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› [ORBITREK](#) /

› [ORBITREK Elite Elliptical Machine User Manual](#)

ORBITREK Elite

ORBITREK Elite Elliptical Machine User Manual

Model: Elite (309-554802)

Brand: ORBITREK

INTRODUCTION

The ORBITREK Elite Elliptical Machine is designed for effective home workouts, offering a low-impact cardio and resistance training experience. This manual provides essential information for assembly, operation, maintenance, and troubleshooting to ensure safe and optimal use of your elliptical machine.





Image: A woman exercising on the ORBITREK Elite Elliptical Machine, demonstrating its use in a home setting.

SAFETY GUIDELINES

Before operating the ORBITREK Elite, please read and understand all safety instructions. Failure to do so may result in injury or damage to the equipment.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the machine during operation.
- Place the elliptical on a flat, stable surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity of 300 lbs.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Do not attempt to modify the machine.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- 1 x ORBITREK Elite Elliptical unit with 4-function monitor
- 1 x Instruction manual (this document)
- 1 x Hardware assembly kit

ASSEMBLY INSTRUCTIONS

The ORBITREK Elite requires assembly. Please follow the detailed instructions provided in the included hardware assembly kit. It is recommended to have two people for assembly to ensure stability and ease of construction.

1. Unpack all components and lay them out on a clear, flat surface.
2. Identify all parts using the parts list in the assembly manual.
3. Follow the step-by-step diagrams and instructions for attaching the base, main frame, pedals, handlebars, and monitor.
4. Ensure all bolts and nuts are securely tightened before use.

Note: Assembly typically takes approximately 30 minutes.

FEATURES AND COMPONENTS



Image: Detailed views of the elliptical's key features, including the digital monitor, adjustable resistance dial, ergonomic arm poles, and wide textured foot platforms.

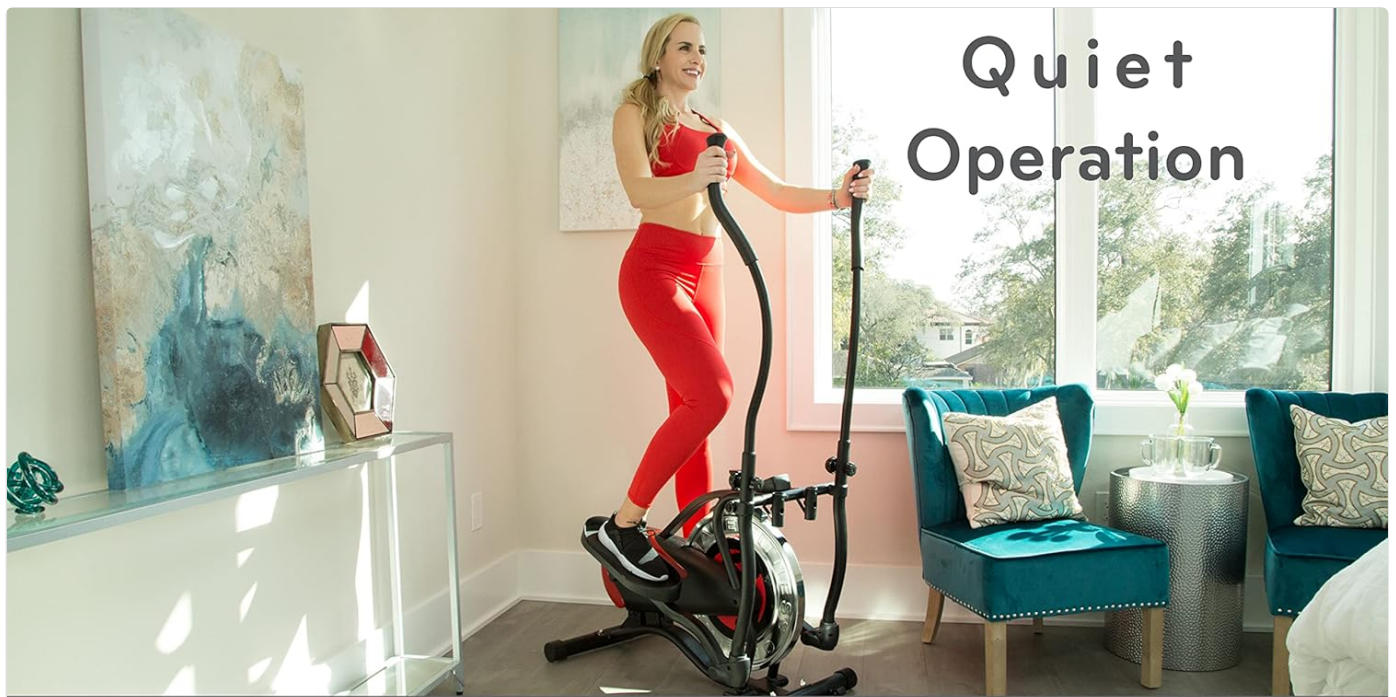


Image: An annotated diagram showcasing the various components and features of the Orbitrek Elite, such as comfort grip handles, adjustable resistance, anti-slip foot grips, the fitness tracker, flywheel, and built-in storage wheels.

- **4-Function Monitor:** Tracks time, distance, and calories burned.
- **Adjustable Resistance:** Features a one-touch dial for variable resistance levels (16 levels).
- **Ergonomic Arm Poles:** Designed for comfortable grip and upper body engagement.
- **Extra Wide Textured Foot Platforms:** Provide secure footing during workouts.
- **Compact Design:** Space-saving footprint (33"D x 21"W x 59"H).
- **Built-in Wheels:** For easy storage and portability.
- **Magnetic Resistance Mechanism:** Ensures quiet and smooth operation.

OPERATING INSTRUCTIONS

The ORBITREK Elite provides a full-body, low-impact workout suitable for all fitness levels.



*Image: A woman using the elliptical machine in a living room, highlighting its quiet operation and smooth movement.
Below, a man uses the machine outdoors, emphasizing low impact.*



Total Body Workout

Low impact movement
that exercises your
upper and lower body

Image: Two individuals exercising simultaneously on separate Orbitrek Elite machines, illustrating the total body workout capability.

Starting Your Workout:

1. Step onto the foot platforms, ensuring your feet are centered and secure.
2. Grasp the ergonomic arm poles firmly.
3. Begin a smooth, elliptical motion, moving your feet forward and backward while engaging your arms with the poles.

Adjusting Resistance:

The ORBITREK Elite features a variable resistance dial. Turn the dial clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance.

One Touch Resistance

Challenge yourself
with variable
resistance!



Image: A close-up view of the red "One Touch Resistance" dial, indicating how to adjust the workout intensity.

Using the Monitor:

The integrated 4-function monitor displays your workout data. Press the "MODE" button to cycle through Time, Distance, and Calories Burned. This helps you track your progress and stay motivated.

Workout Benefits:

The ORBITREK Elite provides a comprehensive workout:

- **Total Body Fitness:** Engages arms, shoulders, chest, back, glutes, thighs, hamstrings, and calves.
- **Low Impact:** Reduces stress on joints, making it suitable for various fitness levels and ages.
- **Cardio Training:** Improves cardiovascular health and endurance.
- **Muscle Strengthening:** Builds and tones muscles throughout the body.



Powerful cardio workout & strengthening movement

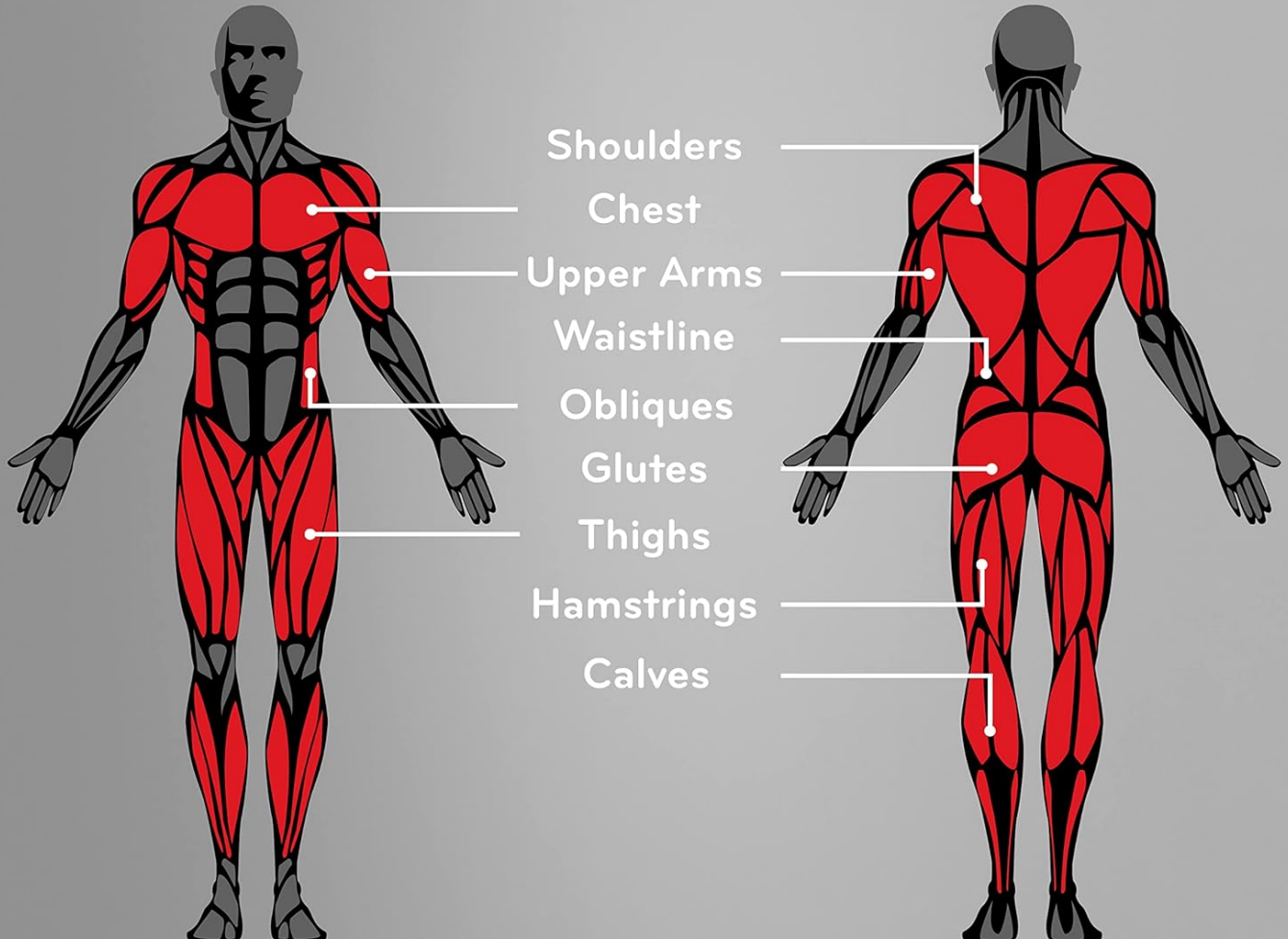


Image: A diagram illustrating the various muscle groups (shoulders, chest, upper arms, waistline, obliques, glutes, thighs, hamstrings, calves) that are targeted during a workout on the Orbitrek Elite.

Official Product Video:

Watch the official product video for a visual guide on the ORBITREK Elite's features and benefits:

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Video: An official product video showcasing the ORBITREK Elite Elliptical Machine in action, demonstrating its smooth operation, low-impact movement, and full-body workout capabilities.

CARE AND MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your ORBITREK Elite.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.

- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** Apply a silicone-based lubricant to any moving joints if squeaking occurs.
- **Storage:** When not in use, store the elliptical in a cool, dry place. Utilize the built-in wheels for easy relocation.



Image: The Orbitrek Elite Elliptical Machine with dimensions (33"D x 21"W x 59"H) highlighted, emphasizing its sleek, compact design and built-in wheels for simple storage.

TROUBLESHOOTING

If you encounter issues with your ORBITREK Elite, refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|---------------------------|--|--|
| Squeaking or Noise | Loose bolts, lack of lubrication, worn bushings. | Check and tighten all assembly bolts. Apply silicone lubricant to moving joints. If noise persists, inspect bushings for wear. |
| Monitor Not Displaying | Dead batteries, loose connection. | Replace monitor batteries. Ensure the monitor cable is securely connected. |
| Resistance Not Changing | Resistance cable issue, internal mechanism. | Check if the resistance cable is properly connected and not kinked. If the issue persists, contact customer support. |
| Machine Slides During Use | Slippery floor surface. | Place the elliptical on a rubber mat or non-slip surface. |

SPECIFICATIONS

| Feature | Detail |
|---------|--------|
|---------|--------|



| Feature | Detail |
|-------------------------------|---|
| Model Name | Elite |
| Brand | ORBITREK |
| Color | Black |
| Product Dimensions (LxWxH) | 32.68" x 20.87" x 59.06" (approx. 33"D x 21"W x 59"H) |
| Material | Metal |
| Resistance Mechanism | Magnetic |
| Maximum Weight Recommendation | 300 Pounds |
| Number of Resistance Levels | 16 |
| Item Weight | 30.62 Kilograms (approx. 67.5 lbs) |
| Manufacturer | Thane USA Inc |
| UPC | 830809009344 |
| Part Number | 309-554802 |

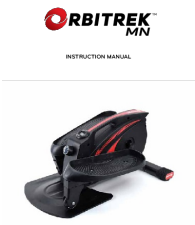



WARRANTY AND SUPPORT

The ORBITREK Elite Elliptical Machine comes with a **1-year limited warranty** from the manufacturer, Thane USA Inc. For warranty claims, technical assistance, or to inquire about replacement parts, please contact Thane USA Inc. customer service.

Please refer to the contact information provided in your original purchase documentation or visit the official Thane USA Inc. website for support details.

Related Documents - Elite

| | |
|---|---|
|  | <p>Orbitrek MX Instruction Manual: Operation, Features, and Safety Guidelines</p> <p>Comprehensive instruction manual for the Orbitrek MX elliptical trainer, covering operation, maintenance, troubleshooting, and important safety warnings for home use.</p> |
|  | <p>Orbitrek MX Instruction Manual</p> <p>Comprehensive instruction manual for the Orbitrek MX, detailing operation, maintenance, and safety warnings for optimal use.</p> |

| | |
|--|--|
|  <p>The image shows the cover of the Orbitrek MN instruction manual. It features the Orbitrek MN logo at the top, followed by the text 'INSTRUCTION MANUAL'. Below this is a photograph of the exercise machine, which is black with red accents and has a digital display on the handle.</p> | <p>Orbitrek MN Instruction Manual - Assembly, Operation, and Care</p> <p>Comprehensive instruction manual for the Orbitrek MN exercise machine, covering assembly, electronic monitor functions, operating instructions, important warnings, care, maintenance, and troubleshooting.</p> |
|  <p>The image shows the cover of the ELITE Operator's Manual. It features the ELITE logo at the top, followed by the text 'OPERATOR'S MANUAL'. Below this is a photograph of a commercial airplane flying over a map of the world. At the bottom, the website 'WWW.FLYELITE.CO' is visible.</p> | <p>ELITE Operator's Manual: Comprehensive Flight Simulation Guide</p> <p>Detailed operator's manual for ELITE flight simulation software. Covers operational concepts, controls, menus, instruments, troubleshooting, and configuration for realistic flight training.</p> |
|  <p>The image shows the cover of the Elite S6 user manual. It features a screenshot of the software interface, which includes various data fields and graphs.</p> | <p>Elite S6 User Manual - Comprehensive Guide</p> <p>Detailed user manual for the Elite S6 product, covering features, specifications, operation, and maintenance. Find all information needed to use your Elite S6 effectively.</p> |
|  <p>The image shows the cover of the 'Manual de Usuario ELITE MC3'. It features the ELITE logo at the top, followed by the text 'Manual de usuario'. Below this is a photograph of the ELITE MC3 motor unit, which is a small, rectangular device with a digital display. At the bottom, the text 'MOTOR DE PUERTA CORREDIZA' and 'ELITE MC3' are visible.</p> | <p>Manual de Usuario ELITE MC3: Instalación, Operación y Mantenimiento de Motor de Puerta Corrediza</p> <p>Guía completa del motor de puerta corrediza ELITE MC3. Incluye instrucciones de seguridad, instalación, programación, mantenimiento, solución de problemas y detalles de garantía para un uso seguro y eficiente.</p> |