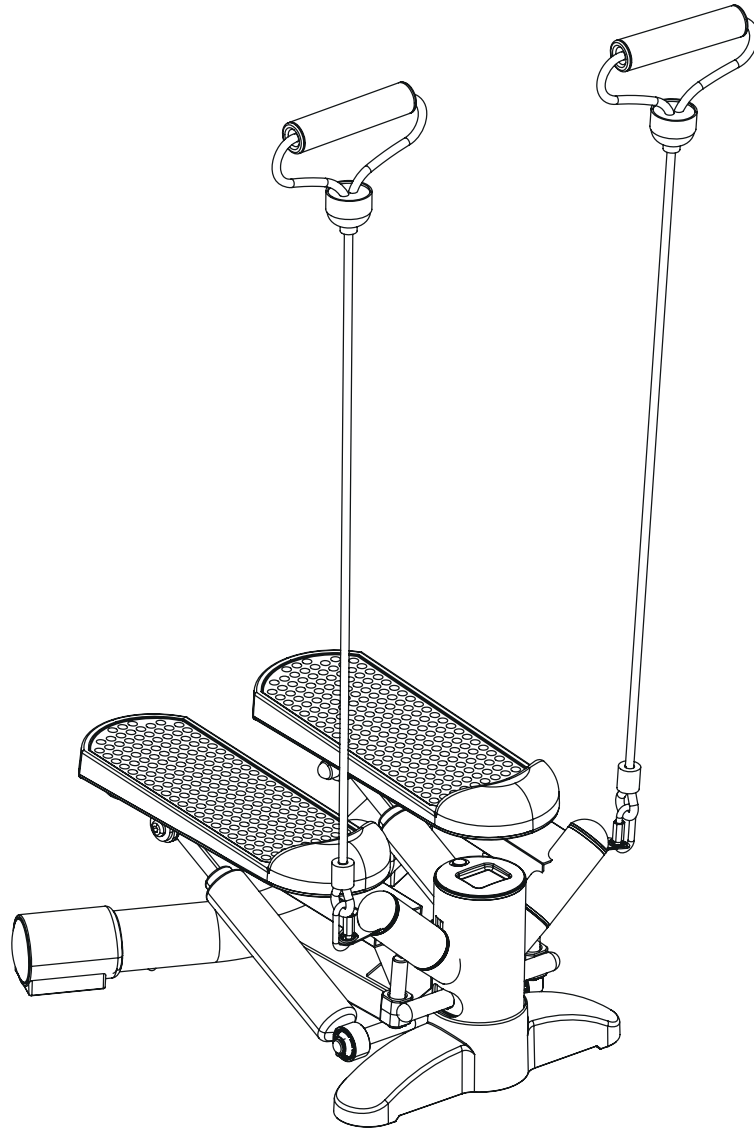


# MINI-STEPPER TWISTER



## MINI-STEPPER TWISTER

7,4 kg / 16.3 lbs  
42 x 43 x 22 cm  
17 x 17 x 9 in

## MAXI

100 kg  
220 lbs



DOMYOS

1

EN Pedal  
 FR Pédale  
 ES Pedal  
 DE Pedal  
 IT Pedale  
 NL Pedaal  
 PT Pedal  
 PL Pedał  
 HU Pedál  
 RU Педаль  
 RO Pedală  
 SK Pedál  
 CS Pedál  
 SV Pedal  
 BG Педал  
 TR Pedal  
 HR Pedala  
 SL Pedal  
 VI Bàn đạp  
 ZH 脚踏板  
 JA ペダル  
 ZT 脚踏板  
 TH แป้นเหยียบ  
 AR بدال

2

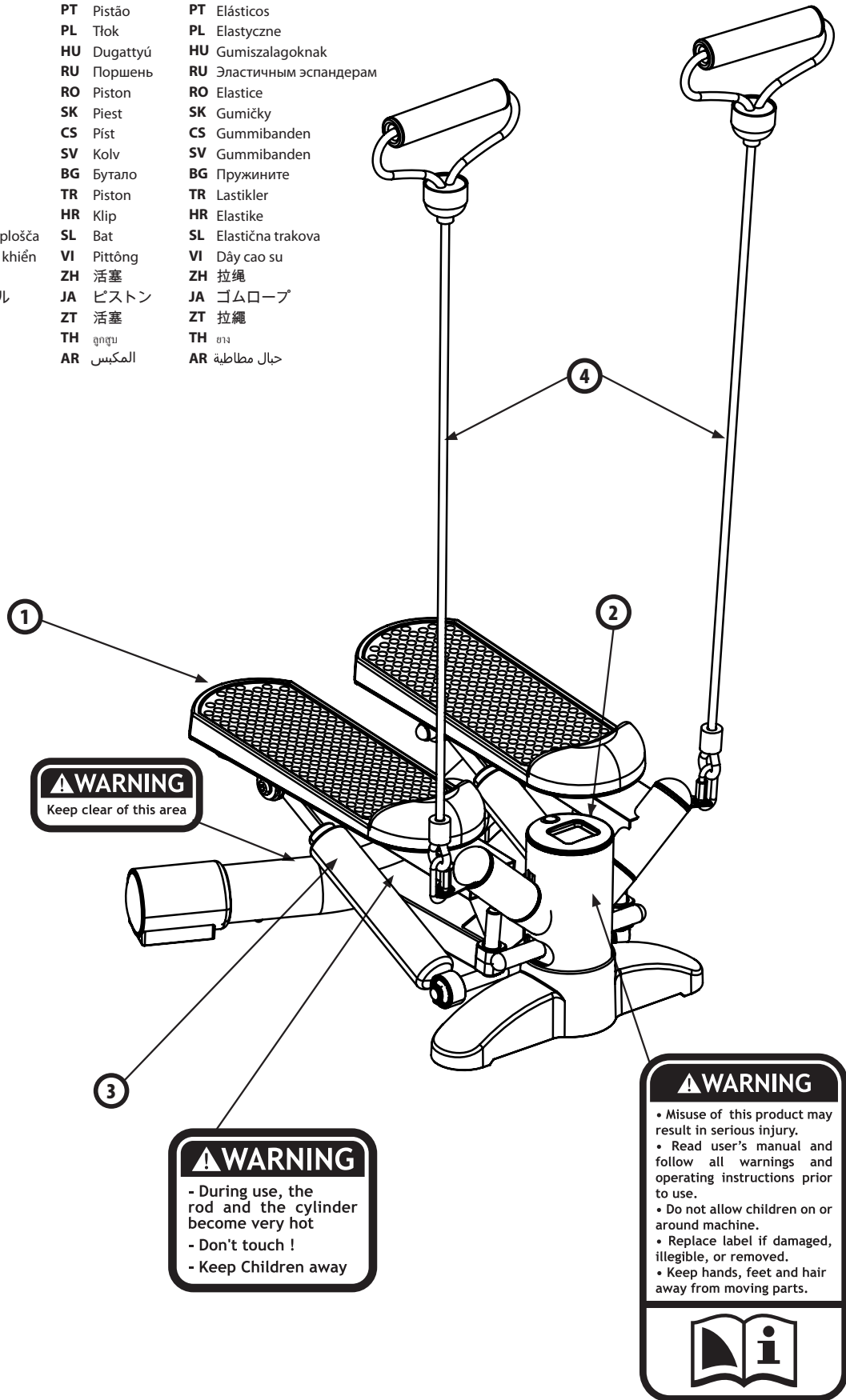
EN Console  
 FR Console  
 ES Consola  
 DE Konsole  
 IT Console  
 NL Console  
 PT Consola  
 PL Konsola  
 HU Konzol  
 RU Консоль  
 RO Consolă  
 SK Konzola  
 CS konzole  
 SV Konsol  
 BG Конзола  
 TR Konsol  
 HR Konzola  
 SL Nadzorna plošča  
 VI Bảng điều khiển  
 ZH 控制面板  
 JA コンソール  
 ZT 控制面板  
 TH ส่วนควบคุม  
 AR العداد

3

EN Piston  
 FR Piston  
 ES Pistón  
 DE Kolben  
 IT Pistone  
 NL Pedaal  
 PT Pistão  
 PL Tłok  
 HU Dugattyú  
 RU Поршень  
 RO Piston  
 SK Piest  
 CS Píst  
 SV Kolv  
 BG Бувало  
 TR Piston  
 HR Klip  
 SL Bat  
 VI Pittông  
 ZH 活塞  
 JA ピストン  
 ZT 活塞  
 TH ลูกสูบ  
 AR المكبس

4

EN Elastic straps  
 FR Elastiques  
 ES Gomaselásticas  
 DE Elastikbänder  
 IT Elastici  
 NL Elastieken  
 PT Elásticos  
 PL Elastyczne  
 HU Gumiszalagoknak  
 RU Эластичным эспандерам  
 RO Elastic  
 SK Gumičky  
 CS Gummibanden  
 SV Gummibanden  
 BG Пружините  
 TR Lastikler  
 HR Elastike  
 SL Elastična trakova  
 VI Dây cao su  
 ZH 拉绳  
 JA ゴムロープ  
 ZT 拉繩  
 TH หนังสติ๊ก  
 AR حبال مطاطية



**⚠ WARNING**  
 Keep clear of this area

**⚠ WARNING**  
 - During use, the rod and the cylinder become very hot  
 - Don't touch !  
 - Keep Children away

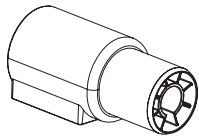
**⚠ WARNING**

- 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.

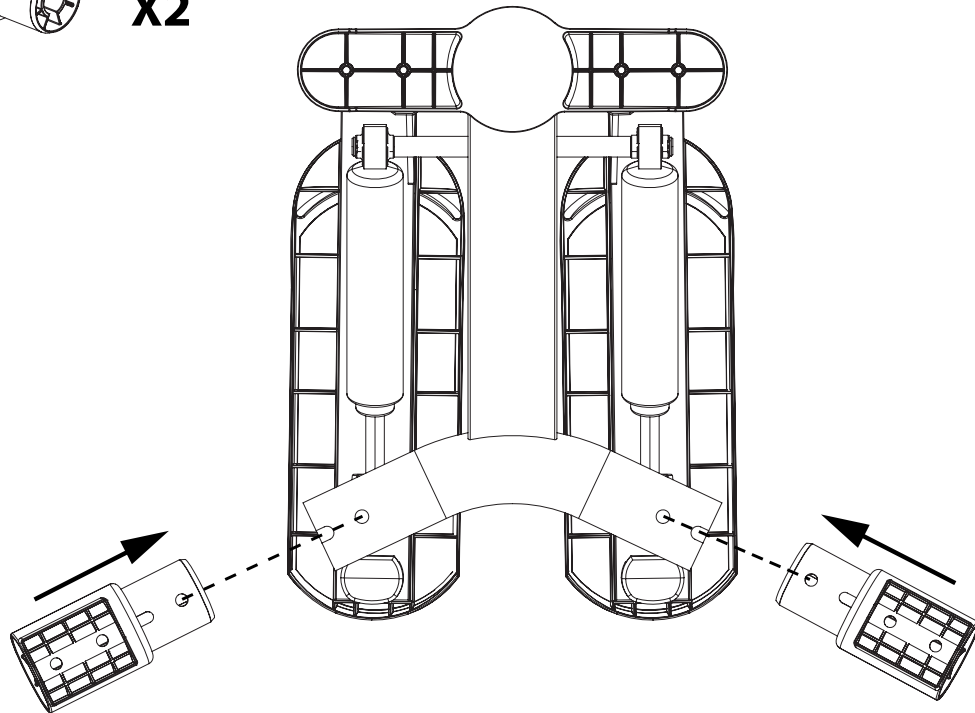


ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO • AFWERKING •  
MONTAGEM • MONTÁŽ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ •  
MONTÁŽ • MONTERING • МОНТИРАНЕ • MONTAJ • MONTAŽA •  
MONTAŽA • 安装 • 組み立て • 安装 • การประกอบ • التركيب

1



X2



Thank you for choosing a DOMYOS product and for the trust this demonstrates.

Whether you are a beginner or a high level athlete, DOMYOS is there to help you stay fit or increase your fitness. Our teams aim to always design the best products. However if you have any comments, suggestions and questions, you can voice them on your website DOMYOS.COM. On the website you will also find training advice and support.

We wish you successful training and hope that you will enjoy using this DOMYOS product.

## PRESENTATION

The stepper is a cardio-training exercise that reproduces the movement of going up stairs. Regular exercise with the stepper will help you improve your physical fitness and endurance while burning calories (perfect for controlling and/or losing weight when combined with a balanced diet). In addition to the cardio-vascular and respiratory benefits of the exercise, the stepper tones the buttocks, thighs and calves with impact-free movements. Thanks to the elastic straps which attach to the device, you can strengthen your shoulders, chest and arms.

## WARNING

Getting into shape must be done in a CONTROLLED manner. Before beginning any exercise program, consult your doctor. This is especially important for people aged over 35 or who have previously had health problems, and those who have not done any sport for a number of years. Read all instructions before use

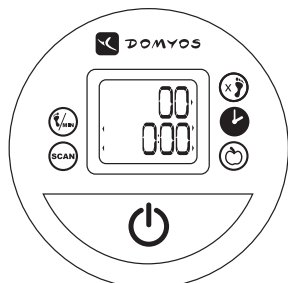
## GENERAL RECOMMENDATIONS

1. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
2. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person.
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. 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
7. moving parts. Remove jewellery. Tie long hair so that it does not get in the way when exercising.
8. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.

## CONSOLE

### ■ DISPLAY

To switch the console on, start your training session or press the central button.  
Press the central button once again to display the information of your choice.



- Number of steps ascended per minute
- Total number of steps ascended
- Time elapsed
- Estimation of calories burned

Selecting the mode allows you to scroll through the information continuously.  
To reset the console, hold the central button down for 3 seconds. The console switches itself off automatically if not used for a period of 4 minutes.

### ■ TROUBLESHOOTING

1. No display: Check the batteries and replace them if necessary. Use one UM3 or AA 1.5 V battery and make sure that it is connected with the correct +/- polarity.
2. Problem with the counter: Check that the cables at the back of the console are connected.

### ■ RECYCLING



The "crossed-out bin" symbol means that this product and the batteries it contains must not be thrown away with general household waste. They are subject to a specific type of sorting. Please take the batteries and your unusable electronic product to an authorised collection point for recycling. This treatment of your electronic waste will protect the environment and your health.

## USAGE

Always start by warming up slowly for several minutes.

Lift up your feet before pushing the pedals down onto the base unit to exercise more effectively and protect your joints.

Please note that the pedal's movements are dependent upon one another.

Note also that the resistance of the pedals depends on the speed of use.

To increase the aerobic intensity of the exercise, perform the exercise more rapidly (training for at least 20 minutes/day).

For this type of exercise, train at least three times a week.

To improve muscle tone, perform the exercise rapidly in series broken up with rest periods. For this type of exercise, you can train every other day.

## EXERCICES

### BASE POSITION:

In a completely vertical position, with your back straight, abdominals tensed and pelvis forward, push down on your heels with your arms bent.

### LOCATION OF MUSCLES BEHIND YOUR THIGHS:

The muscles located behind your thigh enable you to bend your legs and bring your heel to your buttock. All you need to do on the stepper is to try to reproduce this movement of the heel towards your buttock: to do this, lean slightly backwards to find a semi-seated position without leaning too far backwards.

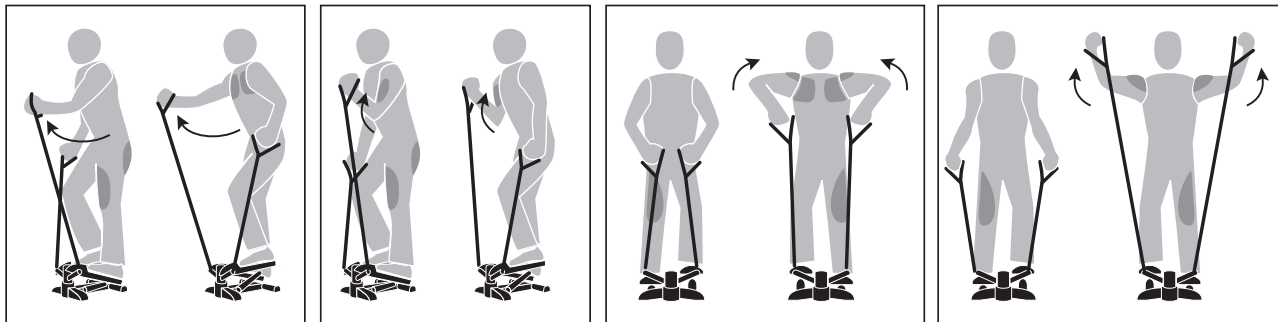
### LOCATION OF YOUR BUTTOCK MUSCLES:

To accentuate the movement of your buttock muscles, half-remove your feet from the pedals and tense your abdominal muscles in order to keep your back straight and avoid arching it.

### LOCATION IN YOUR CALVES:

To really exercise your calves you just need to work on the tips of your feet.

Thanks to the elastic straps which attach to the device, you can strengthen your shoulders, chest and arms.



## SALES WARRANTY

DOMYOS guarantees this product, under normal conditions of use, for a period of 5 years for the structure, 2 years for the other parts and labour, starting on the date of purchase as shown on the receipt.

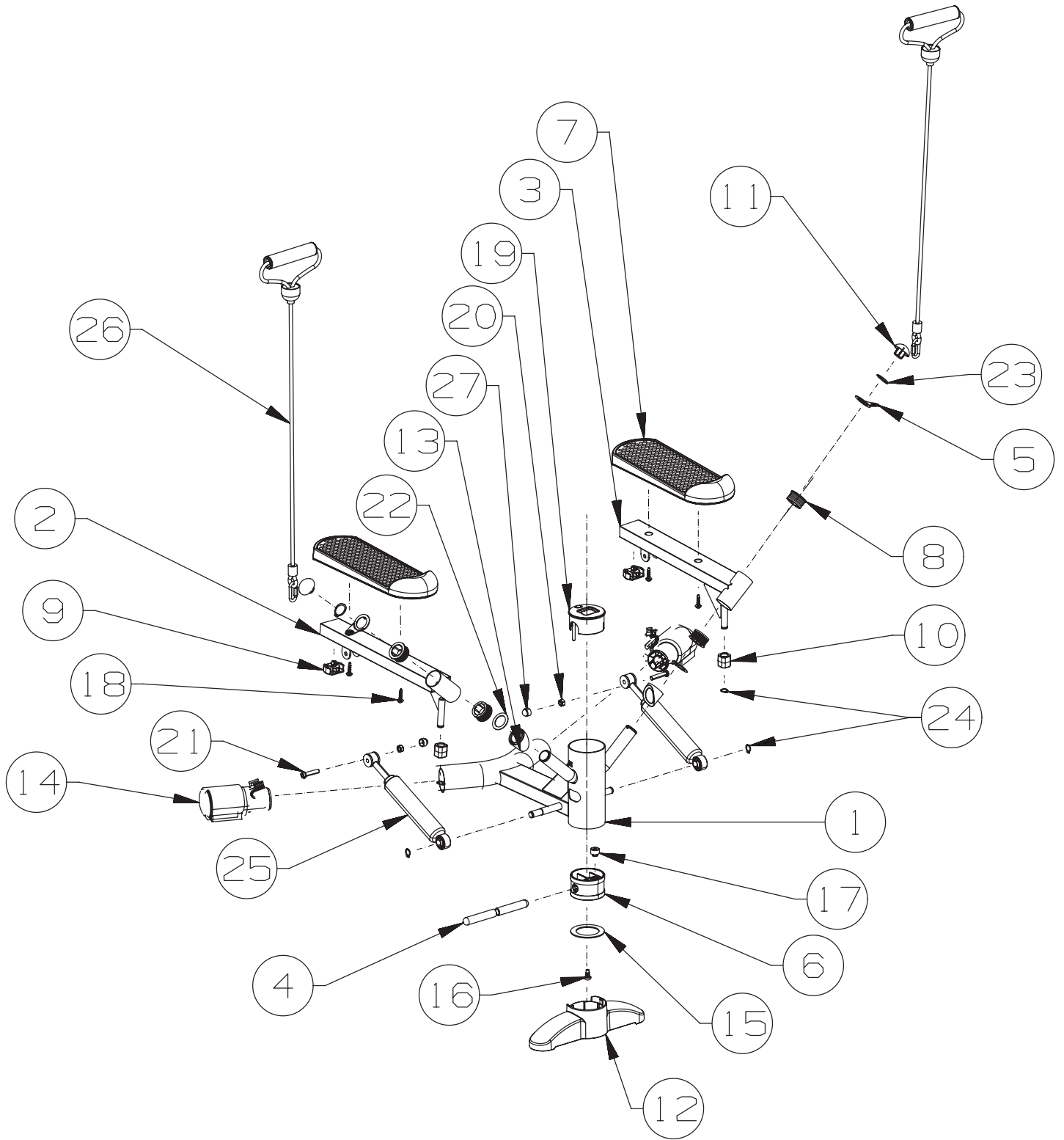
DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of Domyos.

This warranty does not apply in the event of:

- Damage caused during transportation
- Use and/or storage of the product in an outdoor or damp environment (except trampolines)
- Poor assembly
- Misuse or abnormal use
- Poor maintenance
- Repairs made by technicians not approved by Domyos
- Use in a non-domestic setting

This warranty does not affect the statutory rights applicable in the country of purchase.

To take advantage of your product's warranty, consult the table at the end of the user's guide.



**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 • POPRODAJNA SLUŽBA • DİCH VU SAU BÁN HÀNG • 售后服务 • アフターサービス • 售後服務 • บริการหลังการขาย • 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](http://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 / NEDERLAND**

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.

**DEUTSCHLAND**

Brauchen Sie Hilfe?  
Sie finden uns auf der Internetseite: [www.Domyos.com](http://www.Domyos.com) oder Sie rufen unser Customer- Relationship -Center an unter: 0049-7153-5759900  
Halten Sie bitte Ihre Rechnung bereit.

**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](http://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](http://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](http://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](http://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](http://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](http://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](http://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**

Potrzebujesz pomocy?  
Znajdź nas na stronie internetowej [www.domyos.com](http://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](http://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](http://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](http://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**

Potrebuje te asistenciu?  
Nájdite si nás na internetových stránkach [www.domyos.com](http://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](http://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](http://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](http://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.

**DÍGER ÜLKELER**

Yardıma mı ihtiyacınız var?  
[www.domyos.com](http://www.domyos.com) internet sitesinden bize ulaşabilirsiniz (bir internet bağlantı ücreti karşılığında) veya bir satın alma kanıtı ile birlikte, ürünü satın aldığımız mağazanın danışma bölümüne başvurabilirsiniz.

**OSTALE ZEMLJE**

Potrebna vam je pomoć?  
Pronađite nas na internetskoj stranici [www.domyos.com](http://www.domyos.com) (po cijeni naknade za korištenje interneta) ili savjet potražite u trgovini u kojoj ste kupili proizvod, uz predočenje računa.

**DRUGE DRŽAVE**

Potrebuje te pomoć?  
Obišćite našo spletno stran [www.domyos.com](http://www.domyos.com) ali trgovino, v kateri ste izdelek kupili, pri čemer je potrebno dokazilo o nakupu.

**QUỐC GIA KHÁC**

Cần hỗ trợ?  
Hãy liên hệ với chúng tôi qua trang web [www.domyos.com](http://www.domyos.com) (cần có kết nối internet) hoặc đến đại lý chính hãng mà bạn đã mua sản phẩm, mang theo minh chứng mua hàng

**其他国家**

需要帮助?  
请登陆 [www.domyos.com](http://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](http://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ださい。

**其他國家**

需要幫助?  
請登陸 [www.domyos.com](http://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。

**ประเทศไทย**

ต้องการรับความช่วยเหลือ?  
พบกับเราได้ที่เว็บไซต์ [www.domyos.com](http://www.domyos.com) (อาจมีค่าใช้จ่ายในการเชื่อมต่ออินเทอร์เน็ต) หรือที่แผนกของห้างร้านที่คุณได้ซื้อผลิตภัณฑ์ หรือที่แผนกหลักฐานการซื้อผลิตภัณฑ์

**دول أخرى**

هل تحتاج إلى مساعدة?  
اتصل على عبر موقعنا الإلكتروني [www.domyos.com](http://www.domyos.com) (تكلفة اتصال بالإنترنت) أو توجه إلى المحل الذي اشتريت منه المنتج والذي يوجد به علامة الشركة، وأحرص على تقديم إثبات الشراء.



# MINI-STEPPER TWISTER

**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**  
**Shranite originalna navodila**  
**请保留说明书**  
**大切に保管してください**  
**請保留原始說明書**  
**โปรดเก็บรักษาคู่มือการใช้งาน**  
**انظر الإرشادات الموجودة بالداخل.**

**DECATHLON**

Производитель и адрес, Франция:  
DECATHLON - 4 Boulevard de Mons - BP 299  
59650 Villeneuve d'Ascq cedex - France

IMPORTADO PARA O 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 - мини степпер - сырье: сталь / полипропилен - 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

以下标示仅在中国大陆地区适用 - 上海莘威运动品有限公司, 上海市闵行区申北路2号 邮编: 201108 - 产品等级: 合格品 - 质检证明: 合格 - 中国 制造 - 执行标准: GB 17498-1 2008 - EN ISO 20957-1 2013 - GB 17498-8 2008 - EN 957-8 1998 - 品名: 踏步机 - 主要成分: 钢 / 聚丙烯 - 商标: DOMYOS

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: 踏步機 - 主要部件: 鋼 / 聚丙烯

Made in China - Fabricado na/em China - Произведено в Китае - İmal edildiği yer Çin - 中国 制造 - 中國 製造 - ผลิตในจีน

PACK REF: 2023979



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