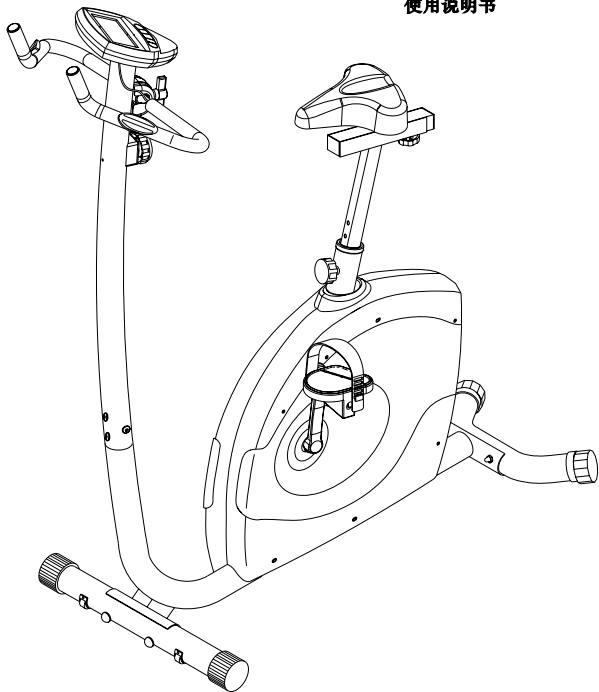


VM 630

NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG

ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA

使用说明书



D O M Y O S

VM 630

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

DECATHLON

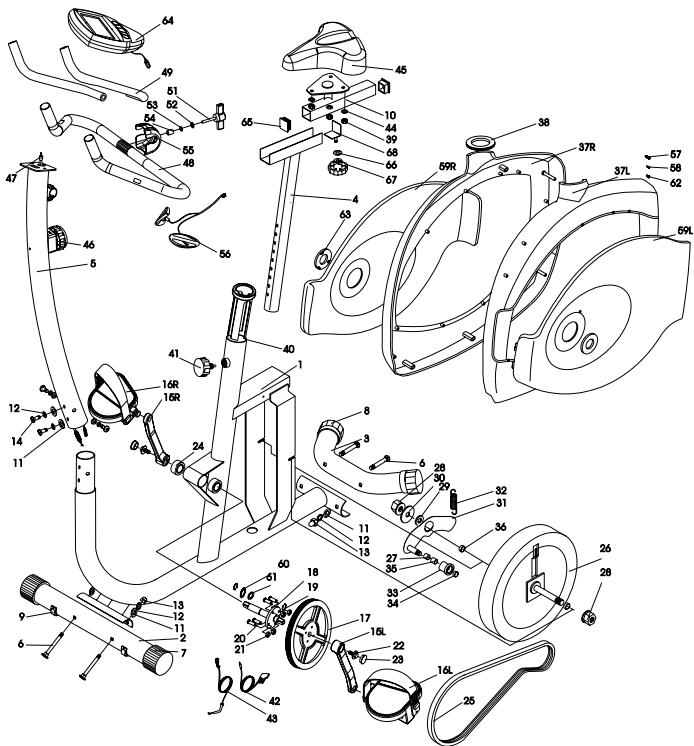
4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France

www.decathlon.com

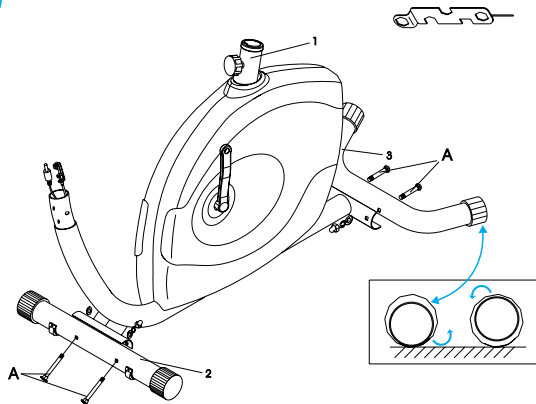


DOMYOS

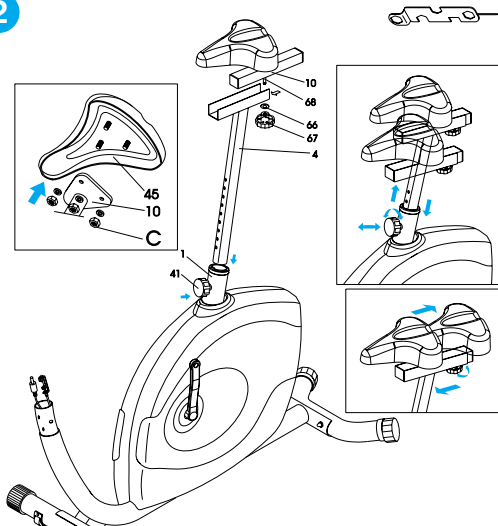
Made in China

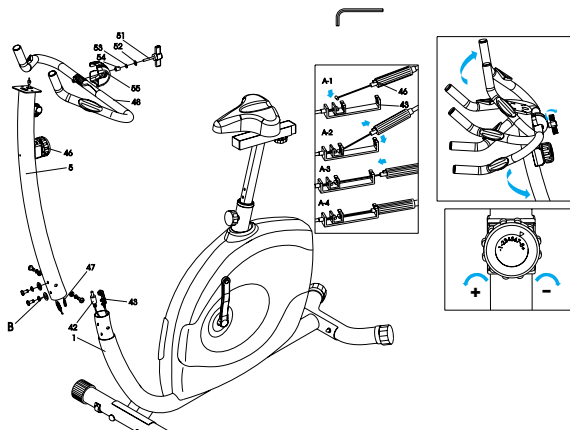
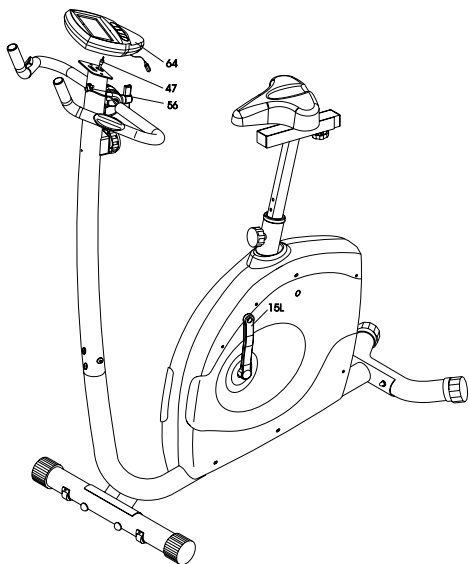


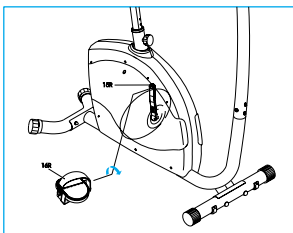
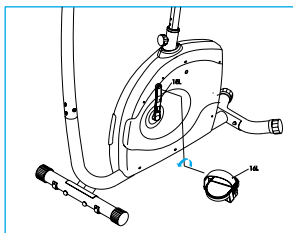
1



2

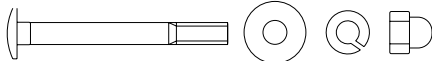


3**4****5**



(A) X4

TRCC M8X75



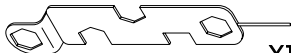
(B) X4 CHC M8X15



(C) X3 M8



X1



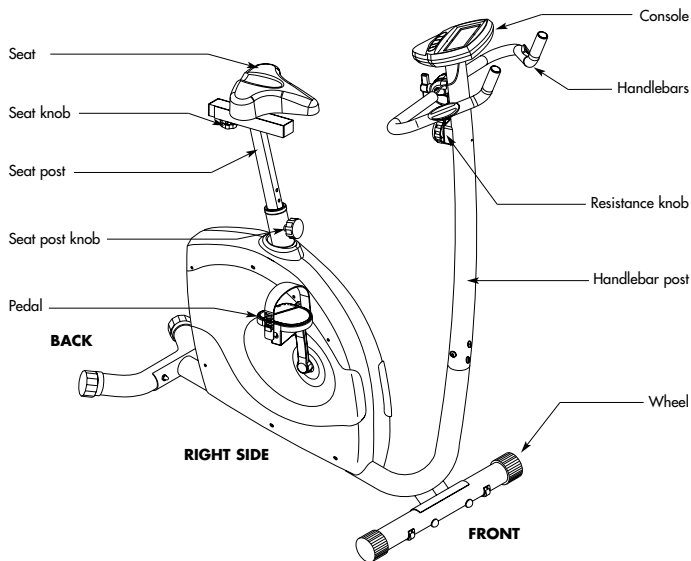
X1

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.

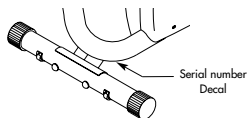
We wish you enjoyable training sessions and hope that this DOMYOS item be a source of pleasure for you.



Model N° :

Serial N° :

Write the serial number in the space above for future reference.



CAUTION

Read all warnings affixed to the product.

Read precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

PRESENTATION

The VM630 is a new generation exercise bike.

This bike places you in an anatomic position, the back straight and the arms in a resting position. This product is equipped with magnetic transmission for greater pedaling comfort without jolts.

WARNING

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. This appliance is in compliance with European, American and Chinese standards related to fitness products for domestic and non-therapeutic use. (EN-957-1 and 5 classes HC / ASTM F1250 / GB17498)
3. An adult should do the assembly of the appliance.
4. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
5. DOMYOS disclaims all responsibility concerning claims for injury or for damages resulting from any persons or property arising from the normal or abnormal use of this product by the purchaser or by any other person (valid only in the United States).
6. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
7. 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.
8. It is the user's responsibility to ensure efficient maintenance of the appliance. After assembling the product and before each use, check that the attachment elements are well tightened without extending. Check the state of wear and tear parts.
9. In the event of damage to your product, have all worn out or defective parts replaced immediately by the After-Sales Service of your nearest DECATHLON store and do not use the product before it is completely repaired.
10. Do not store the product in a humid place (edge of swimming pool, bathroom...)
11. 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.
12. Tie long hair so that it does not get in the way when exercising.
13. If you feel pain or dizziness while exercising, stop immediately, rest a while and consult your doctor.
14. Keep children and pets away from the product at all times.
15. Keep hands and feet away from moving parts.
16. Before starting an exercise program, you should consult a doctor to make sure that there are no counter-indications especially if you have not practiced any sport for several years.
17. Do not let setting devices extend outward.
18. Do not tinker with your VM630.
19. Keep your back straight when using the product. Do not arch your back.
20. The heart rate sensor and the body fat measurer are not medical devices. Various factors may affect the accuracy of rate readings. The heart rate sensor is intended only as exercise help in determining heart rate trends in general. The body fat measurer is intended only as exercise help in determining body fat rate trends in general.
21. Notice to persons with pacemakers, defibrillator or other implanted electronic device. Persons who have a pacemaker use the pulse sensor and the body fat measurer at their own risk. Before starting the exercise programme, an exercise test under the supervision of a doctor is recommended.
22. Pregnant women are not advised to use the VM630 and the body fat measurer. Please consult your doctor prior to use.
23. Always hold the handlebar when getting on, getting down, or using the product.
24. Care should be taken mounting/dismounting the exercise bicycle.
25. When you stop exercising, allow the pedals to slowly come to a stop.
26. Maximum user weight: 110 kg – 242 pounds.

WARNING

Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems before. Read all the instructions before use. DECATHLON disclaims any responsibility for any bodily injury or damage inflicted to property resulting from the use of this product.

The warning decals shown on this page have been placed on the product in the locations shown below. If a decal is missing or illegible, please contact your nearest DECATHLON store and order a free replacement decal. Place the decal on the product in the location shown.

Product in accordance with EN 957 class HC, ASTM F 1250 class B, GB17498, not suitable for therapeutic purposes.

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 hairs away from moving parts.

MAXI
100 kg / 220 lbs

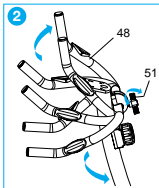
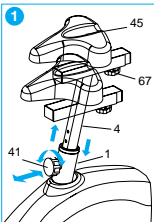


DECATHLON - 4, bvd. de Mons - BP299
59665 Villeneuve d'Ascq Cedex - France
F : (+)33.3.20.33.50.00

EN957 Class HC, ASTM F1250 class B, GB17498
Item n°: x/xxxxxxx Order n°: xxxxxxxxxx
Supplier code: xxxxxx Made in China

SETTINGS

Warning: It is necessary to get off the bike to proceed to the settings (saddle, handlebar)

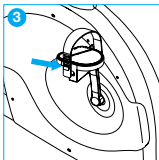


1 HOW TO ADJUST THE POSITION OF THE SEAT

For effective exercising, the seat should be at the proper height. As you pedal, there should be a slight bend of the knees when the pedals are at the lowest position. To adjust the seat, first hold the seat (45) and loosen the seat post knob (41). Align one of the holes in the seat post (4) with the hole in the frame tube (4). Insert the seat knob into the frame and the seat post, and tighten the seat knob into the frame.

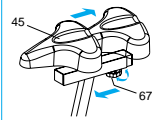
3 HOW TO ADJUST THE PEDAL STRAP

To adjust the pedal strap, first release the brake system under the pedal. Adjust the strap to the desired position and then press the brake to block the strap.



4 HOW TO LEVEL THE BIKE

If the bike rocks during use, turn one or both plastic caps (8) at the end of the back foot (3) until the rocking stops.



5 SETTING THE RESISTANCE

The brakes system and the resistance are coupled with the pedaling speed.

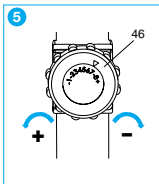
The resistance setting is done with the knob indexed (46) from 1 to 8.

Position 1 corresponds to the least resistance and position 8 to the highest resistance.

You can adjust the resistance while pedaling.

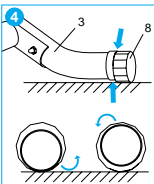
CAUTION :

- Be sure to insert the seat post knob through one of the holes in the seat post, and firmly tighten the seat post knob.
- Never exceed the maximum saddle height.
- Never sit on the saddle if the seat knob is not firmly tightened.

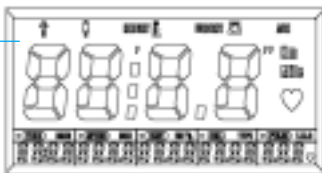


2 HOW TO ADJUST THE HANDLEBAR

To adjust the handlebar (48), loosen the handlebar knob (51). When the handlebar is in the suitable position, tighten the knob (51).



VM630 METER FULL LCD DISPLAY



KEY GUIDE

"ENTER/RESET":

1. Select function to be preset. Gender-Height-Weight-Age-Time-Distance-Calorie-Pulse
2. Press this button to enter setting mode.
3. Press this button to confirm the setting values.
4. Hold two seconds to reset all of the values to zero.
5. Hold over 5 seconds, the display and function will return to preset your personal data for body fat measuring.

HEART RATE :

Press this button to detect your heart rate.

MEASURE :

Press this button to access your body fat measurement. Before operating this function, you have to enter your personal data in monitor.

"UP" :

1. Increase the setting value of the following functions. Gender - Height-Weight-Age-Time- Distance-Calorie-Pulse
2. Select function and display on the main screen during exercise. Scan-Time-Speed- Distance -Calorie -Pulse.

"DOWN" :

1. Decrease the setting value of the following functions. Gender - Height-Weight-Age-Time- Distance-Calorie-Pulse
2. Select function and display on the main screen during exercise. Scan - Heart rate-Calorie-Distance-Speed-Time.

FUNCTIONS AND OPERATIONS

AUTO ON/OFF :

The monitor will turn on automatically if the exercise machine is in motion. If you stop exercising for over 4 minutes, the monitor will turn off and reset all function values to zero.

"SCAN" :

Press the UP or DOWN button until the scanning dot flashes on the screen. The Monitor will display the following functions and each function will remain on the main screen for 5 seconds. Time-Speed-Distance-Calories-Heart rate.

"TIME" :

Press the UP or DOWN button until the TIME dot displays on the screen. Monitor will display the Time function on the main screen. If you want to setup the value, please press the ENTER/RESET to TIME

function button and press the UP or DOWN button to enter the value you want.

- Count up: Without setting the time value, the monitor will count up the time from 00:00-99:59.
- Count down: Setting the exercise time from 1:00-99:00 minutes, the monitor will count down from your setting values. Once the setting value is reached, the monitor will set off an alarm.

"SPEED" :

Press the UP or DOWN button until the SPEED dot displays on the screen. The monitor will display the current speed on the main screen. The monitor will display the current speed from 0.00 - 99.9 Km/h or Mile/h.

DISTANCE :

Press the UP or DOWN button until the DIST dot displays on the screen. The Monitor will add the distance covered. If you want to setup the value, please press the ENTER/RESET to DIST button and press the UP or DOWN button to enter the value you want.

- Count up: Without setting the distance value, the monitor will count up the distance from 0.1~999.9Km or Mile.
- Count down: Setting the exercise distance from 1.0~999.0 Km or Mile, the monitor will count down from your setting values. Once the setting value is reached, the monitor will set off an alarm.

CALORIES :

Press the UP or DOWN button until the CAL dot displays on the screen. The Monitor will add the calorie consumption. If you want to setup the value, please press the ENTER/RESET to CAL button and press the UP or DOWN button to enter the value you want.

- Count up: Without setting the distance value, the monitor will count up the distance from 0.1~999.0.
- Count down: Setting the exercise calorie from 1.0~999.0, the monitor will count down from your setting values. Once the setting value is reached, the monitor will set off an alarm.

Warning: this is an estimate and should in no case be taken as a medical indication.

PULSE (Target Heart Rate) :

Press the UP or DOWN button until the pulse dot displays on the screen. The monitor will display your current heart rate in beats per minute. If you want to setup the value, please press the ENTER/RESET to T.H.R. button and press the UP or DOWN button to enter the value you want.

Pulse Limit:

Setting the value of pulse limit between 60 to 220, the monitor will measure your heartbeats. Once the setting value is reached, the monitor will flash until your heart beats below your setting value.

Place the palms of your hands on both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.

NOTE :

1. If no pulse signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customer can press the up & down keys to restart Pulse function

Warning: this is an estimate and should in no case be taken as a medical indication.

HEART RATE RECOVERY :

This is a function to check the condition of pulse recovery when exercising has stopped. This is scaled from F1.0 to F6.0 where F1.0 is the best, F6.0 is the worst, and the increment is 0.1. This function may reflect your heart pulse recovery ability and improve it through exercise. In order to get a correct rating, users must test it straight after the finish of the workout by pressing the "RECOVERY" key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately. The test will last for 1 minute and the result will show in the display. When pressed again it will exit the HEART RATE RECOVERY mode.

BODY FAT MEASUREMENT (Body Mass Index) :

When you turn on the monitor or press the ENTER/RESET button for over 6 seconds, the monitor will go into BODY FAT MEASUREMENT function. Before pressing the MEASURE button to measure your body fat, you have to enter your personal data into the monitor. Select the personal data and press the UP or Down button to enter your personal data. Then press MEASURE button and place the palms of your hands on both of the contact pads. The monitor will show your body fat ratio on LCD. The default value of personal data is described as follows. The personal data will not be retained in the monitor when the monitor power is off or being reset.

GENDER: male, HEIGHT: 175 cm, WEIGHT: 70 kg, AGE: 30 years old.

- A. Body Types: There are 9 body types divided according to the FAT% calculated. Type 1 is Ultra-sportsman type. Type 2 is Ideal-sportsman type. Type 3 is Ultra Slim type. Type 4 is Sportsman type. Type 5 is Ideal-healthy Type. Type 6 is slim type. Type 7 is too fat. Type 8 is Fat type. Type 9 is Ultra body fat type.
- B. BMR: Basal Metabolism Ratio. The monitor will calculate the data of gender, height, weight and age to show your value. The value will show on the screen from 1 ~ 9999 Kcal.
- C. BMI: Body Mass Index. The monitor will calculate the data of height and weight to show your value. The value will show on the screen from 1.0 ~ 99.9 on screen.
- D. FAT % (BODY FAT RATIO): The monitor will calculate the data of gender, height, weight and age to show your BODY FAT RATIO. The value will show on screen from 5 ~ 50%.

Warning: this is an estimate and should in no case be taken as a medical indication.

BATTERY REPLACEMENT

1. Insert 2 batteries type AA or UM-3 into the battery compartment in the back of the monitor.
2. Ensure that the batteries are correctly fitted and correctly positioned, make sure the battery spring is in proper contact with the battery.
3. If the display appears blank or displays only partial segment, remove the batteries and wait 15 seconds, then reinstall the battery.
4. Whenever the batteries are removed, all the functions values will reset to zero.
5. The batteries must be removed from the appliance before it is scrapped and must be disposed of safely.
6. Take old batteries to recycling centers intended for that purpose.

PARTS OF THE BODY WORKED

The exercise bike provides an excellent kind of cardio-training activity. Training on this equipment is designed to increase your cardio-vascular capacity. On this principle, you improve your physical condition, your endurance and you burn calories (an indispensable activity for weight loss in association with dieting).

Finally, the exercise bike allows you to tone the muscles in the legs and buttocks. The muscles in the calves and the lower abdominals are also worked.

USAGE

When just starting out, begin by training over several days with a slight resistance and pedalling speed, without forcing, and taking rest breaks as needed. Then progressively increase the frequency or duration of your exercise sessions.

Weight Maintenance/Warm-up: progressive effort starting at 10 minutes.

For a workout designed either to keep you in shape or for re-education purposes, you may train every day for around ten minutes. This type of exercise is designed to stimulate your muscles and joints or may be used as a warm-up to additional physical activity.

To increase the muscle tone of the legs, select a higher resistance and lengthen the exercise period.

Of course, you may vary the pedalling resistance throughout your exercise session.

Aerobic fitness workout: moderate effort for a fairly long period (35 min to 1 hour).

If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the quantity of energy consumed by

the organism. Nevertheless, it is pointless to push yourself beyond your limits. It is the regularity of training that will allow you to obtain the best results.

Select a fairly weak pedalling resistance and exercise at your own rhythm, but at least for a period of 30 minutes. This exercise should raise a slight sweat but should under no circumstances leave you breathless. It's the duration of the exercise, at a slow rhythm, that will require your organism to draw its energy from your fat reserves provided that you pedal for more than thirty minutes, a minimum of three times a week.

Aerobic training for endurance: sustained effort for 20 to 40 minutes.

This type of training targets significant reinforcement of the cardiac muscle and improved respiratory activity.

The resistance and/or speed of pedalling is increased so as to increase respiration during the exercise. The effort here is more sustained than for the maintenance workout.

As your training progresses, you will be able to sustain the effort for longer periods, at a faster rate or with a higher degree of resistance. You may train a minimum of three times a week for this type of training. Training at a faster rate (anaerobic workout and workout in the red zone) is reserved for athletes and requires adequate preparation.

After each training session, take several minutes to pedal with diminishing speed and resistance in order to cool down and progressively bring the body to a state of rest.

TRADE WARRANTY

DECATHLON guarantees this product for parts and labor, under normal conditions of use, for 5 years for the structure and 2 years for wear parts and labor starting on the date of purchase, confirmed by the date on the sales ticket. This guarantee applies only to the original purchaser.

DECATHLON'S obligation in compliance with this warranty is limited to the product's replacement or repair, at DECATHLON'S convenience. To have the product repaired, bring it to a DECATHLON store.

All the products covered by this warranty, 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.

This guarantee gives you specific rights recognized by the law. You may also have rights that vary from one province to another as specified by the salesperson of your equipment.

DECATHLON

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

E N G L I S H

C A R D I O - T R A I N I N G

CARDIO-TRAINING EXERCISE

Cardio-training exercise is a form of aerobics (conditioning the body in the presence of oxygen) and allows you to improve your cardio-vascular capacity. To be more precise, you will improve the tonicity of the heart and your blood vessels. Cardio-training exercise carries the oxygen breathed in from the air to your muscles. It is the heart that pumps this oxygen through the body and, in particular, to the muscles being exercised.

CONTROLLING YOUR HEARTBEAT

It is vital to measure your pulse periodically in order to control your degree of exercising. If you do not have an electronic measuring device, follow this procedure :

To take your pulse, position two fingers : on the neck, or below the ear, or at the inside wrist beside the thumb.

Do not press too hard : excessive pressure reduces the blood flow

and can slow down the heartbeat. After counting the pulsations for 30 seconds, multiply by 2 to obtain the number of pulsations per minute.

Example : 75 pulsations counted in 30 seconds corresponds to a heart beat of 150 pulsations per minute.

PHASES OF A PHYSICAL ACTIVITY

A Warm-up phase : progressive effort.

Warming up is a preparatory phase before any activity. It puts the person INTO OPTIMUM CONDITIONS for carrying out his or her favorite sport. It is a METHOD OF PREVENTING ACCIDENTS TO TENDONS AND MUSCLES. There are two aspects : WAKING UP THE MUSCULAR SYSTEM, GENERAL WARMING UP.

- 1) The muscular system is prepared in a SPECIAL STRETCHING SESSION WHICH PREPARES FOR EACH ACTIVITY : each group of muscles is used, joints are freed.
- 2) Global warming up gradually brings the cardiovascular and respiratory system into action, improves irrigation of the muscles and prepares for making efforts. It must be sufficiently long : 10 min for a leisure sport activity, 20 min for a competition sport activity. Note that warming up must be longer : after 55 years old, in the morning.

B Training

TRAINING is the main phase of your physical activity. You can improve your physical condition by REGULAR training.

- Anaerobic exercise to develop endurance.
- Aerobic exercise to develop cardio-pulmonary resistance.

C Slowing down

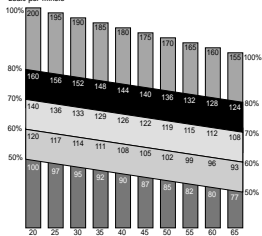
This is the continuation of an activity at low intensity, the gradual "return to rest" phase. SLOWING DOWN brings the cardiovascular and respiratory system, the blood flow and muscles back to "normal" (eliminating the counter effects of an exercise, such as lactic acids, the accumulation of which is one of the major causes of muscular pains such as cramps and stiff muscles).

D Stretching

STRETCHING must follow the slowing down phase while joints are still warm in order to reduce risks of injury. Stretching after an activity : minimizes MUSCULAR STIFFNESS due to an accumulation of LACTIC ACIDS, "stimulates" BLOOD CIRCULATION.

Exercise range

Beats per minute



• Exercise from 80 to 90% and beyond : Anaerobic zone and red zone reserved for high performance and specialised athletes.

• Exercise of 70% to 80% of the maximum cardiac rate : Endurance exercise.

• Exercise from 60 to 70% of the maximum cardiac rate : Getting fit / favourable consumption of fat.

• Exercise from 50 to 60% of the maximum cardiac rate : Maintenance / Warm up.

WARNING, TECHNICAL INSET WARNING TO USERS

You must work towards getting fit in a controlled manner.

Do not hesitate to consult a doctor before any physical activity, especially if : you have not practiced any sports activities in recent years, you are more than 35 years old, you are not sure about your health, you are following medical treatment.

CONSULT A DOCTOR BEFORE PRACTISING ANY SPORT.