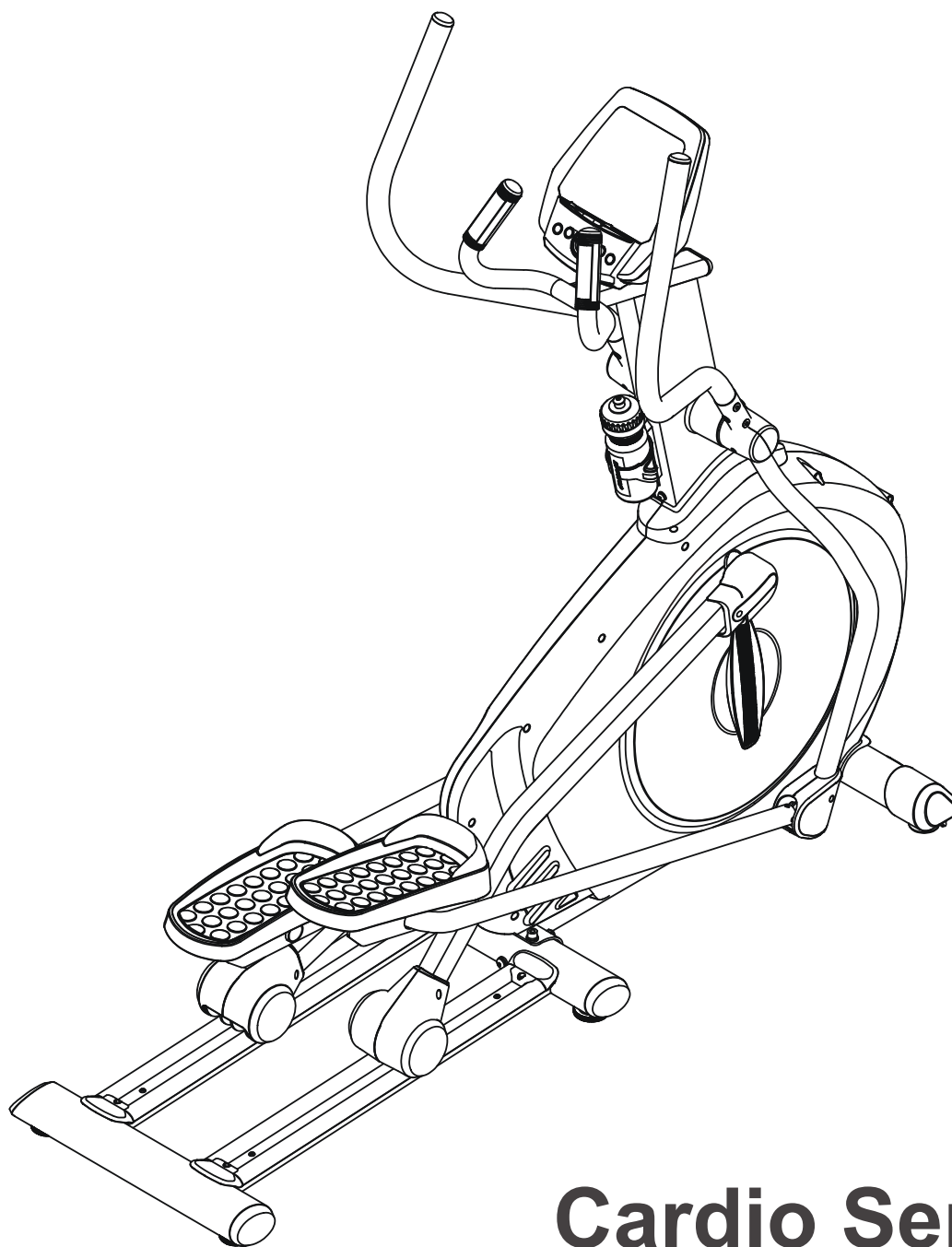




hattrick-pro

ST-1000 COMMERCIAL 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.

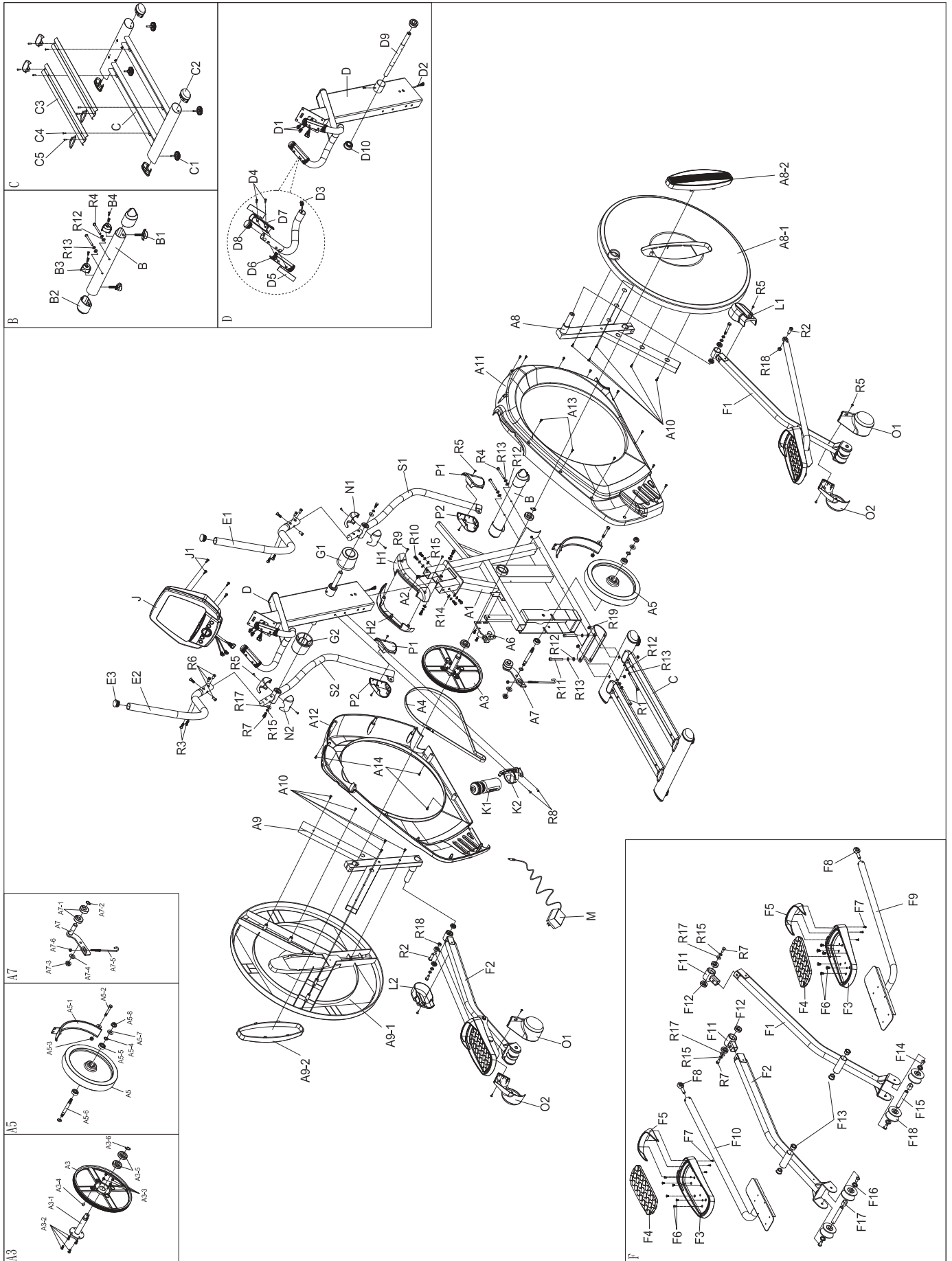
SAFETY INSTRUCTION

1. This product can only be used in the following places, sports organizations, educational facilities, hotels, clubs, area clubs and single apartments. And by the owner (legally responsible) specified in the entry and exit management exercise area
2. This product should be operated in area where the regulation made according to users' reliability , age and practicing experience ect. by ower of this machine.
3. This product should be operated in the place where under supervision.
4. Make sure kids without supervision and disables keep proper distance from this product.
5. Incorrect or exceeding exercise probably do harm to your health , please consult a professional coach about the right exercising angle and the burden of your body.
6. Please adjust the maximum load bearing of the machine before exercise(mainly seat adjustment).
7. Please check if the screws and handle kept tightened before using.
8. Cardiopathy and kids under 12-year-old are definitely prohibited to operate this machine.
9. This machine should be put on the flat ground indoor and behind the machine(periphery) there is have to keep a space of 2000mm*1000mm.
10. If you feel dizzy , nausea or other discomfort when you are doing exercise through this machine , please stop practicing immediately , and consult a doctor. The ground where this machine fix on should be stable.
11. Please wear appropriate sportswear and sports shoes.
12. Please do proper warm-up exercises before using.
13. It is definitely prohibited to use this machine doing anything out of the function of this machine.
14. Please do exercise under the guidance of professional coach.
15. Please check if every part of this machine keep stable before using.
16. Any adjustable part , especially parts could directly act on the practicing movement of user , should be strengthened the maintenance.

Important Safety Information WARNING!

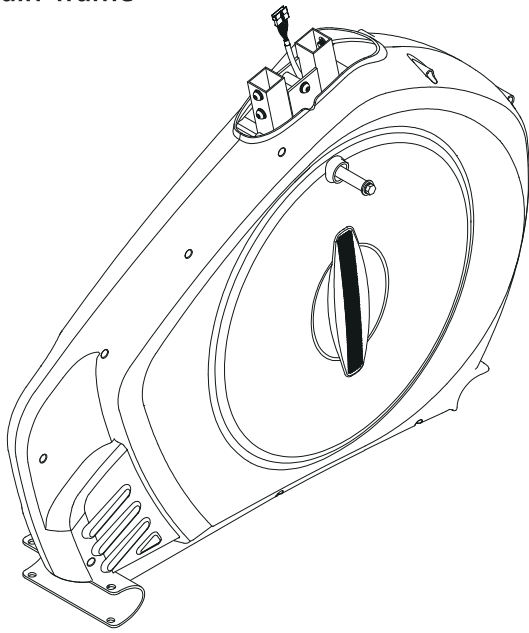
- 1) Before using this exercise bicycle or starting any exercise program, consult your physician. This is especially important for persons over the 35 and /or persons with pre-existing health problems. Our company assumes no responsibility for personal injury or property damage sustained by or through 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.

EXPLODED DRAWING

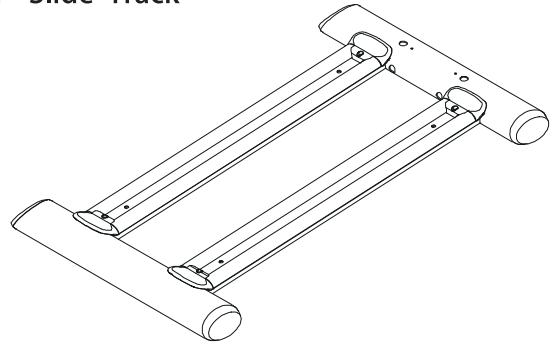


PART LIST

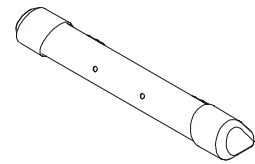
A Main frame



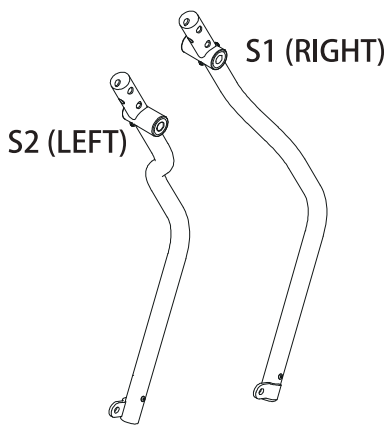
C Slide Track



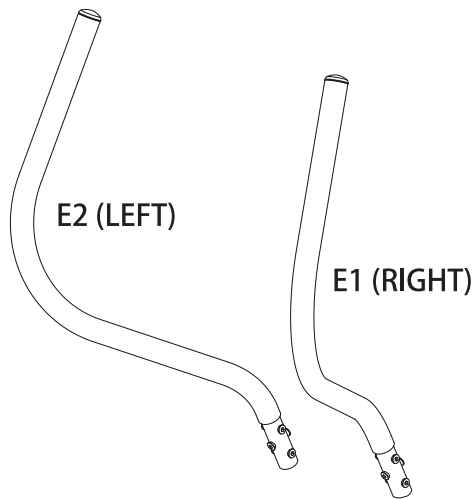
B Front stabilizer



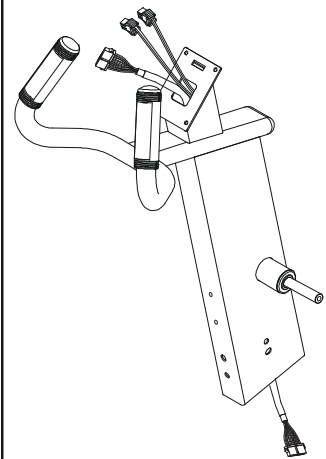
S Swing handlebar tube



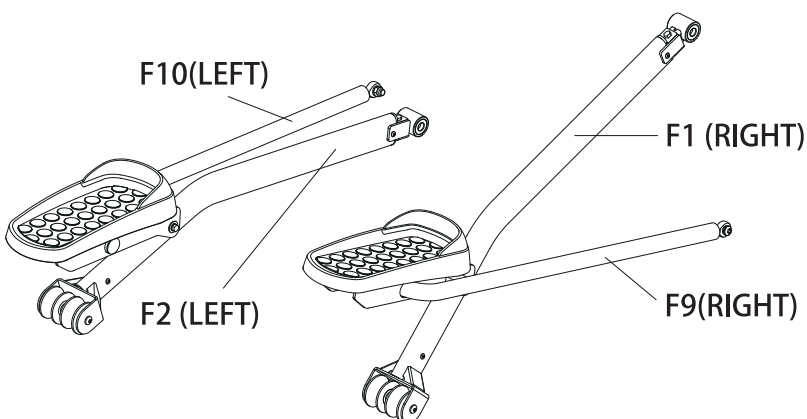
E Side Handlebar



D Central support tube

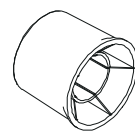


F Connect tube & pedal tube

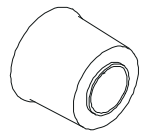


G Decoration cover

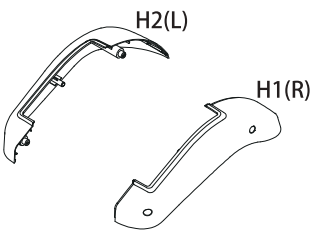
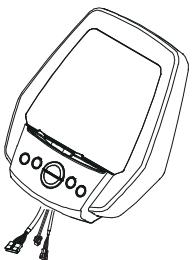
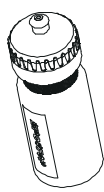
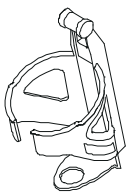
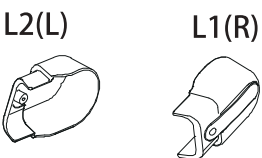
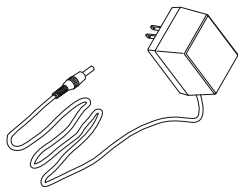
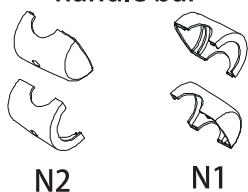
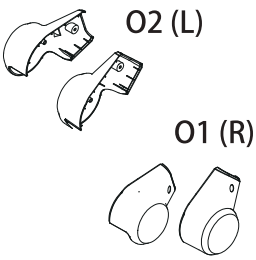


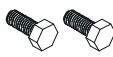


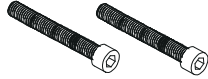
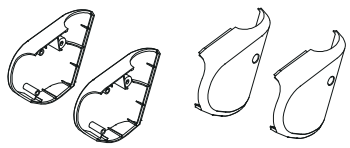

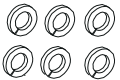




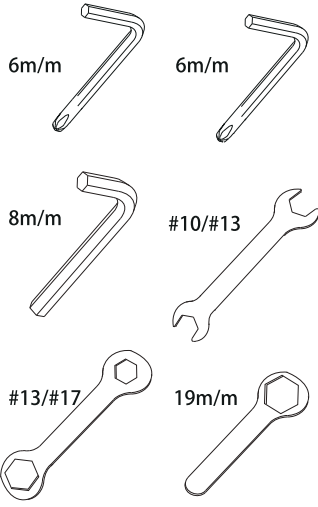
G2 (LEFT)



G1 (RIGHT)



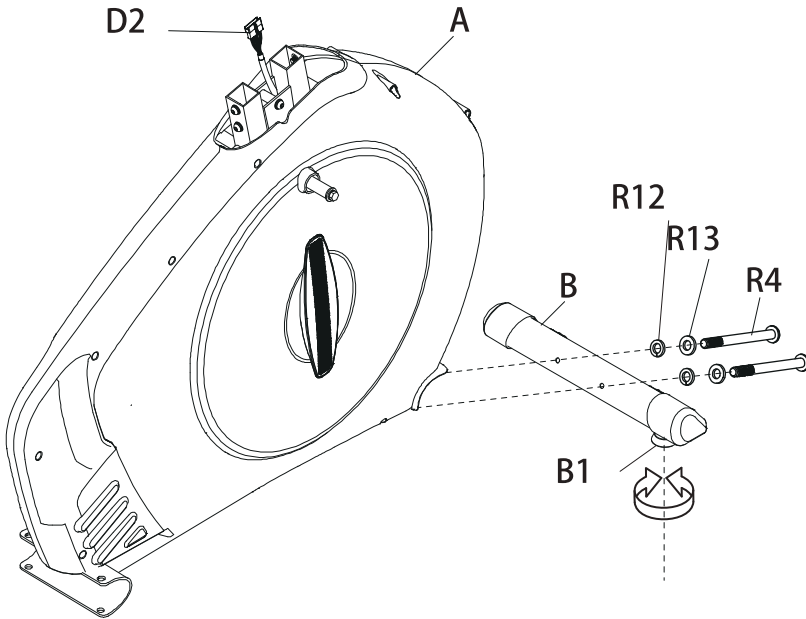
PARÇA LIST

<p>H Plastic cover</p> 	<p>J Console</p> 	<p>K1 Water bottle</p> 	<p>K2 Bottle holder</p> 
<p>L Decortation cover of pedal tube</p> 	<p>M Adaptor</p> 	<p>N Decortation cover of handle bar</p> 	<p>O Wheel cover</p> 
<p>R</p> <p>R1 SCREW M10 X 122 </p> <p>R4 SCREW M10X115 </p> <p>R7 SCREW M8 X 20 </p> <p>R8 SCREW M5 X 15 </p> <p>R9 SCREW M4 X 16 </p> <p>R11 SCREW M10 X 80 </p>			<p>P Decortation cover of joint pedal tube</p> 
<p>R12 WASHER M10 X 20 X 2.0T </p> <p>R13 SPRING WASHER M10 X3.0T </p> <p>R17 WASHER M9 X 25 X 2T </p> <p>R19 NUT M10 </p> <p>R15 SPRING WASHER M8 X 2.0T </p> <p>R20 MAVE WASHER φ 23* φ 17.5*0.3T </p>			<p>TOOL</p> 

1. ASSEMBLY FOR FRONT STABILIZER

Step1. Secure the front stabilizer(B) to the main frame(A) using two screw(R4),two spring washer(R13) and two washer(R12).

Use tool

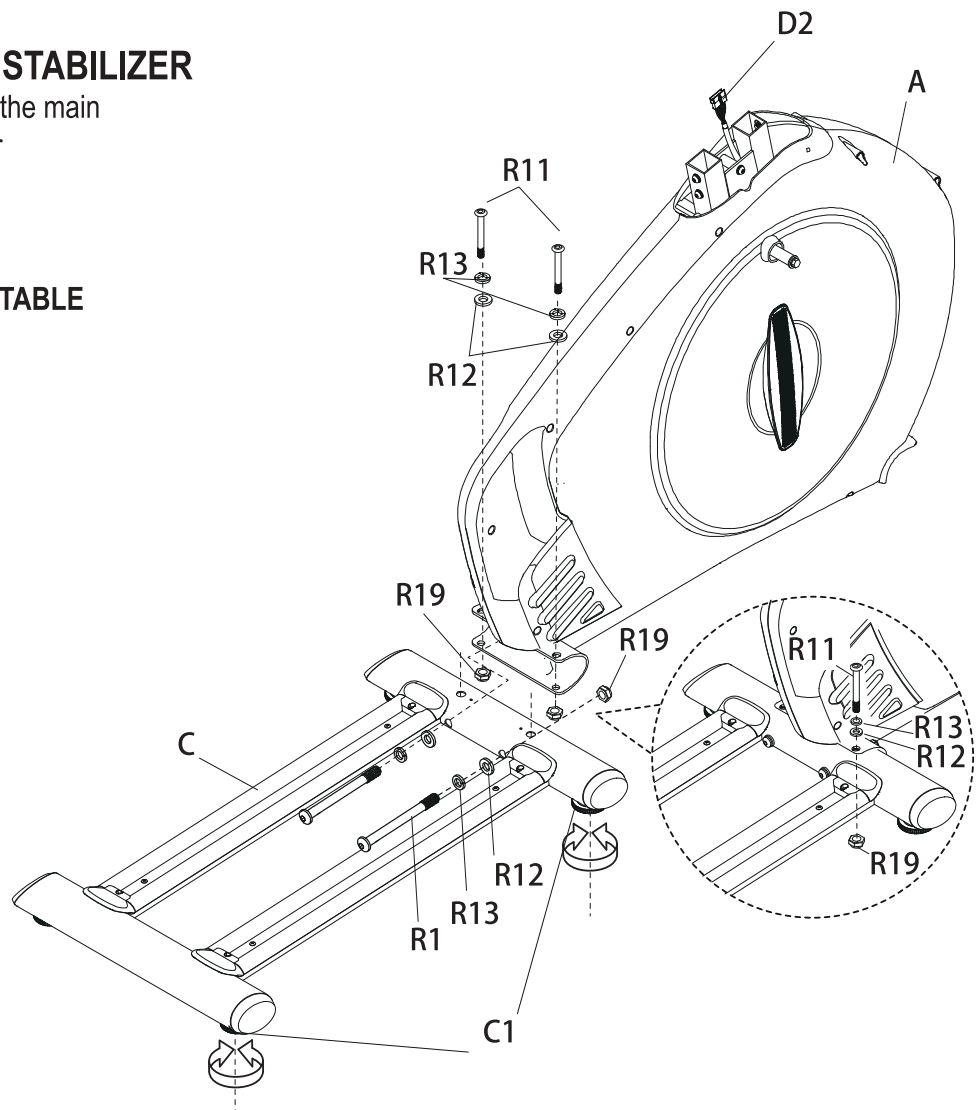
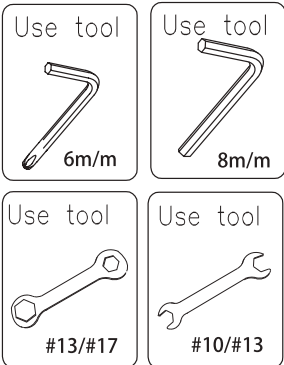


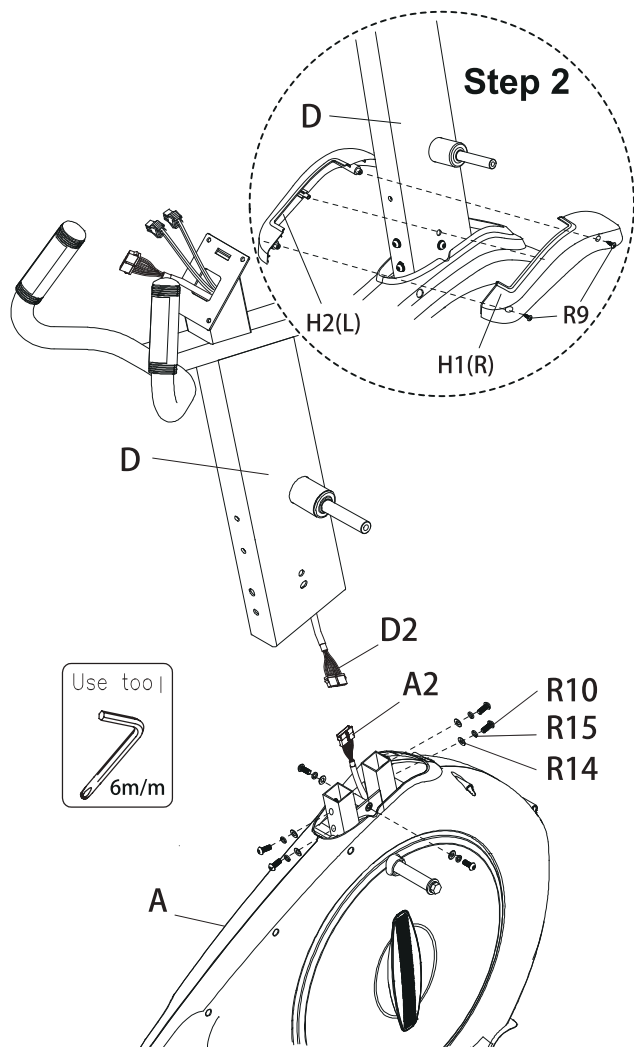
2. ASSEMBLY FOR REAR STABILIZER

Step1. Secure the slide track(C) to the main frame(A) using four screw(R1) four spring washer(R13)& four washer (R12) and M10 Nut (R19).

HOW TO KEEP THE MACHINE STABLE

After you finish assembly (Figure 1 & Figure 2), if the machine can't be stand stable, you can use adjusted-end(B1,C1) to level the machine.





3. ASSEMBLY FOR CENTRAL SUPPORT TUBE & PLASTIC COVER

Step1. Connect the sensors (D2) with cable sensor (A2). Equip central support tube (D) into main frame (A) and use four bolt (R10), four spring washer (R15) and four washer (R14) in the front of central support to tight. Step 2 . Equip the (H1 & H2) plastic cover on to central support tube (D) and using screw (R9) to tight it.

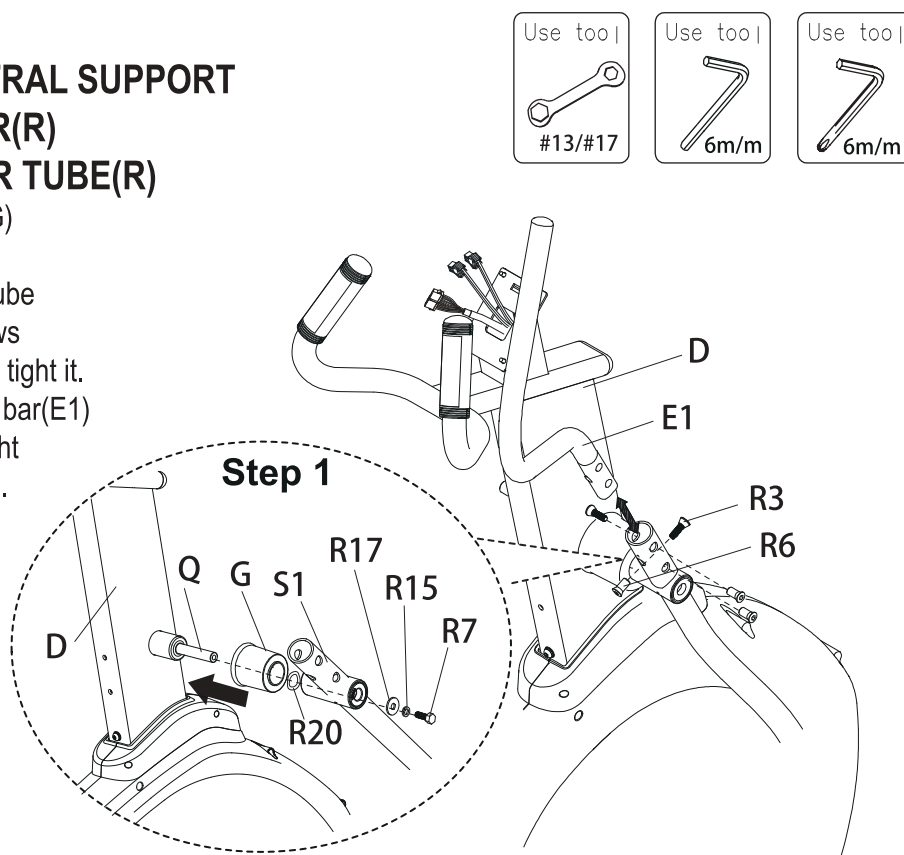
ATTENTION: TAKE CARE TO AVOID PINCHING THE CABLES AND WIRES DURING ASSEMBLY.

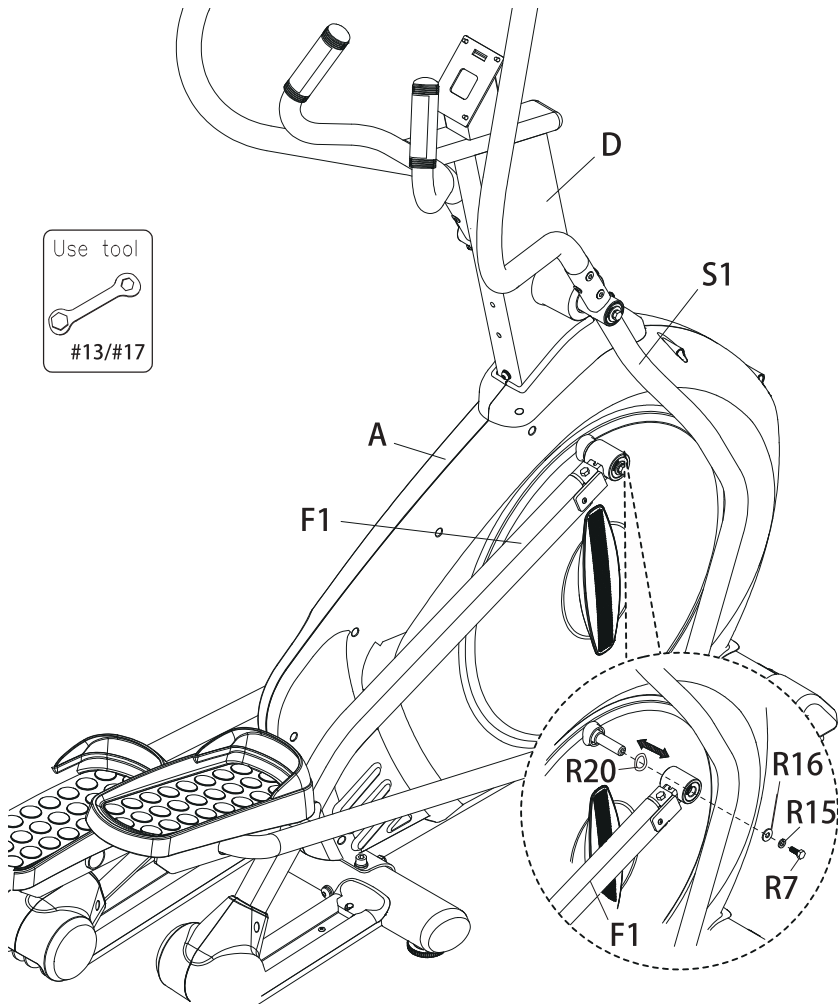
ATTENTION: The axle lock hole needs to be downward and make sure the hole between pipe and screw need to align before using screw (R20) to fix it from bottom to the top side .

4. ASSEMBLY FOR CENTRAL SUPPORT TUBE, SIDE HANDLEBAR(R) & CONNECT HANDLEBAR TUBE(R)

Step1. Insert decoration cover (G) into the central support tube (D) Insert the right swing handlebar tube (S1) into axle (Q) and using screws R17, R15 washer (R20) and R7 to tight it. Step2. Insert right moving handle bar (E1) swing handlebar tube (S1) and right and fix them by screws (R3 & R6).

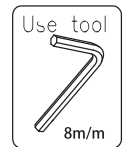
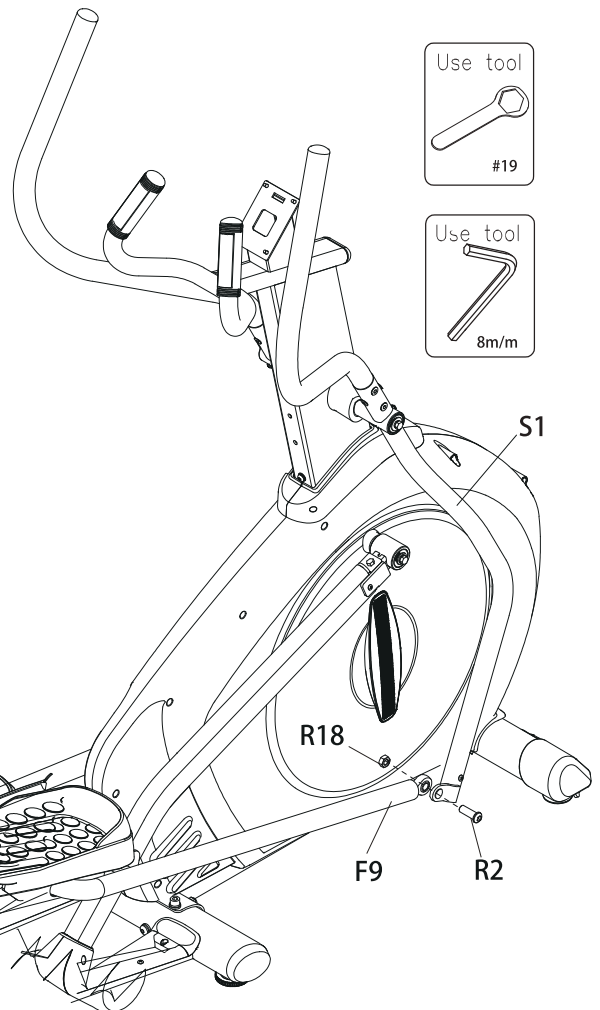
Repeat the steps above for the left swing handlebar tube on the other side.





4-1. ASSEMBLY FOR PEDAL TUBE WITH CRANK AXLE

Step1. Slide right pedal tube (F1) into the crank axle and secure it with washer(R16), spring washer(R15), washer (R20) and screw(R7).



5. ASSEMBLY FOR SWING HANDLEBAR TUBE WITH CONNECT TUBE

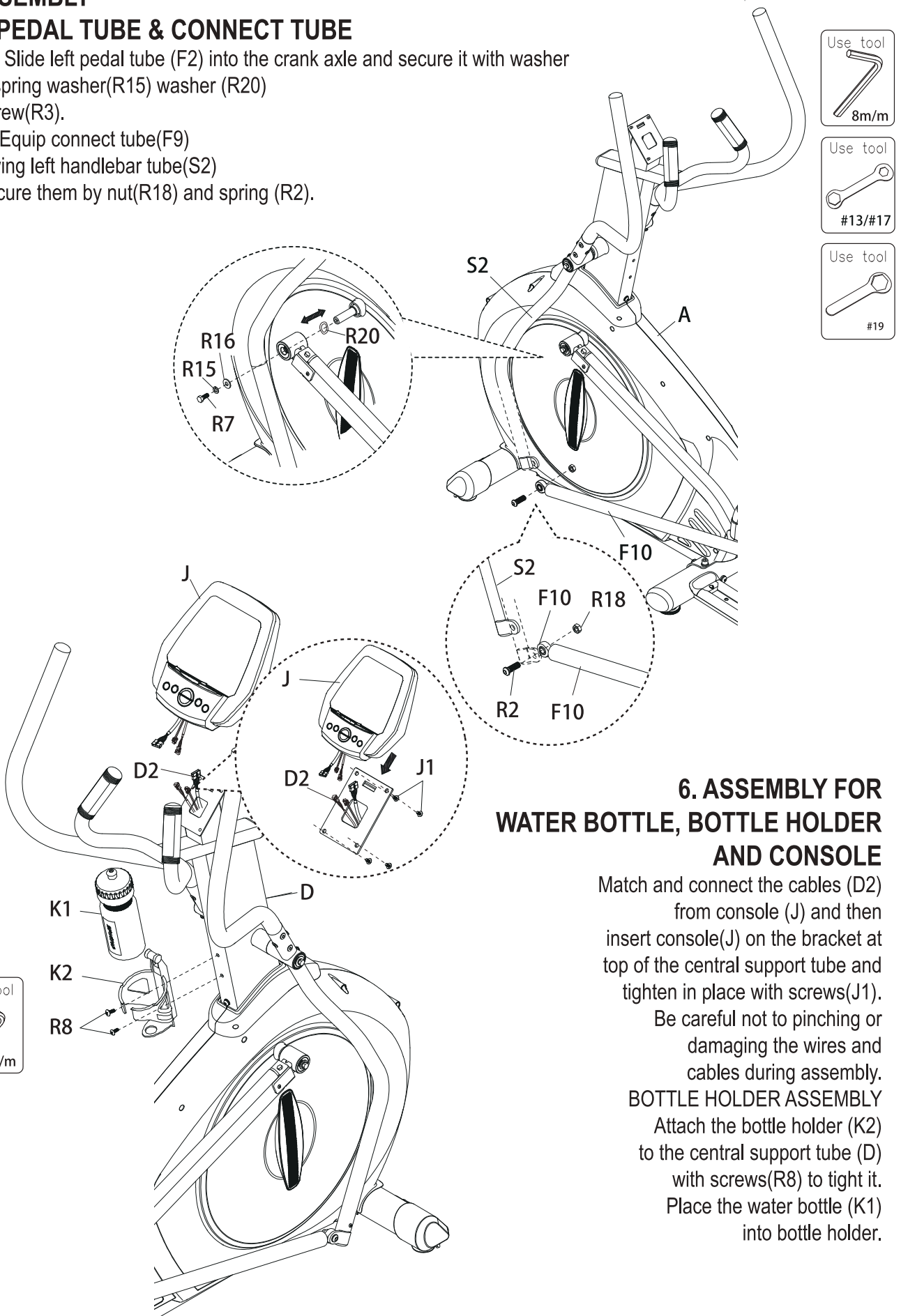
Step 1 Equip connect tube(F9) with swing right handlebar. tube(S1) and secure them by nut(R18) and spring(R2)

5. ASSEMBLY

FOR PEDAL TUBE & CONNECT TUBE

Step 1. Slide left pedal tube (F2) into the crank axle and secure it with washer (R16) spring washer(R15) washer (R20) and screw(R3).

Step2. Equip connect tube(F9) with swing left handlebar tube(S2) and secure them by nut(R18) and spring (R2).



6. ASSEMBLY FOR WATER BOTTLE, BOTTLE HOLDER AND CONSOLE

Match and connect the cables (D2) from console (J) and then insert console(J) on the bracket at top of the central support tube and tighten in place with screws(J1).

Be careful not to pinching or damaging the wires and cables during assembly.

BOTTLE HOLDER ASSEMBLY

Attach the bottle holder (K2) to the central support tube (D) with screws(R8) to tight it.

Place the water bottle (K1) into bottle holder.

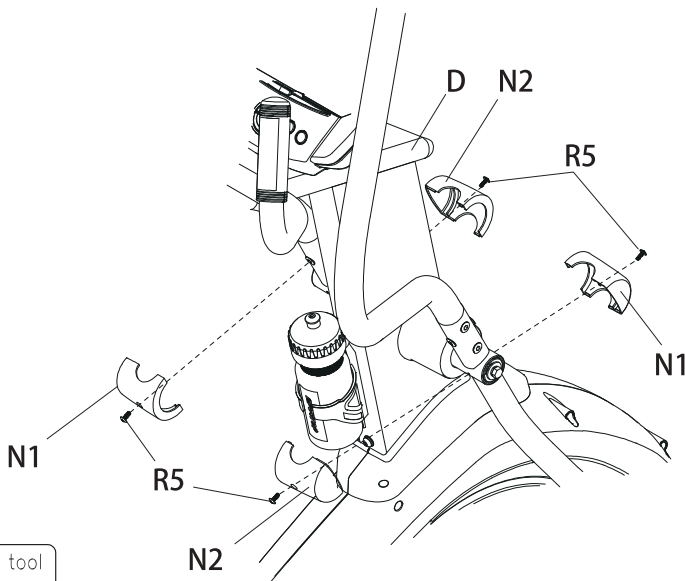
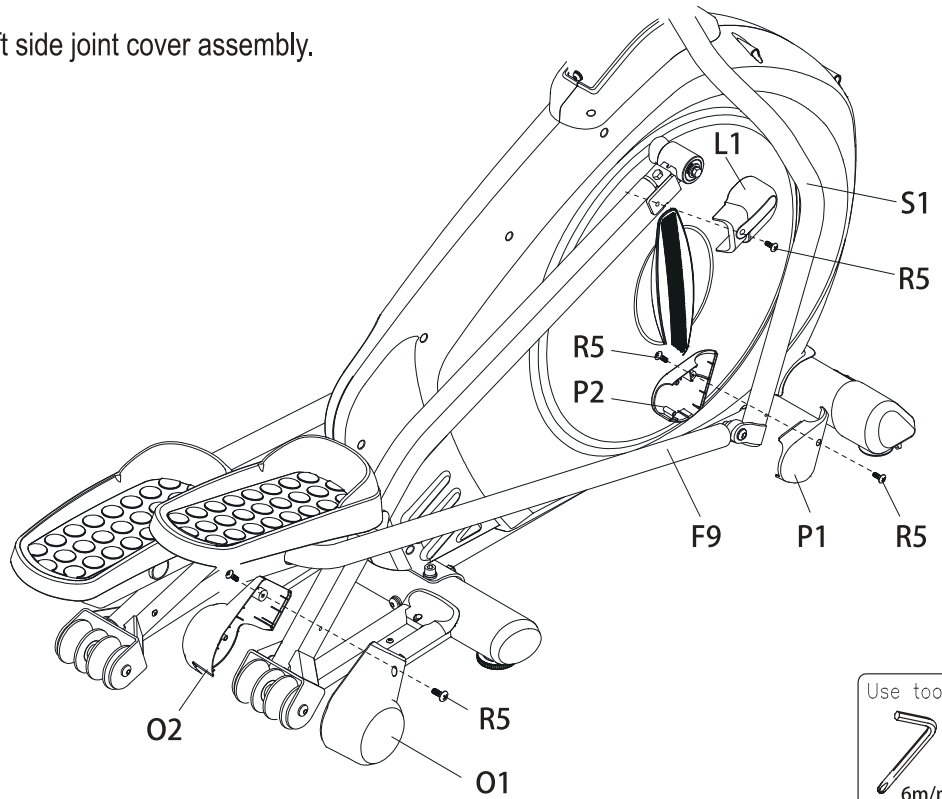
7. RIGHT SIDE JOINT COVERS ASSEMBLY

Step1. Place decoration cover(L1) onto right pedal tube and using screw (R5) to fix it.

Step2. Place decoration cover (P1) and P2 onto the joint of swing tube(S1) and connect tube (F9) and secure it by screw (R5).

Step3. Place wheel cover O1 and O2 onto rear wheel and secure it with screw(R9).

Repeat the steps above for the left side joint cover assembly.



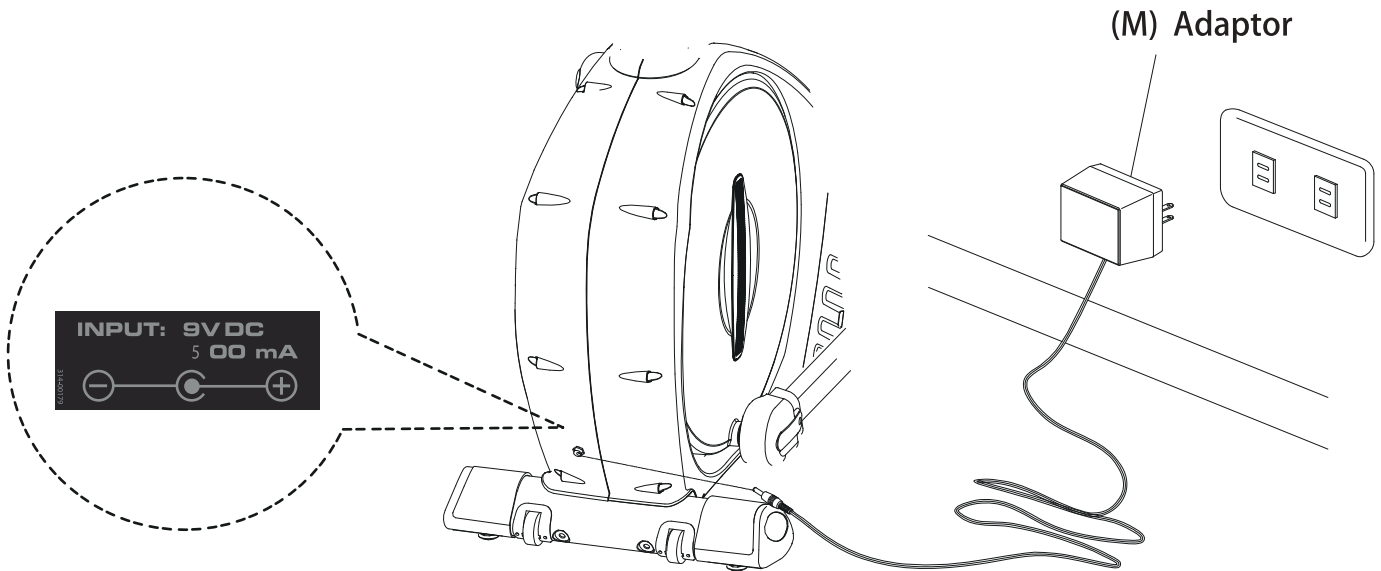
8. HANDLEBAR COVER ASSEMBLY

Step1. Place the handlebar cover N1 & N2 onto right side handlebar and using screw (R5) to tight it.

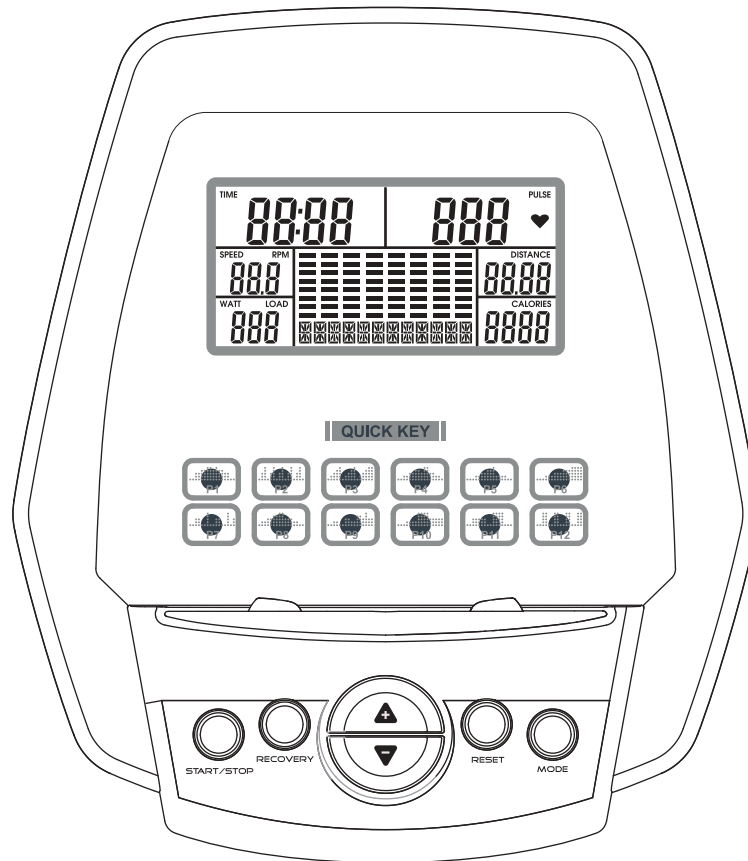
Repeat the steps above for the left side joint cover assembly.

9. USING THE ADAPTOR

Position Machine on consideration for convenience use, using the adaptor (M), there is one adaptor hole located at the rear of the machine.



FUNCTION BUTTONS:



MODE: To confirm all setting values.

RESET: To reset all setting values.

Hold on pressing for 2 seconds, monitor will resume to power-up mode.

START/STOP: To start or stop training.

When time count down to 0:00, the console will stop automatically and beep for 8 seconds. Time will resume to previous setting value.

When user stop training by themselves, the console will remain all the setting values and display heart rate chart

UP: To make upward setting.

DOWN: To make downward setting.

RECOVERY: In stop or start mode, press the button will start heart rate recovery status measurement.

P1 Swift to program profile 1.

P2 Swift to program profile 2.

P3 Swift to program profile 3.

P4 Swift to program profile 4.

P5 Swift to program profile 5.

P6 Swift to program profile 6.

P7 Swift to program profile 7.

P8 Swift to program profile 8.

P9 Swift to program profile 9.

P10 Swift to program profile 10.

P11 Swift to program profile 11.

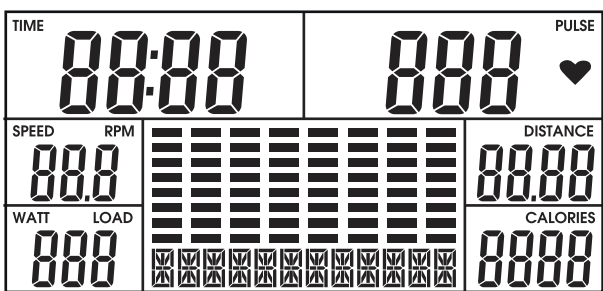
P12 Swift to program profile 12.

DISPLAY EXERCISE DATA:

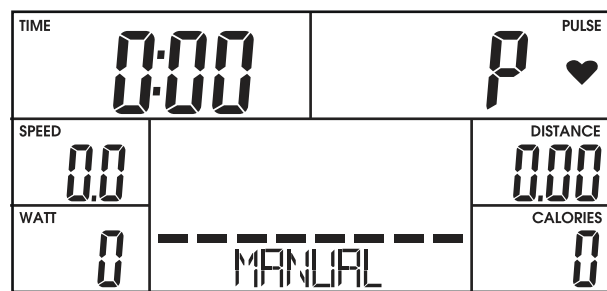
TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99 ; Setting range 0.00~99.90km
CALORIES	Display range 0~9999 ; Setting range 0.00~9990
PULSE	Display range P-30~240 ; Setting range 0-30~240
SPEED	0~99.9km
RPM	0~999

OPERATION PROCEDURE:

1. Connect power supply and console will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds.
2. Console will display main menu (drawing B).



(Drawing A)



(Drawing B)

3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL PROGRAM (P1-P12), USER HRC WATT.



4. Quick Start and Manual :

Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target. After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.

Level can be adjusted during exercise by press UP or DOWN.

5. PROGRAM:

In Stop mode, user may press buttons of P1 – P12 to swift to selected profiles.

Before exercise in Program mode, user may set up TIME target.

Press UP and DOWN to select Program profiles and press ENTER/MODE to confirm.

Level can be adjusted during exercise by press UP or DOWN.

6. H.R.C.:

Before exercise in H.R.C. mode, user may select 55%, 75%, 90% or Target pulse.

Computer will automatically calculate user's age and come up with certain target bpm.

User may set up workout time and press START/STOP button to start exercise.

7. USER PROGRAM:

User may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20)

User may hold on pressing MODE button for 2 seconds to quit profile setting.

8. WATT :

Default watt value is 120W, user may press UP or DOWN to change the value.

Start workout, console will change the resistance level according to user workout status and his actual watt value.

9. RECOVERY

After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1,F2....to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status.

(Press the RECOVERY button again to return the main display.)

WARM UP INSTRUCTION

Before exercise, it is better to do stretching exercises . Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

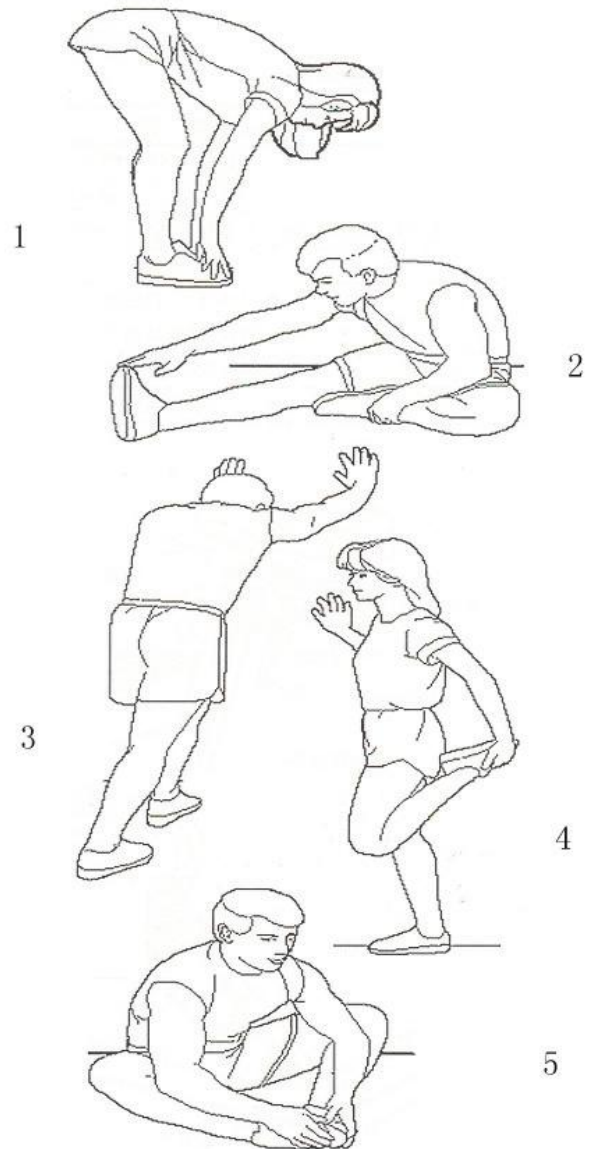
1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3).

4 .uadriceps stretch: the left hand wall or table to master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

5. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times(see Figure 5).





hattrick - pro

ST-1000 COMMERCIAL 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.

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 Diş. Tic. A.Ş

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

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