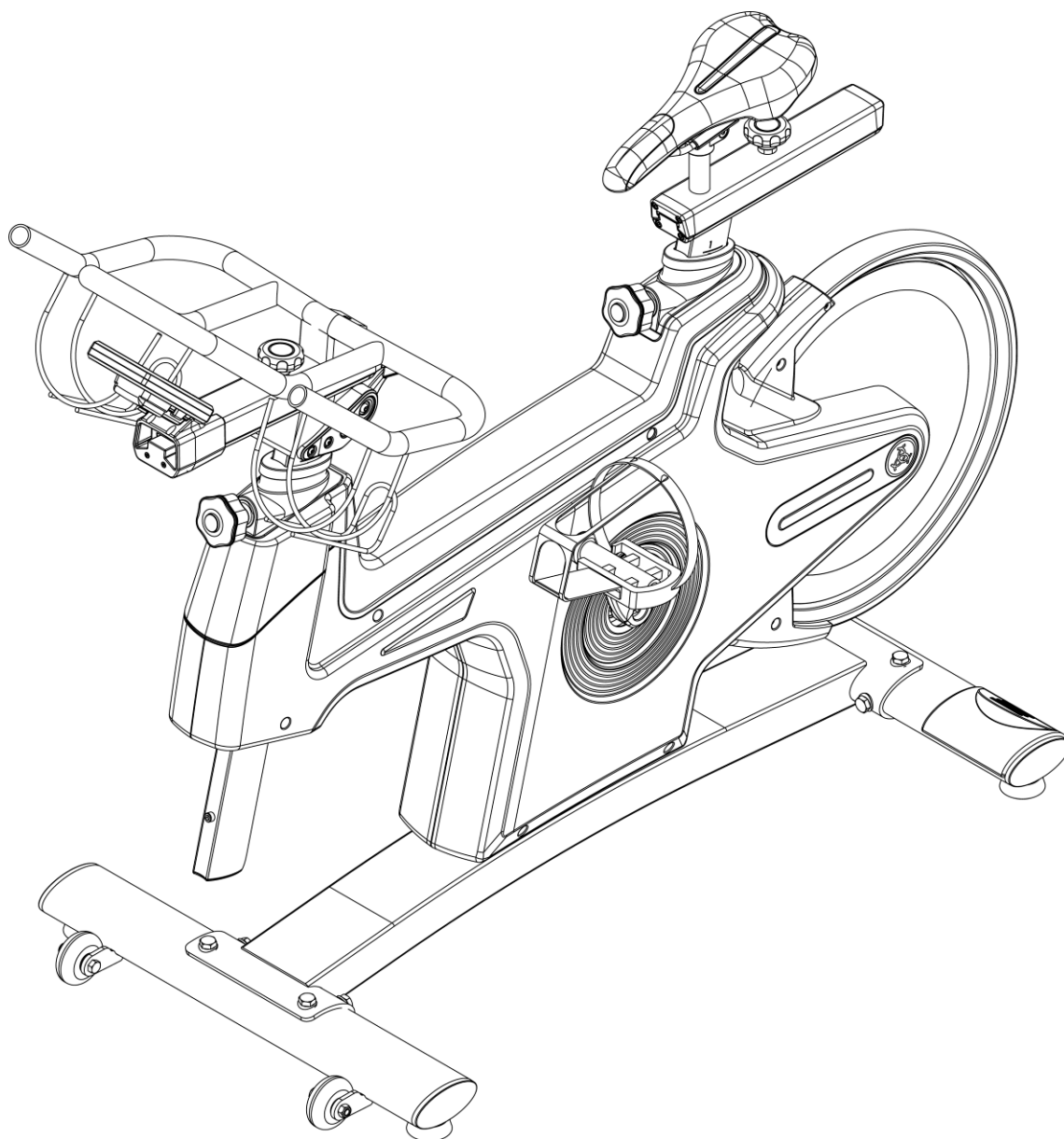


DKS22DW01AR

OWNER'S MANUAL



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1. Pre Installation Tips

After reading through this manual, you will feel ready for fitness training.

The following instructions can help you rapidly and safely install fitness bike.

1.	Preparing all relevant parts ready can quicken installation.
2.	To fasten screws by turning clockwise and to loosen screw by turning counter-clockwise.
3.	Tools kit is included for installation.
4.	At least two people are required for installation.

2. Selecting Where Your Bike Goes

The ideal place to put the bike is hard and flat ground.

There should be a 100cm free space in between bikes to exercise freely.

3. Notice for Moving Bike

You should pay more attention when moving fitness bike.

After installation, push down from handle bar until wheels contact with ground. At that time, you can freely move bike.

Do not move the bike by grasping on the console.

Notice !
This fitness bike can only be moved around indoor as the asphalt and cement surface may damage wheels.

4. Specifications

Notice !

- All instructions in the manual are written as user faces console.
-

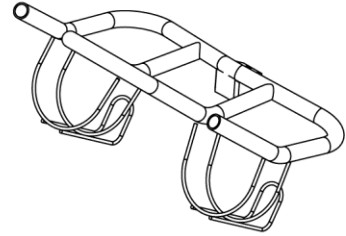
User Weight	140kg / 310lbs
Size of Machine	58 cm x 108 cm x 136 cm
Net Weight of Machine	41kg

5. Installation Parts

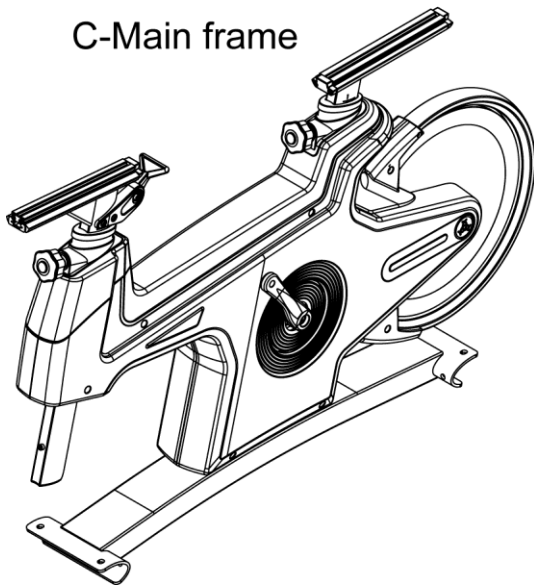
A-Computer console



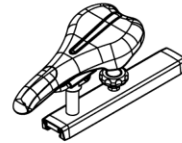
B-Handle bar



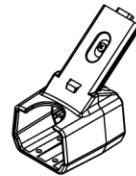
C-Main frame



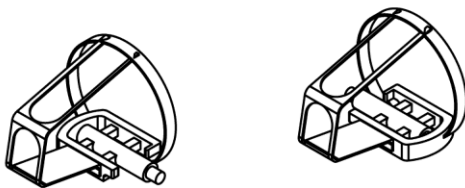
D-Sliding seat set



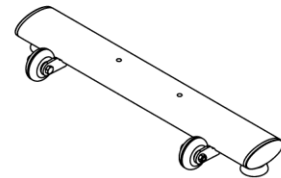
J- Computer seat



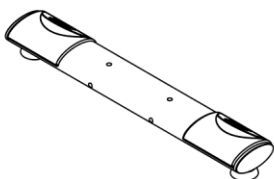
E-Left & right pedal set



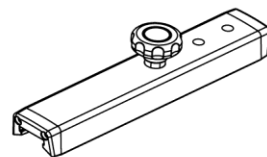
F-Front stabilizer



G-Rear stabilizer

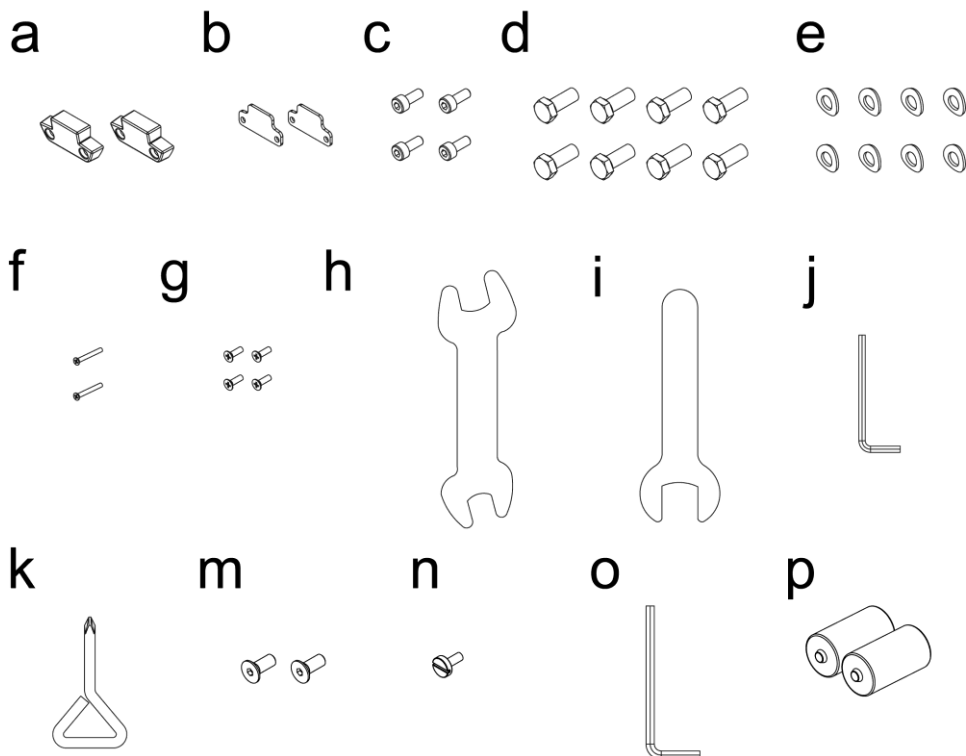


H-sliding seat



6. Parts List

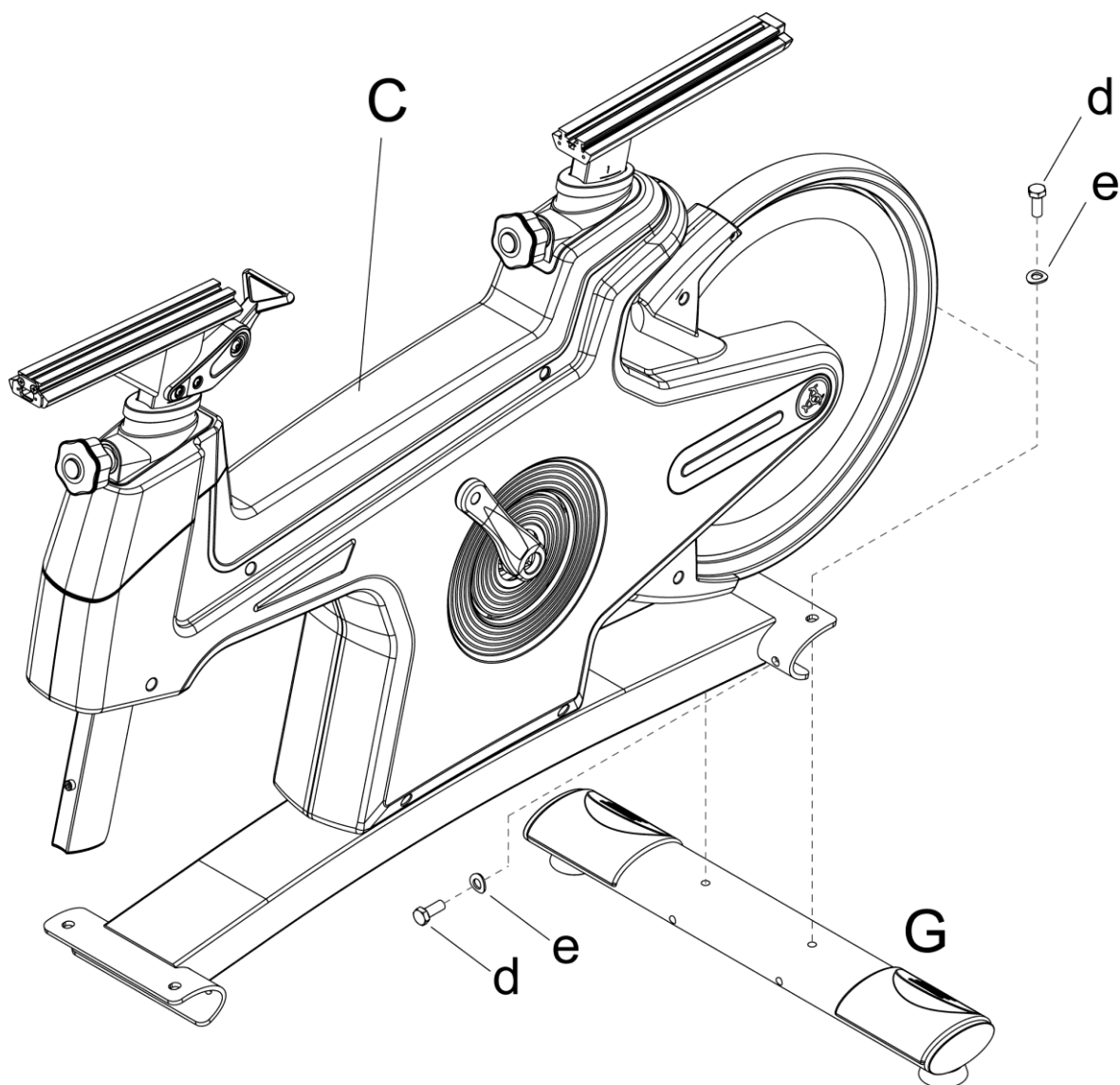
ITME	Description	Qty
a	Sliding Cover	2
b	Baffle	2
c	CKS Inner Hex screw M4xP0.7x10 stainless steel	4
d	Allen Screw M10xP1.5x25 stainless steel blue nylok	8
e	Arc Washer $\Phi 10 \times \Phi 25 \times 2.0 \text{t-R25}$	8
f	Counter Sink Philips Screw M3xP0.5x25 stainless steel	2
g	Counter Sink Philips Screw M4xP0.7x12 stainless steel	4
h	Opener Spanner 13mm+15mm	1
i	Opener Spanner 17mmx110mmx2.0t	1
j	L-shaped Hex Spanner 3mmx18mmx54mm	1
k	Cross Screw Opener	1
m	Countert sink hex screw M10xP1.5x25 red nylok	2
n	fixing shaft	1
o	L-shaped Hex Spanner 6mmx40mmx120mm	1
p	No. 1 battery	2



7. Installation Steps

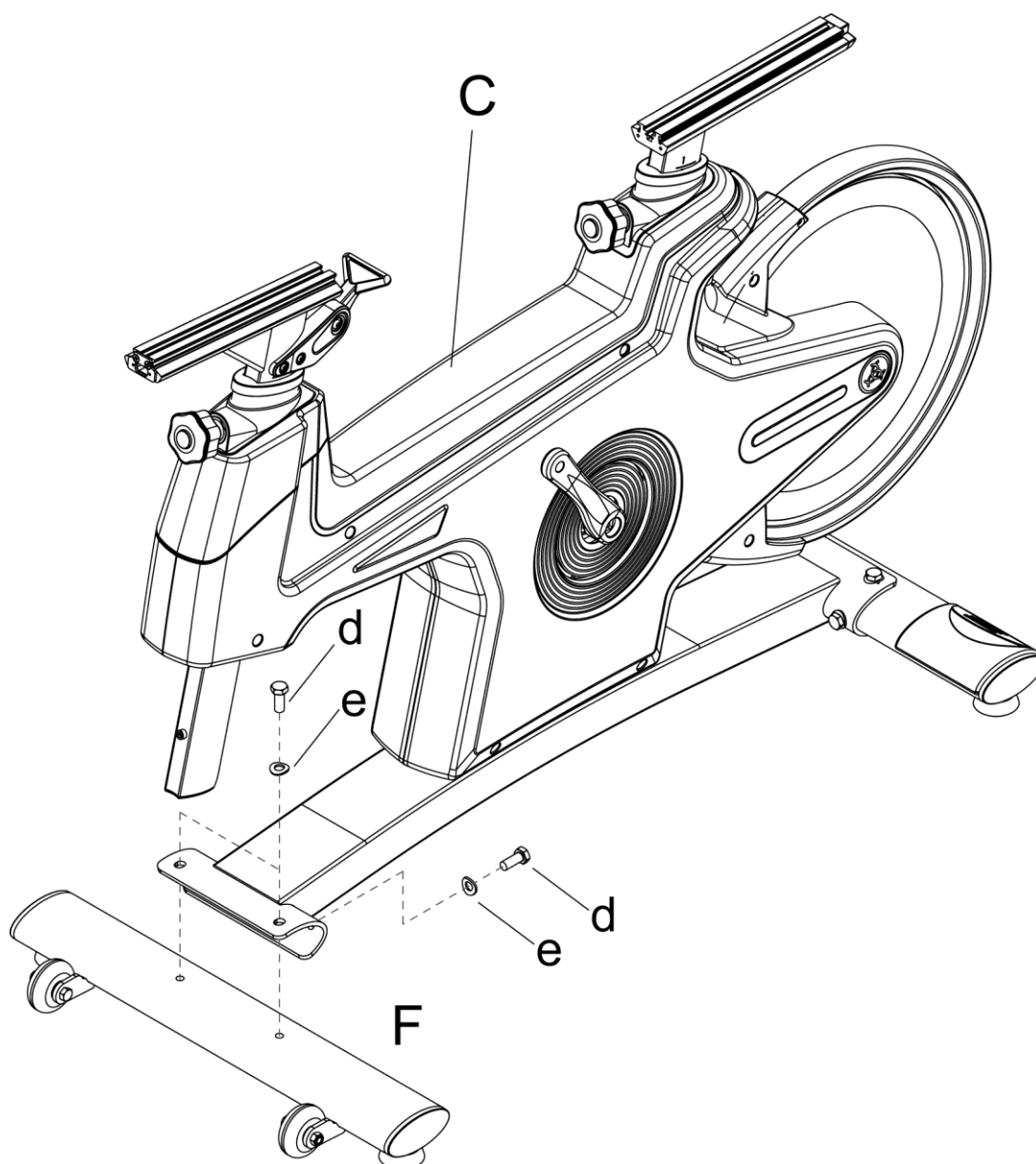
■ STEP 1. Assembly between rear stabilizer and main frame

Fix rear stabilizer (G) on the main frame (C) with allen screw (d) and arc washer (e) according to the indication in picture.



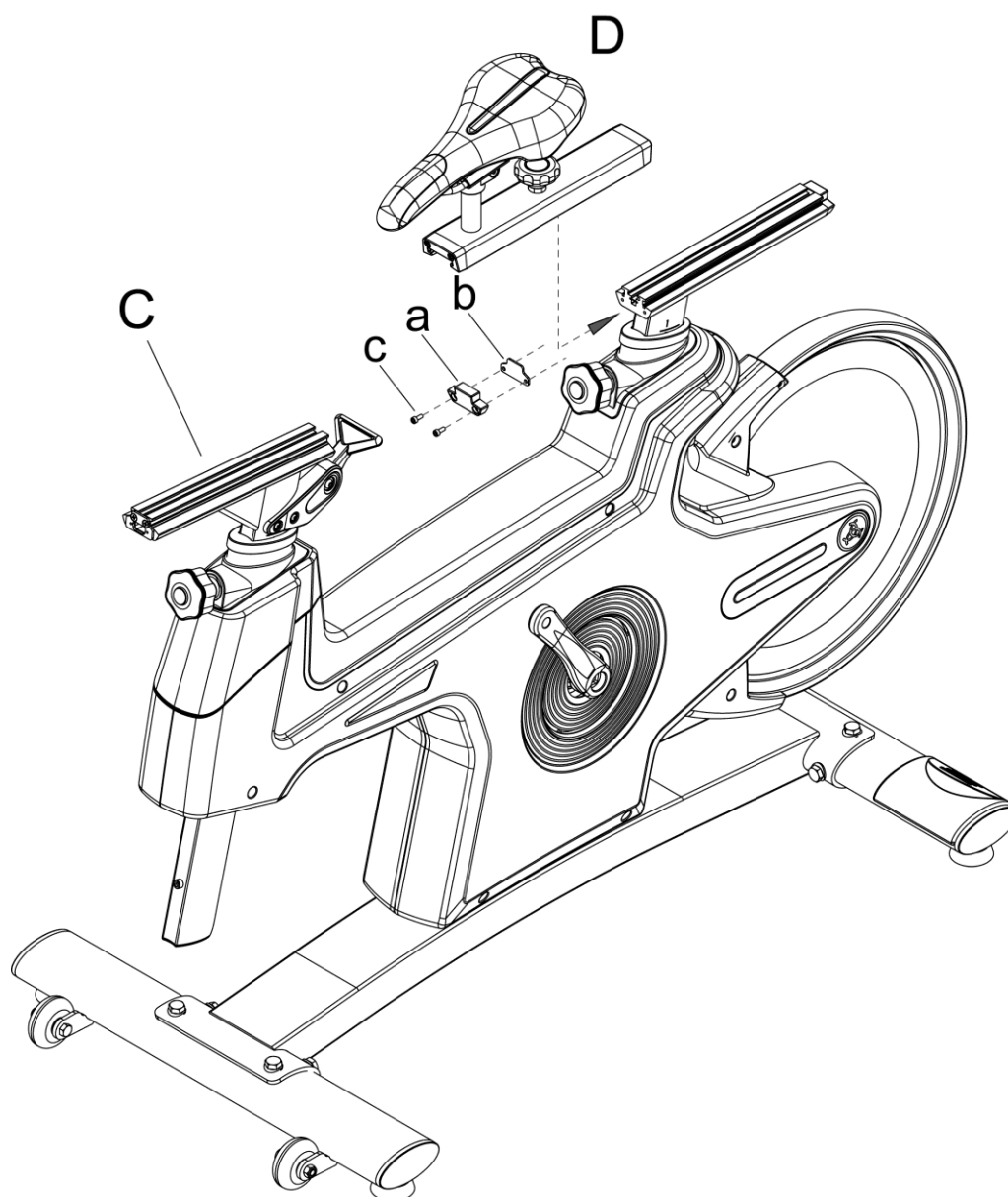
■ STEP 2. Assembly between front stabilizer and main frame

After finishing the above step, fasten front stabilizer (F) on the main frame (C) with allen screw (d) and arc washer (e) in accordance with the picture.



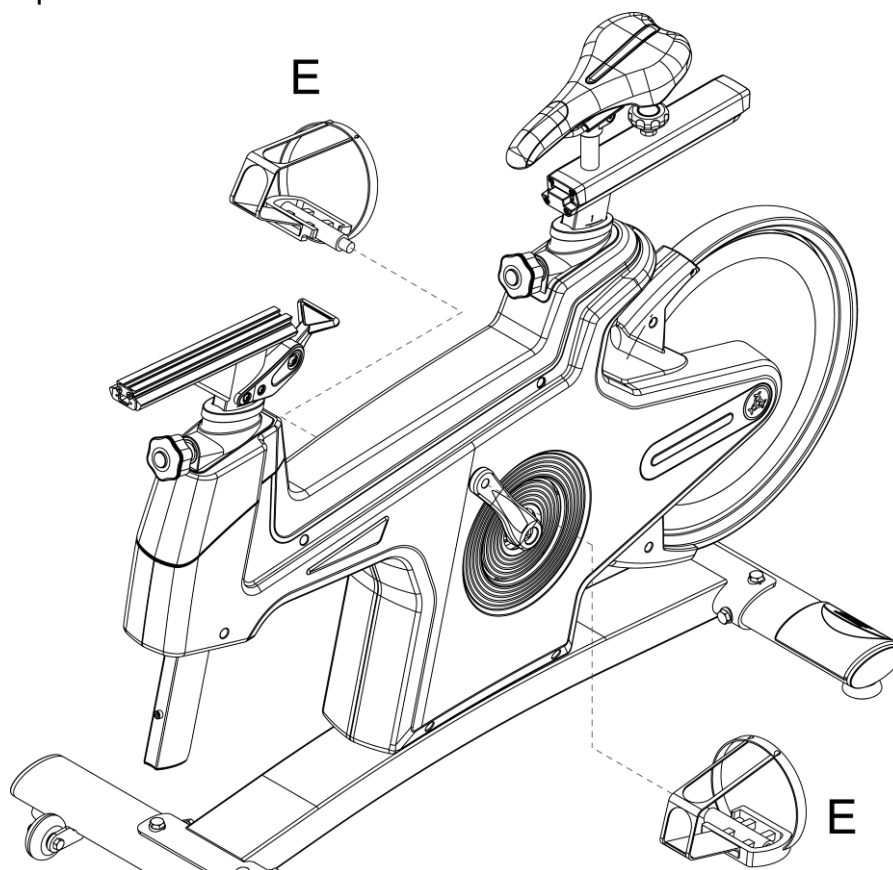
■ STEP 3. Assembly of sliding seat set

Slide the sliding seat set (D) into main frame (C) complying with the direction of the arrow, and then fasten and fix sliding cover (a) and baffle (b) with CKS inner hex screw (c) abiding by the picture.



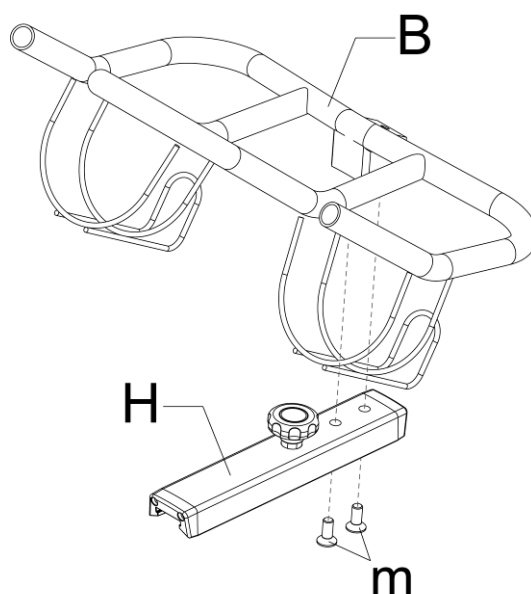
■ STEP 4. Assembly of pedals

According to the picture, plug left & right pedals (E) into the main frame (C) and fix them with inner hex spanner.



■ STEP 5. Assembly between grip and sliding seat

According to the picture, fix and fasten grip (B) and sliding seat (H) with counter sink inner hex screw (m).

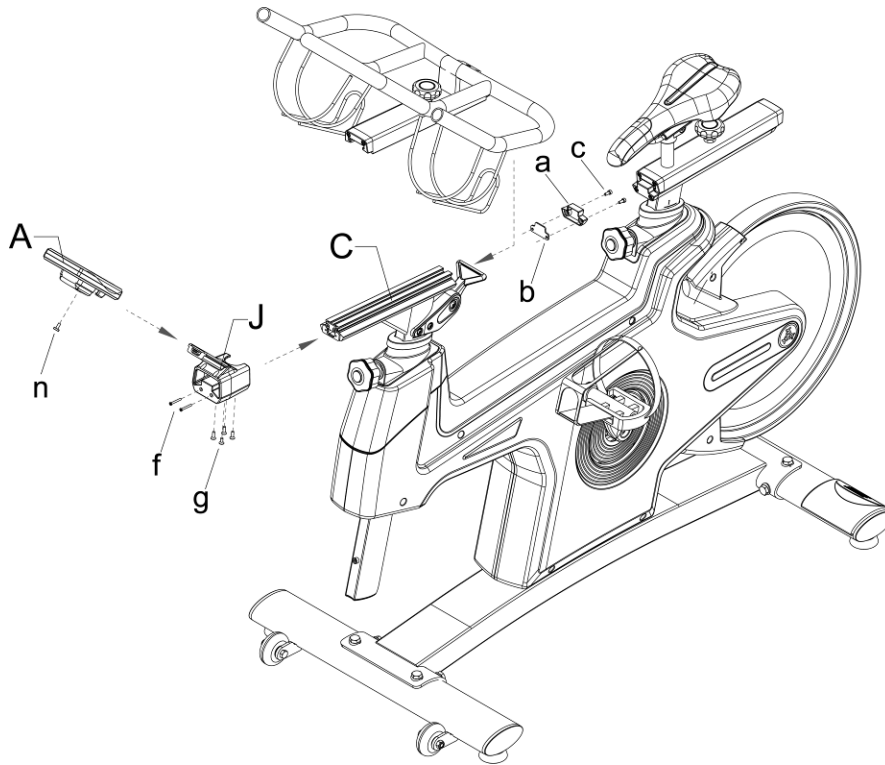


■ STEP 6. Assembly between handle bar and computer console

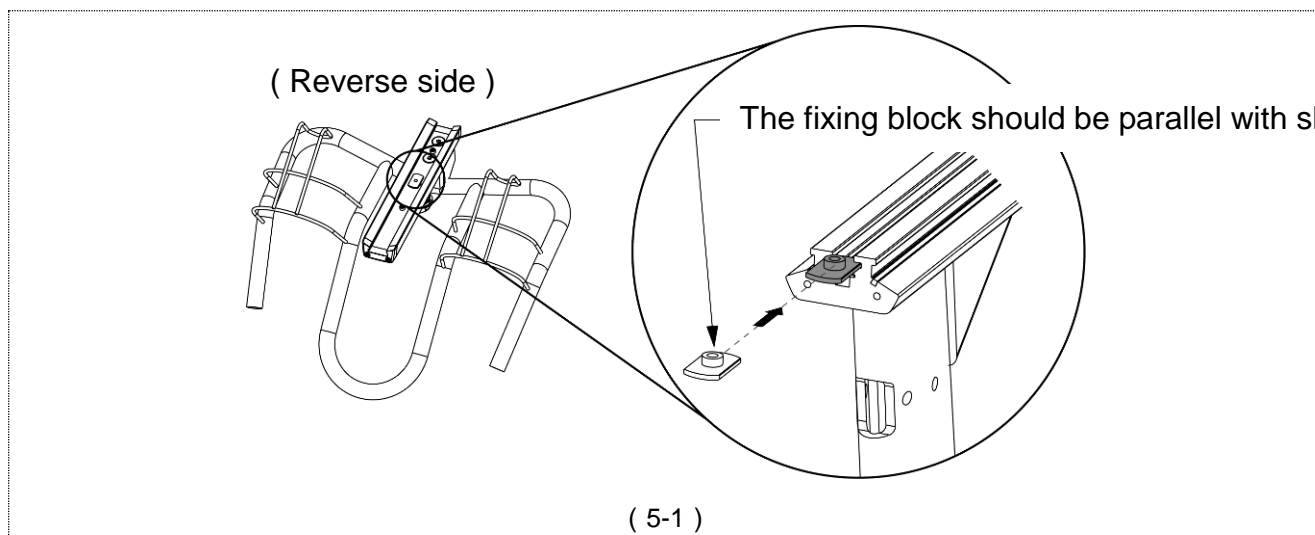
According to the direction of the arrow, slide the handrail set into the main frame (C), and according to the picture fix the sliding rail cover (a) and baffle plate (b) with CKS inner hex screw (c). Finally, complying with the picture, **fix the computer console (A) with fixing shaft (n) to the computer console shuttle (J). After that, fix it to the main frame which have been installed before with counter sink cross screw(f, g).**

Attention:

- The fixing block (image 5-1) on the handlebar should be parallel with the slot, or else the handlebar (B) cannot slide into the main frame (C) smoothly.
- The computer console needs to be amended, like 1.4



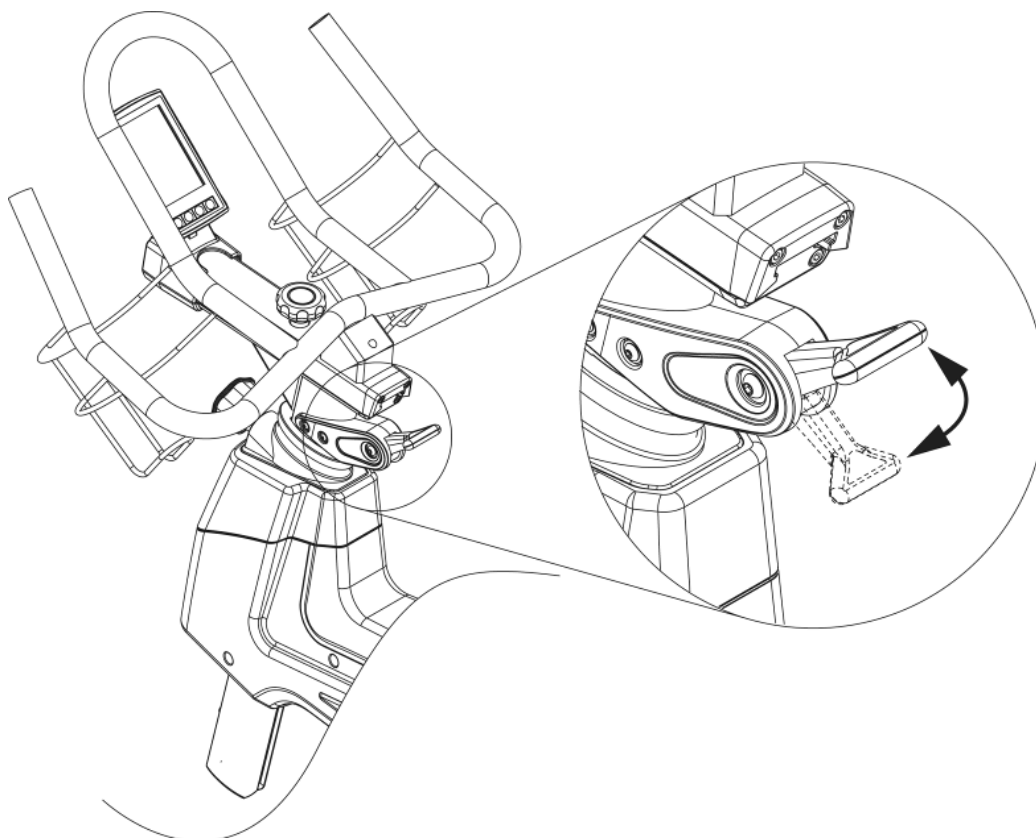
Attention !



8. Operation methods for the emergency brake

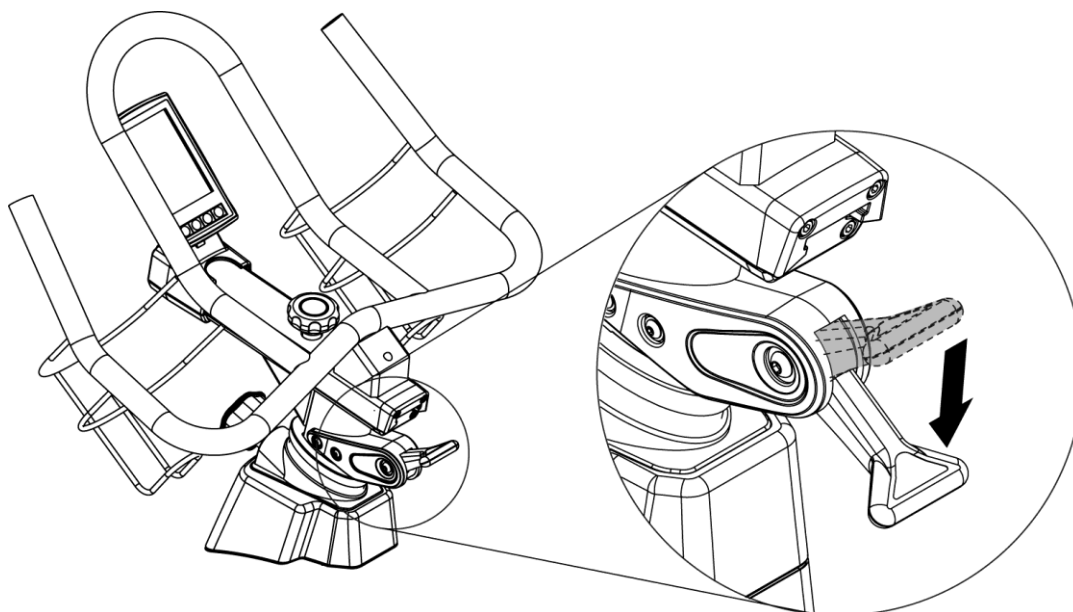
■ STEP 1.

Before usage, please slide the pull rod up and down to ensure whether the brake is available.



■ STEP 2.

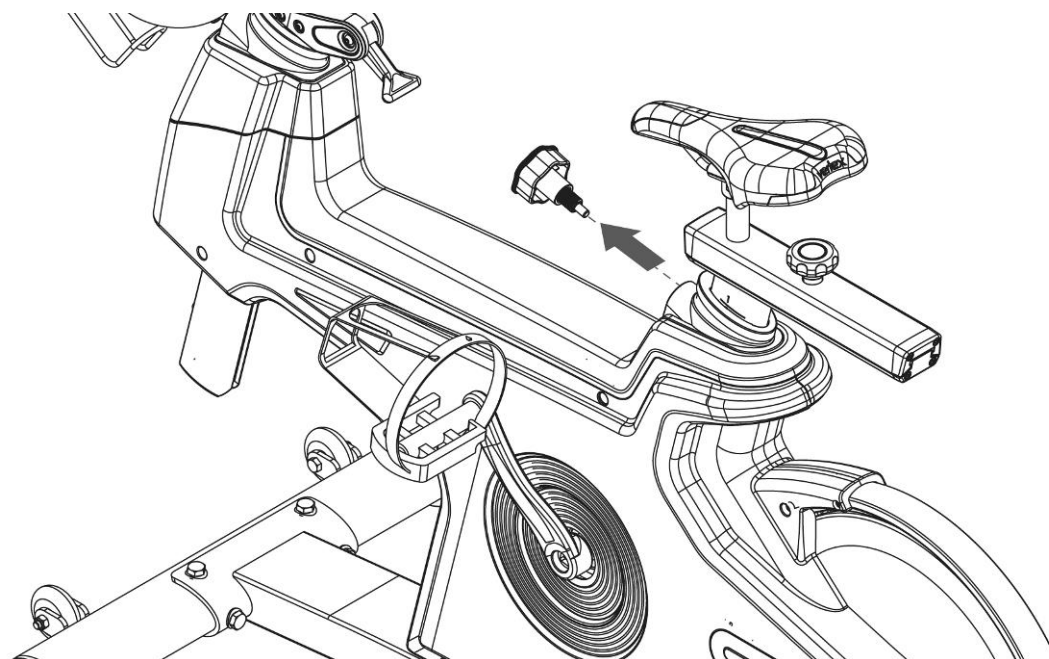
Press the pull rod to the bottom completely when you do the emergency brake.



9. Process about the battery alternation

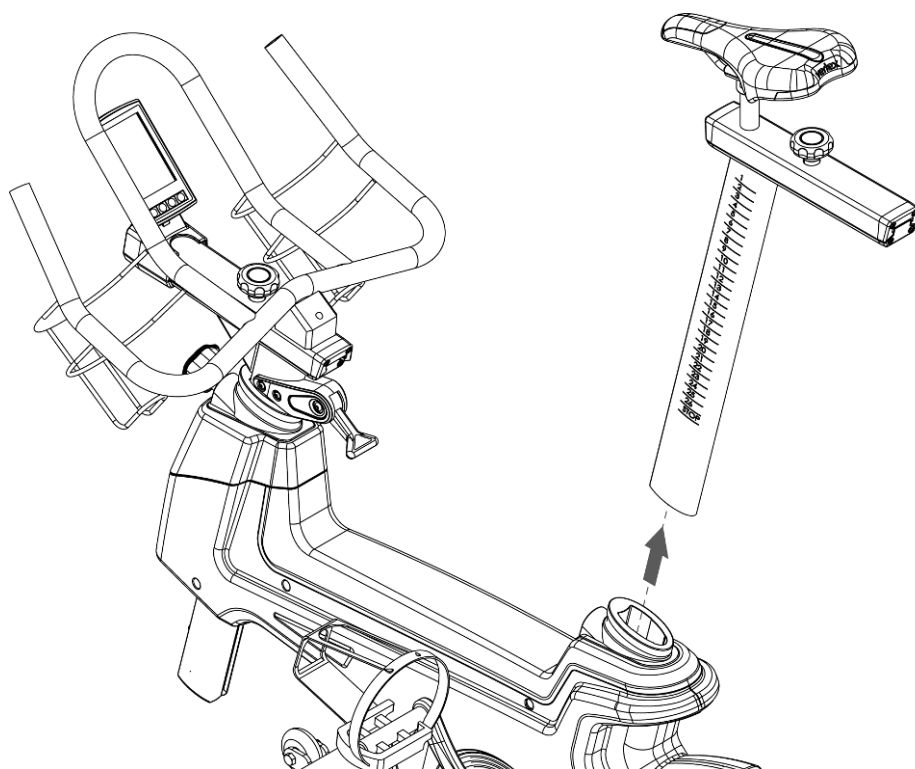
■ STEP 1.

Loosen the knob completely and take it off.



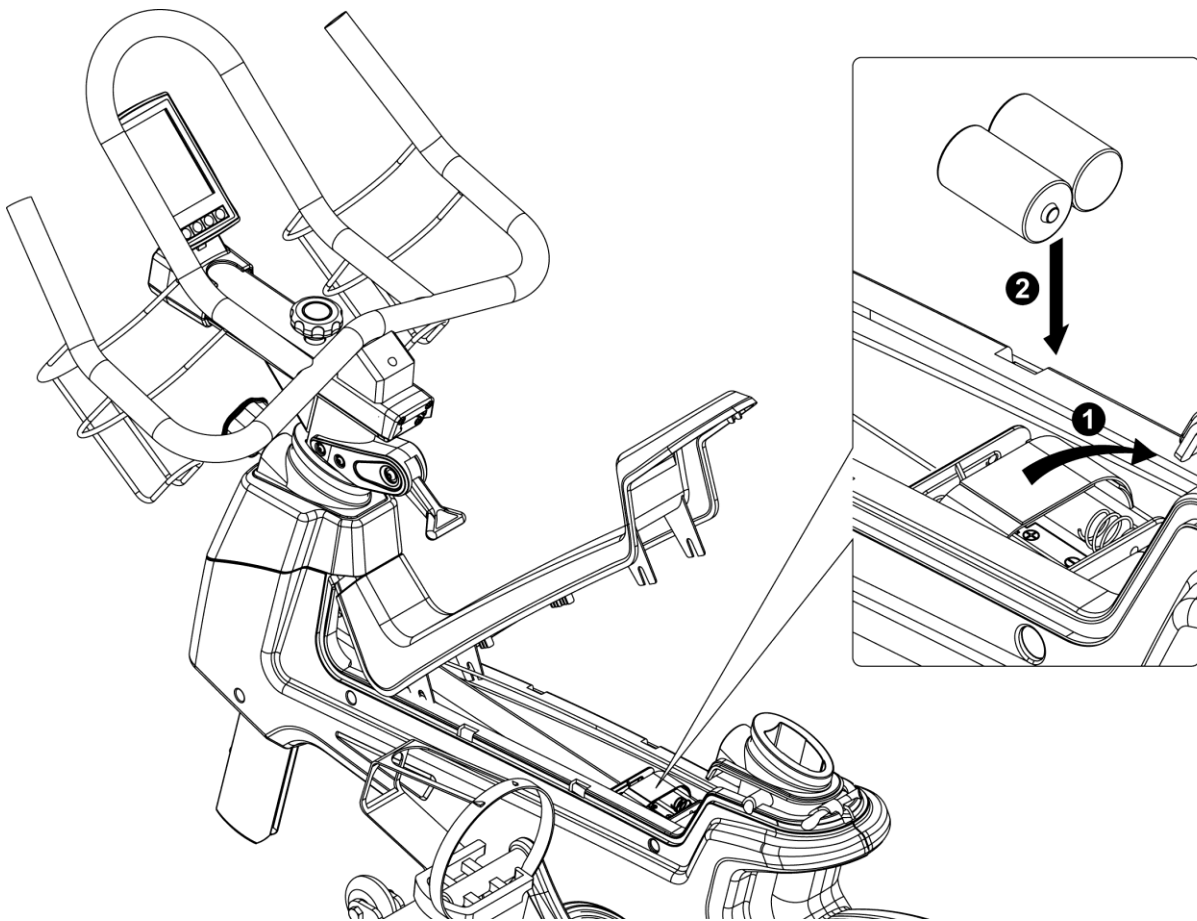
■ STEP 2.

Take out the seat set.



■ STEP 3.

Open the upper decoration cover, and loosen the knit buckle (2) according to the order showed in the image (1) to put in the No. 1 battery, and after that, fasten the knit buckle.



■ STEP 4.

After the replacement of the battery, please amend the computer console again, like 10.4

PEDAL

USE INSTRUCTION

Carefully read these instructions before any use, and follow them for correct use. If you are unsure about any of the installation instructions or how to operate this pedal system, We strongly suggest that the following procedures are performed by a professional bicycle dealer.

Warning

- Before riding, please adjust the spring tension of the pedals to suit yourself.
- Practice engaging and releasing in a stationary position until you do so naturally.
- Keep cleats and bindings clear of mud and dirt to ensure engagement and release. Oil or light grease should be applied to the springs after cleaning the pedals.
- Not recommend riders for over 85kg (187 lb.) to use titanium spindle-equipped pedals. Doing so will void warranty.
- Cleat that are badly worn or difficult to release should be replaced.

Note:

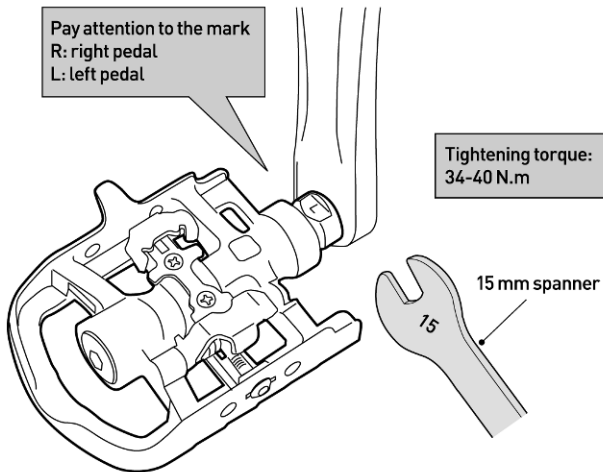
It is necessary to practice releasing until you become accustomed to the technique.

Note:

If the adjustment plate is at the strongest or the weakest position, do not turn the adjustment bolt any further.

1. Mounting the pedals on the crank arms

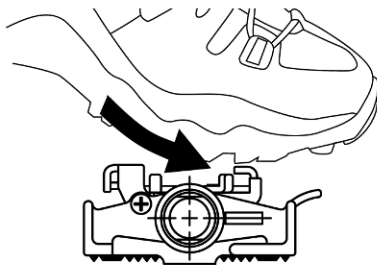
- A** Fit the pedals on the crank arms with a 15 mm Wrench. The right pedals (Marked R) has a right-hand thread , and the left pedal (Marked L) has a left-hand thread.



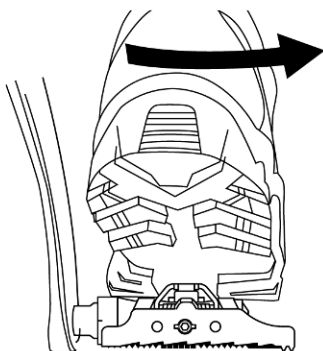
The specifications may be changed without notice when improvements are made in this product.

3. Using the pedals

- A** Engaging: Press the cleat into the pedals with a forward and downward motion.

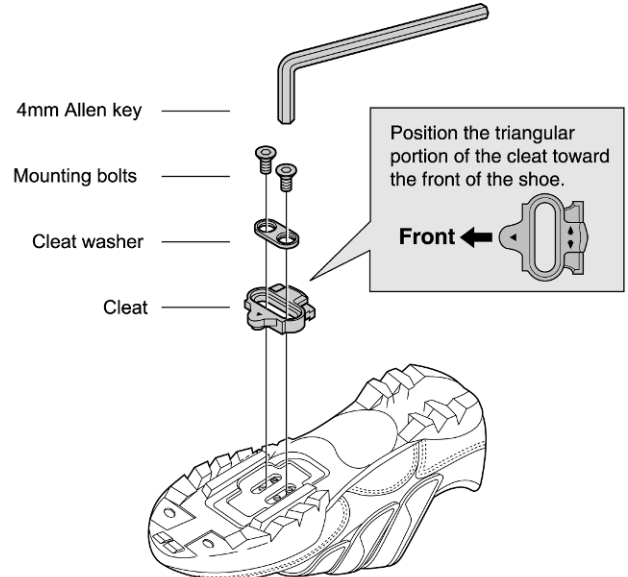


- B** Releasing: Twist your heels to the outside



2. Attaching the cleats to cycling shoes

- B** From the bottom of the shoes, position a cleat and a cleat washer over the oval holes then secure the cleat tightly with the bolts.

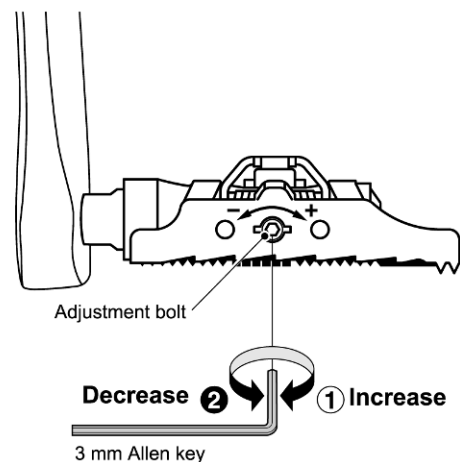


WARNING: Prior to any use, make sure that the cleats are sufficiently tight under your shoes before interlocking. Otherwise, Sudden interlocking could result in a fall and serious injuries.

4. Adjusting the spring tension

The spring tension for each pedal is adjusted with the adjustment bolt at the rear of the pedal.

Turn the bolt clockwise to increase the spring tension; counterclockwise to decrease the tension. Equalize the tension by referring to the tension indicator.



10. Console Operation Instruction

I. Description

This is LCD built-in console which displays:

RPM, CALORIES, WATT, TRIP DISTANCE, TIME, HEART RATE, GEAR.

II. Turn on/off Display

LCD will display after pedaling, after 2 seconds, console will enter Start/Ready mode.

When stop pedaling, LCD displays and blinks the exercise information. Console will turn off automatically if after 30 seconds without pedaling.

III. Display Instruction

A. TIME :

Number—count from 0.

Time window displays the total exercising time. Time counts from 00:00 up to the maximum 99:59. Step is 1 second.

B. RPM :

The RPM range is 0~250, when it is over 250 RPM, console will show “STOP” to warn user slowing down for safety concern.

C. TRIP DISTANCE:

Number—count from 0.

Distance counts from 000.0 up to 999.9. Step is 0.1 Km.

D. CALORIES:

Number—count from 0.

Display the total consumed calorie. Calorie counts from 0 up to 999. Step is 1 cal.

E. WATT: Display the total generated Watt. Range: 0~999.

F. HEART RATE: It is required to use heart rate transmitter. Console will display user's heart rate. Range: 60~240BPM

G. GEAR: will be blinking when console is at Start/Ready mode. User can push the shifter from GEAR 1(Default) to GEAR 20. The level above GEAR 20 is GEAR 88.

Range: 1-20 / MAX 88 (GEAR 1 is lowest resistance, GEAR 20 is highest resistance, GEAR 88 is for stop).

IV. Console Calibration

A. Please wait for 5 seconds when you replace the battery or after plug out the computer console.

B. Rotate crank from rear (the lowest resistance) to front (the highest resistance). Repeat the above procedure for 5 times.

- C. When console displays “55:55”, it means the calibration is done. If “55:55” is not shown, repeat the Step B.