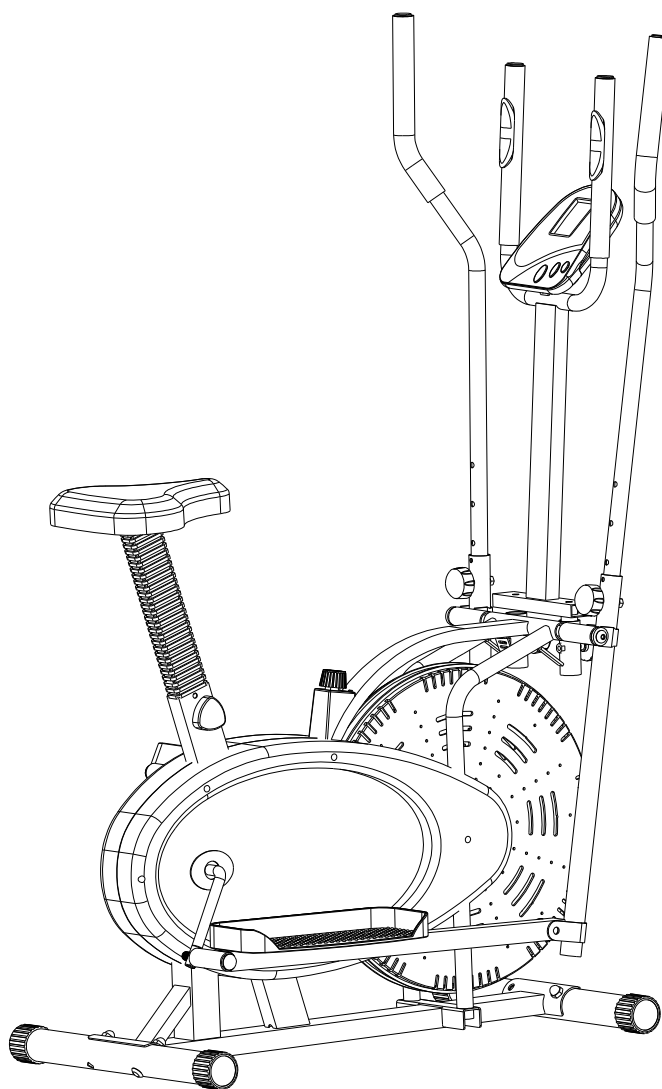


ORBITRAC

EM-1502

OWNERS' MANUAL



Important Safety Information

Before you undertake any program of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- For your own safety, always ensure that there is at least 1 Meter of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.
- Always wear appropriate clothing and foot wear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.
- Always cool down when the products last running over 3-4 hours.
- If you feel any pain or abnormal symptoms, STOP YOUR WORKOUR IMMEDIATELY AND CONSULT YOUR DOCTOR.
- Never allow children alone to use the machine.

Storage and Use

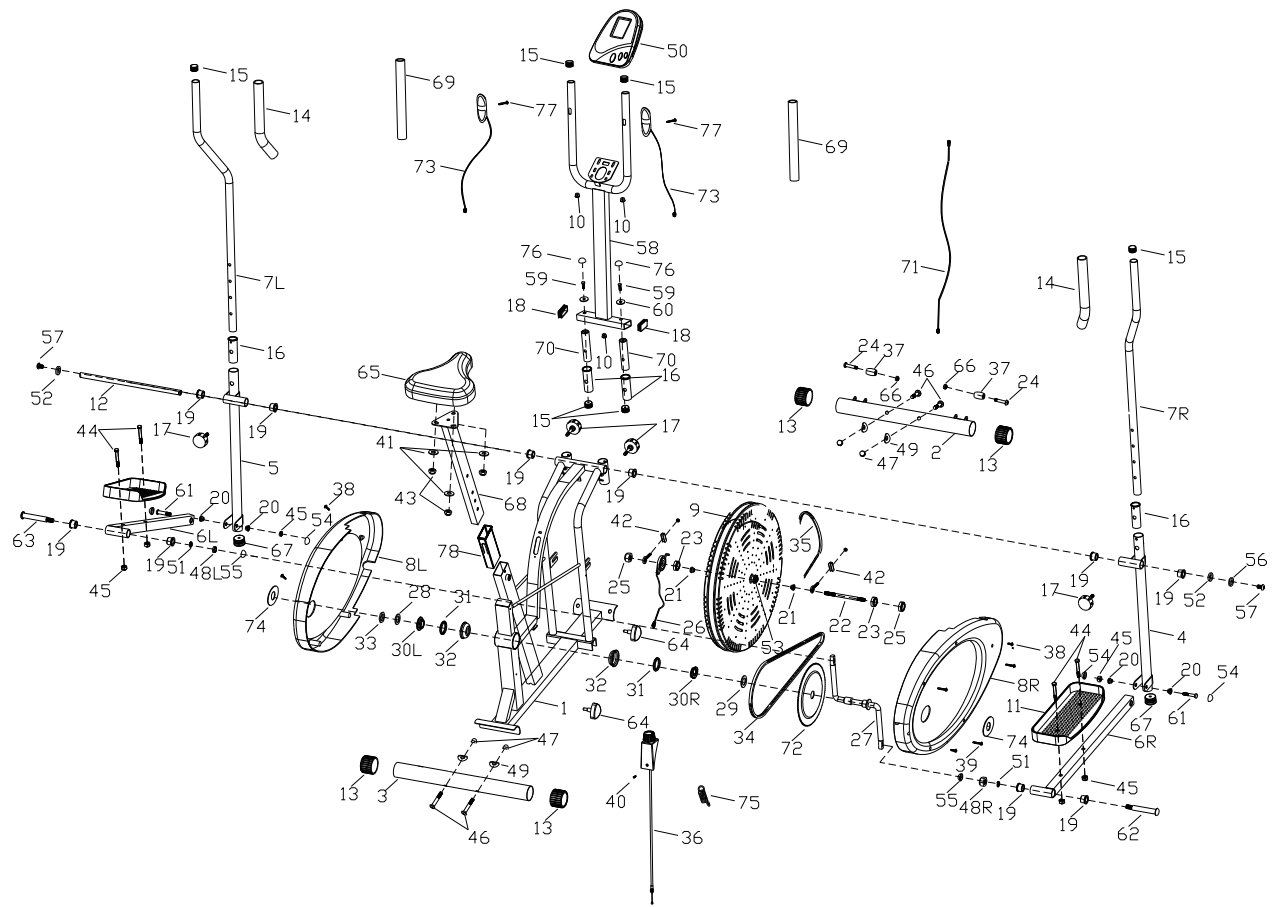
This product is intended for use in clean dry conditions.

You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit: Max.110KGS



Exploded Diagram



Parts List

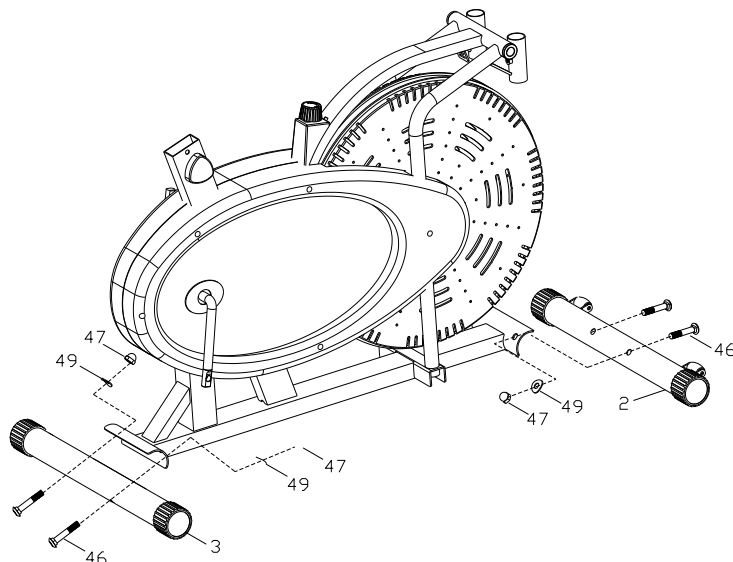
NO.	Description	Q'TY	NO.	Description	Q'TY
1	Main frame	1	39	Chain cover screw ST4.8× 48	6
2	Front bottom tube	1	40	Tension fix screw ST4.8 × 20	2
3	Back bottom tube	1	41	Washer D8	3
4	Right coupler ba	1	42	Bolt M6 × 36	2
5	Left coupler bar	1	43	Nylon nut M8	3
6R	Right pedal tube	1	44	Bolt M10 × 45 × L20	4
6L	Left pedal tube	1	45	Nylon nut M10	6
7R	Right handle bar	1	46	Carriage Bolt M6× L57× L20×□10	4
7L	Left handle bar	1	47	Acorn nut M10	4
8R	Right chain cover	1	48L/	Nylon Nut B0.5× 20	2
8L	Left chain cover	1	49	Arc washer φ 10×1.5 ×φ 25×R28	4
9	Fan wheel	1	50	Computer	1
10	Cap	3	51	Spring washer φ 10.5×3 ×φ18	2
11	Pedal	2	52	Washer φ 16×1 ×φ 28	1
12	Handle bar shaft	1	53	Small pipe	1
13	End caps(φ2")	4	54	Cap S16	4
14	Foam grips	2	55	Cap S18	2
15	End caps(φ1")25	8	56	D shape washerφ28×φ	2
16	Plastic bushing(φ1-1/4")	4	57	Bolt M10× 18	2
17	Knob	4	58	Vertical tube	1
18	End caps 53×23×1.5	2	59	Big washer D8×3× φ38	2
19	Steel bushingφ24×20×φ16.1	10	60	Bolt M8×20	2
20	Steel bushingφ14× 20×φ10.1	4	61	Bolt M10×L55× 125	2
21	Brass bushing φ 10	2	62L	Pedal hinge bolt	1
22	Fan wheel axle	1	63R	Pedal hinge bolt	1
23	Nut M10 ×1 × B5	4	64	Triangle knob M12× L41	1
24	Bolt M6*48	2	65	Seat	1
25	Nut M10 ×1 × B10 × φ 20	2	59	Big washer D8×3× φ38	2
26	Sensor	1	60	Bolt M8×20	2
27	Crankshaft	1	67	End caps32	2
28	Washer	1	68	Seat tube	1
29	Washerφ24	1	69	Grip foam	2
30R	Collar housing R	1	70	Cylindrical tube	2
30L	Collar housing L	1	71	Connecting wire	1
31	Collar ball	2	72	Train wheel	1
32	Collar housing	2	73	Sensor line	2
33	Nut	1	74	Cap for crank	2
34	Chain 25H × 22L	1	75	Tension spring	1
35	Tension belt	1	76	Screw cap S13	2
36	Tension control	1	77	Screw ST4.2*20	2
37	Transportation wheel	2	78	Pipe	1
38	Chain cover screw ST4.8× 20	2			



Assembling of item:

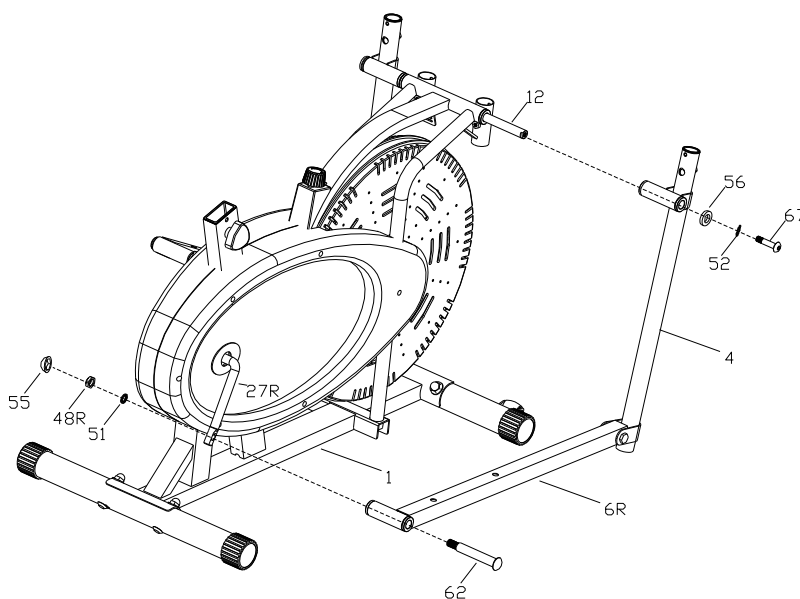
STEP 1:

Install the Front bottom tube (2) and Back bottom tube (3) to the Main frame (1) with Carriage bolts (46), Arc washers (49) and Acorn nuts $\phi 3/8"$ (47).



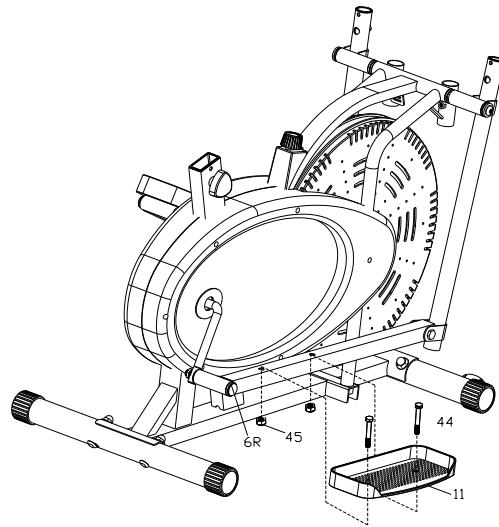
STEP 2:

1. Use Handle bar shaft (12) to connect the Coupler bar of left & right (4, 5) and the Main frame (1).
2. Fix with D shape washers (56), Washers (52), Bolts (57) on both sides.
3. Screw the Pedal arm (6L,6R) onto the Crankshaft (27L, 27R) with Pedal hinge bolt (62, 63) and Nylon nuts (48L, 48R), and then put on the Caps (55).



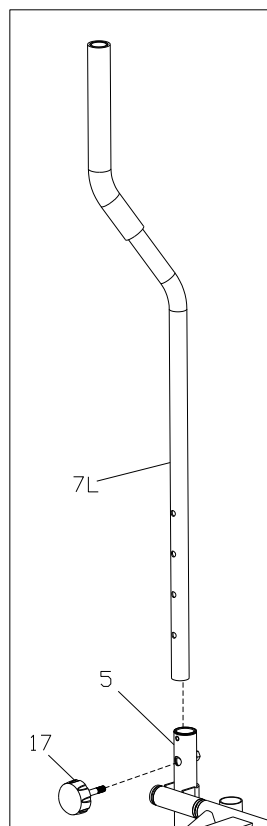
STEP 3:

Fasten with Bolts (44) and Nylon nuts (45) to connect with the left and right pedals (11) and the Right and Left pedal tube (6L, 6R) respectively.



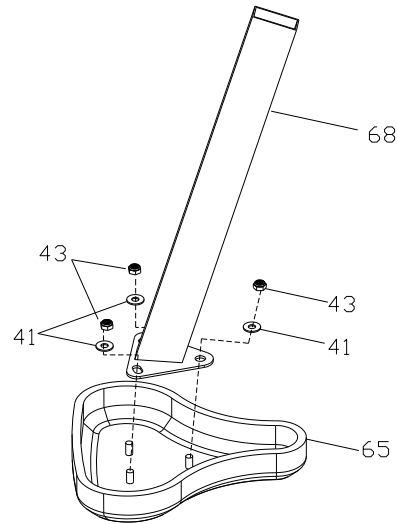
STEP 4:

1. Insert the handle bar (7L, 7R) to the coupler bar (5, 4) respectively, select a height setting that is comfortable to the user, and make sure both handle bars are set at the same height.
2. Fasten the handle bar (7L, 7R) with Knobs (17).



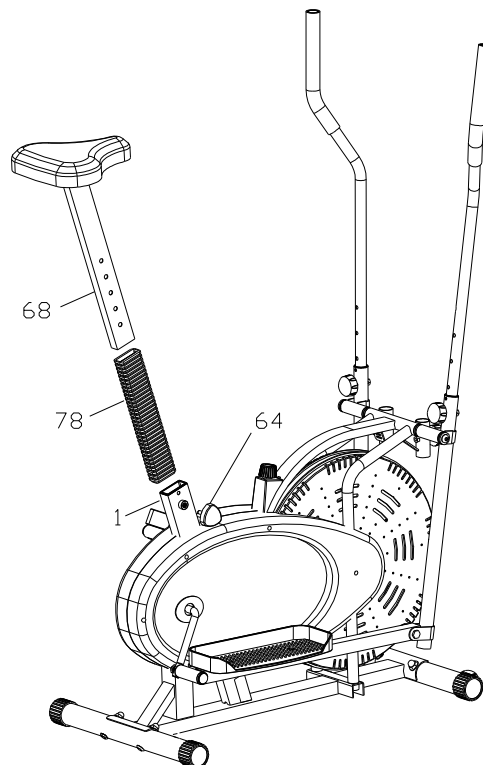
STEP 5

1. Firstly unscrew the Nylon nut M8 (43), Washer D8 (41) from the seat (65).
2. Secondly put the seat onto the Seat tube (68), and the screw the seat with the Nylon nut M8 (43) and Washer D8 (41).



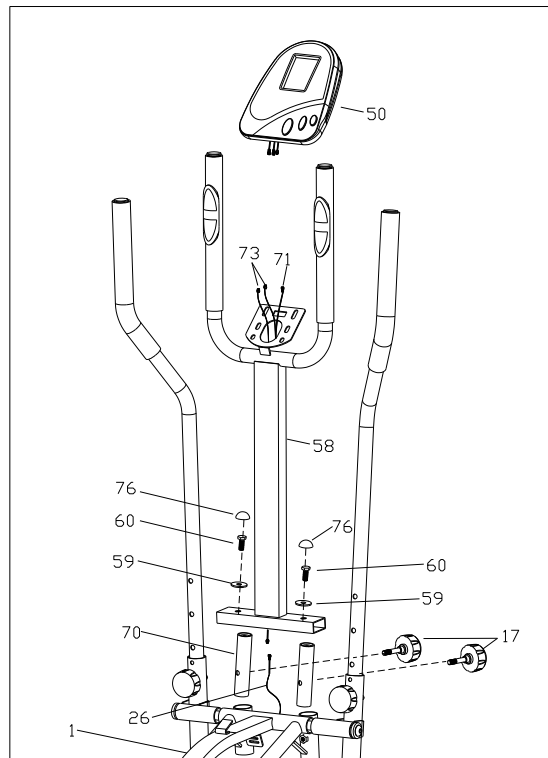
STEP 6:

1. Firstly put the Seat tube (68) through the Pipe (78).
2. Secondly insert the Seat tube (68) into the Main frame (1), and then screw it with knob (64).



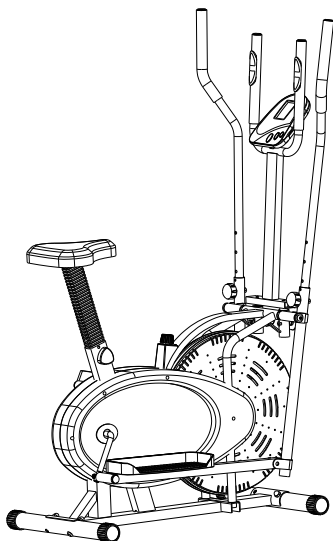
STEP 7

1. Screw the Cylindrical tube (70) onto the Main frame (1) with 2 knobs (17).
2. Screw the Vertical tube (58) onto the Cylindrical tube (70) with 2 washers (59) and 2 bolts (60), and then put on the caps (76).
3. Link the Sensor (26) with Connecting line (71), and then link all the computer lines. Put the computer (50) onto the Vertical tube (58).



STEP 8

Assemble finished. Check all the screws before using.



Operation

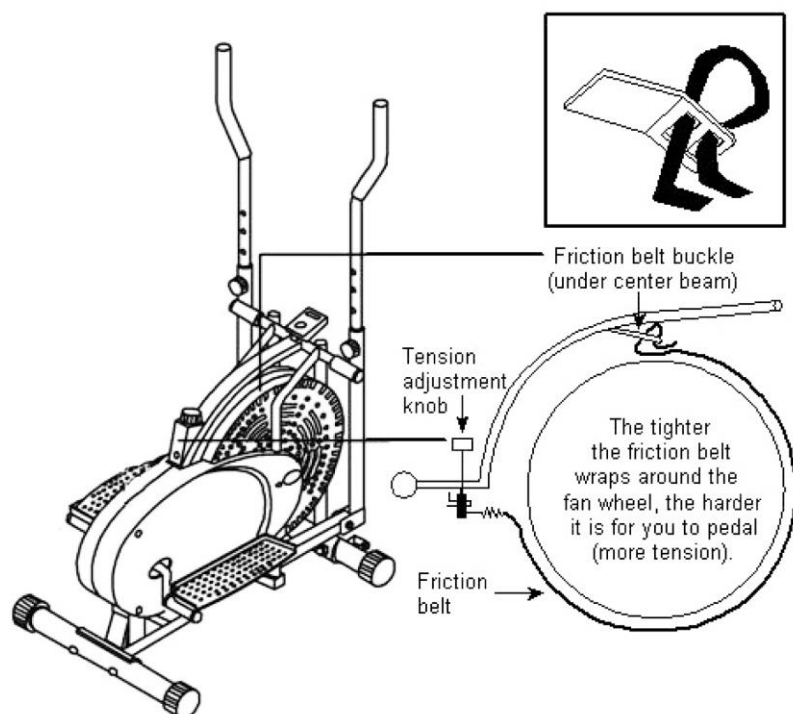
1. BALANCE THE BICYCLE EXERCISER.

Place the BICYCLE EXERCISER in the location it will be used. The floor should be hard and flat and the bike should sit firmly on the floor. If the bike is not stable, turn the end caps on the bottom tubes until the bike is stable. Turn one end cap at a time as it may only be necessary to adjust one.

2. ADJUSTING THE TENSION

The assembly of bicycle Exerciser is now complete. As you try it for the first time, you should adjust the tension to a desirable level before you begin a full work out. To increase tension turn the tension knob to the right and to decrease tension turn the tension knob to the left.

For greater tension adjustment, you may loosen or tighten the tension belt by re-strapping it. To do so, first turn the tension adjustment knob all the way to the loosest setting. Then re-strap the belt at the buckle on top of the fan wheel, just beneath the center beam. The more length you allow for the friction it will cause. Readjust the tension knob after you finished re-strapping.



3. REVERSIBLE MOVEMENT

Remember, your machine has REVERSIBLE movement! Forward pedaling emphasizes your quadriceps muscles (front thighs), while backward pedaling emphasizes your hamstrings (back thighs).

Take advantage of this fact to make your workout less fatiguing, and more fun.

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