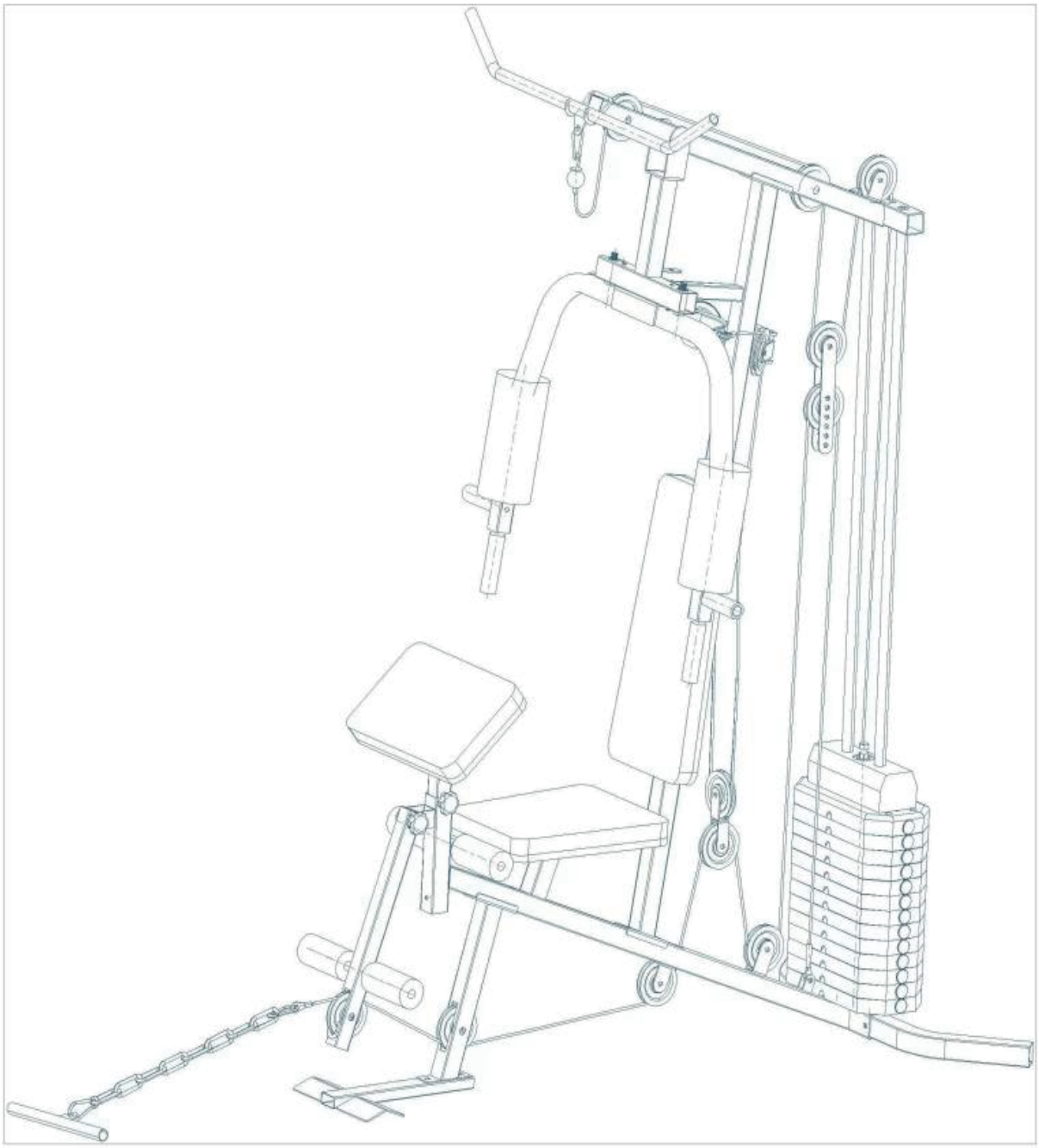
DKN®
TECHNOLOGY

SMART FITNESS SOLUTIONS

MULTI GYM

DKN®

SKU. 20728 - MULTI GYM



Important Safety Warnings

Warning

This equipment is built according to general safety standards, but we strongly recommend that you read this user manual carefully before using it. Pay special attention to the following safety warnings:

1. Keep children and pets away from the equipment at all times. Never leave children unsupervised in the same room with the equipment.
2. Only one person should use the equipment at a time.
3. If you feel dizzy, nauseous, experience chest pain, or any other discomfort while exercising, stop immediately and consult a doctor.
4. Place the equipment on a clean, flat surface. Don't use it near water or outdoors.
5. Keep your hands and feet away from the moving parts.
6. Wear proper workout clothes. Avoid long or loose clothing that could get caught in the equipment. Go for running shoes or any other sports shoes.
7. Use the equipment only for the functions described in the manual. Don't add any extra attachments or use features that the manufacturer hasn't recommended to avoid injury.
8. Keep the area around the equipment free of obstacles or sharp objects.
9. Disabled individuals should not use the equipment alone without supervision from a professional or health advisor.
10. Always do a proper warm-up and stretching before each workout.
11. Choose the right weights based on your fitness level. It's best to progress gradually.
12. Don't use the equipment if it's missing any necessary parts or isn't functioning properly.
13. It's recommended to have a supervisor or spotter during your workout.
14. Maximum user weight: 100kgs.
15. Manufacturing standards: GB17498.1-2008, GB17498.2-2008, GB17498.4-2008, Grade: S.

Daily Maintenance

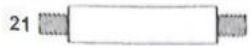
1. Regularly lubricate the moving parts.
2. Check and tighten all parts of the equipment before use.
3. Clean the equipment with a damp cloth and mild detergent. Do not use chemical solvents. Adjust the tension of the steel cables by moving the lower pulley to the desired position on the pulley bracket.

1. If the steel cable feels too loose, raise the lower pulley by one notch;
2. If the steel cable feels too tight, lower the lower pulley by one notch.

Pulley Adjustment Warning: Before you start using the equipment, make sure to check with your health advisor, especially if you have any health issues or if you're over 35. Always read the manual carefully before using the product. We're not responsible for any injuries or damage caused by incorrect use!

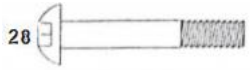
Keep this manual in a safe place.

Hardware Details

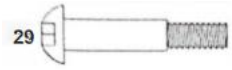


Rotation Shaft Ø16x110 1pc

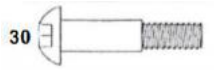
Carriage Bolt M10x65 8 pcs



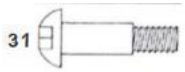
Hexalobular Socket Pan Head Screw M10x 65 2 pcs



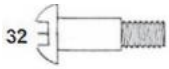
Hexalobular Socket Pan Head Screw M10x60 4 pcs



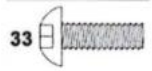
Hexalobular Socket Pan Head Screw M10x55 1 pc



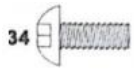
Hexalobular Socket Pan Head Screw M10x42 2 pcs



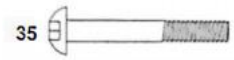
Hexalobular Socket Pan Head Screw M10x40 6 pcs



Hexalobular Socket Pan Head Screw M10x30 1 pc



Hexalobular Socket Pan Head Screw M10x25 6 pcs



Hexalobular Socket Pan Head Screw M8x60 2 pcs

Hexalobular Socket Pan Head Screw M8x18 2 pcs

Cross Flat Head Screw M6x16 1 pc

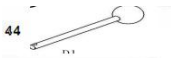
Cross Slot Self-Tapping Screw ST4.8 2 pcs

Large Washer Ø25XΦ11 4 pcs

Flat Washer Ø8mm 6 pcs

Flat Washer Ø10mm 40 pcs

Lock Nut M10 28 pcs



Counterweight Pin 1 pc

Pulley Hook 4 pcs

8-Link Chain 2 pcs

Hexalobular Socket Pan Head Screw M8x40 2 pcs

Hexalobular Socket Pan Head Screw M10x16 2 pcs

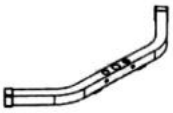
Hex Wrenches #5, #6 2 pcs

Component List I

1. Main Frame 1pc

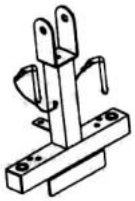
2. Upper Beam Frame 1 pc

3. Central Pillar 1 pc



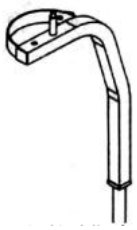
4. Rear Ground Pipe 1 pc

5. Front Frame Support Pipe 1 pc



6. Press Frame 1 pc

7. Left Butterfly Arm 1 pc



8. Right Butterfly Arm 1 pc

9. Arm Strength Frame 1 pc

10. Adjustable Pulley Frame 1 pc

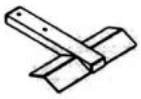
11. Cross Pulley Frame 1 pc

12. Swing Pulley Frame 2 pcs

13. Selector Bar 1 pc

14. High Pull Bar 1 pc

15. Front Swing Frame 1 pc



16. Front Foot Pedal 1 pc

Component List II

17. Foam Pipe 2 pcs

19. U-shaped Clamp 1 pc

18. Guide Rod 2 pcs

20. Flat Connecting Plate 3 pcs

24. Back Cushion 1 pc

25. Seat Cushion 1 pc

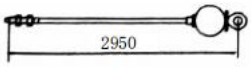
23. Low Pull Handle 1 pc

26. Elbow Cushion 1 pc

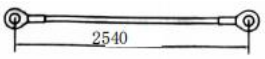
43. L-shaped Rope Pin 2 pcs

46. Pulley Guard

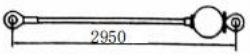
48. Powdered Bearings 2 pcs



49. High Pull Steel Cable 1 pc



50. Chest Expansion Steel Cable 1 pc



51. Low Pull Steel Cable 1 pc

Component List III

52.45 Square Tube Plug

53.38 Square Tube Plug 56.

54.25*50 Square Tube Plug

55.Ø25 Flat Tube Plug

45 Square Foot Cover

57. Shock Pad

58.Ø61 Cushion Pad

59. Cushion Sleeve 24.5*30

60.40*38Drill Holder

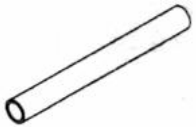
62. Nylon Bushing

63. Nylon Bushing

64.M10 Nut Cover

65. Hollow Sleeve 38*Ø26

66. Handle Sleeve



67. Handle Sleeve

68. Star Knob

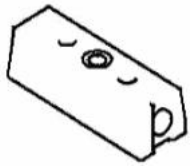
69. Small Foam Pad

70. Large Foam Pad

Component List IV

71. Pulley

72. Lower Counterweight Block



73. Upper Counterweight Block

74.Ø25 Ball-End Tube Plug

77. Small Handle

78. Handle Sleeve

79.Ø25 Flat Tube Plug

80. Cap Top

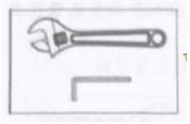
81. Small Iron Pin

82. Large Washer

Assembly Instructions

Tools Needed: Two adjustable wrenches

Note: It is strongly recommended that two or more people collaborate during installation to avoid injury during the process.



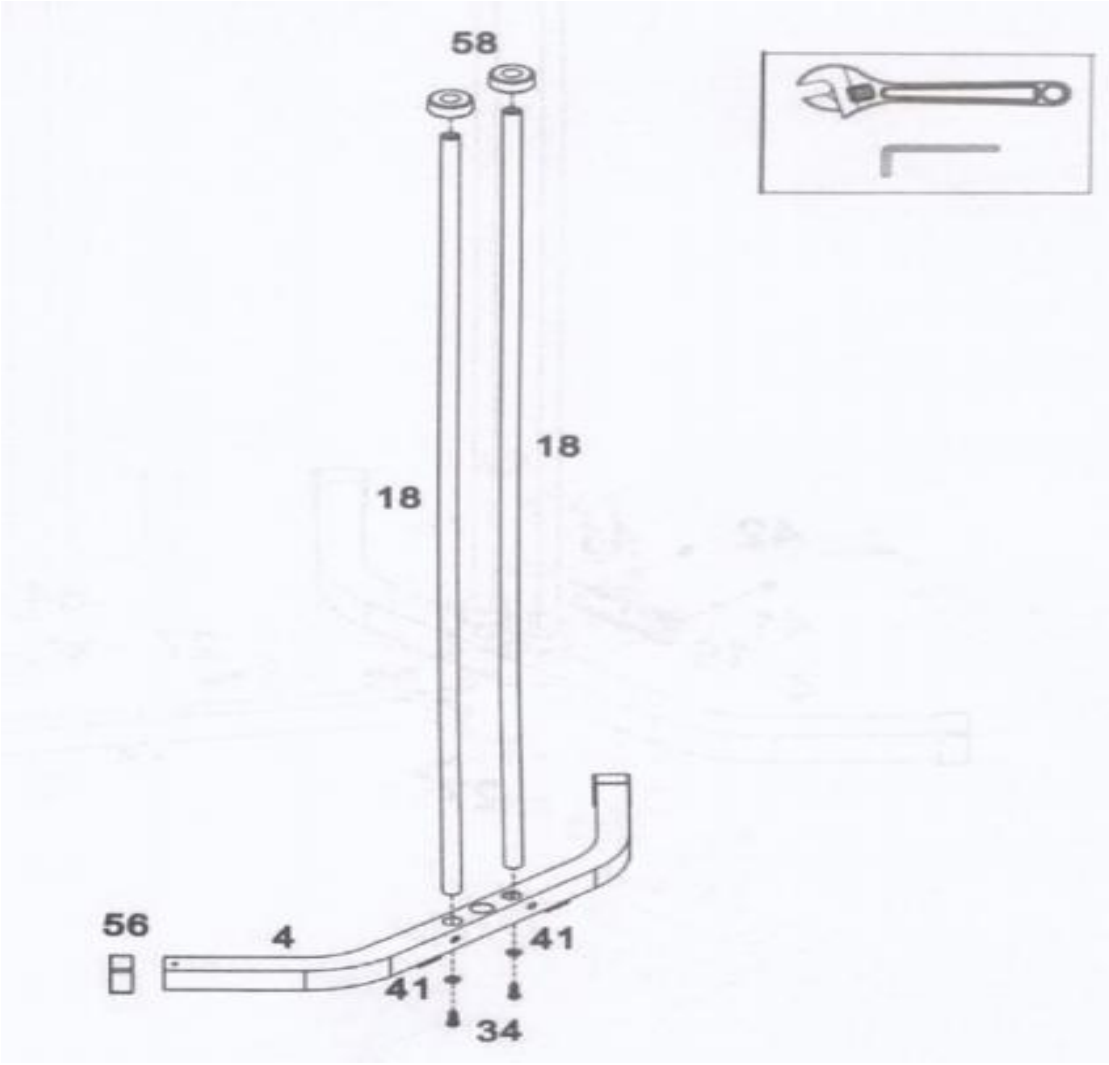
This symbol indicates that the wrench can be used to directly tighten and secure the part during installation.

This symbol means to hand-tighten the screws during installation, but do not fully tighten them, as this may interfere with the next steps of assembly.

Step 1 (See Figure 1)

First, slide 2 cushion pads (#58) onto the guide rod (#18). Then, insert the guide rod (#18) into the two holes on the rear ground bent pipe (#4). From the bottom, use 2 M10x25mm pan head hex bolts (#34) and 2 Ø10 flat washers (#41) to secure the guide rod (#18) to the rear ground bent pipe (#4).

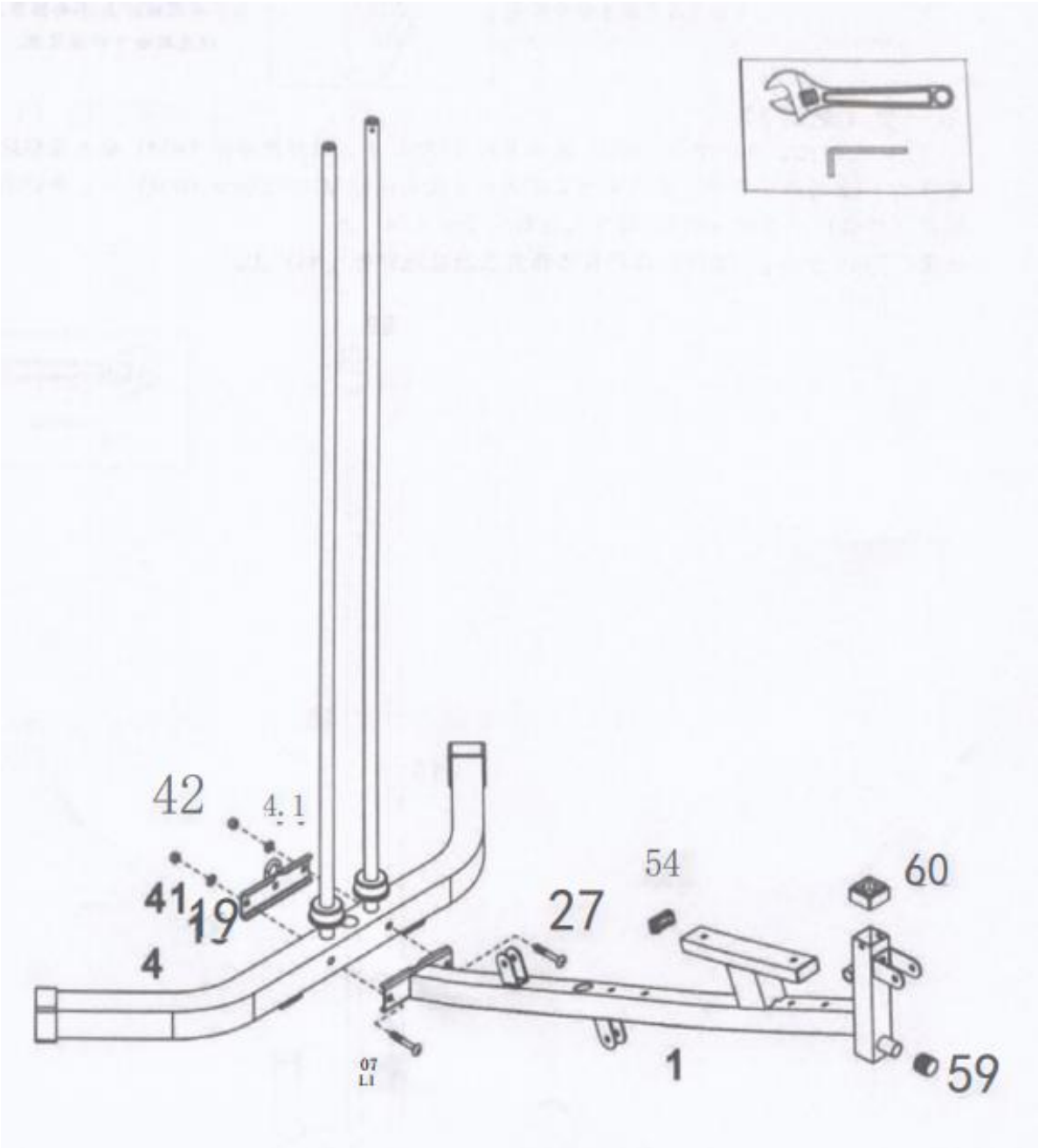
Note: ☐The 45 square foot cover (#56) is pre-installed on the rear ground bent pipe (#4) before leaving the factory.



Step 2 (See Figure 2)

Use 2 M10x65mm carriage bolts (#27), 2 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to connect the rear ground bent pipe (#4), U-shaped connecting plate (#19), and the main frame (#1).

Note: The rectangular tube plugs 25x50 (#54), cushion sleeve (#59), and drill holder □45x38 (#60) are pre-installed on the main frame (#1) before leaving the factory.

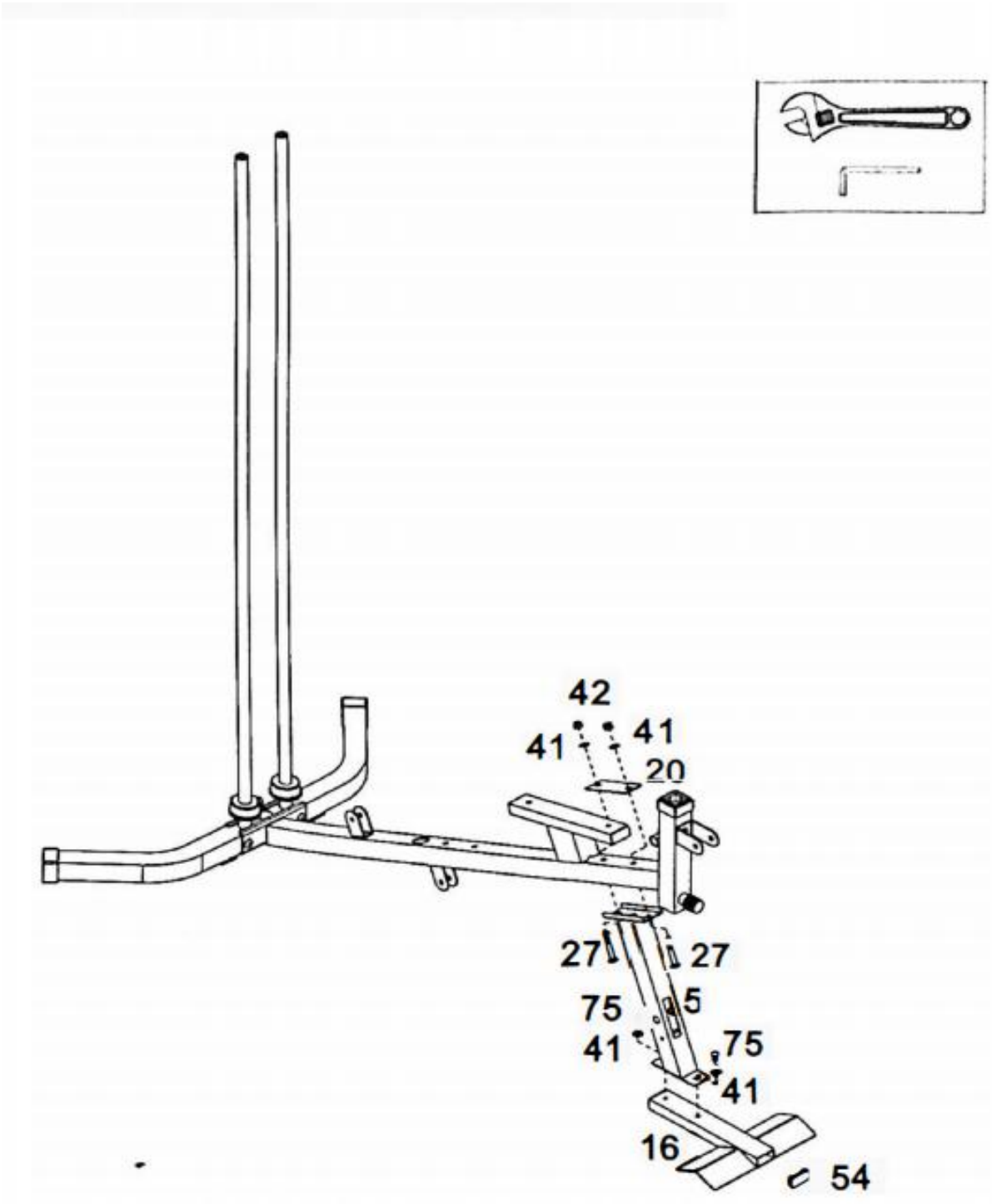


Step 3 (See Figure 3)

1) Use 2 M10x65mm carriage bolts (#27), 2 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to connect the front support frame (#5), flat connecting plate (#20), and the main frame (#1).

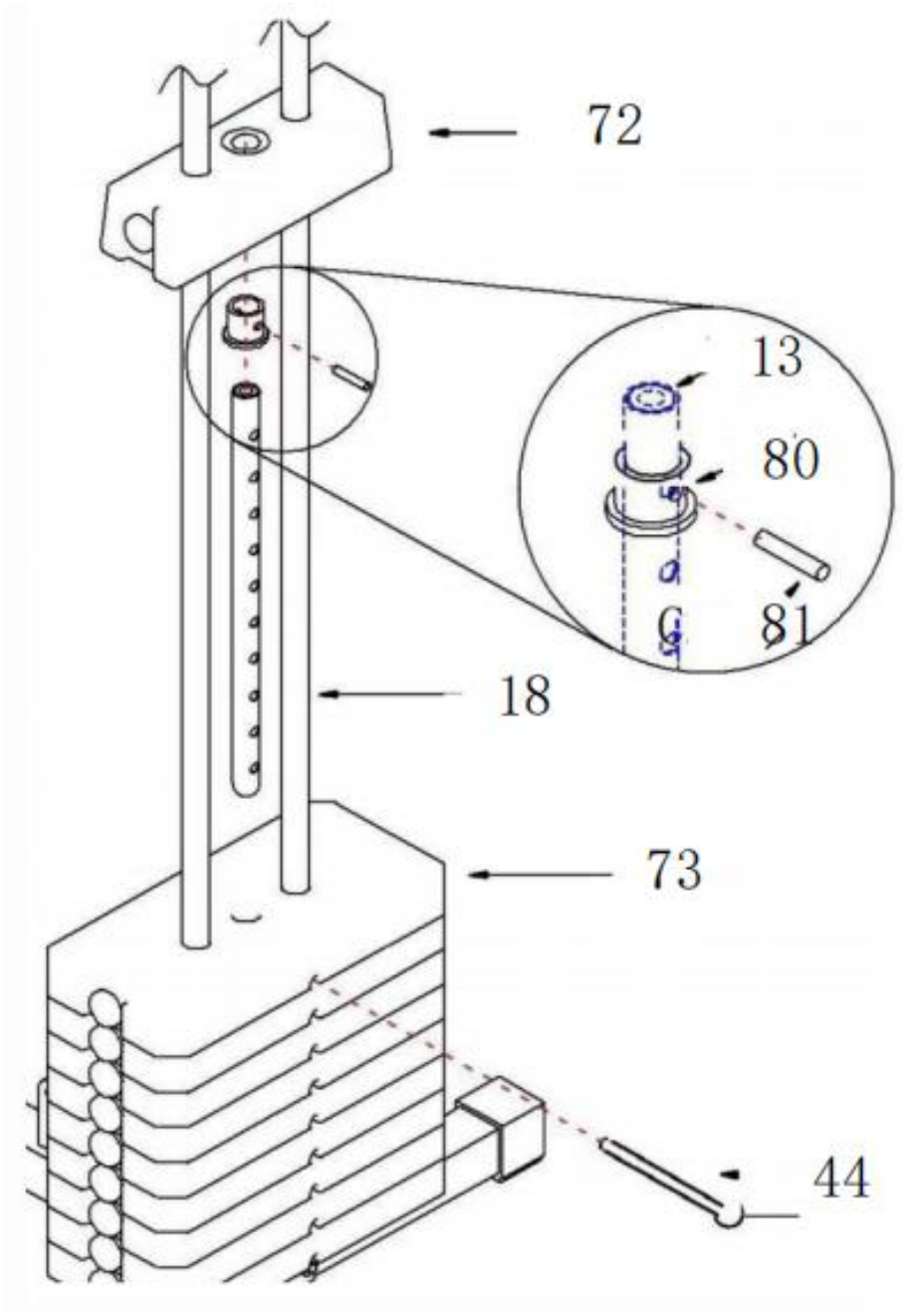
2) Use 2 pan head bolts M10x16mm (#75) and 2 Ø10 flat washers (#41) to attach the front support frame (#5) to the foot pedal (#16).

Note: The rectangular tube plug 25x50 (#54) is pre-installed on the foot pedal (#16) before leaving the factory.



Step 4 (See Figure 4)

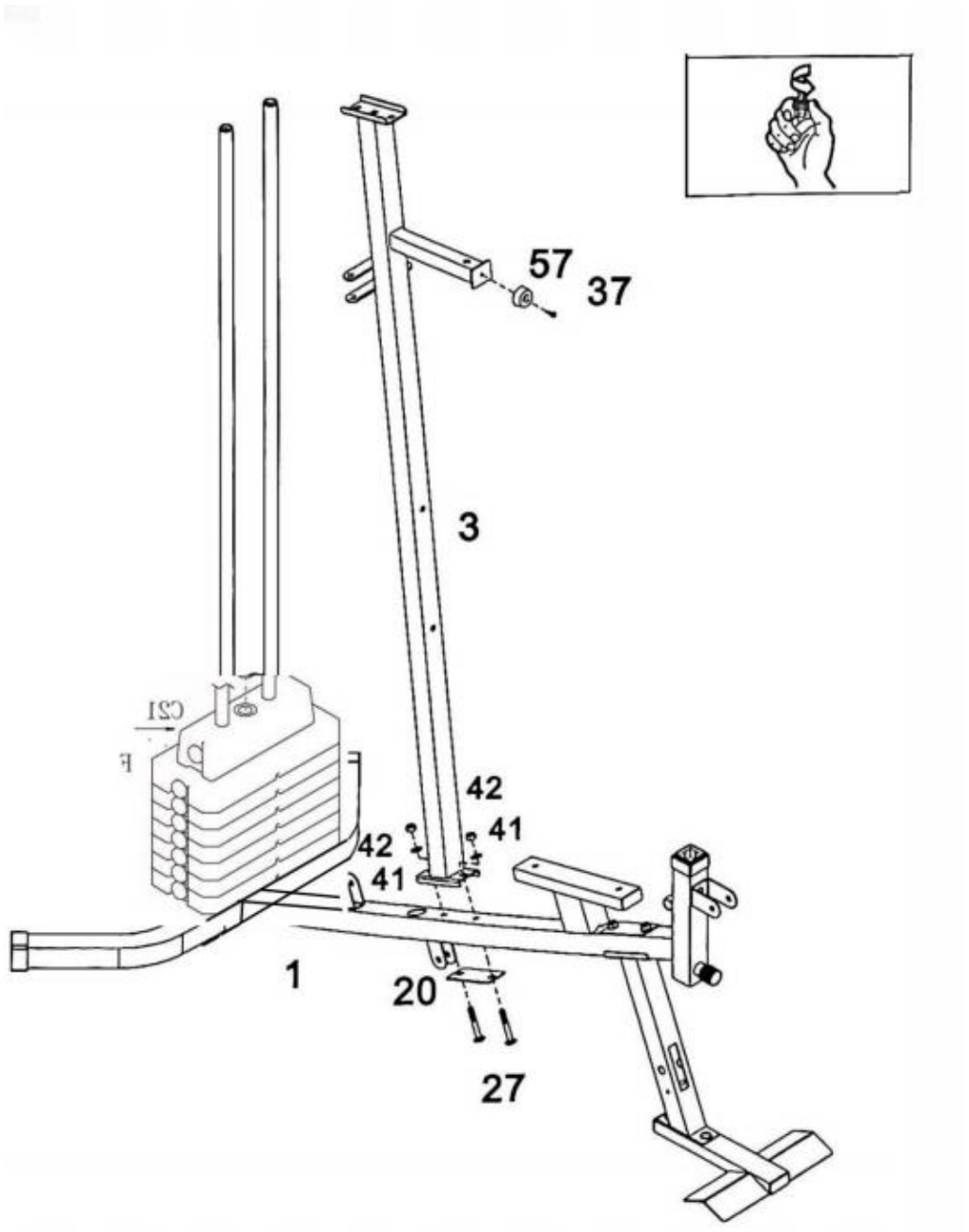
Place the 12 pieces of 10LBS counterweight blocks (#73) into the guide rod (#18) in order. Insert the selector shaft (#13) in the middle, then place the 8LBS counterweight head (#72) on top.
(Make sure the pin holes are aligned, with the holes facing the back when placing.)
Note: The ball-type tube plug Ø25x1.5 (#74) is pre-installed on the selector shaft (#13) before leaving the factory.



Step 5 (See Figure 5)

Use 2 M10x65mm carriage bolts (#27), 2 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to connect the front upright beam (#3), main frame (#1), and flat connecting plate (#20).

Note: The small rubber shock pad (#57) has been pre-installed on the front upright beam (#3) using cross flat head screw M6x16 (#37) before leaving the factory.

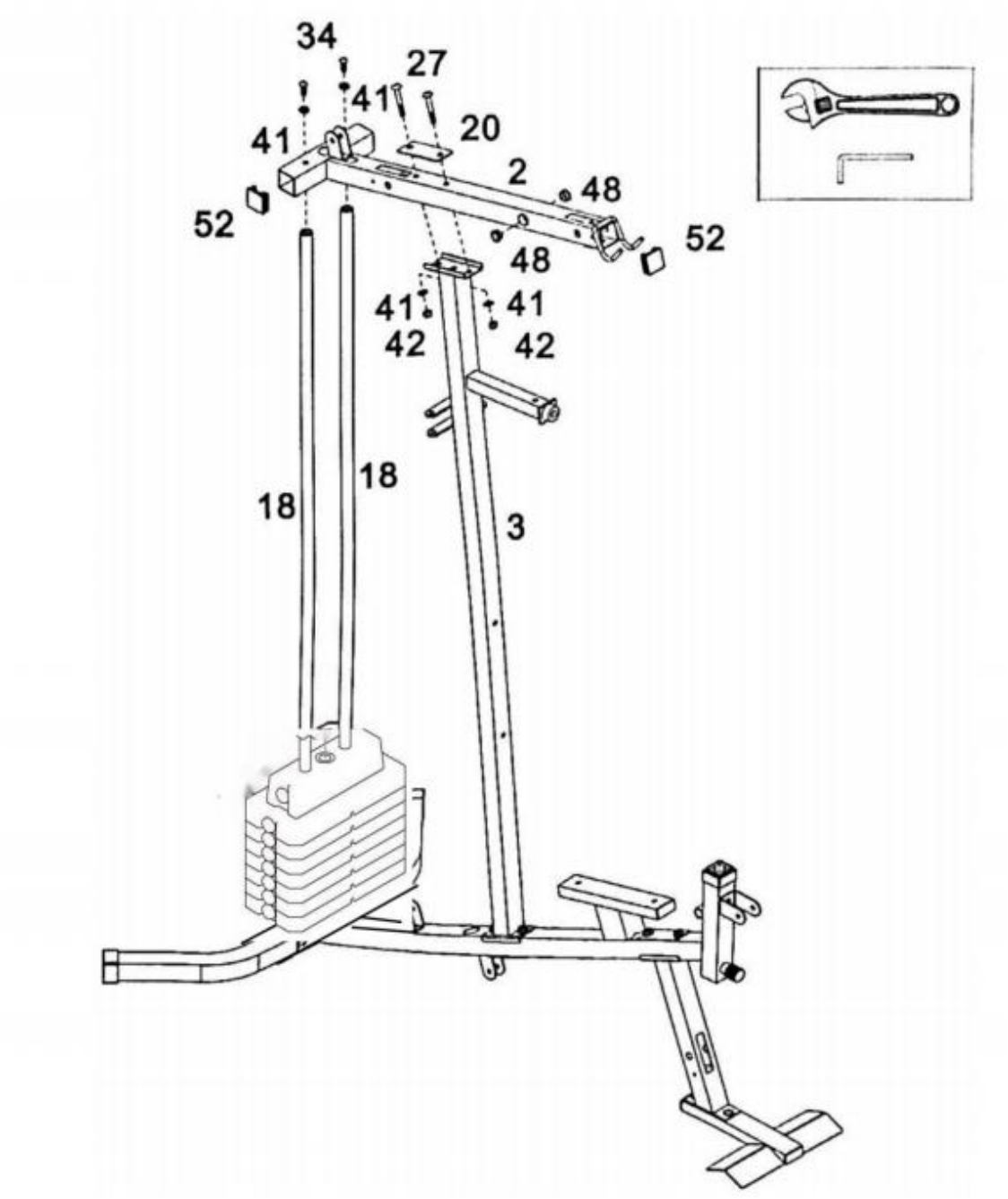


Step 6 (See Figure 6)

1) Use 2 M10x65mm carriage bolts (#27), 2 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to connect the upper beam frame (#2), front upright beam (#3), and flat connecting plate (#20).

2) Use 2 hexalobular socket pan head screws M10x25mm (#34) and 2 Ø10 flat washers (#41) to attach the upper beam frame (#2) to the guide rod (#18).

Note: The □ 45 square tube plug (#52) and powdered metal bushing (#48) have been pre-installed on the upper beam frame (#2) before leaving the factory.

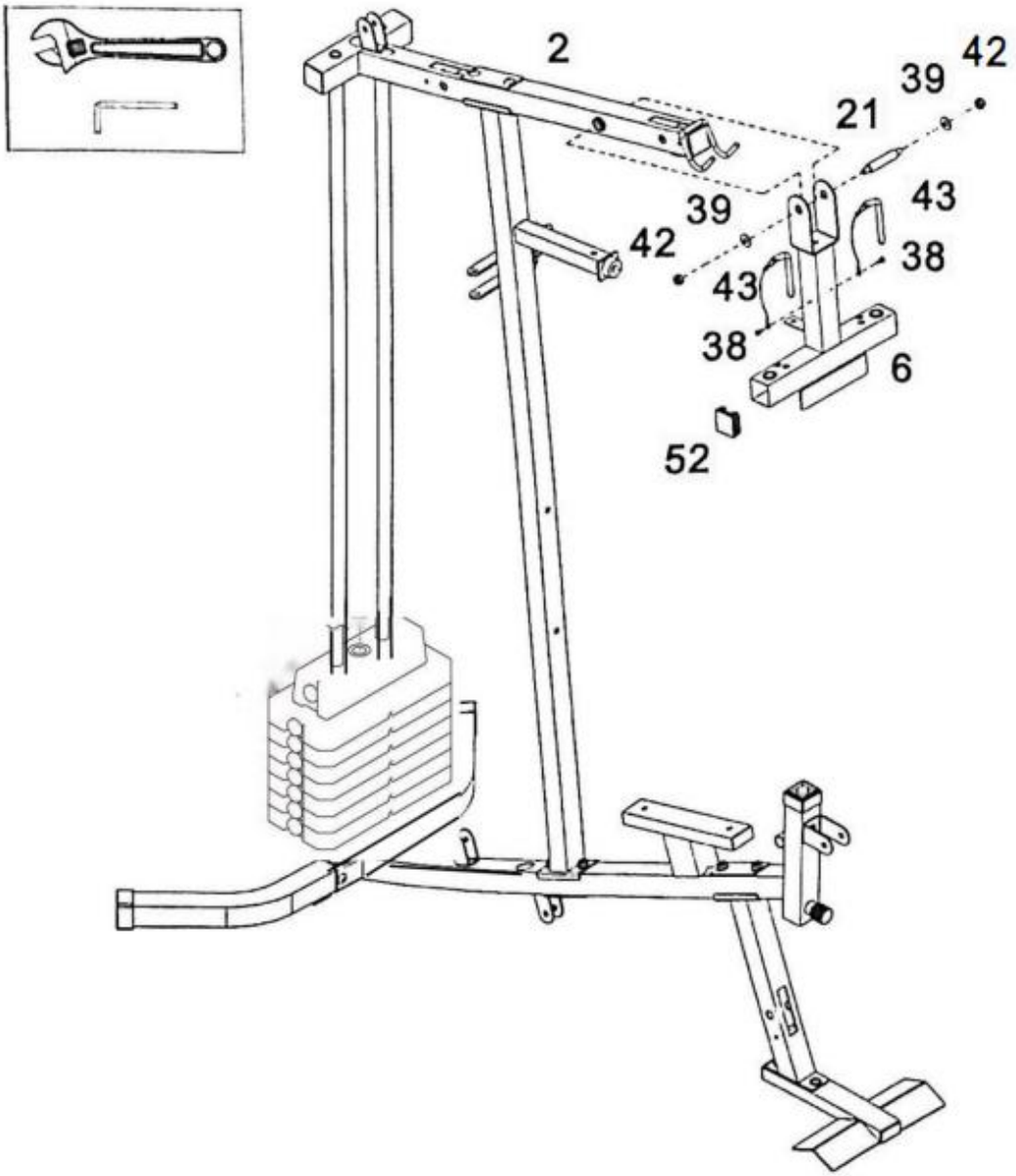


Step 7 (See Figure 7)

Use the rotation shaft Ø16x95 (#21), 2 large washers Ø25xØ11 (#39), and 2 M10 lock nuts (#42) to secure the press frame (#6) to the upper beam frame (#2).

Note:

1. Before leaving the factory, the 2 L-shaped rope pins (#43) have been pre-installed on the press frame (#6) using 2 cross-slot self-tapping screws ST4.8 (#38).
2. The □45 square tube plug (#52) has been pre-installed on the press frame (#6) before leaving the factory.

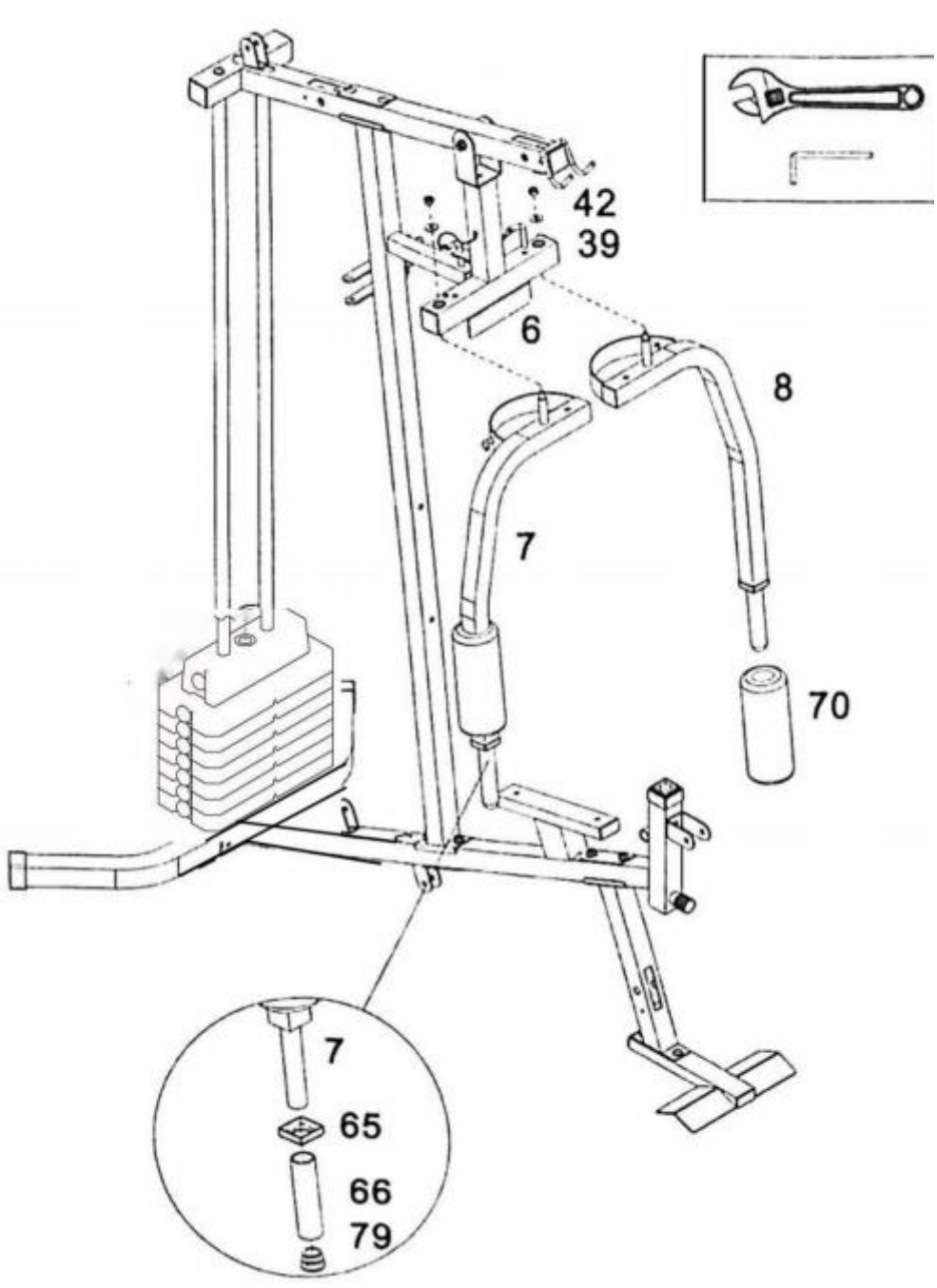


Step 8 (See Figure 8)

1) Insert the left and right butterfly arms (#8, #7) into the holes on the press frame (#6). Secure them with 2 M10 lock nuts (#42) and 2 large washers Ø25xØ11 (#39).

2) Finally, slide the chest expansion foam (#70) onto the left and right butterfly arms (#8, #7).

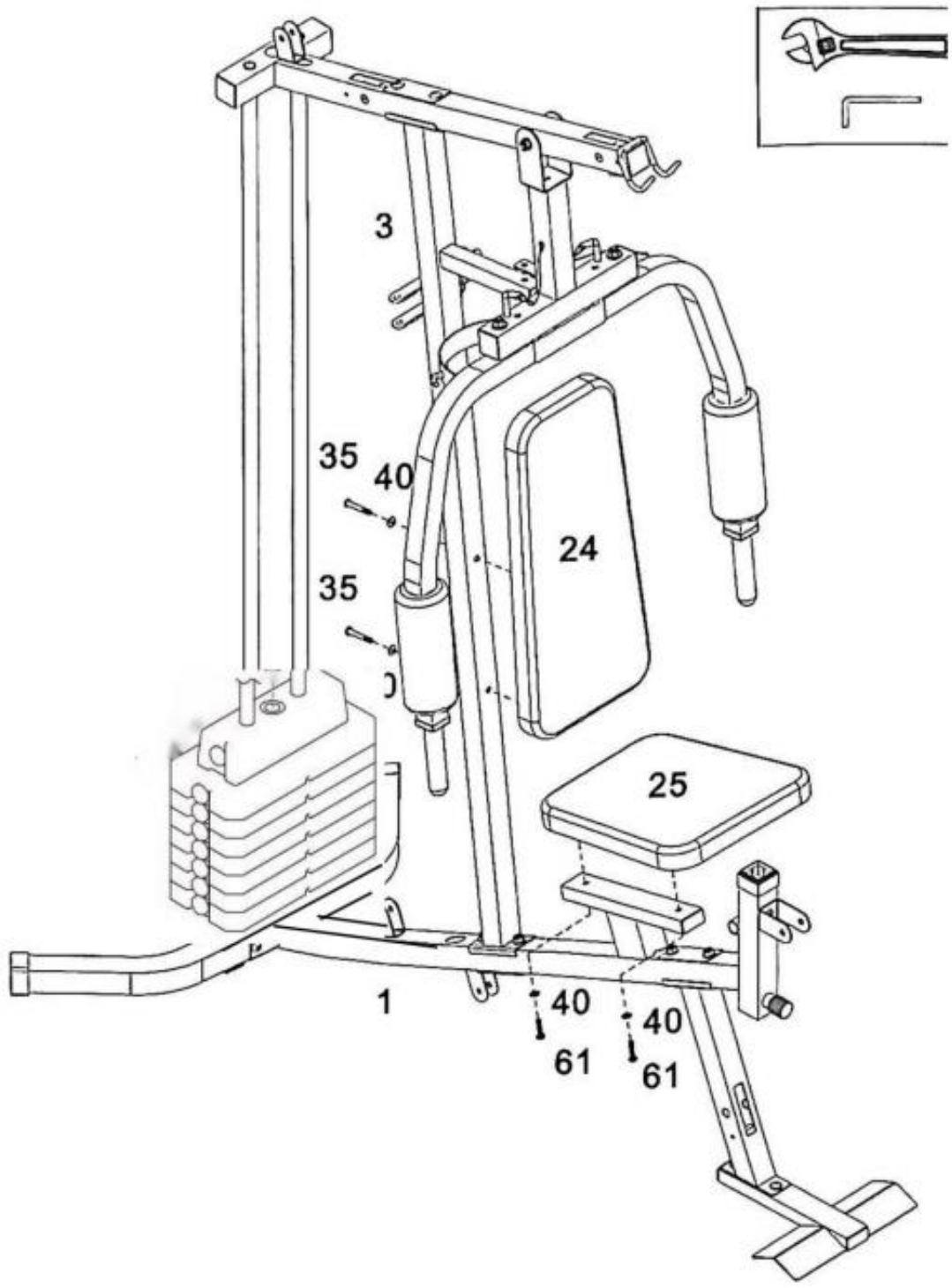
Note: The hollow sleeve □38x226 (#65), handle sleeves Ø24xØ34x130 (#66), and flat tube plug Ø25 (#79) have been pre-installed on the left and right butterfly machines (#7, #8) before leaving the factory.



Step 9 (See Figure 9)

1) Use 2 hexalobular socket pan head screws M8x40mm (#61) and 2 Ø8 flat washers (#40) to secure the seat cushion (#25) to the main frame (#1);

2) Use 2 hexalobular socket pan head screws M8x60mm (#35) and 2 Ø8 flat washers (#40) to attach the back cushion (#24) to the front upright beam (#3).



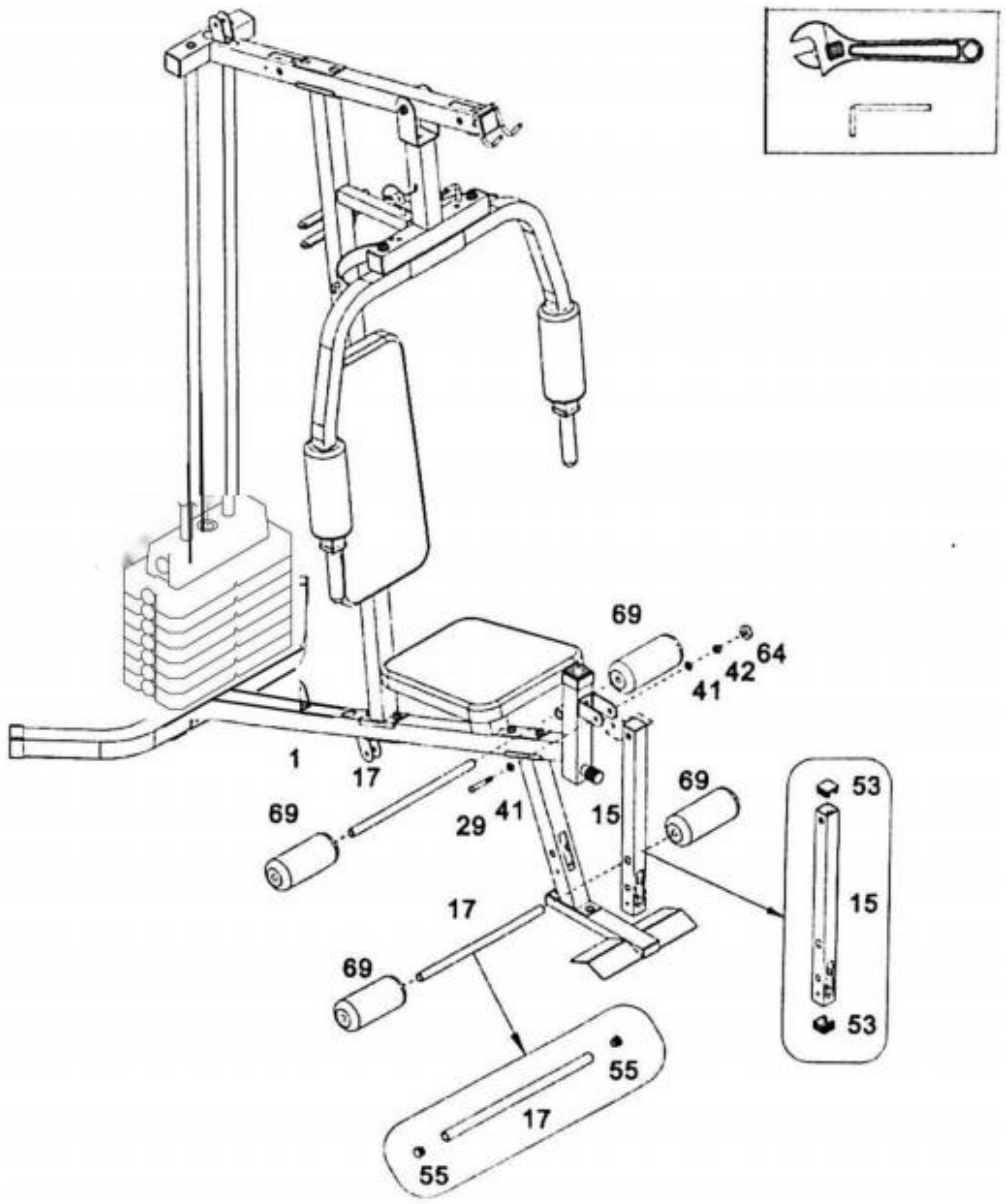
Step 10 (See Figure 10)

1) Use 1 hexalobular socket pan head screw M10x60mm (#29), 2 Ø10 flat washers (#41), and 1 M10 lock nut (#42) to secure the front swing frame (#15) to the main frame (#1), then cover the M10 lock nut with the bolt cap (#64).

2) Insert the two foam pipes (#17) into the holes on the main frame (#1) and front swing frame (#15), then slide the 4 foam leg covers (#69) onto both ends.

Note:

1. The 4 Ø19 round tube plugs (#55) have been pre-installed on the 2 foam pipes (#17) before leaving the factory.
2. The □ 38 square tube plug (#53) has been pre-installed on the front swing frame (#15) before leaving the factory.

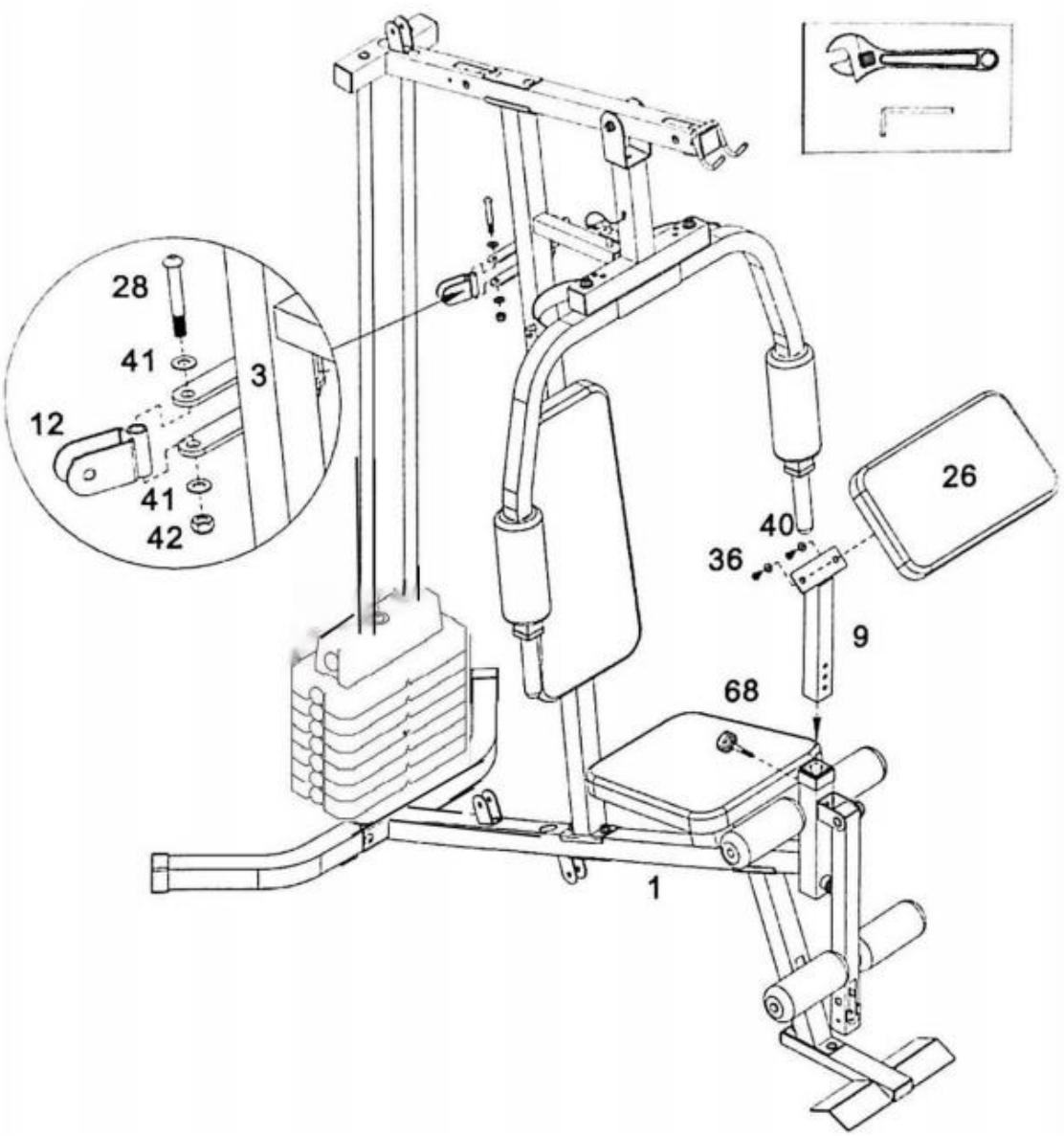


Step 11 (See Figure 11)

1) Use 2 hexalobular socket pan head screws M10x65mm (#28), 4 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to attach the two swing pulley frames (#12) to both sides of the front upright beam (#3).

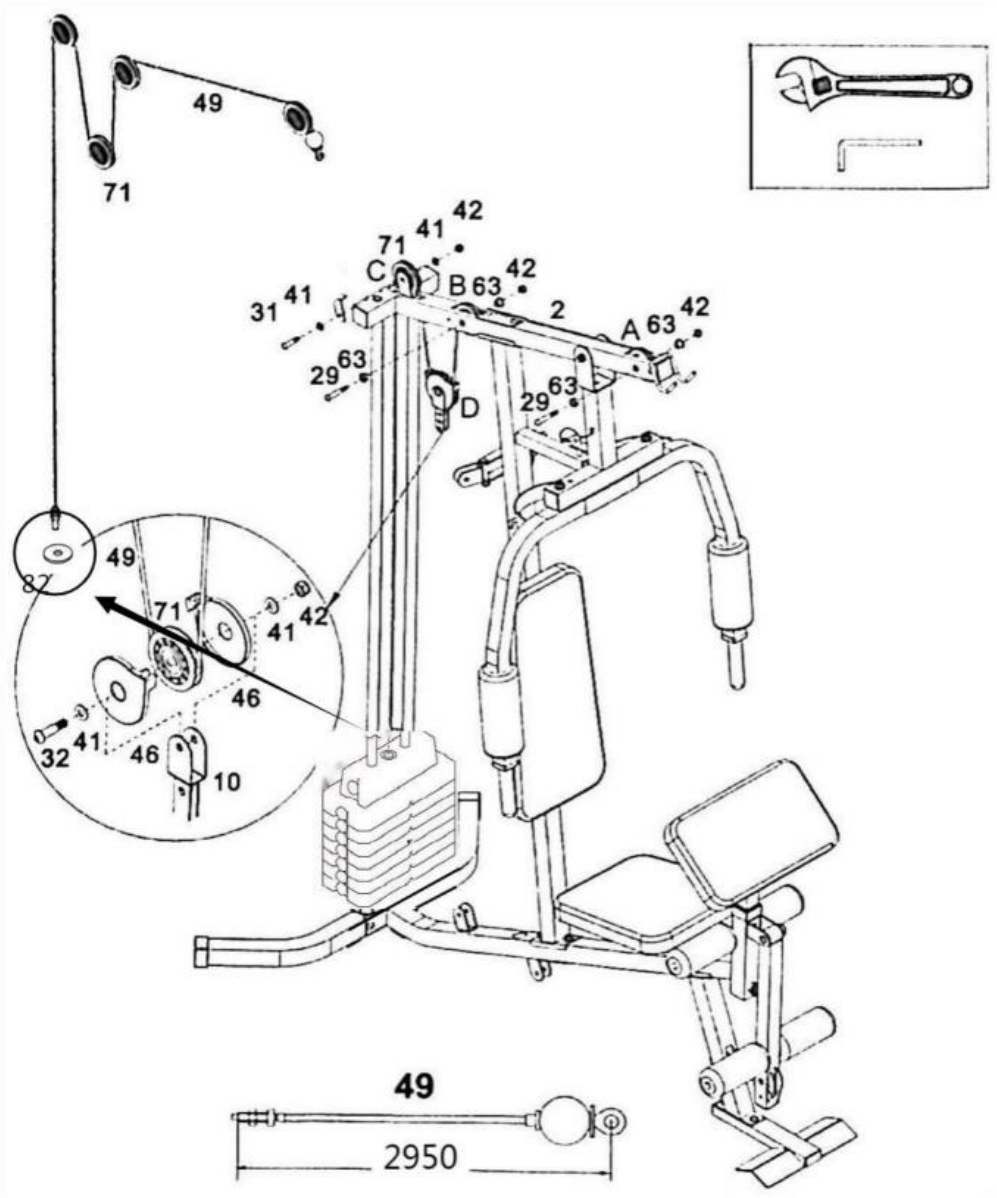
2) Then, insert the arm strength frame (#9) into the main frame (#1) and secure it tightly with the star knob M8x50 (#68).

3) Finally, use 2 hexalobular socket pan head screws M8x18mm (#36) and 2 Ø8 flat washers (#40) to secure the elbow cushion (#26) to the arm strength frame (#9).



Step 12 (See Figure 12) - Follow the direction of the pulley

1) Use 1 M10x60mm hexalobular socket pan head screw (#29), 2 Ø22x15 pulley bushings (#63), and 1 M10 lock nut (#42) to fix the high pull steel cable (#49) and pulley (#71) at point A;
2) Use 1 M10x60mm hexalobular socket pan head screw (#29), 2 Ø22x15 pulley bushings (#63), and 1 M10 lock nut (#42) to fix the high pull steel cable (#49) and pulley (#71) at point B;
3) Use 1 M10x42mm hexalobular socket pan head screw (#31), 2 Ø10 flat washers (#41), and 1 M10 lock nut (#42) to fix the high pull steel cable (#49) and pulley (#71) at point C.
4) Use 1 M10x40mm hexalobular socket pan head screw (#32), 2 Ø10 flat washers (#41), 1 M10 lock nut (#42), and 2 pulley guards (#46) to fix the high pull side cable (#49), pulley (#71), and adjustable pulley frame (#10) at point D (see the enlarged step diagram for details).
5) Tighten the threaded end of the high pull steel cable (#59) onto the selection shaft (#13).

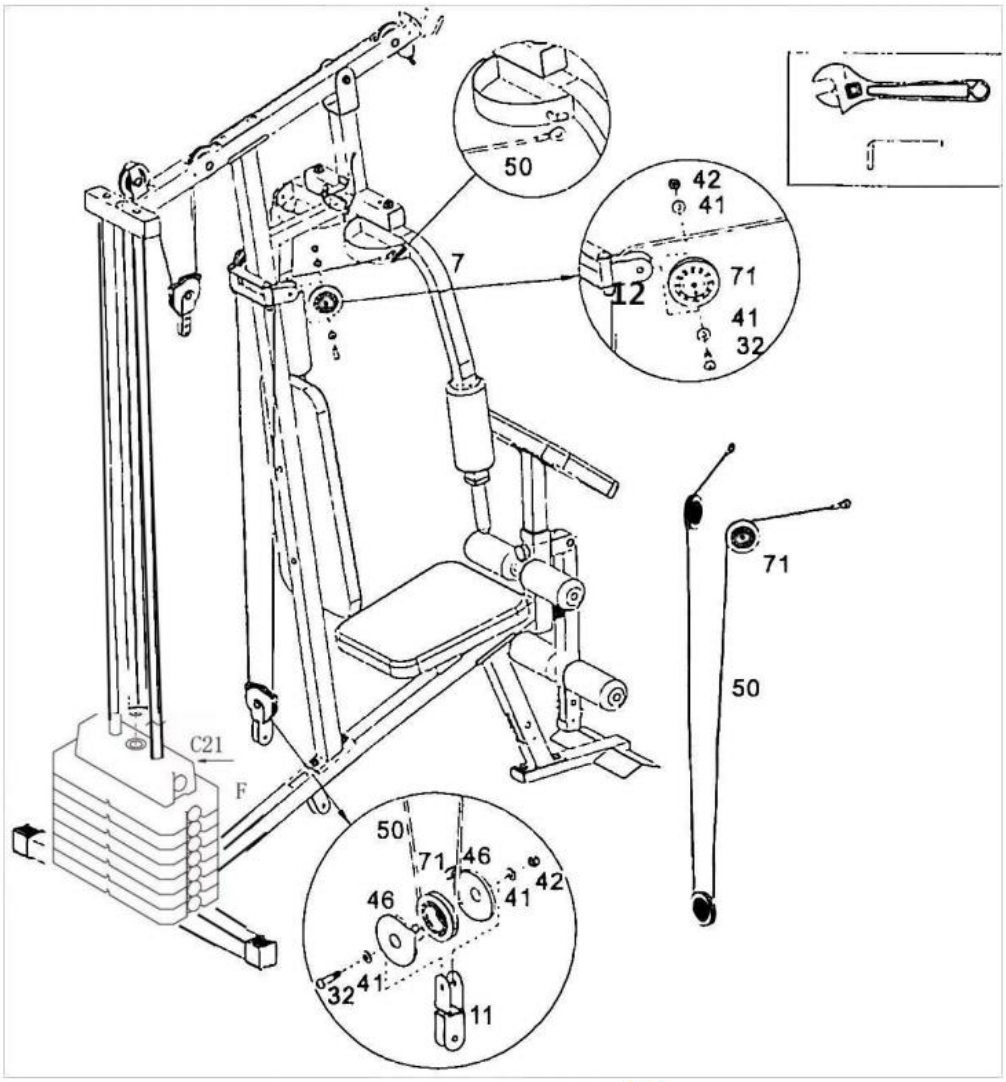


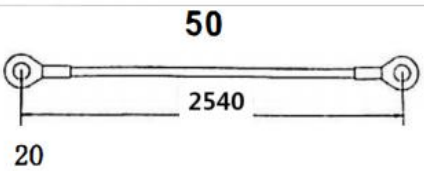
Step 13 (See Figure 13)

1) Follow the steel cable route shown in the diagram. First, take 1 cross pulley frame (#11), 3 pulleys (#71), 3 M10x40mm hexalobular socket pan head screws (#32), 6 Ø10 flat washers (#41), and 3 M10 lock nuts (#42) to connect the chest expansion steel cable (#50). Then, hook the ends of the cable onto the left and right butterfly arms (#7, #8) using their hooks (see the enlarged step diagram for details).

2) Next, follow the diagram and use 2 M10x40mm hexalobular socket pan head screws (#32), 4 Ø10 flat washers (#41), and 2 M10 lock nuts (#42) to attach the two pulleys (#71) to the left and right swing pulley frames (#10) (see the enlarged step diagram for details).

3) Following the order shown in the diagram, use 1 M10x40mm hexalobular socket pan head screw (#32), 2 Ø10 flat washers (#41), 1 M10 lock nut (#42), and 2 pulley guards (#46) to attach a pulley (#71) to the top of the cross pulley frame (#11) (see the enlarged step diagram for details)





Step 14 (see Figure 14)

1) Following the cable routing diagram, in sequence, use 1 Cross Pulley Frame (#11), 1 pulley adjustment frame (#10), 5 pulleys (#71), 2 M10x40mm hexalobular socket pan head screws (#32), 1 M10x55mm hexalobular socket pan head screw (#30), 1 M10x60mm pan head hex screw (#29), 1 M10x30mm hexalobular socket pan head screw (#33), 8 Ø10 flat washers (#41), and 5 M10 lock nuts (#42) to connect the low pull steel cable (#51).

2) As shown in the diagram, place a pulley (#71) into the slot of the front swing frame (#15). Use 1 M10x55mm hexalobular socket pan head screw (#30), 2 pulley bushings Ø22x11 (#62), and 1 M10 lock nut (#42) to fix it in place. Make sure the cable is placed in the groove of the pulley.

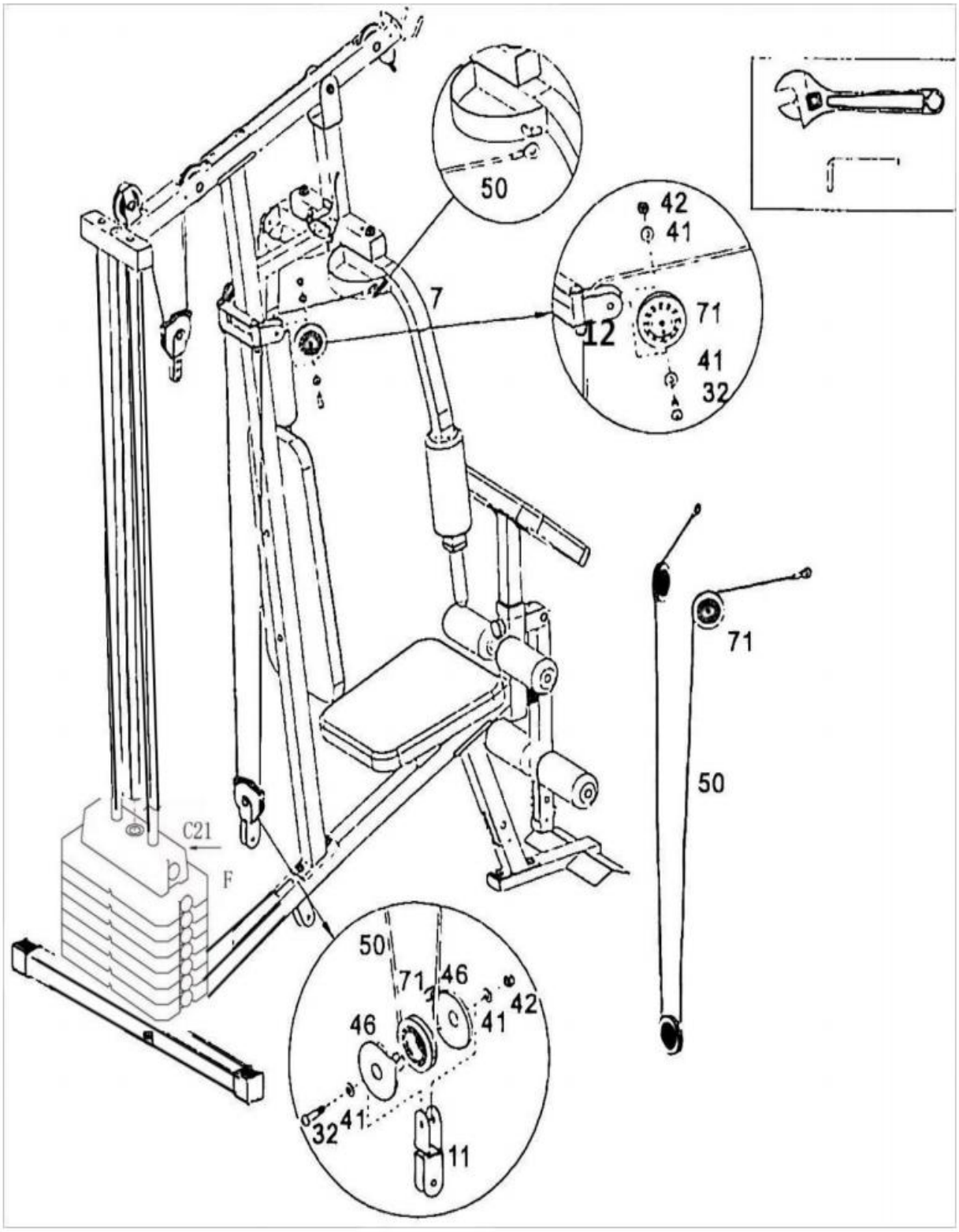
3) As shown in the diagram, place a pulley (#71) into the slot underneath the front support frame (#5). Use 1 M10x60mm hexalobular socket pan head screw (#29), 2 pulley bushings Ø22x15 (#63), and 1 M10 lock nut (#42) to secure it in place. Ensure the steel cable is placed in the pulley groove;

4) Following the diagram, use 1 M10x42mm hexalobular socket pan head screw (#31), 2 Ø10 flat washers (#41), 1 M10 lock nut (#42), and 1 L-shaped limit plate (#22) to fix a pulley (#71) onto the U-shaped pulley frame of the main frame (#1);

5) Following the diagram, use 1 M10x40mm hexalobular socket pan head screw (#32), 2 Ø10 flat washers (#41), 1 M10 lock nut (#42), and 2 pulley guards (#46) to secure a pulley (#71) at the lower end of the cross pulley frame (#11) (see the enlarged step diagram for details).

6) Following the diagram, use 1 M10x40mm hexalobular socket pan head screw (#32), 2 Ø10 flat washers (#41), and 1 M10 lock nut (#42) to fix a pulley (#71) onto the U-shaped pulley frame of the Main Frame (#1).

7) Following the diagram, use 1 M10x30mm hexalobular socket pan head screw (#33), 2 Ø10 flat washers (#41), and 1 M10 lock nut (#42) to connect one end of the Low Pull Steel Cable (#51) with hook to the lower end of the Adjustable Pulley Frame (#10). (See the enlarged step diagram for details)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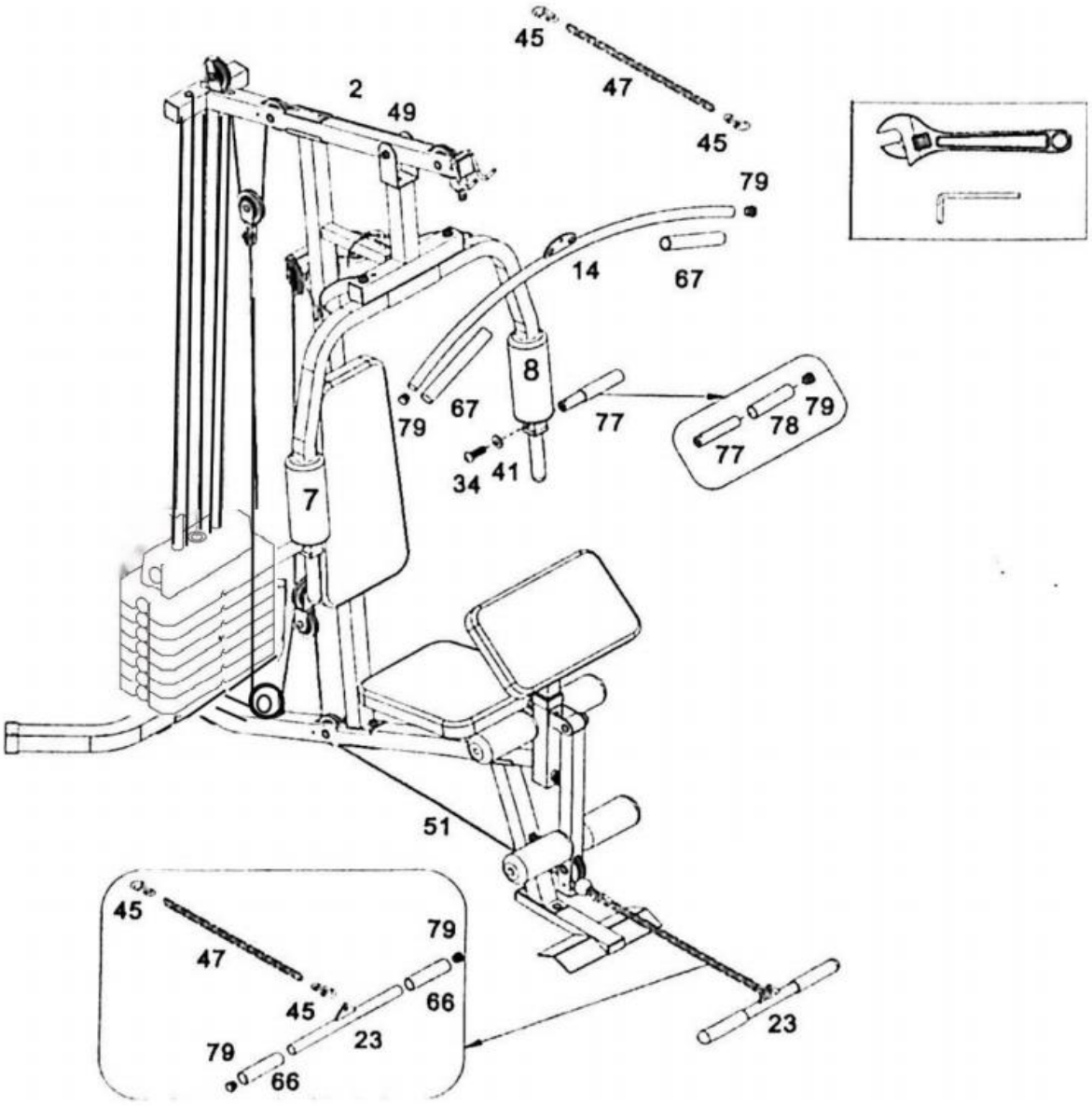
Step 15 (See Figure 15)

1) Take an 8-Link Chain (#47) and 2 pulley hooks (#45) to connect the high pull handle (#14) to the high pull steel cable (#49). When you're not using it, hang the high pull handle (#14) on the hook of the upper beam frame (#2) to avoid any accidents.

2) Use an 8-link chain (#47) and 2 pulley hooks (#45) to attach the low pull handle (#23) to the low pull steel cable (#51). This is for low pull and bicep exercises. For leg swing exercises, remove the low pull handle (#23) to keep it out of the way.

3) Use 2 hexalobular socket pan head screws M10x25mm (#34) and 2 Ø10 flat washers (#41) to secure the push-up small handle (#77) onto both butterfly arms (#7, #8).

Note: 1. The tear-resistant sleeves (#66, #67, #78) and 225 tube plugs (#79) are pre-installed on the handles before leaving the factory.



Component List

No.	Part Name	QTY.	No.	Part Name	QTY.
1	Main Frame	1	41	M10 Flat Washer	10
2	Upper Beam Frame	1	42	Lock Nut M10	28
3	Front Upright Beam	1	43	L-shaped Rope Pin M10*85	2
4	Rear Ground Bent Pipe	1	44	Counterweight Pin	1
5	Front Support Frame	1	45	Pulley Hook	4
6	Press Frame	I	46	Pulley Guard	6
7	Right Butterfly Arm	1	47	8-Link Chain	2
8	Left Butterfly Arm	1	48	Powdered Metal Bushing	2
9	Arm Strength Frame	1	49	High Pull Steel Cable /2950	1
10	Adjustable Pulley Frame	1	50	Chest Expansion Steel Cable /2540	1
11	Cross Pulley Frame	1	51	Low Pull Steel Cable /2950	1
12	Swing Pulley Frame	2	52	Flat Tube Plug □ 45	5
13	Selector Shaft	1	53	Flat Tube Plug □ 38	4
14	High Pull Handle	1	54	Flat Tube Plug 25*50	4
15	Front Swing Frame	1	55	Flat Tube Plug Ø25	4
16	Pedal	1	56	Square Foot Cover □ 45	2
17	Foam Pipe	2	57	Small Shock Pad	1
18	Guide Rod	2	58	Ø61 Cushion Pad	2
19	U-shaped Clamp	1	59	Cushion Sleeve Ø24.5*30	1
20	Flat Connecting Plate	3	60	Drill Holder □ 45*□ 38	1
21	Rotation Shaft Ø16 *110	1	61	Hexalobular Socket Pan Head Screw M8*40MM	2
			62	Pulley Bushing Ø22*11	2
23	Low Pull Handle	1	63	Pulley Bushing Ø22*15	6
24	Back Cushion	1	64	M10 Nut Cover	1
25	Seat Cushion	1	65	Hollow Sleeve □ 38*Ø26	2
26	Elbow Cushion	1	66	Handle Sleeve Ø24*Ø34*130	4
27	Carriage Bolt M10*65MM	8	67	Handle Sleeve Ø24*Ø31*125	2
28	Hexalobular Socket Pan Head Screw M10*65MM	2	68	Star Knob M10*50	1
29	Hexalobular Socket Pan Head Screw M10*60MM	4	69	Foam Ø22*Ø65*170	4
30	Hexalobular Socket Pan Head Screw M10*55MM	1	70	Foam Ø45*Ø85*220	2
31	Hexalobular Socket Pan Head Screw M10*42MM	2	71	Ø 90 Pulley	12
32	Hexalobular Socket Pan Head Screw M10*40MM	6	72	8LBS Counterweight Head	1
33	Hexalobular Socket Pan Head Screw M10*30MM	1	73	10LBS Counterweight Block	12
34	Hexalobular Socket Pan Head Screw M10*25MM	6	74	Ball-End Tube Plug Ø25	1
35	Hexalobular Socket Pan Head Screw M8*60MM	2	75	Hexalobular Socket Pan Head Screw M10*16mm	2
36	Hexalobular Socket Pan Head Screw M8*18MM	2			
3.7	Cross Flat Head Screw M6*16MM	1	77	Press Small Handle	2
38	Cross Slot Self-Tapping Screw ST4.8	2	78	Handle Sleeve Ø25*125	2
39	Large Washer Ø25*Ø11	4	79	Flat-Ended Pipe Plug Ø25*1.5	8
40	M8 Flat Washer	6			

dkn-technology.com

sales@dkn-technology.com

+32 (0) 13 33 43 99

Langerode 17,B1
3460 Bekkevoort
Belgium