



hattrick®

BODYGYM-PRO



Corner Gym

User Manual

English

IMPORTANT DECLARATION:

First we are highly appreciated that you buy.

For your health and safe, before you exercise please consult from your doctor and define a appreciated exercise burden for yourself. Before using this equipment read carefully all related instructions and notice. In this way you gain more happiness during exercise. When you begin to use, our company think you have read use manual already.

After you buy this equipment, please fill carefully 'post-sale service warranty card' and keep it, meanwhile, post return receipt (stub) back to our company so that we provide better service for you.

This manual is the first edition 2011 of series products. The content of manual will change along with promotion of products, and we will not inform you.

All notice and instruction are in order to keep yoafe and use this equipment correctly. If not obeying the suggestion, take the consequence yourself.

After reading, the user must keep this manual in the place you can see it at anytime.

WARNING

1. Always keep unsupervised children and disabled away from the equipment.
2. Injury to health may result from incorrect or excessive training, please consult the coach to choose correct exercise method and proper burden.
3. Please adjust the load and equipment further (e.g. seat adjustment) before using.
4. Please check if the bolt and handrail are out of work before you start to use it.
5. When weight stacks, booms and other parts of this equipment are blocked, must handle with other people's assistance, in case that the weight stacks may suddenly drop and cause accident.
6. Adjust the length of the steel cable properly and never make the steel wire rope twist. After using the machine for a period, the owner shall check the steel cable to make sure no unusual phenomena in connecting. When meet any problems, please consult the professional maintenance personal at once.
7. Do not suddenly drop the weight stack. In order to avoid destroying other weight stacks, please raise it when the weight stacks nearly collide.
8. While using, forbid hands stretching into the weight stacks or the relative motion parts, so as not to injure the finger.
9. The machine should be located stably. A space of 2000mm*2000mm should be around the machine.
10. If you feel swirl, surfeit and other discomfort sense, Please stop exercising and go for doctor.
11. The equipment should be installed on stable even surface.
12. The machine shall only be used indoor and be avoid of moisture.
13. Wear right shoes and coat
14. Warm up before exercising
15. Don't use the equipment to do the impossible function
16. Please exercise under instruction by professional coach.
17. Inspect if the equipment is fastness before using
18. Any of the adjustment devices that could interfere with the user movement should not be left projecting.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

NOTICE:

1. Warm-up.....It needs warm-up for 5-10 minutes before starting exercise, for instance mark time, free-standing exercises etc., in order to move each joint muscle, so as not to injure the joint muscle while exercising.

2 DietEat some more protein, vegetables, and fruit. Begin to do exercises until 40 minutes after a meal. Taking food until half an hour after doing exercises and drink little water while doing exercise.

3. Breath.....Breathe in while exerting oneself, exhale while relaxing. To coordinate breathe with movement.

4 Frequency...It needs to take a rest over 48 hours before exercising the same muscle.

5 Burden.....Exerciser should choose suitable weight according to one's own actual conditions, make sure not to be overweight, so as not to cause the muscle to draw wounded. Exercises should according to the progressive principle; it is normal to feel ache while exercise for the first time.

REGULAR MAINTENANCE

1. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;

2. Pay special attention to components most susceptible to wear.

3. Replace defective components immediately and /or keep t he equipment out of use until repair;

4. This equipment should carry on regular maintenance according to the following chart:

MAINTENANCE	EVERYDAY	EVERY WEEK	THREE MONTHS
Check: connecting, bolt, Weight stack bolt	√		
Clearance: cushion and cover	√		
Lubrication: place of sliding			√
Check: bolt if tighten		√	
Lubrication: Bracket of bearing			√

INSTALL SKETCH MAP

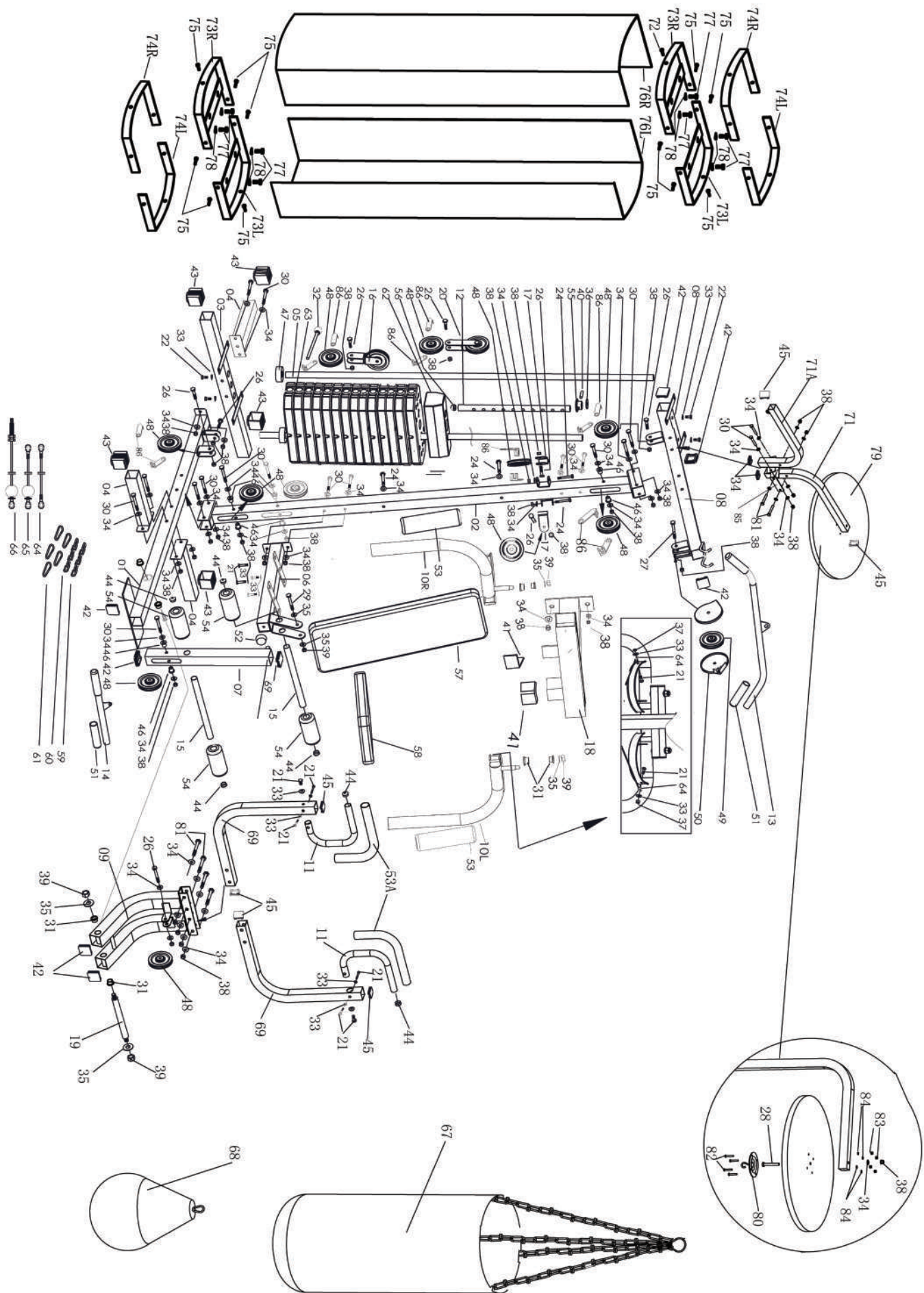
Let assembly become easier

All the content of user's manual is to assured the strength training machine can be installed more easily

Reading the details and instructions before installing:

1. Because the size and weight of equipment is so large, Please choose the installed place near the desired station and assured there is enough space to exercise
2. All parts can be put on the clear area, then backout the wrapper. And the wrapper can't be through away before installation finished.
3. Screw the bolt tightly except the additional instruction
4. All parts must be installed according the illustration indication.
5. Installation work can be finished by tow men
6. Identify all parts by part identify chart

EXPLODED DIAGRAM

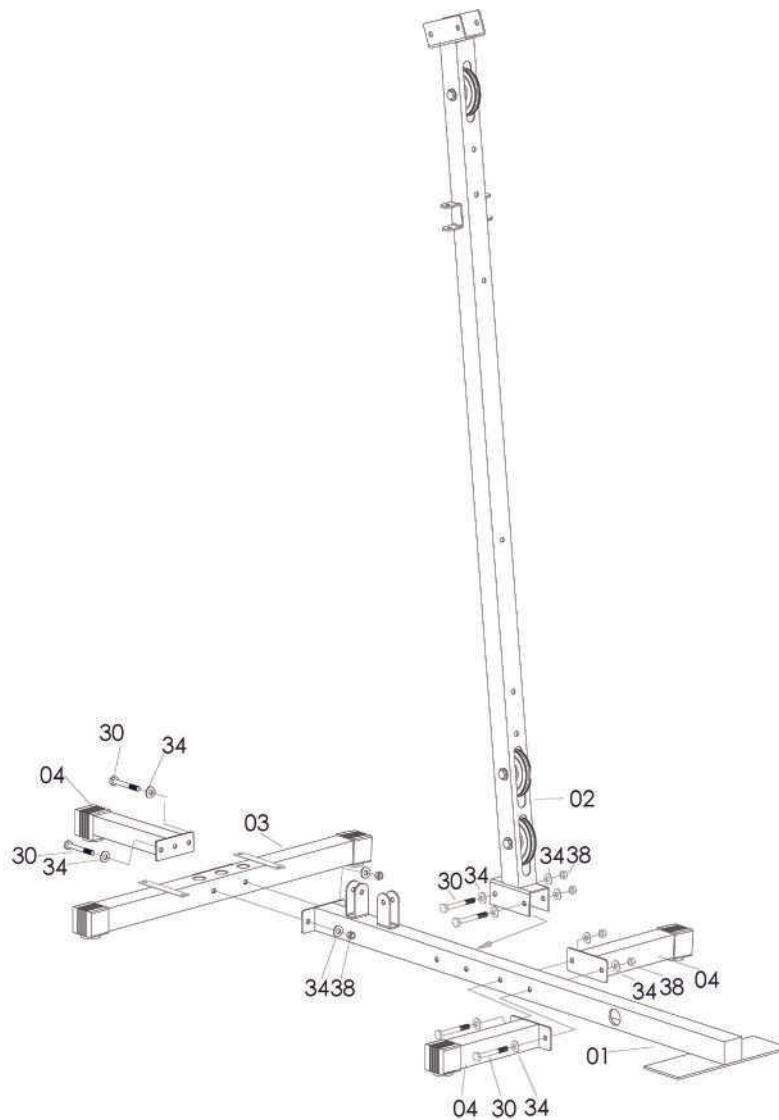


PARTS LIST

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Base frame	1	45	□38 cap	8
2	Upright Support Tube	1	46	Plastic Bushing	8
3	Rear frame	1	47	Rubber Ring	2
4	Front frame	2	48	Pulley	13
5	Guiding tube	2	49	Small Pulley	1
6	Seat frame	1	50	Cap for small Pulley	2
7	Leg curl tube	1	51	Hand grip	4
8	Bridge tube	1	52	Rubber Stopper	1
9	Pull unit	1	53	Foam for Arm	2
10L	Butterfly Arm - Left	1	53A	Foam for Hand	2
10R	Butterfly Arm - Right	1	54	Foam for Leg	4
11	Handle bar	2	55	Bushing for Weight stack	1
12	Select bar	1	56	Select tube cap	1
13	Lat bar	1	57	Back rest pad	1
14	Lower bar	1	58	Seat pat	1
15	Foame tube	2	59	Chain 6 links	1
16	Two way bracket for pulley	1	60	Chain 7 Links	1
17	Pulley bracket	2	61	Hook	5
18	Butterfly Support Frame	1	62	Weight Stack 8 Lbs	1
19	Axle for pull unit	1	63	Weight Stack 10 Lbs	14
20	Bracket for pulley	1	64	Cable for Butterfly Arm	1
21	Hex Head bolt M8X15mm	6	65	Cable for Butterfly Arm	1
22	Hex Head bolt M8x20mm	10	66	Cable for Lower Pull Bar	1
24	Hex Head Bolt M10 x 65mm	2	67	Punch bag	1
25	Hex Head Bolt M10 x 60mm	2	68	Punch ball	1
26	Hex Head Bolt M10 x 40mm	10	69L	Push Arm	2
27	Hex Head Bolt M10 x 45mm	1	71	Punch ball Frame	1
28	Hex Head Bolt M10 x 75mm	1	71A	Punch Bag Frame	1
29	Hex Head Bolt M12x 75mm	1	73L	Bracket for Cloth Cover - Left	2
30	Hex Head Bolt M10 x 70mm	15	73R	Bracket for Cloth Cover - Right	2
31	Powder Metal Ring φ16	8	74L	Left Velcro	2
32	Select Pin	1	74R	Right Velcro	2
33	Flat Washer OD16XID9	16	75	Screw φ6	12
34	Flat Washer OD20XID11	51	76L/R	Cloth Cover for Left/Right	2
35	Flat Washer OD24XID13	6	77	Hex Head Bolt M8 x10mmL	8
36	Flat Washer OD45XID12.5	1	78	Washer	8
37	M8 Nylon Nut	2	79	Boxing Ball Plate	1
38	M10 Nylon Nut	34	80	Ball Hook	1
39	M12 Nylon Nut	5	81	Hex Head Bolt M10x50	6
40	Fixed pin for weight stack	1	82	Half Round Bolt M6X35	4
41	"L" plastic cap	2	83	M6 Nylon Nut	4
42	□50 inside cap	10	84	Washer M6	4
43	Foot cap	5	85	Punch Strengthen Plate	1
44	Φ25 inside Cap	6	86	Pully Cover	16

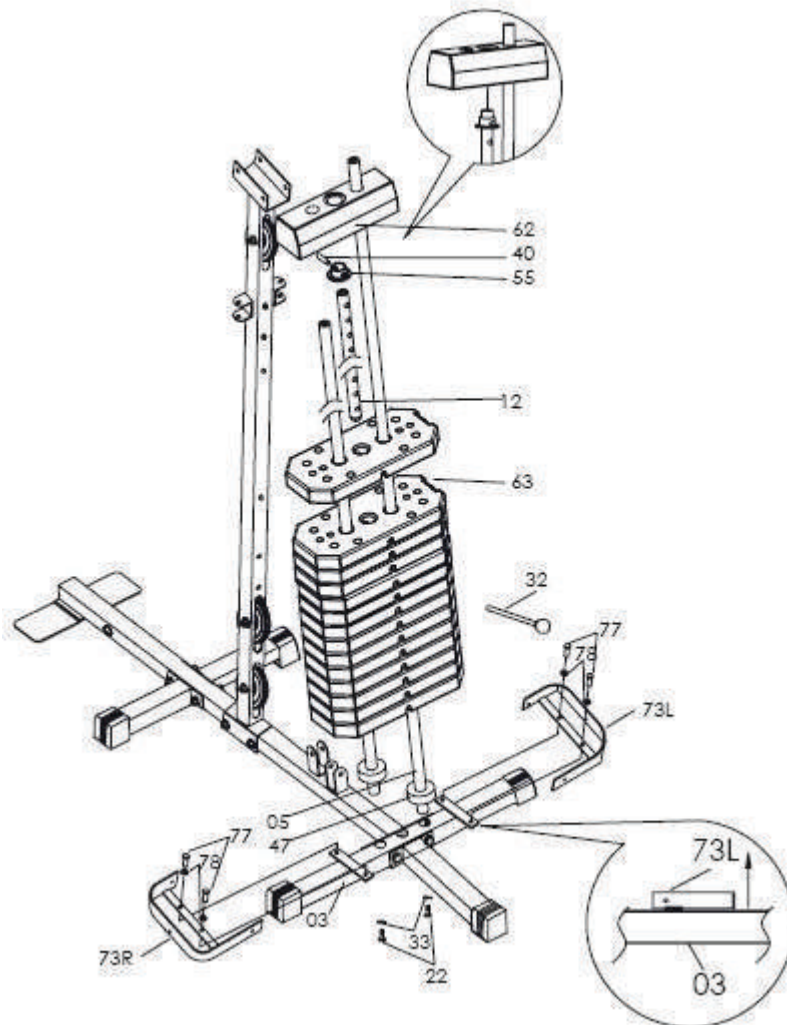
Assembly Instructions

Step 1



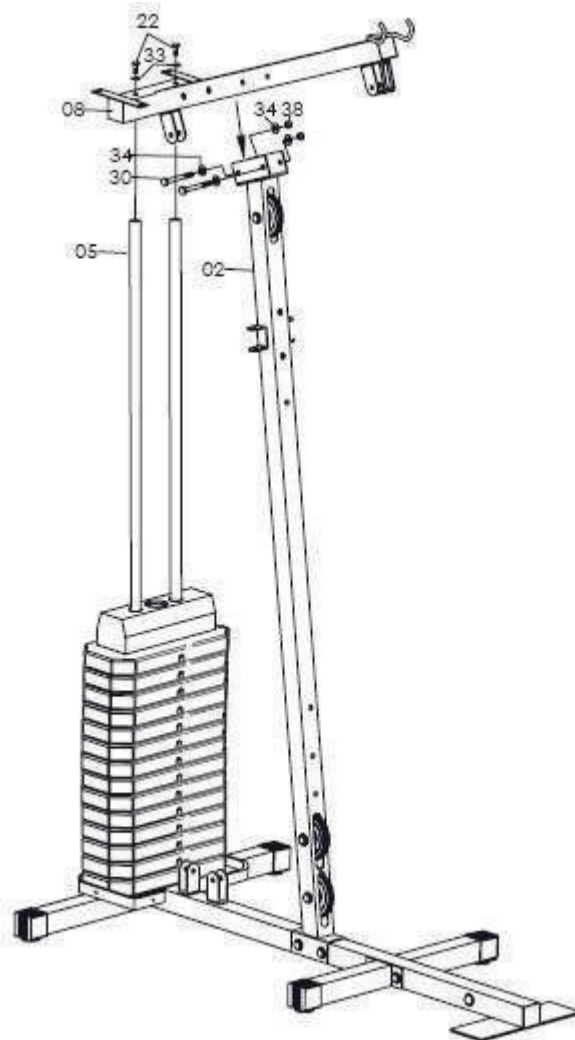
- 1) Attach the Rear Stabilizer (3) to the Base Frame (1) and tighten by 2 X Hex Head Bolt (30), 4 X Washer (34) and 2 X Nylon Nuts (38).
- 2) Attach the Front Stabilizer (4) to the Base Frame (1) and tighten by 4 X Hex Head Bolt (30), 8 X Washer (34) and 4 X Nylon Nuts (38).
- 3) Attach the Upright Support Tube (2) to the Base Frame (1) and tighten by 2 X Hex Head Bolt (30), 4 X Flat Wahser (34) and 2 X Nylon Nuts (38).

Step 2



- 1) Connected the Bracket of Cloth Cover (73R) to the Rear frame with 2X Bolts(77) and 2X Washers(78). Repeat in the same manner to connected the Bracket for Cloth Cover(73L).
- 2) Slide both Guiding Tube (5) through Rubber Ring (47) into the 2 holes on the Rear Stabilizer (3), tighten from the bottom side by 2 X Curve Washer (33) and 2 X Hex Head Bolt (22).
- 3) Place the Weight Stack (63) into the Guiding tube (5). (Watch out personal safety)
- 4) Place the Bushing for Weight Stack (55) onto the Select Bar (12) and fixed by the Fixed Pin (40). Then place the Weight Stack (62) upper the Select Bar (12) and place the Flat Washer (36) upper the Weight Stack (62).
- 5) Insert the Select Pin (32) through the Weight Stack (63) into the hole of Select Bar (12).

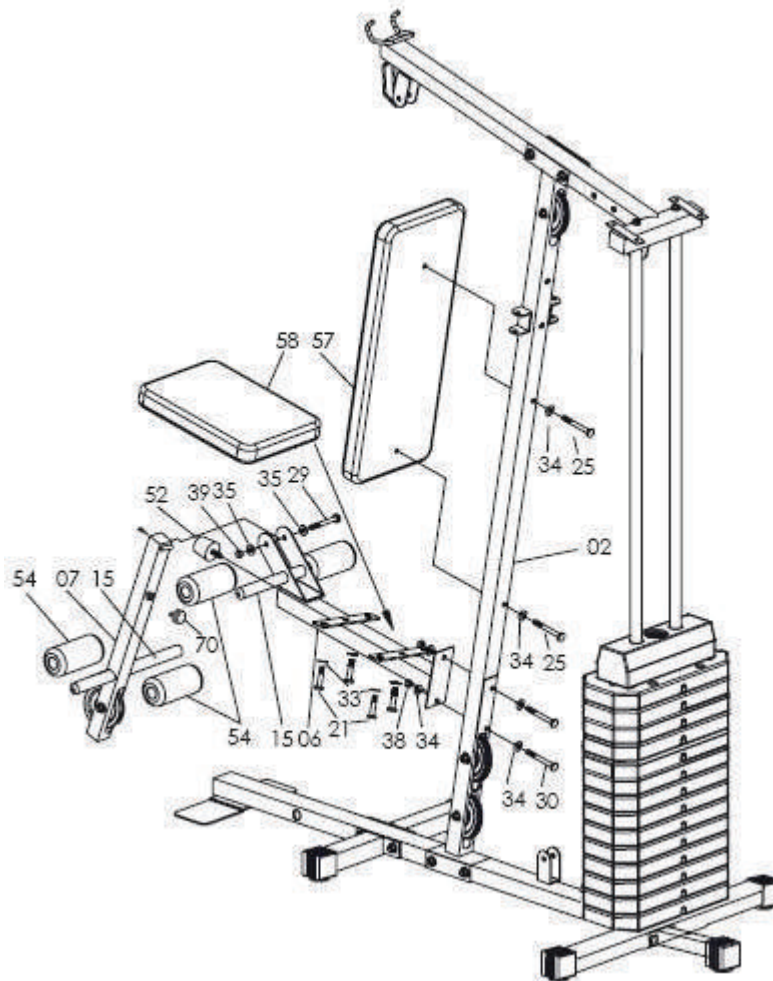
Step 3



1) Place the Guiding Tube (5) into the Bridge Tube (8) and tighten by 2X Flat Washer (33) and 2 X Hex Head Bolt (22).

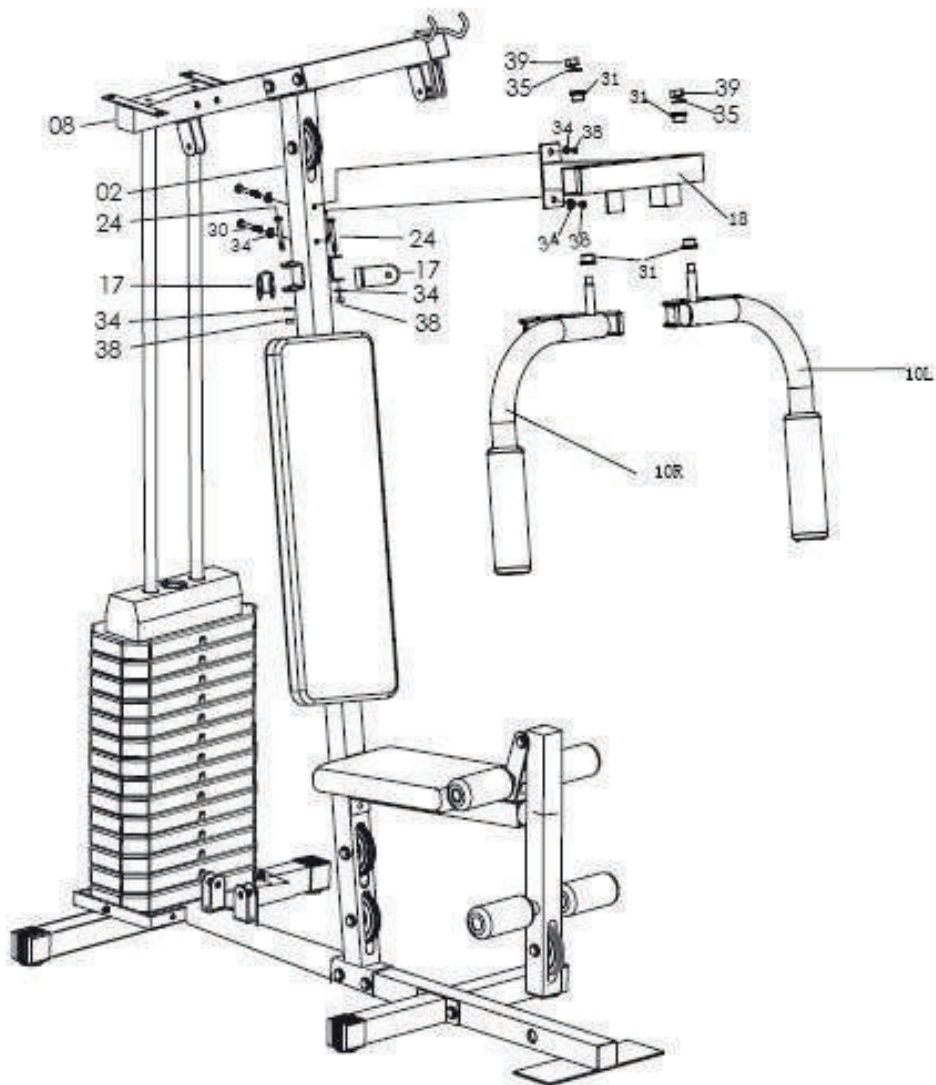
2) Attach the Bridge Tube (8) to the Upright Support Tube (2) and tighten by 2 X2Hex Head Bolt (30), 4X Flat Washer (34) and 2 X Nylon Nuts (38).

Step 4



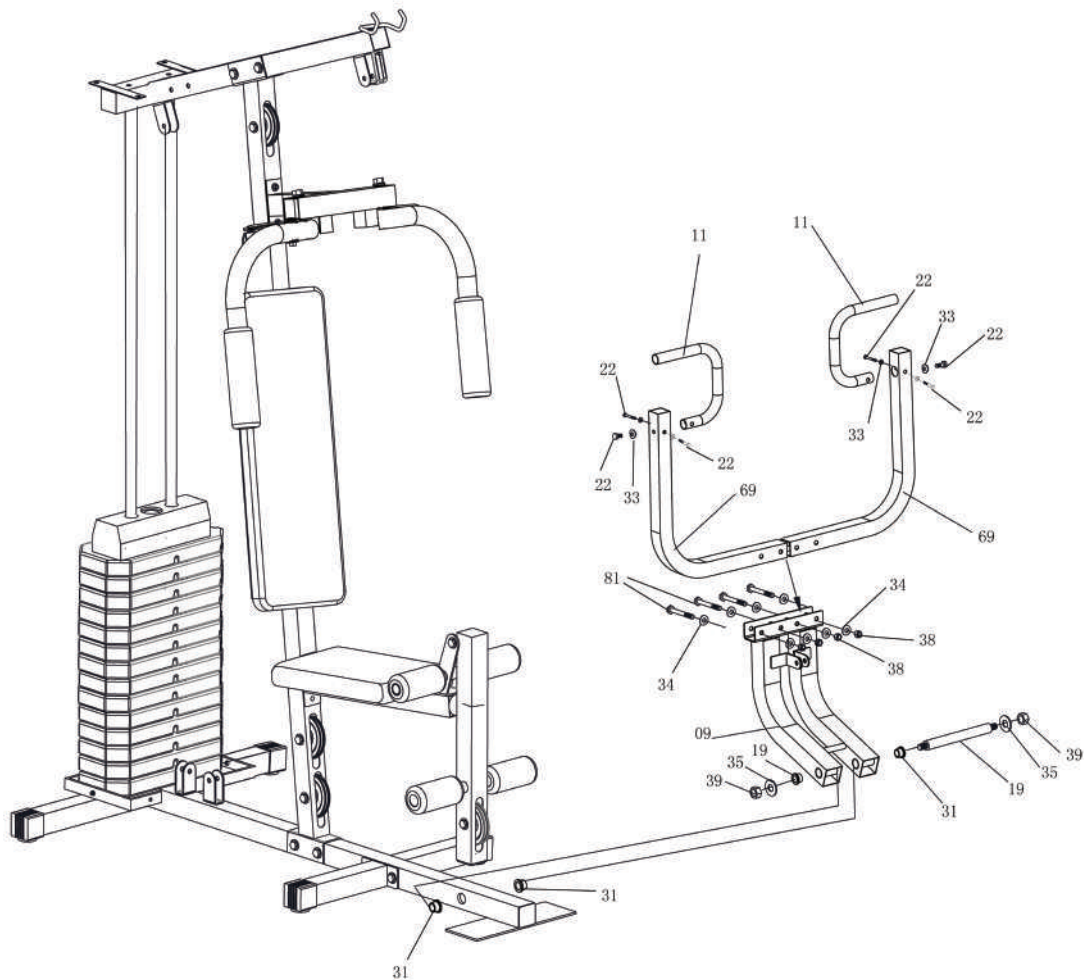
- 1) Attach the Seat Support Tube (6) to the Upright Support Tube (2), tighten by 2 X Hex Head Bolt (30), 4 X Curve Washer (34) and 2 X Nylon Nuts (39).
- 2) Attach Backrest Cushion (57) into Upright Support Tube(2), tighten by 2 X Hex Head Bolt (25) and 2 X Flat Washer (34) through the thread holes on the Backrest Cushion (57).
- 3) Attach the seat (58) to Seat Support Tube(6) tighten by X2 Hex Head Bolt (21) and X2 Flat Washer(33) through the thread holes on the back side of Seat (58).
- 4) Screw-in the Small Rubber Stopper (52) into the front side of Seat Support Tube (6).
- 5) Attach the Leg Curve Tube (7) to the front side of Seat Support Tube (6), tighten by X1 Hex Head Bolt (29), X2 Flat Washer (35) and X1 Nylon Nut (39).
- 6) Attach the Foam Tube for Leg Curl (15) into the holes on Leg Curl Tube (7) and front/upper bracket of Seat Support Tube (6).
- 7) Attach the Foam for Leg Curl Tube (54) onto the 2 sides of each Foam Tube for Leg Curl (15).

Step 5



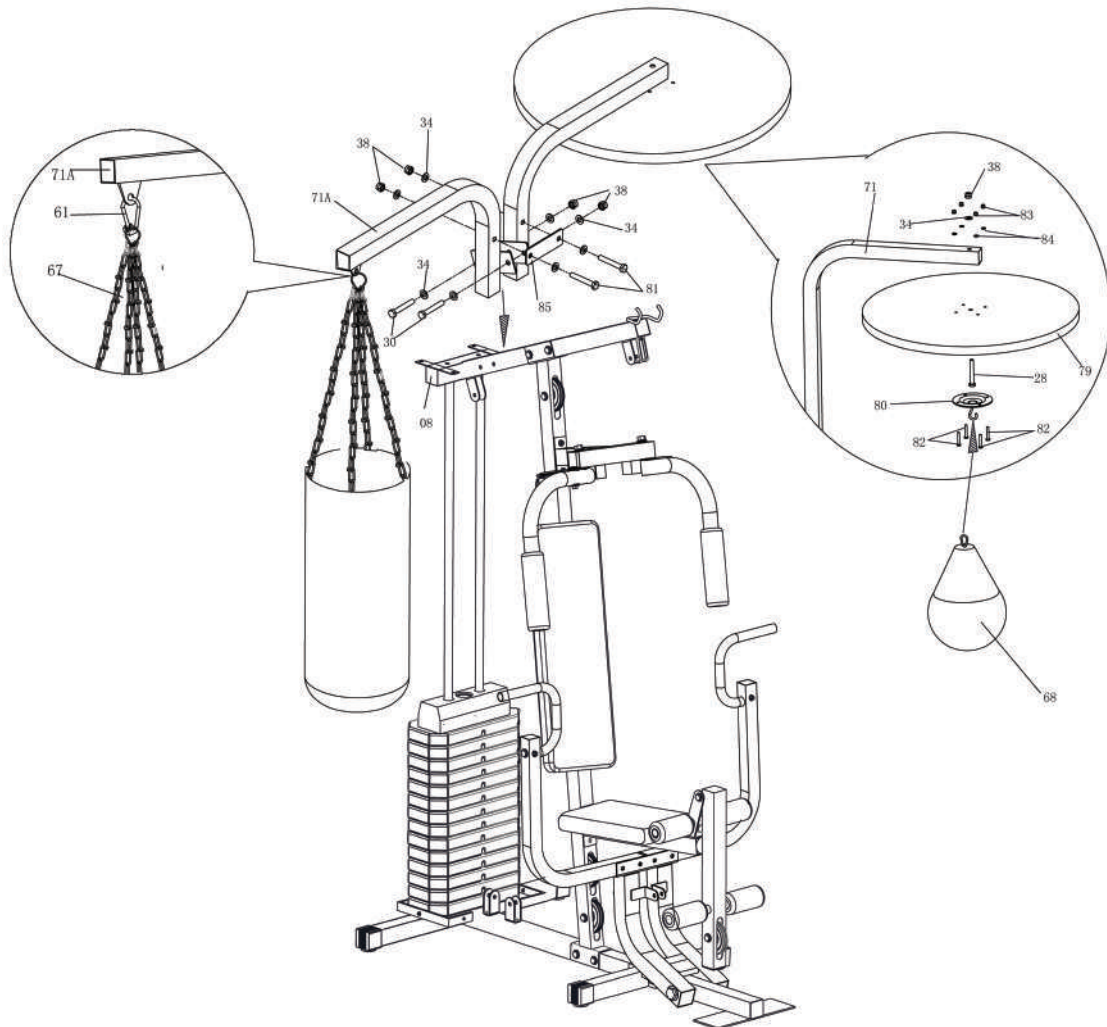
- 1) Attach the Butterfly Support frame (18) to Main Frame(02) using 2 X Hex Bolt(30), And 4 X washer(34) and 2 X Nylon(38).
- 2) Connect the Butterfly Arm Left(10L) to the Butterfly Support Frame(18) with 2 X Powder Metal Ring (31) ,1 X washer(35) and 1 X Nylon Nut(39). Do the same procedure for the Butterfly Arm L (10R) to to the Butterfly Support Frame(18) by same parts.
- 3) Install 2 X Pulley Bracket(17) to Main Frame(02) tighten by 2 X Hex Bolt(24) ,4 X washer (34) and 2 X Nylon Nut(38).

Step 6



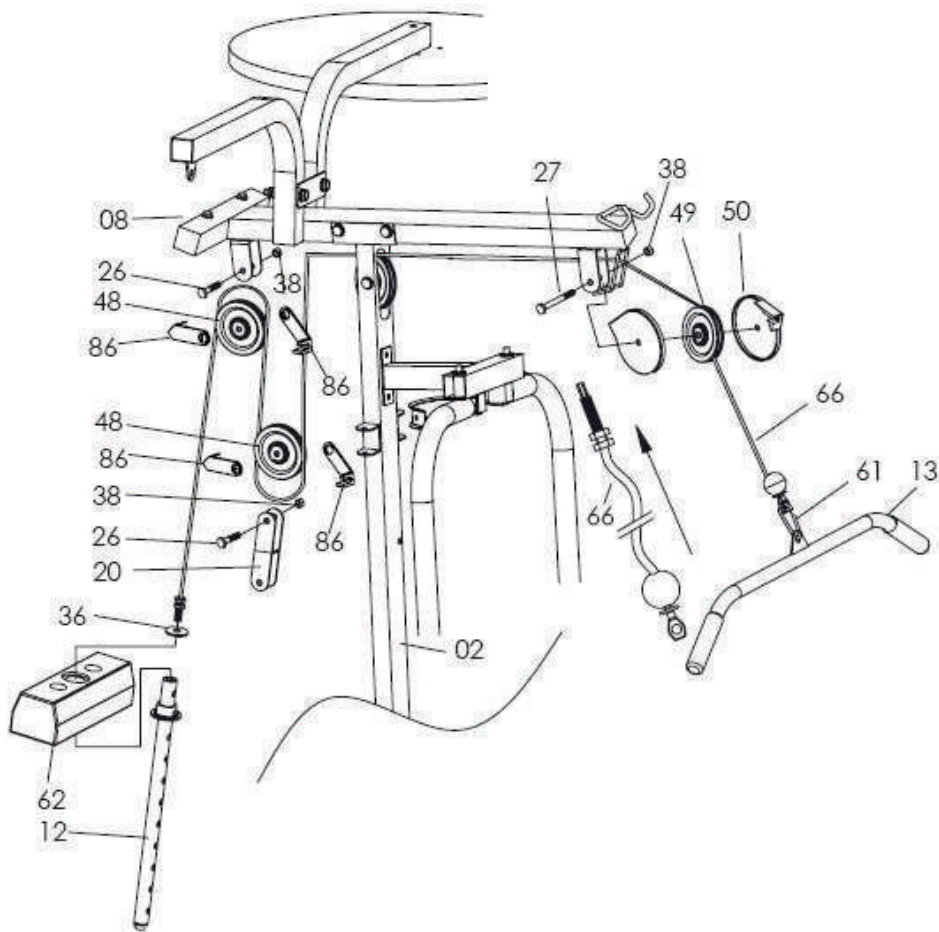
- 1) Attach the Pull Unit(09) to the Base Frame(01) tighten by 1 X Axle for pull unit (19), 4 X Powder Metal Ring (31), 2 X washer (35) and 2 X Nylon Nut(39).
- 2) Connect the Push arm(69) to the Pull Unit(09) tighten by 2 X Hex Bolt (81) ,4 X washer (34) and 2 X Nylon Nut(38). Do the same procedure for the other side.
- 3) Insert the Handle bar(11) into the Push arm and securely tighten with 3 X Hex bolt (22) and 1X washer (33).Do the same procedure for the other side.

Step 7



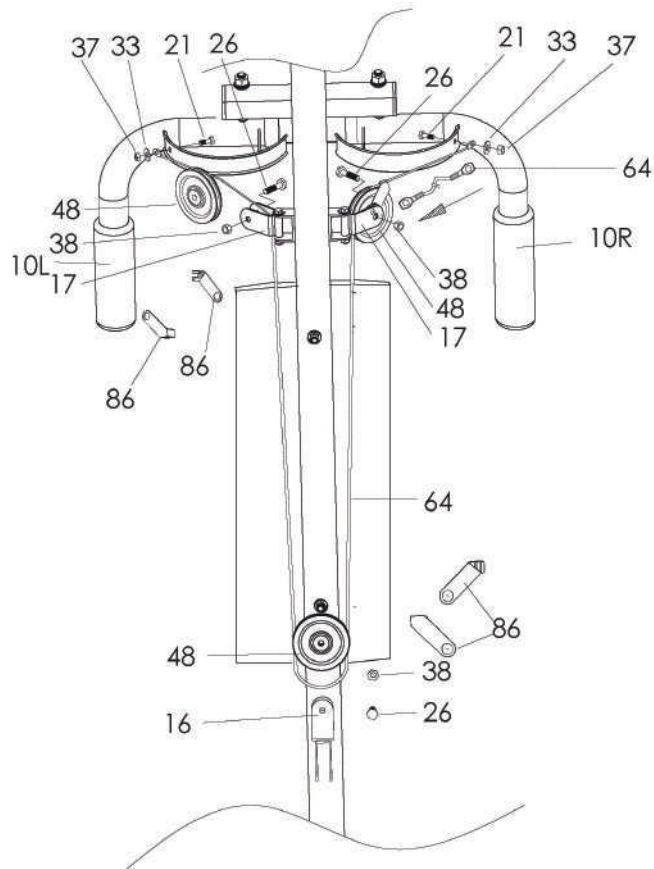
- 1) Attach the Punch ball frame (71) and Punch bag frame(71A) to Bridge Frame(08) tighten by 2 X Hex Head Bolt(30),4 X Washer(34) and 2 X Nylon nu(38).
 - 2) Attach the Punch strengthen Plate (85) to Punch frame(71) tighten by 2 X Hex Head Bolt(81),4 X Washer(34) and 2X Nylon nu(38).
 - 3) Connect Punch bag(67) to Punch bag frame(71A) with Hook(61).
 - 4) Connect the Punch ball plate(79) to Punch ball frame (71) with 1X Hex Bolt(28) ,1X washer (34) and 1 X Nylon Nut(38). And Attach the Ball Hook(80) to the Punch Ball Plate (79) using 4 X Bolt (82),4 X washer (84) and 4 X Nylon Nut(83).
- Finally , hang up the Punch Ball(68).

Step 8



- 1) Attach the Cable for Lower Pull Bar (66) to the opening bracket at the front of the Bridge Tube (8). Note: The ball stopper of the Cable (66) should be underneath the Bridge Tube (8). Attach the Cable (66) onto the Small Pulley (49) and put the Cap for Small Pulley (50) to the two side of Small Pulley (49). Note: The Cable (66) has to come out of the Cap (50) from the opening sides. Tighten to the bracket by 1X Hex Head Bolt (27) and 1X Nylon Nut (38).
- 2) Draw the Cable (66) towards the back side of the machine through the upper opening of Upright Support Tube (2) and around Pulley (48), then attach the Pulley (48) onto bracket A as drawing, tighten by 1 X Hex Head Bolt (26) and 1 X Nylon Nut (38).
- 3) Draw the Cable (66) downwards and around Pulley (48). Attach the Pulley (48) and 2 X Pulley cover(86) with the Bracket for Pulley (20) on two sides then tighten by 1 X Hex Head Bolt (26) and 1X Nylon Nut (38).
- 4) Draw the Cable (66) upwards and around Pulley (48). Attach the Pulley (48) to bracket (20) and tighten by 2 X Pulley cover(86) , 1X Hex Head Bolt (26) and 1 X Nylon Nut (38).
- 5) Draw the Cable (66) downwards between the two Guiding Tube (5) and fully thread the bolt on the end of the Cable (66) into the top opening on the Select Bar (12).
- 6) Attach the Lat Bar (13) to the front end of the Cable (66), connect by Hook (61).

Step 9



- 1) Attach one end of the Cable for Butterfly Arm (64) to the hook on the Right Butterfly Arm (10R), tighten by 1 X Hex Head Bolt (21), 1X Flat Washer (33) and 1X Nylon Nut (37).
- 2) Draw the Cable (64) around the Pulley (48) then attach the Pulley (48) to the Pulley Bracket (17) on right side of the Upright Support Tube (2), tighten by 2 X Pulley cover(86), 1 X Hex Head Bolt (26) and 1 X Nylon Nut (38).
- 3) Draw the Cable (64) downward and around the Pulley (48), attach the Pulley (48) to the upper part of Two Way Bracket for Pulley (16) and tighten by 2 X Pulley cover(86) ,1X Hex Head Bolt (26) and 1X Nylon Nut (38).
- 4) Draw the Cable (64) upward and around Pulley (48). Attach Pulley (48) to the Pulley Bracket (17) on the left side of the upright Support Tube (2), tighten by 2 X Pulley cover(86), 1XHex Head Bolt (26) and 1X* Nylon Nut (38).
- 5) Attach the other end of Cable (64) to the hook on the Left Butterfly Arm (10L), tighten by 1X Hex Head Bolt (21), 1X Flat Washer (33) and 1X Nylon Nut (37).



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**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

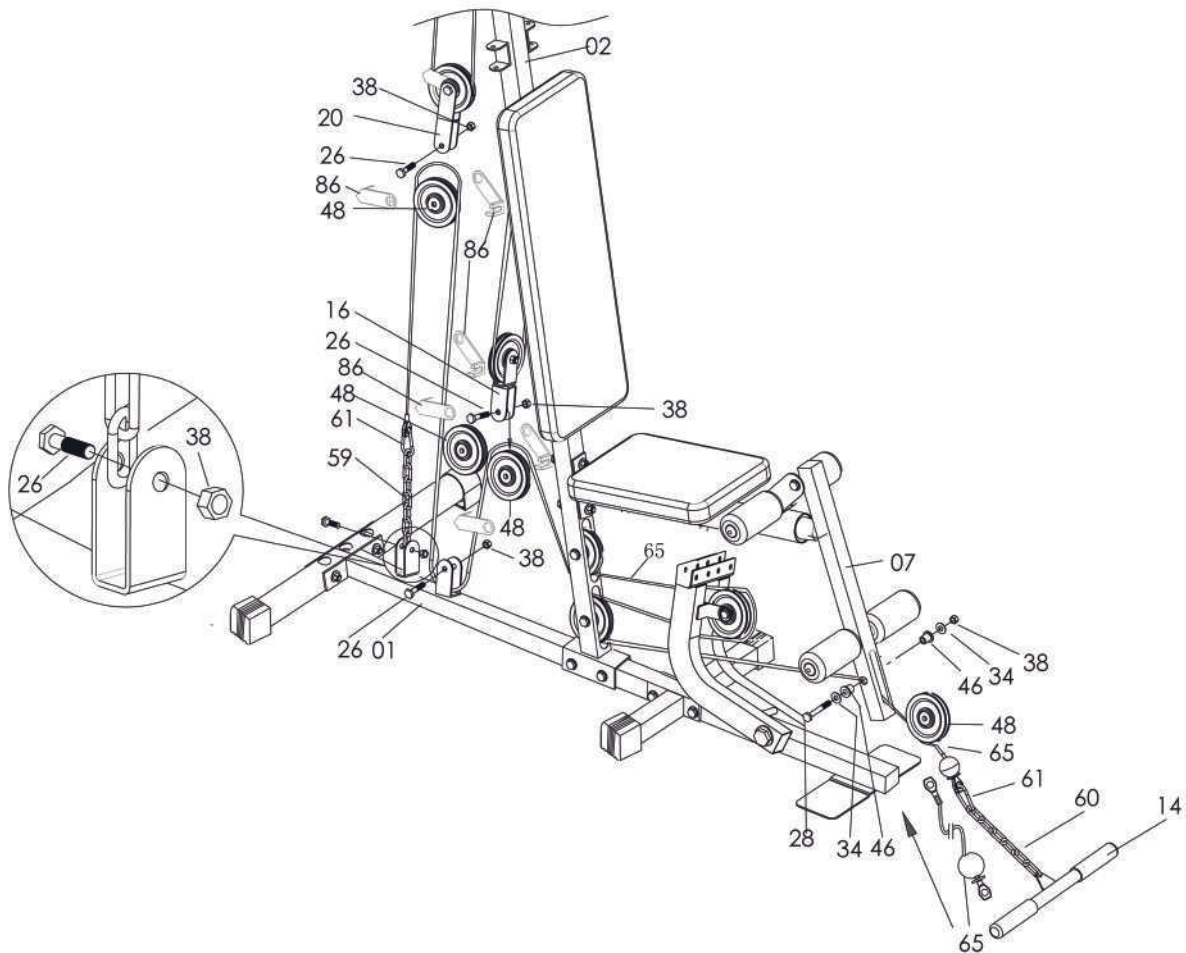
Mahmutbey Mah. Turgut Cad. No:9 34217 Bağcılar / İSTANBUL

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

info@spordunyasi.com.tr

www.spordunyasi.com.tr

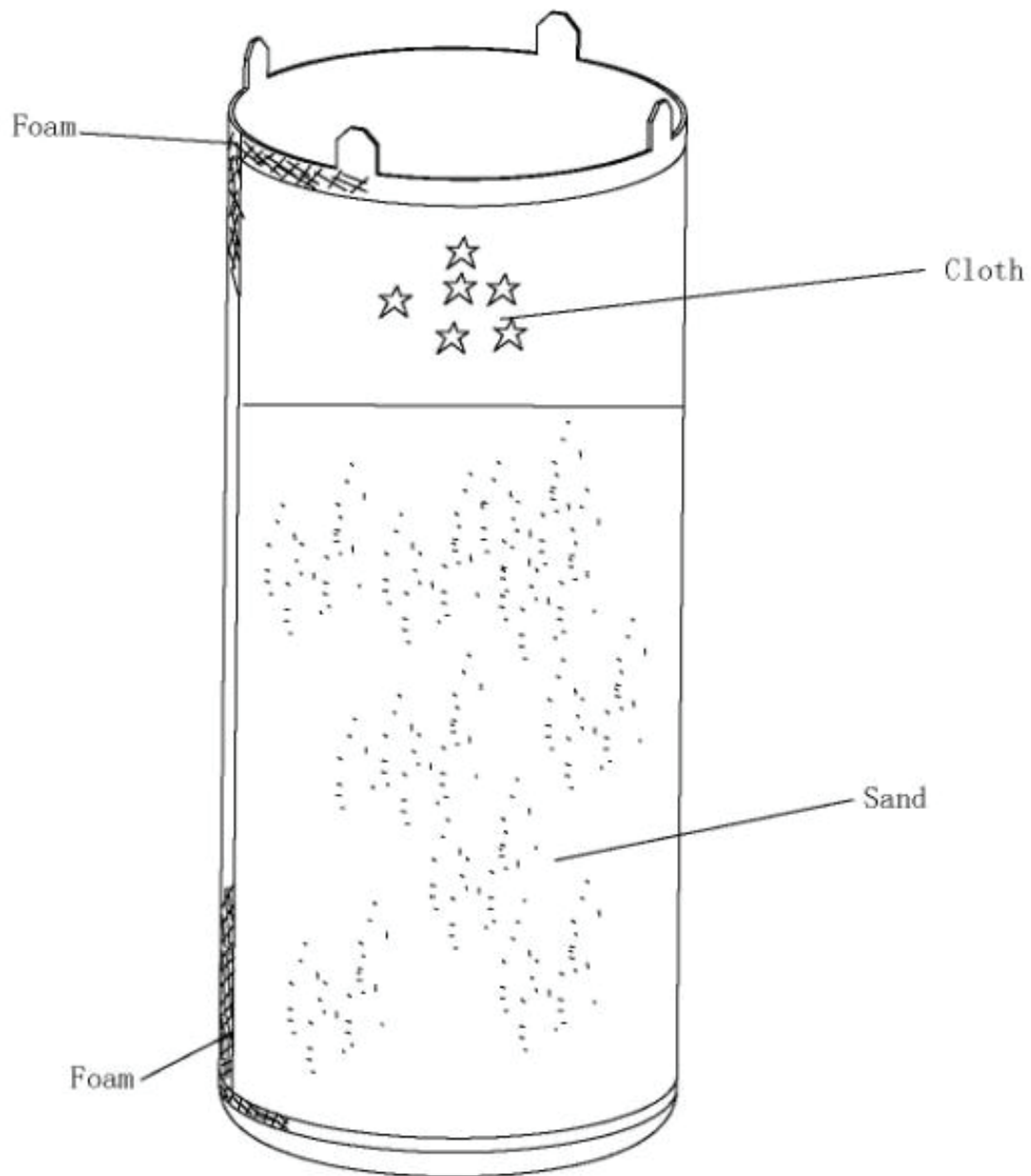
Step 10



- 1) Attach the end with stopper ball of Cable for Lower Pull Bar (65) to the open bracket of Leg Curl (7), around the under side of Pulley (48), tighten the Pulley(48) with the bracket by 1X Hex Head Bolt (28) through 2 X Plastic Bushing (46) (each side), 2 X Flat washer(34) (each side) and 1X Nylon Nut (38).
- 2) Draw the Cable (65) through the opening space on the lower part of Upright Support Tube (2), around the Pulley (48) from under side then attach the Pulley (48) and 2 X Pulley cover(86) to Bracket on the Base Frame (1), tighten by 1 X Hex Head Bolt (26) and 1 X Nylon Nut (38).
- 3) Draw the Cable (65) upward and around the upper side of Pulley (48). Attach the Pulley (48) 2 X Pulley cover(86)to the under side of the Bracket for Pulley (16), tighten by 1 X Hex Head Bolt (26) and 1 X Nylon Nut (38).
- 4) Draw the Cable (65) downward and around the under side of Pulley (48). Attach the Pulley (48) 2 X Pulley cover(86)to bracket on the Base Frame (1) and tighten by 1XHex Head Bolt (26) and1 X Nylon Nut (38).
- 5) Draw the Cable (65) upward and around the upper side of Pulley (48). Attach the Pulley (48)and 2 X Pulley cover(86) to the under side of Bracket for Pulley (20) set and tighten by 1X Hex Head Bolt (26) and X1 Nylon Nut (38).
- 6) Draw the Cable (65) downward and connect with bracket on Base Frame (1) by Chain 6 Links (59) and 1X Hook (61). Note: Adjust the Cable (65) to be tighten enough and lock on certain position of Chain (59) by Hook (61).
- 7) Attach the Lower Pull Bar (14) to the front end of Cable (65), connecting by Chain 7 Links (60).

Warning: Make sure all bolt and nylon nut are tighten enough before using the machine.

How to fill up the punching bag



step 1: attach the foam inside of the bag bottom, and around the bag .

step 2: fill sand in the bag

step 3: fill cloth in the bag

step 4: attach the foam to the cloth upper

step 5: close the bag

