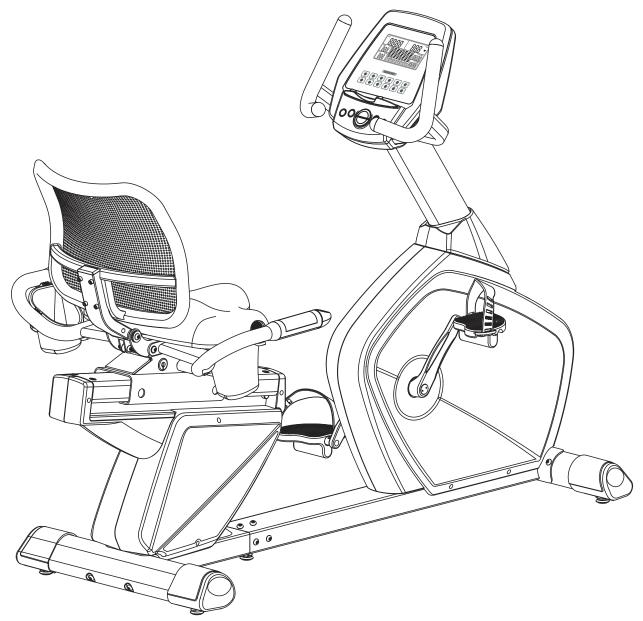


ST-1100 COMMERCIAL RECUMBENT BIKE



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.

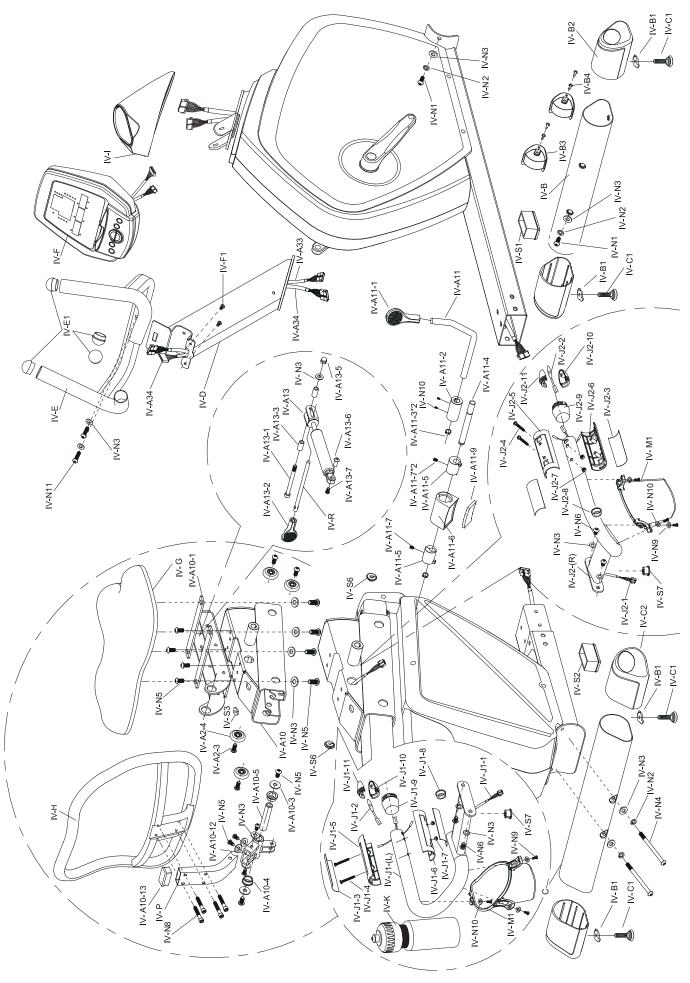
SAFETY INSTRUCTION

- 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.

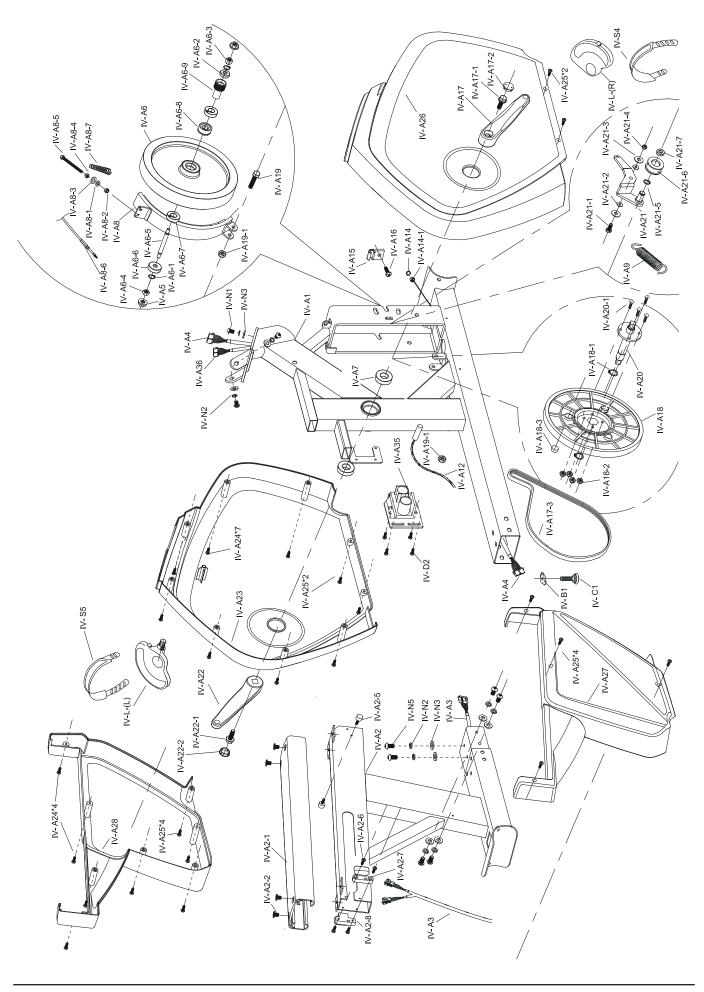
Important Safety Information WARNING!

- 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



EXPLODED DRAWING



PARTS LIST

D/N	DECODIDATION	OMENZ	D/N	DECORIDATION	O'TV
P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
IV-A1	FRONT MAIN FRAME	1	IV-A10-5	AXLE FOR BACKREST TUBE	1
IV-A2	REAR MAIN FRAME	1	IV-A10-6	PULL BAR § 9.3*66.8	1
IV-A2-1	ALUMINUM TRACKING 52.4*104.8*587L	1	IV-A10-7	NUT	1
IV-A2-2	SCREW M8*10	4	IV-A10-8	SPRING	1
IV-A2-3	SCREW M8*22	4	IV-A10-10	FIXING PIN	1
IV-A2-4	WHEEL § 7.8* § 37.5*11L	4	IV-A10-12	ROATATE RECIPROCATOR	1
IV-A2-5	SCREW ∮ 15*22	2	IV-A10-13	END CAP 25*50	1
IV-A2-6	SCREW M4*12	4	IV-A11	SEAT ADJUSTMENT HANDLE § 12*236	1
IV-A2-7	SLIDE FIXING SUPPORT(RIGHT)	1	IV-A11-1	PLASTIC WRAP § 8*71L	1
IV-A2-8	SLIDE FIXING SUPPORT(LEFT)	1	IV-A11-2	CONNECTING HOUSING § 12*50	1
IV-A3	HAND PULSE SENSOR REAR	1	IV-A11-3	C CLIP C10	2
IV-A4	HAND PULSE SENSOR MIDDLE	1	IV-A11-4	AXLE FOR BRAKING § 12*122	1
IV-A5	NUT 3/8"*26*7mm	2	IV-A11-5	BUSHING § 12* § 24*33.2	2
IV-A6	FLYWHEEL ∮ 260*9KGS	1	IV-A11-6	BRAKE PAD 40.5*65	1
IV-A6-1	C CLIP C10	2	IV-A11-7	SCREW STOPPING M6*10	2
IV-A6-2	BEARING 6000ZZ	1	IV-A11-9	BRAKING STOPPER T2.0*28*58	1
IV-A6-3	NUT 3/8"*0.5T	1	IV-A12	SENSOR WIRE	1
IV-A6-4	NUT 3/8"*26*3mm	1	IV-A13	GAS CYLINDER 600N	1
IV-A6-5	AXLE § 10*120L	1	IV-A13-1	SCREW M8*86	1
IV-A6-6	BEARING 6003ZZ	2	IV-A13-2	PLASTIC WRAP § 8*71L	1
IV-A6-7	BEARING 6300ZZ	1	IV-A13-3	PLASTIC BUSHING	2
IV-A6-8	PULLY § 37* § 17*60.9	1	IV-A13-5	NUT M8	1
IV-A6-9	ONE WAY BEARING	1	IV-A13-6	SCREW M8*30	1
IV-A7	BEARING 6203ZZ	2	IV-A13-7	NUT M8	1
IV-A8	HOUSING-MAGNET	1	IV-A14	NUT	1
IV-A8-1	WASHER M6* ∮ 19*T1.5	1	IV-A14-1	POWER CORD	1
IV-A8-2	NUT M6	1	IV-A15	SENSOR PIPE HOUSING	1
IV-A8-3	WASHER § 6* § 22*T1.0	1	IV-A16	SCREW #6*32*12L	1
IV-A8-4	NUT M6	1	IV-A17	CRANK RIGHT 170L	1
IV-A8-5	SCREW M6*60	1	IV-A17-1	SCREW M8*25	1
IV-A8-6	TENSION CABLE 177L	1	IV-A17-2	END CAP	1
IV-A8-7	SPRING § 10.2* § 1.2*11*55L	1	IV-A17-3	BELT 6PJ46"	1
IV-A9	SPRING ∮ 3*101L	1	IV-A18	BELT PULLY § 260	1
IV-A10	SLIDING TRACK	1	IV-A18-1	C CLIP C17	2
IV-A10-1	SADDLE SUPPORT	1	IV-A18-2	NUT M6	4
IV-A10-3	WASHER M8*25*2.0	2	IV-A18-3	MAGNET	1
IV-A10-4	METAL BUSHING § 16.1* § 26.1*11L	2	IV-A19	SCREW M8*52	1

PARTS LIST

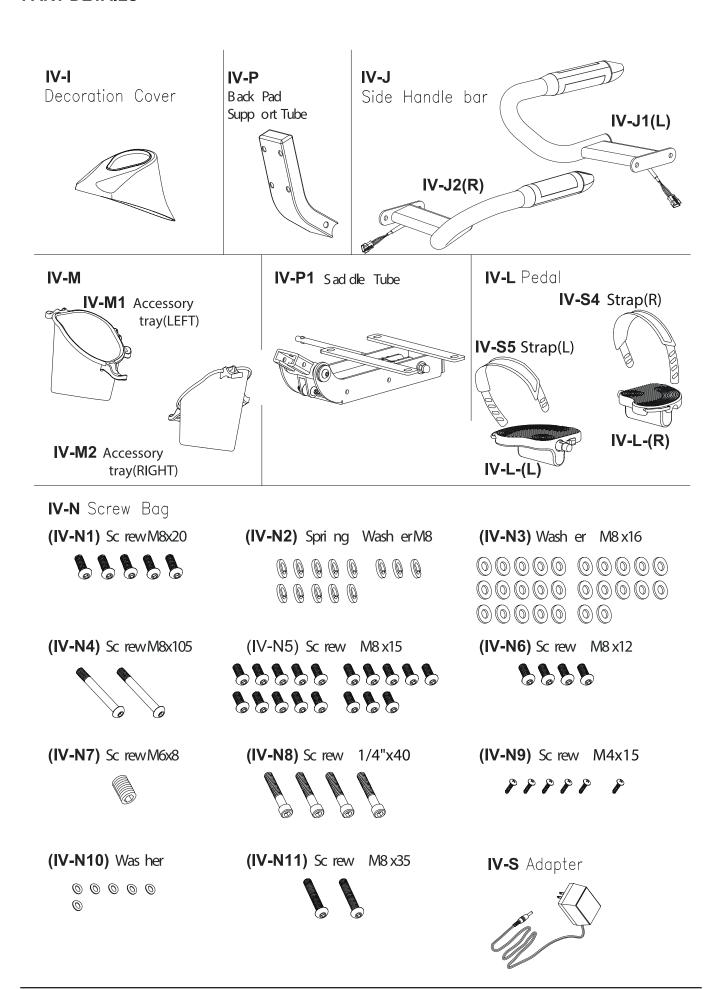
IV-A19-1	NUT M8	1	IV-H	BACKREST	1
IV-A20	ALXE FOR BELT PULLEY § 17*153	1	IV-I	COVER	1
IV-A20-1	SCREW M6*16	4	IV-J1(L)	LEFT SIDE HAND BAR	1
IV-A21	PRESSING PIPE	1	IV-J1-1	HAND PULSE SENSOR WIRE	1
IV-A21-1	SCREW M8*25	1	IV-J1-2	PLASTIC CIRCUIT BOARD LEFT	1
IV-A21-2	WASHER M8*22*1.5	2	IV-J1-3	PAD FOR HAND PULSE	2
IV-A21-3	WASHER 10*24*0.3T	2	IV-J1-4	SCREW M3*35L	2
IV-A21-4	NUT M8	1	IV-J1-5	HAND PULSE	1
IV-A21-5	C CLIP C12	1	IV-J1-6	HAND PULSE	1
IV-A21-6	WHEEL § 44* § 39*21.9L	1	IV-J1-7	NUT M3	2
IV-A21-7	BEARING 6001ZZ	1	IV-J1-8	END CAP	1
IV-A22	CRANK LEFT 170L	1	IV-J1-9	END CAP	1
IV-A22-1	SCREW M8*52	1	IV-J1-10	CONTROLLER FOR RIGHT HANDLE BAR § 26* § 42*60.6	1
IV-A22-2	END CAP	1	IV-J1-11	CONTROLLER FOR RIGHT HANDLE BAR	1
IV-A23	FRONT LEFT CHAIN COVER	1	IV-J2-(R)	RIGHT SIDE HAND BAR	1
IV-A24	SCREW M4*20	11	IV-J2-1	HAND PULSE SENSOR WIRE	1
IV-A25	SCREW M5*20	12	IV-J2-2	PLASTIC CIRCUIT BOARD RIGHT	1
IV-A26	FRONT RIGHT CHAIN COVER	1	IV-J2-3	PAD FOR HAND PULSE	2
IV-A27	REAR RIGHT CHAIN COVER	1	IV-J2-4	SCREW M3*35L	2
IV-A28	REAR LEFT CHAIN COVER	1	IV-J2-5	HAND PULSE	1
IV-A33	SNNSOR WIRE	1	IV-J2-6	HAND PULSE	1
IV-A34	HAND PULSE SENSOR FRONT	1	IV-J2-7	NUT M3	2
IV-A35	MOTOR	1	IV-J2-8	END CAP	1
IV-A36	MOTOR SENSOR WIRE	1	IV-J2-9	END CAP	1
IV-B	FRONT STABILIZER	1	D. (10 40	CONTROLLER FOR RIGHT HANDLE	1
IV-B1	ADJUSTED END	5		BAR § 26* § 42*60.6	
IV-B2	END CAP	2	IV-J2-11	CONTROLLER FOR RIGHT HANDLE BAR	1
IV-B3	TRANSPORATION WHEEL	2	IV-K	WATER BOTTLE	1
IV-B4	SCREW #8*32*5/8"	4	IV-L-(L)	PEDAL RIGHT JD-22A9/16"	1
IV-C	REAR STABILIZER	1	IV-L-(R)	PEDAL LEFT JD-22A9/16"	1
IV-C1	ADJUSTED END M8* § 29*42.5	5	IV-M1	ACCESSORY TRAY(LEFT)	1
IV-C2	END CAP	2	IV-M2	ACCESSORY TRAY(RIGHT)	1
IV-D	MAIN SUPPORTING TUBE	1	IV-N1	SCREW M8*20	5
IV-D2	SCREW M5*10	4	IV-N2	SPRING WASHER M8	13
IV-E	FRONT SMALL HANDLE BAR	1	IV-N3	WASHER M8*16*1.2T	27
IV-E1	CED CAP	4	IV-N4	SCREW M8*105	2
IV-F	CONSOLE	1	IV-N5	SCREW M8*15	18
IV-F1	CONSOLE SCREW	2	IV-N6	SCREW M8*12	4
IV-G	SEAT	1	IV-N7	SCREW M6*8	1

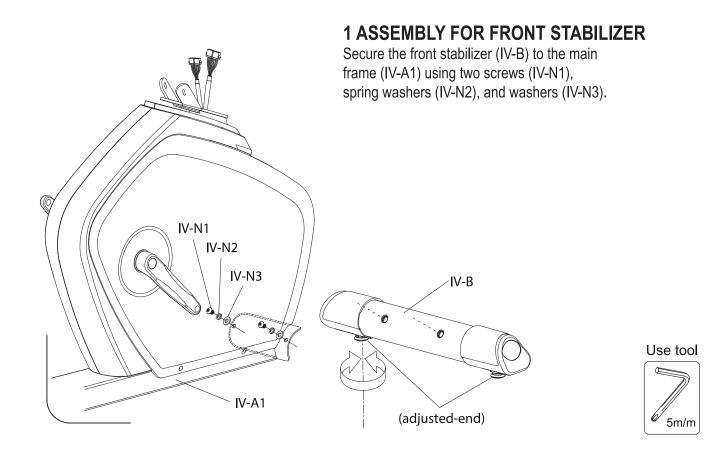
PARTS LIST

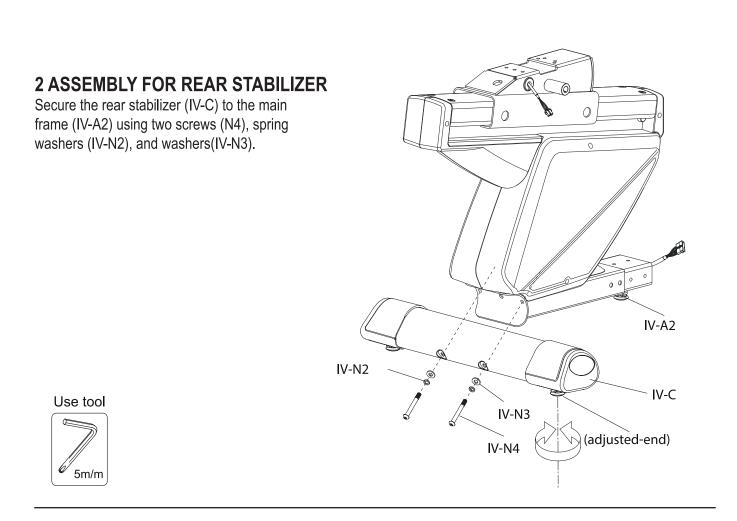
IV-N8	SCREW 1/4"*40	4	IV-S1	END CAP	1
IV-N9	SCREW M4*15	6	IV-S2	END CAP	1
IV-N10	WASHER 8*4.5	6	IV-S3	END CAP	1
IV-N11	SCREW M8*35	2	IV-S4	STRAP(R)	1
IV-P	BACK PAD SUPPORT TUBE	1	IV-S5	STRAP(L)	1
IV-P1	SADDLE TUBE	1	IV-S6	END CAP	2
IV-S	ADAPTOR	1	IV-S7	END CAP	2

PART DETAILS IV-A Main Frame IV-A1_Front IV-A2_Rear IV-A11_Braking handle bar IV-B Front stabilizer IV-E Handle bar **IV-F** Monitor IV-C Rear stabilizer IV-D Central support tube IV-G Saddle **IV-H**Back Rest Tools 15m/m 3m/m 5m/m IV-K Water Bottle 13m/m

PART DETAILS



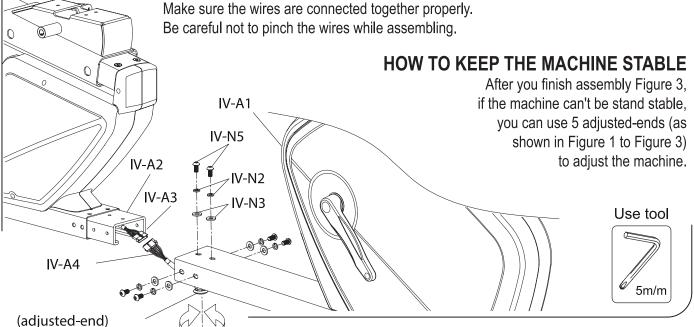




3 ASSEMBLY FOR FRONT & REAR MAIN FRAME

Step1.Connect the sensor wire (IV-A3) & (IV-A4).
Step2.Locate the front (IV-A1) and rear (IV-A2) main frames.
and use 6 screws (IV-N5), spring washers (IV-N2),
and washers (IV-N3) to secure frames.

Make sure the wires are connected together properly.



4 ASSEMBLY FOR CENTRAL SUPPORT TUBE & DECORATION COVER

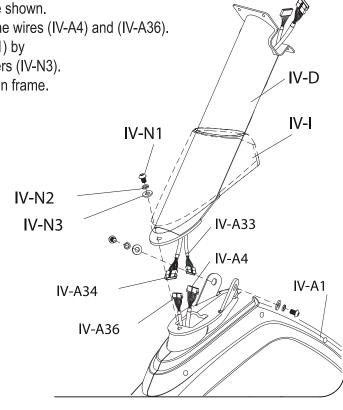
Step1.Locate the central support tube (IV-D) and decoration cover (IV-I). Slide the cover up to the central support tube as the picture shown.

Step2.Connect the sensor wires (IV-A33) and (IV-A34) to the wires (IV-A4) and (IV-A36).

Step3. Secure the central support tube to main frame (IV-A1) by using 3 screws (IV-N1), spring washers (IV-N2), and washers (IV-N3).

Slide the decoration cover (IV-I) down until it attach the main frame.

ATTENTION: Make sure the wires are connected together properly. And be careful not to pinch the wires while assembling.



Use tool



5 ASSEMBLY FOR SADDLE TUBE & LEFT SIDE HANDLE BAR

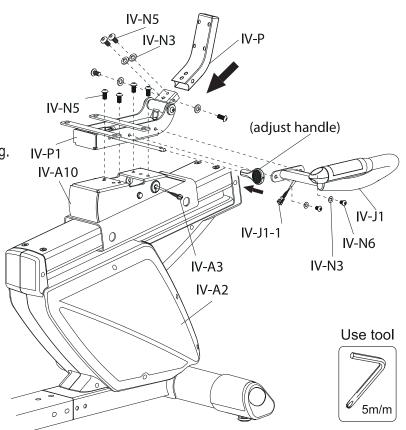
Step1.Connect the back pad support tube (IV-P) with saddle tube (IV-P1) and secure tightly by screws (IV-N5) and washers (IV-N3). Insert the adjust handle into the alxe. Be careful not to pinch the wires while assembling.

Step2. Secure saddle tube (IV-P1) with sliding tracking (IV-A10) by 4 screws (IV-N5).

Step3.Connect the sensor wire (IV-J1-1) with the wire (IV-A3).

Step4.Secure the left side handle bar (IV-J1) with the saddle tube (IV-P1) by 2 screws (IV-N6) and washers (IV-N3). Push and store excess wire into the side handle bar (IV-J1) by using the end cap under the handle bar.

IV-P

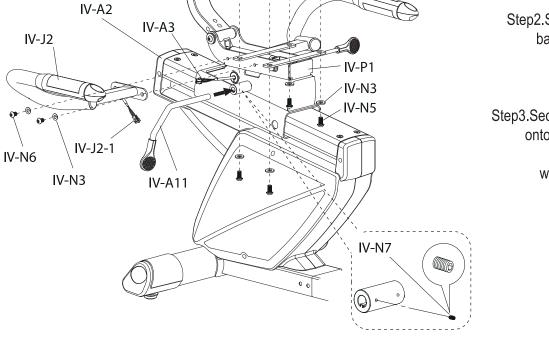


6 ASSEMBLY FOR STOP BAR & RIGHT SIDE HANDLE BAR

Step1.The same assembly way as figure 5 to equip the right side handle bar (IV-J2). Step2.Secure saddle tube (IV-P1) with sliding tracking (IV-A10) by 4 screws (IV-N5).

Step2.Slide the braking handle bar (IV-A11) under saddle tube and use stopping screw (IV-N7) to fix it.

Step3.Secure the seat pad (IV-G) onto sliding tracking (IV-P1) with 4 screws (IV-N5), washers (IV-N3) installed from underneath the saddle tube.



IV-G

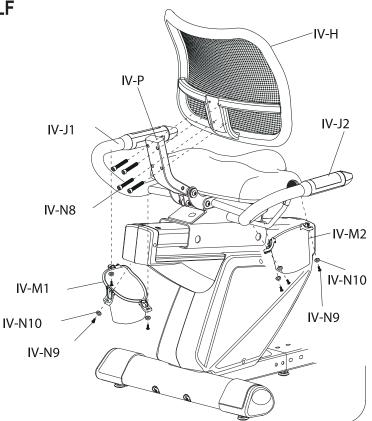


7 ASSEMBLY FOR BACKREST SHELF AND WATER BOTTLE

Step 1.Assembly the backrest (IV-H) onto the back pad support tube (IV-P) and secure it tightly by screw (IV-N8).

Step 2.Assembly the accessory trays (IV-M1 & IV-M2) on the side of side handle bar (IV-J1 & IV-J2) and secure tightly by screws (IV-N9) and washers (IV-N10).

Step 3.You can put the water bottle (IV-K) on the accessory tray (IV-M1 or IV-M2).



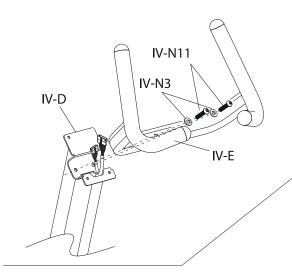
Use tool





Locate small handle bar (IV-E) and attach onto the iron plate of the console tube (IV-D) and use 2 screws (IV-N11) and washers (IV-N3) to secure tightly.

Be careful not to pinch the wires while assembling.



8-2 ASSEMBLY FOR COMPUTER

Step1:Locate console (IV-F), and connect sensor wires (IV-A33,IV-A34) to the wires from the console.

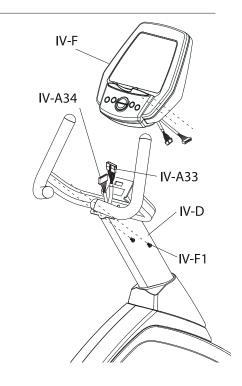
Step2:Gently push all of the wires into the console

Step3:Use 2 preinstalled screws (IV-F1) to secure the console.

Note: Screws (IV-F1) are preinstalled on the back side of the console. Remove before sliding onto console tube.



Use tool



9 ASSEMBLY RIGHT & LEFT PEDAL

Install the strap on each pedal.

Step1:Thread the right pedal (IV-L-R) into the right crank area of main frame (IV-A1). Secure inplace

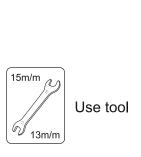
by turning it clockwise to tighten.

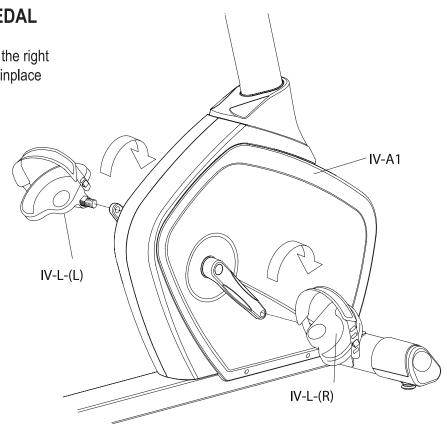
Note:Right pedal (IV-L-R) is marked

with an "R".

Step2:Thread the left pedal (IV-L-L) into the leftcrank area of main frame (IV-A1). Secure inplace by turning it counter-clockwise totighten.

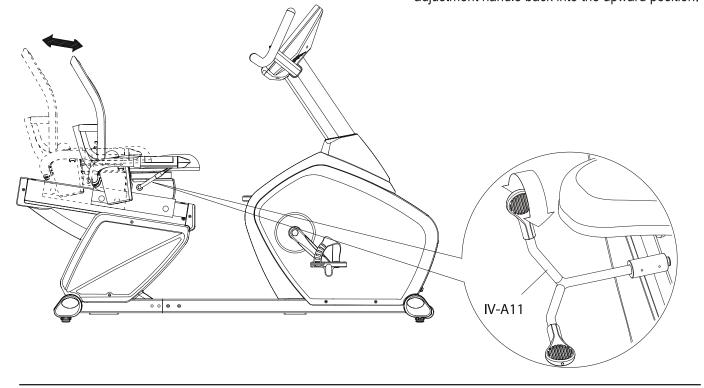
Note:Left Pedal (IV-L-L) is marked with an "L".





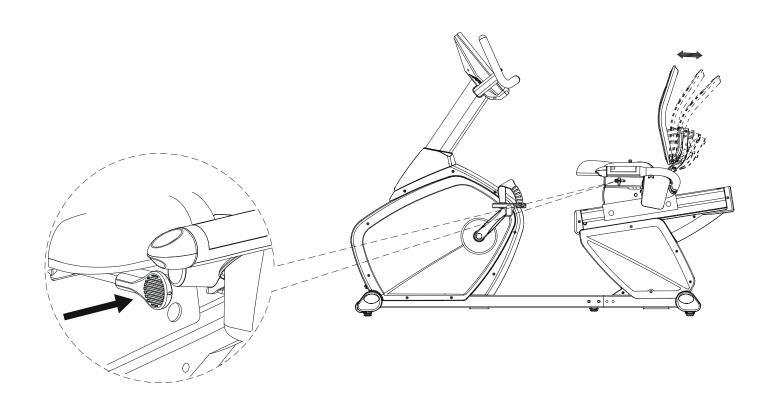
10 HOW TO USE BRAKING HANDLEBAR TO FIND A PROPER SEAT POSITION

Push the seat slide adjustment handle forward, then slide the seat up and down until desired position is found. When desired position is found, pull the adjustment handle back into the upward position.



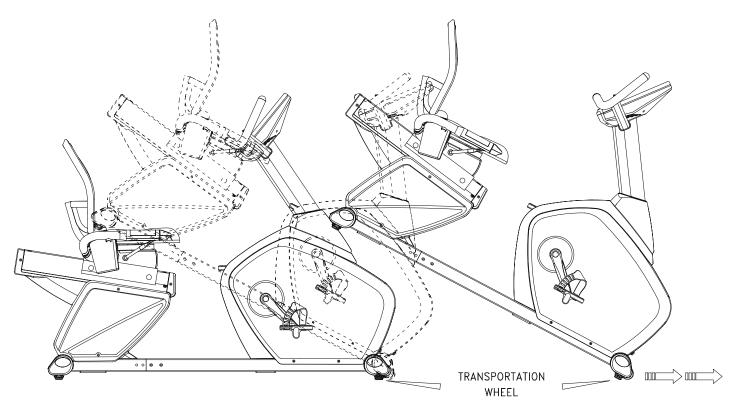
11. HOW TO ADJUST BACKREST!

There is a gas cylinder bar (IV-A13-2) under seat. Push to bar backward to adhust proper backrest angler



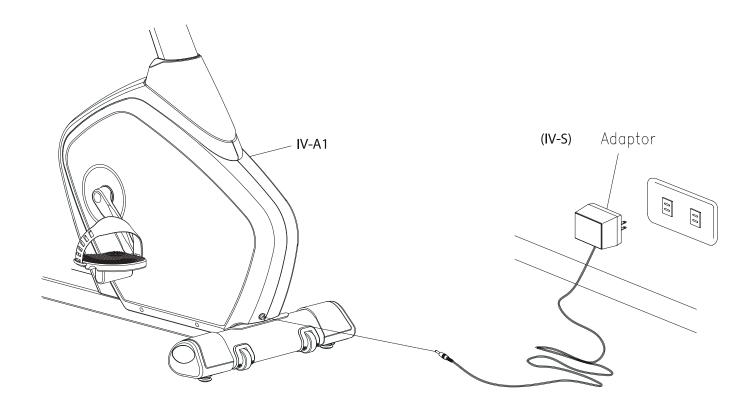
12. HOW TO MOVE THE MACHINE

The front stabilizer h as built-in transport wheels. Stand at rear of the (IV-A13-2) machine and lift it up until the weight of the machine is transferred to the transport wheels. You can now easily move the machine to a new location.



13. HOW TO USE THE ADAPTOR

PositionMachine on consideration for convenience, using the adaptor (IV-S), 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 cnsole will stop automatically and beep for

8 seconds. Time will resume to pervious setting value.

When user stop training by themselves, the consoler 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 wil start heart rate recovery status measurement.

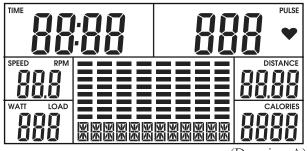
- P1 Swift to program profile 1.
- P2 Swift to program profile 2.
- P3 Swift to program profile 3.
- P4 Swift to program profile 4.
- P5 Swift to program profile 5.
- P6 Swift to program profile 6.
- P7 Swift to program profile 7.
- P8 Swift to program profile 8.
- P9 Swift to program profile 9.
- P10 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).

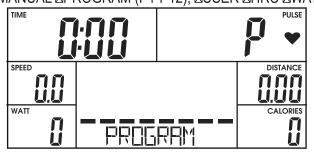






(Drawing B)

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 my 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.

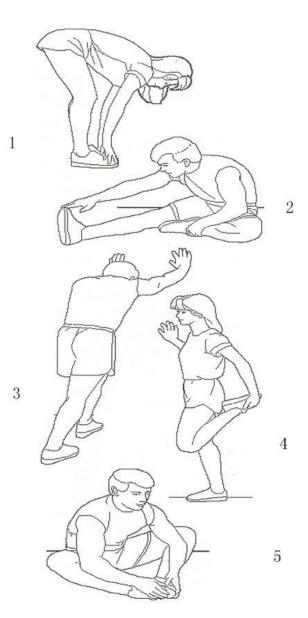
9. RECOVERY

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 $5 \sim 10$ 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 I).
- 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-1100 COMMERCIAL 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.

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):

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

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