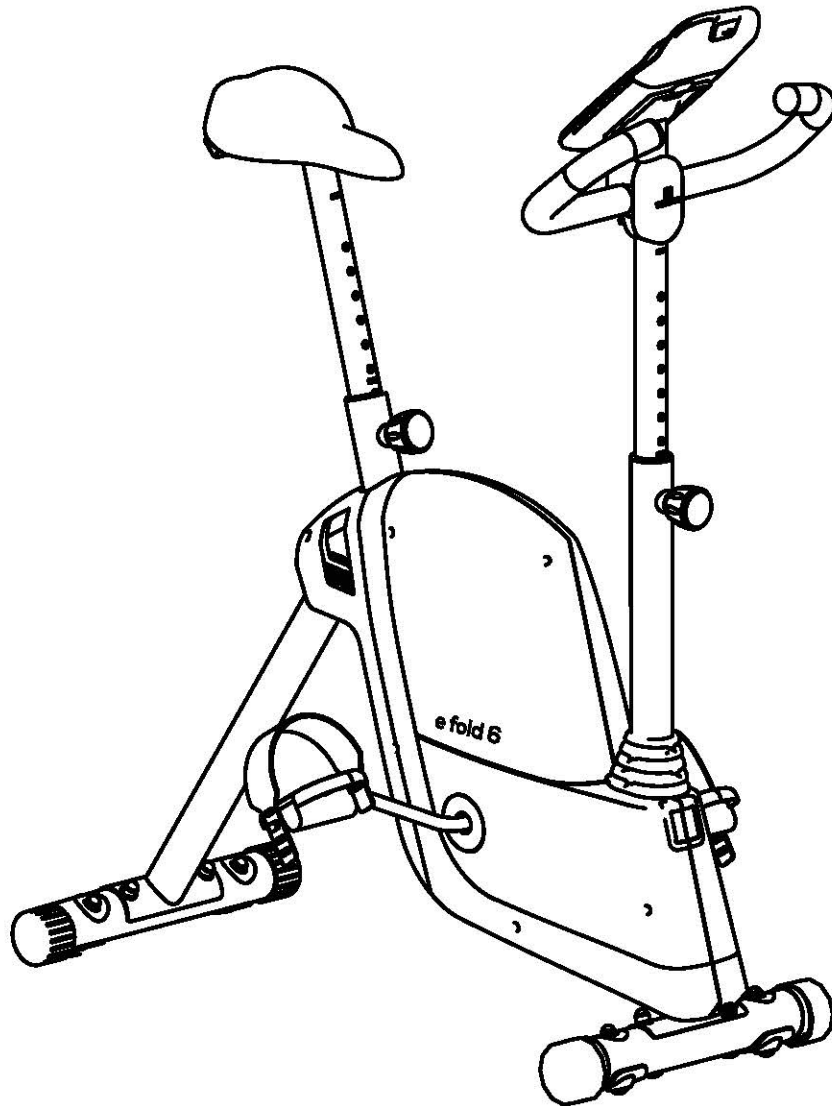


E FOLD BIKE

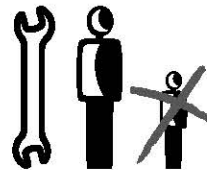


E FOLD BIKE

29 kg / 64 lbs
110 x 47 x 138 cm
43 x 19 x 54 in

MAXI

110 kg
242 lbs



40 min

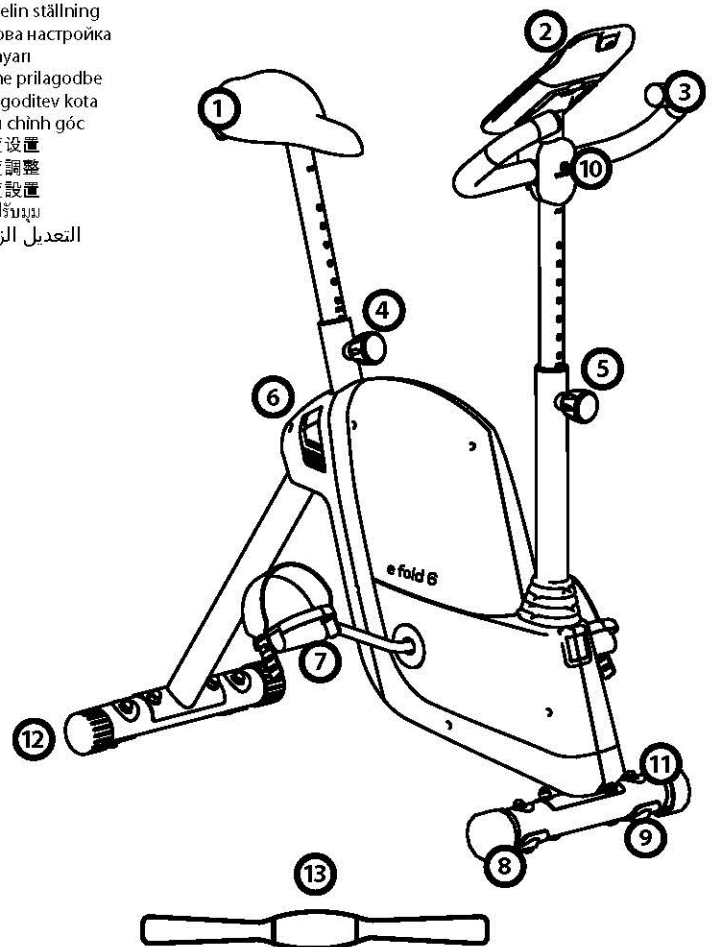


DOMYOS

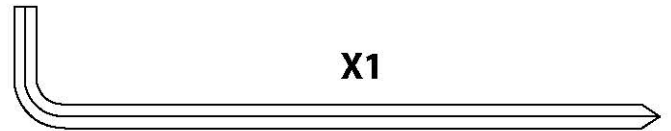
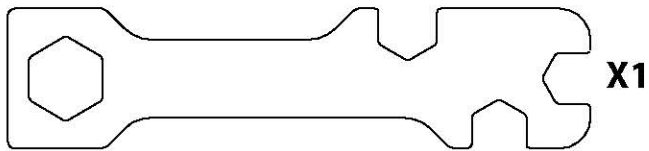
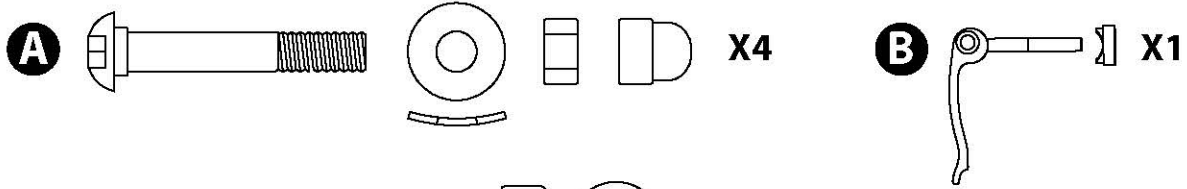
1	2	3	4	5	6
EN Saddle	Console	Handlebars	Release lever to adjust the saddle	Release lever to adjust the handlebars	Fold-up button
FR Selle	Console	Guidon	Molette de réglage de la selle	Molette de réglage du guidon	Bouton de pliage
ES Sillín	Consola	Manillar	Rueda de ajuste del sillín	Rueda de ajuste del manillar	Botón de plegado
DE Sattel	Konsole	Lenker	Einstellrädchen des Sattels	Einstellrädchen des Lenkers	Klappknopf
IT Sella	Console	Manubrio	Rotella di regolazione della sella	Rotella di regolazione del manubrio	Tasto di chiusura
NL Zadel	Console	Stuur	Instelknop zadel	Instelknop stuur	Knop voor uitklappen
PT Selim	Consola	Guiador	Botão de regulação do selim	Botão de regulação do guiador	Botão de dobragem
PL Siodełko	Konsola	Kierownica	Pokrętło regulacji siodełka	Pokrętło regulacji kierownicy	Przyścisł składanía
HU Nyereg	Konzol	kormány	Nyereg állítócsavar	Kormány állítócsavar	Összehajtó gomb
RU Седло	Консоль	Руль	Ручка регулировки седла	Ручка регулировки руля	Кнопка складывания
RO Șa	Consolă	Ghidon	Buton de reglare a șei	Buton de reglare a ghidonului	Buton de pliere
SK Sedlo	Konzola	Riadičlá	Nastavovacie koliesko sedla	Nastavovacie koliesko riadičiel	Plačítko pre skladanie
CS Sedlo	konzole	Madlo	Kolečko pro nastavení sedla	Kolečko pro nastavení madla	Plačítko pro skládání
SV Sadel	Konsol	Styre	Reglagehjul till sadel	Reglagehjul till styre	Fällknapp
BG Седалка	Конзола	Кормило	Кръгла ръчка за регулиране на седалката	Кръгла ръчка за регулиране на кормилото	Бутон за прибиране на ключа
TR Sele	Konzol	Gidon	Sele ayar düğmesi	Gidon ayar düğmesi	Katlama düğmesi
HR Sjedalo	Konzola	Upravljač	Regulator sjedala	Regulator upravljača	Gumb za sklapanje
SL Sedež	Nadzorna plošča	Krmilo	Kolesce za nastavitev sedeža	Kolesce za nastavitev krmila	Gumb za zlaganje
VI Yên	Bảng điều khiển	Ghi đồng	Tay gạt nhà để chỉnh yên	Tay gạt nhà để chỉnh ghi đồng	Nút gập
ZH 车座	控制面板	车把	车座调节转轮	车把调节转轮	折叠按钮
JA サドル	コンソール	ハンドルバー	サドル調節用リリースレバー	ハンドルバー調節用リリースレバー	折り畳みボタン
ZT 車座	控制面板	車把	車座調節轉輪	車把調節轉輪	折叠按钮
TH ฐาน	ส่วนควบคุม	แฮนด์	กลไกสำหรับปรับฐาน	กลไกสำหรับปรับแฮนด์	ปุ่มพับขึ้น
AR مقعد	الكونسول	مقود	صامولة ضبط المقعد	صامولة ضبط المقود	زر الضبط

7	8	9	10
EN Pedal	Levelling feet	Multi directional casters	Angle adjustment
FR Pédale	Compensateurs de niveau	Billes de déplacement	Réglage angulaire
ES Pedal	Compensadores de nivel	Bola de desplazamiento	Ajuste angular
DE Pedal	Niveaueusgleicher	Transportrollen	Winkel einstellung
IT Pedale	Compensatori di livello	Sfere di spostamento	Regolazione angolare
NL Pedaal	Niveauregelaars	Transportkogeltjes	Instelling hoek
PT Pedal	Compensadores de nível	Esferas de deslocação	Ajuste angular
PL Pełal	Compensatory poziomu	Kółka transportowe	Regulacja kątowna
HU Pedál	Szintkiegyenlítő	Mozgató görgők	Szögbeállítás
RU Педаль	Компенсаторы уровня	Транспортировочные ролики	Регулировка угла наклона
RO Pedală	Compensatori de nivel	Rotițe de deplasare	Reglaj unghiular
SK Pedál	Kompenzatory úrovne	Premiestňovacie guľičky	Nastavenie úhlov
CS Pedál	Vyrovňovač podložky	Přemísťovač kulíčky	Nastavení úhlu
SV Pedal	Nivåkompensatorer	Transportkullor	Vinkelin ställning
BG Педал	Компенсатори на нивото	Колелца за преместване	Ъглова настройка
TR Pedal	Yükselik ayar tertibatları	Hareket bilyaları	Açı ayarı
HR Pedala	Kompenzatori razine	Kuglice za premještanje	Kutne prilagodbe
SL Pedali	Naklonsko nastavljlive nogice	Večsmerni kolesčki	Prilagoditev kota
VI Bàn đạp	Bộ điều chỉnh cân bằng	Bánh xe đa chiều	Điều chỉnh góc
ZH 脚踏板	平衡补偿器	滑轮	角度设置
JA ベダル	レベリングフット	多方向移動キャスター	角度調整
ZT 脚踏板	平衡补偿器	滑轮	角度设置
TH บันไดจักรยาน	ขาปรับระดับ	ล้อหลายทิศทาง	การปรับมุม
AR بدال	معاوضات المستوى	رولمان بلي للنقل	التعديل الزاوي

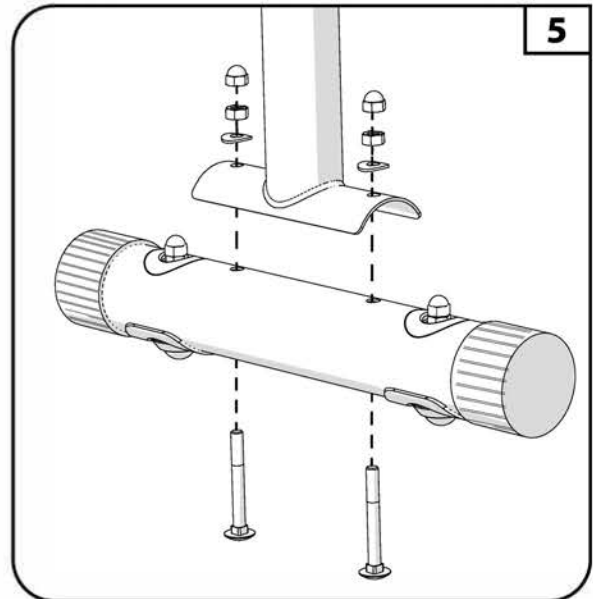
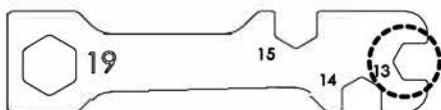
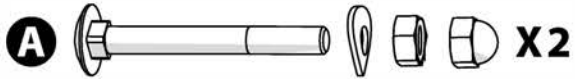
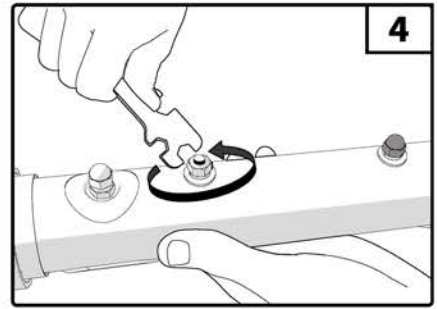
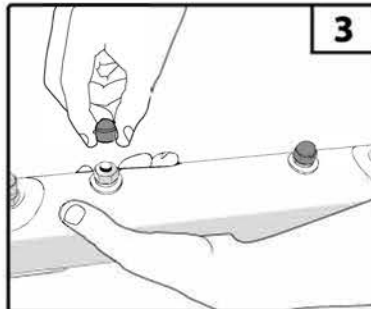
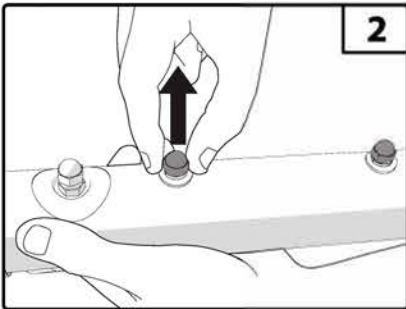
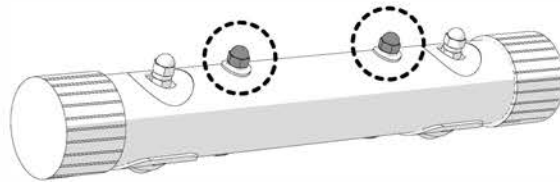
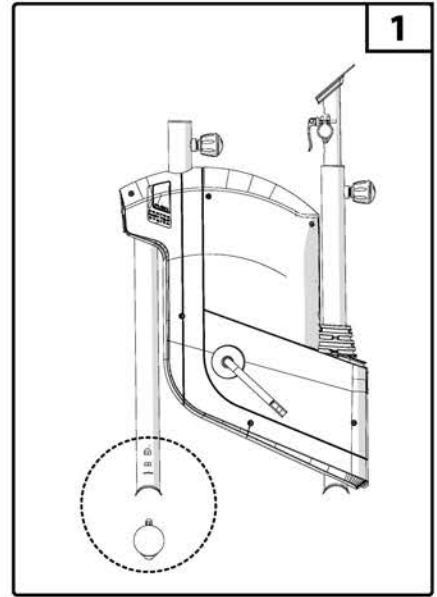
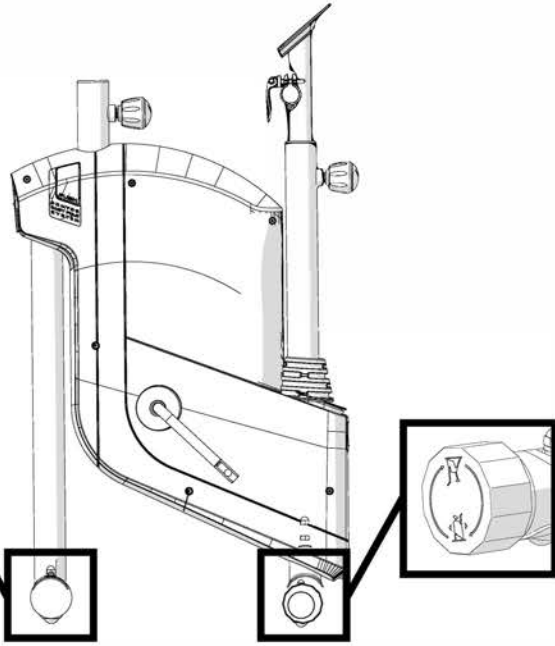
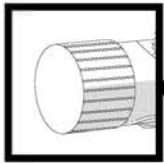
11	12	13
EN Front foot	Back foot	Heart rate monitor belt
FR Pied avant	Pied arrière	Ceinture cardiofréquencesmètre
ES Pata delantera	Pata trasera	Cinturón cardiofrecuencimetro
DE Vorderer Fuß	Hinterer Fuß	Herzfrequenzmessgurt
IT Piede anteriore	Piede posteriore	Cintura cardiofrequenzimetro
NL Steun voorkant	Steun achterkant	Band voor hartslagmeting
PT Pé dianteiro	Pé traseiro	Cinto cardiofrecuencimetro
PL Noga przednia	Noga tylna	Pas do pomiaru częstotliwości tętna
HU Első láb	Hátuló láb	Szívritmuserő öv
RU Передняя опора	Задняя опора	Пояс-пульсометр
RO Picior față	Picior spate	Centură cardio-frecvențmetru
SK Predný podstavec	Zadný podstavec	Pás merača srdcovej frekvencie
CS Přední podstavec	Zadní podstavec	Pás měřiče tepové frekvence
SV Främre fot	Bakre fot	Hjärtfrekvensbälte
BG Преден крак	Заден крак	Колан за измерване на пулса
TR Ön ayak	Arka ayak	Kardiyofrekansmetre kemeri
HR Prednja noga	Zadnja noga	Uređaj za mjerenje srčane frekvencije
SL Sprednja nogica	Zadnja nogica	Prsni pas za merjenje srčnega utripa
VI Chân sau	Chân trước	Đồng hồ đo nhịp tim
ZH 前脚	后脚	心率测量胸带
JA バックフット	フロントフット	心拍数測定ベルト
ZT 前脚	後脚	心率测量胸带
TH ขาค้นหลัง	ขาقدامหน้า	เข็มขัดวัดการเต้นของหัวใจ
AR القدم الأمامية	القدم الخلفية	حزام قياس نبضات القلب



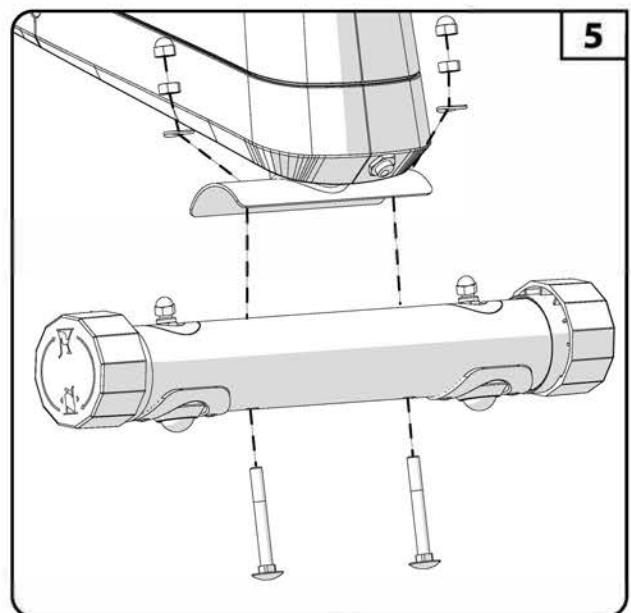
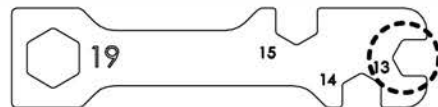
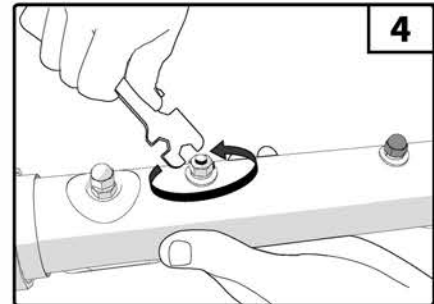
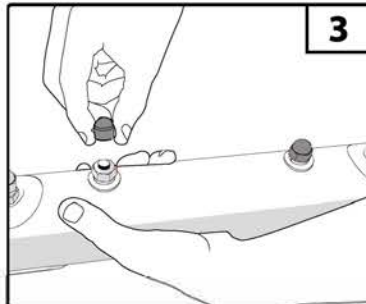
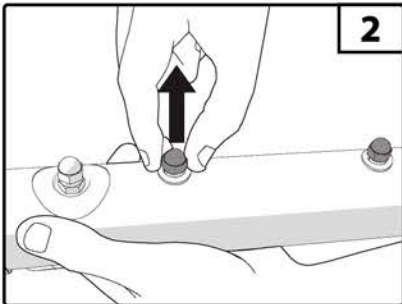
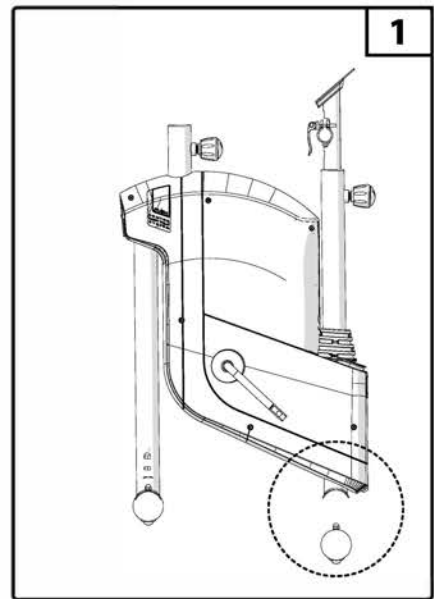
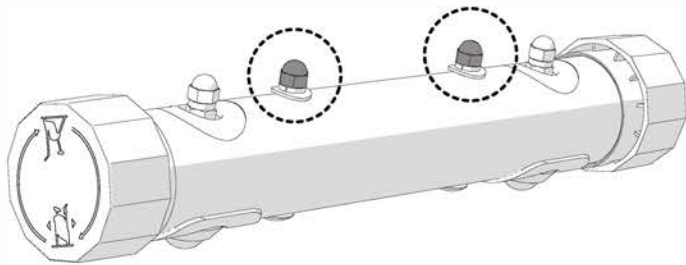
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MOHTAJK • MONTARE • MONTÁŽ • MONTÁŽ • MONTERING •
MOHTAJK • MONTAJ • MONTAŽA • MONTAŽA • LÁP RÁP •
安装 • 組み立て • 安裝 • 安装 • التركيب



1



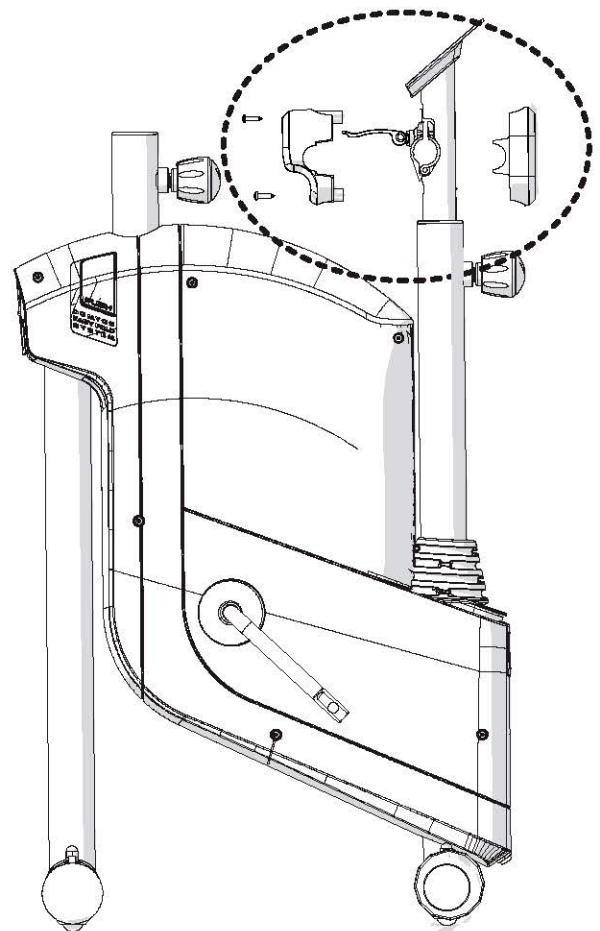
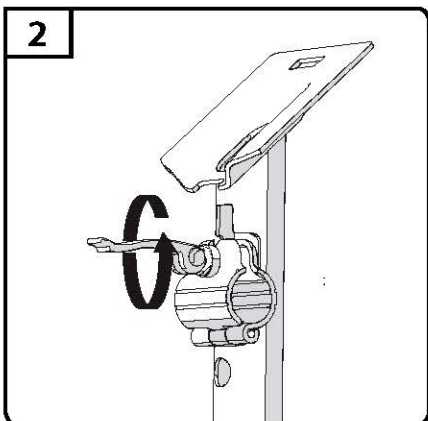
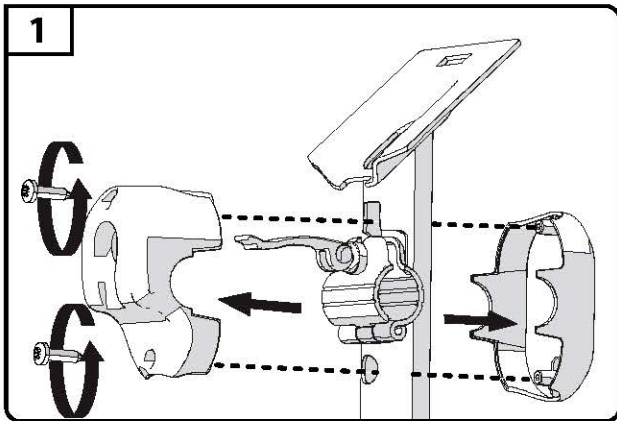
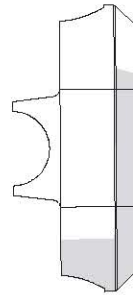
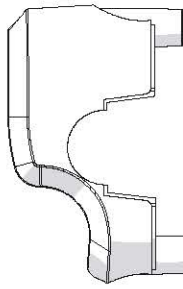
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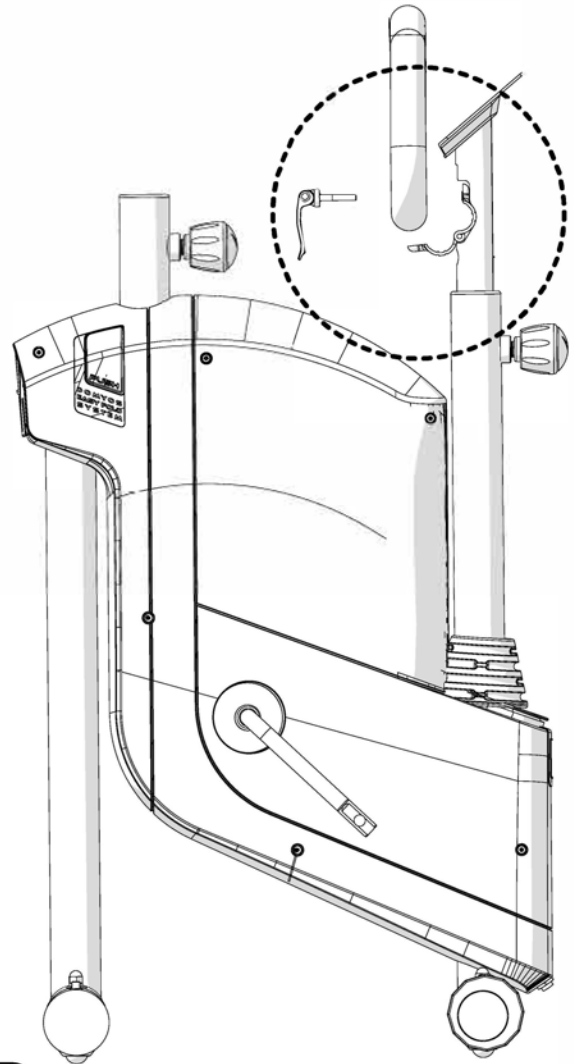
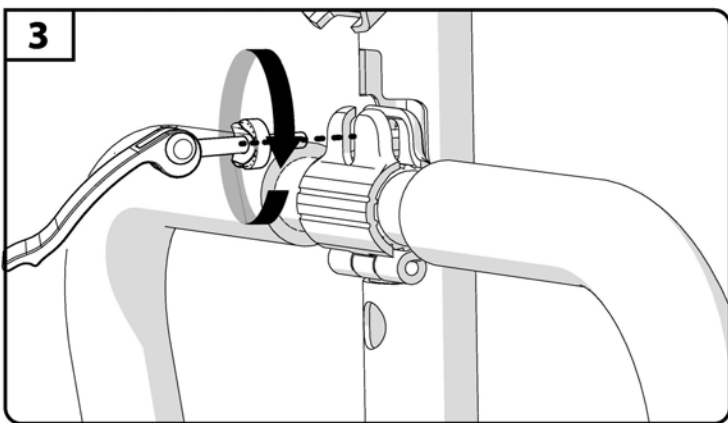
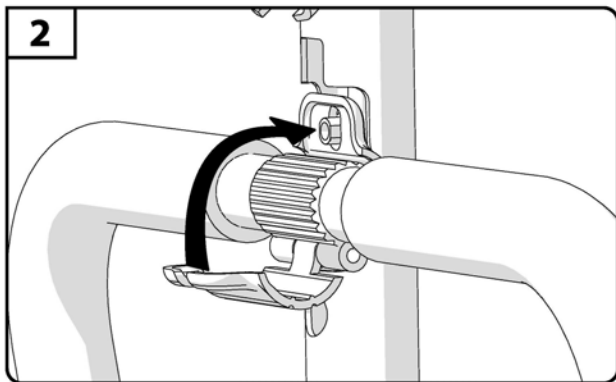
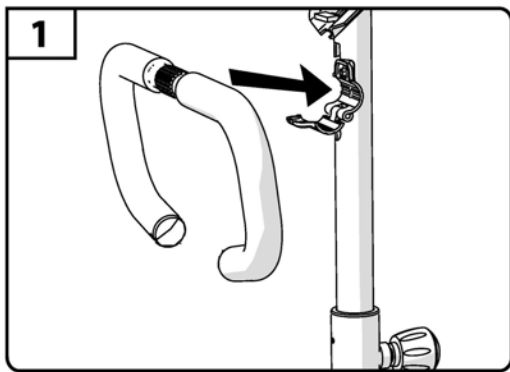
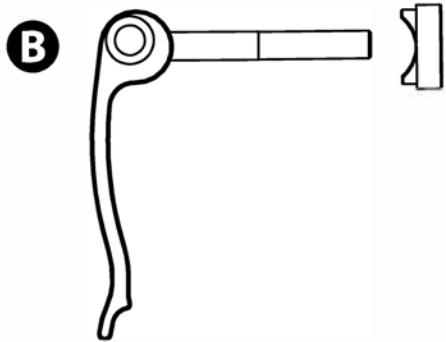
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C



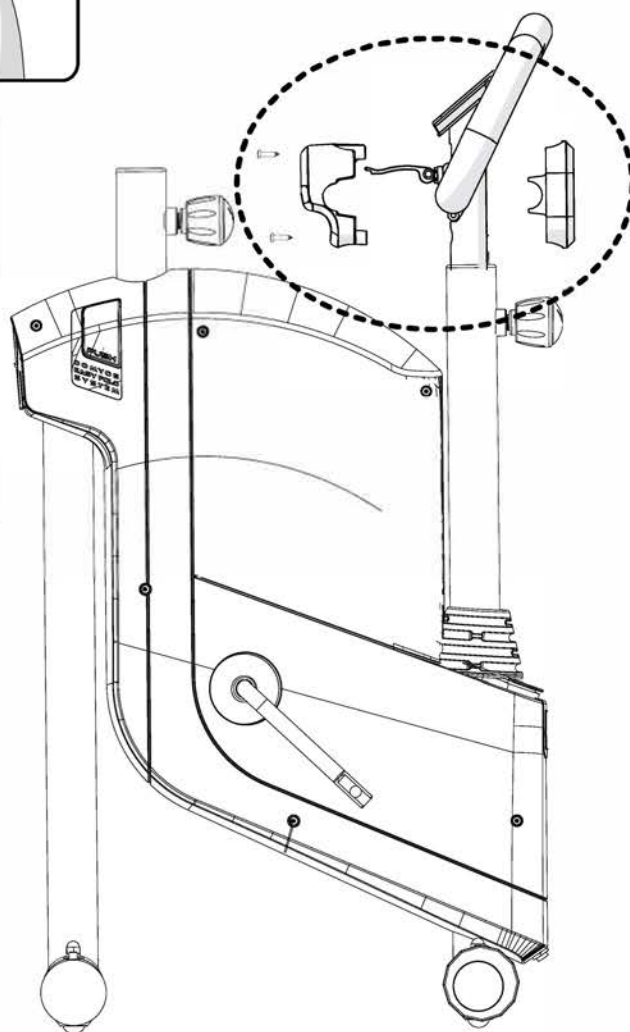
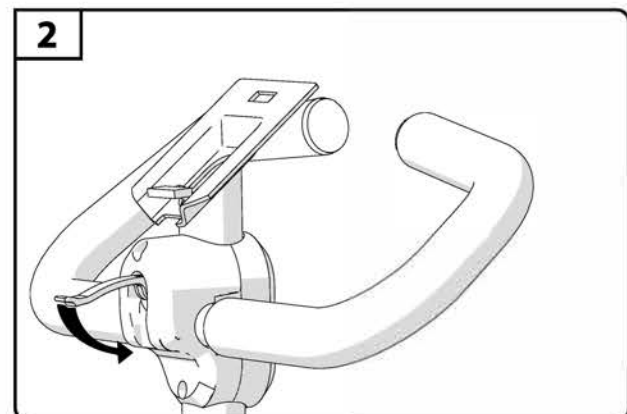
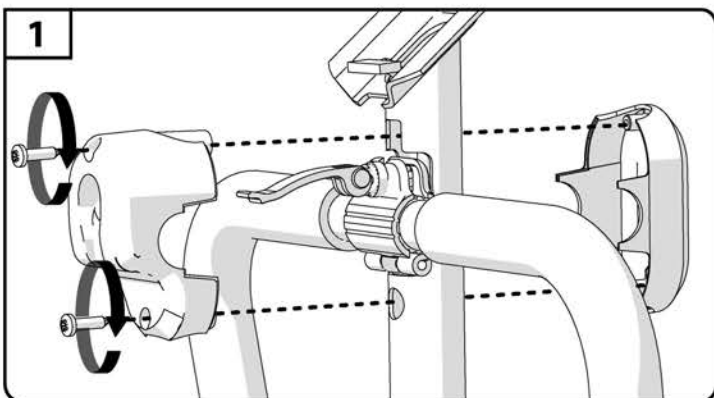
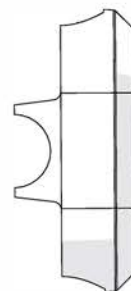
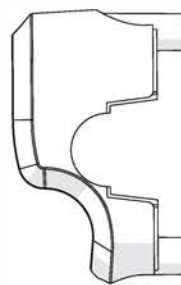
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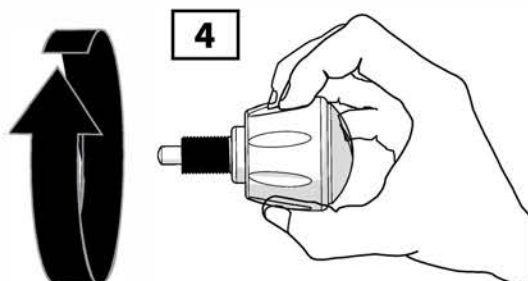
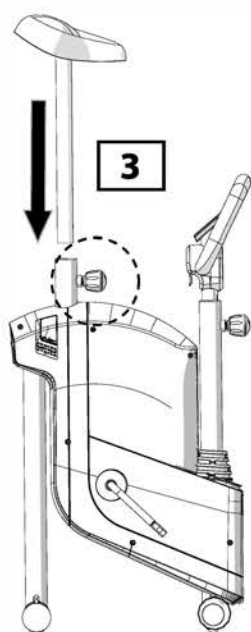
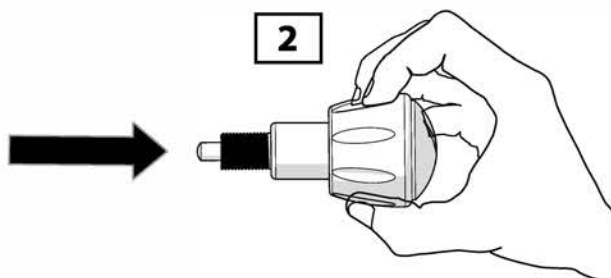
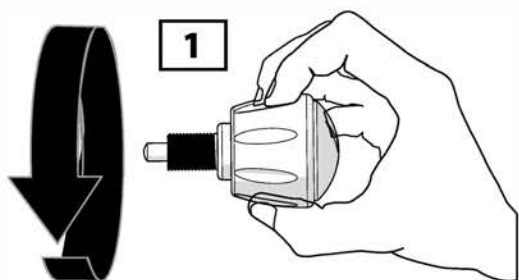
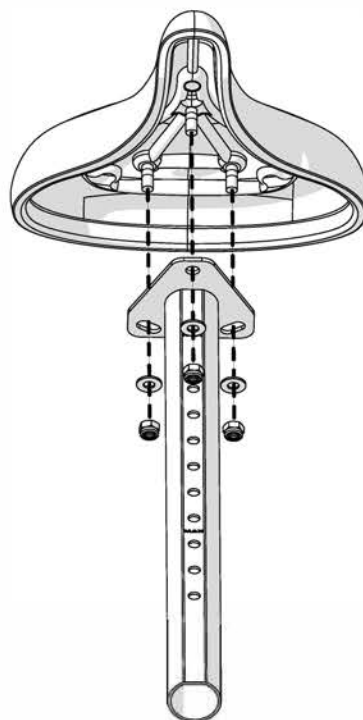
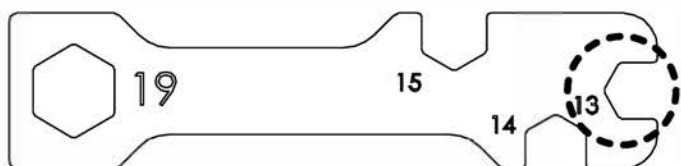
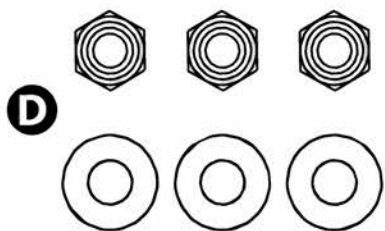
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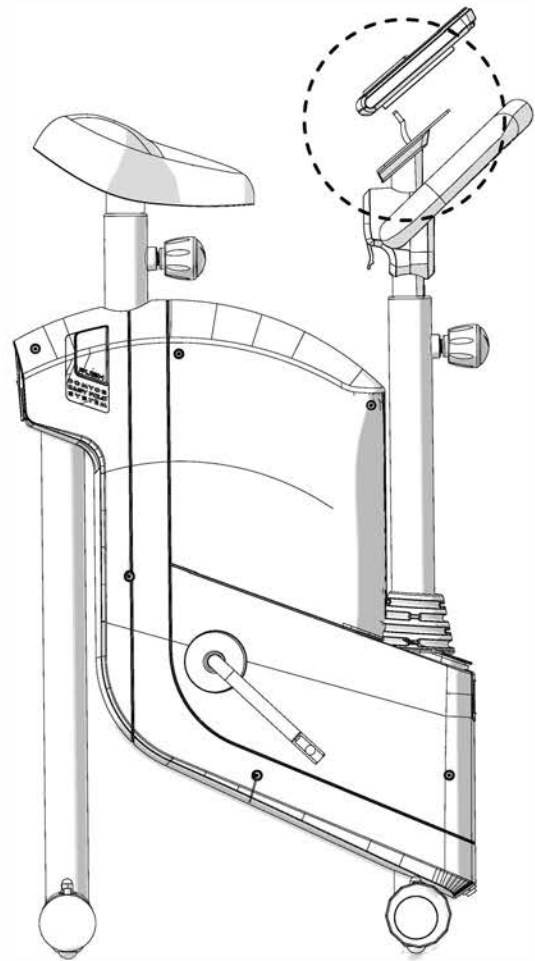
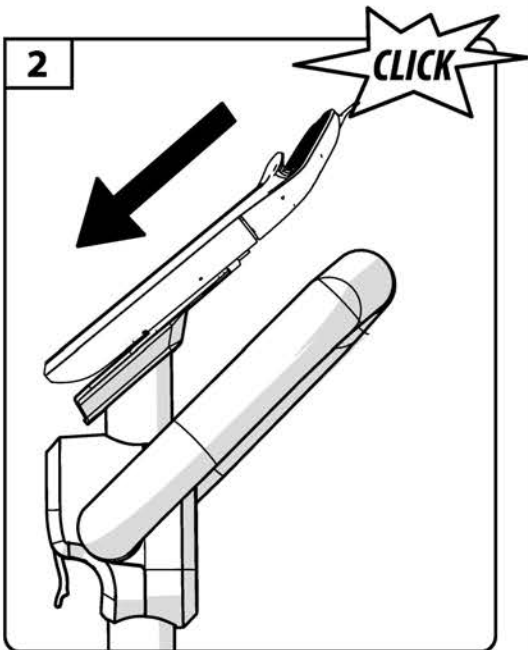
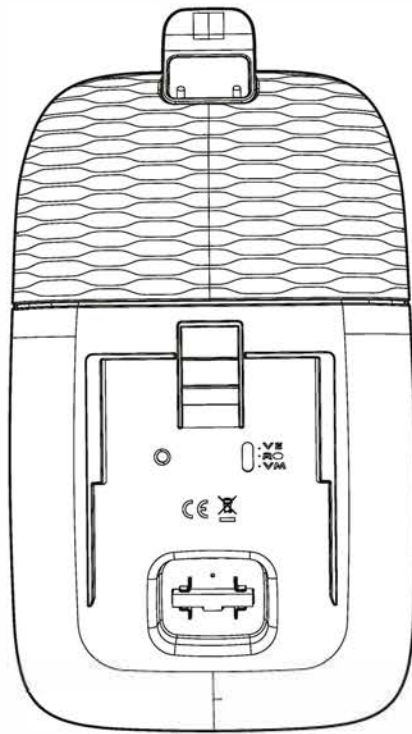
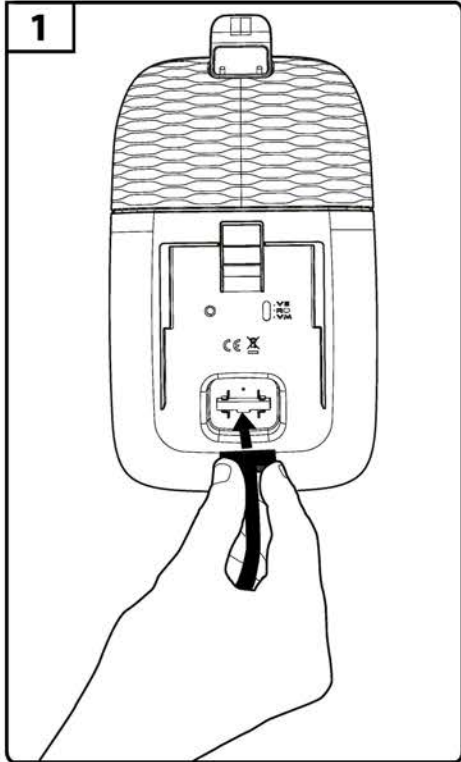


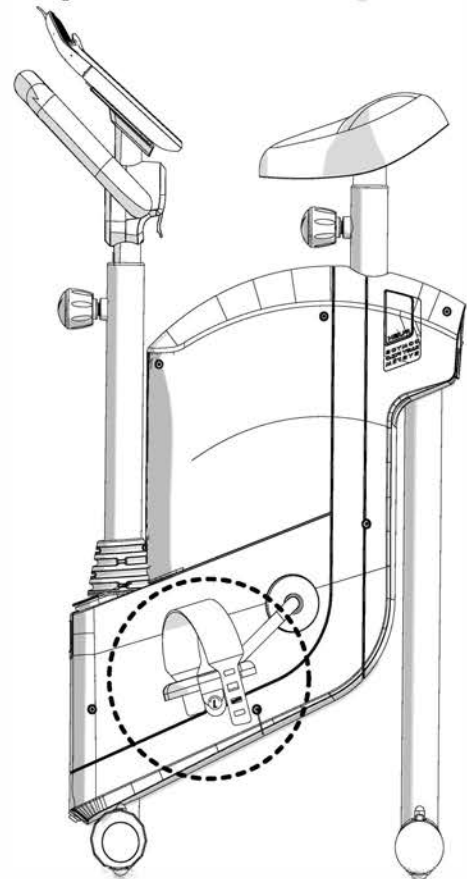
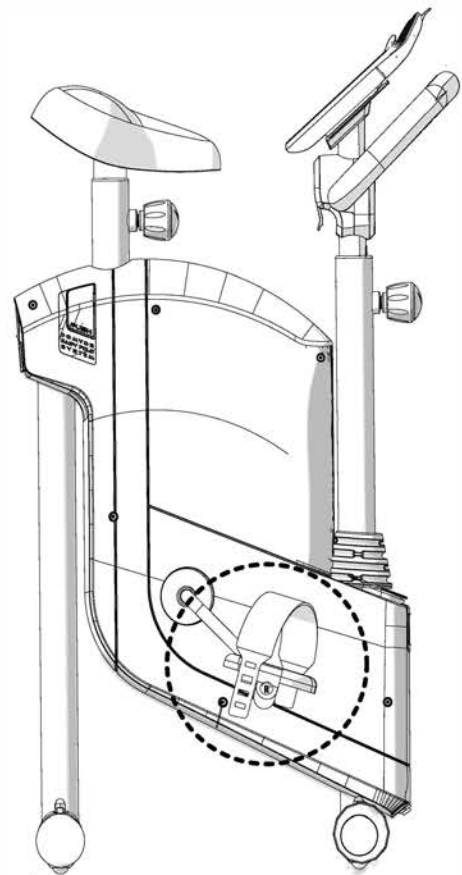
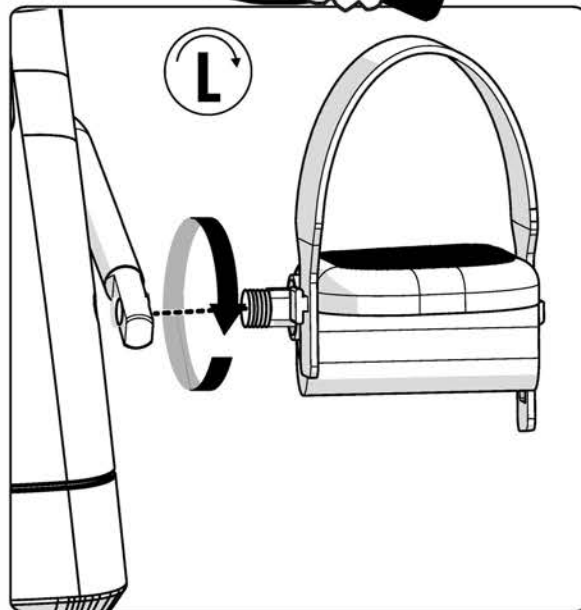
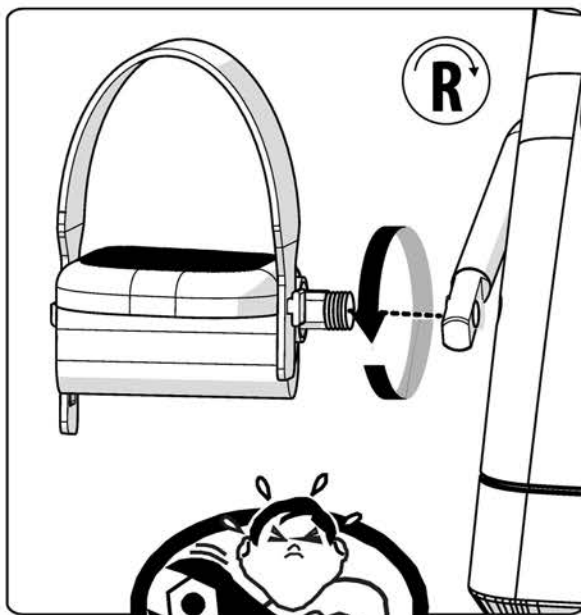
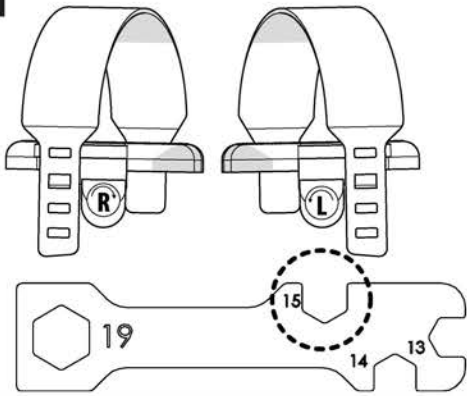
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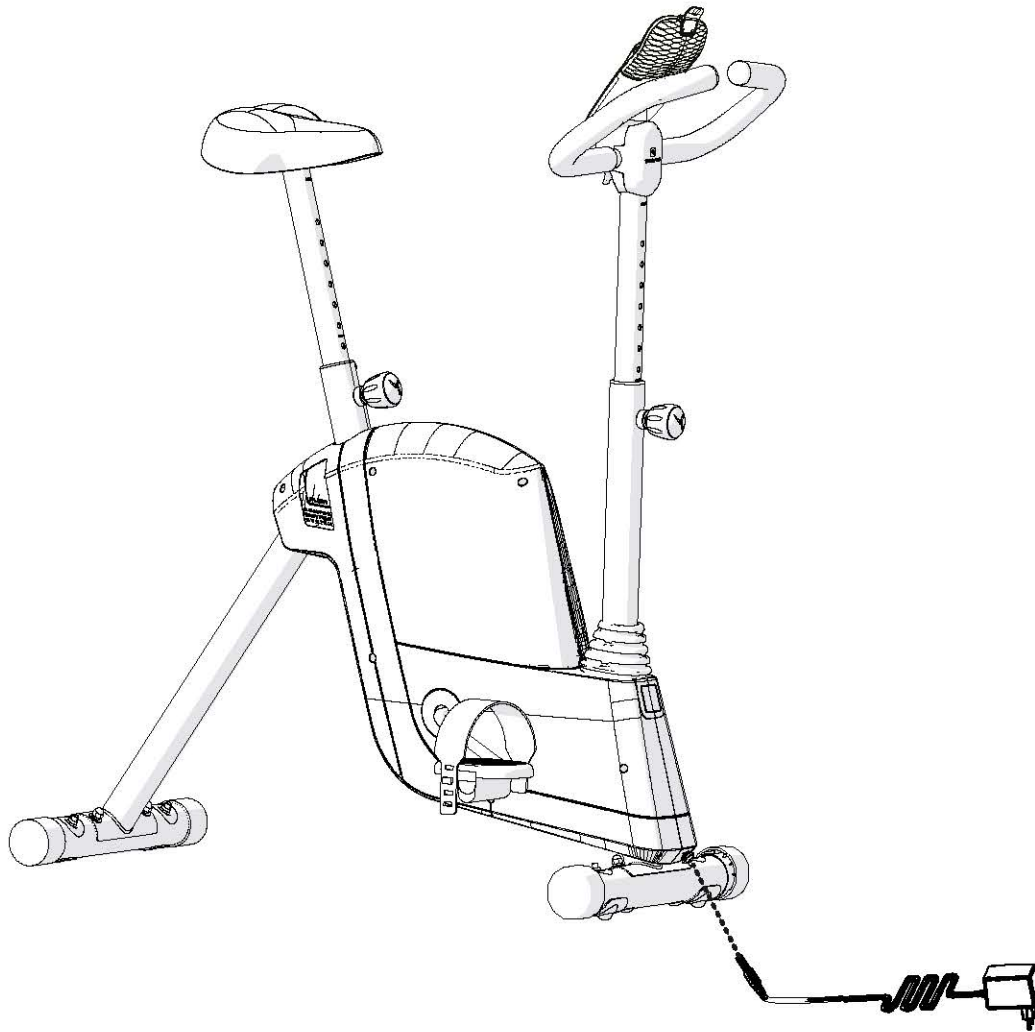
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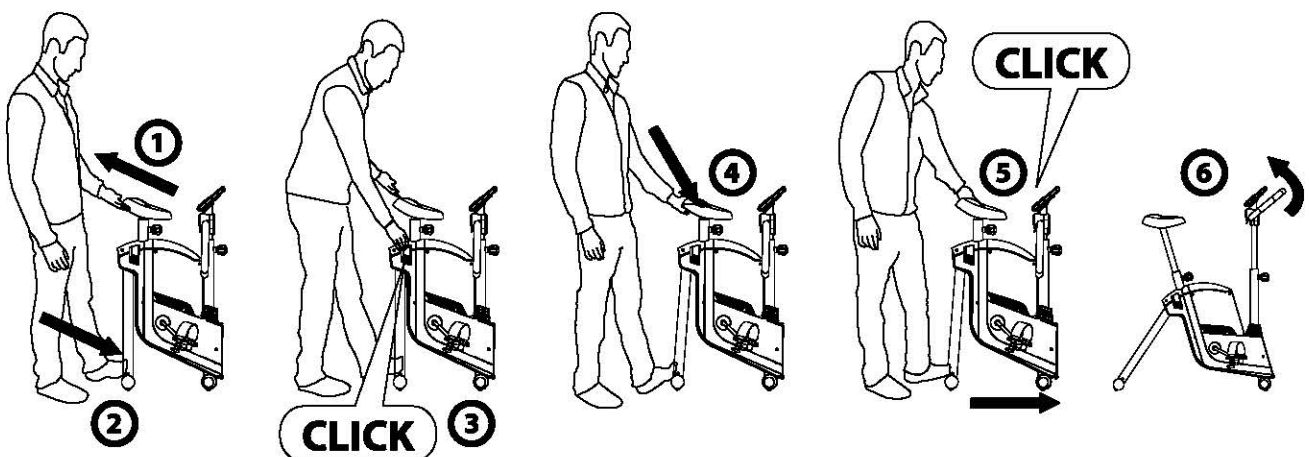




9



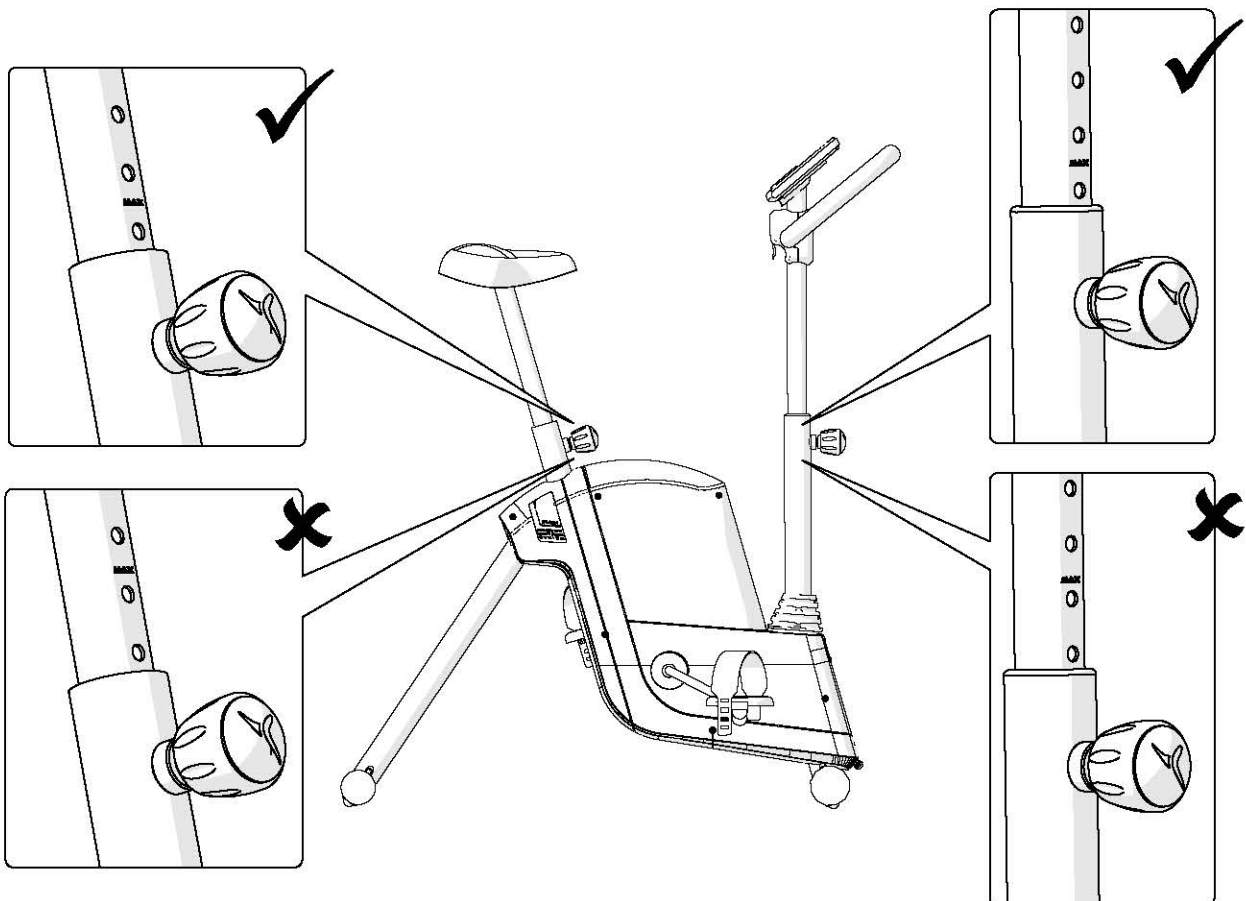
**UNFOLDING • DÉPLIAGE • DESPLEGADO • AUSKLAPPEN • APERTURA • INKLAPPEN •
DESDOBRAGEM • ROZKŁADANIE • ΚΙΝΗΤΗΣ • ΡΑΣΚΛΑΔΥΒΑΝΙΕ • DEPLIERE •
ROZKŁADANIE • ROZKŁÁDÁNÍ • UPPFÄLLNING • ΡΑΖΓΪΒΑΝΕ • AÇMA •
RASKLAPANJE • ODPIRANJE • MŌ RA • 展开 • 展开 • 展开 • การคลี่ออก • الفرد**



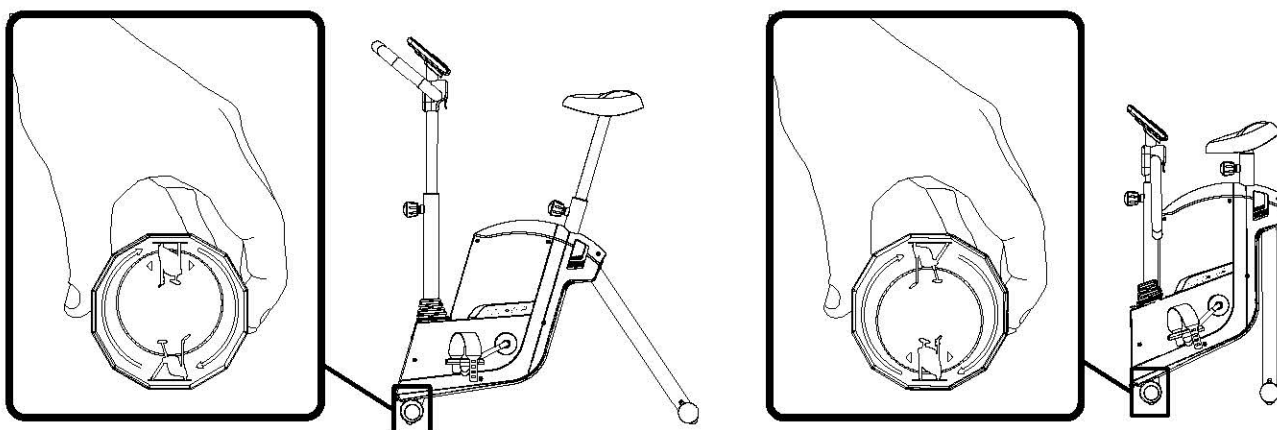
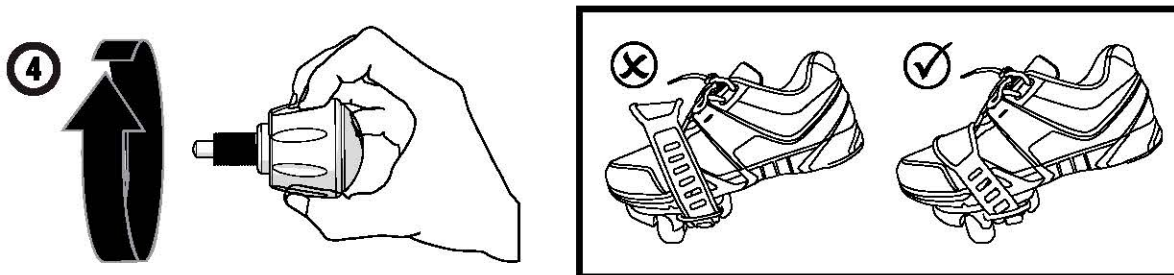
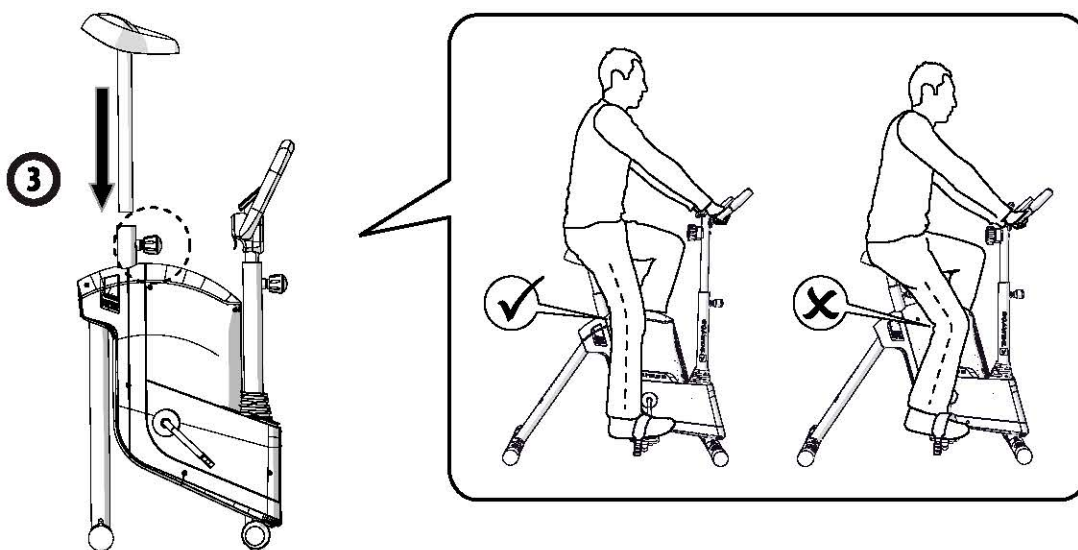
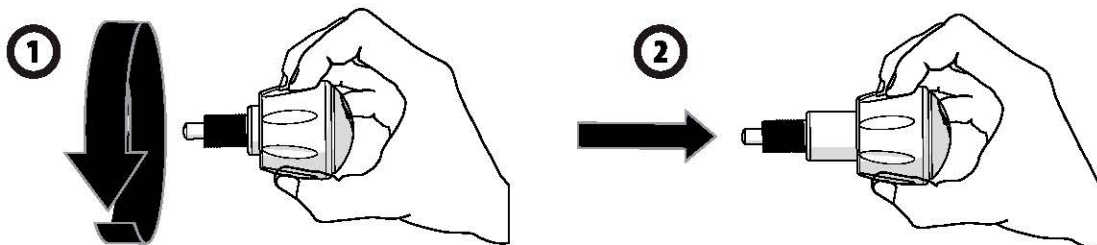
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SETTINGS • RÉGLAGES • AJUSTES • EINSTELLUNGEN • REGOLAZIONI • INSTELLINGEN • DEFINIÇÕES • REGULACJE • BEÁLLÍTÁSOK • РЕГУЛИРОВКИ • REGLAJE • NASTAVENIA • NASTAVENÍ • REGLAGE • РЕГУЛІРАНЕ • AYARLAR • PODEŠAVANJE • NASTAVITVE • ĐIỀU CHỈNH • 调节 • 調整 • 調節 • การตั้งค่า • الضبط



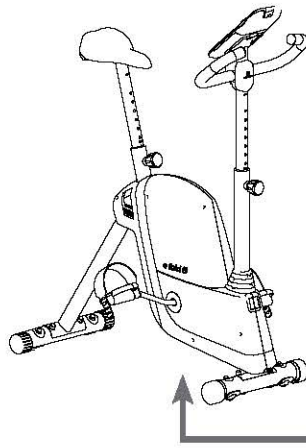
**SETTINGS • RÉGLAGES • AJUSTES • EINSTELLUNGEN • REGOLAZIONI • INSTELLINGEN •
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WARNING

i WARNING EN

- Any use of this product other than that intended may lead to serious injury.
- Prior to use, read the instructions carefully and comply with all warnings and instructions.
- Do not let children use this appliance, keep them away from it.
- You must replace the sticker if it is damaged, illegible or missing.
- Keep your hands, feet and hair away from all moving parts.
- Not suitable for therapeutic purposes.



AVERTISSEMENT FR

- Tout usage impropre de ce produit risque de provoquer des blessures graves.
- Avant toute utilisation, veuillez lire attentivement le mode d'emploi et respecter l'ensemble des avertissements et instructions qu'il contient.
- Ne pas permettre aux enfants d'utiliser cette machine et les tenir éloignés de cette dernière.
- Si l'autocollant est endommagé, illisible ou manquant, il convient de le remplacer.
- Ne pas approcher vos mains, pieds et cheveux de toutes les pièces en mouvement.
- Ne convient pas à des fins thérapeutiques.

ADVERTENCIA ES

- El uso inapropiado de este producto puede provocar heridas graves.
- Antes de toda utilización, se ruega leer atentamente el manual de empleo y respetar todas las advertencias e instrucciones que contiene.
- No permita que los niños utilicen esta máquina y manténgalos alejados de esta última.
- No permita que los niños utilicen esta máquina y manténgalos alejados de esta última.
- No acerque las manos, los pies ni el pelo a las piezas en movimiento.
- No adecuado para fines terapéuticos.

WARNUNG DE

- Jedliger unsachgemäßer Gebrauch dieses Produktes kann schwerwiegende Verletzungen nach sich ziehen.
- Lesen Sie vor jeder Verwendung stets die Gebrauchsanweisung aufmerksam durch und halten Sie sich an alle darin enthaltenen Warnungen und Anleitungen.
- Kinder dürfen das Trainingsgerät nicht verwenden und sind davon ferngehalten.
- Besädigte, unleserliche oder fehlende Aufkleber sind zu ersetzen.
- Halten Sie Ihre Hände, Füße und Haare von den beweglichen Teilen des Geräts fern.
- Nicht für therapeutische Zwecke geeignet.

AVVERTENZA IT

- Qualsiasi uso improprio di questo prodotto rischia di provocare gravi lesioni.
- Prima di qualsiasi utilizzo, leggere attentamente le istruzioni per l'uso e rispettare la totalità delle avvertenze e istruzioni che contengono.
- Non permettere ai bambini di usare questa macchina e tenerli lontani da essa.
- Se l'adesivo è danneggiato, illeggibile o manca del tutto è necessario sostituirlo.
- Non avvicinare mani, piedi e capelli a nessuna delle parti in movimento.
- Non idoneo a fini terapeutici.

WAARSCHUWING NL

- Elk onjuist gebruik van dit product kan ernstige verwondingen tot gevolg hebben.
- Lees voor gebruik aandachtig de gebruiksaanwijzing en zorg ervoor dat alle hierin genoemde waarschuwingen en instructies in acht neemt.
- Sta kinderen niet toe om gebruik te maken van dit product en zorg dat ze er niet in de buurt kunnen komen.
- Indien de sticker beschadigd, onleesbaar of verwijderd is, dan is het raadzaam deze te vervangen.
- Houd handen, voeten en haren uit de buurt van bewegende onderdelen.
- Niet geschikt voor therapeutische doeleinden.

AVISO PT

- Qualquer uso inadequado deste produto pode causar ferimentos graves.
- Antes de qualquer utilização, leia com atenção o manual de instruções e respeite a totalidade dos avisos e instruções incluídos.
- Não permita que as crianças utilizem esta máquina e mantenha-as afastadas da mesma.
- Se o autocollante estiver danificado, ilegível ou em falta, é aconselhável proceder à sua substituição.
- Não aproxime as mãos, pés e cabelos de todas as peças em movimento.
- Não adequado para fins terapêuticos.

OSTRZEŻENIA PL

- Jakiegokolwiek nieprawidłowe użytkowanie tego produktu grozi odniesieniem poważnych obrażeń.
- Przed rozpoczęciem użytkowania należy dokładnie przeczytać instrukcję obsługi, a następnie ściśle przestrzegać wszystkich zamieszczonych w niej ostrzeżeń i zaleceń.
- Nie pozwalaj dzieciom, aby bawiły się urządzeniem. Dzieci powinny zawsze pozostawać w bezpiecznej odległości.
- Jeżeli naklejka jest uszkodzona, nieczytelna lub nieobecna, należy wymienić ją na nową.
- Trzymaj ręce, stopy i włosy w bezpiecznej odległości od ruchomych części urządzenia.
- Nieprzeznaczony do celów terapeutycznych.

FIGYELMEZTETÉS HU

- A termék bármilyen helytelen használata súlyos sérüléseket okozhat.
- Használat előtt olvassa el figyelmesen a használati útmutatót és tartsa be a benne lévő figyelmeztetéseket és előírásokat.
- Ne engedje a gyermekeknek, hogy ezt a készüléket használják, éstartás őket távol tölle.
- Ha a matrica megsérült, olvashatatlan vagy hiányzik, ki kell cserélni.
- Ne közelítse a kezét, lábait és a haját a mozgásban lévő alkatrészekhez.
- Terápiás célokra nem alkalmas.

ВНИМАНИЕ RU

- В случае ненадлежащего использования данного изделия существует риск получения серьезных травм.
- Перед каждым использованием внимательно прочитайте инструкцию по эксплуатации. Соблюдайте все содержащиеся в ней предупреждения и указания.
- Не разрешайте детям использовать этот тренажер и находиться вблизи него.
- Если наклейка повреждена или отсутствует, или же информация на ней невозможно прочитать, следует заменить наклейку.
- Руки, ноги и волосы не должны находиться вблизи каких-либо движущихся деталей.
- Не подходит для терапевтических целей.

AVERTISMENT RO

- Orice utilizare necorespunzătoare a acestui produs poate provoca leziuni grave.
- Înainte de orice utilizare, vă rugăm să citiți cu atenție modul de utilizare și să respectați toate avertismentele și instrucțiunile pe care acesta le conține.
- Nu le permiteți copiilor să utilizeze acest aparat și nici nu-i lăsați să se apropie de acesta.
- În cazul în care autocollantul este deteriorat, ilizibil sau lipsește u de sărbătorire, acesta trebuie înlocuit.
- Nu apropiați mâinile, picioarele sau părul de piesele componente aflate în mișcare.
- Anu se utiliza în scopuri terapeutice.

UPOZORNENIE SK

- Ak dočkate nevhodné použitie m môže mať za následok vážne poranenia.
- Pred použitím si pozorne prečítajte návod na použitie a dodržujte všetky varovania a pokyny, ktoré obsahuje.
- Nedovoľte deťom, aby tento prístroj používali a mali k ňomu prístup.
- Ak je samolepka šitok poškodená, nečitateľná alebo chýba, odporúča sa ju vymeniť.
- Nedávajte ruky, nohy alebo vlasy do blízkosti pohyblivých dielov.
- Nevhodné na terapeutické účely.

UPOZORNĚNÍ CS

- Nesprávné používání tohoto výrobku může vést k vážným zraněním.
- Při použití si pozorně přečtěte návod k použití a dodržujte všechny upozornění a pokyny v něm obsažené.
- Nedovolojte dětem používat tento stroj a uchovávejte jej mimo jejich dosah.
- Je-li samolepka poškozená, nečitelná nebo pokud chybí, doporučuje se ji vyměnit.
- Nepřibližujte ruce, chodidla a vlasy k pohyblivým se částem.
- Nevhodné pro terapeutické účely.

VARNING SV

- Felaktigt användning av produkten kan orsaka allvarliga skador.
- Innan produkten tas i bruk bör du läsa bruksanvisningen noga och följa alla varningar och instruktioner som finns där.
- Låt inte barn använda denna maskin, utan se till att hålla dem borta från den.
- Om dekalen är skadad, oläslig eller saknas, bör den bytas ut.
- Håll händer, fötter och hår på avstånd från maskinens rörliga delar.
- Inte lämplig för behandlingssyften.

ПРЕДУПРЕЖДЕНИЕ BG

- Волка употреба на уреда не по предизвестие може да доведе до риск от сериозни наранявания.
- Преди всяка употреба, моля прочетете внимателно ръководството за употреба; спазвайте всички съдържащи се в него предупреждения и инструкции.
- Не разрешавайте на деца да ползват уреда; дръжте децата далеч от уреда.
- Ако маркировката е повредена, нечетлива или липсва, оменете я.
- Не доближавайте ръцете, краката и косата си до движещите се елементи.
- Не е подходящо за терапевтични цели.

UYARI TR

- Bu ürünün uygun bir şekilde kullanılmaması ciddi yaralanmalara yol açabilir.
- Kullanılmadan önce, kullanım kılavuzunu dikkatlice okuyun ve içerdiği uyarıları ve talimatları tamamen dikkate alın.
- Çocukları bu makineyi kullanmamasını izin vermayın ve onları makineden uzak tutun.
- Kendinden yapışkanlı etiket zarar görmüş, okunaksız veya yerinde değil ise, yerine yenisini konulması gerekir.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareket halinde hiçbir parçaya yaklaştırmayın.
- Terapötik amaçla kullanılmamaz.

UPOZORENJE HR

- Svakakoluporaba ovog proizvoda može uzrokovati ozbiljne ozljede.
- Prije uporabe pažljivo pročitajte upute za uporabu i slijedite sva upozorenja i instrukcije sadržane u njemu.
- Nemojte dopustiti djeci da koriste taj stroj i držite ih podalje od njega.
- Ako je naljepnica oštećena, nečiteljiva ili nedostaje, trebalo bi je zamijeniti.
- Ne približavajte vaše ruke, noge ili kosu pokretnim dijelovima.
- Nije prikladno za terapijske svrhe.

OPOZORILO SL

- Neustrezna rabatega izdelkalahko povzroči resne poškodbe.
- Pred uporabo natančno preberite navodila in upoštevajte vsa opozorila, ki jih navodila vsebujejo.
- Onotrd ne smejo uporabljati te naprave.
- Otrok ne pustite v bližino naprave.
- Če je nalepka poškodovana, nberljiva ali manjka, namestite novo nalepko.
- Rok, nog in las ne približujte premičnim delom naprave.

CHU Ý VI

- Làm dụng máy tập này có thể gây ra chấn thương nghiêm trọng.
- Đọc kỹ hướng dẫn trước khi sử dụng, phải tuân thủ đúng theo các hướng dẫn và các cảnh báo khi sử dụng máy tập.
- Không cho trẻ em sử dụng máy tập này và không cho chúng lại gần máy tập.
- Nếu dán nhãn dán bị hỏng, không đọc hoặc bị mờ, nên thay thế nhãn mới khác.
- Không để tay, chân hay tóc gần các bộ phận của máy khi đang hoạt động.
- Không dùng cho các mục đích điều trị bệnh.

注意事項 ZH

- 本产品的不适当使用可能会造成严重受伤。
- 使用前请仔细阅读说明书。
- 遵守说明书中的注意事项和使用说明。
- 请勿让儿童使用本产品，并将其放置于远离儿童的地方。
- 如果产品上粘贴的说明出现损坏、无法阅读或缺失的情况，请将其替换。
- 请勿将手脚或头发靠近正在转动的部件。
- 不适用于治疗目的。

警告 JA

- この商品の不適切なすべての使用法は、重傷を引き起こすおそれがあります。
- ご使用前に、使用マニュアルを注意深くお読みになり、警告と使用法を守ってください。
- 子供にはこの機器を使用させないでください。またその手の届かない場所に保管してください。
- シールが破損、判読不可能、はがれている場合は交換してください。
- 作動中のパーツには手や足、髪を近づけないでください。
- 治療目的にはお使いいただけません。

注意事項 ZT

- 本產品的不適當使用可能會造成嚴重受傷。
- 每次使用前，請仔細閱讀使用說明并遵循注意事項進行使用。
- 不可讓兒童接觸或使用該器材。
- 如器材上的貼標破損、複期或缺失，須進行更換。
- 請勿將手脚或頭髮靠近正在轉動的部件。
- 不適用於治療之目的。

คำเตือน TH

- การใช้ไม่เหมาะสมของผลิตภัณฑ์นี้อาจทำให้เกิดบาดเจ็บสาหัสได้
- โปรดอ่านคู่มือการใช้งานอย่างละเอียดก่อนใช้
- อย่าปล่อยให้เด็กใช้เครื่องออกกำลังกายนี้
- อย่าปล่อยให้เด็กอยู่ใกล้เครื่องออกกำลังกายนี้
- หากฉลากติดผลิตภัณฑ์เสียหายหรือไม่สามารถอ่านได้ ให้เปลี่ยนฉลากใหม่
- อย่าปล่อยให้มือ เท้า หรือผมของคุณเข้าใกล้ส่วนที่เคลื่อนไหวของเครื่องออกกำลังกาย
- ไม่เหมาะสำหรับใช้เพื่อวัตถุประสงค์ทางการแพทย์

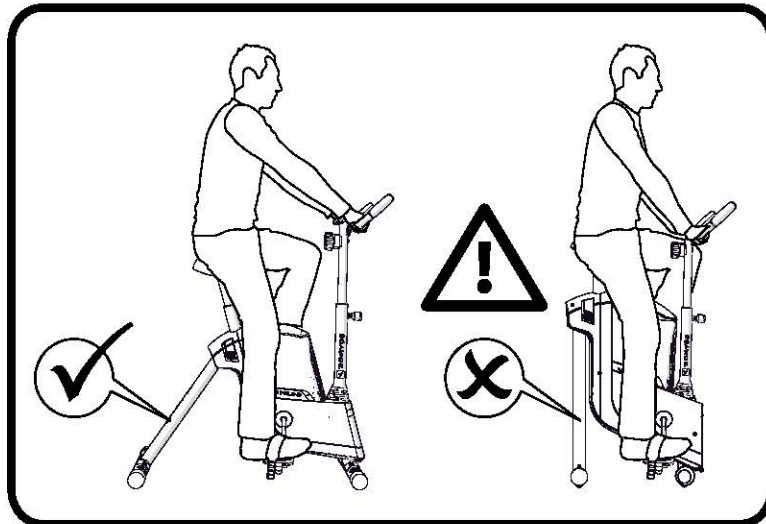
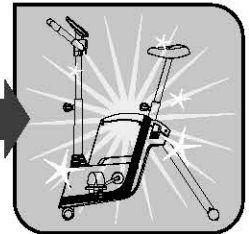
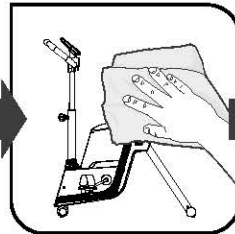
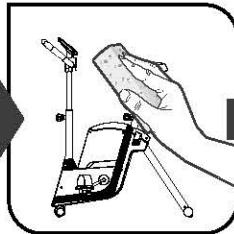
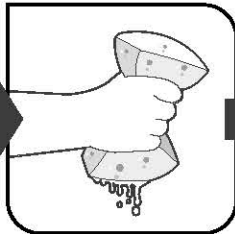
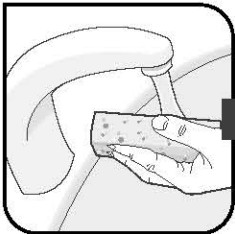
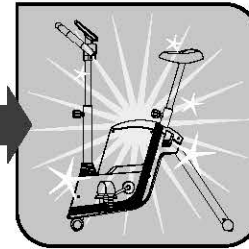
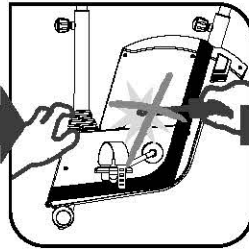
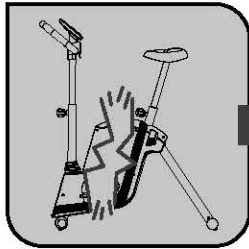
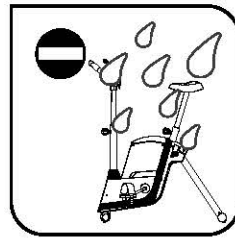
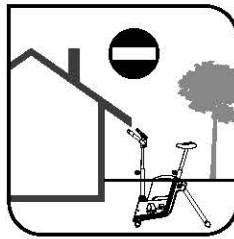
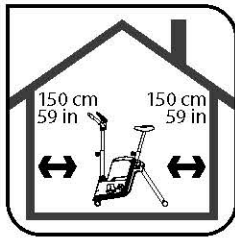
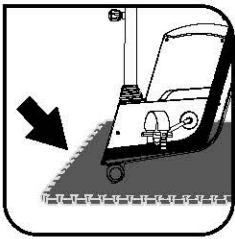
تنبیه AR

- يمكن لسوء استخدام هذا المنتج أن يسبب في إصابات خطيرة
- قبل أي استخدام، يرجى قراءة دليل الاستخدام بعناية واتبع جميع التحذيرات والإرشادات الواردة فيه.
- لا تسمح للأطفال باستخدام هذا الجهاز وتجنب اقترابهم من هذا الأخير.
- في حالة تلف الملصق، أو فقدانه أو أصبح من الصعب قراءته، فينبغي استبداله في هذه الحالة.
- لا تقرب يديك وقدميك وسنبرك من جميع الأجزاء المتحركة غير مناسبة للأغراض العلاجية.

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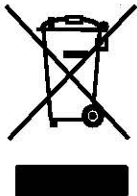
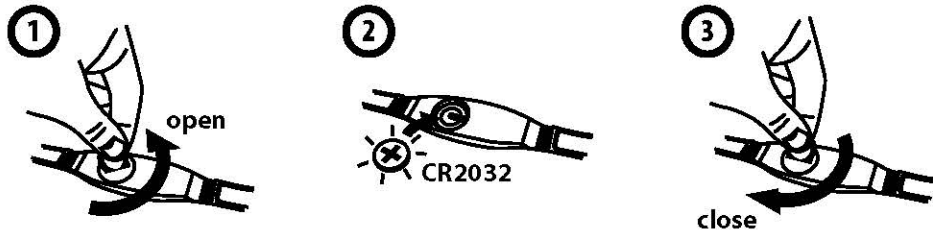
**SECURITY • SÉCURITÉ • SEGURIDAD • SICHERHEIT • SICUREZZA • VEILIGHEID •
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BEZPEČNOSTĚ • BEZPEČNOST • SÄKERHET • БЕЛОПАСНОСТ • EMNİYET •
SIGURNOST • VARNOST • AN TOÀN • 安全 • 安全 • 安全 • ความปลอดภัย • الأمان**



FITTING THE HEART RATE MONITOR BELT • INSTALLATION DE LA CEINTURE CARDIOFRÉQUENCEMÈTRE • INSTALACIÓN DEL CINTURÓN CARDIOFRECUENCIÓMETRO • ANLEGEN DES HERZFREQUENZMESSGURTS • INSTALLAZIONE DELLA CINTURA CARDIOFREQUENZIMETRO • PLAATSING VAN DE BORSTBAND VOOR HARTSLAGMETING • INSTALAÇÃO DO CINTO CARDIOFREQUENCIÓMETRO • INSTALACJA PASA PULSOMETRU • A SZÍVRITMUSMÉRŐ ÖV ELHELYEZÉSE • ПОДКЛЮЧЕНИЕ ПУЛЬСОМЕТРА • INSTALAREA CENTURII CARDIOFRECVENȚMETRU • UMIESTNENIE PÁSU MERAČA TEPOVEJ FREKVENCIE • UMÍSTĚNÍ PÁSU MĚŘIČE TEPOVÉ FREKVENCE • INSTALLATION AV HJÄRTFREKVENSÅLTET • ПОСТАВЛЯЕМ НА КОЛОНА НА ПУЛСОМЕТРА • KARDIÓFREKANSMETRE KEMERŐNIN YERLEŞTİRİLMESİ • POSTAVLJANJE UREDAJA ZA MJERENJESRČANEFREKVENCIE • NAMESTITEV PASU ZA MERJENJE SRČNEGA UTRIPA • CÀI ĐẶT ĐỒNG HỒ ĐO NHỊP TIM • 心率測量胸帶的安裝 • 心拍數測定ベルトの設置 • 心率測量胸帶的安裝 • การติดตั้งเข็มขัดวัดการเต้นของหัวใจ • وضع حزام مقياس ضربات القلب



CHANGING THE BATTERY • CHANGEMENT DE LA PILE • SUSTITUCIÓN DE LA PILA • AUSWECHSELN DER BATTERIE • SOSTITUZIONE DELLA PILA • BATTERIJ VERVANGEN • SUBSTITUIÇÃO DA PILHA • WYMIANA BATERII • AZ ELEM CSERÉJE • ЗАМЕНА БАТАРЕИ • SCHIMBAREA BATERIEI • VÝMENA BATÉRIE • VÝMĚNA BATERIE • BATTERIBYTE • СМЯНА НА БАТЕРИЯТА • PİL DEĞİŞTİRME • MIJENJANJE BATERIJA • ZAMENJAVA BATERIJE • THAY PIN • 電池的更換 • バッテリーの交換 • 電池的更換 • การเปลี่ยนแบตเตอรี่ • تغيير البطية



RECYCLING
The "crossed-out bin" symbol means that this product and the batteries it contains must not be thrown away with general household waste. They are subject to a specific type of sorting. Please take the batteries and your unusable electronic product to an authorised collection point for recycling. This treatment of your electronic waste will protect the environment and your health.

RECYCLAGE
Le symbole "poubelle barrée" signifie que ce produit et les piles qu'il contient ne peuvent être jetés avec les déchets domestiques. Ils font l'objet d'un tri sélectif spécifique. Déposez les batteries ainsi que votre produit électronique en fin de vie dans un espace de collecte autorisé afin de les recycler. Cette valorisation de vos déchets électroniques permettra la protection de l'environnement et de votre santé.

RECICLAJE
El símbolo de la papeleta tachada significa que este producto y las pilas que contiene no podrán tirarse con los residuos domésticos. Son objeto de una selección específica. Deposite las baterías, así como su producto electrónico al final de su vida en un espacio de recogida autorizado para su reciclaje. Esta evaluación de los residuos electrónicos permitirá la protección del medio ambiente y de su salud.

ENTSORGUNG
Das Symbol „durchgestrichene Mülltonne“ bedeutet, dass dieses Produkt sowie die darin enthaltenen Batterien nicht mit dem Hausmüll zu entsorgen sind. Sie werden mit dem Spezialmüll entsorgt. Entsorgen Sie Batterien sowie Ihr Elektrogerät am Lebensende zum Recycling bei einer geeigneten Sammelstelle.

Die Wiederverwertung elektronischer Abfälle ermöglicht den Schutz der Umwelt und Ihrer Gesundheit.

RICICLAGGIO
Il simbolo del "cestino barrato" significa che questo prodotto e le pile che esso contiene non possono essere smaltiti con i rifiuti domestici. Sono l'oggetto di una specifica raccolta differenziata. Consegnare le batterie insieme al prodotto elettronico a fine ciclo di vita in uno spazio di raccolta autorizzato per riciclarli. Questa valorizzazione dei rifiuti elettronici permetterà la protezione dell'ambiente e della salute.

RECYCLING
Het symbool «dortkruste vuilnisbak» betekent dat dit product en de batterijen erin niet weggegooid mogen worden met het huisafval. Ze maken deel uit van een specifiek sorteerproces. Werp de batterijen evenals uw elektronisch product aan het einde van de levensduur in een daarvoor bestemde container teneinde deze te recylen. Deze recycling van uw elektronisch afval zal het milieu en uw gezondheid beschermen.

RECICLAGEM
O símbolo "caixote do lixo com traço por cima" significa que este produto e as pilhas que contém não podem ser deixados fora com o lixo doméstico. Estão sujeitos a uma triagem seletiva específica. Coloque as pilhas bem como o seu produto electrónico em fim de vida num espaço de recolha autorizado de forma a proceder à sua reciclagem. Esta reciclagem dos seus resíduos electrónicos permitirá a protecção do ambiente e da saúde.

RECYLINGU
Symbol „przekreślonego kosza“ oznacza, że ani produkt ani baterie nie mogą być wyrzucone do odpadów komunalnych. Podlegają one zbiórce selektywnej. Zużyte baterie i urządzenie elektroniczne powinny być pozostawione w autoryzowanym punkcie zbiórki w celu poddania ich recyklingowi. Zapewnia to ochronę środowiska naturalnego oraz zdrowia użytkownika.

ÚJRAHASZNOSÍTÁSA
Az „áthúzott személtáskára” szimbólum azt jelzi, hogy sem ez a termék, sem a benne levő elemeket nem szabad a háztartási szeméttel dobni. Ezeket speciális válogatásnak vetik alá. A használt elemeket és a tovább már nem használható elektronikus terméket újra hasznosítás céljából

adja le egy engedélyezett gyűjtőhelyen. Az elektronikai hulladék újra hasznosítása védi a környezetet és az Ön egészségét.

ПЕРЕРАБОТКА
Знак перечеркнутой мусорной корзины означает, что настоящее изделие, а также батареи, входящие в его состав, нельзя выбрасывать вместе с бытовыми отходами. Они подлежат отдельной утилизации. По окончании срока эксплуатации батареек и электронного изделия отнесите их в специально отведенное для этого место для поощряющей утилизации. Дальнейшее повторное использование электронных изделий направлено на защиту окружающей среды и Вашего здоровья.

RECICLARE
Symbol „coș de gunoi barrat” semnifică faptul că acest produs și bateriile pe care le conține nu pot fi aruncate împreună cu deșeurile menajere. Acestea fac obiectul unei trieri selective specifice. Depozitați bateriile, dar și produsul electronic uzat, într-un spațiu de colectare autorizat pentru a fi reciclate. Acesta valorificarea a deșeurilor electronice va contribui la protecția mediului și a sănătății dumneavoastră.

RECYKLÁČIA
Symbol „prečkrnutý smetný kôš“ značí, že tento produkt a batérie, ktoré obsahuje, nesmú byť odhodnené domácným odpadom. Musia byť selektívne a špeciálno triedené. Odovzdajte batérie aj elektronický produkt na konci životnosti do povolených zberných priestorov na recyklovanie. Takto zhodnotenie elektrického odpadu chráni životné prostredie a vaše zdravie.

RECYKLACE
Symbol „překřtnutý popelnice“ znamená, že tento výrobek a použité baterie nesmí skončit v popelnici spolu s ostatním domácím odpadem. Použité baterie a elektronické přístroje odnese do autorizované sběrně, kde budou recyklovány. Toto třídění vašeho elektrického odpadu um ovlivňuje ochranu životního prostředí a vašeho zdraví.

ÅTERVINNING
Den överkorsade sopptunnan innebär att produkten och dess batterier inte kan slängas bland hushållssoporna. De måste sorteras. Lämnna in batterierna och den kasserade elektroniska

apparaten till en auktoriserad återvinningssentral. Om du gör dig av med ditt elektriska avfall på detta vis skötar du miljön och din egen hälsa.

РЕЦИКЛИРАНЕ
Знак "задрасано кошче за боклук" означава, че този продукт и съдържащите се в него батерии не могат да се изхвърлят заедно с домакински отпадъци. Те трябва да се събират отделно. Изхвърлете батериите и стария електронен уред на разрешеното за целта място за рециклиране. Това преработване на Вашите електронни уреди ще позволи да се защити околната среда и Вашето здраве.

GERI DÖNÜŞÜM
"Uzari çöplüğü çöptenekesi" sembolü, bu ürün ve içerdigi pillerin normal ev atıklarıyla birlikte atılmaması için anlamına gelmektedir. Bunları özel olarak ayrılmış atılmalan gerektirir. Bataryaları ve kullanılmı omru sora eren elektronik ürününüzü, geri dönüşümüleri sağlanmak üzere bir toplama alanına bırakınız. Elektronik atıklarınızın bu şekilde değerlendirilmesi çevrenin ve sağlığınıza korunmasını sağlayacaktır.

RECIKLAŽA
Symbol "prekrižene kanite za odpadke" označava da se proizvod i baterije koje se u njemu nalaze ne smiju odložiti zajedno s kućanskim otpadom. Oni podliježu posebnom načinu razvrstavanja otpada. Baterije i elektronički proizvod koji se više ne može koristiti predajte ovlaštenom prikupljalištu za reciklažu. Ovakvim načinom zbrinjavanja električnog i elektroničkog otpada štite okoliš i svoje zdravlje.

RECYKLIRANJE
Znak "prečrtan zabojnik za odpadke" pomeni, da te ga izdelka in baterij, ki jih vsebuje, ne smemo odlagati v zabojnik za splošne gospodinjstve odpadke. Zanje se uporablja posebno ločeno zbiranje. Baterije in odpadno elektronsko opremo o dložite na zbirnem mestu za recikliranje. S takšnim ravnanjem boste zaščitili okolje in svoje zdravje.

TÁJ CHÉ
Béltűrés "hűtött rácákhoz" cíve ngyhála la sán termék ráy és pin de a sán termék không được vứt bỏ cùng với rác thải sinh hoạt chung. Cần phải phân loại sản phẩm cụ thể. Xin vui lòng thả pin

và sản phẩm điện tử không vứt cùng đến đến thùng gom chỉ định để thải ché. Cách xử lý này rác thải điện tử này sẽ bảo vệ môi trường và sức khỏe của bạn.

回收
“划红垃圾箱”标志表明该产品及其电池不可作为生活垃圾丢弃，必须进行专门的筛选，将电池和电子产品一起放在专门的回收中心。这种对电子产品处理措施有利于保护环境您的身体健康。

リサイクル
「划め線の入ったごみ箱」マークは、製品および電池が、家庭ごととして処理できないことを示します。指定の選別ゴミとして処理してください。寿命に達したバッテリーや電子製品は、リサイクルごみとして回収されます。電子製品を正しく処理することは、あなたの健康と環境の保護につながります。

回收
“交叉线的垃圾箱”标志表明该产品及其电池不可作为生活垃圾丢弃，必须进行专门的筛选，将电池和电子产品一起放在专门的回收中心。这种对电子产品处理措施有利于保护环境您的身体健康。

รีไซเคิล
สัญลักษณ์ "ถังขยะที่มีเส้นสีแดง" หมายถึง ผลิตภัณฑ์และแบตเตอรี่ที่อยู่ในนั้นจะไม่สามารถทิ้งรวมกับขยะในครัวเรือนได้ จะต้องนำแบตเตอรี่และอุปกรณ์อิเล็กทรอนิกส์ที่หมดอายุไปทิ้งในจุดรวบรวมขยะอิเล็กทรอนิกส์ที่อนุญาตเท่านั้น การนำแบตเตอรี่และอุปกรณ์อิเล็กทรอนิกส์ของคุณมาทิ้งอย่างถูกต้องจะช่วยให้คุณและสิ่งแวดล้อมของคุณปลอดภัย

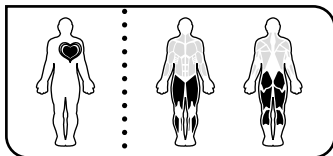
إعادة التدوير
يُعد رمز "إمالة المهارة ذات علامة X" إية يجب غير خط هذا المنتج وما يحتويه من بطاريات مع مخلفات المنزل العادية. فهذا التصنيف مخصص من أجل أخذ الطلقات و جهازك الإلكتروني غير المستخدم إلى نقطة تجمع بطاريات المخلفات مصرح بها أن تخلط مع فضلات الإستهلاك على هذا النحو إدمي البيئة وحمي صحتك

Thank you for choosing a DOMYOS product and for placing your trust in us.

Whether you are a beginner or experienced, DOMYOS helps you stay in shape and improve your physical condition. Our team strives to design the best products for you to use. We welcome any comments, suggestions and questions on our website, DOMYOS.COM. On the website you will also find training advice and support in case you need it.

We wish you the best of success with your training and hope that this DOMYOS product will meet your expectations.

PRESENTATION



This product is an innovative fitness bike that offers:

- A great level of comfort during practice (ergonomic practice position, smooth and silent pedaling).
- A unique storage system thanks to an exclusive DOMYOS compact folding and moving system.

WARNING

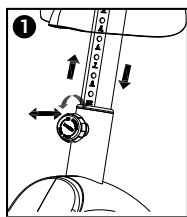
Getting into shape must be done in a CONTROLLED manner. Before beginning any exercise program, consult your doctor.

This is especially important for people aged over 35 or who have previously had health problems, and those who have not done any sport for a number of years. Read all instructions before use.

GENERAL RECOMMENDATIONS

1. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
2. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person.
3. Do not use this product in a commercial, rental, or institutional setting.
4. It is the user's responsibility to inspect and if necessary tighten all parts before using the product.
5. Any assembly or disassembly of the product should be carried out with care.
6. Always wear sports shoes to protect the feet while exercising. Wear appropriate clothing when exercising. DO NOT wear loose clothing that could get caught in moving parts. Remove jewellery. Tie long hair so that it does not get in the way when exercising.
7. People wearing a pace maker, a defibrillator, or any other electronic implant are advised that they use the pulse sensor at their own risk.
8. Pregnant women are advised not to use the pulse sensor.
9. WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint or any pain, stop exercising immediately.
10. Only use your product with the adapter provided.
11. For effective exercise, it is important to adjust the height of the saddle and to tighten the pedal strap.
12. Due to the way the product folds, you may notice a slight movement of the handlebar from the front to the rear. This movement is normal and does not pose any risks during use.
13. The equipment must be placed on a flat, stable surface.

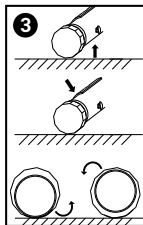
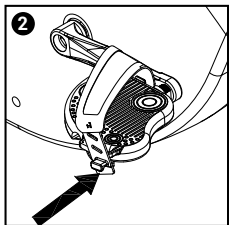
ADJUSTMENTS



Warning: users must get off the bike in order to carry out any adjustments (saddle, handlebar).

1 - TIPS ON HOW TO ADJUST YOUR BIKE PROPERLY

It is important to adjust the height of the saddle in order to have a good pedalling position. Stand next to your bike and adjust the height of the saddle so that it is level with your hips. When sitting on your bike, if you prefer the position with your hands on the handlebars, then your back will be nice and straight. But if you prefer the more sporty position, with your forearms placed on the handlebars, you will have more pedalling power.



2 - HOW TO ADJUST THE PEDAL STRAPS

Remove the strap from the pin and adjust it by securing the strap with the required slot.

3 - TIPS ON HOW TO ADJUST THE STABILITY OF YOUR BIKE

For optimal comfort, we recommend that you put your bike on special flooring tiles (e.g., DF920 tiles). These foam tiles will optimise the stability of the bike during use, reduce vibrations and noise and protect the floor.

In the event that the bike becomes unstable during use, turn one or both of the level adjusters until the bike is stable.

TIPS ON MOVING YOUR BIKE

Your exercise bike is fitted with built-in caster wheels at the front. Stand in front of your bike. Block the bike with one foot and press on the handlebars to tip the bike onto its caster wheels. Then gently push the bike in the required direction.

Your console offers numerous features to enhance your workout. You will find all of the instructions below for easy use.

■ PRESENTATION



- Button Central button to switch on the console, confirm your choices, start a training session.
- Button Browse through the programme selection menu.
- Button Exit a programme, return to the main menu, switch off the console.
- +** Button Adjust (increase or decrease) the pedalling difficulty level, adjust (increase or decrease) your settings.
- Button Speed in km/h (or mph).
- Button Remaining time before the end of the session (or accumulated time since the start of the session, in the case of a quick-start session). Also allows you to set the total workout duration during a programme.
- Button Heart rate in beats per minute. Also allows you to set your maximum heart rate.
- Button Distance in km (or miles). Also allows you to set the total distance to be travelled during a programme.

Selection switch: Select the type of machine (VE, RO, VM).

VE: cross trainer

VM: exercise bike

RO: rowing machine

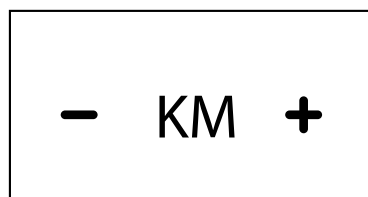
RESET: Reset the selection.

■ KM/MILES SELECTION

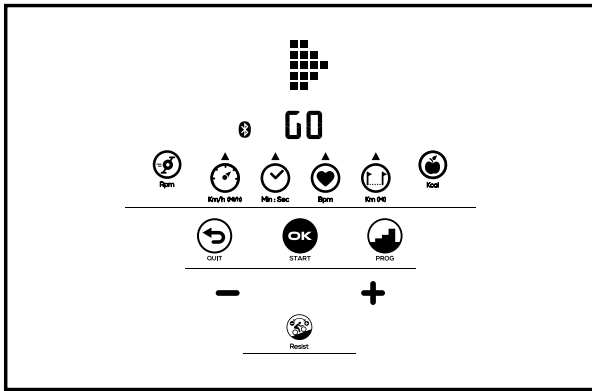
By default, your console will give you distance and speed information in km and km/h.

To change the unit to Miles (Mi):

1. Switch off the console.
2. Press and hold the central button for more than 3 seconds.
3. Select the unit with the **- +** buttons.
4. Confirm by pressing the central button , the console will automatically display the start screen.




■ START SCREEN

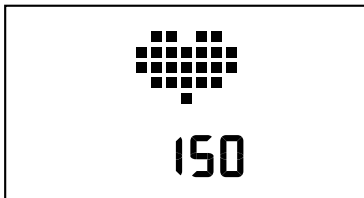


This is the first screen that is displayed when you switch on the console.


■ MENU

Maximum heart rate setting.

From the start screen, press the  button to access the maximum heart rate setup menu.



Set your maximum heart rate by pressing the **+** or **-** buttons.

Confirm by pressing the  button.

Maximum heart rate calculation (max HR):

For women: 226 - age.

For men: 220 - age.


Adjustment based on level of experience:






Add 10 for beginners, inexperienced people.

Recreational exercisers should stick with the basic calculation given above.

Take off 10 for regular exercisers.

Max HR, linked with a goal:

An indicator light  will change colour in line with your goal.

-  < 60% MAX HR (BLUE) => MAX HR recovery phase
-  between 60% and 69% of MAX HR (GREEN) => gentle exercise
-  between 70% and 79% of MAX HR (YELLOW) => weight loss
-  between 80% and 89% of MAX HR (ORANGE) => stamina improvement
-  > 90% MAX HR (RED) => performance improvement

Please note that, to find out your target zones, it is recommended to conduct an exercise stress test with a cardiologist.

▶ QUICK START


Start pedalling.

You can start your session.

To adjust the pedalling difficulty level, press the **+** or **-** buttons.

To take a break, stop pedalling for 2 seconds.


To resume your session (within 15 minutes of the start of the break), start pedalling again.


To stop the session before the end, press the  button.




To switch off the console, press and hold the  button once you have returned to the start screen.



The console will switch off automatically after 15 minutes of inactivity.

PROGRAMMES

Select the programmes menu by pressing the  button.

In the programmes menu, select the profile from the 9 options using the  button or the + and - buttons.


If you confirm by pressing the  or  button, you can set the workout duration using the + and - buttons, then confirm by pressing the  button or start pedalling (the default workout duration is 30 minutes).

If you confirm by pressing the  button, you can set the total distance to be travelled using the + and - buttons, then confirm by pressing the  button or start pedalling (the default total distance to be travelled is 5 km).

You can start your session.

To adjust the pedalling difficulty level, press the + or - buttons.

To resume your session (within 15 minutes of the start of the break), start pedalling again.

To stop the session before the end, press the  button.

To switch off the console, press and hold the  button once you have returned to the start screen.

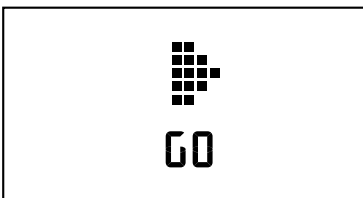
The console will switch off automatically after 15 minutes of inactivity.

Programme profiles

Default duration = 30 minutes (except in "Quick-Start" mode where time increments). You can adjust the duration by pressing the + and - buttons.

A vertical tile (5 in all) = 3 resistance levels.

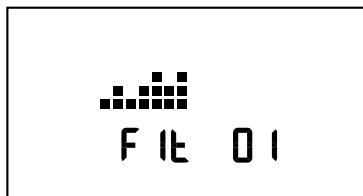
"QUICK-START" mode:



Benefit: Quick use.

Description: Simply sit on the bike and pedal!

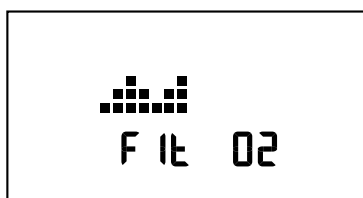
1. "FIT1" programme:



Benefit: Fitness.

Description: Gentle exercise with slight variations in intensity.

2. "FIT2" programme:



Benefit: Keep in shape.

Description: Two peaks in effort included in one training session which involve a progressive (climb) then a declining (descent) phase.

3. "KCAL1" programme:



Benefit: Weight loss 1.

Description: "Low-intensity double plateau, maintaining a fairly quick pace throughout the training session.

Advice: Ideally keep hands in place during exertion."

4. "KCAL2" programme:



Benefit: Weight loss 2.

Description: Low-intensity intervals in order to keep within the target zone, involving a greater muscle load than in level 1.

5. "KCAL3" programme:



Benefit: Weight loss 3.

Description: Maintain a good workload throughout the workout which includes a progressive phase, a plateau and a declining phase. Significant calorie burning.

6. "SOFT" programme:



Benefit: 5 km.

Description: Travel five kilometres at a moderate pace and intensity.

7. "PERF1" mode:



Benefit: Performance 1.

Description: Double ascent, pace adapted according to resistance level. For greater muscular involvement: High resistance = slower pace.

8. "PERF2" programme:



Benefit: Performance 2.

Description: High-intensity intervals to improve stamina and muscle load. The same pace must be kept up throughout the session. Lower resistance = recovery phases.

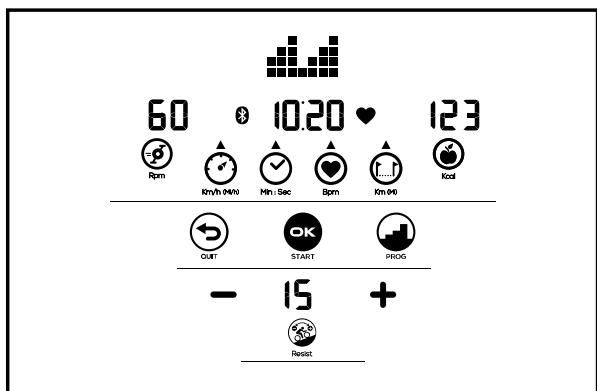
9. "PERF3" programme:



Benefit: Performance 3.

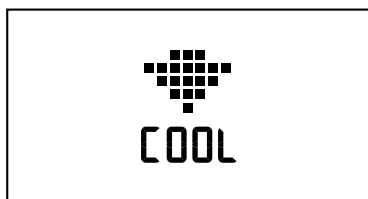
Description: High-intensity intervals to improve stamina and muscle load. The same pace must be kept up throughout the session. Lower resistance = recovery phases.

■ SCREEN DURING THE SESSION



1. Calories burned in Kcal
2. Number of pedal rotations per minute (or rpm)
3. Heart rate in beats per minute (press the button)
4. Distance in km (or miles) (press the button)
5. Speed in km/h (or mph) (press the button)
6. Remaining time before the end of the session (or accumulated time since the start of the session, in the case of a quick-start session) (press the button)
7. Resistance level (scale of exercise intensity)
8. Heart rate zone indicator

■ PERFORMANCE SUMMARY



The summary of your performance is automatically displayed at the end of your session during the two-minute recovery period.

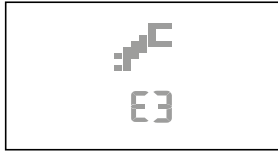
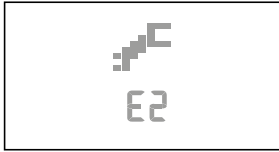
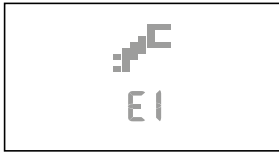
You will be able to see:

- your average heart rate (if you were wearing a non-encoded analogue heart rate monitor during your session);
- an estimate of the number of calories burned;
- your average speed;
- the distance travelled.

To adjust the pedalling difficulty level, press the + or - buttons.

To exit the performance summary before the end, press and hold the central button.

TROUBLESHOOTING



If the console does not switch on:

- Check that the adaptor is connected to the bike;
- Check the cable connection at the back of the console and inside the frame (see step 5 in the assembly instructions)

If the problem persists, check the table on the last page of your user guide.

The screen of my console displays 'E1', 'E2', 'E3':

Contact the Domyos after-sales service (see last page).

USING A TABLET AND THE DOMYOS APP VIA BLUETOOTH

Your Domyos personal coach.

With the Domyos mobile app, you'll be able to enjoy the experience of having personalised coaching in the comfort of your own home. Thanks to shouts of encouragement to spur you on and demonstration videos, you'll understand the aim of each exercise and you'll no longer feel alone during your workouts.

Your coach will make your workouts simple, motivational and effective!

Reach your goals.

The training programmes developed by the expert Domyos coaches are designed in such a way that you can constantly improve your performance.

Whether you are a beginner, an intermediate user or an advanced user, your Domyos coach will measure your level of physical fitness and suggest programmes that are effective and adapted so that you can meet your goals!

Track and measure your progress.

From a simple session to a full training programme, having your own coach will enable you to monitor your activity and measure your progress!

Invite your friends to get involved and share your achievements!

Get some words of encouragement so that you stay motivated and share your achievements with your friends on social networks!

For more information, please go to the site Domyos.com

■ HOW DO I CONNECT MY DOMYOS DEVICE TO MY TABLET/SMARTPHONE?


1/ Download the Domyos E-connected application on APP STORE or GOOGLE PLAY 

2/ Open the app.

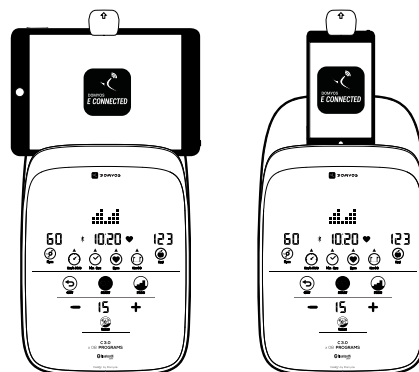
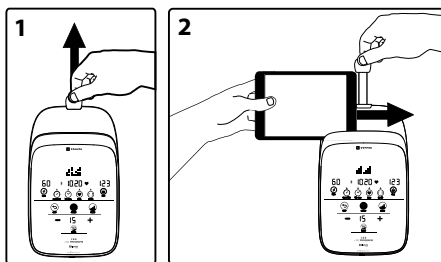
3/ Position your tablet/smartphone near your device. For optimum functionality, place your tablet on the stand opposite the optical sensor (see the operational diagram for the console).

If your Bluetooth® is activated: your device will recognise it automatically. Click on OK. The name of your device will then appear on your screen:

If your Bluetooth® is not activated, a window will pop up and you will be asked to give your permission for Bluetooth® to be activated so that your device can be connected.

4/ To check that your device is connected to your tablet/Smartphone, you should see the following icon  being lit up on your screen.

5/ Explore what you can do with the app by letting your coach guide you through it, or set up a secure Domyos account, select your goal and start your personalised workout!



If you are just starting out, begin by exercising for several days at a low speed, without pushing yourself and taking breaks if necessary. Gradually increase the number or duration of the sessions. Keep your back straight during your workout. During your workout, remember to ventilate the room in which you are using the bike.



Keep fit/Warm-up: Gradual effort starting from 10 minutes

For keeping fit and staying in shape or undertaking physiotherapy, you must exercise everyday for around ten minutes. This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity.

To improve leg toning, choose a stronger resistance and increase exercise time. Evidently you can vary pedalling resistance throughout your workout.



Keep in shape / Lose weight: Moderate effort for a relatively long time (at least 22 minutes / day)

You are advised to practise this activity regularly and moderately. Your cardiologist can advise you about your limits after a cardiac stress test. Ideally, you should sweat slightly when exercising, without feeling out of breath. The WHO recommends a session of this type lasting at least 22 minutes every day, in order to stay fit. The WHO recommends one session of this type lasting at least 44 minutes every day in order to lose weight and to lose fat in particular.



Improve your stamina: Sustained effort for 20 to 40 minutes

This type of training aims to strengthen the heart muscles significantly and improve respiratory functioning. Pedalling resistance and/or speed is increased which then increases breathing during exercise. This type of exercise is more sustained than when you are working out to get into shape. As you progress, you can exercise for longer and using faster paces. You can do this type of workout at least three times a week. Training at a faster pace (anaerobic exercise and exercise in the red zone) is for athletes only and requires suitable preparation. After each workout, set aside several minutes to cool down and let your body wind by gradually reducing pedalling speed.

Stretching:

You are advised to perform stretching movements after each session in order to relax your muscles and to recover more effectively.

COMMERCIAL WARRANTY

DOMYOS guarantees this product under normal use conditions, 5 years for the structure, 2 for other parts and labour as from date of purchase, as shown on receipt.

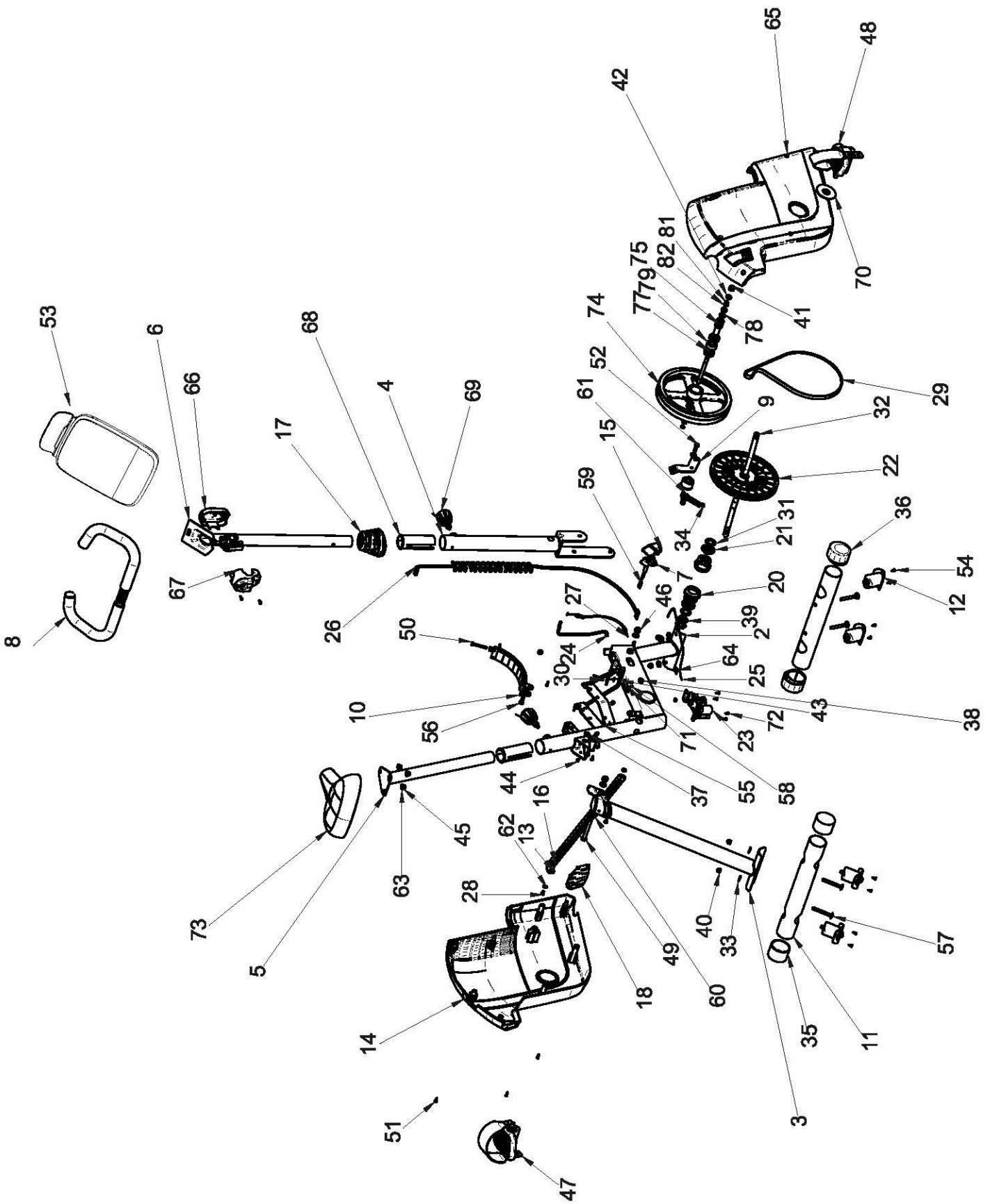
DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

This warranty does not apply in case of:

- Damage caused during transportation
- Use and/or storage of the product in an outdoor or damp environment (except trampolines)
- Poor assembly
- Misuse or abnormal use
- Poor maintenance
- Repairs made by technicians not approved by DOMYOS
- Use in a non-domestic setting

This warranty does not cancel the legal warranty applicable in the country of purchase.

To take advantage of your product warranty, consult the table at the end of the user's guide.



AFTER-SALES SERVICE • SERVICE APRÈS-VENTE • SERVICIO POSVENTA • KUNDENDIENST • SERVIZIO ASSISTENZA POST-VENDITA • AFTERSALES AFDELING • ASSISTÊNCIA PÓS-VENDA • SERWIS PO SPRZEDAŻY • ÜGYFÉLSZOLGÁLAT • СЕРВИСНАЯ СЛУЖБА • SERVICIU POST-VÂNZARE • POPREDAJNÝ SERVIS • POPRODEJNÍ SERVIS • EFTERMARKNAD • СЛЕДПРОДАЖБЕН СЕРВИЗ • SATIŞ SONRASI SERVİSİ • SERVIS NAKONPRODAJE • POPRODAJNA SLUŽBA • DỊCH VỤ SAU BÁN HÀNG • 售后服务 • アフターサービス • 售後服務 • บริการหลังการขาย • بعد خدمة البيع

FRANCE

Besoin d'assistance ?
Retrouvez-nous sur le site internet <http://www.domyos.fr/sav> (coût d'une connexion internet) ou contactez le centre de relation clientèle, muni d'un justificatif d'achat, au 0800 71 00 71 (appel gratuit depuis un poste fixe en France métropolitaine).

ESPAÑA

¿Necesita asistencia?
Nos puede encontrar en el sitio web <http://www.domyos.es/sav> (coste de conexión de internet) o contacte con el centro de atención al cliente, con el ticket de compra, a 914843981 para ayudarle a abrir un dossier spv (servicio de post venta, llamada gratuita desde un telefono fijo desde España).

ITALIA

Hai bisogno di assistenza?
Ci puoi contattare dal sito www.domyos.com per aprire un dossier di assistenza post vendita. Se non hai una connessione ad internet, contatta il Centro Relazione Clienti, munito dello scontrino al numero 0395979702 (al costo di una telefonata urbana) per farti aiutare ad aprire una segnalazione.

BELGIQUE

Besoin d'assistance ?
Retrouvez le service après vente sur le site internet <http://www.domyos.be/sav> (coût d'une connexion internet) qui vous permet d'effectuer une demande d'assistance si besoin.

BELGIE / NEDERLAND

Bijstand nodig?
U vindt de dienst na verkoop terug op de website <http://nl.domyos.be/sav> (kost van internetverbinding). Hier kan u een bijstands aanvraag indienen indien nodig.

PORTUGAL

Necessita de assistência?
Encontre-nos no site [domyos.pt](http://www.domyos.pt) ou nos contacte através do nosso Centro de apoio técnico tendo em mãos uma prova de compra (cartão Decathlon ou factura de caixa) pelo número 800 919 970* Serviço pós venda gratuito para os produtos Domyos, ver condições de garantia. *Chamada gratuita.

DEUTSCHLAND

Brauchen Sie Hilfe?
Sie finden uns auf der Internetseite: www.domyos.com oder Sie rufen unser Customer - Relationship - Center an unter: 0049-7153-5759900 Halten Sie bitte Ihre Rechnung bereit.

中国

你需要帮助吗？
请访问我们的网站 <http://www.domyos.cn/sav> 或拨打我们的全国免费客服电话 4009-109-109。温馨提示: 拨打电话前, 请找到您的购物凭证。

OTHER COUNTRIES

Need help?
Find us on our website www.domyos.com (cost of an internet connection) or go to the front desk of one of the stores where you bought the product, with proof of purchase.

AUTRES PAYS

Besoin d'assistance ?
Retrouvez-nous sur le site internet www.domyos.com (coût d'une connexion internet) ou présentez-vous à l'accueil d'un magasin de l'enseigne où vous avez acheté votre produit, muni d'un justificatif d'achat.

OTROS PAÍSES

¿Necesita asistencia?
Nos puede encontrar en el sitio web www.domyos.com (coste de conexión de internet) o preséntese con el justificante de compra en la recepción de la tienda de la marca donde haya comprado el producto.

ANDERE LÄNDER

Brauchen Sie Hilfe?
Besuchen Sie unsere Internet-Site www.domyos.com (Kosten des Internetanschlusses) oder wenden Sie sich an die Empfangsstelle des Geschäfts der Marke, in welchem Sie Ihr Produkt gekauft haben. Legen Sie bitte Ihren Kaufnachweis vor.

ALTRI PAESI

Bisogno di assistenza?
Ci potete trovare sul sito Internet www.domyos.com (costo di una connessione Internet) o potete recarvi all'accoglienza di un negozio del marchio in cui avete comprato il prodotto, muniti di un giustificativo di acquisto.

OVERIGE LANDEN

Nog vragen?
Raadpleeg onze internetsite www.domyos.com (kosten internetverbinding) of ga naar de ontvangtbalie van de winkel waarin u het product heeft gekocht. Neem het aankoopbewijs mee.

OUTROS PAÍSES

Precisa de assistência?
Contacte-nos através do site da Internet www.domyos.com (custo de uma ligação à Internet) ou dirija-se à recepção da loja da marca onde adquiriu o seu produto, com o respectivo comprovativo de compra.

INNE KRAJE

Potrzebujesz pomocy?
Znajdź nas na stronie internetowej www.domyos.com (koszt jednego połączenia internetowego) lub wraz z dowodem zakupu zgłoś się do punktu obsługi sklepu firmowego lub tam, gdzie dokonałeś zakupu produktu.

MÁS ORSZÁGOK

Segítségre van szüksége?
Keressen meg minket internetes honlapunkon www.domyos.com (internetcsatlakozás ára), vagy forduljon személyesen egyik üzletünk vevőszolgálatához, amely üzletben vásárolta a terméket, a vásárlási bizonylattal.

ДРУГИЕ СТРАНЫ

Нужна поддержка?
Обратитесь к нам через наш интернет-сайт www.domyos.com (стоимость подключения к интернету) или подойдите в отдел обслуживания клиентов в магазине той сети, в которой вы купили ваш продукт, стоварным чеком.

ALTE ȚĂRI

Aveți nevoie de asistență?
Ne puteți găsi pe site-ul www.domyos.com (prețul unei conectări la internet) sau vă puteți prezenta la serviciul de relații cu clienții al magazinului firmei de la care ați achiziționat produsul, având asupra dumneavoastră dovada cumpărării.

OSTATNÉ KRAJINY

Potrebuje te asistenciu?
Nájdite si nás na internetových stránkach www.domyos.com (cena internetového pripojenia), alebo sa obráťte na oddelenie styku so zákazníkom v obchode, kde ste svoj výrobok zakúpili a popritom nezabudnite predložiť doklad o kúpe.

OSTATNÍ ZEMĚ

Potřebujete pomoc?
Kontaktujte nás na našich internetových stránkách www.domyos.com (cena za internetové připojení) nebo přijďte na recepci jedné z prodejen značky, kde jste koupili váš výrobek, a předložte doklad o nákupu.

ANDRA LÄNDER

Behöver du hjälp?
Hitta oss på hemsidan www.domyos.com. (kostnad för internetanslutning tillkommer) eller gå till kundtjänsten i butiken där du köpte produkten, med ditt inköpsbevis.

ДРУГИ ДЪРЖАВИ

Имате нужда от помощ?
Моля, посетете нашия сайт: www.domyos.com (цената на интернет връзка) или отидете в отдел "Обслужване на клиенти" на магазина, където сте купили продукта, като носите със себе си документ, доказващ направената покупка.

DIGER ÛKELER

Yardıma mı ihtiyacınız var?
www.domyos.com internet sitesinden bize ulaşabilirsiniz (bir internet bağlantı ücreti karşılığında) veya bir satın alma kanıtı ile birlikte, ürünü satın aldığınız mağazanın danışma bölümüne başvurabilirsiniz.

OSTALE ZEMLJE

Potreba vam je pomoć?
Pronađite nas na internetskoj stranici www.domyos.com (po cijeni naknade za korištenje interneta) ili savjet potražite u trgovini u kojoj ste kupili proizvod, uz predočenje računa.

DRUGE DRŽAVE

Potrebuje te pomoć?
Obišćite našo spletno stran www.domyos.com ali trgovino, v kateri ste izdelek kupili, pri čemer je potrebno dokazilo o nakupu.

QUỐC GIA KHÁC

Cần hỗ trợ?
Hãy liên hệ với chúng tôi qua trang web www.domyos.com (cần có kết nối internet) hoặc đến đại lý chính hãng mà bạn đã mua sản phẩm, mang theo minh chứng mua hàng

其他国家

需要帮助?
请登陆 www.domyos.com 与我们联系 (普通上网费用) 或携带购物发票至您购买产品的商店信息咨询处咨询。

その他の国

ヘルプが必要ですか?
サイト www.domyos.com をご覧ください (インターネット接続料)。もしくは製品購入を証明するものをご持参の上、お買い上げいただいた取扱店にお越しください。

其他國家

需要幫助?
請登陸 www.domyos.com 與我們聯繫 (普通上網費用) 或攜帶購物發票至您購買產品的商店的信息諮詢處諮詢。

ประเทศอื่น ๆ

ต้องการรับความช่วยเหลือ?
พบกันเราได้ที่เว็บไซต์ www.domyos.com (อาจมีค่าใช้จ่ายในการเชื่อมต่ออินเทอร์เน็ต) หรือที่แผนกของห้างร้านที่คุณได้ซื้อผลิตภัณฑ์ พร้อมกับหลักฐานการซื้อผลิตภัณฑ์

دول أخرى

هل نحتاج إلى مساعدة?
اتصل على عبر موقعنا الإلكتروني www.domyos.com أو توجه إلى المحل الذي اشتريت منه المنتج والذي يوجد به علامة الشركة، واحرص على تقديم إثبات الشراء.

E FOLD BIKE

Original instructions to be kept
Notice originale à conserver
Conserve estas instrucciones originales
Originalanleitung für Ihre Unterlagen
Istruzioni originali da conservare
De oorspronkelijke handleiding dient bewaard te worden
Manual original a guardar
Instrukcja obsługi do zachowania na przyszłość
Tegye el az eredeti használati utasítást.
Сохраните оригинальную инструкцию
Informații originale care trebuie păstrate
Originál návod uchovať
Originální návod uschovejte
Originalbipacksedel att spara
Запазете оригиналното упътване
Muhafaza edilecek orijinal kullanım kılavuzu
Izvorne upute, sačuvajte za kasniju upotrebu
Shranite originalna navodila
Hướng dẫn bảo quản
请保留说明书
大切に保管してください
請保留原始說明書
โปรดเก็บรักษาคู่มือการใช้งาน
انظر الإرشادات الموجودة بالداخل.

DECATHLON

Производитель и адрес, Франция:
DECATHLON - 4 Boulevard de Mons - BP 299
59650 Villeneuve d'Ascq cedex - France

IMPORTADO PARA O BRASIL POR IGUASPORT LTDA. CNPJ : 02.314.041/0001-88

Импортер: ООО «Октобл», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», владение 3, строение 3, +7(495)6414446 - Эллиптический тренажер - Основным компонентом: металл / пластик - для занятий спортом

TURKSPORT Spor Ürünleri Sanayi ve Ticaret Ltd.Şti, Osmaniye Mahallesi Çobançeşme Koşuyolu, Bulvarı No: 3 Marmara Forum Garden Office, 0B Blok 01 Bakırköy 34146 İstanbul, TURKEY

以下标示仅在中国大陆地区适用 - 上海莘威运动品有限公司, 上海市闵行区申北路2号 邮编:201108 - 产品等级: 合格品 - 质检证明: 合格 - 执行标准: EN ISO 20957-1 2013 - GB 17498-1 2008 - EN 957-5 2009 - GB 17498-5 2008 - 品名: 椭圆机 - 主要成分: 铁 / 塑料 - 商标: DOMYOS - 中国 制造

540-0011, 大阪市中央区農人橋1-1-22, 大江ビル10階, ノヴァテックジャパン株式会社

進口/委製商台灣迪卡儂有限公司, 台中市南屯區大墩南路379號, 04-24713612 - 品名: 橢圓機 - 主要成分: 鐵 / 塑料 - 中國 製造

Made in China - Fabricado na/em China - Произведено в Китае - İmal edildiği yer Çin - 中国 制造 - 中國 製造 - ผลิตในจีน



Pack Ref: 2095718



DOMYOS.COM