



hattrick-pro

S-6600T COMMERCIAL TREADMILL



Cardio Series

User Manual

English

IMPORTANT SAFETY PRECAUTIONS

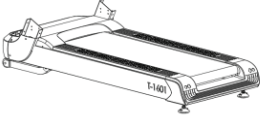
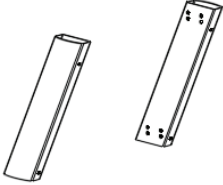

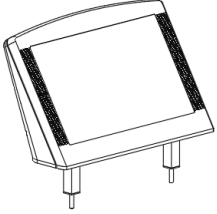
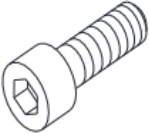
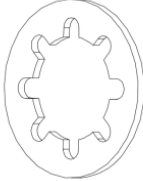
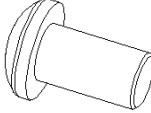






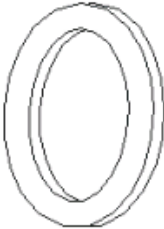
WARNING: Before starting any exercise program, consult with your physician or health professional, especially the person who is above 35 years old people or has some health problems before. We take no responsibility for any troubles or hurts due to above reasons. Don't power on until you finish assembly the treadmill and covering the protected top of motor.

ATTENTIONS:

1. Do not plug anything into any parts of this equipment, or it may damage.
2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors.
3. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
4. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
5. Keep small children or pet away from the treadmill during operation.
6. Do not do exercise in 40 minutes after meal.
7. The treadmill is only used for adults, child use the treadmill must have adult on side.
8. Always hold the handrails when initially walking or running on the treadmill, until you are familiar with the use of the treadmill.
9. The treadmill is for indoor equipment, do not use outdoor. Position the treadmill on a clean, level surface. Note the treadmill made by special equipment, please do not remodel or do others.
10. The power cord of motorized treadmill is specialized. If the power cord is damaged, please purchase it from distributor or contact our company directly.
11. If the treadmill should suddenly increase in speed due to an electronics failure or the speed inadvertently increased, the treadmill will come to a sudden stop when the EMERGENCY STOP button is pressed from the console.
12. Do not connection in the middle of power cord, extending the power cord or replace the power cord plug. Stacked weight object on the power cord or make the power cord near the high temperature heat, prohibit use the porous socket, otherwise it will cause fire or electric shock injury accident because of poor contact.
13. When the treadmill is not being used, the power cord should be unplugged . Note the power cord of motorized treadmill made by special equipment, and if it is broken, please contact distributor quickly.
- 14 Please do not overuse the treadmill so can avoid any injury and do not use incorrect way for your safety.

Assembly Instruction

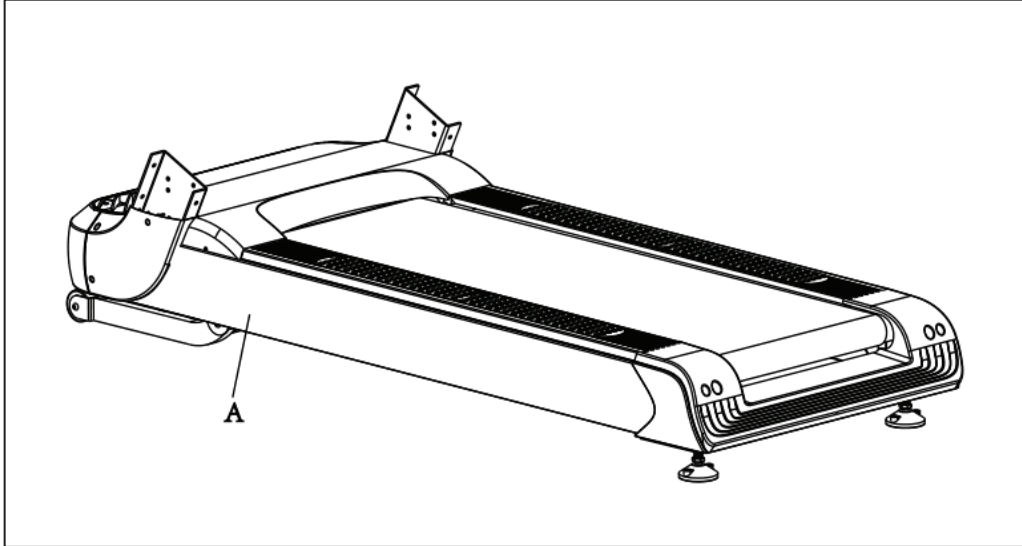
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

<p>A. Main Frame</p> 	<p>3/4. L/R Upright</p> 	<p>B. Computer Set</p> 	<p>C. Computer Screen</p> 
<p>55. Round head hex bolt M8*16 2pcs</p> 	<p>71. Serrated Gasket $\Phi 10$ 24pcs</p> 	<p>72. Half-round head hex bolt M10*20 24pcs</p> 	<p>82. Power Line</p> 
<p>83. MP3 Wire</p> 	<p>94. Silicon Oil</p> 	<p>95. #6 Allen Wrench</p> 	<p>96. #8 Allen Wrench</p> 
<p>97. Screw Driver</p> 	<p>98. Flat Washer $\Phi 8$ 2pcs</p> 		

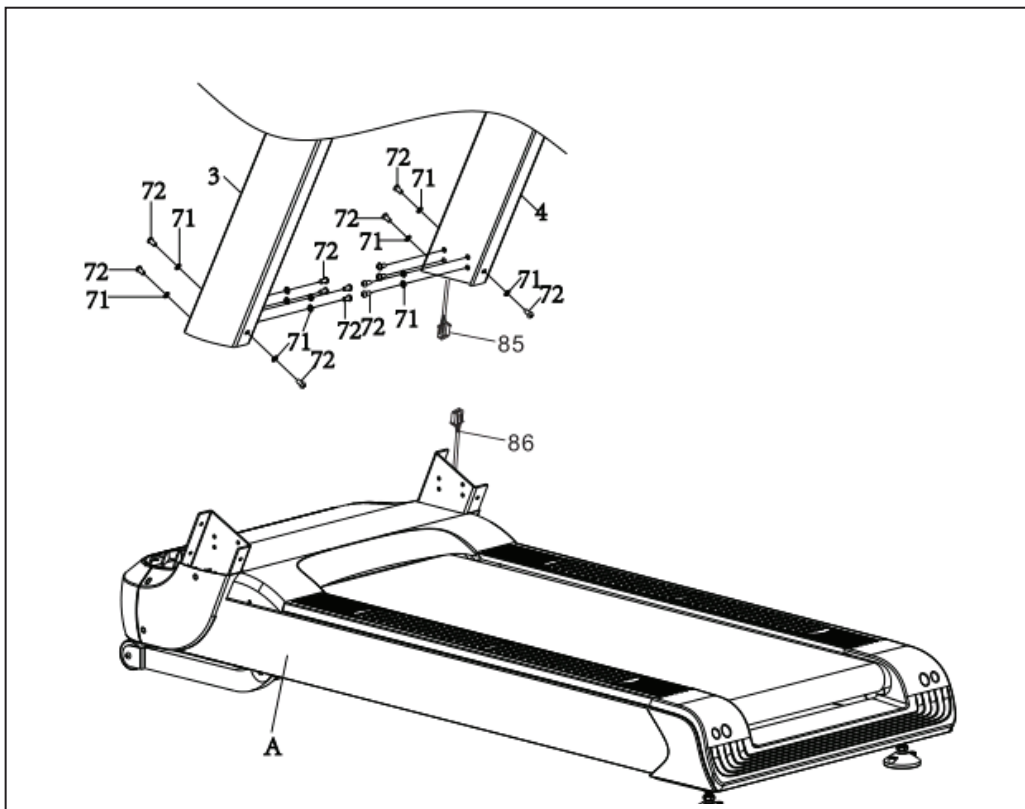
Assembly Instruction

NOTE: While assembling this equipment, please be careful and do not damage the lines or parts.

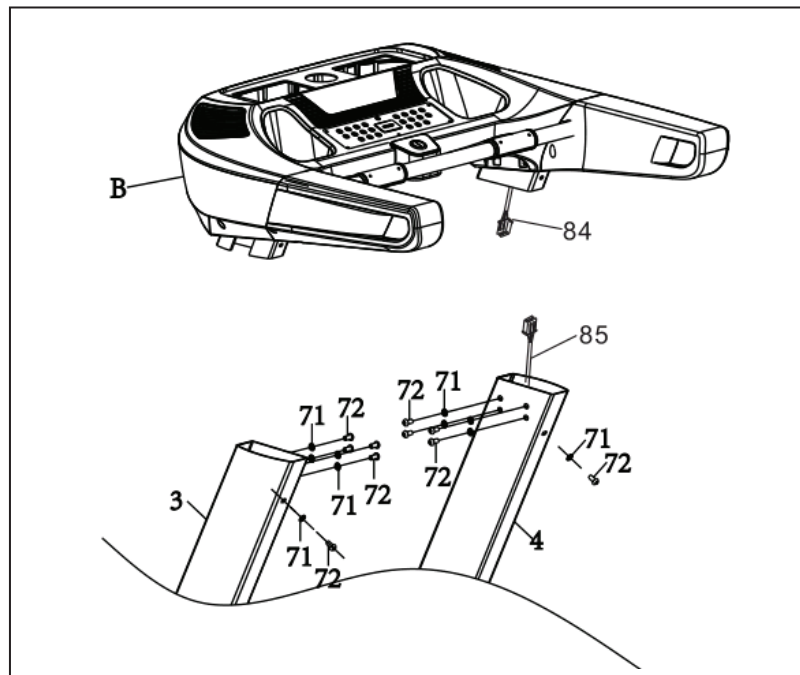
STEP 1: Open the carton and remove all contents. Place the Main Frame (A) on level ground and ensure that you have a clean, adequate work space.



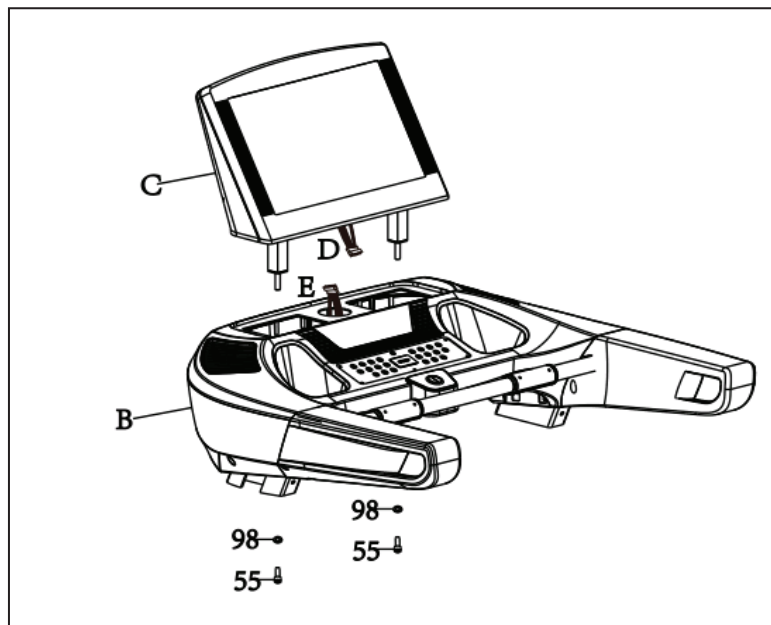
STEP 2: According to the picture to connect the Console lower line (86) with Console middle line (85) first, then slightly lock the Left & Right uprights (3&4) to the Main Frame (A) using 14 bolts M10*20 (72) and 14 serrated gasket (71).



STEP3: As below drawing to connect the Console upper line (84) with console middle line (85) first, and then slightly lock the Computer set (B) to the Left & Right uprights (3&4) with 10 bolts M10*20 (72) and 10 serrated gaskets (71).



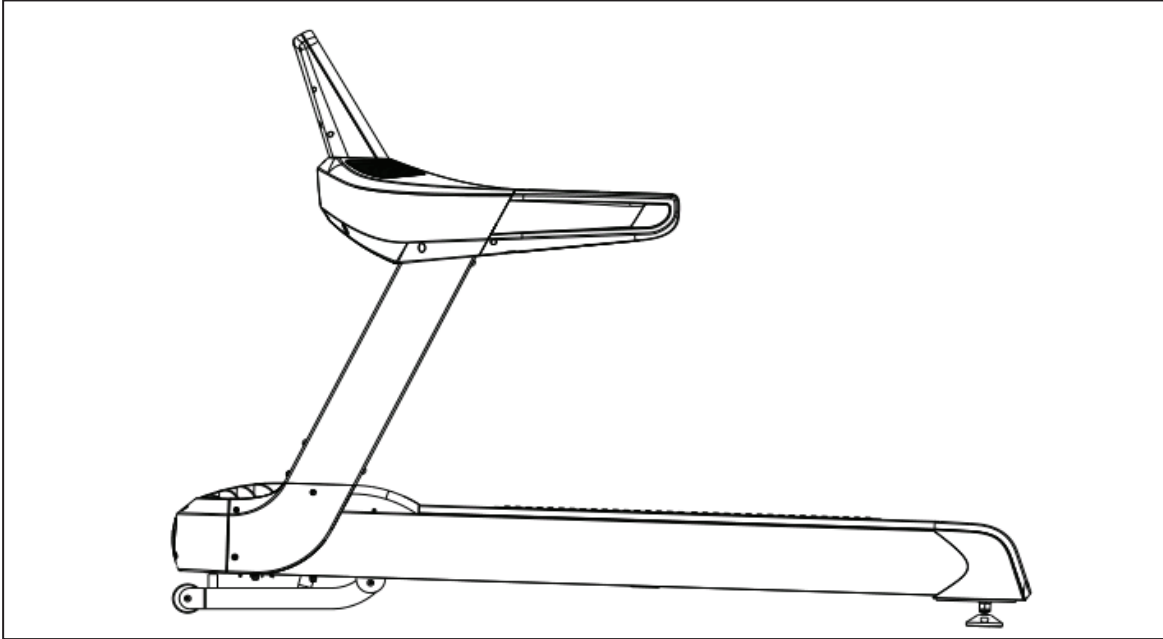
STEP 4: According to the picture to connect the Signal line (D) with Signal line (E) first, then slightly lock the Computer Screen (C) to the Computer set (B) using 2 bolts M8*16 (55) and 2 Flat WashersΦ8 (98).



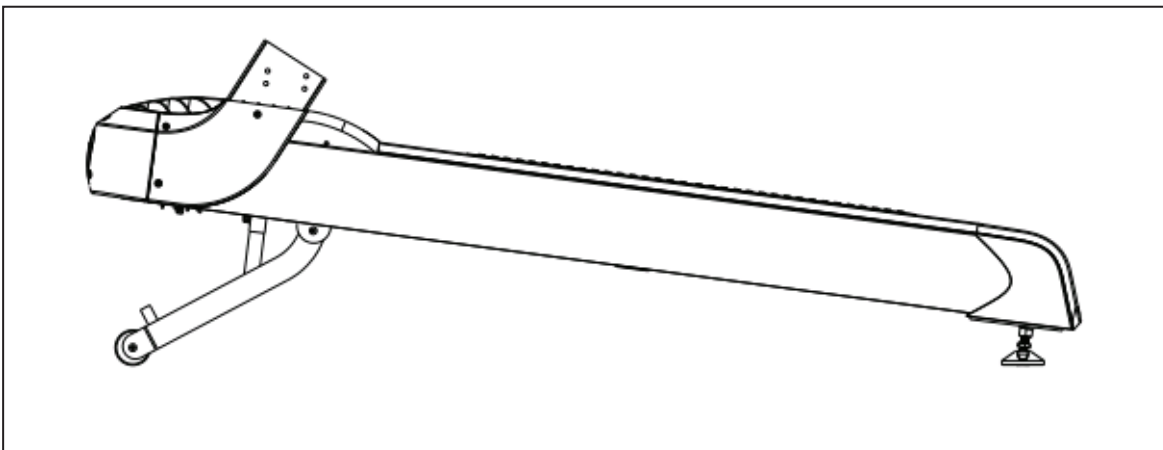
Now, all bolts can be closely locked.

ATTENTION: Must confirm complete assembly as the required above and lock all bolts. Do the following operations after checking everything is OK. Before you use the treadmill, please read the instructions carefully.



Incline Instruction



Picture1



Picture2

Console Keys   are used to control the incline level. Increase or decrease the incline level by pressing the incline buttons once per level or holding an incline key down to skip through to the desired level.

Quick 3%, 6%, 9%, 12% INCLINE Keys give you the ability to instantly program a specific incline level with the push of a button.

Picture1 shows the minimum incline level(0%) while picture2 shows the maximum incline level(15%).

Grounding Methods

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, Please find a proper outlet installed by a qualified electrician.

Computer Operation Guide

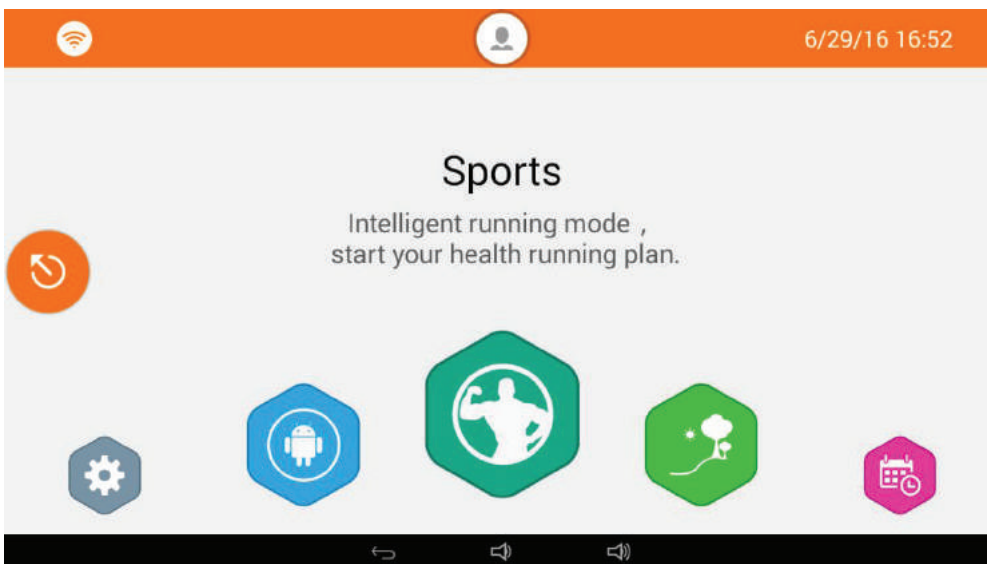
WiFi TFT Color Screen Instruction

Hardware Instruction









1. 18.5 "TFT Color Screen
2. TFT capacitive touching screen
3. With Audio reminder
4. Equipped with USB, Audio input & Audio output
5. Supported formats:
Music: MP3, WMA, WAV
Video: AVI, MPEG, DAT, MPG, MP4, MKV, 3GP, H.264 fluent decoding, max.1080P
6. Memory Stick capacity 32G

Windows Display and Functional Keys Instruction

1. When power on, computer screen enter Standby mode with showing below:



Functional Keys Instruction:

On Top Page left it displays WIFI connecting,  Treadmill situation, Fans, User's Information;  on the right it displays time, date (from internet). Middle name shows functional keys as below. Sports,  Real Scene Running , Record , Entertainment,  Settings , Help , Data Collection . These keys connecting with different function modes. Lower page it shows Return, Volume+ & Volume-.

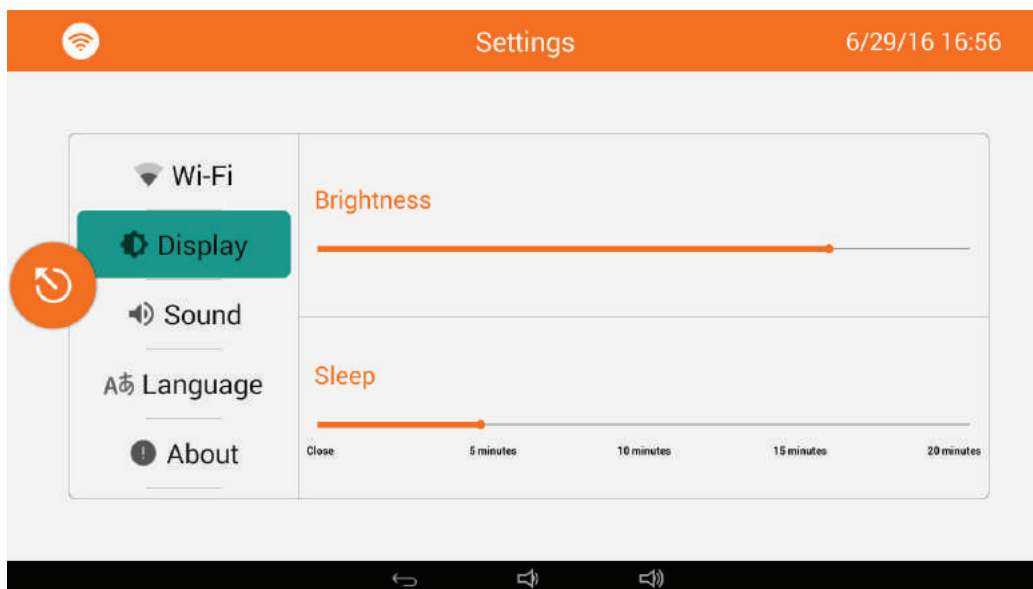
2.Settings and system setting function

Click Settings Key  , you can enter Settings system with Internet, Display, Sound, Language and About.

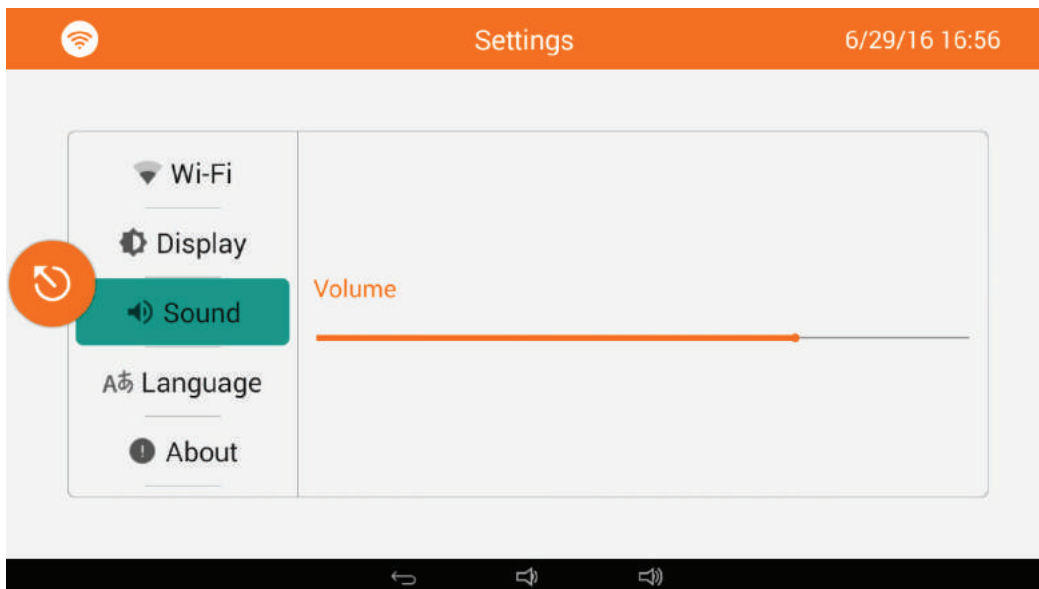


You could connect Wifi with key in the desired Wifi name and password and confirm.

a. Click Display and you will enter below page, adjustable brightness and standby time could be set here.



b. Click Sound and enter the sound setting and mute page as below.

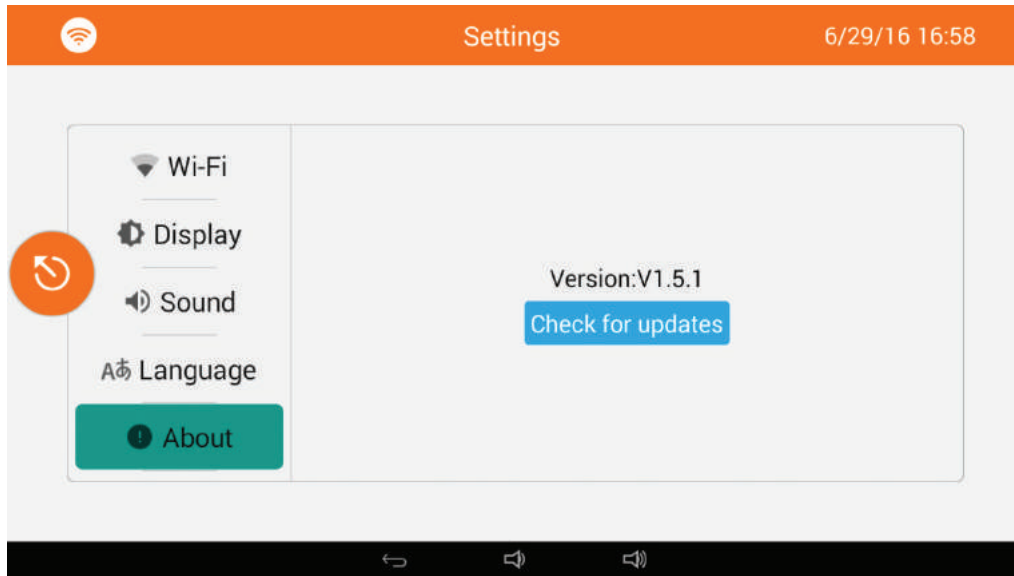


c. Click Language and enter language setting page as below.



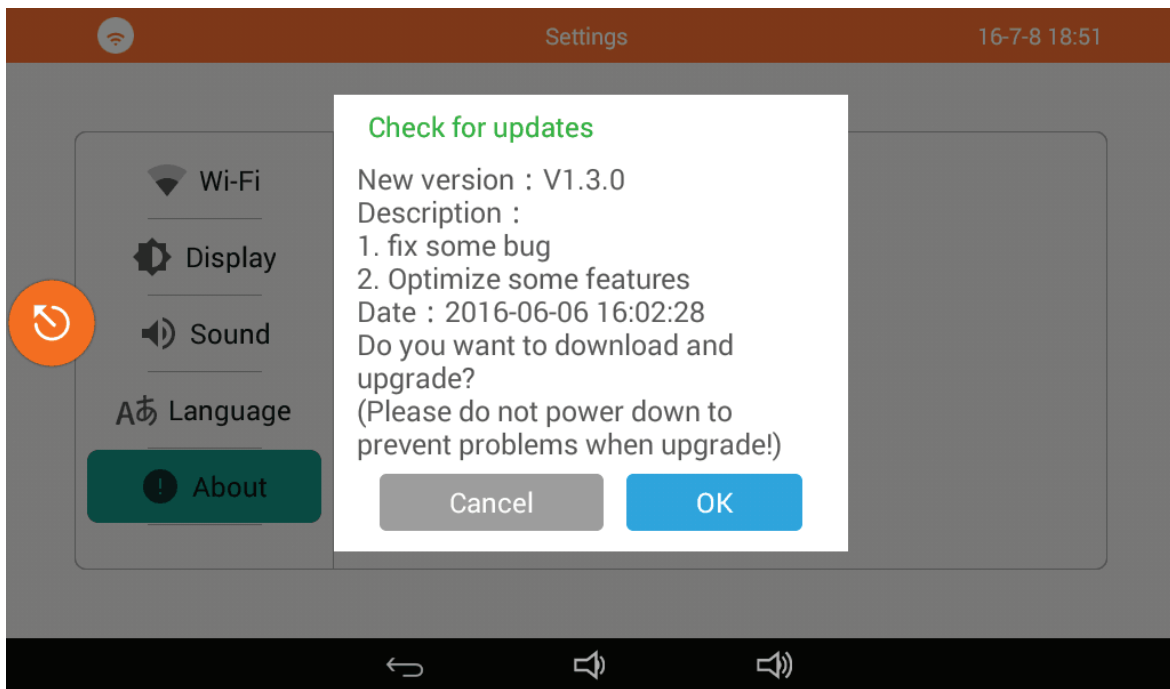
Four optional languages are available as: Simplified Chinese, Traditional Chinese, English, Deutsch.

d. Click About, enter the page as below.

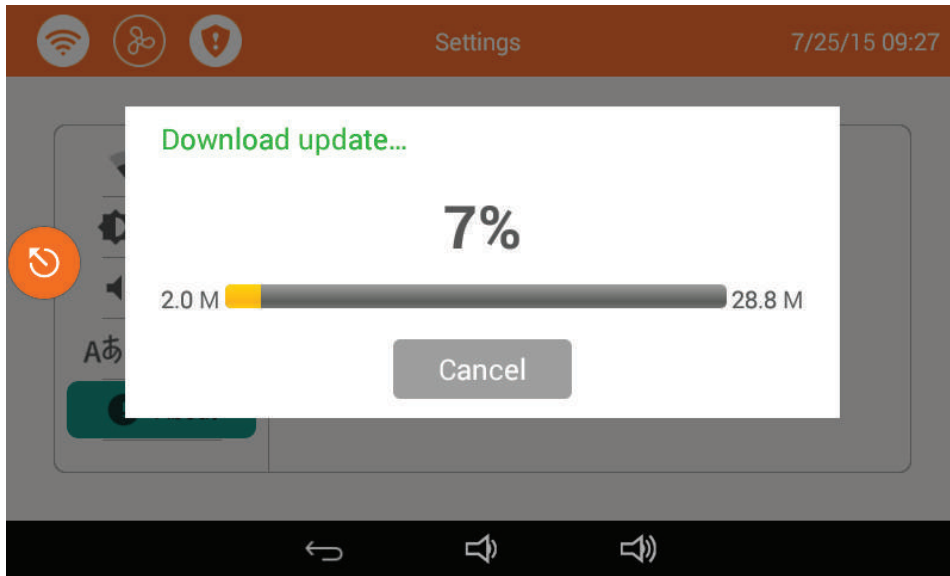


This page shows the version of the software and update.

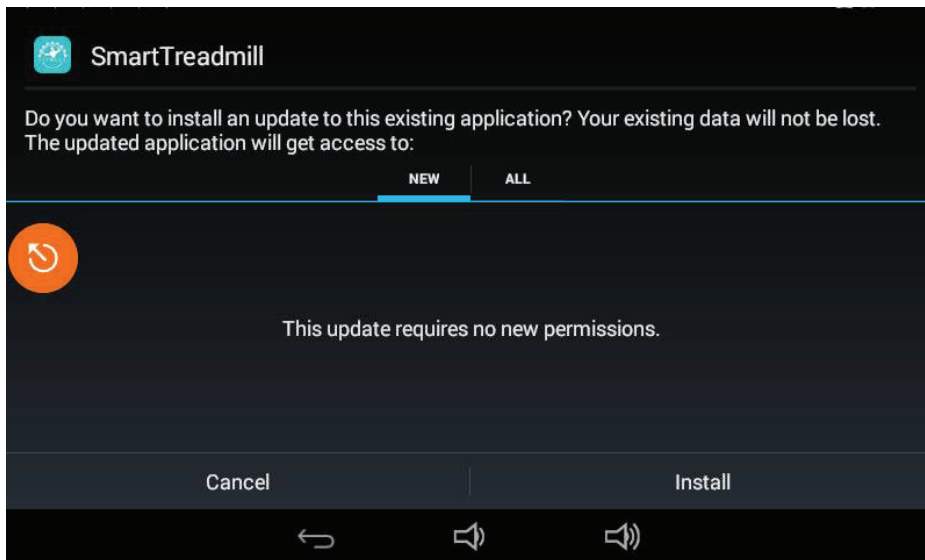
e. Click **Check for updates** to enter system updating page. When the system is well-connected with wifi, we could see this dialog box.



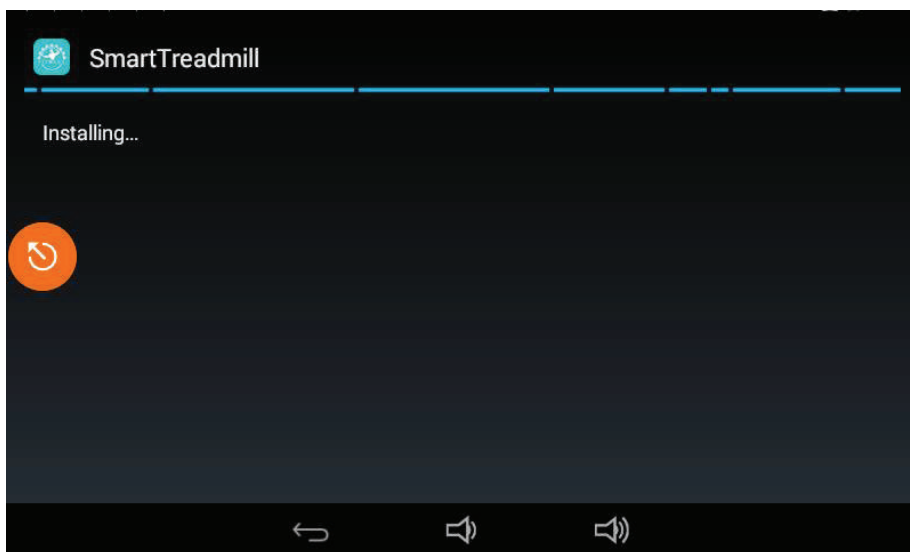
On this page, you could click “Cancel” to cancel update, or click “OK” to enter download and update page (please don't update while the motor is working).



After download finished, there will be a dialog box as below.




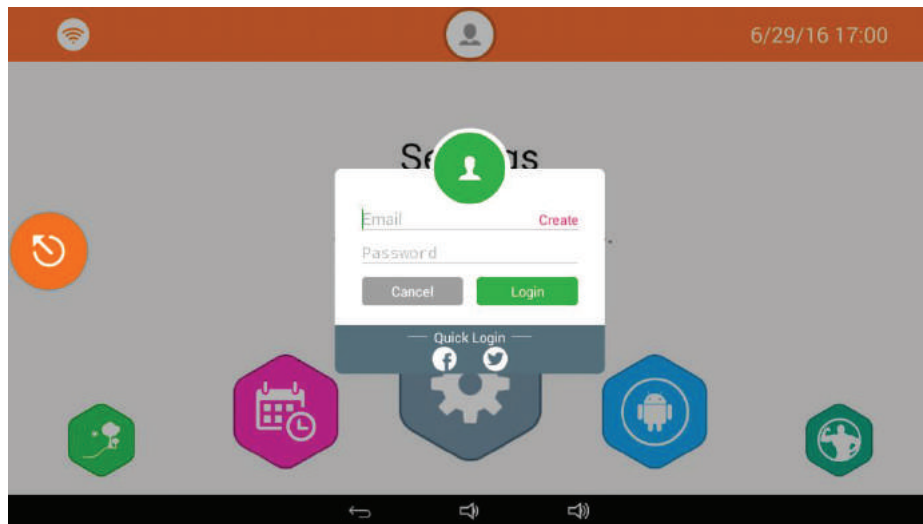
On this page, you could click “Cancel” to cancel installation, or click “install” and the installation starts.





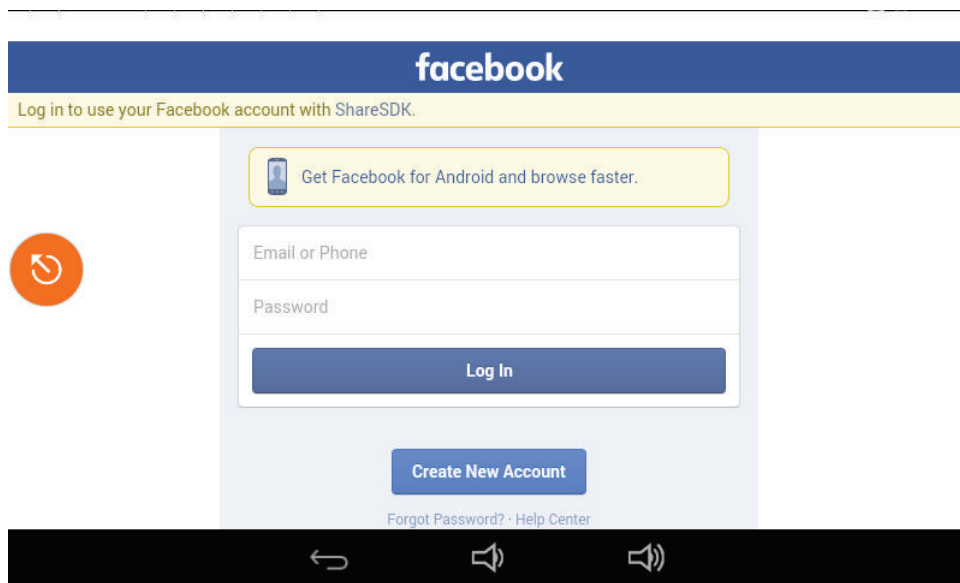
When finished, it will enter homepage automatically. Click  to return to homepage.

3.Login (when wifi is connected)

Click  to enter login in page as below.



- Enter the registered account (email address) and password, click Login.
- You could also login by clicking the Quick Login  icon or  icon as below.



Enter the account number and password to log in.

c. If you are a new user, please click Create a New Account to enter register page as below.

Account	Enter the email	Height	170 cm
NickName	Enter a nickname	Weight	70 kg
Gender	Male	BMI	24.22
Birthday	Select a birthday	Register	

When filled the information and register, there will be a request for password as below.

Account	yedeming0087@hotmail.com	Height	170 cm
NickName	kf	Weight	70 kg
Gender	Male	BMI	24.22
Birthday	Select a birthday	Register	

Enter password


Confirm Password

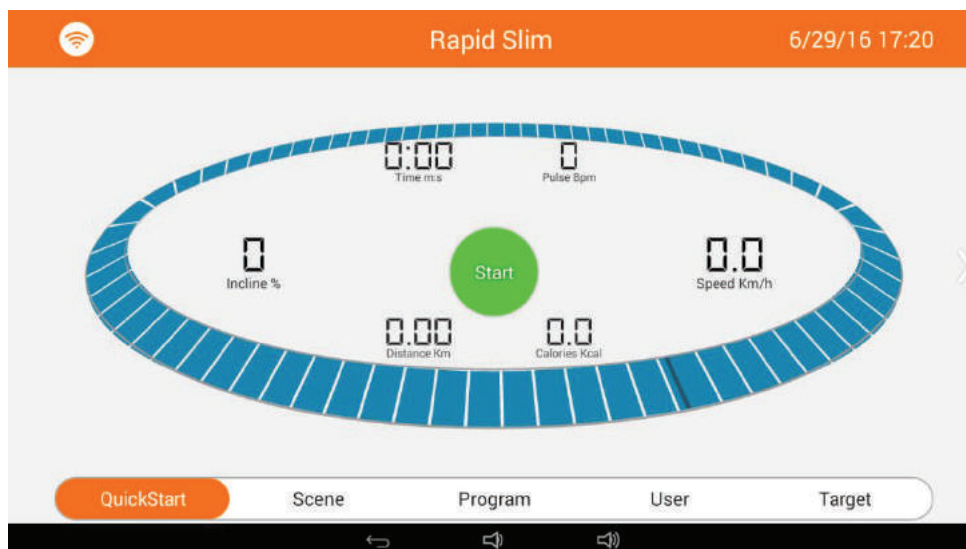
Cancel Ok

After put in the password, click yes, there will be a reminder for new account created successfully or failure with reason. Do the modification if a failure occurs and register again.

Click  to go to homepage.

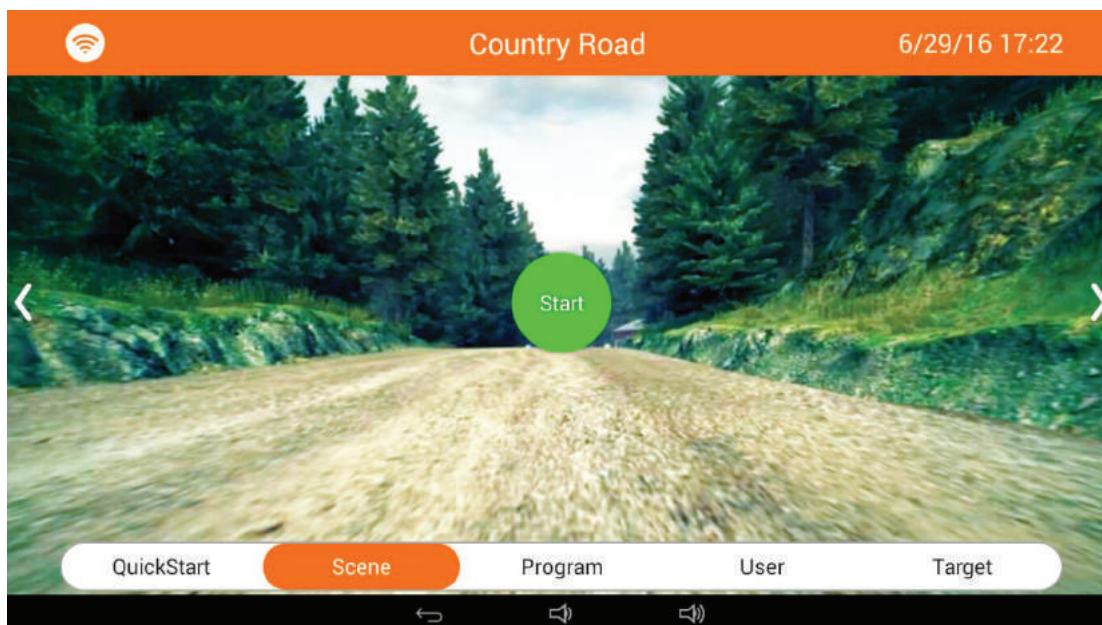
4. Exercise Page entering and instruction

Click Sports  icon to enter Rapid Slim page as below.

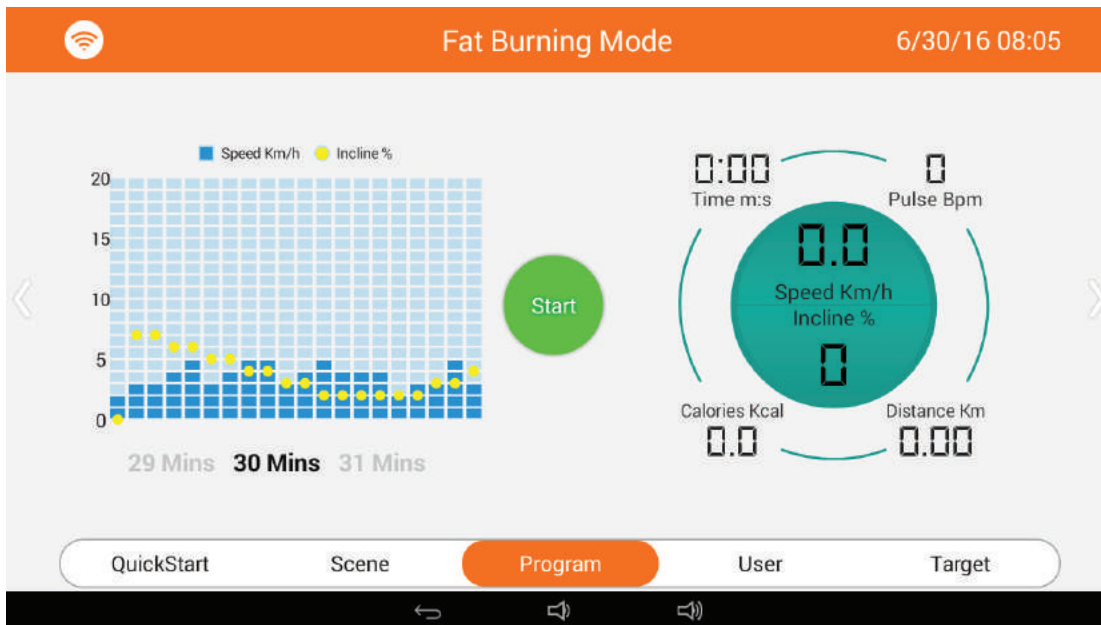


Page Display instruction

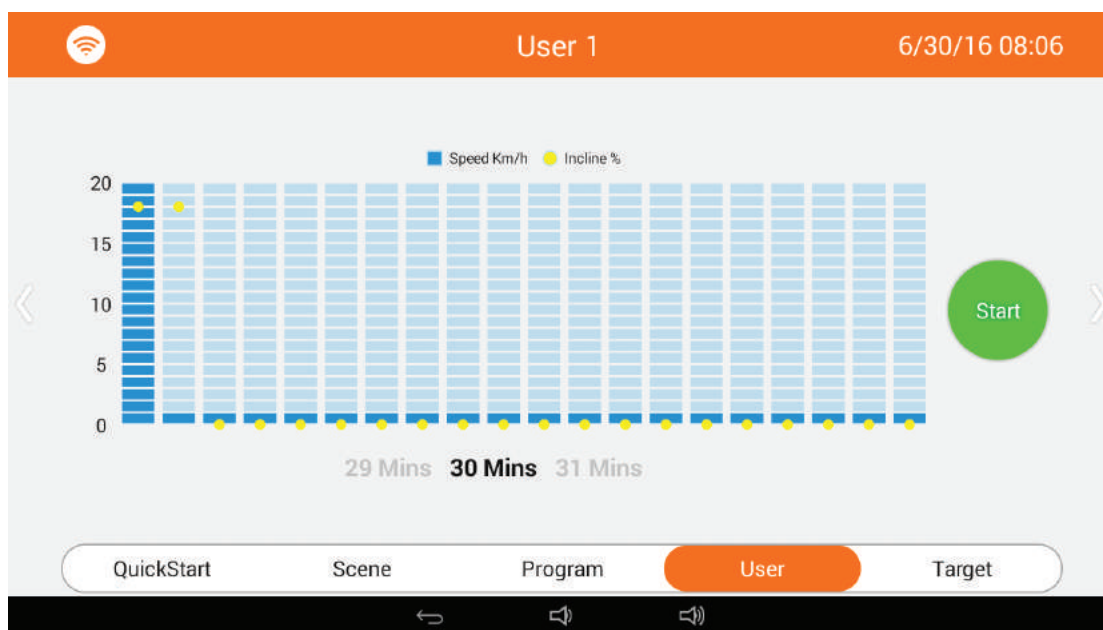
The parameters of the treadmill will be on the display: Time(M:S), Pulse (Bpm), Speed(Km/h), Incline(%),Distance(Km), Calories(Kcal). The circle in the middle is one circle of 400M. Click Start to start the exercise, or slide from right to the left to choose different exercise modes as below.



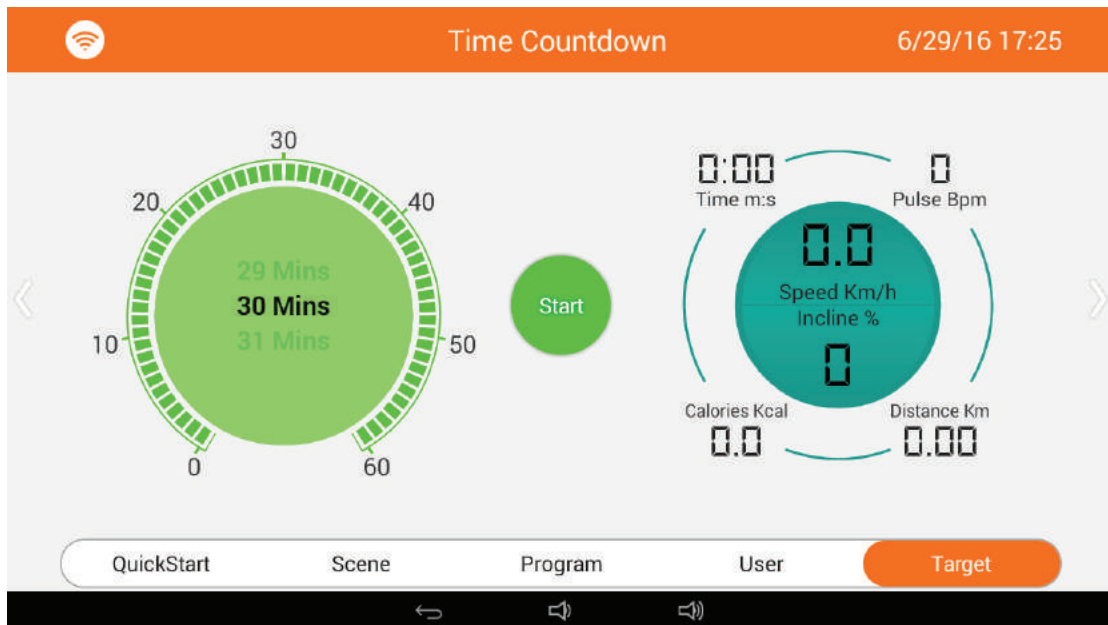
Real Scenery has 3 sceneries for exercise, "Country Road", "Quiet Valley", "City Street". Slide to choose the desired scenery and start exercise.



Personal Training are with 12 different exercise modes, “Fat Burning Mode, Health Mode, Highway Mode, Mountain Mode, Beach Mode, Plastic body Mode, Middle-aged Mode, Elderly Mode, Diet Mode, Walking Mode, Female Mode, Male Mode”. Slide to choose the suitable mode and start exercise

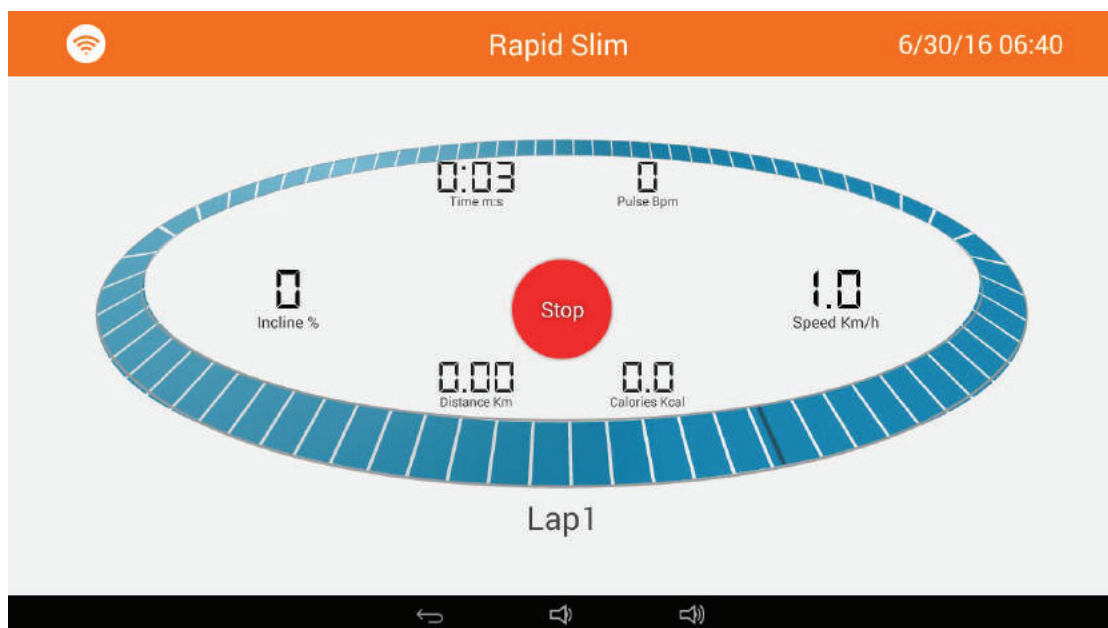


User’s Mode are with 3 sets of mode for exercising. Drag the blue column(speed) and yellow dots(incline)to set the sections, choose exercise time and start the exercise.



Target Exercise has 3 modes, Time Countdown, Distance Countdown, Calories Countdown. By sliding and choose, set the parameters and user could start exercise.

b. Click  to enter Rapid Slim page as below.






c. Adjust Incline and Speed
Click the Speed Window, you will see the below page.

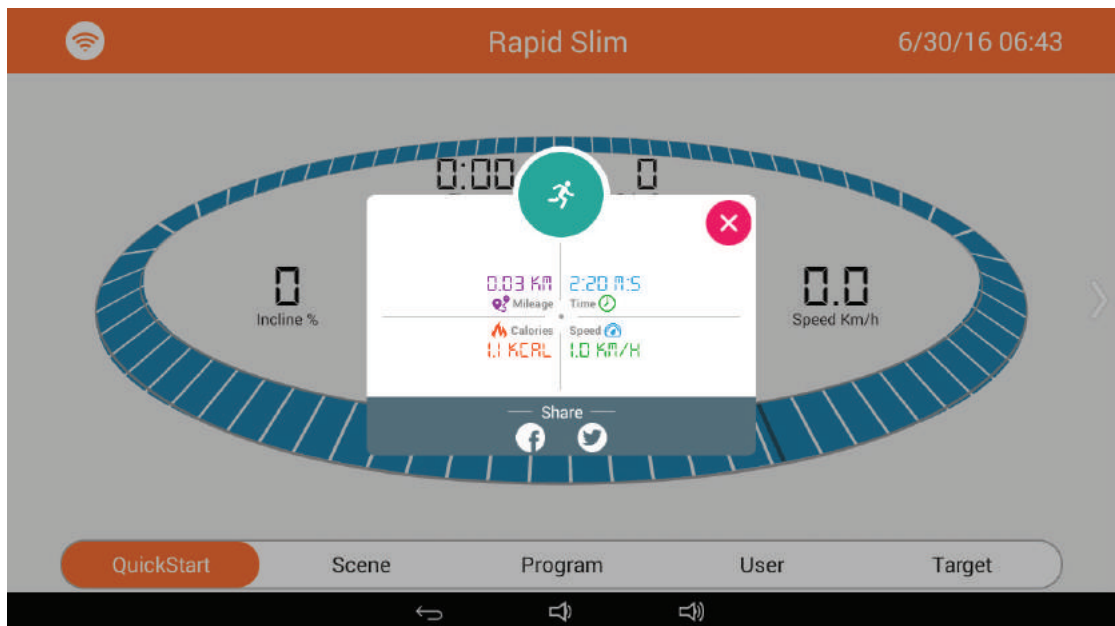



Click “+” / “-” or speed shortcut to adjust speed.

Adjust the Incline same way as Speed.

d. When treadmill is running, click  to get back to Homepage, Click  could get to System Setting page.

e. Click  and the treadmill will stop running and generate the exercise record as below.



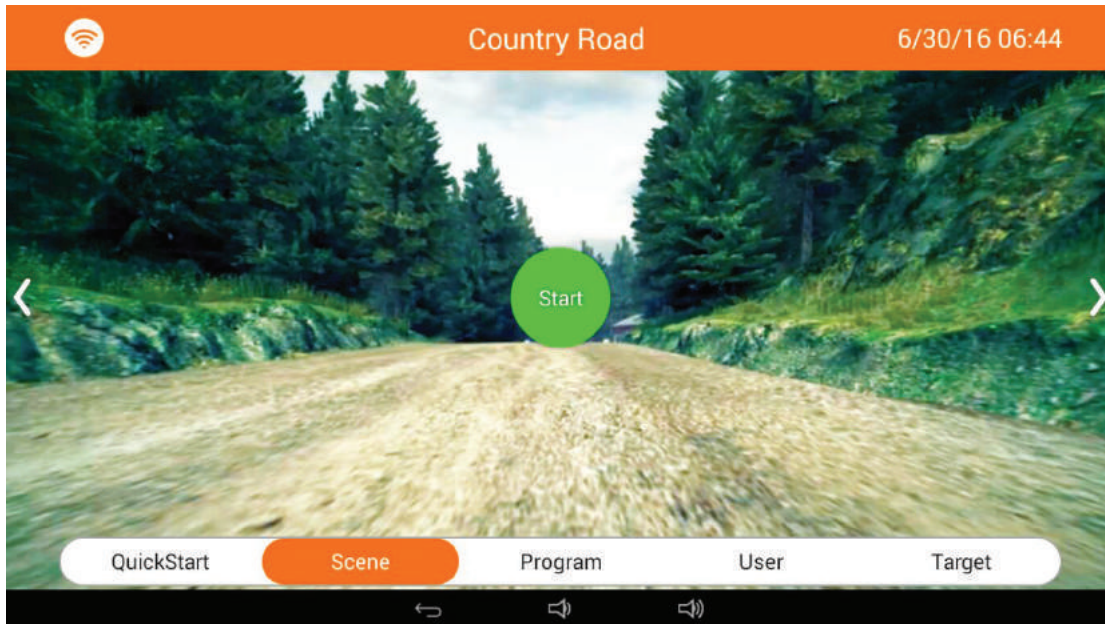
Click  to exit the exercise record reminder. You can also share the exercise record to “Facebook” or “Twitter”.

5. Real Scenery Mode Application and Instruction

Function: In real scenery mode, users could experience running in a real scenery.

Instruction:

a. In Home Page, click Scene icon to enter Real Scenery Page as below.

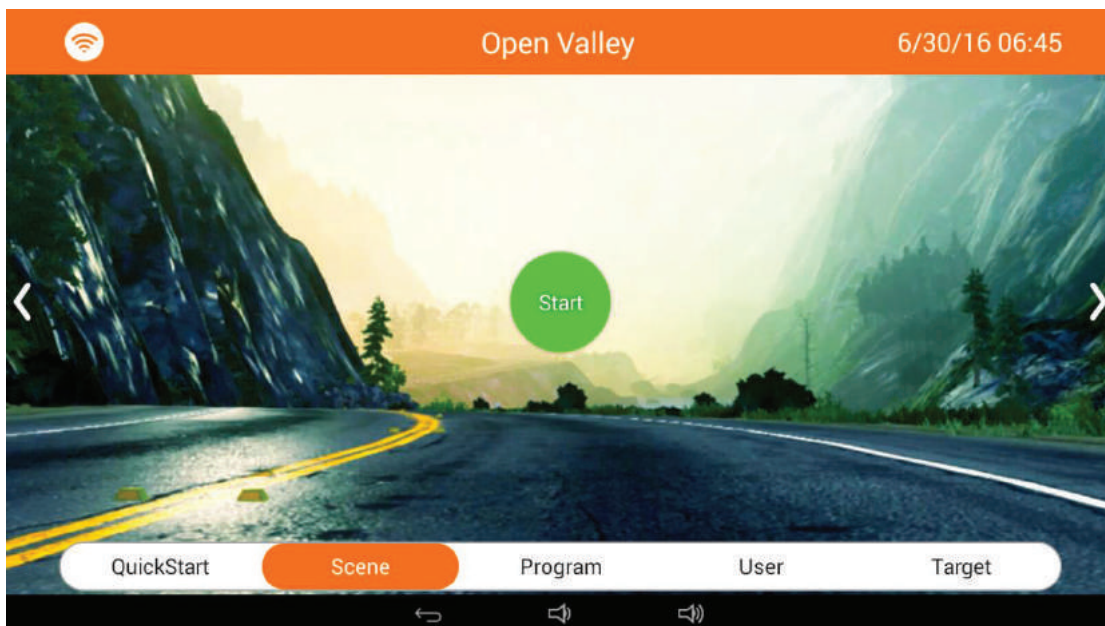


b. Click return to get back to Home page.

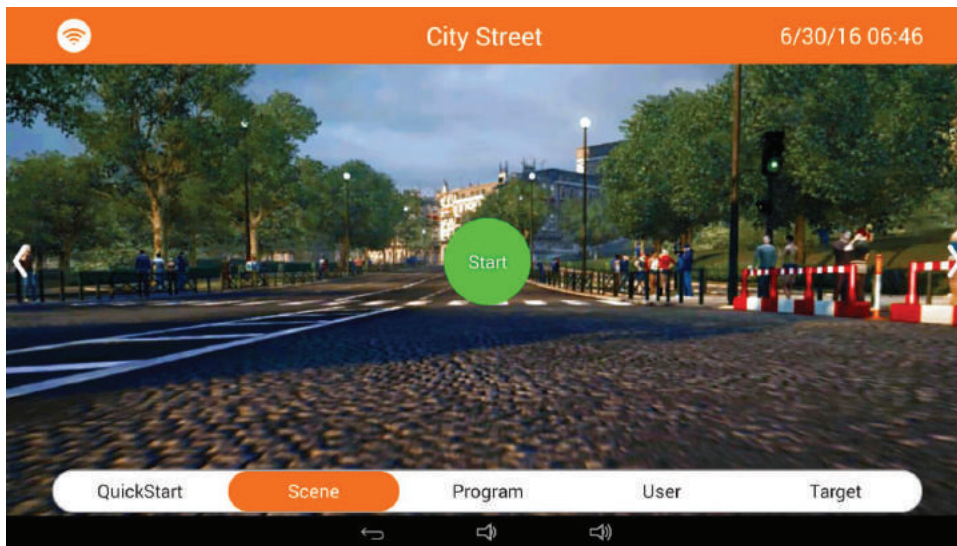
c. Slide on Real Scenery windows for different real scenery: Country Road, Open Valley and City street.

Country Road: As in above picture, the whole distance is 2Km, distance countdown to 0 and stops, also user could click to stop during exercise.

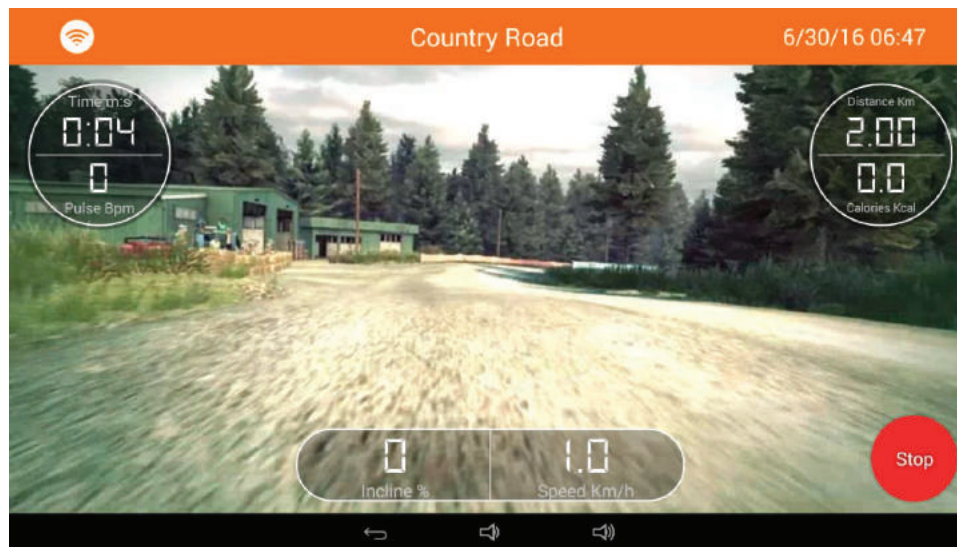
Open Valley: As in below picture, the whole distance is 3Km, distance countdown to 0 and stops, also user could click to stop during exercise.



City Street: As in below picture, the whole distance is 3Km, distance countdown to 0 and stops, also user could click to stop during exercise.

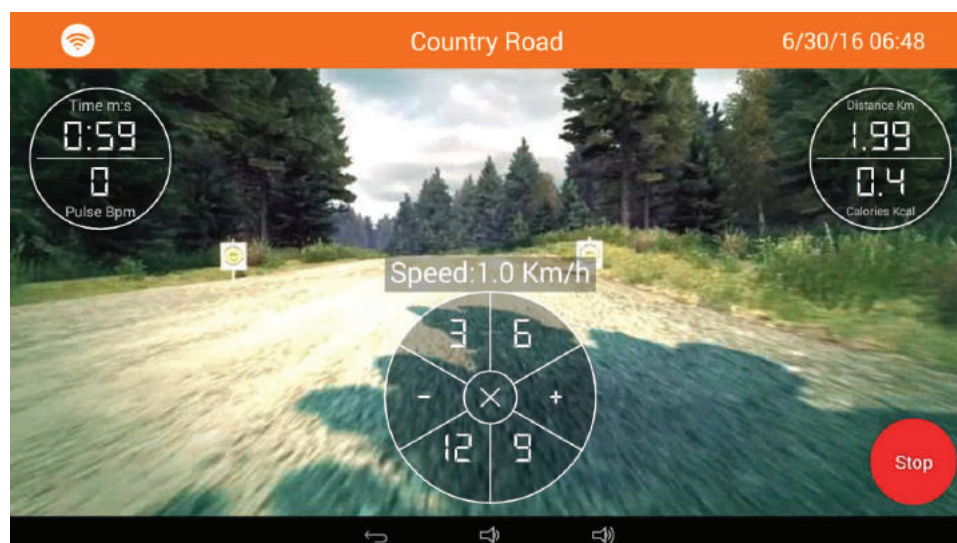


d. Click Start to enter real scenery exercise page as below.



Adjust Incline and Speed

Click the Speed Window, you will see the below page.

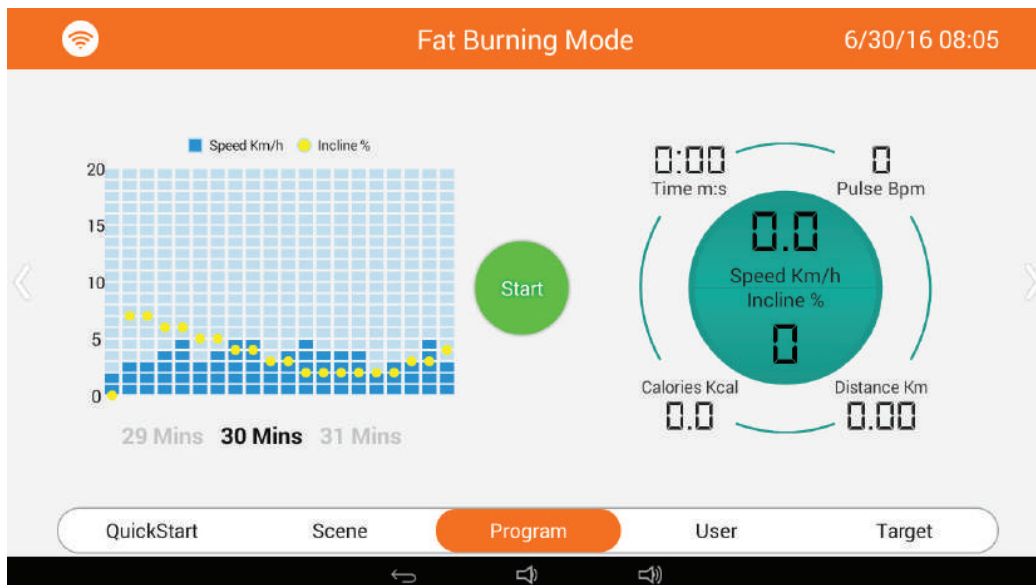


Click "+" / "-" or speed shortcut to adjust speed.

Adjust the Incline same way as Speed.

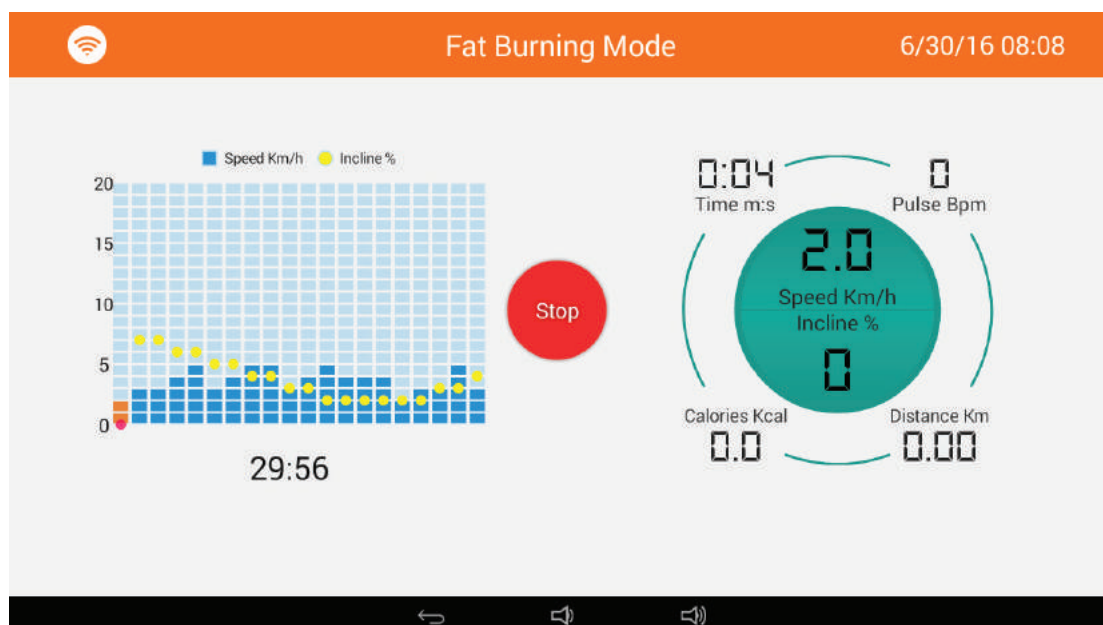
6. Program Application and Instruction

Click Sports icon in homepage and click Program button to enter below page.

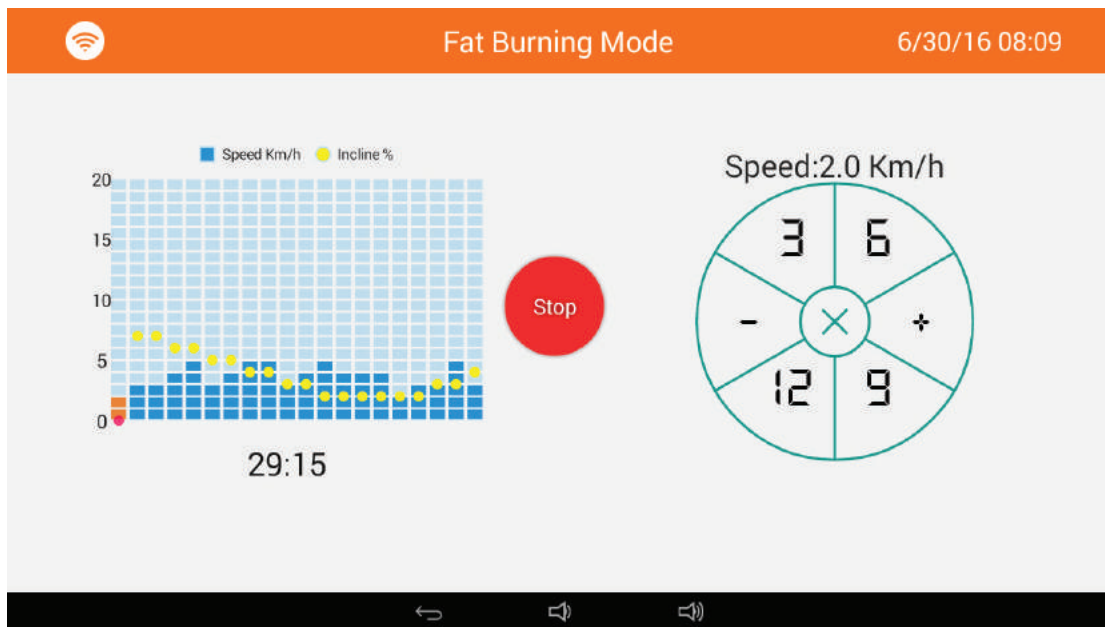


This Page is Personal Training Page:

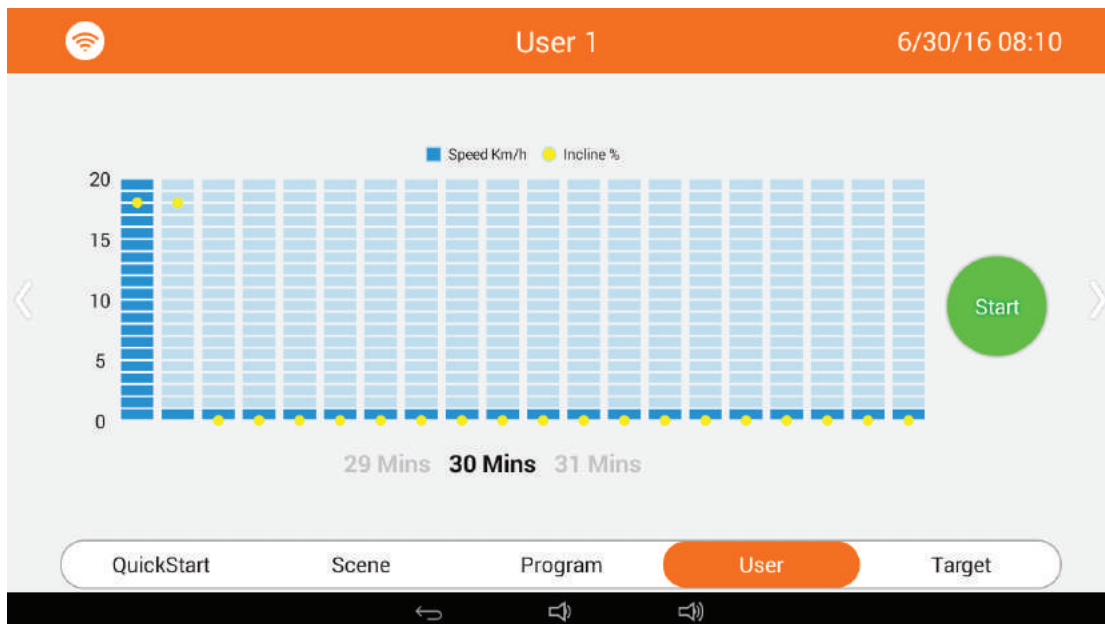
- Slide the screen to choose different exercise mode: "Fat Burning Mode, Health Mode, Highway Mode, Mountain Mode, Beach Mode, Plastic body Mode, Middle-aged Mode, Elderly Mode, Diet Mode, Walking Mode, Female Mode, Male Mode".
- Set time is 30 mins, adjustable by sliding.
- Set range is 8:00~99:00, every section is 1/20 of the total set time.
- Click Return to exit Personal Training.
- Click Start to start the treadmill at Personal Training exercise.



- The present speed and incline could be adjusted.



g. When time countdown to “0”, the treadmill stops. User could also click Stop to stop the treadmill.



7. Click User icon to enter Custom Mode selection page as below.

a. Slide to choose User 1~User 3.

Under User Mode, user could set the speed, incline, time for every section.

Initial Section: 1 Range 1~20 Section

Initial Speed: 1.0Km Setting Range 1.0~22Km

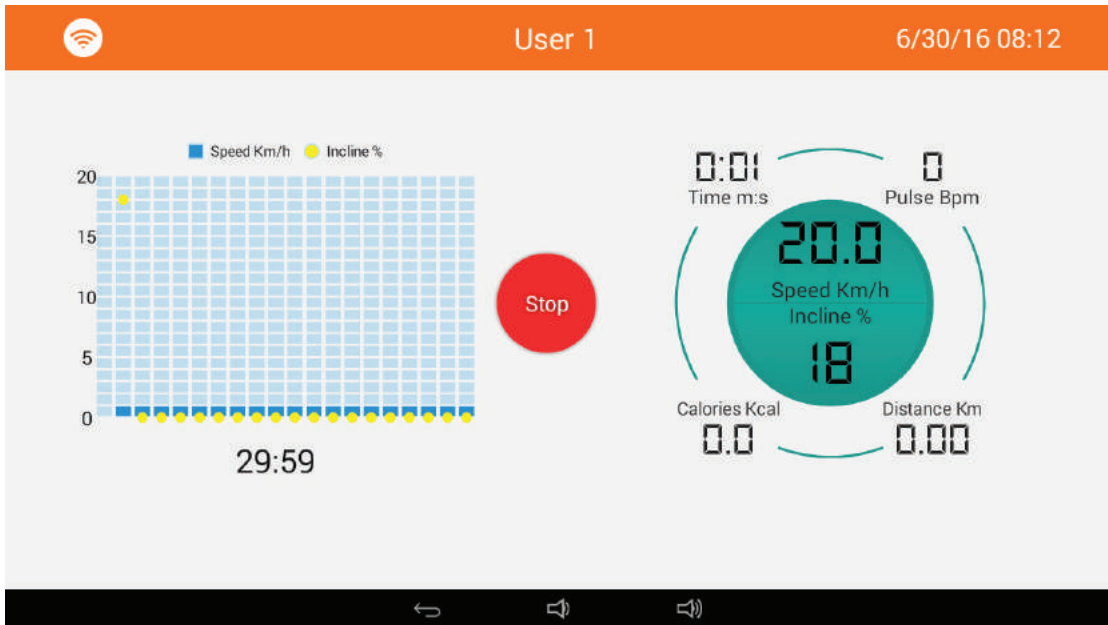
Initial Incline: 0 Setting Range 0~15

Initial Time: 30:00 Setting Range 8:00~99:00

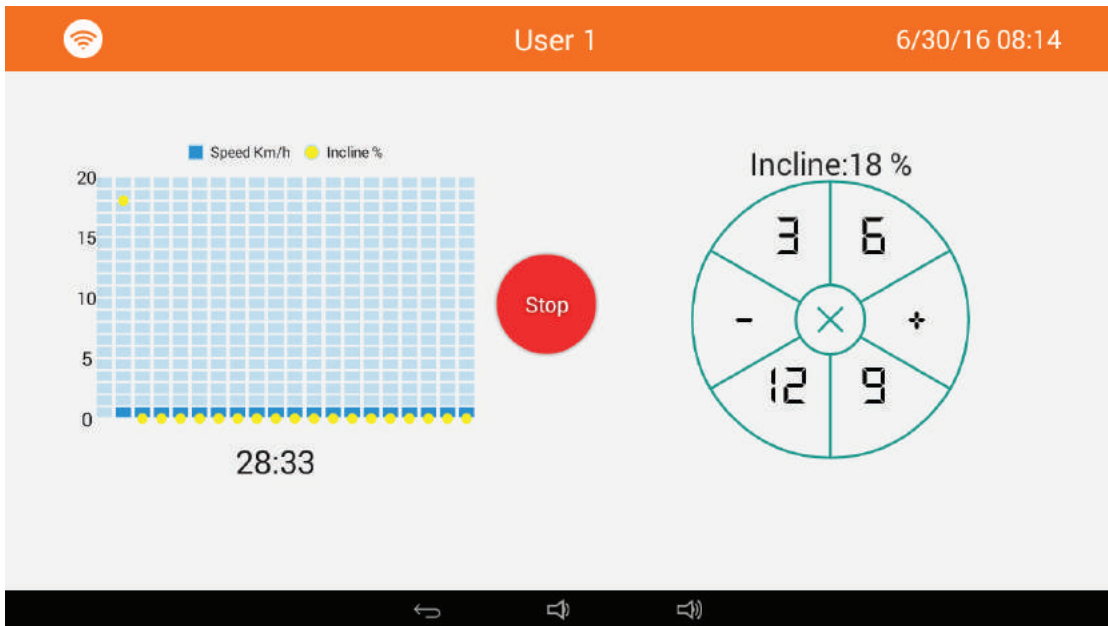
Set time/20=Every Grade Time

b. Click Return icon to exit User’s Mode.

c. Click Start to start treadmill and User’s Mode.

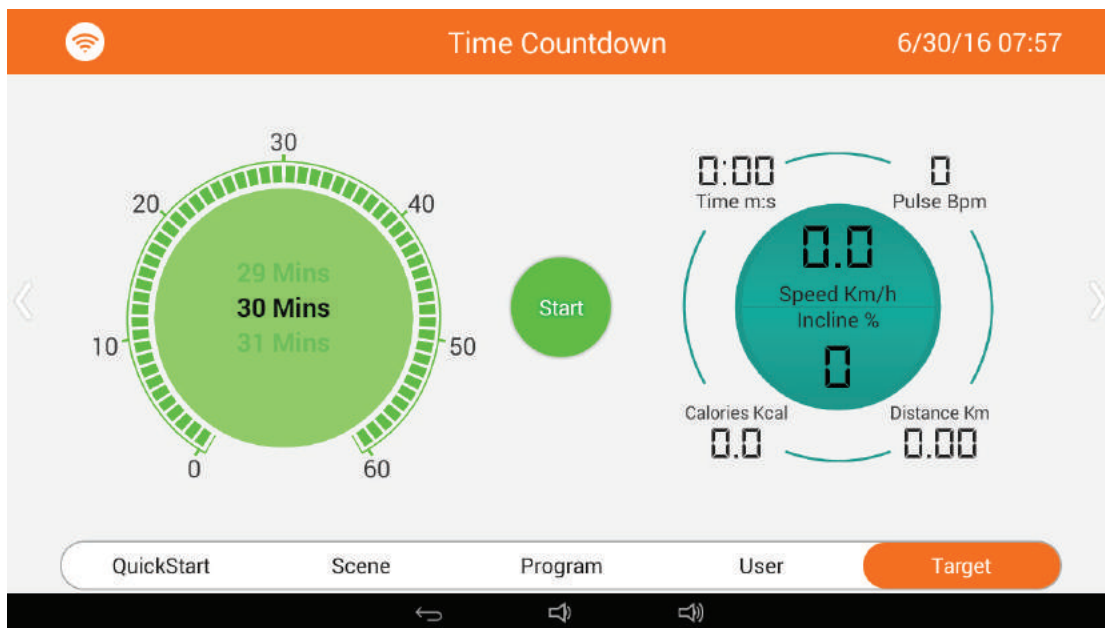


d . User could also adjust the speed and incline at present section.



e. When time countdown to “0”, the treadmill stops. User could also click Stop to stop the treadmill.

8. Click Target icon to enter Countdown mode selection page as below.

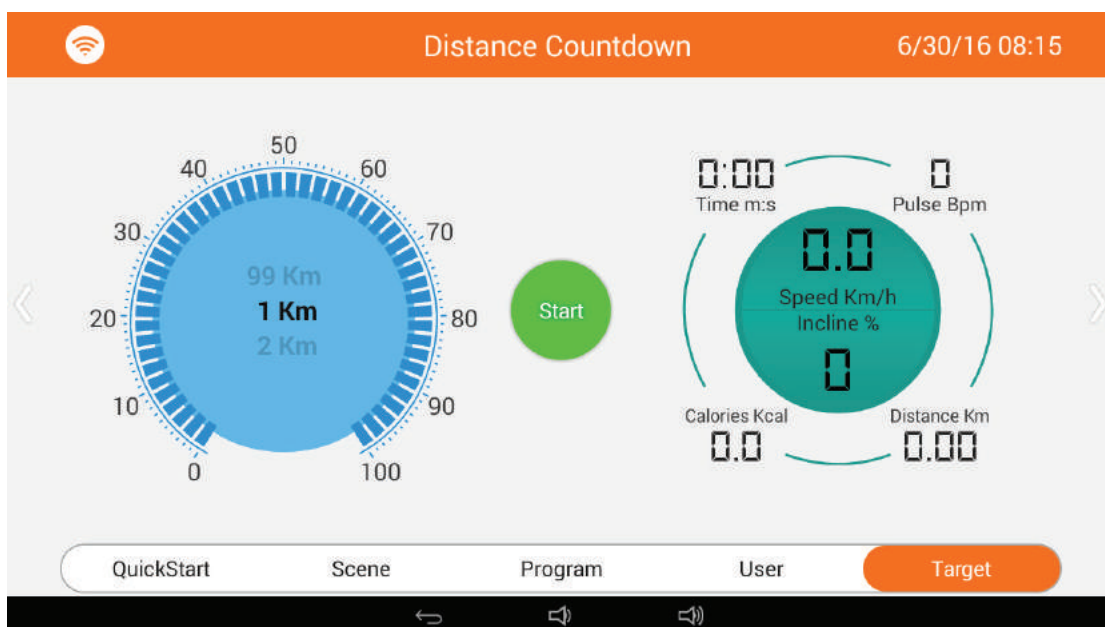


Slide from right to left to enter Target Exercise Mode: Time Countdown, Distance Countdown and Calories Countdown.

Time Countdown Mode as above picture.

- a. Time Countdown mode starts from 30:00min, time range is 8:00~99:00.
- b. Click Return could exit Target Exercise Mode.
- c. Click Start to start the treadmill and time countdown begins.
- d. Present speed and incline could be adjust manually.
- e. When countdown to "0", the treadmill stops. User could also click stop during exercise.

Distance Countdown Mode as below.



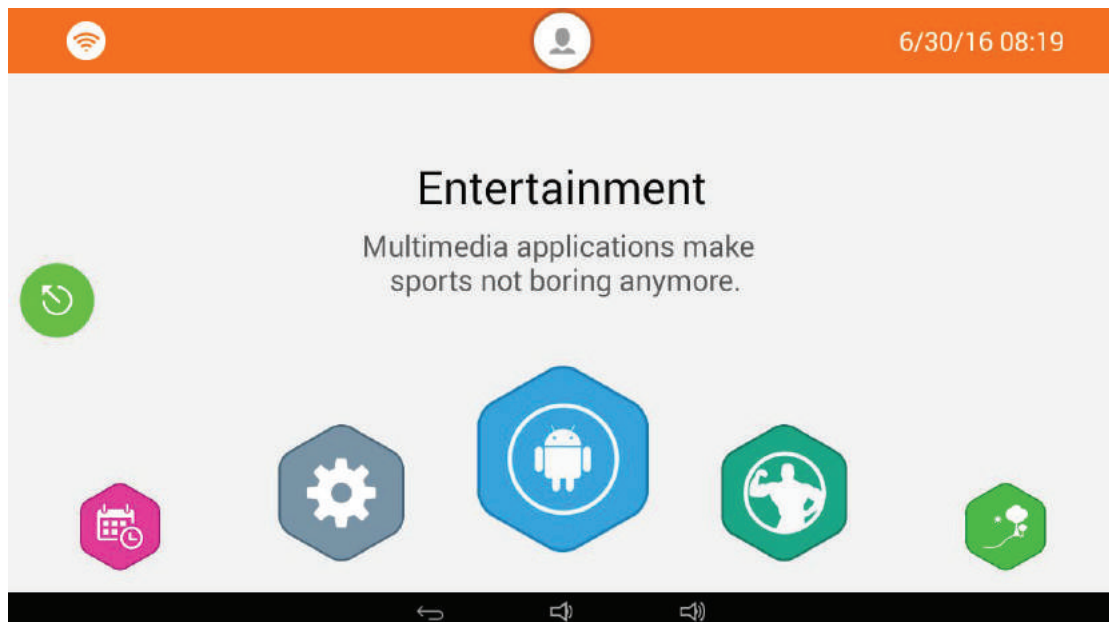
- a. Distance starts from 1.0. Distance countdown range is "1.0~99.0" Km.
 - b. Click Return could exit Target Exercise Mode.
 - c. Click Start to start the treadmill and time countdown begins.
 - d. Present speed and incline could be adjust manually.
 - e. When countdown to "0", the treadmill stops. User could also click stop during exercise.
- Calories Countdown Mode as below.




- Calorie starts from 50. Calorie setting range is “20~990”.
- Click Return to exit Target Exercise Mode.
- Click Start to start the treadmill and Calorie Countdown exercise.
- Present speed and incline could be adjust manually.
- When Calories countdown to “0”, the treadmill stops. User could also click stop during exercise.

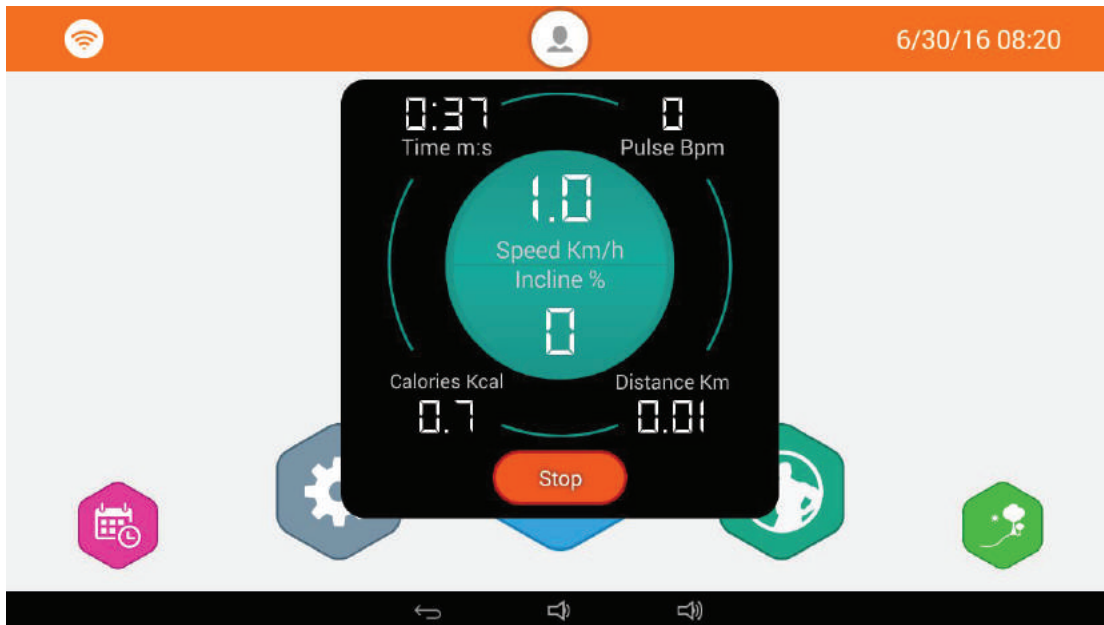
9. Entertainment Instruction.

Click  on Homepage to enter Entertainment Page as below.



In this page:

- When connected with internet, user could listen to music, watch video etc. by click different Apps.
- Click ,  there will be a page for exercise data as below.



Click speed and incline windows, there will be an Adjust Window. Click any other place except the Adjust Window to hide it or no operation for 10s it will hide.

10. Exercise Record (With registered ID and login in)

Click the  , enter "Records" Page as below.

Distance Countdown Mode as below.

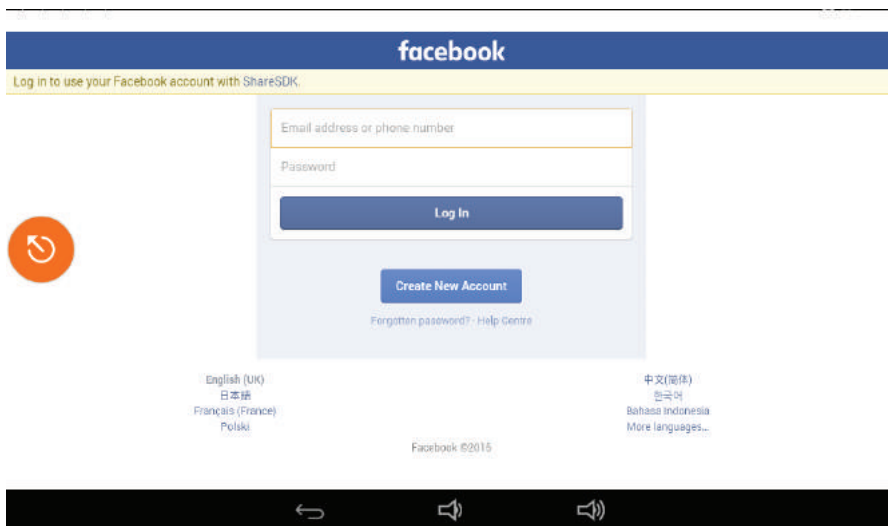


On Exercise Record page, there is user's exercise records of daily, weekly and monthly in time line. The three circles stands for accumulated time, distance and calories. The percentage in the circle means the percentage of finished exercise data to total exercise data. Boxes below the circle is exercise data after one exercise.

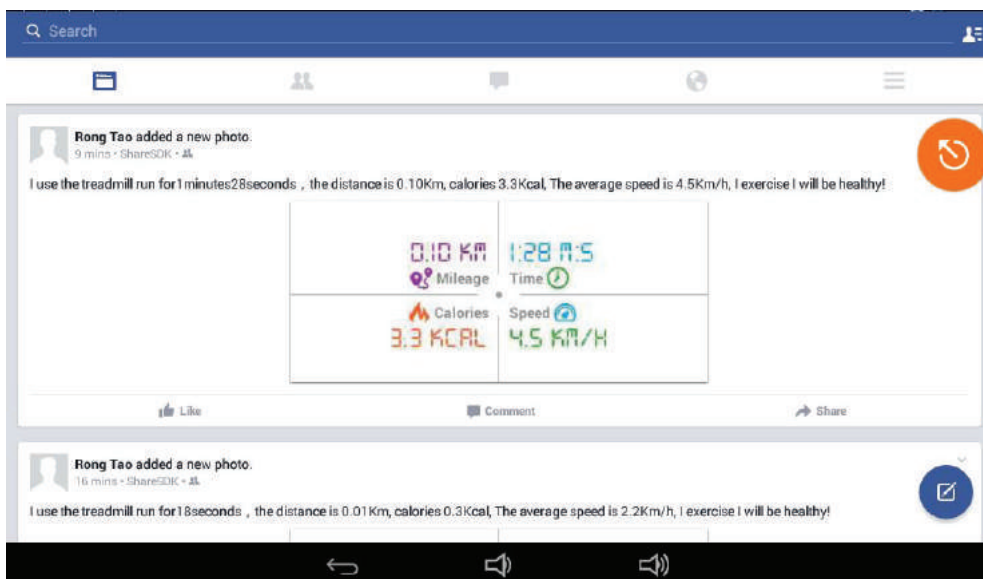
11. Exercise Result Share



When finished exercise, click any icon of  or  to enter share page as below (Facebook):



Key in correct account and password, Login in as below.



Function keys Instruction

1. START/STOP: Press START to start the treadmill. The treadmill will initiate at the default running speed of 1 km/h. Press STOP to bring the running belt to a stop.
 2. SPEED +/- BUTTONS: During use, use these +/- buttons to increase or decrease your speed. The speed will adjust 0.1 KM/H at a time.
 3. 4KMH, 8KMH, 12KMH, 16KMH(QUICK SPEED KEYS): During use, use these quick speed keys to instantly bring the running belt to the desired speed of 4KMH, 8KMH, 12KMH or 16KMH.
 4. INCLINE +/- BUTTONS: During use, use these +/- buttons to increase or decrease your incline. The incline will adjust 1% at a time.
 5. 3%, 6%, 9%, 12% (QUICK INCLINE KEYS): During use, use these quick incline keys to instant bring the treadmill to an incline of 3%, 6%, 9%, or 12%.
 6. VOL +/- BUTTONS: Press these buttons to decrease or increase the volume when enjoying your music from the USB input .
- Note: When using the USB input, please unplug the MP3 wire.
7. EMERGENCY KEY: For any emergency, please press the “EMERGENCY STOP” button, then treadmill will stop quickly.

List1: Value Range

	Initial Value	Initial Setting Value	Setting Range	Display Range
Time(M:S)	0:00	30:00	8:00-99:00	0:00-99:59
Speed(KM/H)	0.0	N/A	1-24	1-24
Incline(%)	0	0	0-15	0-15
Distance (KM)	0.0	1.00	1.0—99.00	0.0—99.9
Calorie (KC)	0	50	20—990	0—999.9

List 2: 12 Personal Trainer Exercise Chart

Time Program		Set Time/20sections=Every Grade Time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Fat Burni ng Mode	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	Incline	0	7	7	6	6	5	5	4	4	3	3	2	2	2	2	2	2	3	3	4
Healt h Mode	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
	Incline	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
Highw ay Mode	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	Incline	0	5	5	5	12	12	5	5	5	12	12	5	5	5	12	12	5	5	5	12
Mount ain Mode	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	Incline	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
Beac h Mode	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	Incline	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
Plasti c body Mode	Speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
	Incline	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
Middl e-age d Mode	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	Incline	2	3	4	5	6	7	8	9	9	9	9	9	8	7	6	5	4	3	2	2
Elderl y Mode	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	Incline	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
Diet Mode	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	Incline	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
Walki ng Mode	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	Incline	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
Femal e Mode	Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
	Incline	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
Male Mode	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	Incline	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	4	4	4	4	4

TROUBLESHOOTING


Code	Description	How to Troubleshoot
E01	Communication abnormality: No communication from the console to the control board	Possible Reasons: Communication obstructed between control board and console, please check to make sure the wires are connected properly and the wires are without any punctures or damage. If this does not solve it, check the control board and PCB IC to see if there's any damage, replace if necessary.
E05	Current overload protection	Possible reasons: Excessive current load, the incoming voltage is too low or too high. The control is damaged. A moving part of the treadmill is stuck and the motor is unable to function properly. Try to restart the treadmill. Also check if there's any burnt odors around the motor and control board. Make sure the power and voltage complies with the standard. Inspect moving parts to ensure they are operating correctly. Listen out for unfamiliar noises from the motors.
E08/E09	Over-voltage protection or overload protection	Possible reasons: The power voltage is less than normal by 50% or the controller has problems. Make sure the motor wires are connected. Check the control board for any damage or burnt smells, replace if necessary.
E0A	Default phase	Check if the three-phase cables are well connected with controller.
E0B	Incline failure: The include wire is damaged or the wire for the incline motor is not properly connected.	Check incline motor sensor wire and AC wire to see if they are properly connected; Make sure the incline motor wire is without any punctures or damage.
E0C	Over-heated protection	Stop the running treadmill and restart it after some time. Make sure the area is well-ventilated.
No display in console		<ol style="list-style-type: none"> 1. Check if the overload button switch is off, if so, press to turn on. 2. Check the wire on the power switch, overload button, and control board to see if it is connected properly. 3. Check the console wires and all cables between the console and control board. 4. Check the transformer and replace if necessary.
Touching screen tardiness		Check if touching screen is wet, or if hands with too much sweat.

Others:

WiFi Connected, but cannot connect internet

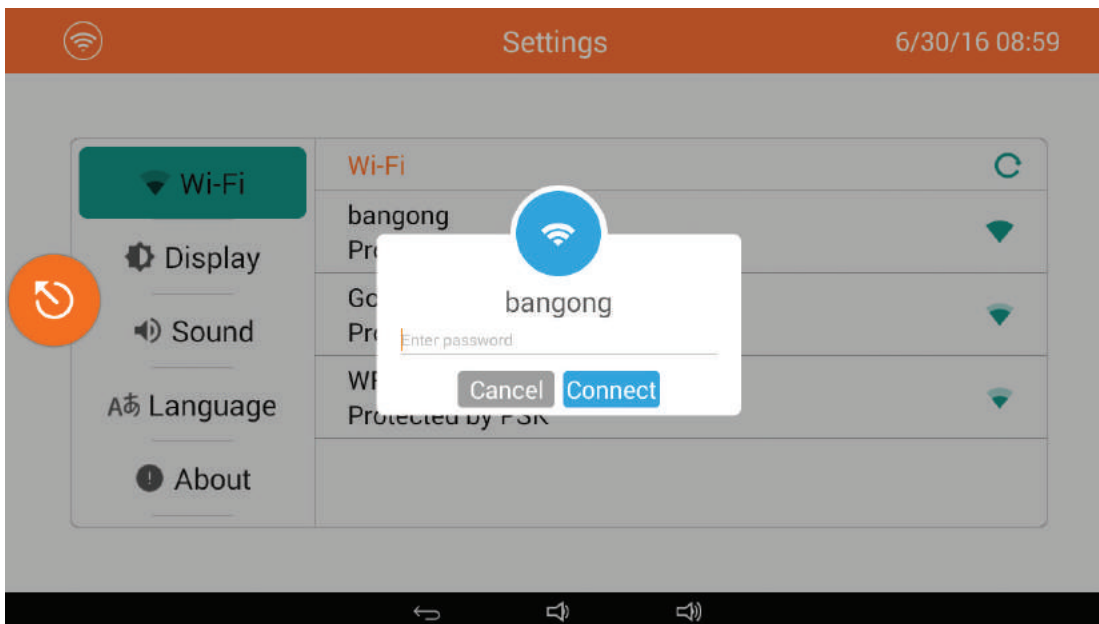
Normally this is caused by IP address automatic allocation failure, could try allocate the IP address manually.

Set the static IP address as below:

Step 1: Click Setting Icon  on Homepage to enter Setting page as below.



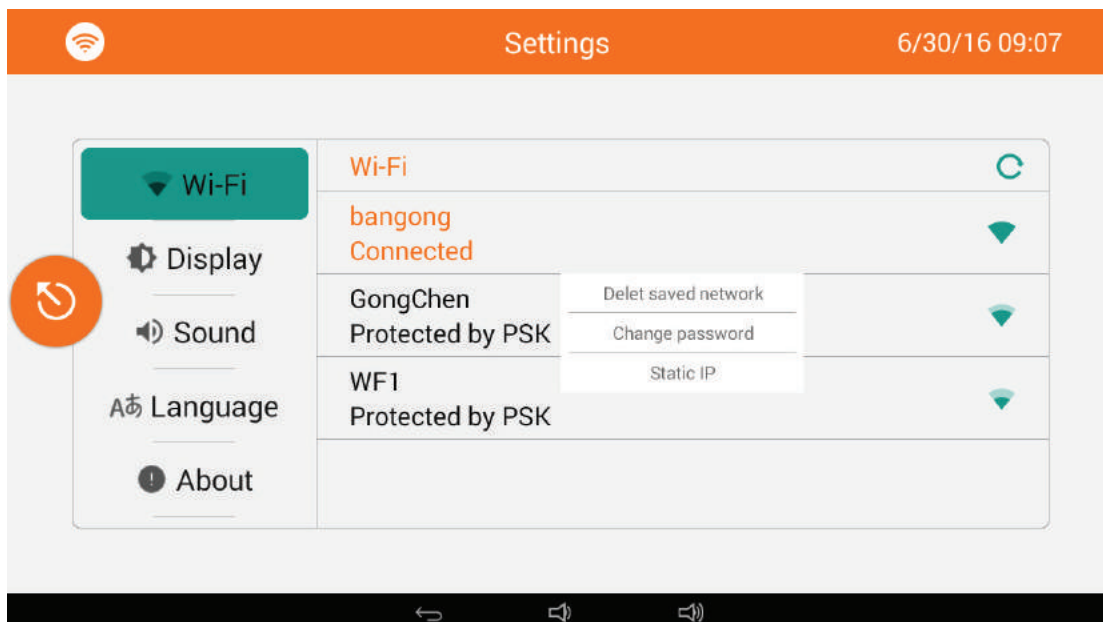
Step 2: Click the wifi name and have this dialog.



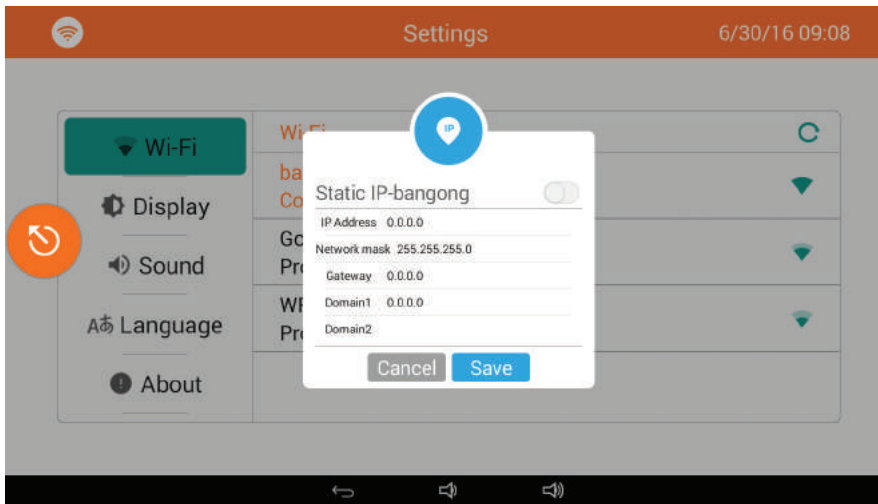
Step 3: Put in the pass word and click “Connect”, then have below page.



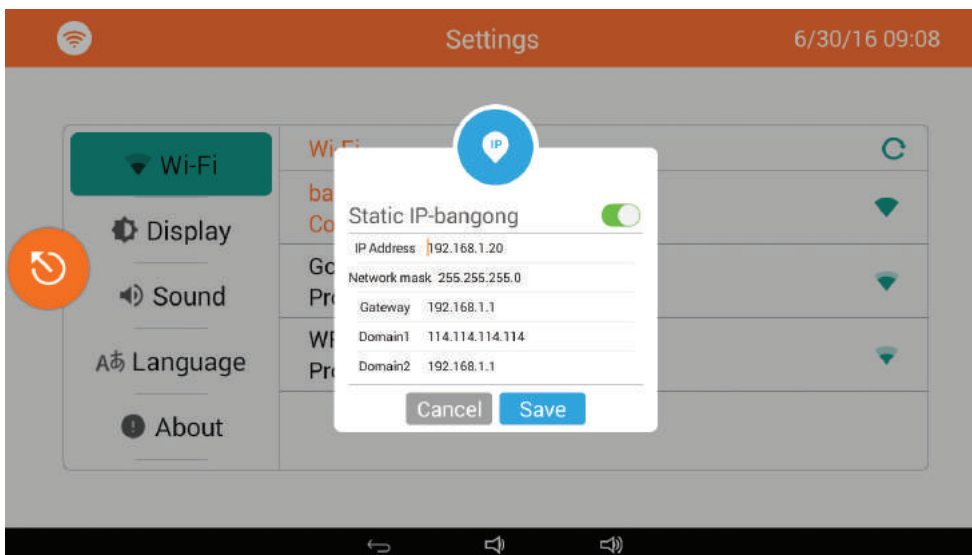
Step 4: Click and hold the wifi name until below dialog comes up.



Step 5, click “Static IP” in above dialog and comes up below dialog.



Step 6, Slide on this icon and comes up below dialog.



Put in your IP address and gateway (you could find out this in your computer or smart phone) in the IP Address blank. Then save the input.

Remarks: Every router has different address. Normally it is “192.168.1.xxx” or “192.168.0.xxx”.

Gateway also differs from different router, normally “192.168.1.1” or “192.168.0.1”.

Domain name 1 could be defaulted or blank. Once set, unless change another router, Wifi name, wifi disconnected, or wifi should always be connected even turned off and turn on again. Only when the IP address cannot allocate automatically it will need manual IP address setting.

This treadmill doesn't offer other download or installation beyond the update offered by our company. For update, the design could be update without notification.

Note:

- 1、 Please check if the treadmill is grounded properly before using.
- 2、 Check if the power is loaded.
- 3、 If any emergency during exercise, please press the “EMERGENCY STOP” button, then treadmill will stop quickly.
- 4、 If any problem, please contact the distributor for help. To avoid damage, it's not allowed to disassemble or fix the treadmill unless an approved technician.

Getting Started Guide

If this is your first time to use electric treadmill, you need to read the following content:

PREPARE

If you are around 35 years old, or have health problem, even this is your first time to do fitness exercise, please consult doctor or professional before use it.

Before do exercise, please stand on the side to learn how to operate, such as start, stop and speed adjustment. After that stand on the plastic deck of the treadmill board, catch hold of the handrail, start by 1.6--3.2 km/h low speed, stand straight, look forward, one foot try to do few times, then stand on the belt to do exercise. After adapting, you can adjust the speed to 3--5 km/h and keep doing about 10 minutes, then stop.

EXERCISE

Please stand on the side to learn how to operate, such as speed and incline, until you know it then can start do exercise. Walk 1 km by constant step need about 15-25 minutes, please record it in fact. And walk 1km by 4.8 km/h need about 12 minutes. If you can do it easily by few times, then can adjust the high speed and incline, and go on to do 30 minutes, you can take a good exercise. Before do slow walk exercise, please remember it is for your health and cannot irritable.

AMOUNT OF EXERCISE

SHORTCUT-----The best way to save time is do 15-20 minutes exercise.

Warm up 2 minutes by 4.8 km/h, and adjust the speed to 5.3 km/h and 5.8 km/h, continue do exercise by this two speeds. Then add 0.3 km/h per 2mins speed increase, until you feel breathing quickened but not breathe hard. Keep this speed to do exercise, if feels uncomfortable, please reduce 0.3 km/h. Leave 4 minutes to reduce speed at last. If you fell it is hard to strengthen exercises by increase speed, then you can choose the way of increase incline slowly, it also can strengthen exercise.

CONSUMPTION OF HEAT-----This way can really consumption the heat.

Warm up 5 minutes by 4--4.8 km/h speed, then add 0.3 km/h per 2 minutes increasing speed, you can do 45mins on the speed that you feel it is comfortable and challenge. In order to strengthen do exercise. You can do 1 hour by this speed and add 0.3 km/h speed when you heard some business advertisements, and return the speed back when go to next program, so at this period, the heat will be consumed enough. At last keep 4 minutes to reduce the speed.

EXERCISE FREQUENCY

Target is 3--5 times per week, do 15-60mins each time. It is better to make a time schedule, do not accord to your favor. You can get the strenuous exercise degree through adjusting speed and incline. We'd suggest that do not set incline when start do exercise.

SAFETY EXERCISE

Please consult professional staff before do exercise. He can help recommendation exercise rate/intension and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular Heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continually to do exercise. If you often use treadmill, you can choose normal walk speed or jog speed.

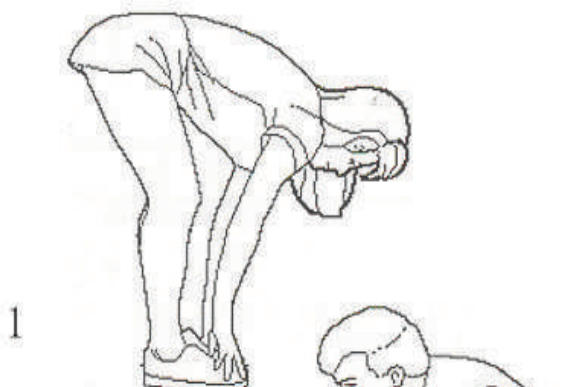
If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 1-3.0 km	weak constitution people.
Speed 3.0-4.5 km	sedentary or not often exercise people.
Speed 4.5-6.0 km	walking quickly people.
Speed 6.0-7.5 km	fast walk people.
Speed 7.5-9.0 km	jogger.
Speed 9.0-12.0 km	intermediate speed runner.
More than 12.0 km	excellent runner.

ATTENTION: It is suitable for walker to choose less than or equal to 6 km speed.

Warm-up Exercise

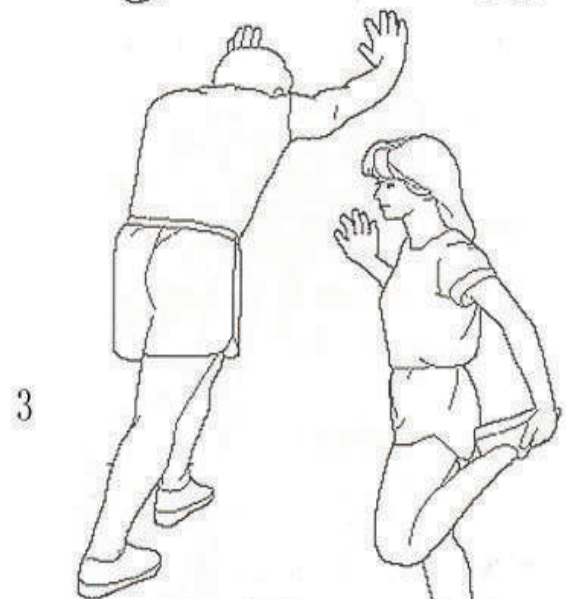
It is better to do some warm-up exercise. Warm the muscle easy stretch, so use 5-10 mins to warm-up. Then stop and according below method to do stretch exercise for five times, and each foot do 10 seconds or more every time. After running, do those stretch exercises again



1. Reach Down :Knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds and relax. Repeat 3 times(See picture 1).



2. Hamstrings Stretches: Sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes with your hands. Keeping for 10 to 15 seconds, and relax. Repeat 3 times for each leg(See picture 2).



3. Crus and Feet Tendon Stretches: Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 3).



4. Quadriceps Stretches: Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 4).

5

5. Sartorius (Inner Muscles of the Thigh Muscle Stretches: Sitting down with your soles opposite and knees outward Pull your feet toward your groin Keep 10 to 15 seconds, and relax. Repeat 3 times (See picture 5).

Maintenance Instruction

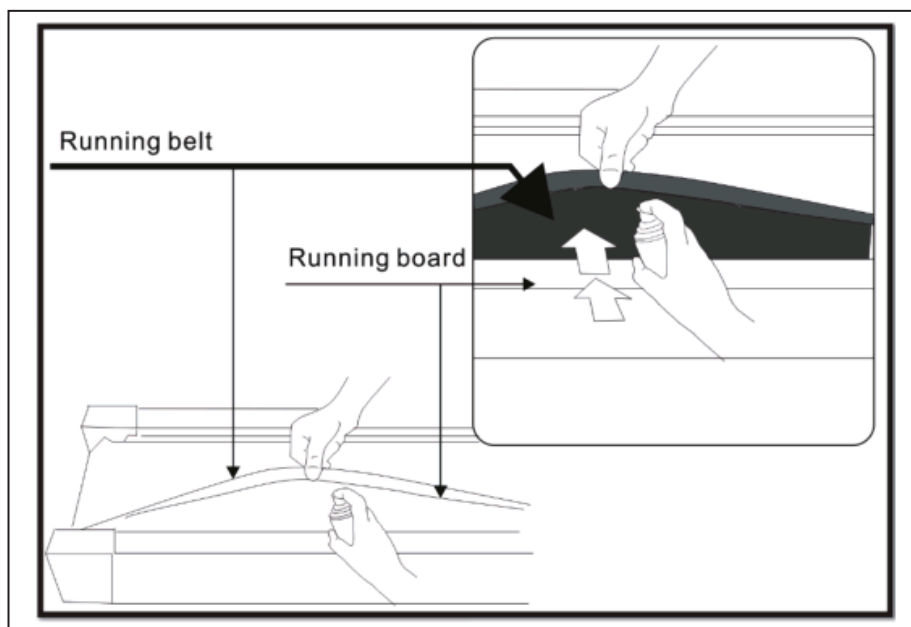
WARNING: Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

CLEANSING: General cleaning of the unit will greatly prolong the treadmill's life. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the buildup of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

WARNING: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover. This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

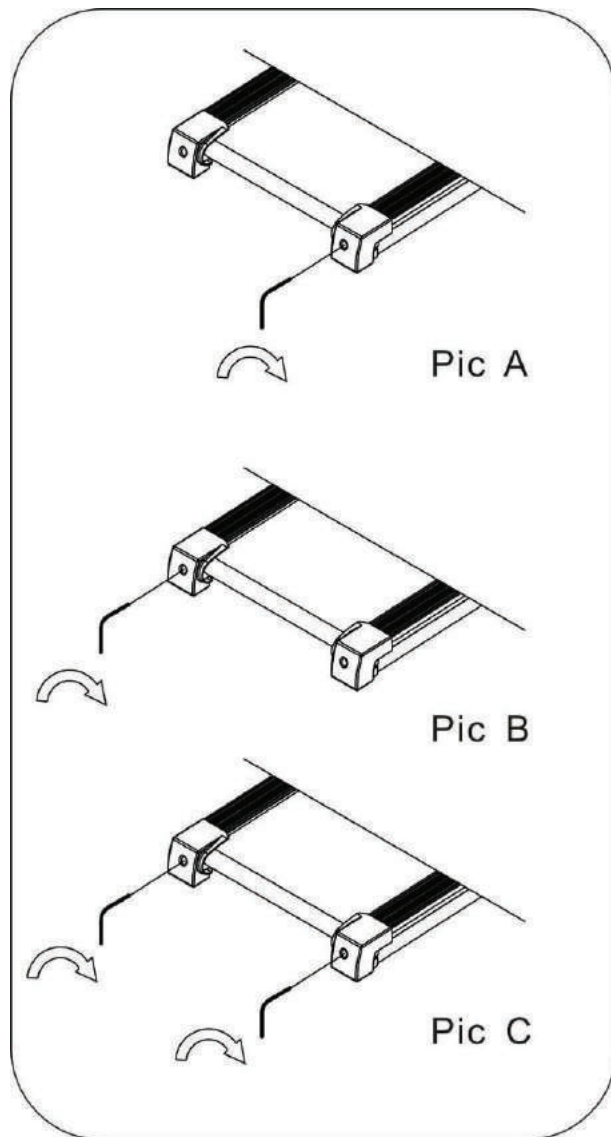
Light user (less than 3 hours/ week)	Every 60 days
Medium user (3-5 hours/ week)	Every 45 days
Heavy user (more than 5 hours/ week)	Every 30 days



We suggest you buy lubricating oil from local distributors or contact our company directly. Pay attention, any other maintains please ask professionals for help.

Belt Adjusting

Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.

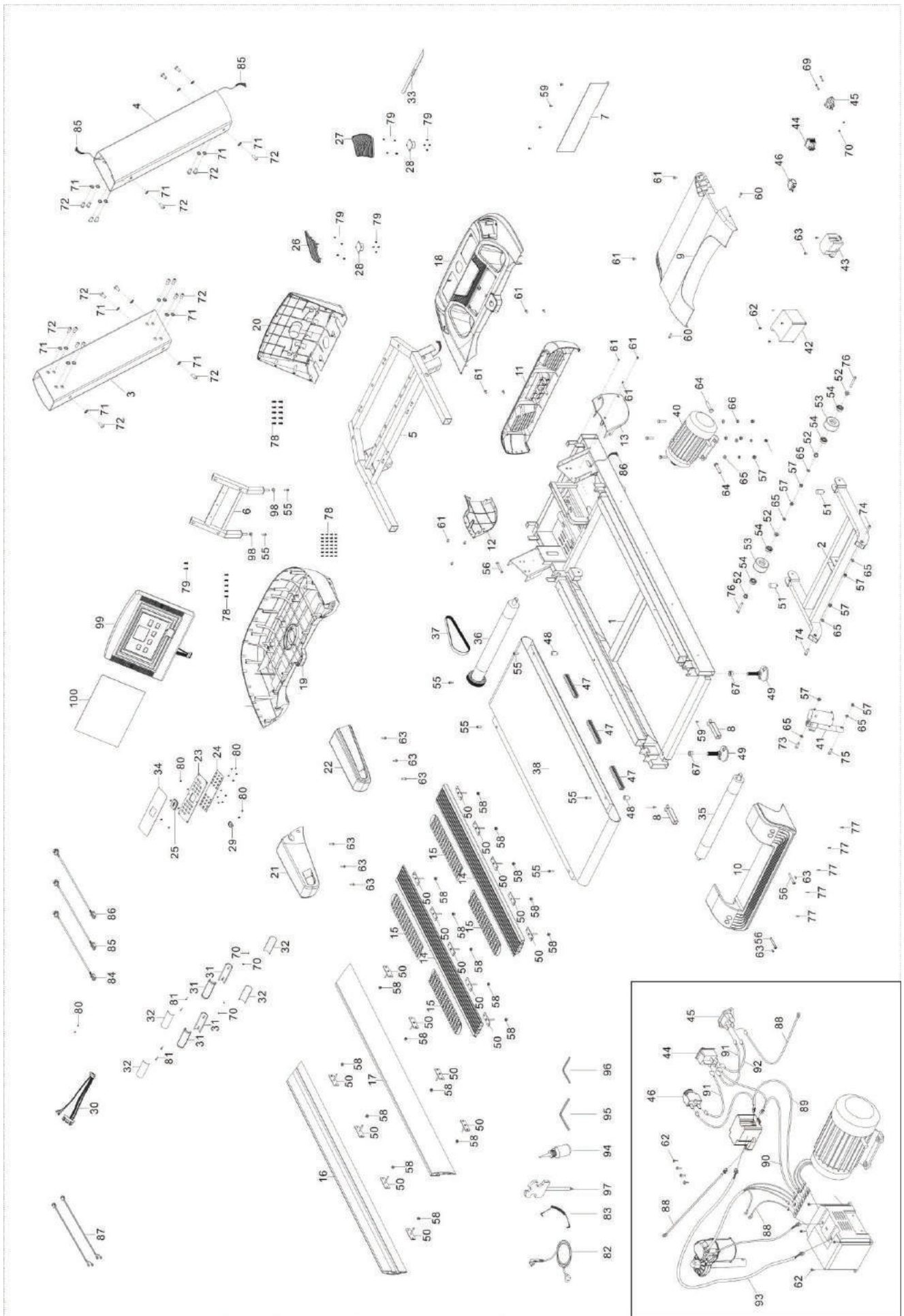


If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed in the middle. See picture A

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. See picture B

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness. See picture C

Exploded Drawing



Spare Parts

NO.	ITEM	SPEC	QTY	NO.	ITEM	SPEC	QTY
1	Main Frame		1	26	Left Speaker Cap		1
2	Incline Bracket		1	27	Right Speaker Cap		1
3	Left Upright		1	28	Speaker		2
4	Right Upright		1	29	Round Tablet		1
5	Computer Bracket		1	30	USB Module		1
6	Screen Support Bracket		1	31	Handrail Pulse Shell		4
7	Baffle		1	32	Handrail Pulse Sensor		2
8	End Cap Support tube		2	33	MP3/USB Overlay		1
9	Motor Cover		1	34	Button Overlay		1
10	End Cap		1	35	Rear Roller		1
11	Motor Front Cover		1	36	Front Roller		1
12	Left Side Cover		1	37	Motor Belt		1
13	Right Side cover		1	38	Running Board		1
14	Foot Rail		2	39	Running Belt		1
15	Non-slip Mat		4	40	AC Motor		1
16	Left Side Rail		1	41	Incline Motor		1
17	Right Side Rail		1	42	Inverter		1
18	Computer Upper Cover		1	43	Power Converter		1
19	Computer Lower Cover		1	44	Power Switch		1
20	Screen Lower Cover		1	45	Power Line Port		1
21	Left Handrail Sleeve		1	46	Overload Protector		1
22	Right Handrail Sleeve		1	47	Rubber Cushion		6
23	Key Panel		1	48	Cylindrical Cushion	ø30*32*M8	4
24	PCB Board		1	49	Adjusting foot pad		2
25	Emergency Stop Button		1	50	Side Rail support Plate		18

Spare Parts

NO.	ITEM	SPEC	QTY	NO.	ITEM	SPEC	QTY
51	Cylindrical Cushion	ø30*40*M6	2	76	Half-round Head Hex Bolt	M10*70	2
52	Bearing Sleeve		4	77	Cross Recessed Pan Head Tapping Screw	ST4.2*19	5
53	Moving Wheel	ø83*44	2	78	Cross Recessed Pan Head Tapping Screw	ST4.2*16	42
54	Bearing		4	79	Cross Recessed Pan Head Tapping Screw	ST4.2*8	10
55	Round head hex bolt	M8*16	3	80	Cross Recessed Pan Head Tapping Screw	ST2.9*6	20
56	Round head hex bolt	M10*80	3	81	Cross Recessed Pan Head Screw	M3*30	4
57	Lock Nut	M10	10	82	Power Line		1
58	Lock Nut	M6	18	83	MP3 Line		1
59	Cross Recessed Pan Head Screw	M6*16	6	84	Console Upper Line		1
60	Cross Recessed Pan Head Screw	M5*20	2	85	Console Middle Line		1
61	Cross Recessed Pan Head Screw	M5*10	12	86	Console Lower Line		1
62	Cross Recessed Pan Head Screw	M4*10	8	87	Handrail Pulse Line		2
63	Cross Recessed Pan Head Screw	M5*15	10	88	Grounded Single Line	500mm	3
64	Outer Hex Bolt	M10*50	6	89	Red Single Line	500mm	1
65	Flat Washer	ø10	10	90	Black Single Line	500mm	1
66	Spring Washer	ø10	4	91	Brown Single Line	150mm	1
67	Lock Nut	M20	2	92	Blue Single Line	150mm	1
68	Cross Recessed Sunk Head Screw	M8*30	4	93	Inverter Connected Line		1
69	Cross Recessed Sunk Head Screw	M3*20	2	94	Silicon Oil		1
70	Lock Nut	M3	6	95	Allen Wrench	#6	1
71	Gasket	ø10	24	96	Allen Wrench	#8	1
72	Half-round Head Hex Bolt	M10*20	24	97	Screw Driver		1
73	Half-round Head Hex Bolt	M10*50	1	98	Flat Washer	ø8	2
74	Half-round Head Hex Bolt	M10*55	2	99	Overlay		1
75	Half-round Head Hex Bolt	M10*60	1	100	Computer Screen		1



hattrick - pro

S-6600T COMMERCIAL TREADMILL

**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.

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.

Üretici & İthalatçı Firma Bilgileri (Manufacturer & Importer):

SPOR DÜNYASI Dış. Tic. A.Ş

Mahmutbey Mah. Turgut Cad. No:9 34217 Bağcılar / İSTANBUL

Tel: +90 212 446 94 94 Fax: +90 212 445 27 02

info@spordunyasi.com.tr

www.spordunyasi.com.tr