



hattrick-pro

HS-1000 ELLIPTICAL BIKE

**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.

After calling our technical service line and leaving your record the closest service unit be forwarded to you. Our widespread technical service network will reach you in the shortest time possible and no doubt, will provide you with the best after sale service.

Our target in the general technical service implementation is to follow the customer satisfaction and bring you the best service. Thus, the central office is immediately informed about each installation or problem solution. Besides, directing our services from the headquarters prevents potential troubles.

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.

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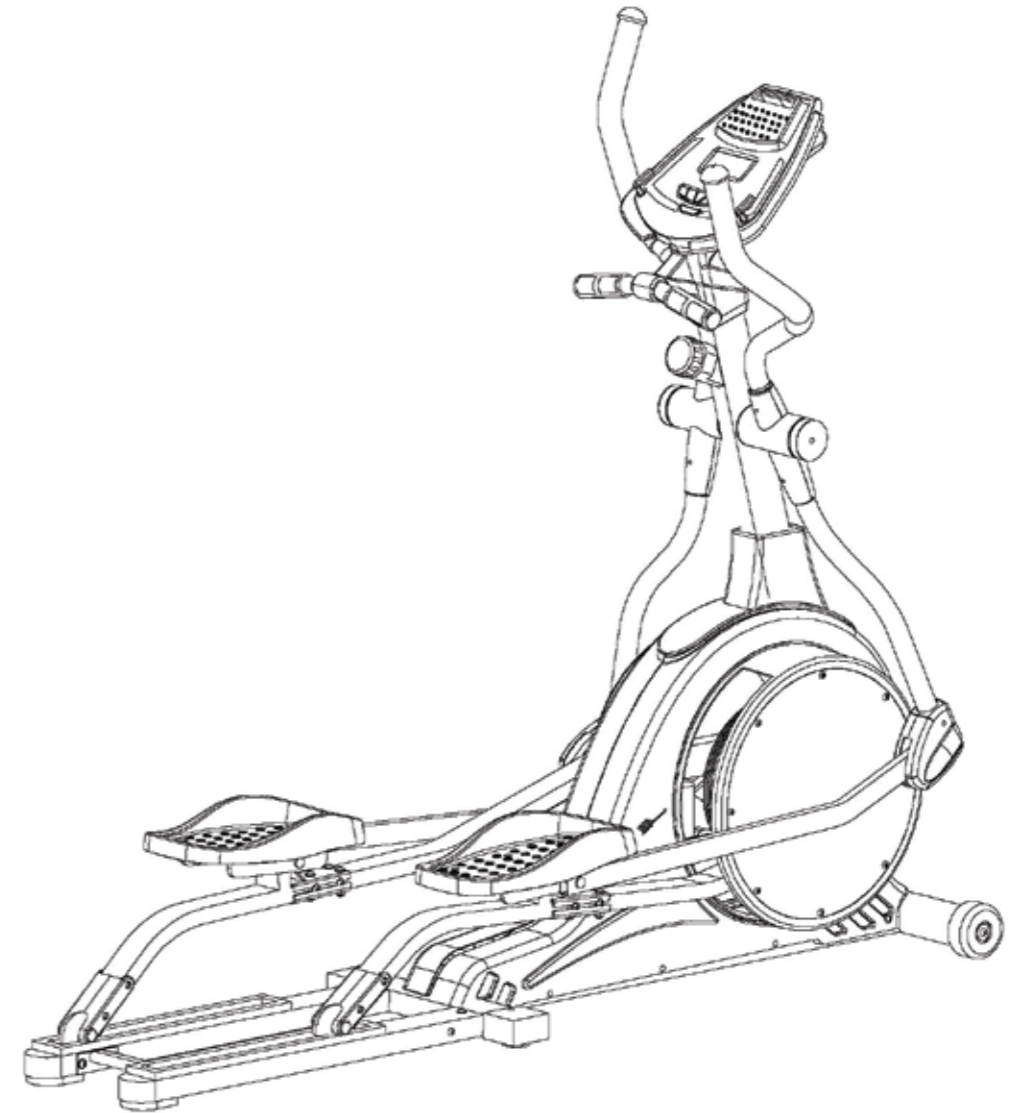
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HS-1000 ELLIPTICAL BIKE



Cardio Series

User Manual

English

Before You Start

Thank you for purchasing this exercise bicycle! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

Important Safety Information WARNING!

- 1) Before using this exercise bicycle or starting any exercise program, consult your physician. This is especially important for persons over the 35 and /or persons with pre-existing health problems. Our company assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this exercise bike have read the Owner's Manual and are familiar with warnings and safety precautions.

*This bike should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. We recommend a bicycle mat be placed under the bicycle to protect floor or carpet and for easier cleaning.

*Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise bike with bare feet, sandals, socks, or stockings!

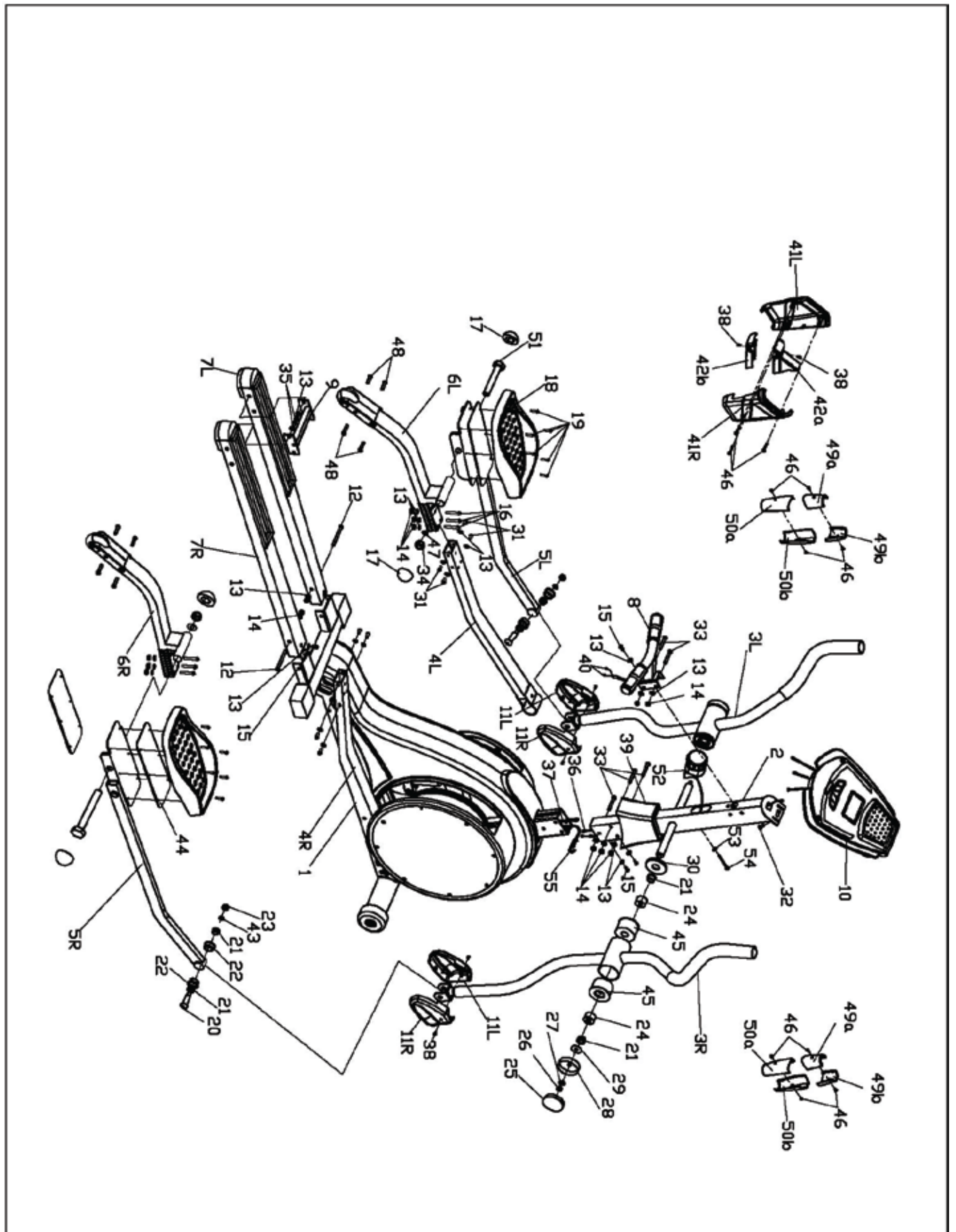
*Always examine your exercise bike before using to ensure all parts are in working order.

*Do not leave children unsupervised near or on the exercise bicycle.

*Never operate the exercise bicycle where oxygen is being administered or where aerosol products are being used.

*Never insert any object or body parts into any opening.

EXPLODED DIAGRAM



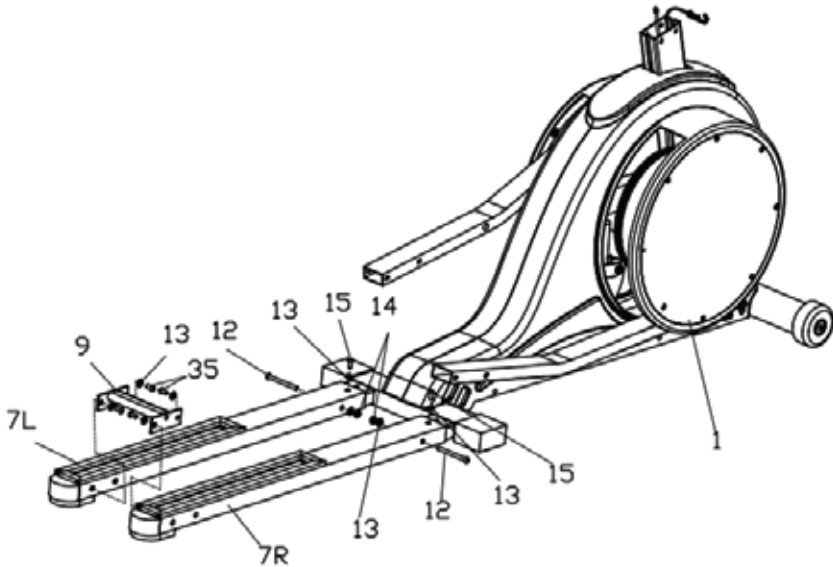
PARTS LIST

| No. | Description | Qty | No. | Description | Qty |
|-------|--------------------------------------|------|--------|----------------------------------|------|
| 1 | main frame | 1 | 29 | flat washer φ10.2Xφ38X 1.5 | 2 |
| 2 | Handlebar post | 1 | 30 | handlebar washer φ75Xφ25.5X 8 | 2 |
| 3L/R | handlebar (L/R) | 1pr. | 31 | Allen bolt M8X15 | 8 |
| 4L/R | handlebar linking tube (L/R) | 1pr. | 32 | cross screw M5X10 | 4 |
| 5L/R | Pedal holder linking tube (L/R) | 1pr. | 33 | Allen bolt M8X58 | 5 |
| 6L/R | Pedal holder tube (L/R) | 1pr. | 34 | nylon nut M12 | 2 |
| 7L/R | track (L/R) | 1pr. | 35 | Allen bolt M8X20 | 4 |
| 8 | armrest | 1 | 36 | extension wire | 1 |
| 9 | track holder frame | 1 | 37 | sensor wire | 1 |
| 10 | console | 1 | 38 | cross screw ST4.2X18 | 6 |
| 11L/R | cover (L/R) | 2pr. | 39 | handlebar post cover | 1 |
| 12 | Allen bolt M8X90 | 2 | 40 | pulse sensor wires | 2 |
| 13 | flat washer D8Xφ19X1.5 | 30 | 41L/R | console mast cover (L/R) | 1pr. |
| 14 | nylon nut M8 | 13 | 42 a/b | handlebar cover (a/b) | 1pr. |
| 15 | Allen bolt M8X15 | 5 | 43 | flat washer φ13Xφ24X 2 | 2 |
| 16 | Allen bolt M8X50 | 6 | 44 | Pedal pad | 2 |
| 17 | nut cap S18 | 4 | 45 | Inner bushing | 4 |
| 18 | pedal | 2 | 46 | cross screw ST3X10 | 11 |
| 19 | cross screw M6X20 | 12 | 47 | flat washer φ13Xφ24X 2 | 2 |
| 20 | Allen bolt φ15.8XL45XB0.5X20 | 2 | 48 | cross screw ST4X12 | 8 |
| 21 | Alloy bushing φ26Xφ22Xφ16X11 | 4 | 49a/b | handlebar upper cover | 2pr. |
| 22 | plastic bushing φ32.8Xφ22φ38X16 | 4 | 50a/b | handlebar lower cover | 2pr. |
| 23 | nylon nut B0.5X20 | 2 | 51 | hex bolt M12X150 | 2 |
| 24 | Alloy bushing φ38Xφ33Xφ25.4X20 | 4 | 52 | tension controller | 1 |
| 25 | handlebar sealing φ76Xφ72.5X 12.5 | 2 | 53 | flat washer D5 | 1 |
| 26 | nylon nut M10 | 2 | 54 | cross screw M5X75 | 1 |
| 27 | small flat washer φ10.2Xφ22X 1.5 | 2 | 55 | tension cable | 1 |
| 28 | handlebar ring φ76Xφ9.8X 18 | 2 | | | |

ASSEMBLY INSTRUCTION

Step 1:

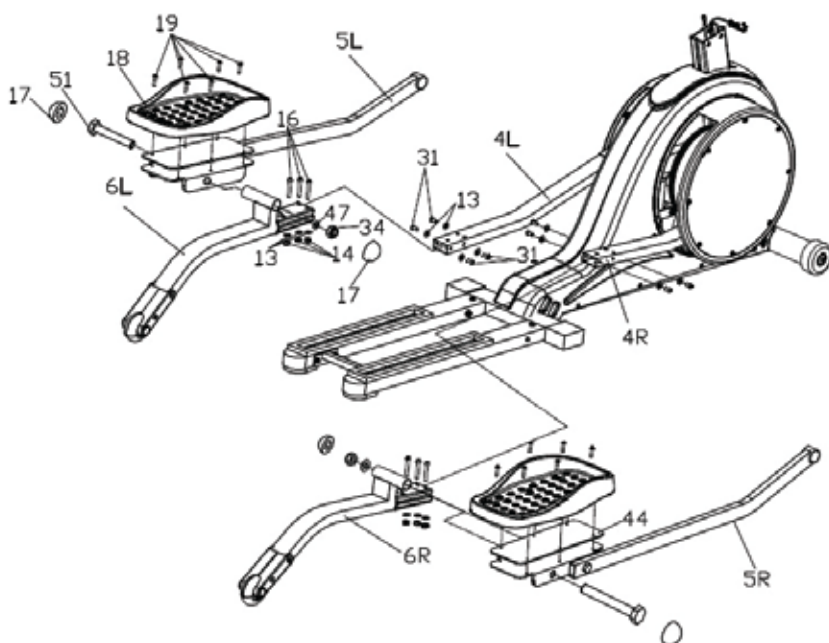
Fix the left and right track (7L/R) to the main frame (1) with Allen bolt (12) (15), flat washer (13), nylon nut (14), and then connect the track holder frame (9) to the left and right track(7L/R) with Allen bolt(35) and flat washer (13).



Step 2:

Fix the left and right pedal holder tube (6L/R) to left and right handlebar linking tube (4L/R) with Allen bolt (16) (31), flat washer (13) and nylon nut (14).

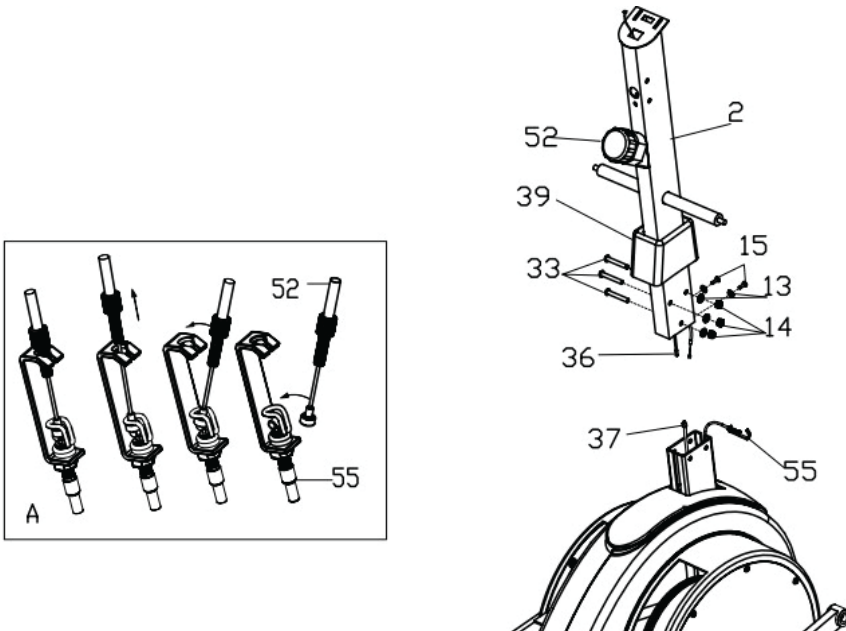
Attach the left and right pedal holder linking tube (5L/R) to the left and right pedal holder tube (6L/R) using hex bolt (51), flat washer (47) and nylon nut (34) and then cover the nut cap (17). Lock the pedal (18) and pedal pad (44) to the left and right pedal holder linking tube (5L/R) with cross screw (19).



Step 3:

Put the handlebar post (2) through the handlebar post cover (39), and then connect the extension wire (36) with the sensor wire (37), finally connect the tension cable (55) with the cable coming from the tension controller (52) as picture A.

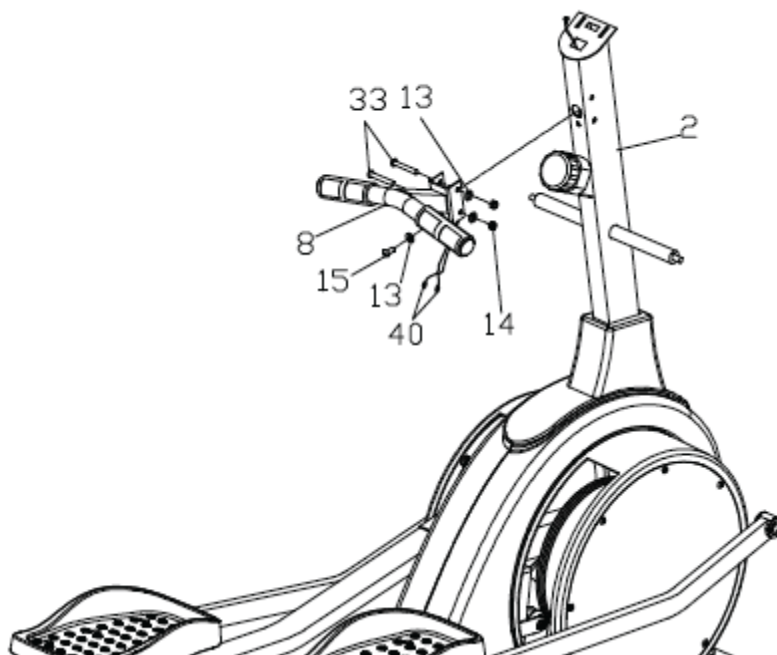
Fix the handlebar post (2) to the main frame (1) with Allen bolt (33) (15), flat washer (13) and nylon nut (14). Finally, cover the handlebar post cover (39).



Step 4:

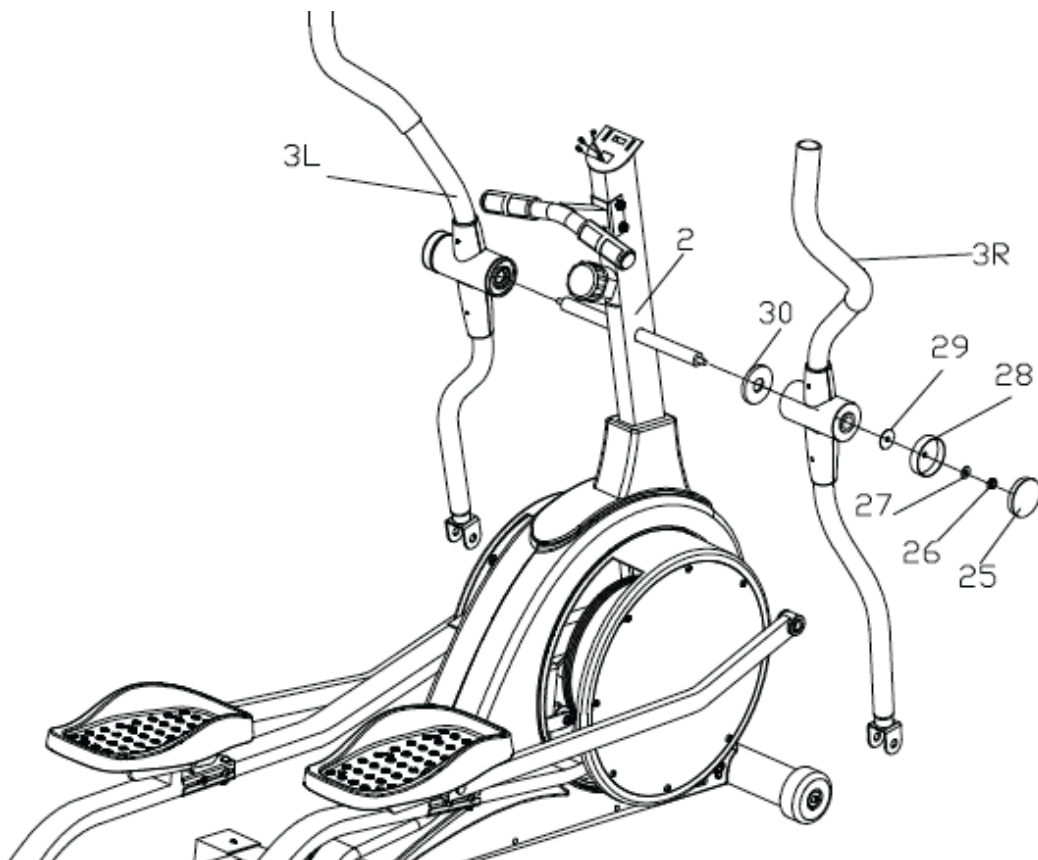
Pull out the pulse sensor wires (40) from the hole of the handlebar post (2).

Fix the armrest (8) to the handlebar post (2) with Allen bolts (33) (15), flat washer (13) and nylon nuts (14).

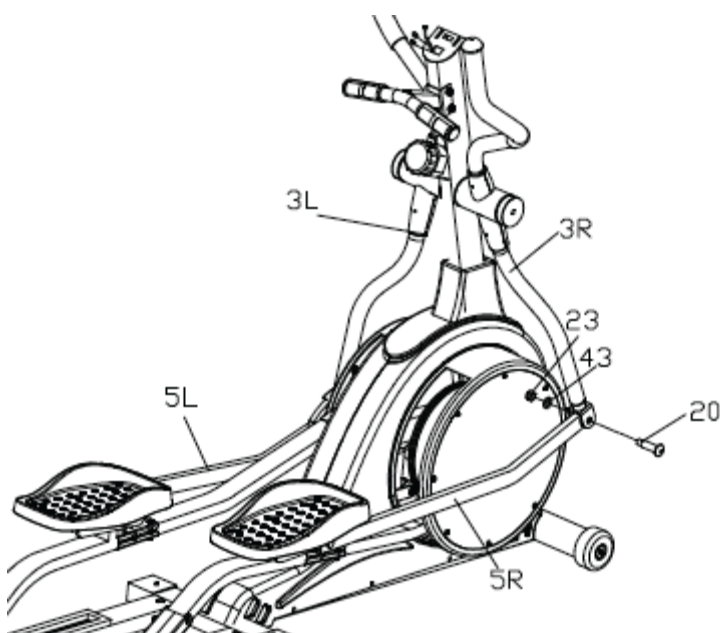


Step 5:

Fix the handlebar (3L/R) to the handlebar post (2) with the handlebar washer (30), flat washer (29), handlebar ring (28), small flat washer (27) and nylon nut (26), and then cover the handlebar sealing (25).

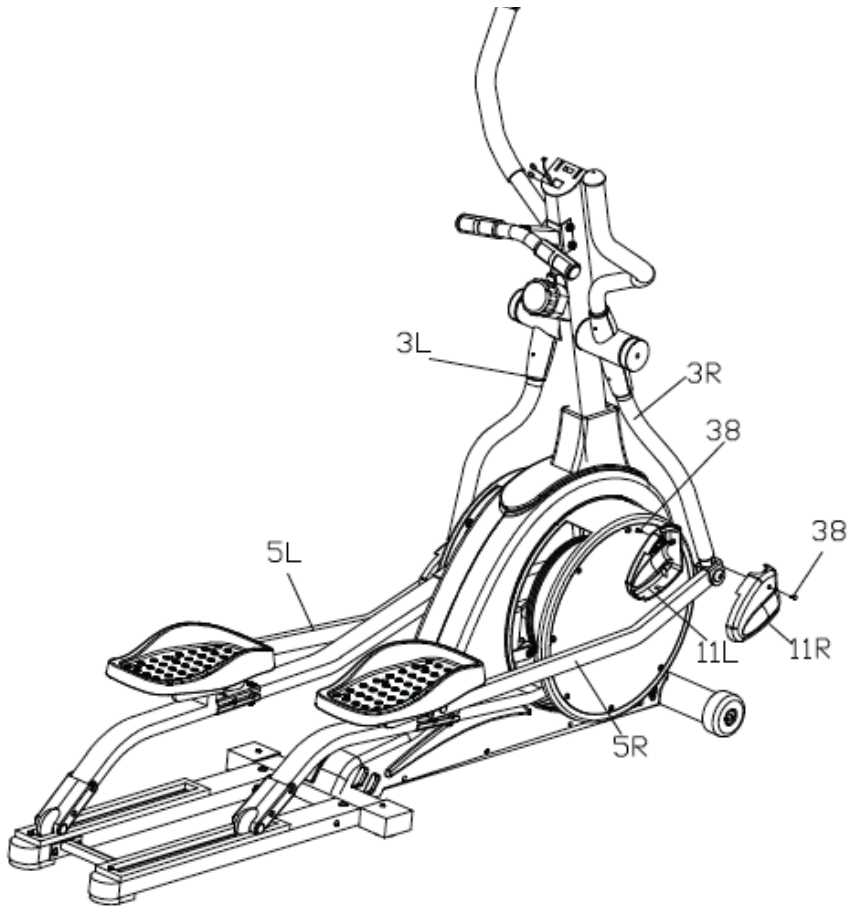
**Step 6:**

Fix the left and right pedal holder linking tube (5L/R) with the left and right handlebar (3L/R) with Allen bolt (20), flat washer (43) and nylon nut (23).



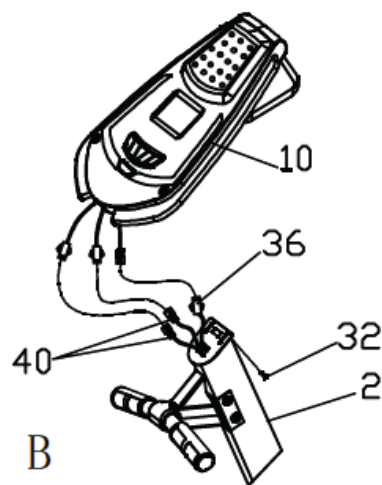
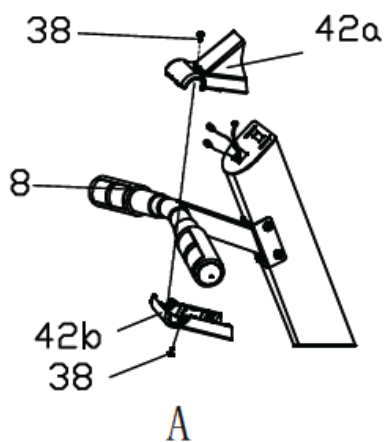
Step 7:

Fix the left and right cover (11L/R) tightly to the handlebar (3L/R) with cross screw (38).



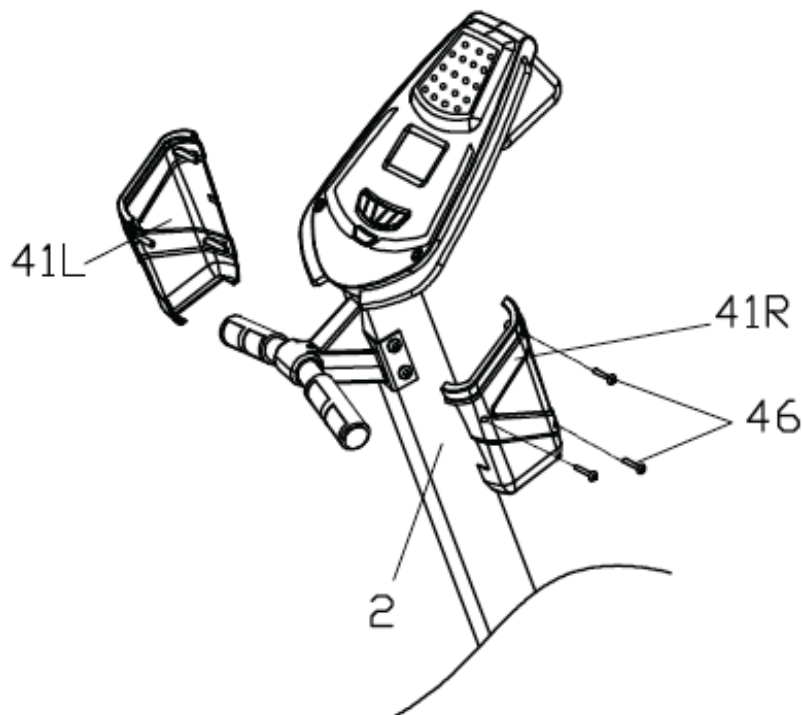
Step 8:

Fix the handlebar cover (42a/b) on the armrest (8) with cross screw (38) as picture A shown. Connect the pulse sensor wires (40) and the extension wire (36) with the wires of console (10), and then fix the console (10) onto the bracket of the handlebar post (2) with cross screw (32) as picture B shown.



Step 9:

Fix the console mast cover (41L/R) to the handlebar post (2) with cross screw (46).



USING YOUR UPRIGHT BIKE

Using your Upright Bike will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

WARM-UP PHASE

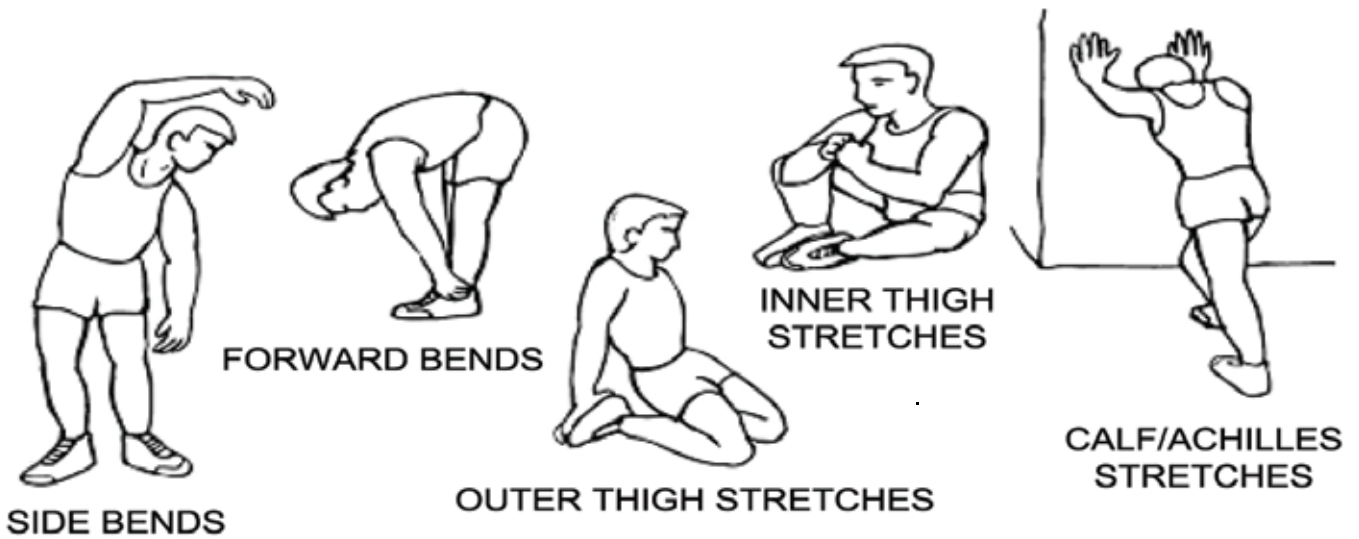
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in **place**.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

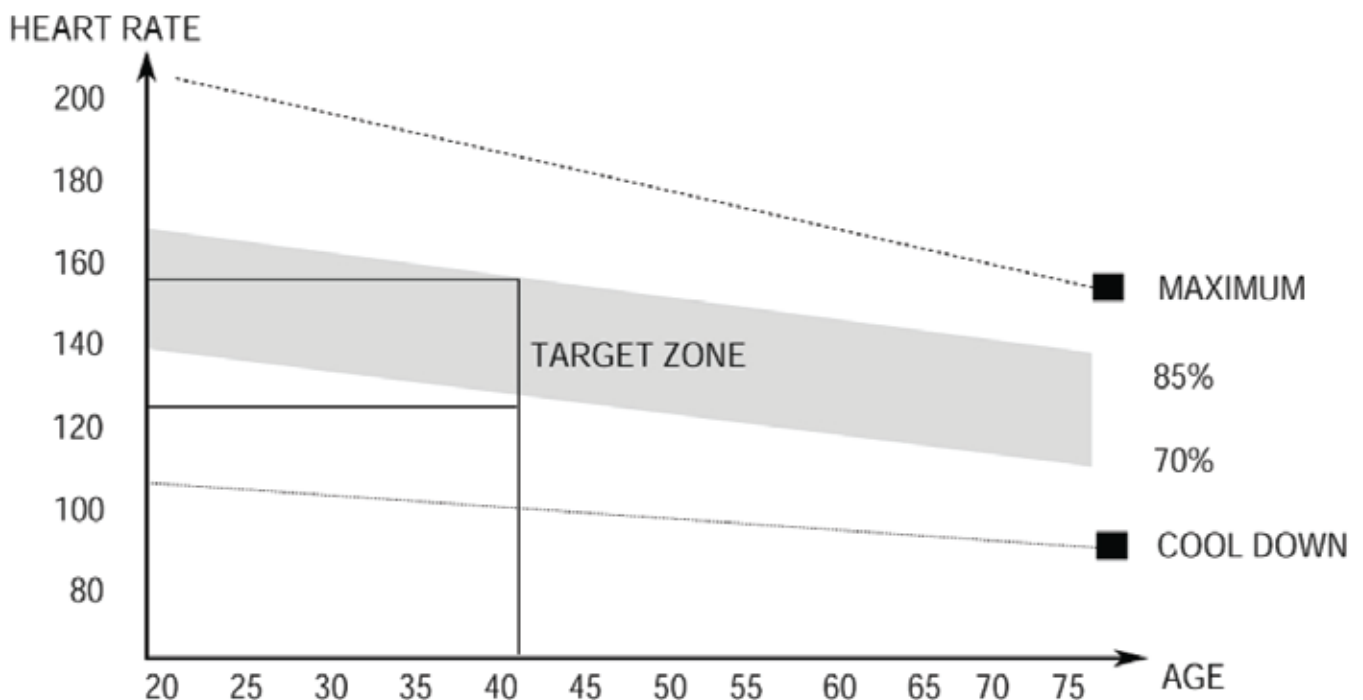
DO NOT BOUNCE.

Remember always to check with your physician before starting any exercise program.



EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below



COOL-DOWN PHASE

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

