

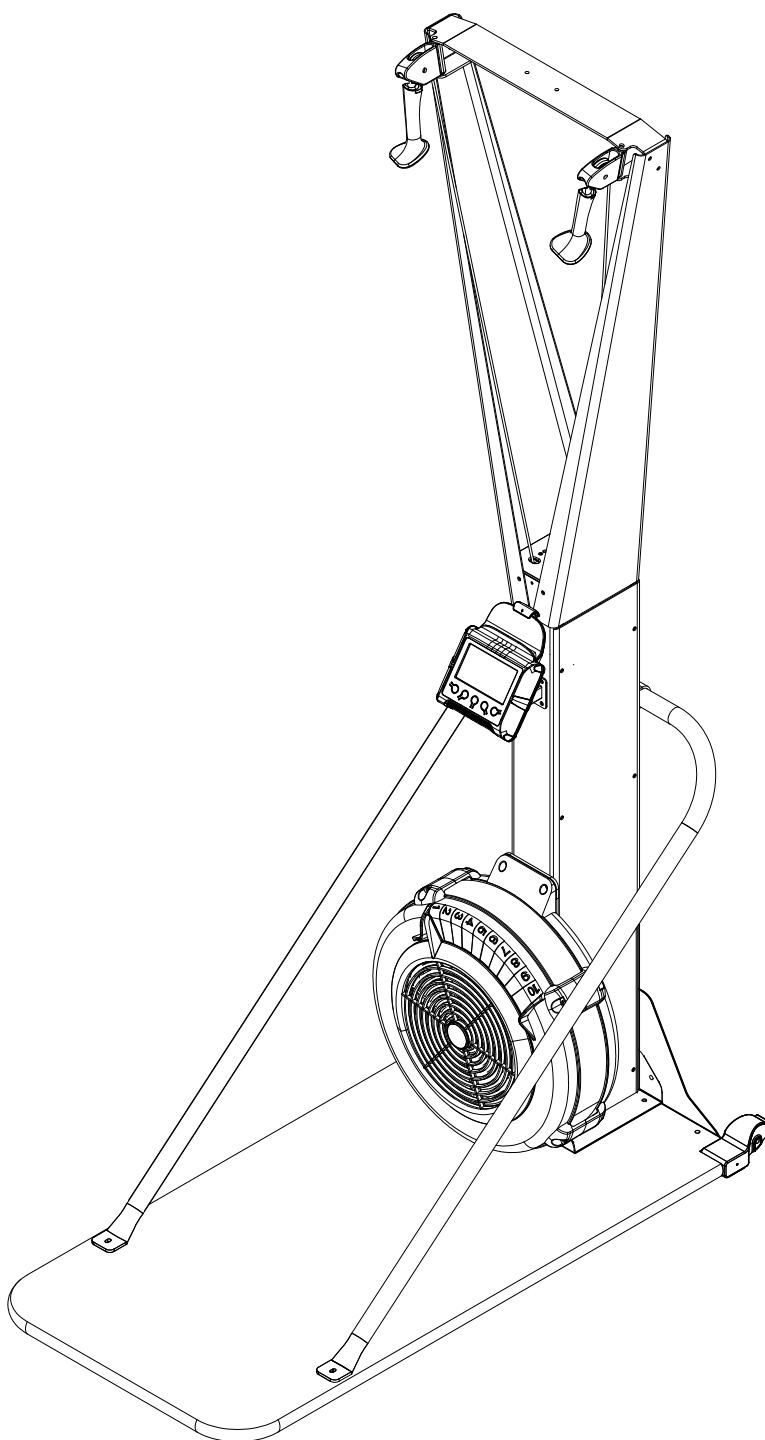


SkiErg Pro



DKN®

SKIERG-Operating Manual



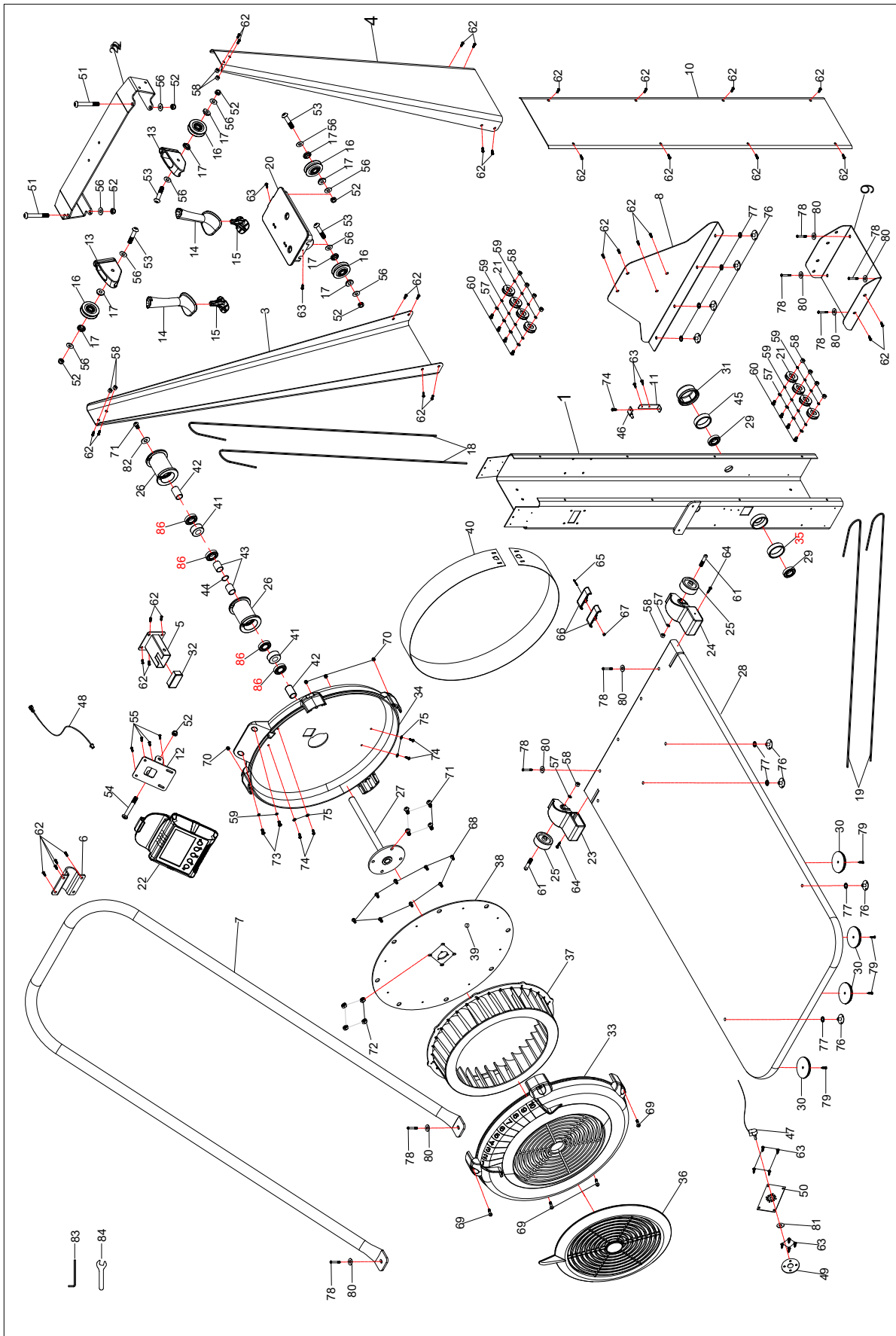
IMPORTANT SAFETY INSTRUCTION

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.**

Explosive Drawing



Parts List

No.	Name	Specication	Qty.
1	Main Frame U Plate		1
2	Connecting Plate		1
3	Left vertical Plate		1
4	Right vertical Plate		1
5	Console Holder		1
6	Connecting pipe fixing Plate		1
7	Connecting Pipe		1
8	Strengthening plate		1
9	Base plate		1
10	Side plate		1
11	Sensor fixing plate		1
12	Console fixing plate		1
13	Pulley seat	PA	2
14	Handle	PA+TPR	2
15	Handle seat	PA	2
16	Pull Rope small pulley	POM	4
17	Bearing clearance spacer	Φ22*Φ8*8.25	8
18	Pull Rope	Φ4*4000mm	2
19	Bungee cord	Φ4*4000mm	2
20	Fixed seat	PA	1
21	Bungee cord small pulley	POM, Φ35*9	8
22	Console	SI5702	1
23	Front End cap L	PP	1
24	Front End cap R	PP	1
25	Wheel For Moving	JE348- 50*6*21.5	2
26	Winding wheel	Φ64*Φ40.4*79	2
27	Shaft assembly	Φ17*Φ110*247	1
28	Bottom board	1200*600*25	1
29	Bearing	16003ZZ	10
30	Foot pad	TPR+PP	4
31	Bearing Cover	TPR	1
32	Tube plug	PVC 25*50	1
33	Flywheel Cover Front	ABS	1
34	Flywheel Cover Back	ABS	1
35	Bearing Seat		1

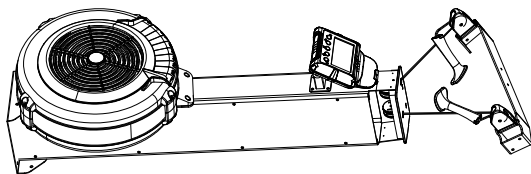
No.	Name	Specication	Qty.
44	Wave washer	65Mn,OD23*ID17.1*T0.3mm	1
45	6003 Bearing rubber sleeve	Rubber,Φ40*12.5	2
46	Sensor Wire	L=750MM	1
47	VR	B5K	1
48	VR Connecting Wire	L=550MM	1
49	Damper Plate	Φ50*2.0	1
50	VR Fixing Plate	90*54*2.0	1
51	Bolt	M8*80	2
52	Nylon Nut	M8	7
53	Bolt	M8*35	4
54	Bolt	M8*70	1
55	Console Screw	M5*12	4
56	Washer	OD16*ID8.5*T1.5	10
57	Washer	OD13*ID6.5*T1.5	10
58	Nylon Nut	M6	14
59	Spring washer	ID6.5*T1.6	18
60	Cross head screw	M6*20	8
61	Bolt	M6*40	2
62	Bolt	M6*12	34
63	Self tapping screw	ST4.2*L16mm	12
64	Self tapping screw	ST4.2*L25mm	2
65	Bolt	M4*45	1
66	Mesh locking block	PP	2
67	Hex nut	M4	1
68	Cross head screw	M5*10	8
69	Cross head screw	M5*75	4
70	Hex nut	M5	4
71	Bolt	M8*15	5
72	Thin nut	M8	4
73	Cross head screw	M6*10 (Head Φ12)	2
74	Self tapping screw	ST4.2*L12mm	5
75	Washer	OD18*ID6.5*T1.5	4
76	Lock nut	Φ27*M6*11.2*T1.2	8
77	Lock washer	M8	8
78	Bolt	M6*30	8

36	Fan decorative cover	ABS	1
37	Flywheel	Nylon+fiber	1
38	Counterweight Disk		1
39	Sensor magnet	Φ8*2	1
40	Mesh plate	Stainless	1
41	One-way Bearing	Φ35*16,HF1716	2
42	Long Spacer Sleeve	OD20*ID17*32.5	2
43	Short Spacer Sleeve	OD20*ID17*24	2

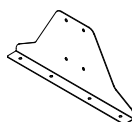
79	Self tapping screw	ST5.5*20	4
80	Washer	OD18*ID6.5*T1.0	8
81	Washer	OD25*ID13*T1.5	1
82	Washer	OD20*ID8.5*T1.5	1
83	Allen Wrench	S4	1
84	Spanner	M10*2.0*87	1
85	Packaging auxiliary tube		1
86	Bearing	6003ZZ	4

ASSEMBLY PART LIST

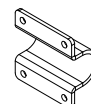
Box-A



NO: #1



NO: #8



NO: #6

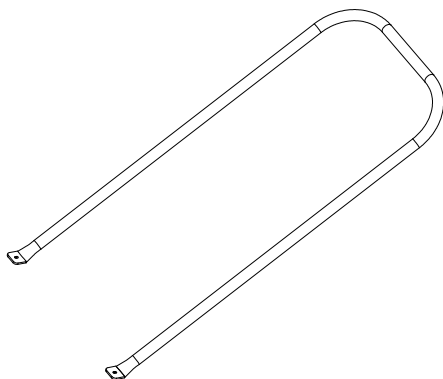


NO: #3

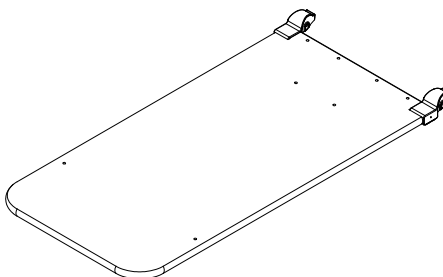


NO: #4

Box-B



NO: #7

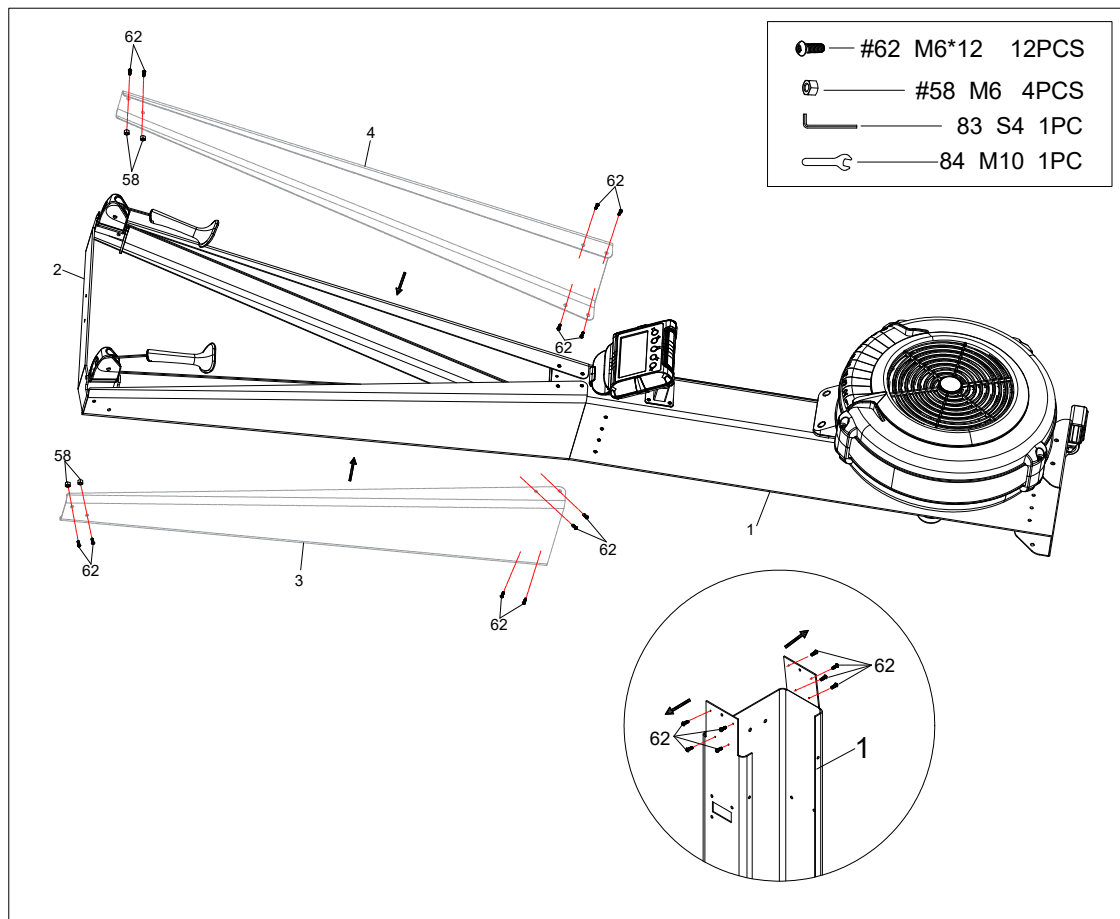


NO: #28

No.	Name	Qty.
#1	Main Frame U Plate	1
#8	Strengthening plate	1
#6	Connecting pipe fixing Plate	1
#3	Left vertical Plate	1
#4	Right vertical Plate	1
#7	Connecting Pipe	1
#28	Bottom board	1

Step 1:

1. Place the Main Frame U Plate (# 1) on the ground.
2. 4PCS Bolt (#62) and 4PCS Nylon Nut (#58) is pre locked on the Left vertical Plate (#3) and Right vertical Plate (#4) , 8PCS Bolt (#62) is pre locked on the Main Frame U Plate (#1) . Before assembly, Remove 12PCS Bolt (#62) and 4PCS Nylon Nut (#58).
3. Attach the Left vertical Plate (#3) and Right vertical Plate (#4) to the Main Frame U Plate (#1), Tighten with 12PCS Bolt (#62) and 4PCS Nylon Nut (#58).

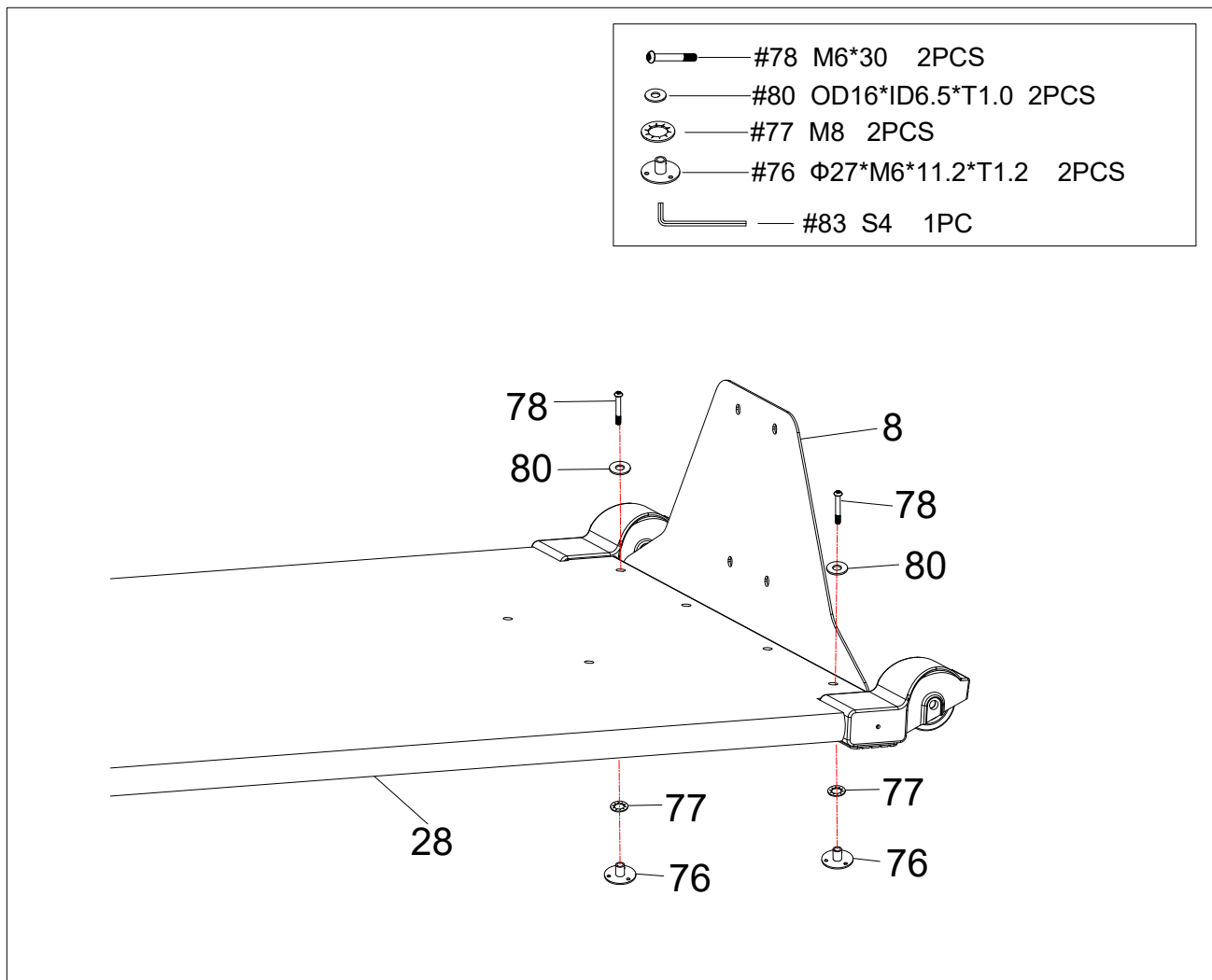


Step 2:

1. 2PCS Lock Nut (#76)、2PCS Lock Washer (#77)、2PCS Washer (#80) and 2PCS Bolt (#78) is pre locked on the Bottom Board (# 28) . Before assembly, Remove 2PCS Lock Nut (#76)、2PCS Lock Washer (#77)、2PCS Washer (#80) and 2PCS Bolt (#78),

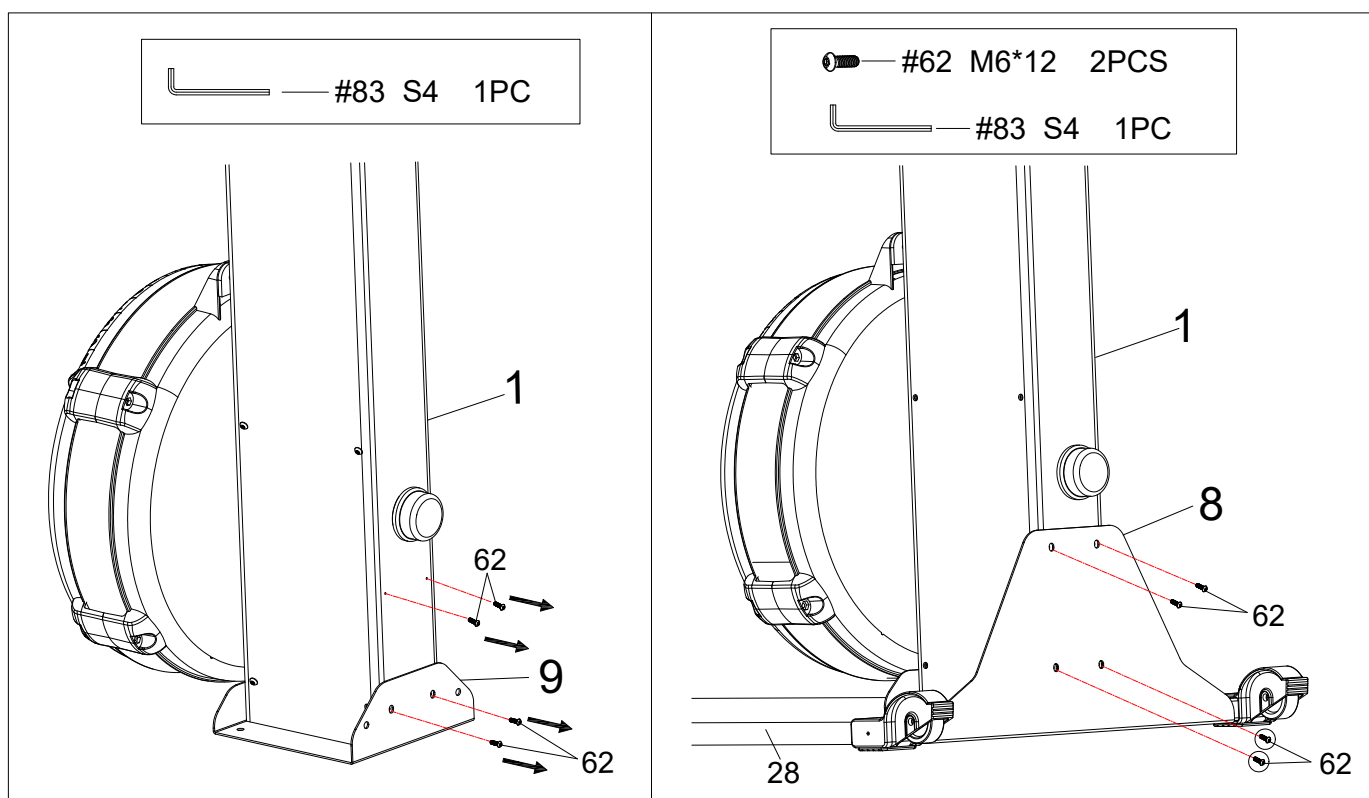
2. Firstly, place 2PCS Lock Nut (#76) and 2PCS Lock Washer (#77) in the corresponding hole of Bottom Board (# 28) as shown in the figure.

Use 2PCS Bolt (#78) and 2PCS Washer (#80) to assemble the Strengthening Plate (# 8) with the Bottom Board (# 28).



Step 3:

1. 2PCS Bolt (#62) and 2PCS Bolt (#62) is pre locked on the Main Frame U Plate (# 1) and Base Plate (# 9) . Before assembly, Remove the 4PCS Bolt (#62),
2. Attach the Main Frame U Plate (# 1) to the Strengthening Plate (# 8) , Tighten with 4PCS Bolt (#62).

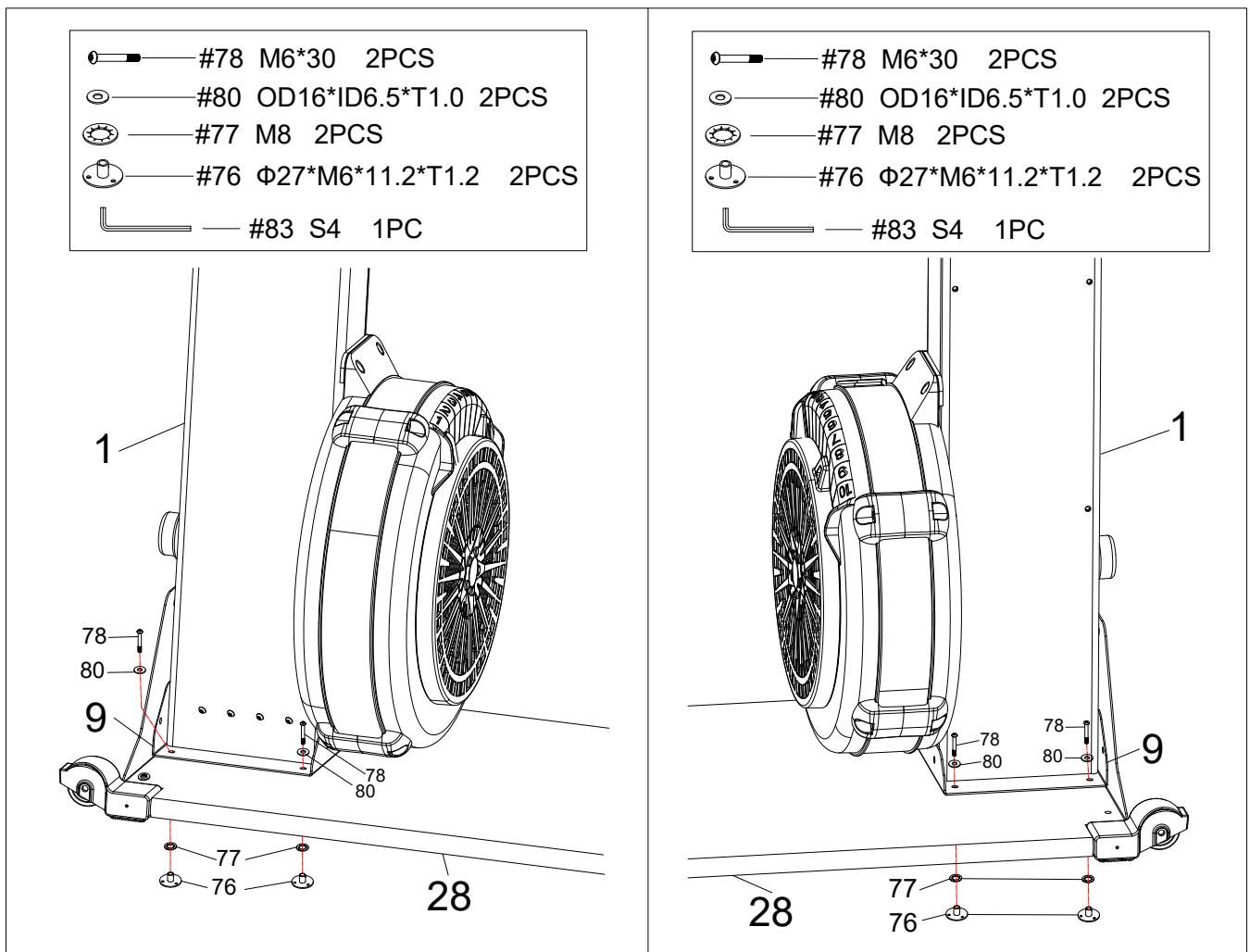


Step 4:

1. 4PCS Lock Nut (#76)、4PCS Lock Washer (#77)、4PCS Washer (#80) and 4PCS Bolt (#78) is pre locked on the Bottom Board (# 28) . Before assembly, Remove 4PCS Lock Nut (#76)、4PCS Lock Washer (#77)、4PCS Washer (#80) and 4PCS Bolt (#78),

2. Firstly, place 4PCS Lock Nut (#76) and 4PCS Lock Washer (#77) in the corresponding hole of Bottom Board (# 28) as shown in the figure.

Use 4PCS Bolt (#78) and 4PCS Washer (#80) to assemble the Base Plate (# 9) with the Bottom Board (# 28).

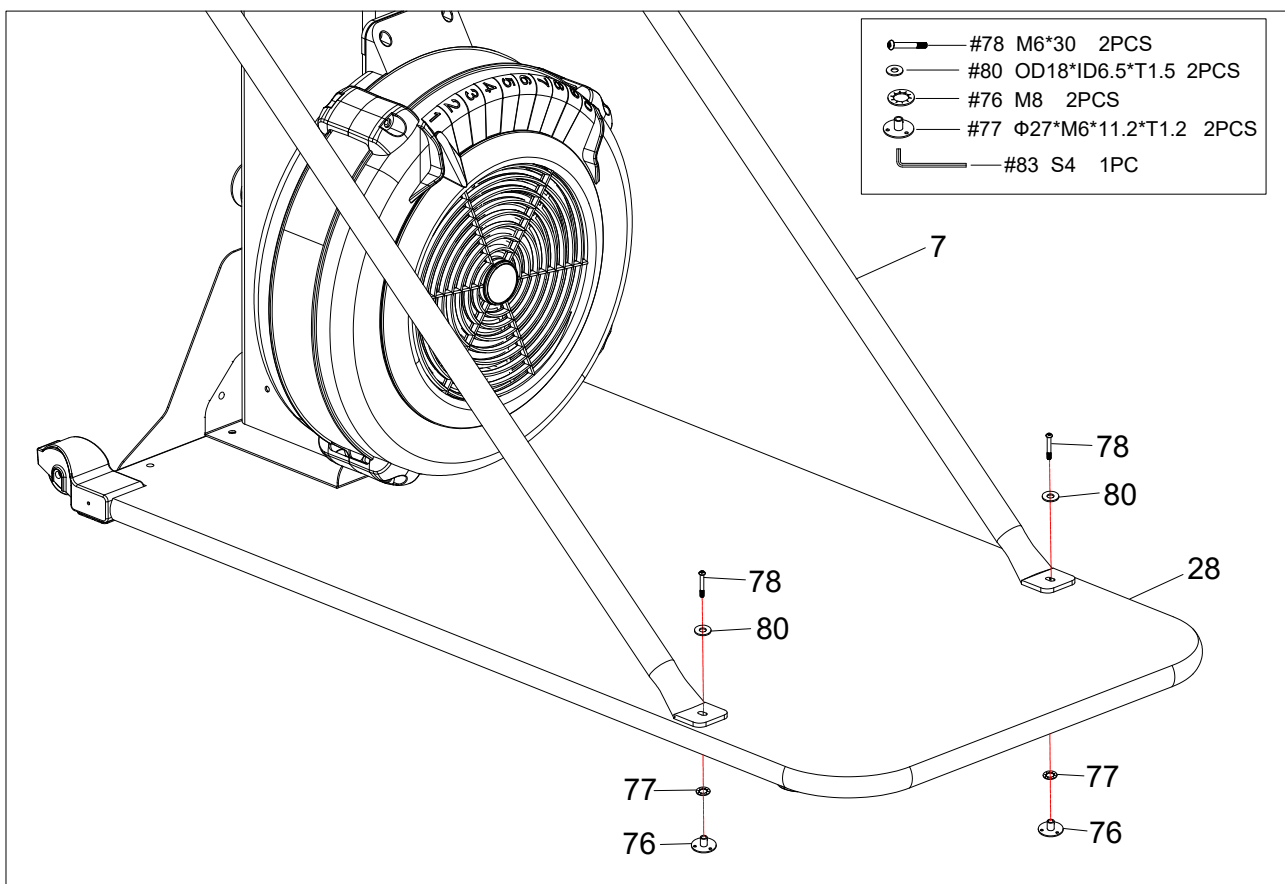


Step 5:

1. 2PCS Lock Nut (#76)、2PCS Lock Washer (#77)、2PCS Washer (#80) and 2PCS Bolt (#78) is pre locked on the Bottom Board (# 28) . Before assembly, Remove 2PCS Lock Nut (#76)、2PCS Lock Washer (#77)、2PCS Washer (#80) and 2PCS Bolt (#78),

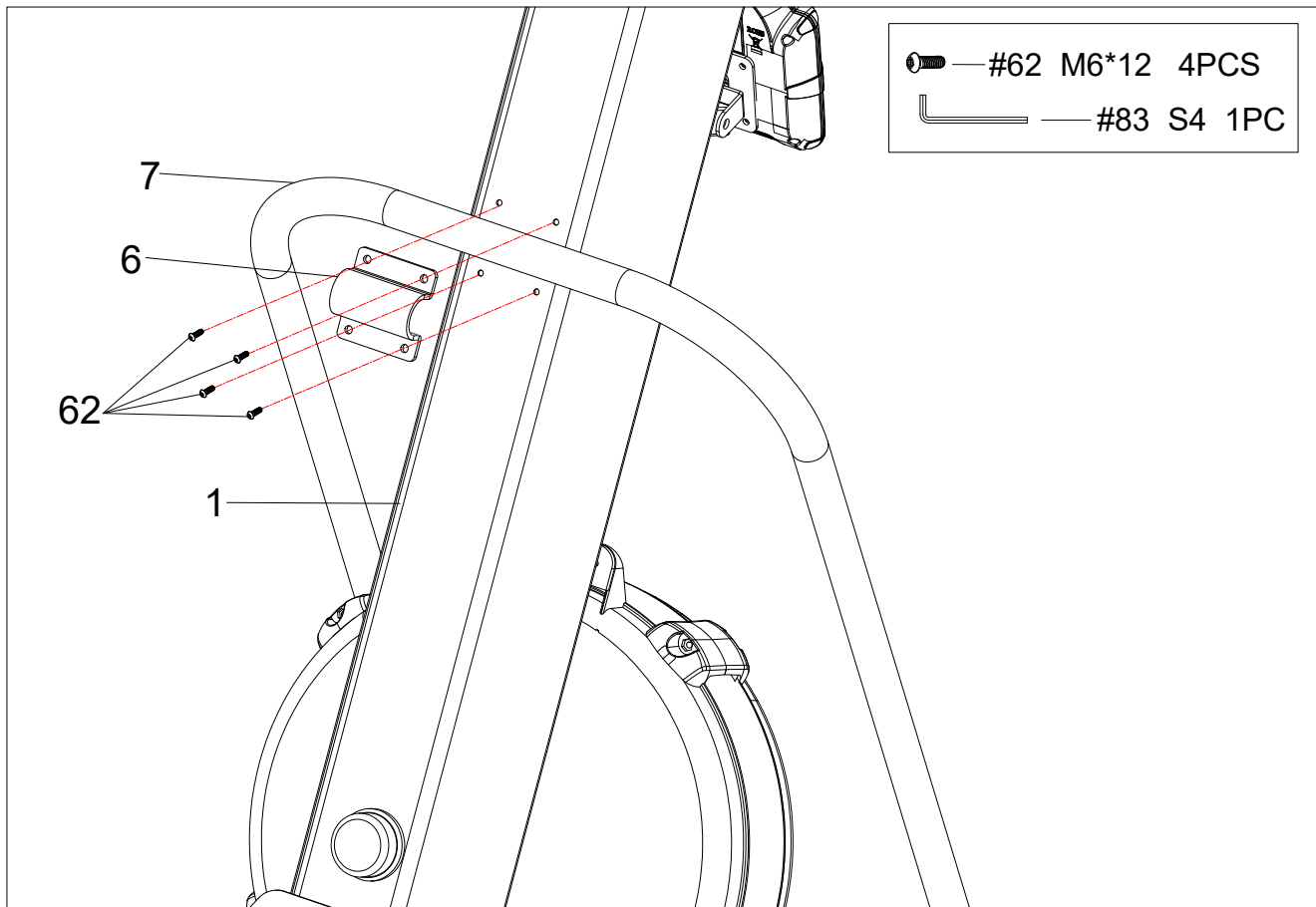
2. Firstly, place 2PCS Lock Nut (#76) and 2PCS Lock Washer (#77) in the corresponding hole of Bottom Board (# 28) as shown in the figure.

Use 2PCS Bolt (#78) and 2PCS Washer (#80) to assemble the Connecting Pipe (# 7) with the Bottom Board (# 28).

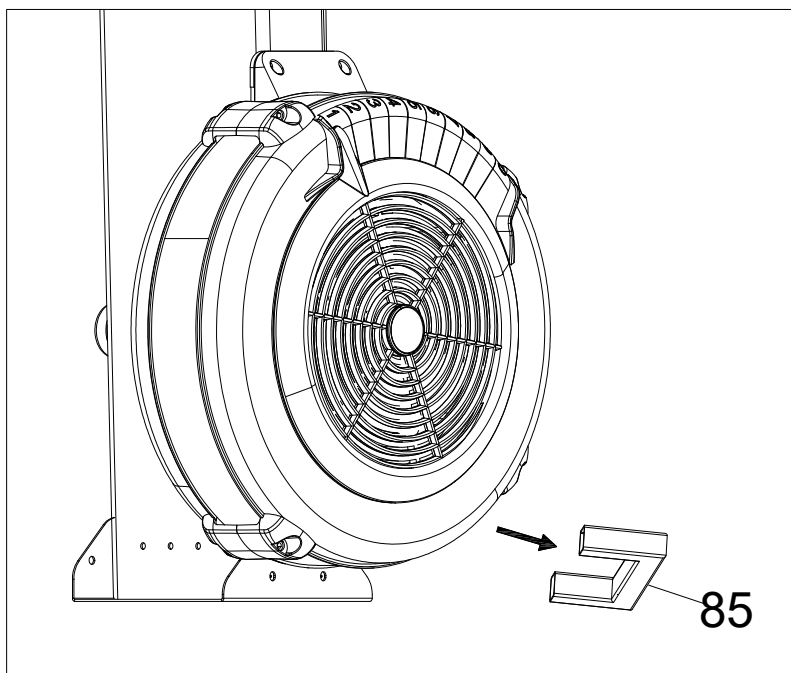


Step 6:

1. 4PCS Bolt (#62) is pre locked on the Main Frame U Plate (# 1) , Before assembly, Remove the 4PCS Bolt (#62).
2. Attach the Connecting Pipe Fixing Plate (#6) and Connecting Pipe (# 7) to the Main Frame U Plate (#1), Tighten with 4PCS Bolt (#62).

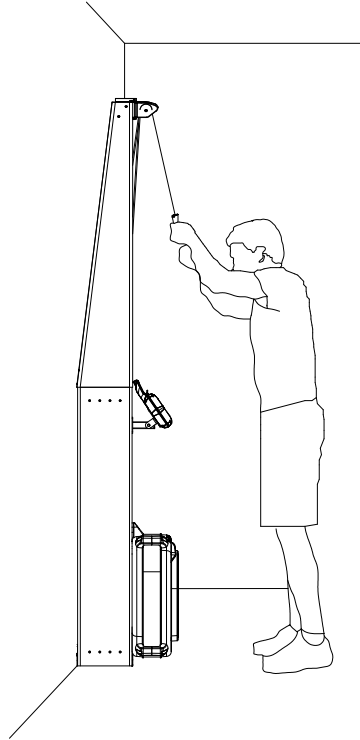


Remove the packaging auxiliary tubes (#85)

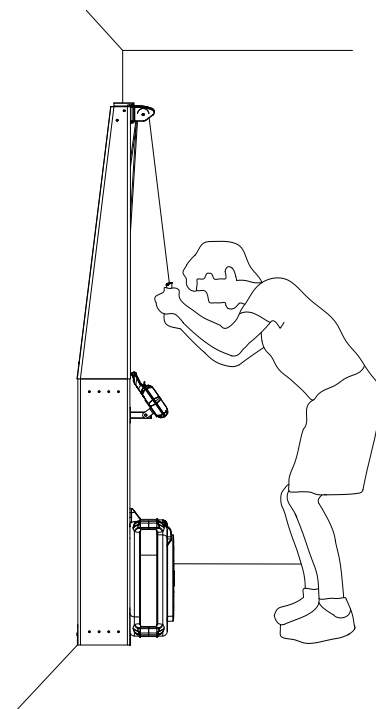


Usage and training:

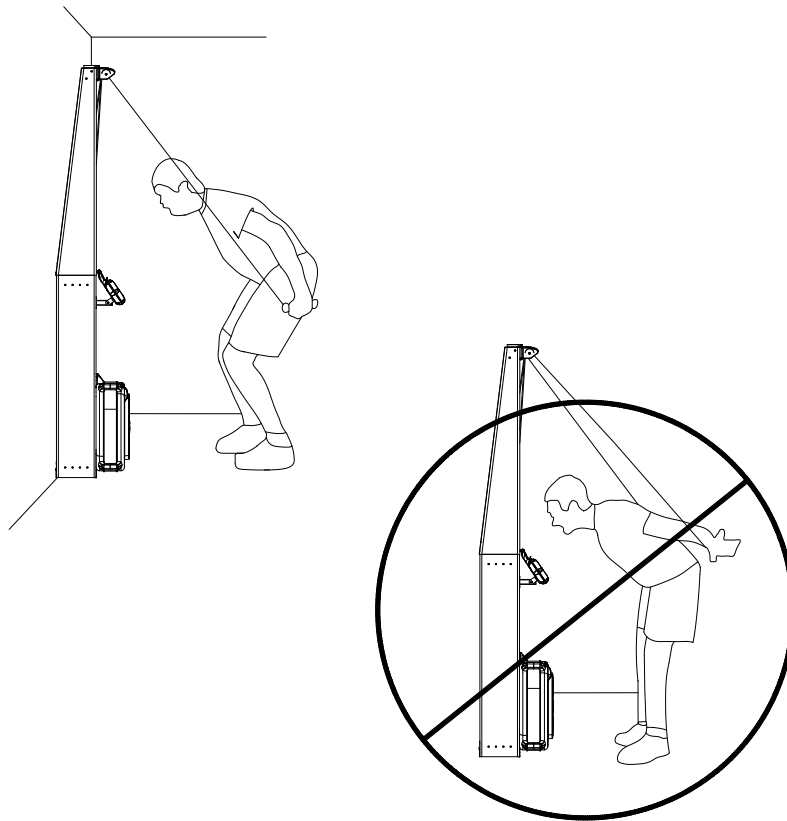
1、 Double pole training: Start up position, hands shoulder width apart and at line of sight. Arms bent, feet separated, shoulder width apart.



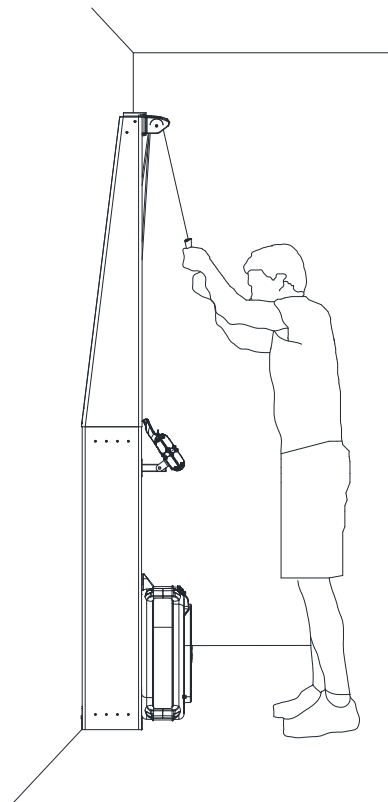
2、 Apply force to the core abdominal muscles, bend the knees, and pull down the handle. Keep your arms bent and try to approach the handle as close to your face as possible.



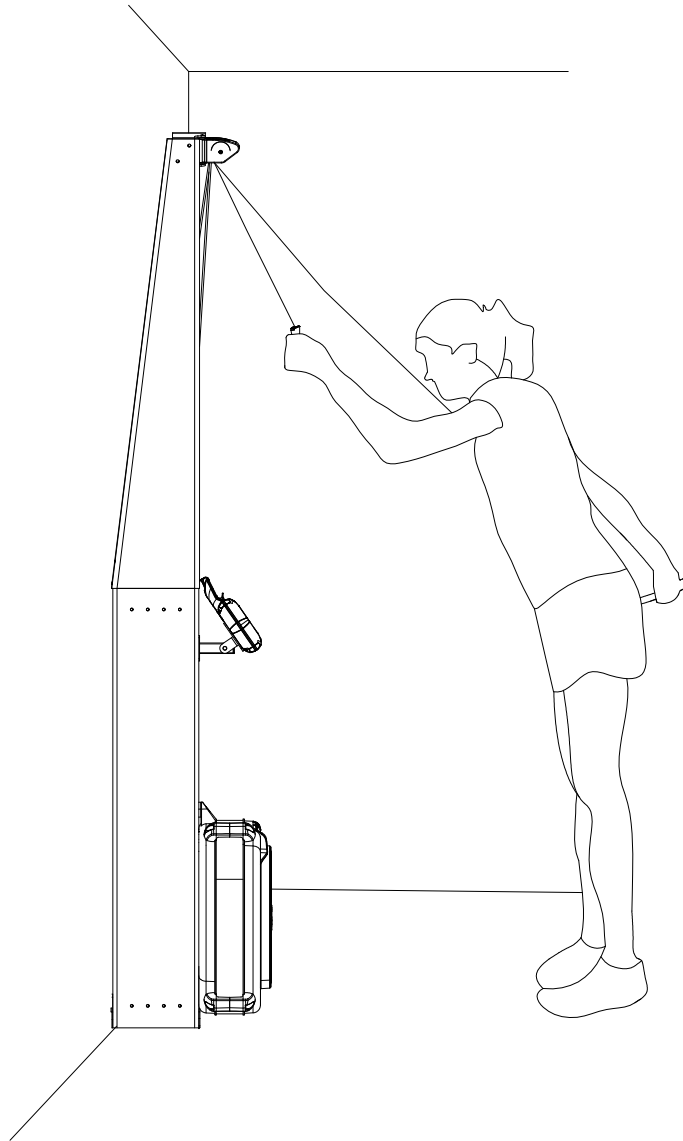
3、 At the end, bend your knees slightly and extend your arms down your thighs.



4、 Retract your arms, stand straight, and return to the starting position.



5、 Classic skiing practice (alternating arms): At the beginning, lift one arm up slightly. Use upper arm force to pull down while slowly lifting the lower arm. Then alternate your arms to slightly bend the pulled arms to increase strength.



SI5702 INSTRUCTION MANUAL



【FUNCTION BUTTONS】

- UP▲ / DOWN▼: To press these two buttons through available selection, To adjust the function value upward and downward
- ENTER: To confirm selection
During training, press the button to scan each display function
- START / STOP: To start or stop your selected workout program
- RESET: To reset the computer back to the main menu

【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 (0Cal ~9990Cal)
increase or decrease setting is 10Cal.

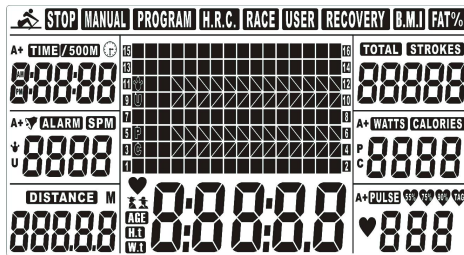
PULSE : To preset target pulse value by pressing up or down, mode from 30 to 240, each increase or decrease setting is 1. The LCD will display user's heart rate during training.

The pulse measurement function is only used by chest belt system

WATT : Current workout watts with available range from 0 to 999

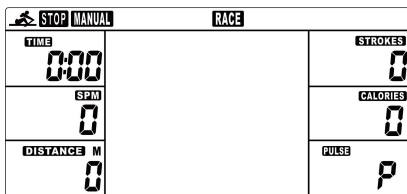
【OPERATION】

A. Install 4PCS AA batteries→one long beep for 2 seconds(Fig 1)

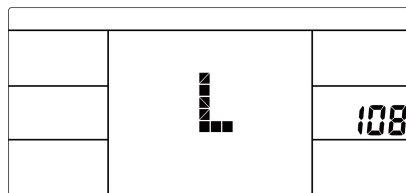


VR Correction Mode :

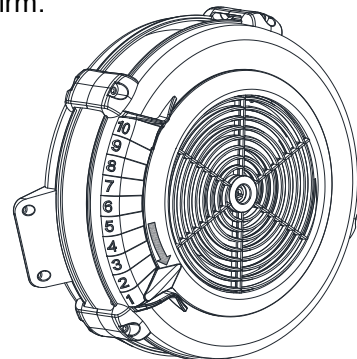
1. During the standby mode, press **DOWN+ENTER** KEY for 3s to enter into VR correction mode.
2. TIME window will display "L", **CAL** window displays the current the AD value of VR(Picture 2). Adjust Damper(Picture 3) to the first level and press **ENTER** KEY to confirm.



Picture 1

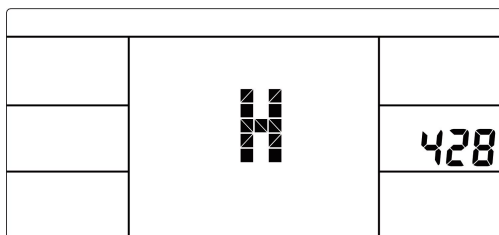


Picture 2

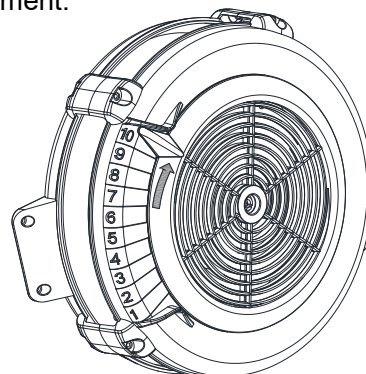


Picture 3

3. After confirming the first level value of VR, "H" will be displayed in the window, and the actual AD value of VR will be displayed in the **CAL** window (Picture 4). Adjust Damper(Picture 5) to the highest level and press **ENTER** KEY to confirm after the adjustment.



Picture 4



Picture 5

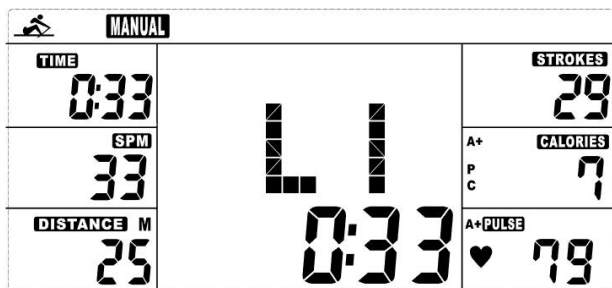
4. After setting the first and highest level values of VR, the console will restart and cut the set values into 10 segments on average.

5. When adjusting Damper, attach the pointer to the baffle plate.

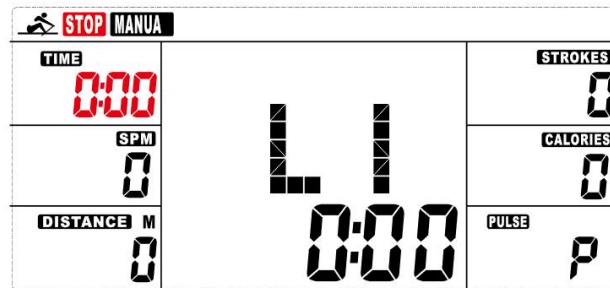
- B. When you enter into the picture of the SPORT, the MANUAL & RACE will blink to be selected.
Press UP or DOWN to select, then press ENTER and confirm all you have selected.

1. MANUAL (FIG 6~FIG 7):

- 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. (If you have set the target value for Time then DISTANCE can't be set, vice versa)
- B. Press START KEY to start and the STOP icon will disappear. Press UP or DOWN to select functions' value.
- C. The current resistance value (L1-L10) will display in the matrix as picture.
- D. When the function you have selected count backwards to ZERO or you have pressed the STOP KEY, the console will display the current value. In the TIME/500M.SPM.WATTS.PULSE according to average displays the rest for training



Picture 6



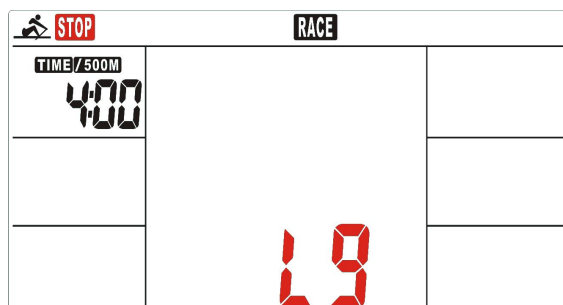
Picture 7

2. RACE (FIG 8):

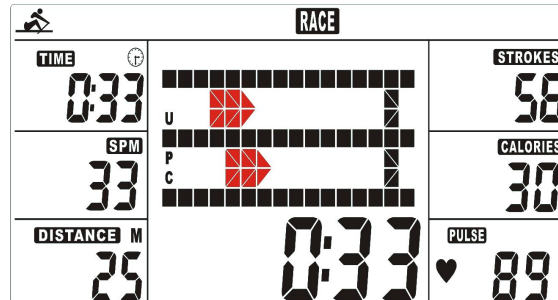
- A. Enter into the RACE mode and L9 will glitter, the TIME/500M may display with 4:00. Then, you can press UP or DOWN to set L1 ~ L15 immediately, press ENTER to confirm. Where after, you can set the distance of the race (500M~10000M) while the figure of the DISTANCE is blinking. Press ENTER and the picture of the race will display clearly on the screen.

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

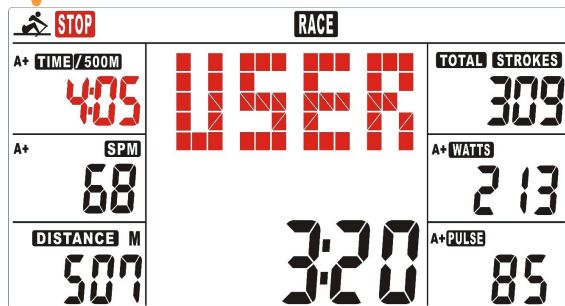
L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00



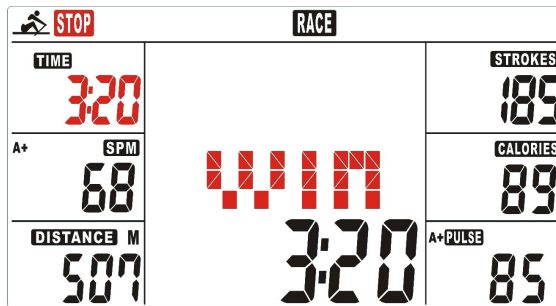
Picture 8



Picture 9



Picture 10



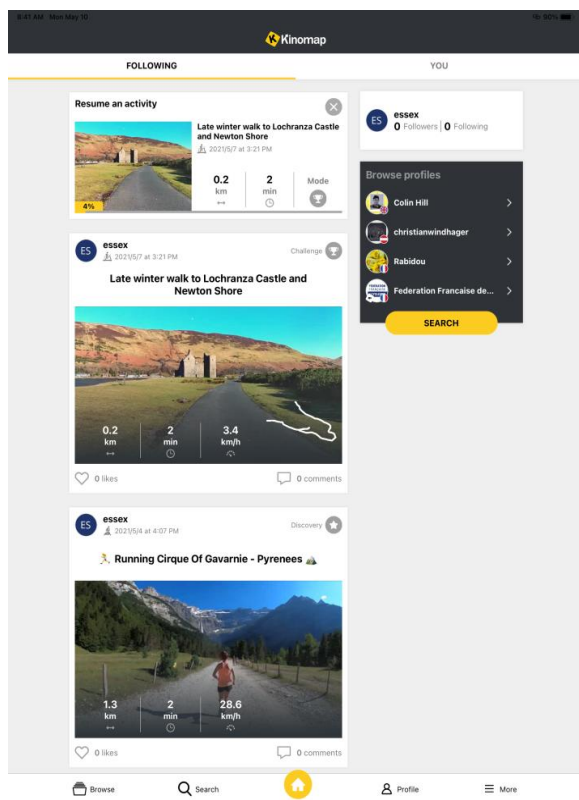
Picture 11

B. Press START KEY to START and STOP will disappear. The USER & PC will display in the matrix. (FIG 9), 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 10~FIG 11).

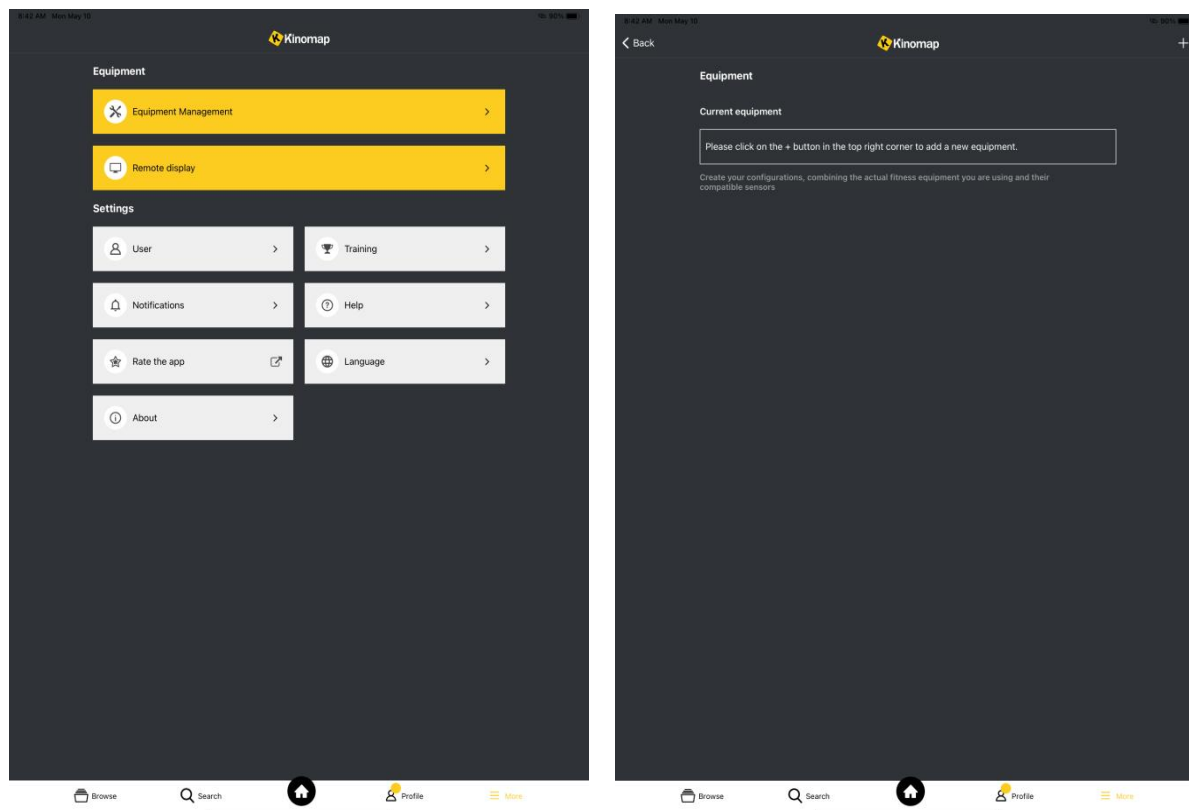
C. When the race is over, you can press the START to have a race once again. Press RESET to leave the picture of the race.

Kinomap APP connection steps:

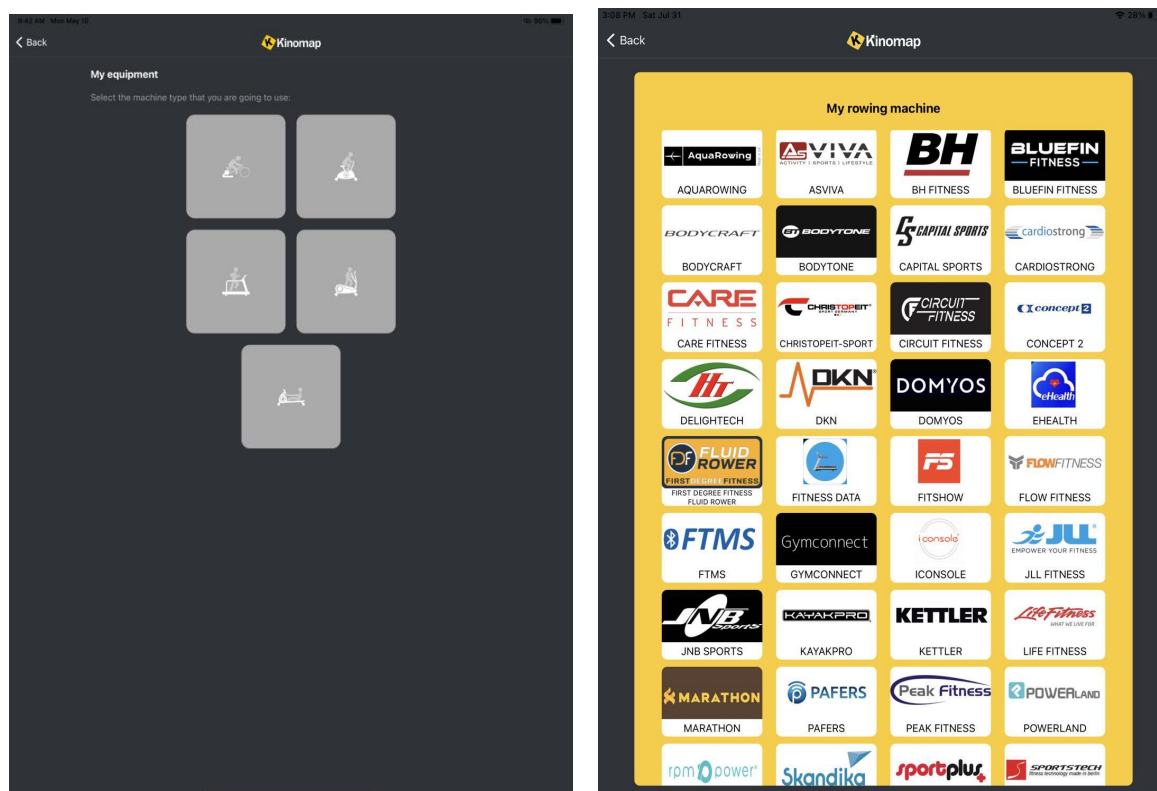
1-1. Open the Kinomap + App and enter the home page. Click the button in the lower right corner to add devices.



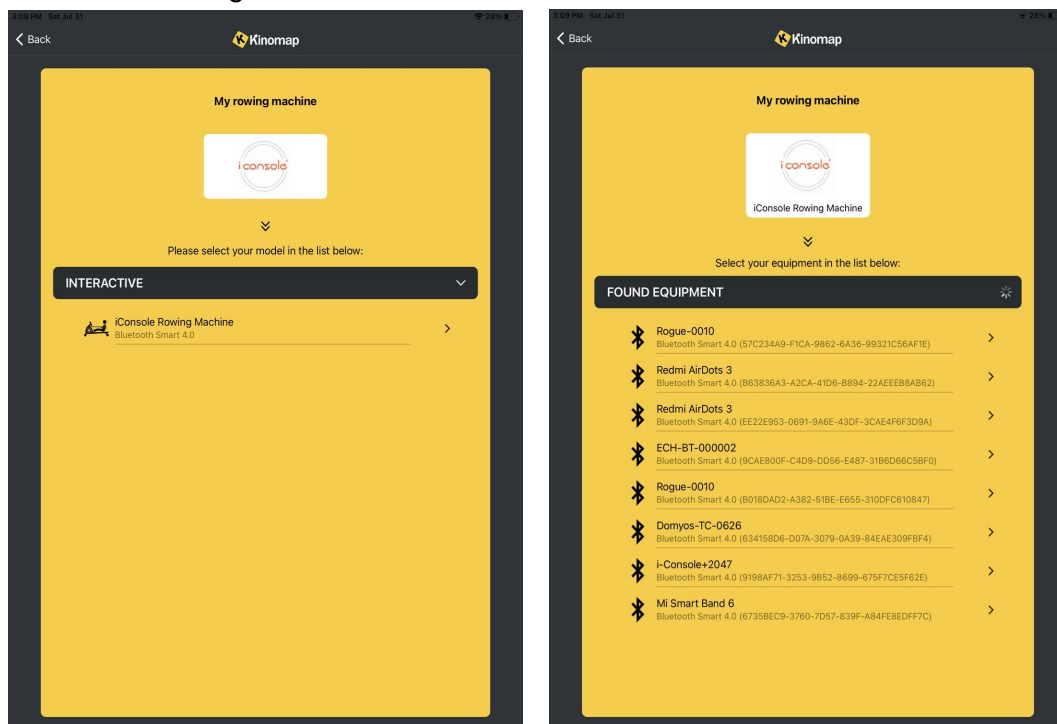
1-2. Click equipment management, then click the "+" to start adding equipment.



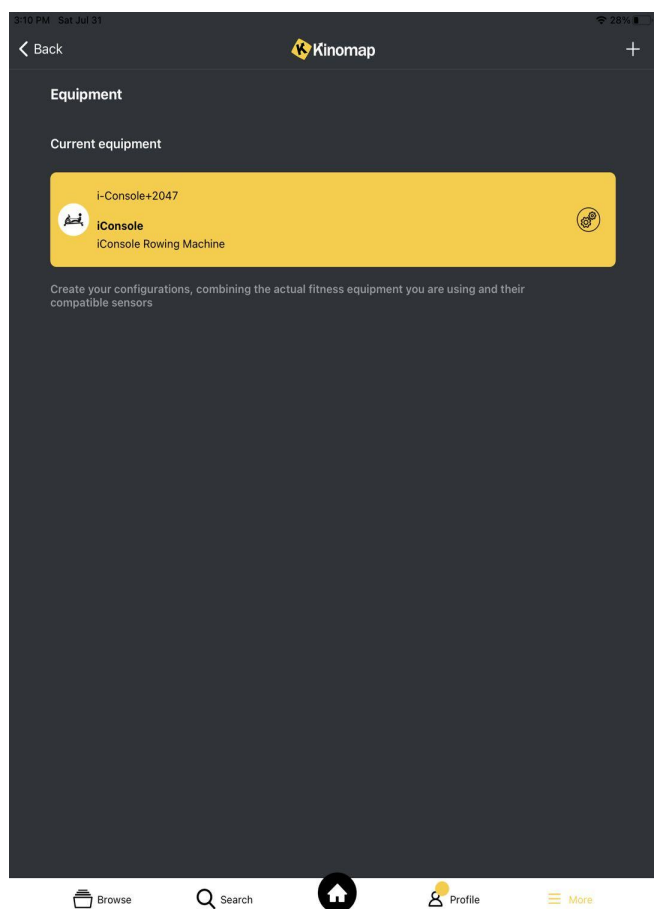
1-3. Click "Rowing" graphics, then enter a variety of brand connection screen, select FTMS/iConsole.



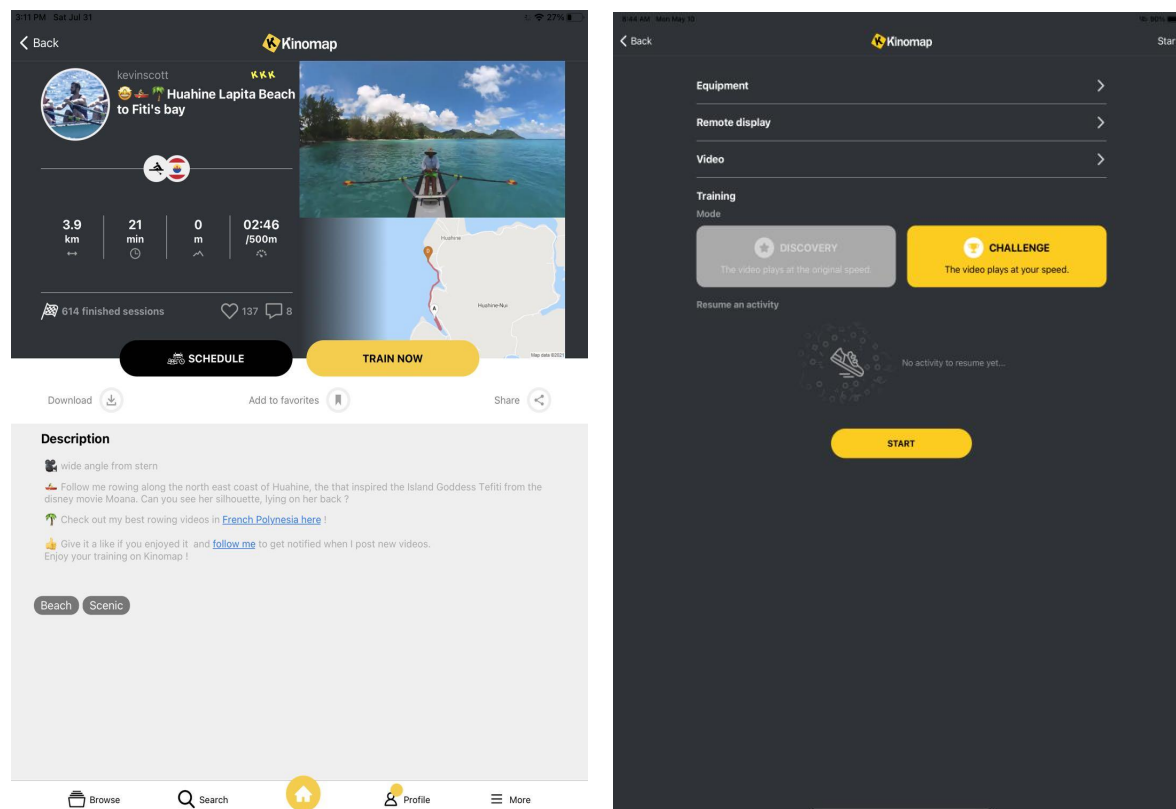
1-4 . Select Rowing machine, then Bluetooth Device.



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



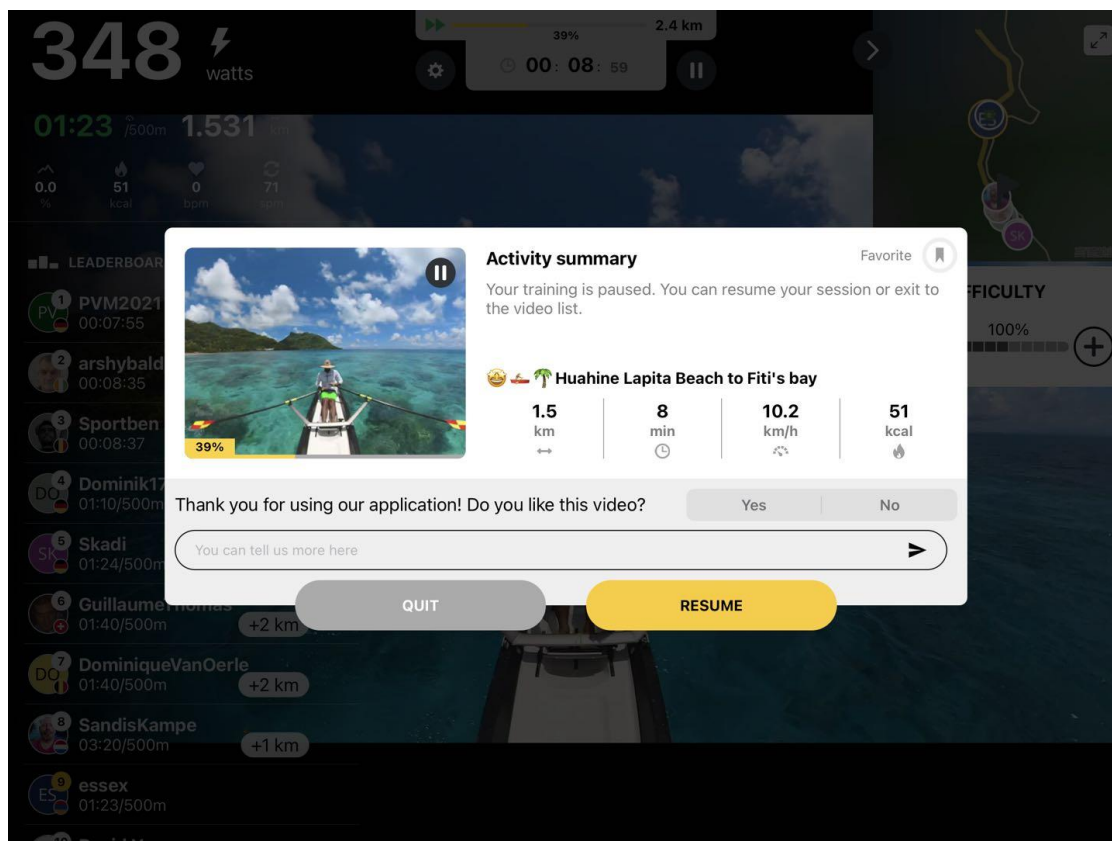
1-6. To select the training video, you must select the type of Rowing and press the button to enter the training screen.



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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