

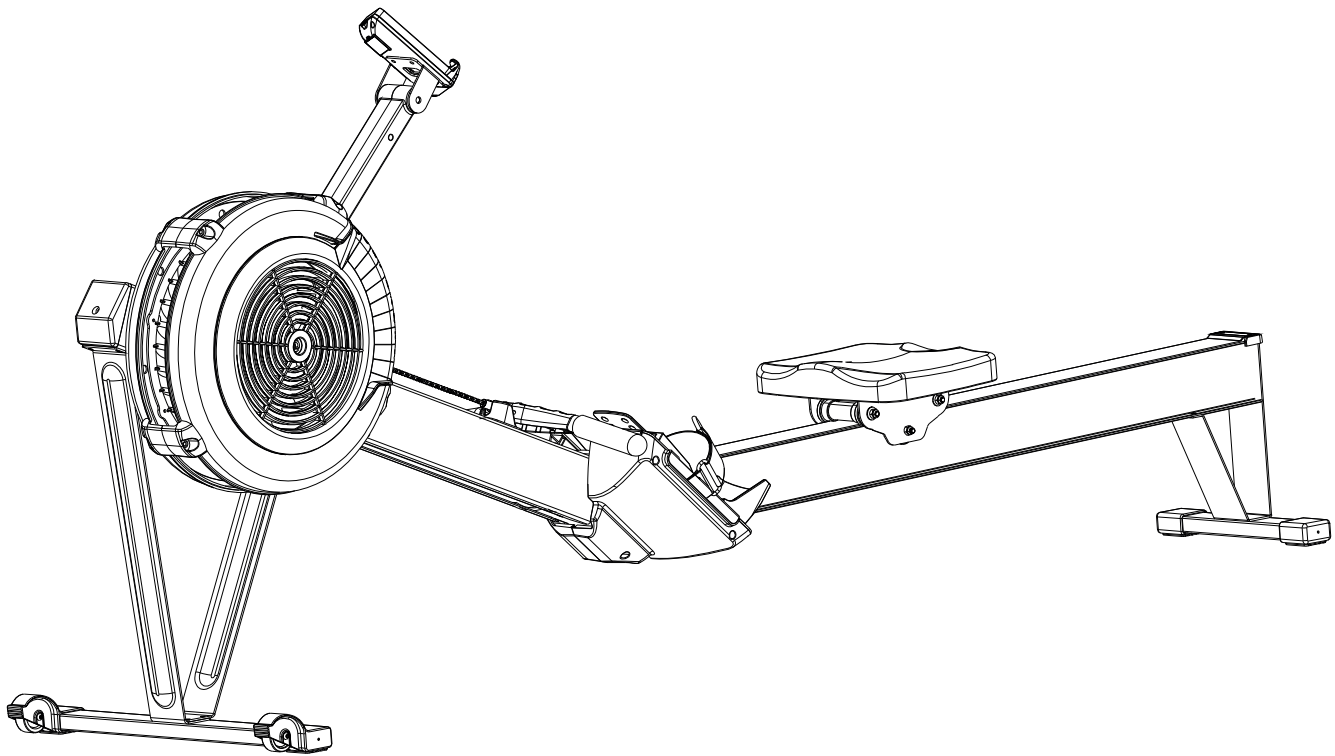


AR Pro



DKN®

AR PRO-OperatingManual



IMPORTANT SAFETY INSTRUCTION

To maximize the benefit and safety of your rowing training we strongly recommend all users maintain proper rowing position. When maintain any piece of fitness equipment, basic precautions must be followed. Familiarize yourself with all warnings, instructions and procedures concerning proper care and maintenance of the rowing machine.

Wear comfortable, lightweight, well-ventilated clothing to help sweat evaporate. Wear cross-training, walking or running shoes. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries.

CAUTION

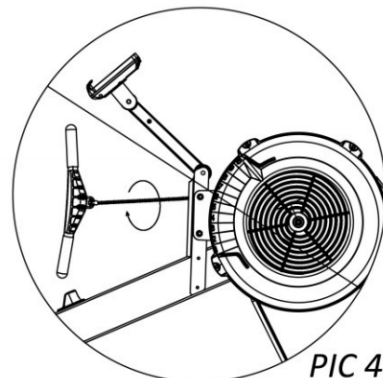
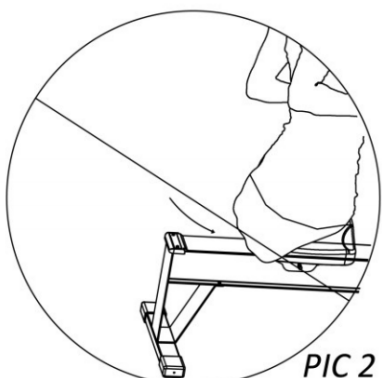
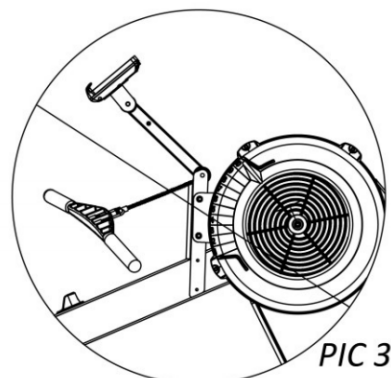
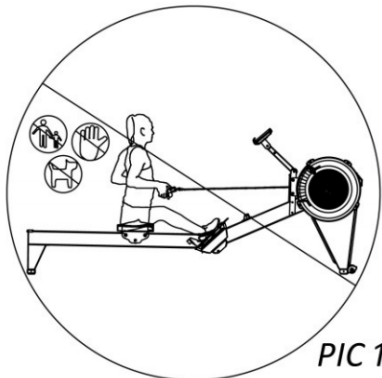
1. Do not soak the machine surfaces with any liquid.
2. Do not attempt to service your rowing machine by yourself if you feel at risk.
3. Always keep the machine surface clean.
4. Consult with your physician before beginning any exercise program, especially if any of the following pertain to you : history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoke cigarettes, or experience any other chronic disease or physical impairments.
5. Pregnant women should consult their physician before beginning an exercise program.
6. If you experience dizziness, chest pains, nausea or any other abnormal symptoms during exercising, stop immediately. Consult a physician before continuing.
7. Max. User Weight is 150 kgs.

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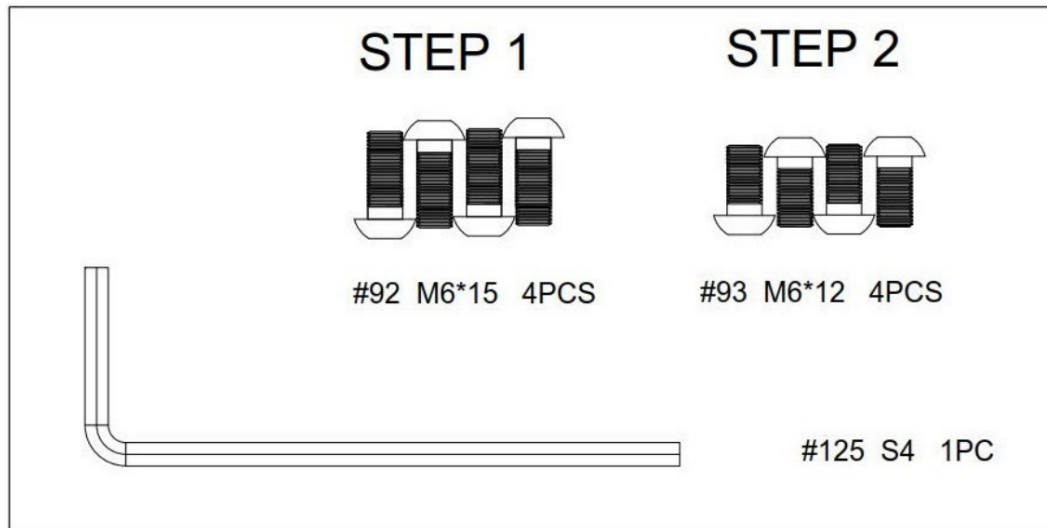
Check List Before Assembly	----- 4
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Directions For Use

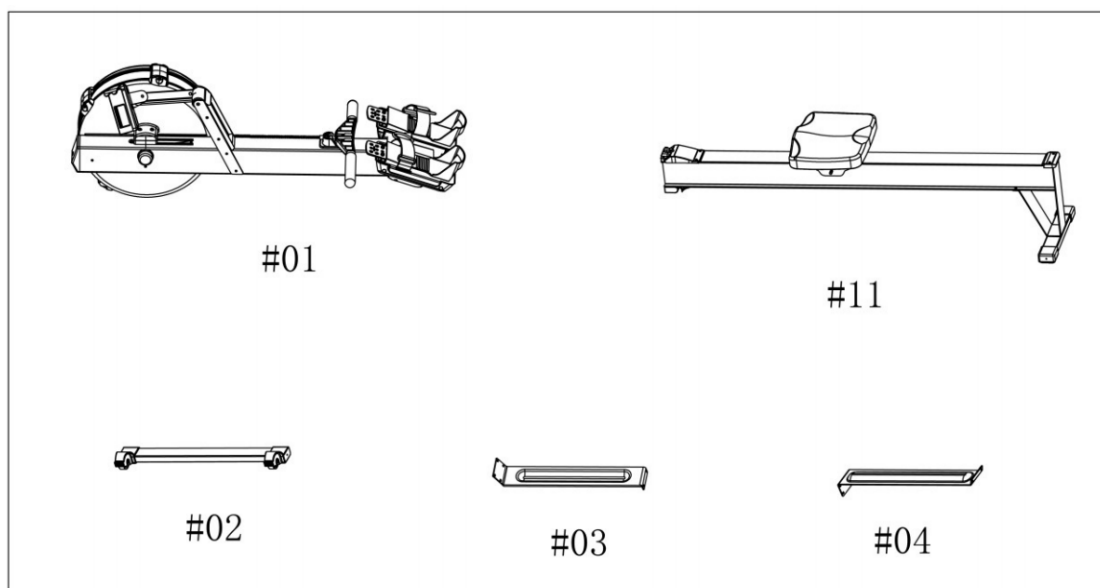
1. When using this equipment, ensure that it is placed on a stable horizontal surface.
2. Keep children, pets, fingers, and clothing away from the seat roller which may cause injury.
3. Do not pull from side to side or let the drive chain tangle.
4. Make sure the handle is in the handle hook before releasing it.



HARDWARE KIT LIST



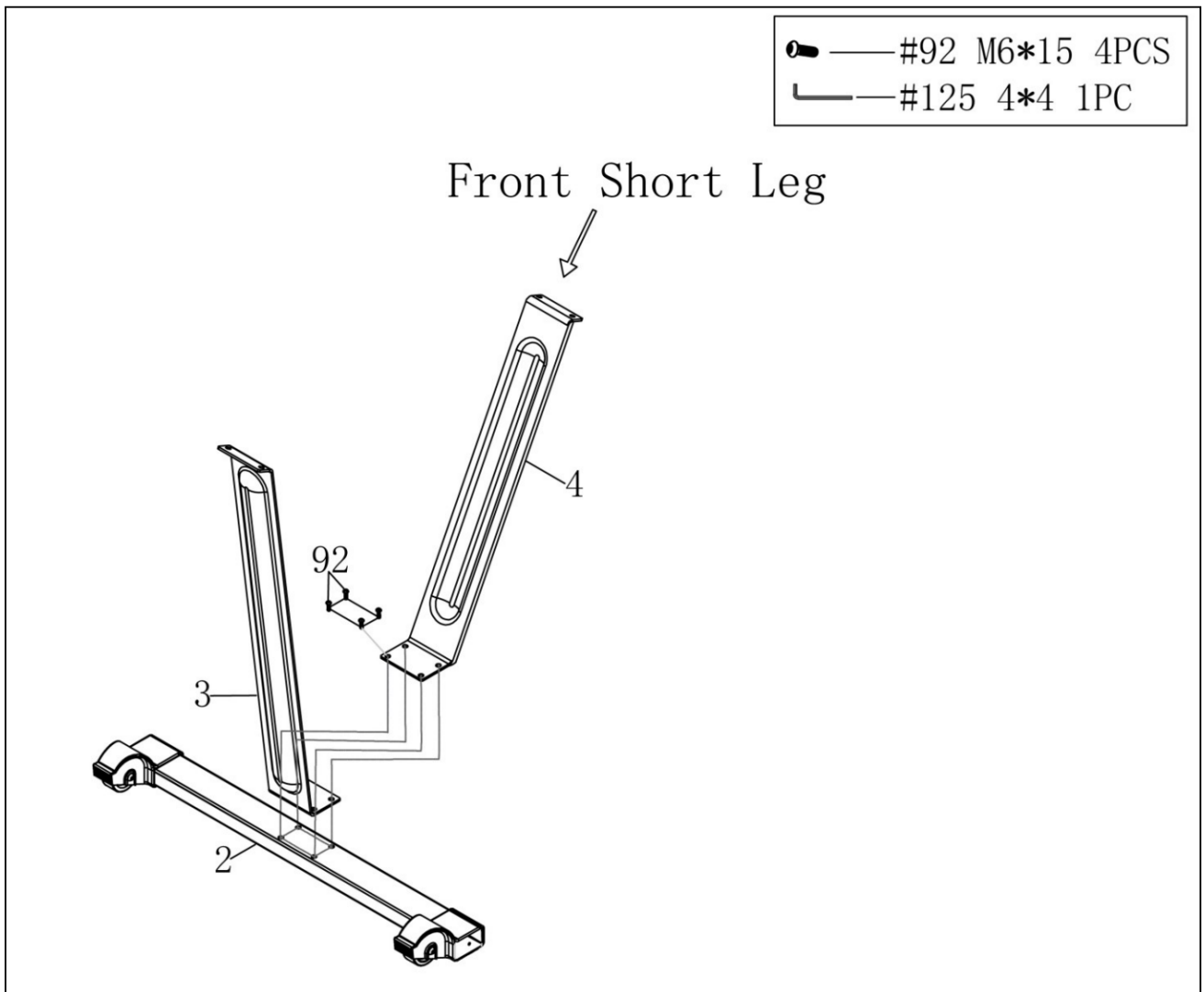
ASSEMBLY PART LIST



#01	Main Frame	1PC
#11	Aluminum Rail	1PC
#02	Front Stabilizer	1PC
#03	Front Long Leg	1PC
#04	Front Short Leg	1PC

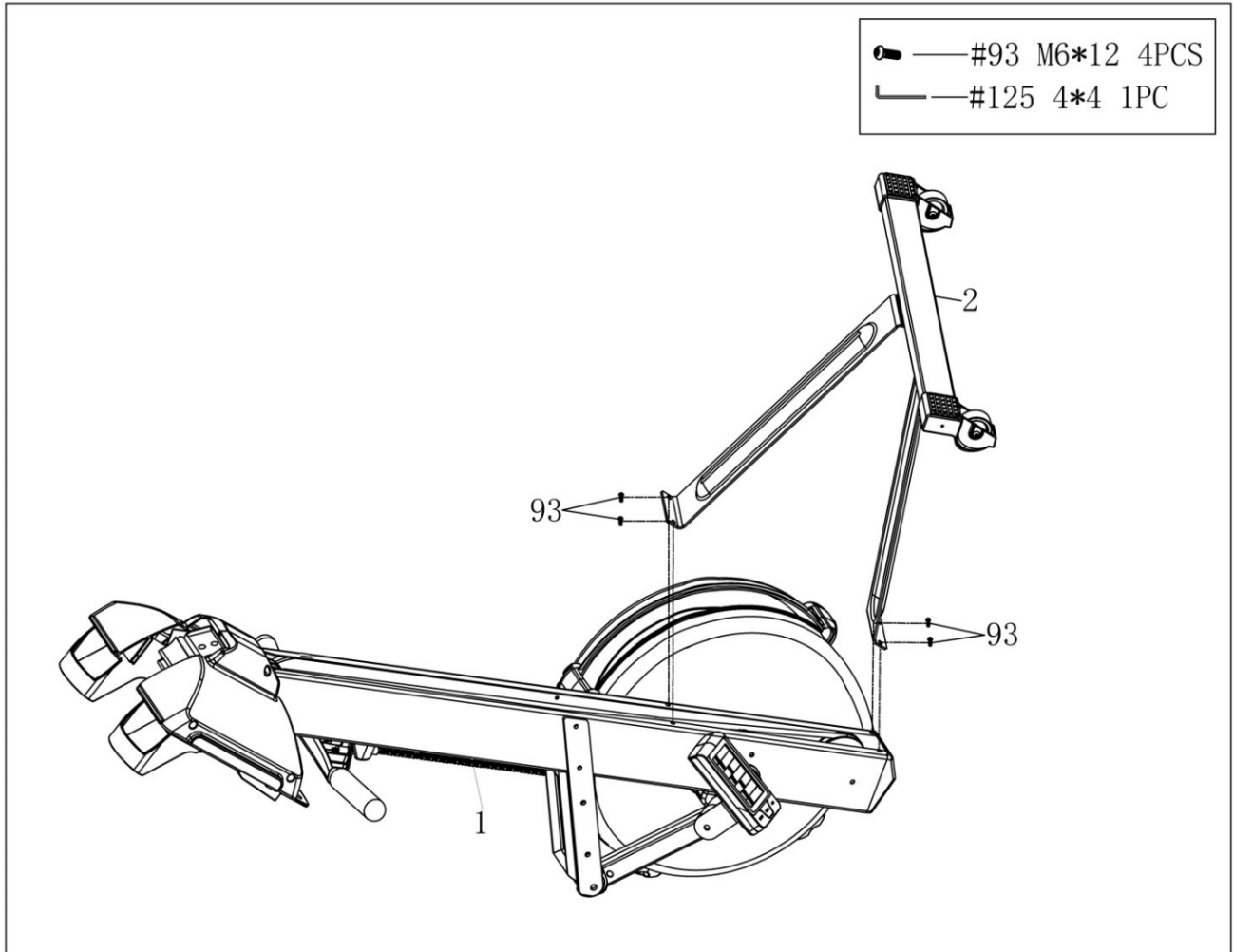
Step 1

1. Assemble the Front Long Leg (#3) and Front Short Leg (#4) to the Front Stabilizer (#2) with 4PCS Flat Head Hex Socket Screws (#92).
2. Notice that the Front Long Leg (#3) is under the Front Short Leg (#4).



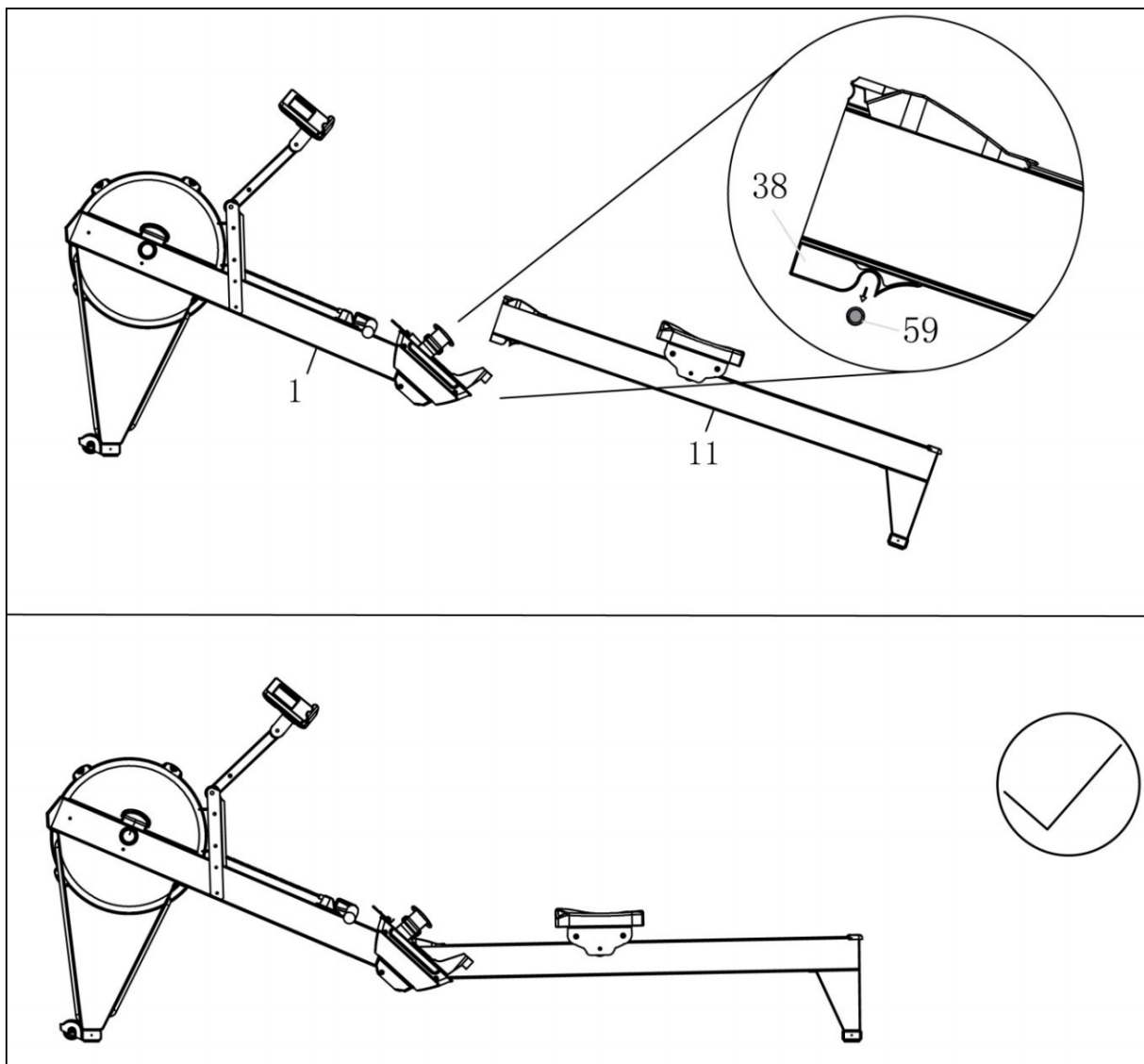
Step 2

Assemble the Front Stabilizer (#2) to the Main Frame (#1) with 4PCS Flat Head Hex Socket Screw (#93).

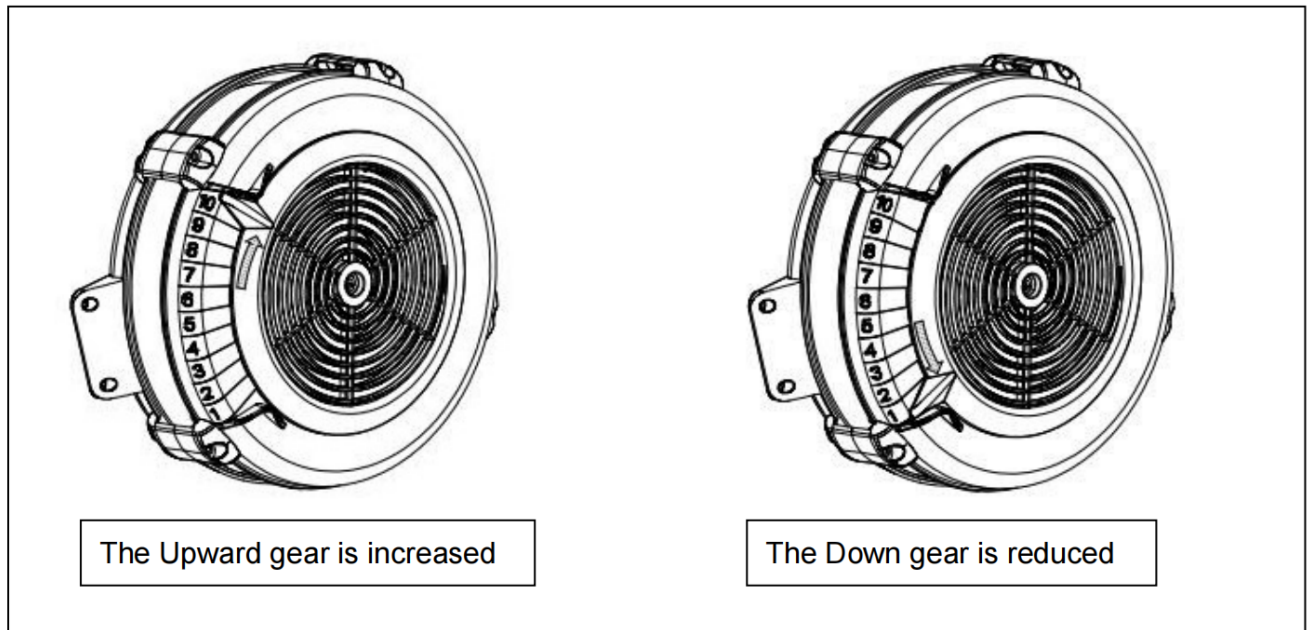


Step 3

When connecting the Aluminum Rail (#11) to the Main Frame (#1), please note that the groove at the bottom of Lower Hanger Plastic (#38), is aligned with Hanger Shaft Threaded (#59) between the foot pedals, and then press down to complete the installation.



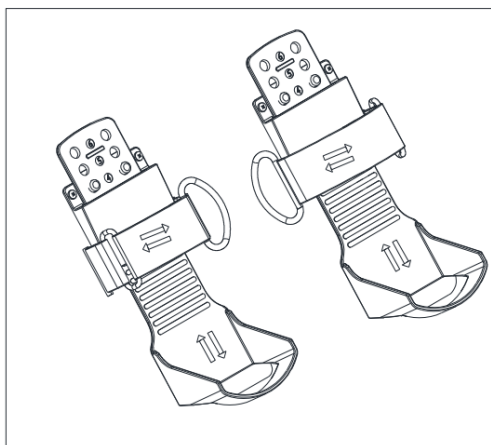
How to operate the damper



Foot Pedal Adjustment

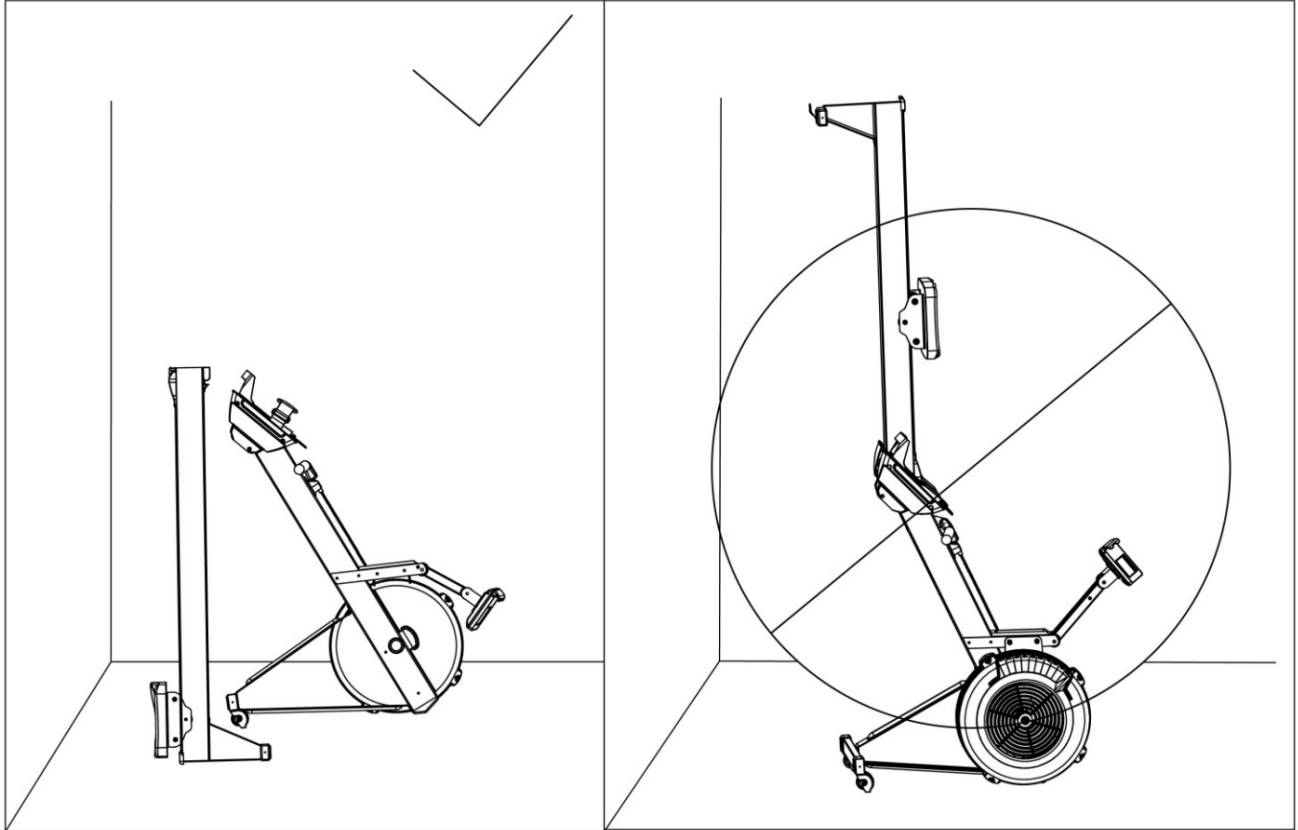
There are several settings for the foot position. Before you start with your training, adjust the foot pedal correctly.

1. Loosen the strap by opening the Velcro and place your foot on the pedal through the strap.
2. Tighten the strap of the foot pedal so far upwards that your heel is supported, and the foot strap is located on the widest part of your foot.
3. Tighten the strap at the loosened Velcro and press it back on.

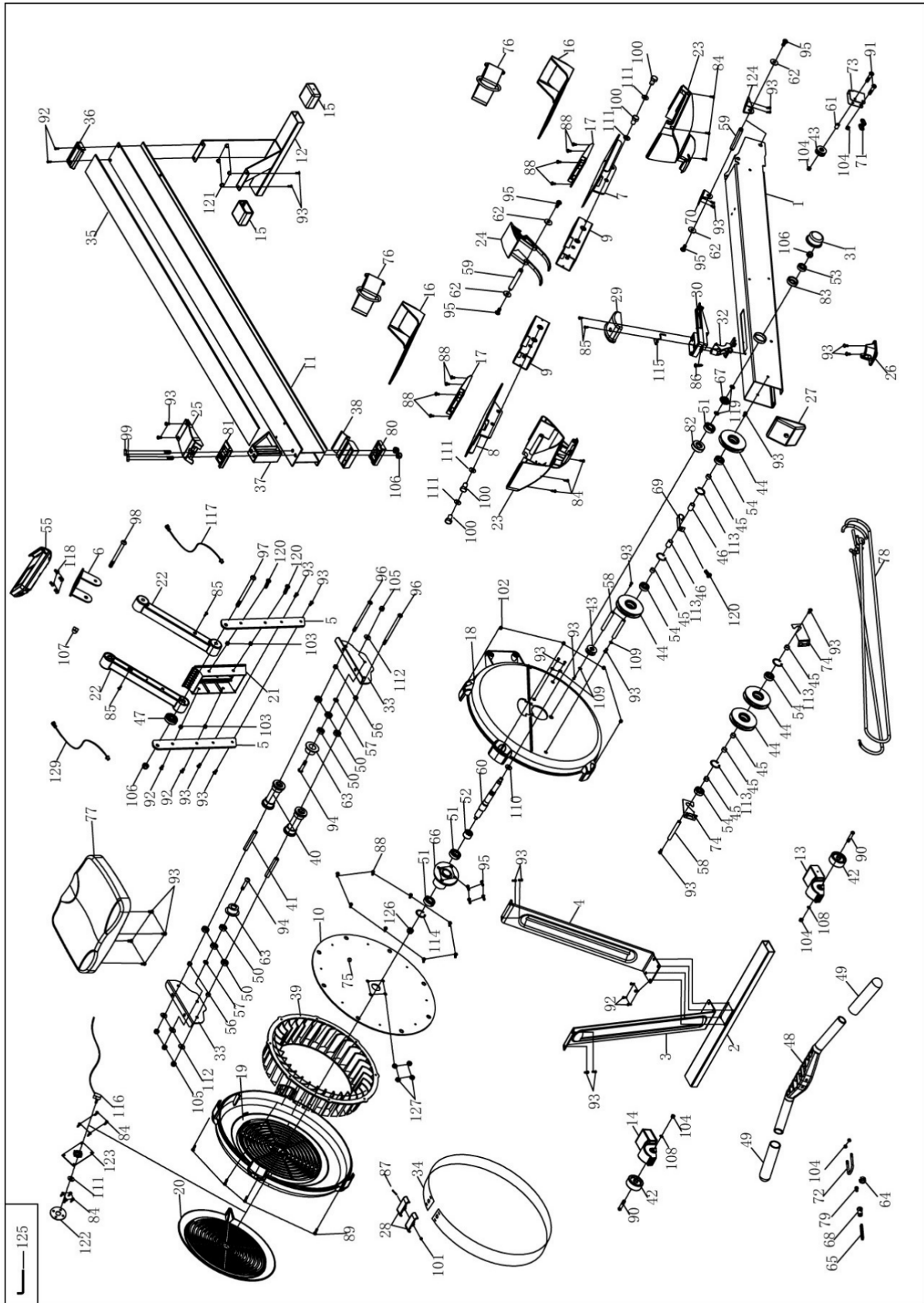


Storage

When you need to store the product, separate the Aluminum Rail (#11) from the Main Frame (#1).



Explosive Drawing



Parts List

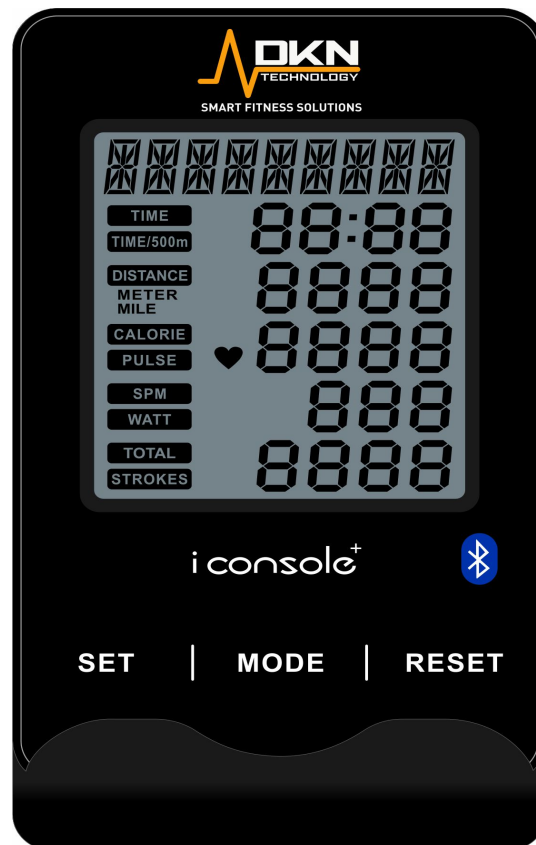
No.	Name	Specication	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Front Long Leg		1
4	Front Short Leg		1
5	Guide Bracket		2
6	Console Support Plate		1
7	Pedal Support Plate L		1
8	Pedal Support Plate R		1
9	Pedal Joint Pipe		2
10	Counterweight Disk		1
11	Aluminum Rail		1
12	Rear Stabilizer		1
13	Front End cap L	PP,Black	1
14	Front End cap R	PP,Black	1
15	Rear End cap	TPR,Black	2
16	Pedal Support	PP,Black	2
17	Pedal Cap	PP,Black	2
18	Flywheel Cover Back	ABS,Black	1
19	Flywheel Cover Front	ABS,Black	1
20	Damper	ABS,Black	1
21	Chain Guide	PA+Fibre,Black	1
22	Console Holder	PA+Fibre,Black	2
23	Cover For Pedals	PP,Black	2
24	Elastic Piece	PA+Fibre,Black	1
25	Upper Hanger Plastic	PA+Fibre,Black	1
26	Handlebar Seat	PA+Fibre,Black	1
27	End Cap	PP,Black	1
28	Perf Connector	PP,Black	2
29	Sensor Cover	ABS,Black	1
30	Sensor Base	ABS,Black	1
31	Bearing Cover	PP,Black, Φ53*26	1
32	Spacer	PA+Fibre,Black	1
33	Seat Carriage		2
34	Outlet Perf	Stainless	1

No.	Name	Specication	Qty.
35	Stainless Plate	Stainless	1
36	Rear Bumper	PP,Black	1
37	Rail Support	PA+Fibre,Black	1
38	Lower Hanger Plastic	PA+Fibre,Black	1
39	Flywheel	Nylon+Fibre,Black	1
40	Seat Roller	POM, Natural Color	2
41	Spacer below seat	Φ12.7*1.4*78	2
42	Wheel For Moving	JE348-50*6*21.5	2
43	Guide Wheel	Natural Color	2
44	Pulley	PA ,Φ87*21,Black	4
45	Pulley Short Bushing	ABS 14*10*8.5,Black	6
46	Pulley Long Bushing	ABS 14*10*21.5,Black	2
47	Gasket	ABS 36*10*11,Black	1
48	Handlebar	PA+Fibre,Black	1
49	Handlebar Grips	PVC,Black	2
50	Bearing	608ZZ	8
51	Bearing	6003ZZ	3
52	One-way Bearing	HF1712	1
53	Bearing	6001ZZ	1
54	Bearing	6200	4
55	Console		1
56	Spacer for Seat Roller	OD12*ID8.1*7.0	4
57	Spacer for Seat Roller	OD15*ID8.0*4.1	2
58	Long Spacer for Guide Wheel	Φ10*77.8,Galvanize	3
59	Hanger Shaft Threaded	Φ12.5*86,Galvanize	2
60	Axle	Φ20*186	1
61	Short Spacer for Guide Wheel	Φ10*6.2*15.8	1
62	Washer	OD20*ID8.5*T1.5	4
63	Pulley	POM,White	2
64	Spacer Sleeve	Φ19.5*Φ12.8*8.8,CU-Zn-Al	1
65	Chain	25FNP*396 Knob	1
66	Bearing Sleeve	41.5*53(with flange)	1
67	Gear wheel	04C-14	1
68	Swivel Bushing	Φ16*29	1

No.	Name	Specication	Qty.
69	Stator	Plated part	1
70	Connecting Sheet R	Plated part	1
71	Chain Connector	SUS304 26*13*T1.5	2
72	U Bolt	Φ5.2	1
73	U-Block	Plated part	1
74	Bungee Cord hook	Plated part	2
75	Magnet	Φ8*2	1
76	Pedal Strap	Nylon,Black	2
77	Seat	PU,Black	1
78	Bungee Cord		1
79	Axis Of Connection	Φ9.6*17	1
80	Lower Die Cast Hanger	Die Cast	1
81	Upper Die Cast Hanger	Die Cast	1
82	Plastic Sleeve For 6003 Bearing	RU,Black	1
83	Plastic Sleeve For 6001 Bearing	RU,Black	1
84	Cross Head Self Tapping Screw	ST4.2*L16mm	14
85	Cross Head Self Tapping Screw	ST4.2*L25mm	4
86	Cross Flat Head Self Tapping Screw	ST5.5*16	1
87	Hexagon Socket Screws With Cylindrical Head	M4*45	1
88	Cross Head Screw	M5*10	16
89	Cross Head Bolt	M5*75	4
90	Flat Head Hex Socket Bolt	M6*40	2
91	Flat Head Hex Socket Bolt	M6*25	2
92	Flat Head Hex Socket Screw	M6*15	8
93	Flat Head Hex Socket Screw	M6*12	30
94	Flat Head Hex Socket Bolt	M8*35	2
95	Flat Head Hex Socket Screw	M8*15	8
96	Flat Head Hex Socket Bolt	M8*125	2
97	Flat Head Hex Socket Bolt	M10*100	1
98	Flat Head Hex Socket Bolt	M10*85	1
99	Outer Hexagonal Bolt	M10*140	2
100	Outer Hexagonal Screw	M12*18	4

No.	Name	Specication	Qty.
101	Hex Nut	M4,Black	1
102	Hex Nut	M5,Black	4
103	Hex Nut	M6,Black	5
104	Nut	M6,Black	6
105	Nut	M8,Black	4
106	Nut	M10	4
107	Acorn Nut	M10,Black	1
108	Washer	OD13*ID6.5*T1.5	2
109	Washer	OD18*ID6.5*T1.5	4
110	Washer	OD20*ID10.5*T1.5	1
111	Washer	OD25*ID13*T1.5	5
112	Washer	OD20*ID8.5*2.0	4
113	Inner Circlip	Φ30*1.0,Black	4
114	Inner Circlip	Φ35*1.0,Black	1
115	Sensor Wire	500MM	1
116	VR	B5K	1
117	Sensor Wire	400MM	1
118	Sensor Screw	M5*10	4
119	Rubber Band	TPR,White,Φ13*3	2
120	Cross Head Screw	M6*20	3
121	Acorn Nut	M6,Black	4
122	Damper Plate	Plated part	1
123	VR Plate	Plated part	1
124	Connecting Sheet L	Φ5*5	1
125	Allen Wrench	Φ4*4	1
126	Nut	M10, Diagonal 17mm	1
127	Thin Nut	M8	4
128	Hardware Kit		1
129	VR Connecting Wire	400MM, 3P	1

Rowing Machine



Console instruction & Bluetooth APP connection instructions



DISPLAY FUNCTION:

NO.	ITEM	Description
1	TIME	User exercise time. Without setting, it will count up, setting range:0:00~99:00(+1:00)
2	TIME/500m	Display its value according to the signal input.
3	DIST	User exercise distance. Without setting, it will count up, setting range: 0~9990(+10)
4	CAL	User exercise calorie. Without setting ,it will count up, setting range: 0~9990 (+10)
5	SPM	Display its value according to the signal input
6	STROKES	Display its value according to the count input.
7	TOTAL STROKES	Display its value according to the cumulative count input.
8	WATT	Display its value according to the signal input.
9	PULSE	Current user exercise pulse, setting range:0-30~230(+1)BPM
10	Manual Program	Do Manual Program when RPM signal is detected without entering any mode.
11	INTERVAL 20-10	Interval exercise mode, Exercise 20s, rest 10s.
12	INTERVAL 10-20	Interval exercise mode, Exercise 10s, rest 20s.
13	INTERVAL CUSTOM	Interval exercise mode, the exercise time and rest time will be set by user.
14	TARGET TIME	The exercise time will be set by user.
15	TARGET DISTANCE	The exercise distance will be set by user.
16	TARGET CALORIES	The CALORIES will be set by user.
17	TARGET STROKES	The STROKES will be set by user.
18	TARGET PULSE	The heart rate will be set by user.

KEY FUNCTION :

SET KEY	Press once to increase once, and long press to set rapid increase
MODE KEY	1.Press this key to confirm and setting. 2.During exercise mode, press this key to pause.
RESET KEY	1.In function selection mode, you can return to the previous function. 2.In setting mode, you can clear current setting value. 3.In pause mode, you can return to standby mode. 4.Long press this key for 3s to do TOTOAL RESET, the console will clear current exercise value, except TOTAL STROKES value. ※TOTAL STROKES value will be cleared automatically, when the power supply is removed.

Operation Instruction

1. Power ON:

When power on (or press RESET for 3sec.), the BUZZER will beep 2sec., then LCD will full display 2sec. and enter into the standby mode.

2. Standby Mode:

- After power on, the console enter into standby mode, MANUAL("*" "8" display), INTERVAL("*" "8" display), TARGET("*" "8" display), TIME, TIME/500m, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES, STROKES, will display circularly 1 sec. in turn by SCAN mode.
- In standby mode, if no input of key operation or RPM signal or pulse input for 4mins, LCD will enter into Sleeping mode.

3. Exercise End Screen:

- When the exercise end, the console will display STOP with flashing("*" "8" display) ,and display exercise finished value, the same window for 5s to switch between finished value and pulse value ,the pulse value is the current value.(Picture 4~5) .
- When the exercise end, press the MODE KEY to do exercising again .
- When the exercise end, press RESET KEY to enter into standby mode.
- When the exercise end, without pressing any key or finished the exercise for 4 mins , the console will enter into standby mode.

4. Exercise Stop Screen:

- During the exercising, press the MODE KEY to pause exercising and stop counting all value of console, PULSE displays the current value.(Picture 4~5).
- When the exercise paused, press MODE KEY to do exercising again. Pressing the RESET KEY to enter into standby mode during the pause mode. Without pressing any key or finished the exercise for 4 minutes in the pause mode, the console will enter into standby mode.

5. The display screen of VR adjustment :

- In standby mode and exercise mode, press SET KEY to enter the LEVEL display screen and display the current LEVEL value "LEVEL 01~10" (LEVEL 01 , "*" "8" display), the LEVEL value will change with VR adjustment (LEVEL 05), press SET KEY again to exit the LEVEL adjustment screen and return to standby or exercise screen.
- During exercising , the LEVEL adjustment does not affect the exercise function, and the exercise value continues to count.



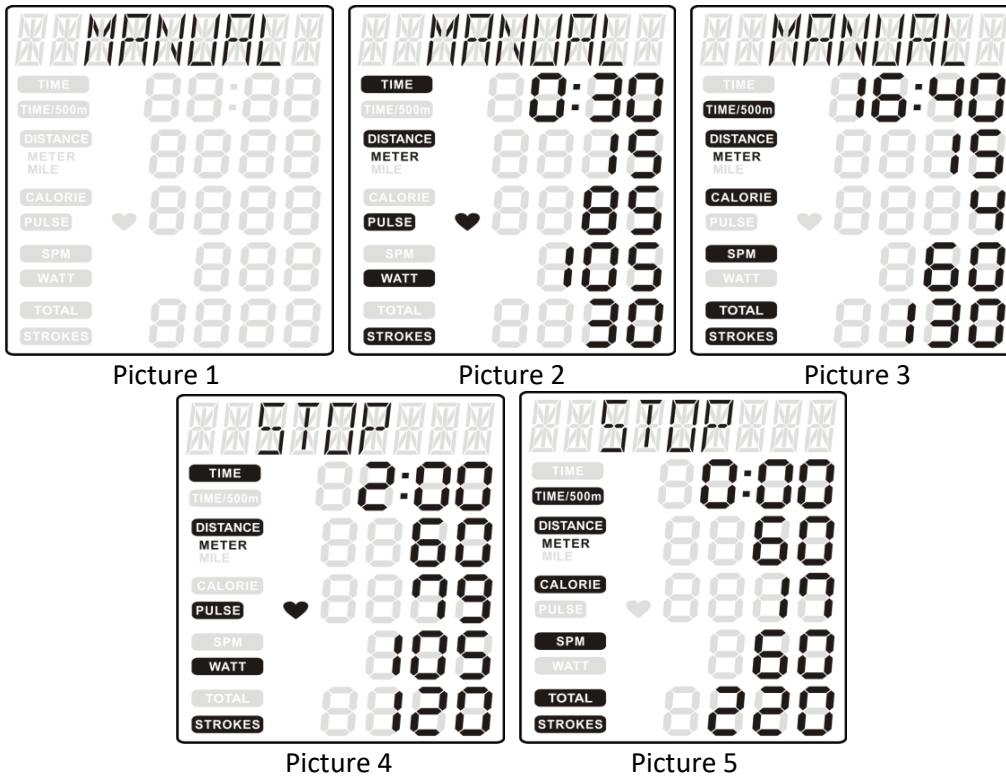
LEVEL 01



LEVEL 05

6. MANUAL :

- If there is RPM signal input in standby mode, the console will QUICK START immediately. (Picture 2~3).
- Or in standby mode, press MODE KEY twice to start MANUAL function.
- The value of all functions will begin to accumulate according to the operation value, and switch display in every 5 sec. (Picture 2~3).
- During exercising, without pressing any key or signal input for 4 mins, then the console enters into the standby mode.

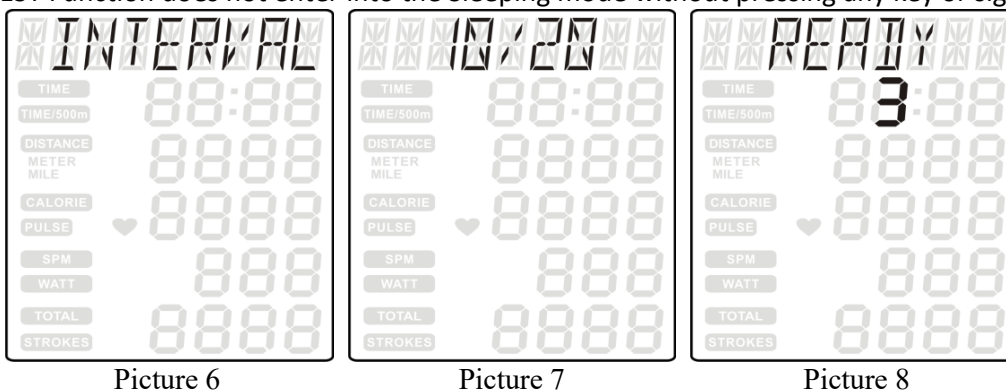


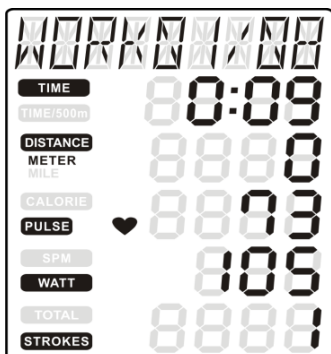
7. INTERVAL:

In standby mode, press MODE KEY, and press SET KEY to select INTERVAL Function(Picture 6).Pressing MODE KEY to enter into INTERVAL Function selection.

(1) INTERVAL 10/20

- Pressing SET KEY to select 10/20(Picture 7), press MODE KEY to start 10/20 function,"READY" flashing and TIME window displays a 3-second countdown(Picture 8).
- After READY 3s, LCD displays the "WORK 01/08"("*" "8"display) (Picture 9), TIME begins to count down 10s. All function value will accumulate according to the operation value and switch display in every 5 seconds.
- When LCD displays the "REST 01/08"("*" "8"display)(Picture 10), TIME begins to count down 20S.All function value will accumulate according to the operation value and switch display in every 5 seconds. At the last 3s, LCD will display "READY"flashes("*" "8"display) (Picture 11).
- B and C will perform tautologically and circularly, each cycle count plus 1 until display"WORK 08/08" after exercise then enter into ending screen.
- When doing the WORK function, without press any key and signal into for 4mins, the console will enter into standby mode.
- REST Function does not enter into the Sleeping mode without pressing any key or signal input.





Picture 9



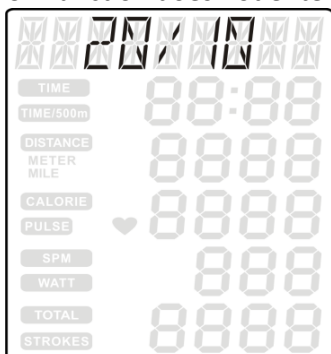
Picture 10



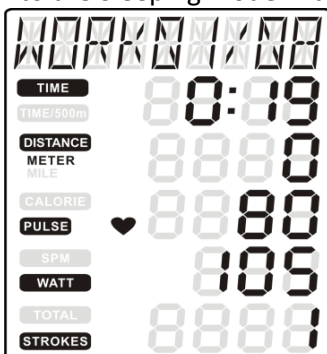
Picture 11

(2) INTERVAL 20/10

- Pressing SET KEY to select 20/10(Picture 12),press MODE KEY to start 20/10 function,"READY" flashing and TIME window displays a 3-second countdown and the buzzer sounds 0.5s per seconds.
- After READY 3s, LCD displays the "WORK 01/08"("*" "8"display), TIME begins to count down 20s(Picture 13). All function value will accumulate according to the operation value and switch display in every 5 seconds.
- When LCD displays the "REST 01/08"("*" "8"display), TIME begins to count down 10s(Picture 14).All function value will accumulate according to the operation value and switch display in every 5 seconds. At the last 3sec., LCD will display "READY"flashes("*" "8"display).
- B and C will perform tautologically and circularly, each cycle count plus 1 until display"WORK 08/08" after exercise then enter into ending screen and the buzzer sounds 0.5 sec..
- When doing the WORK function, without press any key and signal into for 4 mins, the console will enter into standby mode.
- REST Function does not enter into the Sleeping mode without pressing any key or signal input.



Picture12



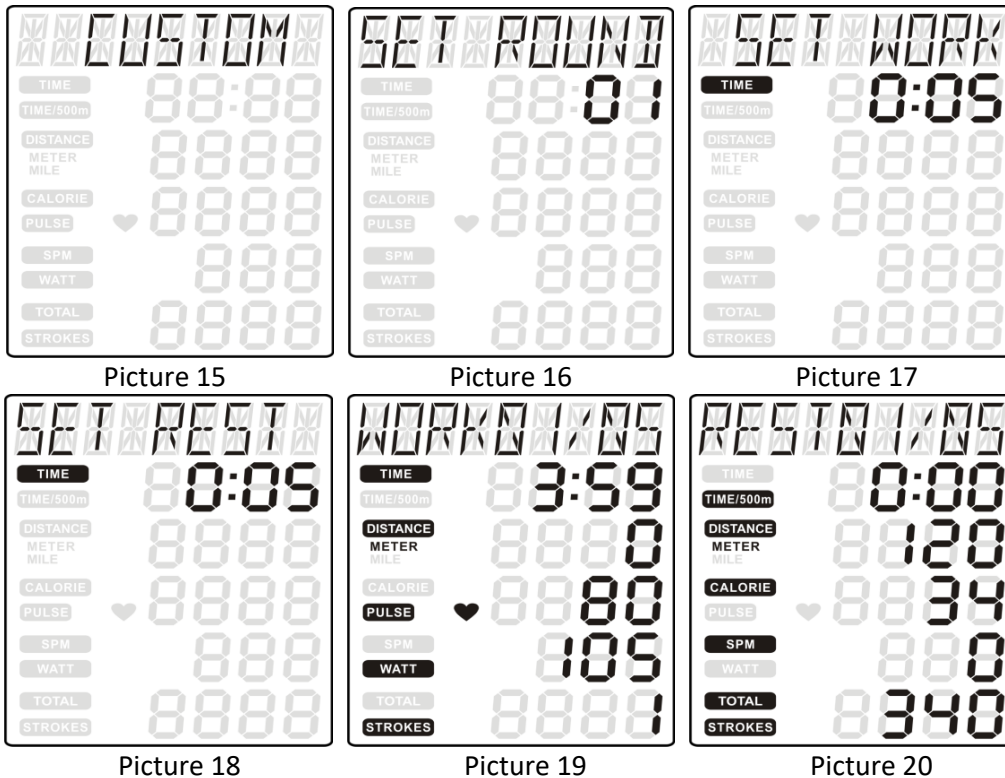
Picture 13



Picture14

(3) INTERVAL CUSTOM

- Pressing SET KEY to select CUSTOM Function and the "CUSTOM"flashing ("*" "8"display),press MODE KEY to set the CUSTOM Function(Picture 15).
- When LCD displays "SET ROUND" ("*" "8"display), TIME window displays 01 and flashes(Picture 16). Press SET to set ROUND(the ROUND setting range is 01~99) which can be set circularly. After press MODE KEY, the buzzer beeps 0.5 sec., and then enters into the next setting.
- When LCD displays "SET WORK"("*" "8"display), TIME window displays 0:05 and flashes(Picture 17), press SET KEY to set WORK TIME (the setting range is 0:05~10:00), which can be set circularly. After press MODE KEY, the buzzer beeps 0.5 sec., and then enters into the next setting(Picture 17).
- When LCD displays "SET REST"("*" "8"display), TIME window displays 0:05 and flashes(Picture 18), press SET KEY to set REST TIME(the setting range is 0:05~10:00),which can be set circularly. After press MODE KEY, the buzzer beeps 0.5 sec., and then enters into exercise screen .



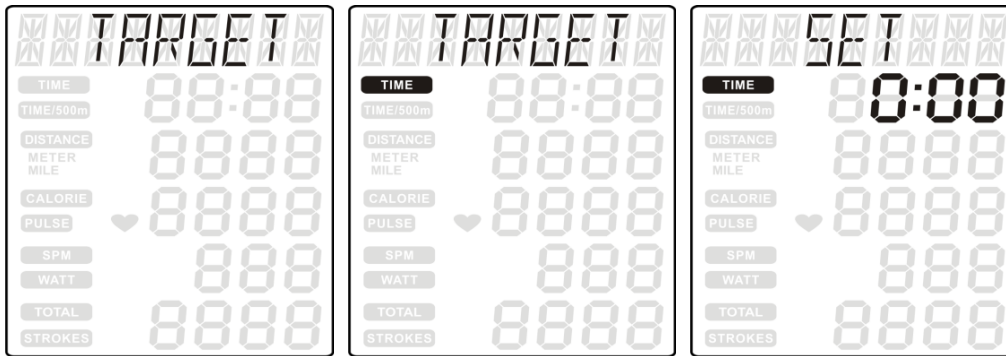
- E. When LCD displays “READY”flashes(“*” “8”display), TIME will count down 3 sec. in TIME window, the buzzer will beep 0.5 sec. in every second .
- F. After READY 3 sec., LCD displays“WORK 01/XX”(“*” “8”display), TIME begins to count down according to the setting time. All function value will accumulate according to the operation value and switch display in every 5 secs.(Picture 19~20).
- G. When LCD displays“REST 01/XX”(“*” “8”display), TIME begins to count down according to the REST setting time. All function value will accumulate according to the operation value and switch display in every 5 secs. At the last 3 secs, LCD display “READY”flashes (“*” “8”display).
- H. F and G will perform tautologically and circularly, each cycle count plus 1 until display”WORK XX/XX”after exercise then enter into ending screen .
- I. When doing the WORK function,without press any key and signal into for 4mins ,the console will enter into standby mode.
- J. REST Function does not enter into the Sleeping mode without pressing any key or signal input.

8. TARGET:

In standby mode, press MODE KEY and SET KEY to select TARGET function, then LCD displays TARGET flashing(“*” “8”display) (Picture 21).Pressing MODE KEY to enter into TARGET FUNCTION SELECTION.

(1)TARGET TIME:

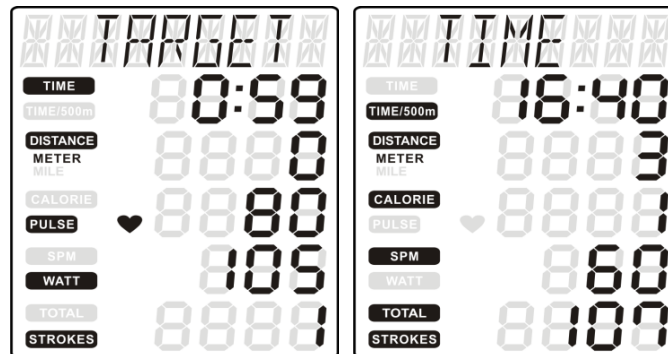
- A. Toggle the TARGET TIME function (Picture 22) and press MODE KEY to start the TIME setting function.
- B. When LCD displays” SET “keeps flashing(“*” “8”display), 0:00 flashes in TIME window (picture 23), press SET KEY to set target time (the setting range is 0:00~99:00) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode.
- C. When LCD displays the” TARGET” and” TIME”(“*” “8”display) switch display in every 2sec. (Picture 24~25), All function value will accumulate according to the operation value and switch display in every 5 secs.



Picture 21

Picture 22

Picture 23

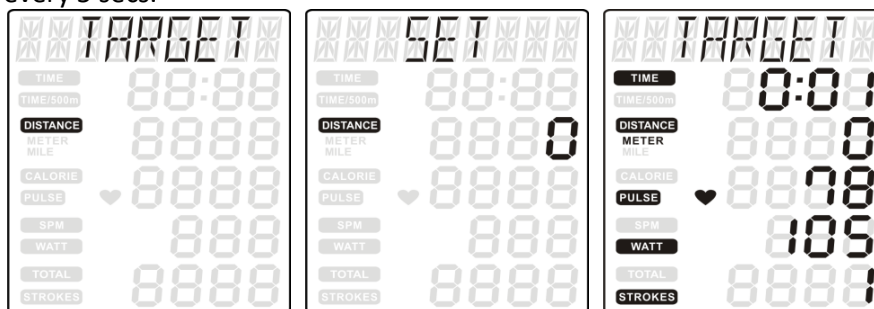


Picture 24

Picture 25

(2) TARGET DISTANCE:

- Toggle the TARGET DISTANCE function and LCD displays "TARGET" ("*" "8" display). DISTANCE window displays **DISTANCE** flashing (Picture 26) and press MODE KEY to start the DISTANCE setting function.
- When LCD displays "SET" ("*" "8" display), 0 flashes in DISTANCE window (picture 27), press SET KEY to set target distance (the setting range is 0~9990) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode with 0.5s Be sound.
- When LCD displays the "TARGET" and "DISTANCE" ("*" "8" display) switch display in every 2sec. (Picture 28~29), All function value will accumulate according to the operation value and switch display in every 5 secs.



Picture 26

Picture 27

Picture 28



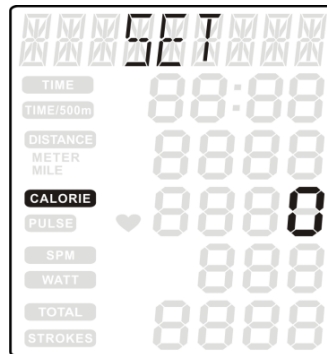
Picture 29

(3) TARGET CALORIES:

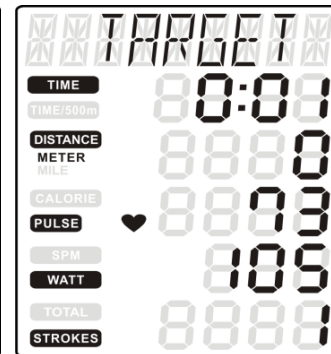
- Toggle the TARGET CALORIE function and LCD displays" TARGET "keeps flashing("*" "8"display).CALORIES window displays **CALORIE** flashing(Picture 30) and press MODE KEY to start the CALORIES setting function.
- When LCD displays" SET "keeps flashing("*" "8"display), 0 flashes in CALORIES window (picture 31), press SET KEY to set target CALORIES(the setting range is 0~9990) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode.
- When LCD displays the" TARGET" and" CALORIES"("*" "8"display) switch display in every 2s (Picture 32~33), All function value will accumulate according to the operation value and switch display in every 5 secs.



Picture 30



Picture 31



Picture 32



Picture 33

(4) TARGET STROKES:

- Toggle the TARGET STROKES function and LCD displays" TARGET "keeps flashing("*" "8"display).STROKES window displays **STROKES** flashing(Picture 34) and press MODE KEY to start the STROKES setting function.
- When LCD displays" SET "keeps flashing("*" "8"display)(Picture 35), 0 flashes in STROKES window, press SET KEY to set target STROKES(the setting range is 0~9990) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode.
- When LCD displays the" TARGET" and" STROKES"("*" "8"display) switch display in every 2sec. (Picture 36~37), All function value will accumulate according to the operation value and switch display in every 5 seconds.



Picture 34



Picture 35



Picture 36



Picture 37

(5) TARGET PULSE:

- Toggle the TARGET PULSE function and LCD displays" TARGET "keeps flashing("*" "8"display).PULSE window displays **PULSE** flashing(Picture 38) and press MODE KEY to start the PULSE setting function.
- When LCD displays" SET "keeps flashing("*" "8"display)(Picture 39), 100 flashes in PULSE window, press SET KEY to set target PULSE(the setting range is 30~230) which can be set circularly. Press MODE KEY to confirm and the console enters into exercise mode.
- When LCD displays the" TARGET" and" PULSE"("*" "8"display) switch display in every 2sec. (Picture 40~41), All function value will accumulate according to the operation value and switch display in every 5 secs.



Picture 38



Picture 39



Picture 40



Picture 41

Special Mode

A、Switch KM/ ML

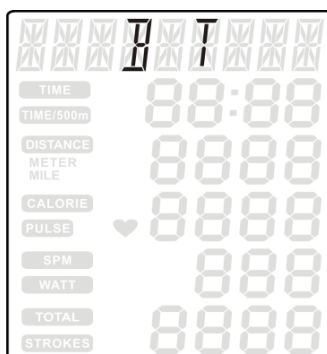
- 1.Pressing MODE+SET for 2 secs to enter into switch KM/ML mode.
- 2.LCD displays" CLIENT ID "and program version("*" "8"display), TIME window shows console model name (Picture 42)
- 3.In the switch KM/ML mode, press SET to adjust the KM/ML, press MODE to confirm the setting, and RESET is invalid KEY.
- 4.The console has no storage function, so when the battery is removed it reverts to the preset value.



Picture 42

B 、Bluetooth Connection Mode

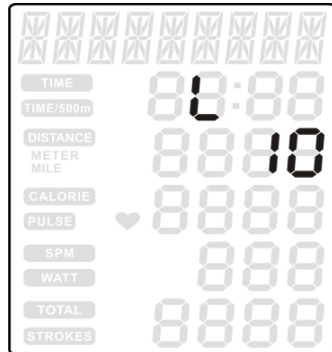
- 1.The console can connect to APP and bluetooth heartbeat in any mode except sleeping mode.
- 2.After the console connected APP, LCD will display "BT"("*" "8"display)(Picture 43).



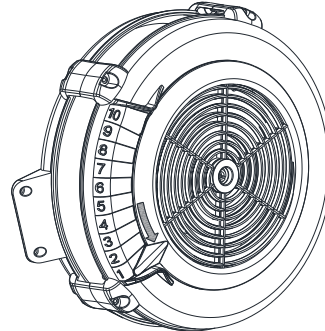
Picture 43

VR Correction Mode :

1. During the standby mode, press MODE+RESET KEY for 3sec. to enter into VR correction mode.
2. TIME window will display " L " , DISTANCE window displays the current the AD value of VR(Picture 44). Adjust Damper(Picture 45) to the first level and press ENTER KEY to confirm.



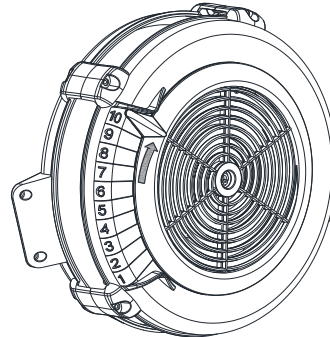
Picture 44



Picture 45



Picture 46

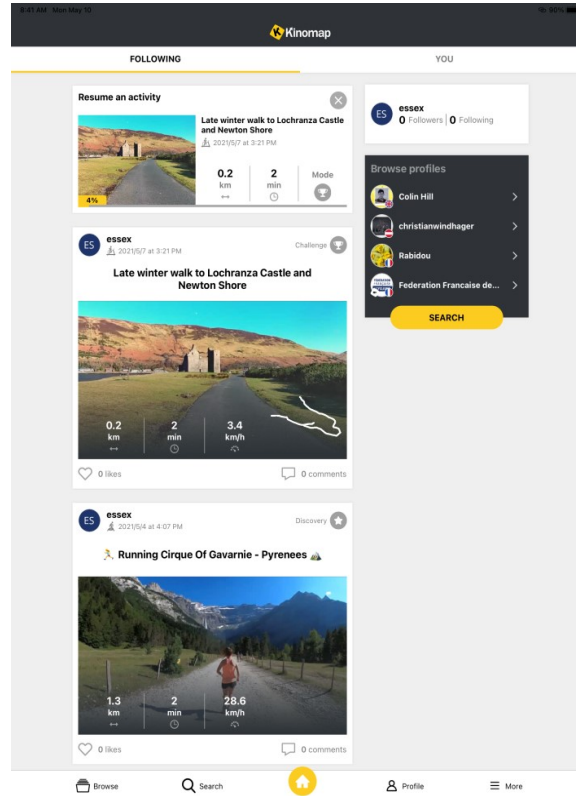


Picture 47

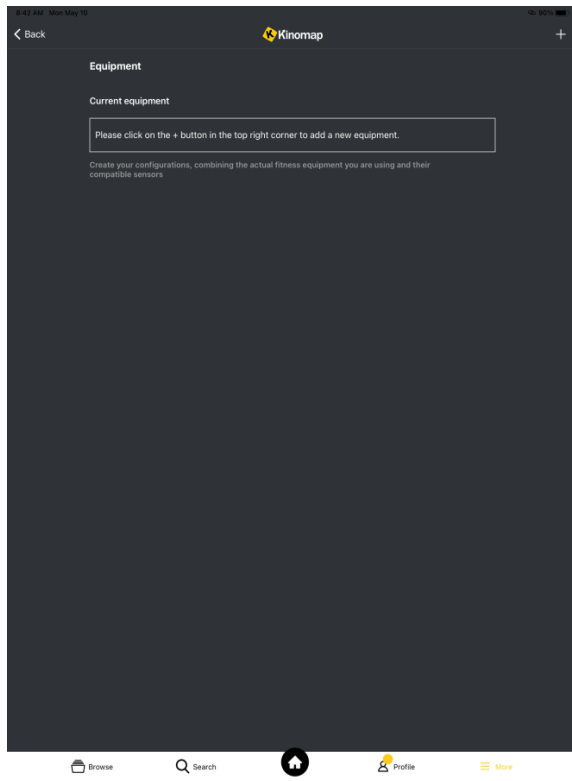
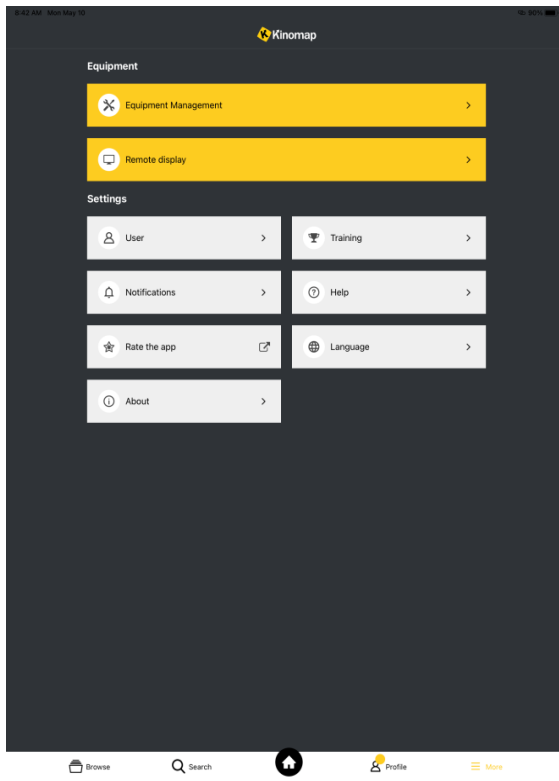
3. After confirming the first level value of VR, "H" will be displayed in the TIME window, and the actual AD value of VR will be displayed in the DISTANCE window (Picture 46). Adjust Damper(Picture 47) to the highest level and press ENTER KEY to confirm after the adjustment.
4. After setting the first and highest level values of VR, the console will restart and cut the set values into 10 segments on average.
5. When adjusting Damper, attach the pointer to the baffle plate.

1. Kinomap APP connection steps

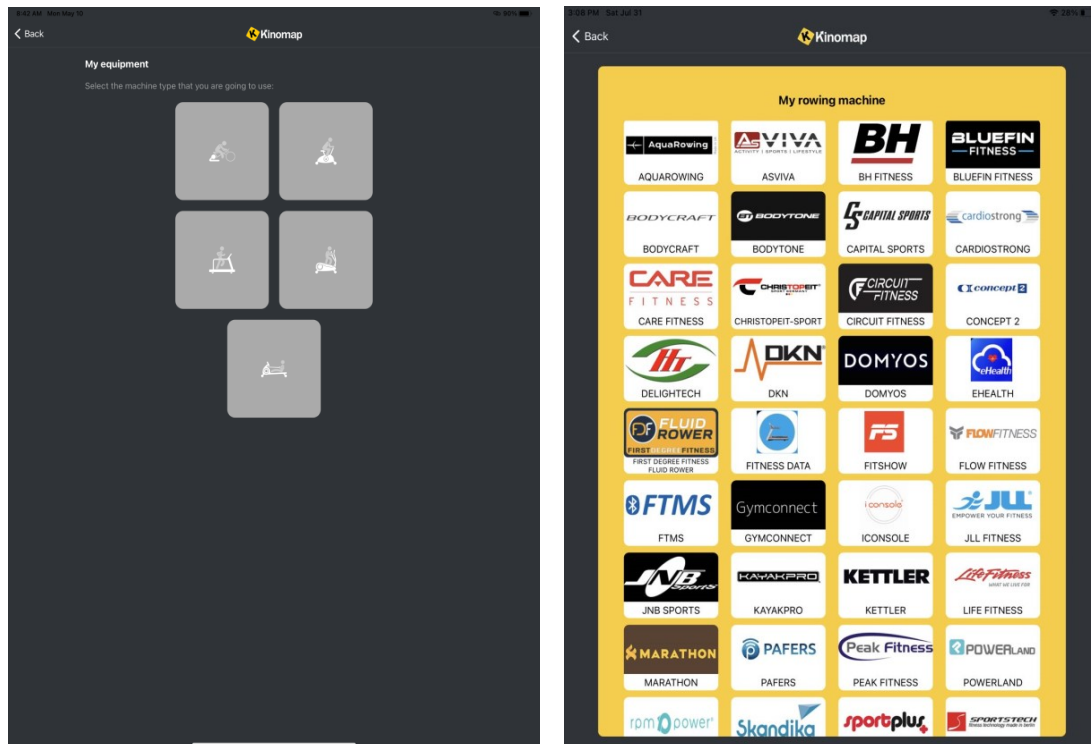
1-1 Open the Kinomap + App and enter the home page. Click the button in the lower right corner to add devices.



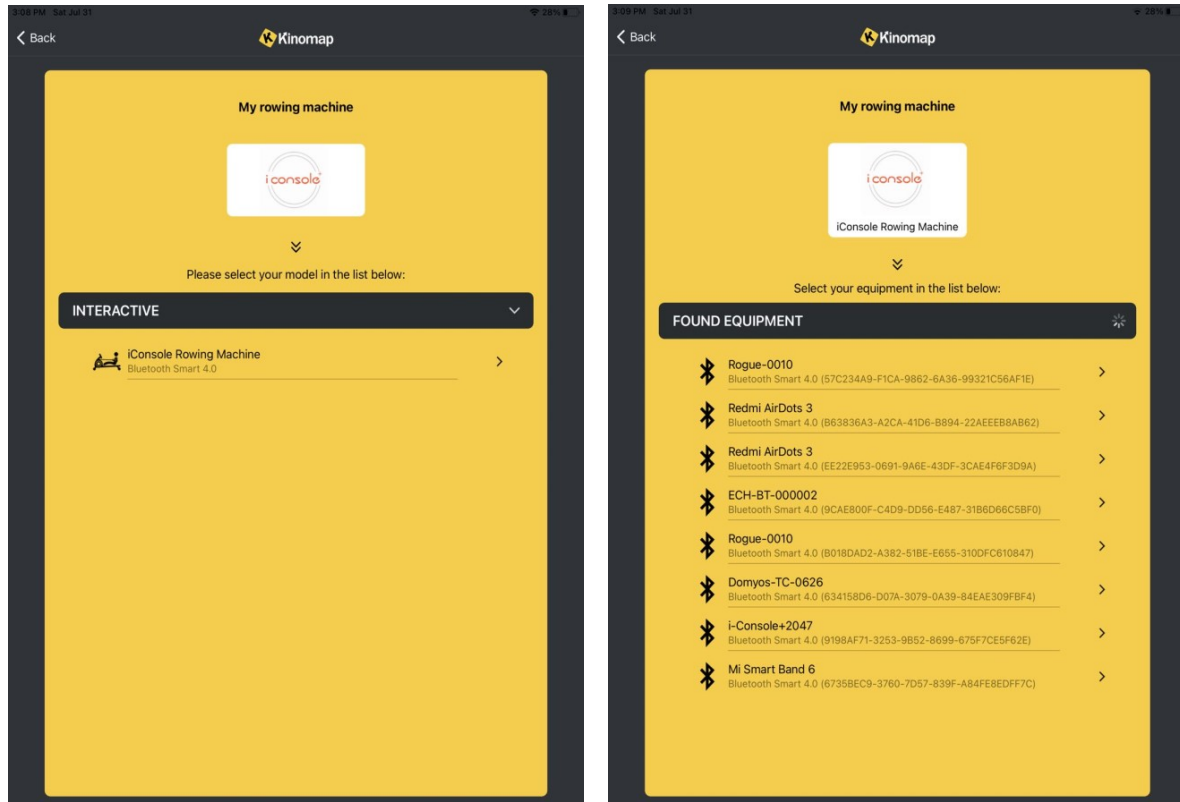
1-2 Click equipment management, then click the "+" to start adding equipment.



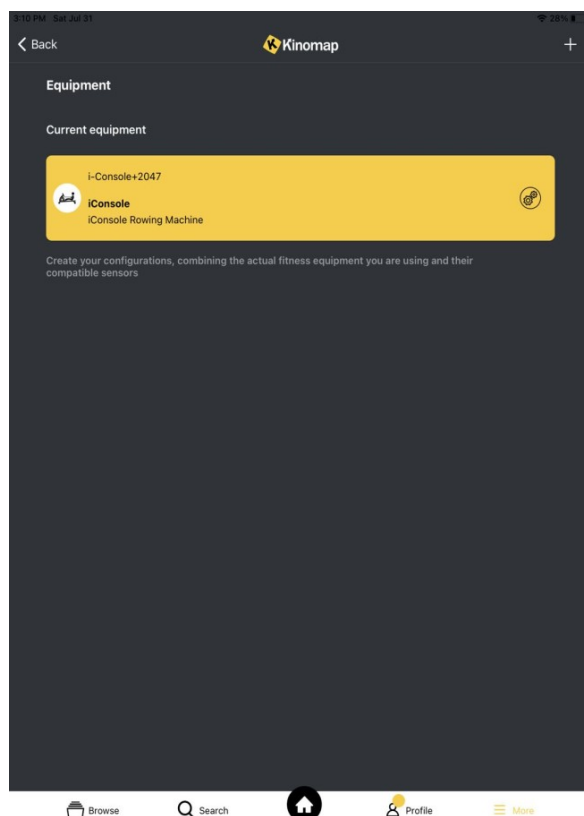
1-3 Click "Rowing" graphics, then enter a variety of brand connection screen, select FTMS/iConsole.



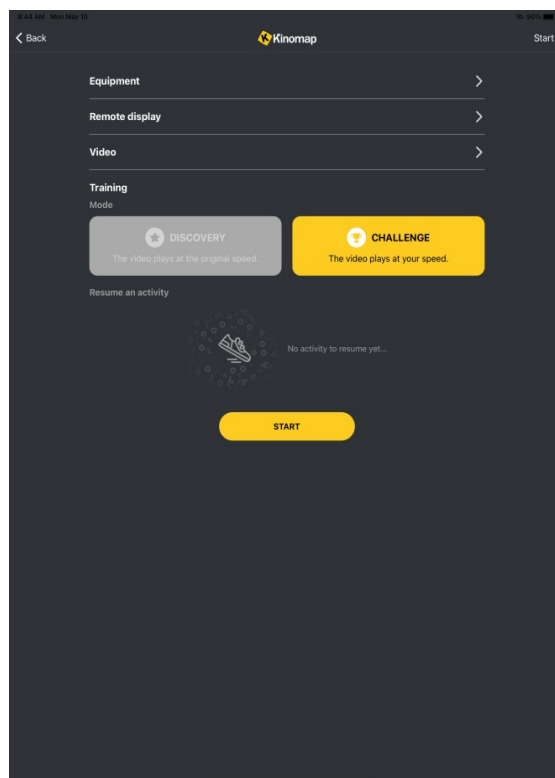
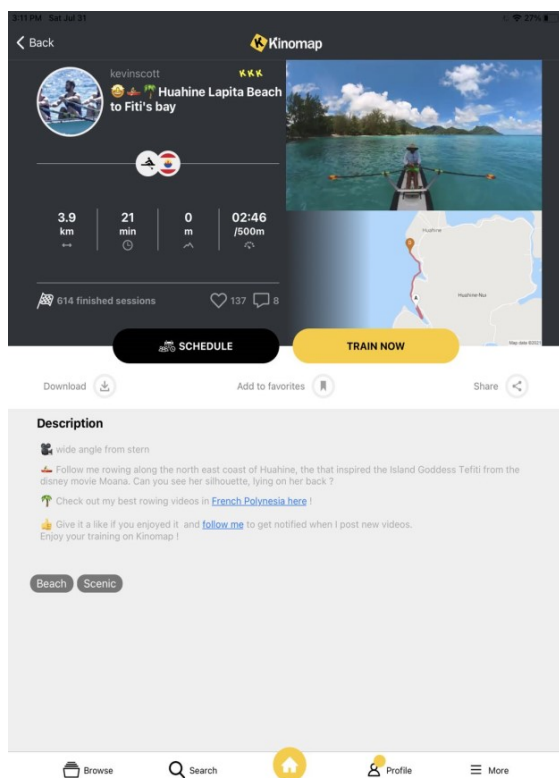
1-4 Select Rowing machine, then Bluetooth Device.



1-5 Press the Home button to return to the Home page after adding the device.

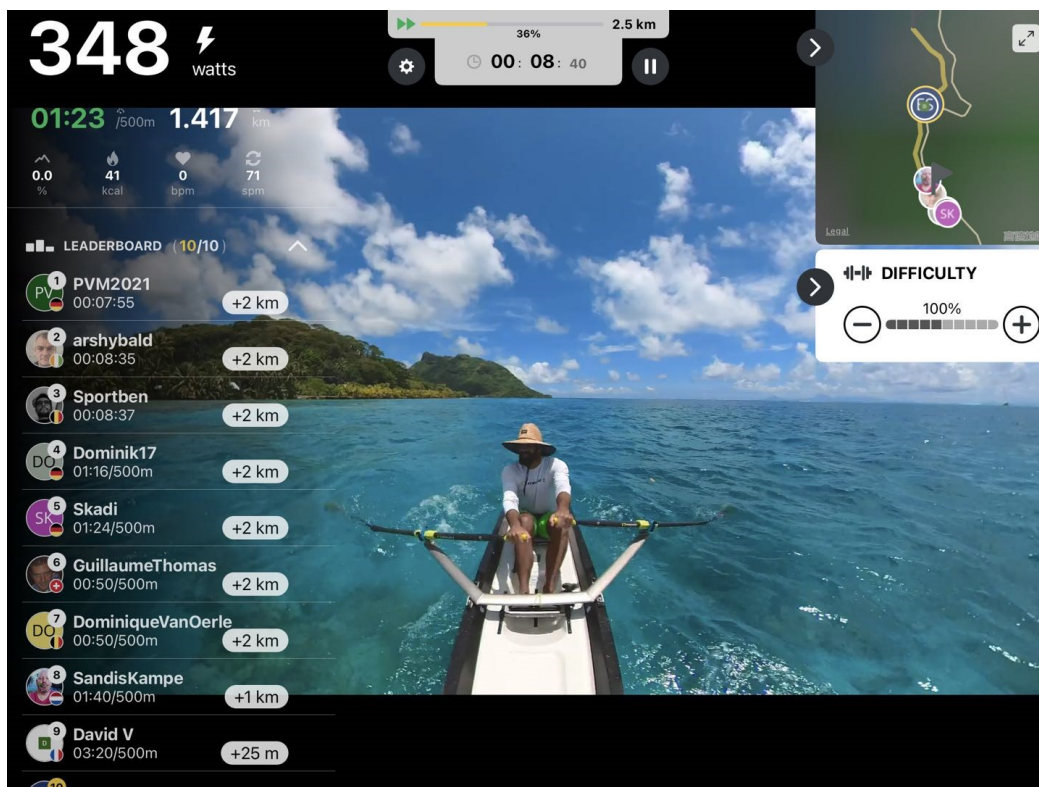


1-6 To select the training video, you must select the type of Rowing and press the button to enter the training screen.

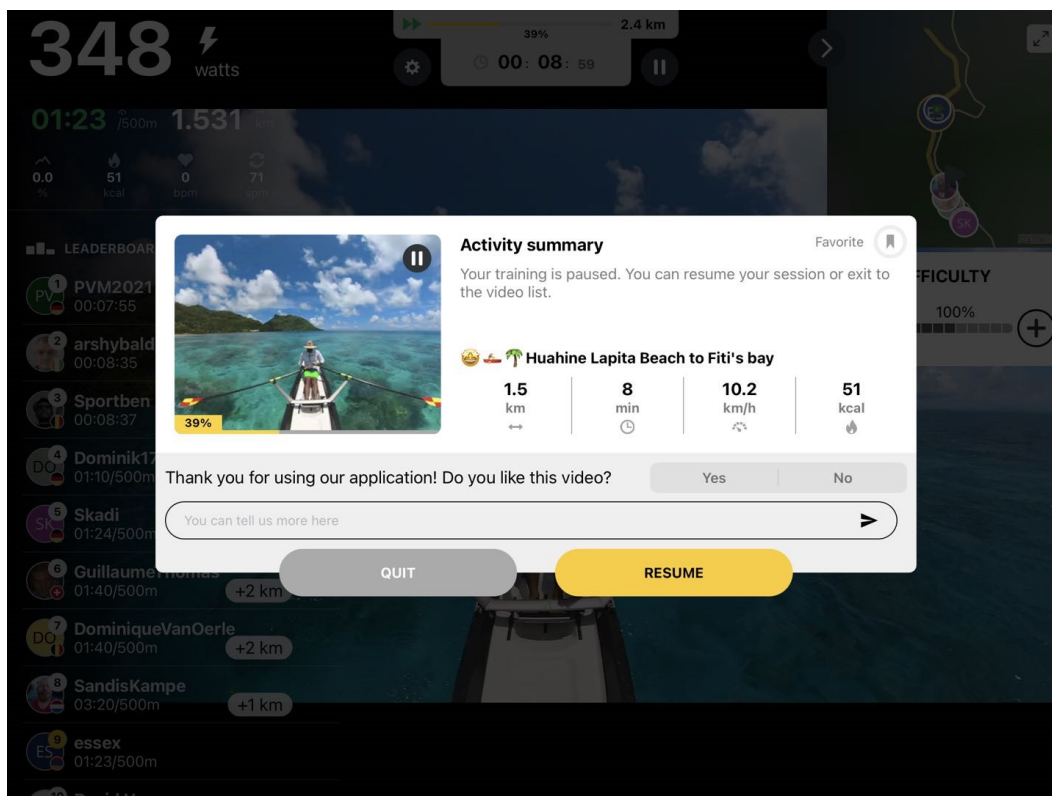


1-7 Start training

*Pressing the pause button at the top of the screen to stop.



1-8 Enter the pause screen and you can choose to continue or exit to end the training.





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