DKN®
TECHNOLOGY

SPEEDBIKE PRO X

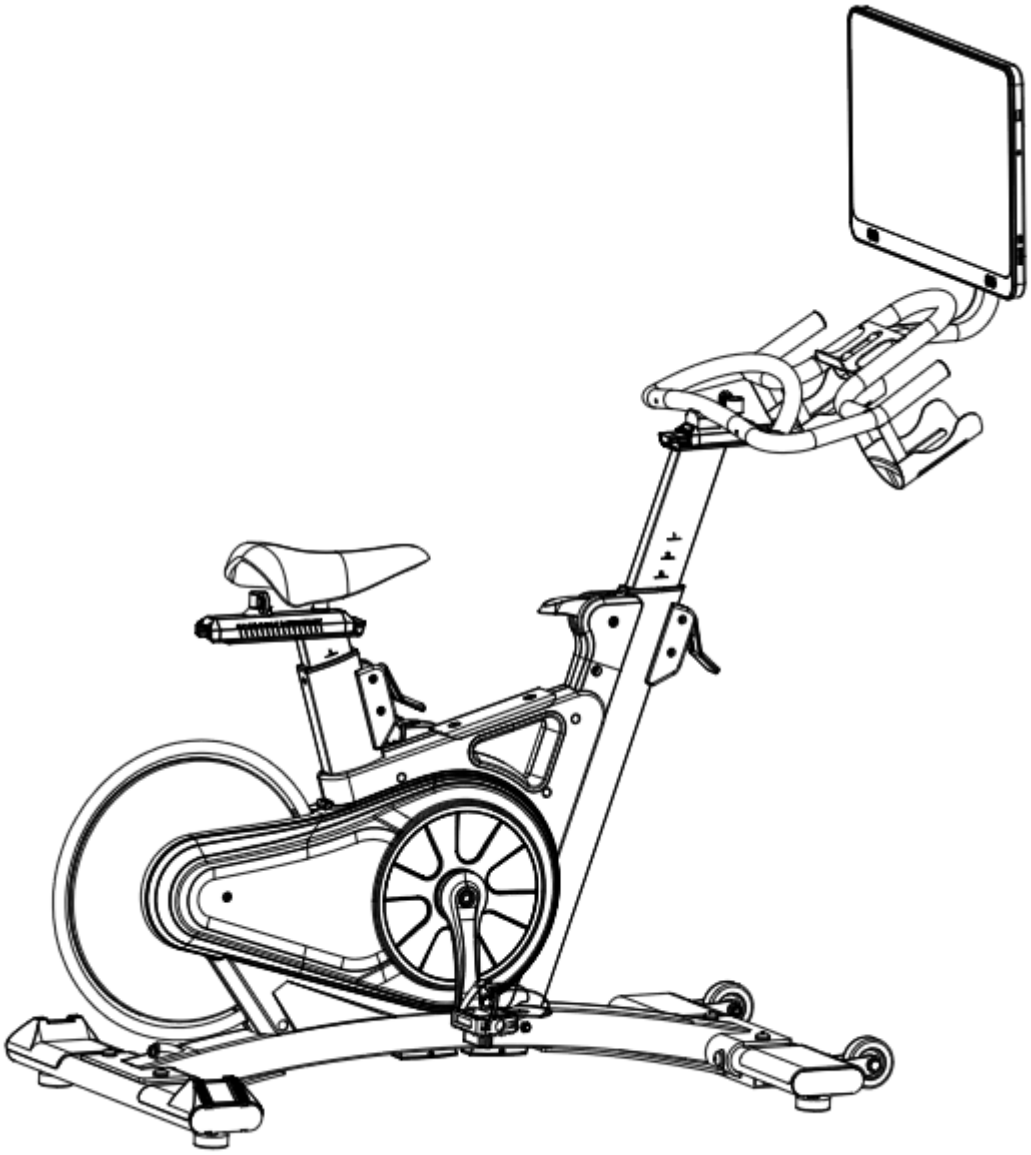
OWNER'S MANUAL

WEBSITE

MANUAL

DKN®

SPINNING 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

Thank you for purchasing our SPINNING Bike! 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 included. 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:

1、 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.

2、 Set up the machine in a dry level place and leave it away from moisture and water.

3、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..

4、 Before beginning training, remove all objects within a radius of 2 meters from the machine.

5、 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.

6、 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.

7、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.

8、 This machine can be used for only one person’s training at a time.

9、 Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.

10、 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.

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: 150 KG

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.

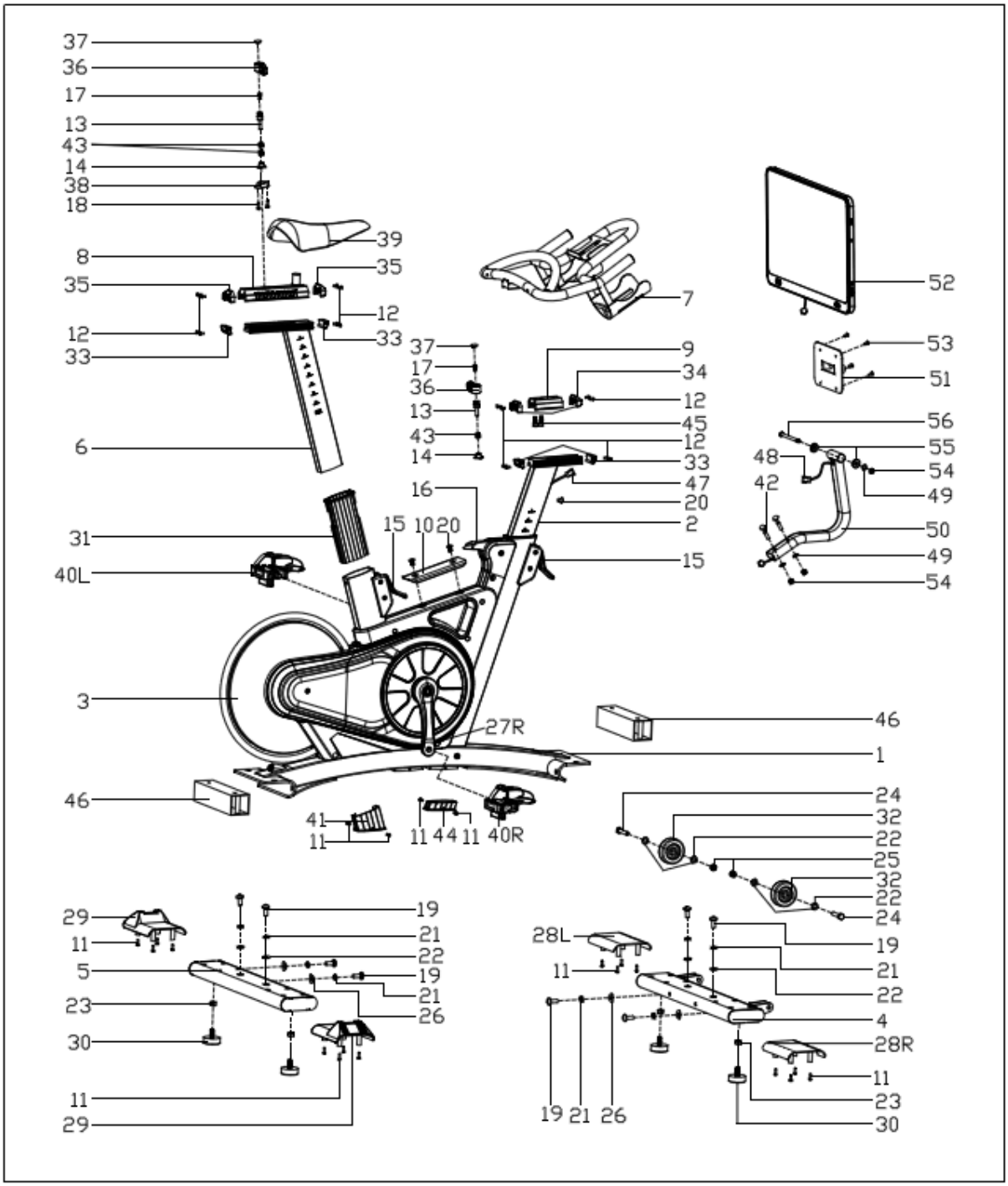
WARNING! Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

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.	Item Name	Qty	No.	Item Name	Qty
1	Main Frame	1	29	Rear Foot Rest	2
2	Handlebar Post	1	30	Adjusting Foot Pad	4
3	Steel Ring	1	31	Rear Post Bushing	1
4	Front Stabilizer	1	32	Roller	2
5	Rear Stabilizer	1	33	Lower glide cap	4
6	Saddle Post	1	34	Upper glide cap 1	2
7	Handlebar Joint	1	35	Upper glide cap B	2
8	Saddle upper glide	1	36	Locking Handlebar Joint	2
9	Handlebar upper glide	1	37	Screw Cap	2
10	Foot Rest	1	38	Handlebar Fixing Holder	1
11	Cross tapping screw ST4.2x16xΦ8	20	39	Saddle	1
12	Cross pan head screw M4×10	16	40L/R	L/R Pedals	1 each
13	Locking Screw	2	41	Fixing Holder	1
14	T-shape Nut	2	42	Square neck bolt	2
15	Quick Clamp Handle	2	43	Pressure Spring	2
16	Brake Handle	1	44	End Cap	1
17	Inner Hex Bolt M6×10	2	45	Inner Hex Bolt M8×15	2
18	Inner Hex Bolt M56×15	2	46	Packing tube	2
19	Inner pan head screw M10x25	8	47	Extension wire 1	1
20	Inner sank head screw M8x15	3	48	Extension wire 2	1
21	Spring Washer D10	8	49	Flat washer D8	3
22	Flat Washer D10xΦ20x2	8	50	Connecting tube	1
23	Hex Nut M10x H7 x S17	4	51	Computer bracket	1
24	Hex Bolt M10X50	2	52	Display screen	1
25	Nylon Nut M10	2	53	Cross pan head screw M5 x 10	4
26	Arch Washer D10xΦ 25x2	16	54	Nylon nut M8	3
27 L/R	L/R crank	1 each	55	Alloy sleeve	2
28 L/R	Front L/R Foot Rest	1 each	56	Hex pan head screw M8 x 90 x L20	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.

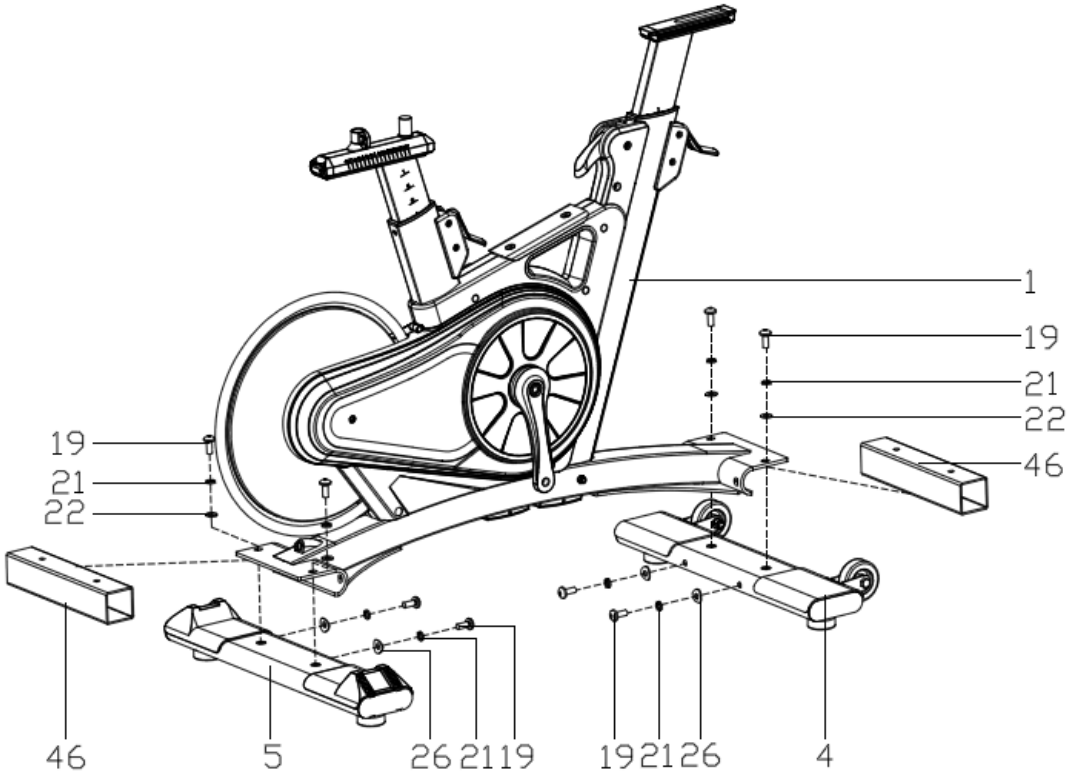
PREPARATION: Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

ASSEMBLY INSTRUCTION

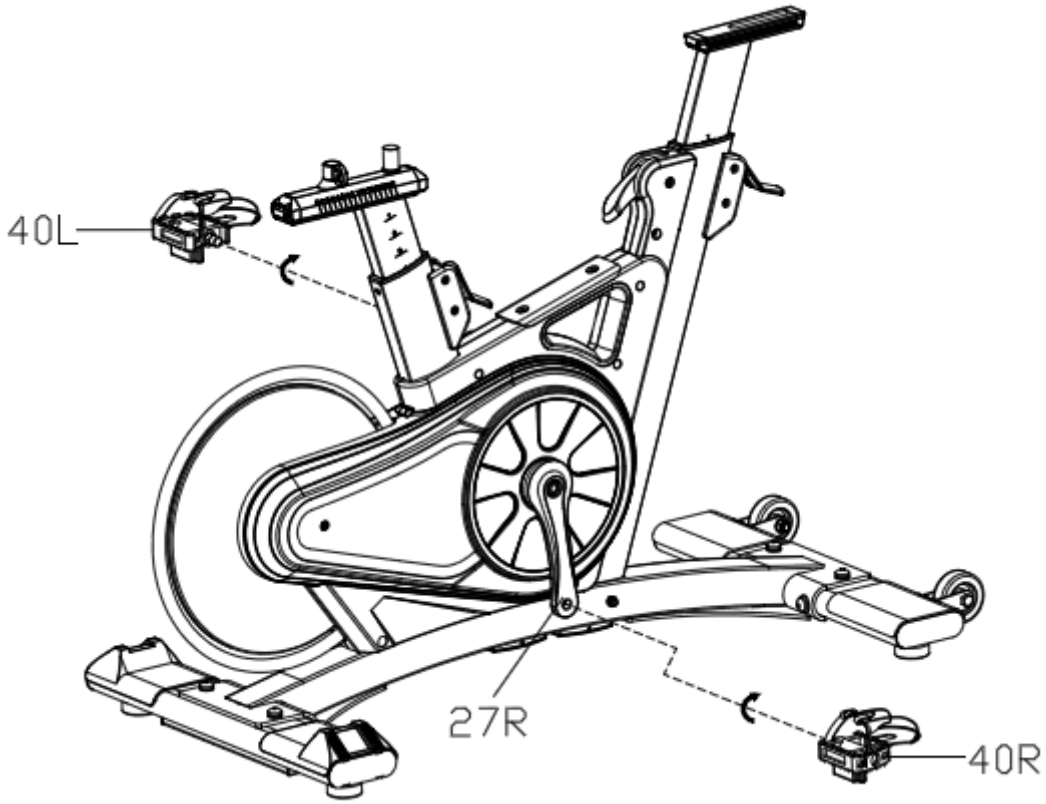
STEP 1

1. Take off Packing Tube (46) from Main Frame (1), keep well the Packing Tube (46) in case of packing next time.
2. Lock Front Stabilizer (4) and Rear Stabilizer (5) to Main Frame (1) by using Inner pan head screw M10x25 (19), Spring Washer D10, Flat Washer D10xΦ20x2 (22) and Arch Washer D10xΦ 25x2 (26)



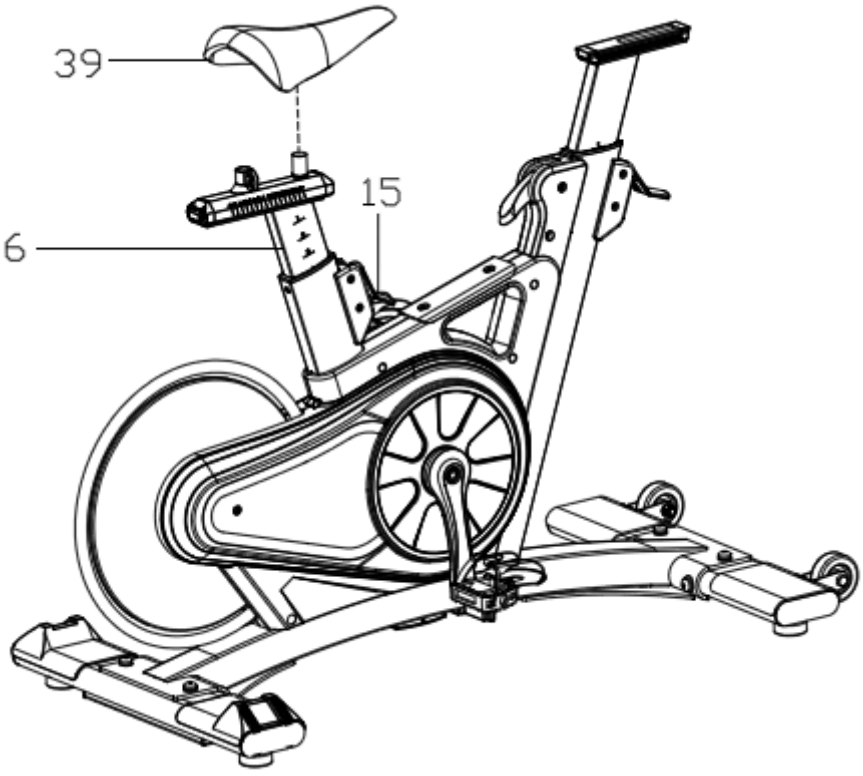
STEP 2

1. Lock L/R Pedals (40L/R) to L/R Cranks (27L/R), lock Left Pedal (40L) counter clock wisely, Right Pedal (40R) clock wisely., make sure the L/R Pedals (40L/R) are locked tightly during exercise.



STEP 3

1. Use open end wrench to lock Saddle (39) to Saddle Post (6); loosing Quick Clamp Handle (15) to adjust Saddle Post (6), make sure Saddle Post (6) and Saddle (39) are locked tightly before exercise.

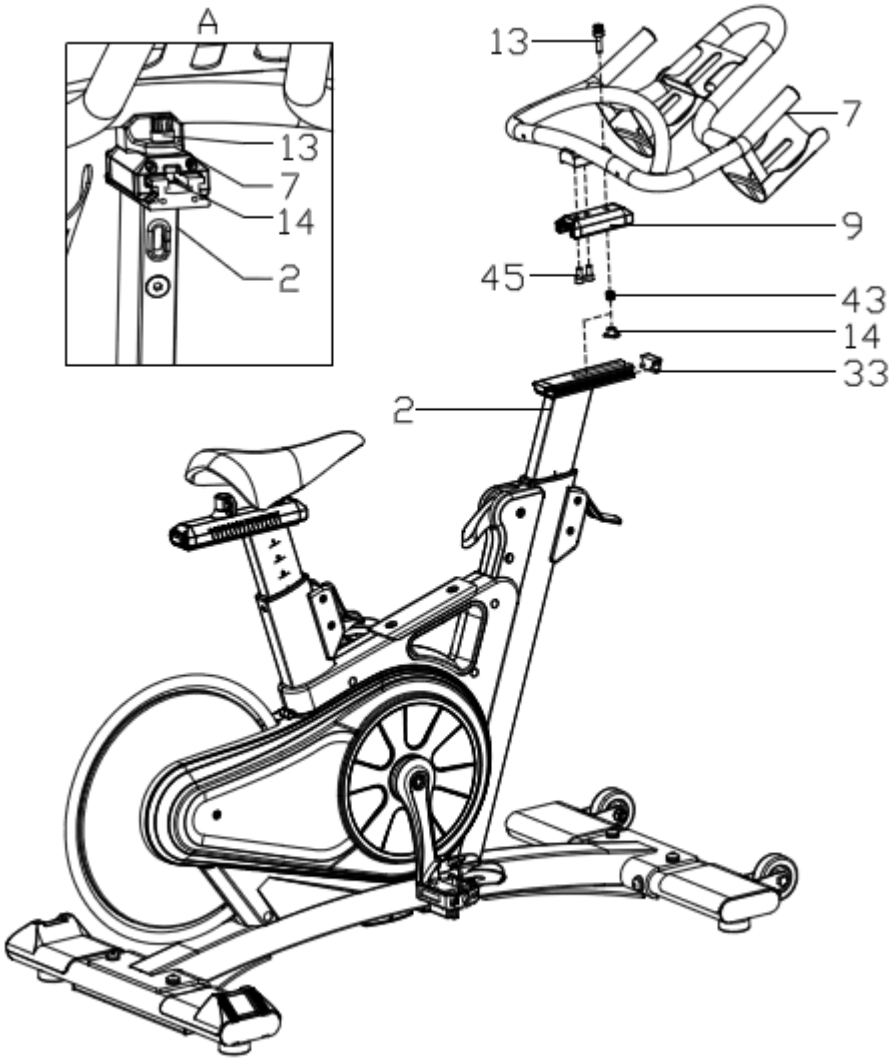


STEP 4

1. Lock Handlebar upper glide (9) to Handlebar Joint (7) by Inner Hex Bolt M8×15 (45).

2. Insert Locking Screw (13) to Handlebar Joint (7); insert Pressure Spring (43) and T-shape Nut (14) to the bottom of Handlebar upper glide (9) to lock with Locking Screw (13);

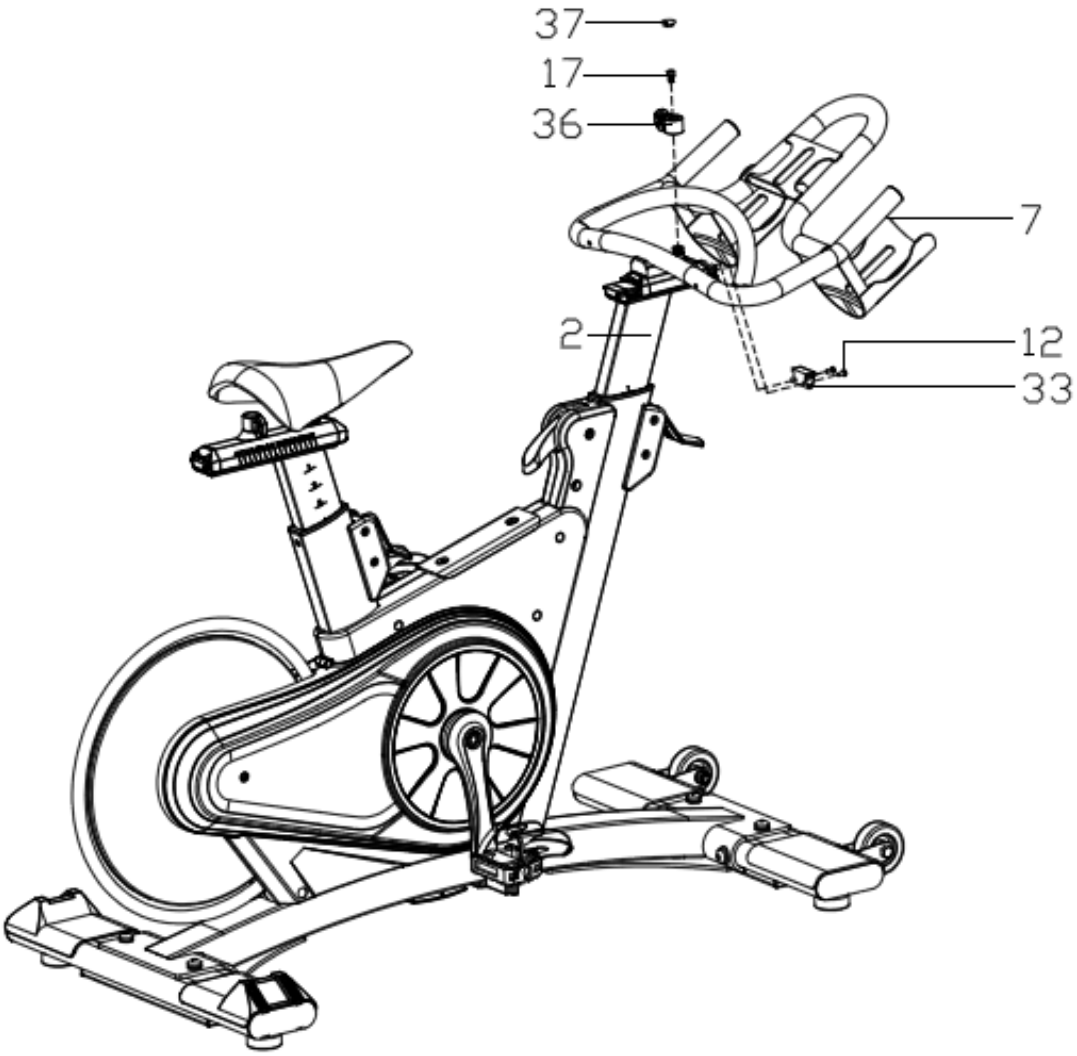
3. Unlock Lower glide cap (33) from Handlebar Post (2) by using multifunctional cross wrench, and then lock Handlebar Joint (7) to Handlebar Post (2), shown as Pic A.



STEP 5

1. Lock Locking Handlebar Joint (36) to Handlebar Joint (7) with Inner Hex Bolt M6×10 (17), then put on Screw Cap (37) (NOTE: make sure Handlebar Joint (7) is locked tightly before exercise).

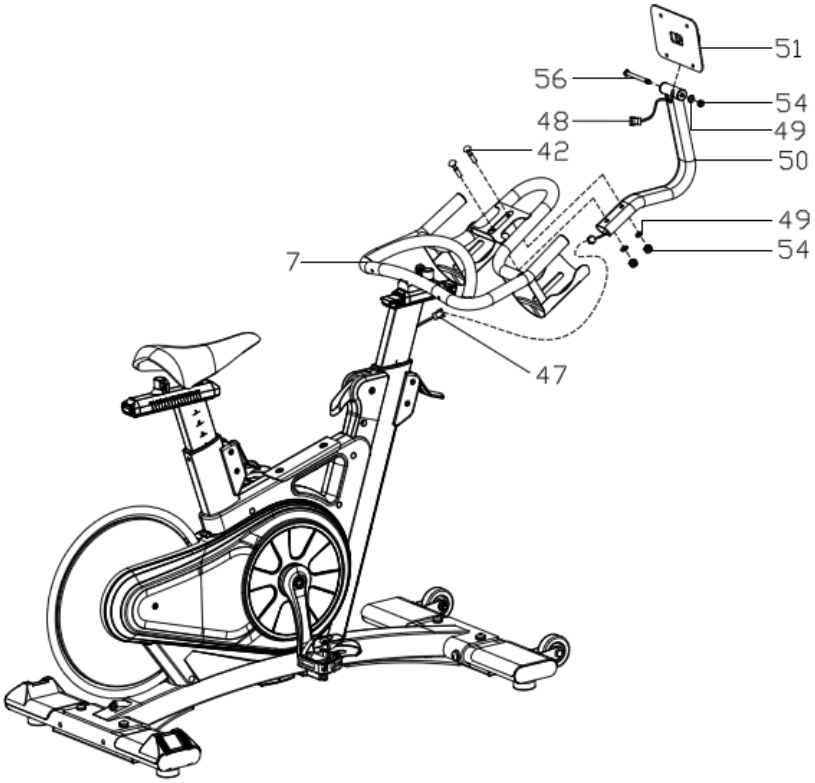
2. Lock Lower glide cap (33) tightly to lower slider of Handlebar Post (2) with Cross pan head screw M4×10 (12).



STEP 6

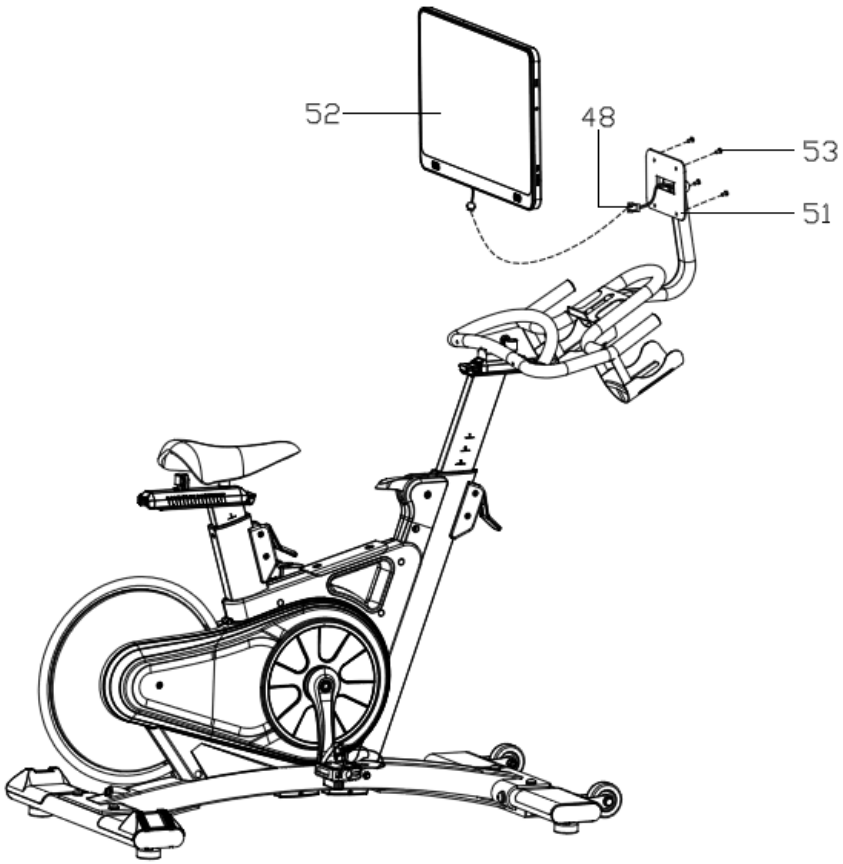
Connect well Extension wire 1 (47) with Extension wire 2 (48), and then lock Connecting tube (50) tightly to Handlebar joint (7) with Square neck bolt (42), Flat washer (49) and Nylon nut (54).

Draw out Extension wire 2 (48) from Computer bracket (51), and them lock Computer bracket (51) to Connecting tube (50).



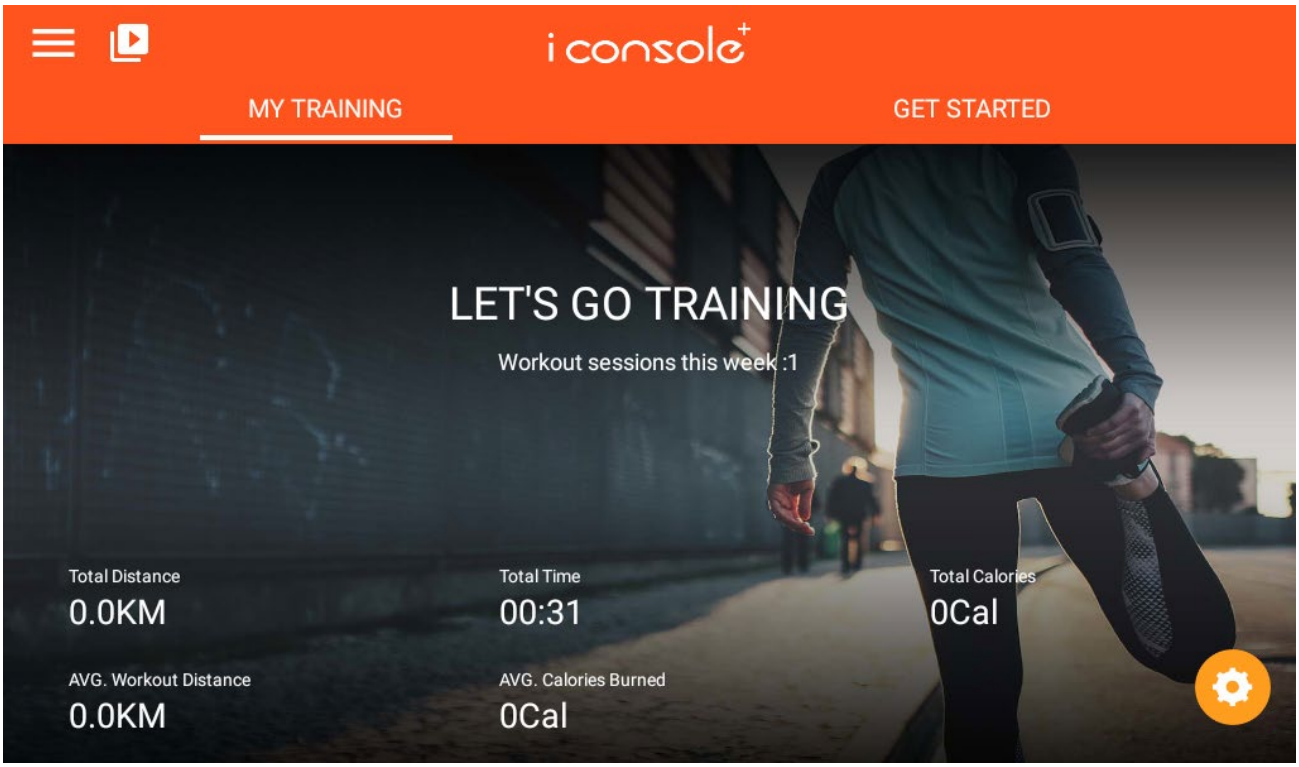
Step 7

Connect extension wire 2 (48) with Display screen (52),, and then lock Display screen (52) to Computer bracket (51) with Screw (53).



DISPLAY

1. POWER ON (Home page):



2. Function Spec Description:

A. MY TRAINING：Displays total motion data

B. GET STARTED：

QUICK START / INTERVAL / MAP YOUR ROUTE /Constant Power/Program/Heart rate Control

Total six modes of exercise for choose

C. System Setting ：This page can operate login account/home page/historical data/new linked account/Settings and other functions

D. Volume control:

E. Brightness adjustment function:

F. Time zone selection :

G.WIFI setting function :

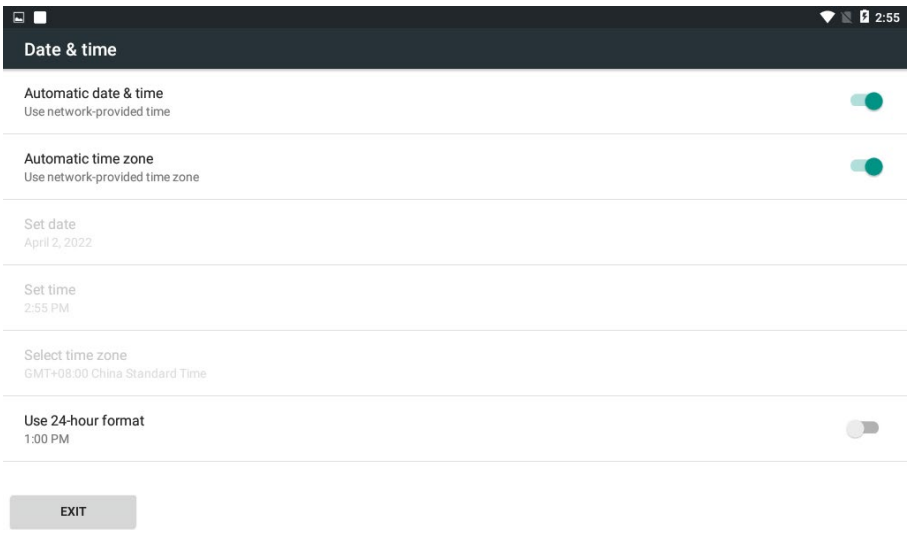
H. Bluetooth heartbeat matching function:

I. Fan adjustment function：OFF/High/medium /low grade(依照製單是否要刪除)

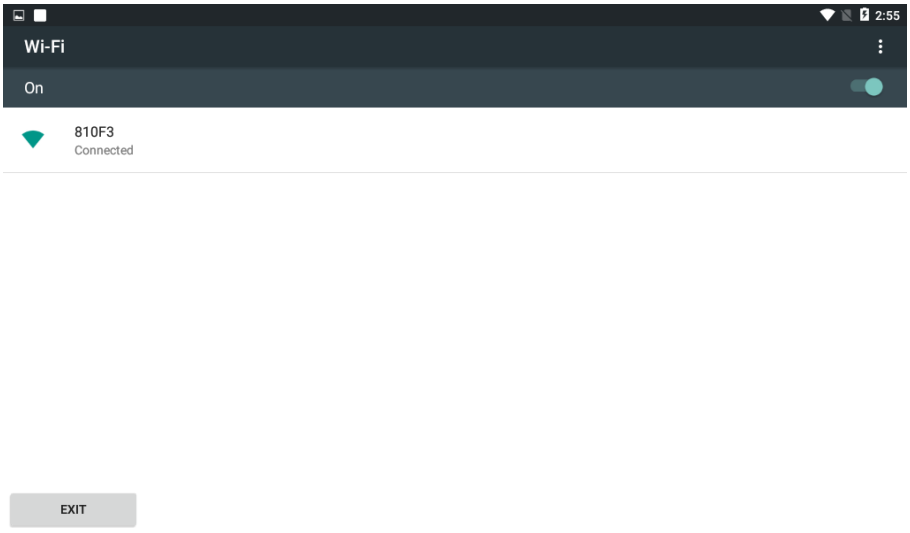
J. Multimedia mode :

NETLIX、YOUTUBE、SPOTIFY、KINOMAP、CHROME、FACEBOOK、TWITTER、INSTAGRAM、AMAZON PRIME VIDEO、AMAZON SHOPPING PS.Multimedia APP will be optimized for replacement according to availability.

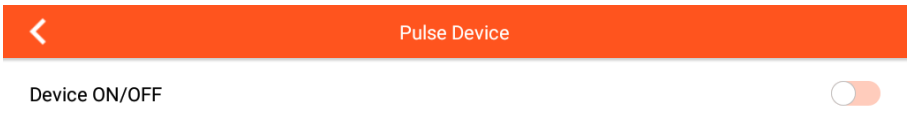
Data&time setting



WIFI setting



BT PULSE



3. Display Range ：

ITEM	Description
DISTANCE	· Display the movement distance · Display value range 0.0 ~ 99.9 in Cycle
SPEED	· Display the movement speed · Display Value range 0.0 ~ 99.9
RPM	· Display RPM · Value range 0 ~ 999
TIME	· Display the movement time · Display value range 0:00 ~ 99:59 in Cycle
Heart Rate	· Display the movement heart rate. · Value range 0 ~ 230
HR Zone	· Display the movement HR Zone. · Value range 0% ~ 100%
BAI	· Display the consumption BAI value during the exercise. · Value range 0 ~ 999
WATT	· Display the movement power consumption · Display range 0~999

4. Button Function :

START/PAUSE: When in starting status press this key ,it will stop training, and when in stopping mode press this key it will start to work .

STOP： Press this key stop training.

UP： Press this key to increase the load level

DOWN： Press this key to decrease the load level

FAN： control the FAN force: OFF , high speed , mediate speed , low speed . (依照製單是否刪除)

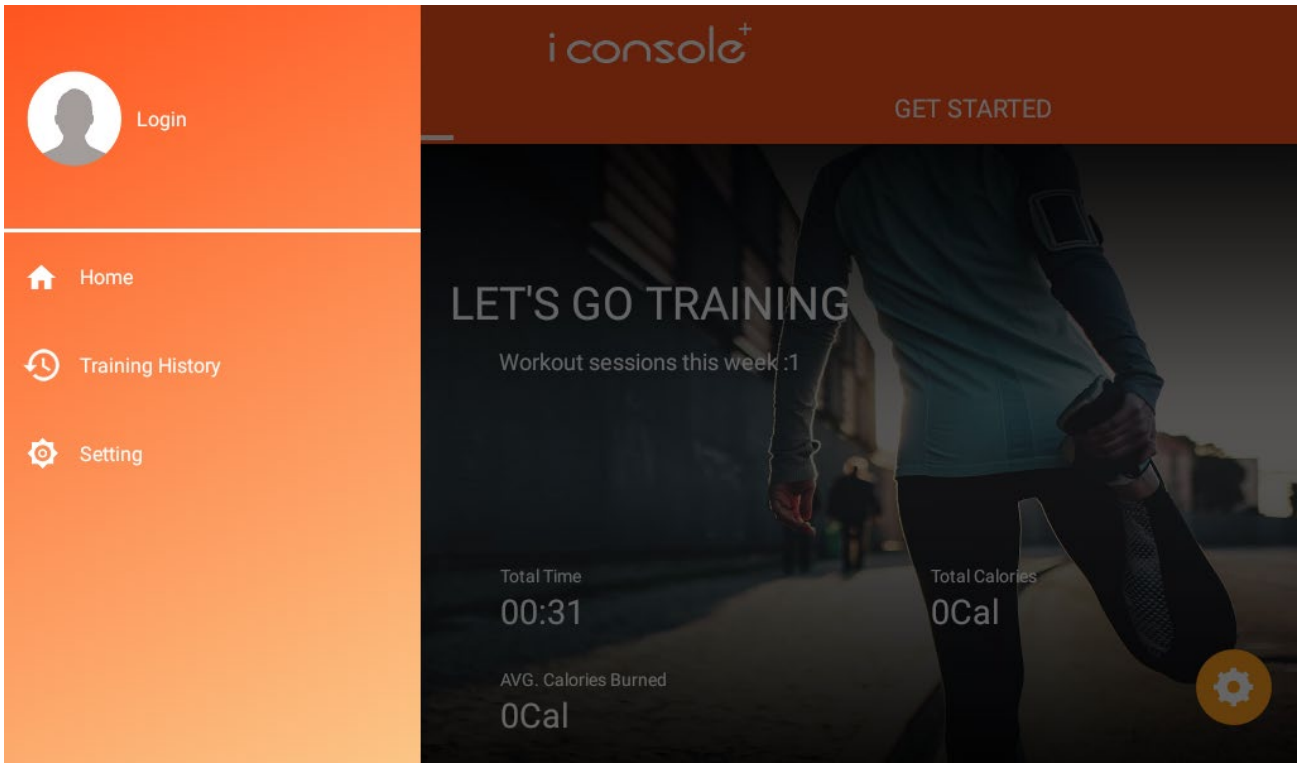
5. SYSTEM SETTING OPERATION :

A. LOGO IN: **(photo)** Personal information login and create, login account
(Email application, FB , We Chat , GOOGLE login**)**

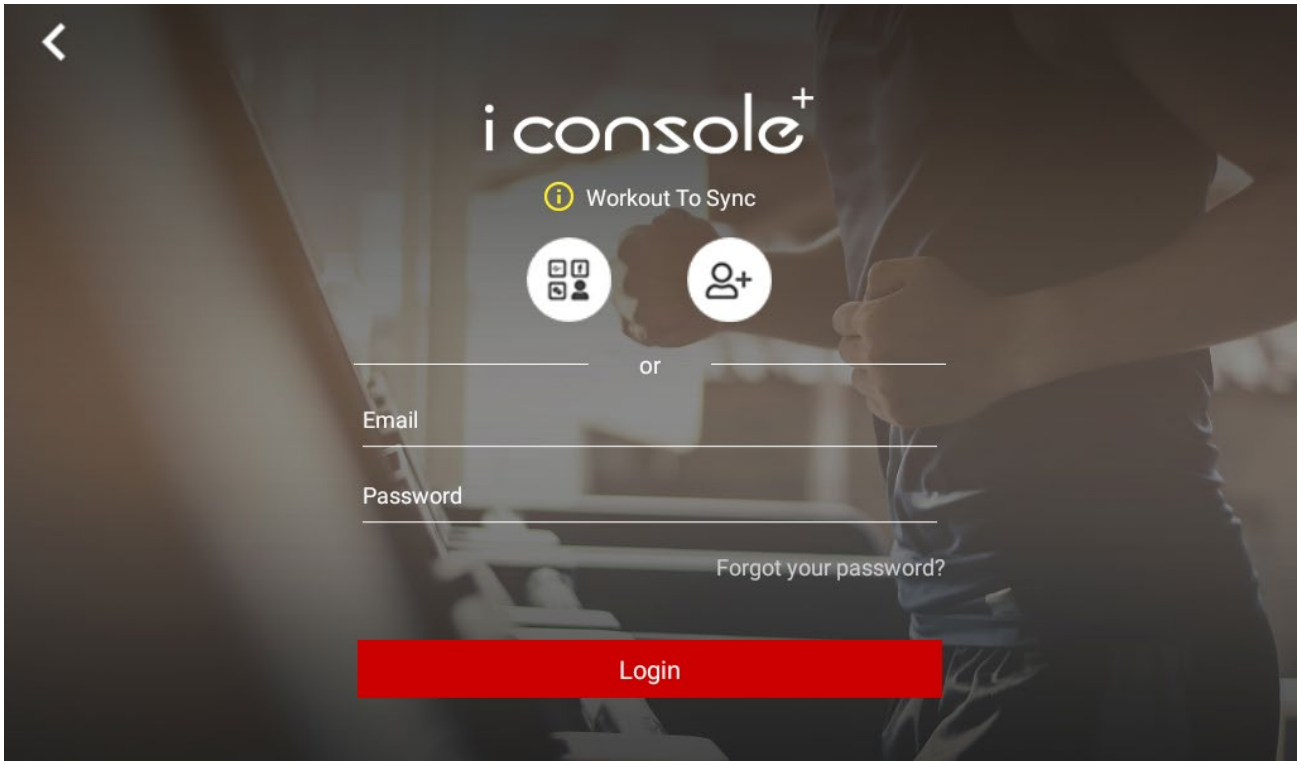
B . HOME: Back to home page

C.TRAINING HISTORY: Exercise information enquiry (login required)

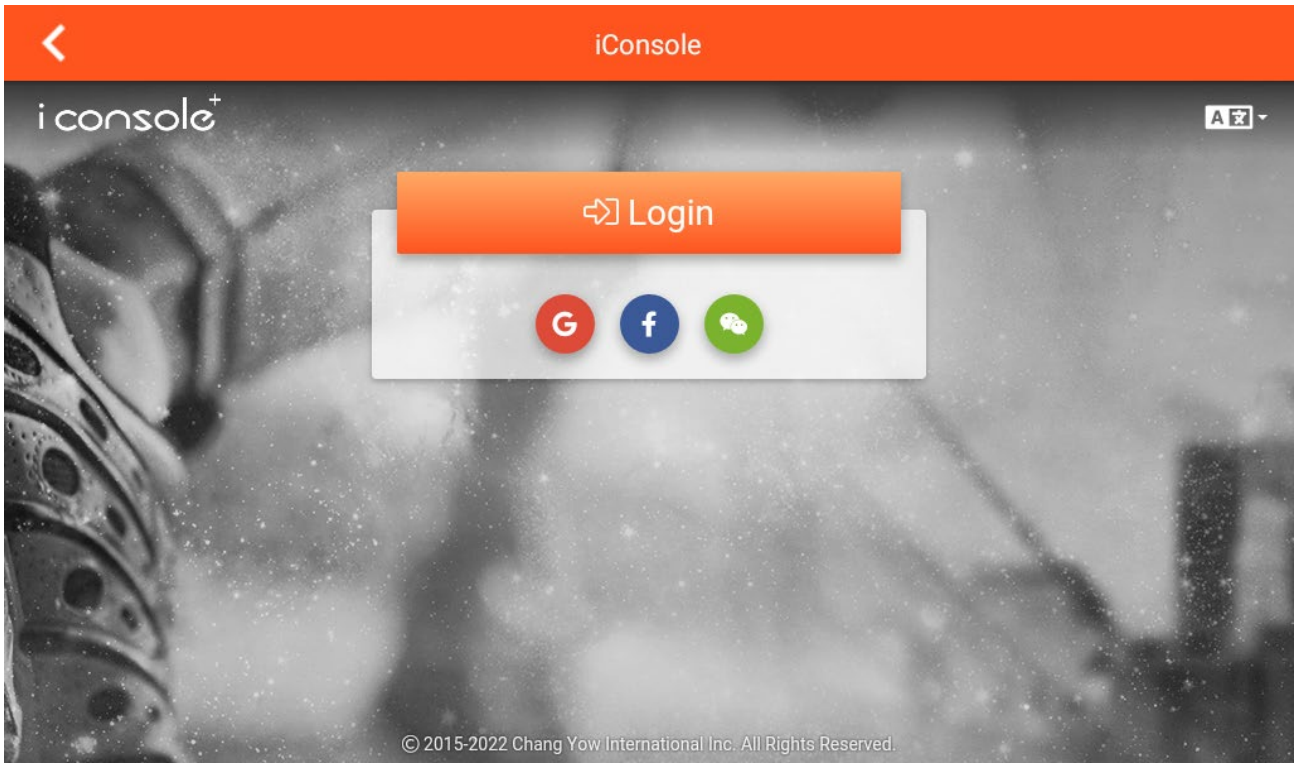
D. SETTING: Setting mode



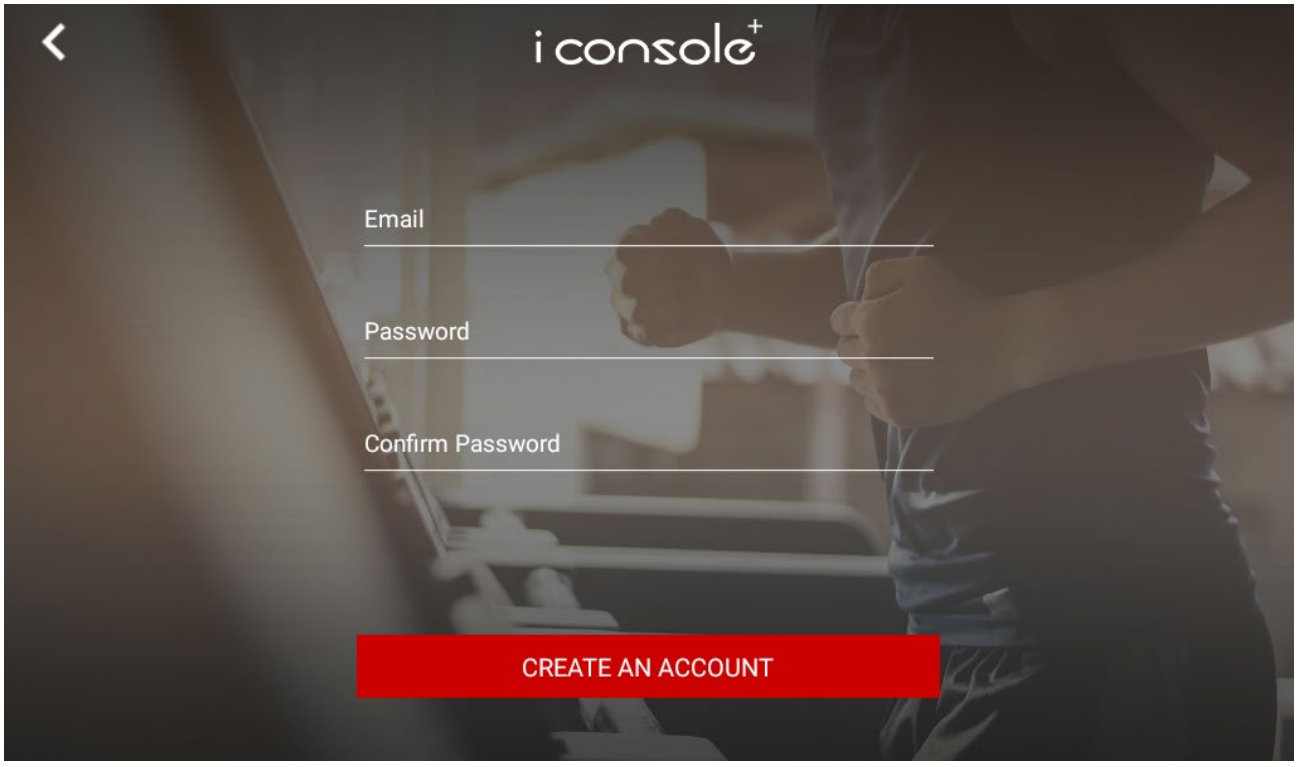
A. Click Logo in (photo) to login the account , select face book /GOOGLE/ We Chat / / enter the email password to log IN.



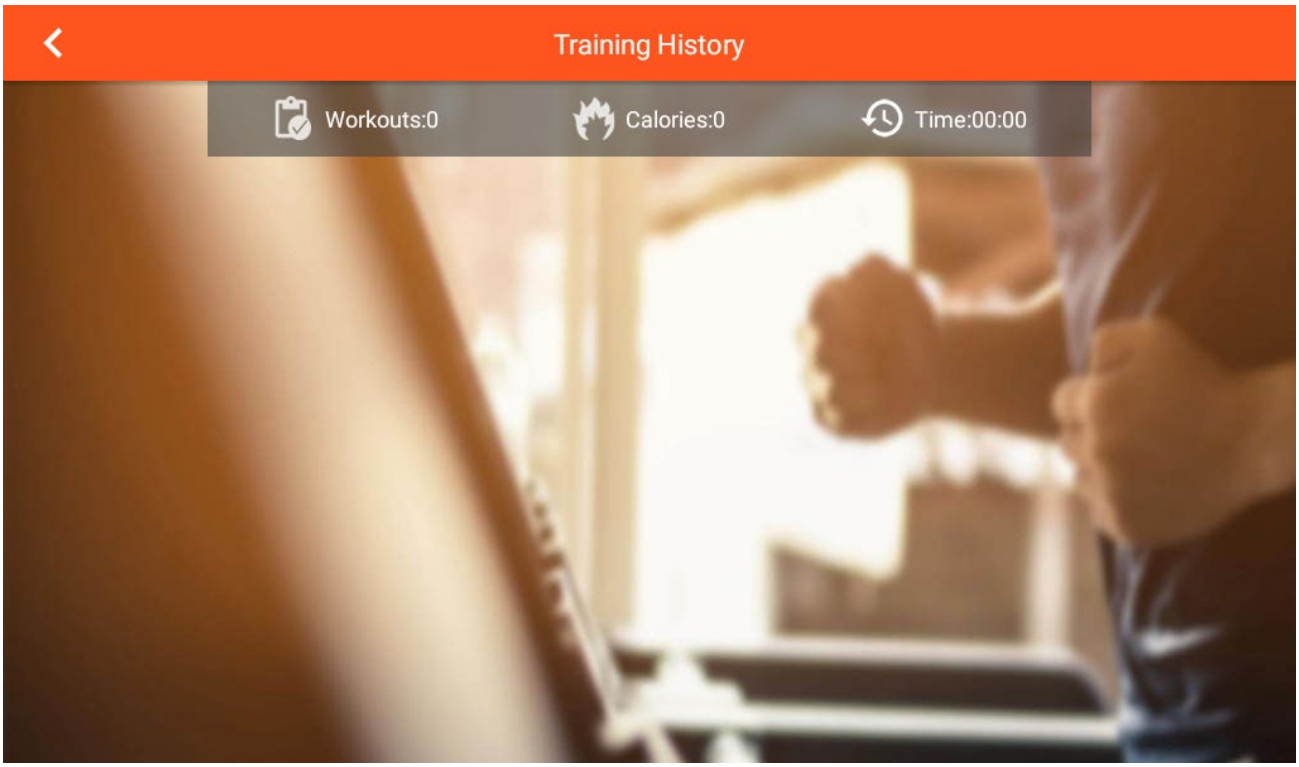
GOOGLE /FACEBOOK/WECHAT



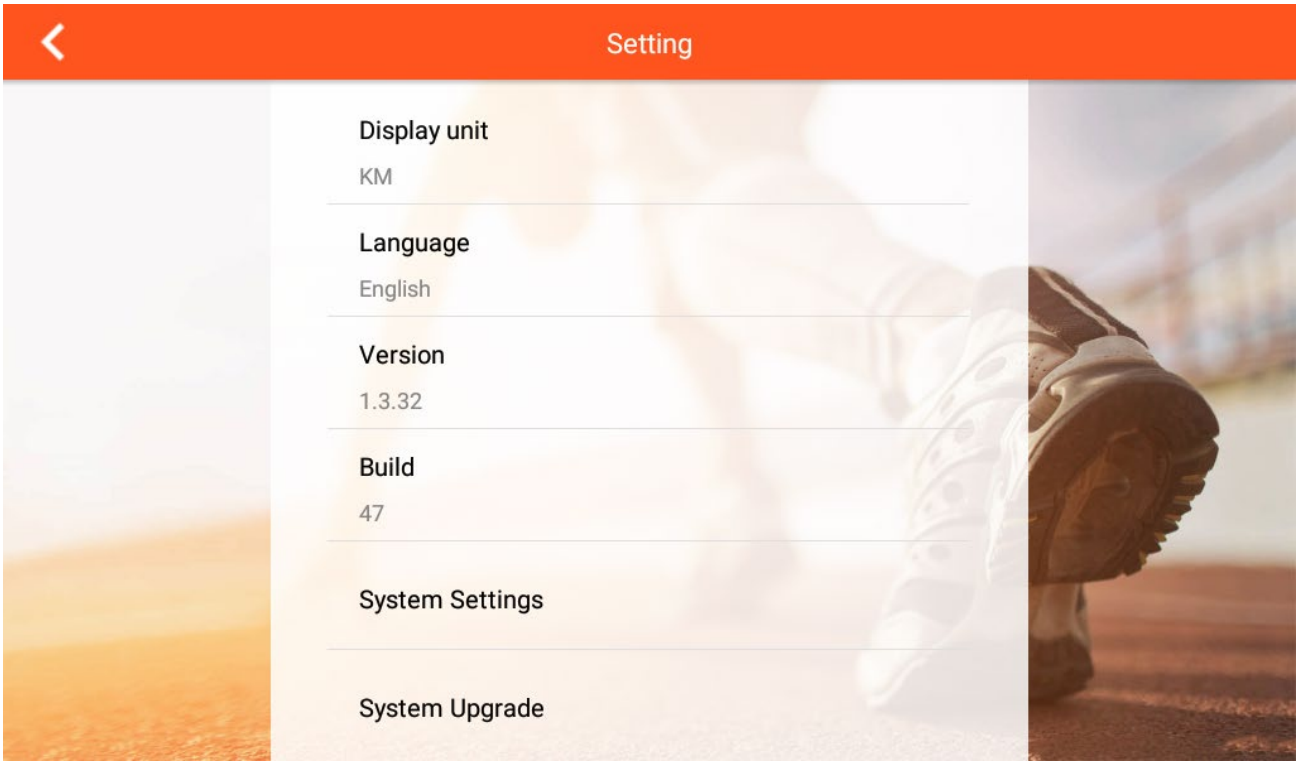
CREATE ACCOUNT



B. **TRAINING HISTORY**

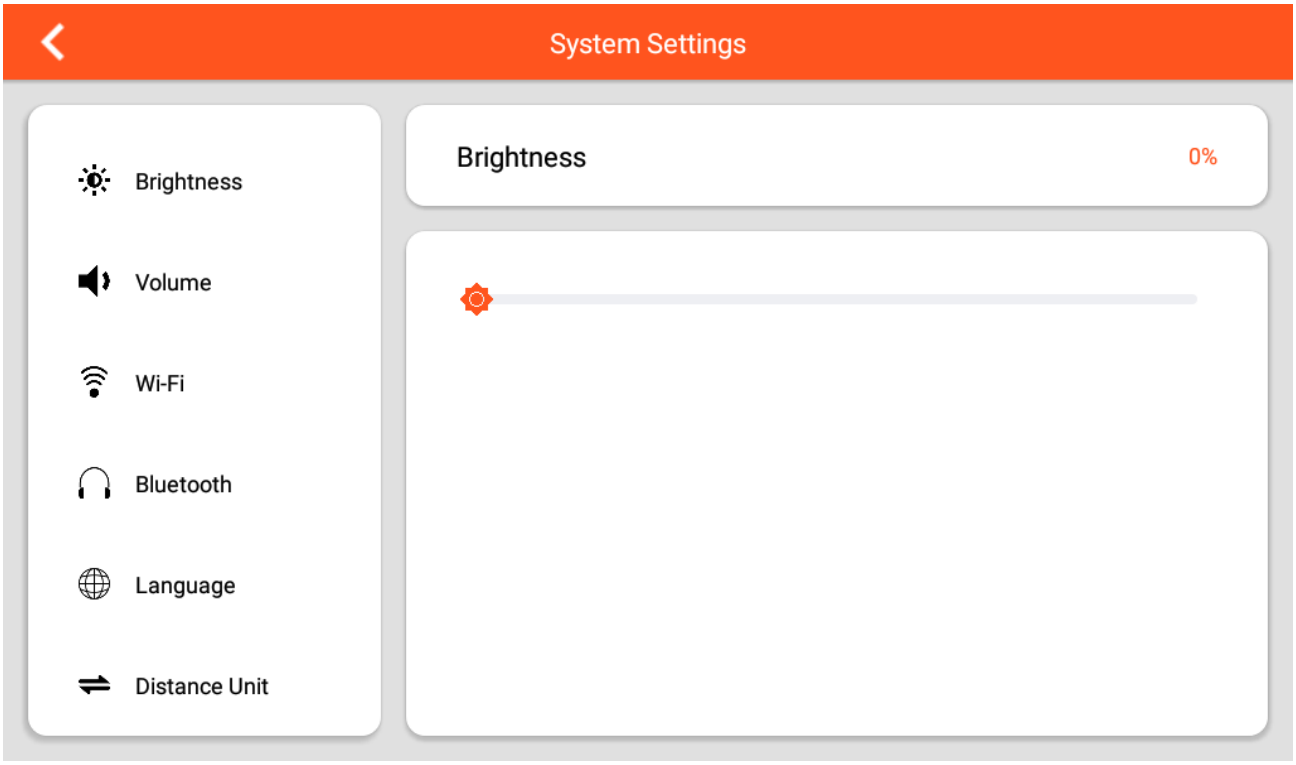


C.SETTING:

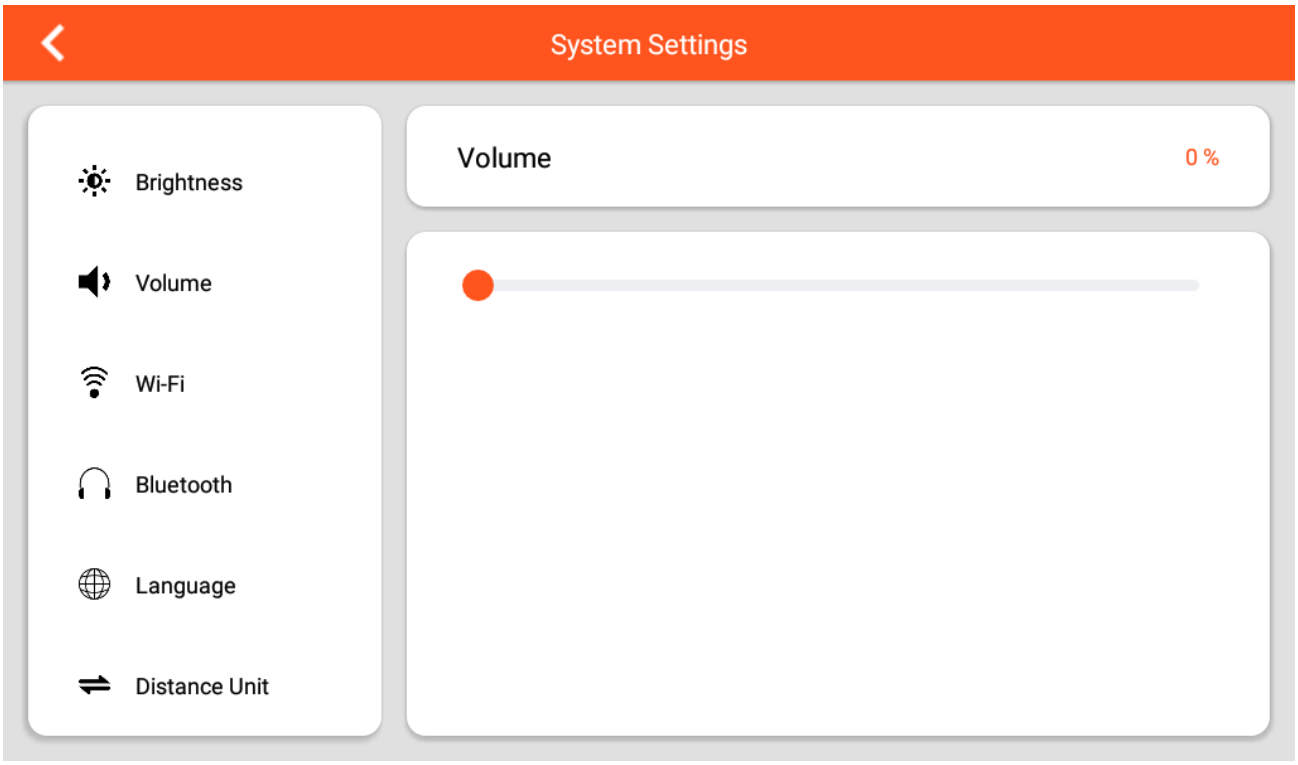


Click SYSTEM SETTINGS to enter into system setting (wifi brightness ,volume ,BT, Language ,KM/ML)

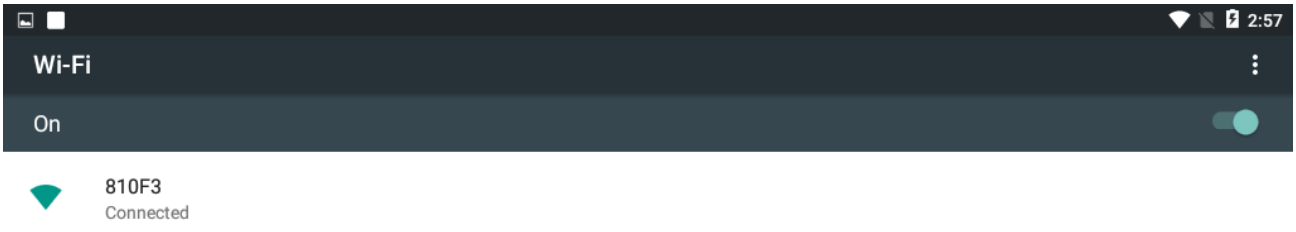
a.Brightness



b.Volume



c.WIFI



EXIT

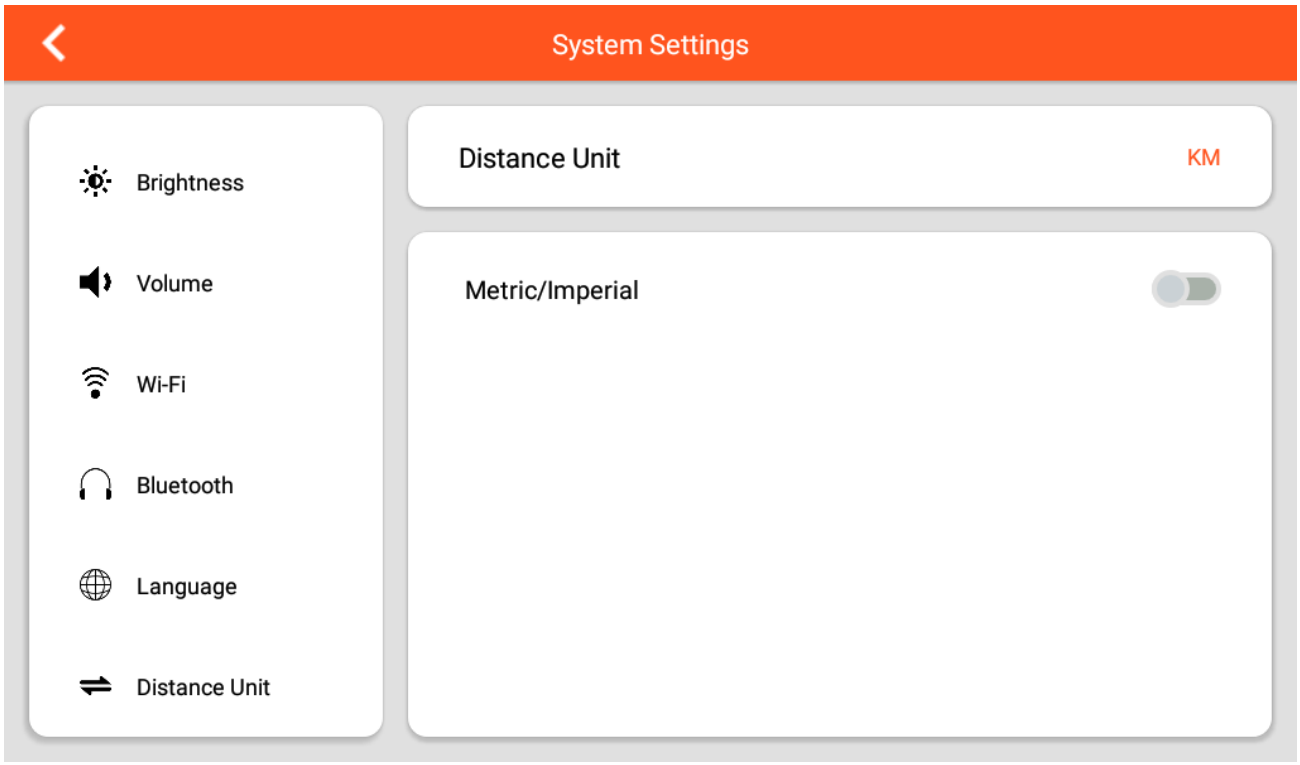
d. bluetooth device

When Bluetooth is turned on, your device can communicate with other nearby Bluetooth devices.

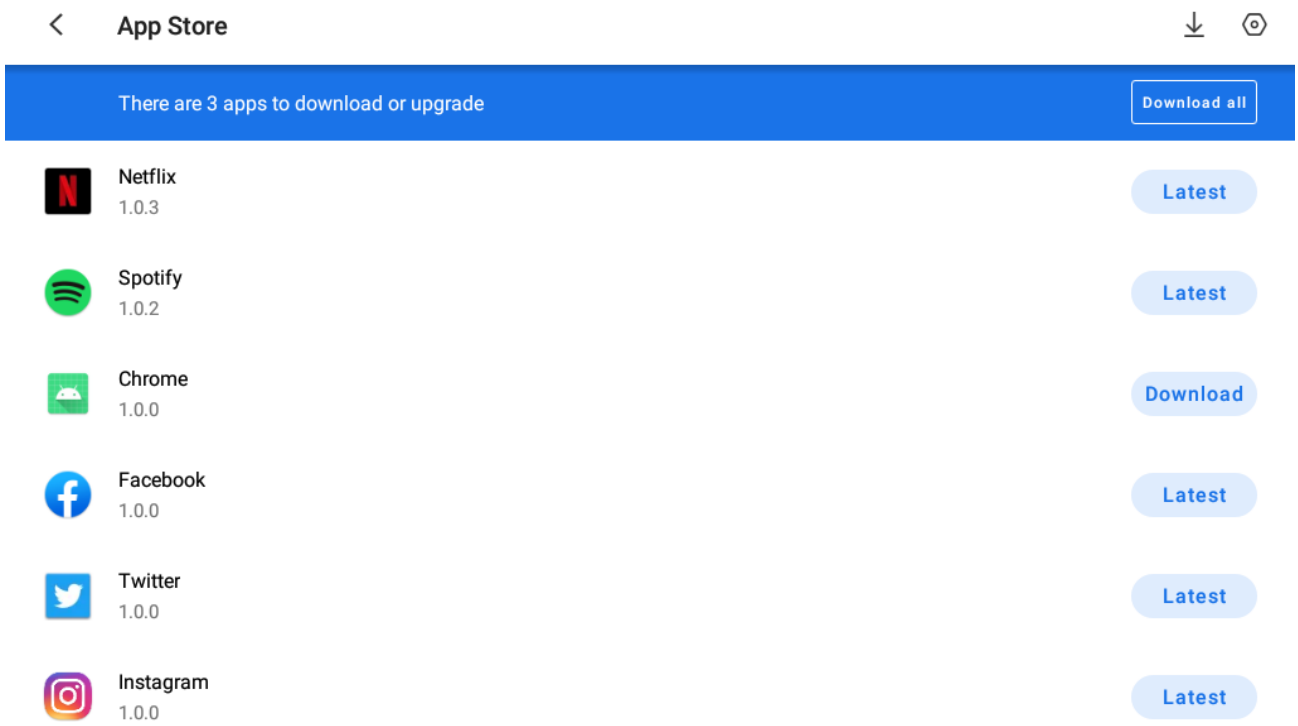
EXIT

e. language

f.Distance Unit

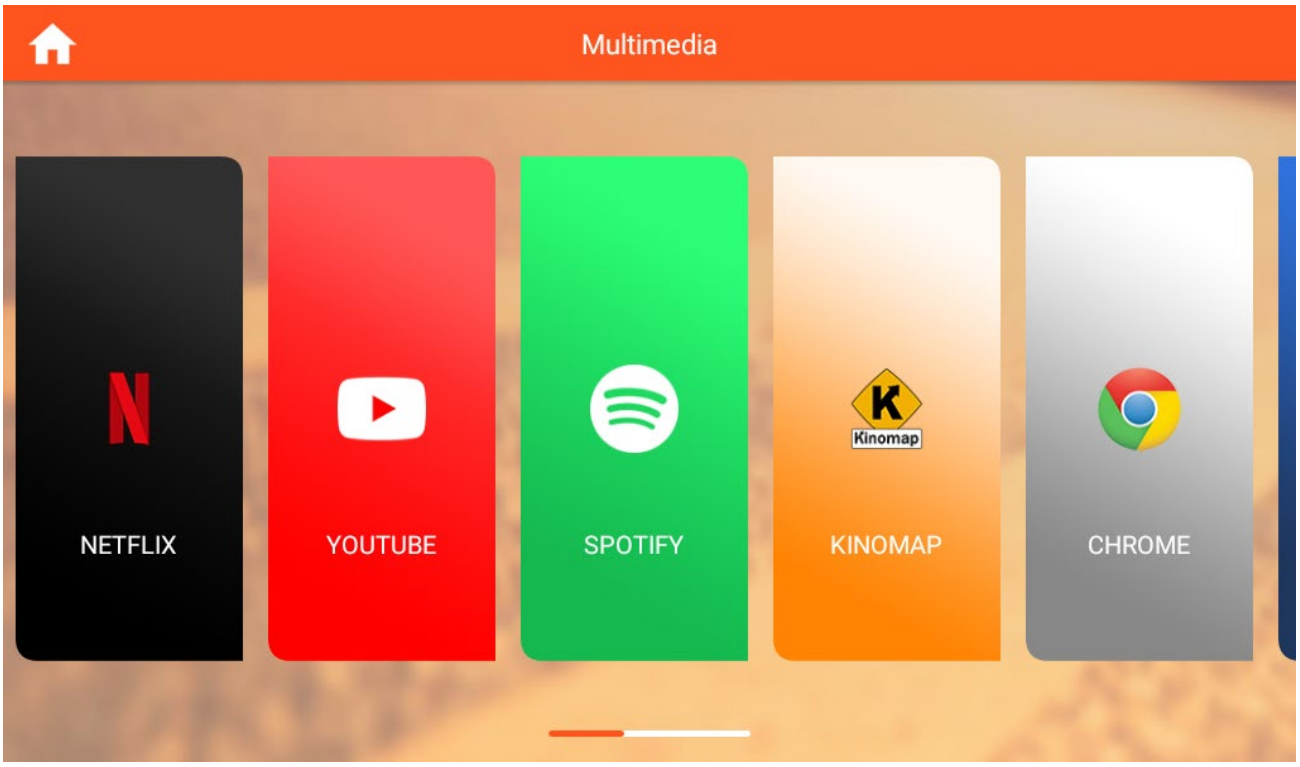


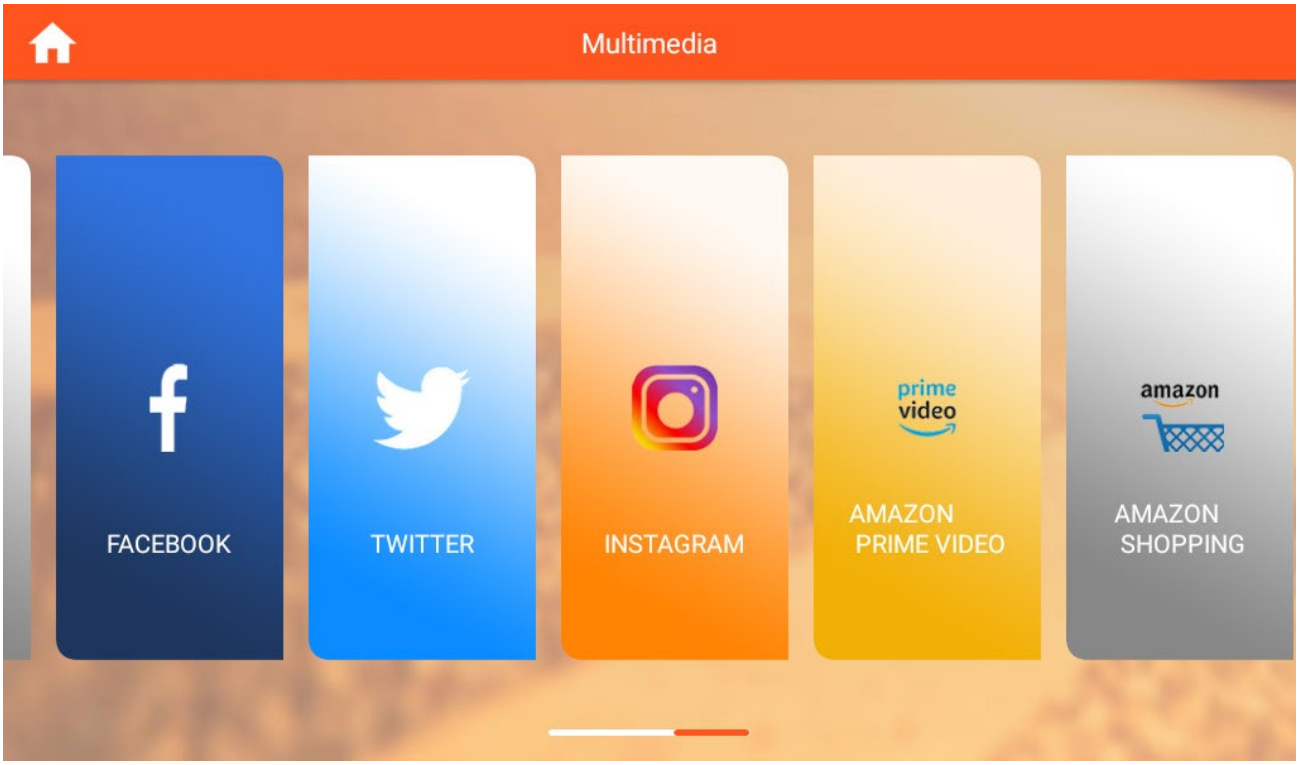
SYSTEM UPGRADE into APP updata



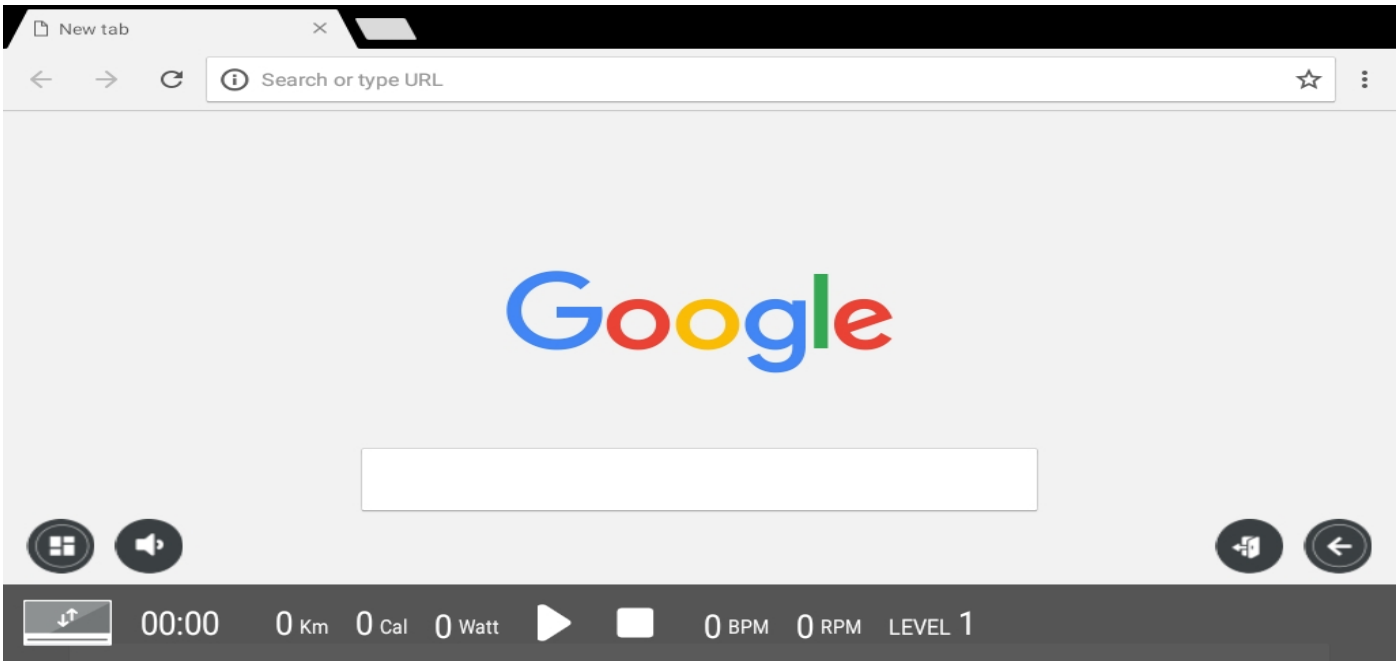
6. Multimedia mode (slide the page left and right to select the APP icon you want to use) :

A. Select APP :NETLIX、YOUTUBE、SPOTIFY、KINOMAP、CHROME、FACEBOOK、**TWITTER、INSTAGRAM、AMAZON PRIME VIDEO、AMAZON SHOPPING**



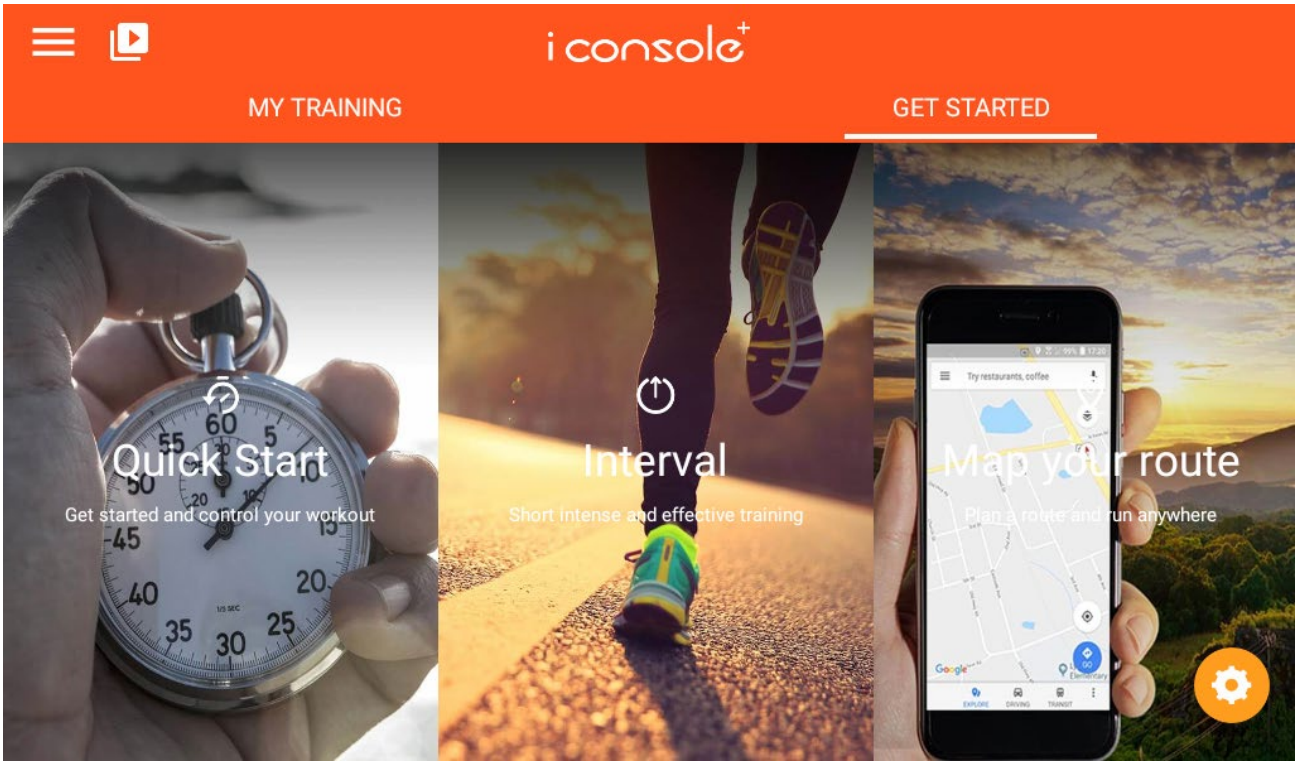


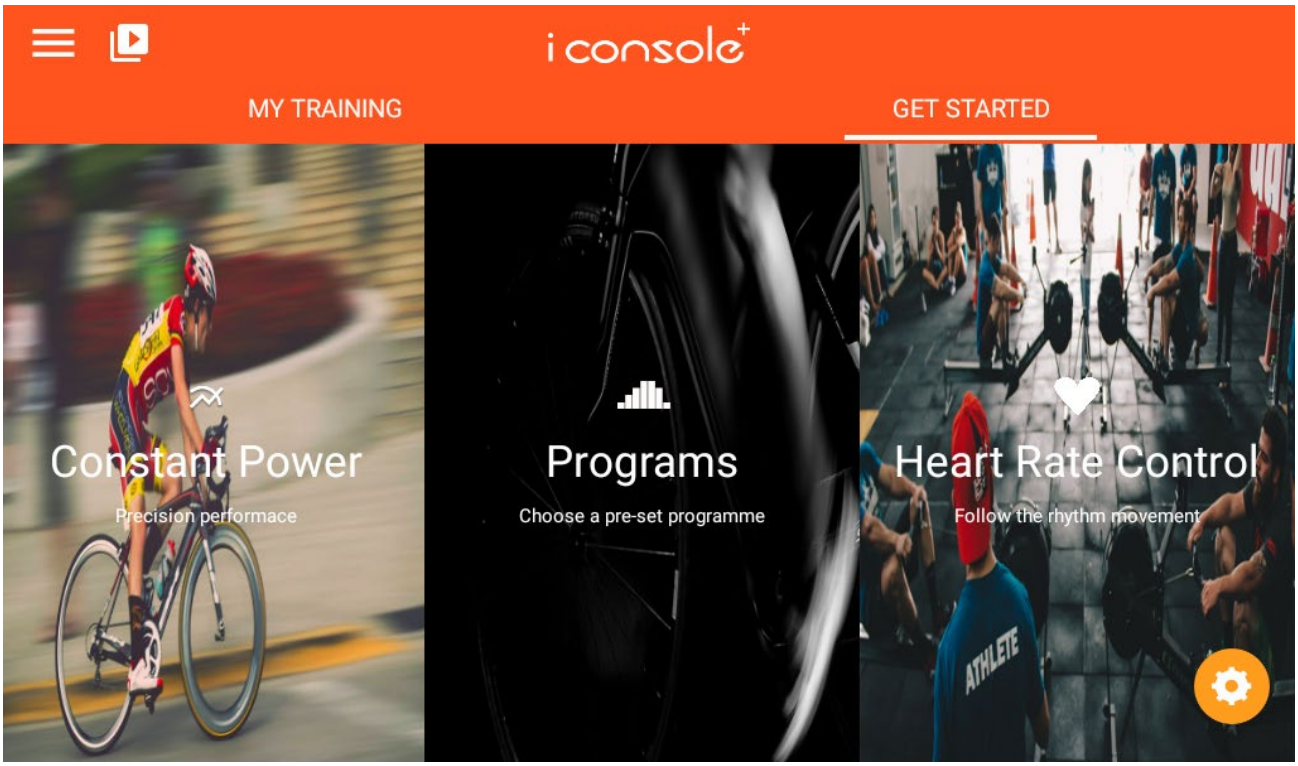
In Multimedia mode, user can press “ ‘ to display or hide the movement value, press “ ” back to the last system function page., press “ ” to the home page , press “ “to start training ,press” “ stop exercise.



7、Function Introduction

Quick Start / Interval /Map Your Route/Constant Power/Program/Heart rate Control

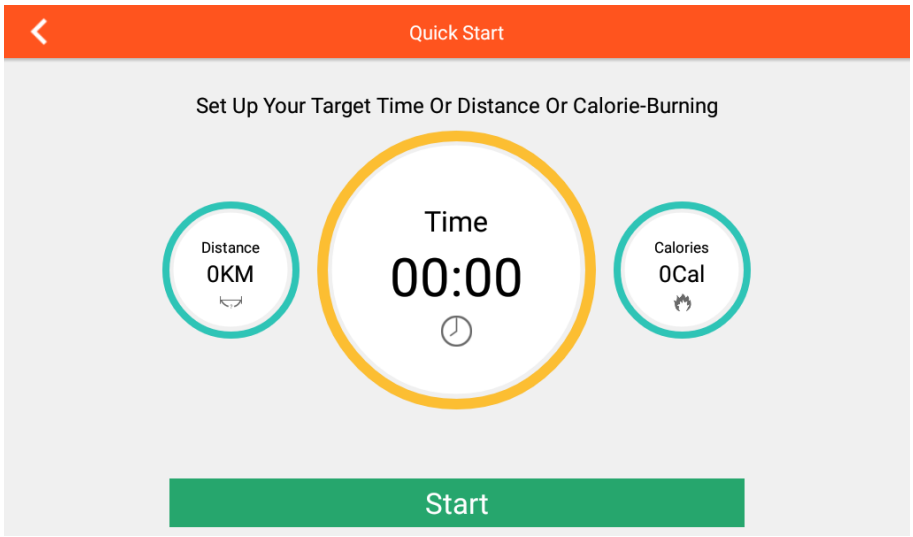


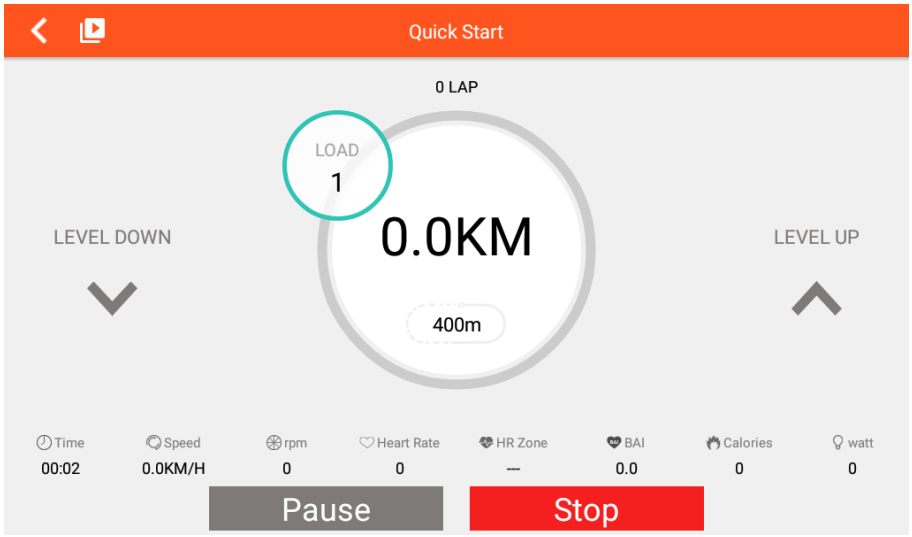


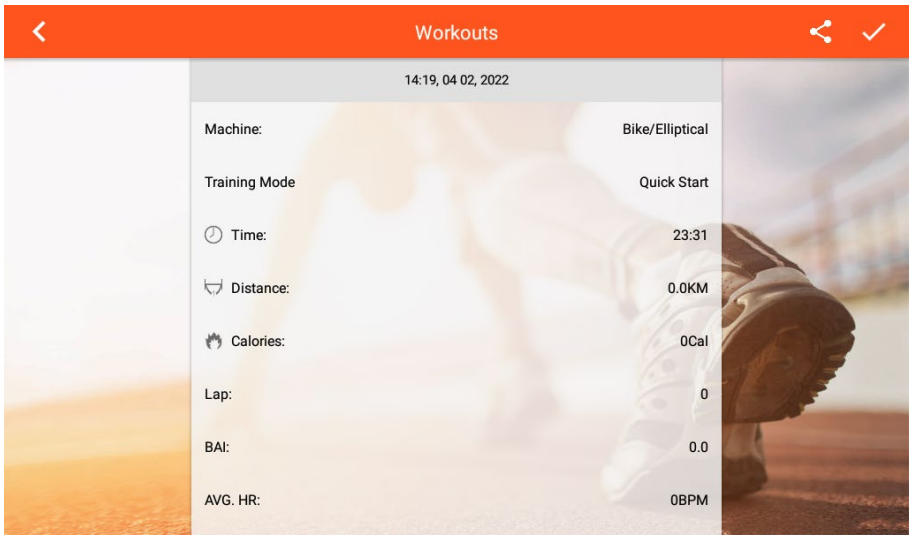
A. QUICK START MODE:

1. Setting the exercise value (DIST/TIME/CAL)，Press “START” go to training, data start to counting .
2. When start training can adjust the LEVEL UP&DOWN /FAN，press “PAUSE” enter into break mode, press “STOP” to exit this mode.

C. When finished, the SUMMARY displays .







B. INTERVAL MODE：

A. Can set the functions value of CYCLE /TIME /LEVEL /TARGET RPM separately，press “START” go to training.

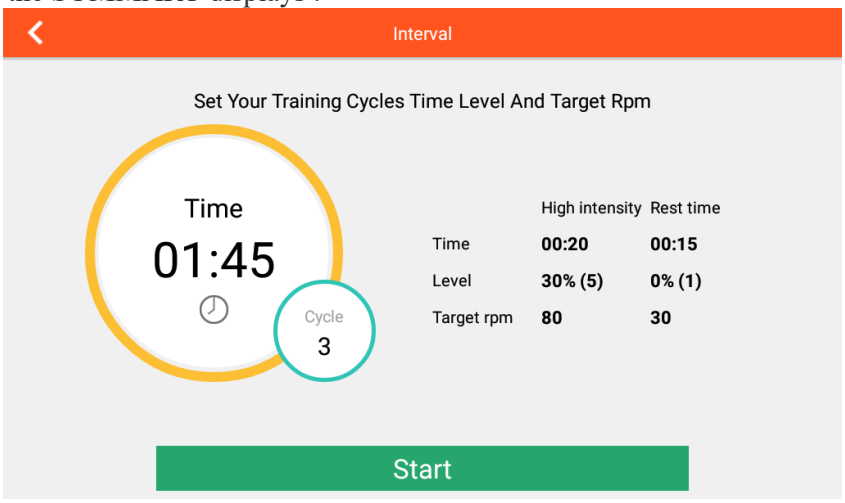
B. Warm up first, then start INTERVAL mode

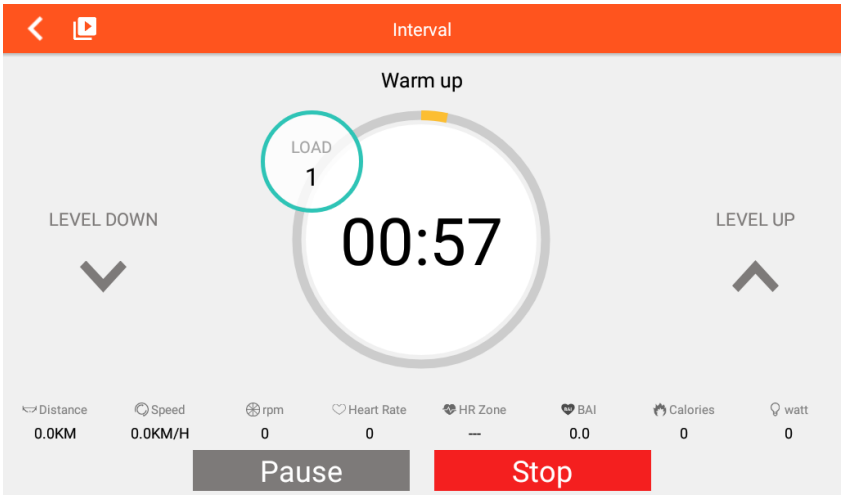
C. In high intensity time can adjust the load level (display the level as set)

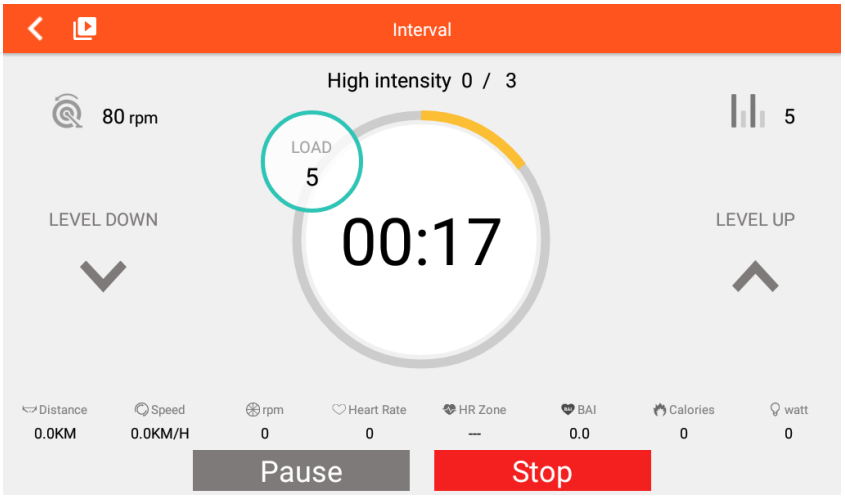
When in rest time adjust the load level，keep display the level as set .

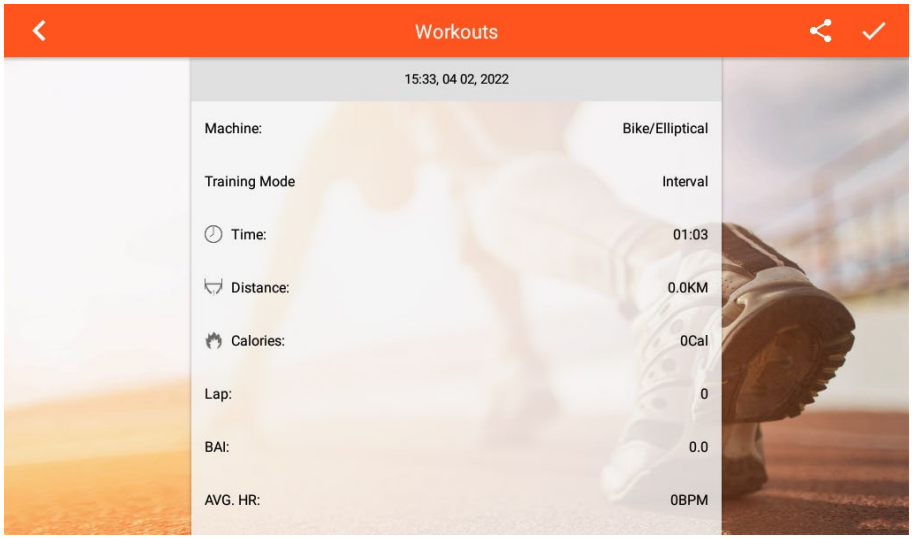
D.Press “ PAUSE” enter into break mode，press “STOP” leave this mode.

E. When finished, the SUMMARY displays .



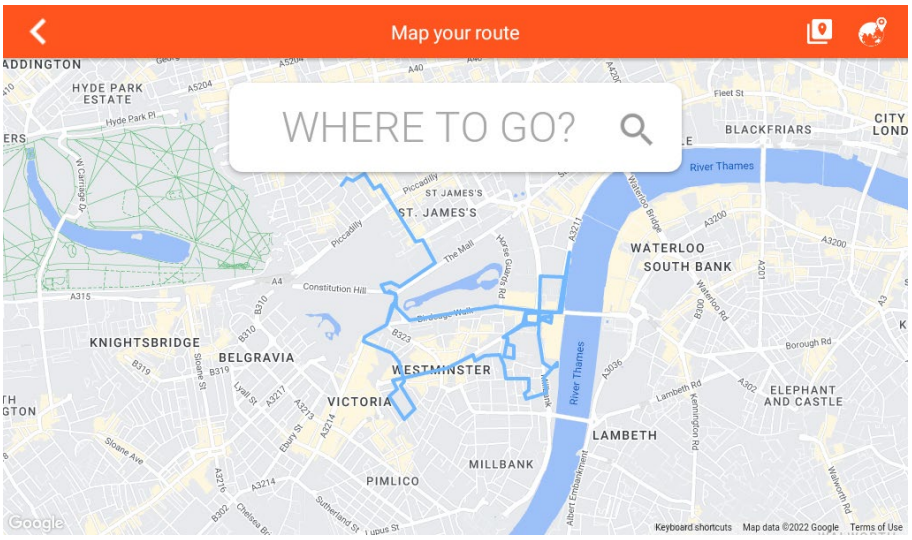




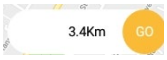

Workouts
15:33, 04 02, 2022
Machine:
Bike/Elliptical
Training Mode
Interval
Time:
01:03
Distance:
0.0KM
Calories:
0Cal
Lap:
0
BAI:
0.0
AVG. HR:
0BPM

C.MAP YOUR ROUTE MODE：

1. After entering this mode, it will detect the current region, click “ ” load the preset link,distinguish Chinese and non-Chinese region.; click “ ” can switch to the world map(GOOGLE MAP) or China Map. preset “ ” as the map of China， and “ ” as the World map.



2. Planning the map road, long press one time will display the start position “ ”， long press two times will display the final position “ ”， press three times display the turning point “ ”(with the max qty) .

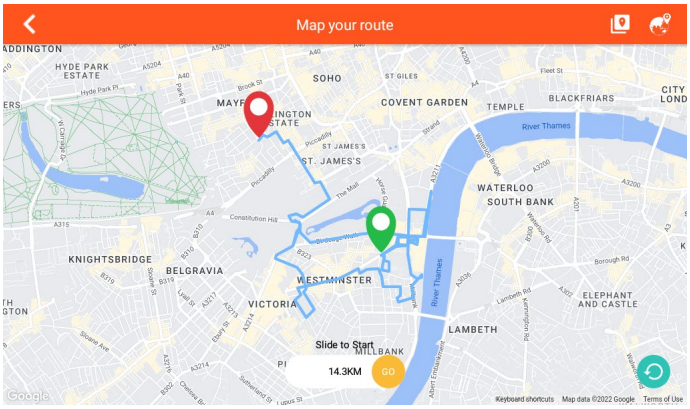


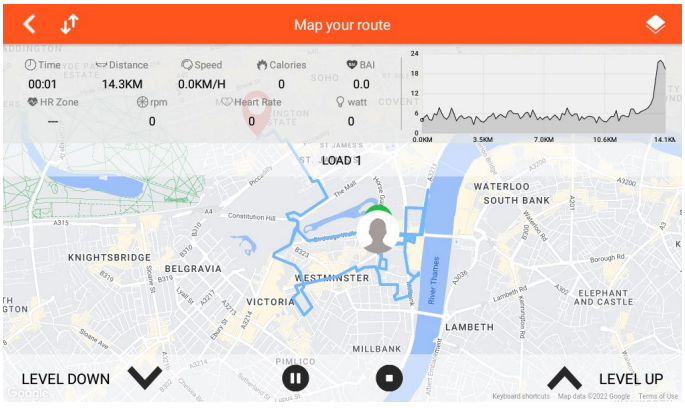
Slide and start training ,press “ ” can reset the map.

3. Press “ ” display or hide the exercise value, press “ ” switch the map/ Google street / satellite mode, and display the map/ Google street / satellite p s in cycle. Also user can adjust the LEVEL/INCLINE/FAN， LEVEL will be adjusted according to the slope map .

4. Can adjust the LEVEL UP OR DOWN， press “ “go to break mode, press “ ” leave this mode.

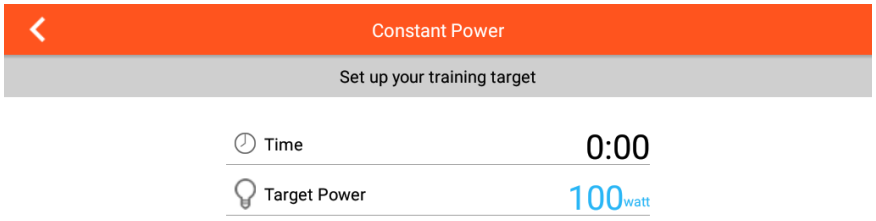
5. When finished, the SUMMARY displays .

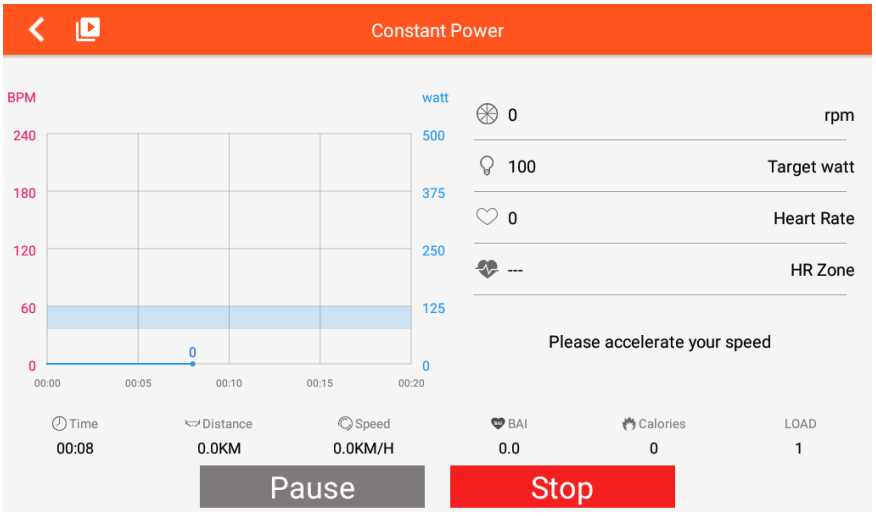


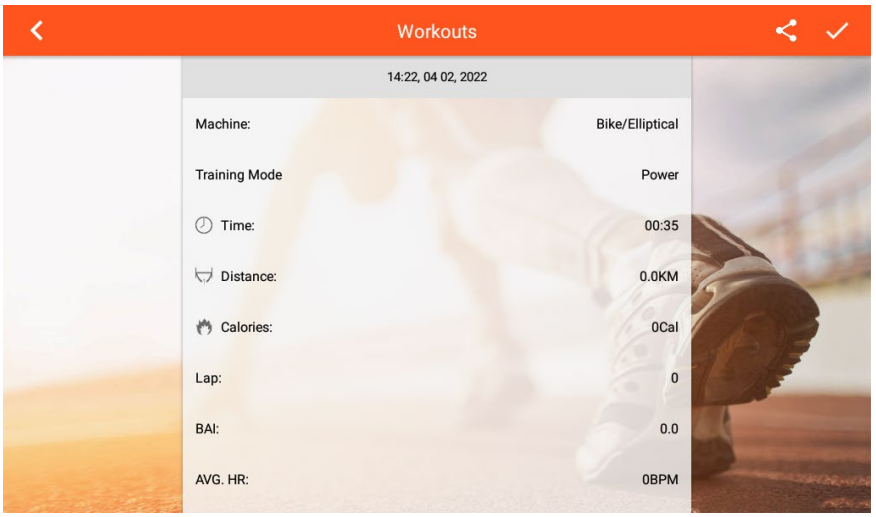


D、Constant Power MODE:

1. User can set TIME/TARGET POWER/TARGET CADENCE , then press “START” go to training.
2. LEVEL will be adjusted according to the value of WATT.
3. Press “ Pause ‘”go to break mode, press “ Stop “ leave this mode.
4. When finished, the SUMMARY displays .







E.PROGRAM MODE:

1. Set the TIME and select P1~P12 PROGRAM， press “ START” go to training.
2. When start user can adjust the LEVEL UP&DOWN /FAN，level will be adjusted according to the PROGRAM.
3. Press “PAUSE” enter into break mode, press “ STOP” leave this mode.
4. When finished, the SUMMARY displays .

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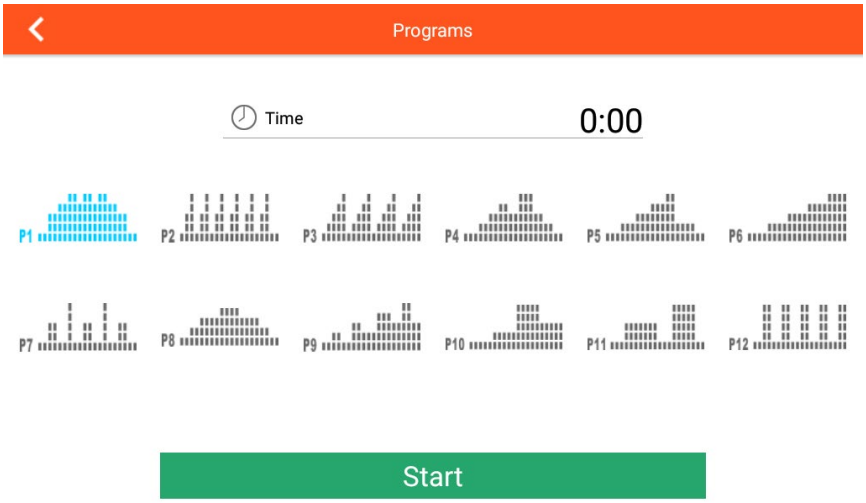
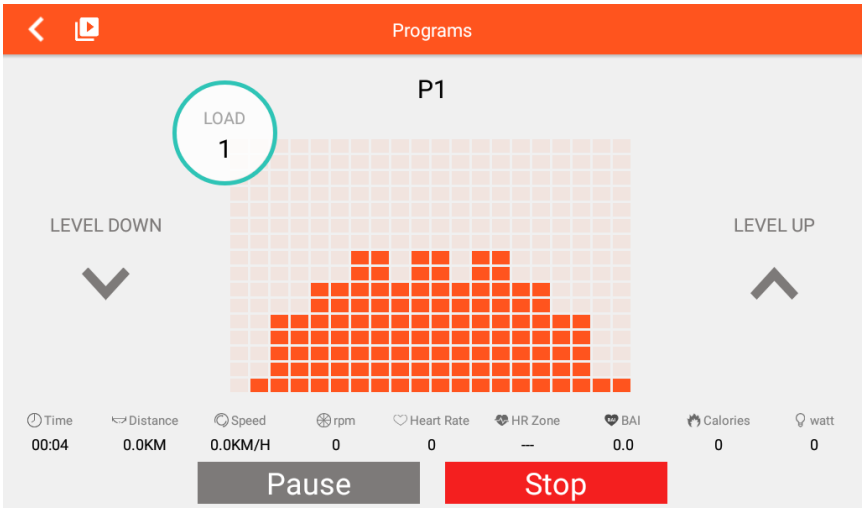
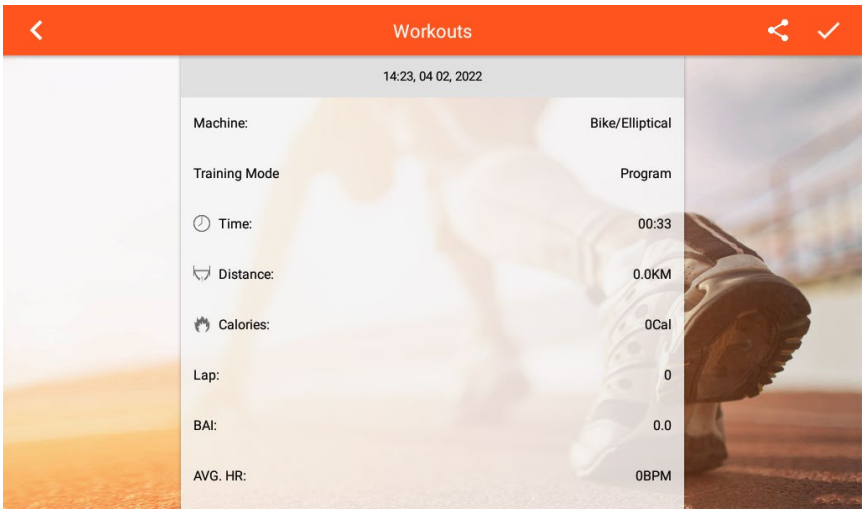


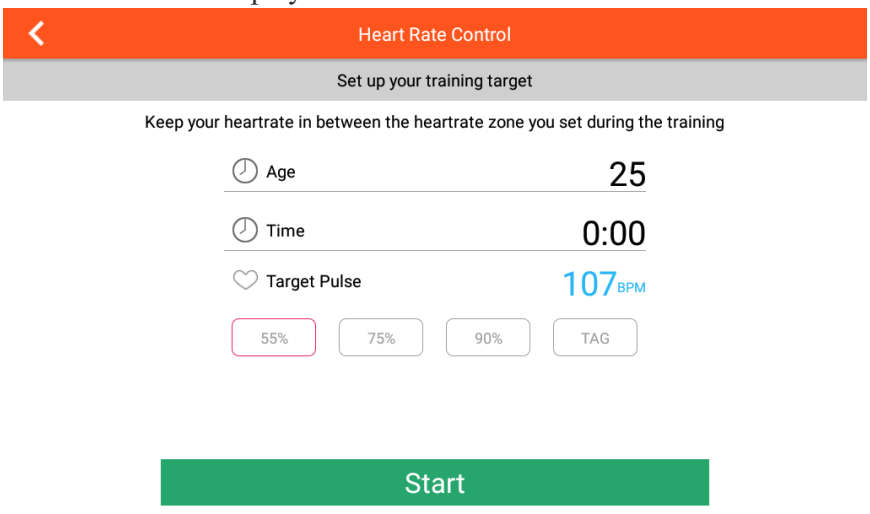


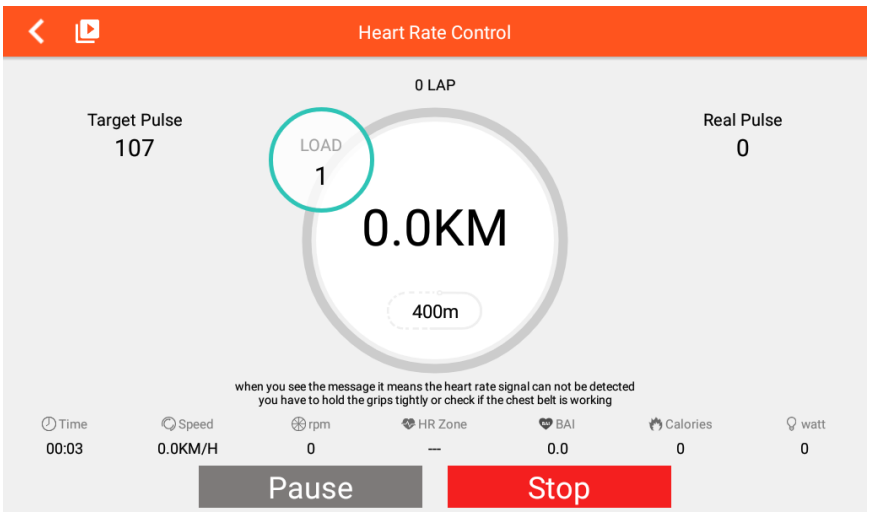


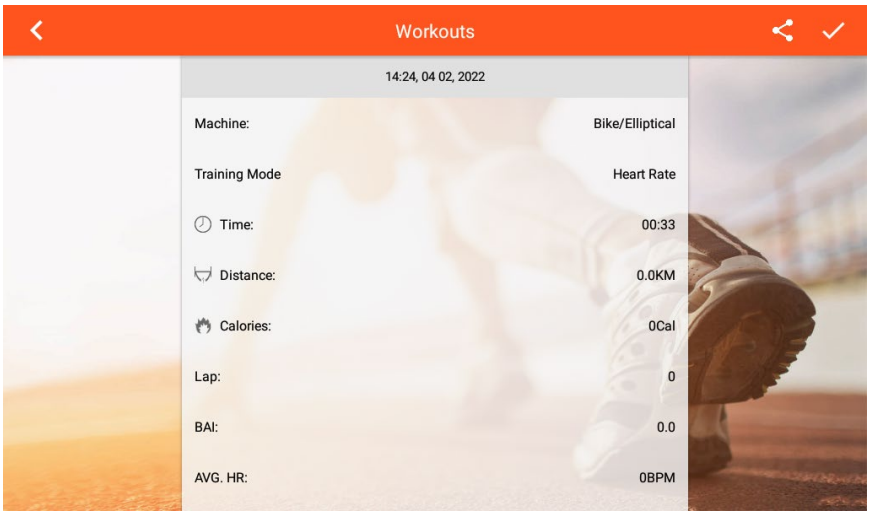
F. HEART RATE CONTROLMODE:

1. User can set the AGE/ TIME/ TARGET 55% 75% 90% TAG PULSE， press “ START” go to training.
2. LEVEL will be adjusted according the goal value of heart rate, if not reached the goal value , the load level will increase ,if over the goal value level will decrease automatically.
3. If without heart rate input about 40s, it will exit this mode automatically.
4. Press “ PAUSE” enter into break mode, press “STOP” leave this mode.

E. When finished, the SUMMARY displays .







WARM-UP and COOL-DOWN

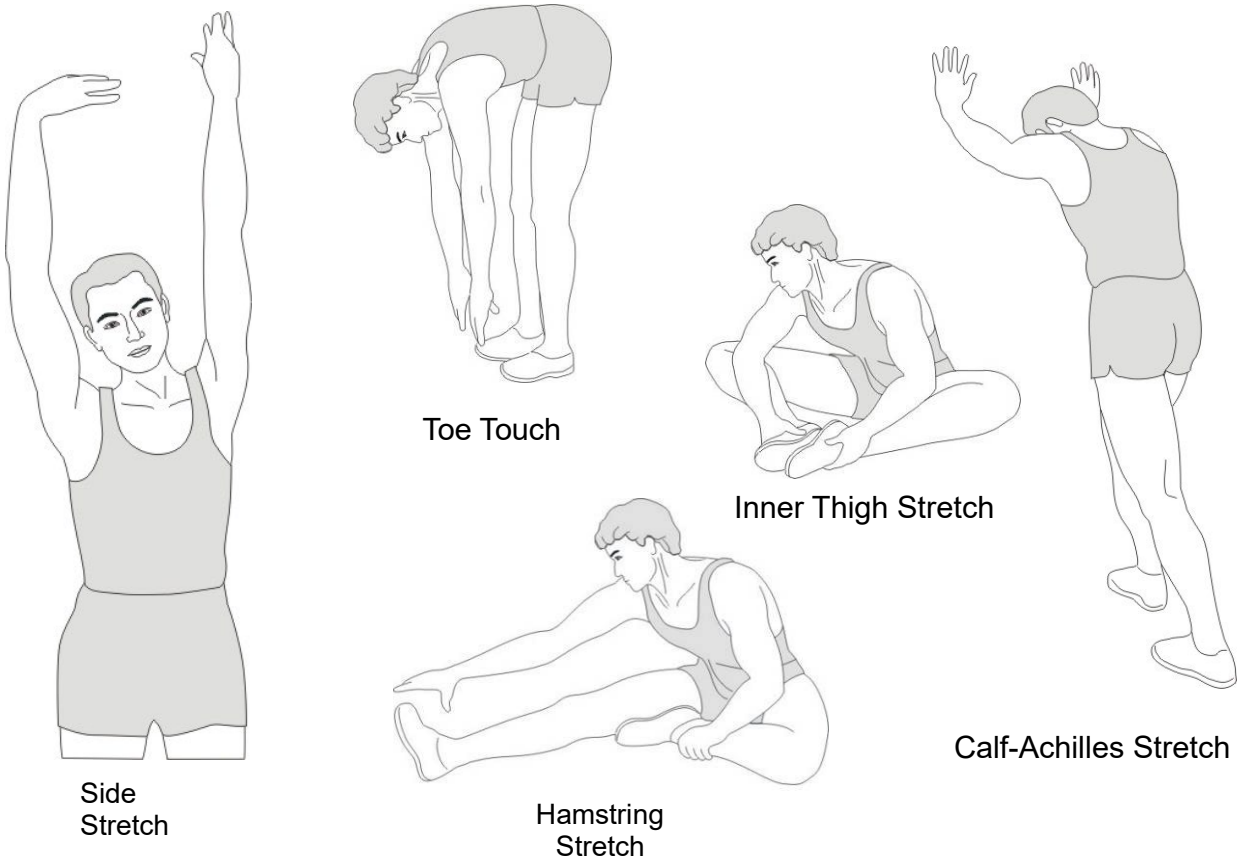
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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. **DO NOT BOUNCE**.



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

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.

BLUETOOTH FUNCTION

Check the DKN-Technology website for more information about which apps the Spining bike is compatible with.

Turn on Bluetooth function on your tablet or smartphone to connect it with the machine (pairing is not required).

Download the app, open it on your device and follow the steps to set it up.

For any technical questions on third party app functionality do consult the FAQ section on the specific app developper's website.

Press START to start the Spinning bike and begin your workout. If you turn the Bluetooth off or if signal is lost, the treadmill will slow down and the console will display all functions as zero.

When using a fitnessapp on tablet or smartphone, the display LED's may interfere with your tablet or smart phone. If this would be the case, press the button on the right down corner of the console, and the display lights will turn off. The display controls will keep functioning normally. Press the button again to reactivate the LED's.

HEART RATE DISPLAYED IS A RANDOM INDICATION AND MAY BE INACCURATE, AND CANNOT BE USED AS GUIDANCE IN ANY CARDIO-VASCULAR RELATED MEDICAL OR PARAMEDICAL PROGRAM.

IF YOU EXPERIENCE DIZZINESS,NAUSEA, CHEST PAIN, OR ANY OTHER ABNORMAL SYMPTOMS STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

THE OWNER'S MANUAL IS FOR CUSTOMERS' REFERENCE ONLY. THE SUPPLIER CANNOT GUARANTEE FOR MISTAKES OCCURRING DUE TO TRANSLATION OR CHANGES IN TECHNICAL SPECIFICATIONS OF THE PRODUCT.

WARNING: BEFORE BEGINNING USING THIS MACHINE OR DOING ANY EXERCISE PROGRAM,CONSULT YOUR DOCTOR. THIS IS ESPECIALLY IMPORTANT FOR PEOPLE OVER THE AGE OF 35 OR THOSE WITH PRE-EXISTING HEALTH PROBLEMS.

THE SUPPLIER ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY, AND/OR DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

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.

WEBSITE

DKN®

dkn-technology.com

Make an Appointment to Visit our Showroom

sales@dkn-technology.com