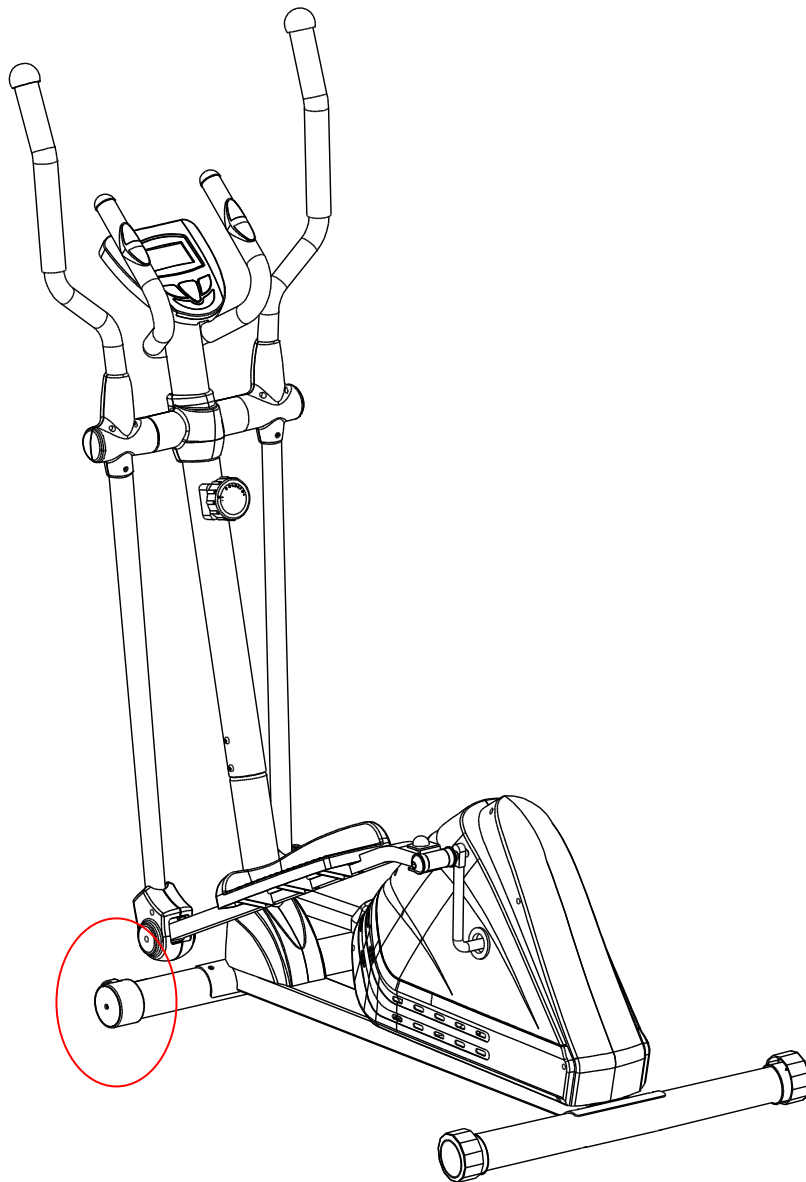


# Elliptical



**OWNER'S**

Item

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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:  
1-866-924-1688**

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,  
or email us at: [service@paradigmhw.com](mailto:service@paradigmhw.com)  
Please visit our website at [www.paradigmhw.com](http://www.paradigmhw.com).

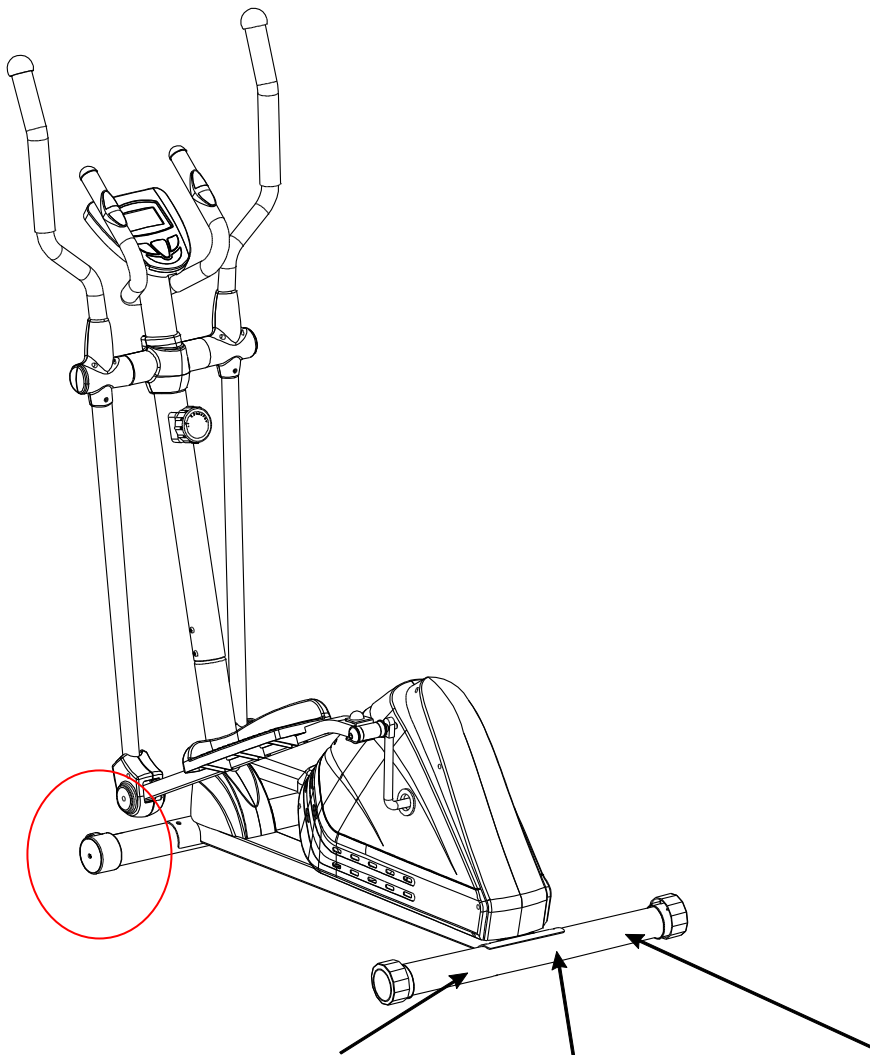
**Please have the following information ready when requesting for service:**

- 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**

# IMPORTANT



For Customer Assistance Call:  
**1-866-924-1688**  
8:00 am- 5:00 pm (PST)  
Monday to Friday

Pour le service à la clientèle  
composer le:  
**1-866-924-1688**  
Du lundi au vendredi  
8:00 h-17 h (HNP)



**⚠ WARNING**  
Maximum weight capacity is 300lbs  
**⚠ AVERTISSEMENT**  
Le poids maximum pour ce produit  
est 136 kgs

## PRODUCT SAFETY

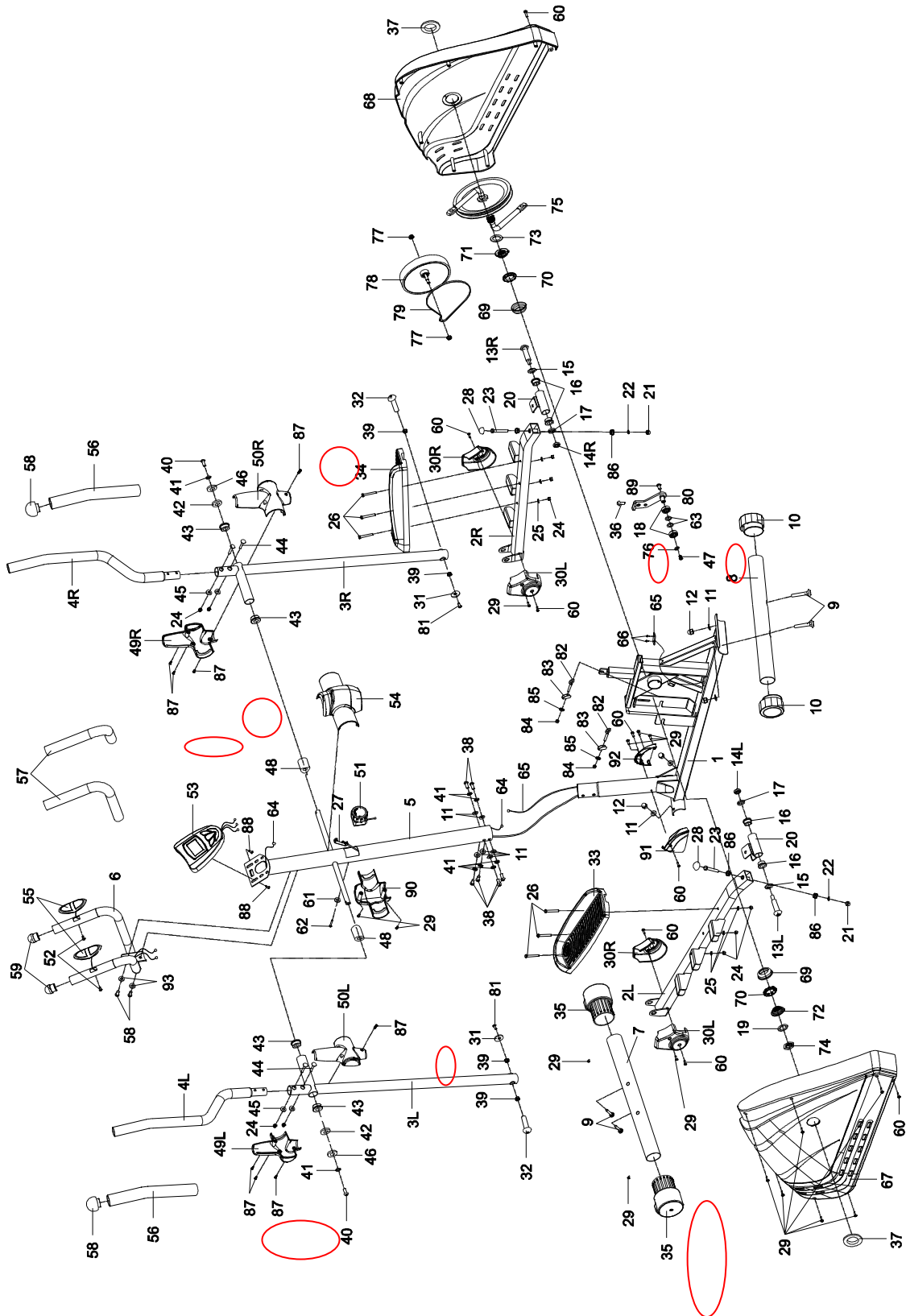
**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up pages for pre and post workout.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Be careful when stepping on or leaving the pedals. Always hold the handlebars first and make sure the pedal at your side is at its lowest position. Step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold onto the handlebars. To ensure the pedals run smoothly push or pull on the handlebars first, then follow with leg motion. When stepping off the machine, make sure one pedal is at its lowest position and step out of there before stepping out of the pedal at the highest position.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person should be on the equipment while in use.
10. Keep children and pets away from the product while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. The maximum weight capacity for this product is 300 lbs/136 kgs.

**WARNING:** Before beginning any exercise program consult your physician. This is especially important for the persons 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 DRAWING



## PART LIST

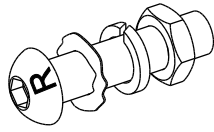
No.	Description	Qty	No.	Description	Qty
001	Main Frame 80x40x2	1	025	Washer Ø6	6
002L	Left Foot Bar 40x25x1.5	1	026	Bolt M6x40	6
002R	Right Foot Bar 40x25x1.5	1	027	Tension Cable L=1800	1
003L	Left Handrail Arm Ø32x1.5	1	028	Cap S13	2
003R	Right Handrail Arm Ø32x1.5	1	029	Screw ST4.2x25	13
004L	Left Handrail Ø32x1.5	1	030L	Foot Bar Cover-A	2
004R	Right Handrail Ø32x1.5	1	030R	Foot Bar Cover-B	2
005	Front Post Ø60x1.5	1	031	Big Washer Ø20xØ8.5x1.5	2
006	Handlebar Ø25x1.5	1	032	Bolt Ø10x46	2
007	Front Stabilizer Ø60x1.5x600	1	033	Left Foot Pedal 395x150x65	1
008	Rear Stabilizer Ø60x1.5x600	1	034	Right Foot Pedal 395x150x65	1
009	Bolt M8x70	4	035	Front Stabilizer End Cap Ø60	2
010	Rear Stabilizer End Cap Ø60	2	036	Bolt M8x25	1
011	Big Curve Washer Ø20xØ8	10	037	Cover Cap Ø40xØ25x10	2
012	Cap Nut M8	4	038	Bolt M8x15	8
013L	Bolt for left U Shape Bracket 1/2"	1	039	Powder Metal Bushing Ø14.2xØ10.2x10	4
013R	Bolt for right U Shape Bracket 1/2"	1	040	Bolt M8x20	2
014L	Left Nylon Nut 1/2"	1	041	Spring Washer Ø8	8
014R	Right Nylon Nut 1/2"	1	042	Washer Ø38x3	2
015	Wave Washer Ø28xØ17x0.3	2	043	Powder Metal Bushing Ø38xØ32xØ19x14	4
016	Powder Metal Bushing Ø24.5xØ16x14	4	044	Bolt M6x35	4
017	Spring Washer Ø20	2	045	Curve Washer Ø6	4
018	Bearing 6000 2Z	2	046	Big Washer Ø10	2
019	Washer 7/8"	1	047	Bolt M6x10	1
020	U Shape Bracket	2	048	Plastic Bushing Ø32xØ16x5xØ50	2
021	Nylon Nut M8	2	049L	Left Handrail Arm Cover-A	1
022	Washer Ø16xØ8x1.5	2	049R	Right Handrail Arm Cover-A	1
023	Bolt M8x45	2	050L	Left Handrail Arm Cover-B	1
024	Nylon Nut M6	10	050R	Right Handrail Arm Cover-B	1

## PART LIST

No.	Description	Qty	No.	Description	Qty
051	Tension Control Knob	1	073	Washer Ø34.5xØ23x2.5	1
052	Screw ST4.2x20	2	074	Hexagon Nut 7/8"	1
053	Computer (JVT29121)	1	075	Belt Pulley with Crank 6.5"/Ø260	1
054	Rear Decorative Cover Ø60	1	076	Big Washer Ø6	1
055	Hand Pulse Sensor with Wire L=750	2	077	M10x1 Nut for Flywheel	2
056	Handrail Foam Grip Ø31xØ37x480	2	078	Flywheel Ø230x40x32	1
057	Handrail Foam Grip Ø27xØ33x360	2	079	Belt PJ380 J6	1
058	Handrail End Cap Ø32x1.5	2	080	Idle Wheel Bracket	1
059	Handlebar End Cap Ø28x1.5	2	081	Bolt M6x15	2
060	Phillips Self Tapping Screw ST4.2x25	8	082	Adjustable Bolt M86x36	2
061	Curve Washer for Tension Control Knob Ø20xØ5.2	1	083	U Bracket	2
062	Bolt for Tension Control Knob M5x55	1	084	Nut M6	2
063	Washer Ø14xØ10x1	2	085	Spring Washer Ø6	2
064	Sensor Wire I L=1100	1	086	Power Metal Bushing Ø18xØ8x5	4
065	Sensor Wire II L=1300	1	087	Screw ST4.2x12	8
066	Screw ST2.9x12	2	088	Bolt M5x10	2
067	Left Cover	1	089	Bolt M8x10	1
068	Right Cover	1	090	Front Decorative Cover Ø60	1
069	Axle Bush	2	091	Left Decorative Cover Ø60	1
070	Ball Bearing	2	092	Right Decorative Cover Ø60	1
071	Axle Sleeve I 15/16"	1	093	Curve Washer Ø16xØ8	2
072	Axle Sleeve II 7/8"	1			



## INCLUDED



(13R) Bolt for right U Shape  
Bracket 1/2"

1 PC

(14R) Right Nylon Nut 1/2"

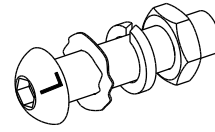
1 PC

(15) Wave Washer  
Ø28xØ17x0.3

1 PC

(17) Spring Washer Ø20

1 PC



(13L) Bolt for left U Shape  
Bracket 1/2"

1 PC

(14L) Left Nylon Nut 1/2"

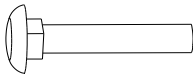
1 PC

(15) Wave Washer  
Ø28xØ17x0.3

1 PC

(17) Spring Washer Ø20

1 PC



(9) Bolt M8x70  
4 PCS



(11) Big Curve Washer Ø20xØ8  
4 PCS



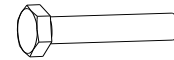
(12) Cap Nut M8  
4 PCS



(24) Nylon Nut M6  
10 PCS



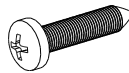
(25) Washer Ø6  
6 PCS



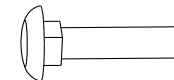
(26) Bolt M6x40  
6 PCS



(28) Cap S13  
2 PCS



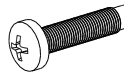
(29) Screw ST4.2x25  
4 PCS



(44) Bolt M6x35  
4 PCS



(45) Curve Washer Ø6  
4 PCS



(60) Phillips Self Tapping  
Screw ST4.2x25  
4 PCS



(87) Screw ST4.2x12  
8 PCS

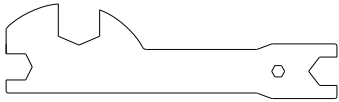
## TOOLS



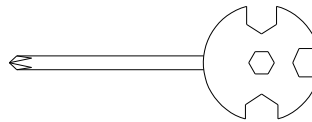
Allen Wrench 8mm  
1 PC



Allen Wrench 6mm  
1 PC



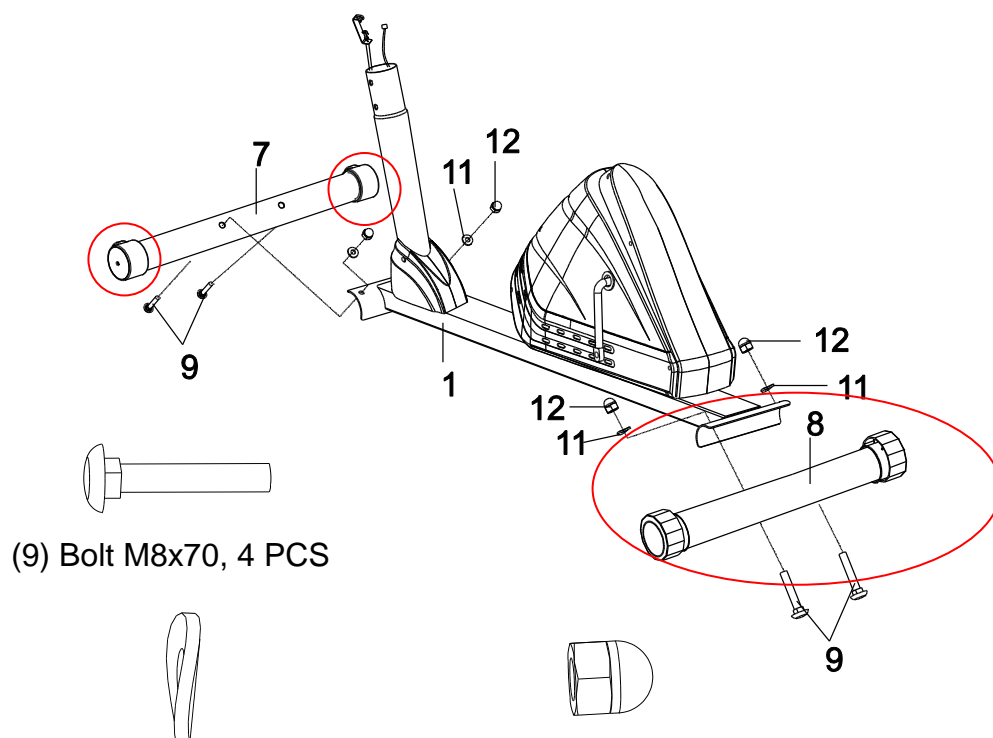
Multi Hex Tool  
1 PC



Multi Hex Tool with Phillips Screwdriver  
S8, S13, S14, S15  
1 PC

# ASSEMBLY

**1**

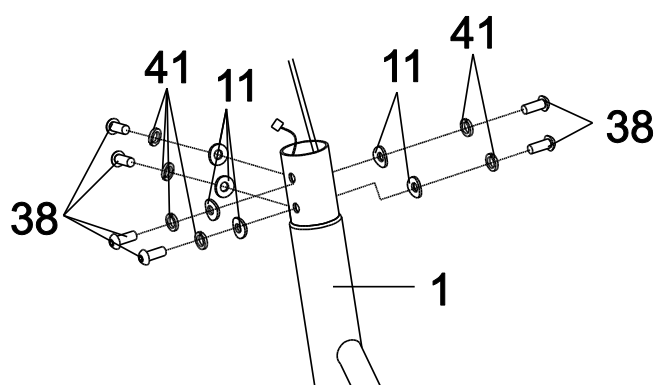


(9) Bolt M8x70, 4 PCS

(11) Big Curve Washer, 4 PCS (12) Cap Nut M8, 4 PCS

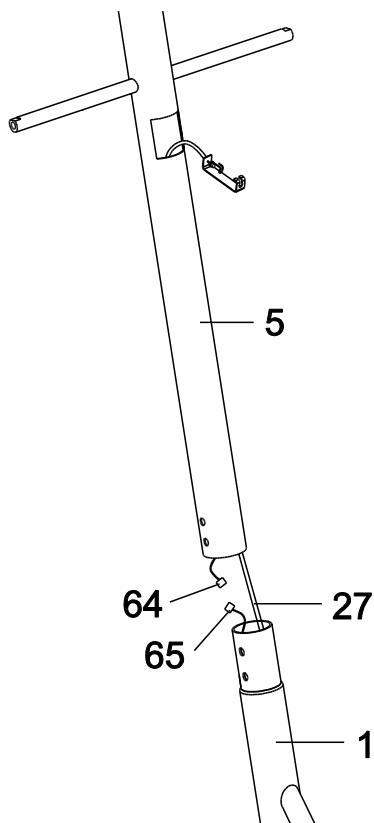
**2**

Remove Bolt (38), Washers (11) and (41) from Main Frame (1).



## ASSEMBLY

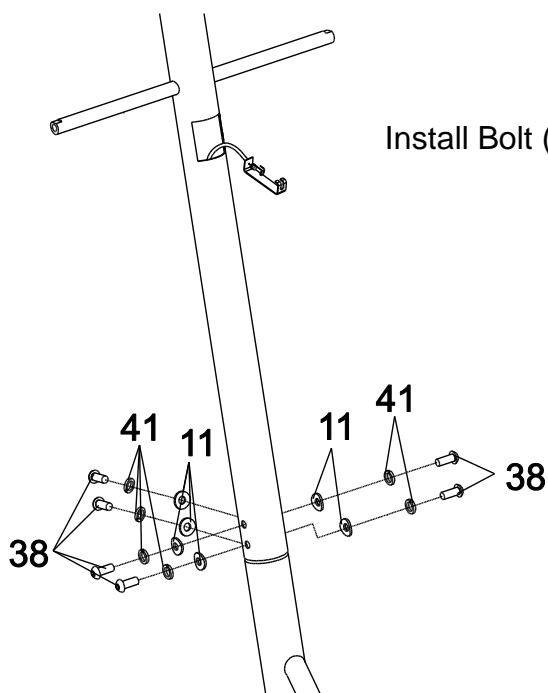
**3**



Insert Tension Cable (27) into Front Post (5) and pull it out through the square hole.

Connect Sensor Wires (64) and (65).

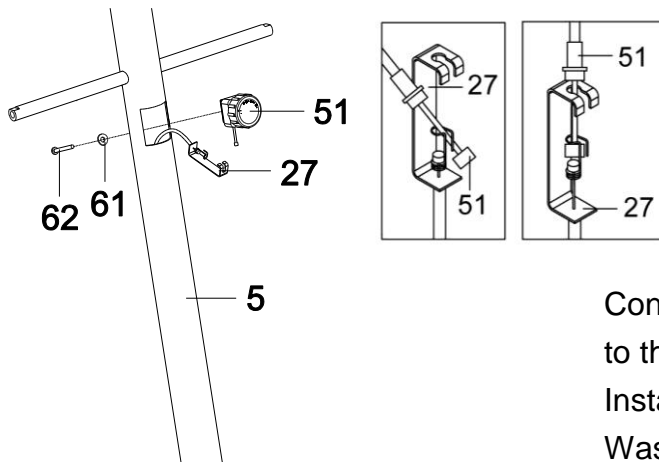
**4**



Install Bolt (38), Washers (11) and (41).

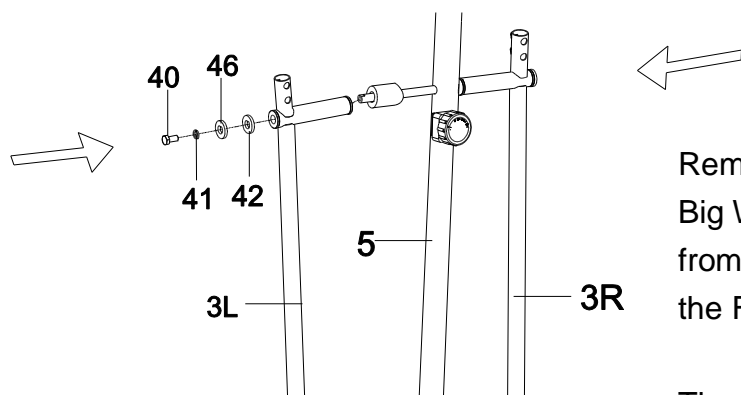
## ASSEMBLY

**5**



Connect Tension Control Knob cable (51) to the Tension Cable (27).  
Install the Knob using Bolt (62) and Washer (61) removed from the Knob.

**6**

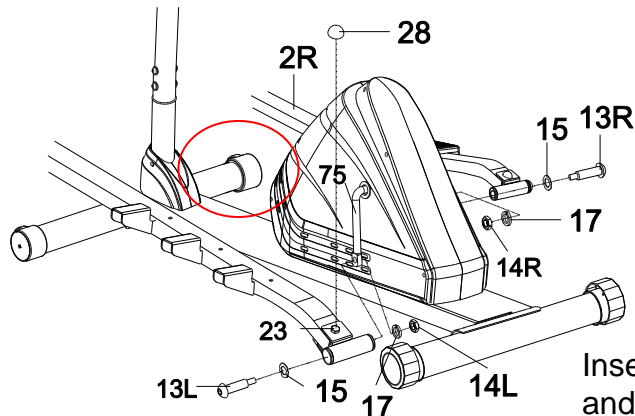


Remove Bolts (40), Spring Washers (41), Big Washers (46), and Washers (42) from the left and right horizontal axes of the Front Post (5).

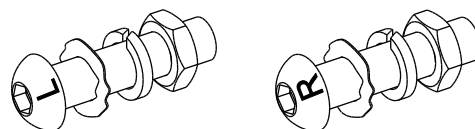
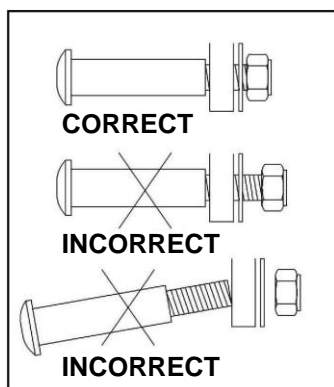
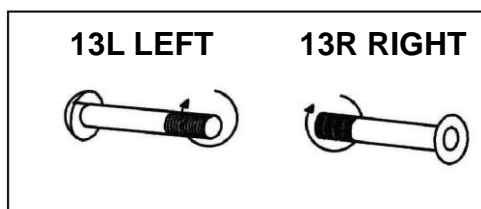
Then attach the Left Handrail Arm (3L) onto the left horizontal axis of the Front Post (5) with one Bolt (40), Spring Washer (41), Big Washer (46), and Washer (42) that were removed.  
(Repeat step for right side).

## ASSEMBLY

**7**



(28) Cap S13, 2 PCS

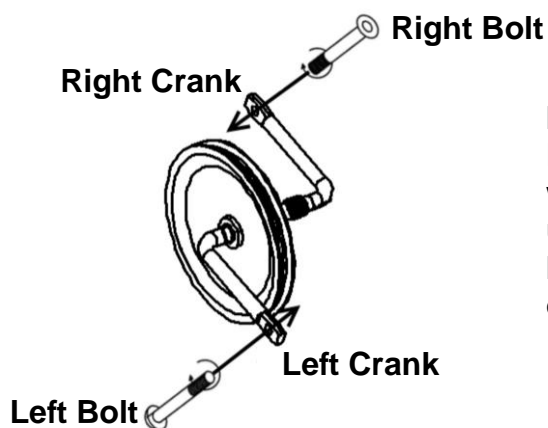


(13L/R) Bolt for left/right U  
Shape Bracket 2 PCS  
(14L/R) Left/Right Nylon Nut 2 PCS  
(15) Wave Washer 2 PCS  
(17) Spring Washer 2 PCS

Insert a 1/2" Bolt for left U Shape Bracket (13L) and put the Wave Washer (15) through the left U Shape Bracket (20). Put a Spring Washer (17) on the bolt, then pass it through the left Crank (75), and secure the bolt with a Left Nylon Nut (14L). Install one S13 Cap (28) onto the M8x45Bolt (23). Repeat this procedure for the right side assembly.

Please be noted the very important point: Before you put a Left Nylon Nut (14L) and a Spring Washer (17) on the 1/2" Bolt for left U Shape Bracket (13L), make sure the 1/2" Bolt for left U Shape Bracket (13L) had been screwed to the end position with the left U Shape Bracket (20).

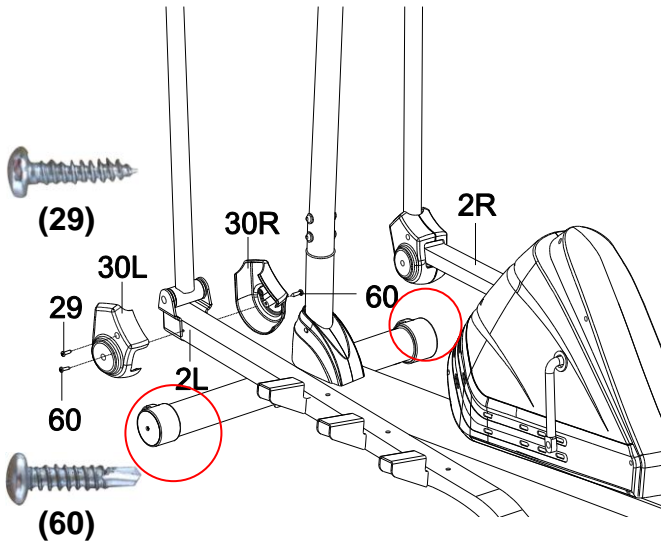
In order to install the hinge bolt properly, keep it perfectly straight when the bolt goes through the pedal tubing and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge bolt and the crankshaft may occur.



**Important:**  
Please make sure the right bolt matches up with the right crank and the left bolt matches up with the left crank. If reversed the cranks may become damaged or stripped.

# ASSEMBLY

**8**



Attach the Foot Bar Covers-A/B (30L, 30R) onto the Left Foot Bar (2L) with one Screw (29) and two Phillips Self Tapping Screws (60).  
(Repeat step for right side).

(29) Screw, 2 PCS    (60) Phillips Self Tapping Screw, 4 PCS

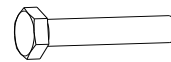
**9**



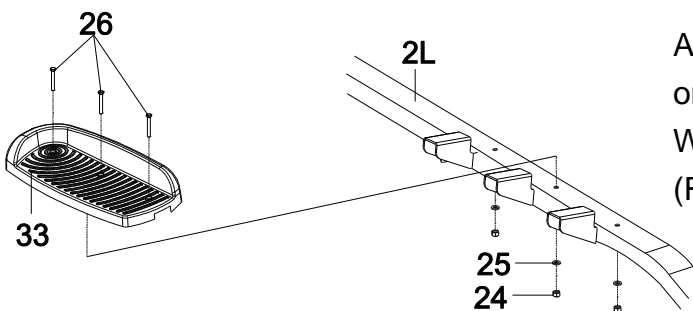
(24) Nylon Nut M6, 6 PCS



(25) Washer Ø6, 6 PCS



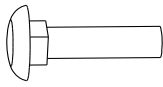
(26) Bolt M6x40, 6 PCS



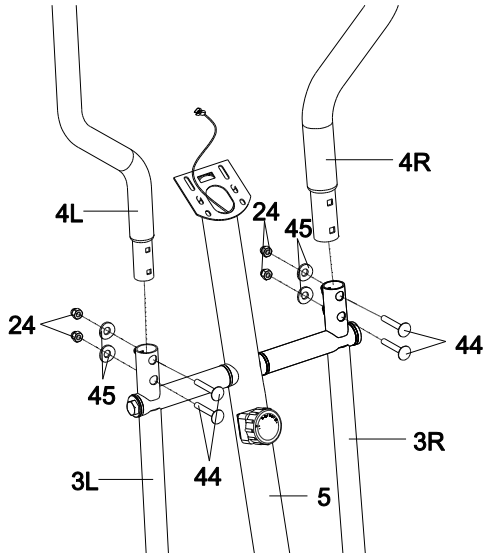
Attach the Left Foot Pedal (33) onto the Left Foot Bar (2L) with Nuts (24), Washers (25), and Bolts (26).  
(Repeat step for right side).

# ASSEMBLY

**10**

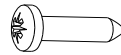


(44) Bolt M6x35, 4 PCS (45) Curve Washer Ø6, 4 PCS (24) Nylon Nut M6, 4 PCS

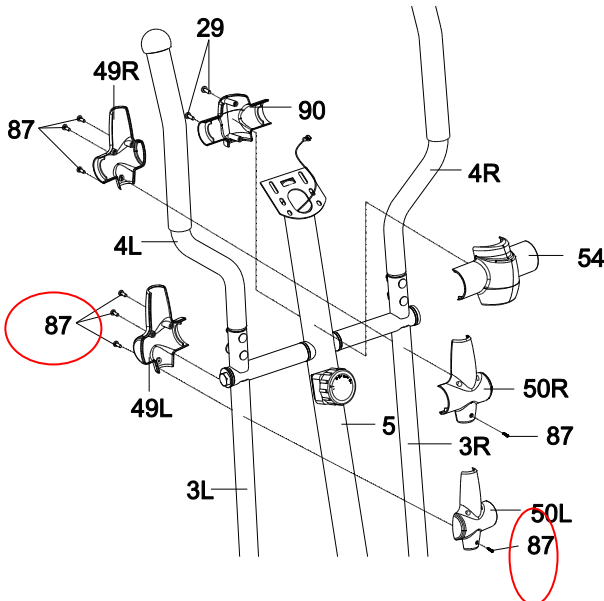


Attach the Left/Right Handrails (4L, 4R) onto the Left/Right Handrail Arms (3L, 3R) with Bolts (44), Curve Washers (45), and four Nuts (24).

**11**



(29) Screw, 2 PCS (87) Screw, 8 PCS



Attach the Front and Rear Decorate Covers (90, 54) onto the Front Post (5) with Screws (29).

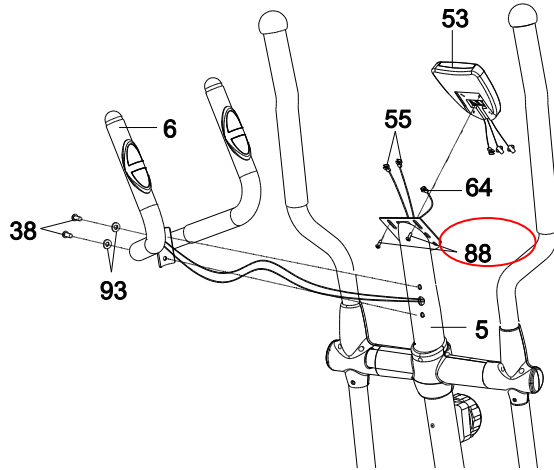
Attach the Left Handrail Arm Cover-A (49L) and Left Handrail Arm Cover-B (50L) onto the Left Handrail Arm (3L) with Screws (87).

(Repeat step for right side)



## ASSEMBLY

### 12



Remove Bolts (88) from the back of the Computer (53). Remove Bolts (38) and Curve Washers (93) from the Front Post (5).

Insert the Hand Pulse Sensor Wires (55) from the Handlebar (6) into the hole on the Front Post (5) and then pull them out from the top end of the Front Post (5).

Connect the Hand Pulse Sensor Wires (55) and Sensor Wire I (64) to the wires that come from the Computer (53).

Assemble Handlebar and Computer with the hardware previously removed.

# COMPUTER



## Button functions:

**MODE:** Display play function selection.

Press 3 seconds to reset values to 0, except odometer.

**SET:** To set goal values of TIME, DISTANCE, CALORIES, or PULSE.

**RESET:** To clear goal values.

Press 3 seconds to reset values to 0, except odometer.

## Display functions:

**SCAN** automatically scans through each display mode at 6-second intervals.

**TIME** displays Times.

**SPEED** displays the current speed.

**DISTANCE** displays distance of exercise sessions.

**CALORIES** displays calories burned during exercises.

**ODOMETER** displays accumulative distance from combined exercise sessions.

*This data is a rough guide for comparison of different exercise sessions and should not be used as a basis for medical treatment.*

## Set a goal value:

*You can set an exercise goal, the value will be counted down for the value you set.*

Press MODE to select a value you'd like to set (time, distance, calories, or heart rate)

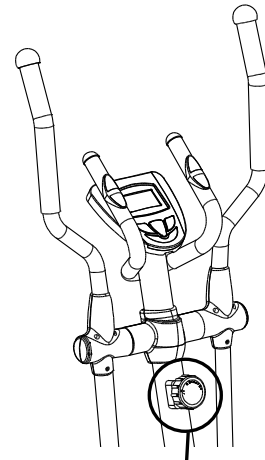
Press SET to set the value, then start your exercise.

## ADJUSTMENTS

### Adjusting the Tension Control Knob

To increase the load, turn the tension control knob in a clockwise direction.

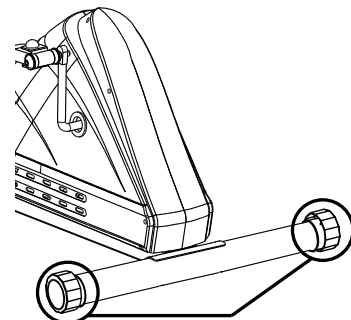
To decrease the load, turn the tension control knob in a counterclockwise direction.



**Tension Control Knob**

### Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.



**Rear Stabilizer End Cap**

## TROUBLE SHOOTING &

### TROUBLE SHOOTING

#### **Computer not working correctly**

Check to make sure the computer cable is connected securely.

Make sure the batteries are installed correctly.

Make sure the batteries are not dead.

#### **No resistance**

Turn the tension knob to lowest tension, pull the friction belt through the buckle to tighten.

#### **The elliptical trainer wobbles when in use**

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.

#### **Squeaking noise when in use**

The bolts may be loose on the elliptical trainer, please inspect the bolts and tighten the loose ones.

#### **No, inconsistent, or erratic heart rate reading**

Always hold on to the handlebar grip sensors with two hands instead of just one.

Try to maintain moderate pressure while holding onto the hand pulse sensors.

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

### MAINTENANCE

#### **Cleaning**

The elliptical trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer 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 elliptical trainer, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

#### **Storage**

Store the elliptical trainer 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 into your groin as possible.

Gently push your knees towards the floor. Hold for 10 counts.



### **Toe Touches**

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



### **Hamstring Stretches**

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



## WARRANTY

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's Owner's Manual. Paradigm'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 defects for 3 (three) year. All parts and workmanship, including upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required. This warranty is offered only to the original owner and is not transferable.

### **Ordering Replacement Parts**

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

**service@paradigmhw.com**

**1-866-924-1688**

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

## 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	QTY

***“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”***

### OFFICIAL USE ONLY

SHIP DATE: \_\_\_\_\_

TRK #: \_\_\_\_\_

BACK ORDER: \_\_\_\_\_