



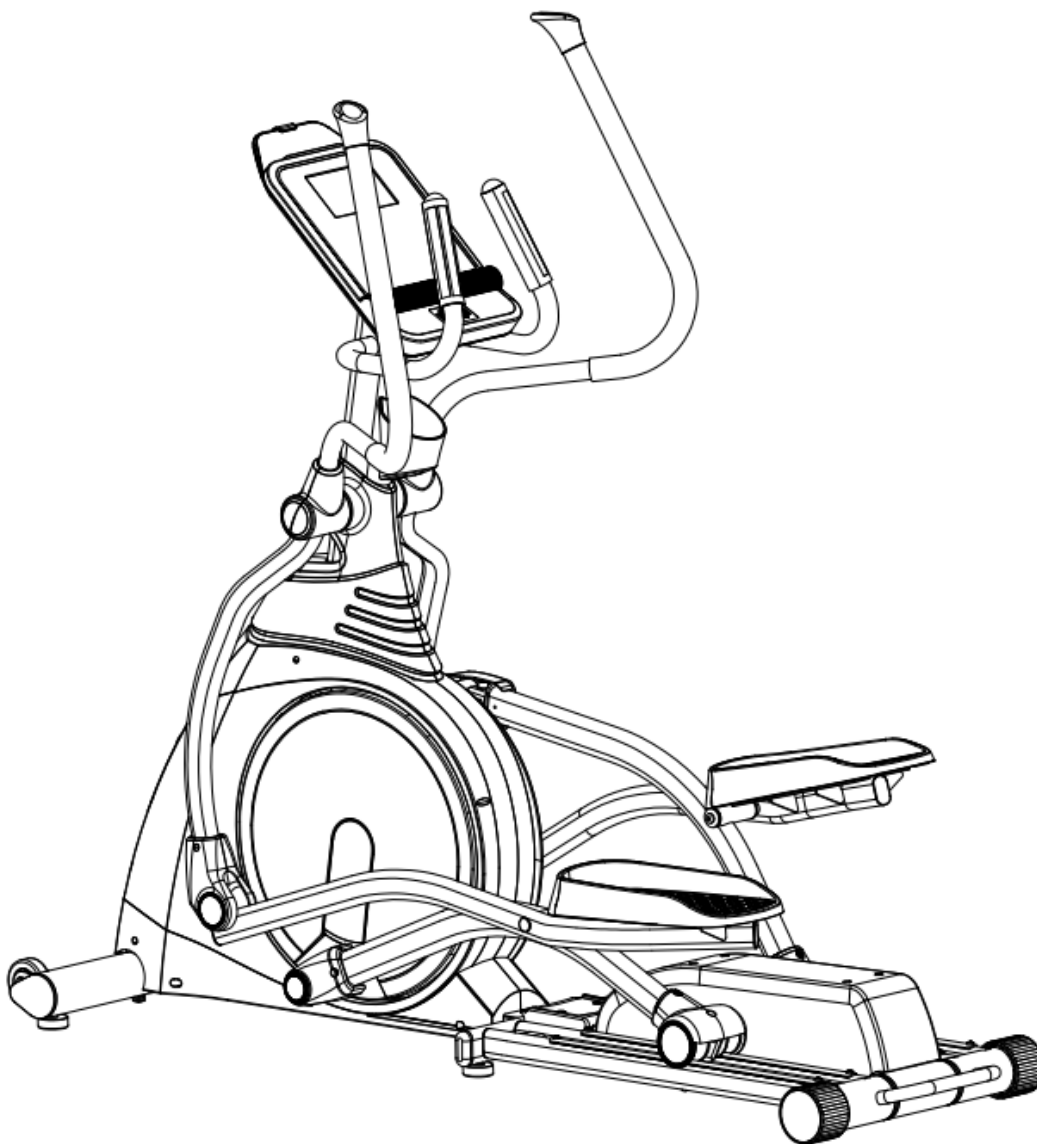
XC-310i



DKN®

INCLINE CROSSTRAINER

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.

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 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: 150KGS

EXPLODED DIAGRAM



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	45L/R	Front cover of swing bar	1pr
2	Handlebar post	1	46L/R	Rear cover of swing bar	1pr
3	Guide rail	1	47L/R	Handlebar post cover	1pr
4	Connecting shaft	1	48	Connecting joint cover	2
5L/R	Swing bar	1pr	49	Roller cover	2
6L/R	Handlebar	1pr	50L/R	Pedal bar cover 1	2pr
7L/R	Roller bracket	1pr	51	Adaptor	1
8	Connecting joint	2	52	Screw M8*12	6
9 L/R	Pedal bar	1pr	53	Flat washer D8*D16*1.5	8
10	Front bottom tube	1	54	End cap	2
11	Crank axle	2	55	Adjustable pad Φ46*17	3
12	Inner hex screw M10*45	2	56	Axle bushing with Φ32*2.5 pipe	4
13	Bottom beam joint	1	57	Foam grip φ31*T3*800	2
14	Inner hex screw M8*20	14	58	Arc round end cap	2
15	Hex bolt M10*67	2	59	Oblate end cap	4
16	Hex bolt M10*25	1	60	Flat oblate end cap	8
17	Inner hex screw M8*115	1	61	PU roller	2
18	Hex bolt M8*30	2	62	Big flat washer Φ76*5.0	2
19	Cross screw M6*10	16	63	Hex nut M8	4
20	Cross screw M5*12	10	64	Pedal	2
21	Cross taping screw ST3.5*16	8	65	Roller of guide rail	4
22	Cross taping screw ST3*20	4	66	Pulse wire	2
23	Cross taping screw ST4.2*18	16	67	Storage Rack	1
24	Spring washer D10	7	68	Grip canister	2
25	Flat washer D10*D20*2	14	69	Console	1
26	Inner hex screw M10*92	2	70	Sensor wire	1
27	Flat washer D8*D22*2	3	71	Sensor extension wire	1
28	Inner hex screw M10*54	2	72	Foam grip φ31*T3*10	4
29	Flat washer D8*D32*2	4	73	Aluminum plates	4
30	Cross screw	4	74	Cross screw M5*20	4
31	Arc washer D10*D25*2	1	75	Incline motor	1
32	Arc washer D8*D16*1.5	6	76	Limit cover	2
33	Incline motor cover	1	77	Connecting cover	1
34	Waveform washer D17	4	78	Hex nut M10*65	1
35	Nylon nut M10	4	79	Axle sleeve φ76*2	6
36	Nylon nut M8	6	80	Adjustable pad Φ38*M10*23	2
37	Hex nut M12	2	81	Special shape end cap	2
38	Hex nut M10	2	82	Axle sleeve Φ42*Φ17*23	4
39	Bearing 6003Z	4	83	Roll end cap	2
40	Bearing 6002Z	4	84	Detent ring	4
41	Spacer sleeve Φ8*Φ11.9*15.5	2	85	Hex screw M10*125	1
42	Universal joint	2	86	Cushion	1
43	Flat washer D8*D20*2	4	87	Inner hex screw M8*55	4
44	Spring washer D8	13	88	Inner hex screw M8*40	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.

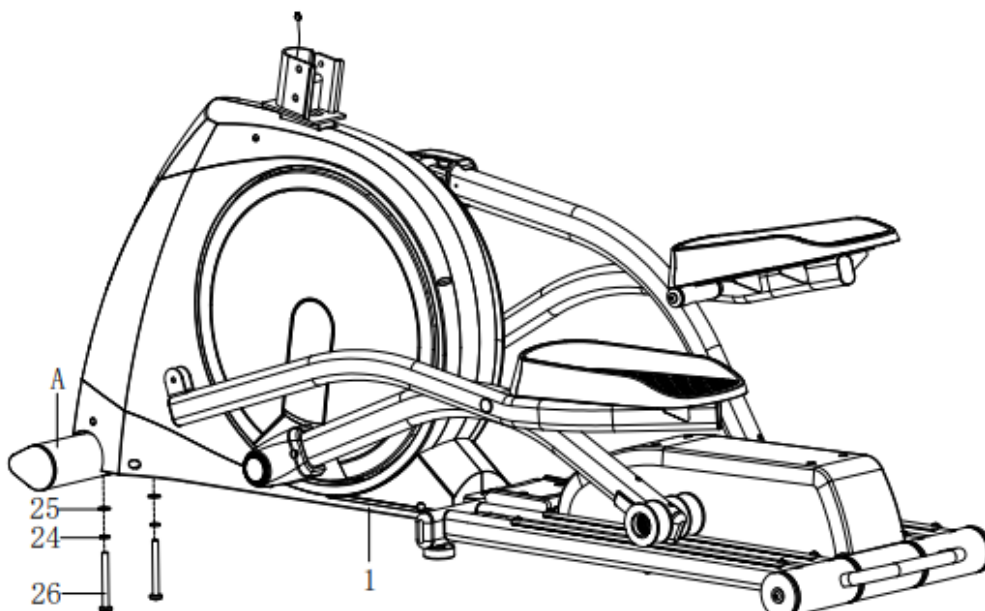
♦ Although this product can be assembled by one person, we recommend having the assistance of another individual. This is especially convenient when assembling multiple parts or moving the equipment.

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

ASSEMBLY INSTRUCTIONS

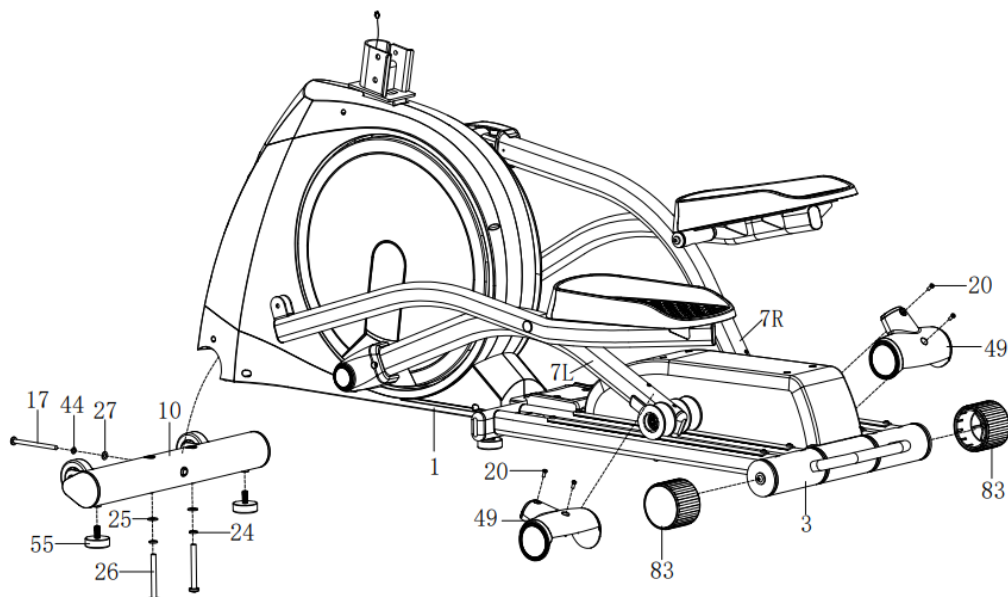
Step 1:

1. Demount the screw (26), spring washer (24) and flat washer (25) from the main frame(1), take down the packing tube (A), and put away for next packing.



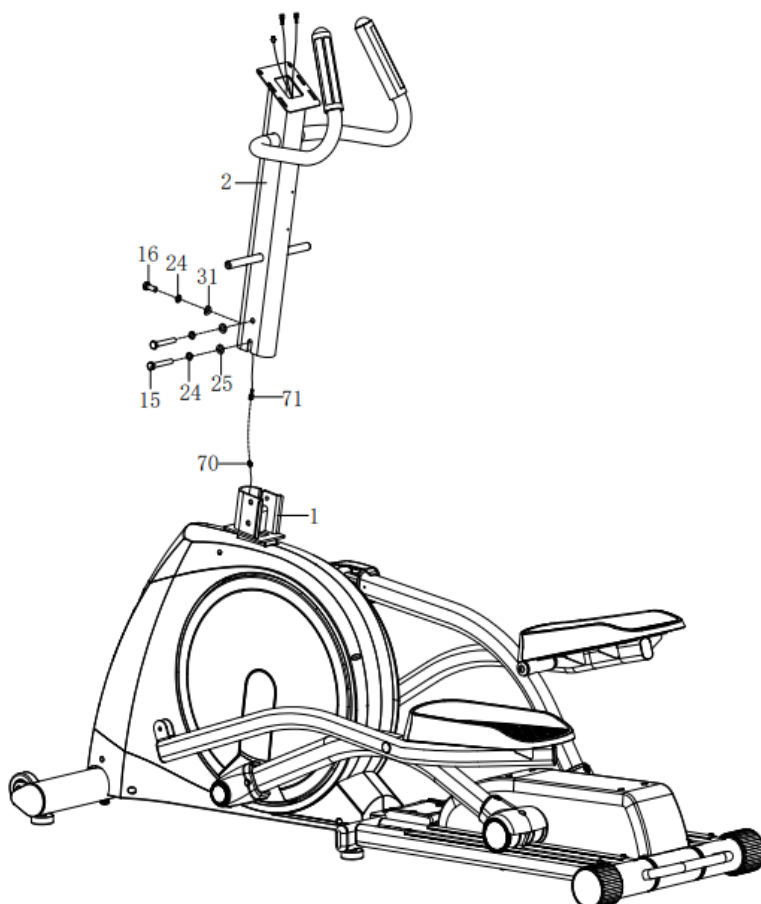
Step 2:

1. Lock the adjustable pad(55) on the front bottom tube(10). Lock the front bottom tube(10) on the main frame(1) with screw(26), spring washer(24), flat washer(25) and inner hex screw(17), spring washer(44) and flat washer(27);
2. Demount the roll end cap(83) from the guide rail(3L/R) as the picture B shows;
3. Lock the roller cover(49) on the roller bracket(7L/R) with screw(20).



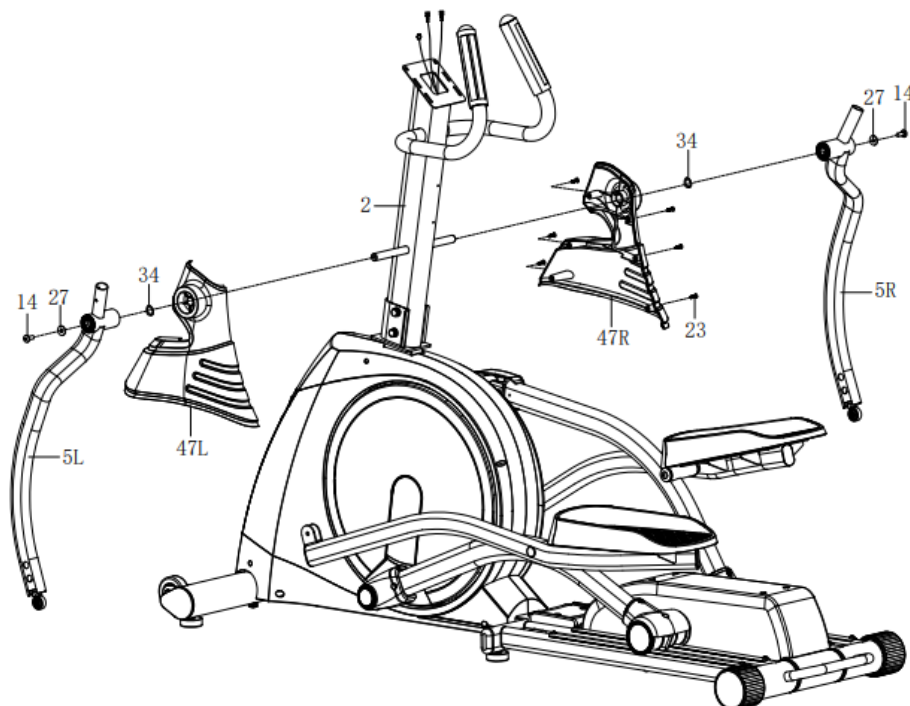
Step 3:

1. Connect the sensor wire(70) and the extension wire(71).
2. Lock the handlebar post(2) on the main frame(1) with screw(15)(16), washer(24)(25)(31)



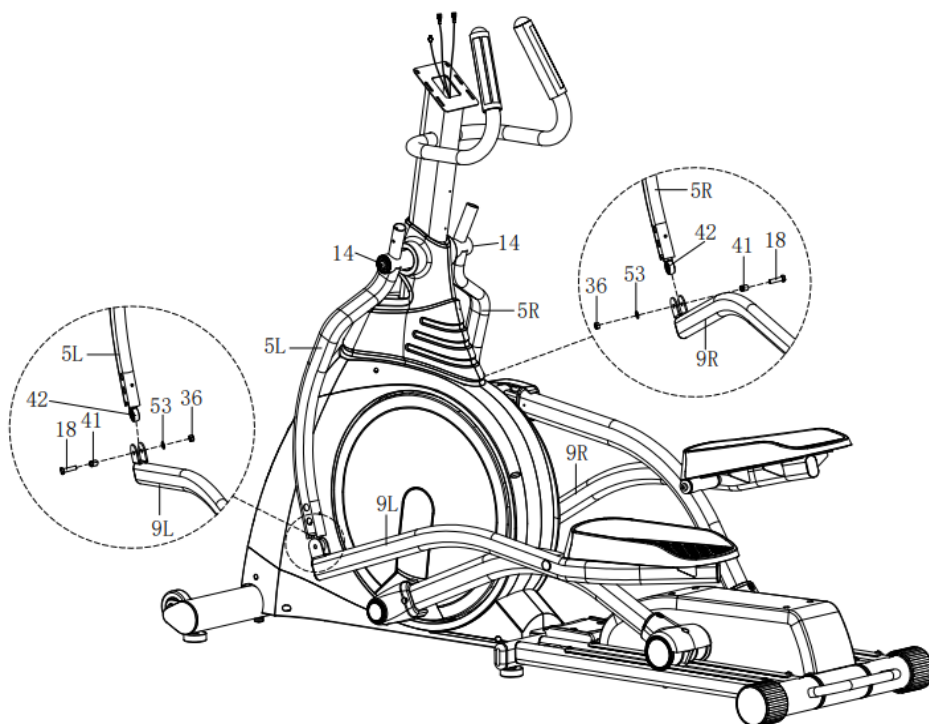
Step 4:

1. Buckle the handlebar post cover(47L/R) on the handlebar post(2) and tighten them with screw(23).
2. Pre-assemble the swing bar(5L/R) on the handlebar post(2) with screw(14), washer(27)(34).



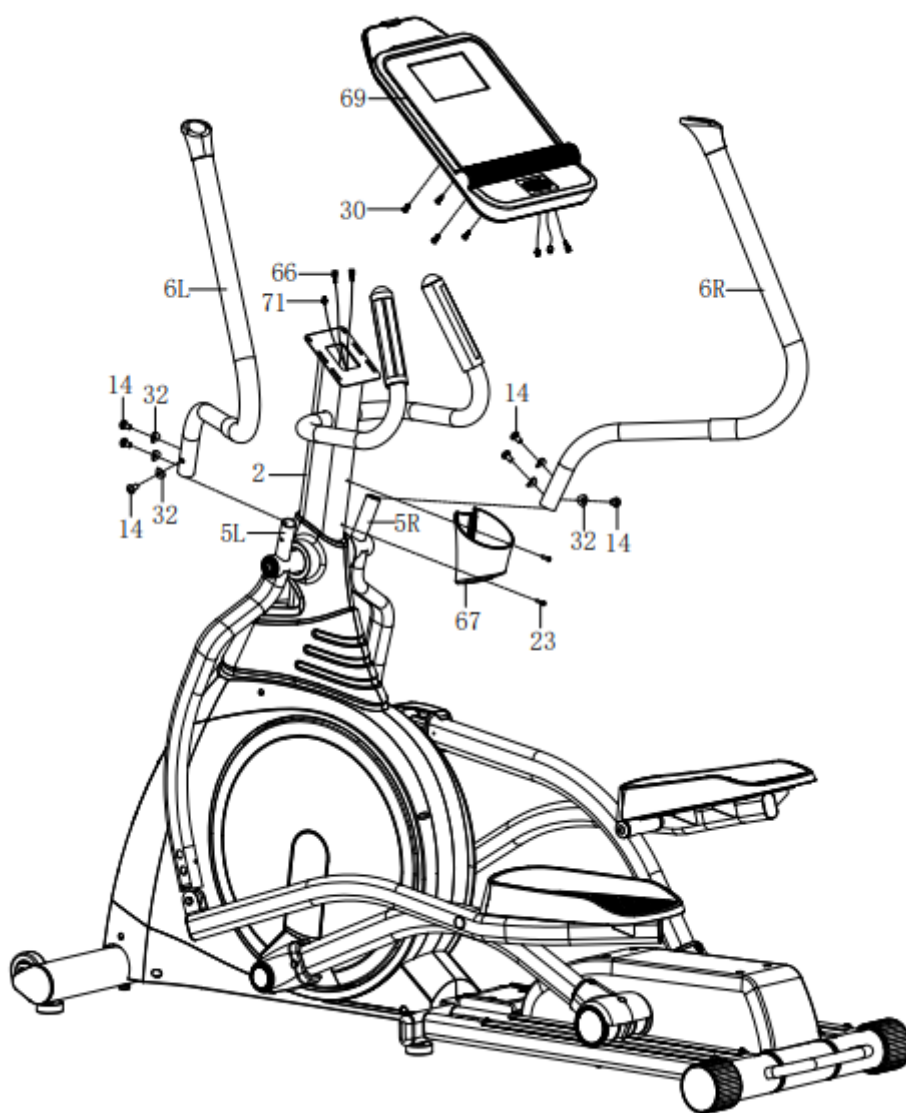
STEP5:

Connect the swing bar(5L/R) and the pedal bar(9L/R) with screw(18), spacer(41), washer(53) and nylon nut(36); tighten all the screw(14) and (18);



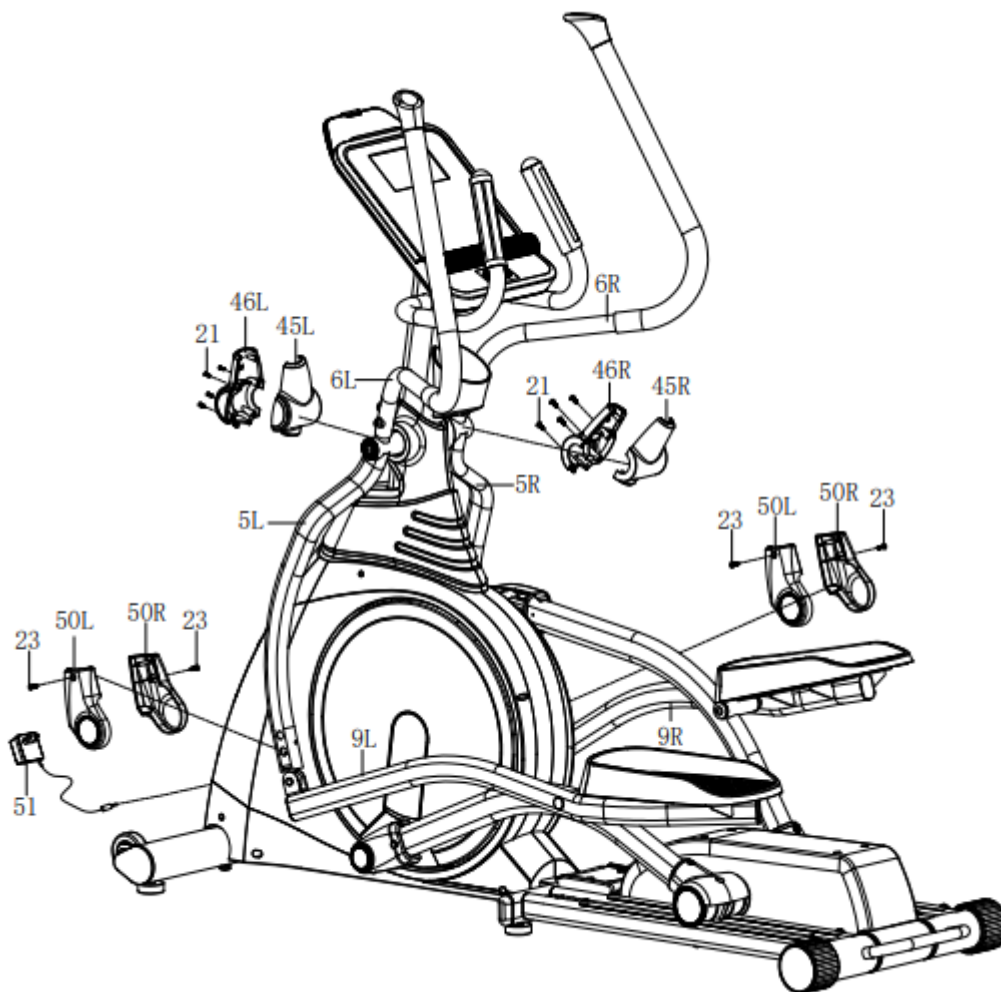
Step 6:

1. Lock the handlebar(6L/R) on the swing bar(5L/R) with screw(14), washer(32);
2. Connect the pulse wire(66) and sensor extension wire(71) to the corresponding wires on the console(69), then lock the console(69) on the handlebar post(2) with screw(30);
3. Lock the storage rack (67) on the handlebar post(2) with screw(23).



Step 7:

1. Lock the left front swing bar cover(45L), left rear swing bar(46L) on the left handlebar(6L) with screw(21); use the same way to lock the right parts;
2. Lock the left pedal bar cover(50L/R) on the joint of left swing bar(5L) and left pedal bar(9L) with screw(23); use the same way to lock the right parts;
3. Plug the adapter (51) into the exercise bike and the other end into the power supply.



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.**



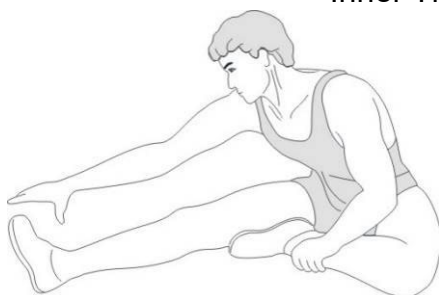
Side Stretch



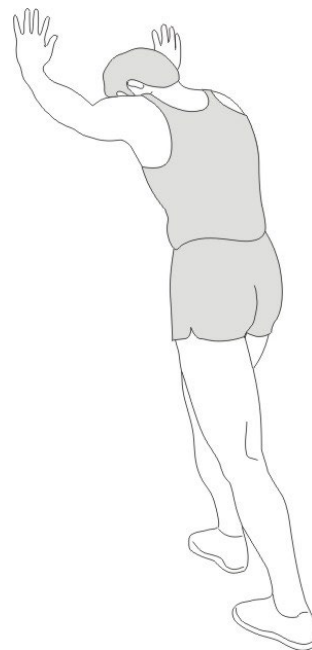
Toe
Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles 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.



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