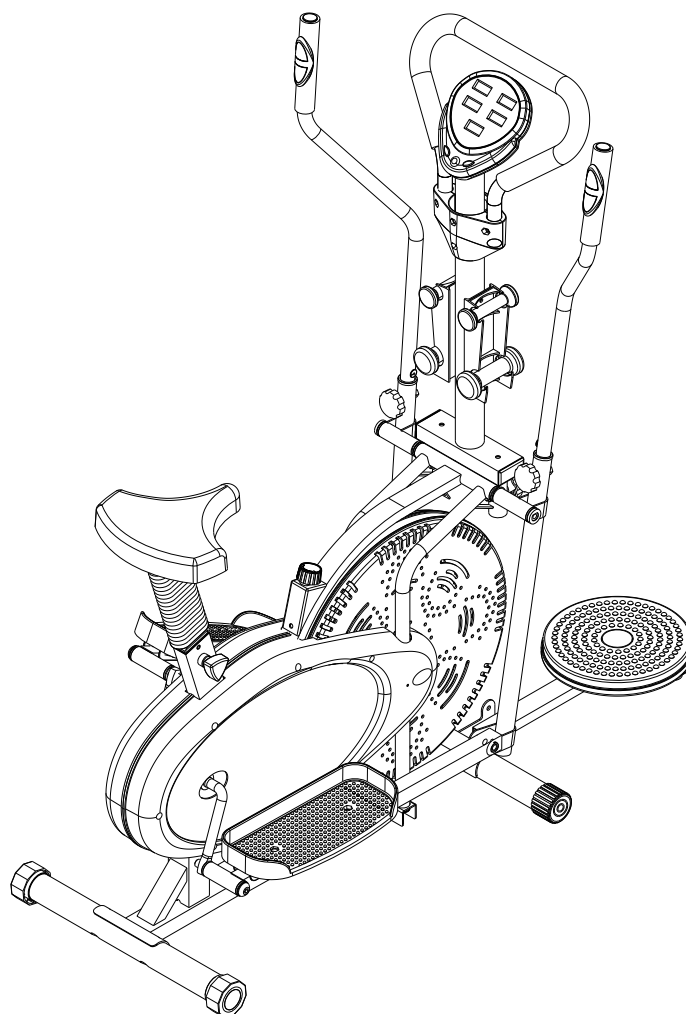


Orbi trac

ITEM NO.: 28320

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 and are subject to change without prior 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 exercises are recommended.
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 allow the dumbbells drop freely to the ground. Damage to the product and possible personal injury may occur.
8. Do not use the equipment outdoors.
9. This equipment is for household use only. It is not a commercial model.
10. Only one person at a time should use this equipment.
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. Care should be taken in mounting or dismounting the equipment.
13. 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.
14. The maximum weight capacity for this product is 110 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

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	Round End Cap Ø25x1.5	8	024	Chain 1/4"	1
002	Handrail Arm Foam Grip Ø32xØ23x280	2	025	Hexagon Head Cap Bolt M10x55	2
003	Right Handrail Arm Ø25x1.8	1	026	Powder Metal Bushing Ø14xØ10x10	4
004	Left Handrail Arm Ø25x1.8	1	027	Square End Cap (□30x30)	2
005	Plastic Bushing Ø28.5xØ25.4x84	4	028	Nylon Nut M10x9	6
006	Adjustment Knob M8	4	029	Flange Nut M10x1 (S15)	2
007	Hexagon Socket Pan Head Cap Bolt M10x18	2	030	Eyebolt M6x36	2
008	Spring Washer Ø18xØ10x2t	2	031	Tension Bracket	2
009	Washer Ø28xØ16.2x4xB5	2	032	Nut Cap S13	2
010	Powder Metal Bushing Ø24.5xØ16x14	10	033	Hexagon Head Cap Nut M6	2
011	Curve Washer Ø28xØ16x1.0t	4	034	Main Frame	1
012	Rotation Rod Ø15.8x376	1	035	Front Stabilizer End Cap Ø50	2
013	Left Handrail	1	036	Sensor with Wire	1
014	Right Handrail	1	037	Cross Recessed Pan Head Self-Drilling Tapping Screw ST4.2x16	1
015	Handrail End Cap Ø32x1.5	2	038	Magnet	1
016	Fan Wheel Ø503x85	1	039	Spring Washer Ø20xØ13x2	2
017	Fan Wheel Axle M10x150	1	040	Nylon Nut for right Crank B0.5x20	1
018	Hexagon Nut M10x1 (S17)	1	041	Chain Pulley with Crank 1/4" Ø205x2.6	1
019	Spacer Ø15xØ10x15	1	042	Washer Ø8.2xØ12x1.5	4
020	Hexagon Head Cap Bolt M10x45	4	043	Nylon Nut for left Crank B0.5x20	1
021L	Left Foot Pedal	1	044	Nut M10xP1.0x5T	2
021R	Right Foot Pedal	1	045	Tension Control Knob	1
022	Bolt for right Crank Ø16x89xL23	1	046	Bolt for left Crank Ø16x89xL23	1
023	Foot Bar	2	047	Cap Nut M10	4

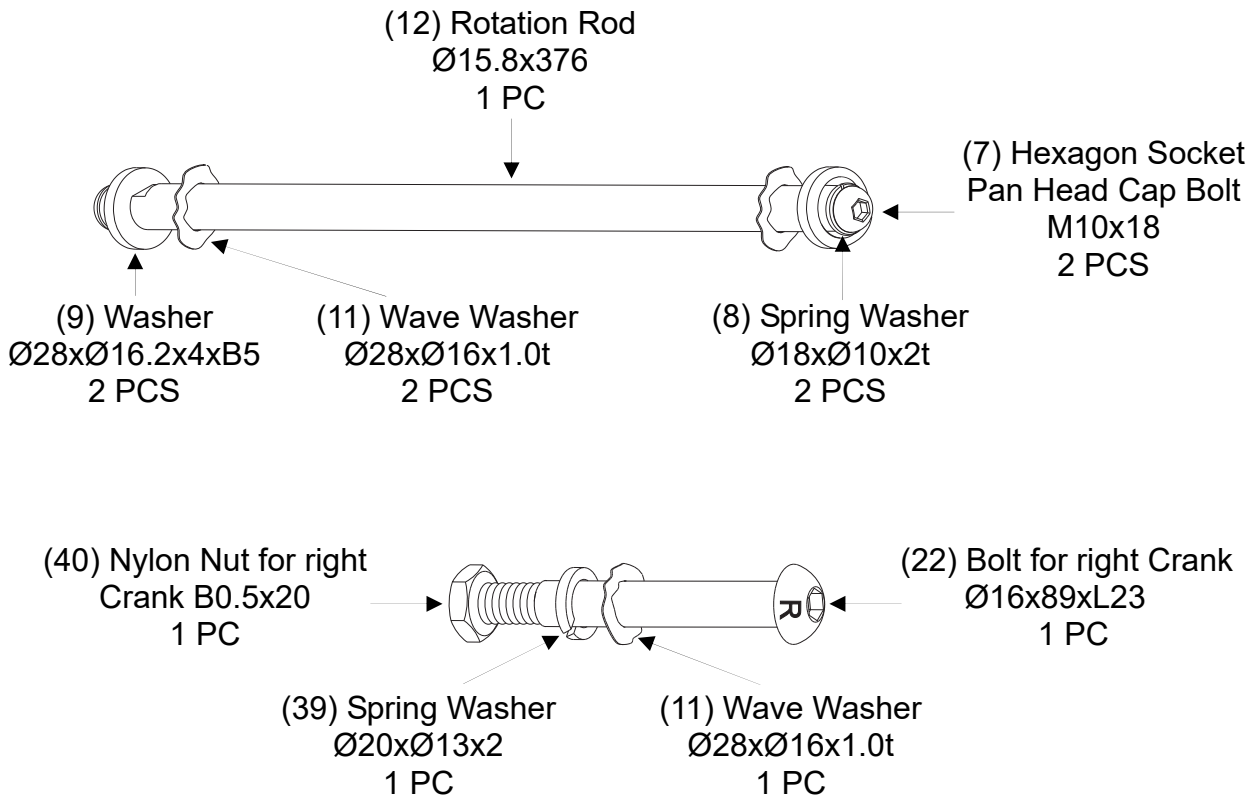
PARTS LIST

No.	Description	Qty	No.	Description	Qty
048	Curve Washer Ø10xØ25x1.5	4	070	Seat Cushion DD-PU981T	1
049	Carriage Pan Head Cap Bolt M10x57	4	071	Seat Post	1
050	Front Stabilizer Ø50x1.5x470	1	072	Seat Post Bellows	1
051	Rear Stabilizer Ø50x1.5x470	1	073	Seat Height Adjustment Knob M12	1
052	Washer Ø40xØ24x3	1	074	Seat Post Plastic Bushing	1
053	Notched Bearing Nut 15/16"	1	075	Wire Grommet Ø12	4
054	Bearing Cup Ø56x68	2	076	Front Post Support Tube	2
055	Bearing	2	077	Front Post	1
056	Slotted Bearing Nut 7/8"	1	078	Front Post End Cap (□60x30x15)	2
057	Washer Ø34.5xØ23x2.5	1	079	Dumbbell Holder	2
058	Hexagon Nut 7/8"	1	080	Cross Recessed Countersunk Head Bolt M6x12	4
059	Right Cover	1	081	Dumbbell 3 lbs	2
060	Left Cover	1	082	Dumbbell 2 lbs	2
061	Strap 945xH1.5xL1150	1	083	Hand Pulse Sensor with Wire L=1100 mm	2
062	Cover Cap 86x65x1.5	2	084	Handlebar Decorate Cover A	1
063	Cross Recessed Pan Head Self-Drilling Tapping Screw ST4.8x20	2	085	Hexagon Socket Pan Head Cap Bolt M8x65	1
064	Cross Recessed Pan Head Self Tapping Screw ST4.8x40	7	086	Cross Recessed Pan Head Cap Bolt M5x10	2
065	Cross Recessed Countersunk Head Self Tapping Screw ST4.8x15	1	087	Hexagon Socket Pan Head Cap Bolt M8x38	2
066	Spring Ø10x1.8x32	1	088	Hexagon Socket Pan Head Cap Bolt M8x78	1
067	Nut Cap S18	2	089	Handlebar Foam Grip Ø24xØ35x910	1
068	Nut Cap S16	4	090	Handlebar Ø25	1
069	Nylon Nut M8	8	091	Computer	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
092	Handlebar Decorate Cover B	1	099	Washer Ø5xØ9x0.8	2
093	Hexagon Socket Pan Head Cap Bolt M10x30	2	100	Washer Ø30xØ10.5x2.5	2
094	Hexagon Socket Pan Head Cap Bolt M8x57	1	101	Lock Pin Ø8x65	1
095	Waist Twisting Disk Ø256	1	102	Waist Twisting Disk Support Frame	1
096	Rear Stabilizer End Cap Ø50	2	103	Foot Pad Ø32	2
097	Extension Sensor Wire L=800 mm	3	104	Waist Twisting Disk Support Frame End Cap	2
098	Cross Recessed Countersunk Head Self Tapping Screw ST4.2x20	2			

HARDWARE LIST



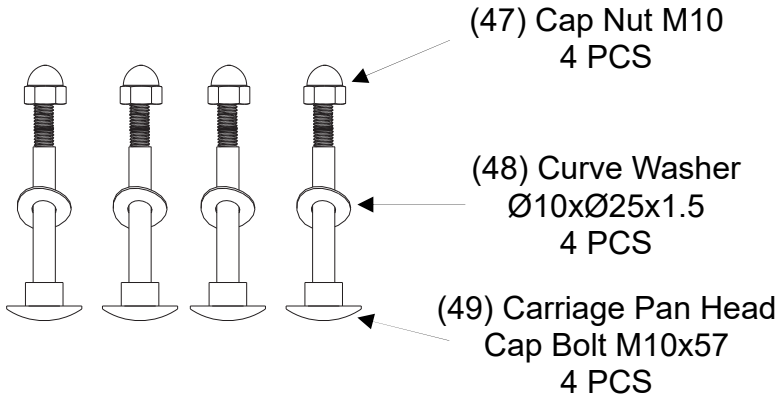
(46) Bolt for left Crank
 Ø16x89xL23
 1 PC



(43) Nylon Nut for left Crank
 B0.5x20
 1 PC

(11) Wave Washer
 Ø28xØ16x1.0t
 1 PC

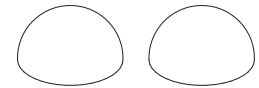
(39) Spring Washer
 Ø20xØ13x2
 1 PC



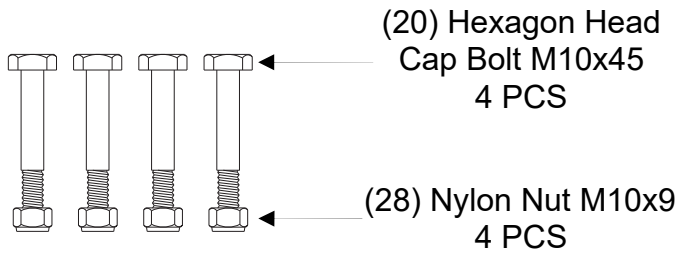
(47) Cap Nut M10
 4 PCS

(48) Curve Washer
 Ø10xØ25x1.5
 4 PCS

(49) Carriage Pan Head
 Cap Bolt M10x57
 4 PCS

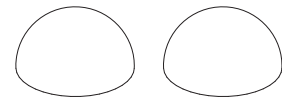


(32) Nut Cap S13
 2 PCS



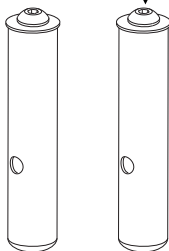
(20) Hexagon Head
 Cap Bolt M10x45
 4 PCS

(28) Nylon Nut M10x9
 4 PCS



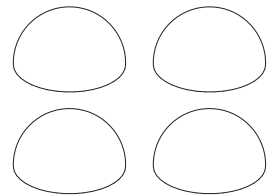
(67) Nut Cap S18
 2 PCS

(93) Hexagon Socket
 Pan Head Cap Bolt
 M10x30
 2 PCS

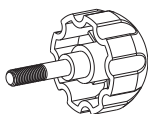


(100) Washer
 Ø30xØ10.5x2.5
 2 PCS

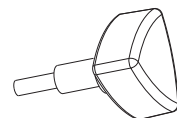
(76) Front Post Tube
 2 PCS



(68) Nut Cap S16
 4 PCS



(6) Adjustment Knob M8
 2 PCS



(73) Seat Height
 Adjustment Knob M12
 1 PC

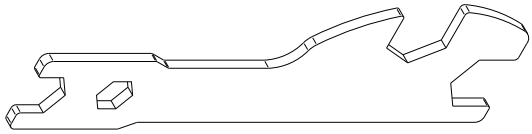
TOOLS



Allen Wrench 6mm
2 PCS



Allen Wrench 8mm
1 PC

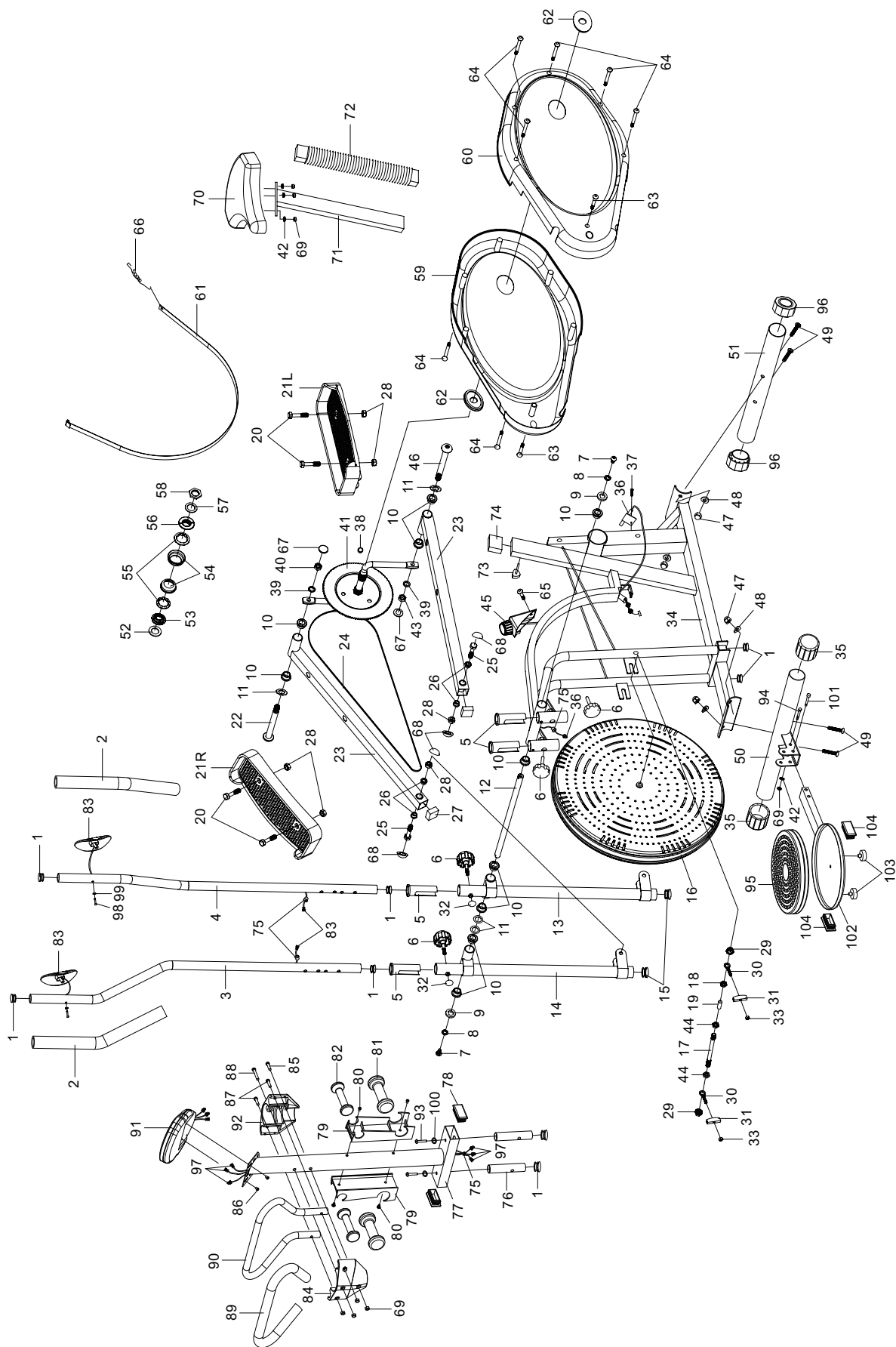


Multi Hex Tool S10, S13, S17, S19
1 PC

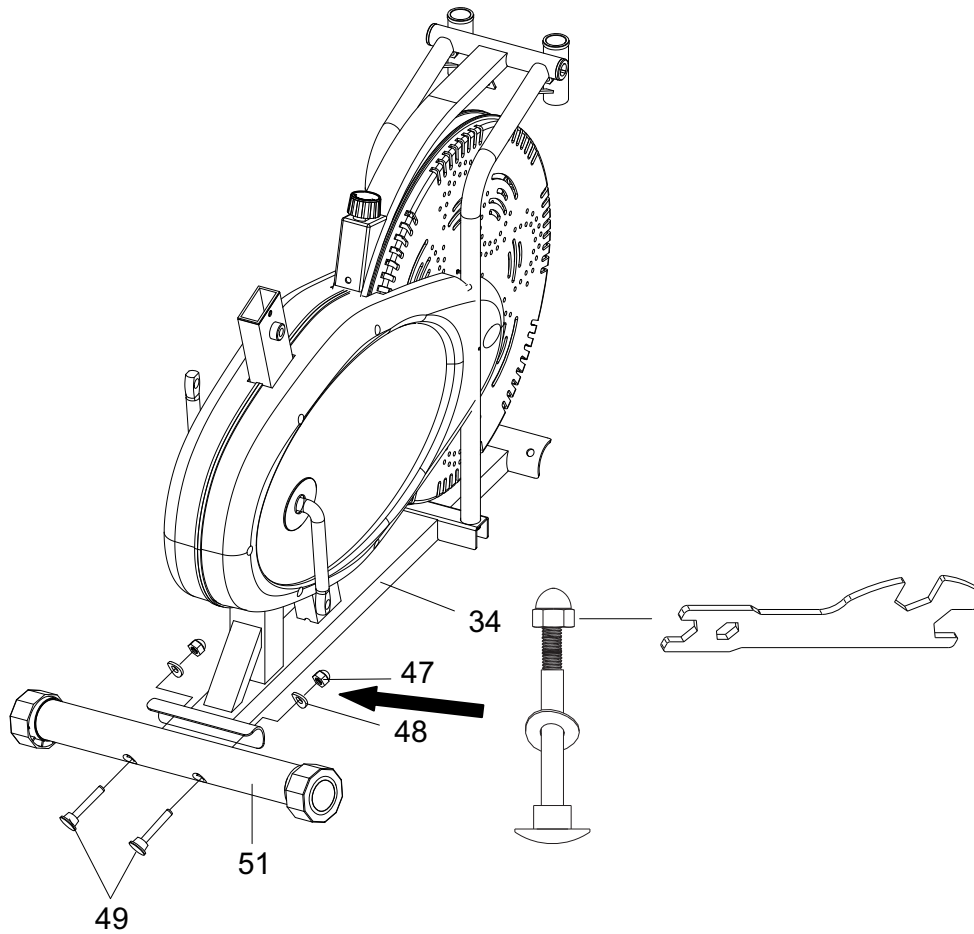


Multi Hex Tool with Phillips Screwdriver
S13, S14, S15
1 PC

EXPLODED VIEW



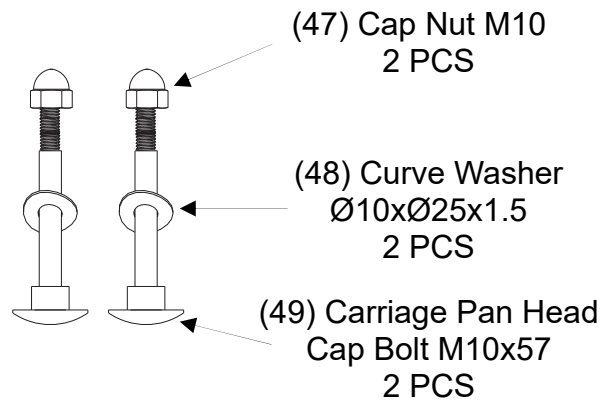
ASSEMBLY INSTRUCTIONS

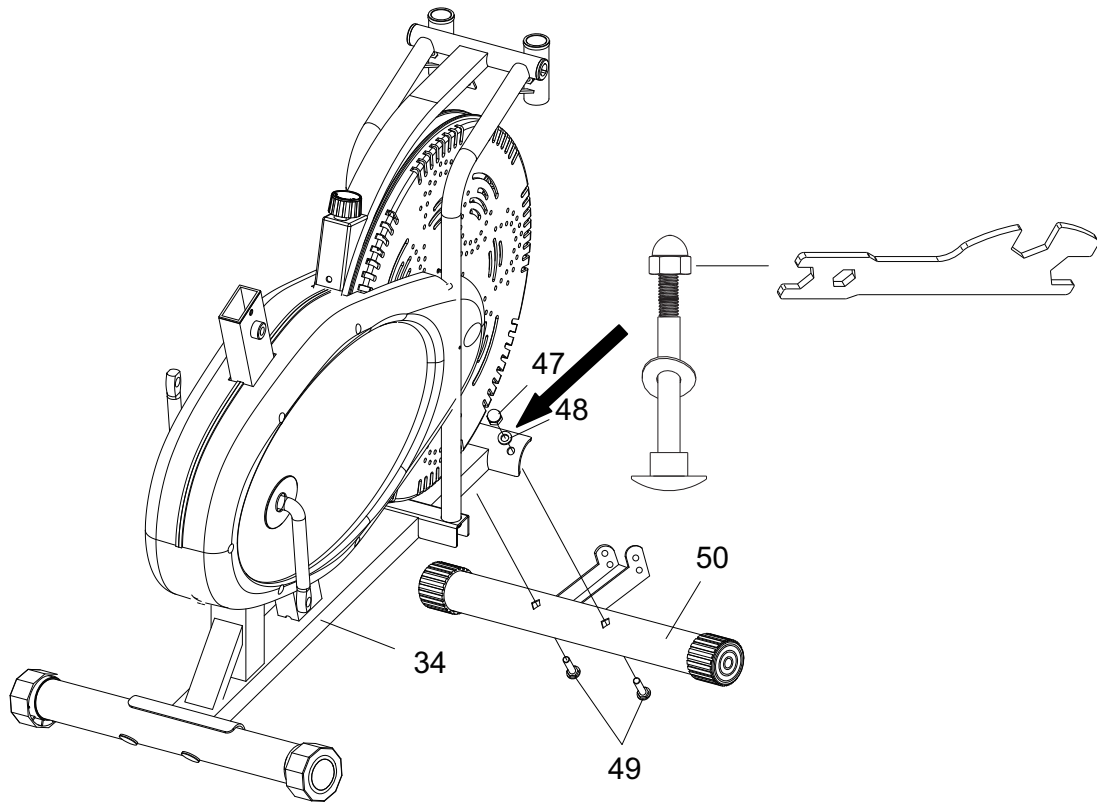


STEP 1

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 $\text{Ø}10 \times \text{Ø}25 \times 1.5$ Curve Washers (48), and two M10x57 Carriage Pan Head Cap Bolts (49). Tighten cap nuts with the Multi Hex Tool provided.

Hardware:

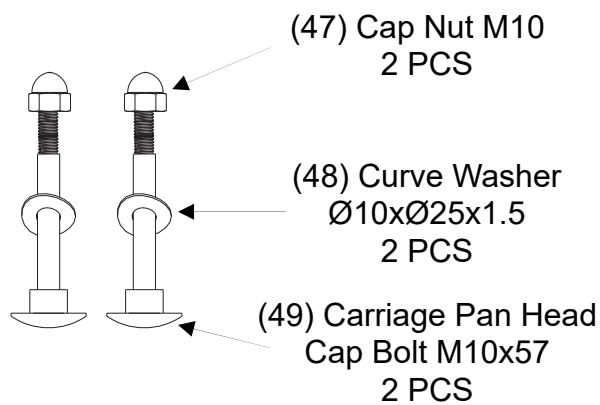


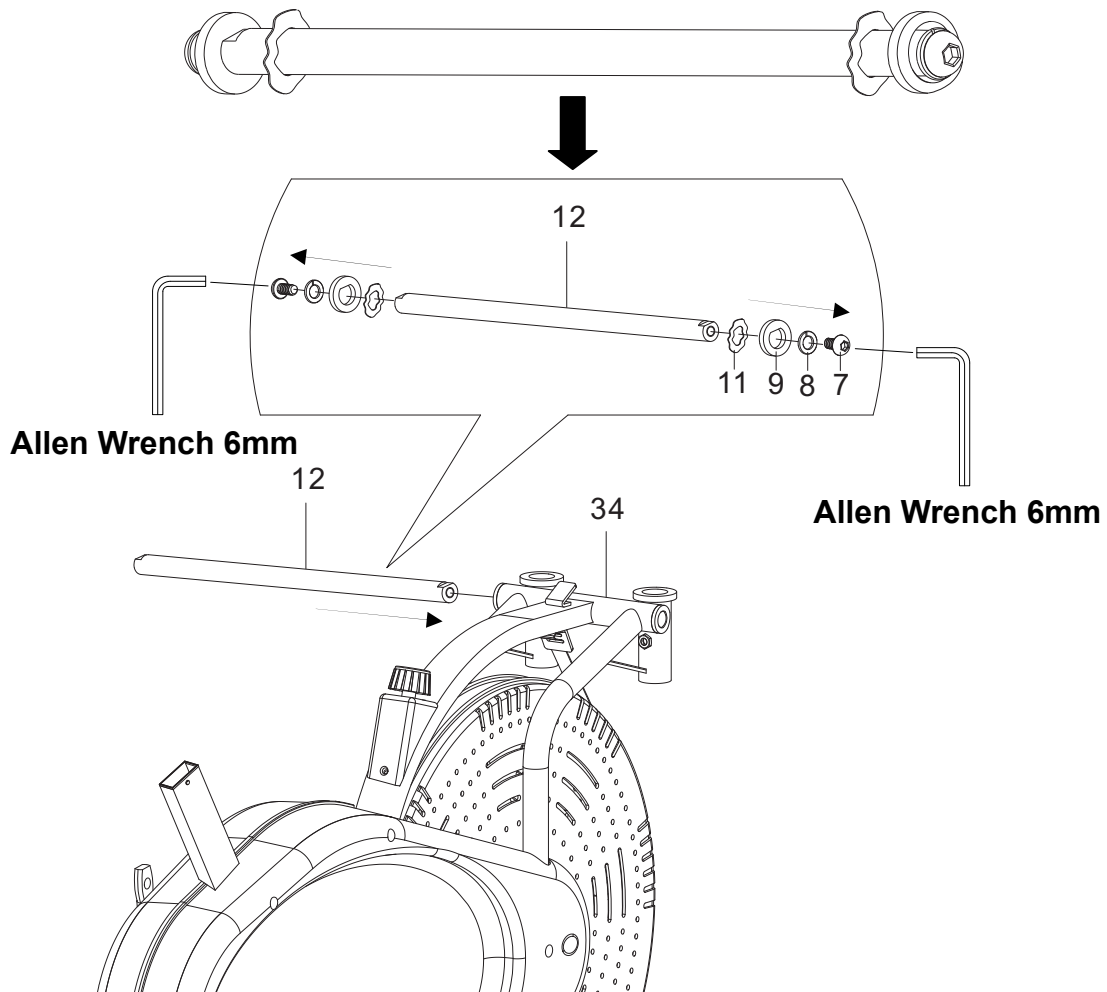


STEP 2

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 Ø10x Ø25x1.5 Curve Washers (48), and two M10x57 Carriage Pan Head Cap Bolts (49). Tighten cap nuts with the Multi Hex Tool provided.

Hardware:



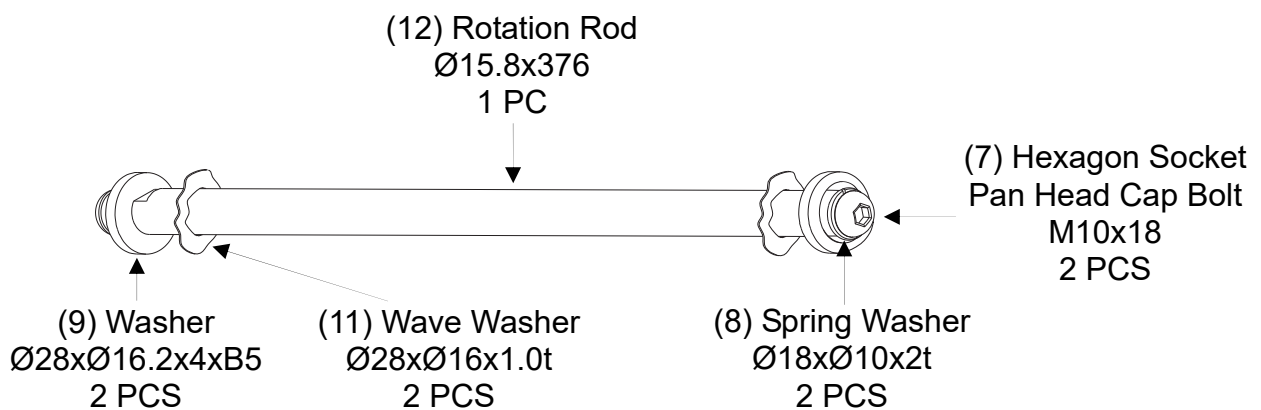


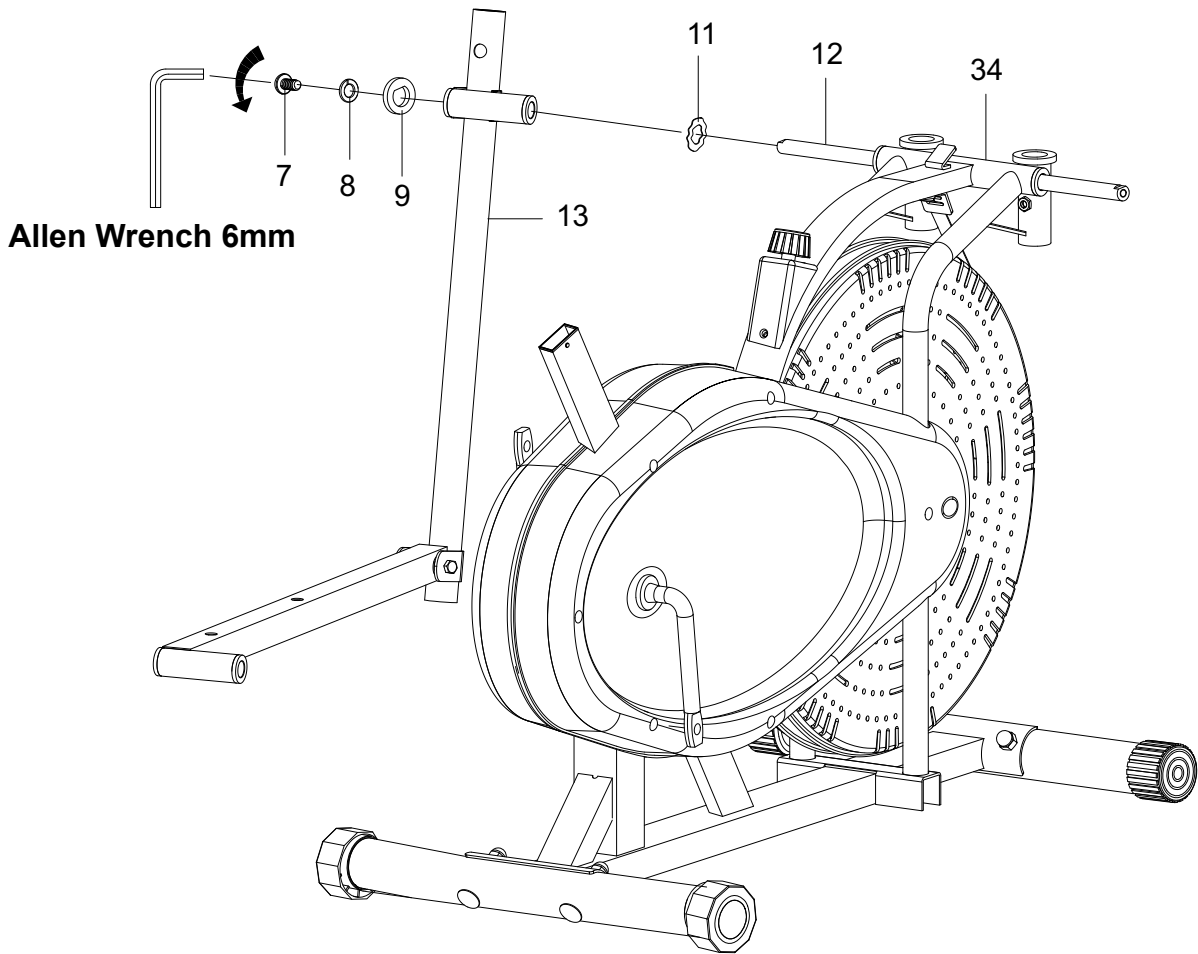
STEP 3

Remove two M10x18 Hexagon Socket Pan Head Cap Bolts (7), two $\text{\O}18 \times \text{\O}10 \times 2\text{t}$ Spring Washers (8), two $\text{\O}28 \times \text{\O}16.2 \times 4 \times \text{B5}$ Washers (9), and two $\text{\O}28 \times \text{\O}16 \times 1.0\text{t}$ Wave Washers (11) from both ends of the $\text{\O}15.8 \times 376$ Rotation Rod (12). Remove bolts with the 6mm Allen Wrench provided.

Place the $\text{\O}15.8 \times 376$ Rotation Rod (12) into the hole of the Main Frame (34).

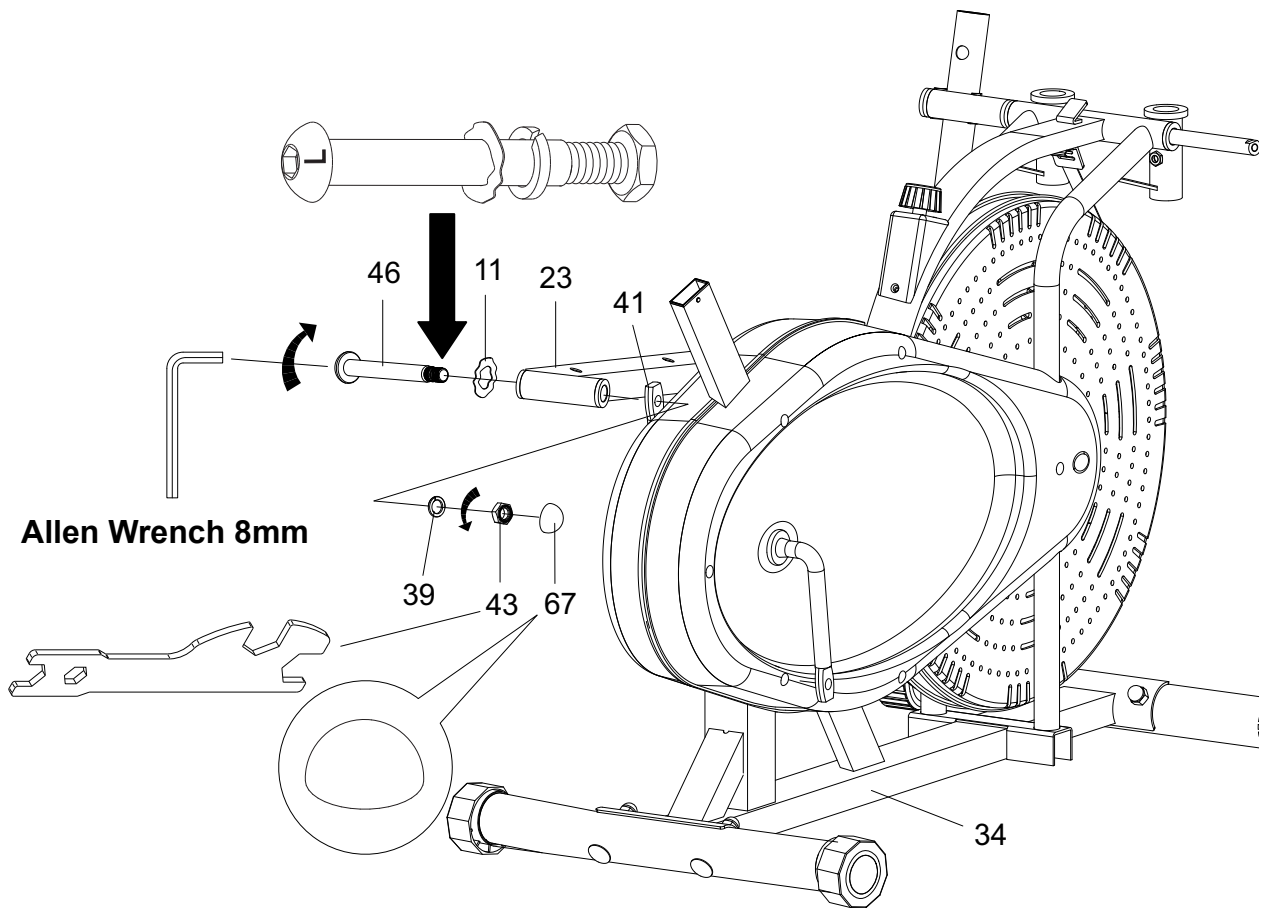
Hardware:





STEP 4

Slide the Left Handrail (13) onto the Ø15.8x376 Rotation Rod (12) and secure in place with one M10x18 Hexagon Socket Pan Head Cap Bolt (7), two Ø18xØ10x2t Spring Washer (8), one Ø28xØ16.2x4xB5 Washer (9), and one Ø28xØ16x1.0t Wave Washer (11) that were removed. **Semi-tighten bolt with the 6mm Allen Wrench provided.**



STEP 5

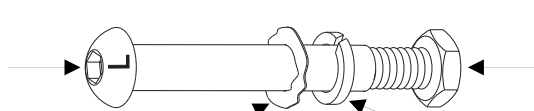
Attach the Foot Bar (23) onto the Crank (41) with one $\text{Ø}16 \times 89 \times \text{L}23$ Bolt for left Crank (46), one $\text{Ø}28 \times \text{Ø}16 \times 1.0\text{t}$ Wave Washer (11), one $\text{Ø}20 \times \text{Ø}13 \times 2$ Spring Washer (39), and one B0.5x20 Nylon Nut for left Crank (43). 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 left Crank (43).

NOTE: $\text{Ø}16 \times 89 \times \text{L}23$ Bolt for left Crank (46) is marked "L" for Left.

Hardware:

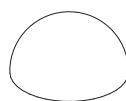
(46) Bolt for left Crank
 $\text{Ø}16 \times 89 \times \text{L}23$
 1 PC



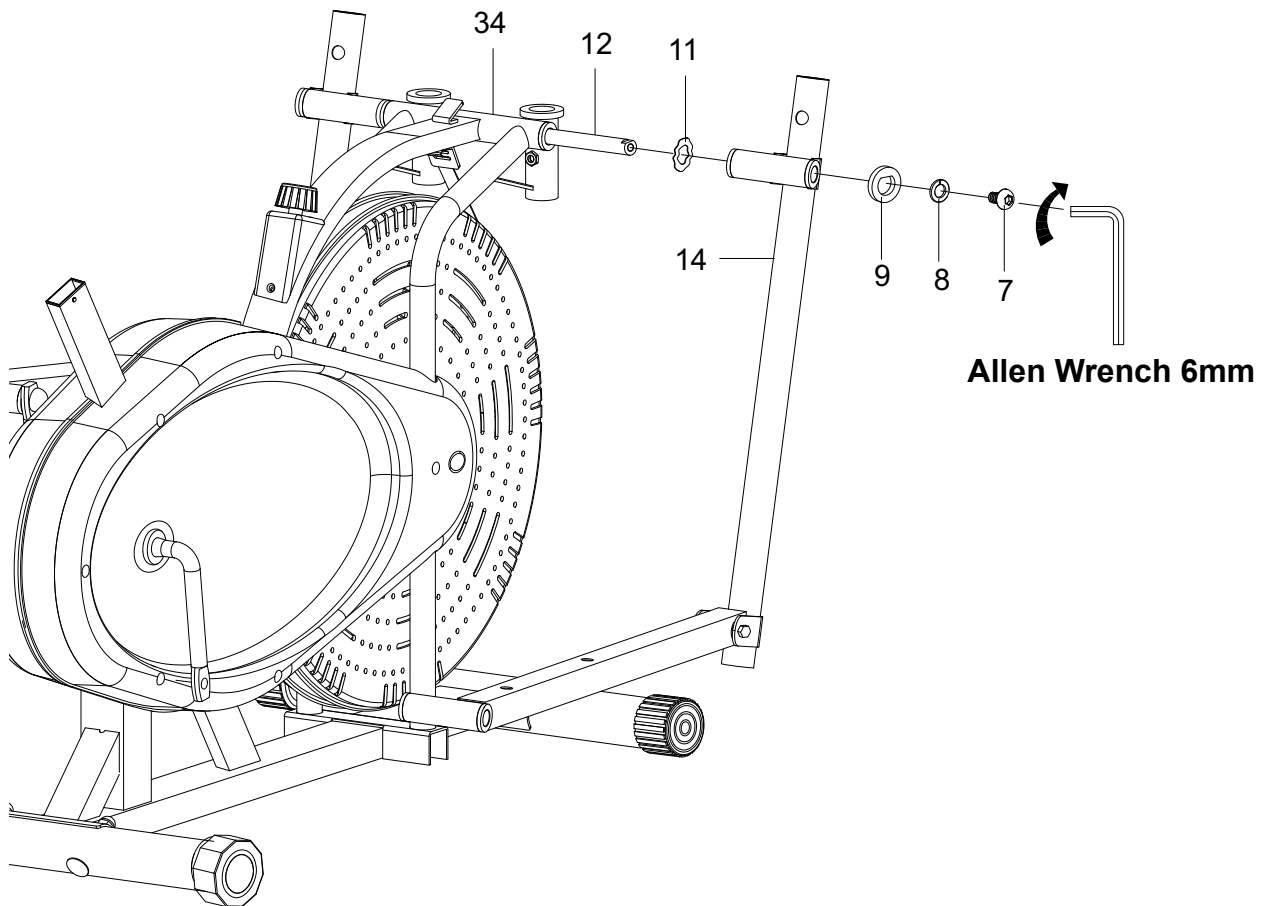
(43) Nylon Nut for left
 Crank B0.5x20
 1 PC

(11) Wave Washer
 $\text{Ø}28 \times \text{Ø}16 \times 1.0\text{t}$
 1 PC

(39) Spring Washer
 $\text{Ø}20 \times \text{Ø}13 \times 2$
 1 PC

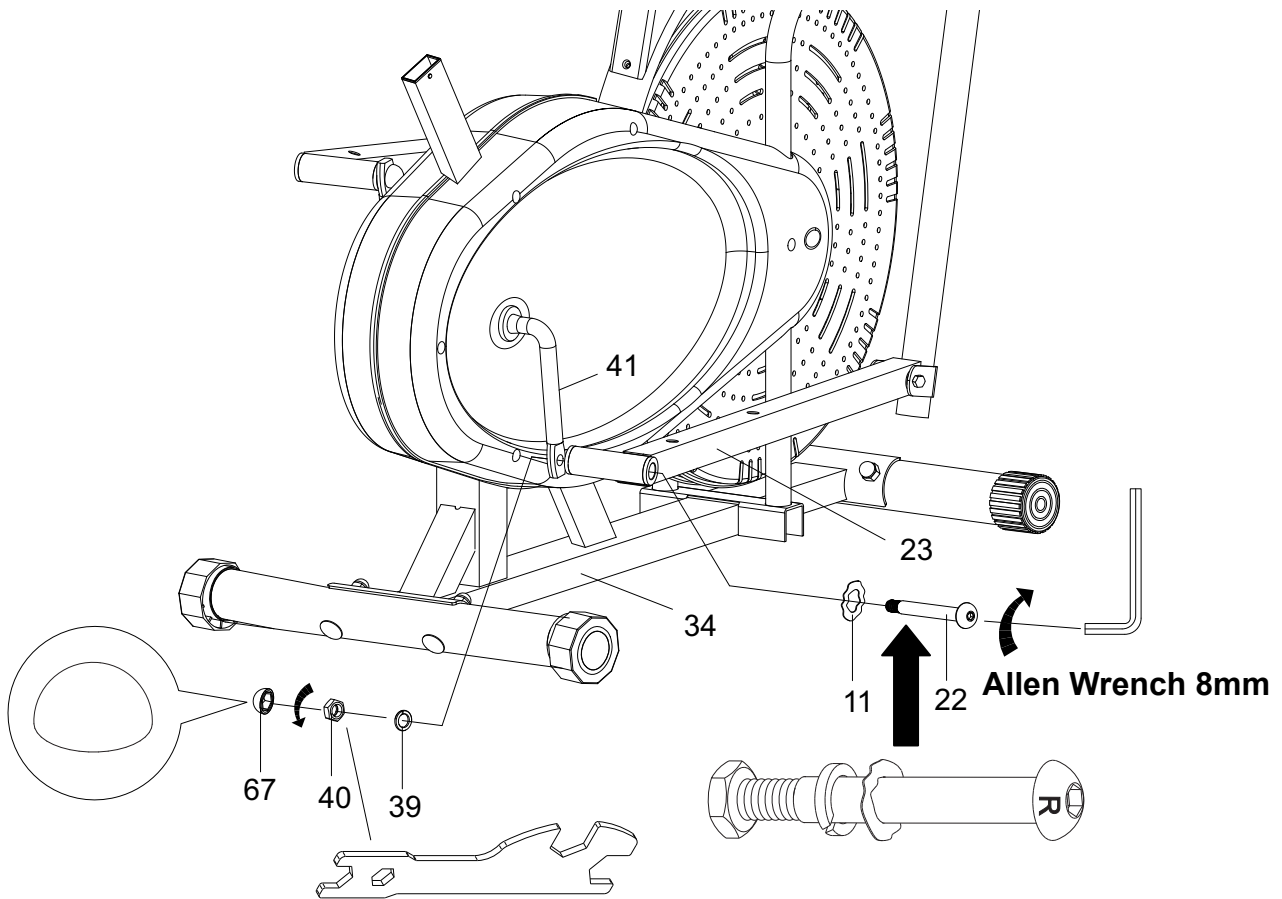


(67) Nut Cap S18
 1 PC



STEP 6

Slide the Right Handrail (14) onto the $\text{Ø}15.8 \times 376$ Rotation Rod (12) and secure in place with one M10x18 Hexagon Socket Pan Head Cap Bolt (7), two $\text{Ø}18 \times \text{Ø}10 \times 2t$ Spring Washer (8), one $\text{Ø}28 \times \text{Ø}16.2 \times 4 \times B5$ Washer (9), and one $\text{Ø}28 \times \text{Ø}16 \times 1.0t$ Wave Washer (11) that were removed. **Semi-tighten bolt with the 6mm Allen Wrench provided.**



STEP 7

Attach the Foot Bar (23) onto the Crank (41) with one Ø16x89xL23 Bolt for right Crank (22), one Ø28xØ16x1.0t 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) is marked “R” for Right.

Hardware:

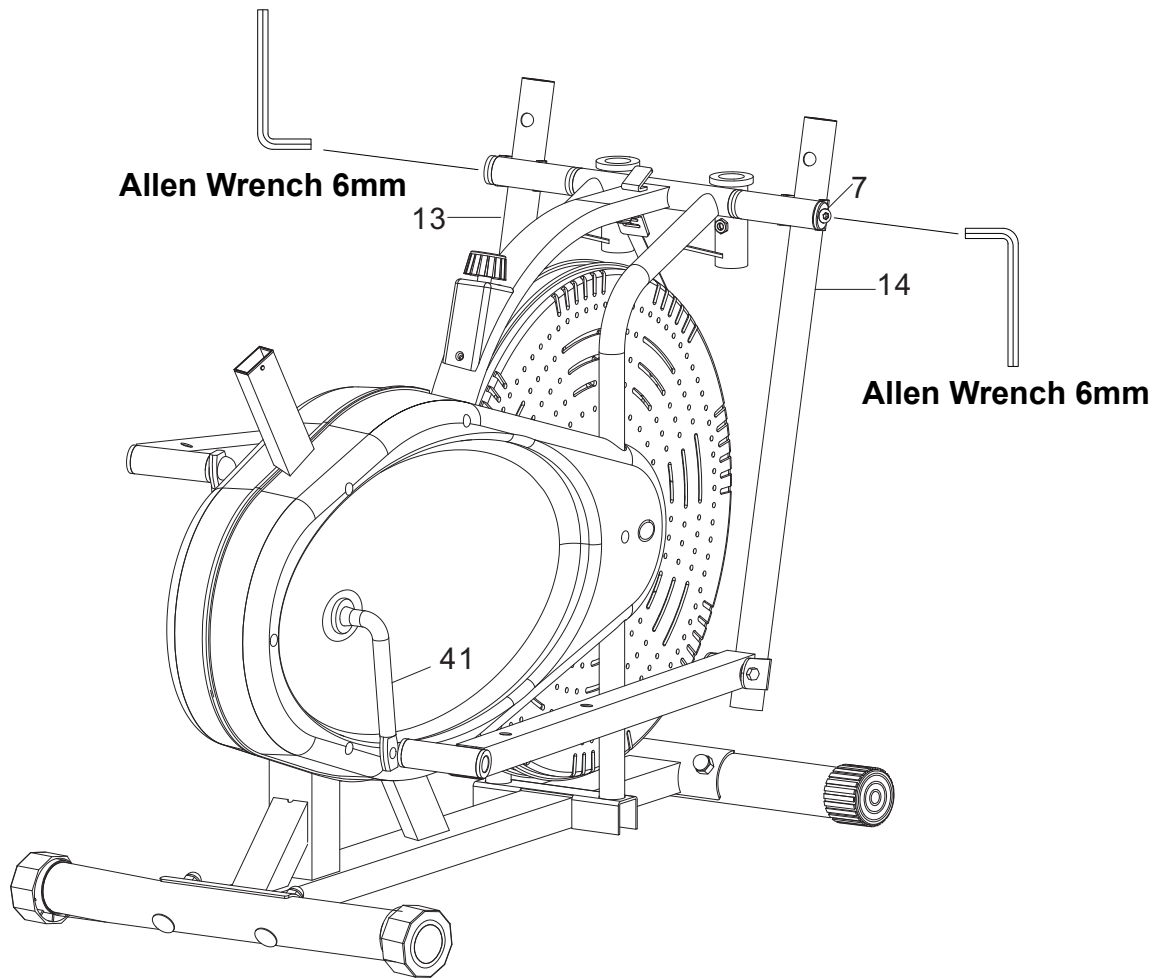
(40) Nylon Nut for right Crank B0.5x20
1 PC

(22) Bolt for right Crank
Ø16x89xL23
1 PC

(39) Spring Washer
Ø20xØ13x2
1 PC

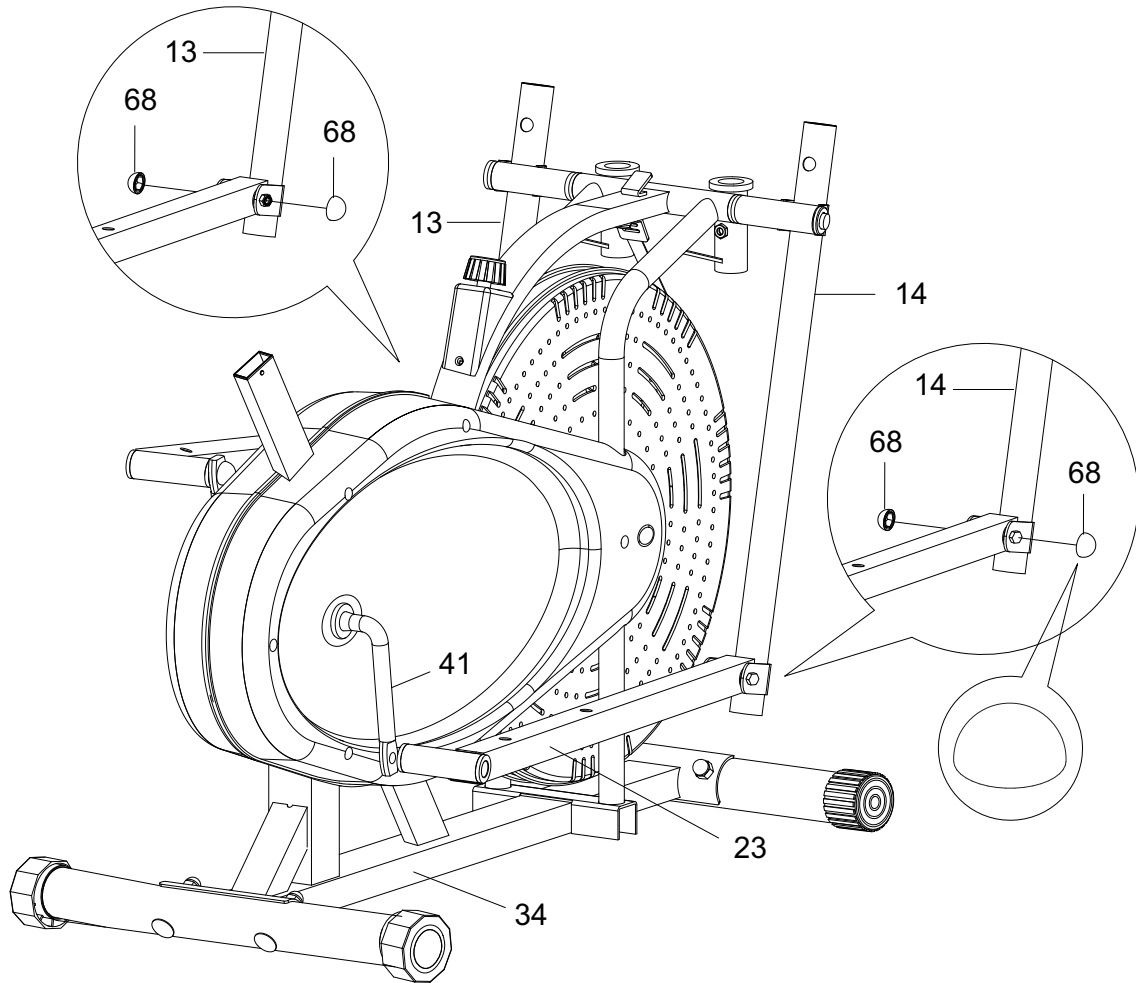
(11) Wave Washer
Ø28xØ16x1.0t
1 PC

(67) Nut Cap S18
1 PC



STEP 8

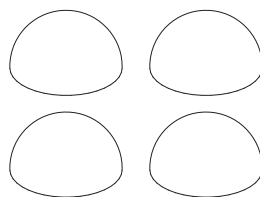
Please tighten both M10x18 Hexagon Socket Pan Head Cap Bolts (7) with two 6mm Allen Wrenches provided.



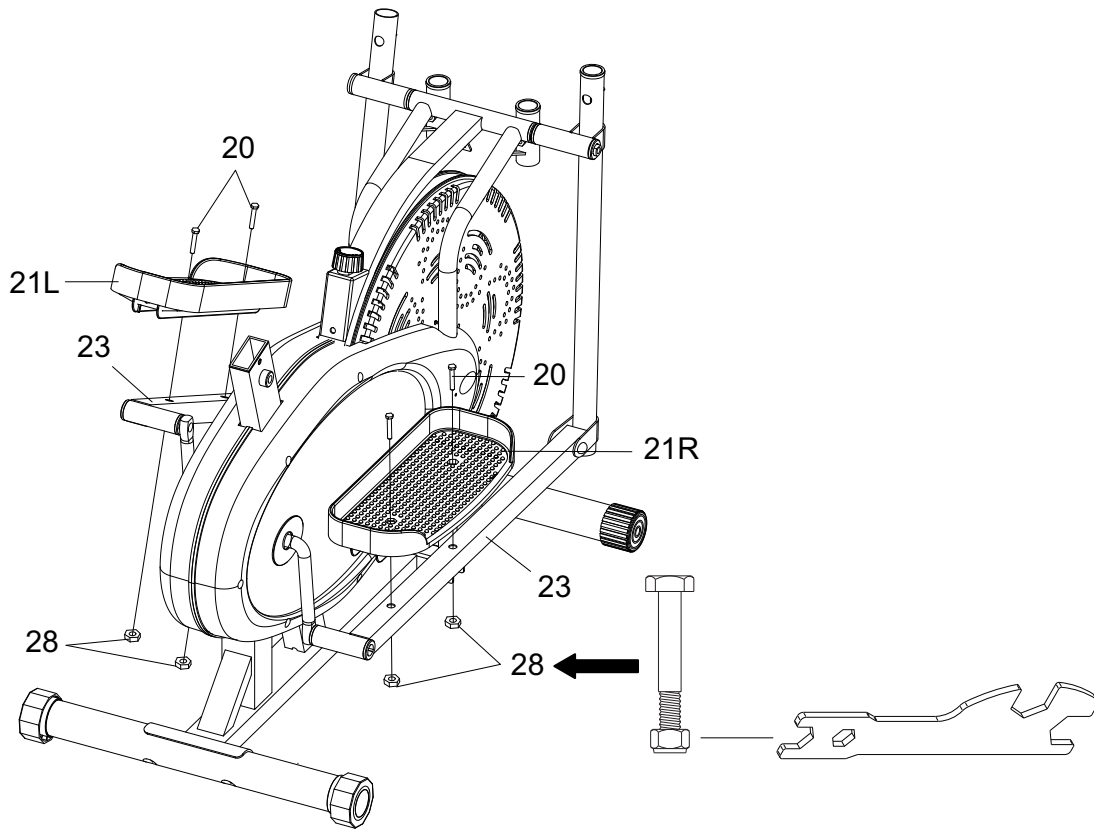
STEP 9

Install four S16 Nut Caps (68) onto bolts and nylon nuts on the both Foot Bars (23).

Nut Cap:



(68) Nut Cap S16
4 PCS

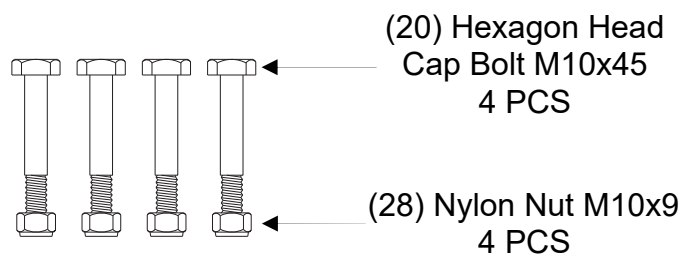


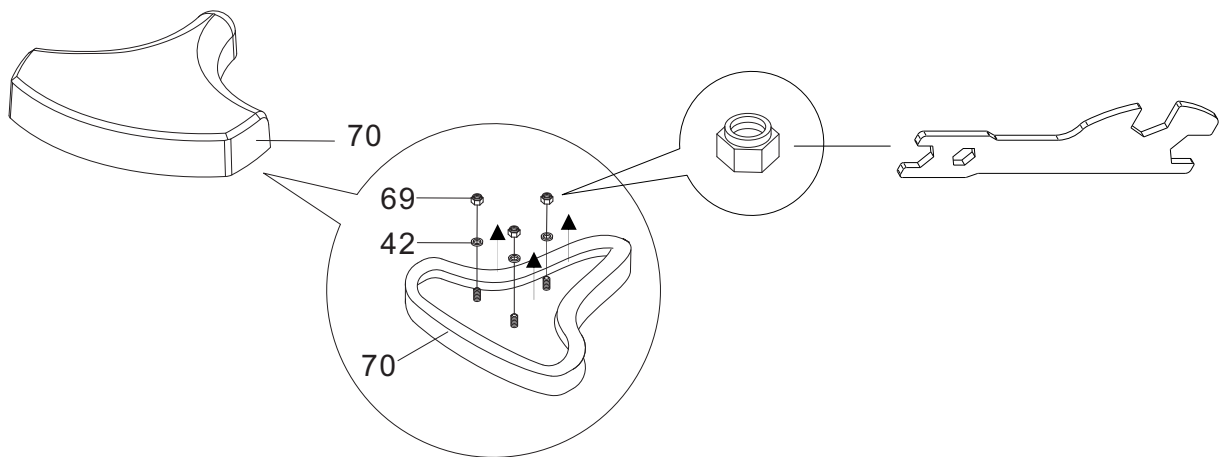
STEP 10

Attach the Right Foot Pedal (21R) onto the right Foot Bar (23) with two M10x45 Hexagon Head Cap Bolts (20) and M10x9 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).

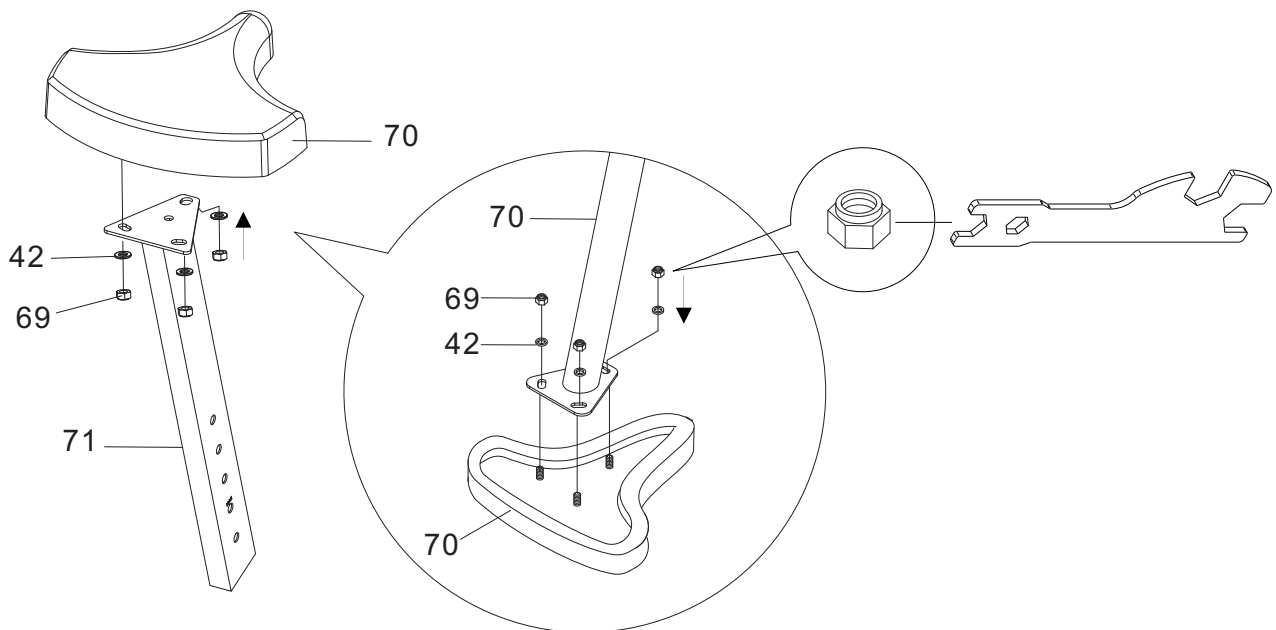
Hardware:





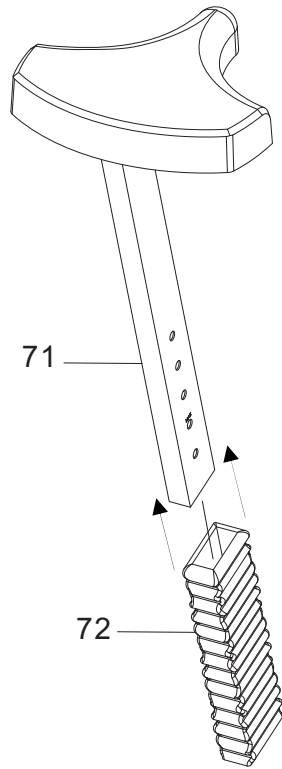
STEP 11

Remove three $\text{Ø}8.2 \times \text{Ø}12 \times 1.5$ Washers (42) and three M8 Nylon Nuts (69) from underside of the Seat Cushion (70). Remove nylon nuts with the Multi Hex Tool provided.



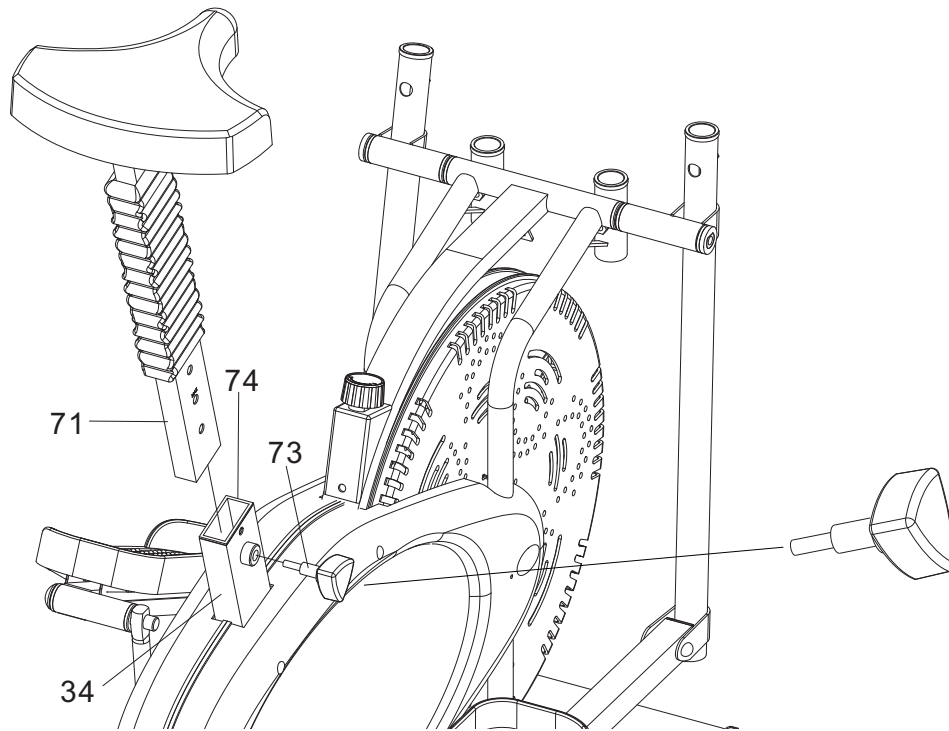
STEP 12

Guide bolts on underside of the Seat Cushion (70) through holes on top of the Seat Post (71), attach with three removed $\text{Ø}8.2 \times \text{Ø}12 \times 1.5$ Washers (42) and M8 Nylon Nuts (69). Tighten nylon nuts with the Multi Hex Tool provided.



STEP 13

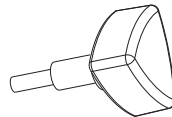
Slide Seat Post Bellows (72) up onto the Seat Post (71).



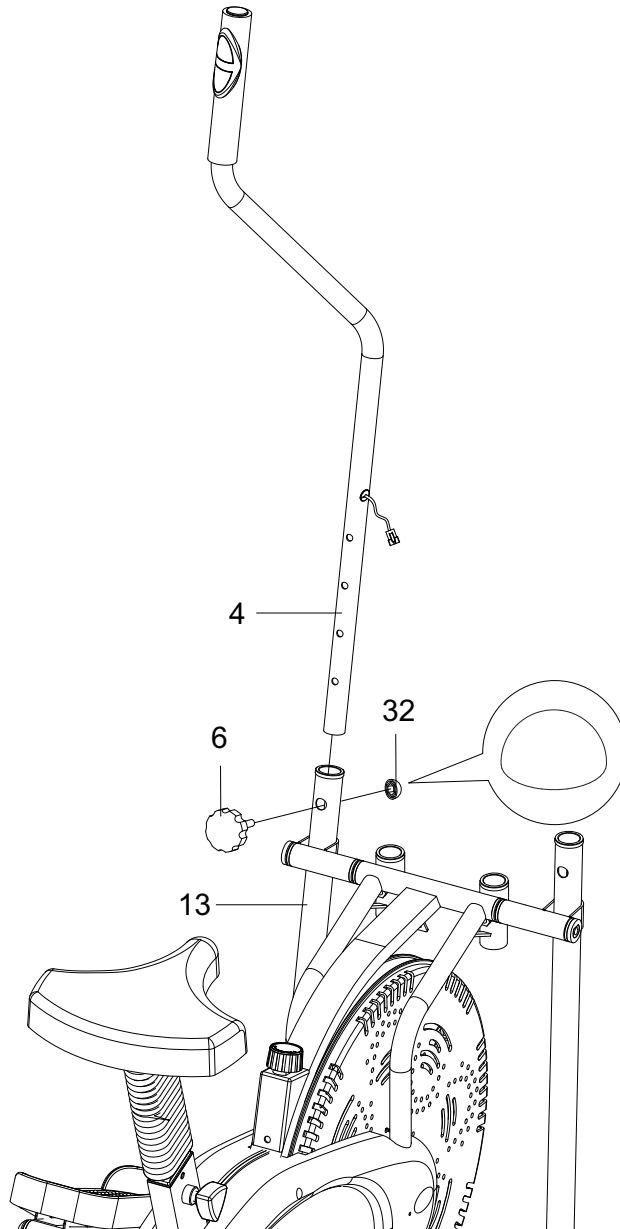
STEP 14

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.

Adjustment Knob:



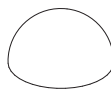
(73) Seat Height
Adjustment Knob M12
1 PC



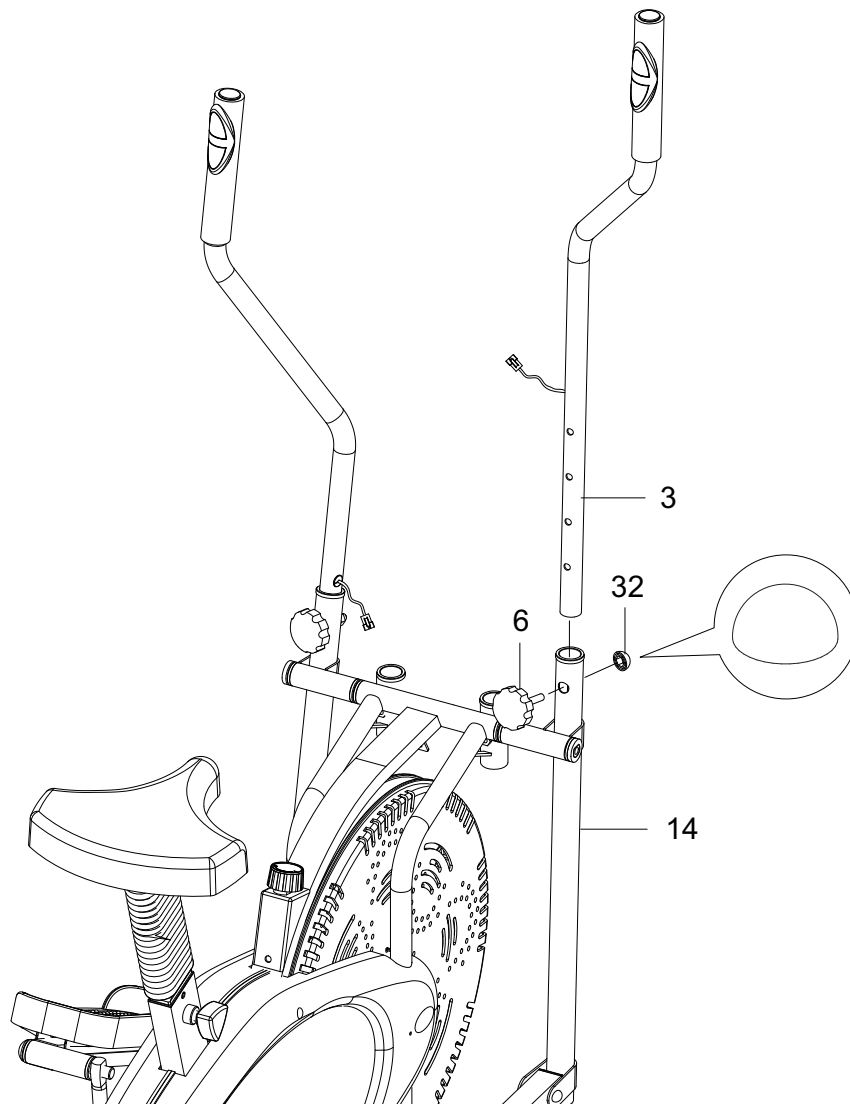
STEP 15

Remove the M8 Adjustment Knob (6) from Left Handrail (13).
Insert the Left Handrail Arm (4) into the plastic bushing on the tube of the Left Handrail (13) and then attach the removed M8 Adjustment Knob (6) onto the tube of the Left Handrail (13) by turning it in a clockwise direction to lock the Left Handrail Arm (4) in the suitable position. Install a S13 Nut Cap (32) onto the nut on the Left Handrail (13).

Nut Cap:



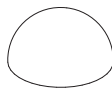
(32) Nut Cap S13
1 PC



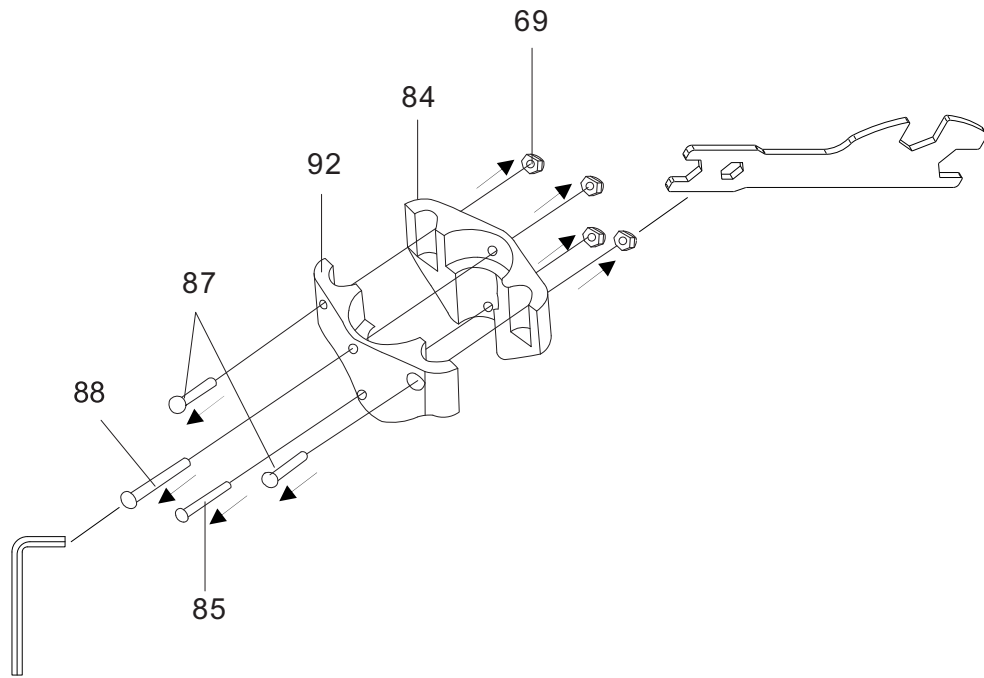
STEP 16

Remove one M8 Adjustment Knob (6) from Right Handrail (14). Insert the Right Handrail Arm (3) into the plastic bushing on the tube of the Right Handrail (14) and then attach removed M8 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).

Nut Cap:



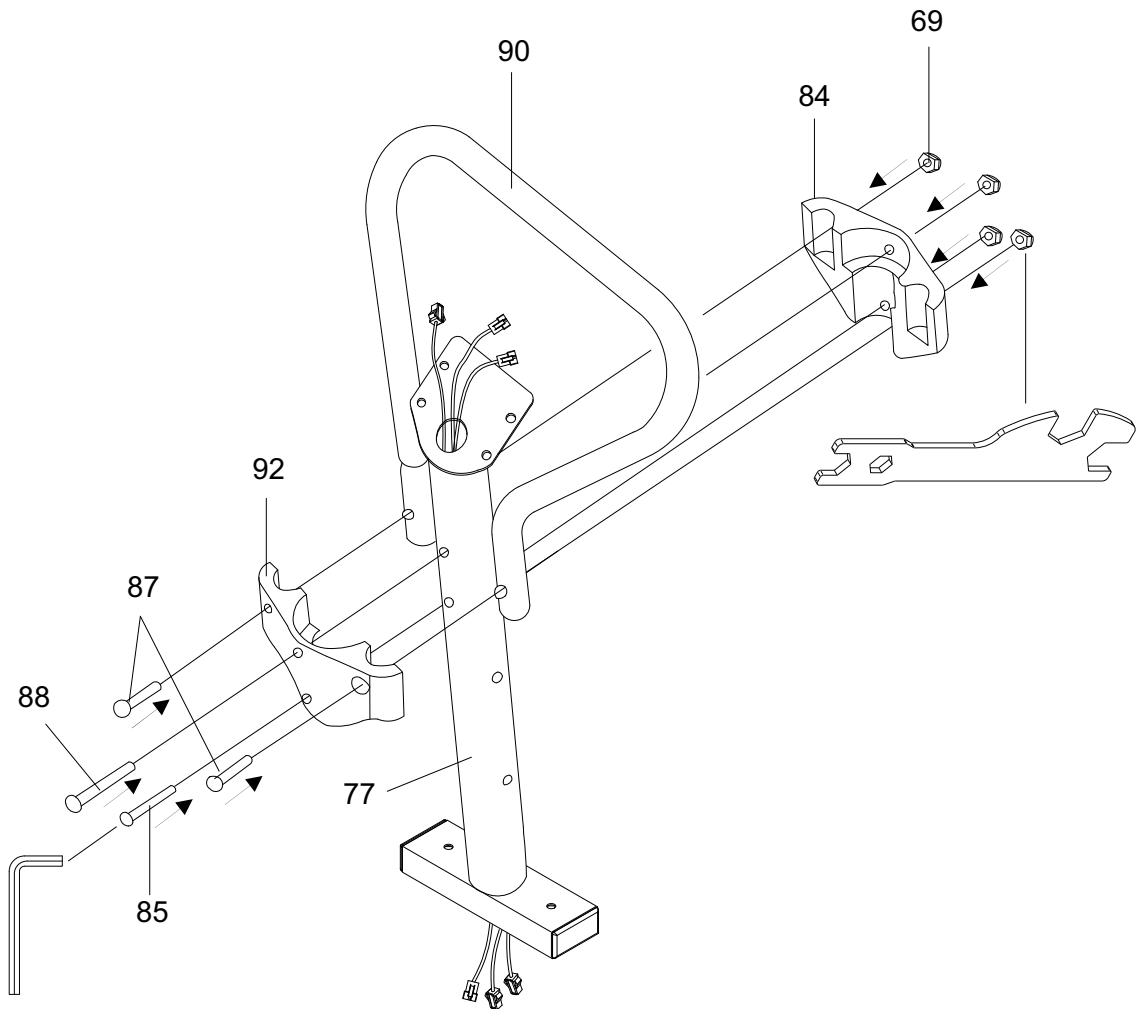
(32) Nut Cap S13
1 PC



Allen Wrench 6mm

STEP 17

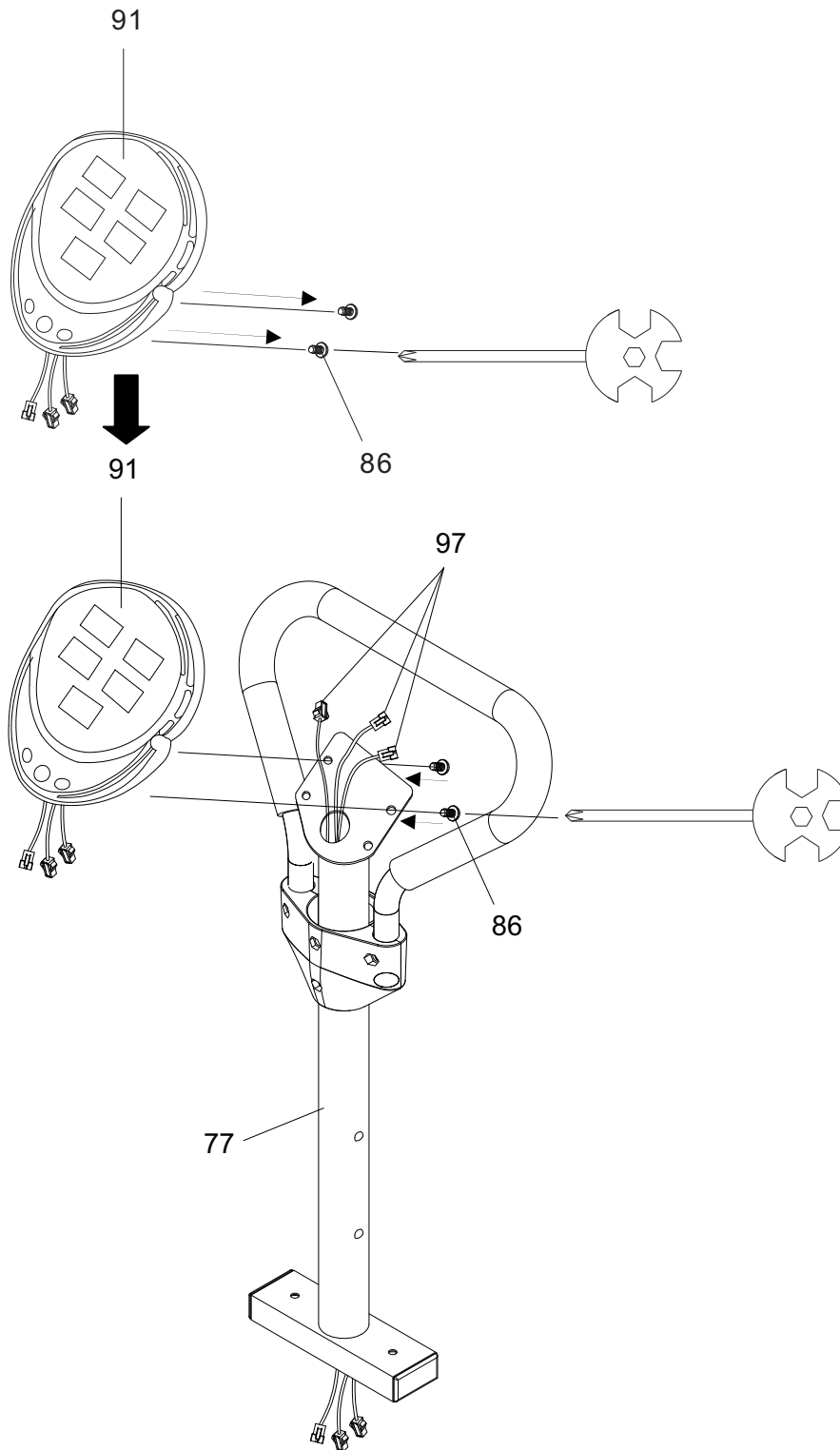
Remove one M8x65 Hexagon Socket Pan Head Cap Bolt (85), one M8x78 Hexagon Socket Pan Head Cap Bolt (88), two M8x38 Hexagon Socket Pan Head Cap Bolts (87), and four M8 Nylon Nuts (69) from the Handlebar Decorate Covers AB (84, 92). Remove bolts and nylon nuts with the 6mm Allen Wrench and Multi Hex Tool provided.



Allen Wrench 6mm

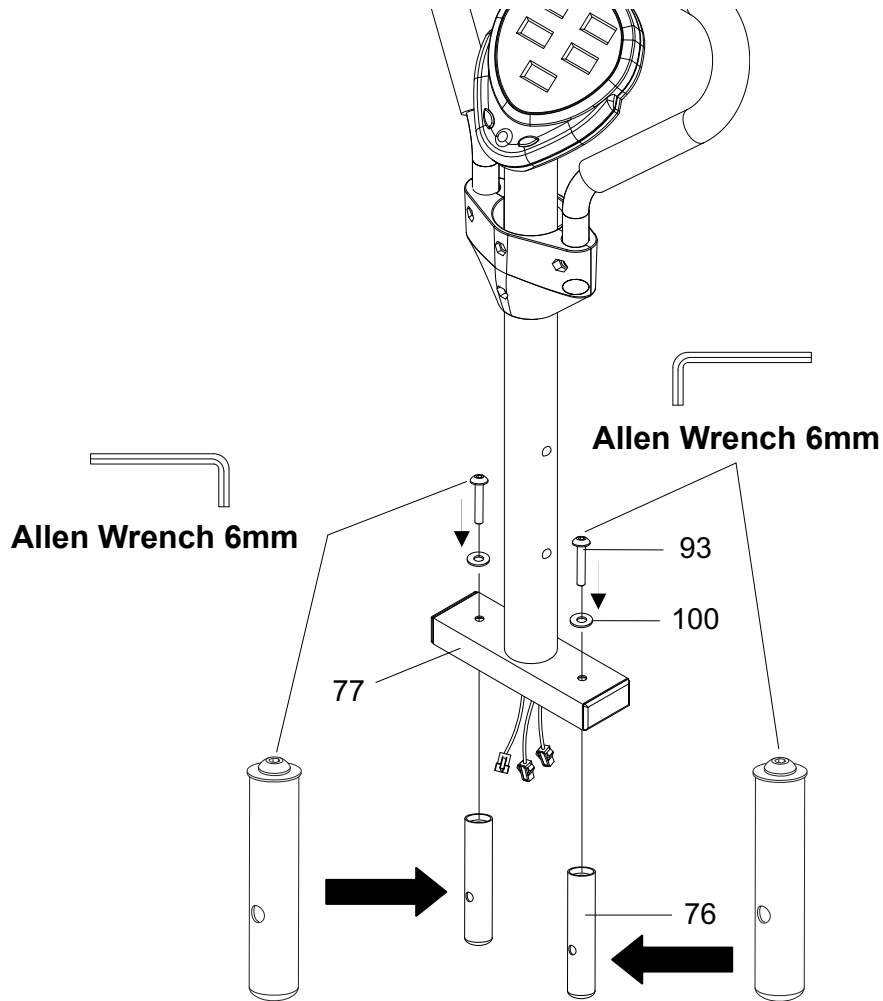
STEP 18

Attach the Handlebar Decorate Covers AB (84, 92) onto the Front Post (77) and Handlebar (90) with one M8x65 Hexagon Socket Pan Head Cap Bolt (85), one M8x78 Hexagon Socket Pan Head Cap Bolt (88), two M8x38 Hexagon Socket Pan Head Cap Bolts (87), and four M8 Nylon Nuts (69) that were removed. Tighten bolts and nylon nuts with the 6mm Allen Wrench and Multi Hex Tool provided.



STEP 19

Remove two M5x10 Cross Recessed Pan Head Cap Bolts (86) from the Computer (91). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided. Connect the Extension Sensor Wires (97) to the wires that come from the Computer (91). Tuck wires into the Front Post (77). Attach the Computer (91) onto the top end of the Front Post (77) with two M5x10 Cross Recessed Pan Head Cap Bolts (86) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

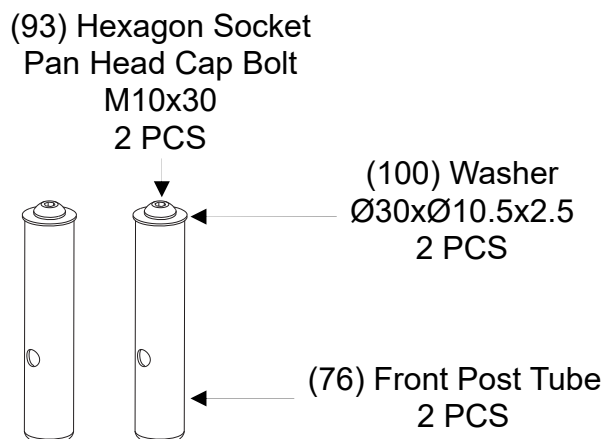


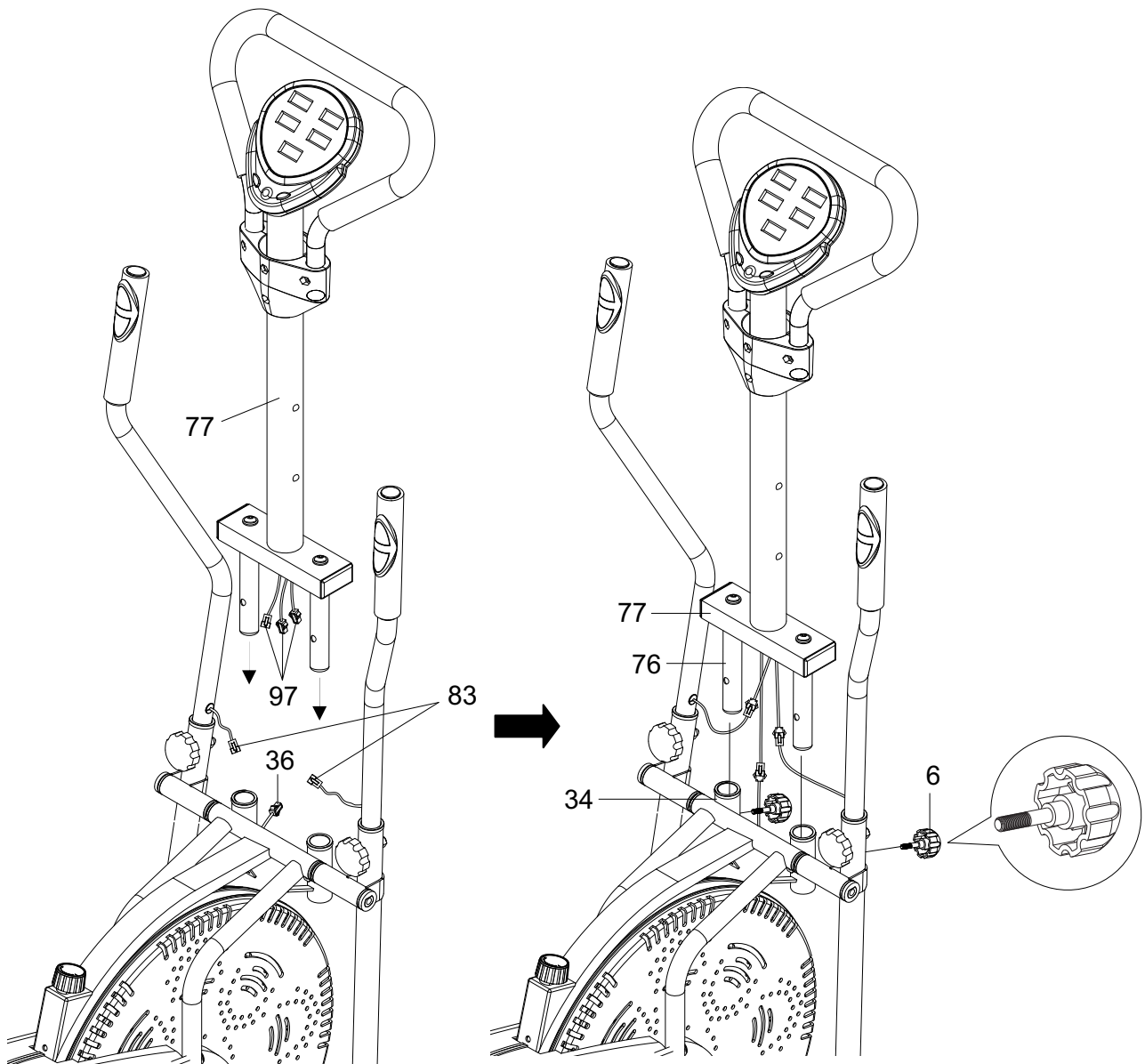
STEP 20

Remove two M10x30 Hexagon Socket Pan Head Cap Bolts (93) and two Ø30xØ10.5x2.5 Washers (100) from both Front Post Tubes (76). Remove bolts with the 6mm Allen Wrench provided.

Attach both Front Post Tubes (76) onto the Front Post (77) with two M10x30 Hexagon Socket Pan Head Cap Bolts (93) and two Ø30xØ10.5x2.5 Washers (100) that were removed. Tighten bolts with the 6mm Allen Wrench provided.

Hardware:



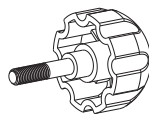


STEP 21

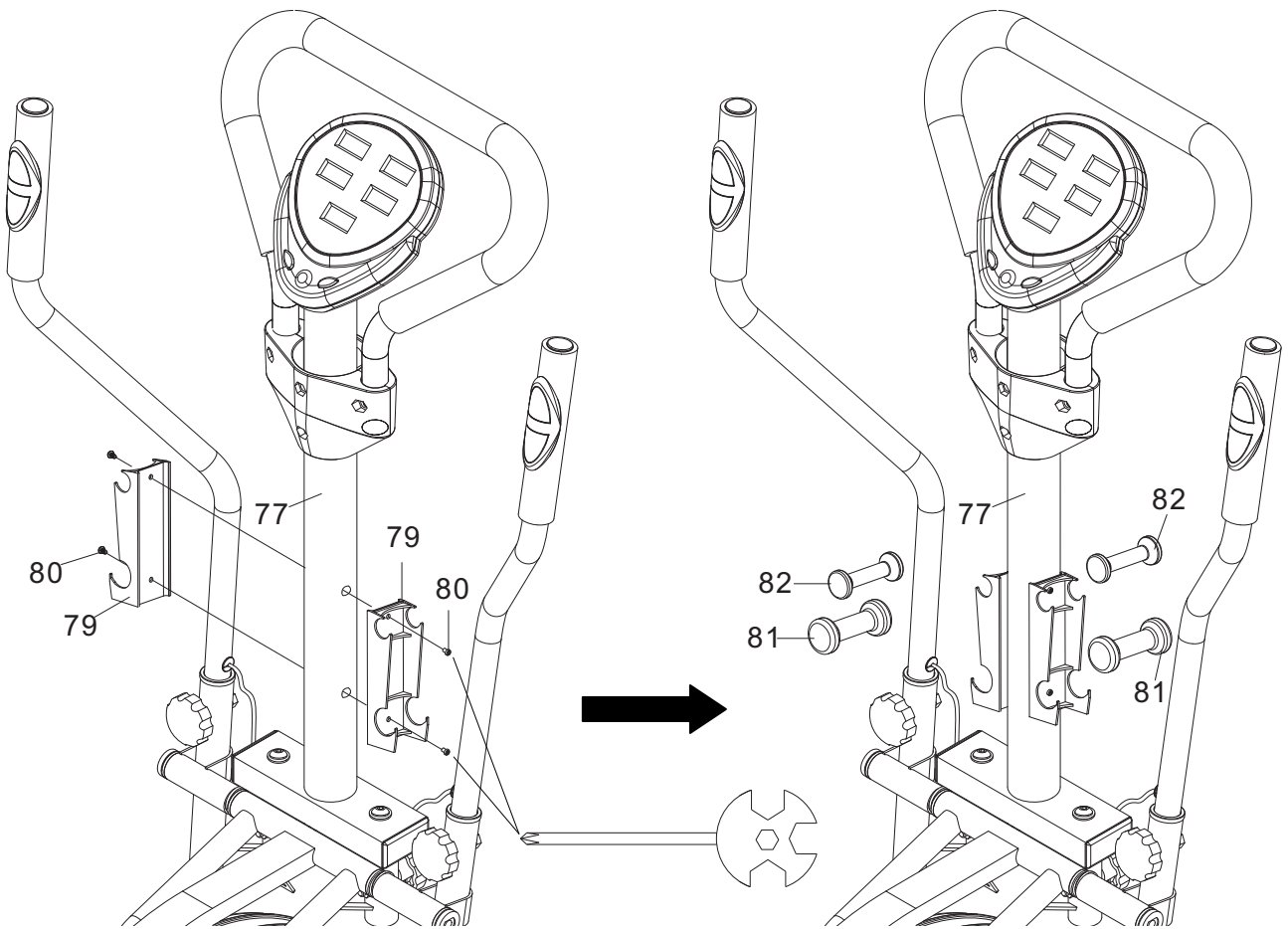
Connect the Extension Sensor Wires (97) to the Hand Pulse Sensor Wires (83) and Sensor Wire (36).

Insert both Front Post Tubes (76) with Front Post (77) into the plastic bushings on the tubes of the Main Frame (34) and align knob holes. Then attach both M8 Adjustment Knobs (6) onto the tube of the Main Frame (34) by turning them in a clockwise direction to lock the Front Post Tubes (76) in place.

Adjustment Knob:



(6) Adjustment Knob M8
2 PCS

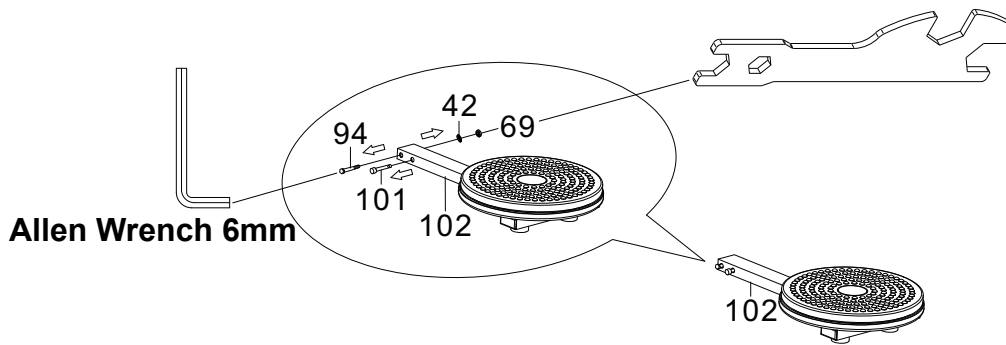


STEP 22

Remove four M6x12 Cross Recessed Countersunk Head Bolts (80) from the Front Post (77). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

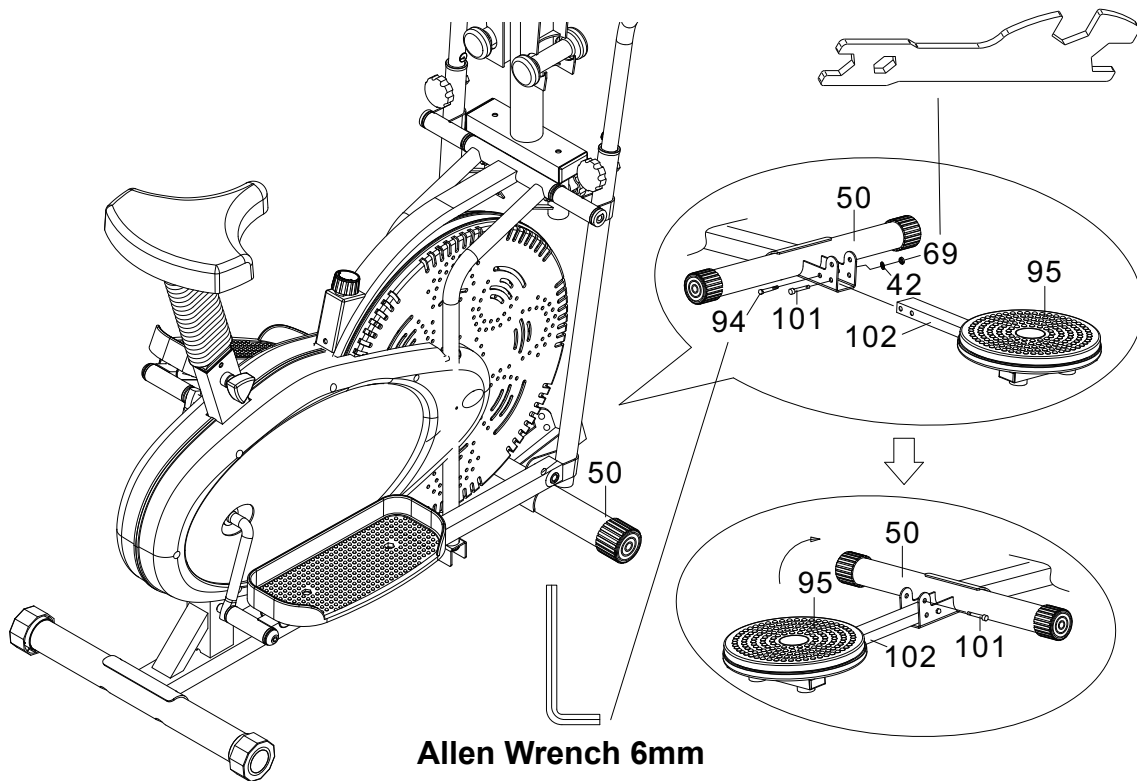
Attach both Dumbbell Holders (79) onto the Front Post (77) with four M6x12 Cross Recessed Countersunk Head Bolts (80) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Place Dumbbells (81, 82) onto the Dumbbell Holders (79).



STEP 23

Remove one M8 Nylon Nut (69), one Ø8.2xØ12x1.5 Washer (42), one M8x57 Hexagon Socket Pan Head Cap Bolt (94), and one Ø8x65 Lock Pin (101) from the Waist Twisting Disk Support Frame (102). Remove bolt and nylon nut with the 6mm Allen Wrench and Multi Hex Tool provided.



STEP 24

Position the Waist Twisting Disk Support Frame (102) in front the Front Stabilizer (50) and align bolt holes. Attach the Waist Twisting Disk Support Frame (102) onto the front end of the Front Stabilizer (50) with one M8 Nylon Nut (69), one Ø8.2xØ12x1.5 Washer (42), and one M8x57 Hexagon Socket Pan Head Cap Bolt (94) that were removed. Tighten bolt and nylon nut with the 6mm Allen Wrench and Multi Hex Tool provided. Finally, insert the Ø8x65 Lock Pin (101) into the holes on the Front Stabilizer (50) and Waist Twisting Disk Support Frame (102) to lock the Waist Twisting Disk Support Frame (102) in place.

OPERATING THE COMPUTER

USING YOUR COMPUTER

The computer can be activated by pressing the buttons or by pedaling. If you leave the equipment idle for 8 minutes, the power will turn off automatically.



BUTTON FUNCTIONS:

MODE: Press the MODE button to select the display window which needs to be pre-set when a "◆" icon flashes on the relevant display window.

SET: Press the SET button to set values of TIME, DISTANCE, CALORIES, or PULSE for target pre-setting when a "◆" icon flashes on the relevant display window.

RESET: Press the RESET button to reset data values of TIME, DISTANCE, CALORIES, or PULSE for target pre-setting when a "◆" icon flashes on the relevant display window.

COMPUTER FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button until you see a "◆" icon flashes on the left upper corner of the TIME window. Press the SET button to pre-set values of target TIME. Press the RESET button to reset the target time to zero. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will begin beeping to remind you.

SPEED: Displays the current training speed.

DISTANCE: Displays the accumulative distance travelled during workout. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until you see a "◆" icon flashes on the left upper corner of the DISTANCE window. Press the SET button to pre-set values of target DISTANCE. Press the RESET button to reset the target distance to zero. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, the computer will begin beeping to remind you.

CALORIES: Displays the total accumulated calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until you see a "◆" icon flashes on the left upper corner of the CALORIES window. Press the SET button to pre-set values of target CALORIES. Press the RESET button to reset the target calories to zero. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical

treatment).

PULSE: Before measuring your current heart rate figures, press any button, "P" will change into "0" on PULSE window. Then the PULSE window will display your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. You may also pre-set target heart rate in STOP mode before training. To set CALORIES press the MODE button until you see a "◆" icon flashes on the left upper corner of the PULSE window. Press the SET button to pre-set target heart rate. Press the RESET button to reset the target heart rate to zero. Once you pre-set target heart rate and then start to exercise, please grip the handlebar sensors with both your hands during exercise. If the heart rate detected greater than the target heart rate, the computer will begin beep to remind you.

HOW TO INSTALL THE BATTERIES:

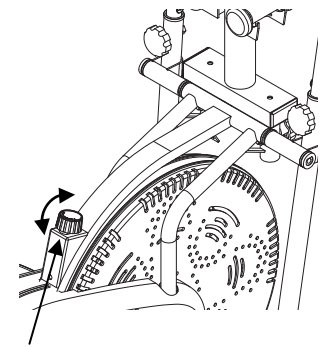
1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove the batteries 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.

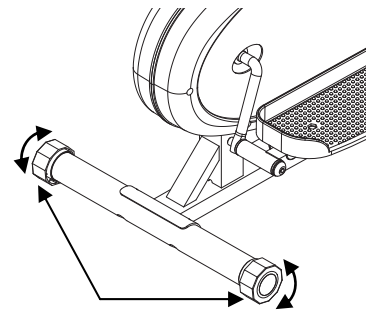
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

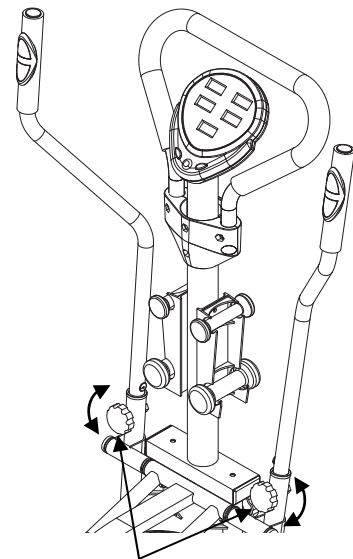
Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.



Rear Stabilizer End Cap

Adjusting the Handrail Arms Height

Remove both adjustment knobs from the left and right handrails. Then slide left and right handrail arms up or down slightly to the desired hole for the suitable position. Lock the left and right handrail arms in place by tightening both adjustment knobs in a clockwise direction.

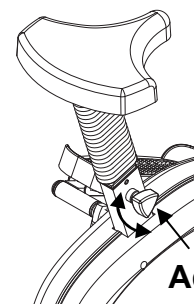


Adjustment Knob

Adjusting the Seat Height

Remove the seat height adjustment knob from the tube of the main frame. 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: Do not set the seat post height any higher than the marked line on the seat post.



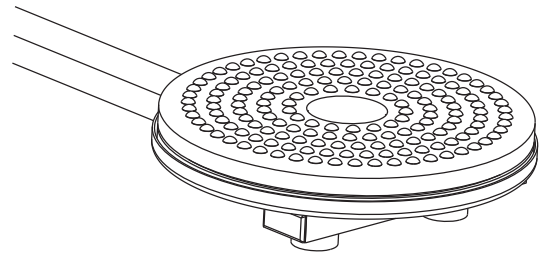
Seat Height Adjustment Knob

USING THE WAIST TWISTING DISC

The Waist Twisting Disk helps the user shape up the waists, inner thighs, and buttocks rapidly.

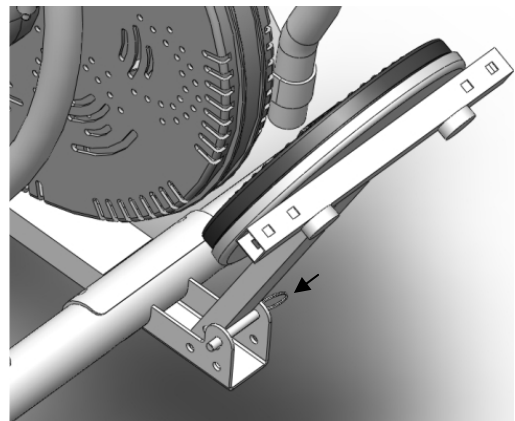
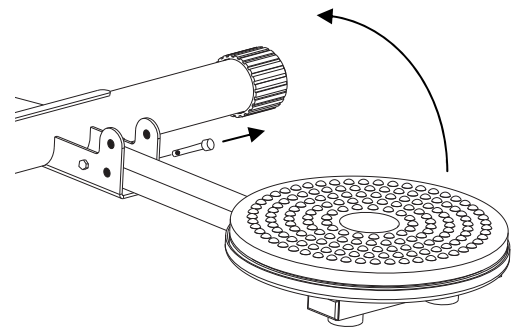
Instructions:

Put your feet on the Waist Twisting Disk, twist your waist and abdomen at the left and right sides.



Storage:

For your storage convenience, the Waist Twisting Disk can be folded up in the upright position. First remove the Lock Pin and then fold the Waist Twisting Disk Support Frame up in the upright position. Insert the Lock Pin into the holes on the Front Stabilizer to lock the Waist Twisting Disk Support Frame in place.



MAINTENANCE

Cleaning

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

Please keep the elliptical fan bike, especially the computer console out of direct sunlight to prevent screen damage.

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

Storage

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

TROUBLESHOOTING

PROBLEM: The elliptical fan bike wobbles when in use.

SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical fan bike.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post.

SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.

SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The elliptical fan bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the elliptical fan bike. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the elliptical fan bike.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

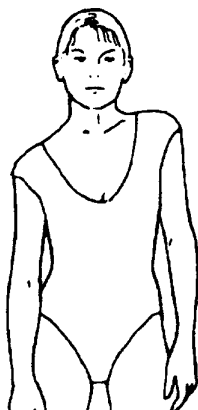
WARM UP AND COOL DOWN ROUTINE

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.

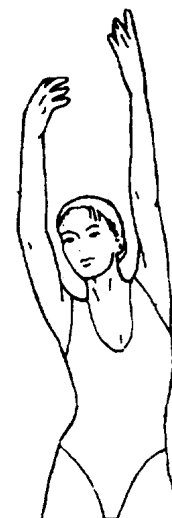
HEAD ROLLS

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.



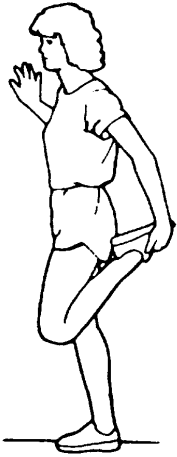
SHOULDER LIFTS

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.

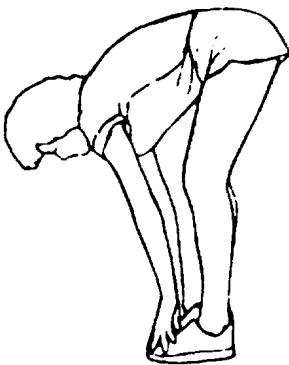


QUADRICEPS STRETCH

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.

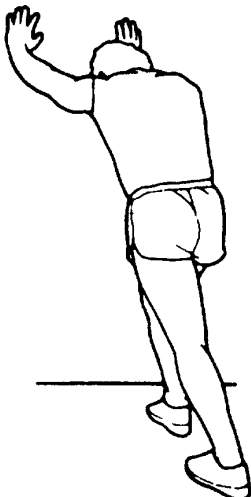
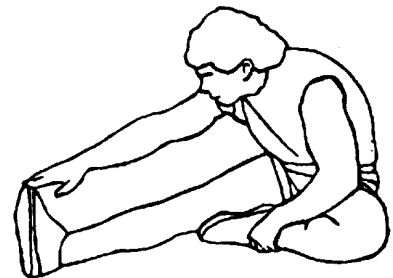


TOE TOUCHES

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.