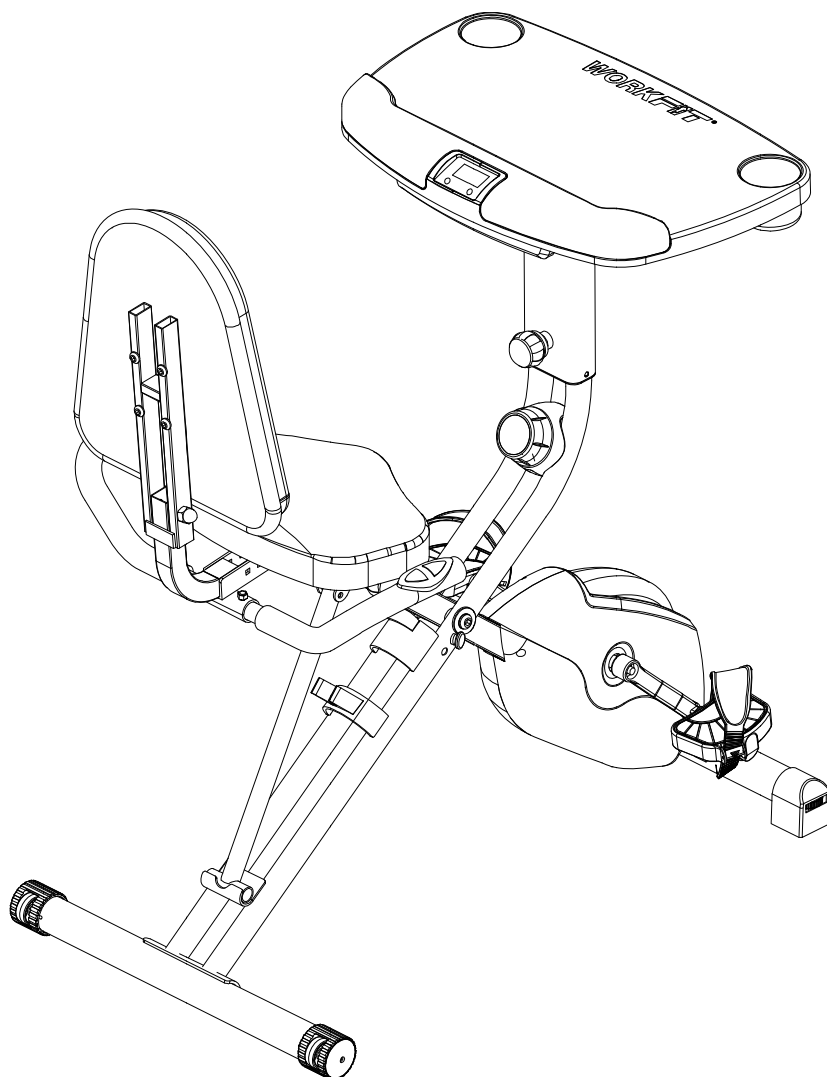


Desk Bike



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

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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 Email:

Service@paradigmhw.com

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7921

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

WARNING / AVERTISSEMENT / ADVERTENCIA

Pinch point, keep hands clear
Pincez moment, garder les mains clair
Punto Pinch, mantenga las manos alejadas

To avoid injury

- Do not exceed placing more than 44lbs on the table.
- Remove all items from the desk before adjusting the desk angle.

Pour éviter les blessures

- Ne dépassez pas placer plus de 20 kilos sur la table.
- Retirez tous les éléments du bureau avant de régler l'angle de bureau.

Para evita

- No exceda la colocación de más de 44 libras sobre la mesa.
- Retire todos los artículos de la mesa antes de ajustar el ángulo de escritorio.

Maximum weight capacity is 300 lbs.
Le poids maximum pout ce produit est 136 kgs.
La capacidad de peso máxima es 136 kg.

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

- Tighten Right Pedal (8) Into the Right Crank Clockwise**
- Tighten Left Pedal (7) Into the Left Crank Counter Clockwise**

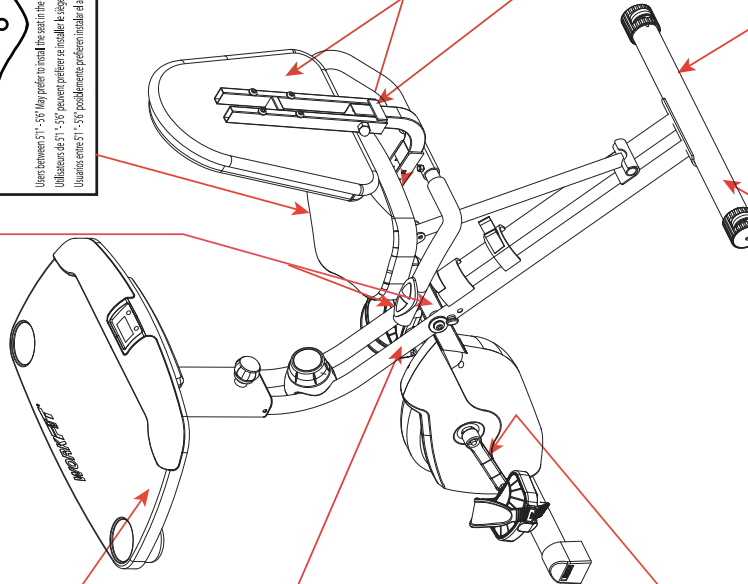
La manivelle pourrait être endommagée si les pédale droit ou gauche ne sont pas serrés selon les instructions ci-dessous.

- Serrez le pédale droit (8) dans la manivelle droite dans le sens horaire**
- Serrez le pédale gauche (7) dans la manivelle gauche dans le sens antihoraire**

Se dañará el cigüeñal en caso de que no se aprieten el pedal derecho y el izquierdo según instrucciones!

- Apriete el Pedal derecho (8) en el cigüeñal derecho, hacia la derecha**
- Apriete el Pedal izquierdo (7) en el cigüeñal izquierdo, hacia la izquierda**

Use between 51° - 58° May prefer to small the seat in the holes at the rear (X).
Utilisation de 51° - 58° préférez vers petite le siège dans les trous à l'arrière (X).
Usado entre 51° - 58° preferentemente prefieren instalar el asiento en los agujeros de la parte trasera (X).



<p>UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER</p> <p>ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD, 100%</p> <p>REGISTRY NO. VA25302 (CN)</p> <p>Certification is made by this manufacturer that the materials in this article are described in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA</p>	<p>NOTICE</p> <p>This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.</p>
<p>SOUS PEINE DE SANCTION LÉGALE, CETTE ÉTIQUETTE NE PEUT ÊTRE ENLEVÉE QUE PAR LE CONSOMMATEUR</p> <p>ENTIÈREMENT FABRIQUÉ DE MATÉRIAU À NEUF KEMBOURAGE DE MOUSSE DE POLYURETHANE 100 %</p> <p>NO D'ENREGISTREMENT VA25302 (CN)</p> <p>Cette étiquette est apposée conformément aux lois canadiennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>	<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)</p>
<p>SE SANCONARÁ LEGALMENTE A QUIENES QUITEN ESTA ETIQUETA, QUE EL CONSUMIDOR PODRÁ QUITARLA.</p> <p>MATERIAL COMPLETAMENTE NUEVO ESPUMA DE POLIURETANO.</p> <p>NO. DE REG VA25302 (CN)</p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA</p>	<p>AVISO</p> <p>Este artículo no cumple con las normas de inflamabilidad del boletín técnico 117 de la Oficina de Mobiliario para el Hogar de California. Cuidé que el producto no esté cerca de las llamas o de cigarrillos encendidos.</p>

WARNING / AVERTISSEMENT / ADVERTENCIA

Pinch point, keep hands clear
Pincez moment, garder les mains clair
Punto Pinch, mantenga las manos alejadas

*Patent Pending

115447715000001

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

WORKFIT

For customer assistance, daily:
Pour le service à la clientèle composer le, tous les jours:
Para obtener asistencia diaria para el cliente, llame al:

1-844-641-7921
8 am - 5 pm PST

Basic precautions should always be followed when using this equipment. Read all instructions before using this equipment which include the following safety instructions:

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising, and in order to avoid injuring your muscles, it is recommended that you perform warm-up exercises for every muscle group.
3. Make sure all the components are not damaged and tightened well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Wear proper clothes and shoes when using this equipment; do not wear clothes that might get caught by any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult customer service.
6. Do not use or leave the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. This product requires a minimum of 6 square feet of space for safe operation.
10. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
11. **The maximum weight capacity for this product is 300 lbs/136 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.

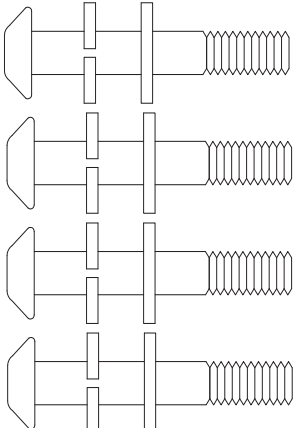
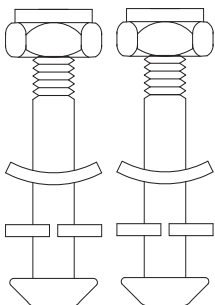
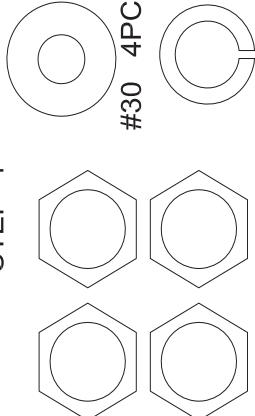
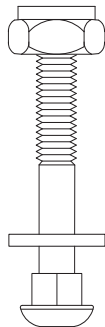
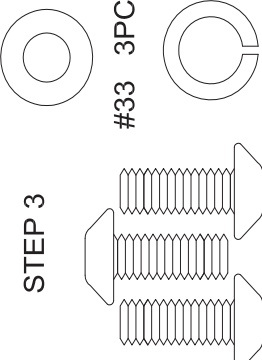
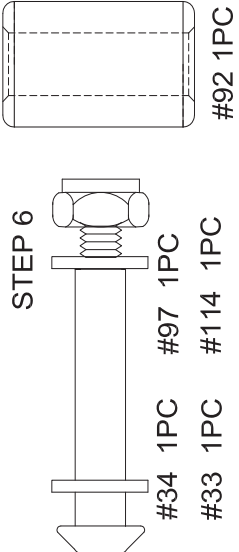
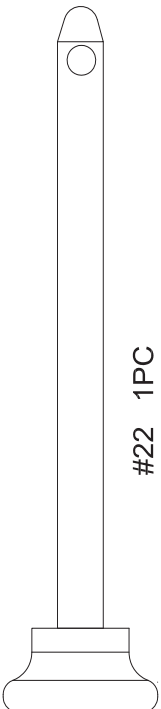

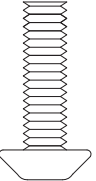

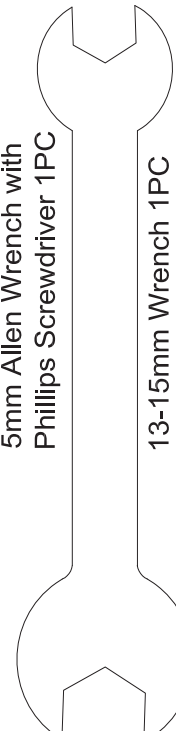
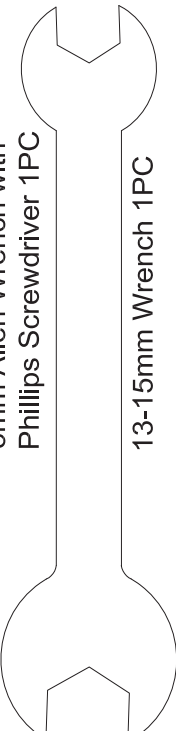
CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

PART LIST

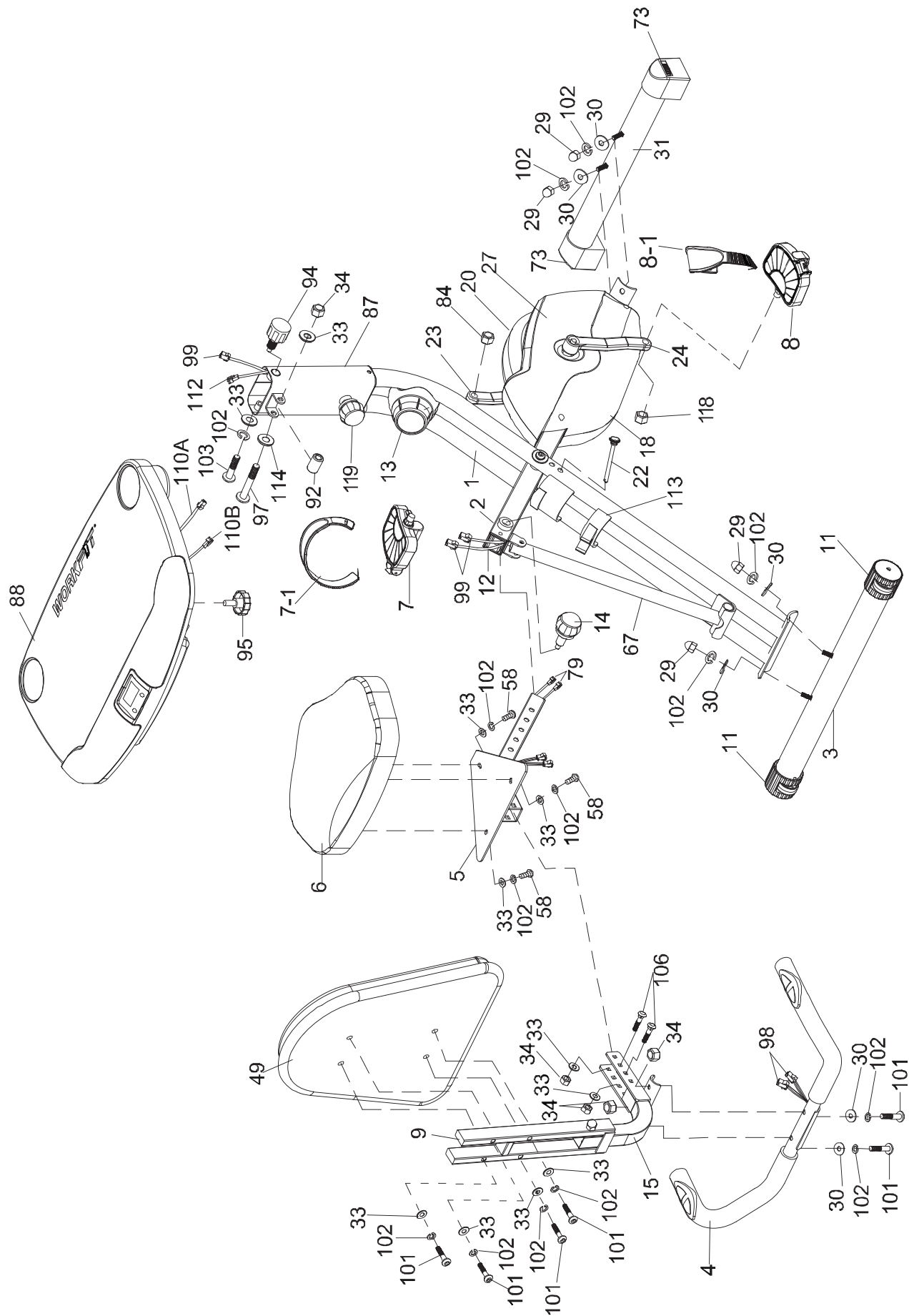
Part #	Description	Qty
1	Rear Frame	1
2	Front Frame	1
3	Rear Stabilizer	1
4	Handlebar	1
5	Seat Post	1
6	Seat	1
7	Left Pedal	1
7-1	Left Pedal Strap	1
8	Right Pedal	1
8-1	Right Pedal Strap	1
9	Backrest Frame	1
11	Rear Stabilizer End Cap	2
12	Seat Post Plastic Bushing	1
13	Tension Control Knob	1
14	Adjustment Knob M16	1
15	Rear Supporting Tube	1
22	Safety Pin Ø10*110L	1
23	Left Crank	1
24	Right Crank	1
29	Hexagon Cap Nut M8	5
30	Curve Washer D Ø8.2	6
31	Front Stabilizer	1
33	Flat Washer Ø8.2	12
34	Nylon Nut M8	5
49	Backrest	1
58	Hexagon Socket Bolt M8*15	5

Part #	Description	Qty
67	Rear Frame Support Tube	1
73	Front Stabilizer End Cap	2
79	Connection Wire A	2
84	Left Nylon Nut 9/16	1
87	Desk Mount	1
88	Desk	1
92	Plastic Bushing	1
94	Pop Pin	1
95	Slide Knob	1
97	Hexagon Socket Bolt M8*58	1
98	Hand Pulse Wire	1
99	Connection Wire B	1
101	Hexagon Head Bolt M8*45	6
102	Spring Washer Ø8.2	14
103	Hexagon Socket Bolt M8*25	1
106	Carriage Bolt M8*50	2
110A	Upper Console Wire	1
110B	Upper Hand Sensor Wire	1
112	Console Wire	1
113	Tube Clip	1
114	Flat Washer Ø10.2	1
115	5mm Allen Wrench with Phillipscrewdriver	1
116	19mm Wrench	1
117	13,15 mm Wrench	1
118	Right Nylon Nut 9/16	1
119	Long Adjustment Knob M16	1

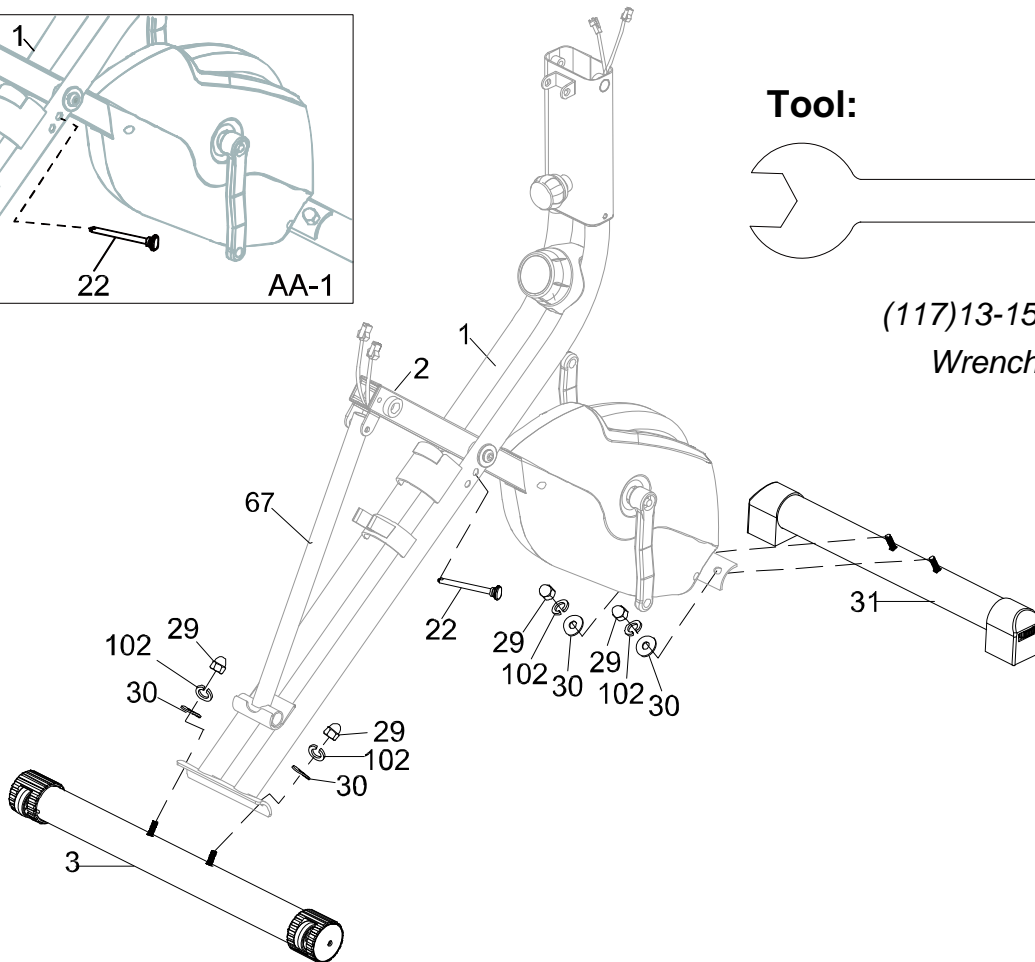
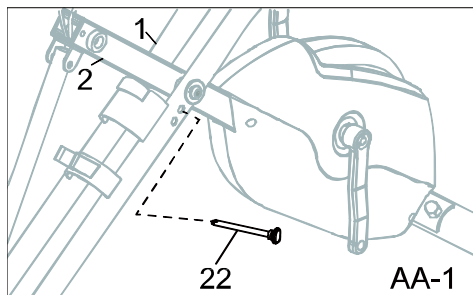
7150-Hardware Pack

<p>STEP 4</p>  <p>#101 4PCS #102 4PCS #33 4PCS</p>		<p>STEP 5</p>  <p>#30 2PCS #102 2PCS #34 2PCS #101 2PCS</p>		<p>STEP 1</p>  <p>#29 4PCS #102 4PCS #30 4PCS</p>	
 <p>#106 2PCS #34 2PCS #33 2PCS</p>		<p>STEP 3</p>  <p>#58 3PCS #102 3PCS #33 3PCS</p>		<p>STEP 6</p>  <p>#34 1PC #97 1PC #33 1PC #114 1PC #92 1PC</p>	
 <p>#22 1PC</p>		 <p>#33 1PC #102 1PC #103 1PC</p>		 <p>#33 1PC #102 1PC #103 1PC</p>	
 <p>19mm Wrench 1PC</p>		 <p>5mm Allen Wrench with Phillips Screwdriver 1PC</p>		 <p>13-15mm Wrench 1PC</p>	

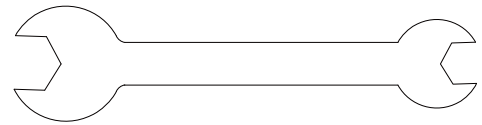
OVERVIEW



ASSEMBLY



Tool:



(117)13-15mm
Wrench

1.1 Stand Up the Machine

Extend the Front Frame (2) and the Rear Frame (1). Rest the Rear Frame Support Tube (67) into the hooked plate on the Rear Frame (1). Align the upper pin holes at the center of the bike and insert the Safety Pin (22) into the Front Frame (2) and the Rear Frame (1) to lock the frames in place. (See Fig AA-1).

1.2 Front Stabilizer Installation

Attach the Front Stabilizer (31) to the Front Frame (2) with two Hexagon Cap Nuts (29), two Spring Washers (102), and two Curve Washers (30). Then tighten the Hexagon Cap Nuts (29) using the 13-15mm Wrench (117) provided.

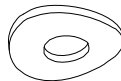
1.3 Rear Stabilizer Installation

Attach the Rear Stabilizer (3) to the Rear Frame (1) with two Hexagon Cap Nuts (29), two Spring Washers (102), and two Curve Washers (30). Then tighten the Hexagon Cap Nuts (29) using the 13-15mm Wrench (117) provided.

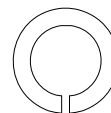
Hardware:



(29) Hexagon Cap Nut
4PCS



(30) Curve Washer
4PCS



(102) Spring Washer
4PCS

ASSEMBLY

Important:

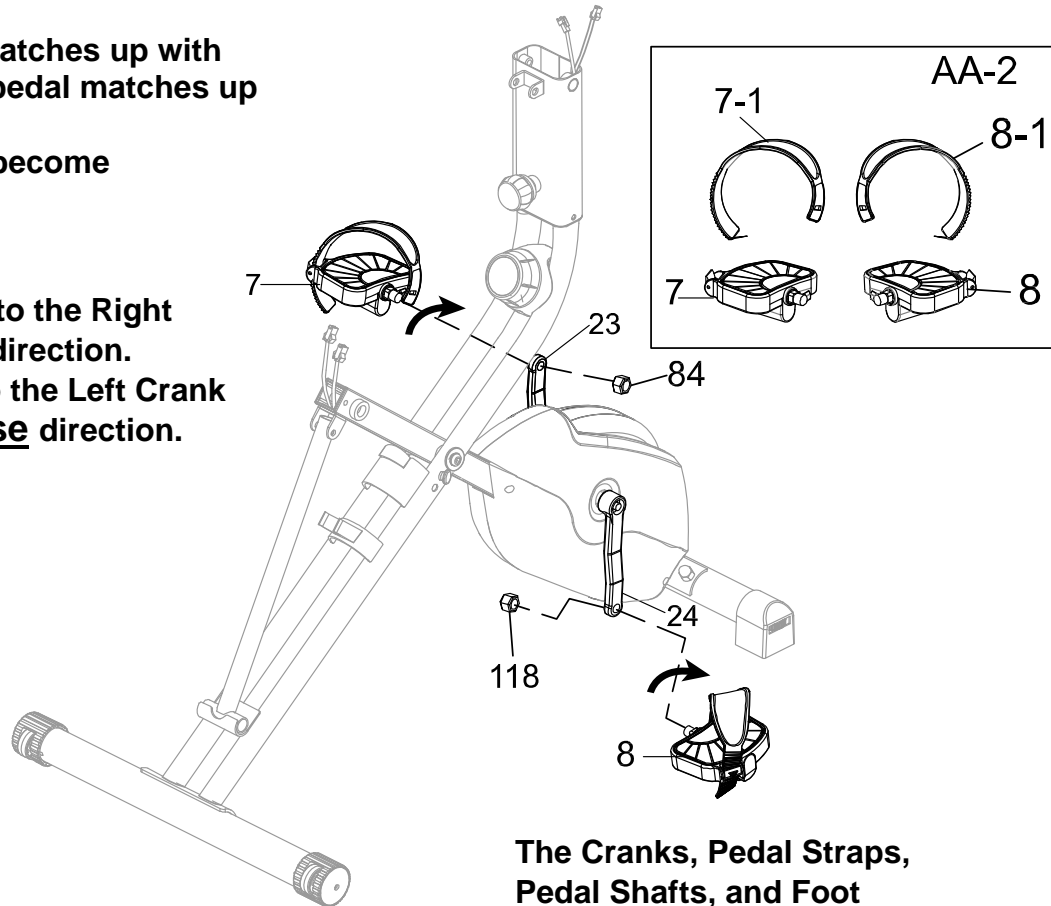
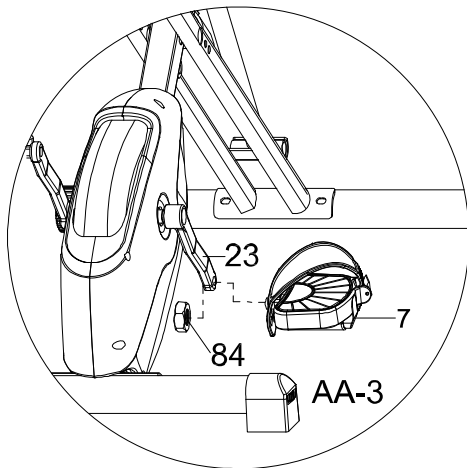
Make sure the right pedal matches up with the right crank and the left pedal matches up with the left crank.

If reversed the cranks may become damaged or stripped.

Important:

Screw the Right Pedal (8) into the Right Crank (24) in a **clockwise** direction.

Screw the Left Pedal (7) into the Left Crank (23) in a **counter-clockwise** direction.



The Cranks, Pedal Straps, Pedal Shafts, and Foot Pedals are marked “R” for Right and “L” for Left.

Step 2. Left and Right Pedal and Pedal Strap Installation

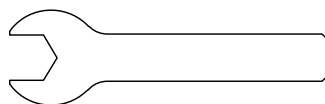
The Cranks, Pedals, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left.

Install the Left and Right Pedal Straps (7-1, 8-1) on to the Left and Right Pedals (7, 8). (see Fig. AA-2).

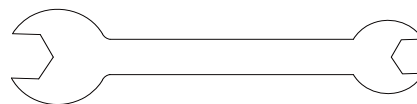
Remove the Left Nylon Nut (84) from the Left Pedal (7). Insert the Left Pedal (7) into the threaded hole in the Left Crank (23). Turn the Left Pedal shaft by hand in a **counter-clockwise** direction until snug. Then tighten the Left Pedal (7) using the Wrench 13-15 (117), and the Left Nylon Nut (84) with the Wrench 19mm (116) provided. (see Fig. AA-3).

Remove the Right Nylon Nut (118) from the Right Pedal (8). Insert the Right Pedal (8) into the threaded hole in the Right Crank (24). Turn the Right Pedal shaft by hand in a **clockwise** direction until snug. Then tighten the Right Pedal (8) with the 13-15mm Wrench (117), and the Right Nylon Nut (118) with the 19mm Wrench (116) provided.

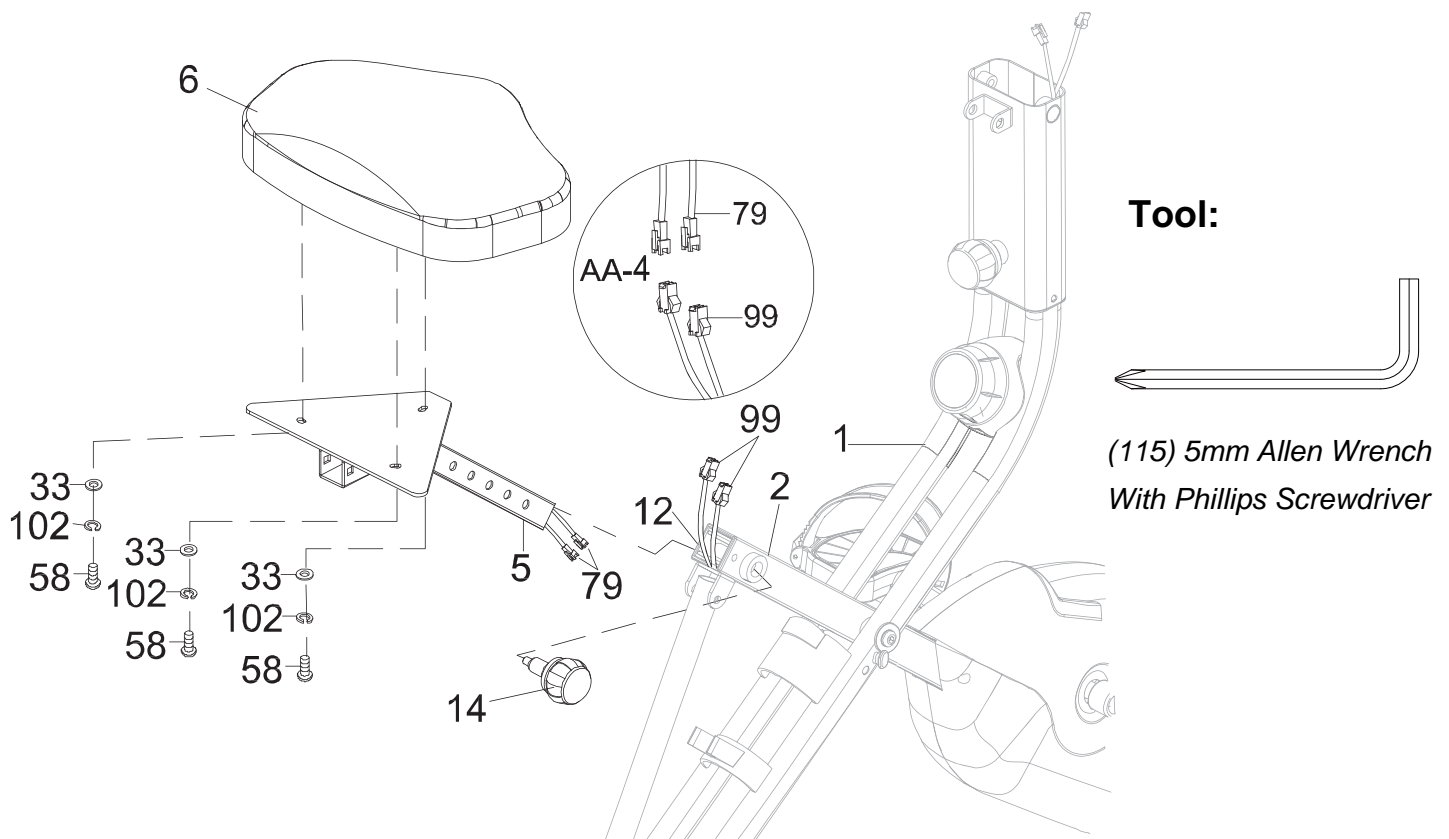
Tool



(116) 19mm
Wrench



(117) 13-15mm
Wrench



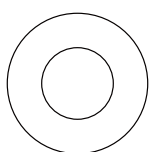
Step 3. Seat Installation

The Seat (6) has 2 sets of adjustment holes. It is recommended that users between 5'1" – 5'6" use the holes towards the rear of the Seat (6). It is recommended that users between 5'7" to 6'3" use the holes towards the front of the Seat (6).

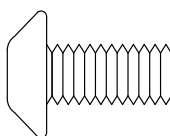
Align the bolt holes on the underside of the Seat (6) with the holes on the top of the Seat Post (5), then attach the two parts using three Flat Washers (33), three Spring Washers (102), and three Hexagon Socket Bolts (58). Tighten the bolts with the 5mm Allen Wrench (115) provided.

Connect the Connection Wire A (79) from the Seat Post (5) to the Connection Wire B (99) from the Front Frame (2) as shown in Fig. AA-4. Insert the Seat Post (5) into the Seat Post Plastic Bushing (12), being careful to insert the wires without pinching them. Install the Seat Adjustment Knob (14) by turning it clockwise, making sure that the safety pin of the Adjustment Knob (14) catches one of the height adjustment holes of the Seat Post (5).

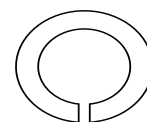
Hardware:



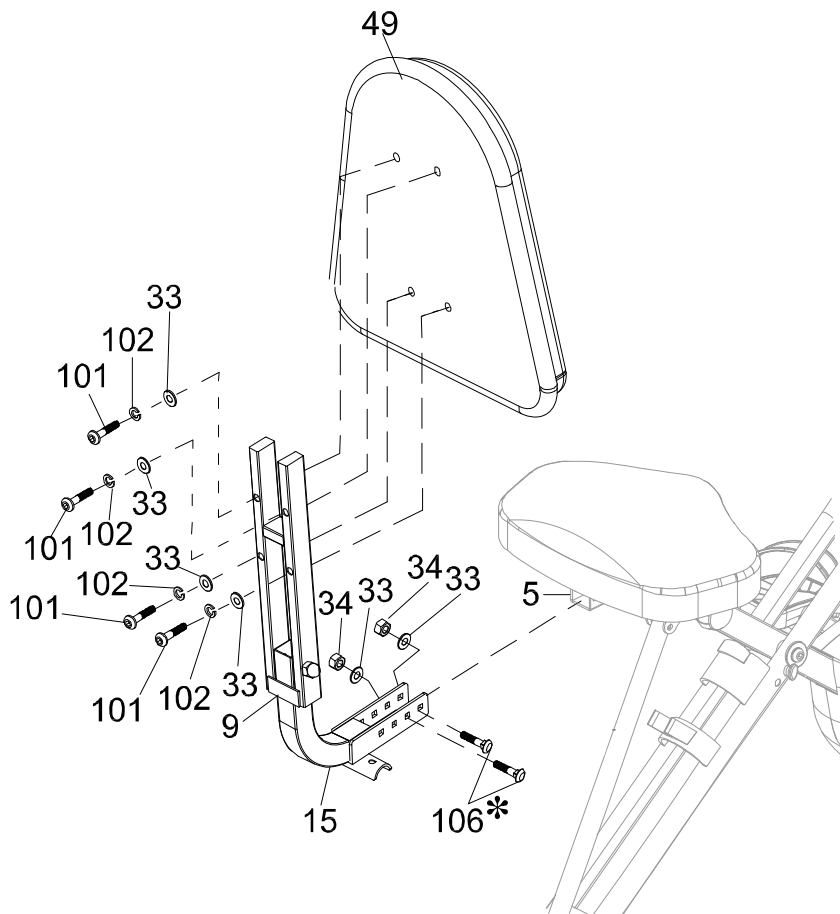
(33) Flat Washer
3 PCS



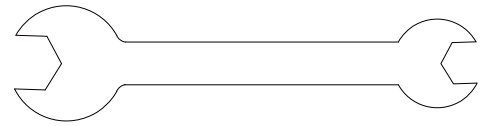
(58) Hexagon Socket
3 PCS



(102) Spring Washer
3 PCS



Tool:



(117) 13-15mm
Wrench



(115) 5mm Allen Wrench
With Phillips Screwdriver

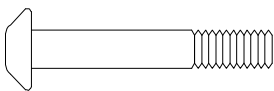
Step 4. Backrest Frame and Backrest Installation

Attach the Backrest Frame (9) onto the Seat Post (5) using the two Flat Washers (33), two Nylon Nuts (34), and two Carriage Bolts (106). Tighten the bolts and nuts with the 13-15mm Wrench (117) provided.

Attach the Backrest (49) onto the Backrest Frame (9) with the four Hexagon Socket Bolts (101), four Flat washers (33), and four Spring Washers (102). Tighten the bolts with the 5mm Allen Wrench with Phillips Screwdriver (115) provided.

* Refer to the Adjustments page 16 for Backrest adjustment instructions.

Hardware:



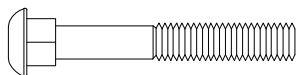
(101) Hexagon Head
Socket Bolt
4 PCS



(33) Flat Washer
6 PCS



(102) Spring Washer
4 PCS

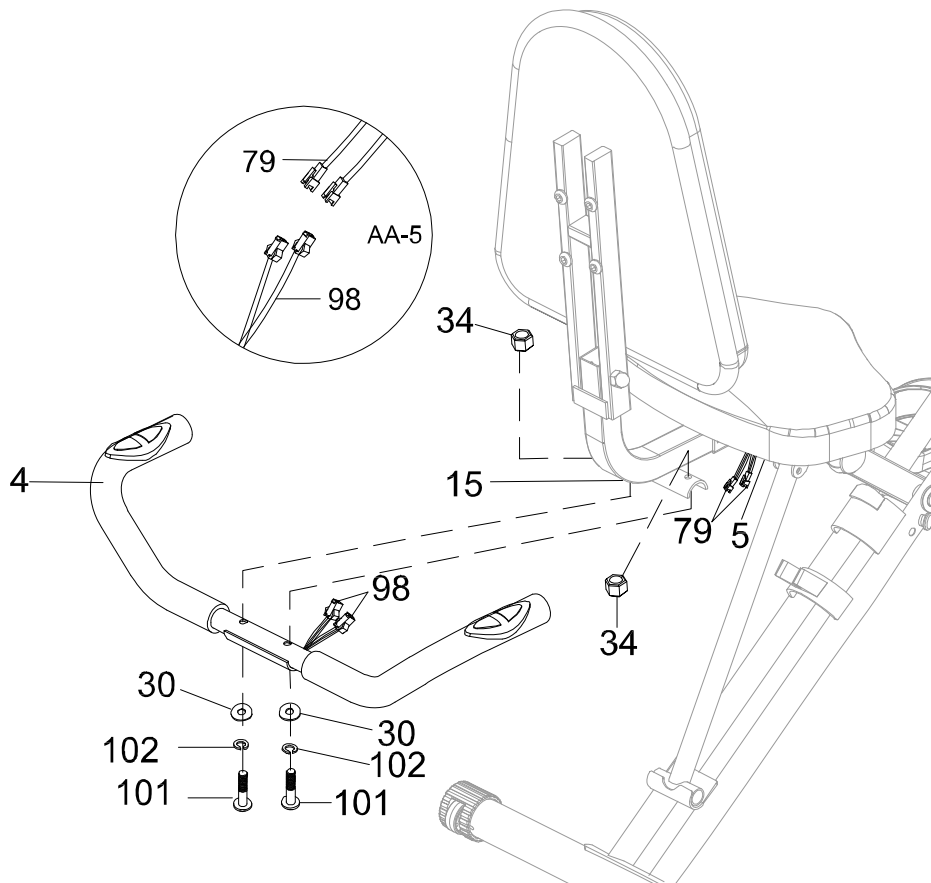


(106) Carriage Bolt
2PCS



(34) Nylon Nut
2 PCS

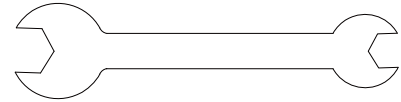
ASSEMBLY



Tool:



(115) 5mm Allen Wrench
With Phillips Screwdriver



(117) 13-15mm
Wrench

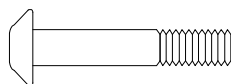
Step 5. Handlebar Installation

Attach the Handlebar (4) onto the Rear Supporting Tube (15) using, two Curve Washers (30), two Spring Washers (102), and two Hexagon Head Socket Bolts (101). Then tighten the bolts with the 5mm Allen Wrench with Phillips Screwdriver (115) provided.

Attach a Nylon Nut (34) to the threaded end of the Carriage Bolt (101). Tighten the Nylon Nuts (34) with the 13-15mm Wrench (117) provided.

Connect the Hand Pulse Wire (98) from the Handlebar (4) to the Connection Wire A (79) from the Seat Post (5) as shown in Fig. AA-5.

Hardware:



(101) Hexagon
Head Socket Bolt
2PCS



(30) Curve Washer
2PCS

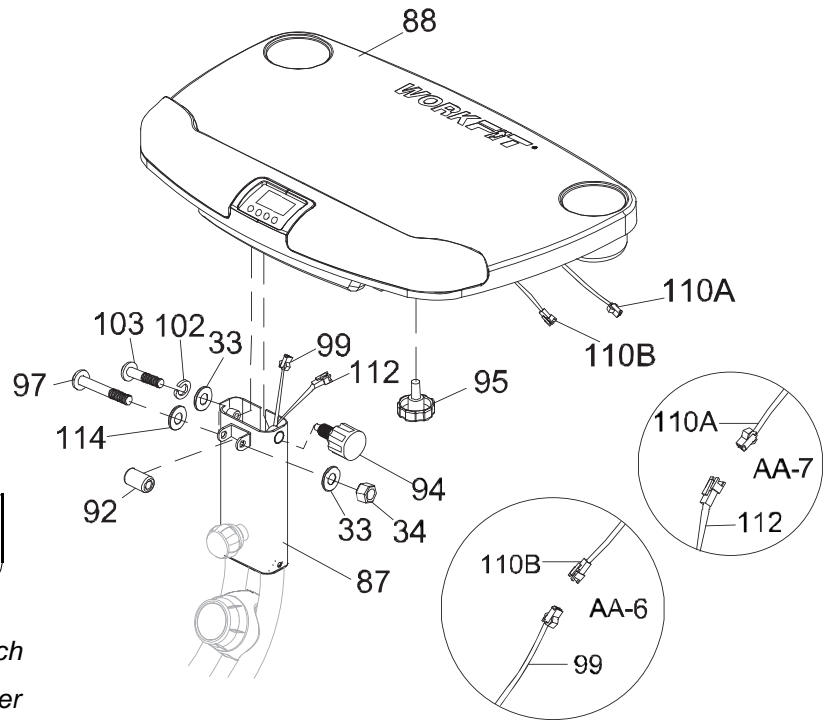
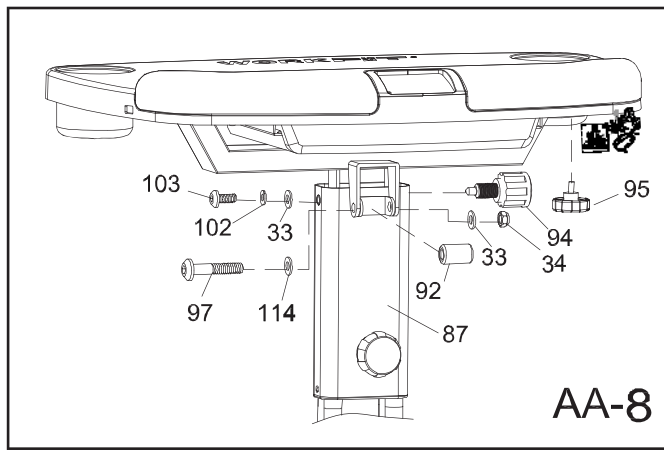


(102) Spring Washer
2 PCS

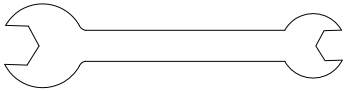


(34) Nylon Nut
2 PCS

ASSEMBLY



Tool:



(117) 13-15mm Wrench



(115) 5mm Allen Wrench
With Phillips Screwdriver

Step 6. Desk Installation

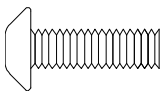
Align the bolt holes of the U shaped bracket on the underside of the Desk (88) with the holes on the bracket of the Desk Mount (87). Insert the Plastic Bushing (92) into the bracket of the Desk Mount (87) as shown in Fig. AA-8. Attach the Desk (88), the Desk Mount (87) and the Plastic Bushing (92) with one Flat Washer (33), one Nylon Nut (34), one Flat Washer (114) and one Hexagon Socket Bolt (97). Tighten the bolt and nut with the 5mm Allen Wrench with Phillips Screwdriver (115) and 13-15mm Wrench (116) provided.

Insert the Slide Knob (95) onto the underside of the Desk (88) by twisting it clockwise (as shown in Fig. AA-8).

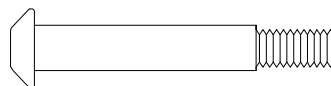
Connect the Connection Wire B (99) from the Desk Mount (87) to the Upper Hand Pulse Wire (110B) (see Fig. AA-6) and connect the Console Wire (112) to the Upper Console Wire (110A) (see Fig. AA-7).

Set the Desk (88) flat on the Desk Mount (87) and assemble the the Desk (88) angle adjustment by inserting one Hexagon Socket Bolt (103) with a Flat Washer (33), and one Spring Washer (102) into the left side of the Desk Mount (87). Make sure the Hexagon Socket Bolt (103) goes into the curved slot on the Bracket of the Desk (88). Tighten the bolts with the 5mm Allen Wrench with Phillips Screwdriver (115) provided. Insert the Pop Pin (94) into the hole on the right side of the Desk Mount (87) and tighten it by turning it clockwise until snug.

Hardware:



(103) Hexagon Socket Bolt
M8*25 1PC



(97) Hexagon Socket Bolt
M8*58 1PC



(92) Plastic Bushing 1PC



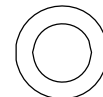
(102) Spring
Washer Ø8.2
1 PC



(33) Flat Washer Ø8.2
2 PCS



(34) Nylon Nut M8
1 PC



(114) Flat Washer Ø10.2
1 PC

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN:SEC
SPEED -----	0.0-999.9 ML/H
DISTANCE -----	0.0-999.9 ML
CALORIE -----	0.0-999.9 KCAL
ODOMETER -----	0.0-999.9 ML
PULSE -----	40-240 BEATS/MIN



CONSOLE FUNCTIONS:

MODE: Press the “MODE” button to select between, SCAN, SPEED, DISTANCE, TIME, ODOMETER, CALORIES and PULSE.

AUTO ON/OFF: The console will automatically turn on when pedaling begins. The console will automatically turn off after 4 minutes of inactivity.

SCAN: Press the “MODE” button until the arrow (◀) points to “SCAN”. The console will automatically scan the workout statistics of TIME, ODOMETER, CALORIE, PULSE, SPEED, and DISTANCE, every 6 seconds.

TIME: Press the “MODE” button until the arrow (◀) points to “TIME”. The console will display the total time exercised in minutes and seconds. The console automatically counts up from 0:00 to 99:59 in one second intervals.

SPEED: Press the “MODE” button until the arrow (◀) points to “SPEED”. The console will display your current workout speed in miles per hour.

DISTANCE: Press the “MODE” button until the arrow (◀) points to “DIST”. The console will display the distance traveled during each workout up to a maximum of 999.9 miles.

CALORIE: Press the “MODE” button until the arrow (▶) points to “CAL”. The console will estimate the cumulative calories burned during workout. The console will count up from 0.0 to 999.9 calories.

ODOMETER: Press the “MODE” button until the arrow (▶) points to “ODO”. The console will display the recorded total distance of all workout sessions, up to a maximum of 999.9 miles. When resetting the console, The ODOMETER values will not reset to zero. If the batteries are removed from the console, the ODOMETER values will reset to zero.

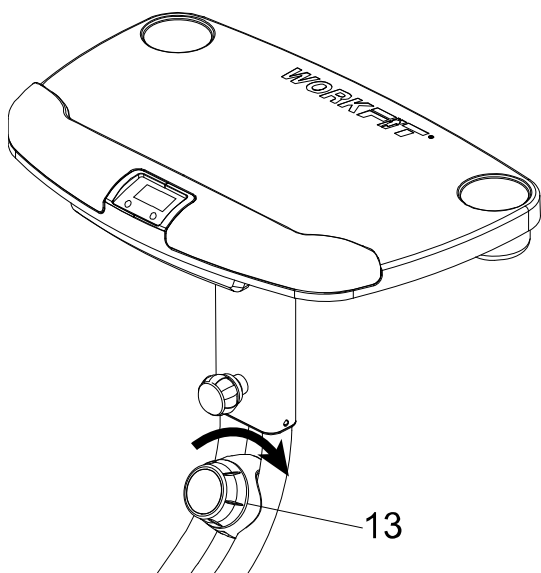
PULSE: Press the “MODE” button until the console displays “P”. During the Workout, hold onto the Hand Pulse Sensors and the console will display your current heart rate in beats per minute. Always hold the Hand Pulse Sensors with both hands for a more accurate reading.

RESET: Hold this button for 4 seconds to reset all values from the console, Except ODOMETER.

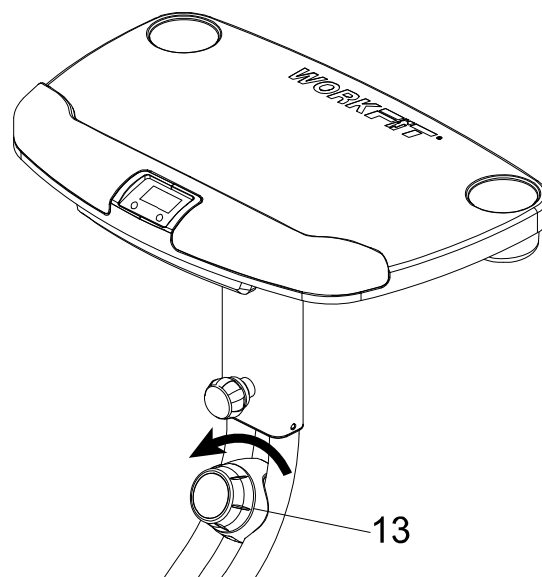
HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the underside of the Desk (88).
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Insure the batteries are correctly positioned and the battery springs are in proper contact with the batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partially legible, remove the batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS



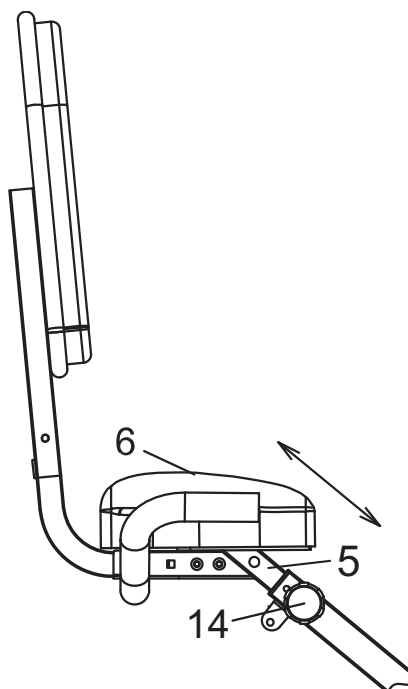
Increase



Decrease

Adjusting the Tension Control Knob

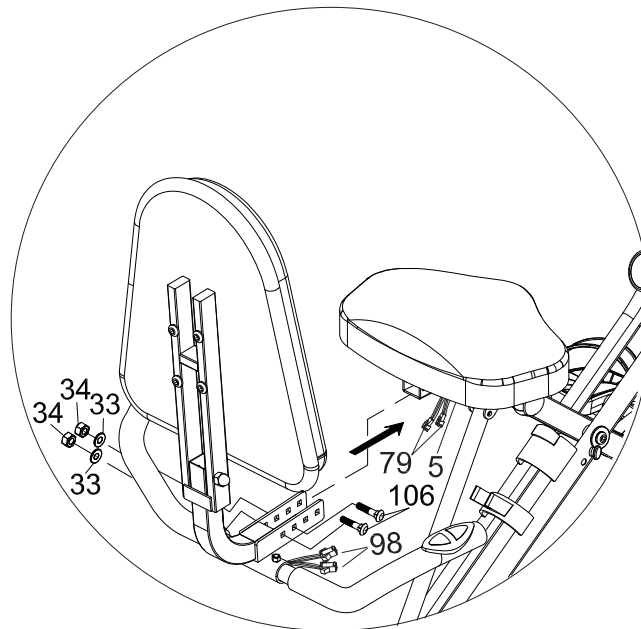
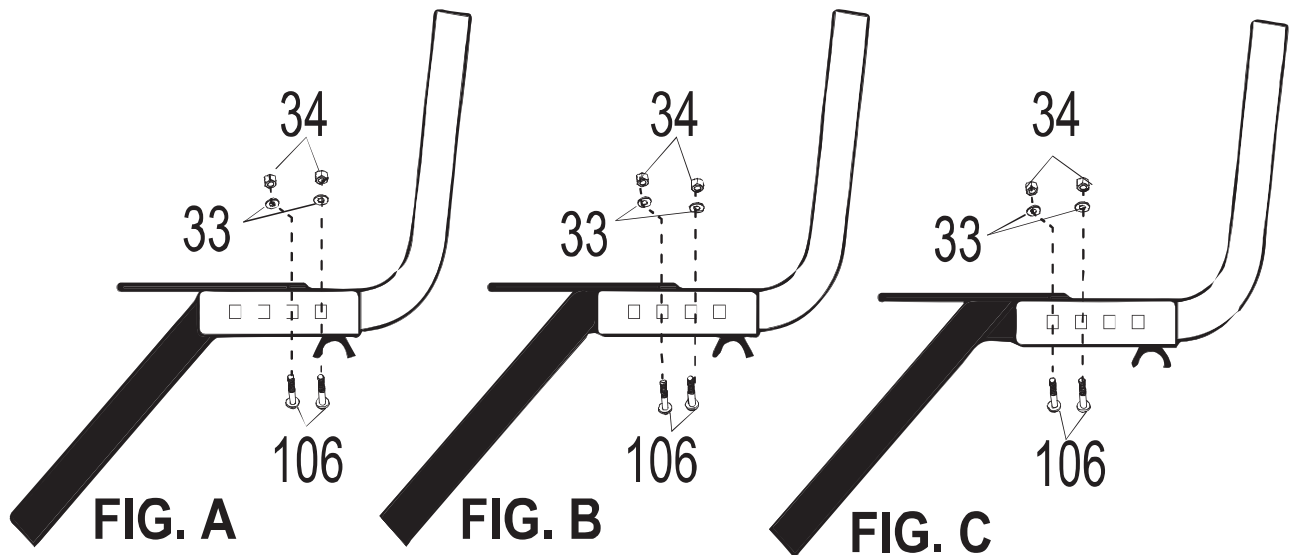
To increase the resistance, turn the Tension Control Knob (13) in a clockwise direction. To decrease the resistance, turn the Tension Control Knob (13) in a counterclockwise direction.



Adjusting the Seat Height

Turn the seat Adjustment Knob (14) in a counter-clockwise direction and pull to release the Seat Post (5). Slide the Seat Post (5) to the desired position and lock the Seat Post (5) in place by allowing the Adjustment Knob (14) to “POP” into a height adjustment hole on the Seat Post (5). Then tightening the Seat Adjustment Knob (14) in a clockwise direction.

NOTE: Do not exceed the MAX line on the seat post when adjusting the height of the Seat Post (5).



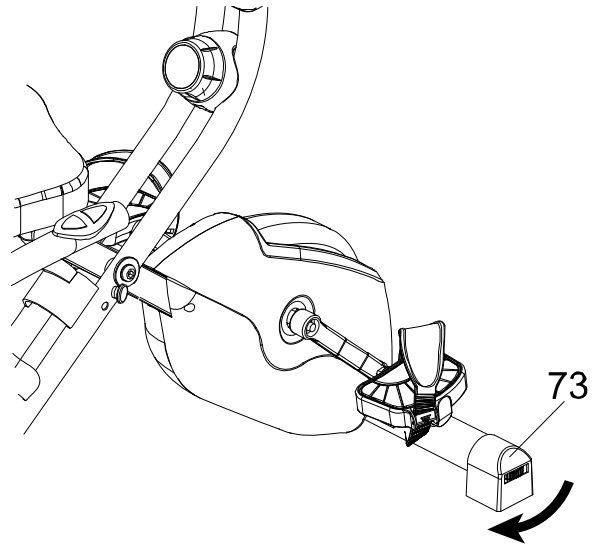
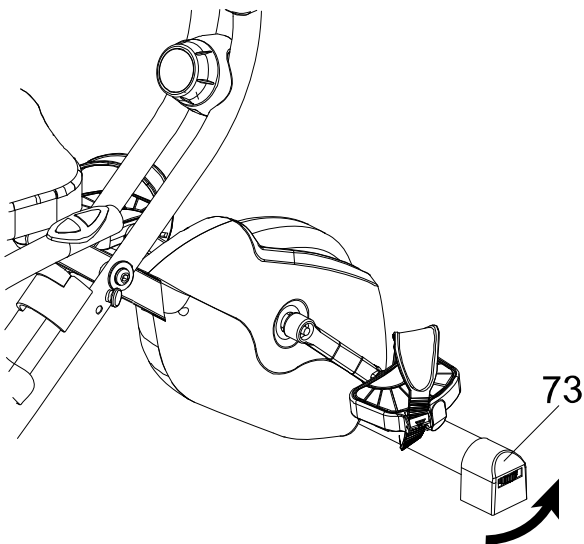
Adjusting the Backrest

The Rear Supporting Tube (15) can be adjusted between 3 different positions:

1. Users between the height of 5'1" and 5'3" may want to use position 1, as show in FIG. A.
2. Users between the height of 5'4" to 5'11" may want to use position 2 as shown in FIG. B.
3. Users between the height of 6' to 6'3" may want to use position 3 as shown in FIG. C.

Carefully disconnect the Connection Wires (79) from the Hand Pulse Wires (98). Once a position is selected, install the two Carriage Bolts (106), two Flat Washers (33), and two Nylon Nuts (34). Tighten the Nylon Nuts (34) using the 13 -15 mm Wrench Provided. Then Reconnect the Connection Wires (79) and Hand Pulse Wires (98).

ADJUSTMENTS

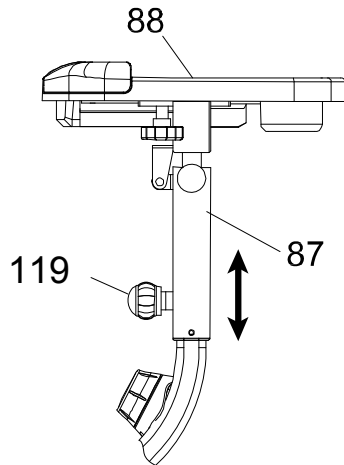


Leveling the Machine.

If you experience a “wobble” while exercising, do the following:

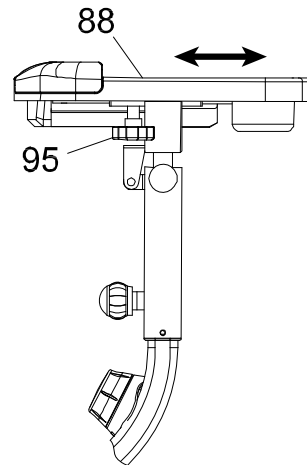
Make sure the Front Stabilizer End Caps (73) are in contact with the floor. Turn the Front Stabilizer End Caps (73) in a counter-clockwise direction to raise the Front Frame (2). Turn the Front Stabilizer End Caps (73) in a clockwise direction to lower the Front Frame (2). Do this as needed to level the machine.

ADJUSTMENTS



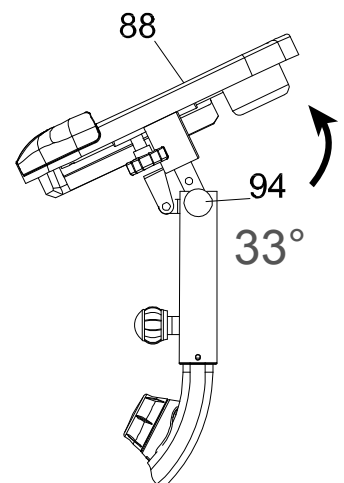
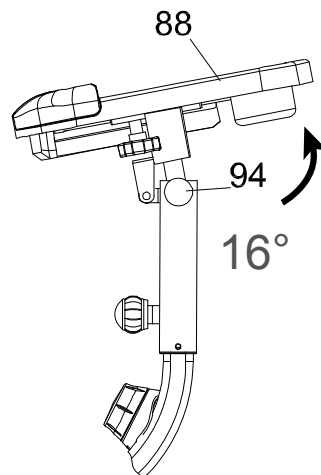
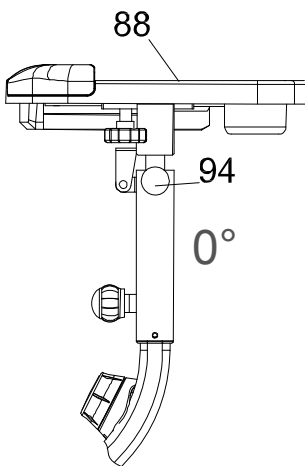
Adjusting the Desk Height

1. Loosen the Long Adjustment Knob (119) by turning it counter clockwise.
2. Pull the Long Adjustment Knob (119) to disengage the pin.
3. Shift the Desk Mount (87) up or down to the desired position.
4. Release the Long Adjustment Knob (119) to allow the pin to catch, and then turn the Long Adjustment Knob (119) clockwise to tighten.



Adjusting the Desk Range

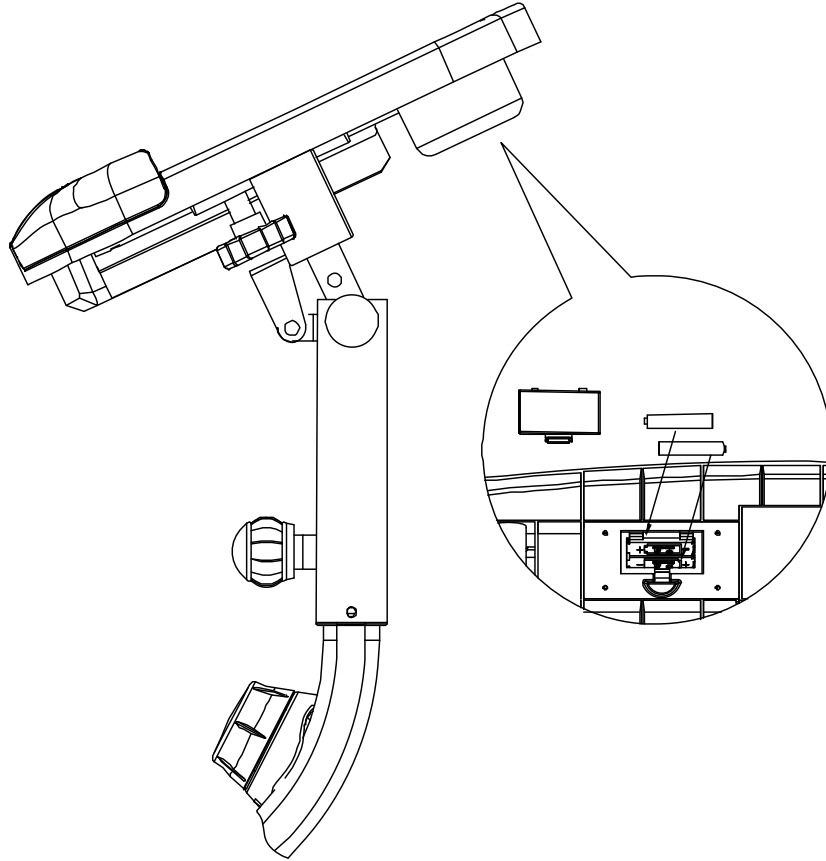
1. Loosen the Slide Knob (95) by turning it counter clockwise.
2. Shift the Desk (88) forward or backwards to the desired position.
3. Tighten the Slide Knob (95) by turning it clockwise to lock the Desk (88) in place.



Adjusting the Desk Angle

1. Loosen the Pop Pin (94) by turning it in a counter clockwise direction.
2. Pull the Pop Pin (94) out to disengage the pin.
3. Tilt the Desk (88) to one of the three available positions shown above.
4. Release the Pop Pin (94) to allow the pin to catch an angle position hole, and then turn the Adjustment Knob (94) clockwise to tighten.

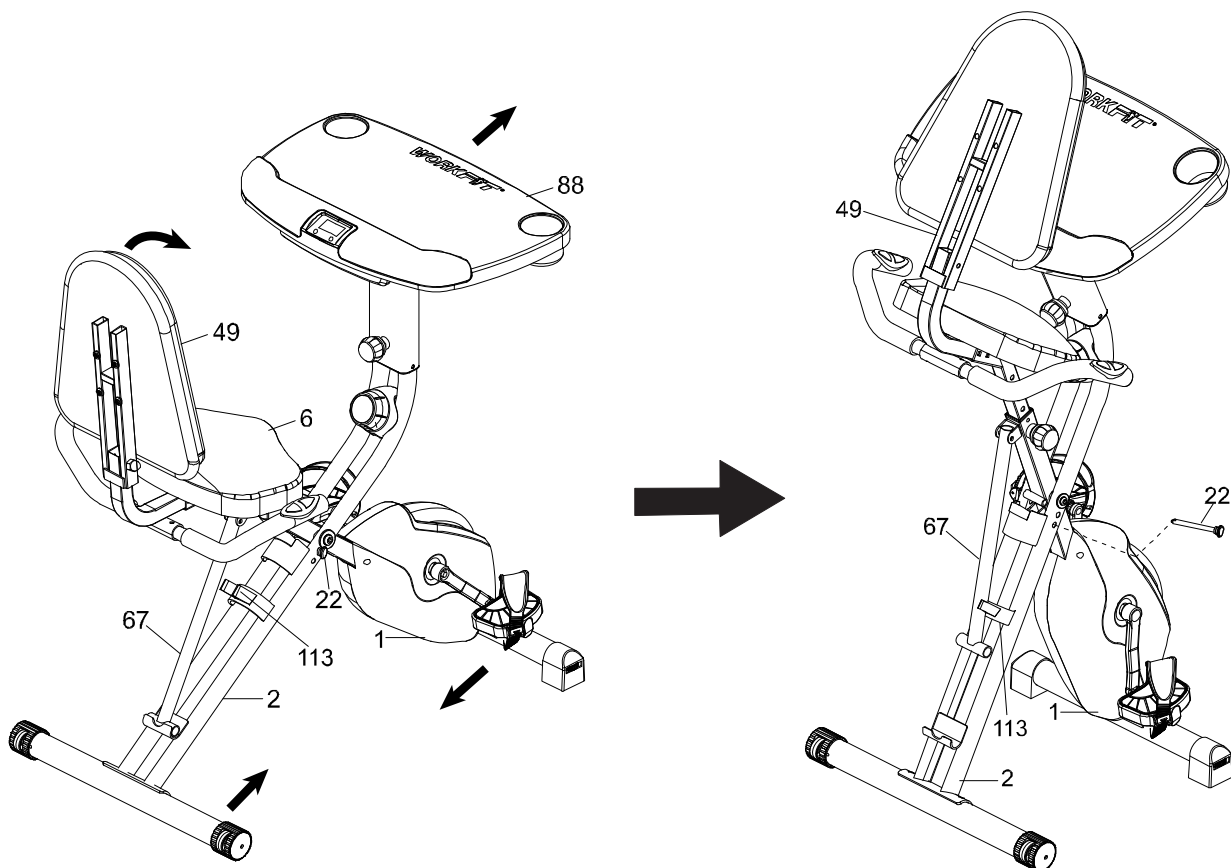
Warning: Remove all items from the desk prior to repositioning the Desk (88).



HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Ensure that the batteries are correctly positioned and that the battery springs are in proper contact with batteries.
4. Re-install the battery cover.

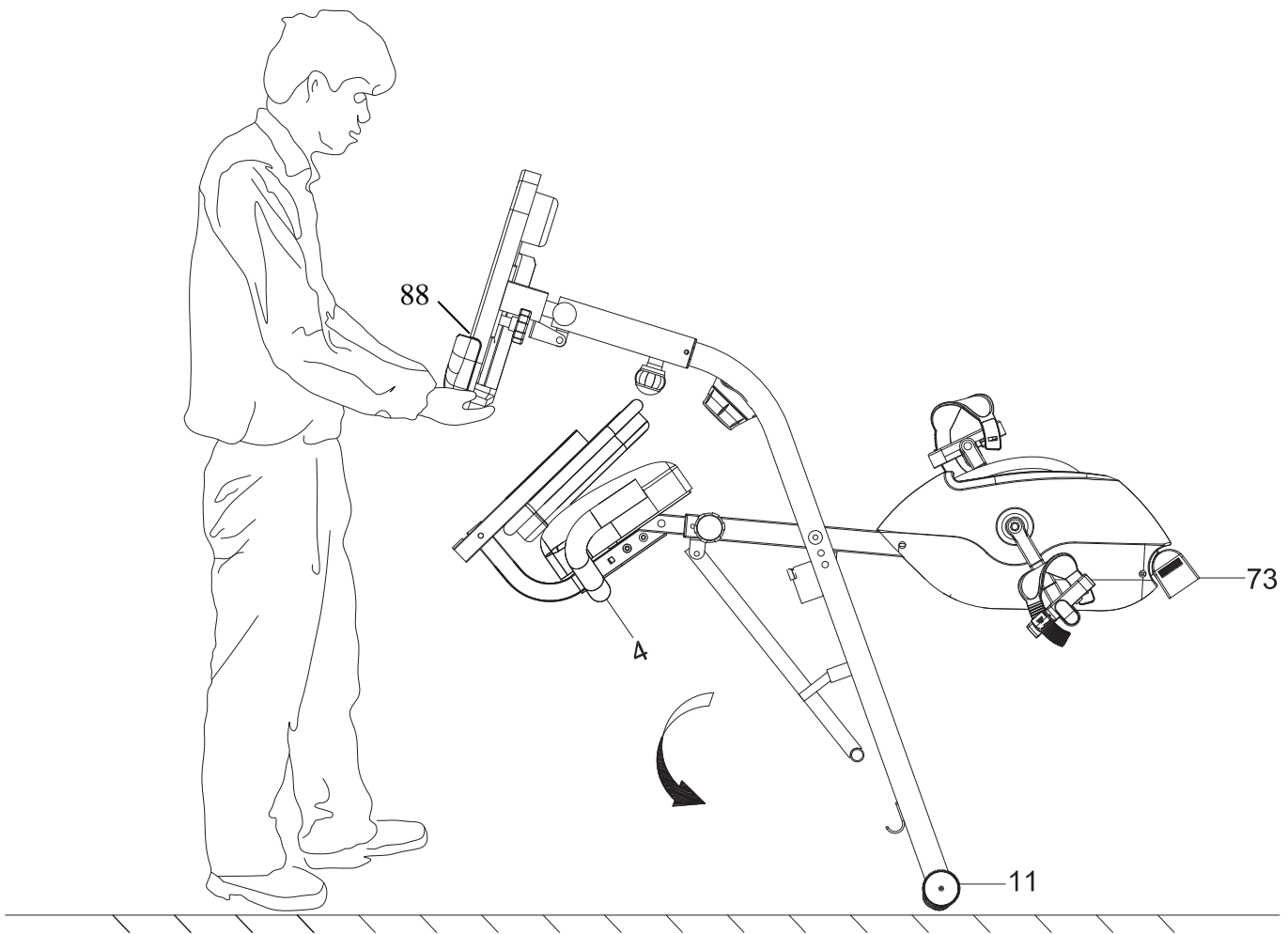
STORAGE



For your convenience, the bike can be folded up for storage when not in use.

1. Angle the Desk (88) to its lowest position.
2. Slide the Desk (88) to its furthest forward position.
3. Remove the Safety Pin (22) from the upper pin hole at the center of the bike.
4. Push the Rear and Front Frames (1, 2) together until they meet.
5. Swing the Backrest (49) down flat against the Desk (88).
6. Align the Storage pin holes on the Rear and Front Frames (1, 2), and insert the Safety Pin (22) into the lower pin hole to keep both sides of the frame in place.
7. Attach the Rear Frame Support Tube (67) onto the Tube Clip (113)

TRANSPORTING THE BIKE



Transporting the Bike

1. Adjust the Bike to Storage Mode, see page 19.
2. Hold onto the Desk (88) and tilt the bike onto to the wheels of the Rear Stabilizer End Caps (11).
3. Balance the bike on the Rear Stabilizer End Caps (11) and move the bike to the desired location.
4. Gently lower the Front Stabilizer End Caps (73) back down to the ground.

MAINTENANCE

Cleaning

The bike can be cleaned with a soft cloth and a mild detergent. Do not use abrasives or solvents on the plastic parts. Be sure to wipe your perspiration off the bike after each use. Be careful to not get excessive moisture on the console display panel as this may cause an electrical hazard or the electronics to fail. Keep the bike, specifically the console, out of direct sunlight to prevent screen damage. Inspect all of the assembly bolts and the pedals on the machine for proper tightness every week.

Storage

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

TROUBLESHOOTING

PROBLEM: There is no display on the console.

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

SOLUTION: The batteries in the console may be dead. Install new batteries.

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

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

SOLUTION: To ensure the pulse readout is accurate, always hold on to the handlebar grip sensors with both hands.

SOLUTION: Try to maintain moderate pressure while holding onto the hand pulse sensors. Avoid gripping the hand pulse sensors too tightly, this may cause your pulse to be read incorrectly.

PROBLEM: The bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the bike. Inspect all of the bolts and tighten any loose bolts.

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>
Structural Frame	1 year
All Other Components (computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)	90 days

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 RECIEPT 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***