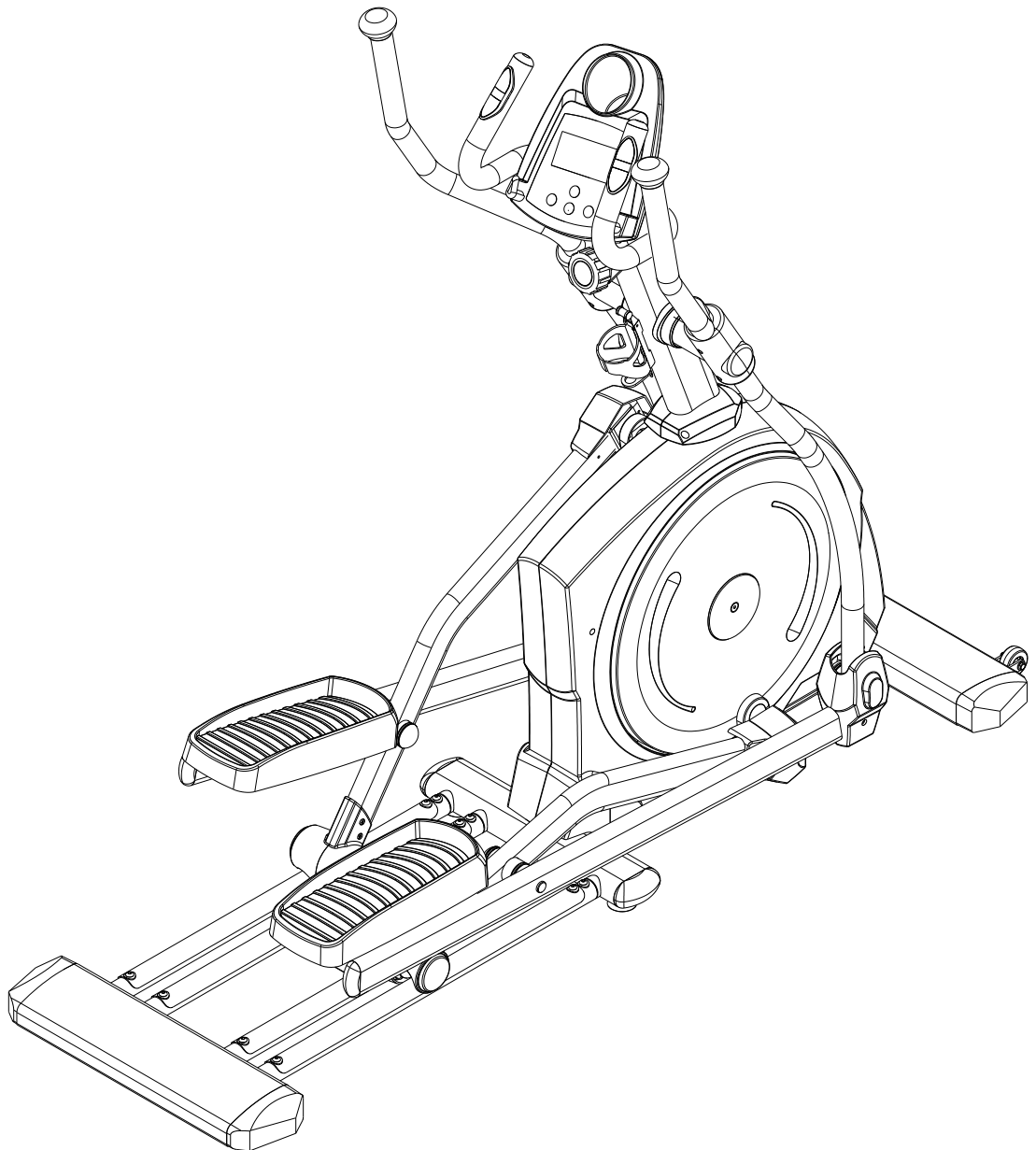




hattrick-pro

KP-1000 ELLIPTICAL BIKE USER MANUAL



CONTENT

PRODUCT SAFETY -----	2
HARDWARE & TOOLS-----	3
BOX CONTENTS -----	4
ASSEMBLY -----	6
TROUBLESHOOTING & MAINTENANCE -----	15
WARM UP -----	16
PART LIST-----	17
EXPLODED VIEW -----	19

PRODUCT SAFETY







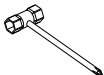




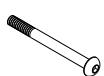




Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

- 1.) Read all the instructions in this manual and do warm up exercises before using this equipment.
- 2.) Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up pages for pre and post workout.
- 3.) Please make sure all components are not damaged and in working order before use.
This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
- 4.) Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in any part of the equipment.
- 5.) Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
- 6.) Be careful when stepping on or leaving the pedals. Always hold the handlebars first and make sure the pedal at your side is at its lowest position. Step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold onto the handlebars. To ensure the pedals run smoothly push or pull on the handlebars first, then follow with leg motion. When stepping off the machine, make sure one pedal is at its lowest position and step out of there before stepping out of the pedal at the highest position.
- 7.) Do not use the equipment outdoors.
- 8.) This equipment is for household use only.
- 9.) Only one person should be on the equipment while in use.
- 10.) Keep children and pets away from the product while in use. This machine is designed for adults only. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- 11.) If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

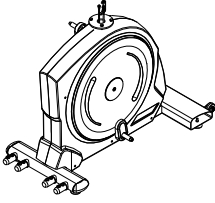
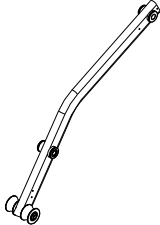
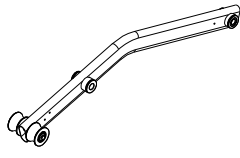
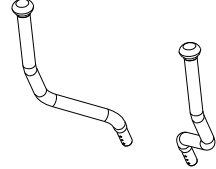
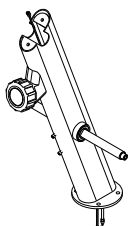
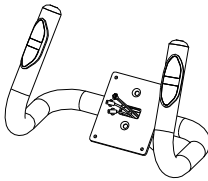

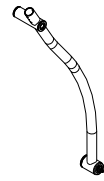
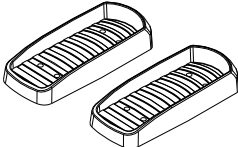


CAUTION:Read all instructions carefully before operating this product.Retain this Owner's Manual for future reference.

HARDWARE&TOOLS

Hardware & Tools (Pack A)	
	(B21/ 5) Screw M5x16mm---30pcs
	(B23/ 2) Bolt M6x15mm---8pcs
	(B28/ 1) Bolt M8x50mm---4pcs
	(B29/ 3) Nylon Nut M8---4pcs
	(B30/ 4) Curve Washer M8x20x1.5t---4pcs
	(B40/ 10) Bolt M8x25mm---2pcs
	(6) Hex Tool With Phillips Screwdriver(13mm/14mm)---1pc
	(7) Allen Wrench(M4)---1pc
	(8) Allen Wrench(M5)---1pc
Hardware & Tools (Pack B)	
	(B13/ 6) Bolt M8x16mm---16pcs
	(B14/ 3) Bolt M8x20mm---4pcs
	(B24/ 1) Bolt M8x92mm---2pcs
	(B29/ 5) Nylon Nut M8---2pcs
	(B30/ 4) Curve Washer M8x20x1.5t---16pcs
	(B32/ 2) Hexagon Head Bolt M8x16mm---6pcs
	(B33/ 7) Washer 5/16"x20x2.0t---8pcs

BOX CONTENTS

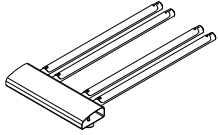
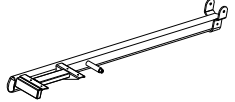
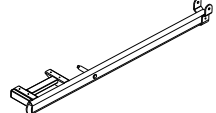
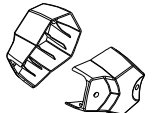
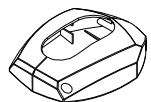
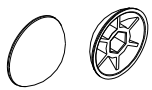
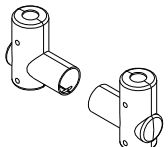
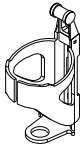
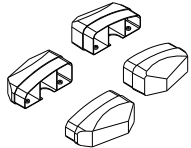
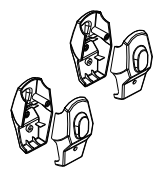
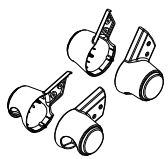
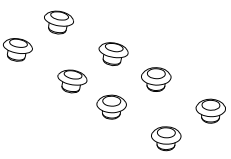

Box A Contents

<p>A01</p> 	<p>A07</p> 	<p>A08</p> 	<p>A13/A14</p> 
<p>A02</p> 	<p>A15</p> 	<p>A03</p> 	<p>A04</p> 
<p>C12</p> 	<p>D02</p> 		

Box Contents

(A01) Main Body 1PC
(A07) Left Wheel Bar Set 1SET
(A08) Right Wheel Bar Set 1SET
(A13/A14) Handrails 1SET
(A02) Front Post 1PC
(A15) Hand Pulse Handlebar 1PC
(A03) Left Dual Action Arm Set 1SET
(A04) Right Dual Action Arm Set 1SET
(C12) Foot Pedal 2PCS
(D02) Computer 1PC
Water Bottle 1PC

Box B Contents

A12 	A05 	A06 	C35 
C07/C08 	C11 	C17/C18 	C27 
C28/C29 	C30/C31 	C32/C33 	C34 
 Lubricant			

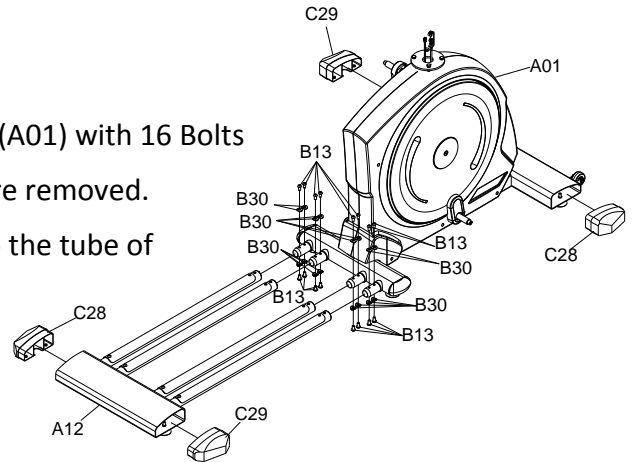
Box Contents

(A12) Guide Rail 1PC
(A05) Left Foot Bar Set 1SET
(A06) Right Foot Bar Set 1SET
(C35) Pivot Cap For Crank Link Tube 2PCS
(C07/C08) Right/Left Front Post Decorative Covers 1SET
(C11) Nut Cap 2PCS
(C17/C18) Handrail Arm Decorative Covers-A/B 2SET
(C27) Bottle Holder 1PC
(C28/C29) Right/Left D Shape End Cap 2SET
(C30/C31) Right/Left Pivot Cap 2SET
(C32/C33) Right/Left Wheel Cap 2SET
(C34) Foot Pedal Plug 8PCS
Lubricant 1PC

ASSEMBLY

Step1. RearStabilizer Installation

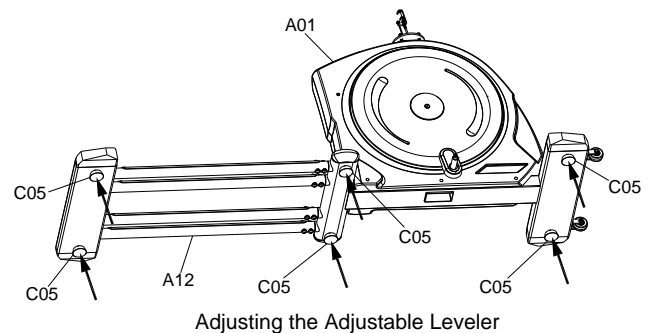
- 1.) Attach the Guide Rail (A12) onto the tubes of the MainBody(A01) with 16 Bolts M8x16mm(B13) and 16 Washers M8x20x1.5t(B30) that were removed.
- 2.) Assemble the Left and Right D Shape End Cap(C28/C29) into the tube of the MainBody(A01) and Guide Rail(A12).



[Remove/Tighten bolts with the M5 Allen Wrench provided]

Step2. Adjusting the Adjustable Leveler

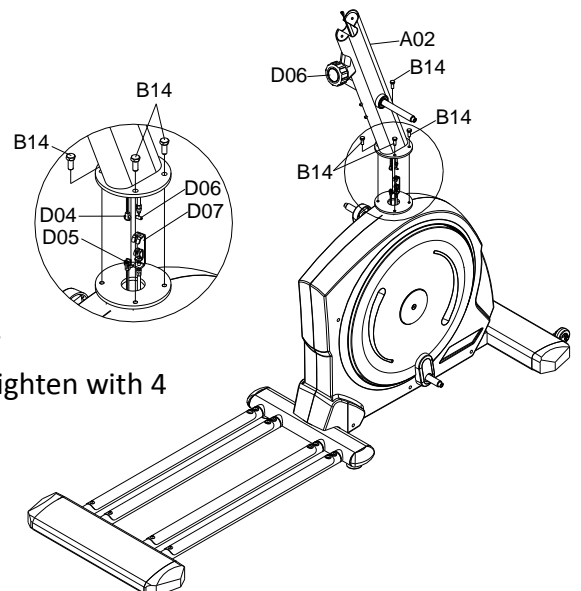
- 1.) Turn the Adjustable Levelers(C05) on the MainBody(A01) and Guide Rail(A12) as needed to level the elliptical trainer.



The elliptical trainer has to be leveled to prevent from wobbling or shaking during the exercise.

Step3. Front Post Installation

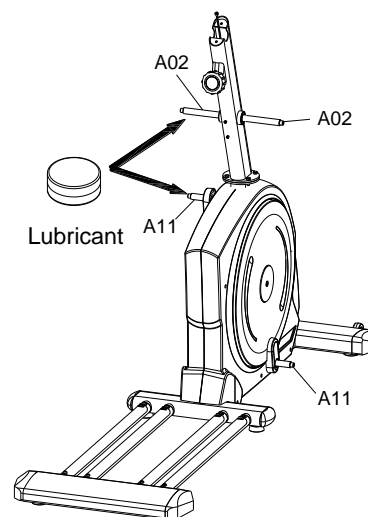
- 1.) Connect the Sensor With Cable(D05) from the MainBody(A01) to the Sensor Cable(D04) from the Front Post (A02) and carefully tuck the wires into the MainBody(A01) before attaching the Front Post (A02) onto the MainBody(A01).
- 2.) Attach the Front Post (A02) onto the MainBody(A01) and fully tighten with 4 Bolts M8x20mm(B14).



[Tighten bolts with the Hex Tool With Phillips Screwdriver provided]



Set the Tension Control Knob (D06) to the highest level & connect the Tension Cable (D07).



Step4. Lubricating the Horizontal Axle and Crank Axle

Apply lubricant to the horizontal axles of the Front Post (A02) and the axles of the right and left Crank (A11).

Remark: Gently apply lubricant evenly on Front Post (A02).

Brush tool is recommended.

Step5. Left and Right Foot Pedal Linkbar Installation

- 1.) Remove the tape from the joint of the Right Dual Action Arm Set (A04).
- 2.) Insert the Right Dual Action Arm Set (A04) all the way onto the horizontal axle of the Front Post (A02) and secure the Right Dual Action Arm Set (A04) in position with 1 Bolt M8x16mm (B32) and 1 Washer 5/16"x20x2.0t (B33).

[Tighten bolt with the Hex Tool with Phillips Screwdriver provided.]



3.) Remove the tape from the joint of the Right Wheel Bar Set (A08).

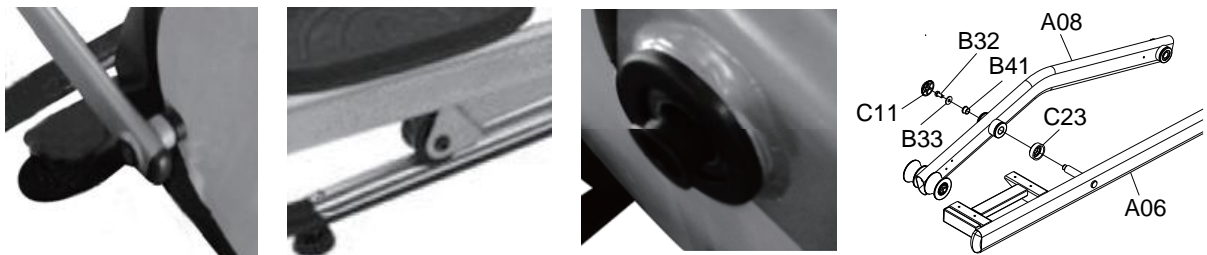
4.) Insert the Right Wheel Bar Set (A08) onto the Crank (A11) axle.

5.) The Wheel (C20) has to be placed on the Rail Aluminum Plate (F01).

Secure the Right Wheel Bar Set (A08) in position with 1 Bolt M8x16mm(B32) and 1 Washer 5/16"x20x2.0t(B33).

6.) Insert the axle of the Right Foot Bar Set(A06) onto the Right Wheel Bar Set(A08), secure the Right FootBar Set(A06) in position with 1 Bolt M8x16mm(B32) and 1 Washer 5/16"x20x2.0t(B33).

[Tighten bolt with the Hex Tool with Phillips Screwdriver provided]



CAUTION: Make Sure The Bushing Spacer (B41) Was Perfectly In Position Before Securing The Bolts.

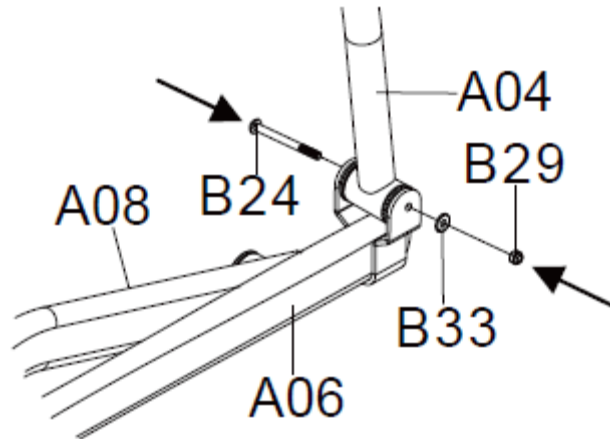
7.) Untie the wire and remove 2 Washers (C22) from the bottom end of the Right Dual Action Arm Set (A04). Place 2 Washers (C22) back onto the joint of the Right Dual Action Arm Set (A04).



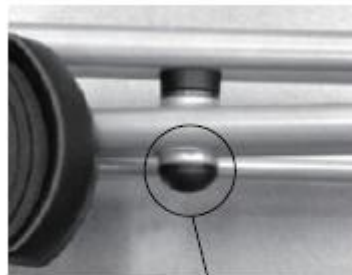
8.) Pull the Right Foot Bar Set (A06) up onto the Right Dual Action Arm Set (A04) and align bolt holes.

Then attach the Right Foot Bar Set (A06) onto the Right Dual Action Arm Set (A04) with 1 Bolt M8x92mm(B24), 1 Nut M8xP1.25x7.7t(B29), and 1 Washer 5/16"x20x2.0t(B33) that were removed.

[Tighten bolt and nylon nut with the Hex Tool with Phillips Screwdriver and M5 Allen wrench provided]



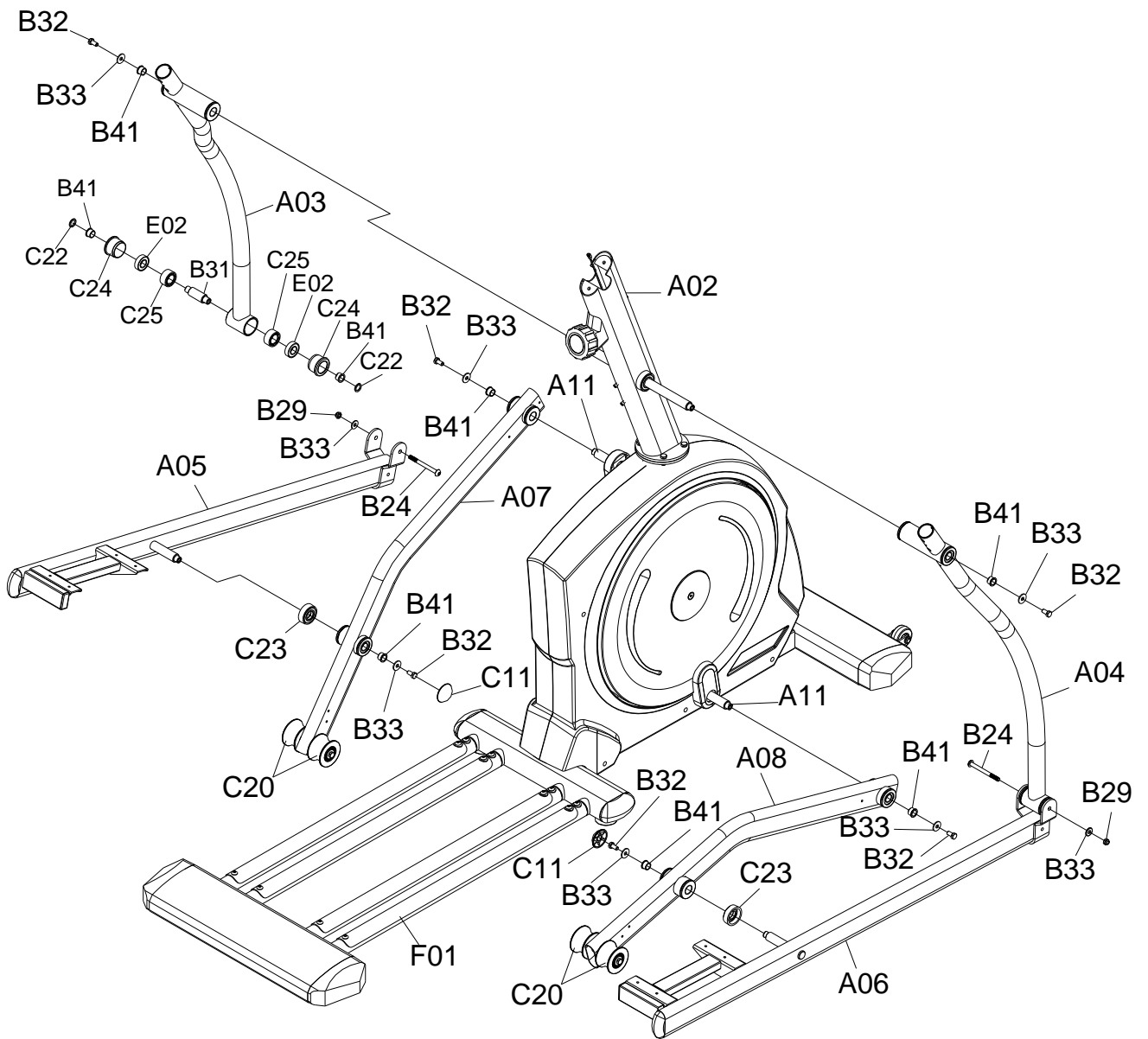
9.) Fit one Nut Cap (C11) onto M8x16mm Hexagon Head Bolts (B32) of the Right Rotate Bar (A08).



M8x45 Nut Cap (C11)

Repeat above steps to install the Left Dual Action Arm Set (A03) onto the horizontal axle of the Front Post (A02) and Left Wheel Bar Set (A07) onto the Crank (A11) axle.

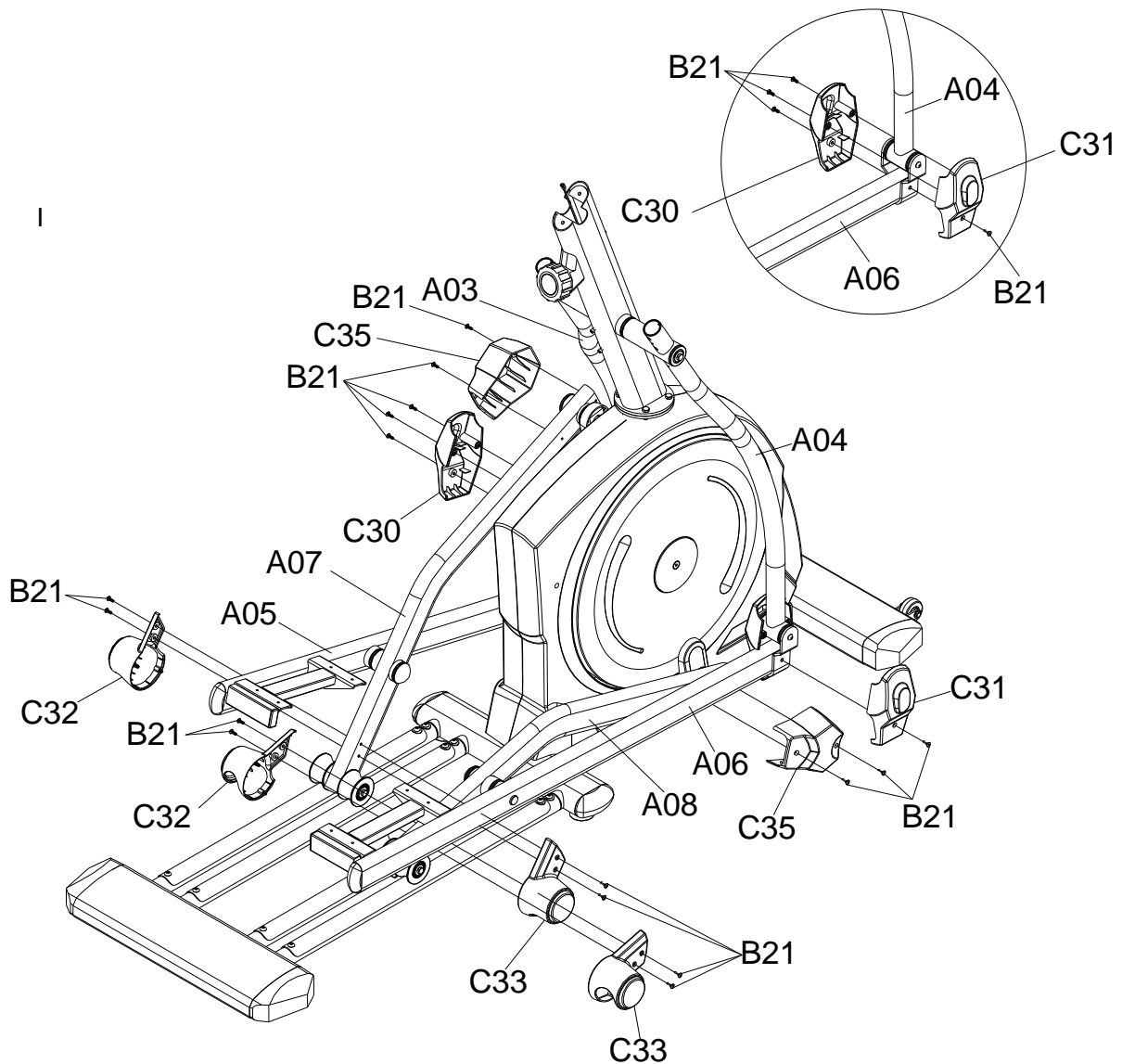
Remark: Please use the assembly drawings of steps No. 1-9 at Page No. 9.



Step6. Pivot Covers Assembly

- 1.) Assemble two sets of Pivot Cover(C30/C31) at the pivot of Left and Right Dual Action Arm(A03/A04) and Foot Pedal bar(A05/A06) with 8 Screws M5x16mm(B21).
- 2.) Assemble two pcs of Pivot Cover for Crank Link(C35) to the pivot of Right/Left Wheel Bar Set(A08/A07) and Crank(A11) using 4 Screws M5x16mm (B21).
- 3.) Assemble two sets of Wheel Caps(C32/C33) to the wheel of the Left and Right Wheel Bar Set(A07/A08) with 8 Screws M5x16mm (B21).

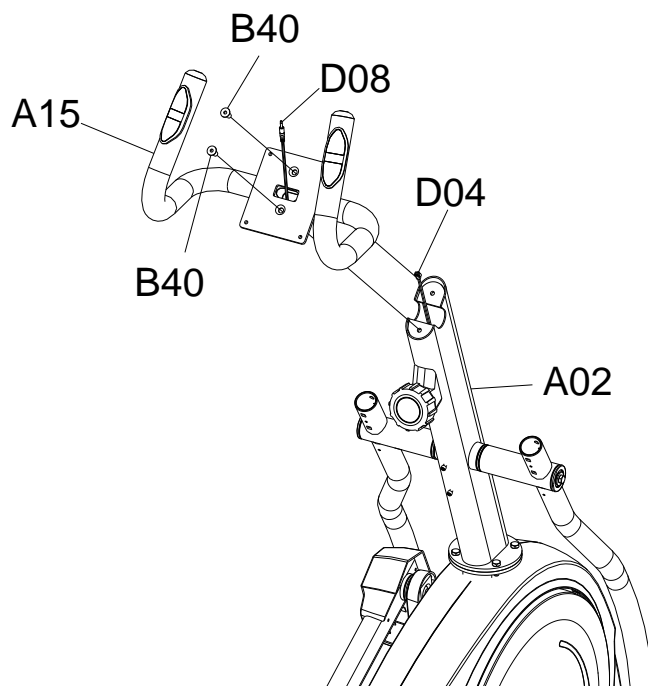
[Tighten bolts with the Hex Tool With Phillips Screwdriver provided.]



Step7. Hand Pulse Handlebar Installation

- 1.) Slide the Sensor Cable(D04) through the slot of Hand Pulse Handlebar(A15), use 2 Bolts M8x25mm(B40) to assemble the Hand Bar Post to the Front Post(A02).

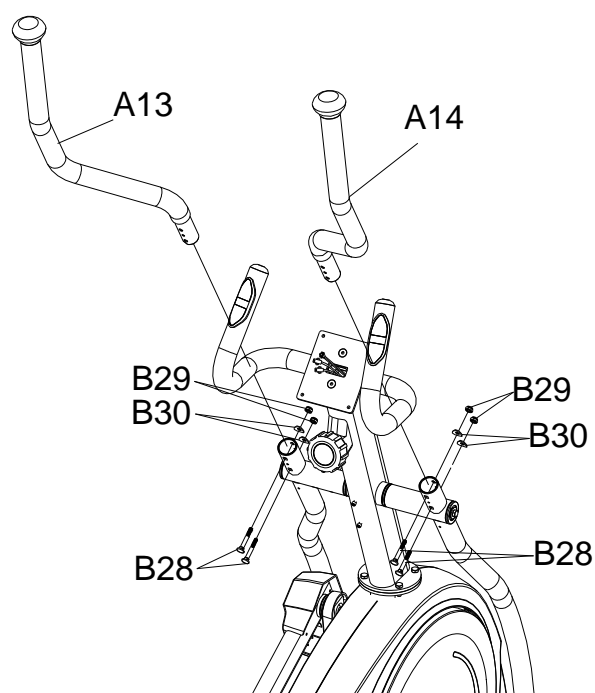
[Tighten bolts with the M5 Allen Wrench provided.]



Step8. Right/Left Handrails Installation

- 1.) Slide the Left and Right Handrails(A13/A14) into the Dual Action Tube. Use 4 Bolts M8x50mm(B28), 4 Curve Washers M8x20x1.5t(B30) and 4 Nylon Nuts M8x7.7t(B29).

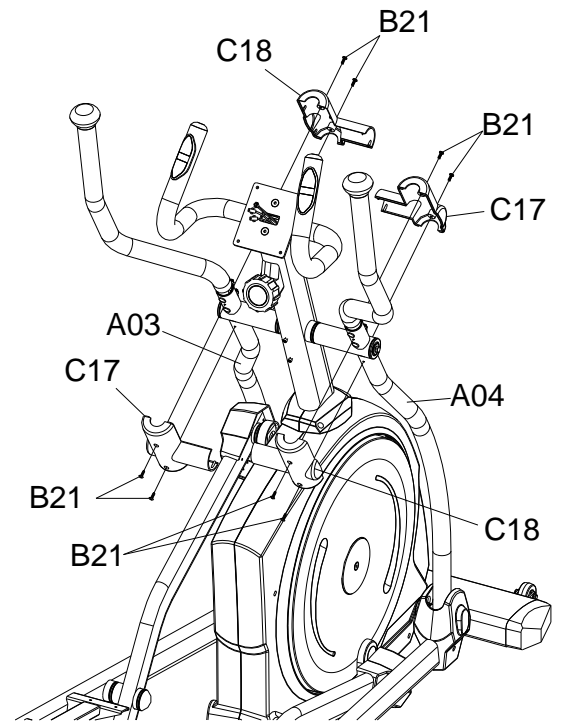
[Tighten nylon nuts with the Hex Tool with Phillips Screwdriver provided.]



Step9. Handrail Arm Decorative Covers-A/B Installation

- 1.) Attach the Handrail Arm Decorative Cover-A (C17) and Handrail Arm Decorative Cover-B (C18) onto the Left Handrail Arm (A03) with 4 Screws M5x16mm(B21).
- 2.) Attach the Handrail Arm Decorative Cover-A (C17) and Handrail Arm Decorative Cover-B (C18) onto the Right Handrail Arm (A04) with 4 Screws M5x16mm(B21).

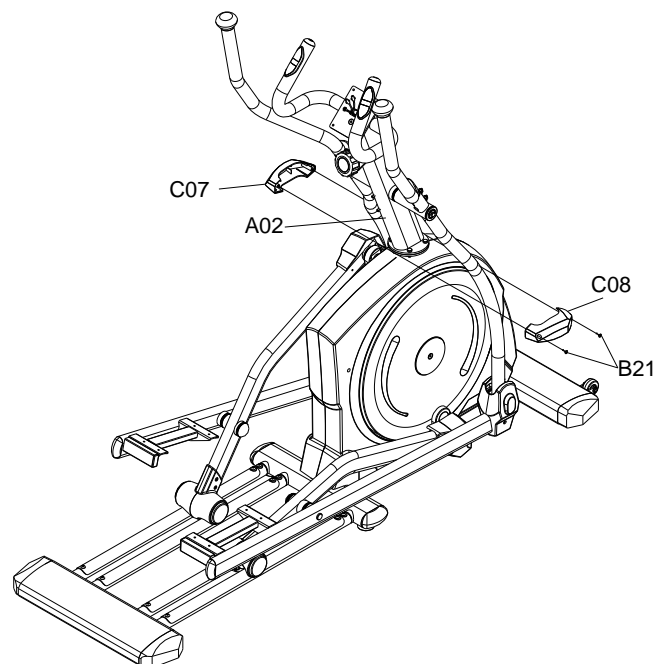
[Tighten bolts with the Hex Tool with Phillips Screwdriver provided]



Step10. Left/Right Front Post Decorative Covers Installation

- 1.) Attach the Left/Right Front Post Decorative Covers (C07/C08) onto the Front Post (A02) with 2 Screws M5x16mm(B21).

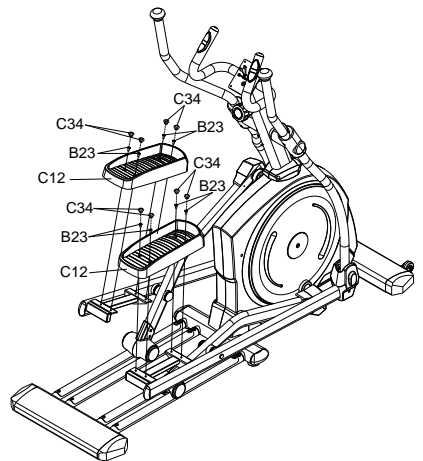
[Tighten Screws with the Hex Tool with Phillips Screwdriver provided.]



Step11. Foot Pedal & Pedal Plug Installation

- 1.) Use 8 Bolts M6x15mm(B23) to assemble the Left and Right Foot Pedal(C12).
- 2.) Attach the 8 Foot Pedal Plugs(C34) onto the Foot Pedal(C12).

[Tighten bolts with the Hex Tool with Phillips Screwdriver provided.]

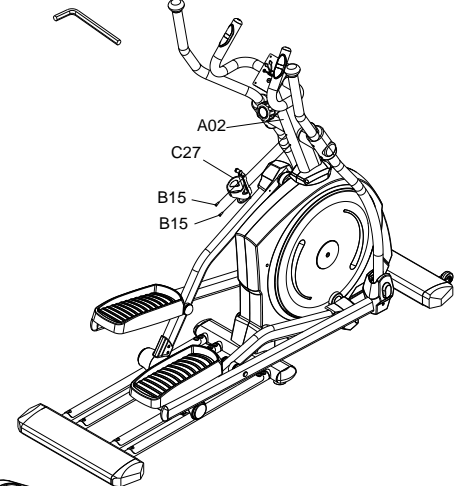


Step12. Bottle Holder Installation

- 1.) Remove 2 Bolts (B15) from the Front Post (A02).
- 2.) Attach the Bottle Holder (C27) onto the Front Post (A02) with 2 Bolts (B15) that were removed.

[Remove/Tighten bolts with the M4 Allen Wrench provided.]

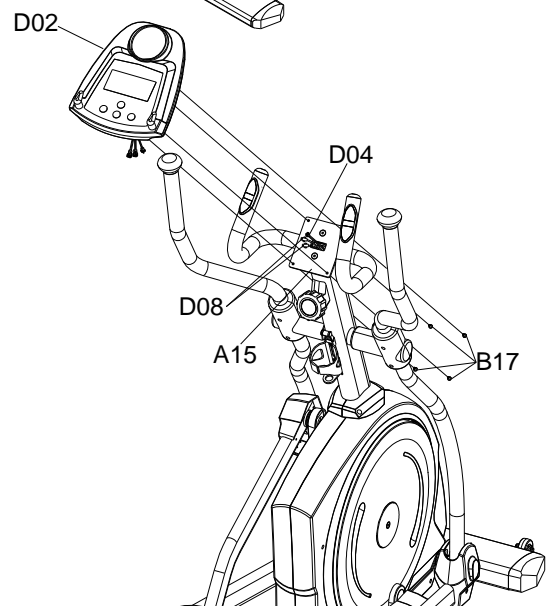
Tool:
Allen Wrench (M4)



Step13. Computer Installation

- 1.) Remove 4 Screws (B17) from the back of the Computer (D02).
- 2.) Connect the Sensor Cable (D04), Hand Pulse Sensor Wire (D08) to the wires that come from the Computer (D02) and then attach the Computer (D02) onto the top end of the Hand Pulse Handlebar(A15) with 4 Screws (B17) that were removed.

[Remove/Tighten bolts with the Hex Tool with Phillips Screwdriver provided.]



TROUBLE SHOOTING

Computer not working correctly

Check to make sure the computer cable is connected securely.

The elliptical trainer wobbles when in use

Turn the adjustable leveler on the front stabilizer, main frame, Rear Stabilizer as needed to level the elliptical trainer. The elliptical trainer has to be leveled to prevent from wobble or shaking during the exercise.

Squeaking noise when in use

The bolts may be loose on the elliptical trainer, please inspect the bolts and tighten the loose ones.

No, inconsistent, or erratic heart rate reading

Always hold on to the handlebar grip sensors with two hands instead of just one. Try to maintain moderate pressure while holding onto the hand pulse sensors. Make sure that the wire connections for the hand pulse sensors are secure.

MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Please keep the elliptical trainer, especially the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

WARM-UP

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



Inner Thigh Stretch

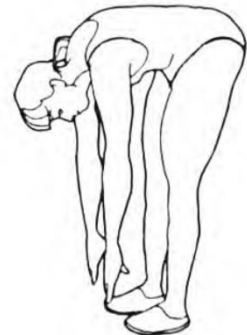
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

Gently push your knees towards the floor. Hold for 10 counts.



Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



PART LIST

Part No	Description	Qty
A01	Welded,main frame	1
A02	Welded,Front Post	1
A03	Welded,Dual Action Tube Left	1
A04	Welded,Dual Action Tube Right	1
A05	Welded,Foot Pedal Tube Left	1
A06	Welded,Foot Pedal Tube Right	1
A07	Welded,Foot Tube Left	1
A08	Welded,Foot Tube Right	1
A09	Welded,Tension Wheel Arm	1
A10	Welded,Shaft Pulley	1
A11	Welded,Crank Assembly	2
A12	Welded,Guide Rails Tube	1
A13	Dual Action Handlebar Left	1
A14	Dual Action Handlebar Right	1
A15	Welded,Hand Pluse Handlebar	1
B01	1/4"Hex Bolt	2
B02	1/4"Washer	4
B03	1/4"Lock Nut	2
B04	3/8"Nut	2
B05	M6 Screw	2
B06	C Clip	1
B07	Wave Washer	2
B08	M20 Washer	1
B09	38 Washer	1
B10	M8 Hex Head Screw	1
B11	M10 Allen Key Screw	1
B12	M3 Sheet Metal Screw	2
B13	M8 Allen Key Screw	20
B14	M8 Hex Head Screw	4

Part No	Description	Qty
B20	Philips Screw M5x0.8px40L	1
B21	M5 Sheet Metal Screw	55
B22	Zinc Plate	2
B23	M6 Allen Key Screw	8
B24	M8 Allen Key Screw	2
B25	M8 Black Nut	1
B26	M10 Lock Nut	3
B27	C Clip	1
B28	M8 Carriage Bolt	4
B29	M8 Lock Nut	6
B30	M8 Curve Washer	24
B31	Shaft for Dual Action Arm Pivot	2
B32	M8 Hex Head Screw	10
B33	5/16" Washer	8
B34	M10 Hex Head Screw	2
B35	M8 Allen Key Screw	4
B36	5/16" Washer	4
B37	3/16" Sheet Metal Screw	1
B38	M3 Sheet Metal Screw	2
B39	M4 Sheet Metal Screw	2
B40	M8 Screw	2
B41	Bushing Spacer	10
B42	M5 Sheet Metal Screw	2
C01	Main Cover- Right	1
C02	Main Cover- Left	1
C03	Disc Cover	2
C04	End Cap for Stabilizer Bar	2
C05	Height Adjuster	6
C06	Transportation Wheel	2

B15	M5 Allen Key Screw	2
B16	M8 Screw	2
B17	Screws for Computer	4
B18	Tension Adjustment Screw	2
B19	M6 Lock Nut	2

C07	Upright Joint Cover Left	1
C08	Upright Joint Cover Right	1
C09	End Cap for Foot Pedal Tube	2
C10	Belt	1
C11	Nut Cap	2

Part No	Description	Qty
C12	Foot Pedal	2
C13	Foam Grip	2
C14	Plug	2
C15	Foam Grip	2
C16	Square End Cap 20x40	2
C17	Pivot Cover L	2
C18	Pivot Cover R	2
C19	Pulley	1
C20	Roller	4
C21	Upright Tube Spacer	2
C22	Washer	4
C23	Spacer	2
C24	Bearing Bushing	10
C25	Bearing Housing	10
C26	Bushing	6
C27	Water Bottle Holder	1
C28	D Shape End Cap for Stabilizer Bar L	2
C29	D Shape End Cap for Stabilizer Bar R	2
C30	Pivot Cap L	2
C31	Pivot Cap R	2

Part No	Description	Qty
C32	Wheel Cap L	2
C33	Wheel Cap R	2
C34	Foot Pedal Plug	8
C35	Pivot Cap for Crank Link Tube	2
C36	Small Crank Decorated Cover	2
C37	Dual Action Arm Plug	2
D01	Hand Pulse Sensor	1Set
D02	Computer	1
D03	Magnetic Flywheel	1
D04	Sensor Cable	1
D05	Sensor With Cable	1
D06	Tension Adjuster With Cable	1
D07	Tension Cable	1
D08	Hand Pulse Cacle	1Set
E01	Bearing 6004	2
E02	Bearing 6003	10
E03	Bearing 6902	8
E04	Bearing 6203	2
F01	Aluminum Guide Rails	4

EXPLODED DIAGRAM

