



hattrick-pro

HS-1100 RECUMBENT 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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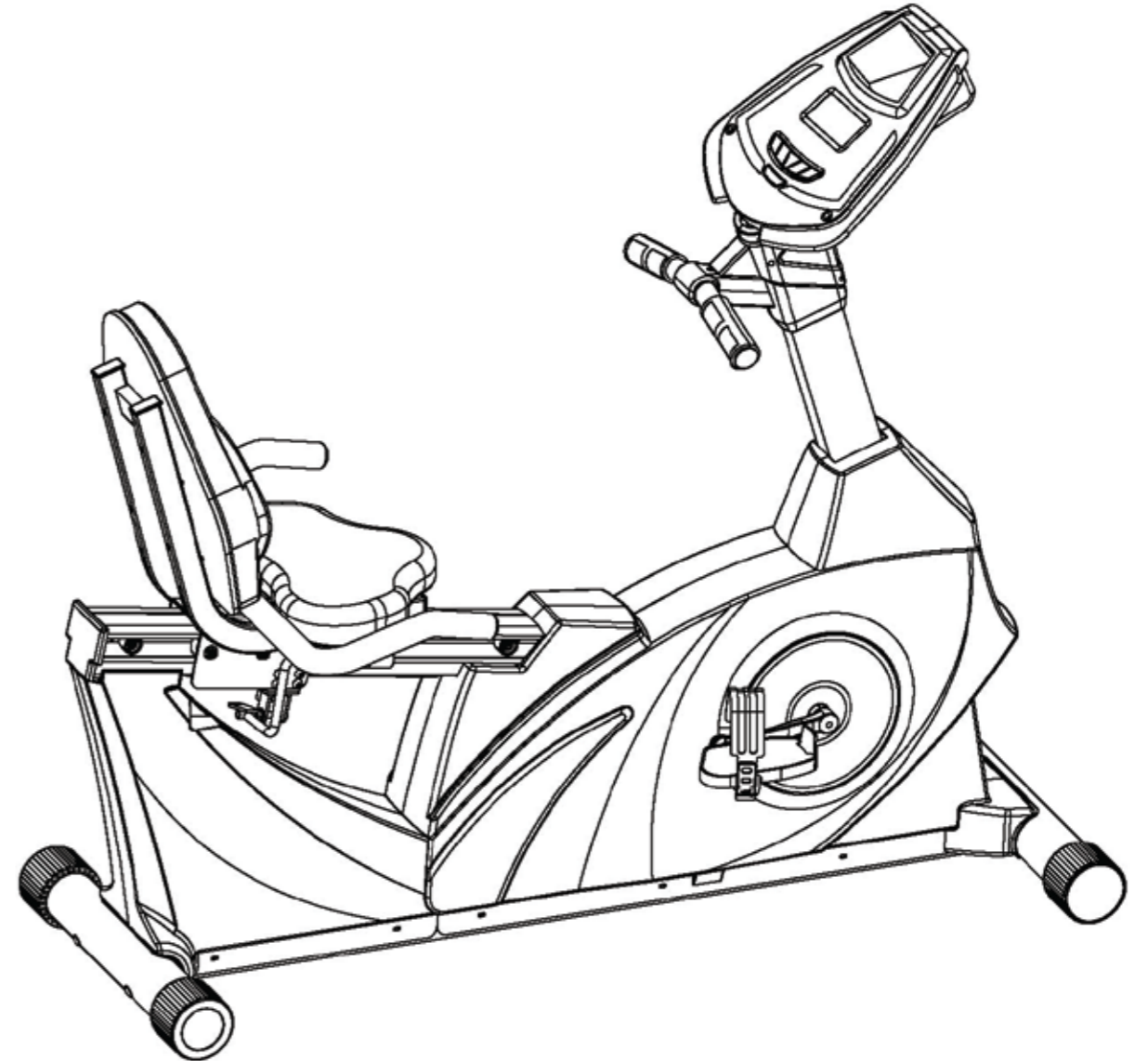
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HS-1100 RECUMBENT BIKE



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!

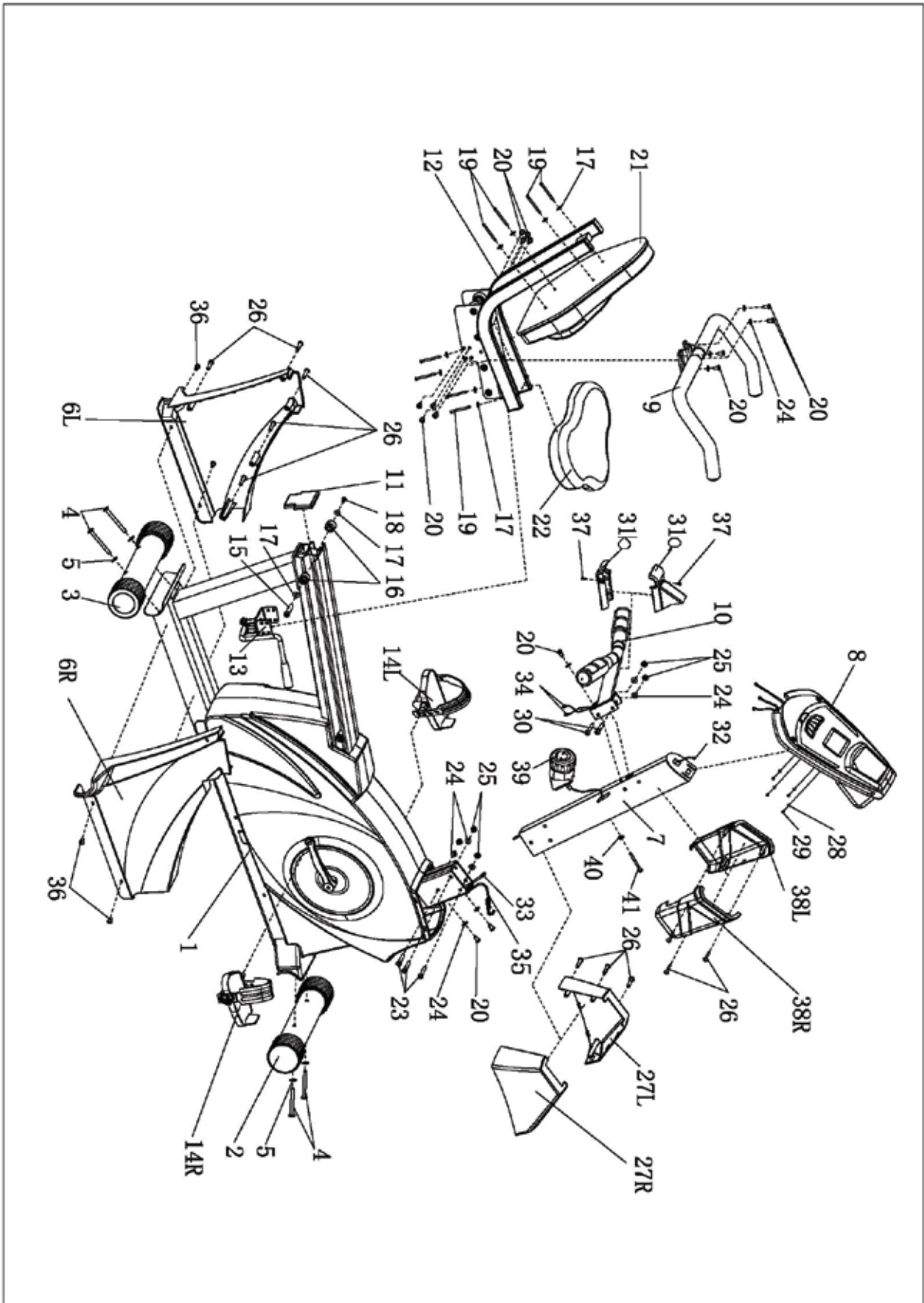
*Always examine your exercise bike before using to ensure all parts are in working order.

*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

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	22	Seat rest	1
2	Front stabilizer	1	23	Hex inner bolt M8*58	3
3	Rear stabilizer	1	24	Flat washer D8	12
4	Hex inner bolt	4	25	Nylon nut M8	5
5	Arc washer	4	26	Screw	14
6	Left/Right cover	1each	27L/R	Front cover (L/R)	1each
7	Vertical tube	1	28	Flat washer	4
8	computer	1	29	Cross screw	4
9	Handlebar	1	30	Hex inner bolt M8*56	2
10	Fixed bar	1	31a/b	Fixed bar cover (a/b)	1each
11	End cap	1	32	Extended wire	1
12	Seat shaped metal	1	33	Sensor wire	1
13	Seat lever assembly	1	34	Pulse wire	2
14L/R	Pedal (L/R)	1each	35	Tension cable	1
15	Stop pin	1	36	Screw	4
16	Limit stop	2	37	Screw	2
17	Flat washer D6	10	38L/R	Vertical tube cover (L/R)	1each
18	Multi-screw M6*15	1	39	Tension controller	1
19	Cross screw	8	40	Flat washer	1
20	Hex inner bolt M8*15	15	41	Screw	1
21	Back rest	1			

ASSEMBLY INSTRUCTION

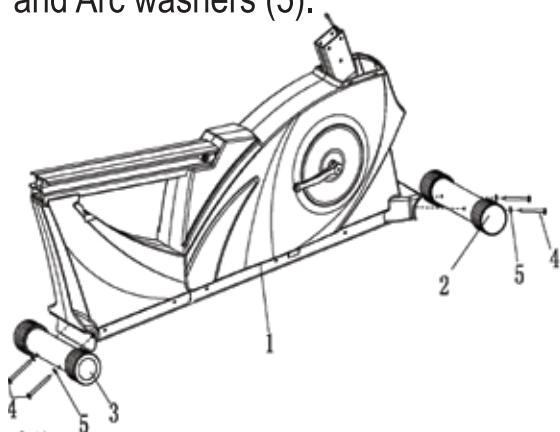
Attention:

Please follow these assembly instructions step by step to assemble this upright bike.

ASSEMBLY INSTRUCTION

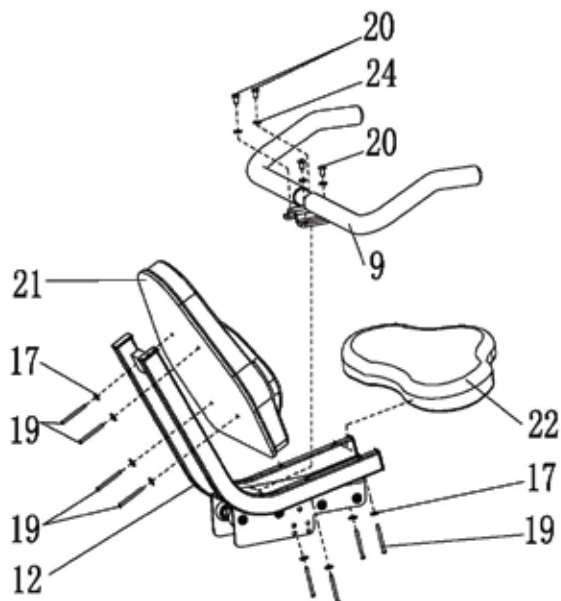
Step 1:

Assemble Front/Rear stabilizers (2, 3) to the Main frame (1), secure with Hex inner bolts (4) and Arc washers (5).



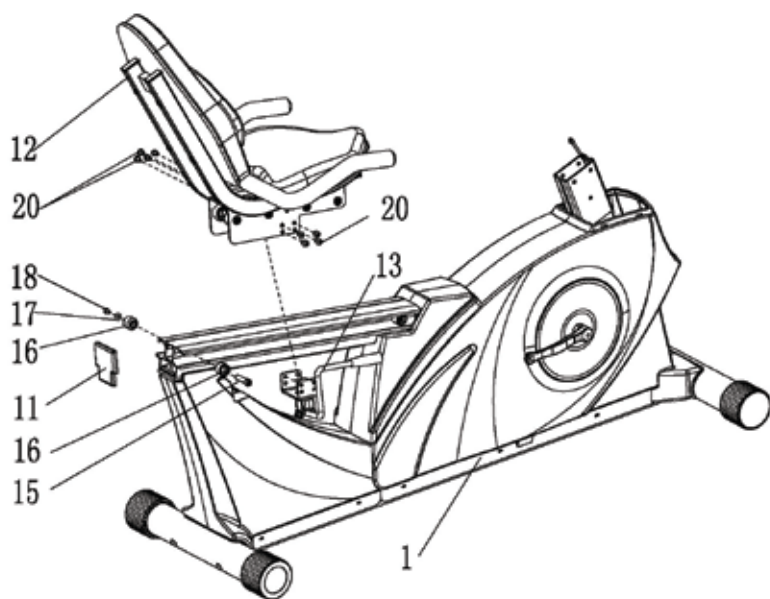
Step 2:

Install the Handlebar (9) to the Seat shaped metal (12) with Hex inner bolts (20) and Flat washers (24); then attach the Back rest (21) and Seat rest (22) onto the Seat shaped metal (12) by using Cross screws (19) and Flat washers (17).

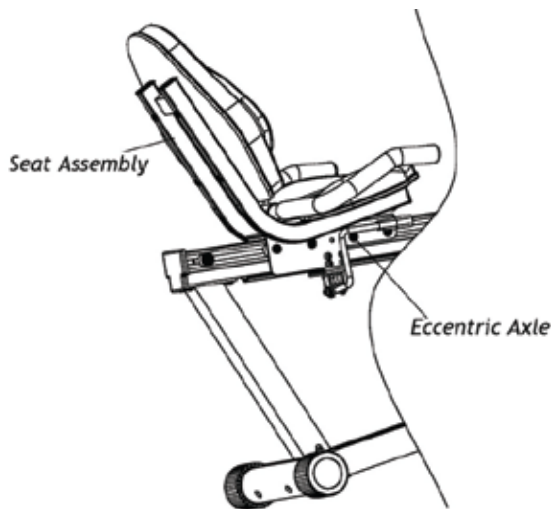


Step 3:

Adjust the position of the Seat shaped metal (12), then fix the Seat shaped metal (12) and Seat lever assembly (13) to the rail of the Main frame (1). Fix the Stop pin (15), Limit stops (16) with Flat washer (17), the Multi-screw (18) and End cap (11) to the rail of the Main frame (1).

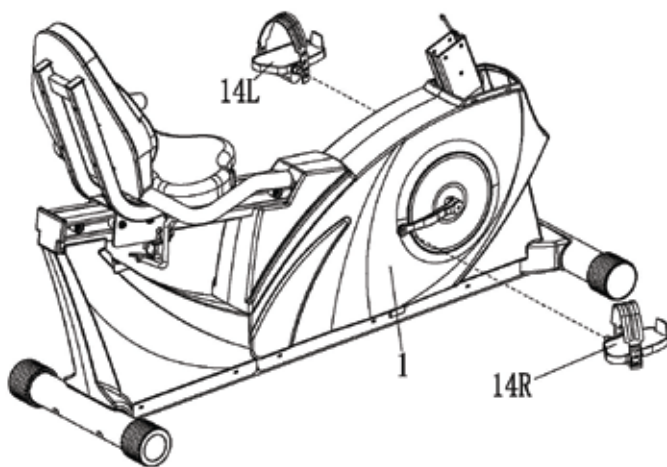


Note: The TIGHTNESS between the Seat Assembly and the Rail can be adjusted via adjusting the Eccentric Axle of the Wheel. Both sides can be adjusted.



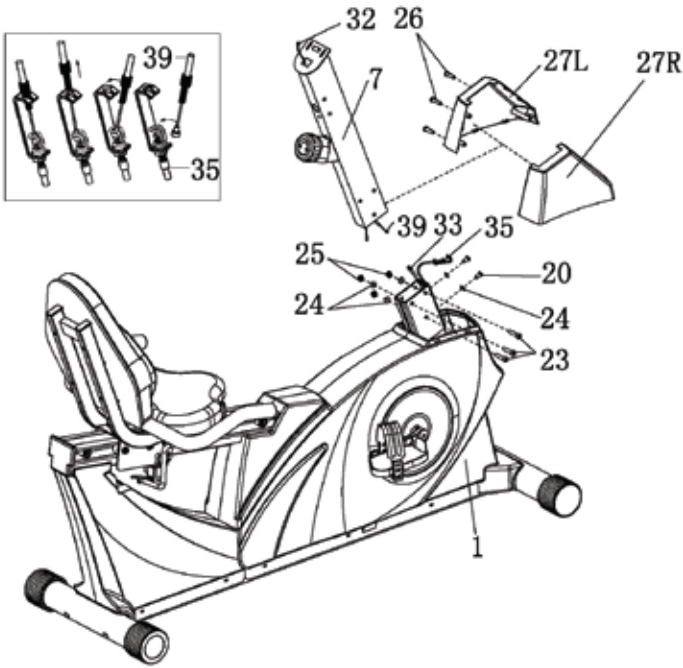
Step 4:

Attach the pedals (14L/R) to the cranks respectively, viewed from rider's seated position.
Note: Both pedals are labeled L FOR LEFT and R FOR RIGHT. To tighten by turning the left pedal COUNTERCLOCKWISE and the right pedal CLOCKWISE.



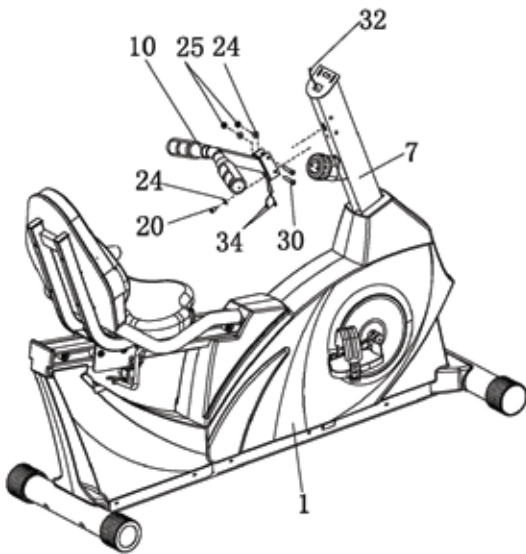
Step 5:

Firstly, connect the Extended wire (32) with sensor wire (33), Put the cable end of resistance cable of tension controller (39) into the spring hook of tension cable (35). Pull the resistance cable of tension controller (39) up and force it into the gap of metal bracket of tension cable (35), then install the Vertical tube (7) to the Main frame (1) with Hex inner bolts (20, 23), Flat washers (24), and Nylon nuts (25). Finally, fix the Front cover (27L/R) to the Main frame (1) with Screws (26).



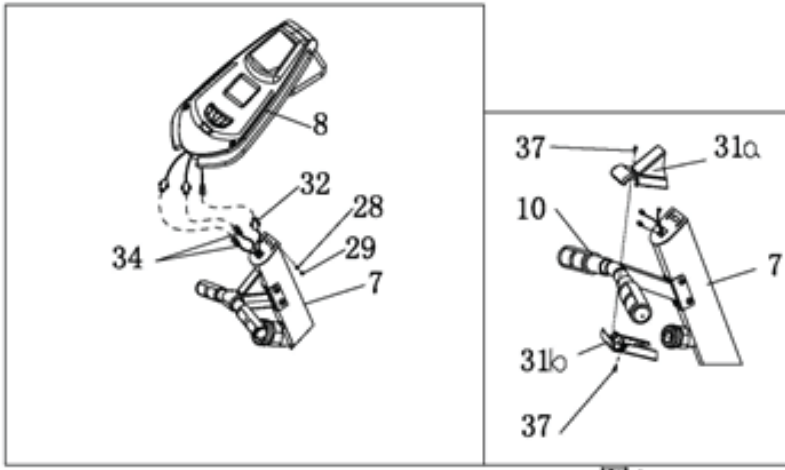
Step 6:

Put the Pulse wires (34) through the hole of the Vertical tube (7), and make it out of the top of the Vertical tube(7). Then lock the Fixed bar (10) to the Vertical tube (7) with Hex inner bolts (20, 30), Flat washers (24) and Nylon nuts (25).



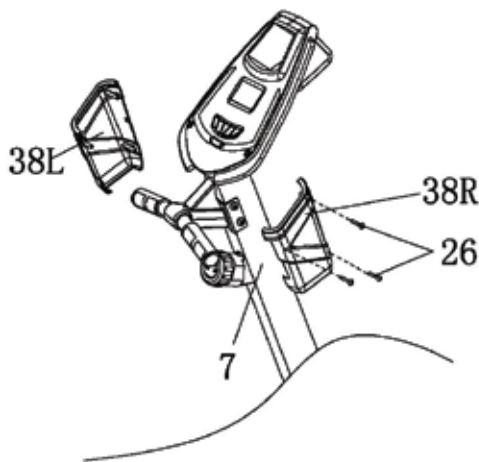
Step 7:

A: First lock Fixed bar cover (31a/b) to the Fixed bar (10) with Screws (37),
 B: Connect the Pulse wires (34) and the Extended wire (32) to the correct wires of the Computer (8), then fix the Computer (8) onto the bracket with Flat washers (28) and Cross screws (29).



Step 8:

Fix the lock Vertical tube cover (38 L/R) to the Vertical tube (7) with Screws (26).



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

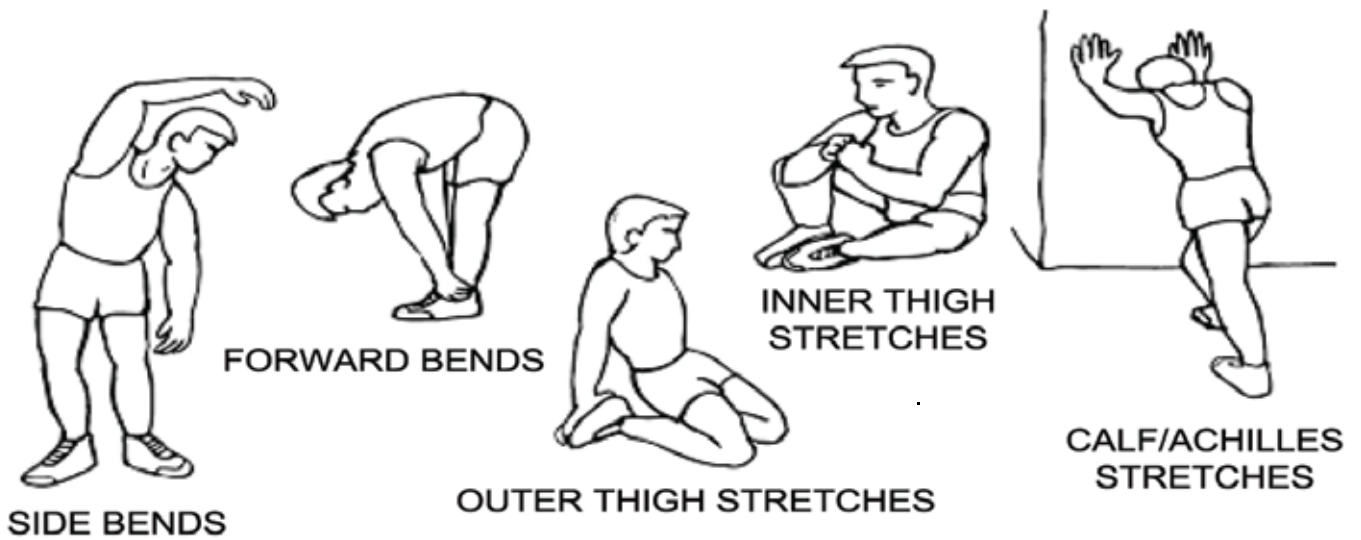
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

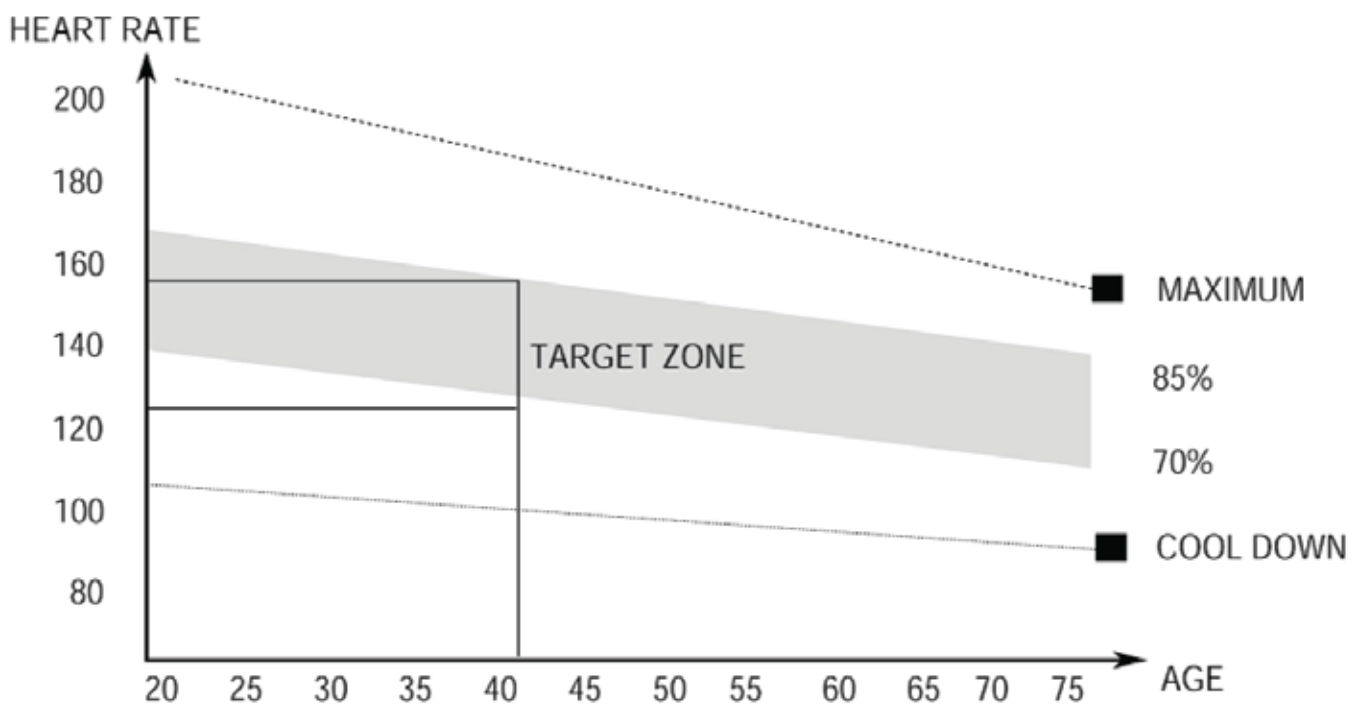
DO NOT BOUNCE.

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.