

ENGLISH

You have chosen a piece of fitness equipment by DOMYOS.

We thank you for your confidence in us. We have created the DOMYOS brand to provide a way for all athletes to stay in shape.

This product has been designed by athletes for athletes.

We would be pleased to receive your comments and suggestions concerning DOMYOS products.

Therefore, your store team is ready to listen, as is the DOMYOS products design department.

You can also find us at www.DOMYOS.com

We wish you successful training and hope that you will enjoy using this DOMYOS product.

PRESENTATION

The rowing machine is the best all-round cardio-training apparatus

Apart from the cardio-vascular and breathing benefits of the exercise, the rowing machine involves most of your body muscles.

• Cardio training principle •

This cardio training principle will enable you to improve your endurance and your physical condition will benefit greatly from it.
You burn up calories, thus shedding your body fat.

• Principle of muscle toning •

The rowing machine helps tone the thigh, back and arm muscles.
You will also feel the effect of the exercise on your abdominals and shoulders.

NOTES

Warning: to reduce the risk of serious injury, please read the following important user precautions before using the product.

1. Read all the instructions in this manual before using the product.
Only use this product in the manner described in this manual.
Keep this manual for the entire life of the product.
 2. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
 3. Domyos does not accept any liability for complaints of personal injury or harm caused to any person or any thing as the result of improper use of the product by the purchaser or by any other person.
 4. This product is intended for domestic use only. Do not use this product in a commercial, rental, or institutional setting.
 5. Use this product indoors, away from humidity and dust, on a flat, hard surface and in a sufficiently large space. Make sure that there is sufficient space for safe access to and safe movement around the product. To protect the floor, place a rug under the product.
 6. The user is responsible for ensuring proper care and maintenance of the equipment. After the product has been assembled and prior to each use, check that the fasteners are properly tightened and that none are protruding. Check the condition of the parts that are most subject to wear and tear.
 7. In the event that your product becomes damaged, immediately have any worn or defective parts replaced by the After-Sales Service Department of your nearest DECATHLON store. Do not use the equipment until it has been completely repaired.
 8. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.).
 9. Wear athletic shoes to protect your feet while exercising.
DO NOT wear loose or baggy clothing, since it may get caught in the machine. Take off all jewellery.
 10. Put your hair up so that it does not get in the way during exercise.
 11. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.
 12. Keep children and pets away from the product at all times.
 13. Before undertaking this exercise programme, you must consult a doctor to be sure there are no counter-indications, particularly if you have not participated in sports for several years ; do not exceed the limits of the adjusting mechanisms.
 14. Do not modify your product.
 15. Maximum user weight : 110 kg – 242 livres.
 16. Do not bend backwards at the end of the movement. Do not arch your back.
 17. It is normal for the pistons to become very hot during the workout.
- In the event of intensive use, particles (drops of oil) could ooze out of the pistons. That is why it is a good idea to have a protective sheet underneath your rowing machine.

CARE

The rowing machine requires only minimal maintenance.

- Clean it with a sponge impregnated with soapy water, using a dry cloth to dry it.
- Check regularly that all screws are tight.
- The resistance system depends on the speed : The faster you pull the oars, the greater the resistance.
- Replace any defective part immediately and don't use the apparatus until it has been repaired.

USE

- To increase the aerobic intensity of the exercise, set the pistons to a less strenuous position, but carry out the exercise at a rapid rhythm for at least 30 minutes. For this type of exercise, you should train 3 times a week.
- To improve your muscle tone, set the pistons to a more strenuous position and carry out the exercise in sets, with rest breaks in between, training every other day.
- Always start with a warm up at a slow rhythm and a low resistance for several minutes.

ROWING MACHINE MOVEMENT

The Aviron movement is divided into three parts : attack, thrust into the water and pull out. This movement is carried out with a smooth, fluid rhythm.

1 The attack: The starting position is with bent legs, hands on the oars, the arms extended in front and the shoulders relaxed.



2 Thrusting into the water: The user pushes onto the legs and half way through the stroke, pulls with the arms, beginning to breathe in.



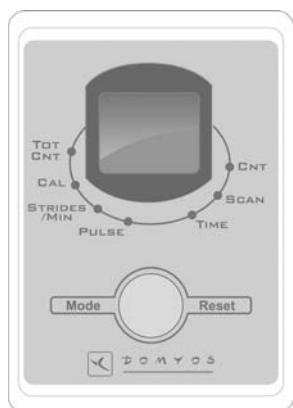
3 Pulling out: The elbows are brought back, the rib cage expanded, breathing in. The legs are stretched, but the knees are not completely locked. The back should be very straight (at 90° to the rowing machine). It is important not to bend backwards.



The Return: the return to the starting position is done by pulling on the legs and simultaneously pushing on the arms, breathing out. The user is thus back in the attack position and goes straight back without a pause.

MULTI-FUNCTION CONSOLE

FUNCTIONS



CAL : Estimation of calories used (Cal)
 PULSE : Heart beat (Beats/min)
 STRIDES/MIN : Number of repetitions per minute.
 CNT : Number of repetitions.
 TIME : Length of exercise (minutes)
 SCAN : Alternating display of information.
 Button MODE/RESET : Enables transfer from one function to another in anti-clockwise direction.
 Hold down (6-7 s) to restart the counter.

INSTALLATION OF THE BATTERIES

1. Remove the console from its holder, remove the battery cover at the rear of the product and insert two AA/UM-3 batteries into the compartment at the back of the screen.
2. Ensure that the batteries are inserted correctly and that they are in full contact with the springs.
3. Replace the battery cover and the console, ensuring that they are correctly attached.
4. If the display is unreadable or incomplete, remove the batteries, wait for 15 seconds and then replace them.
5. When you remove the batteries, the console memory is erased.

RECYCLING: The "crossed-out wastebasket" symbol indicates that this product and the batteries it contains cannot be thrown away with household waste.

They are subject to a specific type of sorting. Dispose of batteries and, at the end of its life, your product at an authorised collection point for recycling. This treatment of your electronic waste will protect the environment and your health.



HEART RATE MONITOR BELT

1. Parts and components



Emitter



Flexible belt



Lithium battery CR2032, 3V



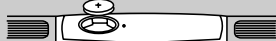
Waterproof seal



Battery compartment lid

2. Inserting the battery

- Insert the supplied CR2032 battery as illustrated below.



- First, insert the battery with the + pole towards the top.



- Place the seal and then the lid, with the two small dots aligned. Tighten with a coin.



Important!

Make sure that the lid is tightly closed (around 1/2 turn) to prevent perspiration or water from entering.

3. Using the belt

- Before placing the emitter on your chest, moisten the two electrodes with water or a water-based gel to ensure optimal transmission of the signal.



- Center the heart rate monitor belt on your chest or pectoral muscles, directly above your sternum, with the battery compartment lid facing inwards.



- Adjust the belt so that the emitter always stays in close contact with your skin. Do not overtighten, to avoid breathing difficulties.

- If the heart-rate monitor belt is loose or positioned incorrectly, you may get an erroneous or irregular reading.

ENGLISH

CARDIO-TRAINING

CARDIO TRAINING

Cardio training is aerobic exercise (muscle development using oxygen); it enables you to improve your cardiovascular capacity. More specifically, you improve the tone of your heart muscle and blood vessels. Cardio training provides oxygen from the air you breathe to your muscles. The heart pumps this oxygen throughout the entire body, and especially to the muscles that are doing the work.

CHECKING YOUR PULSE

It is essential that you check your pulse regularly during exercise in order to monitor your training.

If you have no electronic measuring device, proceed as follows:

To check your pulse, place two fingers:

- on your neck, below your ear or under your wrist next to your thumb.

Do not press too hard: excessive pressure reduces your blood flow and may slow down your heart rate.

After counting the beats for 30 seconds, multiply by two to give the number of beats per minute.

For example: 75 beats counted equals 150 beats per minute.

PHASES OF PHYSICAL ACTIVITY

A - Warm-up phase: progressive effort

The warm-up is the preparatory phase for exercise and gets your body COMPLETELY READY to start working out.

It is a way to PREVENT INJURIES TO TENDONS AND MUSCLES.

It involves two stages:

WAKING UP THE MUSCULAR SYSTEM, AND OVERALL WARM-UP.

1) You wake up your muscles with a SERIES OF SPECIFIC STRETCHES that PREPARE YOU FOR EXERCISE: every muscle group is used, and the joints are stimulated.

2) The overall warm-up makes it possible to put the cardio-vascular and respiratory system into action gradually, for a better blood supply to the muscles and better preparation for the exercise.

It should be long enough: 10 minutes for a recreational sport, and 20 minutes for a competitive sport. Note that you should warm up for longer: in the morning and if you are over 55.

B - Training

The workout is the main phase of your physical activity.

By working out on a REGULAR basis, you can improve your physical fitness.

- Anaerobic work for improving endurance.
- Aerobic work for improving cardio-pulmonary strength.

C - Warming down

This corresponds to low-level activity; it is the gradual "resting" phase.

WARMING DOWN returns your cardiovascular, respiratory and circulatory systems and your muscles to normal functioning (thereby preventing undesirable side effects such as the build-up of lactic acid, which is one of the major causes of muscle pain namely, cramps and stiffness).

D - Stretching

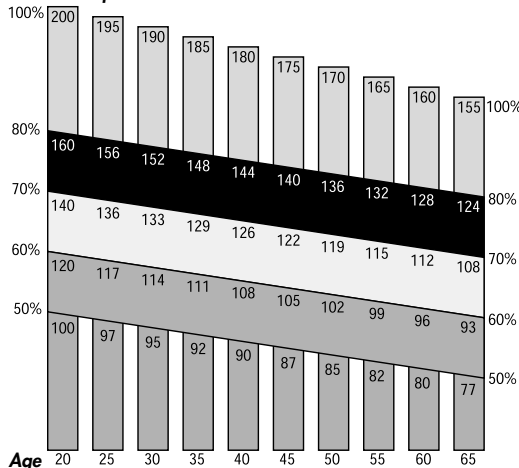
You should stretch after warming down.

Stretching after exercise:

Minimises MUSCULAR STIFFNESS caused by the build-up of.

EXERCISE ZONE

Heartbeats per minute



- Training at 80 to 90% and above of maximum heart rate: Anaerobic zone and red zone reserved for high-performance athletes and specialists.
- Training at 70-80% of maximum heart rate: Endurance training
- Training at 60% to 70% of maximum heart rate: Getting into shape/burning off fat.
- Training at 50 to 60% of maximum heart rate: Maintenance/warm-up

NOTICE AND WARNING TO USERS

Getting into shape must be done in a CONTROLLED manner.

Before beginning physical activity, do not hesitate to CONSULT a DOCTOR, especially if: You have not done any sport in recent years, you are over the age of 35, you are unsure of your health or if you are on medication.

BEFORE BEGINNING PHYSICAL ACTIVITY, DO NOT HESITATE TO CONSULT A DOCTOR

WARRANTY

DECATHLON guarantees the materials and workmanship of this product under normal conditions of use for 5 years for the structure and 2 years for parts subject to wear and tear and for workmanship, starting at the date of purchase as indicated by the date on the till receipt.

DECATHLON'S obligation with regard to this guarantee is limited to the replacement or repair of the product, at the discretion of DECATHLON.

All products for which the warranty is applicable must be received by DECATHLON at one of its approved facilities, delivery prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:

- Damage caused during transport
- Improper or abnormal use
- Repairs made by technicians not approved by DECATHLON
- Use for commercial purposes.

This warranty does not exclude any legal guarantees applicable according to country and/or province.

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