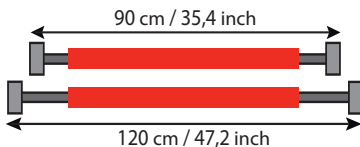
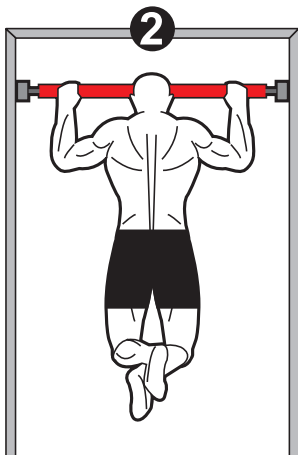
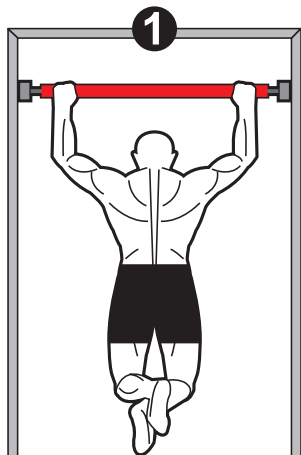


BT 200-100

OPERATING INSTRUCTIONS
NOTICE D'UTILISATION
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING

MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
INSTRUCȚIUNI DE UTILIZARE
NÁVOD K POUŽITÍ

BRUKSANVISNING
УПУТВАНЕ ЗА ИЗПОЛЗВАНЕ
KULLANIM KILAVUZU
دليل الاستخدام
使用说明书
使用說明書



0991.517



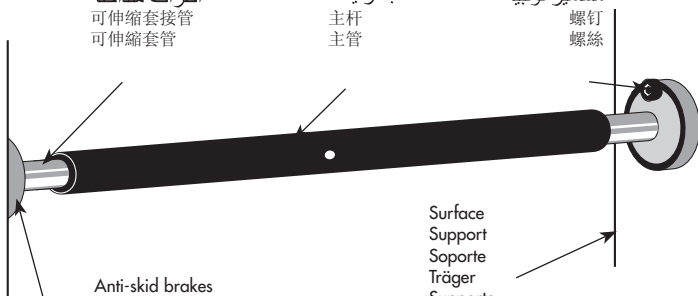
DOMYOS



Telescopic end
Embout télescopique
Boquilla telescópica
Ausziehbare Enden
Estremità telescopica
Uitschuifbaar verlengstuk
Encaixe telescópico
Końcówka teleskopowa
Teleszkópikus csővég
Телескопические кронштейны
Vårf de metal telescopic
Teleskopický nástavec
Teleskopiskt ändstycke
Телескопичен накрайник
Teleskopik uç
أطراف متداخلة
可伸縮套接管
可伸縮套管

Main tube
Tube principal
Tubo principal
Hauptröhre
Tubo principale
Hoofdstang
Tubo principal
Rurka główna
Húzódzkodó cső
Основная перекладина
Tub principal
Hlavní trubice
Huvudrör
Основна тръба
Ana boru
قصبه رئيسية
主杆
主管

Screws
Vis
Tornillo
Schraube
Vite
Schroef
Parafuso
Šruba
Csavar
Болты
Šuruburi
Šroub
Skruv
Винт
Vida
مسامير لولبية
螺钉
螺絲



Anti-skid brakes
Patin antidérapant
Patines antideslizantes
Rutschfeste Sohlenbeläge
Pattini antiscivolo
Anti-slip laag
Patins anti-derrapantes
Płyty antypoślizgowe
Csúszásgátló talpak
Нескользящие опоры
Tálpici antiderapanți
Protismykové brusle
Halksäkra fötter
Накрайници против подхлъзване
Kayma önleyici patenler
خف مانع للانزلاق
防滑冰鞋
防滑墊塊

Surface
Support
Soporte
Träger
Supporto
Steun
Suporte
Podstawa
Tartó
Опора
Suport
Podstavec
Fäste
Основа
Dayanak
دعامة
支撐物
支撐物

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

This product is a pull-up bar with which you can do pull-ups to develop your upper-body muscles (back, biceps, shoulders). This piece of equipment also allows you to do stretches, suspended from the bar by your hands, to stretch your back and lower-back muscles. The pull-up bar should be fixed between two walls in a corridor or inside a door frame. It is essential that the bar is correctly installed before use.

The bar features:

- one non-slip main tube,
- two telescopic ends with two non-slip pads.

The bar comes with two anti-rotation screws.

These screws must not in any circumstances support the bar during exercises.

WARNING

Incorrectly using the pull-up bar can be dangerous for yourself, your health or your environment; before starting your training, read the directions for this piece of equipment carefully.

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.

SAFETY

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 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
4. This product is intended for domestic use only. Do not use this product in a commercial, rental, or institutional setting.
5. Use the product indoors on a flat surface in a dry, dust-free uncluttered place.
6. This piece of equipment must be assembled by an adult. Any assembly or disassembly of the product should be carried out with care.
7. Keep children and pets away from the product at all times
8. It is the user's responsibility to inspect and if necessary tighten all parts before using the product.
9. If your product deteriorates, do not use it any longer and take it to your Decathlon store.
10. Do not modify your product
11. Always warm up before exercising. While exercising, maintain continuous, regular movements.

ENGLISH

INSTALLATION

1 – Choice of surface: the home bar is held in place by pressure between the two walls.

The home bar must be positioned between solid, vertical, clean walls which are satisfactorily parallel ($\pm 2^\circ$) and are large enough to take the full area of the pads. You are recommended to seek advice from a brickwork specialist.

NEVER FIX THE BAR BETWEEN TWO WEAK WALLS such as plasterboard or prefabricated partition walls. DECATHLON can accept no liability for damage to walls. In case of doubt, you are recommended to seek advice from a brickwork specialist.

2 – 2- Unscrew the two telescopic ends to an identical distance at both sides to a distance which is slightly shorter than the distance between the two walls.

NEVER USE THE OVER 37,4 inch BAR INSTEAD OF THE 27,5 inch BAR (to be used between 27,5 and 37,4 inch) **OR THE 47,2 inch BAR INSTEAD OF THE 39,4 inch BAR** (to be used between 37,4 and 47,2 inch).

On each wall (wall or door frame) mark the height you want to position the bar. Place a cross where the screws go, so that the screws are positioned above the bar. The pull-up bar must be installed between two parallel walls. It must be perpendicular to these two walls and horizontal.

YOU MUST USE THE ANTI-ROTATION SCREWS. These screws can be screwed into wood without using a Rawl plug.

For all other surfaces, consult a DIY specialist.

When you turn the non-slip main tube you lengthen or shorten the bar.

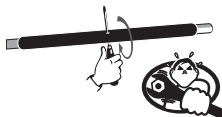
Turn the main tube so that the bar extends and exerts strong pressure on the walls, checking that the screw heads remain in place in the holes.

Screw the screws into the walls, allowing only the screw heads to stand proud.

Place the bar between the two walls. The screw heads must be above the bar.

The anti-rotation screws should in no circumstances be used to fix the bar.

Make sure that the bar is tightly screwed using a screwdriver (not supplied)



IMPORTANT



Before exercising, all users must:

- Ensure that the anti-rotation screws are correctly fixed.
- Check that the bar is correctly fastened and that the wall surfaces are not being damaged.

Important: When installing and fixing the bar, ensure that you identify the tightening direction and that you always exercise in this direction.

**NEVER USE THE PULL-UP BAR WHEN HANGING UPSIDE DOWN.
DO NOT SWING.**

MAINTENANCE

The product only requires minimal maintenance.

Clean it using a sponge soaked in soapy water and dry it using a dry cloth.

ENGLISH

USE

For all exercises, ensure that you place your hands so that you tighten the bar in the extending direction.

DORSALS:

Pull-ups to the fixed bar

This exercise works all the muscles in the dorsal plane along with shoulder muscles and biceps.

With your hands placed wide apart, bring your chin up to the level of the bar.

The intensity of the exercise depends on your own weight.

At the beginning, only a few repetitions will be possible because your muscles won't be used to lifting your weight.

Work in series of 10 to 25 repetitions.

Start gradually if you are a beginner (3 series of 10 repetitions at the start then gradually increase the number of reps and series).



With your hands placed wide apart, raise your chin or nape of your neck to the bar, and control your descent without jerking. This exercise develops your dorsal muscles depthways.



With your hands placed close together, raise your to the bar, and control your descent without jerking.

This exercise develops your dorsal muscles depthways.

BACK STRETCH

This exercise soothes lower back pains and also stretches your latissimus dorsi.

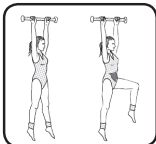
Only a doctor can diagnose back pain and indicate any counter-indications for this exercise.

Hold the bar with your hands wide apart.

With your knees bent, slowly raise your knees to your chest.

Hold the position for several seconds before uncoiling your legs.

You can also keep, with your hands placed wide apart and in a straight position, your legs tense to stretch your latissimus dorsi. Do not arch your back.



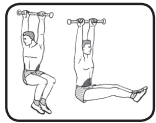
ABDOMINALS

Abs:

Hanging from the bar by your hands, do some leg raises (your knees touching your chest).

Obliques:

Hanging from the bar by your hands, do some leg raises (your knees touching your chest) while also rotating your pelvis.



WARRANTY

DOMYOS 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.

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

All products for which the warranty is applicable must be received by Domyos 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 carried out by technicians not accredited by Domyos
- Use for commercial purposes

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

OXYLANE - 4 BOULEVARD DE MONS - BP299
59665 VILLENEUVE D'ASCQ cedex - France

BT 200-100

Keep these instructions
Notice à conserver
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Păstrați instrucțiunile
Návod je třeba uchovat
Spara bruksanvisningen
Запазете упътването
Bu kılavuzu saklayınız
دليل يجب الاحتفاظ به
请妥善保管说明书
請保存說明書



DOMYOS

BT 200-100cm / 39,4 inch
0991.517



ИМПОРТЕР : ООО «Октобл», 141031, Россия, Московская область,
Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», владение 3, строение 3



www.domyos.com OXYLANE 4, bd de Mons - BP 299 - 59665 Villeneuve d'Ascq Cedex - France
Made in Portugal - Fabricado em Portugal - 葡萄牙制造 - Произведено в Португалии - İmal edildiği yer Portekiz
Réf. Pack : 1039.071 - IMPORTADO PARA O BRASIL POR IGUASPORT Ltda - CNPJ : 02.314.041/0001-88 - 合格品