



hattrick-pro

HS-1200 UPRIGHT 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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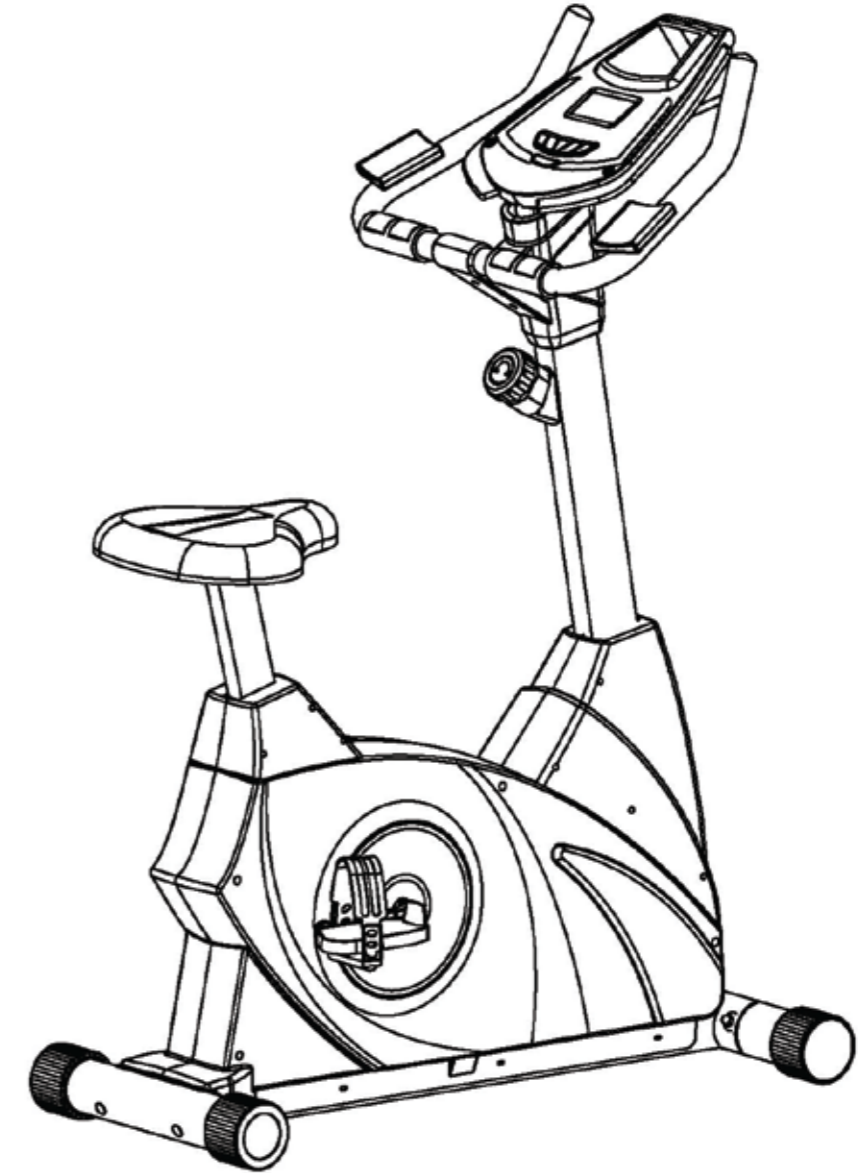
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HS-1200 UPRIGHT BIKE



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!

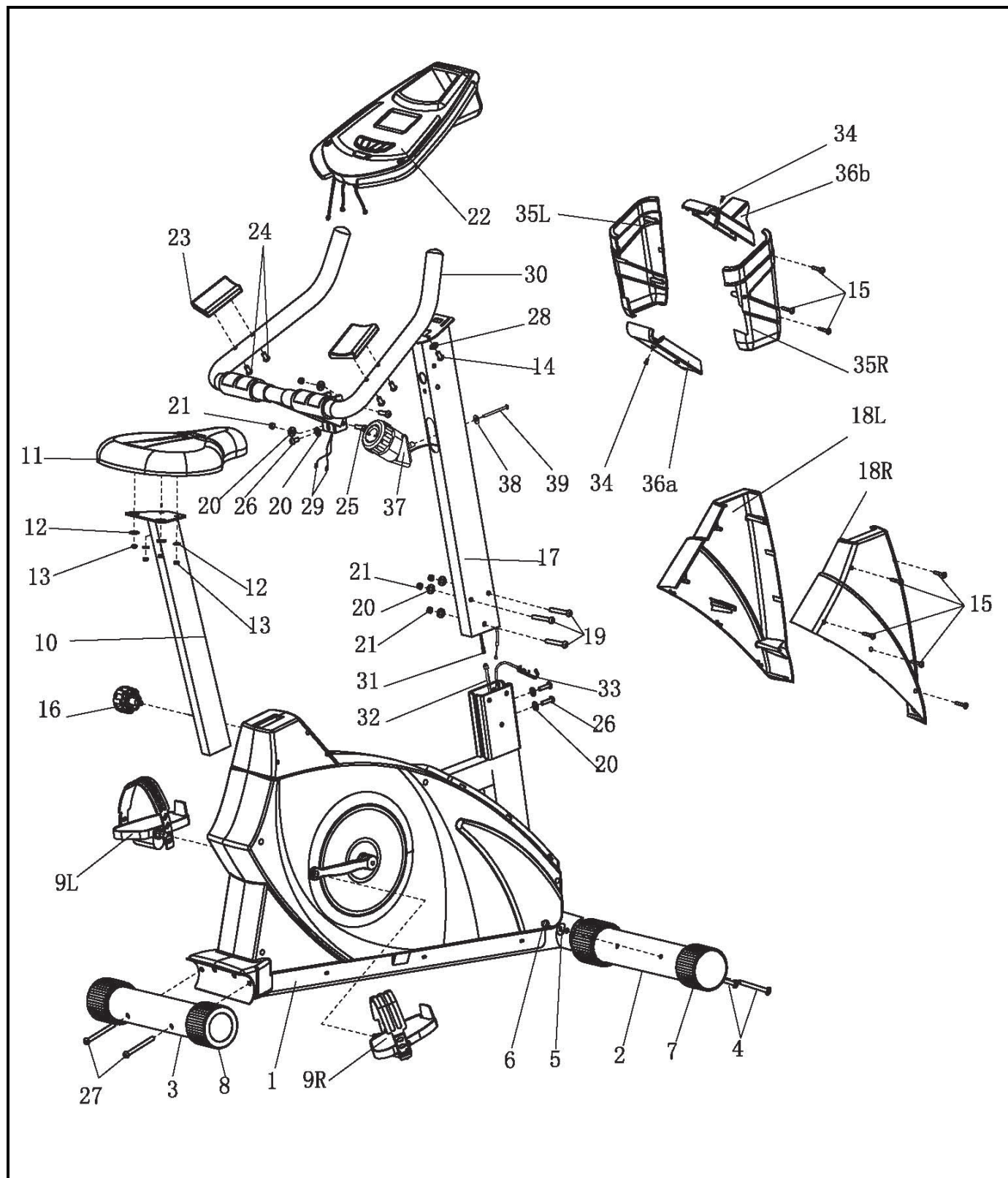
*Always examine your exercise bike before using to ensure all parts are in working order.

*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	21	Nylon nut	5
2	Front stabilizer	1	22	Computer	1
3	Rear stabilizer	1	23	Elbow pads	2
4	Carriage bolt	2	24	Phillips tapping screw	4
5	Arc washer	2	25	Allen bolt	2
6	Acorn nut	2	26	Allen bolt	3
7	Front stabilizer end cap	2	27	Allen bolt	2
8	Rear stabilizer end cap	2	28	Washer	2
9L/R	Pedal (L/R)	1	29	Pulse wire	2
10	Saddle post	1	30	Handlebar	1
11	Saddle	1	31	Connective wire	1
12	Washer	4	32	Sensor wire	1
13	Nylon nut	4	33	Tension cable	1
14	Phillips pan head screw	2	34	Phillips pan head screw	2
15	Phillips tapping screw	8	35L/R	Handlebar post cover	1
16	Pop-pin knob	1	36a/b	Handlebar cover	1
17	Handlebar post	1	37	Tension control	1
18L/R	Cover (L/R)	1	38	Flat washer	1
19	Allen bolt	3	39	Phillips pan head screw	1
20	Flat washer	8			

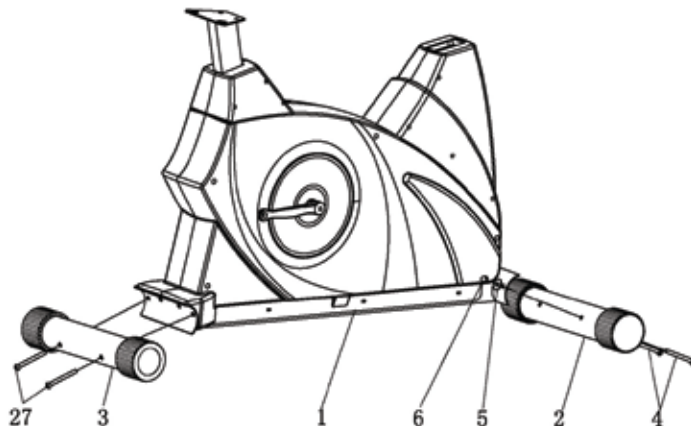
ASSEMBLY INSTRUCTION

Attention:

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

Step 1:

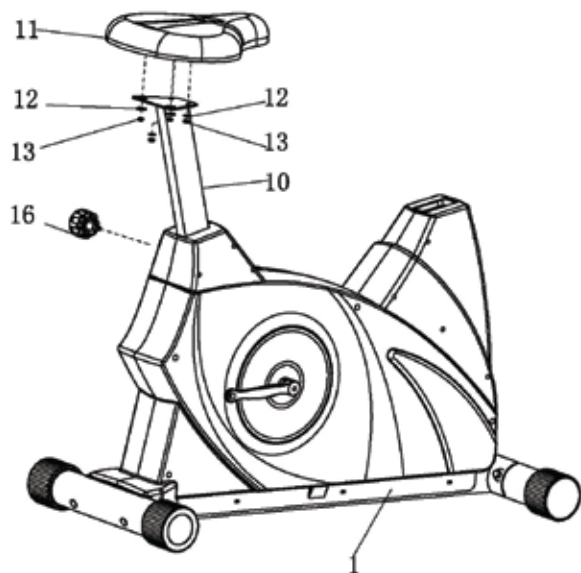
Attach the front and rear stabilizers (2, 3) to the main frame (1) with the carriage bolts (4), arc washers (5) and acorn nuts (6).



Step 2:

Attach the saddle (11) to the saddle post (10) with the washers (12) and nylon nuts (13). After adjusting the height of saddle post (10), fix the saddle post (10) onto the main frame (1) with the pop-pin knob (16).

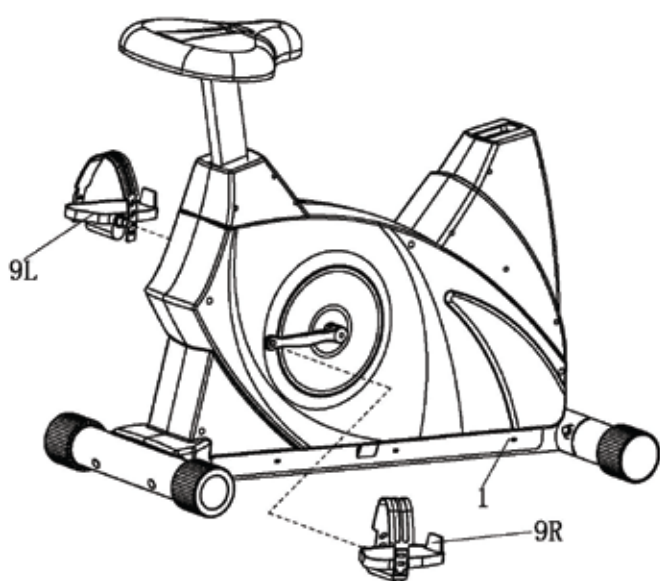
Note: when adjusting the height of saddle post, the maximum insert depth mark line cannot be higher than the edge of the tube of main frame.



Step 3:

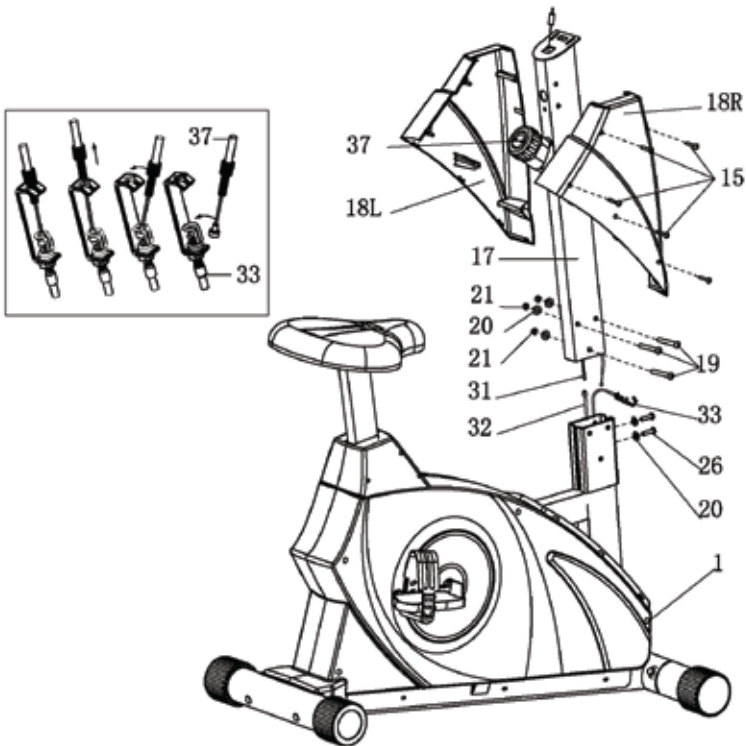
Attach the right and left pedals (9L/R) to the crank. The right pedal (9R) should be threaded on clockwise direction. The left pedal (9L) should be threaded on counterclockwise direction

NOTE: The right and left pedals (9L/R) and crank are marked with "R" & "L"



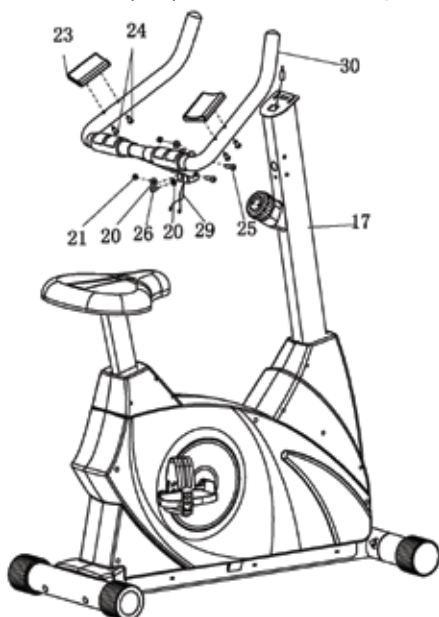
Step 4:

Connect the sensor wire (32) from the main frame (1) to the connective wire (31) from the handlebar post (17). Put the cable end of resistance cable of tension control (37) into the spring hook of tension cable (33). Pull the resistance cable of tension control (37) up and force it into the gap of metal bracket of tension cable (33). And then insert the handlebar post (17) to the main frame (1) with Allen bolt (19, 26), flat washer (20) and nylon nut (21). Finally, fix the cover (18L/R) in the main frame (1) with the Phillips tapping screw (15).



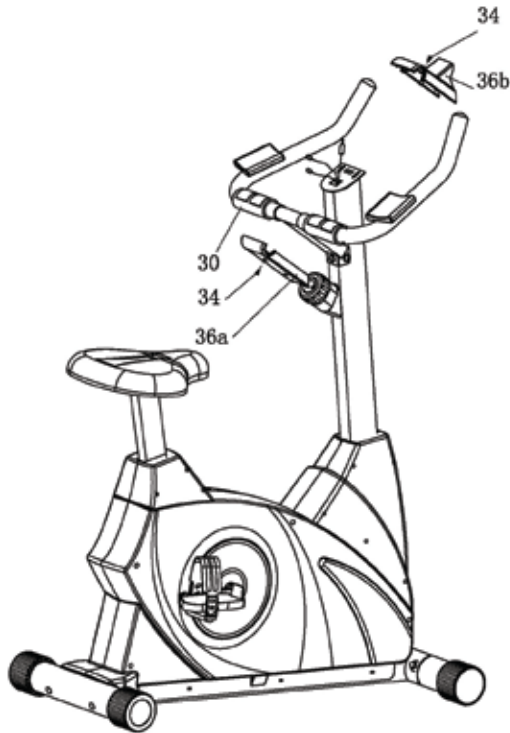
Step 5:

Put the pulse wires (29) through the hole of the handlebar post (17) then pull the pulse wires (29) out from the top of handlebar post (17). Fix the handlebar (30) on the handlebar post (17) with Allen bolt (25, 26), flat washer (20) and nylon nut (21). Then attach the elbow pads (23) to the handlebar (30) with the Phillips tapping screw (24).



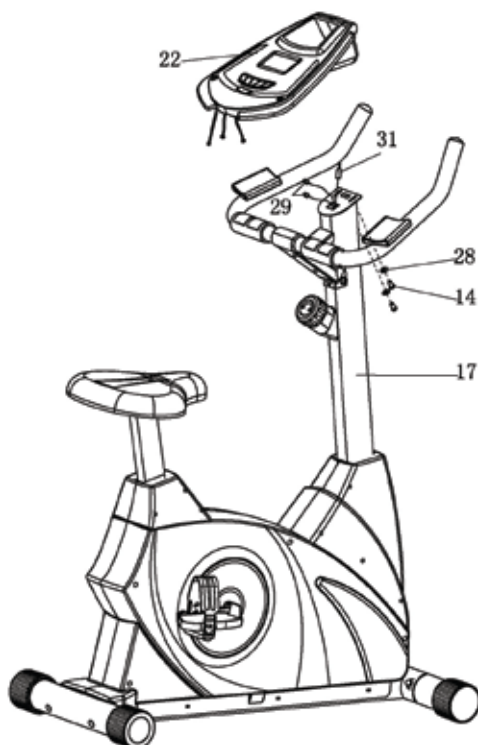
Step 6:

Fix the handlebar cover (36a, b) in the handlebar (30) with the Phillips pan head screw (34).



Step 7:

Open the battery cover and install two "AA" batteries into the battery compartment on the back of computer (22). Connect the pulse wires (29) and connective wire (31) to the wires that come from the computer (22). Then fix the computer (22) on the handlebar post (17) with washers (28) and Phillips pan head screw (14).



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

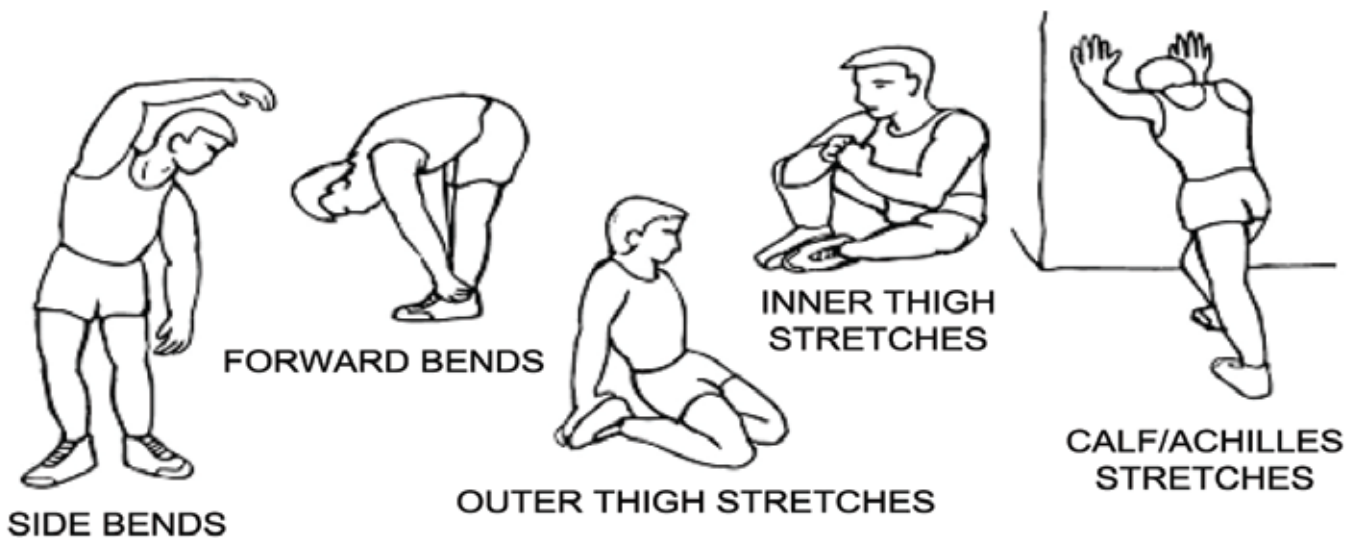
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

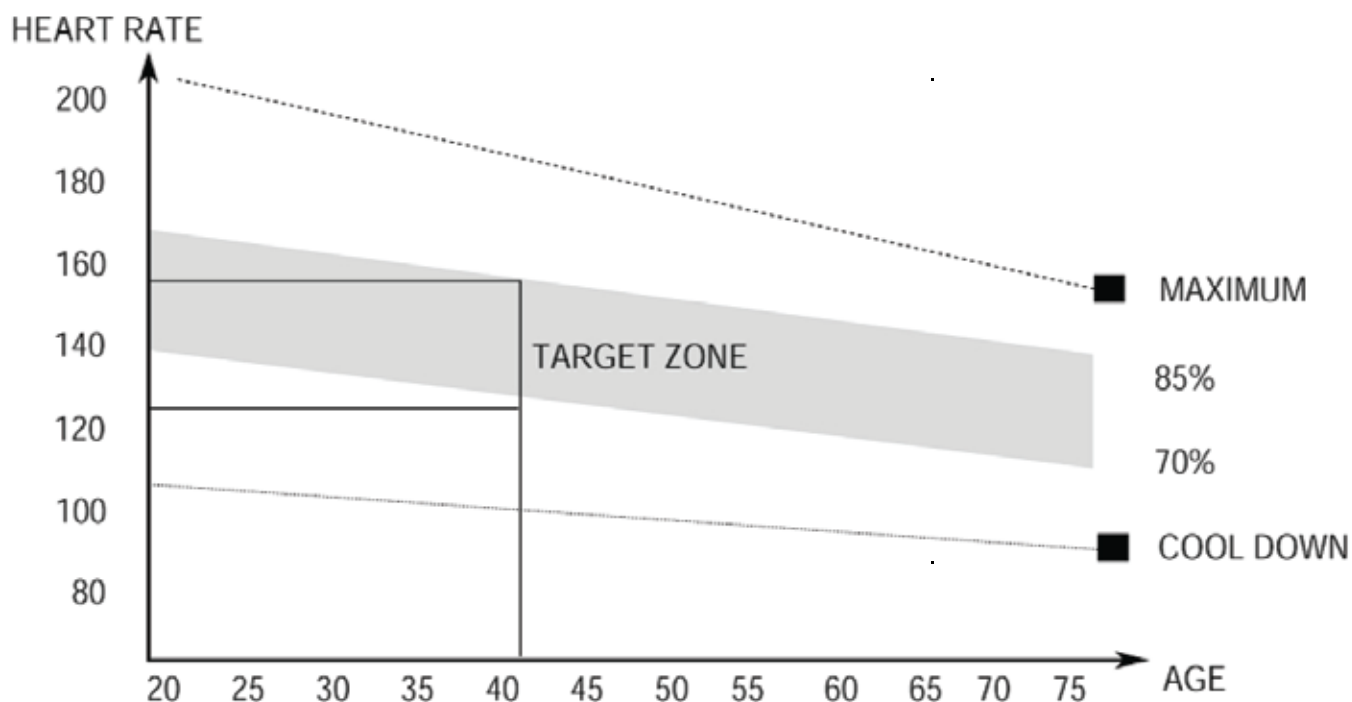
DO NOT BOUNCE.

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.