

ST 190

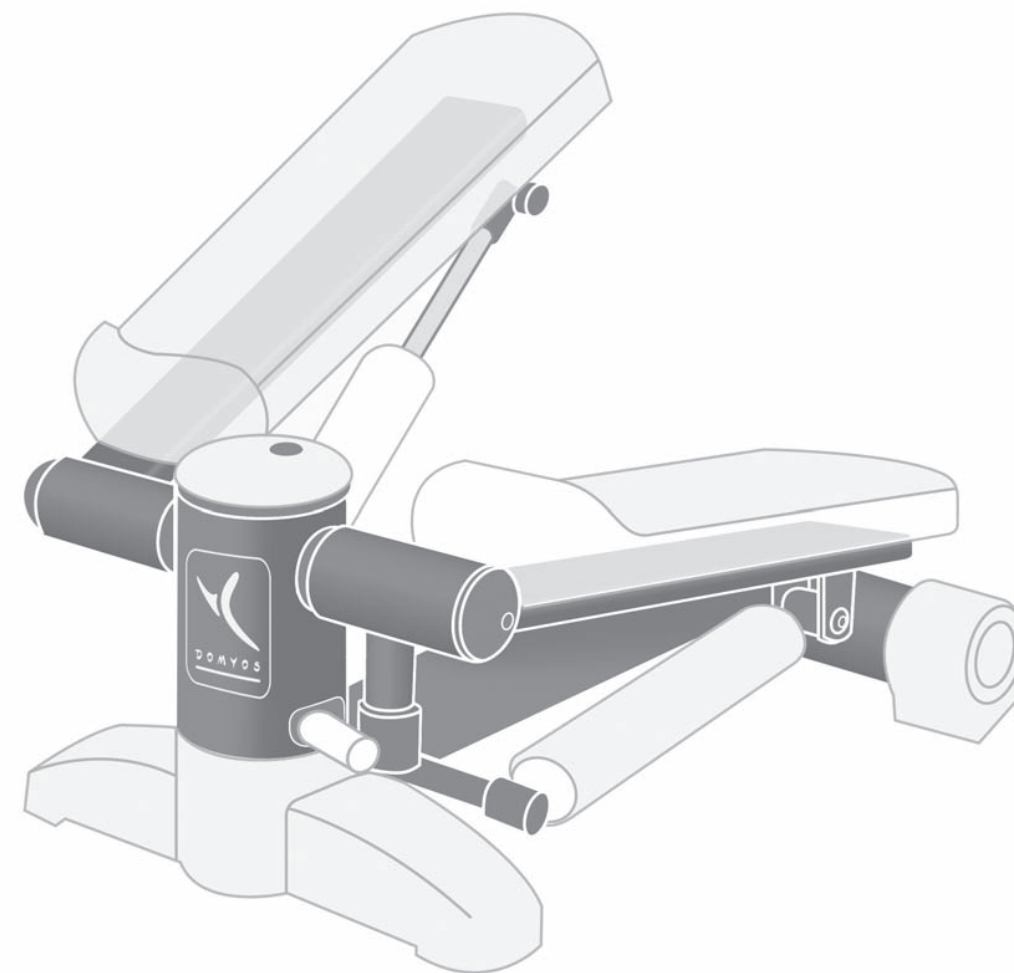
ST 190

Keep these instructions
Notice à conserver
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

**OPERATING INSTRUCTIONS
NOTICE D'UTILISATION
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 استخدام
使用说明书**



 **DOMYOS**

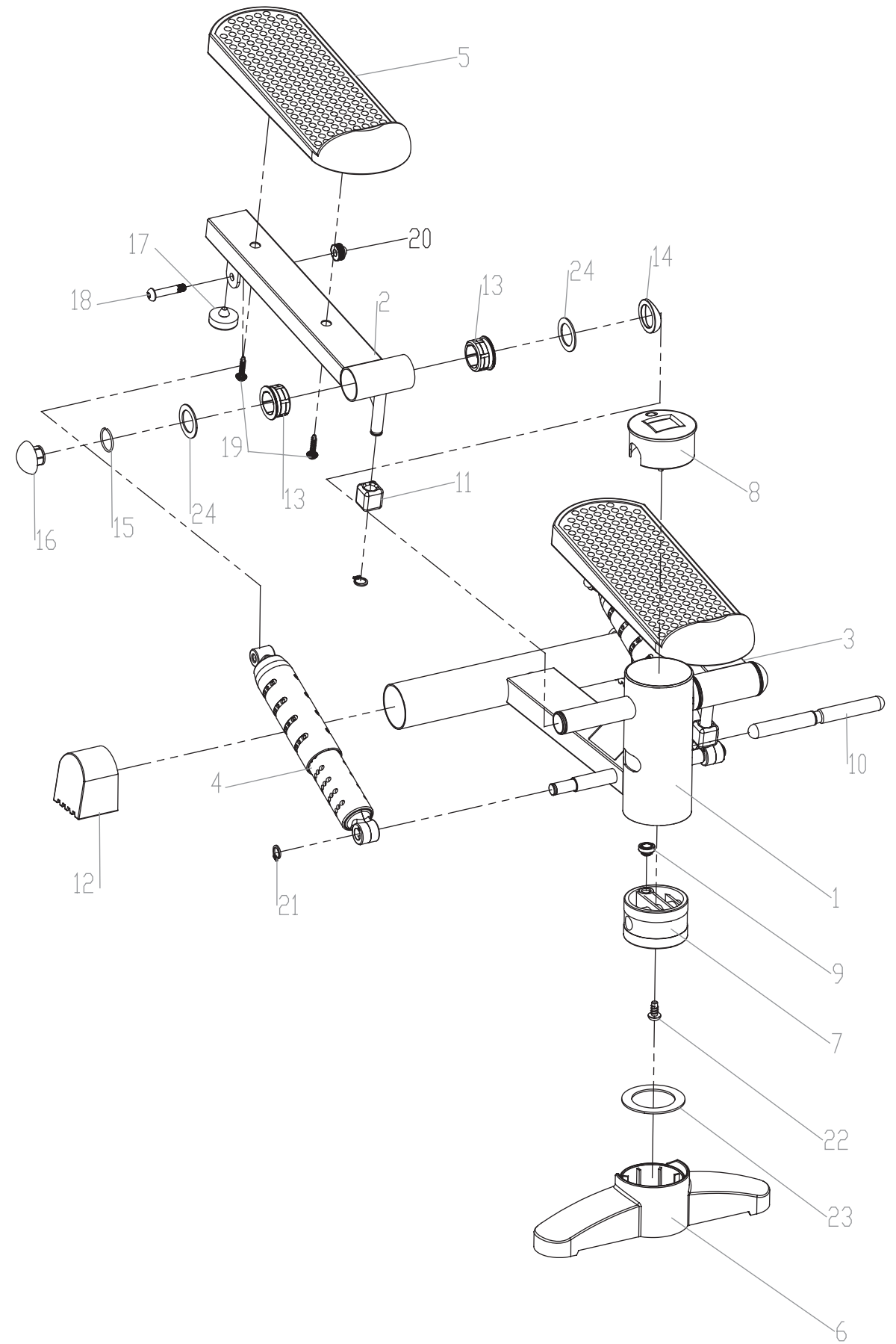
 **DOMYOS**

TURKSPORT Spor Ürünleri Sanayi ve Ticaret Ltd.Şti - Mega Center C 36 Blok D: 374 Bayrampaşa - 34235 Istanbul - Turkey

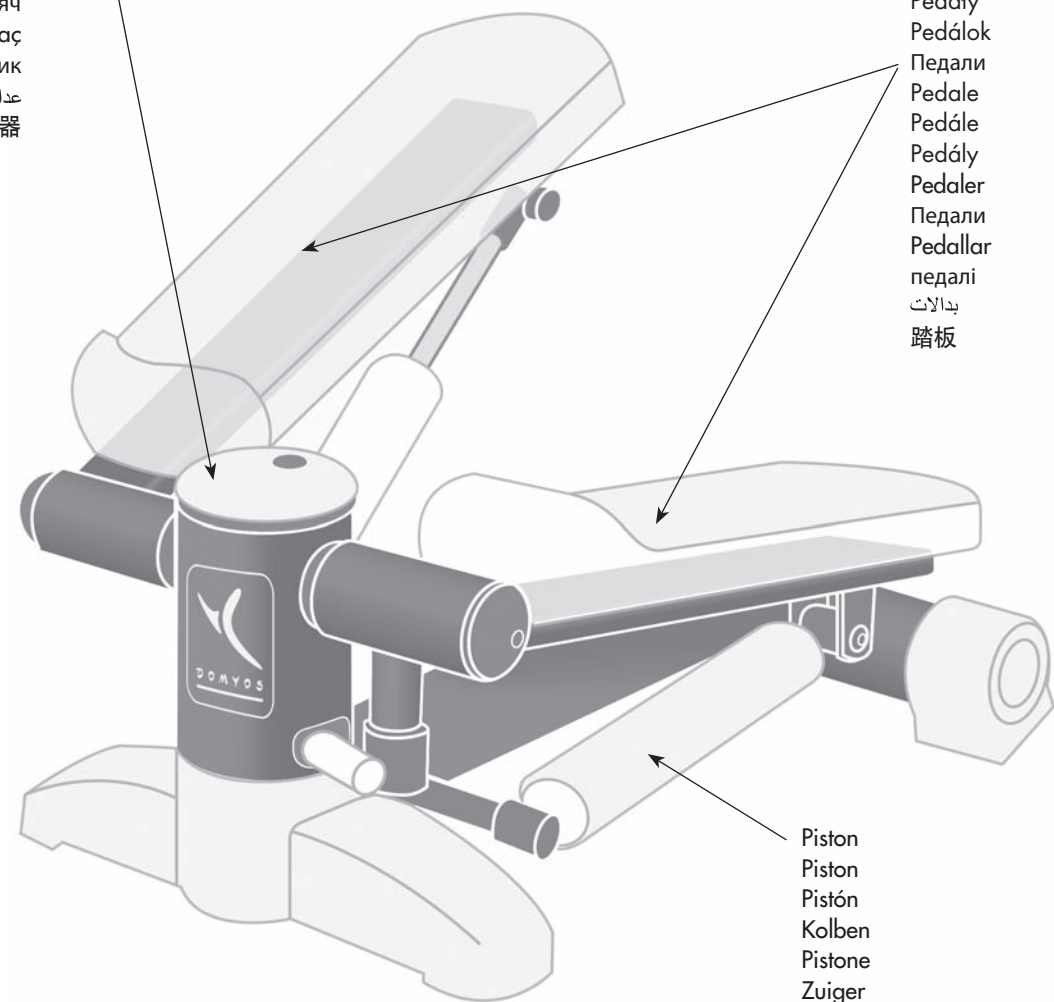
ИМПОРТЕР : ООО «Октобл», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», владение 3, строение 3



www.domyos.com OXYLANE 4, bd de Mons - BP 299 - 59665 Villeneuve d'Ascq Cedex - France
Made in Taiwan - Fabricado em Taiwan - 台湾制造 - Произведено на Тайване - Ímal edildigi yer Tayvan
Réf. Pack : 1017.925 - IMPORTADO PARA O BRASIL POR IGUASPORT Ltda - CNPJ : 02.314.041/0001-88 - 合格品



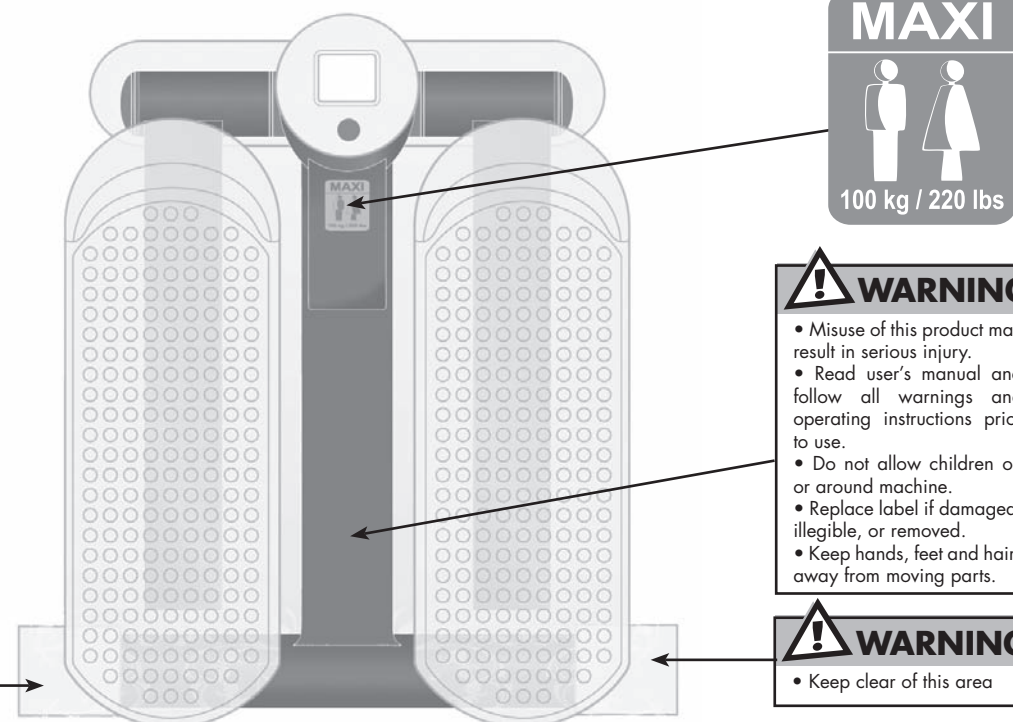
Counter
Compteur
Contador
Zähler
Contatore
Teller
Contador
Licznik
Számláló
Счетчик
Contor
Počítač
ročítadlo
Mätare
Брояч
Sayac
лічильник
عداد
计数器



Pedals
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Piston
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Kolben
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Zuiger
Ěmbolo
Tłok
Dugattyú
Кнопка
Piston
Piest
Píst
Kolv
Бутало
Piston
толок
مكبس
活塞

	ST 190	6 kg 13,2 lbs
	37,5 x 35 x 21 cm 14,8 x 13,7 x 8,3 inch	



MAXI
100 kg / 220 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.

! WARNING
• Keep clear of this area

! WARNING
• Keep clear of this area

! 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.
- Tenez-vous à distance de cette zone

! 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.
- No permanezca en esta zona

! 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.
- Diesen Bereich nicht betreten

! 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.
- Stare lontani da quest'area

! 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.
- Blijf hier uit de buurt

! 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.
- Mantenha-se afastado desta área

! UWAGA

- Nieprawidłowe użytkowanie produktu może być przyczyną wypadków.
- Przeczytaj instrukcję obsługi i przestrzegaj wszystkich zaleceń i instrukcji.
- Nie zezwólaj dzieciom na zabawę na i w pobliżu urządzenia.
- Wymień etykiety w przypadku uszkodzenia, niezczytelności lub ich braku.
- Nie zbliżaj ręk, nog i włosów do elementów w ruchu.
- Nie należy przebywać w tym obszarze

! FIGYELMEZTETÉS

- A szerkezet helytelen használata súlyos sérülésekhez vezethet
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztetést, illetve használati útmutatót
- Ne hagyja, hogy a gyerekek a gépre vagy közelébe kerüljenek
- Cserélje ki a címkét, ha sérült, olvashatatlanná vagy hiányzik
- Tartsa távol a kezeket, lábakat, a haját a mozgó alkatrészekről
- Tartsa távol magát ettől a helytől

! 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
- Остерегайтесь попадания в эту зону

! ATENȚIE

- Utilizarea necorespunzătoare a acestui produs riscă să provoace răni grave.
- Înainte de utilizare, vă 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 vă apropiați mâinile, picioarele și părul de piesele în mișcare.
- Nu stați în apropierea acestei zone

! UPOZORNENIE

- Akékoľvek nevhodné použitie tohoto výrobku môže vyvolať vážne poranenia.
- Pred akýmkoľvek použitím výrobku si starostlivo prečítajte návod na použitie a respektujte 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 štítok chýba na výrobku, je potrebné ho vymeniť.
- Nepribližujte ruky, nohy a vlasy k súčiastkam, ktoré sa pohybujú.
- Vyhnite sa tejto oblasti.

! 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.
- Zabráňte 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.
- Uchovávejte toto místo čisté

! VARNING

- Felaktig användning av denna produkt riskerar att försaka 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 deklaren är skadad, oläslig eller saknas, måste den ersättas med en ny.
- Låt inte händerna, fötterna eller håret komma i närheten av rörliga delar.
- Var utanför detta område

! ПРЕДУПРЕЖДЕНИЕ:

- Всяко 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.
- Стойте далече от тази зона

! UYARI

- Bu ürünün herhangi bir yanlış kullanımı ağı yaralara yol açabilir.
- Her kullanımdan önce, kullanım yöntemini dikkatle okumanız ve içindeki tüm uyarı ve talimatları uymanız gerekir.
- Çocukları bu makinenin kullanımına izin vermemeyin 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.
- Bu bölgeden uzak tutun

! ЗАСТЕРЕЖЕННЯ

- Вське 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 наклеїтка пошкоджена, нерозбірлива або відсутня, треба її замінити.
- Не наближайте руки, ноги та волосся до деталей, що рухаються.
- Доступ заборонено

! تحذير

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

! 注意

- 嚴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、脚和头发远离运动的部位。
- 請保持暢通

You have chosen a piece of fitness equipment by DOMYOS. We thank you for your confidence in us. We have created the DOMYOS brand to provide a way for all athletes to stay in shape. This product has been designed by athletes for athletes. We would be pleased to receive your comments and suggestions concerning DOMYOS products. Therefore, your store team is ready to listen, as is the DOMYOS products design department. You can also find us at www.domyos.com. We wish you successful training and hope that you will enjoy using this DOMYOS product.

PRESENTATION

The stepper simulates stair climbing using hydraulic pumps which allow you to perform this exercise on the spot. The stepper is a cardio-training machine. Using the principle of cardio-training (aerobic exercise), the stepper enables you to improve your endurance (maximum capacity for oxygen absorption) and your physical condition, and allows you to burn calories (controlling and losing weight as part of a diet). In addition to the cardiovascular and respiratory benefits, the stepper tones your buttocks, thighs and calves using impact-free movements.

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.

SAFETY

to reduce the risk of serious injury, please read the following important user precautions 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. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely
3. 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
4. This product is intended for domestic use only. Do not use this product in a commercial, rental, or institutional setting.
5. 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 sufficient space for safe access to and safe movement around the product.
6. To protect the floor, place a rug under the product. 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 jewellery.
7. Put your hair up so that it does not get in the way during exercise
8. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.
9. Keep children and pets away from the product at all times
10. Keep your hands and feet away from moving parts
11. Do not modify your product
12. If your product deteriorates, take it to your Decathlon store.
13. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.)
14. After using your product for a certain length of time, the resistance cylinders heat up.
15. Allow the product to cool down before you touch it.

CARDIO - TRAINING

Cardio training is aerobic exercise (muscle development using oxygen); it enables you to improve your cardiovascular capacity.

GENERAL CARDIO-TRAINING PRINCIPLES

Maintenance/Warm-up: Gradual effort starting with 10 minutes.

For maintenance work to keep yourself in shape or get back into shape, you can train every day for about ten minutes. This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity.

Aerobic exercise for getting into shape: Moderate effort for a relatively long time (35 minutes to 1 hour).

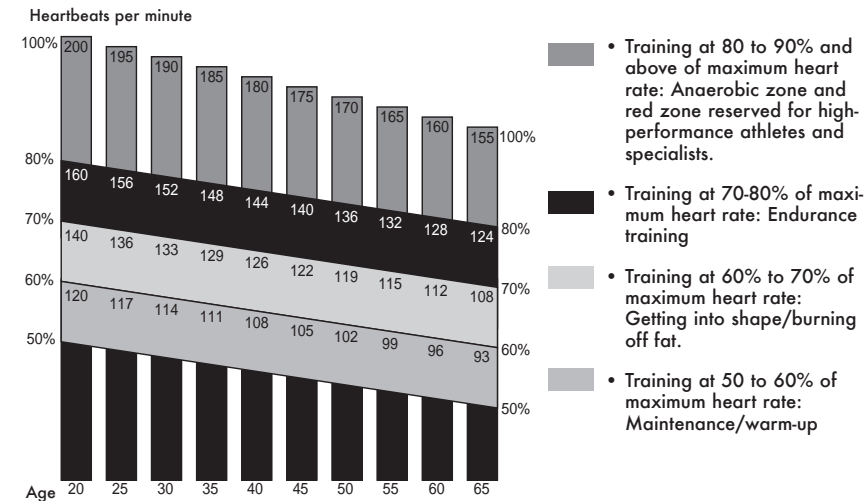
If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the amount of energy your body consumes. To do so, there is no need to push yourself beyond these limits. Training on a regular basis is what will produce the best results. Carry out this exercise at your own pace but for at least thirty minutes. This exercise should cause you to build up a mild sweat, but it certainly should not leave you out of breath.

It's the duration of the exercise at a slow pace that will cause your body to dip into your fat reserves to get its energy, as long as you run for more than about thirty minutes at least three times a week.

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

This type of training aims to strengthen the heart muscles significantly and improve respiration. Little by little, as you train, you will be able to work out for longer, at a faster pace. Aerobic endurance training requires at least three training sessions per week. More intense workouts (anaerobic work and red-zone work) are reserved for athletes and require specific preparation. After each workout, set aside several minutes to jog at a lower speed to slow down and gradually relax your body.

EXERCISE ZONE



CONTROL YOUR PULSE RATE

Taking your pulse regularly while exercising is essential for controlling your training. If you don't have an electronic measuring instrument, this is how you do it : To take your pulse, place 2 fingers over : your neck, beneath the ear, or inside the wrist next to the thumb. Don't press too hard : Pressing too hard lessens the blood flow and can slow down the heart rhythm. After counting the beats for 30 seconds, multiply by 2 to get the number of beats per minute. Example : A count of 75 beats gives 150 beats/minute

PHASES OF PHYSICAL ACTIVITY

A - Warm-up phase progressive effort

The warm-up is the preparatory phase for exercise and gets your body COMPLETELY READY to start working out. It is a way to PREVENT INJURIES TO TENDONS AND MUSCLES. It involves two stages: WAKING UP THE MUSCULAR SYSTEM, AND OVERALL WARM-UP.
1) You wake up your muscles with a SERIES OF SPECIFIC STRETCHES that PREPARE YOU FOR EXERCISE: every muscle group is used, and the joints are stimulated.
2) The overall warm-up makes it possible to put the cardio-vascular and respiratory system into action gradually, for a better blood supply to the muscles and better preparation for the exercise. It should be long enough: 10 minutes for a recreational sport, and 20 minutes for a competitive sport. Note that you should warm up for longer: in the morning and if you are over 55.

B Training

The workout is the main phase of your physical activity. By working out on a REGULAR basis, you can improve your physical fitness. Anaerobic work for improving endurance. Aerobic work for improving cardio-pulmonary strength.

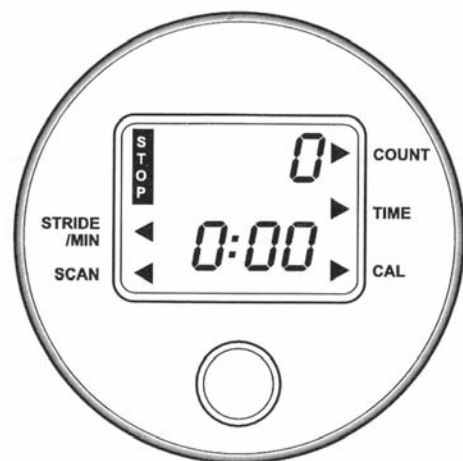
C Warming down

This corresponds to low-level activity; it is the gradual "resting" phase. WARMING DOWN returns your cardiovascular, respiratory and circulatory systems and your muscles to normal functioning (thereby preventing undesirable side effects such as the build-up of lactic acid, which is one of the major causes of muscle pain namely, cramps and stiffness).

D Stretching

You should stretch after warming down. Stretching after exercise: Minimises MUSCULAR STIFFNESS caused by the build-up of

HOW THE COUNTER WORKS



STARTING:

Press the button until an indicator appears alongside the function which you want to use.

NB: press the button for three seconds to reset the counter to zero before each workout.

To activate the system, press the display button or start the exercises.

The system will automatically go to standby mode after four minutes if no movement is detected.

FONCTIONS:

STRIDE MIN: Number of steps per minute. Counts the number of steps which you make per minute.

SCAN : automatically displays the TIME, CAL and STRIDE MIN functions.

COUNT: total number of steps. Displays a cumulative total of the number of steps taken since your first training session.

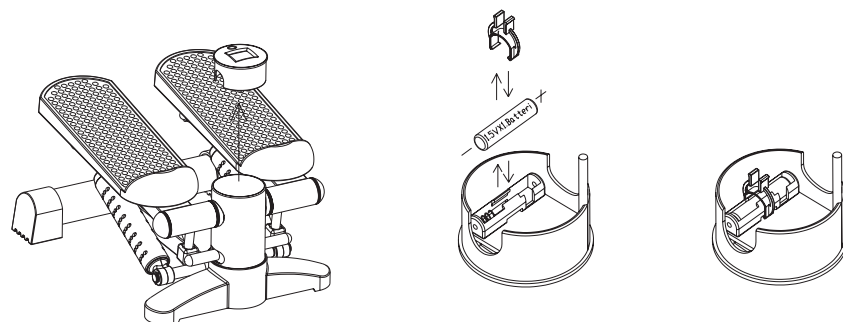
TIME: Displays the time lapsed until 99:59mn.

CAL : Calculates the estimated calorie loss, set values for average effort, and a person of average body size and strength.

Important: the calculation of calories burned is an estimation and should not be considered medically reliable. We recommend that you consult your doctor or dietician to adapt your diet and energy consumption to your physical condition and the sporting activities you intend to be involved in.

INSTALLING AND REPLACING THE BATTERY:

- Remove the mechanism from the counter by disconnecting it from its slot.
- Install or replace a 1.5V UM3 or AA battery, following the polarity instructions in the diagram below.
- Replace the counter.
- If the display still does not appear, or is displayed partially, remove the battery, wait 15 seconds and reinsert it.
- The display values are automatically reset to zero if you remove the battery.
- If you do not use the counter for a long time, remove the battery to avoid rust forming on the contacts, which will prevent the machine from operating correctly.
- In order to protect the environment, take the used batteries and deposit them in a specially designed collection point.



DANGER :

Never mix the batteries and the storage cells with other waste.

TROUBLESHOOTING

- If no information appears on the counter: Ensure that the batteries are positioned according to the correct polarity/Your batteries may be used - change them.
- The counter is lit up but the functions remain at zero: check that the connector is correctly inserted in the plug at the back of the counter.



DANGER: Never mix the batteries and the storage cells with other waste.

USE

The product does not need to be adjusted.

The stepper is equipped with interconnected pedals.

The braking system therefore depends on the speed which you generate when you are training.

Always start by warming up slowly for several minutes.

Be careful when stepping on and off the product.

While exercising, use regular, gentle movements.

GET BACK UP BEFORE THE STEPS TOUCH THE BASE in order to increase exercise efficiency and protect your joints.

Stop exercising gradually

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

To work evenly on your legs and buttocks, you must adopt a completely vertical position (base position). However, the stepper may call for localised effort from some muscle groups.

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 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 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 IN YOUR CALVES:

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

MAINTENANCE

The product only requires minimal maintenance.

Do not bring the product into contact with water.

Clean it with a slightly damp sponge and dry it using a dry cloth.

Do not expose the product to the sun.

WARRANTY

DOMYOS guarantees the materials and workmanship of this product under normal conditions of use for 5 years for the structure and 2 years for parts subject to wear and tear and for workmanship, starting at the date of purchase as indicated by the date on the till receipt.

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

All products for which the warranty is applicable must be received by DOMYOS at one of its approved facilities, delivery prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:

- Damage caused during transport
- Improper or abnormal use
- Repairs carried out by technicians not accredited by DECATHLON
- Use for commercial purposes

This warranty does not exclude any legal guarantees applicable according to country and/or province.

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