



AB 140

OWNER'S MANUAL

WEBSITE

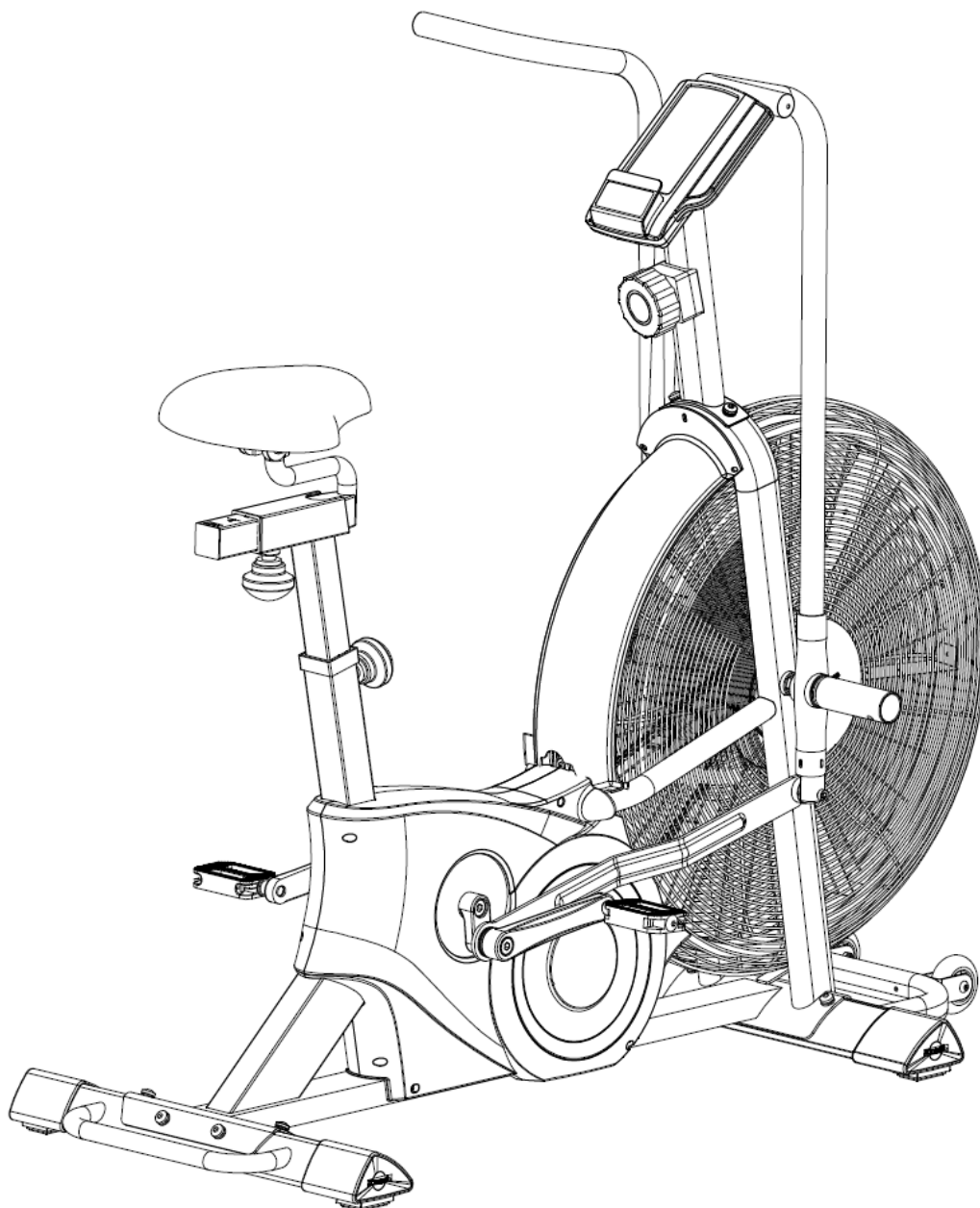


MANUAL



DKN[®]

MAGNETIC AIR BIKE



IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

Before You Start

For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

- 01- Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition. Always check the unit for loose components before each use.
- 02- Set up the machine in a dry level place and leave it away from moisture and water.
- 03- Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 04- Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 05- DO NOT use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 06- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 07- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 08- Never drop or insert objects into any opening in the equipment.
- 09- Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 10- DO NOT overexert yourself or work to exhaustion. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- 11- People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 12- The power of the machine increases with increasing the speed, and the reverse.
- 13- 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 precautions before operation.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: **135KG | 300LB**

WARNING! Consult your physician before starting with any exercise program. He can advise on the kind of training and which impact is suitable.

WARNING! This machine is not suitable for therapeutic or medical purpose.

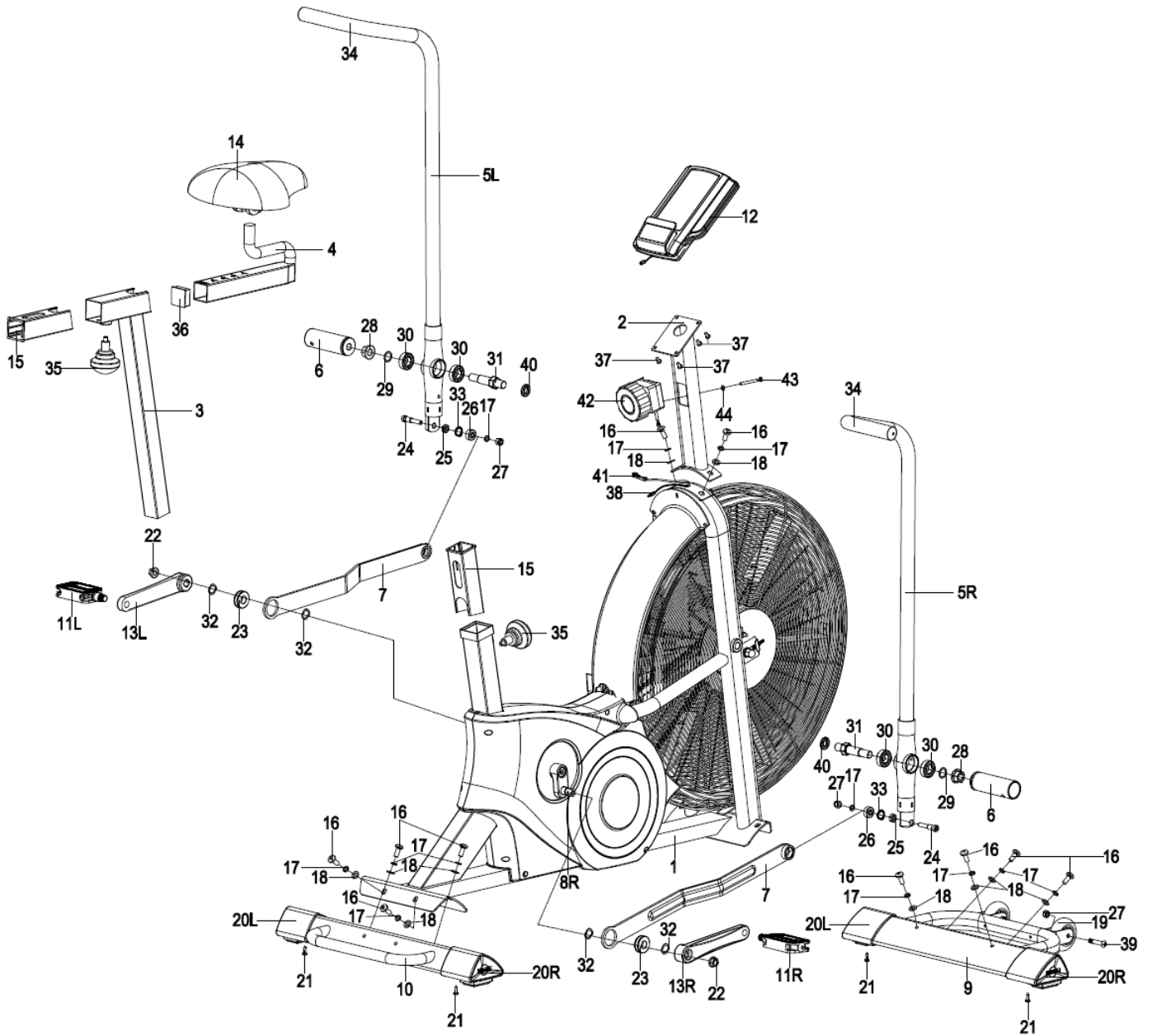
WARNING! Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

WARNING! Inappropriate use of this machine such as while under the influence of drugs or alcohol, not in line with instructions or excessive usage, may result serious injury or death.

WARNING! Incorrect/excessive training may cause health injuries.

- ▶ The owner's manual is only for customers' reference.
- ▶ The supplier cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.
- ▶ DKN-Technology ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT

EXPLODED DIAGRAM



PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	23	Bearing	2
2	Upright frame	1	24	Pivot shoulder bolt $\Phi 10 \times 44.5$	2
3	Saddle post	1	25	Hex thin nut M8*H5	2
4	Saddle slider	1	26	Pivot bearing	2
5L/R	Motion handle	1/1	27	Nylon nut M8	4
6	Foot peg	2	28	Flange nut M14*1.5	2
7	Pedal arm	2	29	Flat washer $\Phi 17 \times \Phi 22 \times 1$	2
8L/R	Step crank	1 pr.	30	Bearing 6003Z	4
9	Front stabilizer	1	31	Motion handle pivot shaft	2
10	Rear stabilizer	1	32	Waved washer $\Phi 17 \times \Phi 25 \times 0.3$	4
11L/R	Pedal	1 pr.	33	Retaining ring $\Phi 22$	2
12	Computer	1	34	Foam grip	2
13L/R	Crank	1 pr.	35	Pop-pin knob	2
14	Saddle	1	36	Saddle slider square end cap	1
15	Plastic bushing	2	37	Phillips screw M5*10	4
16	Allen bolt M8*20	10	38	Sensor wire	1
17	Spring washer D8	12	39	Allen bolt M8*40	2
18	Flat washer $\Phi 8 \times \Phi 16 \times 1.5$	10	40	Spring washer D16	2
19	Transport wheel	2	41	Tension control cable	1
20L/R	Stabilizer end cap	2/2	42	Tension controller	1
21	Phillips tapping screw ST4.2*18	4	43	Phillips screw M5*20	1
22	Flange nut M10*1.25	2	44	Flat washer	1

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

ASSEMBLY INSTRUCTIONS

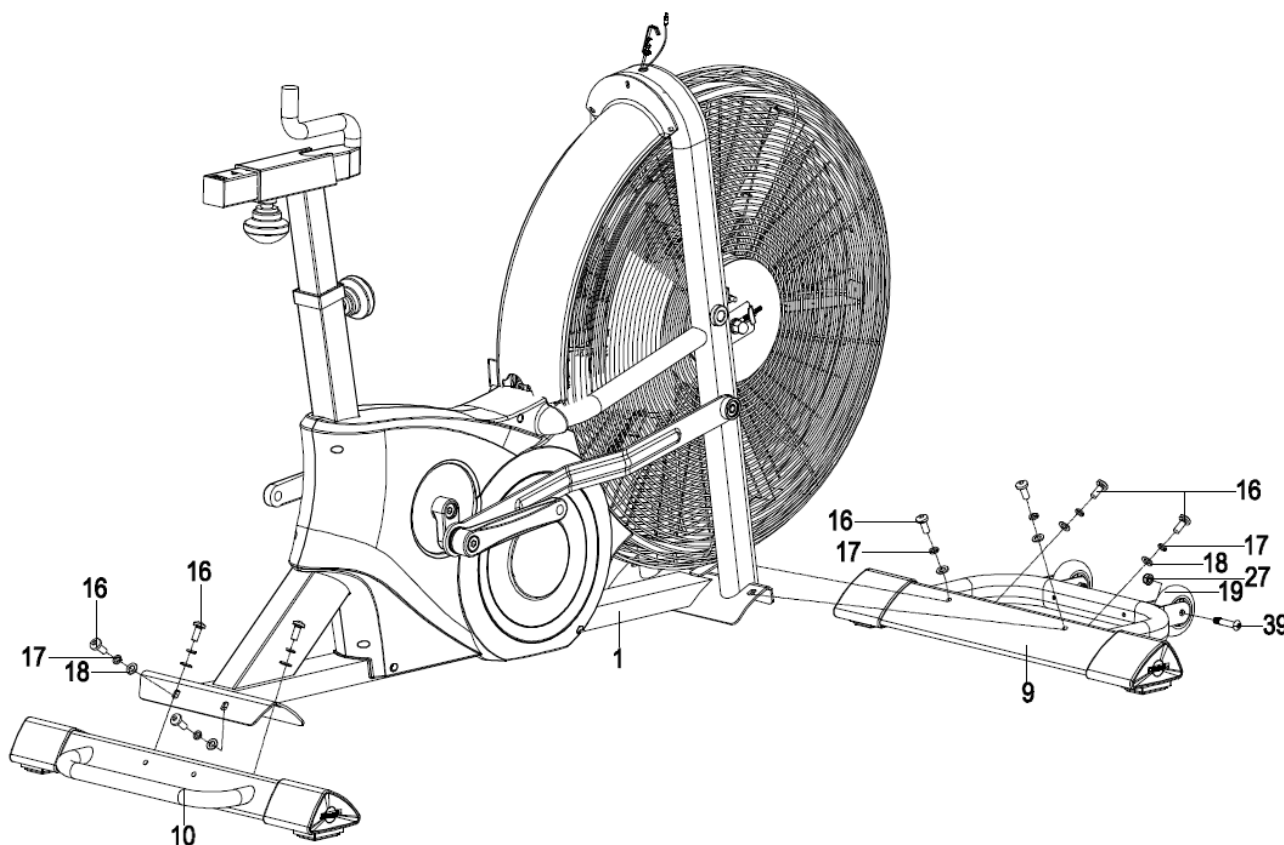
- ◆ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.
- ◆ Given the weight of the equipment, we recommend that two or more people be involved in assembly, and having assistance accordingly. This is especially convenient when assembling multiple parts or moving the equipment.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

STEP 1

A. Attach the Front Stabilizer (9) and Rear Stabilizer (10) to the Main Frame (1) respectively with the Allen Bolts (16), Spring Washers (17) and Flat Washers (18) as shown.

B. Attach the Transport Wheels (19) to the Wheel Rack on Front Stabilizer (9) with the Allen Bolts (39) and Nylon Nuts (27) as shown.



STEP 2

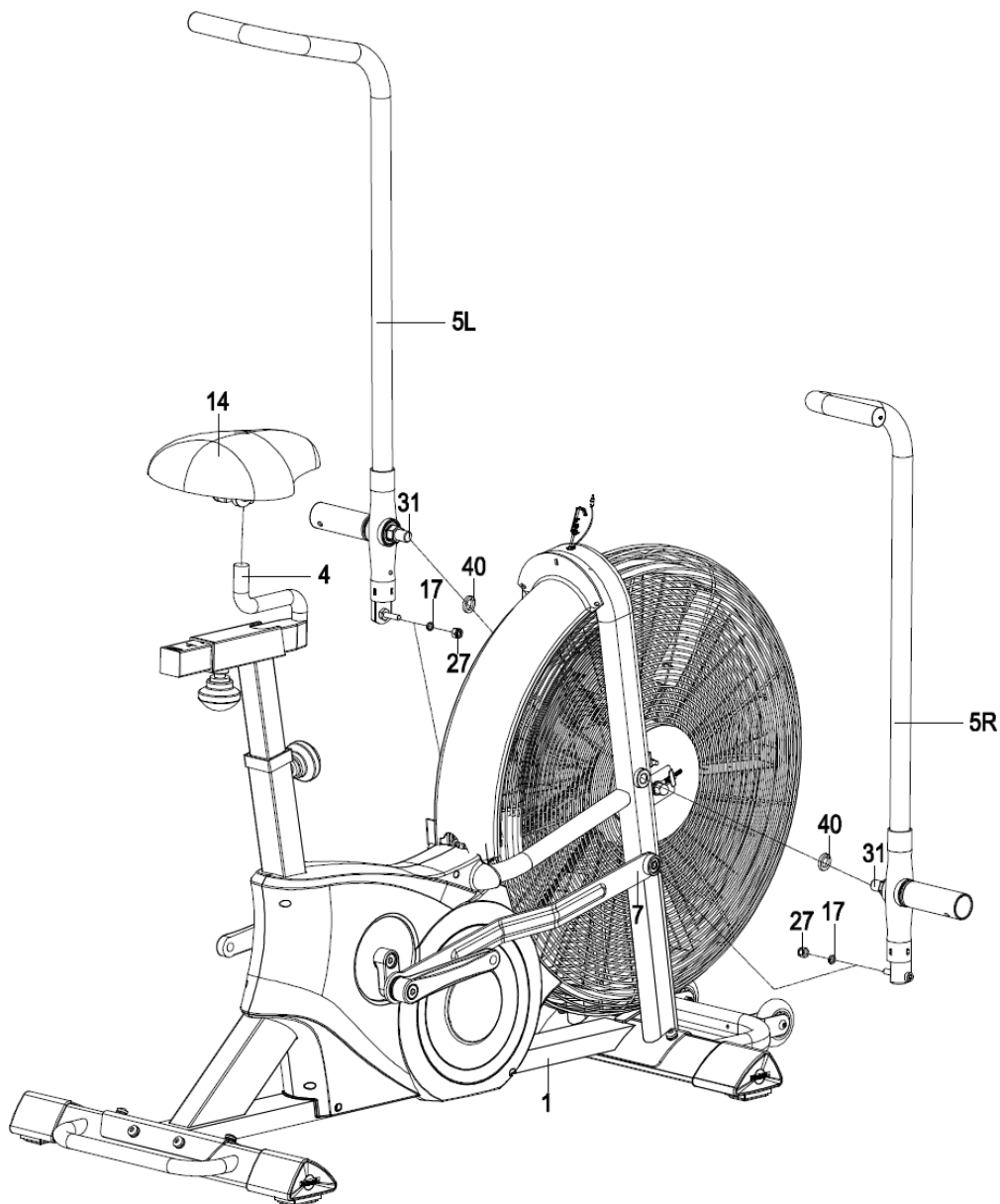
A. Dismount the Nylon Nuts (27) from the Motion Handle (5L/R).

B. Install the Motion Handle (5L/R) to the Main Frame (1) accordingly with the Motion Handle Pivot Shaft (31) and Spring Washer (40) as shown. **(DO NOT Tighten Yet.)**

C. Attach the Pedal Arms (7) to the Motion Handle (5L/R), secured tightly with the Spring Washer (17) and Nylon Nut (27).

Then tighten the above mentioned Motion Handle Pivot Shaft (31).

D. Put the Saddle (14) onto the Saddle Slider (4), and then secured tightly by using the Wrench. **Always Make Sure** the Saddle (14) has been locked tightly Before Each Use.

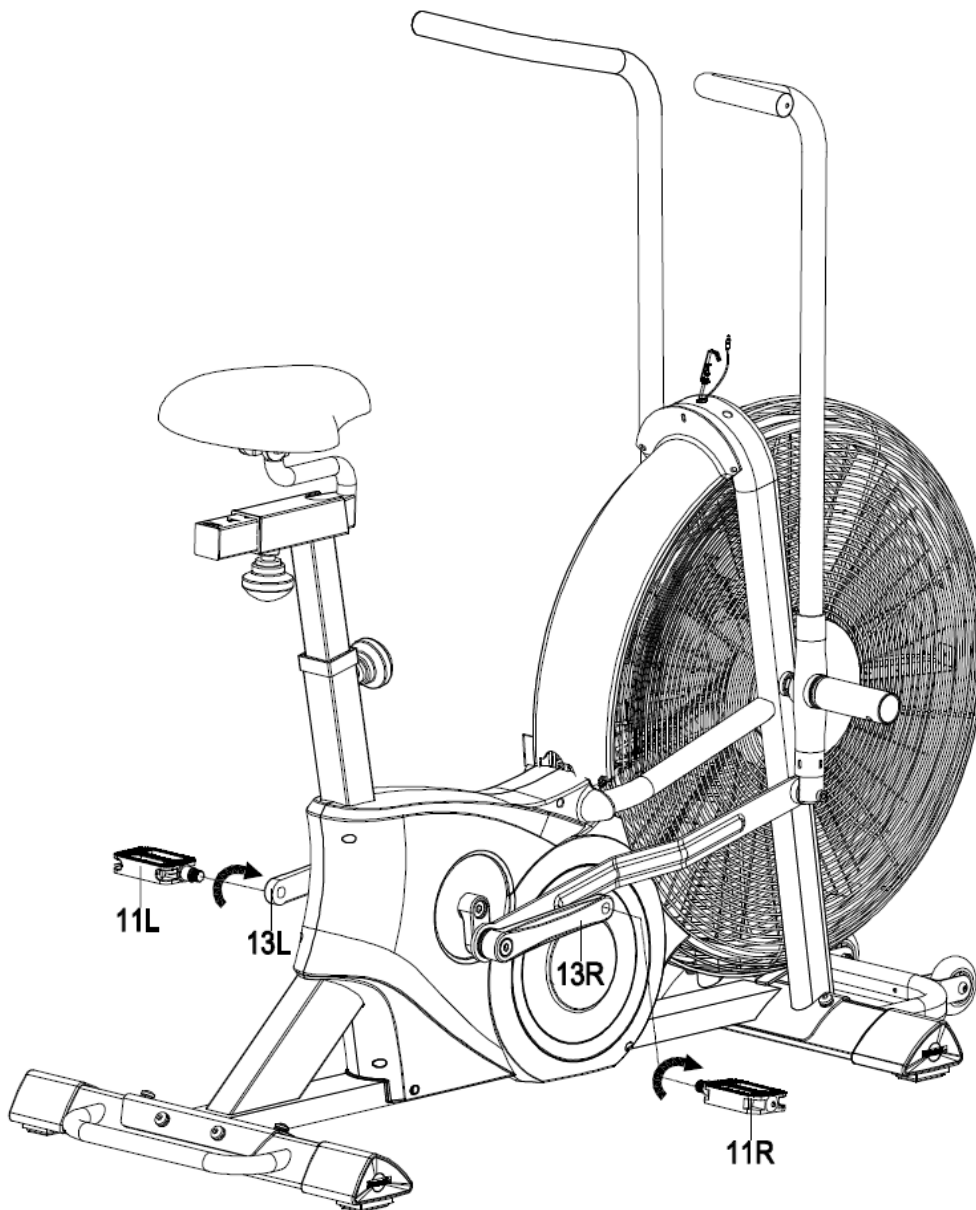


STEP 3

Install the Pedal (11L/R) to the Crank (13L/R) respectively with Wrench as shown. **Make Ensure** the Pedals are securely locked during exercise to avoid any damage to the threads of Pedals or Cranks.

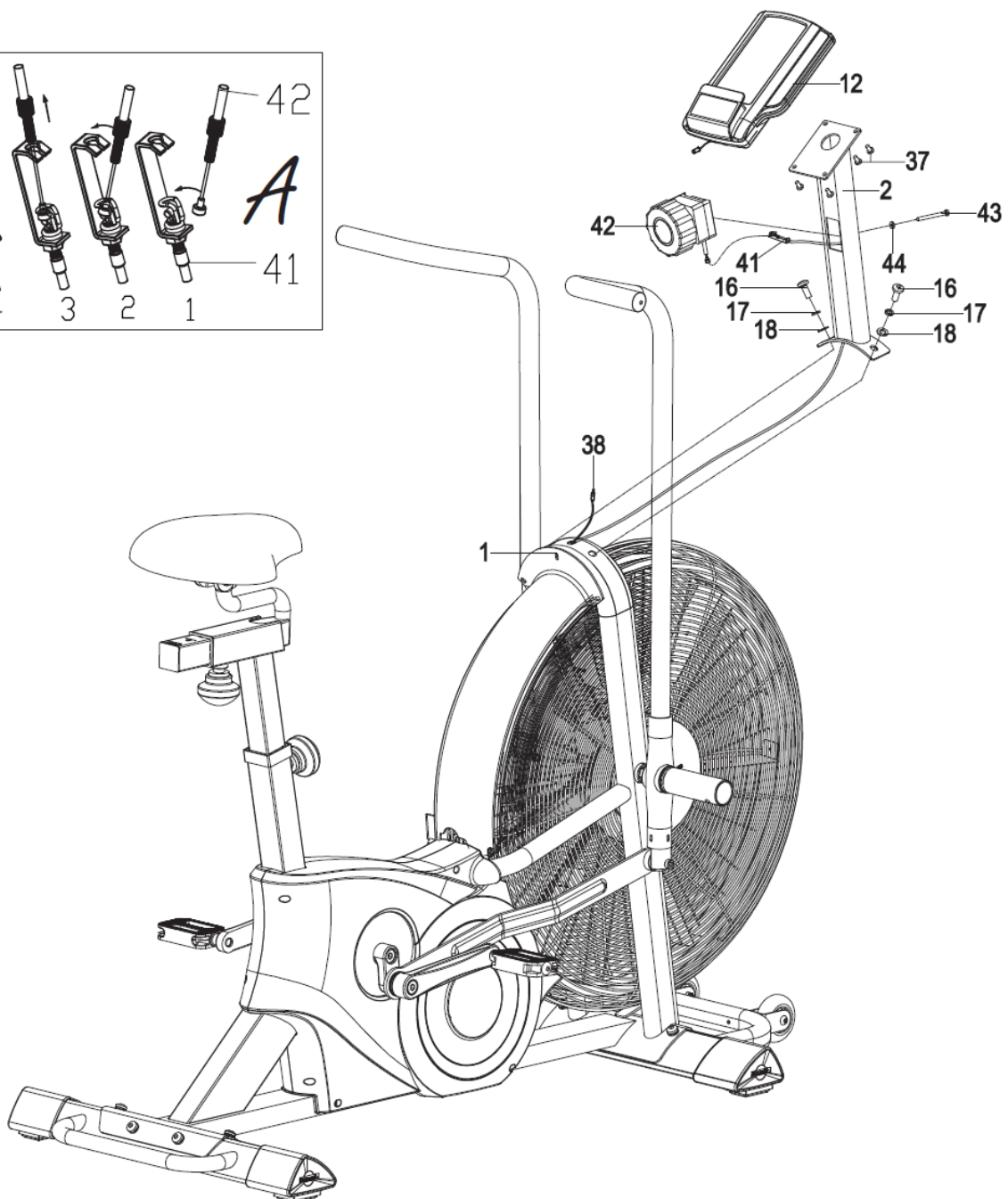
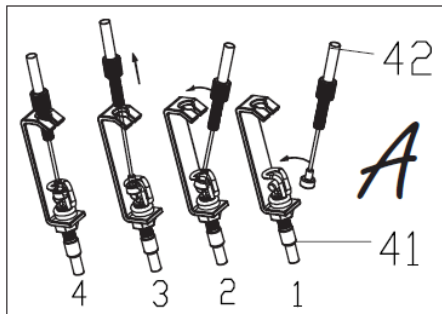
NOTE: Both pedals are labeled **L FOR LEFT** and **R FOR RIGHT** (View from Rider's position).

To tighten turn the **Left pedal COUNTERCLOCKWISE** and the **Right pedal CLOCKWISE**.



STEP 4

- A. Feed the Sensor Wire (38) through the Upright Frame (2) and out from top, feed the Tension Control Cable (41) through the Upright Frame (2) and out from designed hole for Controller as shown.
- B. Turn the Tension Controller (42) to Level-1, and then install the Tension Control Cable (41) to the Tension Controller (42) properly as shown in Fig-A. Then lock the Tension Controller (42) to the Upright Frame (2) with the Phillips Screw (43) and Flat Washer (44).
- C. Attach the Upright Frame (2) to the Main Frame (1) with the Allen Bolts (16), Spring Washers (17) and Flat Washers (18) as shown. Connect the Sensor Wire (38) with the wire from the Computer (12), and then lock the Computer (12) on the bracket on top of the Upright Frame (2) with the Phillips Screws (37) as shown.



Seat Adjustment

Proper seat height ensures maximum exercise efficiency and comfort, while reducing the risk of injury.

1. Place one pedal in the down position, and center the ball of your foot over the center of the pedal. Your leg should be slightly bent at the knee.

If your leg is too straight or your foot cannot touch the pedal, you will need to lower the seat. If your leg is too bent, you will need to raise the seat.

2. Dismount the bike, unscrew the adjustment knob on the saddle post and pull out the locking pin.

Lower or raise the seat to the desired height. Allow the locking pin to engage and fully tighten in place.

Lower Body Workout

Once you are in position and sitting comfortably, slowly begin pedaling with your arms relaxed at your sides or with your hands resting on the hand grips as the arm levers move.

Pedal at an easy pace until you feel secure and comfortable.

To increase the air resistance and workload, increase your pedaling speed.

Upper Body Only Workout

Once you have gained momentum with pedaling, you can experiment with an upper body only workout technique.

Grasp the hand grips firmly with palms down and place your feet on the foot pegs near the fanwheel axle. Lean forward at the hips, keeping your back straight and shoulders down, while continuing to push and pull the arm levers.

Lower and Upper Body Workout

For a complete body workout, grasp the hand grips with palms down. Push and pull the arm levers as you pedal, keeping elbows low and next to your body.

To exercise all the muscle groups in your arms, vary your hand position on the grips.

WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

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

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

WARRANTY

DKN-Technology warrants this product to be free from defects in material at the time of the product's tender of delivery. This 'Carry-in' Limited Warranty applies for a period of two (2) years, beginning on the date mentioned on your product invoice or proof of purchase of product issue by DKN-Technology.

This Limited Warranty is not transferable and does not cover normal wear and tear (including, but not limited to, damage and wear to batteries, springs, bearings, running mats, hydraulic systems, ropes, belts, pulleys, power shocks, drive belts and other non-durable parts, etc...). This Limited Warranty is void if the product is damaged by accident, unreasonable use, improper service, failure to follow instructions provided, modification from its original state, or other causes determined not arising out of defects in material, the consequences of improper treatment, bad installation, wrong assembly or tampering of the parts by incorrect assembly, improper use of the machine (eg. too heavy load in time, weight etc...), problems caused by lack of maintenance, deviations of the standard machine, such as light vibrations or noise, etc... Transport charges, travel charges for technicians, and possible trader and/ or workshop charges are excluded from this warranty, and will be at the sole cost of the owner. The liability of the manufacturer under this Limited Warranty shall not include any liability for direct, indirect, or consequential damages resulting from any defect nor the use of this machine.

CUSTOMER SUPPORT

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Product nr - This can be found on the product label
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect

IMPORTANT!! - Please retain your sales receipt, DKN-Technology Customer Care may request proof of purchase to validate eligibility for warranty service.

Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via www.dkn-technology.com.

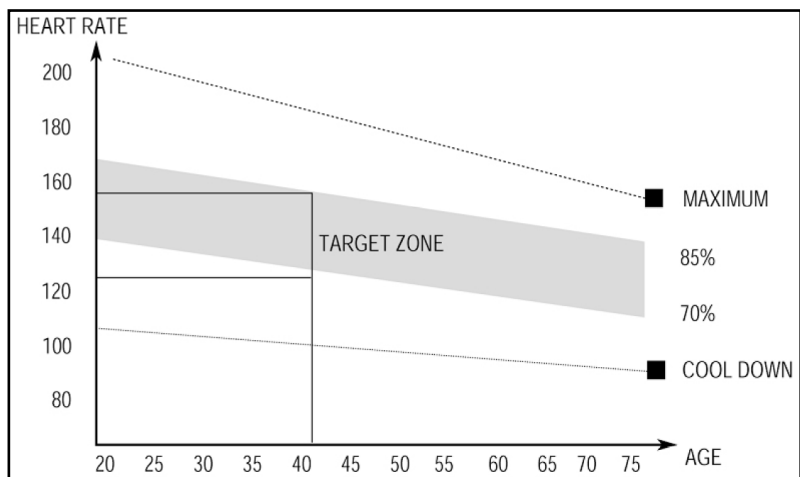
DO NOT BOUNCE.

REMEMBER always to check with your physician before starting any exercise program.



EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

WEBSITE



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