



TMC PRO

OWNER'S MANUAL

WEBSITE

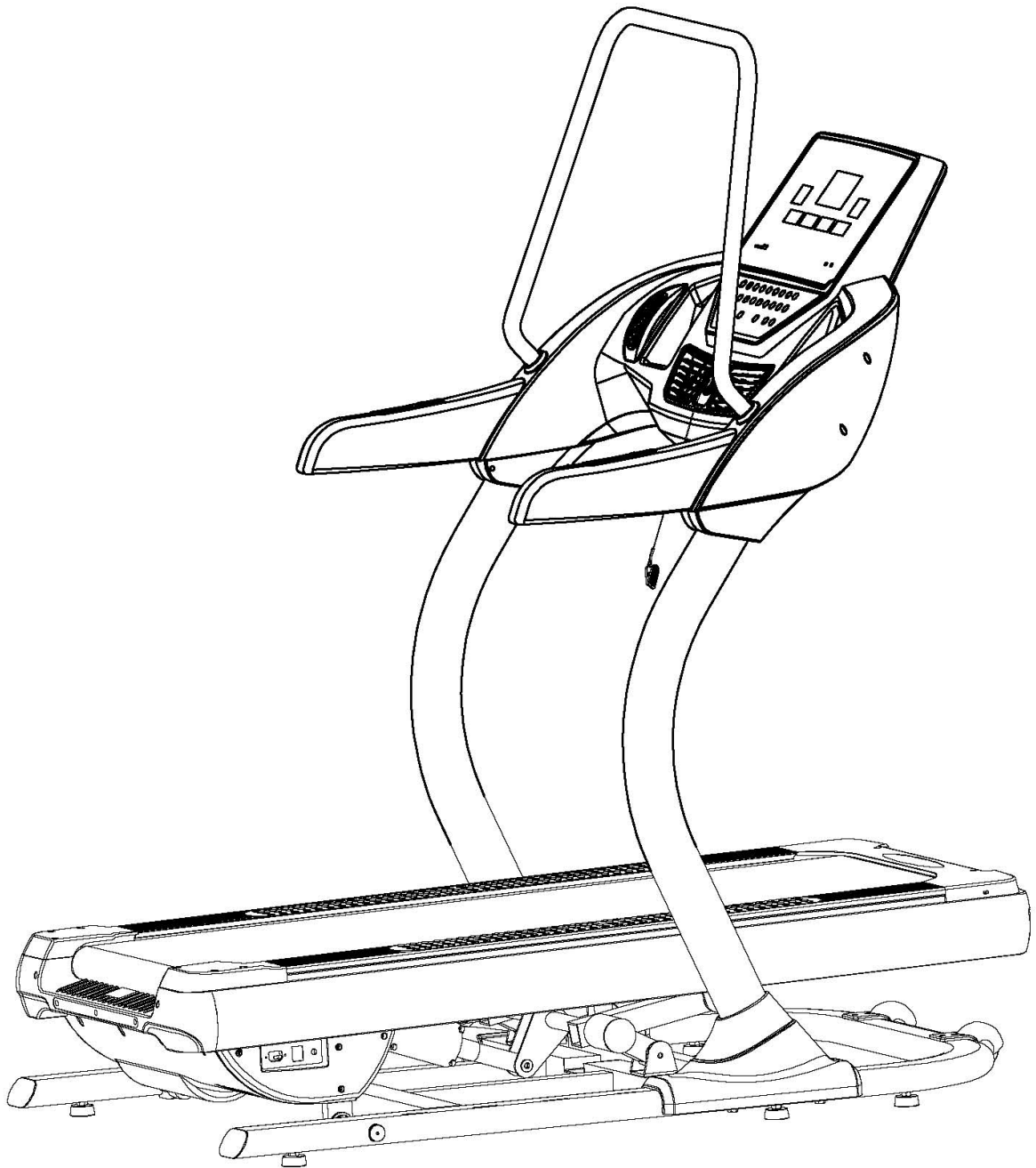


MANUAL



DKN®

MOTORIZED TREADMILL



WARNING

- When using this treadmill, keep attaching the safety key rope to your clothes.
- When you are running, keep your hands swinging naturally, your eyes staring forward, and never look down at your feet.
- Increase the speed step by step when running.
- When emergency happens, take away the “safety key” immediately.
- Leave the treadmill after the running belt is fully stopped.

Caution: Read the assembly instruction carefully, follow the instruction when assemble.

ATTENTION

- 01- Before starting any exercise program, consult with your physician or health professional.
- 02- Check all the bolts are securely locked.
- 03- Never put the treadmill in a humid area, or it will cause troubles.
- 04- We take no responsibility for any troubles or hurts due to above reasons.
- 05- Dress sport clothes and shoes before running.
- 06- Do not do exercise in 40 minutes after meal.
- 07- To prevent hurts, please warm up before exercise.
- 08- Consult with doctor before exercise if you have high blood pressure.
- 09- The treadmill is only used for adults.
- 10- Do not plug anything into any parts of this equipment, or it may be damaged.
- 11- Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put anything heavy on cable or put the cable near heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
- 12- Switch off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken.
14. Maximum weight of user 170KGS.
15. Pulse data may not be very accurate, so cannot be used for medical purpose. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
3. Position treadmill so that the wall plug is visible and accessible.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Make sure the power supply is connected and the safety lock is effective before using the treadmill. Fit one side of the safety lock on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.
7. Always unplug the power cord before remove the treadmill motor cover.
8. Make sure there is no less than 2*1m space behind the treadmill.
9. Keep small children away from the treadmill during operation.
10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
11. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
12. In case of any abnormality during the use process, please remove the safety lock immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.
13. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.
14. Put the safety key away where cannot be reached by the children. Minors must be accompanied by the adults when using the treadmill.
15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.
16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.
17. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

18. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handle bar to jump to the side rail when emergency or the safety key is not attached.

19. Make sure the treadmill has stopped before folding. Please don't operate it after folding the treadmill.

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.

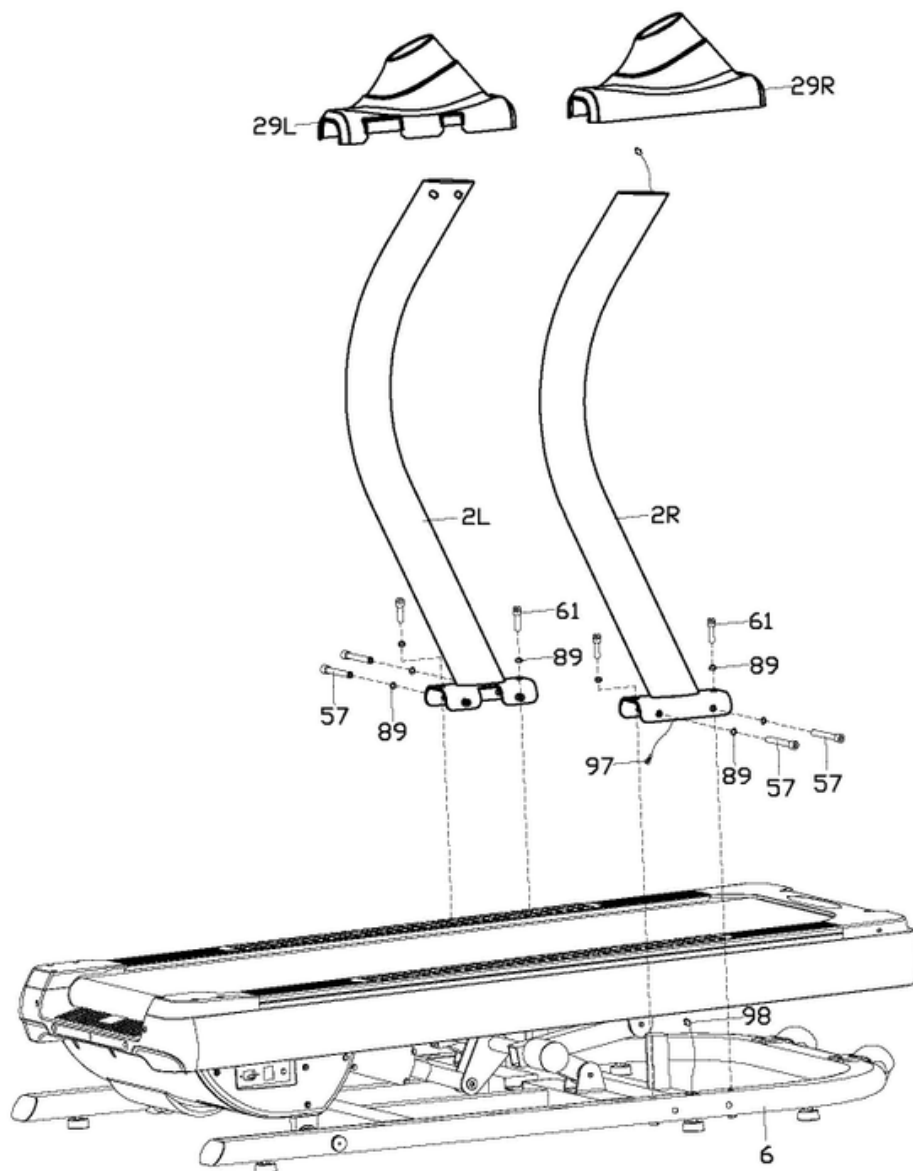
WARNING! Incorrect/excessive training may cause health injuries.

- ▶ 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

ASSEMBLY STEPS

STEP 1:

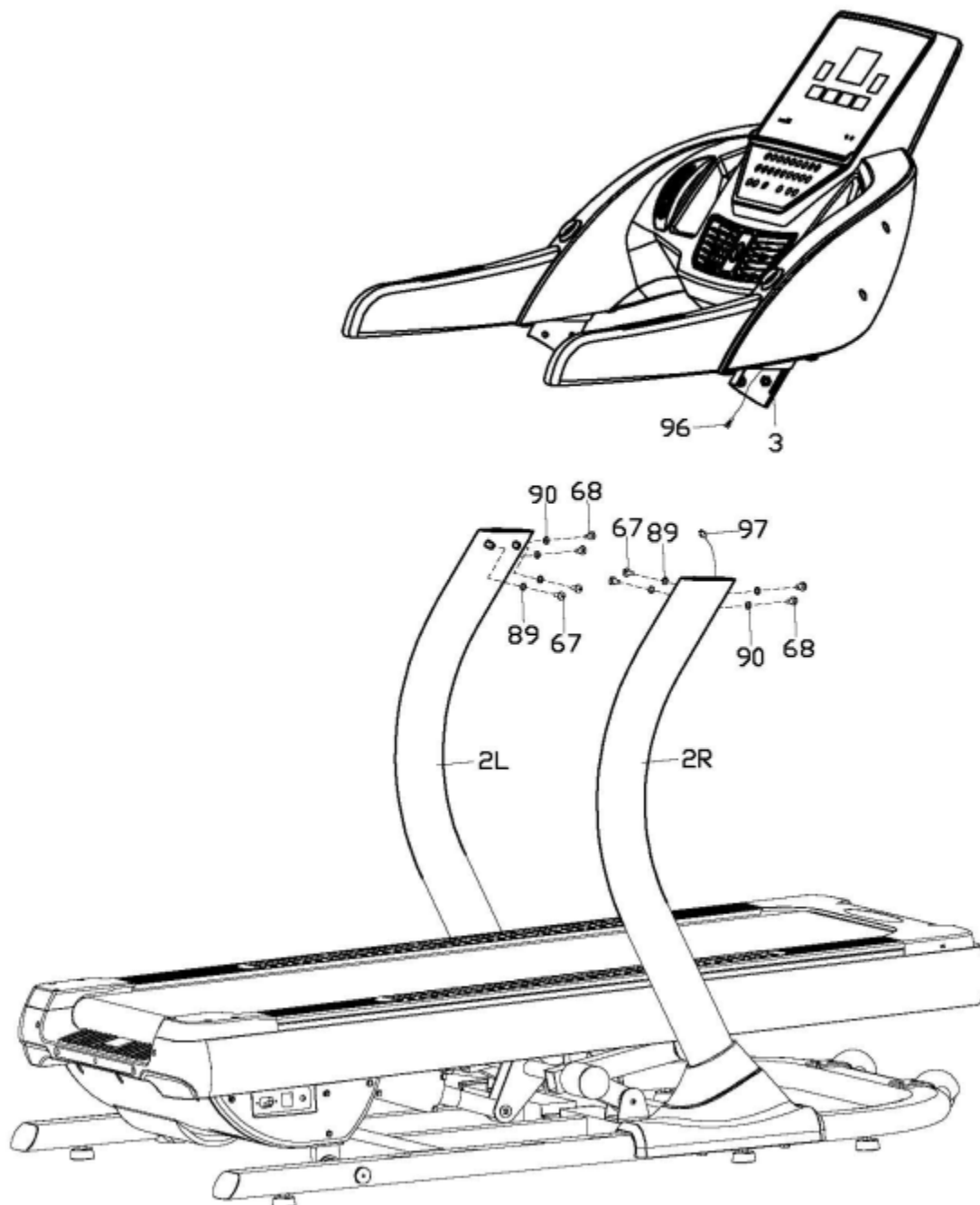
1. Open the package, take out all parts and place the main frame on the flat ground.
2. Connect the controller wire (97) with the lower extension wire (98).
3. Lock the left and right upright tubes (2L/R) to the support frame (6) with hex socket screw (61&57) and lock washer (89). NOTE: please don't tighten the hex socket screw (61&57) for the time being.
4. Install the upright tube cover (29L/R) into the upright tube (2L/R).



STEP 2:

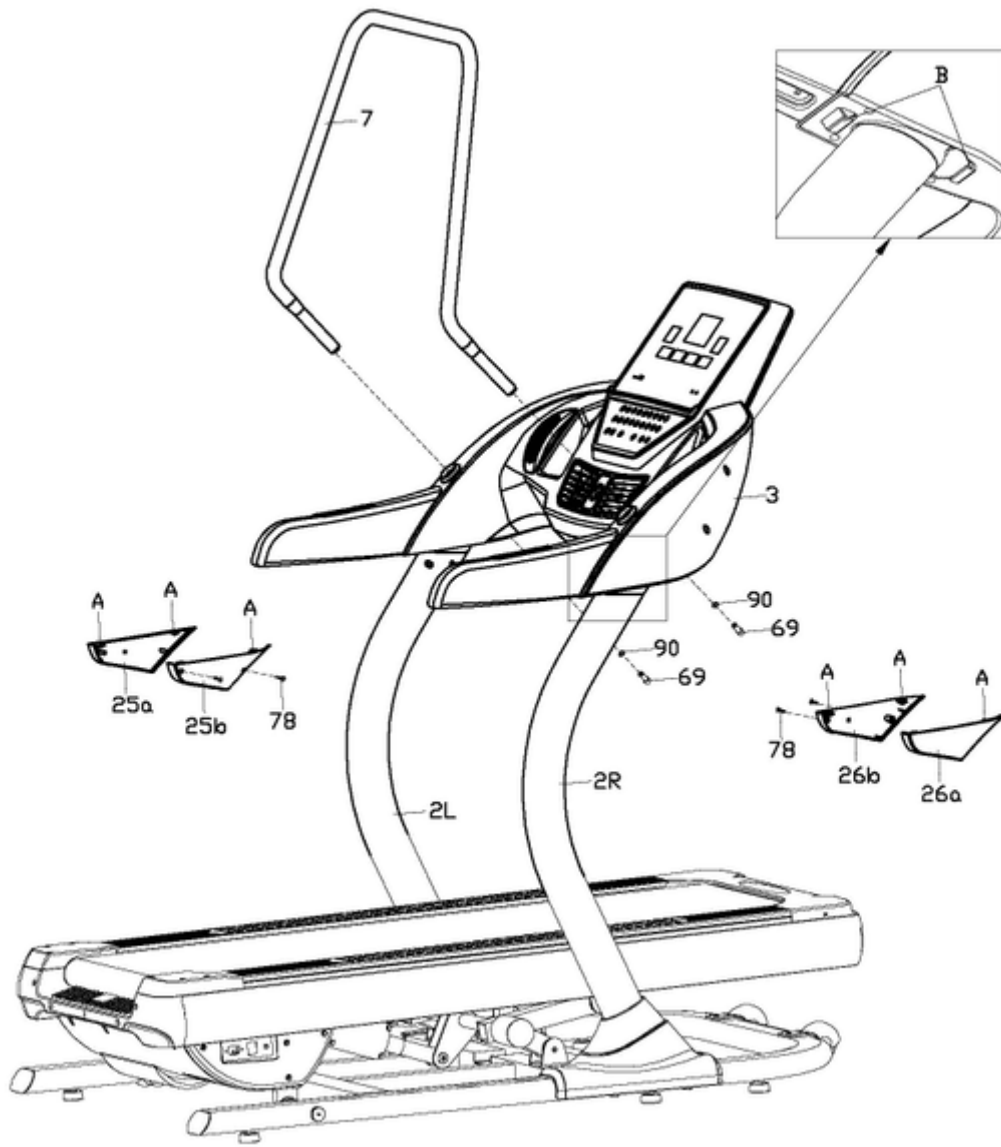
1. Connect the upper extension wire (96) with the extension wire (97).
2. Fix the computer frame (3) to the left and right upright tube (2L/R) with hex socket screws (67&68) and lock washers (89&90).

Now, tighten all screws installed before.



STEP 3:

1. Lock the front handlebar (7) to the computer frame (3) tightly with hex socket screws (69) and lock washers (90).
2. Install the A of the left upright cover (25a/b) and right upright cover (26a/b) into the B of the computer (3), as the picture shown. Put the left upright cover (25a/b) and right upright cover (26a/b) into the upright tube (21L/R), and then tighten it with screws (78) .



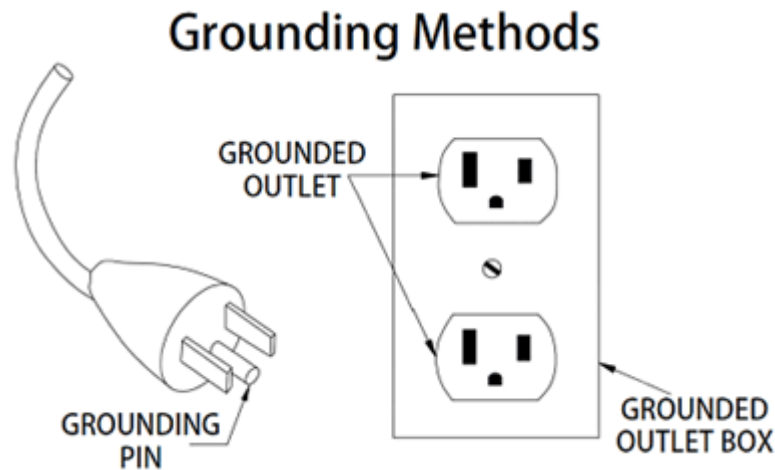
3.

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER — Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-volt circuit and has a grounding plug that is accordance with VDE . Make that the product disconnected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Pls pay great attention to the voltage of power and the plug of the power. Wrong voltage and plug will cause fault of the product. Below plug just for setting reference.



TECHNICAL PARAMETER

| | | | |
|----------------------|----------------|------------------|------------|
| ASSEMBLY SIZE (mm) | 1812x1120x1875 | POWER | AS ORDER |
| RUNNING SURFACE (mm) | 550x1550 | MAX OUTPUT POWER | AS ORDER |
| NET WEIGHT | 200KG | INPUTVOLTAGE | AS ORDER |
| GROSS WEIGHT | 250KG | SPEED RANGE | 1.0-20KM/H |

| | | | |
|------------------------------|-------|----------------|---------|
| MAX USER'S WEIGHT | 170KG | INCLINE | -5%-40% |
|------------------------------|-------|----------------|---------|

Operation Instructions



Speed : display speed data.

Time: display time

Dis.: display distance

INC.: display incline

Prog/cal: display program and calories

PUL.: display heart rate

Middle dot matrix: display the runway and the number of turns, 400 meet per turn.

Data display range of various parameters:

TIME: 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (KC)

SPEED: 1.0 – 20.0(KM/H)

PULSE: 50 – 200 (BPM)

INCLINE: -5 – 40%

NOTE:

| | |
|---------|--------------------------------|
| -5%-15% | SPEED RANGE: 1-20KM/H |
| 16%-25% | SPEED RANGE: 1-12KM/H(LIMITED) |
| 26%-40% | SPEED RANGE: 1-8KM/H(LIMITED) |

1.1. Start

Press for 3s with normal start.

1.2. Programs

18 Preset programs, 3 USER setting programs, 4 exercise mode, Body fat Test programs.

1.3. Safe lock function

Pull out the Safety lock, the treadmill will stop immediately and window will display “ -- ”. Put the safety lock in the position and the window will display for 2s and all data will clear up, then get into standby state.

1.4. Key function

START, STOP, PROG, MODE, SPEED/+/-, INCLINE/+/-.

Speed shortcut: 3/6/9/12/15; stop shortcut: -4%, -2%, 5%, 15%, 25%, 40%

- ① “START” for startup, press START the treadmill will run at minimal speed; “STOP” for stop, the treadmill will stop when the key pressed.
- ② PROG KEY: In standby state, you can circle select the programs from Manual Mode to “P1-P18, FAT, U1-U3” by pressing this key; Manual mode is set for default, the default speed is 1.0 km/h, max speed set at 20km/h.
- ③ MODE KEY: In standby state, press the key to select H-1 to H-3 three different countdown modes; H-1 for time countdown mode; H-2 for distance countdown mode; H-3 for cal. Countdown mode; SPEED/+/- key may be used to setup all the countdown modes, after setting the data, press the START to run the treadmill.
- ④ SPEED/+/-: for increase or decrease the speed setting; when setting the parameters, the motor runs, the keys can be used as parameter adjuster, when the motor runs, the keys can be used as incline adjuster, up 0.1km per press; when continuously press over 0.5s, it will continuously speed up or down.
- ⑤ INCLINE+/-: “INCLINE+” and “INCLINE-” are for stop adjusting, which can be used for the data setting; when the treadmill is in use, the key can be used to adjust the slope, advance 1 level per press; continuously press over 0.5s, it will continuously incline or decline.
- ⑥ SPEED shortcut: 3km/h, 6km/h, 9km/h, 12km/h, 15km/h can be set under operation condition.
- ⑦ INCLINE SHORTCUT: -4%, -2%, 5%, 15%, 25%, 40% can be set under operation condition
- ⑧ VOLUME: adjust the music volume.
- ⑨ UP/NEXT: select the music track.

- ⑩ **Kilometer transform with mile:** take off the safety key, press PROGRAM and MODE for three seconds at the same time.
- ⑪ **Software version of the query:** Press the SPEED+ and SPEED-, two buttons for 1 second during the standby state, you could inquiry the information of current software version.
- ⑫ **Incline studying:** Press the INCLINE+ and INCLINE-, two buttons for 3 seconds in the condition of taking away the safety key, you could study the incline. Please don't do other operation during incline study as far as possible, otherwise you will be failure.

1.5. Heart rate display function

when the treadmill on, hold the heart rate holder for 5s, the heart rate will be displayed, the initial value is the actual heart rate, range 50-200 peep per minute.

1.6. Preset programs

Each program is divided into 16 sections; the operation time will be evenly distributed to each program section. Here below is a 18section program running diagram.

| TIME | | Setup time / 16 = each segment of the running time | | | | | | | | | | | | | | | |
|------|---------|--|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| P1 | SPEED | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 1 |
| | INCLINE | 24 | 25 | 26 | 28 | 29 | 25 | 26 | 28 | 29 | 25 | 26 | 28 | 29 | 25 | 26 | 0 |
| P2 | SPEED | 1 | 2 | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 4 | 4 | 3 | 3 | 3 | 2 | 1 |
| | INCLINE | 24 | 28 | 25 | 25 | 28 | 25 | 28 | 25 | 28 | 28 | 25 | 25 | 28 | 27 | 24 | 0 |
| P3 | SPEED | 1 | 2 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 4 | 3 | 2 | 2 | 1 |
| | INCLINE | 20 | 22 | 24 | 26 | 28 | 30 | 26 | 28 | 24 | 26 | 28 | 28 | 26 | 24 | 22 | 0 |
| P4 | SPEED | 1 | 3 | 3 | 4 | 4 | 5 | 5 | 6 | 6 | 5 | 5 | 4 | 4 | 3 | 3 | 1 |
| | INCLINE | 20 | 22 | 24 | 24 | 26 | 26 | 28 | 28 | 30 | 30 | 28 | 26 | 24 | 22 | 20 | 0 |
| P5 | SPEED | 1 | 2 | 3 | 4 | 5 | 6 | 2 | 3 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 |
| | INCLINE | 20 | 22 | 24 | 26 | 28 | 20 | 22 | 24 | 26 | 28 | 20 | 22 | 24 | 22 | 20 | 0 |
| P6 | SPEED | 1 | 2 | 3 | 4 | 6 | 6 | 4 | 5 | 6 | 6 | 6 | 4 | 5 | 5 | 3 | 1 |
| | INCLINE | 33 | 30 | 28 | 26 | 24 | 28 | 30 | 28 | 26 | 24 | 30 | 28 | 28 | 24 | 22 | 0 |
| P7 | SPEED | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 2 | 2 | 1 | 1 |
| | INCLINE | 30 | 32 | 32 | 34 | 34 | 36 | 36 | 32 | 32 | 30 | 30 | 32 | 32 | 30 | 28 | 0 |
| P8 | SPEED | 1 | 4 | 5 | 6 | 2 | 4 | 5 | 6 | 3 | 4 | 5 | 6 | 5 | 4 | 2 | 1 |
| | INCLINE | 20 | 24 | 26 | 28 | 22 | 24 | 26 | 28 | 22 | 24 | 26 | 28 | 26 | 22 | 20 | 0 |
| P9 | SPEED | 1 | 6 | 6 | 2 | 6 | 6 | 2 | 6 | 6 | 2 | 6 | 6 | 2 | 6 | 6 | 1 |
| | INCLINE | 23 | 25 | 26 | 23 | 25 | 26 | 23 | 25 | 26 | 23 | 25 | 26 | 23 | 25 | 26 | 0 |

| | | | | | | | | | | | | | | | | | |
|-----|---------|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| P10 | SPEED | 2 | 5 | 5 | 5 | 10 | 10 | 5 | 5 | 5 | 3 | 3 | 2 | 5 | 5 | 3 | 2 |
| | INCLINE | 0 | 0 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 0 |
| P11 | SPEED | 2 | 4 | 9 | 9 | 4 | 4 | 8 | 8 | 10 | 10 | 12 | 4 | 4 | 8 | 4 | 2 |
| | INCLINE | 0 | 1 | 2 | 3 | 4 | 5 | 4 | 5 | 4 | 2 | 1 | 2 | 3 | 2 | 1 | 0 |
| P12 | SPEED | 2 | 4 | 6 | 12 | 12 | 12 | 3 | 3 | 3 | 3 | 12 | 12 | 12 | 6 | 4 | 2 |
| | INCLINE | 0 | 2 | 4 | 6 | 4 | 2 | 1 | 0 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 0 |
| P13 | SPEED | 2 | 7 | 7 | 9 | 9 | 4 | 4 | 12 | 12 | 4 | 4 | 8 | 8 | 4 | 4 | 2 |
| | INCLINE | 0 | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 2 | 1 | 1 | 0 |
| P14 | SPEED | 2 | 2 | 6 | 6 | 6 | 8 | 9 | 10 | 11 | 12 | 9 | 5 | 5 | 5 | 3 | 2 |
| | INCLINE | 0 | 1 | 2 | 4 | 2 | 1 | 2 | 4 | 2 | 1 | 2 | 4 | 2 | 1 | 2 | 0 |
| P15 | SPEED | 2 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 10 | 9 | 8 | 6 | 7 | 5 | 4 | 2 |
| | INCLINE | 0 | 1 | 2 | 4 | 6 | 6 | 6 | 4 | 4 | 4 | 2 | 2 | 2 | 1 | 1 | 0 |
| P16 | SPEED | 2 | 12 | 4 | 12 | 4 | 12 | 4 | 12 | 4 | 12 | 4 | 12 | 4 | 12 | 4 | 2 |
| | INCLINE | 0 | 8 | 10 | 13 | 4 | 8 | 10 | 13 | 4 | 8 | 10 | 13 | 4 | 8 | 10 | 0 |
| P17 | SPEED | 2 | 8 | 10 | 12 | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 2 |
| | INCLINE | 0 | 8 | 12 | 13 | 4 | 8 | 12 | 13 | 4 | 8 | 12 | 13 | 4 | 8 | 10 | 0 |
| P18 | SPEED | 2 | 4 | 6 | 8 | 10 | 12 | 12 | 2 | 4 | 6 | 8 | 12 | 12 | 10 | 6 | 2 |
| | INCLINE | 0 | 4 | 6 | 8 | 10 | 12 | 13 | 12 | 13 | 12 | 13 | 10 | 8 | 6 | 4 | 0 |

1.7. Body fat test

In standby state, press MODE continuously to enter body fat test program. The window display “FAT”. Press MODE to select the parameter of F1(gender), F2(age), F3(height), F4(weight), Press SPEED +/ SPEED - to set the parameter of 01-04(see below detailed table), the window display F5 after setting. At this state, hold the handle pulse board for 5-6 seconds and it will display the FAT, check if the weight matches with your height. FAT is to measure the relevance between height and weight, not the body proportion. FAT is suitable for every man and woman, it provide the important grounds for adjusting the weight with other health indicators. The perfect FAT is between 20-25, which means if less than 19 is too thin, and if between 25-29 is overweight and if more than 30 is obesity.(The parameter is only for reference, not medical judgment)

| F--1 | Gender | 01(man) | 02(woman) |
|------|--------|-------------|---------------|
| F--2 | Age | 10-----99 | |
| F--3 | Height | 100-----200 | |
| F--4 | Weight | 20-----150 | |
| F--5 | FAT | ≤19 | Under weight |
| | FAT | =(20--25) | Normal weight |

| | | | |
|--|-----|-----------|-------------|
| | FAT | =(25--29) | Over weight |
| | FAT | ≥30 | Obesity |

1.8. Parameters for 3 modes

Countdown initial set time is 30:00 min., the range: 5:00 ---99:00 min., add step: 1:00min.; Countdown cal. Initial set is 50 Kcal, set range 20-990 Kcal, add step 10 Kcal; Countdown distance initial set is 1.0 Km, set range 1.0-99.0 Km, add step 1.0 Km; loop switch sequence is manual、time、distance、calorie.

1.9. Customized program

In addition to 18 built-in programs, the treadmill also has 3 customized programs to support the customized setting based on the user’s specific situation: U01, U02 and U03.

1.9.1. Setting of customized program:

In standby state, continuously press PROGRAM to the required customized program (U01~ U03); at the same time, the “TIME” window flashing, display the preset time, press “INCLINE+”/ “INCLINE-”, “SPEED+/-” to set the running time, press MODE to confirm entering the setting; then, set up parameters in the first time section; set up speed by SPEED +/ SPEED - or speed shortcuts and set up incline by INCLINE +/ INCLINE - or incline shortcuts; press MODE to complete the first time section’s setting and enter the state to set up parameters for the second time section until the completion of setting for all the 16 time sections. Set parameters will be permanently saved until the next time setting. These parameters will not be lost due to power disconnection.

1.9.2. Start of customized program:

In standby state, continuously press PROGRAM to the required customized program (U01~ U03). After setting up the operation time, press START.

1.10. Others

- ①When some countdown parameters completed, the window display END, the alarm peers 0.5sin every 2s, until the treadmill stop fully. then back to manual mode.
- ②In setting parameter, it must be cycle set, as the time set range 5:00---99:00, when set at 99:00, press INCLINE+ it will back to 5:00 and go on cycling.
- ③Countdown time, countdown cal, countdown distance, only one parameter can be set, and operates the last parameter. The one which has set countdown, other is with normal count.
- ④Cal. Standard value is70.3 Kcal/Km.
- ⑤When test body fat, both hands hold heart pulse for 5s and the body fat display.
- ⑥Kilometer transform with mile. In standby or removing safety key state, press PROG and MODE for 3 seconds at the same time, you will hear the sound of ‘BE’, and your fastest speed will be showed.

1.11. Meanings of error message codes:

| code | description | Fault reason | Troubleshooting |
|------|--|---|---|
| E01 | Communication error between Digital meter and inverter | Digital meter and inverter not connected well | Check the connection and fits it |
| | | digital meter broken | change digital meter |
| | | inverter broken | Change inverter |
| E04 | Incline motor correction failure or error | Incline motor correction failure | re-check incline motor after power on |
| | | Inverter connection loosed | Check the connection |
| | | Inverter broken | Change inverter and re-check it |
| | | Incline motor broken | Change the incline motor and re-check |
| E05 | Over-current protection | motor with over current | Lubricating oil to reduce the resistance between running belt and running board |
| | | IPM module short circuit | Change inverter |
| E06 | Over-heat protection | Temp. Sensor short circuit | Change inverter |
| | | controller chip 358/324 broken | Change inverter |
| | | Fan fault | Change inverter |
| E07 | Low-voltage protection | power voltage below 185V | Make sure the voltage in the right range |
| | | power voltage normal | Change inverter |
| E09 | Over-load protection | parameter setup error | Change inverter |
| | | over-loading | reduce loading |
| “—” | Safety lock | Safety lock not in position | put Safety lock in position |
| | | Safety lock switch broken | change Safety lock switch |
| | | Safety lock connection line loose | reconnect Safety lock line |

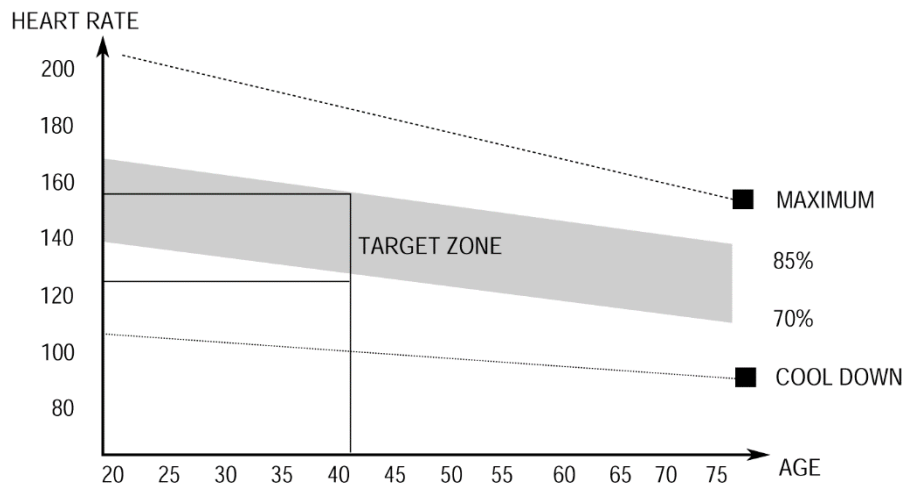
EXERCISE INSTRUCTIONS

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce

your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

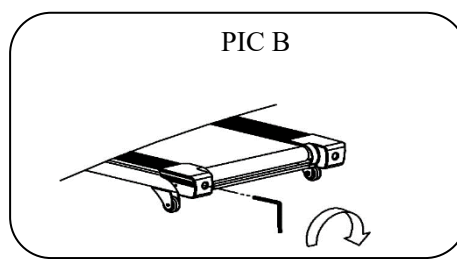
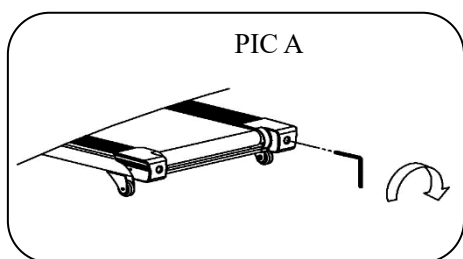
MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 3.5 mph
- If the belt offs the track to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.
- If the belt offs the track to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.



Picture A: If the belt has drifted to the RIGHT

Picture B: If the belt has drifted to the LEFT

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened.

In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size allenwrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping.

Repeat if necessary, but **NEVER TURN** the roller bolts more than **1/4 turn** at a time. The belt tension is set properly when the running belt is **50 - 75mm** from the deck.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the buildup of foreign material underneath the walking belt.

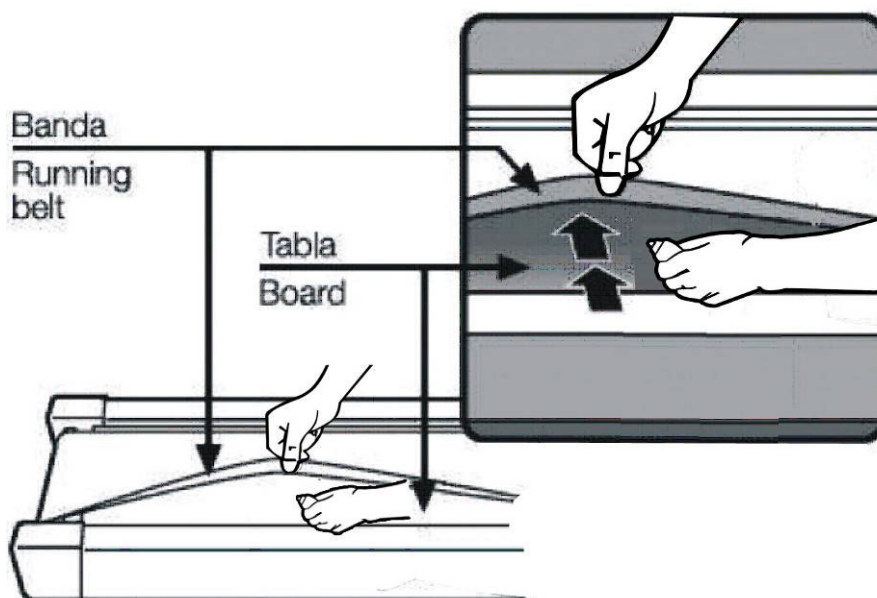
The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.

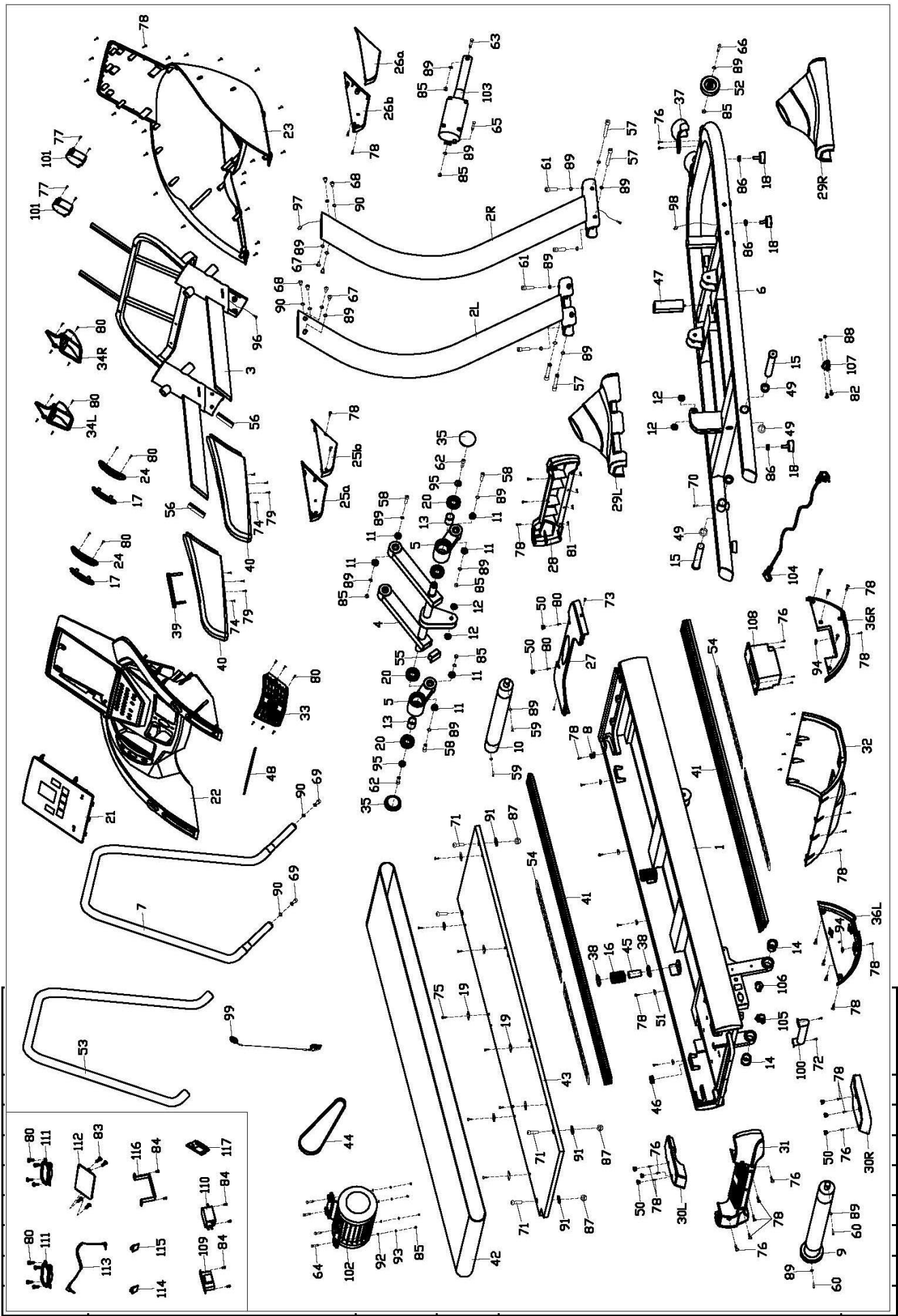
WALKING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- **Light user (less than 3 hours/ week)** **annually**
- **Medium user (3-5 hours/ week)** **every six months**
- **Heavy user (more than 5 hours/ week)** **every three months**





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|-------|-----------------------------|--------|-----|------------------------------------|----|
| 9 | Front roller | 1 | 68 | Hex socket screw M8*15 | 4 |
| 10 | Rear roller | 1 | 69 | Hex socket screw M8*30 | 2 |
| 11 | Spacer 1 | 8 | 70 | Hex socket screw M6*20 | 2 |
| 12 | Spacer 2 | 4 | 71 | Hex nut M6*35 | 4 |
| 13 | Spacer 3 | 2 | 72 | Cross pan head screw M5*8 | 2 |
| 14 | Spacer 4 | 2 | 73 | Cross pan head screw M5*15 | 2 |
| 15 | Spindle | 2 | 74 | Cross pan head screw M5*20 | 4 |
| 16 | Spring | 4 | 75 | Cross pan head screw M5*25 | 8 |
| 17 | Sound net | 2 | 76 | Cross pan head screw M4*8 | 12 |
| 18 | Foot pad | 6 | 77 | Cross tapping screw ST4*35 | 4 |
| 19 | Edging press board | 8 | 78 | Cross tapping screw ST4*16 | 83 |
| 20 | Bearing | 4 | 79 | Cross tapping screw ST4*45 | 4 |
| 21 | Computer board bottom cover | 1 | 80 | Cross tapping screw ST4*12 | 28 |
| 22 | Computer upper cover | 1 | 81 | Cross tapping screw ST4*12 | 4 |
| 23 | Computer bottom cover | 1 | 82 | Screws M3*15 | 2 |
| 24 | Loudspeaker cover | 2 | 83 | Cross tapping screw ST2.9*9.5 | 4 |
| 25a/b | Left upright cover | 1p.r. | 84 | Screws M4*8 | 6 |
| 26a/b | Right upright cover | 1p.r. | 85 | Nylon nut M10 | 12 |
| 27 | Front cover | 1 | 86 | Hex nut M10 | 6 |
| 28 | Front cover 2 | 1 | 87 | Hex nut M6 | 4 |
| 29L/R | Support tube cover | 1p.r. | 88 | Hex nut M3 | 2 |
| 30L/R | Rear end cap | 1p.r. | 89 | Lock washer Φ 10*1.2 | 28 |
| 31 | Connection end cap | 1 | 90 | Lock washer Φ 8*1.2 | 6 |
| 32 | Motor cover | 1 | 91 | Flat washer | 4 |
| 33 | Fan bracket | 1 | 92 | Standard flat washer Φ 10*2.0 | 4 |
| 34L/R | Fan bracket | 1 p.r. | 93 | Spring washer | 4 |
| 35 | Seal cover | 2 | 94 | Spring nut | 2 |
| 36L/R | Motor cover | 1 p.r. | 95 | Big washer | 2 |
| 37 | Transport wheels cover | 2 | 96 | upper extension wire | 1 |
| 38 | Cushion support bracket | 8 | 97 | controller wire | 1 |
| 39 | Shortcut key | 2 | 98 | lower extension wire | 1 |
| 40 | PU grip | 2 | 99 | Safety key | 1 |
| 41 | Edgings | 2 | 100 | Brake resistor | 1 |
| 42 | Running belt | 1 | 101 | Fan | 2 |
| 43 | Running board | 1 | 102 | AC motor | 1 |
| 44 | Belt | 1 | 103 | Incline motor | 1 |
| 45 | Cushion | 4 | 104 | Power wire | 1 |
| 46 | Rubber cushion | 4 | 105 | Switch | 1 |
| 47 | Limited cushion | 2 | 106 | Circuit breaker | 1 |
| 48 | Anti-skid cushion | 1 | 107 | Power socket | 1 |
| 49 | Spacer 5 | 4 | 108 | Transducer | 1 |
| 50 | Seal end cap | 8 | 109 | Inductor (optional) | 1 |
| 51 | Plastic edging mounting | 10 | 110 | Filter(optional) | 1 |
| 52 | Roller | 2 | 111 | loudspeaker (optional) | 2 |

| | | | | | |
|----|-----------------------------|---|-----|-----------------------------|---|
| 53 | Foam grip | 1 | 112 | Amplifier board (optional) | 1 |
| 54 | Non-slip mat | 4 | 113 | Connecting wire of MP3 | 1 |
| 55 | Square end cap 1 | 2 | 114 | Audio jack (optional) | 1 |
| 56 | Square end cap 2 | 2 | 115 | Audio socket (optional) | 1 |
| 57 | Hex socket screw M10*120 | 4 | 116 | Inductor bracket (optional) | 1 |
| 58 | Hex socket screw M10*80 | 4 | 117 | USB/SD card (optional) | 1 |
| 59 | Hex socket screw M10*75 | 2 | | | |

BLUETOOTH FUNCTION

Check the DKN-Technology website for more information about which apps the Treadmill 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 developer's website.

Press START to start the treadmill 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



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dkn-technology.com



Make an Appointment to Visit our Showroom



sales@dkn-technology.com