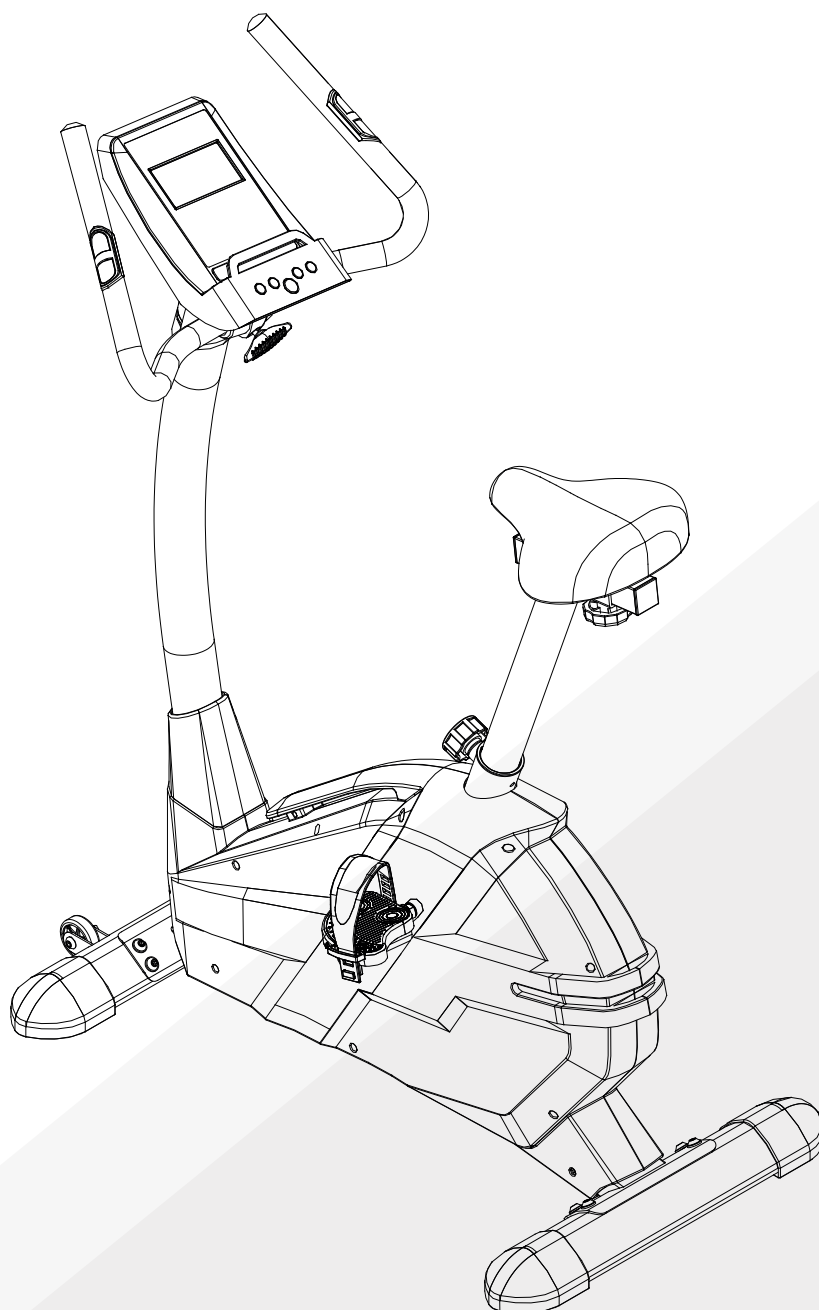


AM-3i



Owner's Manual

www.dkn-uk.com

Manual version 1.2

Thank you for purchasing the DKN **AM-3i** exercise bike.

You have chosen a high-quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new piece of equipment.

For more information, or if you require any assistance please email us at support@dkn-uk.com

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Important Safety Information

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.

NOTE THE FOLLOWING PRECAUTIONS BEFORE ASSEMBLING OR OPERATING THIS EXERCISE BIKE:

01. Assemble the machine exactly as per the instructions in this manual, DO NOT use power tools to assemble it.
02. Check all the screws, nuts and other connections before using the machine for the first time and ensure that it has been built correctly and is safe to be used.
03. This machine is for indoor, home use only. Position the machine on a clear, dry and level surface. DO NOT position it near water or outdoors, or in a room or building that is not properly insulated such as a garden shed or a garage.
04. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the assembly area to protect it from dirt.
05. Make sure there is sufficient free space around the exercise bike when you set it up.
06. Before beginning training, ensure there is at least 1m of clearance in the front and rear of the exercise bike and 0.6m on each side, free from any objects or potential hazards. The minimum ceiling height required is 2.3m.
07. Use the machine only for its intended purpose as described in the manual. This machine is not suitable for therapeutic or medical purposes.
08. This machine may only be used by one person at a time.
09. Always wear appropriate workout clothing when exercising. Aerobic shoes are required when using this machine.
10. Before exercising on this machine, always warm up and do the stretching exercises listed in this manual first.
11. When altering any adjustable parts, make sure they are adjusted properly and note the marked maximum position for each part.
12. DO NOT use aggressive cleaning products, such as detergents, to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program.
14. **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint or experience dizziness, nausea, chest pain, or any other abnormal symptoms **STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.**

-
15. Disabled persons should not use this machine without a qualified person or physician in attendance.
 16. Children should be kept away from the machine at all times.
 17. **WARNING!** Individual human power which is required to carry out an exercise can be different than the mechanical power displayed.
 18. The machine is equipped with a computer console which can adjust the resistance. Reduce the resistance by pressing the 'down' resistance key. Increase the resistance by pressing the 'up' resistance key.
 19. The maximum user weight is 150kg (331lbs). The product weighs 38kg (84lbs). Safety standards: EN/ISO 20957 – Class HA (Home use, high accuracy).
 20. **WARNING:** The safety level of the machine can be maintained only if it is examined regularly for damage and wear. Examine the machine carefully before you use it, especially the components most susceptible to wear, e.g., handlebar, cranks, pedals, bearings, and the connection points.
 21. Stop using the machine immediately if there are any defective components and keep it out of use until you replace the components or it is repaired by a qualified engineer.
 22. Use only original spare parts for any necessary repairs. Using 3rd party parts will invalidate any warranty.
 23. **WARNING:** If any of the adjustment devices are left projecting, they could interfere with the user's movement.
 24. **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 in serious injury or death.
- 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. Read all instructions before using this exercise bike.
- DKN assumes no responsibility for personal injury and/or property damage sustained by or through the use of this product.**



RECYCLING INFORMATION

Used electrical and electronic equipment (WEEE) should not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product to designated collection points where it will be accepted free of charge. Alternatively, in some countries you may be able to return your products to your local retailer upon purchase of an equivalent new product. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point. Penalties may be applicable for incorrect disposal of this waste, in accordance with your national legislation.

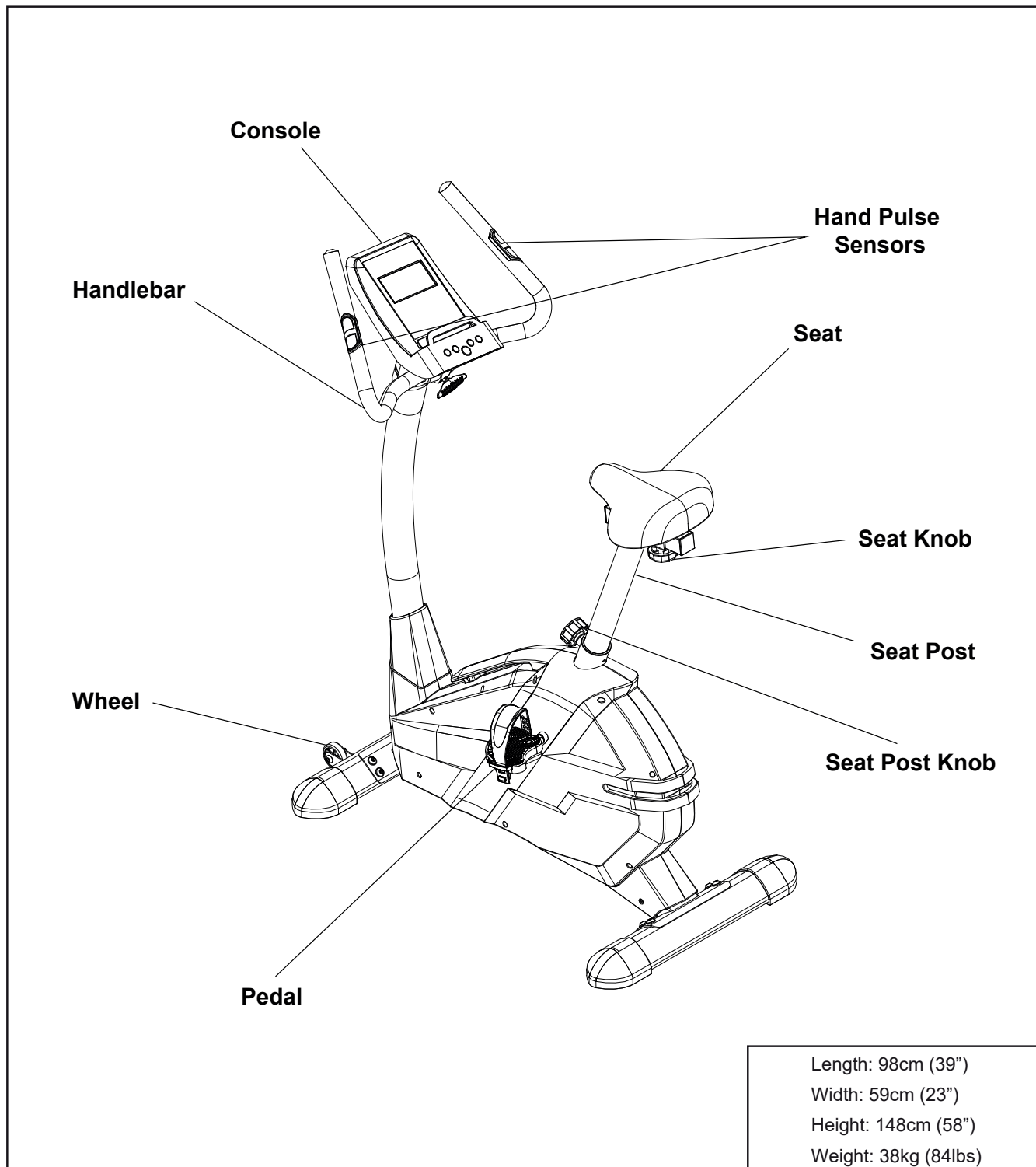


SAFETY STANDARDS

This equipment meets the requirements of European safety directives such as: the Electromagnetic Compatibility (EMC) Directive and the Low Voltage Directive (LVD).

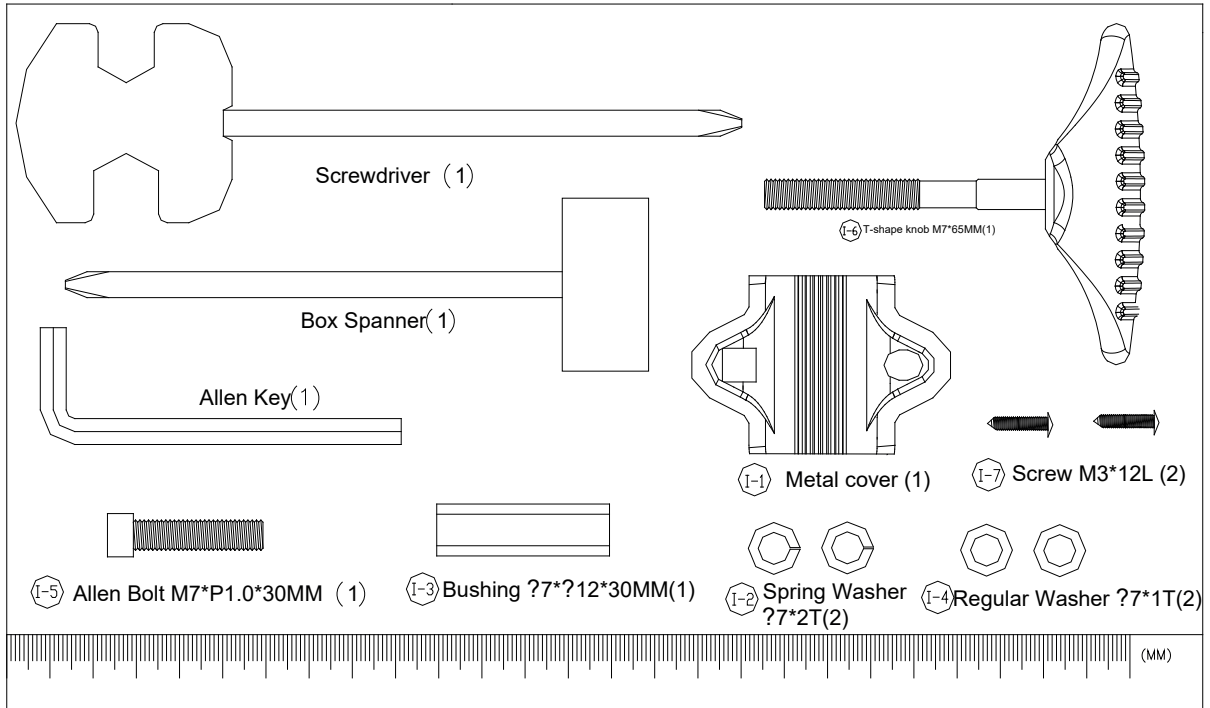
Overview of Your AM-3i

Thank you for selecting the DKN AM-3i exercise bike. This manual will guide you through the assembly process. Please familiarise yourself with the parts labeled in the drawing below and check that they are all present and correct before you begin to assemble your machine.



AM-3i Assembly

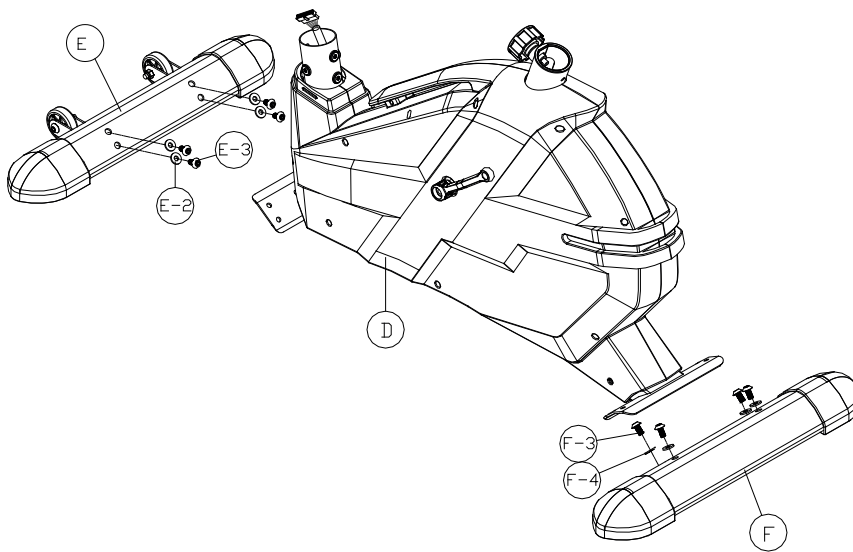
Tools & Hardware Pack



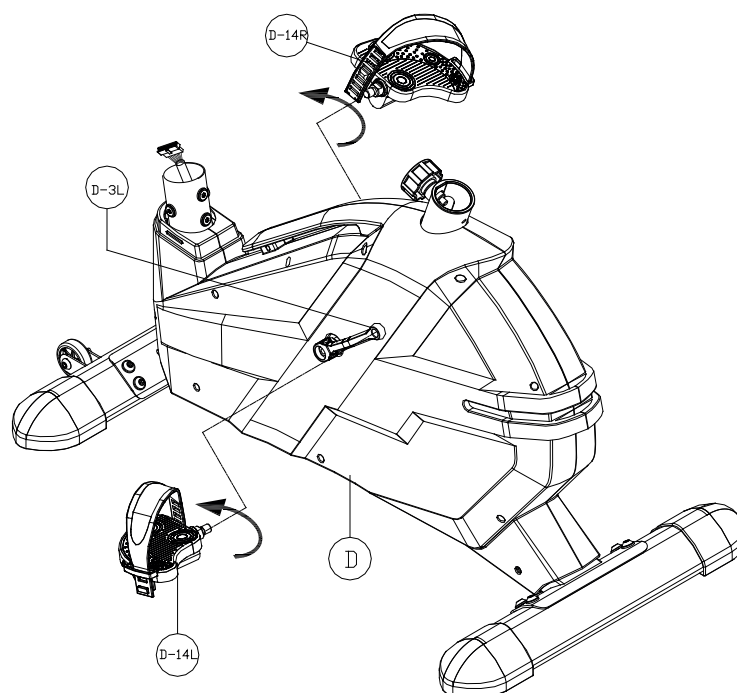
Assembly Instructions

Your DKN AM-3i is partially pre-assembled to help ensure it runs smoothly and to reduce the amount of assembly required. There are 9 straight-forward steps that need to be followed before you can use the machine:

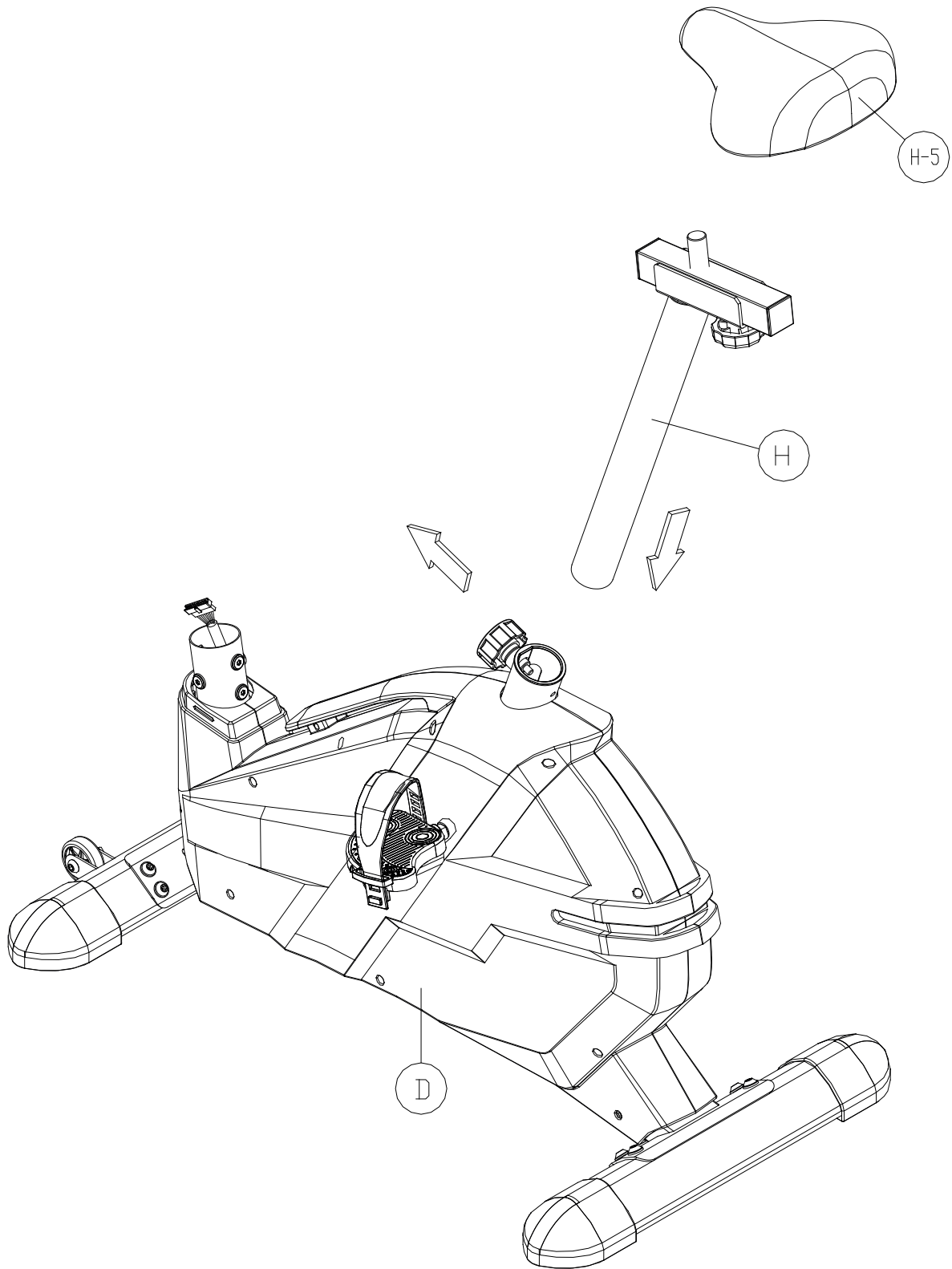
STEP 1:



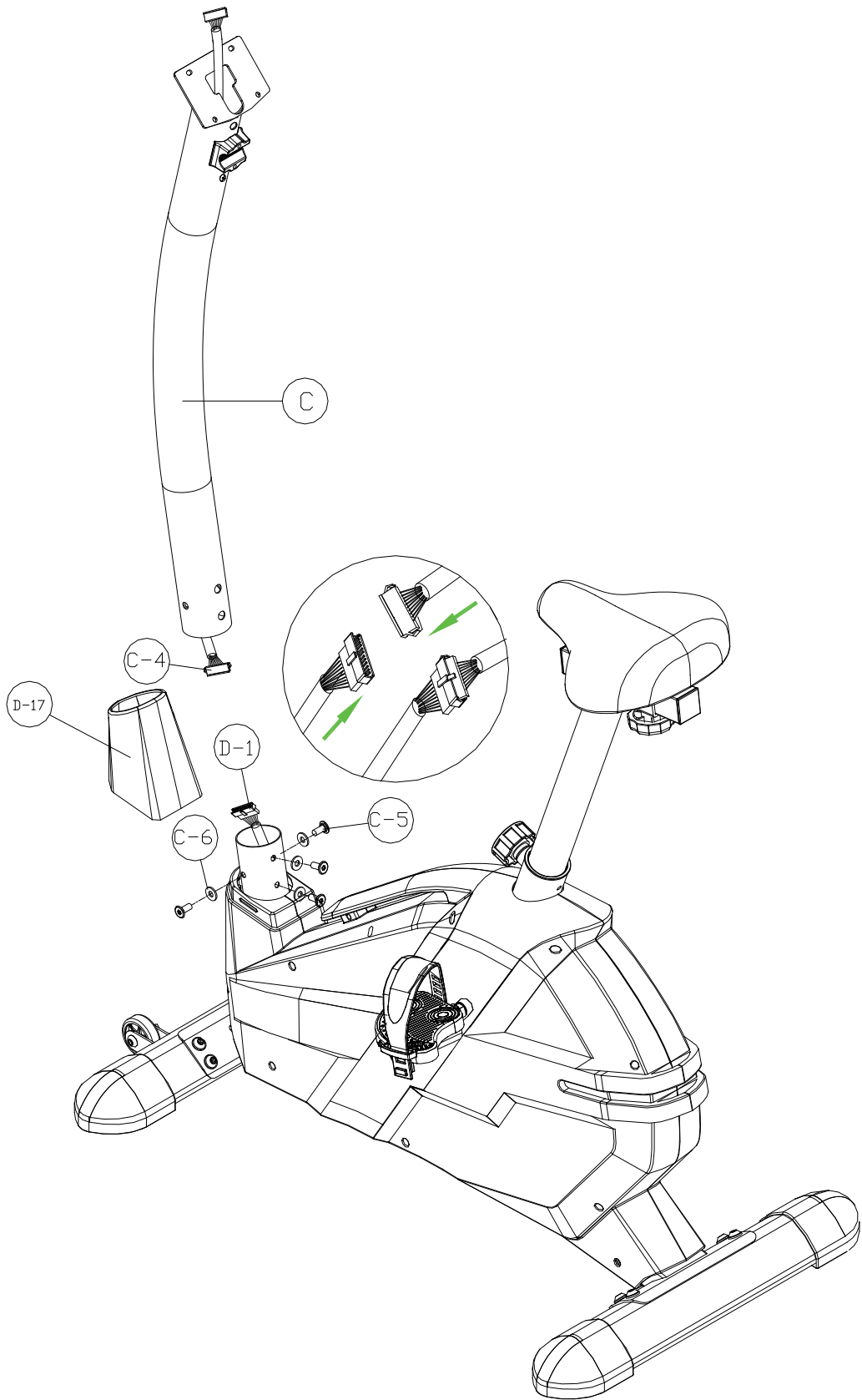
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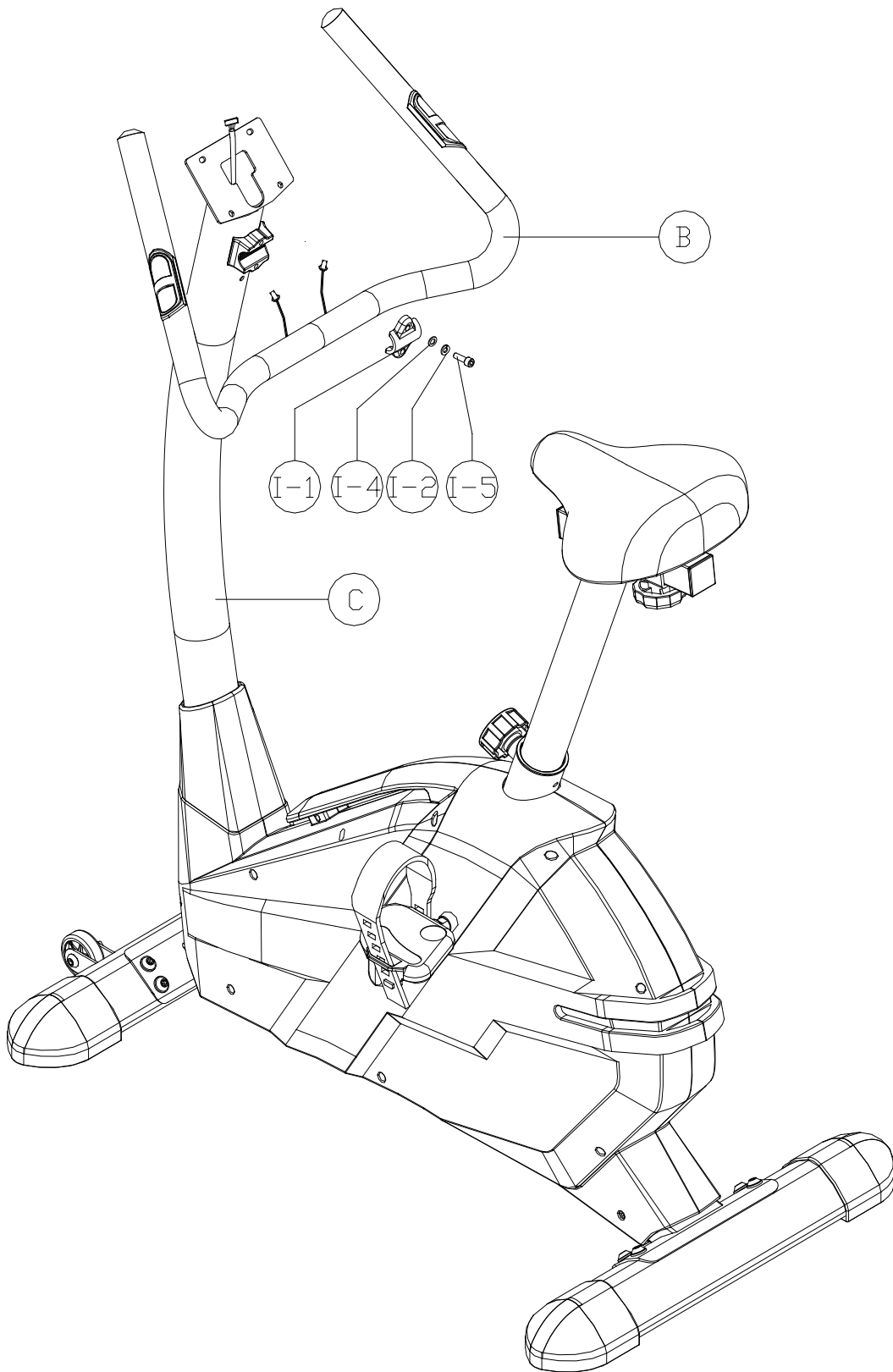
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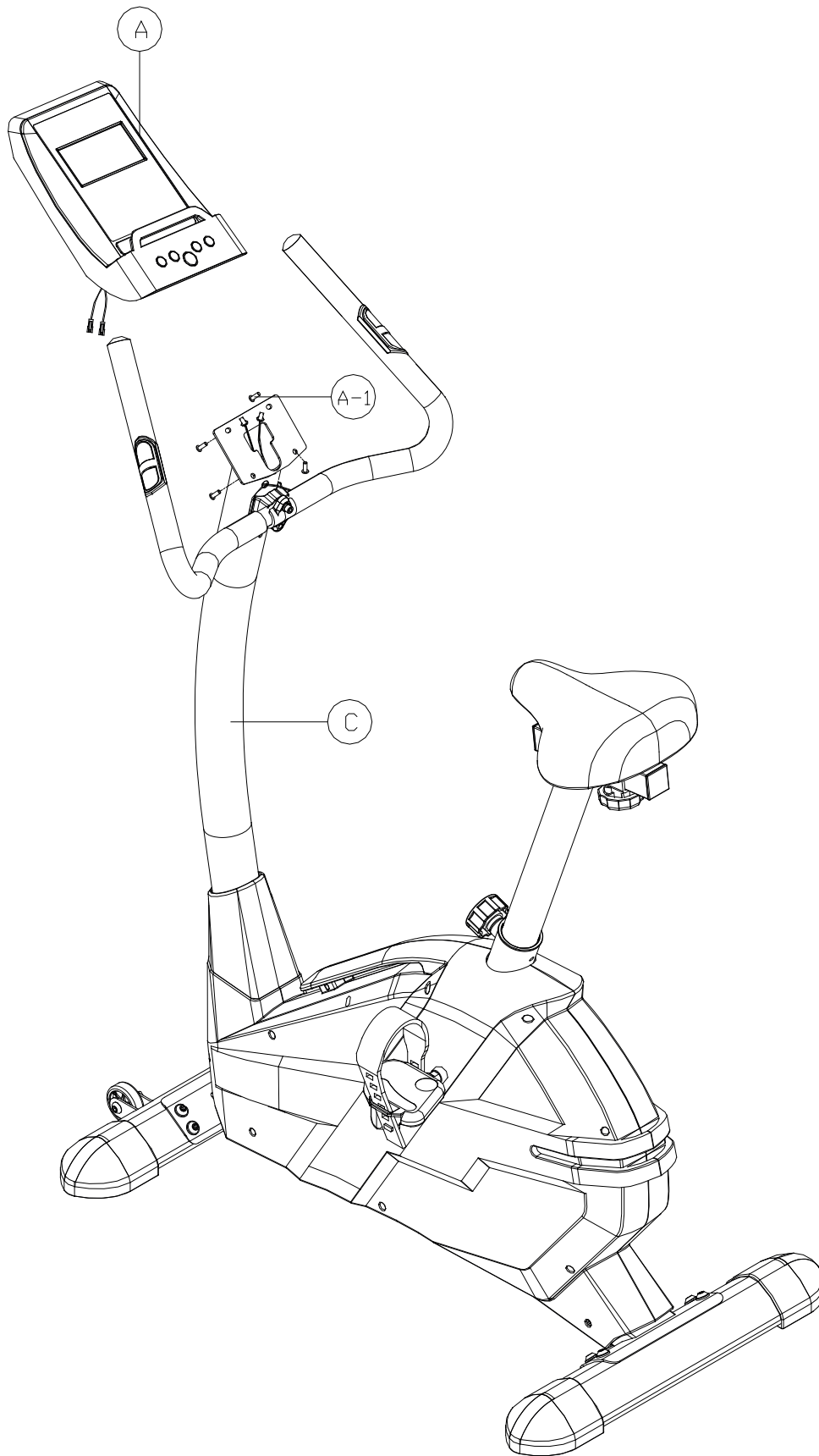
STEP 4:



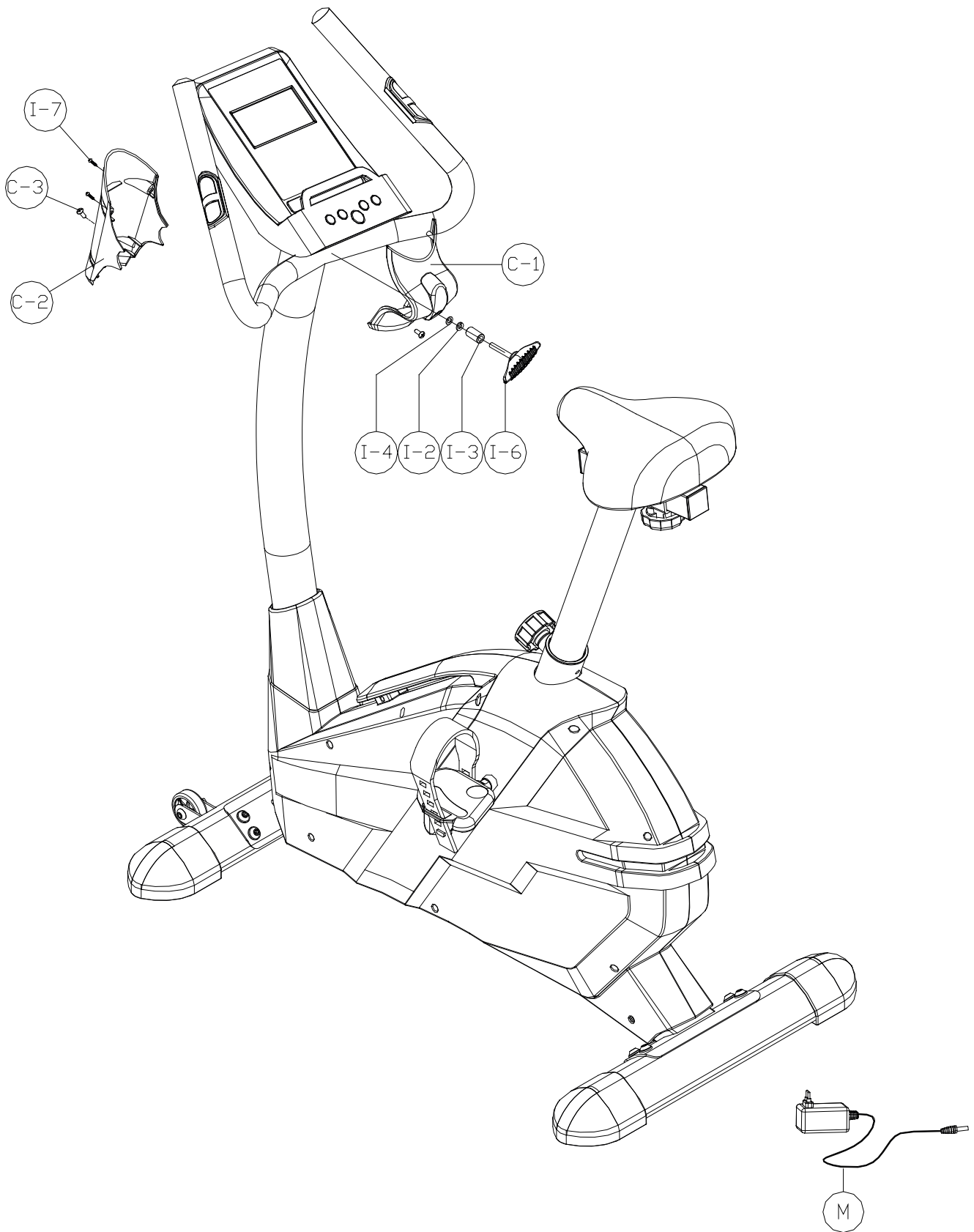
STEP 5:



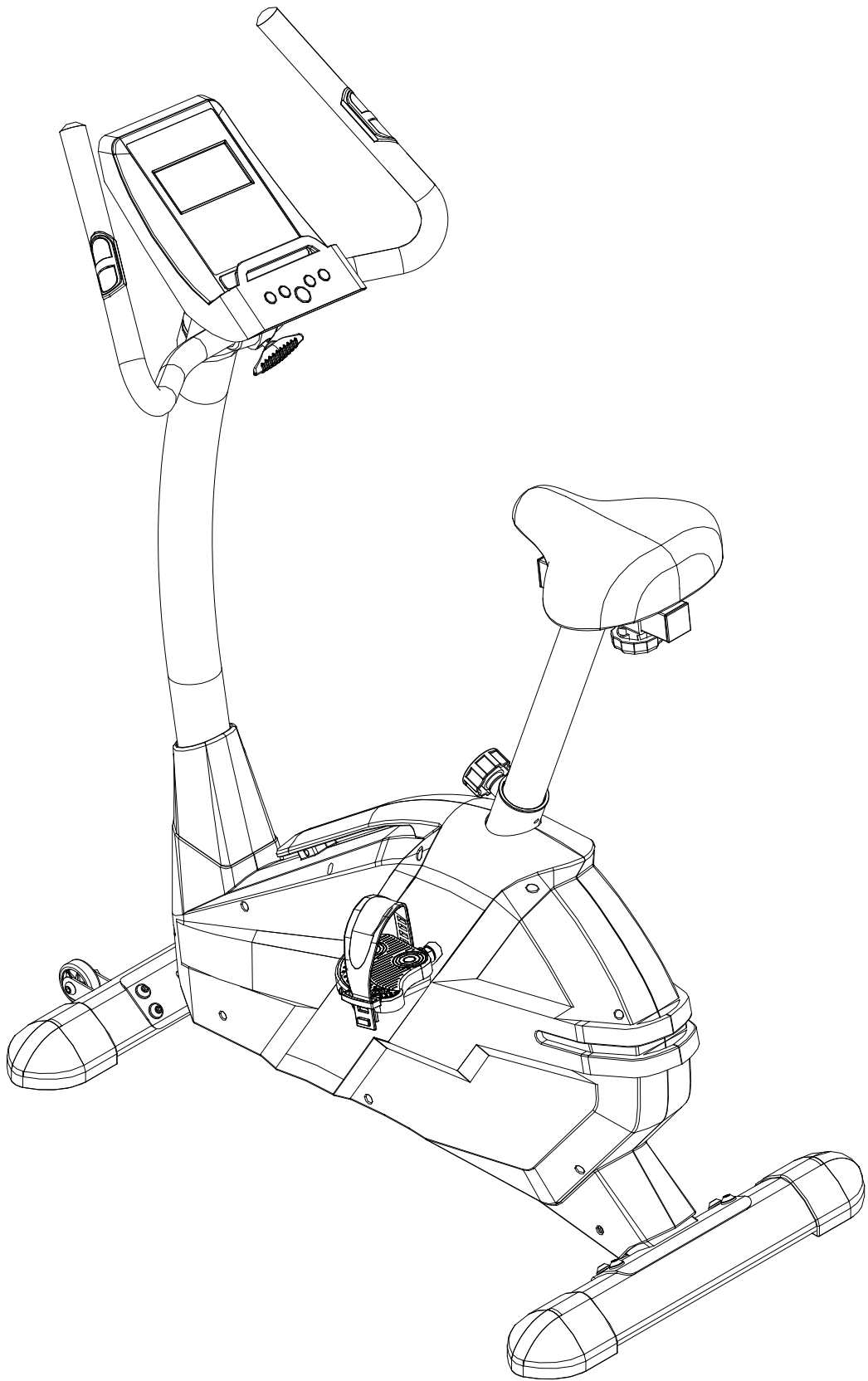
STEP 6:



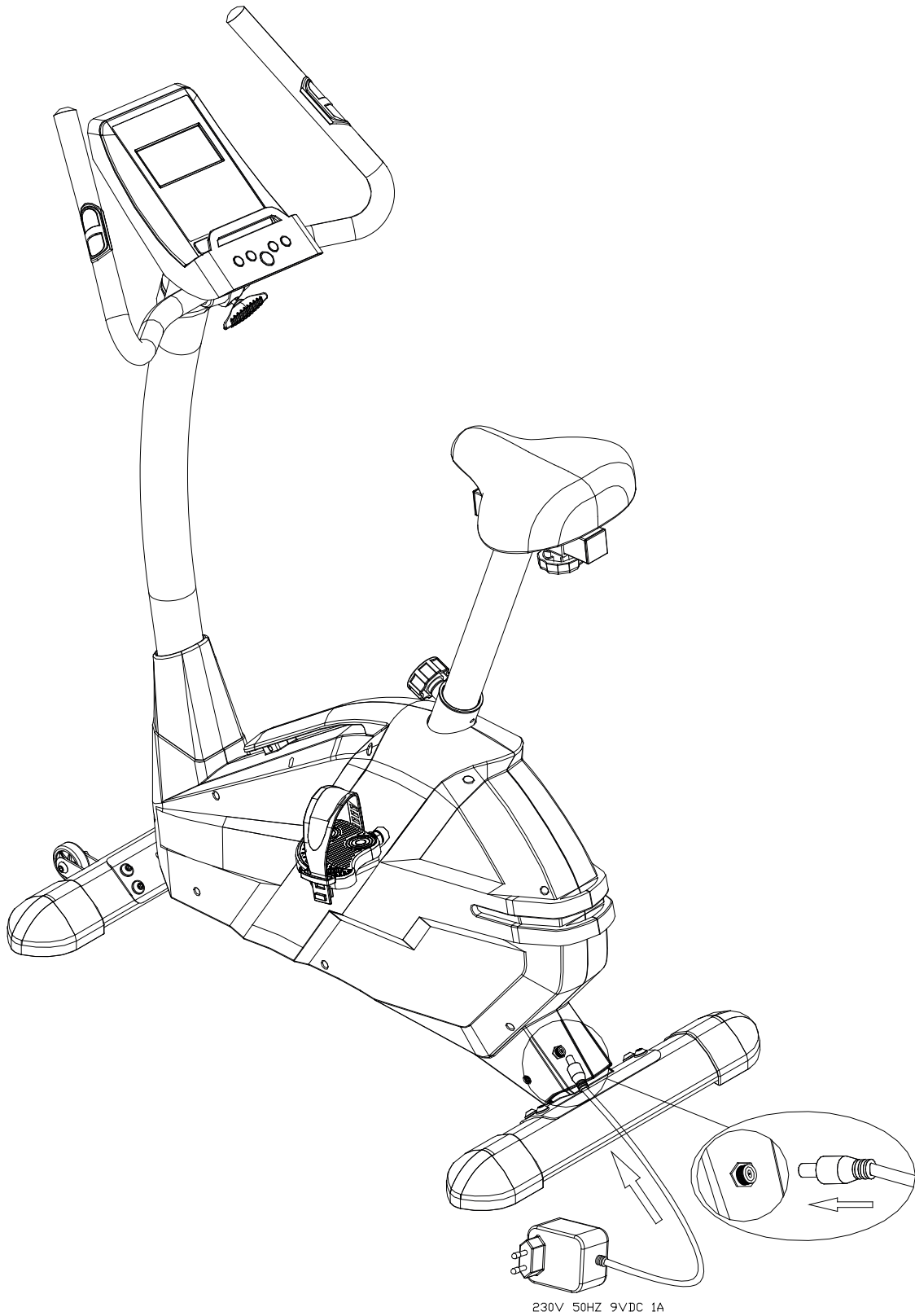
STEP 7:



STEP 8:



STEP 9:



Operating Instructions

Console Image



Configuring Your Exercise Bike

Connect the power adapter, select user 1 to 4 with UP/DOWN and press ENTER to confirm. Program user data (gender, age, height and weight) using UP/DOWN/ENTER.

Using user profiles allows you to enter your personal data to get personalised feedback on your workout performance.

Controls

ENTER	Data entry.
START/STOP	To start or stop the exercise program.
RESET	To clear the display and reset all data.
UP/DOWN	To select up/down function.

Console Feedback Display Functions

Time	Exercise time.
Speed	Displays speed in km/h.
Distance	Displays exercise distance.
Calories	Approximate calorie burn. Calorie value used in this program represents an approximate calorie burn and strictly remains a random indication
Pulse	Hold firmly both sensors on the handgrip (please wipe sensors and hands before starting measuring your pulse) or apply optional Bluetooth HR transmitter. Your current heart rate will be displayed within 30 seconds up to one minute.
Watt	Displays generated energy in WATT.

Workout Programs

Manual Mode



- Select MANUAL and use UP/DOWN/ENTER to program time.
- Press START.
- Use UP/DOWN to adjust load level (32 levels).
- Stop/pause the exercise by pressing STOP.
- Press RESET to exit the program.

Program Mode



- Press UP/DOWN to select beginner, advanced or performance, confirm with ENTER.
- Select profile 1 to 4, confirm selection with ENTER.
- Program target value for time using UP/DOWN/ENTER.
- Press START.
- Eventually use UP/DOWN to adjust load level.
- Stop/pause the exercise by pressing STOP.
- Press RESET to exit the program.

Heart Rate Control (HRC) Mode



- Select CARDIO using UP/DOWN/ENTER .
- Set Target Heart Rate, confirm selection with ENTER (THR default value is 100 Bpm).
- Program target value for program time using UP/DOWN/ENTER and press START.
- 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 32. As soon as your heart rate figure has achieved the target pulse, tension will be down adjusted one level immediately. In case of overload 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.
- Stop/pause the exercise by pressing STOP.
- Press RESET to exit the program

NOTE: The AM-3i features a Bluetooth® Smart wireless heart rate receiver. To perform the HRC program you need to wear a compatible wireless heart rate chest strap (sold separately).

WATT mode



- Select WATT, USE UP/DOWN to program target watts (programmable between 10 up to 350 Watt), for each time segment, and confirm with ENTER.
- Program training time using UP/DOWN/ENTER.
- Press START.
- 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 32. 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.
- Stop/pause the exercise by pressing STOP.
- Press RESET to exit the program.

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.

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

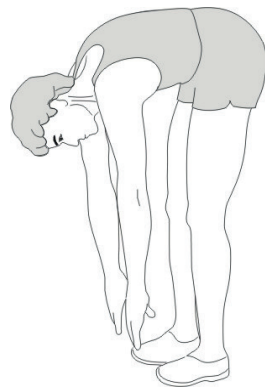
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces 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.



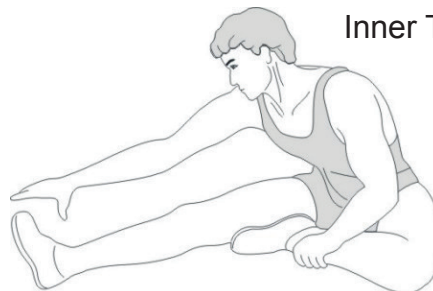
Side Stretch



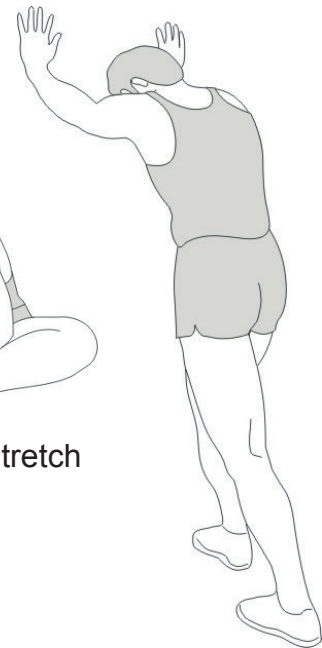
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles 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.

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 AM-3i 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.

			
	EN ISO 20957	Class HA	 Max User Weight = 150kg
www.dkn-uk.com		AM-3i Exercise Bike	
DKN UK			Serial No:
Unit 5 – Mill Square, Featherstone Road, Wolverton Mill, Milton Keynes MK12 5ZD			

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

DKN UK

Unit 5 – Mill Square,
Featherstone Road,
Wolverton Mill,
Milton Keynes
MK12 5ZD

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, garden sheds, uninsulated garages, humid, damp, cold, hot, dusty, or outdoor environments, or near water such as swimming pools etc.

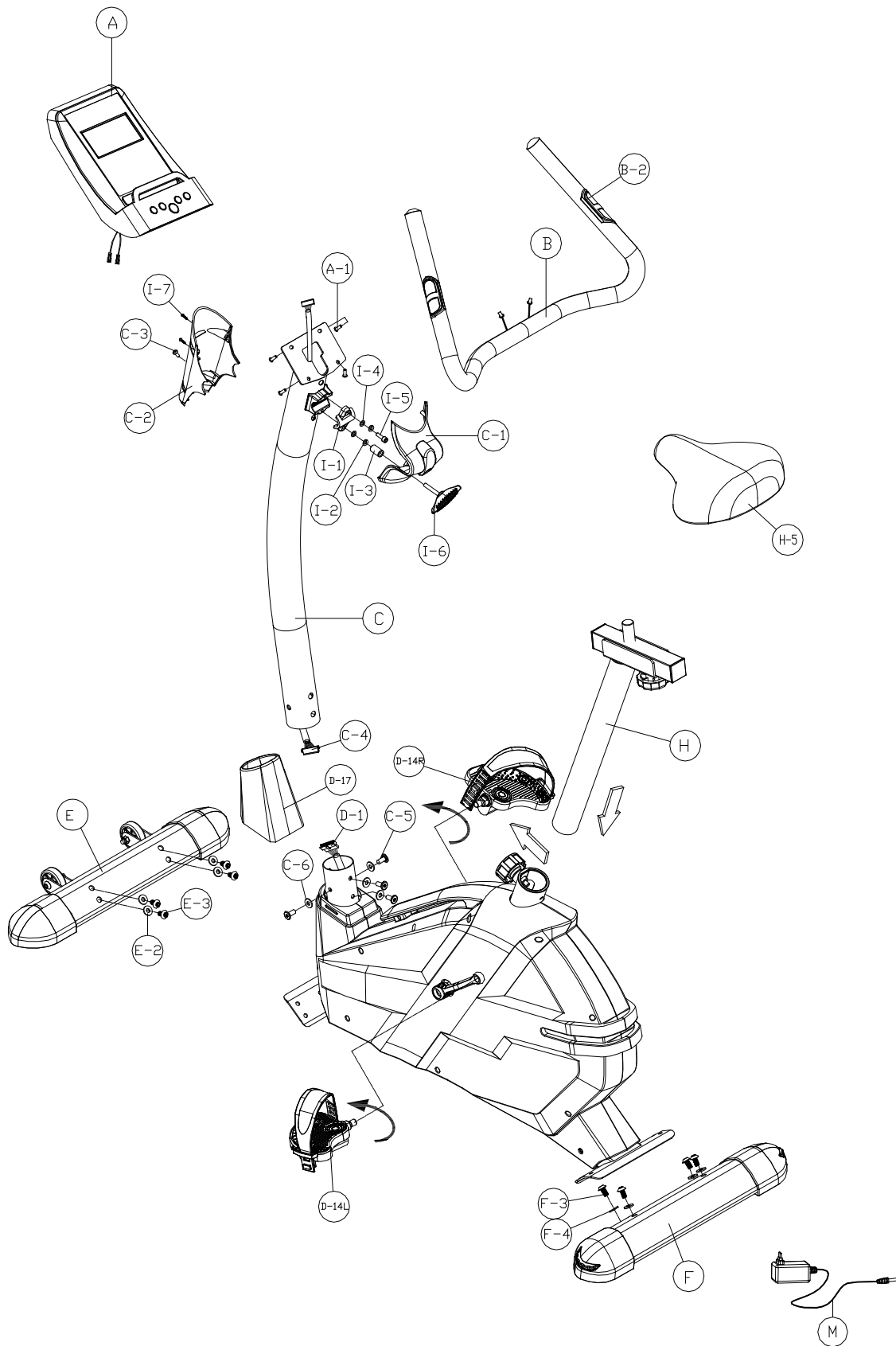
DKN is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

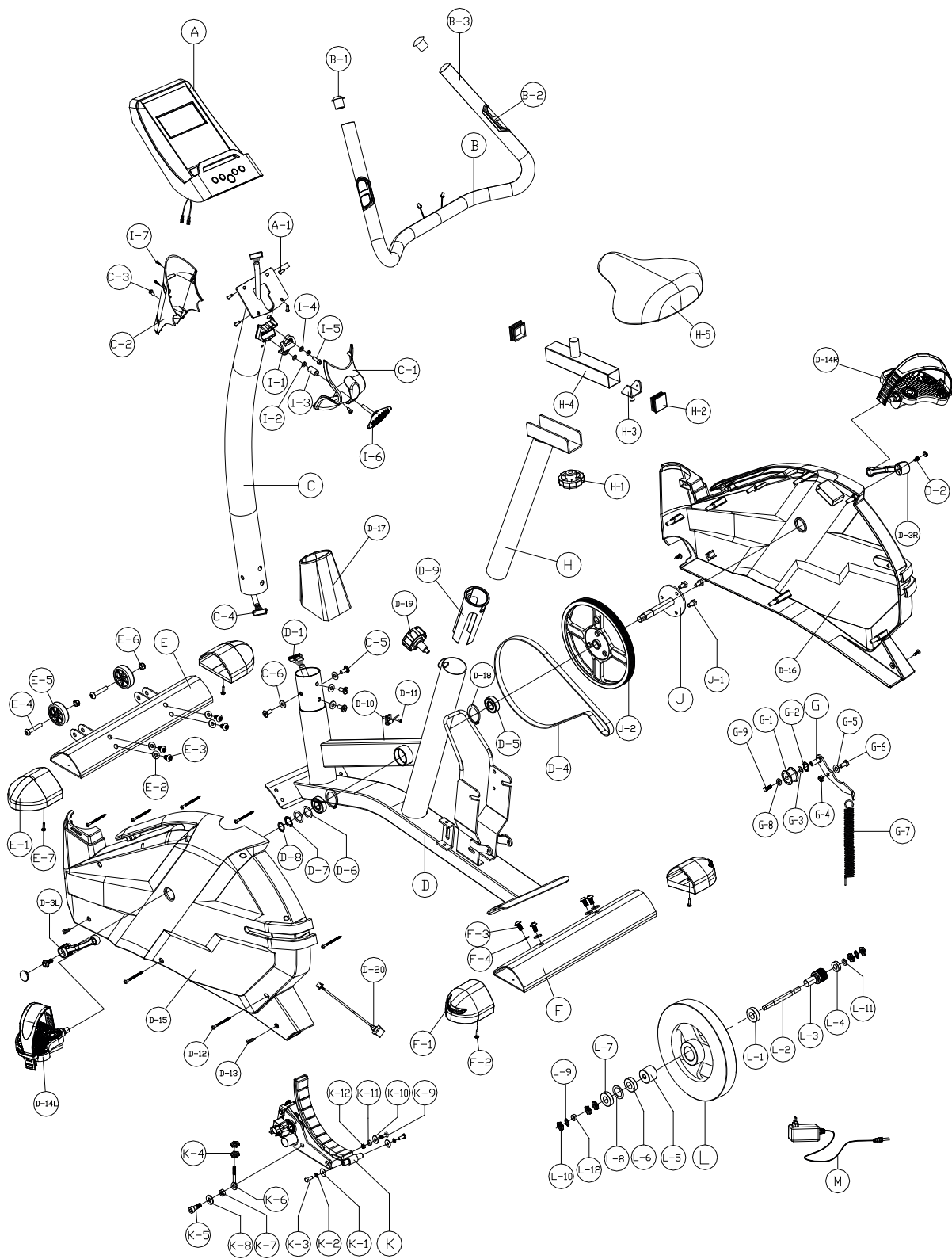
This warranty covers products purchased as new inside the United Kingdom.

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: Exploded Diagram





Appendix 2: Parts List

NR	ITEM	QTY	NR	ITEM	QTY
A	COMPUTER	1 pc	G-3	FLAT WASHER	1 pc
A-1	SCREWS	4 pc	G-4	NYLON NUT	1 pc
B	HANDLEBAR	1 pc	G-5	FLAT WASHER	1 pc
B-1	HANDLEBAR CAP	1 pc	G-6	ALLEN KEY BOLT	1 pc
B-2	HANDPULSE SET	1 set	G-7	SPRING	1 pc
B-3	UPPER FOAM GRIP	2 pc	G-8	FLAT WASHER	1 pc
C	HANDLEBAR POST	1 pc	G-9	HEXAGONAL SCREW	1 pc
C-1	HANDLEBAR COVER FRONT	1 pc	H	SEAT POST	1 set
C-2	HANDLEBAR COVER REAR	1 pc	H-1	SLIDER KNOB	1 pc
C-3	SCREWS	2 pc	H-2	CAP	2 pc
C-4	CABLE UPPER	1 pc	H-3	SLIDER HOLDER	1 pc
C-5	SCREWS	4 pc	H-4	SLIDER	1 pc
C-6	CURVED WASHER	4 pc	H-5	SADDLE	1 pc
D	MAINFRAME	1 set	I	HARWARE SET	1 set
D-1	CABLE LOWER	1 pc	I-1	METAL COVER HANDLEBAR	1 pc
D-2	ALLEN BOLT	2 pc	I-2	SPRING WASHER	2 pc
D-3L	CRANK ARM R	1 pc	I-3	BUSHING	1 pc
D-3R	CRANK ARM L	1 pc	I-4	FLAT WASHER	2 pc
D-4	DRIVING BELT	1 pc	I-5	BOLT	1 pc
D-5	BEARING 6203	2 pc	I-6	T-KNOB	1 pc
D-6	FLAT WASHER	2 pc	I-7	SCREW	2 pc
D-7	CURVED WASHER	1 pc	J	AXLE SET	1 pc
D-8	C-TYPE RING	1 pc	J-1	ALLEN KEY BOLT	3 pc
D-9	SEAT POST BUSHING	1 pc	J-2	DRIVING PULLEY	1 pc
D-10	SENSOR BOX	1 pc	K	MOTORIZED MAGNETIC SET	1 pc
D-11	SCREW	1 pc	K-1	FLAT WASHER	2 pc
D-12	SCREW (1)	8 pc	K-2	SPRING WASHER	2 pc
D-13	SCREW (2)	4 pc	K-3	ALLEN KEY BOLT	2 pc
D-14	PEDAL (R+L)	1 set	K-4	ALLEN KEY NUT	2 pc
D-15	COVER L	1 pc	K-5	BOLT	1 pc
D-16	COVER R	1 pc	K-6	ADJUSTOR	1 pc
D-17	HANDLEBAR POST COVER	1 pc	K-7	BUSHING	1 pc
D-18	SPRING RING	2 pc	K-8	FLAT WASHER	1 pc
D-19	SEAT POST KNOB	1 pc	K-9	HEXAGONAL SCREW	1 pc
D-20	DC CABLE	1 pc	K-10	FLAT WASHER	1 pc
E	FRONT STABILIZER SET	1 set	K-11	BUSHING	1 pc
E-1	FRONT STABILIZER CAP	2 pc	K-12	NYLON NUT	1 pc
E-2	FLAT WASHER	4 pc	L	FLYWHEEL SET	1 set
E-3	SCREW	4 pc	L-1	BEARING 6203	1 pc
E-4	BOLT	2 pc	L-2	FLYWHEEL AXLE	1 pc
E-5	ROLLER	2 pc	L-3	SMALL PULLEY	1 pc
E-6	NYLON NUT	2 pc	L-4	BEARING 6003RS	2 pc
E-7	SCREW	2 pc	L-5	ONE WAY BEARING SET	2 pc
F	REAT STABILIZER SET	1 set	L-6	BEARING 6003RS	4 pc
F-1	REAR STABILIZER CAP	2 pc	L-7	BEARING 6300RS	1 pc
F-2	SCREW	2 pc	L-8	FLAT WASHER	1 pc
F-3	SCREW	4 pc	L-9	STAR WASHER	1 pc
F-4	FLAT WASHER	4 pc	L-10	NUT	5 pc
G	IDLER WHEEL SET	1 set	L-11	FLAT WASHER	1 pc
G-1	IDLER WHEEL	1 pc	L-12	BUSHING	1 pc
G-2	CURVED WASHER	1 pc	M	AC ADAPTOR	1 pc

Appendix 3: Space Requirements

A minimum free space of 1m in the front and rear of the bike and 0.6m on each side is required to use it. The minimum ceiling height required is 2.3m.

