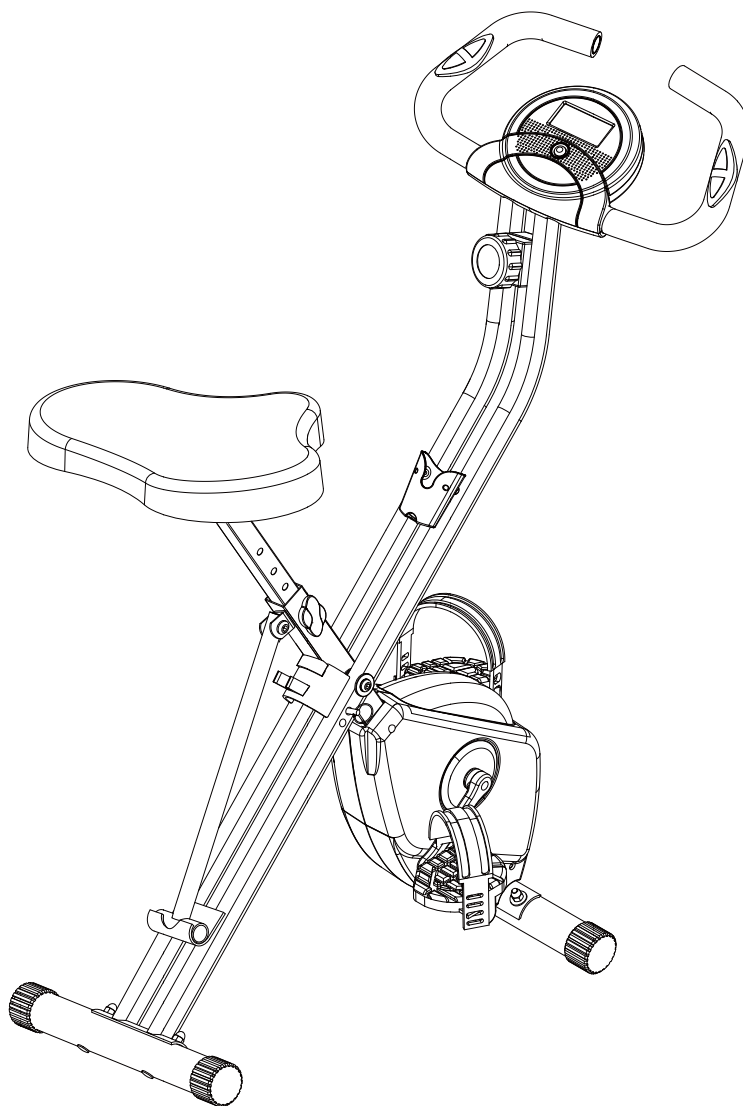


# Folding Upright Bike with Pulse



**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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## SERVICE

### **IMPORTANT: FOR NORTH AMERICA ONLY**

**To request product service and order replacement parts, please call our customer service department at:  
1-844-641-7921**

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).

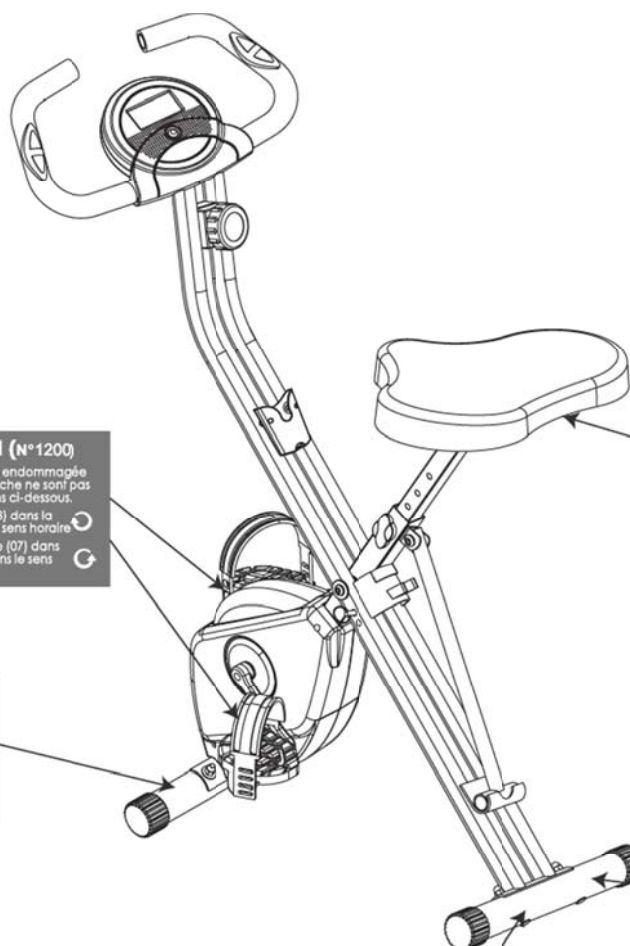
**Please have the following information ready when requesting for service:**

- 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

## LABEL PLACEMENT



### ⚠ CAUTION (Model 1200)

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

- Tighten Right Pedal (08) into the Right Crank Clockwise
- Tighten Left Pedal (07) into the Left Crank Counter-Clockwise

### ⚠ ATTENTION (N°1200)

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

- Serrez le Boulon Droit (08) dans la manivelle droite dans le sens horaire
- Serrez le Boulon Gauche (07) dans la manivelle gauche dans le sens antihoraire

### ⚠ WARNING

Maximum weight capacity is 300 lbs.

### ⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 136 kgs.

<p>Under Penalty of law this tag not to be removed except by the consumer</p> <p><b>ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD, 100%</b></p> <p><b>REGISTRY NO. VA25302 (CN)</b></p> <p>Certification is made by the manufacturer that the materials in this article are described in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1199 Jellick Ave. City of Industry, CA 91748 USA</p> <p>SOUS PENE DE SANCTION (EGALE, CETTE ETIQUETTE NE PEUT ETRE ENLEVÉE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR)</p> <p><b>ENTIEREMENT FABRIQUÉ DE MATÉRIAUX NEUPS</b></p> <p><b>REMOUVRAGE DE MOUSSE DE POLYURÉTHANE 100 %</b></p> <p><b>NO D'ENREGISTREMENT VA25302 (CN)</b></p> <p>Cette étiquette est apposée conformément aux lois Canadiennes.</p> <p>Paradigm Health and Wellness, Inc. 1199 Jellick Ave. City of Industry, CA 91748 USA</p>	<p><b>NOTICE</b></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><b>AVIS</b></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>
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11400012000001

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

**EXERPEUTIC**

For customer assistance call:	Pour le service à la clientèle composer le:
<b>1-844-641-7921</b>	<b>1-844-641-7921</b>
8 am - 5 pm PST	Du lundi au vendredi
Mon - Fri	8:00 h - 17 h (HNP)

## PRODUCT SAFETY

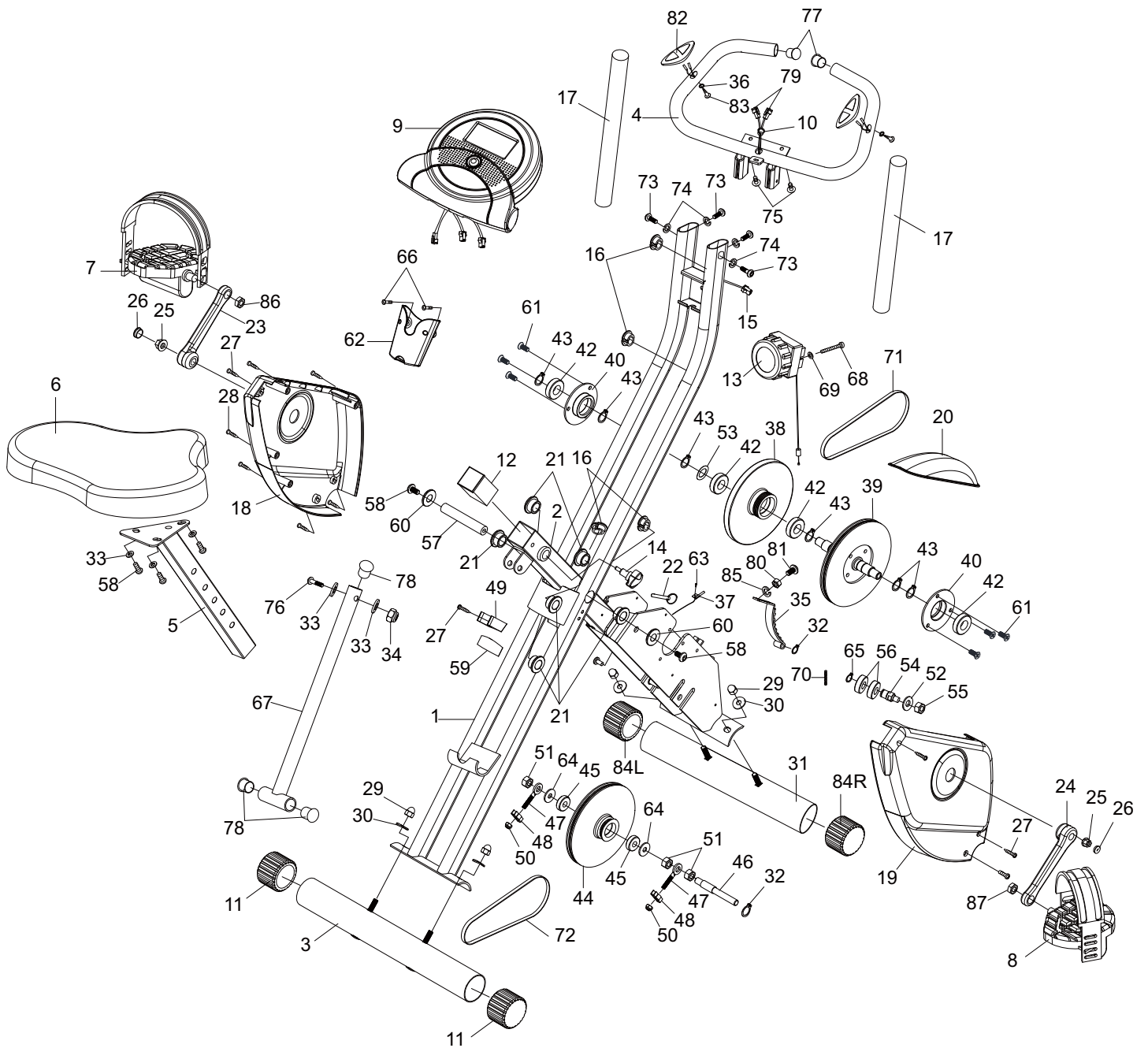
**Basic precautions should always be followed, including the following safety instructions when using this equipment. Read all instructions before using this equipment.**

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 the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up pages. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed 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. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch 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 an *Authorized Service Representative*.
6. Do not use 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 feet of space for safe operation.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. **The maximum weight capacity for this product is 300 lbs / 136kgs.**

**WARNING:** Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

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

# OVERVIEW DRAWING



## PARTS LIST

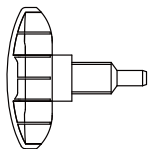
No.	Description	Qty	No.	Description	Qty
001	Rear Frame	1	029	Hexagon Nut Cap M8	4
002	Front Frame	1	030	Curve Washer Ø8.2xØ22.2	4
003	Rear Stabilizer Ø50x1.5tx550L	1	031	Front Stabilizer Ø50x1.5tx550L	1
004	Handlebar Ø25	1	032	C-ring Ø10	2
005	Seat Post	1	033	Flat Washer Ø8.2xØ16.8	5
006	Seat Cushion	1	034	Nylon Nut M8	1
007	Left Pedal (YH-30X)	1	035	Magnet Bracket	1
008	Right Pedal (YH-30X)	1	036	Washer Ø6.2	2
009	Computer (81414)	1	037	Sensor with Wire	1
010	Wire Plug (15x9)	1	038	Flywheel	1
011	Rear Stabilizer End Cap	2	039	Belt Wheel with Crank Axle	1
012	Seat Post Plastic Bushing	1	040	Bearing Bracket A	2
013	Tension Control Knob (1080L)	1	042	Bearing 6003RS	4
014	Seat Height Adjustment Knob M16	1	043	C-ring Ø17	6
015	Sensor Wire (900L)	1	044	Belt Wheel	1
016	Oval Wire Plug	4	045	Bearing 6000Z	2
017	Handlebar Foam Grip Ø23x5.0tx420L	2	046	Axle Ø12.8x94L	1
018	Left Shroud	1	047	Eyebolt M6	2
019	Right Shroud	1	048	Tension Bracket	2
020	Top Shroud	1	049	Front Frame Support Tube Holder	1
021	Round Plastic Bushing	6	050	Nylon Nut M6	2
022	Safety Pin Ø10x110L	1	051	Nut M10	3
023	Left Crank	1	052	Washer Ø10.2xØ25	1
024	Right Crank	1	053	Wave Washer Ø17	1
025	France Nut	2	054	Idle Wheel Axle	1
026	Crank Cover	2	055	Nylon Nut M10	1
027	Round Phillips Head Drilling Screw M4x20	7	056	Bearing 6902Z	2
028	Round Phillips Head Tapping Screw M4x20	4	057	Axle Ø15.8x94.5L	1



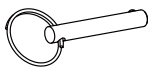
## PARTS LIST

No.	Description	Qty	No.	Description	Qty
058	Hexagon Socket Bolt M8x15	5	074	Spring Washer Ø6.2	4
059	Rubber Cushion	1	075	Screw M5x15	2
060	Washer Ø8.2x Ø25x2.0t	2	076	Hexagon Socket Bolt M8x40L	1
061	Flat Phillips Head Screw M6x10	6	077	Handlebar End Cap Ø25.4	2
062	Holder	1	078	Front Frame Support Tube End Cap Ø22.2	3
063	Round Phillips Head Screw M4x10	1	079	Hand Pulse Sensor Wire	2
064	Plastic Washer	2	080	Nut M6	1
065	C-ring Ø15	1	081	Screw M6x15	1
066	Screw M4x10L	2	082	Hand Pulse Sensor	2
067	Front Frame Support Tube	1	083	Countersunk Phillips Head Cap Screw M4x20	2
068	Screw M5x20	1	084R	Front Stabilizer Right End Cap	1
069	Washer Ø5.2xØ18	1	084L	Front Stabilizer Left End Cap	1
070	Spring	1	085	Spring Washer M6	1
071	Belt 240J4	1	086	Nylon Nut 9/16 UNC12(L)	1
072	Belt 230J3	1	087	Nylon Nut 9/16 UNC12(R)	1
073	Hexagon Socket Bolt M6x12	4			

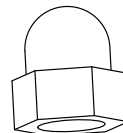
## HARDWARE LIST & TOOLS



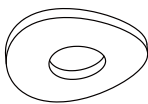
(14) Seat Height  
Adjustment Knob  
1 PC



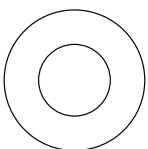
(22) Safety Pin  
1 PC



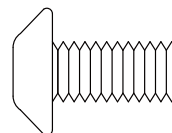
(29) Hexagon Nut Cap  
4 PCS



(30) Curve Washer  
4 PCS



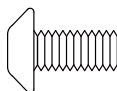
(33) Flat Washer  
3 PCS



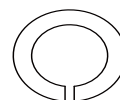
(58) Hexagon Socket Bolt  
3 PCS



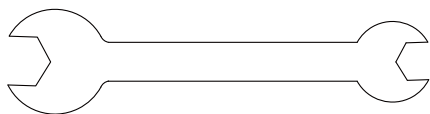
(66) Screw  
2 PCS



(73) Hexagon Socket Bolt  
4 PCS



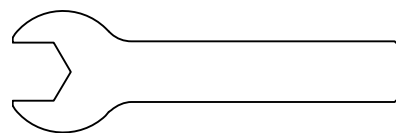
(74) Spring Washer  
4 PCS



Wrench 13-15  
1 PCS

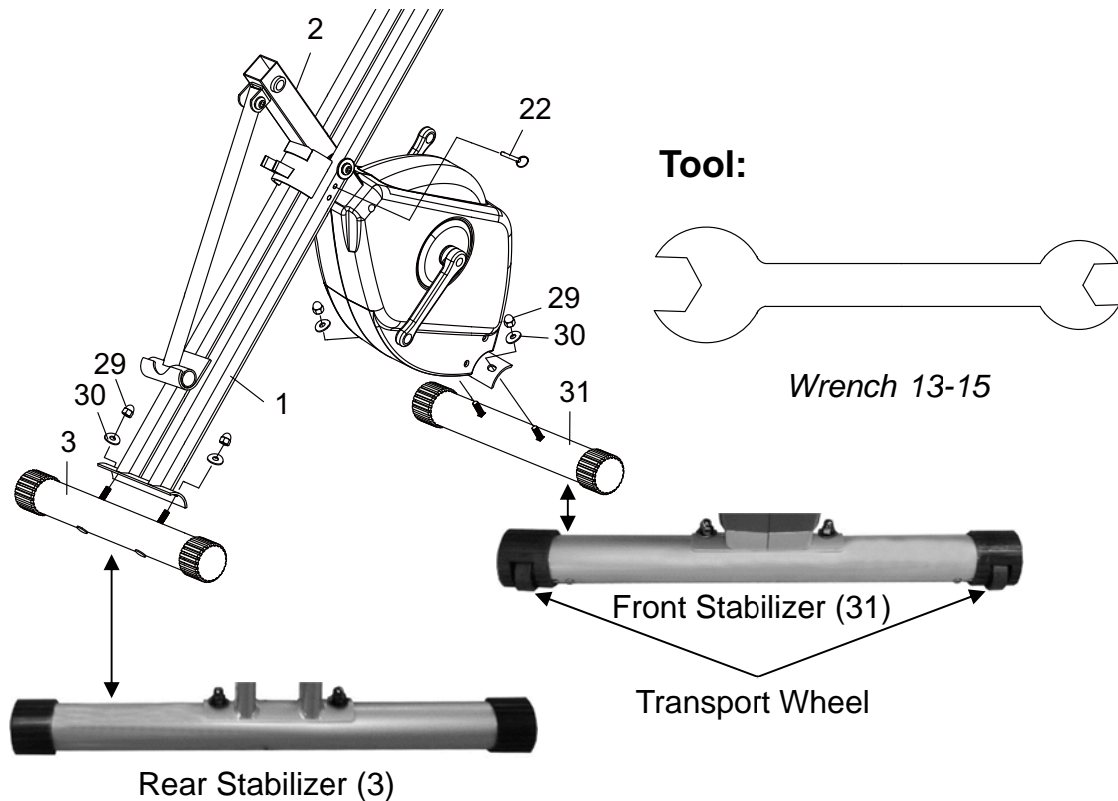


Allen Wrench with  
Phillips Screwdriver  
1 PCS



Wrench 19MM  
1 PCS

## ASSEMBLY

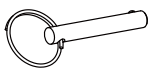


### Step 1

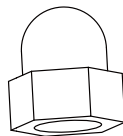
Stand up the base of the machine by separating the Rear and Front Frames (1, 2). Pull the Rear and Front Frames (1, 2) apart from each other. Align pin holes for inserting the Safety Pin (22) then insert the Safety Pin (22) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place. Attach the Front Stabilizer (31) with the transport wheels onto the Front Frame (2) with two Hexagon Nuts Cap (29) and two Curve Washers (30). Tighten nut caps with the Wrench provided.

Attach the Rear Stabilizer (3) onto the Rear Frame (1) with two Hexagon Nuts Cap (29) and two Curve Washers (30). Tighten nut caps with the Wrench provided.

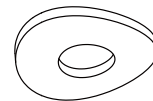
### Hardware:



(22) Safety Pin  
1 PC

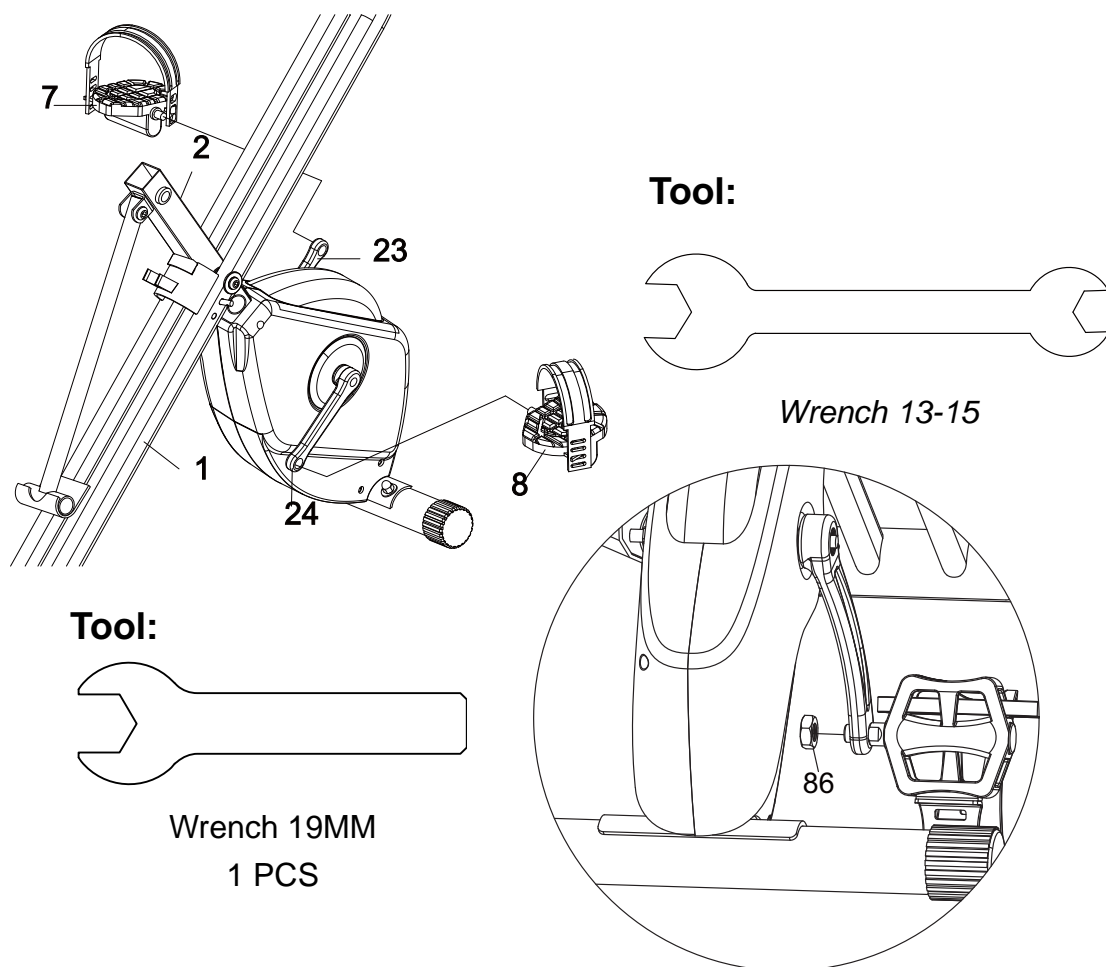


(29) Hexagon Nut Cap  
4 PCS



(30) Curve Washer  
4 PCS

## ASSEMBLY



### Step 2

Loosen Nylon Nut (L)(86) and Nylon Nut (R)(87) from Left and Right Pedal (7) & (8) first.

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

Insert the pedal shaft of Left Pedal (7) into threaded hole in the Left Crank (23). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

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

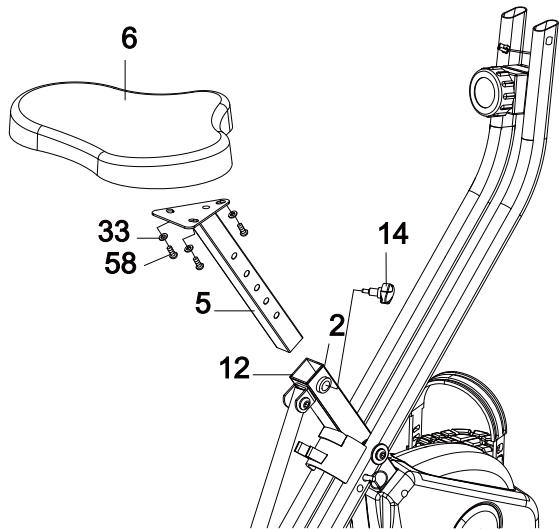
Tighten the pedal shaft of Left Pedal (7) with the Wrench 13-15 provided, then tighten Nylon Nut (L)(86) with the Wrench 19mm provided.

Insert pedal shaft of Right Pedal (8) into threaded hole in Right Crank (24).

Turn the pedal shaft by hand in the clockwise direction until snug.

Tighten pedal shaft of Right Pedal (8) with the Wrench provided, then tighten Nylon Nut (R)(87) with the Wrench 19mm provided.

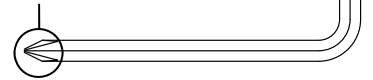
## ASSEMBLY



### Tool:

Phillips Screwdriver

Allen Wrench



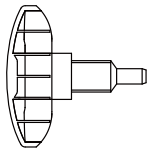
Allen Wrench with Phillips  
Screwdriver

### Step 3

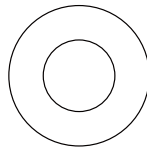
Align bolt holes on underside of Seat Cushion (6) with holes on top of Seat Post (5), then attach with three Flat Washers (33) and three Hexagon Socket Bolts (58). Tighten bolts with the Allen Wrench provided.

Insert the Seat Post (5) into Seat Post Plastic Bushing (12). Adjust seat position and insert the Seat Height Adjustment Knob (14). Turn the Seat Height Adjustment Knob (14) in a clockwise direction to tighten.

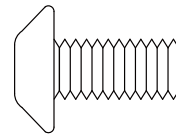
### Hardware:



(14) Seat Height  
Adjustment Knob  
1 PC

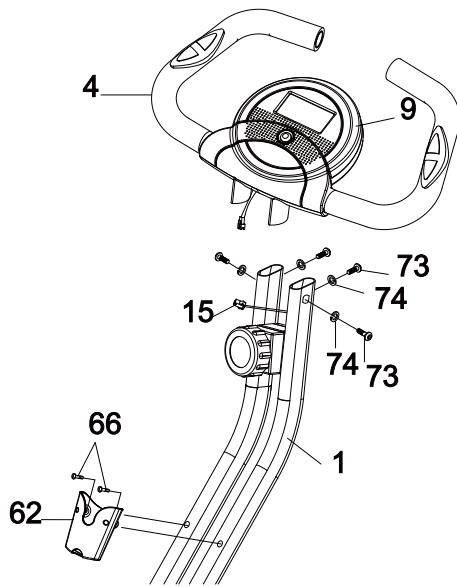


(33) Flat Washer  
3 PCS



(58) Hexagon Socket Bolt  
3 PCS

## ASSEMBLY



### Tool:

Phillips Screwdriver

Allen Wrench with Phillips  
Screwdriver

Allen Wrench

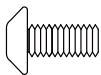
### Step 4

Connect the Sensor Wire (15) from the Rear Frame (1) to the wire that comes from the Computer (9).

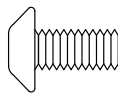
Attach the Handlebar (4) into the Rear Frame (1) with four Hexagon Socket Bolts (73) and four Spring Washers (74). Tighten bolts with the Allen Wrench provided.

Attach the Holder (62) onto the Rear Frame (1) with two Screws (66). Tighten screws with the Phillips Screwdriver provided.

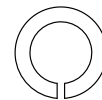
### Hardware:



(66) Screw  
2 PCS



(73) Hexagon Socket Bolt  
4 PCS



(74) Spring  
Washer

## COMPUTER

### 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



### COMPUTER FUNCTIONS:

**AUTO ON/OFF:** If you leave the computer idle for 4 minutes, the power will shut off automatically.

**SCAN:** Press the button until the screen displays SCAN; the computer will automatically scan the function of TIME, ODOMETER, CALORIE, PULSE, SPEED, and DISTANCE, every 6 seconds.

**TIME:** Displays your elapsed workout time in minutes and seconds. The computer will automatically count up from 0:00 to 99:59 in one second intervals.

**SPEED:** Displays your workout speed in miles per hour.

**DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 999.9 miles.

**CALORIE:** The computer will estimate the cumulative calories burned at any given time during your workout. The computer will count up from 0.0 to 999.9 calories.

**ODOMETER:** Displays the total accumulative distance traveled during each workout up to a maximum of 999.9 miles. The data values of ODOMETER can not be reset to zero by pressing and holding the button more than 2 seconds. If user takes out the batteries from the computer, the ODOMETER data values will reset to zero.

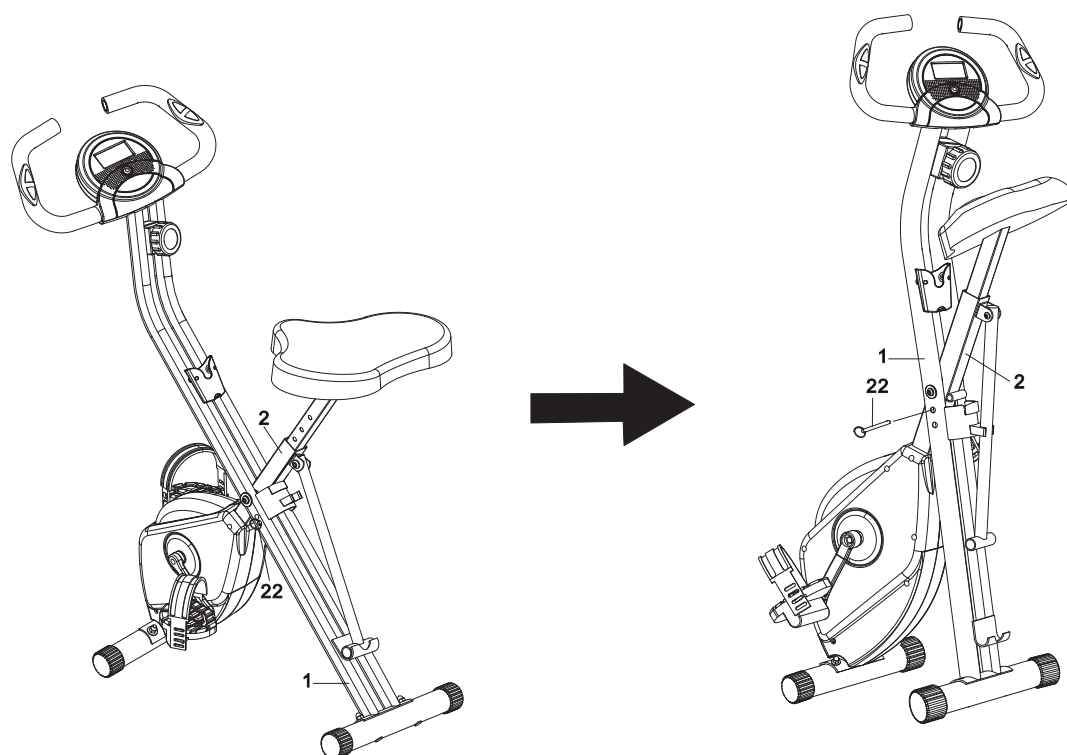
**PULSE:** The computer will display your pulse rate in beats per minute after holding both hands on handlebar grip sensors during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of one.

**RESET:** pressing and holding the button more than 2 seconds will reset all functional values to zero except the odometer data values.

### HOW TO INSTALL THE BATTERIES:

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

## STORAGE

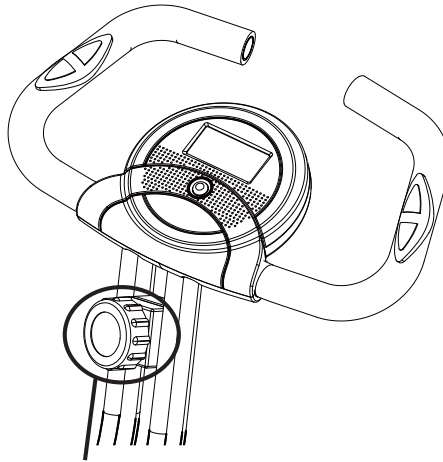


For your convenience, the bike can be folded up and placed in a storage area.

1. Remove the Safety Pin (22) from the bike.
2. Push the Rear and Front Frames (1, 2) together until they meet.
3. Align pin holes for inserting the Safety Pin (22) then insert the removed Safety Pin (22) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place.



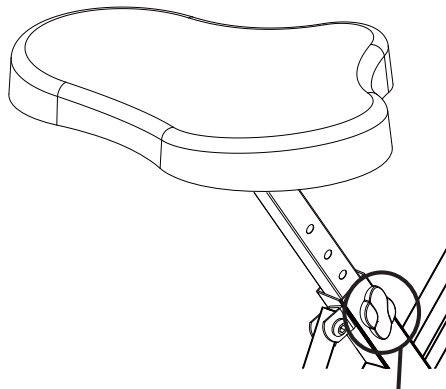
## ADJUSTMENTS



Tension Control Knob

### Adjusting the Tension Control Knob

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



Seat Height Adjustment Knob

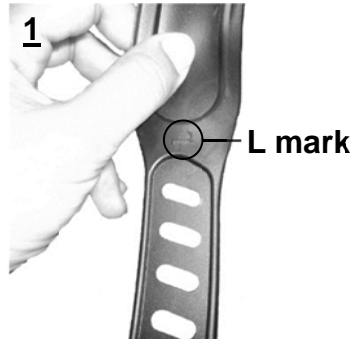
### Adjusting the Seat Height

Turn the seat height adjustment knob in a counterclockwise direction until the seat post can be slid up or down and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by tightening the seat height adjustment knob in a clockwise direction.

**NOTE: When adjusting the height of seat post, make sure the seat post plastic bushing does not exceed the mark line on the seat post.**

## ADJUSTMENTS

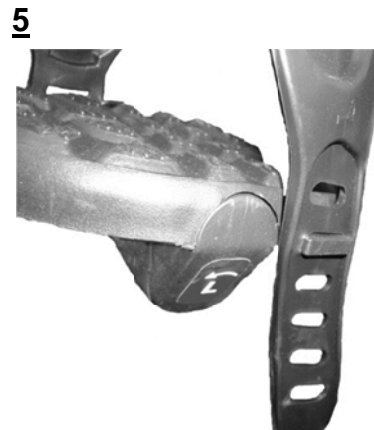
### Adjusting the Pedal Strap



The left pedal strap which has L marked on the strap (see Figure 1).



Snap the three hole end onto the inside edge of the left pedal (see Figures 2 and 3).



Select one of the adjustment holes which allow your foot to be easily removed from the pedal. Snap the other end onto the outside edge of the left pedal with the L mark on the strap (see Figures 4 and 5).

Use the same procedure to snap the right pedal strap onto the right pedal.

### MAINTENANCE

#### Cleaning

The bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

#### Storage

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

### TROUBLE SHOOTING

**PROBLEM:** There is no display on the computer console.

**SOLUTION:** Remove the computer console and verify the wire that comes from the computer console are properly connected to the wires that come from the rear frame.

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

**SOLUTION:** The batteries in the computer console may be dead. Replace with new batteries.

**PROBLEM:** There is no heart rate reading or heart rate reading 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, always hold on to the handlebar grip sensors with two hands instead of just with one hand only.

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

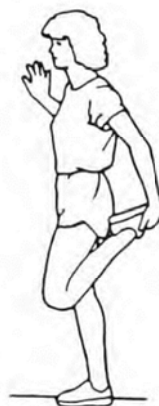
**PROBLEM:** The bike makes a squeaking noise when in use.

**SOLUTION:** The bolts may be loose on the elliptical trainer. Please inspect all of the bolts and tighten any loose bolts.

## 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

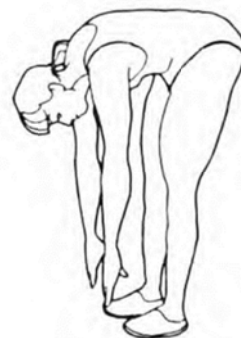
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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



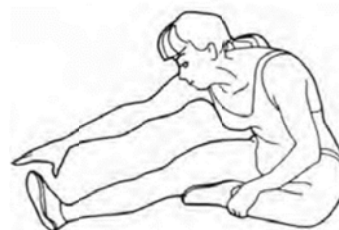
### Toe Touches

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

### 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	90 days

(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 calling or emailing our customer service department:

**1-844-641-7921**

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

**service@paradigmhw.com**

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	QTY

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

### OFFICIAL USE ONLY

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

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

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