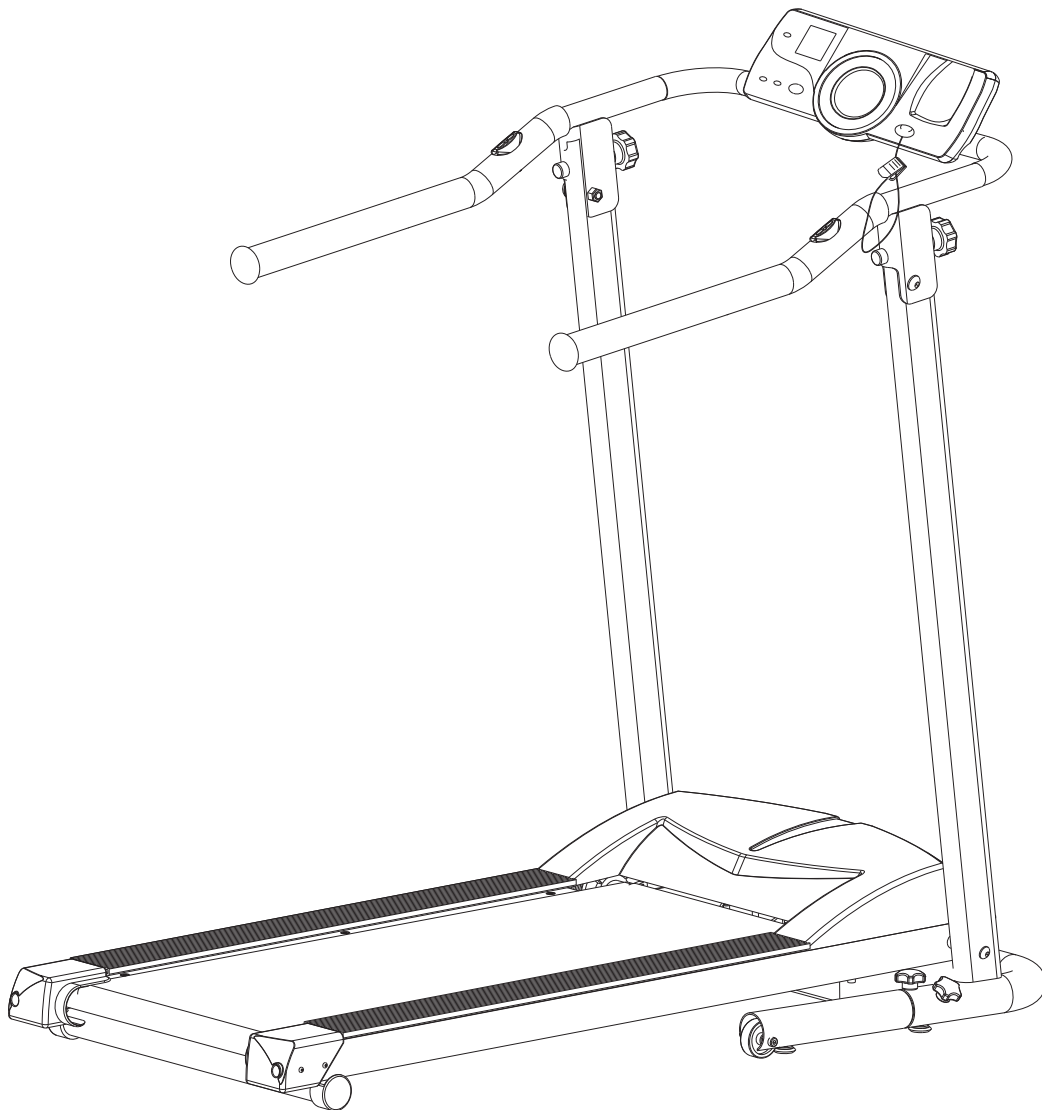


EXERPEUTIC
THERAPEUTIC FITNESS

Walk To Fit Treadmill



1010.5-072016

OWNER'S MANUAL

TABLE OF CONTENTS

SERVICE	2
LABEL PLACEMENT	3
IMPORTANT SAFETY INSTRUCTION.....	4
OVERVIEW DRAWING	8
PARTS LIST	9
COMPUTER KNOBS INCLUDED & TOOL	11
ASSEMBLY	12
COMPUTER	15
STORAGE	17
ADJUSTMENT	18
LUBRICATION	19
TROUBLE SHOOTING & MAINTENANCE.....	20
WARRANTY	23
PARTS REQUEST FORM	24

SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damage 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 below methods:

For Best Service Email:

Service@paradigmhw.com

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7921

Please have the following information ready when requesting for service:

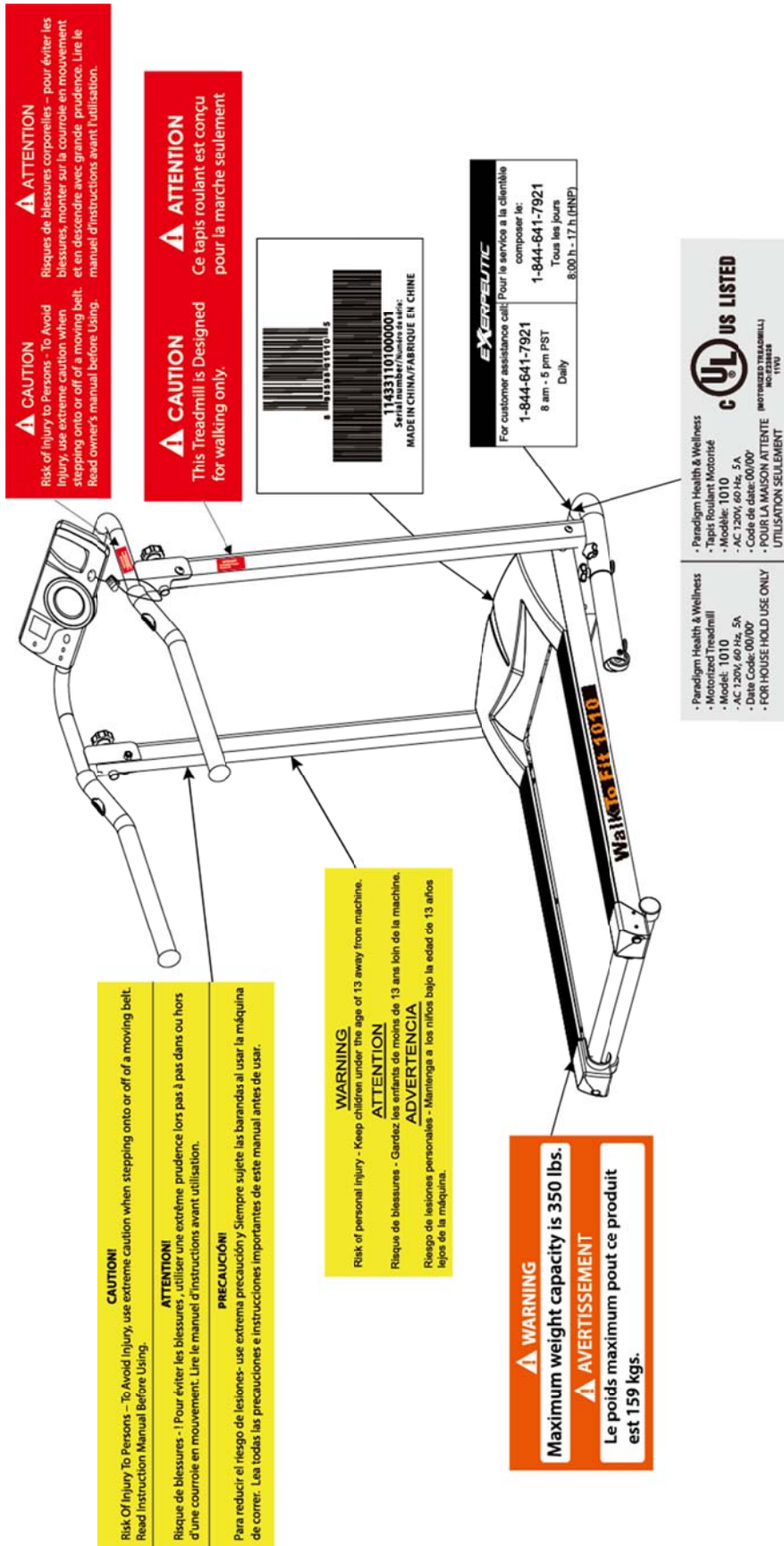
Your name
Phone number
Model number
Serial number
Part number
Proof of Purchase

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

* Email us with detailed information will be this is the best method to receive immediately responds during peak business hours

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

LABEL PLACEMENT



IMPORTANT SAFETY INSTRUCTION

IMPORTANT SAFETY INSTRUCTION

Basic precautions should always be followed, including the following safety instructions when using this treadmill: Read ALL instructions 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 using and 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 unit by turning off the master power switch, and unplugging the power cord from the outlet when not in use, and before putting on or taking off parts.
- 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 use the treadmill outdoors.
- 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. This appliance is not intended for use by persons 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 appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.

IMPORTANT SAFETY INSTRUCTION

- 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.
- 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 7 feet of the treadmill. Be sure the area around the treadmill remains clear during use and has adequate clearance.
- This treadmill is for household use 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 12 year-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove 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 around the unit.
- Pull up the Safety Tether Key for emergency stop. Reinstall the Safety Tether Key onto the Computer Console. Press the START/STOP button to begin exercise again.
- **Maximum Weight Capacity is 350 lbs / 159kgs.**
- 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 Instruction Manual Before Using.

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

IMPORTANT SAFETY INSTRUCTION

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

SAVE THESE 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.

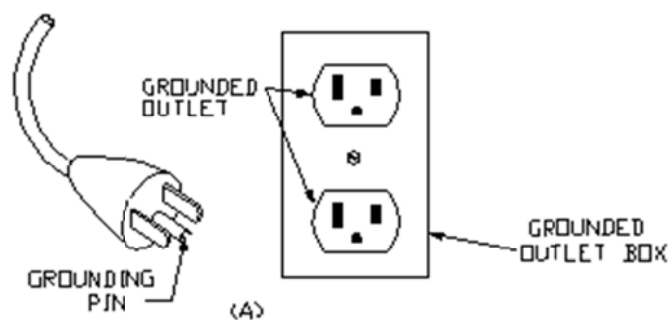


Figure 1

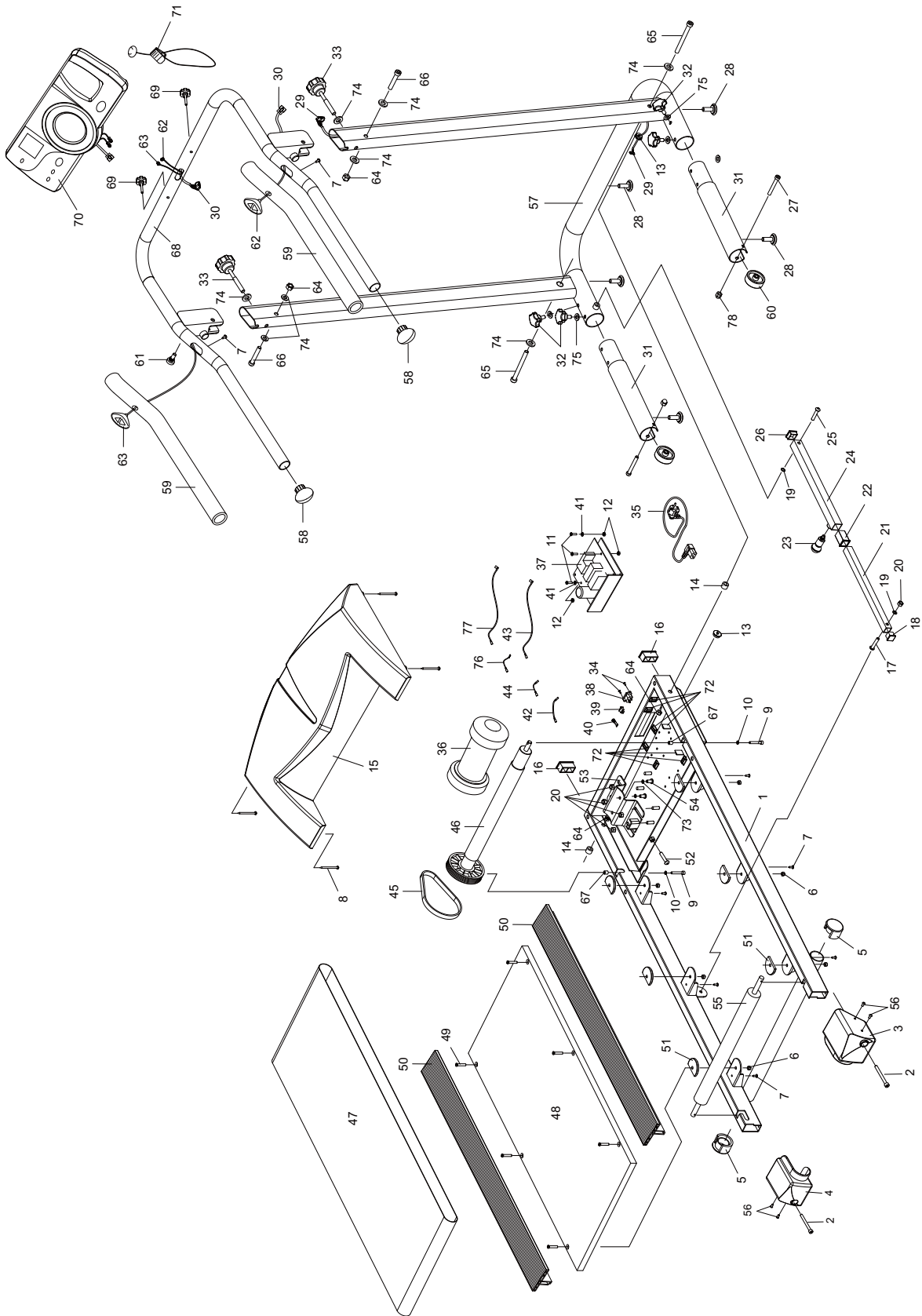
IMPORTANT SAFETY INSTRUCTION

- This unit must be plugged into a nominal 120 volt outlet, which has grounding.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- 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 persons 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 risk of serious injury to young children.

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

OVERVIEW DRAWING



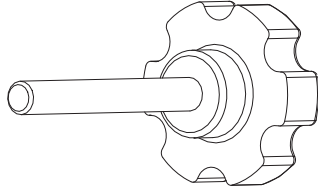
PARTS LIST

Part #	Description	Qty	Part #	Description	Qty
001	Main Frame	1	031	Stabilizer Tube (Ø50.8x300)	2
002	Bolt (M6x60mm)	2	032	Stabilizer Knob (M8xØ40xØ10.5x15.5mm)	4
003	Right Rear Cap	1	033	Handlebar Knob (M10xØ50x108)	2
004	Left Rear Cap	1	034	Bolt (M3x10mm)	2
005	Cover (Ø38xØ48x28)	2	035	Power Cord (1.8M-1.0/3C)	1
006	Nylon Nut (M6)	6	036	Motor (1.0HP 90V 3200RPM)	1
007	Tapping Screw (M4x16mm)	8	037	Power Control Board (97660)	1
008	Screw (M4x50mm)	4	038	Socket (HF-301)	1
009	Bolt (M6x40mm)	2	039	Switch, AC Power (R13-91A)	1
010	Spring Washer (M6)	2	040	Fuse Box (R3-91A)	1
011	Bolt (M4x12mm)	3	041	Washer (M4)	2
012	Nut (M4)	3	042	Wire for Fuse Box (120mm)	1
013	Wire Cap (Ø6x21x10)	2	043	Wire for Power Control Board (480mm)	1
014	Spacer (Ø16xØ10.5x31mm)	2	044	Wire for Switch (80mm)	1
015	Motor Cover	1	045	Belt (180J5)	1
016	End Cap (□25x50)	2	046	Front Roller (Ø37x487)	1
017	Bolt (M8x35mm)	1	047	Running Belt (400x1930x1.2)	1
018	Square End Cap (□20)	1	048	Running Deck (830x447x18)	1
019	Nylon Washer (M8)	2	049	Bolt (M6x35mm)	6
020	Nylon Nut (M8)	5	050	Side Rail (80.5x39x782.6)	2
021	Safety Tube A (F20x330mm)	1	051	Deck Bumper (48x32x5)	6
022	Bushing (F23xF20.3x42)	1	052	Bolt (M8x45mm)	1
023	Spring Knob (Ø8xØ20x71)	1	053	Motor Bracket	1
024	Safety Tube B (F25.4x1.5x340)	1	054	Bolt (M8x12mm)	2
025	Bolt (M8x40mm)	1	055	Rear Roller (Ø37x487)	1
026	Square End Cap (□25.4)	1	056	Screw (M4x8mm)	4
027	Bolt (M8x60mm)	2	057	Stabilizer (711x283x1091)	1
028	Adjustable Pad (M10xØ28x40)	5	058	End Cap for Handlebar (Ø41xØ28.5x40)	2
029	Sensor Cable I (1750mm)	1	059	Foam Grip (Ø30xØ37x537)	2
030	Sensor Cable II (800mm)	1	060	Wheel (Ø8.5xØ50x23)	2

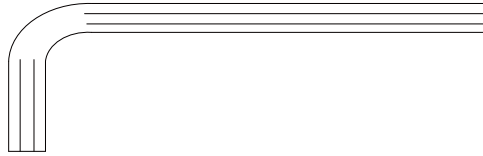
PARTS LIST

Part #	Description	Qty	Part #	Description	Qty
061	Short Knob (Ø8xØ20x36)	1	070	Computer	1
062	Speed Button with Wire (950MM 3P)	1	071	Safety Tether Key (SD-7934-1)	1
063	Mode/On Off Button with Wire (950MM 3P)	1	072	Binding Wire Plate 20x20x7	8
064	Nylon Washer (M10)	4	073	Spring Washer (M8)	2
065	Bolt (M10x100mm)	2	074	Washer (M10)	8
066	Bolt (M10x50mm)	2	075	Washer (Ø21xØ8.5x1.8t)	4
067	Spacer (Ø12.5xØ8.5x24mm)	2	076	Earth Lead (120mm)	1
068	Handlebar (692x793x161)	1	077	Wire (400mm)	1
069	Computer Knob (M5xØ25x55)	2	078	M8 Nut Cap	2

COMPUTER KNOBS INCLUDED & TOOL

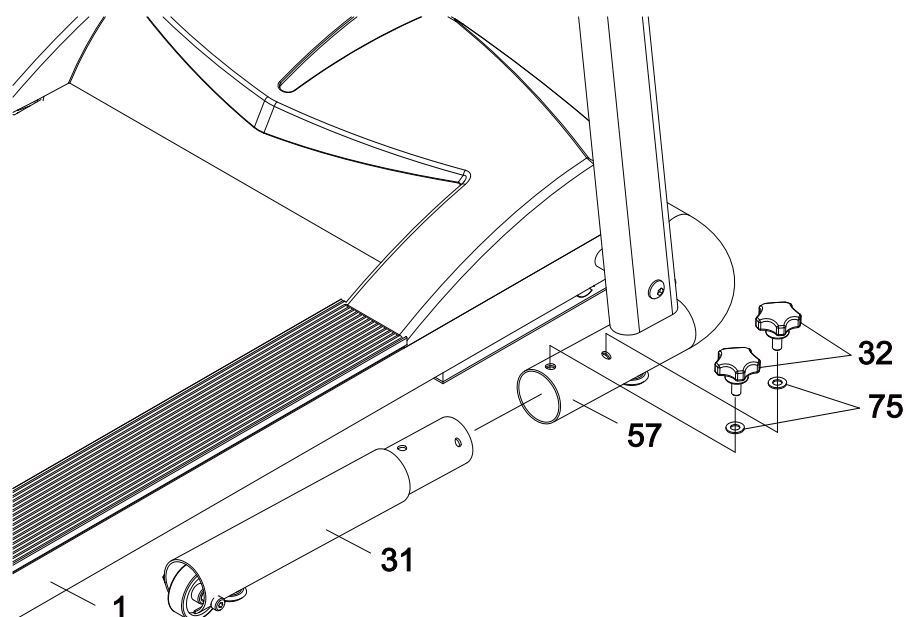


(69) Computer Knob (M5xØ25x55)
2 PCS



Allen Wrench
1 PC

ASSEMBLY



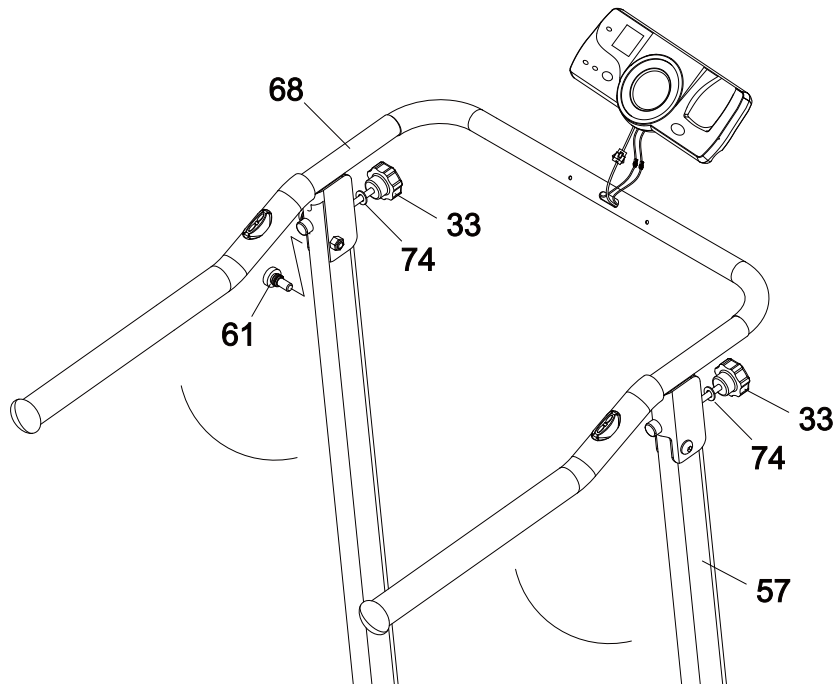
Step 1

Place the treadmill in the upright position on a level surface. Lower the Main Frame (1) by pulling out the Spring Knob (23), and allowing it to lower. Ensure that the Spring Knob (23) "pops" into the locked position and the Main Frame (1) is flat with the ground.

TO PREVENT INJURY MAKE SURE YOU HAVE A FIRM HOLD WHEN SETTING DOWN THE DECK.

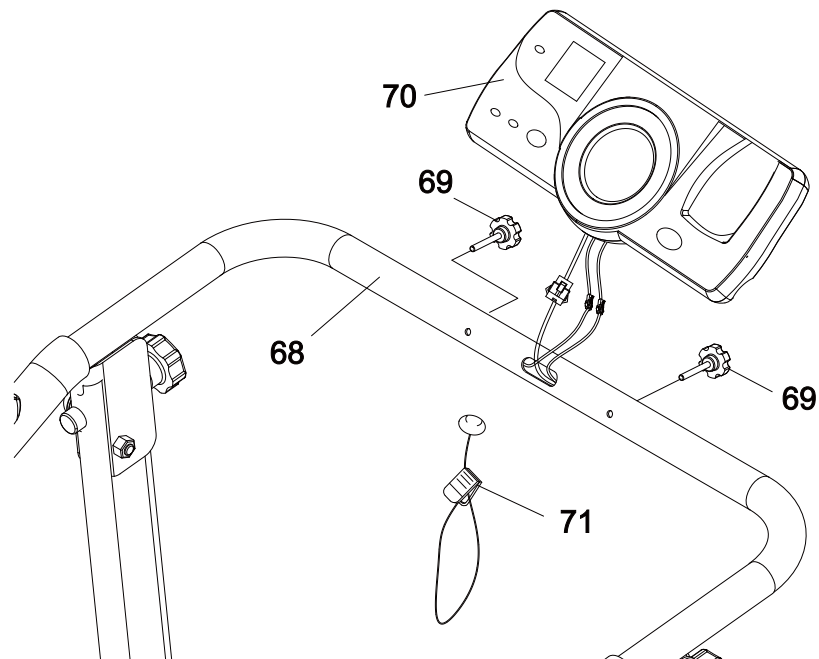
Remove the four Stabilizer Knobs (32) and four Washers (75) from the right and left sides of the Stabilizer (57). Then install both Stabilizer Tubes (31) to the Stabilizer (57), using the four Stabilizer Knobs (32) and four Washers (75) that were removed.

ASSEMBLY



Step 2

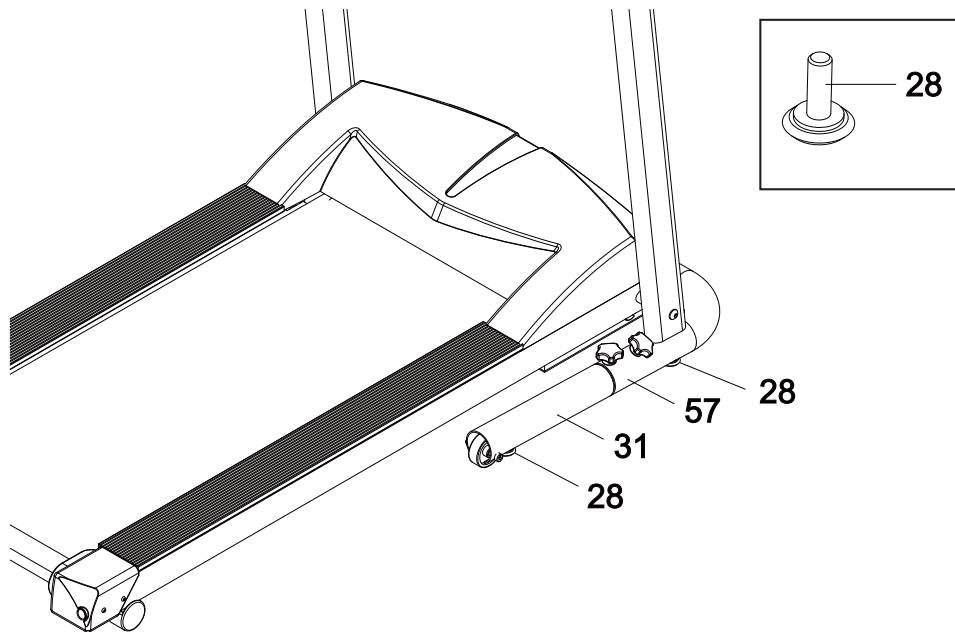
Pull the Short Knob (61) and lift the Handlebar (68) all the way up. Tighten the Handlebar (68) to the Stabilizer (57) with two Handlebar Knobs (33) and two Washers (74).



Step 3

Attach the Computer (70) onto the Handlebar (68) with two Computer Knobs (69). Place the Safety Tether Key (71) onto the Computer (70).

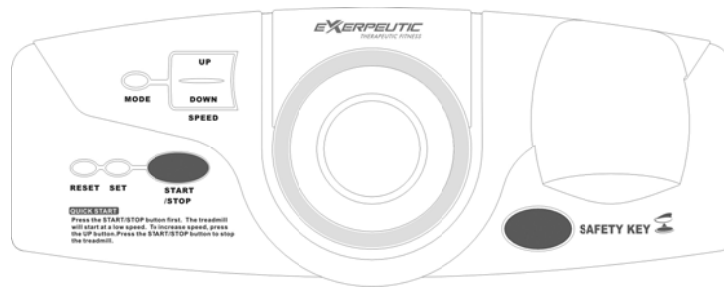
ASSEMBLY



Step 4

There are five Adjustable Pads (28) on the bottom of both Stabilizer Tubes (31) and the Stabilizer (57). Turn the Adjustable Pad (28) as needed to level the treadmill.

COMPUTER



Quick Start:

With the Safety Tether Key secured to the Computer as well as the user, Press the START/STOP button to immediately begin exercise. While in the Quick Start mode, use the SPEED UP and SPEED DOWN buttons to adjust the speed.

Button Functions:

START/STOP: Press the START/STOP button to start or stop the treadmill.

MODE: Press MODE button to select each function (TIME, DISTANCE, or CALORIES) for set up a workout goal value.

SET: Use the SET button to confirm goal values of TIME, DISTANCE, or CALORIES.

RESET: Press the RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero.

Press and hold the RESET button for 2 seconds, all data values will clear to zero.

SPEED UP: Press the SPEED UP button to increase speed.

SPEED DOWN: Press the SPEED DOWN button to decrease speed.

COMPUTER

Computer Functions:

TIME: Displays your elapsed workout time in minutes and seconds. Use the SET button to set a Time goal. Confirm the goal using the MODE button. Time can be set between 1:00 and 99:00.

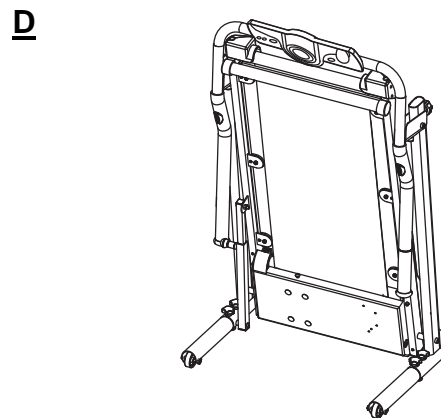
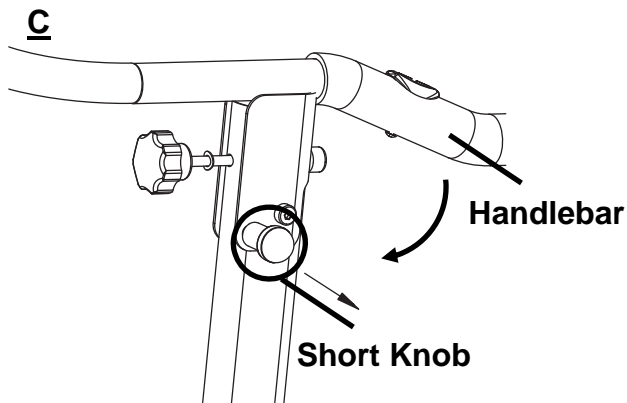
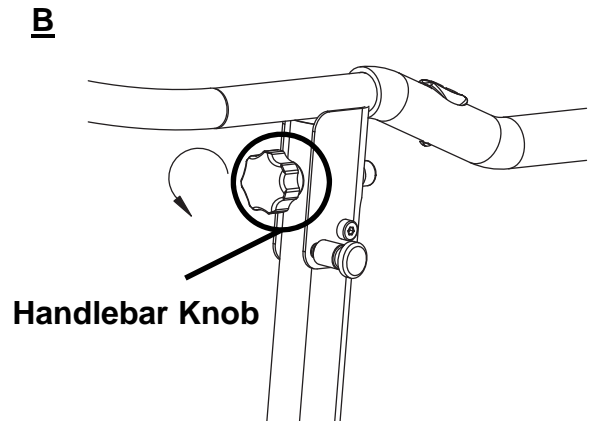
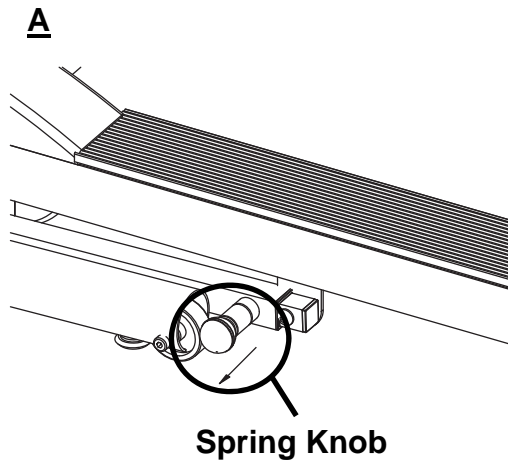
SPEED: Displays the current workout speed. You may increase or decrease the speed by pressing the SPEED UP or SPEED DOWN button on the computer console or right handlebar at any time. The speed can be adjusted between 0.4 MPH to 4.0 MPH.

DISTANCE: Displays the cumulative distance traveled during your workout. Press the START/STOP button to start exercise. Use the SET button to set a Distance goal. Confirm the goal using the MODE button. Distance can be set between 0.1 Miles to 99.9 Miles.

CALORIES: Displays the total cumulative calories burned during your workout. Press START/STOP button to start exercising. Use the SET button to set a Calorie goal. Calorie goals can set between 0 and 9990 calories burned. Confirm your selection using the MODE button.

NOTE: The display console will automatically enter sleep mode when no activity is noticed after 4 minutes. When this happens, press the START/STOP button to resume or begin exercise.

STORAGE



FOLDING THE TREADMILL

For your convenience, the treadmill can be folded up and placed in a storage area. To fold the treadmill place one hand on the rear end of main frame and use your other hand to pull out the Spring Knob, then lift the main frame up until the Spring Knob "pops" down into the locked position as shown in figure A.

Release both Handlebar Knobs as shown in figure B.

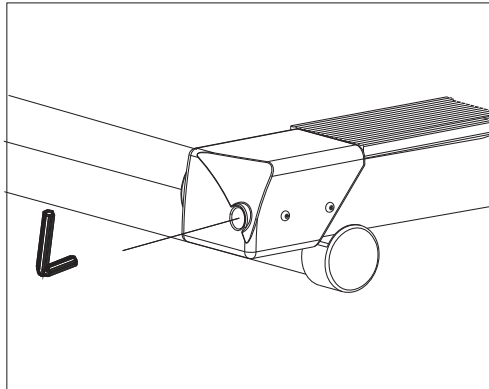
Pull out the Short Knob and then push the Handlebar all the way down.

Insert both Handlebar Knobs back to the Stabilizer as shown in figure C.

The figure D shows the treadmill in the folded position. Now the treadmill is ready to be stored.

IMPORTANT: TO PREVENT INJURY MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.

ADJUSTMENT



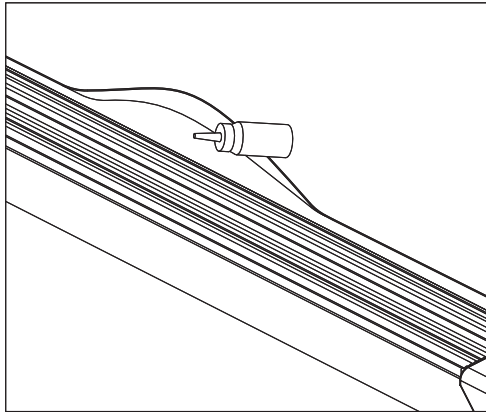
Belt Adjustment:

The belt is adjusted at the factory; it may come loose during transportation and/or from use. After prolonged use of the treadmill, the belt will stretch out. If the belt is shifting to the left, turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen wrench provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered.

If the belt is shifting to the right, turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. Using the Allen wrench provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the belt is properly centered.

If the belt is slipping during use, turn off and unplugged the treadmill. Using the Allen wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn in the clockwise direction for the same amount, then turn on the main power switch of treadmill and let the belt run at the speed of 1-1.5 MPH. You should now walk on to the belt to determine if the belt is still slipping. Repeat the above procedure until the belt no longer slips.

LUBRICATION



The treadmill been coated with "Silicone Oil" in advance. Silicone oil is a non-volatile oil and by the time you receive should have permeated through the belt. There will be no need to re-apply the oil under normal circumstances. To maintain the belt, "Silicone Oil" may be re-applied once the resistance has been increased and the belt starts rubbing against the running deck. To re-apply "Silicone Oil" to the treadmill, lift up the belt, one side at a time, and apply the oil directly to the center of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

Attention: Only use "Silicone Oil" lubricants 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.**

TROUBLE SHOOTING & MAINTENANCE

WARNING: To prevent electrical shock, turn off and unplug the treadmill before cleaning or performing routine maintenance.

CLEANING

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.

Keep the treadmill, especially, the console, out of direct sunlight to prevent screen damage.

STORAGE

Store the treadmill in a clean and dry environment. Ensure the master power switch is off and is in the off position and the power plug is un-plugged from the electrical wall outlet.

TROUBLE SHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none">1. Not plugged in.2. Safety tether key not connected.3. House circuit breaker tripped.4. Treadmill circuit breaker tripped.	<ol style="list-style-type: none">1. Put the power plug into the electrical wall outlet.2. Install the safety tether key.3. Reset or have an electrician replace the breaker in home.4. Wait five minutes and then press the switch back in.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates When stepped on.	<ol style="list-style-type: none">1. Not enough lubrication applied onto the running deck.2. Belt is too tight.	<ol style="list-style-type: none">1. Apply silicone lubricant.2. Adjust belt tension.
Belt is off centered.	Running belt tension not even across the rear roller.	Center the belt.

TROUBLE SHOOTING & MAINTENANCE

Problem	Potential Causes	Corrections
E 1 (Computer did not receive any signal for 30 seconds.)	<ol style="list-style-type: none"> 1. Bad communication for upper and lower controller. 2. The communicate signal from upper or lower controller is bad by interference from motor. 	<ol style="list-style-type: none"> 1. Check the cables are in good connection. 2. Turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E 1, notify your local Customer Service Center.
E 3 (Over voltage protection trip.)	<ol style="list-style-type: none"> 1. Input AC power over voltage. 2. Chip for controller is damage. 	Turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E 3, notify your local Customer Service Center.
E 4 (Excessive current from the controller.)	<ol style="list-style-type: none"> 1. Belt is too tight. 2. Belt rubs against the deck. 	<ol style="list-style-type: none"> 1. Adjust the belt tension. 2. Apply silicone lubricant or turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E 4, notify your local Customer Service Center.

TROUBLE SHOOTING & MAINTENANCE

Problem	Potential Causes	Corrections
E 5 (Excessive drive motor current.)	Check your machine to make sure the running belt is without any abnormal interference.	Turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E 5, notify your local Customer Service Center.
E 6 (The motor can not work.)	Check if the wire that connects to the motor is connected properly or not.	Reconnect the wire or turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E 6, notify your local Customer Service Center.
E 7 (PCB did not receive any signal.)	<ol style="list-style-type: none"> 1. Bad communication for upper and lower controller. 2. The communicate signal from upper or lower controller is bad by interference from motor. 	<ol style="list-style-type: none"> 1. Check the cables are in good connection. 2. Turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the screen still shows E 7, notify your local Customer Service Center.
SAFE (Safety key is loose or unplugged.)	Check the position of the safety key.	Reset the safety key correctly.

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
------------------	--------

Motor	5 years
-------	---------

All Other Components	90 days
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(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

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

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

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

Ordering Replacement Parts

Replacement parts can be ordered by 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

