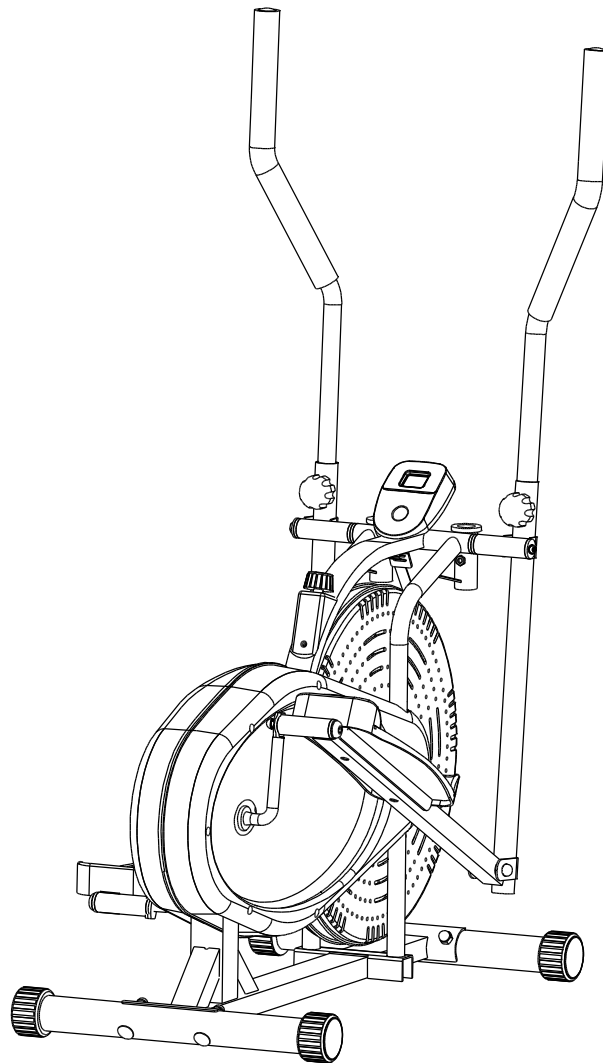


ORBITRAC

Owner's Manual



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

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SAFETY INSTRUCTIONS

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

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person should be on the equipment while in use.
10. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. The maximum weight capacity for this product is 100kgs.

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.

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

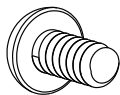
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Handrail Arm End Cap Ø25x1.5	6	029	Flange Nut M10x1	2
002	Handrail Arm Foam Grip Ø32xØ23x260	2	030	Eyebolt M6x36	2
003	Right Handrail Arm Ø25x1.8	1	031	Tension Bracket	2
004	Left Handrail Arm Ø25x1.8	1	032	Nut Cap S13	2
005	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	4	033	Nut M6	2
006	Handrail Arm Height Adjustment Knob	2	034	Main Frame	1
007	Bolt M10x18	2	035	Stabilizer End Cap Ø50	4
008	Spring Washer Ø18xØ10x2	2	036	Nylon Nut M6	2
009	Washer Ø28xØ16.2x4xB5	2	037	Transport Wheel Ø23xØ6x32	2
010	Powder Metal Bushing Ø24.8xØ16x14	10	038	Bolt M6x48	2
011	Washer Ø28xØ16x1	1	039	Spring Washer Ø20xØ13x2	2
012	Rotation Rod	1	040	Nylon Nut for right Crank B0.5x20	1
013	Left Handrail	1	041	Chain Pulley with Crank 1/4"/Ø205x2.6	1
014	Right Handrail	1	042	Nut Cap S16	4
015	Handlebar End Cap Ø32x1.5	2	043	Nylon Nut for left Crank B0.5x20	1
016	Fan Wheel	1	044	Computer XLG-203	1
017	Fan Wheel Axle	1	045	Tension Control Knob	1
018	Hexagon Nut M10x1	5	046	Bolt for left Crank Ø16x89xL23	1
019	Sensor	1	047	Cap Nut M10	4
020	Bolt M10x45	4	048	Curve Washer Ø10x1.5xØ25xR28	4
021L	Left Foot Pedal 345x146x40	1	049	Bolt M10x57	4
021R	Right Foot Pedal 345x146x40	1	050	Front Stabilizer Ø50x1.5x470	1
022	Bolt for right Crank Ø16x89xL23	1	051	Rear Stabilizer Ø50x1.5x470	1
023	Foot Bar	2	052	Washer Ø40xØ24x3	1
024	Chain	1	053	Notched Bearing Nut 15/16"	1
025	Bolt M10x55	2	054	Bearing Cup	2
026	Powder Metal Bushing Ø14xØ10x10	4	055	Bearing	2
027	Square End Cap (30x30)	2	056	Slotted Bearing Nut 7/8"	1
028	Nylon Nut M10xL9	6	057	Washer Ø34.5xØ23x2.5	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
058	Hexagon Nut 7/8"	1	064	Screw ST4.8x40	7
059	Right Cover	1	065	Screw ST4.8x15	1
060	Left Cover	1	066	Spring Ø10x1.8x32	1
061	Strap	1	067	Nut Cap S18	2
062	Cover Cap 86x65x1.5	2	068	Wave Washer Ø28xØ16x0.3	2
063	Phillips Self Tapping Screw ST4.8x20	2			

HARDWARE PACKING LIST



(7) Bolt M10x18
2 PCS



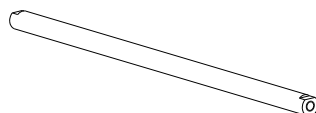
(8) Spring Washer
Ø18xØ10x2
2 PCS



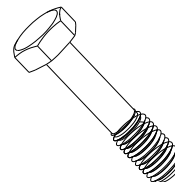
(9) Washer
Ø28xØ16.2x4xB5
2 PCS



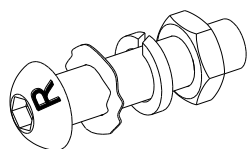
(11) Washer Ø28xØ16x1
1 PC



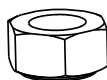
(12) Rotation Rod
1 PC



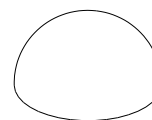
(20) Bolt M10x45
4 PCS



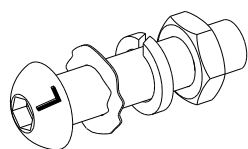
(22) Bolt for right Crank
Ø16x89xL23, 1 PC
(39) Spring Washer
Ø20xØ13x2, 1 PC
(40) Nylon Nut for right
Crank B0.5x20, 1 PC
(68) Wave Washer
Ø28xØ16x0.3, 1 PC



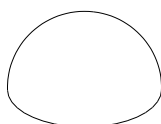
(28) Nylon Nut M10xL9
4 PCS



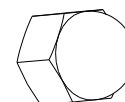
(32) Nut Cap S13
2 PCS



(39) Spring Washer
Ø20xØ13x2, 1 PC
(43) Nylon Nut for left
Crank B0.5x20, 1 PC
(46) Bolt for left Crank
Ø16x89xL23, 1 PC
(68) Wave Washer
Ø28xØ16x0.3, 1 PC



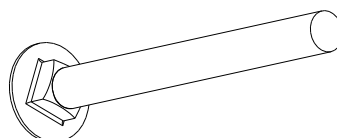
(42) Nut Cap S16
4 PCS



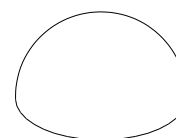
(47) Cap Nut M10
4 PCS



(48) Curve Washer
Ø10x1.5xØ25xR28
4 PCS



(49) Bolt M10x57
4 PCS

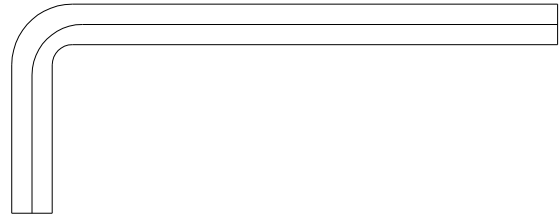


(67) Nut Cap S18
2 PCS

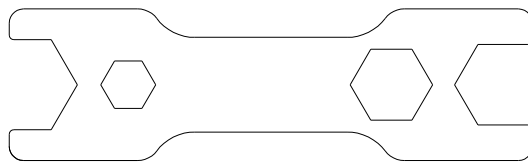
TOOLS



Allen Wrench 6mm
2 PCS

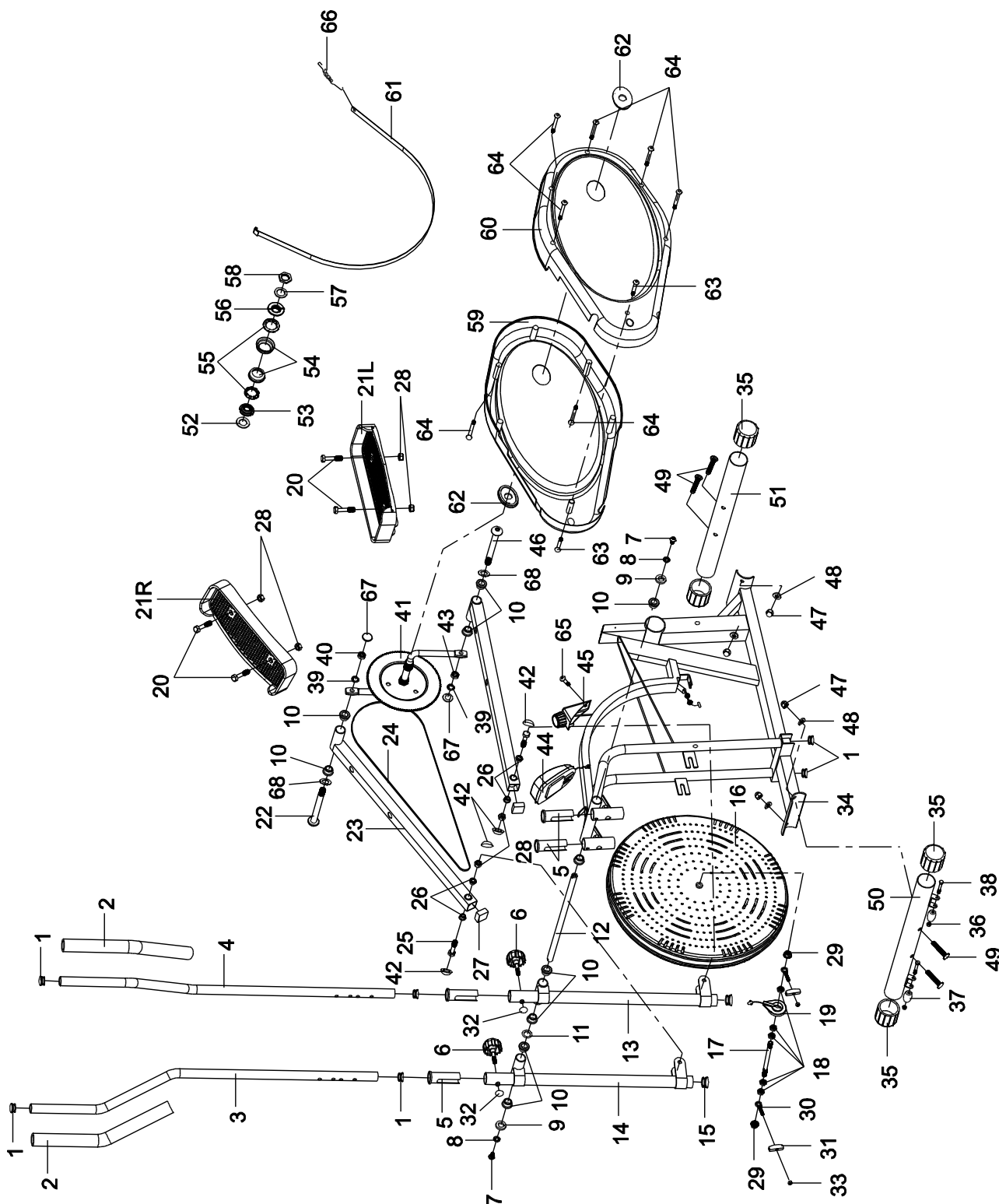


Allen Wrench 8mm
1 PC

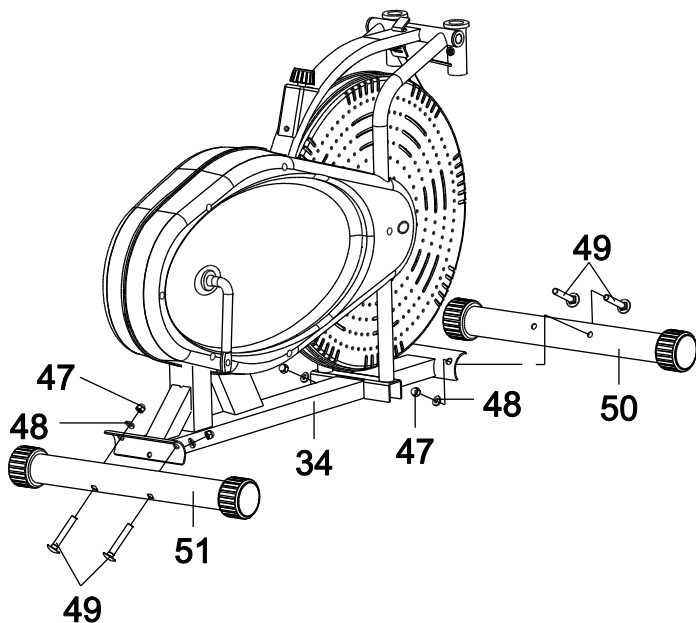


Multi Hex Tool S19, S10, S13, S17
1 PC

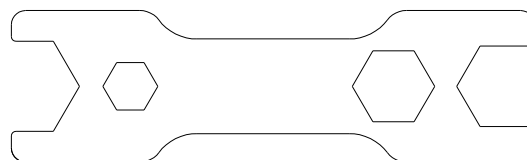
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



Multi Hex Tool S19, S10, S13, S17

1. Front and Rear Stabilizers Installation

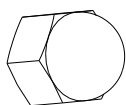
Position the Front Stabilizer (50) in front of Main Frame (34) and align bolt holes.

Attach the Front Stabilizer (50) onto the front curve of the Main Frame (34) with two M10 Cap Nuts (47), two Ø10x1.5xØ25xR28 Curve Washers (48), and two M10x57 Bolts (49). Tighten nuts with the Multi Hex Tool provided.

Position the Rear Stabilizer (51) behind the Main Frame (34) and align bolt holes.

Attach the Rear Stabilizer (51) onto the rear curve of the Main Frame (34) with two M10 Cap Nuts (47), two Ø10x1.5xØ25xR28 Curve Washers (48), and two M10x57 Bolts (49). Tighten nuts with the Multi Hex Tool provided.

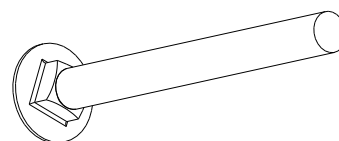
Hardware:



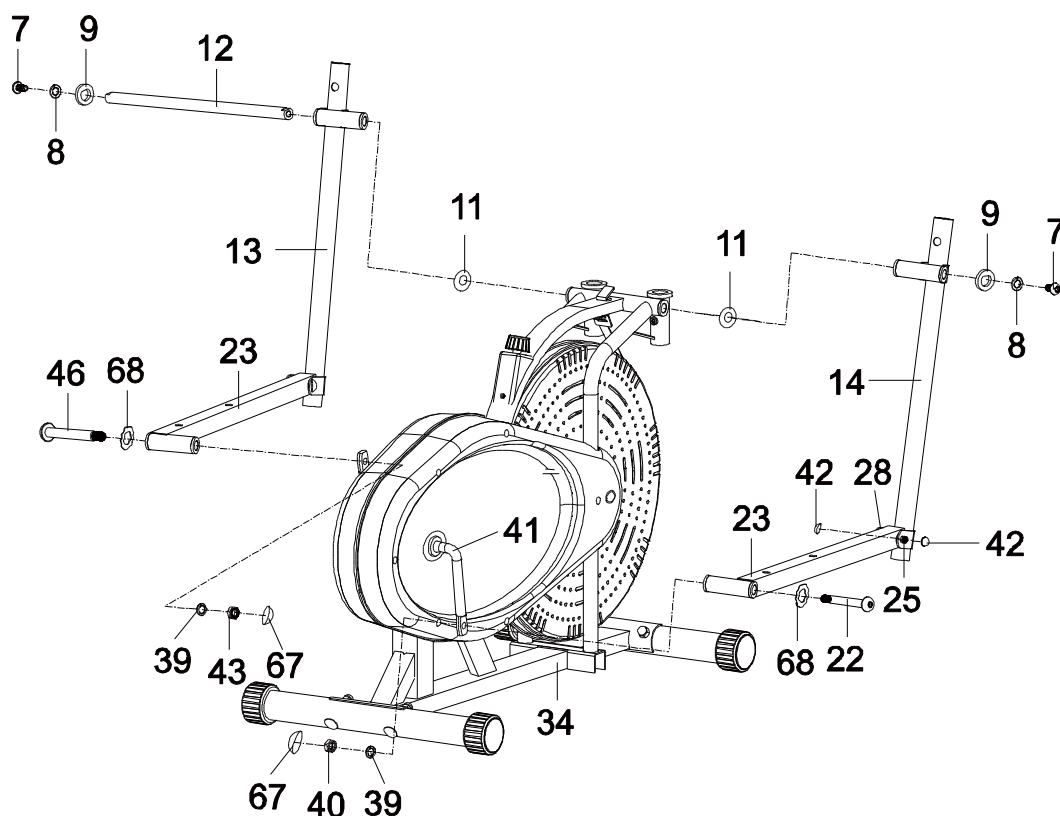
4 Cap Nuts (M10)



*4 Curve Washers
(Ø10x1.5xØ25xR28)*



4 Bolts (M10x57)



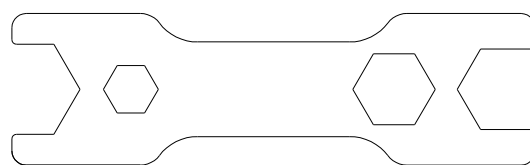
Tool:



2 Allen Wrenches 6mm



Allen Wrench 8mm



Multi Hex Tool S19, S10, S13, S17

2. Left/Right Handrails and Foot Bars Installation

Place the Rotation Rod (12) into the hole of the Main Frame (34). Slide the Left/Right Handrails (13, 14) onto the Rotation Rod (12) and secure in place with two M10x18 Bolts (7), two Ø18xØ10x2 Spring Washers (8), two Ø28xØ16.2x4xB5 Washers (9), and one Ø28xØ16x1 Washer (11). Tighten bolts with two 6mm Allen Wrenches provided.

Attach the right Foot Bar (23) onto the right Crank (41) with one Ø16x89xL23 Bolt for right Crank (22), one Ø28xØ16x0.3 Wave Washer (68), one Ø20xØ13x2 Spring Washer (39), and one B0.5x20 Nylon Nut for right Crank (40). Tighten bolt and nylon nut with one 8mm Allen Wrench and Multi Hex Tool provided.

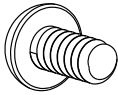
Install a S18 Nut Cap (67) onto the B0.5x20 Nylon Nut for right Crank (40).

NOTE: Ø16x89xL23 Bolt for right Crank (22) and Ø16x89xL23 Bolt for left Crank (46) are marked “R” for Right and “L” for Left.

Use the same procedure to attach the left Foot Bar (23) onto the left Crank (41).

Install four S16 Nut Caps (42) onto M10x55 Bolts (25) and M10xL9 Nylon Nuts (28) on the both Foot Bars (23).

Hardware:



2 Bolts (M10x18)



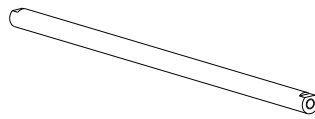
2 Spring Washers
(Ø18xØ10x2)



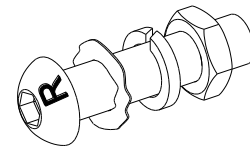
2 Washers
(Ø28xØ16.2x4xB5)



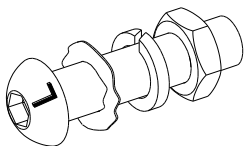
1 Washer (Ø28xØ16x1)



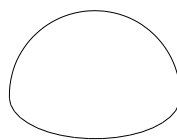
1 Rotation Rod



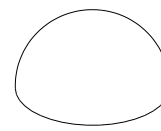
1 Bolt for right Crank
(Ø16x89xL23)
1 Spring Washer
(Ø20xØ13x2)
1 Nylon Nut for right
Crank (B0.5x20)
1 Wave Washer
(Ø28xØ16x0.3)



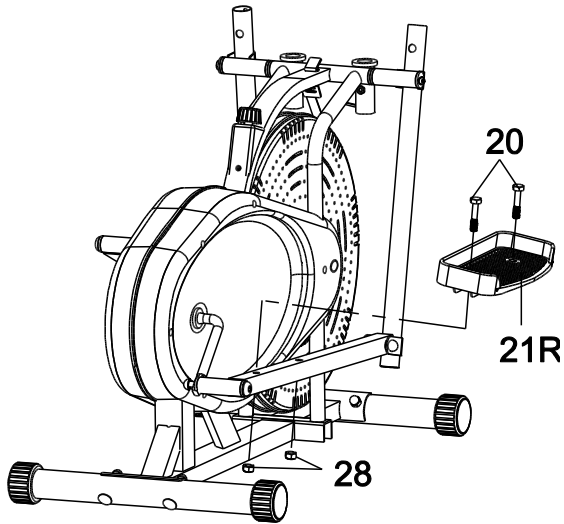
1 Spring Washer
(Ø20xØ13x2)
1 Nylon Nut for left
Crank (B0.5x20)
1 Bolt for left Crank
(Ø16x89xL23)
1 Wave Washer
(Ø28xØ16x0.3)



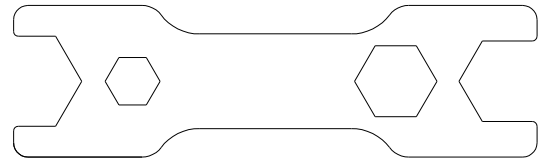
2 Nut Caps (S18)



4 Nut Caps (S16)



Tool:

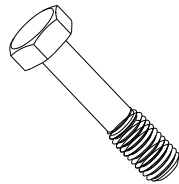


Multi Hex Tool S19, S10, S13, S17

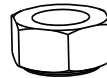
3. Right and Left Foot Pedals Installation

Attach the Right Foot Pedal (21R) onto the right Foot Bar (23) with two M10x45 Bolts (20) and M10xL9 Nylon Nuts (28). Tighten nylon nuts with the Multi Hex Tool provided. Use the same procedure to attach the Left Foot Pedal (21L) onto the left Foot Bar (23).

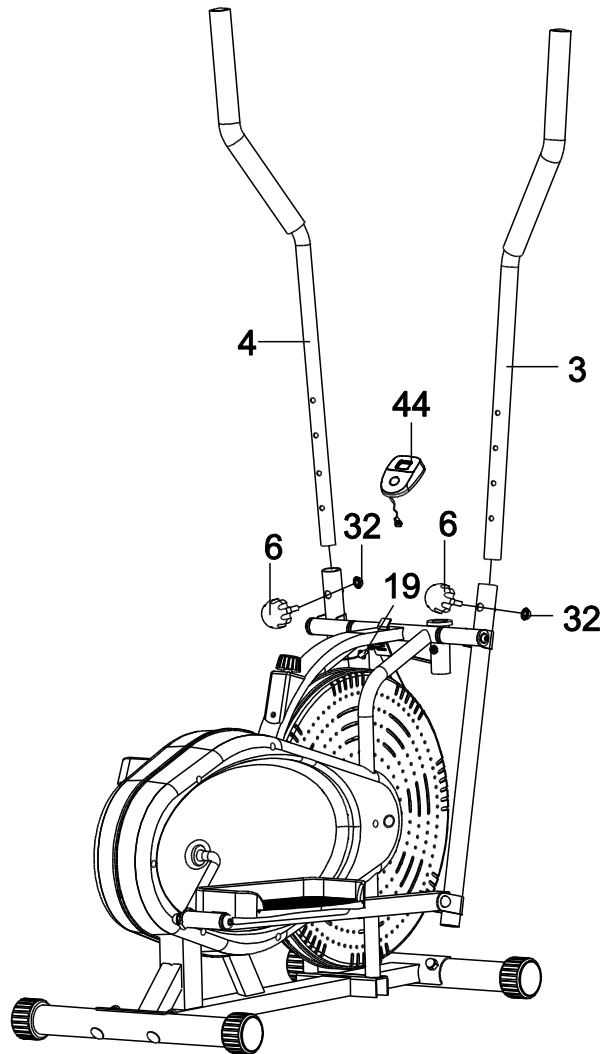
Hardware:



4 Bolts (M10x45)



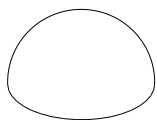
4 Nylon Nuts (M10xL9)



4. Right/Left Handrail Arms and Computer Installation

Connect the Sensor Wire (19) to the wire that comes from the Computer (44). Place the Computer (44) onto the plate on the Main Frame (34) then slide it down to lock in position. Insert the Right Handrail Arm (3) into the Handrail Arm Plastic Bushing (5) on the tube of the Right Handrail (14) and then attach the Handrail Arm Height Adjustment Knob (6) onto the tube of the Right Handrail (14) by turning it in a clockwise direction to lock the Right Handrail Arm (3) in the suitable position. Install a S13 Nut Cap (32) onto the nut on the Right Handrail (14). Use the same procedure to attach the Left Handrail Arm (4) into the Handrail Arm Plastic Bushing (5) on the tube of the Left Handrail (13).

Nut Cap:



2 Nut Caps (S13)

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME-----	00:00-99:59 MIN: SEC
SPEED-----	0.0-999.9 KM/H
DISTANCE-----	0.00-99.99 KM
CALORIES-----	0.00-999.9 KCAL



FUNCTIONS AND OPERATIONS:

AUTO ON /OFF: When you start to exercise or press the MODE button on the computer, the computer will turn on. If you leave the equipment for 4 minutes, the power will shut off automatically.

SCAN: Press the MODE button until the arrow points to SCAN, the computer will automatically scan the function every 4 seconds.

TIME: Press the MODE button until the arrow points to TIME, the computer will display your elapsed workout time in minutes and seconds.

SPEED: Press the MODE button until the arrow points to SPEED, the computer will display the current training speed.

DISTANCE: Press the MODE button until the arrow points to DISTANCE, the computer will display the accumulative distance traveled during workout.

CALORIE: Press the MODE button until the arrow points to CALORIE, the computer will display the total accumulated calories burned during workout.
(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

RESET: Press and hold the MODE button for 3 seconds, all data values will clear to zero.

HOW TO INSTALL THE BATTERIES:

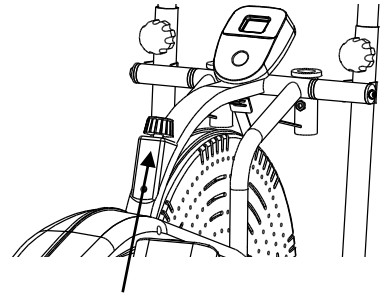
1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the load, turn the tension control knob in a clockwise direction.

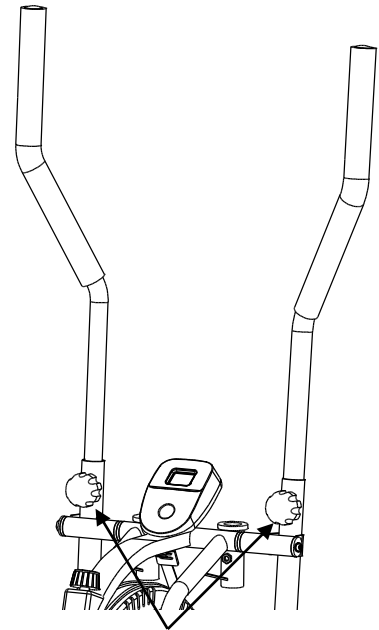
To decrease the load, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Handrail Arms Height

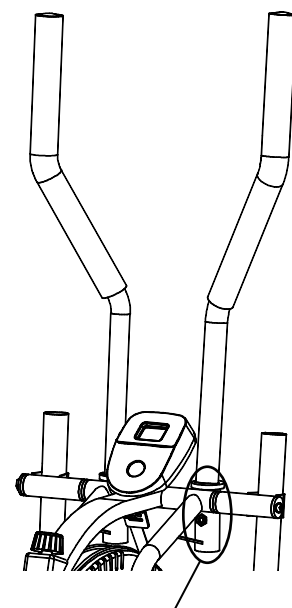
Turn the handrail arm height adjustment knob in a counterclockwise direction to release the handrail arm and then slide the handrail arm up or down slightly to the desired hole for the suitable position. Lock the handrail arm in place by tightening the handrail arm height adjustment knob in a clockwise direction.



Handrail Arm Height Adjustment Knob

Place the Handrail Arms in a Fixed Position

Insert the handrail arms into the handrail arm plastic bushings on the tubes of the main frame and then attach the handrail arm height adjustment knobs onto the tubes of the main frame by turning it in a clockwise direction to lock the handrail arms in place.



Main Frame

MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the elliptical trainer, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer console.	<ol style="list-style-type: none"><li data-bbox="777 1028 1439 1189">1. Remove the computer console and verify the wire that comes from the computer console is properly connected to the wire that comes from the main frame.<li data-bbox="777 1189 1439 1317">2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.<li data-bbox="777 1317 1439 1391">3. The batteries in the computer console may be dead. Change to new batteries.
The elliptical trainer makes a squeaking noise when in use.	The bolts may be loose on the elliptical trainer, please inspect the bolts and tighten the loose bolts.

WARM UP AND COOL DOWN ROUTINE

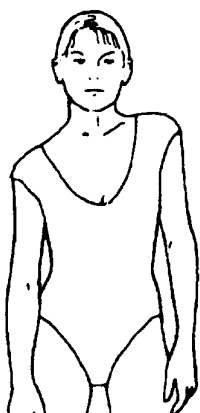
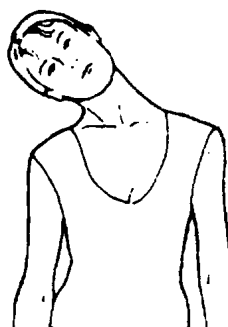
A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. **COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

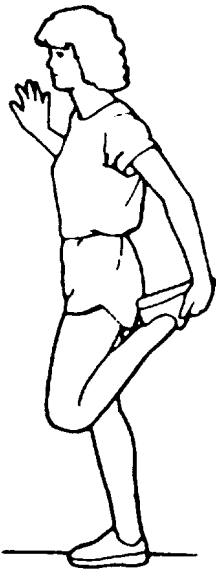
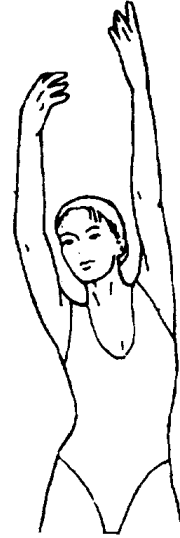


SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



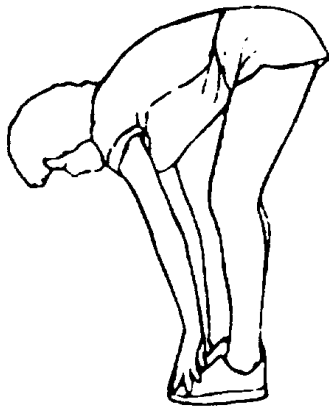
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



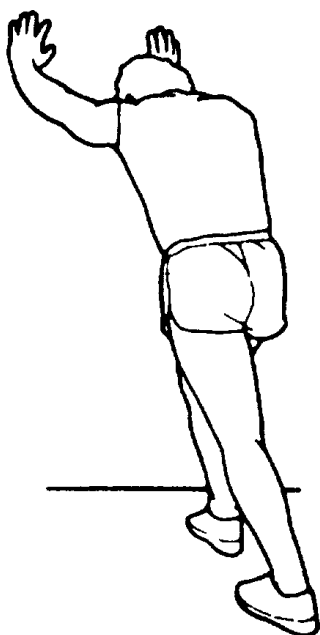
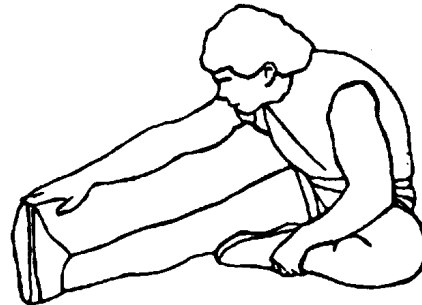


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.