

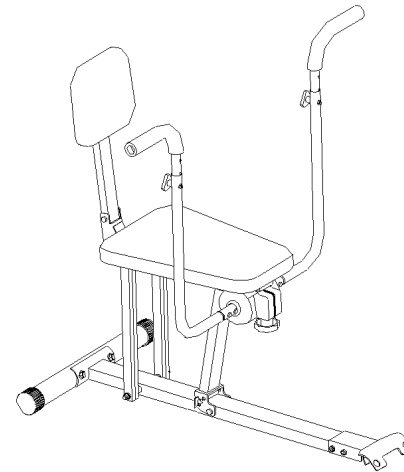


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Owner's Manual & Exercise Guide



THANE Fitness®
Making Fitness Fun!™

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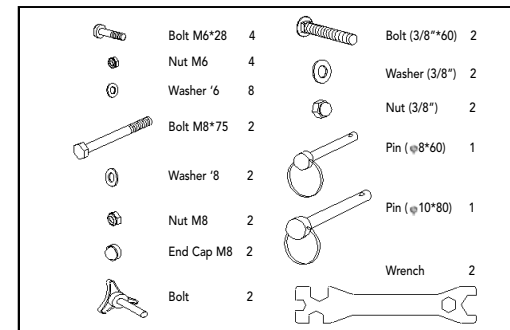
Part NO.	Specification	Quantity
1	Square stopper 40*20	2
2	Bolt M6*28	2
3	Back Cushion	1
4	Back Tube	1
5	End Cap M8	7
6	Nut M8	14
7	Washer '8	15
8	Bolt M8*55	1
9	Pin Φ 8*60	1
10	Bolt M6*16	4
11	Bolt M8*50	6
12	Plastic Resistance Wheel	2
13	Washer ' (ID8.3*OD19)	2
14	Connection Base	2
15	Left Plastic Cover	1
16	Round Plastic Stopper (Φ 22)	2
17	Foam Grip	2
18	Handle	2
19	Bolt	2
20	Right Handle Arm	1
21	Nut M6	4
22	Washer '6	8
23	Bolt M6*40	4
24	Bolt 3/8**60	2
25	Round Plastic Stopper (Φ 50)	2
26	Bottom Tube	1
27	Support Frame Front	2
28	Washer 3/8"	2
29	Nut 3/8"	2
30	End Cap M10	4
31	Nut M10	2
32	Washer '10	2
33	Bolt M8*75	2
34	Bottom Frame	1
35	Knob M10*24	1
36	Lapping Base	1
37	Bolt M10*80	2
38	Pin Φ 10*80	1
39	Support Frame Back	1
40	Tighten Knob	1
41	Bush	1
42	Square Stopper 50*25	1
43	Shaft	1
44	Selftapping Screw ST4*15	6
45	Left Handle Arm	1
46	Right Plastic Cover	1
47	Seat Cushion	1
48	Seat Frame	1
49	Right Clip on Pedal	1
50	Left Clip on Pedal	1

IMPORTANT SAFETY NOTICE

1. THE MAXIMUM WEIGHT CAPACITY OF THE OrbiTrek® Tone N Glide IS 220 LBS. Persons whose body weight exceeds this limit should NOT use this machine.
2. Keep children and pets away from the OrbiTrek® Tone N Glide 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® Tone N Glide 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® Tone N Glide 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® Tone N Glide. To avoid serious injury never place any part of your body between or near any moving part.
8. Handicapped or disabled persons should not use the OrbiTrek® Tone N Glide without the presence of a qualified health professional or physician.
9. Before exercising, always do stretching first.
10. Begin slowly and get used to the movement of the OrbiTrek® Tone N Glide prior to starting your routine.
11. Always chose the proper resistance level that best suits your physical strength and flexibility levels. Know your limits and train within them. Always use common sense when exercising.
12. NEVER operate the OrbiTrek® Tone N Glide if it is not functioning properly.
13. 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.

SAVE THESE INSTRUCTIONS



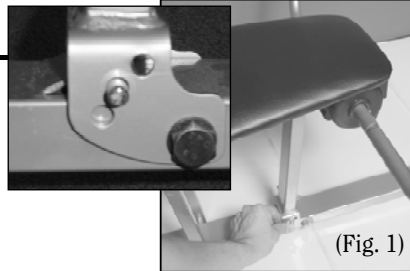
ASSEMBLY & USAGE

BEFORE you begin

The OrbiTrek® Tone N Glide is shipped pretty much assembled.

Step 1: Adjusting Seat

Figure 1: Select the position that fits your height and place pin in position all the way through to the other side.

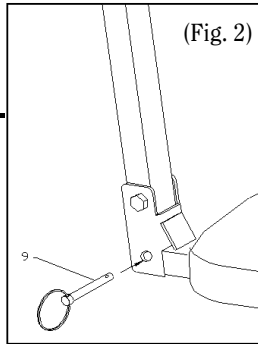


(Fig. 1)

Note: All holes must be flush before inserting pin.

Step 2: Stabilizing Back Rest

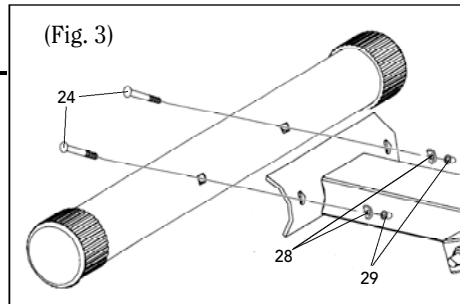
Figure 2: Use pop pin (#9) to secure seat rest into position on the Tone N Glide.



(Fig. 2)

Step 3: Attaching Rear Stabilizer

Figure 3: Attach the rear bottom tube (#26) to the main frame using: 2 - 3/8" carriage bolts (#24)
2 - 3/8" arc washers (#28)
2 - 3/8" acorn nuts (#29).



(Fig. 3)

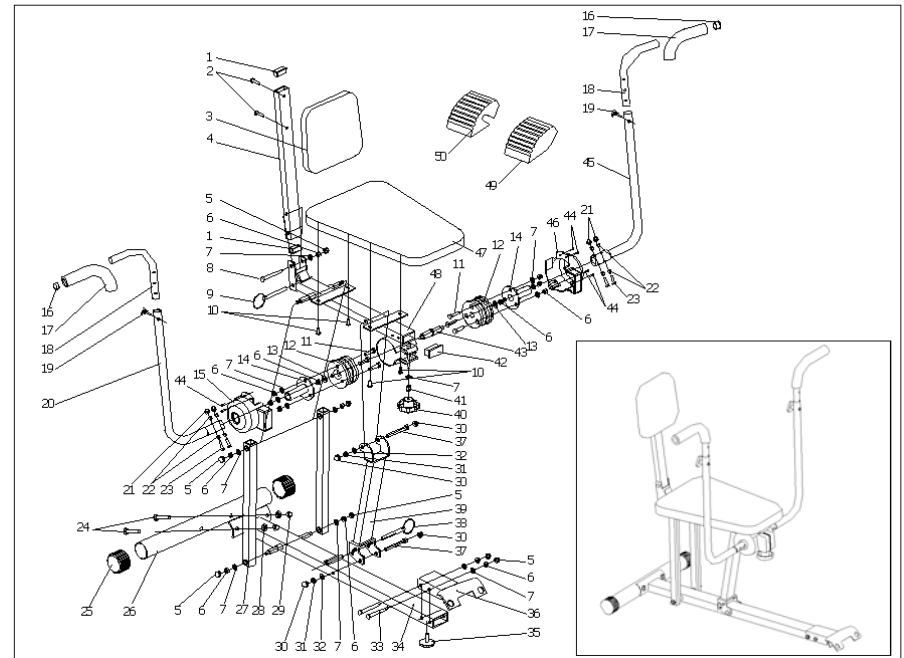
Attach and firmly tighten down the acorn nuts using the wrench provided.

EXERCISE GUIDE (CONT.)

EXERCISE 5

Low Ab Raise:

Place handlebar inward above knee area and pull leg toward the body in order to achieve a lower ab contraction. Exercise one leg at a time and alternate sides.



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® Tone N Glide 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® Tone N Glide as depicted in this owner's manual without prior notice.



EXERCISE GUIDE

EXERCISE 1

Total Body Biking:

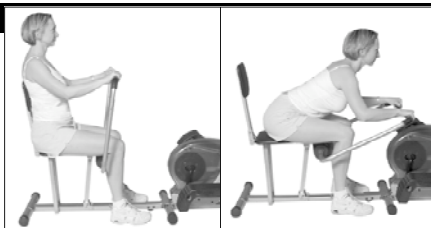
Handles inward, both hands on bars and start biking and pulling arm bars with an easy forward and backwards motion.



EXERCISE 2

Front Ab Crunch:

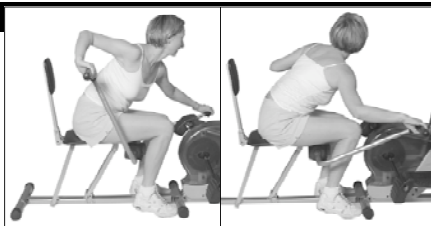
Handles inward, both hands on bars and crunch body forward.



EXERCISE 3

Side Twists:

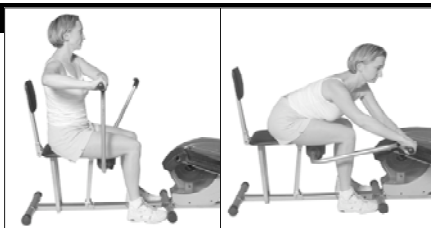
Rotate handles outward and grasp each handle with the respective arm and push body forward alternating sides (right and left) and contract the ab muscles in the waist area.



EXERCISE 4

One Arm Crunch:

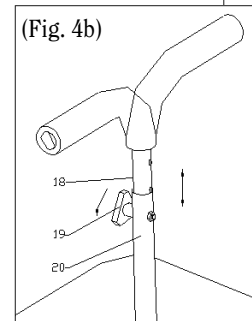
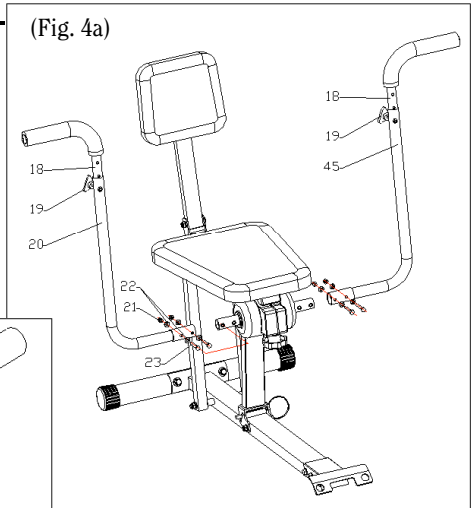
Rotate handles outward and grasp one handle with both hands and push body forward contracting the respective waist and oblique area.



Step 4: Attaching Handle Bars

Figure 4a: Attach the handle bars (#20) to their respective tube hole using bolts M6*40 (#23), nuts M6 (#21) and washer 6 (#22).

Figure 4b: Insert handle (#18) into top of bar handle arm (#20). Select one of the 3 bolt positions. When turning handle inward, tighten bolt and rotate the handle.

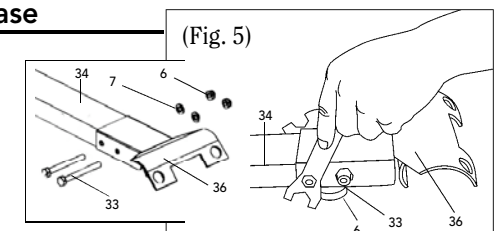


Step 5: Attaching Lapping Base

Figure 5: Attach lapping base (#36) to the bottom frame (#34) using:

- 2 - Bolt M8*75 (#33)
- 2 - Washer '8 (#7)
- 2 - Nut M8 (#6)

Attach and firmly tighten down the nuts using the wrench provided.



Step 6: Attaching the Tone N Glide to the OrbiTrek®

Figure 6a: Attaching the Tone N Glide to the OrbiTrek® Lift Tone N Glide to approximately a 15-20 degree angle, so that the front of the unit overlaps on to the base of the OrbiTrek®.

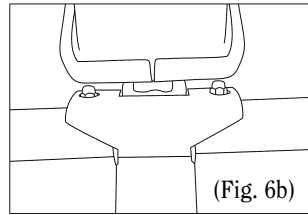
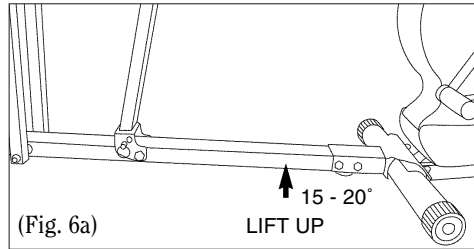
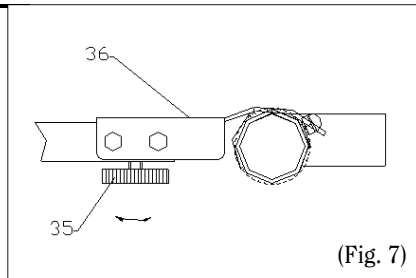


Figure 6b: You will note that the base of the Tone N Glide has two holes, affix Tone N Glide onto the two screws that are on the base of OrbiTrek® - if attached correctly you should get a snug fit.

Step 7: Balance the Tone N Glide

Figure 7: After attaching the Tone N Glide to the OrbiTrek, you may adjust lapping base (#36) by tightening or loosening knob (#35) so it can touch the floor and balance the Tone N Glide.



HELPFUL TIP

Tension Knob

Use to adjust the tension of the arms attachment. Turn toward the plus to make it tighter, turn toward the minus to loosen it up.



ASSEMBLY - ALSO FOR USERS THAT HAVE ALREADY BOUGHT THE ORBITREK® PLATINUM PREVIOUSLY

Step 8: Attaching Tone N Glide clip on pedals to the OrbiTrek®

Attach Tone N Glide clip on pedals to respective OrbiTrek Platinum pedals as below:

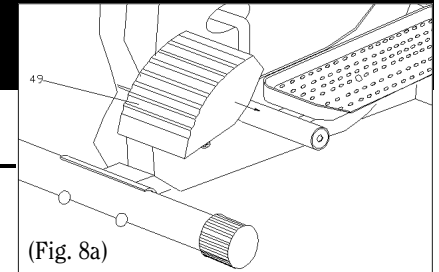
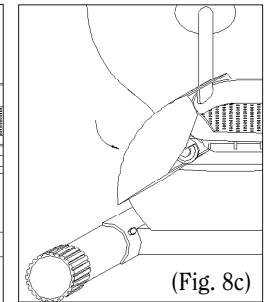
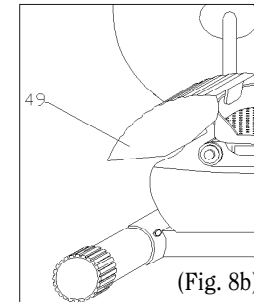


Figure 8a: Take right clip on pedal to OrbiTrek right pedal.

Figure 8b: Attach clip on pedal to OrbiTrek pedal by inserting the clip.

Figure 8c: Press down to make sure the clip on pedal attaches OrbiTrek pedal closely.



Repeat the same procedure for left pedal.

