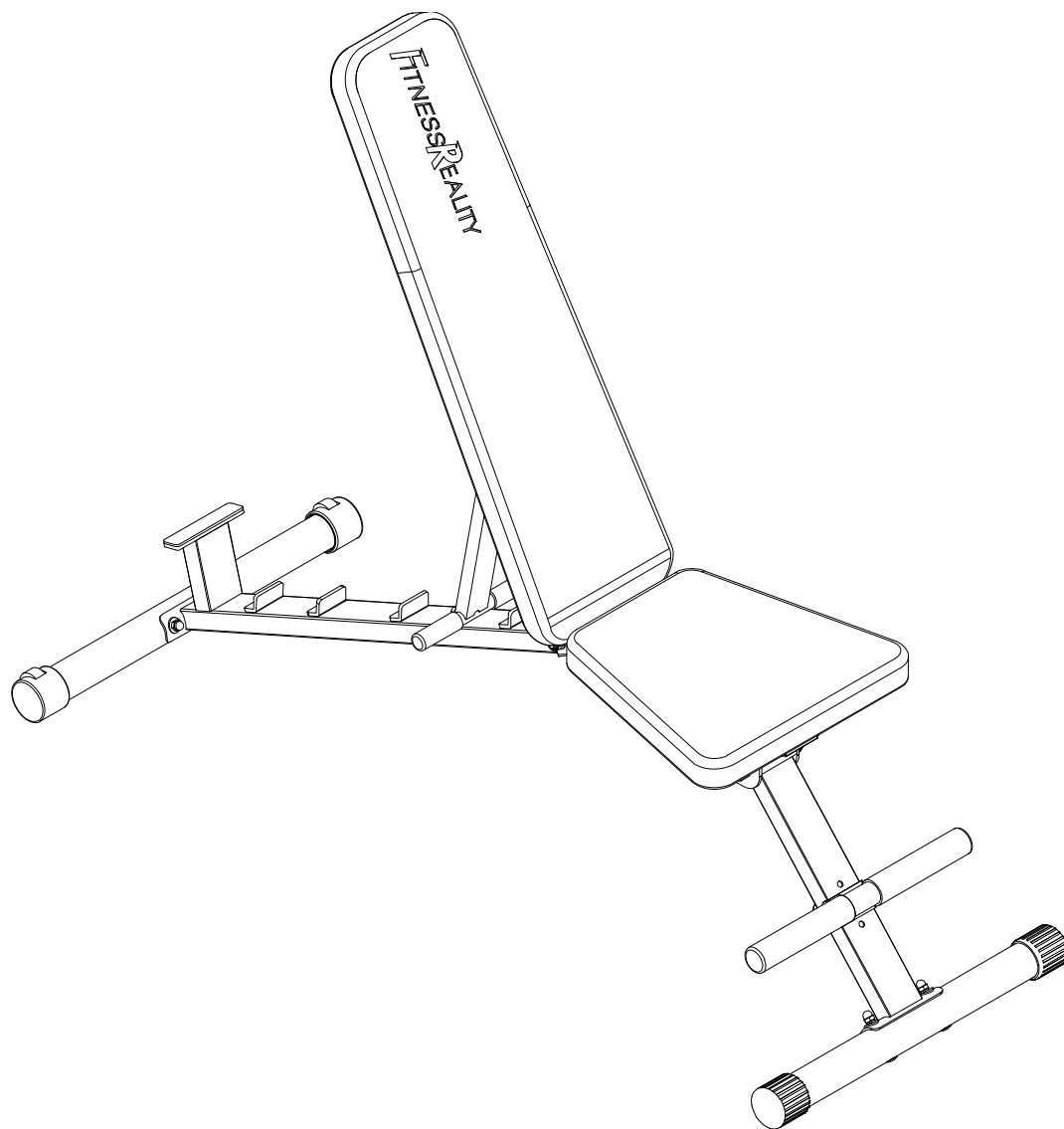


Bench



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.



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

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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

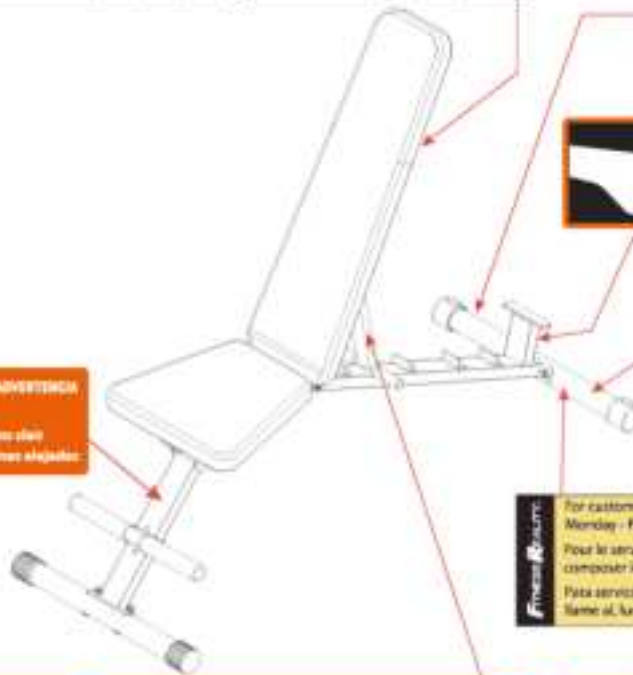
Model#2804



Text "what now?" to 31996
to learn how to use this
equipment



UNDER FURNITURE OR ADJUTING NOTICE: REMOVED EXCEPT BY THE FURNITURE MANUFACTURER ALL NEW MATERIALS CONFORMING TO THE CALIFORNIA FIRE SAFETY CODE, TITLE 19, SECTION 10100	NOTICE This article does not meet the flammability requirements of California Bureau of Home Furnish- ing technical bulletin 117. Can should be marked near open flame or with burning cigarette.
REGISTRY NO. VAL2502 (CN) Certification is made by the manufacturer of the materials in this article as described in accordance with law. Furnishings, Inc. 1155502080000 CA 91714, USA	AVIS Ce produit ne satisfait pas aux critères d'incendiosé- curité spécifiés à l'article 117 de l'avis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme non éteinte, etc.
SE LAM CONSUMABLES EN LA SOLUCION DE LA CUBIERTA QUILAS MATERIALES CONFORMES A LOS REQUISITOS DE LA OFICINA DE Modulano de la California 117. Cubierta de California deben etiquetarse cerca de una fuente abierta o con cigarrillos encendidos.	NOTIFICACIÓN Este artículo no se ajusta a los requisitos de la Oficina de Modulano de la California 117. Cubierta de California deben etiquetarse cerca de una fuente abierta o con cigarrillos encendidos.



SAFETY
Inspect and tighten security (Nuts, Bolts, Rubber Pads, Steel Rods, etc.)
Replace any worn or torn parts immediately.
Check to ensure the machine is level.
Check Tension and Pacing on Safety (padding) Pads.
Check Adjustment Knobs for the Security Tightness.
WARNING
Inspect and tighten security.
Use a long cloth to clean dust and moisture from equipment.
Clean and Wipe Up Spills.
Check equipment before using. Tighten up safety frame.

SAFETY
Revisar y apretar bien (tornillos, pernos, paños de goma, varillas de acero, etc.)
Reemplazar inmediatamente cualquier parte desgastada o rota.
Revisar para asegurarse que la máquina está nivelada.
Chequear la tensión y el ritmo los tiradores de seguridad acolchados por dentro.
Revisar que los pernos de ajuste estén apretados firmemente.
MANEJO
Revisar y apretar firmemente.
Utilizar un paño largo para limpiar el polvo y humedad del equipo.
Limpiar y paño en seco por la superficie.
Revisar el estado de la estructura del metal / tornillos / seguridad del equipo.

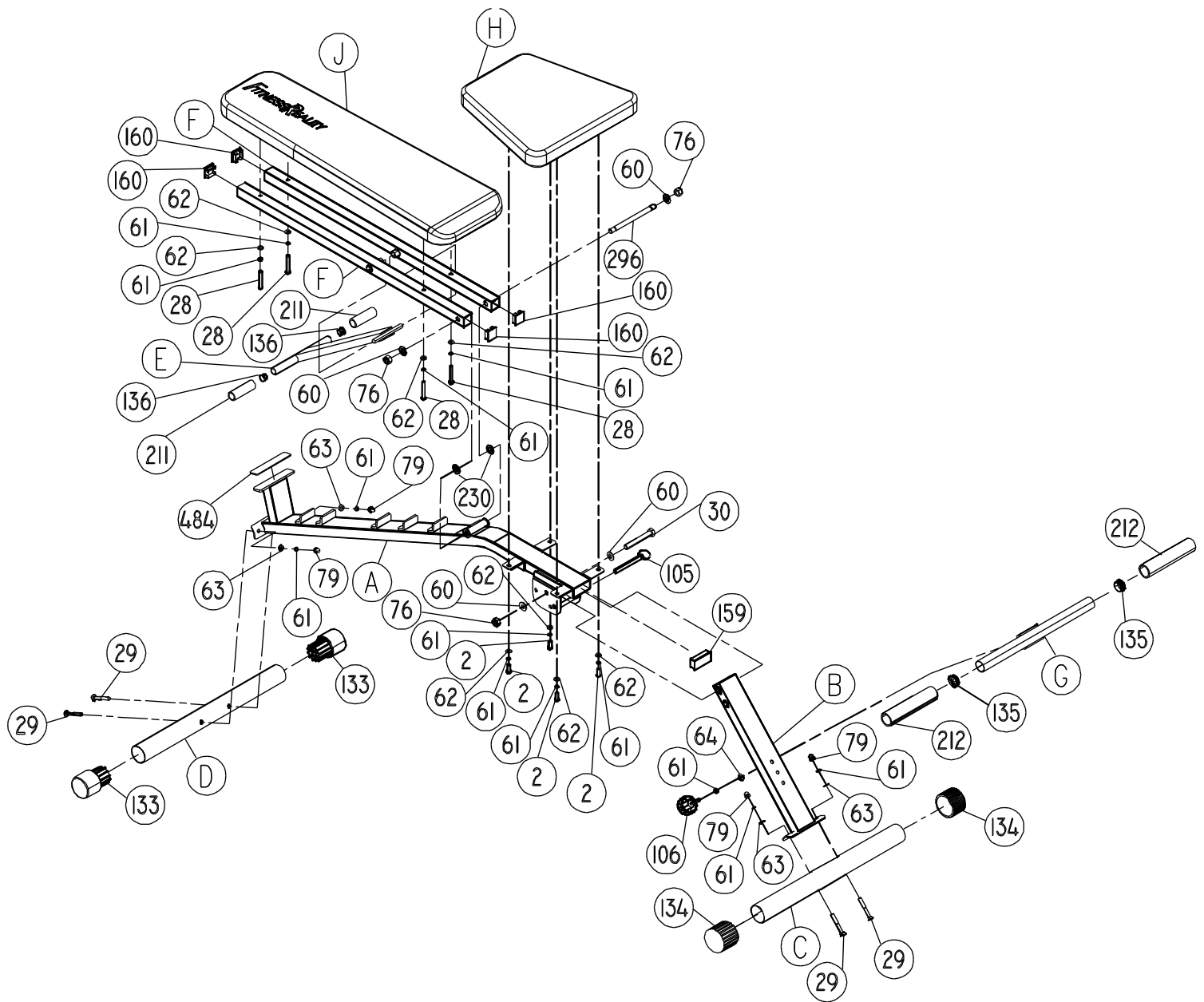
CAUTION
Inspect and tighten equipment (Nuts, Bolts, Rubber Pads, Steel Rods, etc.)
Replace any worn or torn parts immediately.
Check to ensure the machine is level.
Check Tension and Pacing on Safety (padding) Pads.
Check Adjustment Knobs for the Security Tightness.
WARNING
Inspect and tighten security.
Use a long cloth to clean dust and moisture from equipment.
Clean and Wipe Up Spills.
Check equipment before using. Tighten up safety frame.

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 as soon as you feel queasy.
 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.
 15. **WARNING:** It is highly recommend that you have assistance during the assembly of the equipment.
 16. **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 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 800lbs/363kgs.

OVERVIEW DRAWING

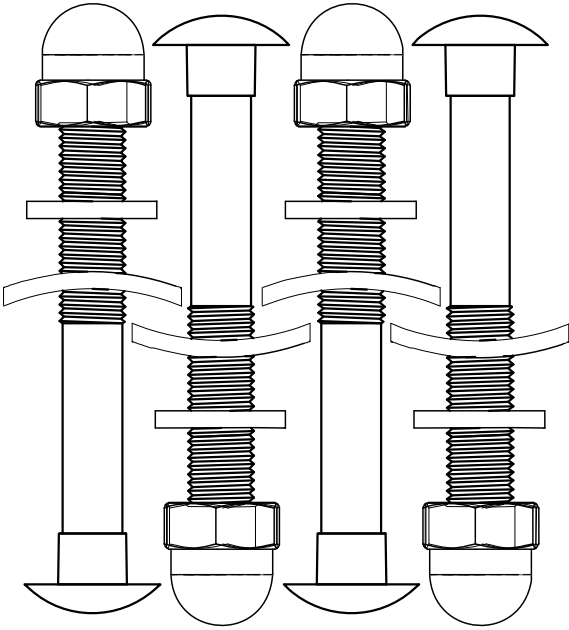


PARTS LIST

Part #	Description	Q'ty
A	Main Frame	1
B	Front Support Tube	1
C	Front Stabilizer	1
D	Rear Stabilizer	1
E	Rear Support Tube	1
F	Backrest Support Tube	2
G	Leg Holder	1
H	Seat	1
J	Backrest	1
2	Hex Bolt M8x20mm	4
28	Hex Bolt M8x50mm	4
29	Carriage Bolt M8x60mm	4
30	Hex Bolt M12xL90	1
60	Flat Washer Ø12xØ24x2	4
61	Spring Washer Ø8	13
62	Flat Washer Ø8xØ16x1.5	8
63	Curved Washer Ø8xØ21x2	4
64	Flat Washer Ø8xØ21x2	1
76	Nylon Nut M12	3
79	Cap Nut M8	4
105	Pin Ø10x100	1
106	Round Knob M8x40mm	1
133	Wheel End Cap Ø50mm	2
134	Stability End Cap Ø50mm	2
135	Round End Cap Ø32	2
136	Round End Cap Ø19	2
159	Rectangle End Cap 30x60m	1
160	Square End Cap 30x30m	4
211	Hand Grip Ø19x75x3	2
212	Leg Hold Grip Ø32x168x3t	2
230	Washer Ø20x12x2.5T	2
296	Threaded Shaft Ø12x160m	1
484	Bumper Ø125X30X3t	1

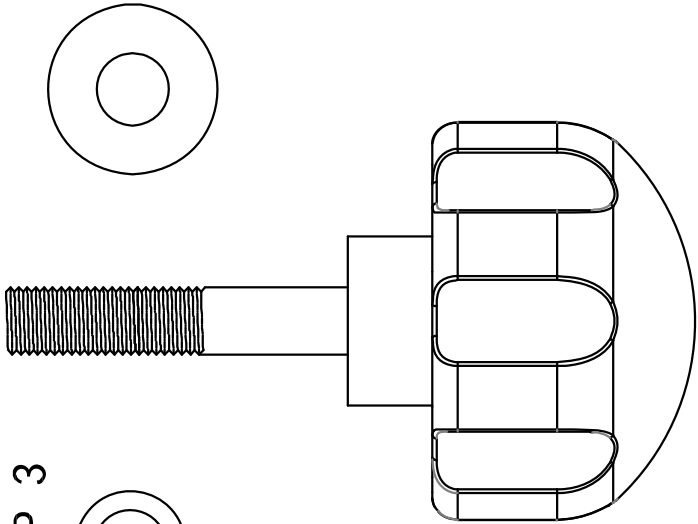
2804 Hardware Pack

STEP2



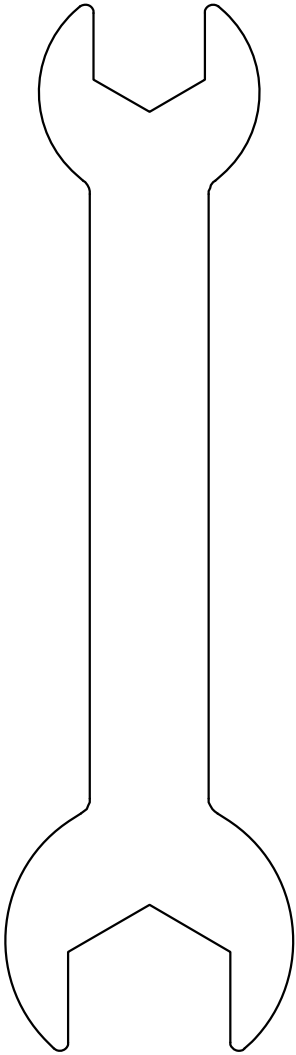
M8*60mm

STEP 3

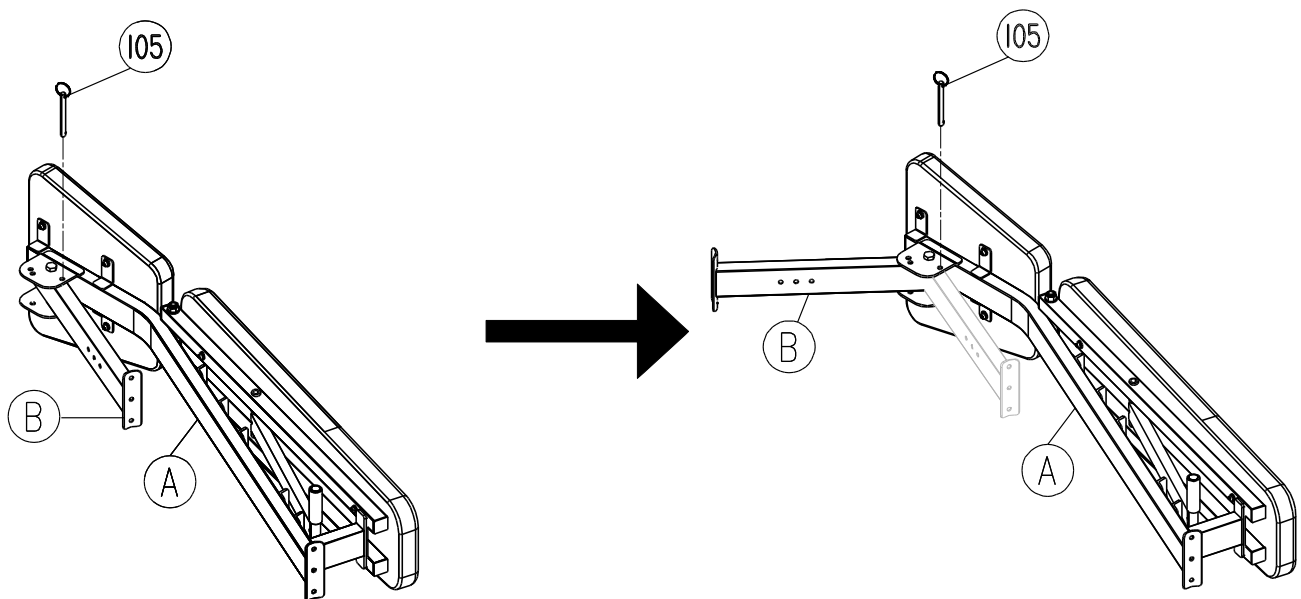


N0. 29X4 N0. 79X4 N0. 61X4 N0. 63X4

N0. 61X1 N0. 106X1 N0. 64X1



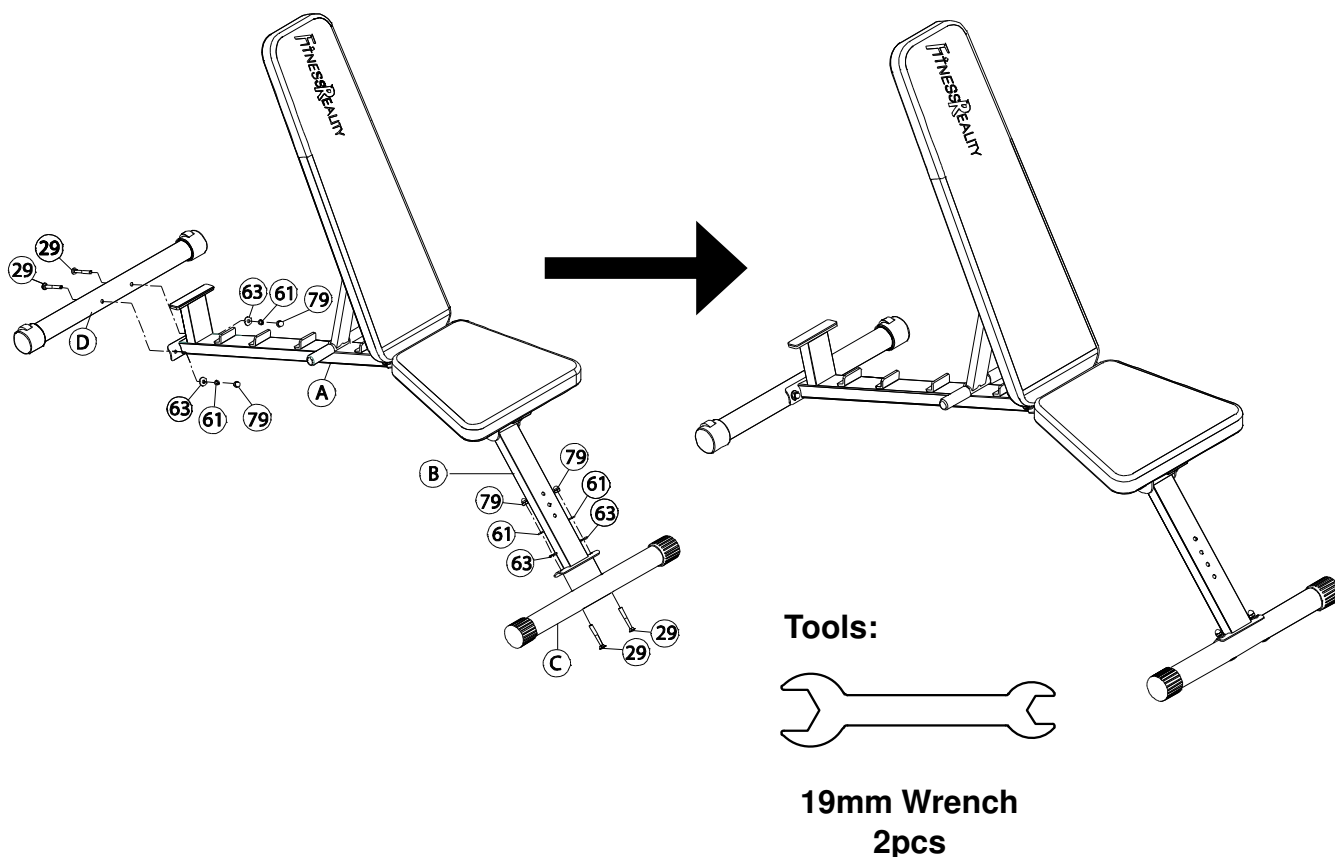
13-19mm Wrench 2Pcs



STEP 1

- A. Rest the Bench on its side and completely pull out the **Pin (105)** from the bracket on the **Main Frame (A)**.
- B. Pull the **Front Support Tube (B)** outwards and completely reinsert the **Pin (105)** into the first hole on the bracket of **Main Frame (A)**.

ASSEMBLY

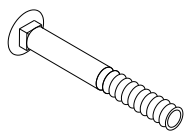


STEP 2

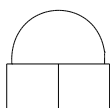
A. Installing the Front Stabilizer: Lift up the **Front Support Tube (B)**, and then align the **Front Stabilizer (C)** holes with the holes on the front curve of the **Front Support Tube (B)**. The square holes of the **Front Stabilizer (C)** should point towards the floor. Insert two **Carriage Bolts (29)** through the **Front Stabilizer (C)** and **Front Support Tube (B)** until the bolts reach through. On the protruding end of the **Carriage Bolts (29)**, secure on two **Curved Washers (63)**, two **Spring Washers (61)**, and two **Cap Nuts (79)**. Tighten the **Cap Nuts (79)** with the two **19mm Wrenches** provided.

B. Installing the Rear Stabilizer: Lift up the rear of the **Main Frame (A)**, and then align the **Rear Stabilizer (D)** holes with the holes on the rear curve of the **Main Frame (A)**. The square holes of the **Rear Stabilizer (D)** should point towards the floor with the Customer Service Stickers facing upward. Insert two **Carriage Bolts (29)** through the **Rear Stabilizer (D)** and the rear curve of the **Main Frame (A)** until the bolts reach through. On the protruding end of the **Carriage Bolts (29)**, secure on two **Curved Washers (63)**, two **Spring Washers (61)**, and two **Cap Nuts (79)**. Tighten the **Cap Nuts (79)** with the two **19mm Wrenches** provided.

Hardware:



(29) Carriage Bolt
4 PCS



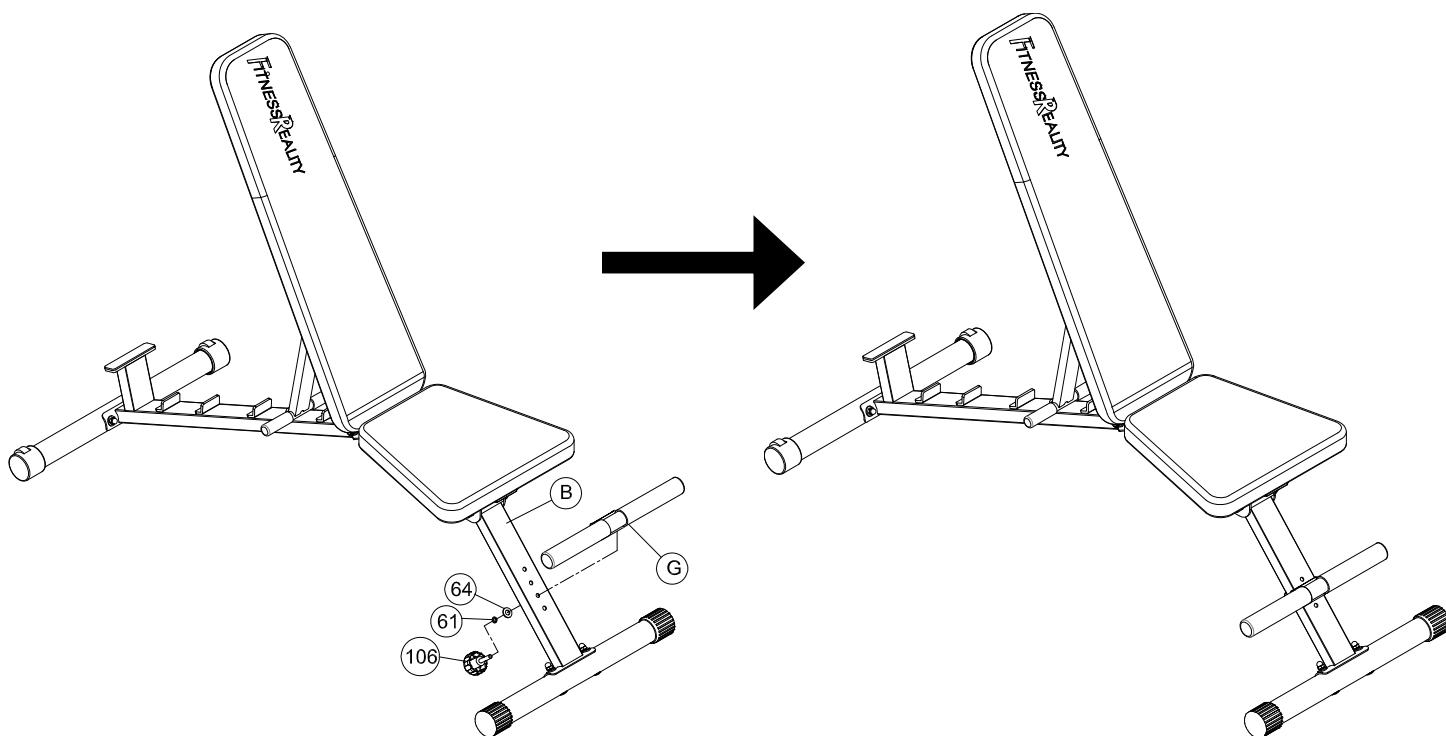
(79) Cap Nuts
4 PCS



(61) Spring Washer
4 PCS



(63) Curved Washer
4 PCS



STEP 3

A. Installing the Leg Holder: There are four holes down the **Front Support Tube (B)**. They are for height levels. Pick one of the holes and insert the threaded end of the **Round Knob (106)** along with one **Spring Washer (61)** and one **Flat Washer (64)** through the back side. Align the **Leg Holder (G)** to the protruding threaded shaft of **Round Knob (106)**. Tighten the **Round Knob (106)** in a **clockwise** manner to secure in place the **Leg Holder (G)**.

Hardware Pack:



(106) Round Knob
1 PC

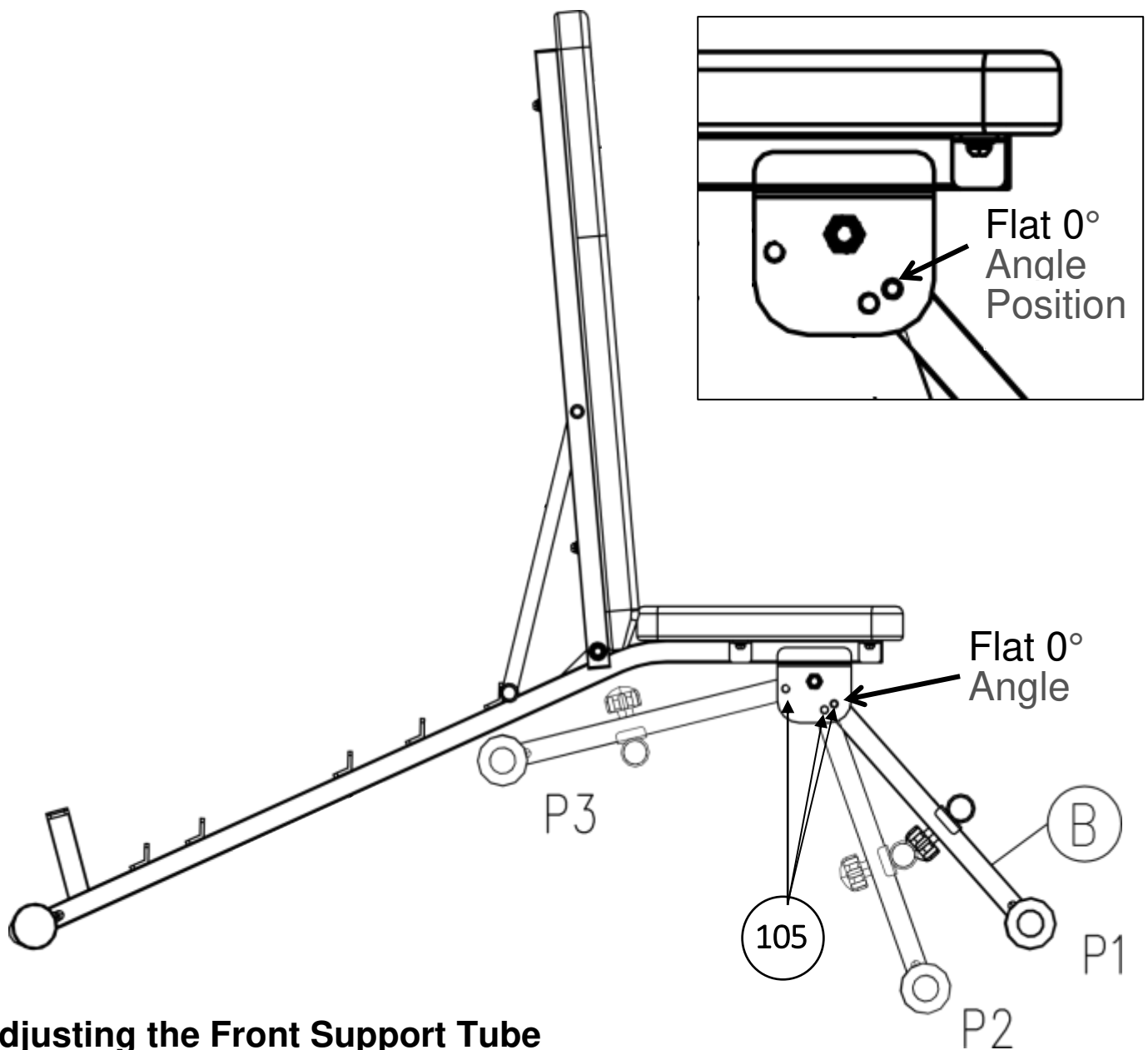


(61) Spring Washer
1 PC



(64) Flat Washer
1PC

ADJUSTMENTS



Adjusting the Front Support Tube

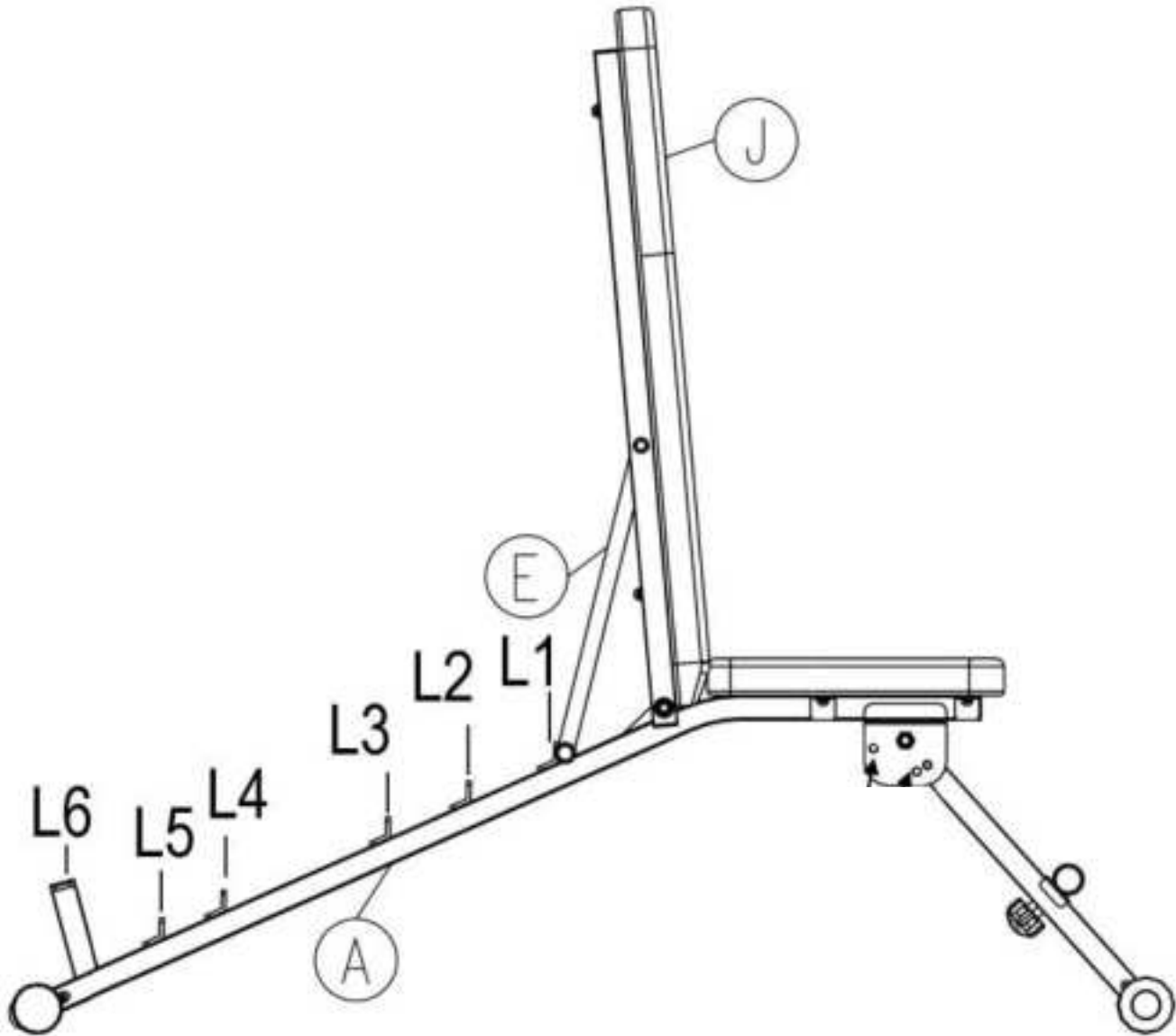
Pull the **Pin (105)** out and swing the **Front Support Tube (B)** into one of the following positions:

- Position **P1** gives a flat 0° seat for working out.
- Position **P2** gives an inclined seat for working out.
- Position **P3** is for folding up the Bench for storage.

Completely re-insert the **Pin (105)** into the hole for the position you select.

NOTE: If you feel the backrest is not at a flat 0° angle, check that the Front Support Tube (B) is in the P1 position NOT the P2 position.

ADJUSTMENTS



Adjusting the Backrest

Lift the **Backrest (J)** upwards to raise the **Rear Support Tube (E)** off of the tabs that run along the rear shaft of the **Main Frame (A)**. Then gently lower the **Backrest (J)** while guiding the **Rear Support Tube (E)** back into the new tab height so that your backrest angle is adjusted.

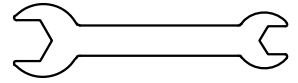
There are six different adjustments:

1. L1 = 85°
2. L2 = 60°
3. L3 = 45°
4. L4 = 20°
5. L5 = 0°
6. L6 = -15°

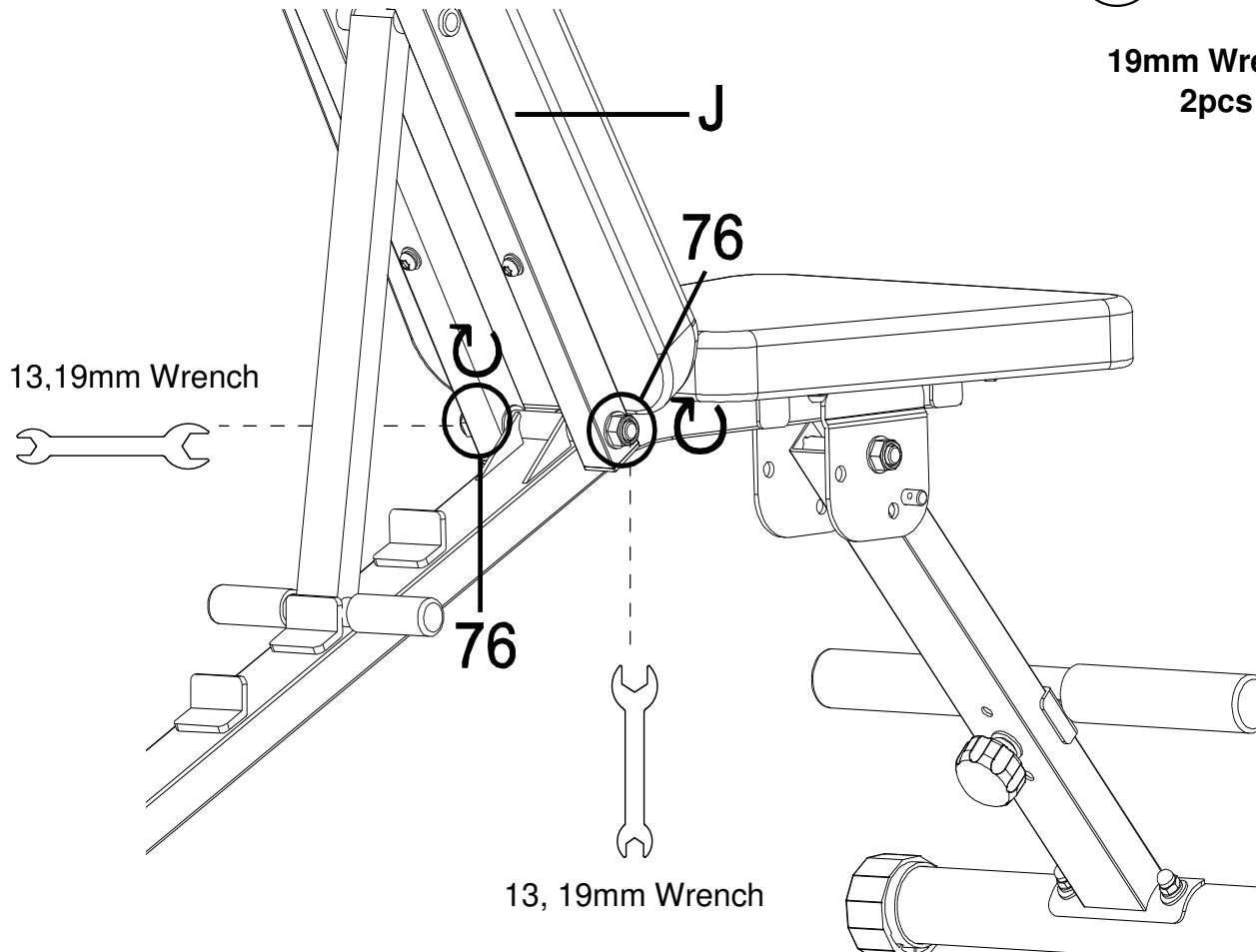
NOTE: If you feel the backrest is not at a flat 0° angle, check that the Front Support Tube (B) is position correctly. **SEE THE PREVIOUS PAGE.**

ADJUSTMENTS

Tools:



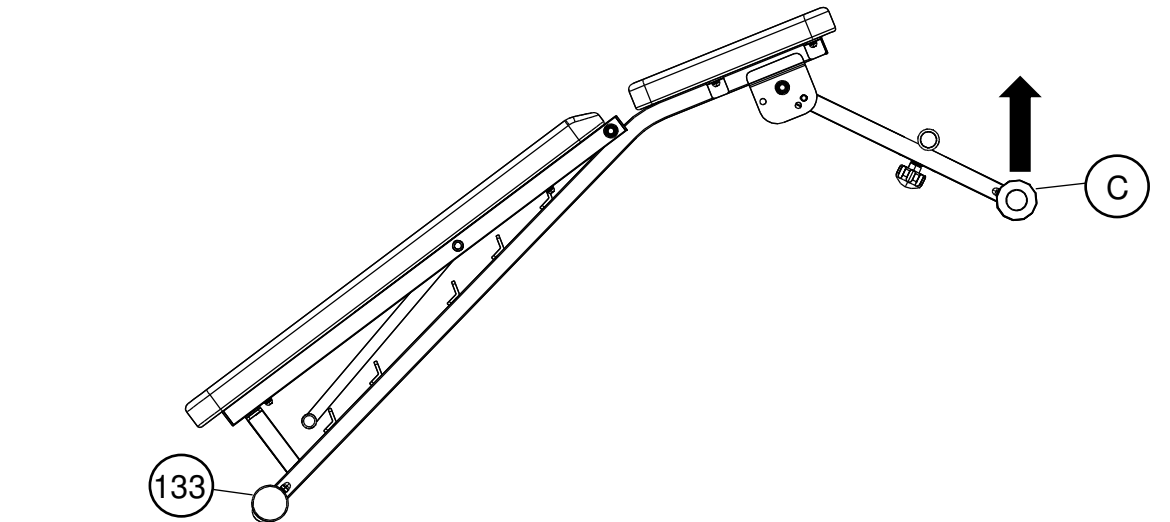
19mm Wrench
2pcs



Loose Backrest

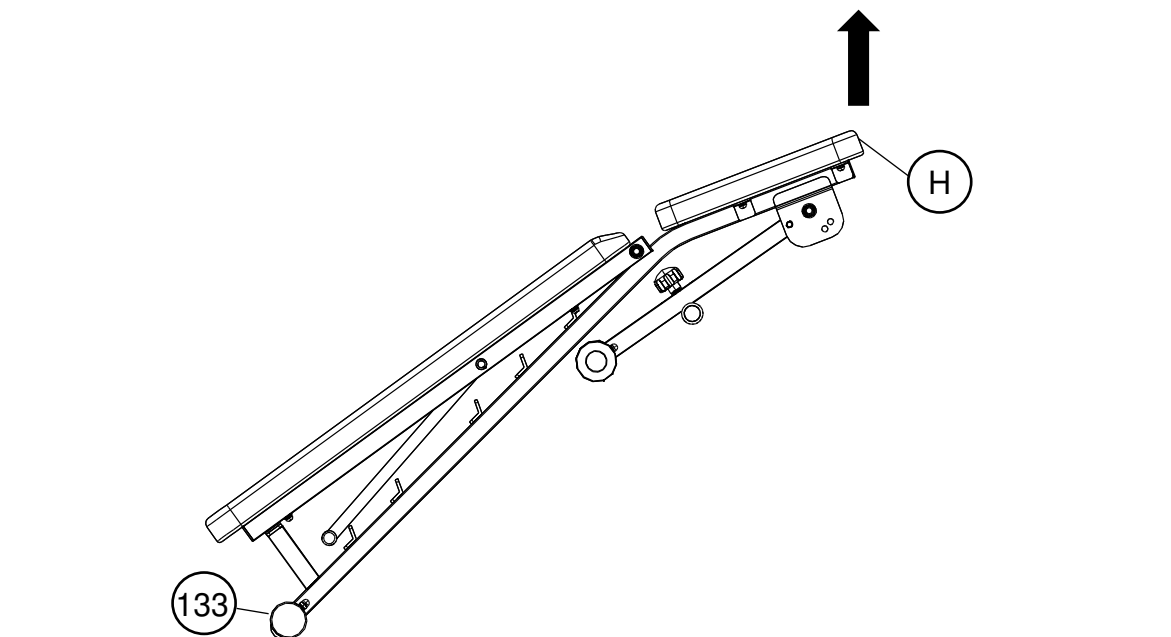
If the **Backrest (J)** feels loose, shifting side to side use the two included **19mm Wrenches** to tighten the **Nylon Nuts (76)**.

TRANSPORTATION



Transporting when the bench is set up:

Lift up the **Front Stabilizer (C)** until the wheels on the **Wheel End Caps (133)** make contact with the ground, then move the bench to your desired location.



Transporting In Storage Mode:

Lift up the bench by holding the **Seat (H)** until the wheels on the **Wheel End Caps (133)** 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***