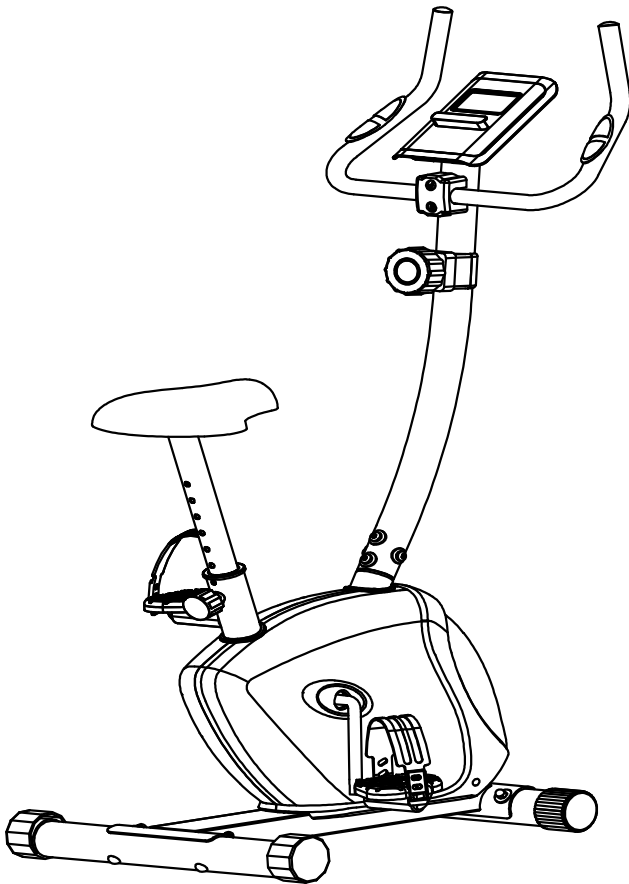


# **Orbit OBK8301FC**

## **OBK8301FC FitClub Exercise Bike**



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

### **TOOLS REQUIRED FOR ASSEMBLY:**

- **Adjustable Wrench**
- **Pliers**
- **Hammer**

### ***Owner's Manual OBK8301FC***

#### **CAUTION:**

1. Weight on this product should not exceed 220lbs / 100kgs.
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 instructions carefully before using this product. Retain this product owner's manual for future reference.

# ASSEMBLY ADVICE

Dear Customer,

Congratulations on your purchase.

Please read this instruction manual very carefully before using this item.

You will find important information regarding safety of your UPRIGHT BIKE.

Note the following precautions before assembling or operating the machine.

## ASSEMBLY ADVICE

### Carefully read and understand the Assembly Instructions:

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply (if applicable) to the machine until instructed to do so.
- Do not assemble this machine outdoors or in a wet or moist location.
- Ensure the seat, frame and pedals are fixed as per instruction, are tight and secured, and are regularly / periodically checked.
- Check all bolts and other connections before using the machine for the first time and ensure that they are in safe condition.
- Assemble the machine exactly as per the descriptions in the instruction manual.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward or twisting movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use the machine until it has been fully assembled and inspected for correct performance in accordance with the Manual.

# WARNINGS

## READ BEFORE USE

### Before using this Equipment, Obey the following warnings:

- Keep children and pets away from the UPRIGHT BIKE at all times. Children should be supervised to ensure that they do not play with the appliance.

#### **DO NOT leave unattended children in the same room with the machine.**

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless given supervision or instruction concerning use of the cycle by a person responsible for their safety.
- Before beginning training, remove all objects and obstacles within a radius of 2 meters from the machine. **DO NOT** place any sharp objects around the UPRIGHT BIKE.
- Position the UPRIGHT BIKE on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
- Use the UPRIGHT BIKE only for its intended use as described in this manual. **DO NOT** use any other accessories not recommended by the manufacturer.
- Assemble the machine exactly as the descriptions in the Instruction Manual.
- Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear, 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 UPRIGHT BIKE until it is repaired well.
- **NEVER** operate the UPRIGHT BIKE if it is not functioning properly.
- This machine can be used for only one person's training at a time.
- Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- Before exercising, always do stretching first.
- The power of the machine increases when increasing the speed, and the reverse. The machine is equipped with adjustable knob, which adjusts the resistance.

**WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST.**

# MAINTENANCE INSTRUCTIONS

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

Equipment must be regularly examined for damage and wear. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately.

Only manufacturer supplied components can be used to maintain and repair the equipment.

Disconnect all power (if applicable) to the machine before you do any work, disassembly or service.

## Daily:

- Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. DO NOT use if found in this condition. Repair or replace all parts at the first sign of wear or damage.
- Make sure adjustment knobs are tight. Tighten as necessary. After each workout, use a damp cloth to wipe your machine and Console free of moisture.
- Ensure seat is securely in correct place for your height.
- Ensure foot straps are set to correct position for your shoe before starting exercise.

**Note:** If necessary, only use a mild detergent(dish soap) with a soft, lint free cloth to clean the Console. DO NOT clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. DO NOT clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

## Weekly:

- Check pedals and tighten as necessary.
- Clean the machine to remove any dust, dirt, or grime from the surfaces.
- Check for smooth seat operation. If needed, sparingly apply a thin coating of silicone lube to ease operation.
- Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

**Note:** DO NOT use petroleum based products.

## Monthly (or after 20 hours):

- Check Crank Arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.
- Check the drive belt tension and adjust if necessary.
- Checking the Drive Belt Tension
- To check the Drive Belt tension, the bike needs to be operated. Get the pedals rotating at about 20 RPM. Then suddenly increase the RPM to your maximum ability. If the pedals move normally with no slipping, the tension is correct. If the Pedals slip, the belt needs to be adjusted.

# MAINTENANCE INSTRUCTIONS

## TROUBLESHOOTING

### **No Display / Partial Display / Unit will not Turn On:**

- Check batteries in Console, replace if required, ensure connection to speed sensor is good.
- Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
- Check data cable integrity All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
- Check console display for damage
- Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
- Console Display If Console only has partial display and all connections are fine, replace the Console.
- If the above steps do not resolve the problem, contact Customer Service or your local distributor.

### **Speed Display is not Accurate:**

- Check Speed Sensor.
- Check Magnet position.
- Speed Sensor Magnet should be in place on Flywheel.

### **Speed Displayed is Always "0" / Stuck in Pause mode:**

- Check Data cable.
- Make sure the data cable is connected to the Console and the main frame assembly.
- Check Speed Sensor.
- Make sure the RPM Sensor Magnet and the RPM Sensor are in place

### **No Speed / RPM Reading:**

- Check data cable integrity. All wires in cable should be intact. If any are cut or crimped, replace cable.
- Check data cable connections / orientation. Be sure cable is connected securely and oriented properly.
- Small latch on connector should line up and snap into place.
- Check Speed Sensor Magnet Position. Speed Sensor Magnet should be in place on Flywheel.
- Check Speed Sensor Assembly Speed Sensor Assembly should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.

# MAINTENANCE INSTRUCTIONS

## TROUBLESHOOTING CONTINUED

### Unit Rocks / Does not Sit Level:

- Check level adjustment. Levellers may be turned to level machine.
- Check surface under unit. Adjustment may not be able to compensate for extremely uneven surfaces.
- Move machine to level area.

### Pedals Loose / Unit Difficult to Pedal / Pedals Seem to Skip or Slip with a Sudden Increase in RPM:

- Check pedal to crank connection. Pedal should be tightened securely to Crank Arm. Be sure connection is not cross-threaded.
- Check Crank arm to Axle connection. Crank arm should be tightened securely to Axle.

### Clicking sound when Pedalling:

- Check pedal to Crank connection.
- Remove Pedals. Make sure there is no debris on threads, and reinstall the Pedals.

### Seat Post Movement:

- Check locking pin. Be sure Adjustment Pin is locked into one of the Seat Post adjustment holes.
- Check locking Knob Be sure Knob is securely tightened.

## MAINTENANCE

### Maintenance Parts:

- Frame, Covers, Seat, Seat Post, Seat Slider, Crank Arms, Pedals (with Foot Strap), Handlebar, Adjustment Handles, Belt(or Chain), Axle, Flywheel, Console, Data Cable, Brake or Magnet. See Owners Manual for Part Names and Numbers.

Contact the Orbit Fitness Customer Service Department at:

Email: [service@orbitfitness.com.au](mailto:service@orbitfitness.com.au) Phone: (08) 6241 3050  
Address: 28 Fellowship Road Gnangara, Western Australia 6077  
Website: [www.orbitfitness.com.au](http://www.orbitfitness.com.au)

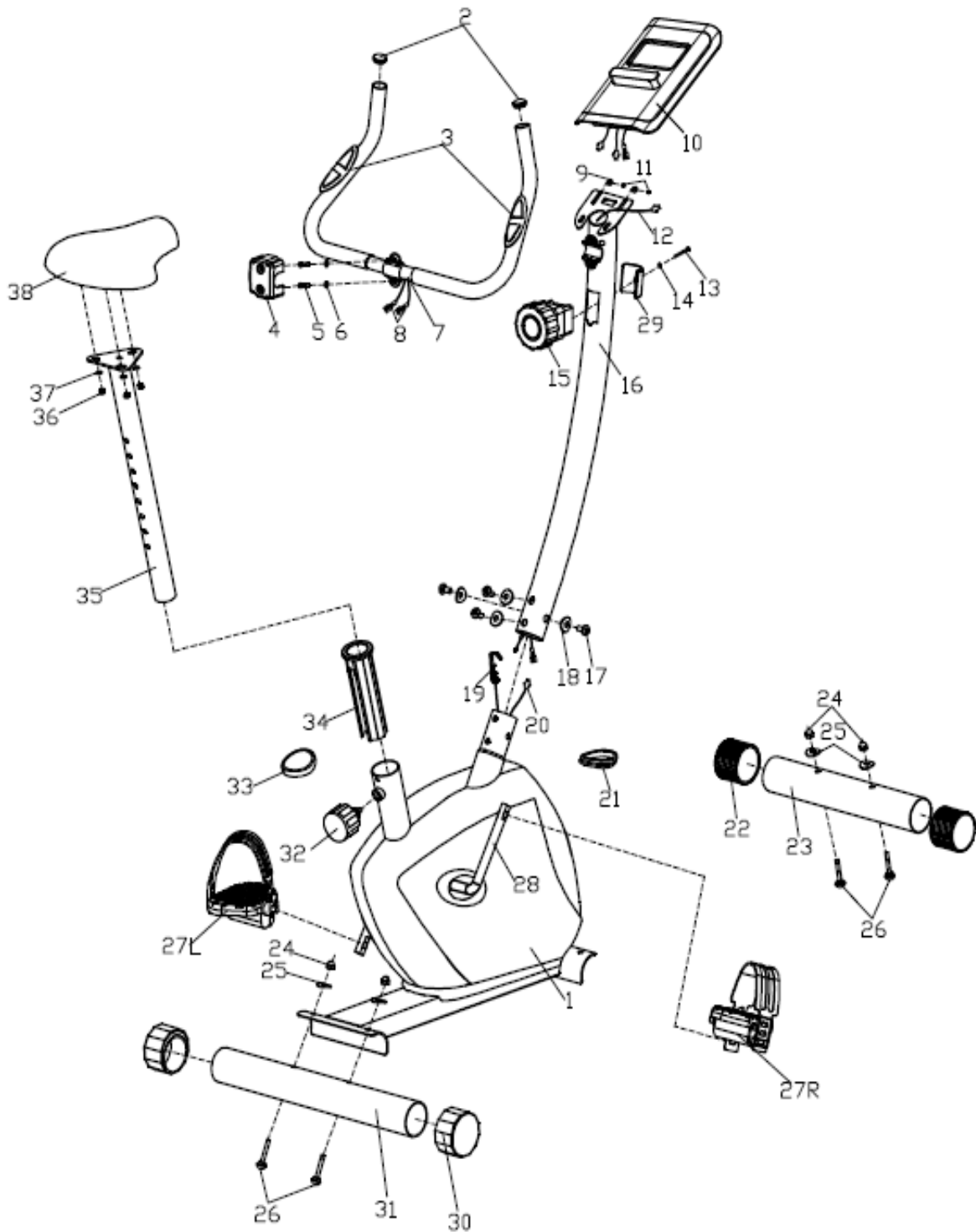
# IMPORTANT SAFETY NOTICE

Note the following precaution before assembling and operating the machine.

1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt.
5. Before beginning the training, remove all objects within a radius of 2 meters from the machine.
6. 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.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the 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.
8. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
9. This machine can be used for only one person's training at a time.
10. Wear training clothes and shoes that are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
12. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
13. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob that can adjust the resistance.
14. Maximum user's weight is **100KGS**.

***WARNING: It will be harmful if you disobey the above-mentioned PRECAUTIONS!***

# EXPLODED DIAGRAM





# PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Frame	1	21	Sealing Ring	1
2	End Cap	2	22	Front End Caps	2
3	Handlebar Foam Grip	2	23	Front Stabilizer	1
4	Handlebar Chuck Cover	1	24	Acorn Nut	4
5	Hex Socket Cylindrical Bolt M8X30	2	25	Arc Washer	4
6	Spring Washer D8	2	26	Carriage Bolt M8X73	4
7	Handlebar	1	27 L/R	Pedal (L/R)	1pr
8	Pulse Sensor Wire	2	28	Crank	1
9	Flat Washer D5	2	29	Tension Controller Cover	1
10	Computer	1	30	Rear End Caps	2
11	Cross Pan Head Screw M5X10	2	31	Rear Stabilizer	1
12	Extension Wire	1	32	Knob	1
13	Cross Pan Head Screw M5X50	1	33	Sealing Ring	1
14	Arc Washer D5	1	34	Saddle Post Bushing	1
15	Tension Controller	1	35	Saddle Post	1
16	Handlebar Post	1	36	Nylon Nut M8	3
17	Hex Socket Cylindrical Bolt M8X5	4	37	Flat Washer D8	3
18	Arc Washer D8	4	38	Saddle	1
19	Tension Cable	1			
20	Sensor Wire	1			

## **NOTE:**

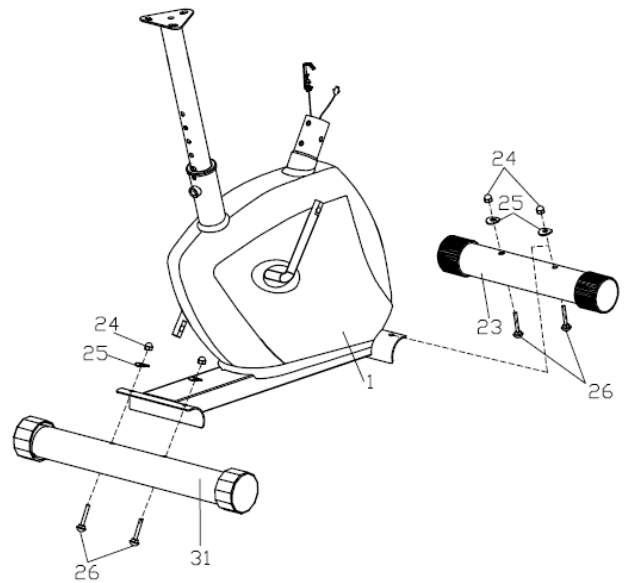
*Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.*

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

# ASSEMBLY INSTRUCTION

## Step 1:

Fix the Front Stabilizer (23) and Rear Stabilizer (31) onto the Main Frame (1) with Acorn Nut (24), Arc Washer (25), and Carriage Bolt (26) as shown.



## Step 2:

### A:

Insert the Tension Cable (19) onto the Handlebar Post (16) and pull it out from the Tension Controller's hole. Then connect Sensor Wire (20) tightly with Extension Wire (12) as shown.

### B:

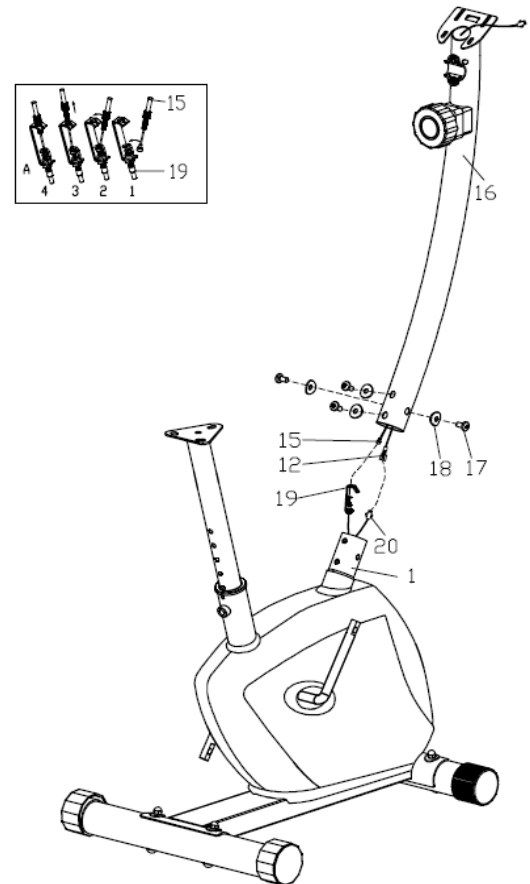
Fix the Handlebar Post (16) on the post of the Main Frame (1) with Hex Socket Cylindrical Bolt (17) and Arc Washer (18) as shown.

### C:

Connect Tension Cable (19) with the wire of Tension Controller (15), and then fix the Tension Controller (15) onto the Handlebar Post (16) with Cross Pan Head Screw (13), Arc Washer (14) and Tension Cover (29) as shown.

**Note:** The Tension Controller (15) can change the resistance.

Total adjustable tension is 8 sections.



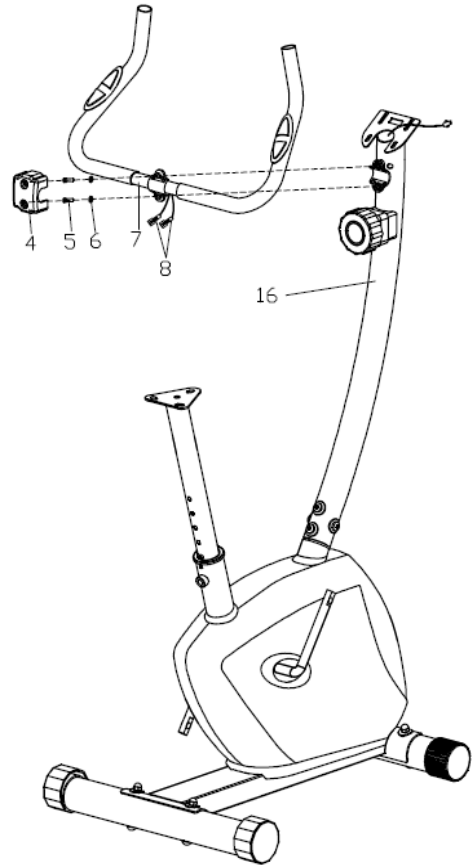
### Step 3:

**A:**

Fix the Handlebar (7) on the Handlebar Post (16) with Hex Socket Cylindrical Bolt (5) and Spring Washer (6) as shown.

**B:**

Insert the Pulse Sensor Wire (8) into the clamp hole of Handlebar Post (16) and pull out from the computer bracket hole, and then cover the Handlebar Chuck Cover (4).



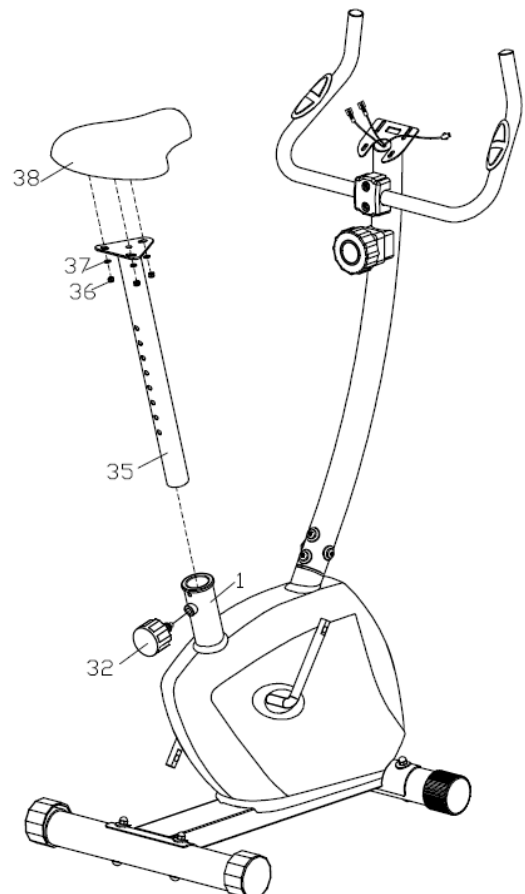
### Step 4:

**A:**

Fix the Saddle (38) onto the Saddle Post (35) with Flat Washer (37) and Nylon Nut (36)

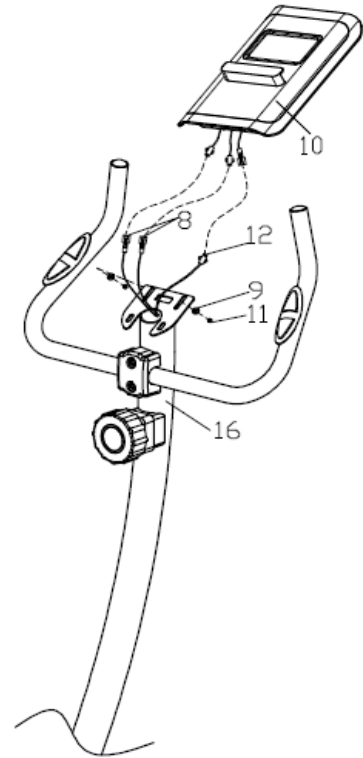
**B:**

Insert the Saddle Post (35) into the post of Main Frame (1), and fix it with Knob (32) after adjusting to a suitable height.



### Step 5:

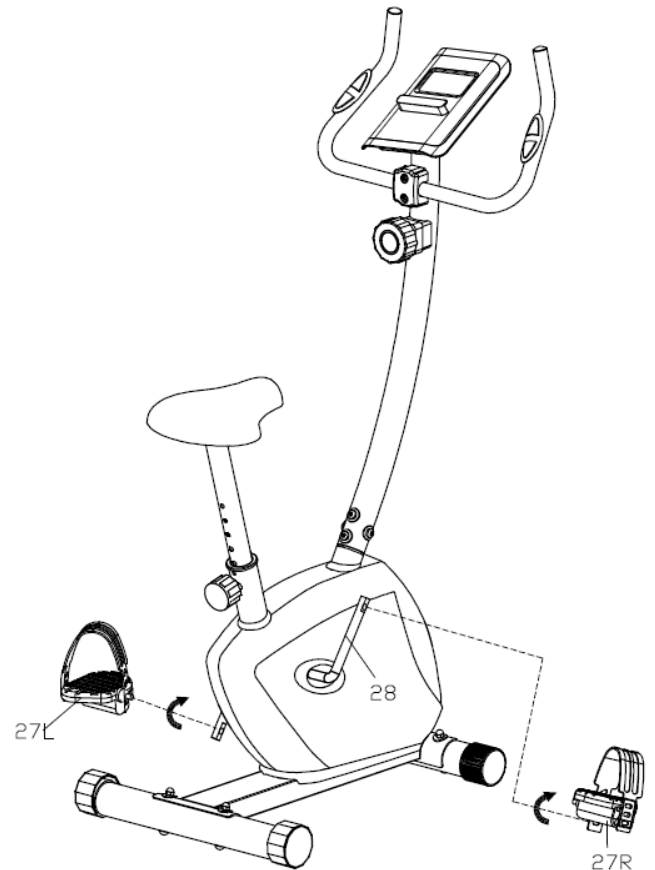
Connect the Pulse Sensor Wire (8) and Extension Wire (12) with the wires of computer (10), and then fasten the computer (10) onto the computer bracket of the Handlebar Post (16) with Cross Pan Head Screw (11) and Flat Washer (9) as shown.



### Step 6:

Attach the Pedal (27L/R) to the Crank (28) of the Main Frame (1), and tighten them before start exercising.

**Note:** The left pedal (27L) should be tighten in the counterclockwise direction. The right pedal (27R) should be tighten in the clockwise direction.



# USING YOUR MAGNETIC BIKE

Using your magnetic bike 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.

## WARM-UP PHASE

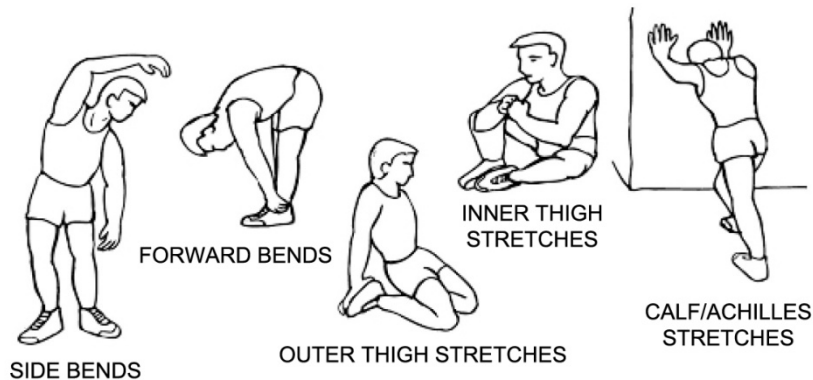
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

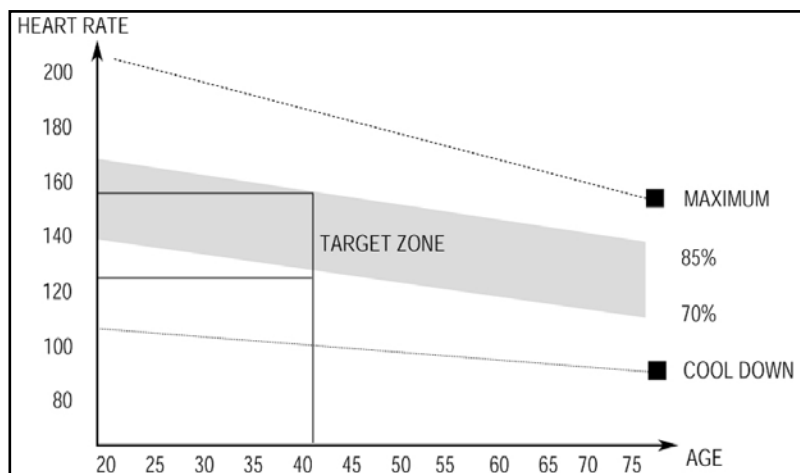
DO NOT BOUNCE.

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



## EXERCISE PHASE

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.



## COOL-DOWN PHASE

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.