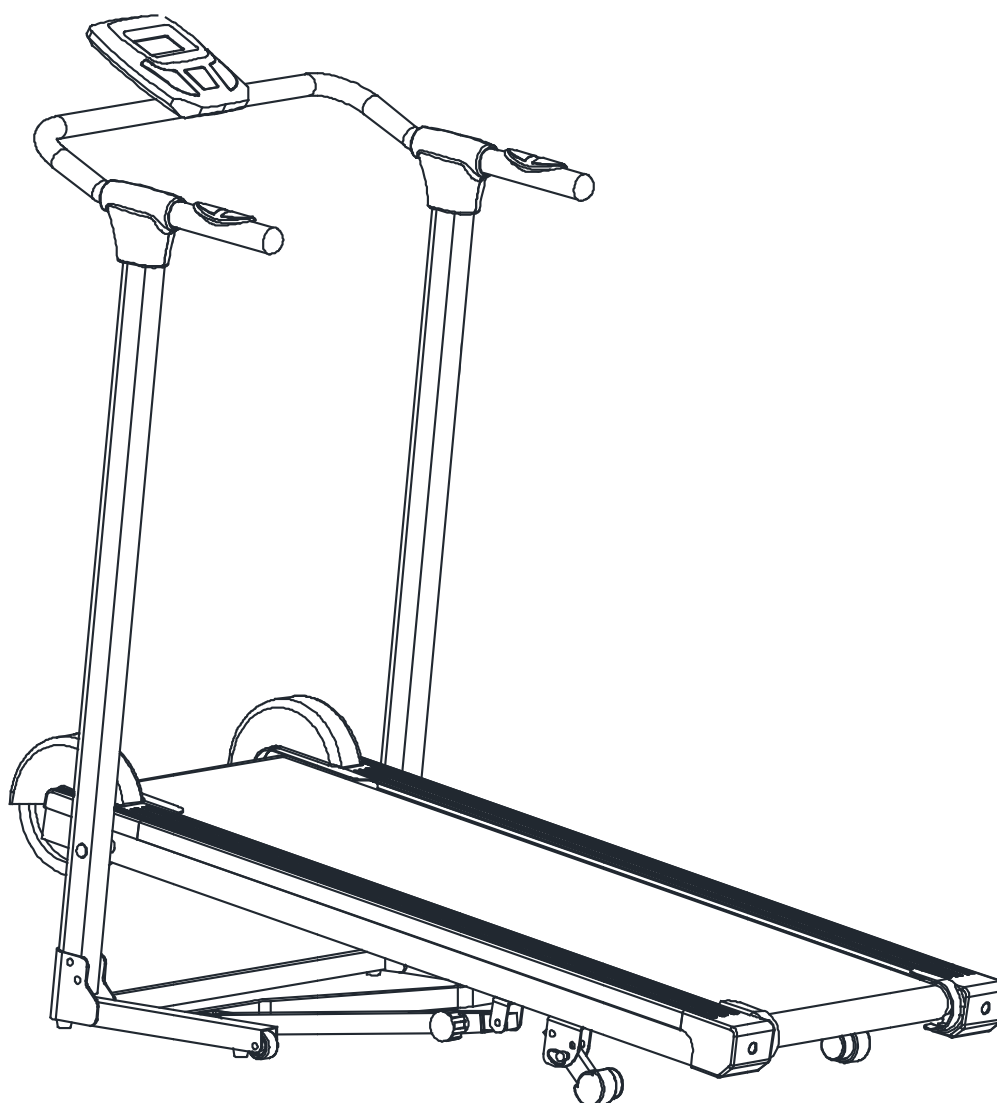


Manual Treadmill



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

Item# 3005

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

**To request product service and order replacement parts, please call our customer service department at:
1-844-641-7920**

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.

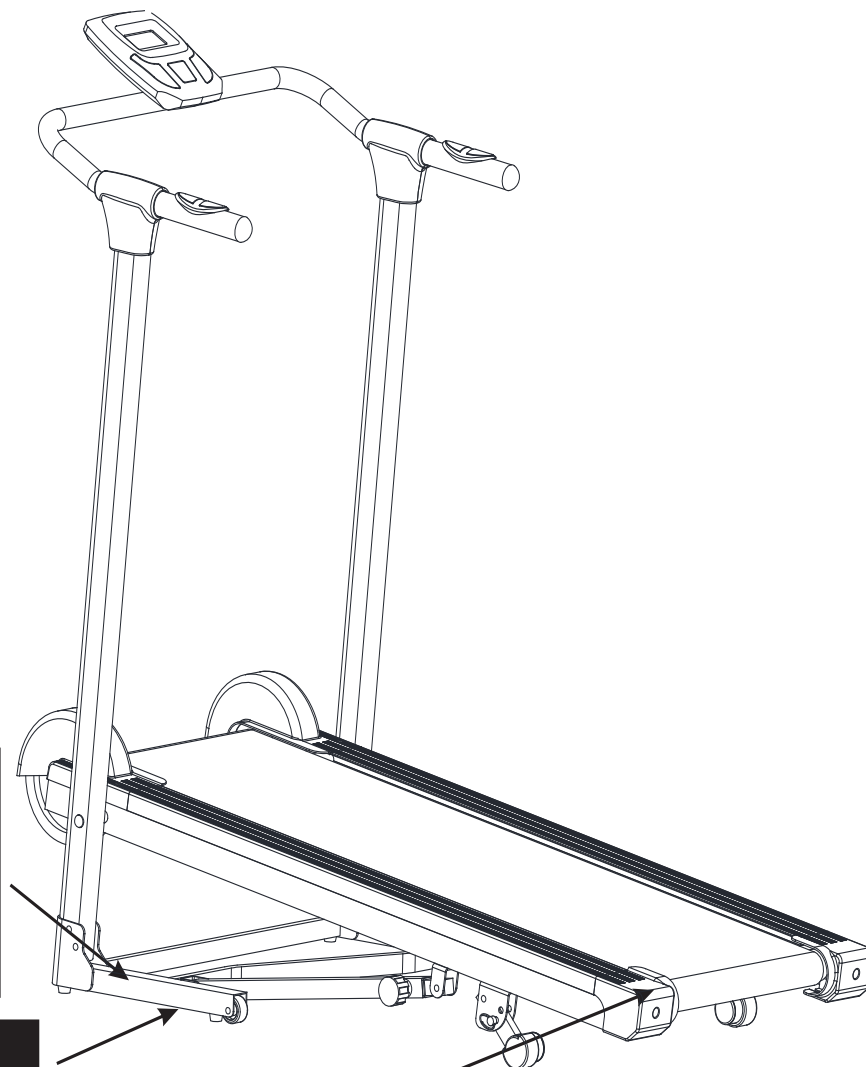
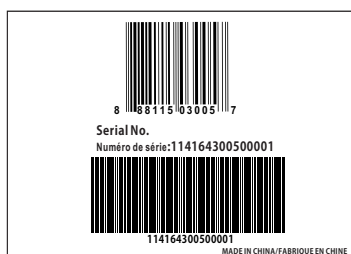
Please have the following information ready when requesting for service:

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



PROGEAR FITNESS

For customer assistance call: Pour le service à la clientèle composer le:

1-844-641-7920

8 am - 5 pm PST

Mon - Fri

1-844-641-7920

Du lundi au vendredi

8:00 h - 17 h (HNP)

⚠ WARNING

Maximum weight capacity is 275 lbs.

⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 125 kgs.

PRODUCT SAFETY

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

DANGER: To reduce the risk of electric shock, please read the following:

- Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing.

NOTE: Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

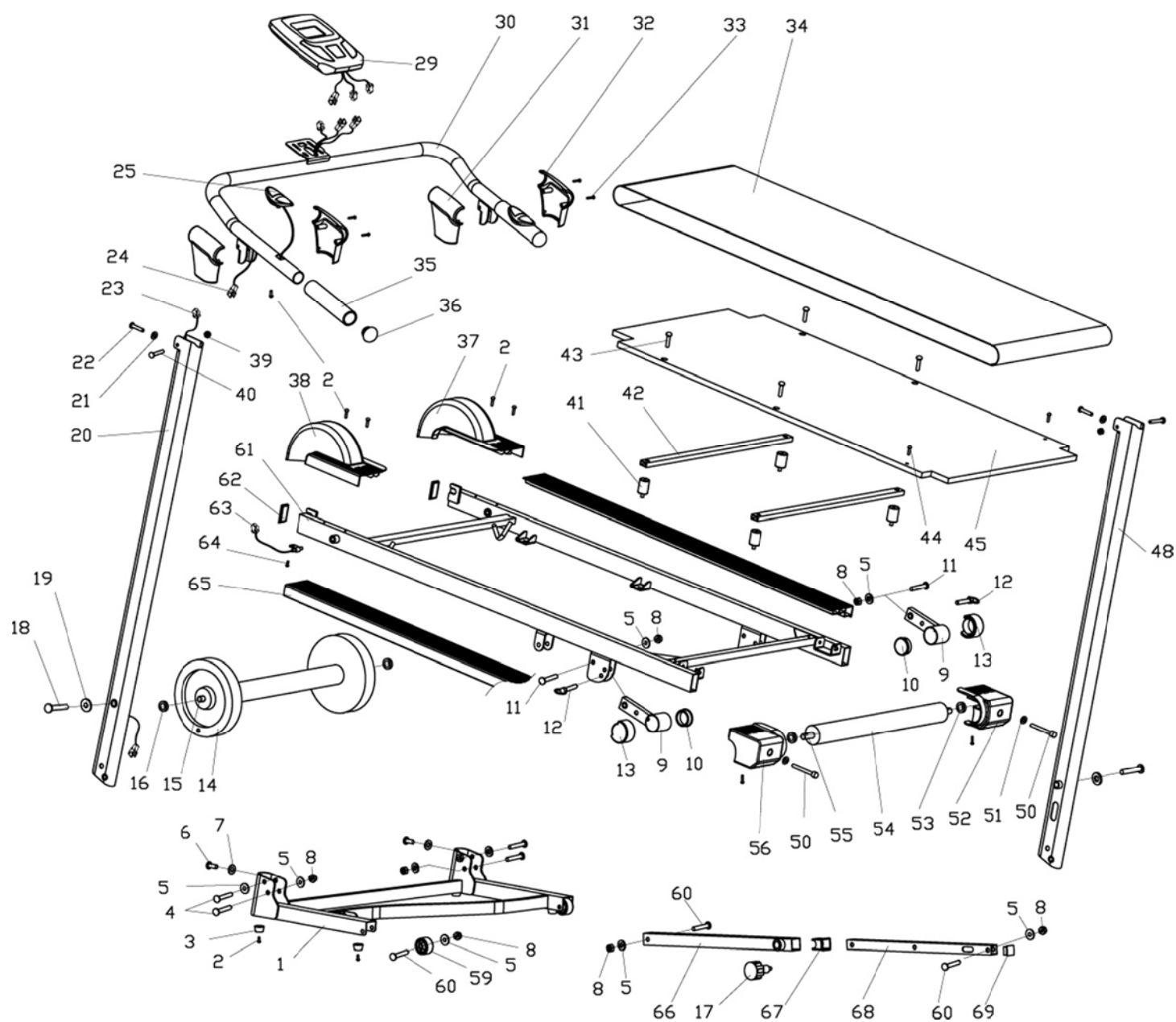
- Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch, and unplugging from outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, do not use and consult an Authorized Service Representative at 1-844-641-7920. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use. This machine is designed for adults only. Close supervision is necessary when this treadmill is used by or near those with disabilities.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep Dry - do not operate in a wet or moist condition. Save these instructions.

PRODUCT SAFETY

- Do not operate the treadmill near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.
- Keep electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with the minimum safety area clearance of 78.74 inch x 39.37 inch of the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only.
- Only **one** person should be on the treadmill while in use.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot, in only socks or in sandals, always wear athletic shoes. Never wear loose clothing because it could run the risk of getting caught in the treadmill.
- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 12 year-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Pull up the Safety Tether Key for emergency stop. Reinstall the Safety Tether Key onto the Computer Console. Press the START/STOP button to begin exercise again.
- **Maximum Weight Capacity is 275 lbs.**
- This treadmill is designed for WALKING only.
- **CAUTION:** Risk of Injury to Persons –To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

Note: It is the obligation of the owner to review and explain these safety precautions to all users of this treadmill.

OVERVIEW DRAWING



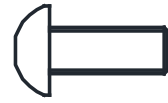
HARDWARE LIST & TOOLS



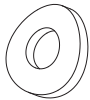
(#4) Allen Bolt M8X50
2 PCS



(#5) Flat Washer $\Phi 8$
2 PCS



(#6) Allen Bolt M8X20
2 PCS



(#7) Curve Washer
 $\Phi 8$
2 PCS



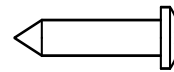
(#22) Allen Bolt M6X15
2 PCS



(#21) Curve Washer
 $\Phi 6$
2 PCS



S5 Allen Wrench
1PCS



(#33) Philips screw
ST4.0x12
4 PCS

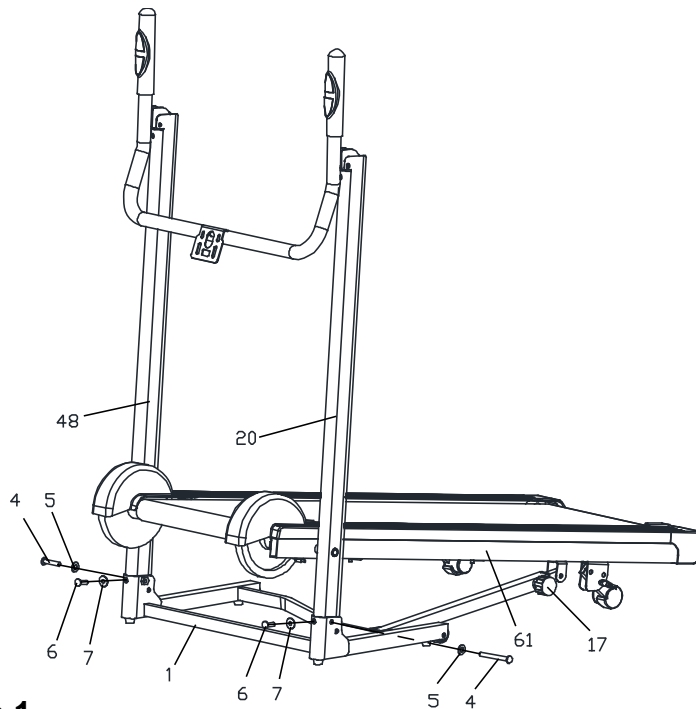
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Base tube	1	029	Computer	1
002	Philips screw ST4.2*20	6	030	Handle bar	1
003	Foot pad	4	031	Left handle bar cover	2
004	Allen bolt M8x50	4	032	Right handle bar cover	2
005	Flat washer $\Phi 8$	10	033	Philips screw ST4.0x12	4
006	Allen bolt M8x20	2	034	Running belt	1
007	Curve washer $\Phi 8$	2	035	Foam for handle bar	2
008	Nylon nut M8	8	036	Round inner plug	2
009	Rear support tube	2	037	Right motor cover	1
010	Round inner plug	2	038	Left motor cover	1
011	Allen bolt M8x35	2	039	Nylon nut M6	2
012	Hang ring pin $\Phi 8 \times 35$	2	040	Allen bolt M6x35	2
013	Foot cover	2	041	Cushion pad	4
014	Front roller	1	042	Running board support tube	2
015	Front roller shaft	1	043	Philips screw M6*30	4
016	Spacer	2	044	Philips screw ST4.8*25	2
017	Locking knob M10*70	1	045	Running board	1
018	Allen bolt M10x60	2	048	Right upright	1
019	Flat washer M10	2	050	Allen bolt M6x60	2
020	Left upright	1	51	Flat washer M6	2
021	Curve washer $\Phi 6$	2	52	Right cap	1
022	Allen bolt M6x15	2	53	Spacer	2
023	Sensor wire 1	1	54	Rear roller	1
024	Sensor wire 2	1	55	Rear roller shaft	1
025	Hand pulse connector	2	56	Left cap	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
59	Transport wheel	2	65	Side rail	2
60	Allen bolt M8x40	4	66	Support tube	1
61	Main frame	1	67	Plug	1
62	Square inner plug	3	68	Inner adjustment tube	1
63	Sensor	1	69	Square inner plug	1
64	Philips screw ST4.2*12	1			

ASSEMBLY



Tool:



**S5 Allen Wrench
1PCS**

Step 1

Loosen and pull the locking knob (17), insert the left upright (20) and right upright (48) to the main frame (61) secure with Allen bolt (6) and arc washer (7); then insert Allen bolt (4) and flat washer (5) through the left and right uprights and secure. Connect the main frame (61) and base tube (1) with the locking knob (17).

Hardware:



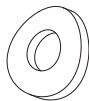
**(#4) Allen Bolt M8X50
2 PCS**



**(#5) Flat Washer D8
2 PCS**

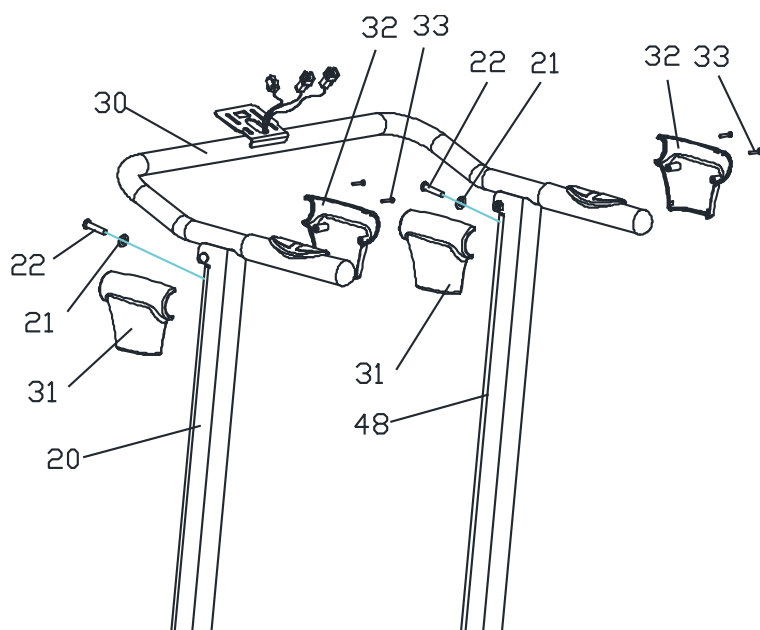


**(#6) Allen Bolt M8X20
2 PCS**

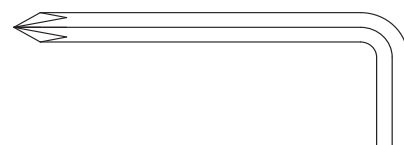


**(#7) Curve Washer
Φ8
2 PCS**

ASSEMBLY



Tool:



S5 Allen Wrench
1PCS

Step 2

Fold up the handle bar (30) then secure the handle bar with Allen bolt (22) and curve washer (21) into the left upright (20), and right upright (48). Put the left handle bar cover (31), and right handle bar cover (32) onto the left upright (20) and right upright (48) secure with screw (33).

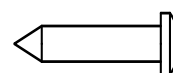
Hardware:



(#22) Allen Bolt M6X15
2 PCS

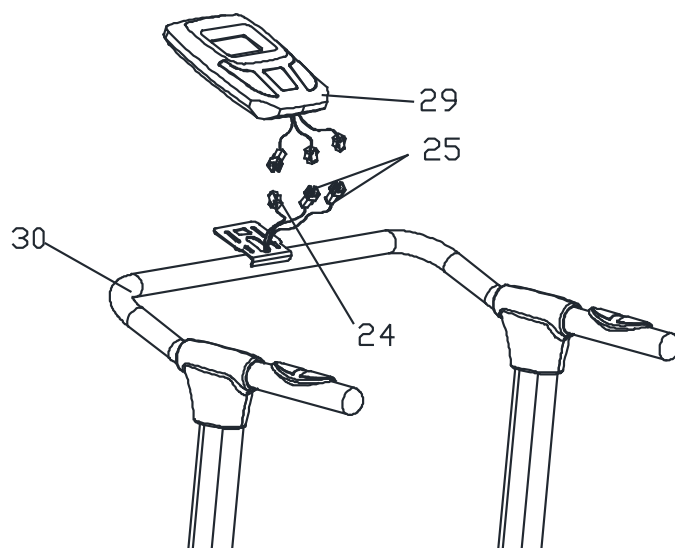


(#21) Curve Washer
Φ6
2 PCS



(#33) Philips screw
ST4.0x12
4 PCS

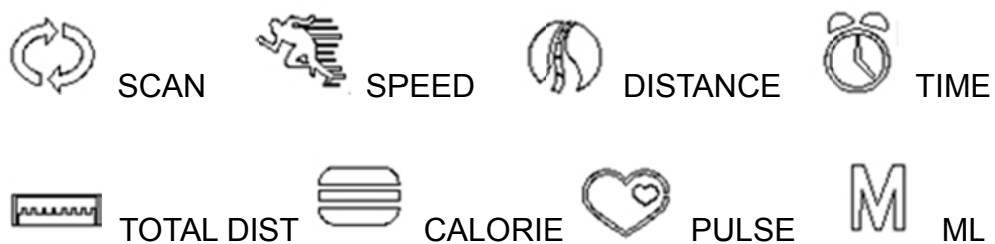
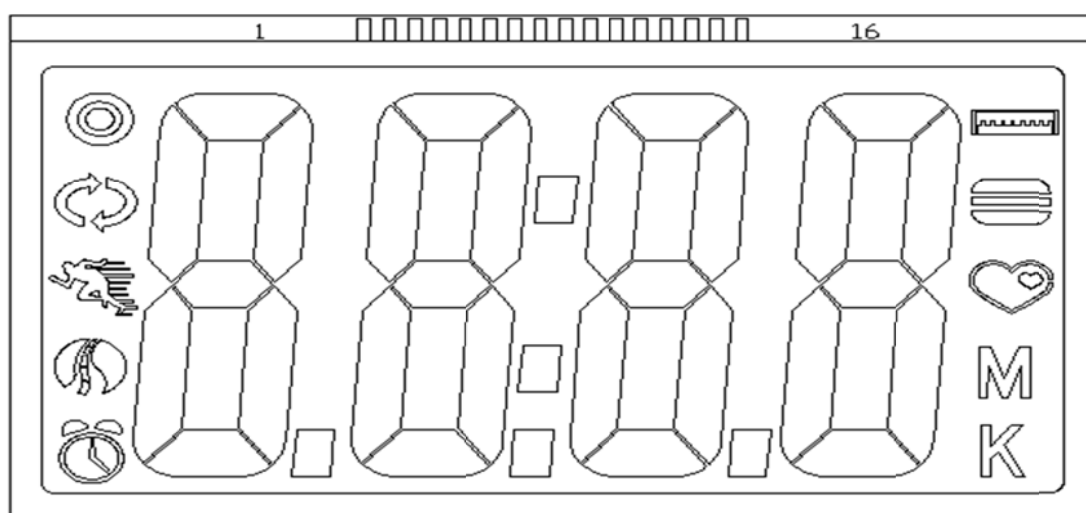
ASSEMBLY



Step 3

Connect computer (29) with the sensor wire (24) and two hand pulse connector (25), then install the computer (29) into the computer plate on handle bar (30).

COMPUTER



Please load 2pcs of 1.5V “AAA” batteries before operating the console.

SPECIFICATIONS

TIME	0:00~99:59MIN
SPEED	0.0~999.9ML/H
DISTRANCE	0.0~999.9ML
TOTAL DIST	0.00~99.99ML
CALORIE	0.0~999.9KCAL
PULSE	40~240BPM

COMPUTER

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want. Reset the value to zero by pressing the key for 4 seconds.

FUNCTIONS:

- 1.TIME : Press the MODE key until pointer lock in to TIME. The total working time will be shown when starting exercise.
- 2.SPEED: Press the MODE key until pointer lock on to Display current speed during working time .
- 3.DISTANCE : Press the MODE key until pointer lock on to DISTANCE . The distance of each workout will be displayed when starting exercise.
- 4.CALORIE :Press the MODE key until pointer lock on to CALORIE The calorie burned will be displayed when starting exercise.
- 5.TOTAL DIST :Automatically accumulates workout distance when starting exercise.
- 6.PULSE: Press the MODE key until the pointer advance to PULSE function and put hands on sensor part of the handlebar about 3 seconds, then the heart rate will show out.

SCAN : Display changes according to the next diagram every 4 seconds.

Automatically display of the following functions in the order shown:

TIME---SPEED---DISTANCE---CALORIE---TOTAL DIST ---PULSE---SCAN

NOTE:

1. Without any signal coming in for 4-5 minutes, the LCD display will be shut off automatically.
2. The monitor automatically turns on when signal came in.
3. Replace the batteries if the signal is getting improper on the LCD.

STORAGE

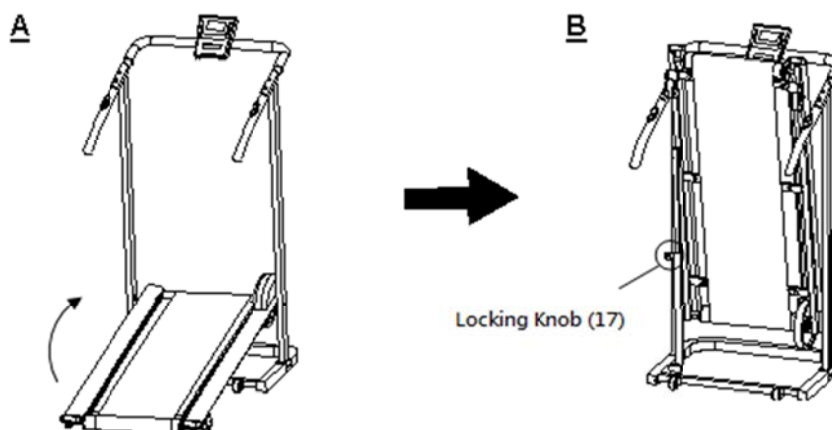
FOLDING UP THE TREADMILL

To fold up the treadmill, place one hand on the back end of the treadmill and the other hand to pull the Locking Knob (17). Carefully lift the end of the treadmill up into the upright position and turn the Locking Knob (17) lock into the locked position.

Make sure the deck is securely locked before moving the treadmill.

(See diagrams A and B.)

The unit can be carefully tilted onto its transport wheels for easy moving and storage. Store the treadmill in a clean and dry environment away from children.

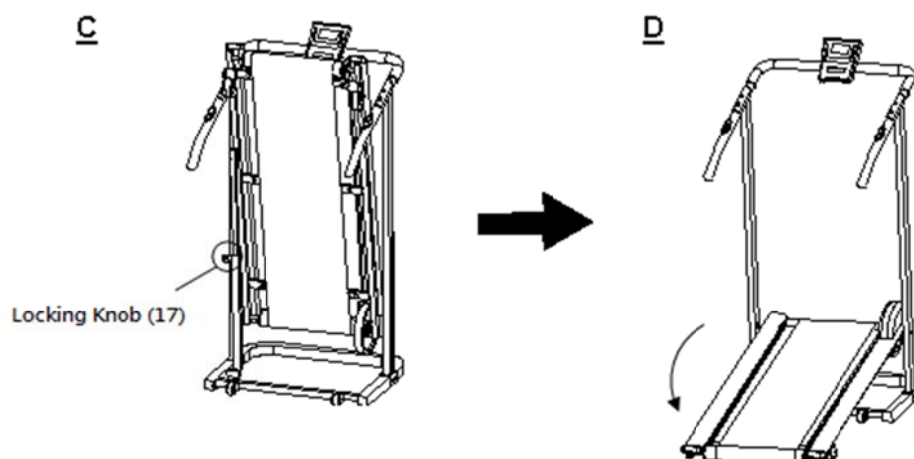


SETTING DOWN THE TREADMILL

To set down the treadmill, place one hand on the back end of the treadmill and the other hand to pull the Locking Knob (17), then carefully lower the deck to the ground until the Locking Knob (17) "pops" down into the locked position. (See diagrams C and D.)

Note: Do not stand under the deck when setting down the treadmill.

TO PREVENT INJURY PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.



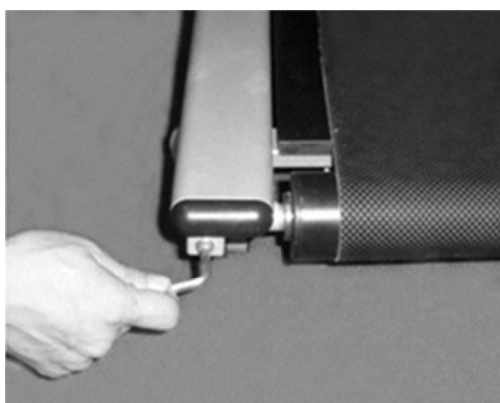
ADJUSTMENTS

Adjusting the Incline Adjuster

Place one hand on the rear end of the Main Frame,
Then lift the rear end of the Main Frame up and use the other hand to remove the Hang Ring Pin (12)

Adjust the Incline Adjuster to the desired position and insert the Hang Ring Pin (12) into the holes on the Main Frame and Incline. Adjuster locks the Incline Adjuster in place.

NOTE: Make sure when adjusting the incline angle of the Incline Adjuster that both Incline Adjusters should be adjusted to the same angle. Using the Incline Adjusters at different angles can cause the treadmill to be unstable and cause injury.



Adjusting the Running Belt

1. The running belt is initially set and adjusted at the factory. However it may come loose during transportation and/or during use. After prolonged use, the belt will begin to stretch out.
2. If the running belt begins to shift to either left or right side, the user can stand on the main frame and hold the handlebars with both hands. Then use your right or left foot to run on the side of the running belt that is opposite to the direction of the slip.

ADJUSTMENTS

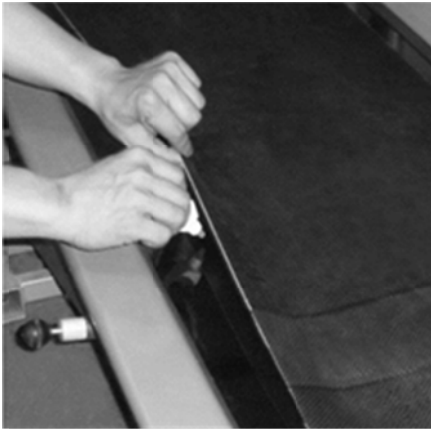
3. If the belt begins to slip to the left use your right foot on the right side. You should see the belt start to correct itself by moving back towards the center.

However, if the running belt is still shifting away from center, use the S5 Allen Wrench provided and turn the left or right Allen Bolts (50) turn in a clockwise direction (turn the same side bolt that matches the direction of the slip).

Then try running on the center of the running belt again. If the running belt is still shifting away from center, turn the same Allen Bolt another 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back towards the center. Repeat this procedure until the running belt is centered.

If the running belt is slipping during use, then use the S5 Allen Wrench provided and turn both the left and right rear Allen Bolts (50) 1/4 turn in the clockwise direction. You should now run on the running belt to determine if the running belt is still slipping. Repeating the above procedure until the running belt is not slipping.

LUBRICATION



The treadmill has already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt. There will be no need to re-spread the oil in normal circumstances. "Silicone Oil" may be re-spread once the resistance has been increased and the running belt starts rubbing against the running deck. To hold open the running belt from two sides, apply the silicone oil with an even motion on the center of the running deck. Allow the silicone oil to 'set' for one minute before using the magnetic treadmill.

Attention: Only use "Silicone Oil" lubricants for this equipment. In addition, do not add any other oil ingredient; otherwise the magnetic treadmill will be damaged. Do not over-lubricate the running deck. Excess lubricant should be wiped off with a clean towel.

TROUBLE SHOOTING & MAINTENANCE

TROUBLE SHOOTING

PROBLEM: Treadmill running belt slips or is not centered on rear roller.

SOLUTION: Refer to “Adjusting the Running Belt” section on page 18.

PROBLEM: Computer not working correctly

SOLUTION: Check to make sure the computer wires are connected securely.

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

SOLUTION: Make sure the batteries are not dead.

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

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

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

SOLUTION: Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The manual treadmill makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the treadmill, please inspect the bolts and tighten the loose ones.

MAINTENANCE

Cleaning

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

Storage

Store the manual treadmill in a clean and dry environment away from children.

WARM UP

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor. 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

Paradigm Health & Wellness, Inc. 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 according to Paradigm Health & Wellness, Inc.'s Owner's Manual. Paradigm Health & Wellness, Inc.'s obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the product is warranted to be free from manufacture defects for 1 (one) year. All parts and workmanship, including computer display, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware are to be free from manufacture defects for 90 days. 5 years warranty on Motor and Frame. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department

service@paradigmhw.com

1-844-641-7920

Monday through 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**

FAX FORM

Paradigm Health & Wellness, Inc.

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

**OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO
service@paradigmhw.com**

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION/REASON	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____