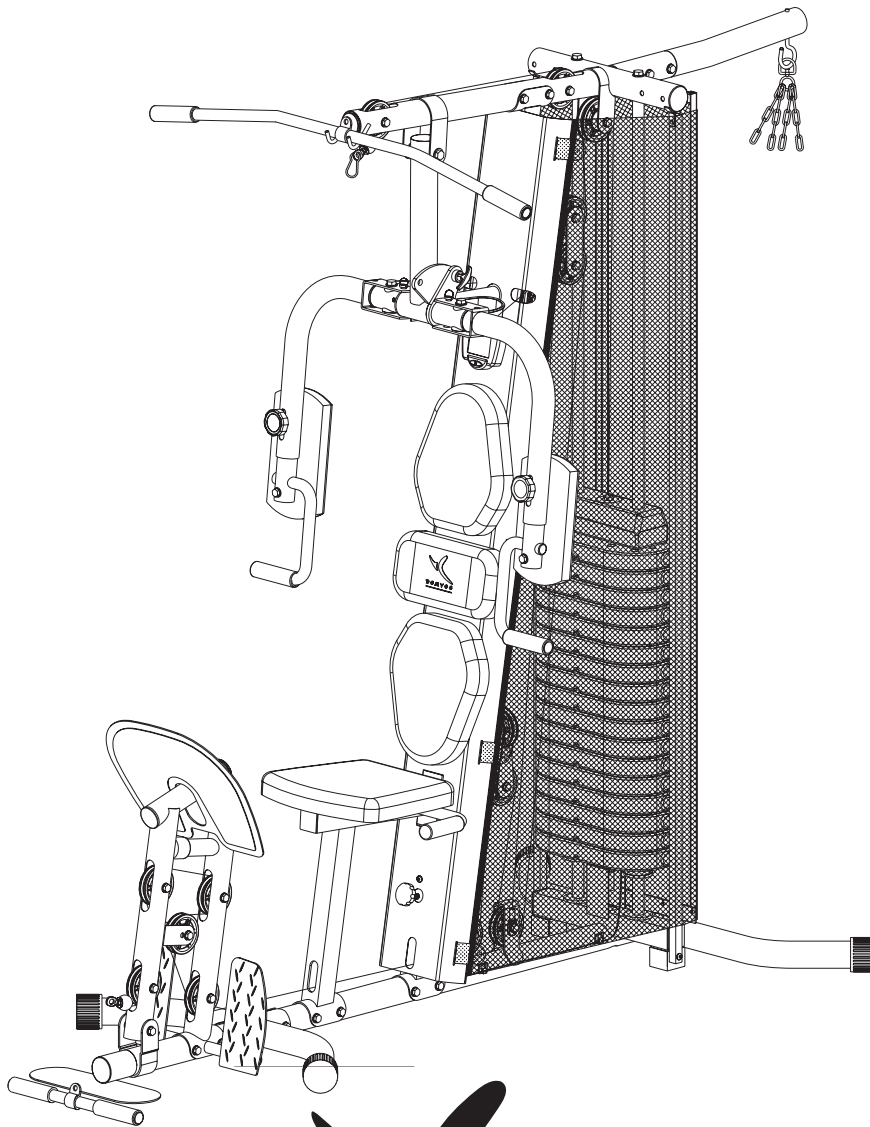


# HG 90 BOXE

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

INSTRUKCJA UŻYTKOWANIA  
HASZNÁLATI ÚTMUTATÓ  
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ  
INSTRUCȚIUNI DE UTILIZARE  
NÁVOD NA POUŽITIE  
NÁVOD K POUŽITÍ  
BRUKSANVISNING

УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ  
KULLANIM KILAVUZU  
ІНСТРУКЦІЯ ВИКОРИСТАННЯ  
دليل الاستخدام  
使用说明



**DOMYOS**

# HG 90 BOXE

Notice à conserver  
Keep these instructions  
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 potrebné uchovať  
Návod je třeba uchovat  
Spara bruksanvisningen  
Запазете упътването  
Bu kılavuzu saklayınız  
Збережіть цю інструкцію  
دليل يجب الاحتفاظ به  
请妥善保存说明书



**DOMYOS**

**decathlon**  
creation©

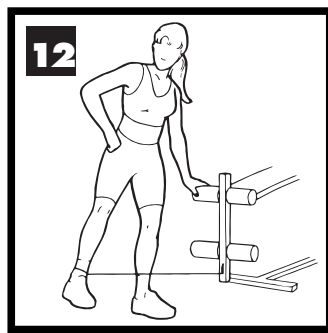
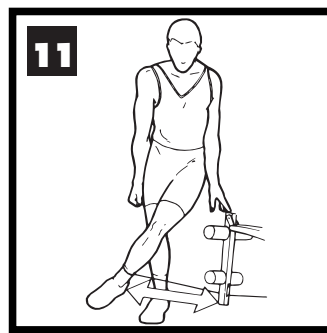
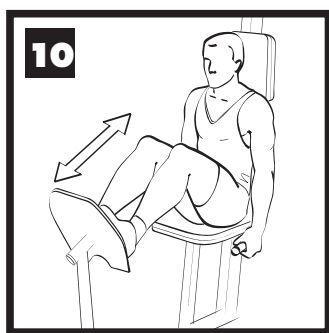
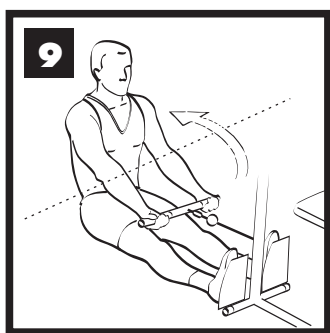
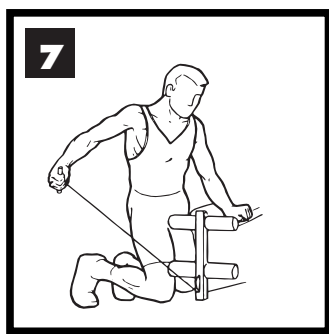
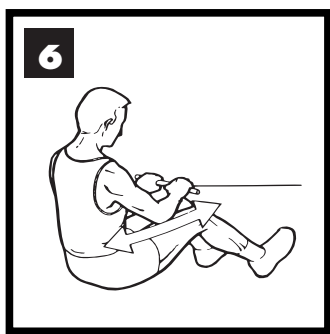
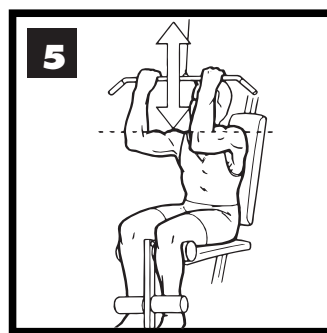
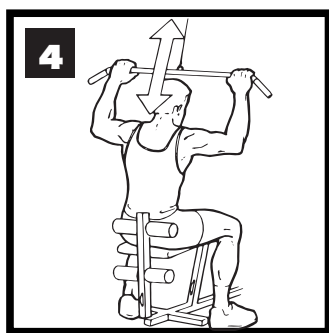
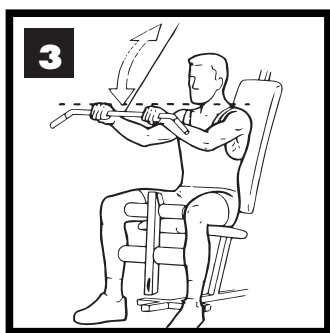
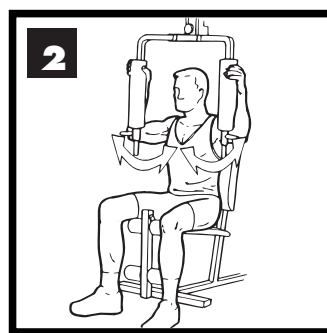
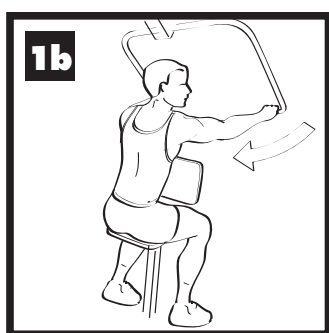
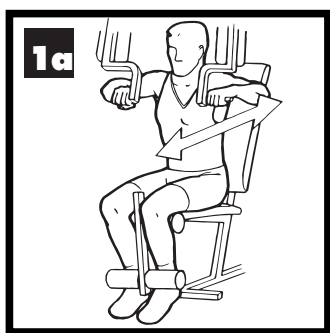
DECATHLON - 4, Boulevard de Mons - BP 299 - 59665 Villeneuve d'Ascq - France

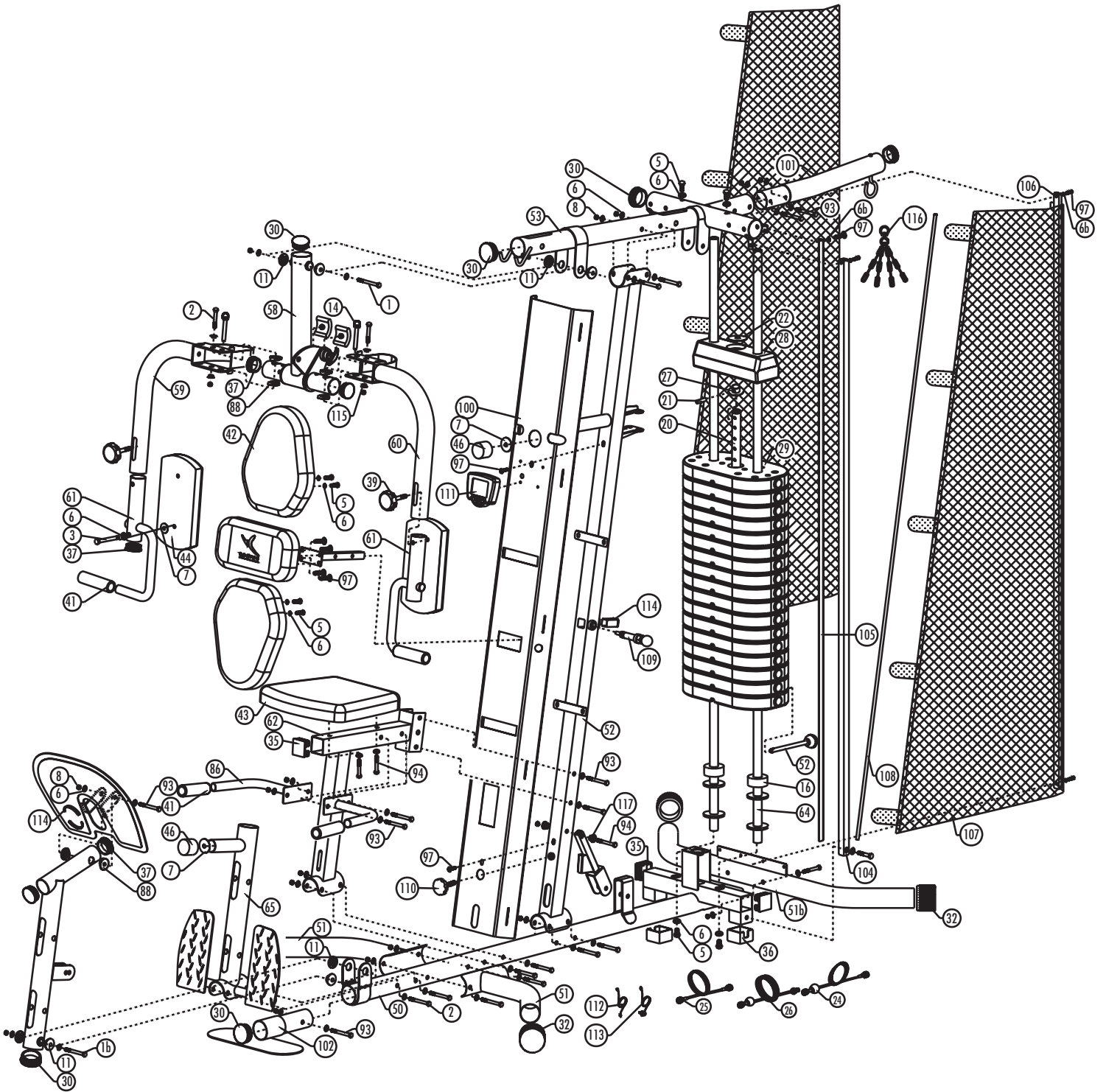
[www.decathlon.com](http://www.decathlon.com) Made in China - Hecho en China - 中國製造 - Произведено в Китае

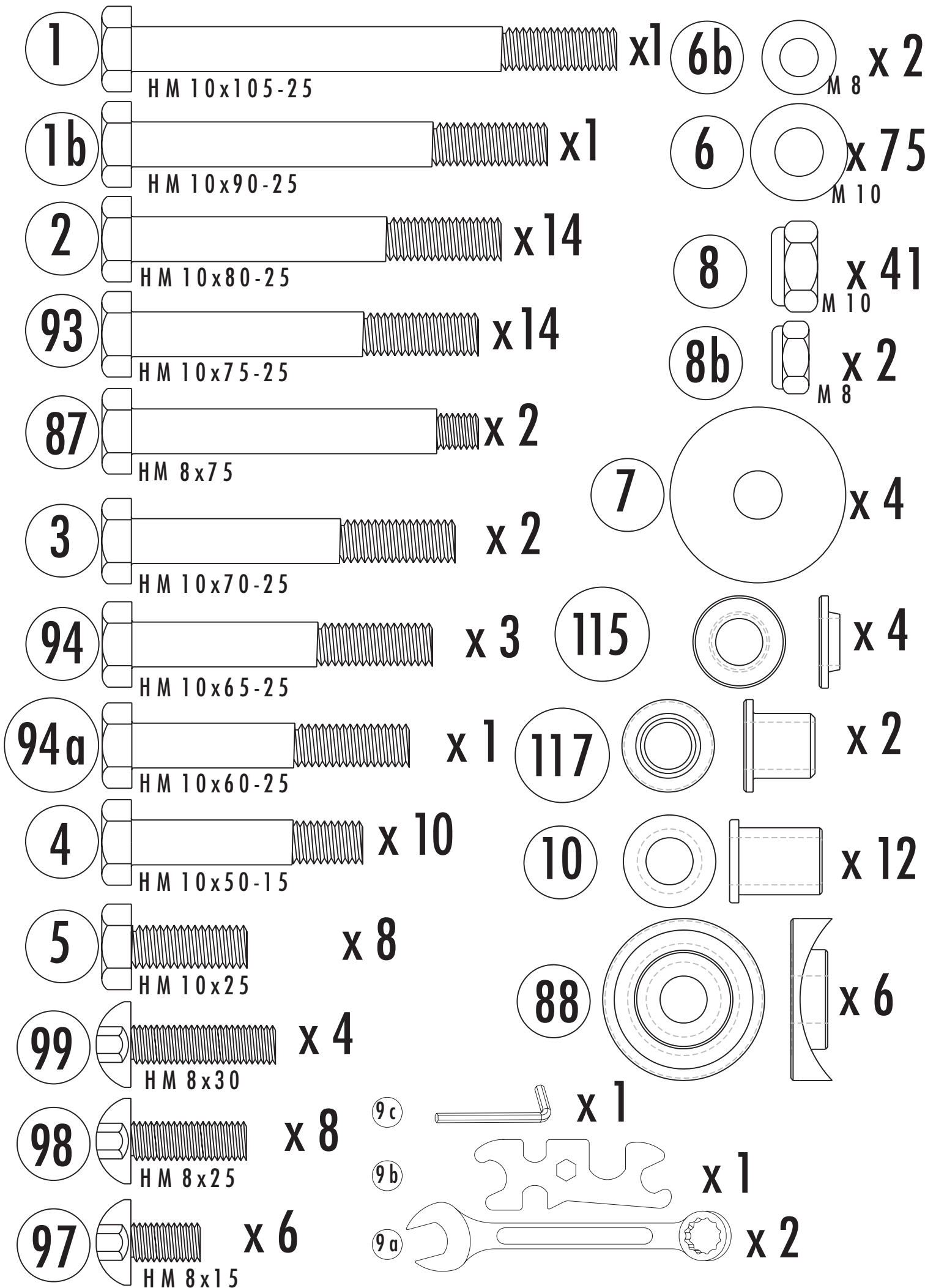
Réf. pack : 1110.341 - CNPJ : 02.314.041/0001-88 - 合格品



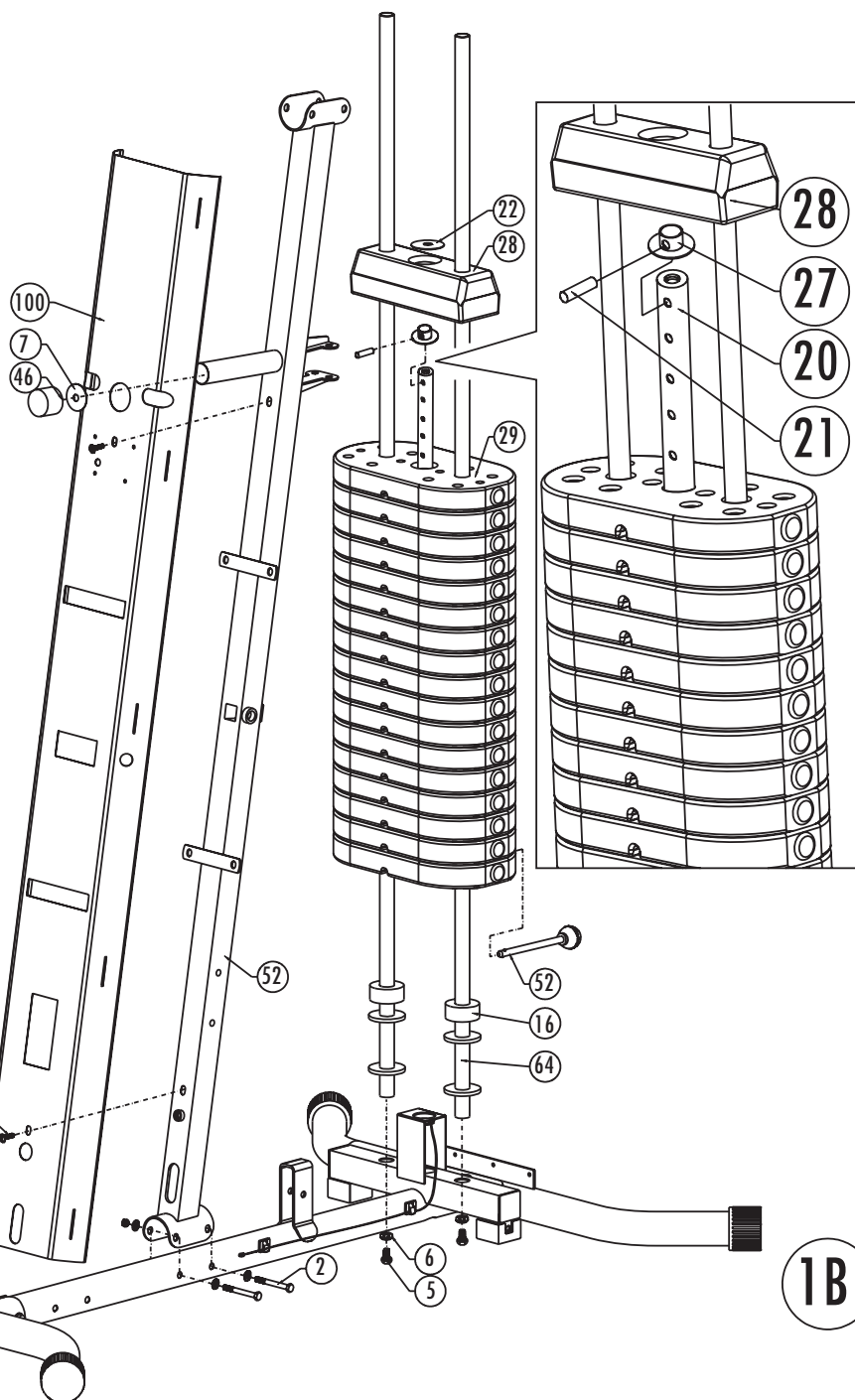
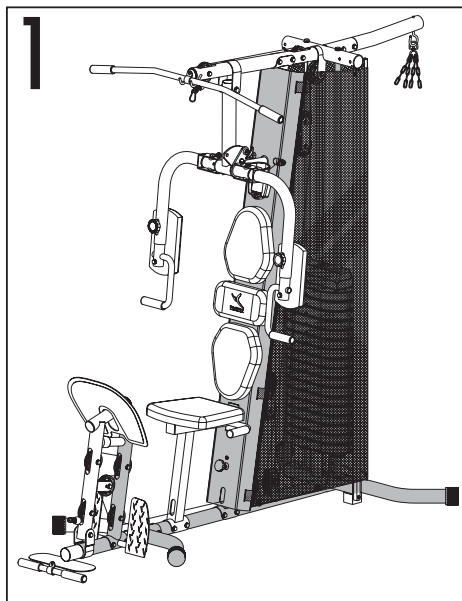
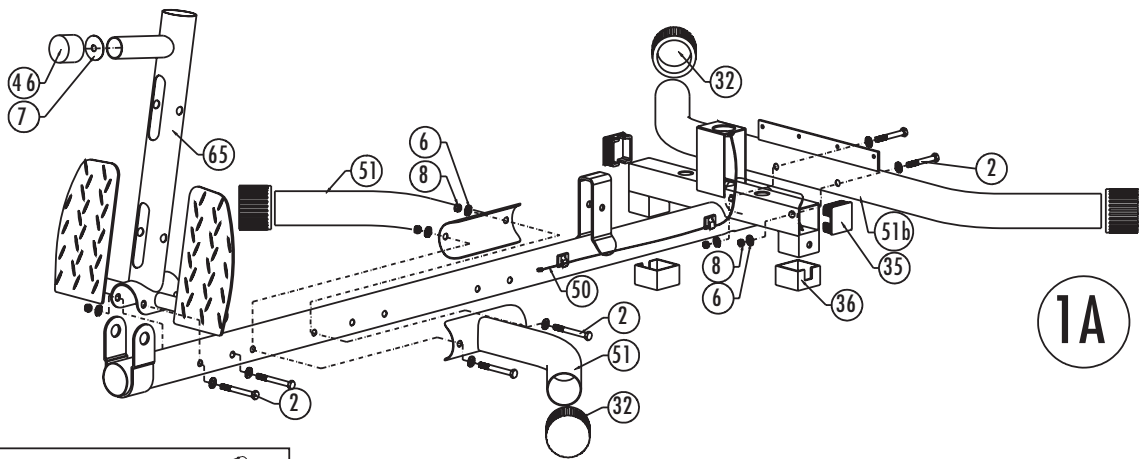
EXERCICES • EXERCİŞES • EJERCICIOS • GRUNDÜBUNGEN • ESERCIZI  
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 • EXERCİȚII • CVIKY • CVIČENÍ • KROPPSÖVNINGAR • УПРАЖНЕНИЯ  
 • EGZERSİZLER • ВПРАВИ • التمارين • 训练



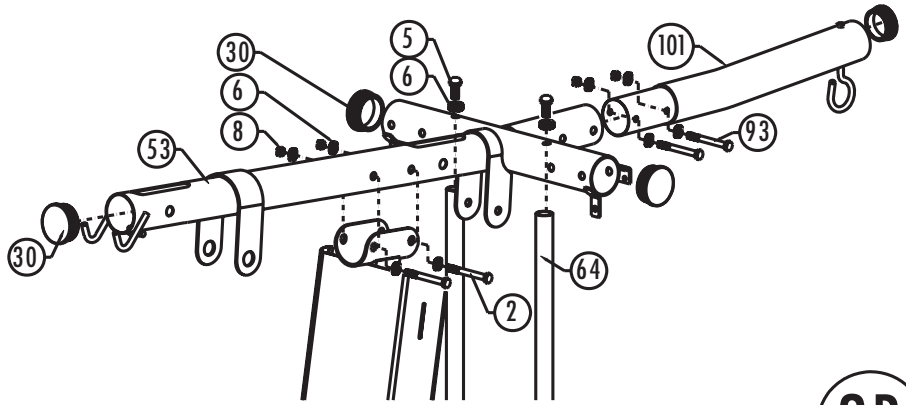




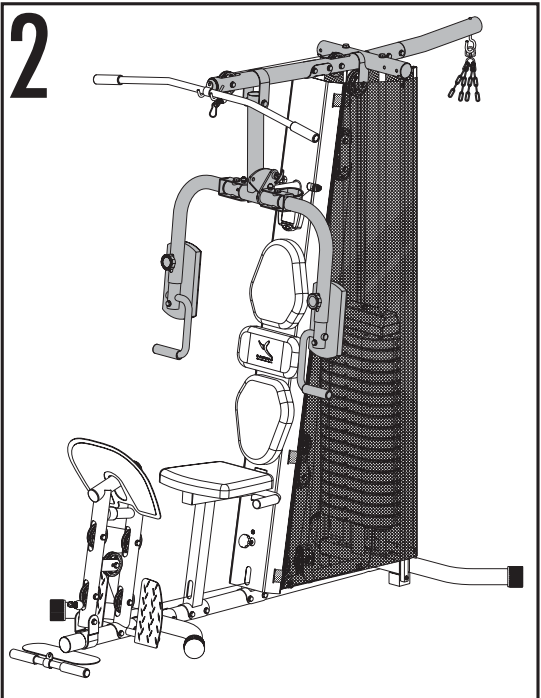
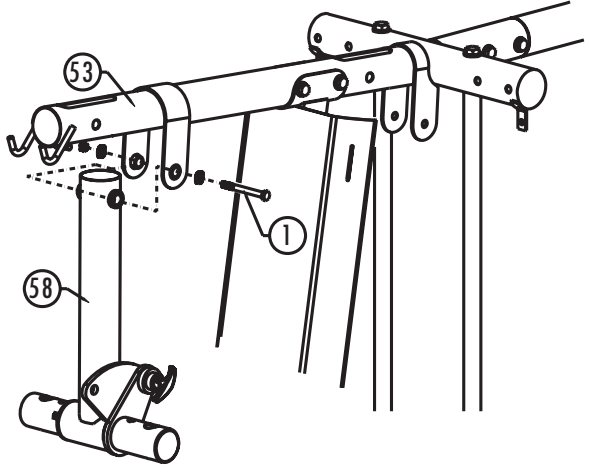
MONTAGE • ASSEMBLY • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING  
 • MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ  
 • MONTÁŽ • MONTERING • МОНТИРАНЕ • MONTAJ • МОНТУВАННЯ • التركيب  
 • 安装



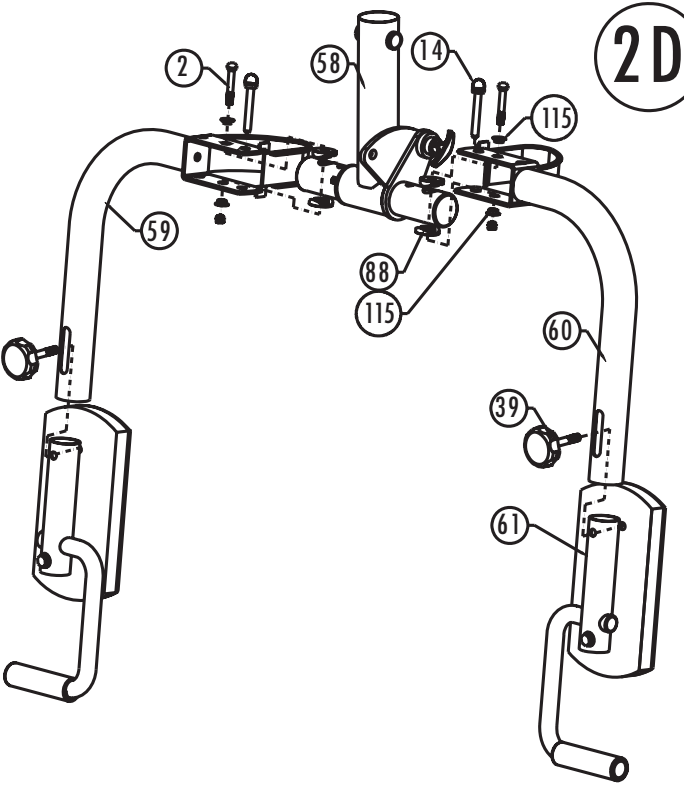
2A



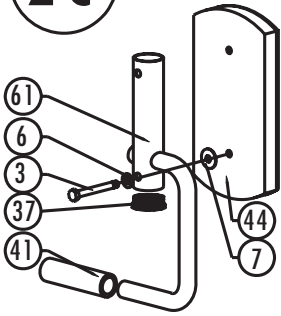
2B

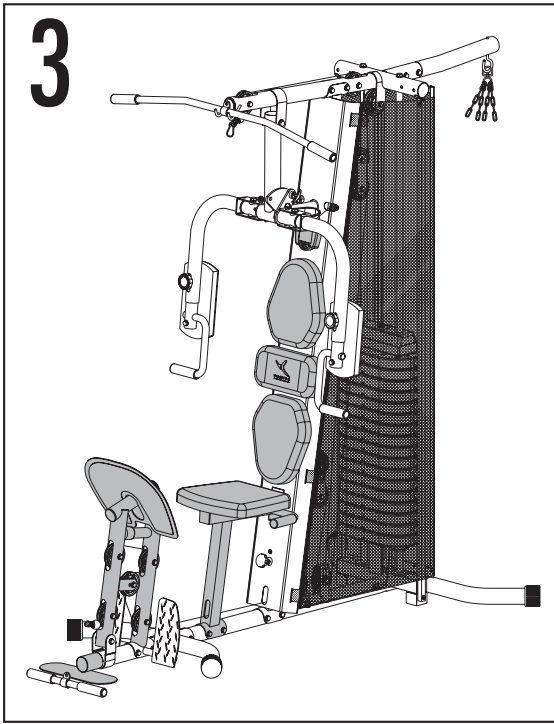


2D

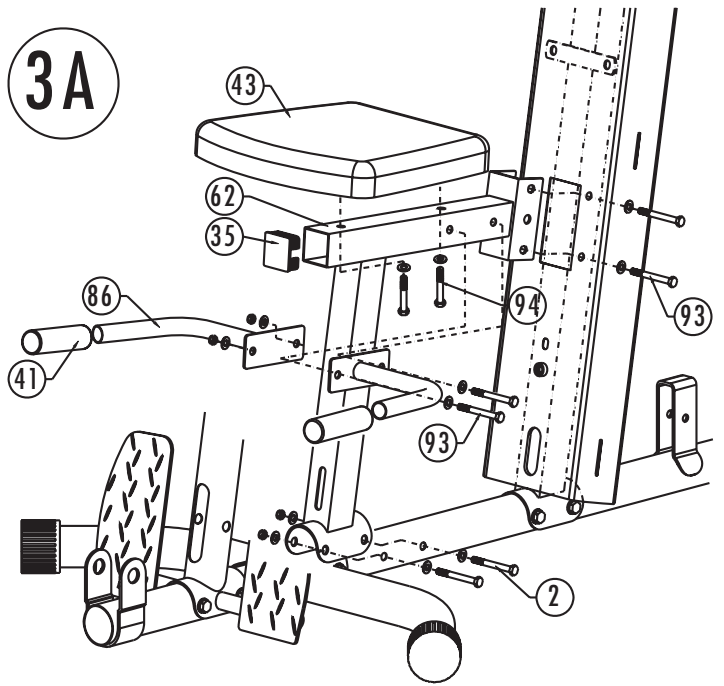


2C

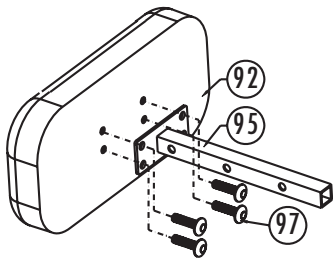




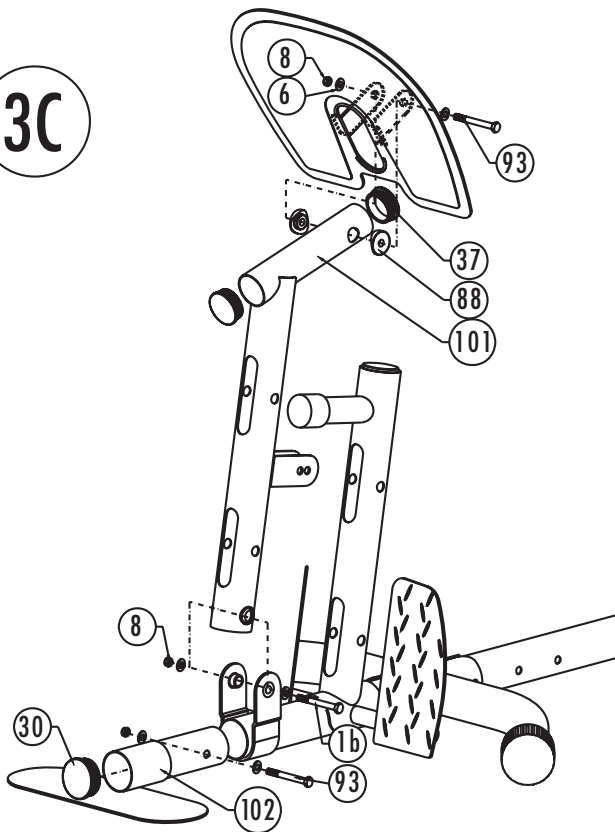
# 3A



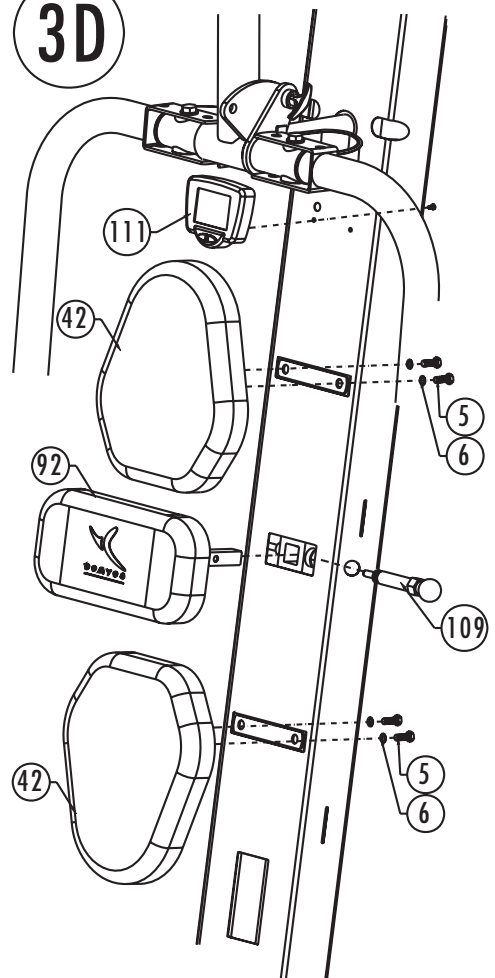
# 3B



# 3C

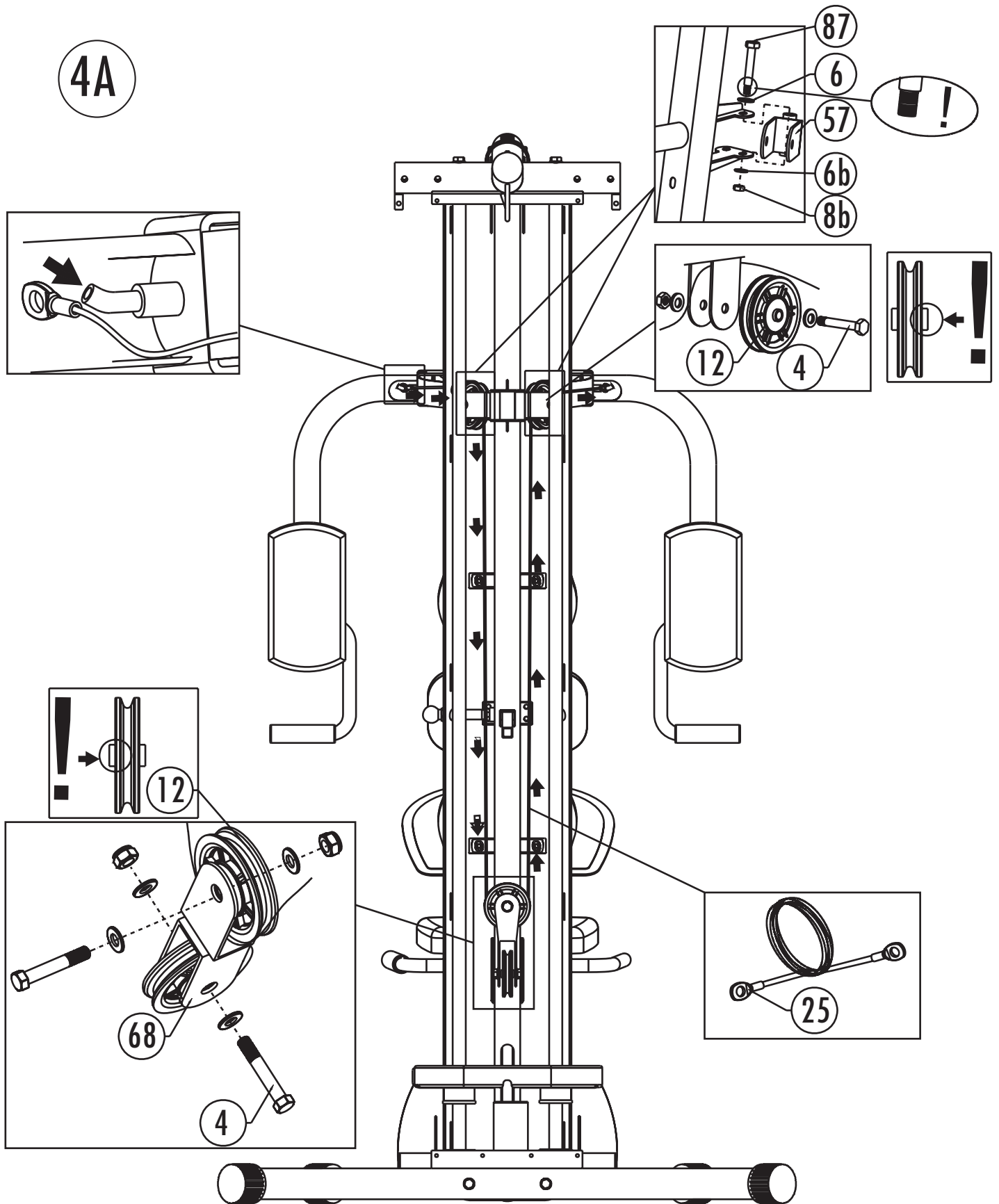


# 3D



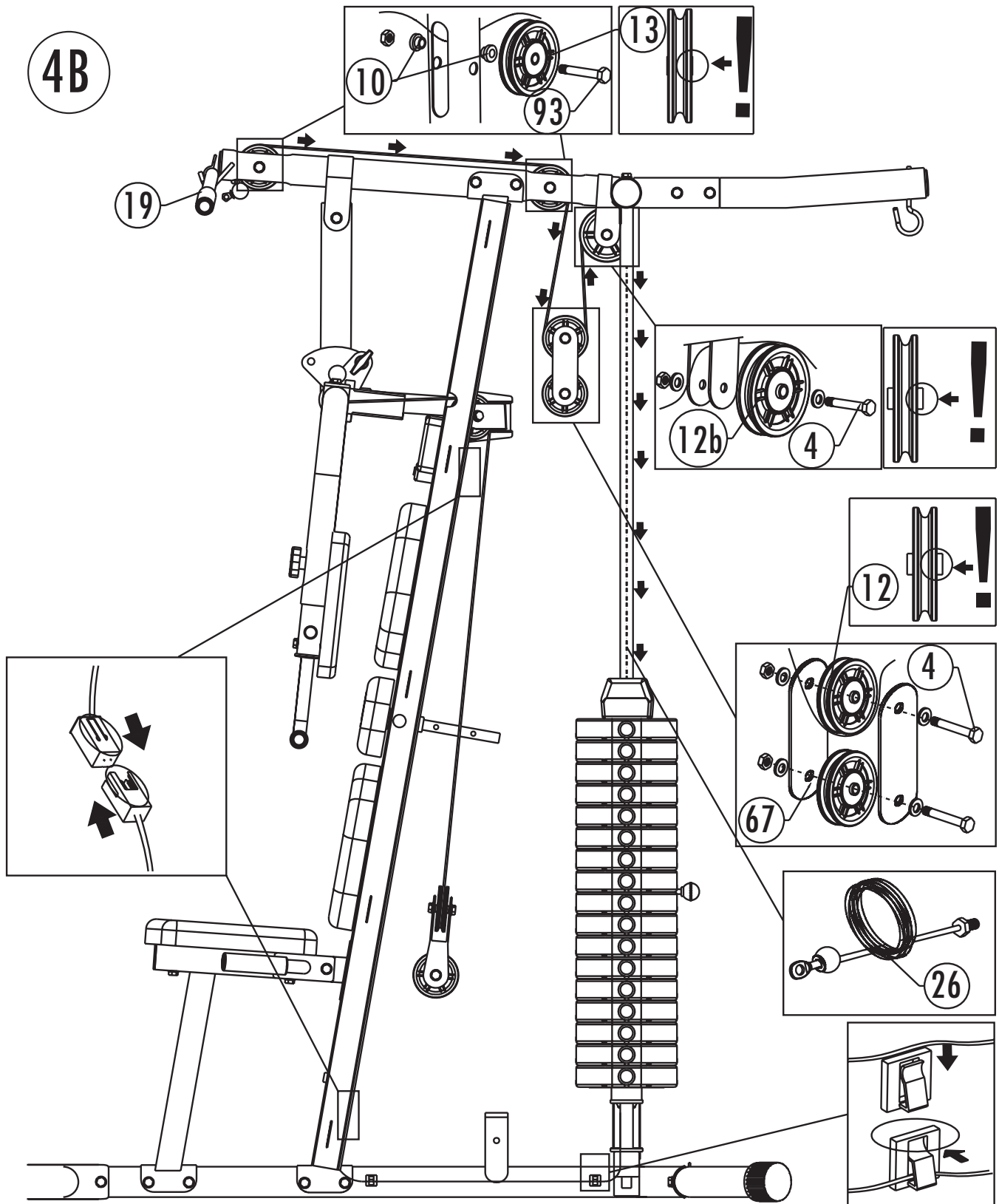


4A



Penser à passer les câbles en position avant de fixer les poulies.  
 Put the cables into position before mounting the pulleys.  
 Antes de fijar las poleas, coloque los cables en posición.  
 Vergessen Sie nicht, die Kabel zu verlegen, bevor Sie die Seilrollen anbringen.  
 Prima di fissare la puleggia posizionare i cavi.  
 Denk eraan de kabels in positie te brengen vooraleer de pulleys vast te maken.  
 Não se esqueça de passar os cabos para a posição antes de prender as roldanas.  
 Pamiętaj o przeprowadzeniu kabli przed przystąpieniem do montażu belek.  
 Ne felejtse el a kábeleket a helyükre tenni még a csigák rögzítése előtt.

Следите за тем, чтобы, перед тем как закрепить тяговые блоки, были протянуты тросы.  
 Înainte de a fixa scripetii, instalați cablurile în poziție corectă.  
 Dbajte, aby ste káble založili na miesto pred upevnením valcov.  
 Dbejte na to, abyste kabely založili na místo před upevnením válců.  
 Tänk på att lägga sladdarna på plats innan du sätter fast trissorna.  
 Да се предвиди поставяне на кабелите в позиция преди да се фиксират макариите.  
 Makaraları tespit etmeden önce kabloları pozisyona geçirin.  
 Не забудьте перевести кабелі уперед перед фіксуванням блоків.  
 注意在 固定滑轮前先將纜索穿上。

**4B**

Vérifier le branchement correct des 2 prises (une sur le compteur, une sur la partie basse) avant la fermeture du carter.

Verify that the 2 plugs are connected properly (one on the counter, one on the bottom part) before closing the casing.

Compruebe que las 2 tomas se empalmen correctamente (una en el contador y la otra sobre la parte baja).

Stellen Sie sicher, dass die beiden 2 Anschlüsse richtig eingesteckt sind, bevor Sie die Haube schließen (ein Anschluss am Zähler, einer an der Unterseite).

Verificare il corretto collegamento delle 2 prese (una sul contatore e l'altra sulla parte inferiore) prima di chiudere il carter.

Ga de correcte aansluiting van beide stopcontacten na (één op de teller, één op het onderste gedeelte) vooraleer de hoes af te sluiten.

Verificar a correcta ligação das 2 tomadas (uma no contador, outra na parte baixa) antes do fecho do carter.

Sprawdzić prawidłowe podłączenie 2 wtyczek (licznika oraz w dolnej części urządzenia) przed zamknięciem osłony.

Szintén a burkolat bezárása előtt kell ellenőrizni a két csatlakozó megfelelő csatlakoztatását (egyiket a számlálóhoz), másikat az alsó részhez.

Проверьте надлежащее подключение 2 разъемов (один на счетчике, другой в нижней части) перед тем, как закрыть защитный кожух.

Verificati dacă conectarea celor 2 prize este realizată corect (una pe contorizator, cealaltă pe partea inferioară), înainte de a închide carterului.

Před zatvorením ochranného krytu kontrolujte, či sú obe prípojky (jedna na merači a druhá v dolnej časti) správne zapojené.

Před uzavřením ochranného krytu zkontrolujte, zda jsou obě přípojky (jedna na měřiči a druhá v dolní části) správně zapojené.

Kontrollera att de 2 kontakterna sitter rätt (en på räknaren, en på nedre delen) innan skyddet stängs.

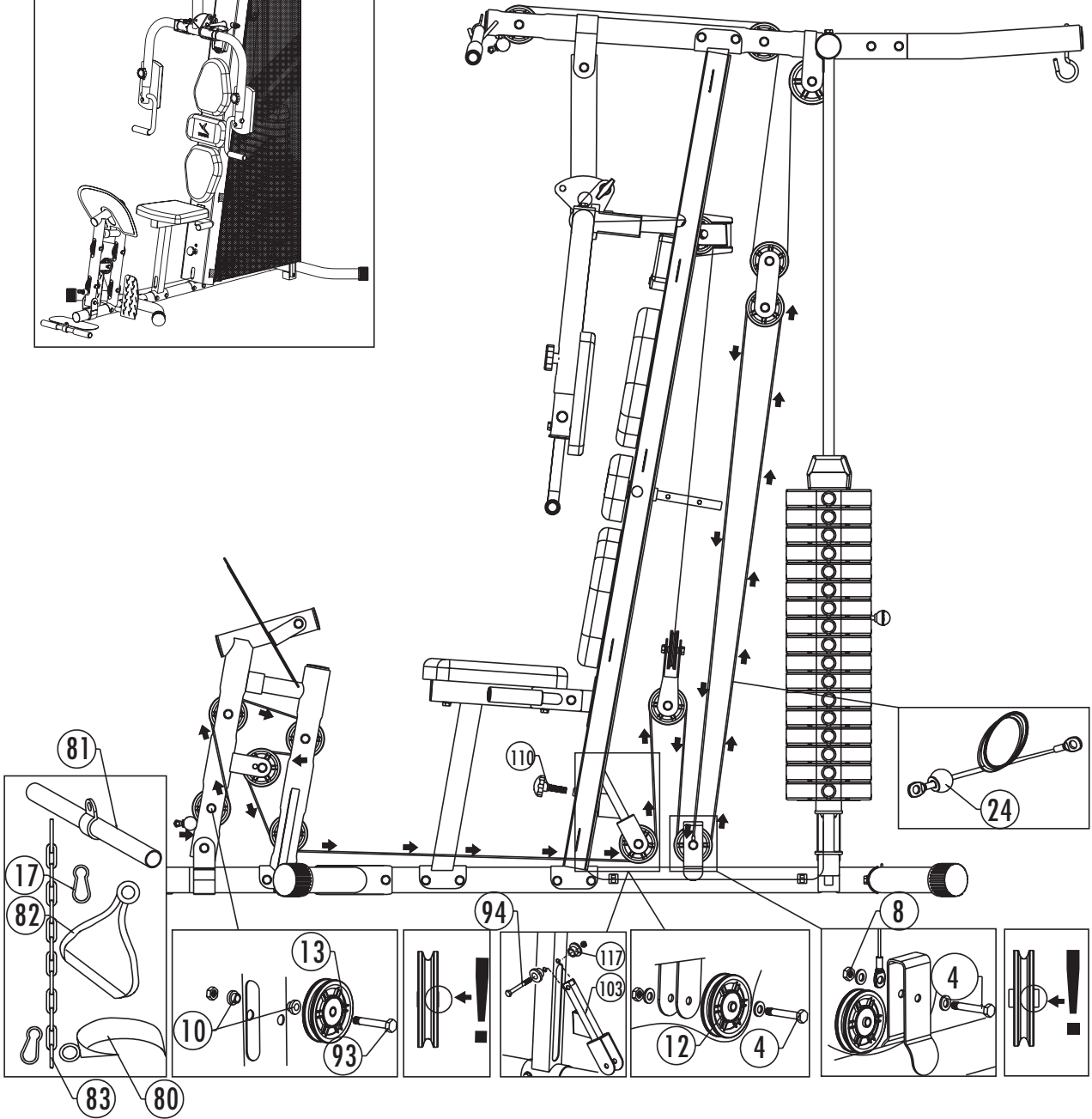
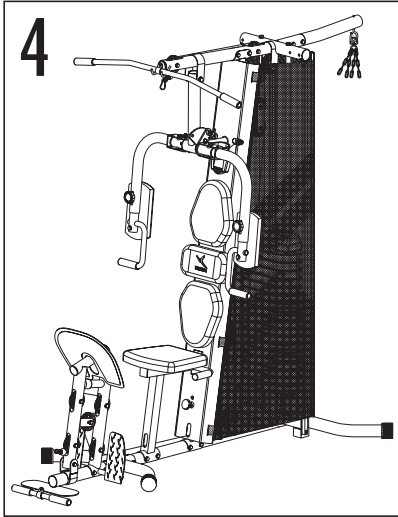
Да се провери правилното включване на 2 щепсела (един в компютъра, един върху ниската част) преди затварянето на кожуха.

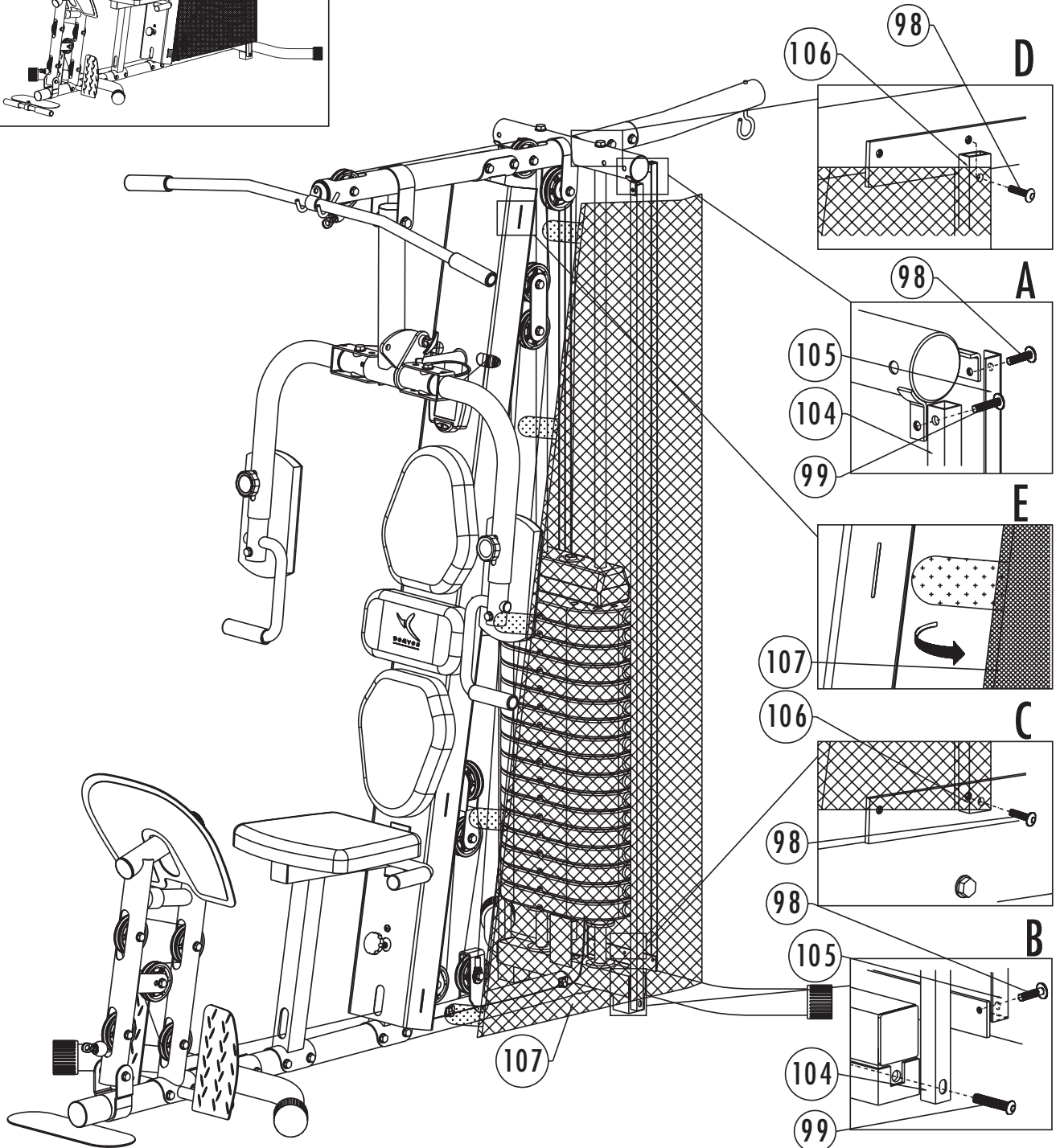
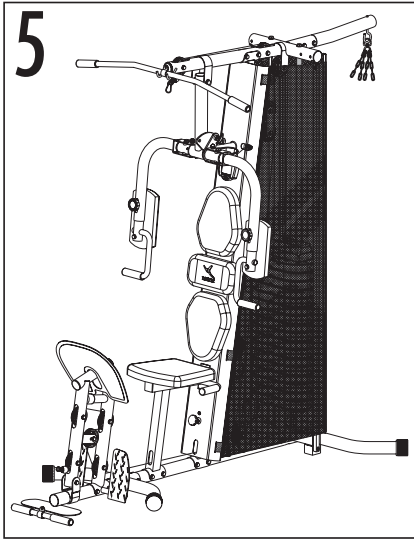
Karteri kapatmadan önce, 2 prizini doğru bağlanmış olduğunu kontrol ediniz (biri sayacın, diğeri alt bölüme üzerinde).

Перед тим, як закрити панель, перевірте правильність підключення проводів до обох гнізд (одне на лічильнику, друге на нижній частині).

在 关上保护罩之前, 检查2 个插头正确插上 (一个插在计数器上, 另一个插在下部)。

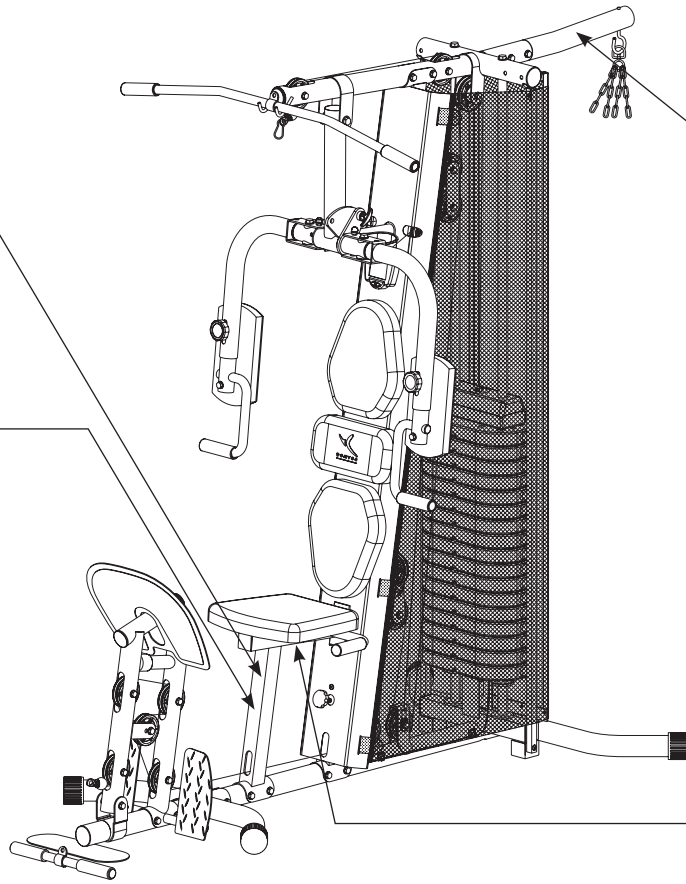
# 4C





**MAXI****110 kg / 242 lbs****MAXI****20 kg / 40 lbs****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.

**AVERTISSEMENT**

- 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.

**ADVERTENCIA**

- Cualquier uso impropio de este producto puede provocar heridas graves.
- Antes de cualquier utilización, lea atentamente el modo de empleo y respetar todas las advertencias e instrucciones que contiene.
- No permitir a los niños utilizar esta máquina y mantenerlos alejados de la misma.
- Si faltase la pegatina, o si la misma estuviera dañada o ilegible, conviene sustituirla.
- No acercar sus manos, pies y cabello de todas las piezas en movimiento.

**WARNHINWEIS**

- Jede unsachgemäße Benutzung dieses Produktes kann schwere Verletzungen zur Folge haben.
- Vor jedem Gebrauch bitte diese Gebrauchsanweisung aufmerksam lesen und alle darin enthaltenen Warnhinweise und Anweisungen befolgen.
- Kindern ist die Benutzung dieser Maschine zu untersagen und sie sind davon fernzuhalten.
- Ist der Aufkleber beschädigt, unleserlich oder nicht mehr vorhanden, muss er ersetzt werden.
- Ihre Hände, Füße und Haare von allen drehenden Teilen fernhalten.

**AVVERTENZA**

- Ogni uso improprio del presente articolo rischia di provocare gravi incidenti
- Prima di qualsiasi utilizzo, vi preghiamo di leggere attentamente le istruzioni per l'uso e di rispettare le avvertenze e le modalità d'impiego.
- Tenere i bambini lontani dalla macchina e non permettere loro di utilizzarla.
- Se l'etichetta è danneggiata, illeggibile o assente, occorre sostituirla.
- Non avvicinare mani, piedi e capelli ai pezzi in movimento.

**WAARSCHUWING**

- Onjuist gebruik van dit product kan ernstige verwondingen veroorzaken.
- Voordat u het product gaat gebruiken, moet u de gebruiksaanwijzing lezen en alle waarschuwingen en instructies die hij bevat toepassen.
- Deze machine niet door kinderen laten gebruiken en niet in de buurt ervan laten komen.
- Als de sticker beschadigd, onleesbaar of afwezig is, moet hij vervangen worden.
- Uw handen, voeten of haar niet in de buurt van de bewegende delen brengen.

**AVISO**

- Qualquer utilização imprópria deste produto comporta o risco de causar danos graves.
- Antes de cada utilização, leia atentamente as instruções de utilização e respeite o conjunto dos avisos e instruções incluídas.
- Mantenha este aparelho afastado das crianças e não permita a sua utilização por estas.
- Se o autocollante estiver danificado, ilegível ou ausente, é conveniente substituí-lo.
- Não aproxime as suas mãos, pés e cabelos das peças em movimento.

**UWAGA**

- Nieprawidłowe użytkowanie produktu może być przyczyną wypadków.
- Przeczytaj instrukcję obsługi i przestrzegaj wszystkich zaleceń i instrukcji.
- Nie zezwalaj dzieciom na zabawę na i w pobliżu urządzenia.
- Wymień etykiety w przypadku uszkodzenia, nieczytelności lub ich braku.
- Nie zbliżać rąk, nóg i włosów do elementów w ruchu.

**FIGYELMEZTETÉS**

- A szerkezet helytelen használatra súlyos sérülésekhez vezethet
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelemfelhívást, illetve használati útmutatót
- Ne hagyja, hogy a gyerekek a gépére vagy közelébe kerüljenek
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik
- Tartsa távol a kezeket, lábakat, a haját a mozgó alkatrészekről

**Предупреждение**

- Некорректная эксплуатация данного изделия может вызвать тяжелые поражения
- Перед использованием внимательно прочитайте инструкцию по эксплуатации
- Соблюдайте все предосторожности и рекомендации, которые содержит этот документ
- Не позволяйте детям использовать эту машину. Не допускайте детей близко к аппарату.
- Если клейкая этикетка повреждена, стерта или отсутствует, ее необходимо заменить
- Необходимо следить за тем, чтобы руки, ноги и волосы находились вдали от движущихся частей аппарата

**ATENȚIE**

- Utilizarea necorespunzătoare a acestui produs riscă să provoace răni grave.
- Înainte de utilizare, va rugăm să citiți cu atenție modul de folosire și să respectați toate
- Atenționările și instrucțiunile pe care acesta le conține.
- Nu permiteți copiilor să utilizeze această mașină și țineți-i departe de aceasta.
- Dacă autocollantul este deteriorat, ilizibil sau lipsește, este indicat să-l înlocuiți
- Nu va apropiați mâinile, picioarele și părul de piesele în mișcare.

**UPOZORNENIE**

- Akékoľvek nevhodné použitie tohoto výrobku môže vyvolať vážne poranenia.
- Pred akýmkoľvek použitím výrobku si starostlivo prečítajte návod na použitie a rešpektujte všetky upozornenia a pokyny, ktoré sú tu uvedené.
- Nedovoľte deťom, aby tento prístroj používali a približovali sa k nemu.
- V prípade, že je samolepiaci štítek poškodený, nečitateľný alebo štítek chýba na výrobku, je potrebné ho vymeniť.
- Nepribližujte ruky, nohy a vlasy k súčiastkam, ktoré sa pohybujú.

**UPOZORNĚNÍ**

- Jakékoliv nevhodné použití tohoto výrobku může způsobit vážná poranění.
- Před jakýmkoliv použitím výrobku si pečlivě přečtěte návod k použití a respektujte všechna upozornění a pokyny, která jsou zde uvedena.
- Zabraňte dětem, aby tento přístroj používaly a přibližovaly se k němu.
- Jestliže je samolepicí štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepřibližujte ruce, nohy a vlasy k pohybujícím se součástkám.

**ARNING**

- Felkeltig användning av denna produkt riskerar att förorsaka allvarliga personskador.
- Läs noga bruksanvisningen innan du använder produkten och ta hänsyn till alla varningar och instruktioner som den innehåller.
- Låt inte barn använda denna maskin och håll dem på avstånd från den.
- Om dekalan är skadad, oläslig eller saknas, måste den ersättas med en ny.
- Låt inte händerna, fötterna eller håret komma i närheten av rörliga delar.

**ПРЕДУПРЕЖДЕНИЕ:**

- Всю неправилно използване на този продукт може да доведе до сериозни наранявания.
- Преди да използвате продукта, моля прочетете внимателно начина на употреба и спазвайте всички предупреждения и инструкции, които той съдържа.
- Не позволявайте тази машина да бъде използвана от деца и ги дръжте на разстояние от нея.
- Ако самозалепващата лента е повредена, нечетлива или липсва, тя трябва да бъде сменена.
- Не доближавайте ръцете, краката и косите си до движещите се части.

**UYARI**

- Bu ürünün herhangi bir yanlış kullanımı ağır yaralara yol açabilir.
- Her kullanımdan önce, kullanım yöntemini dikkatle okumanız ve içindeki tüm uyarı ve talimatları uyanız gerekir.
- Çocukların bu makineyi kullanmalarına izin vermeyin ve onları bu makineden uzak tutun.
- Yapışkan etiket zarar görmüş, okunaksız veya mevcut değilse, yenisi ile değiştirilmesi uygun olacaktır.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareket halindeki parçalara yaklaştırmayın.

**ЗАСТЕРЕЖЕННЯ**

- Всеке не відповідне застосування виробу утворює ризик тяжких поранень.
- Перед застосуванням прочитайте інструкцію використання та дотримуйтеся усіх попереджень та порад, які вона містить.
- Не дозволяйте дітям користатися цим апаратом та не підпускайте їх близько до нього.
- Якщо наклейка пошкоджена, нерозбірлива або відсутня, треба її замінити.
- Не наближайте руки, ноги та волосся до деталей, що рухаються.

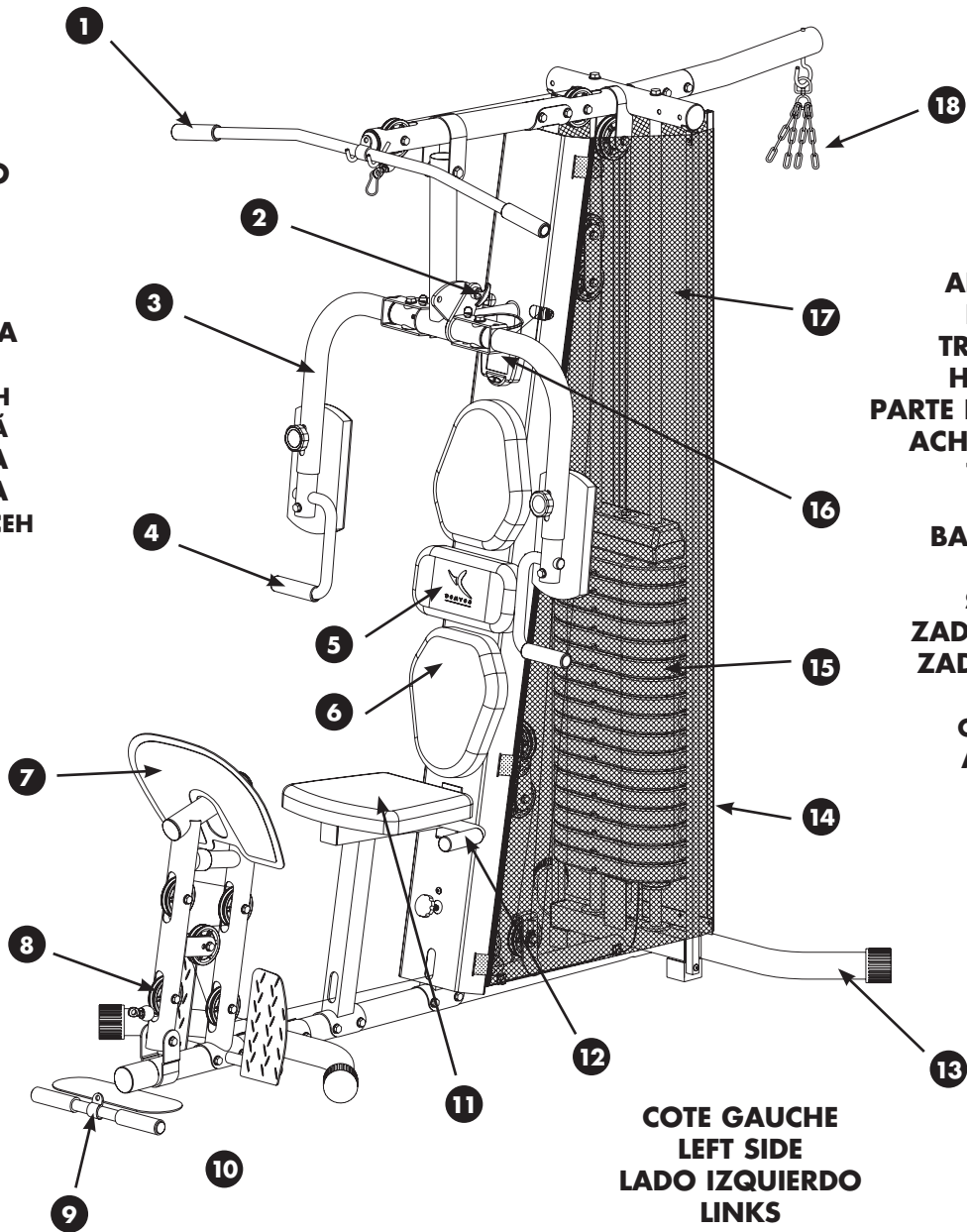
**تحذير**

- عدم استخدام هذا المنتج بشكل سليم قد يسبب في إصابة خطيرة.
- قبل الاستخدام احرص على قراءة دليل التحذيرات والتعليمات التي يتضمنها.
- يمنع استخدامهم من قبل الأطفال ويحفظ بعيداً عنهم.
- يجب استبدال اللاصقة إذا تلفت أو تشوهت أو فقدت.
- يمنع تقريب اليدين والقدمين والشعر من جميع الأجزاء المتحركة.

**注意**

- 濫用本產品有造成嚴重傷害的可能。
- 使用前請閱讀使用說明，遵守其中的有關注意事項和操作規定。
- 不要讓兒童使用本產品或在產品周圍玩耍。
- 若標籤受損、印刷模糊或無標籤，則應更換標籤。
- 使手、腳和頭發遠離運動的部位。

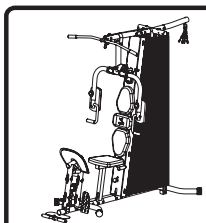
**COTE DROIT**  
**RIGHT SIDE**  
**LADO DERECHO**  
**RECHTS**  
**LATO DESTRO**  
**RECHTERKANT**  
**LADO DIREITO**  
**PRAWA STRONA**  
**HÁTUL**  
**ПРАВАЯ СТОРОНА**  
**PARTEA DREAPTĂ**  
**PRAVÁ STRANA**  
**PRAVÁ STRANA**  
**HÖGER SIDA** **ДЕСЕН**  
**КРАЙ**  
**SAĞ TARAF**  
**ПРАВИЙ БІК**  
 الجانب الأيمن  
 右侧



**ARRIERE**  
**REAR**  
**TRASERO**  
**HINTEN**  
**PARTE POSTERIORE**  
**ACHTERKANT**  
**TRÁS**  
**TYŁ**  
**BALOLDAL**  
**ТЫЛ**  
**SPATE**  
**ZADNÁ ČASŤ**  
**ZADNÍ ČASŤ**  
**BAK**  
**ОТЗАД**  
**ARKA**  
**ЗАД**  
 خلفاً  
 后

**AVANT**  
**FRONT**  
**DELANTERO**  
**VORN**  
**PARTE ANTERIORE**  
**VOORKANT**  
**FRENTE**  
**PRZÓD**  
**ELŐL**  
**ПЕРЕД**  
**FATĂ**  
**PREDNÁ ČASŤ**  
**PŘEDNÍ ČASŤ**  
**FRAM**  
**ОТПРЕД**  
**ÖN**  
**ПЕРЕД**  
 أماماً  
 前部

**COTE GAUCHE**  
**LEFT SIDE**  
**LADO IZQUIERDO**  
**LINKS**  
**LATO SINISTRO**  
**LINKERKANT**  
**LADO ESQUERDO**  
**LEWA STRONA**  
**JOBBOLDAL**  
**ЛЕВАЯ СТОРОНА**  
**PARTEA STÂNGĂ**  
**ĽAVÁ STRANA**  
**LEVÁ STRANA**  
**VÄNSTER SIDA**  
**ЛЯВ КРАЙ**  
**SOL TARAF**  
**ЛІВИЙ БІК**  
 الجانب الأيسر  
 左侧



**HG90**  
**BOXE**

176 kg  
 388 lbs

210 x 100 x 205 cm  
 82 x 40 x 80 inches

- 1** Barre latissimus  
Lat bar  
Barra gran dorsal  
Latissimusstange  
Barra latissimus  
Latissimus -stang  
Barra latissimus  
Drążel latissimus  
Latissimus rúd  
Перекладина латиссимум  
Bara latissimus  
Tyč na posilňovanie  
chrbtového svalstva  
Tyče latissimus  
Latsräck  
Лост гръб  
latissimus bari  
Широкий гриф  
latissimus  
قضيب  
拉杆
- 2** Tige de sélection de l'exercice tiré / poussé  
Pull / push exercise selection pin  
Barra de selección del ejercicio de flexión / extensión  
Steckbolzen zur Einstellung der Zug-/Pressübungen  
Barra di selezione dell'esercizio tirare / spingere  
Pen voor de bepaling van de trek/druk oefening  
Biela de selecção do exercício para fora / introduzida  
Belka wyboru rodzaju ćwiczenia podciąganie / wyciskanie  
Választórúd húzó / toló gyakorlathoz  
Стержень выбора упражнения на тягу / жим  
Tijđ de selectare a exercițiului tracțiune / împingere  
Tyč pre voľbu typu cvičenia – ťahom / tlakom  
Tyč pro cvičení přitahování / odťahování  
Stång för val av drag- eller skjutövning  
Дръжка за избор на упражнения за теглене/бутане  
Egzersiz seçim çubuđu, çekme / itme  
Стрижень для вибору вправ на підтягування/штовхання  
وصلة اختيار الترتيب سحب / دفع  
拉推练习选择调节杆
- 3** Bras tiré / poussé / butterfly / pectoraux  
Pull / push / butterfly / pectorals arm  
Brazo de tirón / empujón / mariposa / pectorales  
Zug-/Press-/Butterfly-/Brustbügel  
Braccio tirato / spinto / butterfly / pettorali  
Arm trekken / drukken / butterfly / borstspieren  
Braço esticado / empurrado / butterfly / peitorais  
Ramiona podciąganie / wyciskanie / motylek / mięśnie klatki piersiowej  
Húzó-, toló-, pillangó- és mellgép kar  
Перекладина для тяги / жима / бафтерфля / упражнения на брюшной пресс  
Brațe tracțiune / împins / butterfly / pectorali  
Rameno pre cvičenie ťahom / tlakom / butterfly / prsné svaly  
Paže přitazené / odtažené / motylek / prsní svaly  
Armdrag/armfrånskjut / butterfly/bröstmuskler  
Рамена за теглене / бутане / butterfly / гърди  
kol çekme / itme kelebek / göğüs kasları  
Підтягування / штовхання руками «метелик» / грудні м'язи  
الذراع مسحوب / مدفوع / الفراشة / اصصري  
拉臂 / 推臂 / 蝴蝶练臂 / 胸肌臂
- 4** Poignée développée assis  
Seated press handle  
Empuñadura de levantada sentado  
Griff für Bankdrücken im Sitzen  
Impugnatura di distensione da seduti  
Handgreep voor het zittend drukken  
Pega para o desenvolvimento sentado  
Uchwył do wyciskania w pozycji siedzącej  
Lehúzó fogantyú  
Рукоятка для жима в положении сидя  
Mâner pentru împins din poziție așezat  
Rukovář na tlakové cviky v sede  
Uchyt zvedání vleže  
Handtag för sittande bänkpress  
ръкохватка за изтласкване от седеж  
kolu gelişmiş oturur  
Рукоятка для жиму сидячи  
مقبض مطور جالساً  
坐练把手
- 5** Dossier réglable  
Adjustable backrest  
Respaldo regulable  
Einstellbares Rückenpolster  
Schienale regolabile  
Instelbare rugleuning  
Encosto regulável  
Oparcie z możliwością regulacji  
Beállítható háttámla  
Регулируемая спинка  
Spätar reglabil  
Nastavitelné operadlo  
Nasatvitelné opëradlo  
Reglerbart ryggstöd  
Регулируема облегалка  
Ayarlanir arkalik  
Регульована спинка  
مسند ظهر قابل للضبط  
可调
- 6** Dossier  
Backrest  
Respaldo  
Rückenpolster  
Schienale  
Rugleuning  
Encosto  
Oparcie  
Háttámla  
Спинка  
Spätar  
Operadlo  
Opëradlo  
Ryggstöd  
Облегалка  
Arkalik  
Спинка  
DOSSIER  
靠背
- 7** Presse  
Press  
Prensa  
Platte für Beinpressen  
Pressione  
Opdrukken  
Aperto  
Prasa  
Iábtóló  
жим  
Presă  
Tlak  
Tlak  
Press  
Преса  
Pres  
Прес  
مكبس  
压练
- 8** Poulie basse  
Lower pulley  
Polea baja  
Untere Seilrolle  
Puleggia inferiore  
Lage pulley  
Roldana baixa  
Belka dolna  
Alsó csiga  
Нижний тяговый блок  
Scripete inferior  
Spodná kladka  
Spodní kladka  
Dragmaskin  
Долен скрипец  
Alçak kasnak  
Нижний блок  
الكرة السفلية  
下滑轮
- 9** Poignée de tirage  
Pull handle  
Empuñadura de tirón  
Zugrohr  
Impugnatura di tiro  
Handgreep voor het trekken  
Pega de alongamento  
Uchwył do podciągania  
Fogantyú kábeles bicepszészhez  
Рукоятка для тяги  
Mâner de tracțiune  
Rukovář na natáhovacie cviky  
Rukojeť přitahování  
Draghandtag  
ръкохватка за теглене  
Çekme sarı  
Рукоятка для підтягування  
مقبض السحب  
拉练把手
- 10** Cale-pieds de tirage  
Foot holder attachments  
Sujetapié de tirón  
Beincurler  
Fermapiedi di tiro  
Voetenhouder voor het trekken  
Suporte de pés de alongamento  
Uchwyty do podciągania nóg  
Lábrögzító kábeles bicepszészhez  
Упор для тяги  
Element de fixare a piciorului pentru tracțiune  
Podpera pre nohy pri ťahaní  
Tahací pedály  
Fofäste för dragövning  
подпора за кратката при теглене  
Çekme ayak sıkıştırma  
Підніжка для підтягування  
مقبض القدم للسحب  
拉练脚档
- 11** Siège  
Seat  
Asiento  
Sitz  
Sedile  
Zitting  
Assento  
Siedzenie  
Ülés  
Сиденье  
Şezut  
Sedadlo  
Sedadlo  
Säte  
Седалка  
Oturak  
Сидіння  
مقعد  
座位
- 12** Poignée de siège pour presse  
Seat handle for presses  
Empuñadura de asiento para prensa  
Seilliche Griffe für Beinpressen  
Impugnatura del sedile per esercitare la pressione  
Handgreep aan de zitting voor het opdrukken  
Pega do assento para aperto  
Uchwył siedzenia prasy  
A lábtóló ülésének fogantyúja  
Рукоятка сиденья для жима  
Mâner al scaunului pentru presă  
Rukovář na sedadle pre tlakové cviky  
Rukojeť sedadla pro stisknutí  
Säteshandtag för press  
Дръжка на седалката за пресата  
Pres için oturak sarı  
Рукоятка сидіння для пресу  
مقبض المقعد للضغط  
座椅压练把手
- 13** Pied arrière  
Rear foot  
Pata trasera  
Hinterer Fuß  
Piede indietro  
Achterste steunvoet  
Pé traseiro  
Noga tylna  
Hátso láb  
Задня опора  
Picior spate  
Zadný podstavec  
Zadní podstavec  
Bakre fot  
Заден подпорен крак  
Arka ayak  
Задня нога  
القاعدة الخلفية  
后支脚
- 14** Tige de sélection des poids  
Weight selection arm  
Barra de selección de las pesas  
Steckbolzen für Gewichte  
Barra di selezione dei pesi  
Pen voor de gewichtsbepaling  
Biela de selecção dos pesos  
Belka regulacji obciążenia  
Súlyválasztó rúd  
Стержень для установки нагрузки  
Tijđ de selectare a greutăților  
Tyč na umiestnenie závaží  
Tyč pro výběr závaží  
Stång med urval av vikter  
Дръжка за избиране на тежести  
Ağırlık seçme çubuđu  
Вагилья для вибору тягаря  
وصلة اختيار الأوزان  
选重调节杆
- 15** Poids  
Weight  
Peso  
Gewicht  
Peso  
Gewicht  
Peso  
Obciążenie  
Súly  
Весовые плиты  
Greutate  
Hmotnosť  
Váha  
Tungd  
Облегалка  
Ağırlık  
Тягаря  
أوزان  
重量
- 16** Compteur  
Counter  
Contador  
Zähler  
Contatore  
Teller  
Contador  
Licznik  
Számláló  
Счетчик  
Contorizator  
Počítadlo  
Počítadlo  
Stång med urval av vikter  
Брояч  
Sayaç  
Лічильник  
عداد  
计数器
- 17** Carter  
Casing  
Cárter  
Haube  
Carter  
Hoes  
Cárter  
Oslona  
Védőlemez  
Защитный кожух  
Carcasa  
Kryt  
Ochranné pouzdro  
Skydd  
Картер  
Karter  
Корпус  
الكارتر  
后罩
- 18** Support sac de frappe  
Punching bag holder  
Soporte del saco de pegada  
Boxsack-Aufhängung  
Aggancio del sacco da boxe  
Houder van de boksak  
Suporte de saco de boxe  
Wspornik worka bokserskiego  
Boxzsák tartója  
Держатель боксерской груши  
Suport sac de lovit  
Držiak na boxovacie vrece  
Podstavec pro boxovací pytel  
Stöd för slagsäck  
Носач за боксова круша  
Vurma torbasi mesnedi  
Опора для боксерської груші  
دعامة كيس الضرب  
拳击袋支架

# E N G L I S H

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.com

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

## PRESENTATION

The HG90 BOXE is a space-efficient, versatile home gym.

Training on this type of equipment will:

- Tone all your muscles by working on one muscle at a time.
- Improve your physical condition by doing some cardiovascular exercise with a punching bag (Bag sold separately, using the Domyos TB 300 bag is recommended (ref 7303338))

## 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. Only use this product in the manner described in this manual. Keep this manual for the entire life of the product.
2. This device must be assembled by one or two adults.
3. It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
4. Domyos disclaims any responsibility for injuries or damage sustained by any person or property caused by improper use of this product by the purchaser or by any other person.
5. This product is intended for domestic use only. Do not use this product in any commercial, rental, or institutional setting.
6. Use this product indoors, away from humidity and dust, on a flat, hard surface and in a sufficiently large space. Make sure that there is enough room to move around the equipment safely. To protect the floor, lay a rug underneath the product.
7. The user is responsible for ensuring proper care and maintenance of the equipment. After the product has been assembled; and prior to each use, check that the fasteners are properly tightened and that none are protruding. Check the condition of the parts that are the most subject to wear and tear.
8. In the event that your product becomes damaged, immediately have any worn or defective parts replaced by the After-Sales Service Department of your nearest DECATHLON store. Do not use the equipment until it has been completely repaired.
9. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.)
10. Wear athletic shoes to protect your feet while exercising. DO NOT wear loose or baggy clothing, since it may get caught in the machine. Take off all jewelry.
11. Put your hair up so that it does not get in the way during exercise.
12. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.
13. Keep children and pets away from the product at all times.
14. Keep your hands and feet away from moving parts.
15. Before undertaking this exercise program, you must consult a doctor to be sure there are no counter-indications, particularly if you have not participated in sports for several years.
16. Do not exceed the limits of the adjusting mechanisms.
17. Do not try to repair this product yourself.
18. While exercising, do not arch your back. Keep your back straight.
19. Any assembly/disassembly of the product must be done carefully.
20. Maximum user weight: 242 lbs. - 110 kg
21. Maximum weight of punching bag: 20 kg. Using the Domyos TB 300 bag is recommended (ref 7303338)

## 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.

## CARE AND MAINTENANCE

In order to prevent perspiration from damaging the seat cover, use a towel or wipe off the seat cover after each use. Lightly grease the moving parts to improve their functioning and prevent unnecessary wear and tear.

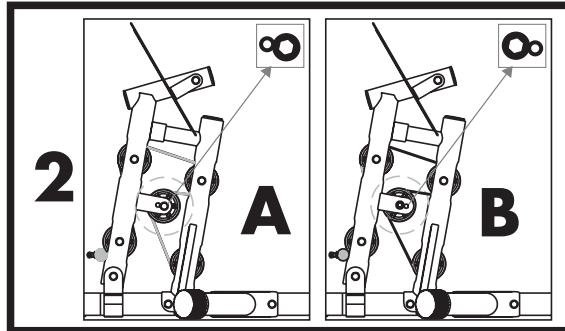
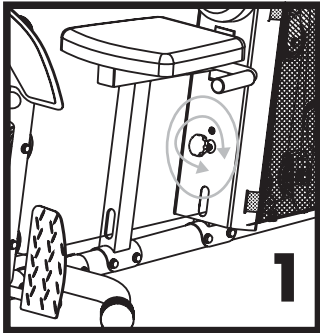


## SETTINGS

### **ADJUSTING THE TENSION OF THE CABLE:**

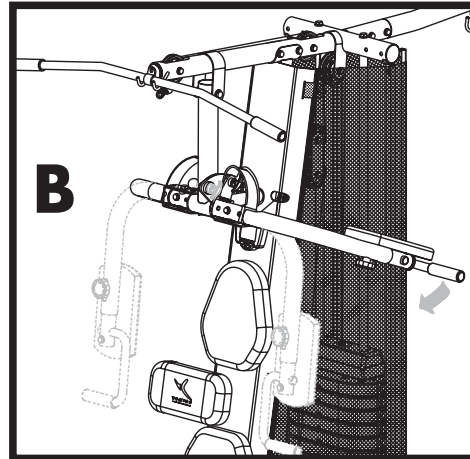
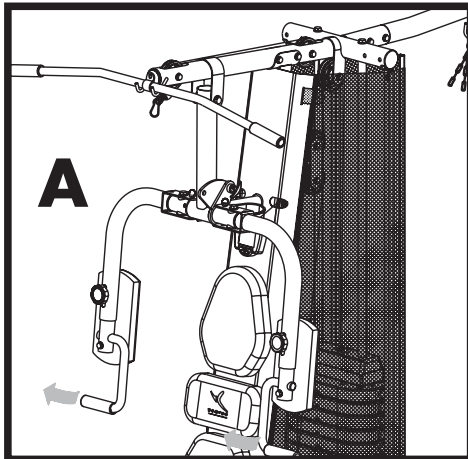
To adjust the tension, turn the knob located under the seat.  
Retighten the cable regularly as needed.

If adjusting with the knob is not sufficient, move pulley 1 from position A to B, then readjust with the knob.



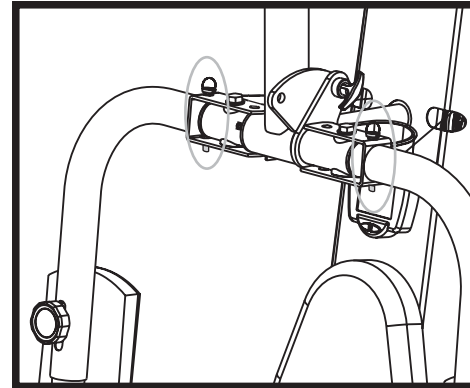
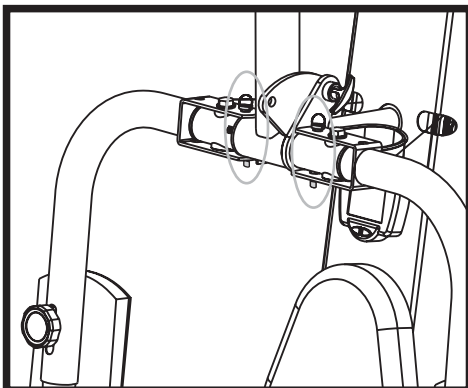
### **MULTI-FUNCTION ARM:**

The multi-function arm has 2 positions: push (A) / pull (B).



### **LOCKING THE PECTORAL SYSTEM:**

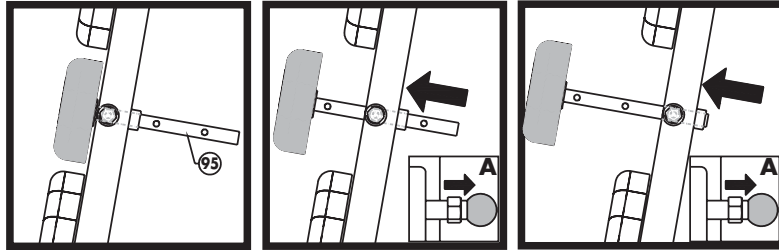
The pectoral system must be locked while any other exercises are being done.  
Use the locking pins.



## SETTINGS

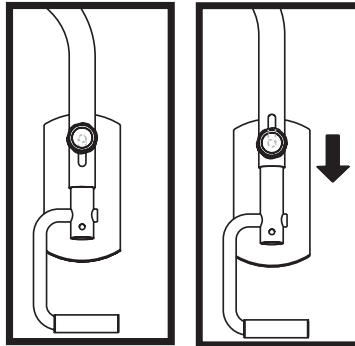
### **ADJUSTABLE BACKREST:**

The adjustable backrest has 3 positions.



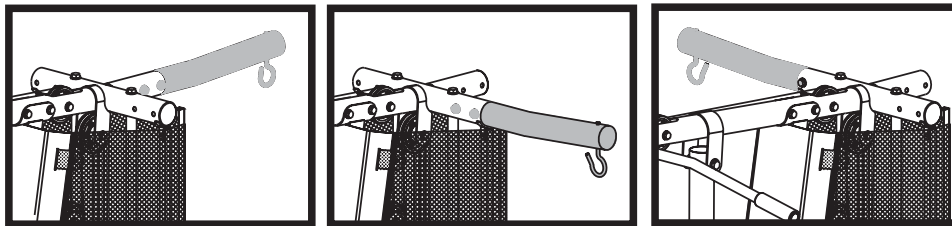
### **HANDLE ADJUSTMENT:**

The handles of the adjustable bar are height adjustable:



### **PUNCHING BAG:**

The punching bag has 3 positions, which can be selected during assembly:  
(maximum weight of punching bag: 20 kg)



### **HIGH / LOW PULLEYS:**

Use the chains to adjust to your height the starting position for the exercises using the high and low pulleys (required for the counter to function properly).

## USE

To ensure optimal training, please follow these recommendations:

- If you are a beginner, start training for several weeks with light weights to get your body used to muscle work.
- Warm up before each session with a cardiovascular workout, sets without weights or floor warm-up and stretching exercises. Increase the loads gradually.
- Make all the movements with regularity and smoothness.
- Always keep your back flat. Avoid pulling your back in or rounding it out during the movements.

If you are a beginner, work in sets of 10 to 15 reps, in general doing 4 sets per exercise with a minimum recovery time between each set (this recovery time can be determined by your physician when you go for a check-up). Alternate muscle groups. Do not work all your muscles everyday. Rather, spread your training out over several days.

## INSTRUCTIONS FOR THE HG90 CONSOLE

### KEY FUNCTIONS

#### Button 1:

For switching from counting mode to program mode.

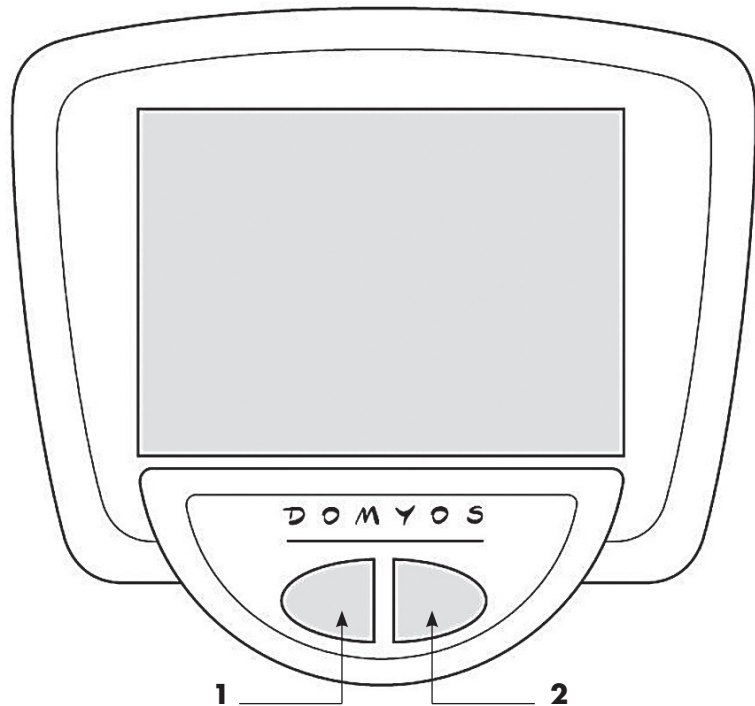
Press down for a long time on this button to switch the device to setting mode.

In setting mode, this button is used for switching from one settable parameter to the next.

#### Button 2:

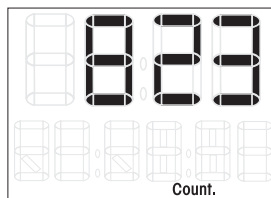
For scrolling through the values programmed in setting mode.

Press down for a long time to make the values scroll faster.

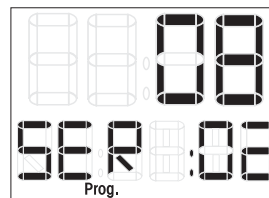


### SETTING THE DEVICE

The device can run in two different modes: simple counting mode or programmable mode, for programming the number of sets, the number of reps and the rest time between each set



Example of screen in simple counting mode

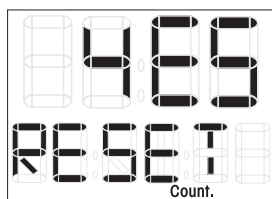


Example of screen in programmable mode

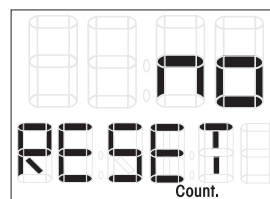
### COUNTING FUNCTION

This function counts the number of movements made with the machine. This value can be from 0 to 9999. Once 9999 has been reached, the counter automatically resets to 0.

You can reset this value to zero. To do so, go to counting mode with button 1, and then press down for a long time (2 seconds) on button 1. The following screen appears:



Pressing on button 1 will reset the value to zero. If you want to exit this mode without resetting the value to 0, press once on button 2 to display the following screen:



Then press on button 1 to exit reset mode.

## PROGRAMMABLE FUNCTION

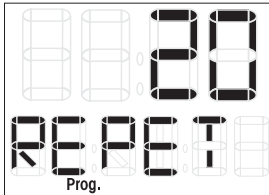
This function is for programming a number of sets, a number of reps and also a rest time.

This means that you can do an exercise with the machine monitoring you. The screen and various sets of beeps will help you gauge where you are in your exercise.

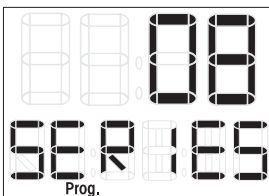
When sound mode is activated, a beep sounds for each count. Two sets of 2 beeps with a rest time in the middle sound at the beginning or end of the rest time. Two sets of 5 beeps with a rest time sound at the end of the exercise and the screen displays the message: STOP.

To set the different values for this mode, hold down the '1' button for two seconds when you are in programmable mode.

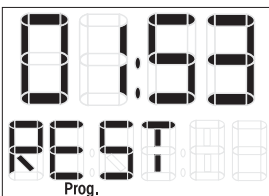
First, you can program the number of reps. The following screen is displayed:



You can program this value between 1 and 99 by pressing on button 2 when you have reached the desired value press on button 2 and you switch to setting the number of sets:

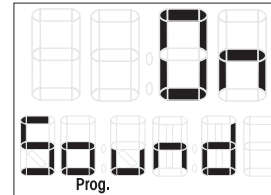


You can program this value between 1 and 50 by pressing on button 2 when you have reached the desired value press on button 2 and you switch to setting the rest time, starting with minutes:

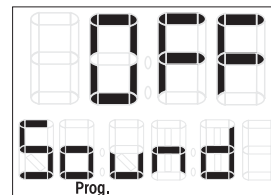


The minutes can be set between 00 and 59, by pressing on button 2. If you press on button 1 you switch to the seconds setting mode. Seconds can also be set between 00 and 59.

After setting the rest time, pressing '1' enables you to activate, or not, the sound on the product. You then get the following screen:



When ON is displayed, sound mode is on. To turn the sound off, press on button 2. The following screen is displayed and the sound has been turned off:



Once you have chosen the mode, you can exit setting mode by pressing on button 1.

## AUTOMATIC ON AND OFF

The display comes on automatically when a movement is detected or when button 1 is pressed.

The device goes into sleep mode automatically if it is not used for ten minutes. This sleep function is deactivated in program mode if the rest time programmed is longer than 10 minutes.

## INSERTING THE BATTERIES

1. Remove one of the panels of the fabric cover, using the self-fastening straps
2. Remove the console and place two type AA or UM-3 batteries in the battery compartment behind the screen.
3. Verify that the batteries are positioned properly and that they are in snug contact with the springs.
4. Put the assembly back together and check to ensure that it is stable.
5. If the display is illegible or partial, please remove the batteries, wait 15 seconds and then put them back in.
6. The unit's memory is erased when you remove the batteries.



### RECYCLING:

The 'crossed out dustbin' sign means that this product and its batteries cannot be thrown out with domestic waste. They should be treated apart. When you have finished with them, drop them at an authorised collection point so they can be recycled. This gesture will go towards protecting the environment and your health.

## T H E E X E R C I S E S

### Please note:

These are basic exercises designed to develop your muscles evenly.

### PECTORALS

#### Seated press (1a + 1b)

**POSITION 1a :** Adjust the height of the handles so that they are level with your chest. Sitting on the seat, flatten your back completely against the backrest. Grasp the handles.

**EXERCISE 1a :** Breathe in and push the press lever forward while breathing out. Bring the press lever back while breathing in, without setting it back down.

**MUSCLES WORKED:** Pectorals, triceps, front of shoulders.

**POSITION 1b:** Adjust the height of the handles so that they are level with your chest. Sitting on the seat, press your upper torso flat against the adjustable backrest. Grasp the handles.

**EXERCISE 1b :** Breathe in and then pull the press lever back while breathing out. Bring the press lever back while breathing in.

**MUSCLES WORKED:** Pectorals, triceps, front of shoulders.

#### Butterfly (2)

**POSITION:** Sitting on the seat, flatten your back completely against the backrest. Place your forearms against the foam padding. Your arm should form a right angle with your torso.

**EXERCISE :** Breathe in, then push with the inside of your forearms against the foam padding while breathing out. Do not use your hands; use your elbows to push. Return to the initial position while breathing in, without setting the weights back down.

**MUSCLES WORKED:** Pectorals, triceps, lats.

#### Pull over (3)

**POSITION:** Sitting up very straight on the seat, with your back pressed firmly against the backrest. With your arms slightly bent, grasp the lat bar with the palms of your hands facing down, spacing your hands shoulder width apart.

**EXERCISE:** Breathe in and push your chest out, then while breathing out, lower your arms towards your thighs until they reach shoulder level. Bring your arms back up while breathing in and pushing your chest out. Keep your back pressed firmly against the backrest, and keep a slight bend in your elbows.

**MUSCLES WORKED:** Pectorals, triceps, lats.

### DORSALS

#### BEHIND-THE-NECK PULLDOWN (4)

**POSITION :** Seated facing the backrest, grasp the lat bar in a wide grip.

**EXERCISE:** While breathing in, pull the bar to the nape of your neck. Slowly return to the initial position while breathing out, without setting the weights down again. Do not lower the bar past the nape of your neck.

**MUSCLES WORKED:** lats, back of shoulders.

#### LAT PULLDOWN (5)

**POSITION :** Same exercise as the last one, but this time you bring the bar to the base of your neck. You can place your hands in a wide or close grip, with your palms facing up or down.

**EXERCISE:** Keep your back flat while doing this exercise. Your back should not move back and forth during the exercise.

**MUSCLES WORKED:** lats, back of shoulders.

#### LOW PULLEY ROW (6)

**POSITION :** Sitting on the floor with your back straight, wedge your feet with the holders at the front of the machine.

**EXERCISE:** Grasp the short bar with the palms of your hands facing down (adjust the initial position of the bar with the chain provided). While breathing in and pushing out your chest, bring the bar to the level of your bellybutton, pulling your elbows back. Return to the initial position while breathing out, without setting the weights back down. Your torso should form a right angle with your thighs during all the movements. Important: do not lean backwards or forwards!

**MUSCLES WORKED:** lats, back of shoulders, lower back. Participation of biceps.

### SHOULDERS

#### LOW PULLEY PULLUP (7)

**POSITION :** Kneeling sideways in relation to the front of the home gym, grasp the handle located on the low pulley. Keep your back completely straight during the whole exercise.

**EXERCISE:** While breathing out and keeping a slight bend in your arm, bring your arm to shoulder level. Bring the load back down to waist level, without setting the weights back down. Work in sets, alternating shoulders.

**MUSCLES WORKED:** external deltoid muscles.

# E N G L I S H

## T H E E X E R C I S E S

### TRICEPS

#### HIGH PULLEY PULLDOWN (8)

**POSITION :** Stand facing the home gym. Keep a slight bend in your knees or put one foot slightly in front of the other one to protect your lower back during the exercise. Grasp the short bar on the high pulley with the palms of your hands facing either up or down. Keep your elbows pressed against your torso during the whole exercise. (Adjust the initial position of the bar with the chain provided).

**EXERCISE:** Bring the bar down while breathing out. Bring the bar back towards your chest while breathing in. Only your forearms should move. Your elbows and torso should not move.

**MUSCLES WORKED:** Triceps.

### BICEPS

#### LOW PULLEY PULL-THROUGH (9)

**POSITION :** Seated, facing the home gym, with your elbows pressed against your torso, your legs slightly bent, your feet on the foot holders. Grasp the short bar on the low pulley. The palms of your hands should be facing you (adjust the initial position of the bar with the chain provided).

**EXERCISE:** Bring the bar towards your chest while breathing out. Bring the bar down while breathing in. Your elbows and trunk should not move at all during the movement. Keep your back straight during this exercise.

**MUSCLES WORKED:** Biceps (arm flexors)

**EXERCISE VARIANT:** While seated, with your elbows pressed against the padding of the seat, bring the bar towards your chest while breathing out.

### THIGHS

#### LEG EXTENSION (10)

**POSITION :** Seated, with your back pressed completely up against the backrest. Firmly grip the support bars on either side of the seat with your hands.

**EXERCISE:** Straighten your legs while breathing out. Return to the initial position, without setting the weights back down. Keep a slight bend in your knees during the extension.

**MUSCLES WORKED:** Quadriceps.

#### ADDUCTORS (11)

**POSITION :** Stand up, sideways in relation to the home gym directly in line with the low pulley. Fasten the ankle strap to the leg closest to the machine. (Adjust the initial position of the bar with the chain provided).

**EXERCISE:** With your leg straight, pull it towards the other leg, then pass the first leg in front of the other one. Return to the initial position.

**MUSCLES WORKED:** Adductors (do this type of exercise smoothly, with light weights).

#### ABDUCTORS (12)

**POSITION :** Stand sideways in relation to the home gym directly in line with the low pulley, fasten the ankle strap to the leg farthest from the machine. (Adjust the initial position of the bar with the chain provided).

**EXERCISE:** With your leg straight, pull it towards the other leg, then pass the first leg in front of the other one. Return to the initial position.

**MUSCLES WORKED:** Abductors.

#### GLUTES (13)

**POSITION :** Stand facing the home gym, directly in line with the low pulley, leaning your torso slightly to hold onto the seat's upper foam padding. Fasten the strap to one ankle. (Adjust the initial position of the bar with the chain provided).

**EXERCISE:** With your leg straight, pull your leg backwards. Return to the initial position.

**MUSCLES WORKED:** Glutes.

## TRADE WARRANTY

DOMYOS 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.

DOMYOS'S obligation in compliance with this warranty is limited to the product's replacement or repair, at DOMYOS'S convenience.

All the products for which the warranty is applicable, shall be accepted by DOMYOS in one of its authorized service centers, sent postage paid together with the proof of the 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 DOMYOS
- 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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