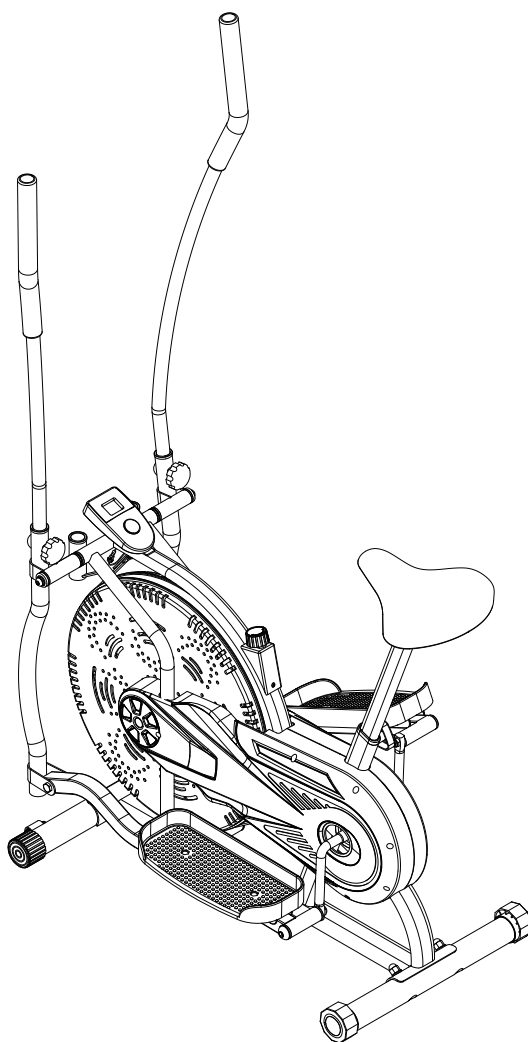


2 IN 1 ORBI TRAC

ITEM NO: 28400

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.

2020, Sept.

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE LIST AND ASSEMBLY COMPONENTS -----	6
TOOLS -----	7
EXPLODED VIEW -----	8
ASSEMBLY INSTRUCTIONS -----	9
HOW TO MOVE THE ELLIPTICAL FAN BIKE -----	19
OPERATING THE COMPUTER -----	20
ADJUSTMENTS -----	21
MAINTENANCE -----	23
TROUBLESHOOTING -----	23
WARM UP AND COOL DOWN ROUTINE -----	24

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 them carefully before using this equipment. Make sure the equipment is properly assembled and all fastenings are tightened before use.
2. It is important to warm up before use.
3. Please check the equipment is in good condition before use. If there are any signs damage or parts in need of replacement, please contact your local dealer.
4. This equipment should be placed on a flat surface when in use. It is recommended to place this item on a protective mat during use.
5. Please wear proper clothes and shoes when using this equipment; do not wear baggy or loose clothing that could become caught.
6. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and contact your local dealer for assistance.
7. Always hold onto the handrail arms when climbing onto or stepping off the machine, and ensure the pedal you are stepping onto or off is at the lowest position.
8. Do not use the equipment outdoors.
9. This equipment is for household use only.
10. Only one person at a time can use this equipment.
11. If you feel any chest pains, nausea, dizziness, or shortness 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 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	6	031	Tension Bracket	2
002	Handrail Arm Foam Grip Ø35xØ24x280	2	032	Nylon Nut M8	3
003	Right Handrail Arm Ø25x1.8	1	033	Hexagon Nut M6	2
004	Left Handrail Arm Ø25x1.8	1	034	Main Frame	1
005	Plastic Bushing Ø32x1.5	4	035	Front Stabilizer End Cap Ø50	2
006	Handrail Arm Height Adjustment Knob M8x36	2	036	Nylon Nut M6	2
007	Hexagon Socket Pan Head Cap Bolt M10x20	2	037	Transport Wheel Ø22xØ6.5x30.5	2
008	Spring Washer Ø10x2.0	2	038	Hexagon Head Bolt M6x48	2
009	D Shaped Spindle Washer Ø28xØ16x5.0	2	039	Spring Washer Ø20xØ13x2.0	2
010	Powder Metal Bushing Ø28xØ16x16	10	040	Nylon Nut for right Crank	1
011	Wave Washer Ø28xØ16x0.3	2	041	Chain Pulley with Crank	1
012	Rotation Rod Ø15.8x386	1	042	Washer Ø8	3
013	Left Handrail Ø31.8x1.5	1	043	Nylon Nut for left Crank	1
014	Right Handrail Ø31.8x1.5	1	044	Computer	1
015	Handrail End Cap Ø32x1.5	2	045	Tension Control Knob	1
016	Fan Wheel	1	046	Bolt for left Crank Ø16x89xL23	1
017	Fan Wheel Axle Ø10x150	1	047	Cap Nut M10	4
018	Taper Nut M10x1.0x5.0T	2	048	Curve Washer Ø10xØ20x2.0	4
019	Sensor Bracket with Wire (350 mm)	1	049	Carriage Bolt M10x56	4
020	Hexagon Head Bolt M10x45	4	050	Front Stabilizer Ø50x1.5x470	1
021L	Left Foot Pedal	1	051	Rear Stabilizer Ø50x1.5x470	1
021R	Right Foot Pedal	1	052	Washer Ø40xØ24x3.0	1
022	Bolt for right Crank Ø16x89xL23	1	053	Notched Bearing Nut 15/16"	1
023	Left Foot Bar (□30x30x1.5)	1	054	Bearing Cup Ø55.6x16	2
024	Nut Cap S17	4	055	Ball Bearing Ø44.5	2
025	Hexagon Head Bolt M10x55	2	056	Slotted Bearing Nut 7/8"	1
026	Bushing Ø18xØ10x10	4	057	Washer Ø35x2.0	1
027	Square End Cap (□30x30x1.5)	2	058	Hexagon Nut 7/8"	1
028	Nylon Nut M10	6	059	Right Cover	1
029	Flange Nut M10x1.0	2	060	Left Cover	1
030	Eyebolt M6x36	2	061	Strap (L=1150)	1

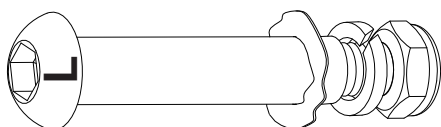
PARTS LIST

No.	Description	Qty	No.	Description	Qty
062	Cover Cap	2	074	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x16	1
063	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x20	2	075	Hexagon Nut M10	2
064	Cross Recessed Pan Head Tapping Screw ST4.2x20	6	076	Spacer Ø15xØ10x15	1
065	Cross Recessed Countersunk Head Tapping Screw ST5.0x18	1	077	Magnet	1
066	Spring Ø1.8	1	078	Oval End Cap (60x30x1.5)	2
067	Seat Cushion	1	079	Wave Washer Ø22xØ17x0.3	2
068	Seat Post	1	080	Extension Sensor Wire (L= 650 mm)	1
069	Washer Ø25xØ10x2.0	2	081	Right Foot Bar (□30x30x1.5)	1
070	Seat Height Adjustment Knob M12	1	082	Washer Ø20xØ10x2.0	1
071	Seat Post Plastic Bushing	1	083	Chain	1
072	Rear Stabilizer End Cap Ø50	2	084	Nut Cap S13	2
073	Wire Grommet Ø12	2	085	Spring Washer Ø6	2

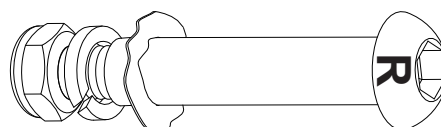
HARDWARE LIST AND ASSEMBLY COMPONENTS



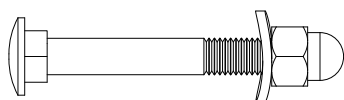
(7) Hexagon Socket Pan Head Cap Bolt	2 PCS
(8) Spring Washer	2 PCS
(9) D Shaped Spindle Washer	2 PCS
(12) Rotation Rod	1 PC
(69) Washer	2 PCS
(79) Wave Washer	2 PCS



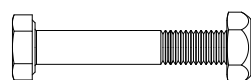
(11) Wave Washer	1 PC
(39) Spring Washer	1 PC
(43) Nylon Nut for left Crank	1 PC
(46) Bolt for left Crank	1 PC



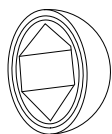
(11) Wave Washer	1 PC
(22) Bolt for right Crank	1 PC
(39) Spring Washer	1 PC
(40) Nylon Nut for right Crank	1 PC



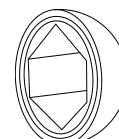
(47) Cap Nut	4 PCS
(48) Curve Washer	4 PCS
(49) Carriage Bolt	4 PCS



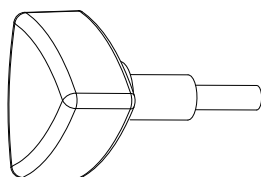
(20) Hexagon Head Bolt	4 PCS
(28) Nylon Nut	4 PCS



(84) Nut Cap S13	2 PCS
------------------	-------



(24) Nut Cap S17	4 PCS
------------------	-------

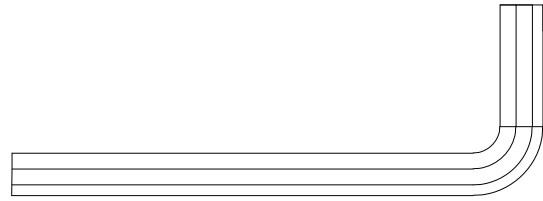


(70) Seat Height Adjustment Knob	1 PC
----------------------------------	------

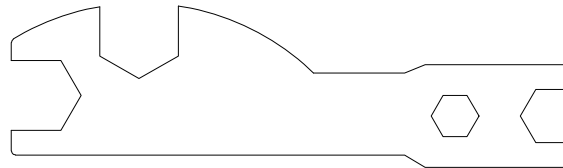
TOOLS



Allen Wrench S6
2 PCS

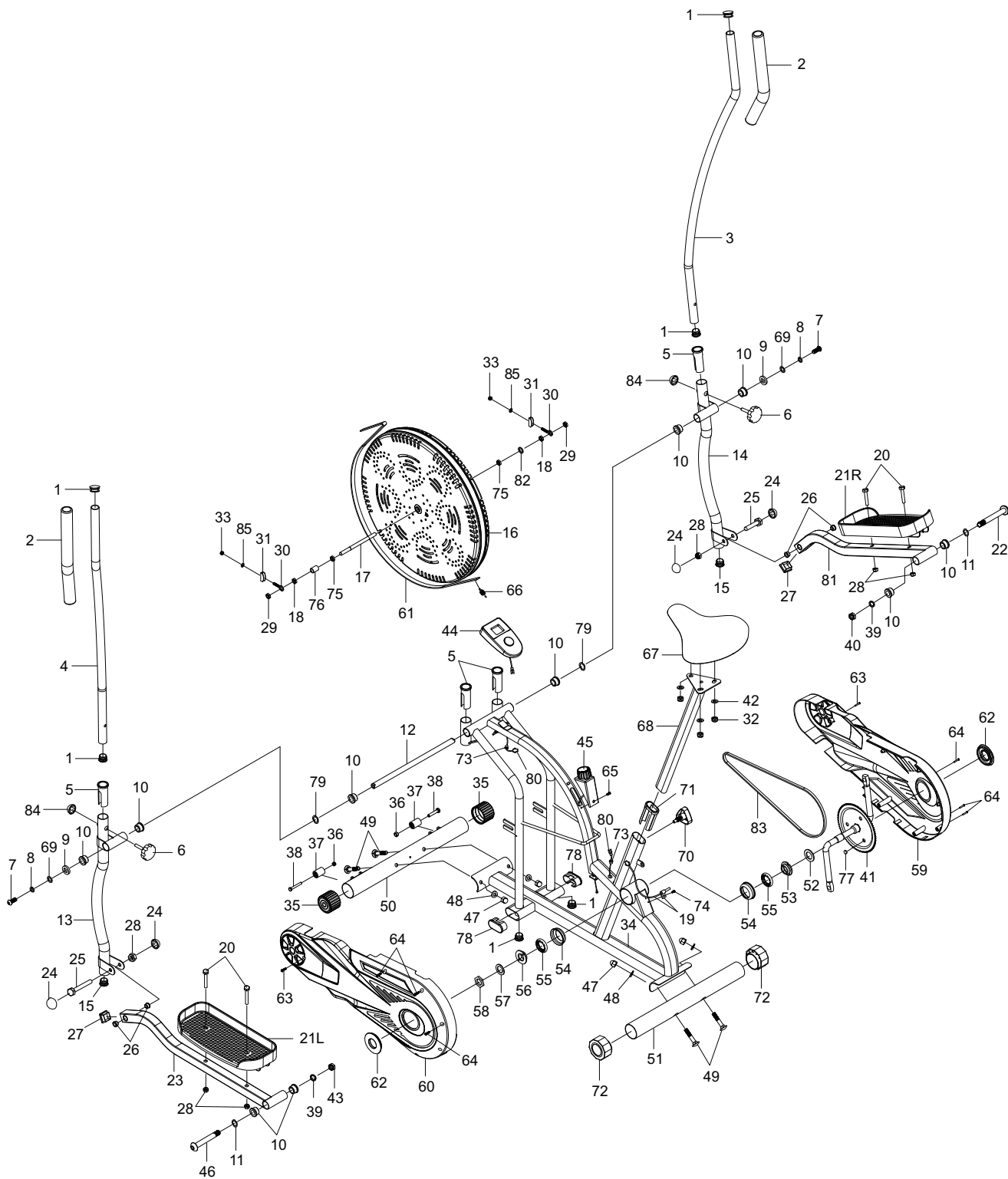


Allen Wrench S8
1 PC

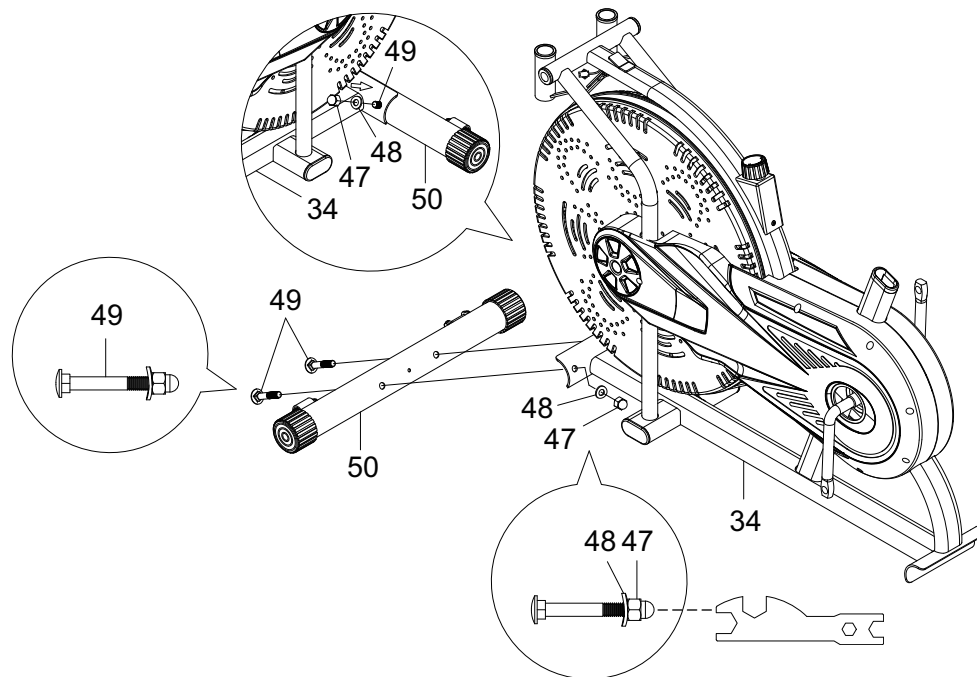


Multi Hex Tool S10, S13, S17, S19
1 PC

EXPLODED VIEW



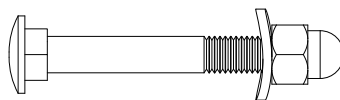
ASSEMBLY INSTRUCTIONS



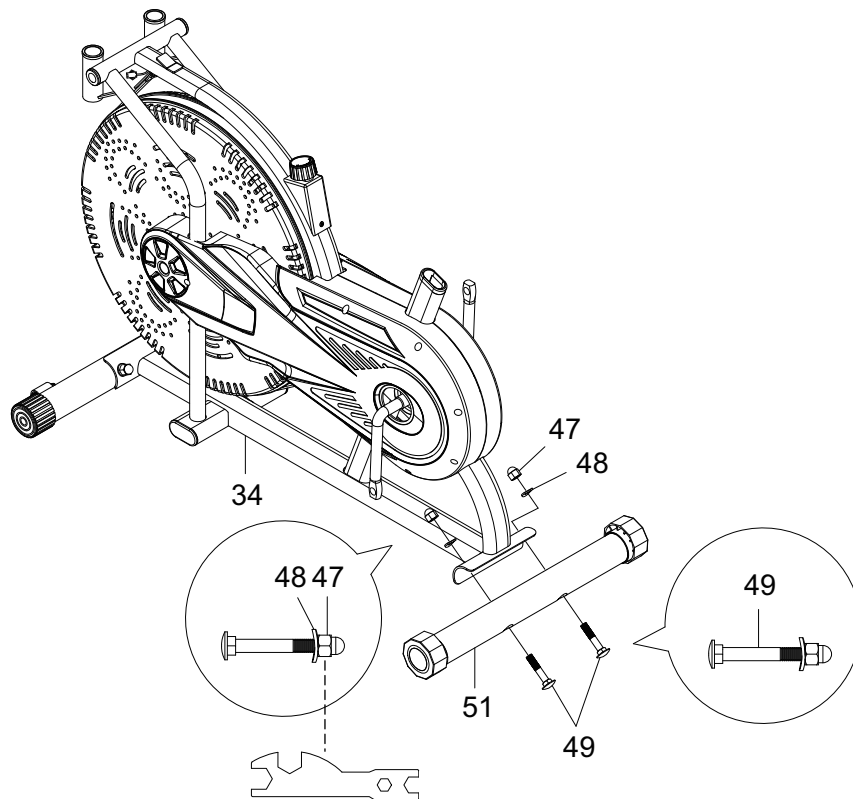
STEP 1

Position the Front Stabilizer (50) in front of the Main Frame (34) and align bolt holes. Attach the Front Stabilizer (50) onto the front curve of the Main Frame (34) with two Carriage Bolts (49), two Curve Washers (48), and two Cap Nuts (47). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



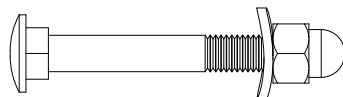
(47) Cap Nut	2 PCS
(48) Curve Washer	2 PCS
(49) Carriage Bolt	2 PCS



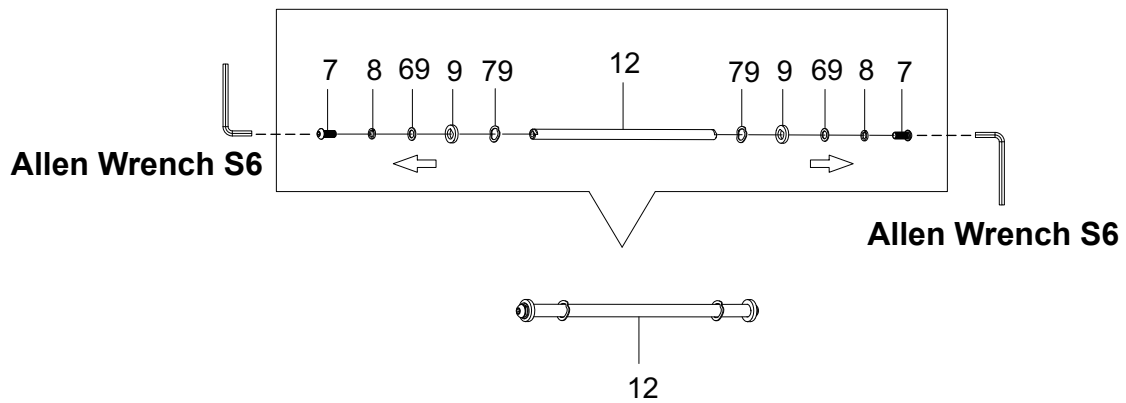
STEP 2

Attach the Rear Stabilizer (51) onto the rear curve of the Main Frame (34) with two Carriage Bolts (49), two Curve Washers (48), and two Cap Nuts (47). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(47) Cap Nut	2 PCS
(48) Curve Washer	2 PCS
(49) Carriage Bolt	2 PCS



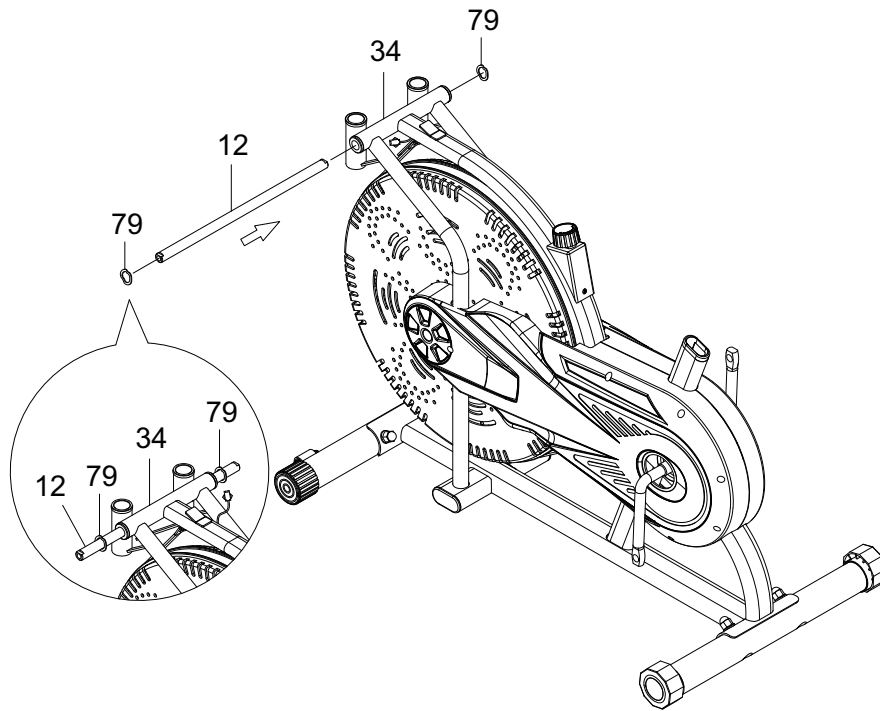
STEP 3

Remove two Hexagon Socket Pan Head Cap Bolts (7), two Spring Washers (8), two Washers (69), two D Shaped Spindle Washers (9), and two Wave Washers (79) from the Rotation Rod (12). Remove bolts with two S6 Allen Wrenches provided.

Hardware:

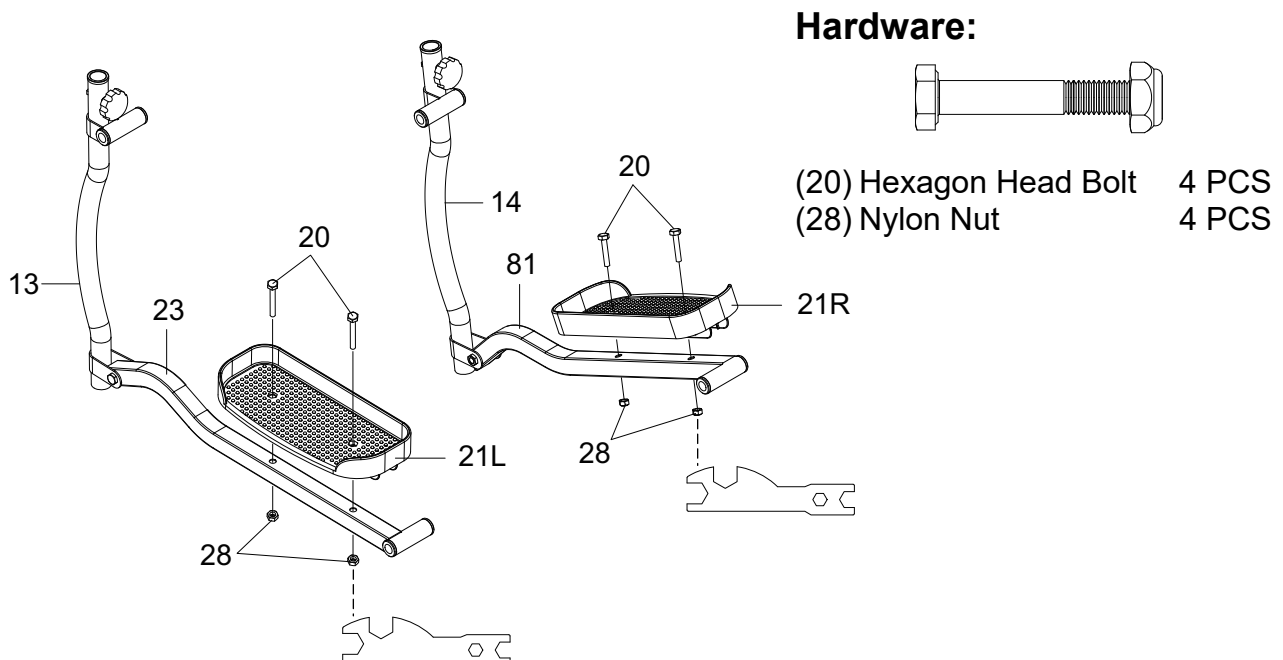


(7) Hexagon Socket Pan Head Cap Bolt	2 PCS
(8) Spring Washer	2 PCS
(9) D Shaped Spindle Washer	2 PCS
(12) Rotation Rod	1 PC
(69) Washer	2 PCS
(79) Wave Washer	2 PCS



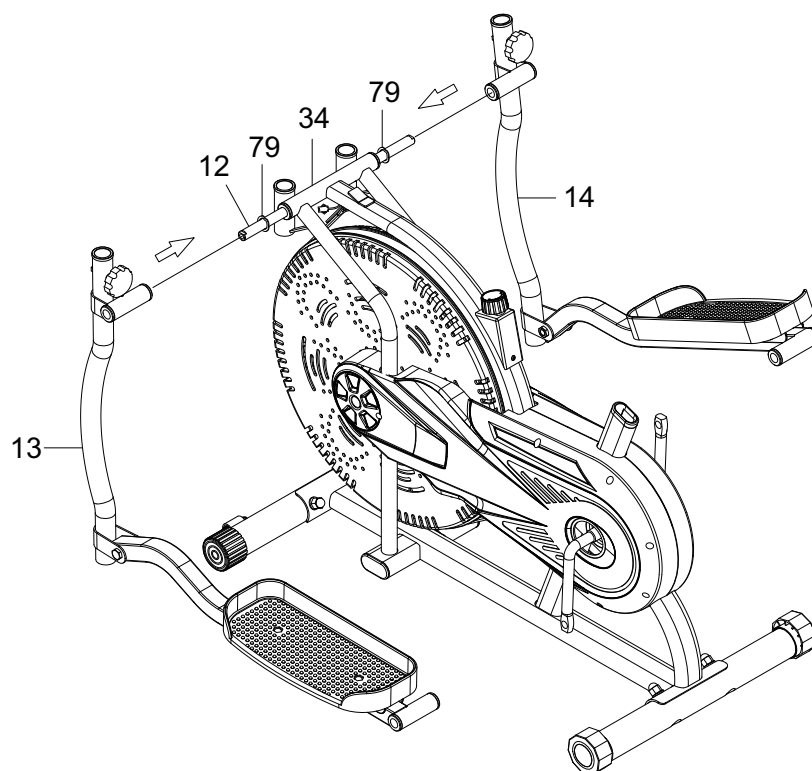
STEP 4

Insert the Rotation Rod (12) into the hole of the Main Frame (34). Place two Wave Washers (79) onto the Rotation Rod (12).



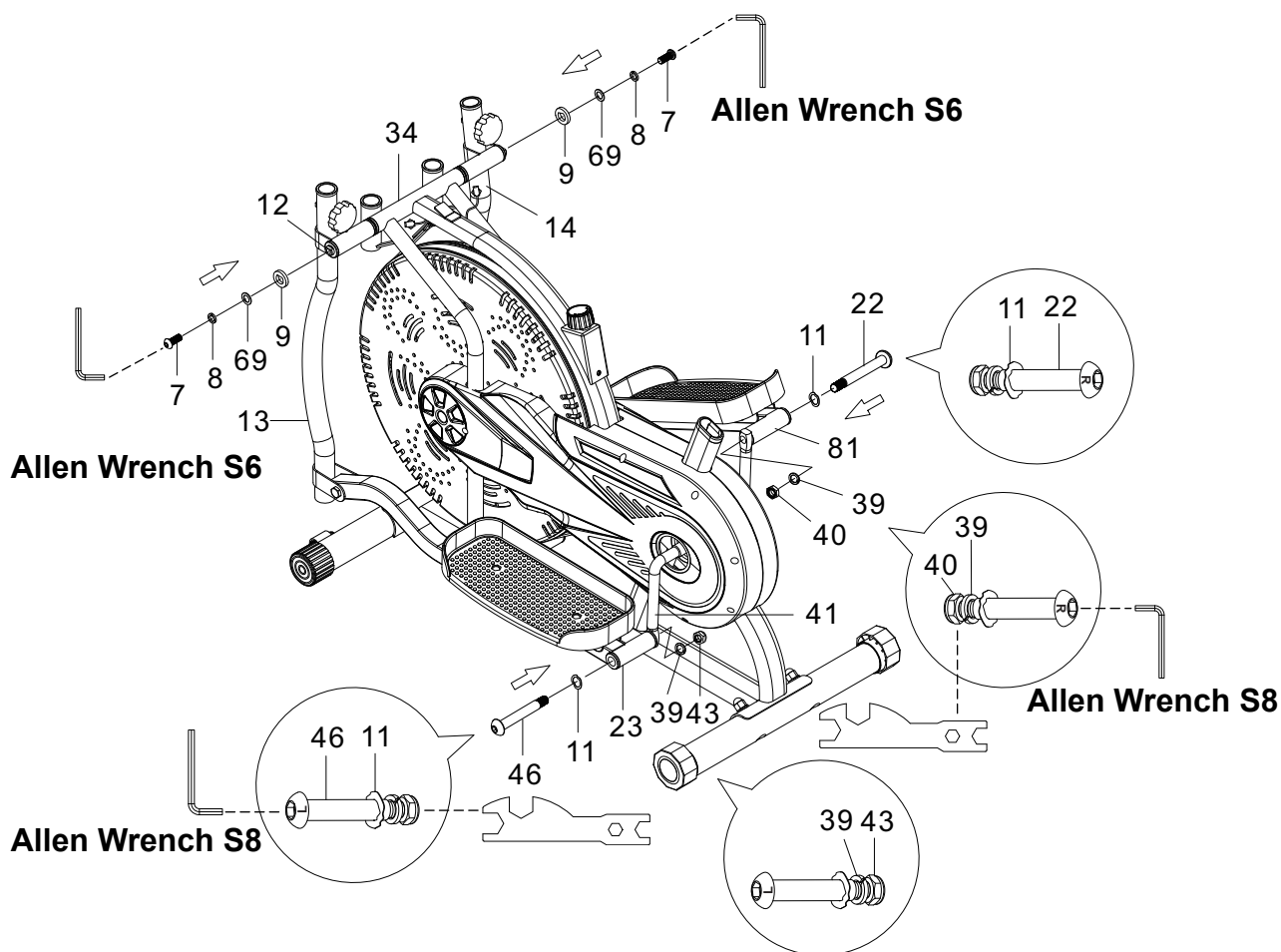
STEP 5

Attach the Right Foot Pedal (21R) onto the Right Foot Bar (81) with two Hexagon Head Bolts (20) and two 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).



STEP 6

Slide the Left and Right Handrails (13, 14) onto the Rotation Rod (12).



STEP 7

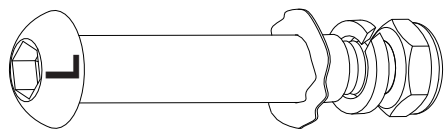
Slide the Left/Right Handrails (13, 14) onto the Rotation Rod (12) and secure in place with two Hexagon Socket Pan Head Cap Bolts (7), two Spring Washers (8), two Washers (69), and two D Shaped Spindle Washers (9). Tighten bolts with two S6 Allen Wrenches provided.

Attach the Right Foot Bar (81) onto the right Crank (41) with one Bolt for right Crank (22), one Wave Washer (11), one Spring Washer (39), and one Nylon Nut for right Crank (40). Tighten bolt and nylon nut with one S8 Allen Wrench and Multi Hex Tool provided.

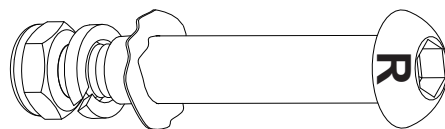
NOTE: Bolt for right Crank (22) and Bolt for left Crank (46) are marked “R” for Right and “L” for Left.

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

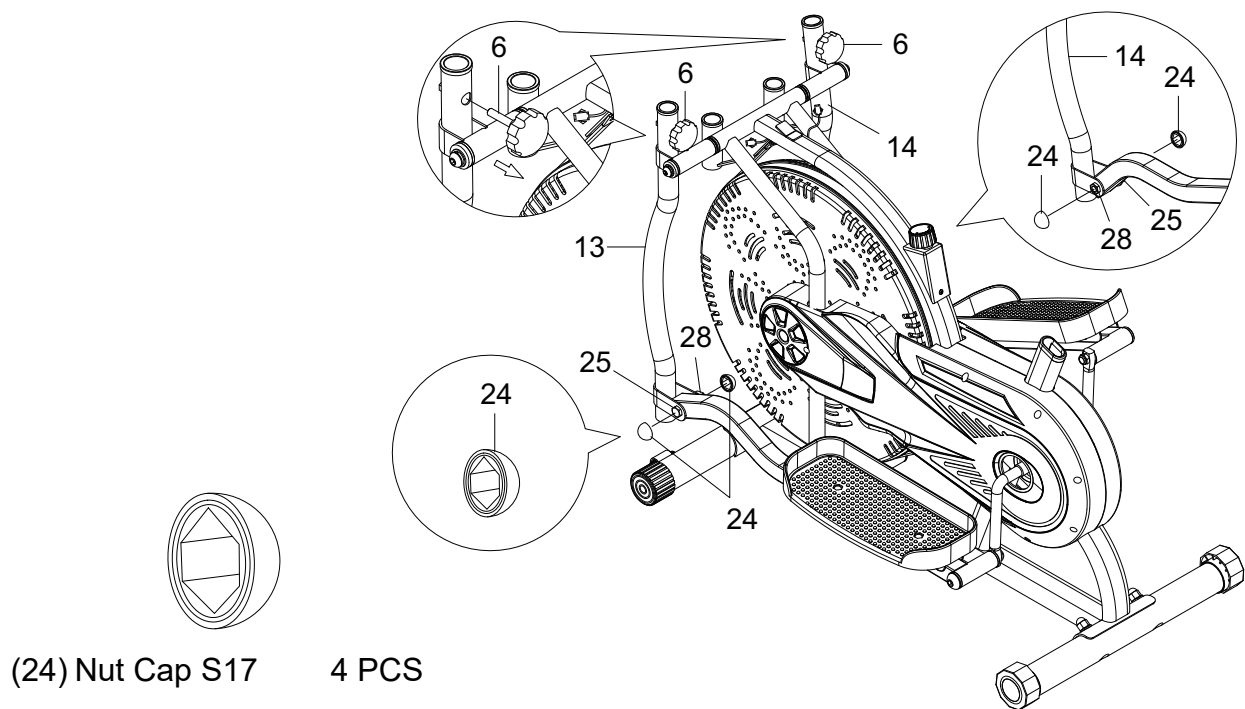
Hardware:



(11) Wave Washer	1 PC
(39) Spring Washer	1 PC
(43) Nylon Nut for left Crank	1 PC
(46) Bolt for left Crank	1 PC



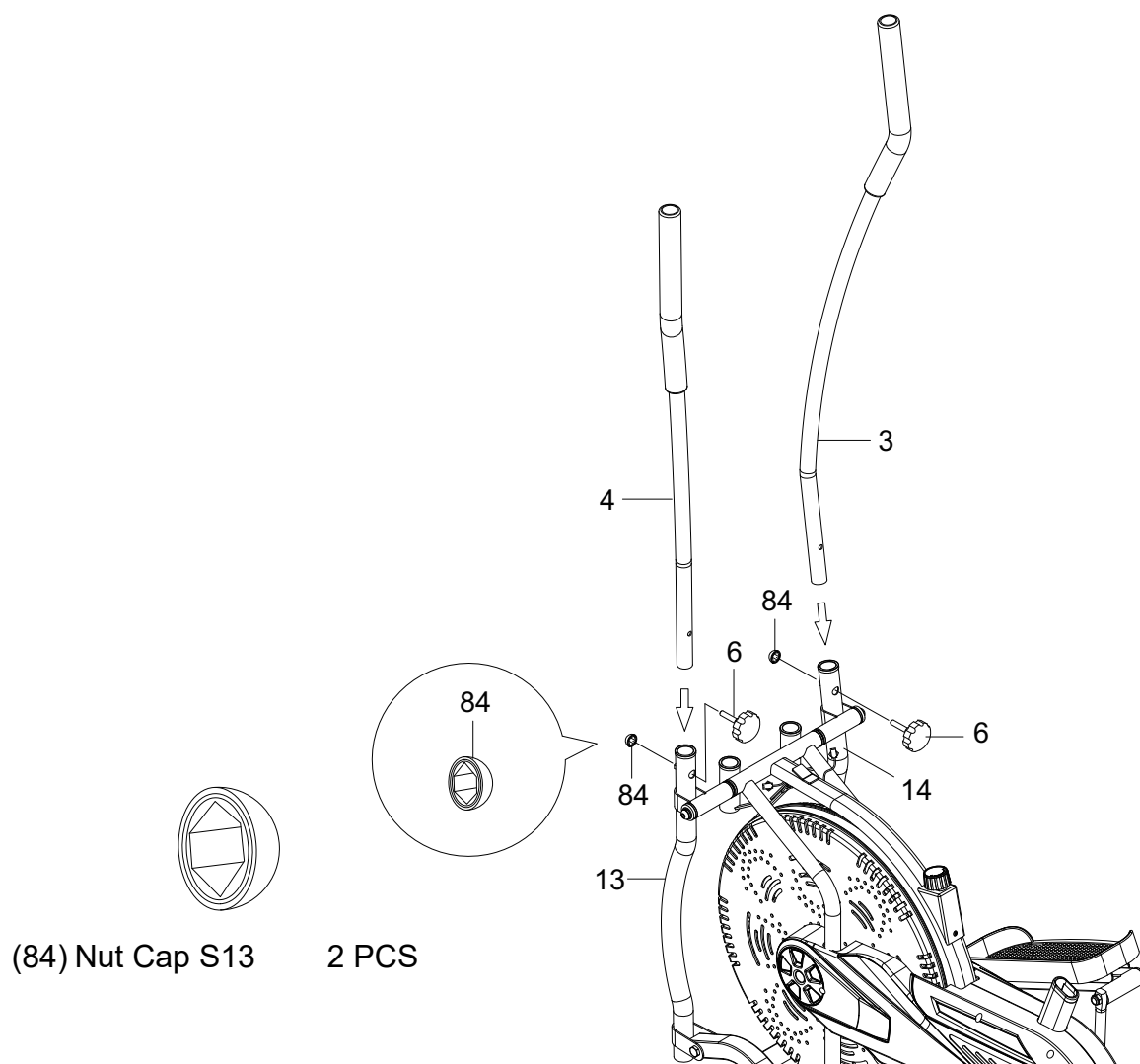
(11) Wave Washer	1 PC
(22) Bolt for right Crank	1 PC
(39) Spring Washer	1 PC
(40) Nylon Nut for right Crank	1 PC



STEP 8

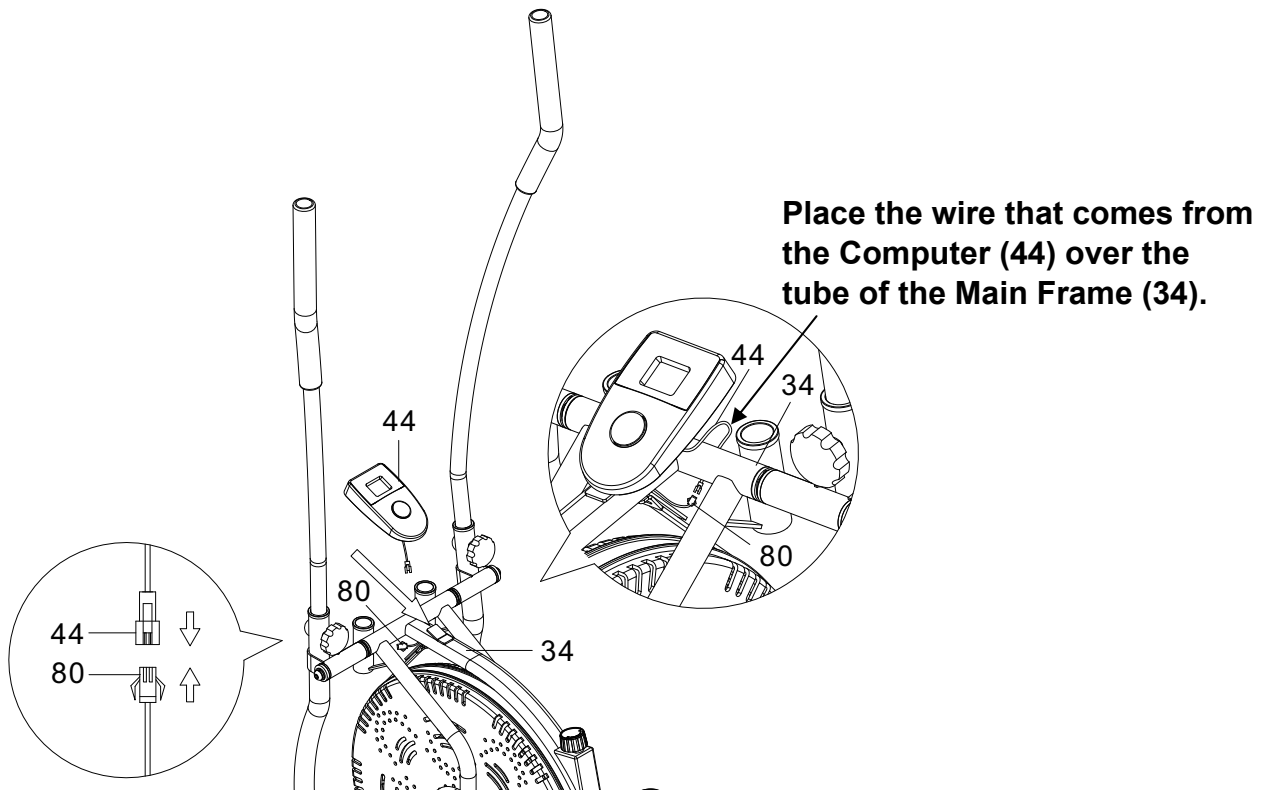
Remove both Handrail Arm Height Adjustment Knobs (6) from both Left/Right Handrails (13, 14) by turning them in a counterclockwise direction.

Install four S17 Nut Caps (24) onto Hexagon Head Bolts (25) and Nylon Nuts (28) on the both Left/Right Handrails (13, 14).



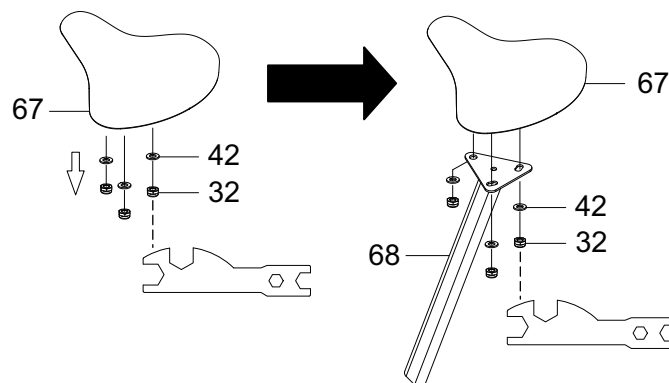
STEP 9

Insert the Right Handrail Arm (3) into 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 (84) onto the nut on the Right Handrail (14). Use the same procedure to attach the Left Handrail Arm (4) into the tube of the Left Handrail (13).



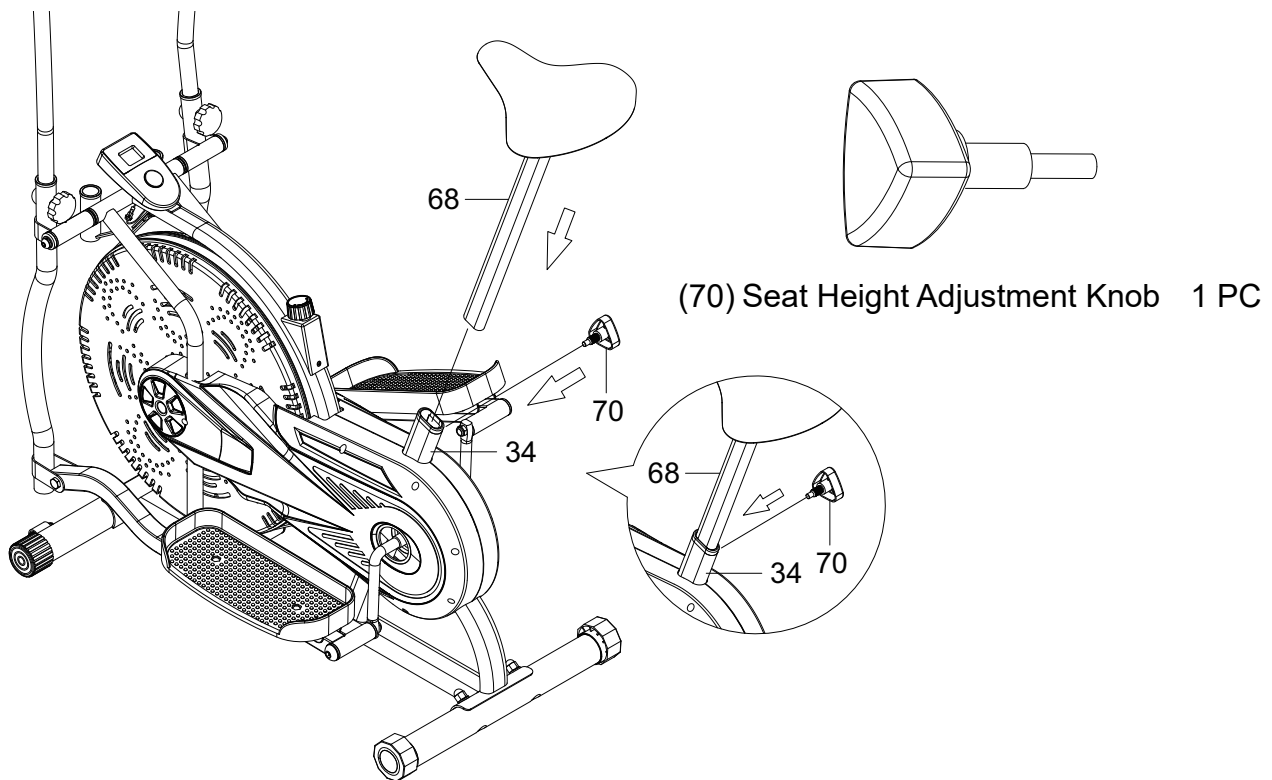
STEP 10

Place the Computer (44) onto the plate on the Main Frame (34) then slide it down to lock in position. Place the wire that comes from the Computer (44) over the tube of the Main Frame (34) and then connect it to the Extension Sensor Wire (80).



STEP 11

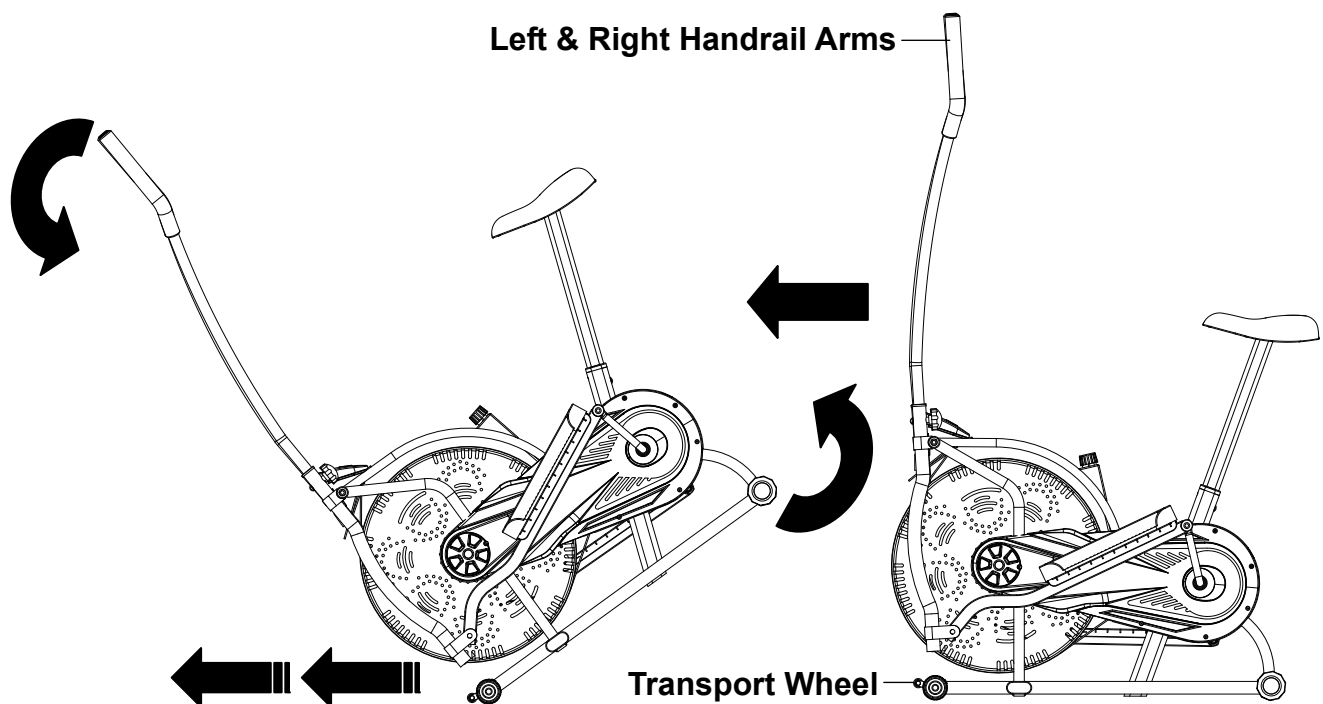
Remove three Washers (42) and three Nylon Nuts (32) from underside of the Seat Cushion (67). Guide bolts on underside of the Seat Cushion (67) through holes on top of the Seat Post (68), attach with three removed Washers (42) and Nylon Nuts (32). Tighten nylon nuts with the Multi Hex Tool provided.



STEP 12

Insert the Seat Post (68) into the tube of the Main Frame (34) and then attach the Seat Height Adjustment Knob (70) onto the tube of the Main Frame (34) by turning it in a clockwise direction to lock the Seat Post (68) in a suitable position.

HOW TO MOVE THE ELLIPTICAL FAN BIKE



This elliptical fan bike has a pair of Transport Wheels built into the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage.

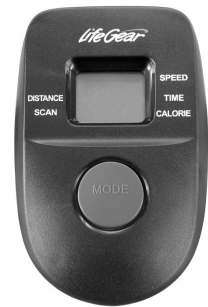
Stand in front of the unit and grasp the Left and Right Handrail Arms with both hands, then push or pull both handrail arms to make them parallel. Next, carefully push the elliptical fan bike down until it rolls freely on the Transport Wheels.

CAUTION: It is suggested you always use the aid of a second person when moving the elliptical fan bike.

OPERATING THE COMPUTER

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: Displays the current training speed.

DISTANCE: Displays the total distance travelled 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 BATTERY:

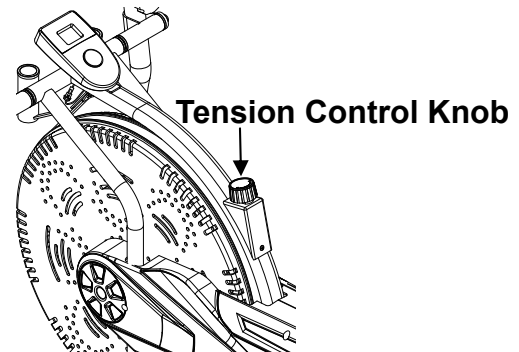
1. Remove the battery cover on the back of the computer.
2. Place one "SIZE-AA" battery into the battery housing.
3. Ensure battery is correctly positioned and battery spring is in proper contact with battery.
4. Re-install the battery cover.
5. If the display is illegible or only partially appearing, remove the 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.

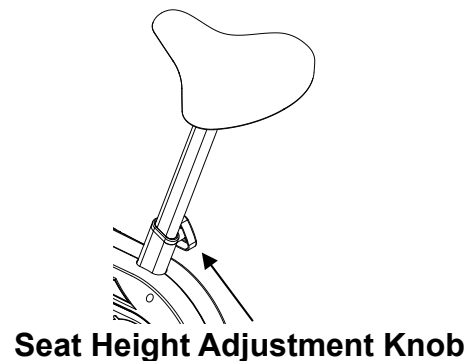


Adjusting the Seat Height

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.

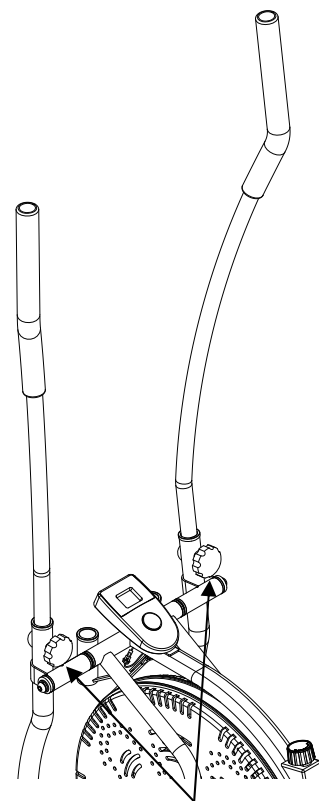
NOTE: When adjusting the height of seat post, make sure the seat post plastic bushing does not exceed the mark line on the seat post.



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.

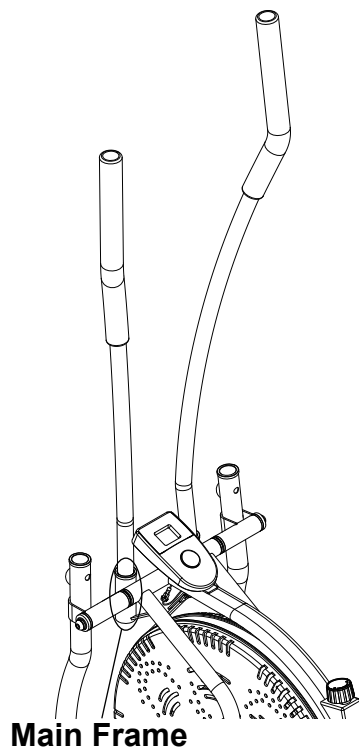
Lock the handrail arm in place by tightening the handrail arm height adjustment knob in a clockwise direction.



Handrail Arm Height Adjustment Knob

Place the Handrail Arms in a Fixed Position

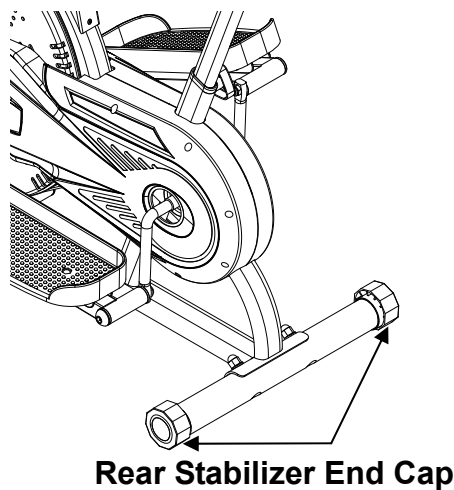
Insert the handrail arms into the handrail arm plastic bushings on the tubes of the main frame and then attach the handrail arm height adjustment knobs onto the tubes of the main frame by turning it in a clockwise direction to lock the handrail arms in place.



Main Frame

Adjusting the Rear Stabilizer End Cap

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



Rear Stabilizer End Cap

MAINTENANCE

Cleaning

The elliptical fan bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. 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 cause 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 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 wire that comes from the computer console is properly connected to the wire that comes from the main frame.

SOLUTION: Check if the battery is correctly positioned and battery spring is in proper contact with battery.

SOLUTION: The battery in the computer console may be dead. Replace the battery.

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 the bolts and tighten the 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.

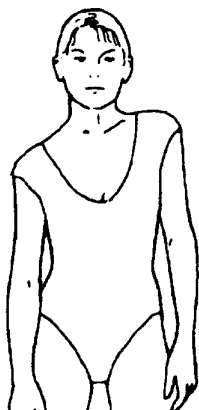
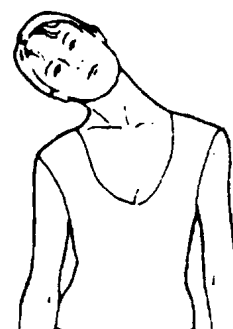
WARM UP AND COOL DOWN ROUTINE

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.

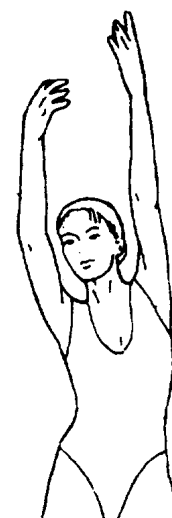
HEAD ROLLS

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.

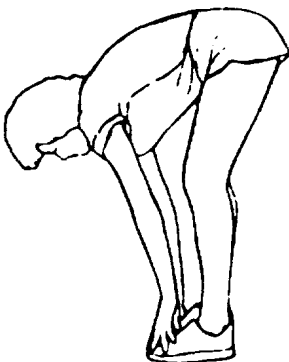


QUADRICEPS STRETCH

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.

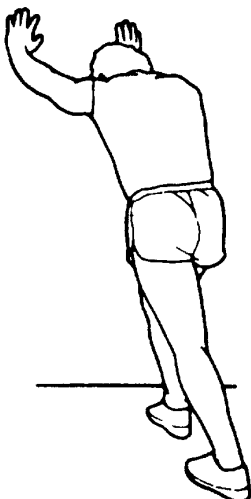
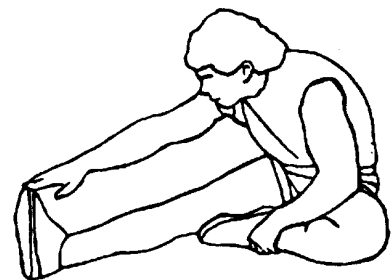


TOE TOUCHES

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.