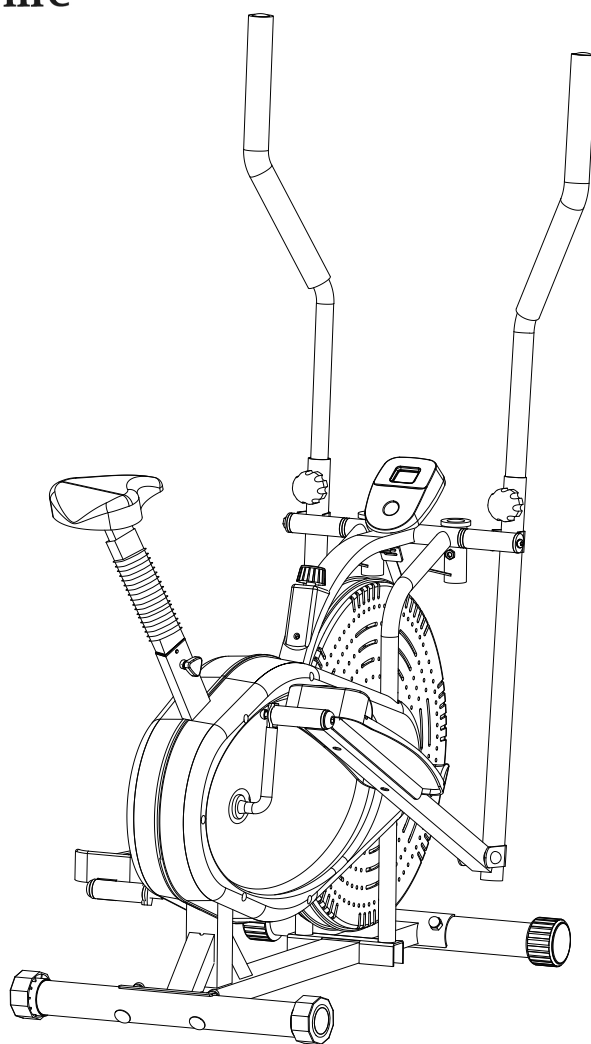


Orbi trac w/seat

Item No.: 28001

LifeGear

Get active for life



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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ONE YEAR LIMITED WARRANTY

LifeGear Inc. 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 LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

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**

IMPORTANT SAFETY INSTRUCTIONS

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

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise is necessary. Refer to the Warm Up and Cool Down Routine pages. 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 your local dealer.
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 at a time should use this equipment.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. Care should be taken in mounting or dismounting the equipment.
12. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
13. The maximum weight capacity for this product is 110 kgs.

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.

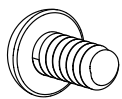
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Handrail Arm End Cap Ø25x1.5	6	028	Nylon Nut M10xL9	6
002	Handrail Arm Foam Grip Ø32xØ23x280	2	029	Flange Nut M10x1	2
003	Right Handrail Arm Ø25x1.8	1	030	Eyebolt M6x36	2
004	Left Handrail Arm Ø25x1.8	1	031	Tension Bracket	2
005	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	4	032	Nut Cap S13	2
006	Handrail Arm Height Adjustment Knob	2	033	Nut M6	2
007	Bolt M10x18	2	034	Main Frame	1
008	Spring Washer Ø18xØ10x2	2	035	Front Stabilizer End Cap Ø50	2
009	Washer Ø28xØ16.2x4xB5	2	036	Nylon Nut M6	2
010	Powder Metal Bushing Ø24.8xØ16x14	10	037	Transport Wheel Ø23xØ6x32	2
011	Wave Washer Ø28xØ16x0.3	4	038	Bolt M6x48	2
012	Rotation Rod	1	039	Spring Washer Ø20xØ13x2	2
013	Left Handrail	1	040	Nylon Nut for right Crank B0.5x20	1
014	Right Handrail	1	041	Chain Pulley with Crank 1/4"/Ø205x2.6	1
015	Handlebar End Cap Ø32x1.5	2	042	Washer Ø8	3
016	Fan Wheel	1	043	Nylon Nut for left Crank B0.5x20	1
017	Fan Wheel Axle	1	044	Computer	1
018	Hexagon Nut M10x1	5	045	Tension Control Knob	1
019	Sensor	1	046	Bolt for left Crank Ø16x89xL23	1
020	Bolt M10x45	4	047	Cap Nut M10	4
021L	Left Foot Pedal 345x146x40	1	048	Curve Washer Ø10x1.5xØ25xR28	4
021R	Right Foot Pedal 345x146x40	1	049	Bolt M10x57	4
022	Bolt for right Crank Ø16x89xL23	1	050	Front Stabilizer Ø50x1.5x470	1
023	Foot Bar	2	051	Rear Stabilizer Ø50x1.5x470	1
024	Chain	1	052	Washer Ø40xØ24x3	1
025	Bolt M10x55	2	053	Notched Bearing Nut 15/16"	1
026	Powder Metal Bushing Ø14xØ10x10	4	054	Bearing Cup	2
027	Square End Cap (30x30)	2	055	Bearing	2

PARTS LIST

No.	Description	Qty	No.	Description	Qty
056	Slotted Bearing Nut 7/8"	1	066	Spring Ø10x1.8x32	1
057	Washer Ø34.5xØ23x2.5	1	067	Nut Cap S18	2
058	Hexagon Nut 7/8"	1	068	Nut Cap S16	4
059	Right Cover	1	069	Nylon Nut M8	3
060	Left Cover	1	070	Seat Cushion DD-PU981T	1
061	Strap	1	071	Seat Post	1
062	Cover Cap 86x65x1.5	2	072	Seat Post Bellows	1
063	Phillips Self Tapping Screw ST4.8x20	2	073	Seat Height Adjustment Knob M12	1
064	Screw ST4.8x40	7	074	Seat Post Plastic Bushing	1
065	Screw ST4.8x15	1	075	Rear Stabilizer End Cap Ø50	2

HARDWARE PACKING LIST



(7) Bolt M10x18
2 PCS



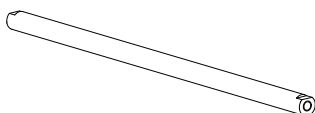
(8) Spring Washer
Ø18xØ10x2
2 PCS



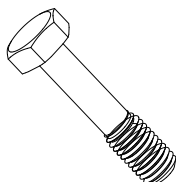
(9) Washer
Ø28xØ16.2x4xB5
2 PCS



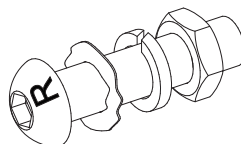
(11) Washer
Ø28xØ16x1
2 PCS



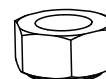
(12) Rotation Rod
1 PC



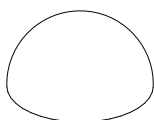
(20) Bolt M10x45
4 PCS



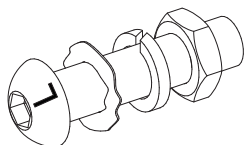
(22) Bolt for right Crank
Ø16x89xL23, 1 PC
(11) Wave Washer
Ø28xØ16x0.3, 1 PC
(39) Spring Washer
Ø20xØ13x2, 1 PC
(40) Nylon Nut for right
Crank B0.5x20, 1 PC



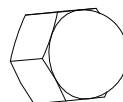
(28) Nylon Nut
M10xL9
4 PCS



(32) Nut Cap S13
2 PCS



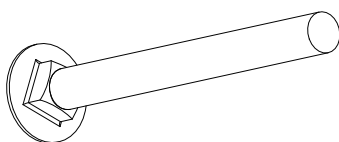
(46) Bolt for left Crank
Ø16x89xL23, 1 PC
(11) Wave Washer
Ø28xØ16x0.3, 1 PC
(39) Spring Washer
Ø20xØ13x2, 1 PC
(43) Nylon Nut for left
Crank B0.5x20, 1 PC



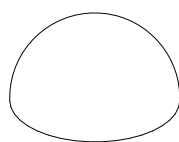
(47) Cap Nut M10
4 PCS



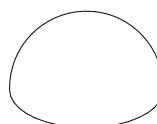
(48) Curve Washer
Ø10x1.5xØ25xR28
4 PCS



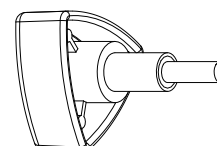
(49) Bolt M10x57
4 PCS



(67) Nut Cap S18
2 PCS

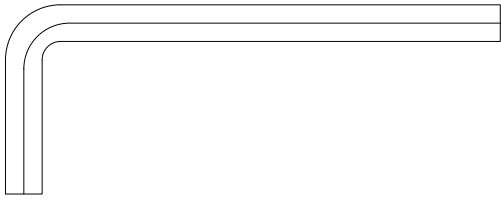


(68) Nut Cap S16
4 PCS



(73) Seat Height
Adjustment Knob M12
1 PC

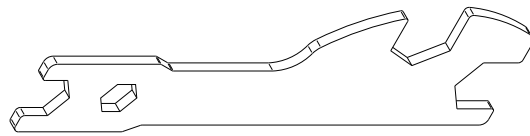
TOOLS



Allen Wrench 6mm
2 PCS

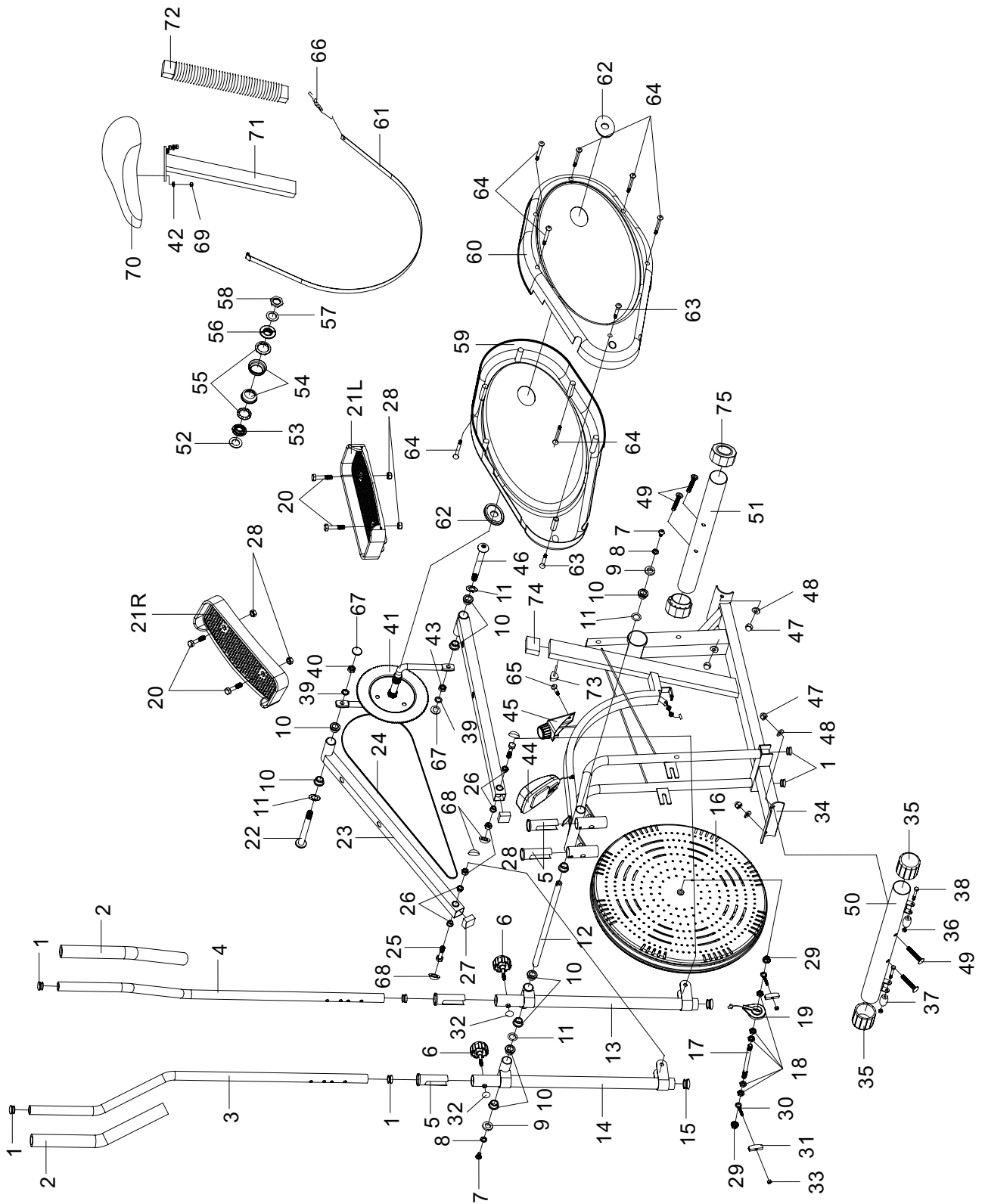


Allen Wrench 8mm
1 PC

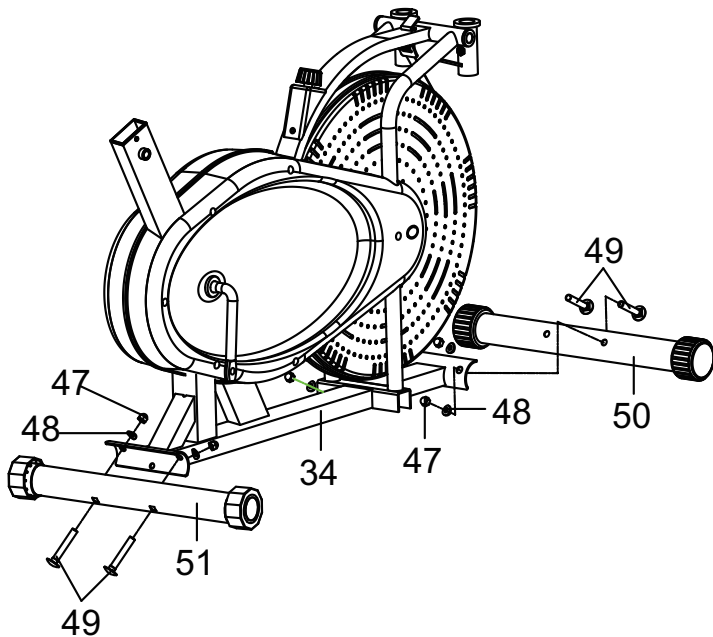


Multi Hex Tool S19, S10, S13, S17
1 PC

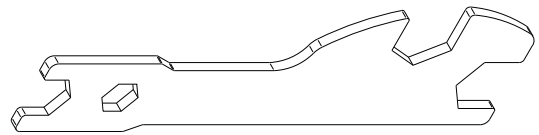
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



Multi Hex Tool S19, S10, S13, S17

1. Front and Rear Stabilizers Installation

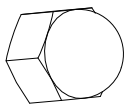
Position the Front Stabilizer (50) in front of Main Frame (34) and align bolt holes.

Attach the Front Stabilizer (50) onto the front curve of the Main Frame (34) with two M10 Cap Nuts (47), two $\text{Ø}10 \times 1.5 \times \text{Ø}25 \times \text{R}28$ Curve Washers (48), and two M10x57 Bolts (49). Tighten cap 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 $\text{Ø}10 \times 1.5 \times \text{Ø}25 \times \text{R}28$ Curve Washers (48), and two M10x57 Bolts (49). Tighten cap nuts with the Multi Hex Tool provided.

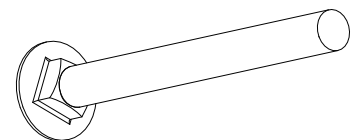
Hardware:



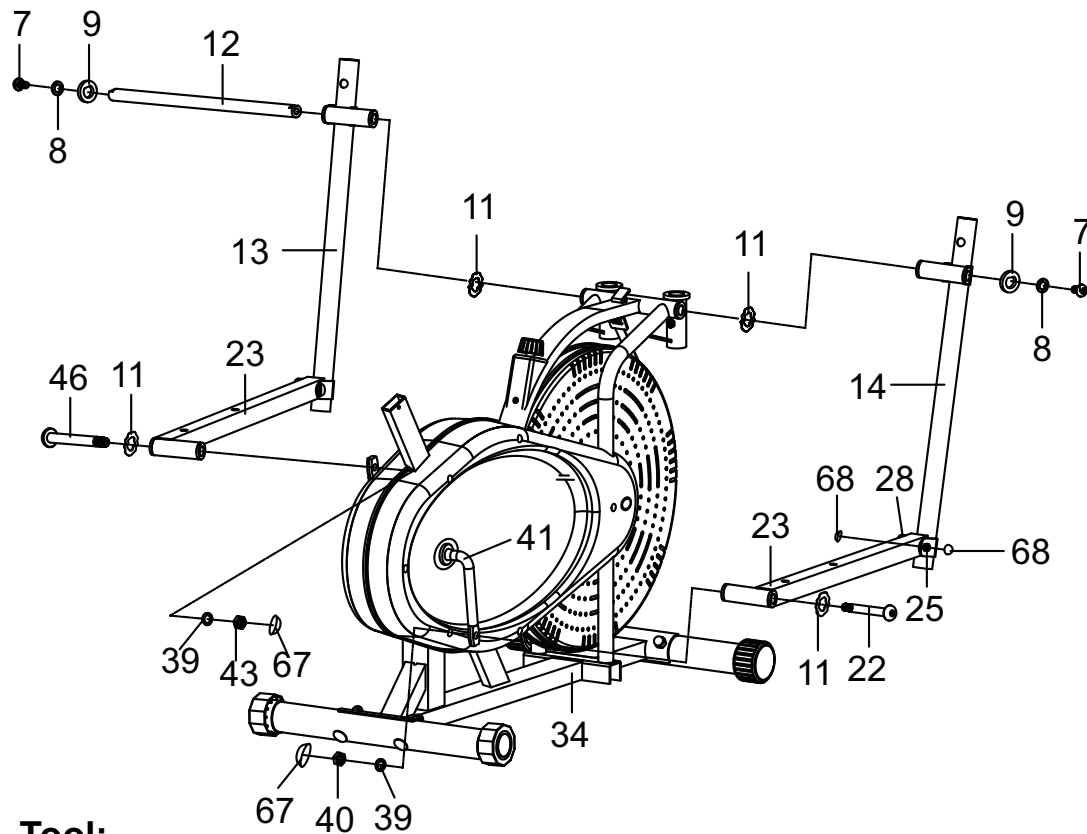
(47) Cap Nut M10
4 PCS



(48) Curve Washer
 $\text{Ø}10 \times 1.5 \times \text{Ø}25 \times \text{R}28$
4 PCS



(49) Bolt M10x57
4 PCS



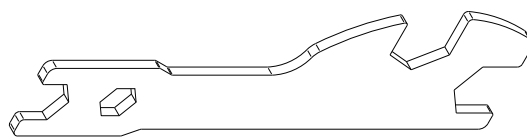
Tool:



2 Allen Wrenches 6mm



Allen Wrench 8mm



Multi Hex Tool S19, S10, S13, S17

2. Left/Right Handrail Arms and Foot Bars Installation

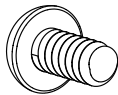
Place the Rotation Rod (12) into the hole of the Main Frame (34). Slide the Left/Right Handrails (13, 14) onto the Rotation Rod (12) and secure in place with two M10x18 Bolts (7), two Ø18xØ10x2 Spring Washers (8), two Ø28xØ16.2x4xB5 Washers (9), and two Ø28xØ16x0.3 Wave Washers (11). Tighten bolts with two 6mm Allen Wrench 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 (11), 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 (68) onto M10x55 Bolts (25) and M10xL9 Nylon Nuts (28) on the both Foot Bars (23).

Hardware:



(7) Bolt M10x18
2 PCS



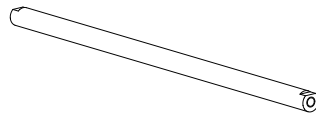
(8) Spring Washer
Ø18xØ10x2
2 PCS



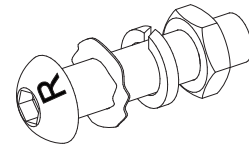
(9) Washer
Ø28xØ16.2x4xB5
2 PCS



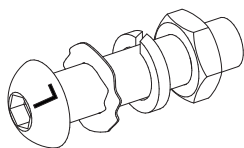
(11) Washer Ø28xØ16x1
2 PCS



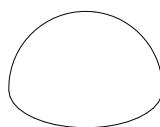
(12) Rotation Rod
1 PC



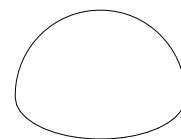
(22) Bolt for right Crank
Ø16x89xL23, 1 PC
(11) Wave Washer
Ø28xØ16x0.3, 1 PC
(39) Spring Washer
Ø20xØ13x2, 1 PC
(40) Nylon Nut for right
Crank B0.5x20, 1 PC



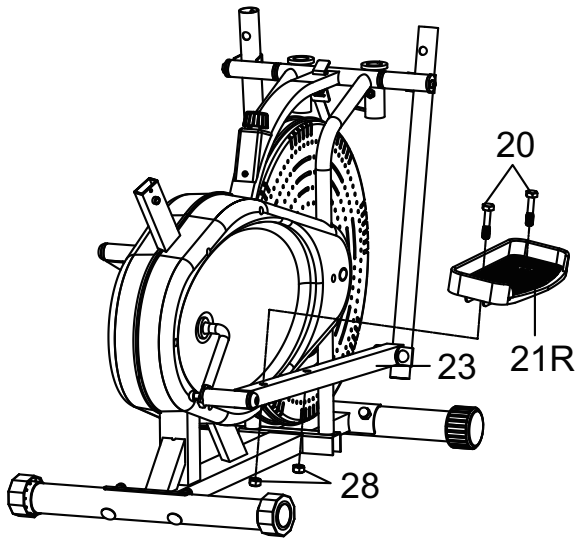
(46) Bolt for left Crank
Ø16x89xL23, 1 PC
(11) Wave Washer
Ø28xØ16x0.3, 1 PC
(39) Spring Washer
Ø20xØ13x2, 1 PC
(43) Nylon Nut for left
Crank B0.5x20, 1 PC



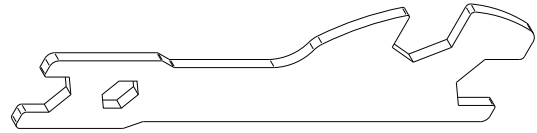
(68) Nut Cap S16
4 PCS



(67) Nut Cap S18
2 PCS



Tool:

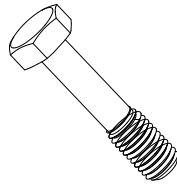


Multi Hex Tool S19, S10, S13, S17

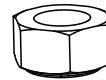
3. Right and Left Foot Pedals Installation

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).

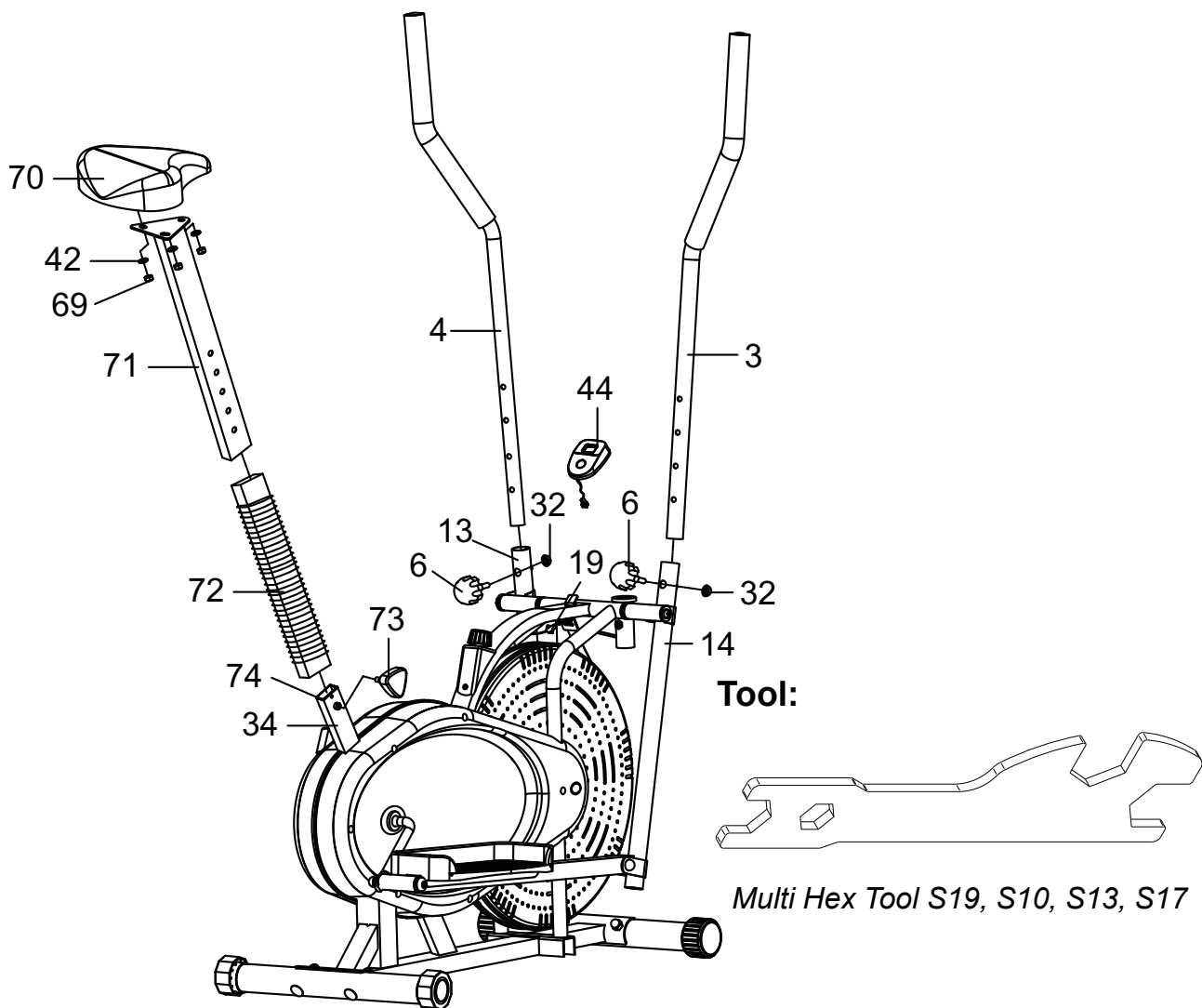
Hardware:



(20) Bolt M10x45
4 PCS



(28) Nylon Nut M10xL9
4 PCS



4. Seat Post, Seat Post Bellows, Seat Cushion, Right/Left Handrail Arms, and Computer Installation

Remove three Ø8 Washers (42) and three M8 Nylon Nuts (69) from underside of the Seat Cushion (70). Guide bolts on underside of the Seat Cushion (70) through holes on top of the Seat Post (71), attach with three removed Ø8 Washers (42) and M8 Nylon Nuts (69). Tighten nylon nuts with the Multi Hex Tool provided.

Slide the Seat Post Bellows (72) over the Seat Post (71).

Insert the Seat Post (71) into the Seat Post Plastic Bushing (74) on the tube of the Main Frame (34) and then attach the M12 Seat Height Adjustment Knob (73) onto the tube of the Main Frame (34) by turning it in a clockwise direction to lock the Seat Post (71) in the suitable position.

Adjusting the Seat Height

Turn the M12 Seat Height Adjustment Knob (73) in a counterclockwise direction to release the Seat Post (71) and then slide the Seat Post (71) up or down slightly to the desired hole for the suitable position. Lock the Seat Post (71) in place by tightening the M12 Seat Height Adjustment Knob (73) in a clockwise direction.

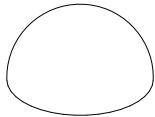
NOTE: When adjusting the height of seat post, make sure the seat post plastic bushing does not exceed the mark line on the seat post.

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).

Adjusting the Handrail Arms Height

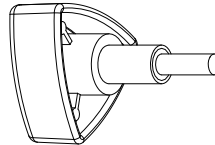
Turn the Handrail Arm Height Adjustment Knob (6) in a counterclockwise direction to release the Right or Left Handrail Arm (3, 4) and then slide the Right or Left Handrail Arm (3, 4) up or down slightly to the desired hole for the suitable position. Lock the Right or Left Handrail Arm (3, 4) in place by tightening the Handrail Arm Height Adjustment Knob (6) in a clockwise direction.

Nut Cap:



(32) Nut Cap S13
2 PCS

Seat Height Adjustment Knob:

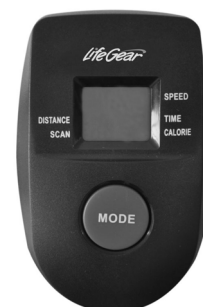


(73) Seat Height
Adjustment Knob M12
1 PC

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-999.9 KM/H
DISTANCE -----	0.0-999.9 KM
CALORIE -----	0.0-999.9 KCAL



USING YOUR COMPUTER

The computer can be activated by pressing the MODE button or by pedaling. If you leave the equipment for 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the computer.
Press and hold the MODE button for 3 seconds to reset all data values to zero.

COMPUTER FUNCTIONS:

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

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Display the current training speed.

DISTANCE: Displays the accumulative distance traveled during workout.

CALORIE: Displays 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).

HOW TO INSTALL THE BATTERIES:

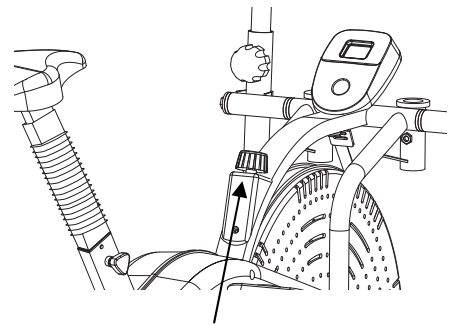
1. Remove the battery cover on the back of the computer.
2. Place one "SIZE-AA" battery into the battery housing.
3. Insure battery is correctly positioned and battery spring is proper contact with battery.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear,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

ADJUSTMENTS

Adjusting the Tension Control Knob

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

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



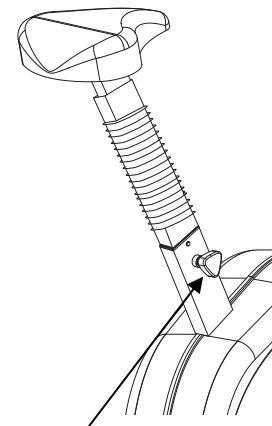
Tension Control Knob

Adjusting the Seat Height

Turn the seat height adjustment knob in a counterclockwise direction to release the seat post and then slide the seat post up or down slightly to the desired hole for the suitable position.

Lock the seat post in place by tightening the seat height adjustment knob in a clockwise direction.

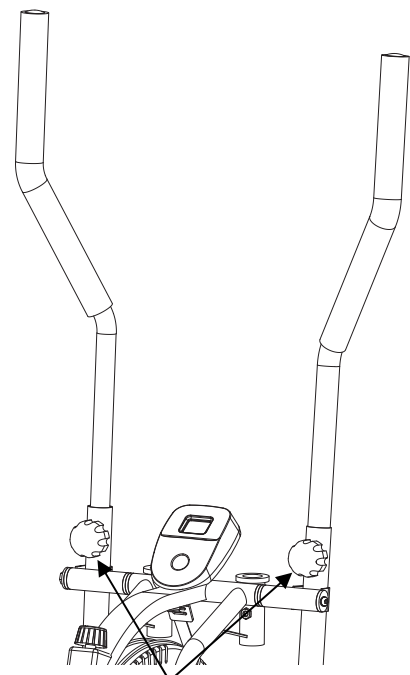
NOTE: When adjusting the height of seat post, make sure the seat post plastic bushing does not exceed the mark line on the seat post.



Seat Height Adjustment Knob

Adjusting the Handrail Arms Height

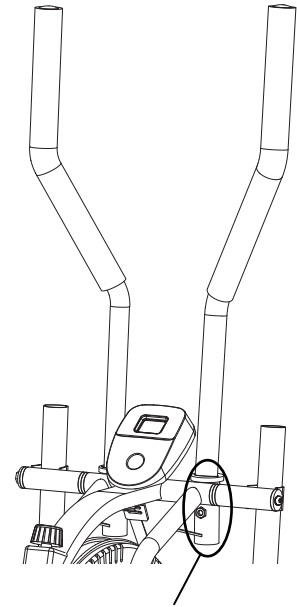
Turn the handrail arm height adjustment knob in a counterclockwise direction to release the handrail arm and then slide the handrail arm up or down slightly to the desired hole for the suitable position. Lock the handrail arm in place by tightening the handrail arm height adjustment knob in a clockwise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



Handrail Arm Height Adjustment Knob

Place the Handrail Arms in a Fixed Position

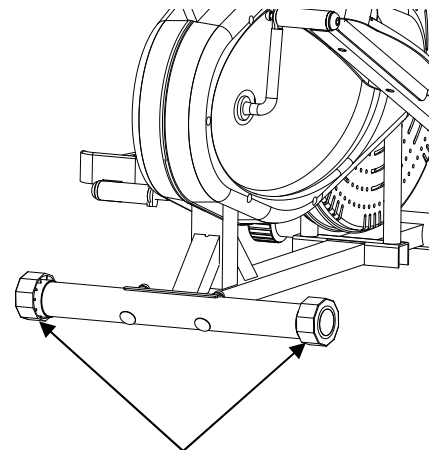
Insert the handrail arms into the handrail arm plastic bushings on the tubes of the main frame and then attach the handrail arm height adjustment knobs onto the tubes of the main frame by turning it in a clockwise direction to lock the handrail arms in place.



Main Frame

Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.



Rear Stabilizer End Cap

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, especially 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="774 1025 1442 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="774 1189 1442 1317">2. Check if the battery is correctly positioned and battery spring is in proper contact with battery.<li data-bbox="774 1317 1442 1391">3. The battery in the computer console may be dead. Change to new battery.
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.

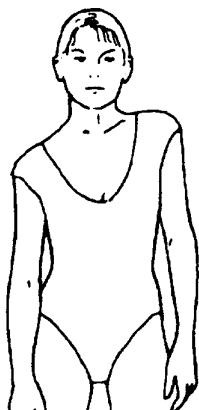
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. 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. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

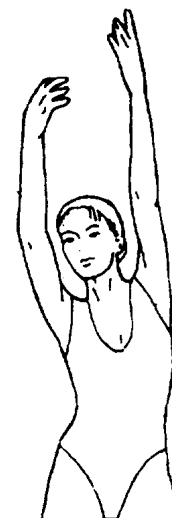
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation 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.

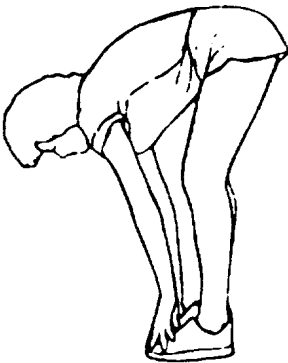


QUADRICEPS STRETCH

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.

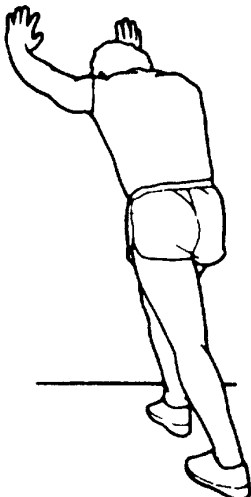
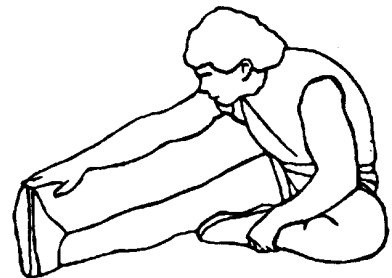


TOE TOUCHES

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.