

**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.

2810.1-110316

## **Owner's Manual**

## **Le Manuel Du Propriétaire**





**PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.**

**If you need help with product information, assembly, or replacement parts. Please contact customer service.**

**Email us at:**  
**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

**Or call us at:**  
**1-844-641-7920**  
**Hours:**  
**8:00 am to 5:00 pm (PST) Daily**

## TABLE OF CONTENTS

SERVICE .....	2
TABLE PLACEMENT .....	3
PRODUCT SAFETY .....	4
ASSEMBLY PREPATION.....	5
OVERVIEW DRAWING .....	6
PART LIST .....	7
HARDWARE PACK .....	8
PRODUCT DRAWING.....	10
STEP 1 .....	11
STEP 2 .....	13
STEP 3 .....	15
STEP 4 .....	17
STEP 5 .....	19
STEP 6 .....	21
STEP 7 .....	23
STEP 8 .....	25
WARRANTY .....	27
PARTS REQUEST FORM .....	28

## **IMPORTANT: FOR NORTH AMERICA ONLY**

**For damage or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by below methods:**

**For Best Service Email:**

**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

**Website:**

**[www.paradigmhw.com](http://www.paradigmhw.com)**

**Toll-Free:**

**1-844-641-7920**

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

Your name  
Phone number  
Model number  
Serial number  
Part number  
Proof of Purchase

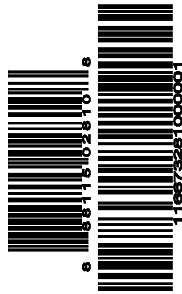
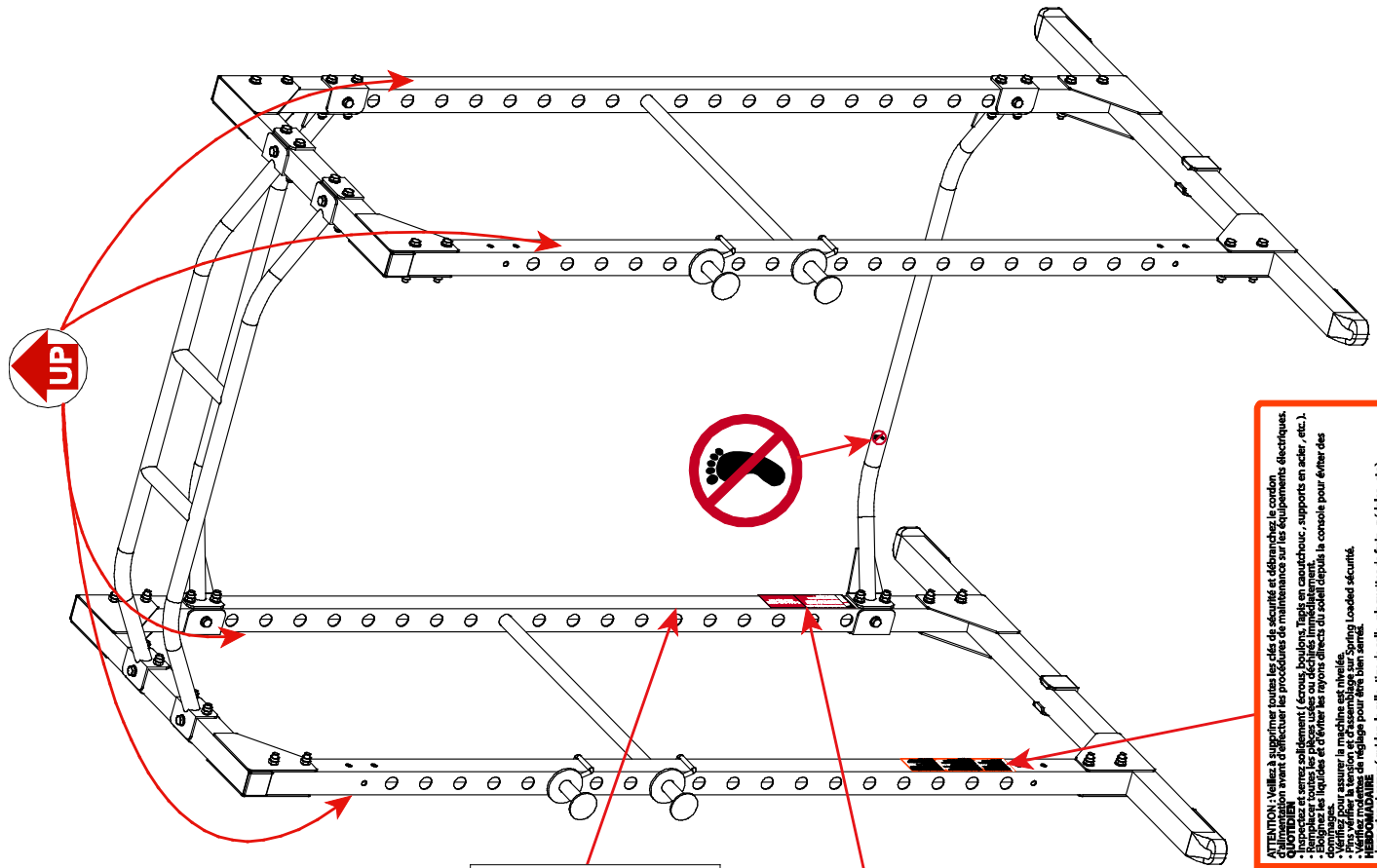
**For damaged or defective product please contact our customer service before returning to the store.**

**\* Emailing us with the information above will be the best method to receive a response during peak business hours.**

**\*\*Response time may vary.**

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

# LABEL PLACEMENT



Serial number / Numéro de série / Número de serie:  
MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

**Fitness Reality**

For customer assistance, daily:  
Pour le service à la clientèle  
composer le, tous les jours:  
Para servicios al cliente,  
llame al, diario:

**1-844-641-7920**  
8 am - 5 pm PST

## MAINTENANCE SCHEDULE

**CAUTION:** Make sure to remove any safety pins and unplug the power cord before performing any maintenance procedures on Electrical Equipment.

**DAILY**

- Inspect and tighten securely (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).
- Replace any worn or torn parts immediately.
- Keep liquids away and avoid direct sunlight from console to avoid damage.
- Check Tension and Fitting on Safety Spring Loaded Pits.
- Check Adjustment knobs to be Securely Tightened.

**WEEKLY**

- Inspect and tighten securely (Handlebars, Seat, Seat Post, Brake Pads, Pedals, etc.).
- Clean and Wipe Upholstery, Rollers, Track Wheels, Walking Belt.
- Check equipment Metal/Wood/Upholstery structure frame.
- Lubrication: See Owner's Manual.

## MANUTENIMENTO

**PRECAUÇÕES:** Assegure-se de retirar os cliques de segurança e desconectar o cabo eléctrico antes de realizar qualquer procedimento de manutenção do equipamento eléctrico.

**DIÁRIO**

- Revista y apriete firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, etc.).
- Reemplace inmediatamente cualquier parte desgastada o rota.
- Mantenga alejado los líquidos y evite de la luz solar directa reflejada por la consola, para evitar daños.
- Compruebe la tensión y ajuste las clavijas de seguridad accionadas por resorte.
- Compruebe los tornillos de ajuste están aprietaos firmemente.

**SEMANAL**

- Revista y apriete firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, etc.).
- Limpie y pase un trapo por la tapicería, los rodillos, ruedas de pista, cinta para caminar.
- Verifique la estructura de metal/madera / materiales / estructura del equipo.
- Lubricación: Ver el Manual del dueño.

## HEURES ENTRETIEN

**ATTENTION:** Veillez à supprimer toutes les clips de sécurité et débrancher le cordon d'alimentation avant d'effectuer les procédures de maintenance sur les équipements électriques.

**QUOTIDIEN**

- Inspectez et serrez solidement (écrous, boulons, Tige en caoutchouc, supports en acier, etc.).
- Remplacez toutes les pièces usées ou défectueuses immédiatement.
- Éloignez les liquides et évitez les rayons directs du soleil depuis la console pour éviter des dommages.
- Vérifiez pour assurer la machine est nivelée.
- Vérifiez les vis d'ajustement de la machine.

**HEBDOMADAIRE**

- Inspectez et serrez solidement (guidons, la selle, l'axe de selle, pédales de frein, pédales, etc.).
- Propre et essuyez amplement, rouleaux, roues à piste, ceinture de marche.
- Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement.
- Verifiez la structure de metal/matériau / matériaux / structure de l'équipement.
- Lubrification: Voir le Manuel du propriétaire.

**WARNING: Before using this equipment you should consult with your physician to see if this workout equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:**

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

**The Maximum Static Weight Capacity for this product is 800lbs / 363kgs.**

**Read all the instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.**

This workout equipment is designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, note the following safety instructions:

1. Consult your physician or other health care professionals before using this equipment.
2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
3. If at any time you feel faint, light-headed, or dizziness while operating this equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
4. Keep children and pets away from this equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all the screws, nuts, and bolts are tightened prior to use. Check the screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any objects into any openings on the equipment.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.
13. Children from 12 to 18 should have adult supervision.

**Warning:** It is highly recommended that you have assistance during the assembly of the strength equipment.

1. Tools for assembly:

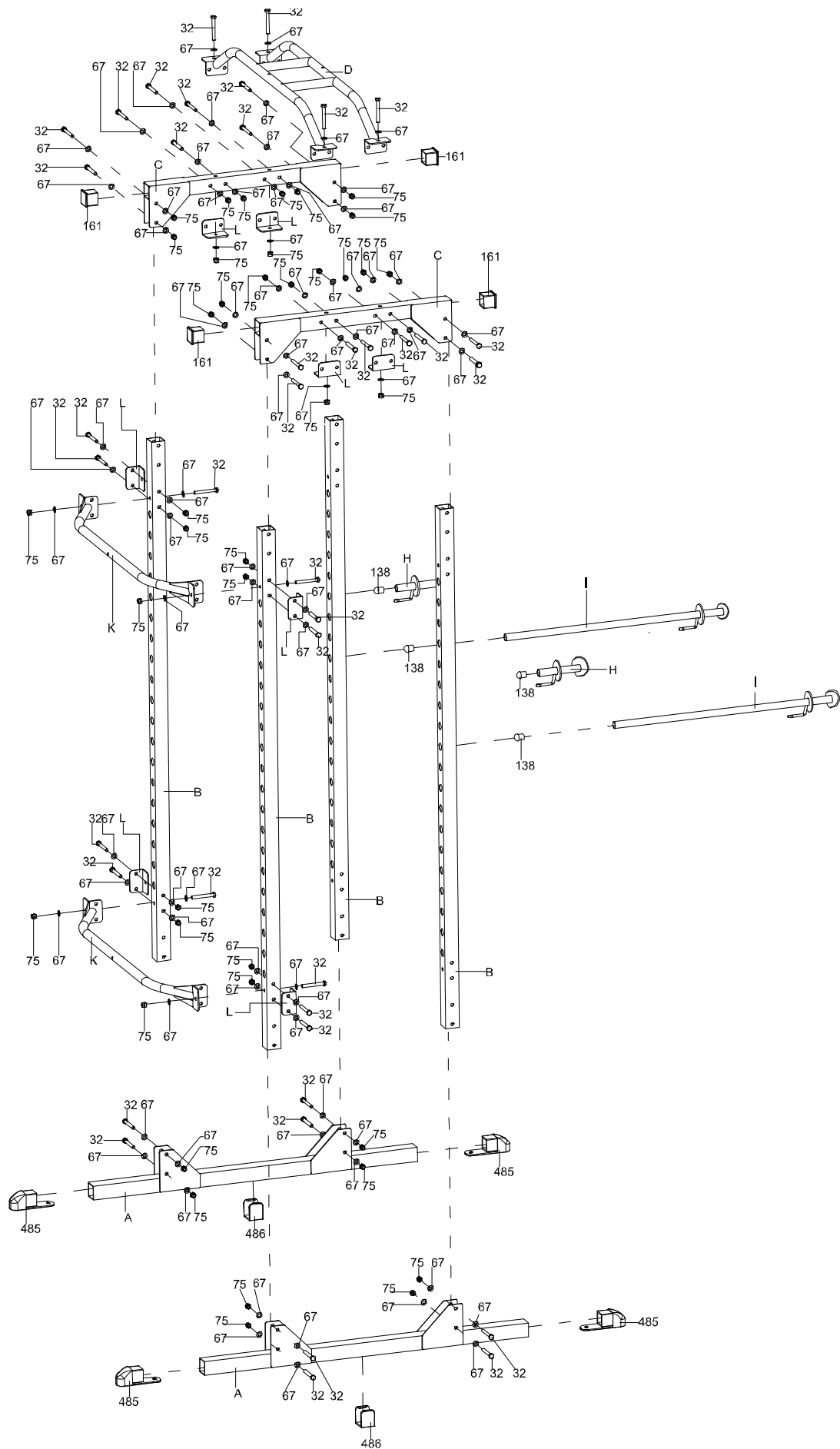
General tools you may need for the assembling this strength equipment:

- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

2. Insert bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the parts of that step.
6. To aid in the assembly of the equipment, the hardware pack (bolts, nuts, washer...etc.) have been presorted according to their corresponding steps. **See the Hardware Pack page.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. **See page 2.**



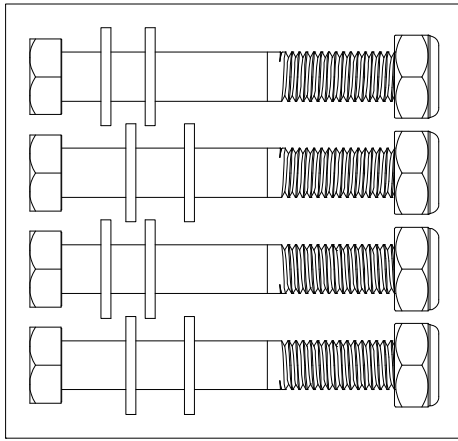
# OVERVIEW DRAWING



## PART LIST

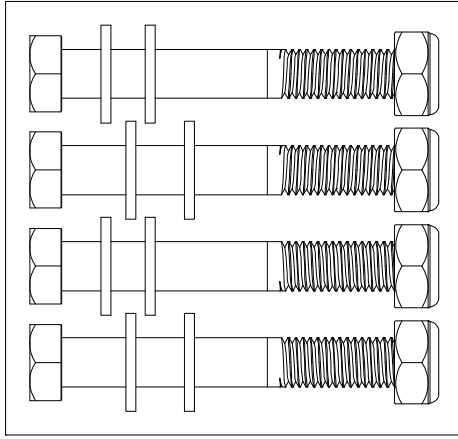
Part #	Description	Q'ty
A	Base Frame	2
B	Upright Frame	4
C	Upper Frame	2
D	Pull Up Bar	1
H	Short Safety Catch	2
I	Long Safety Catch	2
K	Rear Cross Bar	2
L	L-Bracket	8
32	Hexagon Head Bolt M10*73	40
67	Washer D10.5*D30*1.5t	80
75	Nylon Lock Nut M10	40
138	Domed End Caps	4
161	Square End Cap	4
485	Foot End Cap	4
486	U-Bracket	2

## STEP 1



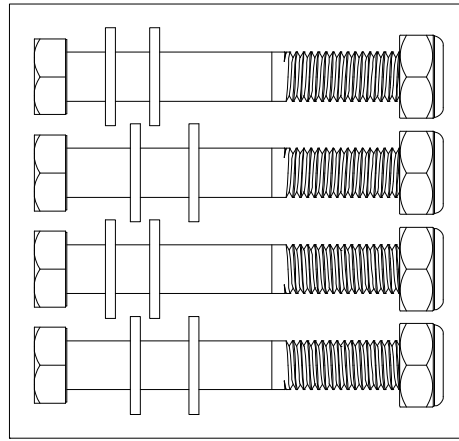
(32) Hexagon Head Bolt M10\*73 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  8pcs  
(75) Nylon Lock Nut M10 4pcs

## STEP 2



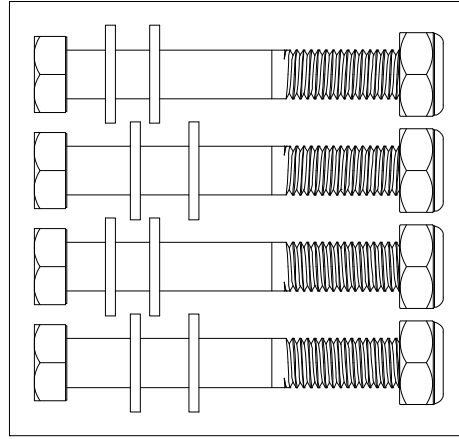
(32) Hexagon Head Bolt M10\*73 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  8pcs  
(75) Nylon Lock Nut M10 4pcs

## STEP 3



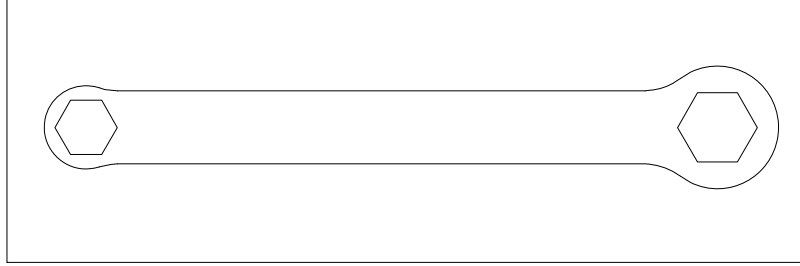
(32) Hexagon Head Bolt M10\*73 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  8pcs  
(75) Nylon Lock Nut M10 4pcs

## STEP 4

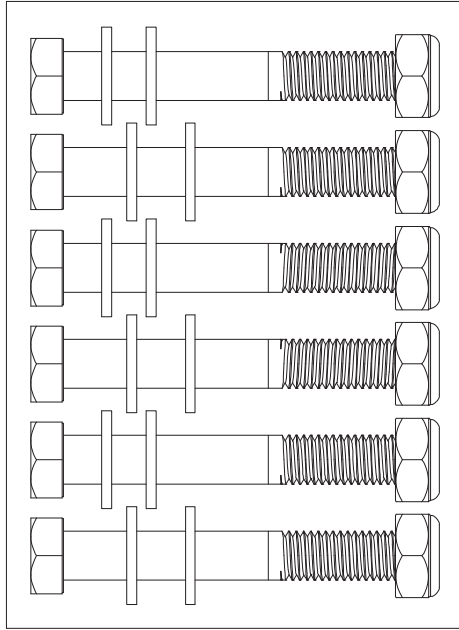


(32) Hexagon Head Bolt M10\*73 4 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  8pcs  
(75) Nylon Lock Nut M10 4pcs

Wrench S-17/S-13 2 PCS

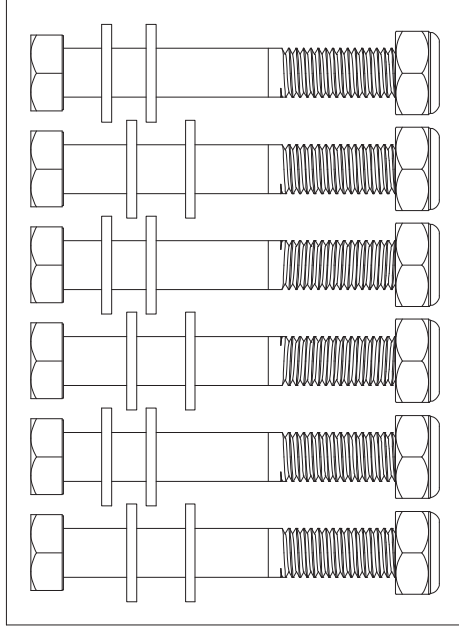


## STEP 5



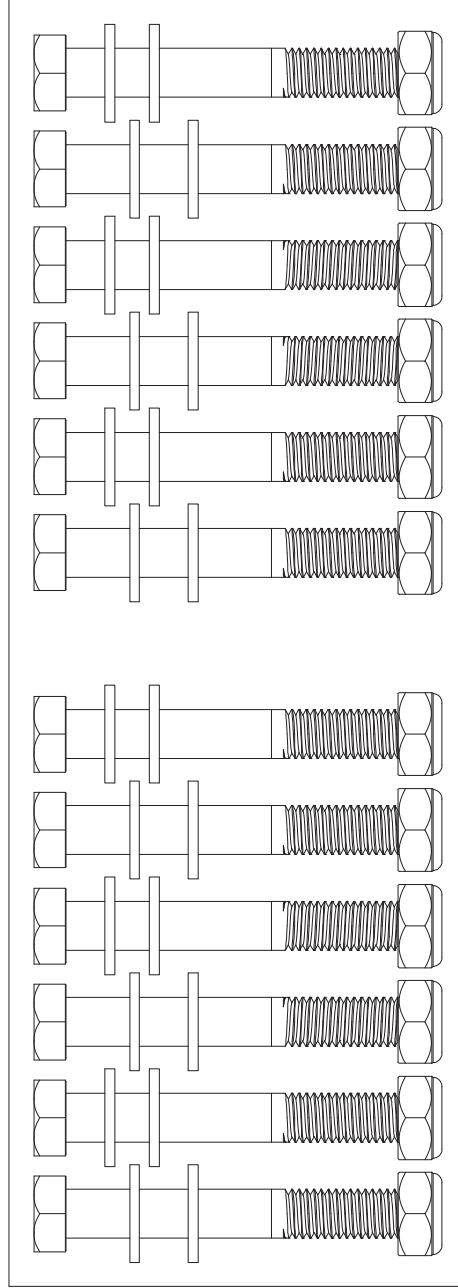
(32) Hexagon Head Bolt M10\*73 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  12pcs  
(75) Nylon Lock Nut M10 6pcs

## STEP 6



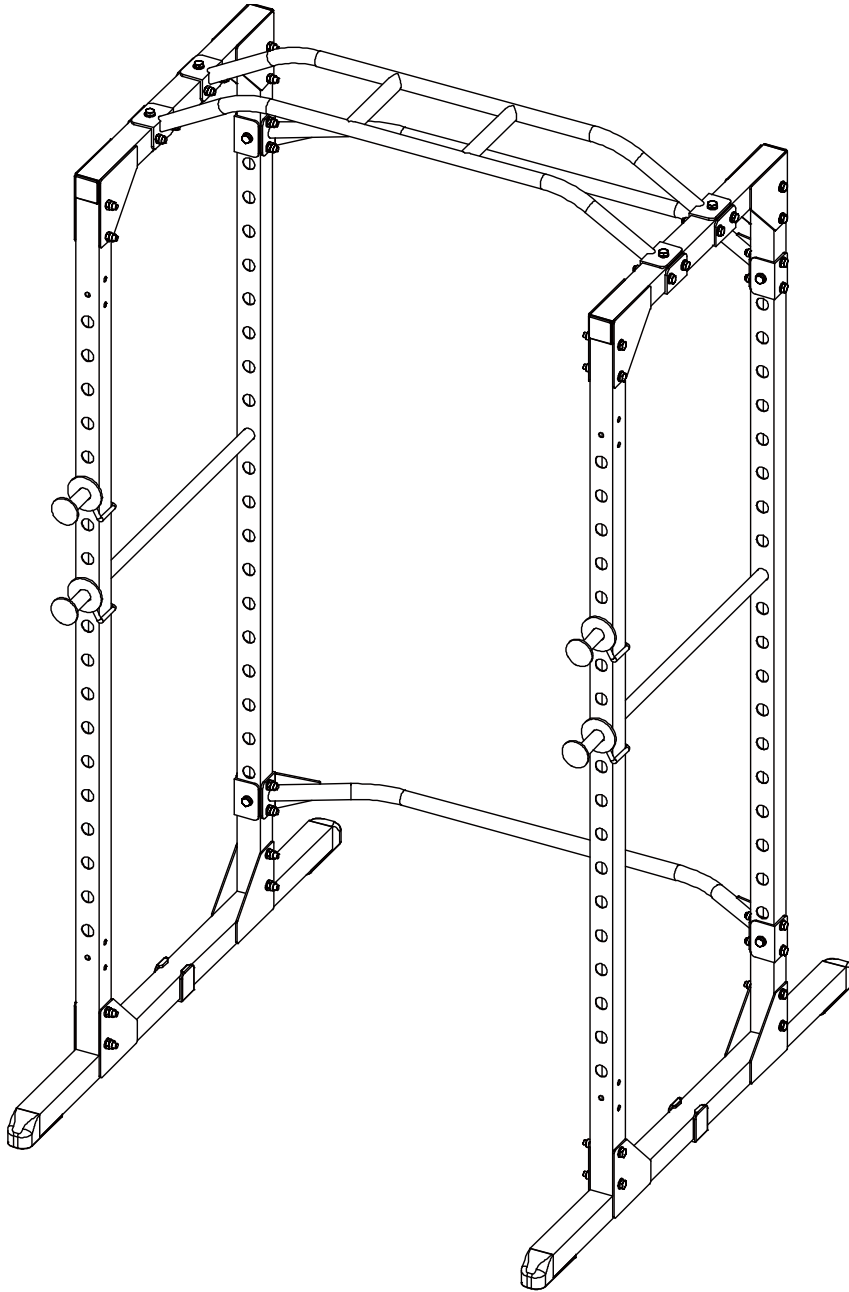
(32) Hexagon Head Bolt M10\*73 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  12pcs  
(75) Nylon Lock Nut M10 6pcs

## STEP 7



(32) Hexagon Head Bolt M10\*73 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  12pcs  
(75) Nylon Lock Nut M10 6pcs

(32) Hexagon Head Bolt M10\*73 6 PCS  
(67) Washer  $\phi 10.5 \times \phi 20 \times 1.5t$  12pcs  
(75) Nylon Lock Nut M10 6pcs



## STEP 1

1A. Insert a **Foot End Cap (485)** into each side of the **Base Frame (A)**.

1B. Insert two **Upright Frames (B)** into the brackets of the **Base Frame (A)**.

Make sure the arrow stickers on the **Upright Frames (B)** are pointing away from the **Base Frame (A)**.

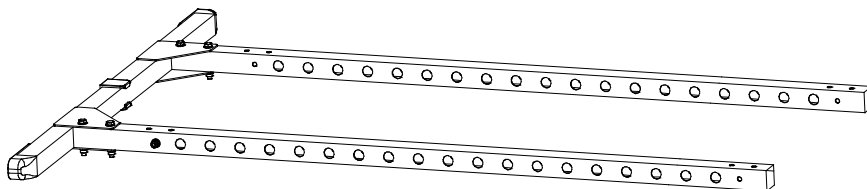
1C. Attach the **Base Frame (A)** to the two **Upright Frames (B)** by using:

4 - (32) Hexagon Head Bolt

8 - (67) Washer

4 - (75) Nylon Lock Nut

**Do not thoroughly tighten the hardware until the unit is completely assembled.**

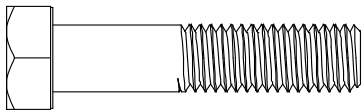
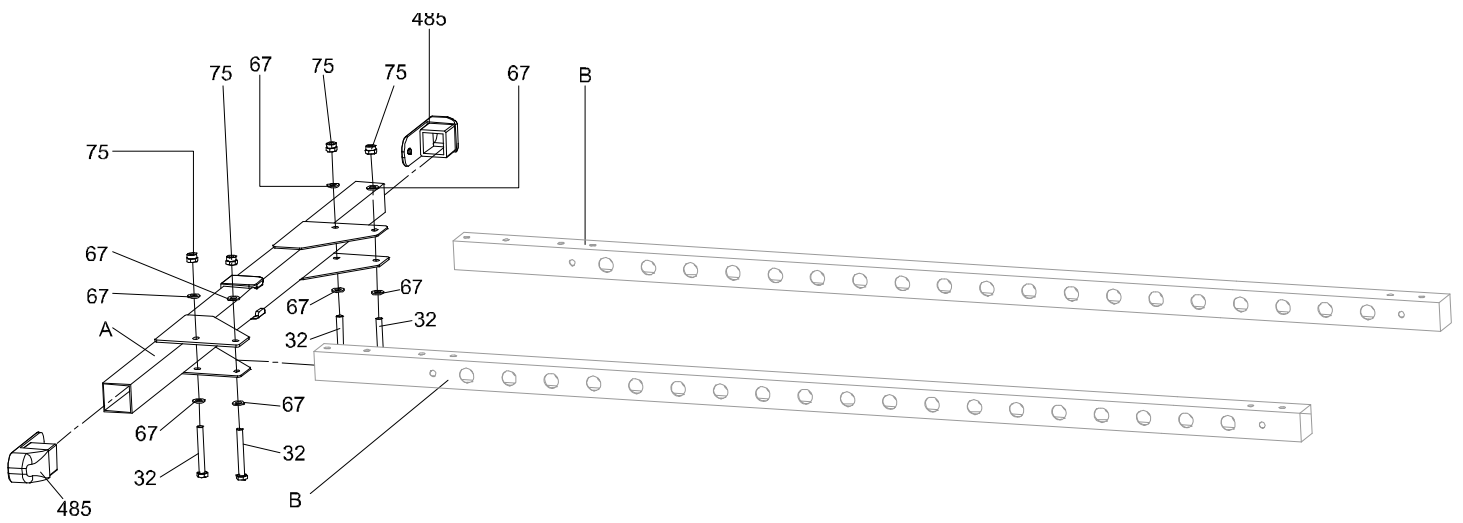


**Appearance upon completion of Step 1.**

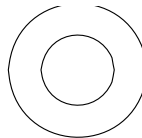
## STEP 1



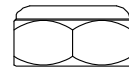
13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
4PCS



(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS

## STEP 2

2A. Slide the two **Upright Frames (B)** into the brackets at the ends of the **Upper Frame (C)**.

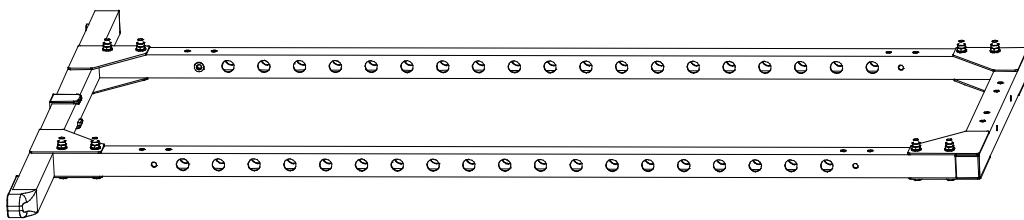
2B. Attach the **Upper Frame (C)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

**8 - (67) Washer**

**4 - (75) Nylon Lock Nut**

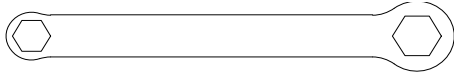
**Do not thoroughly tighten the hardware until the unit is completely assembled.**



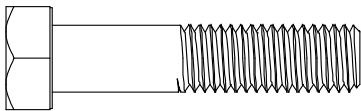
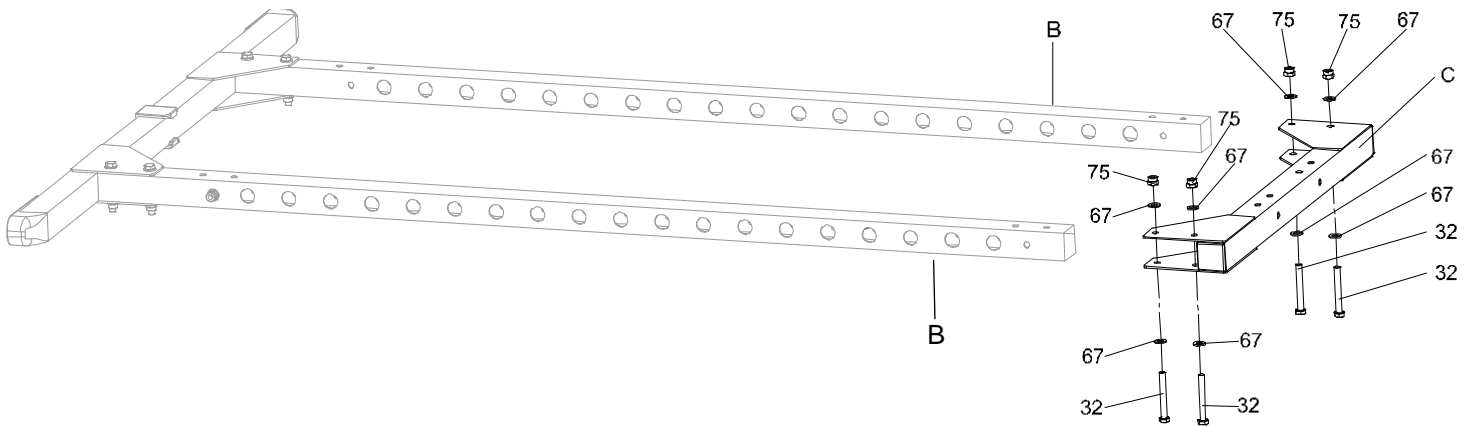
**Appearance upon completion of Step 2.**



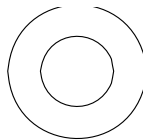
## STEP 2



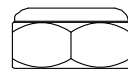
13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
4PCS



(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS

## STEP 3

3A. Insert a **Foot End Cap (485)** into each side of the **Base Frame (A)**.

3B. Insert two **Upright Frames (B)** into the brackets of the **Base Frame (A)**.

Make sure the arrow stickers on the **Upright Frames (B)** are pointing away from the **Base Frame (A)**.

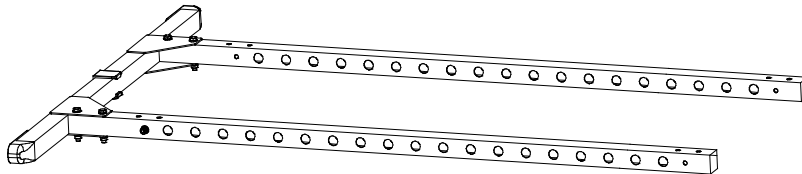
3C. Attach the **Base Frame (A)** to the two **Upright Frames (B)** by using:

4 - (32) Hexagon Head Bolt

8 - (67) Washer

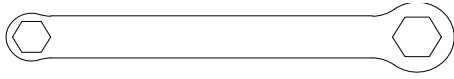
4 - (75) Nylon Lock Nut

**Do not thoroughly tighten the hardware until the unit is completely assembled.**

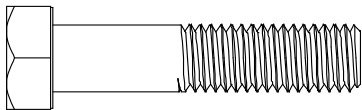
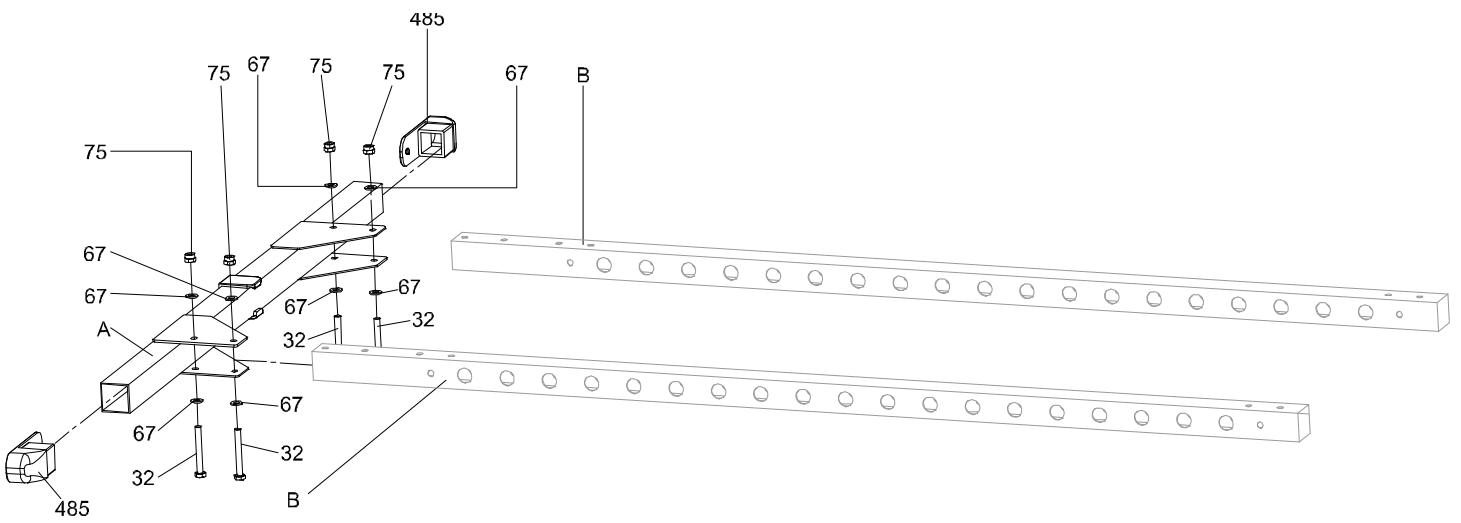


**Appearance upon completion of Step 3.**

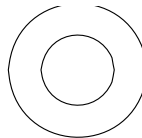
## STEP 3



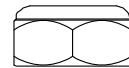
13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
4PCS



(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS

## STEP 4

4A. Slide the two **Upright Frames (B)** into the brackets at the ends of the **Upper Frame (C)**.

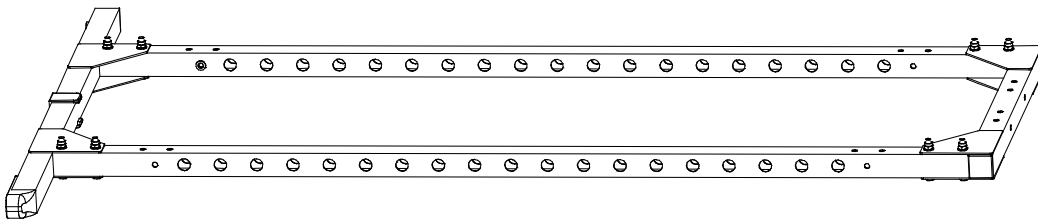
4B. Attach the **Upper Frame (C)** to the two **Upright Frames (B)** by using:

**4 - (32) Hexagon Head Bolt**

**8 - (67) Washer**

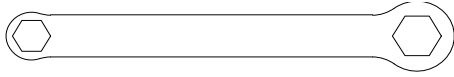
**4 - (75) Nylon Lock Nut**

**Do not thoroughly tighten the hardware until the unit is completely assembled.**

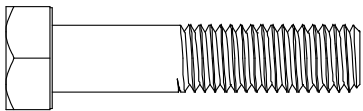
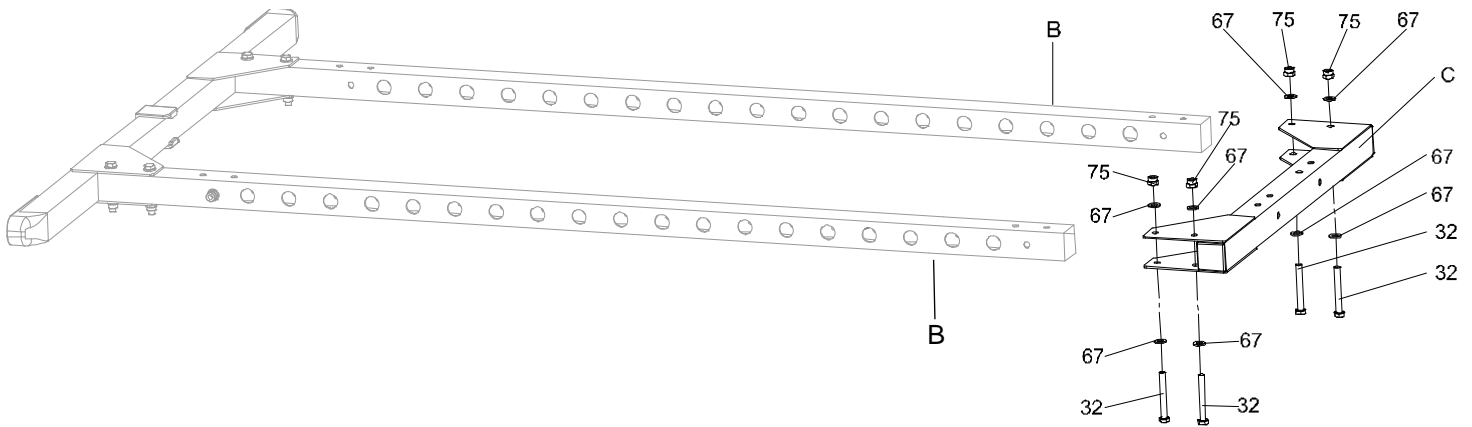


**Appearance upon completion of Step 4.**

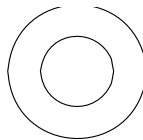
## STEP 4



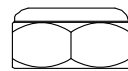
13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
4PCS



(67) Washer  
8PCS



(75) Nylon Lock Nut  
4PCS

## STEP 5

5A. Mount the **Pull Up Bar (D)** and two **L-Brackets (L)** to the **Upper Frame (C)**.

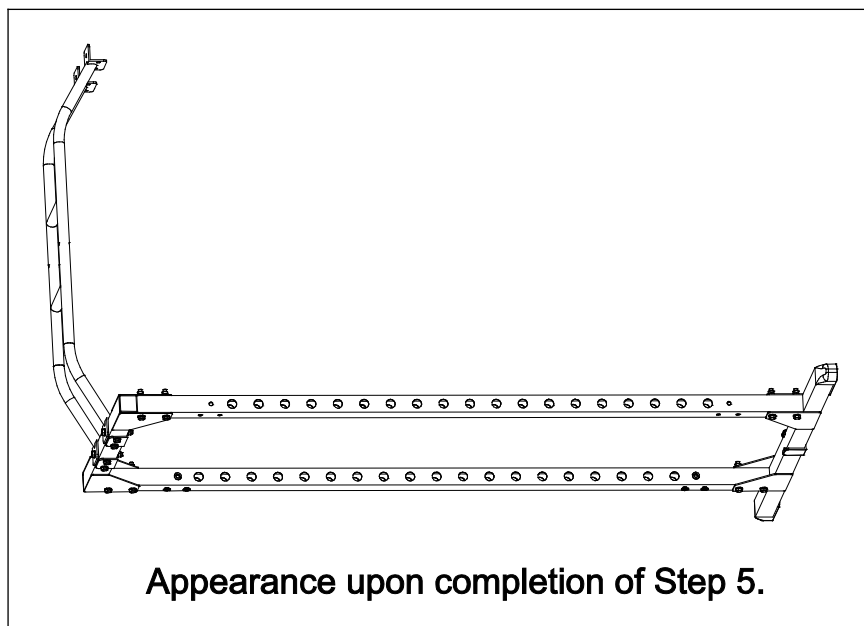
5B. Attach the **Pull Up Bar (D)** and **two L-Brackets (L)** to the **Upper Frame (C)** by using:

**6 - (32) Hexagon Head Bolt**

**12 - (67) Washer**

**6 - (75) Nylon Lock Nut**

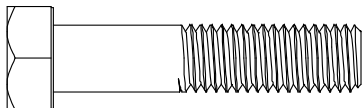
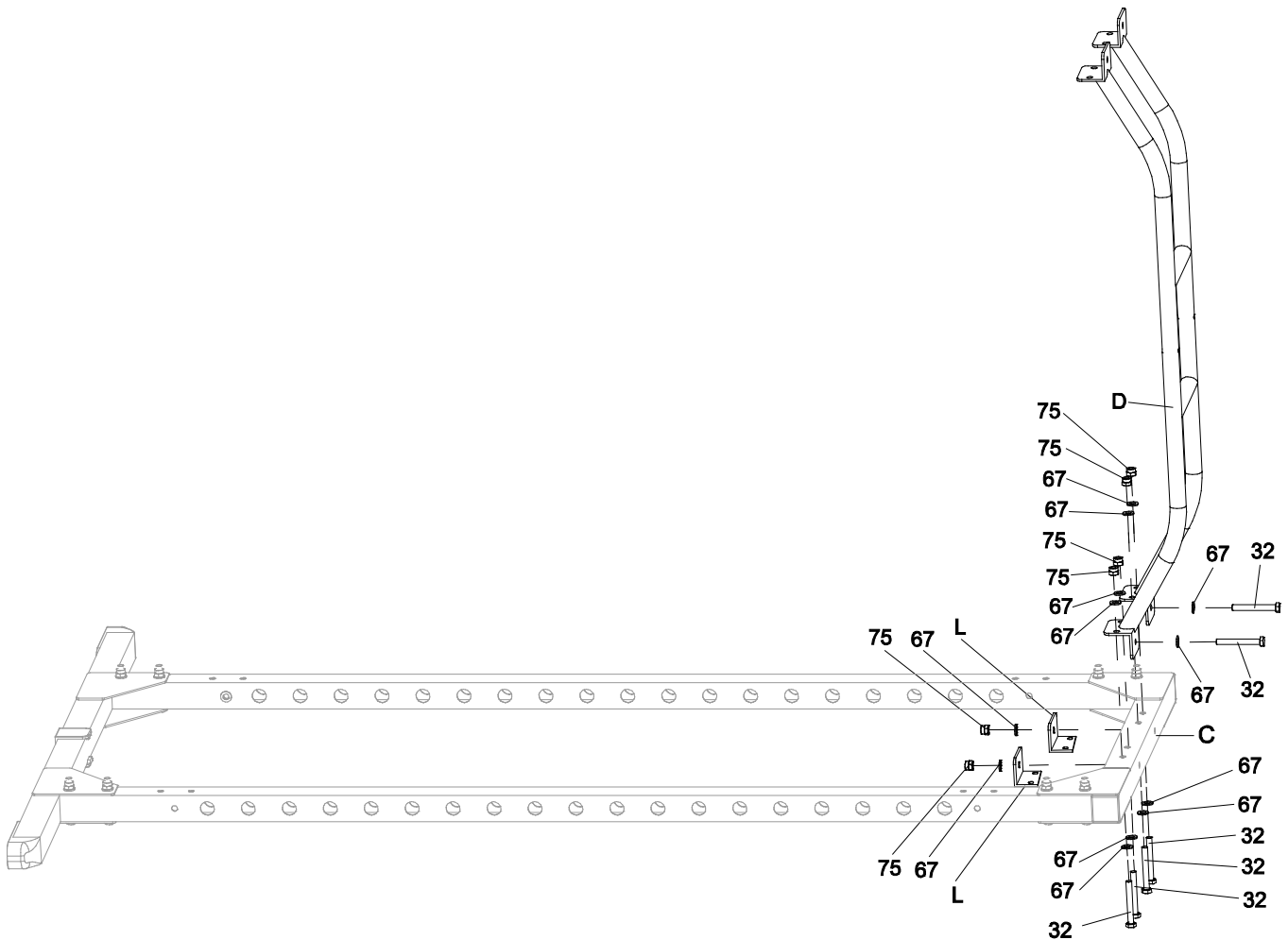
**Do not thoroughly tighten the hardware until the unit is completely assembled.**



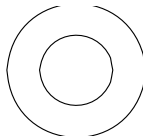
**STEP 5**



13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
6PCS



(67) Washer  
12PCS



(75) Nylon Lock Nut  
6PCS

## STEP 6

6A. Mount the **Pull Up Bar (D)** and two **L-Brackets (L)** to the **Upper Frame (C)**.

6B. Attach the **Pull Up Bar (D)** and **two L-Brackets (L)** to the **Upper Frame (C)** by using:

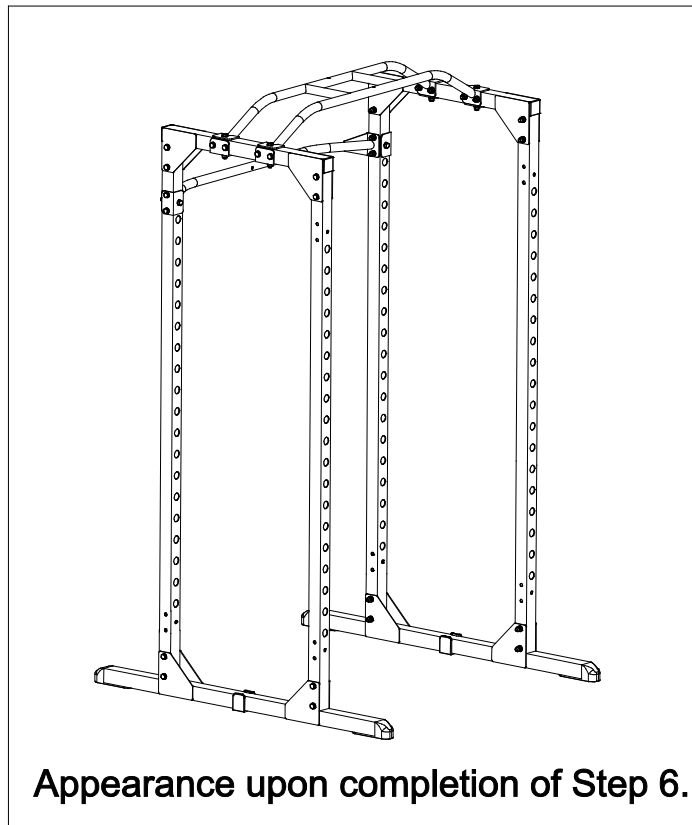
**6 - (32) Hexagon Head Bolt**

**12 - (67) Washer**

**6 - (75) Nylon Lock Nut**

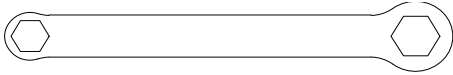
**Do not thoroughly tighten the hardware until the unit is completely assembled.**

Note: Having someone to assist for this step is recommended.

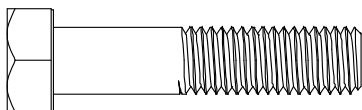
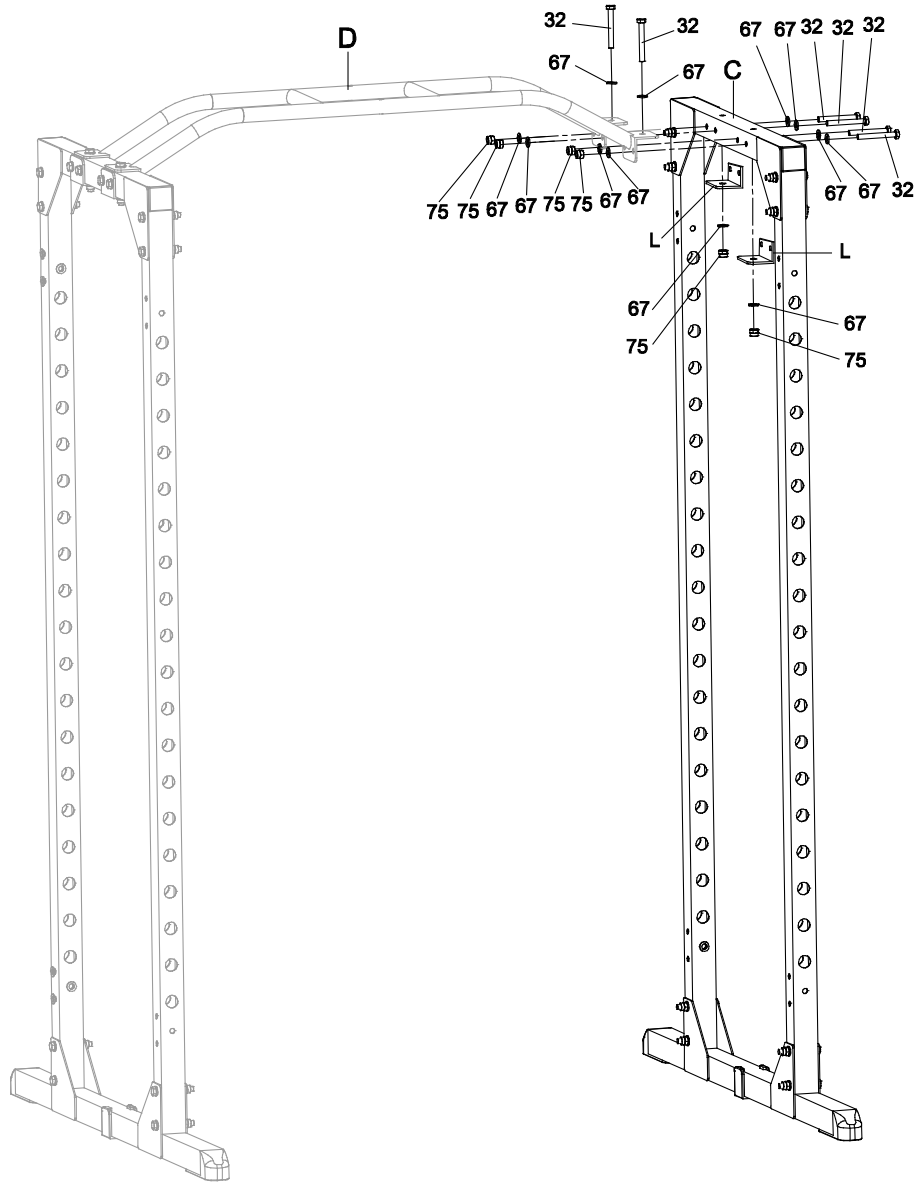




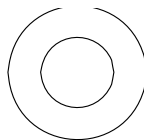
## STEP 6



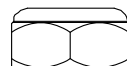
13-17mm Wrench  
2 PCS



(32) Hexagon Head Bolt  
6PCS



(67) Washer  
12PCS



(75) Nylon Lock Nut  
6PCS

## STEP 7

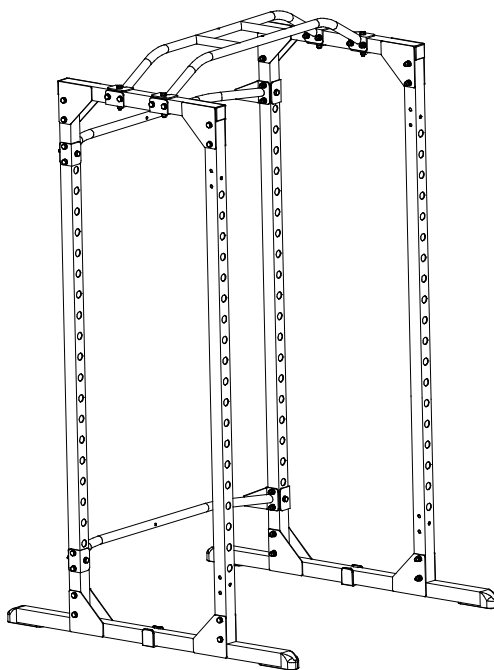
7A. Attach the two **Rear Cross Bars (K)** and four **L-Brackets (L)** to the **Upright Frames (B)** by using:

**12 - (32) Hexagon Head Bolt**

**24 - (67) Washer**

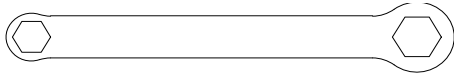
**12 - (75) Nylon Lock Nut**

**Give the cage a shake so the frame can settle and then thoroughly tighten ALL the hardware.**



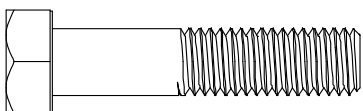
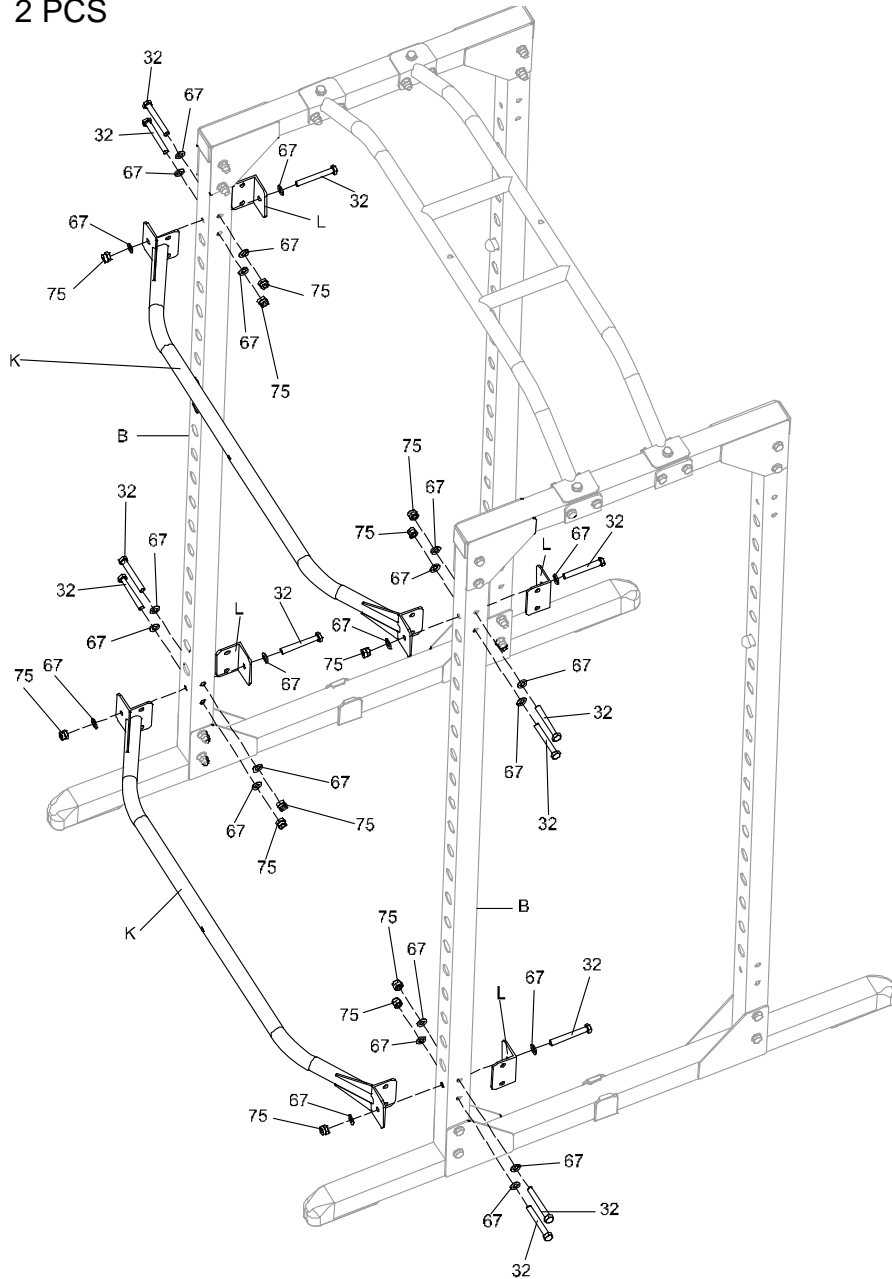
**Appearance upon completion of Step 7.**

## STEP 7

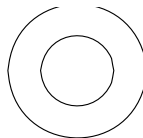


13-17mm Wrench

2 PCS



(32) Hexagon Head Bolt  
12PCS



(67) Washer  
24PCS



(75) Nylon Lock Nut  
12PCS

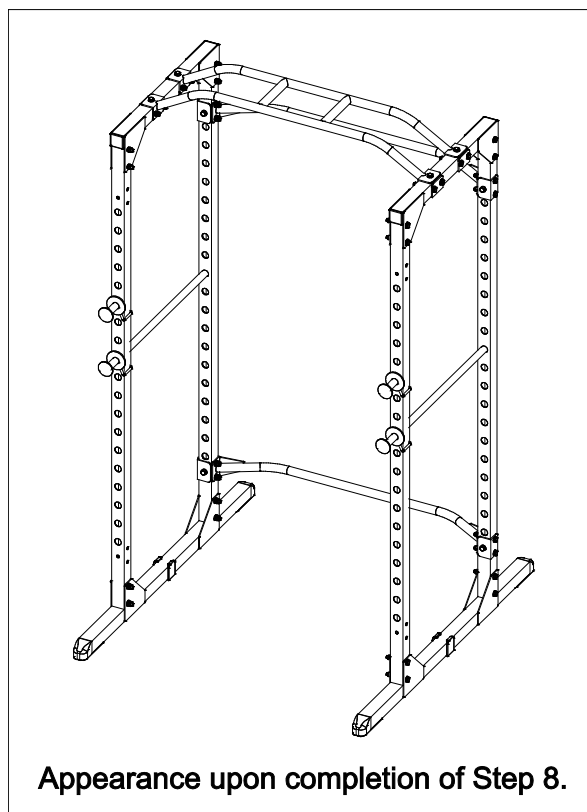
## STEP 8

A. The two **Long Safety Catches (I)** can be inserted into any of the holes along the **Upright Frame (B)**. Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

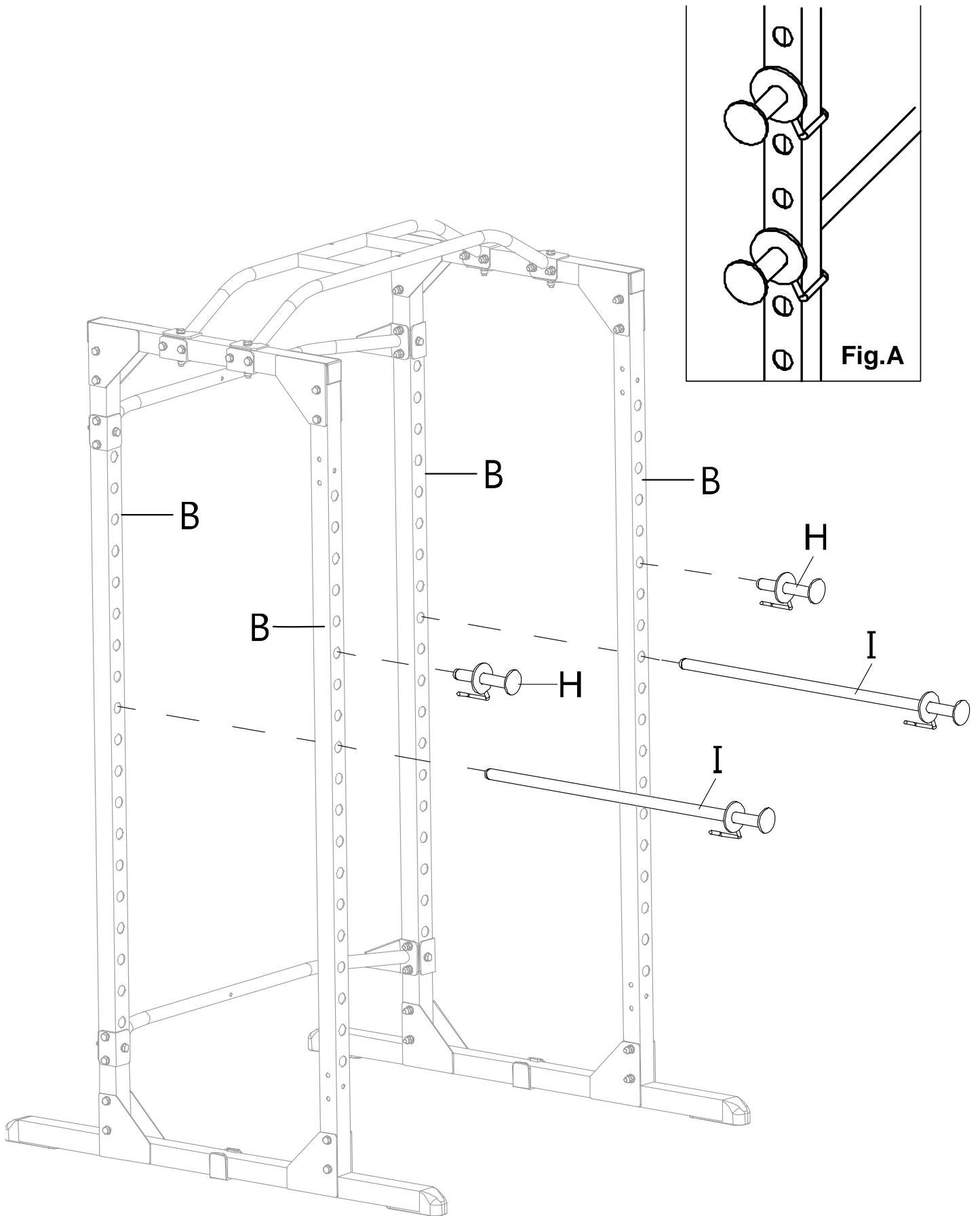
B. The two **Short Safety Catches (H)** can be inserted into any of the holes along the **Upright Frame (B)**. Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

C. The **Upright Frames (B)** have “U” shaped markings above some of the holes to help mark which holes are at the same level across the frame of the cage.

D. Make sure the hooks of the **Long Safety Catch (I)** and the **Short Safety Catch (H)** are wrapped around the **Upright Frames (B)** to lock the safety catches in place. When facing the front of the cage, the hooks should always be on the right side and be below the main shaft of the safety catches; this will allow the hooks to wrap around the back of the **Upright Frames (B)**. See Fig. A



## STEP 8



# 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:

<b>COMPONENT</b>	<b>LENGTH OF WARRANTY</b>
<b>Structural Frame</b>	<b>5 years</b> (frame, welds)
<b>Parts</b>	<b>1 year</b> (covers, internal mechanism, tension, wheels, knobs, hardware)
<b>Wearable Parts</b>	<b>1 year</b> (upholstery, foam, ball bearings, pulleys, belts, cables, Shocks)

### **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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), 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, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

**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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness. 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 emailing our customer service department:

**Service@paradigmhw.com**

Open Daily 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**

## PARTS REQUEST FORM

### Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO

[Service@paradigmhw.com](mailto:Service@paradigmhw.com) \*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: (Day) \_\_\_\_\_

(Night) \_\_\_\_\_

SERIAL#: \_\_\_\_\_

MODEL#: \_\_\_\_\_

PURCHASE DATE: \_\_\_\_\_

PLACE OF PURCHASE: \_\_\_\_\_

PART #	DESCRIPTION	QTY

***"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"***

***\*This form can also be faxed to #: 626-810-2166***