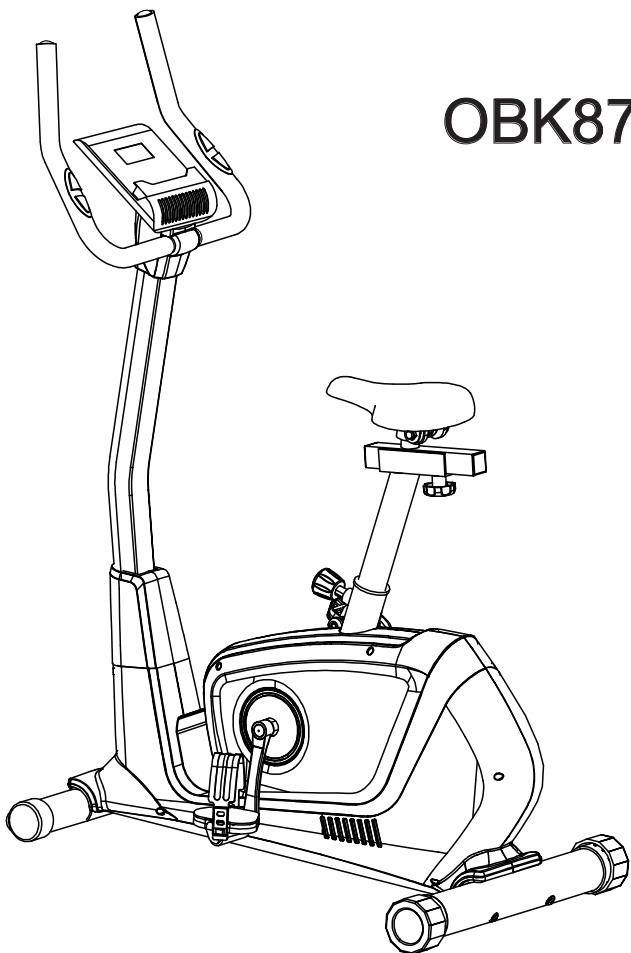


Orbit **OBK8727**



OBK8727

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

Owner's manual OBK8727

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 Magnetic 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

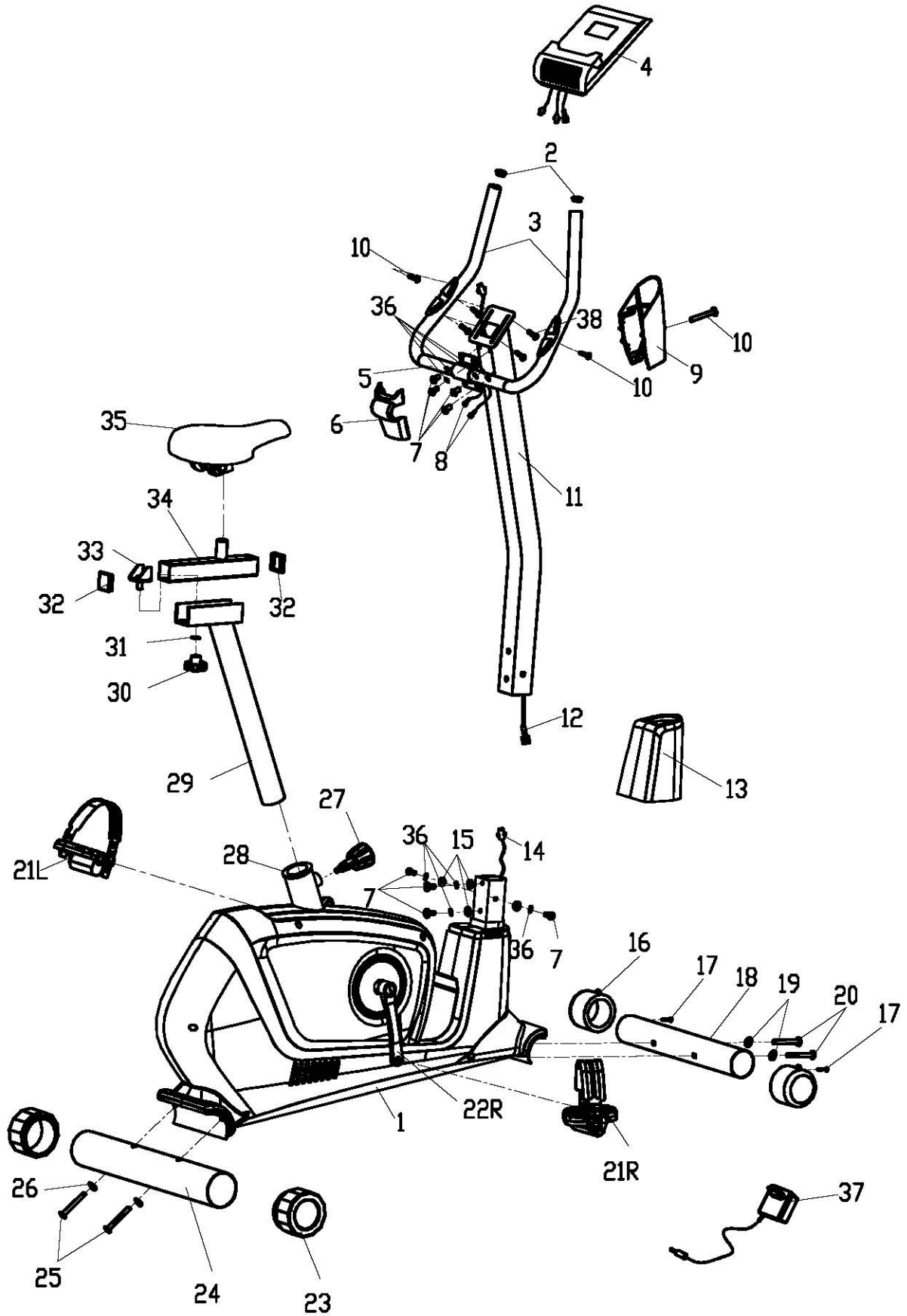
BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

- 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.

SAVE THESE INSTRUCTIONS / Maximum user's weight: 100KG

EXPLODED DIAGRAM



PARTS LIST

Parts No.	Description	Quantity	Parts No.	Description	Quantity
1	Main Frame	1	20	Allen Bolt M8XL72	2
2	Round End Cap	2	21L/R	Pedal (L/R)	1pr
3	Handlebar Foam Grip	2	22L/R	Crank(L/R)	1pr
4	Computer	1	23	Rear End Cap	2
5	Handlebar	1	24	Rear Stabilizer	1
6	Front Handlebar Cover	1	25	Allen Bolt M8XL90	2
7	Allen Bolt M8X15	8	26	Arc Washer d8X2 XΦ25 XR39	2
8	Pulse Sensor Wire	2	27	Pop-pin Knob M16X1.5X32	1
9	Rear Handlebar Cover	1	28	Saddle Post Bushing	1
10	Cross Tapping Screw ST4.2X18	3	29	Saddle Post	1
11	Handlebar Post	1	30	Knob Nut M10	1
12	Extension Sensor Wire	1	31	Flat Washer d10	1
13	Protective Guard	1	32	Square End Cap	2
14	Lower Sensor Wire	1	33	U-shaped Slider	1
15	Flat Washer d8	4	34	Horizontal Saddle Post	1
16	Roller End Cap	2	35	Saddle	1
17	Cross Tapping Screw ST3.5X12	2	36	Spring Washer d8	8
18	Front Stabilizer	1	37	Adaptor 6VDC 1000mA	1
19	Arc Washer d8XΦ19X1.5XR30	2	38	Screw M5x10	4

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.

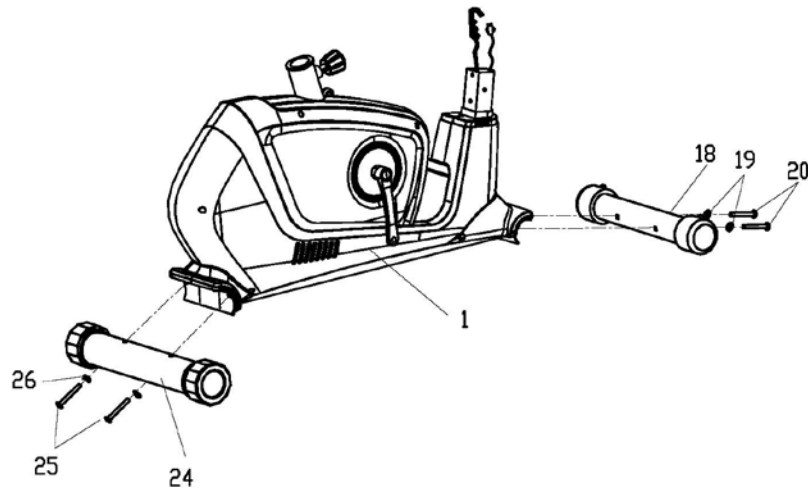
PREPARATION: Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; Before assembling please check whether all needed parts are available.

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

ASSEMBLY INSTRUCTION

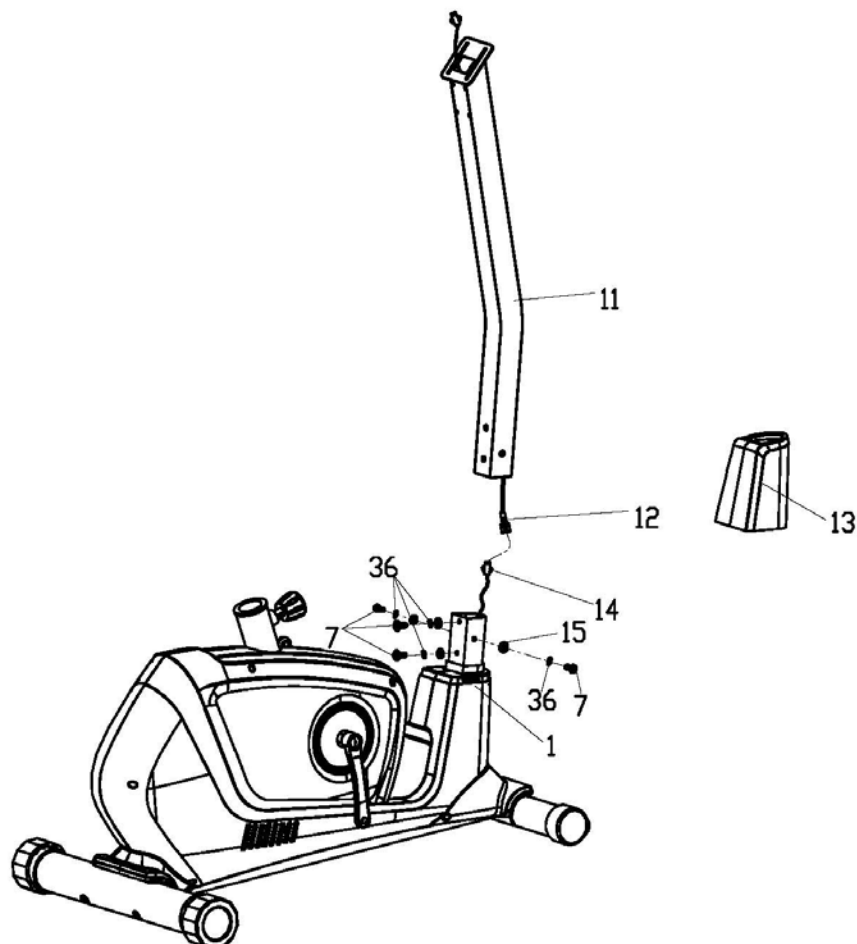
STEP 1

1. Attach the front Stabilizer (18) to the Main frame (1) with the Allen bolts (20) and Arc washers (19)
2. Fix the rear Stabilizer (24) to the Main frame (1) with the Allen bolts (25) and Arc washers (26) as shown.



STEP 2

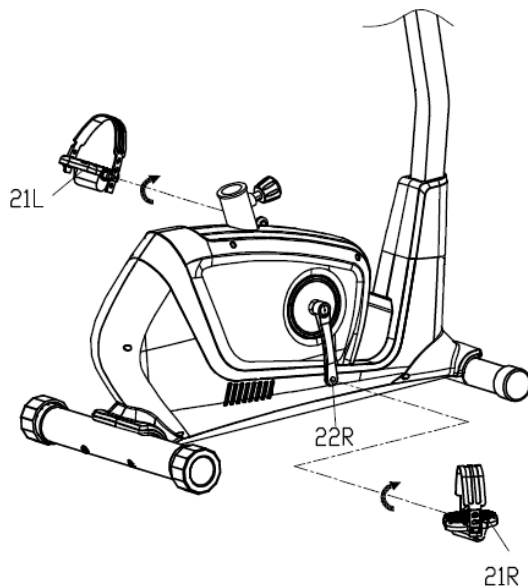
1. Slip the Protective Guard (13) onto the Handlebar post (11);
2. Connect the lower Sensor wire (14) to the extension Sensor wire (12), and then fix the Handlebar post (11) on the Main frame (1), using the Allen bolts (7), Spring washers (36), and Flat washers (15) as shown. Slip down the Mast shield (13) and fit in the place.



STEP 3

Attach the Pedals (21L/R) to the Cranks (22L/R) respectively, viewed from the rider's exercising position. Always make sure the Pedals are securely tightened before any exercise.

Note: Both pedals are labeled L for left and R for right. To tighten turn the Left pedal counterclockwise and the Right pedal clockwise.



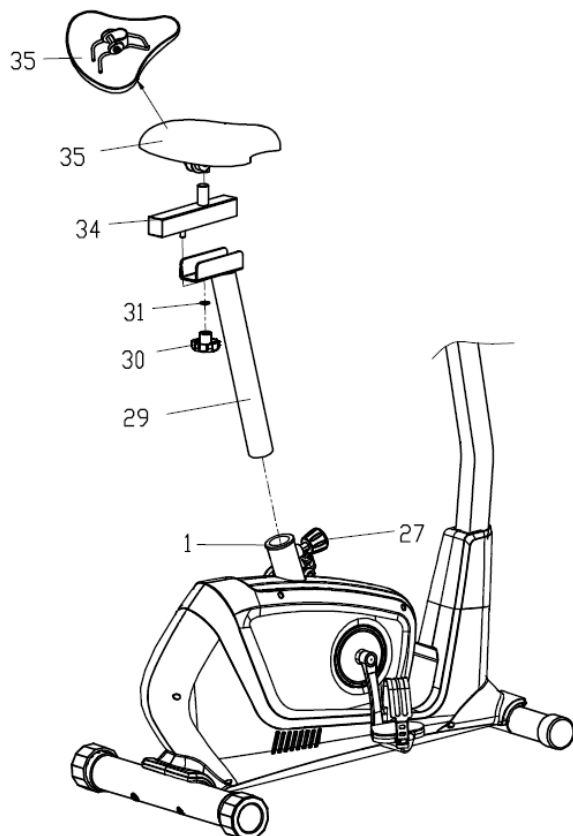
STEP 4

1. Insert the Saddle post (29) into the Main frame (1), secured with the Knob (27) at a proper height as shown.

2. And then fit the horizontal Saddle post (34) to the vertical Saddle post (29), secured it with the Flat washer (31) and Knob nut (30) as shown.

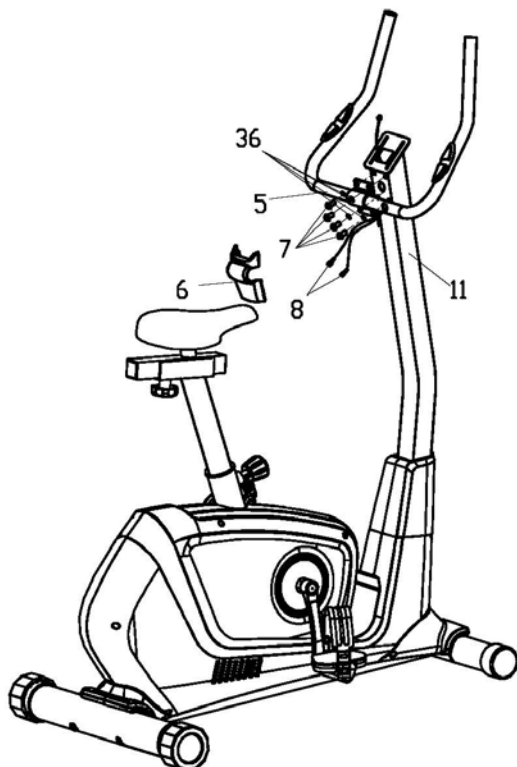
3. Attach the Saddle (35) to the horizontal Saddle post (34), secured with the screw and nut under the Saddle.

Note: Make sure the Saddle (35) has been tightly attached to the horizontal Saddle post (34) before exercising.



STEP 5

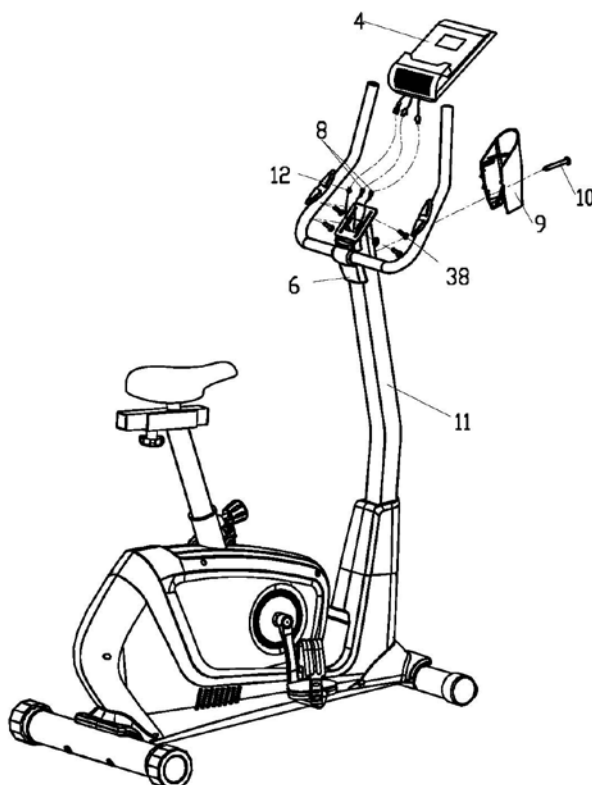
Feed the Pulse sensor wires (8) out of the Handlebar post (11) through the computer bracket on the top. Attach the Handlebar (5) to the Handlebar post (11), secured with the Allen bolts (7) and Spring washers (36) as shown. Finally, attach the front Handlebar cover (6) to the Handlebar.



STEP 6

1. Connect all the Wires (8 & 12) to the wires come from the Computer (4), and then install the Computer onto the computer bracket on the top of the Handlebar post (11), secured it with the Cross screws (38) as shown.

2. Attach the rear Handlebar cover (9) to the Handlebar post (11), fit the front and rear covers (6 & 9) properly, and then secure them together with the Cross screw (10) 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.**



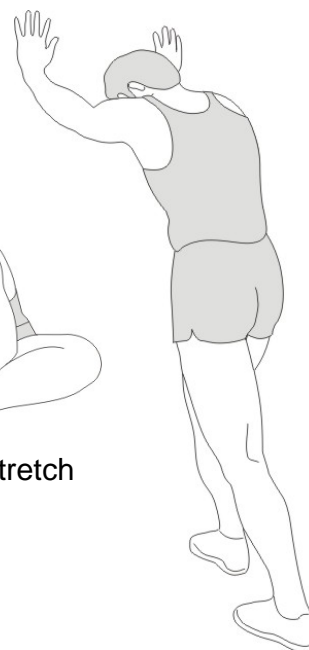
Side Stretch



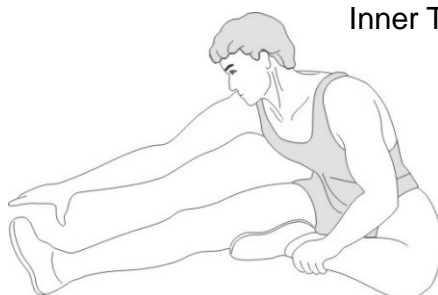
Toe Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring 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.