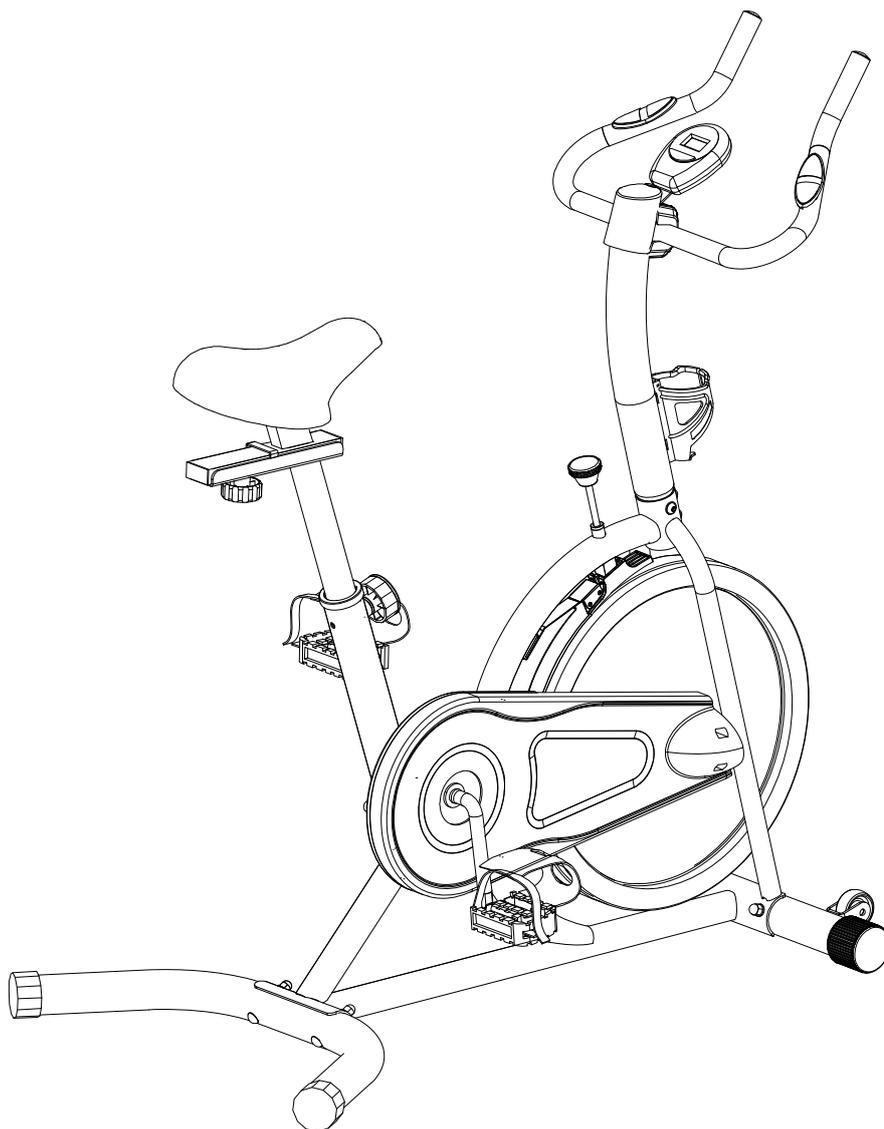


TRAINING CYCLE



***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

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by the below methods:

For Best Service, please Email:

Service@paradigmhw.com

Response Time: 1-2 Business Days

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7920

Response time may vary.

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

For damaged or defective products please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT

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

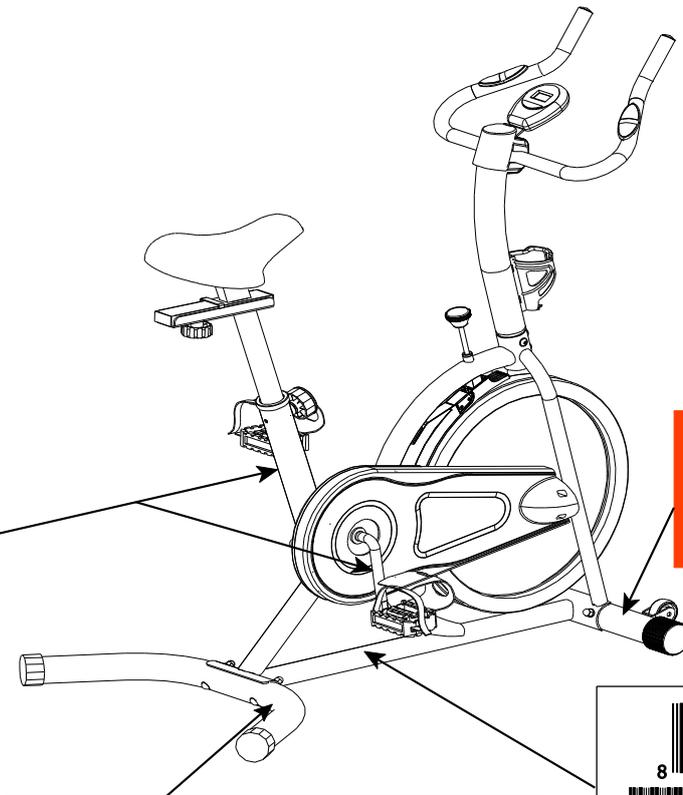
- Tighten Right Pedal (1R) into the Right Crank Clockwise
- Tighten Left Pedal (1L) into the Left Crank Counter Clockwise

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

- Serrez le pédale droit (1R) dans la manivelle droite dans le sens horaire
- Serrez le pédale gauche (1L) dans la manivelle gauche dans le sens antihoraire

¡Se dañará el cigüeñal en caso de que no se aprieten los pernos derecho e izquierdo según las siguientes instrucciones!

- Apriete el perno derecho (1R) en el cigüeñal derecho, hacia la derecha
- Apriete el perno izquierdo (1L) en el cigüeñal izquierdo, hacia la izquierda.



PROGEAR FITNESS
 For customer assistance, daily:
 Pour le service a la clientèle
 composer le, tous les jours:
1-844-641-7920
 8 am - 5 pm PST
 Para servicios al cliente,
 llame al, diario:

8 88115 03205 1

1161243205000018

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

Maximum weight capacity is 275 lbs.
Le poids maximum pout ce produit est 125 kgs.
La capacidad de peso máxima es 125 kg.

PRODUCT SAFETY

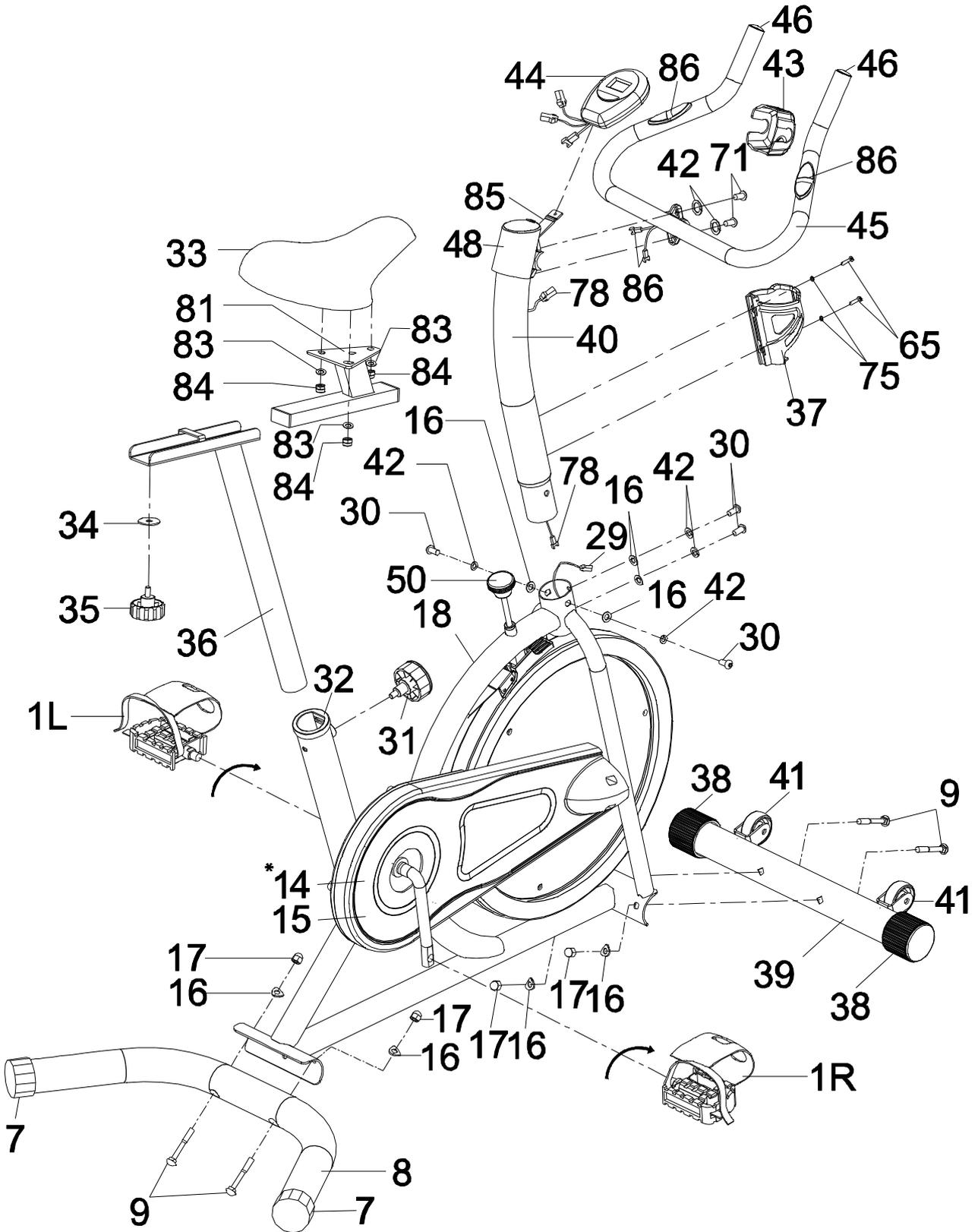
Read all the instructions before using this equipment. Basic precautions must always be followed; including the following safety instructions when using this equipment:

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercising, and in order to avoid injuring your muscles, it is recommended that you perform warm-up exercises for every muscle group.
3. Make sure all the components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other covering material on the ground is recommended.
4. Wear proper clothes and shoes when using this equipment; do not wear clothes that might get caught by any part of the equipment; remember to tighten the pedal straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult customer service.
6. Keep Dry - do not operate in wet or moist condition.
7. Always hold on to the handlebars while using the training bike.
8. To dismount, reduce the pedaling speed gradually until pedals come to a complete stop, then dismount bike.
9. Do not use or leave the equipment outdoors.
10. This equipment is for household use only.
11. Only one person should be on the equipment while in use.
12. Keep children and pets away from the equipment while in use. This machine is designed for adults only. This product requires a minimum of 6 square feet of floor space 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. **The maximum weight capacity for this product is 275 lbs/125 kgs.**

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

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

OVERVIEW DRAWING



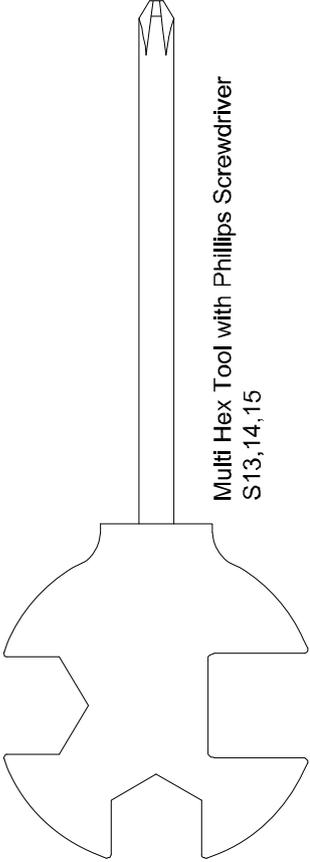
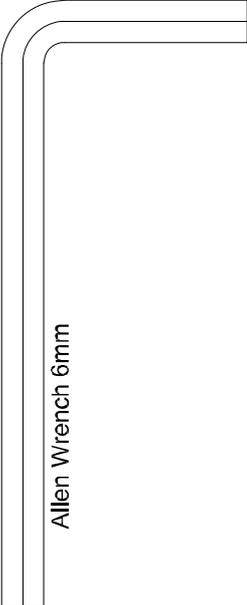
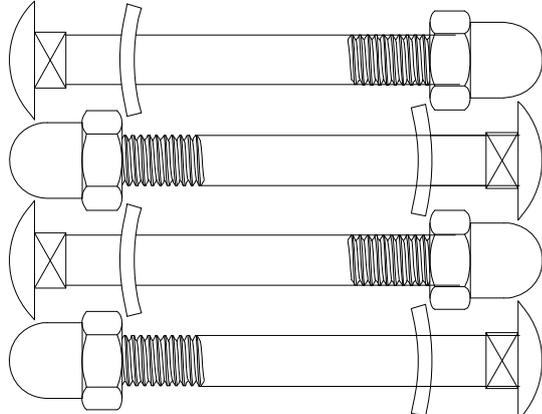
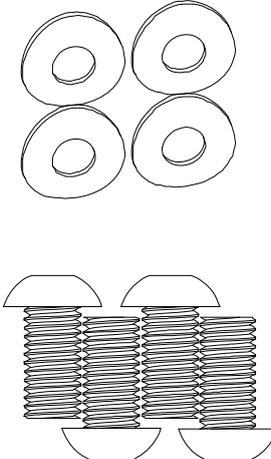
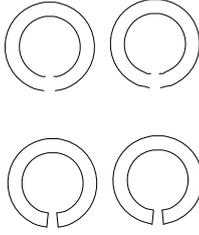
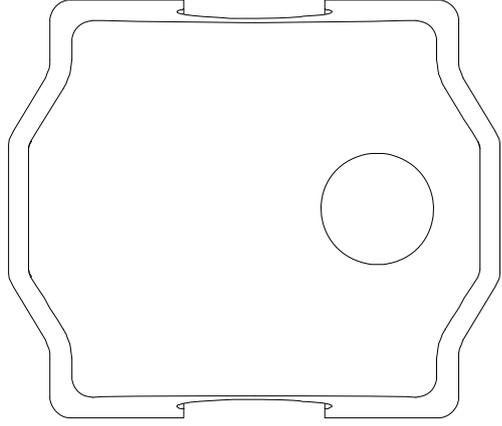
PART LIST

| No. | Description | Q'ty |
|-----|--------------------------------------|------|
| 1R | RIGHT PEDAL | 1 |
| 1L | LEFT PEDAL | 1 |
| 7 | ADJUSTABLE END CAP | 2 |
| 8 | REAR STABILIZER | 1 |
| 9 | CARRIAGE BOLT M8X57 | 4 |
| *14 | CHAIN (inside part 15) | |
| 15 | OUTER CHAIN COVER | 1 |
| 16 | CURVE WASHER $\phi 8$ | 8 |
| 17 | CAP NUT M8 | 4 |
| 18 | MAIN FRAME | 1 |
| 29 | SENSOR WIRE 250mm | |
| 30 | BOLT M8*15 | 4 |
| 31 | SPRING ADJUSTMENT KNOB | 1 |
| 32 | PLASTIC SLEEVE 38.1*2.0 | 1 |
| 33 | SEAT | 1 |
| 34 | FLAT WASHER $\phi 32 * \phi 8.2 * 2$ | 1 |
| 35 | ADJUSTMENT KNOB | 1 |
| 36 | SEAT POST | 1 |
| 37 | BOTTLE HOLDER 117*85*90 | 1 |
| 38 | FRONT END CAP | 2 |

| No. | Description | Q'ty |
|-----|-------------------------|------|
| 39 | FRONT STABILIZER | 1 |
| 40 | HANDLEBAR POST | 1 |
| 41 | WHEEL | 2 |
| 42 | SPRING WASHER $\phi 8$ | 6 |
| 43 | HANDLEBAR COVER | 1 |
| 44 | CONSOLE | 1 |
| 45 | HANDLEBAR | 1 |
| 46 | END CAP $\phi 25 * 1.5$ | 2 |
| 48 | HANDLEBAR CAP | 1 |
| 50 | TENSION CONTROL KNOB | 1 |
| 65 | SCREW ST4.2X19 | 2 |
| 71 | BOLT M8*30 | 2 |
| 75 | FLAT WASHER $\phi 5$ | 2 |
| 78 | SENSOR WIRE 350mm | 1 |
| 81 | SEAT BRACKET | 1 |
| 83 | WASHER $\phi 8$ | 3 |
| 84 | NUT M8 | 3 |
| 85 | CONSOLE POST | 1 |
| 86 | PULSE SENSOR | 2 |
| | | |

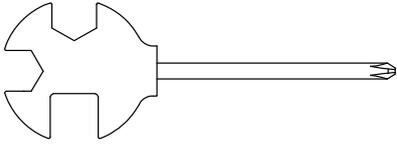
HARDWARE PACK

3205 HARDWARE PACK

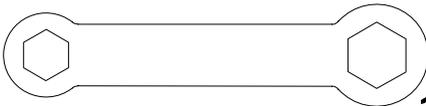
| | | |
|---|--|--|
|  <p>Multi Hex Tool with Phillips Screwdriver S13, 14, 15</p>  <p>Allen Wrench 6mm</p> <p>Wrench</p> | <p>STEP 1</p> <p>NO. 9 NO. 16 NO. 17</p>  | <p>STEP 3</p> <p>NO. 30 NO. 16</p>  <p>NO. 42</p>  |
| <p>STEP 4</p> <p>NO. 43</p>  | | |

ASSEMBLY

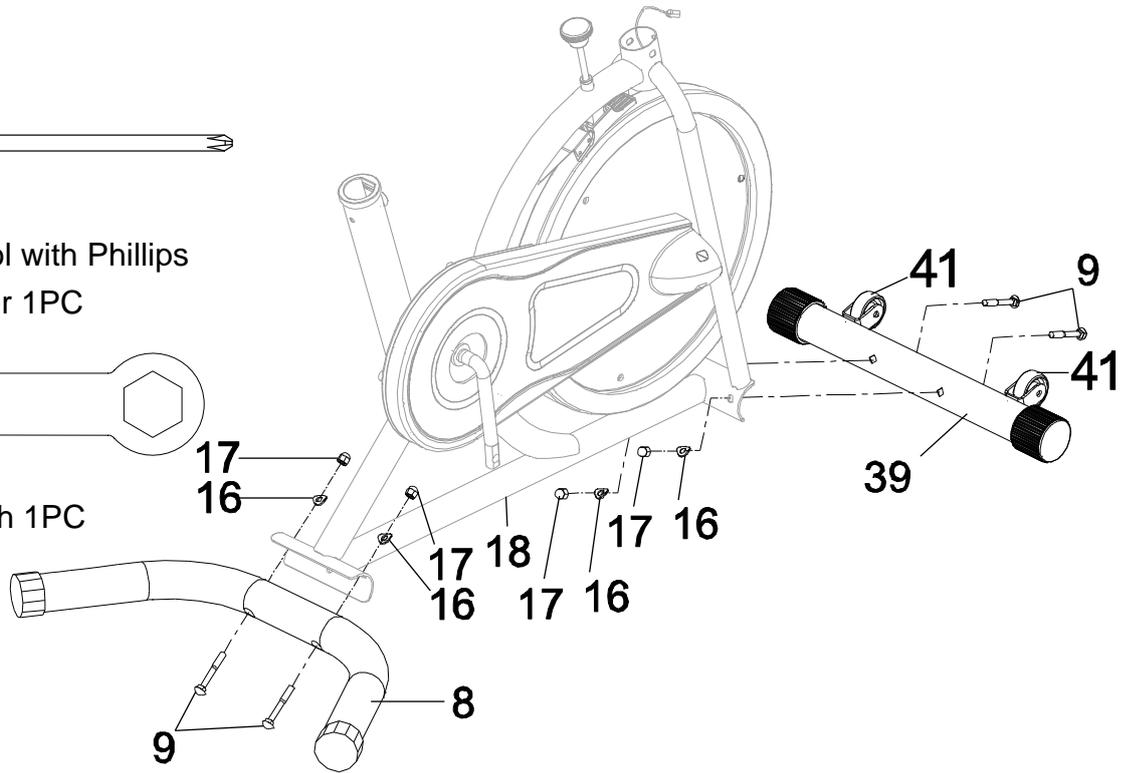
Tool:



Multi Hex Tool with Phillips
Screwdriver 1PC



Wrench 1PC



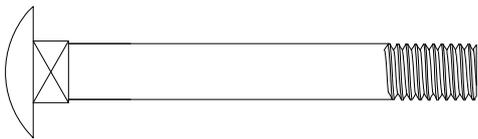
1. Stabilizers Installation

- A. **Front Stabilizer:** Position the Front Stabilizer (39) in front of the Main Frame (18). Align the bolt holes and attach the Front Stabilizer (39) onto the front curve of the Main Frame (18) with two Carriage Bolts (9), two Curve Washers (16), and two Cap Nuts (17). Tighten the Cap Nuts (17) with the Wrench Multi Hex Tool provided.

Note: The Wheels (41) should **NOT** be touching the floor when installed.

- B. **Rear Stabilizer:** Position the Rear Stabilizer (8) behind the Main Frame (18). Align the bolt holes and attach the Rear Stabilizer (8) onto the rear curve of the Main Frame (18) with two Carriage bolts (9), two Curve Washers (16), and two Cap Nuts (17). Tighten the Cap Nuts (17) with the Wrench Multi Hex Tool provided.

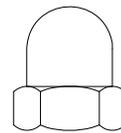
Hardware:



NO. 9 Carriage Bolt M8x57
4PCS

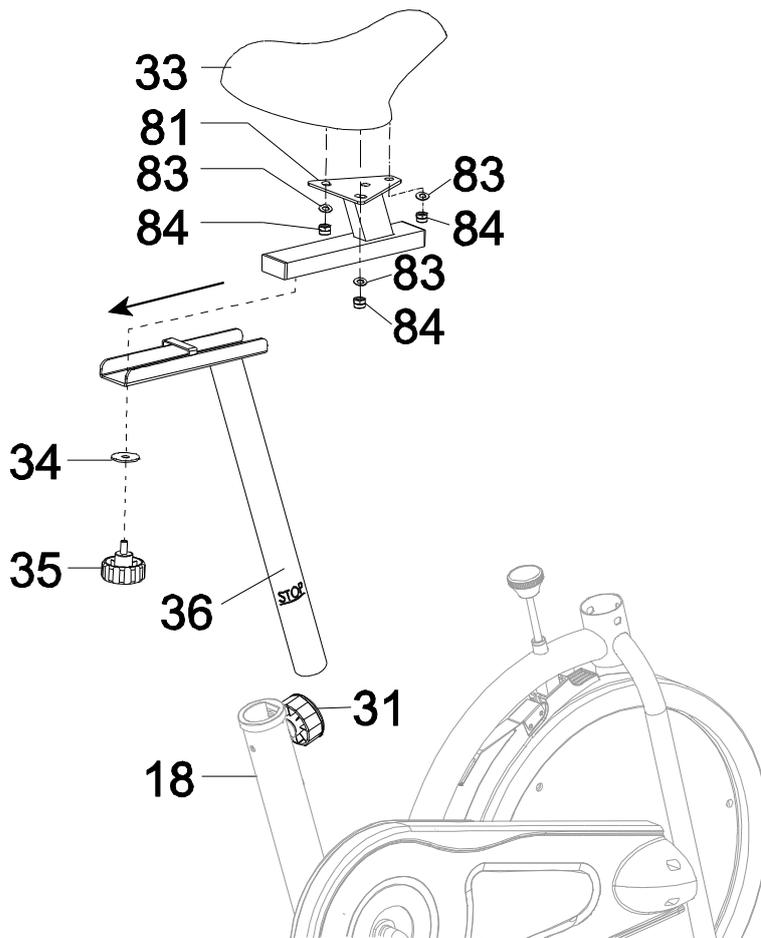


NO.16 Curve Washer $\phi 8$
4PCS

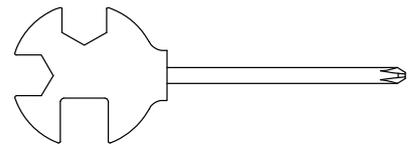


NO.17 Cap Nut M8
4PCS

ASSEMBLY



Tool:



Multi Hex Tool with Phillips
Screwdriver 1PC

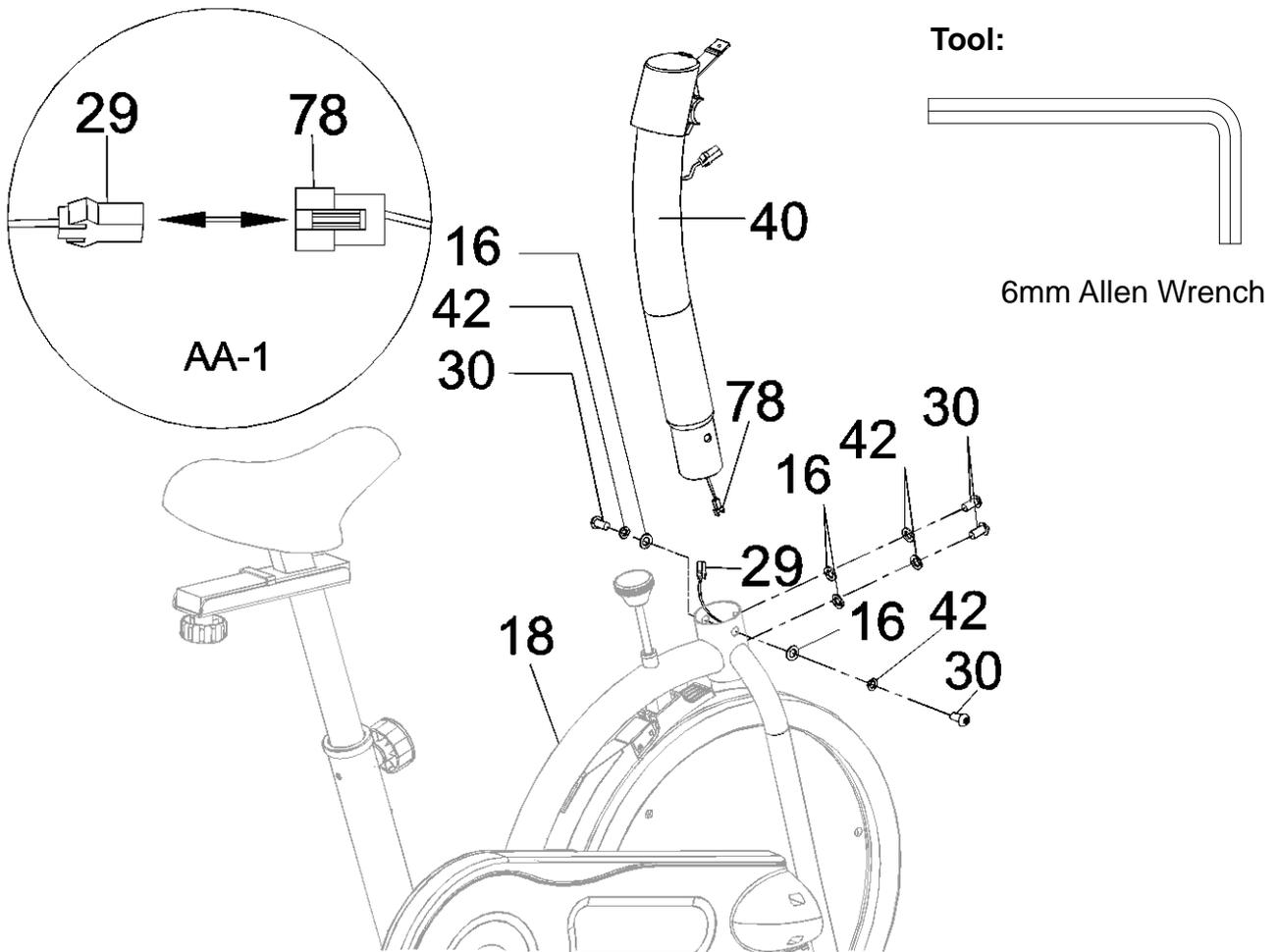
2. Seat Post Assembly

- A. **Seat Post Installation:** Insert the Seat Post (36) into the tube of the Main Frame (18). Turn the Spring Adjustment Knob (31) counter clockwise and pull to make space for the Seat Post (36) to slide into the Main Frame (18). Release the Spring Adjustment Knob (31) and slide the Seat Post (36) up or down slightly until the Spring Adjustment Knob (31) "pops" into the locked position. Secure the Seat Post (36) by turning the Spring Adjustment Knob (31) in a clockwise direction.

NOTE: When adjusting the height of the vertical Seat Post (36), **DO NOT** exceed the **STOP** line on the Seat Post (36); the height of the **STOP** line cannot be higher than the top of the Main Frame (18) tube.

- B. **Seat Installation:** Remove the three Nuts (84), and three Washers (83) from the Seat (33). Place the Seat (33) on to the Seat Bracket (81). Attach the Seat (33) onto the Seat Bracket (81) using the previously removed Nuts (84), and Washers (83). Then tighten the nuts using the Multi Hex Tool with Phillips Screwdriver provided.
- C. **Seat Bracket Installation:** Remove the Adjustment Knob (35) and the Flat Washer (34) from the bottom of the Seat Bracket (81). Position the Seat Bracket (81) onto the top of the Seat Post (36). Slide the Seat Bracket (81) back along the Seat Post (36). Secure the Seat Bracket (81) to the Seat Post (36) by installing the Adjustment Knob (35) with one Flat Washer (34).

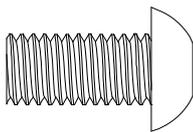
ASSEMBLY



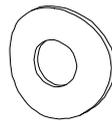
3. Handlebar Post Installation

- A. Connect the Sensor Wire (78) from the bottom of the Handle Bar Post (40) to the Sensor Wire (29) coming from the Main Frame (18) as shown in FIG. AA-1. Insert the Handlebar Post (40) into the Main Frame (18) and secure it using four Bolts (30), four Curve Washers (16) and four Spring Washers (42). Tighten the Bolts (30) with the 6mm Allen Wrench Provided.

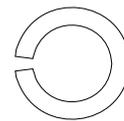
Hardware:



NO.30 Bolt M8x15
4PCS

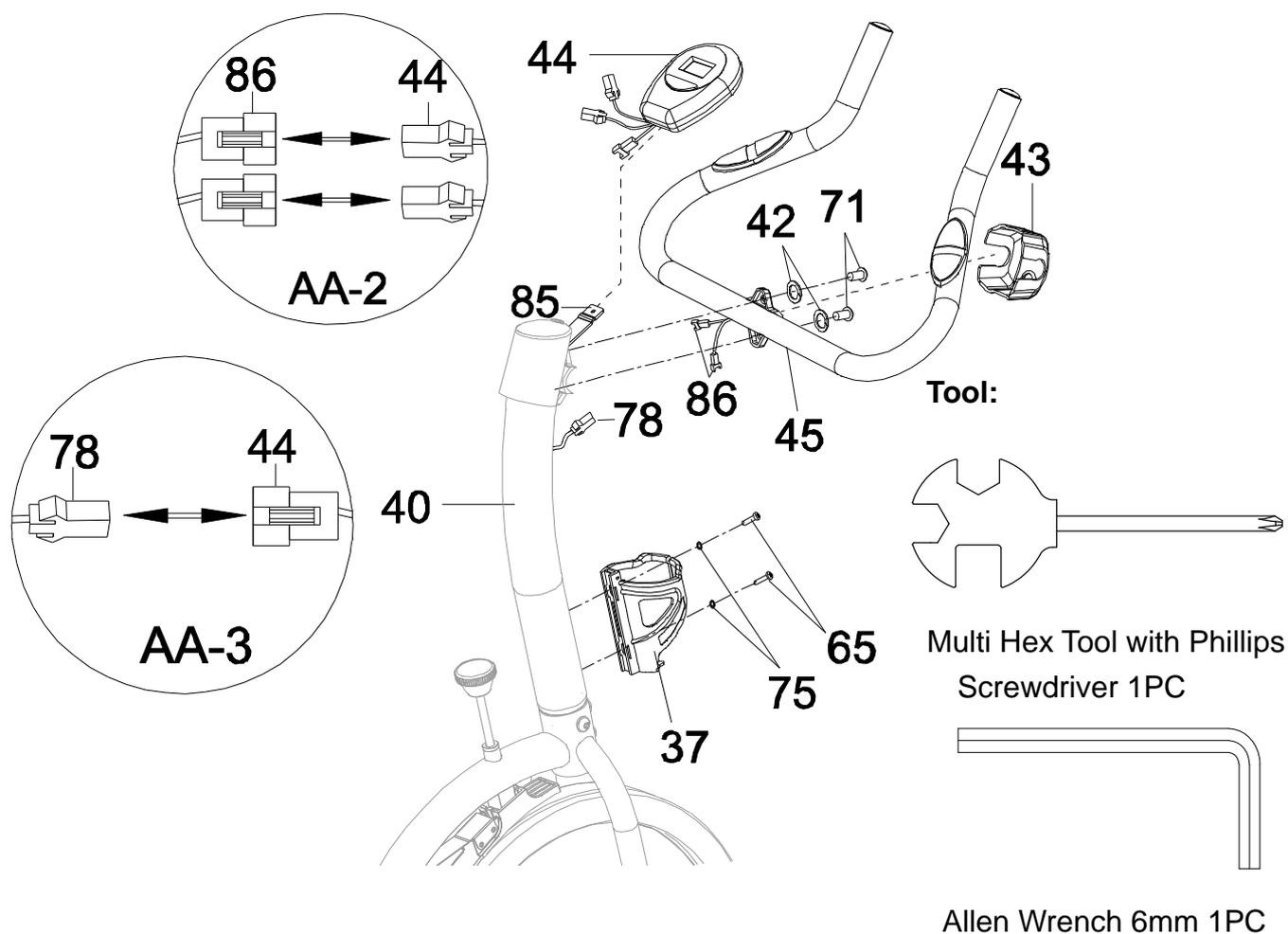


NO. 16 Curve Washer $\phi 8$
4PCS



NO.42 Spring Washer $\Phi 8$
4PCS

ASSEMBLY



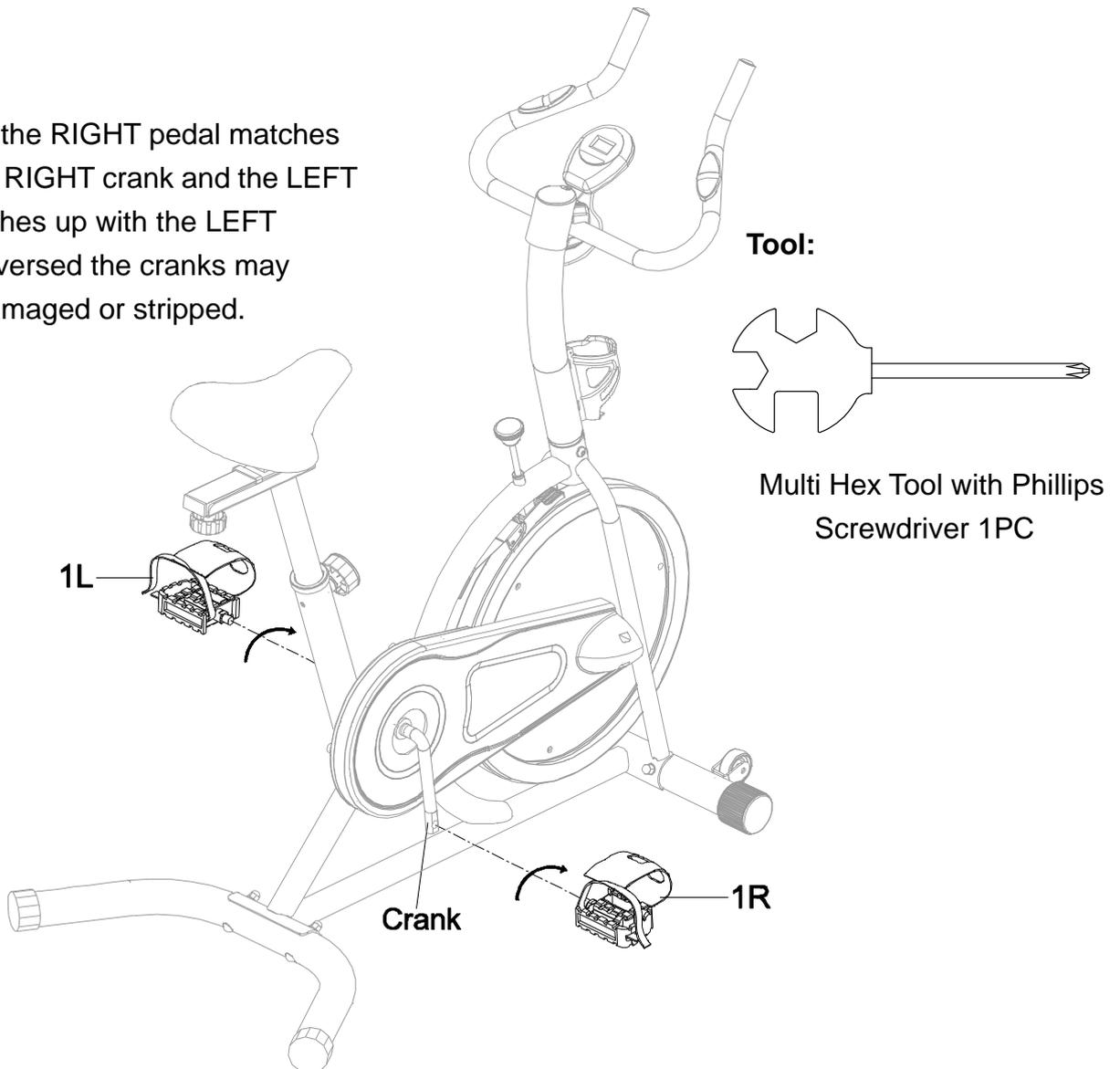
4. Handlebar, Console, Bottle Holder Installation

- A. **Handlebar Post Installation:** Remove the two Bolts (71) and two Spring Washers (42) from the Handlebar Post (40). Attach the Handlebar (45) onto the Handlebar Post (40) Using the previously removed Bolts (71), and Spring Washers (42). Then tighten the hardware using the 6mm Allen Wrench provided.
- B. **Console Installation:** Slide the Console (44) onto the Console Post (85). Connect the two Pulse Sensor (86) wires from the bottom of the Handlebars (45) to the two Console (44) wires. See Fig. AA-2. Then connect the Sensor Wire (78) from the Handlebar Post (40) to the third wire at the back of the Console (44). See Fig. AA-3.
- C. **Bottle Holder Installation:** Remove the Screws (65) and Flat Washers (75) from the Handlebar Post (40). Attach the Bottle Holder (37) onto the Handlebar Post (40) with two Screws (65) and two Flat Washers (75). Then tighten the hardware with the Multi Hex Tool with Phillips Screwdriver provided.
- D. **Handlebar Cover Installation:** Take the Handlebar Cover (43) and firmly press it onto the center of the Handlebar (45) where the Bolts (71), and Spring Washers (42) are located.

ASSEMBLY

Important:

Make sure the RIGHT pedal matches up with the RIGHT crank and the LEFT pedal matches up with the LEFT crank. If reversed the cranks may become damaged or stripped.



The Cranks and Pedals are marked “R” for Right and “L” for Left.

5. Pedals Installation

- A. **Right Pedal Installation:** Insert the Right Pedal (1R) into the threaded hole in the Right Crank. Turn the pedal shaft by hand in a **clockwise direction** until snug. Tighten the pedal shaft using the Multi Hex Tool with Phillips Screwdriver provided.
- B. **Left Pedal Installation:** Insert the Left Pedal (1L) into the threaded hole in the Left Crank. Turn the pedal shaft by hand in a **counter-clockwise direction** until snug.

Note: DO NOT turn the Left Pedal shaft in the clockwise direction; doing so will strip the threads.

Tighten the pedal shaft using the Multi Hex Tool with Phillips Screwdriver provided.

CONSOLE

| | | |
|----------------------|-----------|----------------------------------|
| SPECIFICATION | Auto Scan | Every 4 seconds |
| | Time | 00:00~99:59 Minutes : Seconds |
| | Speed | 0.0~99.9 Miles/Hour |
| | Distance | 0.000~99.99 Miles |
| | Calorie | 0.00~999.9 Calories |
| | Pulse | 40~240 Beats/Minute |



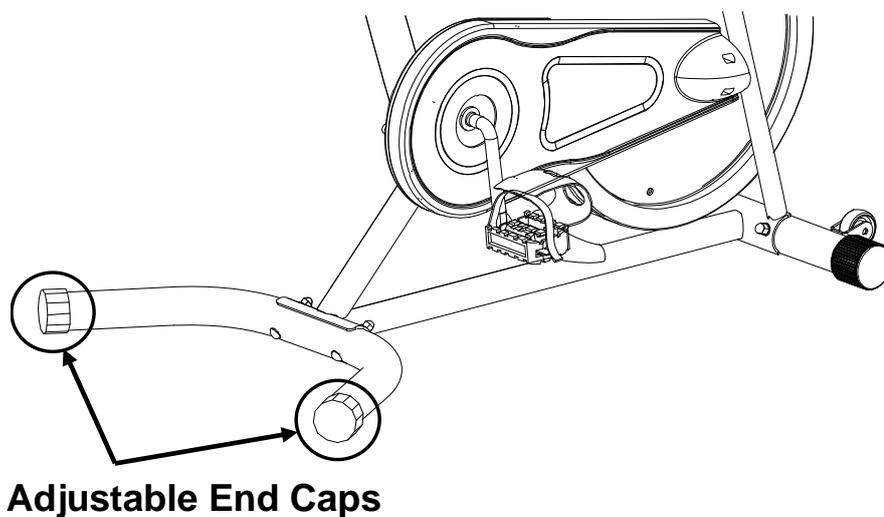
| COMPUTER FUNCTION: | |
|---------------------------|---|
| Power On | Press the MODE button, or begin pedaling the machine to turn on the console. |
| Reset | Press the MODE button for 3 seconds to reset the workout statistics. |
| Scan | Press the MODE button until the arrow (▲) points to "SCAN". The computer will automatically scan the functions of TIME, SPEED, CALORIE, DISTANCE, and PULSE every 4 seconds. |
| Time | Press the MODE button until the arrow (▲) points to "TIME". The computer will display your elapsed workout time in minutes and seconds. The computer will automatically count from 00:00~99:59 in one second intervals. |
| Speed | Press the MODE button until the arrow (▲) points to "SPEED". The console will display your workout speed in miles per hour. |
| Distance | Press the MODE button until the arrow (▲) points to "DIST". The console will display the distance traveled during the workout, up to a maximum of 99.99 miles. |
| Calories | Press the MODE button until the arrow (▲) points to "CAL". The console will display the estimated calories burned up to that time during the workout. The display will count from 0 to 999.9 calories. |
| Pulse | Press the MODE button until the arrow (▲) points to "PULSE". The console will display the user's heart rate in beats per minute while holding the pulse sensors. Place the palms of your hands on both of the sensors to measure your pulse rate. |
| Auto off | The console will shut off after 4 minutes of inactivity. |

CONSOLE

HOW TO INSTALL THE BATTERIES:

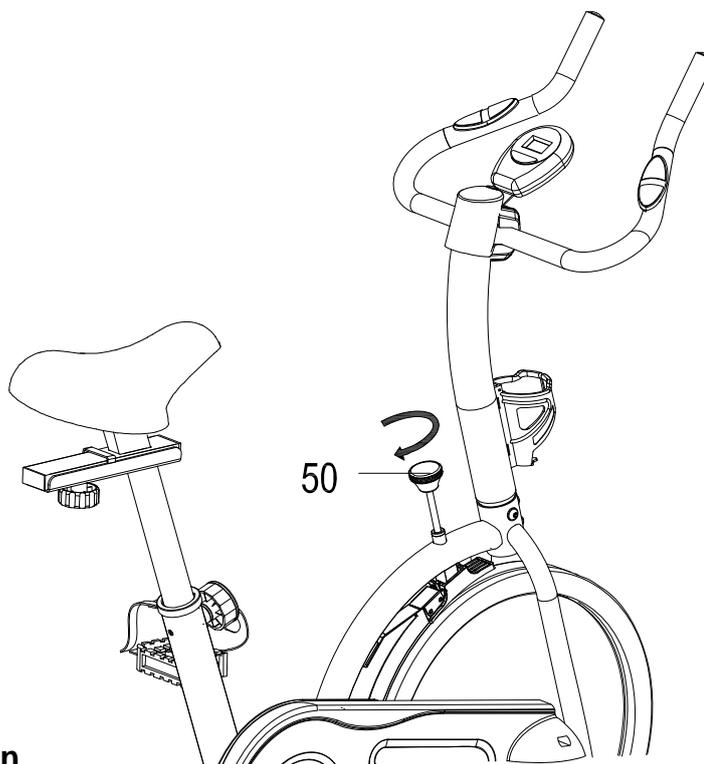
1. Remove the battery cover at the rear of the console.
2. Place Two "AAA" sized battery into the battery housing.
3. Make sure that the battery is positioned correctly and that the battery springs are making proper contact with the battery.
4. Re-install the battery cover.
5. If the display is illegible or only partially legible, remove the battery and wait 15 seconds before reinstalling the battery.

ADJUSTMENT



How to level the bike

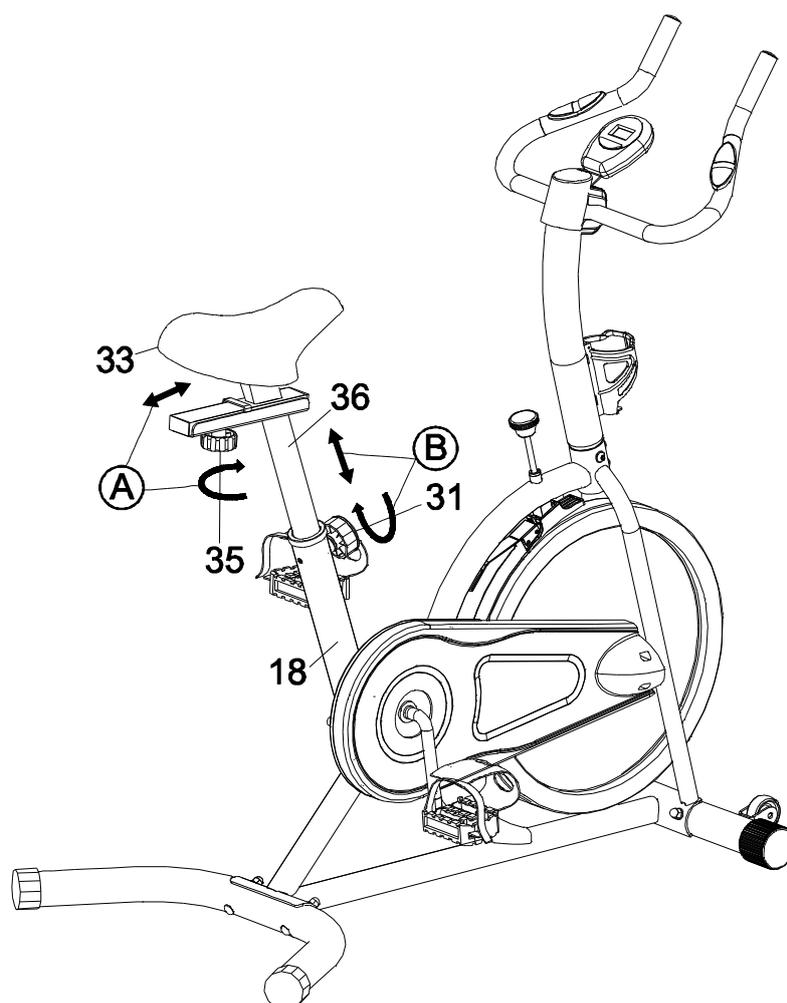
Turn the Adjustable End Caps (7) on the Rear Stabilizer (8) as needed to level the bike and prevent wobbling.



Adjusting the tension

To increase the tension, turn the Tension Control Knob (50) in a clockwise direction. To decrease the tension, turn the Tension Control Knob (50) in a counterclockwise direction.

ADJUSTMENT



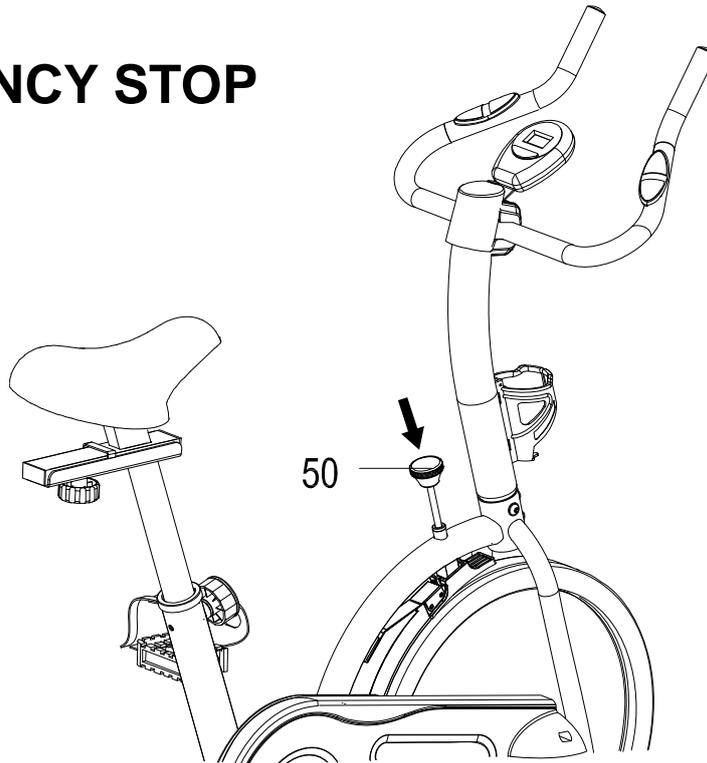
Seat and Seat Post Adjustment

- A. Seat adjustment:** Loosen the Adjustment Knob (35) by turning the knob in a counter clockwise direction, and move the Seat (33) forward or backward to the desired position. Tighten the Adjustment Knob (35) to secure the Seat (33) to the desired position by turning it in a clockwise direction.

- B. Seat Post Adjustment:** Loosen the Spring Adjustment Knob (31) by turning the knob in a counter clockwise direction. When loosened, the Spring Adjustment Knob (31) can be pulled forward slightly to release the Seat Post (36), allowing it to slide up and down. Release the Spring Adjustment Knob (31) at the desired height, shift the Seat Post (36) up and down slightly to make sure it has “POPPED” into one of the nearest available height adjustment holes. Tighten the Spring Adjustment Knob (31) by turning it in a clockwise direction in order to secure the height of the Seat Post (36).

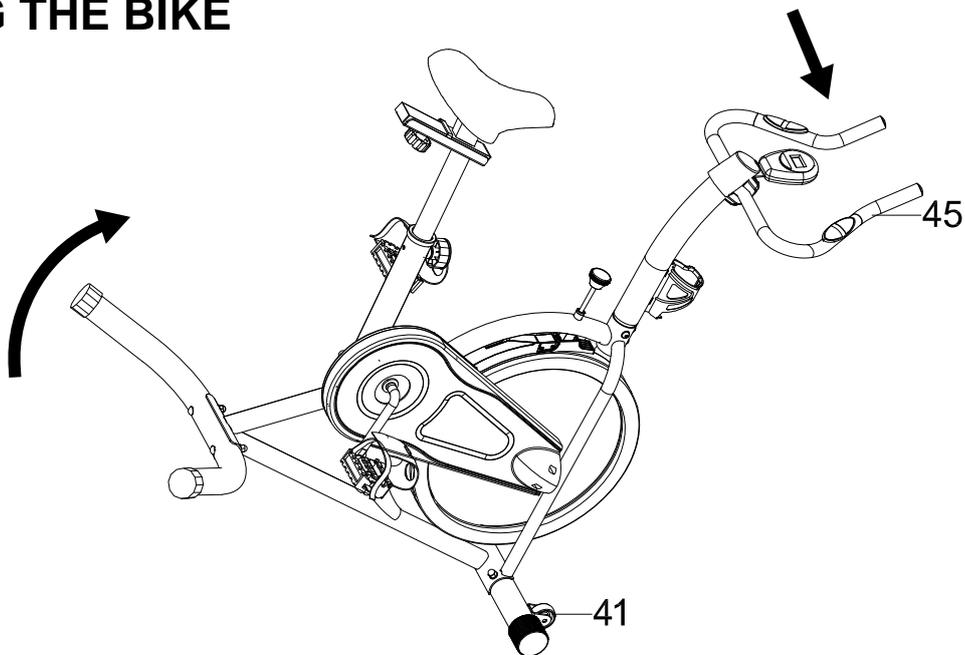
NOTE: When adjusting the height of the vertical Seat Post (36), **DO NOT** exceed the **STOP** line on the Seat Post (36); the height of the **STOP** line cannot be higher than the top of the Main Frame (18) tube.

EMERGENCY STOP



To immediately stop exercising and bring the Flywheel to a stop, press down firmly onto the Tension Control Knob (50). Continue holding down the Tension Control Knob (50) until the machine comes to a complete stop.

MOVING THE BIKE



To move the bike, carefully push down on the Handlebar (45) until the rear end of the bike lifts in the air. Keep the bike balanced on the Wheels (41) and carefully move the bike to the desired location, then gently lower the rear of the bike to the floor.

TROUBLE SHOOTING

PROBLEM: The training bike wobbles when in use.

SOLUTION: Turn the Adjustable End Caps (7) on the Rear Stabilizer (8) as needed to level the bike.

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

SOLUTION: The bolts and other hardware may be loose on the training bike. Inspect all of the parts of the machine and tighten any loose parts.

MAINTENANCE

Cleaning

The training bike can be cleaned with a soft clean damp cloth.

- **Do not use** abrasives or solvents on the plastic parts.
- Wipe your perspiration off the training bike after each use.
- Inspect all of the assembly bolts, nuts, screws, and pedals on the machine for proper tightness on a weekly basis.

Storage

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

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

| <u>COMPONENT</u> | <u>LENGTH OF WARRANTY</u> |
|---|---------------------------|
| Structural Frame | 1 year |
| All Other Components (computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware) | 90 days |

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

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

