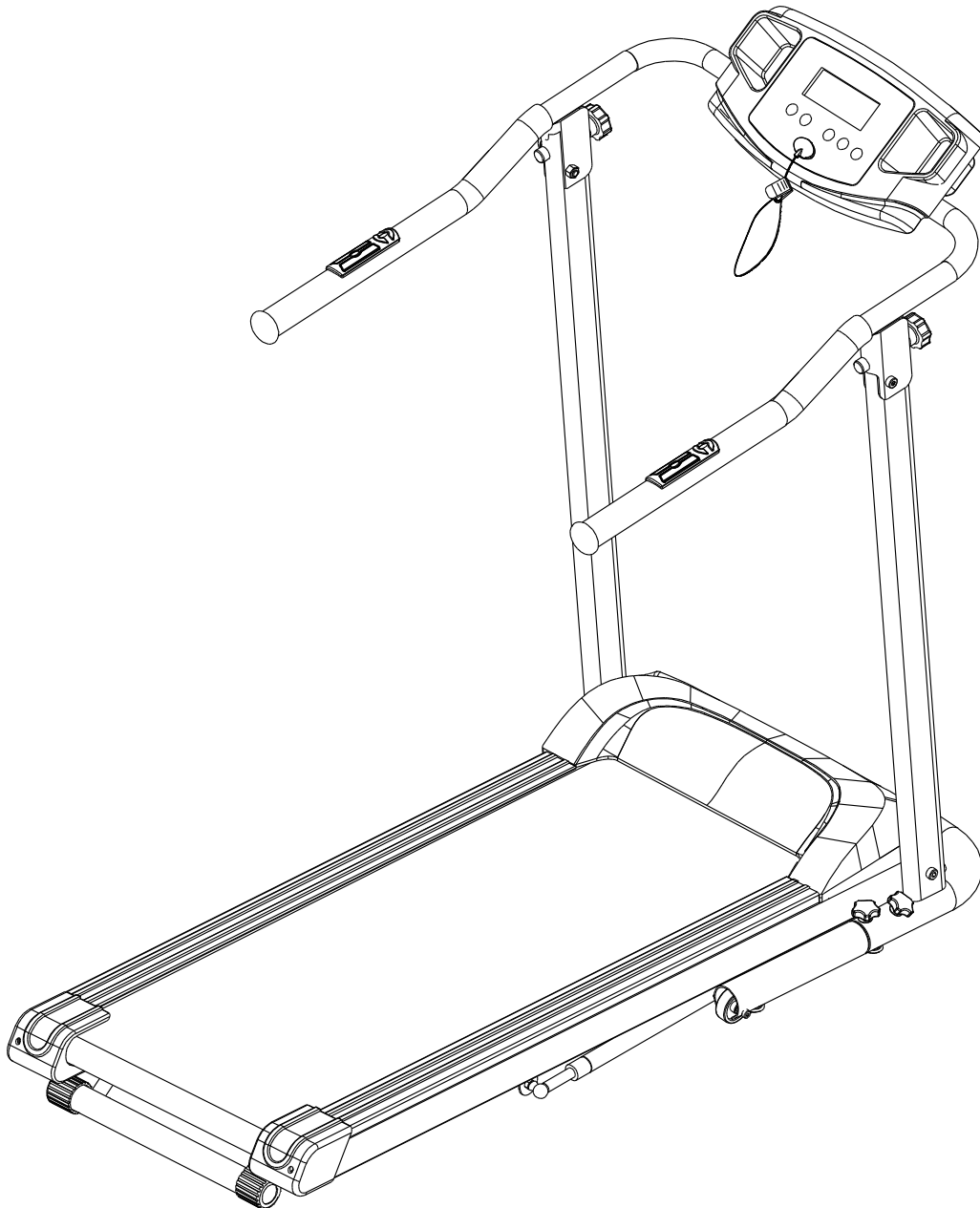


## Walk To Fit Treadmill



Item #3060

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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](mailto:service@paradigmhw.com)  
Please visit our website at [www.paradigmhw.com](http://www.paradigmhw.com).

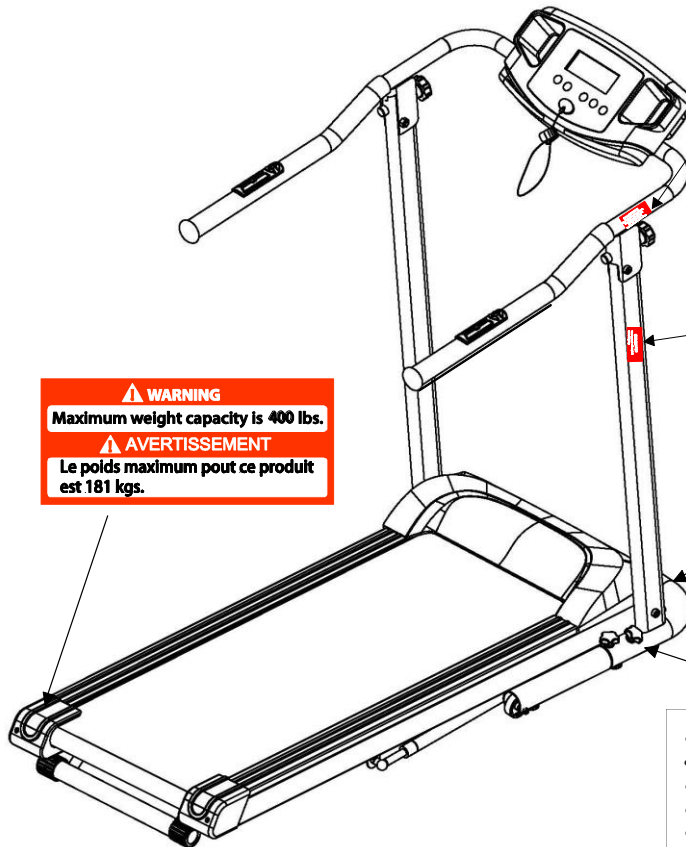
**Please have the following information ready when requesting for service:**

- 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



**⚠ WARNING**  
Maximum weight capacity is 400 lbs.  
**⚠ AVERTISSEMENT**  
Le poids maximum pour ce produit est 181 kgs.

**⚠ CAUTION**  
Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read owner's manual before Using.

**⚠ ATTENTION**  
Risques de blessures corporelles – pour éviter les blessures, monter sur la courroie en mouvement et en descendre avec grande prudence. Lire le manuel d'instructions avant l'utilisation.

**⚠ CAUTION**  
This Treadmill is Designed for walking only.

**⚠ ATTENTION**  
Ce tapis roulant est conçu pour la marche seulement



• Paradigm  
• Motorized Treadmill  
• Model: 3060  
• AC120V, 60 Hz, 6 A  
• Date Code: 09/13  
• FOR HOUSE HOLD USE ONLY

**c UL US LISTED**  
(MOTORIZED TREADMILL)  
NO: E238028  
TUV

## 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 when 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.

## PRODUCT SAFETY

- 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.
  - Keep the treadmill on a solid, level surface with the minimum safety area clearance of 2000mm x 1000mm of 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/STOP button to begin exercise again.
  - **Maximum Weight Capacity is 400 lbs.**
  - This treadmill is designed for WALKING only.
  - **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.
- Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill**

## PRODUCT SAFETY

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

## SAVE THESE INSTRUCTIONS

### GROUNDING INSTRUCTIONS

- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current reducing the risk of electric shock. \* **This treadmill is equipped with a cord having equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

**DANGER:** Improper connection of the treadmill grounding conductor can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.

This product is for use on a nominal 120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

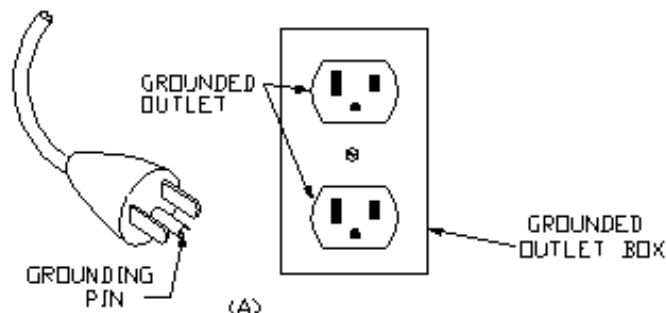


Figure 1

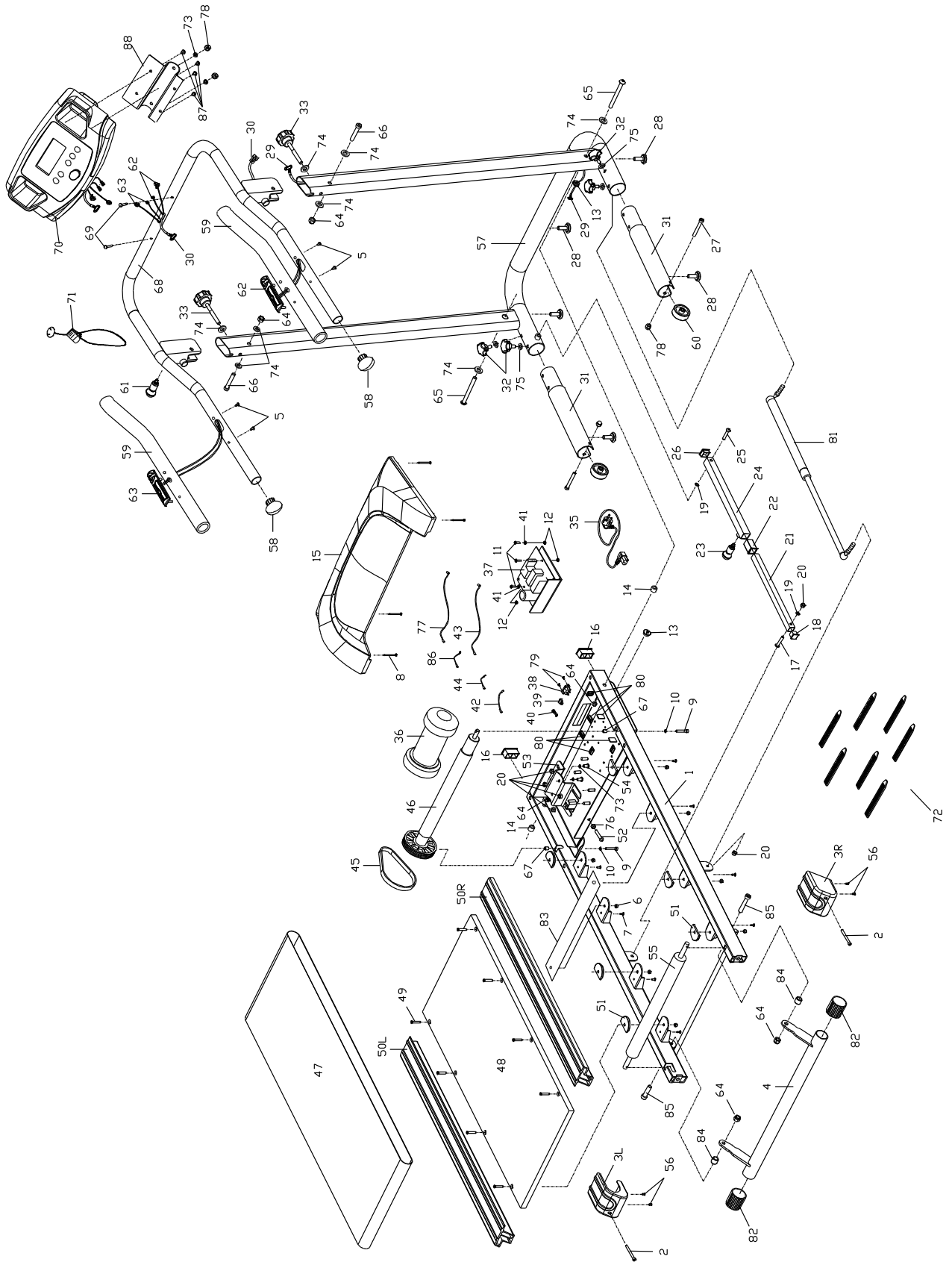
## PRODUCT SAFETY

- This unit must be plugged into a nominal 120 volt, which has a grounding.
- Keep hands clear of all moving parts. Never place hands, feet under the treadmill.
- Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before using the treadmill, check that the belt is aligned and centered on the walking deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

**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. We assume no responsibility for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present risk of serious injury to young children.

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

# PART DRAWING



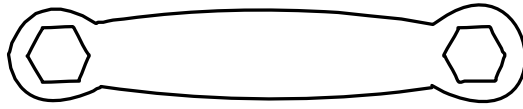
## PART LIST

Part #	Description	Qty	Part #	Description	Qty
001	Main Frame	1	025	Bolt (M8x40mm)	1
002	Rear Roller Adjustment Bolt (M8x70mm)	2	026	Safety Tube B Square End Cap (□25.4)	1
003R	Rear Right End Cap	1	027	Bolt (M8x60mm)	2
003L	Rear Left End Cap	1	028	Adjustable Leveler (M10xØ28x40)	5
004	Incline Adjuster	1	029	Sensor Cable I (1750mm)	1
005	Self-Tapping Screw (ST3x20mm)	4	030	Sensor Cable II (980mm)	1
006	Nylon Nut (M6)	8	031	Stabilizer Tube (Ø50.8x450)	2
007	Self-Tapping Screw (M4x16mm)	10	032	Stabilizer Knob (M8xØ40xØ10.5x15.5mm)	4
008	Self-Tapping Screw (M4x50mm)	4	033	Handlebar Knob (M10xØ50x108)	2
009	Bolt (M6x40mm)	2	035	Power Cord	1
010	Spring Washer (M6)	2	036	Motor	1
011	Bolt (M4x12mm)	3	037	Power Control Board (97100-3)	1
012	Nut (M4)	3	038	Power Cord Socket (CH-411)	1
013	Wire Cap (Ø6x21x10)	2	039	Switch, AC Power (R11-16A)	1
014	Spacer (Ø18xØ10.5x31mm)	2	040	Fuse Box (R3-9 15A)	1
015	Motor Cover	1	041	Washer (M4)	2
016	Rectangular End Cap (□25x50)	2	042	Wire for Fuse Box (120mm)	1
017	Bolt (M8x35mm)	1	043	Wire for Power Control Board (480mm)	1
018	Safety Tube A Square End Cap (□20)	1	044	Wire for Power Switch (80mm)	1
019	Nylon Washer (M8)	2	045	Belt (180J5)	1
020	Nylon Nut (M8)	6	046	Front Roller (Ø40x599)	1
021	Safety Tube A (F20x330mm)	1	047	Walking Belt (2140x508x1.6)	1
022	Bushing (F23xF20.3x42)	1	048	Walking Deck (557.6x940x18)	1
023	Spring Knob (Ø8xØ22x71)	1	049	Bolt (M6x33mm)	8
024	Safety Tube B (F25.4x1.5x340)	1	050R	Right Side Rail	1

## PART LIST

Part #	Description	Qty	Part #	Description	Qty
050L	Left Side Rail	1	070	Computer	1
051	Deck Bumper (48x32x5)	6	071	Safety Tether Key (SD-7934-1)	1
052	Bolt (M8x45mm)	1	072	Sensor Bracket	1
053	Motor Bracket	1	073	Spring Washer (M8)	2
054	Bolt (M8x12mm)	2	074	Washer (M10)	8
055	Rear Roller (Ø40x599)	1	075	Washer (Ø21xØ8.5x1.8t)	4
056	Screw (M4x8mm)	4	076	Nut (M8)	1
057	Stabilizer (820.8x283x1091)	1	077	Wire (400mm)	1
058	Handlebar End Cap (Ø41xØ28.5x40)	2	078	M8 Nut Cap	2
059	Foam Grip (Ø30xØ37x537)	2	079	Bolt (M3x10mm)	2
060	Transport Wheel (Ø8.5xØ50x23)	2	080	Binding Wire Plate 20x20x7	7
061	Short Knob (Ø8xØ20x36)	1	081	Gas Spring	1
062	Hand Pulse Sensor and Speed Button with Wires (1150MM 3P)	1	082	Incline Adjuster Cover Ø50	2
063	Hand Pulse Sensor and Mode / On Off Button with Wires (1150MM 3P)	1	083	Support Board	1
064	Nylon Washer (M10)	6	084	Spacer Ø16xØ11x15.5mm	2
065	Bolt (M10x100mm)	2	085	Bolt (M10x40mm)	2
066	Bolt (M10x50mm)	2	086	Earth Lead (120mm)	1
067	Spacer (Ø13.5xØ8.5x24mm)	2	087	Bolt (M5x8mm)	4
068	Handlebar (692x793x161)	1	088	Console Bracket	1
069	Square neck screw	2			

## TOOLS



Ring Spanner 1 pcs

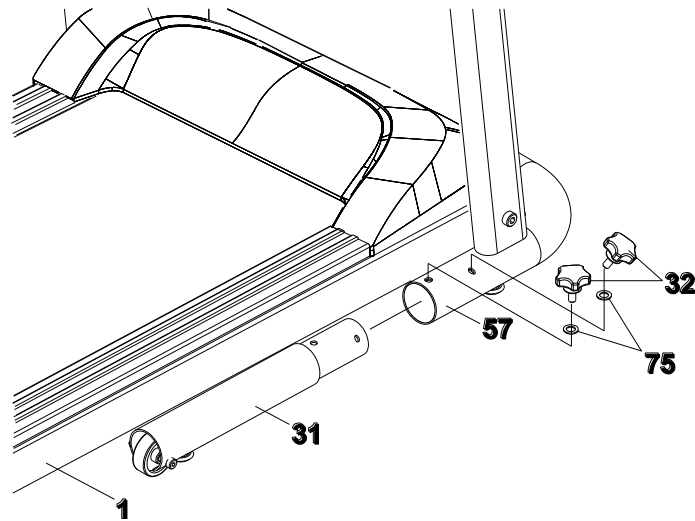


Screw Head Allen Wrench  
5mm 1pcs



S6 Allen Wrench 1PCS

## ASSEMBLY



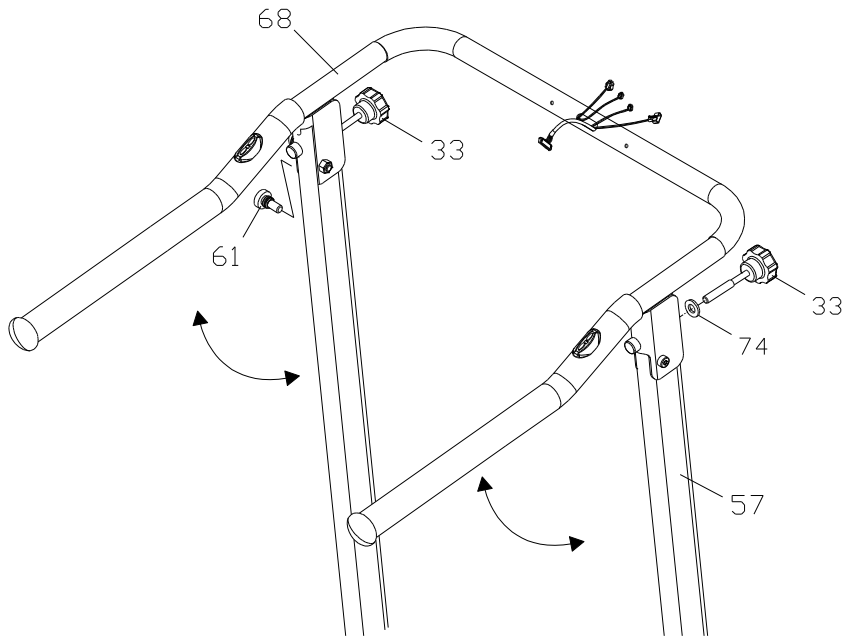
### Step 1

Place the treadmill in the upright position and then place one hand on the rear end of Main Frame (1) and use your other hand to pull out the Spring Knob (23). Lower the Main Frame (1) down from the rear of treadmill until the Spring Knob (23) "pops" down into the locked position.

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

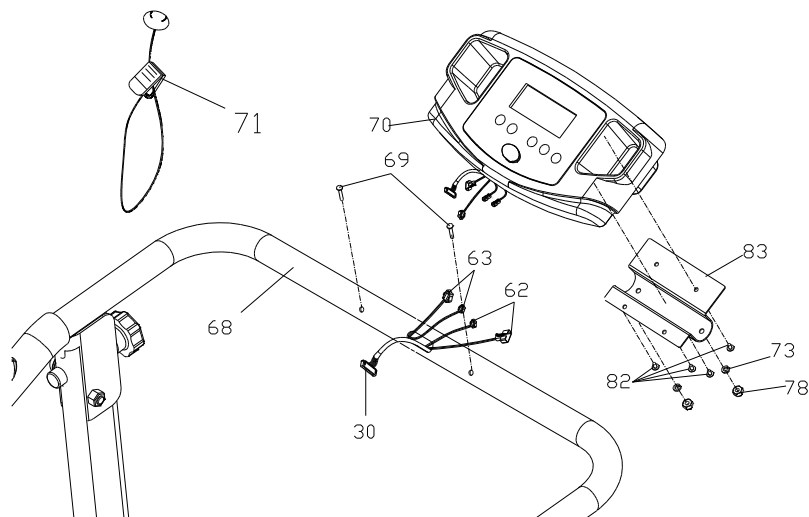
Remove four Stabilizer Knobs (32) and four  $\text{Ø}21 \times \text{Ø}8.5 \times 1.8\text{t}$  Washers (75) from the right and left sides of the Stabilizer (57). Then install both Stabilizer Tubes (31) to the Stabilizer (57) by inserting both Stabilizer Tubes (31) into the Stabilizer (57), using four Stabilizer Knobs (32) and four  $\text{Ø}21 \times \text{Ø}8.5 \times 1.8\text{t}$  Washers (75) that were removed.

## ASSEMBLY



### Step 2

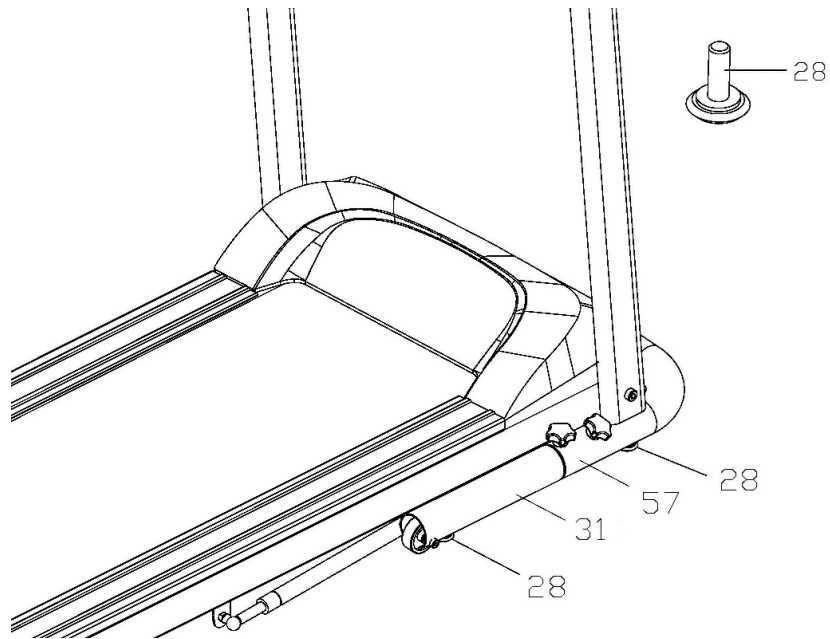
Pull the Short Knob (61) and then lift the Handlebar (68) all the way up. Tighten the Handlebar (68) to the Stabilizer (57) with two Handlebar Knobs (33) and two M10 Washers (74).



### Step 3

Attach the Computer (70) onto the Handlebar (68) with two Square neck Screw (69). Place the Safety Tether Key (71) onto the Computer (70).

## ASSEMBLY



### Step 4

There are five Adjustable Levelers (28) on the bottom of both Stabilizer Tubes (31) and Stabilizer (57). Turn the Adjustable Leveler (28) as needed to level the treadmill.

## COMPUTER



### Quick Start:

Flip the Master Power Switch that is located at the front of the treadmill to the ON position. The treadmill will self-test for 2 seconds on startup and then the speed setting will show up after a 2 second long beep. Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. Always begin the treadmill standing on the side rails, not on the belt.

Press the START button to start exercise. The belt will start moving with an initial speed of 0.4 MPH. The SPEED window will display your current speed during training, the treadmill's speed range is from 0.4 MPH to 4.0 MPH. The PULSE window will display your current heart rate 10 seconds after you grip the handlebar hand pulse sensors with both of your hands before or after exercising.

The split window of TIME will display in your elapsed workout TIME. The split window of DISTANCE will display your cumulative DISTANCE. The split window of CALORIES will display your total CALORIES burned during your workout. During training, you may press the STOP button to stop the treadmill running at any time, press the START button to start the treadmill running again. You may pull out the safety tether key to stop the treadmill running.

### Button Functions:

**START:** Press the START button to start the treadmill running.

**STOP:** Press the STOP button to stop the treadmill running.

**MODE:** Press MODE button to select each function (TIME, DISTANCE, or CALORIES) for target pre-setting.

**FAST:** To make upward adjustments for pre-setting target training time, distance, or calories.

**SLOW:** To make backward adjustments for pre-setting target training time, distance, or calories.

## COMPUTER

### **Computer Functions:**

**TIME:** Displays your elapsed workout time in minutes and seconds. Press the START button to start exercise. To set TIME press the MODE button ONCE until you see the TIME begin blinking. Press the FAST or SLOW button to change the time, each time you press the FAST button TIME should increase 1 minute and SLOW button TIME should decrease 1 minute. The pre-set target time range is from 05:00-99:00. Once you pre-set target time, press the START button to start exercising. The walking belt starts moving at a speed of 0.4 MPH. TIME starts counting down from pre-set target time to 05:00 per 1 minute backward. When the pre-set target time counts down to 0:00, the treadmill will stop operation automatically.

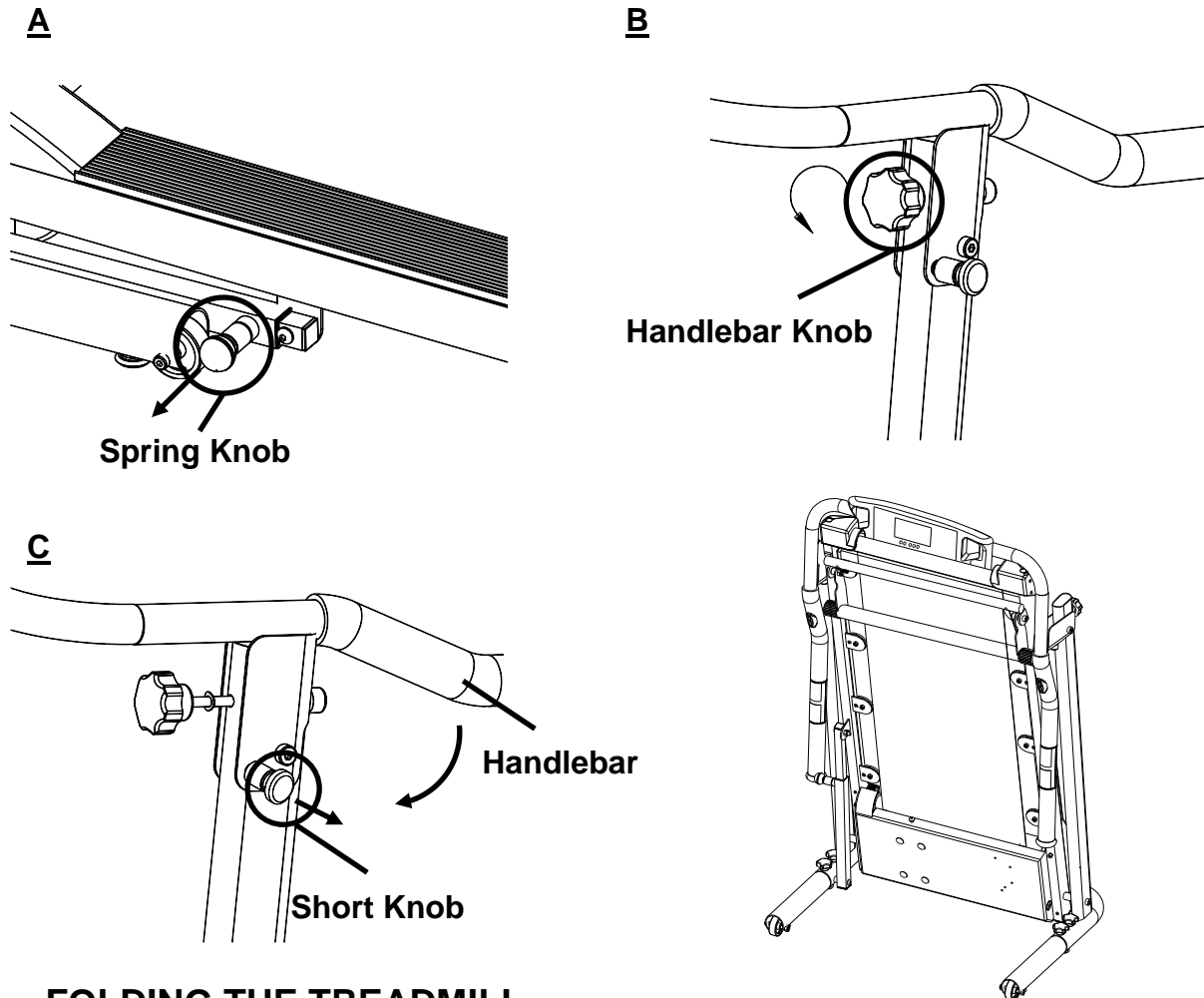
### **DIST (DISTANCE):**

Displays the accumulative distance traveled during workout. Press the START button to start exercise. To set DISTANCE press MODE button TWO TIMES to start exercise, until you see the DISTANCE begin blinking. Press the FAST or SLOW button to change the DISTANCE, each time you press the FAST button DISTANCE should increase 0.1 mile and SLOW button DISTANCE should decrease 0.1 mile. The walking belt starts moving at speed of 0.4 MPH. You may press the FAST or SLOW button on the computer console to increase or decrease walking distance during exercise. You may also pre-set target distance in STOP mode before training. The pre-set target distance range is from 0.50 to 99.90 miles. Once you pre-set target distance, press START button to start exercising. Distance starts counting down from pre-set target distance to 0.50. Once the pre-set target distance counts down to 0.00, the treadmill stops operation automatically.

**CAL (CALORIES):** Displays the total accumulated calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment). Press the START button to start exercise. To set CAL press MODE button THREE TIMES to start exercise, until you see the CAL begin blinking. Press the FAST or SLOW button to change the CAL, each time you press the FAST button CAL should increase 10CAL and SLOW button CAL should decrease 10CAL. The pre-set target calories range is from 20 to 9990 CAL.

**PULSE:** The PULSE window will display your current heart rate 10 seconds after you grip the hand pulse sensors with both your hands before or after exercise. To ensure the pulse readout is precise, please always grip the hand pulse sensors with two hands instead of just with one hand when you try to test your heart rate figures and please do not test your heart rate while you are doing exercise.

## STORAGE



### FOLDING THE TREADMILL

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

To fold the treadmill place one hand on the rear end of main frame and use your other hand to pull out the Spring Knob, then lift the main frame up until the Spring Knob "pops" down into the locked position as shown in figure A.

Release both Handlebar Knobs as shown in figure B.

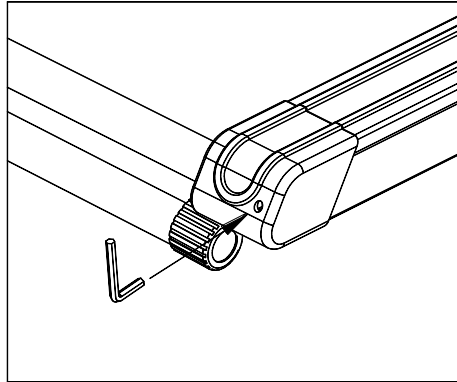
Pull out the Short Knob and then push the Handlebar all the way down.

Insert both Handlebar Knobs back to the Stabilizer as shown in figure C.

The figure D shows the treadmill in the folded position. Now the treadmill is ready to be stored.

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

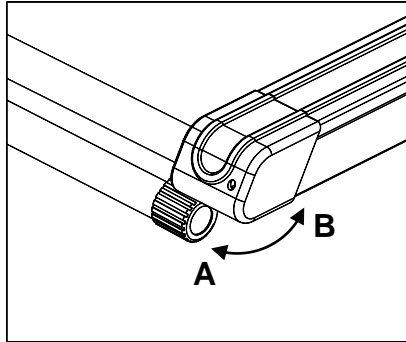
## ADJUSTMENTS



### **Belt Adjustment:**

The belt is adjusted at the factory; it may come loose during transportation and/or from use. After prolonged use of the treadmill, the belt will stretch out. If the belt is shifting to the left, turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen wrench provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered. If the belt is shifting to the right, turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen wrench provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered. If the belt is slipping during use, turn off and unplug the treadmill. Using the Allen wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn in the clockwise direction for the same amount, then turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. You should now walk on to the belt to determine if the belt is still slipping. Repeat the above procedure until the belt no longer slips.

## ADJUSTMENTS



### **Incline Adjustment:**

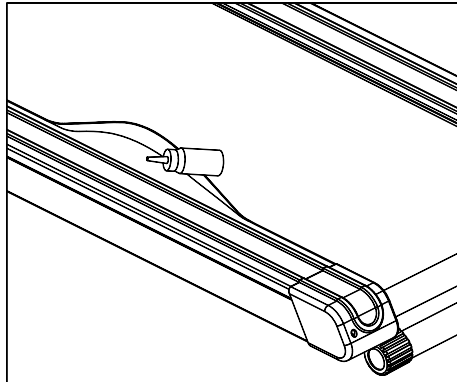
Place one hand on the rear end of main frame. Lift the main frame up then adjust the Incline Adjuster to the desired position.

### **2 Incline Degree Options:**

3 % Incline degree when Incline Adjuster at Position A.

6 % Incline degree when Incline Adjuster at Position B.

## LUBRICATION



The treadmill has already been coated with "Silicone Oil" in advance. Silicone oil is a non-volatile oil and by the time you receive should have permeated through the belt. There will be no need to re-apply the oil under normal circumstances. To maintain the belt, "Silicone Oil" may be re-applied once the resistance has been increased and the belt starts rubbing against the running deck. To re-apply "Silicone Oil" to the treadmill, lift up the belt, one side at a time, and apply the oil directly to the center of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

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

## MAINTENANCE & TROUBLE SHOOTING

**WARNING:** To prevent electrical shock, please turn off and unplug(ed) the treadmill before cleaning or performing routine maintenance.

### CLEANING

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.

Please keep the treadmill, especially, the console, out of direct sunlight to prevent screen damage.

### STORAGE

Store the treadmill in a clean and dry environment. Ensure the master power switch is off and is in the off position and the power plug is un-plugged from the electrical wall outlet.

### TROUBLE SHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none"> <li>1. Not plugged in.</li> <li>2. Safety tether key not connected.</li> <li>3. House circuit breaker tripped.</li> <li>4. Treadmill circuit breaker tripped.</li> </ol>	<ol style="list-style-type: none"> <li>1. Put the power plug into the electrical wall outlet.</li> <li>2. Install the safety tether key.</li> <li>3. Reset or have an electrician replace the breaker in home.</li> <li>4. Wait five minutes and then press the switch back in.</li> </ol>
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates When stepped on.	<ol style="list-style-type: none"> <li>1. Not enough lubrication applied onto the running deck.</li> <li>2. Belt is too tight.</li> </ol>	<ol style="list-style-type: none"> <li>1. Apply silicone lubricant.</li> <li>2. Adjust belt tension.</li> </ol>
Belt is off centered.	Running belt tension not even across the rear roller.	Center the belt.

## MAINTENANCE & TROUBLE SHOOTING

Problem	Potential Causes	Corrections
<b>Er 1</b> (Computer did not receive any signal for 30 seconds.)	<ol style="list-style-type: none"> <li>1. Bad communication for upper and lower controller.</li> <li>2. The communicate signal from upper or lower controller is bad by interference from motor.</li> </ol>	<ol style="list-style-type: none"> <li>1. Check the cables are in good connection.</li> <li>2. Turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows Er 1, please notify your local Customer Service Center.</li> </ol>
<b>Er 3</b> (Over voltage protection trip.)	<ol style="list-style-type: none"> <li>1. Input AC power over voltage.</li> <li>2. Chip for controller is damage.</li> </ol>	Turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows Er 3, please notify your local Customer Service Center.
<b>Er 4</b> (Excessive current from the controller.)	<ol style="list-style-type: none"> <li>1. Belt is too tight.</li> <li>2. Belt rubs against the deck.</li> </ol>	<ol style="list-style-type: none"> <li>1. Adjust the belt tension.</li> <li>2. Apply silicone lubricant or turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows Er 4, please notify your local Customer Service Center.</li> </ol>

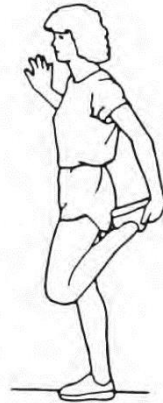
## MAINTENANCE & TROUBLE SHOOTING

Problem	Potential Causes	Corrections
<b>Er 5</b> (Excessive drive motor current.)	Check your machine to make sure the running belt is without any abnormal interference.	Turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows Er 5, please notify your local Customer Service Center.
<b>Er 6</b> (The motor cannot work.)	Check if the wire that connects to the motor is connected properly or not.	Reconnect the wire or turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows Er 6, please notify your local Customer Service Center.
<b>Er 7</b> (PCB did not receive any signal.)	<ol style="list-style-type: none"> <li>1. Bad communication for upper and lower controller.</li> <li>2. The communicate signal from upper or lower controller is bad by interference from motor.</li> </ol>	<ol style="list-style-type: none"> <li>1. Check the cables are in good connection.</li> <li>2. Turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows Er 7, please notify your local Customer Service Center.</li> </ol>
<b>SAFE</b> (Safety key is loose or unplugged.)	Check the position of the safety key.	Reset the safety key correctly.

## WARM UP

### Quadriceps Stretch

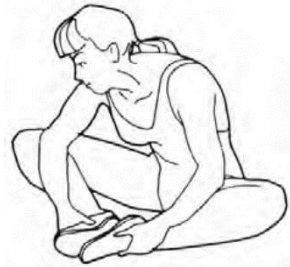
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



### Inner Thigh Stretch

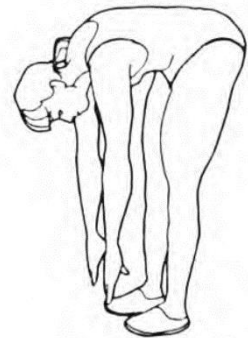
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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



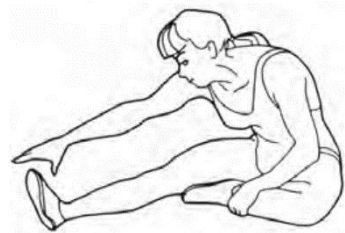
### Toe Touches

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 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 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:** \_\_\_\_\_

<b>PART #</b>	<b>DESCRIPTION</b>	<b>QTY</b>

***“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”***

<b>OFFICIAL USE ONLY</b>
<b>SHIP DATE:</b> _____
<b>TRK #:</b> _____
<b>BACK ORDER:</b> _____