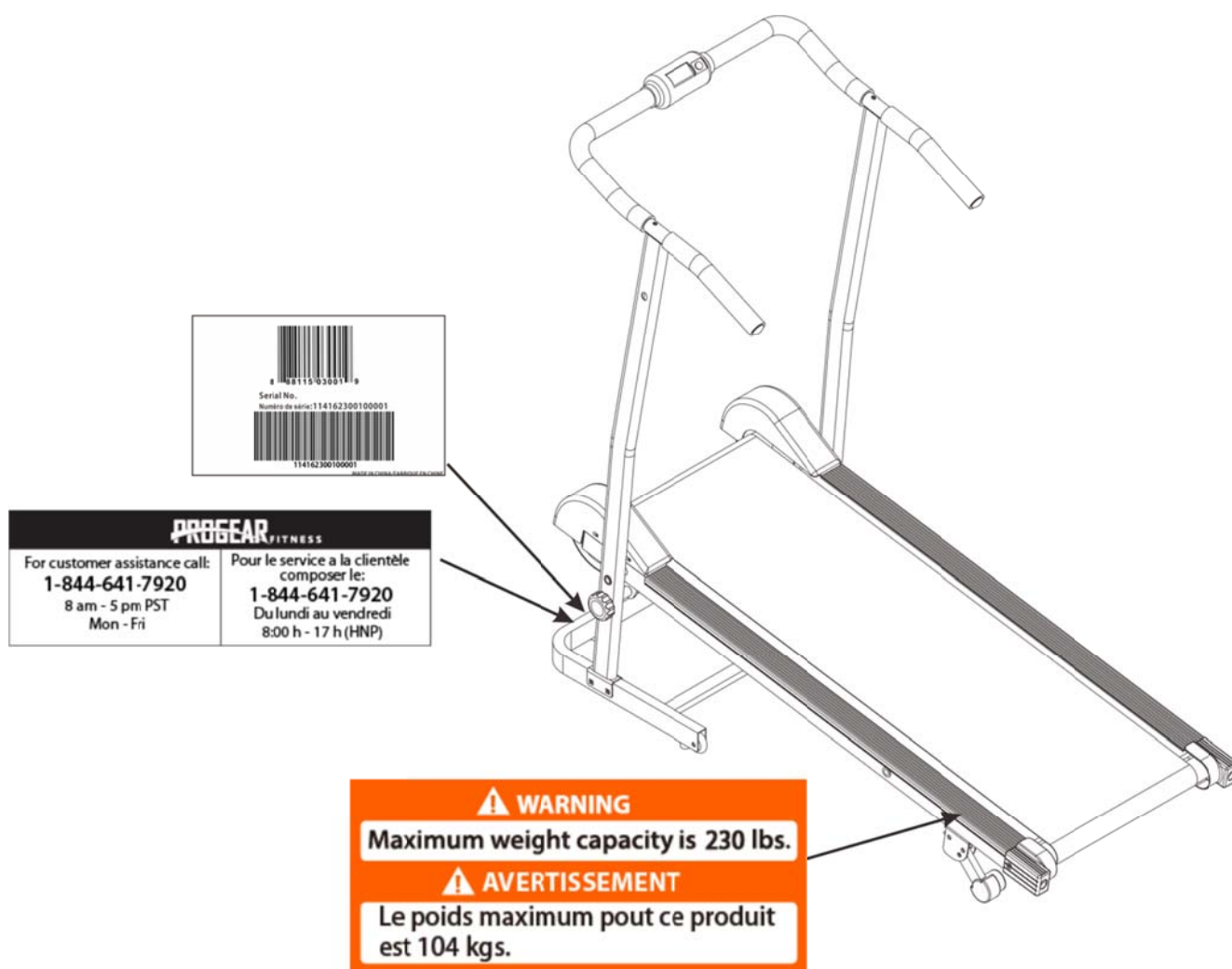
Please have the following information ready when requesting for service:

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



PRODUCT SAFETY

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

DANGER: To reduce the risk of electric shock, please read the following:

- Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.

NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch, and unplugging from outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, do not use and consult an Authorized Service Representative at 1-844-641-7920
- 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*.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. Close supervision is necessary when this treadmill is used by on, near those with disabilities.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep Dry - do not operate in a wet or moist condition. Save these instructions.
- Do not operate the treadmill near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.
- Keep electrical cord away from heated surfaces.
- Never insert any object into any opening.

PRODUCT SAFETY

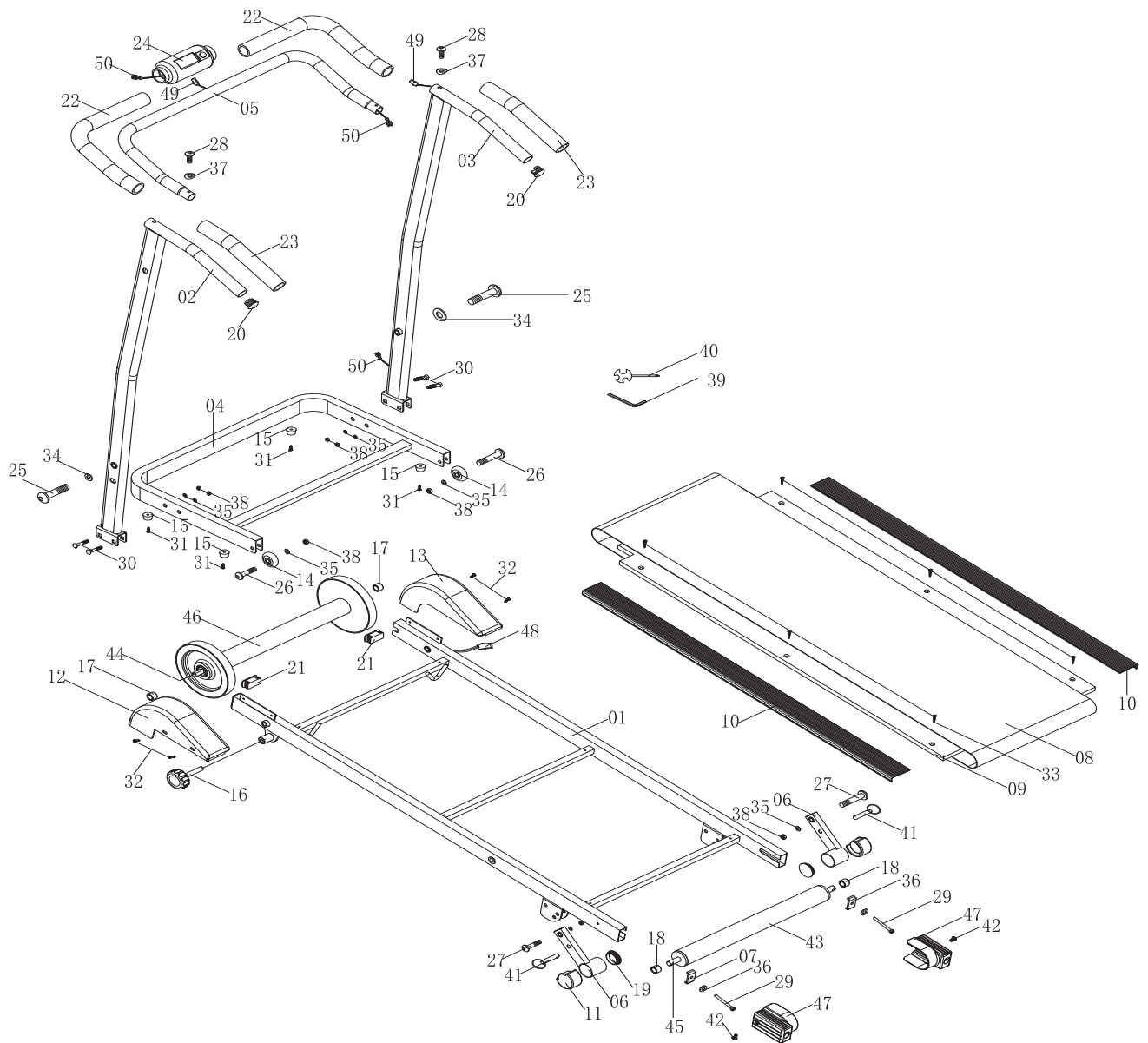
- Keep the treadmill on a solid, level surface with the minimum safety area clearance of 6ft x 3ft around the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only.
- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks or in sandals. Always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 12 year-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Pull up the Safety Tether Key for emergency stop. Reinstall the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.
- **CAUTION - RISK OF INJURY TO PERSONS** - To avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.
- **Maximum Weight Capacity is 230 lbs.**

Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.

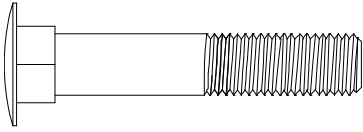
WARNING: Connect the treadmill to a properly grounded outlet only. See grounding instructions.

SAVE THESE INSTRUCTIONS

OVERVIEW DRAWING



HARDWARE LIST & TOOLS



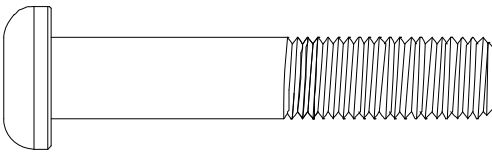
(#30) Carriage bolt
M8*35
4 PCS



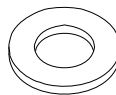
(#38) Nylon nut M8
4 PCS



(#35) Flat washer
 $\Phi 8.5 * \Phi 20 * 1.5$
4 PCS



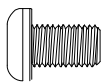
(#25) Allen bolt
M10*50
2 PCS



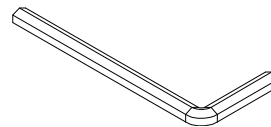
(#34) Flat washer
 $\Phi 10.5 * \Phi 22 * 1.5$
2 PCS



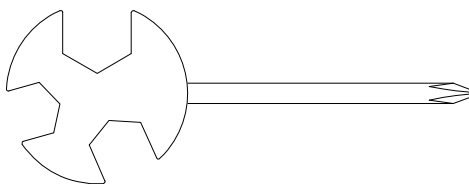
(#37) Curve washer
 $\Phi 6.5 * \Phi 15 * 1.5$
2 PCS



(#28) Allen bolt
M6*15
2 PCS



S5 Allen Wrench
1 PCS

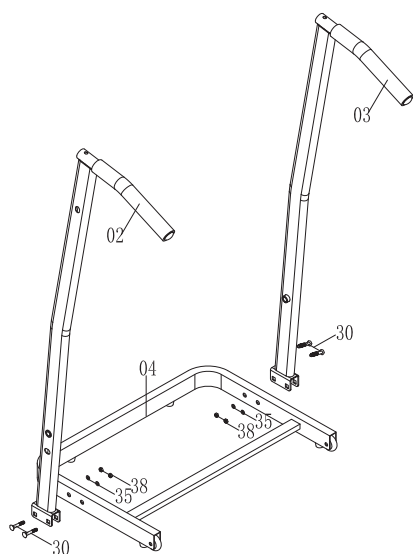


Multi Hex Tool with
Phillips Screwdriver
1 PCS

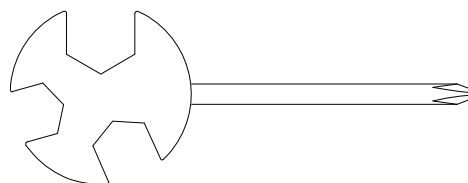
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main frame	1	026	Allen bolt M8*30	2
002	Left upright handle bar	1	027	Allen bolt M8*35	2
003	Right upright handle bar	1	028	Allen bolt M6*15	2
004	Base tube	1	029	Allen bolt M6*60	2
005	Computer frame	1	030	Carriage bolt M8*35	4
006	Rear base tube	1	031	Philips screw ST4.2*20	4
007	Adjustment U base	2	032	Philips screw ST4.8*15	4
008	Running belt	1	033	Philips screw ST4.8*25	6
009	Running board	1	034	Flat washer $\Phi 10.5 \times \Phi 22 \times 1.5$	2
010	Side rail	2	035	Flat washer $\Phi 8.5 \times \Phi 20 \times 1.5$	4
011	Foot pad	2	036	Flat washer $\Phi 6.5 \times \Phi 15 \times 1.5$	2
012	Motor cover (left)	1	037	Curve washer $\Phi 6.5 \times \Phi 15 \times 1.5$	2
013	Motor cover (right)	1	038	Nylon nut M8*8H	4
014	Transportation wheel	2	039	L wrench	1
015	Cushion pad	4	040	Cross complex wrench	1
016	Locking knob	1	041	Locking Pin	2
017	Front roller spacer	2	042	Philips screw M5*10	2
018	Rear roller spacer	2	043	Rear roller	1
019	Round inner plug for tube $\Phi 38 \times 1.5$	2	044	Front roller shaft	1
020	Round inner plug for tube $\Phi 25 \times 1.5$	2	045	Rear roller shaft	1
021	Square inner plug	2	046	Front roller	1
022	Foam for computer frame	2	047	Rear cover	2
023	Foam for hand pulse handle	2	048	Sensor	1
024	Computer	1	049	Sensor wire 1	3
025	Allen bolt M10*50	2	050	Sensor wire 2	3

ASSEMBLY



Tool:



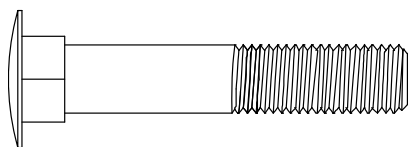
Multi Hex Tool with Phillips
Screwdriver

Step 1

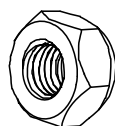
Inserting the left handlebar frame (02) to the left side of the base bracket (04) , Through the holes with two M8 carriage bolt (30) and two M8 Washers (35) , then secure the bolts with 8mm nylon nut (38) with 8 mm open end wrench .

And repeat for the right handlebar frame (03) to be installed on the right side of the base bracket (04) and put through two M8 carriage bolt (30) and two M8 Washers (35) , then secure the bolts with 8mm nylon nut (38) with 8 mm open end wrench .

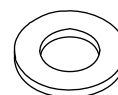
Hardware:



(#30) Carriage Bolt
4 PCS

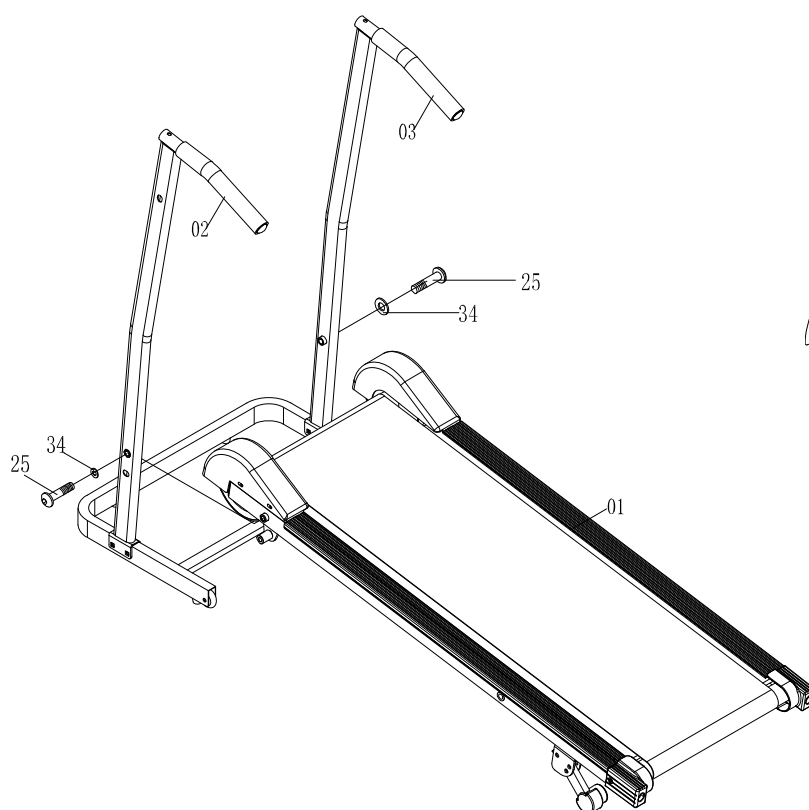


(#38) Nylon nut
4 PCS

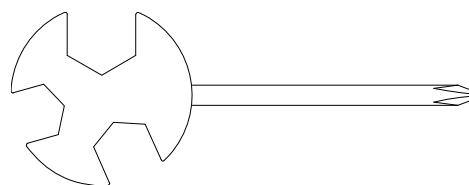


(#35) Flat washer
4 PCS

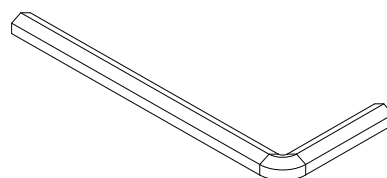
ASSEMBLY



Tool:



Multi Hex Tool with Phillips
Screwdriver

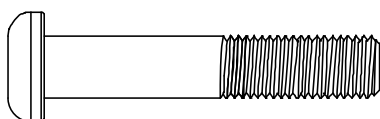


S5 Allen Wrench

Step 2

Lift the main frame (01) and insert & secure with bolt (25) and flat washer (34) through the holes of the left/right handlebar frame (02, 03).

Hardware:

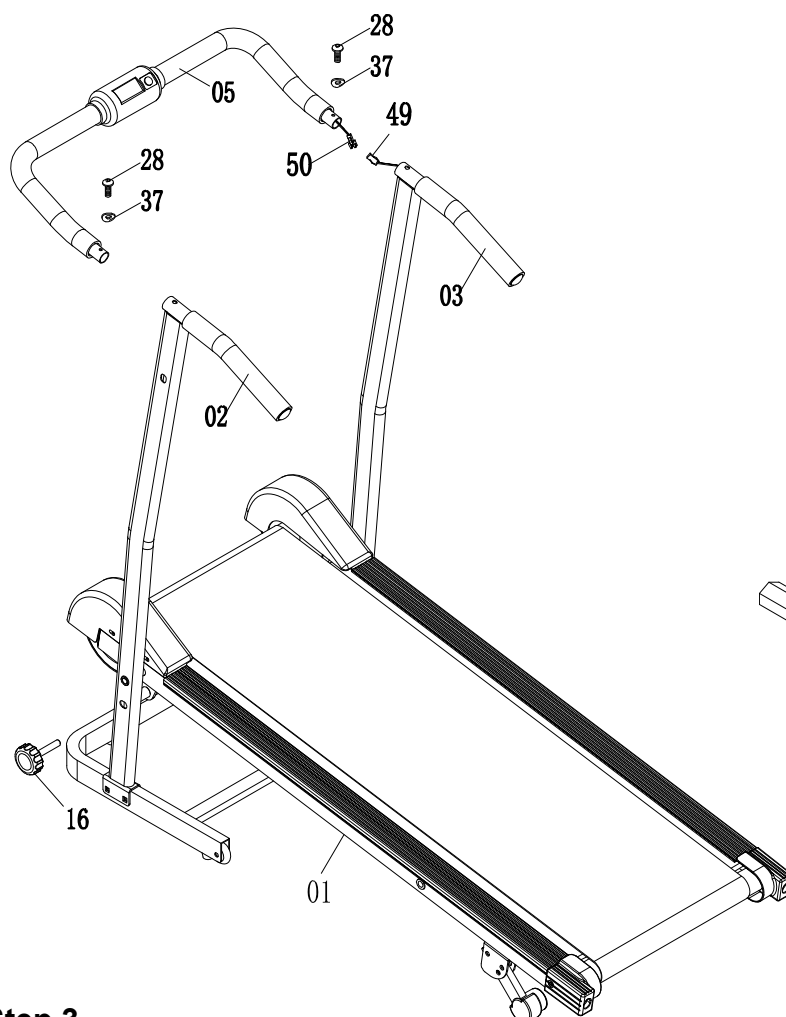


(#25) Allen bolt M10*50
2 PCS

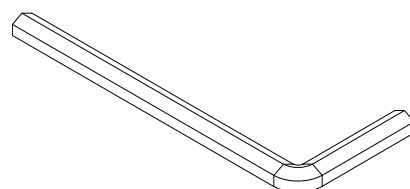


(#34) Flat washer
2 PCS

ASSEMBLY



Tool:



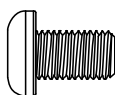
S5 Allen Wrench

Step 3

Connect Sensor wire (49) and (50), insert the computer frame (05) onto the left/right handlebar frame (02, 03) and secure with bolt (28) and curve washer (37).

Put the Locking knob (16) through the left handlebar frame to secure the main frame (01).

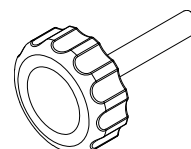
Hardware:



(#28) Allen bolt M6*15
2 PCS



(#37) Curve washer
Φ6.5*Φ15*1.5
2 PCS



(#16) Locking
Knob 1 PCS

COMPUTER



Please load 2pcs of 1.5V “AAA” batteries before operating the console. Squeezing the top & bottom side of the front cover of the console on the marked area until the back cover comes apart.

SPECIFICATIONS

TIME-----	0:00~99:59MIN
SPEED-----	0.0~999.9ML/H
DISTANCE-----	0.0~999.9ML
CALORIE-----	0.0~999.9KCAL
ODOMETER-----	0.00~99.99ML

KEY FUNCTIONS:

MODE: This key lets you select and lock on to a particular function you want.
Reset the value to zero by pressing the key for 4 seconds.

FUNCTIONS:

1. TIME : Press the MODE key until pointer lock in to TIME. The total working time will be shown starting working exercise.
2. SPEED: Press the MODE key until pointer lock on to display current speed during working time.
3. DISTANCE : Press the MODE key until pointer lock on to DISTANCE . The distance of each workout will be displayed starting working exercise.
4. CALORIE :Press the MODE key until pointer lock on to CALORIE The calorie burned will be displayed starting working exercise.
5. ODOMETER: Automatically accumulates workout distance starting working exercise.

COMPUTER

SCAN : Display changes according to the next diagram every 4 seconds.
Automatically display of the following functions in the order shown:
TIME---SPEED---DISTANCE---CALORIE---ODOMETER---SCAN

NOTE:

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the monitor automatically turns on.
3. Replace the batteries if the signal is getting improper on the LCD.

STORAGE

FOLDING UP THE TREADMILL

1. To fold up the treadmill, place one hand on the back end of the treadmill and the other hand to turn the locking knob (16) out of the left handlebar frame. Carefully lift the end of the treadmill up into the upright position. Insert the locking knob (16) through the handlebar hole into the side of the bed & secure.
2. Make sure the deck is securely locked before moving the treadmill.
(See diagrams A & B)
3. The unit can be carefully tilted onto its transport wheels for easy moving and storage. Store the treadmill in a clean and dry environment away from children.

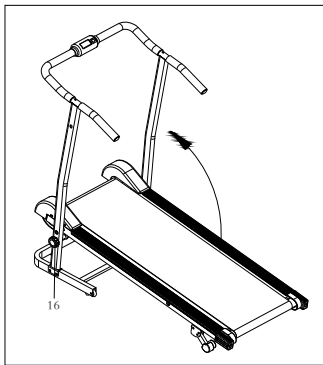


Diagram A

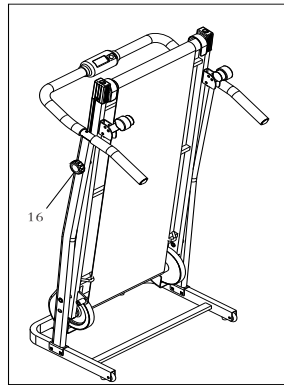


Diagram B

SETTING DOWN THE TREADMILL

1. To set down the treadmill, place one hand on the back end of the treadmill and the other hand to turn the locking knob (16) off, then carefully lower the deck to the ground and have the locking knob to secure the running bed from the lower hole of the handlebar frame. (See diagrams C and D.)

Note: Do not stand under the deck when setting down the treadmill.

TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.

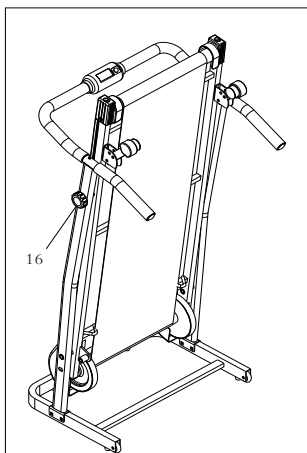


Diagram C

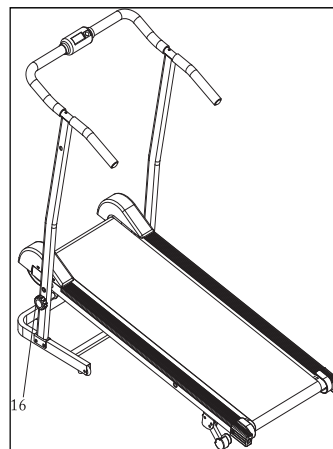
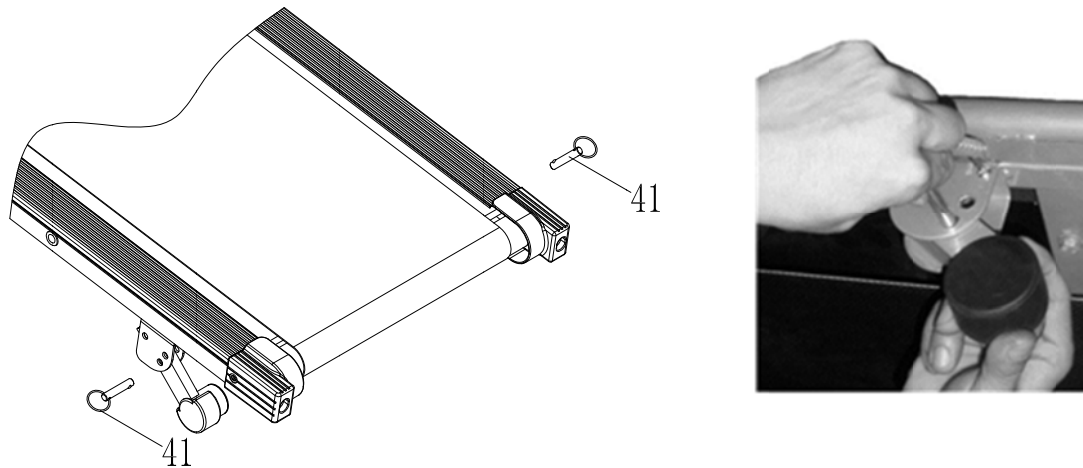


Diagram D

ADJUSTMENTS

Running Bed Incline Adjustment

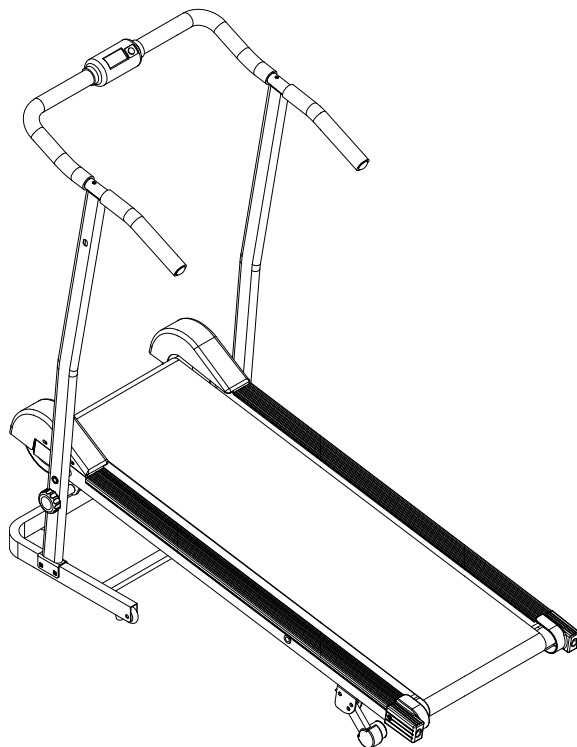


1. Place one hand on the rear end of the Main Frame, and then lift the rear end of the Main Frame up and use the other hand to remove the Locking Pin (41).
2. Adjust the Incline foot to the desired position and insert the Locking Pin (41) into the holes on the Main Frame and Incline Adjuster to lock the Incline Adjuster in place.

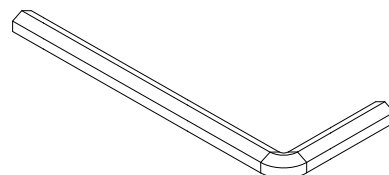
NOTE: Make sure when adjusting the incline angle of the Incline Adjuster that both Incline Adjusters should be adjusted to the same angle. Using the Incline Adjusters at different angles can cause the treadmill to be unstable and cause injury.

ADJUSTMENTS

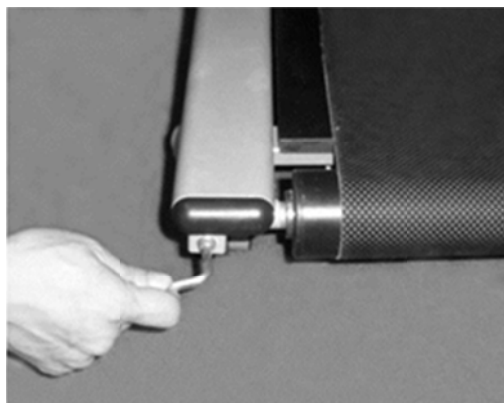
Adjusting the Running Belt



Tool:



S5 Allen Wrench



1. The running belt is initially set and adjusted at the factory. However it may come loose during transportation and/or during use. After prolonged use, the belt will begin to stretch out.
2. If the running belt begins to shift to either left or right side, the user can stand on the main frame and hold the handlebars with both hands. Then use your right or left foot to run on the side of the running belt that is opposite to the direction of the slip.
3. If the belt begins to slip to the left use your right foot on the right side. You should see the belt start to correct itself by moving back towards the center. However, if the running belt is still shifting away from center, use the S5 Allen Wrench provided and turns the left or right Rear Roller Adjustment Bolt 1/2 turn in a clockwise direction (turn the same side bolt that matches the direction of the slip).

ADJUSTMENTS

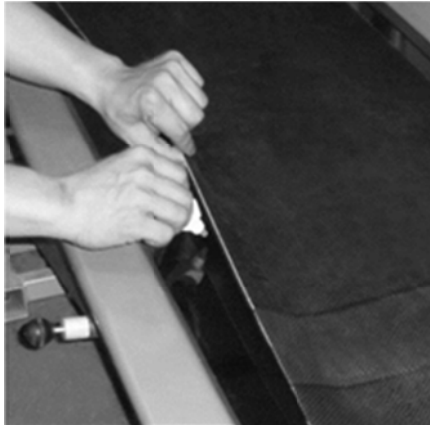
Then try running on the center of the running belt again. If the running belt is still shifting away from center, turn the same Allen Bolt (29) another 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center.

Repeat this procedure until the running belt is centered.

If the running belt is slipping during use, then uses the S5 Allen Wrench provided and turn both the left and right Allen Bolts (29) 1/4 turn in the clockwise direction.

You should now run on the running belt to determine if the running belt is still slipping. Repeating the above procedure until the running belt is not slipping.

LUBRICATION



The treadmill has already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt.

There will be no need to re-spread the oil in normal circumstances. "Silicone Oil" may be re-spread once the resistance has been increased and the running belt starts rubbing against the running deck.

To hold open the running belt from two sides, apply the silicone oil with an even motion on the center of the running deck. Allow the silicone oil to 'set' for one minute before using the magnetic treadmill.

Attention: Only use "Silicone Oil" lubricants for this equipment. In addition, do not add any other oil ingredient; otherwise the magnetic treadmill will be damaged. Do not over-lubricate the running deck. Excess lubricant should be wiped off with a clean towel.

TROUBLE SHOOTING

TROUBLE SHOOTING

PROBLEM: Treadmill running belt slips or is not centered on rear roller.

SOLUTION: Refer to “Adjusting the Running Belt” section on page 18.

PROBLEM: Computer not working correctly

SOLUTION: Check to make sure the computer wires are connected securely.

SOLUTION: Check the batteries are correctly positioned and battery springs are proper contact with batteries.

SOLUTION: Make sure the batteries are not dead.

PROBLEM: There is no heart rate reading or heart rate reading or is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

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

PROBLEM: The manual treadmill makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the treadmill, please inspect the bolts and tighten the loose ones.

MAINTENANCE

Cleaning

The manual treadmill 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 manual treadmill 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 manual treadmill, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts on the machine for proper tightness every week.

Storage

Store the manual treadmill 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 manufacture 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 manufacture defects for 90 days. 5 years warranty on Motor and Frame. 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

1-844-641-7920

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: _____