



XC PRO

OWNER'S MANUAL

WEBSITE

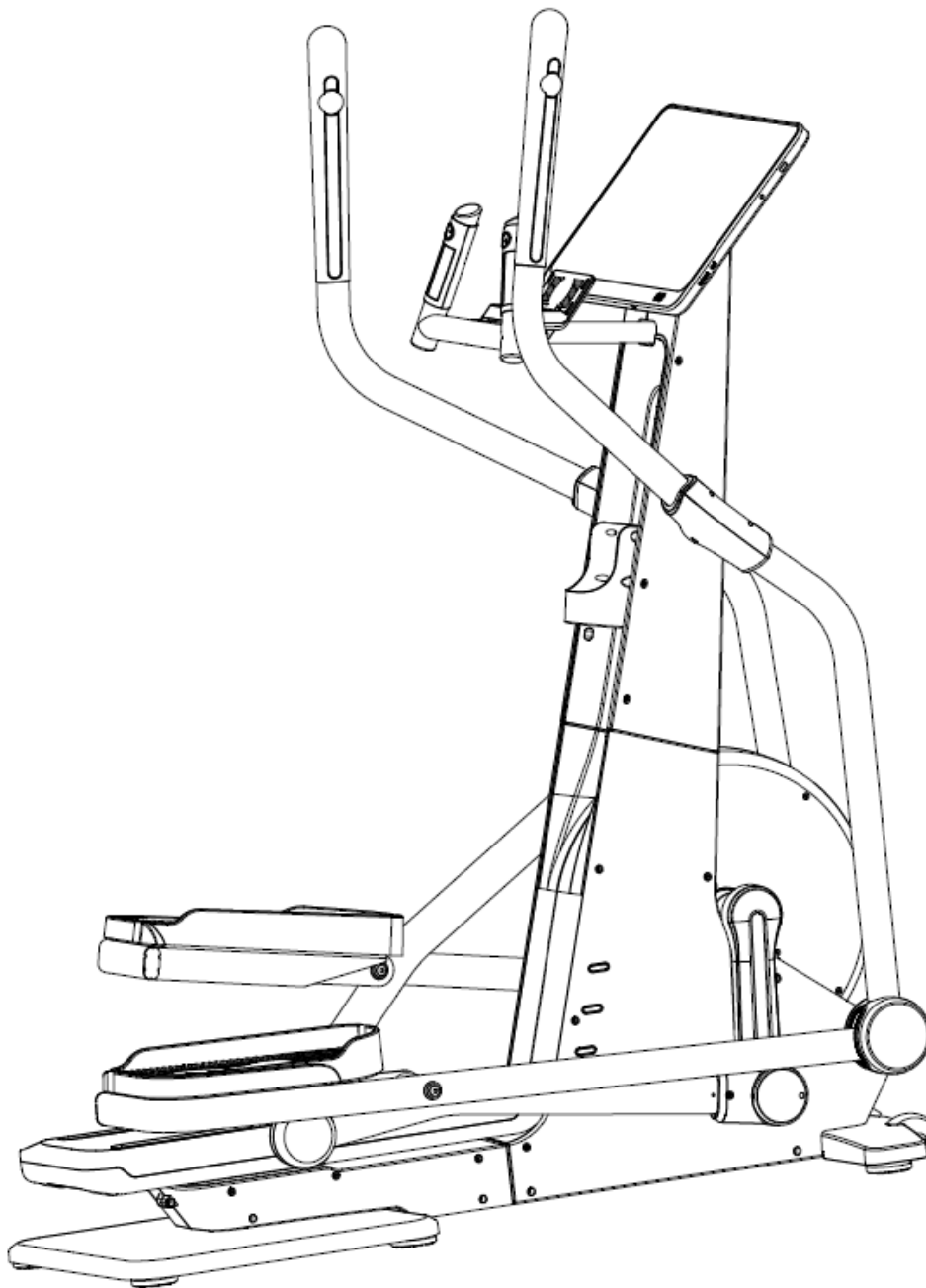


MANUAL



DKN®

ORBIT ELLIPTICAL



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.
- 06- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 07- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 08- 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 as soon as possible.
- 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: 180KGS

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.

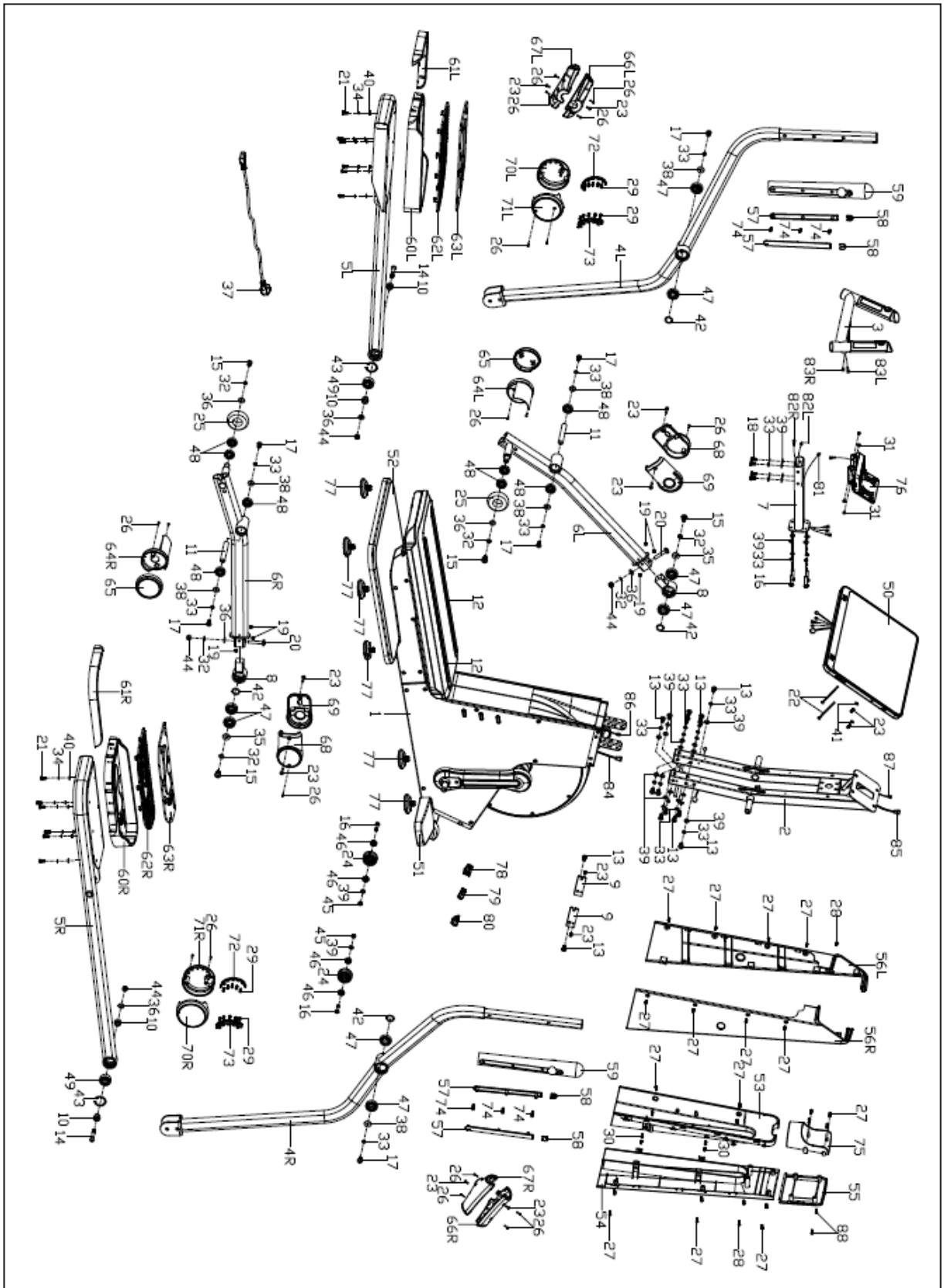
WARNING! Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

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	45	Nylon nut M10	4
2	Handlebar post frame	1	46	Bearing608	4
3	Handlebar	1	47	Bearing6004-2RS	8
4L/R	Swing bar frame	1/1	48	Bearing6003-2RS	8
5L/R	Pedal bar frame	1/1	49	Aligning ball bearing 2203	2
6L/R	Roller bracket frame	1/1	50	Computer	1
7	Handlebar joint pipe	1	51	Shield of front stabilizer	1
8	Connecting rod joint frame	1	52	Shield of rear stabilizer	1
9	Fixing plate	2	53	Front cover of handlebar post	1
10	Shaft sleeve	4	54	Rear cover of handlebar post	1
11	Pivot 2	2	55	Computer cover	1
12	Aluminum Guide rail	2	56L/R	Handlebar cover	1/1
13	Inner hex bolt M8x18	16	57	Decoration strip for handlebar grip 1	4
14	Inner hex screw M10 X60	2	58	Decoration strip for handlebar grip 2	4
15	Inner hex screw M10 X20	4	59	Handlebar foam grip	2
16	Inner hex screw M8 X40	6	60L/R	Pedals	1/1
17	Inner hex screw M8 X20	6	61L/R	Decoration strip for pedals	1/1
18	Inner hex screw M8 X16	4	62L/R	Cushion 1 for pedals	1/1
19	Inner hex lock-in screw M8 x 8	6	63L/R	Cushion 2 for pedals	1/1
20	Inner hex screw M10 X55	2	64L/R	Roller cover	1 /1
21	Cross taping screw M6X16	12	65	End cap for roller cover	2
22	Cross taping screw M5X95	2	66L/R	Upper cover 1 for L/R swing bar	1/1
23	Cross taping screw M5X15	12	67L/R	Upper cover 2 for L/R swing bar	1/1
24	Roller	2	68	Connecting rod 1	2
25	Roller of guide rail	2	69	Connecting rod 2	2
26	Cross pan head taping screw ST3X16	18	70L/R	Lower cover 1 for L/R swing bar	1
27	Cross pan head socket screw M4X15	22	71L/R	Lower cover 2 for L/R swing bar	1

28	Cross pan head tapping screw ST4.2X18	3	72	Shield 1 for swing bar lower cover	1
29	Cross pan head socket tapping screw ST2.3 x 7	20	73	Shield 1 for swing bar lower cover	6
30	Cross outer hex bolt M4 x 20	4	74	Plastic stop	2
31	Cross sank head bolt M5 x 10	4	75	Bottle case	1
32	Spring washer D10	6	76	External wireless charging module	1
33	Spring washer D8	28	77	Adjustable foot pad	6
34	Spring washer D6	12	78	Switch	1
35	Flat washer D10XD26 X2	2	79	Overload protector	1
36	Flat washer D10X20 X2	6	80	Power plug	1
37	Power cord	1	81	Extension wire 1	2
38	Flat washer D8 x25 xx 2	6	82L/R	Extension wire	1/1
39	Flat washer D8 x D16 x 1.5	24	83L/R	Pulse wire	1
40	Flat washer D6 x D12 x 1.2	12	84	Motor controlling extension wire1	1
41	Flat washer D5 x D12 x 1	2	85	Motor controlling extension wire2	1
42	Wave washer D20	4	86	Incline motor controlling extension wire1	1
43	Elastic collar D40	2	87	Incline motor controlling extension wire2	1
44	Nylon nut M10	4	88	Cross pan head socket screw M4x 8	2

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.

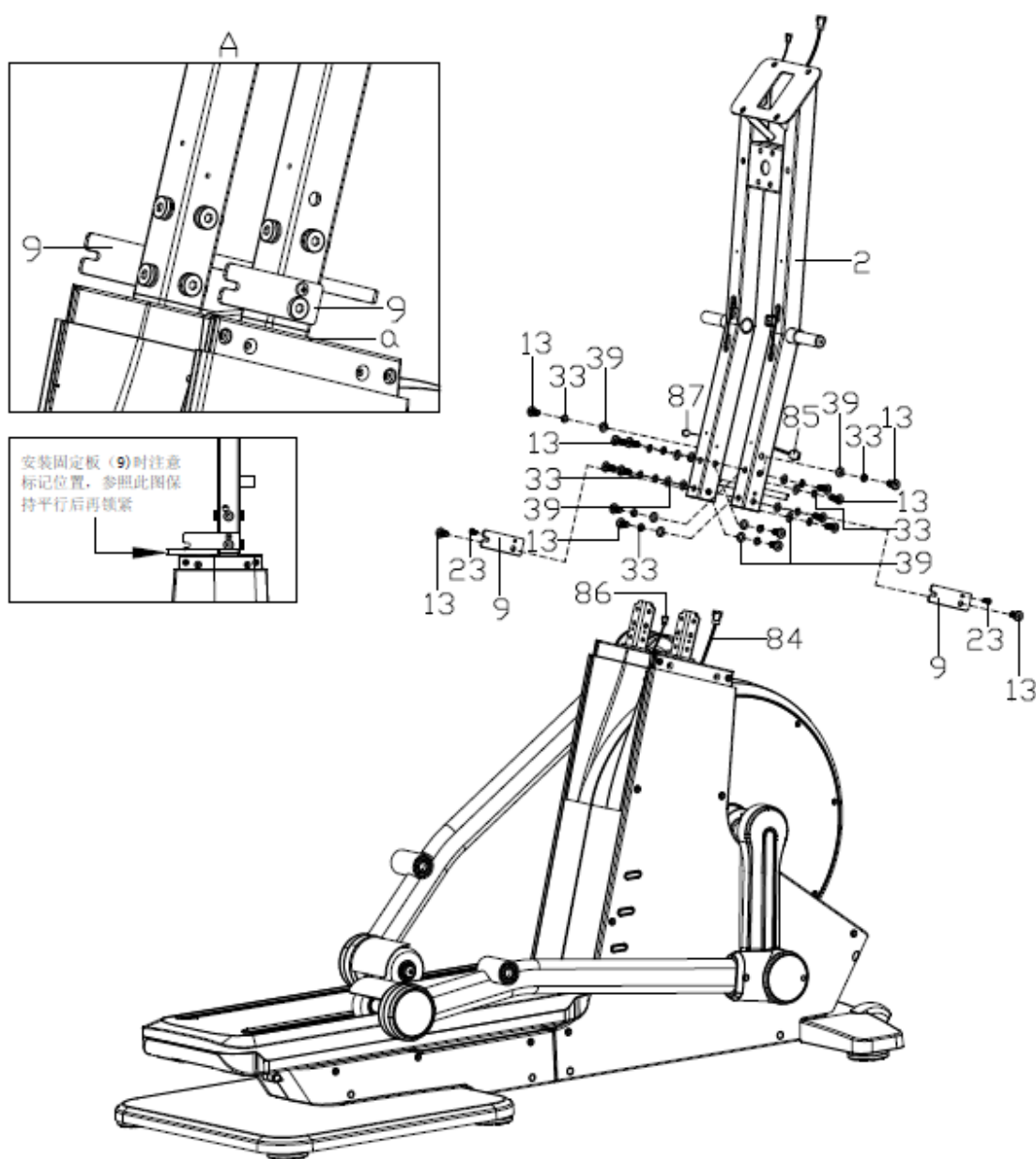
- ◆ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.
- ◆ Although this product can be assembled by one person, we recommend having the assistance of another individual. This is especially convenient when assembling multiple parts or moving the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

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

ASSEMBLY INSTRUCTIONS

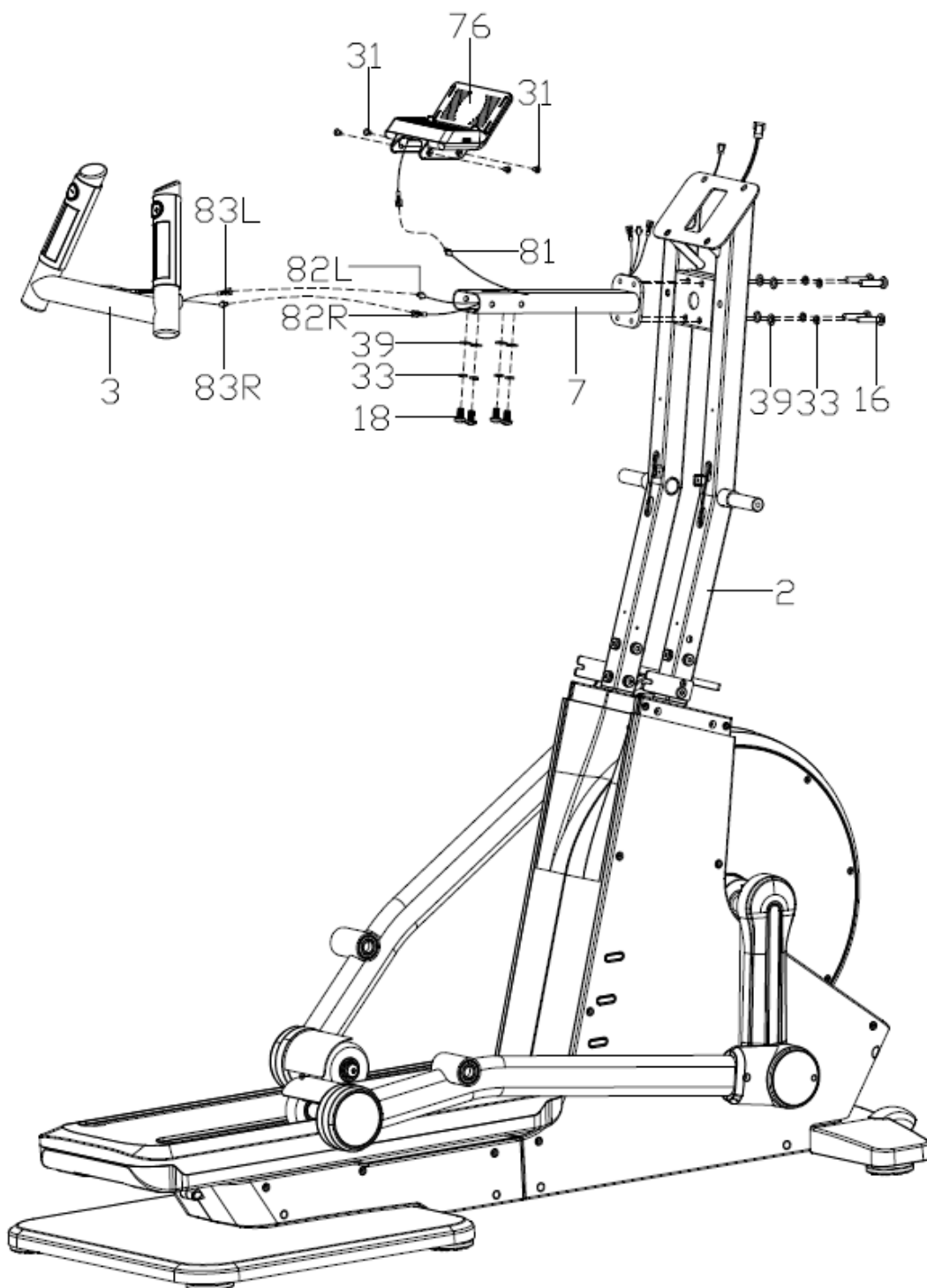
Step 1

1. Lock the handlebar post frame (2) on the main frame (1) with Bolt (13), spring washer (33) and Flat washer (39).
2. Lock Fixing plate (9) to Handlebar post (2) with Bolt (13) and Screw (23)
3. Connect the Motor controlling extension wire 1 (84) with Motor controlling extension wire 2 (85) and the Incline motor controlling extension wire 1 (86) with the Incline motor controlling extension wire 2 (87).



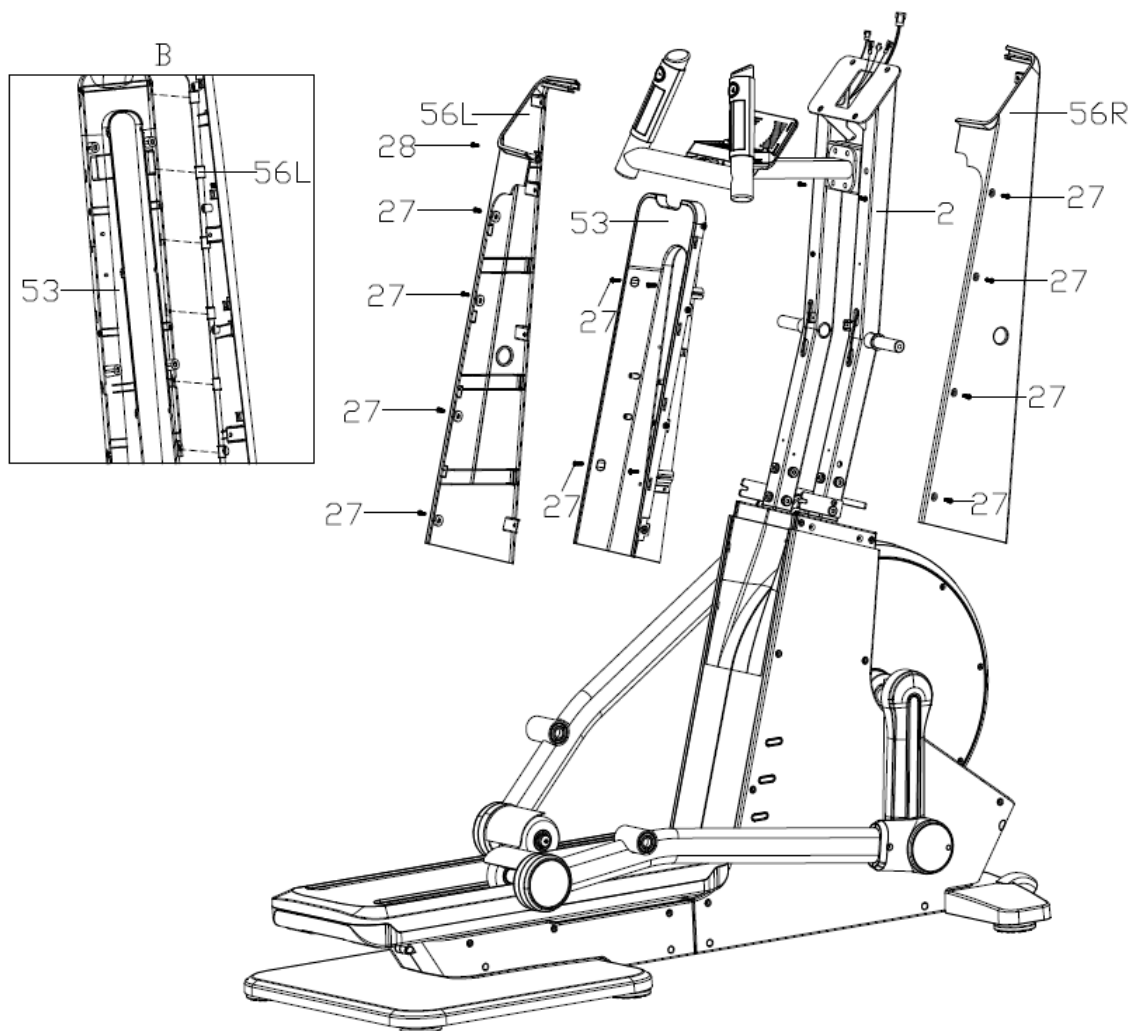
Step 2

1. Connect Pulse wire (83L/R) with Extension wire (82L/R), pull out the wires from Handlebar joint pipe (7) in case the wires are pinched off, and then lock Handlebar(3) to Handlebar joint pipe (7) with Screw (18), Spring washer (33) and Flat washer (39).
2. Connect wire of External wireless charging module (76) with **Extension wire 1 (81)**, pull out the wires from Handlebar joint pipe (7) in case the wires are pinched off, and then lock External wireless charging module (76) to Handlebar joint pipe (7) with Bolt (31).
3. Pull Extension wire 1(81) and Extension wire (82L/R) in from center round hole of Handlebar post frame (2) and out from square hole of computer bracket, and then lock Handlebar joint pipe (7) to Handlebar post frame (2) with Screw (16), Spring washer (33) and Flat washer (39).



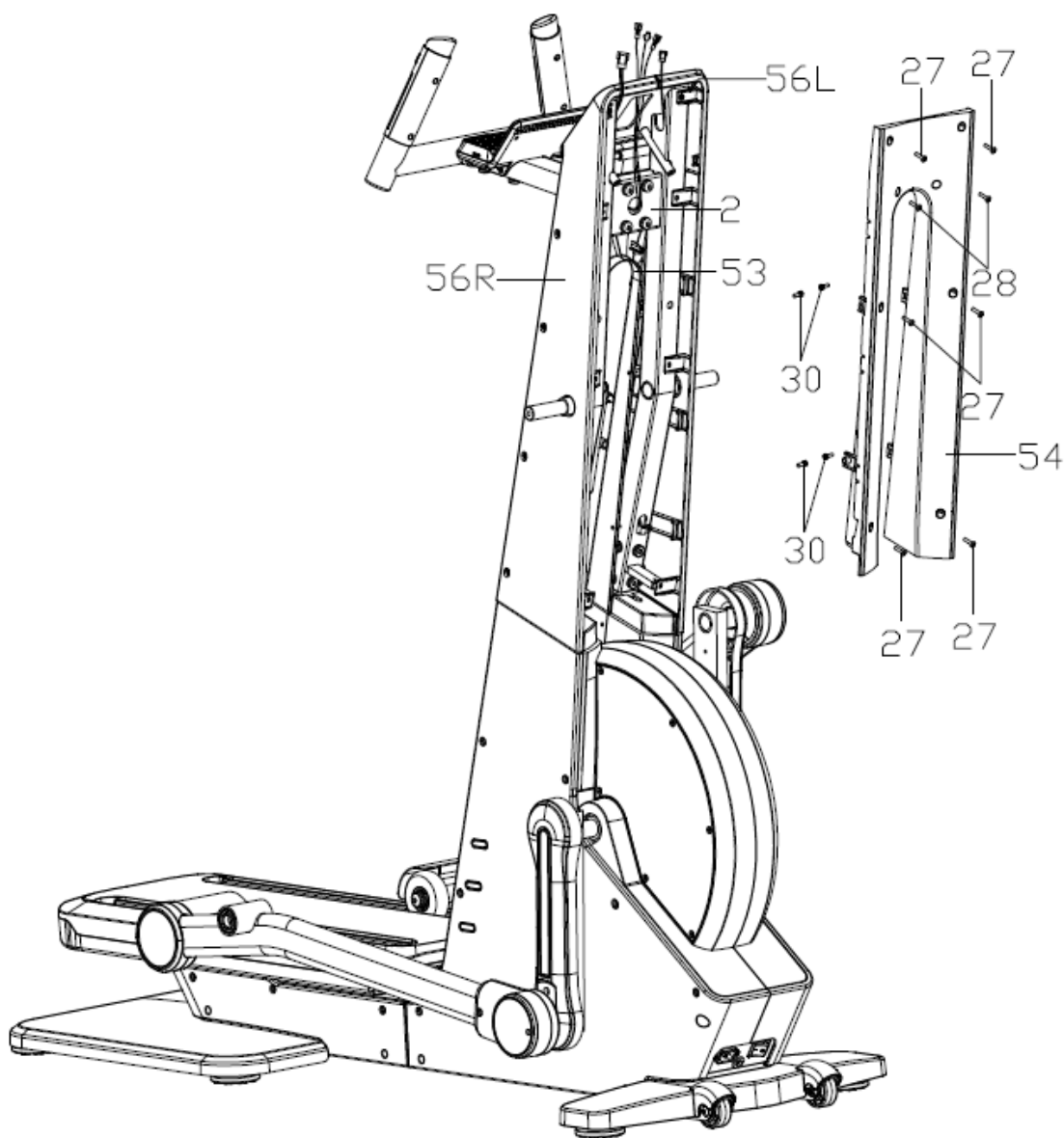
Step 3

1. Pre lock Front cover of handlebar post (53) to Handlebar post frame (2) with Screw (27) (Note: don't lock tightly, make sure the Front cover of handlebar post (53) can move up and down).
2. Insert Handlebar cover (56L/R) to Front cover of handlebar post (53) as Pic B, and then lock tightly with Screw (27) and Screw (28).



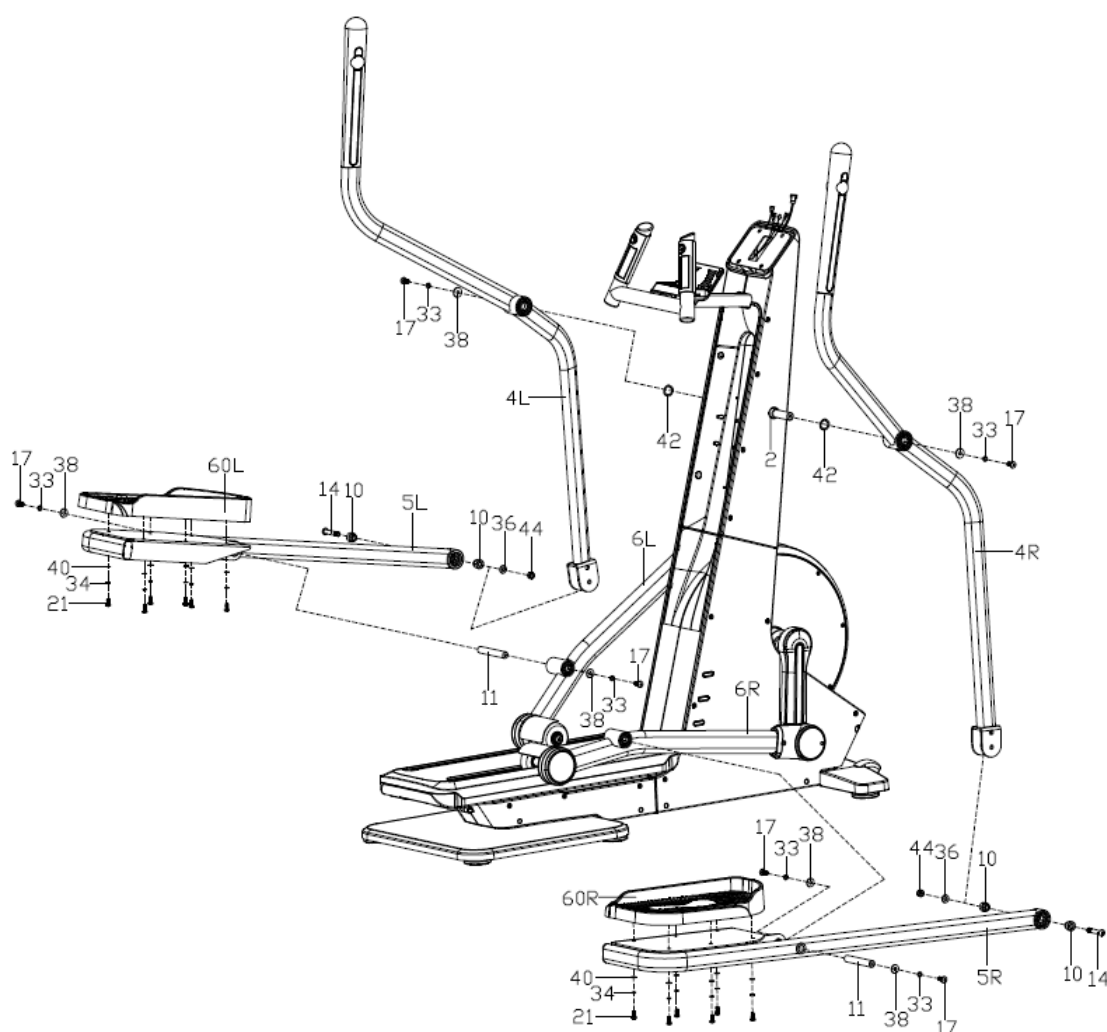
Step 4

1. Align Rear cover of handlebar post (54) with Front cover of handlebar post (53), and then lock them tightly with Bolt (30).
2. Align Rear cover of handlebar post (54) with Front cover of handlebar post (53), and then lock Rear cover of handlebar post (54) tightly to Handlebar post frame (2) with Screw (27) and Screw (28).



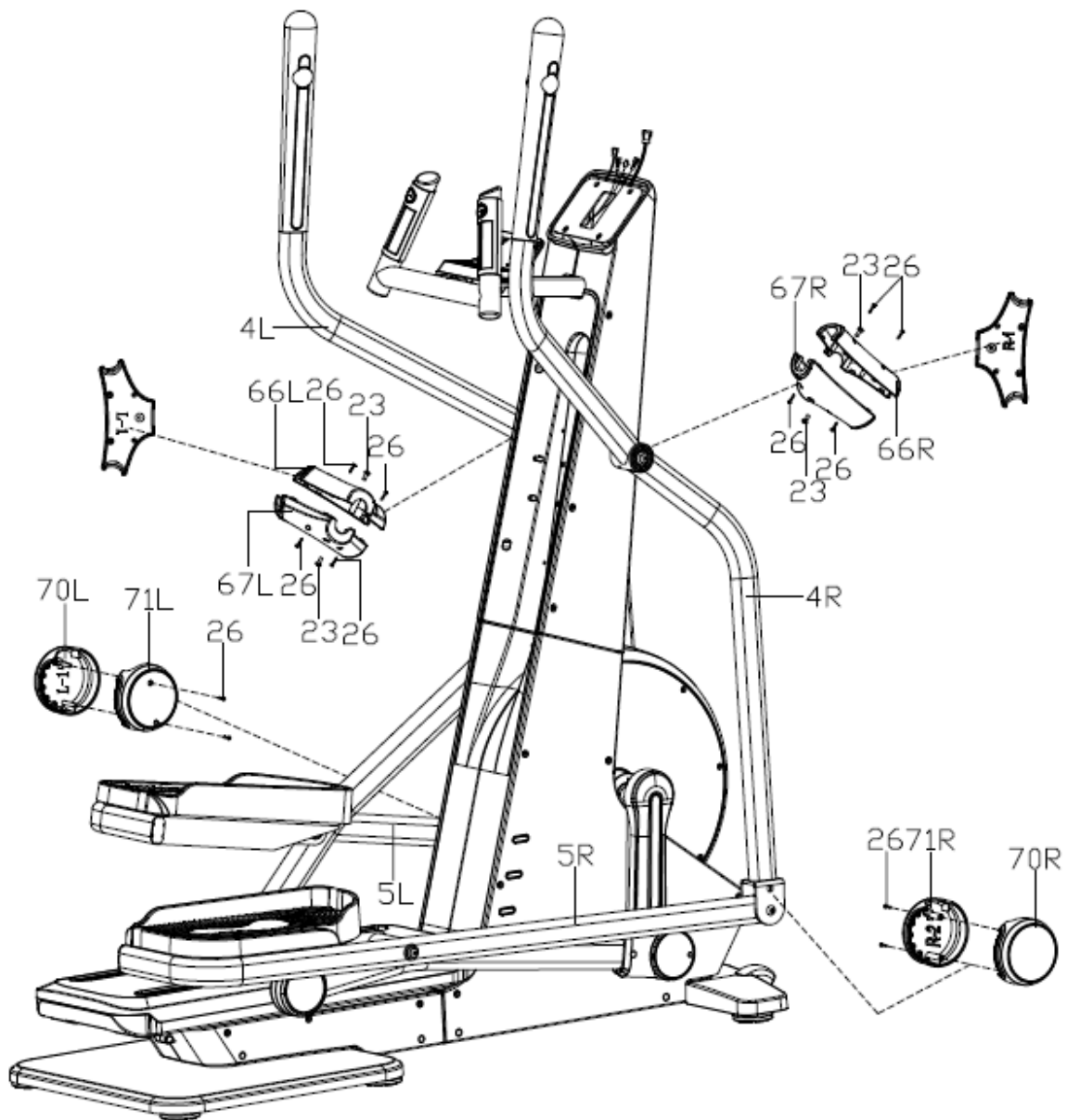
Step 5

1. Lock Pedal bar frame (5L/R) to Roller bracket frame (6L/R) with Screw (17), Spring washer (33), Flat washer (38) and Pivot 2(11).
2. Pre lock Swing bar frame (4L/R) to Handlebar post frame (2) with Screw (17), Spring washer (33), Flat washer (38) and Wave washer (42), don't lock tightly in this step.
3. Connect Pedal bar frame (5L/R) with Swing bar frame (4L/R) with Screw (14), Shaft sleeve (10), Flat washer (36) and Nylon nut (44), don't lock tightly in this step.
4. Lock tightly all the Screw (17) and Screw (14).
5. Lock Pedals (60L/R) to Pedal bar frame (5L/R) with Screw (21), Spring washer (34) and Flat washer (40) .



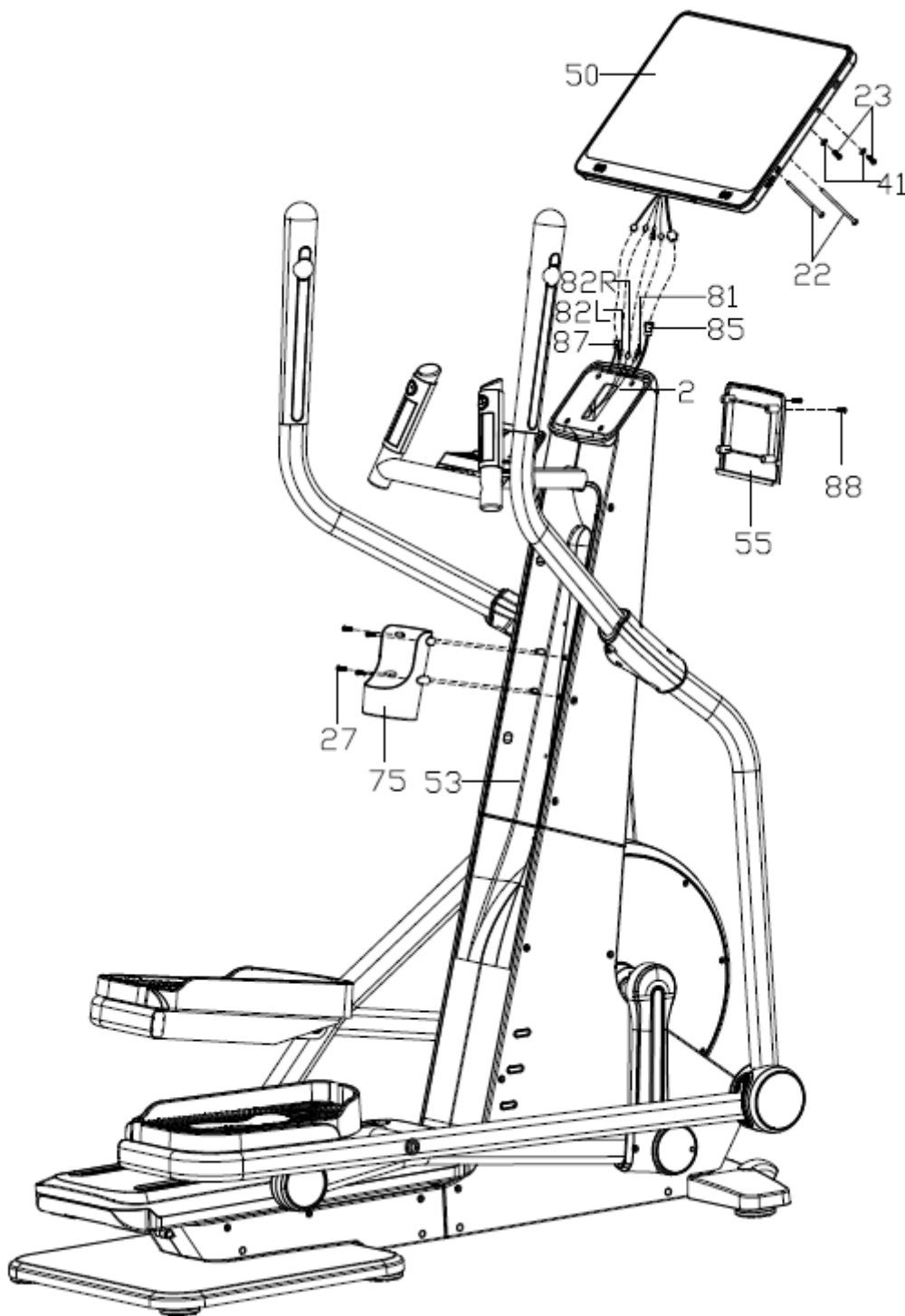
Step 6

1. Lock upper cover 1 for L/R swing bar (66L/R) and upper cover 2 for L/R swing bar (67L/R) to Swing bar frame (4L/R) with Screw (23) and Screw (26).
2. Lock Lower cover 1 for L/R swing bar (70L/R) and Lower cover 2 for L/R swing bar (71L/R) to the connection joint of Swing bar frame (4L/R) and Pedal bar frame (5L/R) with Screw (26).



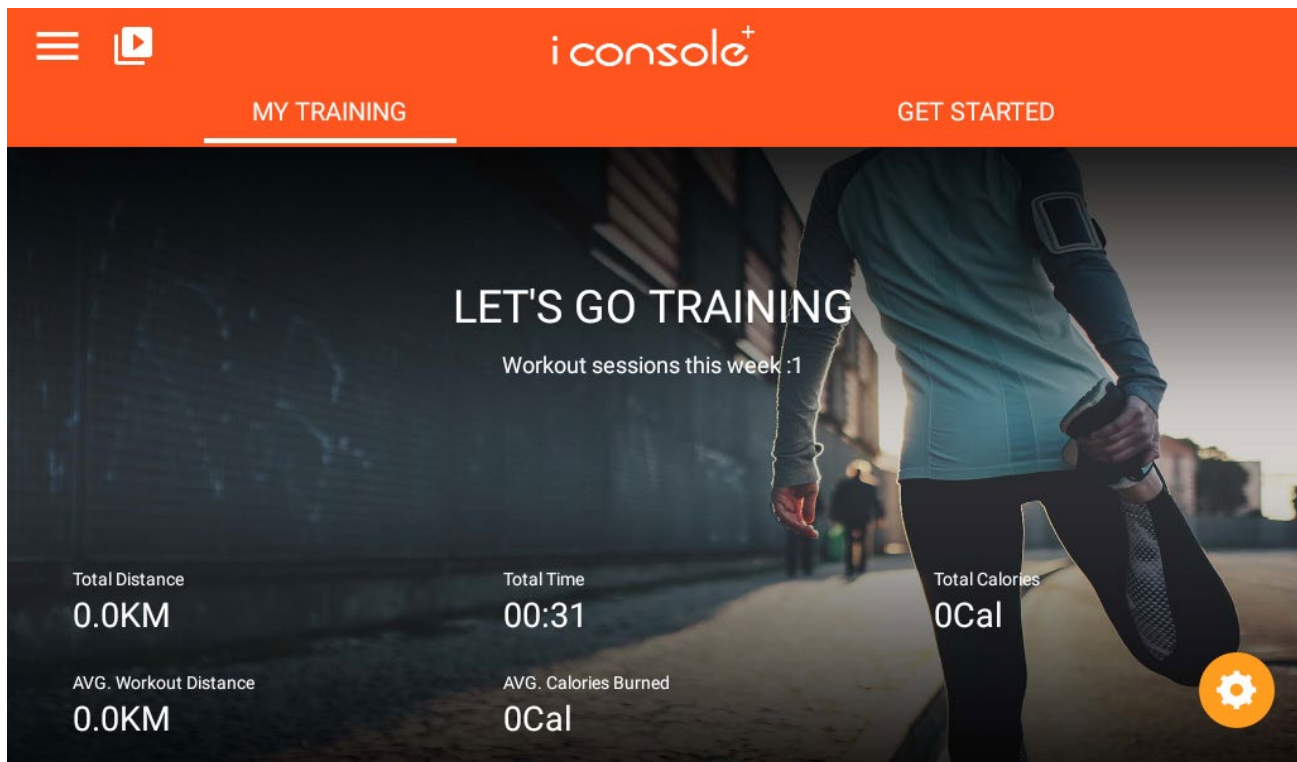
Step 7

1. Connect Motor controlling extension wire 2 (85), Extension wire 1(81), Extension wire (82L/R), and Incline motor controlling extension wire 2(87) with related wires of Computer (50), and then lock Computer (50) to Handlebar post frame (2) with Screw (22), Screw (23) and Flat washer (41).
2. Lock Computer cover (55) to Handlebar post frame (2) with Screw (88).
3. Lock Bottle case (75) to Front cover of handlebar post (53) with Screw (27).



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

Date & time 2:55

Automatic date & time
Use network-provided time

Automatic time zone
Use network-provided time zone

Set date
April 2, 2022

Set time
2:55 PM

Select time zone
GMT+08:00 China Standard Time

Use 24-hour format
1:00 PM

EXIT



WIFI setting

Wi-Fi 2:55

On

810F3
Connected

EXIT



BT PULSE

< **Pulse Device**

Device ON/OFF

3. Display Range :

ITEM	Description
DISTANCE	<ul style="list-style-type: none"> · Display the movement distance · Display value range 0.0 ~ 99.9 in Cycle
SPEED	<ul style="list-style-type: none"> · Display the movement speed · Display Value range 0.0 ~ 99.9
RPM	<ul style="list-style-type: none"> · Display RPM · Value range 0 ~ 999
TIME	<ul style="list-style-type: none"> · Display the movement time · Display value range 0:00 ~ 99:59 in Cycle
Heart Rate	<ul style="list-style-type: none"> · Display the movement heart rate. · Value range 0 ~ 230
HR Zone	<ul style="list-style-type: none"> · Display the movement HR Zone. · Value range 0% ~ 100%
BAI	<ul style="list-style-type: none"> · Display the consumption BAI value during the exercise. · Value range 0 ~ 999
WATT	<ul style="list-style-type: none"> · 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)

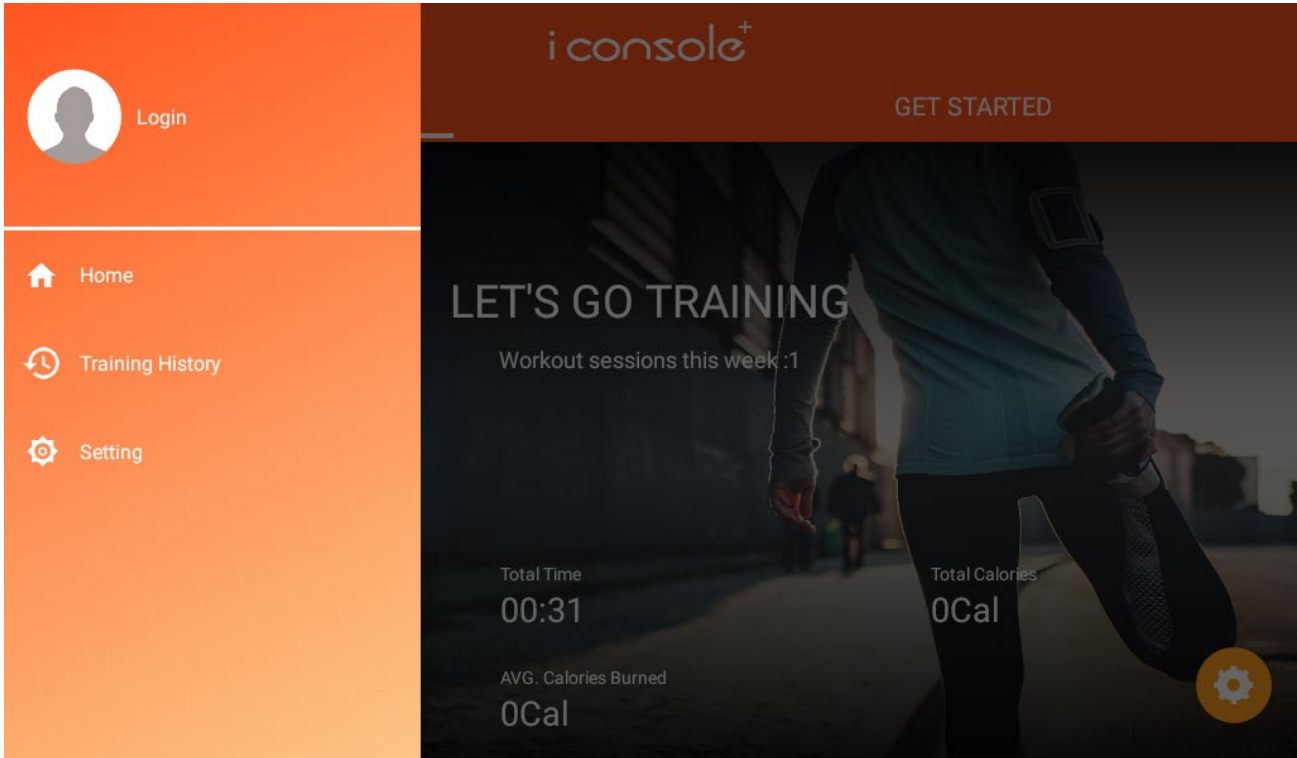
5. SYSTEM SETTING OPERATION :

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

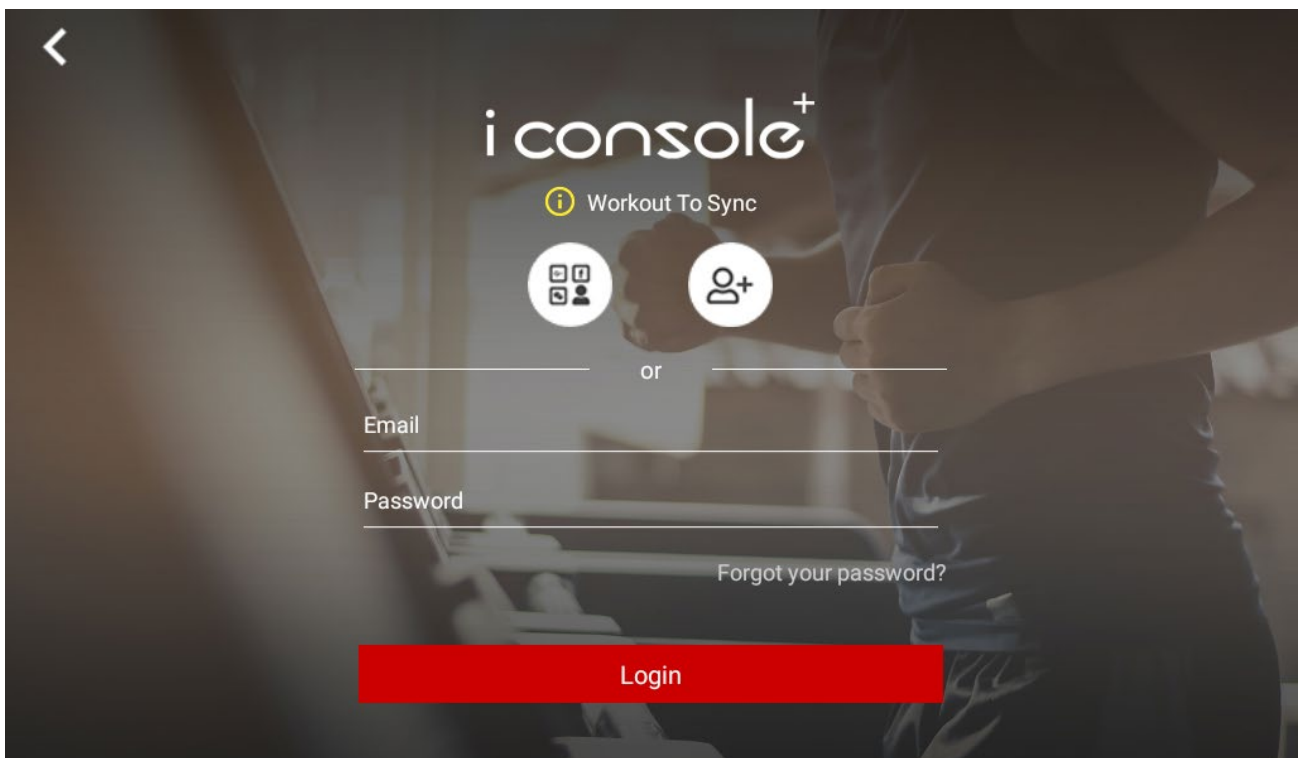
B . HOME: Back to home page

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

D. SETTING: Setting mode

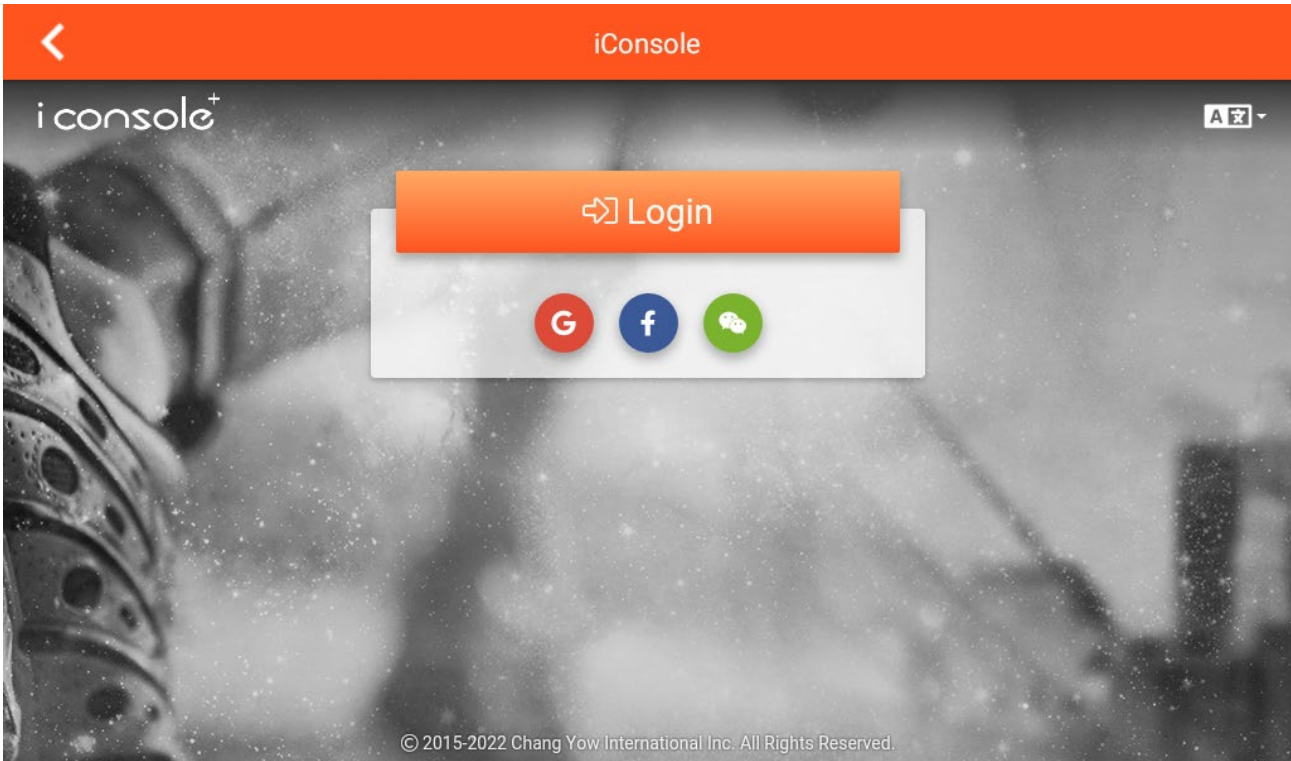


A. Click Logo in (photo) to login the account , select face book /GOOGLE/ We Chat // enter the email password to log IN.

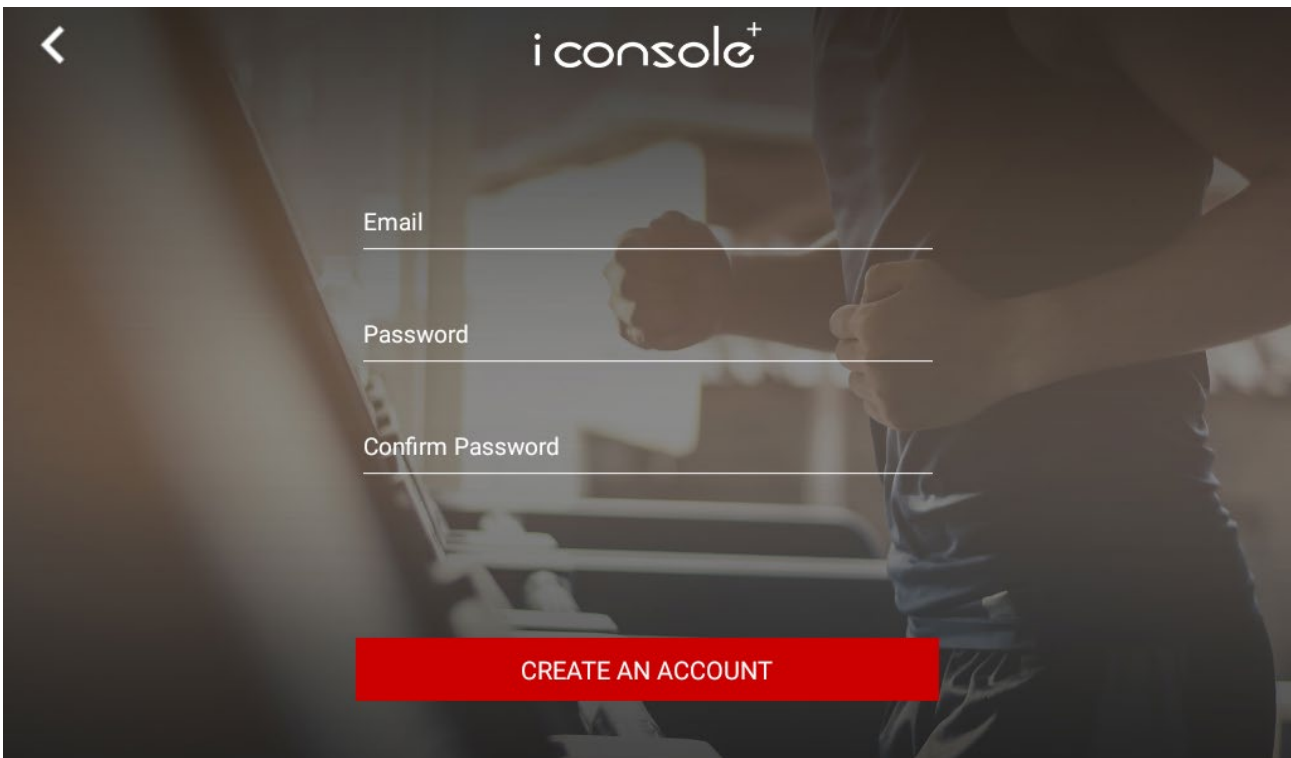




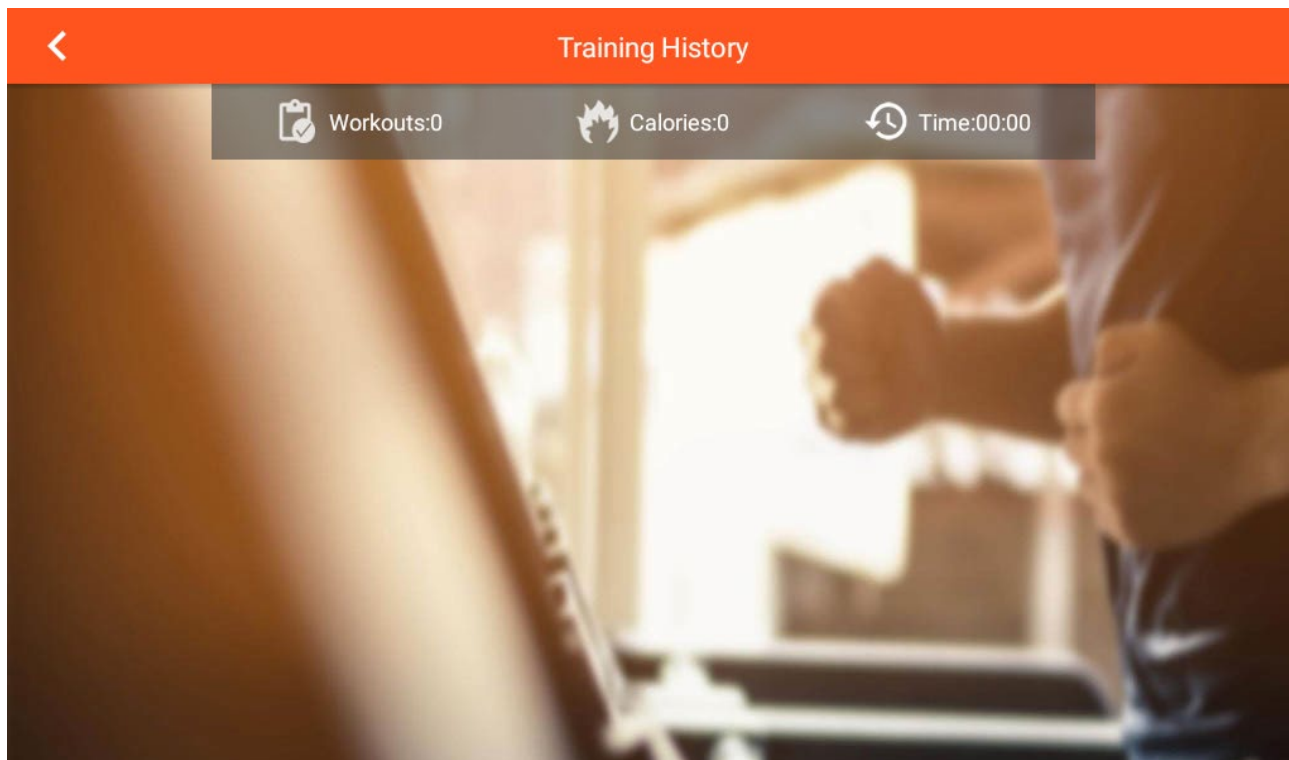
GOOGLE /FACEBOOK/WECHAT



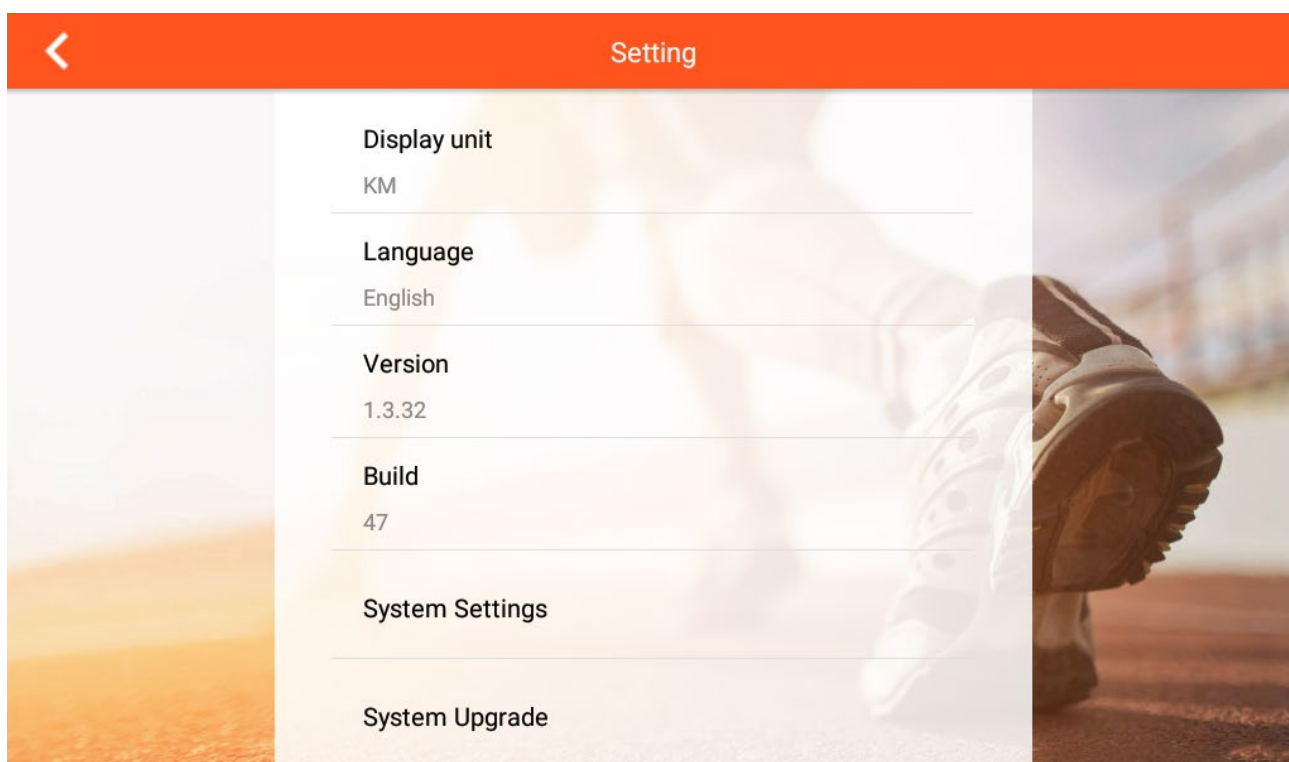
CREATE ACCOUNT



B. TRAINING HISTORY

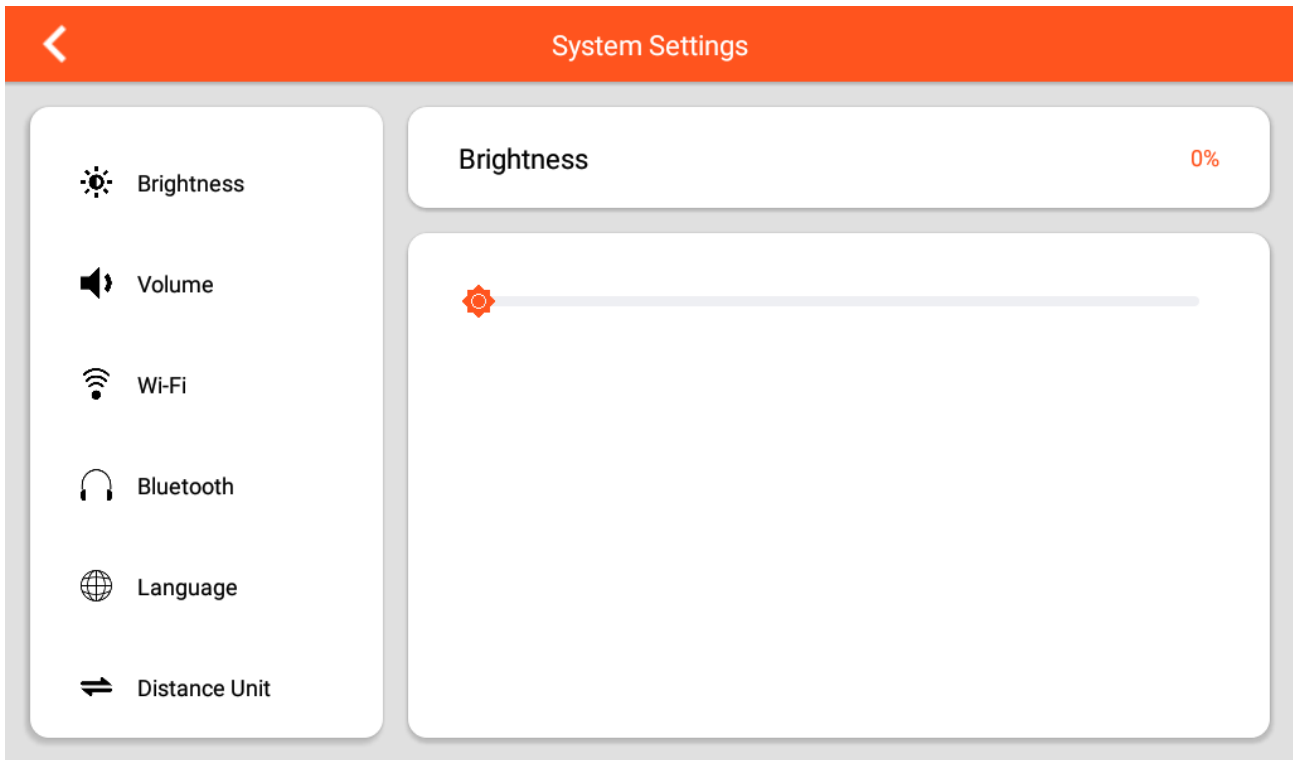


C.SETTING:

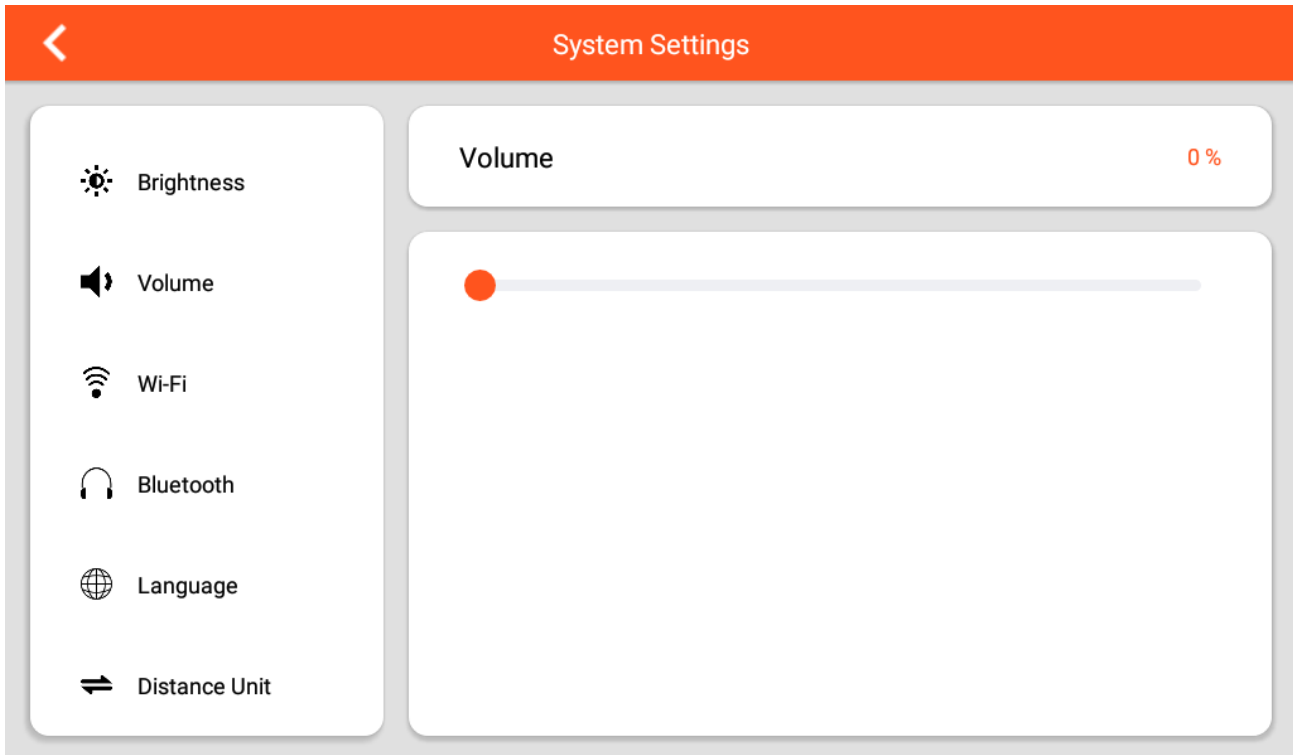


Click SYSTEM SETTINGS to enter into system setting (wifi brightness ,volume ,BT, Language ,KM/ML)

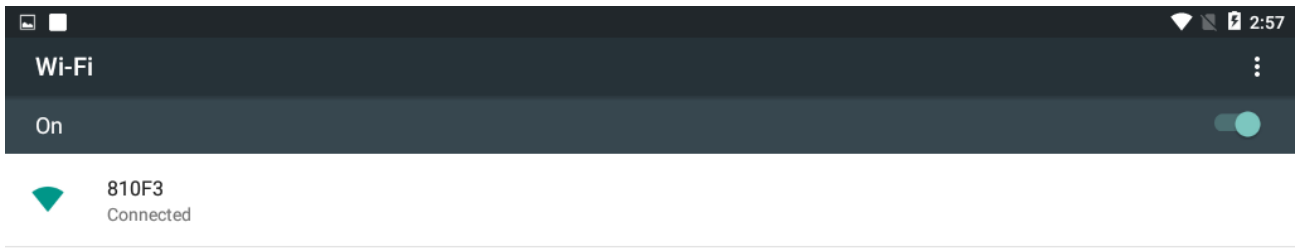
a. Brightness



b. Volume

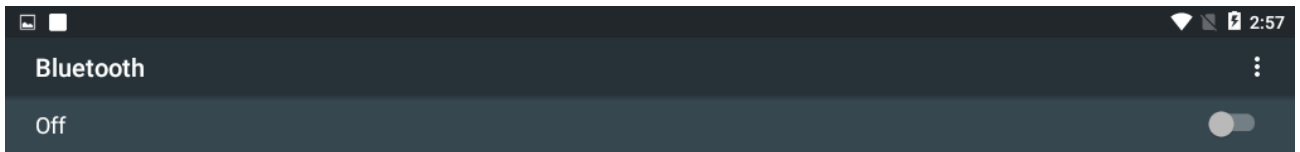


c.WIFI



EXIT

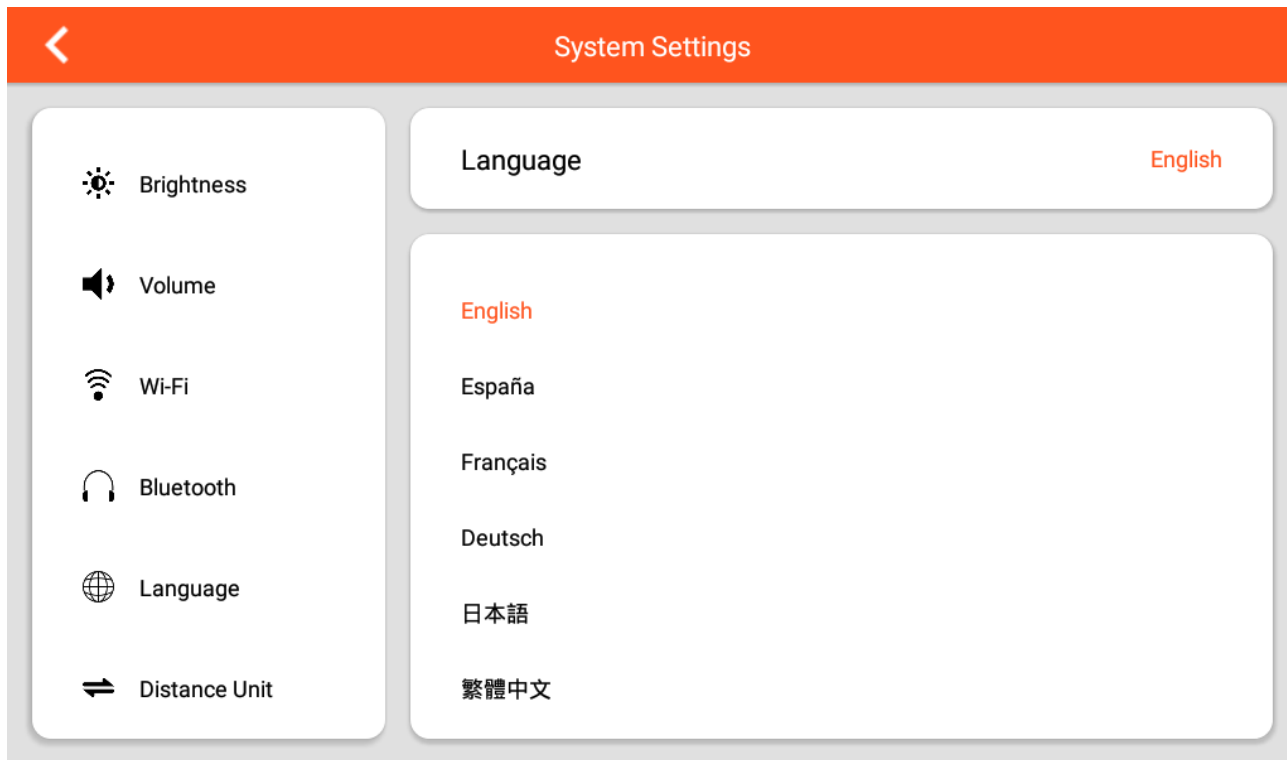
d. bluetooth device



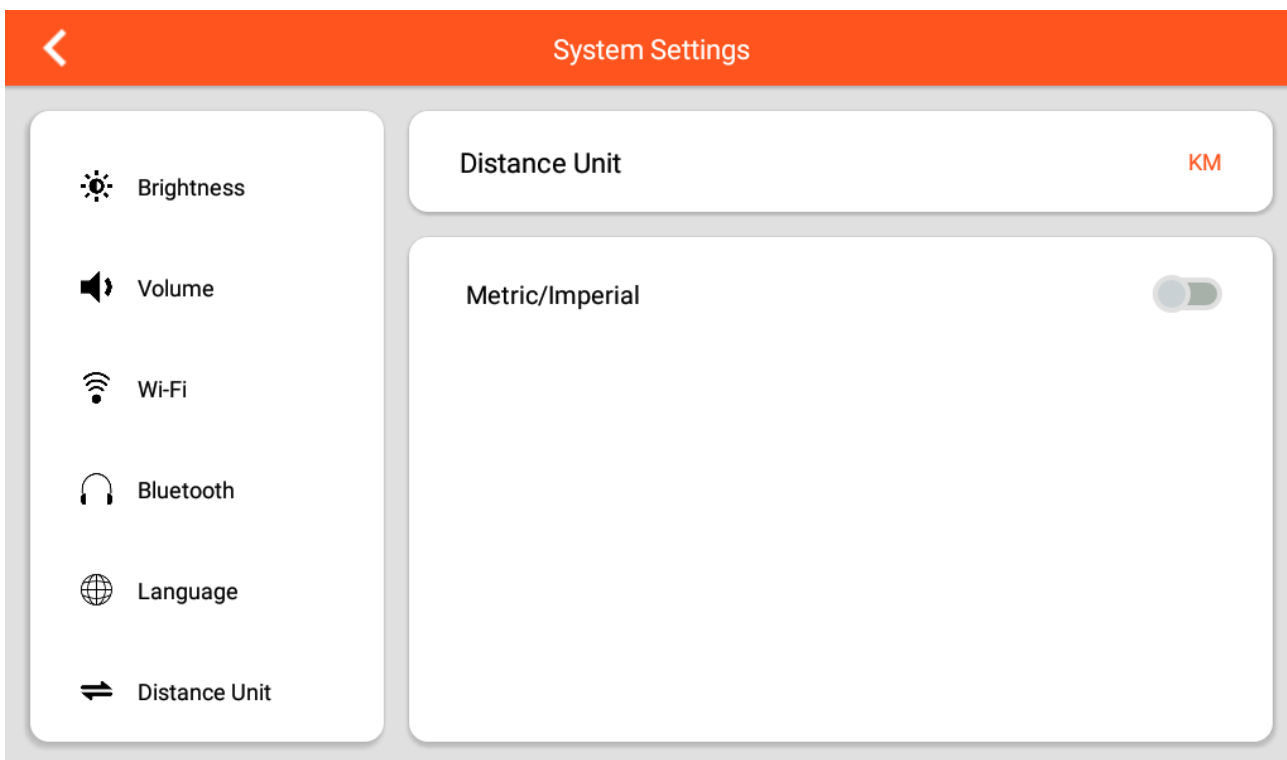
When Bluetooth is turned on, your device can communicate with other nearby Bluetooth devices.

EXIT

e. language









f. Distance Unit



SYSTEM UPGRADE into APP updata

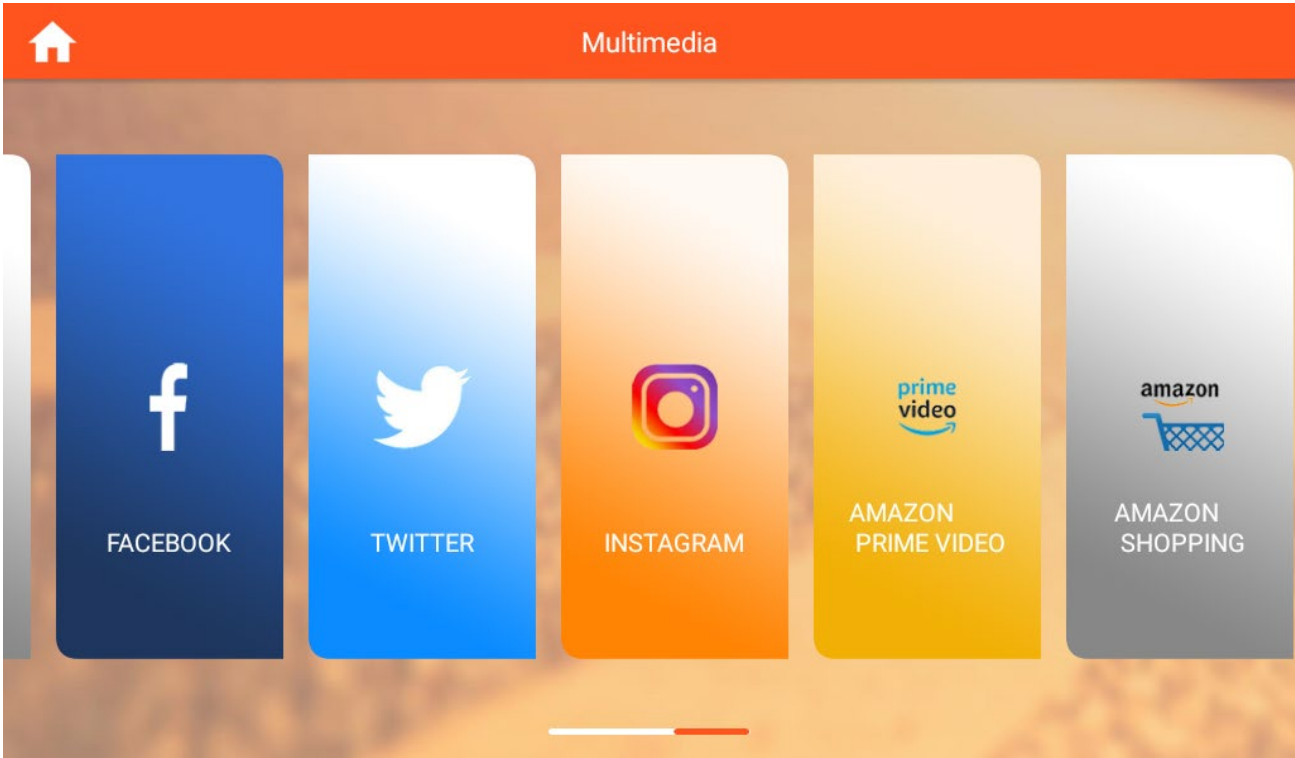
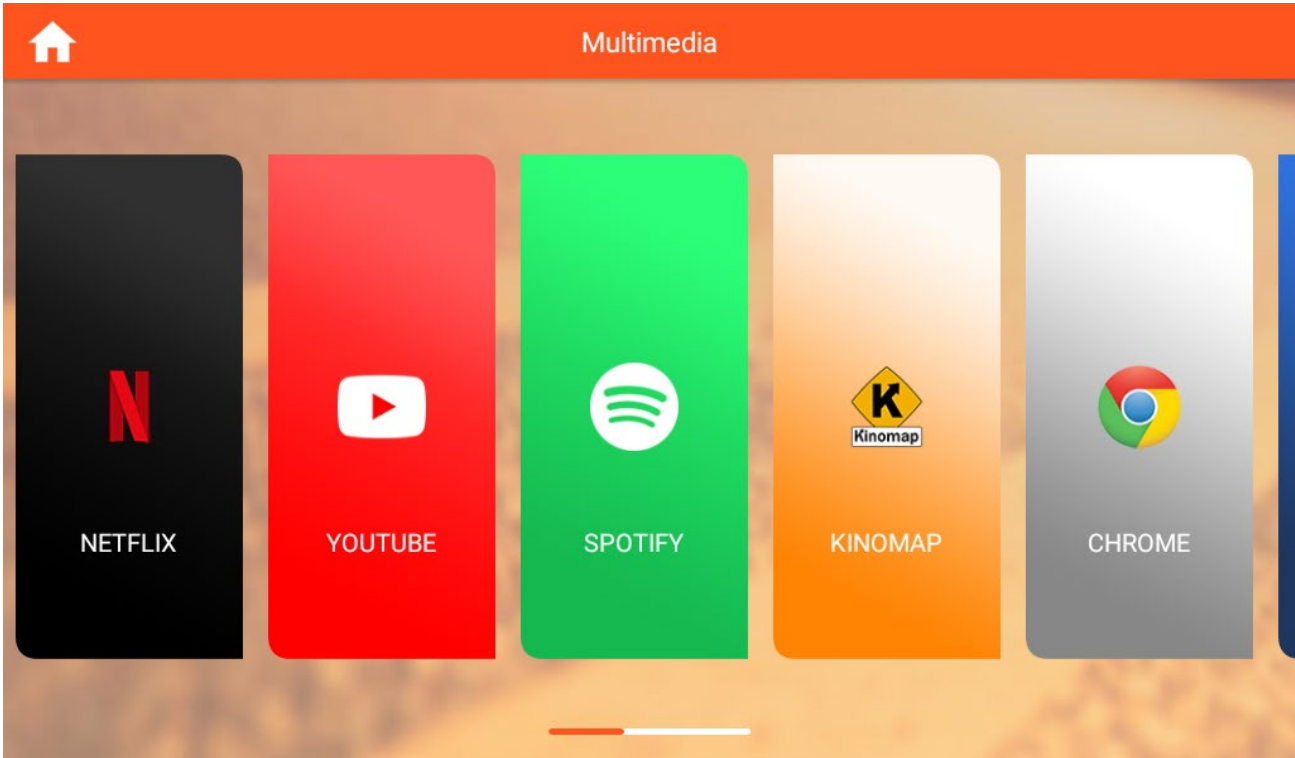
< App Store ↓ ⚙






There are 3 apps to download or upgrade Download all

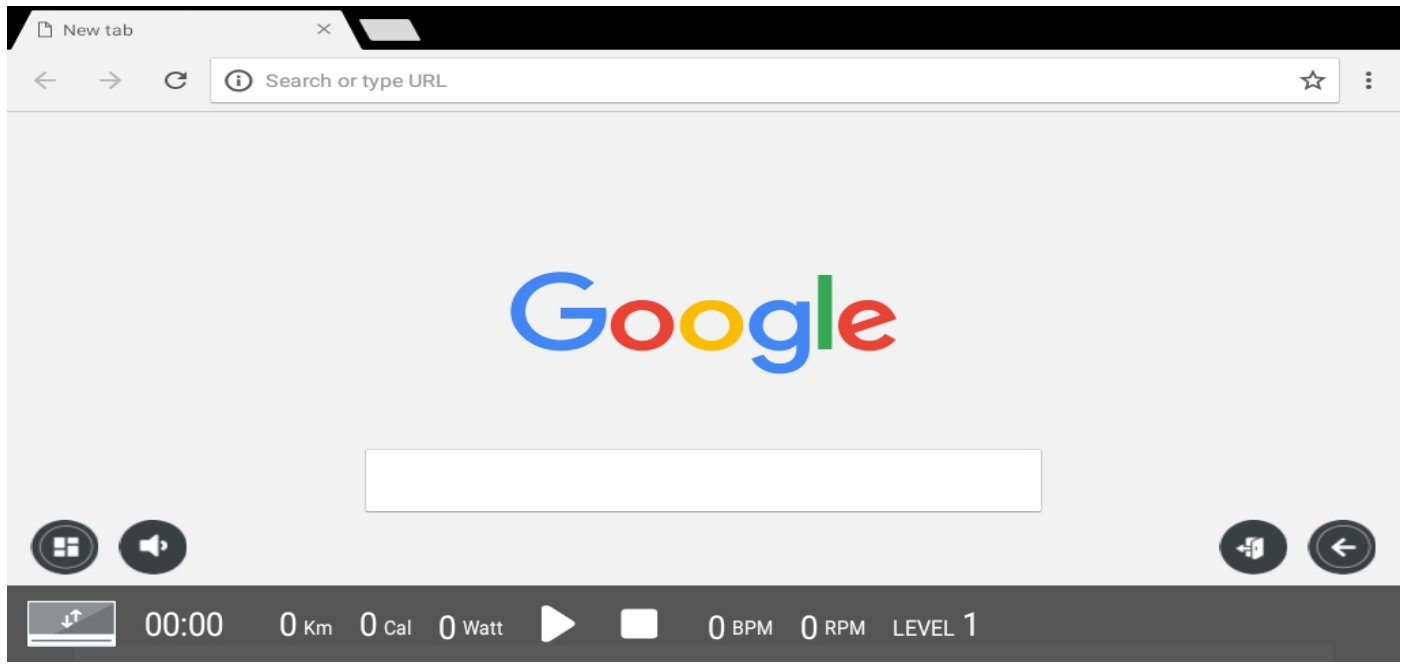
	Netflix 1.0.3	Latest
	Spotify 1.0.2	Latest
	Chrome 1.0.0	Download
	Facebook 1.0.0	Latest
	Twitter 1.0.0	Latest
	Instagram 1.0.0	Latest

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

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

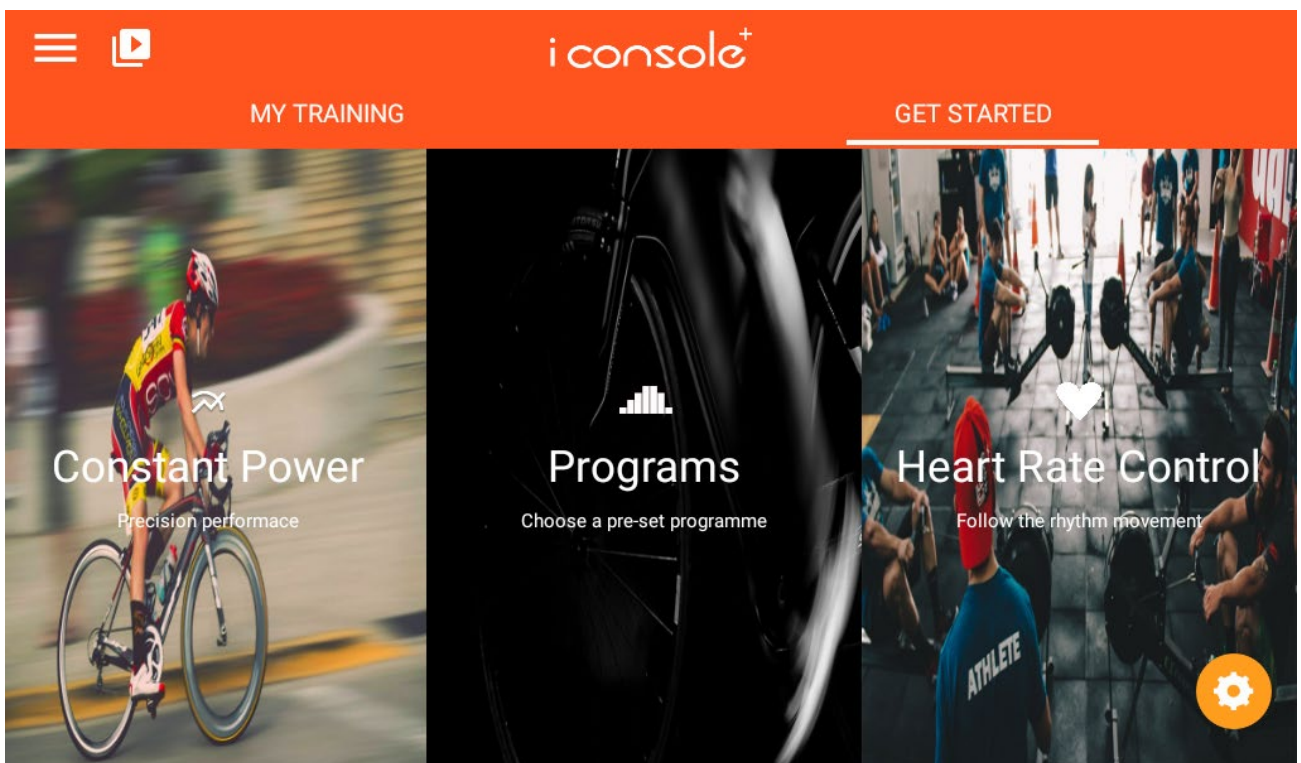
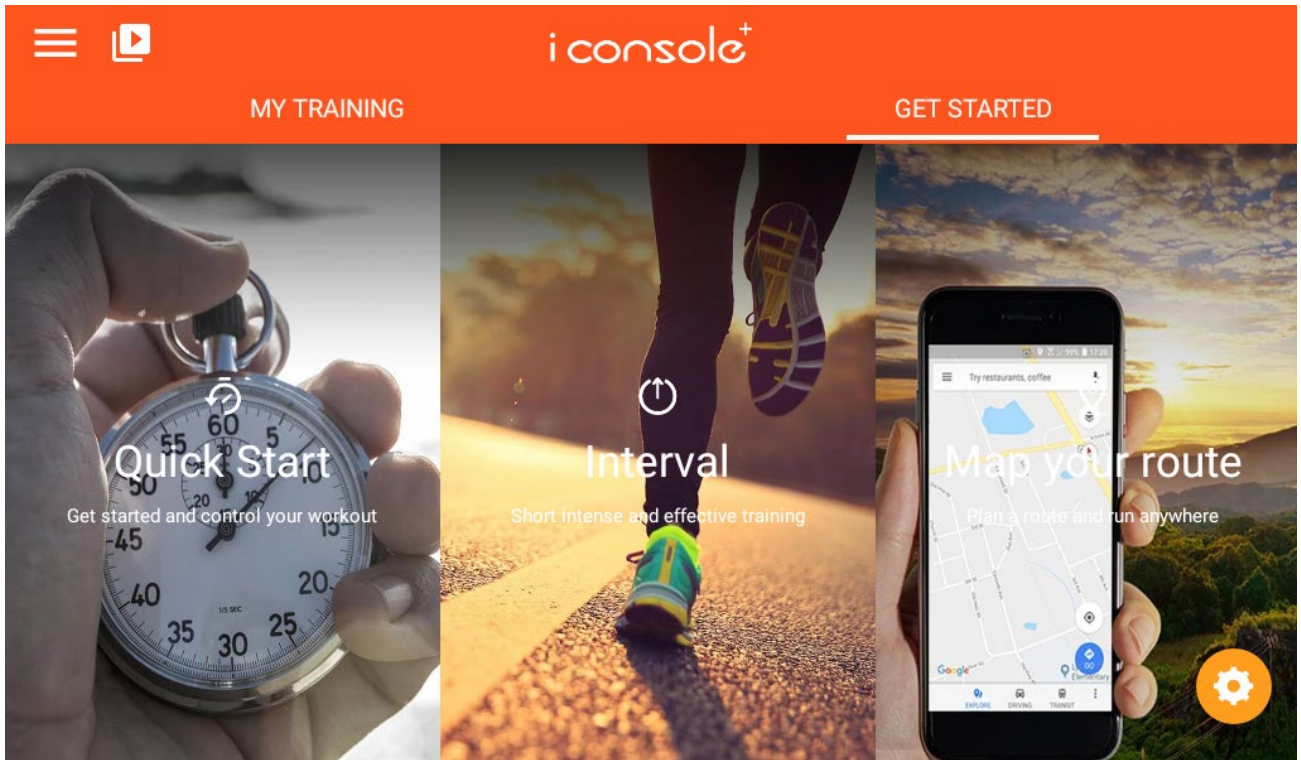


In Multimedia mode, user can press “” to display or hide the movement value, press “” back to the last system function page., press “” to the home page , press “” “to start training ,press”  “ stop exercise.



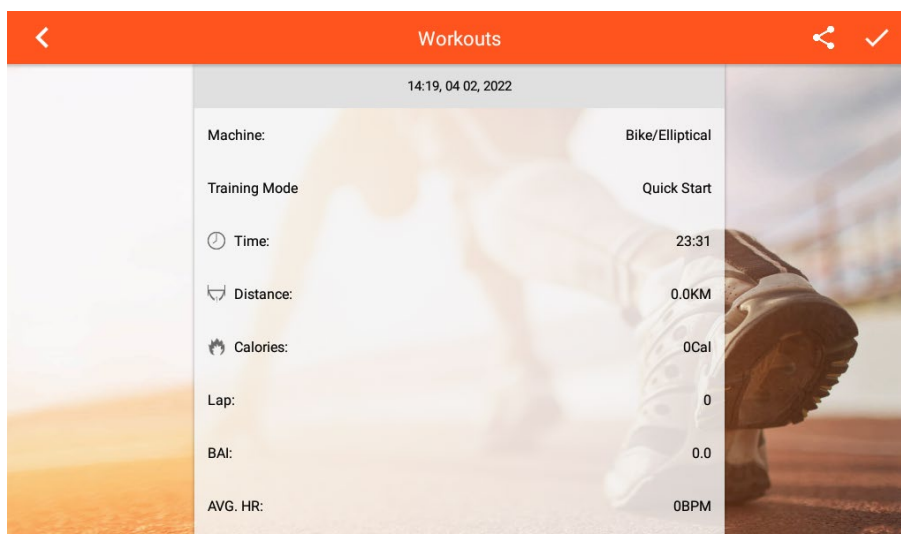
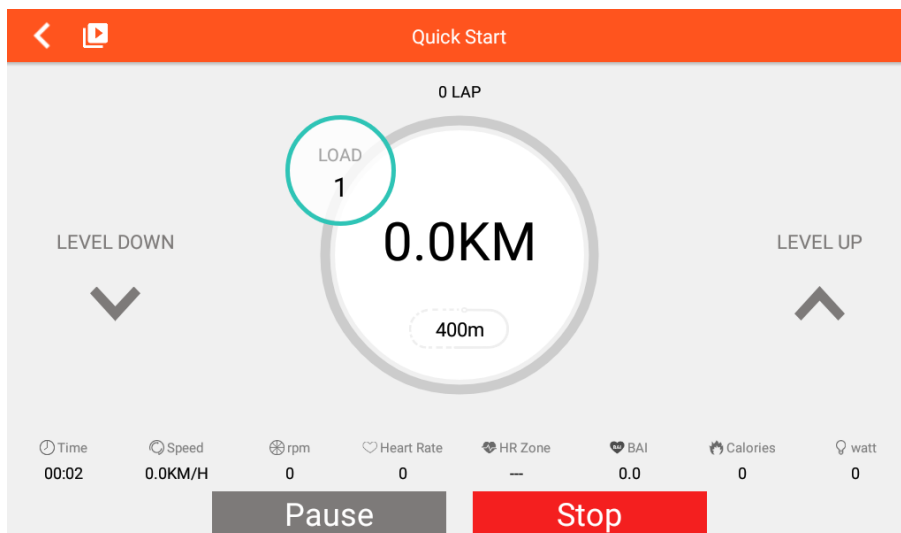
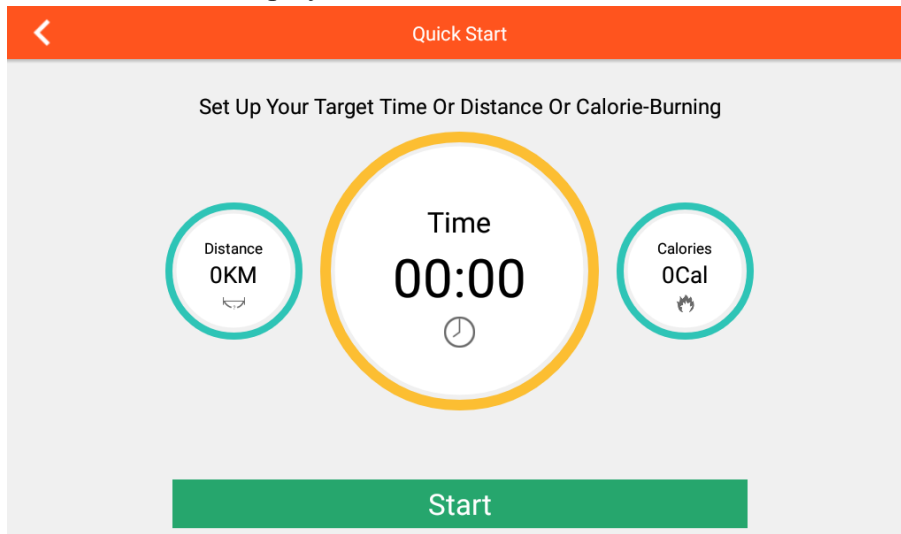
7、 Function Introduction

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.

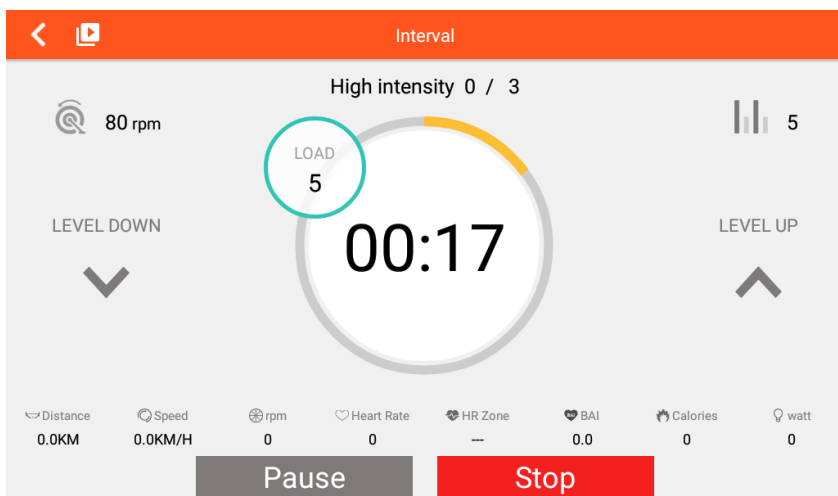
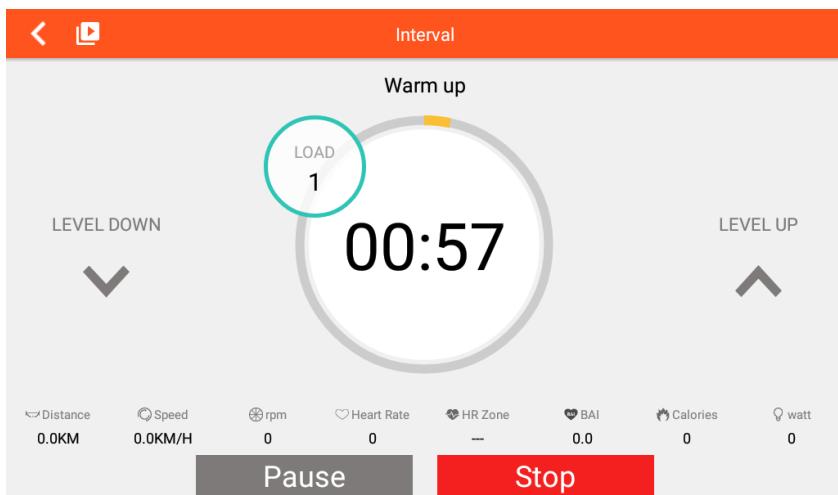
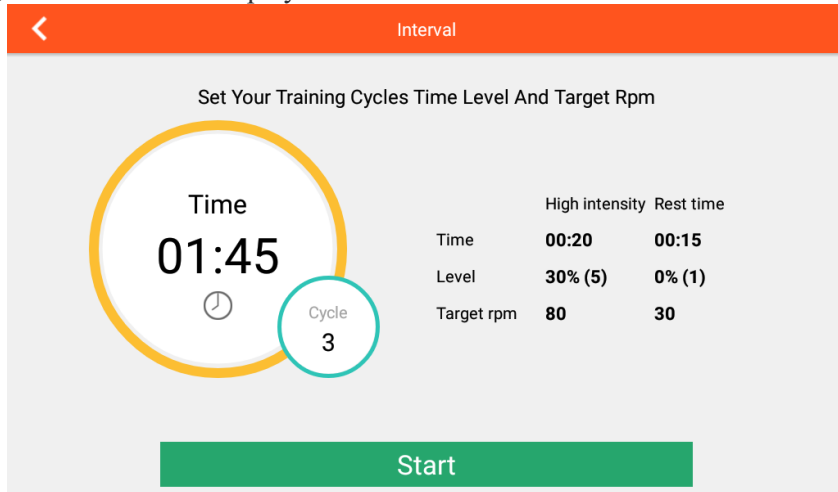
B. Warm up first, then start INTERVAL mode

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 .



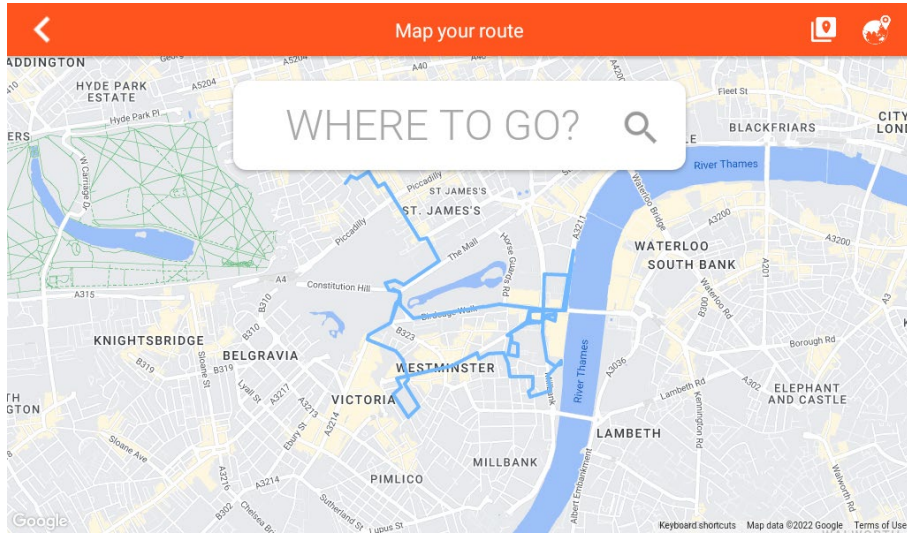
Workouts

15:33, 04 02, 2022

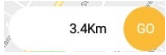
Machine:	Bike/Elliptical
Training Mode	Interval
🕒 Time:	01:03
🏃 Distance:	0.0KM
🔥 Calories:	0Cal
Lap:	0
BAI:	0.0
AVG. HR:	0BPM

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).

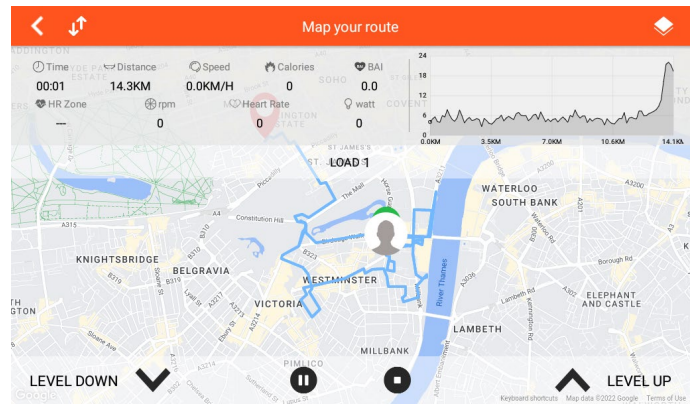
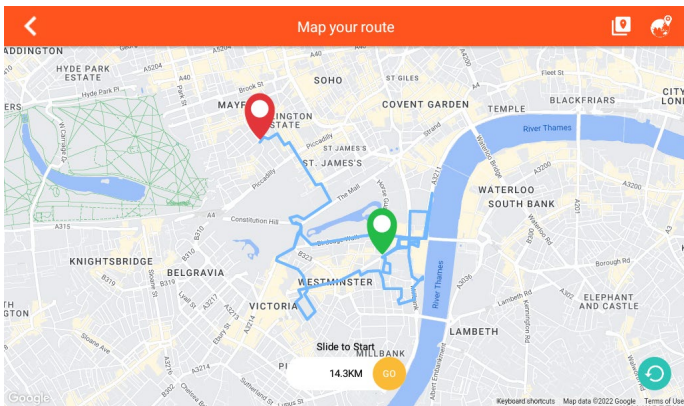


Slide and start training ,press “🔄” can reset the map.

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

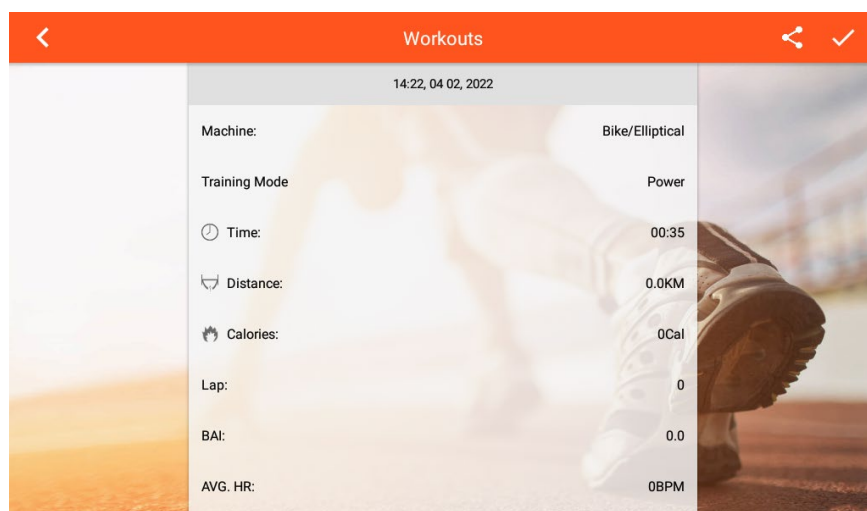
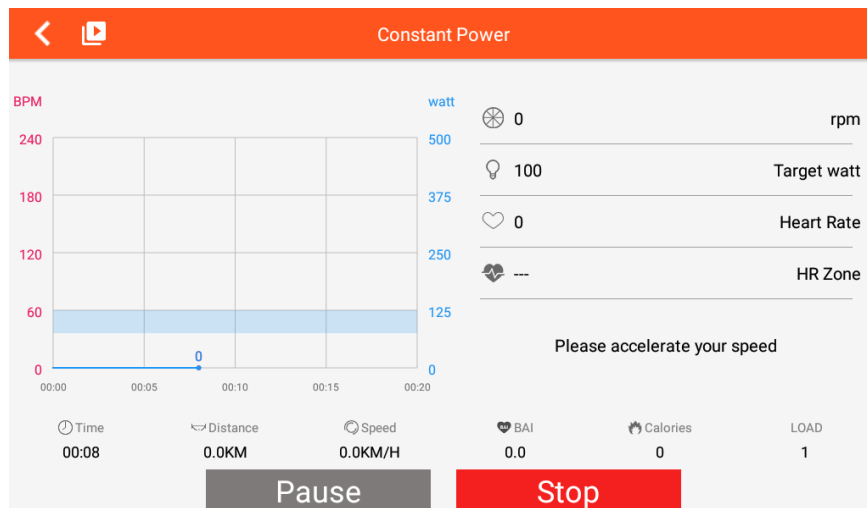
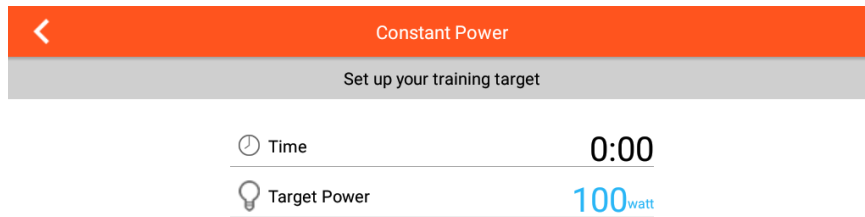
4. Can adjust the LEVEL UP OR DOWN, press “⬇️” “go to break mode, press “⏸️” leave this mode.

5. When finished, the SUMMARY displays .



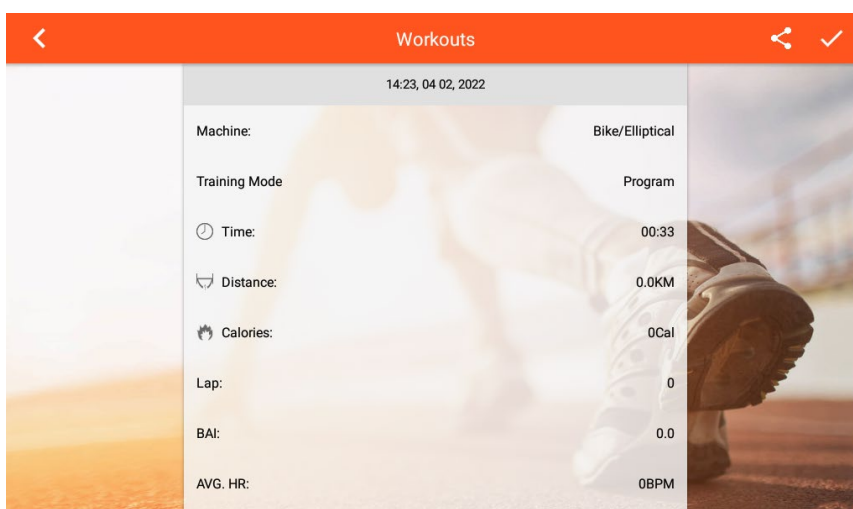
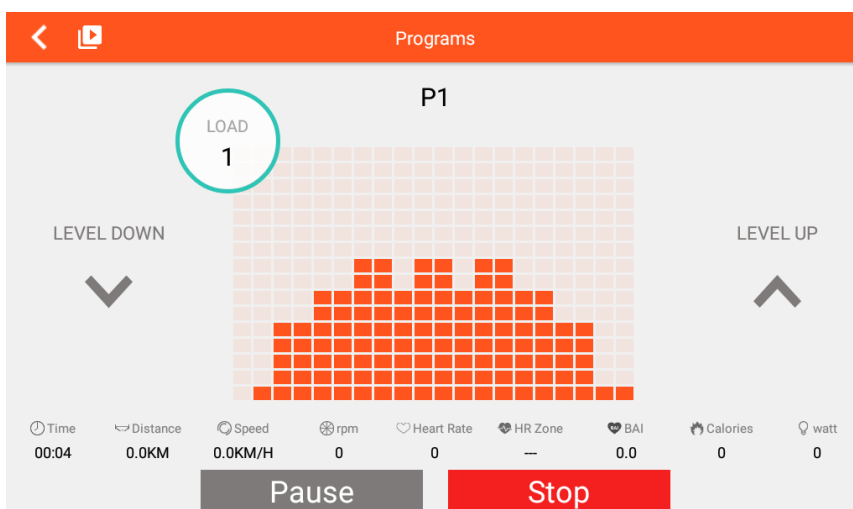
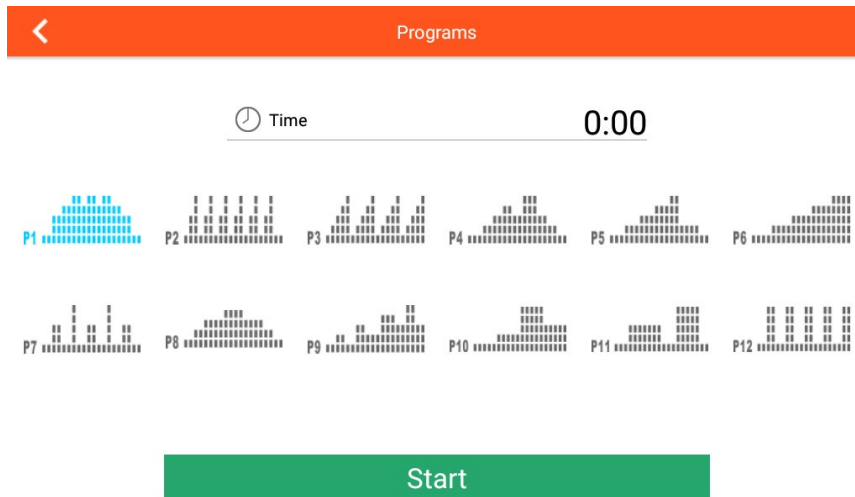
D、 Constant Power MODE:

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 .



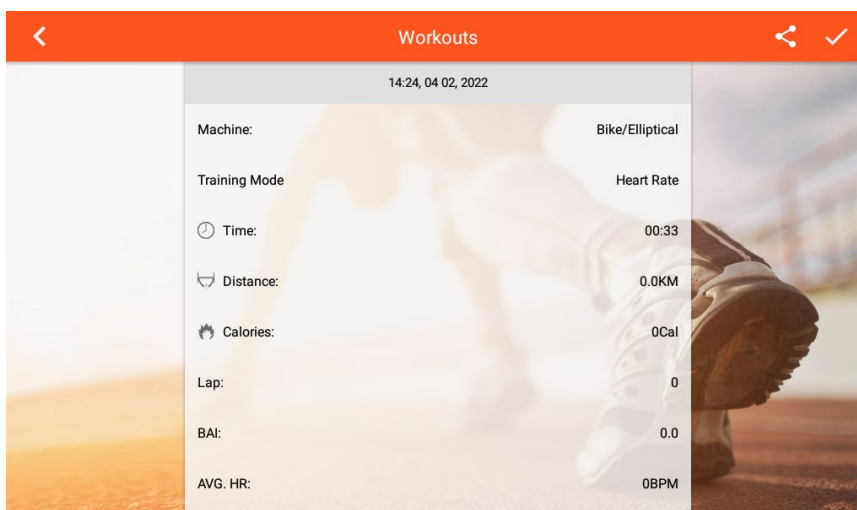
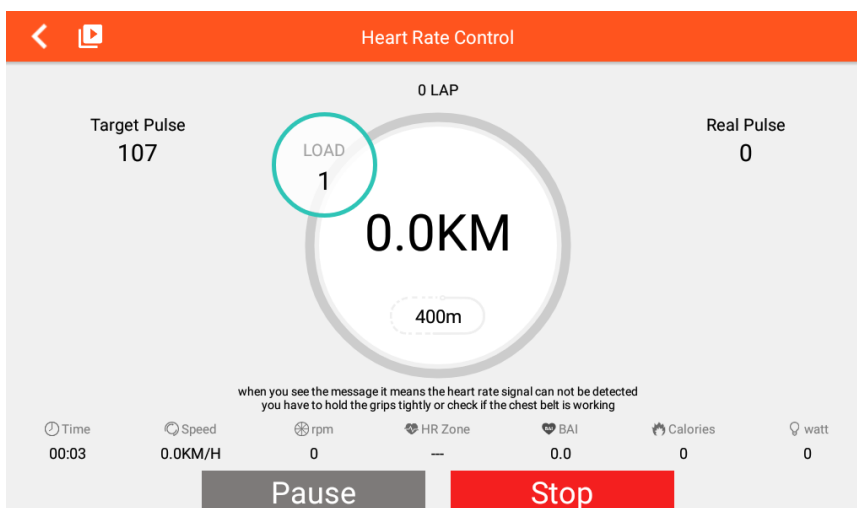
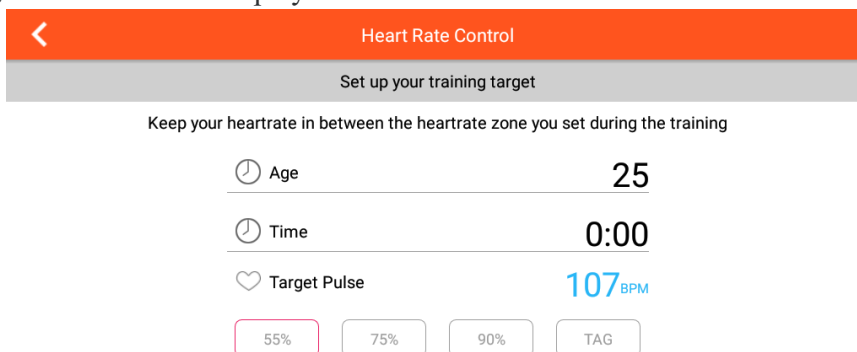
E.PROGRAM MODE:

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 .



F. HEART RATE CONTROL MODE:

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.**



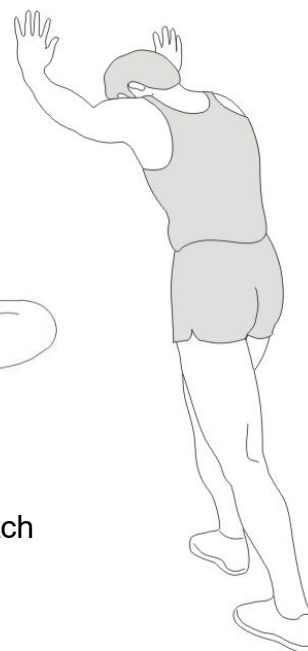
Side Stretch



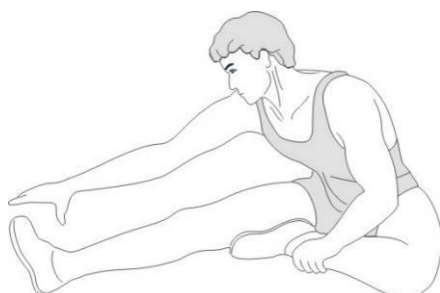
Toe Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring Stretch

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.

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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sales@dkn-technology.com