

AB 140

AB 140

NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG

ISTRUZIONI PER L'USO
GEbruikSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
使用说明书

Notice à conserver
Keep these instructions
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Conservar instrucciones
Bewaar deze handleiding
Instruções a conservar
Bevar vejledningen
Zachowaj instrukcję
请妥善保管说明书

DECATHLON

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www.decathlon.com

D O M Y O S

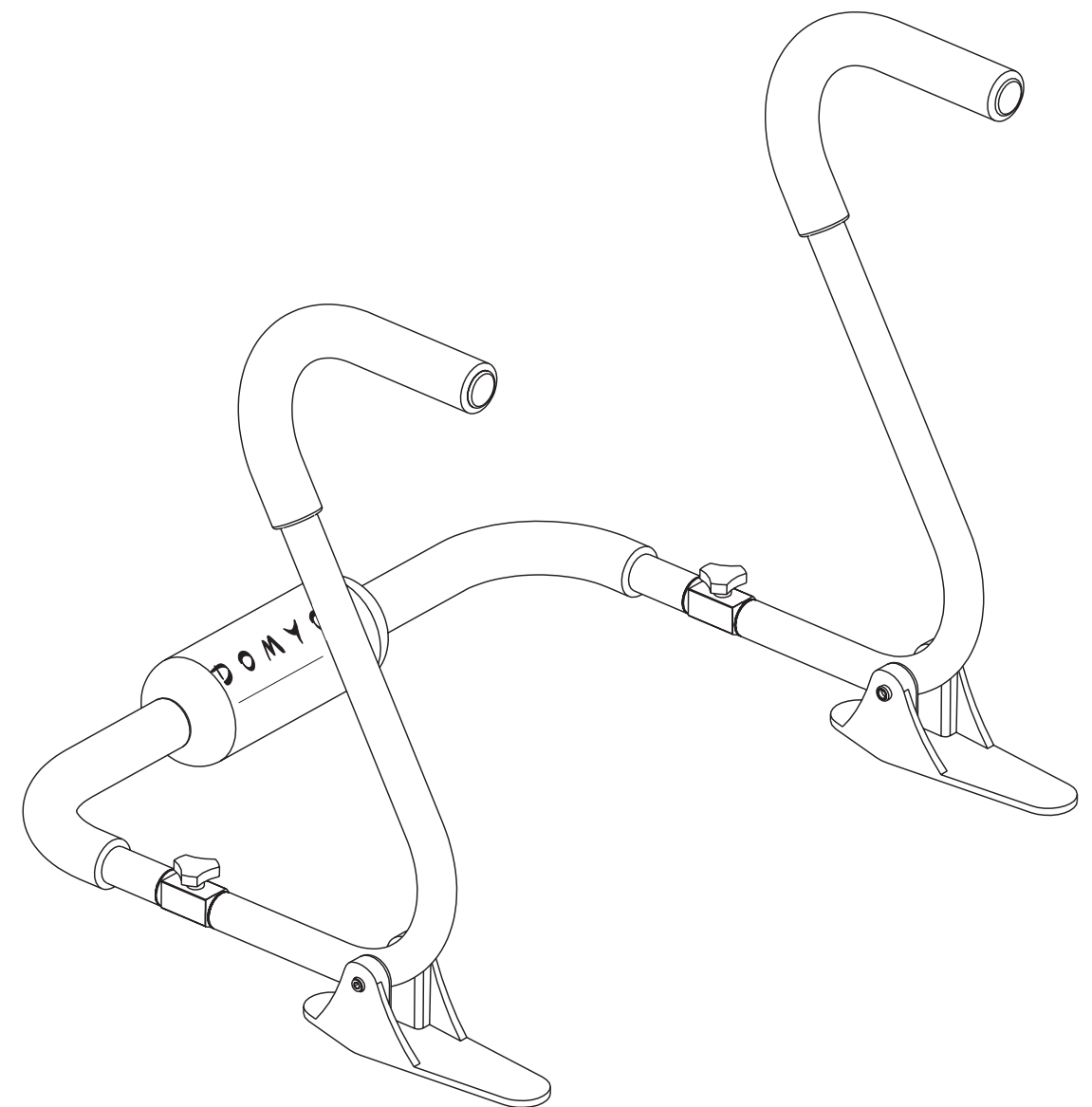
decathlon
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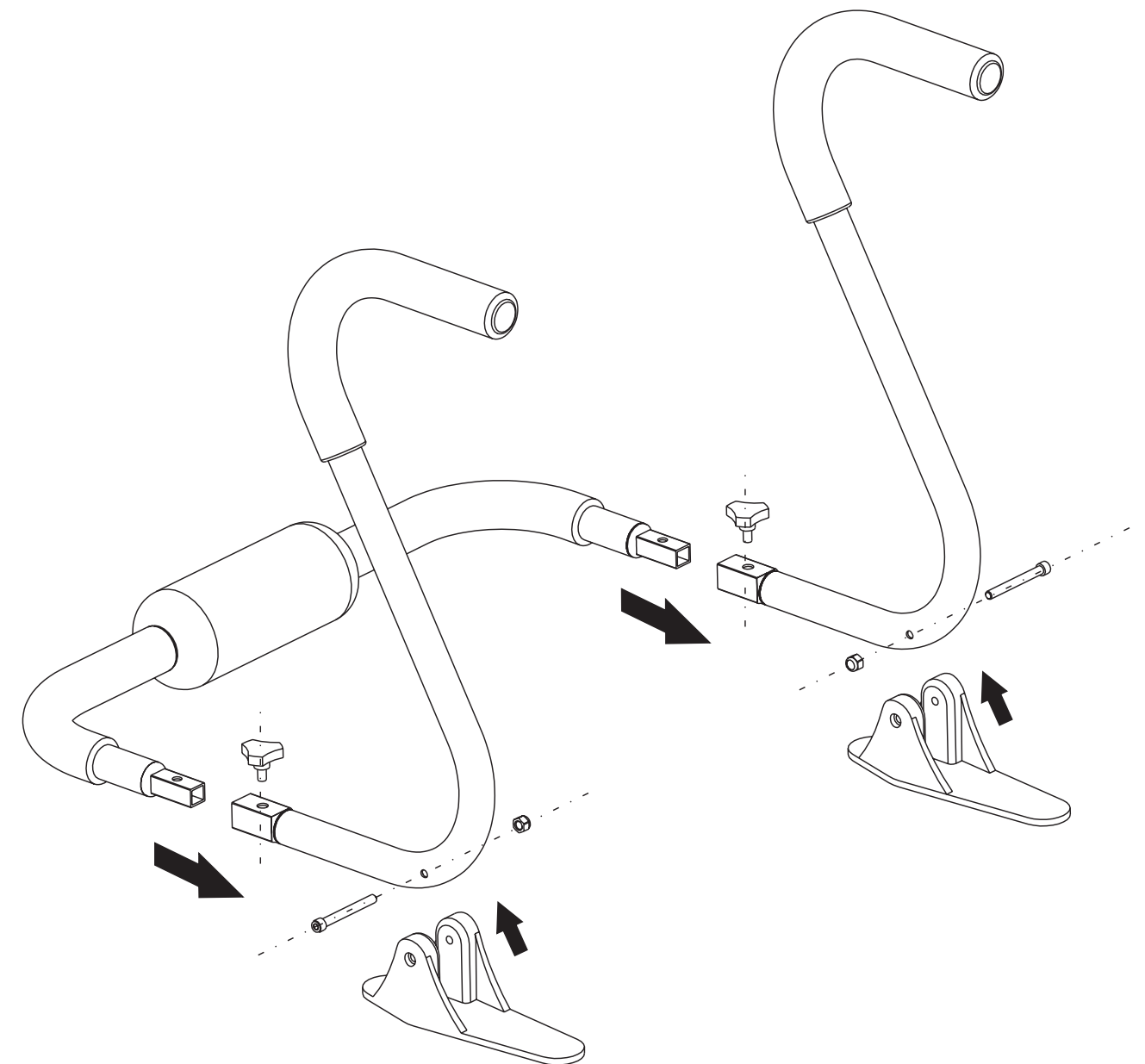
Réf. pack : 516.786

Made in China

Réalisation : EVOLUTION + 32 / 69 88 87 89



D O M Y O S

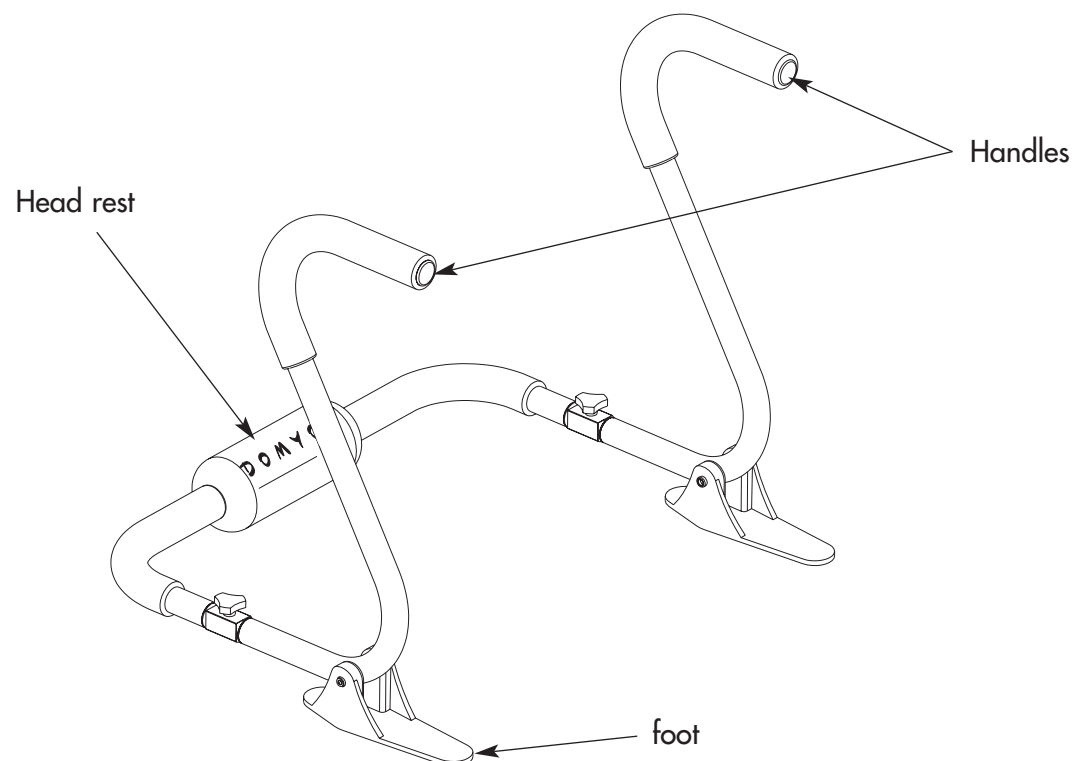


You have chosen a Domyos fitness machine and we wish to thank you for the trust you place with us. We created the Domyos brand to enable all sports aficionados to remain at peak fitness. This item was designed by sportsmen for sportsmen and women. We would very much appreciate receiving any of your comments and suggestions about Domyos products. To this aim, the staff at your local store and the Domyos design department are at your disposal. If you wish to write to us, you can send us email at the following address: domyos@decathlon.fr.

We wish you enjoyable training sessions and hope that this Domyos item be a source of pleasure for you.

PRESENTATION

AB 140 strengthens the abdominals. The machine is for chest development exercises. Exercises are target particularly at the rectus and oblique muscles.



	AB 140	2 kg 4,4 lbs
	52 x 53 x 58 cm 20,5 x 21 x 23 inch	

WARNING

Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems and if you have not practiced any sport for several years. Read all the instructions before use.

SÉCURITÉ

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

1. Read all the instructions in this manual before using the product. Use this product only in the way described in this manual. Keep this manual during the product's service life.
2. An adult should do the assembly of the appliance.
3. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
4. Domyos declines all responsibility for injury or for damage inflicted on any person or property caused by the purchaser or any other person using this product (valid only on US territory).
5. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
6. Use the product indoors, away from moisture and dust, on a level and solid surface and in a clear area. Be sure there is enough space for safe access to and passage around the product. Cover the floor beneath the product for protection.
7. Do not store your product in humid conditions (close to a swimming pool or bathroom...).
8. It is the user's responsibility to inspect and tighten all loose parts after assembling and every time before using the appliance. Do not let setting devices protrude. Immediately replace worn out or defective parts.
9. Always wear athletic shoes for foot protection while exercising. Always wear appropriate clothing when exercising. DO NOT wear loose clothing that could become caught in the machine. Remove all jewelry.
10. Tie long hair so that it does not get in the way when exercising.
11. If you feel pain or dizziness while exercising, stop immediately, rest a while and consult your doctor.
12. If you start feeling your muscles tiring, rest for a while before continuing. Do not tire your muscles out! This could cause exhaustion or injury.
13. Keep children and pets away from the product at all times.
14. Keep hands and feet away from moving parts.
15. Do not try to repair your product.
16. In the event of damage to your AB 140, bring the appliance back to your Decathlon store and do not use the AB 140 before it is completely repaired. Only use Decathlon spare parts.
17. Always warm up before exercising. Start training gently and fix yourself realistic objectives.
18. Maintain a continuous, smooth motion when exercising.
19. Care should be taken when mounting/dismounting the product.

MAINTENANCE

The AB 140 only requires minimum care.
Clean with a sponge soaked in soapy water and dry with a dry cloth.

USE

Add aerobic exercises to your program such as walking, running, swimming and cycling. Give your muscles at least one day's rest per week between two consecutive sessions. It is important to single out abdominal muscles and work them with controlled movements. You should aim to do 3 to 4 series for each exercise and 15 to 20 reps per series.

EXERCISES



CRUNCH (FOLDED CONTRACTION)

Isolates the upper part of the abdominal muscles. To start, keep your head on the headrest and lie flat on your back, bend the legs slightly and hold the AB. Slowly lift your head and shoulders from the ground and bow your chest until your shoulders no longer touch the floor. Pause. Exhale while lifting your chest and contracting your muscles. Inhale while coming back down to the floor.



INVERSED CRUNCH (FOLDED CONTRACTION)

Isolates the lower part of the abdominal muscles. In the same starting position as for the CRUNCH (folded contraction), hold the AB without clenching; in this exercise, you shall use it as a pendulum and stabilizer. Keep your legs slightly bent and exhale while working, gently lift your legs and your basin until your knees are above your chest. Pause. Inhale while bringing them back down to the initial position. Start again.



OBLIQUE LIFT

Isolates the oblique muscles located on the sides under the ribs. While keeping the head on the headrest, your knees are bent and turned to one side, gently lift your head and shoulders, bow your chest forward until your shoulders no longer touch the floor. Exhale and contract your abdominal muscles while lifting, inhale while descending. Start again. Change sides after having finished a series.



CRUNCH (FOLDED CONTRACTION) COMPLETE

At the same time works the upper and lower abdominal muscles, combining the movements of CRUNCH and INVERSED CRUNCH. Still in the same starting position, keeping your knees bent as in the INVERSED CRUNCH, exhale and lift them gently up to your chest. At the same time, lift your shoulders from the ground as in the first CRUNCH exercise. Inhale while descending simultaneously the upper and lower parts of your body up to the initial position. Start again.



Place your AB 140 in Push-Up position. Bend your knees and do 5 to 10 reps. You can carry out the same exercise with your legs stretched.

TRAINING

If you are not used to regular exercise, stay at beginner level for the first 3 to 4 weeks. Breath out during effort and breath in when returning to the start position. You should therefore be breathing out when contracting your abdominals and out when releasing them. Fit your breathing rate to the speed of your exercise so you do not get out of breath. Vary the order of your exercises so your muscles do not become accustomed to a given rhythm and sequence.

BEGINNER LEVEL:

Warm up with a series of 10 reps. Rest for 30 seconds. Start again with a series of 12 reps. Rest for 30 seconds. Start again with a series of 15 reps. Rest for 30 seconds to 1 minute before moving on to the next exercise. Do 3 exercises from the list below.

INTERMEDIARY LEVEL:

Warm up with a series of 12 reps. Rest for 10 to 15 seconds. Then 15 reps. Rest less than 10 seconds. Series of 15 reps. Slow down for the last 5 reps concentrating on contraction. For the last 5 reps, remain in high position (abdominals contracted) for 5 seconds. Rest for 30 seconds to 1 minute before moving on to the next exercise. Do 3 exercises from the list below.

ADVANCED LEVEL:

Warm up with a series of 15 reps. Rest 10 seconds. A second series of 15 reps. For the last 5 reps, stay in high position for 5 seconds, then return very slowly to the initial position braking the descent (count 5 seconds to return to the initial position). 15 seconds' rest. A third series of 20 reps the last 5 of which in maximum contraction (block in high position, return controlling the descent), 15 seconds' rest. Do maximum exercises in the last series. Do as many reps as possible carrying out the exercise completely and contracting the abdominals. 30 seconds' rest. Go on to the next exercise. Do 3 exercises from the list below.

TRADE WARRANTY

DECATHLON guarantees this product under normal conditions of use, for 5 years starting on the date of purchase, attested by the date on the sales slip.

DECATHLON'S obligation in compliance with this warranty is limited to the product's replacement or repair, at DECATHLON'S convenience. All the products for which the warranty is applicable, shall be accepted by DECATHLON in one of its authorized service centers, sent postage paid together with the proof of purchase.

This warranty cannot be applied in the following cases:

- Damage caused during transport
- Misuse or abnormal use
- Repairs done by people not authorized by DECATHLON
- The commercial use of the product concerned

This trade warranty does not exclude the legal guarantee(s) applicable according to countries and/or provinces.

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