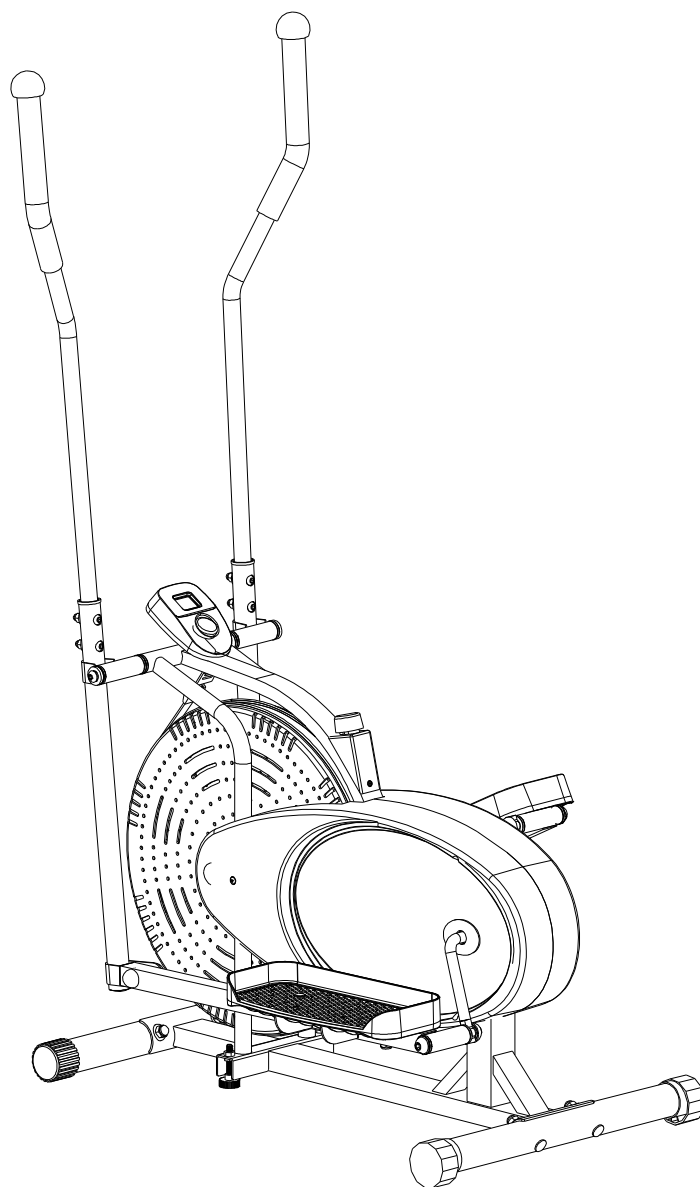


Air Elliptical



IMPORTANT: Read all instructions carefully before using this product.
Retain this owner's manual for future reference.
The specifications of this product may vary from this photo, subject to change without notice.

Item #1301

OWNER'S MANUAL

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged 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 the below methods:

For Best Service, please Email:

Service@paradigmhw.com

Response Time: 1-2 Business Days

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7920

Response time may vary.

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

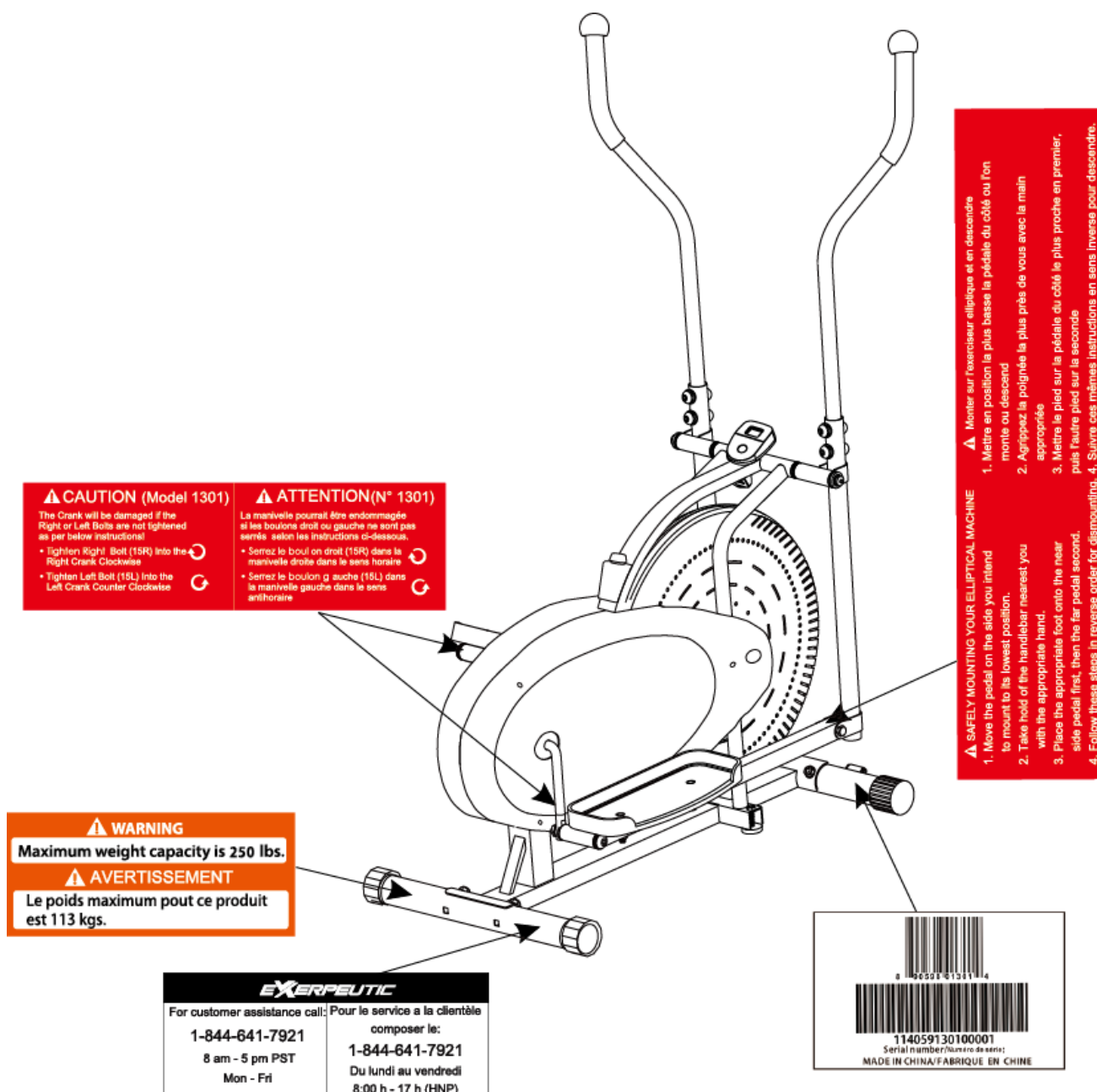
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



IMPORTANT SAFETY INSTRUCTIONS

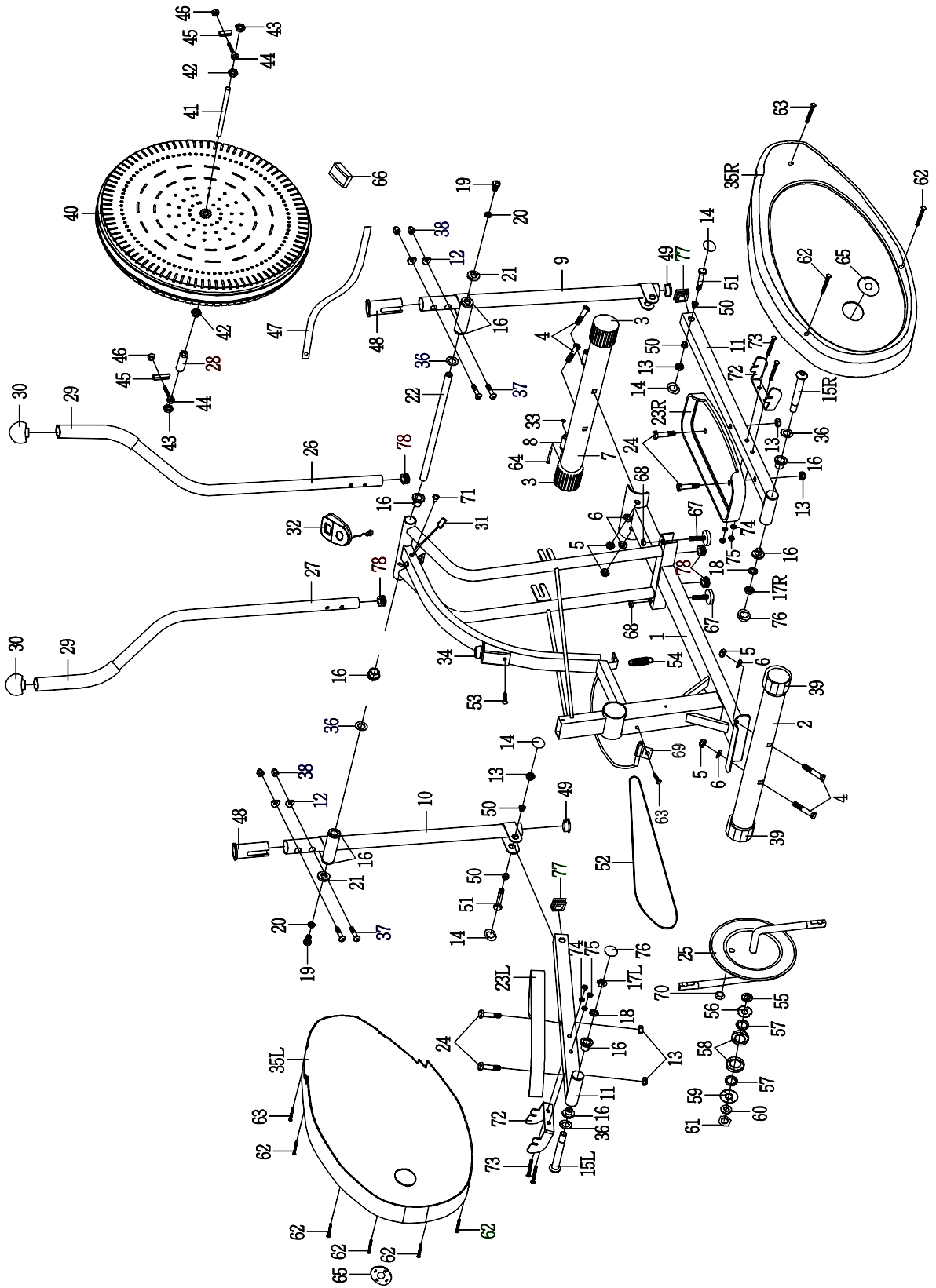
Basic precautions should always be followed, including the following Important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this product.
2. Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up pages for pre and post workout.
3. Please make sure all parts are not damaged and functioning before use. This product should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Be careful when stepping on or leaving the pedals. Make sure to hold on to the handlebars when mounting and dismounting. When mounting, make sure the pedal is at its lowest point before you step on. While in use, please onto the handlebars and use both the pedals and the handlebars in tandem to insure a smooth, effective workout.
7. Do not use the product outdoors.
8. This product is for household use only.
9. Only one person should be on the product while in use.
10. Keep children and pets away from the product while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. **The maximum weight capacity for this product is 250 lbs/114 kgs.**

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

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

OVERVIEW DRAWING



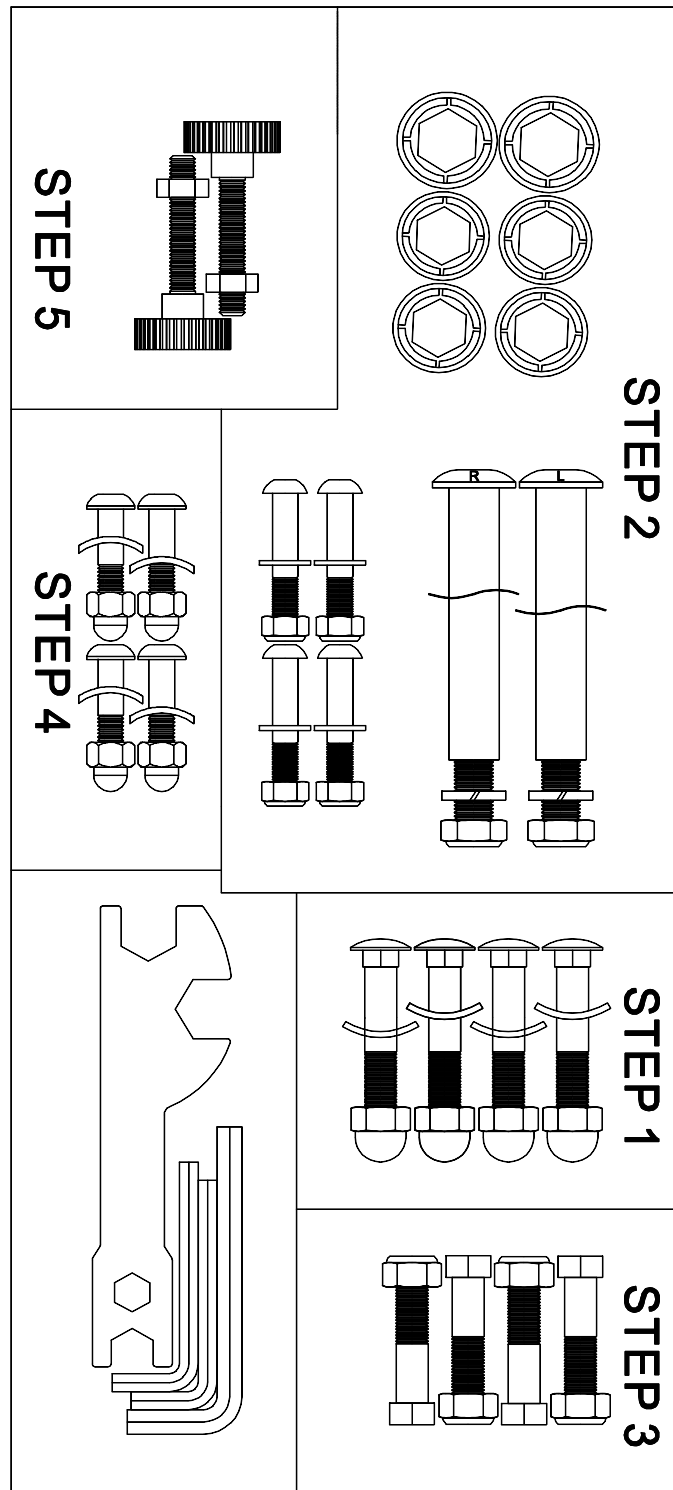
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Mainframe 823x210x630	1	027	Left Handrail Arm Ø25x2x950	1
002	Rear Stabilizer Ø50x1.5x540	1	028	Spacer Ø16xØ10x20	1
003	Front Stabilizer End Cap Ø50	2	029	Handrail Arm Foam Grip Ø24xØ34x300	2
004	Bolt M10x57	4	030	Handrail Arm End Cap Ø25	2
005	Cap Nut M10	4	031	Sensor with Wire L=900	1
006	Big Curve Washer Ø10xØ25x2.0	4	032	Computer M1202	1
007	Front Stabilizer Ø50x1.5x540	1	033	Nylon Nut M6	2
008	Transport Wheel Ø23xØ6x32	2	034	Tension Control Knob Ø5x286	1
009	Right Handrail Ø32x584x1.5	1	035L	Left Cover 705x362	1
010	Left Handrail Ø32x584x1.5	1	035R	Right Cover 705x362	1
011	Foot Bar 30x30x1.5x630	2	036	Washer Ø28xØ17x0.3	4
012	Big Curve Washer Ø8XØ20X2	4	037	Bolt M8x37	4
013	Nylon Nut M10	6	038	Cap Nut M8	4
014	Cap S16	4	039	Rear Stabilizer End Cap Ø50	2
015L	Bolt for left Crank Ø16x89xL23	1	040	Fan Wheel Ø503x85	1
015R	Bolt for right Crank Ø16x89xL23	1	041	Fan Wheel Axle M10x1xL150	1
016	Powder Metal Bushing Ø24.5xØ16x14	10	042	Nut M10x1xB5	2
017L	Nylon Nut for left Crank 1/2"	1	043	Flange Nut M10x1xB10	2
017R	Nylon Nut for right Crank 1/2"	1	044	Eyebolt M6x33	2
018	Spring Washer Ø20xØ13x2	2	045	Tension Bracket 31x30xØ1	2
019	Bolt M10x18	2	046	Nut M6	2
020	Spring Washer Ø10xØ18x3	2	047	Strap 1150x18	1
021	Washer Ø28xØ16xØ5	2	048	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	2
022	Rotation Rod Ø15.8x376	1	049	Handrail End Cap Ø32	2
023L	Left Foot Pedal 349x150x56	1	050	Powder Metal Bushing Ø14xØ10x10	4
023R	Right Foot Pedal 349x150x56	1	051	Bolt M10x55	2
024	Bolt M10x45	4	052	Chain	1
025	Chain Pulley with Crank 5.5"	1	053	Screw ST4.8x15	1
026	Right Handrail Arm Ø25x2x950	1	054	Spring Ø12x1.8x32	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
055	Washer Ø40xØ24x3	1	067	Adjustable Leveler M8x45	2
056	Notched Bearing Nut	1	068	Nut M8	2
057	Bearing	2	069	Sensor Bracket	1
058	Bearing Cup	2	070	Small Magnet	1
059	Slotted Bearing Nut	1	071	Wire Plug Ø12.1	1
060	Washer Ø34.5xØ23x2.5	1	072	Foot Pedal Support Bracket 250x38x3	2
061	Hexagon Nut 7/8"	1	073	Bolt M8x43	4
062	Screw ST4.8x40	7	074	Washer Ø8	4
063	Phillips Self Drilling Screw ST4.8x20	3	075	Nylon Nut M8	4
064	Bolt M6x45	2	076	Cap S18	2
065	Cover Cap (oval 85x64xØ25)	2	077	Square Plug 30x30x1.5	2
066	Plastic Clip 20	1	078	Round Plug Ø25x1.5	4

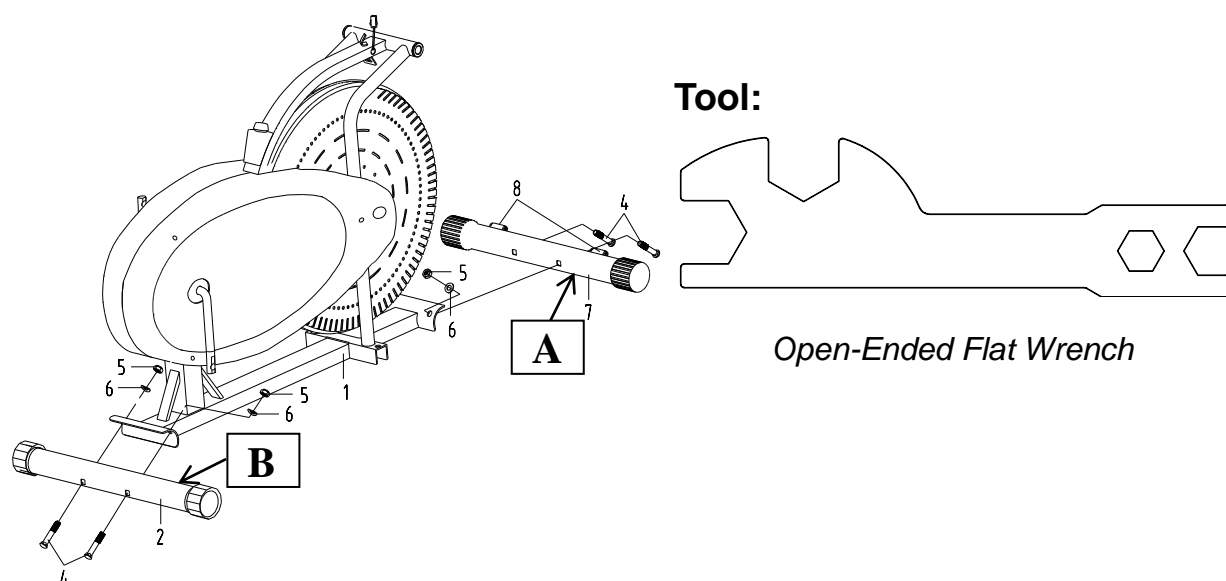
HARDWARE & TOOLS PACK



#67 X 2
#68 X 2

#67 Adjustable Leveler knobs with
#68 M8 Nuts are separately packed.

ASSEMBLY

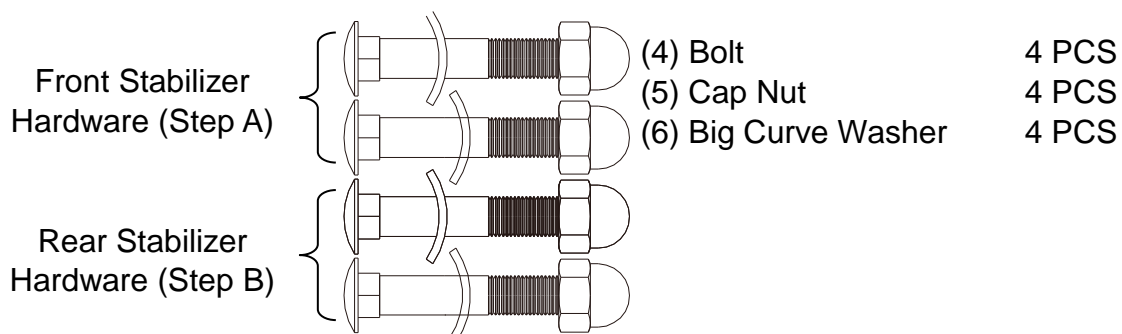


1. Front and Rear Stabilizers Installation:

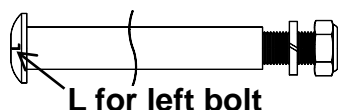
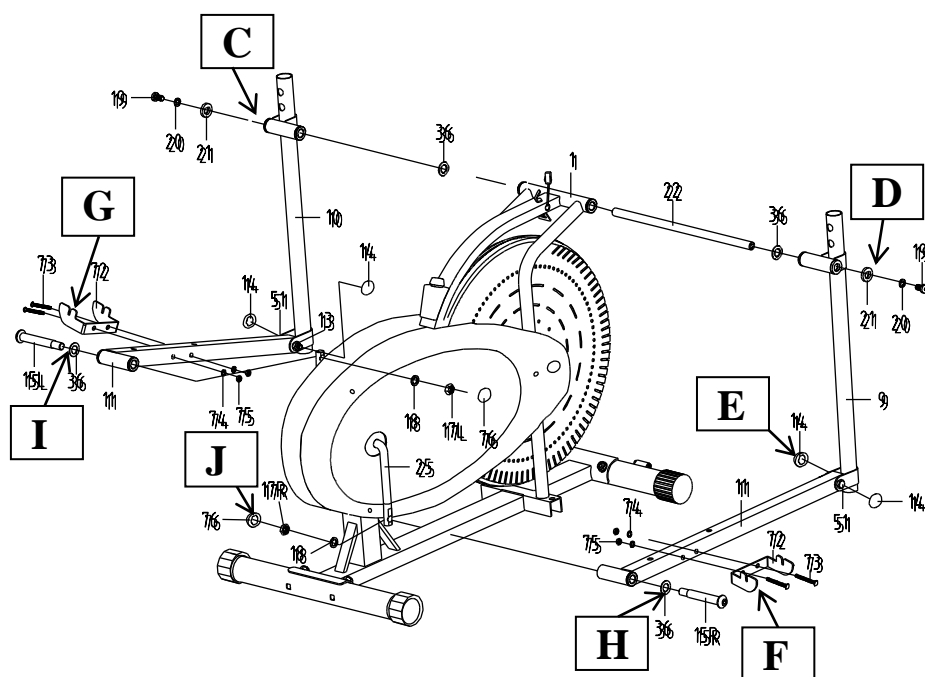
Step A: Align the Front Stabilizer (7) onto the front curve of the Mainframe (1). Make sure the Transport Wheels (8) position toward the front and parallel off the floor. Attach two Bolts (4) and on the other ends of bolts with two Big Curve Washers (6) and two Cap Nuts (5). Using the flat wrench, tighten the cap nuts until firm.

Step B: Align and attach the Rear Stabilizer (2) onto the rear curve of the Mainframe (1) with two Bolts (4) and the other ends with two Big Curve Washers (6) and two Cap Nuts (5). Using the flat wrench, tighten the cap nuts until firm.

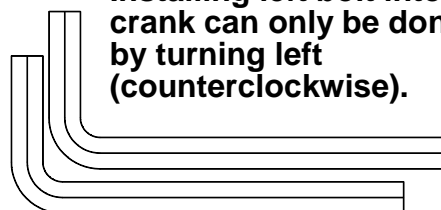
Hardware:



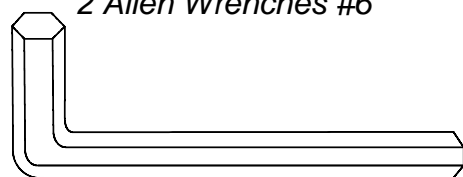
ASSEMBLY



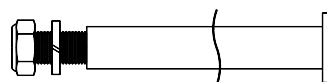
Tool: Important:
Installing left bolt into left
crank can only be done
by turning left
(counterclockwise).



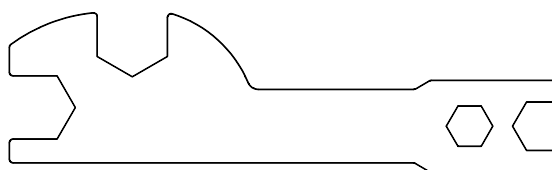
2 Allen Wrenches #6



Allen Wrench #8



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



Open-Ended Flat Wrench

2. Handrails, Foot Bars and Rotation Rod Installation:

Step C: Using #6 Allen Wrench, remove two Bolts (19), two Washers (20), two Washers (21), and two Washers (36) PRE-ASSEMBLED from both ends of the Rotation Rod (22). Insert the Rotation Rod (22) into the hole on top of the Mainframe (1). Slide the Left Handrail (10) onto the Rotation Rod (22) 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.

ASSEMBLY

Step D: Repeat step above for the right side.

Step E: Cover both Bolts (51) and Nylon Nuts (13) with four Caps (14).

Step F: Attach the Foot Pedal Support Bracket (72) onto the right side of the Foot Bar (11) with two Bolts (73), two Washers (74), and two Nylon Nuts (75). 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.

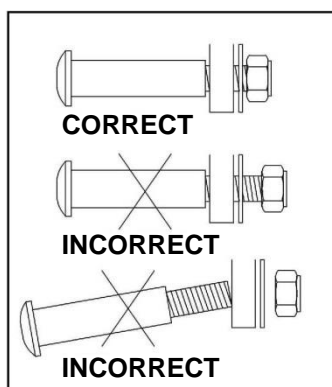
Step G: Repeat step above for the left side.

It is important that you first read and understand the procedures before installing the bolts to the cranks. The 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 H: Insert the Bolt for right Crank (15R) and Wave Washer (36) through the right side of the Foot Bar (11). Align the Foot Bar (11) with the right Crank (25) so that they are **perfectly center**. Screw the Bolt for right Crank (15R) through the crank by turning right (clockwise) by hand until it stops. Put a Spring Washer (18) and screw the Nylon Nut for right Crank (17R) 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 I: 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 J: Cover both Nylon Nuts for right/left Crank (17R, 17L) with two Caps (76).

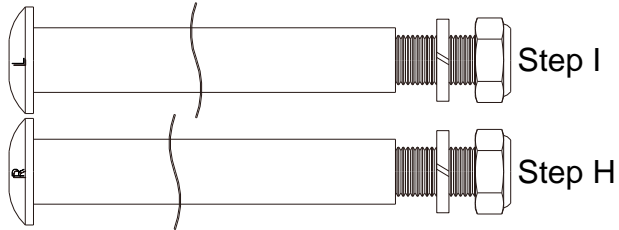


Note: In order to install the bolt properly, keep it perfectly straight when the bolt goes through the foot bar and the crank. If the bolt is connected to the crank at an angle, damage to the bolt and/or the crank may occur.

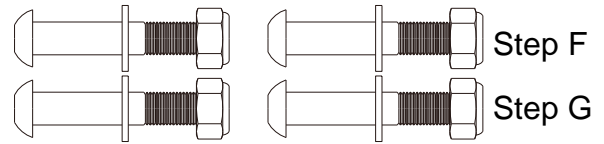
Please make sure the right bolt is for the right crank only and the left bolt is for the left crank only. If done incorrectly, the bolts and/or cranks may be damaged or stripped.

ASSEMBLY

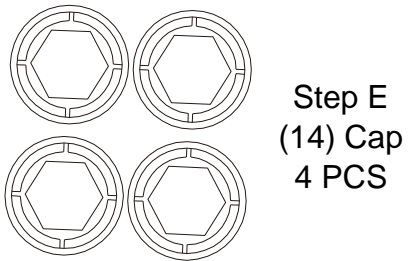
Hardware:



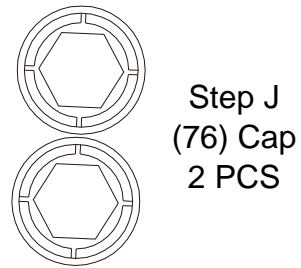
- (15L) Bolt for left Crank 1 PC
- (15R) Bolt for right Crank 1 PC
- (17L) Nylon Nut for left Crank 1 PC
- (17R) Nylon Nut for right Crank 1 PC
- (18) Spring Washer 2 PCS
- (36) Wave Washer 2 PCS



- (73) Bolt 4 PCS
- (74) Washer 4 PCS
- (75) Nylon Nut 4 PCS

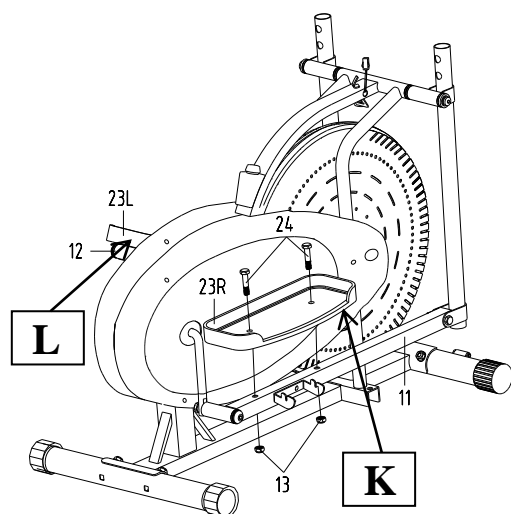


- Step E
- (14) Cap 4 PCS

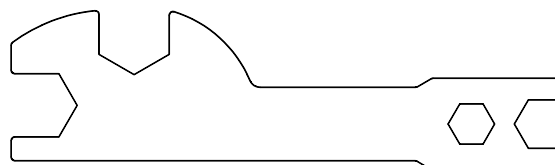


- Step J
- (76) Cap 2 PCS

ASSEMBLY



Tool:



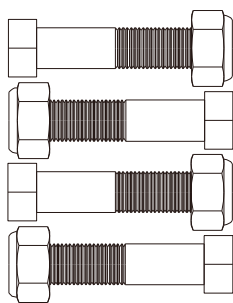
Open-Ended Flat Wrench

3. Right and Left Foot Pedals Installation:

Step K: Attach the Right Foot Pedal (23R) onto the right side of the Foot Bar (11) with two Bolts (24) and two Nylon Nuts (13). 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 L: Repeat step above for the left side.

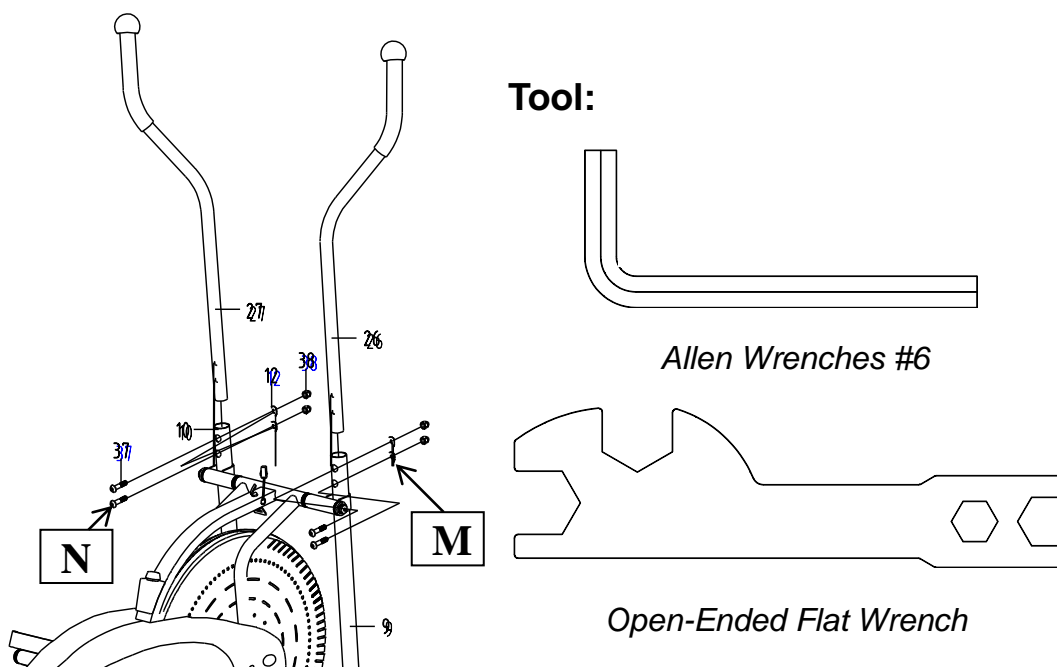
Hardware:



(13) Nylon Nut
4 PCS
(24) Bolt
4 PCS

Right/Left Foot Pedal
Hardware (Step K & L)

ASSEMBLY



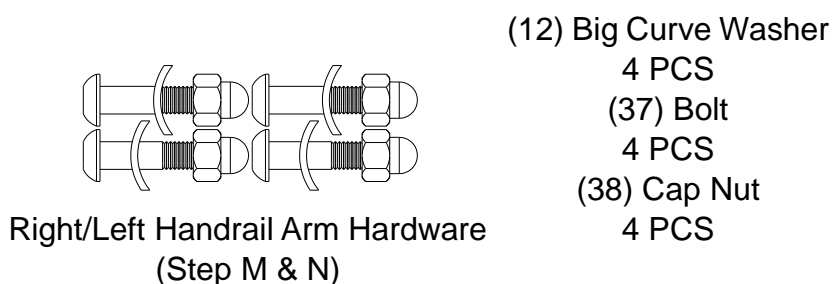
4. Right and Left Handrail Arms Installation:

Step M: Insert the Right Handrail Arm (26) onto the Right Handrail (9) and secure with two Big Curve Washers (12), two Bolts (37), and two Cap Nuts (38). Using a flat wrench, tighten the cap nuts until firm.

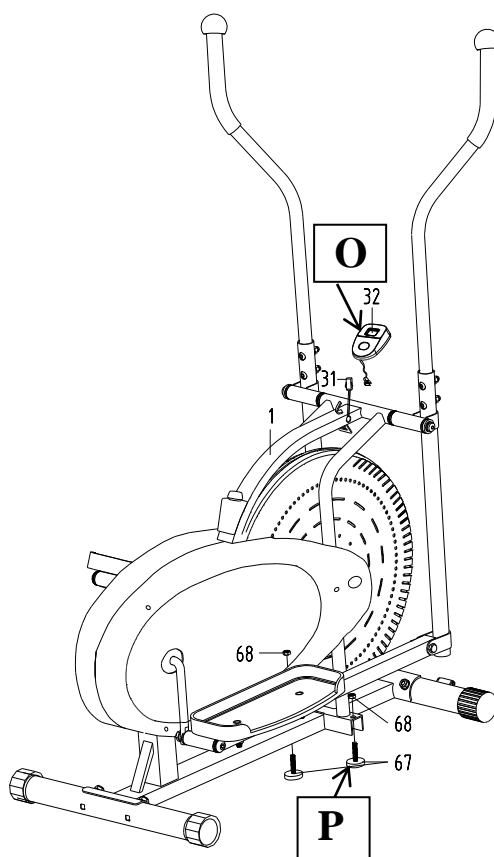
Use one flat wrench to secure the cap nut and #6 Allen Wrench to tighten the bolt through the cap nut until firm.

Step N: Repeat step above for the left side.

Hardware:



ASSEMBLY

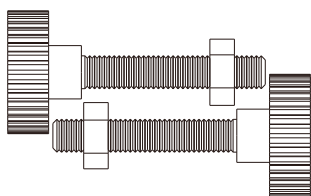


5. Adjustable Levelers and Computer Installation:

Step O: Connect the Sensor Wire (31) coming out from the Mainframe (1) to the wire that coming out from the Computer (32). Make sure the connectors “click” when connected. Place the Computer (32) onto the plate of the Mainframe (1) then slide it down to lock in position.

Step P: Remove the Nut (68) from the Adjustable Leveler (67). Screw the levelers onto the bottom of the Mainframe (1) and hand-tighten the nut to the leveler. Repeat for the other side. **Note:** Finish assembling the elliptical first and then refer to page 18 on adjusting the levelers as needed.

IMPORTANT: To prevent Elliptical from wobbling, make sure you adjust the levelers as instructed on Page 18.



Step P
(67) Adjustable Leveler
2 PCS
(68) Nut
2 PCS

COMPUTER

SPECIFICATIONS:

TIME -----	00:00-99:59 MIN: SEC
SPEED -----	0.0-999.9 MPH
DISTANCE -----	0.00-99.99 MILE
CALORIES -----	0.0-999.9 KCAL



FUNCTIONS AND OPERATIONS:

AUTO ON /OFF: When you start to exercise or press the MODE button on the computer, the computer will turn on. If you do not use the equipment for 4 minutes, the power will shut off automatically.

SCAN: Press the MODE button until the arrow points to SCAN, the computer will automatically scan through the functions every 6 seconds.

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

SPEED: Press the MODE button until the arrow points to SPEED, the computer will display the current training speed.

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

CALORIES: Press the MODE button until the arrow points to CALORIES, the computer will display the total calories burned during workout.
(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

RESET: Press and hold the MODE button for 4 seconds, all data values will clear to zero.

HOW TO INSTALL THE BATTERIES:

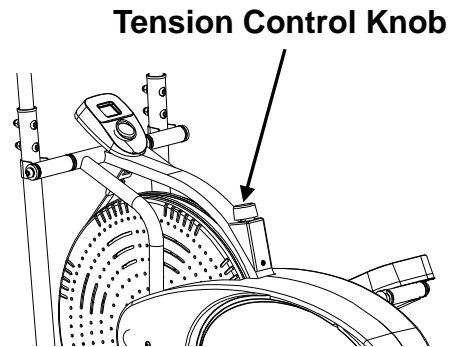
1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove the batteries and wait 15 seconds before reinstalling.

TENSION ADJUSTMENT

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.



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 counter-clockwise direction until it becomes difficult to continue turning it.



2. Undo the buckle of the plastic clip and then pull the top strap at the front of the unit away from the unit to tighten it. Only minimal tightening should be required. Finally, lock the buckle of the plastic clip.



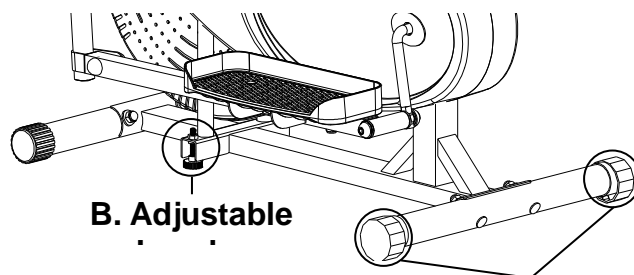
3. Now with the strap tightened and without changing the tension when you get on you should feel a slight bit of tension (i.e. the flywheel should not turn freely). When you are satisfied with the base level tension turn the tension knob clockwise and continue exercising like normal.



LEVEL ADJUSTMENTS

Adjusting the Rear Stabilizer End Cap or M8x45 Adjustable Leveler

The Elliptical has to be set up on a flat surface. Otherwise, shaking or wobble might occur during the workout. Please use the following two methods to adjust the Elliptical Level.



A. Rear Stabilizer End Cap

IMPORTANT: Please follow these important steps to ensure the stability of the elliptical when in use.



- A.** Adjusting the Rear Stabilizer End Cap #39:
The Rear Stabilizer End Cap #39 is designed with different angle surfaces to level the Elliptical. Please rotate the Rear Stabilizer End Cap #39 till one of the surfaces firmly settle on the floor.



- B.** Adjusting the Adjustable Leveler #67:
The Adjustable Leveler #67 is designed to distribute the Elliptical and User's weight to the ground level evenly. You should adjust the Adjustable Leveler #67 until it slightly contacts with the floor, so that they are at the same level as the front and rear stabilizer end cap. If the Elliptical is set up on a carpet, please make sure the Adjustable Leveler #67 reaches the floor instead of the carpet surface.

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

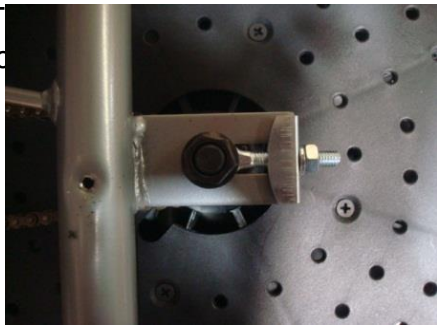
Regularly inspect your machine for any loose connections and tighten them. Creating a consistent lubrication routine on the moving parts of the elliptical can stop it from squeaking.

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.

TROUBLE SHOOTING

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	Check that the Sensor Wire (31) coming out from the Mainframe (1) is securely connected to the wire that coming from the Computer (32). See Step 5 page 15.
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 long use, the chain may get loose and start to have clicking noise. Open the Right and Left Covers (35R, 35L) to reach the Nut (46). Tighten the Nut (46) clockwise.</p> 
The elliptical is not sturdy enough.	Make sure both the Adjustable Levelers (67) are touching the ground. Make sure the elliptical is leveled. Please refer to page 18.
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 17.
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

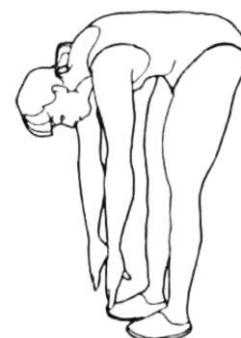
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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

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:

COMPONENT	LENGTH OF WARRANTY
Structural Frame	1 year
All Other Components	90 days

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

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 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, chalk, accumulate dirt or stains.
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 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

PART REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

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***