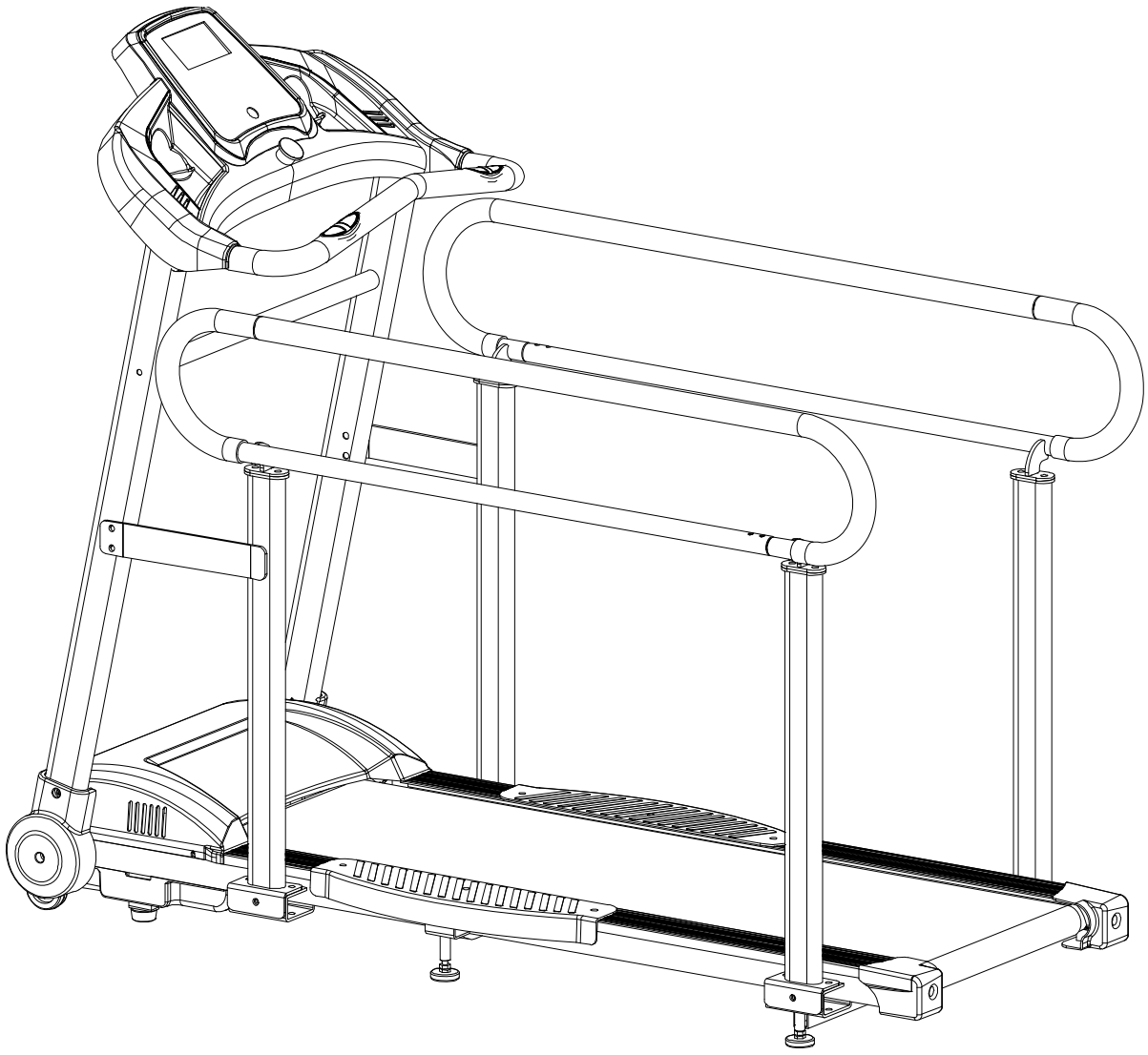
EXERPEUTIC
THERAPEUTIC FITNESS

EXERPEUTIC TF2000 Fitness Walking and Rehab Treadmill



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

4001.1-110117

OWNER'S MANUAL



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:
Service@paradigmhw.com

Hours: 8:00 AM to 5:00 PM (PST) Daily

Or call us at:
1-844-641-7921

TABLE OF CONTENT

SERVICE ---------- 2

LABEL PLACEMENT ---------- 3

IMPORTANT SAFETY GUIDELINES ---------- 4

OVERVIEW DRAWING ---------- 8

HARDWARE & TOOLS PACK ---------- 9

PARTS LIST ---------- 10

ASSEMBLY ---------- 12

COMPUTER ---------- 19

ADJUSTMENTS---------- 22

LUBRICATION ---------- 23

TROUBLE SHOOTING---------- 24

TRANSPORTING---------- 25

WARRANTY ---------- 26

PARTS REQUEST FORM ---------- 27

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the methods below:

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7921

(8:00 AM - 5:00 PM Pacific Standard Time, Daily)

Response time may vary via calling

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 product please contact our customer service before returning to the store.

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

Paradigm Health & Wellness
Walking and Rehab Treadmill
Tapis de course Walking and Rehab
Caminando y Rehab Treadmill
Model: 4001 AC 120V, 60 Hz, 8A
Date: 09/17
FOR HOUSEHOLD USE ONLY
POUR LA MAISON ATTENTE UTILISATION SEULEMENT
SÓLO PARA USO DOMÉSTICO

c UL us LISTED
(MOTORIZED TREADMILL)
NO:E238026
11VU

POWER CORD CORDON D'ALIMENTATION CABLE DE ALIMENTACIÓN	POWER PUISSANCE PODER	FUSE
	OFF ON	20A

EXERPEUTIC

For customer assistance, daily:
Pour le service a la clientèle composer le, tous les jours:
Para servicios al cliente, llame al, diario:

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

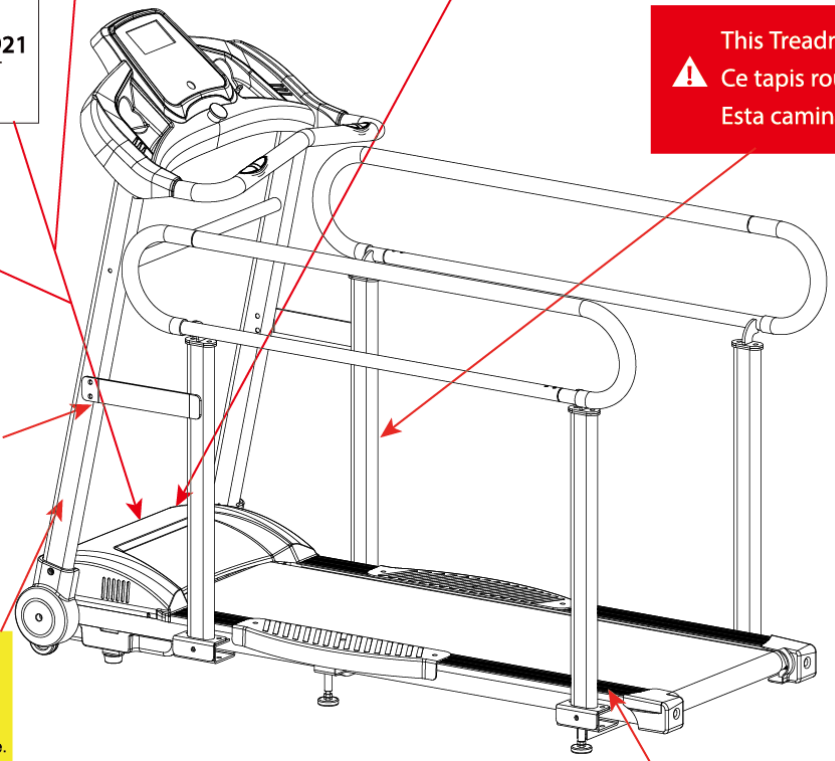
Paradigm Health & Wellness, Inc.

DC.PM

CATALOG	LISTING	VOLTS	AMP
ZYT-102		90V	12

H.P.	RPM	ROTATION	DUTY	FIELD
1.5	4000	CW	TREADMILL	PM

This Treadmill is Designed for walking only.
Ce tapis roulant est conçu pour la marche seulement
Esta caminadora fue diseñada solo para caminar.



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.

ATTENTION!
Risque de blessures - ! Pour éviter les blessures , utiliser une extrême prudence lors pas à pas dans ou hors d'une courroie en mouvement. Lire le manuel d'instructions avant utilisation.

PRECAUCIÓN!
Para reducir el riesgo de lesiones- use extrema precaución y Siempre sujete las barandas al usar la máquina de correr. Lea todas las precauciones e instrucciones importantes de este manual antes de usar.

WARNING
Risk of personal injury - Keep children under the age of 13 away from machine.

ATTENTION
Risque de blessures - Gardez les enfants de moins de 13 ans loin de la machine.

ADVERTENCIA
Riesgo de lesiones personales - Mantenga a los niños bajo la edad de 13 años lejos de la máquina.

Maximum weight capacity is 300 lbs.
Le poids maximum pout ce produit est 136 kgs.
La capacidad de peso máxima es 136 kg.

Basic precautions should always be followed, including the following safety instructions when using this treadmill: Read ALL GUIDELINES BEFORE USING THIS TREADMILL.

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

- Always unplug the treadmill from the electrical outlet immediately after usage. Also unplug the treadmill 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, read the following:

- Never leave the treadmill unattended when plugged in. Always disconnect the treadmill by turning off the master power switch and unplugging the power cord before any assemblage.
- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- **DO NOT** 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, Contact Customer Service before continuing use.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and contact customer service.
- Never operate the unit with the air openings blocked. Keep the air openings free of lint, hair, and any other foreign objects.
- 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.
- Keep children under the age of 13 away from this machine.
- 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.

Do not operate the treadmill on or near a blanket. Excessive heating can occur and cause fire, electrical shock, or injury to user.

IMPORTANT SAFETY GUIDELINES

- Keep the electrical cord away from heated surfaces.
- Never insert any object into any opening.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of 6 square feet around the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use only. Use this machine in doors 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 13 year-old unsupervised near or on the treadmill.
- To disconnect the machine, turn all controls to the off position, then remove the plug from outlet.
- This unit 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 unit by a person responsible for their safety. Children should be supervised, if near the machine, to stay away from the machine at all times.
- Pull up the Safety Tether Key for the emergency stop. Reinstall the Safety Tether Key onto the Computer Console to reactivate the treadmill. Press the START/STOP button to begin exercise again.
- 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 all instructions & guidelines before using the treadmill.

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

WARNING: DO NOT EXCEED SUGGESTED MAXIMUM USER WEIGHT CAPACITY

The Maximum Weight Capacity is 300 lbs / 136 kgs.

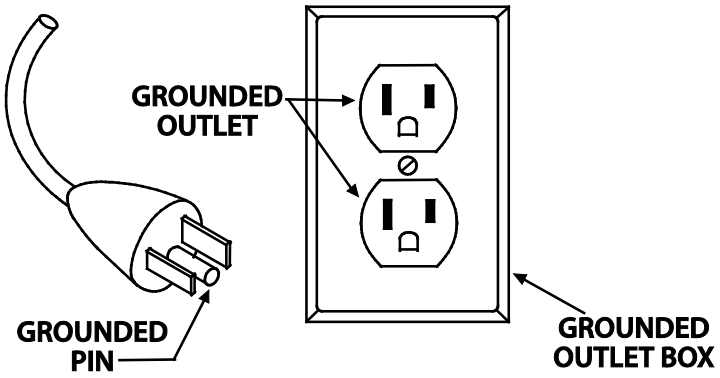
WARNING: Connect the treadmill to a properly grounded outlet only. See grounding instructions

GROUNDING INSTRUCTIONS

- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current reducing the risk of electric shock. * **This treadmill is equipped with a cord having equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the treadmill grounding conductor can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the treadmill. If it will not fit your outlet, have a properly grounded outlet installed by a qualified electrician.

This product is for use on a nominal 120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1.
Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



- This unit must be plugged into a nominal 120 volt outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the Treadmill while in it use.
- Do not use the treadmill on a carpet that is greater than 1/2 inch in height.
- Before using the treadmill, check that the belt is aligned and centered on the walking deck and all visible fasteners on the treadmill are sufficiently tightened and secure.

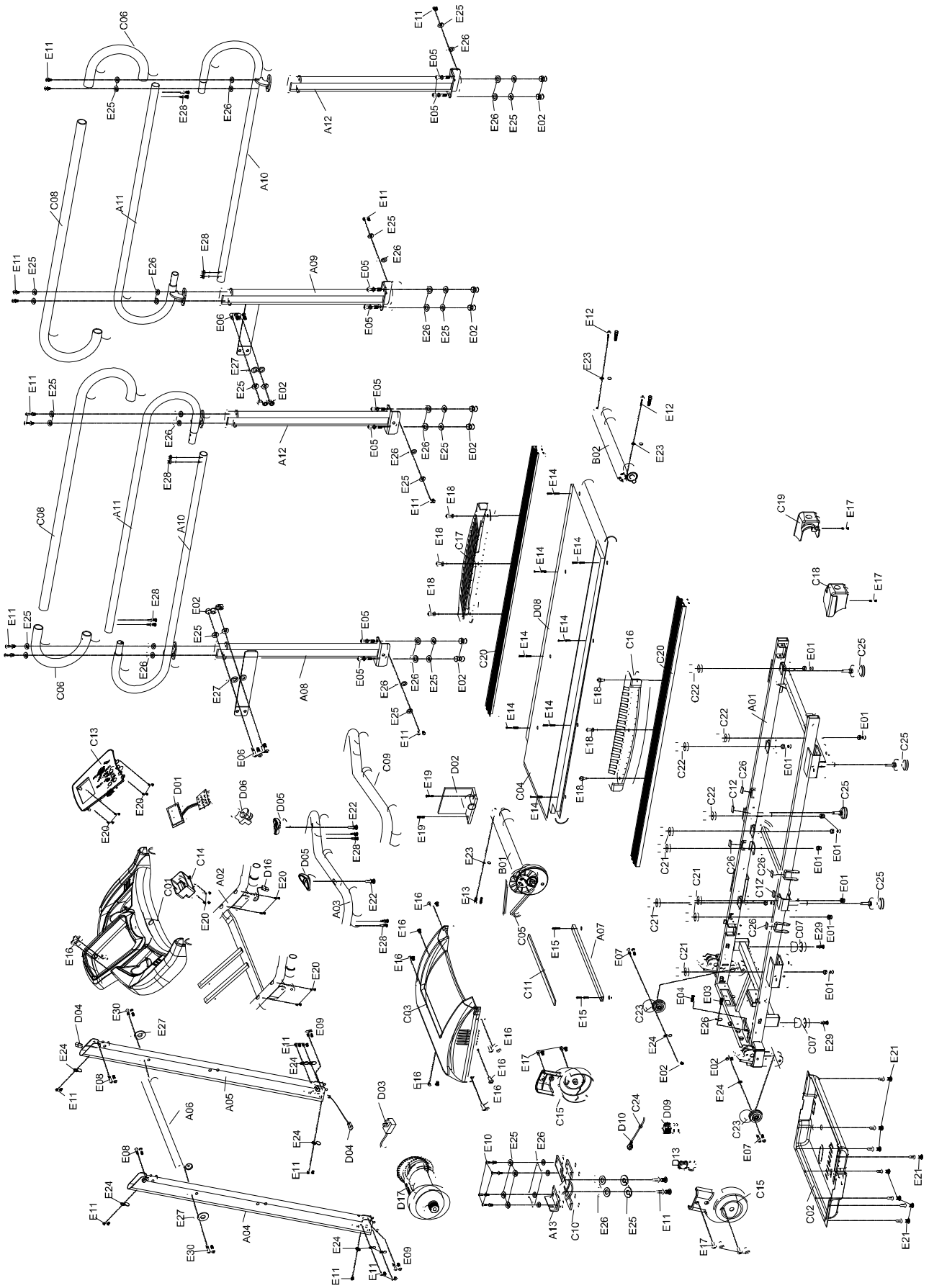
WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury to young children.

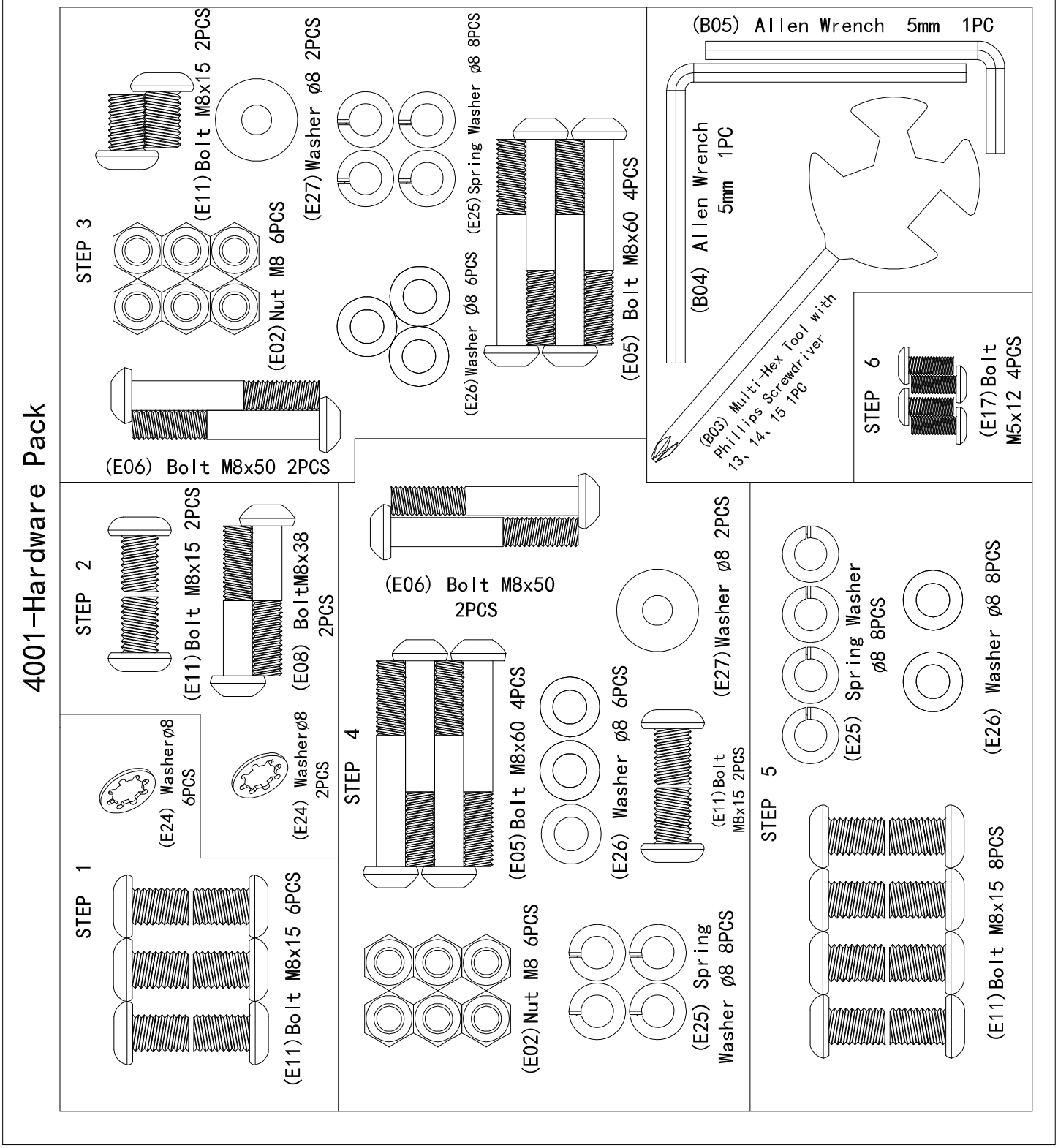
CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

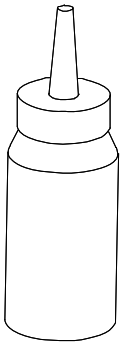


The product weighs more than 44 lbs. It is heavily recommended that at least 2 people assemble the machine.

OVERVIEW DRAWING







Silicone Oil
1 bottle

PARTS LIST

No.	Description	Qty
A01	Main Frame	1
A02	Console Bracket	1
A03	Front Handlebar Tube	1
A04	Left Upright Tube	1
A05	Right Upright Tube	1
A06	Front Cross Tube	1
A07	Walking Board Support Tube	1
A08	Left Front Supporting Tube	1
A09	Right Front Supporting Tube	1
A10	Side Handle Bar (Bottom)	2
A11	Side Handle Bar (Top)	2
A12	Rear Support Tube	2
A13	Motor Bracket	1
B01	Front Roller	1
B02	Rear Roller	1
B03	Multi Hex Tool with Phillips Screwdriver S=13,14,15	1
B04	Allen Wrench 5mm	1
B05	Allen Wrench 5mm	1
C01	Console Top Cover	1
C02	Motor Bottom Cover	1
C03	Motor Top Cover	1
C04	Walking Belt	1
C05	Motor Belt	1
C06	Short Handlebar Foam	2
C07	Flat Foot Pad	2
C08	Long Handlebar Foam	2
C09	Front Handlebar Tube Foam	1
C10	Motor Rubber Pad	2
C11	EVA Pad 440*20*5mm	1
C12	EVA Pad	2
C13	Console Panel	1
C14	Emergency Button Bottom Cover	1
C15	Upright Tube Cover	2

No.	Description	Qty
C16	Left Foot Rest	1
C17	Right Foot Rest	1
C18	Left Rear Cover	1
C19	Right Rear Cover	1
C20	Side Rail	2
C21	Black Shock Absorber	6
C22	Blue Shock Absorber	4
C23	Transport Wheel	2
C24	Power Wire Buckle	1
C25	Adjustable Foot Pad	4
C26	EVA Pad	4
D01	LCD Electronics	1
D02	Lower Control Board	1
D03	Speed Sensor	1
D04	Lower Signal Wire	1
D05	Hand Pulse	2
D06	Emergency Stop Button	1
D07	Safety Tether Key	1
D08	Walking Board	1
D09	Power Switch	1
D10	Power Cord	1
D11	Magnetic Ring	1
D12	Magnetic Core	1
D13	Overload Protector	1
D14	AC Signal Wire Blue 200mm	1
D15	AC Signal Wire Brown 200mm	3
D16	Upper Signal Wire	1
D17	DC Motor	1
D18	Magnetic Core	1
E01	Nylon Nut M6	10
E02	Nut M8	14
E03	Bolt M8*30	1
E04	Bolt M8*20	1

PARTS LIST

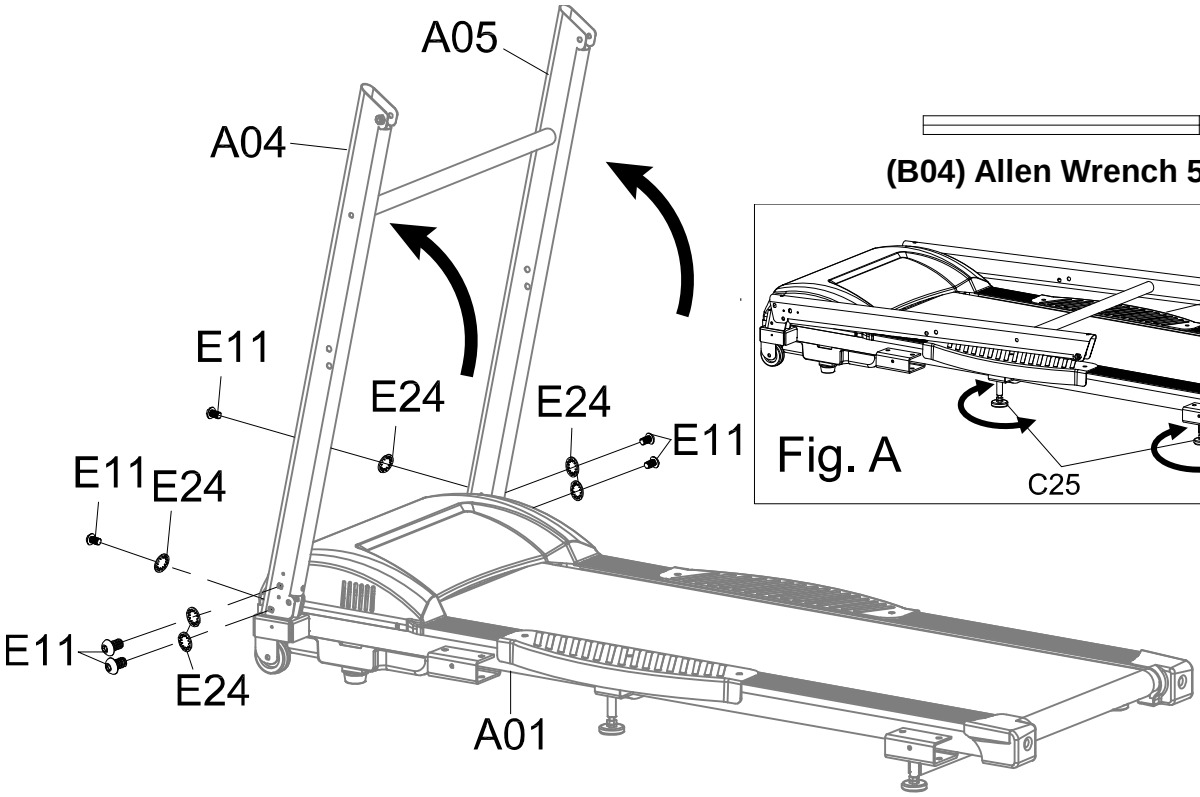
No.	Description	Qty
E05	Bolt M8*60	8
E06	Bolt M8*50	4
E07	Bolt M8*40	2
E08	Bolt M8*38	2
E09	Bolt M8*35	2
E10	Bolt M8*20	4
E11	Bolt M8*15	22
E12	Bolt M6*55	2
E13	Bolt M6*45	1
E14	Bolt M6*35	8
E15	Bolt M6*25	2
E16	Bolt M5*8	9
E17	Bolt M5*12	6
E18	Screw ST4.2*25	6
E19	Screw ST4.2*20	2

No.	Description	Qty
E20	Self-Tapping Screw ST4.2*12	10
E21	Self-Drilling Screw ST4.2*12	10
E22	Screw ST4.0*25	2
E23	Washer Ø6	3
E24	Washer Ø8	8
E25	Spring washer Ø8	30
E26	Flat Washer Ø8	27
E27	Big Washer φ8*φ22*2.0	6
E28	Bolt M6*15	12
E29	Bolt M5*16	2
E30	Bolt M8*45	2
F01	Filter	1
F02	AC Wire 350mm	1
F03	Ground Wire 350mm	1

Tool:



(B04) Allen Wrench 5mm 1PC



Step 1

A. **Placing the Treadmill on the Floor**:

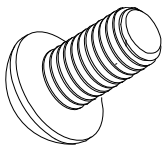
1. Lift the treadmill out of the box and place it on the floor. Stabilize the treadmill by turning the **Adjustable Foot Pads (C25)** until they all make contact with the floor and the treadmill does not shake. See **Fig. A.**

B. Lifting and Installing the Front Post:

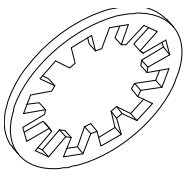
1. Lift up the **Left** and **Right Upright Tubes (A04) & (A05)** from the folded position as shown in **Fig. A**. Align the bolt holes on the **Left** and **Right Upright Tubes (A04)** & **(A05)** and the **Main Frame (A01)**. Insert six **Bolts (E11)** and six **Washers (E24).**

WARNING: DO NOT FULLY TIGHTEN HARDWARE UNTIL COMPLETING STEP 5.

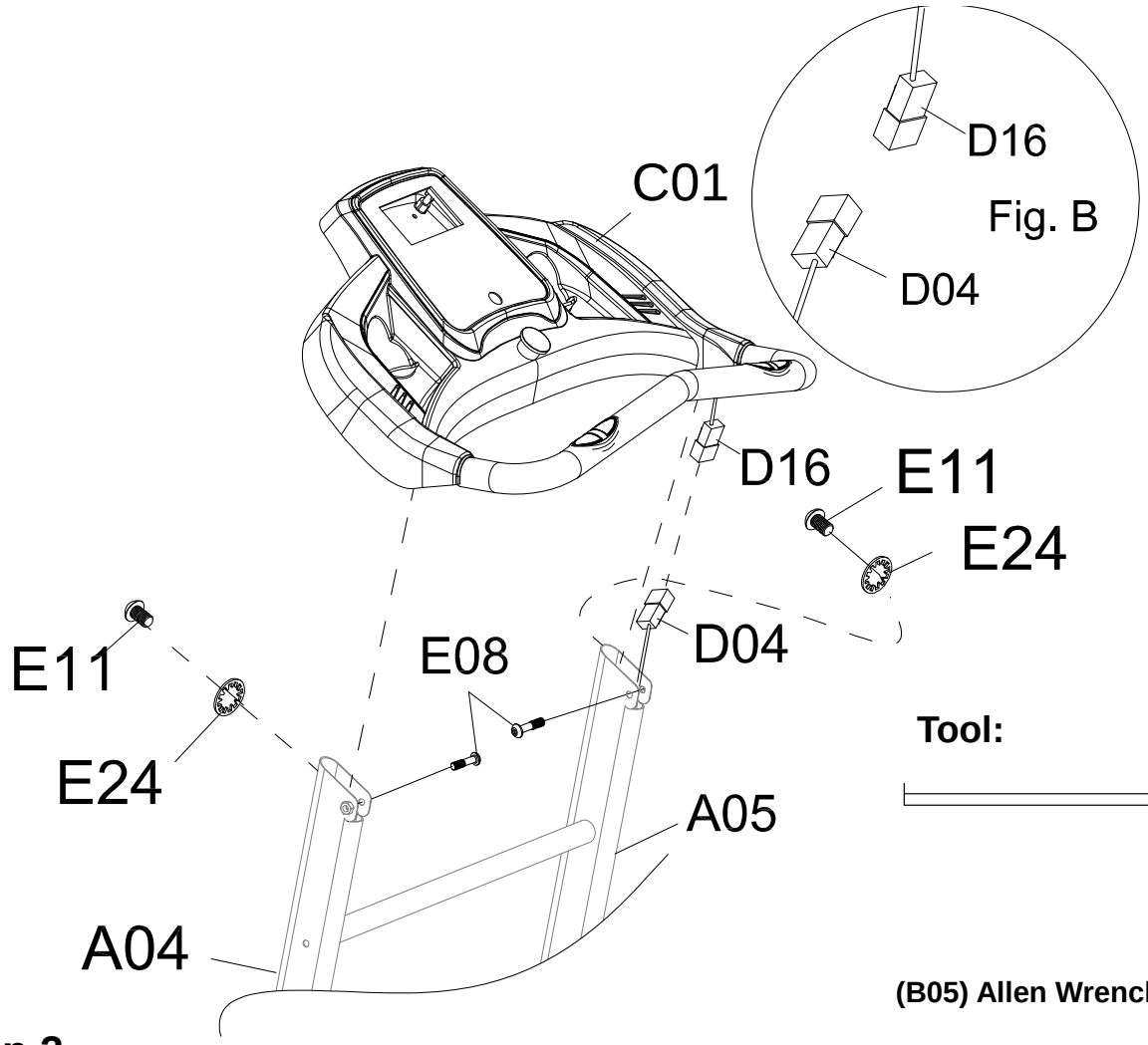
Hardware:



(E11) Bolt M8x15
6 PCS



(E24) Washer ø8
6 PCS



Tool:

(B05) Allen Wrench 5mm 1PC

Step 2

A. Connecting the Signal Wire:

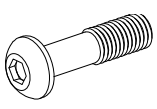
1. Connect the **Lower Signal Wire (D04)** from the **Right Upright Tube (A05)** and the **Upper Signal Wire (D16)** from the **Console Top Cover (C01).** See **Fig. B.**

B. Installing the Console:

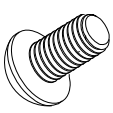
1. Align the bolt holes of the **Console Top Cover (C01)** and the **Left** and **Right Upright Tubes (A04) & (A05)**. Insert two **Bolts (E08),** two **Bolts (E11),** and two **Washers (E24).**

WARNING: DO NOT FULLY TIGHTEN HARDWARE UNTIL COMPLETING STEP 5.

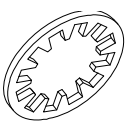
Hardware:



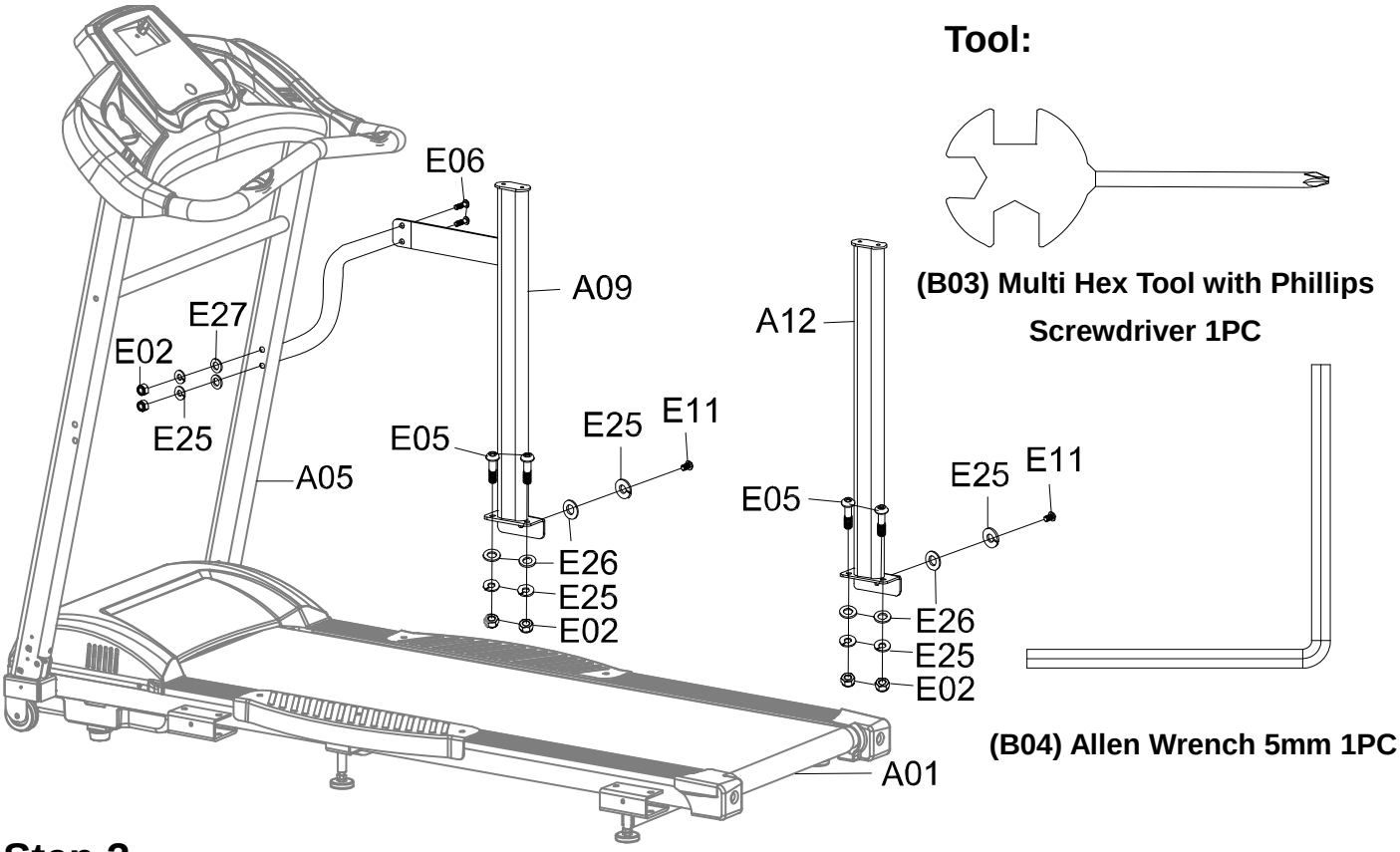
(E08) Bolt M8x38
2 PCS



(E11) Bolt M8x15
2 PCS



(E24) Washer Ø8
2 PCS



Tool:

(B03) Multi Hex Tool with Phillips Screwdriver 1PC

(B04) Allen Wrench 5mm 1PC

Step 3

A. Installing the Right Front Supporting Tube:

1. Align the TOP bolt holes on both the **Front Right Support Tube (A09)** and the **Main Frame (A01)**. Insert two **Bolts (E05)**, two **Flat Washers (E26)**, two **Spring Washers (E25)**, and two **Nuts (E02).**
2. Align the SIDE bolt holes on the **Right Upright Tube (A05)** and the **Front Right Support Tube (A09).** Insert two **Bolts (E06)**, two **Flat Washers (E27)**, two **Spring Washers (E25)**, and two **Nuts (E02).**
3. Align the SIDE bolt hole on both the **Front Right Support Tube (A09)** and the **Main Frame (A01)**. Insert one **Bolt (E11)**, one **Flat Washers (E26)**, and one **Spring Washer (E25)**.

B. Installing the Rear Supporting Tube:

1. Align the TOP bolt holes on the **Rear Support Tube (A12)** and the **Main Frame (A01)**. Insert two **Bolts (E05)**, two **Flat Washers (E26)**, two **Spring Washers (E25)**, two **Nuts (E02).**
2. Align the SIDE bolt hole on both the **Rear Support Tube (A12)** and the **Main Frame (A01)**. Insert one **Bolt (E11)**, one **Flat Washers (E26)**, one **Spring Washer (E25)**.

WARNING: DO NOT FULLY TIGHTEN HARDWARE UNTIL COMPLETING STEP 5.

Hardware:



(E26) Flat Washer
6 PCS



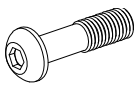
(E27) Washer
2 PCS



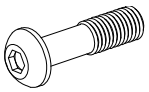
(E25) Spring Washer
8 PCS



(E02) Nut
6 PCS



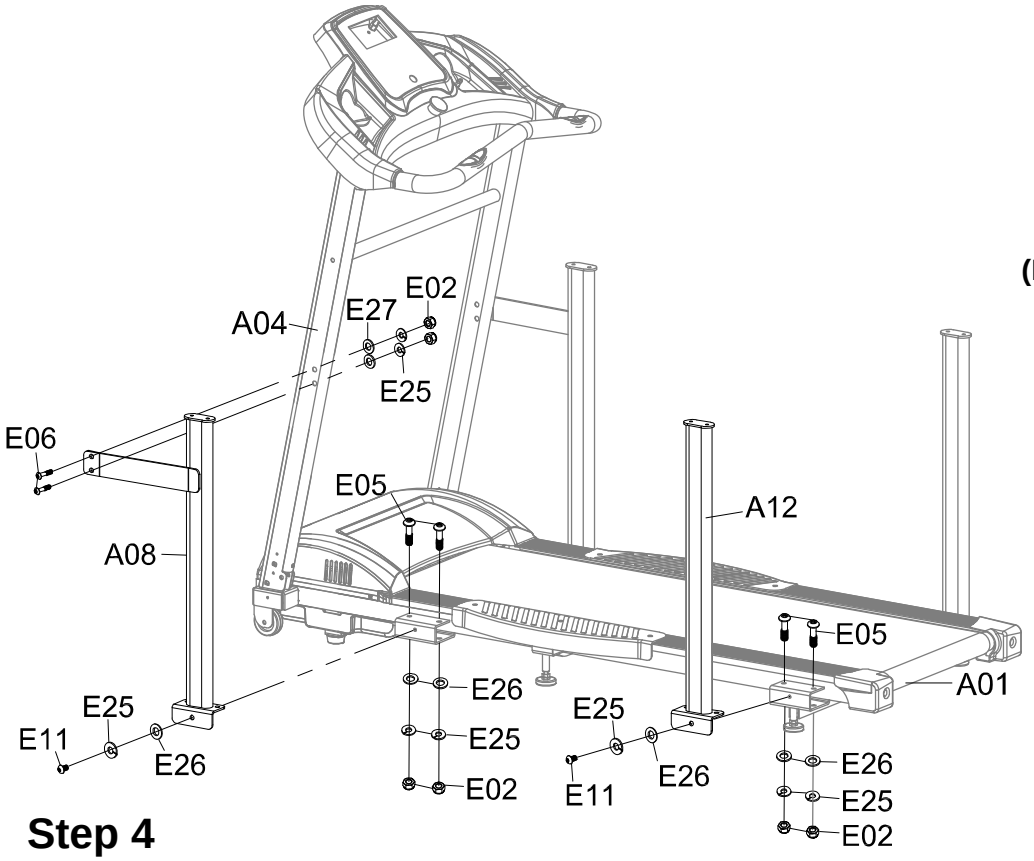
(E05) Bolt M8x60
4 PCS



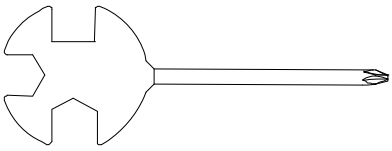
(E06) Bolt M8x50
2 PCS



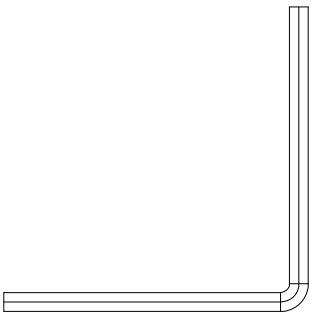
(E11) Bolt M8x15
2 PCS



Tool:



(B03) Multi Hex Tool with Phillips Screwdriver 1PC



(B04) Allen Wrench 5mm 1PC

Step 4

A. Installing the Left Front Supporting Tube:

1. Align the TOP bolt holes on both the **Front Left Support Tube (A08)** and the **Main Frame (A01)**. Insert two **Bolts (E05)**, two **Flat Washers (E26)**, two **Spring Washers (E25)**, and two **Nuts (E02).**
2. Align the SIDE bolt holes on the **Left Upright Tube (A04)** and the **Front Right Support Tube (A08).** Insert two **Bolts (E06)**, two **Flat Washers (E27)**, two **Spring Washers (E25)**, and two **Nuts (E02).**
3. Align the SIDE bolt hole on both the **Front Left Support Tube (A08)** and the **Main Frame (A01)**. Insert one **Bolt (E11)**, one **Flat Washers (E26)**, and one **Spring Washer (E25)**.

B. Installing the Rear Supporting Tube:

1. Align the TOP bolt holes on the **Rear Support Tube (A12)** and the **Main Frame (A01)**. Insert two **Bolts (E05)**, two **Flat Washers (E26)**, two **Spring Washers (E25)**, two **Nuts (E02).**
2. Align the SIDE bolt hole on both the **Rear Support Tube (A12)** and the **Main Frame (A01)**. Insert one **Bolt (E11)**, one **Flat Washers (E26)**, one **Spring Washer (E25)**.

WARNING: DO NOT FULLY TIGHTEN HARDWARE UNTIL AFTER COMPLETING STEP 5.

Hardware:



(E26) Flat Washer
6 PCS



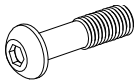
(E27) Washer
2 PCS



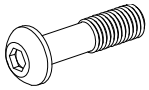
(E25) Spring Washer
8 PCS



(E02) Nut
6 PCS



(E05) Bolt M8x60
4 PCS

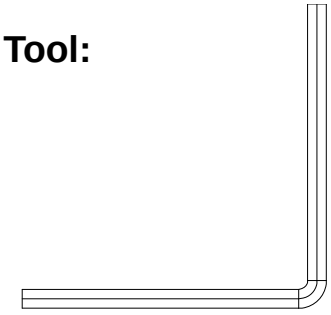


(E06) Bolt M8x50
2 PCS

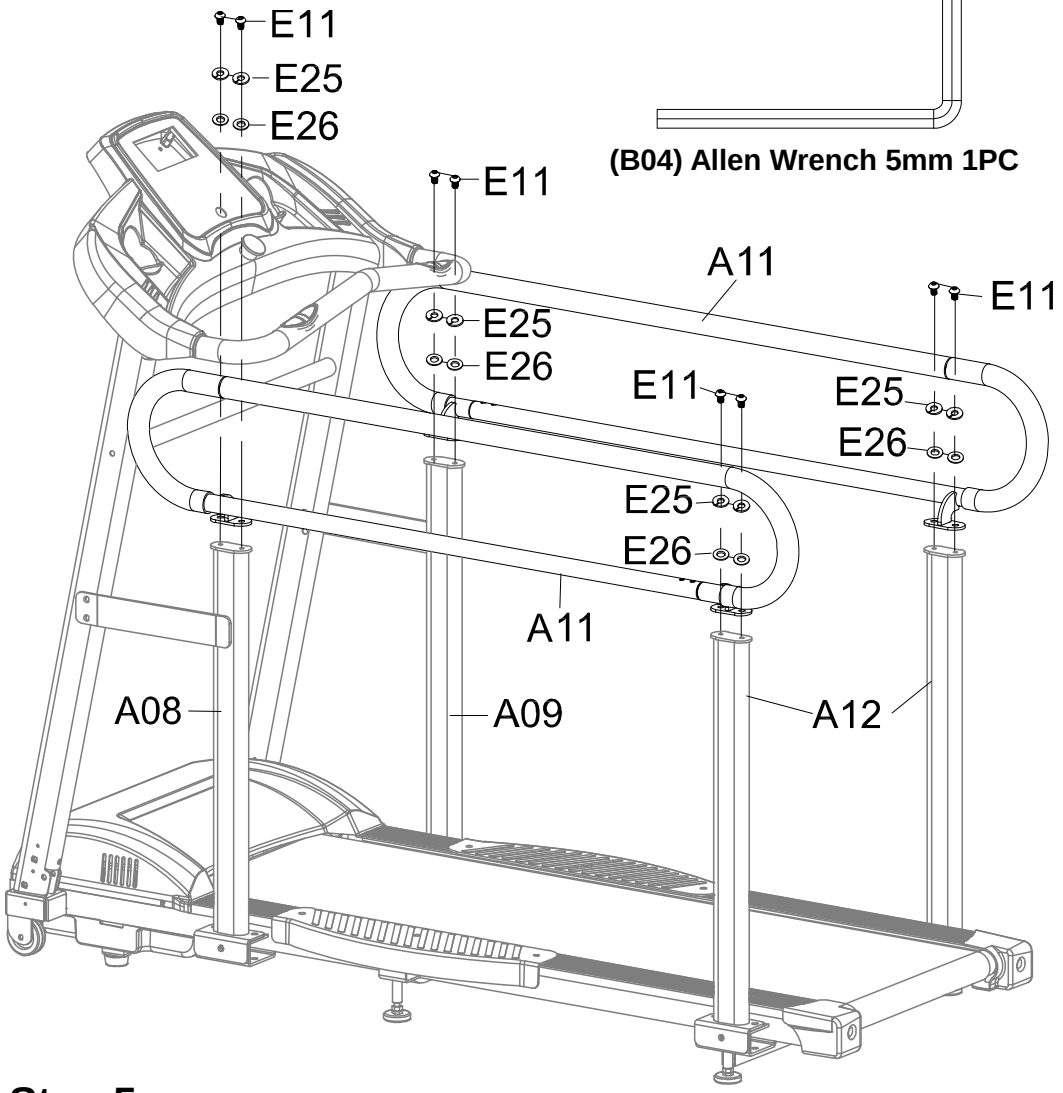


(E11) Bolt M8x15
2 PCS

Tool:



(B04) Allen Wrench 5mm 1PC



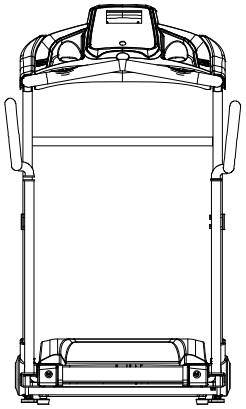


Fig. C

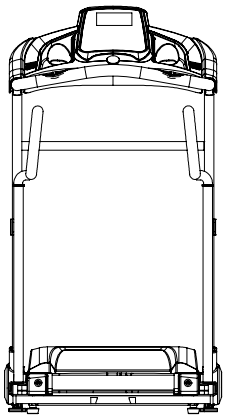


Fig D.

Step 5

A. Installing the Side Handlebar:

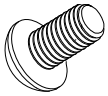
1. Align the bolt holes on the **Side Handlebars (A11)** with the **Left and Right Front Supporting Tubes (A08) & (A09).** Insert eight **Bolts (E11)**, eight **Spring Washers (E25),** and eight **Flat Washers (E26).**
2. Tighten the hardware with the **5mm Allen Wrench** provided.

INSTALLATION TIP:

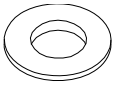
A. Wide Grip Width: For a wider grip, install the handles as shown in Fig. C.
B. Narrow Grip Width: For a Narrow grip, install the handles as shown in Fig. D.

NOW FULLY TIGHTEN ALL HARDWARE THAT HAS BEEN INSTALLED FROM STEP 1 TO STEP 5.

Hardware:



(E11) Bolt M8x15
8 PCS

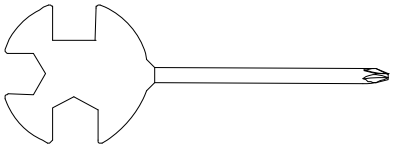


(E26) Washer
8 PCS

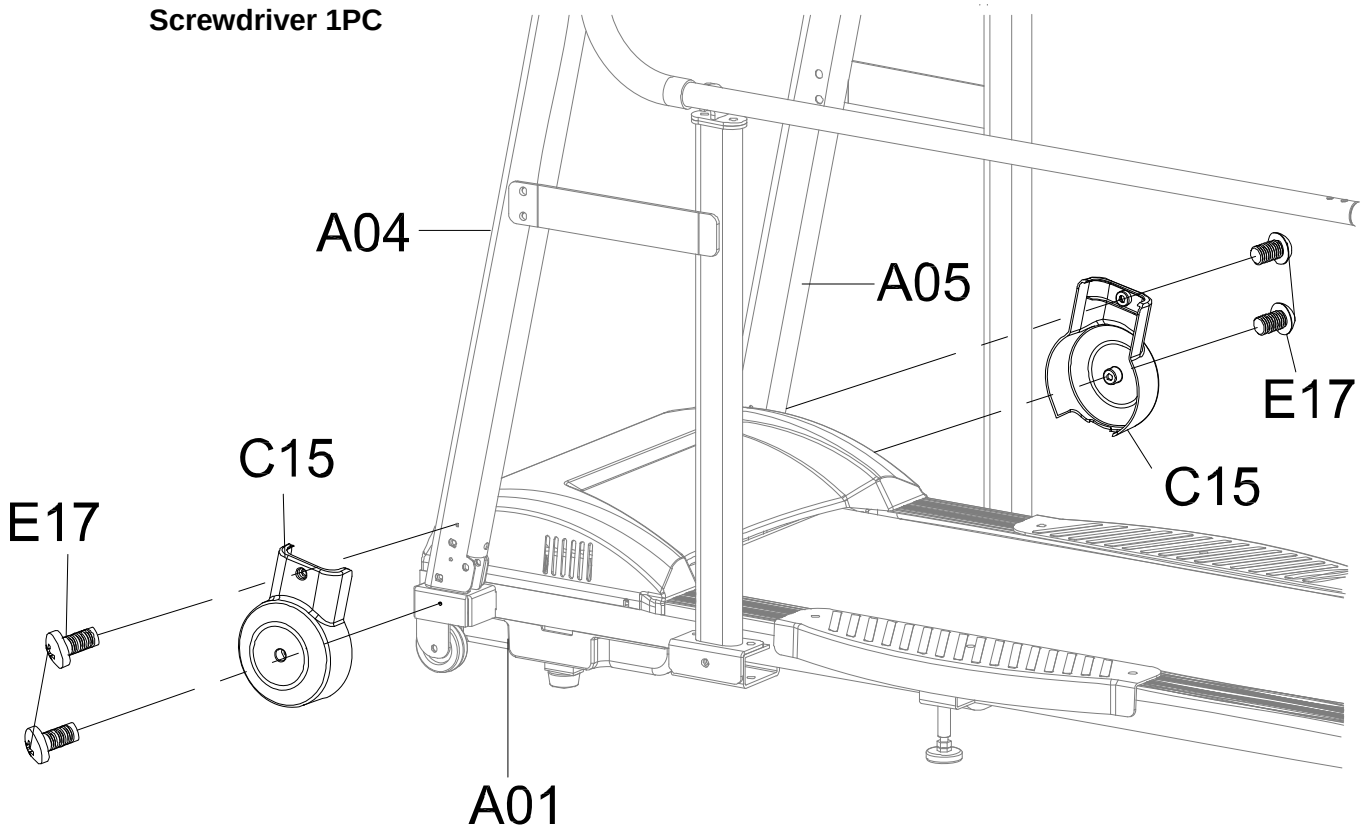


(E25) Spring Washer
8 PCS

Tool:



(B03) Multi Hex Tool with Phillips Screwdriver 1PC



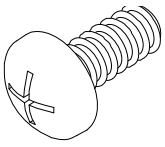
Step 6

A. Installing the Upright Tube Covers:

A. Attach both **Left & Right Upright Tube Covers (C15)** on to **Left & Right Upright Tubes (A04) & (A05)** with four **Screws (E17)**

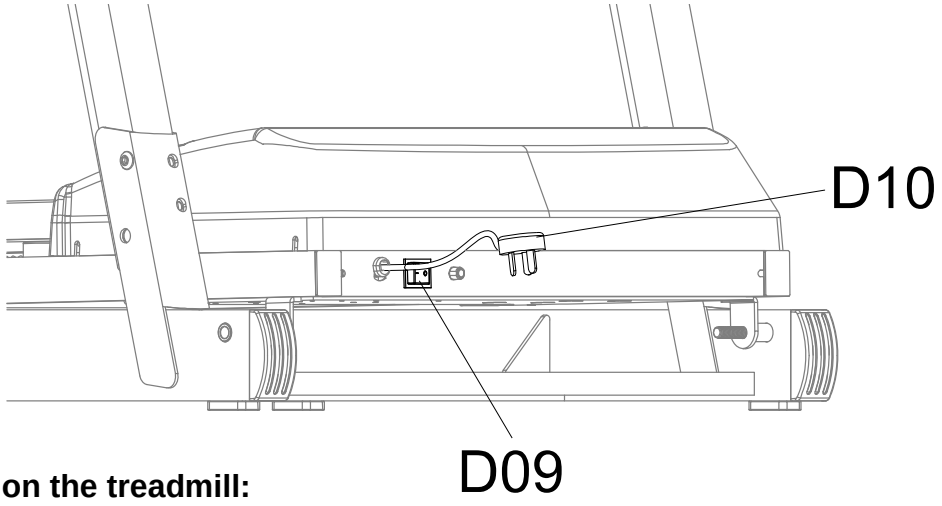
B. Tighten the hardware with the **Multi-Hex Tool with Phillips Screwdriver** provided.

Hardware:



(E17) Screw M5x12

4 PCS

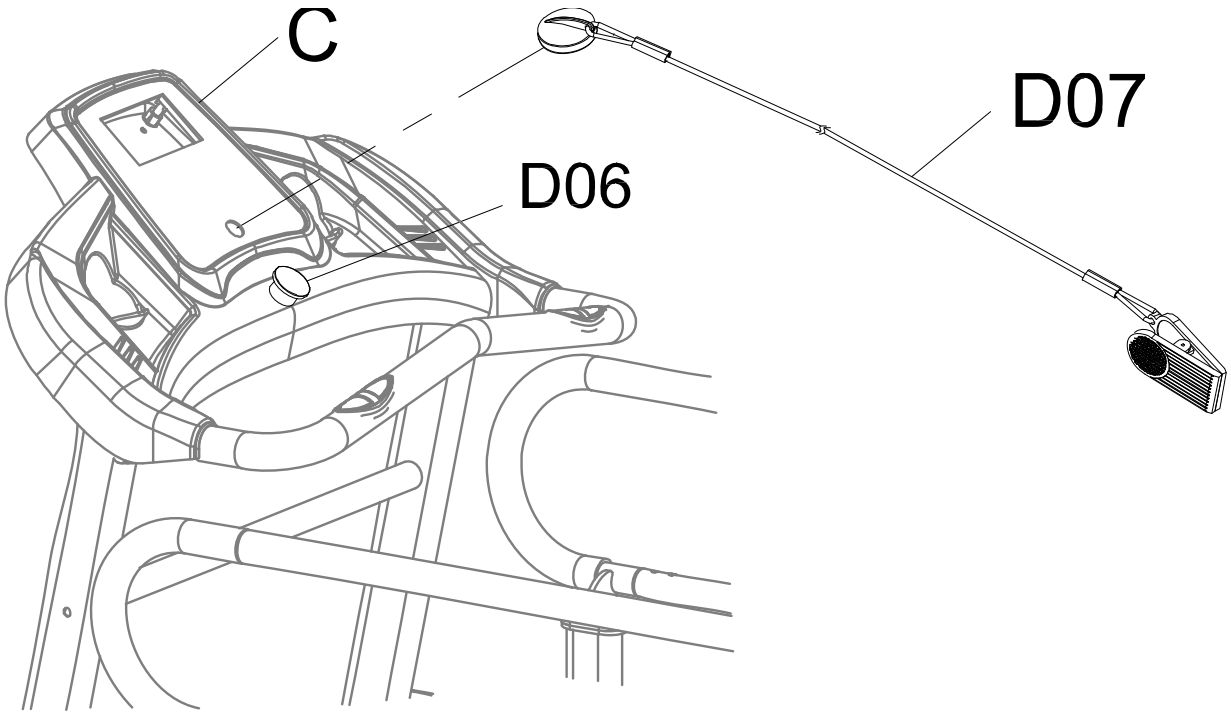


Step 7

A. Turning on the treadmill:

1. Plug the **Power Cord (D10)** into a wall outlet and then turn put the **Power Switch (D09)** into the ON position.

Warning: Do not use a power adaptor with the power cord.
Warning: Do not use an extension cord with the power cord.
Warning: The wall outlet must be grounded for the treadmill to function correctly.
Warning: ALWAYS turn the power switch to the OFF position before unplugging or plugging in the power cord into an outlet.

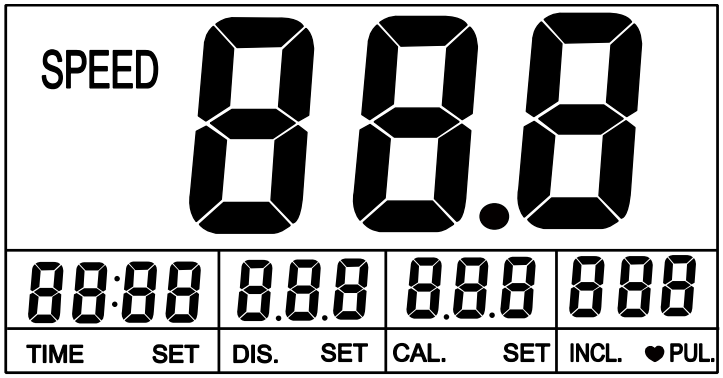


Step 8

A. Attaching the Safety Tether Key

1. Attach the **Safety Tether Key (D07)** onto the **Console Panel (C13)** and start the treadmill.

Warning: Read the LUBRICATION section for instructions to lubricate the walking deck and the belt before using the treadmill.
Warning: Always clip the Safety Tether Key to your clothes before starting a workout.





WINDOW DISPLAYS:

1. **SPEED** display will show speed
   i. Speed range is 0.2-5.0 MPH.
2. **TIME** display will show the walking time from 0:00-99:59 MINS.
   i. When the count reaches the maximum of 99:59 MINS, the machine will stop smoothly and show “END” then enter standby mode after 5 seconds.
3. **DISTANCE** display will show the distance from 0.0-99.9 miles (kilometers).
   i. When the count reaches 99.9, it will reset and begin counting again from 0.0.
4. **CALORIES** display will show the amount of calories burned from 0 to 999 KCAL.
   i. When the count reaches 999, it will reset and start back to 0.
5. **PULSE** display will show the pulse when holding the pulse sensors.
   i. The system will calculate the walker’s heart beat and display it on this window.
   ii. Pulse range is 50-200 beats/min.
   iii. This data is just for reference, and cannot be used as the medical data.

FUNCTION KEYS

1. **START:** To start the machine, insert the magnet end of the Safety Tether Key into the console and press the START button. (This machine requires a safety key in order to operate). 0.3MPH is the default walking speed.

2. **STOP:** This button has the functions of PAUSE and STOP. While in use, press this button to pause the walking belt and the current workout data display will show “PAU” for pause. To terminate the current session and all data, press the “STOP” button again and the machine will stop and all data will reset to zero.

3. **SPEED +/– BUTTONS:** While in use, press the **+/–** buttons to increase or decrease the speed in increments of 0.1MPH (0.1KPH); holding either of these keys for a duration of over ½ a second will increase or decrease the speed quickly.

4. **SAFETY KEY STOP BUTTON:** For any emergency, pull the safety key rope to remove the Safety Tether Key, and the machine will stop.
5. **EMERGENCY STOP BUTTON:** For any emergency, press this button to stop the workout immediately.

QUICK START

1. Insert the magnet end of the Safety Tether Key onto the computer console.
2. Press the START button, a buzzer will sound and the system will automatically display a 3 second countdown. When the countdown reaches zero, the walking belt will start. The initial speed will be 0.2MPH.
3. After start-up, you can use **+/–** speed buttons to adjust the speed of the treadmill.

CONTROL FUNCTIONS

1. Press the **–** Speed Button to reduce walking speed.
2. Press the **+** Speed Button to increase walking speed.
3. Press STOP to stop the treadmill belt.
4. Hold the pulse sensors (located on the front handles) with both hands for 5 seconds to calculate and display heart rate in beats per minute (BPM) on the computer display screen.

LUBRICATION REMINDER

The treadmill needs to be lubricated every 188 miles. The word “OIL” will display on your LCD as a reminder for when it’s time for maintenance. Read LUBRICATION section (Page 23) for details on how to lubricate the walking deck. Apply the lubricating oil to the middle of the walking deck on both sides. After application, press and hold the STOP button for 3 seconds to clear the reminder.

RANGE OF PROGRAM

	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	N/A	N/A	0:00—99:59
SPEED(MPH) (KPH)	0.0MPH 0.0KPH	0.2MPH 0.3KPH	0.2-5.0MPH 0.3-8.0KPH	0.2-5.0MPH 0.3-8.0KPH
DISTANCE(KM/MILE)	0.00	N/A	N/A	0.00—99.9
PULSE(BPM)	P	N/A	N/A	50-200
CALORIE(KCAL)	0	N/A	N/A	0.0—999

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:

Removing the Safety Tether Key from the computer console while the treadmill is in motion will cause the walking belt to stop immediately. The window display of the computer will show “- - -” and the console will beep 3 times. To start the treadmill again, insert the magnet end of the Safety Tether Key onto the computer console and press the START button.

POWER SAVE FUNCTION:

After 10 minutes of inactivity the treadmill will enter Power Saving Mode. While the treadmill is in this mode, the console display will be turned off. Press any button to turn the display back on.

I POWER ON:

This icon on the power switch means the power switch is set to the ON position.

O POWER OFF:

This icon on the power switch means the power switch is set to the OFF position.

SAFETY NOTE:

1. Maintain a slow speed at the beginning of each session and hold onto the handrails until you have become familiar with the treadmill.
2. Place the magnet end of the Safety Tether Key on to the console panel and clip the opposite end to your clothing before starting your workout. To end your workout, press the STOP button or remove the Safety Tether Key to bring the treadmill to a stop.

ADJUSTMENT

General cleaning will help prolong the life span and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the walking belt to prevent dust from accumulating underneath the belt. Keep your shoes clean so that dirt from your shoes do not wear out the walking board and belt. Clean the surface of the walking belt with a clean damp cloth.

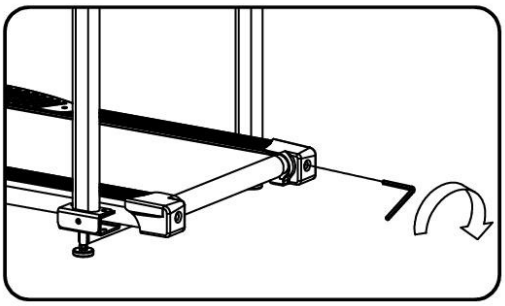
- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose walking belt will result in the belt suddenly stopping while in use.
- An over tightened walking belt will result in decreased motor performance and also create more friction between the roller and walking belt.

CENTERING THE WALKING BELT:

Place the treadmill on level ground and set it at 3-5mph to check if the **Walking Belt** drifts.

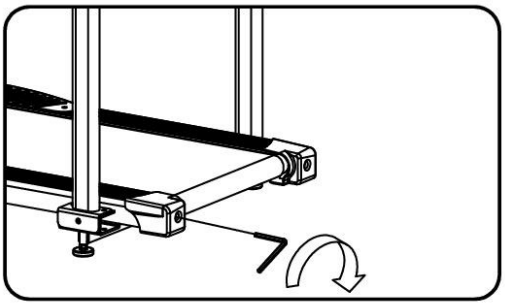
1. If the **Walking Belt** moves to the right, turn the adjusting bolt on the right side ¼ of a turn *clockwise*, then turn the left adjustment bolt ¼ of a turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure A.

A



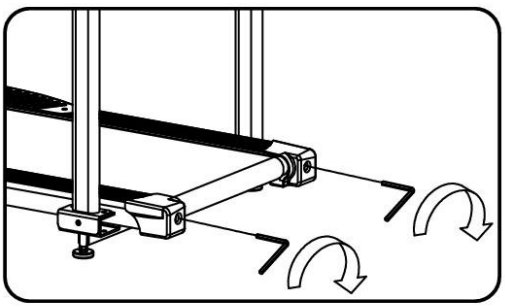
2. If the **Walking Belt** moves to the left, turn the adjusting bolts on the left side ¼ of a turn *clockwise*, then turn the right adjustment bolt ¼ of a turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure B.

B



3. Over time the **Walking Belt** will loosen. To tighten the belt turn the **Left** & **Right** side adjustment bolts one full turn **clockwise**, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to diagram **"C"**

C



LUBRICATION

IMPORTANT NOTE: You will need to lubricate your treadmill before the first use.

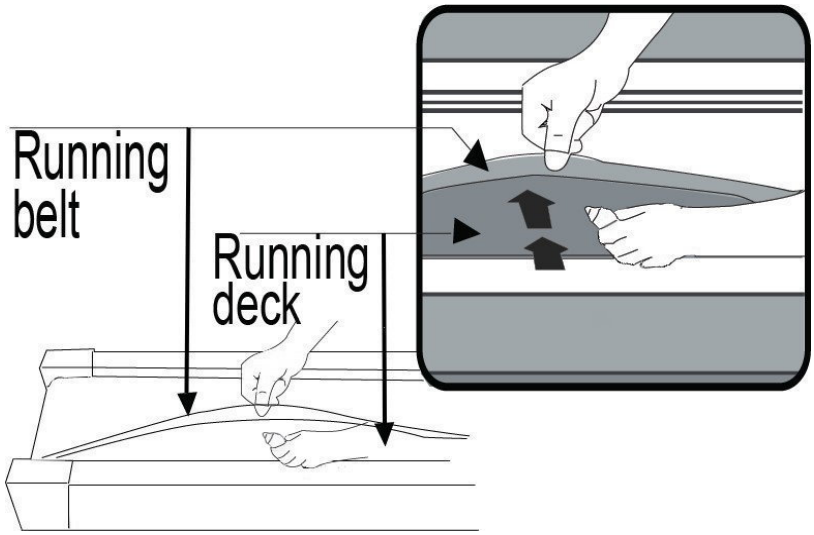
WALKING BELT & TREADMILL LUBRICANTION:

Lubricating the walking board and walking belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the walking board and belt be inspected regularly.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

Raise the belt up on one side and apply silicone lubricant to the walking deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.



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

The following time table is recommended for lubricating the walking deck:	
Light user (less than 3 hours/ week)	*every six months*
Medium user (3-5 hours/ week)	*every three months*
Heavy user (more than 5 hours/ week)	*every two months*

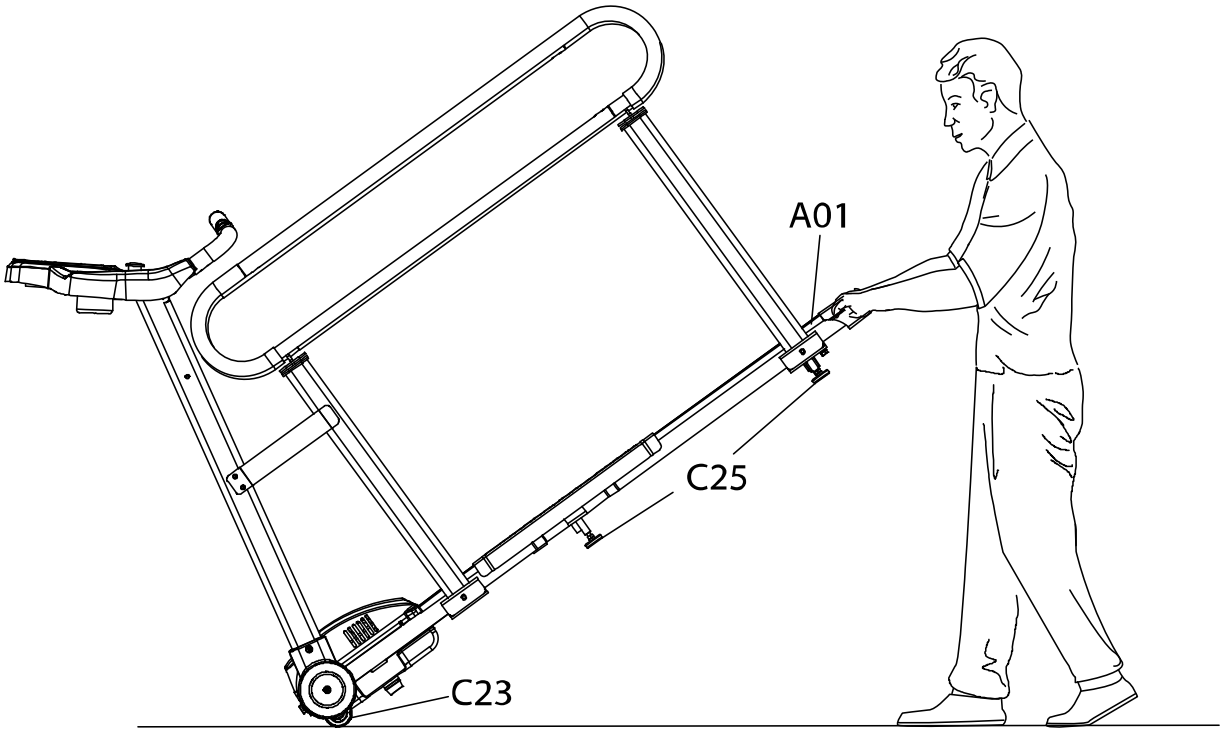
CLEANING

The treadmill should be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful to not get excessive moisture on the display panel as this will cause an electrical hazard or the electronics to fail. Keep the treadmill, especially, the console, out of direct sunlight to prevent screen damage and paint discoloration.

TROUBLE SHOOTING

PROBLEM	CAUSE	SOLUTION
Treadmill will not start	Power cord is not plugged in.	Plug power cord into outlet.
	Safety Tether Key not inserted.	Insert Safety Tether Key.
Walking belt not centered	Walking belt tension is not Properly set on the left or right sides of the walking board.	Tighten the adjustment bolts on the left and right side of the rear roller.
Computer not working	Wires between computer and bottom control board are not properly connected.	Check wire connections between computer and the control board.
	Transformer is damaged.	Contact Customer Service if the transformer has become damaged.
E01: Communication failure	No communication from console to control board.	Check wire connections between computer and control board. Replace wires and/or control board if necessary.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check the incoming voltage against the required voltage. Check wire connections to the motor. Check the control board, replace if necessary.
E03: No signal	Sensor signal cannot be received by the control board.	Check if the sensor is properly connected, replace if necessary. Check the control board, replace if necessary.
E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct. Check the control board, replace if damaged.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary.

TRANSPORTING



Hold the rear of the **Main Frame (A01)** with both hands and then gently lift the treadmill onto the **Adjustable Wheel (C23).** Move the treadmill to your desired location and slowly lower it back to the ground.

WARNING: Turn the power switch off and unplug the power cord.

WARNING: Fix the power cord to the frame so it does NOT drag on the floor while moving the treadmill.

WARNING: Make sure the air piston is locked and holding the running deck up before moving the treadmill.

WARNING: The treadmill weights more than 100 lbs / 45 kgs. DO NOT move the treadmill if you are not strong enough to balance that much weight on the transport wheels.

WARNING: Keep the treadmill, especially, the console, out of direct sunlight to prevent screen damage and paint discoloration.

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:

COMPONENT LENGTH OF WARRANTY

Structural Frame	**3 years For Home Use Only**
Motor	**5 years For Home Use Only**
All Other Components	**90 days For Home Use Only**

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:
Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:
1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, or accumulate dirt or stains; or
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

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

NAME:_____

ADDRESS:_____

CITY:_____ **STATE:**_____ **ZIP:**_____

TELEPHONE: (Day)_____

(Night)_____

SERIAL#:_____

MODEL#:_____

PURCHASE DATE:_____

PLACE OF PURCHASE:_____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

**** This form can also be faxed in Fax #: 626-810-2166***