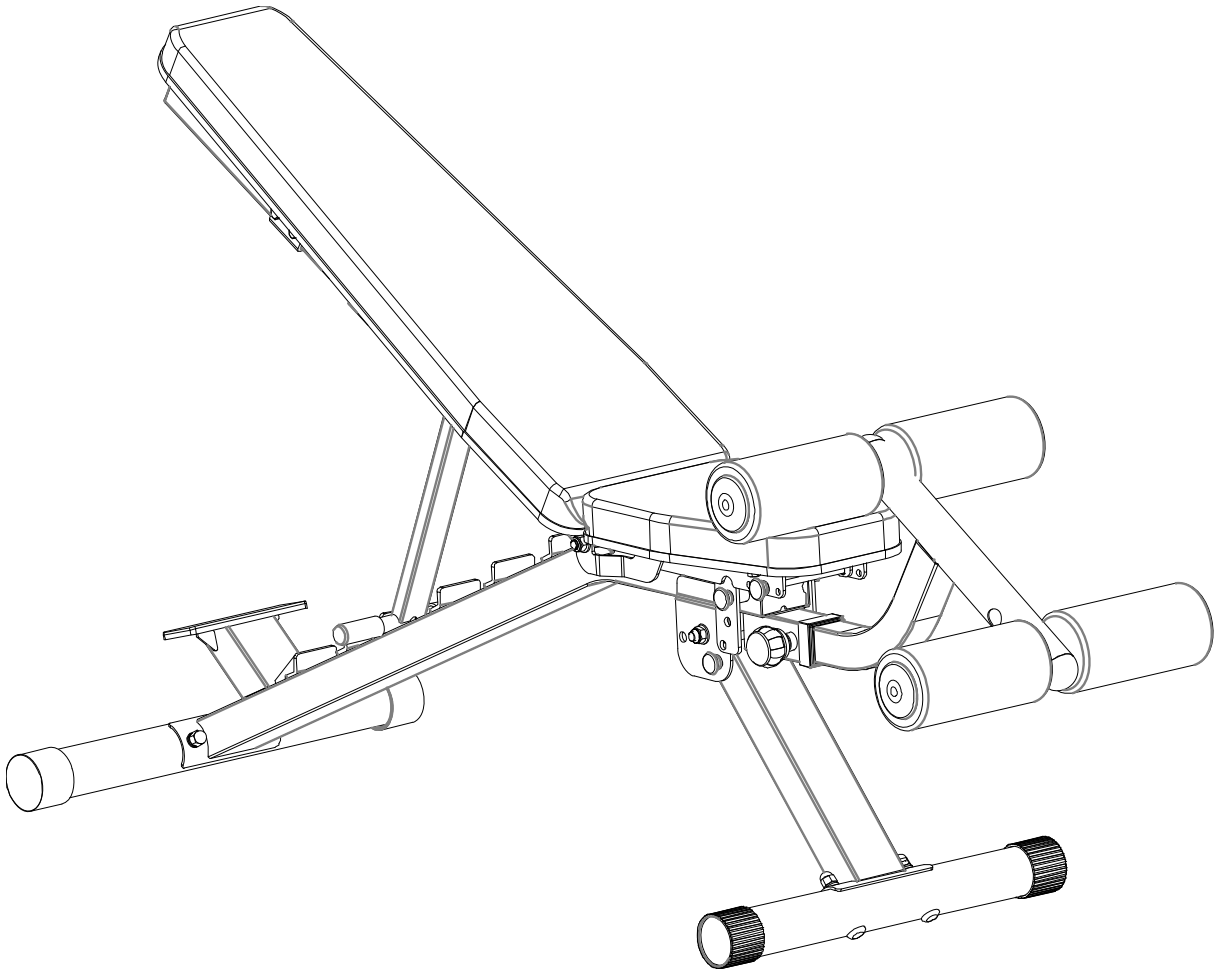


Bench



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.

Owner's Manual
Le Manuel Du Propriétaire



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

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

Email us at:
Service@paradigmhw.com

Or call us at:

1-844-641-7920

Hours:

8:00 am to 5:00 pm

Monday thru Friday

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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 by the below methods:

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:

1-844-641-7920

(8:00 AM - 5:00 PM Pacific Standard Time, Monday Thru Friday)

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

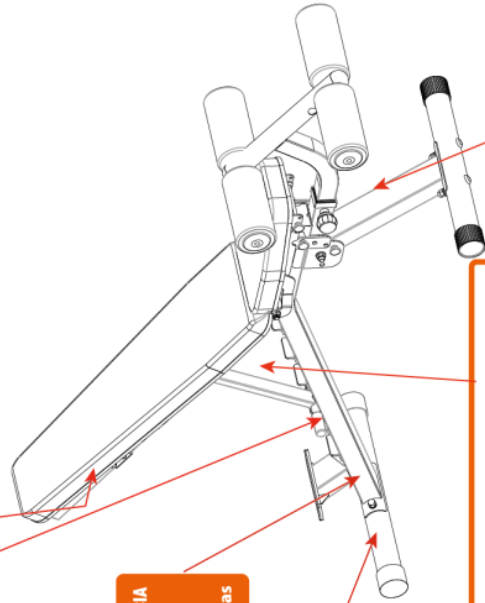
For damaged or defective product please contact our customer service before returning to the store.

**Paradigm Health & Wellness, Inc.
1189 Jellick Ave.**

City of Industry, CA 91748, USA

LABEL PLACEMENT

<p>UNDER PENALTY OF LAW THIS TAG MUST BE REMOVED DIRECT BY THE CONSUMER</p> <p>ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD, 100%</p> <p>REGISTRY NO. VA25302 (CN)</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. 1189 Jellick Ave. City of Industry, CA 91748, USA</p>	<p>NOTICE</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>SOUS PEINE DE SANCTION LEGALE, CETTE ETIQUETTE NE PEUT ETRE ENLEVEE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR</p> <p>ENTIEREMENT FABRIQUE DE MOUSSE A REMBOURAGE DE MOUSSE DE POLYURETHANE 100 %</p> <p>NO D'ENREGISTREMENT VA25302 (CN)</p> <p>Cette étiquette est apposée conformément aux lois Californiennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>	<p>AVIS</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>
<p>SE SANCIONARA LEGALMENTE A QUI INTENTE QUITAR ESTA SOLA EL CONSUMIDOR PODRA QUITARLA.</p> <p>MATERIAL COMPLETAMENTE NUEVO COMPUESTO DE 100% RELLENO DE ESPUMA DE POLIURETANO.</p> <p>NO. DE REG VA25302 (CN)</p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA</p>	<p>NOTIFICACIÓN</p> <p>Este artículo no se ajusta a la inflamabilidad requerida de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarets ardientes.</p>



WARNING / AVERTISSEMENT / ADVERTENCIA

Pinch point, keep hands clear
Pincez moment, garder les mains clair
Punto Pinch, mantenga las manos alejadas

1-844-641-7920
8 am - 5 pm PST

For customer assistance, Monday - Friday:
Pour le service à la clientèle composer le, lundi à vendredi:
Para servicios al cliente, llame al, lunes a viernes:

MAINTENANCE SCHEDULE

DAILY

- Inspect and tighten securely (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).
- Replace any worn or torn parts immediately.
- Check for loose or missing screws.
- Check tension and fitting on Safety Spring Loaded Pins.
- Check Adjustment Knob to be Securely Tightened.

WEEKLY

- Inspect and tighten securely
- Use a damp cloth to clean dust and moisture from equipment.
- Clean and Wipe Upholstery
- Check equipment Metal/Wood Upholstery structure frame.

HOARIO DE MANTENIMIENTO

DIARIO

- Reviselos y apriételos bien (tuercas, pernos, pastillas de caucho, soportes de acero, etc.).
- Reemplace inmediatamente cualquier parte desgastada o rota.
- Verifique que no falten tornillos.
- Compruebe la tensión y el ajuste de las cabezas de seguridad accionadas por resorte.
- Revisar que las perillas de ajuste estén apretadas firmemente.

SEMANALMENTE

- Revisar y apriete firmemente
- Utilice un paño húmedo para limpiar el polvo y humedad del equipo.
- Limpie y pase un trapo por la tapicería
- Revisar el marco de la estructura de metal / madera / tapicería del equipo.

HEURES ENTRETIEN

QUOTIDIEN

- Inspecter et serrer solement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.).
- Remplacer toutes les pièces usées ou abîmées immédiatement.
- Vérifier que les vis ne manquent pas.
- Vérifier la tension et d'assemblage sur Spring Loaded Sécurité
- Vérifier molettes de réglage pour être bien serrés.

HEBDOMADAIRE

- Inspecter et serrer
- Utiliser un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement
- Propre et essuyez ardueusement
- Vérifier l'équipement/ Bois / ameublement cadre de la structure métallique.

WARNING / AVERTISSEMENT / ADVERTENCIA

Pinch point, keep hands clear
Pincez moment, garder les mains clair
Punto Pinch, mantenga las manos alejadas

IMPORTANT SAFETY GUIDELINES

Read all instructions carefully before assembling and operating this product. This unit is designed with optimum safety in mind. Retain this owner's manual, do not remove any safety labels from the machine, and keep the original purchase receipt for future reference.

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Always wear proper exercise apparel when using the equipment. Use care when getting on or off the unit.
4. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any kind of discomfort.
5. Keep children and pets away from the equipment at all times.
6. Only one person should use the equipment at a time.
7. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
8. Do not operate this or any exercise equipment if it is damaged.
9. Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising right away.
10. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
11. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
12. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
13. Children under the age of 13 should not use this fitness equipment.
14. Children from 13 to 18 should have adult supervision.

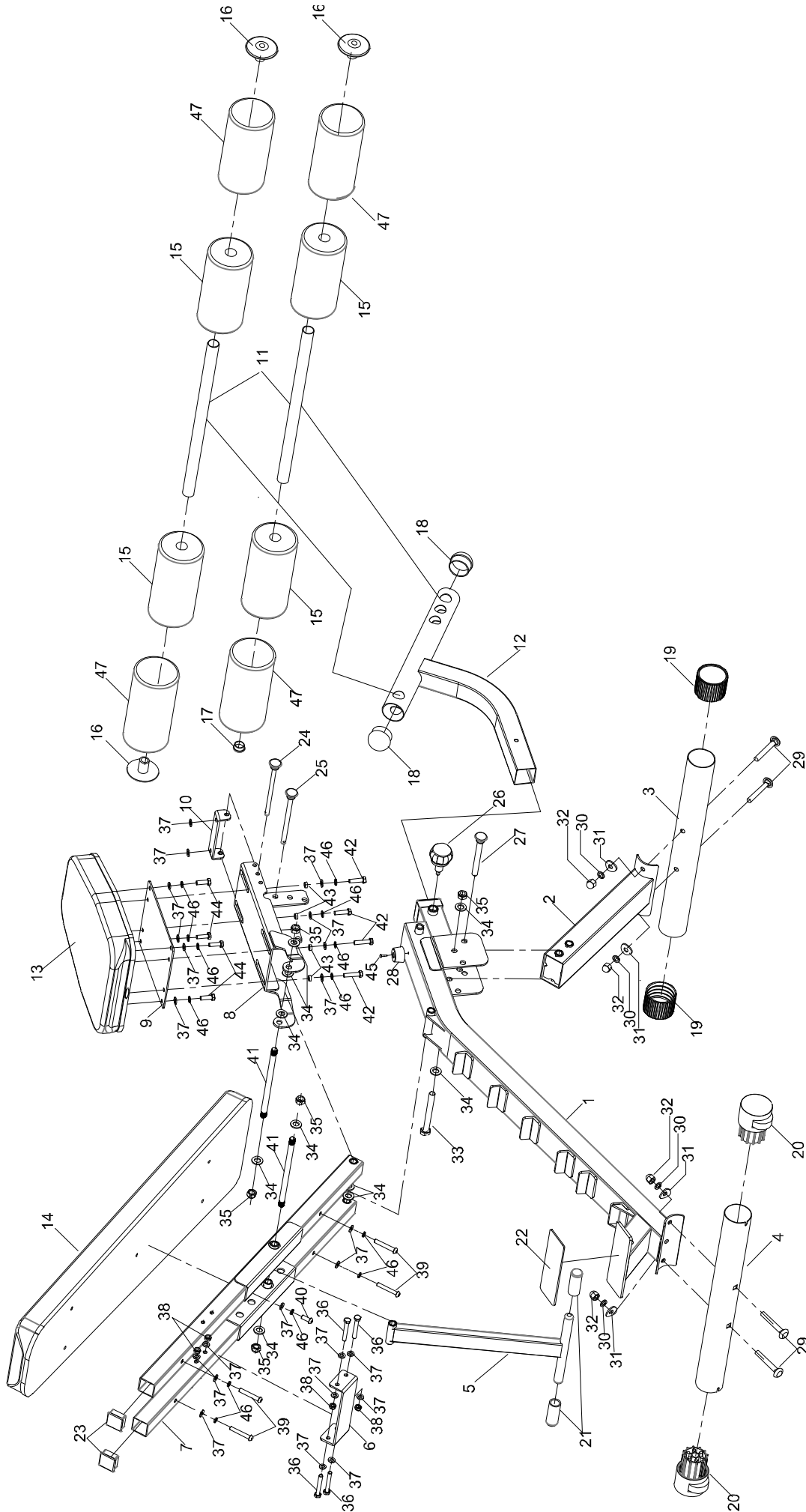
WARNING: It is highly recommend that you have assistance during the assembly of the equipment.

WARNING: Before using this equipment you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

Do not exceed the maximum rated weight (load)
The maximum weight capacity of this machine is 850lbs/363kgs.

OVERVIEW DRAWING



PARTS LIST

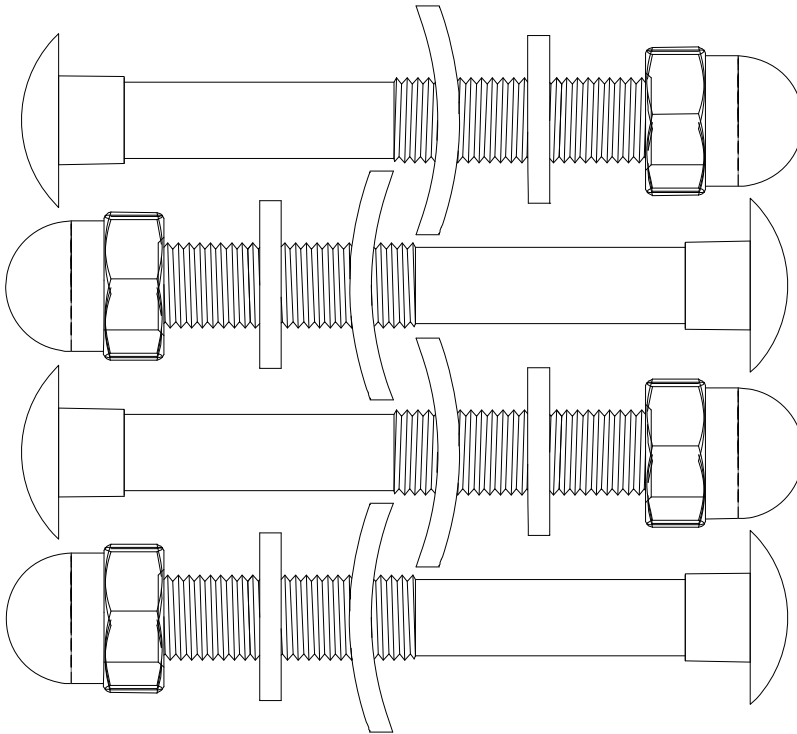
Part#	Description	Qty.
1	Main Frame	1
2	Front Support Tube	1
3	Front Stabilizer	1
4	Rear Stabilizer	1
5	Rear Support Tube	1
6	U-Shaped Bracket	1
7	Backrest Supporter	1
8	Seat Bracket	1
9	Metal Plate	1
10	Seat U-Shaped Bracket	1
11	Rod	2
12	Leg Holder	1
13	Seat	1
14	Backrest	1
15	Foam Roller	4
16	Foam Roller End Cap	3
17	Round End Cap $\varnothing 25 \times 1.5$	1
18	Round End Cap $\varnothing 50 \times 1.5$	2
19	Rear Stabilizer End Cap $\varnothing 60$	2
20	Transport Wheel $\varnothing 60$	2
21	Bushing $\varnothing 19$	2
22	EVA Pad	1
23	Square End Cap $\square 38 \times 2.0 \text{mm}$	2
24	Pin $\varnothing 8 \times 143 \text{mm}$	1

Part#	Description	Qty.
25	Pin $\varnothing 10 \times 139 \text{mm}$	1
26	Round Knob	1
27	Pin $\varnothing 12 \times 100 \text{mm}$	1
28	Buffer	1
29	Carriage Bolt M10*75	4
30	Spring Washer $\varnothing 16.5 \times \varnothing 10 \times 3.0$	4
31	Curved Washer $\varnothing 25 \times \varnothing 10 \times 2.0$	4
32	Cap Nut M10	4
33	Hex Bolt M12*110mm	1
34	Flat Washer $\varnothing 24 \times \varnothing 12 \times 2.0$	10
35	Anti-Loosen Nut M12	5
36	Hex Bolt M8*55mm	4
37	Flat Washer $\varnothing 20 \times \varnothing 8.5 \times 2.0$	23
38	Anti-Loosen Nut M8	4
39	Pan Head Hex Bolt M8*50mm	4
40	Pan Head Hex Bolt M8*20mm	1
41	Axle M12	2
42	Hex Bolt M8*35mm	4
43	Casing $\varnothing 12 \times \varnothing 8.5 \times 4.5$	4
44	Hex Bolt M8*25mm	4
45	Self-Tapping Phillips Screw ST4*20	1
46	Spring Washer $\varnothing 20 \times \varnothing 8.5 \times 2.0$	13
47	Foam Roller Sleeve	4

HARDWARE & TOOLS PACK

2806 Hardware Pack

STEP2

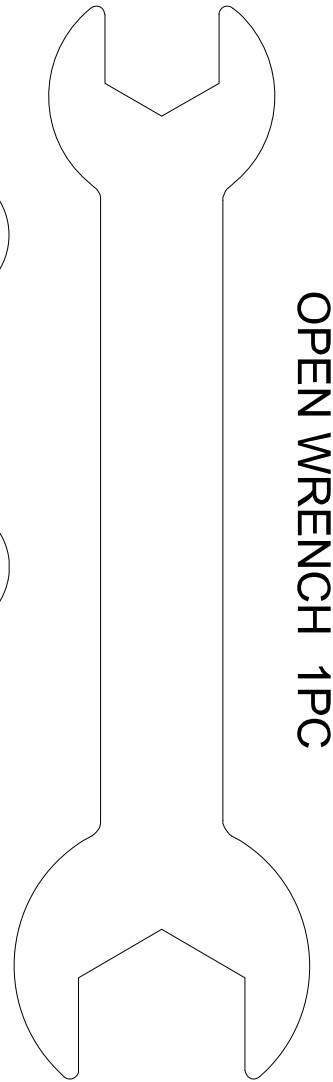


**(29) Carriage Bolt
4PCS**

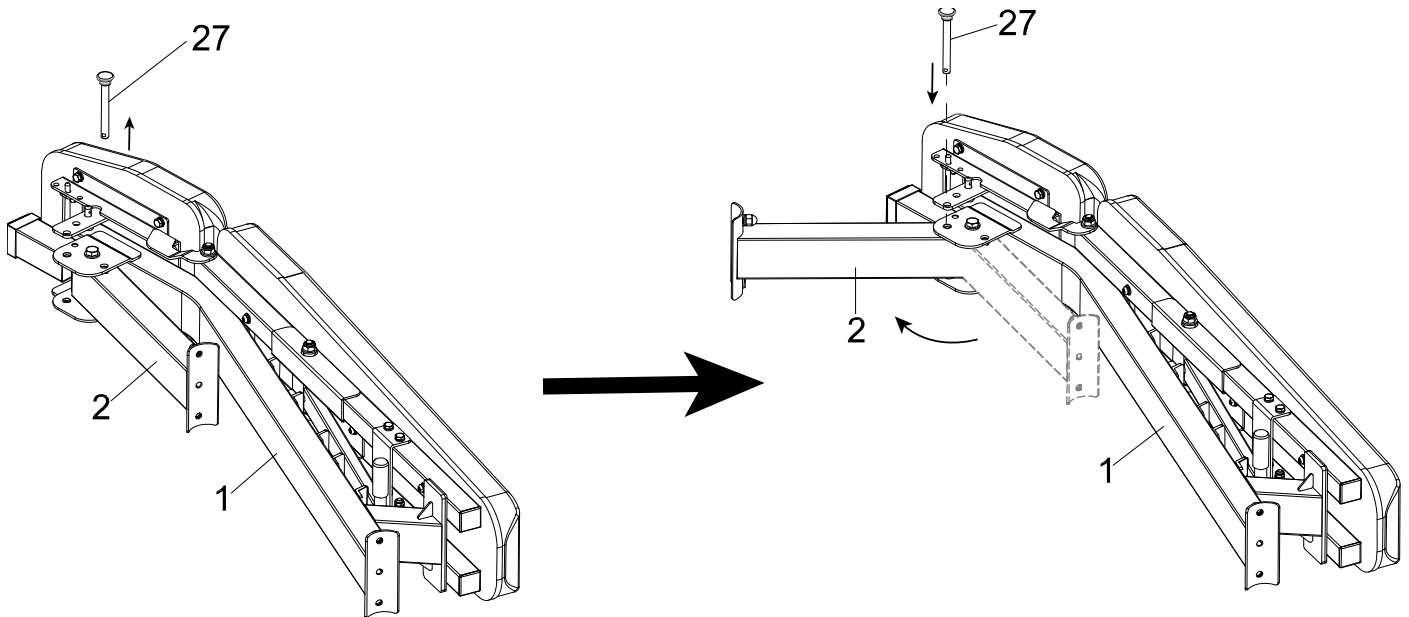
**(30) Spring Washer
4PCS**

**(31) Curved Washer
4PCS**

**(32) Cap Nuts
4PCS**



OPEN WRENCH 1PC

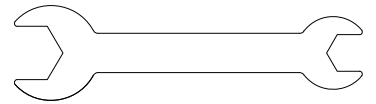


STEP 1

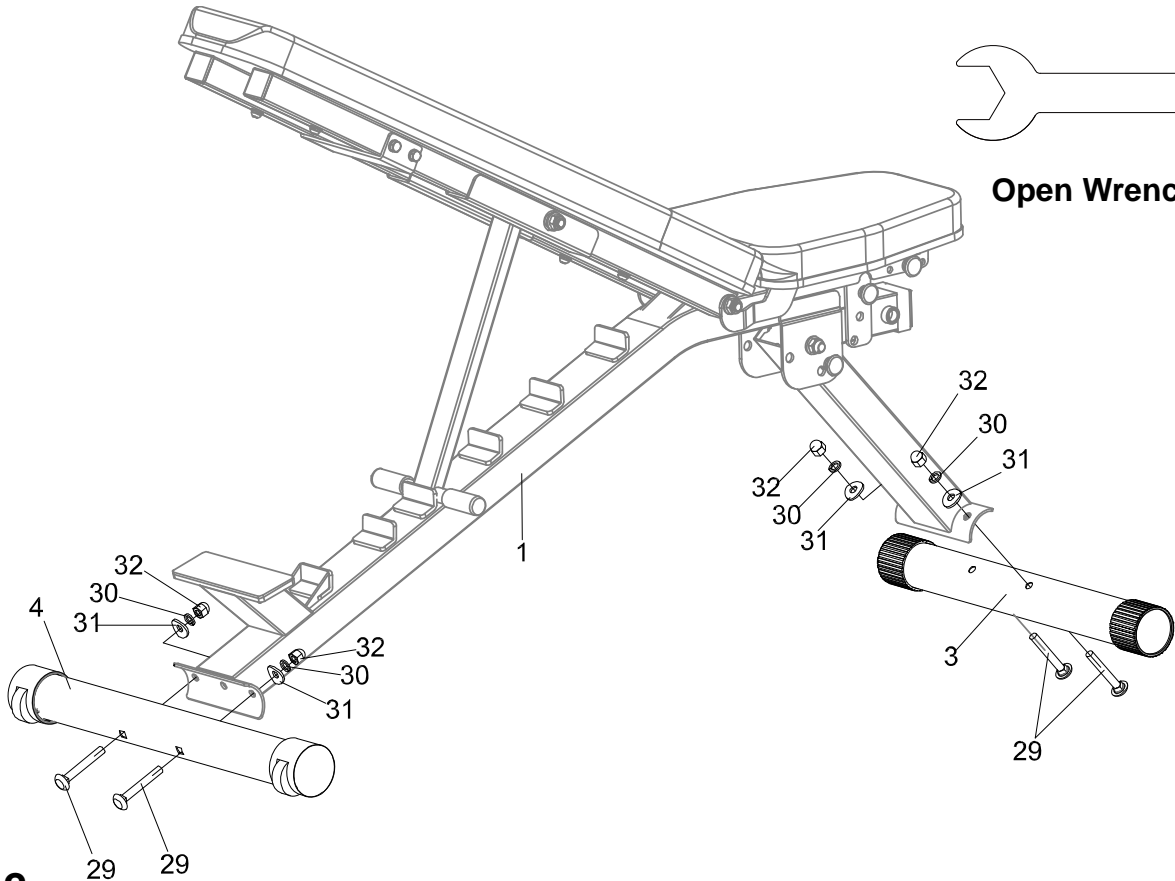
- 1A.** Rest the Bench on its side and completely pull out the **Pin (27)** from the bracket on the **Main Frame (1)**.
- 1B.** Pull the **Front Support Tube (2)** outwards and completely reinsert the **Pin (27)** into the first hole on the bracket of **Main Frame (1)**.

ASSEMBLY

Tools:



Open Wrench

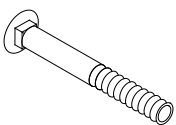


STEP 2

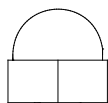
2A. Installing the Front Stabilizer: Lift up the **Front Support Tube (2)**, and then align the **Front Stabilizer (3)** holes with the holes on the front curve of the **Front Support Tube (2)**. The square holes of the **Front Stabilizer (3)** should point towards the floor. Insert two **Carriage Bolts (29)** from the bottom, through the **Front Stabilizer (3)** and **Front Support Tube (2)** until the bolts reach through. On the protruding end of the **Carriage Bolts (29)**, secure two **Curved Washers (31)**, two **Spring Washers (30)**, and two **Cap Nuts (32)**. Tighten the **Cap Nuts (32)** with the **Open Wrench** provided.

2B. Installing the Rear Stabilizer: Lift up the rear of the **Main Frame (1)**, and then align the **Rear Stabilizer (4)** holes with the holes on the rear curve of the **Main Frame (1)**. The square holes of The **Rear Stabilizer (4)** should point towards the floor with the Customer Service Stickers facing upward. Insert two **Carriage Bolts (29)** from the bottom, through the **Rear Stabilizer (4)** and the rear curve of the **Main Frame (1)** until the bolts reach through. On the protruding end of the **Carriage Bolts (29)**, secure two **Curved Washers (31)**, two **Spring Washers (30)**, and two **Cap Nuts (32)**. Tighten the **Cap Nuts (32)** with **Open Wrench** provided.

Hardware:



(29) Carriage Bolt
4 PCS



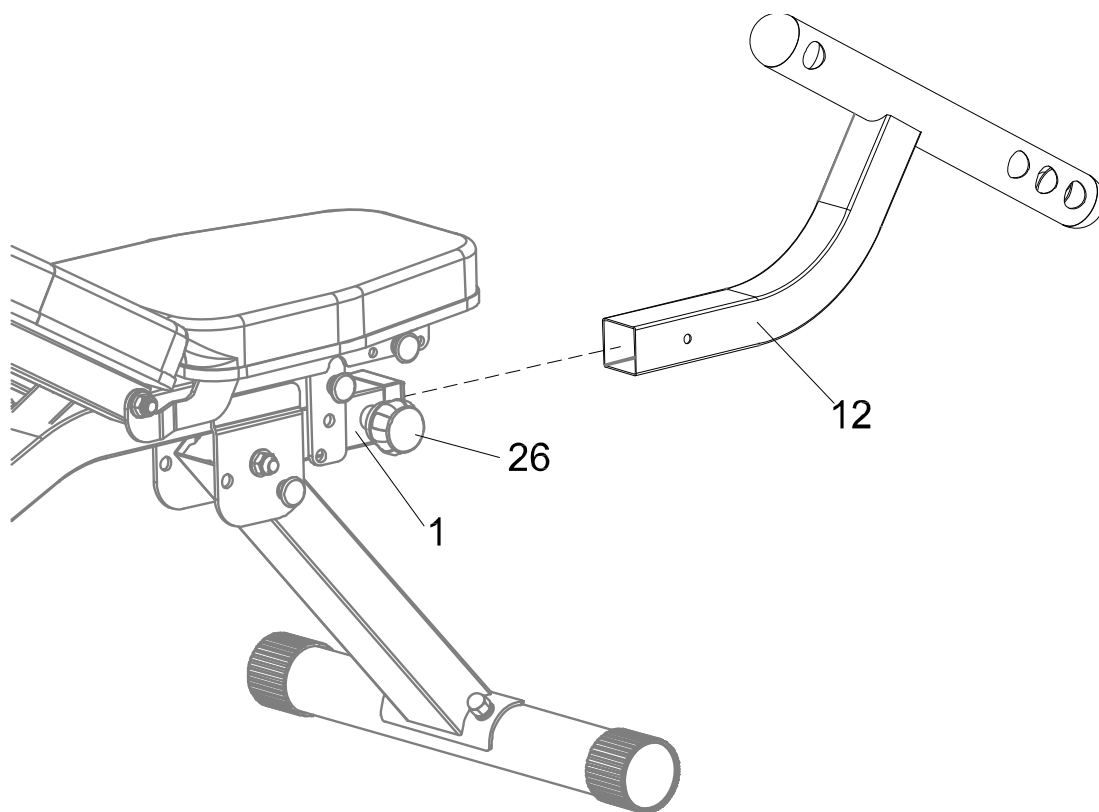
(32) Cap Nuts
4 PCS



(30) Spring Washer
4 PCS



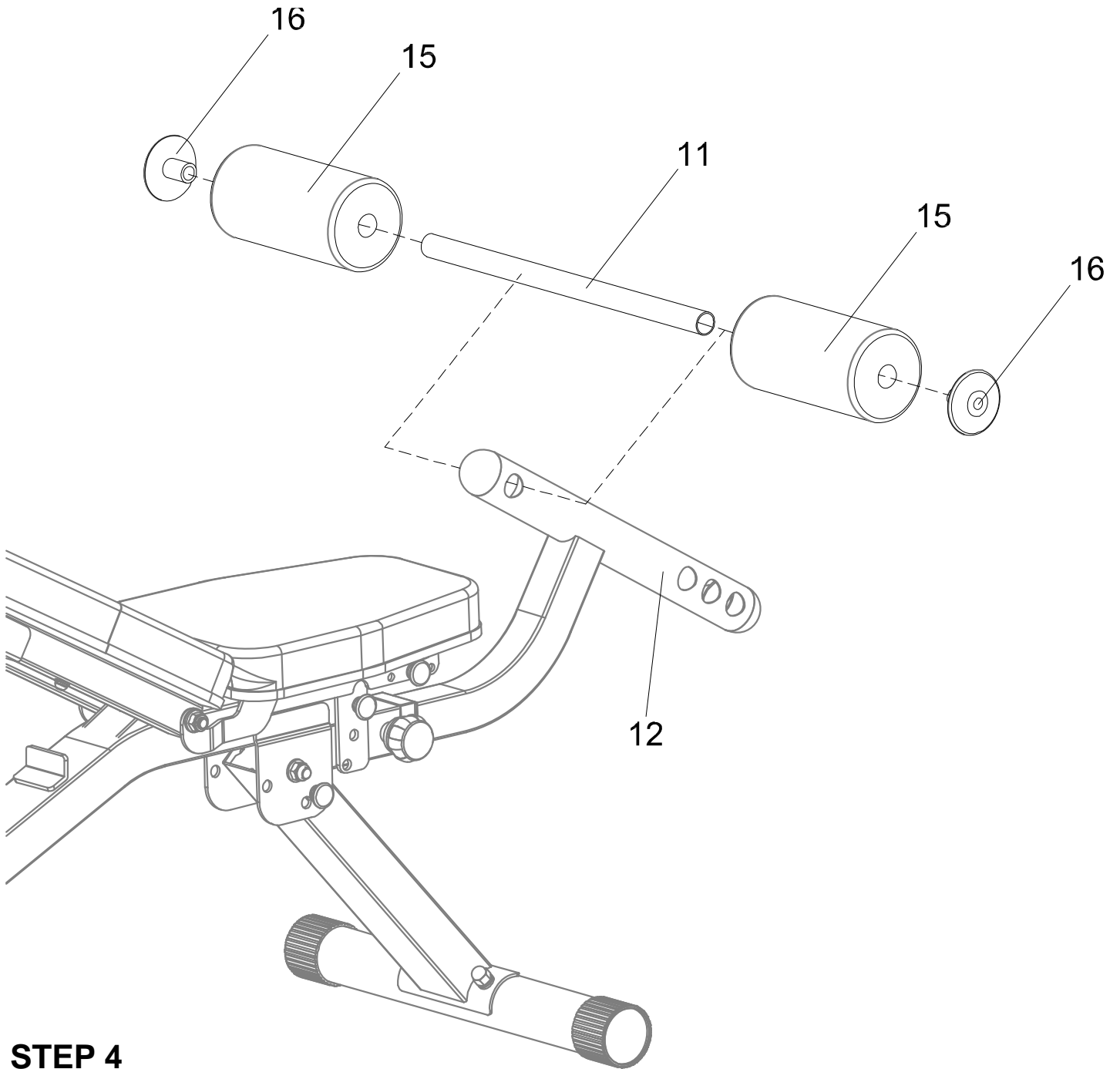
(31) Curved Washer
4 PCS



STEP 3

3A. Installing the Leg Holder: Insert the **Leg Holder (12)** into the **Main Frame (1)**. Pull on the **Round Knob (26)** to allow the **Leg Holder (12)** to slide all the way in. The **Round Knob (26)** may need to be turned COUNTER-CLOCKWISE to allow the **Leg Holder (12)** go in all the way in. The **Round Knob (26)** will “**POP**” when it locks into the **Leg Holder (12)**. Tighten the **Round Knob (26)** in a CLOCKWISE manner to secure the **Leg Holder (12)** in place.

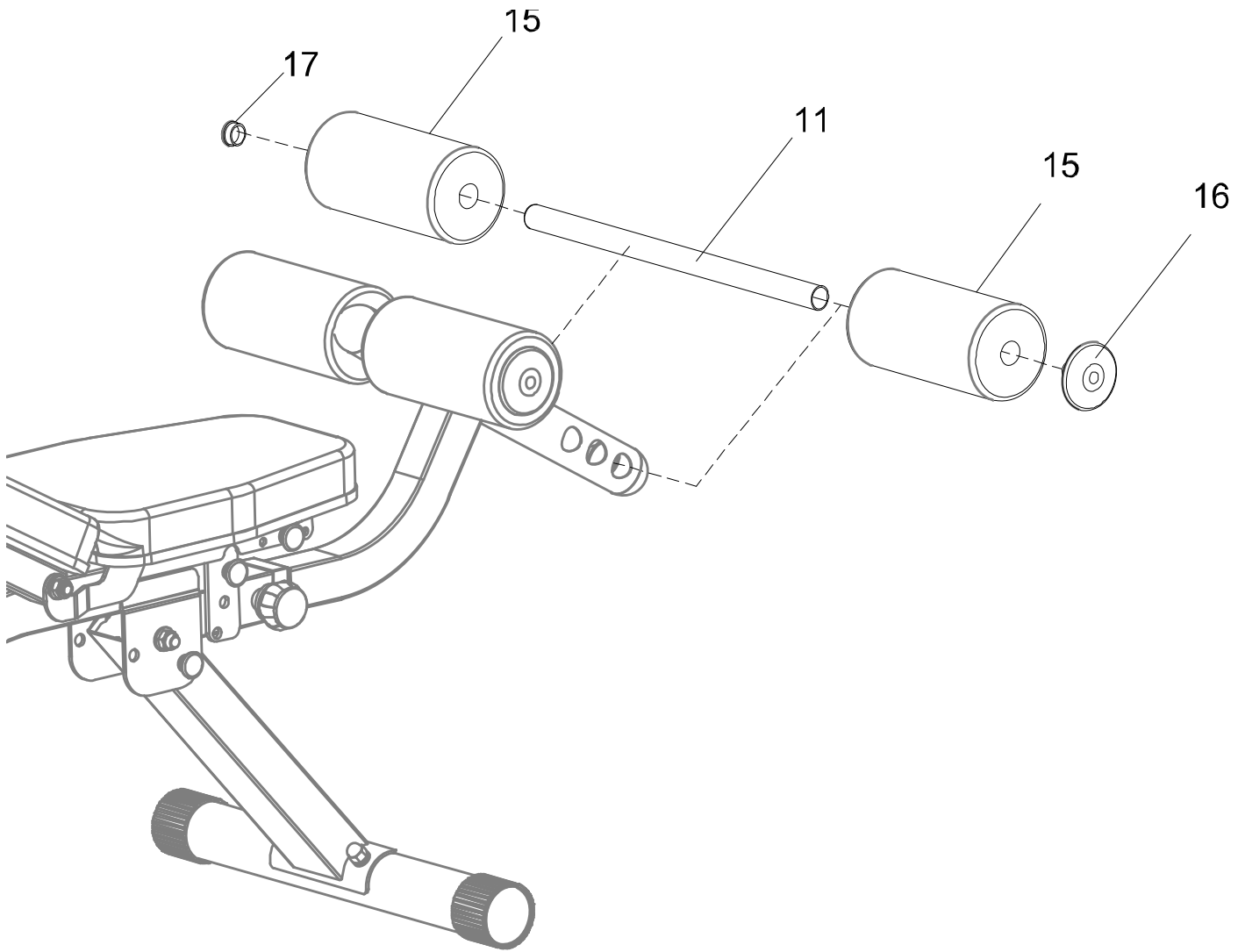
ASSEMBLY



STEP 4

4A. Installing the Rod & Foam Roller: Insert the **Rod (11)** into the top hole of **Leg Holder (12)**. Slide two **Foam Rollers (15)** onto both sides of the **Rod (11)**. Firmly press the **Foam Roller End Caps (16)** into the ends **Rod (11)** tube.

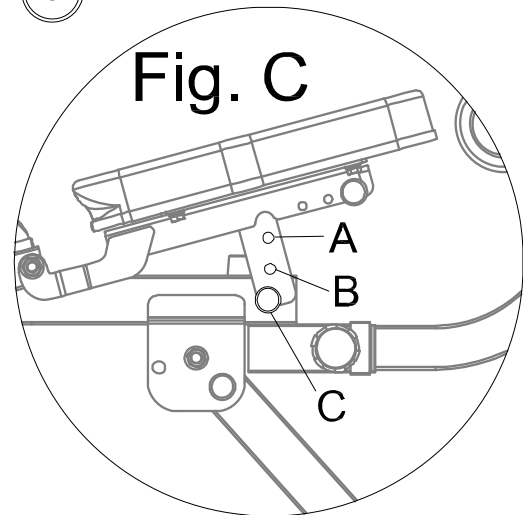
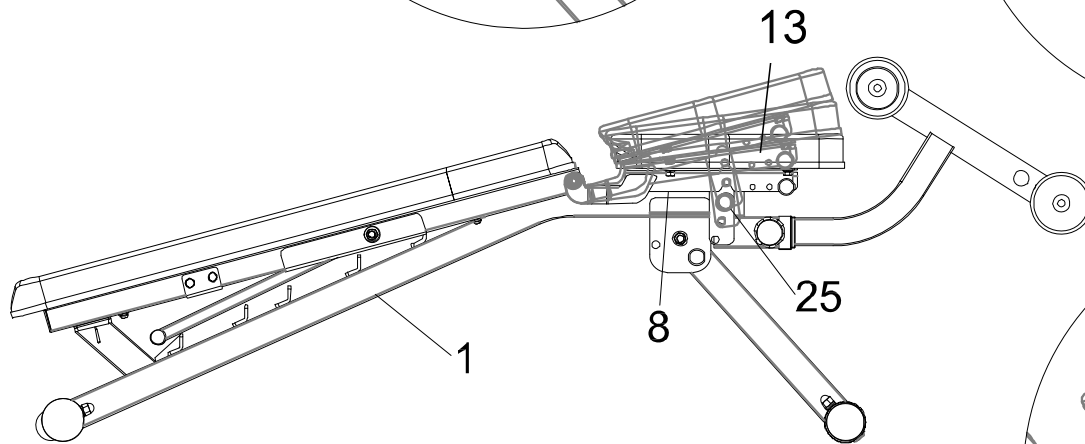
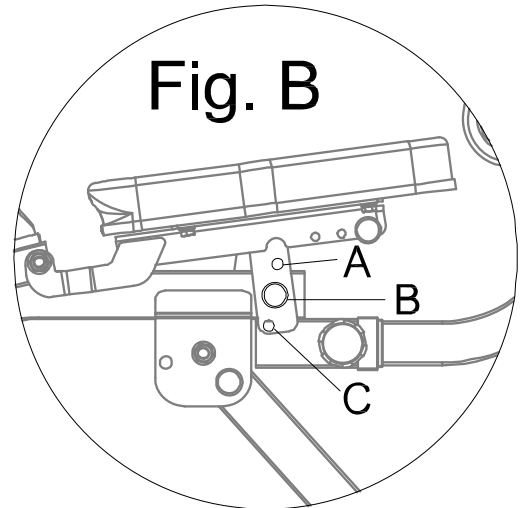
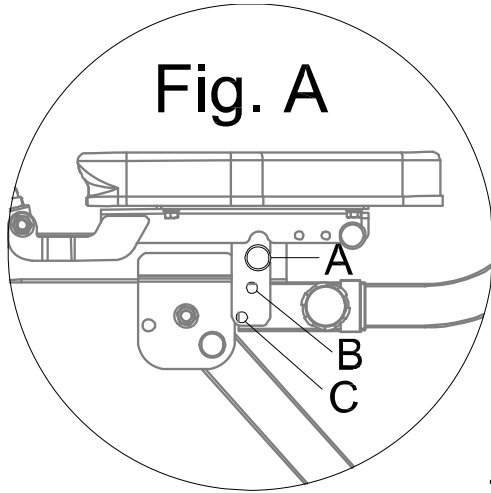
ASSEMBLY



STEP 5

5A. Installing the Rod & Foam Roller: Insert the **Rod (11)** into the top hole of **Leg Holder (12)**. Slide two **Foam Rollers (15)** onto both sides of the **Rod (11)**. Firmly press one **Foam Roller End Cap (16)** and one **Round End Cap (17)** into the ends **Rod (11)** tube.

ADJUSTMENTS



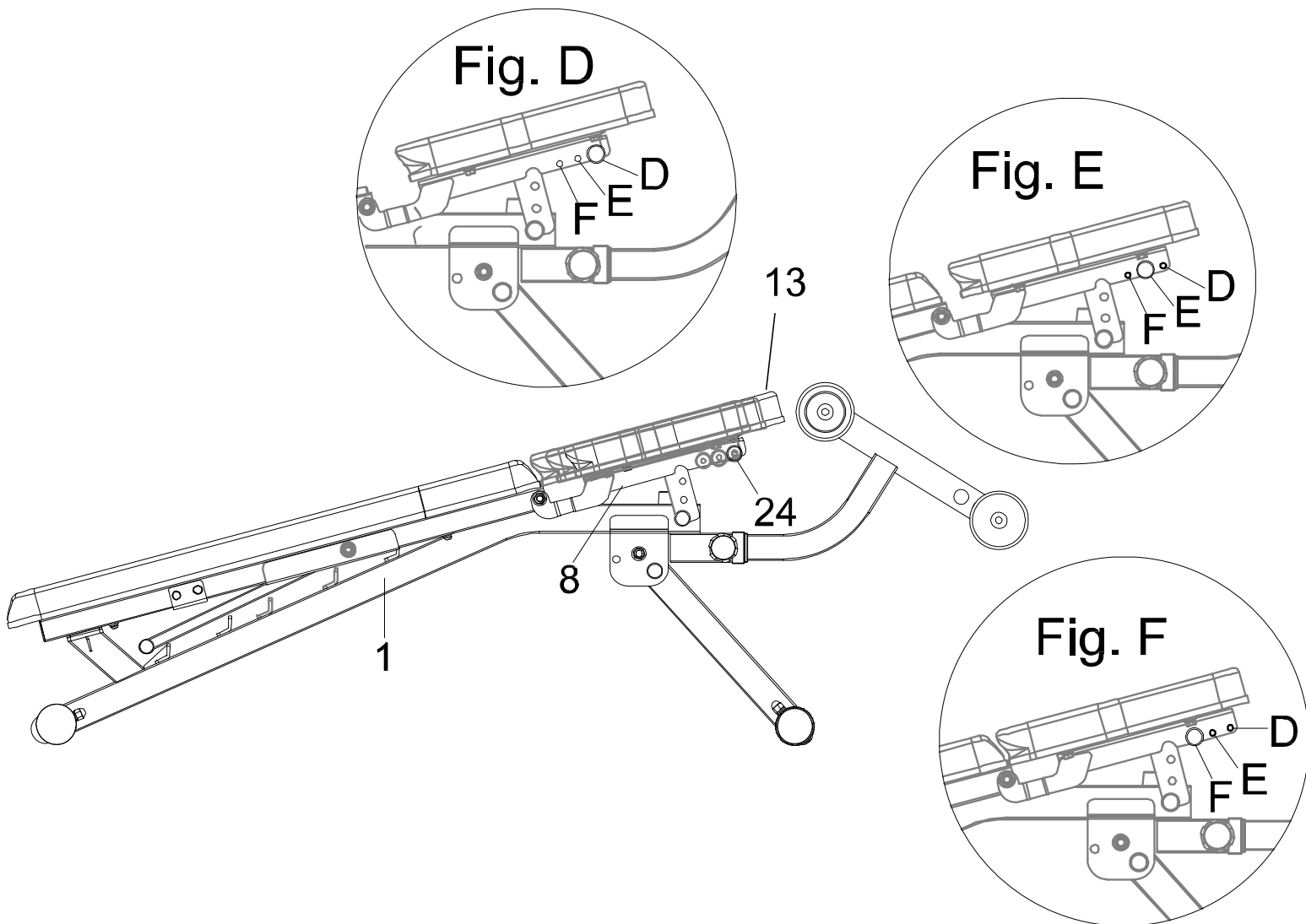
Seat Angle Adjustment

Pull the **Pin (25)** out from the **Seat Bracket (8)** and adjust the **Seat (13)** to one of the following positions:

- a) Position **A** gives a flat and level seat. See **Fig. A**.
- b) Position **B** gives an inclined seat. See **Fig. B**
- c) Position **C** gives an inclined seat that is parallel to the backrest; when the backrest is set to the - 15-degree position. See **Fig. C**

WARNING: Always re-insert the Pin (25) into the Seat Bracket (8) to secure the seat at the desired position before using the bench.

ADJUSTMENTS

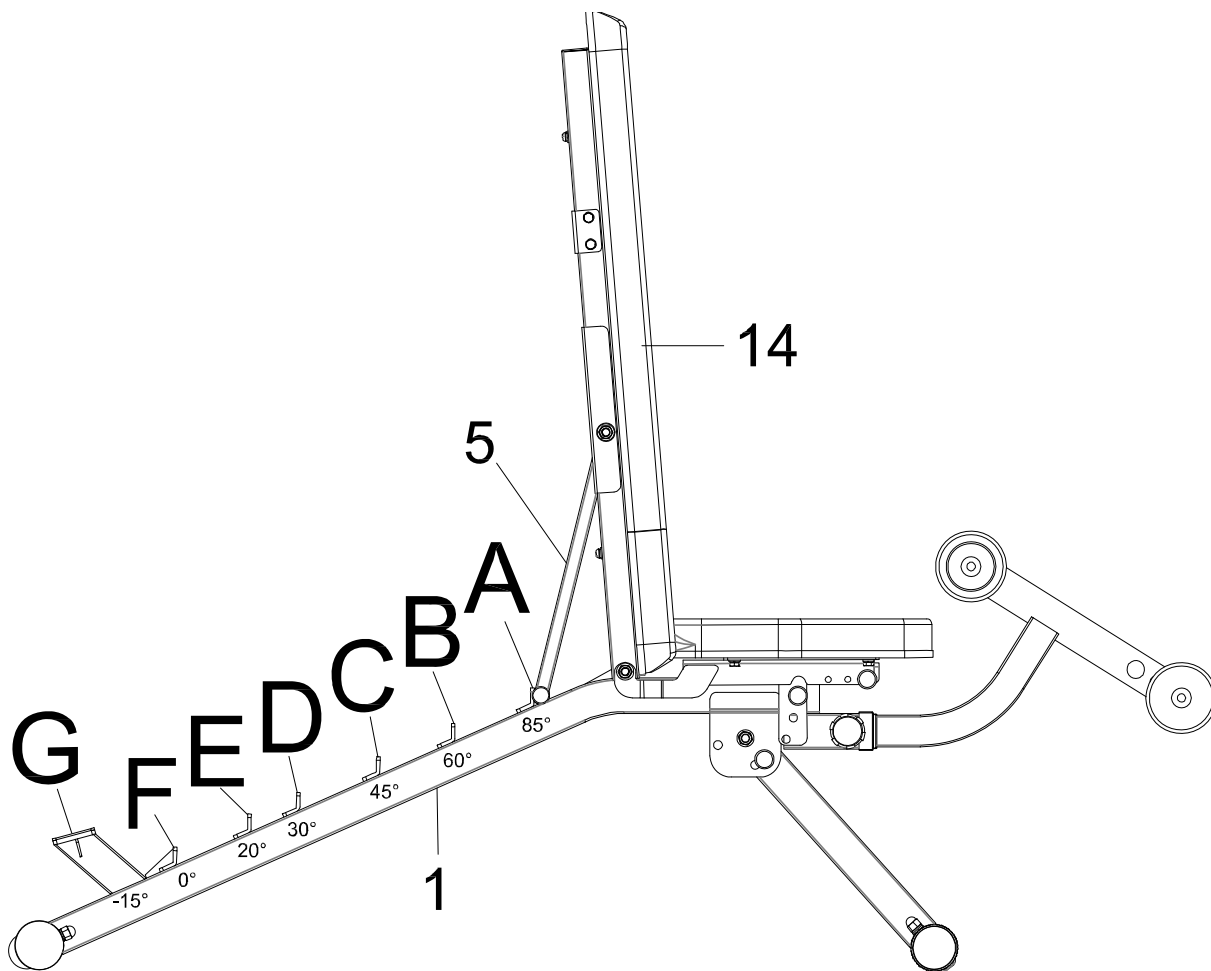


Adjusting the Seat Forward and Back

Pull the **Pin (24)** out from the **Seat Bracket (8)** and adjust the **Seat (13)** into one of the following positions:

- d) Position **D** allows the seat to be moved to the forward most position. This position is best for when the backrest angle is set at 60 or 80 degrees. See **Fig D**.
- e) Position **E** allows the seat to be moved to the middle position. This position is best for when the backrest angle is set below the 60-degree position. See **Fig E**.
- f) Position **F** allows the seat to be moved to the rearmost position. This position is best for when the seat and the backrest parallel. See **Fig F**.

WARNING: Always re-insert the Pin (24) into the Seat Bracket (8) to secure the seat at the desired position before using the bench.



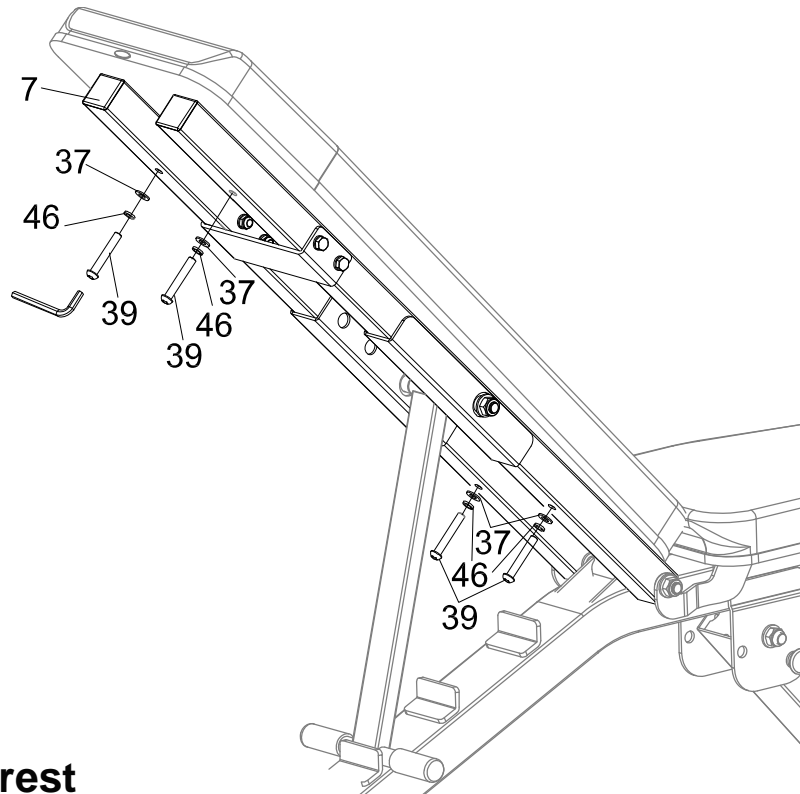
Adjusting the Backrest

Lift the **Backrest (14)** up and place the **Rear Support Tube (5)** on the plate marked with the desired backrest angle. off of the tabs that run along the rear shaft of the **Main Frame (1)**. Then gently lower the **Backrest (14)** while guiding the **Rear Support Tube (5)** back into the new tab height so that your backrest angle is adjusted. There are six different adjustments:

1. **A = 85°**
2. **B = 60°**
3. **C = 45°**
4. **D = 30°**
5. **E = 20°**
6. **F = 0°**
7. **G = -15°**

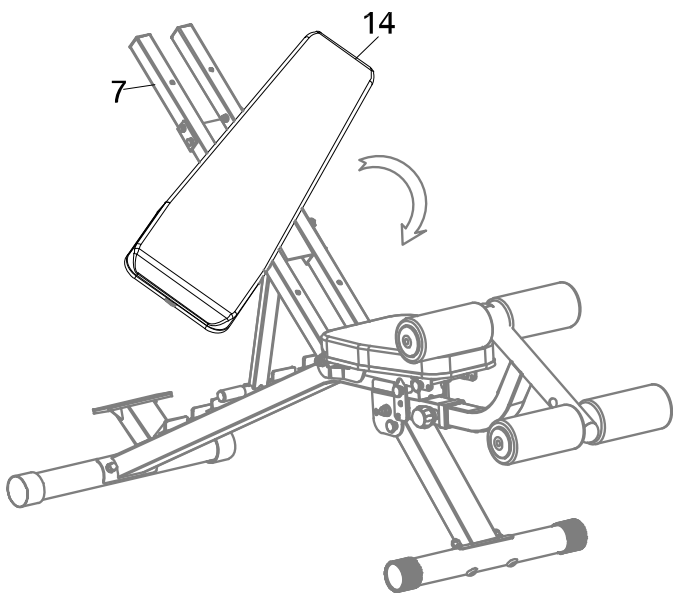
WARNING: When adjusting the **Backrest (14)**, the position of the seat may need to be adjusted to allow the backrest to smoothly incline to an angle above 45-degrees.

ADJUSTMENTS

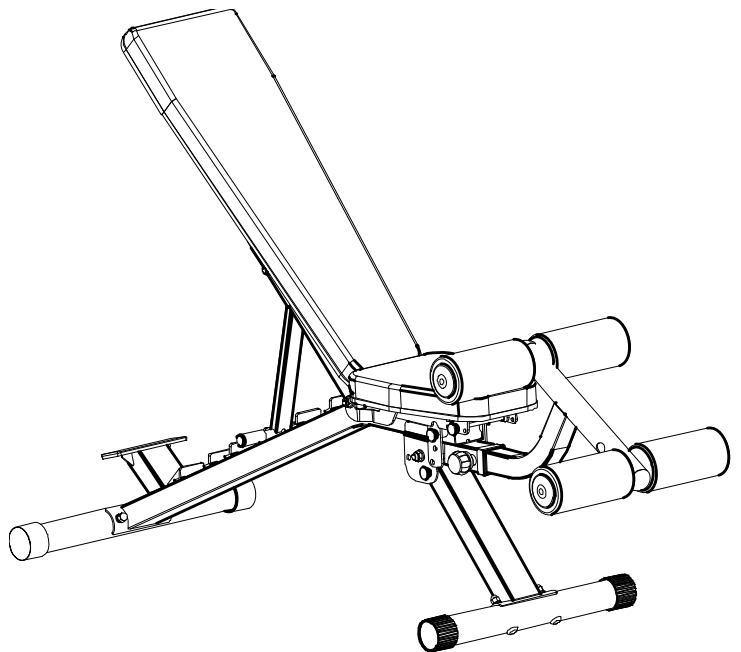


Reversible Backrest

The preinstalled **Backrest (14)** is set at 9" wide at the top and 10" wide at the other end. To reverse for a wider backrest, loosen four **Pan Head Hex Bolts (39)**, four **Flat Washers (37)**, four **Spring Washers (46)**, on the back of the **Backrest Supporter (7)**. Loosen **Pan Head Hex Bolt (40)** but do not remove.

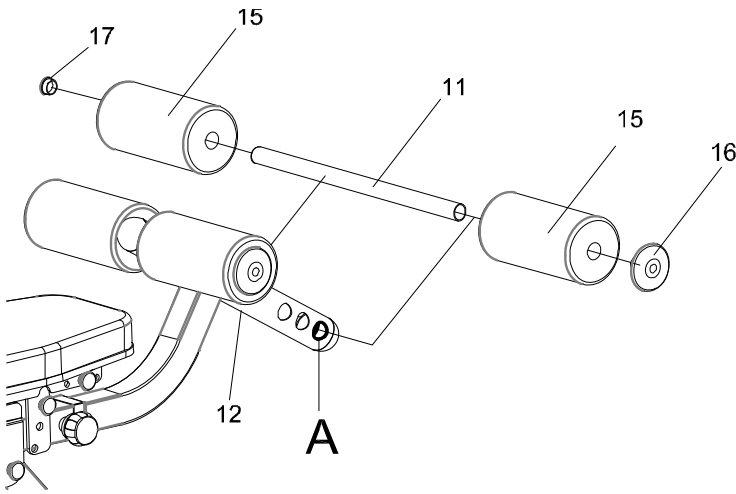


Rotate the **Backrest (14)** CLOCKWISE.

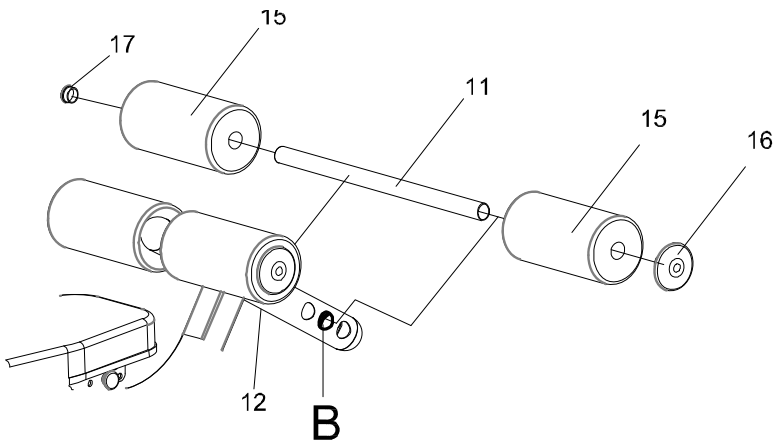


After reversal, tighten four **Pan Head Hex Bolts (39)**, four **Flat Washers (37)**, four **Spring Washers (46)**, on the back of the **Backrest Supporter (7)** and re-tighten **Pan Head Hex Bolt (40)**.

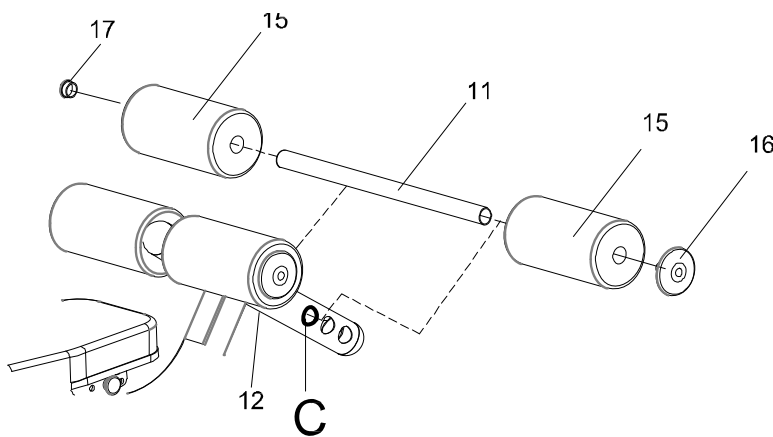
ADJUSTMENTS



Insert the **Rod (11)** into the hole **A** of **Leg Holder (12)**. Slide two **Foam Rollers (15)** onto both sides of the **Rod (11)**. Firmly press one **Foam Roller End Cap (16)** and one **Round End Cap (17)** into the ends **Rod (11)** tube.

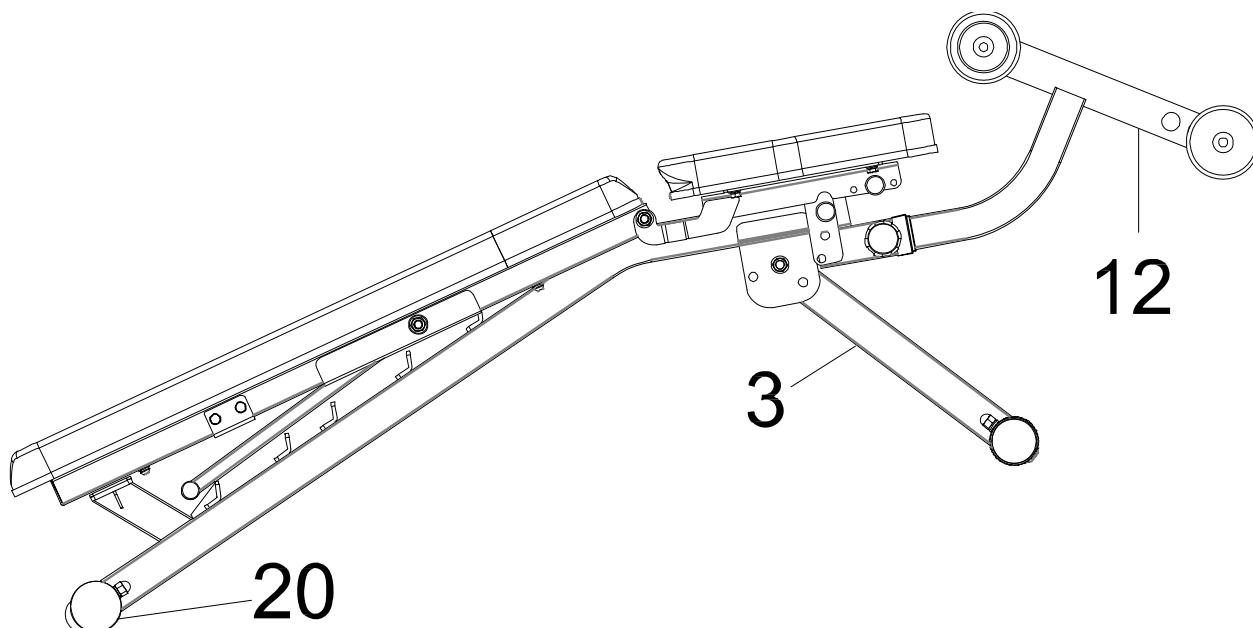


Insert the **Rod (11)** into the hole **B** of **Leg Holder (12)**. Slide two **Foam Rollers (15)** onto both sides of the **Rod (11)**. Firmly press one **Foam Roller End Cap (16)** and one **Round End Cap (17)** into the ends **Rod (11)** tube.



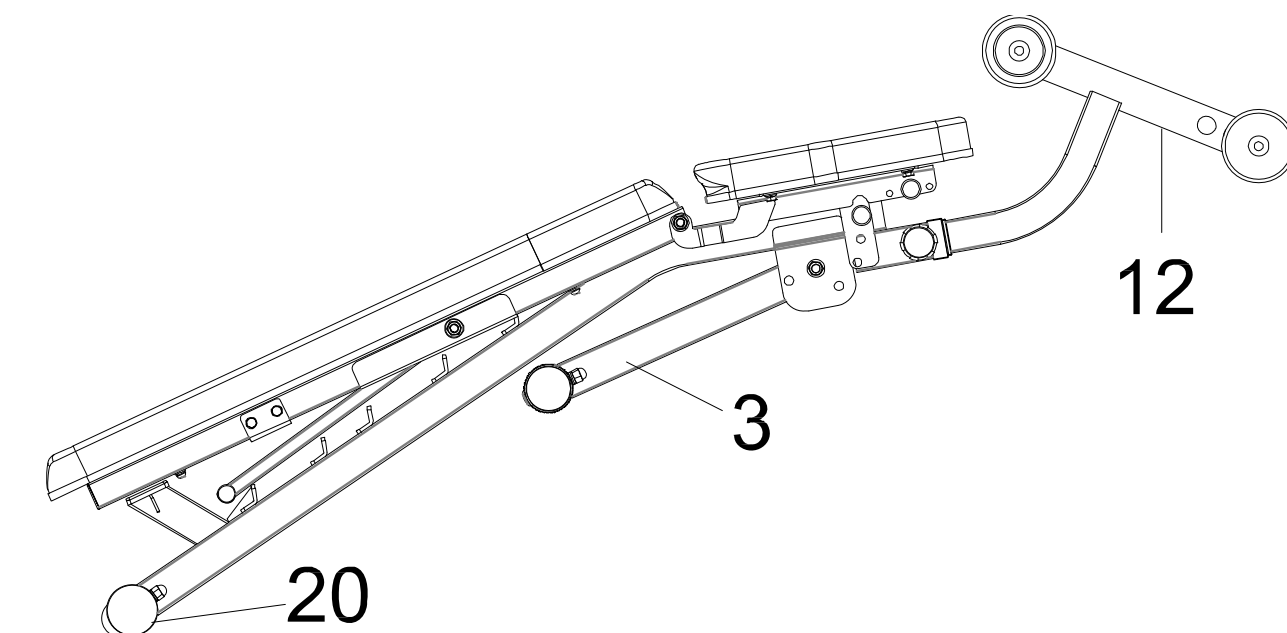
Insert the **Rod (11)** into the hole **C** of **Leg Holder (12)**. Slide two **Foam Rollers (15)** onto both sides of the **Rod (11)**. Firmly press one **Foam Roller End Cap (16)** and one **Round End Cap (17)** into the ends **Rod (11)** tube.

TRANSPORTATION



Transporting when the bench is set up:

Lift up the **Leg Holder (12)** and fold the **Front Stabilizer (3)** until the **Transport Wheels (20)** make contact with the ground, then move the bench to your desired location.



Transporting In Storage Mode:

Lift up the bench by holding the **Leg Holder (12)** until the wheels on the **Transport Wheels (20)** make contact with the ground, then move the bench to your desired location.

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 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, and 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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness. 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 Monday thru Friday, 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

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

PARTS REQUEST

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*