



# DKN Smart Power Machine App Manual

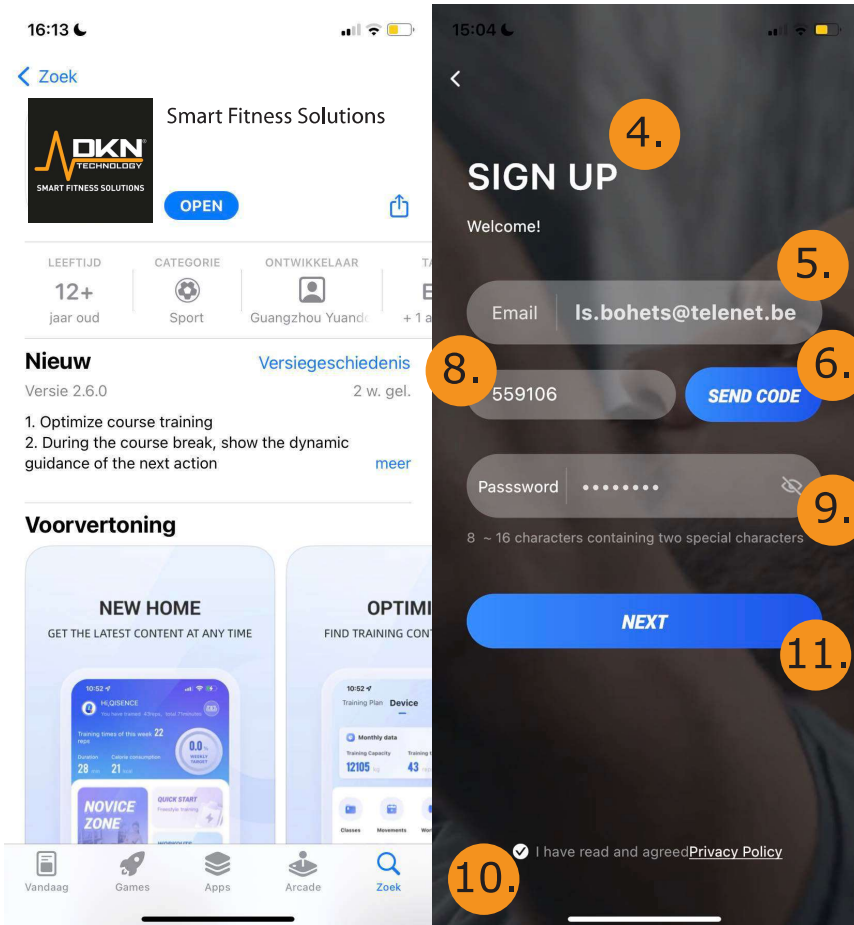


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## Congratulations on your DKN Smart Power Machine

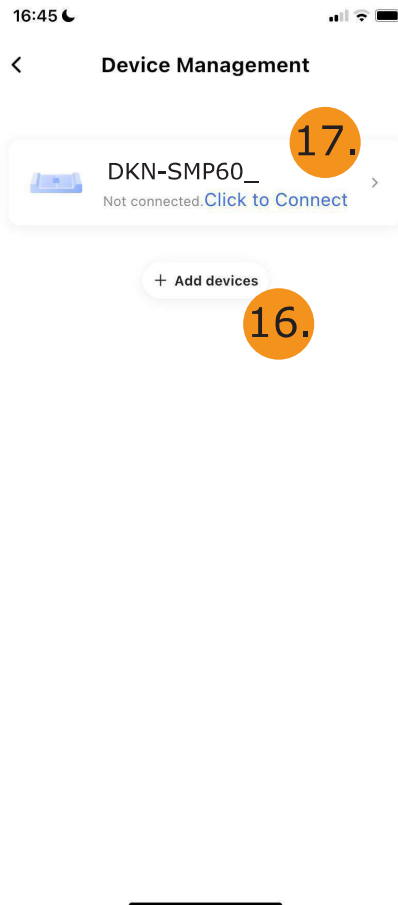
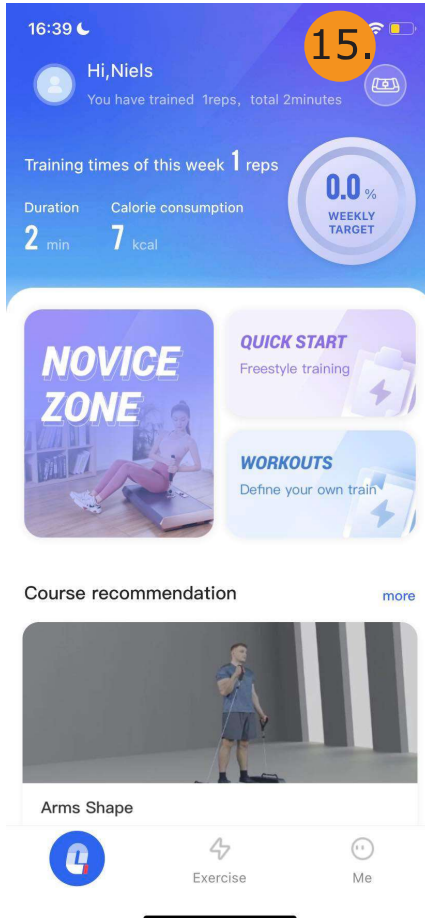
# User Manual DKN Smart Power Machine

## Start



1. Download the DKN Smart Fitness Solutions app from the App Store or the Google Play Store.
2. Check Agree Privacy.
3. Swipe right >> ENTER APP.
4. Press SIGN UP. (see screenshot)
5. Enter your Email address.
6. Press SEND CODE.
7. Check your e-mail for a verification code. (possibly in spam)
8. Enter this code.
9. Create a password.
10. Click below to agree the Privacy Policy.
11. Press NEXT.
12. Select your gender and enter your date of birth.
13. Enter your height and weight.
14. Create a username.

# Start up your DKN Smart Power Machine and connect your app to the DKN Smart Power Machine



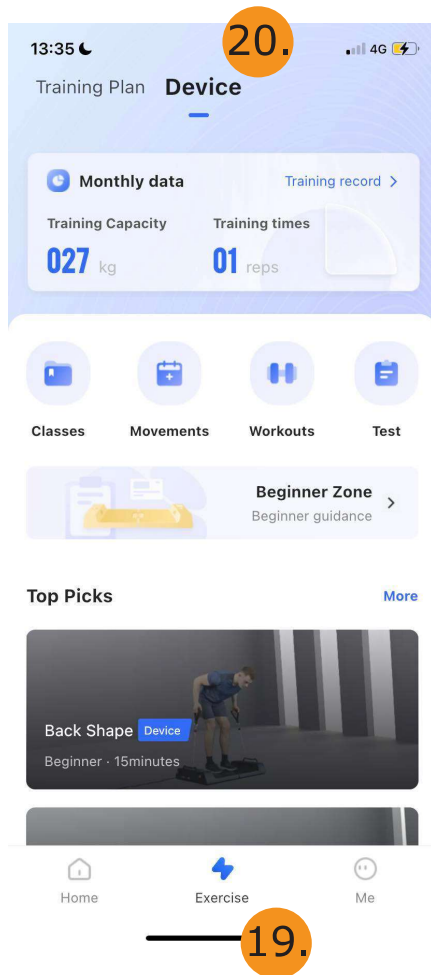
15. Connect from the app, press the icon at the very top right. (see screenshot)

16. Press +Add devices. (see screenshot)

17. Click DKN-SPM60 (DKN Smart Power Machine), upon connection you will hear a sound. (make sure the Smart Power Machine is on)

18. Press GET STARTED.

# You are now in the App and ready to programme or start your workouts.



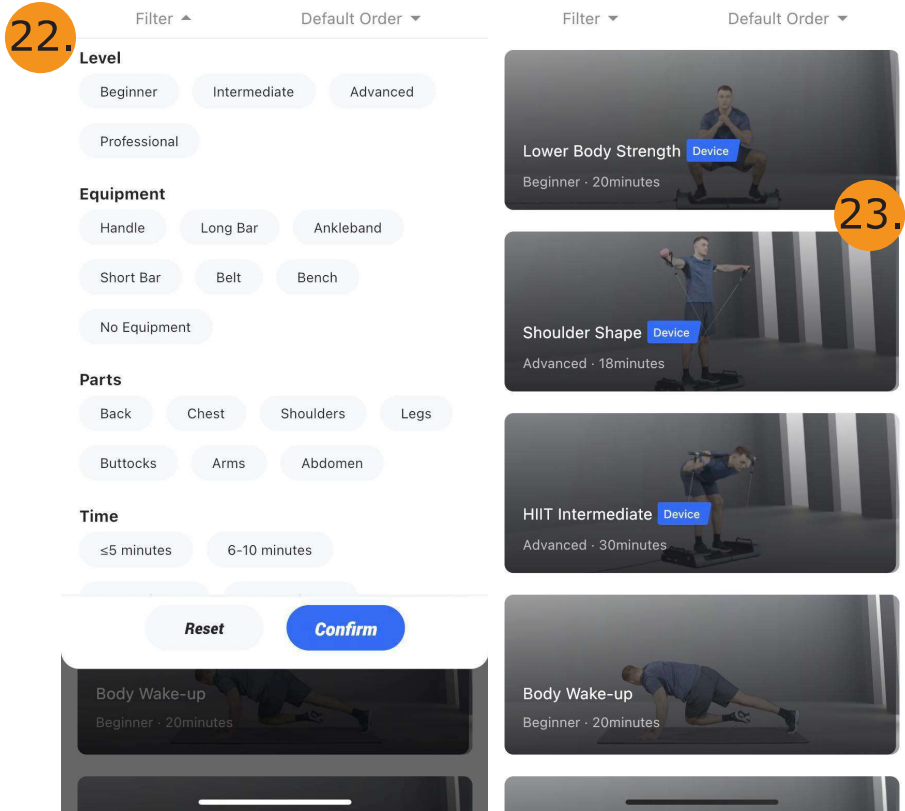
19. At the bottom, press Exercise.

20. Press Device at the top.

You now see Classes – Movements – Workouts - Test  
(See screenshot)

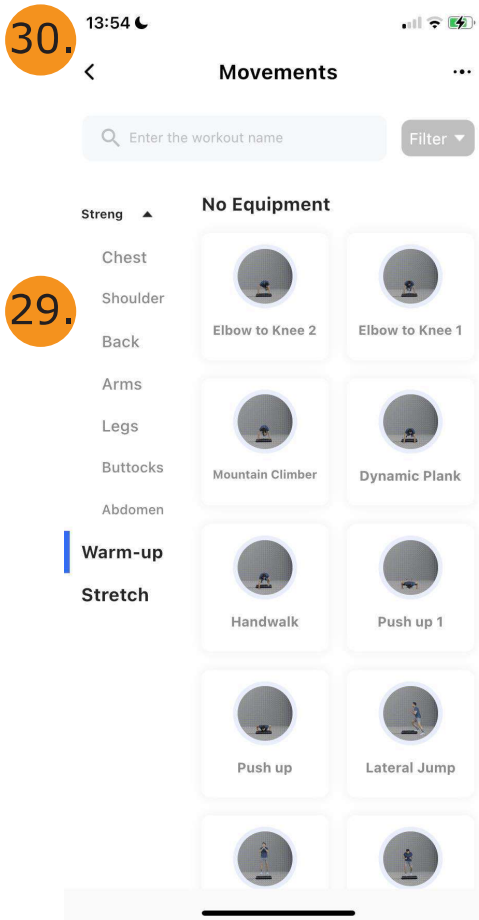


# Classes



21. Press Classes.  
Here you will find composed training plans that you can filter according to your needs.
22. Press Filter and then select the level, equipment, parts, time and press Confirm. (see screenshot on the left)
23. Choose a class of your choice. (see screenshot)
24. Press Start training.
25. At the top on the right, there is the option to adjust the volume, landscape and exposure of your mobile phone.
26. Press your screen to pause the video.
27. Press the red button to end the class or press the white (play) button to continue playing the video.

# Movements

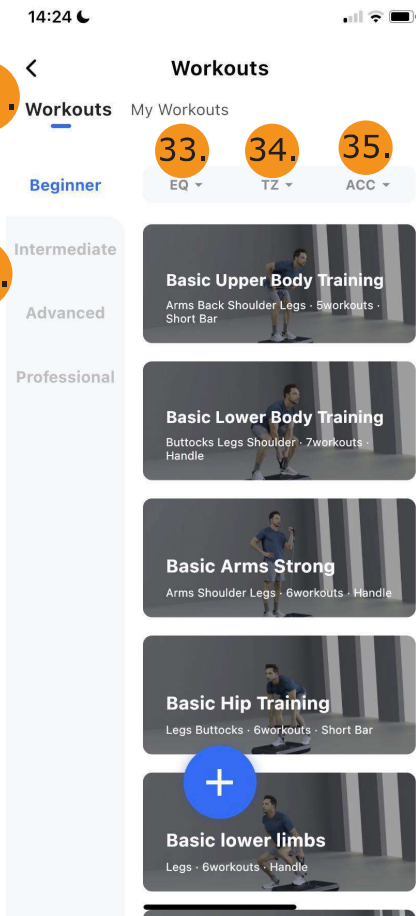


30. Press Movements.  
Here you will find different exercises for the various body parts you can train with the device.

29. Select the body parts with the filter on the left and choose your preferred exercises. (see screenshot)

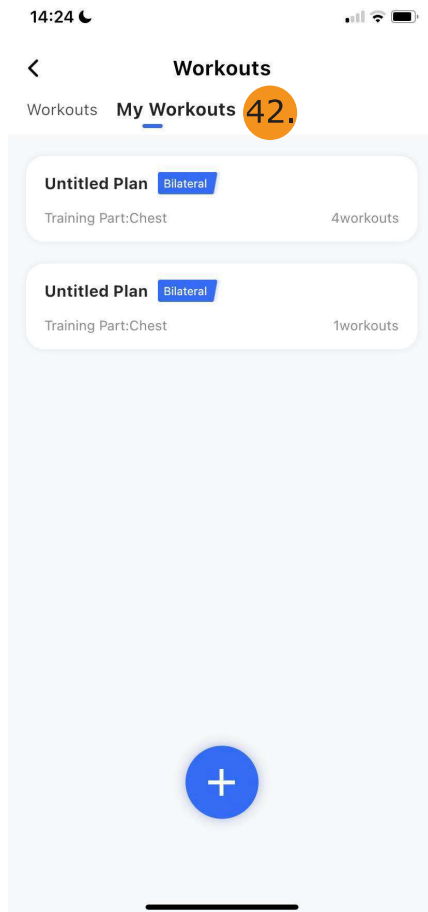
30. Press the arrow at the top left to go back.

# Workouts



31. Press Workouts.  
Here you will find pre-programmed workouts.
32. Select your level. (beginner, intermediate, advanced or professional)
33. Choose either unilateral or bilateral by EQ.
34. By TZ, choose your preferred body parts you want to train.
35. By ACC, choose any accessories you want to use in the workout.
36. Press start training.
37. Confirm the weight, adjust if necessary.
38. At the bottom left, you can move to the next exercise.
39. To exit the workout, press exit training.
40. Press END.

# My Workouts



41. Press Workouts.

42. Press My Workouts.

Here you can save your own composed workout or select a previous created workout.

43. If you want to create your own new workout, press the blue plus sign, otherwise you can also select a previously created workout. (see screenshot)

44. If you pressed the blue plus, press Set a new plan. If you pressed free training, go to step 49.

45. Select exercises of your choice.

46. Press FINISHED.

47. Choose a name for this workout and press confirm.

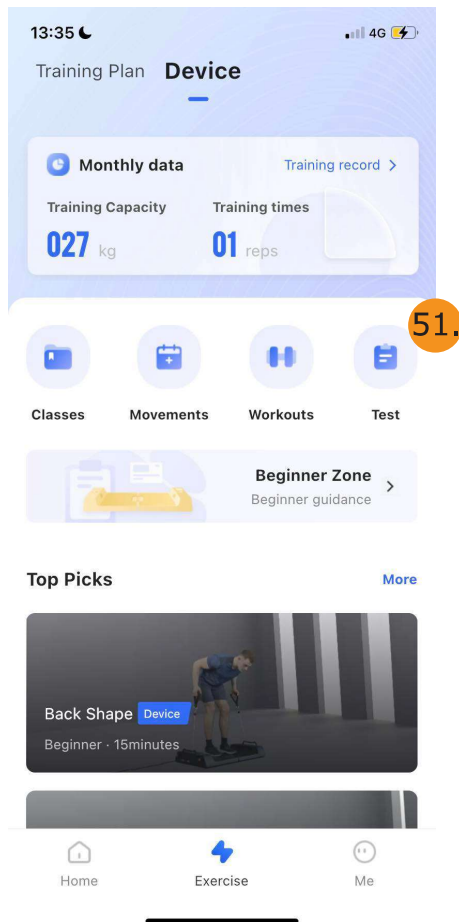
48. Press Start training.

49. If you chose Free training, choose a mode.

50. Press start.

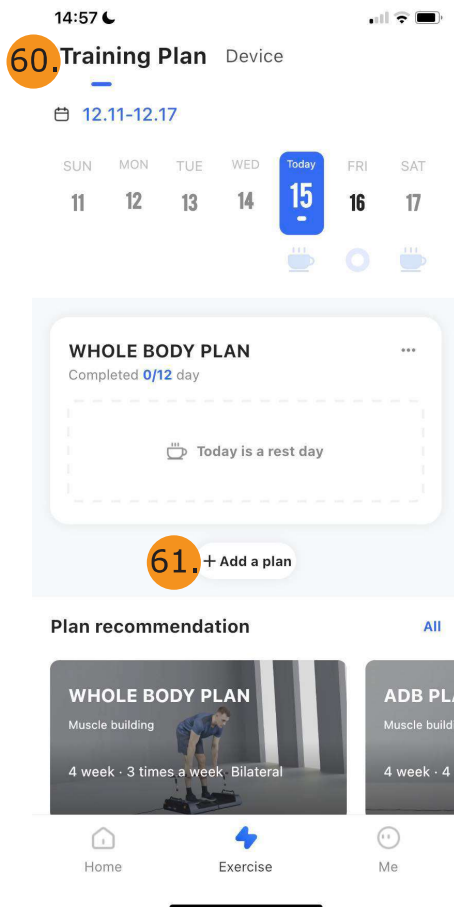


# Test



51. Press Test.  
Here you can set the weight for the different exercises, taking into account your actual training status. This is only a reference, first increase the number of repetitions before increasing the weight!
52. Press Enter the test.
53. Choose a workout(s).
54. Press Start testing.
55. Select the weight and confirm the correct number of kg.
56. If done testing, press FINISHED.
57. You can now view your results.
58. Press COMPLETE TESTING.
59. Press END TEST.

# Training Plan



60. Press Training Plan at the top.

Here you can programme your schedule for the following days, weeks or months.

61. Press Add a plan.

62. Select a workout.

63. Press Start to customize.

64. Press NEXT.

65. Select a date and days.

66. Press Generate a plan.

67. Please wait, you will now return to the screen to select workouts.

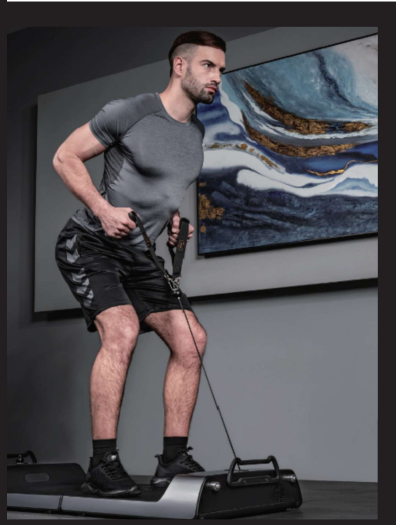
68. Press the arrow at the top left to go back.

69. At the top of the screen is a calendar where you can now find the workouts you just scheduled.

## Power-saving standby mode

To save energy, the Smart Power Machine spontaneously shuts down after 5 minutes, to reactivate, press start/stop button and then press the M button for about 3 seconds.





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