DKN® TECHNOLOGY

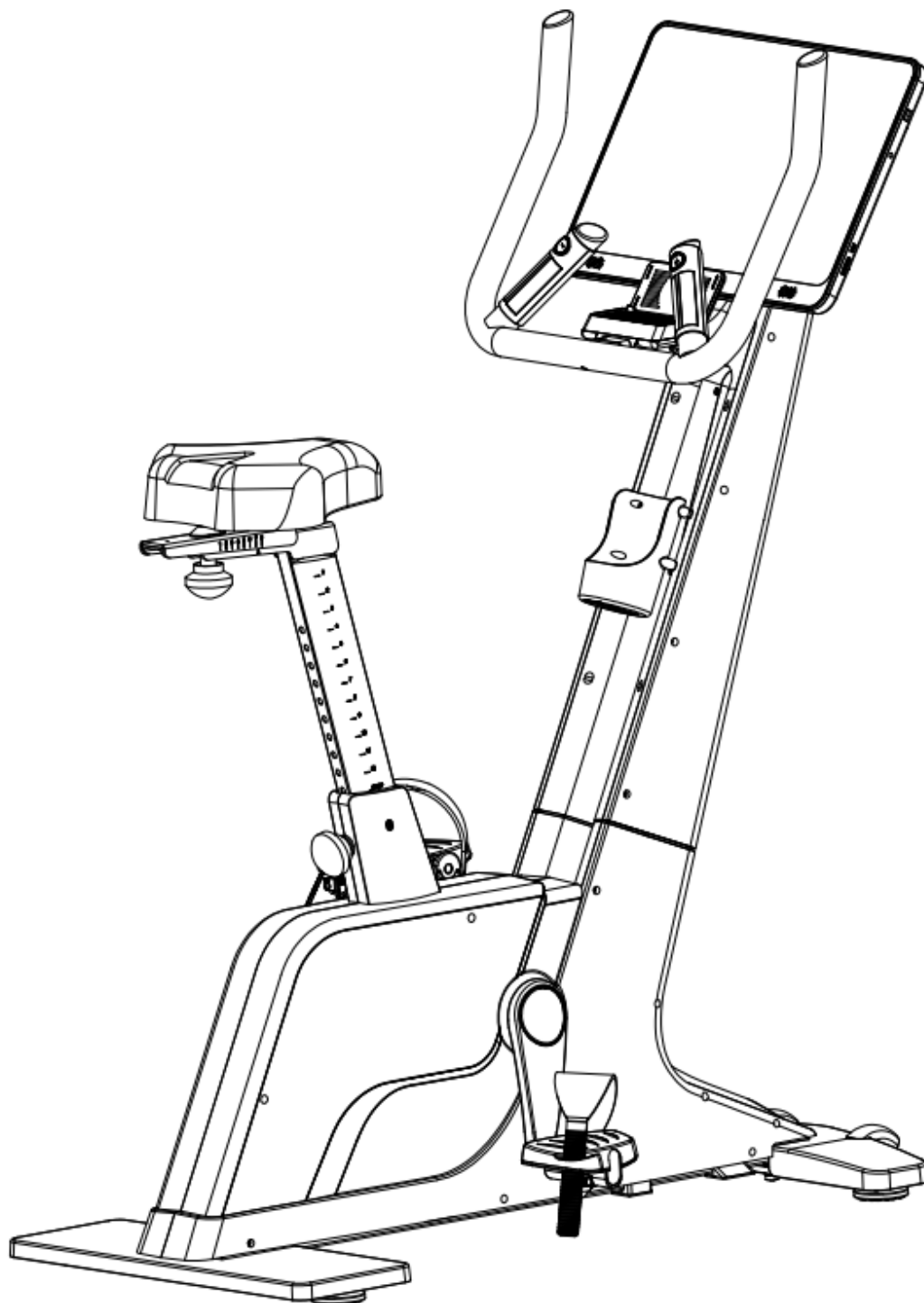## UPRIGHT BIKE

OWNER'S MANUAL

WEBSITE

DKN®

Upright Bike
SELF-GENERATION ERGOMETER
OWNER'S MANUAL

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.

IMPORTANT SAFETY NOTICE

Note the following precaution before assembling and operating the machine.

1. Assemble the machine exactly as the descriptions in the instruction manual.

2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.

3. Set up the machine in a dry level place and keep it away from moisture and water.

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

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

6. 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.

7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the 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.

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

9. This machine can be used for only one person's training at a time.

10. Wear training clothes and shoes that are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.

11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

12. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.

13. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob that can adjust the resistance.

14. Maximum user's weight is 160 KGS.

EXPLODED DIAGRAM
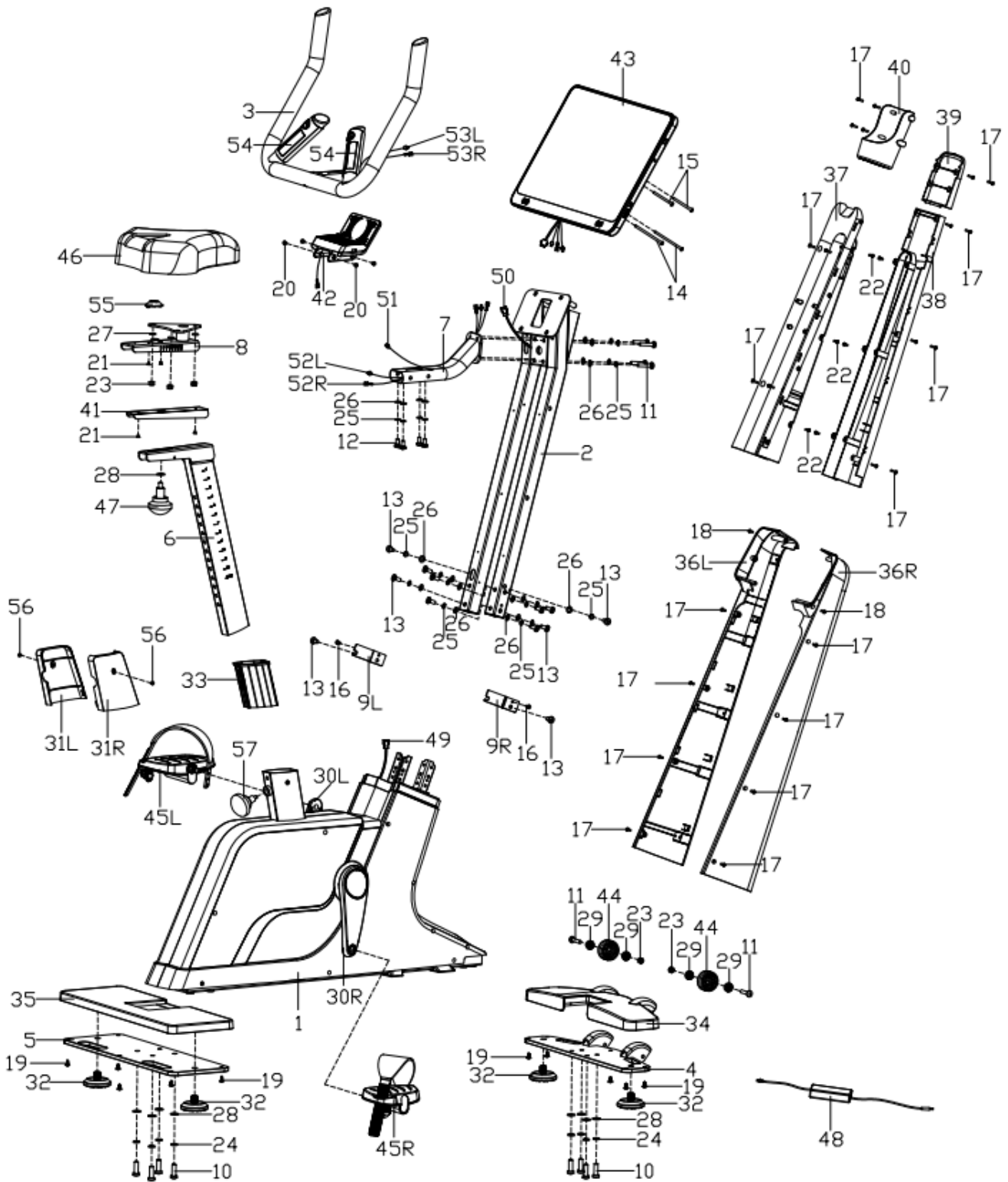
PARTS LIST

| No.	Description	Qty	No.	Description	Qty
1	Main frame	1	30L/R	Crank	1pr.
2	Handlebar post	1	31L/R	Rear handlebar post cover	1pr.
3	Handlebar	1	32	Adjusting foot pad	4
4	Front stabilizer	1	33	Bushing	1
5	Rear stabilizer	1	34	Front cover	1
6	Saddle tube	1	35	Rear cover	1
7	Handlebar connection	1	36L/R	Handlebar post cover	1pr.
8	Adjusting board	1	37	Handlebar post Front protective cover	1
9L/R	Fixing board	1pr	38	Handlebar post Rear protective cover	1
10	Inner hex screw M10x30	8	39	Computer cover	1
11	Inner hex screw M8x40xL15	6	40	Water bottle holder	1
12	Inner hex screw M8x16	4	41	Saddle plastic splice	1
13	Inner hex screw M8x18	12	42	Wireless Power charge module	1
14	Cross pan head screw M5*95	2	43	Computer	1
15	Cross pan head screw M5*65	2	44	wheel	2
16	Cross pan head screw M5*12	2	45L/R	Pedal	1pr.
17	Cross pan head screw M4*15	24	46	Saddle	1
18	Cross pan head tapping screw ST4.2*18	2	47	Knob	1
19	Cross pan head tapping screw ST4*12	10	48	Adaptor	1
20	Cross screw M5*10	4	49	Control Extension wire1	1
21	Cross screw M4*6	4	50	Control Extension wire2	1
22	Cross outer hex screw M4x15	6	51	Extension wire1	1
23	Nylon nut M8	5	52L/R	Extension wire	1pr
24	Spring Washer D10	8	53L/R	Pulse wire	1pr
25	Washer D8	18	54	Pulse sensor	2
26	Flat washer D8*D16*1.5	18	55	Nut cap	1
27	Flat washer D8	3	56	Cross pan screw M4*6	2
28	Flat washer D10*2	9	57	Spring pin knob	1
29	Bearing 608ZZ	4			

Assembly Instructions

Attention:

Please follow these assembly instructions step by step to assemble this bike.
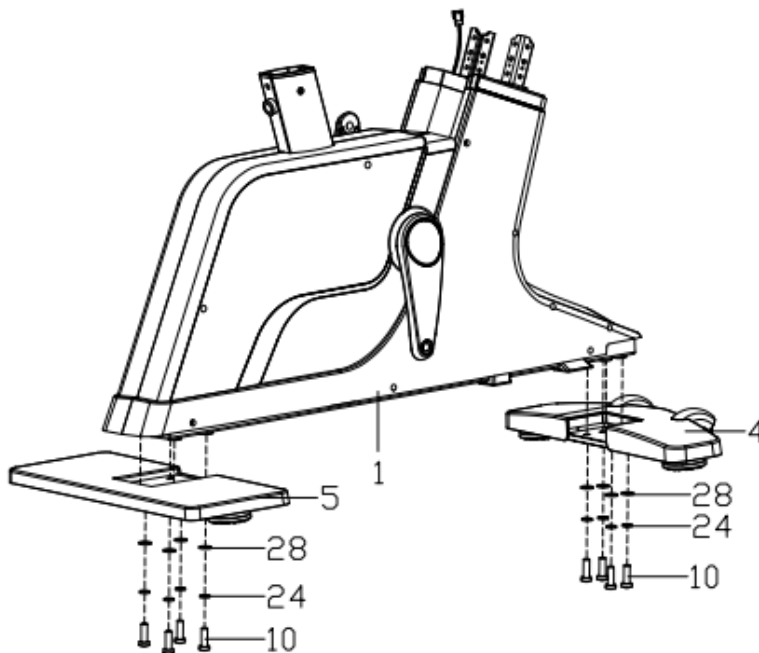
STEP 1:

1. Unload the screw B and packing tube A from the main frame(1).
   You can keep screw B and packing tube A for next time package used if necessary.
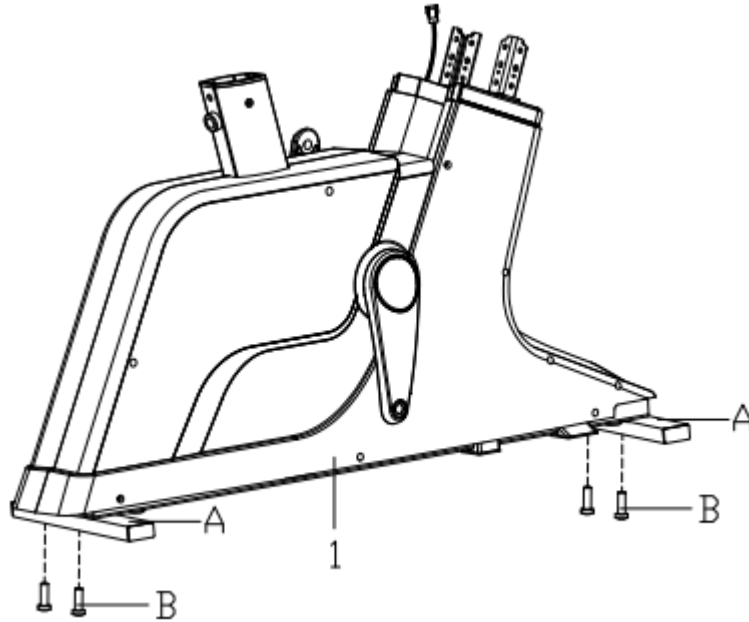
STEP 2:

The front bottom plate combination (4) and back bottom plate combination (5) are locked to the main frame combination (1) with the hexagon pan head screw (10), spring wash (24) and flat washer (28).
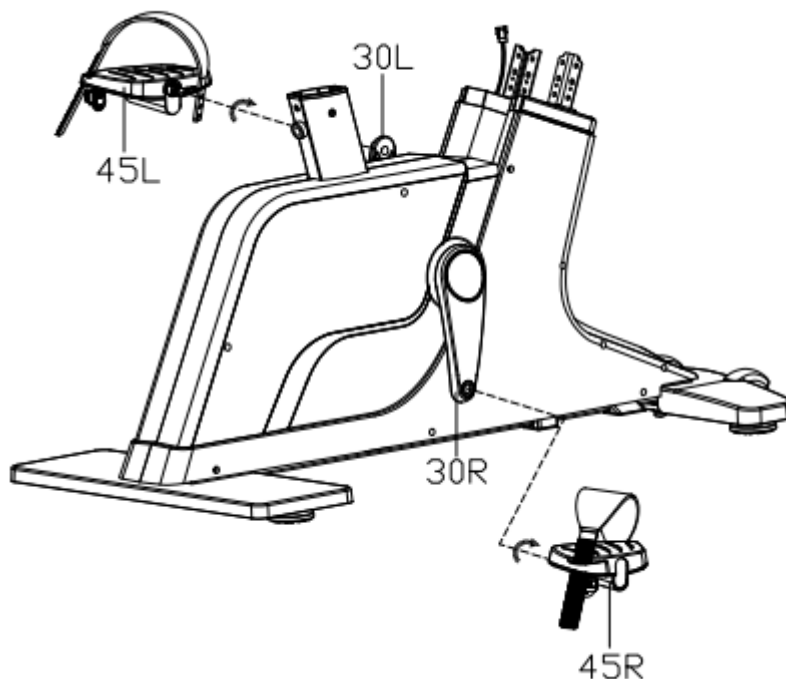
STEP 3:

Install the Pedal (45L/R) to the Crank (30L/R) respectively.
NOTE:
Lock the Left Pedal (45L) Anticlockwise and the Right Pedal (45R) Clockwise as show.
Please make sure that the Pedal (45L/R) have been locked tightly before exercise

STEP 4:

1: Lock the saddle (46) on the adjusting plate joint (8) with nylon nut (23) and parallel gasket (27);
2: The adjusting plate combination (8) is locked on the saddle tube combination (6) with the knob (47) and the flat washer (28);
3: Insert the saddle tube (6) into the main frame (1), lock the saddle tube (6) with the spring pin knob (57) after the hole position, and then lock the rear riser left and right guard (31L/R) with the cross pan head screw (56) to the main frame （1）
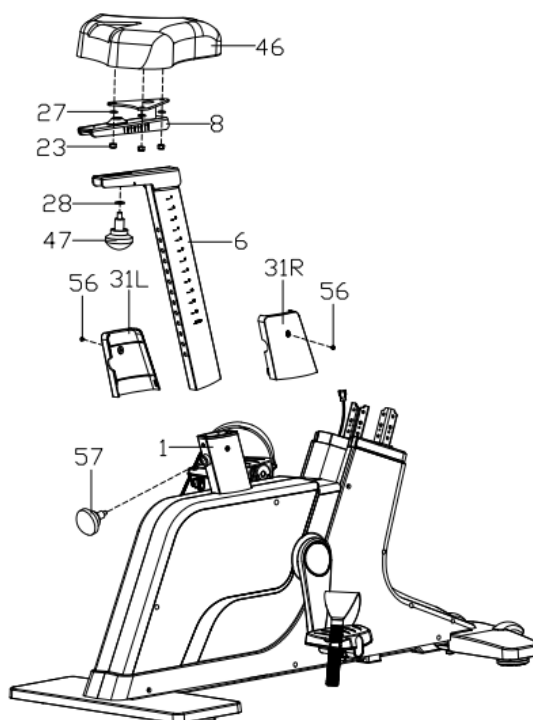
STEP 5:

1: Lock the handlebar post (2) on the main frame (1) with the inner hex screw (13) spring washer (25) and flat washer (26);

2: Lock the fixing plate (9L/R) on the handlebar post (2) with the inner hex screw (13) and the cross pan head screw (16).

NOTE: During installation, pay attention to the orientation of the fixing plate with the concave side facing inward and parallel to the A side, as shown in Figure C below.

3: Connect Control Extension wire1 (49) to Control Extension wire2 (50).

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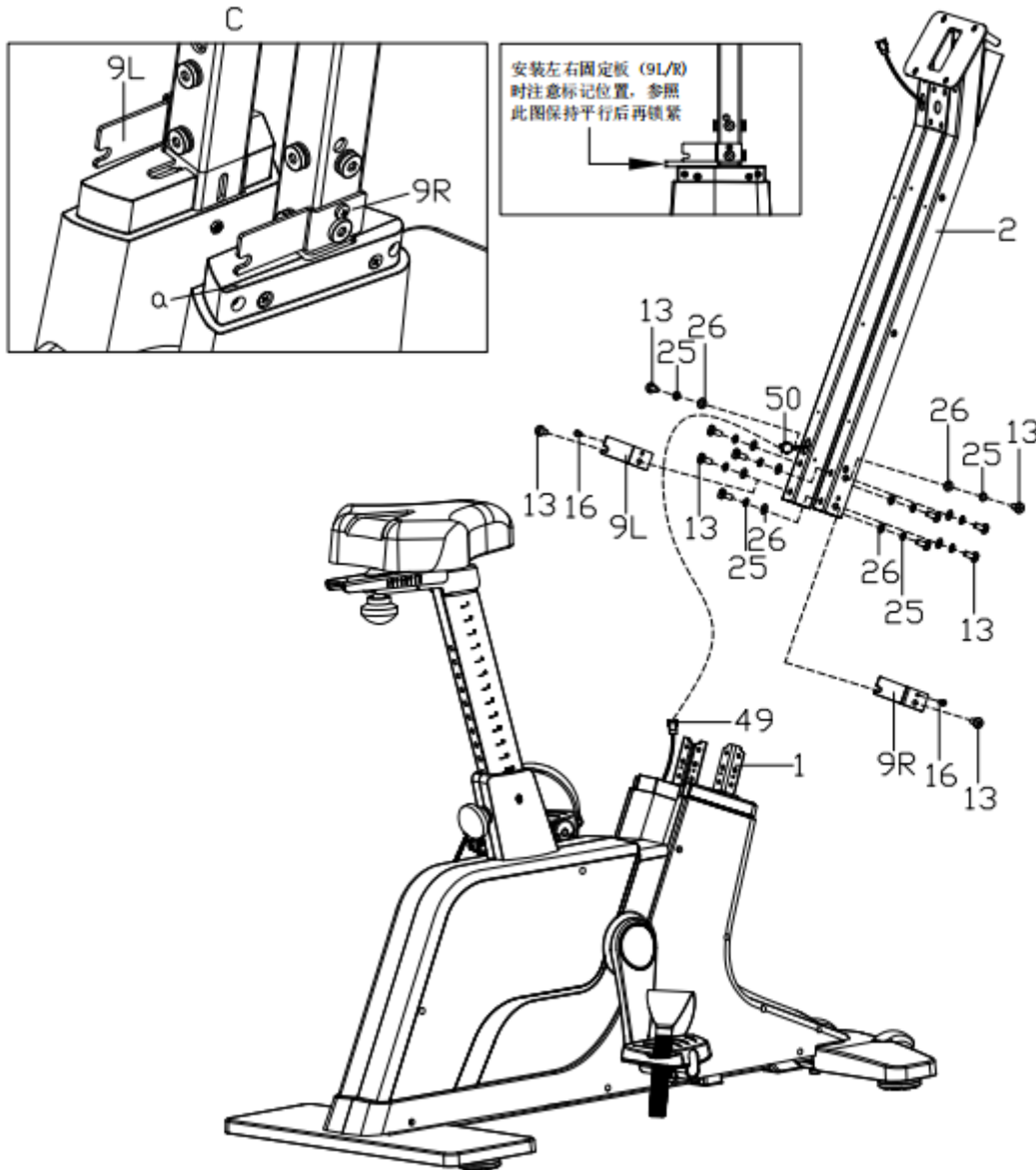
STEP 6:

1: Connect the Pulse wire (53L/R) to the Extension wire (52L/R), and pull out the excess wire from the handlebar connecting (7) to prevent the wire from being snapped, and then lock the handle (3) to the handlebar connecting (7) with inner hex screw (12), spring washer (25), flat washer (26);

2: First connect the wire of the external Wireless Power charge module (42) to the Extension wire1 (51), and pull the excess wire from the handlebar from the handlebar (7) to prevent the wire from being clipped, and then use the cross screw (20) to lock the external Wireless Power charge module (42) to the handlebar (7);

3: First pass Extension wire1 (51) and Extension wire (52L/R) through the middle round hole of the Handlebar post (2) into the square hole of the table support plate, and then lock the handlebar connecting (7) to the Handlebar post (2) with the inner hex screw (11), spring wahser (25) and flat washer(26).

STEP 7:

1: Pre-lock Handlebar post Front protective cover (37) to Handlebar post (2) with Cross pan head screw (17)

Note that it cannot be locked; ensure that Handlebar post Front protective cover (37) can be moved up and down.

2: First, insert the Handlebar post cover (36L/R) of the riser into the square hole on the Handlebar post Front protective cover (37) of the riser (as shown in Figure **D** below),

Then lock the Handlebar post cover (36L/R) of the Cross pan head screw (17) and Cross pan head tapping screw (18).
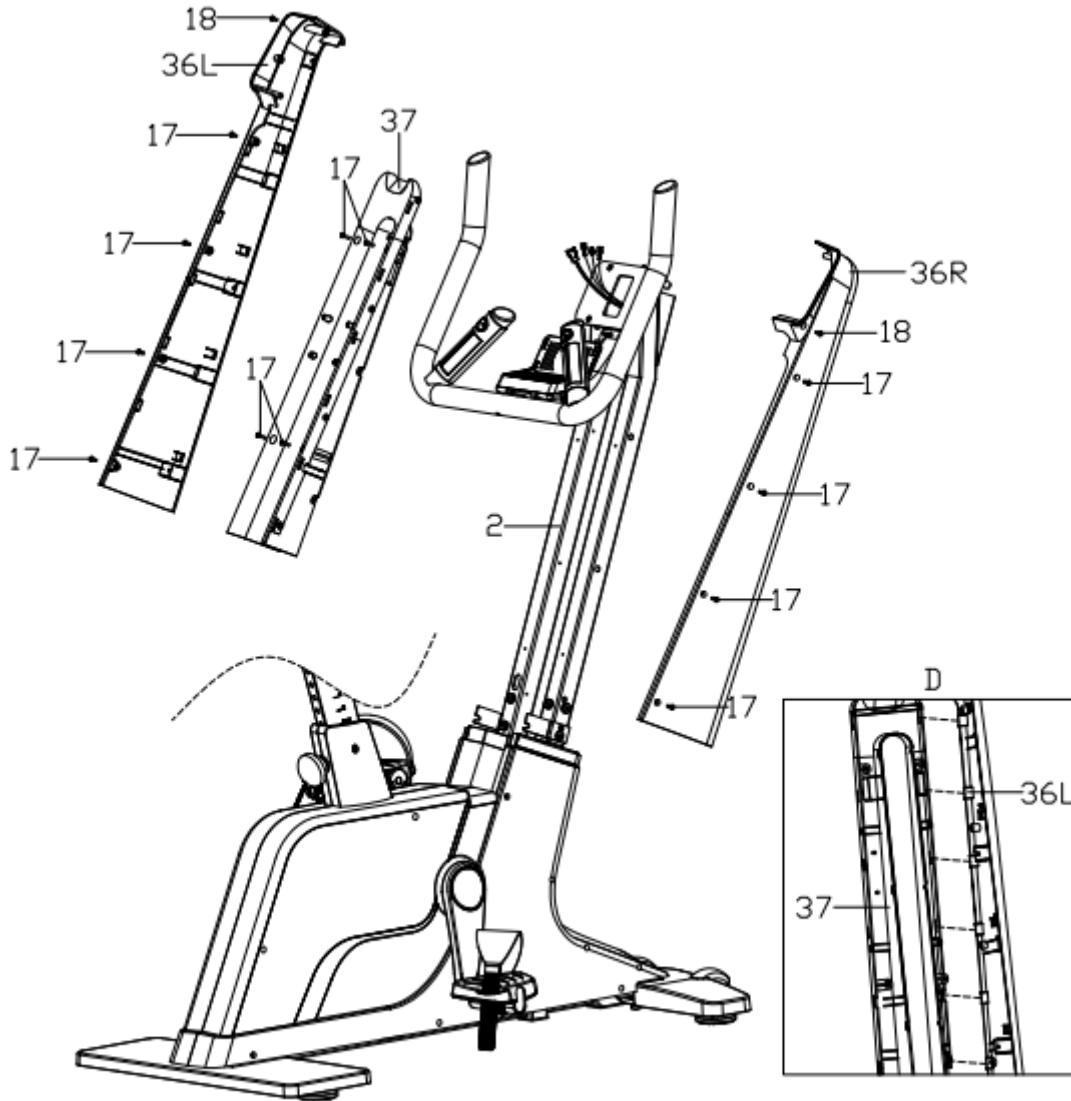
STEP 8:

1: Use the Cross outer hex screw (22) to Handlebar post Rear protective cover (38) with Handlebar post Front protective cover (37) after the boundary position is aligned to the Handlebar post (2);

2: First align the Handlebar post Rear protective cover (38) with Handlebar post Front protective cover (37) at the boundary position, and then use the Cross pan head screw (17) to lock Handlebar post Rear protective cover (38) to the Handlebar post (2);

3: Lock all Cross pan head screw (17) in STEP 7.
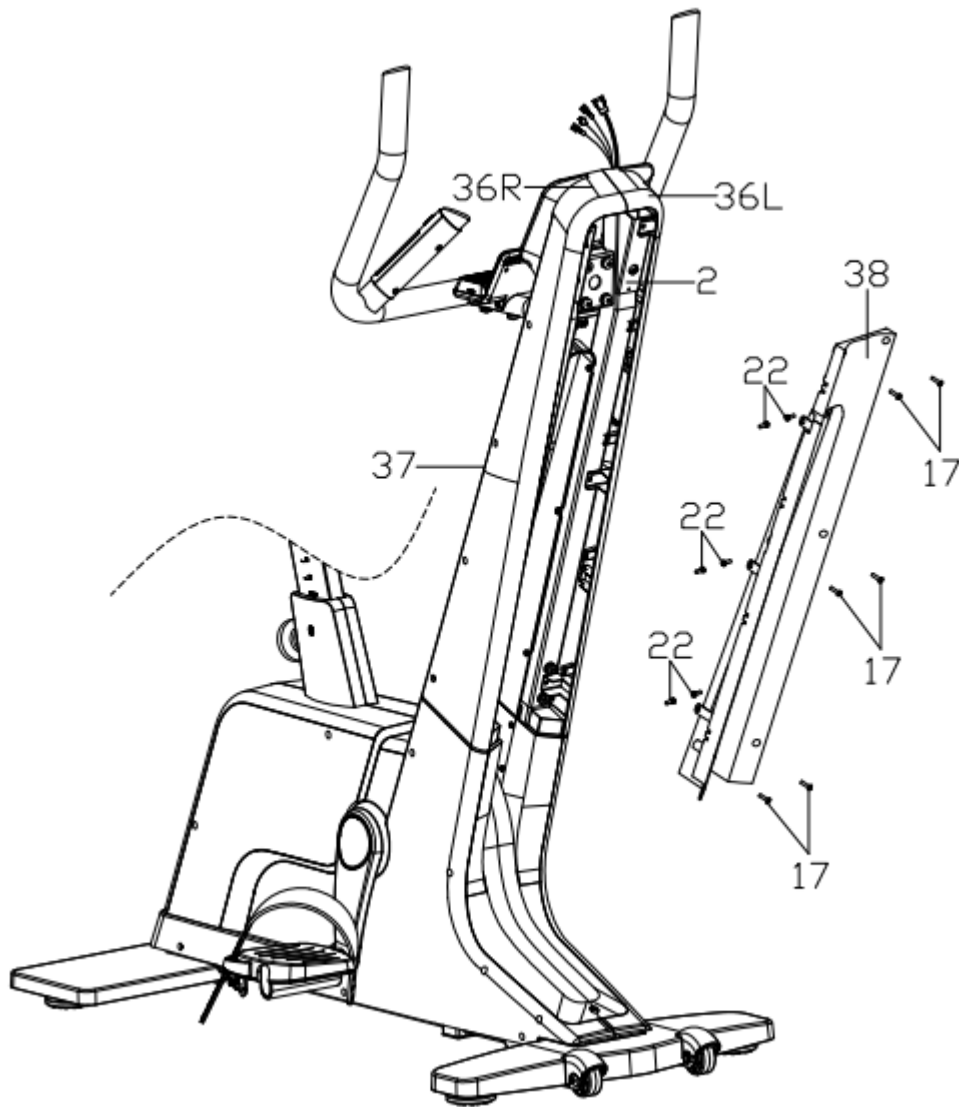
STEP 9:

1: First connect the Control Extension wire2 (50),Extension wire 1 (51), extension wire (52L/R) with the corresponding line on the computer; Then use the cross pan head screws (14), cross pan head screws (15) to lock the computer (43) on the table tray of the handlebar post (2);

2: Use a cross pan head screw (17) to lock Computer cover (39) to the handlebar post (2);

3: Fasten the Water bottle holder (40) to the Handlebar post Front protective cover (37) with the Cross pan head tapping screw (17).
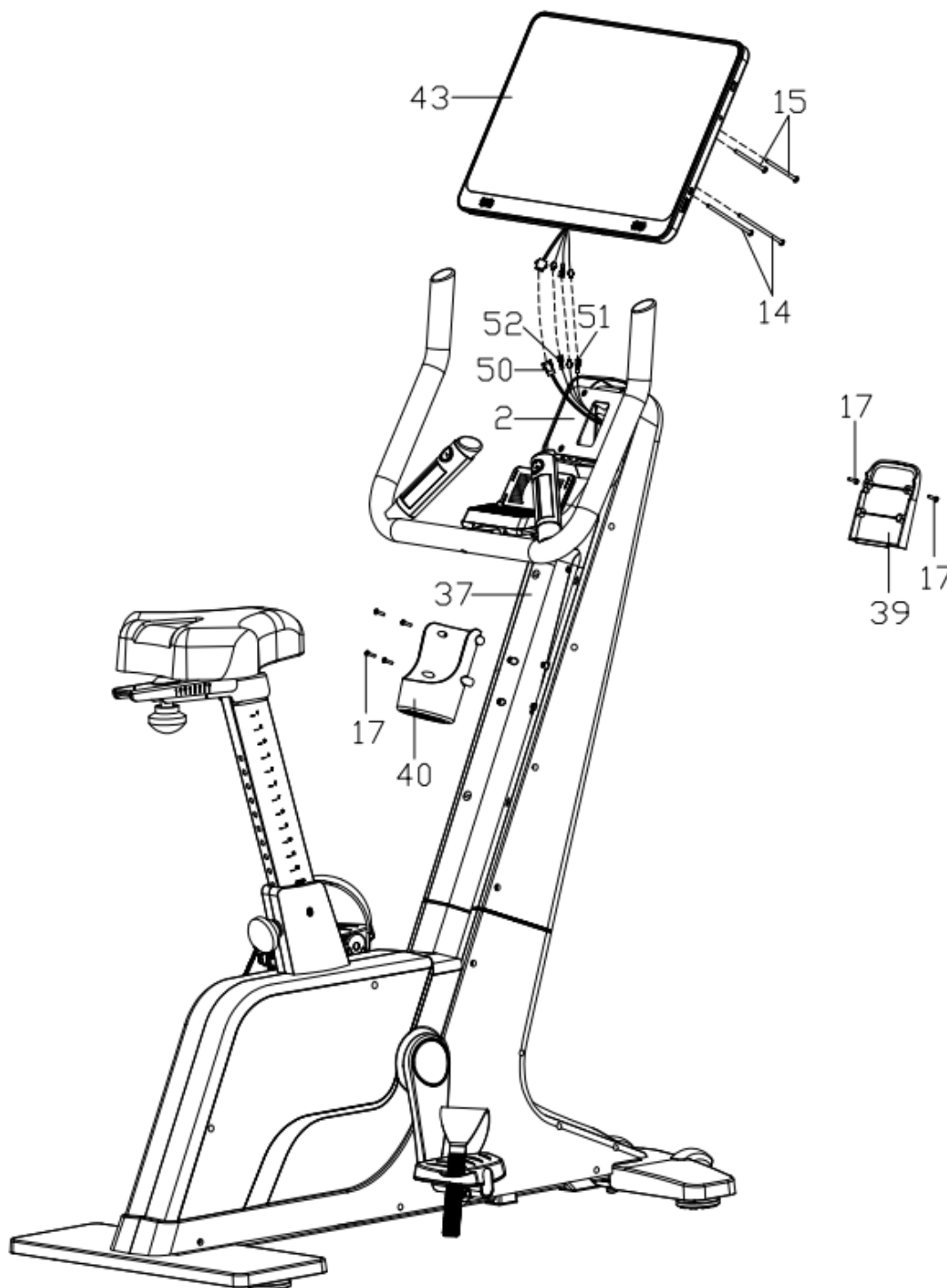
WARM-UP and COOL-DOWN

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.**

Toe
Touch

Inner Thigh Stretch

Calf-Achilles Stretch

Side Stretch

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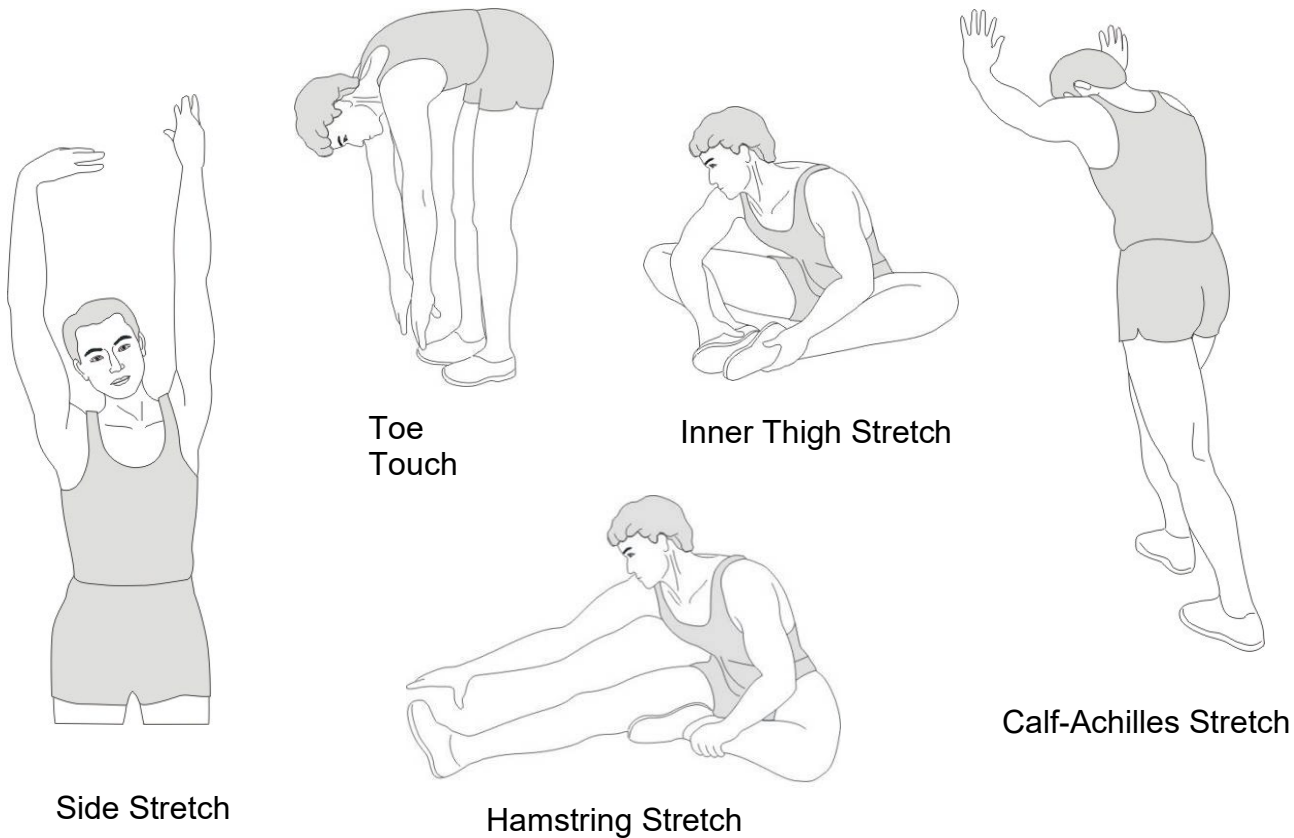
Remember always to check with your physician before starting any exercise program.

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.

INSTRUCTION MANUAL OF SV86XX/SV85XX

1. POWER ON (Home page):
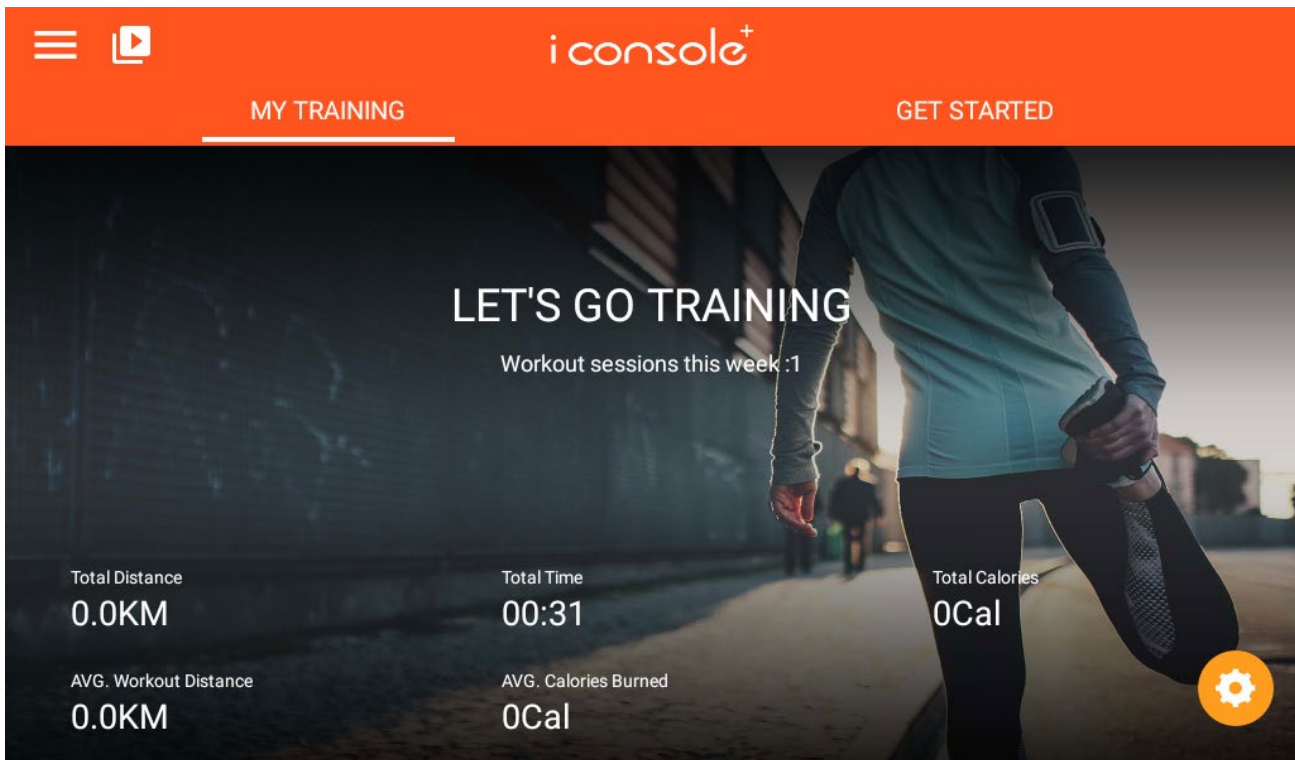
2. Function Spec Description:

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 ⋮

On

810F3
Connected

EXIT

BT PULSE

Pulse Device

Device ON/OFF

3. Display Range ：

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

4. Button Function :

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

STOP： Press this key stop training.

UP： Press this key to increase the load level

DOWN： Press this key to decrease the load level

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

5. SYSTEM SETTING OPERATION :

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

B . HOME: Back to home page

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

D. SETTING: Setting mode
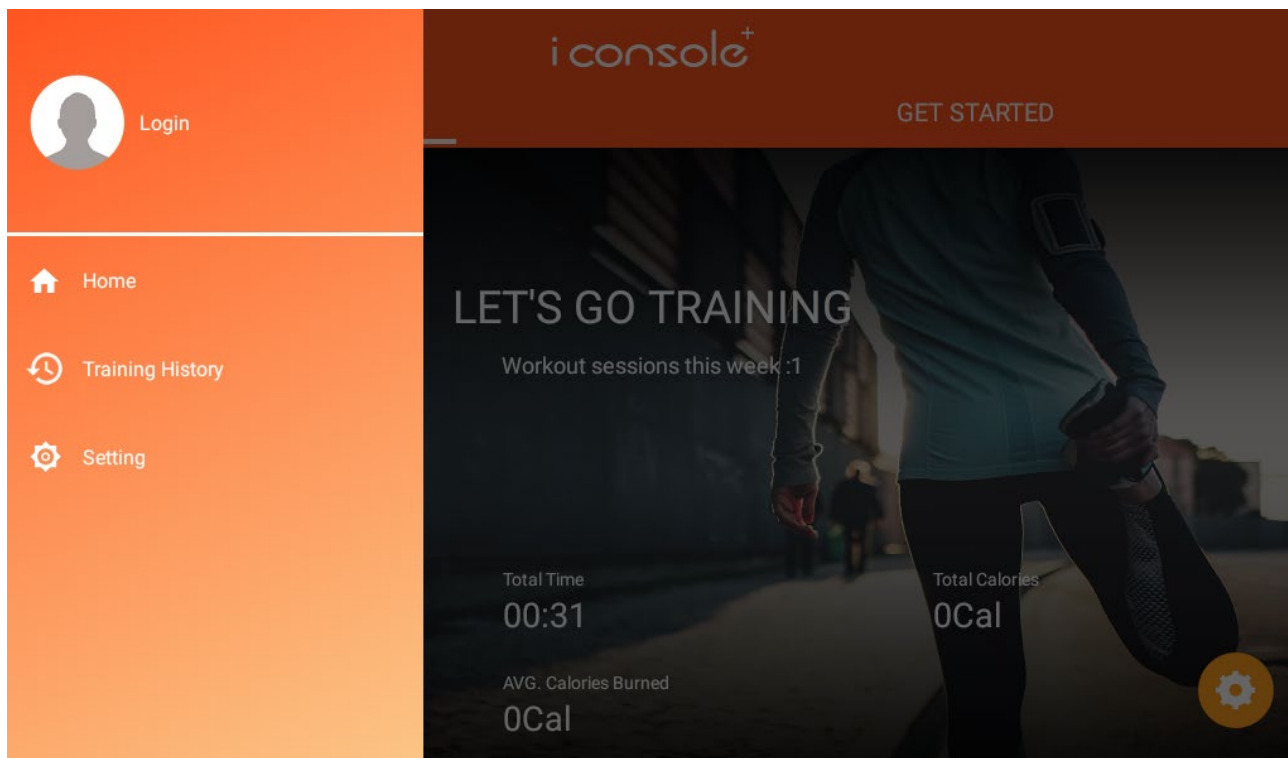
A. Click Logo in (photo) to login the account , select face book /GOOGLE/ We Chat / / enter the email password to log IN.
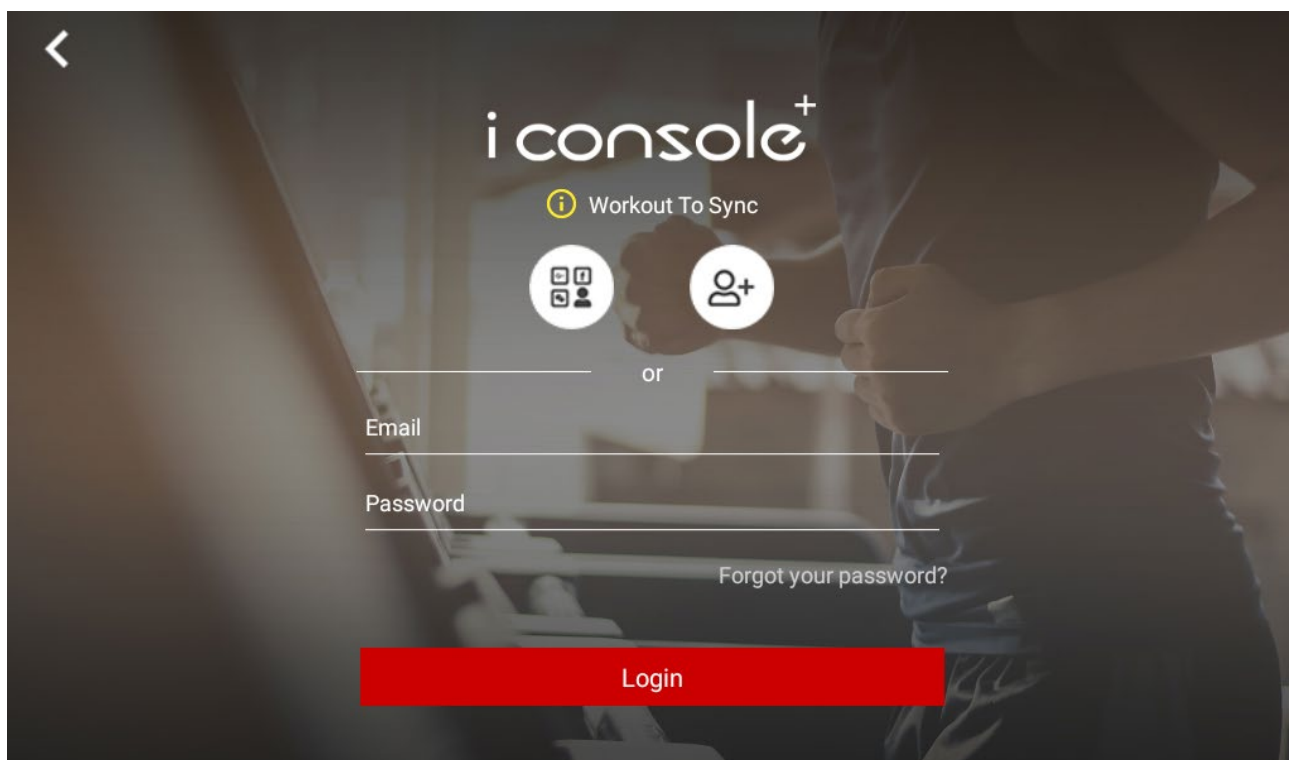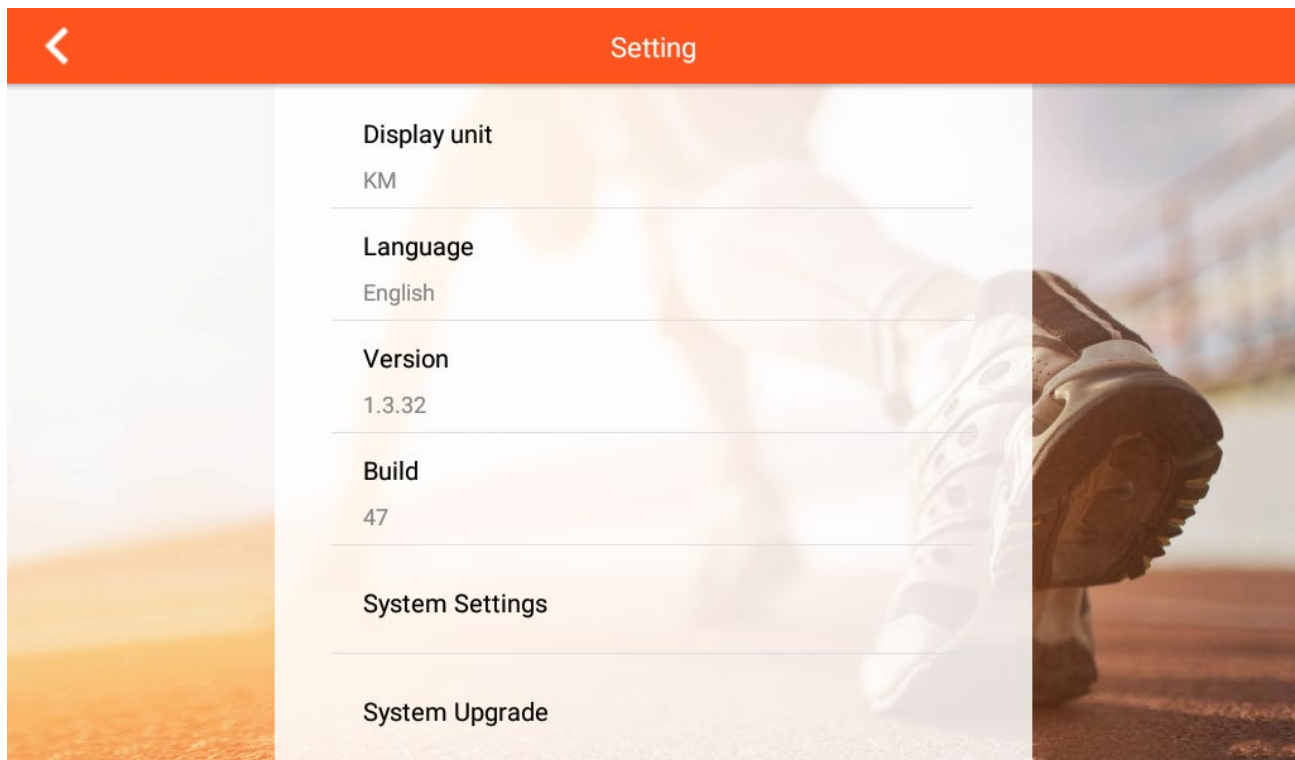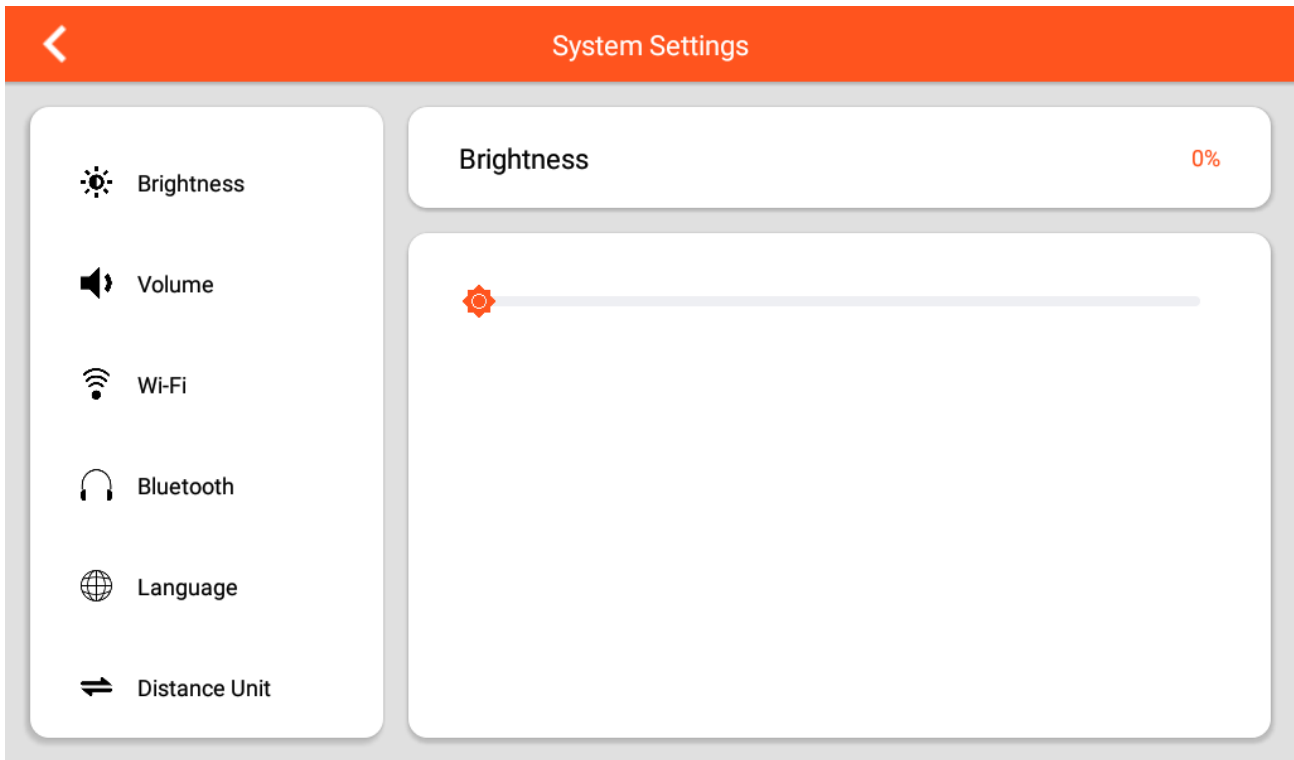
GOOGLE /FACEBOOK/WECHAT

CREATE ACCOUNT

18
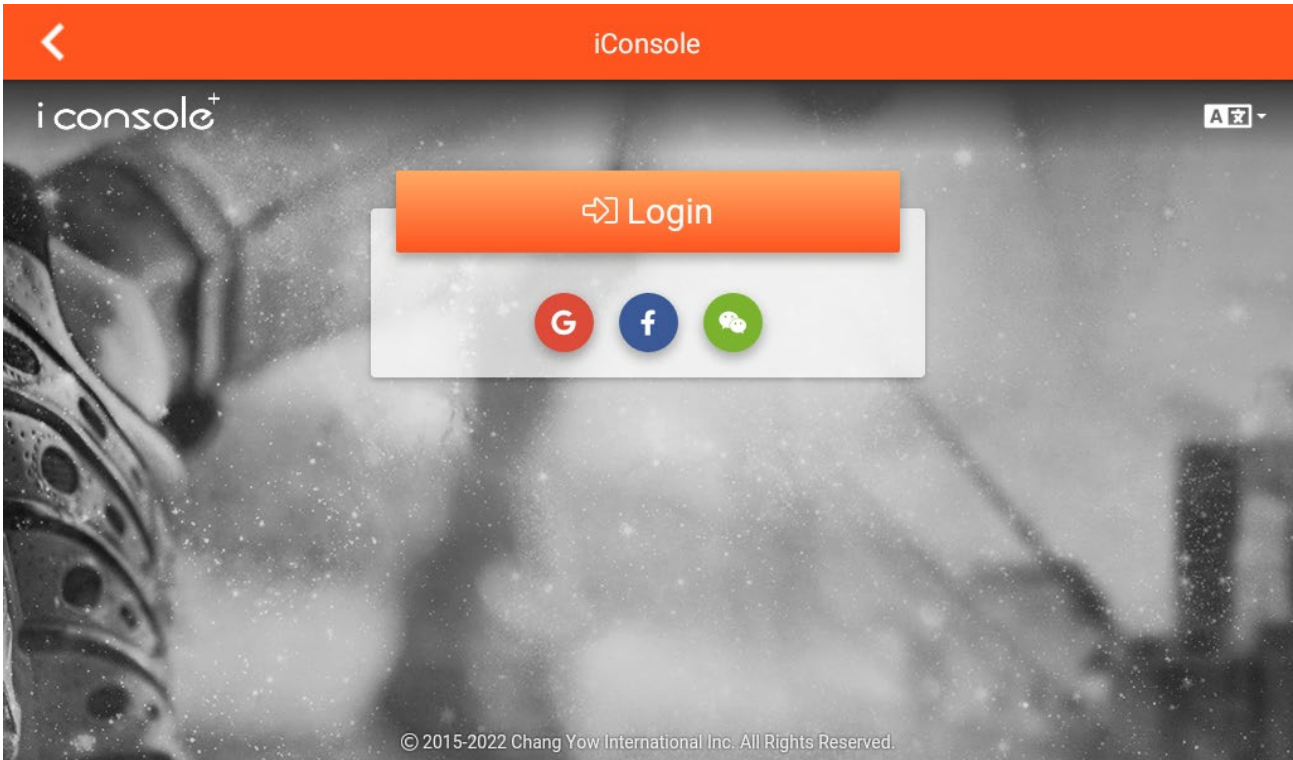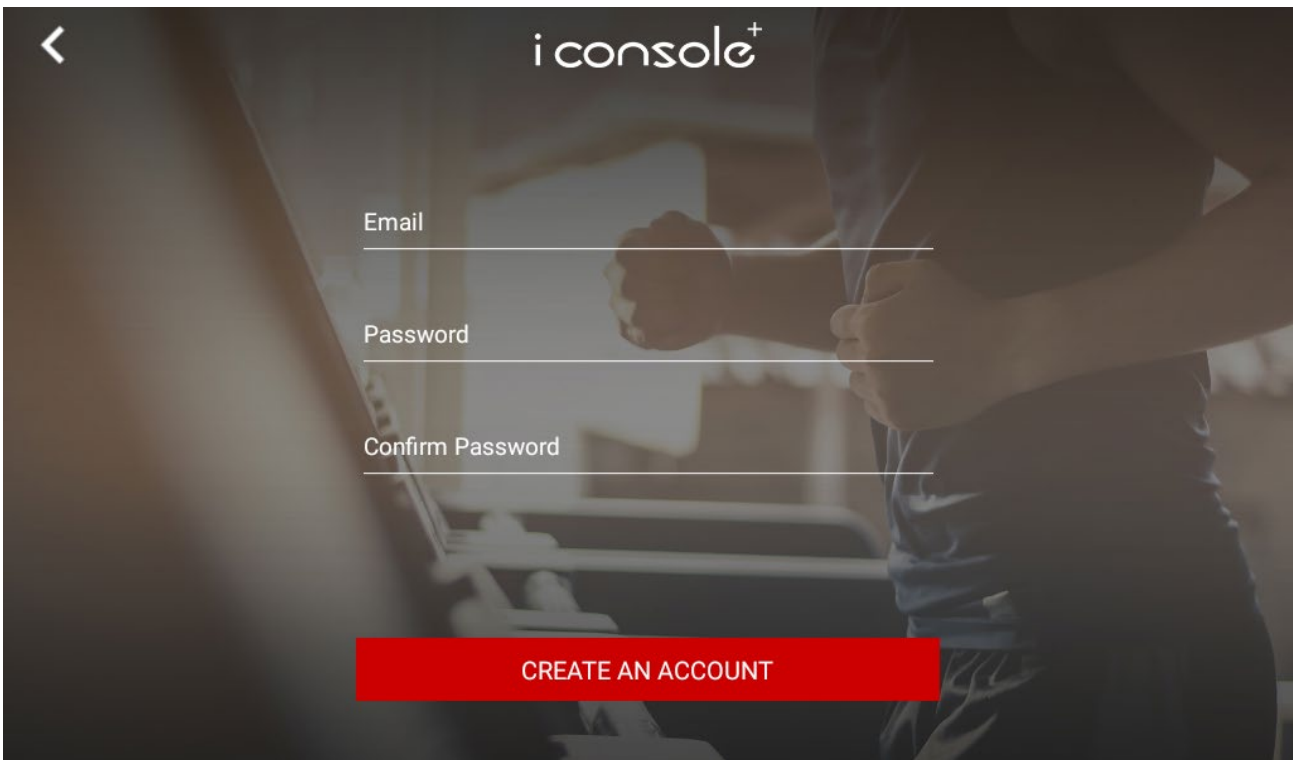
B. **TRAINING HISTORY**
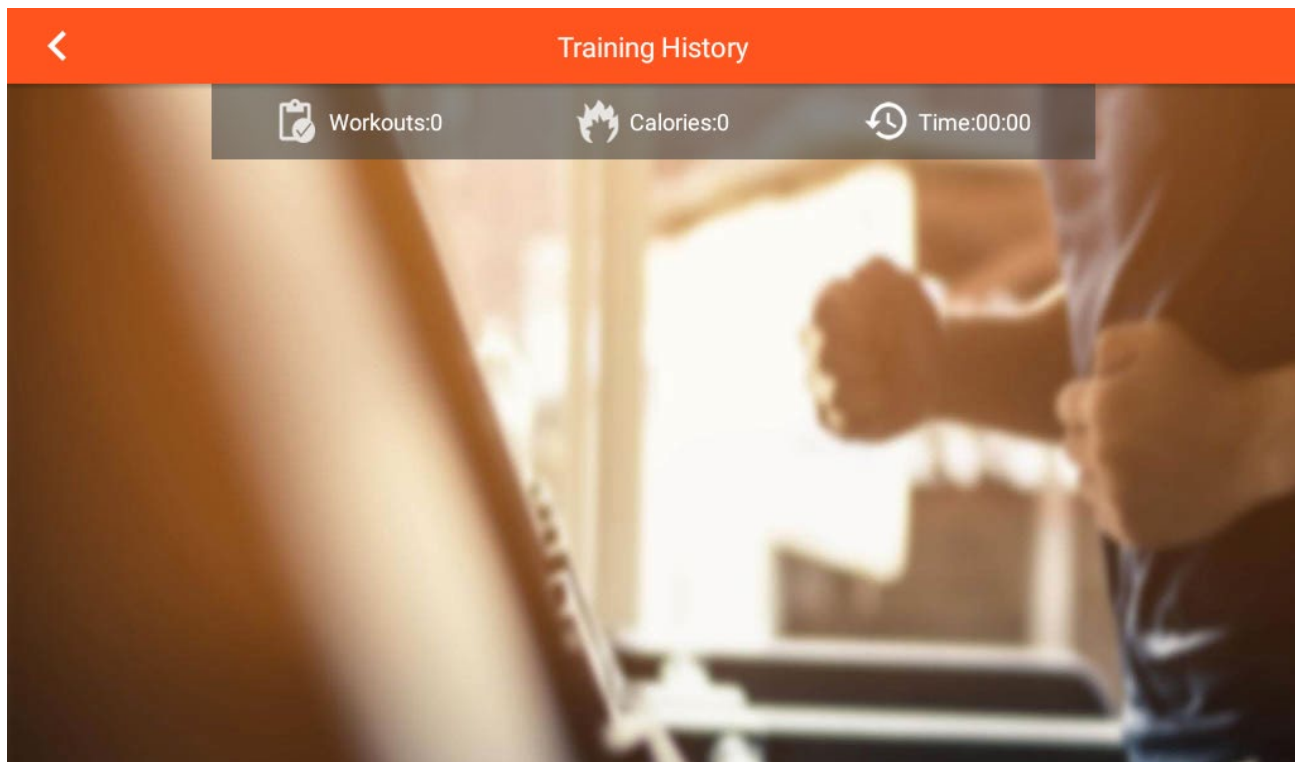
C.SETTING:

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

a.Brightness

b.Volume
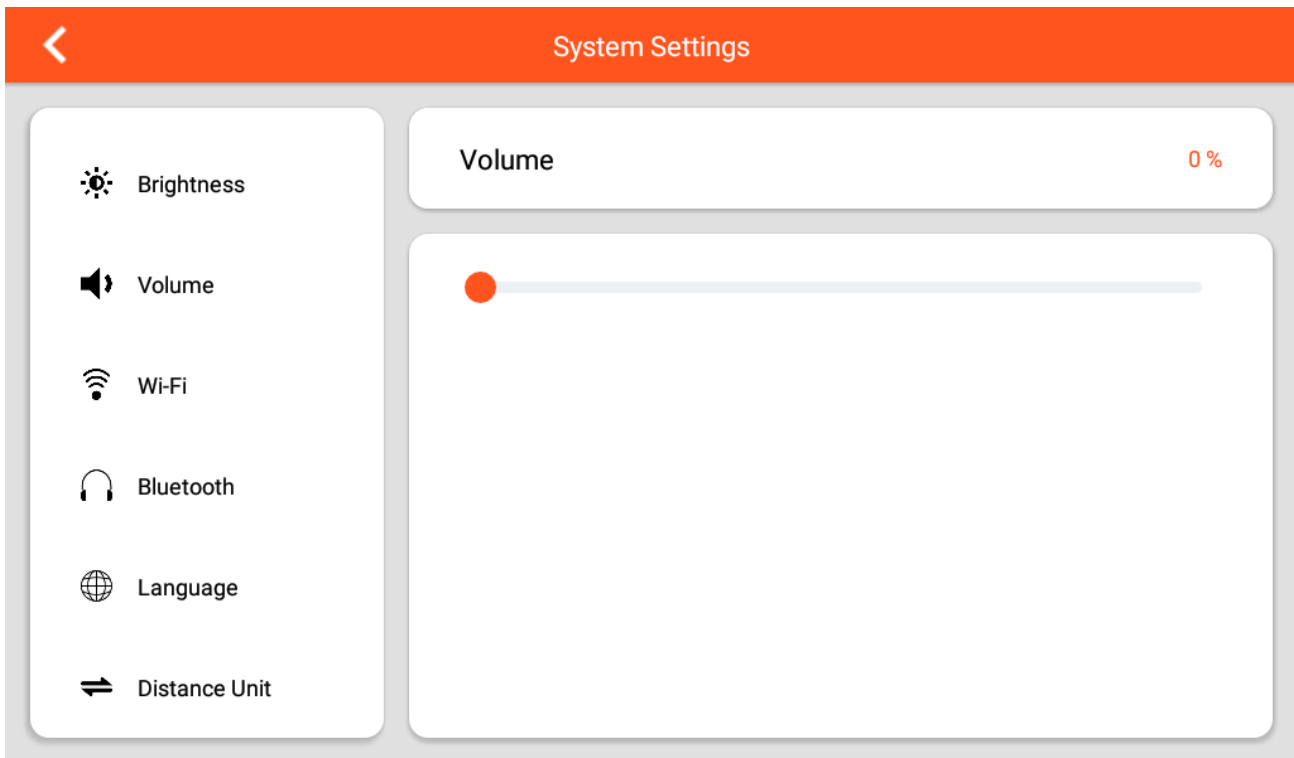
c.WIFI
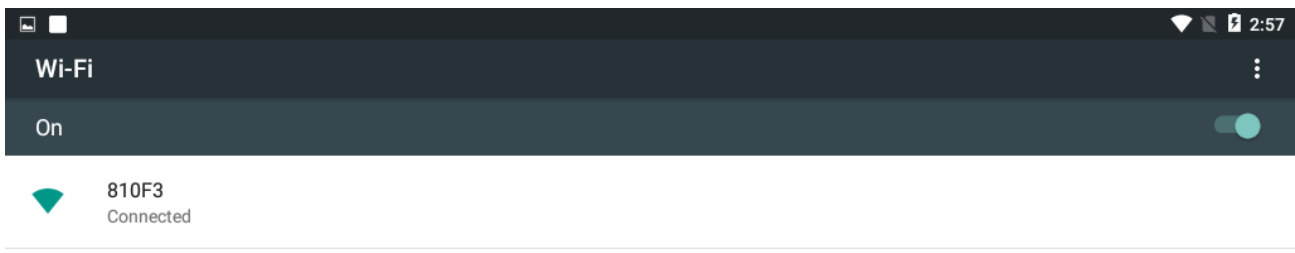
d. bluetooth device

e. language

Language   English

English

España

Français

Deutsch

日本語

繁體中文

Brightness
Volume
Wi-Fi
Bluetooth
Language
Distance Unit

f.Distance Unit

System Settings

Distance Unit   KM

Metric/Imperial
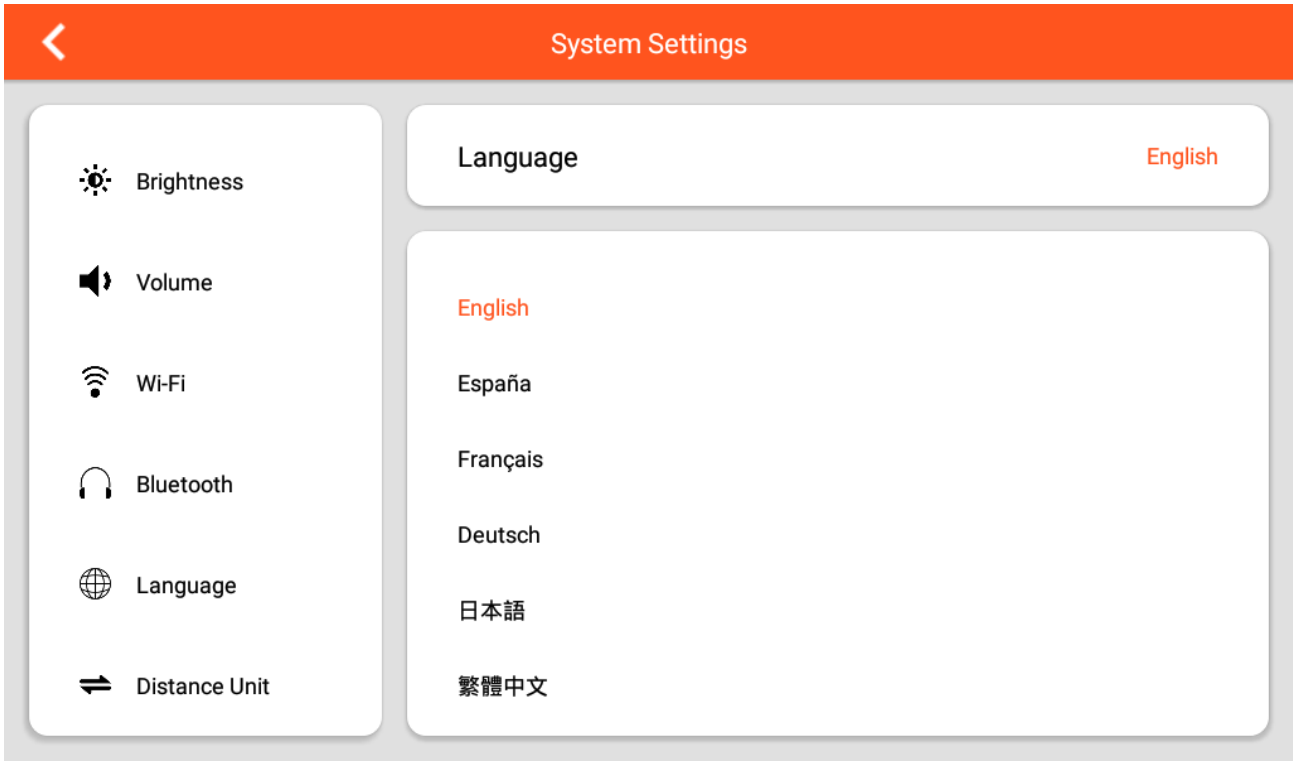
Brightness
Volume
Wi-Fi
Bluetooth
Language
Distance Unit
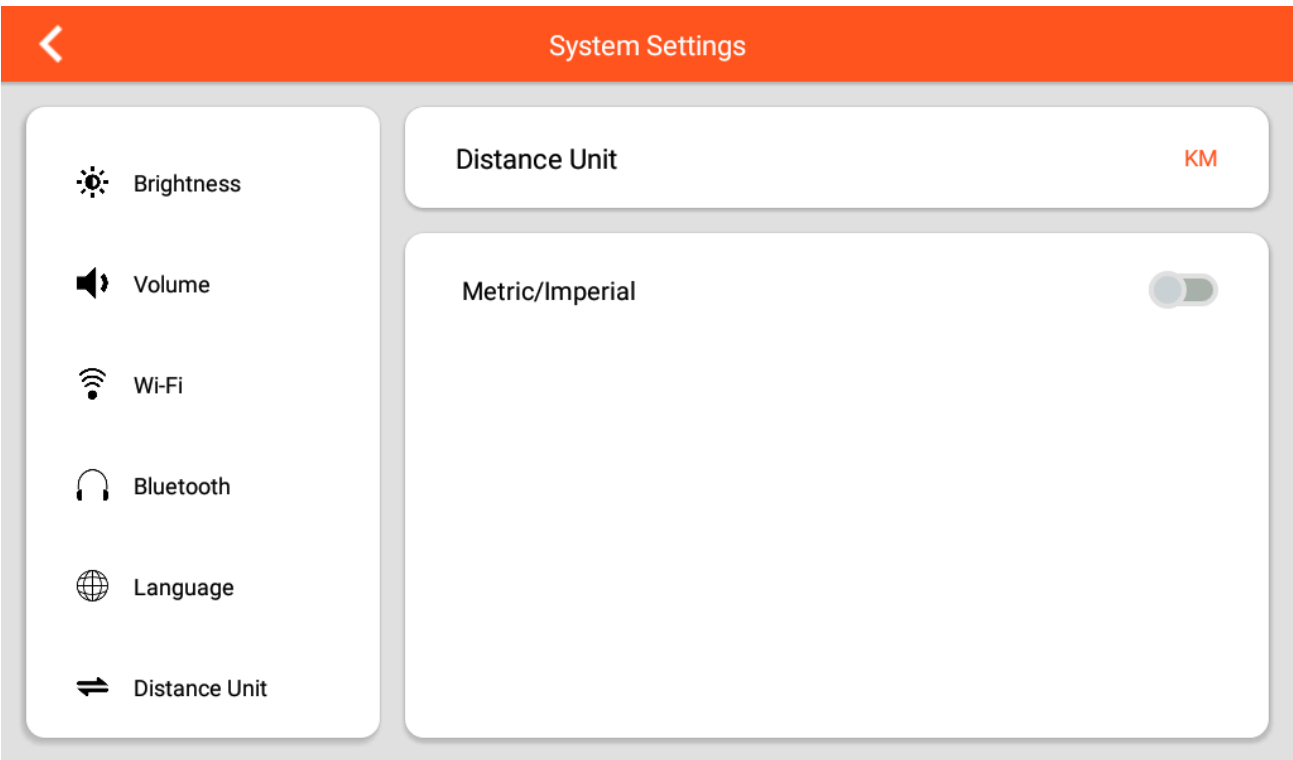
SYSTEM UPGRADE into APP updata

< **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

SMART FITNESS SOLUTIONS

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

A. Select APP :NETLIX、YOUTUBE、SPOTIFY、KINOMAP、CHROME、FACEBOOK、
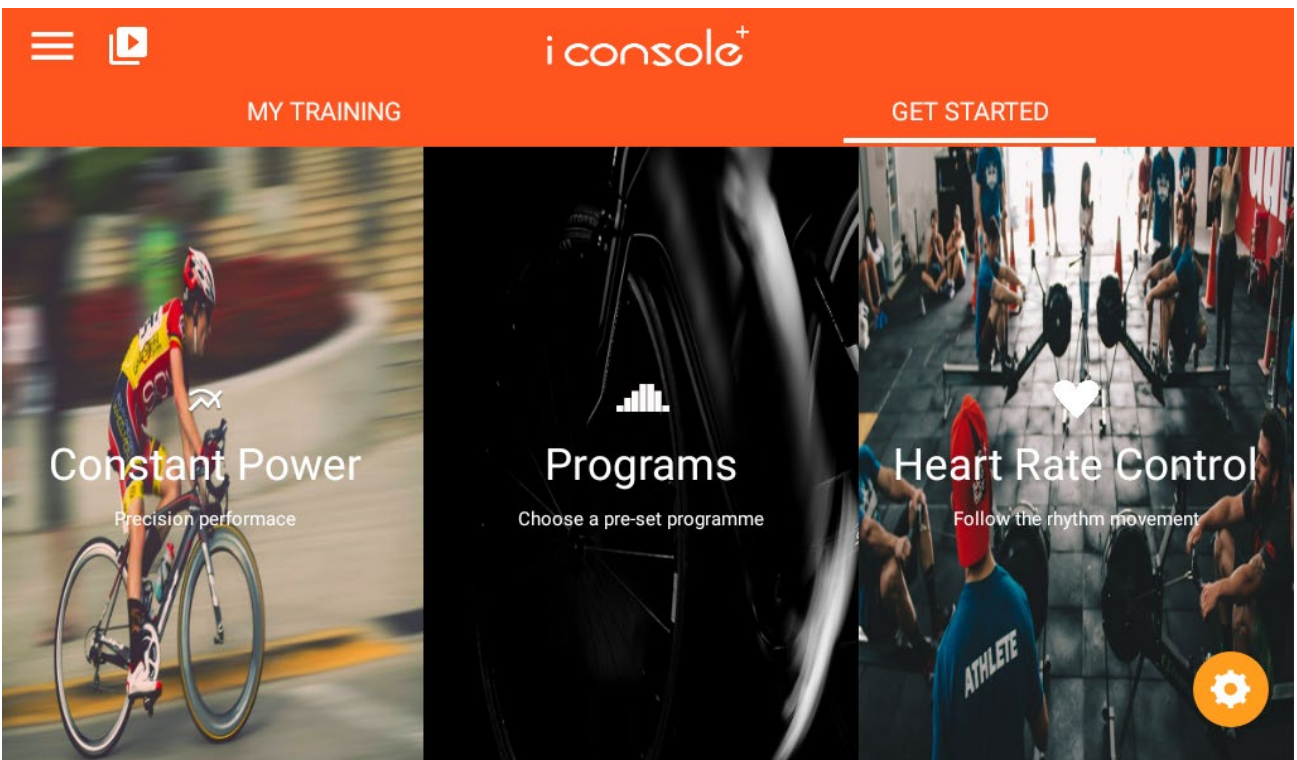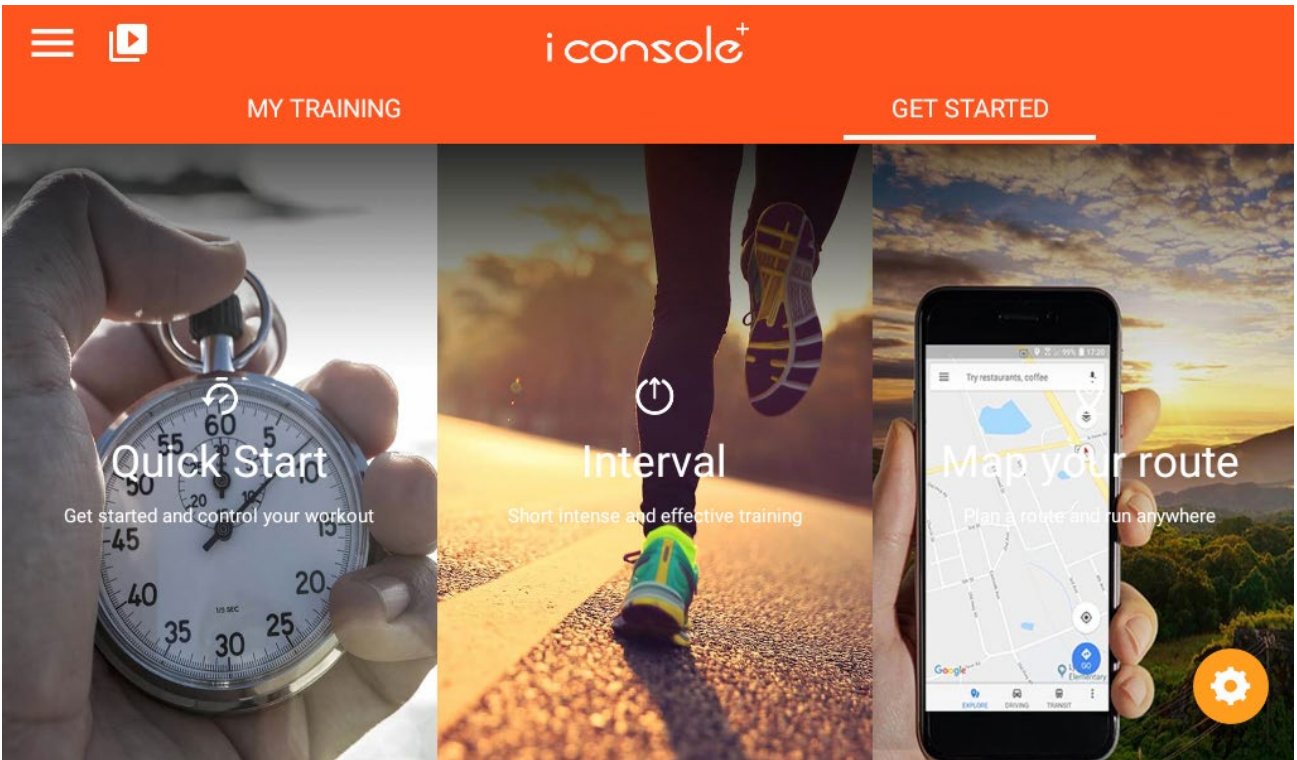　　　　　　**TWITTER、INSTAGRAM、AMAZON PRIME VIDEO、AMAZON SHOPPING**
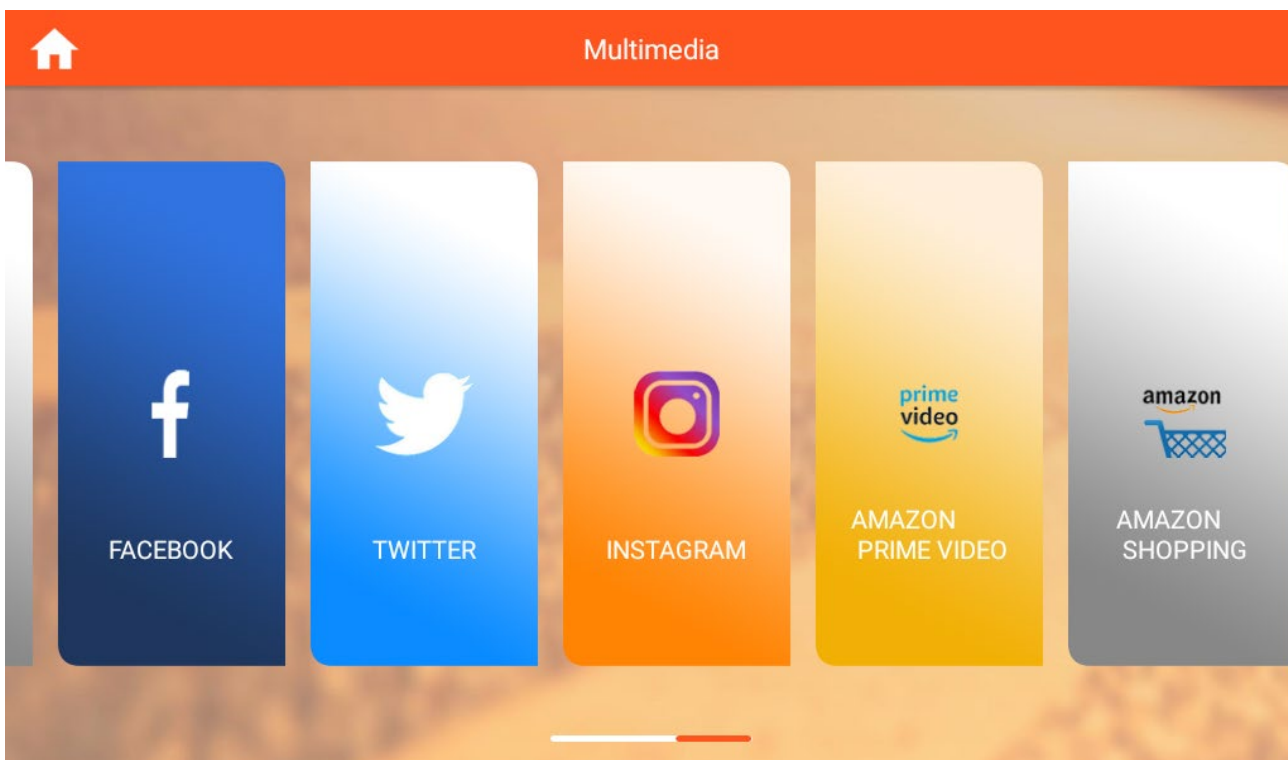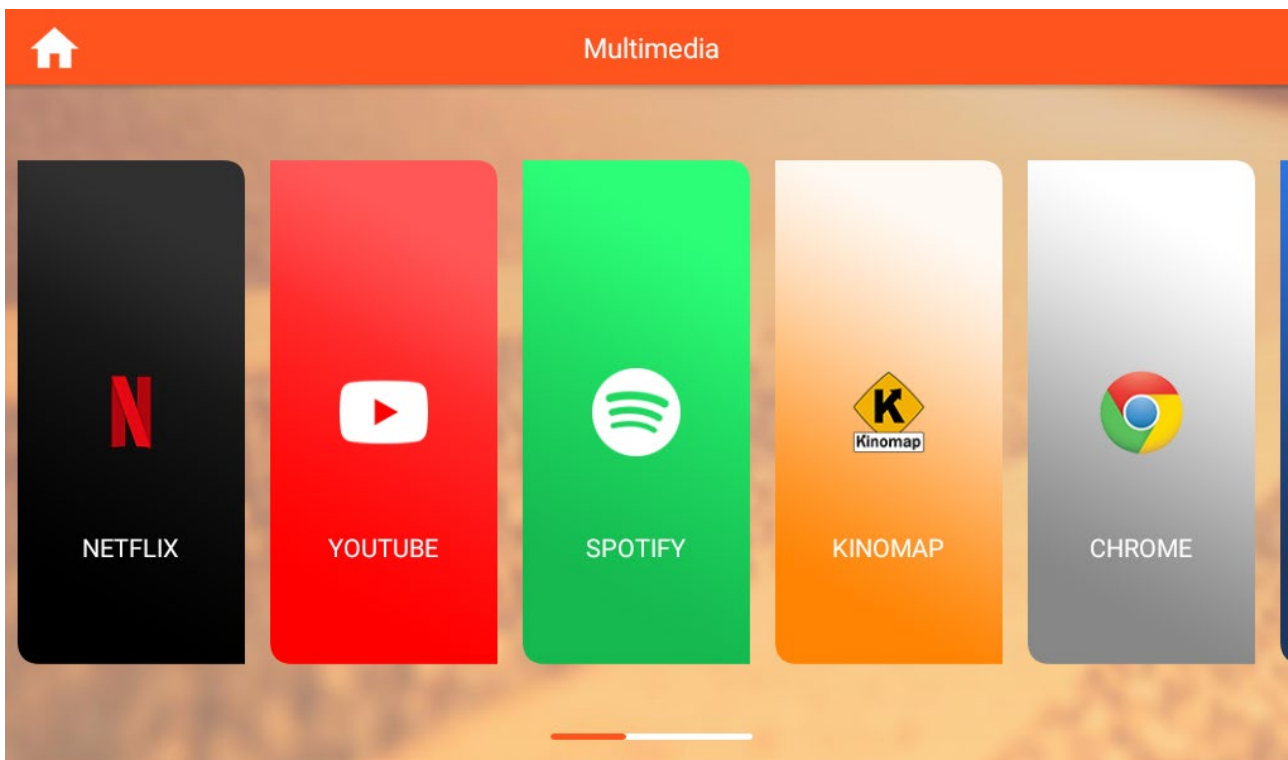
In Multimedia mode, user can press " " to display or hide the movement value,   press " " back to the last system function page., press " " to the home page , press " "to start training ,press" " stop exercise.
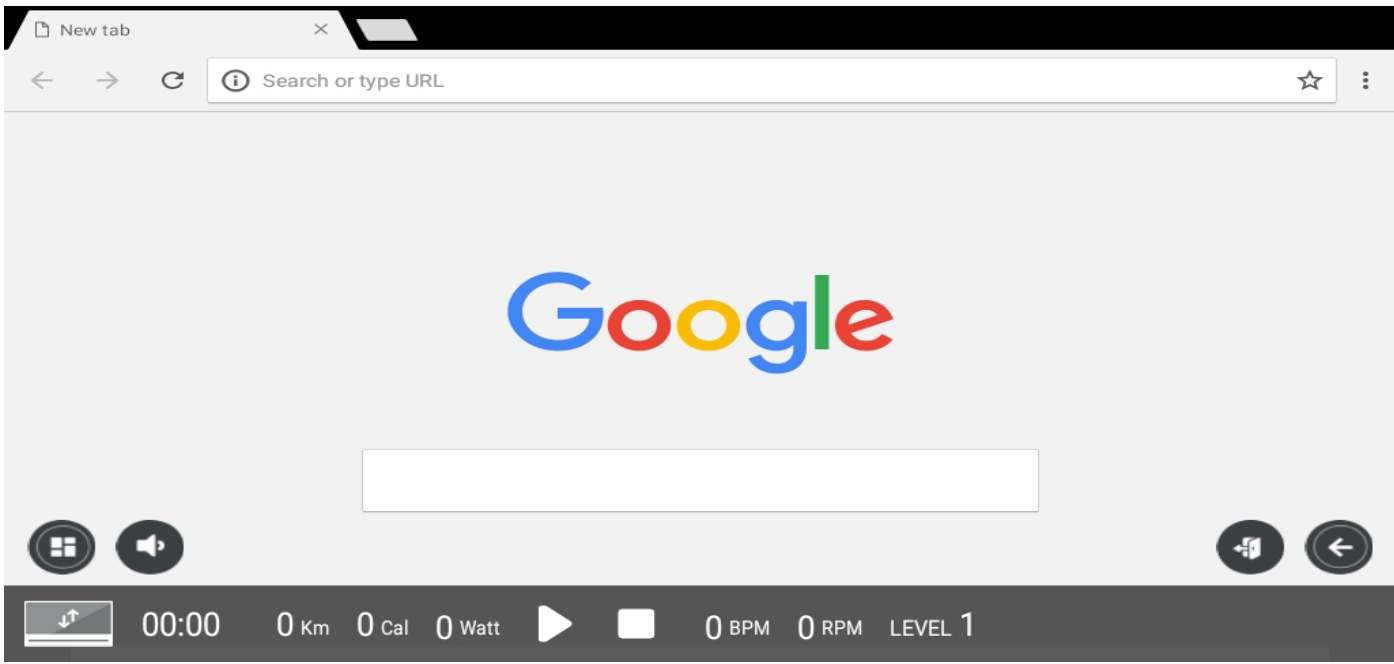
7、 Function Introduction

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

A. **QUICK START MODE：**

1. Setting the exercise value (DIST/TIME/CAL)，Press "START" go to training, data start to counting .

2. When start training can adjust the LEVEL UP&DOWN /FAN，press "PAUSE" enter into break mode, press "STOP" to exit this mode.

C. When finished, the SUMMARY displays .
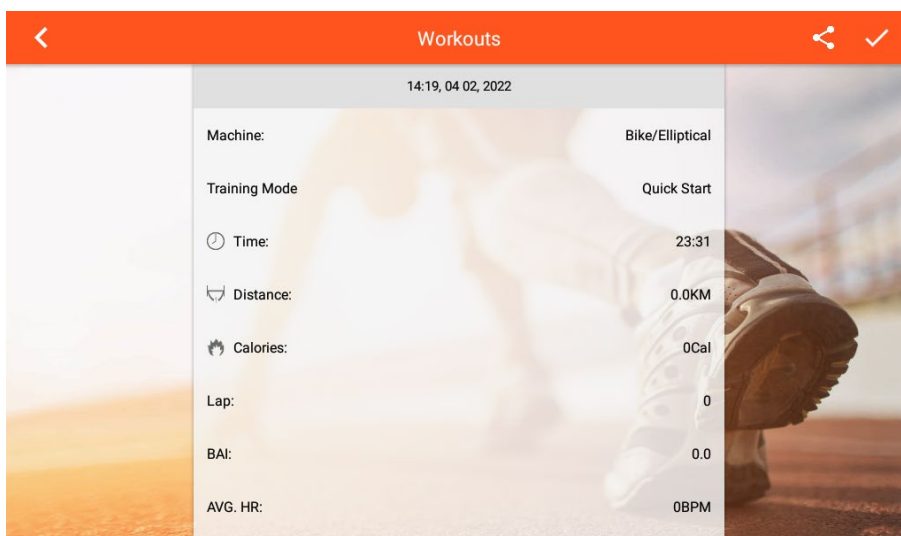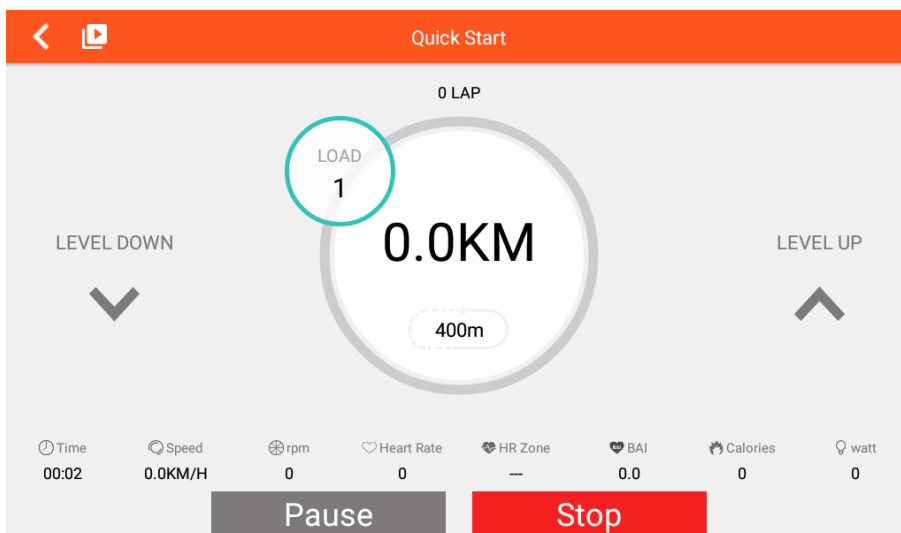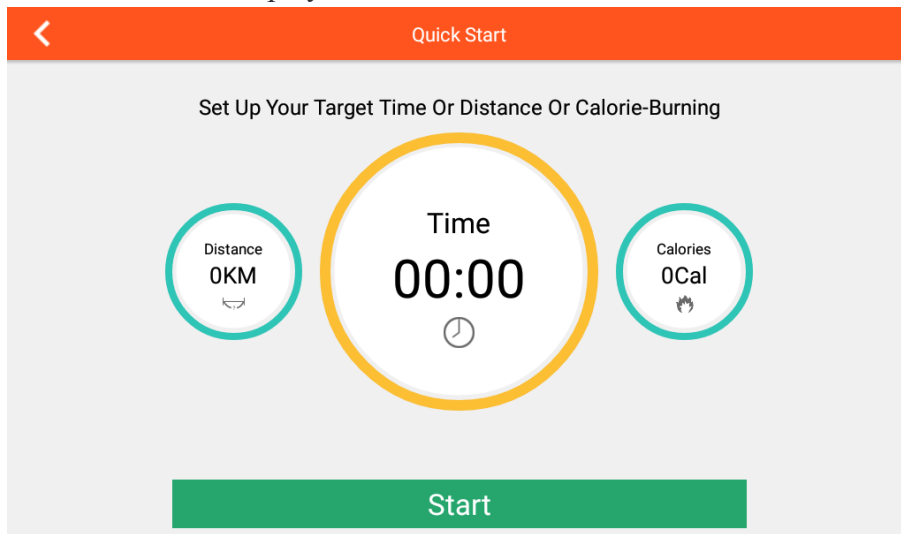
B. INTERVAL MODE：

A. Can set the functions value of CYCLE /TIME /LEVEL /TARGET RPM separately，press "START" go to training.
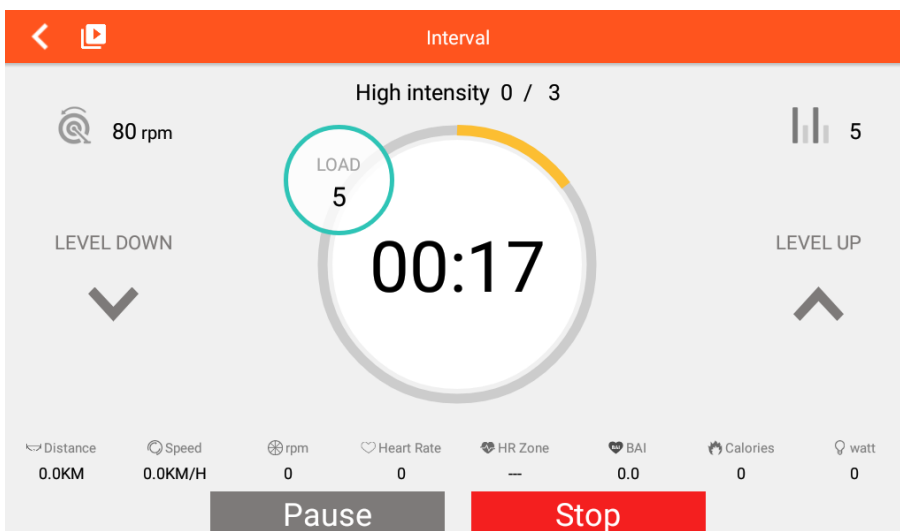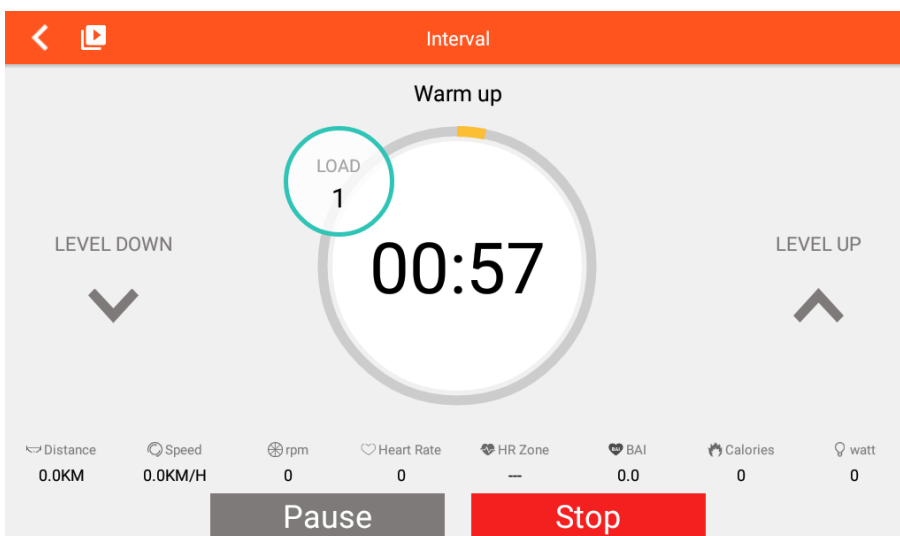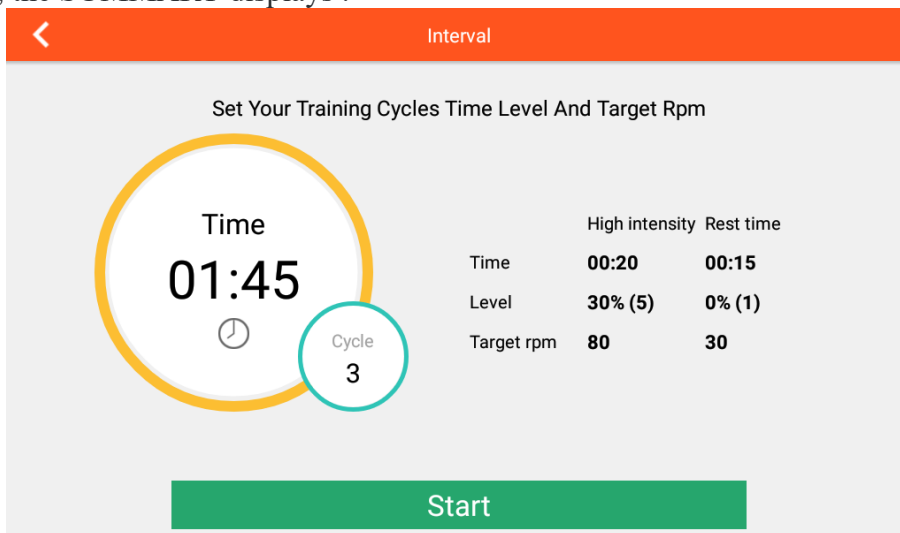
B. Warm up first, then start INTERVAL mode

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

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

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

E. When finished, the SUMMARY displays .

Workouts

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

C.MAP YOUR ROUTE MODE：

1. After entering this mode, it will detect the current region, click " 📍 " load the preset link,distinguish Chinese and non-Chinese region.; click " 🗺 " can switch to the world map(GOOGLE　MAP) or China Map. preset " 🐼 " as the map of China，and " 🗺 " as the World map.
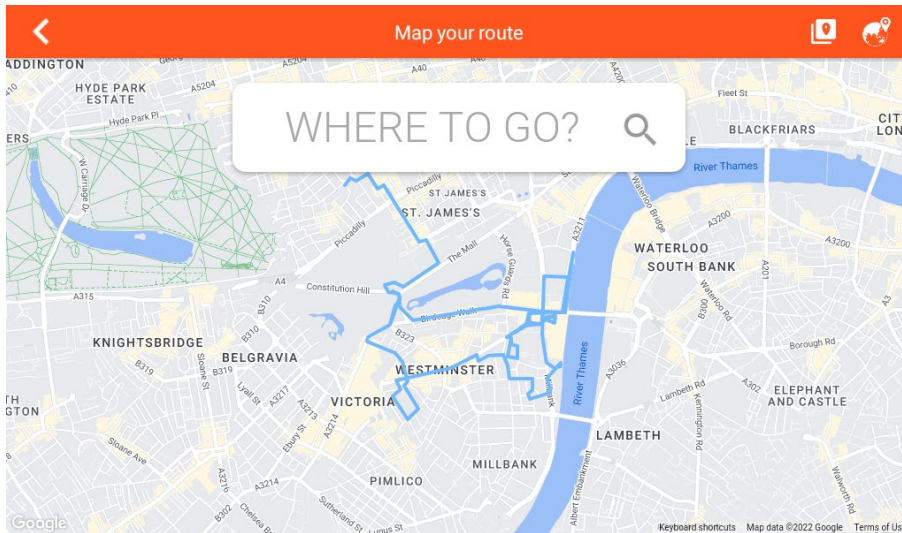
2. Planning the map road, long press one time will display the start position " 📍 "，long press two times will display the final position " 📍 "，press three times display the turning point " 📍 "(with the max qty) .
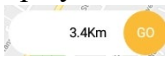
3.4Km GO   Slide and start training ,press " ↻ " can reset the map.

3. Press " ↕ " display or hide the exercise value, press " ◆ " switch the map/ Google street / satellite mode, and display the map/ Google street / satellite 📶's in cycle. Also user can adjust the LEVEL/INCLINE/FAN，LEVEL will be adjusted according to the slope map .
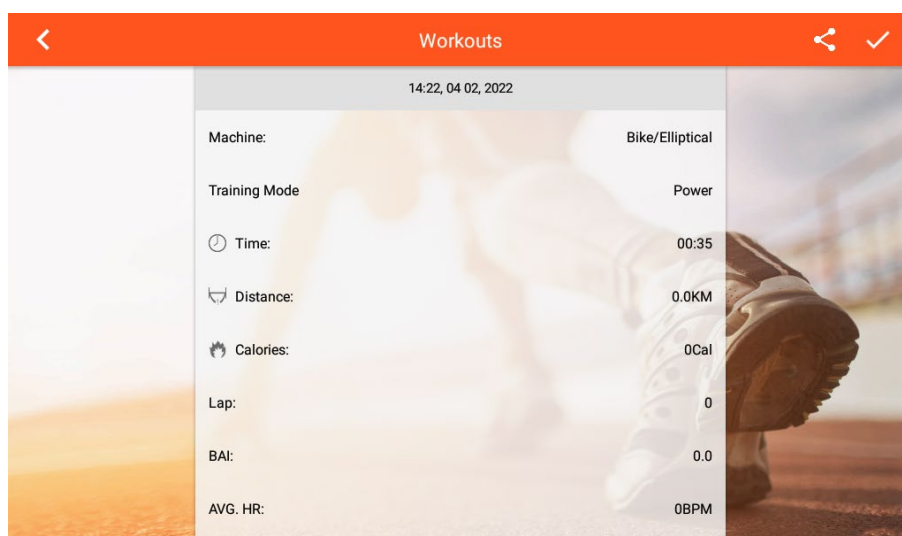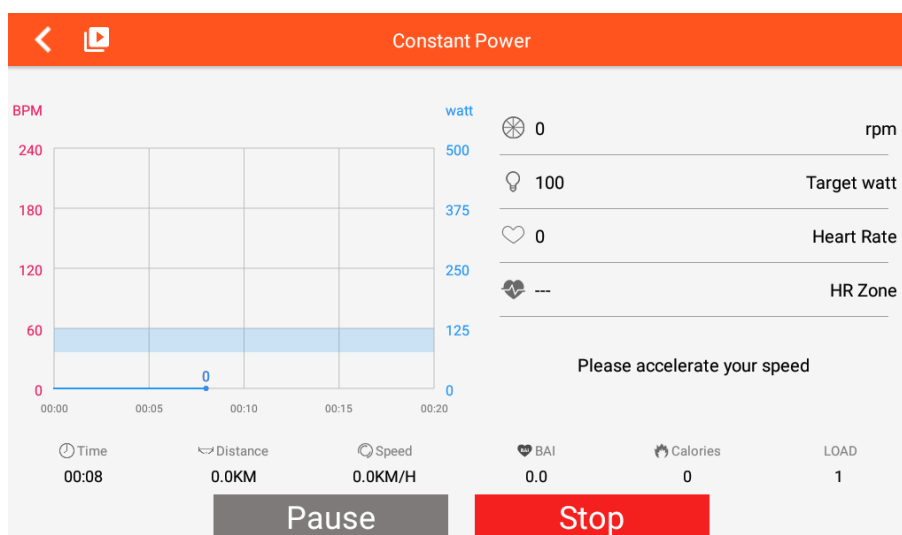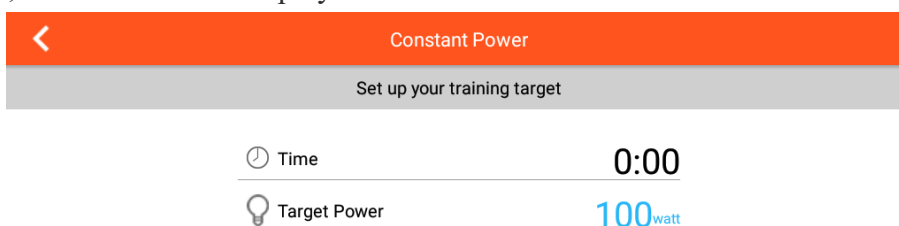
4. Can adjust the LEVEL UP OR DOWN，press " 　 "go to break mode, press " ⬛ " leave this mode.
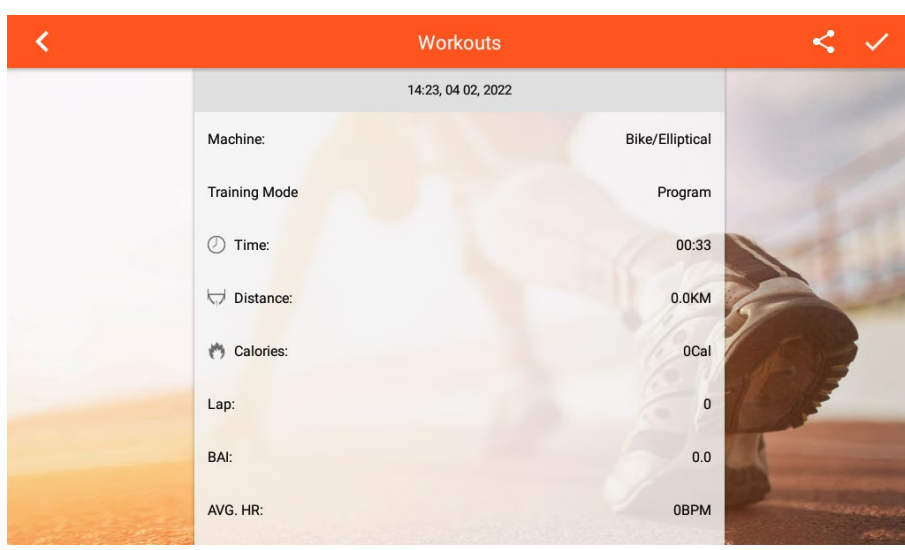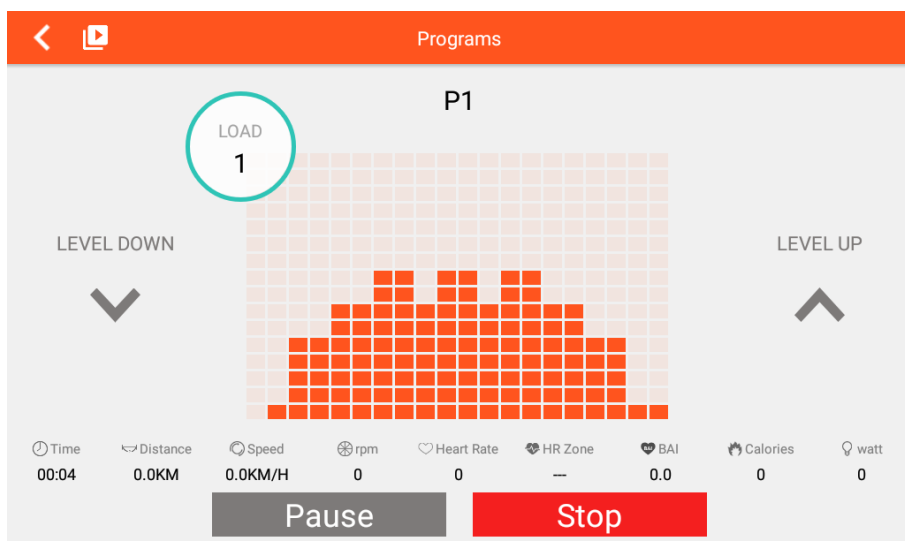
5. When finished, the SUMMARY displays .
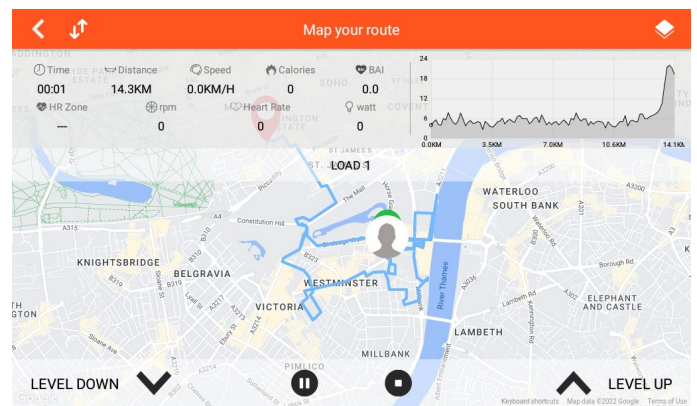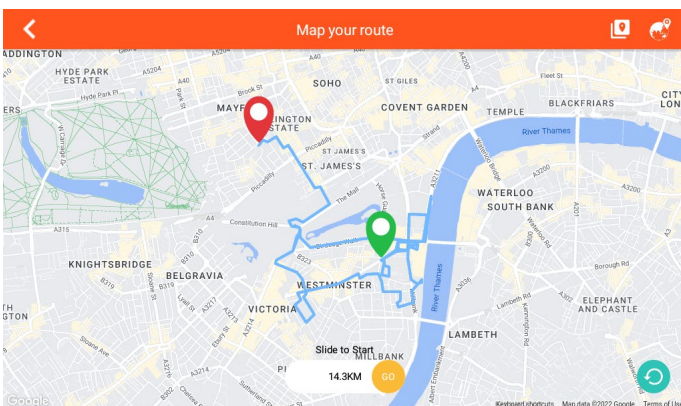
D、Constant Power MODE:

1. User can set   TIME/TARGET POWER/TARGET CADENCE , then press "START" go to training.

2. LEVEL will be adjusted according to the value of WATT.

3. Press " Pause   '"go to break mode, press "   Stop   " leave this mode.

4. When finished, the SUMMARY displays .

E.PROGRAM MODE:

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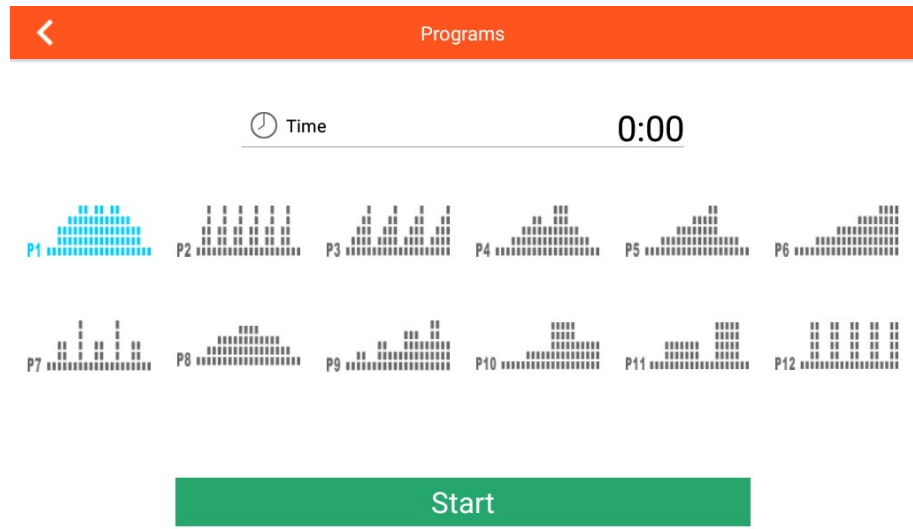
F. HEART RATE CONTROLMODE:

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 .
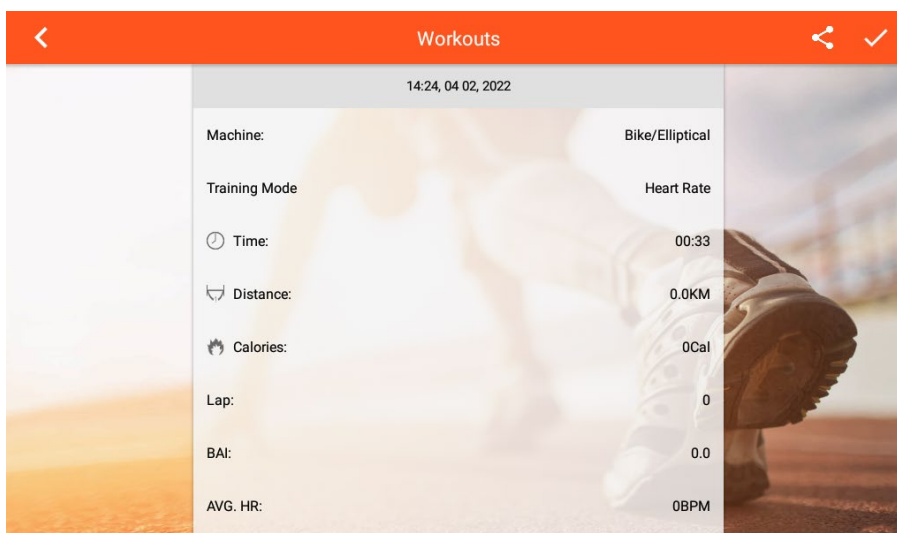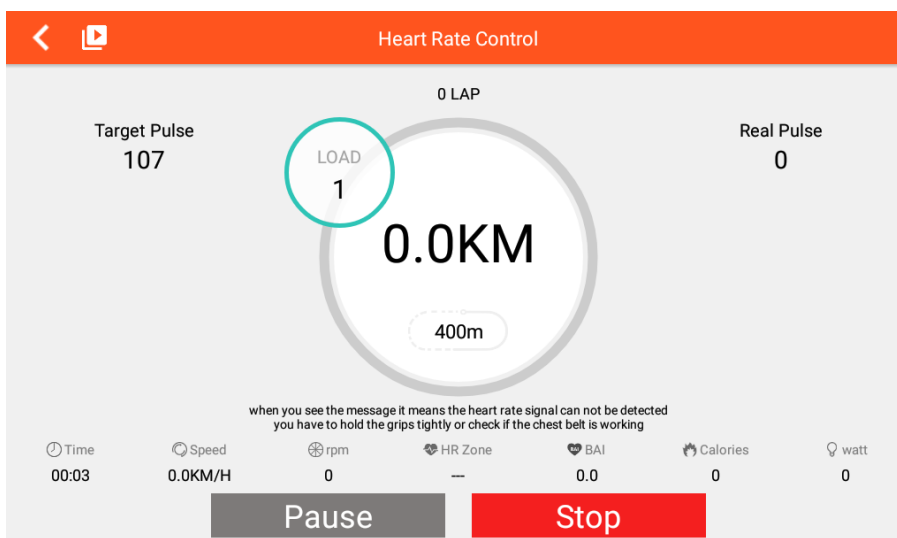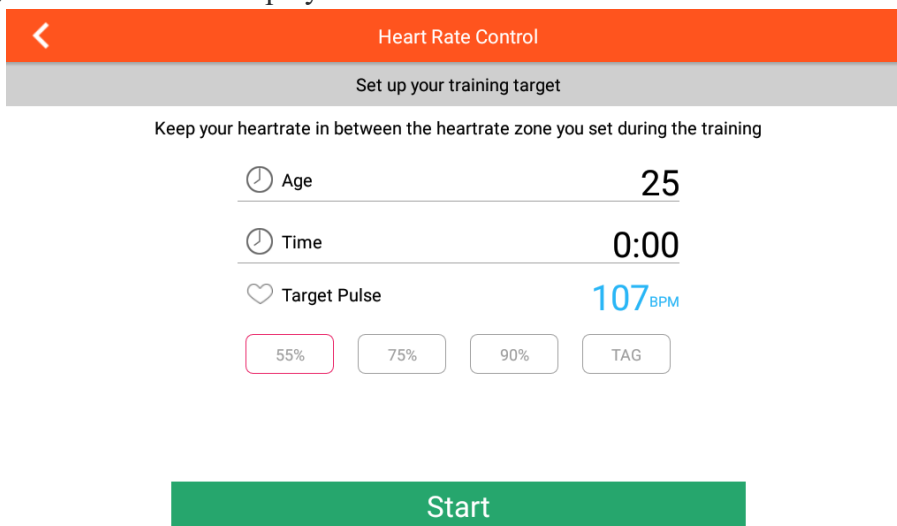
WARRANTY

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