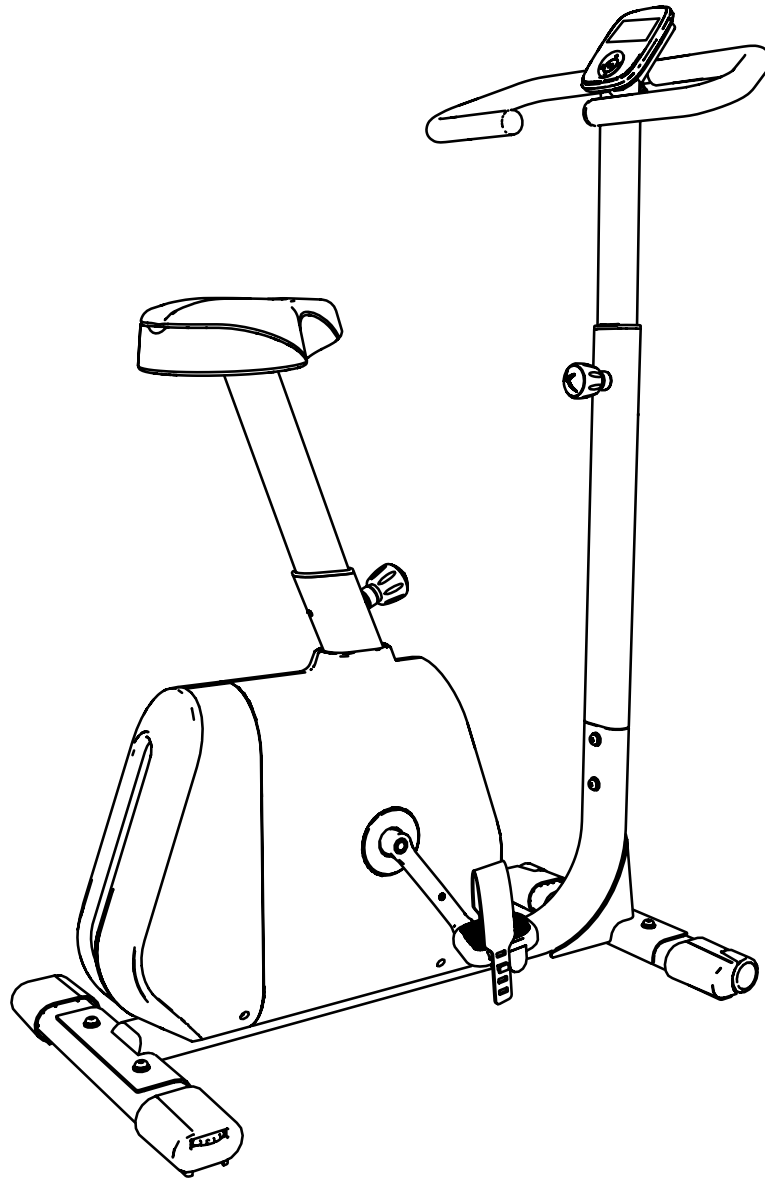


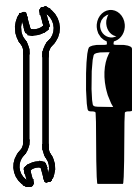
COMFORT BIKE



COMFORT BIKE

40 kg / 88 lbs
94 x 58 x 121 cm
37 x 23 x 47.6 in

Maxi
130 kg
287 lbs



45 min



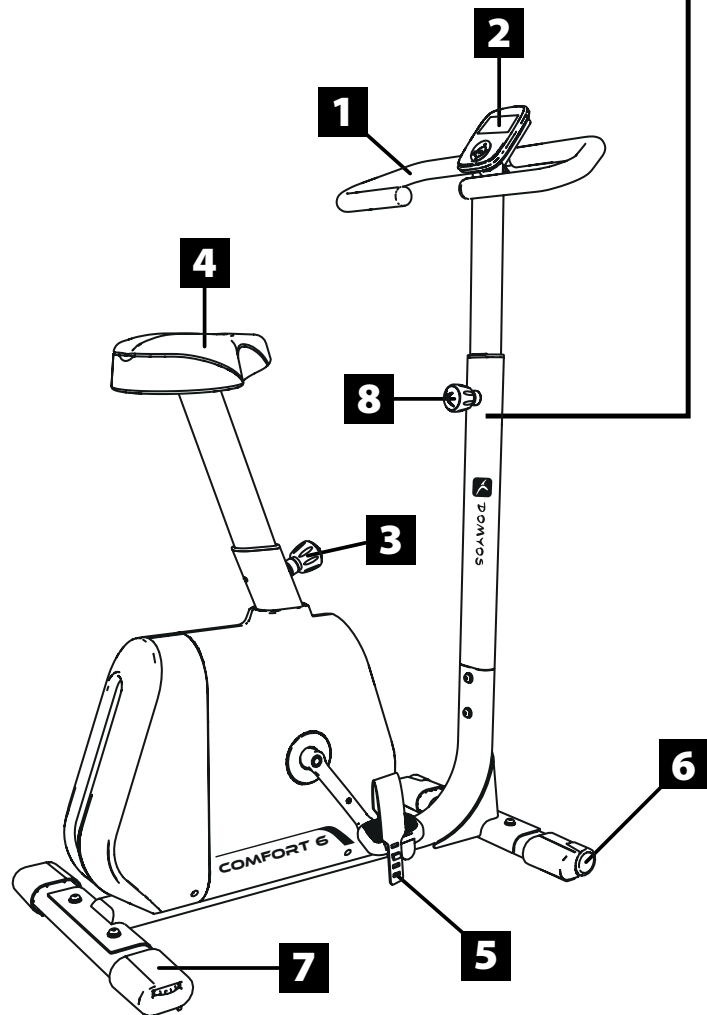
DOMYOS

- 1** EN Handlebars - FR Guidon - ES Manillar - DE Lenker - IT Manubrio - NL Stuur - PT Guiador - PL Kierownica - HU Kormány - RU Руль - RO Ghidon - SK Riadidlá - CS Madlo - SV Styre - BG Корми ло - TR Gidon - HR Upravljač - ZH 车把 - ZT 車把 - KO 핸들바 - AR مقود
- 2** EN Console - FR Console - ES Consola - DE Konsole - IT Console - NL Console - PT Consola - PL Konsola - HU Konzol - RU Консоль - RO Consolă - SK Konzola - CS Konzole - SV Konsol - BG Конзола - TR Konsol - HR Konzola - ZH 控制面板 - ZT 控制面板 - KO 콘솔 - AR لوحة التحكم
- 3** EN Release lever to adjust the saddle - FR Molette de réglage de la selle - ES Rueda de ajuste del sillín - DE Einstellrädchen des Sattels - IT Rotella di regolazione della sella - NL Instelknop zadel - PT Botão de regulação do selim - PL Pokrętło regulacji siodełka - HU Nyereg állítócsavar - RU Ручка регулировки седла - RO Buton de reglare a șeii - SK Nastavovacie koliesko sedla - CS Kolečko pro nastavení sedla - SV Reglagehjul till sadel - BG Кръгла ръчка за регулиране на седалката - TR Sele ayar düğmesi - HR Regulator sjedala - ZH 车座调节转轮 - ZT 車座調節轉輪 - KO 안장 조절용 조절 장치 - AR صامولة ضبط المقعد
- 4** EN Saddle - FR Selle - ES Sillín - DE Sattel - IT Sella - NL Zadel - PT Selim - PL Siodełko - HU Nyereg - RU Седло - RO Șa - SK Sedlo - CS Sedlo - SV Sadel - BG Се далка - TR Sele - HR Sjedalo - ZH 车座 - ZT 車座 - KO 안장 - AR مقعد
- 5** EN Pedal - FR Pédale - ES Pedal - DE Pedal - IT Pedale - NL Pedaal - PT Pedal - PL Pedal - HU Pedál - RU Педаль - RO Pedală - SK Pedál - CS Pedál - SV Pedal - BG Педал - TR Pedal - HR Pedalae - ZH 脚踏板 - ZT 脚踏板 - KO 페달 - AR بدال
- 6** EN Transport wheels - FR Roulette de déplacement - ES Rueda de desplazamiento - DE Transportrolle - IT Rotella di spostamento - NL Transportwielte - PT Rodinha de deslocação - PL Kółko do przemieszczania - HU Görgő a mozgathoz - RU Колесико для перемещения - RO Rotilă de deplasare - SK Premiestňovacie koliesko - CS Přemístovací kolečko - SV Transporthjul - BG Колелце за преместване - TR Taşıma makarası - HR Kotač za premještanje - ZH 移动滑轮 - ZT 移動滑輪 - KO 이동용 바퀴 - AR بكرة النقل
- 7** EN Levelling feet - FR Compensateurs de niveau - ES Compensadores de nivel - DE Niveauausgleicher - IT Compensatori di livello - NL Niveauregelaars - PT Compensadores de nível - PL Kompensatory poziomu - HU Szintkiegyenlítő - RU Компенсаторы уровня - RO Compensatori de nivel - SK Kompenzátory úrovně - CS Vyrovnávací podložky - SV Niv kompensatorer - BG Компенсатори на нивото - TR Yükseklik ayar tertibatları - HR Kompenzatori razine - ZH 平衡补偿器 - ZT 平衡補償器 - KO 수평조절 다리 - AR معاوضات المستوى
- 8** EN Release lever to adjust the handlebars - FR Molette de réglage du guidon - ES Rueda de ajuste del manillar - DE Einstellrädchen des Lenkers - IT Rotella di regolazione del manubrio - NL Instelknop stuur - PT Botão de regulação do guiador - PL Pokrętło regulacji kierownicy - HU Kormány állítócsavar - RU Ручка регулировки руля - RO Buton de reglare a ghidonului - SK Nastavovacie koliesko riadidiel - CS Kolečko pro nastavení madla - SV Reglagehjul till styre - BG Кръгла ръчка за регулиране на кормилото - TR Gidon ayar düğmesi - HR Regulator upravljača - ZH 车把调节转轮 - ZT 車把調節轉輪 - KO 핸들바 조절 장치 - AR صامولة ضبط المقود

This product, which complies with EN 957 class HC, GB17498 standard, is not designed for therapeutic use.

WARNING

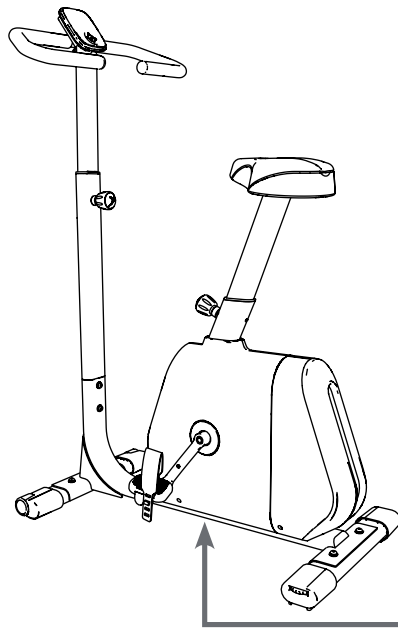
- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.
- Keep hands, feet and hair away from moving parts.



WARNING

WARNING EN

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



DOMYOS **DOMYOS** **DOMYOS**

DOMYOS - 581-350
72317
DP 52300H
TN: XXXXXXXX
DATE: WW-YYYY

DOMYOS - 581-350
72317
DP 52300H
TN: XXXXXXXX
DATE: WW-YYYY

DOMYOS - 581-350
72317
DP 52300H
TN: XXXXXXXX
DATE: WW-YYYY

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.
- 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.

WARNUNG DE

- Jeglicher unsachgemäße 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.

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 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.
- 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 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 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 zami eszczonych w niej ostrzeżeń i zaleceń.
- Nie pozwałać 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.

FIGYELMEZTETÉS HU

- A termék bármilyen helytelen használata súlyos sérüléseket okozhat.
- Használat előtt olvassa el figyelmesen a használati útmutatót és tartsa be benne lévő figyelmeztetések et és előírásokat.
- Ne engedje a gyermekeknek, hogy ezt a készüléket használják, és tartsa őket távol tőle.
- Ha a matrica megsérült, olvashatatlan vagy hiányzik, ki kell cserélni.
- Ne közelítse a kezeit, 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 cu desăvârșire, acesta trebuie înlocuit.
- Nu apropiați mâinile, picioarele sau părul de piesele aflate în mișcare.
- A nu se utiliza în scopuri terapeutice.

UPOZORNENIE SK

- Akékoľvek nevhodné použitie môže mať za následok vážne poranenia.
- Pred použitím si pozorne prečítajte návod na použitie a dodržiavajte všetky varovania a pokyny, ktoré obsahuje.
- Neodovetle deťom, aby tento prístroj používali a mali k ňomu prístup.
- Ak je samolepiaci štítko poškodený, nečitateľný alebo chýba, odporúča sa ho vymeniť.
- Neďavajte ruky, nohy a vlasy do blízkosti pohyblivých dielov.
- Nevhodné na terapeutické účely.

UPOZORNĚNÍ CS

- Nesprávné používání tohoto výrobku může vést k vážným zraněním.
- Před každým použitím si pečlivě přečtěte návod k použití a dodržujte veškerá upozornění a pokyny v něm obsažené.
- Neodovetle 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 däri.
- 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

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

UYARI TR

- Bu ürününi uygun bir şekilde kullanılmaması ciddi yaralanmalara yol açabilir.
- Kullanmadan önce, kullanım kılavuzunu dikkatlice okuyun ve içerdigi uyarıların ve talimatların tamamını dikkate alın.
- Çocukların bu makineyi kullanmasına izin veremeyin ve onları makineden uzak tutun.
- Kendinden yapışkanlı etiket zarar görmüş, okunaksız veya yerinde değil ise, yerine yenisinin konulması gerekir.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareket halindeki hiçbir parçaya yaklaştırmayın.
- Terapötik amaçla kullanılmaz.

UPOZORENJE HR

- Svaka zloropora 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, nečitljiva ili nedostaje, trebalo bi je zamijeniti.
- Ne približavajte vaše ruke, noge i kosu pokretnim dijelovima.
- Nije prikladno za terapijske svrhe.

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。

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ったりはがれている場合は、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。

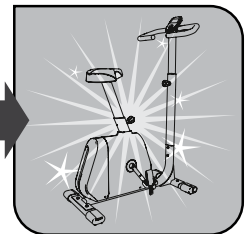
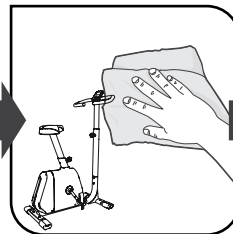
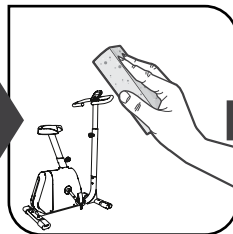
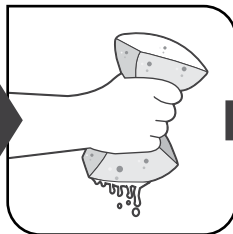
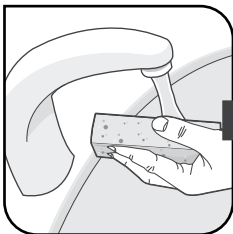
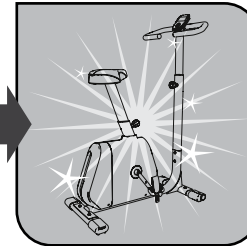
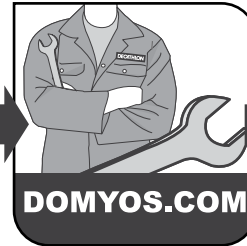
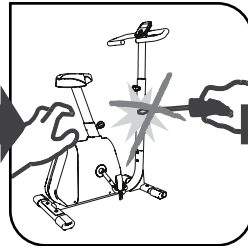
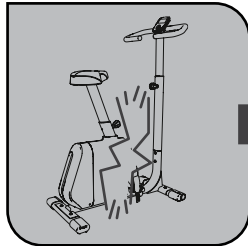
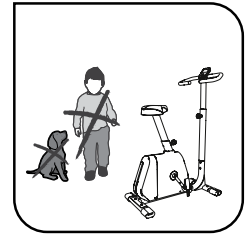
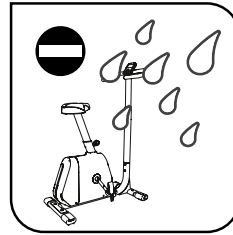
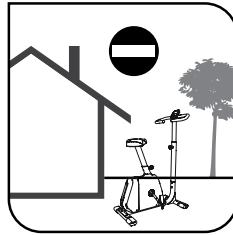
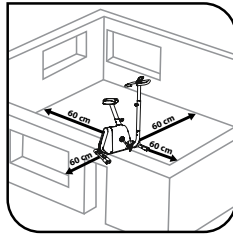
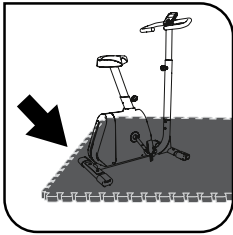
注意事項 ZT

- 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。

تنبيه AR

- يمكن لسوء استخدام هذا المنتج أن يسبب في إصابات خطيرة.
- قبل أي استخدام، يرجى قراءة دليل الاستخدام بعناية والتابع 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 وشعرتك من جميع الأجزاء المتحركة.
- غير مناسبة للأغراض العلاجية.

**SAFETY • SÉCURITÉ • SEGURIDAD • SICHERHEIT • SICUREZZA • VEILIGHEID •
SEGURANÇA • BEZPIECZEŃSTWO • BIZTONSÁG • МЕРЫ БЕЗОПАСНОСТИ • SIGURANȚĂ
• BEZPEČNOSTĚ • BEZPEČNOST • SÄKERHETSANVISNINGAR • БЕЗОПАСНОСТ • GÜVENLİK
• SIGURNOST • 安全 • 安全 • 안전 • احتياطات أمنية**

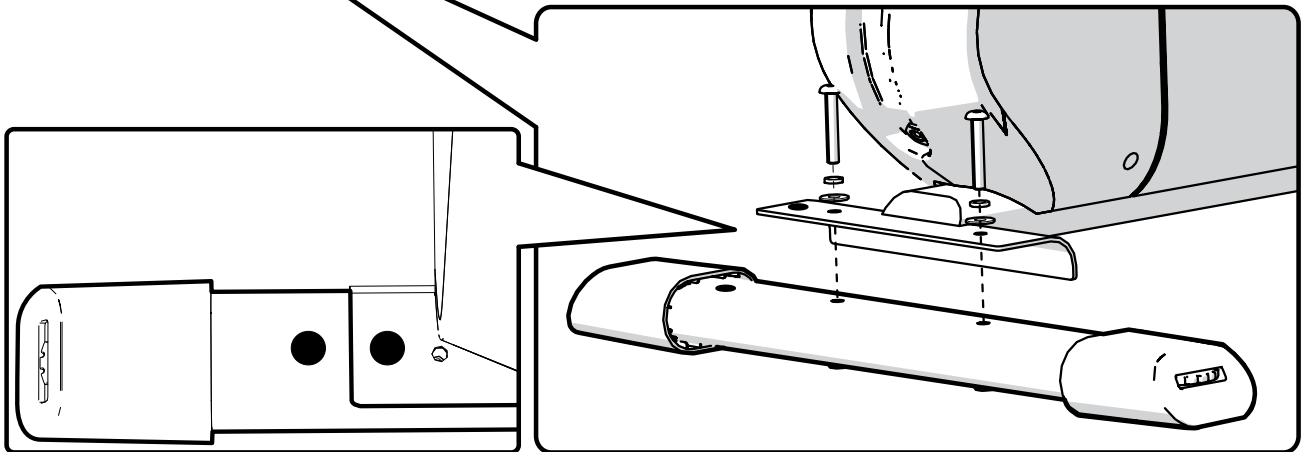
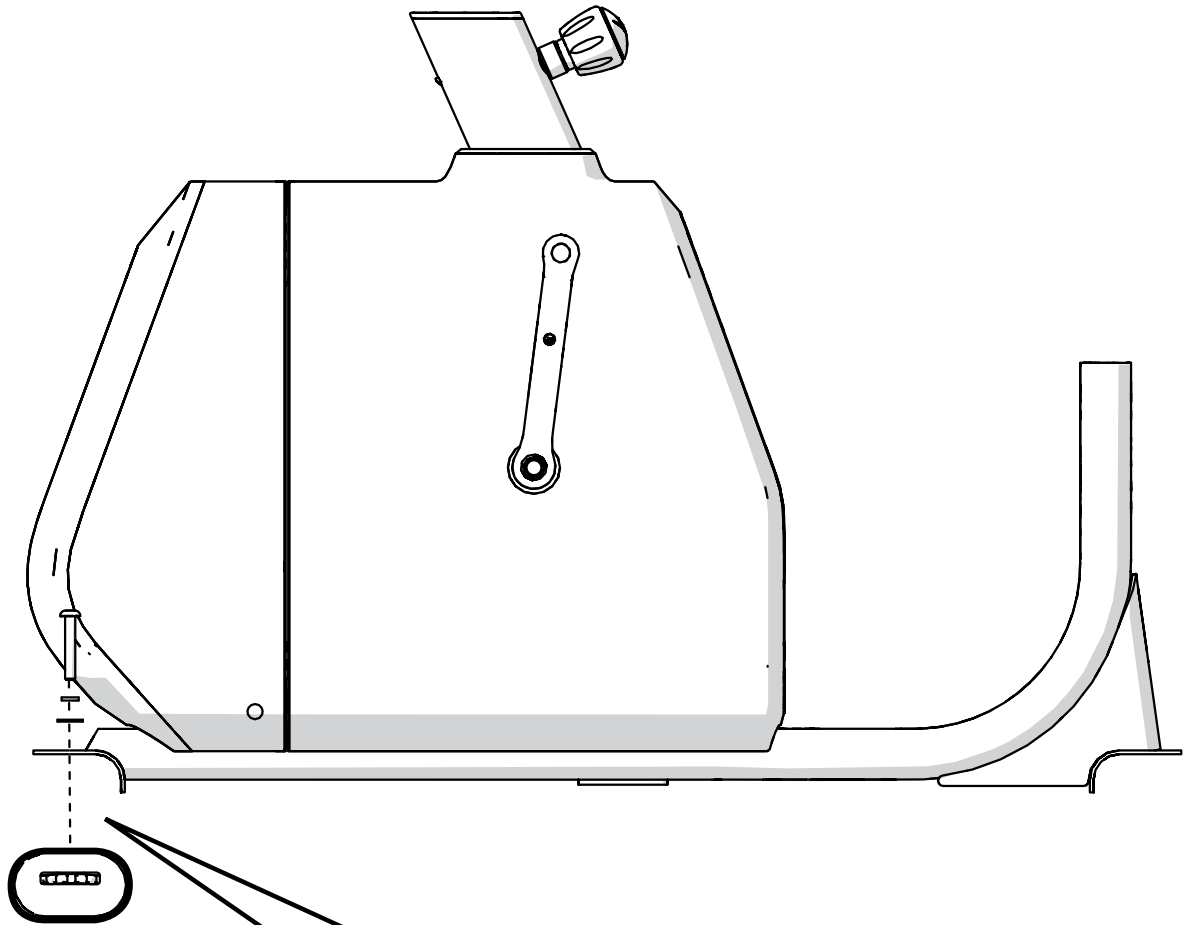
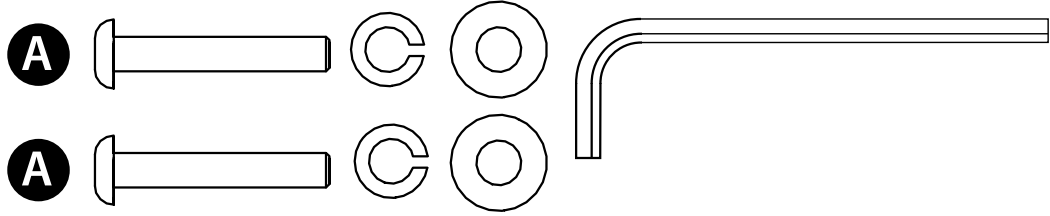


ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •
MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ •
MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA • 安装 • 安装 • 조립 • التركيب



45 min

1

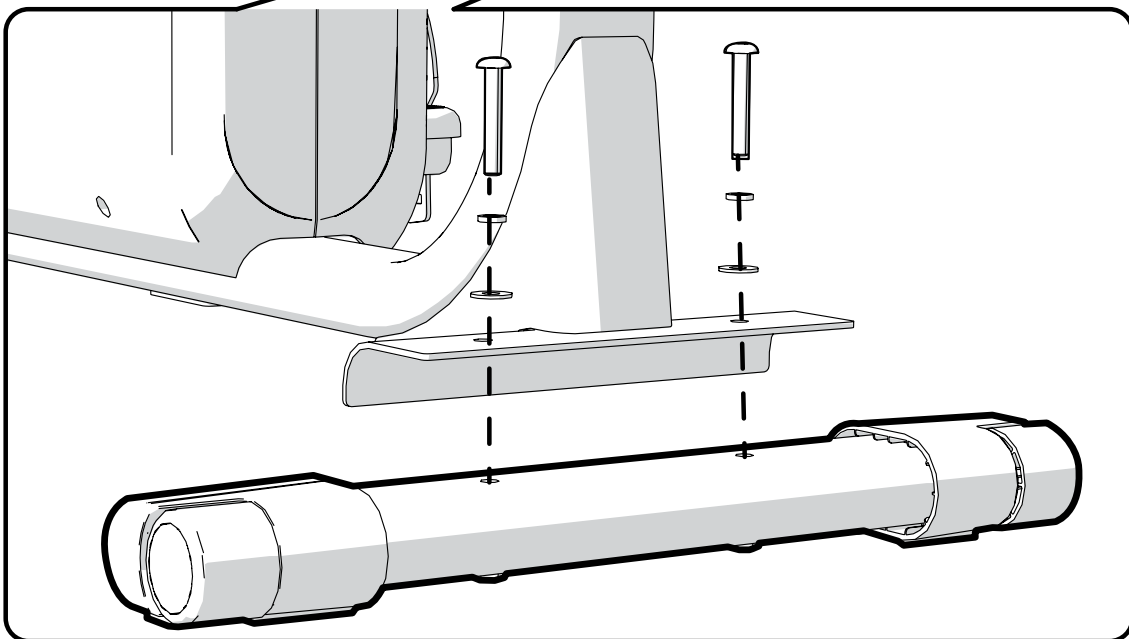
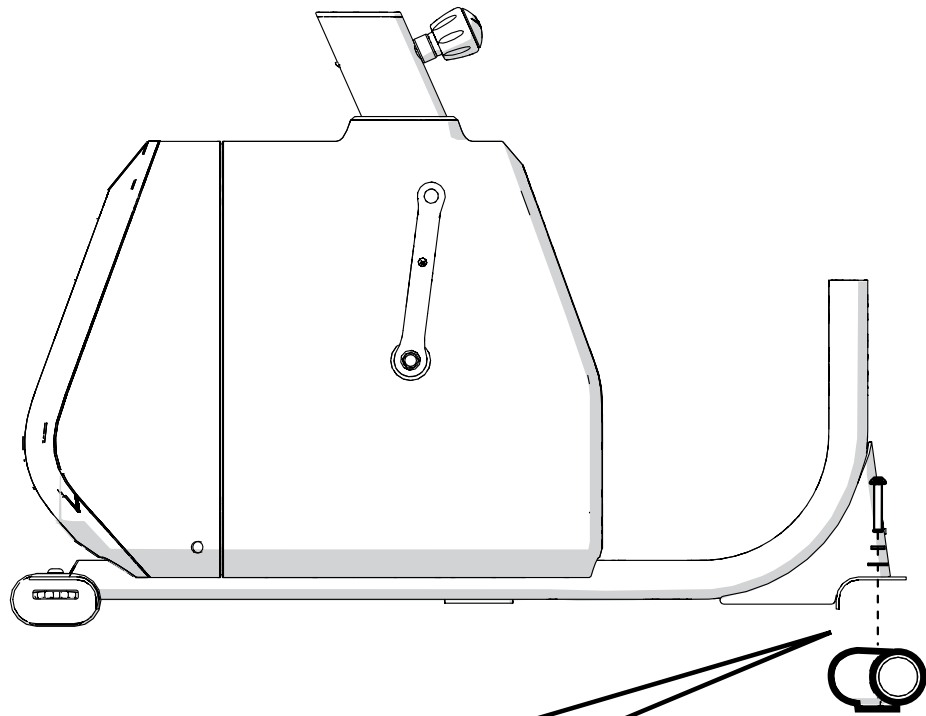
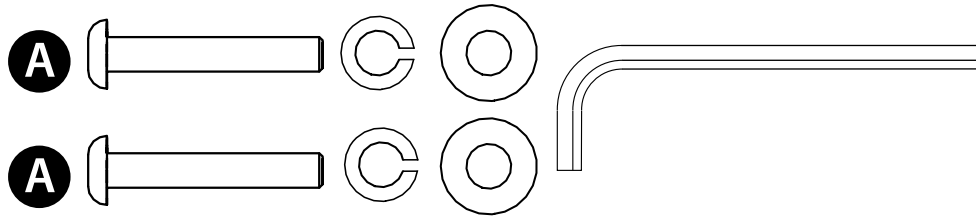


ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •
MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ •
MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA • 安装 • 安装 • 조립 • التركيب

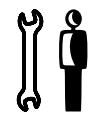


45 min

2

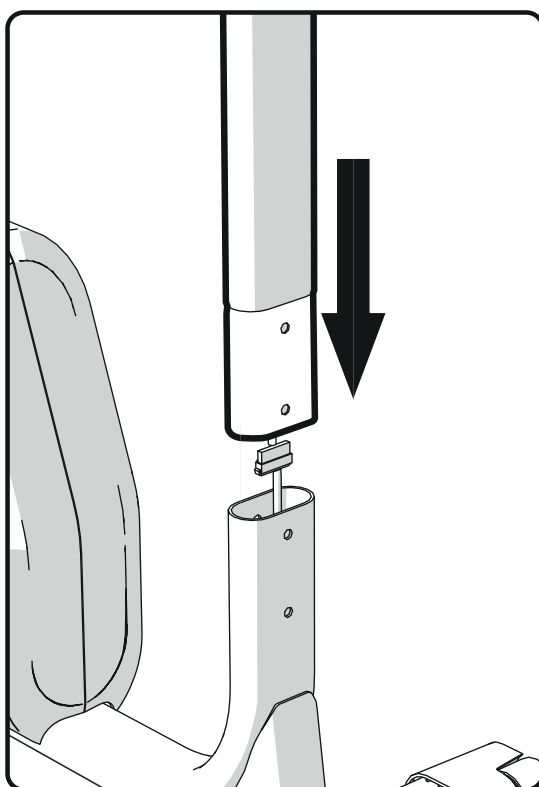
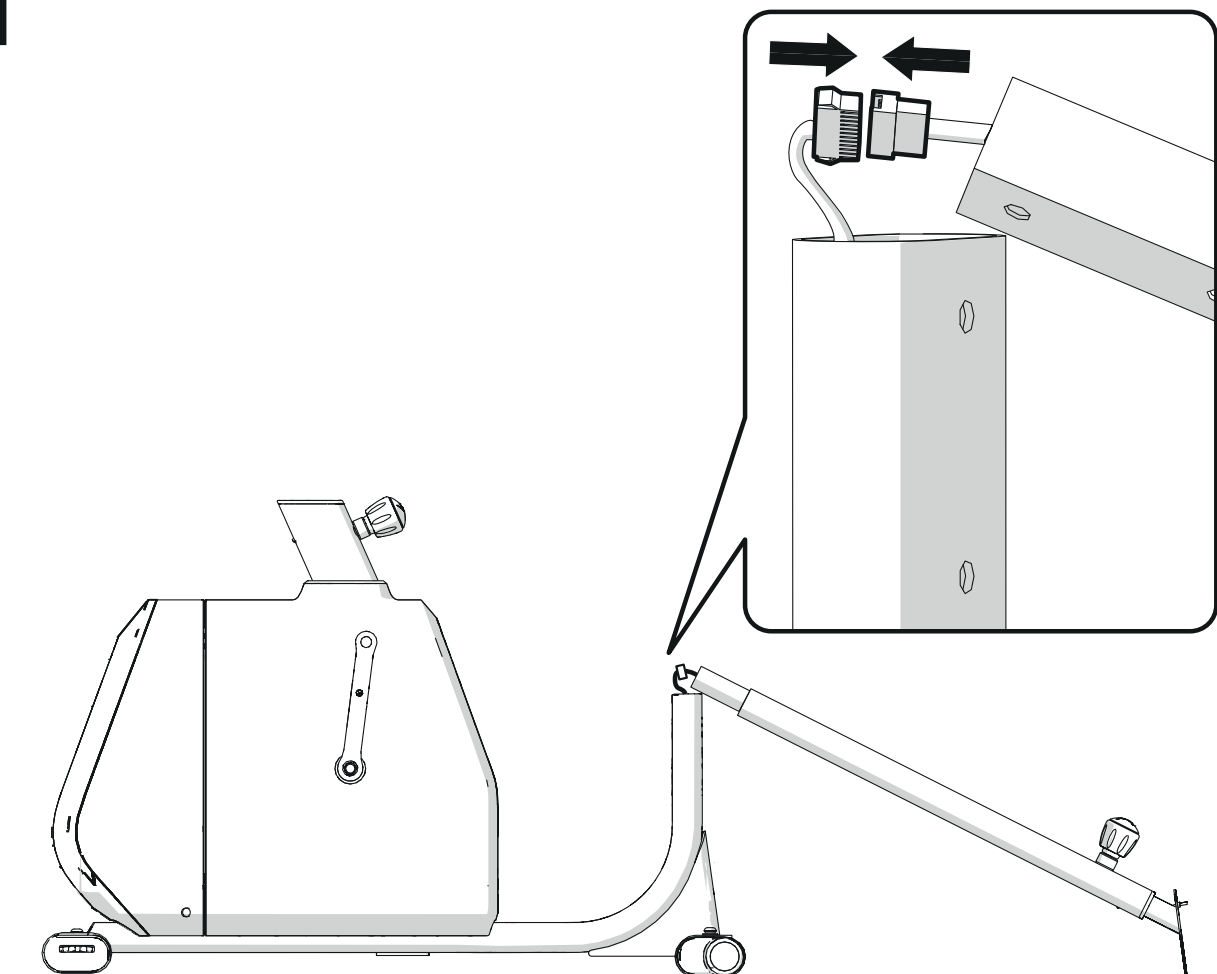


ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •
MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ •
MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA • 安装 • 安装 • 조립 • التركيب

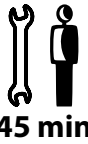


45 min

3

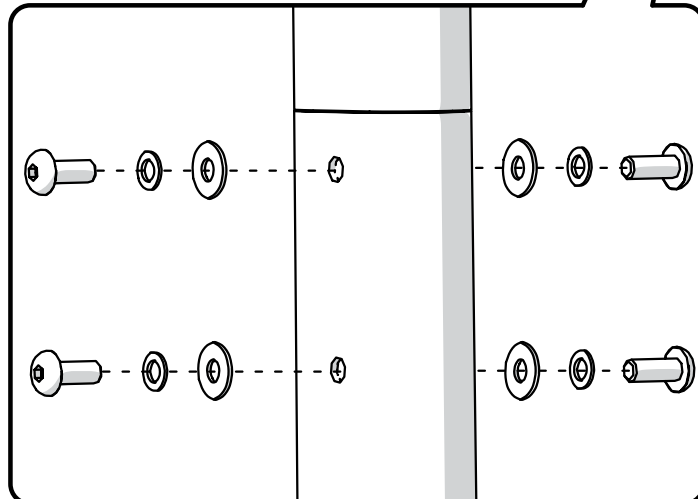
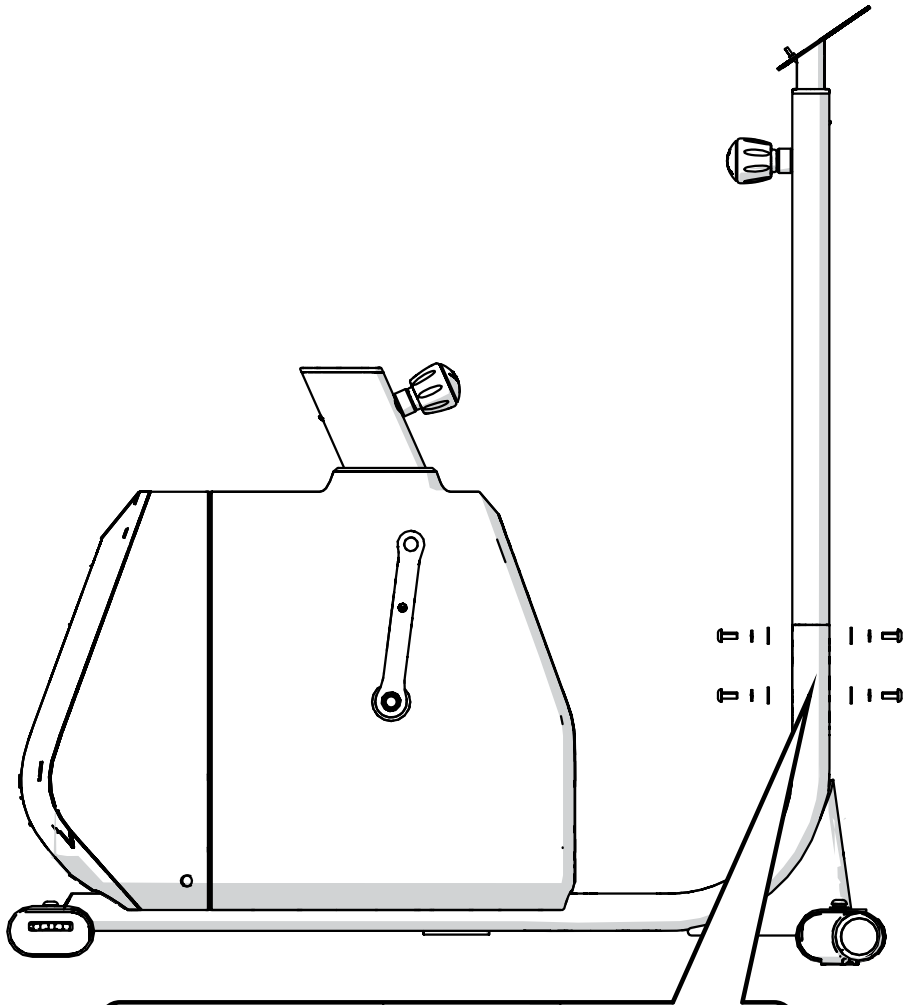
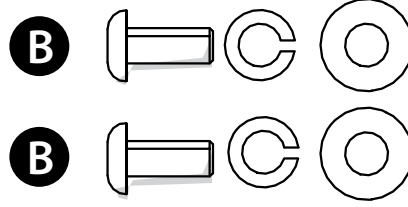
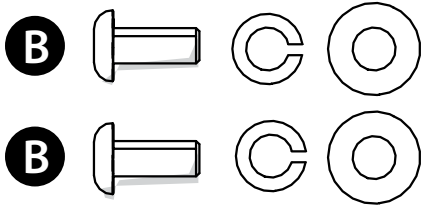


ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •
MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ •
MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA • 安装 • 安装 • 조립 • التركيب

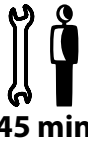


45 min

4

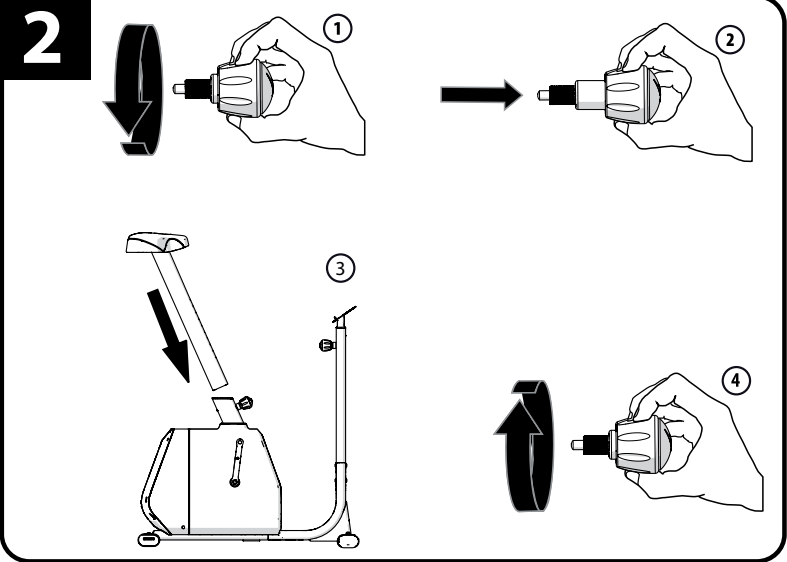
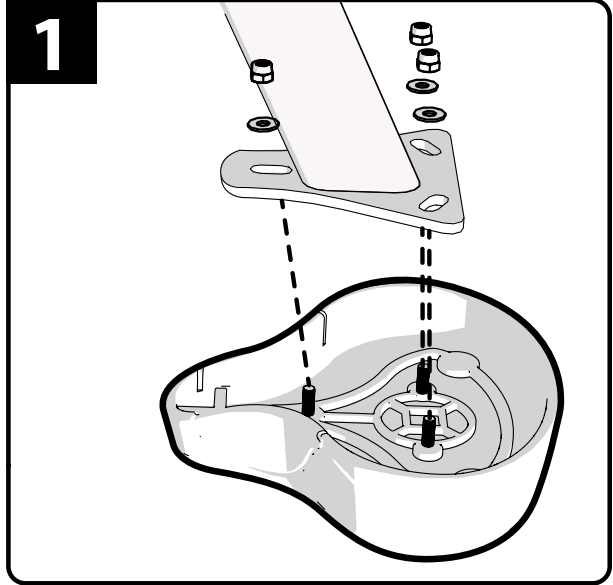
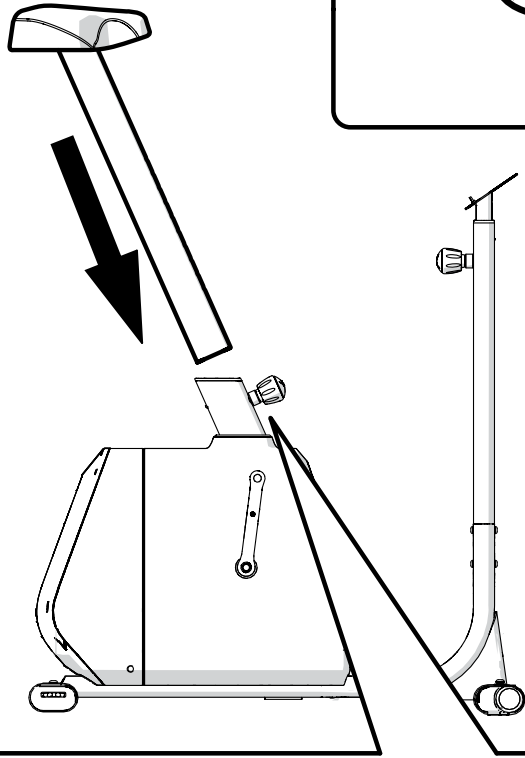
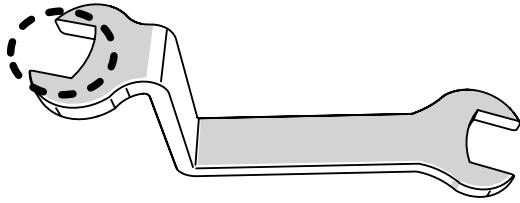


ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •
MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ •
MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA • 安装 • 安装 • 조립 • التركيب



45 min

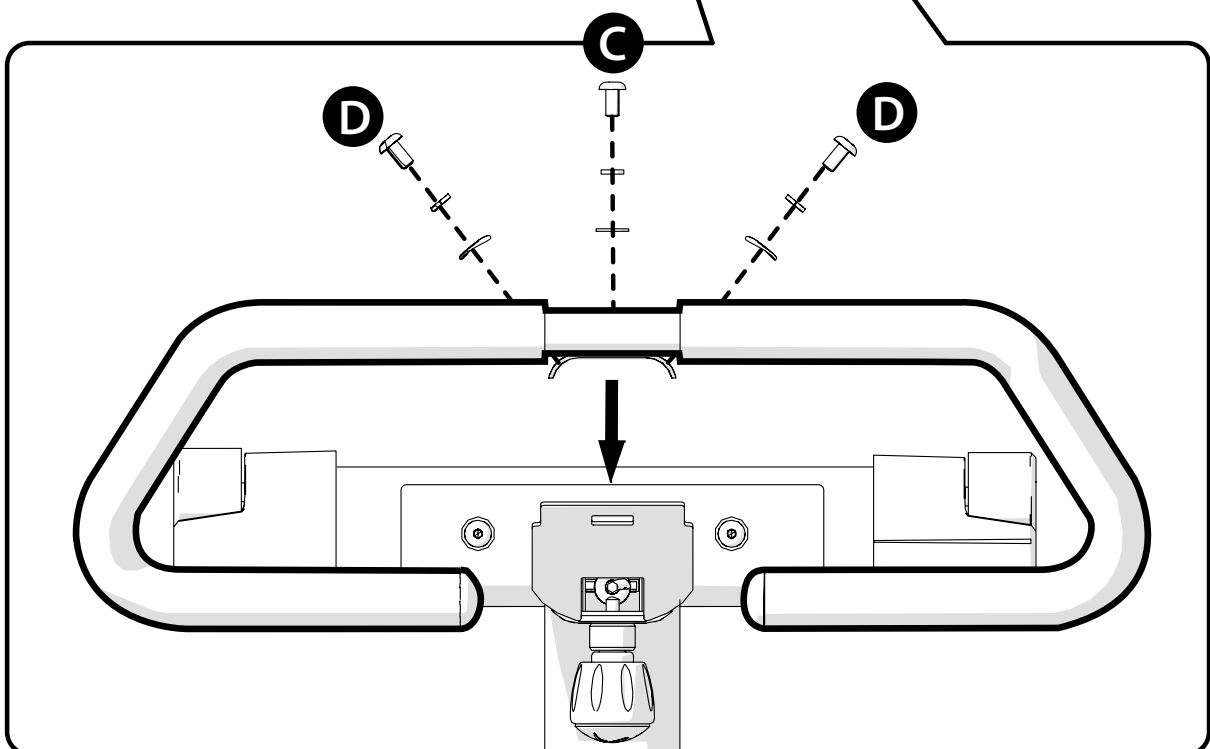
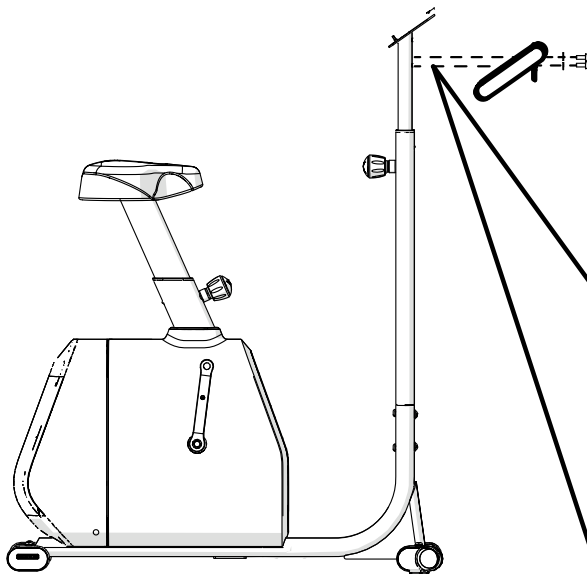
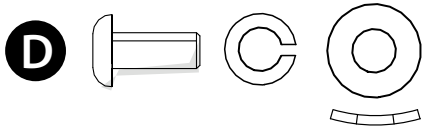
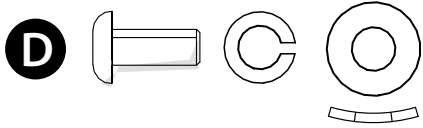
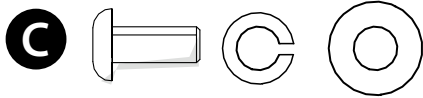
5



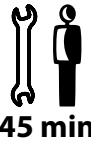
ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •
MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ •
MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA • 安装 • 安装 • 조립 • التركيب


45 min

6

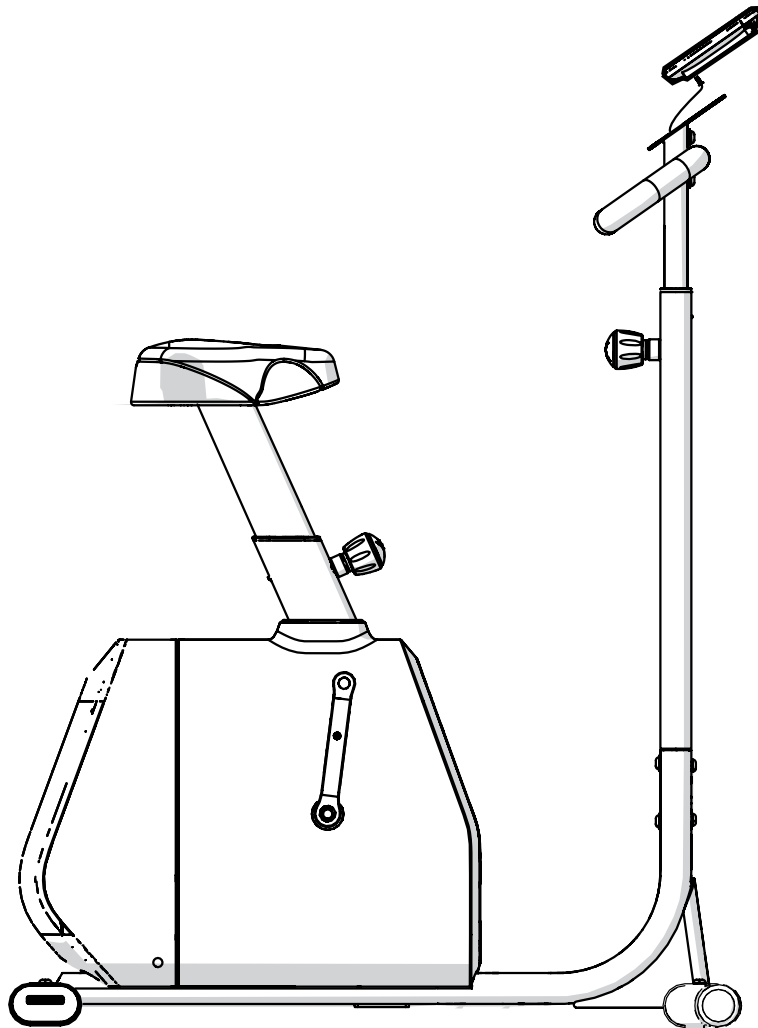
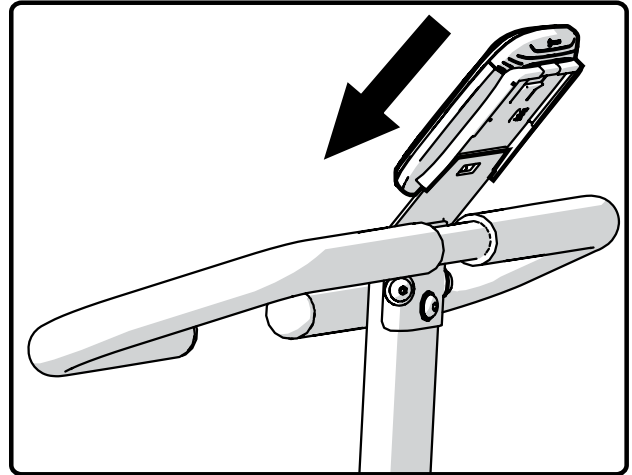
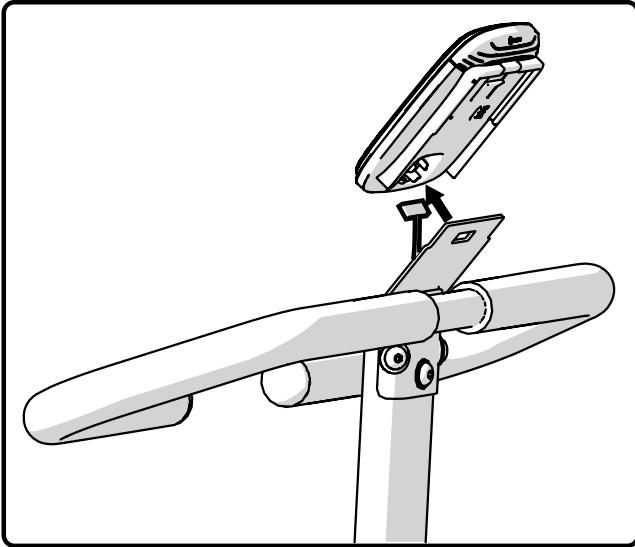


ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •
MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ •
MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA • 安装 • 安装 • 조립 • التركيب



45 min

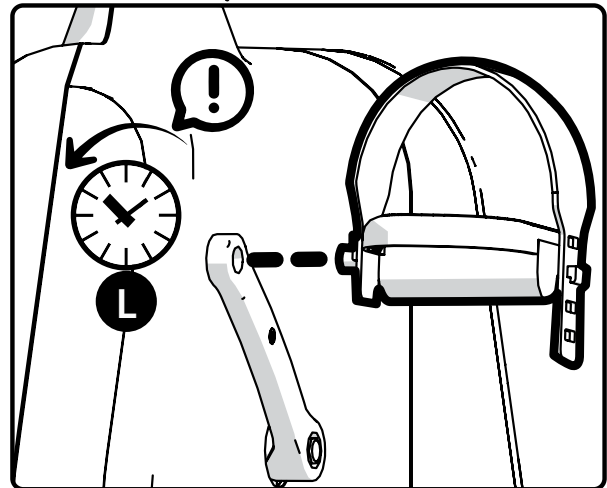
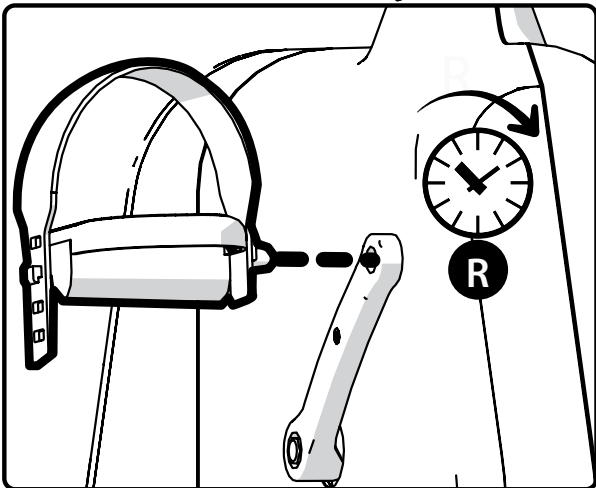
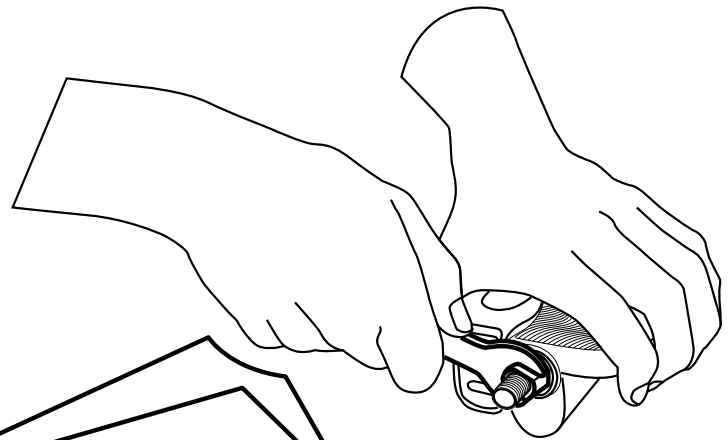
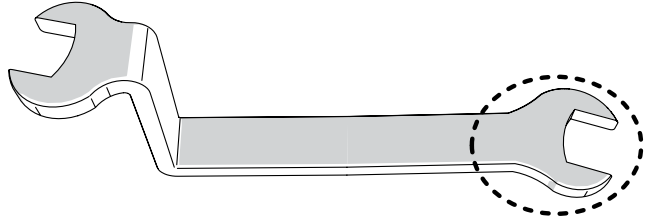
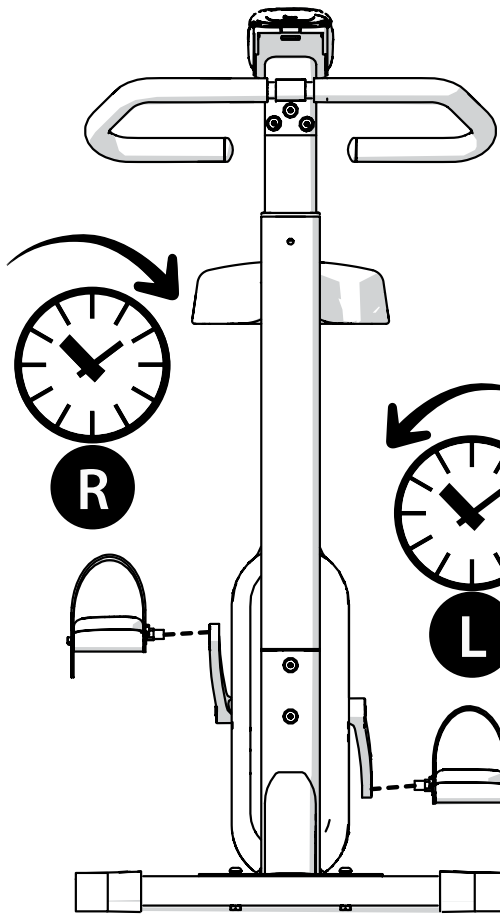
7



ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •
MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ •
MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA • 安装 • 安装 • 조립 • التركيب


45 min

8



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

Whether you are a beginner or a high level athlete, DOMYOS is there to help you stay fit or increase your fitness. Our teams are always pushing themselves to create the best possible products for you to use. However if you have any comments, suggestions or questions, you can voice them on our website: DOMYOS.COM.

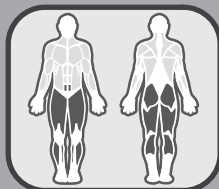
On the website you will also find training advice and support.

We wish you all the best for your training and hope that this DOMYOS product will meet all your needs.

PRESENTATION

The specially designed frame geometry of this bike enables an anatomical riding position. This product is equipped with a magnetic drivetrain, which provides very comfortable pedaling without any jolting. An exercise bike is an excellent form of cardio training. Training on this device aims to increase your cardiovascular capacity. Using this principle, you will improve your fitness, your endurance and you will burn off calories (essential exercise for losing weight, when combined with a diet). An exercise bike will help you to tone your legs and buttocks and also helps to exercise the calf muscles and the lower abdominal area.

PARTS OF THE BODY BEING EXERCISED



WARNING

Fitness must be practised in a CONTROLLED way. Before starting any exercise program, consult your doctor. It is particularly important for people over the age of 35 years, people who have a history of health problems, or if you haven't practised sports for several years.

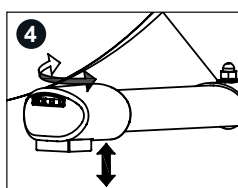
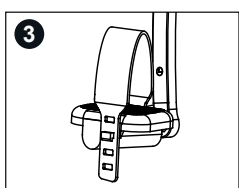
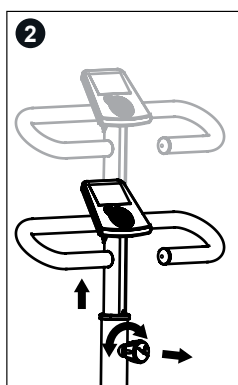
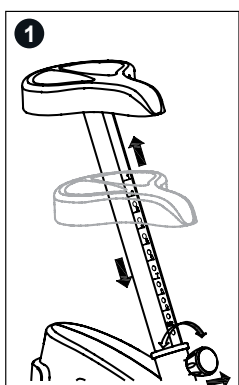
Read all instructions before use.

GENERAL RECOMMENDATIONS

1. The owner is responsible for ensuring that all the users of this product are properly informed as to how to use this product safely.
2. Domyos disclaims all liability 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. Wear sports shoes to protect your feet while exercising. DO NOT wear loose or hanging garments which could get caught up in the machine. Take off all jewellery. Put your hair up so that it does not get in the way during exercise.
7. People wearing a pacemaker, a defibrillator or any other implanted electronic device are warned that they use the heart rate sensor at their own risk.
8. It is inadvisable for pregnant women to use the heart rate sensor.
9. WARNING! Heart rate monitoring systems can be inaccurate. Overexertion may result in serious injury and even death. You must stop your workout immediately if you have any pain or start to feel ill.
10. Only use the product with the adaptor provided.

SETTINGS

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



1 - HOW TO ADJUST THE POSITION OF THE SEAT

Adjust the height of the saddle to the level of your hip. In order to ensure effective exercise, the seat must be at the right height, that is, your knees must be slightly bent, when the pedals are in the lowest position, during pedaling. In order to adjust the seat, unscrew it, making several turns, and pull out the knob from the seat tube. Adjust your seat to the right height, reinsert the knob in the seat tube and fully tighten it.

WARNING:

- Make sure that the button has been returned to its original position in the seat tube and fully tighten it.
- Do not exceed the maximum height of the seat.

2 - HOW TO ADJUST THE HANDLEBAR

In order to adjust the handlebar height, unscrew it a little way, and pull on the knob on the main frame. Adjust your handlebars to the right height and insert the knob in the main frame again. Tighten it completely.

WARNING:

- Ensure that the handlebar tube is properly in place and fully tighten it.
- Do not exceed the maximum height of the handlebar tube.

3 - HOW TO ADJUST THE PEDAL STRAPS

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

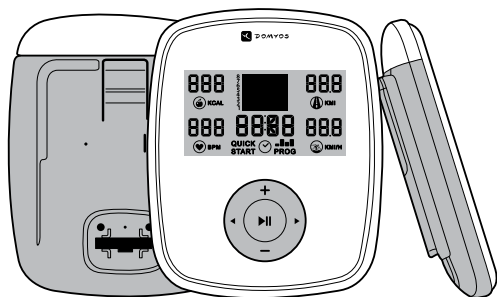
4 - STABILISING THE BIKE

If the bike is unstable during use, turn one of the knobs located on the sides of the rear foot, or both rear feet, until the bike is made stable.

■ CONSOLE

Your console includes many functions designed to improve your exercise regime. Below you will find instructions to help you use it easily.

■ PRESENTATION

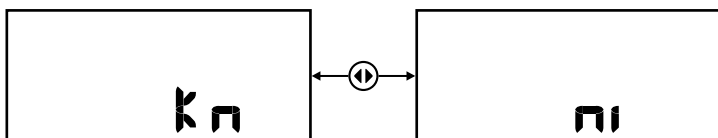


1. **BUTTON** : Central button to switch on the console, select menus, confirm your choices, start a training session, take a break, stop a training session, switch off the console.
2. **BUTTONS** and : Adjust (increase or decrease) the pedaling difficulty.
3. **BUTTONS** and : Browse through the menus.
4. **RESET**: Reset the selection.
5. **SELECTION SWITCH**: Select your type of device (CT, RO, EB)
 CT: cross trainer
 EB: exercise bike
 RO: rowing machine

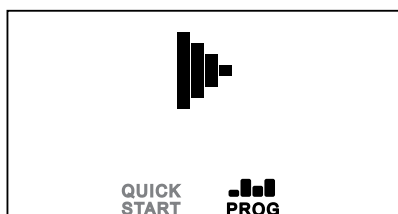
■ KM / Mi

By default, your console shows your distance and speed in km and kph. In order to switch to Miles (Mi):

1. Switch off the console.
2. Hold down the central button for more than 3 seconds.
3. Select the unit with the buttons.
4. Confirm by pressing the central button . The console automatically goes to the home screen.



■ THE HOME SCREEN



It's the first screen that is displayed when you switch on the console. The QUICK START menu allows you to start a free training session. The PROGRAM menu allows you to choose a training session from 7 options.

■ MENU

▶ QUICK START

Start to pedal or press the central button, . You may start your session.

In order to adjust the pedaling difficulty, press the or buttons.

In order to pause, press the central button or stop pedaling.

In order to restart (no later than 15 minutes after the start of the break), press the central button again or restart pedaling.

If you wear a non-coded analogue heart rate monitor belt, your heart rate will be detected automatically.

To stop the session before the end, hold the central button down for a few seconds.

In order to switch off the console, hold the central button down once you have returned to the home screen.

The console switches off automatically after 15 minutes of inactivity.

PROGRAM

Select the program menu using the buttons. Then confirm using the button.

In the program menu, select the profile from the 7 options using the buttons. Then confirm the selection using the button.

Select the session time using the and buttons (by default, the session time is set to 30 minutes), then confirm using the button or start pedaling.

You may start your session.

In order to adjust the pedaling difficulty, press the or buttons.

In order to restart (no later than 15 minutes after the start of the break), press the central button again or restart pedaling.

If you wear a non-coded analogue heart rate monitor belt, your heart rate will be detected automatically.

To stop the session before the end, hold the central button down for a few seconds.

In order to switch off the console, hold the central button down once you have returned to the home screen.

The console switches off automatically after 15 minutes of inactivity.

Program profiles.

Time period by default = 30 minutes (except 'Quick-Start' where the time is increased in increments), which can be adjusted using the + and - buttons.

One vertical block (8 in all) = 1 resistance level.

A. 'QUICK-START' mode:



Benefit: Quick to use.

Description: Get onto the bike and pedal freely.

B. 'PERF' program:



Benefit: Performance.

Description: High intensity intervals to improve endurance and significantly increase muscular effort. Ideally, maintain a regular cadence throughout the session. The lower levels of resistance can be used as recovery phases.

Exercise at 90% of your HR max when at the peaks.

* (HR coaching on the following page).

C. 'PULS' program:



Benefit: Toning.

Description: Double ascent - adjust the cadence according to the level of resistance.

High resistance level = low cadence in order to increase the muscular effort.

Exercise at 80% of your HR max.

* (HR coaching on the following page).

D. 'KCAL 01' program:



Benefit: Lose weight (Level 1).

Description: Low intensity double plateau - maintain a relatively fast cadence throughout the training session.

Exercise at 70% of your HR max.

Advice: preferably keep your hands in place during the exercise.

* (HR coaching on the following page).

E. 'KCAL 02' program:



Benefit: Lose weight (Level 2).

Description: Low intensity intervals in order to remain within the target zone, using a higher level of muscular effort than in level 1.

Exercise at 80% of your HR max.

* (HR coaching on the following page).

F. 'FIT 01' program:



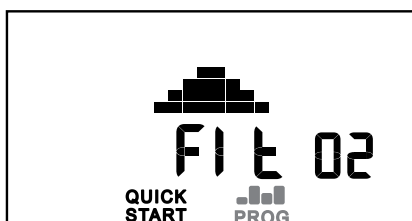
Benefit: fitness (Level 1).

Description: 2 peaks of effort included in an exercise sequence, which includes a gradually increasing and decreasing phase.

Exercise at 70% of your HR max.

* (HR coaching on the following page).

G. 'FIT 02' program:



Benefit: fitness (Level 2).

Description: Maintain a high volume of exercise throughout the sequence, which includes a gradual increase phase, a peak of effort and a gradual decrease phase.

Exercise at 80% of your HR max.

* (HR coaching on the following page).

H. 'SOFT' program:



Benefit: Flat course.

Description: Course which can be fully customised, with a summary of the levels of performance at the end of the session.

I. Return to the main menu:



■ HEART RATE COACHING

(the measurement of the HR requires the use of a non-coded analogue-type heart rate monitor belt).

Calculation of the maximum heart rate (HR max):

For women: $226 - \text{the age}$.

For men: $220 - \text{the age}$.

Adjustment for the level of fitness:

Add 10 for beginners and people who do not exercise.

Use the basic calculation above for those who exercise occasionally.

Take away 10 for people who exercise regularly.

The HR max, associated with the objective:

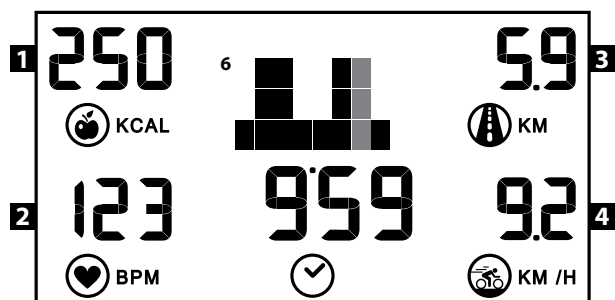
Recovery phase: 60% of the HR max.

Gently getting back in shape or losing weight: 65%-80% of the HR max.

Improving endurance: 80-90%.

Improving performance > 90%.

■ SCREEN DURING THE SESSION



1. Calories burned in kcal.

2. Heart rate in beats per minute (user must be wearing a non-coded analogue heart rate monitor belt).

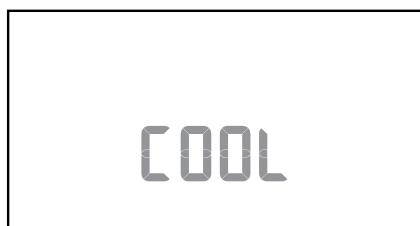
3. Distance in km (or Mi).

4. Speed in kph (or mph).

5. Time remaining to the end of the session (or total time since the beginning of the session, in the case of a quick-start session).

6. Scale of the intensity of the effort

■ SUMMARY OF THE PERFORMANCE LEVELS



The summary of your performance levels will be automatically displayed at the end of your session during the 2-minute recovery period.

You can see:

- your average heart rate (if you have been wearing a non-coded analogue-type heart rate monitor built during your session);

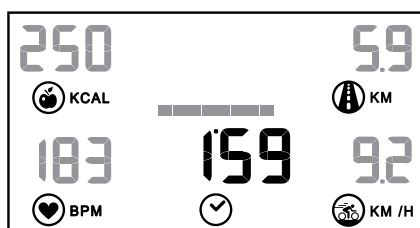
- an estimate of the number of calories burned;

- your average speed;

- the distance travelled.

In order to adjust the pedaling difficulty, press the **+** or **-** buttons.

In order to stop the summary of your performance levels before the end, hold down the central button for a few seconds.



■ TROUBLESHOOTING

If the console does not switch on:

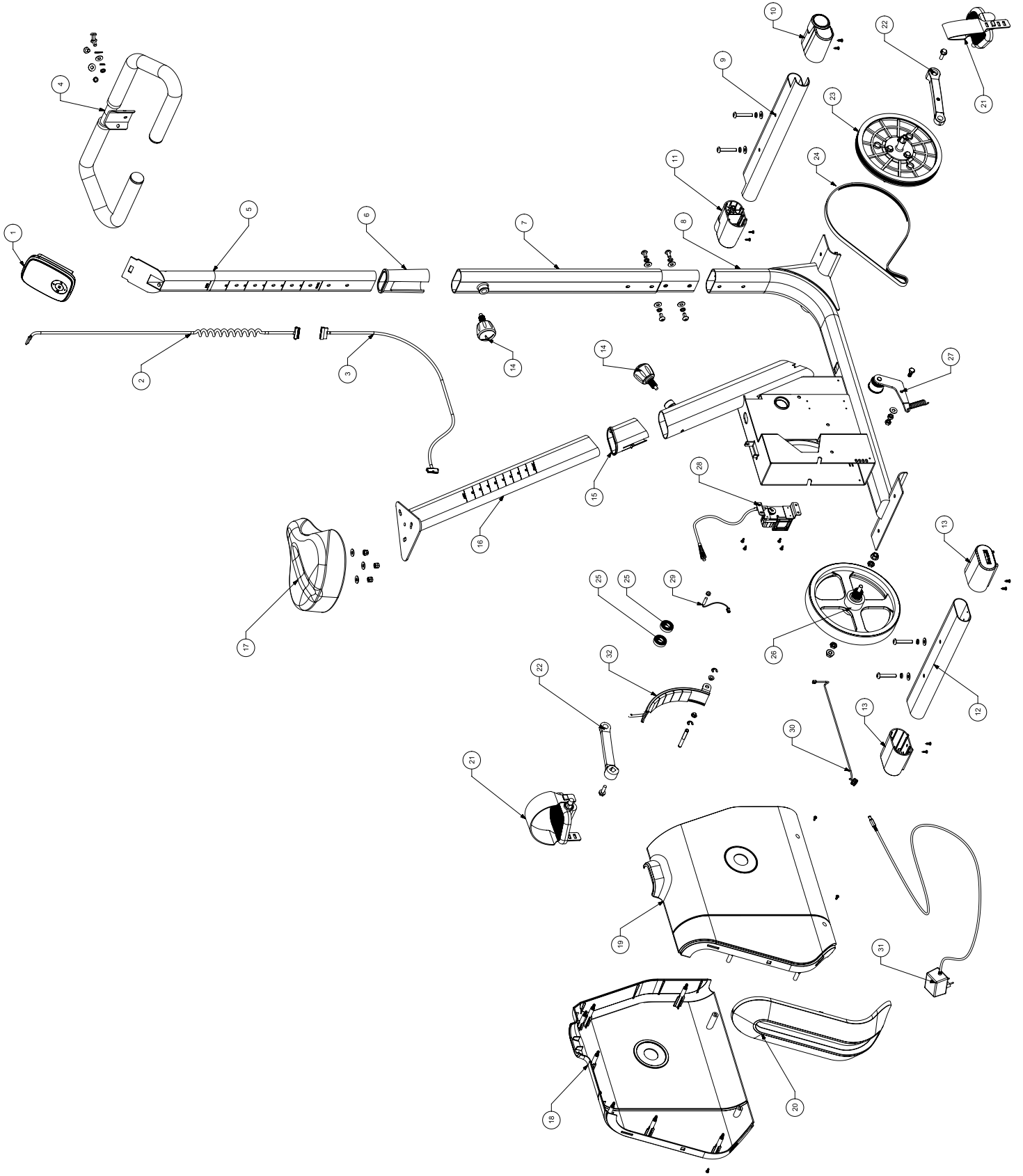
- Check that the adaptor is connected to the bike;

- 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).



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 • 售后服务 • アフターサービス • 售後服務 • 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.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

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.

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 LANDE

Nog vragen?

Raadpleeg onze internetsite 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 (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

Potrzebuješz 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, с товарным 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

Potrebujeate asistenciu?

Nájdite si nás na internetových stránkach www.domyos.com (cena internetového pripojenia), alebo sa obráťte na oddelenie styku so zákazníkmi 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.

DIĞER ÜLKELER

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 aldığımız mağazanızın danışma bölümüne başvurabilirsiniz.

OSTALE ZEMLJE

Potrebna 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.

其他國家

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下さい。

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。

دول أخرى

هل تحتاج إلى مساعدة؟

اتصل على عبر موقعنا الإلكتروني

www.domyos.com

(تكلفة اتصال بالإنترنت) أو توجه إلى

المحل الذي اشتريته منه المنتج والذي

يوجد به علامة الشركة، واحرص على

تقديم إثبات الشراء.

COMFORT 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
请保留说明书
請保留原始說明書
보관해야 할 사용설명서 원본
يرجى الاحتفاظ بهذه النشرة

DECATHLON

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 «Октобл», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», владение 3, строение 3 - +7(495)6414446 - велосипед - 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 Istanbul, TURKEY

生产商: 苏州迪奇运动器械有限公司, 江苏省苏州高新区鹿山路369号23号厂房 邮编:215129 - 产品等级: 合格品 - 中国制造 - EN ISO 20957-1 2013 - EN 957-5 2009 HC - GB 17498-1 2008 - GB 17498-5 2008 - 品名: 室内健身车 - 主要成分: 胶体 - 商标: DOMYOS - 质检证明: 合格

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: 室內自行車 - 主要成分: 金屬

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



ref pack: 786.835



DOMYOS.COM