

## Excel Orbitreck Deluxe with Twister

# Excel Orbitreck Deluxe with Twister User Manual

Model: Orbitreck Deluxe with Twister

## 1. INTRODUCTION

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Thank you for choosing the Excel Orbitreck Deluxe with Twister. This elliptical workout machine is designed to provide a low-impact, full-body workout, engaging multiple muscle groups including legs, core, and arms, while enhancing cardiovascular health. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment.



Image 1.1: Overview of the Excel Orbitreck Deluxe with Twister.

## 2. IMPORTANT SAFETY INSTRUCTIONS

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Before using the Excel Orbitreck Deluxe with Twister, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose parts or damage before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity (if specified, refer to specifications section).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 3. PACKAGE CONTENTS

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Carefully unpack all components and ensure you have received the following items:

- Orbitreck with Twister unit

- Accessories (e.g., tools, monitor)
- Fasteners (e.g., bolts, nuts, washers)
- User Manual

If any parts are missing or damaged, please contact customer support immediately.

## 4. ASSEMBLY AND SETUP

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Assembly typically requires two people. Follow these steps carefully. Refer to the included assembly diagram for visual guidance.

### 1. Step 1: Base Frame Assembly

Attach the front and rear stabilizer bars to the main base frame using the provided bolts and washers. Ensure all connections are secure.

### 2. Step 2: Upright Post Installation

Connect the upright post to the main base frame. Secure it with the designated bolts and tighten firmly.

### 3. Step 3: Pedal Arm Attachment

Attach the left and right pedal arms to the main crank mechanism. Pay attention to the 'L' and 'R' markings. Secure with pins or bolts as instructed.

### 4. Step 4: Handlebar Assembly

Connect the moving handlebars to the pedal arms and the stationary handlebars to the upright post. Ensure all pivot points are correctly aligned and secured.

### 5. Step 5: Twister Platform Installation

If separate, attach the twister platform to its designated position on the base frame.

### 6. Step 6: Console Connection

Connect the sensor wires from the main unit to the console. Mount the console onto the upright post.

### 7. Step 7: Final Check

Review all connections to ensure they are tight and secure. Test the movement of the pedals and handlebars for smooth operation.



Image 4.1: Assembly Diagram (refer to physical manual for detailed diagram).

## 5. OPERATING INSTRUCTIONS

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### 5.1 Using the Elliptical

#### 1. Step 1: Mount the Machine

Carefully step onto the pedals, one foot at a time, holding onto the stationary handlebars for balance.

#### 2. Step 2: Begin Movement

Start pedaling in a smooth, elliptical motion. You can hold the stationary handlebars or grasp the moving handlebars for an upper body workout.

#### 3. Step 3: Adjust Resistance

Use the resistance knob (if available) to increase or decrease the workout intensity. Turn clockwise to increase resistance, counter-clockwise to decrease.

#### 4. Step 4: Monitor Your Workout

The console displays metrics such as time, distance, speed, and calories burned. Refer to the console manual for specific functions.

#### 5. Step 5: Dismount Safely

Slowly bring the machine to a stop. Step off one foot at a time, using the stationary handlebars for support.



Image 5.1: Proper elliptical usage.

## 5.2 Using the Twister

The integrated twister provides an additional core workout.

### 1. Step 1: Position Yourself

Stand on the twister platform with both feet.

### 2. Step 2: Initiate Twisting Motion

Gently twist your torso from side to side, keeping your feet on the platform. Maintain a controlled and smooth motion.

### 3. Step 3: Maintain Balance

Hold onto the stationary handlebars for balance if needed.




Image 5.2: Using the Twister platform.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your Excel Orbitreck Deluxe with Twister.


- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
  - **Lubrication:** Periodically check moving parts (e.g., pivot points, pedal axles) and apply a silicone-based lubricant if squeaking occurs or movement becomes stiff.
  - **Inspection:** Regularly inspect all bolts, nuts, and connections for tightness. Tighten any loose fasteners. Check cables and belts for wear or damage.
  - **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.
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Image 6.1: Routine cleaning of the elliptical machine.

## 7. TROUBLESHOOTING

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This section addresses common issues you might encounter.

Problem	Possible Cause	Solution
Squeaking noise during operation	Loose fasteners; lack of lubrication at pivot points.	Tighten all visible bolts and nuts. Apply silicone-based lubricant to moving joints.
Pedals feel stiff or resistance is inconsistent	Resistance mechanism issue; internal component friction.	Check resistance cable connection. If problem persists, contact customer support.
Console not displaying data	Loose sensor cable; dead batteries.	Ensure sensor cable is securely connected. Replace console batteries.
Machine wobbles during use	Uneven surface; loose stabilizer bars.	Place machine on a level surface. Tighten bolts on front and rear stabilizer bars.

## 8. SPECIFICATIONS

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Feature	Detail
Model Name	Orbitreck Deluxe with Twister
Brand	Excel
Product Dimensions (D x W x H)	98D x 22W x 71H Centimeters
Material	Alloy Steel, Plastic, Rubber
Item Weight	32 Kilograms
Color	Black
ASIN	B0DDPFQ69F

## 9. WARRANTY AND SUPPORT

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### 9.1 Warranty Information

The Excel Orbitreck Deluxe with Twister comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

### 9.2 Customer Support

For any questions, assistance with assembly, troubleshooting, or warranty claims, please contact our customer support:

- **Email:** [excelho16@gmail.com](mailto:excelho16@gmail.com)

Please have your model name and purchase details ready when contacting support.