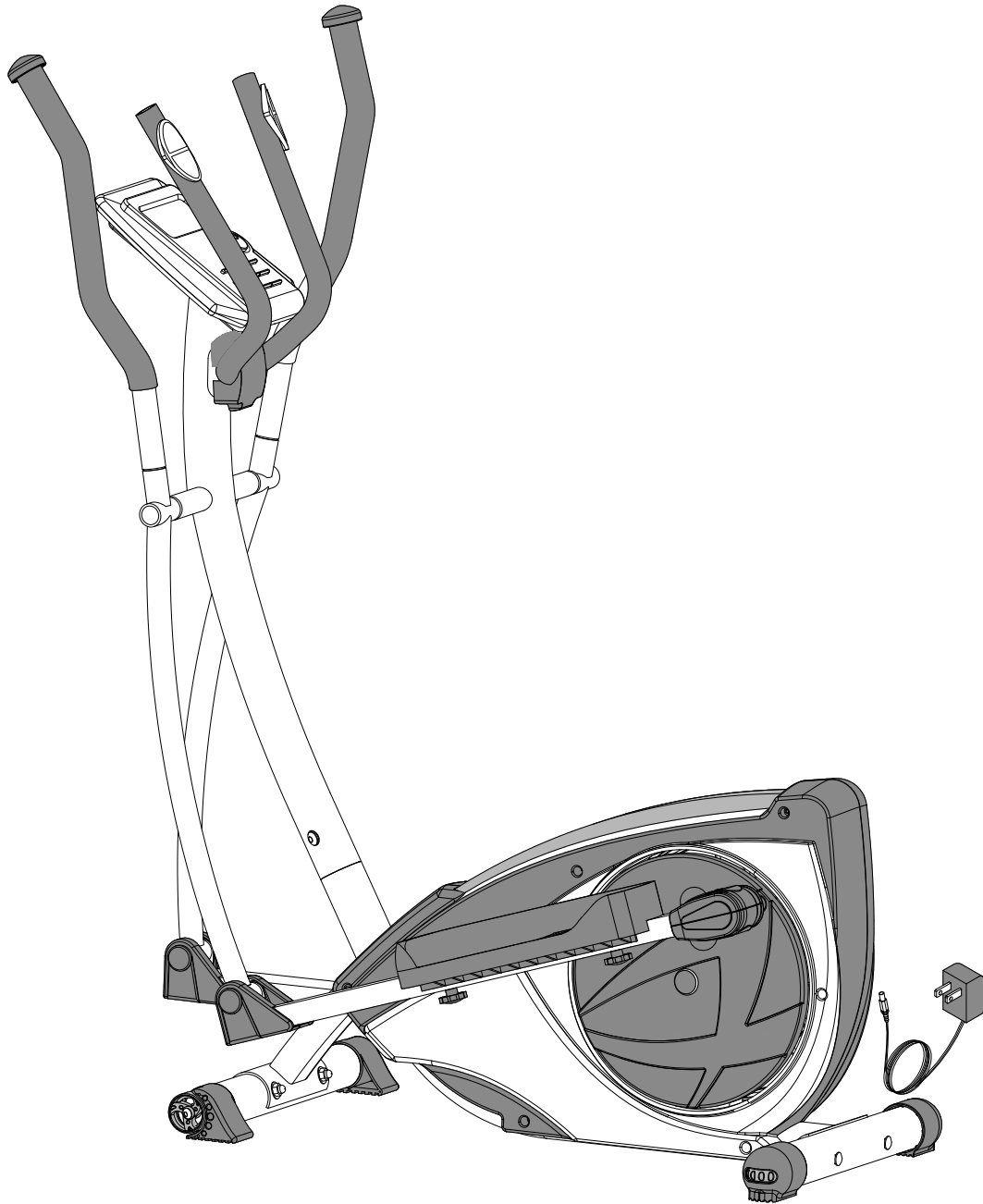


USER MANUAL

ERGOMETER ELLIPTICAL BIKE KH-706A2



1. Safety Instructions

- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

3. Important Notes

Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.

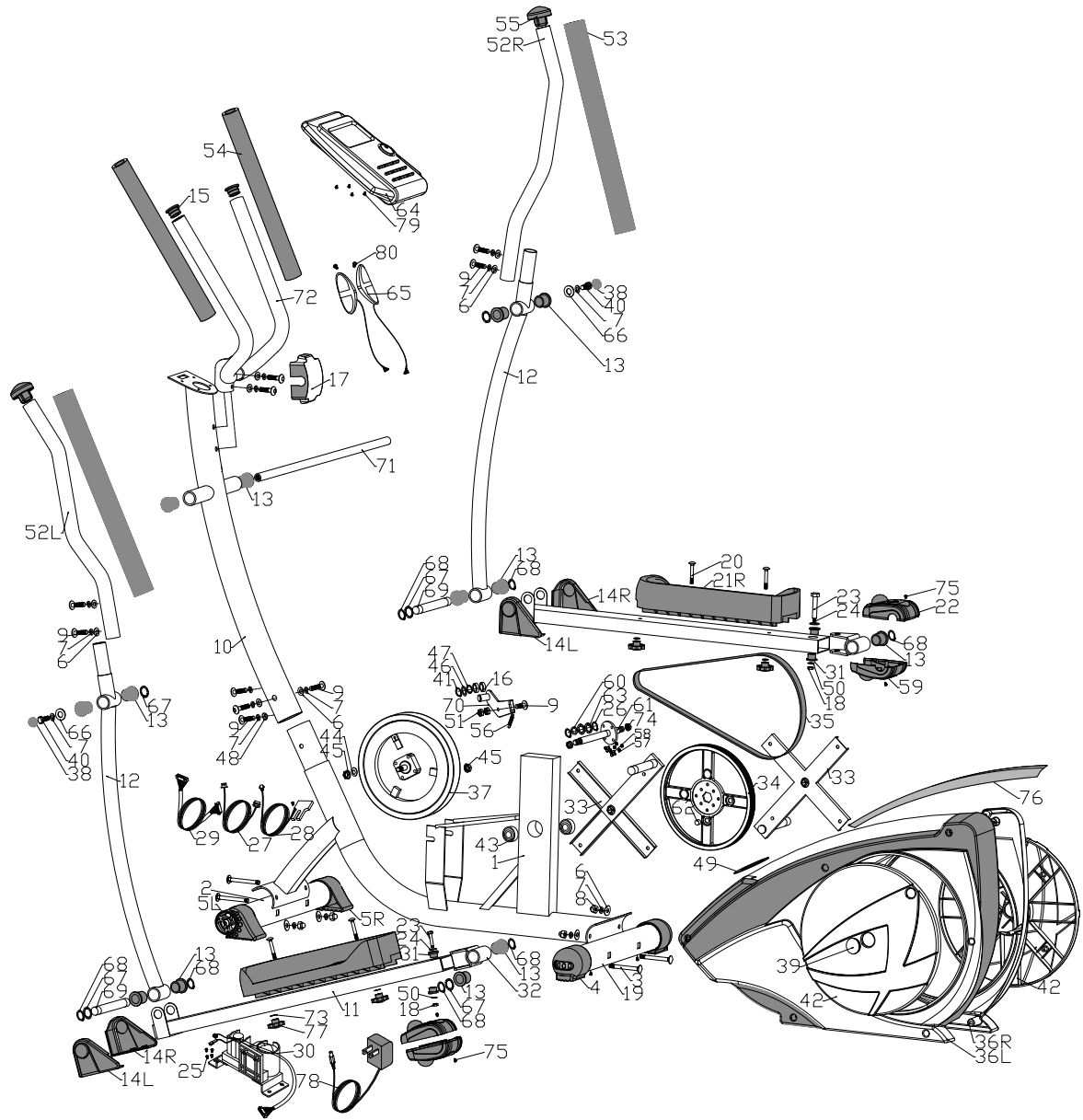
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exerciser.
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

3. Part List

Part No.	Description	Q'ty
1	Main frame	1
2	Front stabilizer	1
3	Square neck bolt M8*75L	4
4	Rear foot cap	2
5L	Left front foot cap	1
5R	Right front foot cap	1
6	Curved washer	12
7	Spring washer D15.4*D8.2*2T	16
8	Domed nut M8*15L	4
9	Bolt M8*20L	10
10	Handlebar post	1
11	Pedal supporting tube	2
12	Movable handlebar support	2
13	Bushing D19.15*(D25.6*32)*L(17+3)	14
14(L+R)	Cover for pedal	2+2
15	Round plastic cap D1'*17L	2
16	Ball bearing	2
17	Cover for handlebar	1
18	Nylon nut M10	2
19	Rear stabilizer	1
20	Square neck screw M6X45L	4
21(L&R)	Pedal	1+1
22	Upper cover for universal axle	2
23	Bolt M10*58L	2
24	Flat washer D24*D13.5*2.5T	2
25	Screw M5*10L	5
26	C-shape ring S-17(1T)	2
27	Electric cable	1
28	Sensor cable	1
29	Upper computer cable	1
30	Motor	1
31	Bushing D29*D11.9*9T	4
32	Universal joint	2
33	Crank	2
34	Belt wheel	1
35	Belt	1
36(L&R)	Upper chain cover	1+1
37	Magnetic system	1
38	Bolt cap M8	2
39	Side cover	2
40	Bolt M8*25L	2
41	C-clip S-16(1T)	1
42	Round cover	2
43	Bearing	2

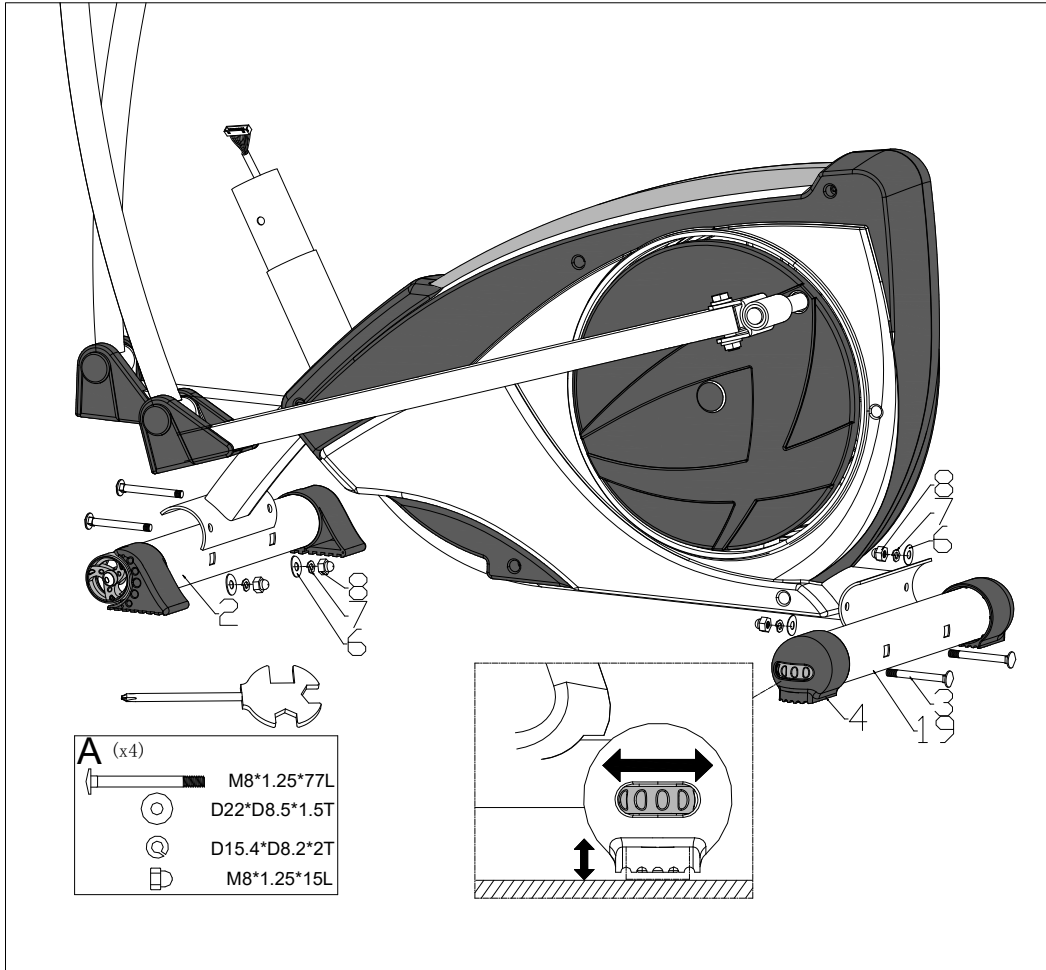
44	Flat washer D22*D11*2T	1
45	Anti-loose nut 3/8*26UNF*6.5T	2
46	Flat washer D24*D16*1.5T*	1
47	Sea washer D21*D16.2*0.3T	1
48	Taper washer	2
49	Gasket for chain cover	1
50	Flat washer D20*D11*2T	2
51	Nylon nut M8	2
52(L&R)	Handlebar	1+1
53	foam for handlebar	2
54	Foam for fixed handlebar	2
55	Mushroom-head cap	2
56	Spring	1
57	Nylon nut M6	4
58	Screw M6*15L	4
59	Lower cover for universal axle	2
60	Flat washer D23*D117.2*1.5T	1
61	Crank axle	1
62	Magnet	1
63	SeawasherD17*D22*0.3T	2
64	Computer SM3123-16	1
65	Hand on pulse	2
66	Flat washer D25*D8.5*2T	2
67	Sea washer D26*D19.5*0.3T	8
68	C-shape ring D21.5*D17.5*1.2T	8
69	Front pedal axle	2
70	Fixing plate for idle wheel	1
71	Axle D19*374.5	1
72	Fixed handlebar	1
73	Flat washer D14*D6.5*0.8T	4
74	Anti-loose nut	2
75	Screw ST4*20	4
76	Upper cover	1
77	Knob	4
78	Adaptor	1
79	Screw for computer M5*10L	4
80	Screw for handpulse ST4*20L	2

4. Exploded Drawing



5. Assembly Instruction

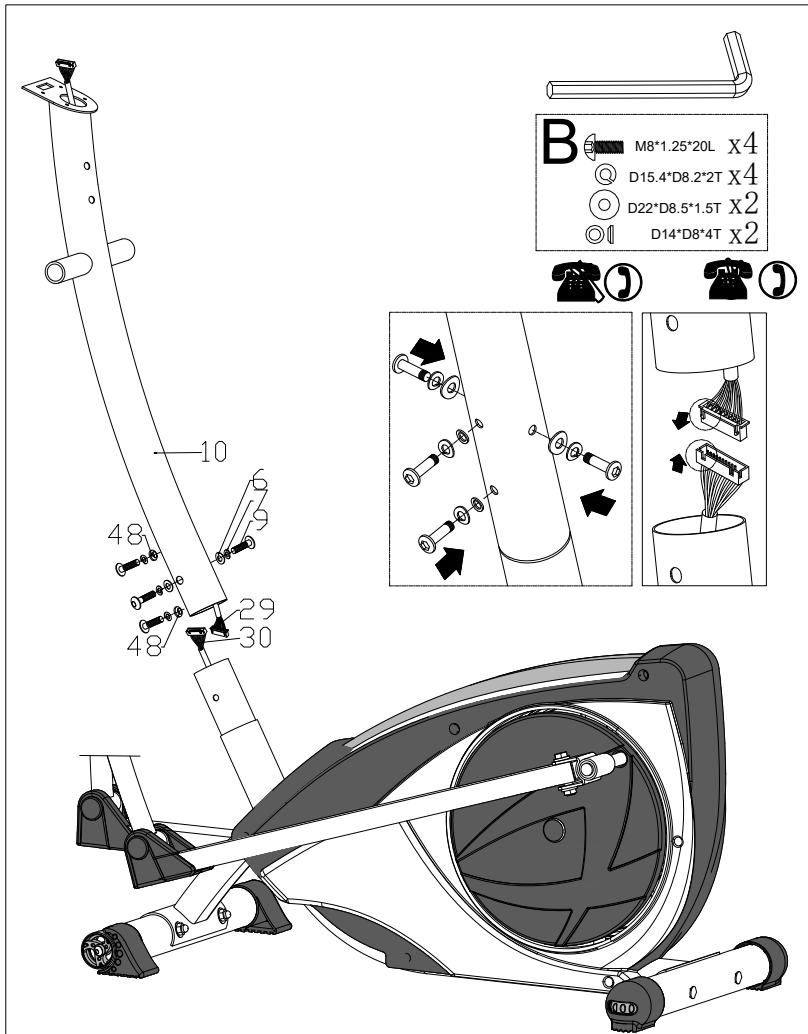
Step 1:



STEP-1

1) Assemble the front stabilizer (2) and rear stabilizer (19) onto the main frame (1) by using the two square neck bolts (3), the two curved washers (6), then two spring washers (7) and two domed nuts (8) separately.

Step 2:

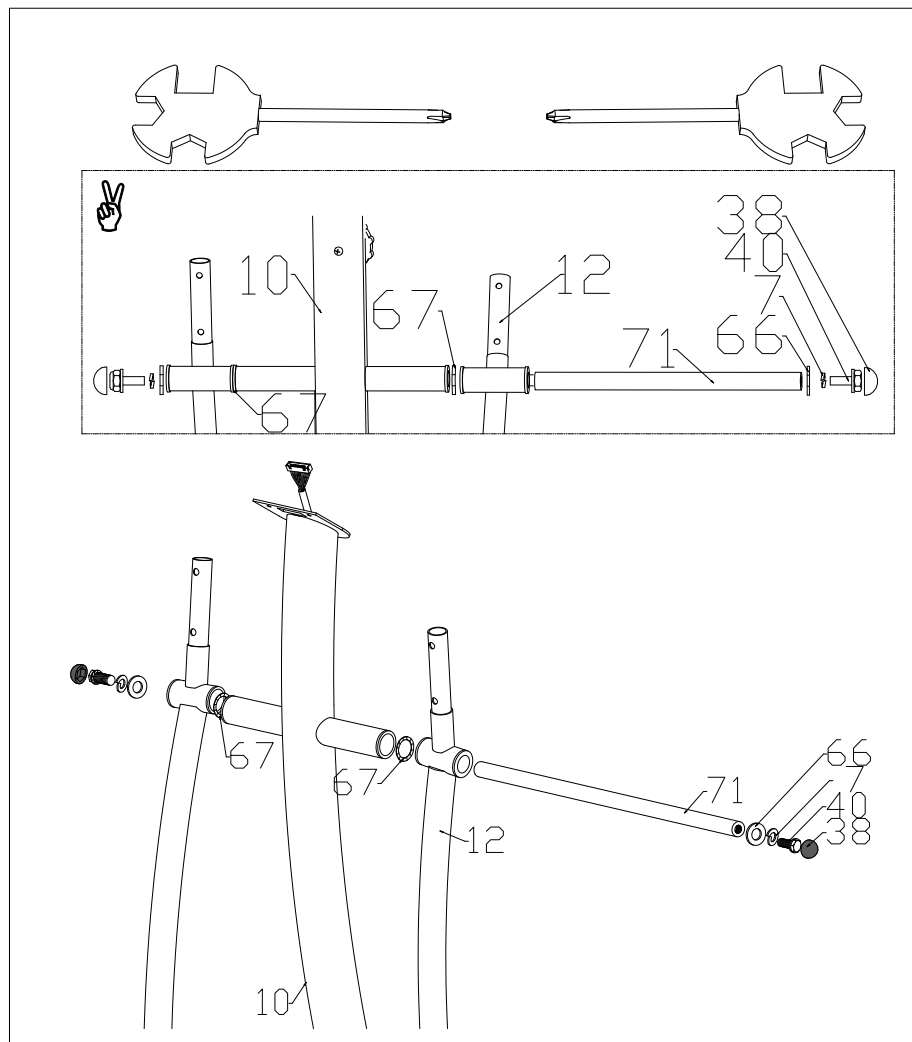


STEP-2

- 1) First connect the upper computer cable (29) with the Motor cable (30).
- 2) Then insert the handlebar post (10) on the main frame and tighten it by using the four bolts (9), the four spring washer (7), the one curved washer (6), the three taper washers (48).

***Please note the washer position shown as the above drawing.

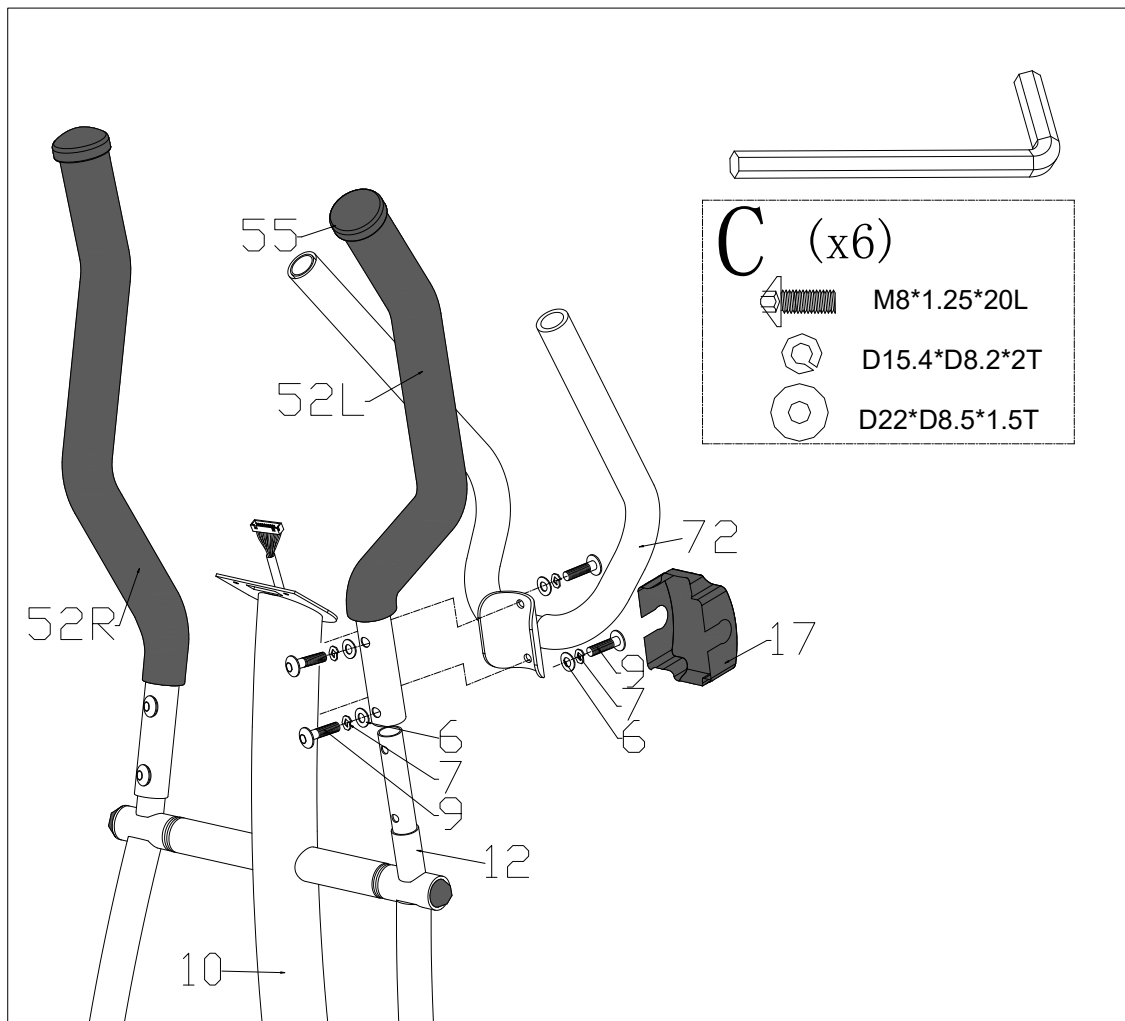
Step 3:



STEP-3

1) Insert the shaft axle (71) through the movable handlebar support (12), two sea washers (67) every side, and the handlebar post (10), then assemble one flat washer (66), one spring washer (40) every side, then tighten with the bolt (40), last cover the screw cap (38).

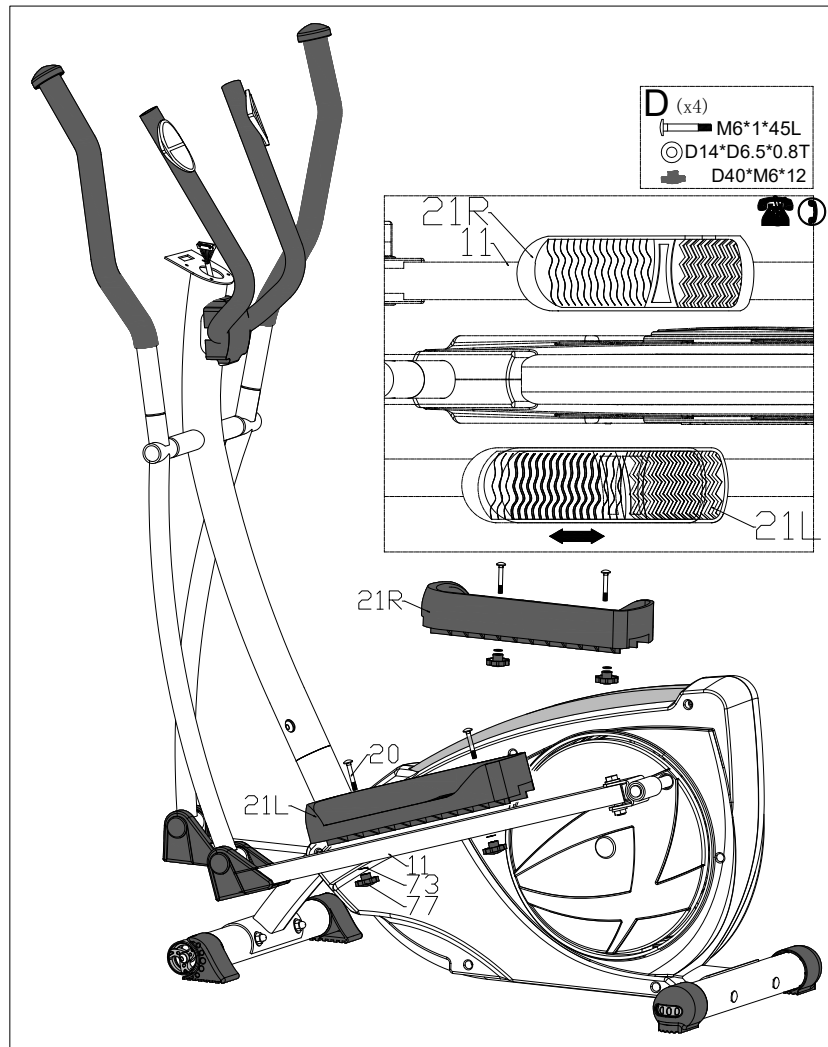
Step 4:



STEP-4

- 1) Assemble the fixed handlebar (72) on the handlebar post (10) by using the two bolts (9), then the two spring washers (7), the two curved washers (6).
- 2) Assemble the left & right handlebar (52L&52R) on the movable handlebar support (10) by using the two bolts (9), then the two spring washers (7), the two curved washers (6).

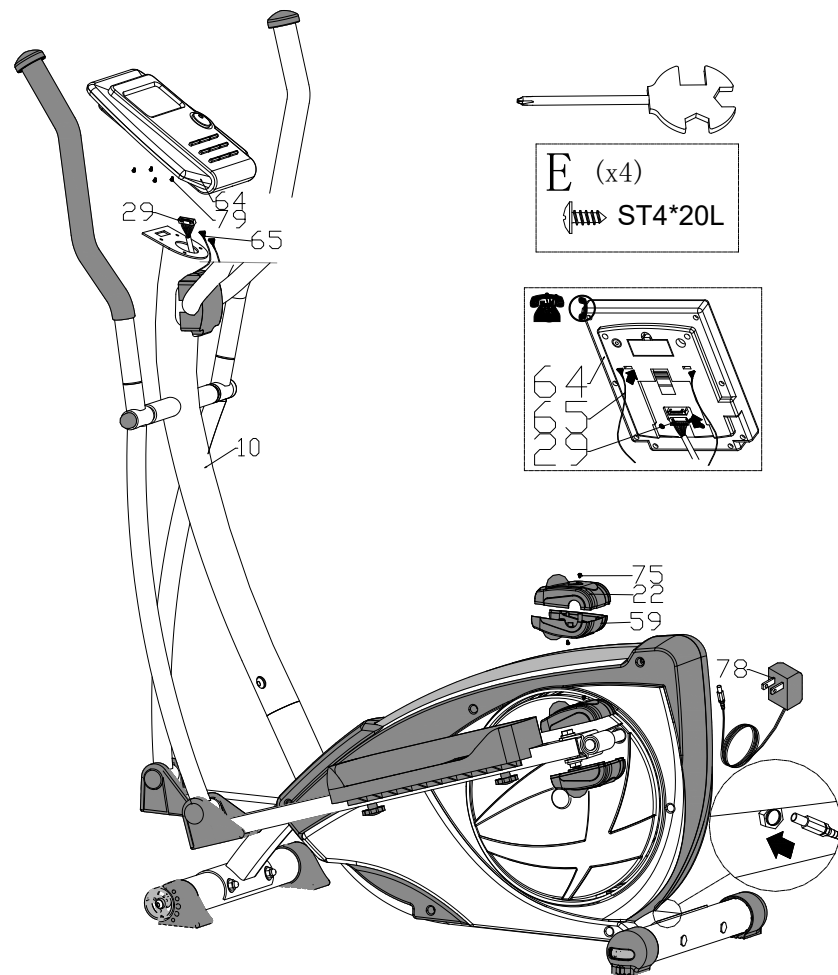
Step 5:



STEP-5

1) Assemble the left and right pedal (21L&21R) on the pedal supporting tube (11) by using the two square neck screws (20), the two flat washers (73), then tighten it with knob (77).

Step 6:



STEP-6

- 1) Connect the Upper computer cable (29) and the Hand on pulse (65) with the computer (64).
- 2) Fix the Upper cover for universal axle (22) and the Lower cover for universal axle (59) by using the Screw (75).
- 3) Before excising, please remember inserting the adapter into the equipment.

6. Maintenance

- 1. Regularly check all component parts of the bike and tighten them, if need be.**
- 2. To clean the bike, use only mild soapsuds or a generally mild and not abrasive detergent.**
- 3. Always protect the computer from damages.**
- 4. Be sure to always keep liquids away from the computer, adapter and from the plug as well as from the bike at all times.**
- 5. Do not expose the computer to direct sunlight.**
- 6. This bike is driven with a motor which is built inside the chain cover. Never allow any liquid to penetrate into this chain cover.**
- 7. Always store the home exerciser in a dry and warm room.**

Operating Instructions Computer

Switch on

After connecting the power adapter and/or after pressing any button the display will be blinking for some seconds showing the figure 78, then displaying "U1", which stands for user 1. This computer has a 4 users memory feature. Use button "UP" to select "U2 up to U4". Use button "MODE" to exit user set-up.

Next the display shows "P"(pause), "PROGRAM", "USER" and "TARGET H.R". Use button "UP" to select the appropriate program. Use button "MODE" to confirm selection.

Function buttons

- MODE** Press to select any function to be displayed on the main screen.
Hold depressed for a few seconds to have a total reset.
- ST/STOP** To start or stop the exercise program.
- RECOVERY** Press this button for recovery function: After exercising, while the LCD is still active, press recovery button, and hold both sensors (or wear the chest transmitter) The computer will run a time down for 60 seconds, after which your recovery rate will be displayed, grades 1 up to 6. Level 1 featuring fast recovery, level 6 slow recovery.
- BODY FAT** Enter your personal data
Put both hands straight and hold the grip pulse sensor for about 15 seconds and your Body Fat Value will be displayed in the Body Fat window. Since male and female fat structure is different, the evaluation should also be different. Check the reference list shown below.
- RESET** To clear the display and reset all data. Press for 3 seconds to clear all data, the display will show 'U1'. Press for 1 second to clear last single entry or one single display.
- UP** To select upward function.
- DOWN** To select downward function

Function description

Time:

Displays time function by pressing the mode button (marking – flashes in "TIME" lcd window). For countdown enter rate in minutes by pressing the up/down button.

Distance:

Displays distance function by pressing the mode button (marking – flashes in "DISTANCE" lcd window). For countdown enter rate in km by pressing the up/down button.

Calories:

Displays calorieburn function by pressing the mode button (marking – flashes in “CALORIE” lcd window). For countdown enter rate by pressing the up/down button.

Speed:

Displays speed function by pressing the mode button (marking – flashes in “SPEED” lcd window).

Rpm:

Displays Rpm function by pressing the mode button (marking – flashes in “RPM” lcd window.)

Watt:

Displays power value function by pressing the mode button (marking – flashes in “WATT” lcd window.)

Pulse:

Hold firmly both sensors on the handgrip (please wipe sensors and hands before starting measuring your pulse) or apply optional cheststrap (moisten slightly the contacts of the strap). Your current heart rate will be displayed within 30 seconds up to one minute. A stable figure requires to hold both sensors firmly.

Your computer is compatible with the optional Dkn Chest Transmitter (ref 20073), for integrated wireless heart rate registration. Contact your Dkn dealer, or visit our website www.dkn-lifestyle.com, or ask for more information: info@ds-design.be

Function value range

Functions	Display Range	Preset Range
Speed	0.0 - 99.9 km/h	None
RPM	20 - 999 rpm	None
Time	00.00 - 99.59 min	01.00 - 99.00 min
Distance	0.00 - 99.99 km	0.5 - 99.50 km
Watt	0 - 999 watts	0 - 350 watts
Calories	0 - 9999 cal	0 - 9999 cal
Pulse	30 - 240 bpm	30 - 240 bpm
Recovery	F1 - F6	None

Training in MANUAL mode

- Select “MANUAL”, use “UP”and“DOWN” button to adjust the load level (this ergometer offers 16 levels), confirm selection by pressing “MODE”.
- “TIME” flashes: use “UP”and“DOWN” button to set exercise time, confirm selection by pressing “MODE”. If you donot intend setting exercise time, simply press “MODE”.
- “DISTANCE” flashes: use “UP”and“DOWN” button to set distance, confirm selection by pressing “MODE”. If you donot intend setting exercise distance, simply press “MODE”.
- “CALORIES” flashes: use “UP”and“DOWN” button to set calorie consumption, confirm selection by pressing “MODE”. If you donot intend setting calorie consumption, simply press “MODE”.
- “WATT” flashes: use “UP”and“DOWN” button to set target watts, confirm selection by pressing “MODE”. The tension difficulty will be auto-adjusted according to the Watt figure. If the figure is under the target value, the tension difficulty will be up-adjusted one level every 30 seconds, up to the maximum level 16. As soon as

you achieved the set value, tension difficulty will be down adjusted one level immediately. In case of overspec the level will be down adjusted one level immediately, and keep down-adjusting each 15 seconds until you reach the preset value. If you don't intend setting Watts, simply press "MODE".

- "PULSE" flashes: use "UP" and "DOWN" button to set maximum heart rate, confirm selection by pressing "MODE". If you don't intend setting a heart rate level, simply press "MODE", the monitor will display current heart rate value.
- Start exercising by pressing the "ST/STOP" button.

Training in PROGRAM mode

- Select "PROGRAM", use "UP" and "DOWN" button to select profile 1 to 12, confirm selection by pressing "MODE".
- Press "MODE" again, and set target value for 'TIME, DISTANCE, CALORIES AND PULSE'. Follow the procedure as described above in manual mode. In program mode "WATT" cannot be preset.
- If you don't intend setting any target value, start exercising by pressing the "ST/STOP" button.

Training in USER mode

- Select "USER", use "UP" and "DOWN" button to set up your own profile (this ergometer offers 16 load levels and 16 load segments).
- In each segment confirm your load settings by pressing "MODE".
- Start exercising directly by pressing the "ST/STOP" button, or if you intend to set personal target values, press the "ST/STOP" button once again. "P" and "TIME" are flashing. Follow the procedure as described above in manual mode for presetting target values.
- Start exercising by pressing the "ST/STOP" button.

Training in TARGET H.R. mode

- Select "TARGET H.R.", use "UP" and "DOWN" button to enter your age.
- Press "MODE", "55%" is flashing. Use "UP" and "DOWN" button to select 55, 75, 90 or THR. Confirm your selection by pressing "MODE".
- If you selected 55, 75 or 90%, "TIME" is flashing: follow the procedure as described above in manual mode for presetting target values.
- If you selected THR, "100" is flashing: use "UP" and "DOWN" button to set target heart rate.
- Confirm your selection by pressing "MODE".
- Start exercising by pressing the "ST/STOP" button.
- Upon entering rate in Bpm (Beats per minute) the load tension will be controlled by current heart rate. The resistance will be auto-adjusted according to current heart rate figure. If your heart rate figure is under the target pulse, the tension will be up-adjusted one level every 30 seconds, up to the maximum level 16. As soon as your heart rate figure has achieved the target pulse, tension will be down adjusted one level immediately. In case of overspec the level will be down adjusted one level immediately, and keep down-adjusting each 15 seconds until your heart rate figure has achieved the target pulse.

To reselect initial mode push "STOP" (LCD shows "P" in top left). Press "RESET" and use "UP" and "DOWN" button to select another program mode.

The display will shut down automatically after 4 minutes of non-activity.

Training Instructions

If you have not been physically active for a long period of time and also to avoid health risks you should consult your general physician before starting to exercise.

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to achieve the most efficient training should be followed:

Intensity

To achieve maximum results the right intensity has to be chosen. The heart rate is used as guideline. As a rule of thumb the following formula is commonly used:

$$\text{Maximum pulse rate} = 220 - \text{Age}$$

While exercising the pulse rate should always be between 60% - 85% of the maximum pulse rate.

For your personal training rates please see the attached pulse rate chart.

When starting to exercise you should keep your rate at 70% of your maximum pulse rate in the first couple of weeks.

With increasing improvement of fitness the pulse rate should be slowly increased to 85% of your maximum pulse rate.

This is a personal orientation value. Consult your physician for professional advice before adapting a heart rate recovery program.

Fat burning

The body starts to burn fat at approx. 65% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 70% – 80% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

You are 52 years of age and would like to start exercising.

Maximum pulse rate = $220 - 52(\text{age}) = 168$ pulse/min

Minimum pulse rate = $168 \times 0.7 = 117$ pulse/min

Highest pulse rate = $168 \times 0.85 = 143$ pulse/min

During the first weeks it is advisable to start with a pulse rate of 117, afterwards increase it to 143.

With increasing improvement of fitness the training Intensity should be increased to 70% - 85% of your maximum pulse rate.

This can be done by increasing the pedalling resistance, by using a higher pedalling frequency or with longer training periods.

Training Organisation

Warm-up

Before every training session you should warm-up for 5-10 minutes.
Some stretching and pedalling with low pedalling resistance will get you started.

Dkn warming-up program

Stretch or flexibility training is vital for a fit and healthy physique. By training your body to become more supple, you will improve circulation and help keep your muscles mobile. The Dkn warming-up programme allows you to achieve a supple and well-toned form.

If you have not focused on stretch training before, start with gentle stretches and increase the length or time of the stretch as you become more flexible over time. With a wide variety of fitness items throughout the Dkn range, you will always find a product to match your fitness level.

Prior to exercise, make sure you warm up thoroughly to protect against injury and prepare yourself for the activity to come. Warm up for 8 to 10 minutes by walking or jogging lightly on the spot or use a Dkn treadmill, bike or elliptical strider. Try to include some similar movements that make up your workout, include stretches to target your tighter muscles. The duration of the warm up activity will depend on the intensity of your workout as well as your own fitness level.

Work-out

During the actual training a rate of 70% -85% of the maximum pulse rate should be chosen.

The time-length of your work out can be calculated with the following rule of thumb:

daily work-out:	approx. 10 min. per unit
2-3 x per week:	approx. 30 min. per unit
1-2 x per week:	approx. 60 min. per unit

Cool down

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5 – 10 minutes.

Stretching is also helpful for the prevention of muscle ache.

Success

Even after a short period of regular exercises you will realise that you constantly have to increase the pedalling resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly. Choose fixed hours for your work out and do not start training too aggressively.

An old saying amongst sportsmen says:

“The most difficult thing about training is to start it.”

Wishing you lots of fun and success with your Dkn exerciser.

All data displayed are approximate guidance and cannot be used in any medical application.

Heart rate displayed is an approximate read-out, and may not be used as guidance in any cardio-vascular related medical or paramedical program.