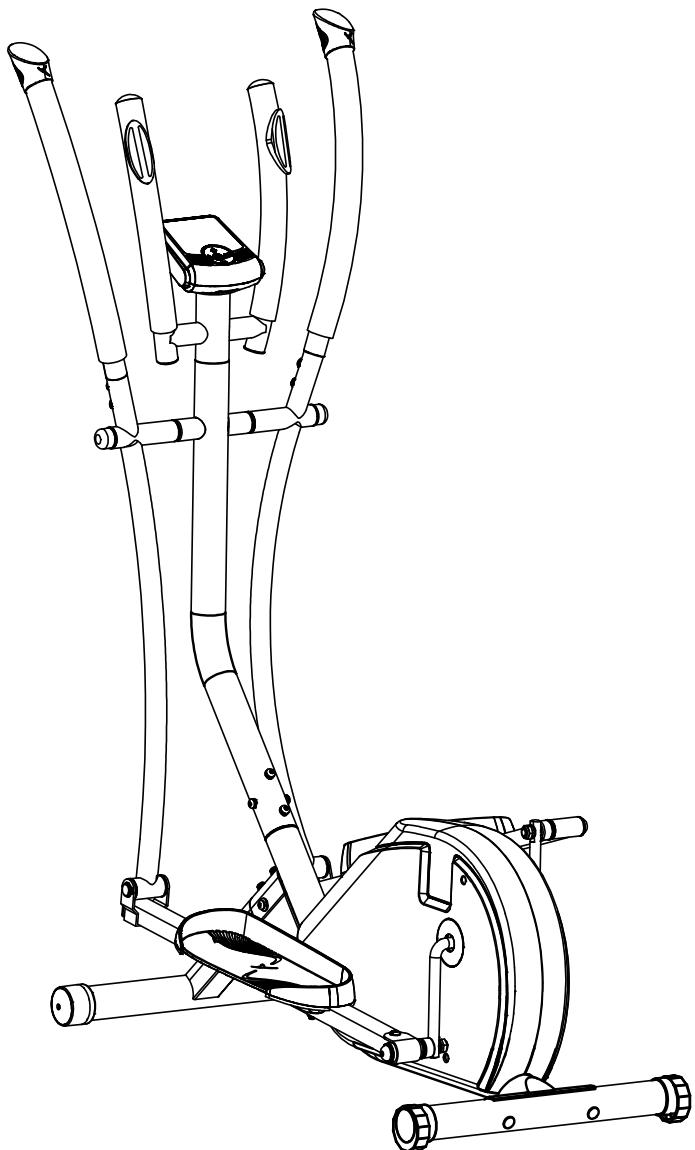


# ELLIPTICAL ESSENTIAL +



**ELLIPTICAL  
ESSENTIAL +**

34 kg / 74 lbs  
131 x 62 x 143 cm  
51 x 24 x 56 in

**Maxi**  
110 kg  
242 lbs

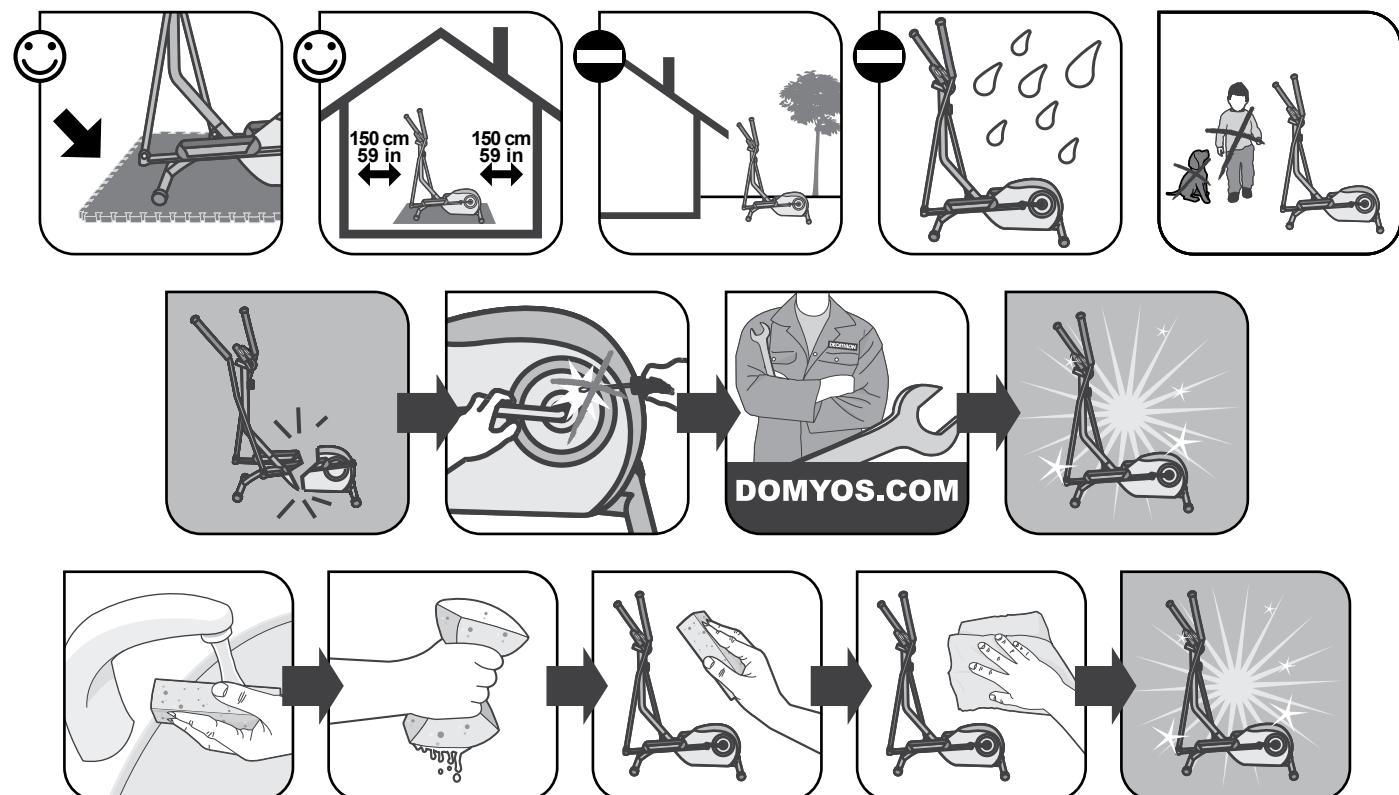


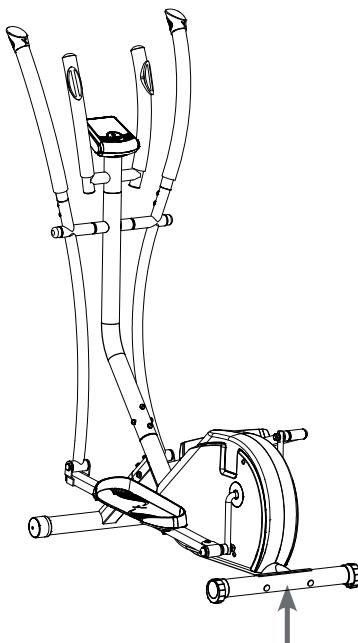
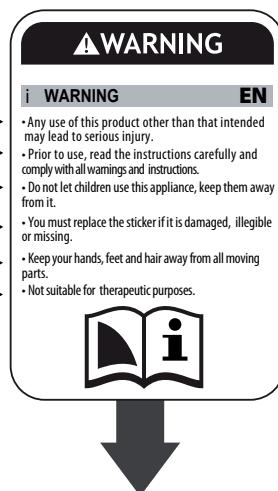
30 min



DOMYOS

**SAFETY • SÉCURITÉ • SEGURIDAD • SICHERHEIT • SICUREZZA • VEILIGHEID • SEGURANÇA •  
BEZPIECZEŃSTWO • BIZTONSÁG • МЕРЫ БЕЗОПАСНОСТИ • SIGURANTĀ • BEZPEČNOSŤ •  
BEZPEČNOST • SÄKERHETSANVISNINGAR • БЕЗОПАСНОСТЬ • GÜVENLİK • SIGURNOST •  
احیاطات امنیة.**





## i 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.

## i ADVERTENCIA ES

- El uso inapropiado de este producto puede provocar heridas graves.
- Antes de toda utilización, se ruego 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.
- Si el adhesivo aparece dañado, ilegible o ausente, conviene reemplazarlo.
- No acerque las manos, los pies ni el pelo a las piezas en movimiento.
- No adecuado para fines terapéuticos

## i WARNUNG DE

- Jeglicher unsachgemäß 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 fernzuhalten.
- Beschädigte, 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

## i 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

## i WAARSCHUWING NL

- Elk onjuist gebruik van dit product kan ernstige verwondingen tot gevolg hebben.
- Lees voor elk gebruik aandachtig de gebruiksaanwijzing en zorg ervoor dat u 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.
- Hou handen, voeten en haren uit de buurt van bewegende onderdelen.
- Niet geschikt voor therapeutische doeleinden

## i AVISO PT

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

## i OSTRZEŻENIA PL

- Jakiekolwiek nieprawidłowe użytkowanie tego produktu grozi odniesieniem poważnych obrażeń.
- Przed rozpoczęciem użytkowania należy dokładnie przeczytać instrukcję obsługi, a następnie ścisłe 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
- Trzymać ręce, stopy i włosy w bezpiecznej odległości od ruchomych części urządzenia.
- Nieprzeznaczony do celów terapeutycznych

## i FIGYELMEZTETÉS HU

- A termék bármilyen helytelen használata súlyos sérelmeket okozhat.
- Használálat előtt olvassa el a figyelmesen a használáti útmutatót és tartsa be a benne lévő figyelmeztetéseket és előírásokat.
- Ne engedje a gyermeknek, hogy ezt a készüléket használja, és tartsa őket távol tőle.
- Ha a matrica megsérült, olvashatatlan vagy hiányzik, ki kell cserélni.
- Ne közelítse a kezét, lábat és a haját a mozgásban lévő alkatrészekhez.
- Terápiás célokra nem alkalmass

## i ВНИМАНИЕ RU

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

## i 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 acestea le contine.
- Nu permiteți copiilor să utilizeze acest aparat și nici nu-i lăsați să se apropie de acesta.
- În cazul în care autocollantul este deteriorat, îlizibil sau lipsește cu desăvârsire, acesta trebuie înlocuit.
- Nu apropiati mâinile, picioarele sau părul de piesele aflate în mișcare.
- Nu se utilizează în scopuri terapeutice

## i UPOZORNENIE SK

- Akékolvek nevhodné použitie môže mať za následok väčšie poranenia.
- Pred použitím si pozorne prečítajte návod na použitie a dodržiavajte všetky varovania a pokyny, ktoré obsahujete.
- Nedovolte detom, aby tento prístroj používali a mali k ňomu prístup.
- Ak je samolepiaci štítek poškodený, nečitelný alebo chybá, odporúča sa ho vymeniť.
- Nedávajte ruky, nohy a vlasy do blízkosti pohyblivých dielov.
- Nevhodné na terapeutické účely

## i UPOZORNĚNÍ CS

- Nesprávne používanie tohto výrobku môže viesť k väčším zraneniam.
- Před každým použitím si pečlivě přečtěte návod na použití a dodržujte veškerá upozornění a pokyny v něm obsažené.
- Nedovolte dětem používat tento stroj a uchovávejte jej mimo jejich dosah.
- Je-li samolepka poškozená, nečitelná nebo pokud chybí, doporučuje se ji vyměnit.
- Nepřiblížujte ruce, chodila a vlasy k pohybujícím se částem.
- Nevhodné pro terapeutické účely

## i VARNING SV

- Felaktig 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 maskinen rörliga delar.
- Inte lämplig för behandlingssyften

## i ПРЕДУПРЕЖДЕНИЕ BG

- Всяка употреба на уреда не по предназначение може да доведе до рисък от сериозни наранявания.
- Пред всяка употреба, моля прочетете внимателно ръководството за употреба; спазвайте всички съдържащи се в него предупреждения и инструкции.
- Не разрешавайте на деца да попълват уреда; държте децата далеч от уреда.
- Ако макаровата е повредена, нечетива или липсва, смени я.
- Не доближавайте ръцете, краката и косата си до движещите се елементи.
- Не е подходящо за терапевтични цели

## i UYARI TR

- Bu ürünün uygun bir şekilde kullanılmamasıiddi yaralanmalara yol açabilir.
- Kullanıldan önce, kullanım kılavuzunu dikkatlice okuyun ve içeriğinde uyarılardan ve talimatların tamamını dikkate alın.
- Çocukları bu makineyi kullanmasına izin vermeyin ve onları makineden uzak tutun.
- Kendinden yuvarlanan etiket zarar görmüş, okunaksız veya yerinde değil ise, yerine yenisinin konulması gerekiyor.
- Ellerini, ayaklarını ve saçlarını hareket halindeki hiçbir parçaya yaklaştırmayın.
- Terapötik amaçla kullanılmaz

## i UPOZORENJE HR

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

## i 注意事项 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

## i 警告 JA

- この商品の不適切なすべての使用法は重症を引き起こす危険があります。
- ご使用の前に使用マニュアルを注意深くお読みになり書かれている警告と使用法全体を守ってください。
- お子様にはこの機械を使用させないでください。お子様の手の届かない場所に保管してください。
- シールが損傷したり判読不可能だつたりがされている場合は、シールを交換してください。
- 作動中の部分には手や足、髪の毛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

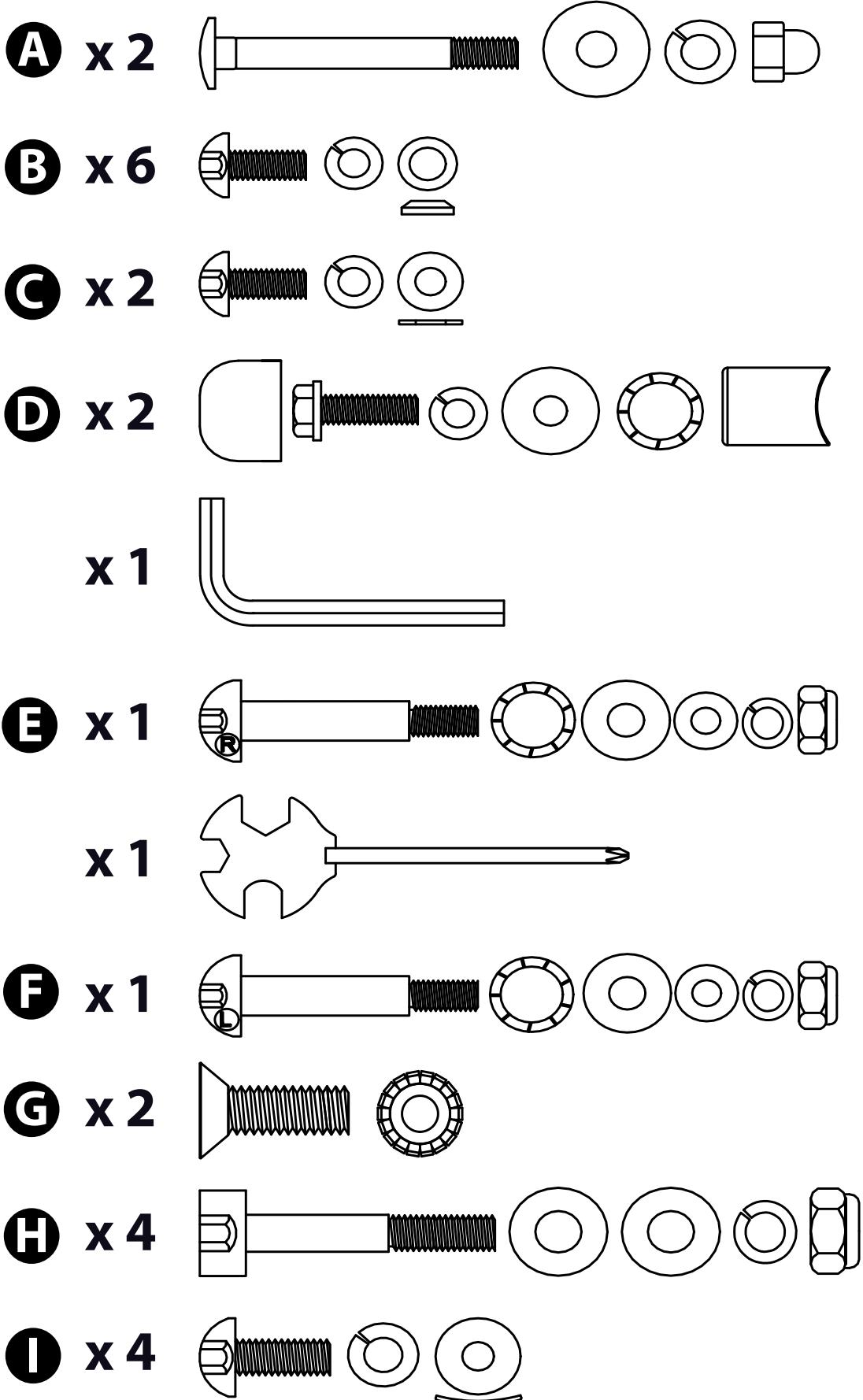
## i 注意事項 ZT

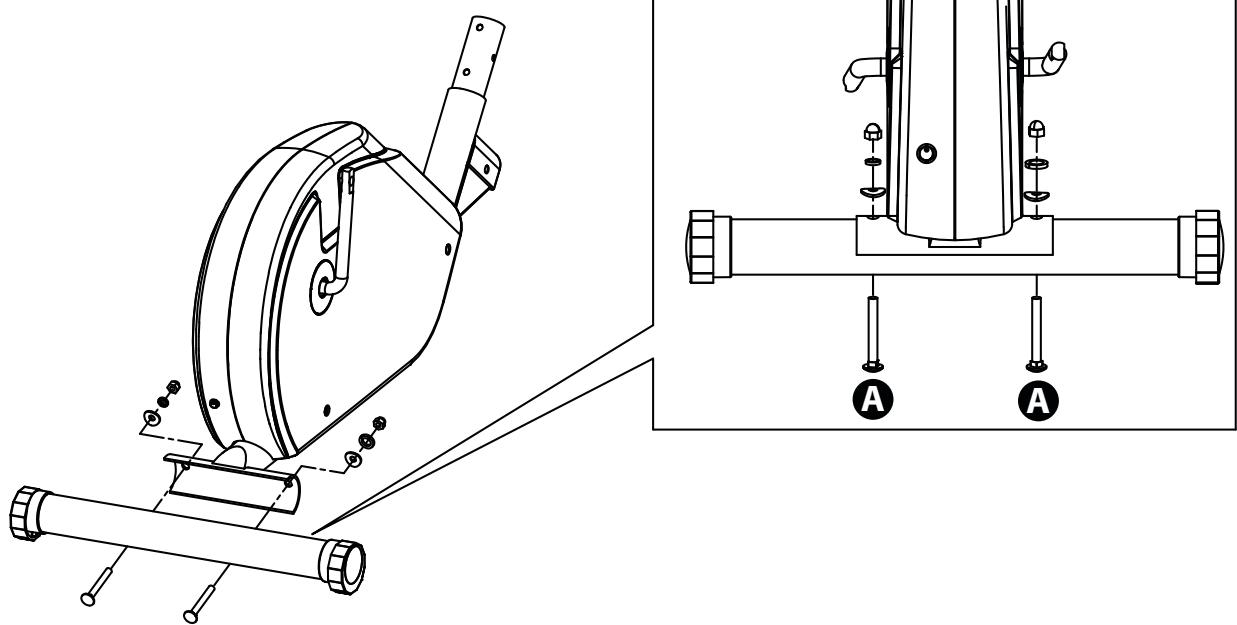
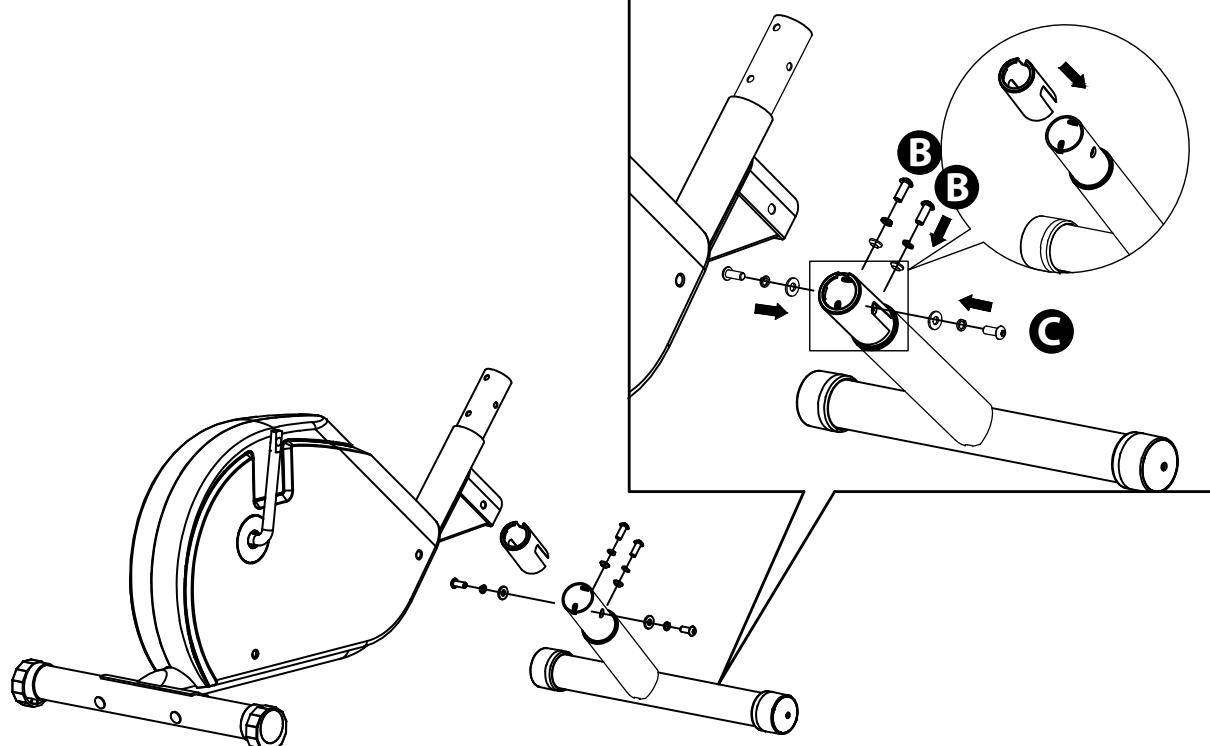
- 本产品的不適當使用可能會造成嚴重傷害。
- 使用前請仔細閱讀說明書，遵守說明書中的注意事項和使用說明。
- 請勿讓兒童使用本產品，並將其放置於遠離兒童的地方。
- 如果產品上粘貼的說明出現損壞、無法閱讀或缺失的情況，請將其替換。
- 請勿將手腳或頭發靠近正在轉動的部件。
- 不適用於治療之目的。

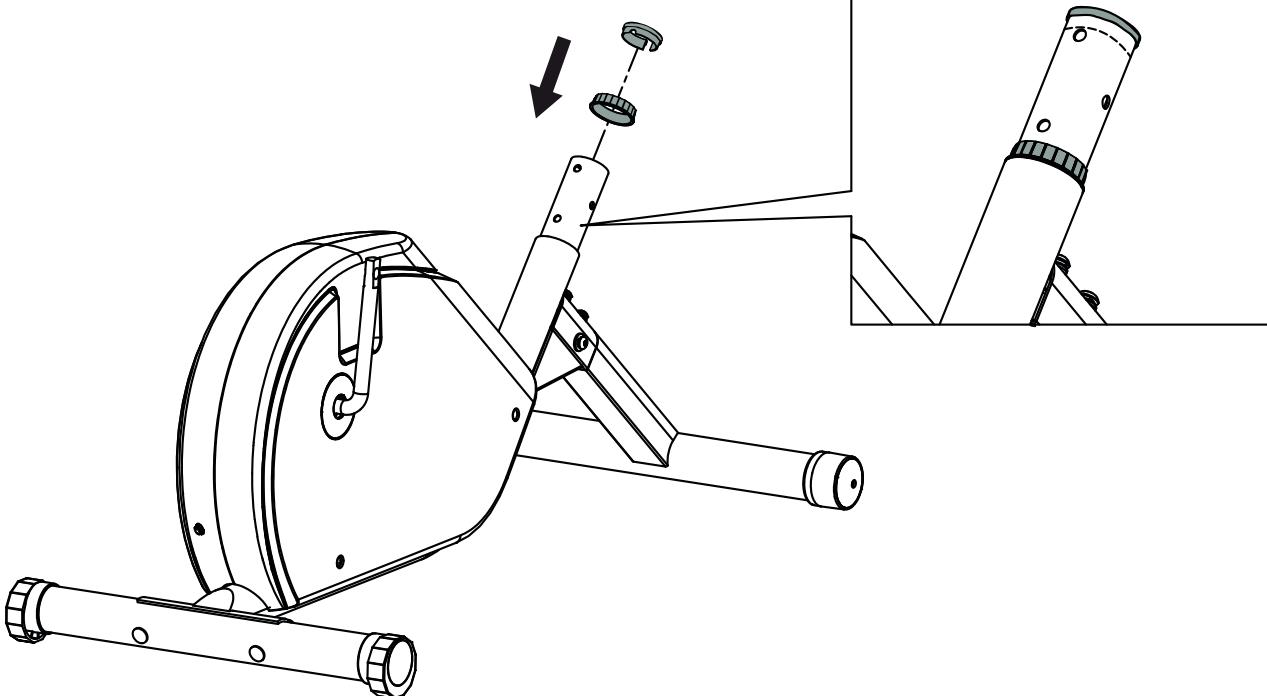
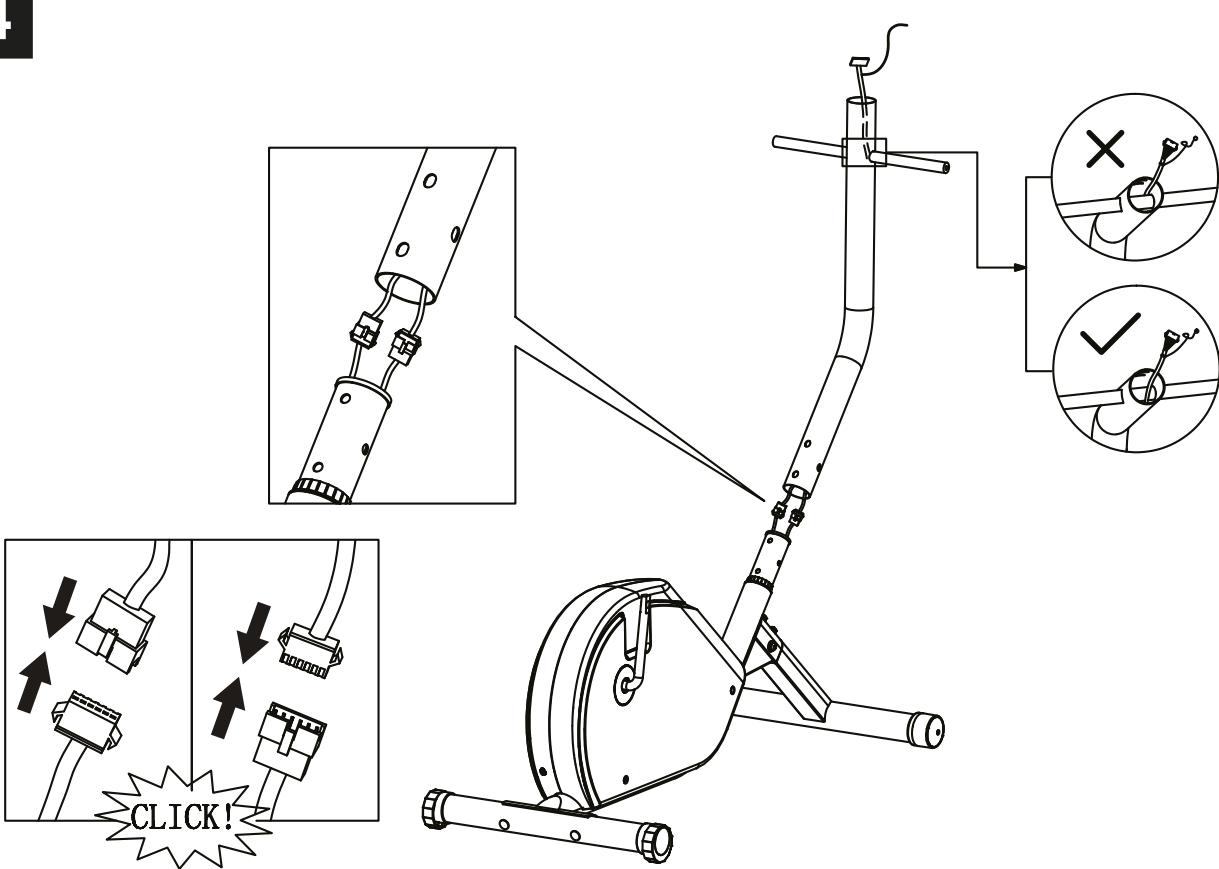
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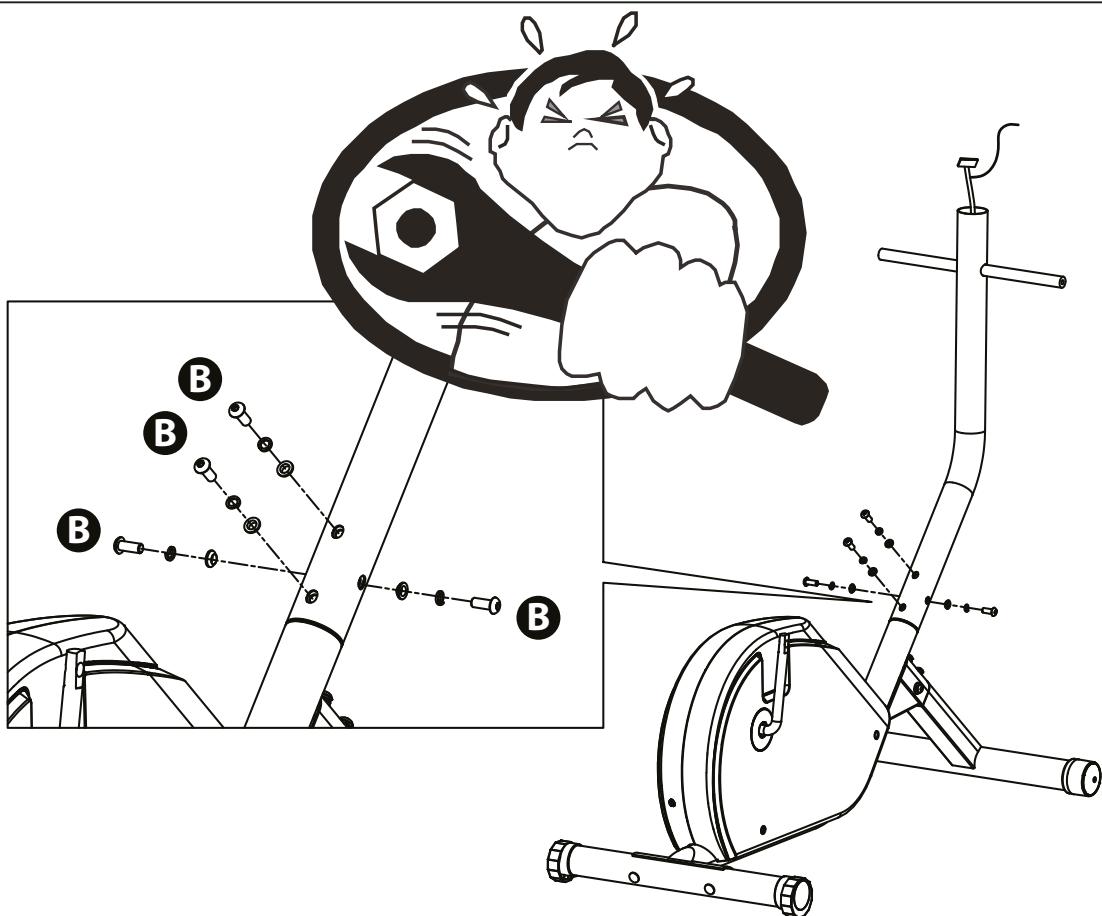
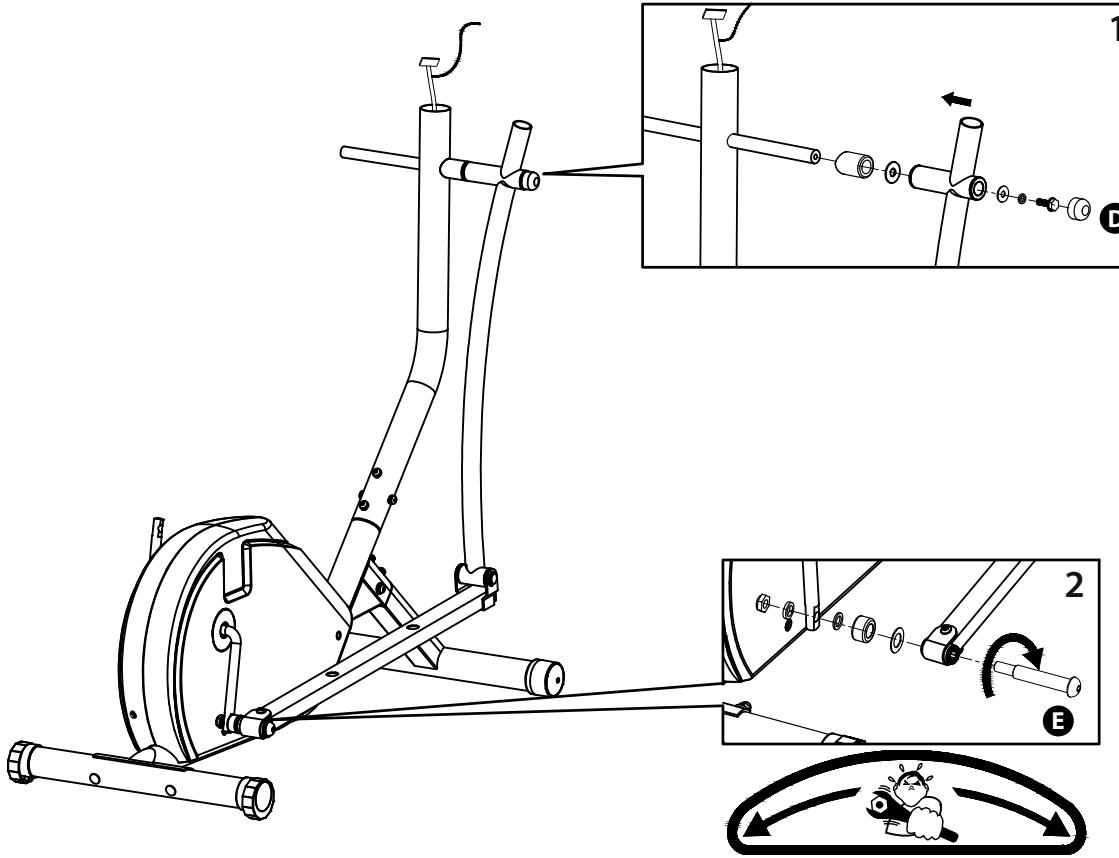
- يمكن لسوء استخدام هذا المنتج أن يسبب في إصابات خطيرة.
- قبل أي استخدام، يرجى قراءة دليل الاستخدام بعناية.
- وابح عن جميع التحذيرات والارشادات المدرجة فيه.
- لا تمسح للأطفال باستخدام هذا الجهاز، وتجنب اقترابه من هذا الأخير.
- في حالة تلف الملصق، أو فقدانه أو أصبح من الصعب قراءته، فيرجى استبداله في هذه الحالة.
- لا تقرب يديك وقدميك وشعرك من جميع الأجزاء المتحركة.
- غير مناسبة للأغراض العلاجية

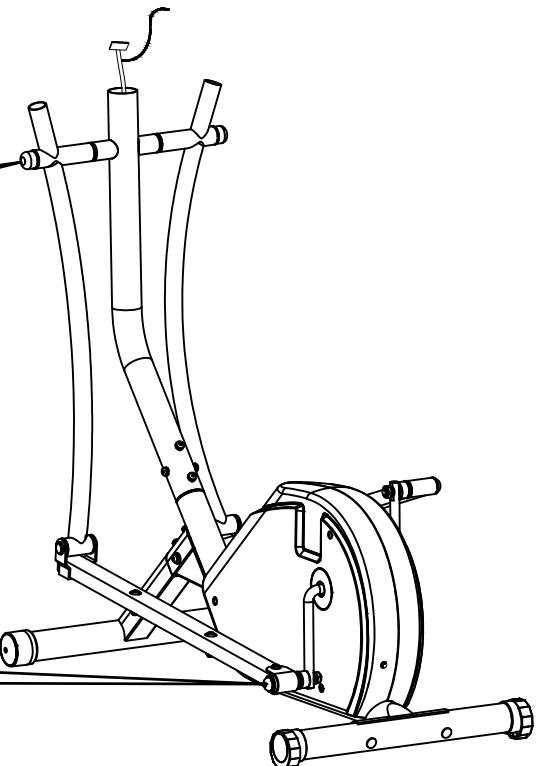
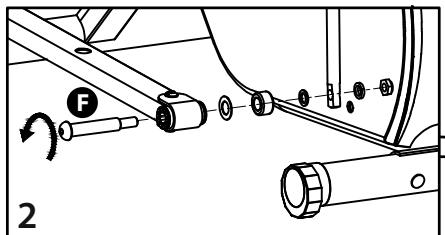
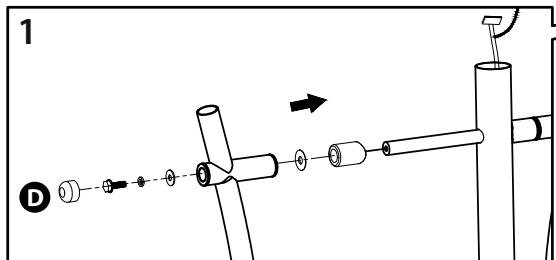
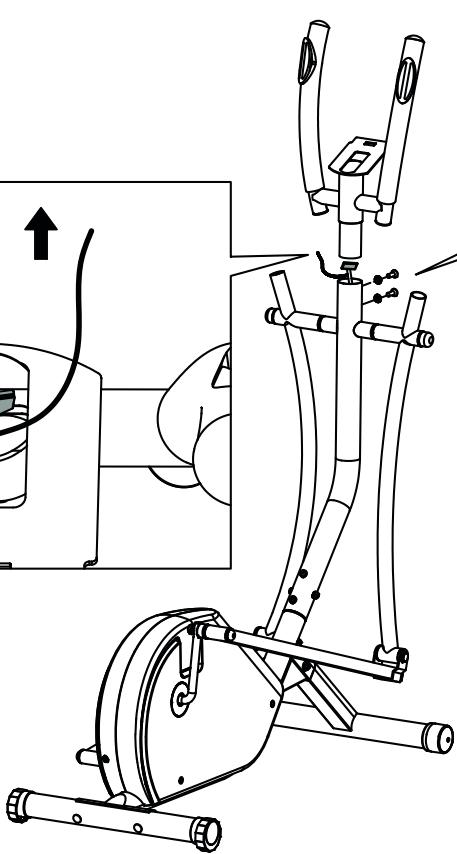
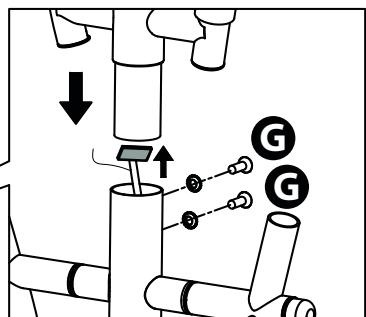
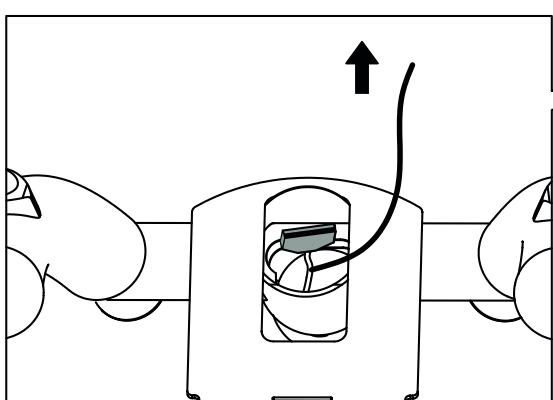
**ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •  
MONTAGEM • MONTAŻ • SZERELES • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ •  
MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA • 安裝 • 組み立て • 安裝 • الترکيب •**

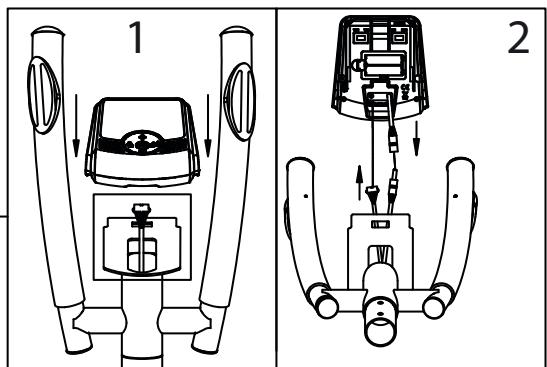
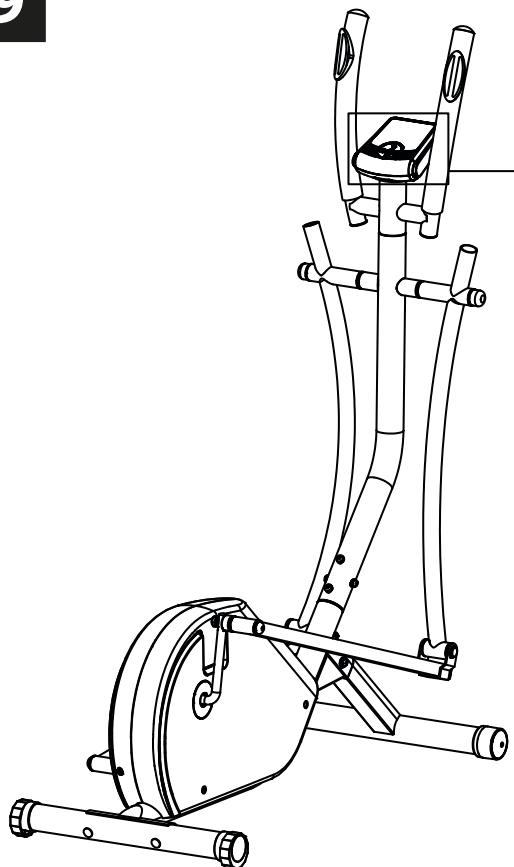
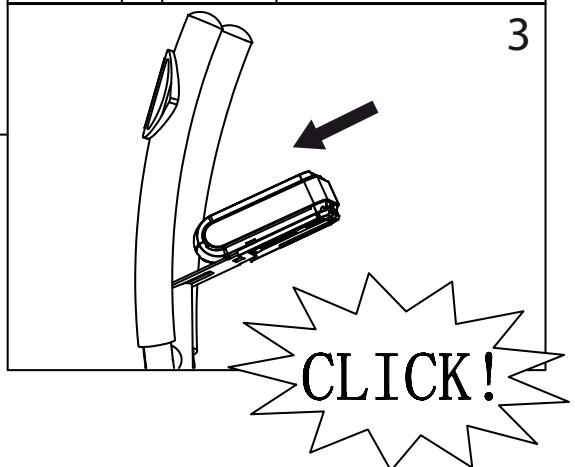
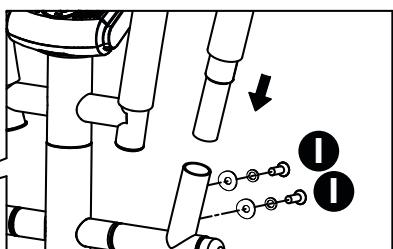
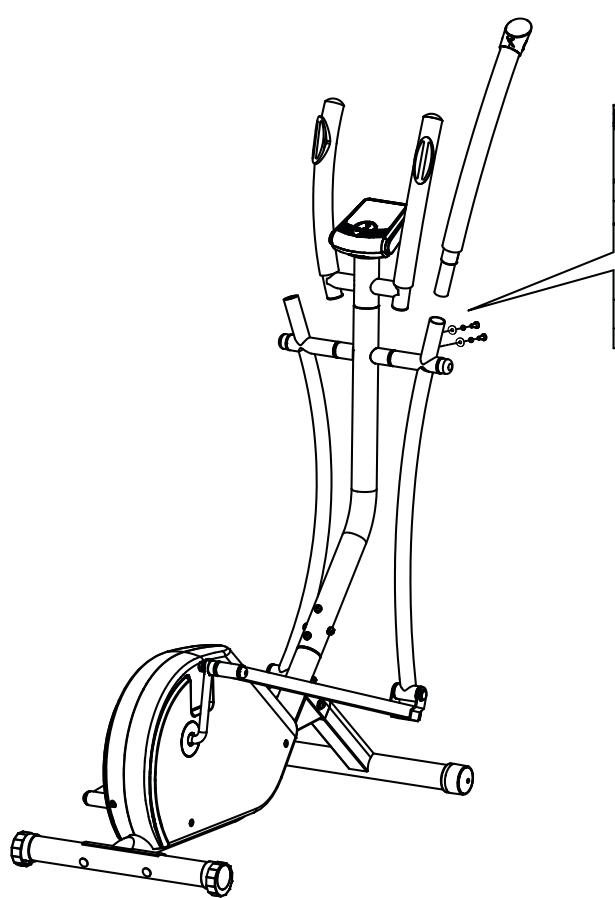


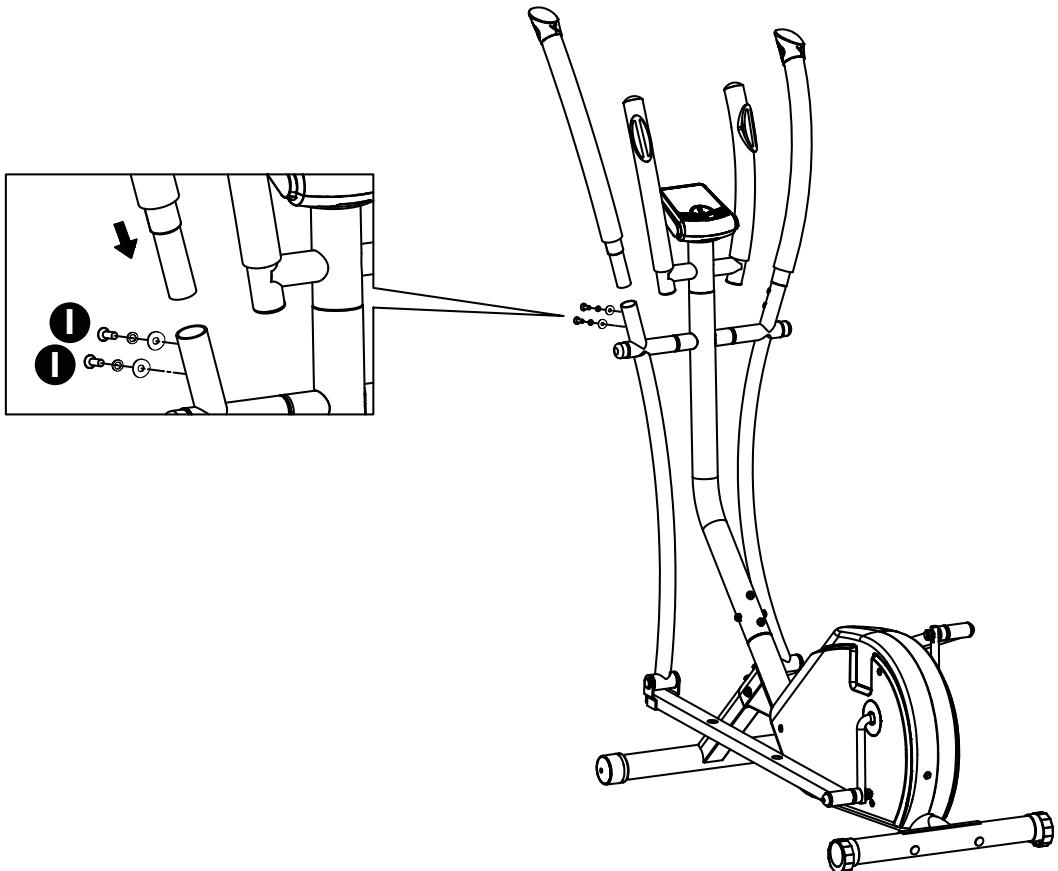
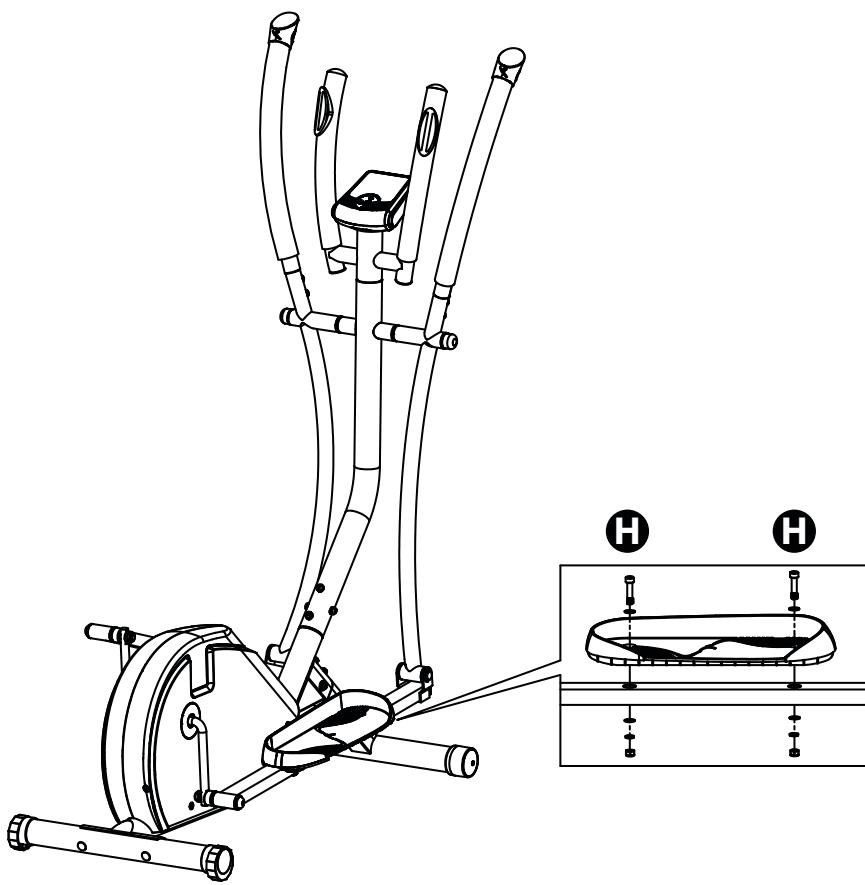
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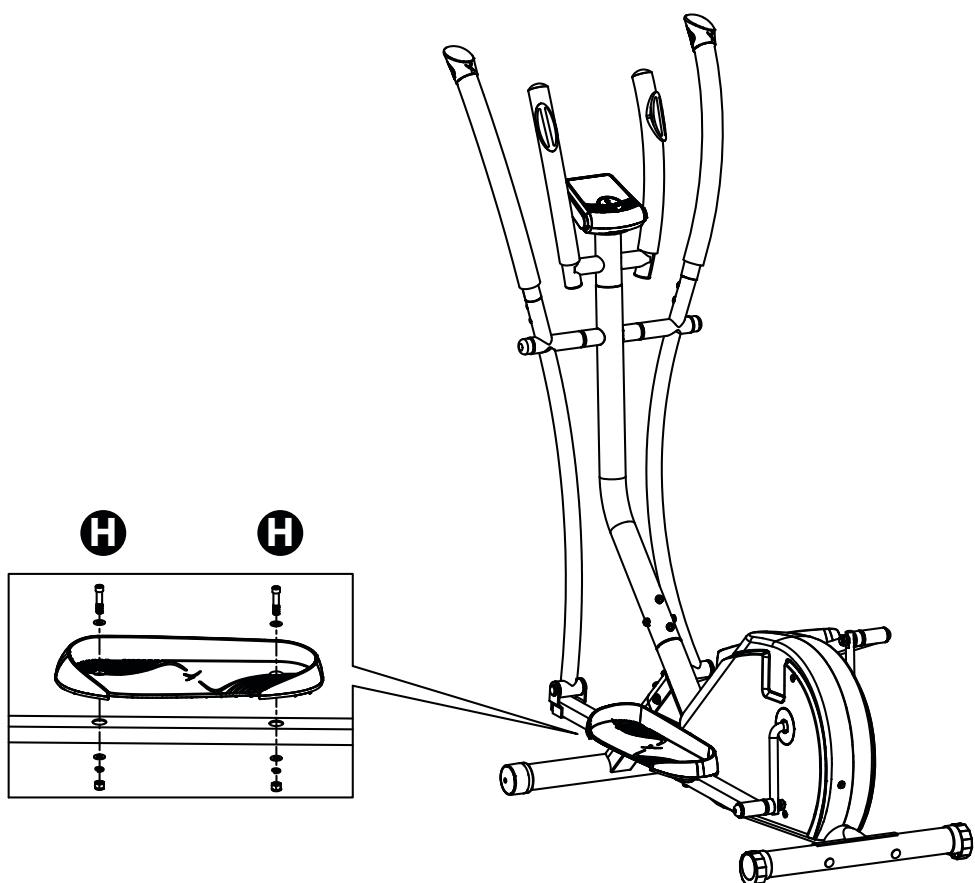
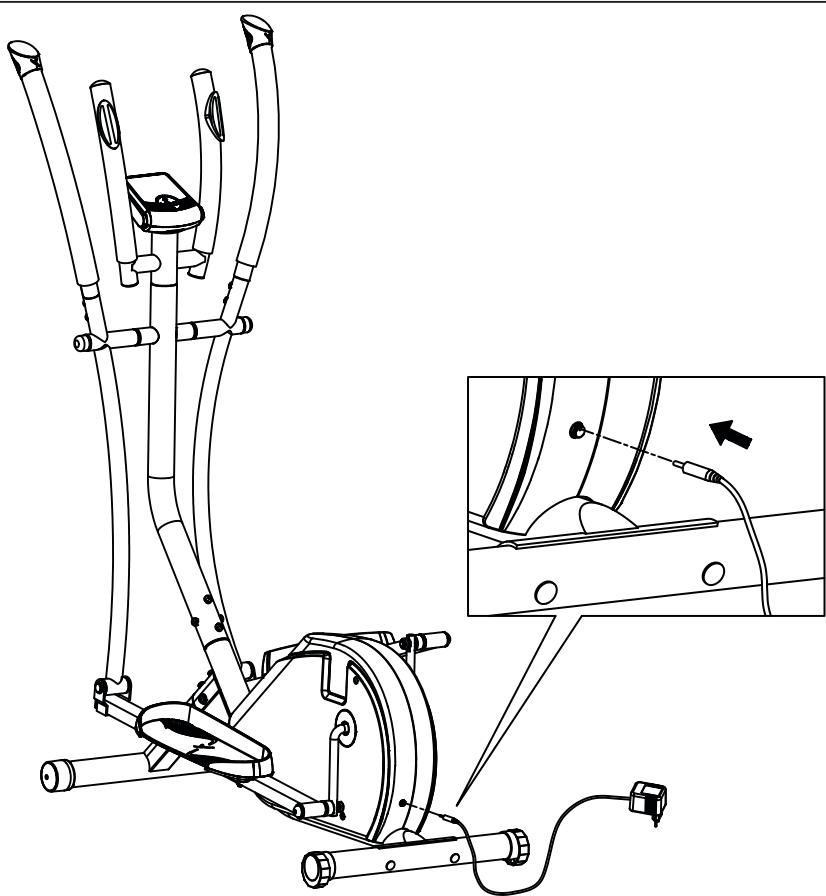
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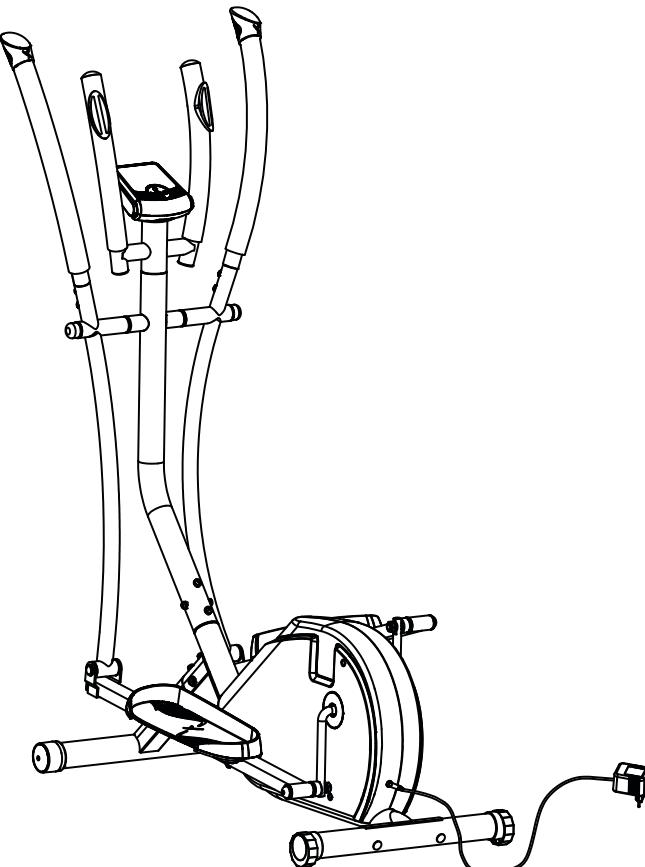
**5****6**

**7****8**

**9****3****10**

**11****12**

**13****14**



**RECYLING**  
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 le 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 le 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.

**RECICLAGE**  
El símbolo "papelera 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 Haushmüll zu entsorgen sind. Sie werden mit dem Spezialmüll entsorgt. Entsorgen Sie

Batterien sowie Ihr Elektrogerät am Lebensende zum Recycling bei einer genehmigten 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 "doorkruiste 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 recycelen. Deze recycling van uw elektronisch afval zal het milieu en uw gezondheid beschermen.

**RECICLAGEM**  
O símbolo "caxote do lixo com traço por cima" significa que este produto e as pilhas que contém não podem ser deitados fora com o lixo doméstico. Estão sujeitos a uma triagem selectiva 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.

**RECYKLINGU**  
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 zbiorki w celu poddania ich recyklingowi. Zapewnia to ochronę środowiska naturalnego oraz zdrowia użytkownika.

**ÚJRAHASZNOSÍTÁSA**  
Az "athúztott szemetesedény" szimbólum azt jelzi, hogy nem ezt a terméket, sem a benne levő elemeket nem szabad a háztartási szemetébe dobni. Ezeket speciális válogatásnak vetik ála. A használt elemeket és a tovább már nem használható elektronikus terméket újra hasznosítás céljából adj a egy engedélyezett gyűjtőhelyen. Az elektronikai hulladék újrahasznosítása vedi a környezetet és az ön egészségét.

**ПЕРЕРАБОТКА**  
Знак перечеркнутой мусорной корзины означает, что настоящее изделие, а также батарейки, 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 последующей утилизации. Дальнейшее повторное использование электронных изделий направлено на защиту окружающей среды и Вашего здоровья.

**RECICLARE**  
Simbolul "coș de gunoi barat" semnifică faptul că acest produs și baterii 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. Această valorificare a deșeurilor electronice va contribui la protecția mediului și a sănătății dumneavoastră.

**RECYKLÁCIA**  
Symbol preškrtnutá nádoba na odpadky znamená, že tento produkt a batérie, ktoré obsahuje, sa nesmú vyrhazovať do bežného domáceho odpadu. Je nutné ich triediť ako separovaný odpad. Batérie ako aj ostatné elektronické komponenty po skončení ich životnosti odovzdáte v autorizovanej zberni, ktorá zabezpečí recykláciu. Táto valorizácia vásloho elektronického odpadu prispieva k ochrane životného prostredia a vásloho zdravia.

**RECYCLACE**  
Symbol přeškrtnuté popelnice znamená, že tento výrobek a baterie v něm obsažené není možné vyrhodit do běžného domácího odpadu. Patří do speciálního tříděního odpadu. Po skončení životnosti odložte vás elektronický výrobek do specializované sběrniny, kde bude zrecyklován. Tímto znovuzpracováním elektronického odpadu napomáhá chránit životní prostředí a své zdraví.

**ÅTERVINNING**  
Den överkorsade sopurnnan innebär att produkten och dess batterier inte kan slängas bland hushållssoporna. De måste sopsorteras. Lämna in batterierna och den kasserade elektroniska apparaten till en auktoriserad återvinningscentral. Om du gör dig av med ditt elektriska avfall på detta vis skonar du miljön och din egen hälsa.

**РЕЦИКЛИРАНЕ**  
Знак "задраскано кошче за боклук" означава, че този продукт и съдържащите се в него батерии не могат да се изхвърлят с домакински отпадъци. Те трябва да се събират разделно. Изхвърлете батерите и стари електронни уред на разрешеното място за целия място за рециклиране. Това преброяване на Вашите електронни уреди ще позволи да се защити околната среда и Вашето здраве.

**GERİ DÖNÜŞÜM**  
"Üzeri çizgili çöp tenekesi" simbolü, bu ürün ve içeriği pillerin normal ev atıklarıyla birlikte atılamayacağı anlamına gelmektedir. Bunların özel olarak ayrılmış atıkları gerekmektedir. Bataryaları ve kullanım ömrü sona eren elektronik ürünlerinizi, geri dönüşümüleri sağlamak üzere bir toplama alanına bırakın. Elektronik atıklarınızın bu şekilde değerlendirilmesi güvenin ve sağlığını korumasını sağlayacaktır.

**RECIKLAŽA**  
Simbol prekrivenje kante za otpatke 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 prikupljalistu za reciklažu. Ovakvim načinom zbrinjavanja električnog i elektroničkog otpada štitite okoliš i svoje zdravlje.

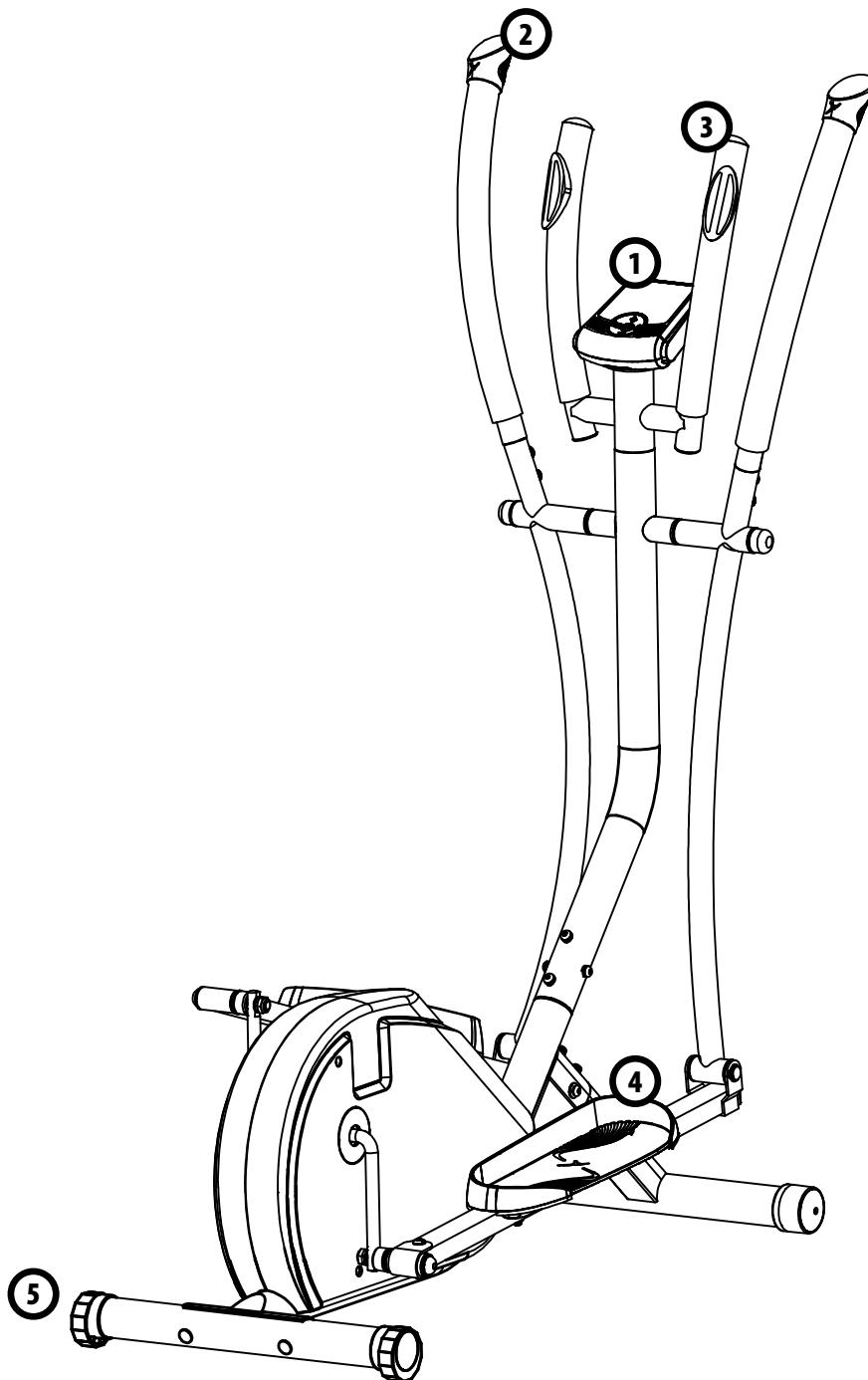
**回收**  
“划叉垃圾桶”标志表明该产品及其电池不可作为生活垃圾丢弃，必须进行专门的筛选。将电池和电子产品一起放在专门的回收中心。这种对电子产品的处理措施有利于保护环境和您的身体健康。

「斜線の入ったごみ箱」マークは、製品および電池が、家庭ごみとして処理できないことを示します。寿命に達したバッテリーや電化製品は、リサイクルごみとして回収されます。電化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**  
“打交叉的垃圾箱” 標誌表明該產品及其電池不可作為生活垃圾丟棄。必須進行專門的篩選。將電池和電子產品一起放在專門的回收中心。這種對電子產品的處理措施有利於保護環境和您的身體健康。

**اعادة التدوير**  
يقصد برمز "سلة المهملات ذات علامة ×" أنه يجب عدم خلط هذا المنتج وما يحويه من بطاريات مع مخلفات المنزل العادي، مما يضمن انتصاف مدد برجاء أحد المطارات ومهام الإلكتروني غير صالح للاستخدام إلى نقطة تجميع التدوير المطلقات مصرح بها أن تغطي مع ثقليات الإلكترونينية على هذا النحو إنما يحمي البيئة ويعنى صحتك.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Console	Mobile handlebars	Stationary handlebars	Pedal	Level adjuster
Console	Guidon mobile	Guidon fixe	Pédale	Compensateur de niveau
Consola	Manillar móvil	Manillar fijo	Pedal	Compensador de nivel
Konsole	Mobilér Lenker	Fester Lenker	Pedale	Niveausteller
Console	Manubrio mobile	Manubrio fisso	Pedaal	Compensatore di livello
Console	Mobile stuurstang	Vaste stuurstang	Pedal	Stelschroef niveau
Consola	Guiañor móvil	Guiañor fixo	Pedal	Compensador de nível
Konsola	Kierownica ruchoma	Kierownica nieruchoma	Pedal	Regulacija poziomu
Műszersfal	Mozgatható kormány	Rögzített kormány	Pedál	Szintbe állítás
Дисплей	Подвижный руль	Неподвижный руль	Педаль	Компенсатор неровности пола
Consolă	Ghidon mobil	Ghidon fix	Pedală	Compensator de nivel
Konzola	Pohyblivé riadiidlá	Pevná riadiidlá	Pedál	Kompenzátor úrovne
Konzole	Mobilní řídítka	Pevná řídítka	Šlapky	Kompenzátor úrovňě
Konsol	Rörligt styre	Fast styre	Pedal	Nivåkompenator
Табло	Подвижно кормило	Фиксирано кормило	Pedal	Компенсатор на нивото
Konsol	Hareketli gidon	Sabit gidon	Pedala	Seviye denkleştirici
Konzola	Mobilni upravljač	Fiksni upravljač	Pedala	Kompenzator razine
控制面板	移动手把	固定手把	踏板	水平补偿器
コンソール	可動式ハンドル	固定ガイド	ペダル	高さ調整
控制面板	移動手把	固定手把	踏板	水平補償器
الكونسول	مقدود متحرك	مقدود ثابت	البدال	معدل المستوى



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

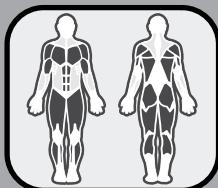
Whether you are a beginner or experienced, DOMYOS helps you stay in shape and improve your physical condition. Our team strives to design the best products for you to use. We welcome any comments, suggestions and questions on our website, DOMYOS.COM. On the website you will also find training advice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

Cross training is excellent for cardio-training if you wish to improve your cardiovascular and cardio pulmonary performance and also tone your whole body: glutes, quadriceps, calves, back, pectorals, biceps and abdominal girdling. Backpedalling helps to work on the glutes and the back of the thighs. Endurance training makes you burn more calories (ideal to lose weight, when associated with a balanced diet).

## PARTS OF THE BODY WORKED



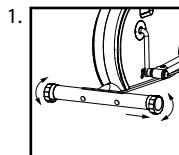
## WARNING

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.

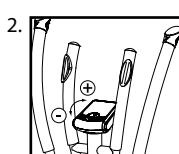
## ADJUSTMENTS



### 1. LEVELLING THE BICYCLE

**WARNING :** you must get off the elliptical bike to adjust the level of the product.

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



### 2. ADJUSTING THE RESISTANCE

According to the EN (European Norm) definition, this product is an item of "pedal crank training equipment". You can adjust the braking torque not only with your pedalling speed but also by manually choosing your resistance level (turn the knob at the centre of your console or press the adjustment buttons at the end of the fixed handlebars). However, if you retain the same level of resistance, the braking torque will increase/decrease as your pedalling speed increases and decreases.

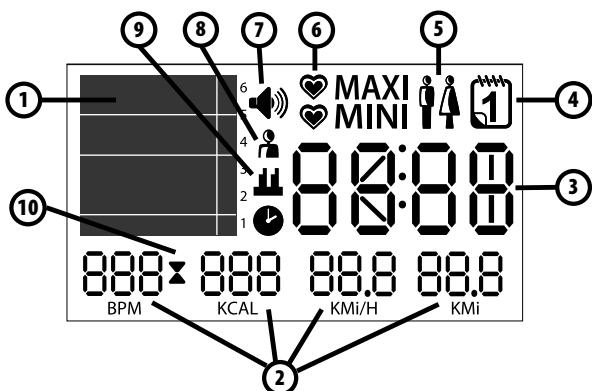
## MOVING THE PRODUCT

**WARNING : You must get off the elliptical bike to move it in any way.**

Standing on the floor in front of your product, hold the handlebars and pull the bike towards you. The product is then resting on the castors and you can move it. When you have finished moving it, move down to the floor with the rear legs.

## CONSOLE FUNCTIONS

### Display zone

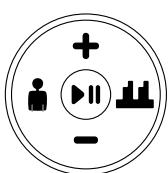


1. Display zone of programmes
2. Display of heart rate, calories expenditure, speed and distance covered
3. Display of training time
4. Select user age
5. Select gender (Male / Female)
6. Indicator of settings for cardiac target zones
7. On/Off indicator for the beeper which warns you that you have exceeded the upper or lower limit of the cardiac target zone
8. You are in «SETTINGS» mode
9. You are in «PROGRAMMES» mode
10. Indicators to show when you are below or above your target cardiac zone setting

### Functions

- Speed: This function gives you an estimated speed, this can be in kph (kilometres per hour) or in mph (miles per hour) depending on the position of the switch on the back.
- Distance: This function indicates the estimated distance since the start of the workout. This can be in KM (kilometres) or in MI (miles) depending on the position of the switch on the back.
- Time: This function indicates how much time has elapsed since the beginning of the session; this indication is in Minutes: Seconds (MM :SS).
- Calories: This function shows the estimated number of calories burnt since the start of the workout.
- Heart rate\*: The heart rate is measured by the pulse rate sensor on the handlebars. Your heart rate is displayed in number of beats per minute.

\*Caution: This measurement is only a rough indication and is under no circumstances medically reliable.



- ▶/■ Power, confirm, pause or stop button. Starts «QUICK START» mode
- Starts «SETTINGS» mode
- Starts «PROGRAMME» mode
- + - Scrolls programmes and adjusts values

### Settings at the back of the console:

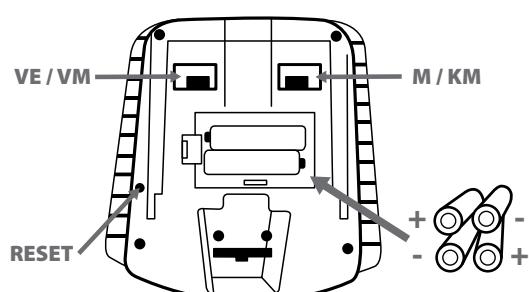
- Slider VE / VM: Selection of type of apparatus that you are using with the console: VM (Exercise bike) / VE (Cross Trainer)
- Slider MI / KM: Selection of unit of measurement for DISTANCE MI (Miles)/ KM (Kilometres)

### Resetting the product:

- The product goes on standby after being inactive for five minutes.
- The indicators return to 0 when in standby mode (does not store data).
- Press the RESET button at the back of the console.

### Installing batteries:

1. Remove the console from the bracket, remove the battery cover which is located at the back, place four LR06 batteries (1.5 V) in the slot provided at the back of the screen.
2. Make sure the batteries have been inserted properly and have perfect contact with the springs.
3. Replace the battery cover on the product ensuring it is closed properly.
4. If the display is illegible or incomplete, remove the batteries, wait 15 seconds and then replace them.
5. If you take out the batteries the computer's memory will be erased.



### Recycling:

The "crossed-out bin" symbol indicates that this product and the batteries it contains cannot be thrown away with household waste. They must be separated and recycled specially. Take the batteries and unusable electronic product to an authorised collection area for recycling. Recycling your electronic waste will protect the environment and your health.

## Use

Your cross trainer works with batteries or connected to the mains. The console switches off after 5 minutes of inactivity. We recommend removing the batteries if you do not use your bike for a long time or if you use the mains.

When turning on (mains connection or battery installation), the console launches QUICK START mode. Hold down  to access «SETTINGS» mode and  to access «PROGRAMMES» mode. At the end of your workout we recommend taking a minute to cool down 'COOL'. A recap of your workout is shown.

### Quick start :

The QUICK START function starts your workout immediately. When the console is in standby, touch the console  or start pedalling to automatically start a low-intensity 30-minute training session. To change the intensity, short press the  and  buttons. You can take a break by pressing the button .

Long press the same button to end the training session: 'END'. Long press again to turn off the console 'OFF'.

### Settings:

When the console is in standby, short press  to open the SETTINGS menu: 'SET'. In the settings mode you can fill in your gender and age. The device then suggests a default cardiac target zone corresponding to maximum 100% of the recommended heart rate and minimum 70% of the top value. Use  and  to modify this data. Short press  to confirm each entry. You can choose whether to activate the beeper which warns you that you have exceeded the upper or lower limit of the cardiac target zone.

Once the settings have been chosen, OK will appear. The console proposes a 30-minute workout. This time can be adjusted by pressing the  and  buttons.

### Programmes:

Your FC5 console consists of 6 training programmes.

1- In «PROGRAMMES»  mode: press  and  to select your programme.

2- Confirm by pressing on .

3- The proposed training time is 30 minutes, you can adjust it by pressing  and  . Short press on  to start your workout. You can pause the workout at any point by pressing .

4- During your training programme you can return to the settings mode by long pressing  or return to programme selection by long pressing .

The 6 training programmes have been developed in partnership with sports coaches from DOMYOS CLUB ([www.domyosclub.com](http://www.domyosclub.com)).

Before starting on any sports activity, seek medical advice on the right sport for you.

For beginners, we recommend 2-3 20-minute sessions per week, at moderate speed.

### Pulse sensor:

You can take your heart rate at the beginning and end of each session by placing both palms on the heart rate sensors. Your heart rate will then appear at the bottom right hand side of the screen. This measurement is only a rough indication and is under no circumstances medically reliable.

## TROUBLESHOOTING

### If you notice any abnormal distances or speeds:

- Check the switch on the back of the console is set to VM for exercise bike / VE for cross trainer.
- Press the RESET button to change it.

NB: On an exercise bike, each pedal turn corresponds to a distance of 4 metres, on a cross trainer it corresponds to a distance of 1m60 (these values correspond to average biking and walking values).

**If the heart rate monitor is not flashing or if it is flashing irregularly,** make sure your hands are well positioned and the sensors are not too sweaty.

### If you find that your counter does not indicate the correct units of measurement for distance:

- Check the switch on the back of the console is in the MI position for display in miles, KM for display in kilometres.
- Press the RESET button to change it.

### If the counter does not turn on:

- Check that you do not use the batteries and transformer at the same time.
- If you are using batteries, check the positioning of the batteries (+/-).
- If the problem persists, start again with new batteries.
- If you have plugged into the mains, check if the adapter is properly connected to the bike.
- In both cases, check the cables behind the console and between the stem and the main frame are properly connected.
- If the problem persists, refer to the last page of the instructions.

**If a noise emanates from inside the casing** or you cannot adjust your intensity level when in manual mode, do not try to repair it.

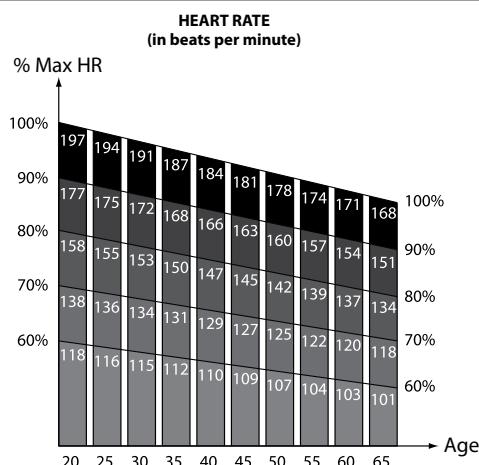
Refer to the last page of the instructions.

Only use your product with the supplied mains adapter.

## ZONE D'EXERCICE

HR= heart rate  
Max HR =  $210 - (0.65 \times \text{your age})$

- HR > 90% HR max  
High performance zone for experts only
- HR = 80-90% HR max  
Improving performance zone
- HR = 70-80% HR max  
Endurance improvement zone
- HR = 60-70% HR max  
Moderate effort zone for gentle recovery zone and weight loss
- HR < 60% HR max  
Warm up and cool down zone



## USE

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.



### Aerobic exercise for getting into shape: Moderate effort for a relatively long time (30 minutes to 1 hour)

If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the amount of energy your body consumes. To do this, there is no point pushing past your limit. Regular training gets the best results. Choose a low pedalling resistance and exercise to your own pace but for at least 30 minutes. This exercise should produce a slight sweat, but should in no circumstances leave you breathless. You need to exercise more than 30 minutes a session, three times a week, for your body to draw on fat reserves.



### Aerobic training for endurance: 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.

### Cool down:

Corresponds to light intensity training, to gradually wind down. Cool-down ensures a return to «normal» for the cardiovascular and respiratory system, blood flow and muscles (which eliminates side-effects, muscle pain in the form of cramps and stiffness, caused by accumulation of lactic acid).

### Stretching:

You should stretch after cooling down. Stretching after exercise reduces muscle stiffness caused by the accumulation of lactic acid, and «stimulates» blood circulation.

## 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 • AFTERSALESAFDELING •  
 ASSISTÊNCIA PÓS-VENDA • SERWIS PO SPRZEDAŻY • ÜGYFÉLSZOLGÁLAT • СЕРВИСНАЯ  
 СЛУЖБА • SERVICIU POST-VÂNZARE • POPREDAJNÝ SERVIS • ПРОДЕДЖНІЙ СЕРВІС •  
 EFTERMARKNAD • СЛЕДПРОДАЖБЕН СЕРВИЗ • SATIŞ SONRASI SERVİSİ •  
 SERVIS NAKONPRODAJE • POPRODAJNA SLUŽBA • 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 teléfono fijo desde España).

**ITALIA**

Hai bisogno di assistenza?

Ci puoi contattare dal sito [www.domyos.it/sav](http://www.domyos.it/sav) per aprire un dossier di assistenza post vendita. Se non hai una connessione ad internet, contatta il Servizio Clienti, munito dello scontrino al num 199 122 326 (11,88 cent/euro al min. + IVA) 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.

**BELGIË / 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 bijstandsaanvraag 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](http://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](http://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](http://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](http://www.domyos.com) (coste de conexión de internet) o presentese 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](http://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](http://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](http://www.domyos.com) (kosten internetverbinding) of ga naar de ontvangstbalie 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](http://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](http://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?

Kereszen meg minket internetes honlapunkon [www.domyos.com](http://www.domyos.com) (internetszolgáltató árá), vagy forduljon személyesen egyik üzletünk vevőszolgálatához, amely üzletben vásárolta a terméket, a vásárlási bizonyallattal.

**ДРУГИЕ СТРАНЫ**

Нужна поддержка?

Обратитесь к нам через наш интернет-сайт [www.domyos.com](http://www.domyos.com) (стоимость подключения к интернету) или подойдите в отдел обслуживания клиентов в магазине той сети, в которой вы купили ваш продукт, с товарным чеком.

**ALTE TĀRI**

Aveți nevoie de asistență?

Ne puteți găsi pe site-ul [www.domyos.com](http://www.domyos.com) (pretul unei conectări la internet) sau să puteți prezenta la serviciul de relații cu clienții al magazinului firmei de la care ati achiziționat produsul, având asupra dumneavoastră dovada cumpărării.

**OSTATNÉ KRAJINY**

Potrebuje asistenciu?

Nájdite si nás na internetových stránkach [www.domyos.com](http://www.domyos.com) (cena internetového pripojenia), alebo sa obrátte na oddelenie styku so zákazníkom v obchode, kde ste svôj výrobok zakúpili a popri tom nezabudnite predložiť doklad o kúpe.

**OSTATNÍ ZEMĚ**

Potřebujete pomoc?

Kontaktejte nás na našich internetových stránkách [www.domyos.com](http://www.domyos.com) (cena za internetové připojení) nebo přijďte na recepci jedné z prodejen značky, kde jste koupili vás výrobek, a předložte doklad o nákupu.

**ANDRA LÄNDER**

Behöver du hjälp?

Hitta oss på hemsidan [www.domyos.com](http://www.domyos.com) (kostnad för internet-anslutning 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](http://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.

**DIĞER ÜLKELER**

Yardıma mı ihtiyacınız var?

[www.domyos.com](http://www.domyos.com) internet sitesinden bize ulaşabilirsiniz (bir internet bağlantılı ücreti karşılığında) veya bir satın alma kanıtı ile birlikte, ürünü satın aldığınız mağazanın danışma bölümünde başvurabilirsiniz.

**OSTALE ZEMLJE**

Potrebljava vam je pomoć?

Pronađite nas na internetskoj stranici [www.domyos.com](http://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 pomoč?

Običite našo spletno stran [www.domyos.com](http://www.domyos.com) ali trgovino, v kateri ste izdelek kupili, pri čemer je potrebno dokazilo o nakupu.

**其他国家**

需要帮助？

请登录 [www.domyos.com](http://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](http://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？

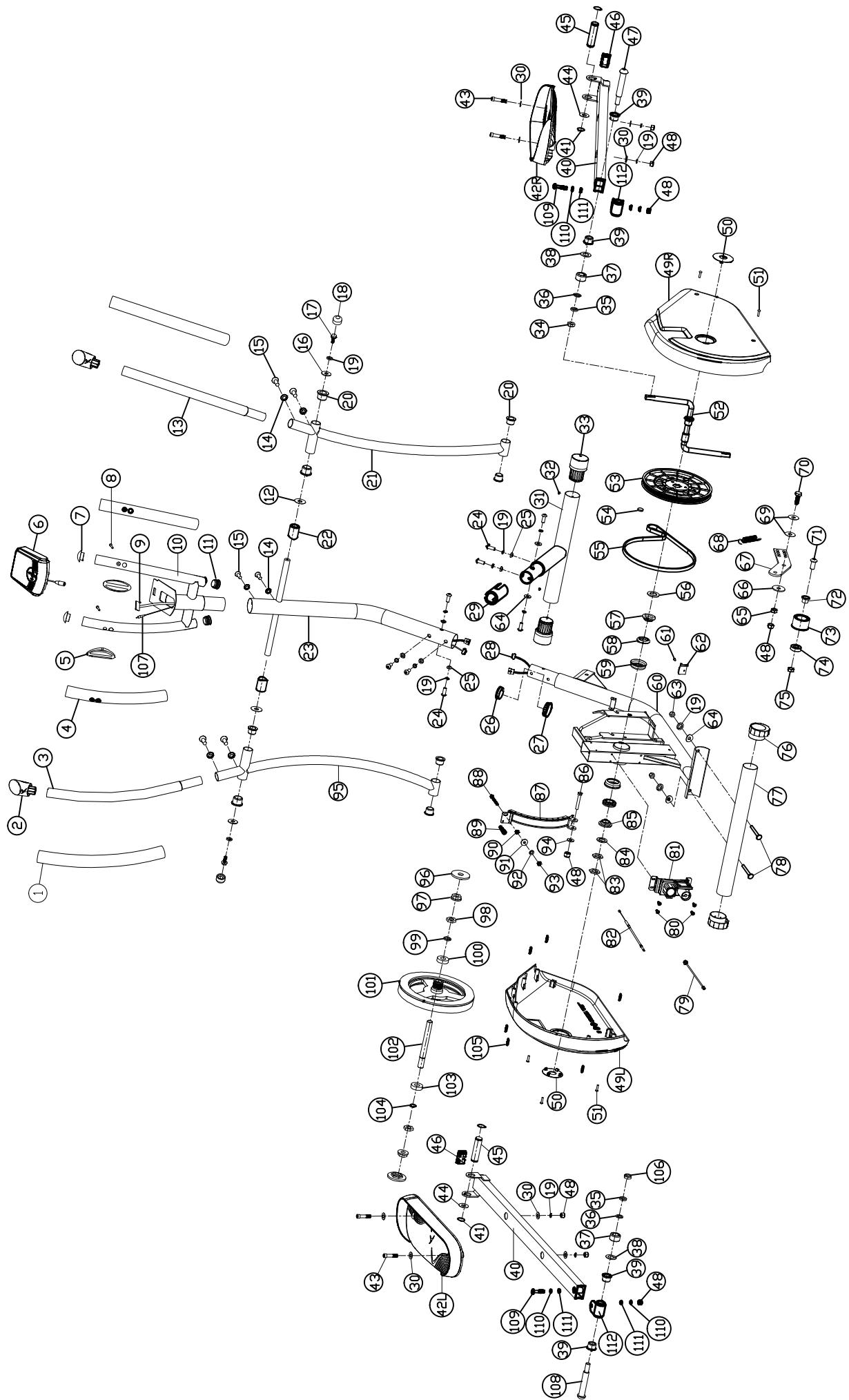
請登陸 [www.domyos.com](http://www.domyos.com) 與我們聯繫（普通上網費用）或攜帶購物發票至您購買產品的商店的信息諮詢處諮詢。

**ประเทศไทย**

ต้องการรับความช่วยเหลือใช่ไหม

พูดคุยกับเราได้ที่เว็บไซต์ [www.domyos.com](http://www.domyos.com) (อาจมีค่าใช้จ่ายในการเชื่อมต่ออินเทอร์เน็ต) หรือที่หน้าร้านของห้างร้านที่คุณซื้อสินค้ากัน การซื้อผลิตภัณฑ์ที่ร้านค้าใดก็ได้ก็ได้

**دول أخرى**  
 هل تحتاج إلى مساعدة؟  
 اتصل على عبّر موقعنا الإلكتروني  
[www.domyos.com](http://www.domyos.com)  
 (تكلف اتصال بالإنترنت) أو توجه إلى  
 المحل الذي اشتريت منه المنتج والذي  
 يوجد به علامة الشركة، واحرص على  
 تقديم إثبات الشراء.



# ELLIPTICAL ESSENTIAL +

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 uschovějte

Originalbipacksedel att spara

Запазете оригиналното упътване

Muhafaza edilecek orijinal kullanım kılavuzu

Izvorne upute, sačuvajte za kasniju upotrebu

Originalna navodila shraniti

请保留说明书

保存用説明書

請保留原始說明書

يرجى الاحتفاظ بهذه النشر



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

IMPORTADO PARA BRASIL POR IGUASPORT Ltda - CNPJ : 02.314.041/0001-88

Импортер: ООО «Октоблу», 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 Çobançешме 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 - EN ISO 20957-1 2013 - EN 957-9:2003 HC - GB 17498-1 2008 - GB 17498-9 2008 - 品名: 椭圆机 - 主要成分: 铁 / 塑料 - 商标: DOMYOS

540-0011 - 大阪市中央区農人橋1-1-22 - 大江ビル10階 - ナチュラムイーコマース株式会社

台灣迪卡儂有限公司 - 台灣台中市408南屯區大墩南路379號 - 諮詢電話: (04) 2471-3612 - 品名: 椭圆机 - 主要成分: 铁 / 塑料

Made in China - Fabricado na China - Произведено в Китае - İmal edildiği yer Çin - 中国制造 - 中國製造



ref pack: 1837.334



DOMYOS.COM