



hattrick-pro

COASTER S USER MANUAL



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IMPORTANT SAFETY INFORMATIONS

IMPORTANT: Please read and follow all instructions throughly before using your Coaster.

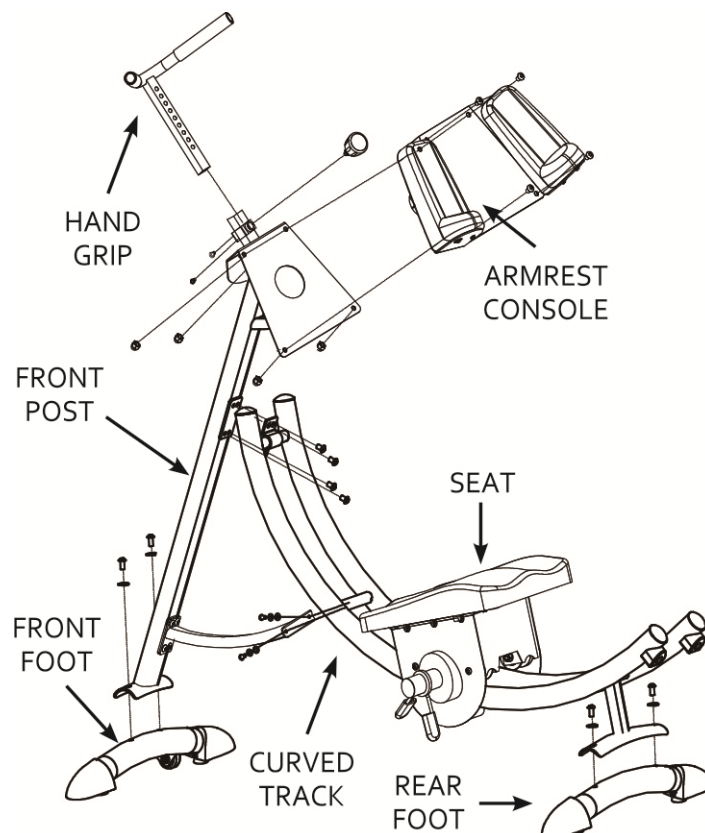
- Always use caution when getting on and off Coaster. Read instructions about proper ways to get on and off Coaster.
- Keep body parts, hands and feet away from the seat, wheels and curved track while using the Coaster. Severe injury can result if body parts, hands or feet are placed on track while someone is using the unit.
- Keep the Coaster out of reach the children. The Coaster is not a toy and is not meant to be used by or near children and pets. Please keep children and pets away from the Coaster and during use, as well as when the product is left unattended. If you have children, it is your responsibility to ensure that they do not place any part of their body such as their fingers near the unit while you are exercising.
- Consult your physician before beginning any exercise of diet program, especially if you have concern about your physical and fitness levels and overall suitability for exercising with the Coaster.
- If you experience any pain or unusual discomfort during exercising, stop your workout at once and consult a physician before continuing.
- When using the Coaster, follow the instructions provided in this booklet. Do not use the product for any other exercises or motions which are not contain herein.
- Only use the Coaster on a flat, stable surface. Do not use the Coaster on a small area rug that may tend to move while exercising.
- Do not attempt to use the Coaster without resting your arms on the arm rest and holding onto the handles.
- Do not pick up the Coaster to move it. Follow the instructions in this booklet for moving the Coaster.
- Do not leave the Coaster in the direct sun for extended periods of time.
- Use only accessories and attachments recommended by the manufacturer. Use of any other attachments or any other accessories not recommended by the manufacturer will void the warranty and could possibly cause serious personal injury or damage to you and the unit.
- Always choose the proper workout level which best suits your physical strength and flexibility.
- Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding your exercise program, please see your physician.

- Do not use the Coaster if it is damaged in any manner. Inspect before each use. Failure to observe this warning could result in personal injury while exercising.
- Use the machine only for intended use as described herein. Do not modify the machine.
- Do not replace any parts with parts from other equipments or other manufacturers. Use only parts provided by the manufacturer.
- This product is intended for residential and light institutional use only (eg, personal training studios, hotel fitness centers and fitness facilities under 4000 square feet)

SAVE THESE INSTRUCTIONS AND ENSURE THAT OTHER EXERCISERS READ THESE INSTRUCTIONS PRIOR TO USING THE COASTER FOR THE FIRST TIME

ASSEMBLY INSTRUCTIONS:

Your Coaster® has been throughly inspected and partly assembled before shipment. You will need to take a few additional steps as described below to complete assembly. If you have any questşon please call our customer services.



Step 1: Attach rear foot.

Step 2: Attach front foot.

Step 3: Attached front post.

Step 4: Attach armrest console.

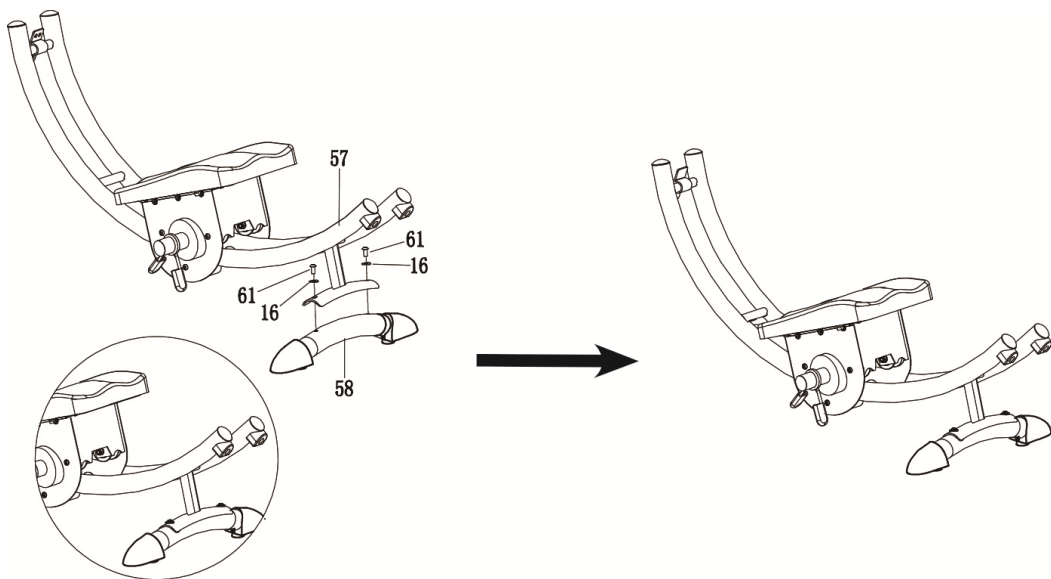
Step 5: Attached handgrip to armrest console

Step 6: Tighten all bolts and screws,adjust levelers.

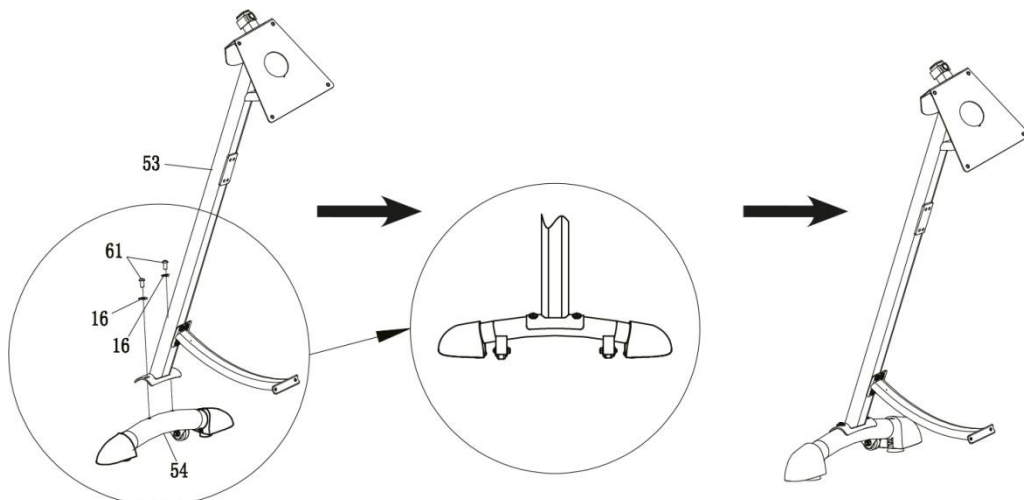
IMPORTANT: Remove all parts from packing and inspect for damage.

Retain packing materials if possible.

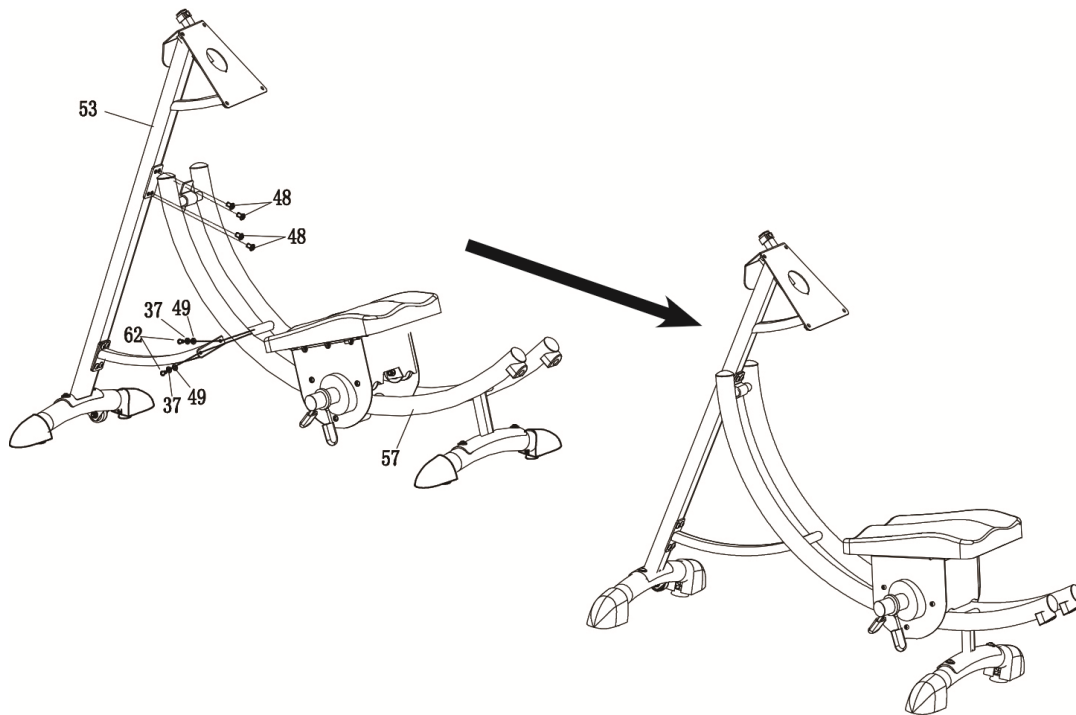
Step 1: Attach rear foot (without wheels) to rear of curved track.Do not completely tighten bolts with tool until unit is fully assembled. Use the 2 bolts in package marked for step 1.



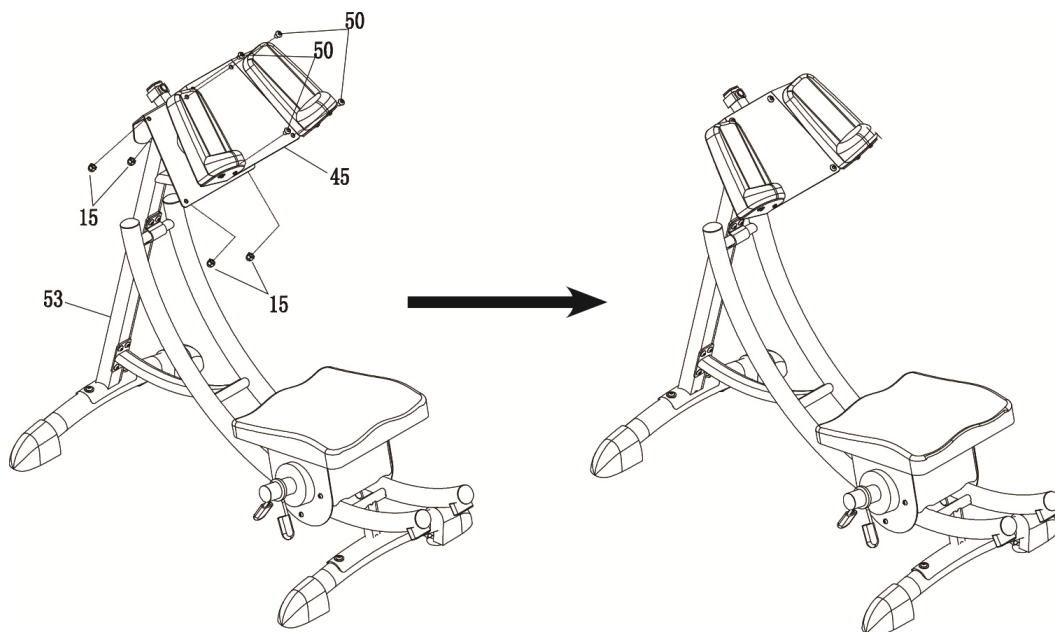
Step 2: Attached front foot (with wheels) to front post using the 2 bolts in package marked for step 2. Do not completely tighten bolts with tool until unit is fully assembled.



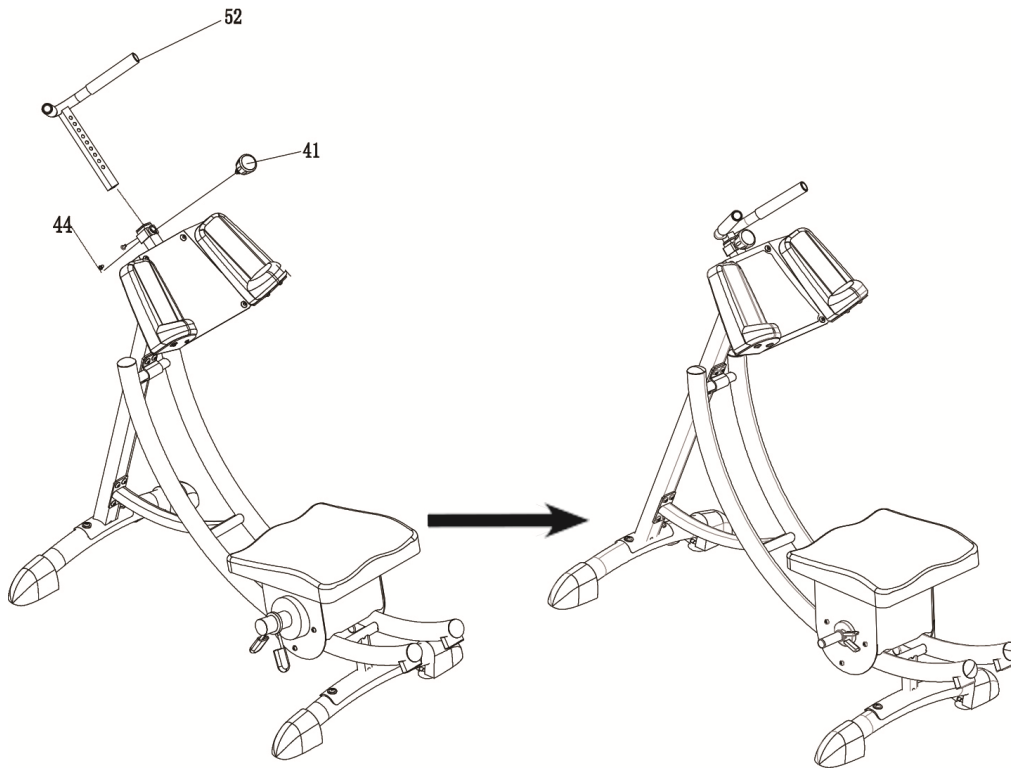
Step 3: Attach front post to Coaster track in 2 locations as shown in diagram. Prior to fastening, (using 6 allen head screws) make sure holes are properly aligned. Do not completely tighten bolts with tool until unit is fully assembled.



Step 4: Attach armrest console to top of front post using the 4 allen head screws.



Step 5: Attach handgrip to armrest console.



Adjustable Handgrip:

Insert adjustable handgrip into slot as shown and attached with screw in back and secure with pop pin in front.



Adjusting the Hand Grip

To adjust hand grip, pull up on pop-pin and move grip up or down.

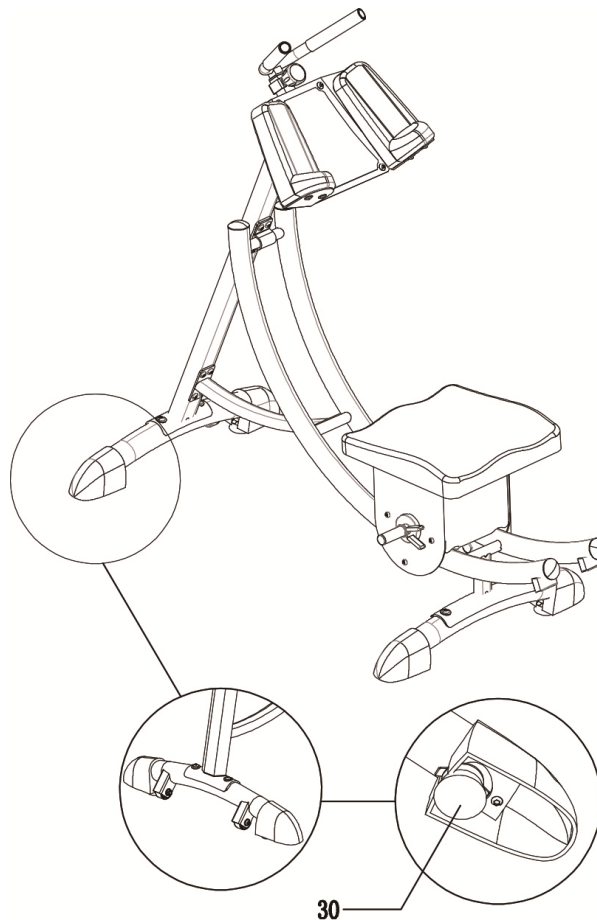
Then secure the grip by releasing pop-pin into the hole.

Make sure hand grip is secure before using.

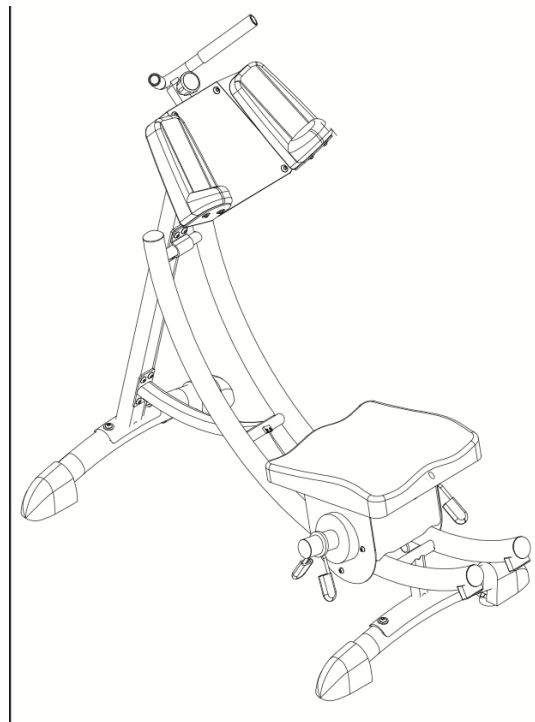


Step 6: Tighten all bolts and screws using tools provided. Now you may safely cut the strap that secures the SEAT. (The strap with the caution label says Do Not Cut).

Adjust levelers located under front and rear feet as needed.



Step 7: The assembly process is now complete.



GETTING ON AND OFF THE COASTER



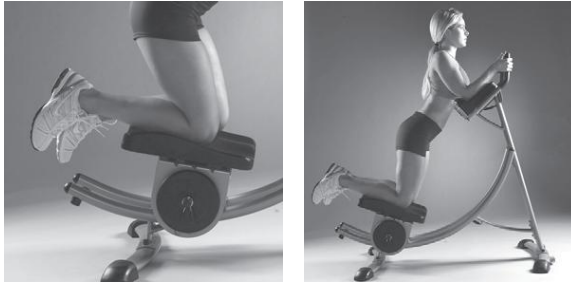
STEP 1: Make sure the coaster is placed on a flat, stable surface.

STEP 2 : Approach the Coaster from the side, not the back, of the unit.

STEP 3: Adjust handgrip and place forearms and elbows on arm pads. Grasp handles to maintain your balance.

STEP 4: While grasping handles, places knees on seat so that your feet are hooked on the back edge of the seat. You are now ready to exercise.

!! WRONG !!



1. Foot should be hooked on back edge of seat.

2. Do not lean forward; sit back toward your heels.

COASTER EXERCISES

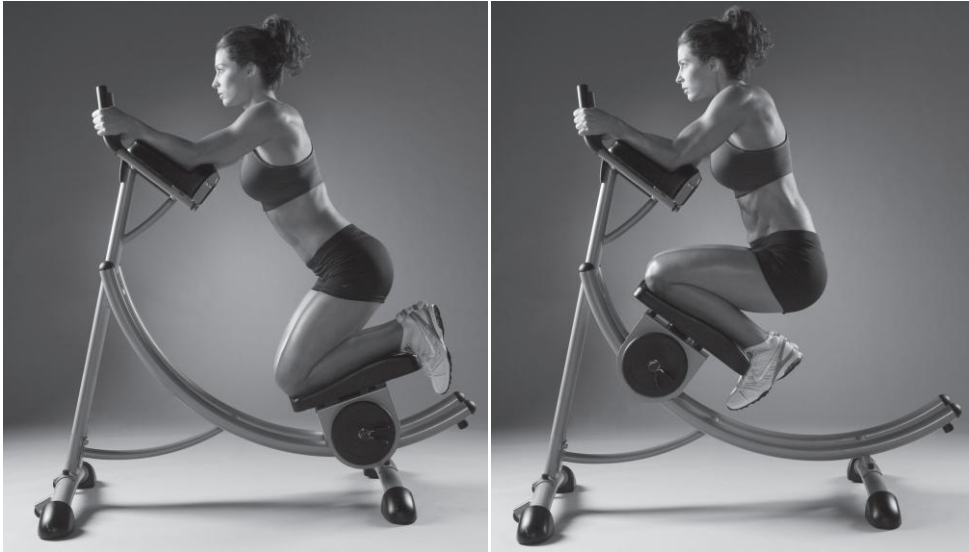
HOW IT WORKS

The Coaster® is designed to help you exercise your abdominal muscles via a leg lift motion. Unlike the popular ab crunch exercise, which works your ab muscles from the “top down”, the Coaster® moves in the opposite direction, working your abs from the “bottom up.” The motion requires you to lift your knees and legs while contracting your abs.

The Coaster® features a Seat attached to a swing arm to aid you in performing the abdominal lift motion. The starting position requires you to kneel on the Seat while resting your arms on the arm rests. The exercise requires you to lift the Seat using your abdominal muscles, not your upper body. The key to performing the exercise properly is to concentrate on contracting your ab muscles while lifting the Seat. Your upper body should be stable and not moving while you exercise.



FORWARD LIFT



1. Adjust handgrip and place forearms and elbow on armpads. Lightly grasp handles.
2. Kneel on seat so that your feet are hooked on the back edge of the pad. Do not lean forward; sit back toward your heels.
3. While contracting your abs, lift your knees forward along the track. Do not move your upper body while performing exercise. Make sure you use your abs to lift the seat carriage; do not use your upper body or your arms to lift.
4. Return slowly to starting position, and repeat.
5. Use steady and slow speed while exercising. Do not use momentum to lift- concentrate on contracting and using your abs to lift.
Do not use excessive force when lifting or returning seat to starting position and avoid banging seat against the track.

ADJUSTING THE SEAT

The Seat is free-moving so that you can turn your knees and work on your obliques. Turn knees to right to exercise right oblique; turn knees to left to exercise left oblique. Move knees side to side for free-style motion training.



RESISTANCE TRAINING



USING ADDED WEIGHT FOR RESISTANCE

There are 2 weight post on the sides of the Coaster seat for adding weights(not included) for extra resistance during exercise.

Caution:

Do not add more than 30 lbs of weight in total to the post. Before adding any weight, ensure that you are able to perform the exercise with proper form without any additional weight.

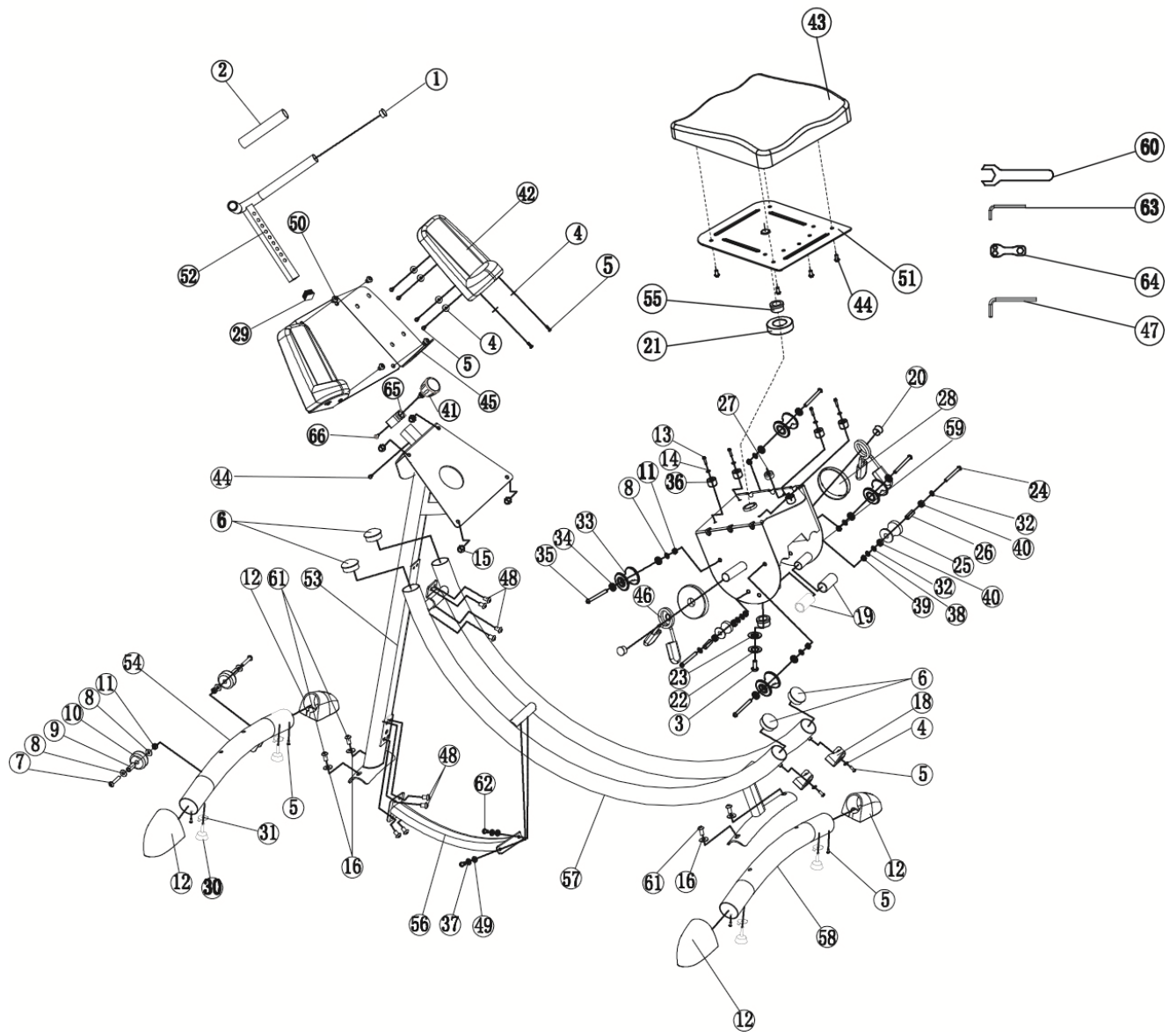
MOVING AND STORING THE AB COASTER

There are 2 wheels attached to the front leg support of Coaster in order to aid in the moving and storage of the unit. Stand in front of the unit and grasp the handle bars. Push down on the handle bars tilting the rear up until the front wheels are engaged. For store, keep the unit in a dry place. If placed in long-term storage, you should cover the unit with a cloth or other material to protect the unit from excessive dust or dirt accumulation.

Maintenance:

Keep unit clean and free of debris. Wipe periodically with cloth to keep track clean.

EXPLODED DIAGRAM



PART LIST

Part No	Part Name	Description	Quantity	Part No	Part Name	Description	Quantity
1	circular piston match	match 25.4*1.4 tubing(31)	2	34	bearing	608ZZ_ABEC-5 M8*85(20mm thread)	8
2	handlebar grip	23*3*220	2	35	M8*85 hex screw	25*20	4
3	M10*25 hex screw	M10*25	1	36	seat swivel bushing	8	4
4	18 flat washer	18*d6*1.2	14	37	8 spring washer	D20*d10*2	4
5	M6*15 hex screw	M6*15	18	38	20 flat washer	M10	2
6	ball piston match	match 50.8*2.0 tubing	4	39	M10 nut	6800Z	2
7	M8*45 hex screw	M8*45(20mm thread)	2	40	bearing	M16*1.5P	4
8	16 flat washer	16*d8*1.5	8	41	handlebar knob		1
9	front foot wheel bushing	13*1.5*41.5	2	42	arm cushion	255*115*115	2
10	front foot wheel	47*27	2	43	seat cushion	406*368*80	1
11	M8 nut	M8	6	44	M8*15 hex screw	M8*15	5
12	foot grip match	128*95*86	4	45	arm plare assembly		1
13	M5*15 phillips screw	M5*15	4	46	weight plate clamp		2
14	10 flat washer	10*d5*1.0	4	47	allen tool	S8	1
15	M10 nut cap	M10	4	48	M10*15 hex screw	M10*L15 full thread	8
16	R40 25 arc washer	25*d10*2.0-R40	4	49	R12.5 16 arc washer	16*d8*1.5,R12.5	4
17	M8*20 hex screw	M8*20	2	50	M10*20 hex screw	M10*L20 full thread	4
18	bumper	49*44*34	2	51	seat plate		1
19	seat swivel bushing	23*37	2	52	arm plate console		1
20	ball piston match	match 25.4*1.4T tubing	2	53	front support post		1
21	nylon bushing	70* 40*20	1	54	front foot		1
22	10 spring washer	10	1	55	38 nylon sleeve	38* 25*19	2
23	lifted washer	38* 10.5*2	1	56	front support brace		1
24	M10*75 hex screw	M10*75	2	57	coaster cs1000 track		1
25	spacing wheel	44*L52	2	58	rear foot		1
26	spacing wheel bushing	OD14*T2.0*L41.5	2	59	U shape seat carriage		1
27	muffler	28*13	1	60	wrench tool	S17	1
28	weight post collar	70*12	2	61	M10*25 hex screw	M10*L25 full thread	4
29	square piston match	match 25*25*1.5 tubing	1	62	M8*20 hex screw	M8*L20 full thread	2
30	leveler	50*67,M10 44mm thread	4	63	allen tool	S6	1
31	leveler orientaton	6.5*54.5*3.0,M10	4	64	wrench tool	B S10/S13/S17	1
32	15 subulate flat washer	D15*d10*3	4	65	removable nut sleeve		1
33	roller wheel	50*60	4	66	M6x10 hex screw	M6*10	1