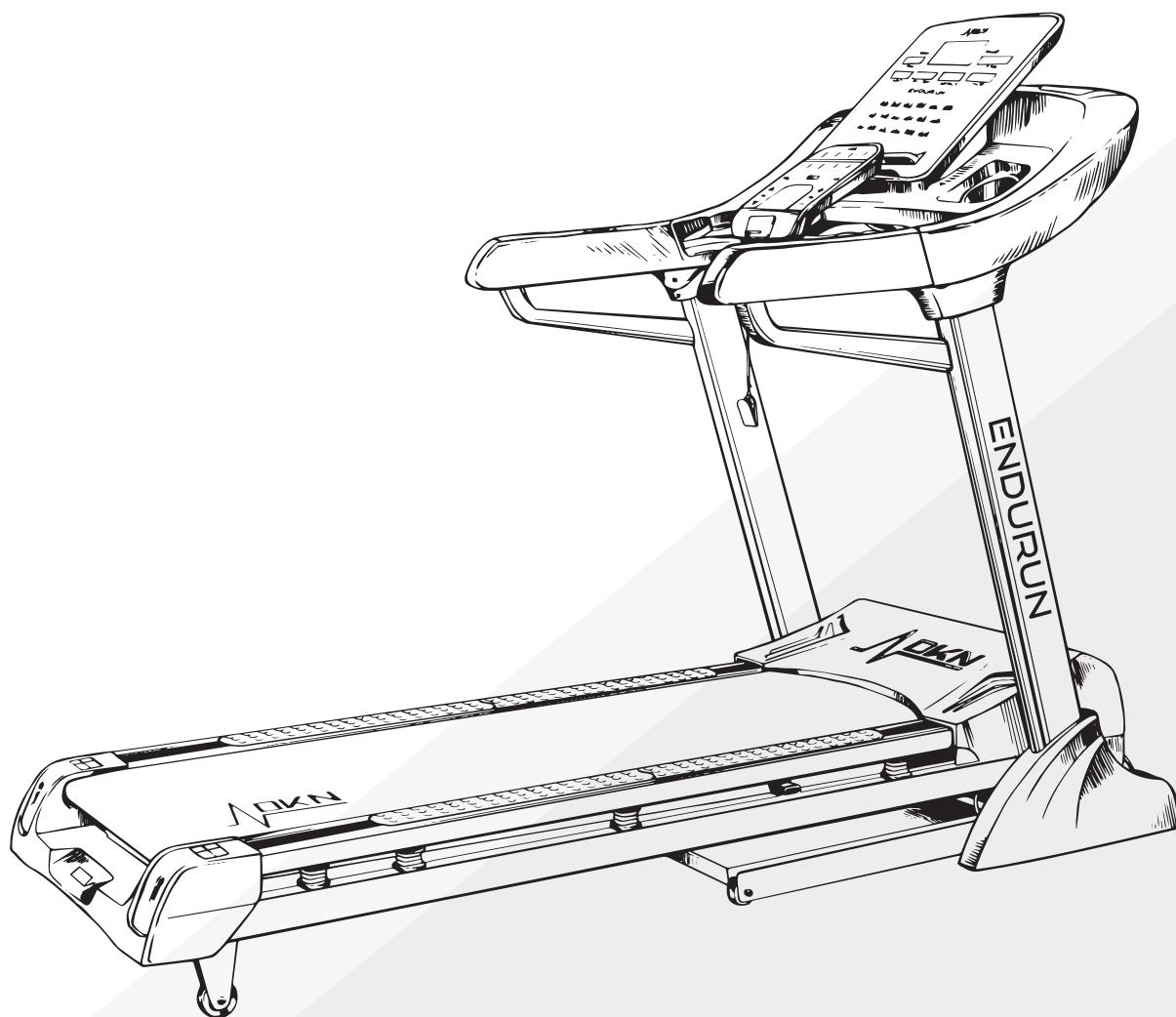




ENDURUN



Owner's Manual

www.dkn-uk.com

Thank you for purchasing the DKN EnduRun treadmill.

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 TREADMILL:

1. Using the tools supplied, assemble the treadmill exactly as per the instructions in this manual.
2. Check all the screws, nuts, bolts and other connections before using the machine for the first time and ensure that it has been built correctly.
3. This is a class H (Home) product and is suitable for domestic use in private homes where access to the equipment is controlled by the owner.
4. Position the treadmill on a clear, dry and level surface. DO NOT position it near water or outdoors.
5. Before starting to assemble the treadmill, place a suitable base (e.g. rubber mat, wooden board etc.) in the assembly area. Assemble the treadmill on this base and then keep it under the treadmill at all times in order to protect it from dirt.
6. There must be 2 metres of clear space behind the running deck where you access the equipment for safety reasons. Ensure there is a clear space of 0.6 metres around the treadmill in all other directions, free from any objects or potential hazards.
7. Use the treadmill only for its intended purpose as described in this manual.
8. This treadmill may only be used by one person at a time.
9. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are required when using this machine.
10. Inappropriate use of this treadmill such as, while under the influence of drugs or alcohol, not in line with these instructions or excessive usage, may result in serious injury or death.

11. Before using this treadmill or doing any exercise programme, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.
12. Before exercising on this treadmill, always warm up and do the stretching exercises listed in this manual first.
13. Always stand in the middle of the running belt and never to the left or the right of the centre. Stand in a normal walking/running position close enough to the console at the front to ensure that you can easily reach the controls at all times.
14. Always attach the safety key to your person by using the clip provided. NEVER use this treadmill to exercise without attaching the safety key before starting your training.
15. Once the treadmill stops, dismount by stepping off to the left, the right or to the rear.
16. Your health can be adversely affected by incorrect or excessive training. Consult a doctor before beginning a training program. This treadmill is not suitable for therapeutic or medical purposes.
17. WARNING! Heart rate monitoring systems may be inaccurate. 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.
18. Disabled people should not use this machine without a qualified person or physician in attendance.
19. The power of the treadmill increases as the speed increases and decreases as the speed decreases. The treadmill is equipped with control buttons which adjust the speed. Reduce the speed by pressing the '-' speed button. Increase the speed by pressing the '+' speed button.
20. Before pressing the start button on the treadmill, always stand on the foot rails on the sides of the frame. Wait until the belt is in motion at a low speed, then step onto it and adjust the speed. After turning the power on, there may be a pause before the walking belt begins to move.
21. The maximum user weight is 150kg (330.7lbs).
22. WARNING! The safety level of the treadmill can be maintained only if it is examined regularly for damage and wear, e.g. walking belt, rollers, connection points.
23. Examine the treadmill carefully before you use it, especially the components most susceptible to wear, e.g. running belt.

24. Stop using the treadmill immediately if it behaves in an unexpected way such as speeding up or slowing down of its own accord. Keep it out of use until it is inspected and/or repaired by a qualified engineer.
25. Use only original spare parts for any necessary repairs.
26. DO NOT use aggressive cleaning products such as detergents to clean the treadmill. Remove drops of sweat from the treadmill immediately after finishing training.
27. This treadmill is not suitable for use by minors. Children should be kept away from the treadmill at all times.
28. Do not extend the power cord, replace its plug, place heavy objects on the it or place it near a source of high heat.
29. The power cord earths the treadmill and must therefore always be plugged

- into an appropriate outlet directly off the mains that is properly installed and earthed. Do not modify the plug provided with this treadmill and do not use any adaptors or extension leads as you risk causing an electric shock. If in doubt as to the suitability of the socket you intend to use, consult a qualified electrician before plugging in the treadmill.
30. When the treadmill is not being used, the power cord should be unplugged and the safety key should be removed.
31. For your safety, only ever use the treadmill in accordance with these instructions.
32. DKN assumes no responsibility for personal injury or property damage sustained by or through the use of this product.



RECYCLING INFORMATION

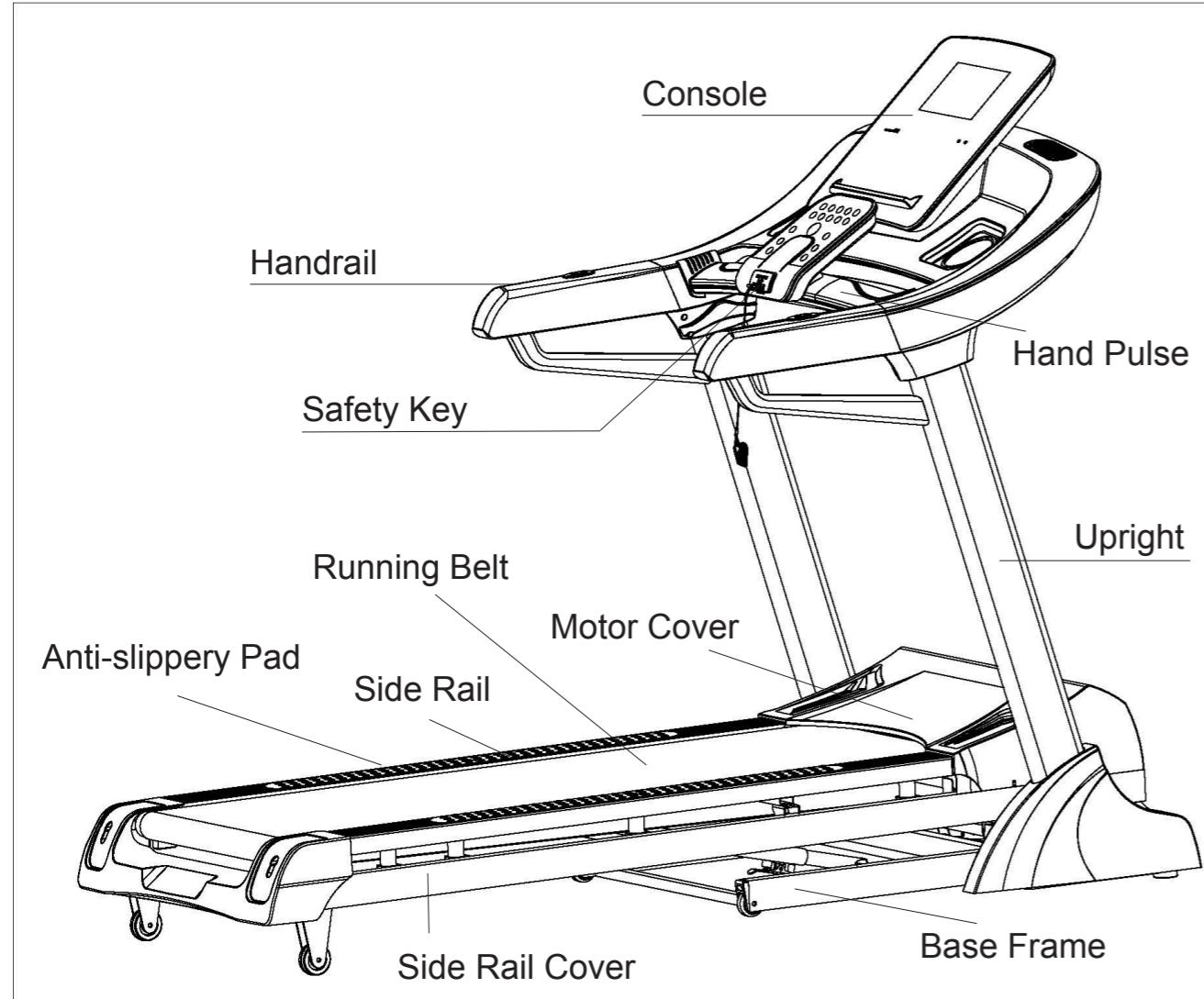
Used electrical and electronic equipment (WEEE) should not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product to designated collection points where it will be accepted free of charge. Alternatively, in some countries you may be able to return 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).

Product Overview



Assembly Instructions

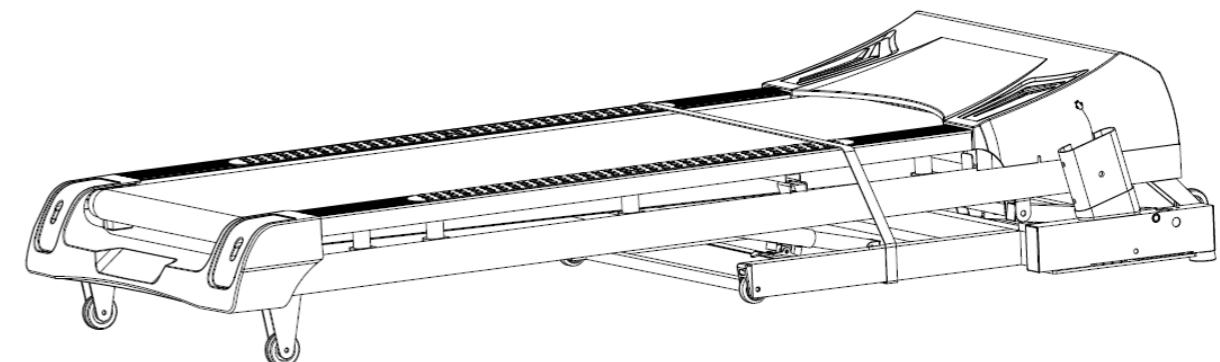
	#2 Main frame 1PC		#3 Upright tube 2PCS		#36L/R Front side cover 1PR		#8 Bottom Handlebar 2PCS
	#4 Console Frame 1PC		#34 Outside upright cover 2PCS		#35 Inside upright cover 2PCS		#67 Hex socket screw M10*15 18PCS
	#91 Lock washer $\Phi 10*1.2$ 18PCS		#88 Cross tapping screw ST4.0*12 10PCS		#30 Safety key clip 1PC		#112 MP3 wire 1PC
	Cross wrench 1PC		Allen wrench (S=6) 1PC		Allen wrench (S=5) 1PC		Silicon oil 1PC

STEP 1:

To begin assembling, unpack the box and prepare all the parts depicted above, checking to make sure all are present. Place the main frame on a level flat surface.

The main base is a heavy unit and it is recommended that you obtain the assistance of another person when lifting it.

NOTE: Please do not cut the banding straps at this time.



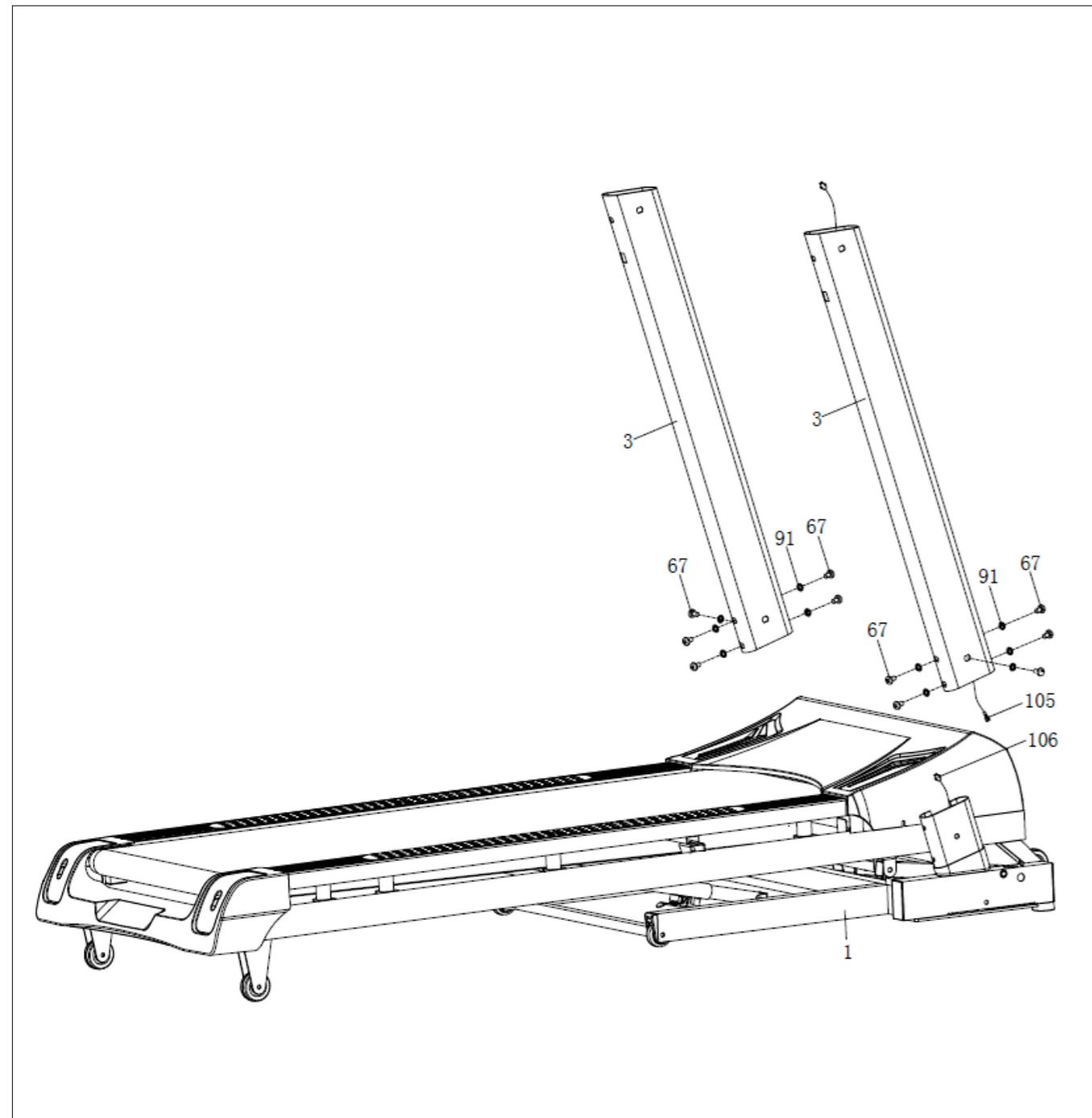
STEP 2:

1. If the main frame is securely placed in a correct position, you may cut the banding straps.

NOTE: Please do not lift or transport this unit once the banding straps have been removed.

2. Take the right upright (3) and connect the Controller wire (106) with the Lower extension wire (105).
3. Firmly attach the left and right upright (3) to the bottom frame (1) using an Allen wrench (S=6) to tighten the Hex socket screws (67) and the Lock washers (91).

NOTE: Do not fully tighten the Hex socket screws (67) at this stage.

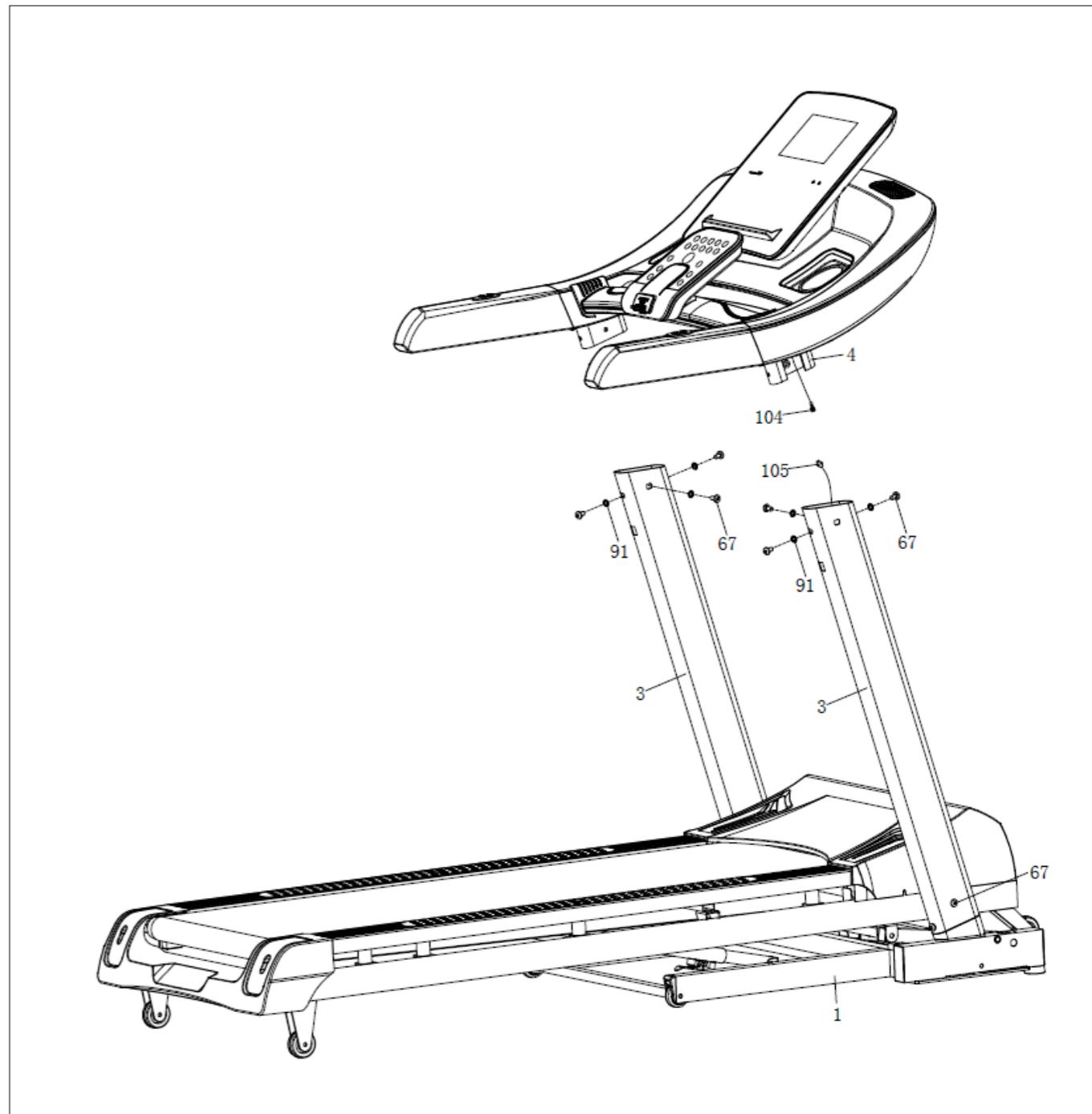


STEP 3:

1. Connect the Upper extension wire (104) to the Lower extension wire (105)
2. Attach the console frame (4) to the upright tube (3) using the Hex socket screws (67) and the Lock washers (91).

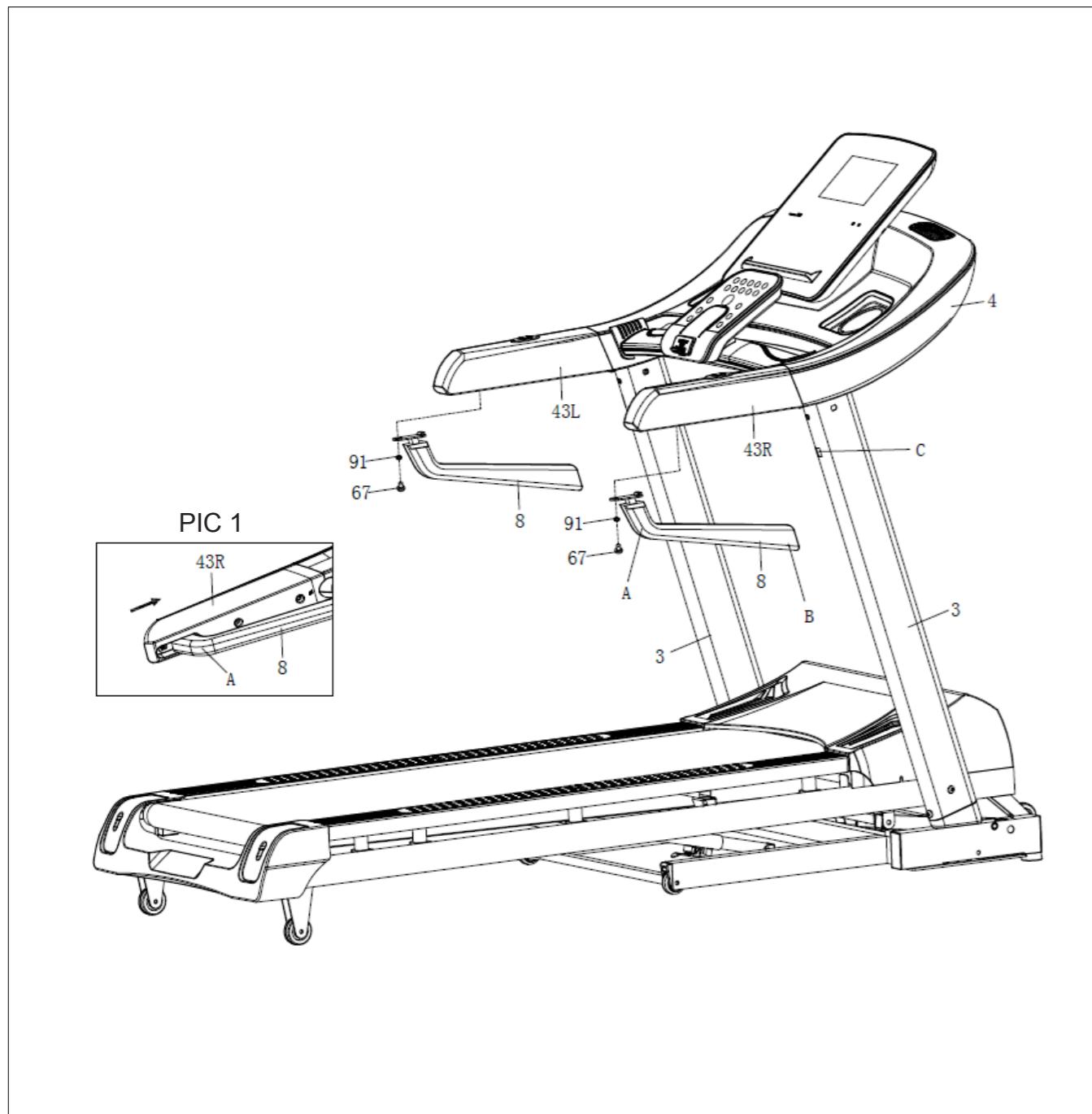
NOTE: Please do not fully tighten the Hex socket screws (67) yet to be able to properly align the handlebar to the upright tube in STEP 4.

3. Then, tighten the Hex socket screws (67) connecting the bottom frame (1) and the upright tube (3).



STEP 4:

1. Insert the B side of Bottom Handlebar (8) to the hole C of Upright tube (3), then insert the A side of Bottom Handlebar (8) to the hole under the Handlebar (43R), and slide forward against the Handlebar (43R) as shown in the picture 1. Then, attach the Bottom Handlebar (8) to the Handlebar (43R) with Hex socket screw (67) and Lock washer (91).
2. Repeat as above for the left side of the handlebar.
3. Adjust the angle of the Console frame (4) to make sure the Bottom Handlebar (8) is properly inserted into the Upright tube (3), and then firmly tighten the screws..



STEP 5:

1. Use Cross wrench and Cross tapping screw(88) to tightly attach the Protective cover (36L /R) to the Bottom frame (1).
2. Insert the A side of the Outside upright cover (34) and Inside upright cover (35) to the B side of the Console frame (4) as per the picture below. Fix the Outside upright cover (34) and Inside upright cover (35) firmly to the Upright tube (3) using the Cross tapping screw (88).



Folding & Unfolding Instructions

The EnduRun can be folded to save floor space between uses.

Folding your treadmill

To fold the treadmill, first stop the machine and ensure that the running belt is stationary. Switch off the power.

Then, lift the rear of the treadmill (A) and push it up until you hear a “click” sound from the hydraulic cylinder (11) underneath the running deck.

The treadmill is now folded.

WARNING! FOLDED TREADMILL SHOULD NOT BE OPERATED

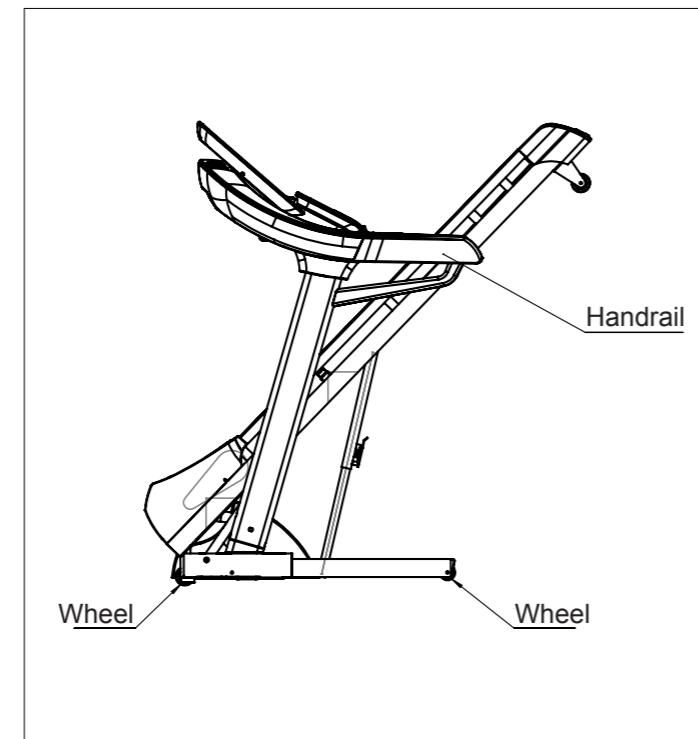


Moving your treadmill

The machine features 4 wheels for easy transportation. Before moving the treadmill, fold it as described above.

When moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position. Carefully push the treadmill to a desired location holding the handrails with both hands. Remember not to pull on the frame and do not move the machine over an uneven surface.

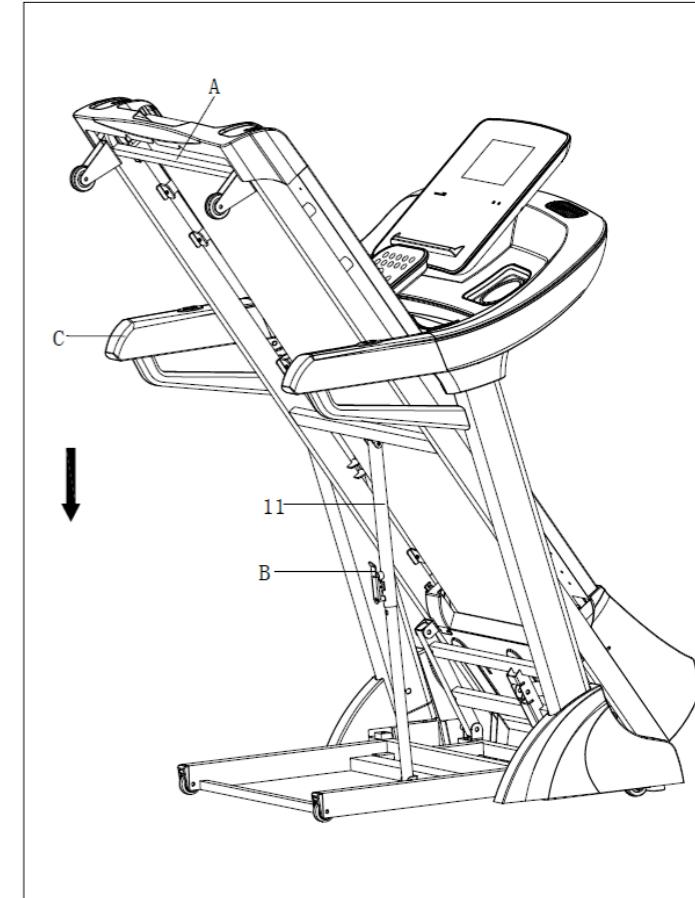
NOTE: Moving the treadmill may require two people.



Unfolding your treadmill

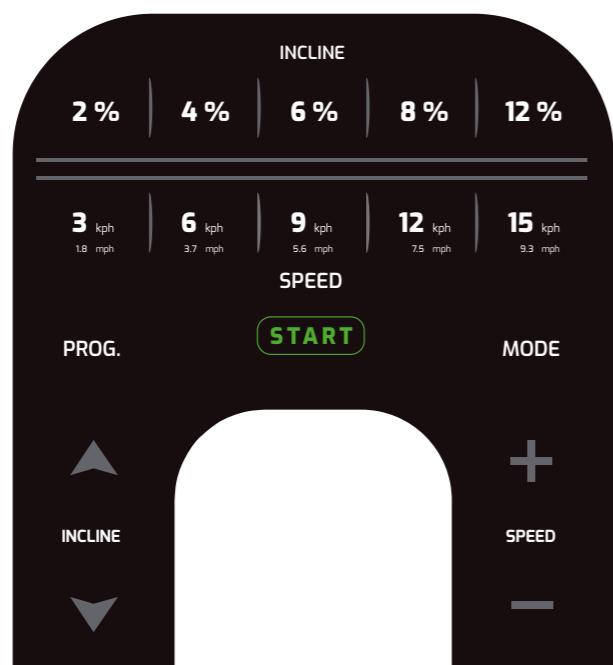
To unfold it, push the top of the running deck (A) forward slightly, and gently press on the sleeve (B) of the cylinder (11) with your foot. Pull the running deck until it reaches the level of handlebars (C).

Then, supporting the deck, let the rear start to drop slowly towards the ground and it will lower back to the horizontal position.



Operation Instructions

Console Images

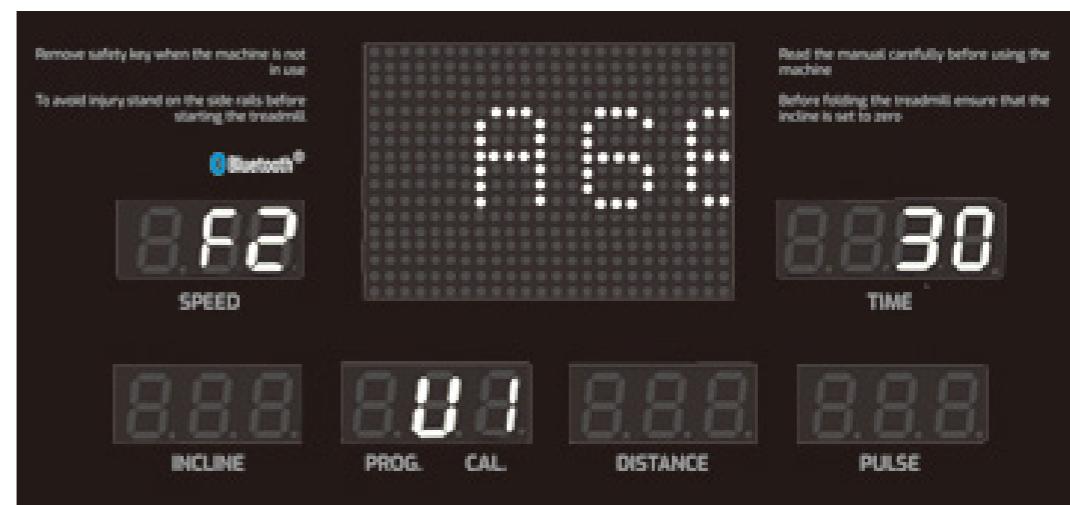


Configuring Your Treadmill

When you turn on the treadmill for the first time the initial display is the user profile setting. Using user profiles allows you to enter your personal data to get personalised feedback on your workout performance.

Press PROG. key to select a user profile and choose from 5 available profiles including U1, U2, U3, U4 and U5.

Once the user profile is selected, press MODE key to move to the next window. You can set gender (01 -male and 02 - female), age, height and weight for each user profile. Press SPEED +/- keys to adjust the values and after entering your data, press MODE key to move to the next window. Then, press START key to save personal data and move to the next step.



Below are the ranges for each parameter when setting up a user profile:

Age: 0-99; default 25

Height: 100-200cm/40-80in

Weight: 20-150kg/40-330lbs

Please Note:

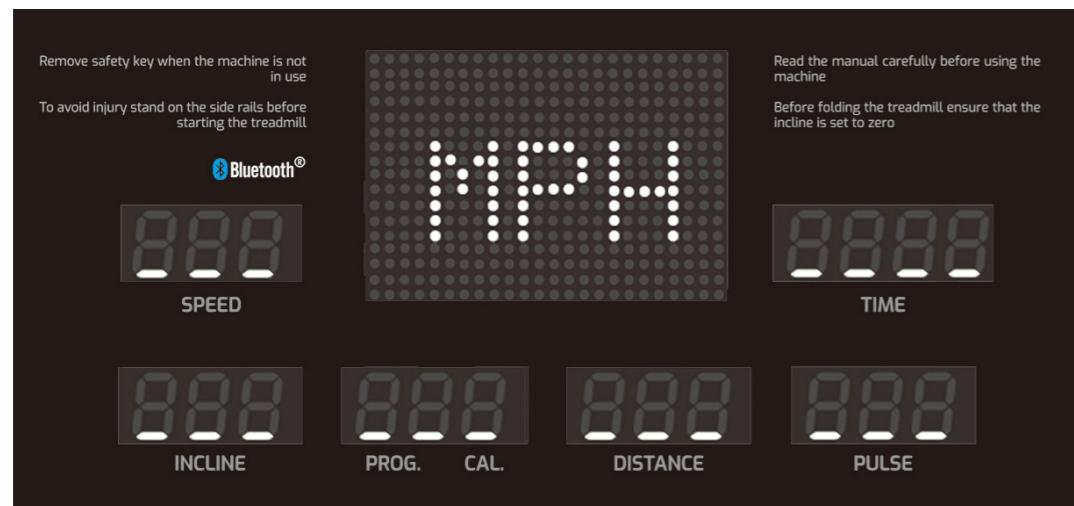
The functions including Gender, Age, Height and Weight are displayed in the SPEED window, whereas values for each of them are displayed in the TIME window.

Metric Units: Height is displayed in cm, weight in kg.

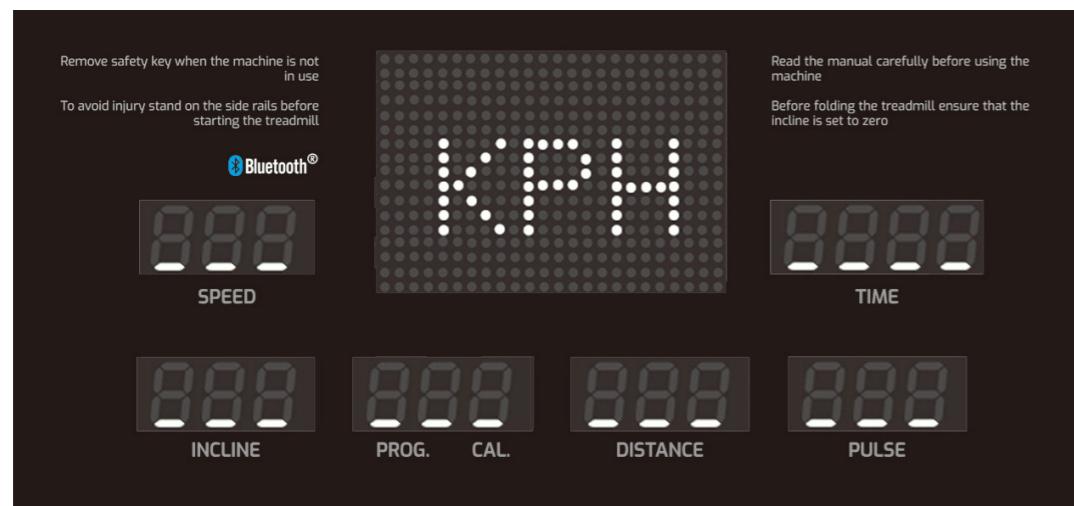
Imperial Units: Height is displayed in inches (1"=2.54cm), weight in lbs (1lbs=0.45kg)

Personalising The Units

To switch between metric and imperial measurements make sure the treadmill is in standby mode and remove the safety key. Then, simultaneously press PROG. and MODE keys for 3 seconds until you see the following displays:



MPH: When the window shows this display, the measurement system has successfully been switched from metric to imperial. Once confirmed, put the safety key back and the treadmill will return to standby mode.

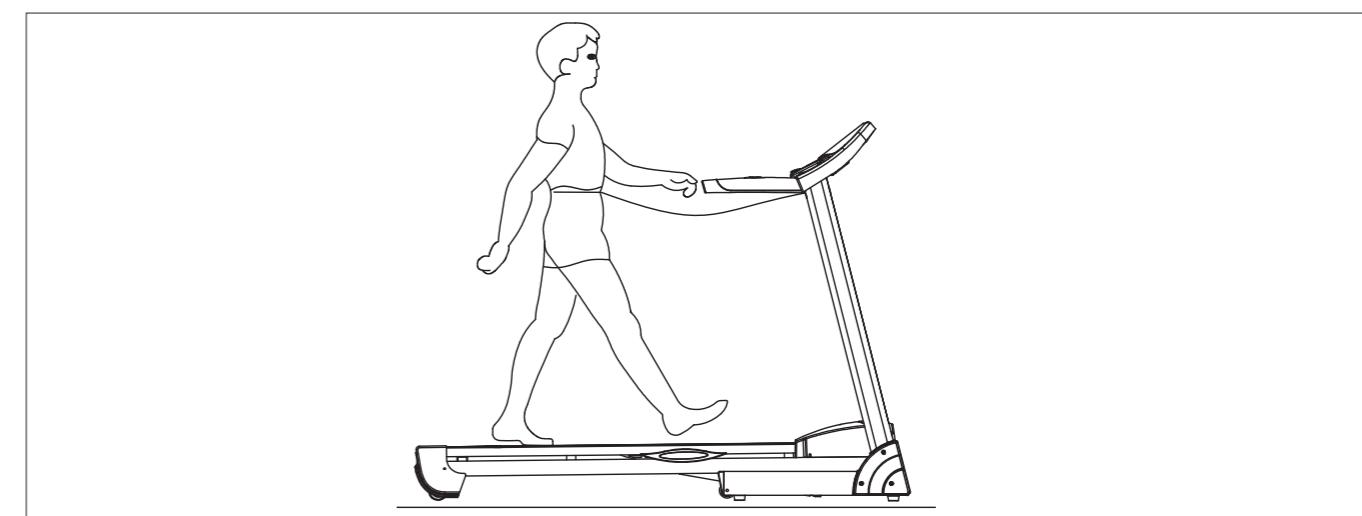
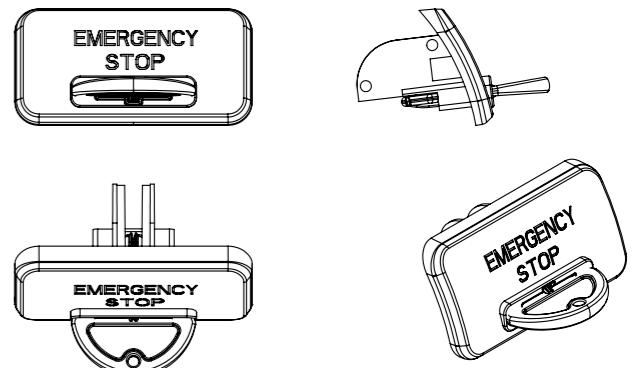


KPH: When the window shows this display, the measurement system has successfully been switched from imperial to metric. Once confirmed, put the safety key back and the treadmill will return to standby mode. When changing from Metric (KPH) to Imperial (MPH) units, the values shown on the LED display both for speed and distance will change accordingly, and will be rounded up to one decimal. (1mph=1.6km).

Safety Key

The treadmill has a safety key on the console and won't work if the key is not in place. Attach the key to both the console and yourself before starting to exercise. (as per picture below)

In case of emergency, the key can be pulled from the console whilst the belt is moving and the treadmill will stop immediately followed by a 3-beep alarm sound (the console will display "Safety Key Disconnected"). When the safety key is put back into position, the console will display all functions for 2 seconds and then reset all data to zero.



How To Use Your DKN Treadmill

Simply follow these steps to start using your treadmill:

- STEP 1** Ensure the power is on.
- STEP 2** Step onto the treadmill and stand with your feet on the side rails.
- STEP 3** Ensure the safety key is inserted into the console and securely attached to your clothing.
- STEP 4** Press the START button. A countdown will appear and then the belt will start to move slowly.
- STEP 5** Step onto the running belt.
- STEP 6** Adjust the speed and incline via the console buttons, the quick keys or the handlebar buttons.
- STEP 7** Press STOP to stop the treadmill at any time.

Controls

1. START/STOP

START – press the START button to start the belt moving. After a 3-second countdown, the treadmill will start at the lowest speed.

STOP – when exercising on the treadmill, press the STOP button once to pause your workout. The display will show “PAU”, and the running belt will stop. When in pause mode, press START to continue the workout or press STOP to end your session. A 1-beep alarm will sound, all the values will be reset to zero and the treadmill will return to standby mode.

2. PROG:

When the treadmill is in standby mode, press the PROG button to cycle through

the available programs: manual mode, P1-P18, U1-U3, HP1-HP3. Manual mode is a default program. The default speed is 0.5kph (22kph max speed).

3. MODE:

When the treadmill is in standby mode, press MODE key to choose from 3 manual target modes (time/distance/calories). In addition, MODE key works as an equivalent of an enter button when setting a user profile (U1-U5), user-defined program (U01-U03) and HRC program (HP1-HP3).

4. SPEED+/-:

Use the +/- buttons to adjust the speed during your workout. Press once to increase or decrease by increments of 0.1kph. Press and hold for more than 0.5s to alter the speed more quickly. The buttons are also used to adjust the values when setting profiles and programs.

5. QUICK SPEED:

There are quick speed buttons labelled 3kph (1.8mph), 6kph (3.7mph), 9kph (5.6mph), 12kph (7.5mph) & 15kph (9.3mph). Use them to adjust the speed to the respective kph (or mph) with one touch during your workout.

6. INCLINE+/-:

Use the +/- buttons to adjust the incline during your workout. Press once to increase or decrease the incline by 1 level at a time. Press and hold for more than 0.5s to alter the incline more quickly.

7. QUICK INCLINE:

There are quick incline buttons labelled 2%, 4%, 6%, 8% & 12%. Use them to adjust the incline level to the respective value with one touch during your workout.

Handlebar Controls

The treadmill features controls on the handlebars for increasing and decreasing the speed and incline more conveniently as you are exercising. They function in the same way as the +/- buttons on the console.

Console Feedback Display Functions

SPEED

Displays your running speed.

TIME

Displays the running time or countdown target time.

INCLINE

Displays the incline level.

PROGRAM

Displays the program you are doing.

CALORIES

Displays the calorie count or target calorie countdown.

DISTANCE

Displays your running total distance or target distance countdown.

PULSE

Displays pulse data. If no pulse signal is being received, it will display P.

FEEDBACK DATA DISPLAY RANGES

Time:	0:00 – 99.59 (min)
Distance:	0.00 – 99.9 (km)
Calories:	0.0 – 999 (cal)
Speed:	0.5 – 22.0 (kph)
Pulse:	50 – 200 (bpm)
Incline:	0 – 15 (%)

Heart Rate Function

To measure your heart rate, hold the hand pulse sensors during your workout. After about 5 seconds, the window will display your pulse data. For a more accurate reading, you can use a Bluetooth® Smart wireless receiver with an optional chest strap. This data is for reference only and cannot be used for medical purposes.

This data is for reference only and cannot be used for medical purposes.

MP3 Input

On the console there is an audio input for connecting your mp3 player, allowing you to listen to the music through the speakers. Control the volume via your device.

Workout Programs

The EnduRun has 18 pre-set programs, 3 user programs, 3 HRC programs, and 3 manual target modes. The 18 pre-set programs are featured on the console with their speed and incline profile displayed for quick selection. For detailed information about the pre-set programs, see Treadmill Workout Descriptions on page 22.

Manual Target Programs

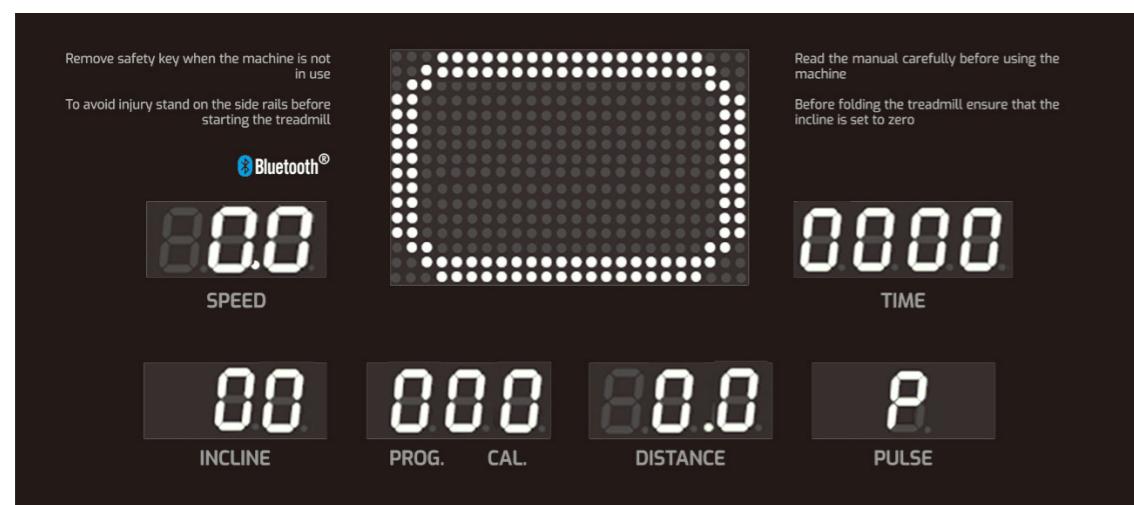
There are 3 manual target modes: target time mode, target distance mode and target calories mode. When the treadmill is in standby mode, press MODE key to select a program and then SPEED +/- keys to adjust the values of the workout. After that, press the START button to begin your workout. The treadmill will countdown from the target you set.

- The initial target time setting is 30:00 min.
- The setting range is 5:00 - 99:00 min in increments of 1:00 min.
- The initial target calorie setting is 50 cal.
- The setting range is 20-999 cal in increments of 1 cal.
- The initial target distance setting is 1.0km.
- The setting range is 0.5-99.9km in increments of 0.1km.

The lowest speed for manual mode is 0.5kph, and the highest speed is 22.0kph.

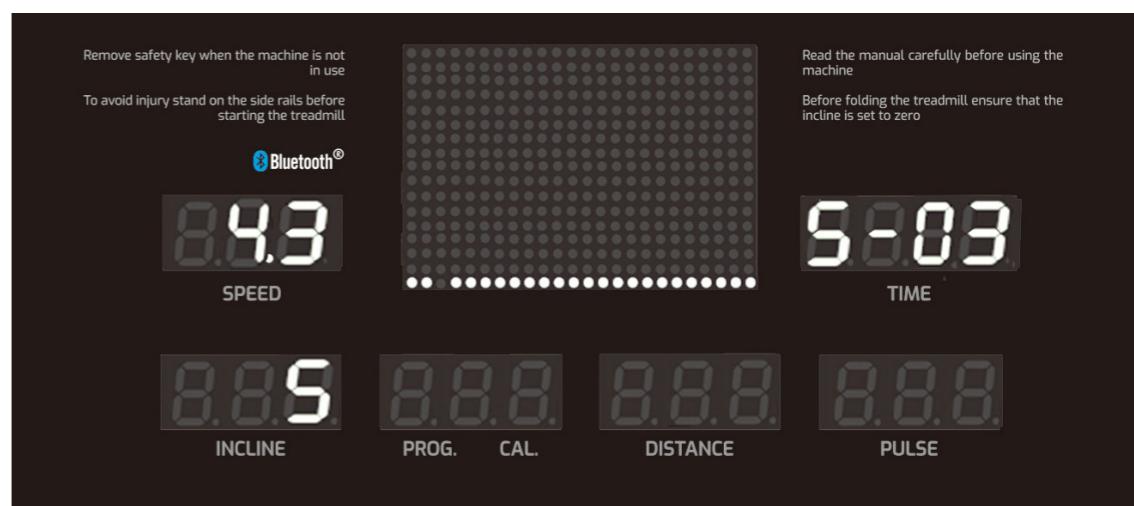
The lowest incline for manual mode is 0, and the highest incline is 15%.

When the target has been reached, END will appear on the screen and a warning sound will occur for 0.5 second every 2 seconds until the treadmill comes to a complete stop.



User-Defined Programs

There are 3 user-defined programs, U01, U02 and U03. These allow you to design your own workouts. Each user program has 20 sections. Repeatedly press the PROG. button to select the program (U01-U03). Then, use the SPEED +/- or INCLINE +/- buttons to set the desired time. After that, press MODE key to confirm and move to the next window. To set the speed for the first section you can either use SPEED +/- buttons or quick speed buttons. The available setting range is from 0.5kph to 22kph. When setting incline, you can use the INCLINE +/- buttons or quick incline buttons. The available setting range is from 0 to 15%. Then, press MODE to set the next section. When the last section is done, save the settings and exit the settings mode. Once a user profile has been set, you can press START and begin the workout.



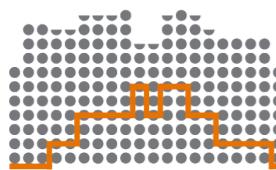
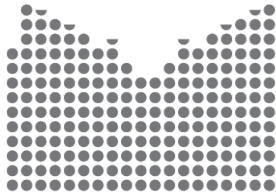
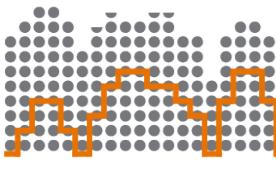
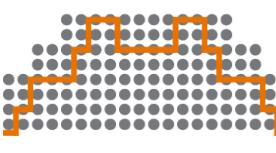
Pre-Set Programs

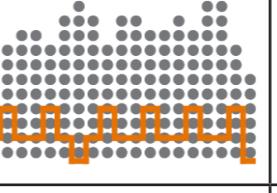
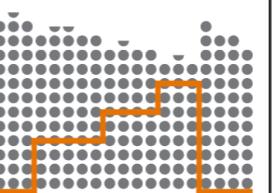
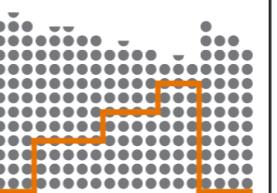
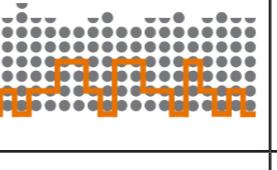
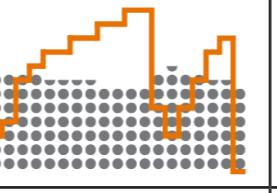
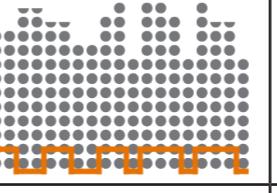
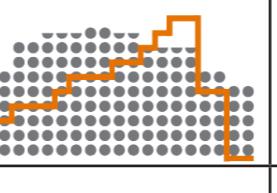
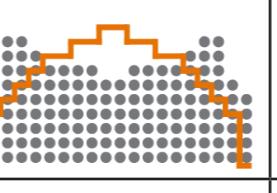
There are 18 pre-set programs and each has 20 sections. The overall time of the workout is divided equally among each section (e.g. if the workout time is set to 20 minutes, then each section is 1 minute).

To select a pre-set program, repeatedly press PROG. button until the desired workout appears in the display. In the pre-set programs, the only adjustable parameter is time. After choosing the workout, set time using the SPEED +/- buttons and press START to perform it.

See table below and carefully read workout descriptions to create a training plan that focuses on reaching your individual goals.

Treadmill Workout Descriptions

	1. Fat Attack / Weight Loss workout All exercises will help you manage your weight, but this workout is about keeping the intensity moderate and manageable and it is designed to be used when you've got 30 minutes or more to work out. Made to let you train in the fat-burning zone, it's a great complement to mass and muscle work.
	2. Inverse Speed Pyramid / Cardio Pyramid This program takes interval training to the next level by varying the demands of the intervals. Designed to raise your cardio threshold it's not for the faint hearted and will be a high calorie consumer both during the exercise and (owing to an elevated heart rate afterwards) for some time after. Give it at least 12 minutes to begin with then build to a longer running time.
	3. Three Peaks Challenge/ Thrills and Hills Take yourself on a virtual tour of the great outdoors with this hill-packed program. The variety of speeds and inclines will recruit a wide range of muscles, vary the challenge on your cardio system and add thrill to your training. Great for all-round endurance and calorie consumption.
	4. Fartlek Run / Fartlek Fun Enjoy the principles of Fartlek training with random changes in speed, incline and time. Designed to work the cardio and chemical energy systems in your body, this workout particularly benefits sporty types who play racket and ball games that require the body to react in a variety of ways.
	5. Hill and Back This one's about pace rather than race keeping the speed pretty steady while the incline will elevate your heart rate and effort as you make it up the hill.

	6. Interval Training Great for cardio training and muscle maximization if you're short on time this program will challenge your body and build its resilience when you can indulge longer runs and programs. The intense sections are fast so if you're new to running you may need to build up to the challenge. Try this one for 10 to 20 minutes according to your fitness.
	7. Cross Country / Endurance Workout Designed for runs of 25 minutes upwards this program is all about maintaining a steady pace which will elevate the heart and keep it at a moderately high BPM. This style of exercise builds endurance, makes the body more efficient during exercise and is a great fat burner too.
	8. Fitness Test Use this program regularly to see how fit you're getting. Some of the speeds are fast so if you're new to the treadmill, even a ten-minute test might be tough. But once ten minutes get easy, reward yourself with a 15-minute test.
	9. Power Walk Even if you're fit and fast, a lower impact power walk is still a great workout. Power walking while pumping your arms front to back raises the intensity and is actually quite different from running because you engage the arms and core in a way running doesn't. For the most benefits aim to devote 30 minutes or more to this workout.
	10. Glute Workout / Back and Butt Blaster The ultimate combo of cardio and toning - don't be deceived by the slow speed of this program. The inclines will up the heart rate and exercise the back of the legs way more than the average run. Use this program to work your hamstrings, glutes and lower back.
	11. Calorie Burn Designed to elevate the heart rate and keep it high, this will get your heart pumping and consume loads of calories as you do so. The longer you go, the bigger the burn.
	12. Everest Low in impact but high in intensity, this programme will make you feel on top of the world!
	13. Pyramid The point of this program is to take you through a build-up to intensity and a return journey that brings you back down to earth along the same path. Stay with it, if you can make it to the halfway point, you can make it all the way.
	14. Speed Drill A fantastic training tool whatever your sport. With stints of sprints, as well as consuming calories, you'll be improving agility and speed which will improve your fitness overall and enable you to perform better particularly in racket and ball sport

	15. Lose Weight Designed for workouts of 30 minutes or more, this steady but strong program will get your heart working in the fat-burning zone. It's comfortable pace means it is manageable for most people.
	16. Warm-up / Cool Down This simple sequence is designed to prepare the mind and body for exercise and also wind it down after a workout. Enjoy this one for at least five minutes to top and tail any workout on or off the treadmill. A shorter time suits a fitter person, extend your time to up to 10 minutes if you're new to exercise.
	17. Rise and Shine Designed for intermediate runners this program features a fairly challenging pace coupled with manageable inclines to sustain a good speed. Go for at least 15 minutes on this one.
	18. BITE right BITE (Balanced Interval Training) takes the concept of interval training and adds variety in the challenge of intensity sections and allows longer recovery sections. As such, it sits between our endurance and interval programs, bridging the gap between them and offering a neat alternative if you can't decide between the two. Aim for at least 20 minutes, if you're more advanced give it 45-60 minutes of your time.

Heart Rate Control (HRC) Programs

The EnduRun features a Bluetooth® Smart wireless heart rate receiver. To perform the HRC programs you need to wear a compatible wireless heart rate chest strap. The computer detects your heart rate from the strap and will control the speed and incline of the treadmill according to the maximum and minimum stated target heart rate.

Setting Up HRC Program

When the treadmill is in standby mode, press PROG. key and select HP1, HP2 or HP3 program.

The window will display 30:00 minutes and flash. Press the SPEED +/- or INCLINE +/- buttons to adjust the time between 5 and 99 minutes.

Press MODE and the window will display the target heart rate and will flash.

Use the SPEED +/- or INCLINE +/- buttons to set the target heart rate (the available setting range is: 84-195bpm). Press MODE again to go back to the time setting and press START to begin.

Target heart rate zones based on user's age are shown in the following table:

AGE	Target zone (L-H)			AGE	Target zone (L-H)			AGE	Target zone (L-H)		
	lowest	default	highest		lowest	default	highest		lowest	default	highest
15	123	123	195	37	110	110	174	59	97	97	153
16	122	122	194	38	109	109	173	60	96	96	152
17	122	122	193	39	109	109	172	61	95	95	151
18	121	121	192	40	108	108	171	62	95	95	150
19	121	121	191	41	107	107	170	63	94	94	149
20	120	120	190	42	107	107	169	64	94	94	148
21	119	119	189	43	106	106	168	65	93	93	147
22	119	119	188	44	106	106	167	66	92	92	146
23	118	118	187	45	105	105	166	67	92	92	145
24	118	118	186	46	104	104	165	68	91	91	144
25	117	117	185	47	103	103	164	69	91	91	143
26	116	116	184	48	103	103	163	70	90	90	143
27	116	116	183	49	103	103	162	71	89	90	142
28	115	115	182	50	102	102	162	72	89	90	141
29	115	115	181	51	101	101	161	73	88	90	140
30	114	114	181	52	101	101	160	74	88	90	139
31	113	113	180	53	100	100	159	75	87	90	138
32	113	113	179	54	100	100	158	76	86	90	137
33	112	112	178	55	99	99	157	77	86	90	136
34	112	112	177	56	98	98	156	78	85	90	135
35	111	111	176	57	98	98	155	79	85	90	134
36	110	110	175	58	97	97	154	80	84	90	133

1. In the HRC program, the starting speed is 2kph (1.2mph) and the treadmill is at 0% incline.
2. During the workout, speed and incline will be controlled automatically by the treadmill to keep you working out at the set heart rate. You can override settings by pressing the SPEED +/- and INCLINE +/- buttons.
3. Speed increases every 20 seconds until target heart rate is reached. Upon reaching maximum speed, the incline will raise.
4. The first minute of the HRC program is a warm up stage. During this stage, the machine will not adjust the speed and incline automatically. If you wish to make adjustments, press SPEED +/- or INCLINE +/- buttons.
5. After warm-up, the treadmill will calculate the difference between target heart rate and user heart rate and adjust the program accordingly:
 - A. If the difference between target heart rate and user heart rate > 0 , the speed will increase by 0.5kph automatically every 20 seconds, up to the maximum and then, the incline will increase by 1%.
 - B. If the difference between target heart rate and user heart rate < 0 , and the treadmill is not at 0% incline, the incline will decrease by 1% down to the minimum; whereas if the treadmill is at 0% incline, the speed will decrease by 0.5kph automatically every 20 seconds, down to minimum.
6. Maximum Speed: HP1 - 8kph (5mph), HP2 - 10kph (6mph), HP3 - 12kph (7.5mph)
7. Maximum Incline: HP1 - 15%, HP2 - 15%, HP3 - 15%

Bluetooth App Function

Turn on Bluetooth app on your tablet or smartphone to connect it with the machine. Check the DKN website for more information about which apps and devices the EnduRun is compatible with. Download the app, open it on your device and follow the steps to set it up. 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.

Please Note: If you want to use a fitness app in the imperial mode, please set the treadmill to metric.

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.

AGE	TRAINING ZONE 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.

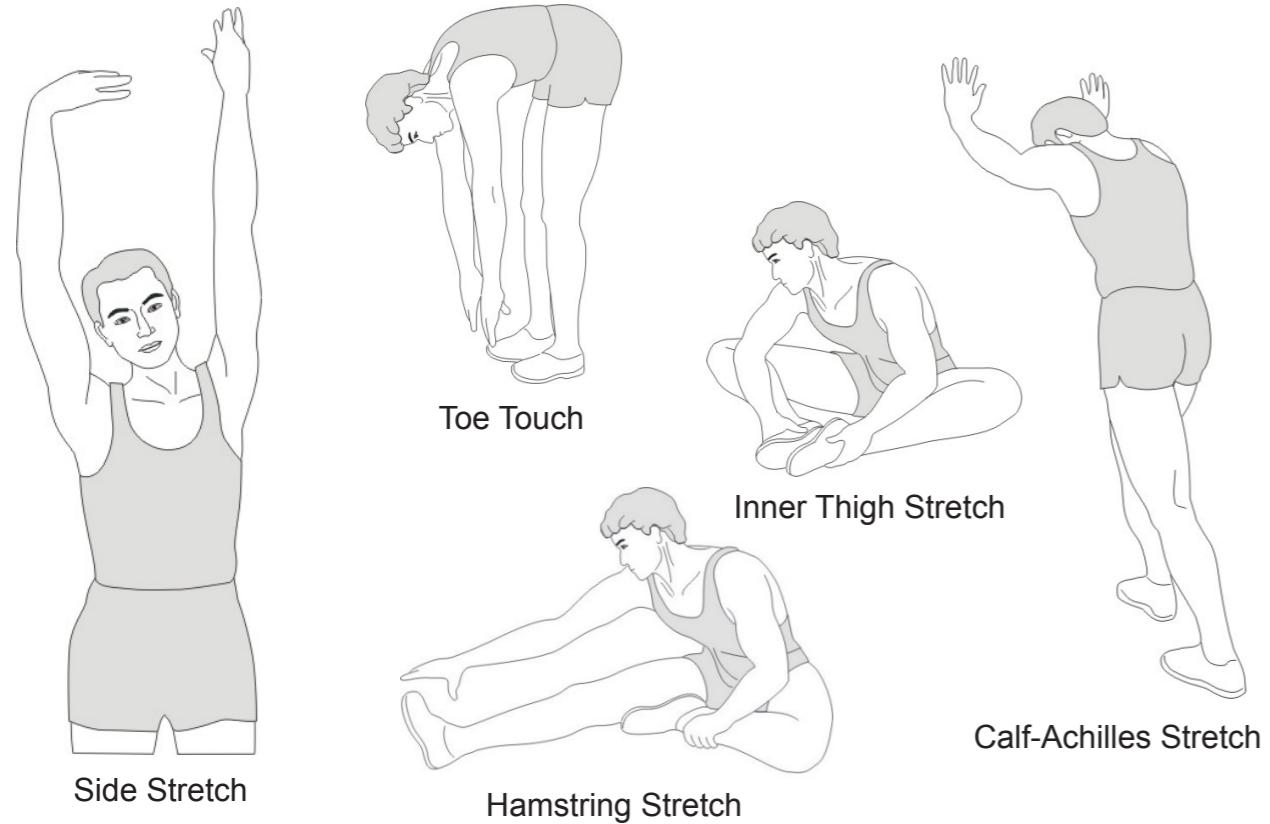
STRETCHING

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.

Maintenance Instructions

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.



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.

WARNING!

Always unplug the treadmill from the electrical outlet and leave it for a minimum of 5 minutes before cleaning it or doing any maintenance, including removing the motor cover.

Cleaning

Cleaning this treadmill will greatly prolong its life. Keep the treadmill clean by dusting it regularly and making sure your shoes are clean when using it. Be sure to clean the exposed part of the deck on either side of the running belt and also the side rails. This reduces the build-up of dirt and dust underneath the running belt. The top of the belt can be cleaned with a wet soapy cloth. Be careful to keep liquid away from mechanical and electrical parts including the motor and under the belt. At least once a year remove the motor cover and vacuum under it.

Lubrication

This treadmill's running belt and deck are equipped with a pre-lubricated, low-maintenance deck system. The belt/deck friction plays a major role in the function and life of your treadmill, thus it requires periodic lubrication. We also recommend a periodic inspection of the deck.

We recommend lubricating the deck according to the following timetable:

Light use (less than 3 hours per week):

Every 60 days

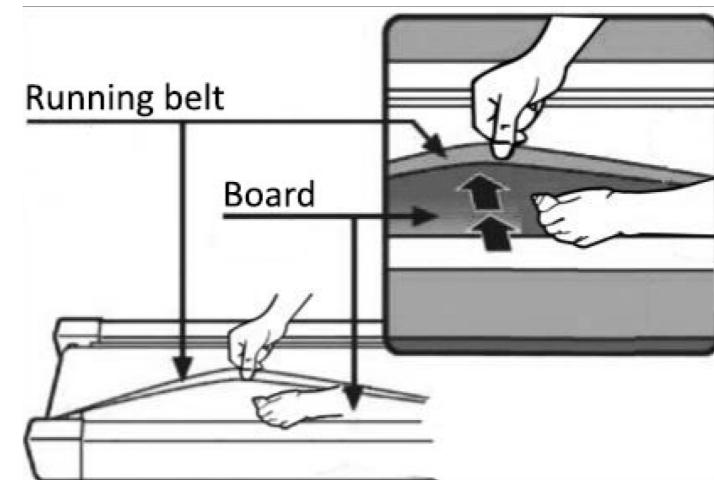
Medium use (3-5 hours per week):

Every 45 days

Heavy use (more than 5 hours per week):

Every 30 days

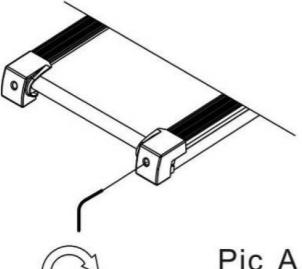
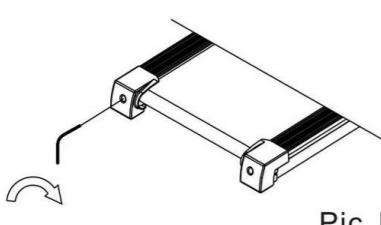
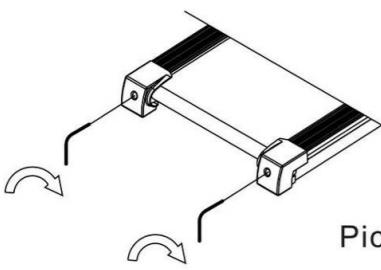
We suggest buying lubricating oil from a local distributor or by contacting us.



Belt Adjustment

The running belt may occasionally need adjustment. If so, place the treadmill on a level surface.

Turn the treadmill on at a speed of 6-8 km/h. Observe in which direction the running belt is deviating. Before adjusting the belt make sure you turn the treadmill off, remove the safety key and unplug the power cord.

 Pic A	If the belt has drifted to the right, unplug the safety key and the power cord and turn the right adjusting bolt a 1/4 turn clockwise. Then insert the power cord and the safety key, turn the treadmill on and set it to run at 8 km/h, watch to see where the belt position moves to. Repeat above steps until the running belt is positioned in the middle.
 Pic B	If the belt has drifted to the left, unplug the safety key and the power cord, and turn the left adjusting bolt a 1/4 turn clockwise, then insert the power cord and the safety key, turn the treadmill on and set it to run at 8 km/h, watch to see where the belt position moves to. Repeat above steps until the running belt is positioned in the middle.
 Pic C	The treadmill belt will gradually lose tension after a period of time of use. If the belt starts to slip then unplug the safety key and the power cord. Turn the two adjusting bolts a 1/4 turn clockwise, and insert the safety key and power cord. Then start the treadmill and test to confirm if the belt no longer slips. Repeat the above steps until the belt is moderately tight and does not slip.

Incline Calibration

To calibrate the incline, press and hold INCLINE+ and INCLINE- keys for 3 seconds. The treadmill will now be in a calibration mode.

DO NOT OPERATE THE TREADMILL AND DO NOT STAND ON THE MACHINE DURING THE CALIBRATION PROCESS.

While calibrating, the machine will move to its highest incline position and then return to 0% incline.

When the treadmill comes to a complete stop, the calibration process is finished.

Customer Support

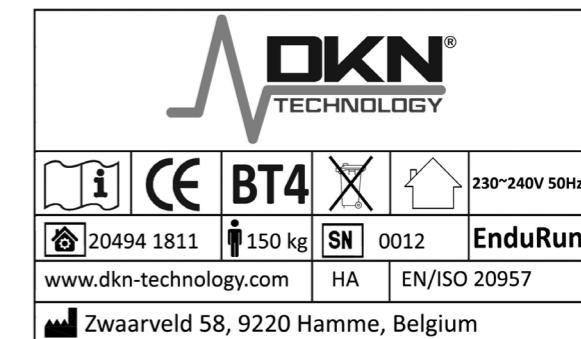
Should you require any assistance regarding this product, we are here to help. Please gather the following information and then contact us using the details on this page:

- 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 EnduRun 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.



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

DKN UK
94 Cleveland Street
London
W1T 6NW

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:

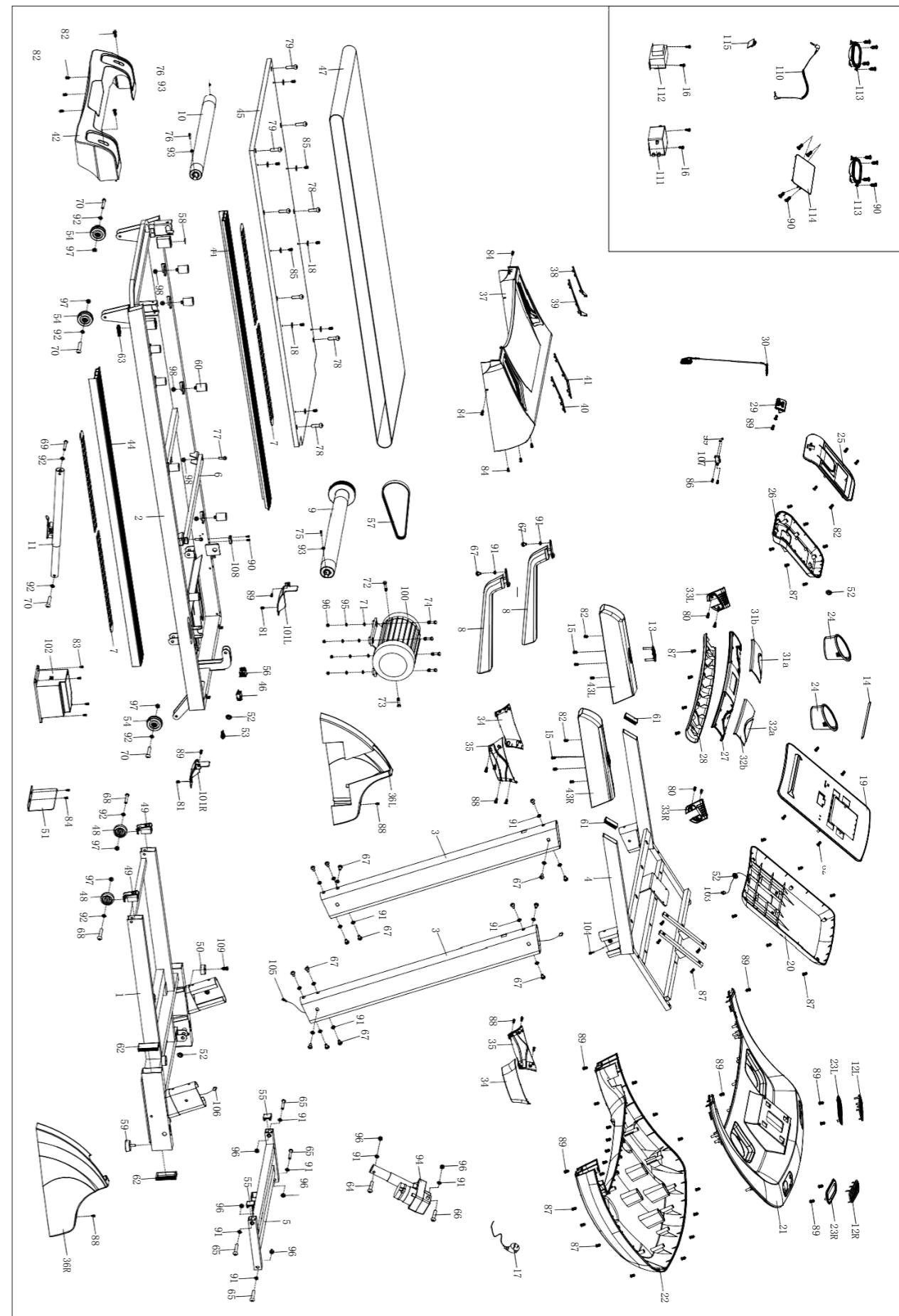
1. Normal wear and tear
2. Any changes to upgrade this product from its normal state or use other than as described in the user manual
3. Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use
 - c) Non-home use - including commercial, professional, or rental purposes

Input supply voltage: 220V	Working temperature: 0-40°C
Speed range: 0.5-22kph	Incline range: 0-15%
Max. user weight: 150kg	Distance display range: 0-99.9km
Calories display range: 0-999cal	Time display range: 0-99.59min
Heart rate range: 20-200bpm	Running surface: 530 x 1510mm
Dimensions: 2065 x 895 x 1570mm	Dimensions (folded): 1390 x 895 x 1620mm

This warranty is in addition to and does not in any way affect your statutory rights.

Technical Parameters

Appendix 1: Exploded Diagram



Appendix 2: Parts List

Part No.	Description	Qty
1	Bottom Frame	1
2	Main frame	1
3	Upright tube	2
4	Console Frame	1
5	Incline frame	1
6	Running deck support tube	1
7	Anti-slip pad	4
8	Bottom handlebar	2
9	Front roller	1
10	Rear roller	1
11	Cylinder	1
12L/R	Metal speaker grille	1 pr
13	Quick button	2
14	Anti-slip pad for tablet holder	1
15	Cross tapping screw ST4*35	4
16	Cross pan head screw M4*8	4
17	Power cable	1
18	Edgings	8
19	Console board	1
20	Console board bottom cover	1
21	Console top cover	1
22	Console bottom cover	1
23L/R	Speaker bezel	1 pr
24	Bottle holder	2
25	Keypad top cover	1
26	Keypad bottom cover	1
27	Front handlebar top cover	1
28	Front Handlebar bottom cover	1
29	Safety key mechanism	1
30	Safety key clip	1
31a/b	Left pulse grip sensor	1 pr
32a/b	Right pulse grip sensor	1 pr
33L/R	Front handlebar end cap	1 pr
34	Outside upright cover	2
35	Inside upright cover	2

Part No.	Description	Qty
60	Running deck cushion	8
61	Square end cap 2	2
62	Square end cap 3	4
63	Square end cap 4	2
64	Hex socket screw M10*55	1
65	Hex socket screw M10*50	4
66	Hex socket screw M10*40	1
67	Hex socket screw M10*15	18
68	Hex socket screw M8*50	2
69	Hex socket screw M8*45	1
70	Hex socket screw M8*40	5
71	Flat washer Φ10	4
72	Hex bolt M8*25	1
73	Hex bolt M8*35	1
74	Hex bolt M10*35	4
75	Hex socket cap screw M6*45	1
76	Hex socket cap screw M6*55	2
77	Hex socket cap screw M6*12	2
78	Hex socket countersunk bolt M6*30	6
79	Hex socket countersunk bolt M6*25	2
80	Cross tapping screw ST2.2*8	4
81	Cross screw M4*8	4
82	Cross screw M5*16	17
83	Cross screw M4*12	4
84	Cross screw M5*8	7
85	Cross pan head screw M5*25	8
86	Cross countersunk head screw M3*18	2
87	Cross tapping screw ST4.0*16	50
88	Cross tapping screw ST4.0*12	10
89	Cross tapping screw ST4.0*12	12
90	Cross tapping screw ST2.9*9.5	14
91	Lock washer Φ10*1.2	24
92	Lock washer Φ8*1.2	8
93	Lock washer Φ6*1.2	3
94	Incline motor	1

Part No.	Description	Qty	Part No.	Description	Qty
36L/R	Front side cover	1pr	95	Spring washer Φ10	4
37	Motor cover	1	96	Nylon nut M10	10
38	Motor cover design accent L1	1	97	Nylon nut M8	6
39	Motor cover design accent L2	1	98	Nylon nut M6	10
40	Motor cover design accent R1	1	99	Hex nut M3	2
41	Motor cover design accent R2	1	100	AC motor	1
42	End cap	1	101L/R	Roller cover	1 pr
43L/R	Handlebar	1 pr	102	Inverter	1
44	Side rail	2	103	Computer connecting wire	1
45	Running board	1	104	Upper extension wire	1
46	Circuit breaker	1	105	Lower extension wire	1
47	Running belt	1	106	Controller wire	1
48	Transport wheel	2	107	Safety lock sensor	1
49	Transport wheel cap	2	108	Magnetic sensor	1
50	Flat foot pad	2	109	Cross tapping screw M6*15	2
51	Baffle	1	110	MP3 wire	1
52	Protective plug	4	111	Filter	1
53	Power wire buckle	1	112	Inductor	1
54	Adjusting wheel	4	113	Loudspeaker	1
55	Square end cap 1	2	114	Amplifier board	2
56	Power switch	1	115	Audio jack	1
57	Belt	1			
58	Plastic pad	2			
59	Adjustable front foot	2			

Appendix 3: Space Required

Please Note:

For safety reasons, minimum clearances for the treadmill are 2m (78.7") behind the running deck, as well as 0.6m (23.6") in front of the unit and on each side of the machine.

