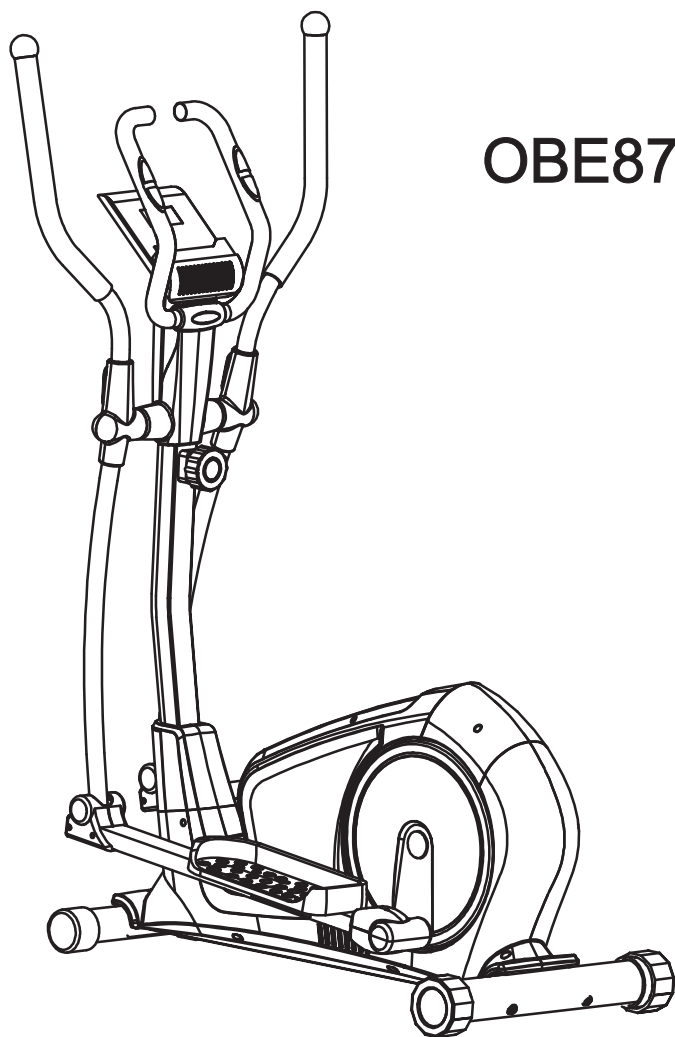


Orbit

OBE8727



OBE8727

 **Warranty**
 **Assembly**
 **Parts**

Owner's manual OBE8727

CAUTION: 1. *Weight on this product should not exceed 100 kgs.*

2. *Exercise of a strenuous nature, as is customarily done on this equipment, Should not be undertaken without first consulting a physician. No specific health claims are Made or implied as they relate to the equipment. Measurements made by the equipment are Believed to be accurate, but only The measurements of your physician should be relied upon.*

IMPORTANT: *Read all instruction carefully before using this product. Retain this product. Owner's manual for future reference.*

Before You Start

Thank you for purchasing this Elliptical Bike! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

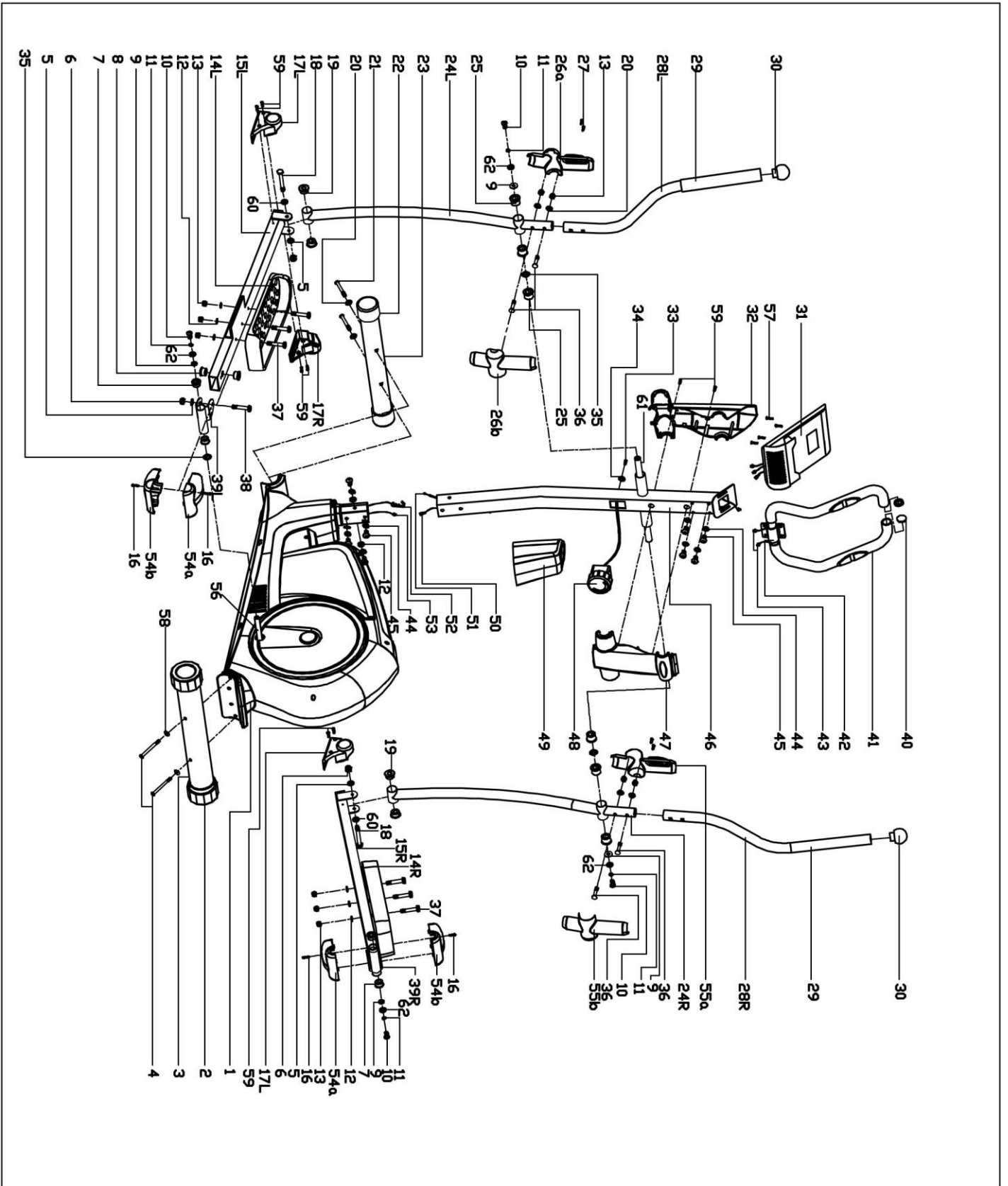
PRECAUTIONS

BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

- 1、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 2、 Set up the machine in a dry level place and leave it away from moisture and water.
- 3、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 4、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 5、 DO NOT use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 6、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 7、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 8、 This machine can be used for only one person's training at a time.
- 9、 Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 10、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- 11、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 12、 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. Reduce the resistance by turning the adjusting knob for the resistance setting towards Stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards Stage 8.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	QTY	No.	Description	QTY
1	Mainframe	1	32	Protective guard	1
2	Rear end cap	2	33	Phillips pan head screw	1
3	Rear bottom tube	1	34	Arc washer	1
4	Allen bolt M8x90	2	35	Waved washer	4
5	Flat washer D10xΦ20x2	4	36	Carriage bolt M8x45	4
6	Nylon nut M10	4	37	Hexagon bolt M8x45	6
7	Plastic bushing Φ28x16xΦ16.1	4	38	Hexagon bolt M10x55	2
8	Alloy bushing Φ18xΦ10x11	4	39L/R	L/R pedal tube joint	1 each
9	D-shape washer	4	40	End cap	2
10	Allen bolt M10x20	4	41	Foam grip	2
11	Spring washer d10	4	42	Fixed handlebar	1
12	Flat washer D8xΦ16x1.5	10	43	Pulse wire	2
13	Nylon nut M8	10	44	Spring washer d8	8
14L/R	L/R pedal	1 each	45	Allen bolt M8x16	8
15L/R	L/R pedal support	1 each	46	Handlebar post	1
16	Phillips pan head screw M5x10	4	47	Protective guard	1
17L/R	Protective guard	2 each	48	Tension controller	1
18	Hex bolt Φ12xM10x80	2	49	Mast cover	1
19	Axle bushing3 Φ12xΦ32x15	4	50	Connection wire	1
20	Arc washer D8xΦ19x1.5xR30	6	51	Upper tension cable	1
21	Allen bolt M8x72	2	52	Lower tension cable	1
22	Front end cap	2	53	Sensor wire	1
23	Front bottom tube	1	54a/b	Protective guard	2 each
24L/R	L/R swing tube	1 each	55a/b	Protective guard	1 each
25	Axle bushin4 Φ16xΦ31x23	6	56L/R	L/R crank	1 each
26a/b	Protective guard	1 each	57	Phillips pan head screw	4
27	Phillips tapping screw ST3.5x13	4	58	Arc washer D8x2xΦ25xR39	2
28L/R	L/R handlebar	1 each	59	Tapping screw ST4.2x18	10
29	Foam grip	2	60	Flat washer D12xΦ24x1.5	2
30	Mushroom end cap	2	61	Long axle	1
31	Computer	1	62	Flat washer D12xΦ20x2	4

ASSEMBLY INSTRUCTIONS

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

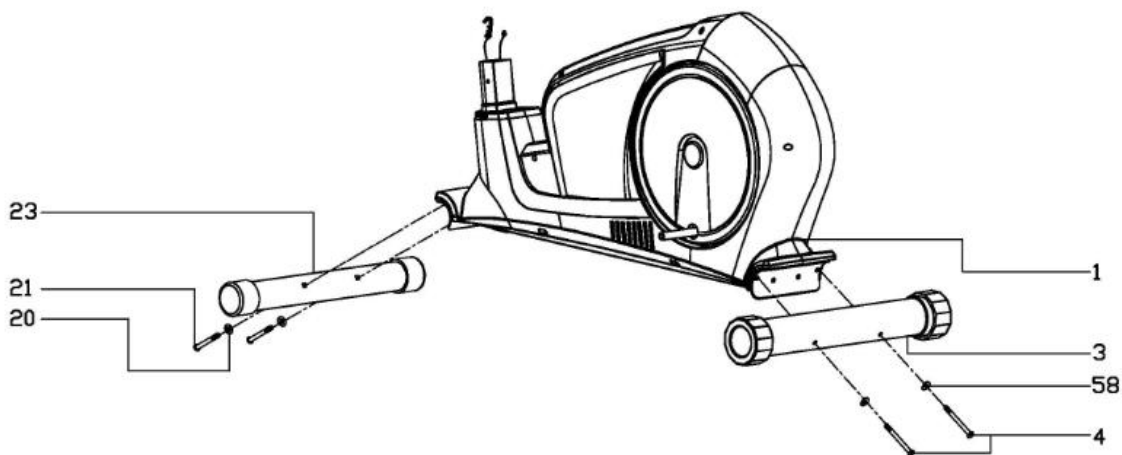
PREPARATION:

Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1:

Tighten the Front bottom tube (23) to the Mainframe (1) with Allen bolts $M8 \times 72$ (21) and Arc washers (20); and then attach the Rear bottom tube (3) to the Mainframe (1) with Allen bolts $M8 \times 90$ (4) and Arc washers (58) as shown.

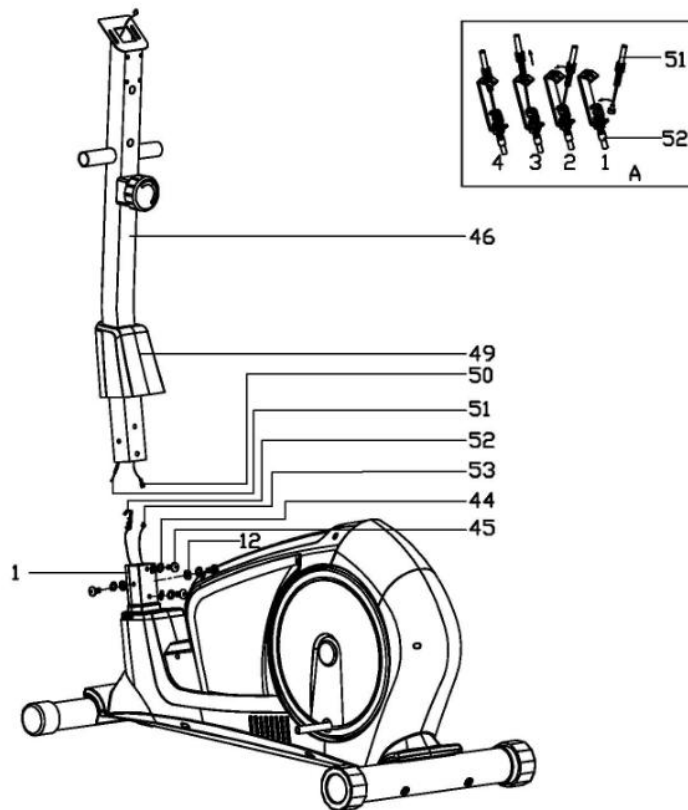


STEP 2:

1. Slide the Mast cover (49) onto the Handlebar post (46);
2. Connect the Connection wire (50) to the Sensor wire (53); put the cable end of Resistance cable (51) of Tension controller into the spring hook of Lower tension cable (52). Pull the Upper resistance cable (51) of Tension controller up and force it into the gap of

metal bracket of Lower tension cable (52) as shown;

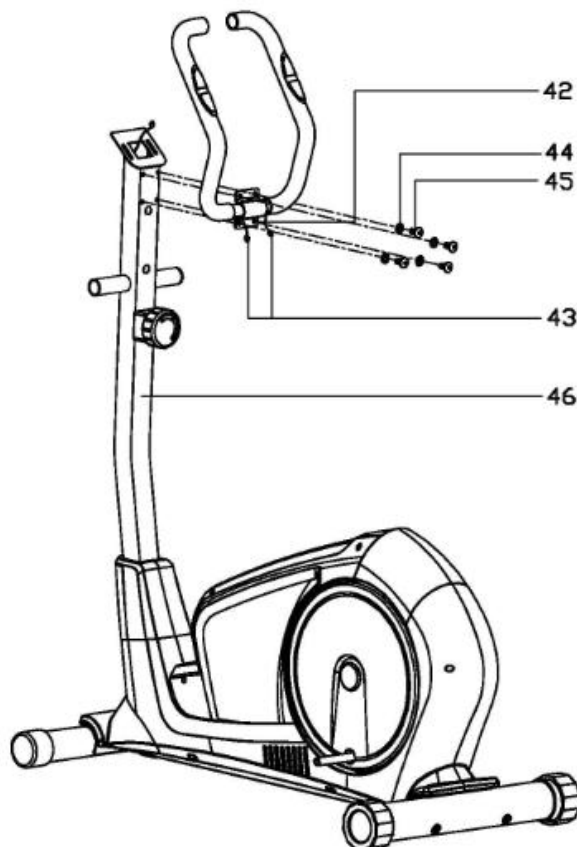
3. Tighten the Handlebar post (46) to the Mainframe (1) with Allen bolts $M8 \times 16$ (45), Spring washers (44), and Flat washers (12); Then slide down the Mast cover (49) in position.



STEP 3:

1. Pass the Pulse wire (43) through out of the Computer bracket on top of Handlebar post (46) as show;

2. Tighten the Fixed handlebar (42) to the Handlebar post (46) with Allen bolts $M8 \times 16$ (45) and Spring washers (44).



STEP 4:

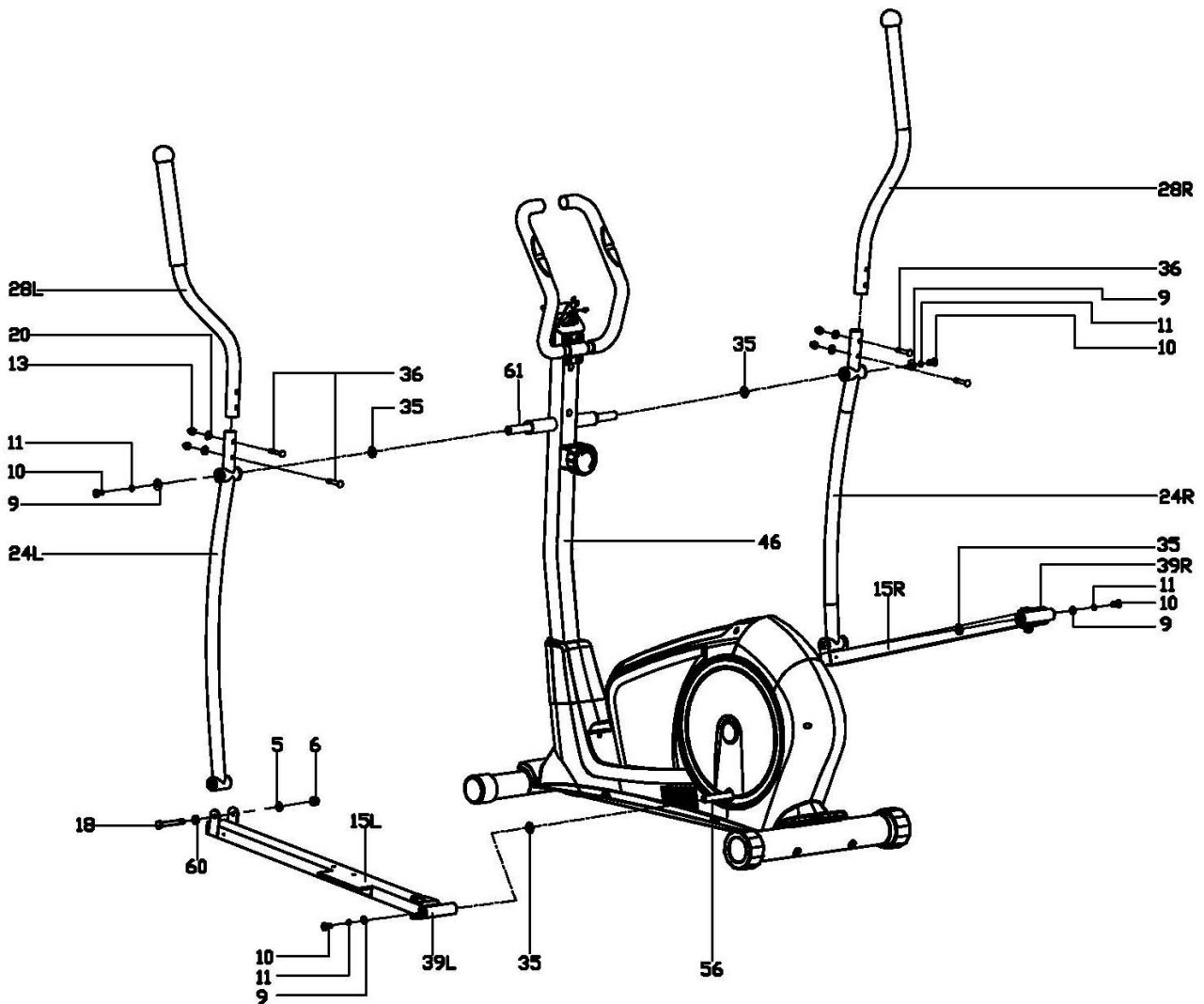
1. Fit the L/R Swing tube (24L/R) to the Long axle (61) on the Handlebar post (46) with Allen bolt $M_{10 \times 20}$ (10), Spring washer (11), D-Shape washer (9), and Waved washers (35);

2. Attach the L/R Pedal tube Joint (39L/R) to the L/R Crank (56L/R) with Allen bolt $M_{10 \times 20}$ (10), Spring washer (11), Flat washer (62), D-Shape washer (9), and Waved washers (35) as shown;

Note: Don't tighten the above Bolts till complete this assembly.

3. Joint L/R Swing tube (24L/R) & Pedal support (15L/R) with the Hex bolt (18), Flat washer (5) & Flat washer (60) and Nylon nut (6) as shown; secured the above Bolts (10), Hex bolt (18) and Nylon nut (6) ;

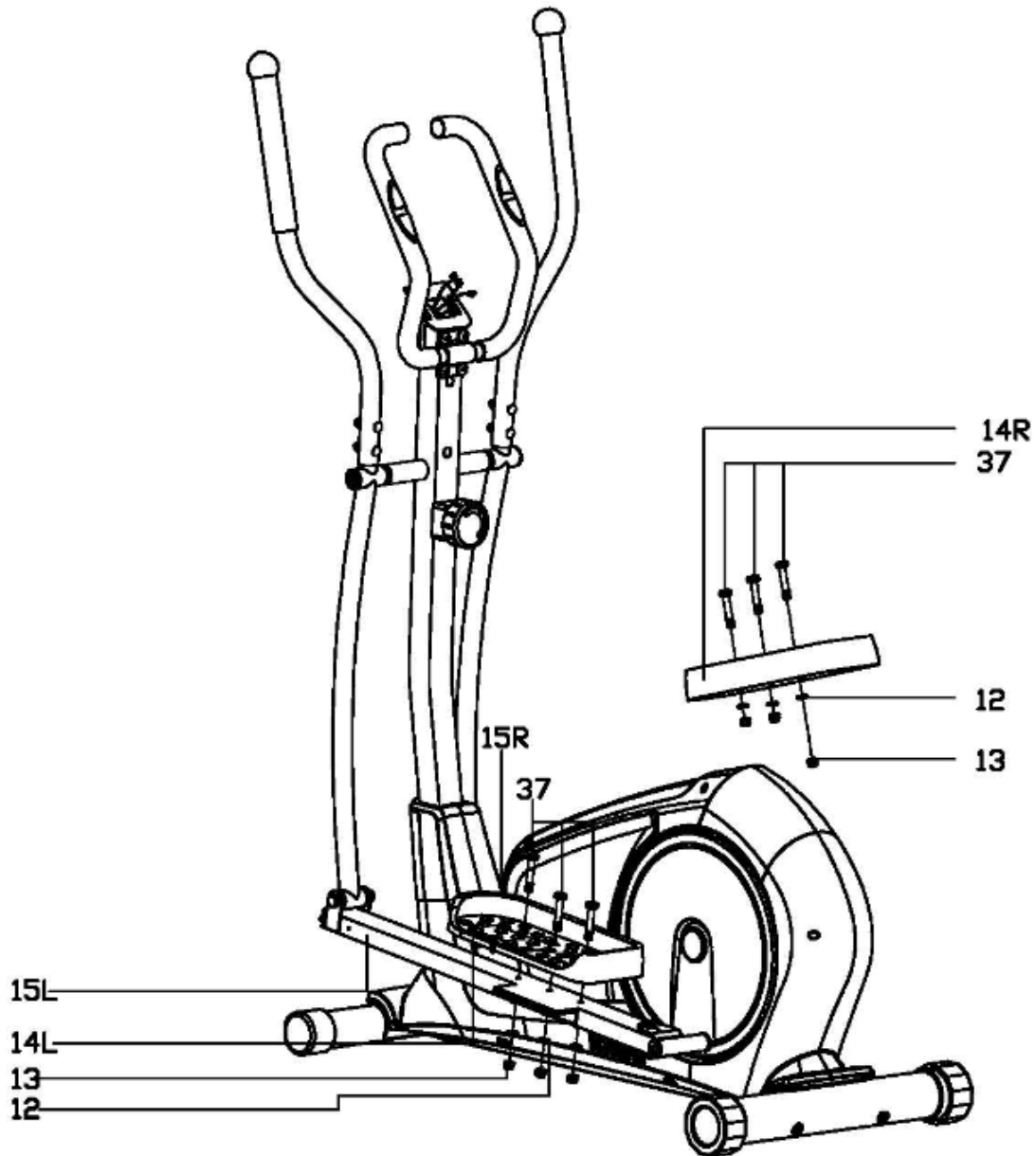
4. Fit the L/R Handlebar (28L/R) to the L/R Swing tube (24L/R) with the Carriage bolt $M_{8 \times 45}$ (36), Arc washer (20) and Nylon nut M_8 (13) as show.



STEP 5:

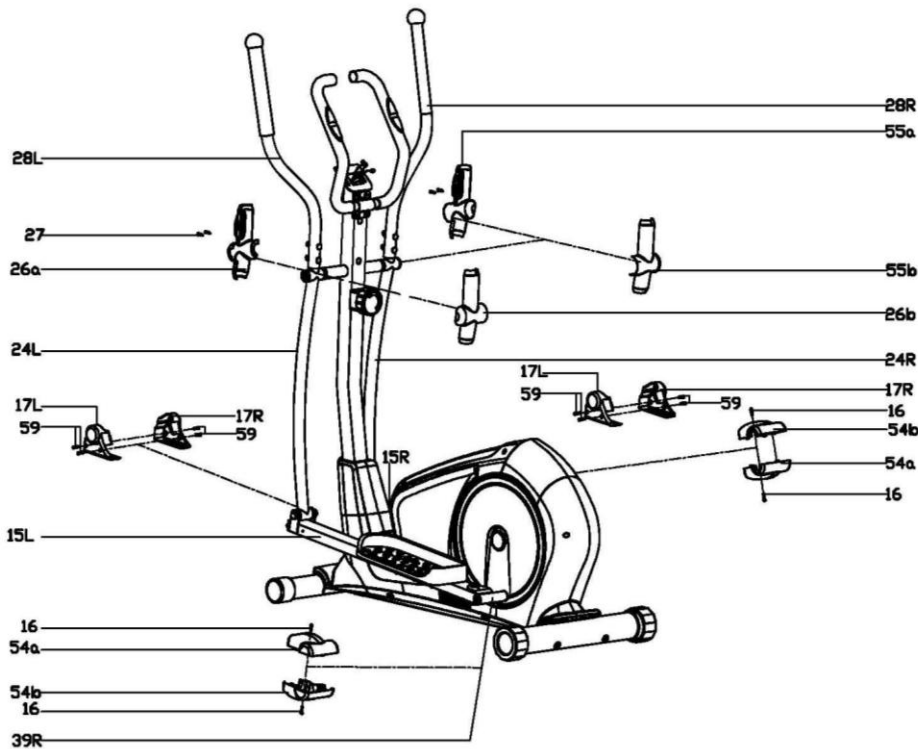
Tighten the L/R Pedal (14L/R) to the L/R Pedal support (15L/R) with Hexagon bolts $M8 \times 45$ (37), Flat washers $D8$ (12) and Nylon nuts $M8$ (13) as shown.

Note: The pedal has been labeled L for Left & R for Right.



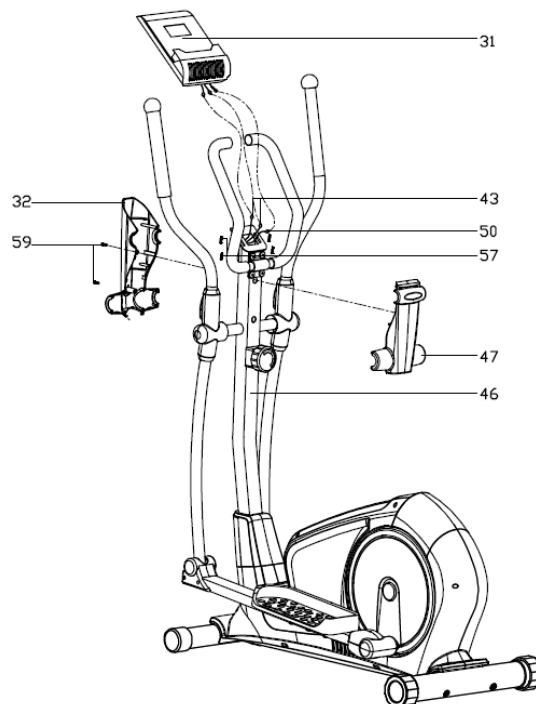
STEP 6:

1. Cover the Joint part of L/R Handlebar (28L/R) and L/R Swing tube (24L/R) with Protective guard (26a/b) & (55a/b), then fix them with Tapping screws (27);
2. Fix the Protective guard (17L/R) & (54a/b) to the L/R Pedal support (15L/R) & L/R pedal tube joint (39L/R) respectively with Tapping screws (59) & Pan head screws (16) as shown.



STEP 7:

1. Connect the Connection wire (50), Pulse wires (43) to the Computer wires, then fix the computer (31) onto the computer bracket on the Handlebar post (46), tighten the Computer(31) with Screws (57);
2. Fit the Protective guard (32/47) to the Handlebar post (46) with Tapping screws (59) as shown.



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

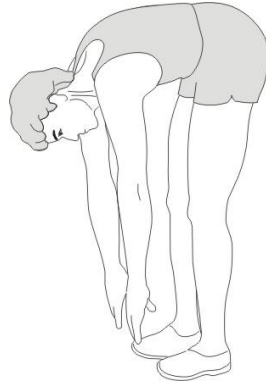
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



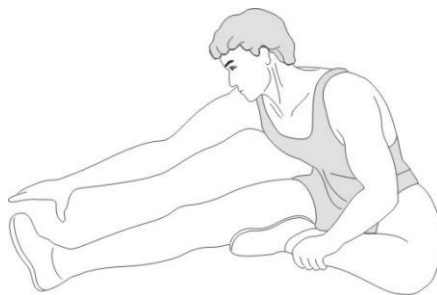
Side Stretch



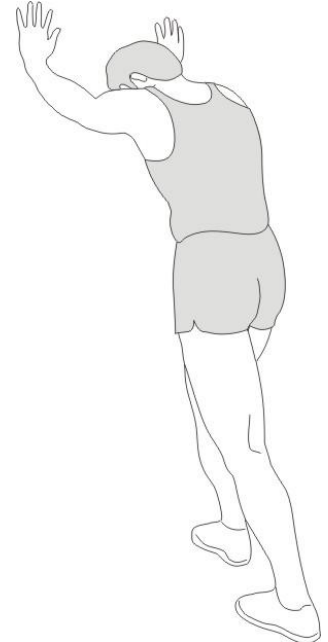
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, 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.

OPERATION GUIDE

SPECIFICATIONS:

TIME	00:00-99:59
SPEED(SPD)	0.0-99.9KM/H (ML/H)
DISTANCE	0.00-9999KM (ML)
CALORIES	0.0-9999KCAL
ODOMETER(ODO)	0.0-9999KM (ML)
PULSE(PUL)	0-240BPM

KEY FUNCTIONS:

1. **MODE:** This key is to select and lock on to a particular function you want.
2. **SET:** This key is to proceed the data for "TIME" "DISTANCE" "CALORIES" "PULSE".
3. **CLEAR(RESET):** The key is to reset the data to zero by pressing the key.
4. **ON/OFF(START/STOP):** The key is to pause the signal input by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF

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

2. RESET

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

3. MODE

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.

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
2. **SPEED:** Press the MODE key until the pointer advance to SPEED. The current speed will be shown.
3. **DISTANCE:** Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.

4. **CALORIE:** Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.

5. **ODOMETER(if have):** Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.

6. **PULSE(if have):** Press the MODE key until the pointer advance to PULSE .User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads(or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.

SCAN: The display changes automatically every 4 seconds.

BATTERY: If monitor display improperly, please re-install the batteries to have a good result.