



Owner's Manual

This Product is Brought to You by:

THANE Fitness®

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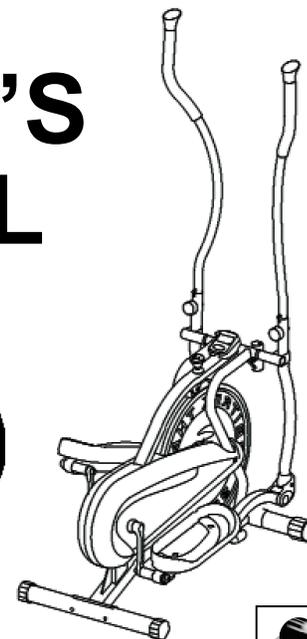
Making Fitness Fun!®

(9/02)



OWNER'S MANUAL

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IMPORTANT!

Please read all instructions carefully before using this product. Retain this manual for future reference.

TYPE:BK2080



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IMPORTANT SAFETY NOTICE

Note the following precaution before assembling or operating the machine.

1. THE MAXIMUM WEIGHT CAPACITY OF THE ORBITREK ELITE IS 275 LBS (125 kgs). Persons whose body weight exceeds this limit should NOT use this machine.
2. Keep children and pets away from the Orbitrek Elite at all times. DO NOT leave unattended children in the same room with the machine.
3. Handicapped or disabled persons should not use the Orbitrek Elite without the presence of a qualified health professional of a qualified health professional or physician.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
5. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the Orbitrek Elite.
6. Position the Orbitrek Elite on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect flooring.
7. Use the Orbitrek Elite only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
8. Assemble the machine exactly as the descriptions in the instruction manual.
9. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
10. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Orbitrek Elite until it is repaired well.
11. NEVER operate the Orbitrek Elite if it is not functioning properly.
12. This machine can be used for only one person's training at a time.
13. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
14. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
15. Before exercising, always do stretching first.
16. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE ORBITREK ELITE. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS



ASSEMBLY INSTRUCTIONS

BEFORE you begin:

1. Locate a comfortable work site. Assemble your Orbitrek Elite in an open space with adequate ventilation and lighting. Because the Orbitrek Elite is portable, to some extent, you need not assemble it exactly where it is to be used. For your convenience, however, you should avoid hauling the machine across excessive distances, through narrow passage ways or over staircases once its assembly is complete.
2. It's a good idea to flatten out the shipping carton, and use it as a work surface when you assemble the Orbitrek Elite. Keep a few paper towels handy since some of the components are lightly pre-greased.

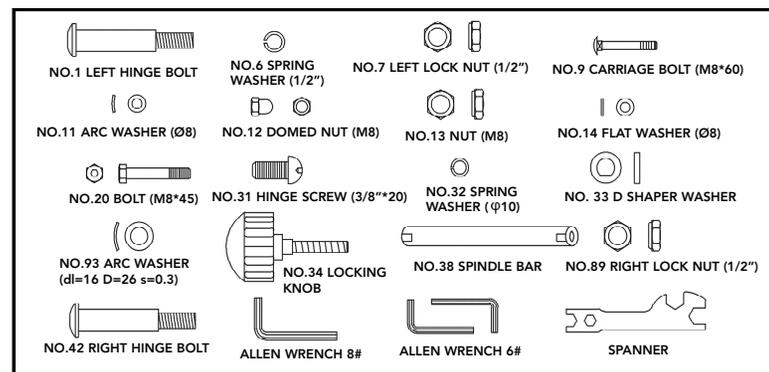
Notice:

Find your tools. You will need the following tools to assemble the Orbitrek Elite.
 Ruler with both metric and English measurements
 Allen wrench (6# and 8#)
 Spanner

Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an exploded drawing with all single parts (marked with numbers) which this item consist of.

Identify your hardware:

Organize your bolts and nuts before assembly. Nuts are identified by the diameter of the cavities. For more information, refer to exploded view diagram and parts list on pages 8-10 of this manual.





Step 1: Attaching front and rear stabilizers

Attach the Front Stabilizer (No. 23) and the Rear Stabilizer (No. 10) to the main frame using:

- 4 – Carriage Bolt (No. 9)
- 4 – Arc Washers (No. 11)
- 4 – Domed Nuts (No. 12)

Place the Front Stabilizer (No. 23) against the main frame and be sure the holes line up. Take two of the Carriage Bolts (No. 9) and pass them through the tube supports located on the unit. Slip the two Arc Washers (No. 11) over the threaded portions of the carriage bolts. Place the two Domed Nuts (No. 12) over the Arc Washers (No. 11) and firmly tighten down the Domed Nuts (No. 12) using the wrench provided.

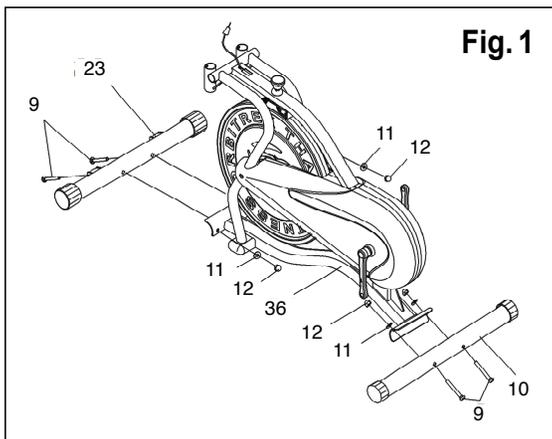


Fig. 1

Notice: The Front Stabilizer (No. 23) has wheels for moving your Orbitrek Elite.

Follow the same procedure for attaching rear stabilizer.



Step 2: Attaching the Spindle Bar

Insert the Spindle Bar (No. 38) through the Right Connecting Tube (No. 55) into the main frame, into Left Connecting Tube (No. 24). Put a D Shaper Washer (No. 33) and a Spring Washer (No. 32) on either side of the Spindle Bar and tighten both ends using the Hinge Screws (No. 31).

- 2 – “D” Shaped Washers (No. 33)
- 2 – Spring Washers (No. 32)
- 2 – Hinge Screws (No. 31)

Insert the Right Hinge Bolt (No. 42) with the Arc Washer (No. 93) through the Pedal Post (No. 19 for the right side). Put Spring Washer (No. 32) on the bolt, then pass the Right Hinge Bolt (No. 42) through the Crank (No. 91) and secure the bolt with the Right Lock Nut (No. 89).

- 1 – Right Hinge Bolt (No. 42)
- 1 – Left Hinge Bolt (No. 1)
- 2 – Arch Washer (No. 93)
- 2 – Spring Washer (No. 6)
- 1 – Right Lock Nut (No. 89)
- 1 – Left Lock Nut (No. 7)

Repeat this procedure for the left side.

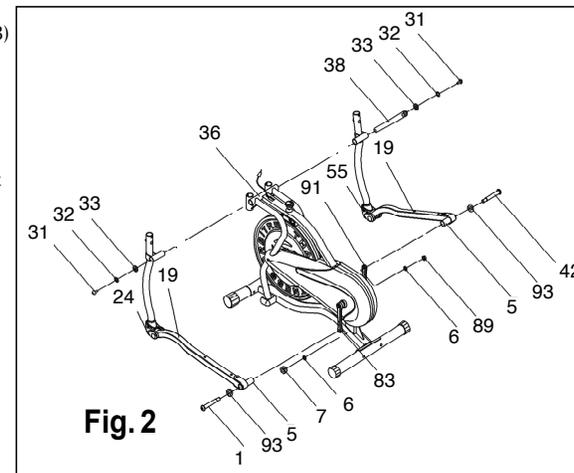
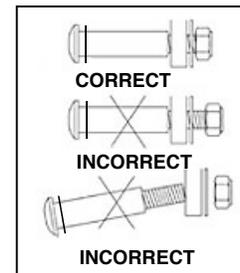
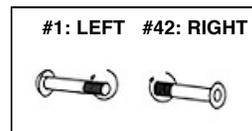


Fig. 2



ATTENTION:

The Right and Left Hinge Bolt (No. 42 & No. 1) must fully penetrate the nylon ring inside the Connecting Tube (No. 5) and the Right and Left Crank (No. 91 & No. 83). This will ensure the stability and durability of you Orbitrek Elite.

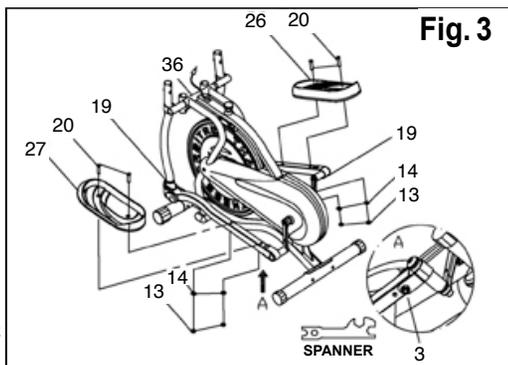
In order to install hinge bolt properly, keep it perfectly straight as the bolt goes through the pedal tubing and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge and the crankshaft may occur.

Step 3: Tightening the Lock Nuts and Attaching the Pedals

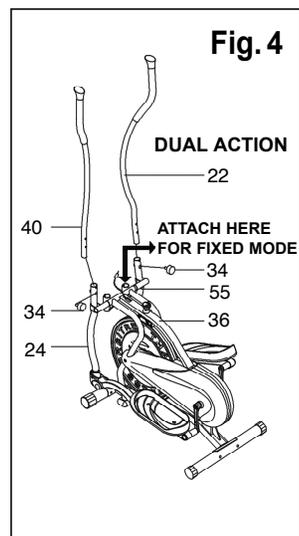
Tighten the both sides of Lock Nuts (No. 3) before assembling the pedals. Attach the Right Pedal (No. 26) and Left Pedal (No. 27) to their respective Pedal Tube (No. 19) using:

- 4 – Hex Head Bolt (No. 20)
- 4 – Lock Nut (No. 13)
- 4 – Flat Washer (No. 14)

Line up the holes in the pedal with the holes on the pedal tube. Insert the Hex Head Bolt (No. 20) through the holes. Slide the Flat Washer (No. 14) and the Lock Nut (No. 13) over the Hex Head Bolt (No. 20) and tighten with the wrench.



Step 4: Attaching the Handlebars



You can easily switch your Right and Left Handlebars (No. 22 & No. 40) between the dual-action mode and the fixed mode during the fixed mode during your workout.

DUAL ACTION MODE

To allow the handlebars to move along with the pedals, attach them to the coupler bars. Select a height setting that is comfortable to the user and make sure both handlebars are set at the same height. Lock each handlebar in place with lock knob (No.34). See Fig 4.

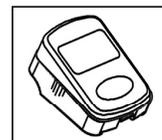
FIXED MODE

To keep the handlebars stationary while you workout, attach them to the tubing on the main frame between the coupler bars. As with the dual-action mode. Set both handlebars at the same comfortable height and secure them with the lock knob (No. 34).

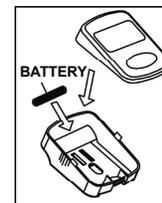
Step 5: Connecting the sensor

Connect the sensor B1 & B2 as shown in Fig. 5, then install the computer (No. 37) into the support tube of the main frame (No. 36).

Assembly is complete.

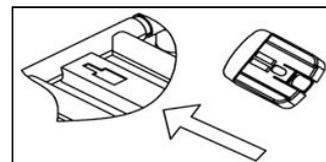


To remove the computer, pull the top, slide the computer downwards and then pull from tube bracket.

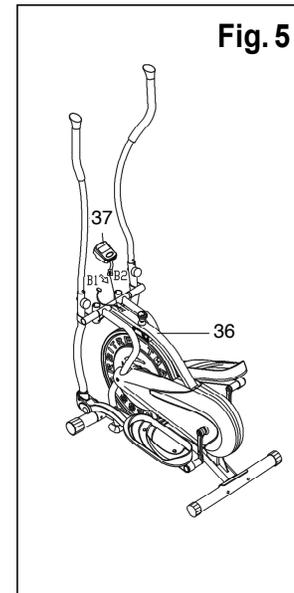


Battery assembly:

Open the upper cover of the computer, then install the battery into the battery compartment.



Insert the computer into the tube bracket.



Tension adjustment

The assembly of your Orbitrek Elite is now complete. As you try your exercises for the first time, you should adjust the tension to the correct level before you begin your full workout. Turning the adjustment knob allows you to change the tension level and vary the intensity of your workout as you exercise. To increase tension turn the tension knob to the right and top decrease tension turn the tension knob to the left.

Reversible movement

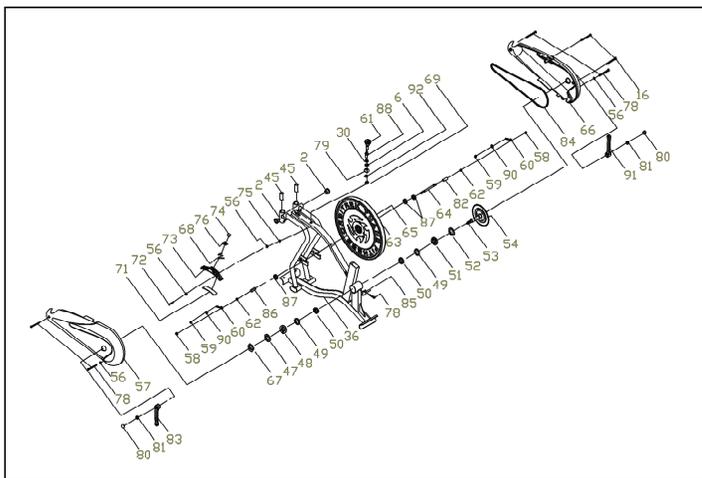
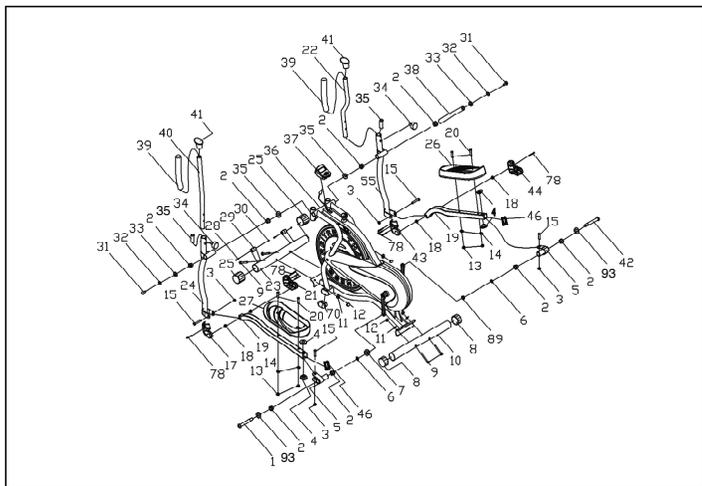
Remember, your Orbitrek Elite has REVERSIBLE movement! Forward pedaling exercises your quadriceps (front thigh muscles), while backward pedaling targets your hamstrings (back thigh muscles). Take advantage of these facts to make your workout less fatiguing and more fun.

Note: Orbitrek Elite has two moveable wheels on the front stabilizer, which are easy for you to move your training bike and the end cap on the rear stabilizer can adjust the parallelism.

CAUTION: MAKE SURE YOU HAVE TIGHTEN ALL THE BOLTS AND NUTS WELL BEFORE BEGINNING YOUR WORKOUT.



EXPLODED VIEW & PARTS LIST



NO.	NAME	QUANTITY	SPEC
1	LEFT HINGE BOLT	1	1/2"
2	BUSHING 1	10	Φ28* Φ16*16
3	LOCK NUT	4	M10
4	STEEL BUSHING	4	Φ28* Φ14*10
5	CONNECTING TUBE	2	
6	SPRING WASHER	2	1/2"
7	LEFT LOCK NUT	1	1/2"
8	ADJUSTABLE END CAP	2	
9	CARRIAGE BOLT	4	M8X60
10	REAR STABILIZER	1	Φ50*1.5
11	ARC WASHER	4	
12	DOMED NUT	4	M8
13	LOCK NUT	4	M8
14	FLAT WASHER	4	Ø8
15	HEX HEAD BOLT	4	M10X55
16	SCREW	2	ST4.2X19
17	LEFT HANDLEBAR COVER (L)	1	
18	BUSHING 2	4	28* Φ10*10
19	PEDAL TUBE	2	
20	HEX HEAD BOLT	4	M8X45
21	LEFT HANDLEBAR COVER (R)	1	
22	RIGHT HANDLEBAR	1	
23	FRONT STABILIZER	1	
24	LEFT CONNECTING TUBE	1	
25	FRONT END CAP	2	50*1.5
26	RIGHT PEDAL	1	2
27	LEFT PEDAL	1	10
28	HEX HEAD BOLT	2	M6X48
29	WHEEL	2	23* Φ6.2*32
30	LOCK NUT	3	M6
31	HINGE SCREW	2	3/8"*20
32	SPRING WASHER	2	Φ10
33	D SHAPER WASHER	2	
34	LOCKING KNOB	2	
35	PLASTIC SLEEVE	2	
36	MAIN FRAME	1	
37	COMPUTER	1	
38	SPINDLE BAR	1	
39	FOAM GRIP	2	Φ33* Φ23*310
40	LEFT HANDLEBAR	1	
41	HANDLEBAR END CAP	2	Φ25.4*2
42	RIGHT HINGE BOLT	1	1/2"
43	RIGHT HANDLEBAR COVER (L)	1	
44	RIGHT HANDLEBAR COVER (R)	1	
45	PLASTIC SLEEVE	2	
46	END CAP	2	30*30*1.5
47	FIXING WASHER (L)	1	
48	WASHER	1	
49	COLLAR BALL	2	
50	COLLAR HOUSING	2	
51	FIXING WASHER <R>	1	
52	WASHER	1	Φ40*2.8
53	CRANK SHAFT	1	Φ17*146
54	CHAIN WHEEL	1	d=3.2,P=6.35
55	RIGHT CONNECTING TUBE	1	
56	FLAT WASHER	3	Ø5
57	LEFT CHAIN COVER	1	
58	FIXING NUT	2	M10*1.0



59	NUT	2	M6
60	FIXING BOLT	2	M6*55
61	TENSION KNOB	1	
62	NUT	2	M10*1
63	FLYWHEEL	1	
64	FLYWHEEL SHAFT	1	
65	LITTLE CHAIN WHEEL	1	
66	RIGHT CHAIN COVER	1	
67	NUT	1	7/8"
68	SPRING	1	
69	DOMED NUT	1	M6
70	END CAP	2	
71	WOOLLY BLOCK	1	
72	HEX HEAD BOLT	1	M5X30
73	PLASTIC FRAME	1	
74	RUBBER	1	
75	LOCK NUT	1	M5
76	SPRING COVER	1	
77	LEFT LITTLE COVER	1	
78	SCREW	13	ST4. 2*12
79	RUBBER COVER	1	φ32*10
80	END CAP	2	
81	FIXING NUT	2	M10*1.25
82	FIXING TUBE II	1	φ13.6*φ10.3*25.5
83	LEFT CRANK	1	
84	CHAIN	1	
85	SENSOR	1	
86	FIXING TUBE I	1	φ13.6*φ10.3*10.5
87	BEARING	3	6000ZZ
88	ADJUSTABLE NUT	1	φ14*35
89	RIGHT LOCK NUT	1	1/2"
90	SPRING WASHER	2	φ6
91	RIGHT CRANK	1	
92	NUT	1	M12*1.25
93	ARC WASHER	2	d1=16 D=26 S=0.3

BATTERY DISPOSAL:

Batteries should not be considered as regular garbage. As consumer you are obliged to return finished batteries. The finished batteries can be returned to a collection base at your residential area or at places where batteries can be bought.



WE RECOMMEND THE USE OF ALCALI-MANGAN BATTERIES.

You will find these symbols on batteries, which contain harmful substances:
 Pb = Battery contains lead
 Cd = Battery contains cadmium
 Hg = Battery contains mercury



Pb



Cd



Hg



EXERCISE COMPUTER

SPECIFICATIONS:

TIME (TMR).....00:00-99:59

SPEED (SPD)...0.0-99.9KM/HorML/H

DISTANCE (DST).....0.00-999.9KM

CALORIES (CAL).....0-9999KCAL

KEY FUNCTION:

MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

The system turns on when any key is pressed or when it receives an input from the speed sensor. The processor turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by changing the batteries or pressing the MODE key for 3 seconds.

3. HOW TO PRESET TIME, DISTANCE & CALORIES:

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

4. FUNCTIONS:

- TIME: The time of exercise will be displayed by pressing MODE key until brand TMR appears.
- SPEED: Current speed will be shown buy pressing MODE key until brand SPD appears.
- DISTANCE: The distance of each workout will be displayed by pressing MODE key until brand DST appears.
- CALORIES: The calories burned will be displayed by pressing MODE key until brand CAL appears.
- SCAN: Automatic display of the following functions in the order shown:
 TIME-SPEED-DISTANCE-CALORIES

BATTERY:

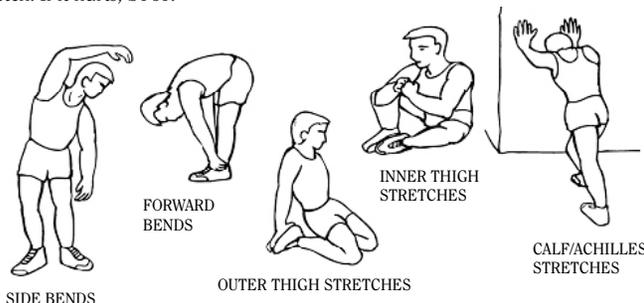
This monitor uses one battery. If improper display on monitor, Please reinstall the batteries to have a good result.



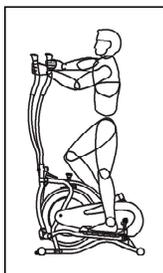
Using your Orbitrek Elite will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

1. The Warm-Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch. If it hurts, STOP.



2. The Exercise Phase



Start Position

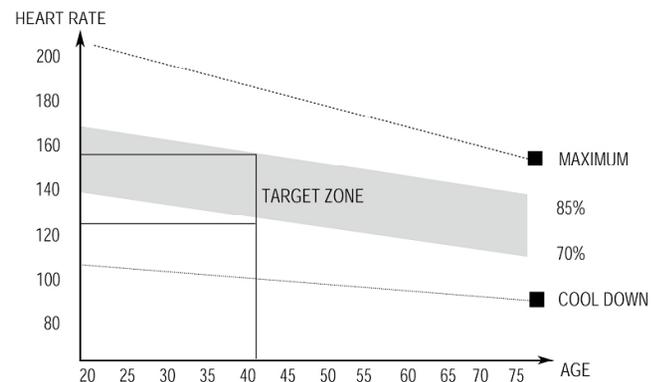
Stand on the left side of the bike, grasp the handlebars (under the handlebar end caps about 100mm), then stride your left leg, place your left foot on the left pedal, then stride your right leg, place your right foot on the right pedal, adjust your hands and stand pose to a comfortable position.

Moving Position

Grasp the handlebars, then switch the handlebars to and fro in tandem to move along with the pedals, do elliptical cycle movement. Your Orbitrek Elite has reversible movement. Forward pedalling emphasizes your quadriceps muscle (front thighs), while backwards pedalling emphasizes your hamstrings (back thighs). Remember, if you want to change your movement direction, stop movement first.



This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool-Down Phase

This stage lets your cardio vascular system and muscles wind down. This is a repeat of the warm up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Exercise Bike. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter, you may need to train longer and harder. It is advisable to train at least three times a week, and if possible to space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your RACING BIKE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you may need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase the resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. This is effectively the same as if you were training to improve your fitness, the difference being the goal.