



R-600

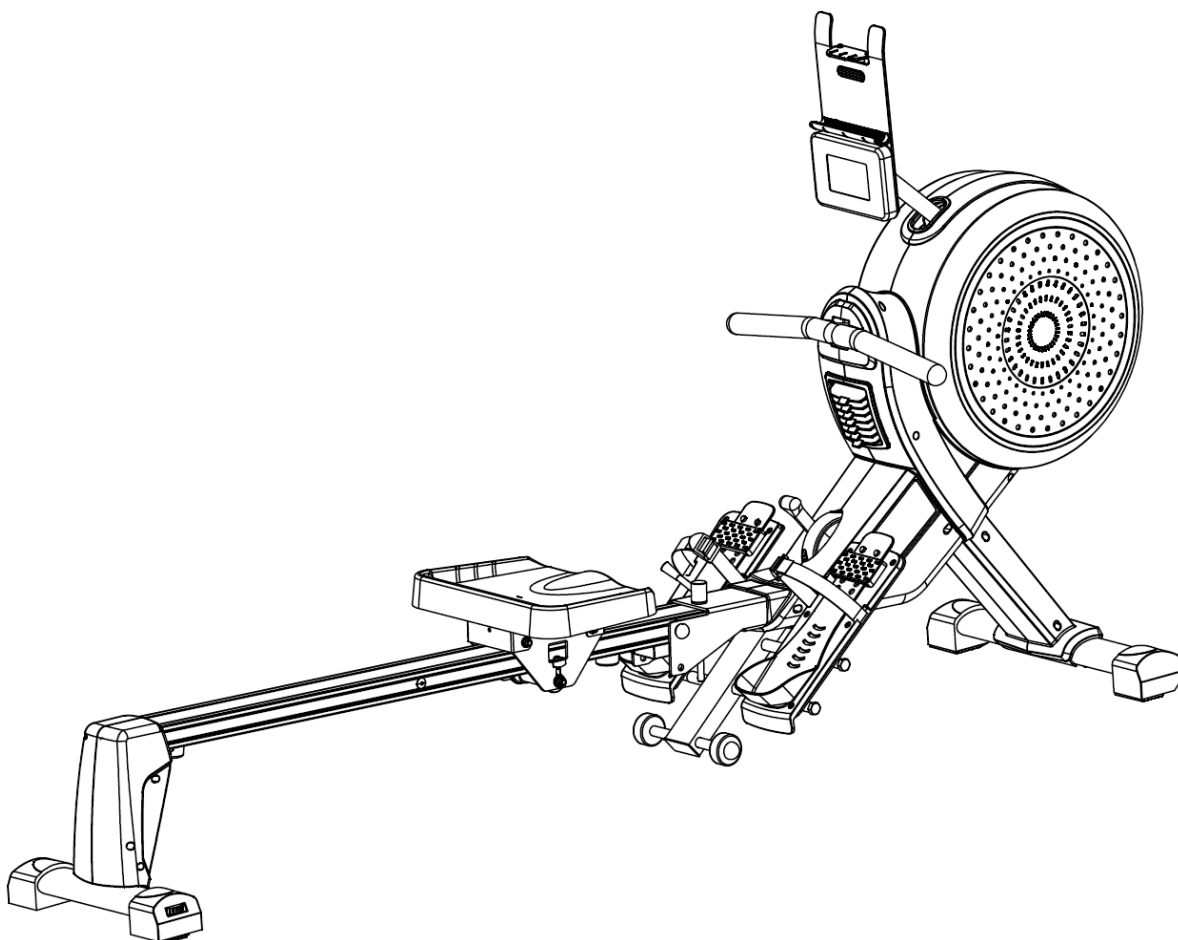


DKN®

ROWING MACHINE

AIR+MAGNETIC SYS.

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.

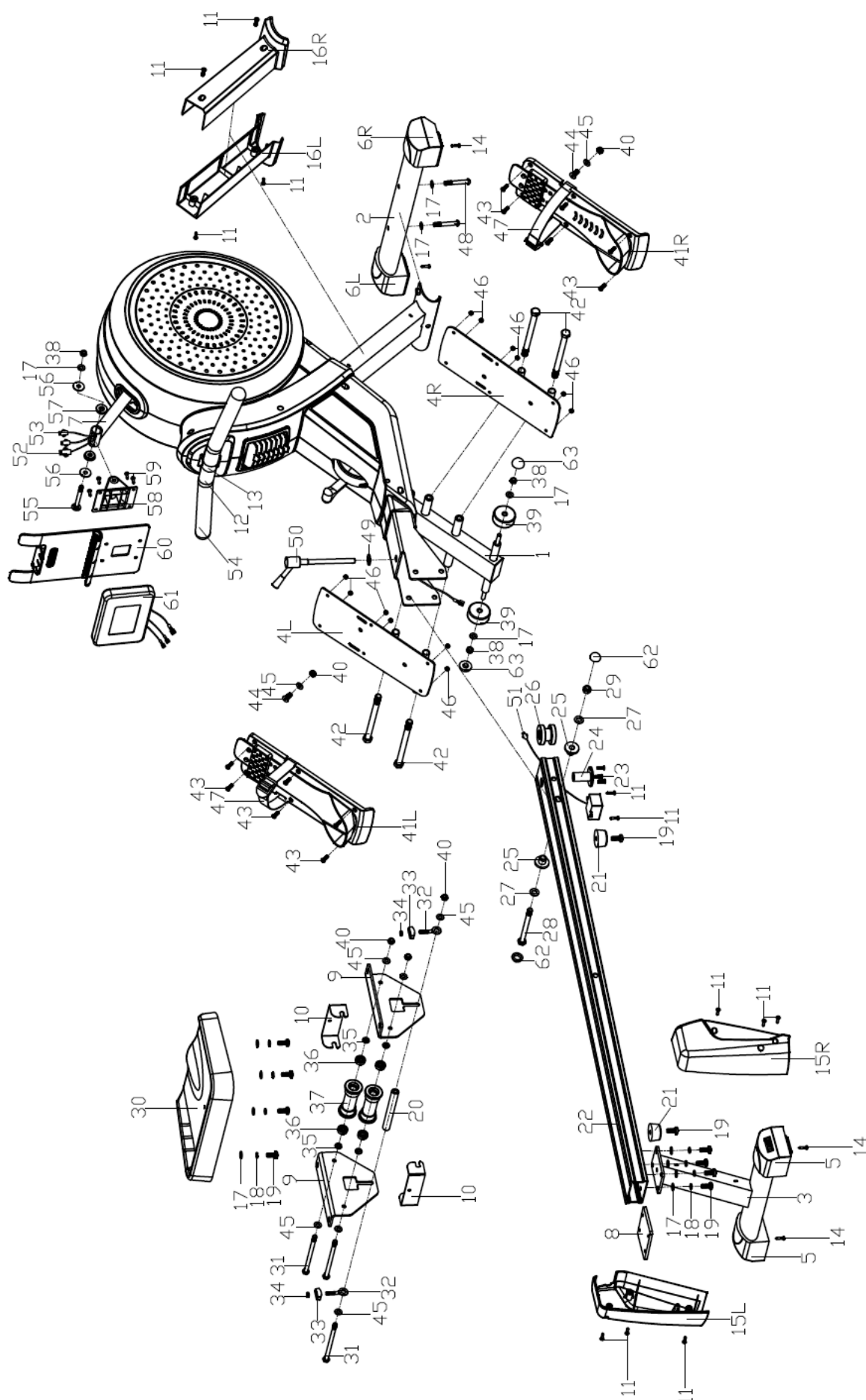
IMPORTANT SAFETY NOTICE

For your safety, please make certain of that you have read the following precautions before assembling and operating the machine.

- 01- Read this Owner's Manual and follow the instruction carefully before using the Rowing Machine. Inspect your exercise machine prior to the exercise to ensure that all parts are in the right condition.
- 02- This machine is intended for indoor home or light commercial use only.
- 03- We recommend having two people for assembling this machine.
- 04- Set up and operate the rowing machine on a solid level surface.
- 05- To lubricate all moving parts annually is recommended.
- 06- Do not wear loose clothing to avoid entangling in any moving parts.
- 07- Always wear shoes when using the machine.
- 08- Do not place fingers or any other objects into the moving parts.
- 09- Do not grasp the seat to move the Rowing Machine. The seat will move and it may hurt your hand and fingers.
- 10- Please maintain your balance while using the machine.
- 11- The rowing machine should be used only by one person at a time.
- 12- Please keep children and pets away from the machine while it is in use. Do not allow children to play or use the machine. This machine is designed for adults, not children.
- 13- Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.
- 14- Warm up 5-10 minutes before each workout and cool down 5-10 minutes afterward, this will help prevent muscle strain.
- 15- Never hold your breath while exercising. You should breathe at a normal rate in conjunction with the level of exercise performance.
- 16- Rest adequately between workouts. Do Not "Over Train" incorrectly; Excessive training may result in injury.
- 17- Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.
- 18- Maximum user's weight is **135Kg/ 300LB**.

The optimal safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

EXPLOADED DIAGRAM



PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Main Frame	1	33	U-shaped washer	2
2	Front stabilizer	1	34	Nylon nut M6	2
3	Rear stabilizer	1	35	Roller spacer	4
4L/R	Pedal support	1/1	36	Bearing	4
5	Rear stabilizer end cap	2	37	Rail roller	2
6L/R	Front stabilizer end cap	1/1	38	Nylon nut M8	6
7	Console arm	1	39	Support roller	2
8	Nut plate	1	40	Nylon nut M8	2
9	Seat support	2	41L/R	Pedal	1/1
10	U-shaped bracket	2	42	Hex bolt M12×160	4
11	Cross tapping screw ST4.2×18	12	43	Cross screw M5×15	12
12	Handlebar	1	44	Allen flat bolt M8×20	2
13	Rowing belt	1	45	Flat washer D8×1.5	8
14	Cross screw ST4.2×16	4	46	Nylon nut M5	12
15L/R	Rear support cover	1 pr.	47	Pedal strap	2
16L/R	Front support cover	1 pr.	48	Allen bolt M8×55	2
17	Flat washer D8×1.5	13	49	Flat washer D12×Φ24×2	1
18	Spring washer D8	8	50	L-Knob	1
19	Allen bolt M8×20	10	51	Pulse receiver	1
20	Spacer	1	52	Connection wire	1
21	Rubber stopper	2	53	Sensor wire	2
22	Rail	1	54	Foam grip	2
23	Cross flat screw M5×15	3	55	Carriage bolt M8×74	1
24	Fixer rod	1	56	Rubber washer	2
25	Rail joint spacer	2	57	Alloy bushing	2
26	Strength column	1	58	Console bracket	1
27	Flat washer D10×Φ20×2	2	59	Cross crew	4
28	Hex bolt M10×112	1	60	Tablet holder	1
29	Nylon nut M10	1	61	Console	1
30	Seat	1	62	Nut cap S17	2
31	Hex bolt M8×125	3	63	Nut cap S13	2
32	Adjustable bolt	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.

ASSEMBLY INSTRUCTIONS

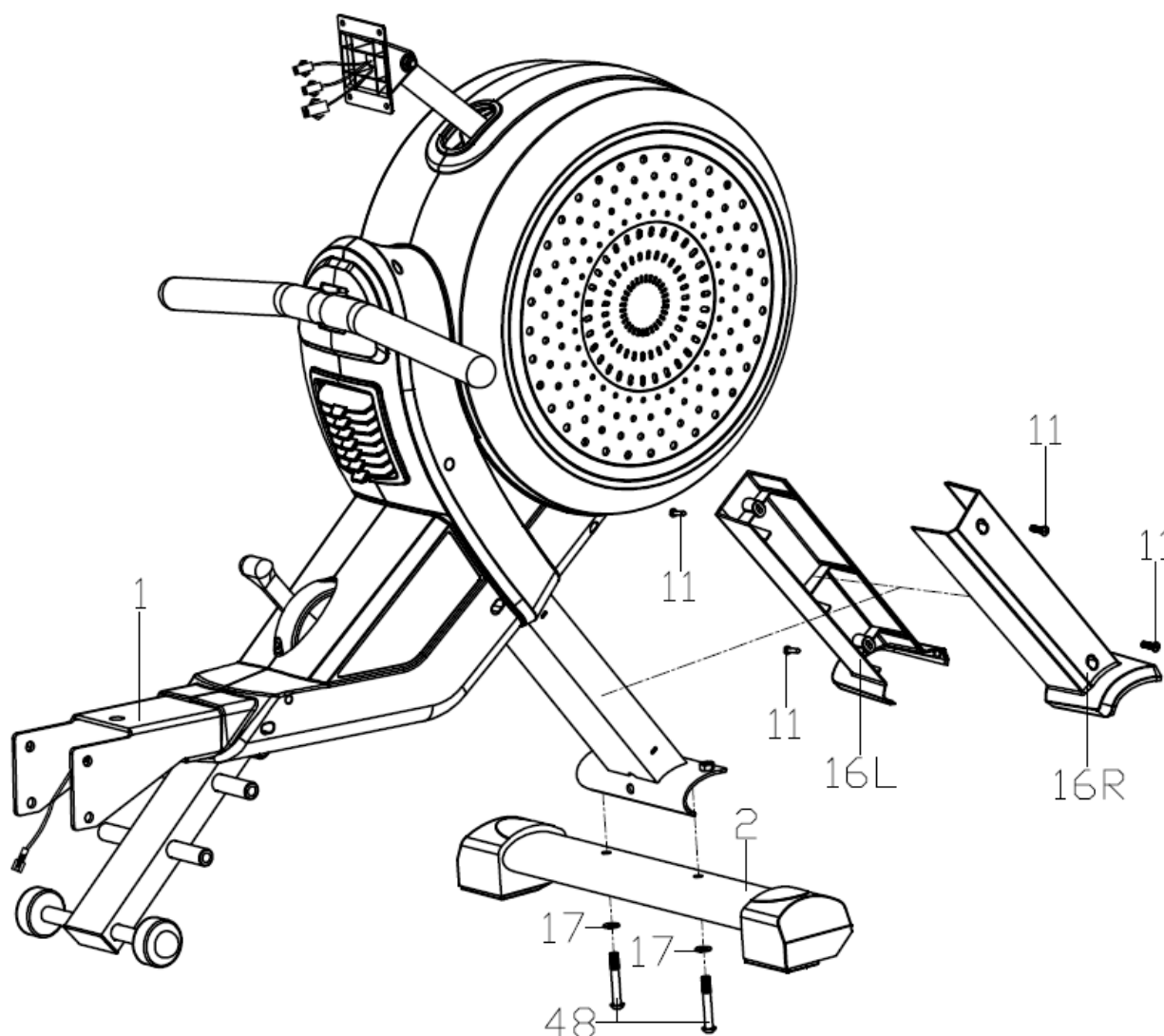
PREPARATION: Before assembling, make sure that you will have enough space around the item; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1:

Fix the Front stabilizer (2) to the Main frame (1) with the Allen bolts (48) and Flat washers (17) as shown;

Then fit the Front support cover (16L/R) onto the Main frame (1), secured with the Cross tapping screws (11) as shown.

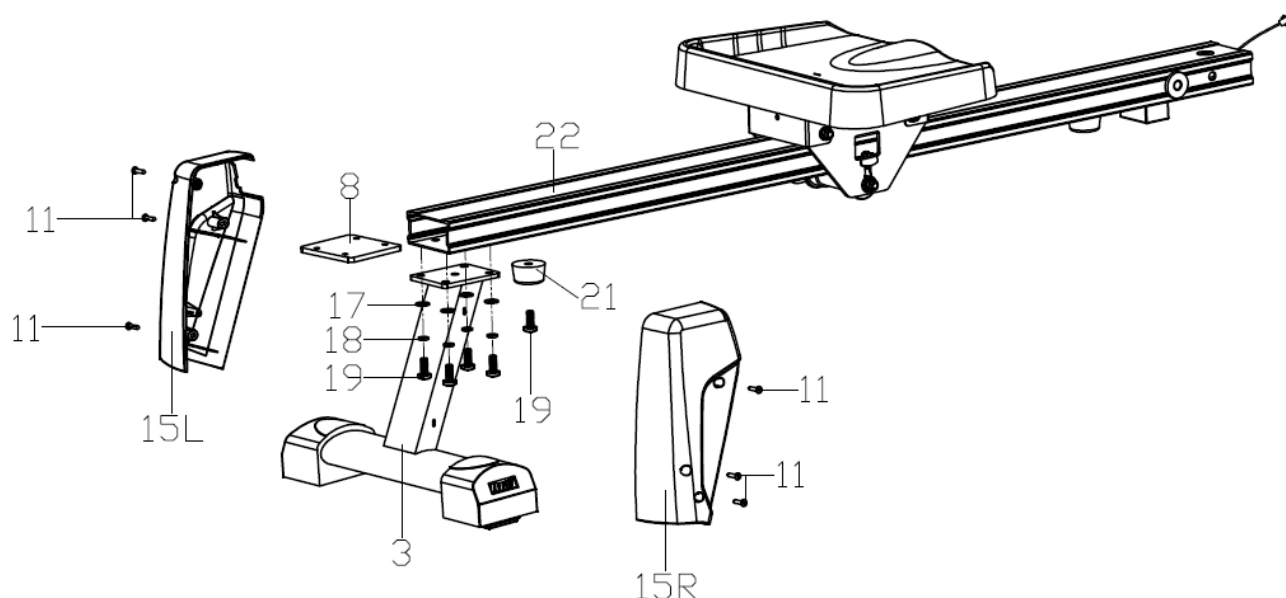


STEP 2:

A: Mount the Rubber stopper (21) on the Rail (22) with the Allen bolt (19) as shown;

B: Fit the Nut plate (8) inside the rear end of the Rail (22), and align the designed holes at the bottom of the Rail (22), then fix the Rear stabilizer (3) to the Rail (22) with the Allen bolts (19), Spring washers (18) and Flat washers (17) as shown. **MAKE SURE** the Allen bolts (19) been threaded into the Nut plate (8) properly.

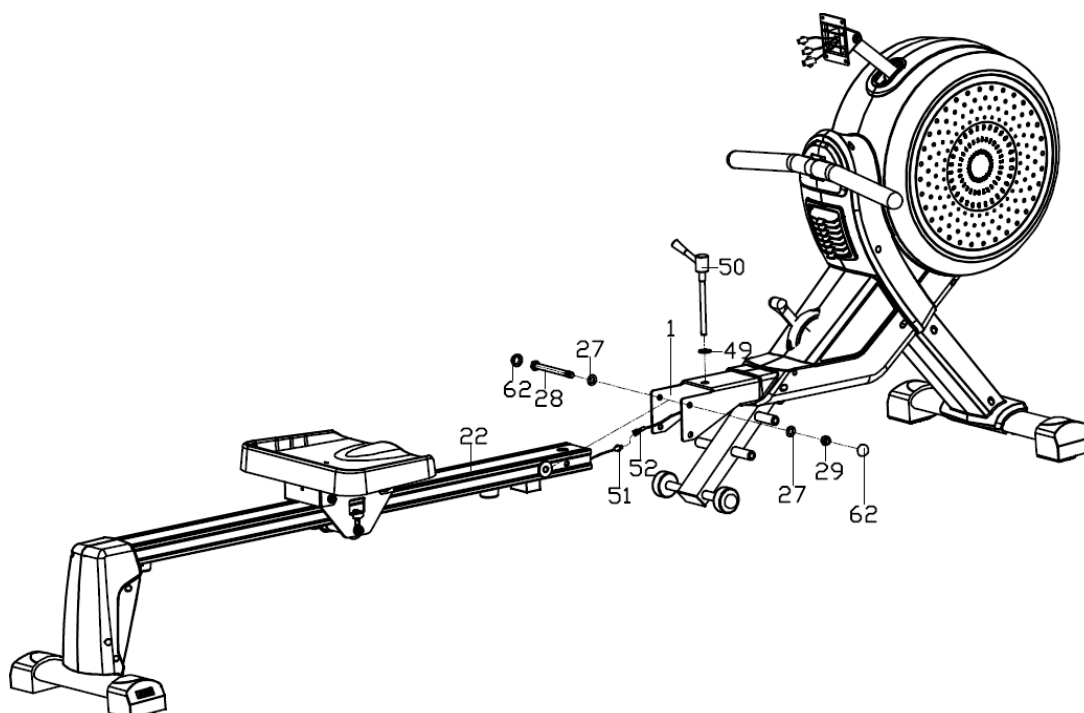
C: Fit and secure the Rear support cover (15L/R) onto the Rear stabilizer (3) with the Cross tapping screws (11) accordingly.



STEP 3:

Connect the wire from the Pulse receiver (51) to the Connection wire (52) properly, then attach the Rail (22) to the Main frame (1) with the Hex bolt (28), Flat washers (27) and Nylon nut (29) as shown. Fix the Rail (22) to the Main frame (1) with the L-Knob (50) and Flat washer (49).

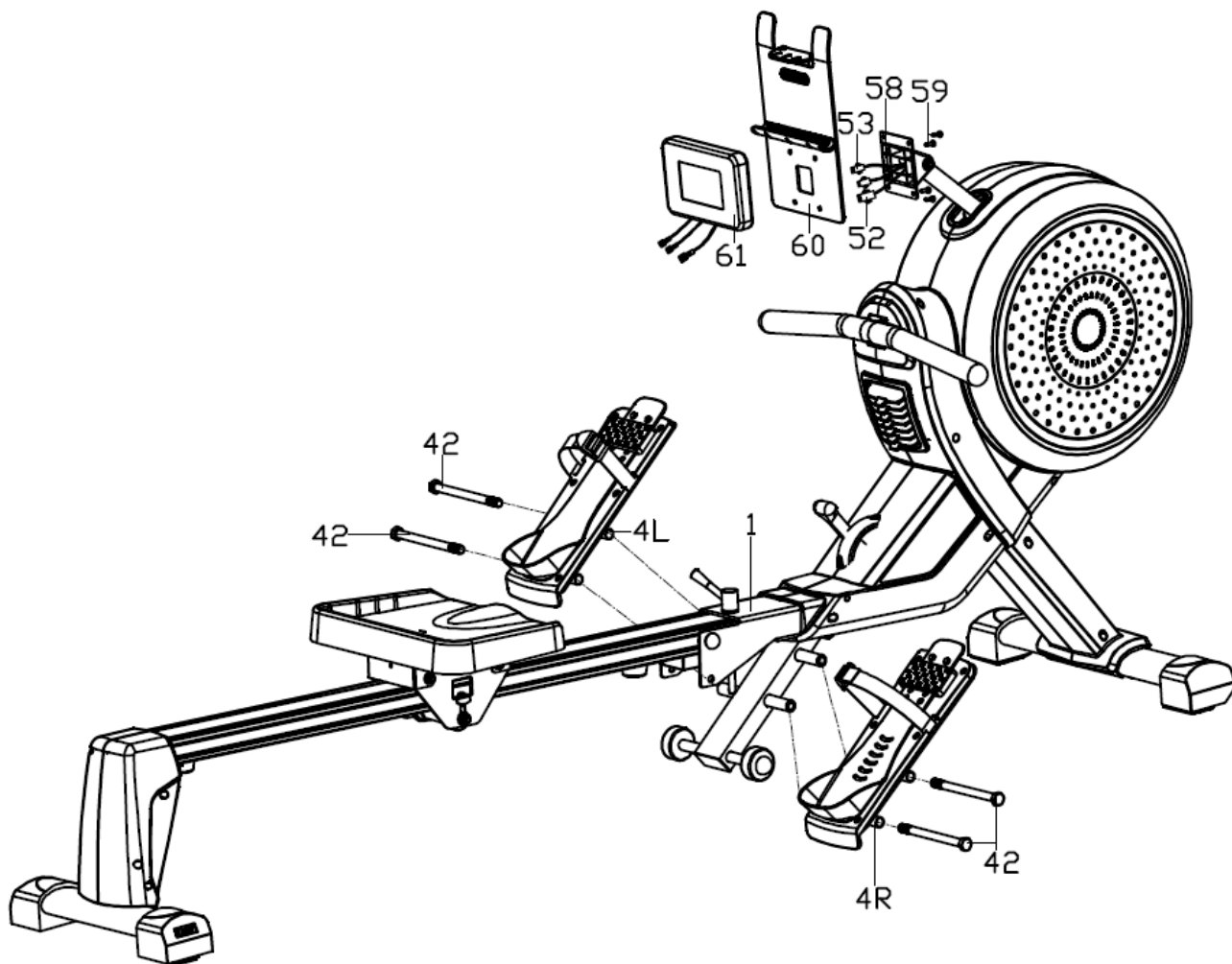
Then put on the Nut caps (62) as shown.



STEP 4:

Lock the Pedal (4L/R) onto the Main frame (1) with the Hex bolts (42) accordingly.

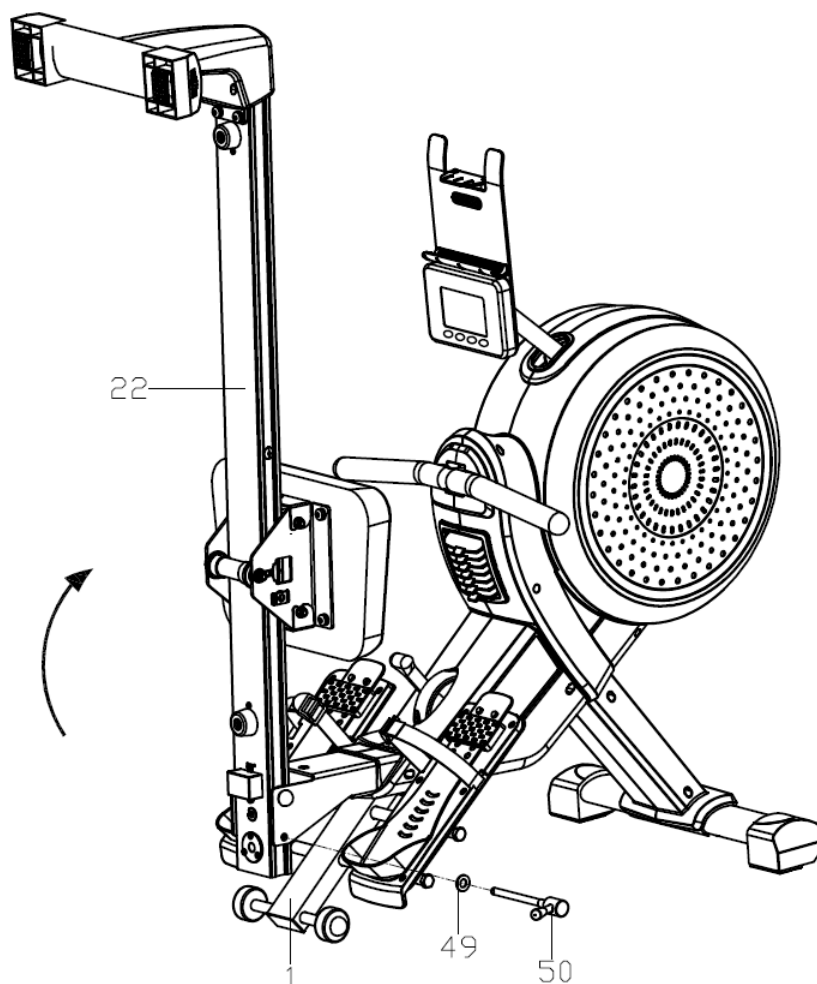
Feed the Connection wire (52) and Sensor wires (53) through the hole of Tablet holder (60) and connect with the wires from the Console (61) properly. Then fix the Console (61) together with the Tablet holder (60) to the Console bracket (58) with Cross screws (59) as shown.



Fold-Up the Machine:

The Rowing machine could be Folded-Up for storage.

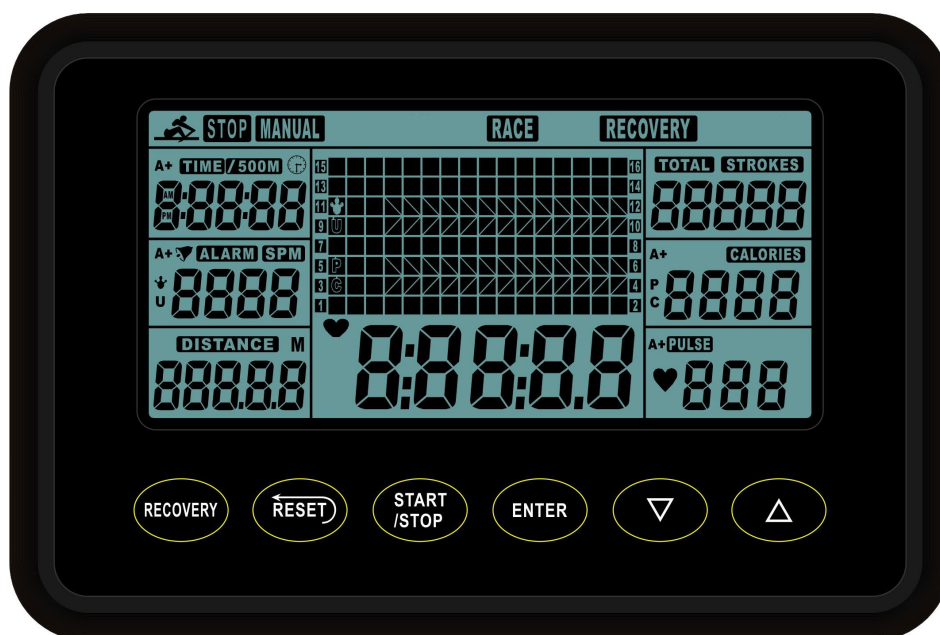
To fold the machine, first take off the L-Knob (50) and Flat washer (49), slide down the Seat to the front end of the Rail (22), then lift the Rail (22) follow the *Fig.* direction to fold-up, and fix in place with the L-Knob (50) and Flat washer (49) as shown. **TAKE CARE** of your hands & fingers via folding, **MIND** the free moving Seat on the Rail!



STORAGE AND MAINTENANCE

1. Keep the rowing machine in a clean dry place.
2. Grasp the frame to move the rowing machine. Do not use the seat to move it. The seat will move and it may hurt your hand and fingers.
3. Please remove the battery before storing the machine for a long time.
4. Clean the Seat Rail with an absorbent cloth.
5. Always make sure all the nuts and bolts are properly tightened.
6. Regular maintenance is required.
7. Replace any worn or damaged parts immediately.

CONSOLE MANUAL



【FUNCTION BUTTONS】

UP ▲ / DOWN ▼ : To press these two buttons through available selection.

To adjust the function value upward and downward.

ENTER: To confirm your selection.

During training, press the button to scan each display function.

START / STOP: To start and stop your selected workout program.

RESET: To reset the computer back to the main menu.

RECOVERY: To activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after your work out.

【DISPLAY FUNCTIONS】

TIME: Preset target time by pressing UP and DOWN buttons (1min ~ 99 min), increase or decrease setting is 1 minute.

TIME/500M: Your average 500 meter time will automatically be displayed and continuously updated.

SPM: Strokes per minute.

DISTANCE: Preset target value by pressing UP and DOWN buttons (0 ~ 99900meters), increase or decrease setting is 100 meters.

STROKES: Preset target value by pressing UP and DOWN buttons (0~9990 strokes). increase or decrease setting is 10.

TOTAL STROKES: Accumulates total strokes from 0 up to 9999.

CALORIES: Preset target CALORIES by pressing UP or DOWN buttons (5Cal ~9990Cal), increase or decrease setting is 5Cal.

PULSE: To preset target value by pressing up/down/mode from 30 to 240, each increase/decrease setting is 1. The monitor will display user's heart rate during training. The pulse measurement function is only used by chest belt system;

- CALENDAR: The monitor will display year, month, and day when monitor is in sleep mode.
- TEMPERATURE: The monitor will display current room temperature when the monitor is in sleep mode.
- CLOCK: The monitor will display current clock when the monitor is in sleep mode.

【OPERATION】

1. Install 2PCS AA batteries→one long beep for 2 seconds →in the meanwhile, segment test for 2 seconds (Fig.1).
Then, the monitor enters into the CLOCK & CALENDAR MODE.(Fig.2).
2. Firstly, you may enter into the CLOCK field to set YEAR (in the area of STROKES); MONTH (in the area of CALORIES); DAY (in the area of PULSE). After you confirm it, the ALARM will blink. Press UP KEY to set the ON/OFF which is the sign of the ALARM. If the sign don't display, you can press ENTER button to jump to the next one .When the sign of ALARM display "ON", you can press the ENTER button to set the time of the ALARM (the same way of the CLOCK setting). After the setting, you can slip into the picture of the SPORT (Fig.3).

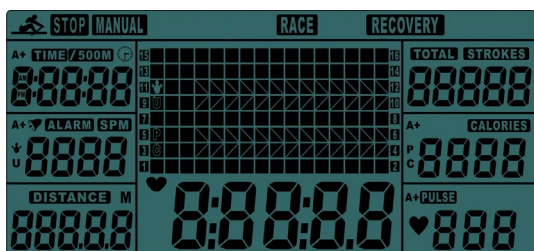


Fig.1



Fig.2

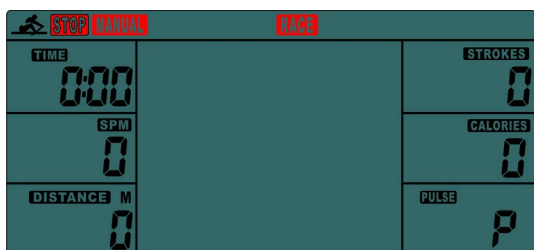


Fig.3

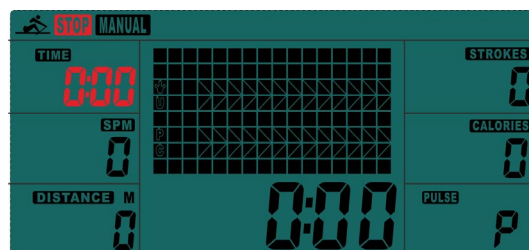


Fig.4

3. When you enter into the picture of the SPORT, the MANUAL & RACE will blink to be selected. Press UP or DOWN to select it, then press ENTER and confirm all you have selected.

(1) MANUAL(Fig.4):

- A. Enter into the MANUAL mode, press UP to set the flickering figure of the TIME .Press ENTER to confirm it. Then, you can press UP to set DISTANCE→STROKES→CALORIES→PULSE→TIME immediately.(If you have set the target value for Time then DISTANCE can't be set, vice versa.)
- B. Press START KEY to START, the STOP icon will disappear. Press UP or DOWN to select functions.
- C. When the function you have selected count backwards to ZERO or you have pressed the STOP KEY, the monitor will STOP and display the average figure.

(2) RACE (Fig.5):

- A. Enter into the RACE mode and L1 will glitter, the TIME/500M may display with 8:00. Then, you can press UP or DOWN to set L1 ~ L15 immediately, press ENTER to confirm. Where after, you can set the distance of the race (500M ~ 10000M) while the figure of the DISTANCE is blinking.

Press ENTER and the picture of the race will display clearly on the screen.

The figure of the TIME/500M are as follows:

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:0	7:3	7:0	6:3	6:0	5:3	5:0	4:3	4:0	3:3	3:0	2:3	2:0	1:3	1:0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

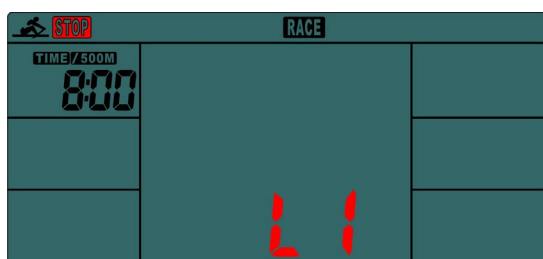


Fig.5

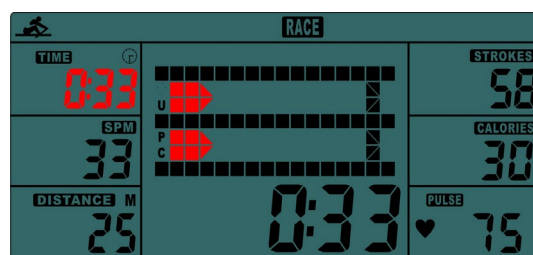


Fig.6

- B. Press START KEY to START and STOP will disappear. The USER & PC will display in the matrix. (Fig.6). The monitor will STOP when one has reached the distance of race which has been set before, then the matrix displays "PC WIN or USER WIN" (Fig.7) and may display the state of the energy after 6 seconds.



Fig.7

- C. When the race is over, you can press the START to have a race once again. Press RESET to leave the picture of the race.

(3) RECOVERY :

After exercising for a period of time, keep wearing chest strap and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1, F2, ..., F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status.

(Press the RECOVERY button again to return the main display.)

USING YOUR EQUIPMENT

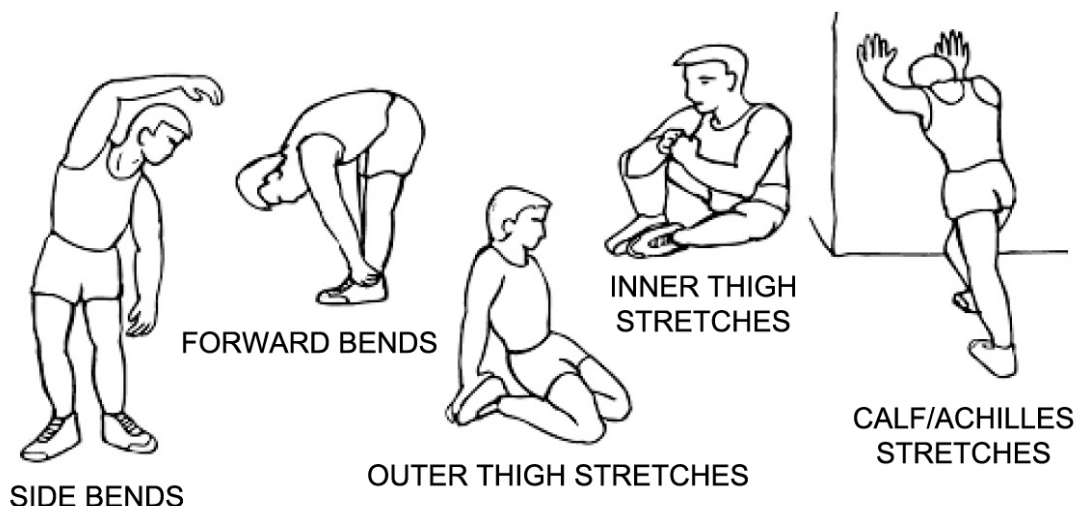
Using your equipment will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

WARM-UP PHASE

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

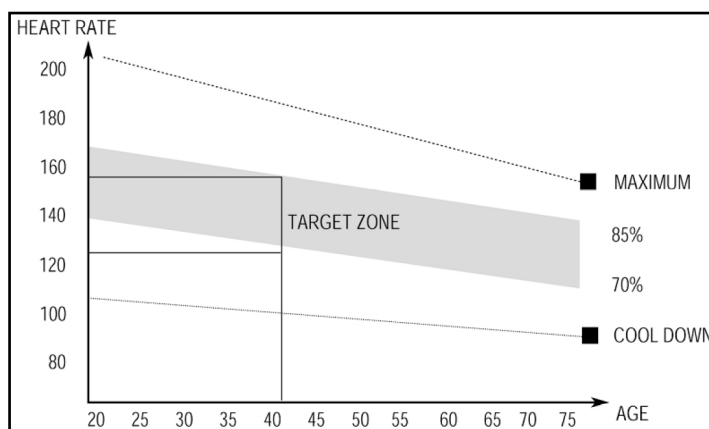
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



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

EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



COOL-DOWN PHASE

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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