DKN®

EzRun

Owner's Manual

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Contents

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Important Safety Information

Thank you for purchasing the DKN EzRun treadmill. Please read these instructions carefully before using this product and retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.
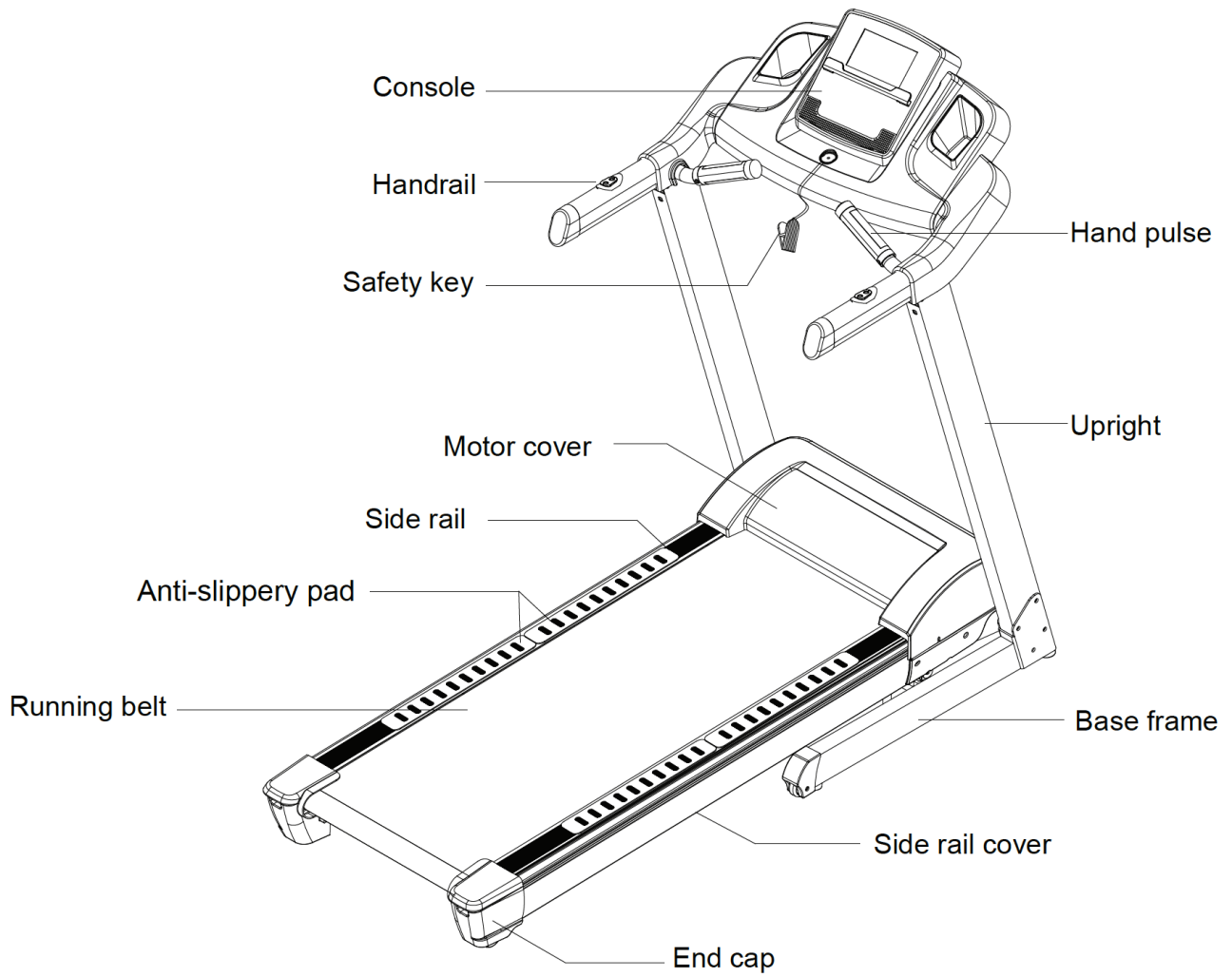
IMPORTANT SAFETY INFORMATION!
NOTE THE FOLLOWING PRECAUTIONS BEFORE
ASSEMBLING OR OPERATING THIS TREADMILL:

1. Using the tools supplied, assemble the treadmill exactly as per the instructions in this manual.
2. Check all the screws, nuts, bolts and other connections before using the machine for the first time and ensure that it has been built correctly.
3. This is a class H (Home) product and is suitable for domestic use in private homes where access to the equipment is controlled by the owner.
4. Position the treadmill on a clear, dry and level surface. DO NOT position it near water or outdoors.
5. Before starting to assemble the treadmill, place a suitable base (e.g. rubber mat, wooden board etc.) in the assembly area. Assemble the treadmill on this base and then keep it under the treadmill at all times in order to protect it from dirt.
6. There must be 2 metres of clear space behind the running deck where you access the equipment for safety reasons. Ensure there is a clear space of 0.6 metres around the treadmill in all other directions, free from any objects or potential hazards.
7. Use the treadmill only for its intended purpose as described in this manual.
8. This treadmill may only be used by one person at a time.
9. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are required when using this machine.
10. Inappropriate use of this treadmill such as, while under the influence of drugs or alcohol, not in line with these instructions or excessive usage, may result in serious injury or death.

11. Before using this treadmill or doing any exercise programme, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.

12. Before exercising on this treadmill, always warm up and do the stretching exercises listed in this manual first.

13. Always stand in the middle of the running belt and never to the left or the right of the centre. Stand in a normal walking/running position close enough to the console at the front to ensure that you can easily reach the controls at all times.

14. Always attach the safety key to your person by using the clip provided. NEVER use this treadmill to exercise without attaching the safety key before starting your training.

15. Once the treadmill stops, dismount by stepping off to the left, the right or to the rear.

16. Your health can be adversely affected by incorrect or excessive training. Consult a doctor before beginning a training program. This treadmill is not suitable for therapeutic or medical purposes.

17. WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

18. Disabled people should not use this machine without a qualified person or physician in attendance.

19. The power of the treadmill increases as the speed increases and decreases as the speed decreases. The treadmill is equipped with control buttons which adjust the speed. Reduce the speed by pressing the '-' speed button. Increase the speed by pressing the '+' speed button.

20. Before pressing the start button on the treadmill, always stand on the foot rails on the sides of the frame. Wait until the belt is in motion at a low speed, then step onto it and adjust the speed. After turning the power on, there may be a pause before the walking belt begins to move.

21. The maximum user weight is 130kg (286.6lbs).

22. WARNING! The safety level of the treadmill can be maintained only if it is examined regularly for damage and wear, e.g. walking belt, rollers, connection points.

23. Examine the treadmill carefully before you use it, especially the components

most susceptible to wear, e.g. running belt.

24. Stop using the treadmill immediately if it behaves in an unexpected way such as speeding up or slowing down of its own accord. Keep it out of use until it is inspected and/or repaired by a qualified engineer.

25. Use only original spare parts for any necessary repairs.

26. DO NOT use aggressive cleaning products such as detergents to clean the treadmill. Remove drops of sweat from the treadmill immediately after finishing training.

27. This treadmill is not suitable for use by minors. Children should be kept away from the treadmill at all times.

28. Do not extend the power cord, replace its plug, place heavy objects on the it or place it near a source of high heat.

29. The power cord earths the treadmill and must therefore always be plugged into an appropriate outlet directly off the mains that is properly installed and earthed. Do not modify the plug provided with this treadmill and do not use any adaptors or extension leads as you risk causing an electric shock. If in doubt as to the suitability of the socket you intend to use, consult a qualified electrician before plugging in the treadmill.

30. When the treadmill is not being used, the power cord should be unplugged and the safety key should be removed.

31. For your safety, only ever use the treadmill in accordance with these instructions.

32. DKN assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
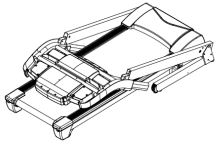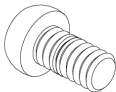
Product Overview

Console

Handrail

Safety key

Hand pulse

Upright

Motor cover

Side rail

Anti-slippery pad

Running belt

Base frame

Side rail cover

End cap
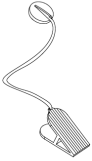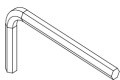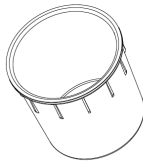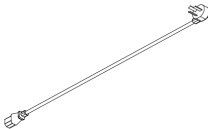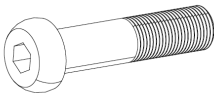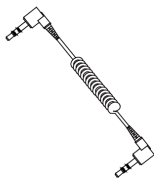
Assembly Instructions

Your treadmill comes mostly pre-assembled. Follow these 5 steps to get it fully assembled and ready.

STEP 1:

To begin assembling, unpack the box and prepare the following parts, checking to make sure all are present.

Main Frame 1SET	D21 Flat Washer M10 8PCS	D8 Round Hex Bolt M10X15 4PCS	C13 Safety Key 1 SET
D2 Allen Wrench 6MM, 1PC	B49 Bottle Holder 2PCS	C15 Power Cable 1PC	D12 Round Hex Bolt M10X55 4PCS
B18 Silicon Oil 1PC	C19 MP3 cable 1PC		

Note: Do not fully tighten bolts at this stage. Leave them no more than finger tight. Fully tighten all the bolts only once all parts are assembled and in the correct position.

STEP 2:

Unfold the treadmill as per the picture below:
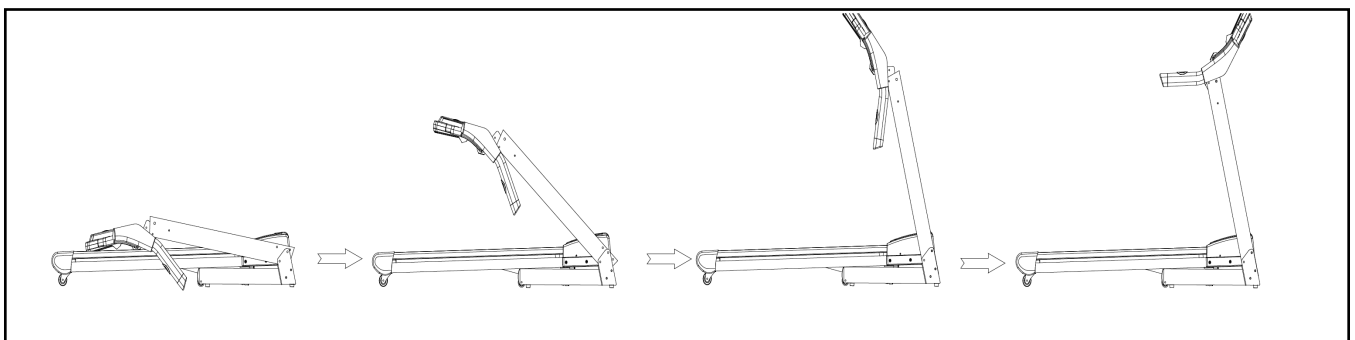
STEP 3:

Secure the bottom of the treadmill by using bolt **D12** (M10X55) and flat washer **D21** (M10). Then use bolt **D8** (M10x15) and flat washer **D21** (M10) to fix the upper part of the treadmill into position.

Note: Do not fully tighten bolts at this stage. Leave them no more than finger tight for the moment.
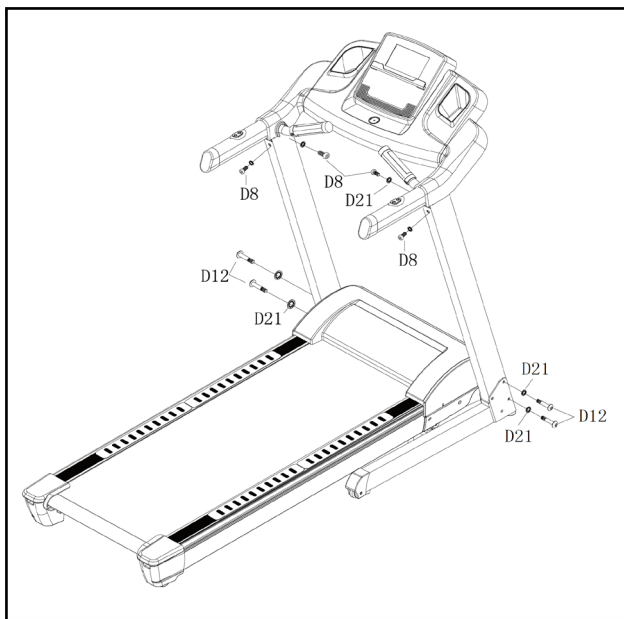
STEP 4:

Place the bottle holders **B49** into the bottle holder bases, place the safety key **C13** and the **MP3** cable **C19** into position on the console, and plug the power cable **C15** into the socket at the base of the treadmill.
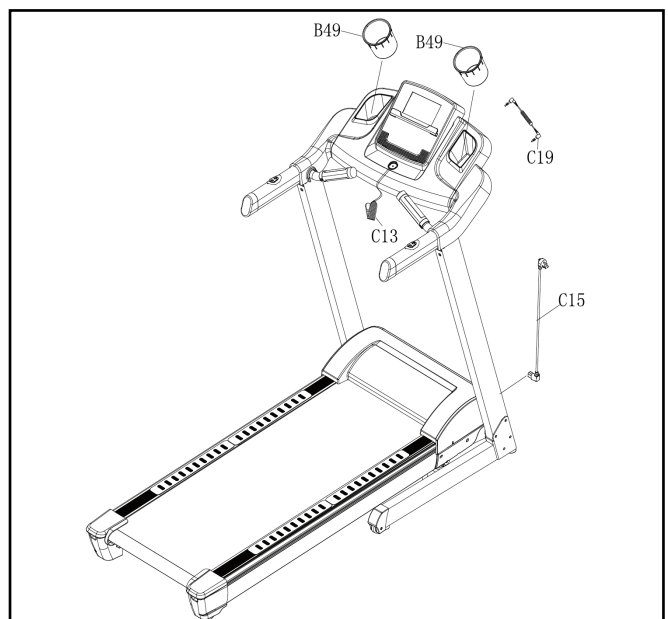
STEP 5:

Tighten all the bolts to complete the assembly. Then **check that the running belt is running correctly**. To do this, plug the power cable into the mains and turn the treadmill on. Press the START button. Set the speed to under 3 km/h using the speed keys and check to make sure that the running belt turns smoothly.

DO NOT STAND ON THE TREADMILL WHILE CARRYING OUT THIS TEST!

Once you are satisfied that the belt is turning smoothly, press the STOP button to stop the belt.

Your new treadmill is now ready for use!

Folding & Unfolding Instructions

The EzRun can be folded to save floor space between uses.

Folding your treadmill

To fold the treadmill, first stop the treadmill and ensure that the running belt is stationary. Switch off the power. Then lift the rear of the treadmill and push it up until you hear a "click" sound from the hydraulic cylinder underneath the running deck. The treadmill is now folded.
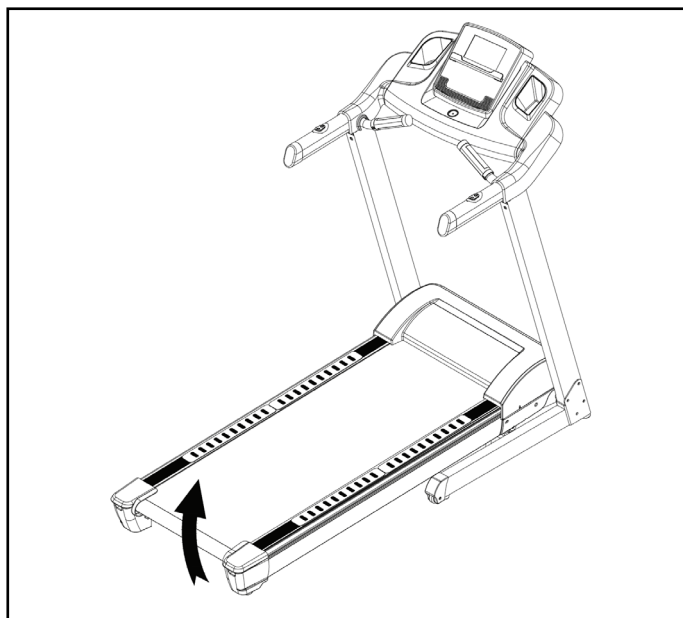
Unfolding your treadmill

To unfold it, push the top of the running deck forward slightly, and gently press on the sleeve of the cylinder with your foot. Then, supporting the deck, let the rear start to drop slowly towards the ground and it will lower back to the horizontal position.
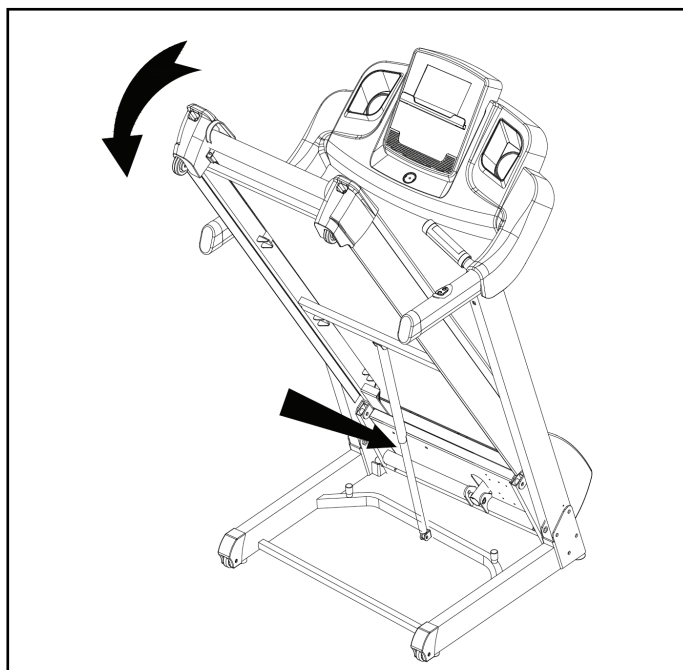
Console Operation Guide

Console Image

Configuring Your Treadmill

When you turn on the treadmill for the first time the initial display is the user profile setting. Using user profiles allows you to enter your personal data to get personalised feedback on your workout performance. The initial display will look like this:
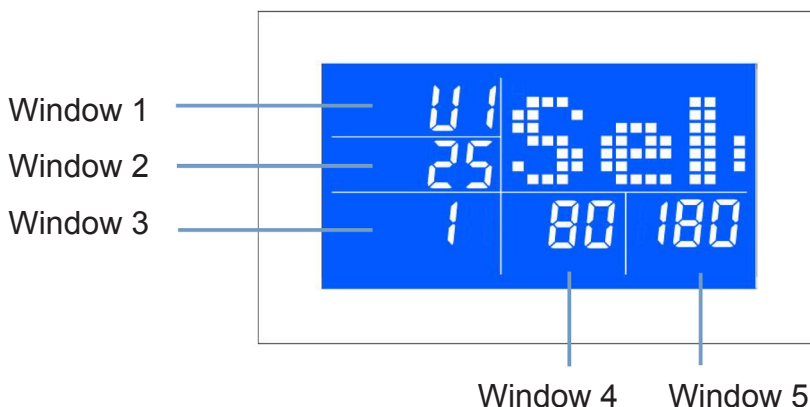
Window 1 displays the user code.

Window 2 displays the user age.

Window 3 displays the user gender.

Window 4 displays the user weight.

Window 5 displays the user height.
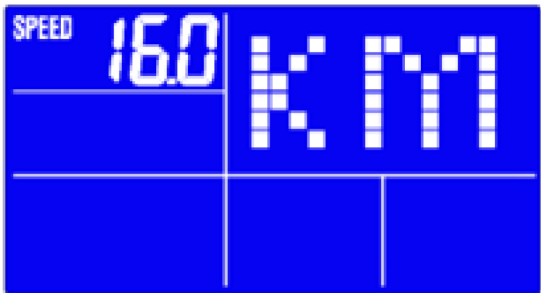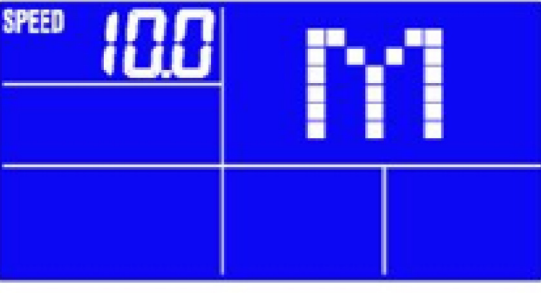
Press the MODE key to select a user profile and move to the next window. You can set age, gender, weight and height for each user profile. Press the SPEED or INCLINE +/- keys to adjust the values.

Below are the ranges for each parameter when setting up a user profile:

Parameters	Window default	Range	Note
User code	U1	U1-U2	
Age	25	10-99	Years old
Gender	1	1-2	1 for male, 2 for female
Weight	80	20-160	KG
Height	180	100-240	CM

Personalising The Units

To switch between metric and imperial measurements make sure the treadmill is in standby mode, then press the PROG button once. Remove the safety key. You'll hear the alarm and the window will show "OFF". Hold the PROG and MODE buttons until you see the following displays:

	When the window shows this display, the measurement system has successfully been switched from imperial to metric. Once confirmed, put the safety key back.
	When the window shows this display, the measurement system has successfully been switched from metric to imperial. Once confirmed, put the safety key back.

Safety Key

The treadmill has a safety key on the console and won't work if the key is not in place. Attach the key to both the console and yourself before starting to exercise. The console will display "OFF" when the safety key is removed. For your safety, if the key is removed whilst the belt is moving, it will stop quickly and a 3-beep alarm will sound. When the safety key is put back in position, the console will display all functions for 2 seconds and then reset all data to zero.

How To Use Your DKN Treadmill

Simply follow these steps to start using your treadmill:

STEP 1   Ensure the power is on.

STEP 2   Step onto the treadmill and stand with your feet on the side rails.

STEP 3   Ensure the safety key is attached to the console correctly and to you.

STEP 4   Press the START button. A countdown will appear and then the belt will start to move slowly.

STEP 5   Step onto the running belt.

STEP 6   Adjust the speed and incline via the console buttons, the quick keys or the handlebar buttons.

STEP 7   Press STOP to stop the treadmill at any time.

Controls

1. START/STOP

START – press the START button to start the belt moving. The treadmill will start at the lowest speed.

STOP – when exercising on the treadmill, press the STOP button once to pause your workout. The display will show "PAU", and the running belt will stop. When in pause mode, press START to continue the workout or press STOP to end your session. The display will show "END", all the values will be reset to zero and the treadmill will return to standby mode.

2. PROG

When the treadmill is in standby mode, press the PROG button to cycle through the available programs: MAN, P1 to P15, FAT, HRC1 to HRC3, U1 to U3.

3. MODE

Before starting your workout, press the MODE button to choose from the manual target modes. See page 15 for more information.

4. SPEED +/-

Use the +/- buttons to adjust the speed during your workout. Press once to increase or decrease by increments of 0.1 km/h. Press and hold for more than 2 seconds to alter the speed more quickly. The buttons are also used to adjust the values when setting profiles and programs.

5. QUICK SPEED

There are quick speed buttons labelled 4, 6, 8, 10, 12, 16 & 18. Use them to adjust the speed to the respective km/h with one touch during your workout.

6. INCLINE +/-

Use the +/- to adjust the incline during your workout. Press once to increase or decrease the incline by 1 level at a time. Press and hold for more than 2 seconds to alter the incline more quickly.

7. QUICK INCLINE

There are quick incline buttons labelled 0, 2, 4, 6, 8, 10 & 12. Use them to adjust the incline level to the respective value with one touch during your workout.

Handlebar Controls

The treadmill features controls on the handlebars for increasing and decreasing the speed and incline more conveniently as you are exercising. They function in the same way as the +/- buttons on the console.

Console Feedback Display Functions

PROGRAM

Displays the program you are doing.

SPEED

Displays your running speed.

TIME

Displays the cumulated workout time when in manual or the time countdown when in a selected mode or program.

DISTANCE

Displays the cumulated workout distance when in manual or the distance countdown when in a selected mode or program.

CALORIES

Displays the cumulated workout calories burnt when in manual or the calorie countdown when in a selected mode or program.

PULSE

Measure your heart rate either by holding the hand pulse sensors or by wearing a compatible chest strap. Your pulse will display when a heart rate signal is detected. If no heart rate signal is being received, it will display "P". **This data is for reference only and cannot be used for medical purposes.**

FEEDBACK DATA DISPLAY RANGES

Time:	0:00 – 99.59 (MIN)
Distance:	0.00 – 99.9 (KM)
Calories:	0.0 – 999 (C)
Speed:	0.8 -20.0 (km/h)
Pulse:	50 – 200 (BPM)
Incline:	0 – 12 sections

Workout Programs

The EzRun has 15 pre-set programs, 3 manual target programs, 3 HRC programs, 3 user programs and 1 body fat program. The 15 pre-set programs are featured on the console with their speed and incline profile displayed for quick selection. Further details about the profiles of the pre-set programs can be found in the program exercise chart, appendix 1 on page 25.

User-Defined Programs

There are 3 user-defined programs, U1, U2 and U3. Each user program has 16 sections. Use the "MODE" button to select the desired program. Use the SPEED +/- buttons to set the desired speed. The available setting range is from 0.8 km/h to 20 km/h. You can also use the quick speed buttons to set your speed. Then press "MODE" to set the value for the next section. Setting the incline works the same way and the available setting range is from 0 to 12 levels. When the value for the last section has been set, save the setting and exit the settings mode.

Heart Rate Control (HRC) Programs

The EzRun features a wireless heart rate receiver. To perform the HRC programs you need to wear a compatible wireless heart rate chest strap. The computer detects your heart rate from the strap and will control the speed and incline of the treadmill according to the maximum and minimum stated target heart rate.

Setting Up HRC Program

When the treadmill is in standby mode, press PROG to choose your HRC program. The window will display "30:00" minutes and flash. Press the SPEED +/- or INCLINE +/- buttons to adjust the time between 5 and 99 minutes.

Press MODE and then the window will display age "30" and flash. Press the SPEED +/- or INCLINE +/- buttons to set your age between 10 and 99 years old.

Press MODE again and the window will display the target heart rate and will flash. The target heart rate is calculated using the following formula:

HRC1 is (220-age) x 60%
HRC2 is (220-age) x 70%
HRC3 is (220-age) x 80%

Press the SPEED +/- or INCLINE +/- buttons to set the target heart rate if you wish to alter the value (the available setting range is: 50-200bpm). Press MODE again to go back to the time setting and press START to begin.

How HRC Works

Speed and incline will be controlled automatically by the treadmill to keep you working out at the set heart rate. You can override settings by pressing the SPEED +/- and INCLINE +/- buttons.

A. If "HR<THR-25", then every 30 seconds the SPEED will increase by 0.5 km/h automatically, up to the maximum.

B. If "THR-25<HR<THR-10", then every 30 seconds the INCLINE will increase by 1 level, up to the maximum.

C. If "THR+10>=HR>=THR-10", then the SPEED and INCLINE will stay the same.

D. If "THR+10<HR<THR+25", then every 30 seconds the INCLINE will decrease by 1 level, down to the minimum.

E. If "HR>THR+25", then every 30 seconds the SPEED will decrease by 0.5 km/h automatically, down to the minimum.

Manual Target Programs

There are 3 manual target modes, H-1, H-2 and H-3. H-1 is a target time mode. H-2 is a target distance mode. H-3 is a target calories mode. Press the SPEED +/- buttons to adjust the values for the workout. After that, press the "START" button to begin your workout. The treadmill will countdown from the target you set.

The initial target time setting is 30:00 min.
The setting range is 00-99 min in increments of 1:00 min
The initial target calorie setting is 50cal.
The setting range is 10-990 cal in increments of 10 cal.
The initial target distance setting is 1.0km.
The setting range is 0.5-99.9 km in increments of 0.1 km

The lowest speed for manual mode is 0.8 km/h, and the highest speed is 20.0 km/h. The lowest incline for manual mode is 0, and the highest incline is 12.

When the countdown mode is finished, "END" will appear on the screen and a warning sound will occur for 0.5 seconds every 2 seconds until the treadmill comes to a complete stop.

Body Fat Index Test

When the treadmill is in default mode, press the PROG button repeatedly to reach the body fat test. The window will display "FAT" and then "F5". Simply place both hands on the hand pulse sensors until the window displays your body fat index. The program will produce your results based on the user profile being used.

If you want to adjust the user profile, just press the MODE key to enter your Gender (F1), Age (F2), Height (F3) and Weight (F4) information. Press the SPEED +/- buttons to adjust the values. After you've completed the last adjustment the window will display F5 and you can begin the test.

Interpreting The Body Fat Index Table

The body fat index is used to determine the relationship between height and weight. The ideal reading should be between 20-25.

19 or lower	Under Weight
20 – 25	Normal Weight
26 – 29	Over Weight
30 or higher	Obese

(The data provided is just for reference and cannot be used for medical purposes)

Bluetooth App Function

Turn on the Bluetooth function on the treadmill by pressing the button when it is in standby mode. The Bluetooth icon on the console will start to flash. When Bluetooth is connected successfully with your tablet or smartphone, the Bluetooth icon will stop flashing and the light will stay on.

Check the DKN website for more information about which apps and devices the EzRun is compatible with. Download the app, open it on your device and follow the steps to set it up. Press START to start the treadmill and begin your workout. If you turn the Bluetooth off or if signal is lost, the treadmill will slow down and the console will display all functions as zero.

Beginner's Guide To Exercise

The following guidelines will help you to plan your workout program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

Warning

Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

Why Exercise?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain a stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

Before You Start

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so, particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- You are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

Target Heart Rate

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself, stop, rest and when you feel recovered, return to exercise at a lower intensity.

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

Workout Tips

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and intensity gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

How To Begin

- Start with two or three 15-minute sessions per week with a rest day between workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- Increase the pace to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each workout with a 5-minute cool-down at a lower intensity. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

How Hard Should You Work?

When exercising, you should try to stay within your target heart rate (THR) zone. The table on this page will tell you the THR for your age. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

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Stretching Guide

Tips For Stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.

- Always warm up the body before stretching as this increases blood flow around the body, creating warmth which makes the muscles suppler.

- Start with your legs, and steadily work up the body.

- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.

- Do not stretch until it hurts. If there's any pain, ease off.

- Don't bounce. Stretching should be gradual and relaxed.

- Don't hold your breath during a stretch.

- Stretch after exercising to prevent muscles from tightening up.

- Stretch at least three times a week to maintain flexibility.

Warm-Up And Cool-Down

A successful cardio-vascular exercise program consists of a full-body 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 minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

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. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

DO NOT BOUNCE OR OVER-STRETCH. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.

Side Stretch
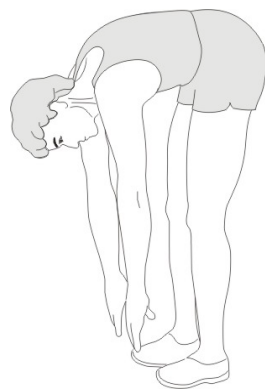
Toe Touch

Inner Thigh Stretch

Calf-Achilles Stretch

Hamstring Stretch

Always remember 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, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

Treadmill Maintenance Instructions

WARNING!
Always unplug the treadmill from the electrical outlet and leave it for a minimum of 5 minutes before cleaning it or doing any maintenance, including removing the motor cover.

Cleaning

Cleaning this treadmill will greatly prolong its life. Keep the treadmill clean by dusting it regularly and making sure your shoes are clean when using it. Be sure to clean the exposed part of the deck on either side of the running belt and also the side rails. This reduces the build-up of dirt and dust underneath the running belt. The top of the belt can be cleaned with a wet soapy cloth. Be careful to keep liquid away from mechanical and electrical parts including the motor and under the belt. At least once a year remove the motor cover and vacuum under it.

Lubrication

This treadmill's running belt and deck are equipped with a pre-lubricated, low-maintenance deck system. The belt/deck friction plays a major role in the function and life of your treadmill, thus it requires periodic lubrication. We also recommend a periodic inspection of the deck.

We recommend lubricating the deck according to the following timetable:

Light use (less than 3 hours per week):
    Every 60 days
Medium use (3-5 hours per week):
    Every 45 days
Heavy use (more than 5 hours per week):
    Every 30 days
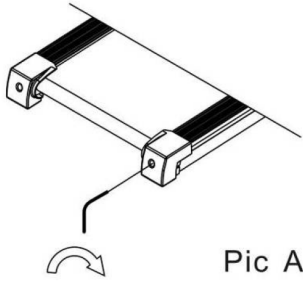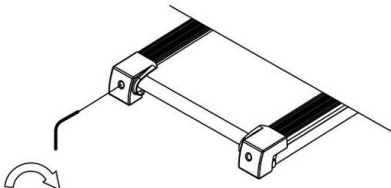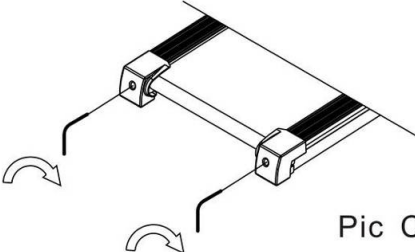
We suggest buying lubricating oil from a local distributor or by contacting us.
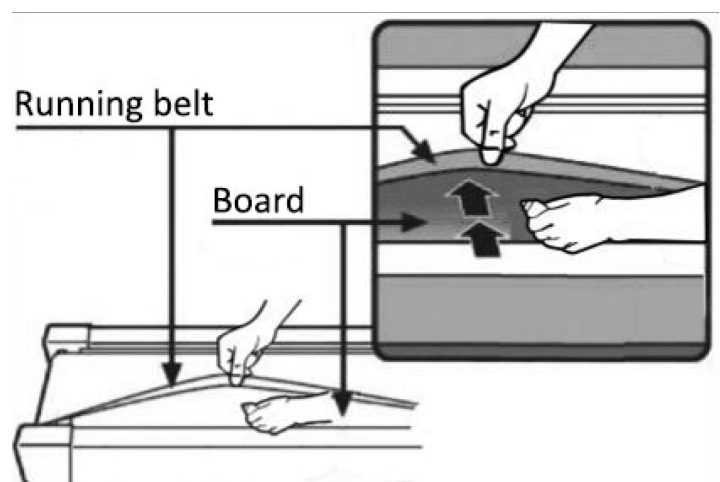
Belt Adjustment

Place the treadmill on a level surface. Turn the treadmill on at a speed of 6-8 km/h. Observe in which direction the running belt is deviating. Before adjusting the belt make sure you turn the treadmill off, remove the safety key and unplug the power cord.

Pic A	If the belt has drifted to the right, unplug the safety key and the power cord and turn the right adjusting bolt a 1/4 turn clockwise. Then insert the power cord and the safety key, turn the treadmill on and set it to run at 8 km/h, watch to see where the belt position moves to. Repeat above steps until the running belt is positioned in the middle.
Pic B	If the belt has drifted to the left, unplug the safety key and the power cord, and turn the left adjusting bolt a 1/4 turn clockwise, then insert the power cord and the safety key, turn the treadmill on and set it to run at 8 km/h, watch to see where the belt position moves to. Repeat above steps until the running belt is positioned in the middle.
Pic C	The treadmill belt will gradually lose tension after a period of time of use. If the belt starts to slip then unplug the safety key and the power cord. Turn the two adjusting bolts a 1/4 turn clockwise, and insert the safety key and power cord. Then start the treadmill and test to confirm if the belt no longer slips. Repeat the above steps until the belt is moderately tight and does not slip.

Technical Parameters

Input supply voltage : 220V	Working temperature: 0-40 ℃
Speed range: 0.8-20KM/H	Incline range: 12 levels of Motor incline
Max. user weight: 130kg	Distance display range: 0.00-99.9km
Calories display range: 000-999	Time display range: 00：00-99：59 (min : sec)
Heart rate range: 50-200 (time / min)	Running surface: 520*1400mm
Product size: 1830*830*1460mm	Folding size: 1130*830*1610mm

Customer Support

Should you require any assistance regarding this product, we are here to help. Please gather the following information and then contact us using the details on this page:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect

In the case of an issue with the electrics, the EzRun provides error codes on the console. Please note the code your machine displays so we can help with diagnosing and resolving the issue.

Important

Please retain your sales receipt as DKN Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase. Further warranty information can be found on the next page.

The best way to contact us is via the website:
www.dkn-uk.com/contact-us

DKN UK
94 Cleveland Street
London
W1T 6NW

Email: support@dkn-uk.com

Manufacturer's Warranty

DKN warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 12 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with DKN. To qualify for this, please complete the warranty registration form on the DKN website at www.dkn-uk.com Full details of warranty extensions and the DKN Manufacturer's Warranty are available online at www.dkn-uk.com

Terms

This warranty extends only to the original purchaser and is not transferable. The warranty does not cover:

1. Normal wear and tear
2. Any changes to upgrade this product from its normal state or use other than as described in the user manual
3. Damage resulting from:
   a) Transport
   b) Abuse, misuse, failure to follow instructions or improper or abnormal use
   c) Non-home use - including commercial, professional, or rental purposes
   d) Repairs not provided by DKN
   e) Accidents, lightning, water, fire, or any other causes beyond the control of DKN
   f) Improper location including, but not limited to, humid, dusty, or outdoor environments.

DKN is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a DKN authorised repair centre.

This warranty is in addition to and does not in any way affect your statutory rights.

Appendix 1: Program Exercise Chart

There are 15 pre-set programs and each has 16 sections. The overall time of the workout is divided equally among each section. E.g. If the workout time is set to 16 minutes, then each section is 1 minute.

P1	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	7	10	9.5	9.5	10.5	10.5	8.5	8.5	10.5	10.5	9.5	9	9	9	9	7
	Incline	0	0	2	2	4	4	6	4	6	4	4	2	2	2	2	0
P2	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	10	13	12.5	12	11.5	11	10	9	8	9	10	11	11.5	12	12.5	13
	Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P3	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	8	9	10	10	9	7	8.5	9.5	9.5	8	5	8	9	9	8	6
	Incline	0	2	4	4	2	0	3	5	5	3	0	4	6	6	4	0
P4	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	8	10.5	10.5	12	12	12	8.5	11	11	6	12	10	10	7	12.5	9
	Incline	0	2	2	0	0	0	5	4	4	7	1	3	3	6	0	0
P5	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	4	6	6	8	8	8	8	8	8	8	8	8	6	6	4	4
	Incline	0	2	4	6	6	8	8	6	8	8	6	4	4	4	2	0
P6	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	4	4	8	4	8	4	10	4	8	4	12	4	10	4	12	4
	Incline	0	2	4	2	4	2	6	2	4	2	6	2	4	2	6	0
P7	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	8	8	8	9	9	8	10	11	10	8	10	10	9	11	11	6
	Incline	0	2	4	2	2	4	2	0	2	4	2	2	4	2	2	0
P8	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	9	12	12.5	12	11	11.5	11	10	10.5	10	9	9.5	9	12	11	10
	Incline	0	0	0	0	4	4	4	6	6	6	8	8	8	0	0	0
P9	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	6.5	7	6.5	7.5	6.5	6.5	6	6	6.5	7	6	6	6.5	7	6.5	6.5
	Incline	0	0	2	0	2	2	4	4	2	0	4	4	2	0	2	0
P10	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	6.5	7	7	7	7	6.5	6.5	6	6	7	7.5	7	7	6.5	6.5	6
	Incline	0	3	4	7	8	9	10	11	12	5	3	5	7	9	10	0
P11	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	10	10	10	11.5	10.5	10.5	9	11	12	8	12	11	8	12.5	10.5	8
	Incline	0	2	2	0	2	2	0	2	2	0	2	2	0	2	2	0
P12	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (kph)	4	6	8	8.5	8.5	8.5	9	8.5	7.5	7.5	7.5	7.5	6	6	5	5
	Incline	3	3	4	4	5	6	6	7	8	9	10	10	5	5	0	0
P13	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (km/h)	5	6	9	9	8	7	7	6	6	7	7	8	9	9	6	5
	Incline	0	4	5	6	7	8	9	10	10	9	8	7	6	5	4	0
P14	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (km/h)	5	7	10	7	11	7	12	12	10	6	11	7	10	7	6.5	5
	Incline	0	0	4	2	4	2	3	2	2	0	4	2	4	2	1	0
P15	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Speed (km/h)	3	4	6	6	6	7	7	7	4	4	7	7	4	6	6	3
	Incline	0	0	2	2	0	0	2	2	0	0	2	2	0	2	0	0
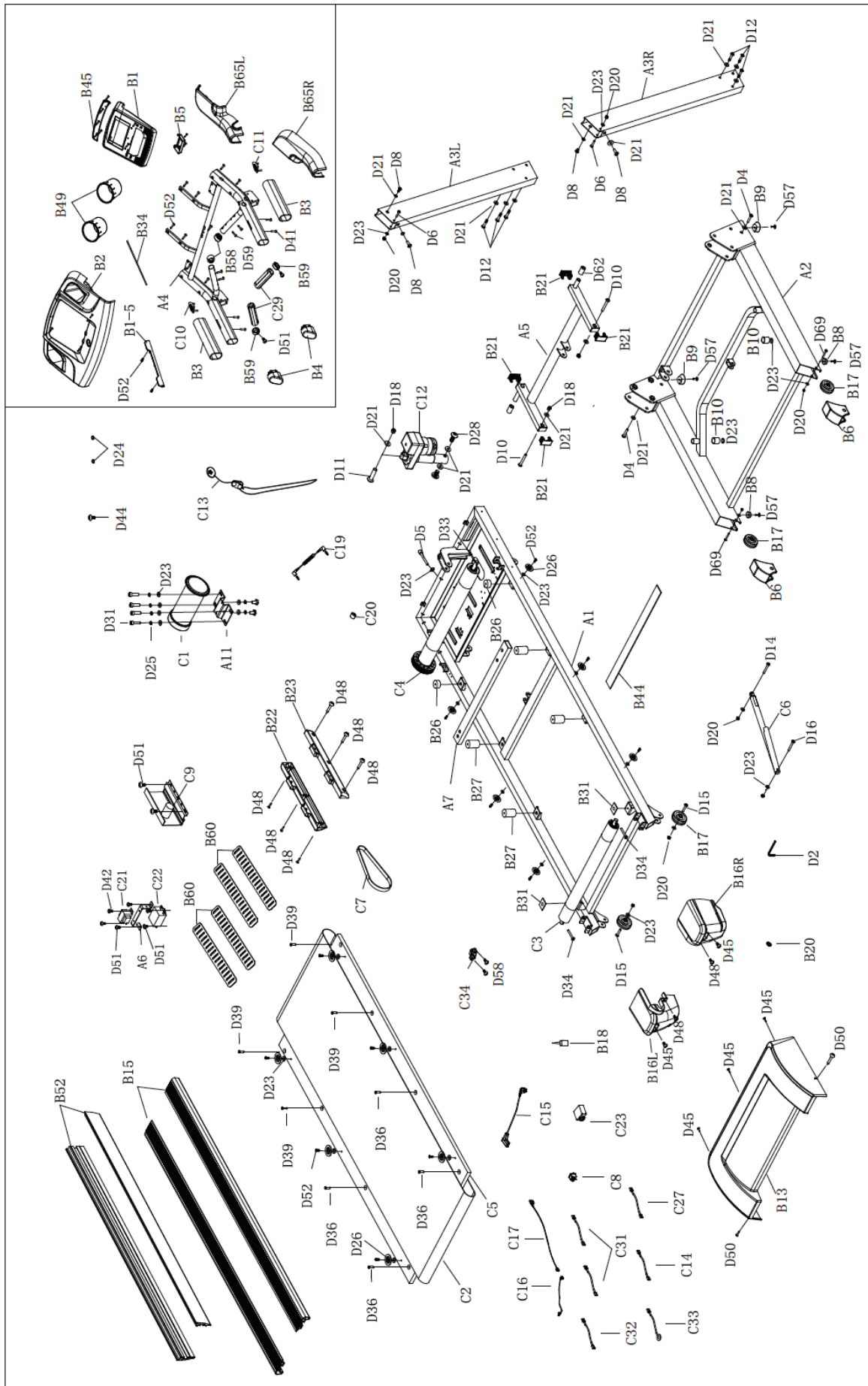
Appendix 3: Parts List

	A. Welding parts					
No.	Description	Qty		No.	Description	Qty
A1	Main frame	1		A5	Incline bracket	1
A2	Base frame	1		A6	Filter bracket	1
A3L	Left upright	1		A7	Running deck support tube	1
A3R	Right upright	1		A11	Motor bracket	1
A4	Handrail	1				1

	B. Plastic parts					
No.	Description	Qty		No.	Description	Qty
B1	Console set	1		B18	Silicon oil	1
B1-1	Overlay	1		B20	Round plug	1
B1-2	Membrane key	1		B21	Squared shape plug	4
B1-3	Console housing	1		B22	Motor left side cover	1
B1-5	Tablet holder	1		B23	Motor right side cover	1
B2	Console cover	1		B26	Deck cushion	2
B3	Protecting foam	2		B27	New cushion	4
B4	Handrail plug	2		B31	Rubber pad	2
B5	Console back cover	1		B34	EVA pad(for tablet holder)	1
B6	Transporting wheel cover	2		B44	EVA pad	1
B8	Flat foot pad	2		B45	Console housing back cover	1
B9	U shaped foot pad	2		B49	Bottle holder	2
B10	Limited cushion	2		B52	Side rail cover	2
B13	Motor upper cover	1		B58	Handle bar cover	2
B15	Side rail	2		B59	Handle bar plug cover	2
B16L	Left end cap	1		B60	Anti-slippery pad	2
B16R	Right end cap	1		B65L	Console left side cover	1
B17	Adjusting wheel	4		B65R	Console right side cover	1

	C. Electronic parts					
No.	Description	Qty		No.	Description	Qty
C1	DC Motor	1		C15	Power cable	1
C2	Running belt	1		C16	Upper wire	1
C3	Rear roller	1		C17	Lower wire	1
C4	Front roller	1		C20	Magnetic ring	1
C5	Running board	1		C21	Induction	1
C6	Cylinder	1		C22	Filter	1
C7	Motor belt	1		C23	Overload protector	1
C8	Power switch	1		C27	Single cord(black)	1
C9	Controller	1		C29	Hand pulse	2
C10	Left quick button	1		C31	Single cord(red)	2
C11	Right quick button	1		C32	Single cord(black)	1

No.	Description	Qty		No.	Description	Qty
C12	Incline motor	1		C33	Single ground cord	1
C13	Safety key	1		C34	3-pin power plug	1
C14	Single cord(red)	1				
	D. Hardware parts					
No.	Description	Qty		No.	Description	Qty
D2	Allen wrench T6	1		D31	Hex round head bolt M8X20	4
D4	Round hex bolt M10X65	2		D33	Hex round head bolt M8X55	1
D5	Round hex bolt M8X100	1		D34	Hex round head bolt M8X60	2
D6	Round hex bolt M8X50	2		D36	Cross head bolt M6X25	4
D8	Round hex bolt M10X15	4		D39	Cross head bolt M6X40	4
D10	Round hex bolt M10X45	2		D41	Cross self-tapping bolt 4.2X70	4
D11	Round hex bolt M10X50	1		D42	Cross head bolt M4X10 washer	2
D12	Round hex bolt M10X55	6		D44	Cross head bolt M5X12 washer	1
D14	Round hex bolt M8X30	1		D45	Cross head bolt M5X15 washer	5
D15	Round hex bolt M8X40	2		D48	Cross self-tapping bolt ST4.2X19 washer	8
D16	Round hex bolt M8X45	1		D50	Cross self-tapping bolt ST4.2X25 washer	2
D18	Nylon nut M10	3		D51	Cross head bolt M5X8	8
D20	Nylon nut M8	8		D52	Cross self-tapping bolt ST4.2X16	30
D21	Flat washer M10	17		D57	Cross self-tapping bolt ST4.2X25	4
D23	Flat washer M8	27		D58	Cross self-tapping bolt ST3.5X16	2
D24	Spring washer M5	2		D59	Cross self-tapping bolt ST2.9X19	4
D25	Spring washer M8	4		D62	Incline sleeve	2
D26	Arc washer	12		D69	Round hex bolt M8X55	2
D28	Hex round head bolt M10X20	2				