



hattrick-pro

SB-500 SPIN BIKE



Cardio Series

User Manual

English

Safety instruction

Warning: this Manual includes important safety information, please always read the safety instruction carefully before using the equipment.

This training equipment is only intended for using in training areas of organizations such as sport associations, educational establishments, hotels, clubs and studios, where access and control is specifically regulated by the owner (person who has the legal responsibility).

The training equipment shall only be used in areas where access and control is specifically regulated by the owner; the extent of control depends on the users, e.g. degree of reliability, age, experience, etc.

The training equipment shall only be used in supervised areas.

Always keep unsupervised children and disabled away from the equipment.

Please read the exercise instruction on the equipment carefully or consult your physician before starting any exercise program and keep correct biomechanical position on the equipment.

Injury to health may result from incorrect or excessive training.

Any of the adjustment devices that could interfere with the user movement should not be left projecting.

The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;

Pay special attention to components most susceptible to wear.

Replace defective components immediately and /or keep the equipment out of use until repair;

The equipment shall be installed on a stable base and properly leveled.

Adjust the load and equipment further (e.g. seat adjustment) before using.

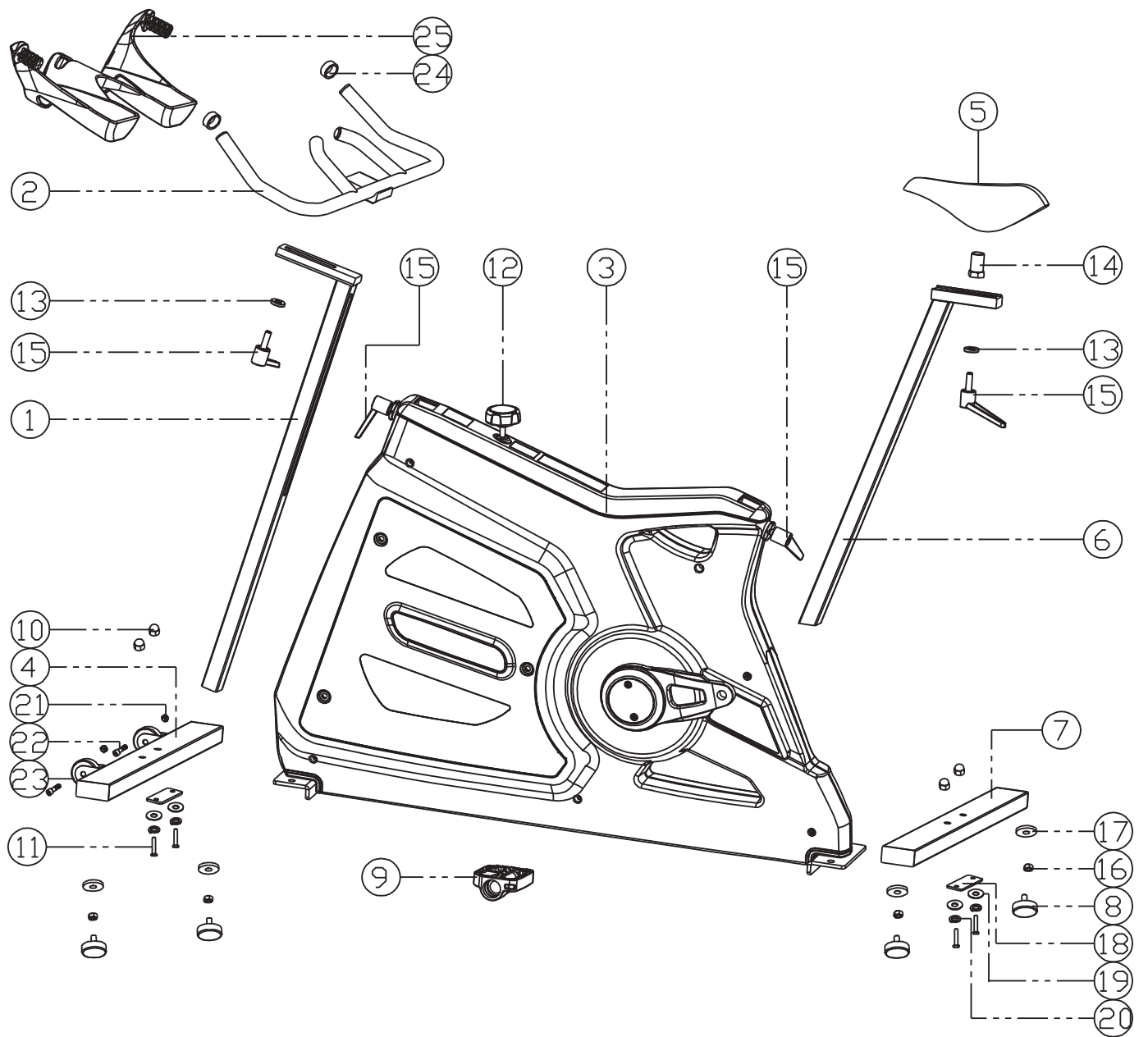
Length 1200mm; Width 580mm; Height 1350mm.

Weight:68kg.

Minimum security space for using the machine is: 3000x1200x2400mm(LxWxH)

A. ASSEMBLY SPECIFICATIONS

1. Assembly drawing



2.Assembly Parts List

Part No.	Name	Quantity
①	Front Post	1
②	Handlebar	1
③	Main Frame	1
④	Front Bottom Frame	1
⑤	Saddle	1
⑥	Seat Post	1
⑦	Rear Bottom Frame	1
⑧	Adjustable Foot Margin	4
⑨	Pedal	2
⑩	Cap Nuts	4
⑪	Hex Screw	4
⑫	Braking Knob	1
⑬	Brass Washer	2
⑭	Seat Fixed Shaft	1
⑮	Adjustment Handle	4
⑯	Hex Nuts	4
⑰	Large gasket	4
⑱	Connecting link	2
⑲	Flat washer	4
⑳	Spring washers	4
㉑	Hex nuts M8	2
㉒	Cylinder hex socket screw M8*35	2
㉓	Wheel	2
㉔	Handle bar cover	2
㉕	HOLDERS for water cup	1

3. Assembly Steps

- 1) Fix Front Bottom Frame ④ and Rear Bottom Frame ⑦ on Main Frame ③ by Hex Socket Cap Screws ⑪ respectively. And also connect them with Hex Nuts ⑫, Large gasket ⑬ and Adjustable Foot Margin ⑧ by wrench respectively to make the spinning bike perpendicular to the ground.
- 2) Insert Front Post ① into handgrip hole of Main Frame ③ and adjust to reasonable position, and spin Handgrip Adjustment Handle ⑮ to fix it.
- 3) Fix Handlebar ② and Front Post ① with Handgrip Adjustment Handle ⑮; Adjust in horizontal position of Handgrip through Saddle Adjustment Handle ⑮.
- 4) Insert Seat post⑥ into the hole of Main Frame ③ and adjust it to a reasonable position, and then swirl Seat Post Adjustment Handle ⑮ to fix it.
- 5) Fix Saddle ⑤ and Seat Fixed Shaft ⑭ by screw on the saddle. Then fix Saddle ⑤ and Seat post ⑥ with Saddle Adjustment Handle ⑮. During the fixing, make sure Seat Fixed Shaft ⑭ is right into slot of Saddle Adjustable post. Adjust horizontal position of seat through Saddle Adjustment Handle ⑮.
- 6) Screwing two sides Pedal ⑨ on both sides crank on Main Frame ③ respectively, and then fix them firmly by wrench.
- 7) Make sure the bike is vertical with the ground by adjusting the bottom frame.

4. Checking After Assembly

1. All the assembly parts are jointed well, and every adjustment handle are screwed up without looseness.
2. Components of handles and seat are fixed firmly without any relative rocking.
3. The pedals are fixed well without looseness.
4. The braking system are jointed well and in good condition..
5. The work-out with this machine is smooth without obvious noise in use.

Note: Please fix the nuts before using in case of looseness.

B. Specifications of use

1. Adjustment of Braking Knob

Adjust to a proper position according to user's bearing capability before use.

Note: On the Braking Knob, "+" means Increase resistance, "-" means Decrease Resistance, Pressing it down means Emergency stop.

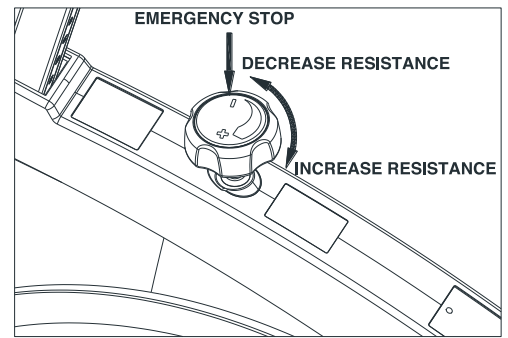


Figure 2

2. Adjustment of Handlebar and saddle

Adjust the position of the handlebar and Saddle according to the user's height before use. Turn the adjustment handle clockwise to loosen it and anti-clockwise to tighten. It can be adjusted in the direction as shown on the Figure 3.

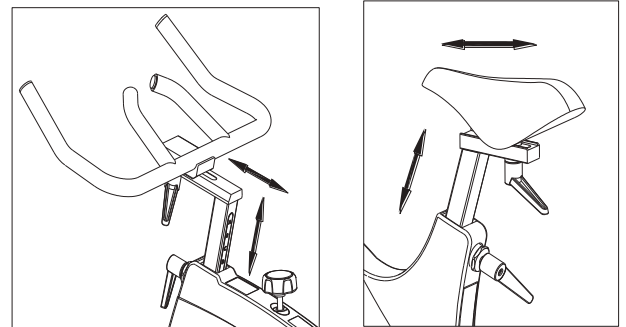


Figure 3

1) Stand next to the cycle and adjust the height of the saddle to the top of the hip, see figure 4.

2) Adjust the height of the handlebar so the lowest part is the same height as the saddle, see figure 5.

3) To adjust the saddle horizontally, place the pedal pointing forward. Adjust the saddle in order for the knee to be straight over the palm of the foot, see figure 6

4) Adjust the handlebar so the distance between the saddle and the handlebar equals the length of the user's forearm, see figure 7.

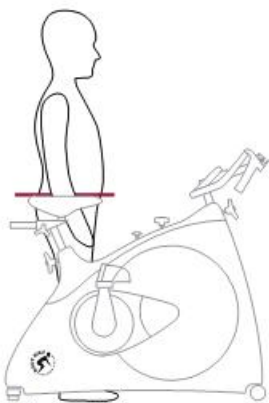


Figure 4

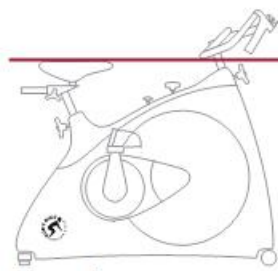


Figure 5



Figure 6

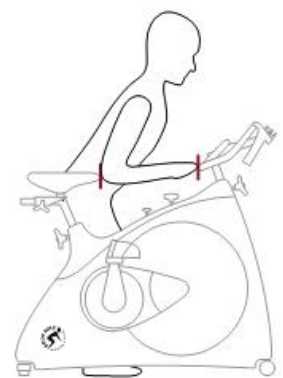


Figure 7

Note: The maximum height of the handlebar and saddle can not be over the STOP line, see Figure 8.

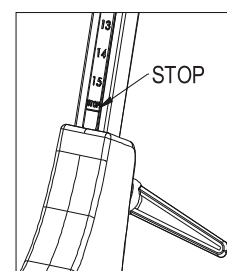


Figure 8

3. Tighten and loosen safety belt of pedal

- 1) The feet should be firmly fixed to the pedals. Pull upwards in the strap to tighten and then Tuck it in to keep it in place. see figure 9.
- 2) Loosen both pedal straps before getting off the cycle .First untuck the strap and then press downwards on the small blank plastic piece. see figure 10.

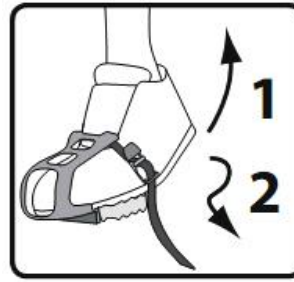


Figure 9

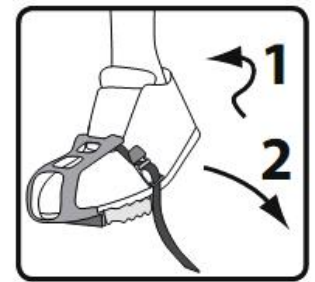


Figure 10

4. Precautions during use

Teach the young people about good behaviour on the cycles. E.g. always keep hands on handlebar when cycling in upright position. see figure 11.



Figure 11

5. Way of stop

As there's a big force of inertia of the wheel, DON'T get off the bike when the crank is still working. Otherwise, the user shall be thrown out and get unnecessary injury. If you want to stop exercising, turn the braking knob in the direction of "+" (Increasing resistance), or just press it down. The user can get off when the crank stops running.

6. Adjustment of the transit belt

The transit belt should be adjusted, as it maybe become loose after long time use.

- 1) Remove the protective covers;
- 2) Loosen the screw (1) with wrench, then loosen the bolt (2) see Figure 12
- 3) Turn screws (3) clockwise with a wrench to loosen the belt.
- 4) Loosen bolt (2) and (1).
- 5) Put on the protective covers.

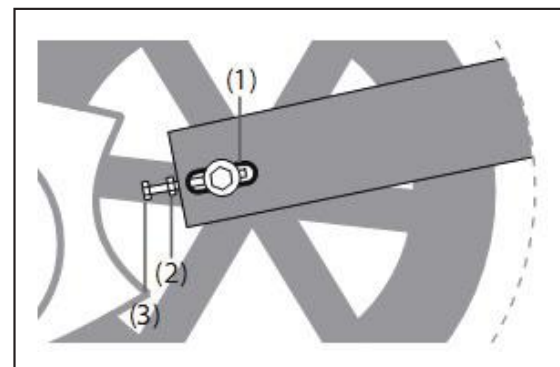
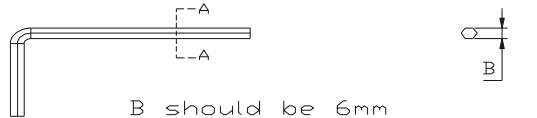
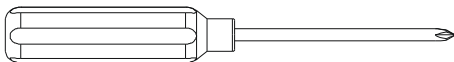
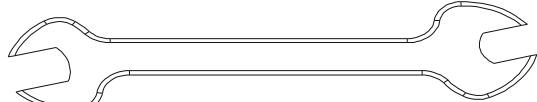


Figure 12

TOOL OF ASSEMBLE AND MAINTENANCE

<p>1 HEXAGONAL WRENCHES</p>  <p>B should be 6mm</p>	<p>2 PHILLIPS SCREWDRIVER</p> 
<p>3 OPEN SPANNER</p> 	<p>8/10(mm) 1pcs 10/13(mm) 1pcs 14/17(mm) 1pcs</p>



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**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.

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