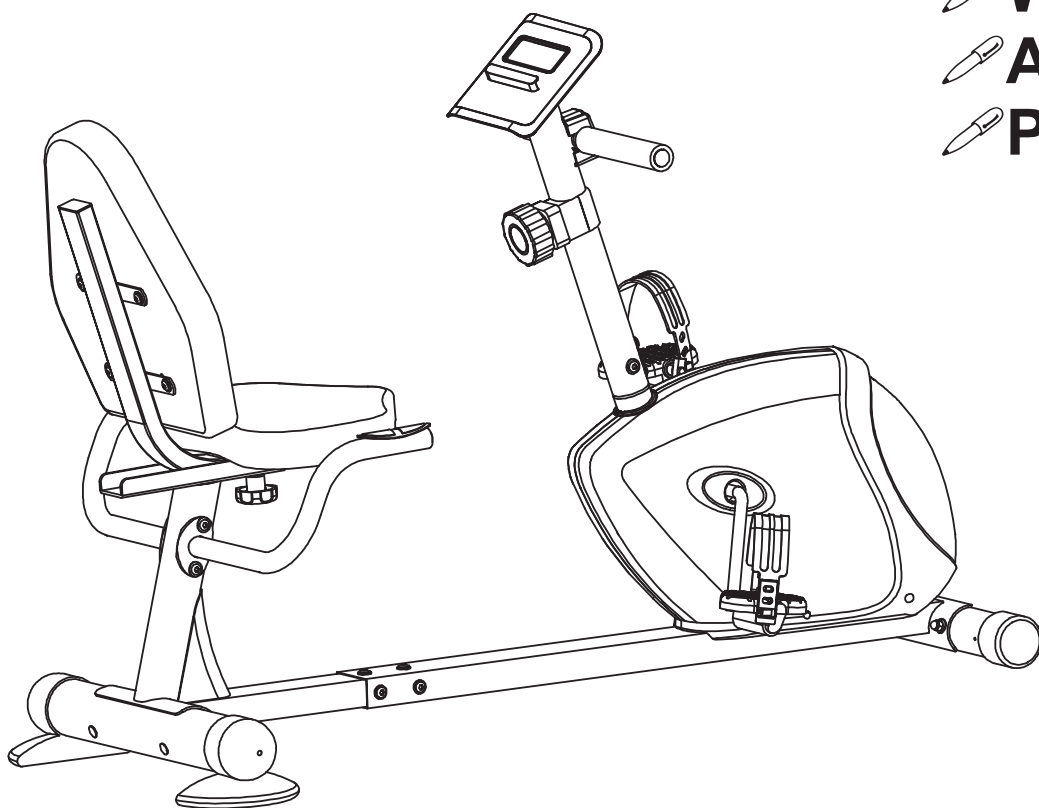


# Orbit **OBR8301FC**

## OBR8301FC

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



### **Owner's manual OBR8301FC**

**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 Product! 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**

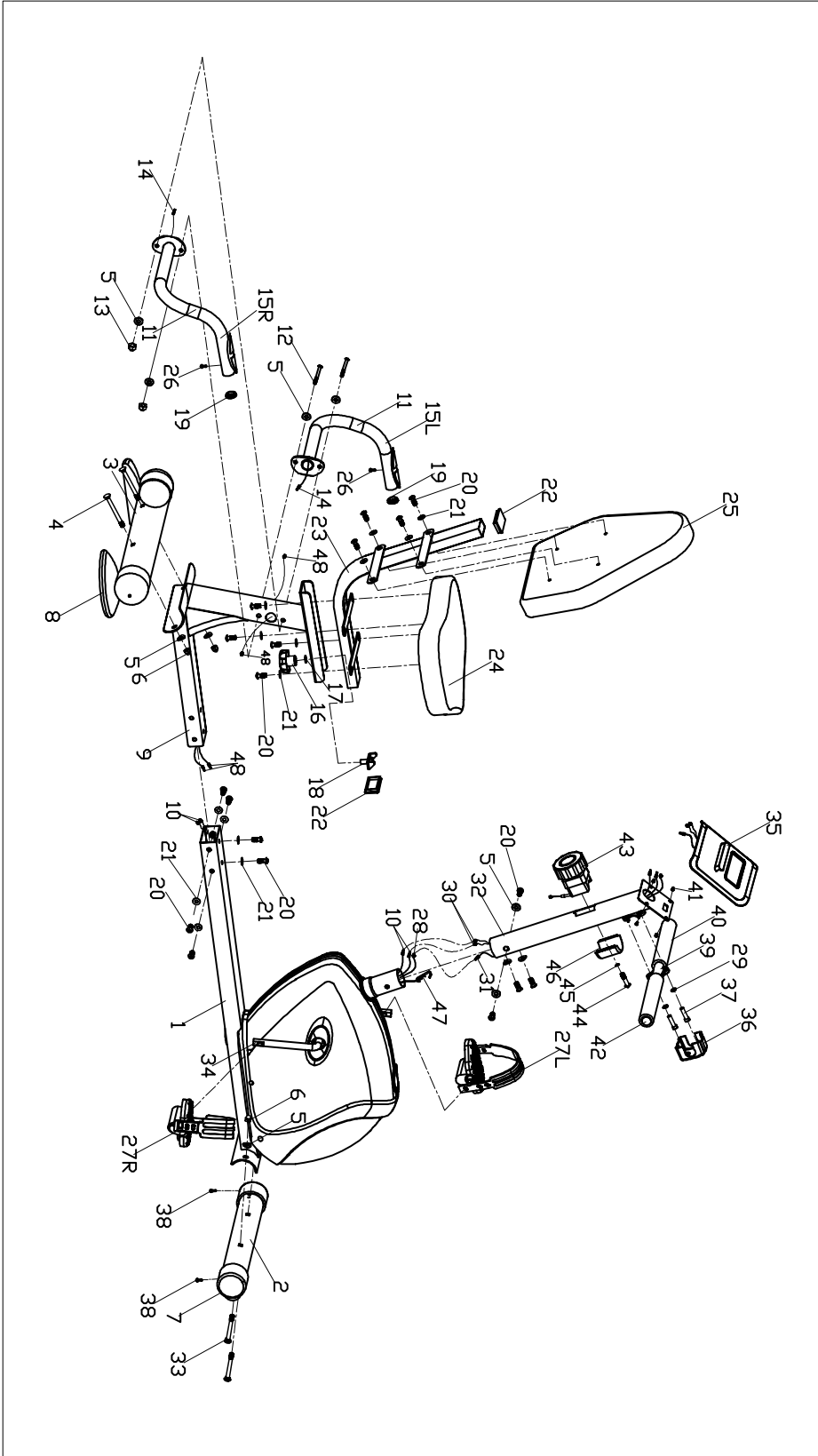
**BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:**

- 01- 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.
- 02- Set up the machine in a dry level place and leave it away from moisture and water.
- 03- Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 04- Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 05- 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.
- 06- 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.
- 07- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 08- This machine can be used for only one person's training at a time.
- 09- 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.
- 13- To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the precautions before operation.

**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: 100KGS**

# EXPLODED DRAWING



## PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
1	Front main frame	1	25	Backrest	1
2	Front stabilizer	1	26	Cross tapping screw ST4X20	11
3	Rear stabilizer	1	27 L/ R	Pedal	1pr.
4	Carriage bolt M8X90	2	28	Sensor wire	1
5	Arc washer d8.2Xd20X2XR30	12	29	Spring washer d8	2
6	Acorn nut M8	4	30	Extension wire	2
7	Front end cap	2	31	Extension wire	1
8	Rear end cap	2	32	Handlebar post	1
9	Rear main frame	1	33	Carriage bolt M8X73	2
10	Extension wire	2	34	Crank	1
11	Foam grip	2	35	Meter	1
12	Allen bolt M8X80	2	36	Handlebar chuck cover	1
13	Nylon nut M8	2	37	Hex bolt M8X30	2
14	Pulse sensor wire	2	38	Cross tapping screw ST4.2X18	2
15 L/ R	Armrest	1pr	39	Handlebar	1
16	Knob nut	1	40	Foam grip	2
17	Flat washer d10	1	41	Cross screw M5X10	4
18	U shape support	1	42	End caps	2
19	End cap	2	43	Tension controller	1
20	Allen bolt M8X15	18	44	Cross screw M5X50	1
21	Flat washer d8	14	45	Flat washer D5	1
22	Square end cap	2	46	Tension cover	1
23	Seat frame	1	47	Tension cable	1
24	Seat	1	48	Extension wire	2

### 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.*

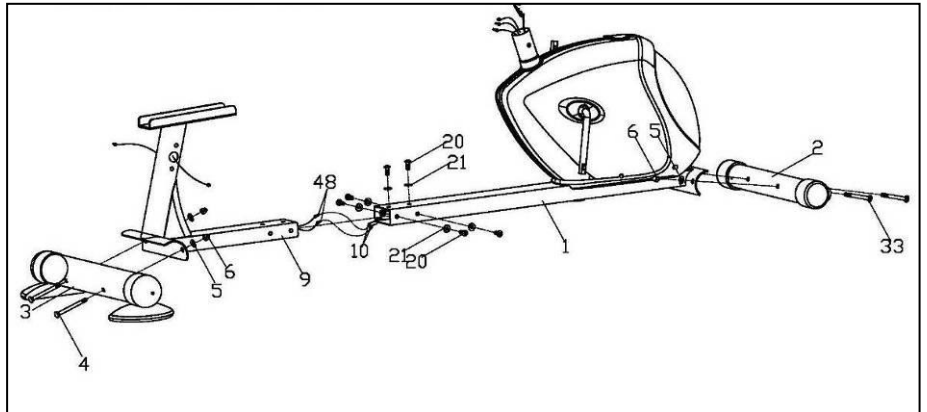
# ASSEMBLY INSTRUCTION

## Step 1:

A: Fix the front stabilizer (2) onto the front main frame (1) with the carriage bolt (33), arc washer (5) and acorn nut (6).

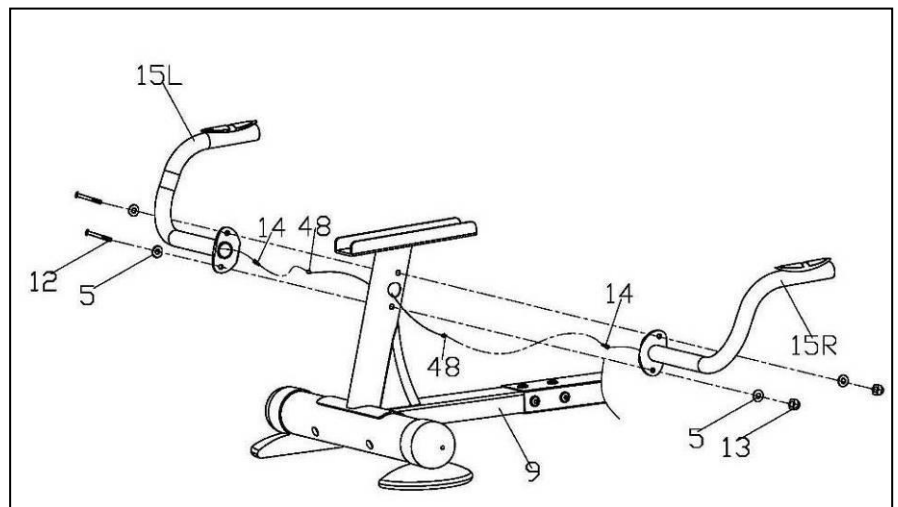
B: Fix rear stabilizer (3) in the rear main frame (9) with the carriage bolt (4), arc washer (5) and acorn nut (6).

C: Connect the extension wire (10) (48) well and then fix the front main frame (1) to the rear main frame (9) with allen bolt (20) and flat washer (21).



## Step 2:

Connect the pulse sensor wire (14) with extension wire (48) and then fix the armrest (15L/R) onto the rear main frame (9) using allen bolt (12), arc washer (5) and nylon nut (13) as shown.

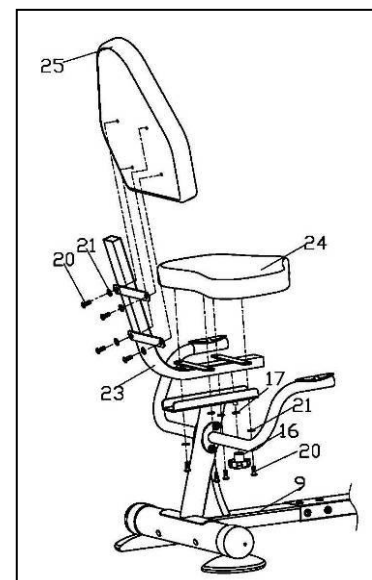


## Step 3:

A: Fix the seat frame (23) onto the rear main frame (9) with knob nut (16) and flat washer (17).

B: Fix the seat (24) onto the seat frame (23) with allen bolt (20) and flat washer (21) as shown.

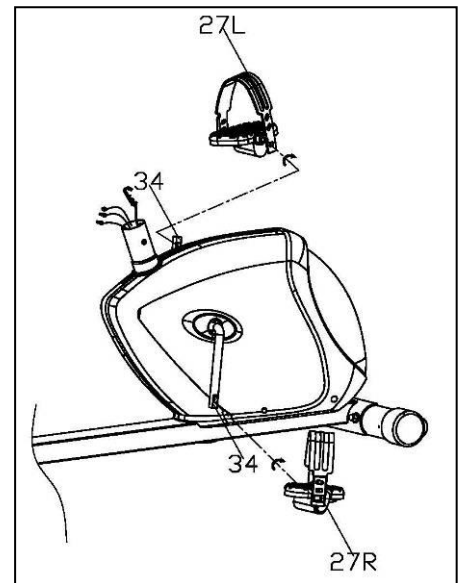
C: Fix the backrest (25) onto the seat frame (23) with allen bolt (20) and flat washer (21) as shown.



### Step 4:

Attach the pedal (27L/R) to the crank (34) of the front main frame (1).

**NOTE:** Be sure the pedal marked (R) is attached to the crank (R) and tighten in clockwise direction, and the pedal marked (L) is attach to the crank (L) and tightened in the counterclockwise direction.

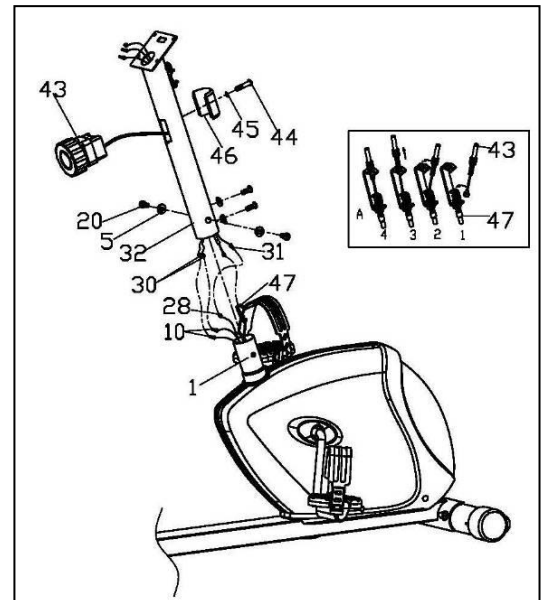


### Step 5:

A: Connect the extension wire (10) with extension wire (30) and connect extension wire (31) with the sensor wire (28), finally connect the tension cable (47) with the tension controller (43) well as shown in picture A.

B: Attach the tension controller (43) to the handlebar post (32) using cross screw (44) and flat washer (45) and tension cover (46) as shown.

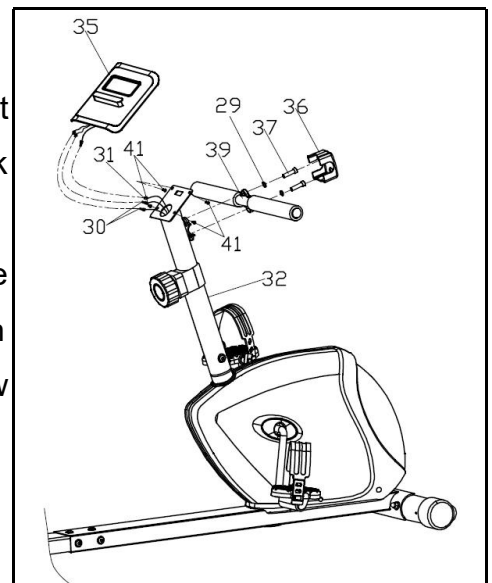
C: Fix the handlebar post (32) on the post of front main frame (1) with allen bolt (20) and arc washer (5).



### Step 6:

A: Fix the handlebar (39) to the handlebar post (32) with hex bolt (37) and spring washer (29) and then cover the handlebar chuck cover (36)

B: Connect the extension wire (30) and sensor wire (31) with the wires coming from the meter (35), and then fix the meter (35) on meter bracket of the handlebar post (32) with the cross screw (41).



# 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**

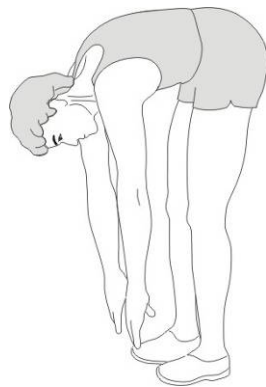
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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



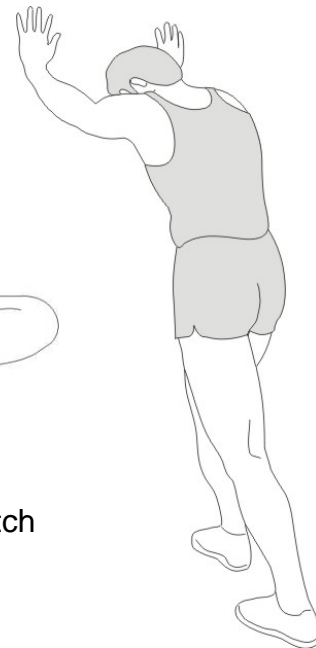
Side Stretch



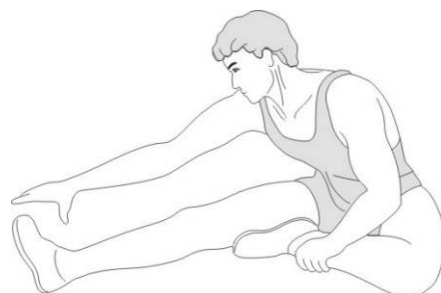
Toe Touch



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.

# 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:** Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.

6. **PULSE:** 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.