



hattrick-pro

3200 COMMERCIAL TREADMILL



Cardio Series

User Manual

English

SAFETY GUIDELINES:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination. Please follow the instructions:

1. Assemble and operate the treadmill on a solid, level surface
2. Keep the area behind the treadmill clear
3. The treadmill running mat will not stop immediately if any object becomes caught in the mat or rollers-IN EMERGENCY: Pull the safety key cord to remove safety key
4. Always check the treadmill before using it
5. Make sure all parts are assembled, nuts and bolts are tightened
6. Do not use the treadmill if the unit is disassembled in any way
7. When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit. Do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
8. Keep hands away from moving parts
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals. Do not wear shoes with leather soles or high heels. Tie all long hair back
11. Do not rock the unit from side to side
12. Don't continuously use this equipment over an hour.
13. Care should be taken when mounting and dismounting the unit
14. Do not place any liquids on any part of the treadmill
15. To prevent shock, keep all electric components, such as the motor cord and switch away from water.
16. Do not use any accessories that are not specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail
17. Work within your recommended exercise level, do NOT work to exhaustion
18. If you feel any pain or abnormal systems STOP YOUR WORKOUT IMMEDIATELY and consult your physician immediately
19. Turn off the treadmill while adjusting or working near the rear roller.
20. Keep one side of the magnetic safe key CLIPPING your clothes during exercising to avoid danger happening.
21. Incorrect or excessive training may lead injures.
22. This equipment is not suitable for therapeutic purposes.
23. Don't open this equipment cover to avoid damage usually.
24. Ensure the load place is level and free space at least 1m around for safe operation.
25. This equipment is not a toy. Please keep unsupervised children away from the equipment during use and when equipment is unattended.

The warranty applies to the following parts (as far as included in the scope of delivery):

Frame, cable, electronic devices, foam, and wheels.

The guarantee does not cover:

1. Damage affected by outer force
2. Intervention by unauthorized parties
3. Incorrect handling of the product
4. Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as running belt)

Customer Services (Inset page) as needed.

Please make sure you have the following information on hand when ordering spare parts.

1. Operating instructions
2. Model number (located on the cover sheet of these instructions)
3. Description of attachments
4. Attachment number
5. Proof of purchase with purchase date

Please do not send the device to our firm without being requested to do so by our Service team.

The costs of unsolicited shipments will be borne by the sender.

Special Safety Precautions

●Power source:

- Choose a place in reach of a socket when placing the treadmill.
- Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
- A faulty grounding of the appliance can cause the risk of electrical shocks. Ask a qualified electrician to check the socket in case you do not know if the appliance is grounded appropriately. do not modify the plug provided with the appliance if it is not compatible with your socket. ask a qualified electrician to install a suitable socket.
- Sudden voltage fluctuations can seriously damage the treadmill. Weather changes or switching on and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).
- Keep power cord away from the carrying roller. Do not leave the power cord below the striding belt. Do not use the treadmill with a damaged or worn out power cord.
- Unplug before cleaning or engaging in maintenance work. Maintenance should only be done by authorized service technicians, unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.
- Inspect the treadmill before every use to make sure that every part is operational.
- Do not use the treadmill outdoors, in a garage or under any kind of canopy. Do not expose the treadmill to high humidity or direct sunlight.
- Never leave the treadmill unattended.

Make sure the striding belt is always tense. Start the striding belt before stepping on it.

Assembly

- Before starting with the assembly of this fitness device, carefully read through the set up steps as of page 8 We also recommend that you view the assembly drawing prior to assembly.
- Remove all packaging material and place the individual parts on a free surface. This will provide you with an overview and will simplify assembly.
- Please consider that there is always the risk of injury when using tools and carrying out technical activities. Please proceed with care when assembling the device.
- Make sure you have a hazard-free working environment and do not, for example, leave tools lying around. Deposit the packaging material in such a way that it does not pose a danger. Foil/plastic bags are a potential risk of suffocation for children!
- Take your time when viewing the drawings and then assemble the device according to the series of illustrations.
- The device must be carefully assembled by an adult person. If necessary, request aid from another technically talented person.

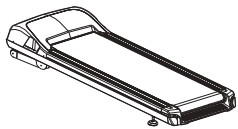
Unpacking & Assembly

WARNING!: Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

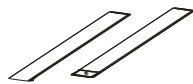
NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

UNPACK AND VERIFY THE CONTENTS OF THE BOX:

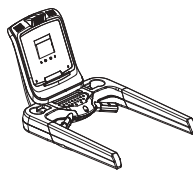
- Lift up and remove the box that surrounds the Treadmill.
- Check the following items are present. If any of the parts are missing, contact with the dealer.



Main body



Upright post



Computer set



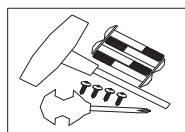
connection strap
(left and right)



Silicon oil



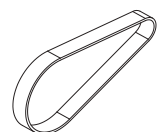
user manual



Hardware kit

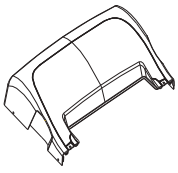


Safety key

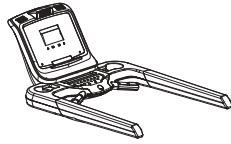


strap

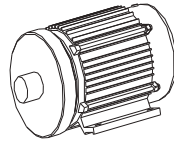
Main Parts:



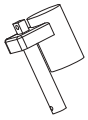
Motor cover



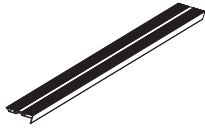
computer



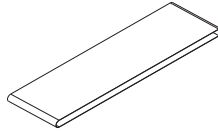
motor



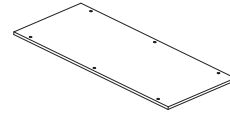
Incline motor



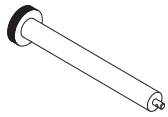
Side rail



Running belt



Running board

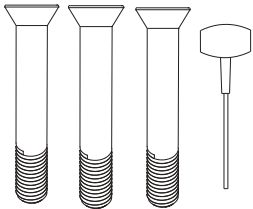


Front roller



Rear roller

Hardware Bag



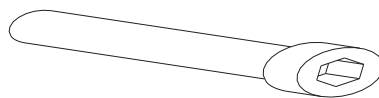
Hex inner socket full head screw (M10*65*45) 4pcs



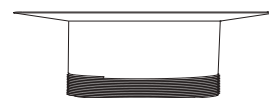
Allen socket full head screw (M8*15) 8pcs



L-shape spanner (6*35*80) 1pc

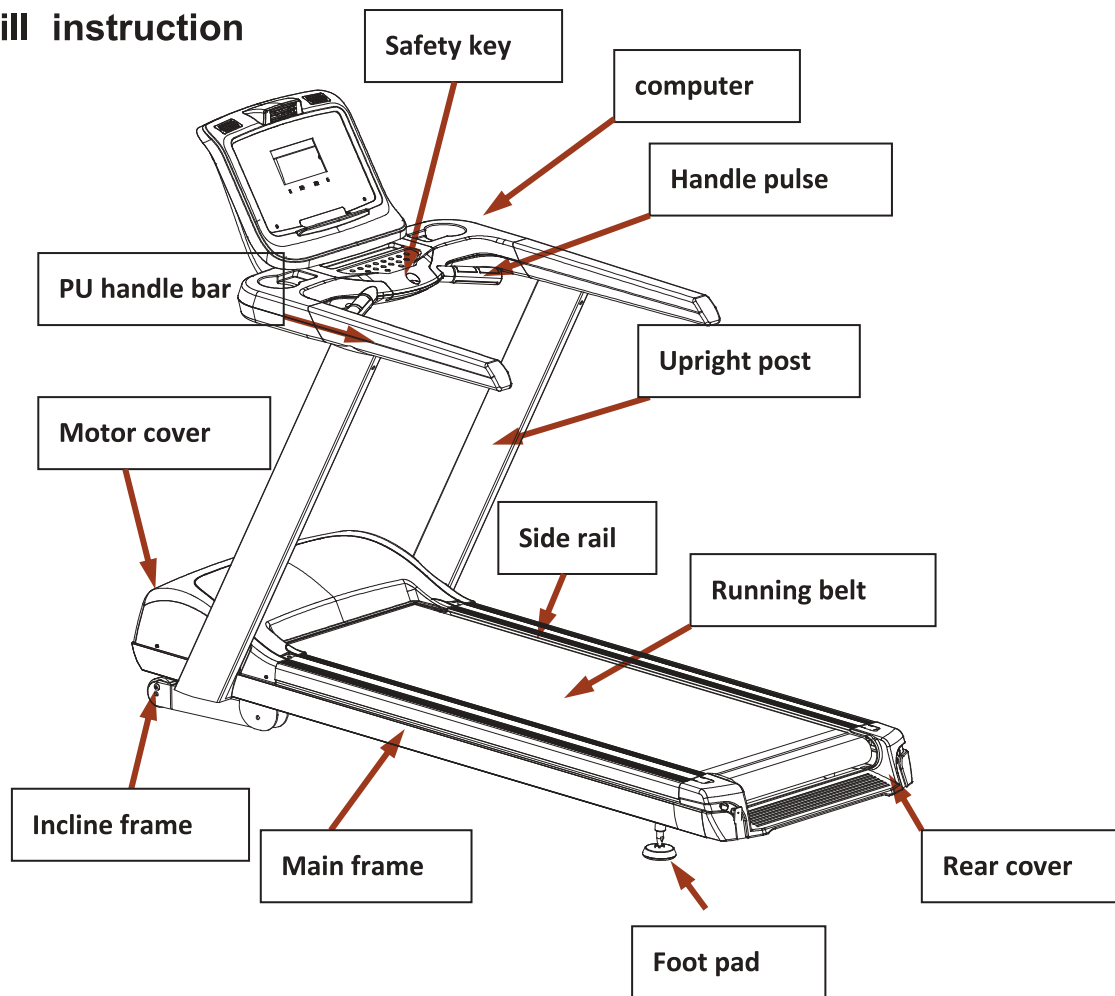


T-shape wrench 1pc



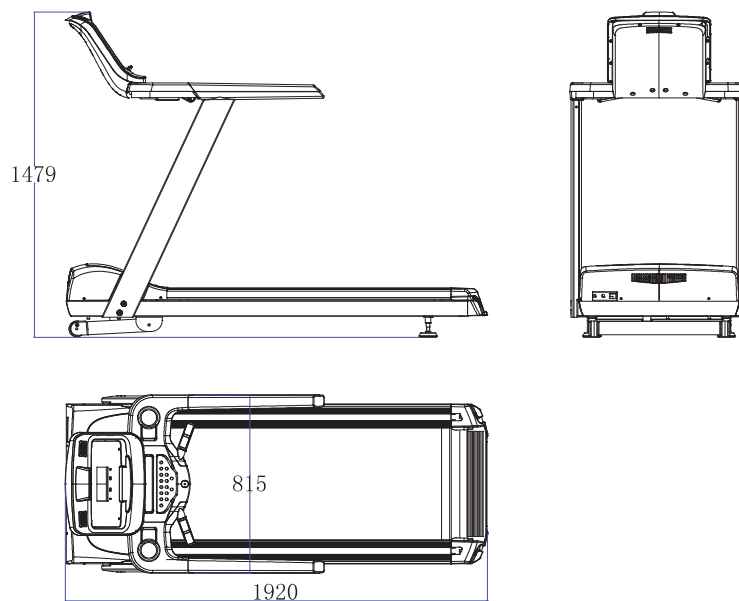
Allen socket full head screw (M8*20) 4pcs

Treadmill instruction



Technical Parameter

Dimencion	1920*815*1479mm
Running Surface	1450*510mm
Speed	1.0—20Km/h

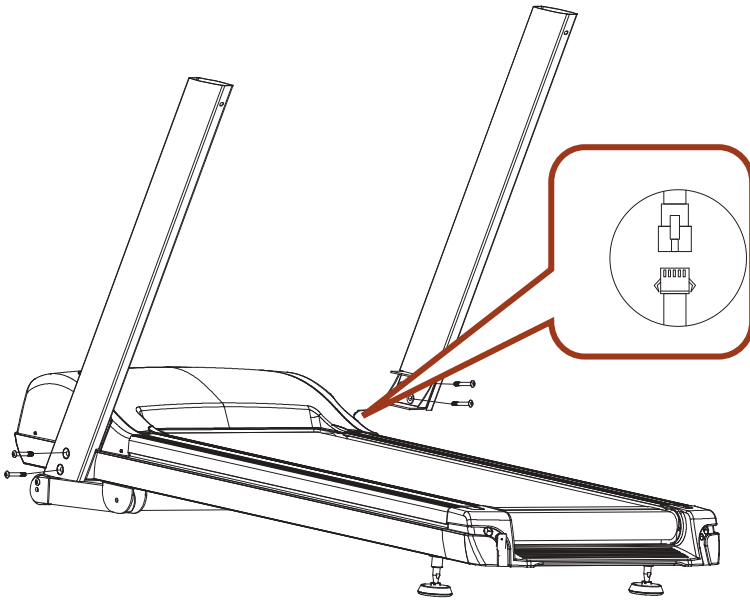


ASSEMBLING INSTRUCTIONS

WARNING: Please put on all the screws, washers and bolts then tighten them.

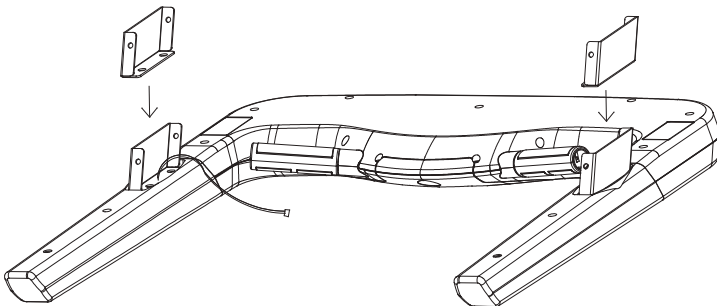
STEP 1:

Step 1: Take out the machine from box and put it on the floor, fix the left upright post to the main frame with 2 M10*65 screws, and then fix the right upright post with to the main frame with 2 M10*65*45 screw (please connect the communication wire before you assemble the upright post) . (without lock now, see below picture).



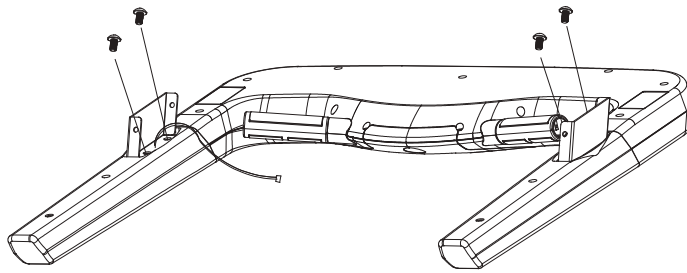
STEP 2:

Put the computer on a platform (be careful to avoid collisions), take out the clamping ring and insert the communication wire through the hole of clamping ring, and put the wire in the notch of handlebar.



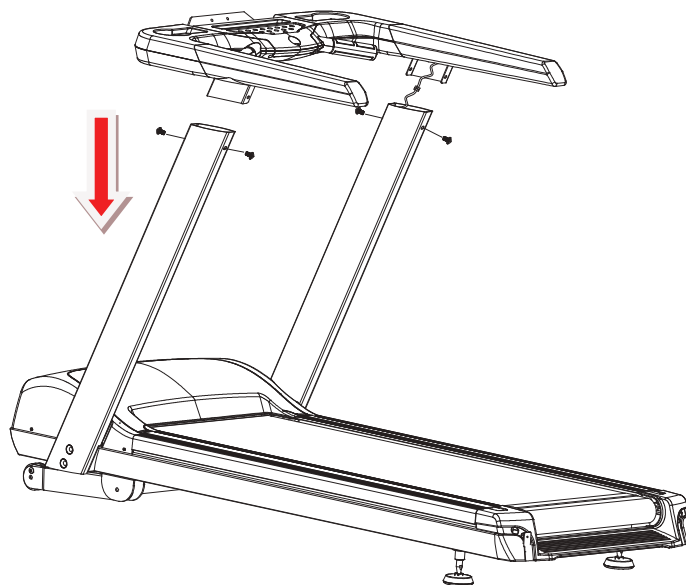
STEP3:

Match the installation hole of clamping ring screw and the threaded hole, take out the 4pcs M8*15 screw from the hardware kit and lock the clamping ring well.



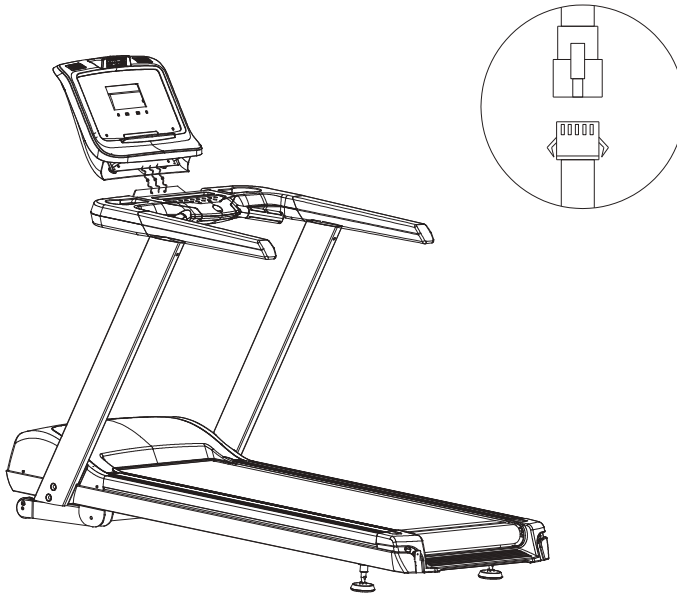
STEP4:

Put the computer with clamping ring installed above the upright post (better for 2 people to do this), connect the communication wire between the right handlebar and right upright post, and then insert the clamping ring into the post. Lock the handlebar and the upright post well with 4 pcs screw M8*15.



STEP 5:

Take out the head of computer and well connect all the relative communication wires, ad then lock the head well with 4 pcs screw M8*20.



STEP 6:

At last, check if all parts and screws are well connected and locked, check if the stability of the treadmill are OK, and then you can enjoy your healthy life now.



SETTING UP YOUR TREADMILL PLACEMENT

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and convenient setting.

- ☒ Do not place the treadmill outdoors.
- ☒ Do not place the treadmill near water or in high moisture content environment.
- ☒ Make sure power cord is not in the path of heavy traffic.
- ☒ If your room is carpeted, check the clearance to make sure there is enough space between the carpet fiber and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
- ☒ Locate the treadmill at least 4 feet from walls or furniture.
- ☒ Allow a safety area of 2m X 1m behind the treadmill so that you can easily get on and off the treadmill without getting trapped during an emergency.

Occasionally after extended use you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

USE DEDICATED CIRCUIT

The outlet selected should be a dedicated circuit. It is particularly important that No sensitive electrical equipment, such as computer or TV, share the same circuit.

CAUTION!

Make sure the running deck is level to the ground. If the deck is positioned on uneven surface, it would cause premature damage to the electronic system.

Read this manual before operating this treadmill.

GETTING STARTED

TURN POWER ON

Put the power cord into the electrical outlet with 10A. Flip this switch to the "ON" position. The screen shines with prompt sound.

SAFETY KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should you fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.

Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing so that in the case that you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to make sure it will not come off your clothing.

GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

WARNING!

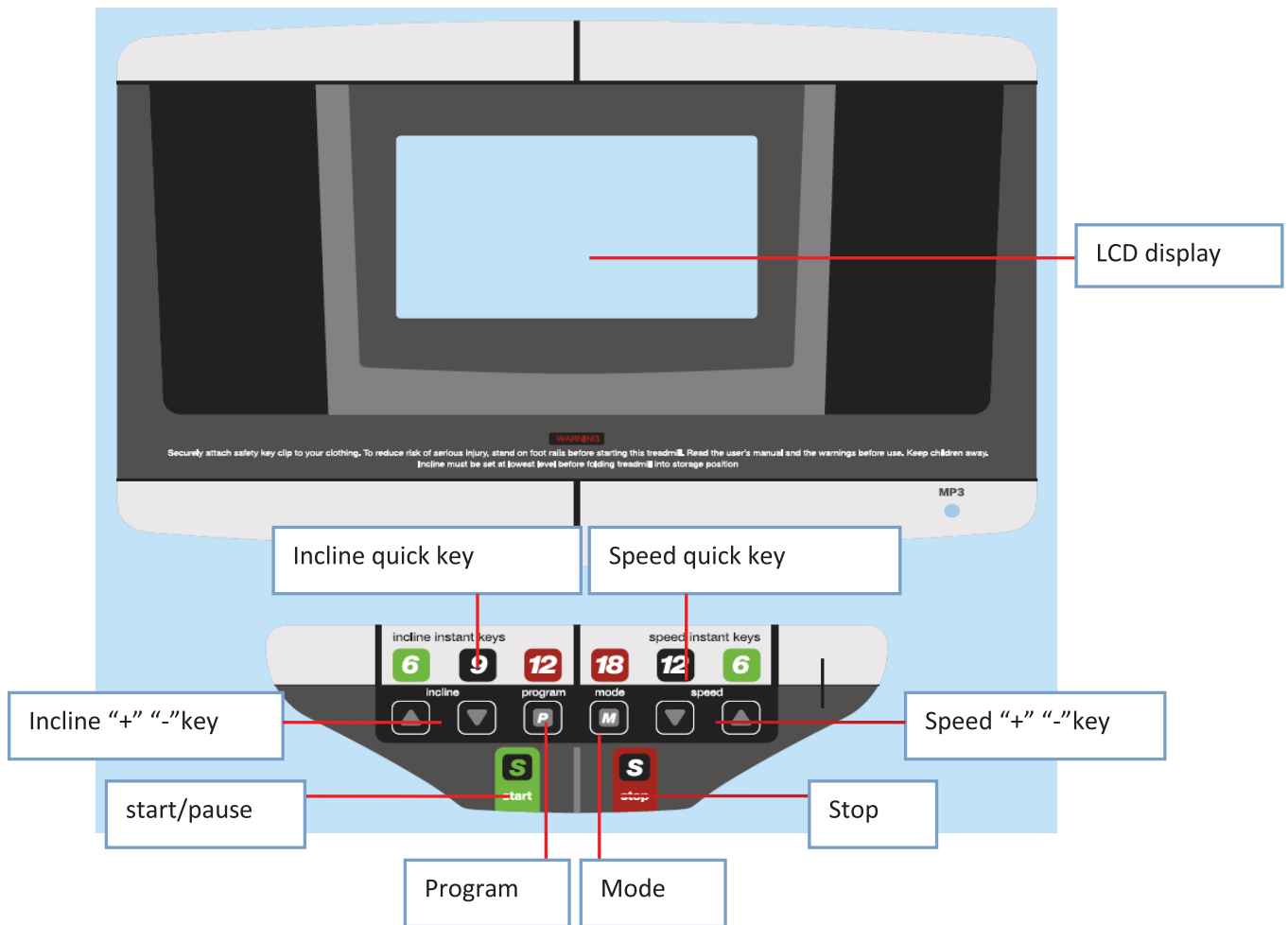
Never use this treadmill without first securing the safety tether clip to our clothing.

CAUTION!

For your safety, step onto the belt when the speed is no more than 3km/h.

COMPUTER FUNCTION

Panel layout



Display and Key Instruction :

1、LCD display can show following functions:

A:Distance, Time, Speed, Calories, heart rate, incline, fat.

2、Functional key: Start/Pause, Stop, Program, Mode, Speed +, Speed -, Incline +, Incline -, Speed shortcut, Incline shortcut.

3、Functional key instruction:

A、Program: when the machine is stopped, press this key to select between manual-P01~P36-U01~U03-manual.

B、Mode: The function of Mode key, please refer to the body fat test instruction.

C、Start: when the machine is stopped, press this key to start the treadmill.

D、Stop: when the machine is running, press this key to stop the treadmill.

E、speed+/-: in setting status, press this key will increase/decrease the set value of speed; in running status, press this key will increase/decrease the speed.

F、incline +/-: in setting status, press this key will increase/decrease the set value of incline; in running status, press this key will increase/decrease the incline.

G、speed quick key: When the treadmill is running, press the quick key, the speed will directly change to the value showed on the button.

H、incline quick key: When the treadmill is running, press the quick key, the incline will directly change to the value showed on the button.

Program/start instruction :

1、Program:

A、Manual program, this program including: normal mode, time countdown, calories countdown, distance countdown.

B、body fat test function.

C、user program

2、Start:

A、put the safety key in the right position on the board.

B、press “start” key, time countdown and with “bee bee” sound, then the treadmill will start.

Manual program :

1、how to enter into the manual program :

A、Turn on the power and will enter into the normal mode of manual program automatically.

B、when the treadmill is stopped, press Mode key can select and enter into the normal mode of manual program.

2: setting function of manual program: time setting, distance setting, calories setting.

A. when enter into the manual program, the time window will display 0:00.

B、Under the Manual Program setting, press “MODE” than will enter into “Time countdown Mode”, the time display window will display the initialization time (30:00). Than press “Speed + /-” or “Incline + /-” to adjust the time according to your preference. The time setting range is “5:00-99:00”.

C: On the Time countdown program, press “Mode” than the system will enter into “Distance countdown program”, The standard distance is 1,00 kilometer, press “speed+/-” or “Incline + /-” to set the distance that you want, the distance range is 1.00 - 99.00 kilometer.

D: Under the distance countdown mode, press “Mode” than the treadmill will enter into the Calories countdown Mode. The calories window will be blinking. The calories window will display “50 cal”, press “speed +\” or “Incline + /-” to set your calories target, the calories range is: 20 - 990.00 cal.

Operating of Manual Program :

A、press the “start” key, and till the time countdown over, the treadmill will start with its minimum speed.

B、Press the speed +/- key can adjust the speed as you wish.

C、Press the incline +/- key can adjust the incline as you wish.

D: when you press the “stop” key while the treadmill is running, the treadmill stopped.

E、speed quick key can set the specific speed quickly.

F、when the setting time decreased to 0, the speed will decreased slowly accordingly until stopped, the computer will display “END” and the buzzer will sound.

G、when the setting distance decreased to 0, the speed will decreased slowly accordingly until stopped, the computer will display “END” and the buzzer will sound.

H、when the setting calories decreased to 0, the speed will decreased slowly accordingly until stopped, the computer will display “END” and the buzzer will sound.

Program Mode :

1、the initial time should be the default time. As per time setting range you can refer to Appendix

1, press the speed +/- key can adjust the set value.

2、press the Start key, the treadmill begin to run, and the speed will be the same as the set speed in the program.

3、Press speed +/- key can adjust the speed.

4、Press incline +/- key can adjust the incline.

5、Press speed quick key can quickly change the actual speed to the key showed.

6、Press incline quick key can quickly change the actual incline to the key showed.

7、Every program can be divided to n section, the running time of every section should be 1/n.

8、while shifting from one section to another, the buzzer will have warning tone.

9、when the setting time decreased to 0, the speed will decreased slowly accordingly until stopped, the buzzer will sound.

Body fat test program :

- 1、When the treadmill stopped, press the mode key to select, when the dot-matrix window display “FAT”, this means you already enter into the body fat test program.
 - 2、Press the “Mode” key to switch over the parameter, you can modify the parameter by pressing the speed +/- key and incline +/- key. The data that distance window showed is the set value, the calories window display the inputting parameter function. (details please refer to the Appendix 2).
 - 3、After you enter into the body fat test function, the window will display: 01, it means sex, distance window will show the default sex, press the speed +/- key can modify the sex.
 - 4、Press Mode key,the window will display:02, it means age, distance window will show the default age, press the speed +/- key can modify the age.
 - 5、Press Mode key,the window will display:03, it means height, distance window will show the default height, press the speed +/- key can modify the height.
 - 6、Press Mode key,the window will display:04, it means weight, distance window will show the default weight, press the speed +/- key can modify the weight.
 - 7、Press Mode key,the window will display:05, it means body fat test, now grasp the handle pulse on the handlebar with your both hands, after 8 seconds the distance window will show your body fat value.
 - 8: Take Asian for example, when the body fat value is less than 19, it means you are a little thin, and between 19 and 25, it means you have ideal body weight; when the value is between 25 and 29, it means overweight; when the value is more than 30, it means that you should lose weight.
- Appendix 2:

Parameter	Default value	Setting range	Remark
Sex (-1-)	1 (male)	1-2	1=male 2=female
Age (-2-)	25Y	10-99Y	
Height (-3-)	170 CM(68 inch)	100-200CM(40-80 inch)	
Weight (-4-)	70KG(154 inch)	20-150KG(44-330 inch)	

FAT ≤19 -- Under weight
19 < FAT ≤25 -- Normal weight
25 < FAT ≤29 -- Over weight
FAT ≥30 -- Obesity

Attention: These data are only for reference, can not be medical data.

User defined function :

User can take or set their own exercise program. Press “PROG” to select until U1-U3 appeared. Press speed +/- and incline +/- key can adjust the time of exercise. And then press Start key to begin.

In user mode, you can set the speed and incline for every section by yourself.

Setting of USER mode: press “MODE” can set your own speed and incline for program. You can press the speed +/- key or speed quick key to set your ideal speed for each section, and press Mode to enter into the next section; You can press the incline +/- key or incline quick key to set your ideal incline for each section, and press Mode to enter into the next section; Then press Mode to set time, the default time is 30:00 minutes, press speed +/- or incline +/- key can adjust the time. After you finished all the settings, you can press start key to exercise. And this program will save in the system, and next time you can directly choose this program, no need to set again.

Parameter range(Appendix 1):

	Initial	Set initial value	Setting range	Display range
Time(minute:second)	0:00	30:00	5:00-99:00	0:00~99:59
Speed (km/h)	0.0	N/A	N/A	1.0—20.0
Incline	0		0%-15%	0%-15%
Distance (km)	0.0	1.0	1.0—99.0	0.0—99.9
Calories (kcal)	0	50	20—990	0—999

Safety key function :

In any state if you pull out the safety key, the window will show "---", and the buzzer will sound "bee bee"; If the treadmill are running and stop suddenly, then incline will keep the same.

HRC function

If the treadmill is turned on, grasp the handle pulse with hands, 8 seconds later the computer will show your heart rate. The initial value is your actual heart rate, the range should between 50 to 200 times/min. There will be a heart-shaped figure blinking while testing.

The test result can only be reference, can not be medical guide.

Turn off the treadmill

Any time if you want to turn off the treadmill please switch off the power, thus should be no harm to the treadmill.

Attention :

1. Please check the power supply and the safety key before exercise.
2. While abnormal things happened in running, pull out the safety key immediately, the treadmill would slow down quickly and then stop. Then you put back the safety key and the treadmill will be reset.
3. Please contact the distributor if any problem, please do not try disassemble or maintain the treadmill if you are not professional, or the treadmill would be damaged.

Program speed Table :

Every program has been divided into 10 section, exercise time for every section are average distributed. There are 36 programs in total, please see below chart:

		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	3.0	7.0	6.0	6.0	10.0	8.0	6.0	8.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P14	SPEED	2.0	4.0	6.0	8.0	10.0	8.0	6.0	4.0	2.0	4.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P15	SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	8.0	4.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P16	SPEED	3.0	5.0	7.0	9.0	11.0	9.0	7.0	5.0	3.0	3.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P17	SPEED	4.0	8.0	10.0	11.0	12.0	8.0	6.0	2.0	4.0	6.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P18	SPEED	2.0	5.0	7.0	9.0	11.0	8.0	10.0	6.0	4.0	2.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P19	SPEED	3.0	5.0	5.0	7.0	9.0	10.0	5.0	8.0	4.0	3.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P20	SPEED	2.0	6.0	8.0	10.0	3.0	6.0	9.0	5.0	7.0	4.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P21	SPEED	3.0	7.0	9.0	5.0	8.0	10.0	6.0	4.0	2.0	5.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P22	SPEED	4.0	6.0	7.0	8.0	6.0	10.0	5.0	3.0	8.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P23	SPEED	3.0	9.0	4.0	6.0	10.0	9.0	10.0	7.0	5.0	2.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P24	SPEED	4.0	7.0	4.0	8.0	5.0	9.0	4.0	9.0	2.0	3.0
	INCLINE	3	8	9	5	5	8	8	4	4	4

P25	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P26	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P27	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P28	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P29	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
P15	SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	8.0	4.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P16	SPEED	3.0	5.0	7.0	9.0	11.0	9.0	7.0	5.0	3.0	3.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P17	SPEED	4.0	8.0	10.0	11.0	12.0	8.0	6.0	2.0	4.0	6.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P18	SPEED	2.0	5.0	7.0	9.0	11.0	8.0	10.0	6.0	4.0	2.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P19	SPEED	3.0	5.0	5.0	7.0	9.0	10.0	5.0	8.0	4.0	3.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P20	SPEED	2.0	6.0	8.0	10.0	3.0	6.0	9.0	5.0	7.0	4.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P21	SPEED	3.0	7.0	9.0	5.0	8.0	10.0	6.0	4.0	2.0	5.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P22	SPEED	4.0	6.0	7.0	8.0	6.0	10.0	5.0	3.0	8.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P23	SPEED	3.0	9.0	4.0	6.0	10.0	9.0	10.0	7.0	5.0	2.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P24	SPEED	4.0	7.0	4.0	8.0	5.0	9.0	4.0	9.0	2.0	3.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P25	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P26	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P27	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P28	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P29	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P30	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P31	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2	2	7	7	7	9	9	11	7	3
P32	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P33	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	13.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P34	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P35	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P36	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	NCLINE	2	7	4	4	8	8	5	5	7	7

MAINTENANCE

CLEANING

Remove dust from the treadmill with a vacuum cleaner or a lightly dampened cloth. Periodically fold the treadmill and clean the floor which will help to prolong the useful life of the product. Never use solvents on the treadmill or the belt. Solvents can compromise belt and deck lubrication.

CENTERING AND ADJUSTING THE BELT

When walking or running you may tend to exert more strength in one leg than the other.

This

decentralizes the belt. The treadmill was designed and built to ensure that the belt always remains

centered on the deck. Occasionally, it may be necessary to make some adjustments. For this purpose use an Allen wrench and adjust the position on the rear roll.

BELT CENTERING PROCEDURE

For your own safety do not use loose clothing, tie or loose jewelry that could affect this adjustment.

Never turn the screws more than $\frac{1}{4}$ of a turn at a time.

Always tighten one side and loosen the other to avoid making the belt too tight or too loose.

Treadmill operation. Adjust the belt with the treadmill running at 4 Mi/H (6.4 Km/H), but without anyone on the belt.

After adjusting, walk on the treadmill for four minutes to test it. If necessary repeat the procedure. Excessive tightening of the belt can compromise the useful life of the equipment.

IF THE BELT IS TOO FAR TO THE LEFT

Turn the left roll screw $\frac{1}{4}$ turn in clockwise direction (tighten)

Turn the left roll screw $\frac{1}{4}$ in anti-clockwise direction (loosen)

ADJUSTING BELT TENSION

If you feel a slipping sensation when stepping on the belt, this means the belt is loose and is slipping

on the rolls. All belts get loose with time. This is normal and it's normal to perform adjustments to any

treadmill. To eliminate slipping turn the screws on the rear roll $\frac{1}{4}$ turn as shown. Test the belt again to

check slipping. Repeat procedure if necessary, but never turn the screws more than $\frac{1}{4}$ turn at a time.

As a precaution, call an authorized technician if the belt continues to slip after being adjusted.

This is

the only person who can correct belt tensioning.

LUBRICATING THE DECK

A well lubricated deck will ensure treadmill high performance and will reduce wear to the

components. This treadmill was pre-lubricated at the factory. However, to improve performance it may

need periodical lubrication.

To check lubrication level, just lift up the belt and reach your hand in as far to the center as you can.

If your hand shows signs of silicone there is no need for additional lubrication. If the board is dry and there

is little sign of silicone on your hand then there is a need for additional lubrication. Your product should be lubricated every 10 hours of use.

TO LUBRICATE THE DECK

1. Stop the belt so that the seam is facing upwards and in the center of the deck.
2. Insert the nozzle of the lubricant spray can into the disperser.
3. Lift up the belt.
4. Place the spray nozzle between the belt and the board approximately 200mm (8") from the front of the treadmill.
5. Apply the silicone from the front to the back of the treadmill on each side. Try to reach the center of the deck. Spray application time must be about four seconds per side.
6. Spread the silicone by running the treadmill at 1 Km/H and step delicately on the treadmill from left to right. Do this for some minutes to enable the silicone to spread on the belt.

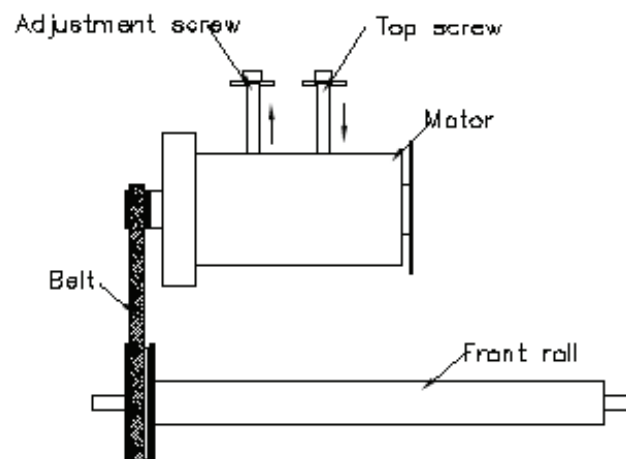
DANGER To reduce the risk of electrical shock, always remove the cable from the socket immediately after use and before cleaning.

MOTOR BELT ADJUSTMENT

Before any equipment leaves the factory the belt will be adjusted to the correct position, but after a certain time in operation the belt can become loose.

ADJUSTMENT STAGE

ATTENTION: Turn off the machine when adjusting the motor belt. Periodically clean the leather belt and around the grooves. Use a wrench to adjust the belt through the adjustment screw.



Trouble Shooting

WHEN TO CALL FOR HELP

This treadmill is designed with user safety as the number one priority. In the event of electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.

When you encounter unusual behavior from the treadmill, simply go to the front of the treadmill; turn the power switch off and on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again.

If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, then it is time to call your dealer for service.

NO SIGNAL ON THE CONSOLE LED WINDOWS

If there is no signal on the console, even if you turn off and turn on many times to reset the treadmill, check the communication cable between console and motor controller.

First, make sure the connections are good and that the cable is not pinched or damaged. If defective, ask your dealer for a replacement cable.

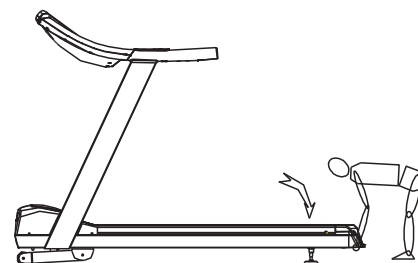
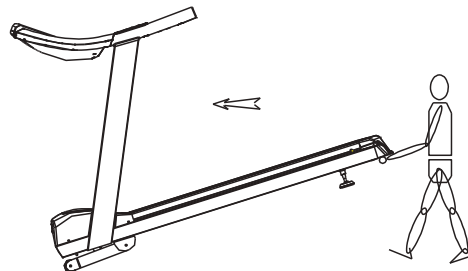
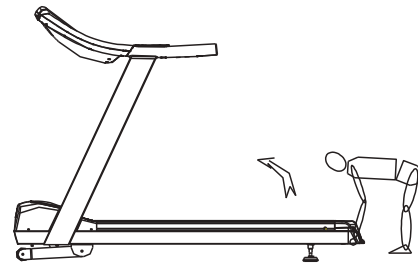
ERROR MESSAGE AND SOLUTION:

Code	Meaning	Solution
E1	Bad communication between computer and inverter	<ol style="list-style-type: none"> 1、 check the communication wires between computer and inverter, if they are well connected, damaged or matched. 2、 Maybe the inverter is broken, check and replace the inverter. 3、 Broken computer, test before replacing the computer to make sure the problem is from a bad computer.
E2	The inverter is overcurrent	<ol style="list-style-type: none"> 1、 turn off the power and waiting for 20 seconds, then turn on again to check if E2 is removed or not. 2、 If E2 is still appeared, check if the roller bearing is ok or not, and check if running board and belt are well lubricated. 3、 If E2 is still appeared, replace the inverter.
E3	The inverter is overhot	<ol style="list-style-type: none"> 1、 turn off the power and waiting for 20 seconds, then turn on again to check if E3 is removed or not. 2、 If E3 is still appeared, check if dirt retention on the the fan and cooling fin, and check if fan is work well. 3、 If E3 is still appeared, replace the inverter.
E4	Incline learning	<ol style="list-style-type: none"> 1、 while the incline finished learning, the E4 will automatically removed. 2、 If E4 not removed, please check if the incline motor is well connected and function well. 3、 If E4 is still appeared, replace the inverter.
E5	The busbar voltage is less than 220V(2minutes)	<ol style="list-style-type: none"> 1、 turn off the power and waiting for 20 seconds, then turn on again to check if E5 is removed or not. 2、 If E5 is still appeared, check if the household voltage is normal or not. 3、 If E5 is still appeared, replace the inverter.
E6	Short circuit of inverter output	<ol style="list-style-type: none"> 1、 check if the output connection of inverter is correct or not. 2、 If E6 is still appeared, check is the motor are well function or not. 3、 If E6 is still appeared, replace the inverter.
E7	The busbar voltage is more than 390V(0.1second)	<ol style="list-style-type: none"> 1、 turn off the power and waiting for 20 seconds, then turn on again to check if E7 is removed or not. 2、 If E7 is still appeared, check if the household voltage is normal or not. 3、 If E7 is still appeared, replace the inverter.
E8	The busbar voltage is more than 380V(10seconds)	<ol style="list-style-type: none"> 1、 turn off the power and waiting for 20 seconds, then turn on again to check if E8 is removed or not. 2、 If E8 is still appeared, check if the household voltage is normal or not. 3、 If E8 is still appeared, replace the inverter.
—	Computer can not detect the signal of safety key	<ol style="list-style-type: none"> 1、 check if the safety switch is OK, if connection is correct and if the magnet is in right position. 2、 the safety key is not in the right position, check and put it well. 3、 check and replace the safety key.
	No display on computer	<ol style="list-style-type: none"> 1、 Check if the power wire is well inserted, if the treadmill is switched on, and check the fuseholder. 2、 check the communication between the computer and the inverter. 3、 inverter is broken or computer is broken.

moving of treadmill

Before you move the treadmill, you must make sure the following points:

- 1 :the main frame is at its lowest position;
 - 2:the treadmill is switched off;
 - 3:the plug is pulled out from the power socket;
- Then grasp the end cap with your hands, and lift up the treadmill, keep yourself straight and you can move the treadmill slowly. And put down the machine flat in the right position.



General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse. Make sure you breathe regularly and calmly when exercising.

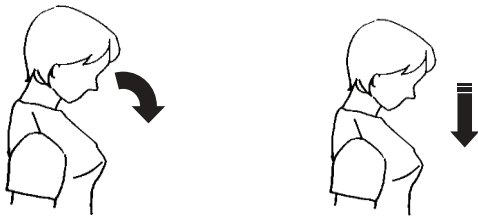
Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

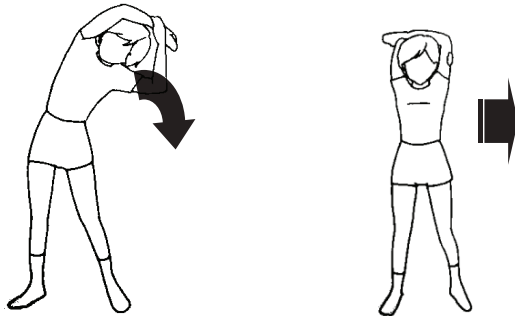
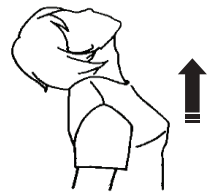
Exercises for your personal work-out

Thanks for buying our Fitness equipment,

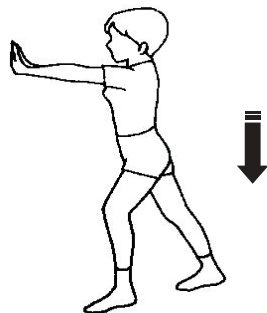
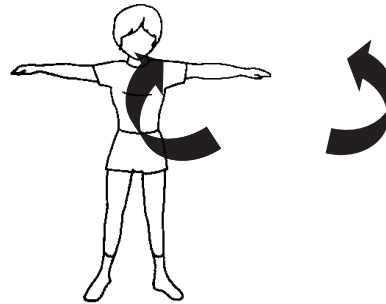
Do some warm-up exercise before use, you'll get twice the result with half the effort. Such as follows:



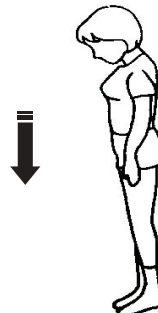
extend the neck up and down



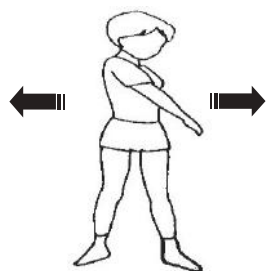
twist the waist left and right



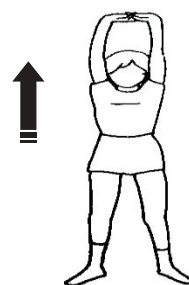
level push forwards



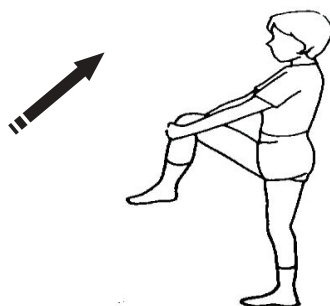
upright straighten one's back



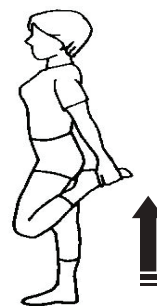
left and right poise exercise



up and down extend exercise

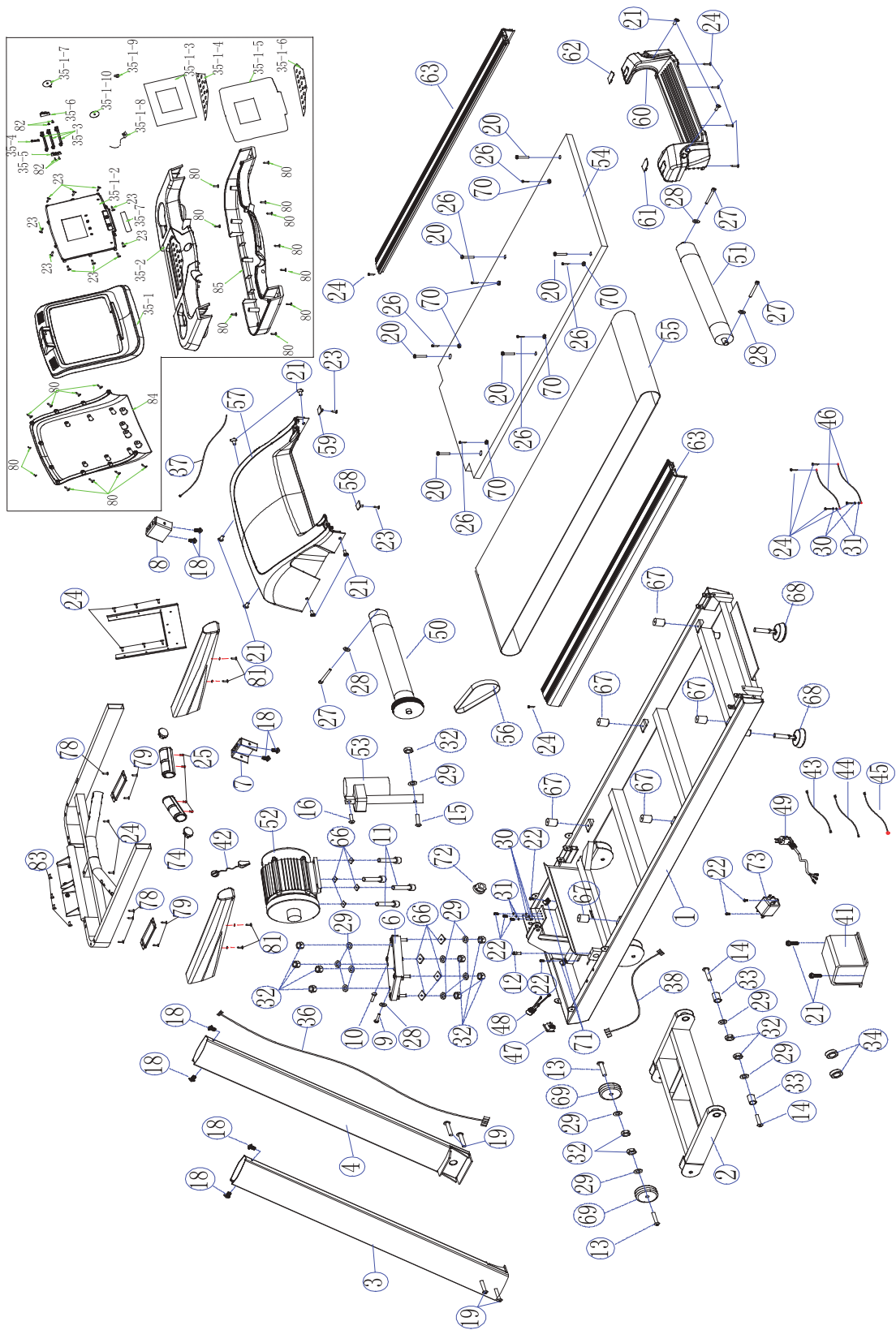


thigh extend exercise



calf extend exercise

Explode Drawing



Explode Drawing

No.	Part Name	Qty	No.	Part Name	Qty
1	Main frame 1.491 m ²	1	53	Incline motor	1
2	Incline frame 0.420 m ²	1	54	5630CA running board	1
3	Left upright post 0.245 m ²	1	55	Running belt	1
4	Right upright post 0.245 m ²	1	56	Motor belt	1
5	Computer frame 0.547 m ²	1	57	2750CA motor cover	1
6	Motor base frame 0.1102 m ²	1	58	Motor cover decorating part (left)	1
7	Handlebar clamp ring (left) 0.0072 m ²	1	59	Motor cover decorating part (right)	1
8	Handlebar clamp ring (right) 0.0072 m ²	1	60	Rear cover	1
9	Allen C.K.S full thread screw M8×50	1	61	Rear cover decorating part (left)	1
10	Allen C.K.S full thread screw M8×40	1	62	Rear cover decorating part (right)	1
11	Allen C.K.S full thread screw M10×35(8.8)	4	63	Side rail	2
12	Allen C.K.S full thread screw M8×15	1	64	PU handle bar left	1
13	Allen C.K.S half thread screw M10×60×20	2	65	PU handle bar right	1
14	Allen C.K.S half thread screw M10×55×25	2	66	Square cushion 35×30×t3.0×φ11	8
15	Allen C.K.S half thread screw M10×65×20	1	67	Column cushion	6
16	Allen C.K.S half thread screw M10×35×20	1	68	Feet pad	2
17	Allen C.K.S half thread screw M8×35×20	4	69	wheel	2
18	Allen C.K.S half thread screw M8×15	8	70	Round side guide	6
19	Allen C.K.S half thread screw M10×65×45	4	71	Wire buckle	2
20	Philips socket full thread screw M6×30	6	72	Power socket	1
21	Philips socket full thread screw M5×15(steel)	10	73	filter	1
22	Philips socket full thread screw M4×10(steel)	6	74	End cap	2
23	Philips C.K.S self-tapping screw ST4×12(steel)	14	75	Computer connecting part 0.0786 m ²	1
24	Philips C.K.S self-tapping screw ST4×16(steel)	14	76	Computer seal plate 0.012 m ²	2
25	Philips C.K.S self-tapping screw ST3×25	4	77	Flat sheet Φ6	4
26	Philips C.K.S self-tapping screw ST4×15	6	78	Philips C.K.S self-tapping screw ST4×40	14
27	Philips socket full thread screw M8×75(8.8)	3	79	Philips C.K.S self-tapping screw ST4×10	4
28	Flat sheet Φ8	4	80	Philips C.K.S self-tapping screw ST4×15	32
29	Flat sheet Φ10	13	81	Philips C.K.S self-tapping screw ST4×20	8
30	Lock sheet Φ5	5	82	Philips C.K.S self-tapping screw ST3×10	2

31	Plastic sheet $\Phi 5$	5	83	Philips socket full thread screw $M8 \times 20$	4
32	Hex lock nut M10	13	84	upper computer housing	1
33	Powder Metallurgy $\Phi 17 \times \Phi 10 \times 34$	2	85	Lower computer housing	1
34	Chock $\phi 35 \times \phi 22 \times t15.0$	2	Computer set		
35	2255CA console	1	35	2255CA console	1
36	Wire L-1300mm	1	35-1	2200 upper housing	1
37	Wire L-950mm	1	35-2	2300 lower housing	1
38	Wire L-450mm	1	35-3	blade	3
39	Handle pulse set	2	35-4	card	1
40	Handle pulse wire L-330MM	2	35-5	Fixed block left	1
41	inverter	1	35-6	Fixed block right	1
42	Safety key	1	35-7	MP3 cover plate	1
43	Power wire	1	35-1-1	Computer PCB	1
44	Power wire	1	35-1-2	Board	1
45	Connecting wire (ground wire)	1	35-1-3	Screen PCB board	1
46	Connecting wire (ground wire)	2	35-1-4	Keyboard PCB	1
47	switch	1	35-1-5	Screen overlay	1
48	fuseholder(with wire)	1	35-1-6	Key overlay	1
49	Power cord	1	35-1-7	Safety key metal plate	1
50	3620CA front roller	1	35-1-8	microswitch	1
51	1651EA rear roller	1	35-1-9	Safety lock thimble	1
52	motor	1	35-1-10	Safety key sticker	1



hattrick - pro

3200 COMMERCIAL TREADMILL

**THANK YOU FOR PREFERRING OUR PRODUCT.
WE HOPE YOU ENJOY IT**

This product you have already purchased in under the guarantee of the SPOR DÜNYASI. In case you have any problems with regard to installation or service, please do not hesitate to contact our technical service department by calling 0850 495 52 12.

Please e-mail us at info@spordunyasi.com.tr / teknikservis@spordunyasi.com.tr for all opinions, suggestions and complaints because your opinions are valuable for Spor Dünyası family.

Üretici & İthalatçı Firma Bilgileri (Manufacturer & Importer):

SPOR DÜNYASI Dış. Tic. A.Ş

Mahmutbey Mah. Turgut Cad. No:9 34217 Bağcılar / İSTANBUL

Tel: +90 212 446 94 94 Fax: +90 212 445 27 02

info@spordunyasi.com.tr

www.spordunyasi.com.tr