



WR 180

OWNER'S MANUAL

WEBSITE

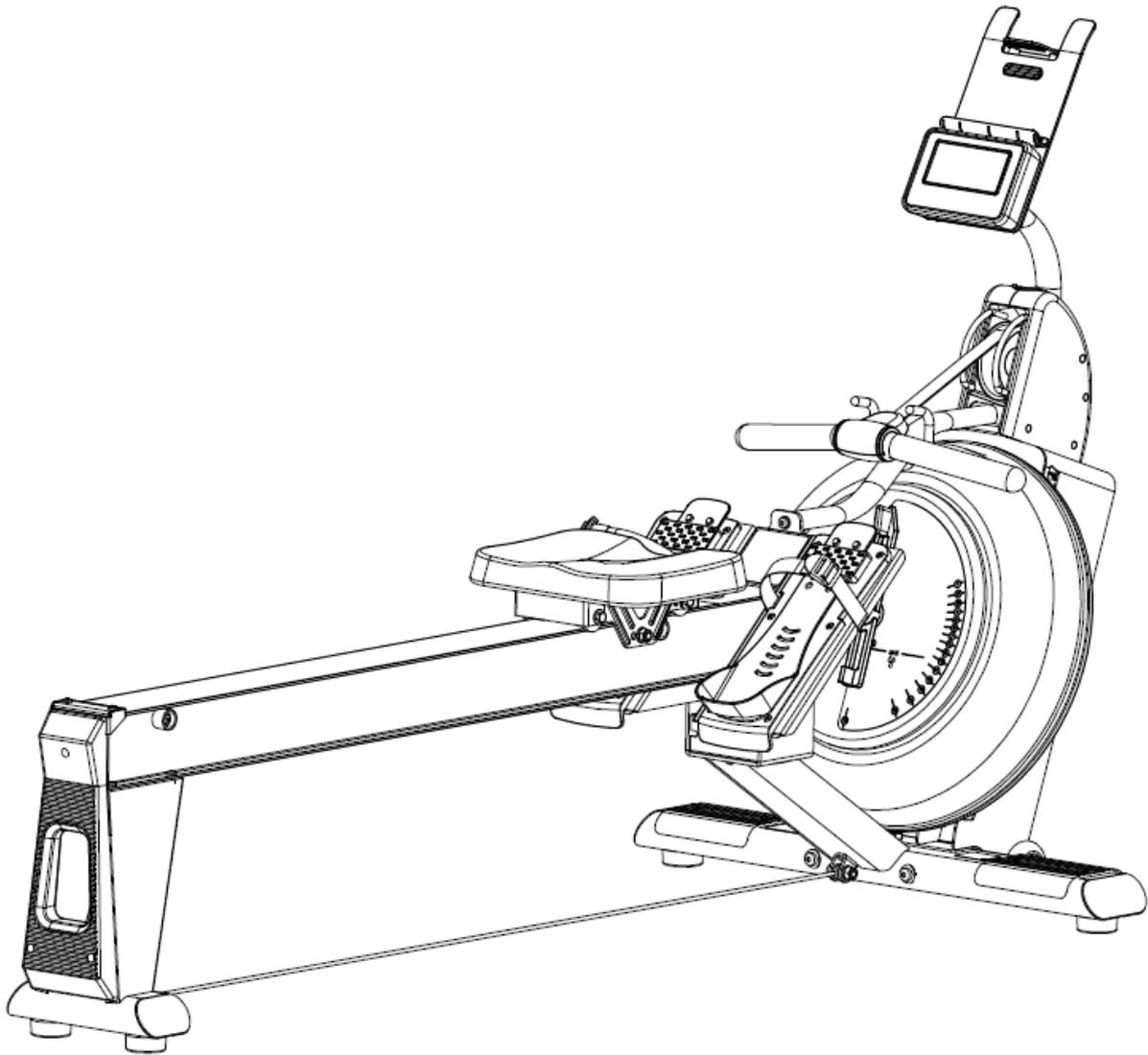


MANUAL



DKN[®]

ROWING MACHINE



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

Note the following precautions before assembling and operating the machine.

- ▶ Read this Owner's Manual and follow the instruction carefully before using the Rowing Machine. Make sure that it is properly assembled and tightened before use.
- ▶ Use only original parts as delivered.
- ▶ Before starting the assembly, be sure to check if delivery is complete by using the included parts-list.
- ▶ For assembly use only suitable tools and ask for assistance with assembly if necessary.
- ▶ Before beginning training, remove all objects within a 2-meter radius of the machine.
- ▶ The free area around the machine shall not be less than 0.6 metres in the direction from which the equipment is accessed. The free area must also include the area for emergency dismount.
- ▶ Check before the first training and every 2 months that all connecting elements are tight fit and in the correct condition.
- ▶ Replace defective components immediately and/or keep the equipment out of use until repair.
- ▶ For repairs, use only original spare parts.
- ▶ In case of repair please ask your dealer for advice.
- ▶ Avoid the use of aggressive detergents when cleaning.
- ▶ Ensure that training starts only after correct assembly and inspection.
- ▶ For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- ▶ We recommend having two people for assembling this machine.
- ▶ To lubricate all moving parts annually is recommended.
- ▶ Do not wear loose clothing to avoid entangling in any moving parts.
- ▶ Set up and operate the rowing machine on a solid level surface.
- ▶ Always wear shoes when using the machine.

- ▶ 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.
- ▶ Please maintain your balance while using the machine.
- ▶ Stop exercise immediately in case of nausea, shortness of breath, faint, headache,

pain, tightness in your chest or any discomfort.

- ▶ Do not place fingers or any other objects into the moving parts.
- ▶ Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.
- ▶ Do not grasp the seat to move the Rowing Machine. The seat will move and it may hurt your hand and fingers.
- ▶ The rowing machine should be used by only one person at a time, and it is designed for consumer use only.
- ▶ This machine may only be used by one person at a time.
- ▶ Disabled persons should not use this machine without a qualified person or physician in attendance.
- ▶ Ensure that those present are aware of possible hazards, e. g. movable parts during training.
- ▶ Warning: incorrect/excessive training can cause health injuries.
- ▶ Please follow the advice for correct training as detailed in training instructions.
- ▶ Read all instructions before using the machine.

WARNING! Consult your physician before starting with any exercise program. He can advise on the kind of training and which impact is suitable.

WARNING! This machine is not suitable for therapeutic or medical purpose.

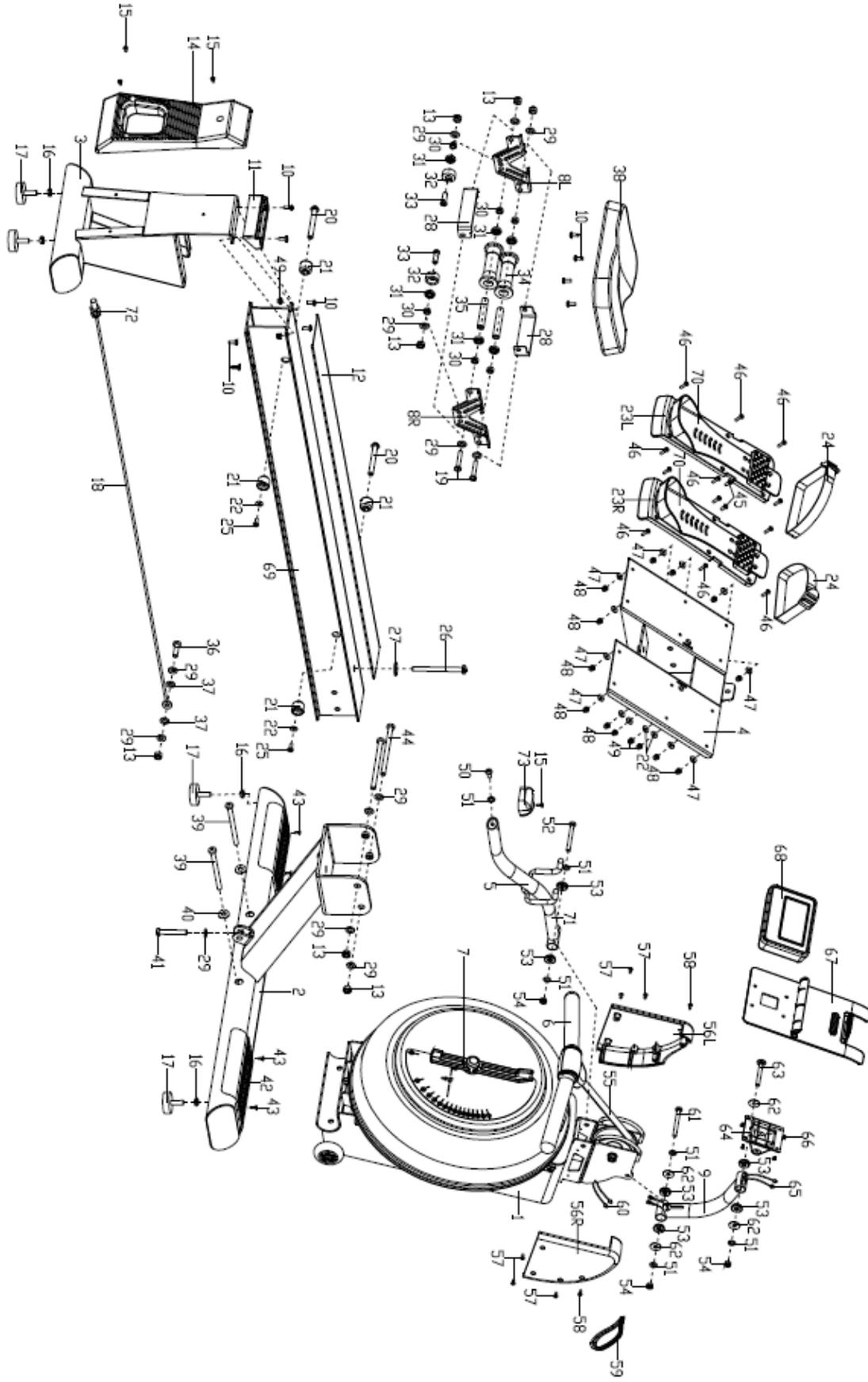
WARNING! Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

WARNING! Inappropriate use of this machine such as while under the influence of drugs or alcohol, not in line with instructions or excessive usage, may result serious injury or death.

WARNING! Incorrect/excessive training may cause health injuries.

- ▶ The owner's manual is only for customers' reference.
- ▶ The supplier cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.
- ▶ **DKN-Technology ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT**

EXPLODED DIAGRAM



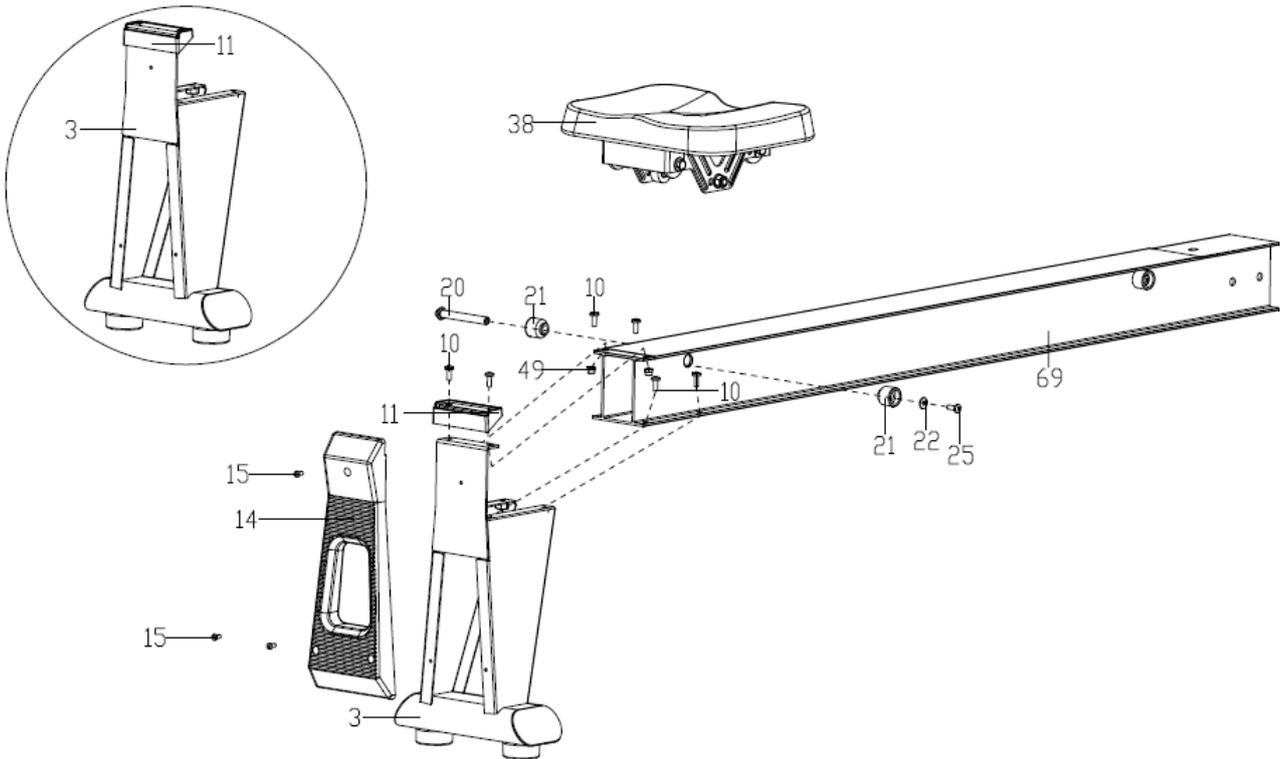
PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Main frame combination	1	39	Hexagon bolt M10x135	2
2	Front stabilizer combination	1	40	Arc washer D10.2xD25x2	2
3	Rear stabilizer combination	1	41	Hexagon bolt M10x65	1
4	Pedal support combination	1	42	Stabilizer pad	2
5	Connecting tube	1	43	Cross head screw M4x12	4
6	Handlebar combination	3	44	Hexagon nut M10x145	2
7	Limit base	2	45	Cross head screw M6x16	2
8L/R	Rail board	1pr	46	Cross pan head screw M5x15	12
9	Swing tube combination	1	47	Flat washer D5xD12x1	12
10	Hexagon bolt M6*16	10	48	Nylon nut M5	12
11	Cushion	1	49	Nylon nut M6	4
12	Stainless steel piece	1	50	Hexagon bolt M8x16	1
13	Nylon nut M10	7	51	Flat washer D8*1.5	6
14	Rear end cap	1	52	Hexagon bolt M8x80	1
15	Cross head screw M5x10	4	53	Alloy bushing	6
16	Hexagon screw M10	4	54	Nylon nut M8	3
17	Adjusting pad	4	55	Braid	1
18	Steel cable	1	56L/R	Wheels protective cover	1pr
19	Hexagon bolt M10*140	2	57	Cross pan head screw M4x12	6
20	Limit base bearing	2	58	Cross pan head screw ST4.2x18	2
21	Limit base	4	59	Seal ring	1
22	Flat washer $\Phi 16 \times d6 \times 1.2$	4	60	Sensor wire	2
23L/R	Pedal pad	1pr	61	Hexagon bolt M8x70	1
24	Tieback	2	62	Cushion pad 1	4
25	Cross head screw M6x16	2	63	Square screw M8x74	1
26	Hexagon bolt M6*120	4	64	Fixed base	1
27	Flat washer D10×D32×2	1	65	Extension wire	2
28	Saddle protective cover	2	66	Cross pan head screw M5*15	4
29	Flat washer D10x2	13	67	Ipad shelf	1
30	Bushing	6	68	Display	1
31	Bearing 6900	6	69	Guide rail	1
32	Rail roller	2	70	Pad	2
33	Hexagon flat head screw M10x30	2	71	Handlebar coat	2
34	Rail roller	2	72	Hex nut M12	1
35	Rail wheels bushing	2	73	Connecting tube cover	1
36	Hexagon bolt M10x35	1	74	Left plug	1
37	Nylon washer	2	75	Plastic water pump	1
38	Saddle	1	76	Water storage bucket	1

ASSEMBLY INSTRUCTIONS

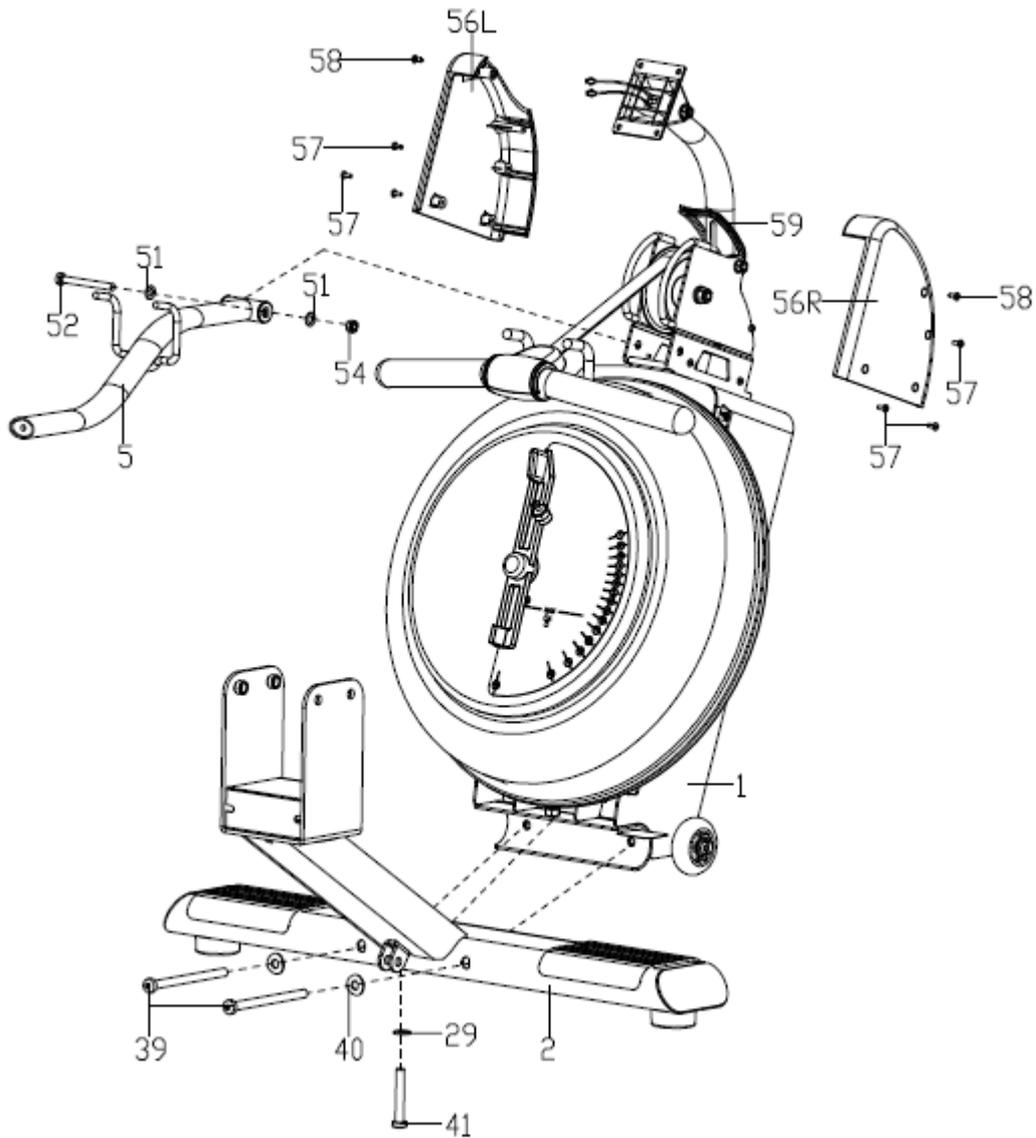
STEP 1:

1. Remove the guide rail(69) from the limit base(21), insert the saddle (38) onto the rowing rail (69) from behind end, insert Cushion (11) on the up-end of the rear stabilizer combination(3). Tighten the rear stabilizer combination(3) and Cushion (11) to the rowing rail (69) with hexagon bolts (10) and nylon nuts (49).
2. Tighten the limit base(21) to the rowing rail (69) with limit base bearing (20), flat washers (22) and cross pan head screws (25).
3. Lock the rear end cap(14) to the rear stabilizer combination(3) with cross pan head screw(15)



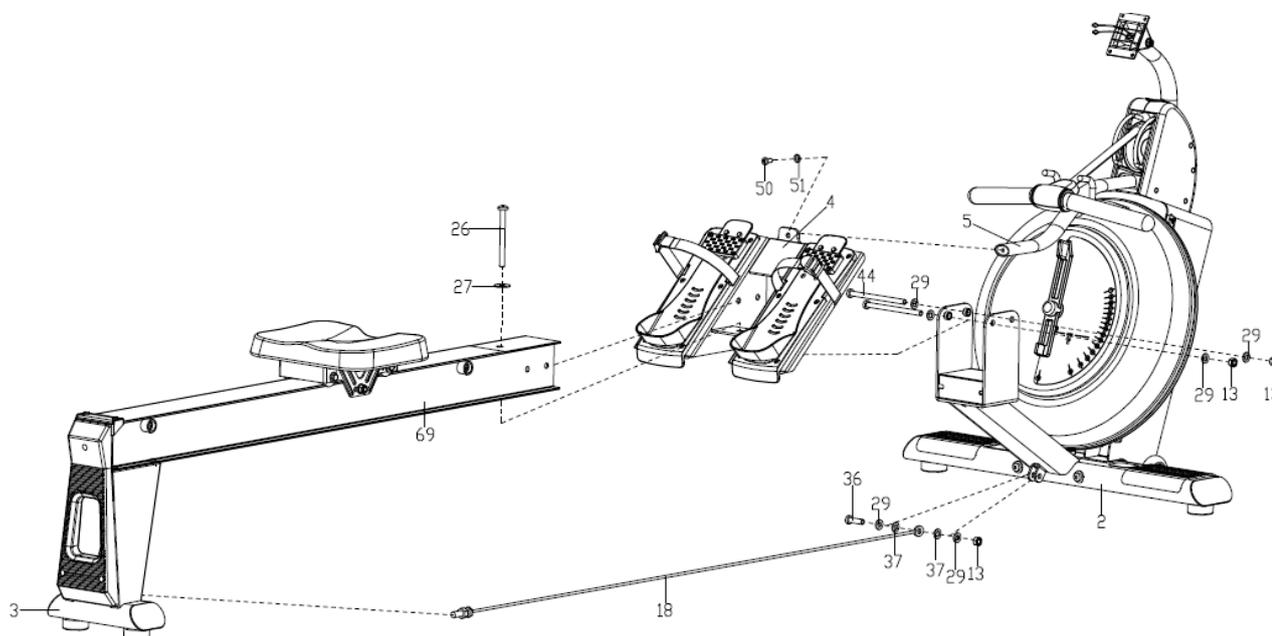
STEP 2:

1. Lock the Front stabilizer combination(2) tightly on the main frame(1) with Hexagon bolt(39), Arc washer(40), Hexagon bolt(41) and Flat washer(29)
2. Lock the Connecting tube(5) on the main frame(1) with Hexagon bolt(52), Flat washer(51) and Nylon nut(54)
3. Insert the Wheels protective cover(56L/R) into the main frame(1), matched with the Seal ring(59), then lock tightly with Cross pan head screw(57) and (58).



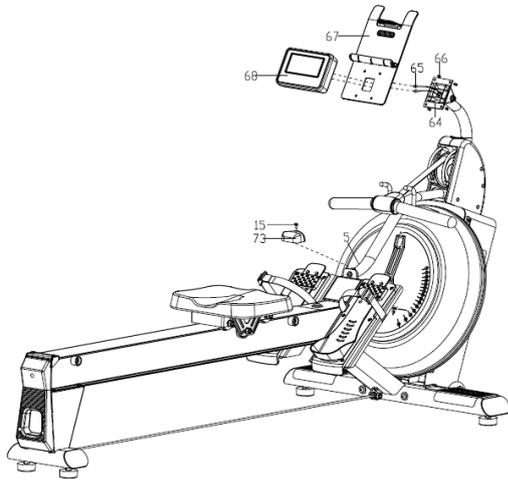
STEP 3:

1. Lock the Pedal support(4) on the Guide rail(69) (Note: DO NOT FASTEN) with Hexagon bolt(26) and Flat washer(27), lock the Guide rail(69) on the Front stabilizer combination(2) (Note: DO NOT FASTEN) with Hexagon nut(44), Flat washer(29) and Nylon nut(13), lock the Pedal support(4) on the Connecting tube(5) (Note: DO NOT FASTEN) with Hexagon bolt(50) and Flat washer(51)
2. Fasten the Steel cable(18) to the Front stabilizer combination(2) with Hexagon bolt(36), Flat washer(29), Nylon washer(37) and Nylon nut(13), and lock the other end to the Rear stabilizer combination(3)(Note: DO NOT FASTEN)
3. FASTEN ALL THE LOCKED PARTS



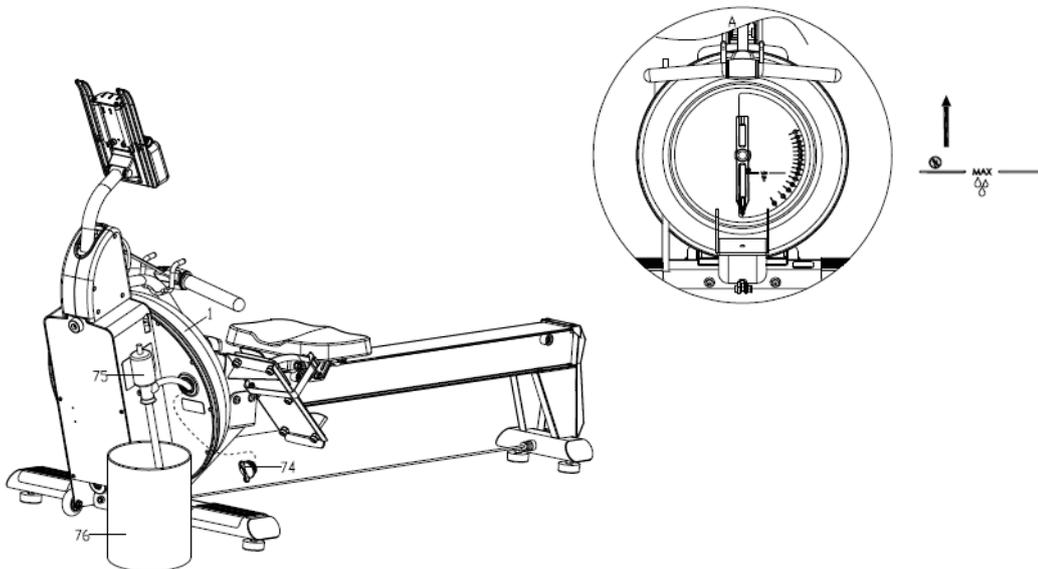
STEP 4:

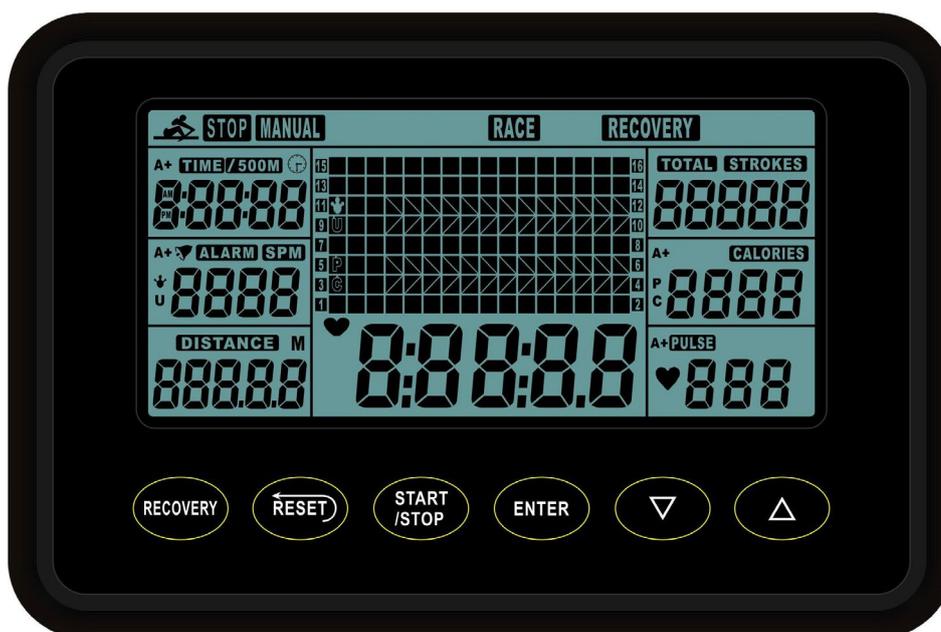
1. Connect the Extension wire (65) and the wire on the Display (68) crossing the Ipad shelf(67), then fasten the Ipad shelf (67) and Display(68) with Cross pan head screw(66).
2. Lock the Connecting tube cover (73) to the Connecting tube (5) with Cross pan head screw(15).



STEP 5:

Screw down Left plug (74) from Main frame (1), and then plug one end of Plastic water pump (75) to Water storage bucket (76) filled with water, the other end plug to the Main frame (1), screw back the Left plug (74) after water filling (Note: Don't fill water over the MAX as below picture show).





【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】

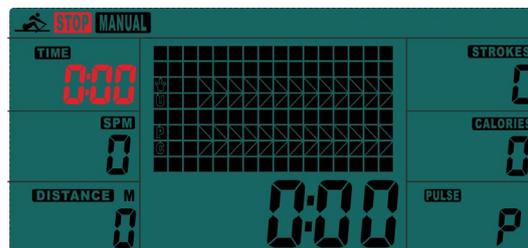
1. Install 2PCS AA batteries→one long beep for 2 seconds →in the meanwhile, segment test for 2 seconds (Fig.1).
Then, the monitor enters into the CLOCK & CALENDAR MODE.(Fig.2).
2. Firstly, you may enter into the CLOCK field to set YEAR (in the area of STROKES); MONTH (in the area of CALORIES); DAY (in 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.3



Fig.2
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	L1	L11	L1	L1	L14	L1
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
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

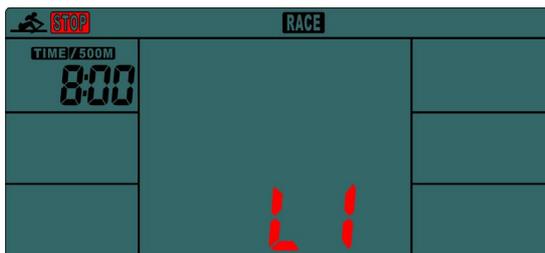


Fig.5

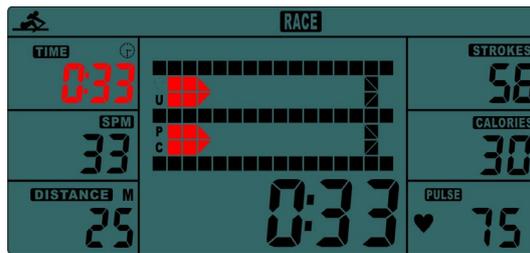


Fig.6

- 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

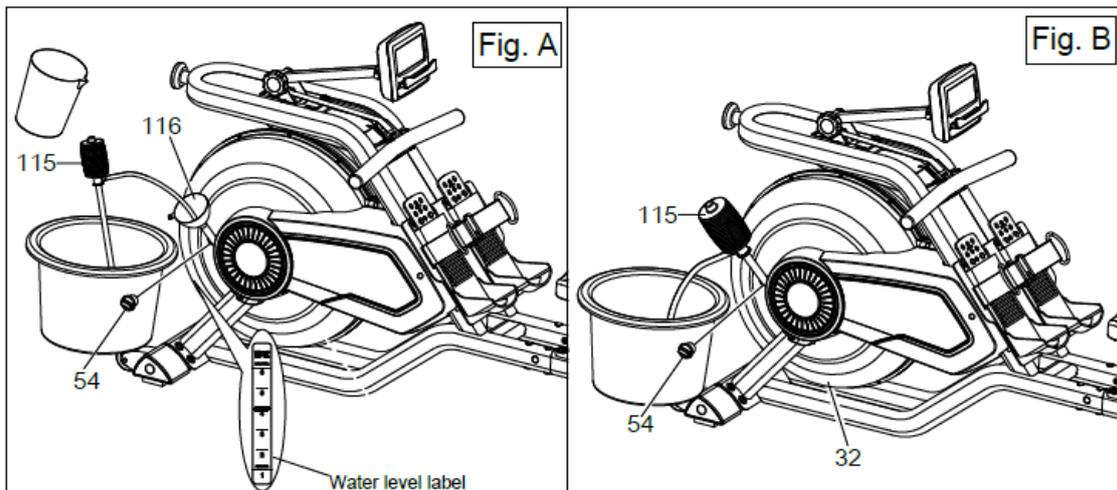
- C. When the race is over, you can press the START to have a race once again. Press RESET to leave the picture of the race.

(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....to 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.)

FILL AND EMPTY THE TANK



The amount of water in the Tank simulates the mass when moving an object in water. Changing the Water Level does not change the resistance, it simply changes the mass which the user is trying to move.

Increasing the Water Level simulates a heavier load, similarly reducing the Water Level simulates a lighter load.

The Water Level is adjusted according to one's personal preference or user type; the resistance is altered simply by moving faster or slower.

The water level gauge is on the side of the tank. The maximum fill level is 6.
DO NOT FILL ABOVE THE MAXIMUM LEVEL.

Periodic maintenance is required to maintain the condition of the water in the tank. We strongly ADVISE USING MUNICIPAL TAP WATER which contains other Chemicals to keep it free from Bacteria and Algae, etc.

The water must be refreshed periodically by adding a Water Purification Tablet provided. On average, add one purification tablet every 6 months.

If water discoloration occurs add a purification tablet immediately. If the water does not clear, we recommend emptying the Tank, flushing it out with clean water, refilling, and adding a purification tablet.

Only use water purification tablets, such as sodium dichlor (56% chlorine). NEVER USE POOL CHLORINE (TRICHLOR 90% CHLORINE) OR CHLORINE BLEACH. Use of these products will void the warranty and damage the product.

BLUETOOTH FUNCTION

Check the DKN-Technology website for more information about which apps the ProRUN is compatible with.

Turn on Bluetooth function on your tablet or smartphone to connect it with the machine (pairing is not required).

Download the app, open it on your device and follow the steps to set it up.

For any technical questions on third party app functionality do consult the FAQ section on the specific app developer's website.

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.

When using a fitnessapp on tablet or smartphone, the display LED's may interfere with your tablet or smart phone. If this would be the case, press the button on the right down corner of the console, and the display lights will turn off. The display controls will keep functioning normally. Press the button again to reactivate the LED's.

HEART RATE DISPLAYED IS A RANDOM INDICATION AND MAY BE INACCURATE, AND CANNOT BE USED AS GUIDANCE IN ANY CARDIO-VASCULAR RELATED MEDICAL OR PARAMEDICAL PROGRAM.

IF YOU EXPERIENCE DIZZINESS, NAUSEA, CHEST PAIN, OR ANY OTHER ABNORMAL SYMPTOMS STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

THE OWNER'S MANUAL IS FOR CUSTOMERS' REFERENCE ONLY. THE SUPPLIER CANNOT GUARANTEE FOR MISTAKES OCCURRING DUE TO TRANSLATION OR CHANGES IN TECHNICAL SPECIFICATIONS OF THE PRODUCT.

WARNING: BEFORE BEGINNING USING THIS MACHINE OR DOING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. THIS IS ESPECIALLY IMPORTANT FOR PEOPLE OVER THE AGE OF 35 OR THOSE WITH PRE-EXISTING HEALTH PROBLEMS.

THE SUPPLIER ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY, AND/OR DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

WARM-UP and COOL-DOWN

A successful exercise program consists of a 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 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.**



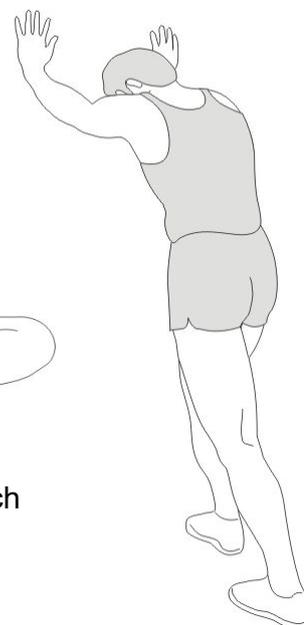
Side Stretch



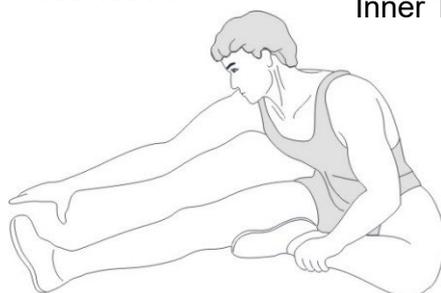
Toe Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring Stretch

Remember always 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 and allows blood to return to the heart.

WARRANTY

DKN-Technology warrants this product to be free from defects in material at the time of the product's tender of delivery. This 'Carry-in' Limited Warranty applies for a period of two (2) years, beginning on the date mentioned on your product invoice or proof of purchase of product issue by DKN-Technology.

This Limited Warranty is not transferable and does not cover normal wear and tear (including, but not limited to, damage and wear to batteries, springs, bearings, running mats, hydraulic systems, ropes, belts, pulleys, power shocks, drive belts and other non-durable parts, etc...).

This Limited Warranty is void if the product is damaged by accident, unreasonable use, improper service, failure to follow instructions provided, modification from its original state, or other causes determined not arising out of defects in material, the consequences of improper treatment, bad installation, wrong assembly or tampering of the parts by incorrect assembly, improper use of the machine (eg. too heavy load in time, weight etc...), problems caused by lack of maintenance, deviations of the standard machine, such as light vibrations or noise, etc...

Transport charges, travel charges for technicians, and possible trader and/ or workshop charges are excluded from this warranty, and will be at the sole cost of the owner.

The liability of the manufacturer under this Limited Warranty shall not include any liability for direct, indirect, or consequential damages resulting from any defect nor the use of this machine.

CUSTOMER SUPPORT

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Product nr - This can be found on the product label
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect

IMPORTANT!! - Please retain your sales receipt, DKN-Technology 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.

The best way to contact us is via www.dkn-technology.com.

WEBSITE



DKN[®]



dkn-technology.com



Make an Appointment to Visit our Showroom



sales@dkn-technology.com