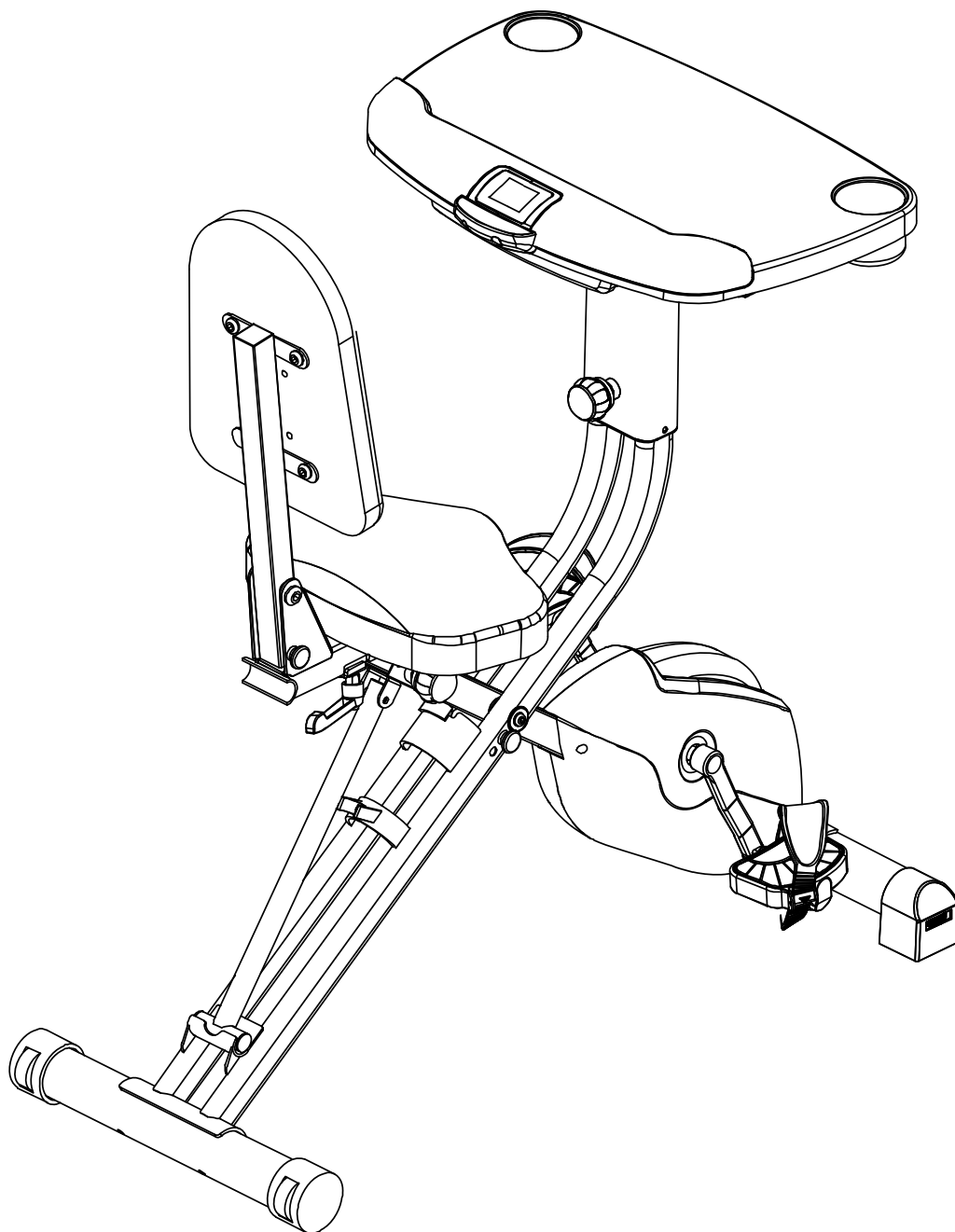


Desk Bike



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.



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

**Automatically set up an Email
to CUSTOMER SERVICE by
SCANNING this QR code with
the Camera or a QR code
scanner APP on your smart
device.**



See the Service Page for other methods of contacting Customer Support.

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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 using one of the below methods:

1. **Scan the QR code with the camera or any QR code scanner app on your smart device. This will bring you to a direct email to send to CUSTOMER SERVICE in the format shown below for your equipment.**

**Fastest and Easiest
method to set up a
customer service response**



2. Email: service@paradigmhw.com
 - a. Response Time: 1-2 Business Days
3. Website: www.paradigmhw.com
4. Phone: Toll-Free: 1-844-641-7921
 - a. Monday thru Friday (PST)
 - b. Response time may vary via calling
 - i. Refer to our email for the best response time

Please have the following information ready when requesting for service:

- Your name
- Shipping Address
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

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

LABEL PLACEMENT

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 400 lbs.

Le poids maximum pout ce produit est 181 kgs.

La capacidad de peso máxima es 181 kg.

UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER		ALL NEW MATERIAL CONSISTING OF 100% POLYURETHANE FOAM PAD		REG.NO. PA42342(CN)		Certification is made by the manufacture that the materials in this article are described in accordance with law		MADE BY PARADIGM HEALTH & WELLNESS, INC. 1189 Jellick Ave. City of Industry, CA 91748, USA		Date of Delivery		MADE IN CHINA	
NOTICE THIS ARTICLE MEETS THE FLAMMABILITY REQUIREMENTS OF CALIFORNIA BUREAU OF HOUSEHOLD GOODS AND SERVICES TECHNICAL BULLETIN 117-2013. CARE SHOULD BE EXERCISED NEAR OPEN FLAME OR WITH BURNING CIGARETTES. THE UPHOLSTERY MATERIALS IN THIS PRODUCT: CONTAIN ADDED FLAME RETARDANT CHEMICALS X. CONTAIN NO ADDED FLAME RETARDANT CHEMICALS THE STATE OF CALIFORNIA HAS UPDATED THE FLAMMABILITY STANDARD AND DETERMINED THAT THE FIRE SAFETY REQUIREMENTS FOR THIS PRODUCT CAN BE MET WITHOUT ADDING FLAME RETARDANT CHEMICALS. THE STATE HAS IDENTIFIED MANY FLAME RETARDANT CHEMICALS AS BEING KNOWN TO, OR STRONGLY SUSPECTED OF, ADVERSELY IMPACTING HUMAN HEALTH OR DEVELOPMENT.													



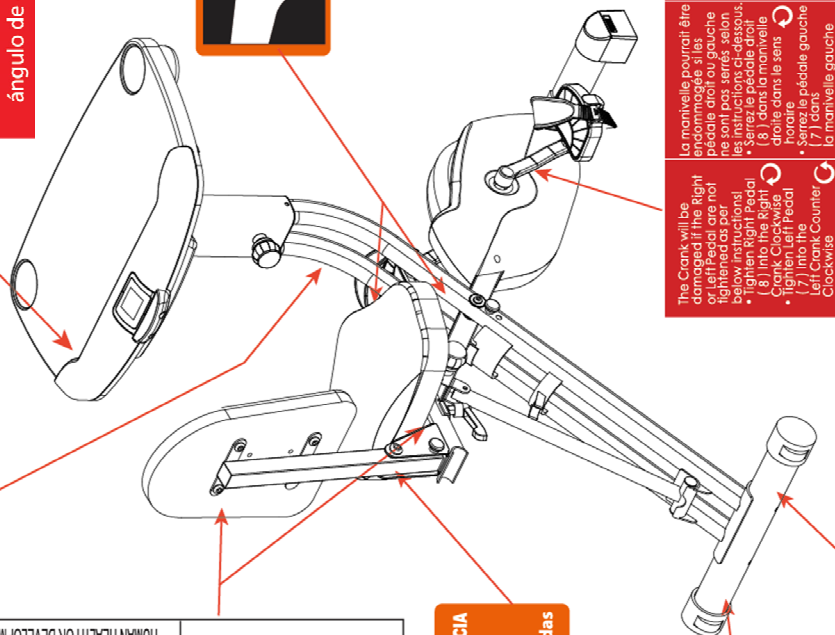
WARNING / AVERTISSEMENT / ADVERTENCIA

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



WARNING / AVERTISSEMENT / ADVERTENCIA

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



EXPERWIRK

For customer assistance,
Monday - Friday:
Pour le service à la clientèle
composer le, lundi à vendredi:
Para servicios al cliente,
llame al, lunes a viernes:

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

The Crank will be damaged if the Right or Left Pedal are not tightened as per below instructions:
• Tighten Right Pedal (8) into Right Pedal Crank Clockwise
• Tighten Left Pedal (7) into the Left Crank Counter Clockwise

La manivelle pourra être endommagée si les pédale droit ou gauche ne sont pas serrés selon les instructions ci-dessous:
• Serrer le pédale droite (8) dans la manivelle horaire
• Serrer le pédale gauche (7) dans la manivelle antihoraire

Se dañará el cigüeñal en caso de que no se aprieten el pedal derecho y el izquierdo según las siguientes instrucciones:
• Apriete el Pedal derecho (8) en el cigüeñal derecho.
• Apriete el Pedal izquierdo (7) en el cigüeñal izquierdo.
hacia la izquierda

Model#7151

UPC

SERIAL NUMBER

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

IMPORTANT SAFETY GUIDELINES

Basic precautions should always be followed, including the following safety guidelines when using this desk bike. Read all of the guidelines before using this desk bike.

1. Before exercising and to avoid injuring your muscles, it is highly recommended to perform warm-up exercises for each muscle group.
2. Make sure all the components are not damaged and are in working order before using. This equipment should be placed on a stable, flat surface. The use of a mat, or similar covering material on the ground is recommended.
3. Wear proper fitness apparel when using this equipment. Do not wear loose clothing or accessories that may get caught by any part of the equipment.
4. Make sure all the components are not damaged and are in working order before using this equipment.
5. Remember to tighten the pedaling straps. Keep dry. Do not operate the equipment in wet or
6. moist condition.
7. Do not use the equipment outdoors. This equipment is for household use only.
8. Only perform maintenance or adjustments that are instructed in this manual. Should any problems arise, discontinue usage of the equipment and consult with our customer service.
9. Only one person should be on the equipment at a time. Keep children and pets away from the product at all times. This machine is designed for adults only.
10. Be careful to always hold onto the handlebars when you're mounting and dismounting. Be careful to have the pedals at their lowest point when stepping off.
11. Hold onto the handlebars and use both the pedals in tandem to ensure a smooth, effective workout.
12. This product requires a minimum of 7 square feet around for safe operation.
13. If you feel any chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately, and consult your physician before continuing.
14. **DO NOT pedal in reverse.**
15. **ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**

⚠ 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.

⚠ WARNING: Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.

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

IMPORTANT SAFETY GUIDELINES

Consult your personal physician before using this equipment if you have any of the following conditions or ailments:

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

Do not exceed the maximum rated weight (load):

The Maximum Weight Capacity for this product is 400lbs/181kgs.

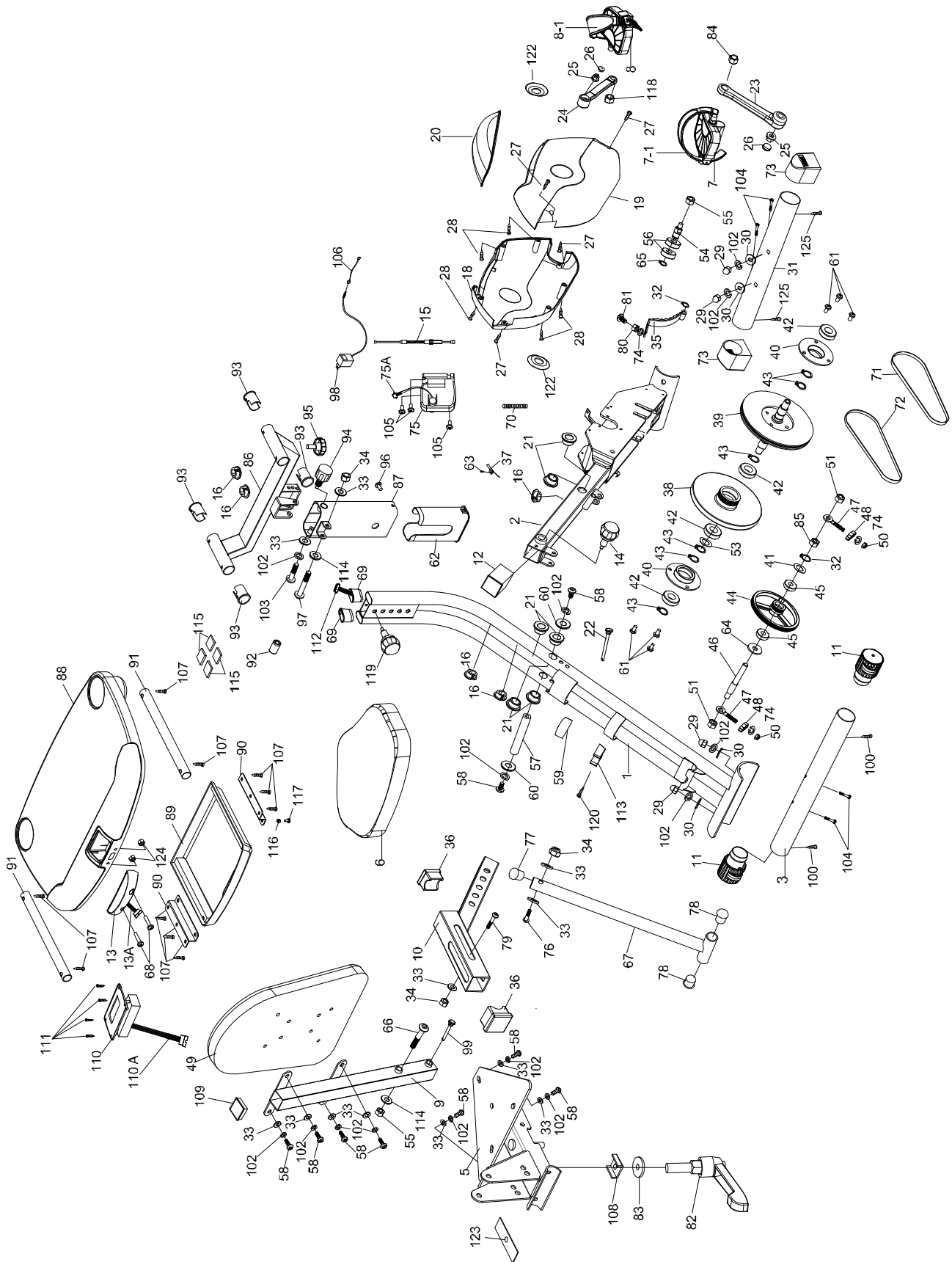
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES



The product weighs more than 44 lbs. It is heavily recommended that at least 2 persons assemble.

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Rear Frame	1
2	Front Frame	1
3	Rear Stabilizer	1
5	Seat Bracket	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
10	Seat Post	1
11	Rear Stabilizer End Cap	2
12	Rear Frame Plastic Bushing	1
13	Button Bracket	1
13A	Button Wire	1
14	Seat Adjustment Knob M16	1
15	Tension Wire	1
16	Oval Wire Plug	4
18	Left Cover	1
19	Right Cover	1
20	Top Shroud	1
21	Round Plastic Bushing	6
22	Safety Pin Ø10*110L	1
23	Left Crank	1
24	Right Crank	1
25	Flange Nut	2
26	Crank Cover	2
27	Round Phillips Head Drilling Screw M4x20	4
28	Round Phillips Head Tapping Screw M4x20	5
29	Hexagon Cap Nut M8	4
30	Curved Washer D Ø8.2	4
31	Front Stabilizer	1
32	C-ring Ø 10	2
33	Flat Washer Ø8.2	12
34	Nylon Nut M8	3
35	Magnet Bracket	1
36	Sqaure Bushing	2
37	Sensor with Wire	1

No.	Description	Qty
38	Flywheel Ø195	1
39	Belt Wheel with Crank Axle Ø155	1
40	Bearing Bracket	2
41	Wave Washer	1
42	Bearing 6003RS	4
43	C-ring Ø17	6
44	Belt Wheel with Crank Axle Ø150	1
45	Bearing 6000z	2
46	Axle Ø12.8x94L	1
47	Eyebolt M6	2
48	Tension Bracket	2
49	Backrest	1
50	Nylon Nut M6	2
51	Nut M10	3
53	Wave Washer Ø17	1
54	Idle Wheel Axle	1
55	Nylon Nut M10	1
56	Bearing 6902Z	2
57	Axle	1
58	Hexagon Socket Bolt M8x20	5
59	Rubber Cushion	1
60	Washer Ø8.2x Ø25x2.0t	2
61	Flat Head Phillips Screw M6x10	6
62	Bushing	1
63	Round Head Phillips Screw M4x10	1
64	Plastic Washer	1
65	C-ring Ø15	1
66	Hexagon Socket Bolt M10x65	1
67	Rear Frame Support Tube	1
68	Screw M5x20	1
69	Washer Ø5.2xØ18	2
70	Spring	1
71	Belt 240J4	1
72	Belt 230J3	1
73	Front Stabilizer End Cap	2
74	Spring Washer Ø 6.2	3
75	Motor	1
75A	Motor Wire	1

PARTS LIST

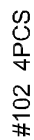
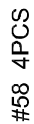
No.	Description	Qty
76	Hexagon Socket Bolt M8x43L	1
77	Handlebar End Cap Ø25.4	1
78	Front Frame Support Tube End Cap Ø22.2	2
79	Hexagon Socket Bolt M8x58	1
80	Nut M6	1
81	Screw M6x20	1
82	Knob	1
83	Washer Ø10.2	2
84	Left Nylon Nut 9/16	1
85	Nut M10	1
86	Bracket	1
87	Desk Mount	1
88	Desk	1
89	Drawer	1
90	Bracket	2
91	Slide	2
92	Plastic Bushing	1
93	End cap	4
94	Desk Angle Knob	1
95	Desk Slide Knob	1
96	Pan Head Phillips Screw M6x30	1
97	Socket Hexagon Bolt M8x58	1
98	AC Adaptor JXD-060100-IP20	1
99	Safety Pin	1
100	Self-Tapping Screw M4x10	2

No.	Description	Qty
102	Spring Washer Ø8.2	14
103	Hexagon Socket Bolt M8x25	1
104	Carriage Bolt M8x75L	4
105	Screw M5x10	3
106	Adaptor Wire	1
107	Self-Tapping Screw M5x15	10
108	U-Bracket	1
109	Square End Cap 33.4x33.4	1
110	Console	1
110A	Upper Console Wire	1
111	Screw	4
112	Console Wire	1
113	Tube Clip	1
114	Flat Washer Ø10.1	2
115	Clip	4
116	Nut M5	1
117	Plastic Screw M5	1
118	Left Nylon Nut 9/16"	1
119	Desk Height Knob	1
120	Screw M4x12	1
122	Crank Cover	2
123	Anti-Chafe Tape	1
124	Nylon Nut M5	2
125	Self-Tapping Screw M4*15	2

7151-Hardware Pack

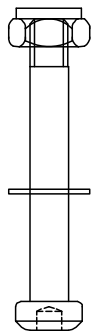


#114 1PC #66 1PC #55 1PC



#99 1PC

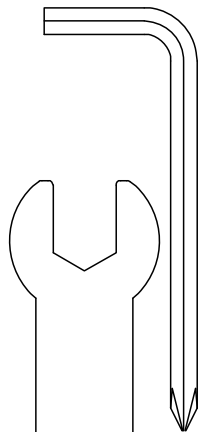
STEP 5



#34 1PC	#79 1PC	#33 1PC
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#83 1PC

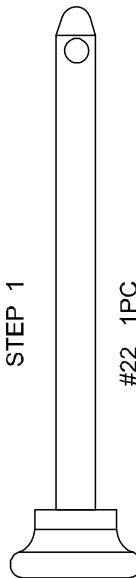
17-19mm Wrench 1PC



5mm Allen Wrench with
Phillips Screwdriver 1PC

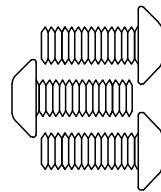
13-15mm Wrench 1PC

STEP 1



#22 1PC

STEP 4



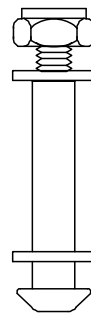
#33 3PCS



#58 3PCS

#102 3PCS

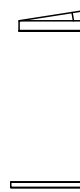
STEP 7



#34 1PC

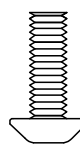
#33 1PC

#114 1PC



#33 1PC

#102 1PC



#103 1PC

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ASSEMBLY

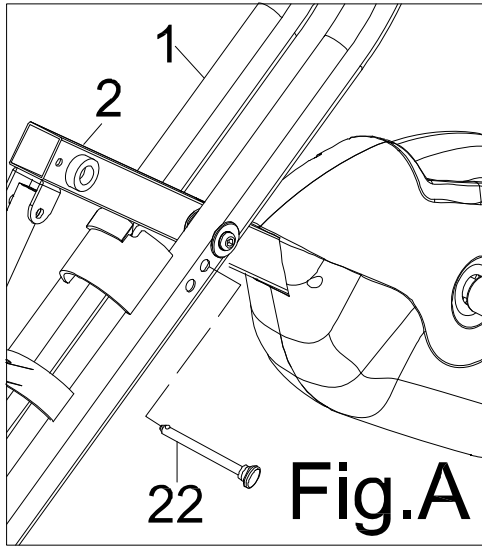
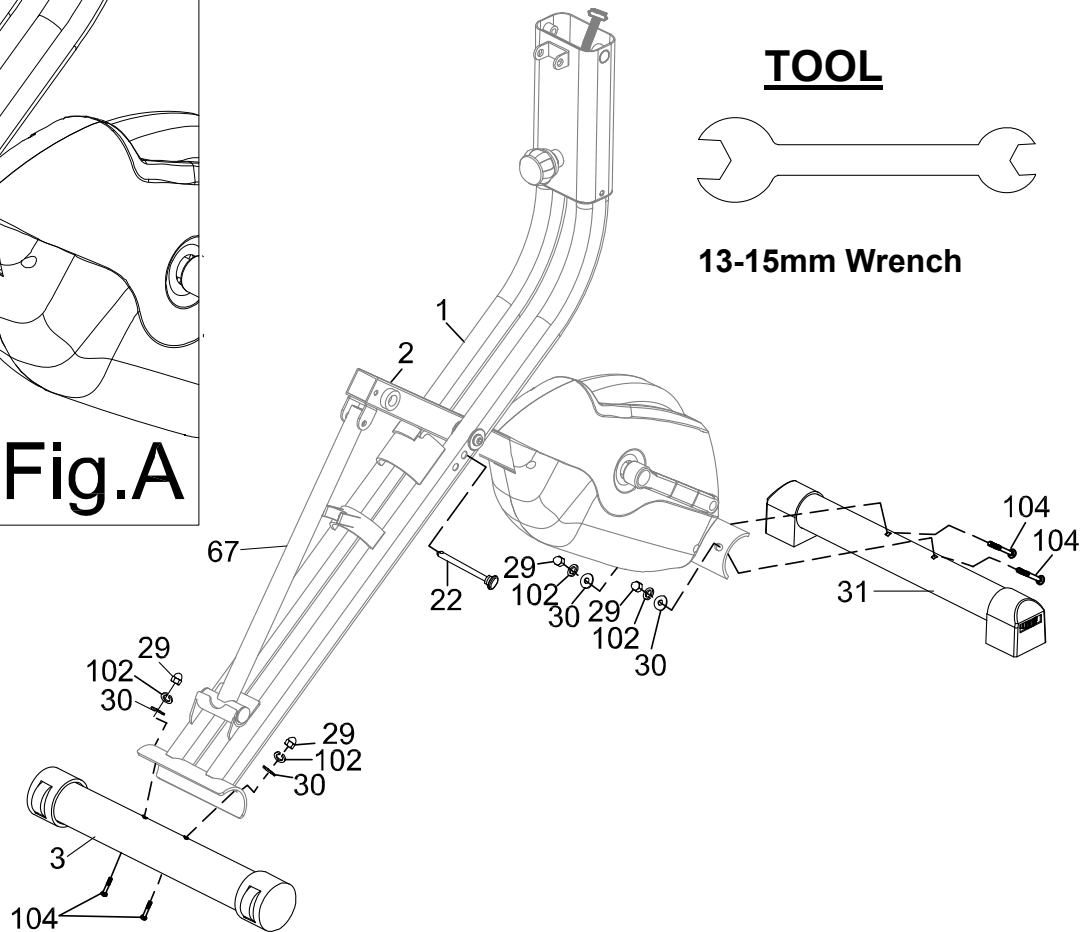
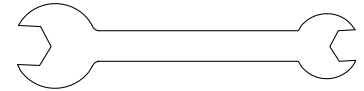


Fig.A



TOOL



13-15mm Wrench

STEP 1

1A. Setting Up the Frames

Pull apart 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 pin holes where the **Front Frame (2)** and **Rear Frame (1)** intersect and insert the **Safety Pin (22)** into the aligned holes. **See Fig. A**. The aligned holes can be found by tracing the **Safety Pin (22)** in the illustration.

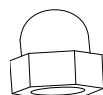
1B. Installing the Front Stabilizer

Attach the **Front Stabilizer (31)** to the **Front Frame (2)** with two **Hexagon Cap Nuts (29)**, two **Spring Washers (102)**, two **Curve Washers (30)**, and two **Carriage Bolts (104)**. Tighten the **Hexagon Cap Nuts (29)** using the **13-15mm Wrench** provided.

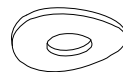
1C. Installing the Rear Stabilizer

Attach the **Rear Stabilizer (3)** to the **Rear Frame (1)** with two **Hexagon Cap Nuts (29)**, two **Spring Washers (102)**, two **Curve Washers (30)** and two **Carriage Bolts (104)**. Tighten the **Hexagon Cap Nuts (29)** using the **13-15mm Wrench** provided.

HARDWARE PACK



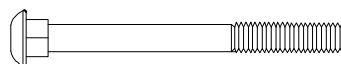
(29) Hexagon Cap Nut
4PCS



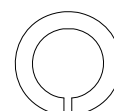
(30) Curve Washer
4PCS



(22) Safety Pin
1PC



(104) Carriage Bolt
4PCS



(102) Spring Washer
4PCS

ASSEMBLY

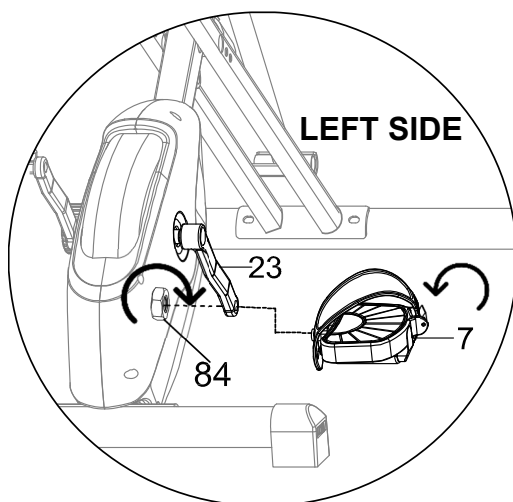
IMPORTANT:

Make sure the right pedal matches up with the right crank and the left pedal matches up with the left crank. If matched incorrectly, the cranks may become damaged or stripped.

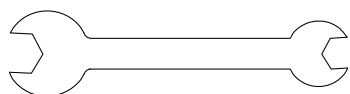
IMPORTANT:

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.



TOOLS



13-15mm Wrench 1 PC



17-19mm Wrench 1 PC

STEP 2

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

2A. Installing the Left Pedal

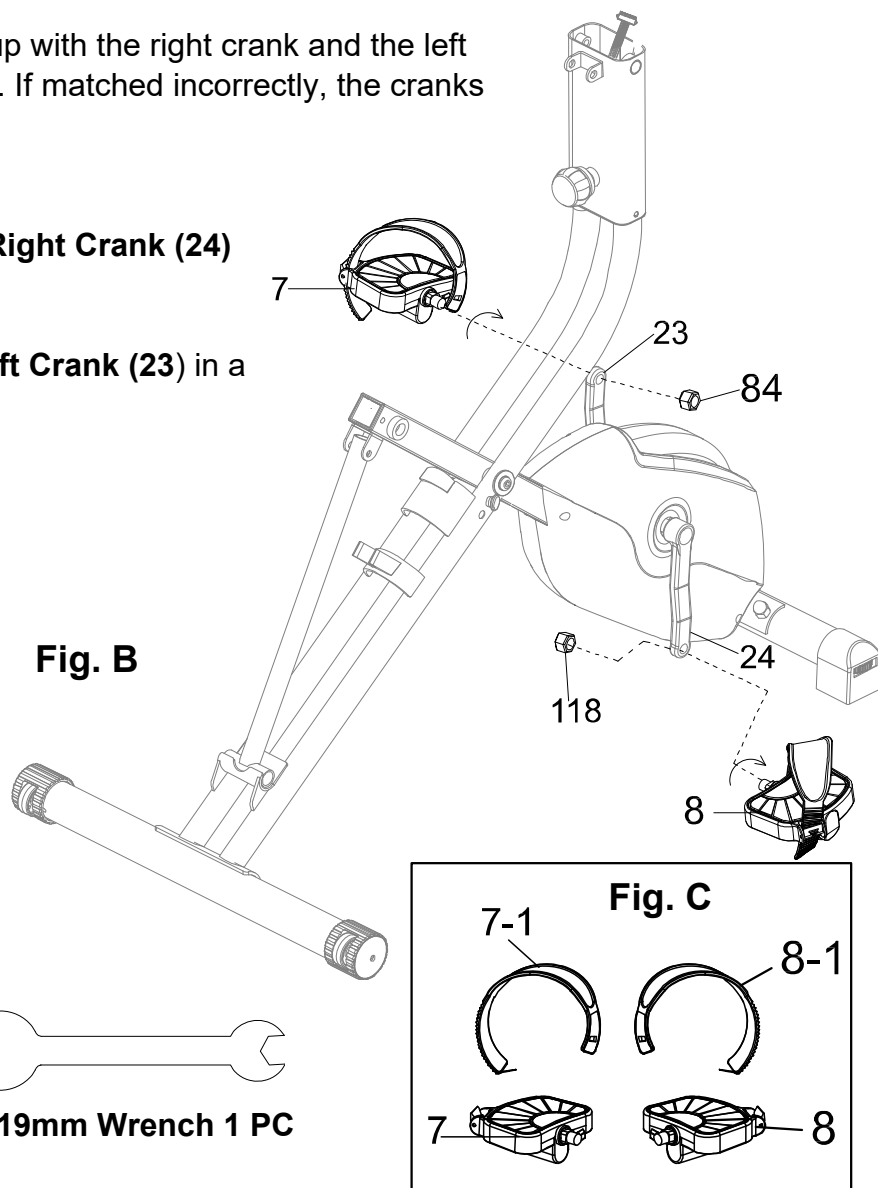
Remove the **Left Nylon Nut (84)** from the **Left Pedal (7)**. Insert the **Left Pedal (7)** into the threaded hole in the **Left Crank (23)**. Turn the **Left Pedal (7)** by hand in a COUNTER-CLOCKWISE direction until snug. Attach the **Left Nylon Nut (84)** onto the protruding **Left Pedal (7)** by turning it in a CLOCKWISE direction. Simultaneously tighten the **Left Pedal (7)** using the **13-15mm Wrench** by turning it COUNTER-CLOCKWISE and tighten the **Left Nylon Nut (84)** with the **Wrench 19mm provided** in the CLOCKWISE direction. See Fig. B.

2B. Installing the Right Pedal

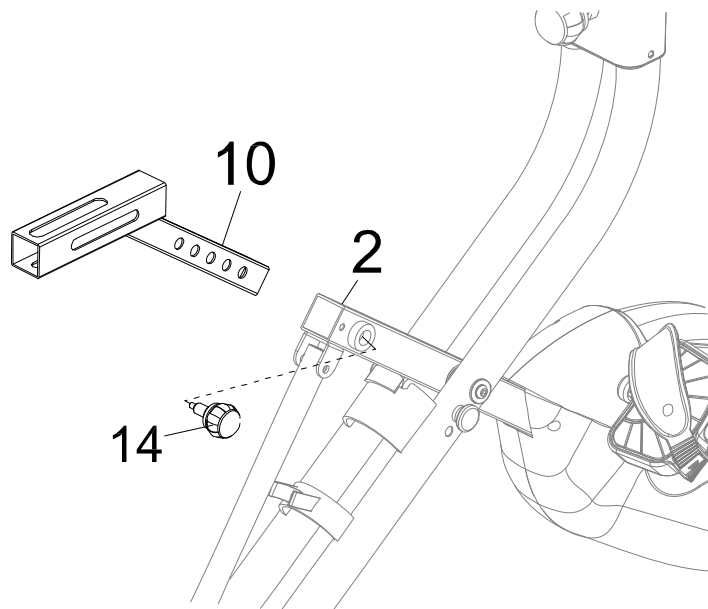
Remove the **Right Nylon Nut (118)** from the **Right Pedal (8)**. Insert the **Right Pedal (8)** into the threaded hole in the **Right Crank (24)**. Turn the shaft by hand in a CLOCKWISE direction until snug. Attach the **Right Nylon Nut (118)** onto the protruding **Right Pedal (8)** by turning it in a COUNTER-CLOCKWISE direction. Simultaneously tighten the **Right Pedal (8)** with the **13-15mm Wrench** in the CLOCKWISE direction and the **Right Nylon Nut (118)** with the **19mm Wrench** with a COUNTER-CLOCKWISE direction.

2C. Installing the Pedal Straps

Install the **Left & Right Pedal Straps (7-1, 8-1)** on to the **Left & Right Pedals (7, 8)**. See Fig. C.



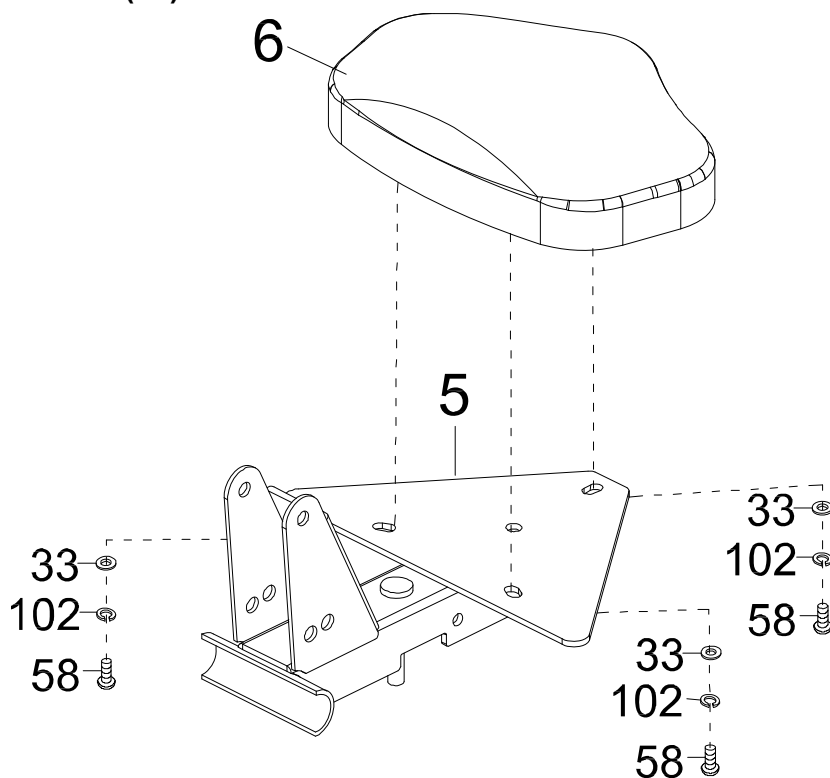
ASSEMBLY



STEP 3

3A. Installing the Seat Post

Insert the **Seat Post (10)** into the **Front Frame (2)**. Tighten the **Seat Post (10)** with the **Seat Adjustment Knob (14)**.



TOOLS



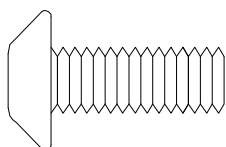
**5mm Allen Wrench
With Phillips Screwdriver
1 PC**

STEP 4

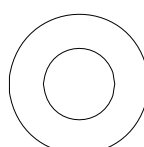
4A. Installing the Seat to the Seat Bracket

Attach the **Seat (6)** onto the **Seat Bracket (5)** using three **Hexagon Socket Bolts (58)**, three **Spring Washers (102)**, and three **Flat Washers (33)**. Tighten the **Hexagon Socket Bolts (58)** with the **5mm Allen Wrench with Phillips Screwdriver** provided.

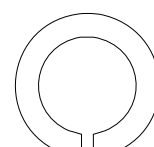
HARDWARE PACK



**(58) Hexagon Socket Bolt
3 PCS**

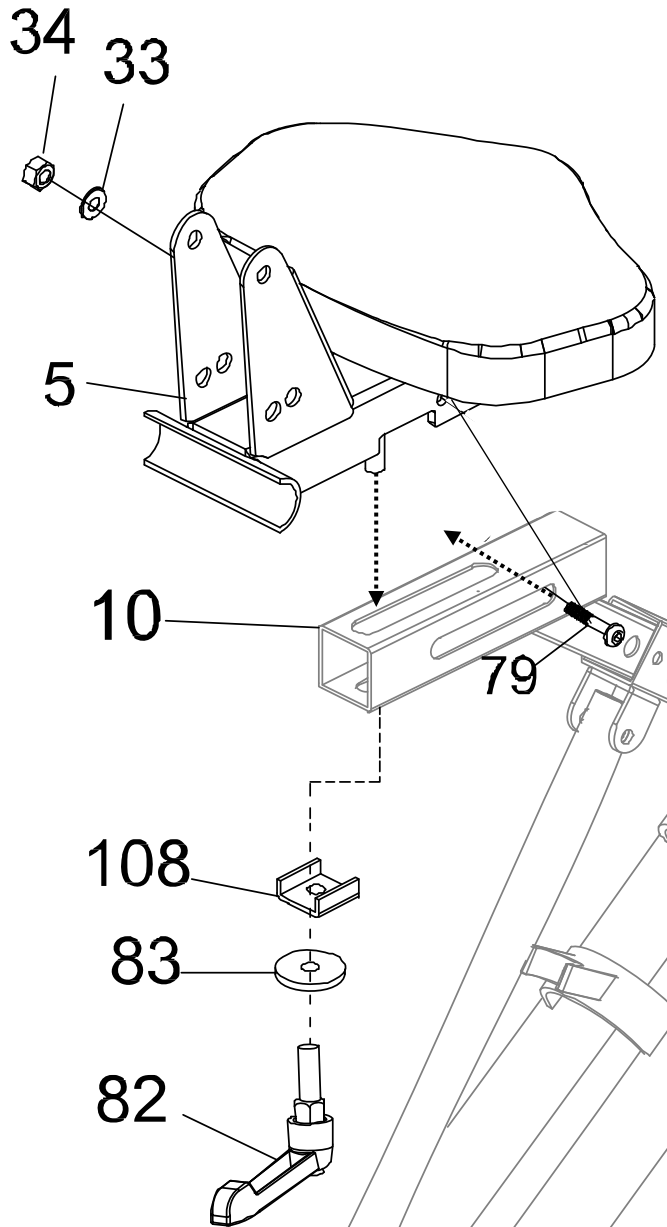


**(33) Flat Washer
3 PCS**



**(102) Spring Washer
3 PCS**

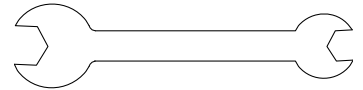
ASSEMBLY



TOOLS



**5mm Allen Wrench
With Phillips Screwdriver
1 PC**



13-15mm Wrench 1 PC

STEP 5

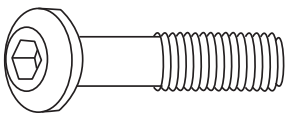
5A. Installing the Seat Bracket to the Seat Post

Place the **Seat Bracket (5)** into the top slot of the **Seat Post (10)**. Insert one **Socket Hexagon Bolt (79)** through the hole located on the side of the **Seat Bracket (5)** and **Seat Post (10)**. Attach one **Flat Washer (33)**, and one **Nylon Nut (34)**. Tighten the hardware with the **5mm Allen Wrench with Phillips Screwdriver** and **13-15mm Wrench** provided.

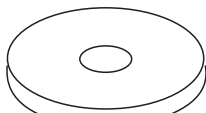
5B. Installing the Seat Post Knob to the Seat Post

Insert one **U-Bracket (108)**, one **Washer (83)**, and one **Knob (82)** into slot on the underside of the **Seat Post (10)**. The **Knob (82)** should be inserted into the threaded shaft of the **Seat Bracket (5)** which is now inside the **Seat Post (10)**.

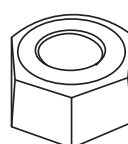
HARDWARE PACK



**(79) Hexagon Socket Bolt
1PC**



(83) Washer 1PC



**(34) Nylon Nut
1 PC**



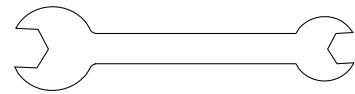
**(33) Flat Washer
1 PCS**

ASSEMBLY

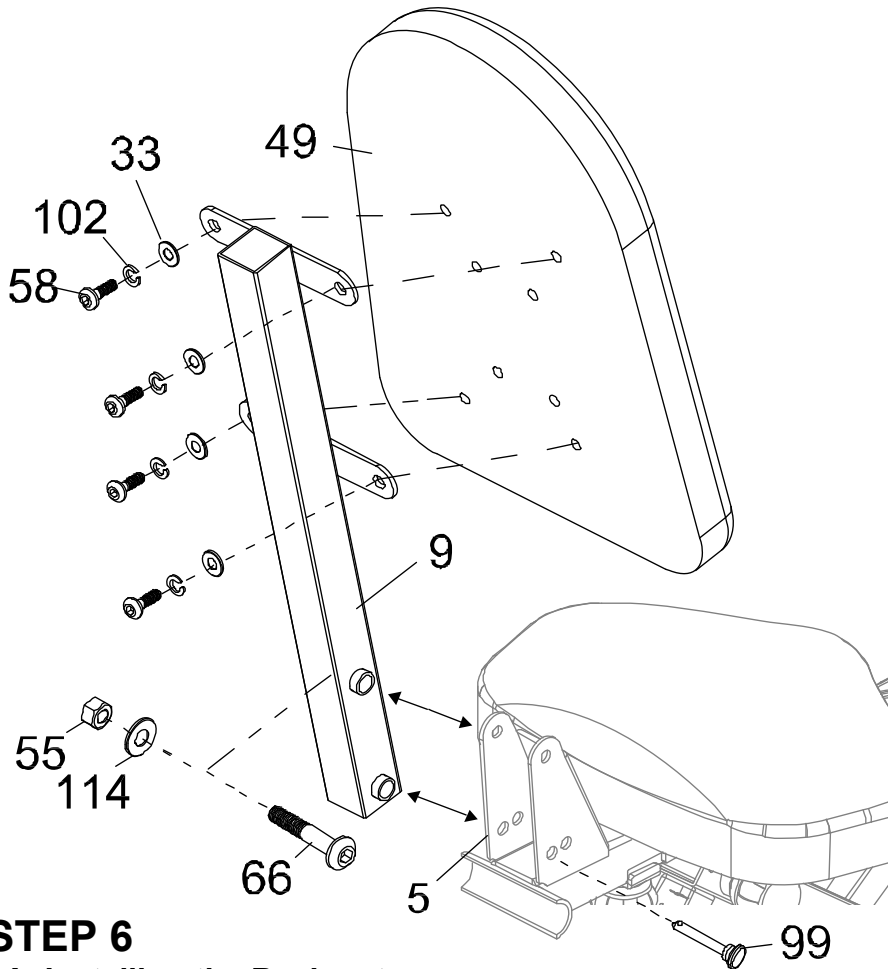
TOOLS



**5mm Allen Wrench
With Phillips Screwdriver
1 PC**



17-19 mm Wrench 1 PC



STEP 6

6A. Installing the Backrest

Attach the **Backrest (49)** onto the **Backrest Frame (9)** with four **Hexagon Socket Bolts (58)**, four **Spring Washers (102)**, and four **Flat Washers (33)**. Tighten the **Hexagon Socket Bolts (58)** with the **5mm Allen Wrench with Phillips Screwdriver** provided.

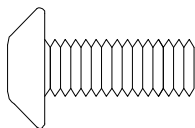
6B. Installing the Backrest Frame onto the Seat Bracket

Attach the **Backrest Frame (9)** onto the **Seat Bracket (5)** with one **Hexagon Socket Bolt (66)**, one **Washer (114)**, and one **Nylon Nut (55)**. Simultaneously tighten the **Hexagon Socket Bolts (66)** and **Nylon Nut (55)** with the **5mm Allen Wrench with Phillips Screwdriver** and **17-19mm Wrench** provided.

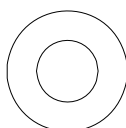
6C. Installing Pin

Lock the backrest angle by inserting the **Pin (99)** into the hole on the **Seat Bracket (5)** and **Backrest Frame (9)**.

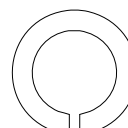
HARDWARE



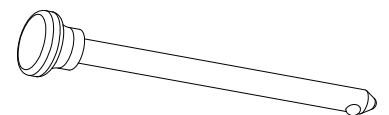
**(58) Hexagon Socket Bolt
4 PCS**



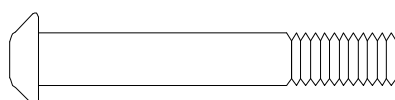
**(33) Flat Washer
4 PCS**



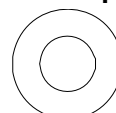
**(102) Spring Washer
4 PCS**



**(99) Safety Pin
1 PC**



**(66) Hexagon Socket Bolt
1 PC**



**(114) Flat Washer
1 PC**



**(55) Nylon Nut
1 PC**

ASSEMBLY

STEP 7

7A. Installing the Desk Mount

Attach the **Desk (88)** to the **Desk Mount (87)** with one **Plastic Bushing (92)**, one **Hexagon Socket Bolt (97)**, one **Flat Washer (114)**, one **Flat Washer (33)**, and one **Nylon Nut (34)**. Simultaneously tighten the **Hexagon Socket Bolt (97)** and **Nylon Nut (34)** with the **5mm Allen Wrench with Phillips Screwdriver** and **13-15mm Wrench** provided.

7B. Connecting the Pulse Wires

Connect the **Console Wire (112)** from the **Desk Mount (87)** to the **Upper Console Wire (110A)**. See Fig. E.

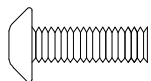
7C. Installing the Desk

Hold the **Desk (88)** leveled. Insert one **Hexagon Socket Bolt (103)**, one **Spring Washer (102)**, and one **Flat Washer (33)** into the left side of the **Desk Mount (87)**. Tighten the **Hexagon Socket Bolt (103)** with the **5mm Allen Wrench with Phillips Screwdriver** provided.

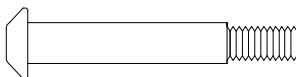
7D. Installing the Desk Angle Knob: Insert the **Desk Angle Knob (94)** into the hole on the right side of the **Desk Mount (87)** and tighten it by turning it CLOCKWISE until snug.

7E. Installing the Desk Slide Knob: Insert the **Desk Slide Knob (95)** onto the underside of the **Desk (88)**.

HARDWARE PACK



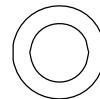
(103) Hexagon Socket Bolt
1PC



(97) Hexagon Socket Bolt
1PC



(92) Plastic Bushing
1PC



(114) Flat Washer
1 PC



(102) Spring Washer
1 PC



(33) Flat Washer
2 PCS

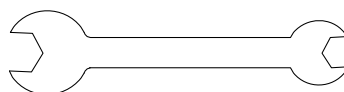


(34) Nylon Nut
1 PC

TOOLS



5mm Allen Wrench
With Phillips Screwdriver
1 PC



13-15mm Wrench 1 PC

ASSEMBLY

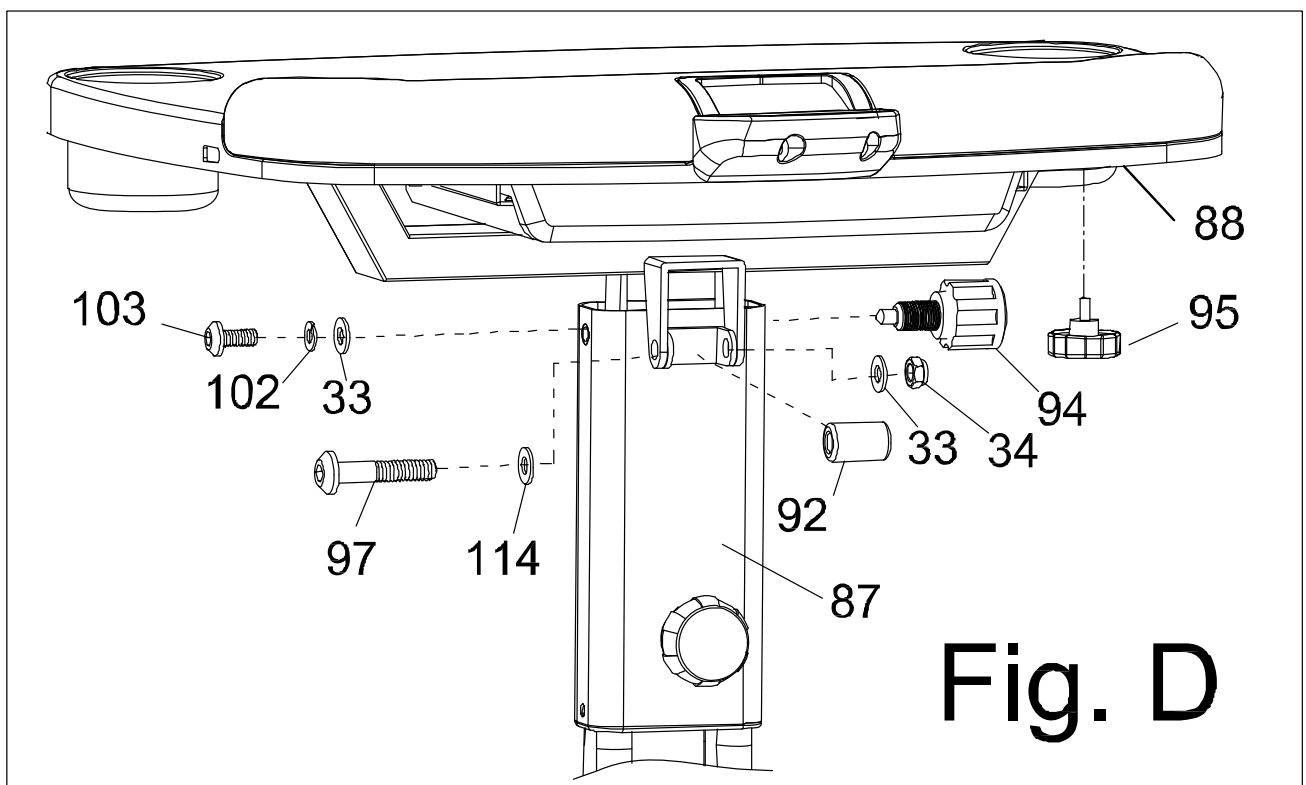
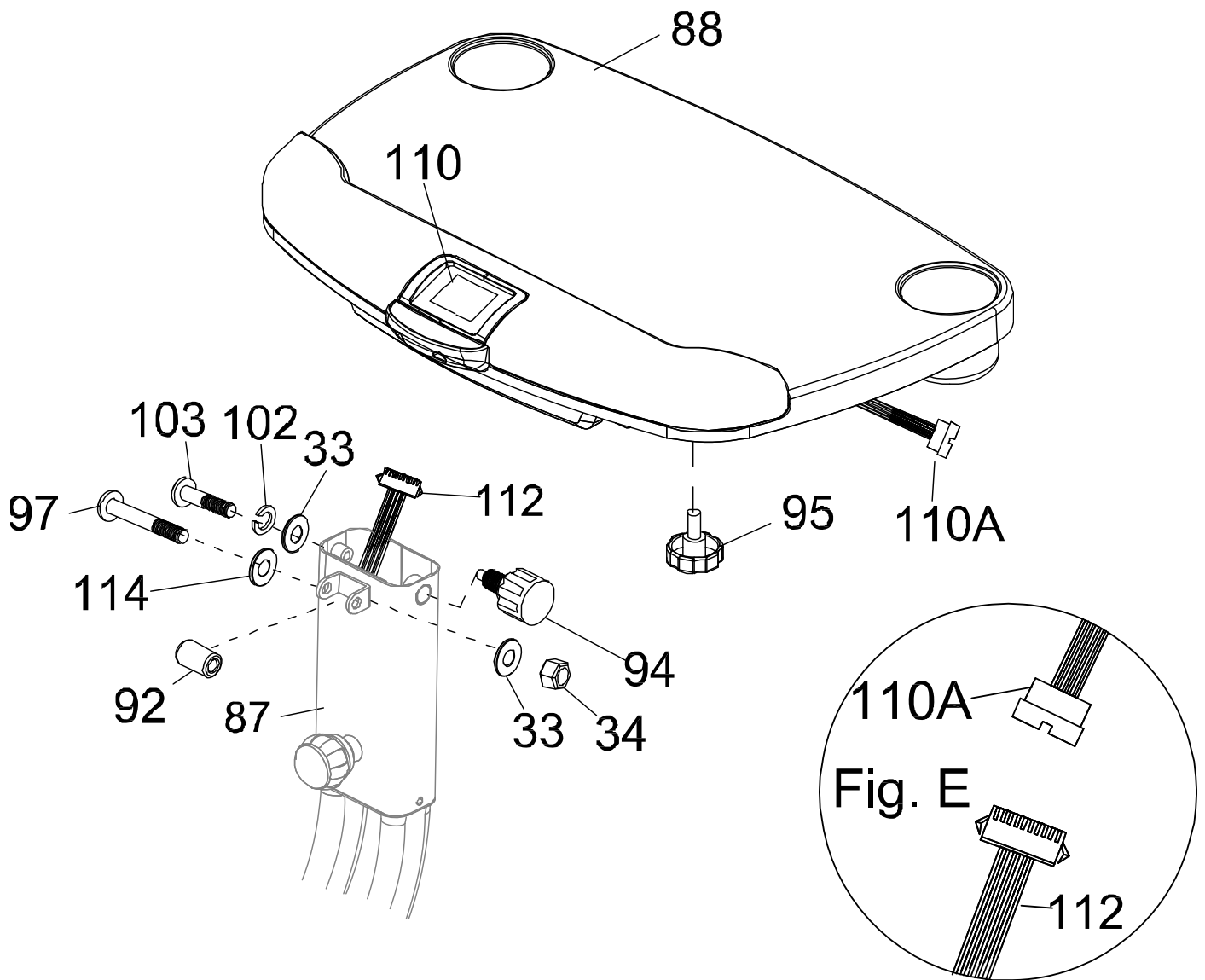
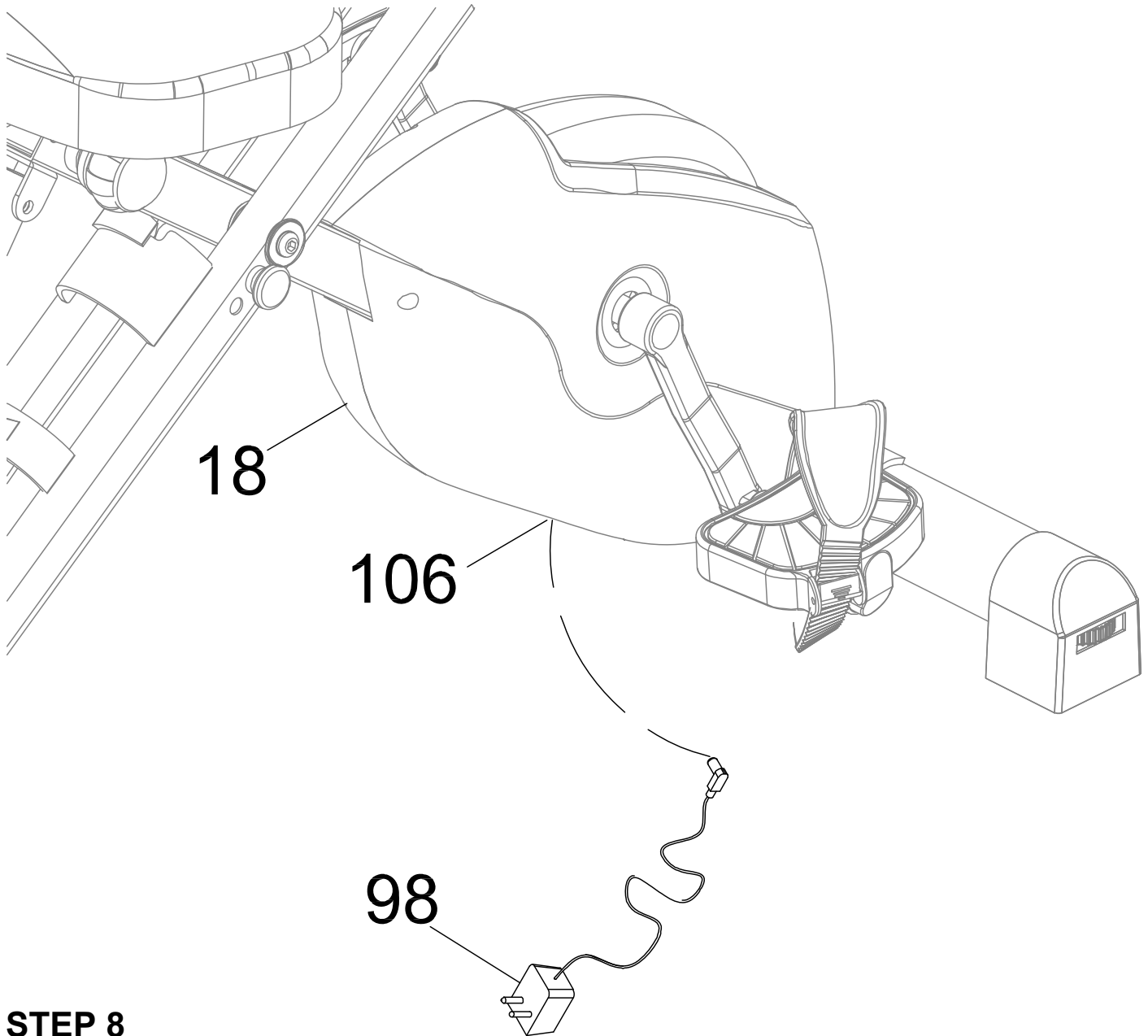


Fig. D



STEP 8

8A. Power Adaptor Installation

Insert the small end of the **AC Adaptor (98)** into the **Adaptor Wire (106)** at the underside of the **Left Cover (18)**. Plug in the **AC Adaptor (98)** into an electrical outlet.

CONSOLE

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN:SEC
SPEED -----	0.0-999.9 MPH
DISTANCE -----	0.0-999.9 M (miles)
CALORIE -----	0.0-999.9 CAL
ODOMETER -----	0.0-999.9 M (miles)
LEVEL -----	0-24 LVL
REVOLUTIONS PER MINUTE -----	0.0-999 RPM



CONSOLE BUTTONS:

START/STOP:

- Pressing this at the main screen will start a QUICKSTART workout.
- Pressing this during a workout will PAUSE the workout.
- Pressing this while the console is PAUSED will RESTART the workout.
- Pressing and holding for 4 seconds will RESET the console.

MODE:

- Before starting a workout, the **MODE** button can be used to select a **WORKOUT TARGET GOAL** or select a **WORKOUT PROGRAM**.
- During a workout the **MODE** button can be used to scroll through the workout value being displayed on the screen.

ARROWS:

- Use the buttons to change a **WORK TARGET GOAL** value.
- Use the buttons to select one of **WORKOUT PROGRAM** options.
- During a workout, pressing these buttons will change the resistance ranging from level 1 to level 24.


TARGET GOAL WORKOUT:

- To setup a **TARGET GOAL WORKOUT**, press the **MODE** button until the **GOAL** type you want is **FLASHING** on the display (**TIME**, **DISTANCE**, **CALORIES**).
 - Use the **ARROW** buttons to adjust the goal value.
 - Press **START** to begin the workout. The goal will count down from the value you set.

WORKOUT PROGRAM:

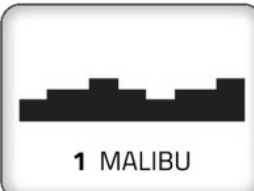



















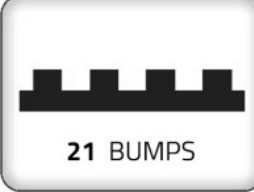



- To setup a **WORKOUT PROGRAM**, press the **MODE** button until **P1** shows on the display.
 - Use the **ARROW** buttons to select between the **24 WORKOUT PROGRAM** options.
 - Press **START** to begin the workout with default **TIME GOAL** of 30:00 minutes.
 - Press **MODE** to set a **TIME GOAL** for the **WORKOUT PROGRAM**.
 - Press **START** to begin the workout with goal time you set.

CONNECTING TO MyCloudFitness APP

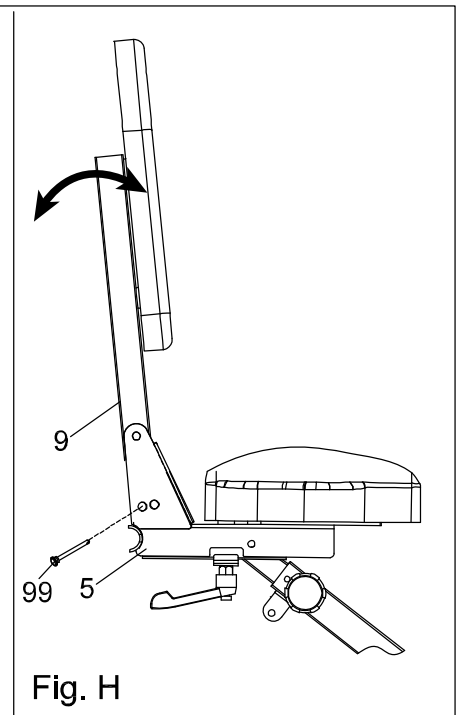
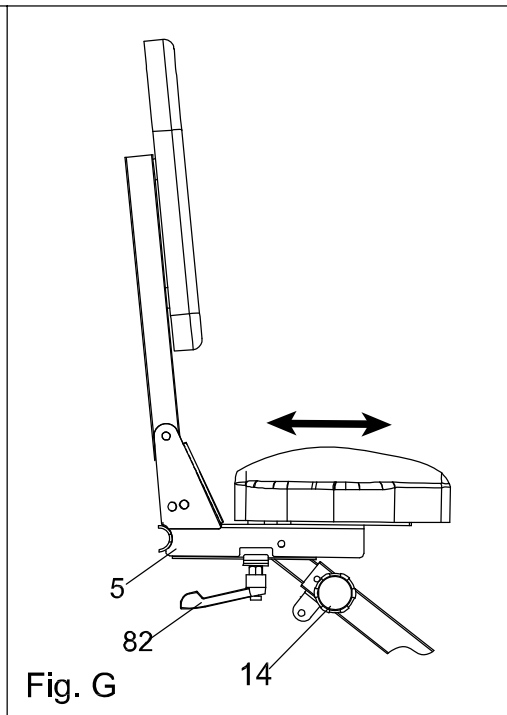
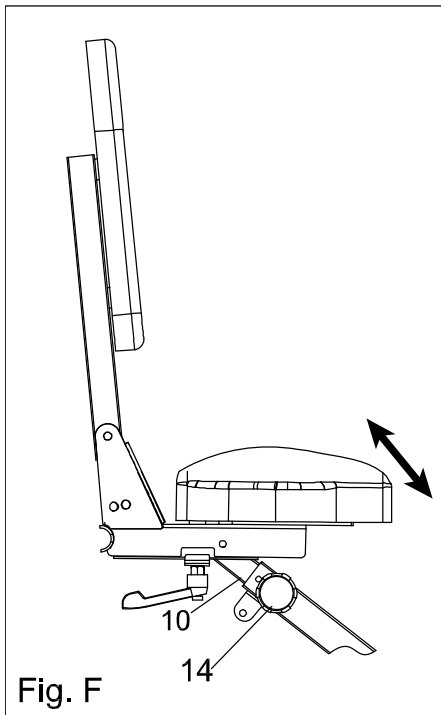
- Download the MyCloudFitness app from the google play store or the iOS app store to connect to the console using Bluetooth.
 - The **MyCloudFitness** symbol  turns on when the APP is connected.
 - The console buttons will not respond when the APP is connected.

WORKOUT PROGRAM LIST:

these images represent the changes in resistance level during each program.

 <p>1 MALIBU</p>	 <p>2 QUIET TRAIL</p>	 <p>3 THROUGH TOWN</p>	 <p>4 ROLLING HILLS</p>
 <p>5 YELLOW STONE</p>	 <p>6 UPHILL BATTLE</p>	 <p>7 GIZA</p>	 <p>8 EASY BURN</p>
 <p>9 KING OF THE HILL</p>	 <p>10 HURDLES</p>	 <p>11 EVEREST</p>	 <p>12 WAVES</p>
 <p>13 STAIRS</p>	 <p>14 CLIFFS</p>	 <p>15 GRAND CANYON</p>	 <p>16 CITY RUN</p>
 <p>17 FINISH LINE</p>	 <p>18 DUNE</p>	 <p>19 BURST</p>	 <p>20 SPRINTS</p>
 <p>21 BUMPS</p>	 <p>22 PULSE</p>	 <p>23 HIGH HURDLES</p>	 <p>24 TRIATHALON</p>

OPERATIONS & ADJUSTMENTS



ADJUSTING THE SEAT HEIGHT (SEE FIG. F)

Loosen the **Seat Adjustment Knob (14)** and pull to release the **Seat Post (10)**. Slide the **Seat Post (10)** to the desired height. The tip of the **Seat Adjustment Knob (14)** should POP into one of the holes on the **Seat Post (10)**. Retighten the **Seat Adjustment Knob (14)** to lock the **Seat Post (10)** in place.

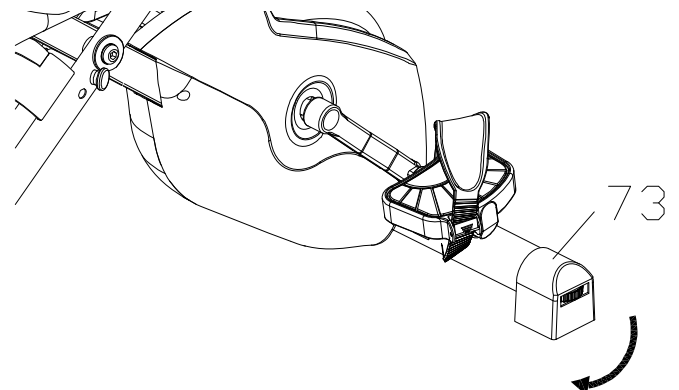
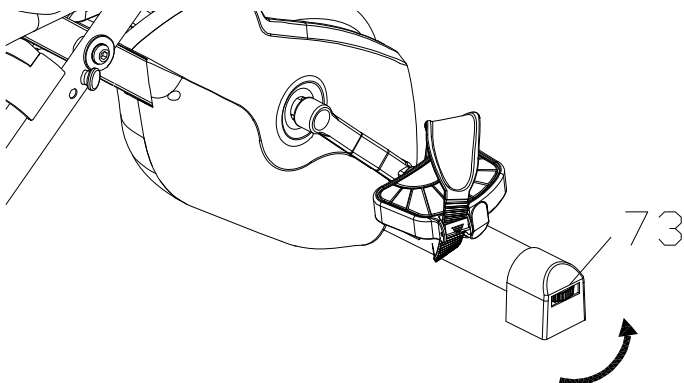
NOTE: Do NOT exceed the MAX line on the seat post when adjusting the height of **Seat Post (10)**.

ADJUSTING THE SEAT POSITION (SEE FIG. G)

Loosen the **Knob (82)** to release the **Seat Bracket (5)**. Slide the **Seat Bracket (5)** to the desired position. Lock the **Seat Bracket (5)** in place by retightening the **Knob (82)**.

ADJUSTING THE SEAT BACK ANGLE (SEE FIG. H)

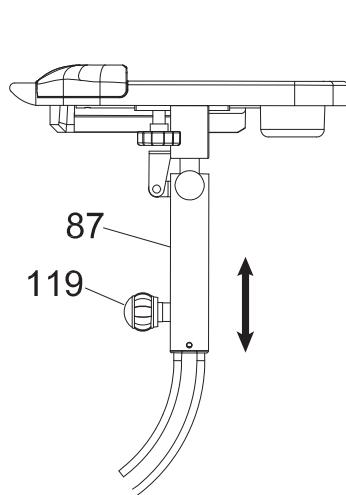
Pull the **Pin (99)** from the hole on the **Seat Bracket (5)** and **Backrest Frame (9)**. Adjust the **Backrest Frame (9)** to the desired angle. Replace the **Pin (99)** to lock the **Seat Bracket (5)** and **Backrest Frame (9)** together.



LEVELING THE MACHINE

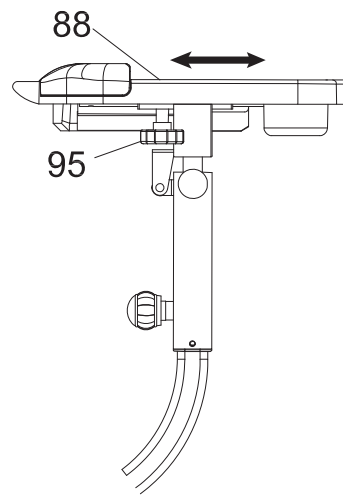
Turn the wheel inside the **Front Stabilizer End Caps (73)** to extend the foot pads so they are in contact with the ground to help stabilize the bike. Do this as needed to level the machine.

OPERATIONS & ADJUSTMENTS



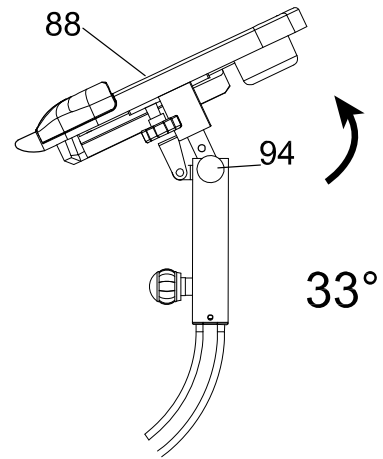
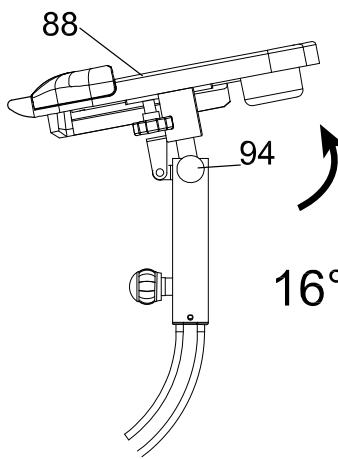
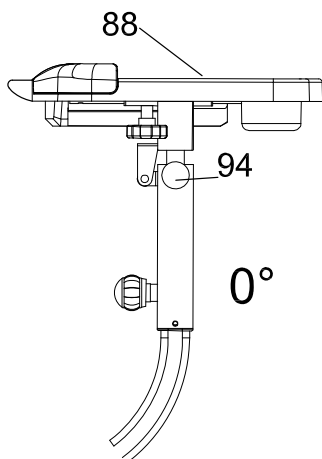
ADJUSTING THE DESK HEIGHT

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



ADJUSTING THE DESK RANGE

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

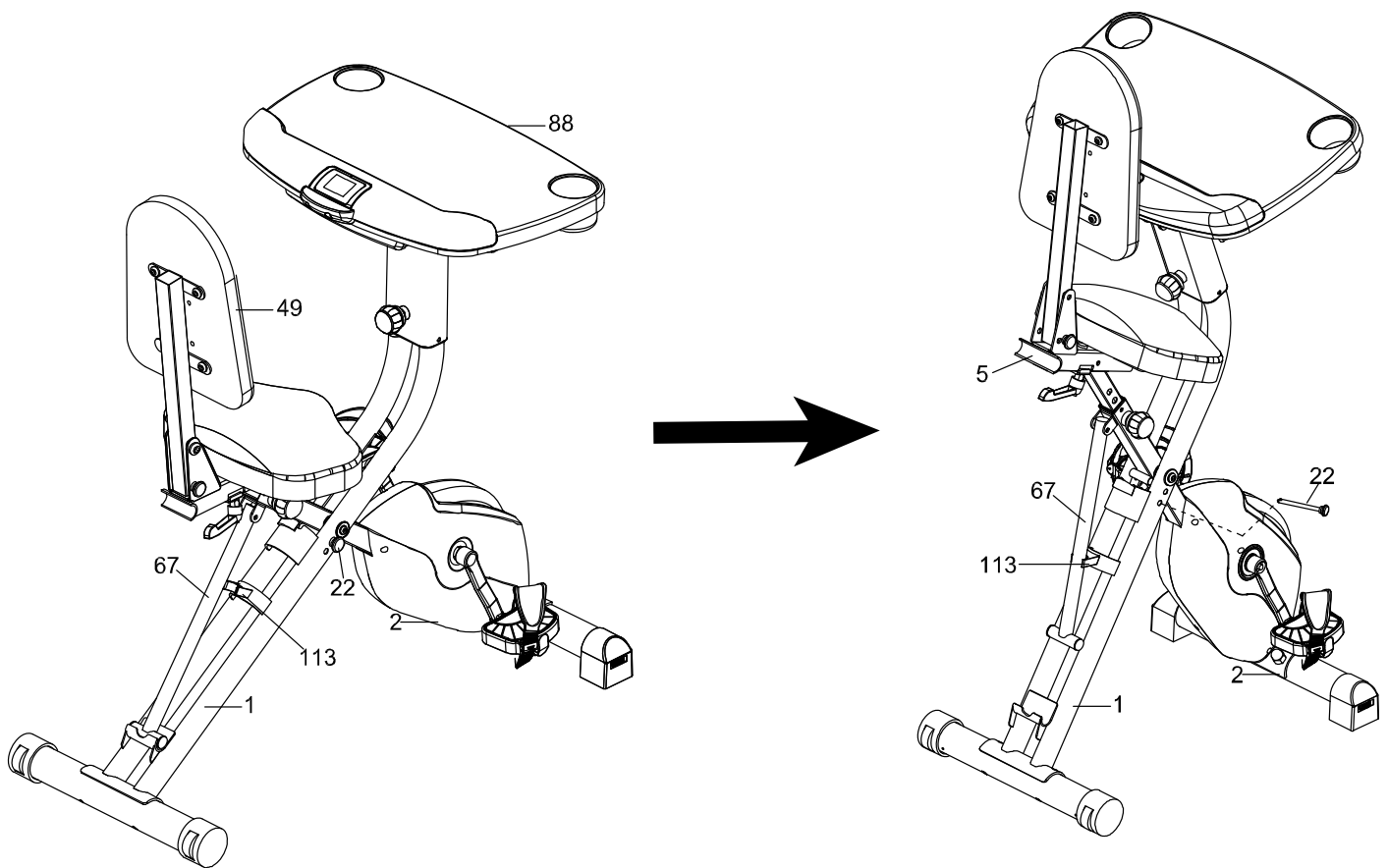


ADJUSTING THE DESK ANGLE

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

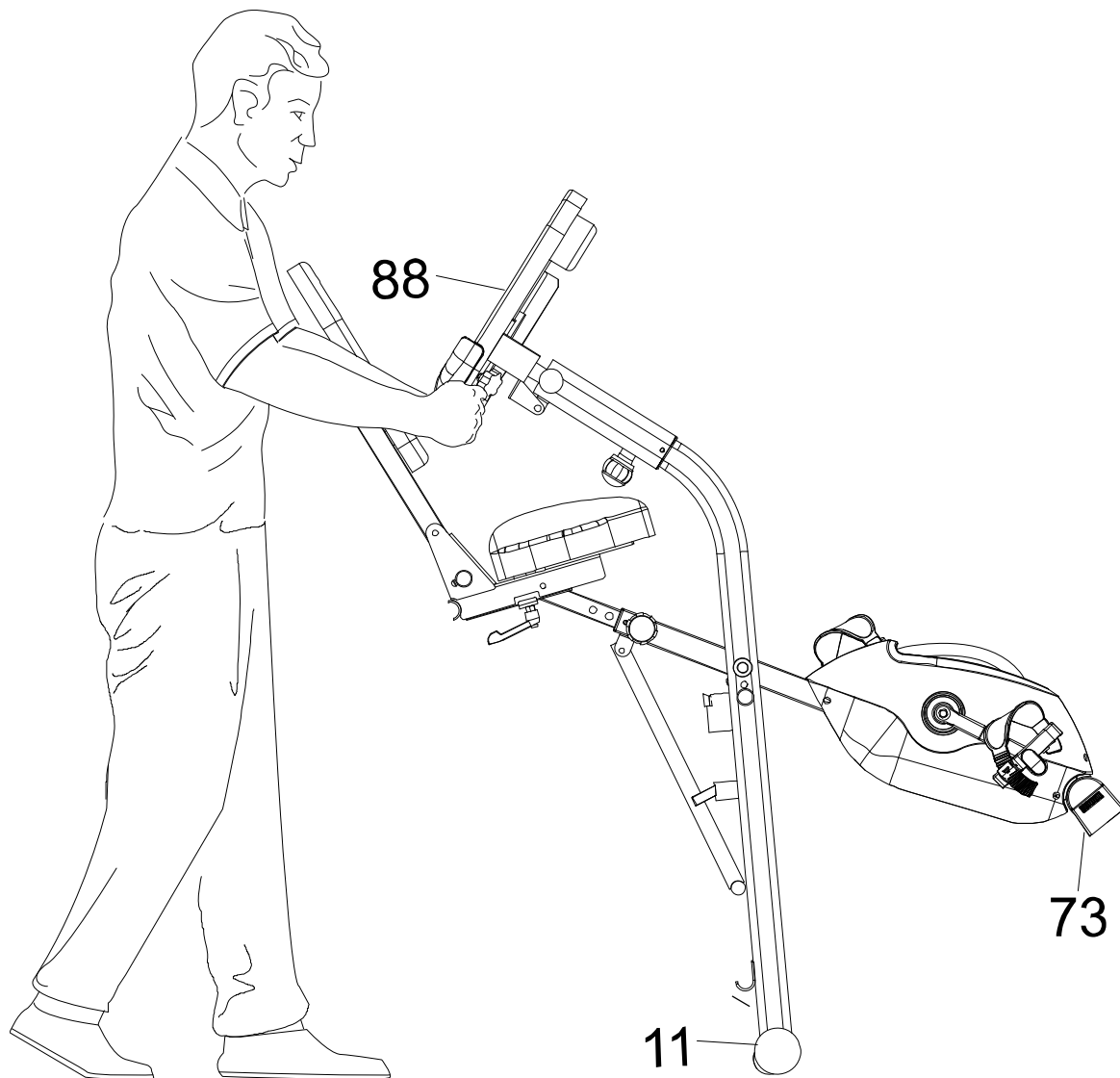
WARNING: Clear the **Desk (88)** top prior to repositioning it.

STORAGE



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

1. Adjust the **Desk (88)** height to the lowest position.
2. Adjust the **Desk (88)** angle up to the 33 Degree position.
3. Slide the **Desk (88)** to the furthest forward position.
4. Slide the **Seat Bracket (5)** all the way back.
5. Remove the **Safety Pin (22)**.
6. Push the **Rear and Front Frames (1, 2)** together.
7. 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.
8. Attach the **Rear Frame Support Tube (67)** onto the **Tube Clip (113)**.



TRANSPORTING THE BIKE

1. Hold onto the **Desk (88)** and tilt the bike back onto to the wheels of the **Rear Stabilizer End Caps (11)**.
2. Carefully move the bike to the desired location.
3. Gently lower the bike until the **Front Stabilizer End Caps (73)** touch the floor.

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.

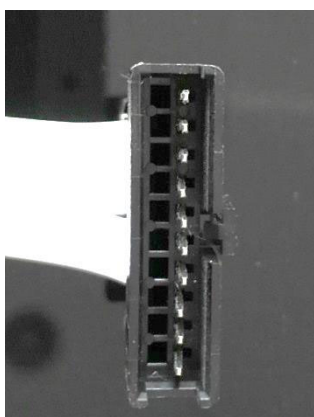
TROUBLESHOOTING

PROBLEM: There is no display on the console.

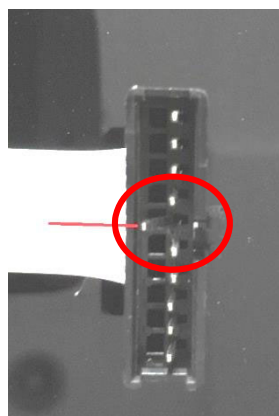
SOLUTION: Check if the power adapter is correctly positioned and the plug is in contact with the wall outlet.

SOLUTION: Verify the wires that come from the console are properly connected to the wires that come from the front post.

SOLUTION: Check if there is any damage to the metal prongs of the cables. This may cause the console to not function correctly. See the images below.



CORRECT



INCORRECT

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

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

SOLUTION: Loosen then retighten the Seat Adjustment to remove possible buildup that might cause the squeaky noises.

PROBLEM: The console is not pairing with the MyCloudFitness APP.

SOLUTION: Make sure you are using the **MyCloudFitness APP**. There is a MCF Plus APP that is used with our other health tracking devices, but MCF Plus does **NOT** work with this exercise equipment.



myCloudFitness
Paradigm Health & Wellness, Inc.

SOLUTION: Shut down and restart the APP. Verify the bluetooth antenna on your smart device is turned on. Restart the console by holding the START/STOP button for 4 seconds. Try connecting again.

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	3 years For Home Use Only
-------------------------	----------------------------------

All Other Components	90 days For Home Use Only
-----------------------------	----------------------------------

(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 Monday thru Friday 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

PARTS 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***