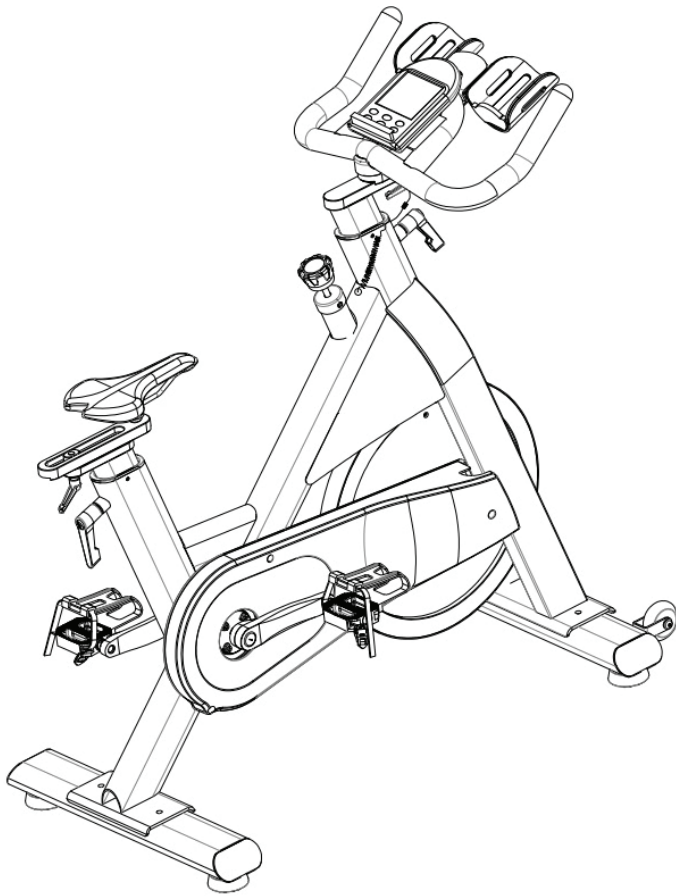


Orbit OSP810

OSP810 Peak Spin Bike



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

TOOLS REQUIRED FOR ASSEMBLY:

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

Owner's Manual OSP810

CAUTION:

1. Weight on this product should not exceed 330lbs / 150kgs.
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 SPIN 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 SPIN 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 SPIN BIKE.
- Position the SPIN 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 SPIN 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 SPIN BIKE until it is repaired well.
- **NEVER** operate the SPIN 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 (Page 7).
- 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 Phone: (08) 6241 3050
Address: 28 Fellowship Road Gnangara, Western Australia 6077
Website: www.orbitfitness.com.au

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SAFETY INSTRUCTIONS

1. To reduce the risk of serious injury, read the following Safety Instructions before using the **SPIN BIKE**.
2. Save these instructions and ensure that other exercisers read this manual prior to using the **SPIN BIKE** for the first time.
3. Read all warnings and cautions posted on the **SPIN BIKE**.
4. The **SPIN BIKE** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
5. We recommend that two people be available for assembly of this product.
6. Keep children away from the **SPIN BIKE**. Do not allow children to use or play on the **SPIN BIKE**. Keep children and pets away from the **SPIN BIKE** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **SPIN BIKE** on a solid level surface. Do not position the **SPIN BIKE** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **SPIN BIKE**.
10. Before using, inspect the **SPIN BIKE** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **SPIN BIKE**.
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **SPIN BIKE**, loss of balance may result in a fall and bodily injury.
16. The **SPIN BIKE** should not be used by persons weighing over 330lbs /150kgs.
17. The **SPIN BIKE** should be used by only one person at a time.

BEFORE YOU BEGIN

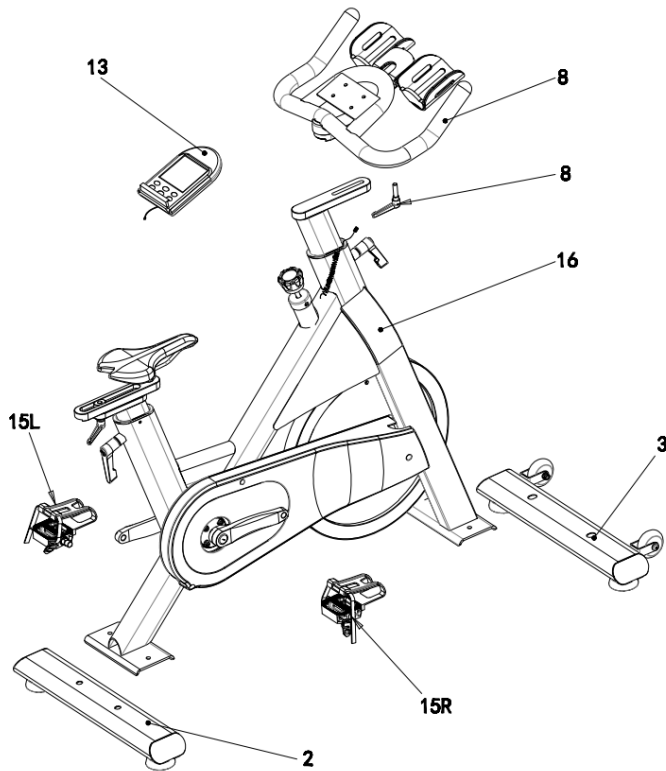
Thank you for choosing the **PEAK SPIN BIKE**.

We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

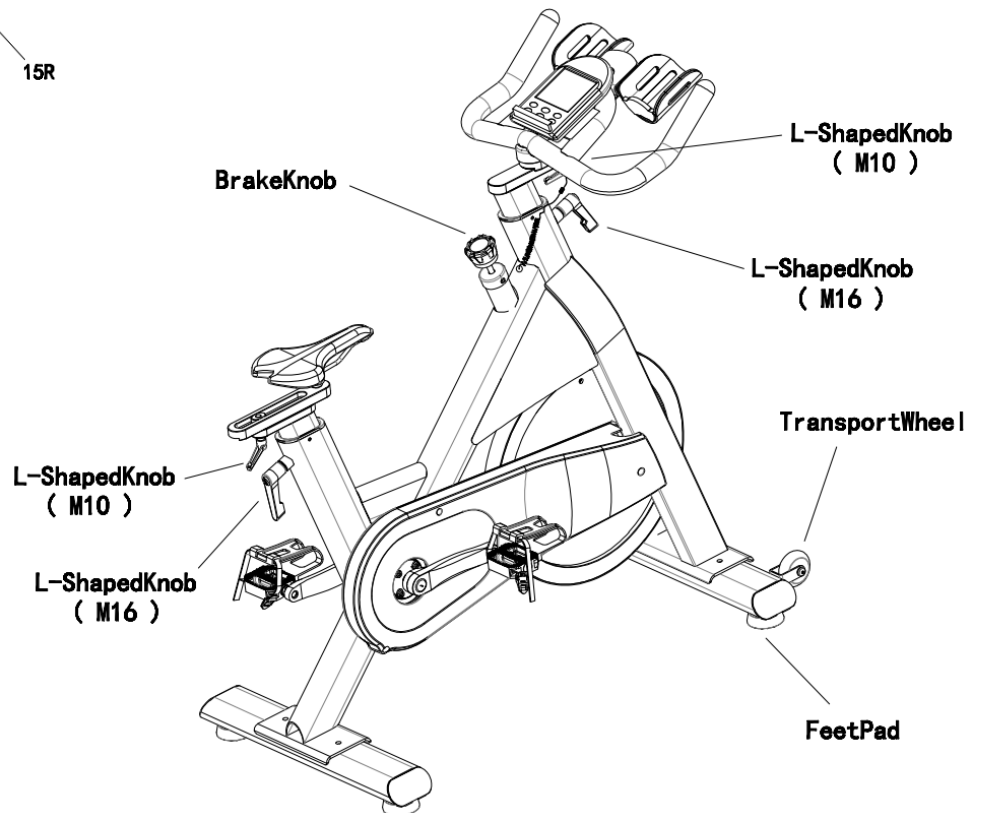
It's a fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise.

The **SPIN BIKE** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled. Read this manual carefully before using the **SPIN BIKE**



NO.	DESCRIPTION	QTY
1	Main Frame	1
2	Rear Stabiliser Tube	1
3	Front Stabiliser Tube	1
8	Handlebar	1
13	Monitor	1
15L/R	Pedal (Left/ Right)	2
16	L-Shaped Knob (M10)	1



EQUIPMENT WARNING, WARNING LABELS

This chart is provided to help identify the warning, caution and notice labels on the **SPIN BIKE**. Please take a moment to familiarize yourself with all of the warning, caution and notice labels.

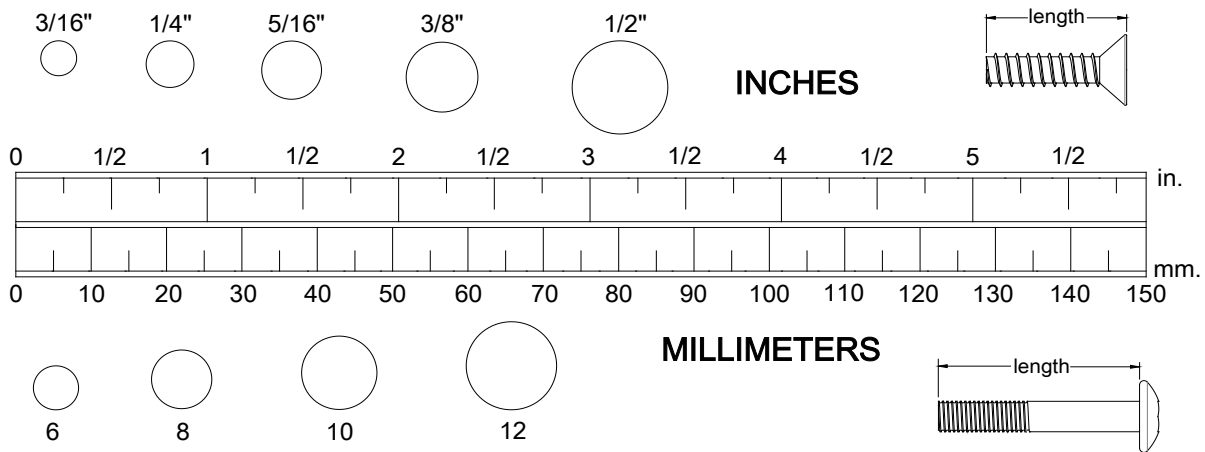
WARNING LABEL

Label is larger than actual



HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE:The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt

After unpacking the unit, open the hardware bag and make sure that you have all of the following fasteners. Some fasteners may be already attached to the parts.

Picture	Part No.	Description	Qty
	16	L-Shaped Knob M10x38	1
	17	Flat Washer φ10.5x30x4	1
	18	Button Head Cap Screw M8x60	8
	19	CAP NUT M8	8
	20	Flat Washer φ8x16x1.0	8
	21	Allen Wrench S5	1
	22	Open End Wrench S13-15	1

GENERAL INTRODUCTION & WARM UP

BEFORE EXERCISING ON THE SPIN BIKE, PLEASE READ THIS INSTRUCTION MANUAL CAREFULLY. CONSULT YOUR PHYSICIAN FOR ADDITIONAL HELP, ESPECIALLY FOR THOSE AGED OVER 30 OR WHO HAVE KNOWN HEALTH PROBLEMS. MAKE SURE TO WARM UP THOROUGHLY AND FOLLOW THE BEGINNER'S GUIDE TO START USING THE SPIN BIKE.

A Spin Bike can help burn a huge amount of calories within a relatively short period of time. It is also a great way of working out that trains your endurance and cardio at the same time. Please read through the manual instructions and follow step by step to understand how the Spin Bike can help you bring the maximum value.

WARM UP

It is recommended to have at least 10 – 15 minutes of warm up before you starting pedalling. It allows you to exercise more effectively and prevent injury from intensive workouts. Please consider the following steps to begin your warm-up period:

1. Cross-Body Shoulder Stretch



2. Cow Face Pose



3. Standing Quad Stretch



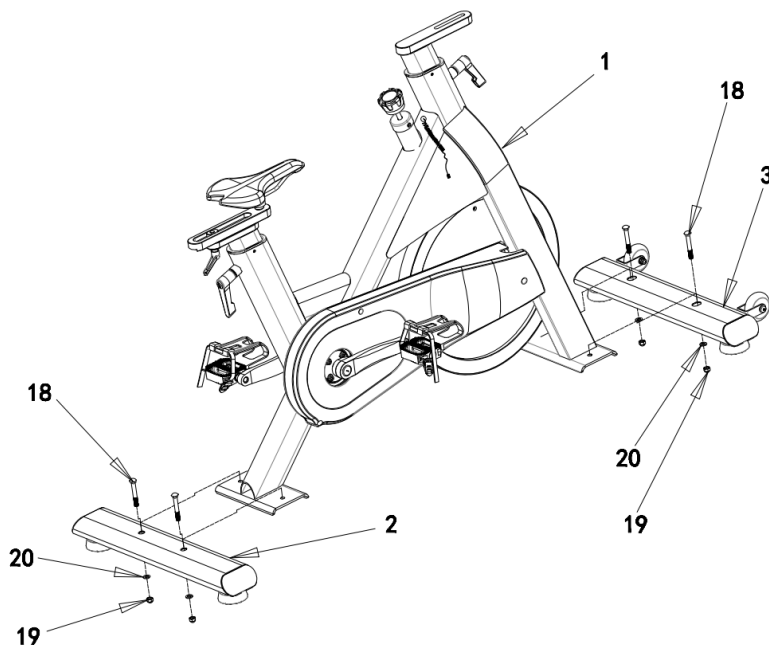
4. Hip Flexor Stretch



ASSEMBLY INSTRUCTIONS

STEP 1

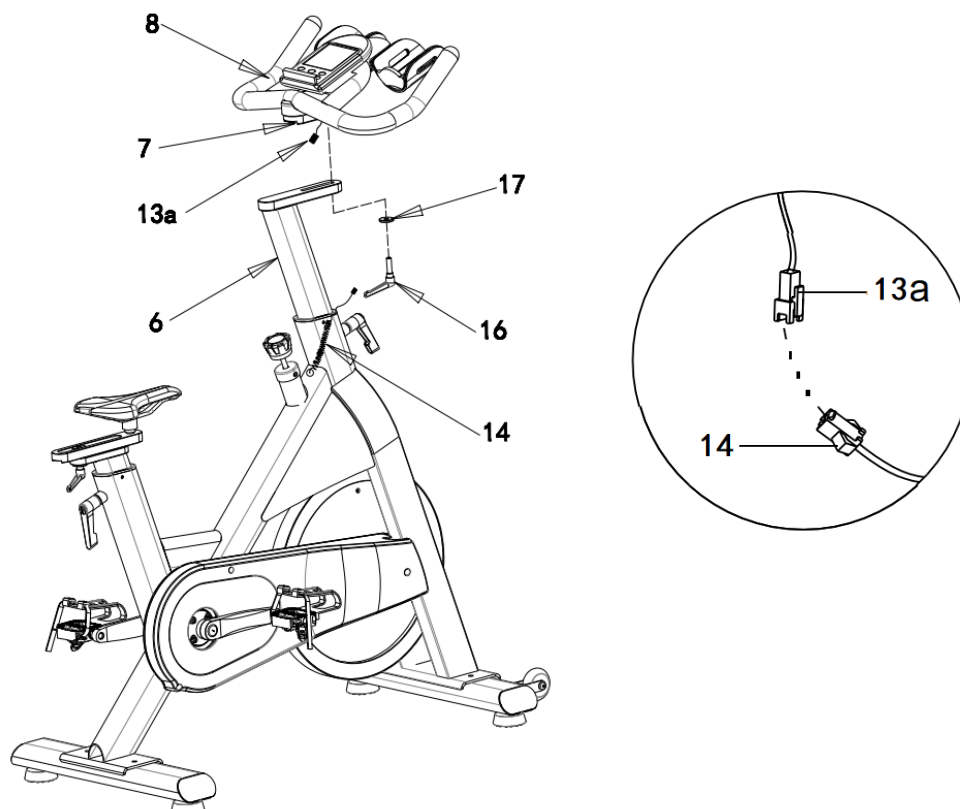
Attach **Front Stabilizer Tube (3)** and **Rear Stabilizer Tube (2)** to **Main Frame (1)** by using: 4pcs of **Button Head Cap Screw M8x60 (18)** and 4pcs of **CAP NUT M8 (19)** and 4pcs of **Flat Washer $\phi 8 \times 16 \times 1.0$ (20)**. NOTE: Fully tighten screws at the end of this step.



STEP 2

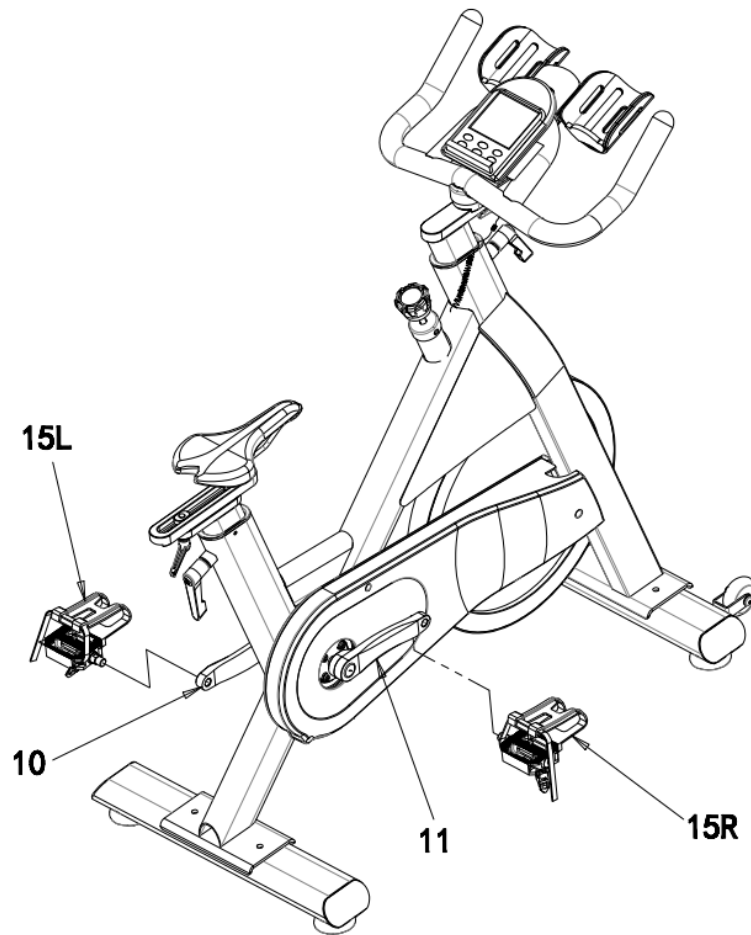
Attach **Handlebar (8)** to **Upright Post Tube (6)** by using: 1pc of **L-Shaped Knob M10 (16)**, and 1 pc of **Flat Washer $\phi 10.5 \times 30 \times 4.0$ (17)**. Connect **Sensor Wire (14)** with **Monitor Wire (13a)**.

NOTE: Fully tighten screws at end of this step.



STEP 3

Attach **Left/ Right Pedals (15L/R)** to Left / Right **Cranks (10 & 11)**, and tighten them by using: **Open End Wrench (22)**.



BEGINNER'S GUIDE

SEAT POSITION ADJUSTMENT

To adjust the seat height, loosen **L-Shaped Knob M16 (12)** and slide **Seat Post Tube (4)** up or down to the appropriate height position, and then tighten the **L-Shaped Knob M16 (12)**. To adjust the seat forward/ backward, loosen **L-Shaped Knob M10 (16)** and slide **Horizontal Seat Post Tube (5)** front or back to the appropriate position, and then tighten the **L-Shaped Knob M10 (16)**.

UPRIGHT POST POSITION ADJUSTMENT

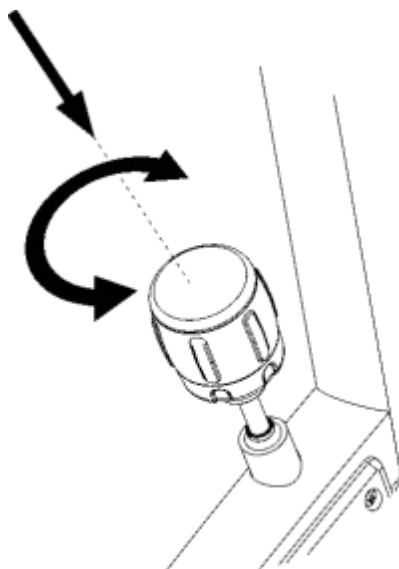
To adjust the upright post height, loosen **L-Shaped Knob M16 (12)** and slide **Upright Post Tube (6)** up or down to the appropriate height position, and then tighten the **L-Shaped Knob M16 (12)**. To adjust the handlebar forward/ backward, loosen **L-Shaped Knob M10 (16)**.and slide **Handlebar Adjustment Plate (7)** front or back to the appropriate position, and then tighten the **L-Shaped Knob M10 (16)**.

FEET PAD HEIGHT ADJUSTMENT

To make sure the stability and safety of the **SPIN BIKE**, adjust the **Foot Pads (15)** underneath the **Front / Rear Stabilizer Tubes (2 & 3)** by rotating the **Foot Pads (15)** for a few turns when you feel the **SPIN BIKE** shakes during your riding.

RESISTANCE ADJUSTMENT

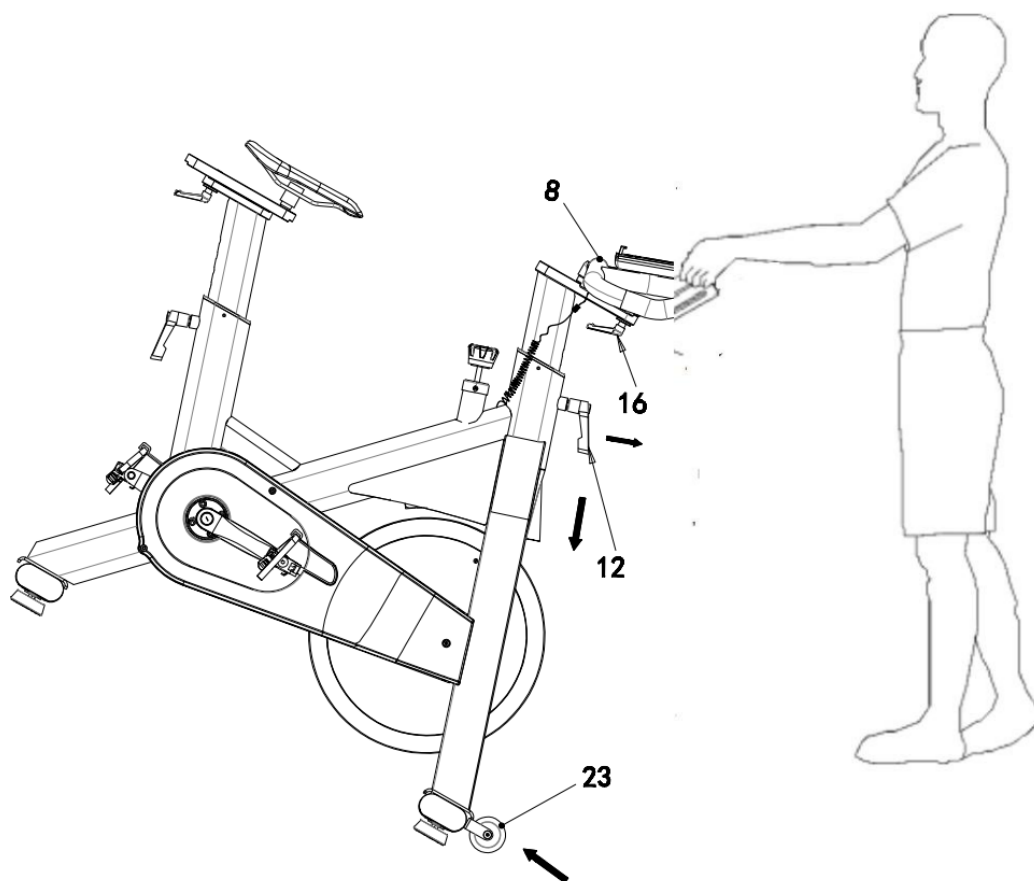
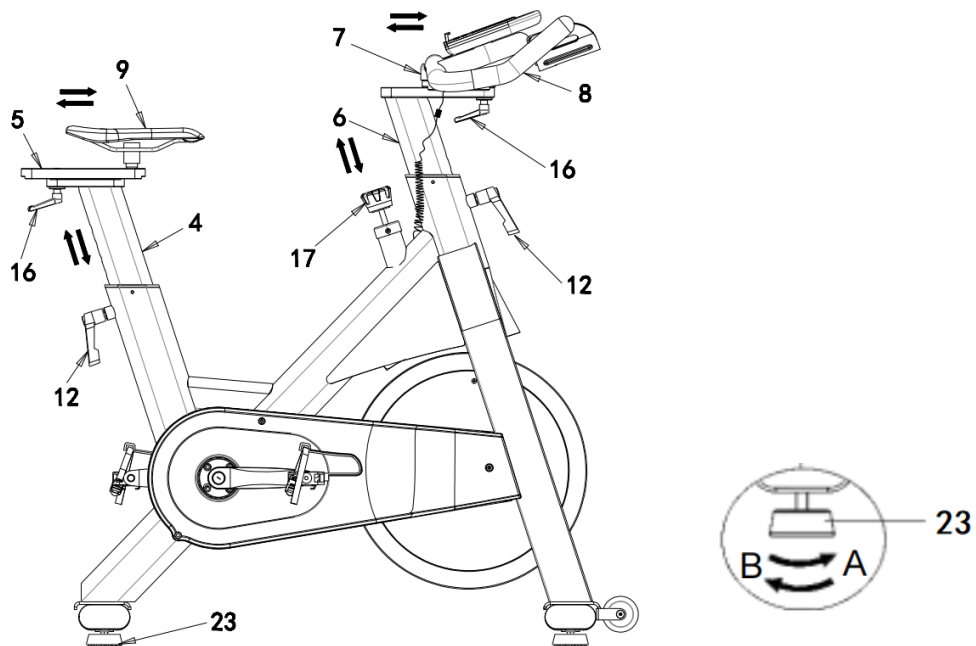
To adjust the resistance, rotate **Brake Knob (17)** to the right to increase the resistance; rotate **Brake Knob (17)** to the left to decrease the resistance.



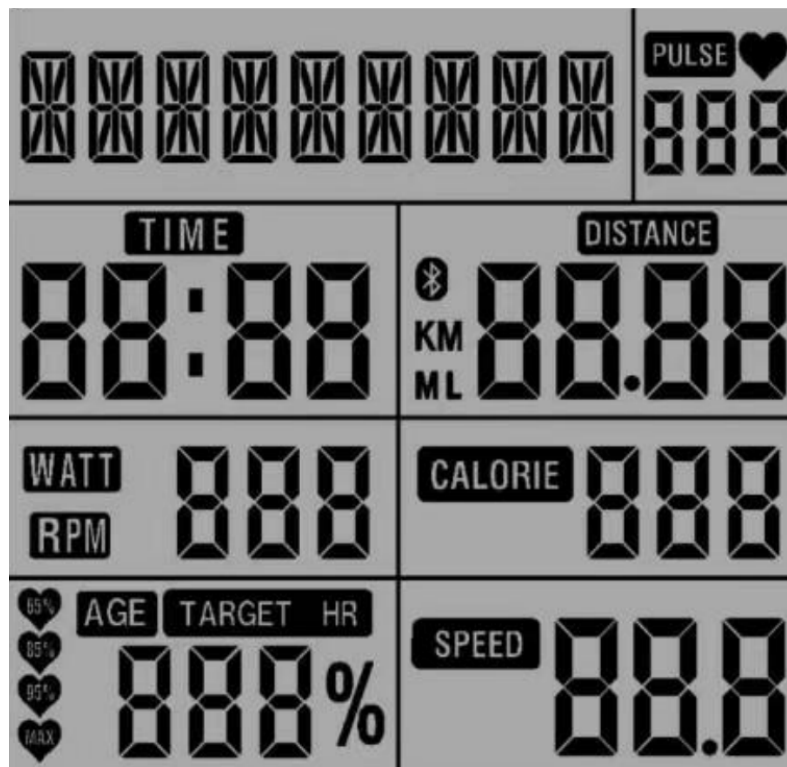
TRANSPORTATION INSTRUCTIONS

Before moving the **SPIN BIKE**, make sure the **Handlebar (8)** is tightened.

Stand in front of the **SPIN BIKE** as illustrated below, and hold the **Handlebar (8)** to tilt the **SPIN BIKE** toward you until the **Transport Wheels (23)** touch the ground or floor. Move forward / backward of the **SPIN BIKE** to the place you like to storage or exercise.



COMPUTER INSTRUCTIONS



I. BASIC FUNCTIONS

POWER ON:

- Start riding the SPIN BIKE to turn on the monitor, or press any button to activate the monitor.

POWER OFF:

- When there is no activity for more than 4 minutes, the monitor will automatically enter sleep mode. You can press any button to reactivate the monitor and resume the exercise and the previous training data.

BATTERY:

- Size of battery is AAA type and the monitor requires 2 x AAA batteries.

SET (button):

- Under countdown programs, press this button to increase / decrease the target value setting. Hold this button down to increase the data value faster.

MODE (button):

- Press this button to choose different data displayed on the monitor screen.
- Press and hold this button for over 2 seconds to reset all the training data to 0.

RESET (button):

- Press and hold this button for over 2 seconds to reset all the training data to 0.

II. CONSOLE DISPLAY

SCAN:

- Show all data displays in below sequence: TIME→SPD (SPEED)→ DIST (DISTANCE)→ODO (ODOMETER)→CAL (CALORIES)→ PULSE→TCNT (TOTAL COUNT)

TIME:

- Workout time is accumulated under manual workout mode.
- Display range: 00:00 ~ 99:59 MINUTES : SECONDS.
- Under Time Countdown Program, target time can be adjusted and the setting range is 00:00 ~ 99:00 MINUTES : SECONDS.

SPEED:

- Display the current exercising speed during the exercise.
- Unit of speed is displayed in mile / minute or kilometer / minute.

DISTANCE:

- Display the total distance accumulated during the workout.
- Unit displayed in mile or kilometer.
- Display range: 0 ~ 99.99 miles or kilometers.

ODO:

- Show the total accumulated distance from previous workouts.

CALORIES:

- Display the total calories burned during the workout.
- Display range: 0 ~ 9999 calories.

PULSE:

- Display the heart rate at any moment during the exercise. To use this function, the user must wear 5.3kHz Heart Rate Chest Strap (SOLD SEPARATELY).
- Display range: 0 ~ 230 beats per minute.