



**RB PRO** 

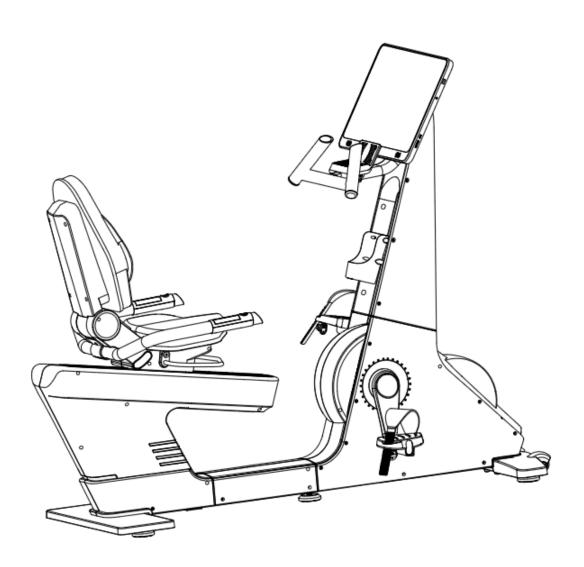
# **OWNER'S MANUAL**







# RECUMBENT 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 this Product! 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.
- 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.
- O6- 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.
- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 08- This machine can be used for only one person's training at a time.
- 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- 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: 180KG

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.

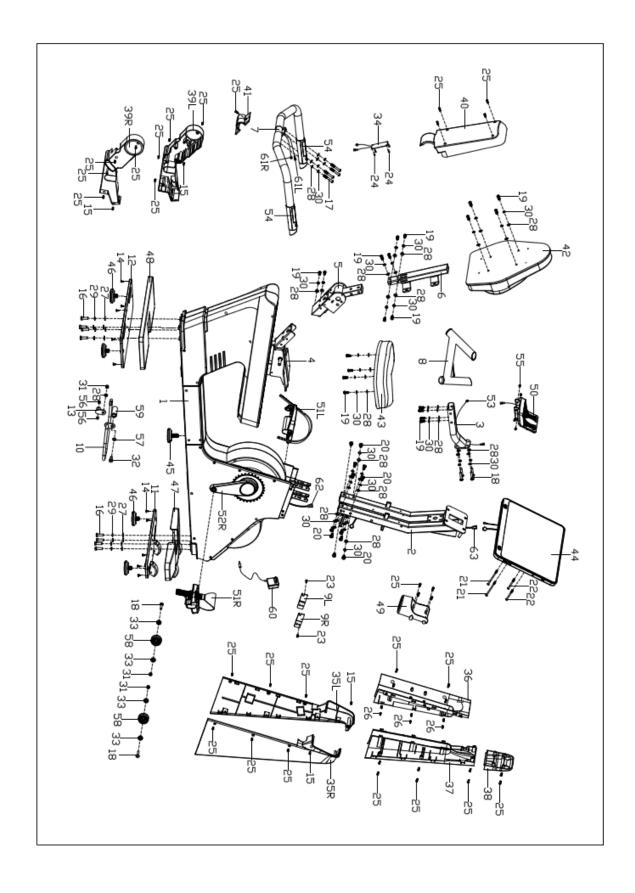
WARNING! Inappropriate use of this machine such as while under the influence of drugs or alcohol, not in line with instructions or excessive usage, may result serious injury or death.

#### 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**

Part No.	Description	Qty	Part No.	Description	Qty			
1	Main frame	1	33	Bearing 608ZZ	4			
2	Handlebar post	1	34	Wireless transmitter panel	1			
3	Handlebar connecting tube	1	35L/R	Upright tube cover	1/1			
4	Seat slider	1	36	Upright tube front cover	1			
5	Connecting bracket	1	37	Upright tube rear cover	1			
6	Back bracket	1	38	Console cover	1			
7	Handlebar	1	39L/R	Seat cover	1/1			
8	Small handlebar	1	40	Backrest cover	1			
9L/R	Fixed plate	1/1	41	Handlebar post cover	1			
10	Adjusting handle	1	42	Backrest				
11	Front stabilizer	1	43	Seat	1			
12	Rear stabilizer	1	44	Computer				
13	Adjustable handle sleeve	1	45	Adjustable foot pad	1			
14	Phillips socket tapping screw ST4x12	10	46	Adjustable foot pad	4			
15	Phillips tapping screw ST4.2x18	4	47	Front stabilizer cover	1			
16	Hex pan head screws M10x30	8	48	Rear stabilizer cover	1			
17	Hex pan head screws M10x55x L25	4	49	Bottle holder	1			
18	Hex pan head screws M8x40x L15	6	50	External wireless charging module	1			
19	Hex pan head screws M8x20	19	51L/R	Pedal	1/1			
20	Allen bolt M8x18	12	52L/R	Crank	1/1			
21	Cross pan head screw M5x95	2	53	Extension wire	1			
22	Cross pan head screw M5x65	2	54	Pulse sensor	2			
23	Cross pan head screw M5x12	2	55	Cross bolt M5 x 10	4			
24	Cross pan head tapping screw ST3 x 10	4	56	Hex lock-in screw M8 x 10	2			
25	Cross pan head socket Screws	35	57	Wave washer Φ12xΦ16x0.3	1			
26	Cross screw M4 x 15	6	58	Roller	2			
27	Flat washer D20xd10x2	8	59	Plastic spacer	1			
28	Flat washer D16xd8x1.5	39	60	Adaptor	1			

29	Spring washer D10	8	61L/R	Pulse wire	1
30	Spring washer D8	38	62	Control extension wire 1	1
31	Nylon nut M8	3	63	Control extension wire 2	1
32	Handle tighten screw	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.

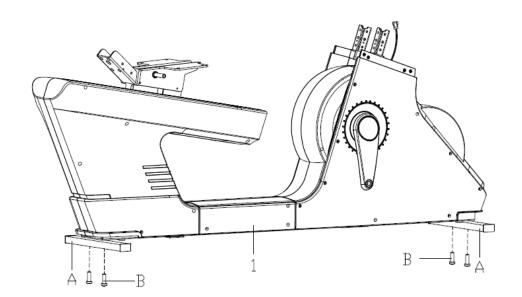
- ◆ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.
- ♦ Although this product can be assembled by one person, <u>we recommend having</u> the assistance of another individual. This is especially convenient when assembling multiple parts or moving the equipment.

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

# **ASSEMBLY INSTRUCTIONS**

#### Step 1:

Take off Hex bolt (B) and unload the Wrapping tube(A) from the Main frame (1). Put away the Wrapping tube(A) for use in the next packing.

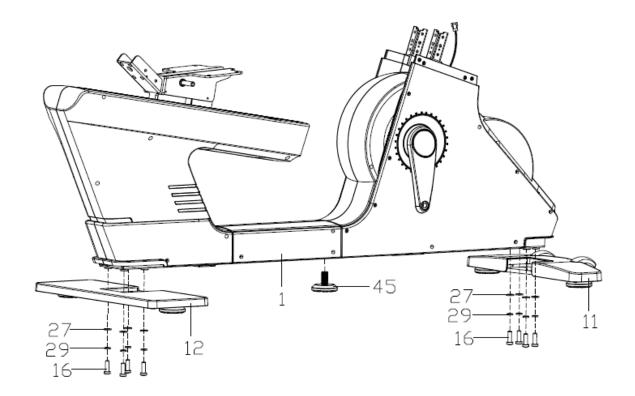


### Step 2:

Attach the Rear stabilizer (12) and Front stabilizer (11) to the Main frame (1) with the screw (16), Spring washers (29) and Flat washers (27).

Fix the Foot pad (45) to the Main frame (1).

Adjust the Foot pad (45) to be parallel to the foot pad of Rear stabilizer (12) and Front stabilizer (11).

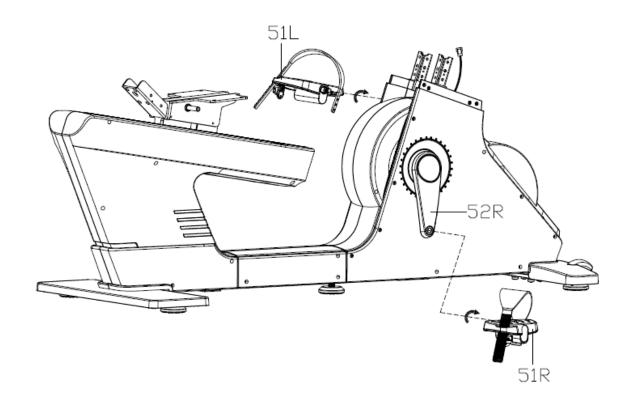


#### Step 3:

Attach the Pedals (51L/R) to the Cranks (52L/R) respectively with wrench .

Note: The marks "L "and "R" on the pedal are for left and right side of the crank. The pedal (L) should be turned counter-clockwise to the crank (L). On the contrary, the pedal (R) should be turned clockwise to the crank (R).

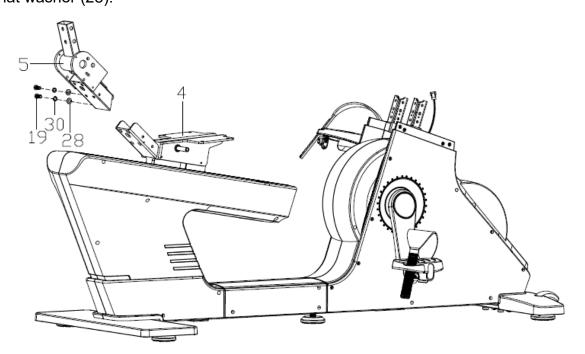
Note: <u>Make ensure</u> the Pedals are securely locked during exercise to avoid any damage to the threads of Pedals or Cranks, please check on regular basis.





### 10

Pre lock the Connecting bracket (5) to Seat slider (4) with screw (19), Spring washer (30) and Flat washer (28).





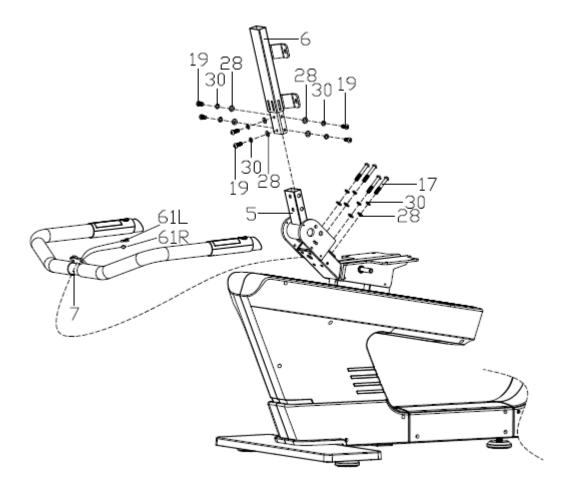
Step 4:

#### Step 5:

Put through Pulse wire (61L/R) to Connecting bracket (5), then lock Handlebar (7) to Connecting bracket (5) with screw (17), Spring washer (30) and Flat washer (28).

Lock Back bracket (6) to Connecting bracket (5) with screw (19), Spring washer (30) and Flat washer (28).

Lock all the screws (19) tightly.



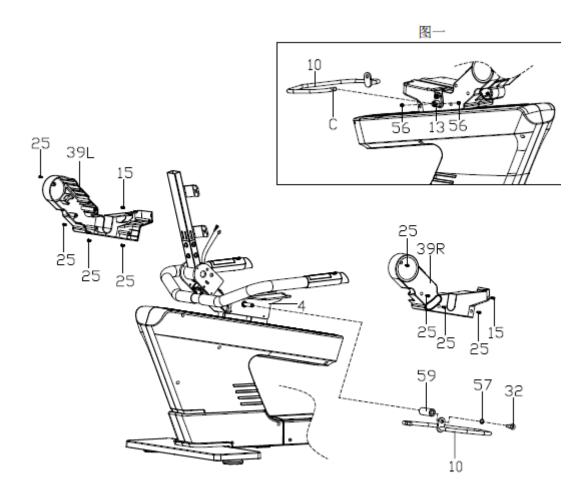


### Step 6:

Back-out Screws (56) on Adjustable handle sleeve (13).

Lock Seat cover (39L/R) to Seat slider (4) with Screw (15) and Screw (25).

Insert Adjustable handle (10) to Adjustable handle sleeve (13), and then lock tightly with Screw (56), at last, lock Adjustable handle (10) to Seat slider (4) with Screw (56), Plastic spacer (59), Wave washer (57) and Screw (32).

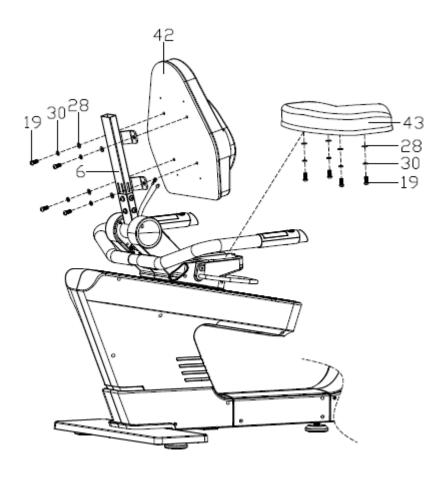




### Step 7:

Attach the Backrest (42) to the Back bracket (6) with Screw (19), Flat washers (28) and Spring washer (30).

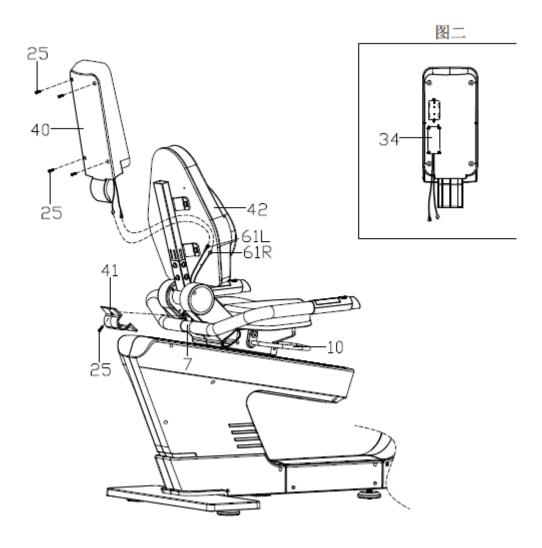
Attach the Seat (43) to the Seat slider (4) with Screw (19), Flat washers (28) and Spring washer (30).



### Step 8:

Connect wires of Wireless transmitter panel (34) with Pulse wire (61L/R), then Lock Backrest cover (40) to Backrest (42) with Screw (25).

Life up Adjusting handle (10) to adjust the seat to the rear end, then lock Handlebar post cover (41) to Handlebar (7) with Screw (25).



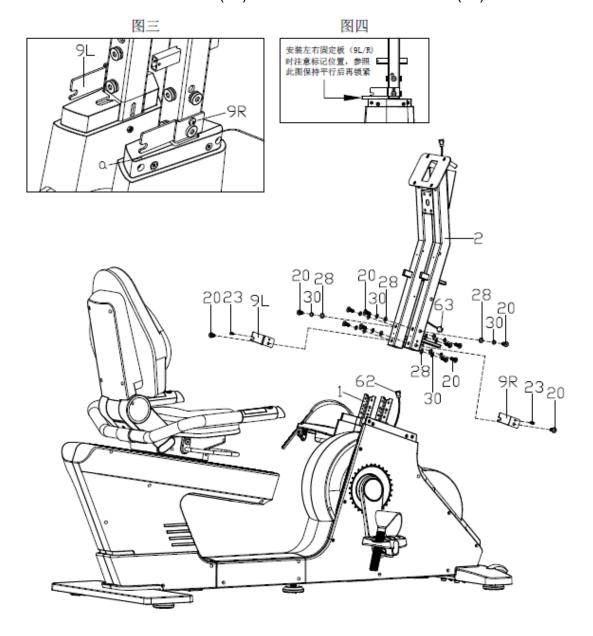


### Step 9:

Attach the Handlebar post (2) to Main frame (1) with Allen bolt (20), Flat washers (28) and Spring washer (30).

Lock Fixed plate(9) to Handlebar post (2) with Allen bolt (20) and Screw (23).

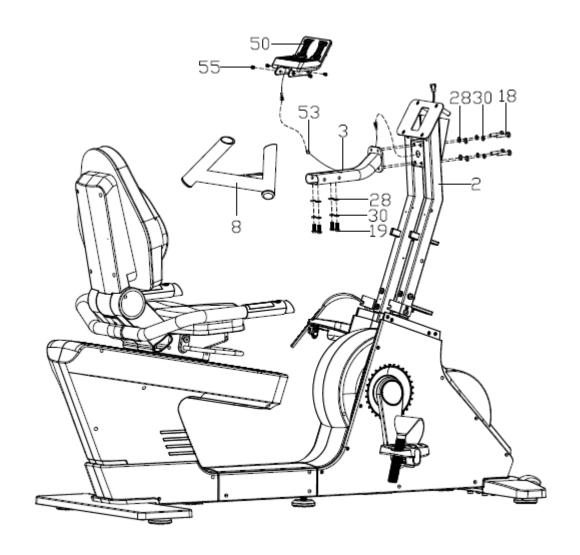
Connect Control extension wire 1(62) with Control extension wire 2(63).





#### Step 10:

- 1.Lock Small handlebar (8) to Handlebar connecting tube (3) with
- 2. Insert the Back bracket (10) to the support tube of Seat slider (9) and then fix Back bracket (10) to Seat slider (9) with Allen bolt (17), Spring washer (26) and Flat washer (23).
- 3. Connect Extension wire (53) with wire of External wireless charging module(50), and pull out the wires from Handlebar connecting tube (3), lock External wireless charging module(50) to Handlebar connecting tube (3) with Screw (55).
- 4. Lock Handlebar connecting tube (3) to Handlebar post (2) with Screw (18), Spring washer (30) and Flat washer (28).

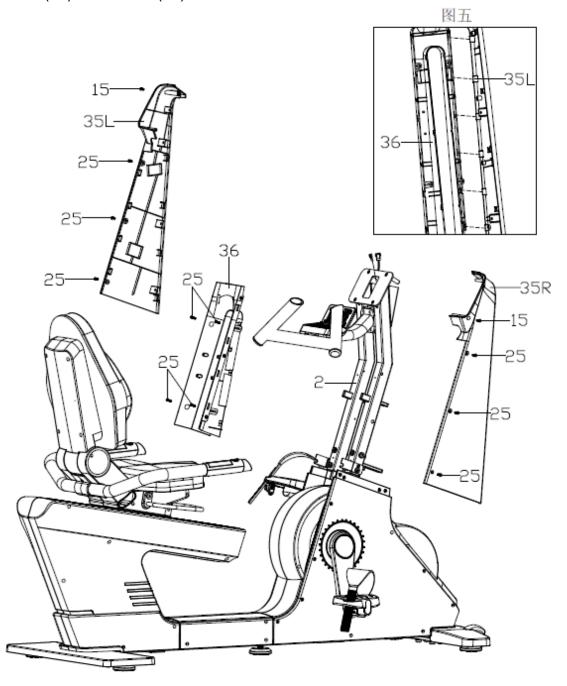




#### **Step 11:**

Pre lock Upright tube front cover (36) to Handlebar post (2) with Screw (25) (**Note: Do not lock tightly, make sure the Upright tube front cover (36) can move up and down.**)

Insert Upright tube cover (35L/R) to Upright tube front cover (36), then lock them tightly with Screw (15) and Screw (25).



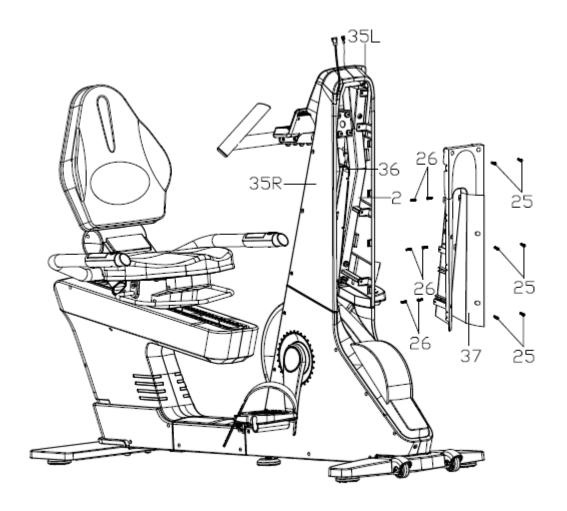


#### Step 12:

Align Upright tube front cover (36) with Upright tube rear cover (37), and then lock tightly to Handlebar post (2) with Screw (26).

Align Upright tube front cover (36) with Upright tube rear cover (37), and then lock Upright tube rear cover (37) to Handlebar post (2) tightly with Screw (25).

Lock tightly all the Screws (25) in this step.



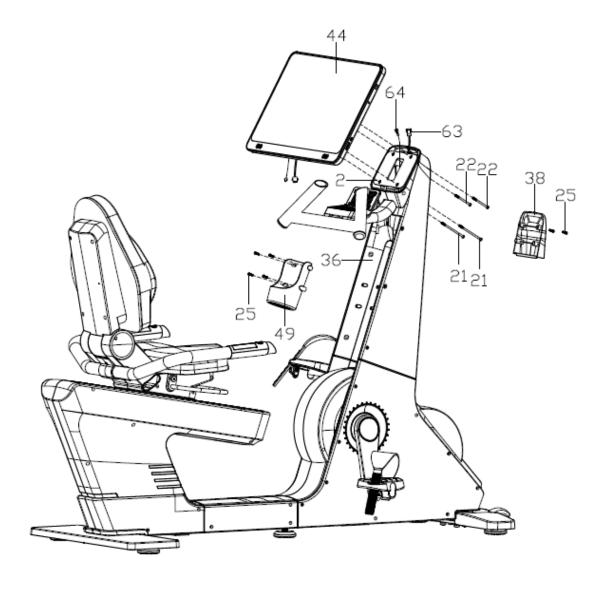


#### **Step 13:**

Connect Control extension wire (63) and Extension wire (53) with related wires of Computer (44), and then lock Computer (44) tightly to Handlebar post (2).

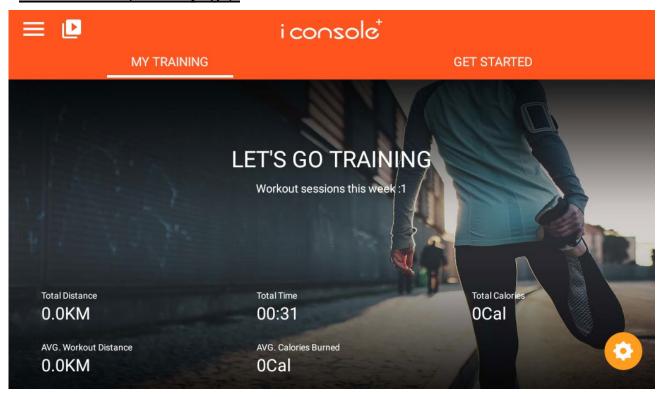
Lock Console cover (38) to Handlebar post (2) with Screw (25).

Lock Bottle holder (49) to Upright tube front cover (36) with Screw (25).



#### **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

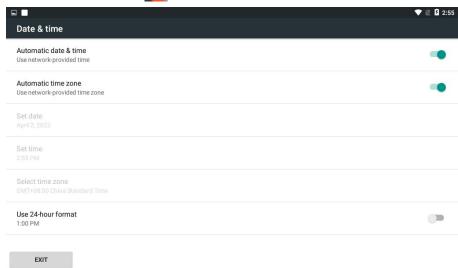
- C. System Setting : This page can operate login account/home page/historical data/new linked account/Settings and other functions
- D. Volume control:
- E. Brightness adjustment function:



- F. Time zone selection:
- (<u>L</u>)
- 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



EXIT



Pulse Device

Device ON/OFF



### 3. Display Range :

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

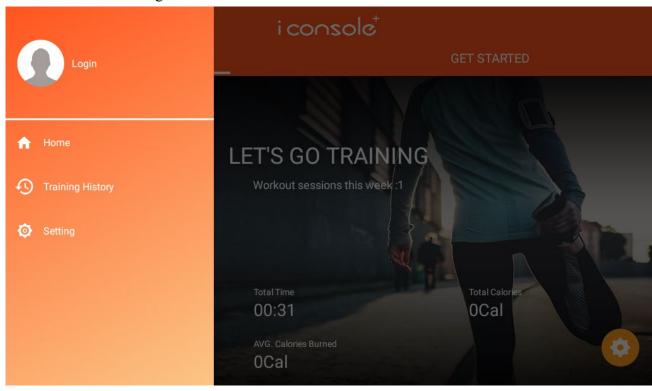
A. LOGO IN: (photo) Personal information login and create, login account

(Email application, FB, We Chat, GOOGLE login)

**B. HOME:** Back to home page

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

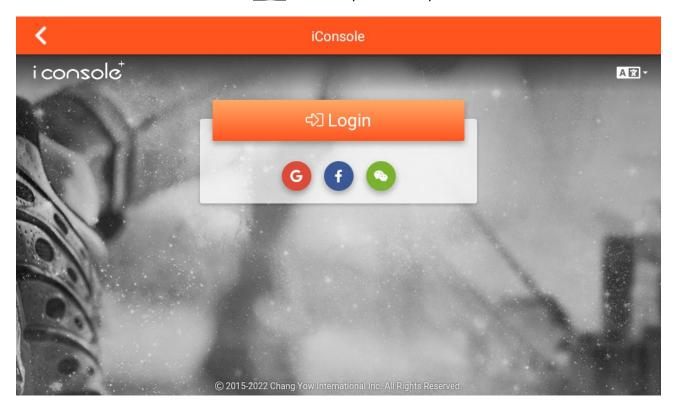
**D. SETTING:** Setting mode



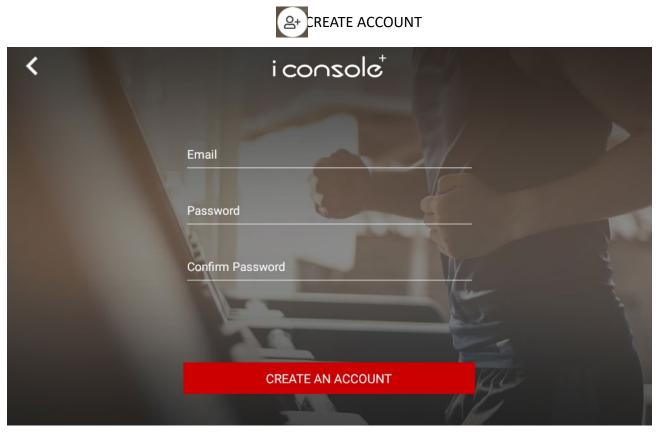
A. Click Logo in (photo) to login the account, select face book /GOOGLE/ We Chat / / enter the email password to log IN.



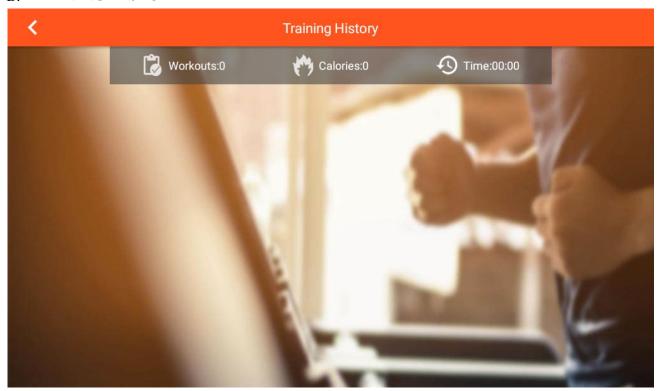
# GOOGLE /FACEBOOK/WECHAT



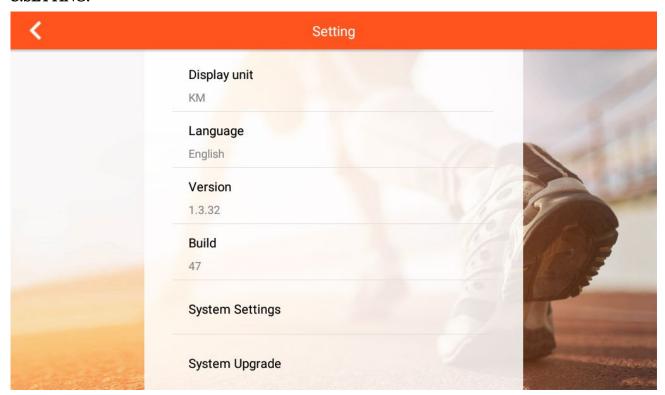




#### **B. TRAINING HISTORY**

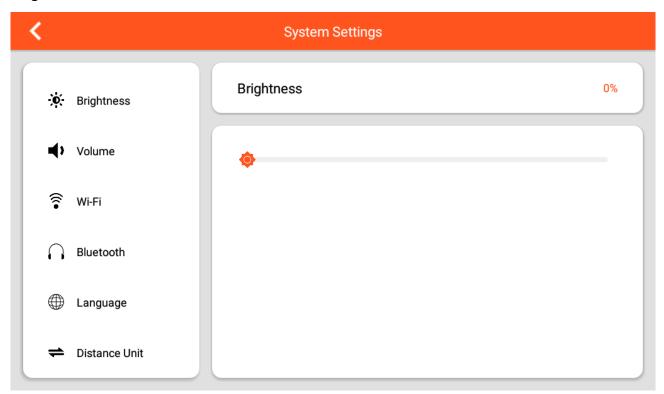


#### C.SETTING:

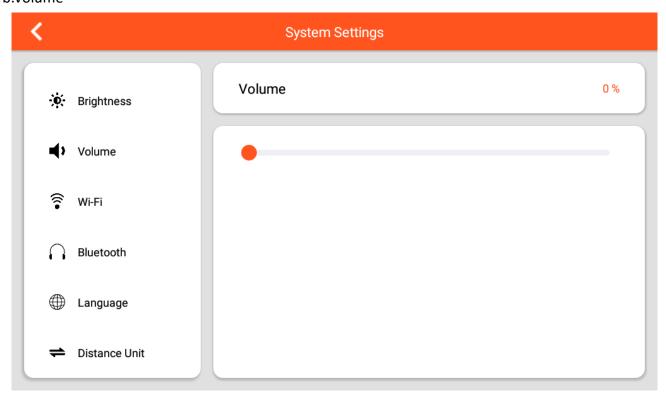




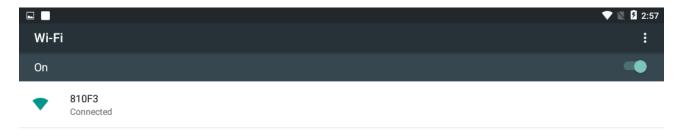
Click SYSTEM SETTINGS to enter into system setting (wifi brightness ,volume ,BT, Language ,KM/ML) a.Brightness



#### b.Volume



#### c.WIFI



EXIT

#### d. bluetooth device



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

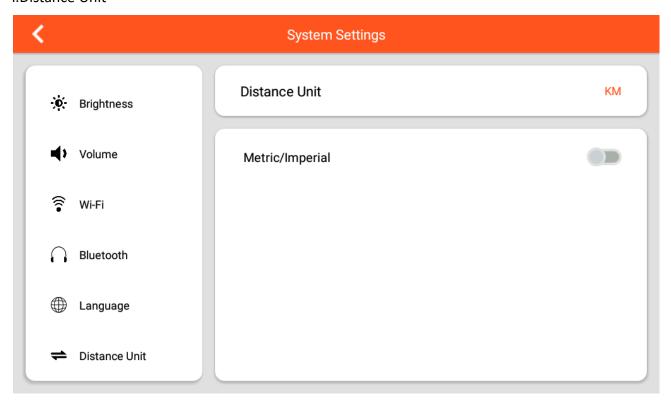
EXIT



#### e. language



#### f.Distance Unit



#### SYSTEM UPGRADE into APP updata

Instagram

1.0.0

0-

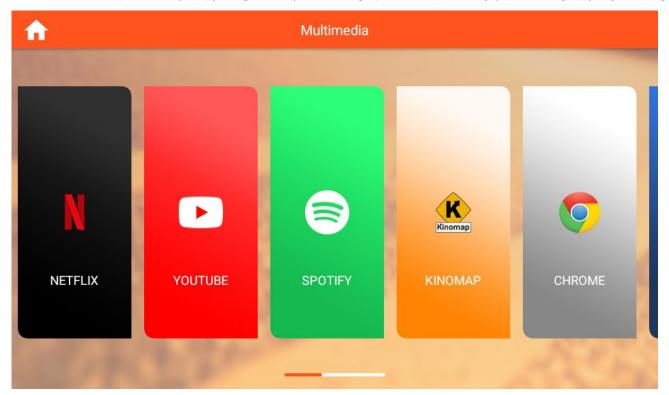
<  $\overline{\downarrow}$ 0 **App Store** There are 3 apps to download or upgrade Netflix Latest 1.0.3 Spotify Latest 1.0.2 Chrome Download 1.0.0 Facebook Latest 1.0.0 Twitter Latest 1.0.0

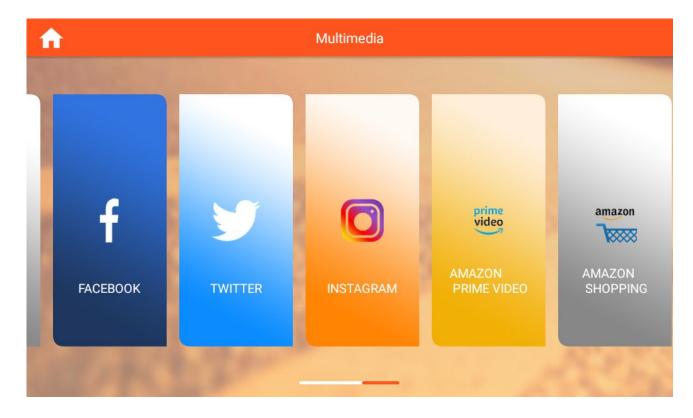


Latest

### **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





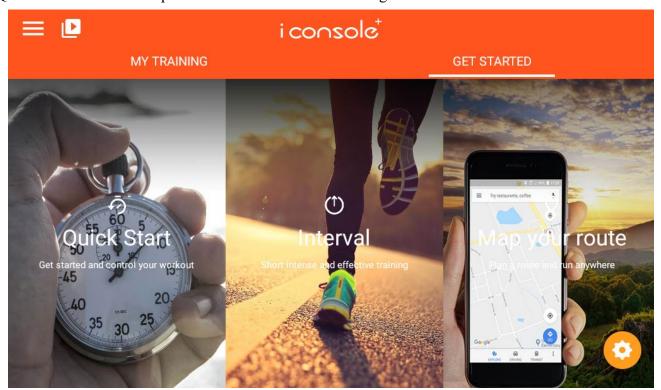
In Multimedia mode, user can press " to display or hide the movement value, press " back to the

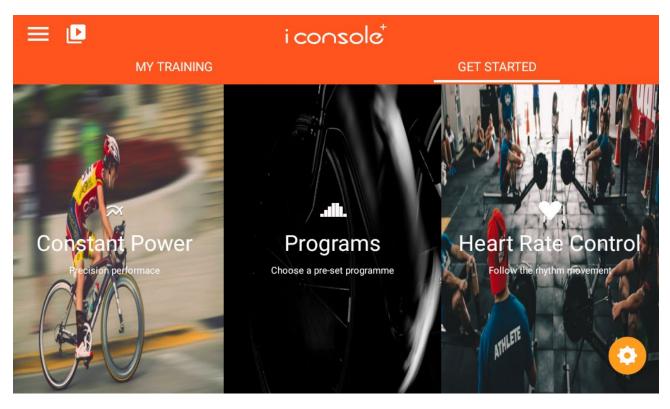
last system function page., press "o" to the home page, press "to start training, press" "stop exercise.



### 7. Function Introduction

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

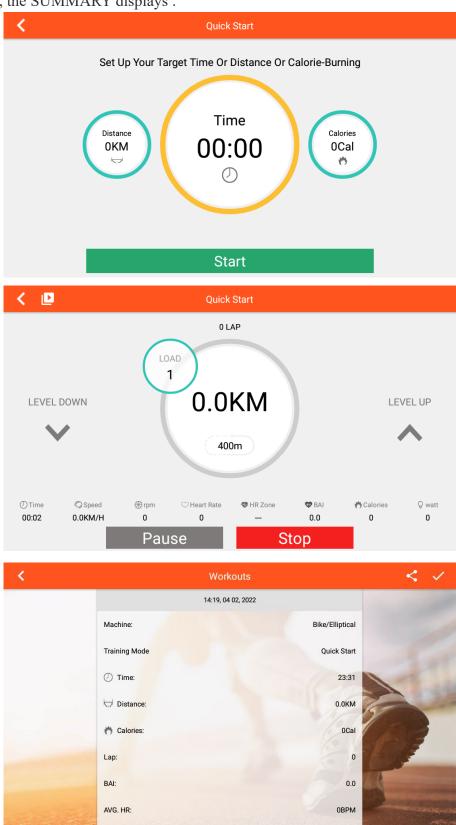






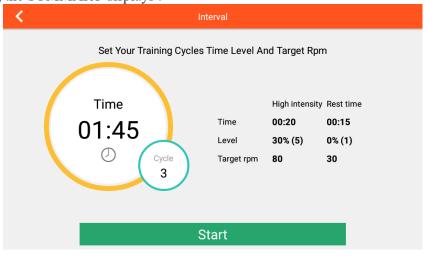
### A. QUICK START MODE:

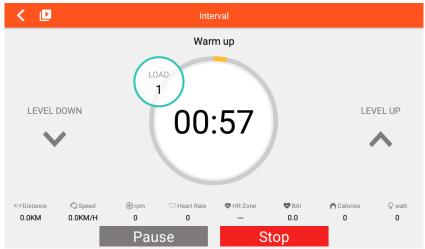
- 1. Setting the exercise value (DIST/TIME/CAL), Press "START" go to training, data start to counting.
- 2. When start training can adjust the LEVEL UP&DOWN /FAN, press "PAUSE" enter into break mode, press "STOP" to exit this mode.
- C. When finished, the SUMMARY displays.



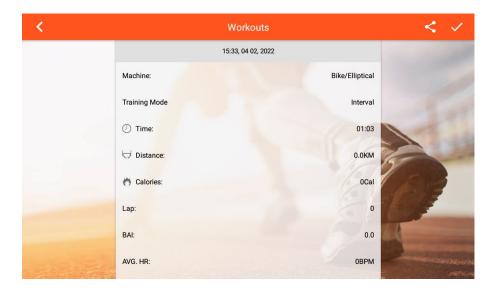
#### **B. INTERVAL MODE:**

- 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.









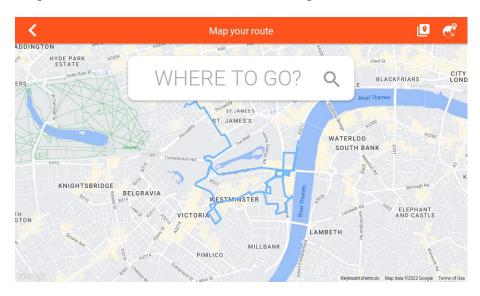


#### **C.MAP YOUR ROUTE MODE:**

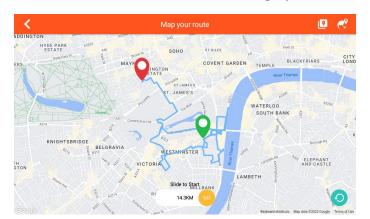
1. After entering this mode, it will detect the current region, click "L", load the preset link, distinguish

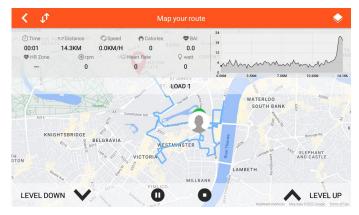
Chinese and non-Chinese region.; click "a" can switch to the world map(GOOGLE MAP) or China Map.

preset " as the map of China, and " " as the World map.



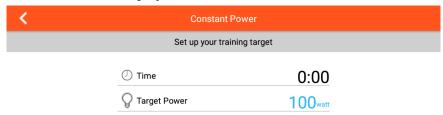
- 2. Planning the map road, long press one time will display the start position "?", long press two times will display the final position "?", press three times display the turning point " ?" (with the max qty).
- Slide and start training ,press " can reset the map.
- 3. Press "display or hide the exercise value, press "switch the map/ Google street / satellite mode, and display the map/ Google street / satellite possible 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 "eave 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.



#### Start

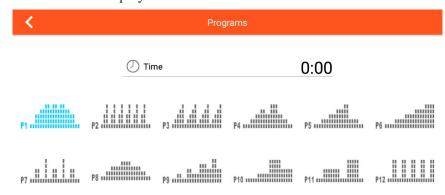






#### **E.PROGRAM MODE:**

- 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.



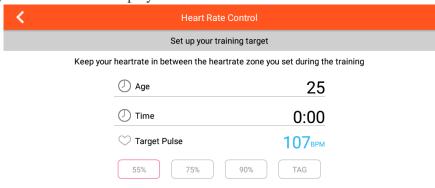
#### Start





#### 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.



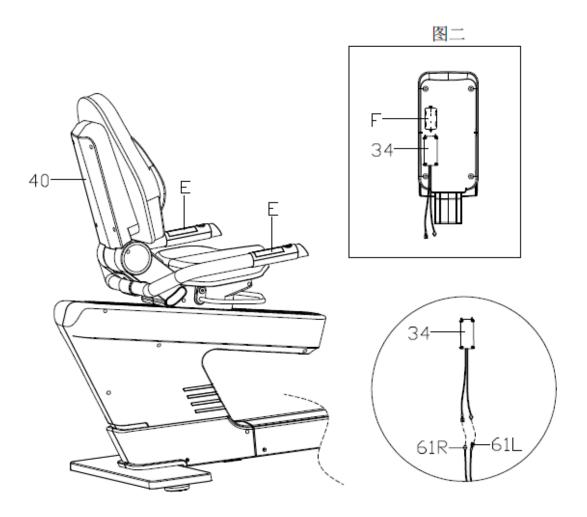
#### Start





# **CAUTION**

When heart rate do not display with hands on position E, please check wires of Wireless transmitter panel (34) and Pulse wire (61L/R) well connected, if wires well connected but still without heart rate display, please change batteries in battery case (F).



The battery will naturally consume electricity when the equipment is not used for a long time or is used unreasonably. If the screen goes off when stopping movement, pease open the power socket cap and insert the equipped 12V/4A adapter to charge 8 hours for fully charged. The equipment can be used normally during period.

### WARM-UP and COOL-DOWN

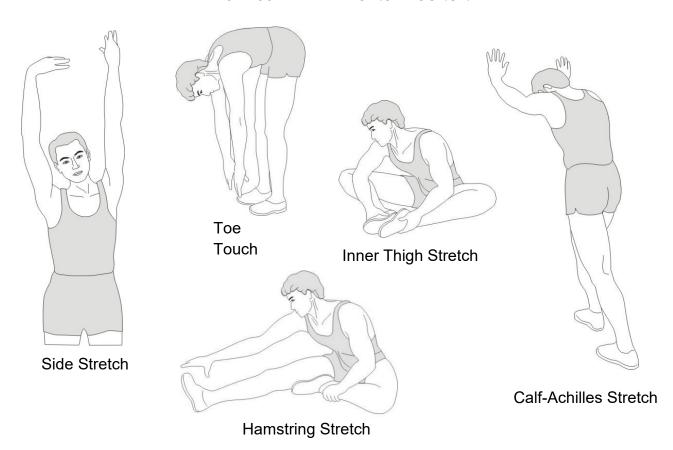
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

#### 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 Recumbent 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 Recumbent 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.







dkn-technology.com



Make an Appointment to Visit our Showroom



sales@dkn-technology.com