



Owner's Manual

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THANE Fitness®

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Making Fitness Fun!®

(9/02)

THANE Fitness®

OrbiTrek®

PLATINUM

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IMPORTANT!

Please read all instructions carefully before using this product. Retain this manual for future reference.



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IMPORTANT SAFETY NOTICE

1. THE MAXIMUM WEIGHT CAPACITY OF THE ORBITREK PLATINUM IS 275 LBS (125 kgs). Persons whose body weight exceeds this limit should NOT use this machine.
2. Keep children and pets away from the OrbiTrek Platinum at all times. DO NOT leave unattended children in the same room with the machine
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the OrbiTrek Platinum on a clear, level surface. Place mat under the unit to help keep the machine stable and to protect flooring.
5. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
6. Use the OrbiTrek Platinum only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. DO NOT place any sharp objects around the OrbiTrek Platinum.
8. Handicapped or disabled persons should not use the OrbiTrek Platinum without the presence of a qualified health professional or physician.
9. Before exercising, always do stretching first.
10. NEVER operate the OrbiTrek Platinum if it is not functioning properly.
11. Tighten all bolts on a regular basis.

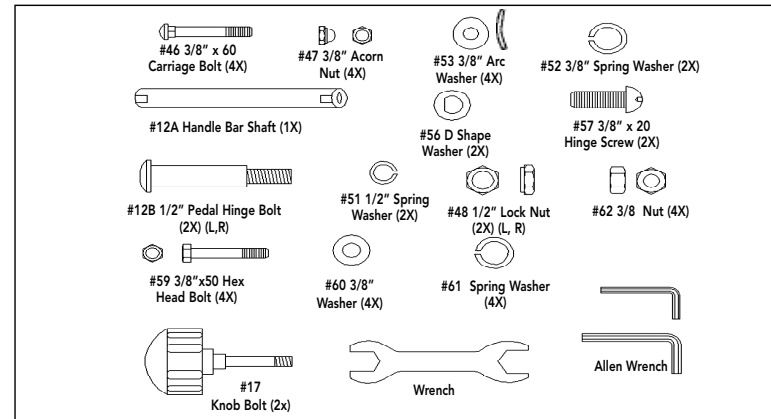
WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING. THANE FITNESS ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.



ASSEMBLY & USAGE

BEFORE you begin

1. Locate a comfortable work site. Assemble your OrbiTrek Platinum in an open space with adequate ventilation and lighting. Because the OrbiTrek Platinum is portable, to some extent, you need not assemble it exactly where it is to be used. For your convenience, however, you should avoid hauling the machine across excessive distances, through narrow passage ways or over staircases once its assembly is complete.
2. It's a good idea to flatten out the shipping carton, and use it as a work surface when you assemble the OrbiTrek Platinum. Keep a few paper towels handy since some of the components are lightly pre-greased.



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Step 1: Attaching front and rear stabilizers

Attach the front and rear bottom tubes (#2 and #3) which are clearly marked FRONT and REAR to the main frame (#1) using:

- 4 - 3/8" carriage bolts (#46)
- 4 - 3/8" arc washers (#53)
- 4 - 3/8" acorn nuts (#47)

Place the front tube (#2) against the main frame and be sure the holes line up. Take two of the carriage bolts (#46) and pass them through the holes and through the tube support located on the unit. Slip the two arc washers (#53) over the threaded portions of the carriage bolts. Attach and firmly tighten down the acorn nuts (#47) using the wrench provided.

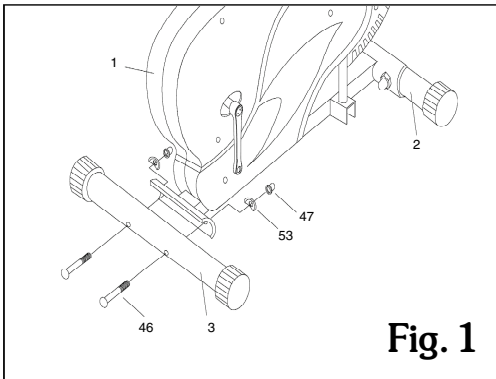


Fig. 1

Notice: The front tube (#2) has rolling front end caps for moving your OrbiTrek Platinum.

Follow the same procedure for attaching the rear tube.

Step 2: Assembling coupler bars and pedal tubes

Insert the left coupler bar (#4) into the pedal tube (#6L), and then rotate the left coupler bar (#4) 90 degrees, same as the drawing to fix them tightly.

Insert the right coupler bar (#5) into the pedal tube (#6R), and then rotate the right coupler bar (#5) 90 degrees, same as the drawing to fix them tightly.

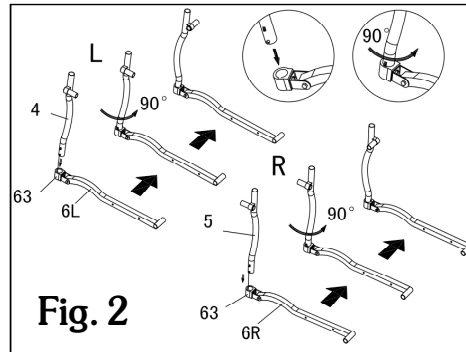


Fig. 2

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Step 3: Attaching the pedals

Attach the pedals (#11L and #11R) to their respective pedal tubes (#6L and #6R) using:

- 4 - 3/8" hex head bolts (#59)
- 4 - 3/8" washers (#60)
- 4 - 3/8" spring washers (#61)
- 4 - 3/8" nuts (#62)

Line up the holes in the pedal with the holes on the pedal tube. Insert the hex head bolt (#59) through the holes. Slide the washer (#60), the spring washer (#61) and the nut (#62) over the hex head bolt (#59) and tighten the nut (#62) with the wrench.

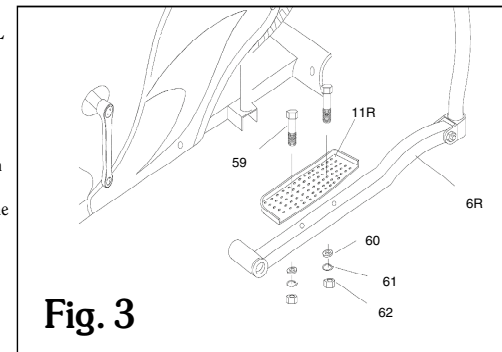


Fig. 3

NOTE: The foot pedals are positioned properly when the round ridge is to the front and in along the side closest to the main body of the OrbiTrek Platinum. If you install them opposite of what they should be, you will not be able to attach the pedal tubings to the crankshaft (#27).

Step 4: Attaching the handle bar shaft

Attach the handle bar shaft (#12A) to the main frame (#1), then attach the right and left coupler bars (#4 and #5) to the handle bar shaft (#12A) using:

- 2 - "D" shape washers (#56)
- 2 - 3/8" spring washers (#52)
- 2 - hinge screws (#57)

NOTE: If you encounter too much friction, try using WD40 or Vaseline as a lubricant.

Insert the left and right hinge bolts (#12BL and #12BR) through the pedal tubes (#6L and #6R), and tighten the hinge bolts on the crankshaft (#27) with the Allen wrench. Attach the spring washers (#51) and the lock nuts (#48L and #48R) to the hinge bolts (#12BL and #12BR) using the wrench and the Allen wrench.

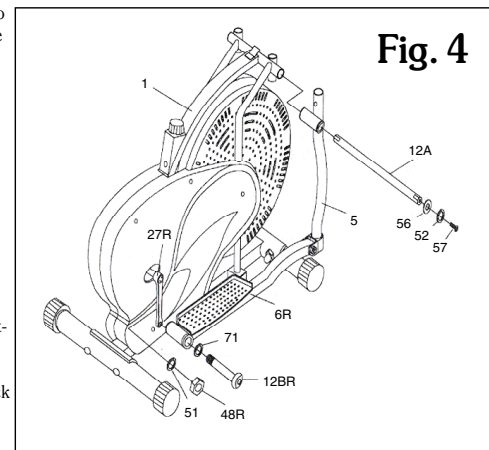


Fig. 4

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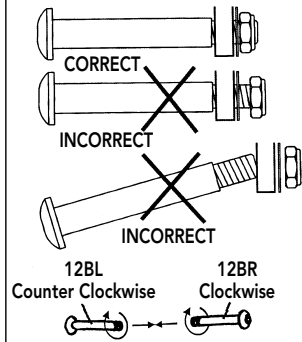


IMPORTANT!

The hinge bolt (#12BL & #12BR) must fully penetrate the nylon ring inside the spring nut (#66R & #66L). This will ensure the stability and durability of your Orbitrek Platinum.

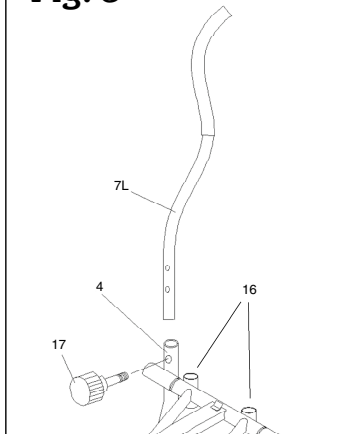
In order to install the hinge bolt properly, keep it perfectly straight as the bolt goes through the pedal tubing and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge bolt and the crankshaft may occur.

A nylon ring can be seen at the rim inside the spring nut. The hinge bolt must fully penetrate this nylon ring.



Step 5: Attaching the handle bars

Fig. 5



DUAL ACTION MODE

Attach the handle bars (#7L and #7R), which are clearly marked LEFT and RIGHT to the coupler bars (#4 and #5). Select a height setting that is comfortable to the user, and make sure both handlebars are set at the same height. Lock each handlebar in place with a knob bolt (#17).

FIXED MODE:

To keep the handlebars stationary while you workout, attach them to the tubing (#16) on the main frame between the coupler bars. As with the dual-action mode, set both handlebars at the same, comfortable height and secure them with knob bolts (#17).

Assembly is complete.



Tension adjustment

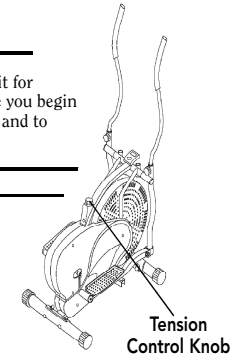
The assembly of your Orbitrek Platinum is now complete. As you try it for the first time, you should adjust the tension to a desirable level before you begin a full workout. To increase tension turn the tension knob to the right and to decrease tension turn the tension knob to the left.

Reversible movement

Remember, your Orbitrek Platinum has REVERSIBLE movement!

Forward pedaling emphasizes your quadriceps muscles (front thighs), while backward pedaling emphasizes your hamstrings (back thighs).

Take advantage of this fact to make your workout less fatiguing, and more fun.

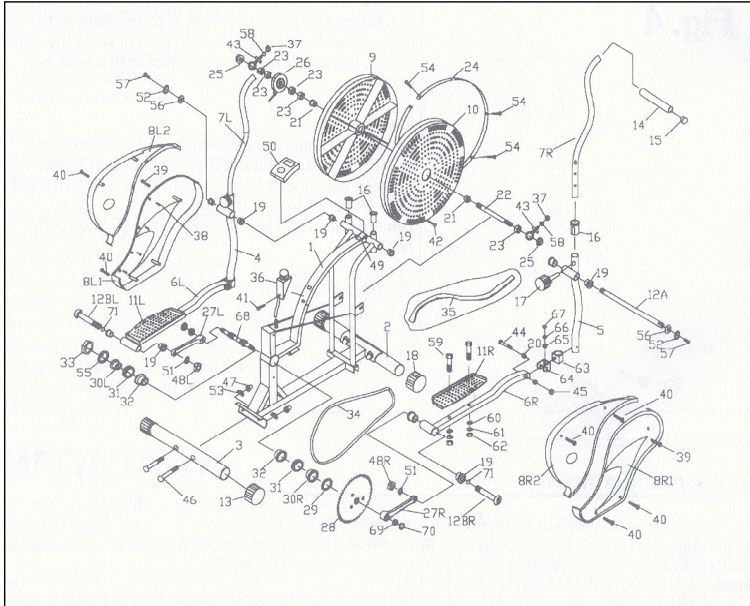


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EXPLODED VIEW & PARTS LIST



A complete list of parts shown here can be found on the next page.

Most parts are pre-assembled. This diagram is not intended as an instruction for assembling the Orbitrek Platinum but simply as a reference in case certain parts need service or replacement.

Thane Fitness reserves the right to alter the details of the Orbitrek Platinum as depicted in this owner's manual without prior notice.

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PART NO.	DESCRIPTION	SPECIFICATION	QUANTITY
1	Main frame		1
2	Front bottom tube		1
3	Back bottom tube		1
4	Left coupler bar		1
5	Right coupler bar		1
6L	Left pedal tube		1
6R	Right pedal tube		1
7L	Left handle bar		1
7R	Right handle bar		1
8L1	Left bottom chain cover		1
8L2	Left upper chain cover		1
8R1	Right bottom chain cover		1
8R2	Right upper chain cover		1
9	Left fan wheel hub		1
10	Right fan wheel		1
11L	Left pedal		1
11R	Right pedal		1
12A	Handle bar shaft		1
12BL	Left hinge bolt	1/2"	1
12BR	Right hinge bolt	1/2"	1
13	Adjustable cap		2
14	Foam grip		2
15	Round cap		2
16	Plastic sleeve		4
17	Knob bolt		2
18	Plastic roller		2
19	Bushing 3		10
20	Bushing 1		4
21	Bushing 2		2
22	Fan wheel axle		1
23	Nut		5
24	Aluminum bar		1
25	Nut		2
26	Sensor		1
27 (L, R)	(Left, Right) Crankshaft		1
28	Chain wheel		1
29	Washer 2		1
30L	Ball collar 1		1
30R	Ball collar 2		1
31	Ball collar bearing		2
32	Ball collar brace		2
33	Nut		1
34	Chain		1
35	Friction belt		1
36	Tension adjustment knob		1
37	Nut	M6	2
38	Screw	ST4.2*10F	8
39	Screw	ST4.8*15	2
40	Screw	ST4.8*25	6
41	Screw	M5*18	1
42	Screw	ST4.2*25	16
43	Screw	M6	2
44	Hex head bolt	3/8"*55	2
45	Lock nut	3/8"	2
46	Carriage bolt	3/8"*60	4
47	Acorn nut	3/8"	4
48L	Left lock nut	1/2"	1
48R	Right lock nut	1/2"	1
49	Computer bracket		1
50	Computer		1
51	Spring washer	1/2"	2
52	Spring washer	3/8"	2
53	Arc washer	3/8"	4
54	Screw	ST4.2*15	4
55	Washer 1	7/8"	1
56	D shape washer		2
57	Hinge screw	3/8"*20	2
58	Spring washer	6	2
59	Hex head bolt	3/8"*50	4
60	Washer	3/8"	4
61	Spring washer	3/8"	4
62	Nut	3/8"	4
63	Plastic sleeve		2
64	1" bracket		2
65	Plastic washer		2
66	Big washer	10	2
67	Lock nut	M10*1	2
68	Shaft		1
69	Nut	M10*1.25	2
70	Round Cap		2
71	Washer		2

Nutritional Guide

Any medical or health-related information contained in this book is not intended as a substitute for consulting your physician. Any attempt to diagnose or treat any illness or medical condition should come under the supervision of a qualified physician familiar with your personal medical history.

The information contained in this Weight Loss System is intended for use by normally healthy individuals as part of a general program of improvement of body appearance.

CHECK WITH YOUR PHYSICIAN BEFORE STARTING ON THIS OR ANY PROGRAM OF PHYSICAL CHANGE.

FOOD & HOW TO CONTROL IT

DOs

- 1) **ALWAYS BALANCE WHAT YOU EAT** -- so that your intake of complex carbohydrates approximately matches your intake of protein. You may do this by simply eyeballing the foods you are eating. Example: if you have a dish full of pasta in front of you (high carbs) then you need to balance it with what you approximate to be an equal amount (by volume or better, by weight) of high protein food.

COMPLEX CARBOHYDRATES:

- Brown rice
- Yams
- Grits
- White potatoes
- Sweet potatoes
- Oatmeal
- Oat bran
- Corn
- Whole grain breads
- Whole grain pastas
- Shredded wheat
- Cream of rice cereal
- Black-eyed peas
- Lima beans
- Black beans
- White beans
- Pinto beans

PROTEIN

- Boneless skinless turkey breast
- White meat chicken
- Egg whites
- Pork tenderloin
- Canned tuna packed in water
- Nonfat dairy products
- Shrimp
- Eye of round steak
- Cod
- Flounder
- Haddock
- Scrod
- Halibut
- Sirloin
- Canned white meat chicken in water
- Fat free turkey or chicken breast deli slices

- 2) **DRINK PLENTY OF WATER!** Try to drink eight 8 ounce glasses of water each day, or more. It is usually best to use bottled spring or distilled water, since the water in most areas today is heavily treated with chlorine and other unhealthful chemicals.
- 3) Eat plenty of fibrous vegetables and leafy greens, they are the BEST possible foods to eat! And remember not to ruin things for yourself by adding oily salad dressings!

There are several vegetables that actually use up more energy getting digested than they bring to your body. The digestion of any food requires an expenditure of energy by the body. Once the food is digested, it releases its own stored energy in the form of calories, which are then either used ("burned") or stored, mostly as fat. Sometimes, the number of calories in a food is lower than the number of calories it takes to chew and digest it. The act of eating, for example, celery or cucumber, can be a weight losing proposition all by itself — without exercise or anything!

Vegetables whose digestion can use more calories than they contain include:

- | | | |
|--------------------------------|-----------------------------|---------------------------|
| • Alfalfa sprouts | • Cucumber | • Seaweeds of all kinds |
| • Beet greens | • Eggplant - (a close call) | • Spinach |
| • Broccoli - (a close call) | • Endive | • Tomato - (a close call) |
| • Cabbage | • Garlic | • Turnip greens |
| • Cauliflower - (a close call) | • Lettuce | • Water chestnuts |
| • Celery | • Mushrooms | • Watercress |
| • Chard Swiss | • Peppers - (a close call) | |
| • Chives | • Radishes | |



DON'Ts

- 1) Avoid going on repeated diets, each of which usually sets you up to regain everything you lose, and then some, just as soon as you "go off" your diet. Instead, follow the simple guidelines below.
- 2) Don't add any fat or oil to anything you eat... ever! This is by far the most important rule to remember, and it cannot be overemphasized. The words "added fats and oils" have a very specific and special meaning here, referring to all those unnatural fats and oils that humans manufacture, process, and add to the food they eat. There are no such things as added fats and oils in nature. They just don't exist.

It is very important to avoid ALL added fats and oils, not just because they'll make you fat, but because they'll also make you sick, linked as they are to such disorders as breast and colon cancers, heart disease, and other serious illnesses.

Eliminating added fats and oils means avoiding:

- Margarine,
- Mayonnaise,
- Olive Oil,
- Butter,
- Oily salad dressings,
- Chips of all kinds (unless they're baked),
- Fried foods,
- French fries,
- Cream cheese,
- Ice cream,
- Lard,
- and any other manufactured fat or oil.

Note that if you don't like salads without dressing — try lemon juice and seasoning salt. It's delicious! Or... try any of the oil-free salad dressings now widely available. You'll be surprised to taste how much they have improved

All the above-listed items are horrible for you. But the hydrogenated products such as margarine, mayonnaise, and all heated fats and oils are the worst, as they are high in trans fats, substances that form when fat or oil is heated or heavily processed. Trans fats are directly implicated in the onset and/or exacerbation of obesity, cardiovascular disease and cancer. Avoid these "foods" at all costs.

- 3) Avoid processed foods high in sugar and white flour. Check your labels and do not eat anything that has too much of these items in the ingredient list, as they too contribute to obesity and ill health.



Food Preparation

This subject could fill a book all by itself. The essential point to remember is, once again, to avoid added fats and oils! Do not fry with oil. Use non-stick pans and fry with water or non-fat chicken broth. A little experimentation and you'll see how easy this is. Also remember that any menu that contains oil, butter or margarine can easily be made as well, or nearly as well, without those ingredients. You must experiment to apply this concept to every one of your favorite recipes, but the reward for doing so is very high. It will mean better and better health as well as greater and greater success.

Food Timing

The best way to arrange your food day is to spread out your daily intake into several meals, as opposed to eating, say, one large meal per day. Studies have shown that when two comparable groups of people eat the same number of calories but on different schedules, the group that eats one large meal per day gains weight and feels worse, while the group that spreads its calories out during the day feels better and gains no weight.

Other studies indicate that when food is eaten late in the day, closer to bedtime, weight is gained as compared to no weight gain when the same food is eaten earlier in the day.

The typical large dinner with which most people are familiar is problematic because the natural daily rhythms of the body are such that evening is when it is preparing for rest, not a large meal. More importantly, food eaten late in the day is much more likely to be converted to stored body fat. So eat a light meal for dinner — a piece of grilled chicken, brown rice, and vegetable - just watch the portion size. Remember: food eaten this late will almost certainly be converted to body fat; and body fat, once accumulated, comes off much slower, and with much greater difficulty, than it goes on - a fact with which many people are already familiar.

Always eat breakfast. A cup of cream of wheat, shredded wheat, oatmeal, or an egg white omelet is a great way to start the day. It fuels the body and mind giving you that extra bit of energy necessary to meet today's challenges. Whatever you do don't skip this most important meal.

In addition to breakfast, lunch, and dinner be sure to eat a small snack midmorning, and another between lunch and dinner.

When to eat; When to stop

Naturally thin people typically follow both of these two simple patterns:

- 1) Eat only when hungry; and
- 2) Stop eating when no longer hungry.

This is how primitive man ate, a good indication that it is the way nature intended. Most of us have been conditioned to eat when it's time to eat: lunchtime, dinnertime, breakfast. But the truth is that it is far more natural to eat when you're hungry. That means truly hungry, not just craving food. As much as possible, try to follow this simple but powerful principle of eating.

The second timing principle - to stop eating when you're no longer hungry - is also very powerful, but may contradict some childhood training.

That may be true, but it is certainly no reason to stuff yourself. Childhood lessons are not always good ones. The most natural time to stop eating is when you're full, which is, surprisingly, not what most of us do. This principle means that you should stop even if 95% of the food is still left on your plate or if only 5% is left. It doesn't matter. The amount of food on the plate is of no importance; it is completely arbitrary and irrelevant to your body's needs. What is important is only how you feel. If you're satisfied... if the hunger is gone... STOP.

If you can master these two basic eating concepts, you will, to a large extent, master your nutritional and weight situation forever.



Restaurant Eating

This is a particularly troublesome area. Restaurants, for some unknown reason, love oil and butter. Even simple salads are drowned in truly ridiculous amounts of oil. Vegetables are cooked in butter and topped off with more butter before being brought to the table. This abuse of oil and butter is the single biggest problem with eating in restaurants.

Food freshness is also an area of concern. Fish, poultry and meat, in descending order, are most likely to be problematic. Be careful. Ask plenty of questions, particularly about freshness. If there is any reason to believe your food is not fresh, order something else, or leave.

When ordering in a restaurant follow these simple rules:

- Always ask how much oil or butter is in the dish(es) you wish to order.
- Insist that the dish(es) you want be made with no oil, or butter or at worst, a very small amount.
- Refuse any offer of sprinkled cheese to go over your food.
- Order salads with vinegar dressing only, or lemon wedges that you can squeeze onto the salad. If you must order dressing from the house, get one that separates, like vinaigrette, so that you can pour off the oil that floats on top, using only the tasty part below the oil. Or bring your own, healthful salad dressing.
- Never order anything that is deep fried! Remember to ask about this, because there are many more foods that are deep fried than is obvious from most menus. For example, Italian restaurants often deep fry their "eggplant parmigiana". You must ask, and avoid all foods that are so prepared.
- Avoid creamy foods. Many dishes that are normally prepared with cream are just as tasty without it. Ask the kitchen to prepare it the way you want it.
- Order a salad first, the larger the better, and ask that it be brought out immediately. Avoid the oily/cream dressings, and eat the salad as soon as it comes out.
- Say 'no' to the rolls and butter.
- Try to resist the temptation to order dessert. If you must do so, get one that is as close to "real recognizable food" as you can get. A cup of fruit, or a fruit tart may do. In any event, avoid the creamy cakes and pies.
- In general, do not be afraid to ask for what you want. If they say "no", say "good-bye". There are plenty of restaurants that will be only too happy to accommodate you, so don't put up with anything less than what you know is right for your body.

Cheating (indulging)

Yes, you are going to slip once in a while. It's OK as long as you don't use it as an excuse to revert to your old eating habits. Just get back on track with your next meal. Don't feel guilty. Just remind yourself how well you've been doing and give yourself a pat on the back for coming so far. Learn to reject your old, bad ways — to renew your dedication to yourself and to the new body and health you are determined to achieve.

How to Help Prevent Cravings

1) BREAK THE CYCLE!

- Food quality: This is the most important factor you can change in the area of negative food cycles. Avoid all junk food. Avoid all foods that trigger cravings. Avoid all added highly processed foods. Eat real, recognizable food.
- Avoid all added fats: The most important diet principle of all. Added fats and oils (a) make you fatter faster



than anything else you can do or eat, (b) increase your risk of heart disease and cancer, and shorten your life, and (c) can cause you to crave sweets, which in turn further damage your health and increase fat levels.

- Avoid sugar: Refined white sugar (table sugar) is damaging to your health in many ways, and will (a) directly cause weight gain, and (b) cause cravings for fats that will further cause weight gain.
- Drink plenty of water: This is an easy, healthful way to help avoid cravings. Often, a perceived craving for food, particularly fatty food, may be satisfied with a cup or two of water! Drinking plenty of water also helps to naturally control appetite through a direct effect on the stomach. Always drink pure, fresh water; avoid tap water laden with chlorine and other chemicals. Aim for at least 6-8 cups of water per day.
- Try brushing your teeth instead of eating! Often, a craving for a particular food, especially high-fat, high-sugar food, is caused by something no more complicated than a bad taste in the mouth. A quick, refreshing tooth brushing or mouthwash rinse will often get rid of cravings immediately and painlessly.
- Food timing: Do not skip breakfast; this only leads to hypoglycemia and severe cravings sometime around mid-morning, which may, in turn, cause you to eat cookies or doughnuts with coffee and sugar, which in turn can set you up for a roller-coaster blood sugar ride for the rest of the day. Not a good idea.
- Avoid eating anytime within three hours of bedtime. Not eating anything near bedtime can lower your fat levels and can change your eating patterns so that you are hungrier in the morning, leading you to indeed eat a small-to-moderate breakfast. This in turn helps control your mid-morning cravings.
- When you need to snack between meals, eat some fresh vegetables, or fat-free turkey deli slices, or a whole grain (not white flour) product, or some fruit.
- Meal size: A pattern of smaller, more frequent meals throughout the day is much more conducive to craving control than a pattern of starvation or mild snacking during most of the day combined with one large (often very large) daily meal. Studies have also shown that spreading food intake throughout the day helps in the weight loss effort, while concentrating calories all in one large meal sabotages it.
- Avoid overly salted foods, if they lead to sugar cravings or if you suffer from kidney disease or high blood pressure.
- Eat slowly: This will help minimize the effect of cravings, because you will find that you are satisfied sooner than you would be if you were wolfing your food down.
- Vary your diet: Boredom is what causes most people to abandon their weight loss efforts. Imagine if you ate nothing but carrot sticks and celery or cabbage soup for every meal. It wouldn't be too long before you'd be driving into the first McDonald's or stopping at the first bakery you saw. There are plenty of great tasting foods to give you all the variety you need for the rest of your life which won't make you fat. Experiment with herbs and spices and different cooking methods.
- Try the following trick: Carry with you a small pad of paper on which to write down everything you decide to eat before you actually eat it. This will introduce an important time delay during which you are writing down what you're about to do. There is a good chance you will often find yourself changing your mind.

Nutritional Supplementation

It is often thought that a good, balanced diet should contain all the nutrients your body needs. But in today's world, with mass food production and soil depletion, it usually doesn't. And besides, how many of us really eat a "good, balanced diet"?

For these reasons, and because optimal nutrition is especially important during a period of active fat metabolism and breakdown, we recommend that a good multi-vitamin-mineral be taken regularly.



TIPS:

- One-pill-a-day multi-vitamin preparations are usually poor in quality and not very helpful. Better quality formulas require at least 3 tabs/caps per day. Multi-nutrient formulas should usually always be taken with some food. This helps improve absorption, prevent abdominal discomfort, and prevent the “niacin flush” that sometimes otherwise occurs.
- Look for a formula that contains a full range of B vitamins, vitamins A, C, E and D, and a full complement of minerals. Vitamin B6, magnesium and chromium are particularly important, yet often deficient in typical diets.
- Many people benefit additionally from taking extra Essential Fatty Acids, vitamin C, and sometimes, a digestive enzyme called bromelain.
- The best place to find high-quality, complete nutritional supplementation is usually your local health store.
- Finally, don't forget to drink plenty of clear, pure water to help flush out all those toxins your body stores along with its fat.

Good Judgement

In general, use your good judgment. Do not overdo anything. Keep all nutritional supplementation to levels consistent with what nature intended for the human body.

And look at the ingredient list of any packaged item you put in your mouth. Look at the source. The maker of a food or food supplement should be a reputable company, with qualified experts doing the formulations.

IF YOU ENCOUNTER PROBLEMS

Most people who experience this weight loss system meet with complete, ecstatic success.

If you sense that your results should be different, remember that every human on this planet is distinct from every other and you are likely to react differently from anyone else to a given external stimulus. So if by some chance your rate of fat loss seems too slow, note this important fact:

Everyone loses fat at his or her own individual pace.

Just continue following the system and working out with your OrbiTrek Platinum™ and your goals WILL be reached. You may simply be one of the few who are “slow reactors”. It may take a bit longer, but you WILL get there!

Also, you will want to make sure you're maximizing your success by following the ENTIRE program outlined here. This is most important for anyone whose initial results may be slower in coming than others.

When to see Your Doctor

In general, see your doctor if any physical symptom or sign occurs that is unusual or makes you uncomfortable or worried in any way!