

OWNER'S MANUAL

IRONMAN[®]
FITNESS



Programmable Upright Bike

Model 6102

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IMPORTANT: FOR NORTH AMERICA ONLY

**To request product service and order replacement parts, please call our customer service department at:
1-844-641-7922**

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

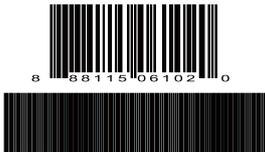
LABEL PLACEMENT



IRONMAN

For customer assistance call:
1-844-641-7922
 8 am - 5 pm PST
 Mon - Sun

Pour le service à la clientèle
 composer le:
1-844-641-7922
 Du lundi au dimanche
 8:00 h - 17 h (HNP)



114067610200001

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

⚠ WARNING

Maximum weight capacity is 350 lbs.

⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 159 kgs.

⚠ CAUTION (Model 6102)

The Crank will be damaged if the Right or Left Pedal are not tightened as per below instructions!

- Tighten Right Pedal (P-1) Into the Right Crank Clockwise 
- Tighten Left Pedal (P-2) Into the Left Crank Counter Clockwise 

⚠ ATTENTION (N° 6102)

La manivelle pourrait être endommagée si les pédale droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

- Serrez le pédale droit (P-1) dans la manivelle droite dans le sens horaire 
- Serrez le pédale gauche (P-2) dans la manivelle gauche dans le sens antihoraire 

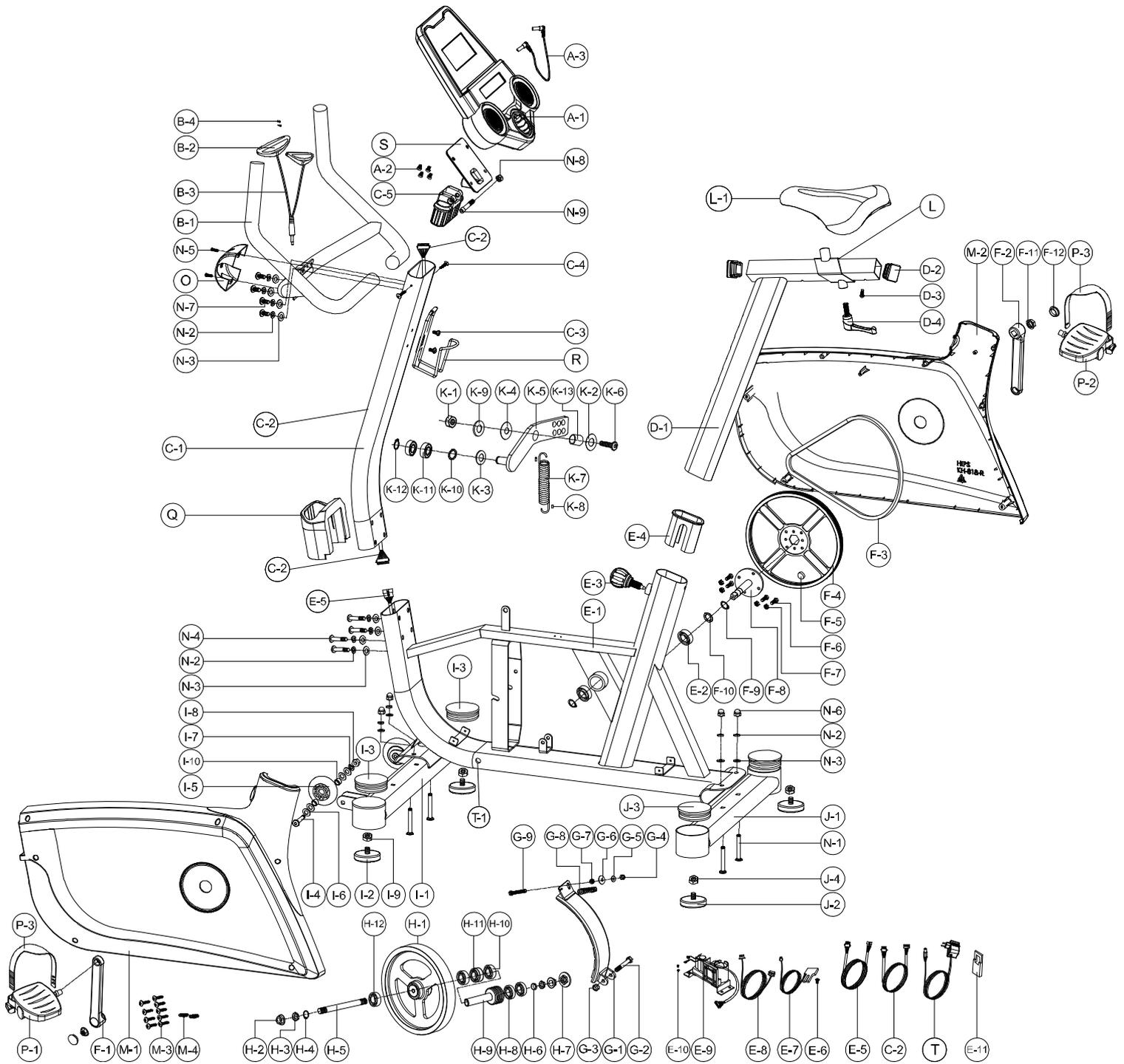
Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising and to avoid injuring your muscles, perform warm-up exercise for each muscle group is highly recommended. Please refer to Warm Up section of the Owner's Manual.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in 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 with customer service at Paradigm.
6. Caution should be taken when getting on or off the equipment. To get on, make sure the left foot pedal is at the lowest position. Grab the stationary handlebar firmly with both hands then place your left foot onto the left foot pedal. Once your left foot is secured, place your right foot onto the right foot pedal. To begin exercising, push/pull on the handrails first and then follow with leg motion. To get off, come to a complete stop and do the above in reverse.
7. Keep dry - do not operate in wet or moist condition.
8. Do not use the equipment outdoors.
9. This equipment is for household use only.
10. Only one person should be on the equipment at any time.
11. Keep children and pets away from the product while in use.
12. This machine is designed for adults only.
13. This product requires a minimum of 6 feet of space for safe operation.
14. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
15. **The maximum weight capacity for this product is 350 lbs/159 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



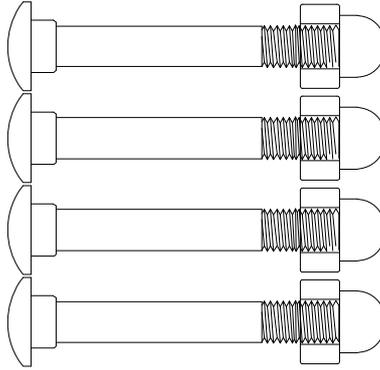
HARDWARE & TOOLS LIST

Step 1

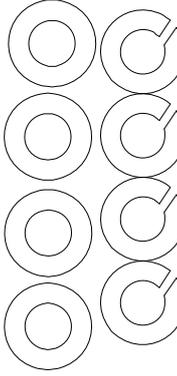
6102

(N-6) M8x15L 4pcs

(N-1) M8x1.25*60L 4pcS



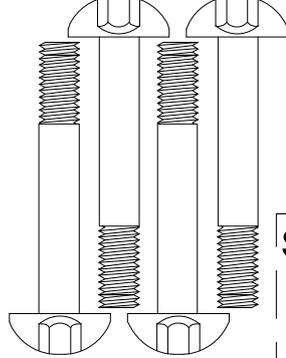
(N-3) D16xD8.5x1.2T 4pcs



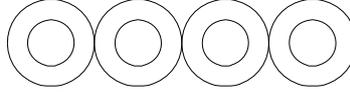
(N-2) D13.2xD8.2x2T 4pcs

Step 3

(N-4) M8x1.25x50L 4pcs



(N-3) D16xD8.5x1.2T 4pcs

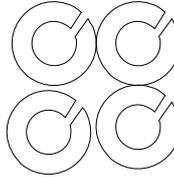


(N-2) D13.2xD8.2x2T 4pcs

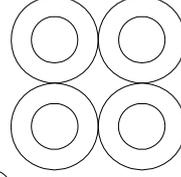


Step 4

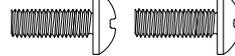
(N-2) D13.2xD8.2x2T 4pcs



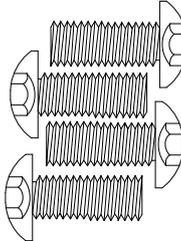
(N-3) D16xD8.5x1.2T 4pcs



(N-5) M5x0.8x15L 2pcs

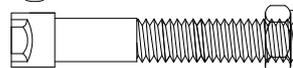


(N-7) M8x1.25x20L 4pcs



(N-8) M8x8T 1pcs

(N-9) M8x45L 1pcs



Allen Wrench with Phillips Screwdriver 6mm 1pc

Open Wrench 12, 13mm 1pc

12

Open Wrench 14, 15mm 1pc

14

Allen Wrench 4mm 1pc

(MM)



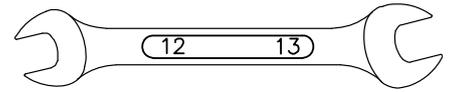
PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
A	Computer set		F	Crank set	
A-1	Computer	1	F-1	Left crank	1
A-2	Computer Screws M5x0.8x10L	4	F-2	Right crank	1
A-3	Audio cable	1	F-3	Belt	1
B	Fixed bar set		F-4	Belt wheel	1
B-1	Fixed handlebar	1	F-5	Round magnet	1
B-2	Handle pulse sensor	2	F-6	Hex bolt M6x1.0x15L	4
B-3	Handle pulse cable	1	F-7	Nylon nut M6x1.0x6T	4
B-4	Screw ST4*1.41*25L	2	F-8	Crank axle	1
C	Handlebar post set		F-9	C-clip D22.5*D18.5*1.2T	2
C-1	Handlebar post	1	F-10	Waved washer D27*D21*0.3T	1
C-2	Upper computer cable	1	F-11	Anti-loosen nut M10*1.25*10T	2
C-3	Bolt M5*0.8*15L,8.8	2	F-12	Screw cover D26*11L	2
C-4	Screw ST4.2x1.4x15L	2	G	Fixing plate for magnet set	
C-5	Computer bracket	1	G-1	Fixing plate for magnet	1
D	Seat post set		G-2	Hex bolt M8*52L	1
D-1	Seat post	1	G-3	Nylon nut M8*1.25*8T	1
D-2	Oval cap	2	G-4	Nylon nut M6*1*6T	1
D-3	Screw M6*1*10L,8.8	1	G-5	Nylon washer D6*D19*1.5T	1
D-4	Knob M12*25L	1	G-6	Flat washer D13*D6.5*1.0T	1
E	Main frame set		G-7	Nut M6*1*6T	1
E-1	Main frame	1	G-8	Spring D1.0*55L	1
E-2	Bearing	2	G-9	Hex bolt M6*60L	1
E-3	Pop pin	1	H	Flywheel set	
E-4	Inner tube	1	H-1	Flywheel	1
E-5	Lower computer cable	1	H-2	Anti-loosen nut 3/8"-26UNFx6.5T	2
E-6	Bolt M5x0.8x12L	1	H-3	Nut D9.5x4T	2
E-7	Sensor cable	1	H-4	C-clip	1
E-8	Electric cable	1	H-5	Flywheel axle	1
E-9	Motor	1	H-6	Fixing ring	1
E-10	Screw ST4.2*1.4*15L	2	H-7	Screw cover	1
E-11	Cable plug	1	H-8	Bearing	2

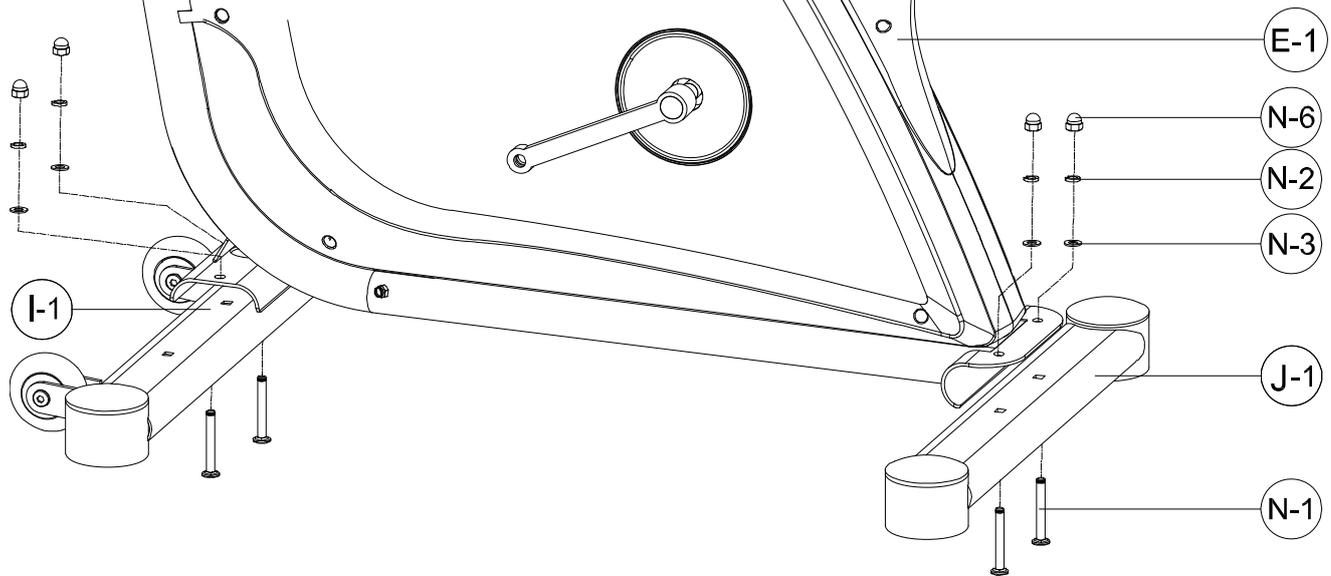
PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
H-9	Small wheel	1	K-11	Bearing	1
H-10	Bearing	1	K-12	C-clip	1
H-11	One-way bearing	1	K-13	Spacer D17.8xD8.2x5.2	1
H-12	Bearing	2	L	Seat adjustment set	1
I	Front stabilizer set		L-1	Seat	1
I-1	Front stabilizer	1	M	Chain cover set	
I-2	Adjustable wheel	2	M-1	Left chain cover	1
I-3	End cap	2	M-2	Right chain cover	1
I-4	Allen bolt M8*1.25*50L	2	M-3	Screw ST4.2x1.4x20L	9
I-5	Round wheel	2	M-4	Pin	2
I-6	Flat washer D16xD8.5x1.2T	8	N	Screw set	
I-7	Spring washer D15.4xD8.2x2T	2	N-1	Carriage bolt M8x1.25x60L	4
I-8	Domed nut M8x1.25x15L	2	N-2	Spring washer D13.2xD8.2x2T	12
I-9	Nut M10*1.5*8T	2	N-3	Flat washer D16xD8.5x1.2T	12
I-10	Bushing D22.2*D8.2*7T	4	N-4	Allen bolt M8*1.25*50L	4
J	Rear stabilizer set		N-5	Bolt M5x0.8x15L	2
J-1	Rear stabilizer	1	N-6	Domed nut M8x1.25x15L	4
J-2	Adjustable leveler	2	N-7	Allen bolt M8*1.25*20L	4
J-3	End cap	2	N-8	nylon nut M8*1.25*8T	1
J-4	Nut M10*1.5*8T	2	N-9	Allen screw M8*1.25*45L	1
K	Idle wheel set		O	Handlebar cover	1
K-1	Nylon nut M8*1.25*8T	1	P	Pedal set	
K-2	Plastic washer D50*D10*1.0T	1	P-1	Left pedal	1
K-3	Flat washer D24*D16*1.5T	1	P-2	Right pedal	1
K-4	Plastic washer D10*D24*0.4T	1	P-3	Pedal strap	2
K-5	Fixing plate for idle wheel	1	Q	Upper protective cover	1
K-6	Allen bolt M8x1.25x30L	1	R	Bottle holder	1
K-7	Spring D2.2*D14*65L	1	S	Computer plate	1
K-8	Plastic cover	2	T	Adaptor	1
K-9	Flat washer D30*D8.2*6T	1	T1	AC Plug	1
K-10	Wave washer D21xD16.2x0.3T	1			

Tool:



Open Wrench 12,13 mm 1PC



1. Front and Rear Stabilizer Installation

1.1 Front Stabilizer Installation.

Lift up the front part of Main Frame (E-1) and then align the Front Stabilizer (I-1) onto the front curve of the Main Frame. From the bottom, insert 2 Carriage Bolts (N-1) through the holes. Next place two Flat Washers (N-3), two Spring Washers (N-2) and two Domed Nuts (N-6) on top of the Carriage Bolts (N-1). Hold the Front Stabilizer (I-1) to the Main Frame (E-1) and use the Open Wrench 12, 13mm to tighten the Domed Nuts (N-6).

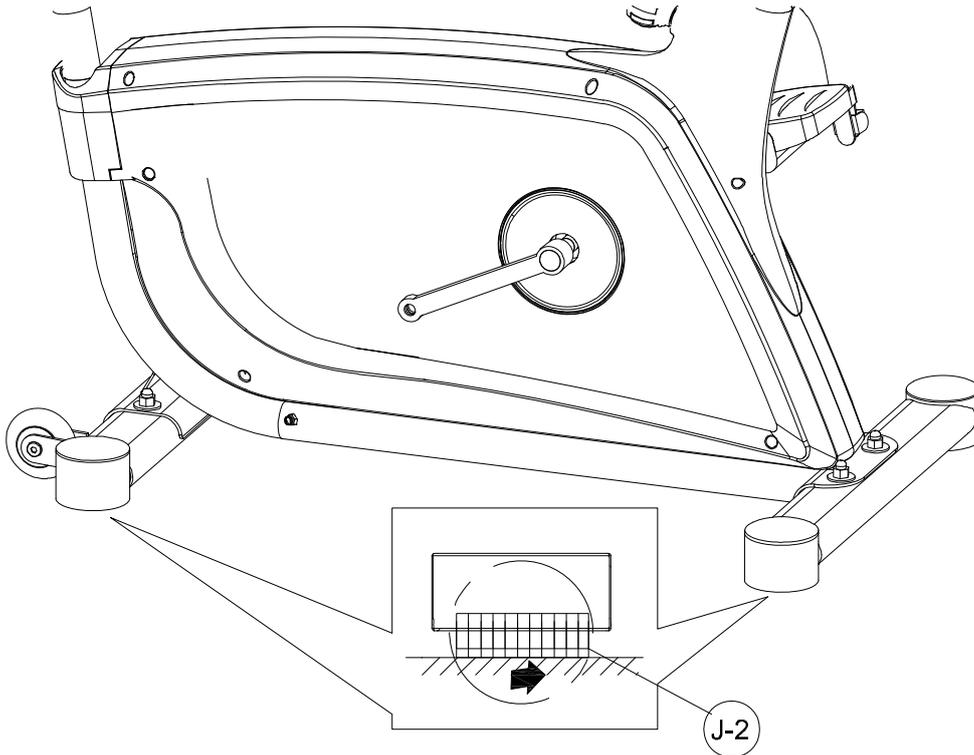
SEE NEXT PAGE for hardware pictures.

Pro Tip : You can place a solid piece of styrofoam underneath the Main Frame (E-1) to make it easier to install the stabilizers.

1.2 Rear Stabilizer Installation.

Lift up the rear of the Main Frame (E-1) and then align the Rear Stabilizer (J-1) onto the rear curve of the Main Frame (E-1). From the bottom, insert 2 Carriage Bolts (N-1) through the holes. Next place two Flat Washers (N-3), two Spring Washers (N-2) and two Domed Nuts (N-6) on top of the Carriage Bolts (N-1). Hold the Rear Stabilizer (I-1) to the Main Frame (E-1) and use the Open Wrench 12, 13mm to tighten the Domed Nuts (N-6).

ASSEMBLY



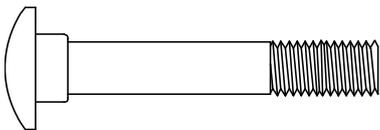
1.3 Adjustable Leveler Adjustment

Turn the Adjustable leveler (J-2) to the desired height.

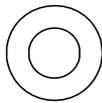
Ensure the machine is level on the floor before use.

Proper adjustment will reduce wobbling and squeaking.

Hardware:



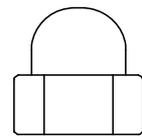
N-1 Carriage Bolt
M8x1.25x60L
4PCS



N-3 Flat Washer
D16xD8.5x1.2T
4PCS

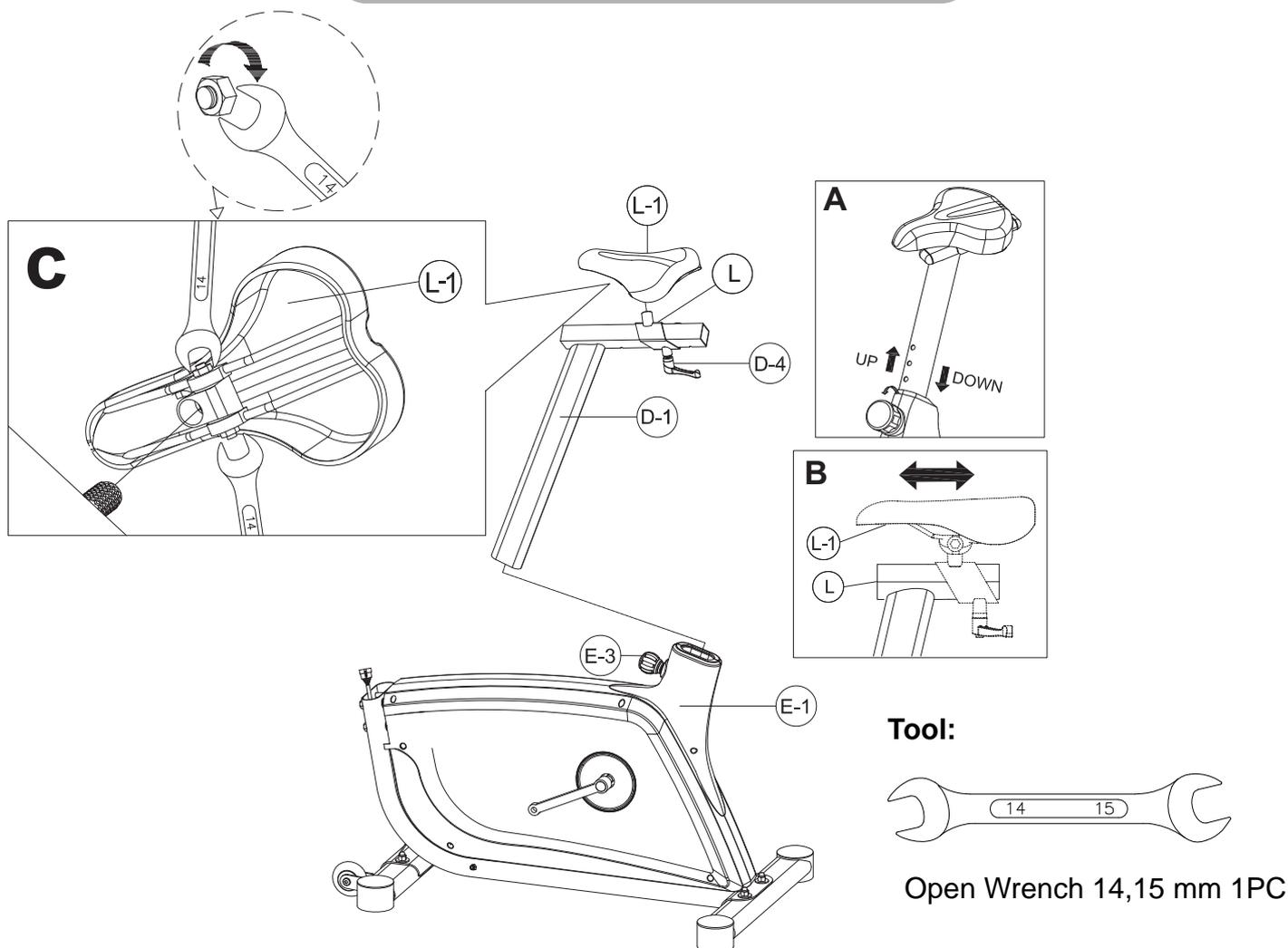


N-2 Spring washer
D13.2xD8.2x2T
4PCS



N-6 Domed Nut
M8x15L
4PCS

ASSEMBLY



2. Seat Post and Seat Installation

2.1 Seat Post Installation

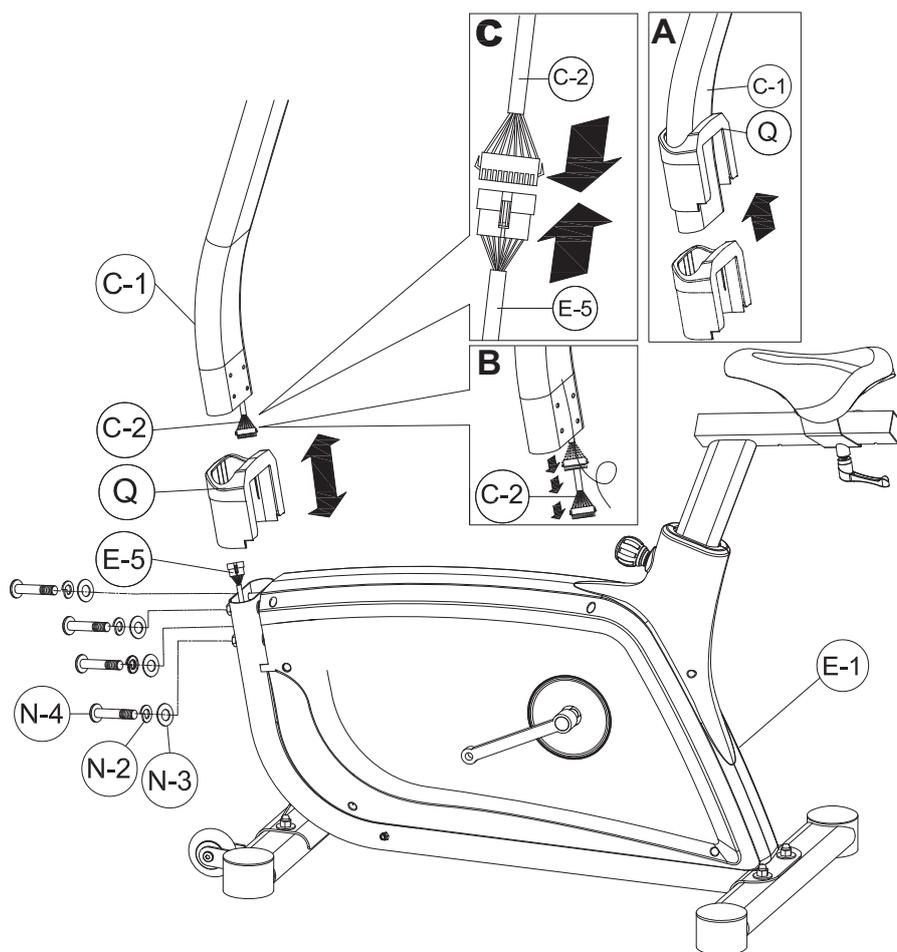
Turn the Round Knob (E-3) on the Main Frame (E-1) in a counterclockwise direction until it can be pulled back. Pull back the Round Knob (E-3) and then insert the Seat Post (D-1) into the tube of the Main Frame (E-1). Slide the Seat Post (D-1) up or down to the desired position (see diagram A). Lock the Seat Post (D-1) in place by releasing the Round Knob (E-3) and sliding the Seat Post (D-1) up or down slightly until the Round Knob (E-3) "pops" down into the locked position. **Fully tighten** the Round Knob (E-3) in a clockwise direction.

WARNING: When adjusting the height of seat post, the **MAX** line cannot be higher than the edge of the plastic bushing.

2.2 Seat Installation

Attach Seat (L-1) onto the Seat adjustment set (L) and tighten nuts with the Open wrench 14,15mm provided (see diagram C), then slide the Seat backward and forward (see diagram B.) to a suitable position. Turn the Knob (D-4) clockwise to tighten.

ASSEMBLY



Tool:



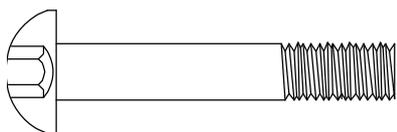
Allen Wrench with Phillips
Screwdriver 6mm 1PC

3. Handlebar Post Installation

Slide the Handlebar cover (Q) onto the Handlebar Post (C-1) (see diagram A). Use the twist tie to **gently** pull out the Upper Computer Cable (C-2) from the Handlebar Post (C-1) (see diagram B). Connect it with the Lower Computer Cable (E-5) from the Main Frame (E-1) (see diagram C).

Insert Handlebar Post (C-1) onto Main Frame (E-1) and secure with four Flat Washers (N-3), four Spring Washers (N-2) and four Allen Bolts (N-4). Use the 6mm Allen Wrench with Phillips Screwdriver to tighten the Allen Bolts (N-4) until it's secure.

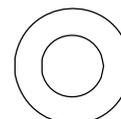
Hardware:



N-4 Allen bolt
M8x1.25x50L
4PCS

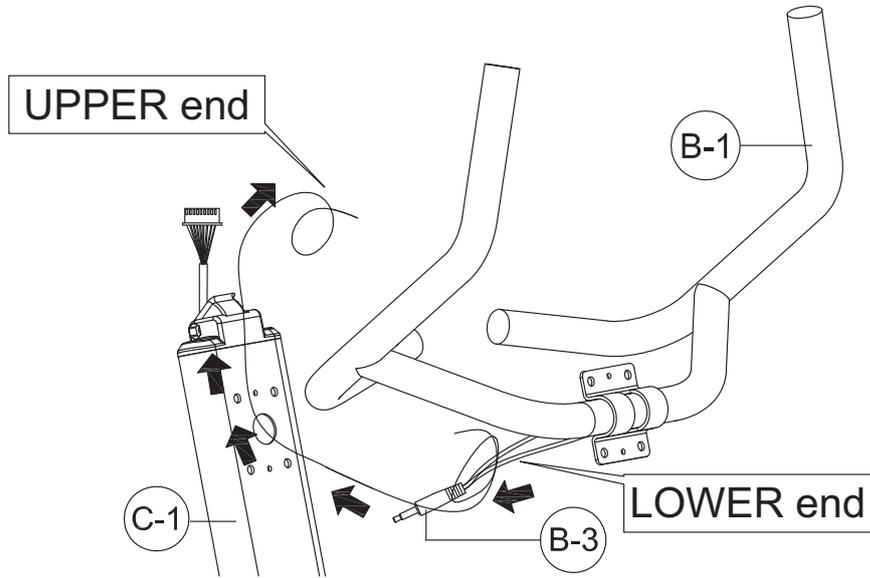


N-2 Spring washer
D13.2xD8.2x2T
4PCS



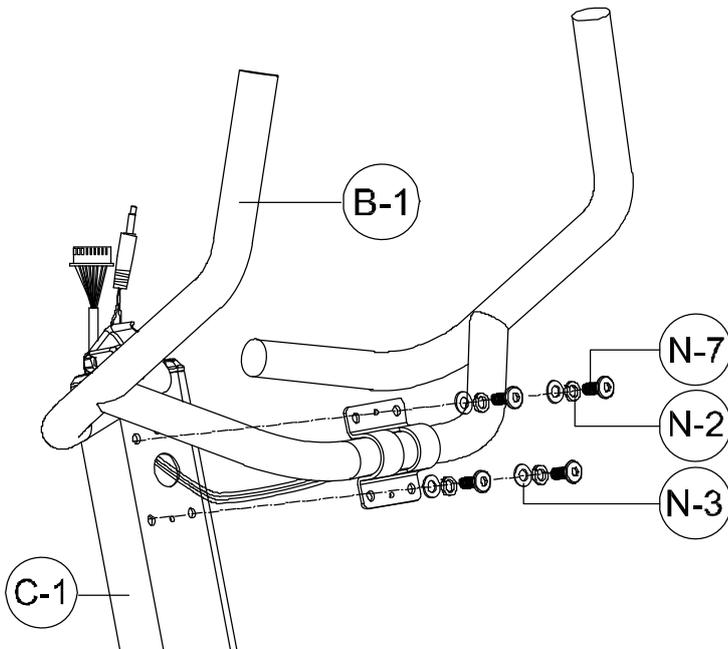
N-3 Flat washer
D16xD8.5x1.2T
4PCS

ASSEMBLY

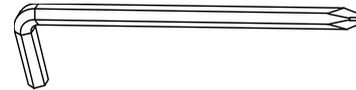


3.1 Hand pulse cable feeding

Tie the lower end of the twist tie to the Hand Pulse Cable (B-3). Gently pull on the upper end of the twist tie to feed the Hand pulse cable (B-3) through the hole on the front side of Handlebar post (C-1) and up through the slot.



Tool:

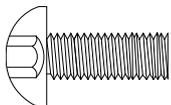


Allen Wrench
6mm 1PC

4 Handlebar Installation

Place the fixed Handlebar (B-1) onto the Handlebar Post (C-1), tighten with four Allen bolts (N-7), four Spring Washers (N-2) and four Flat Washers (N-3) using the 6mm Allen Wrench with Phillips screwdriver provided.

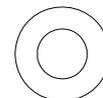
Hardware:



N-7 Allen Bolt
M8x1.25x20L
4PCS

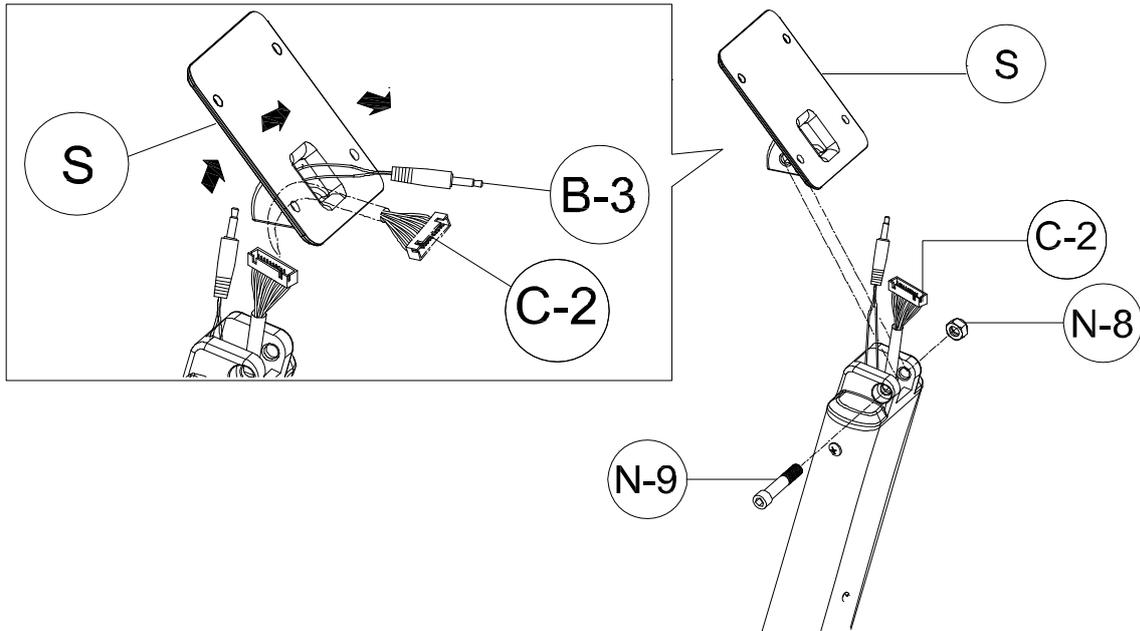


N-2 Spring washer
D13.2xD8.2x2T
4PCS

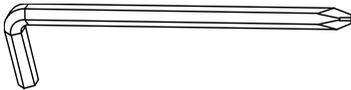


N-3 Flat Washer
D16xD8.5x1.2T
4PCS

ASSEMBLY

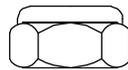


Tool:



Allen Wrench with Phillips
Screwdriver 6mm 1PC

Hardware:

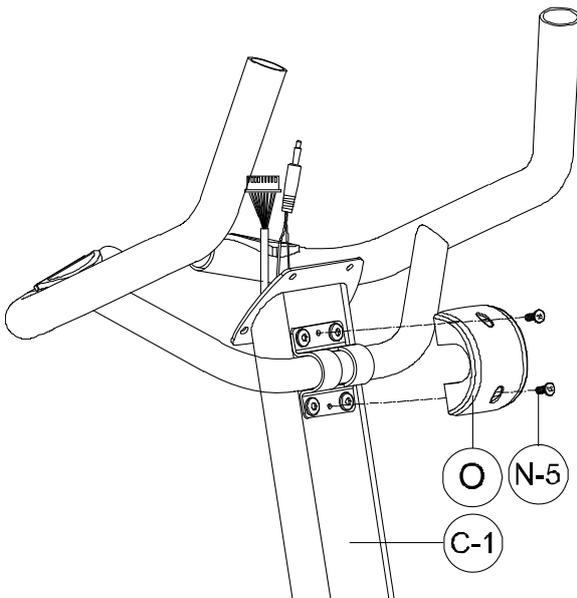


N-8 Nylon Nut
M8*1.25*8T 1PC

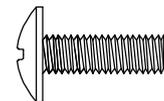


N-9 Allen screw
M8*1.25*45L 1PC

4.1 Pull the Upper computer cable (C-2) and Handle pulse cable (B-3) out from the top end of Handlebar Post (C-1). Then route both cables through the hole of Computer Plate (S). Then tighten Computer Plate (S) with Nylon Nut (N-8) and Allen Screw (N-9) using the 6mm Allen Wrench with Phillips screwdriver provided.



Hardware:



N-5 Bolt
M5x0.8x15L
2PCS

Assemble Handlebar Cover (O) onto the Handlebar post (C-1) with two Bolts (N-5) by 6mm Allen wrench with Phillips screwdriver provided.

ASSEMBLY

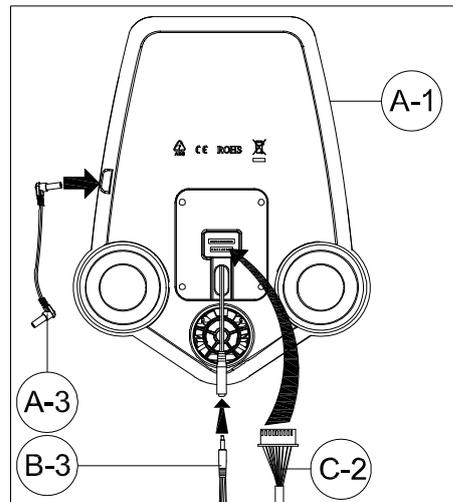
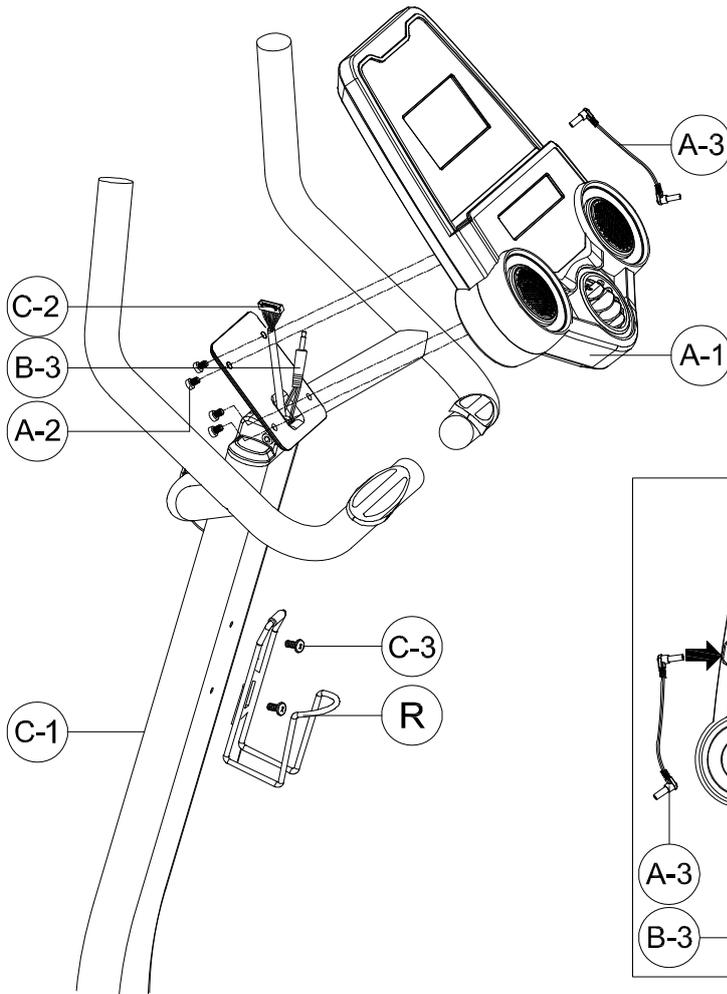
Tool:



Allen Wrench
4mm 1PC



Allen Wrench with Phillips
Screwdriver 6mm 1PC



5. Computer Installation

Remove 4 Computer Screws (A-2) from the back of the Computer (A-1), use these to install the Computer (A-1) onto the Computer Plate (S) in Step 5.2. Connect Upper Computer Cable (C-2) into the white 9 pin port on the back of the Computer (A-1).

5.1 Connect the Computer hand pulse cable (B-3) into the back of the Computer (A-1).

5.2 **GENTLY** tuck the excess wire into the hole so they don't get pinched. Attach Computer (A-1) to the Computer Plate (S) with the 4 Computer Screws (A-2) using the 4mm Allen Wrench provided.

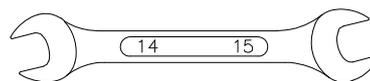
6. Bottle Holder Installation

Attach the Bottle Holder (R) onto the Handlebar Post (C-1) and tighten with two Bolts (C-3) by 6mm Allen wrench with Phillips screwdriver provided.

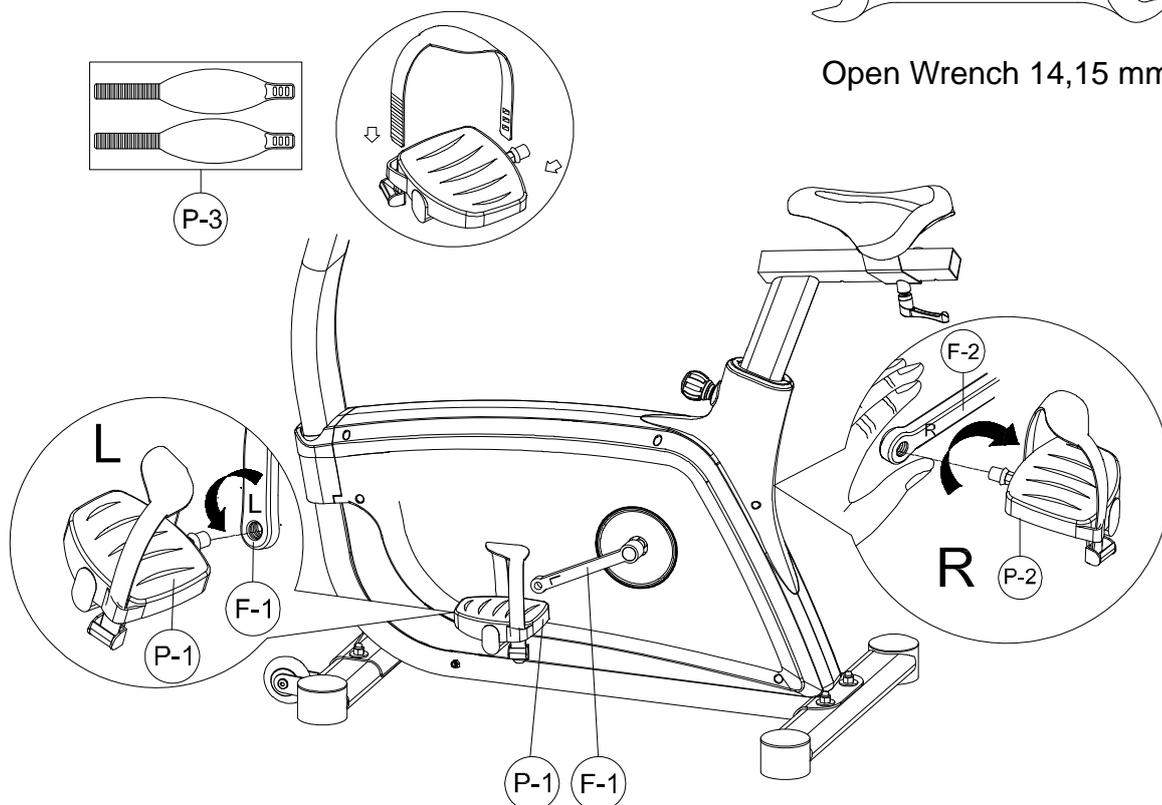
NOTE: Bolts (C-3) are preinstalled onto handlebar post (C-1).

ASSEMBLY

Tool:



Open Wrench 14,15 mm 1PC



7. Foot Pedal Installation

Assemble the Pedal Strap (P-3) on both Left and Right Pedal (P-1),(P-2) first.

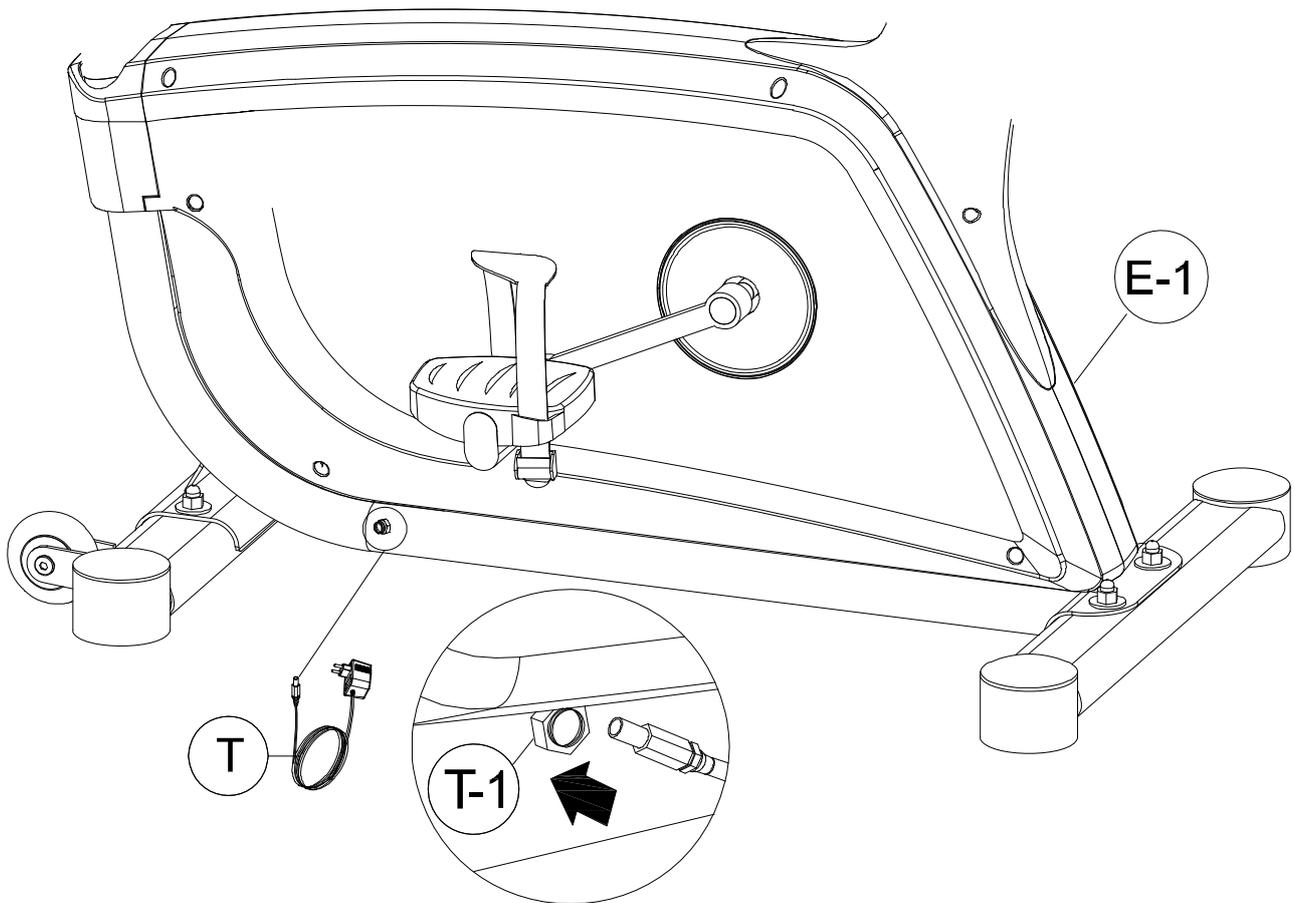
The Cranks and Pedals are marked “R” for Right and “L” for Left.

Insert the pedal shaft of the **LEFT** Pedal (P-1) into the threaded hole of the **LEFT** Crank (F-1). Turn the pedal shaft by hand in the **COUNTER-** clockwise direction until snug.

Tighten the pedal shaft of Left Pedal (P-1) with the Open Wrench 14,15mm provided.

Note: DO NOT turn the left pedal shaft in the clockwise direction, doing so will strip the threads.

Insert the pedal shaft of the **RIGHT** Pedal (P-2) into the threaded hole of the **RIGHT** Crank (F-2). Turn the pedal shaft by hand in the **CLOCKWISE** direction until snug. Tighten the pedal shaft of Right Pedal (P-2) with the Open Wrench 14,15mm provided



8. Adaptor Installation

Plug one end of the Adaptor (T) into A/C plug (T-1) on the front of the Main Frame (E-1). Plug the other end of the Adaptor (T) to the electrical wall outlet.



BUTTON FUNCTION:

ON/OFF FAN	Turn the fan on or off
QUICK START STOP	To start or stop workout
UP/DOWN	To select training mode or adjust function value
RESET	In stop mode, press the button to return to main menu. Press and hold for 2 seconds to reboot the computer and reset all values to 0.
ENTER	Confirm setting or selection
RECOVERY	To test heart rate recovery level.

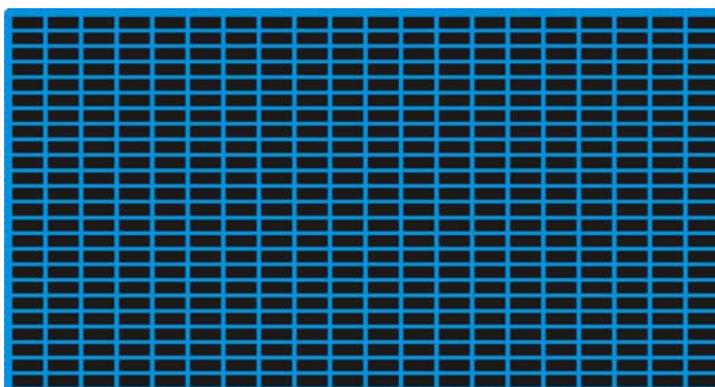
DISPLAY FUNCTION

Function	Display Range	Setting Range	Unit
TIME	00:00~99:59	±1;00:00~99:00	Minutes
DISTANCE	0.0~99.99	±1;00:00~99:00	ML
CALORIES	0~9999	±10;00:00~9990	CAL
PULSE	30~230	±1; 30~230	BPM
SPEED	0.0~99.9	N/A	ML
RPM	0~999	N/A	RPM
WATT	0~999	±5; 10~350	W

OPERATING PROCEDURE

1. POWER ON/OFF –

After connecting the power, the console will power on with a long beep sound, LCD display all segments and then enter into User Profile set up mode. Console will enter sleep mode after 5 minutes of inactivity.



Quick Start – Press QUICK START to start exercise in MANUAL mode immediately without inputting any settings.

2. USER PROFILE



Press UP **▲** / DOWN **▼** to select User #.



Press UP **▲** / DOWN **▼** to turn profile editing on or off. If you choose EDIT ON, you can edit the profile values below.



Use UP **▲** / DOWN **▼** and ENTER to input profile value of sex, age, height and weight.



The console needs your profiles to better calculate the work out values.



3. WORKOUT SELECTION

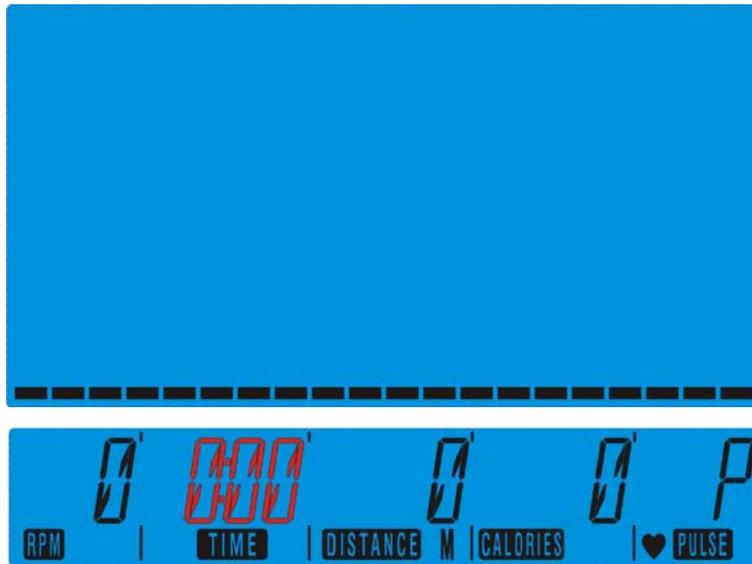
In main menu, press UP/DOWN to scroll through MANUAL, PROGRAM (12 programs), USER PROGRAM, HRC and WATT. Press ENTER to confirm selection.

3.1 Manual mode

Before exercising in Manual mode, user can set up Time, Distance, Calories, and Pulse target and press ENTER to confirm. After set up of all the targets, press the START to start workout.

Resistance level can be adjusted during exercise by pressing UP **▲** / DOWN **▼**

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.

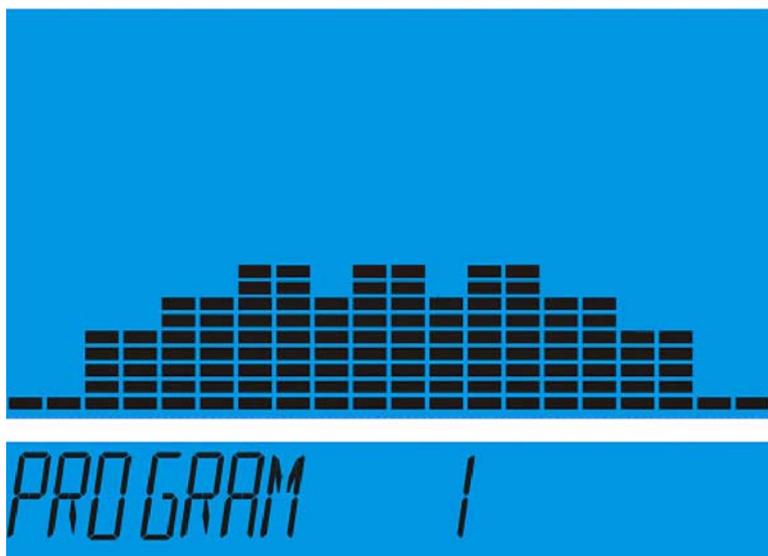


3.2. Program Mode

Press UP or DOWN to select between 12 different workout programs and then press ENTER to set up Target Time. Press START to start workout.

Resistance levels can be adjusted during exercise by pressing UP **▲** / DOWN **▼**

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.



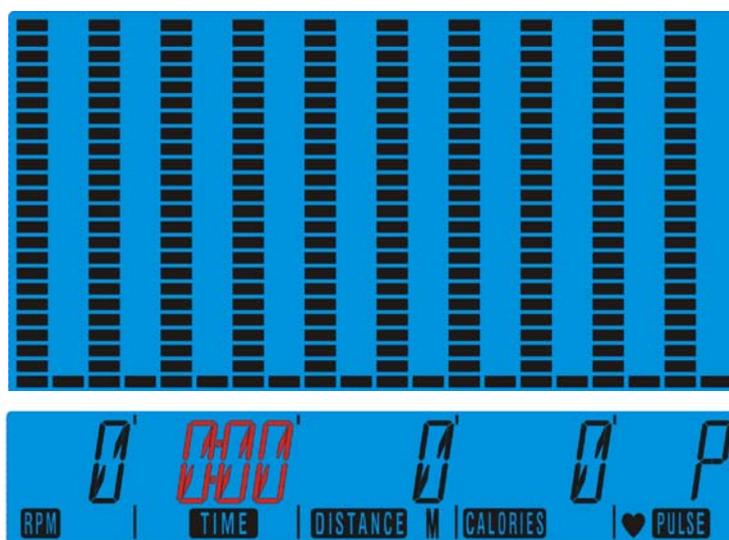
3.3 User Program

User Program allows you to create your own workouts based on resistance level and time intervals.

Press UP and DOWN to create the profile, press ENTER to input additional resistance level, then press and hold ENTER for 2 seconds to exit profile setting. Press START to start work out.

Standard work out time is 20 minutes.

Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.



3.4 Heart Rate Control (HRC)

Input or select your user profile U1-U4. HRC will automatically adjust the machine's resistance levels to keep you at your selected target heart rate.

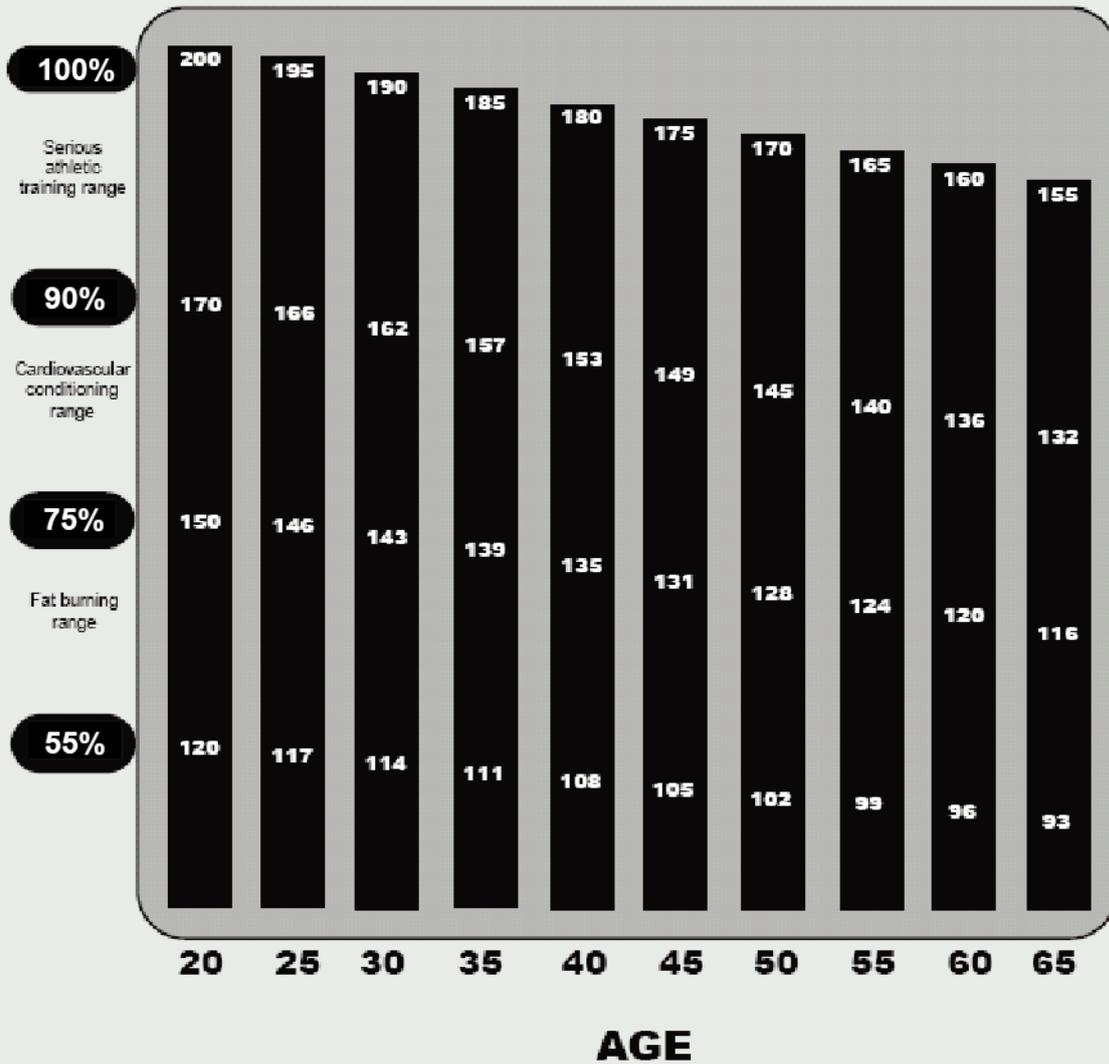
There are 4 target heart rate zone :55%, 75%, 90% and TAG (allows you to set your own target heart rate); press UP and DOWN to select one program and press ENTER to set up exercise time. Press START to start workout.



If the console does not receive the pulse signal, the bottom LCD will show "Pulse Input" for reminder.

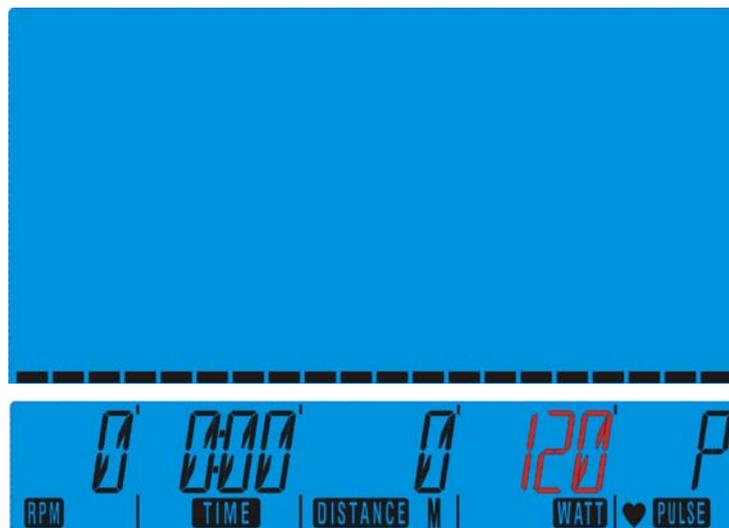
Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.

TARGET HEART RATE ZONE



3.5 WATT

Press UP and DOWN to setting WATT and Time target. Press START to start work out. Press STOP to pause the workout reading, and you can press START to continue the workout. Press RESET to return to main page.



4. Recovery : A fitness test which measures how quickly your heart rate returns to normal after exercising

After exercising press RECOVERY and place both hands on the hand pulse. TIME starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1, F2....to F6.

F1 represents the fastest recovery time, F6 represents the slowest.

Press the RECOVERY button again to return to main display.



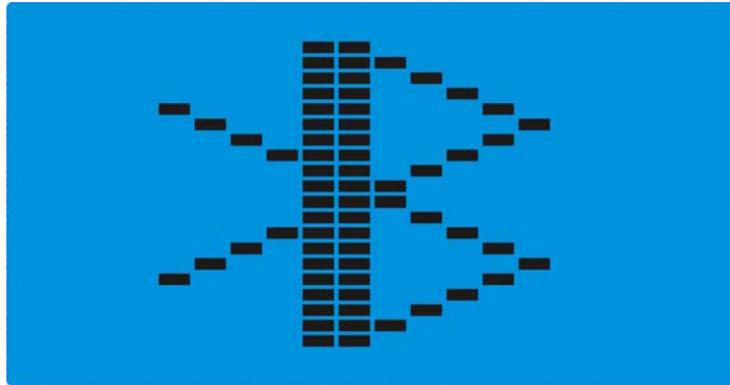
Start Recovery Function



Test Result

5. Bluetooth Mode

Enable Bluetooth on your smart device. Search for and connect to console (name is on the back of the console). When your smart device is connected to the console, the Bluetooth symbol will appear on the LCD.



Please note:

1. Holding down the RESET button for 2 seconds will reset the console and your Bluetooth connection.

TROUBLESHOOTING

Computer not working correctly

Check to make sure the computer cable is connected securely.
Check that the AC Adaptor is securely connected to the Power Supply Cable and to the electrical wall outlet.

The bike trainer wobbles or shakes when in use

Turn the adjustable leveler on the front stabilizer or U shape rail as needed to level the bike trainer.

Squeaking noise when in use

The bolts may be loose on the bike trainer. Inspect all bolts and tighten as needed.

No readings or inconsistent/erratic heart rate readings

Always hold on to the handlebar grip sensors with both hands instead of just one.
Try to maintain moderate pressure while holding onto the hand pulse sensors.
Make sure that the wire connections for the hand pulse sensors are secured.
Make sure to wipe sweat off hands.

MAINTENANCE

Cleaning

The bike trainer 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 bike trainer after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Please keep the bike trainer, especially the computer console, out of direct sunlight to prevent screen damage or premature wear. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

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

Thread sealant instruction

If any parts need to be applied thread sealant, the parts must be cleaned before applying. It needs at least 8 hours to a day to wait for the sealant to dry, do not use the bike until the thread sealant is completely dry.

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.



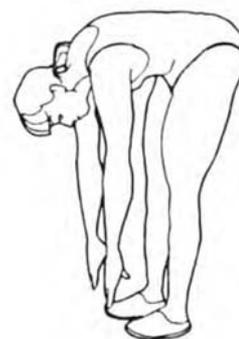
Inner Thigh Stretch

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 and hold for 15 counts.



Toe Touching

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Relax and hold for 15 counts. Repeat with left leg extended.



WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
Frame	Lifetime
Normal Wearable Parts /Electronics	2 years (upholstery, brake, pads, foam grips, pedals etc...)
Labor and Other Parts	5 years

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

For best service, please email our customer service department:

service@paradigmhw.com

Response Time: 1-2 Business Days

Or call toll free at 1-844-641-7922. Daily 8:00 AM - 5:00 PM (PST).

Response Time may vary.

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

